

Cooking Times for a George Foreman Grill

This chart illustrates the cooking times for the most common foods cooked on a [George Foreman grill](#). As a general rule of thumb, because the George Foreman grill cooks food on both sides at the same time, cooking times are roughly halved for the grill.

Foods	Cooking Times
Boneless Steak, 1/2 to 1 inch thick	4 - 7 minutes for medium rare, 6 - 9 minutes for medium
Boneless Chicken Breast	4 - 6 minutes
Fish Filets	2 - 3 minutes per 1/2 inch of thickness
Fish Steaks, 1/2 to 1 inch thick	2 - 3 minutes per 1/2 inch of thickness
Hamburgers , 1/2 to 3/4 inch thick	5 - 8 minutes
Ham Steak	3 - 5 minutes
Hotdogs	2 - 3 minutes
Sausages	2 - 3 minutes if precooked, 4 - 6 minutes if raw
Boneless Lamb Chops, 1/2 to 1 inch thick	6 - 8 minutes
Boneless Pork Chops, 1/2 to 1 inch thick	6 - 8 minutes
Pork Tenderloin, sliced in half lengthwise	6 - 9 minutes
Shrimp	2-1/2 - 4 minutes
Asparagus	2 - 4 minutes
Bell Peppers, halved	4 - 5 minutes
Eggplant slices, 1/2 to 1 inch thick	4 - 5 minutes
Leeks	2 - 3 minutes
Mushrooms	2 - 4 minutes
New Potatoes, sliced in half and precooked for 6 - 8 minutes	5 - 6 minutes
Potatoes slices, 1/2-inch thick and precooked for 6 - 8 minutes	7 - 10 minutes
Summer Squash and Zucchini slices, 1/2 to 1 inch thick	3 - 4 minutes
Tomato slices, 1 inch thick	1 - 2 minutes

Foreman Grill Cooking Guide

Mike Jess



Foreman Grill Cooking Guide:

Foreman Grill Cooking Guide Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Foreman Grill Cooking Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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