



**KNOCK OUT
THE FAT!**

GEORGE FOREMAN GRILL RECIPES

**LEAN
MEAN
FAT** REDUCING
**GRILLING
MACHINE**



Great Grilling & Great Roasting - Now There are 2 Great Ways to Knockout the Fat!



The Classic Beef Burger

(Serves 4)

500g lean mince beef
1 Tbs Worcestershire sauce
½ Tsp Ground black pepper
1 Tsp Garlic salt
½ an onion, finely chopped
1 Tbs parsley, finely chopped
4 large sesame seed burger buns
Optional:
Lettuce
Tomato
Cucumber
Salad Onion

In a medium bowl, use your hands to toss lightly together the mince, Worcestershire sauce, black pepper, garlic salt and onion until the ingredients are evenly distributed. Shape the mixture into 4 hamburger patties. Preheat grill for 5 minutes. Place the hamburgers on the grill and cook for 7-8 minutes, depending on preference*. Lightly toast buns if desired. Serve the grilled hamburgers and buns with condiment of your choice. We have chosen to use lettuce with sliced tomato, cucumber and salad onion.

*meat is generally cooked when the juices run clear

Summertime Fruit Skewers with Cinnamon Sugar

(Serves 4)

1 tart baking apple, peeled and cut into 2-3cm cubes
2 plums, peeled and cut into 2-3 cm cubes
2 peaches, peeled and cut into 2-3 cm cubes
1 Tbs of melted butter
2 Tbs Sugar
1 Tsp ground cinnamon
8 bamboo skewers (soak in water to prevent skewers splinting/ burning)

Thread the fruit onto the skewers, alternating the different fruits. In a small bowl, combine the butter, sugar and cinnamon until the sugar has dissolved. Preheat grill for 5 minutes. Place the skewers on the grill horizontally and brush each piece of fruit with the butter and cinnamon-sugar mixture. Grill the fruit for 2 to 3 minutes. Serve immediately, this recipe works well with a side of cream or ice cream.

Lemon-Garlic Rubbed Sirloin Steaks

(Serves 4)

500g sirloin steak
3 cloves garlic, finely minced
1 Tsp tomato sauce
1 Tsp cracked black pepper
1 pinch of salt
2 Tbs lemon juice
1 Tbs Olive oil

Coat the grill with cooking spray and preheat for 5 minutes. Remove any visible fat from the steak. In a small bowl, combine garlic, tomato sauce, pepper, salt, lemon juice and olive oil. Mix to make thick paste. Generously press the rub onto all sides of the steak. Place the steak in the grill and cook for 7 to 9 minutes.

Dijon Mustard & Dill Pork Chops

(Serves 4)

- 4 large pork chops
- ¼ cup white vinegar
- ¼ cup lemon juice
- 1 Tbs extra virgin olive oil
- 2 Tbs Dijon mustard
- 1 clove garlic, minced
- 2 Tbs dried dill
- 2 Tbs fresh parsley, chopped

Remove any excess fat from the pork chops. In a sealable plastic bag, combine vinegar, lemon juice, olive oil, Dijon mustard, garlic, dill and the parsley. Add the pork chops and marinate in the refrigerator for 2 – 4 hours. Preheat grill for 5 minutes. Remove the pork chops from the marinade and discard the marinade. Place the chops on the grill for approx 5-6 minutes, or until juices run clear. Serve with a salad or rice and vegetables.

Pineapple & Honey Stuffed Chicken Breasts

(Serves 4)

- 4 boneless chicken breasts
- 1 cup pineapple chunks, finely diced
- ½ cup pineapple juice
- ¼ cup lime juice
- 2 Tbs soy sauce
- 2 Tbs canola oil
- 2 Tbs Honey
- 3 cloves garlic, minced
- 1 pinch black pepper
- 1 Tsp coriander, minced

Place the chicken on a clean cutting surface. With the tip of a sharp knife, slit each breast open without cutting through the entire breast, to create a pocket. In a medium bowl, mix together the pineapple, pineapple juice, lime juice, soy sauce, oil, honey, garlic, pepper and coriander. Pack ¼ of the stuffing into each chicken breast and press the edges of the breast together to close the pocket. Pineapple may spill out slightly during grilling but this will not affect the outcome of the chicken. Preheat grill for 5 minutes. Grill the stuffed chicken for 7-9 minutes, or until the chicken is fully cooked and the stuffing is warm. Scoop up any excess pineapple and serve with chicken. This dish can be served on a bed of rice.

Creamy Tomato-Avocado Topped Swordfish

(Serves 4)

- 1 ripe avocado
- 1 ripe tomato, peeled and finely chopped
- 1 Tbs fresh lemon juice
- 1 cup low fat sour cream
- 4 swordfish steak (or 2 large cut in half)
- 1 Tsp black pepper
- 1 Tsp salt
- 1 Tbs lemon juice

In a small bowl, peel and mash the avocado until smooth. Add the tomato and gently mix to blend. Stir in the lemon juice and sour cream. Cover and refrigerate. Preheat grill for 5 minutes. Place the steaks in the grill and sprinkle with pepper, salt and lemon juice. Grill the steak for 6-9 minutes, or until the fish flakes easily. To serve, top each steak with a dollop of the creamy avocado and tomato mixture. Serve when hot with a side of chips or freshly steamed vegetables.

Grilled Salmon with Lemon Basil Butter

(Serves 4)

- 4 salmon fillets
- 1 Tsp paprika
- 1 Tsp sugar
- ½ cup low fat margarine
- 1 Tbs fresh basil, finely minced
- 1 Tbs fresh lemon juice
- 1 Tbs spring onion, finely minced

Preheat grill for 5 minutes. Place the salmon fillets in the grill and sprinkle with the paprika and sugar. Grill for 6-8 minutes, or until the fish flakes easily. In a small bowl, blend the margarine, basil, lemon juice and spring onions. To serve, arrange each steak on a plate with some steamed vegetables and top with a generous spoonful of the lemon basil butter.



Spicy Lamb Cutlets with Avocado Salsa

(Serves 4)

8 Lamb cutlets
Moroccan spice mix
1 avocado
Juice of ½ lemon
1 Tsp ground cumin
Seasoned pepper
Natural yoghurt

Rub the Moroccan spice mix on both sides of the meat. Set aside while preparing salsa. Pre heat the George Foreman Grill. Peel and pit the avocado and in a small bowl, mash the flesh with the lemon juice. Stir in the cumin and seasoned pepper, add sufficient yogurt to create a smooth texture. Adjust seasoning. Place the cutlets onto the preheated George Foreman Grill, close the lid and cook for 5-6 minutes or to preferred rareness.

Serve the cutlets with the Avocado Salsa and salad of diced cucumber, tomato, red onion and Italian parsley tossed with olive oil, lemon juice and seasoning.

Grilled Parmesan Chicken with Angel Hair Pasta

(Serves 4)

2 boneless skinless chicken breasts
2 Tbs extra virgin olive oil
3 cloves garlic, finely chopped
2 Tbs fresh parsley, finely chopped
1 Tsp ground oregano
1 Tsp dried basil
¼ cup Parmesan cheese, grated
1 Tsp black pepper
½ Tsp salt
250g angel hair pasta, cooked al dente and drained

Remove any visible fat from the chicken. Slice the chicken thinly across the grain of the meat. In a small bowl, combine oil, garlic, parsley, oregano, basil, parmesan cheese, pepper and salt. Preheat the grill for 5 minutes. Grill the chicken slice for 3-4 minutes, until juices run clear. Place the pasta on a serving platter, pour the sauce over and toss well. Arrange the chicken slices on top and serve immediately.

Tomato & Mozzarella Focaccia's

(Serves 2)

2 focaccia rounds
Basil pesto (commercial or home made)
Mozzarella slices
Ripe, but firm tomatoes, thickly sliced
Salt and pepper to taste
Little extra virgin olive oil
Balsamic vinegar

Slice the bread in half, crosswise. Spread the pesto thickly on the base rounds of the bread. Arrange the mozzarella slices on top, then the sliced tomato. Sprinkle salt and pepper to taste. Drizzle olive oil on the cut surface of the top half of the bread, then a small quantity of balsamic vinegar. Place onto prepared base and onto the preheated grill. Cook for 6-8 minutes or until heated through and cheese has melted. Serve at once with marinated olives on the side.

Spicy Asian Chicken with Chopped Peanuts

(Serves 4)

2 Tsp peanut oil
 1 Tsp ground ginger
 1 Tsp five-spice powder
 ½ Tsp red pepper flakes
 ½ cup spring onions, finely chopped
 ½ cup low sodium soy sauce
 ½ cup rice vinegar
 4 boneless, skinless chicken breast fillets, halved
 ¼ cup peanuts, shelled and finely chopped

In a medium bowl, mix together peanut oil, ginger, five spice powder, pepper flakes, spring onions, soy sauce and vinegar. Blend well. Remove any visible fat from the chicken. Preheat grill for 5 minutes. Place the chicken in the grill and cook for 2 minutes. Spoon the sauce over the top of the chicken and grill for an additional 3-4 minutes, baste occasionally until the chicken is fully cooked and the juices run clear. Serve topped with the chopped peanuts.

Marinated Mushrooms

(Serves 4-6)

20 baby mushrooms, unpeeled but with stems trimmed
 Whole garlic cloves, unskinned
 Virgin olive oil
 Balsamic vinegar
 Chopped herbs such as rosemary, bay leaves, thyme, oregano, basil
 Coarsely ground pepper
 Chilli flakes (to taste)
 Lemon, lime or orange zest

Preheat the Grill, place the unpeeled garlic cloves on the base and cook, covered, for about 4 minutes. Remove, discard skin and sliver the garlic cloves. Carefully arrange mushrooms on preheated base of George Foreman Grill, stem side up, close lid and cook for 2-3 minutes! (Because of their high moisture content, mushrooms keep cooking after they are removed from heat.) Place into a shallow bowl, sprinkle on a little virgin olive oil, balsamic vinegar, add chopped herbs, pepper, chilli flakes and citrus zest, and sliver roasted garlic. Cover and allow to stand for at least 1 hour, stirring lightly from time to time. Serve at room temperature as a buffet dish or on toothpicks.

Another variation is simply to place a teaspoon of pesto into the hollow of each mushroom to serve with drinks. Large mushrooms can be used in this way, topped with the pesto and served as a vegetable to accompany grills.

Kofta Skewers with Basil Buttered Pita Bread

(Serves 6 as a light course or 4 as a casual main meal)

500g lean minced lamb
1 white onion, finely chopped
1 clove garlic, chopped or crushed
1 egg, lightly beaten
1 Tsp ground cinnamon
Pepper
Olive oil

BASIL BUTTER:

125g salt reduced butter
2 Tbs chopped fresh basil
Good squeeze of lemon juice
Black pepper

Using hands, mix the lamb, onion and garlic thoroughly. Mix in the cinnamon and pepper and shape the mixture around dampened satay sticks, leaving about half the stick uncovered. Brush lightly with olive oil. Preheat George Foreman Grill, grill the koftas until cooked as preferred but not over-done.

Spread prepared Basil Butter on to lightly warmed pita bread, wrap around the koftas and serve with chopped tomato, onion and cucumber or Tabbouleh. To make the Basil Butter, beat together all ingredients until well blended. This may be made up in advance and frozen.

Asparagus with Creamy topping and Grilled Bacon

(Adjust quantities to suit desired servings)

Bright green asparagus spears of even size
Hard-boiled eggs
Low kilojoule or regular good quality mayonnaise
A little natural Greek-style yoghurt
Sea salt to taste
Pepper to taste
Grilled bacon or prosciutto (optional)
Small sprigs of parsley or preferred herb

Trim off hard stalk ends from the asparagus and preheat the George Foreman Grill. Arrange the asparagus spears diagonally on the hotplate and cook for approximately 5 minutes (time will vary depending on personal preference for crispness and the thickness of the spears.) Chop the previously cooked and peeled hard-boiled eggs and place into a basin with sufficient mayonnaise to make a thick creamy sauce, add a little yoghurt, salt and pepper and mix well. Chop or crumble bacon or prosciutto which has been previously grilled in the the George Foreman Grill.

Arrange asparagus (at room temperature) on a serving platter, spoon a thick "ribbon" of the creamy sauce over the centre of the spears, sprinkle on the bacon topping, garnish with herbs and serve as part of a buffet. Individual portions may be serve as a light entree.



Grilled Seafood Kebabs

(Serves 4-6)

- 750g white fish fillets, cut into cubes
- 8 small prawns, shelled
- 8 scallops (optional)
- 8 button mushrooms
- 8 small cherry tomatoes
- 1 green capsicum, cut into pieces
- 1 red capsicum, cut into pieces
- 2 Tbs extra light olive oil
- 1/3 Tsp chilli powder
- 1 Tbs chopped fresh mixed herbs or
- 1/3 Tsp mixed dried herbs
- 3 Tsp lemon juice

Prepare fish and vegetables. Mix together olive oil, chilli powder, herbs and lemon juice in a shallow dish. Add seafood and toss lightly, marinate for an hour, turning occasionally. Thread the seafood, tomato and capsicum onto skewers, which have been soaked in water.

Preheat the George Foreman Grill for 5 minutes. Place kebabs onto the grill and close lid. Grill 4-5 minutes. Serve at once with salad.

Mediterranean Steak Salad

(Serves 2-4)

- 500g rump steak
- ¼ cup balsamic vinegar
- 1 Tsp black pepper
- 1 Tsp garlic salt
- 2 Tbs Vegetable oil
- 8 cups mixed salad greens
- 1 small cucumber, peeled and sliced
- 1 tomato, sliced
- 1 small red onion, thinly sliced
- 1 green capsicum, thinly sliced

Remove any visible fat from the beef. In a small bowl, mix together the vinegar, pepper, garlic, salt and oil. Preheat the grill for 5 minutes. Place the beef in the grill and cook for 4 minutes. Sprinkle the steak with the vinegar dressing, reserving some of the dressing for the salad topping. Grill steak for an additional 3 to 4 minutes. Cut the cooked beef into very thin slices across the grain. To serve, mound the greens on 4 individual plates. Layer the cucumber, tomato, red onion and capsicum on top. Top the salad with desired amount of sliced beef. Drizzle remaining dressing over salad and serve when meat is still warm.

Berry Surprise

(Serves 2)

- Frozen puff pastry sheets
- Strawberries, raspberries or a mixture of berries
- Berry puree or sauce
- Ice cream or cream
- Icing sugar
- Mint sprigs for garnish

Allow pastry to thaw a little, then using a scalloped biscuit cutter, cut the pastry into rounds. Meantime, preheat the Grill. Place the still firm pastry rounds onto the ribbed surface, allow to cook for 3-4 minutes or until slightly risen and nicely golden. Remove from the Grill and while still hot, split open cross wise.

Place each base onto a small plate, spoon on a quantity of berries (sweetened to taste), place on top pastry round, slightly to one side of the berries. Drizzle the berry puree around outer edge of the plate. Sprinkle on icing sugar, add ice cream or whipped cream if using. Garnish with mint sprig and serve at once.

Sweetened stewed apples, sliced bananas, fresh fruit salad or slices figs May be served instead of berries.

GRILLING COOKING TIMES CHART

BEEF	MIN
fillet	5-7
loin steak	7-8
burger, 50g	5-6
burger, 100g	7-8
burger, 200g	8-9
kebabs, 25mm cube	7-8
round steak	5-7
sausages (thin)	5-6
sausages (thick)	7-8
sirloin	7-9
T-Bone	8-9
FRUIT	
apple, halve/slice	6-8
bananas, slice lengthwise	3-4
nectarines, halve/slice	3-5
peaches, halve/slice	3-5
pineapple, slice	3-7
PORK	
chops, 12mm	5-6
gammon steak	5-6
kebabs, 25mm cube	7-8
minced	7-8
sausages (thin)	5-6
sausages (thick)	7-8
tenderloin, 12mm	4-6

CHICKEN	MIN
chicken breast pieces	5-7
burger, 50g, fresh	4
burger, 50g, frozen	5
burger, 100g, fresh	5
burger, 100g, frozen	6
kebabs, 25mm cube	7-8
thighs (chicken)	5-7
minced	7-8
turkey breast, thin sliced	3-4
LAMB	
kebabs, 25mm cube	7-8
minced	6-7
loin chops	4-6
SANDWICHES	
cheese	2-3
ham (cooked)	5-6
roast beef (cooked)	6-7
sausage (cooked)	6-7
turkey (cooked)	6-7
SNACKS	
calzone	8-9
hot dogs	2-3
quesadillas	2-3
tacos, meat filling	6-8

SEAFOOD	
halibut steak, 12-25mm	6-8
kebabs, 25mm cube	4-6
prawn	1-2
red snapper fillet	3-5
salmon fillet	3-4
salmon steak, 12-25mm	6-8
scallops	4-6
sea bass fillet	3-5
swordfish steak, 12-25mm	6-9
tuna steak, 12-25mm	6-8
VEGETABLES	
asparagus	3-4
carrots, sliced	5-7
aubergine, slice/cube	8-9
onions, thin slice	5-6
capsicum, thin slice	6-8
capsicum, grill then skin	2-3
whole capsicum brushed with oil	8
potatoes, slice/cube	7-9
squash, slice/cube	6-8