

George Foreman Electric Grill Cooking Times

Food	Cooking Times
boneless steaks of 1/2" – 1" inch	For Medium Rare: 4-7 minutes. For Medium: 6-9 minutes.
boneless chicken 1/2" to 3/4" inch	4-6 minutes
lamb chops of 1/2" – 3/4" of thickness	6-8 minutes
fork-tender fillets 1/2" inch	2-3 minutes
Ground Beef Patties 1/2" – 3/4" of thickness	5-8 minutes
Fish Steaks 1/2" inches	2-3 minutes.
Sausages 3/4" diameter	6-8 minutes
Shrimp	3-4 minutes
Pork Chops 1/2" or 3/4" inches	6-8 minutes
Lamb Chops 1/2" or 1" inches	6-8 minutes
Asparagus	3-5 minutes
Mushrooms	3-5 minutes
Peppers	5-8 minutes
Egg Plant 1/4" round slices	4-5 minutes
Zucchini 1/4" thick	3-4 minutes
Pineapple	3-4 minutes
Tomatoes	2 minutes