

GEORGE FOREMAN® TURBO OVEN

Recipes



GEORGE FOREMAN® 
healthPower 
The Adventure continues...

Model GFTOV17

The Quick and Easy Guide to Cooking in your Turbo Oven

Cooking in your turbo oven is very similar to cooking in a traditional fan forced convection oven. Whatever you can cook in your traditional oven, you can cook in your turbo oven!

There are a few tricks to successful cooking. One is to always monitor your food whilst cooking. Every oven is slightly different, just like cooking in your neighbours oven would be slightly different to your own. Cooking in the turbo oven will slightly differ to your traditional oven, and every recipe will need monitoring to be cooked to perfection. (Well at least the first time you cook it!) For example the Filo Pastries cooked in half the time quoted on the packet. Because of the circulating air, some things are better cooked in the turbo oven.

The other trick is to use your extender ring and racks to adjust the heat distribution. For example, if your food is browning too quickly, add the extender ring, use the low rack, or even put a piece of aluminum foil over the top to prevent the top browning. If you want to crisp up or brown your food more quickly simply use the high rack and take out the extender ring. The food will quickly brown up as if under a grill. There are many advantage to using your Turbo oven over your traditional oven. Not only does the Turbo Oven use less power (approximately 26 cents per hour!*) and heats up a lot quicker than a traditional oven, but the best thing I like about cooking in the Turbo Oven is the quick and easy clean up. Consider this... can you put your wall oven in the dishwasher?

Here are my 'Quick and way too Easy' suggestions to get you started:

Spinach and Ricotta Filo Pastries

Finger food cooked in 15 minutes.

Shake & Bake Muffins

Easy and delicious!

Pork with Crackle

You wont believe how easy it is!

Check out our recipes & then try your own favourites!

George Foreman



*This is an approximate only. Check your energy supplier

Chocolate Muffins

1 packet 'Betty Crocker Shaker Muffins'
(available in the baking aisle in your supermarket)
1 1/3 cup milk (as per muffin mix instructions)

Preheat the turbo oven to 160°C.
Add the milk to the muffin mix, and shake well.
Pour the mix into a muffin tray place on the low rack.
Place the rack into the turbo oven and bake for
20-25 minutes, or until the top of the muffin springs
back when lightly touched.



Spinach & Ricotta Filo Pastries

1 packet frozen filo pastries (from the freezer aisle in your supermarket)

Preheat the turbo oven to 250°C.
Place the low rack into the turbo oven and arrange pastries on the rack. Place the rack into the oven and cook
for 14-17 minutes, or until cooked and lightly brown on top.

Pork with Crackle

2kg pork roll
Butter
Dried rosemary
Salt & pepper, to taste

Preheat the turbo oven to 200°C.
Cut a crisscross pattern over the skin side
of the meat with a sharp knife. Press and
rub the butter rosemary into the cuts.
Season with salt and pepper.
Place the low rack in the oven, and place the pork on top, skin side down.
Fit the extender ring on the bowl, and put on the lid. Set the timer and cook for 1 hour.
Turn the meat over and cook for another 30-40 minutes, or until cooked and the crackle is brown and crispy.



TIP: If the crackle has not become crispy, remove the extender ring for the remaining 10 minutes of cooking.

Roast Beef Sirloin

3.5-4kg beef sirloin
Minced garlic
Salt & pepper, to taste

Preheat the turbo oven to 200°C.
Rub garlic over the surface of the meat, and season with salt and pepper.
Place the low rack in the oven, and place the beef on top. Fit the extender ring on the bowl, and put on the lid. Set the timer and cook for 1 hour.
Turn the beef over and cook for a further 45 minutes, or until cooked.

TIP: If the meat begins to brown too quickly, place some aluminium foil loosely over the top of the meat.



Roast Chicken

1.5kg chicken

TIP: You can buy pre stuffed and marinated whole chickens at your local supermarket- easy and delicious!

Preheat the turbo oven to 200°C.
Place the low rack in the oven, and place the chicken on top, breast side down. Fit the extender ring on the bowl, and put on the lid. Set the timer and cook for 40 minutes.
Turn the chicken over and set the timer for cook for a further 40 minutes, or until cooked.



TIP: To check that your chicken is cooked, a food thermometer comes in handy.

By inserting the thermometer into the middle of the chicken it will read the temperature allowing you to tell if it has reached a safe temperature, which is around 85°C for chicken.

Roasted Vegetables

2 Potatoes
1 Sweet potato
1 Parsnip
1 Zucchini
1 Carrot
Vegetable oil spray
Mixed herbs

Preheat the turbo oven to 200°C.

Cut the vegetables into even sized pieces.

Place the low rack in the oven, and arrange the potatoes, sweet potato, parsnip and carrot on the rack. Spray the vegetables for a few seconds with the vegetable oil, and sprinkle with the mixed herbs. Fit the extender ring on the bowl, and put on the lid. Set the timer and cook for 30 minutes. Remove the extender ring, add the zucchini and cook for a further 10-15 minutes or until cooked and the vegetables have browned on top.

TIP: To make a complete roast dinner with meat and vegetables in the turbo oven, add the vegetables into the turbo oven when the meat is half way through cooking. Make sure the vegetables are on the rack and not leaning on the sides of the oven or on the base. Air needs to circulate around the food for best cooking results. At the end, if the vegetables need browning up, keep them in the oven for a further 10 minutes with the extender ring removed, whilst your meat rests.

Pizza

Pre-made pizza base
Ham
Capsicum, diced
Mushrooms, sliced
Olives, sliced
Onion, sliced
Mozzarella cheese
Tomato, sliced
Tomato paste



Preheat the turbo oven to 200°C.

Place the pizza base on the low rack. If the pizza base is too big for the rack, cut it down to size. Spread on the tomato paste and other ingredients. Using the rack tongs, place the rack with the pizza into the turbo oven. Set the timer and cook for 15 minutes or until the cheese is melted and slightly browned.

Lamb Chops with Melted Feta

4 lamb chops
2 tbsp olive oil
1 garlic clove, peeled
1 tbsp lemon juice
100g Greek feta, crumbled
1/4 cup tomato, diced
6 kalamata olives, pitted
1 tbsp flat leafed parsley, chopped
Salt and pepper, to taste

Preheat the turbo oven to 160°C.

In a shallow dish, mix olive oil, garlic and lemon juice. Add the lamb chops and turn to coat on all sides. Place in the refrigerator for 15 minutes to marinate.

In small bowl mix feta, tomatoes, olives, and parsley, then set aside.

On the high rack, place the marinated lamb chops and sprinkle with salt and pepper, to taste. Cook for 10-15 minutes or until cooked, turning after half the cooking time.

When cooked, top each chop with the feta, tomato, olive and parsley mixture and cook for a further 2 minutes, or until the cheese melts.

Serve immediately with salad greens, red onion and cucumber.

TIP: Substitute Greek Feta for Australian Feta – it still gives you the same great flavour, but is less salty.

Greek Lamb with Roast Potatoes

1 1/2 kg lamb leg with bone
4 cloves garlic, minced
Olive oil
Pepper & salt, to taste
1–2 tsp oregano
6 potatoes, peeled and quartered
Olive oil
Juice of 1 lemon
Mixed herbs



Preheat the turbo oven to 220°C.

Place the lamb on foil. Cover with oil and make slits over the lamb with a sharp knife. Rub garlic into the slits and sprinkle the lamb with salt, pepper and oregano. Wrap lamb in foil and place on the low rack of the preheated turbo oven. Cook for around 60 minutes. Remove foil. Replace lamb back in the turbo oven on the low rack.

While the lamb is cooking, par-boil the potatoes for 10 minutes. Drain, coat with lemon juice and oil and sprinkle with mixed herbs.

Place potatoes around the lamb on the low rack and continue cooking for a further 30 -40 minutes or until cooked.

TIP: Make sure that when adding the potatoes they are placed on the rack and not leaning on the bowl or fallen onto the base. Air needs to circulate around the food for best cooking results.

Troubleshooting Guide

CONCERN	COMMON CAUSES
What can I cook in the turbo oven?	<ul style="list-style-type: none"> Whatever you cook in a conventional oven can be cooked in the George Foreman Turbo Oven. Cooking times will be similar to a "Fan Forced" convection oven,
The thermostat light switches on and off.	<ul style="list-style-type: none"> It is normal - it does this to regulate the temperature inside the turbo oven and evenly cook your food.
My Turbo Oven won't turn on.	<ul style="list-style-type: none"> Check the cord is connected to the power wall outlet and the outlet is switched on. Ensure the handle is pushed down completely – the handle is fitted with a microswitch and it will not switch on unless it is in the down position. Set the thermostat and timer.
My recipe requires more than 60 minutes of cooking time, but the timer only goes to 60 minutes.	<ul style="list-style-type: none"> After 60 minutes, you will be required to reset the timer.
When do I use the high rack?	<ul style="list-style-type: none"> Use the high rack when you wish for the food to be browned more over the top surface. It allows more air to circulate underneath the food and results in more even cooking results and crispier bases on pizza.
When do I use the low rack?	<ul style="list-style-type: none"> The low rack is best used with food items that require longer cooking. As the heat source is from above food will brown more on top. Using the low rack creates a greater distance between the heat source and your food. If foods are still browning too much on top when using the low rack add the extender ring to further extend the distance between the element and your food.
Can I use both racks at once?	<ul style="list-style-type: none"> Yes. If you wish to cook vegetable and a roast meat at the same time you can use both racks at once. If you like crispy potatoes place them on the high rack above your meat. If you are cooking a leg of pork and want the crackle to go crispy then place the meat on the high rack and use the extender ring to raise the element.
What is the extender ring used for?	<ul style="list-style-type: none"> The extender ring can be added to raise the element higher, allowing more room or control the browning of your food.
My food has not cooked evenly	<ul style="list-style-type: none"> Ensure your food is on a rack (or in an oven proof container placed on the rack) to allow heat to circulate over all surfaces. It may need to be cooked a little longer You may need to rotate your food half way, as you would in a conventional oven
My food has browned too quickly	<ul style="list-style-type: none"> Use the extender ring as it increases the capacity of your Turbo Oven. It increases the distance between the element and your food Turn the temperature down You may be required to rotate your food, as you would in a conventional oven
How do I brown my foods?	<ul style="list-style-type: none"> Remove the extender ring (if using) to decrease the distance between the element and your food Swap the low rack (if using) for the high rack to decrease the distance between the element and your food Increase the temperature for the last part of the cooking process to brown
How do I stop the Turbo oven burning my bench when I take the lid off to check and turn the food?	<ul style="list-style-type: none"> The lid is fitted with a microswitch which, when lifted will temporarily stop the unit from heating. However, care must be taken as the lid assembly will still be hot. Ensure the turbo oven lid assembly is placed on a heatproof surface
Why is food stuck on the bowl after I use the wash function?	<ul style="list-style-type: none"> The wash function is an aid to loosen stubborn food build up. The bowl and accessories will still need to be washed in warm soapy water or in the dishwasher to remove further grime.

GEORGE FOREMAN® TURBO OVEN

Quick Cooking Guide

The Turbo Oven will cook food at a similar time and temperature to that of a convection (fan forced) oven, however as the heat is concentrated in a smaller area in this appliance, the turbo oven must be continually monitored to ensure it does not burn or over cook the food. You may also have to rotate your food during the cooking process to ensure even browning. Personal preference, the cut & size of meat will also impact the cooking time. Preheat the oven to your desired temperature.

The green HEAT light switches on when the set temperature has been reached.

	Cooking Time (minutes) Cooking times will vary depending on the cut & size of meat	Temperature (°C)	Rack
POULTRY			
Chicken (whole, 1.6kg)	70 – 90	180 - 200	Low
Chicken (part, 350g)	40 - 50	180 - 200	High
Turkey	60 – 90	180 - 200	Low
Duck	90 – 120	170 - 180	Low
MEAT			
Beef roast (1kg) –	Rare	35 - 50	175
	Medium	50 – 70	175
	Well	70 – 90	175
Steak (medium rare)	8 - 10	250	High
Vegetables			
Capsicum, halved	30 – 40	180	Low
Onions (whole, small)	50 – 60	180	Low
Potato (roasted, cut in 2)	30 – 40	180 – 200	Low
Potato (baked, medium size)	60 - 80	180 – 200	Low
VARIOUS			
Fish	30 - 45	130 - 150	Low
Sausage	10 - 15	120 - 140	Low
Bread	8 - 10	120 - 140	High
Oven Chips	15 - 20	180 – 200	High
Pizza	10 - 12	180 - 200	High
Vegetables	12 - 15	180 - 200	Low
Dessert/Pastries	15 - 30	150 - 180	Low

Copyright 2010 Salton (Aust) Pty Ltd. Recipes are to be used in conjunction with the Turbo Oven by George Foreman. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the copyright owner. Designed in Australia.



www.salton.com.au

Salton (Aust) Pty Ltd | PO Box 683 Braeside Victoria 3195 Australia
Ph (03) 8586 0100 | Fax (03) 9500 9299 | Toll Free 1800 427 824

www.salton.co.nz

Salton NZ Ltd | PO Box 300 201 Albany Auckland 0752 New Zealand
Freecall 0508 629 777