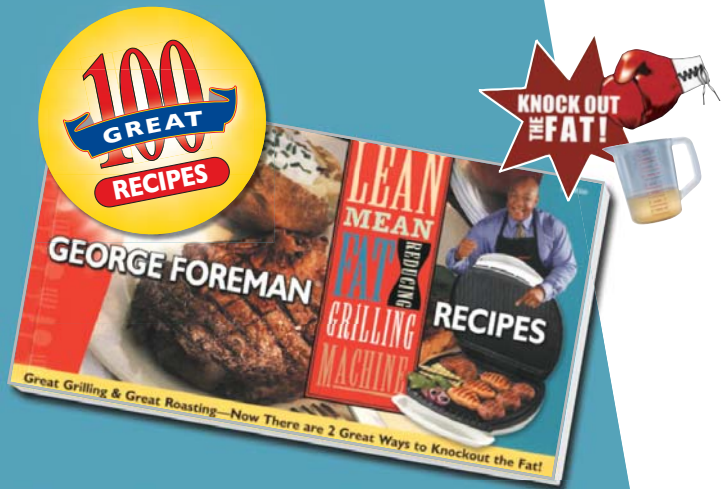


**KNOCK OUT
THE FAT!**

GEORGE FOREMAN ROASTER RECIPES



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



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Suggested Roasting Cooking Chart

Preheat the Contact Roaster before using to roast the following foods. The following times are meant to be used as guidelines only. Times will vary due to the cut or thickness of the meat or poultry being cooked. To be sure that the food is truly done, use a cooking thermometer. If the food does need more time to cook, reset the timer and check periodically so you do not over cook.

FOOD & QUANTITY	WEIGHT	TIME
POULTRY		
Chicken, whole	Up to 1.5Kg	45-75 min.
Chicken, whole	1.5-2.5Kg	60-75 min.
Turkey Breast, boneless	1.5Kg	75-90 min.
BEEF		
Tenderloin	Up to 1.5Kg	60-90 min.
Rib Roast	Up to 1.5Kg	60-90 min.
Sirloin Roast	1.6-2.5Kg	75-105 min.
PORK		
Center Loin Roast	1.5Kg	75-105 min.
LAMB		
Leg	1.5-2.5Kg	105-120 min.
MISCELLANEOUS		
Baked Potatoes (2-4)	0.3Kg	75-105 min.

Due to minor marketing changes in design or otherwise, the product you buy may differ slightly from the one shown here.

Roasted Chicken with Summer Vegetables

(Serves 4)

1.5kg chicken
¼ cup low fat margarine
1 Tbs rosemary, crushed
1 Tsp salt
Pinch black pepper
1 clove garlic, minced
6 potatoes, cleaned and cut in half
6 carrots, peeled and cut into quarters
2 white onions, peeled and cut into quarters
2 Tbs fresh parsley, chopped

Preheat the Contact Roaster. Mix in a small bowl, the margarine, rosemary, salt, pepper and garlic. Pat the herb butter over the chicken. Place the chicken in the Contact Roaster and arrange potatoes, carrots and onions around the chicken. Set the timer for 60-75 minutes. Cook until juices run clear. Remove vegetables with plastic utensils and let chicken stand for 10 minutes before carving.

Homestyle Roasted Turkey

(Serves 4)

2 kg whole turkey
2 Tsp salt
2 Tsp black pepper
2 Tbs extra virgin olive oil
3 lemons, cut into quarters
1 lime, cut into quarters
2 white onions, peeled and cut into quarters

Mix together salt, pepper and oil and cover the entire turkey with the spice mixture. Preheat contact roaster and place turkey inside with lemon, lime and onions. Set timer for 60-70 minutes. Juices will run clear when turkey is ready. Allow to stand for 20 minutes before carving. Remove skin before eating.

Boneless Ham with Apricot Glaze

(Serves 4-6)

1-1.5 kg boneless ham, fully cooked
¼ cup brown sugar, packed
½ Tbs cornstarch
¼ Tsp fresh gingerroot, grated
Pinch salt
250g apricot nectar
½ Tbs lemon juice

Combine in a small saucepan, the sugar, cornstarch, gingerroot and salt. Stir over medium heat until sugar dissolves. Slowly add the apricot nectar and heat until the sauce simmers and is thickened. Add the lemon juice and stir again. Remove from the heat and set aside.

Preheat the Contact Roaster. Place the ham in the Contact Roaster and brush heavily with the glaze. Set time for 45 minutes. Brush the ham again with the glaze and reset the Timer for 15-20 minutes. The ham is done when it is hot throughout. Remove the ham and carve into thick slices.

Lemon Thyme Roasted Chicken

(Serves 4)

1.5 kg chicken
2 Tbs extra virgin olive oil
Pinch salt
Pinch black pepper
Juice of one lemon
½ Tbs fresh thyme, minced
½ Tbs fresh tarragon, minced
1 Tbs fresh parsley, minced

Preheat Contact Roaster. Brush the olive oil over the chicken evenly. Place the chicken in the Contact Roaster and sprinkle with lemon juice then lightly cover with herbs. Set timer for 60-70 minutes. The juices will run clear when the chicken is cooked. Allow chicken to stand for 10 minutes before carving. Remove the skin before eating.

Sage & Cracked Pepper Pork Roast

(Serves 4-5)

1-1.5 kg pork center loin roast
1 Tbs extra virgin olive oil
2 Tbs fresh sage leaves, crumbled
Pinch salt
Pinch black pepper

Preheat the Contact Roaster. Cover pork with olive oil. Sprinkle evenly with sage, salt and pepper, pressing lightly to adhere seasoning to the roast. Place the roast in the Contact Roaster. Set the timer for 70-80 minutes. Cook longer according to preference, if desired. Remove roast from the contact roaster and let stand for 10 minutes. Slice evenly into pieces 1cm thick.

Cumin & Coriander Leg of Lamb

(Serves 4-6)

1.5 kg leg of lamb, semi boneless
(ask your butcher to remove as much of the bone as possible without butterflying the lamb)
½ Tbs extra virgin olive oil
1 Tbs ground coriander
1 Tbs ground cumin
½ Tsp black pepper
1 Tsp sea salt

Preheat the contact Roaster. Cover lamb evenly with olive oil. Sprinkle and press into the surface of the lamb the coriander, cumin, pepper and salt.

Place the lamb in the Contact Roaster and set the timer for 80 minutes. Check meat by inserting a sharp knife into the middle of the meat. If the juices run out clear, the meat is ready. Remove from the Contact Roaster and let stand for 10 minutes before carving.

Roast Lamb with Potatoes

(Serves 6)

1 small to medium size bone-in leg of lamb
2 Tbsp. sea salt
1/3 cup of chopped rosemary
1 Tbsp. ground black pepper
2 Tbsp. minced garlic
1/3 cup olive oil
6 new potatoes

Preheat the Contact Roaster. Mix sea salt, rosemary, black pepper, garlic and olive oil together in a bowl. Spread it on the leg of lamb and potatoes.

Using oven mitts and a plastic or wooden utensil, place the leg of lamb and potatoes into the Contact Roaster and set the Timer for 105 minutes. Check for doneness and continue roasting if necessary.



Easy Coffee Cake with Walnut & Cinnamon Topping

(Serves 4)

1/3 cup castor sugar
 1 1/2 Tbs butter, melted
 1 egg
 3/4 cup milk
 1 cup plain flour
 1 1/2 Tbs baking powder
 Pinch salt

Walnut & Cinnamon Topping

1/2 Tbs sugar
 1 1/2 Tsp ground cinnamon
 1/4 cup walnuts, chopped

Spray baking pan with cooking spray. In a large bowl cream the sugar and butter. In a small bowl, whisk together the eggs and milk. Stir the milk into the butter. In a separate bowl, stir together the flour, baking powder and the salt. Add the dry ingredients into the creamed butter just until the flour is moistened. Spoon the batter into the Baking Pan. To make the topping combine sugar, cinnamon and walnuts in a small bowl. Sprinkle over the top of the cake batter.

Insert the Baking Pan into the Contact Roaster. Close the lid and set the timer for 45-55 minutes. A toothpick inserted into the centre of the cake will come out clear when the cake is done. Remove Baking Pan from Roaster and cool on a wire rack.

Beef Tenderloin with Blue Cheese au Jus

(Serves 4-5)

750g beef tenderloin, tied
 1 Tsp butter or margarine
 1/2 Tsp freshly ground black pepper
 2 cloves garlic, minced

Blue Cheese Au Jus

1/2 Tbs low fat butter
 50g blue cheese, crumbled
 1 cup beef stock
 1 cup mushrooms, cleaned and sliced
 2 Tbs pecans, chopped
 2 Tbs pine nuts, chopped
 1/4 cup spring onion, sliced

Preheat Contact Roaster. Cover beef with the butter, sprinkle with salt and pepper and press garlic into beef surface. Using oven mitts, and a wooden utensil, place the beef tenderloin in the Contact Roaster. Set the timer for 50-60 minutes. Check the beef when done and cook to preferred taste. Remove the beef from the contact roaster and let stand for 10 minutes.

Whisk together the butter, cheese and stock in a saucepan. Heat to a simmer and add mushrooms, pecans, pine nuts and onions. To serve, slice beef and pour the sauce over all.

Crab-Filled Wonton

(Serves 6)

350g fresh crab meat, picked and cleaned or use frozen, thawed crabmeat
 3 spring onions, thinly sliced
 1 celery stick, finely minced
 1 carrot, peeled and finely minced.
 1 ½ Tbs rice vinegar
 2 Tbs mayonnaise
 2 Tbs sour cream
 ½ Tsp fresh lemon juice
 12 wonton rounds
 1 egg, beaten

Combine crabmeat, onions, celery, carrots, vinegar, mayonnaise, sour cream and lemon juice and blend well. Place one wonton on a flat surface and scoop 1 Tsp of crabmeat onto one half of the round. Brush the edges with egg and fold one half of the wonton over the filling. Press the edges of the wonton with your fingertips to seal. Repeat with remaining wontons.

Preheat the Contact roaster. Coat the baking pan with cooking spray and place the wontons in the pan with the sealed edge on top, flattening the bottom of the wonton slightly in the Pan. Using oven mitts, place the Baking Pan in the Contact Roaster and set the timer for 15-20 minutes. The wontons will be done when the crab filling is cooked through and the wontons are very soft.

Sweet Roasted Milano Vegetables

(Serves 4)

1 large Portobello mushroom, cleaned and roughly diced
 ½ cup porcini mushrooms, cleaned and thickly sliced
 2 small carrots, peeled and sliced 2-3cm thick
 1 small red onion, peeled and sliced in thin wedges
 2 small zucchini, cleaned, trimmed and sliced 2-3cm thick
 1 Tbs balsamic vinegar
 1 Tbs extra virgin olive oil
 ½ Tbs fresh parsley leaves, minced
 Pinch sugar

Preheat the Contact Roaster. Place the mushrooms, carrots, onion and squash in the Baking Pan. Whisk together in a small bowl, the vinegar, oil, parsley and sugar. Pour the vinaigrette over the vegetable and turn to coat.

Using the oven mitts, place the Baking Pan in the Contact Roaster and set the time for 40 minutes. Test the vegetables with a fork. If it pierces the vegetables easily, the vegetables are ready. If not, continue cooking for an additional 5-10 minutes. Serve immediately.

Three Cheese & Chive Mushrooms

(Serves 5)

10 medium white button mushrooms, cleaned and dried, stems removed.

300g fat free cream cheese, softened

¼ cup low fat mozzarella cheese, shredded

2 Tbs Parmesan cheese, grated

1 Tbs fresh chives

Pinch of black pepper

With a small spoon, scoop out the meat of each mushroom. Set the caps aside and chop the mushrooms finely. Place in a medium mixing bowl and add the cream cheese, mozzarella cheese, Parmesan cheese, chives and pepper. Mix thoroughly.

Preheat the contact roaster. Fill each mushroom cap with the cheeses spread and arrange the mushrooms in the baking pan. The mushrooms will touch, but should not be overly crowded. Using oven mitts, plate the baking Pan in the Contact Roaster and set the timer for 15-20 minutes. The mushrooms will be done when the caps are browned and the cheese spread is melted and warm. Serve while warm.

Spinach and Spring Onion Vegetable Roll Ups

(Serves 4)

150g frozen chopped spinach, thawed and squeezed dry

½ cup canned artichokes, drained

¼ cup black olives, chopped

2 Tbs spring onion, finely chopped

75g cream cheese, softened.

¼ cup mayonnaise

Pinch black pepper

Dash bottled hot sauce

4 flour tortillas

Mix together in a medium bowl, the spinach, artichokes, olives, and onions. Toss to mix well. Add the cream cheese, mayonnaise, pepper and hot sauce. Blend well.

To assemble, place 1 tortilla on a flat working surface. Cover with ¼ of the spinach spread, roll up the tortilla tightly. Repeat with remaining mixture and tortillas and refrigerate for one hour. Cut the tortillas into 1-inch thick slices. Place the slices, cut side down in the Baking Pan and use oven mitts to place it in the Roaster. Cook for 8-10 minutes, or until warm and softened.

Ginger Salmon Steaks

(Serves 2)

- 2 280g salmon steaks, 2.5cm thick
- 2 Tbsp. vegetable oil
- 2 spring onions, thinly sliced
- 1 Tbsp. minced ginger
- 1 clove garlic, minced
- Pinch of red pepper
- 1 Tbsp. lemon juice
- 1 tsp. soy sauce

Place the Baking Pan into the Contact Roaster and add the vegetable oil. Close the Lid and preheat to heat the oil.

At the end of the preheat time, add the spring onions. Close the lid and set the timer for 10 minutes. Stir in ginger, garlic and red pepper, close the Lid and set the Timer for 3 minutes. Stir in the lemon juice and soy sauce.

Carefully place the salmon steaks in the onion mixture and then turn over to coat both sides. Close the Lid and set the Timer for 25 minutes. Check for doneness and continue baking if necessary.



Flounder Fillet with Crumb Topping

(Serves 4)

500g flounder fillets, 2.5cm thick
2 tsp lemon juice
1/2 cup seasoned bread crumbs
2 tbs grated parmesan cheese
2 tsp. chopped parsley
1/3 cup no-fat mayonnaise

Preheat the Contact Roaster with Baking Pan in position. Coat the Baking Pan with non-stick spray and add the fillets, tucking under the tail section to make it the same thickness. Brush the top of filets with the lemon juice.

Combine the bread crumbs, Parmesan cheese, parsley and the mayonnaise. Spread over the fillets. Using oven mitts, insert the Baking Pan into the Contact Roaster. Close the Lid and set the Timer for 30 minutes. Check for doneness and continue baking if necessary.

Breakfast Casserole

(Serves 4)

3 slices whole meal bread, cubed
200g bacon, chopped
3/4 cup reduced-fat shredded cheddar cheese
3/4 cup cholesterol-free egg product (pasteurised)
1 cup skim milk
1/4 tsp. salt
1 tsp. prepared mustard
Dash of cayenne pepper

Preheat the Contact Roaster with Baking Pan in position. Coat the Baking Pan with non-stick spray and add the bread cubes. Layer the bacon over bread and then sprinkle cheese on top.

Mix the cholesterol-free egg product, skim milk, salt, mustard and pepper. Pour over the bread mixture. Using oven mitts, insert the Baking Pan into the Contact Roaster. Close the Lid and set the Timer for 30 minutes or bake until eggs are set.

Fat-Free Brownies

(Serves 4)

- 1 cup sugar
- 1 cup all-purpose flour
- 1/2 cup cocoa
- 1 tsp baking soda
- 1 1/3 cups apple sauce
- 4 egg whites
- 2 tsp vanilla essence

Topping

- 1 Tbsp. icing sugar

Preheat the Contact Roaster with Baking Pan in position. Coat the Baking Pan with non-stick spray. Sift the sugar, flour, cocoa and baking soda together in a bowl. Use a whisk to beat the applesauce, egg whites and vanilla essence together. Combine the egg white mixture into the flour mixture, do not over mix. Pour into the Baking Pan. Using oven mitts, insert the Baking Pan into the Contact Roaster. Close the Lid and set the Timer for 30 minutes. Check for doneness and continue baking if necessary. Sprinkle with icing sugar.

