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George Foreman GR30

George Foreman Lean Mean Fat Reducing Grilling Machine

Model: GR30

PRODUCT OVERVIEW

The George Foreman Lean Mean Fat Reducing Grilling Machine, Model GR30, is designed for efficient indoor grilling, allowing you to cook a variety of foods quickly and with reduced fat. Its unique design channels excess fat and grease into a separate drip tray, promoting healthier meals.

Key Features:

- **Variable Temperature Control:** Adjust heat settings for optimal cooking results.
- **Non-Stick Coating:** Ensures easy food release and simplifies cleaning.
- **Fat Reducing Design:** Grooves channel excess fat and grease into a separate, removable drip tray.
- **Floating Hinge:** Accommodates various food thicknesses, from thin cuts to thick steaks.
- **Large Grilling Surface:** An 8-inch by 12-inch surface provides ample space for multiple items.



Figure 1: Top view of the George Foreman GR30 Grilling Machine in its closed position, showcasing its compact design and the 'Lean Mean Fat Reducing Grilling Machine' logo.

IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using this appliance. Failure to follow these instructions may result in electric shock, fire, or serious injury.

- Always unplug the grill from the outlet when not in use and before cleaning. Allow to cool completely before handling.
- Do not immerse the appliance, cord, or plug in water or other liquids.
- Close supervision is necessary when any appliance is used by or near children.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner.
- Use only attachments recommended or sold by the manufacturer.
- Do not use outdoors.
- Do not let the cord hang over the edge of a table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "off," then remove plug from wall outlet.
- Do not use appliance for other than intended use.

SETUP

1. **Unpack the Grill:** Carefully remove all packaging materials and any promotional labels from the grill.
2. **Initial Cleaning:** Before first use, wipe the grilling plates with a damp cloth or sponge. Dry thoroughly.
3. **Position the Drip Tray:** Slide the drip tray into its designated slot beneath the front of the grill. Ensure it is securely in place to collect excess fat and grease during cooking.
4. **Placement:** Place the grill on a stable, heat-resistant, and flat surface, away from walls or cabinets to allow for proper ventilation.



Figure 2: Side view of the George Foreman GR30 Grilling Machine, showing the integrated drip tray positioned to collect fat and grease.

OPERATING INSTRUCTIONS

1. **Preheat the Grill:** Close the grill and plug it into a standard 230V AC electrical outlet. The indicator light will illuminate, signaling that the grill is preheating. Allow approximately 5 minutes for the grill to reach its optimal cooking temperature. The light may cycle on and off during operation to maintain temperature.
2. **Prepare Food:** While the grill preheats, prepare your food. No need to add oil or butter to the non-stick plates.
3. **Place Food on Grill:** Carefully open the grill and place your food directly onto the bottom grilling plate. The floating hinge allows the top plate to adjust to the thickness of your food, ensuring even cooking.
4. **Grill Food:** Close the top plate. Cooking times will vary depending on the type and thickness of the food. For example, burgers typically cook to well-done in 3-4 minutes. Always ensure food is cooked to a safe internal temperature.
5. **Remove Food:** Once cooked, use a heat-resistant plastic or wooden utensil to remove food from the grill. Avoid using metal utensils, which can damage the non-stick coating.
6. **Unplug After Use:** After cooking, unplug the grill from the outlet and allow it to cool completely before cleaning.



Figure 3: The George Foreman GR30 Grilling Machine opened, revealing the ribbed non-stick cooking plates designed for fat drainage.

CLEANING AND MAINTENANCE

Proper cleaning and maintenance will extend the life of your George Foreman Grill.

1. **Cool Down:** Always ensure the grill is unplugged and completely cool before attempting to clean it.
2. **Clean Grilling Plates:** Use a damp cloth or sponge to wipe down the non-stick grilling plates. For stubborn residue, a small amount of mild dish soap can be used. Avoid abrasive cleaners or scouring pads, which can damage the non-stick surface.
3. **Empty and Clean Drip Tray:** Remove the drip tray and discard any collected grease. Wash the drip tray in warm, soapy water, or place it on the top rack of a dishwasher if it is dishwasher-safe (refer to product packaging for confirmation). Rinse thoroughly and dry.
4. **Clean Exterior:** Wipe the exterior of the grill with a damp cloth. Do not use harsh chemicals or abrasive materials.
5. **Storage:** Once clean and dry, store the grill in a cool, dry place. The compact design allows for upright storage to save counter space.

TROUBLESHOOTING

If you encounter issues with your George Foreman Grill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Grill does not heat up.	Not plugged in; power outlet issue; internal malfunction.	Ensure the grill is securely plugged into a working electrical outlet. Check the circuit breaker. If the issue persists, contact customer support.
Food sticks to grilling plates.	Plates not properly cleaned; excessive residue; damaged non-stick coating.	Ensure plates are clean before use. Avoid using metal utensils. If coating is damaged, consider replacement.
Excessive smoke during cooking.	Accumulated grease/food residue; cooking very fatty foods.	Clean the grill thoroughly, especially the drip tray and grilling plates. Ensure the drip tray is in place.

SPECIFICATIONS

Model Number: GR30

ASIN: B000EM9VT0

UPC: 082846022637

Color: White

Wattage: 1500 watts

Voltage: 230 Volts (AC)

Special Features: Temperature Control, Non-Stick Coating

Grilling Surface Dimensions: Approximately 8 inches x 12 inches

Item Weight: 3.5 pounds

Package Dimensions: 15 x 14 x 7 inches

Date First Available: October 24, 2008

WARRANTY INFORMATION

This George Foreman Grilling Machine comes with **limited warranty**. For specific details regarding warranty coverage, duration, and terms, please refer to the warranty card included with your product or visit the official George Foreman website. Keep your purchase receipt as proof of purchase for any warranty claims.

CUSTOMER SUPPORT

For further assistance, product inquiries, or to report any issues not covered in this manual, please contact George Foreman customer support. Contact information can typically be found on the manufacturer's official website or on the product packaging.

You may also visit the George Foreman Store on Amazon for more product information and related items.

