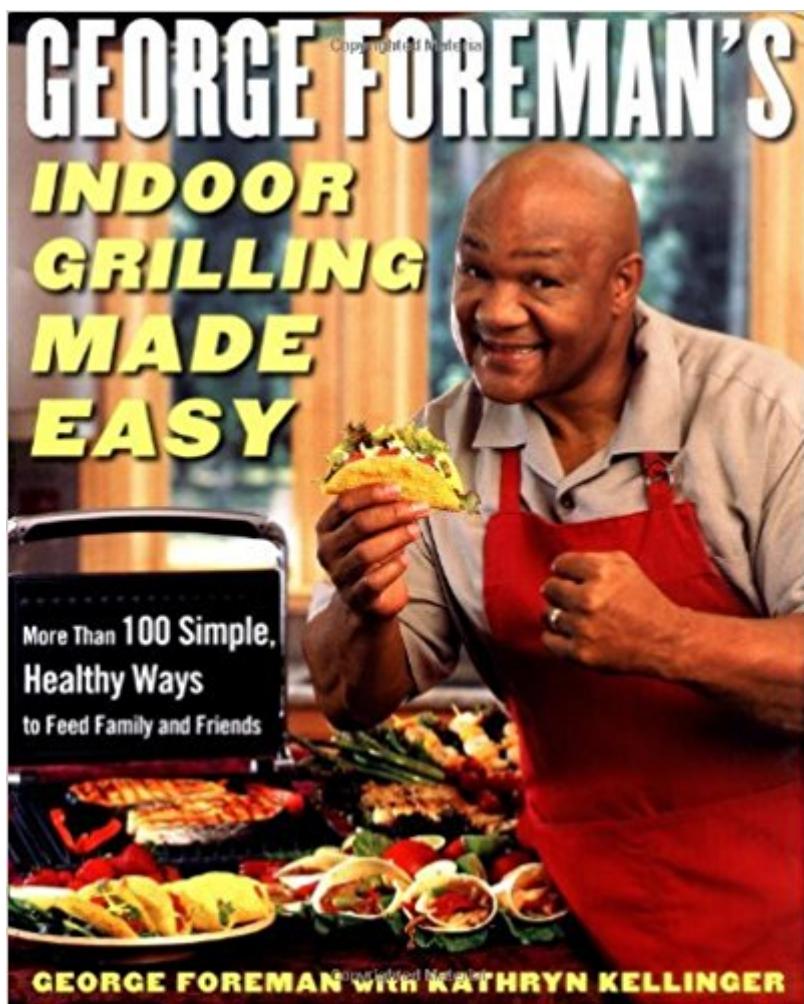


The book was found

George Foreman's Indoor Grilling Made Easy: More Than 100 Simple, Healthy Ways To Feed Family And Friends



Synopsis

From George Foreman, two-time heavy-weight champion of the world and one of the greatest salesmen of all time, his cookbook written specifically for his fabulous, indoor grills. From dorm rooms and first apartments to suburban homes and four-star restaurants, the George Foreman grill is one of America's most popular small kitchen appliances. As a world-class athlete and father of ten, George Foreman is focused on fresh, healthy foods that keep him and his family strong. Between kids, careers, and a heavyweight training schedule, the Foremans are a big, constantly-in-motion family. Getting dinner on the table could be an endurance event, but instead of going ten rounds in the kitchen, George Foreman has perfected fast and easy, and he passes on his strategy in George Foreman's Indoor Grilling Made Easy. Here are more than 100 recipes that speak to the reason everyone buys the indoor grill in the first place: easy dishes filled with big, bold flavor for healthy food fast. From breakfast foods to snacks, entrées, side dishes, and even desserts made on the grill, this is food to satisfy the young, the not-so-young, and everyone in between. Most recipes are naturally lower in carbohydrates (after all, George is a carnivore of some note), but some have choice carbs to fuel heavy training days. In addition to the recipes, there are plenty of flavor-enhancing ideas—marinades, spice rubs, and sauces—for simple cuts of fish, beef, pork, and chicken. You'll also find insider info on how to make perfect grilled veggies every time. George Foreman's Indoor Grilling Made Easy even includes finger foods for a party and a Thanksgiving dinner made on the grill. Portions feed a family of four but can easily be downsized for those living on their own (or doubled for Foreman-sized families).

Book Information

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Appliances

Customer Reviews

Foreman's "Lean Mean Grilling Machine" is one of the fastest, most simple ways to cook dinner: the grill cooks both sides of the food at once and can be cleaned with a damp sponge or paper towel. Its simplicity makes it a natural for beginning cooks, and this cookbook speaks directly to that audience, with introductory notes explaining that measuring cups and spoons "really do take the guesswork out of following a recipe" and recipes for dishes that, for the most part, can be made in three steps. The food is alluring; Chipotle Burgers with Avocado; Sesame-Scented Asparagus; Creamy Dijon Lamb Chops; and low-maintenance, and Foreman intersperses anecdotes throughout about his kids and their food preferences, his penchant for "a good strategy" (he maps out the week's dinners ahead of time) and other tidbits about life in the Foreman household. This book should appeal to those sharing Foreman's easy attitude toward cooking. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From dorm rooms and first apartments to suburban homes and four-star restaurants, the George Foreman grill is one of America's most popular small kitchen appliances. Women love it because it cooks delicious, healthy family meals in minutes and is super easy to clean. Men, on the other hand, often run from cooking. But grilling? Hey, that's definitely a guy thing. And everyone knows the master of the indoor grill is George Foreman. This two-time heavyweight champion of the world knows what tastes really good because George Foreman loves to eat. When George gives advice on how to grill the best burger on the planet, well, believe him. He knows. As a world-class athlete and father of ten, George Foreman is focused on fresh, healthy foods that keep him and his family strong. Between kids, careers, and a heavy weight training schedule, the Foreman's are a big, constantly in motion family. Getting dinner on the table could be an endurance event but, instead of going ten-rounds in the kitchen, George Foreman has perfected fast and easy and passes on his strategy in George Foreman's Indoor Grilling Made Easy. Here are more than 100 recipes that speak to the reason everyone buys the indoor grill in the first place: easy dishes filled with big, bold flavor for healthy food fast. From breakfast foods to appetizers, snacks, entrees, side dishes, and even desserts on the grill, this is food to satisfy the young, the not-so-young, and everyone in between. Most recipes will be naturally lower in carbs (after all, George is a carnivore of some note) but some will have choice carbohydrates to fuel

heavy training days. In addition to the recipes, there's plenty of flavor enhancing ideas '96; marinades, spice rubs, and sauces '96; for simple cuts of fish, beef, pork, and chicken '96; as well as insider info on perfect grilled veggies every time. And George Foreman's Indoor Grilling Made Easy even includes a party menu of finger foods and a Thanksgiving dinner made on the grill. Portions feed a family of four but can easily be halved for those living on their own or doubled for Foreman-sized families. Author Bios George Foreman is the two-time heavyweight champion of the world and the author of two previous cookbooks, Knock-Out-the-Fat Barbecue and Grilling Cookbook, and George Foreman's Big Book of Grilling, Barbecue, and Rotisserie as well as his autobiography By George and George Foreman's Guide to Life. He lives in Kingwood, Texas. Kathryn Kellinger is co-author of The Balthazar Cookbook and the upcoming cookbook for Ino, a restaurant celebrated for panini. She lives in New York City with her husband Lee, daughter Maya, and Henry, the world's best dog. BACK COVER COPY . " I like to cook fast and I like to cook delicious and these recipes help me do it. Everywhere I go, anytime I meet people, they tell me how much they love the grill. I've met kids who've never cooking anything before going off to college where they met their first Lean Mean Grilling Machine '96; they discovered that they could make a fast dinner for their friends and they discovered they loved doing it. I've even met world famous chefs who tell me that, in their off hours, when it's just them and their families, they rely on the grill for fast delicious meals. I'm proud that the grill and this book offer something for everyone, from kitchen champ to featherweight amateurs." George Foreman (as wall paper?) SKEWERS Sometimes-Sizzling Shrimp and Mango Kebabs Chicken Satays with Peanut Dipping Sauce Sirloin Beef Brochettes with Honey-Soy Marinade Grilled Pork and Grape Kebabs QUESADILLAS AND TACOS Big Texas Tacos Chicken Quesadillas '91; Dia Dogs Flaming Red Pepper Shrimp Quesadillas SANDWICHES '96; GRILLED, WRAPPED, AND OTHERWISE Best British Pub Classic Grilled Cheddar Panini with a Pesto Punch A Cuban Rueben Chicken-Caesar Salad Wraps BURGERS The Big George Aisle 6 Beef Burgers The 3 Ps Turkey Burger Tuna "Sushi" Burgers with Wasabi Mayonnaise PARTY PIZZAS AND PASTAS TOO Houston-Not-Hawaii Pizza Penne with Grilled Chicken, Portobellos and Walnuts CHICKEN EVERYWAY Do Anything Lemon Chicken Breasts Montego Bay Jerk Chicken Honey Mustard Chicken Tenders Coconut Curry Chicken Thighs BEEF, PORK AND LAMB Spicy Soy Flank Steak Bangkok Beef Salad Pork Chimichurri Molasses BBQ Pork Chops Creamy Dijon Lamb Chops SEAFOOD Grilled Popcorn Shrimp Speedy Salmon with Dijon Glaze Red Citrus Snapper Mahi-Mango Salad VEGETABLES AND GREENS ON THE GRILL George's Roasted Asparagus Wilted Spinach Zucchini Antipasto Stuffed Portobello Caps ON THE SIDE Simple

Guacamole Watermelon Salsa Creamy Light Coleslaw Crushed Potatoes SAUCES, MARINADES AND SPICE RUBS Texas 2-Step Sauce Brown Sugar Spice Rub Mediterranean Marinade Fiery Western Beef Marinade AND A LITTLE DESSERT Louisiana Banana Split Honey Glazed Pineapple Chocolate Chip Hot Tarts FIRST THING IN THE AM Pork and Apple Breakfast Patties Pumpkin French Toast Tofu "Huevos Rancheros" Smoked Salmon Croque Monsieur

Bought this for my Dad to go along with his grill. Perfect for a novice or inexperienced cook. The recipes are very simple and have a wide appeal (adults and kids).

Re: George Foreman's Indoor Grilling Made Easy:... I read this book from cover to cover and found it to be very informative, easy to follow instructions and suggestions.

This book is good to get some ideas but is very outdated for the new George Foreman grills. It makes you have to guess at the degrees to cook items. This is one of the main reasons I purchased it. I won't return it due to the cost of shipping. I will never buy another cook book unless I can preview first. Definitely not worth the over \$18.00.

Purchased for one of my sons, along with a new George Foreman grill for Christmas. The recipes are clear and easy. They include all kinds of foods, from meat to sandwiches to veggies.

Great for the recipe challenged cook like myself. This book goes great with any George Foreman grill and tons of great meals in it that are quick and easy to prepare.

Haven't had a chance to thoroughly go through the recipes. Some look really good though.

Nice recipes! Hope to use it soon.

Arrived on time as stated. Perfect packaging. Great instructions and recipes. Would recommend this book to everyone.Thank you, Mary Lou Lion Ã Â^Â

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