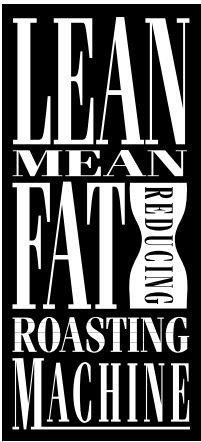




OWNER'S MANUAL
Model No. GR82B

GEORGE FOREMAN™



George Jr.™
Rotisserie



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions carefully.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug, or any part of the appliance in water or any other liquid.
4. Close supervision is necessary when any appliance is used near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been dropped or damaged in any manner.
7. The use of accessory attachments not recommended by the manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil, grease, or other hot liquids.
12. Do not insert oversized foods or metal utensils (except recommended accessories) into the Rotisserie. Doing so may create a fire or risk of electric shock.
13. A fire may occur if the Rotisserie is covered or touching flammable material including curtains, draperies, walls or similar materials when in operation. Do not store any item on top of the Rotisserie. Do not use on surfaces where heat may cause a problem.
14. Use extreme caution when removing the Drip Tray or disposing of hot grease.
15. Do not use appliance for other than intended use.

IMPORTANT SAFEGUARDS

(Cont.)

16. Do not place any of the following materials in the Rotisserie: paper, cardboard, plastic, and the like.
17. Do not clean with metal scouring pads. Pieces of the pad may break off and touch electrical parts, creating a risk of electric shock.
18. To disconnect, turn Timer Control to the OFF position, then remove plug from wall outlet.
19. Do not store any materials, other than manufacturers recommended accessories, in the Rotisserie when not in use.
20. Do not cover Drip Tray, or any part of the Rotisserie with metal foil. This will cause overheating of the Rotisserie.
21. Avoid contacting moving parts.

SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

Additional Important Safeguards

WARNING: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires, other injury to persons or damage to property.

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance.
2. *Unplug from outlet when not in use and before cleaning. To avoid electric shock, never immerse or rinse this appliance in water or any other liquid.*
3. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. *Do not reach into the water!*
4. To reduce the risk of burns or other injuries, do not touch hot surfaces. Use of protective oven mitts or gloves as well as long-handled utensils is recommended. Use the Rotisserie Remover when removing Rotisserie Bar Assembly from inside the Rotisserie.
5. To reduce the risk of injury to persons or property, unplug this appliance before inserting food. Always keep the appliance unplugged from the wall outlet when not in use.
6. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dish towels or other flammable materials.
7. To reduce the risk of fire, do not leave this appliance unattended during use.
8. Do not use or attempt to repair a malfunctioning appliance!
9. The cord to this appliance should only be plugged into a 120V AC electrical wall outlet.
10. Do not use this appliance in an unstable position.
11. Do not attempt to dislodge food or clean the Rotisserie while it is plugged in or while it is still hot.
12. Do not attempt to use this appliance without the Cover in place.

Polarized Plug

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

Short Cord Instructions

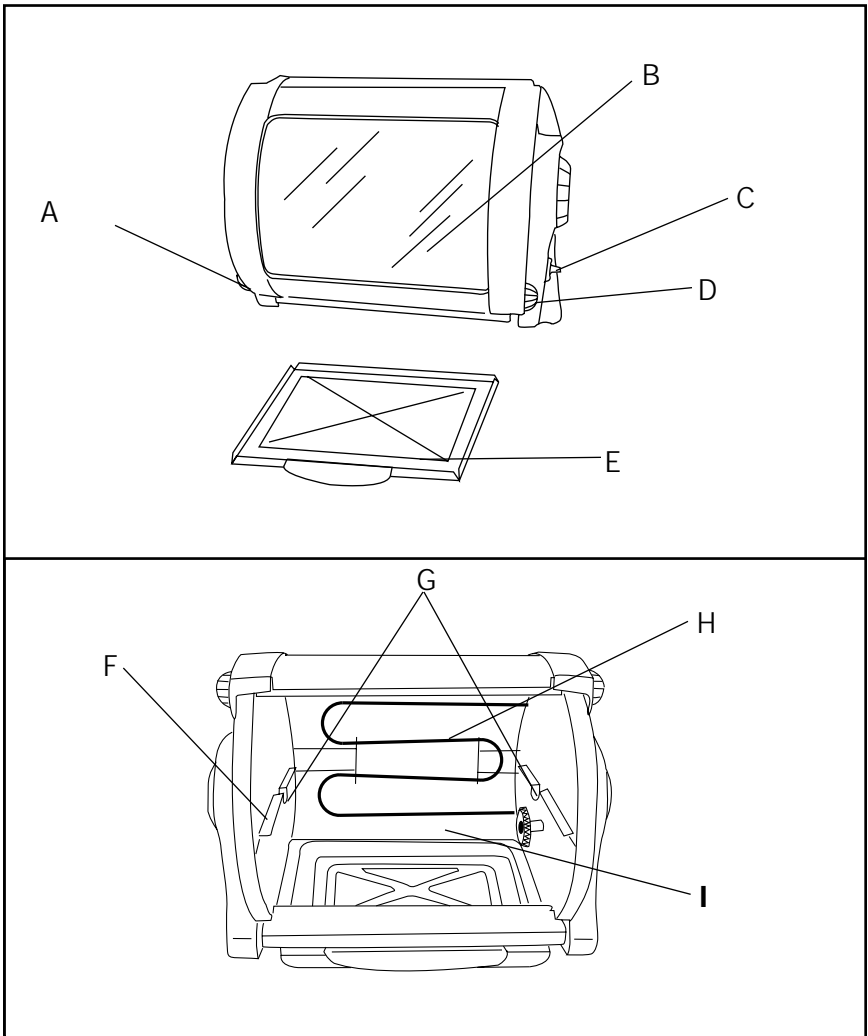
A short power supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Longer extension cords are available and may be used if care is exercised in their use.

If a longer extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

Electric Power

If the electric circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

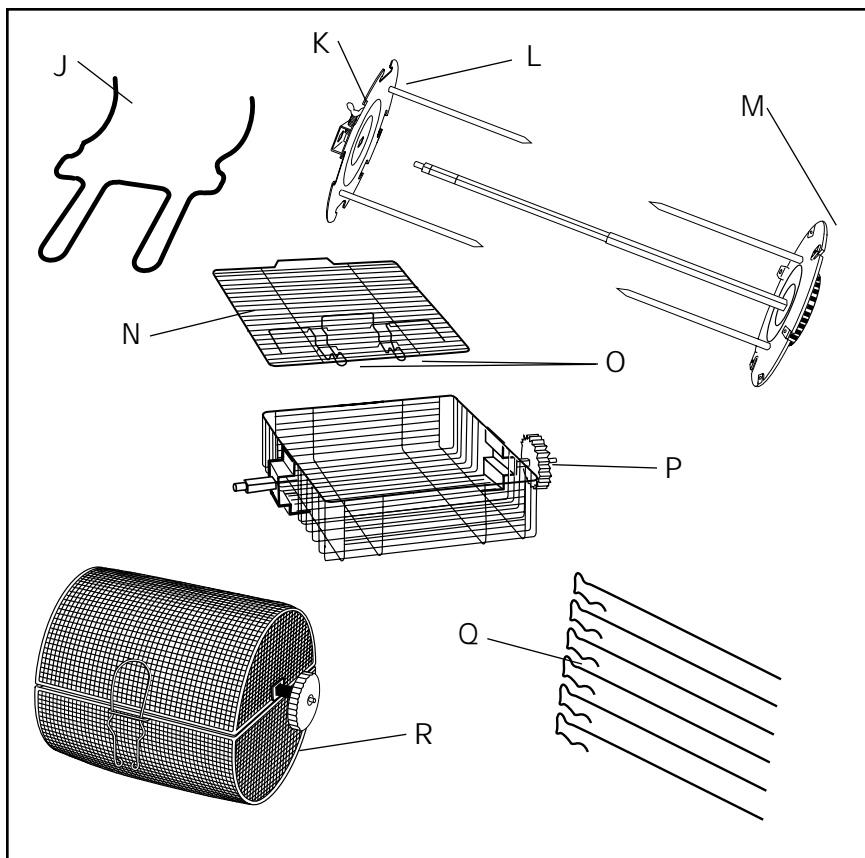
Getting to Know Your George Jr.™ Rotisserie



- A. Rotisserie Body
- B. Lift-up cover with Viewing Window (P/N 21191)
- C. Timer Control
- D. Cover Handles
- E. Drip Tray (P/N 21192)

- F. Rotisserie Bar Assembly Track
- G. Track Grooves
- H. Heating Element
- I. Reflector (P/N 21193)

Getting to Know Your George Jr.™ Rotisserie (Cont.)



Accessories

- | | |
|---|--|
| J. Rotisserie Remover (P/N 21194) | O. Metal Tabs |
| K. Thumb Screw (P/N 21618) | P. Adjustable Flat Basket Bottom w/Gear Assembly (P/N 21620) |
| L. End Wheel w/Thumb Screw (P/N 21619A) | Q. Skewers with Handles (6) (P/N 21199) |
| M. End Wheel w/Gear and Center Bar (P/N 21619B) | R. Roasted Veggies/Air Bake Basket w/Gear Assembly (P/N 21621) |
| N. Adjustable Flat Basket Cover (P/N 21338) | |

Introduction

Your George Jr.™ Rotisserie is a full-featured Rotisserie with a powerful motor, large cooking area, and a heavy-duty Rotisserie Bar Assembly.

Complete with all the accessories you'll need, your George Jr.™ Rotisserie allows you to cook anything from delicate fish or vegetables to poultry items and hamburgers! Cook fish or hamburgers in the Adjustable Flat Basket or cook "guilt-free" air-baked fries in the Roasted Veggies/Air Bake Basket. Any way you cook it—it's healthy and delicious!

Rotisserie

Foods which are cooked on a Rotisserie are extra flavorful, because they are self-basted with their own juices. Foods are more healthful as fat can drip down, away from food during cooking.

Food to be cooked on the Rotisserie must be no longer than about 9-1/2 inches. This allows the entire piece of food to fit onto the Rotisserie Bar Assembly and be in line with the Heating Element. Weight of food to be cooked is less important than length.

Carefully center food (especially food with a bone in it) on Rotisserie Bar Assembly, as unbalanced food will cause a jerking motion during cooking. This causes undue stress on the Motor. Adjust food as necessary.

Use cooking string to tie poultry at wings and legs. This will compact the bird so no parts touch the Heating Elements.

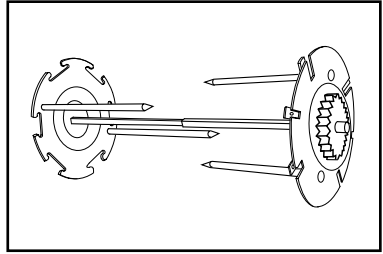
Introduction (Cont.)

ACCESSORIES

Rotisserie Bar Assembly

Your George Jr.™ Rotisserie features a heavy-duty Rotisserie Bar Assembly which consists of two assemblies:

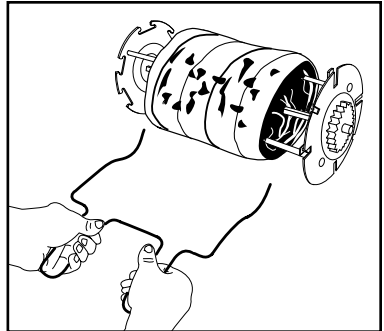
1. End Wheel w/Center Bar and Gear and two meat tines
2. End Wheel w/Thumb Screw and two meat tines



The Rotisserie Bar Assembly fits into the Rotisserie and the heavy-duty motor turns the Assembly so your food cooks evenly and conveniently—without all the added fat!

Rotisserie Remover

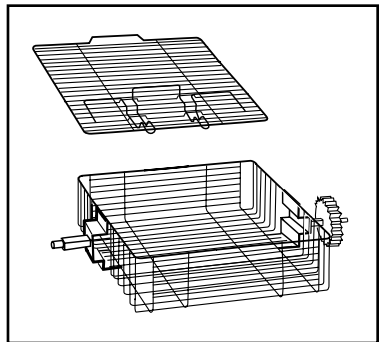
For easy insertion and removal of the Rotisserie Bar Assembly, always use the Rotisserie Remover.



Adjustable Flat Basket

Use the Adjustable Flat Basket to cook small cuts of meat, hamburger, seafood, or vegetables. The Adjustable Flat Basket has a Cover which can be raised or lowered to adjust to the thickness of the food and keep it in place.

Suggested foods: Hamburgers, steaks, pork chops, fish, chicken breasts, sliced vegetables, etc.

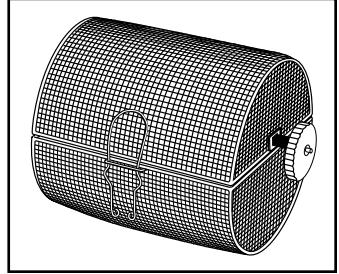


ACCESSORIES (Cont.)

Roasted Veggies/Air Bake Basket

The Roasted Veggies/Air Bake Basket is great for browning potatoes and vegetables. This Basket makes wonderful "guilt-free" air-baked fries. An easy-close door keeps all the food in the Basket—safely and securely.

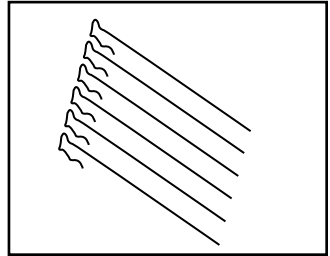
Suggested foods: Potatoes, frozen french fries, chunked vegetables, etc.



Skewers

Six skewers mean shish-kabobs for everyone! Combine your favorite meats and/or vegetables to create your favorite types.

Suggested foods: Beef, chicken, vegetables, etc.



Preparing for Use

WARNING: Do not attempt to assemble parts inside the Rotisserie while it is plugged in or hot. Burns or other serious injuries can occur.

Before Using Rotisserie for the First Time

Before using your George Jr.[™] Rotisserie for the first time, wash all accessory parts with hot, soapy water. Rinse all parts well and dry thoroughly. Be sure the Rotisserie is unplugged and use a damp cloth or sponge to wipe down the inside and outside of the Rotisserie.

CAUTION: Never immerse the Rotisserie in water or any other liquid!

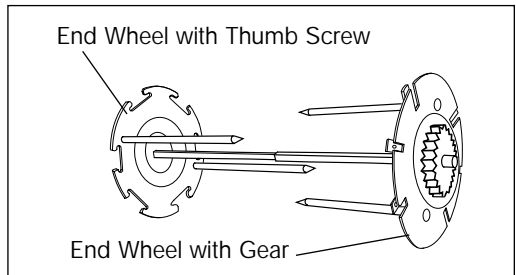
Prepare Food

We recommend preparing the food to be cooked before proceeding with any Rotisserie assembly. Cut all vegetables to be cooked or prepare a homemade marinade for extra flavor (see "Recipes" for information about Marinades and Rubs). If necessary, store food in refrigerator while preparing Rotisserie.

Before placing any items to be cooked onto the Rotisserie Bar Assembly, Adjustable Flat Basket or Veggies/Air Bake Basket, we suggest familiarizing yourself with how the Rotisserie operates and how each accessory is assembled and used in the Rotisserie.

Rotisserie Bar Assembly

1. Locate the Rotisserie Bar Assembly.
2. The Rotisserie Bar assembly consists of two End Wheels. One End Wheel (M) has a gear, center bar and two meat tines attached to it. The other End Wheel (L) has two meat tines and a Thumb Screw locking device.
3. Loosen the Thumb Screw and pull the End Wheel off the center bar of the Rotisserie Bar Assembly. Carefully slide the food to be cooked onto the center bar and meat tines of the geared End Wheel.
4. Once the food is in place, align the End Wheel with Thumb Screw on the center bar of the Rotisserie Bar Assembly such that the tines are at 90° angles to those on opposite side, as seen in the view to the right. Push the End Wheel with Thumb Screw toward the geared End Wheel as far as possible. Tighten the Thumb Screw to lock the End Wheel in place.



Preparing for Use (Cont.)

5. WITHOUT TURNING THE ROTISSERIE ON YET, use the Cover Handles to raise the Cover.
6. Hold the Rotisserie Bar Assembly so the End Wheel with the gear faces to the right. Slide the Rotisserie Bar Assembly into the Rotisserie along the Rotisserie Bar Assembly Track. See Figure 1. Make sure each end of the center Bar Assembly drops into the center grooves of the Rotisserie Bar Track.

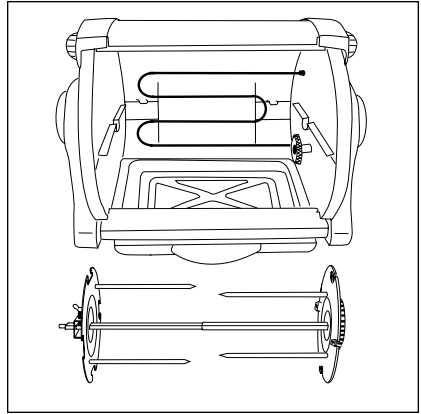


Figure 1

Assemble Drip Tray

1. If not in place, slide Drip Tray into position as shown in Figure 2.

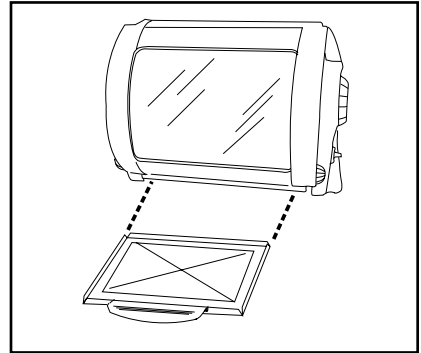


Figure 2

Insert Reflector

1. Grasp the Handle and slide the Reflector behind the Heating Elements. See Figure 3. Make sure the notches hook over the Heating Element brackets. The bottom of the Reflector must angle over the Drip Tray.

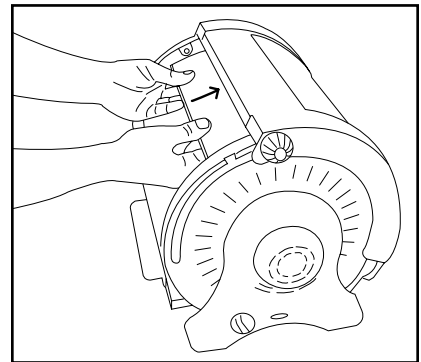


Figure 3

Preparing for Use (Cont.)

USING THE ACCESSORIES

ROASTED VEGGIES/AIR BAKE BASKET

1. Grasp the wire handle on the Roasted Veggies/Air Bake Basket Door. Squeeze the wires and pull the door open. See Figure 4.
2. Place food into Basket. Close Basket Door.
3. WITHOUT TURNING THE ROTISSERIE ON YET, use the Cover Handles to raise the Cover.
4. Hold the Roasted Veggies/Air Bake Basket so the gear faces to the right. Slide it into the Rotisserie along the Rotisserie Bar Assembly Track. Make sure each end of the Roasted Veggies/Air Bake Basket drops into the center grooves of the Rotisserie Bar Track.

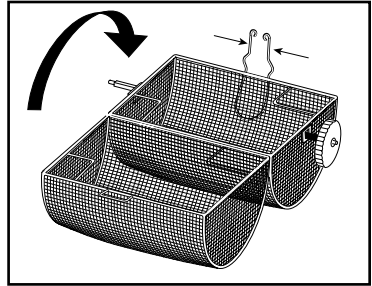


Figure 4

ADJUSTABLE FLAT BASKET

1. Squeeze the two metal tabs on the Adjustable Flat Basket Cover and remove. See Figure 5. Set Cover aside.
2. Place food into Basket. Place food flat; do not "stack" food.
3. Replace Basket Cover so it fits TIGHTLY against food. (The Cover will "hold" the food in place as it turns. The cover can be adjusted up or down to accommodate the thickness of the food. See Figure 6.
4. WITHOUT TURNING THE ROTISSERIE ON YET, use the Cover Handles to raise the Cover.
5. Hold the Adjustable Basket Assembly so the gear faces to the right. Slide it into the Rotisserie along the Rotisserie Bar Assembly Track. Make sure each end of the Adjustable Basket Assembly drops into the center grooves of the Rotisserie Bar Track.

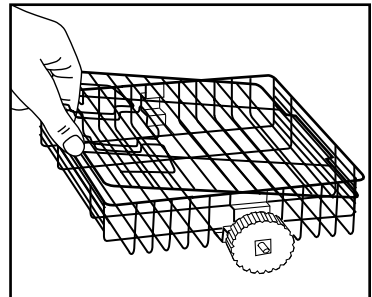


Figure 5

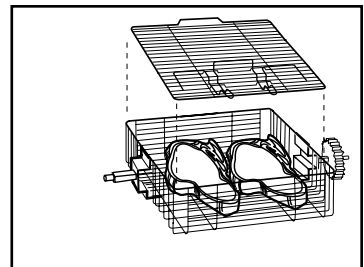


Figure 6

Preparing for Use (Cont.)

Skewers

NOTE: Use Skewers with the Rotisserie Bar Assembly only. Do not attempt to use Skewers in any other manner.

1. Load food onto the skewers.
2. Place the End Wheel with Thumb Screw onto the center bar of the Rotisserie Bar Assembly. Align the locking device on the End Wheel with the guide lines on the center bar of the Rotisserie Bar Assembly. Tighten thumb screw to lock in place. See Figure 7.
3. Hold one Skewer with the hooked end of the Skewer facing to the left. Place the Skewer in a notched cut out in the End Wheel with Thumb Screw and align the tip of Skewer with the hole in the raised tab on the End Wheel (with gear).
4. Squeeze and press down on the top of the Skewer until it snaps firmly into place. See Figure 8. Repeat for remaining Skewers.
5. WITHOUT TURNING THE ROTISSERIE ON YET, use the Cover Handles to raise the Cover.
6. Hold the Rotisserie Bar Assembly so the End Wheel with the gear faces to the right. Slide the Rotisserie Bar into the Rotisserie along the Rotisserie Bar Assembly Track. Make sure each end of the Rotisserie Bar Assembly drops into the center grooves of the Rotisserie Bar Track.

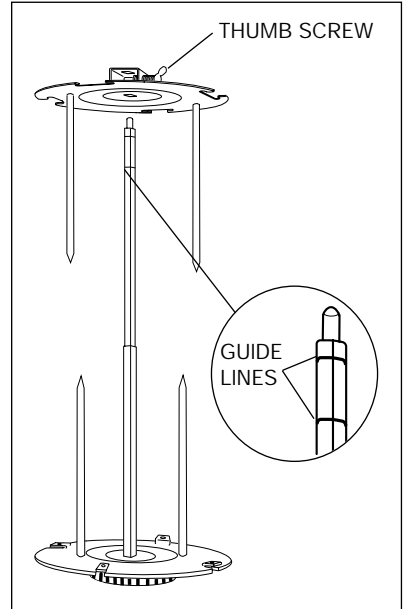


Figure 7

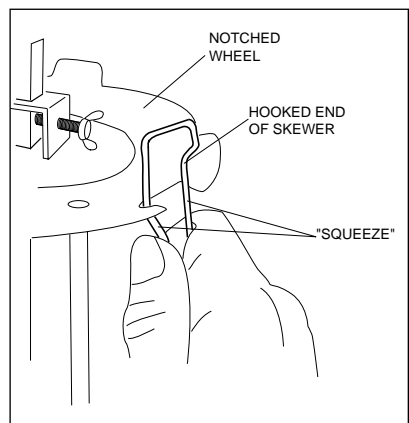


Figure 8

Operation

NOTE: When using this product for the first time, you may notice a slight odor and a small amount of smoke. This is normal and will dissipate in a short amount of time.

1. Use Cover Handles to lift open Cover.
2. Prepare food and accessories as instructed in "Preparing for Use."
3. Close Cover.
4. Be sure Drip Tray is in place and properly positioned beneath Reflector. (See "Preparing for Use.")
5. Plug the Rotisserie into a polarized 120V, 60 Hz household electrical outlet.
6. Once the Rotisserie is plugged in, you may begin operation by turning the Timer Control to the desired cooking time.

NOTE: The Timer Control is adjustable anywhere between 15 minutes and 3 hours (180 minutes).

As soon as the Timer Control is turned to a time setting, the Rotisserie motor will begin turning and the Heating Element will turn on.

Allow the food to cook for the desired length of time. The food will cook only for as long as the Timer is set. When the time elapses, the Timer will sound a loud "ding" and the Rotisserie will turn off (both the Heating Element and the Motor).

7. Once food is cooked, and the Rotisserie is off, unplug the Rotisserie from the electrical outlet. Allow the Rotisserie and cooked food to sit 15-20 minutes.

CAUTION: Always unplug Rotisserie before removing food. DO NOT carve meat while it is in the Rotisserie.

Operation (Cont.)

8. Protect your hands with oven mitts and use the Rotisserie Remover to remove the Rotisserie Bar Assembly from the Rotisserie.
9. Squeeze the handles and place the Rotisserie Remover on the inside of the End Wheels, lift up and out of the Rotisserie. See Figure 9.

CAUTION: Always protect hands with oven mitts when handling hot Rotisserie parts or when removing food from Rotisserie.

10. To remove the food from the Rotisserie Bar Assembly, loosen the thumb screw on the End Wheel and pull it off the center bar. Carefully remove food from Rotisserie Bar Assembly.

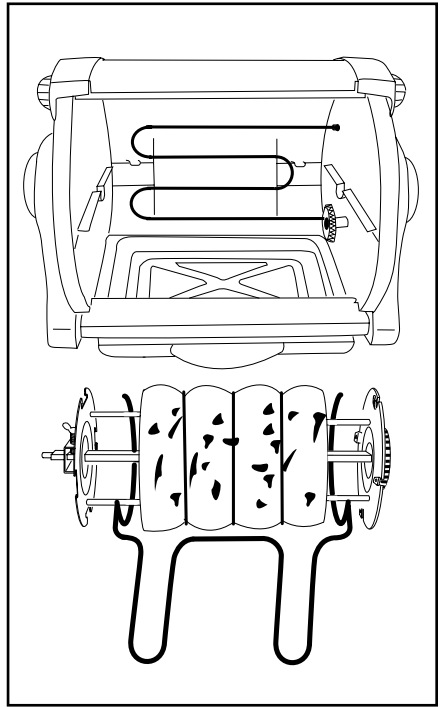


Figure 9

HELPFUL HINTS WHEN COOKING LARGER CUTS OF MEAT WITH A HIGHER FAT CONTENT:

- Cook large cuts of meats only on the Rotisserie Bar Assembly; cook slabs of meat in the Adjustable Flat Basket.
- Trim off all excess fat from meat before cooking in the Rotisserie.
- Remove all grease residue from the cooled Heating Elements.
- Cook meats until internal temperature reaches that referenced in the Cooking Chart and the USDA guidelines.

Cooking Chart

The following times are meant to be used as guidelines only. Times will vary due to the cut or thickness of the meat 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	COOKING METHOD	WEIGHT/ SIZE	COOKING TIME	INTERNAL TEMPERATURE
Poultry				
Chicken, Whole (1)	Rotisserie Bar Assembly	3½ lbs.	1-1½ hrs.	180° F
Chicken, Whole (2)	Rotisserie Bar Assembly	3½ lbs. each	1¾ - 2 hrs.	180° F
Boneless Skinless Chicken Breast (3)	Adjustable Flat Basket	8 oz. each	25-35 min.	170° F
Chicken Wings	Adjustable Flat Basket	2 ¼ lb.	35-45 min.	180° F
Chicken Kabob	Skewers	1" pieces	25-35 min.	170° F
Rock Cornish Game Hens (3)	Rotisserie Bar Assembly	1-1¼ lb. each	1-1¼ hrs.	180° F
Duck, Whole (2)	Rotisserie Bar Assembly	3-4 lbs.	1-1¼ hrs.	180° F
Turkey Burgers (4)	Adjustable Flat Basket	4 oz. each	25-30 min.	170° F
Turkey, Whole	Rotisserie Bar Assembly	13 lbs.	2¾-3¼ hrs.	180° F
Turkey Breast, bone-in	Rotisserie Bar Assembly	8 lbs.	2¼-2¾ hrs.	170° F
BEEF				
Rib Roast	Rotisserie Bar Assembly	8 lbs.	2½-2¾ hrs. 3-3¼ hrs.	145° F med/rare 160° F medium
Rib Eye Roast, trimmed and tied	Rotisserie Bar Assembly	7 lbs.	2¼-2¾ hrs. 2¾-3¼ hrs.	145° F med/rare 160° F medium
Top Round Rolled Roast	Rotisserie Bar Assembly	4 lbs.	2 - 2¼ hrs. 2¼-2½ hrs.	145° F med/rare 160° F medium
Top Sirloin Steak (1)	Rotisserie Bar Assembly	¾" thick	23 - 27 min. 33 - 37 min. 38 - 42 min.	145° F med/rare 160° F medium 170° F well done
Rib Eye Steak (4)	Adjustable Flat Basket	1" thick	23 - 27 min. 26 - 30 min. 33 - 37 min.	145° F med/rare 160° F medium 170° F well done
KC/NY Strip Steak (4)	Adjustable Flat Basket	¾" thick	14 - 18 min. 22 - 26 min. 28 - 32 min.	145° F med/rare 160° F medium 170° F well done

Cooking Chart (Cont.)

FOOD & QUANTITY	COOKING METHOD	WEIGHT/ SIZE	COOKING TIME	INTERNAL TEMPERATURE
BEEF				
KC/NY Strip Steak (4)	Adjustable Flat Basket	1 ¼" thick	15-19 min. 25-29 min. 35-39 min.	145° F med/rare 160° F medium 170° F well done
T-bone Steak (2)	Adjustable Flat Basket	½" thick	14-18 min. 19-23 min. 24-28 min.	145° F med/rare 160° F medium 170° F well done
Hamburgers (4)	Adjustable Flat Basket	4 oz. each	25-30 min..	160° F
PORK				
Pork Loin Center Roast, trimmed and tied	Rotisserie Bar Assembly	1" thick	2¼-2¾ hrs. 2½-3 hrs.	160° F medium 170° F well done
Boneless Pork Chops (2)	Adjustable Flat Basket	5 lbs	33-37 min. 43-47 min.	160° F medium 170° F well done
Boneless Pork Chops (4)	Adjustable Flat Basket	½" thick	18-22 min. 28-32 min.	160° F medium 170° F well done
Baby Back Ribs (par-boil for 15 min.)	Skewers	2 slabs	45-60 min.	160° F medium
Tenderloin	Adjustable Flat Basket	1½-2 lbs.	1-1¼ hrs.	160° F medium
LAMB				
Leg, semi-boneless	Rotisserie Bar Assembly	7 lbs.	2 ½ hrs.	160° F medium
Kabobs	Skewers	1" pieces	25-35 min.	170° F
SEAFOOD				
Swordfish Steak (4)	Adjustable Flat Basket	1" thick	23-27 min.	Cook until flaky
Salmon Steak (4)	Adjustable Flat Basket	1" thick	23-27 min.	Cook until flaky
Whitefish Fillet (2)	Adjustable Flat Basket	½" thick	25-29 min.	Cook until flaky
Jumbo Shrimp, split shell	Air Bake Round Basket	1 lb.	30-33 min.	Cook until opaque
MISCELLANEOUS				
Hot Dogs (24)	Skewers	3 lbs.	18-22 min.	165° F
Italian Sausage (12)	Skewers	4 oz. each	30-40 min.	165° F
Smoked Bratwurst, cured & cooked (12)	Skewers	2 ½ lbs.	10-15 min.	165° F
Vegetables (Zucchini, Bell Peppers, mushrooms)	Air Bake Round Basket	1" cubes 8 cups total	45-60 min.	Cook until tender

Cooking Chart (Cont.)

FOOD & QUANTITY	COOKING METHOD	WEIGHT/ SIZE	COOKING TIME	INTERNAL TEMPERATURE
Vegetables	Adjustable Flat Basket	1-1½" pieces to fill basket	35-45 min.	Cook until tender
Garlic Heads	Air Bake Round Basket	6 heads	25-30 min.	Cook until tender
Baked Potatoes (4)	Skewers	10-12 oz. each	1-1¼ hours	Cook until tender

PLEASE NOTE: The USDA recommends that meats such as beef and lamb, etc. should be cooked to an internal temperature of 145°F. Pork should be cooked to an internal temperature of 160°F and poultry products should be cooked to an internal temperature of 170°-180°F to be sure any harmful bacteria has been killed. When re-heating meat/poultry products, they should also be cooked to an internal temperature of 165°F.

Hints and Tips

CAUTION: Always protect hands with oven mitts when handling hot Rotisserie parts!

- Do not place Rotisserie underneath cabinets or on a tablecloth during use.
- Times given in Cooking Chart are suggestions.
- Before beginning the full roasting process, turn the Timer Control to a minimum setting to let the machine rotate a few times with meat in place. Be sure the meat rotates freely and does not hit the Heating Element when it rotates. Turn Timer Control to "OFF." If the meat does hit the Heating Element, remove food and tie the food with cooking string or you may need to cut the meat down in size slightly.
- Do not cover food while it is cooking in the Rotisserie.
- Do not attempt to cook food in the Rotisserie without the Cover in place and closed.
- When cooking fatty foods (duck, turkey, etc.), check Drip Tray often to be sure the drippings do not overflow.
- When food is finished roasting, let it sit for 15-20 minutes to let the cooking process complete and to allow the juices to settle before carving.
- Make sure to use oven mitts or hot pads when removing the Rotisserie Bar Assembly.

User Maintenance Instructions

WARNING: Do not attempt to disassemble or clean the unit while it is plugged in and/or is hot. Burns or other serious injuries can occur.

Your George Jr.™ Rotisserie requires little maintenance. It contains no user-serviceable parts inside the Rotisserie. Contact consumer service if the product requires servicing.

CAUTION: Unplug appliance from wall outlet and allow all parts to cool completely before cleaning.

CAUTION: Do not use metal or abrasive scouring pads or harsh or abrasive cleansers to clean the parts of the Rotisserie. If necessary, use a nylon bristle brush to loosen hardened food particles.

1. Once product is unplugged and has cooled completely, carefully pull out Drip Tray. Use care not to spill any liquids as they may still be hot.
2. Remove all accessories from Rotisserie. Wash all accessories in hot, soapy water. Rinse well and dry thoroughly.
3. Wipe outside of Rotisserie with a damp cloth or sponge. Dry with a soft cloth.
4. Lift open Cover. If desired and to make cleaning easier, you may also lift open the Cover completely, then pull up and remove Cover to release from tracks. Use a damp sponge to wipe the interior of the Rotisserie. Do not use metal or abrasive scouring pads or harsh or abrasive cleansers to clean inside the Rotisserie. Dry all parts thoroughly. If Cover is removed, replace into tracks on sides of Rotisserie and close Cover.

Recipes

Recipes indicated by asterisk (*) are adapted from the George Foreman's Big George Rotisserie Cookbook by George Foreman and Connie Merydith Pascoe Publishing ©Salton, Inc. 1999.

A Little About Marinades and Rubs

Marinades tenderize, add flavor and moisten all kinds of foods. To keep beef, fish and chicken flavorful and juicy, a marinade is crucial. There are three basic ingredients in most marinades. Acids (vinegar, citrus, etc.), oils and spices. The acids tenderize, the oils moisten, and the spices add the flavor.

The amount of time a food marinates depends on the flavor and texture of that food. For example, fish should only marinate for up to 30 minutes or less, while a steak should marinate for a couple of hours or more.

While foods are marinating, they should be kept refrigerated. It is best to remove the food and bring back to room temperature before cooking. NOTE: Do not allow raw or uncooked meats to stand at room temperature for extended periods of time.

Extra flavor can be added to meats by rubbing with your choice of spices and herbs. This is called a dry rub. Before cooking, rub the food with spice and herb mixture and it is ready to cook. Common examples of spice rubs are cracked peppercorn, garlic, or rosemary.

Rubs

Any spice or herb can be used for a dry rub on virtually any kind of meat: roasts, chicken, steaks, and fish. These, of course, are just suggestions. The possibilities for rubs are endless...

Here are some examples:

Red Meat Rub

- 1 Tablespoon cracked peppercorn
- 2-4 Tablespoons salt
- 2-4 cloves minced garlic
- 1 Tablespoon rosemary
- 1 Tablespoon paprika

Fish Rub

- 1 Tablespoon dried basil
- 1 teaspoon salt
- 1 teaspoon pepper
- pinch paprika

Chicken Rub

- 1 Tablespoon pepper or cracked peppercorn
- 2-4 Tablespoons salt
- 1/2 Tablespoon tarragon

Note: Measurements will vary due to sizes of the meat. As a rule, use 1-2 Tablespoons of rub ingredients per pound of food. For a 6 lb. chicken, use up to 12 Tablespoons of spices.

Beef Roast

- 1 6-8 pound boneless beef roast

Marinade

- 3/4 cup vegetable oil.
- 3/4 cup lemon juice
- 8-10 cracked black peppercorns
- 6-8 whole cloves garlic
- 1 sliced red onion
- 1 Tablespoon dry rosemary

Mix ingredients together and pour over desired meat portion. Allow to marinate overnight in the refrigerator, turning from time to time. This marinade is the best for most kinds of meat including venison and tougher cuts of meat. Place meat on Rotisserie Bar Assembly and insert into Rotisserie. Set timer for 2 1/4-3 1/4 hours or until done. The beef is cooked when the temperature is at least 145°F on the meat thermometer.

* Dijon Mustard Steaks

The Dijon gives these small dinner steaks a distinctive flavor.

- 4 4 ounce beef KC/NY strip steaks, 1 1/4" thick
- 1/2 cup Dijon mustard
- 1 Tablespoon olive oil
- 1 Tablespoon minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon dried basil

NUTRITIONAL ANALYSIS	
Calories:	207
Total fat:	11 g
Saturated fat:	3 g
% calories fat:	48
Carbohydrates:	4 g
Protein:	23 g
Cholesterol:	62 mg
Sodium:	804 mg

Place the steaks in a shallow glass pan. Combine the mustard, oil, garlic and spices to make a thick sauce. Brush each steak with the mustard mixture and turn to coat both sides. Cover the steaks with plastic wrap and marinate in the refrigerator for 2-4 hours to blend the flavors. Place the steaks in the Adjustable Flat Basket and insert into Rotisserie. Discard any remaining sauce. Set the Timer for 35-40 minutes and cook until the meat is at least 145°F. Serves 4.

* Oriental Steak Kabobs

Serve these kabobs with mixed vegetables and steamed rice for a well-balanced meal.

- 1 1-pound beef sirloin steak, cut into 1-inch cubes
- 1/4 cup soy sauce
- 1/4 cup cider vinegar
- 2 Tablespoons minced garlic
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground ginger
- 1/4 cup chopped green onion
- 1/4 cup water
- 1 Tablespoon honey

NUTRITIONAL ANALYSIS	
Calories:	158
Total fat:	5 g
Saturated fat:	2 g
% calories fat:	28
Carbohydrates:	6 g
Protein:	21 g
Cholesterol:	60 mg
Sodium:	869 mg

Place the steak cubes into a shallow glass pan. Combine all the remaining ingredients and pour over the steak, turning to coat evenly. Refrigerate 12-24 hours. Thread the steak cubes onto the Skewers and place in the Rotisserie as instructed on page 14. Discard any remaining marinade. Set the Timer for 25-35 minutes or until done. Serves 5.

* Sirloin & Broccoli Linguine

A hearty, full-meal salad.

- 1 12-ounce beef top sirloin steak
- 8 ounces linguine noodles, cooked and drained
- 1 chopped tomato
- 1 chopped red pepper
- 1 cup broccoli cuts, cooked and cooled
- 1 chopped carrot
- 1 chopped red onion

Dressing

- 1/2 cup low fat mayonnaise
- 1/2 teaspoon dill
- 2 Tablespoons blue cheese
- 1 Tablespoon minced garlic
- 1 Tablespoon cider vinegar
- 1 teaspoon lemon juice

NUTRITIONAL ANALYSIS	
Calories:	357
Total fat:	7 g
Saturated fat:	3 g
% calories fat:	20
Carbohydrates:	26 g
Protein:	40 g
Cholesterol:	79 mg
Sodium:	417 mg

Place the sirloin steak in the Adjustable Flat Basket and insert in Rotisserie. Set the Timer for 25-40 minutes or until the meat is at least 145°F. Cool and slice thinly. In a large bowl, combine the steak, noodles, tomato, red pepper, broccoli, carrot and onion. Make the dressing by mixing together the mayonnaise, dill, blue cheese, garlic, vinegar and lemon juice. Whisk together and pour over the beef and pasta salad. Serves 4.

Hungarian Pork Chops

1 pound boneless pork chops

Marinade

2 Tablespoons chili sauce

1-1/3 Tablespoons lemon juice

2 Tablespoons grated onion

1/3 teaspoon dry mustard

1 Tablespoon Worcestershire® sauce

Dash salt, pepper and paprika

Mix above ingredients well and pour over chops. Marinate for up to 3 hours in the refrigerator. Load into Adjustable Flat Basket and insert in Rotisserie. Set Timer for 35-45 minutes or until done. The meat is done when the internal temperature is 160°F on the meat thermometer. Serves 4.

Honey Pineapple Pork Roast

1 3-4 pound boneless pork roast

Marinade

1/4 cup tamari or light soy sauce

1/4 cup white vinegar

1/4 cup extra virgin olive oil

1/4 cup fresh or canned (packed in juice) crushed pineapple

2 Tablespoons honey

2 Tablespoons finely chopped ginger

2 cloves finely chopped garlic

Soak a 3-4 lb. boneless, trimmed and tied pork roast in marinade for 4 hours in the refrigerator. Place on Rotisserie Bar Assembly and insert in Rotisserie. Set Timer for 2-2 1/2 hours or until the meat is at least 160°F. Close Rotisserie Cover. You may want to use drippings for basting during the last 45 minutes of cooking. Baste periodically every 10-15 minutes. Serves 10-12.

* Spicy Pork Tenderloin

A fast entrée that will delight everyone in the family.

- 1 Tablespoon chili powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon Italian seasoning
- 1/4 teaspoon ground cumin
- 1 Tablespoon minced garlic
- 1 1 pound pork tenderloin, 1" thick

NUTRITIONAL ANALYSIS	
Calories:	148
Total fat:	4 g
Saturated fat:	1 g
% calories fat:	28
Carbohydrates:	2 g
Protein:	24 g
Cholesterol:	67 mg
Sodium:	215mg

Combine chili powder, oregano, salt, Italian seasoning, cumin and garlic in a small bowl. Generously press the spice mixture into the pork, coating each side. Place the tenderloin in the Adjustable Flat Basket and insert in the Rotisserie. Set the Timer for 35-45 minutes or until done. The pork is cooked when the temperature is 160°F on the meat thermometer. Slice the tenderloin thinly and serve. Serves 4.

* Herbed Pork Roast

Marinate this roast overnight to develop the wonderful mustard and herb flavors.

- 1 4 pound boneless pork loin roast
- 3 Tablespoons Dijon® mustard
- 1 cup minced onion
- 3 Tablespoons minced garlic
- 2 Tablespoons paprika
- 2 teaspoons black pepper
- 2 teaspoons dried thyme
- 1 teaspoon celery seed
- 1 teaspoon ground sage
- 2 teaspoons chili powder

NUTRITIONAL ANALYSIS	
Calories:	305
Total fat:	12 g
Saturated fat:	4 g
% calories fat:	36
Carbohydrates:	7 g
Protein:	41 g
Cholesterol:	117 mg
Sodium:	198 mg

Tie the roast with cooking string and place it in a medium glass bowl. Rub the surface of the roast with the Dijon mustard. Combine the onion, garlic, paprika, pepper, thyme, celery seed, sage and chili powder in a small bowl. Mix well and sprinkle generously over the roast, turning the roast to coat evenly. Cover the roast with plastic wrap and refrigerate 8-12 hours. Prepare the roast for the Rotisserie on Rotisserie Bar Assembly. Insert into Rotisserie. Set the Timer for 2-2 1/2 hours or until done. The roast is done when the internal temperature is 160°F on the meat thermometer. Let the meat rest for 15 minutes and slice thinly to serve. Serves 8-10.

Rotisserie Barbecue Pork Ribs

- 2 full slabs baby back ribs
- 8 ounce barbecue sauce

Boil ribs in water for 15 minutes. Drain and allow to cool enough to handle. Attach all Skewers to the Rotisserie Bar Assembly. Wrap ribs around the outside of the Skewers. Pull each Skewer up and out of notched End Wheel and thread back down in-between ribs, attaching securely on the bottom. Move to the next Skewer until meat is skewered all around the Rotisserie Bar Assembly. Insert Rotisserie Bar Assembly into Rotisserie. Set the Timer for 30 minutes. Stop the Rotisserie and carefully baste the ribs with barbecue sauce. Resume cooking for another 15 minutes or until done. The ribs are fully cooked when the temperature is 160°F on the meat thermometer. Serve the ribs with more sauce on the side. Serves 4-6.

Chicken with Rosemary

1 3-4 pound chicken

Marinade

3/4 cup vegetable oil

3/4 cup lemon juice

2 cloves minced garlic

1 finely chopped medium onion

1/3 teaspoon salt

1/2 teaspoon pepper

1/3 teaspoon dried rosemary or thyme

Mix the above ingredients well and pour over the chicken. Let marinate for 3 hours in the refrigerator. Cook on the Rotisserie Bar Assembly for 1-1 1/2 hours or until the temperature in the dark meat is 170°F on the meat thermometer. The chicken is done when the juices run clear and there is no pink color visible. Serves 4.

Herbed Roasted Chicken

1 3-4 pound chicken

Herb Rub

2-3 Tablespoons dried rosemary

1 Tablespoon peppercorns

2-4 Tablespoons salt

2 Tablespoons dried thyme

2-3 Tablespoons dried parsley

Clean out the inside cavity of the chicken. Remove skin if desired. Pat the surface dry with a paper towel. Combine all of the rub ingredients. Rub the ingredients onto the surface of the chicken. Place the chicken on Rotisserie Bar Assembly. Tie cooking string around chicken to hold in legs so they do not touch the Heating Element in the Rotisserie. Insert into Rotisserie. Set Timer for 1-1 1/2 hours or until the temperature in the dark meat is 180°F on the meat thermometer. Serves 4.

* Italian Rotisserie Chicken Breasts

The marinade in this recipe adds a sophisticated taste to the mild chicken flavor.

- 4 boneless, skinless chicken breast halves
- 1/2 cup fat-free Italian salad dressing
- 1/4 cup fat-free chicken broth
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- 1 teaspoon grated lemon peel
- 1/2 teaspoon dried Italian seasoning
- 2 Tablespoons chopped green onion
- 1/4 teaspoon black pepper

NUTRITIONAL ANALYSIS	
Calories:	207
Total fat:	6 g
Saturated fat:	1 g
% calories fat:	29
Carbohydrates:	8 g
Protein:	27 g
Cholesterol:	73 mg
Sodium:	441 mg

Place the chicken breasts in a shallow glass pan. Combine the dressing, broth, oil, juice, lemon peel, seasoning, onions and pepper in a small bowl. Pour over the chicken breasts and seal the dish tightly with plastic wrap. Marinate in the refrigerator for 4-12 hours, turning occasionally. Place the chicken in the Adjustable Flat Basket and insert into Rotisserie. Set the Timer for 30-35 minutes and cook until the chicken is 170°F on the meat thermometer. The chicken is done when the juices run clear and there is no pink color visible. Discard any remaining marinade. Serves 4.

* Deli Rotisserie Chicken

This recipe is straight from the grocery deli, where that wonderful aroma of rotisserie chicken always makes shoppers immediately hungry.

- 1 3-4 pound whole roasting chicken
- 1 teaspoon salt
- 2 teaspoons paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 2 teaspoons black pepper
- 1 teaspoon onion powder
- 1 teaspoon dried thyme

NUTRITIONAL ANALYSIS		
	With skin	Without skin
Calories:	549	278
Total fat:	32 g	7 g
Saturated fat:	9 g	2 g
% calories fat:	54	23
Carbohydrates:	3 g	3 g
Protein:	58 g	49 g
Cholesterol:	155 mg	155 mg
Sodium:	768 mg	768 mg

Remove the giblets from the chicken and discard. Wash the cavity well and dry with paper towels. Tie the chicken wings and legs with cooking string. Combine all the spices in a small bowl and mix well. Rub thoroughly into the skin of the chicken, pressing gently. Cover the chicken and refrigerate overnight. Prepare the chicken for the Rotisserie and load onto Rotisserie Bar Assembly. Insert into Rotisserie. Set the Timer for 1-1 1/2 hours. The chicken is fully cooked when the juices run clear and the meat is white, with no pink remaining. The temperature in the dark meat should be 180°F on the meat thermometer. If the chicken is not fully cooked, reset the Timer for an additional 10 minutes and test again. Serves 4.

* Mediterranean Chicken & Vegetable Kabobs

Add rice pilaf and you have an entire meal!

- 1/4 cup olive oil
- 1 Tablespoon lemon juice
- 1 teaspoon dried oregano
- 1 Tablespoon minced garlic
- 1 teaspoon ground cumin
- 1 teaspoon black pepper
- 4 skinless chicken breast halves,
cut into 1-inch cubes
- 1 medium red pepper, cut into 1-inch cubes
- 1 medium green pepper, cut into 1-inch cubes
- 1 small white onion, cut into large chunks
- prepared rice pilaf

NUTRITIONAL ANALYSIS	
Calories:	432
Total fat:	19 g
Saturated fat:	3 g
% calories fat:	41
Carbohydrates:	6 g
Protein:	56 g
Cholesterol:	146 mg
Sodium:	122 mg

In a small bowl combine oil, juice, oregano, garlic, cumin and pepper. Place the chicken cubes in a shallow glass pan and pour the marinade over the chicken, turning to coat evenly. Tightly cover the pan with plastic wrap and refrigerate 4-8 hours. Thread the chicken cubes on the metal Skewers, alternating the chicken with red and green peppers and onions. Discard remaining marinade. Place the Skewers in the Rotisserie as instructed on page 14. Set the Timer for 25-35 minutes or until done. The chicken is done when the juices run clear and there is no pink color visible. Remove the chicken and vegetables from the Skewers and serve with rice pilaf. Serves 4.

* Basil & Citrus Turkey Breast

A tangy marinade dresses up this healthful entrée.

- 1 7-8 pound boneless turkey breast
- 1 cup non-fat chicken broth
- 2 Tablespoons cider vinegar
- 1/2 cup orange juice
- 1/2 teaspoon black pepper
- 2 Tablespoons minced fresh basil

NUTRITIONAL ANALYSIS	
Calories:	266
Total fat:	10 g
Saturated fat:	3 g
% calories fat:	36
Carbohydrates:	2 g
Protein:	40 g
Cholesterol:	101 mg
Sodium:	103 mg

Place the turkey breast in a deep glass dish. Mix the marinade ingredients and pour over the turkey breast, turning to coat evenly. Cover tightly with plastic wrap. Marinate 4-6 hours in the refrigerator, turning occasionally. Prepare the turkey for the Rotisserie on the Rotisserie Bar Assembly. Insert into Rotisserie. Discard any remaining marinade. Set the Timer for 2 1/4-2 3/4 hours. The turkey is fully cooked when the juices run clear and the meat is white, with no pink remaining. The temperature should be 170°F on the meat thermometer. If the turkey is not fully cooked, reset the Timer for an additional 10 minutes and test again. Cool slightly and slice thinly. Serves 10.

* Quick Turkey Burgers

A healthful alternative to traditional burgers. Serve with all your favorite condiments.

- 1 pound ground turkey
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green pepper
- 1/4 cup shredded low fat cheddar cheese
- 2 teaspoons Worcestershire® sauce
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 4 hamburger buns

NUTRITIONAL ANALYSIS	
Calories:	332
Total fat:	13 g
Saturated fat:	4 g
% calories fat:	37
Carbohydrates:	24 g
Protein:	28 g
Cholesterol:	84 mg
Sodium:	689 mg

In a large bowl, mix together turkey, onion, green pepper, cheese, Worcestershire sauce, pepper and salt. Shape into four patties of equal thickness. Place the turkey patties in the Adjustable Flat Basket and insert into Rotisserie. Set the Timer for 25-30 minutes and cook until the meat is at least 170°F. Serve with fat-free mayonnaise, mustard, sweet red onion slices, pickles or other favorite condiments. Serves 4.

Hawaiian Fish

- 2 pounds whitefish fillets

Marinade

- 1/3 cup pineapple juice
- 1 Tablespoon soy sauce
- 1 Tablespoon lemon juice
- 2 cloves minced garlic

Mix the above ingredients and pour over fish fillets. Let marinate for a maximum of 30 minutes in the refrigerator. Cook in Adjustable Flat Basket for 25-30 minutes or until done. The fish will flake easily when done. Serves 4-6.

* Dill Salmon

Delicate herbs baste the fish.

- 4 6 ounce salmon steaks, 1-inch thick
- 2 Tablespoons low fat margarine
- 1 Tablespoon chopped fresh parsley
- 2 Tablespoons chopped fresh dill
- 1/4 cup fat-free Mayonnaise
- 2 teaspoons non-fat milk
- 1 teaspoon pepper
- 1/2 teaspoon salt

NUTRITIONAL ANALYSIS	
Calories:	331
Total fat:	15 g
Saturated fat:	3 g
% calories fat:	41
Carbohydrates:	4 g
Protein:	44 g
Cholesterol:	107 mg
Sodium:	562 mg

Combine the margarine, parsley, dill, mayonnaise, milk, pepper and salt in a small bowl. Mix well. Brush the salmon steaks on both sides with the sauce. Place the fish in the Adjustable Flat Basket and insert into Rotisserie. Set the Timer for 25-30 minutes or until done. The fish will flake easily when done. Serves 4.

Skewered Lamb Kabobs

Marinade

1/2 cup olive oil
1 1/2 Tablespoons dried rosemary
3 cloves crushed garlic
1/2 teaspoon salt

Kabobs

1 1/2 pounds boneless lamb
4-6 large mushrooms
2 small green zucchini cut into 1" squares
2 ripe plum tomatoes

Stir marinade ingredients together in a large bowl. Add the lamb squares, zucchini, tomatoes and mushrooms to the marinade and toss until all is well coated. Let stand, covered loosely, stirring occasionally. Keep refrigerated. Add ingredients to skewers and load onto Rotisserie Bar Assembly. Insert into Rotisserie. Set Timer for 25-35 minutes or cook until done. Serves 4-6.

Guilt-free Air Baked Fries

1-1 1/2 pounds potatoes (washed) cut into 1/2" cubes or cut into 1/2" strips for steak fries

Place cut potatoes into Roasted Veggies/Air Bake Basket and insert into Rotisserie. Cook for 45 minutes. Use the Rotisserie Bar Remover to remove Basket. Use oven mitts to open Basket Door and add seasoning to taste (salt, garlic, rosemary, etc.). (If desired, you may spray a light mist of olive oil onto potatoes before seasoning. DO NOT spray olive oil into Rotisserie.) Turn Basket to coat evenly with seasoning. Use Rotisserie Bar Remover to replace Roasted Veggies/Air Bake Basket into Rotisserie. Close Rotisserie Cover. Cook for an additional 15 minutes or until done. Serves 4.

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