

# Indoor Grills and Slow-Cookers

## *Care and Instructions*

### Indoor Grills

*“George Foreman Grills and Others”*

#### How to use:

- 1 Wipe grilling plates with a damp cloth before using for the first time.
- 2 To turn the grill on, plug in the unit. Let preheat for 5 minutes with the lid closed.
- 3 Slide collection tray under the front of the grill.
- 4 Use a “pot holder” when lifting the lid.
- 5 Place food on the grill and cook to appropriate temperature (see below). To check for doneness use a calibrated meat thermometer.

#### Appropriate Temperatures

Raw Food		Internal Temp.
Hamburger		160° F
Turkey Burger		165° F
Steaks	Medium	160° F
	Well-done	170° F
Fresh Sausage		160° F
Pork Chop		160° F
Chicken and whole pieces		180° F



- 6 Unplug the grill to turn it off.
- 7 Remove food with plastic or wooden utensils. metal will damage the grill plate surfaces.
- 8 Before removing the drip tray let the liquid cool.

#### Cleaning:

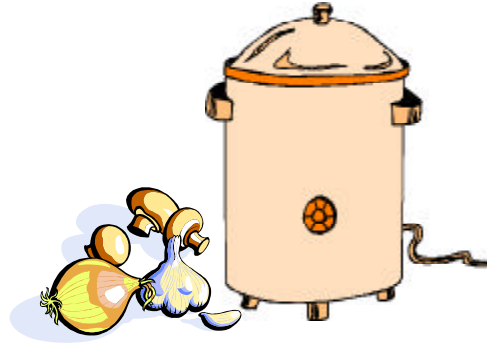
- 1 Before cleaning, unplug grilling machine and let cool.
- 2 Place drip tray under front of the grilling machine and use included spatula to scrape off excess particles. Then wipe plates with paper towel or sponge.
- 3 Do not use steel wool, scouring pads, or abrasive cleaners.
- 4 **DO NOT IMMERSE IN WATER OR OTHER LIQUID.**

# Slow-Cookers

## *“Crock-Pots”*

### How to use:

- 1 Before first use, wash cover and crock with hot soapy water. **DO NOT SUBMERGE BASE IN WATER.**
- 2 Place food in crock and cover. Never cook food uncovered.
- 3 Leave 2 inches between food and top of crock.
- 4 Plug slow-cooker in and set temperature.
- 5 When the food has finished cooking, turn off and unplug.



### Cleaning:

- 1 Remove crock and cover from the base and let cool before cleaning.
- 2 Wash crock and cover in hot soapy water, or in the dishwasher.
- 3 Wipe base with damp cloth. Do not use harsh cleansers.

**DO NOT STORE LEFT-OVERS IN SLOW-COOKER. DO NOT REHEAT FOODS IN THE SLOW-COOKER.**

### Prepare-Ahead Idea!

Meals can be prepared ahead of time and cooked at your convenience. Place ingredients in the bowl and place in refrigerator. When ready to cook, set the bowl in the electrical base and turn to Low or High. **DO NOT PREHEAT ELECTRICAL BASE**