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## George foreman grilling guide

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HOTDOGS AND SAUSAGES For pre-cooked products, cook until heated through, 2 - 3 minutes. For raw products, first before cooking in skillet until almost done, then finish cooking on the grill for 4-6 minutes until thoroughly cooked. LAMB CHOPS ribs should be boneless, 1/2- 1 thick. Bake for 6-8 minutes. PORK RIBS Only use boneless products, 1/2 - 3/4 thick. Bake until slightly pink in the center, about 6-8 minutes. Pork tenderloin cut boneless tenderloin in half vertically. Cook for 6-9 minutes. SHRIMP Grill until the shrimp turn pink and are springy to the touch. Cook for 2-1/2 - 4 minutes. Google Ads Review this recipe 4.7/5 (3 Votes) A George Foreman Grilling Chart: MEAT DUAL CONTACT GRILLING TIMES BONELESS STEAK Marinate if desired. Steak should be 1/2 - 1 thick. Bake for 4-7 minutes to fit rarely, 6-9 minutes to fit. CHICKEN BREASTS Use only boneless products. Chicken breast can be cooked as is, or battered for faster cooking time. Bake until thoroughly done, about 4-6 minutes. 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Grill until the shrimp turn pink and are when touched. Cook for 2-1/2 - 4 minutes. Powered by BrandeDeploy Do you have a website or cooking blog? Find more useful information here. Keyingredient.com is a free cooking site. Join us and discover thousands of recipes from international dishes. ALL COPYRIGHTS 2014 | By visiting this website, you agree to our Terms and Conditions. Grilled Vegetables & Meat PlatterHow to switch recipes: You can easily switch recipes regularly to cook on a double exposure/double-sided grill (such as George Foreman). If a recipe calls for a food item to be cooked 5 minutes on each side (a total of 10 minutes), remember that both sides are being cooked at the same time with a double contact grill, therefore you will only cook for a total of 5 minutes.\*The cooking time listed below is for George Foreman Grill which is a two-sided (double-exposed) indoor grill, do not use these suggestions for regular cooking. MeatsNotesGrilling TimeBoneless SteakMarinate if desired. Steak should be 1/2 - 1 thick.4 - 7 minutes for rare medium, 6 - 9 minutes for average. Chicken breastUse only boneless products. Chicken breast can be cooked as is, or battered for faster cooking time. Cook until thoroughly done, about 4-6 minutes. Fish filletCook until the fillet flake is easy when experimenting with a fork.2 - 3 minutes for every 1/2 thickness. SteaksTuna fish, salmon, halibut, swordfish steak should be 1/2-1 thick. Marinate before cooking if desired.2-3 minutes per thickness 1/2. Ground beef PattiesPatties should be thick 1/2 - 3/4. Bake until thoroughly cooked. Cook for 5-8 minutes. Pre-cooked steak should be grilled until heated through. Cook for 3-5 minutes. Sausages & sausagesFor pre-cooked products, cook until heated through, 2-3 minutes. For raw products, first before cooking in skillet until almost done, then finish cooking on the grill for 4-6 minutes until thoroughly cooked. Lamb ChopsChops should be boneless, 1/2 - 1thick.6 - 8 minutes. Pork ribs Use only boneless products, 1/2-3/4 thick. Bake until just a little pink in the center. About 6-8 minutes. Pork Tenderloin Cut boneless tenderloin in half vertically. Cook for 6-9 minutes. ShrimpGrill until the shrimp turn pink and are springy to touch. Cook for 2-1/2-4 minutes. RauNotesGrilling TimeAsparagusMarinate if desired.2 - 4 minutes. Chilli bell peppersHalve peppers, remove seeds and membranes. Marinate if desired.4-5 minutes. EggplantSlice 1/2 to 1thick.4 - 5 minutes. Garlic westRinse thoroughly and sliced. Rinse to remove any dirt or sand between layers and dry with a paper towel.2 - 3 minutes. MushroomS leave the stems and bake whole, or slices 1/2 thick.2 - 4 minutes. New potatoesScrub well and cut in half. You can pre-cook them in the microwave for 3-4 minutes or in boiling brine for 6-8 minutes. Bake for 5-6 minutes until brown and tender. Potato SlicesScrub well and cut 1/2 thick. You can pre-cook them in the microwave 3 - 4 minutes or in boiling brine for 8-10 minutes. Minutes. for 7 -10 minutes until brown and soft. Summer Squash & ZucchiniCut into 1/2 - 1 thick slices. Marinate if desired.3-4 minutes. Tomatoes Cut into 1 thick slice.1-2 minutes until tender. These are recommended times, make sure that the meats are fully cooked before serving. Also check this tip for easy cleaning... \* First published August 13, 2007 and turn to this page for better organizationAfter cooking, unplug the device and place three layers of wet paper towel on the hot sheets (completely covering the plates). Close the lid and enjoy your meal. When ready to clean, remove paper towels and wipe the metal sheets with a wet cloth or fresh sponge. Moisture and steam are created by placing wet towels between the hot sheets loosening the gunk and stubborn bits to make the scrub job much easier. If things are particularly stubborn and messy, end with a nylon scrubber or plastic cleaning tool that comes with the device. When preparing dishes that you know will create an unpleasant mess, you can first gently spray the metal plates with olive oil before putting the food down. This will help clean up later as well. These are the recommended baking times when using your Foreman Grill. The baking time will vary depending on the size and thickness of the food. The time is displayed as a range (for example, 4-6 minutes), it is best to cook for a minimum time and then start checking the food to be ready. It is important that you preheat the grill for at least 5 minutes with the lid closed before cooking. These times are for fresh or completely defrosted food. Click here to download this chart in easy printed PDF formMeatChicken Using only boneless and skinless chicken breasts, beating about 1/2 to 3/4 inch thick. Recommended baking time: 4-6 minutesSteak Boneless steak is recommended for your Foreman Grill. 1/2 - 1 inch steak will bake best. Suggested Steak Grilling Times: 4-7 minutes for a rare 6-9 minute average for 7-10 for well doneBurgers - Ground Beef Patties Burgers are great on a Foreman Grill. The cooking time is for a £1/4 burger of about 1/2 thick. Suggested baking time: 5-8 minutesLamb and Pork Chong For best results of grilling pork chords on foreman or other indoor contact grills, use boneless pork ribs 1/2 - 3/4 thick. Recommended baking time: 6-8 minutesFish Fillets 2-3 minutes per 1/2 thickness. Fish fill the scales with a fork when done. Fish Steaks Halibut, salmon, swordfish, tilapia, mahi mahi and tuna steak should be 1/2 - 1 thick. Cook the fish until the meat is opaque throughout. 3-4 minutes for each thickness of 1/2 Shrimp shrimp will be contacted by the company when made and have an opaque color. Cook between: 3 - 4 minutesSausage For raw round sausages (Italian sausages, brats, etc.) diameter about 3/4 - 6-8 minutes Frozen sausages smaller than 4-6 minutes Be sure to turn regularly for even baking. Asparagus asparagus vegetables and fruits are great on a Foreman 3-5 minPeppers Cut the tops and remove the seeds. Cut into pieces vertically and cut again to the desired size. 5-8 minutesEggplant Slice the eggplant into 1/4 round slice and soak in water for 30 minutes. 4-5 minMushrooms Remove the stems and bake the trunk side down. 3-5 minutesPineapple Either cut into 1/2 ring or cut the core and then into 1 block or pyramid to skewer. 3-4 minZucchini Slice zucchini into 1/4 slice round. 3-4 minTomatoes Cut into 1/2 - 1 thick slice. 1-2 minutesClick Here to download this Chart in easy printable PDF form

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