

BLACKSTONE OUTDOOR GAS GRIDDLE COOKBOOK:

EASY, QUICK & DELICIOUS RECIPES WITH FULL-COLOR PICTURES AND PRO TIPS TO MASTER BREAKFAST, LUNCH, DINNER, BURGERS, MEATS, VEGGIES, SEAFOOD & MORE

Stacy Holt

DON'T FORGET



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Cooking on gas griddles involves heat, flame, and potential hazards. Always follow the safety instructions provided by your griddle's manufacturer and observe standard kitchen safety practices. Use proper food-handling techniques and cook meat and poultry to safe internal temperatures. The author does not accept any liability for any injury, loss, or damage incurred by the use of this book. Readers are responsible for their own safety, ingredient choices, and dietary needs.



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GRIDDLE COOKING FUNDAMENTALS



Choosing the Right Blackstone Model for You

Not all Blackstone griddles are created equal — the right one depends on your cooking style, space, and needs. Here's a quick guide to help you choose:

Key Factors to Consider

- Cooking Location – Backyard, RV, balcony?
- How Many People? – Solo meals or feeding a crowd?
- Portability – Do you need to move it often?
- Extras Needed? – Air fryer, hood, drawers?

Propane vs Natural Gas

- Propane: Portable, easy to refill.
- Natural Gas: Permanent backyard setups, no tank swaps.

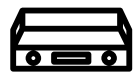
Bonus Features to Look For

- Air fryer combo drawers
- Shelves and storage
- Wind guards and lids
- Push-button ignition

Quick Recommendations

- RV/travel: 17" or 22"
- Balcony living: 22" with stand
- Backyard grilling: 28" or 36"
- Entertainers & meal preppers: 36" Pro Series

Size	Best For	Surface	Portability	Example
17"	Solo/camping	~260 sq in	✅	17" Tabletop
22"	Couples/small families	~330 sq in	✅	Adventure Ready
28"	Families/patios	~470 sq in	❌	Griddle Station
36"	Large meals/parties	~720 sq in	❌	36" Griddle Pro





My Pick (Optional Author Section)

"I personally use the 36" Blackstone with a hard cover and side shelves. It's ideal for batch cooking, weekend brunches, and hosting friends — but when we travel, I always take the 17" tabletop with me for quick bacon-and-egg mornings."







SETUP & SEASONING: YOUR FIRST BURN

Before you flip your first pancake or sear your first steak, it's crucial to properly season your Blackstone griddle. This creates a non-stick surface and protects against rust — just like seasoning a cast-iron skillet.

What You'll Need:

- Mild dish soap & water
- Paper towels or microfiber cloth
- High smoke-point oil (e.g., flaxseed, canola, avocado)
- Grill-safe tongs and paper towels or a lint-free rag

Step-by-Step: First-Time Setup & Burn-In

1. Wash It Down. Use mild soap and water to clean the cooking surface. Rinse well and dry completely.
2. Turn Up the Heat. Turn all burners to high. Let the griddle heat until it darkens slightly (~10–15 minutes).
3. Apply Oil. Use tongs and a paper towel to rub a thin, even layer of oil across the entire surface (including edges and corners).
4. Let It Smoke. Keep the burners on high. The oil will start smoking — this is normal. Once the smoke stops, repeat the oiling process.
5. Repeat 3–4 Times. Each layer adds protection and improves non-stick performance.

Pro Tip: The more you cook, the better your seasoning gets. Avoid acidic foods (like tomatoes) for the first few cooks.

CLEANING, MAINTENANCE & STORAGE

After Each Cook: Quick Clean Routine

1. Scrape While Hot Use a metal scraper to remove food bits and grease.
2. Wipe Clean Add a splash of water (or ice) to loosen stuck bits, then wipe with a paper towel or cloth.
3. Oil It Up Once clean and dry, apply a light coat of oil to prevent rust.

💡 Use tongs and folded paper towels for safe oiling.

Deep Cleaning (Every Few Weeks) Heat the griddle slightly (low heat), then scrape and wipe. Avoid soap unless you're re-seasoning from scratch. For stubborn buildup, use a griddle brick or steel wool gently.

Rust Prevention Tips Never leave it wet or exposed to rain. Always oil the surface before storing. Use a griddle cover or lid when not in use. If rust appears, scrape it off, wipe clean, and re-season.

Storage Best Practices

Short-Term (Daily use): Keep it oiled and covered.

Long-Term (Off-season): Store in a dry place, oil the surface well, and place a paper towel under the lid to absorb moisture.

❌ **Don't:** Use harsh chemicals, cook on a rusty surface, or leave food residue overnight.

Understanding Flat Top Heat Zones

WHAT ARE HEAT ZONES?

One of the biggest advantages of a Blackstone gas griddle is the ability to create and control multiple heat zones across the flat top — something a traditional grill can't do as easily. Your griddle has independent burners beneath the flat surface. Each burner creates a "zone" of heat that can be controlled separately — low, medium, or high — allowing you to:

- Sear meats on high heat
- Toast buns on low heat
- Keep food warm without burning

Tips for Managing Zones

- Always preheat your griddle (10–15 mins) before cooking.
- Use a laser thermometer or drip-test to check surface temps.
- Start high, then reduce as needed — griddles retain heat well.
- Move food, not heat. Slide items to cooler zones to avoid overcooking.



Pro Insight
The griddle doesn't cool down instantly — if your food is cooking too fast, move it to a cooler zone, don't wait for the whole surface to drop in temperature. This is the magic of flat top cooking.

Temperature Control Tips

Controlling temperature is one of the most important skills in griddle cooking. Your Blackstone gives you direct access to heat through adjustable burners — use this to your advantage.

Understand the Heat Levels:

- **Low Heat (250–325˚F / 120–160˚C):** Perfect for delicate foods like eggs, soft tortillas, toasting buns, melting cheese, or gently sautéing vegetables.
- **Medium Heat (325–375˚F / 160–190˚C):** Ideal for pancakes, French toast, grilled sandwiches, stir-fries, fish fillets, and reheating leftovers.
- **High Heat (375–450˚F+ / 190–230˚C+):** Best for searing steaks, cooking burgers, caramelizing onions, crisping hash browns, or achieving a deep char on vegetables.

Practical Tips for Managing Temperature:

- **Preheat before cooking.** Give your griddle 10–15 minutes to reach a steady temperature.
- **Use the water test.** Flick a few drops of water onto the surface — if they dance and evaporate, slowly, it's ready. If they sizzle and vanish instantly, it may be too hot.
- **Watch the smoke.** A little smoke from oil is fine — thick smoke usually means the surface is too hot or the oil is burning.
- **Create heat zones.** Use the griddle's multi-burner design to your advantage. Keep one side hot for searing or fast cooking. Keep the other side on low or off to rest, hold, or warm food. This method helps you manage cooking times without overcooking or burning.
- **Use oil wisely.** Some oils burn faster than others. Choose high smoke-point oils like avocado, canola, or grapeseed when cooking at higher heat. Avoid olive oil for high-heat tasks, as it burns quickly and may leave a bitter taste.



Blackstone Grill: Advanced Cooking

1. Zone Cooking: Total Surface Control
Your griddle has multiple burners — treat them as separate cooking stations:

- Use high heat for searing steaks, crisping bacon, or caramelizing onions.
- Use medium heat for burgers, quesadillas, and stir-fries.
- Use low or off to keep food warm without overcooking.

Pro Tip: Move food across zones instead of changing burner temps.

2. Layering Flavors
The griddle holds onto flavor — use it to your advantage:
Start with bacon → cook onions in the drippings → then add burgers.
Each step builds a richer, deeper taste profile — like a restaurant flat top.

3. Finish with Compound Butters
Top seared steaks, fish, or veggies with flavored butter (like garlic-herb or chipotle-lime).
Melt it under a dome for 30 seconds and let it soak in. Adds instant richness and polish to any dish.

4. Reverse Sear for Precision Cooking Want steakhouse results? Try this:

1. Cook thick steaks on **low** heat under a dome until nearly done.
2. Move to **high heat** to quickly sear and lock in juices.

The result? Tender inside, crispy outside — perfect every time.

5. **Dome + Steam Combo** Splash a little water around the food, then cover with a dome. This method:

- Melts cheese fast
- Steams eggs to perfection
- Softens vegetables
- Speeds up thick cuts of meat

It's like building a mini oven right on your griddle.

6. Cook Multiple Dishes at Once One of the best parts of a large griddle? Cooking an entire meal at once:

- Left: proteins (steak, shrimp, chicken)
- Center: sides (rice, veggies, tortillas)
- Right: keep-warm zone or toast buns

7. Light Griddle Smoking (Optional Hack) Want a touch of smoke flavor? Wrap soaked wood chips in foil, poke holes, and place them over a hot burner. Close the lid or cover with a dome to trap smoke. Adds subtle smokiness without a full smoker setup.

Advanced Cooking Mindset

- **Prep First:** Chop, marinate, and organize before heating up.
- **Cook in Zones:** Plan ahead — cook, finish, and rest your foods simultaneously.
- **Let It Sit:** Don't flip too soon — a crust needs time to form.
- **Clean Between Batches:** Scrape and re-oil for fresh flavor every time.
- **Use your spatula like a chef's knife** — flip gently, press with purpose, and scrape with confidence.
- **Don't crowd the griddle** — give each ingredient space to breathe and brown, not steam.
- **Keep a squirt bottle of water and oil nearby** — they're your two secret weapons for managing moisture and heat on demand.

REMEMBER: ADVANCED GRIDDLING ISN'T JUST ABOUT TECHNIQUE.
IT'S ABOUT TIMING, RHYTHM, AND NOT DROPPING YOUR BURGER WHILE SHOWING OFF.

BONUS TIP: ALWAYS OIL THE GRIDDLE, NOT THE MEAT, ESPECIALLY WHEN COOKING LEAN CUTS. IT PREVENTS STICKING AND GIVES YOU THAT GOLDEN-BROWN CRUST.



Must-Have Griddle Tools



To unlock the full potential of your Blackstone griddle, you don't need dozens of gadgets - just a small set of well-chosen tools. These essentials will help you cook smarter, clean faster, and flip like a pro.

1. **Heavy-Duty Spatulas (Flat & Slotted)** Use two spatulas for better control — one to flip, one to hold food steady. Ideal for smash burgers, pancakes, eggs, stir-fried veggies, and grilled fish.
2. **Metal Scraper** Your #1 cleaning ally. Removes stuck-on bits, scrapes grease into the drip tray, and helps maintain a smooth, seasoned surface.
3. **Oil Squeeze Bottle** Delivers just the right amount of oil where and when you need it. Great for seasoning the surface or adding flavor during cooking.
4. **Griddle Dome (Melting Cover)** Traps steam and heat to melt cheese, finish thick proteins, or gently cook eggs. Mimics the effect of an oven — right on your griddle.
5. **Water Bottle (Squeeze Style)** A chef's trick for steaming and cleaning. Use to deglaze stuck areas, soften vegetables, or speed up cooking time for dense cuts.
6. **Tongs & Heat-Resistant Gloves** Tongs provide a secure grip on meats, skewers, and delicate foods. Gloves protect hands when handling hot domes, metal tools, or scrapers on a blazing surface.
7. **Grill Brush or Griddle Pad** Great for deep cleaning sessions after several cooks. Keeps your griddle smooth, seasoned, and ready to go every time.

Pro Tips: Store all your essentials in a bin or hanging rack near the griddle for easy access during fast-paced cooking. Use color-coded squeeze bottles for oil, water, and sauces to avoid mix-ups while multitasking.

Meat Preparation Advice for Griddle Success

Get juicy, flavorful results every time by following these simple, proven steps before and during griddle cooking:

- Bring to Room Temp - Let meat sit out 15–30 min before cooking.
- Pat Dry – Dry surface = better sear.
- Season Simply – Salt + pepper is often enough. Add rubs/marinades if desired.
- Preheat the Surface. Always cook on a properly preheated griddle for that instant sizzle and caramelization.
- Don't Crowd the Meat. Leave space between each piece so it sears, not steams. Overcrowding causes uneven browning.
- Flip Once. Let a crust form undisturbed before flipping. This gives you that satisfying golden-brown exterior.
- Use a Meat Thermometer:
  Chicken: 165˚F
  Pork: 145˚F
  Beef (medium): 135–140˚F
  Fish: 130–135˚F
- After Cooking Let It Rest. Let meat rest for 5-10 minutes before slicing. This allows juices to redistribute, making the meat tender and juicy. (Cutting too soon causes all that flavor to leak out onto your board - not your plate!)

Breakfast

AVOCADO TOAST WITH GRIDDLED EGGS & BACON

Serves	Cooking	Prep	Ready in
2 Servings	8 Minutes	10 Minutes	18 Minutes

INGREDIENTS

- 2 slices of thick sourdough bread
- 2 large eggs
- 1 ripe avocado
- 4 slices of bacon
- 1 tablespoon lemon juice
- Salt and black pepper to taste
- 1 tablespoon olive oil or butter (for greasing/toasting)
- Optional toppings: chili flakes, everything bagel seasoning, fresh herbs, hot sauce

DIRECTIONS

1. Preheat the Griddle: Heat the griddle to medium across most of the surface, and low in one corner. Let it preheat for 5-7 min.
2. Griddle the Bacon: Place bacon strips on the medium-heat zone. Cook for about 4-5 min., flipping as needed until crisp. Transfer to a paper towel-lined plate. Tip: Use a scraper to push excess grease aside or into a grease trap.
3. Toast the Bread: Lightly brush sourdough slices with olive oil or butter. Place on a clean section of the griddle and toast for 2-3 min. per side, until golden and crisp. Move to the low zone to hold.
4. Cook the Eggs: Crack eggs onto a freshly greased section of the griddle. Cook to your preference - sunny-side-up, over-easy, or medium. For sunny-side eggs with set whites, cover with a dome lid for 1-2 min. Season with salt and pepper.
5. Make the Avocado Mash: While eggs cook, mash the avocado in a bowl with lemon juice, a pinch of salt, and black pepper. Optional: add chili flakes or garlic powder.
6. Assemble the Toast: Spread avocado mash generously over each toasted slice. Top with a cooked egg and 2 strips of crispy bacon. Garnish with optional herbs or seasoning.



Nutritional Information (per serving): Calories:~420 kcal Protein: 16g Carbohydrates: 22g Fats: 30g Fiber: 6g

RED VELVET GRIDDLE CAKES



Serves	Cooking	Prep	Ready in
4 (8–10 Cakes)	20 Minutes	10 Minutes	30 Minutes

INGREDIENTS

For the Griddle Cakes:

- 1 ½ cups all-purpose flour
- 2 tbsp unsweetened cocoa powder
- 2 tbsp granulated sugar
- 2 tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- 1 cup buttermilk
- 2 large eggs
- ¼ cup unsalted butter, melted
- 1 tsp vanilla extract
- 1 tbsp red food coloring

For Cream Cheese Drizzle:

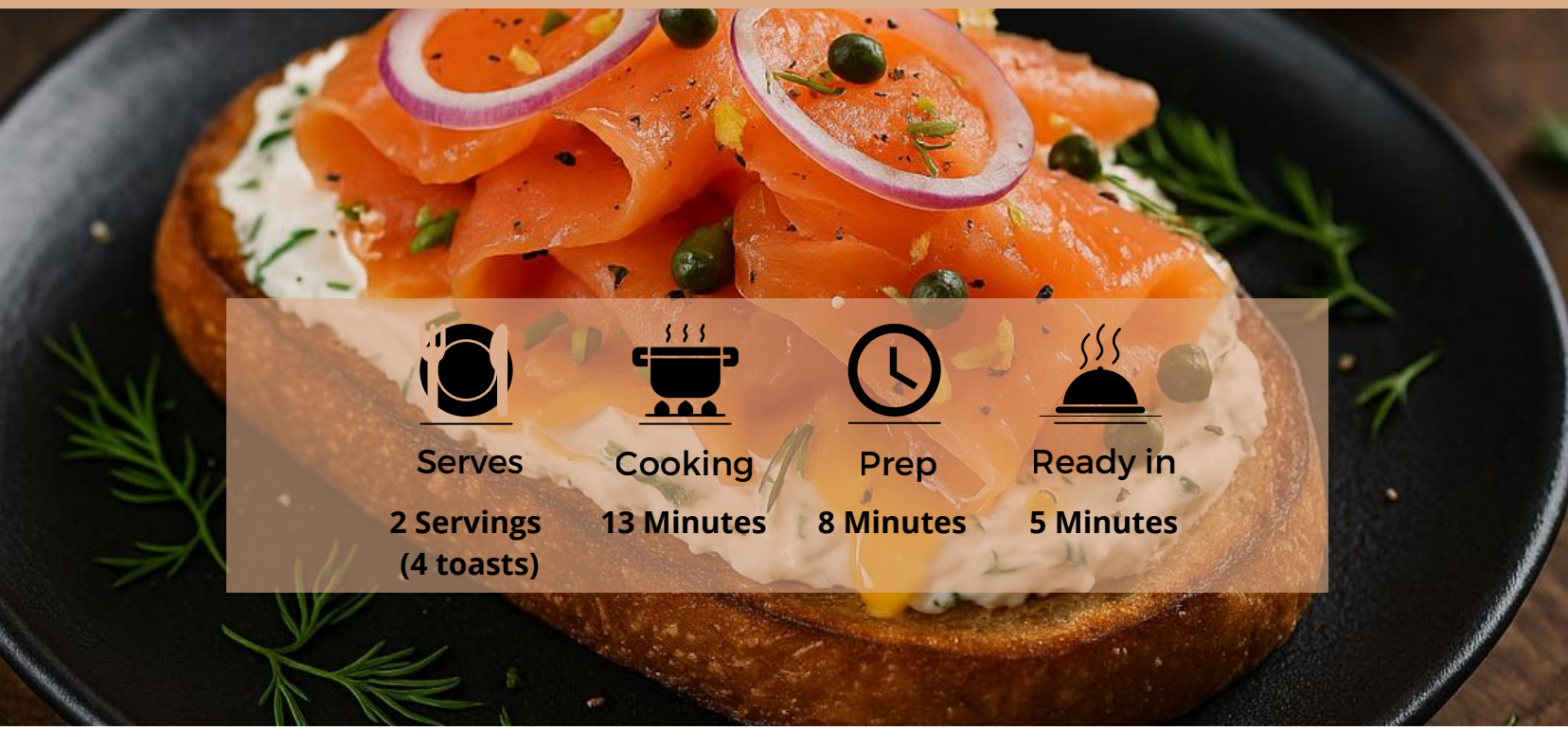
- 4 oz cream cheese, softened
- ¼ cup powdered sugar
- 2 tbsp milk (or more to thin)
- ½ tsp vanilla extract

DIRECTIONS

1. Preheat the Griddle: Preheat your gas griddle to low-medium heat (aim for ~325°F). Grease the griddle with a light coating of butter or oil spray.
2. In a large bowl, whisk together flour, cocoa powder, sugar, baking powder, baking soda, and salt.
3. In another bowl, whisk buttermilk, eggs, melted butter, vanilla, and red food coloring until well combined.
4. Pour the wet ingredients into the dry and gently fold until just combined. Do not overmix - a few lumps are fine.
5. Pour about ¼ cup of batter per cake onto the greased griddle surface.
6. Cook for 2–3 min., or until bubbles form and the edges begin to set. Flip using a wide spatula and cook another 2 min. or until cooked through and golden on the bottom.
7. In a small bowl, whisk together cream cheese, powdered sugar, vanilla, and milk until smooth and pourable. Add more milk to reach desired consistency.

Nutritional Information (per serving): Calories: 360 kcal Protein: 7g Carbohydrates: 42g Fats: 18g Fiber: 1g

SMOKED SALMON & HERB CREAM CHEESE GRIDDLE TOASTS



Serves	Cooking	Prep	Ready in
2 Servings (4 toasts)	13 Minutes	8 Minutes	5 Minutes

INGREDIENTS

- 4 slices of artisan sourdough or rustic country bread
- 4 ounces (115g) cold-smoked salmon (sliced thin)
- 4 tablespoons whipped cream cheese
- 1 tablespoon fresh chopped dill
- 1 teaspoon fresh chopped chives
- 1 teaspoon lemon juice
- Zest of ½ lemon
- 1 tablespoon olive oil or butter (for greasing/toasting)
- Optional: capers, thinly sliced red onion, cracked black pepper

DIRECTIONS

1. Preheat the Griddle: Set one side of your gas griddle to medium heat and leave the other side off or on low. Preheat for 5 min.
2. Prepare the Cream Cheese Spread: In a small bowl, mix the whipped cream cheese with chopped dill, chives, lemon juice, and lemon zest. Stir until smooth and herby. Set aside.
3. Toast the Bread on the Flat Top: Lightly brush both sides of the bread slices with olive oil or melted butter. Place them onto the medium heat zone of the griddle. Toast for 2-3 min. per side, pressing lightly with a spatula for even browning. Flip once. Bread should be golden and crisp on the outside, soft inside.
4. Assemble the Toasts: Move toasted bread to a cooler zone or plate. Spread each slice generously with the herb cream cheese mixture. Top with thin folds of smoked salmon. Garnish with optional red onion, capers, or cracked black pepper.

Nutritional Information (per serving): Calories: 360 kcal Protein: 18g Carbohydrates: 28g Fats: 20g Fiber: 2g

Serves	Cooking	Prep	Ready in
4 Servings (4 roll-ups)	8-10 Minutes	10 Minutes	20 Minutes

SPICY EGG ROLL-UPS



INGREDIENTS

- 4 large eggs
- 4 medium (8-inch) flour tortillas
- ½ cup shredded pepper jack cheese
- ½ cup cooked spicy breakfast sausage (crumbled)
- 2 tablespoons whole milk
- 1 tablespoon butter or oil (for greasing)
- 2 tablespoons hot sauce (adjust to taste)
- 1 green onion, chopped (optional for garnish)
- Salt and black pepper to taste

DIRECTIONS

1. Preheat the Griddle: Set one half of your griddle to medium heat for cooking the eggs and sausage. Set the other half to low to medium heat for toasting the wraps. Preheat for 5-7 min.
2. Cook the Sausage (if uncooked): If using raw sausage, cook it first on the medium zone until browned and crumbled, about 4-5 min. Remove and set aside.
3. Scramble the Eggs: In a bowl, whisk eggs with milk, salt, pepper, and hot sauce. Grease the griddle with butter or oil, then pour the egg mixture onto the medium-heat zone. Stir continuously with a spatula until eggs are just set and fluffy, about 2-3 min. Don't overcook - residual heat will finish them off in the wrap.
4. Assemble the Roll-Ups: On each tortilla, layer scrambled eggs, sausage, and shredded pepper jack. Roll tightly like a burrito, folding in the sides as you go.
5. Griddle the Roll-Ups: Lightly oil the low-medium heat zone. Place the roll-ups seam-side down on the griddle. Toast for 2-3 min. per side, rotating with tongs, until all sides are golden and crisp. Slice diagonally for presentation, and top with green onions or a drizzle of hot sauce if desired.

Nutritional Information (per serving): Calories: ~370 kcal Protein: 20g Carbohydrates: 24g Fats: 22g Fiber: 2g

TOASTED EGG-IN-A-HOLE SANDWICHES

Ready in	Prep	Cooking	Serves
15 Minutes	7 Minutes	8 Minutes	2 servings (2 full sandwiches)



INGREDIENTS

- 4 slices of thick sandwich bread (sourdough or brioche recommended)
- 2 large eggs
- 2 slices of cheddar, American, or provolone cheese
- 4 slices cooked bacon or 2 cooked sausage patties (optional)
- 2 tablespoons butter (softened)
- Salt and black pepper to taste
- Optional: hot sauce, sliced avocado, or spinach

DIRECTIONS

1. Preheat the Griddle: Heat your gas griddle to medium heat and let it preheat for 5-7 min. Set a corner or side burner to low as a holding area.
2. Prep the Bread: Use a round cutter or glass to cut a hole in the center of two of the bread slices (these will be the tops). Butter one side of each slice (including the cut-out pieces - bonus snacks!).
3. Toast and Cook the Eggs: Place the buttered bread (hole slices) butter-side-down on the griddle. Immediately crack one egg into each hole. Season with salt and pepper. Cover with a dome lid for 1-2 min. if you prefer the yolk more set. When the bottom is golden and egg is partially set, carefully flip with a spatula and cook another 1-2 min. until desired doneness.
4. Assemble the Sandwiches: On a clean section of the griddle, toast the bottom bread slices butter-side-down. Place a slice of cheese and cooked bacon or sausage on each. Once melted and heated through, top with the egg-in-a-hole slices to complete the sandwich.
5. Final Toast: Gently press the sandwich together and toast for another minute per side to ensure melty cheese and golden edges.

Nutritional Information (per serving): Calories:~440 kcal Protein: 21g Carbohydrates: 28g Fats: 27g Fiber: 2g

BACON-WRAPPED AVOCADO BOATS



Serves	Cooking	Prep	Ready in
2 Servings (4 avocado boats)	12 Minutes	10 Minutes	22 Minutes

INGREDIENTS

- 2 ripe but firm avocados
- 8 slices of thin-cut bacon
- ¼ cup shredded cheese (cheddar, mozzarella, or pepper jack)
- Optional: 2 eggs (if not using cheese)
- Salt and black pepper, to taste
- Optional toppings: chopped chives, hot sauce, sriracha mayo

DIRECTIONS

1. Preheat the Griddle: Heat the griddle to medium heat and allow it to preheat for 5-7 min. Leave a small area on low for resting finished boats.
2. Prep the Avocados: Cut avocados in half and remove the pits. If the holes are small, scoop a little extra out to make room for the filling.
3. Fill the Boats: Add 1 tablespoon shredded cheese into each avocado half. Crack a small egg into each avocado half. (You may need to pour off some egg white to fit.) Season with salt and pepper.
4. Wrap each avocado half with 2 slices of bacon, slightly overlapping and tucking the ends underneath. Secure with toothpicks if needed.
5. Griddle the Boats: Lightly grease the griddle if desired. Place the bacon-wrapped avocado halves face-up on the medium-heat zone. Cook for 4-5 min., then use tongs or a spatula to rotate and sear each side, cooking for another 6-7 min. total until bacon is crispy all around. For egg-filled boats, cover with a dome lid during the last few min. to help the egg set.
6. Transfer finished boats to a low-heat zone or plate and let rest 1 min. before serving. Remove any toothpicks carefully.

Nutritional Information (per serving): Calories:~480 kcal Protein: 14g Carbohydrates: 9g Fats: 42g Fiber: 7g

LEMON-RICOTTA GRIDDLE CAKES

Serves	Cooking	Prep	Ready in
4 Servings (8–10 cakes)	20 Minutes	10 Minutes	10 Minutes



INGREDIENTS

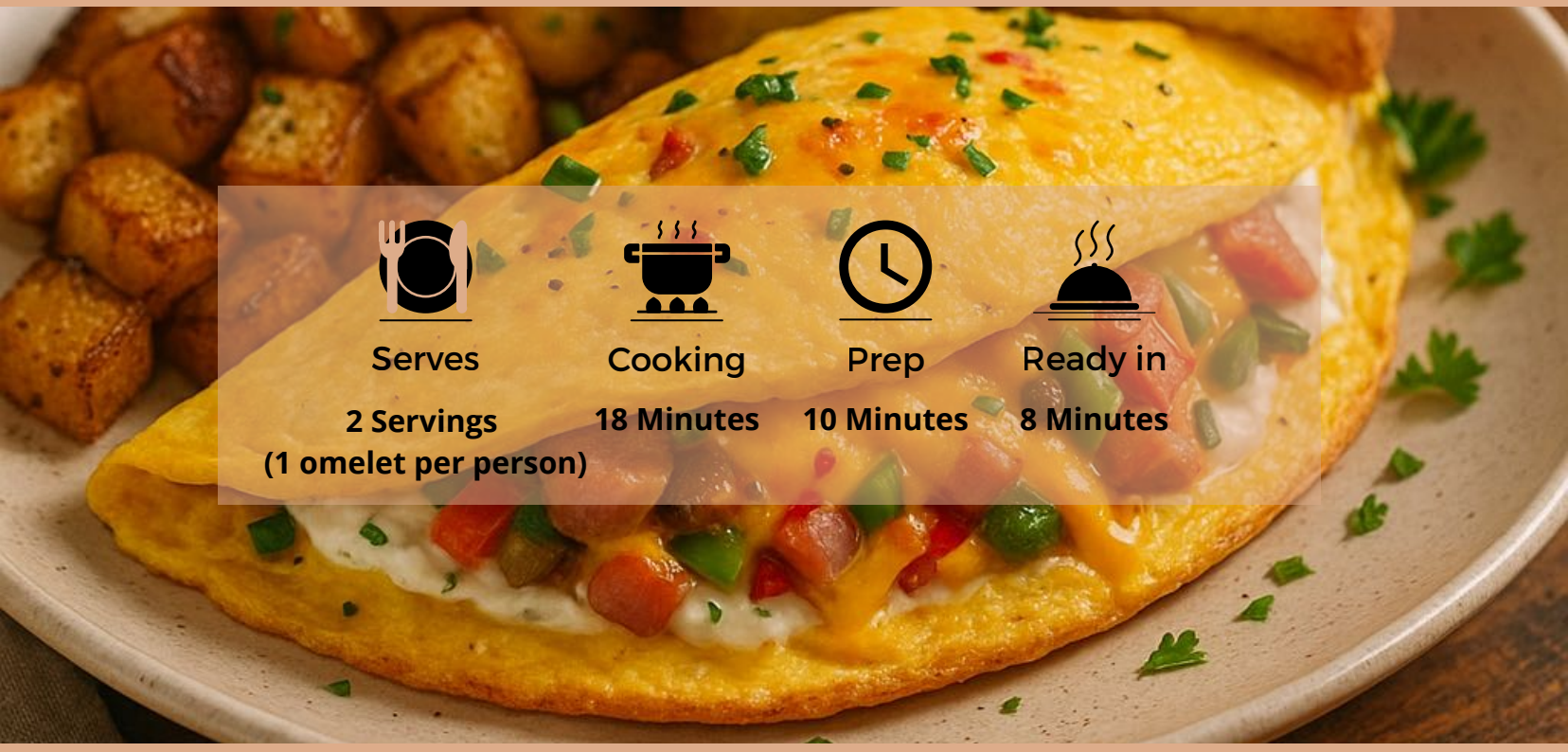
- cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 tablespoon granulated sugar
- Zest of 1 lemon
- ¾ cup ricotta cheese (whole milk)
- 2 large eggs
- ½ cup milk (whole or 2%)
- 2 tablespoons lemon juice
- 1 teaspoon vanilla extract
- 2 tablespoons unsalted butter or oil (for greasing the griddle)

DIRECTIONS

1. Preheat the Griddle: Heat your gas griddle to medium across the entire surface. Allow 5-7 min. to preheat fully. You want even heat, not too high - these are delicate.
2. Mix the Dry Ingredients: In a medium bowl, whisk together flour, baking powder, soda, salt, sugar, and lemon zest.
3. Mix the Wet Ingredients: In another bowl, whisk the ricotta, eggs, milk, lemon juice, and vanilla extract until smooth.
4. Combine Wet and Dry: Pour the wet mixture into the dry and stir gently until just combined. Do not overmix - batter should be slightly lumpy and thick but pourable.
5. Grease and Scoop: Lightly grease the griddle with butter or oil using a brush or squeeze bottle. Ladle ¼-cup portions of batter onto the griddle, leaving space between each cake.
6. Cook for about 2-3 min. per side, until golden brown and bubbles begin to form and pop on the surface. Flip gently with a flat spatula and cook the other side until golden and set.

Nutritional Information (per serving): Calories:~260 kcal
Protein: 9g Carbohydrates: 24g Fats: 14g Fiber: 1g

WESTERN OMELET FOLDED ON THE FLAT TOP



INGREDIENTS

- 6 large eggs
- 1 tablespoon whole milk or water (for extra fluffiness)
- ½ cup diced cooked ham
- ½ cup shredded cheddar cheese
- ¼ cup diced green bell pepper
- ¼ cup diced red bell pepper
- ¼ cup finely chopped yellow onion
- 2 tablespoons unsalted butter or cooking oil (for greasing)
- Salt and freshly ground black pepper, to taste
- Optional garnish: chopped chives or fresh parsley

Nutritional Information (per serving):
Calories: 320 kcal Protein: 23g
Carbohydrates: 6g Fats: 22g Fiber: 1g

DIRECTIONS

1. Preheat the Griddle: Turn one side of your gas griddle to medium heat and the other to low. Let it preheat for 5-7 min. This two-zone setup is key for griddle control.
2. Cook the Fillings: Lightly grease the medium zone with oil or butter. Add the diced ham, green and red bell peppers, and chopped onion. Sauté for 2-3 min. until softened and slightly caramelized. Move the mixture off the heat or to the low zone.
3. Whisk the Eggs: In a bowl, whisk 3 eggs with ½ tablespoon of milk, salt, and pepper for each omelet. This adds fluff and flavor.
4. Griddle the Eggs: Lightly grease the low zone again. Pour the egg mixture onto the surface and shape it into a rough rectangle using a spatula. Let it cook untouched for 1-2 min. until the bottom sets.
5. Build and Fold: Gently lift the edges of the egg with your spatula to let uncooked egg run underneath. Once mostly set, spoon the sautéed ham and veggies over one half. Sprinkle on shredded cheese. Carefully fold the omelet in half over the fillings using two spatulas.
6. Steam and Serve: Cover with a dome lid for 30 sec. to help the cheese melt completely. Remove and serve immediately.

MINI GRIDDLE CINNAMON ROLLS

Serves	Cooking	Prep	Ready in
4 Servings (12 mini rolls)	25 Minutes	15 Minutes	10 Minutes

INGREDIENTS

For the dough:

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ⅛ teaspoon salt
- 2 tablespoons granulated sugar
- ⅓ cup milk (whole or 2%)
- 2 tablespoons unsalted butter, melted

For the filling:

- 2 tablespoons unsalted butter, softened
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon

For the glaze:

- ¼ cup powdered sugar
- 1 tablespoon milk
- ¼ teaspoon vanilla extract

For greasing:

- 1 tablespoon butter or neutral oil

DIRECTIONS

1. Heat the griddle to low to medium heat across the cooking zone. Allow 5-7 min. to preheat. You want gentle, consistent heat for these soft rolls.
2. In a bowl, mix flour, baking powder, baking soda, salt, and sugar. Add milk and melted butter. Stir until a dough forms, then knead gently on a floured surface until smooth (about 1-2 min.).
3. Roll the dough into a rectangle (approx. 8 x 6 inches). Spread the softened butter over the surface. Sprinkle with brown sugar and cinnamon evenly.
4. Roll the dough up tightly from the long side, then slice into 12 mini rolls using a sharp knife or string.
5. Lightly grease the griddle with butter or oil. Place the rolls spiral-side down. Cook over low to medium heat for 3-4 min. per side, gently pressing them down with a spatula after flipping to ensure even contact. Use a dome lid if needed to help heat through.
6. While rolls are cooking, mix powdered sugar, vanilla, and milk into a smooth glaze. Once golden brown and cooked through, move rolls to a low-heat zone or plate. Drizzle glaze over warm rolls and serve immediately.



Nutritional Information (per serving):
Calories:~280 kcal Protein: 4g Carbohydrates: 35g Fats: 13g Fiber: 1g

Snacks and Appetizer

GRIDDLE BACON-WRAPPED DATES

Serves	Cooking	Prep	Ready in
4 Servings (12 dates)	8 Minutes	10 Minutes	18 Minutes



INGREDIENTS

- 12 Medjool dates, pitted
- 3 oz goat cheese (soft, spreadable)
- 6 slices thin-cut bacon, cut in half crosswise
- Toothpicks (wooden, soaked in water if needed)
- Optional: fresh thyme or honey for garnish

DIRECTIONS

1. Preheat the Griddle: Heat your gas griddle to medium across your working surface. Let preheat for 5-7 min. Reserve a low-heat zone for resting dates.
2. Stuff the Dates: Open each pitted date slightly and fill with about ½ teaspoon goat cheese. Press closed.
3. Wrap with Bacon: Wrap each stuffed date with a half-slice of bacon. Secure with a toothpick through the center. Ensure the bacon ends are tucked or pinned to avoid unraveling.
4. Grease and Grill: Lightly grease the griddle with a small amount of oil or bacon drippings. Place the wrapped dates seam-side down onto the medium-heat zone. Cook for 2-3 min. per side, rotating until all sides are crispy and bacon is fully rendered.
5. Finish and Serve: Move cooked dates to a low-heat zone or plate to rest for 1-2 min. Remove toothpicks if desired.
6. Serve with: A light drizzle of honey or hot honey. A sprinkle of fresh thyme or rosemary. Crushed pistachios for added crunch. As part of a griddled charcuterie board with cheeses, olives, and crackers

Nutritional Information (per serving): Calories:~210 kcal Protein: 6g Carbohydrates: 18g Fats: 14g Fiber: 2g

STUFFED GRIDDLE JALAPEÑOS

Serves	Cooking	Prep	Ready in
4 Servings (8 jalapeño)	8 Minutes	10 Minutes	18 Minutes



INGREDIENTS

- 4 large jalapeños, halved lengthwise and seeded
- ¼ cup cream cheese (softened)
- ⅓ cup shredded sharp cheddar cheese
- ½ teaspoon garlic powder
- Pinch of smoked paprika (optional)
- Salt and pepper to taste
- 1 tablespoon olive oil or butter (for greasing)
- Optional: chopped chives or crumbled bacon for topping

DIRECTIONS

1. Preheat the Griddle: Set your gas griddle to medium heat and preheat for 5-7 min. Reserve a low-heat zone for resting cooked peppers.
2. Prepare the Filling: In a small bowl, combine cream cheese, shredded cheddar, garlic powder, paprika (if using), salt, and pepper. Mix until smooth.
3. Stuff the Jalapeños: Fill each jalapeño half with the cheese mixture. Don't overfill - the cheese will expand slightly as it melts.
4. Grease and Grill: Lightly oil the griddle with olive oil or butter. Place the stuffed jalapeños cut-side up directly on the griddle. Cover with a dome lid to trap heat and help the cheese melt evenly.
5. Sear and Cook: Let cook for 6-8 min., or until jalapeños are softened and slightly blistered and cheese is bubbly and golden. Avoid flipping to keep the filling intact.
6. Rest and Serve: Transfer to the low-heat zone or a plate to rest briefly. Garnish with chopped chives or crumbled bacon if desired. Serve hot.

Nutritional Information (per serving): Calories:~160 kcal Protein: 5g Carbohydrates: 3g Fats: 14g Fiber: 1g

GRIDDLED BRIE & CRANBERRY BITES

Serves	Cooking	Prep	Ready in
4 Servings (12 mini bites)	6 Minutes	10 Minutes	16 Minutes



Nutritional Information (per serving): Calories:~280 kcal Protein: 9g Carbohydrates: 24g Fats: 17g Fiber: 1g

INGREDIENTS

- 24 thin slices of baguette (cut into ½-inch rounds)
- 6 oz Brie cheese (rind on, sliced into small squares)
- ½ cup whole berry cranberry sauce (store-bought or homemade)
- 2 tablespoons unsalted butter (softened)
- Optional: chopped fresh thyme or rosemary for garnish

DIRECTIONS

1. Preheat the Griddle: Set your gas griddle to medium heat and allow to preheat for 5-7 min. Keep one section at low heat for finished bites.
2. Assemble the Bites: Lightly butter one side of each baguette slice. On the unbuttered side of 12 slices, place a piece of Brie and a small spoonful of cranberry sauce. Top with the remaining slices, buttered side out, to create mini sandwiches.
3. Griddle & Press: Place the mini bites on the medium-heat zone, spaced slightly apart. Press each one gently with a griddle press or the bottom of a small pan to flatten and help the cheese melt. Cook for 2-3 min. per side, flipping once, until golden brown and the Brie is melted.
4. Hold & Serve: Transfer to the low-heat zone or plate. Garnish with fresh herbs, if desired, and serve warm.
5. Serve with: A glass of sparkling wine, rosé, or cider. A griddled charcuterie board featuring nuts, grapes, and cured meats. A drizzle of hot honey or balsamic glaze for extra flair.

BLUE CHEESE GRIDDLE FLATBREAD WEDGES

Serves	Cooking	Prep	Ready in
4 Servings	18 Minutes	10 Minutes	28 Minutes



INGREDIENTS

- 1 large naan, pita, or flatbread (approx. 8-10 inches)
- 1 cup yellow onions, thinly sliced
- 2 teaspoons olive oil (plus extra for brushing flatbread)
- 1 tablespoon butter (for onions)
- ¼ teaspoon salt
- ¼ cup crumbled blue cheese
- 1 teaspoon chopped fresh thyme or rosemary (optional)
- Optional: balsamic glaze for finishing drizzle

DIRECTIONS

1. Preheat the Griddle: Set part of your griddle to low or low-medium heat for the onions, and another zone to medium-high for crisping the flatbread later. Preheat for 5-7 min.
2. Caramelize the Onions: Add olive oil and butter to the low-heat zone. Place sliced onions down and season with salt. Cook for 10-12 min., stirring occasionally, until soft, golden, and sweet. Push to a cooler edge or remove to a bowl once ready.
3. Griddle the Flatbread: Brush one side of the flatbread lightly with olive oil. Place oiled-side-down on the medium-high zone. Grill for 2–3 min. until golden and lightly crisp.
4. Add Toppings: Flip the flatbread, then scatter caramelized onions and blue cheese over the toasted side. Optional: sprinkle with fresh thyme or rosemary. Cover with a dome lid for 1-2 min. to help melt the cheese.
5. Finish and Slice: Once the bottom is crisp and cheese slightly melted, transfer flatbread to a cutting board. Let rest 1 min., then slice into wedges.

Nutritional Information (per serving): Calories:~250 kcal Protein: 6g Carbohydrates: 22g Fats: 15g Fiber: 2g



Serves
4 Servings
(12 mushrooms)

Cooking
40 Minutes

Prep
10 Minutes

Ready in
50 Minutes

GRIDDLED CHEESE-STUFFED MUSHROOMS



INGREDIENTS

- 12 large white or cremini mushrooms (stems removed and reserved)
- ⅓ cup cream cheese (softened)
- ¼ cup shredded mozzarella or fontina cheese
- 1 tablespoon grated Parmesan
- 1 tablespoon finely chopped mushroom stems
- 1 teaspoon minced garlic
- 1 teaspoon fresh parsley or chives, chopped
- ½ tablespoon olive oil or melted butter (for greasing)
- Salt and black pepper, to taste
- Optional: pinch of crushed red pepper flakes

DIRECTIONS

1. Preheat the Griddle: Set the griddle to medium heat and let it preheat for 5-7 min. Reserve a low-heat zone for finished mushrooms.
2. Make the Filling: In a bowl, mix cream cheese, mozzarella, Parmesan, chopped mushroom stems, garlic, herbs, salt, pepper, and red pepper flakes (if using). Stir until smooth.
3. Stuff the Mushrooms: Spoon the filling generously into each mushroom cap, packing it slightly so it doesn't overflow.
4. Prepare the Griddle: Lightly grease the griddle with olive oil or butter. Place the mushrooms stuffed-side up directly onto the griddle over medium heat. Cook uncovered for 4–5 minutes to allow the bottoms to sear.
5. Melt & Finish: Cover the mushrooms loosely with a dome lid and cook another 3-4 min., or until the cheese is melted and mushrooms are tender but not soggy.
6. Hold & Serve: Transfer to the low-heat zone or a plate to rest briefly before serving. Garnish with extra herbs if desired.

Nutritional Information (per serving): Calories:~140 kcal
Protein: 6g Carbohydrates: 4g Fats: 11g Fiber: 1g

GARLIC BUTTER SHRIMP SKEWERS



INGREDIENTS

- 1 lb (450g) large raw shrimp, peeled and deveined (tail-on optional)
- 3 tablespoons unsalted butter, melted
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Juice of ½ lemon
- 1 tablespoon chopped fresh parsley
- Salt and black pepper to taste
- Optional: crushed red pepper flakes (for heat)
- 8 small wooden or metal skewers

DIRECTIONS

1. Preheat the Griddle: Set your gas griddle to medium-high heat and let it preheat for 5-7 min. Set one corner to low to rest finished skewers.
2. Prepare the Shrimp: In a bowl, toss the shrimp with olive oil, garlic, lemon juice, salt, pepper, and optional chili flakes. Thread 4-5 shrimp onto each skewer.
3. Melt the Butter: Stir the melted butter with chopped parsley and set aside with a basting brush.
4. Grease and Grill: Lightly grease the griddle with oil. Lay the shrimp skewers down on the hot zone. Grill for 2-3 min. per side, basting with garlic butter as they cook. Flip with tongs until the shrimp are pink, curled, and lightly charred.
5. Rest and Serve: Move cooked skewers to the low-heat zone or a plate. Drizzle with any remaining butter and a squeeze of fresh lemon juice before serving.
6. Serve with: Griddled garlic bread or flatbread. A light cucumber-dill salad or coleslaw. Rice pilaf, couscous, or griddled veggie skewers. A lemon aioli or herbed yogurt dip. Pairs well with chilled white wine or citrusy spritzers.

Nutritional Information (per serving): Calories:~230 kcal Protein: 22g Carbohydrates: 2g Fats: 15g Fiber: 0g

MINI CHICKEN FAJITA TACO



Serves	Cooking	Prep	Ready in
4 Servings (8 mini tacos)	12 Minutes	10 Minutes	22 Minutes

INGREDIENTS

- 2 boneless, skinless chicken thighs (or breasts), thinly sliced
- ½ red bell pepper, sliced into thin strips
- ½ green bell pepper, sliced into thin strips
- ½ small red or yellow onion, sliced thin
- 8 mini flour tortillas (4–5 inch size)
- 1 tablespoon olive oil (plus extra for greasing)
- 1 teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- Salt and black pepper to taste
- Optional toppings: sour cream, salsa, avocado, shredded cheese, lime wedges, chopped cilantro

DIRECTIONS

1. Preheat the Griddle: Heat your gas griddle to medium-high heat. Reserve a low-heat zone for warming tortillas and holding food. Let it preheat for 5-7 min.
2. Season the Chicken: In a bowl, toss the sliced chicken with olive oil, chili powder, cumin, garlic powder, smoked paprika, salt, and pepper. Coat evenly.
3. Sear Chicken and Veggies: Add a little oil to the medium-high zone. Place chicken slices on one side and veggies (peppers and onions) on the other. Sear for 6-8 min., flipping occasionally, until chicken is cooked through (165°F internal temp) and veggies are soft with light charring.
4. Warm the Tortillas: While the chicken finishes, place mini tortillas on the low-heat zone. Toast each side for about 30-45 sec. until warm and pliable.
5. Assemble the Tacos: Divide the cooked chicken and veggie mixture evenly among the tortillas. Top with desired garnishes like sour cream, salsa, avocado, or cheese.

Nutritional Information (per serving): Calories:~320 kcal Protein: 20g Carbohydrates: 22g Fats: 17g Fiber: 2g

FETA & SPINACH GRIDDLE PUFFS (MEDITERRANEAN-INSPIRED)

Serves	Cooking	Prep	Ready in
4 Servings (8–10 puffs)	40 Minutes	10 Minutes	10 Minutes



INGREDIENTS

- ¾ cup crumbled feta cheese
- 1 cup fresh spinach, finely chopped
- 2 large eggs
- ¼ cup whole milk or plain Greek yogurt
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- 1 tablespoon chopped fresh dill or parsley
- ½ teaspoon garlic powder
- Salt and black pepper to taste
- 1-2 tablespoons olive oil (for greasing)

DIRECTIONS

1. Preheat the Griddle: Heat your gas griddle to medium and allow it to preheat for 5-7 min. Reserve a low-heat zone for resting cooked puffs.
2. Make the Batter: In a mixing bowl, whisk together eggs, milk (or yogurt), garlic powder, herbs, salt, and pepper. Stir in the chopped spinach and crumbled feta. Add flour and baking powder last, folding until a thick, spoonable batter forms.
3. Grease the Griddle: Lightly grease the griddle surface with olive oil using a brush or squeeze bottle. This prevents sticking and helps crisp the edges.
4. Scoop the Puffs: Drop the batter onto the griddle using a ¼-cup scoop, leaving space between each puff. Use the back of the scoop to slightly flatten for even cooking.
5. Cook and Flip: Cook for 3-4 min. per side, or until golden brown and puffed. Flip gently with a metal spatula. For a faster puff and melt, cover with a dome lid after flipping.
6. Transfer to the low-heat zone or a plate lined with paper towels to rest while finishing the batch. Serve warm.

Nutritional Information (per serving): Calories:~210 kcal Protein: 10g Carbohydrates: 12g Fats: 14g Fiber: 1g

Vegetables



CRISPY PARMESAN ARTICHOKE HEARTS

Serves	Cooking	Prep	Ready in
4 Servings	8–10 Minutes	10 Minutes	50 Minutes

INGREDIENTS

- 1 (14 oz) can or jar of artichoke hearts (drained, halved, patted dry)
- ⅓ cup grated Parmesan cheese
- ¼ cup panko breadcrumbs
- ½ tsp garlic powder
- ½ tsp Italian seasoning
- ¼ tsp black pepper
- 2 large eggs, beaten
- 1 tbsp olive oil (for greasing)
- Optional: chopped parsley, lemon wedges for serving

DIRECTIONS

1. Prep the Artichokes: Drain and pat the artichoke hearts very dry using paper towels. Halve them if whole.
2. Mix Breading: In a bowl, combine Parmesan, panko, garlic powder, Italian seasoning, and black pepper.
3. Dredge: Dip each artichoke heart in beaten egg, then coat in the Parmesan-panko mixture. Press gently to ensure a firm crust.
4. Heat the gas griddle to medium. Add olive oil and spread with a spatula to prevent sticking.
5. Griddle-Sear the Artichokes: Place the breaded artichokes cut-side down. Press slightly for even contact. Cook for 4-5 min. until golden brown, then carefully flip and cook another 3-4 min. until crispy and hot throughout.
6. Optional Dome Trick: If needed, use a griddle dome lid for the last 2 min. to ensure the center is hot and steam-softened.
7. Serve Immediately: Transfer to a plate, garnish with chopped parsley and a squeeze of lemon.
8. Griddle Cooking Tips: Ensure artichokes are dry before breading to help the coating stick and crisp. Don't overcrowd the griddle - leave room for flipping. Use a fish spatula for easy flipping without tearing the crust. You can toast extra breadcrumb mix on the side for garnish.

Nutritional Information (per serving):Calories:~190 kcal Protein: 7g Carbohydrates: 12g Fats: 13g Fiber: 3g

GINGER-SOY EGGPLANT STIR FRY ON FLAT TOP

Serves	Cooking	Prep	Ready in
2 Servings	10 Minutes	10 Minutes	20 Minutes



INGREDIENTS

- 1 large eggplant, cut into ½-inch thick batons (about 3 cups)
- 2 tbsp vegetable oil, divided
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 2 tsp brown sugar
- 1 tsp cornstarch + 2 tsp water (for slurry)
- Optional: ½ tsp red pepper flakes
- 2 tbsp scallions, chopped
- 1 tsp toasted sesame seeds

DIRECTIONS

1. Prep Sauce: In a small bowl, mix soy sauce, rice vinegar, sesame oil, brown sugar, and red pepper flakes (if using). Stir in the cornstarch slurry. Set aside.
2. Preheat Griddle: Turn one zone to high heat and one to medium. Grease the surface with 1 tbsp vegetable oil using a griddle-safe brush or spatula.
3. Sear Eggplant: Spread eggplant across the high-heat zone in a single layer. Sear for 3-4 min. undisturbed until the undersides are browned.
4. Flip & Add Aromatics: Flip eggplant using tongs or a spatula. Add the remaining 1 tbsp oil, then scatter the garlic and ginger over the eggplant. Stir-fry for another 2-3 min.
5. Glaze & Finish: Move the eggplant to the medium zone, pour sauce over, and toss to coat. Stir-fry for 2-3 min., allowing sauce to thicken and cling to the pieces.
6. Serve Hot: Remove from heat and sprinkle with chopped scallions and sesame seeds.
7. Griddle Cooking Tips: Pre-salt eggplant slices (optional) for 10 min. to reduce bitterness and moisture - pat dry before cooking. Use zones to prevent burning the glaze. High heat for searing, medium for saucing. Use two spatulas or tongs for faster flipping and tossing.

Nutritional Information (per serving): Calories:~210 kcal Protein: 3g Carbohydrates: 18g Fats: 14g Fiber: 6g

ITALIAN HERBED POTATO WEDGES WITH PARMESAN CRUST

Serves	Cooking	Prep	Ready in
4 Servings	15–18 Minutes	10 Minutes	28 Minutes



Nutritional Information (per serving): Calories: 230 kcal Protein: 6g Carbohydrates: 28g Fats: 11g Fiber: 3g

INGREDIENTS

- 4 medium russet potatoes, scrubbed and cut into thick wedges
- 2 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp dried rosemary, crushed
- ½ tsp dried thyme
- ¾ tsp salt
- ½ tsp black pepper
- ½ cup freshly grated Parmesan cheese
- 1 tbsp chopped parsley (for garnish, optional)

DIRECTIONS

1. Pre-cook the Wedges (Optional for Speed): Parboil wedges in salted water for 5-6 min. until just fork-tender. Drain and pat dry. (Skip this step if you prefer a longer griddle time for full crispiness.)
2. Season the Potatoes: In a large bowl, toss wedges with olive oil, garlic powder, rosemary, thyme, salt, and pepper until evenly coated.
3. Preheat and Grease the Griddle: Heat one zone to medium, another to high. Lightly grease both zones with oil or cooking spray to prevent sticking.
4. Griddle the Wedges: Place the wedges cut-side down on the medium zone. Cook for 5-6 min. per side until golden brown, using a spatula to flip gently.
5. Crust with Parmesan: Move wedges briefly to the high heat zone. Sprinkle grated Parmesan directly over the wedges and press lightly with a spatula. Cook for 1-2 min. until cheese melts and forms a crispy crust.
6. Serve Hot: Transfer to a serving plate. Sprinkle with parsley if desired.

CRISPY LEEK & POTATO PANCAKES

Serves	Cooking	Prep	Ready in
4 Servings (makes 8 small pancakes)	10–12 Minutes	15 Minutes	28 Minutes



INGREDIENTS

- 2 medium russet potatoes, peeled and grated
- 1 medium leek, white and light green parts only, thinly sliced
- 2 large eggs
- 2 tbsp all-purpose flour
- 1 tsp salt
- ½ tsp black pepper
- ¼ tsp garlic powder (optional)
- 2 tbsp chopped chives or parsley (optional)
- 2-3 tbsp neutral oil (e.g., avocado or sunflower) for griddle

DIRECTIONS

1. Prep the Potatoes: Grate the potatoes and place them in a clean kitchen towel. Squeeze out as much liquid as possible. This ensures a crispy texture.
2. Combine the Mixture: In a large bowl, mix the grated potato, sliced leek, eggs, flour, salt, pepper, garlic powder, and herbs until well combined.
3. Preheat & Grease the Griddle: Heat the griddle to medium-high. Generously grease with oil - this is key to avoiding sticking and getting crispy edges.
4. Cook the Pancakes: Drop ¼-cup mounds of the mixture onto the griddle and flatten gently with a spatula into discs. Cook for 4-5 min. per side, flipping only once, until deep golden and crisp on both sides.
5. Transfer & Rest: Remove pancakes and place on a paper towel-lined plate to drain any excess oil.
6. Griddle Tips: Use a fish spatula or flat metal turner for easy flipping without breaking. Don't overcrowd the surface - leave space between pancakes to avoid steaming. Press gently with the spatula while cooking for better browning.

Nutritional Information (per serving): Calories: 220 kcal Protein: 6g Carbohydrates: 25g Fats: 11g Fiber: 3g

RAINBOW CHARD & POTATO HASH



Serves	Cooking	Prep	Ready in
4 Servings	15–18 Minutes	10 Minutes	22 Minutes

INGREDIENTS

- 3 medium Yukon Gold potatoes, diced small (about 3 cups)1 bunch rainbow chard, stems and leaves separated and chopped
- 1 small shallot, finely sliced
- 2 cloves garlic, minced
- 3 tbsp olive oil or avocado oil, divided
- ½ tsp smoked paprika
- Salt and freshly ground black pepper, to taste
- Optional: pinch of red chili flakes

DIRECTIONS

1. Preheat & Zone Setup: Preheat your gas griddle with two zones:
- Zone 1 (medium-high) for crisping potatoes
- Zone 2 (medium) for sautéing chard and aromatics
2. Start Potatoes: Drizzle 2 tbsp oil on the medium-high zone. Add diced potatoes in a single layer. Season with salt, pepper, and paprika. Let them sear undisturbed for 5-6 min., then flip and continue cooking another 6-8 min. until deeply golden and fork-tender.
3. Sauté Aromatics & Chard: On the medium zone, add 1 tbsp oil. Cook shallots for 2 min., then add garlic and chopped chard stems. Sauté for 3-4 min. until softened. Add chard leaves and cook another 2 min. until wilted. Season with salt and chili flakes.
4. Combine & Finish: Move the sautéed chard mixture over the potatoes, toss everything together gently using two spatulas, and cook for 2-3 more min. so flavors meld.
5. Griddle Tips: Grease well before adding potatoes to prevent sticking. You can add a small splash of water and cover with a press lid to steam them through if needed. Use a griddle dome for faster chard wilting. Keep potatoes moving only after they've formed a crust.
6. Serving Suggestions: Top with poached or fried eggs for a brunch plate. Add a spoonful of pesto or herbed yogurt sauce. Pair with grilled sausage or plant-based patties for a full meal.

Nutritional Information (per serving): Calories: 220 kcal Protein: 4g Carbohydrates: 27g Fats: 11g Fiber: 4g

CUMIN-SPICED CARROT PLANKS WITH YOGURT DRIZZLE



INGREDIENTS

For the Carrots:

- 4 large carrots, peeled and sliced lengthwise into ¼-inch thick planks
- 2 tbsp olive oil
- 1 tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp smoked paprika
- Salt and black pepper, to taste

For the Yogurt Drizzle:

- ½ cup plain Greek yogurt
- 1 tbsp lemon juice
- 1 tbsp olive oil
- ½ tsp ground cumin
- Salt to taste

Optional Garnish:

- Chopped fresh parsley or cilantro
- Toasted sesame seeds or crushed pistachios

DIRECTIONS

1. Prep the Carrots: Toss carrot planks with olive oil, cumin, coriander, paprika, salt, and pepper in a bowl. Let sit while preheating the griddle.
2. Preheat the Griddle: Set your gas griddle to medium heat and allow it to fully preheat. Lightly grease the surface with oil or a high-smoke-point spray.
3. Sear the Carrots: Place carrot planks flat-side down on the griddle. Cook for 4-5 min. on the first side without moving them to develop a rich golden sear.
4. Flip and Finish: Turn carrots and cook another 3-4 min. until tender with slightly charred edges. If needed, use a griddle dome to help soften thicker carrots.
5. Prepare Yogurt Drizzle: While carrots cook, whisk together all yogurt drizzle ingredients until smooth.
6. Plate & Serve: Arrange carrot planks on a serving platter. Drizzle with yogurt sauce and sprinkle with herbs or seeds if desired.
7. Griddle Tips: Cut carrots evenly for uniform cooking. Use a press lid or dome to soften carrots while keeping their seared edges crisp. Wipe the griddle between batches to prevent burning the spice residue.
8. Serving Suggestions: Pair with grilled lamb skewers, falafel, or couscous. Serve on a mezze platter with hummus, olives, and flatbread. Add to a warm grain bowl with chickpeas and roasted cauliflower.



Nutritional Information (per serving): Calories: 130 kcal Protein: 4g Carbohydrates: 11g Fats: 8g Fiber: 3g

Serves
2 Servings (appetizer or light lunch)

Cooking
7–8 Minutes

Prep
5 Minutes

Ready in
13 Minutes

GRIDDLED TOMATO & BURRATA SMASH



Nutritional Information (per serving): Calories: 260 kcal Protein: 9g Carbohydrates: 10g Fats: 21g Fiber: 2g

INGREDIENTS

- 2 tbsp olive oil, divided
- 1½ cups cherry or grape tomatoes (mixed colors ideal)
- ¼ tsp sea salt
- ¼ tsp cracked black pepper
- 1 ball (4 oz) burrata cheese, torn or left whole
- 1 tbsp balsamic glaze (store-bought or homemade)
- Fresh basil leaves, torn
- Optional: crushed red pepper flakes for heat
- Optional: 2 slices toasted sourdough (griddled if desired)

DIRECTIONS

1. Preheat the Griddle: Heat your gas griddle to medium-high and oil lightly with 1 tbsp olive oil to prevent sticking.
2. Griddle the Tomatoes: Place whole cherry tomatoes on the griddle. Let them blister and char for 3-4 min. without moving.
3. Smash & Sear: Using a griddle spatula or flat press, gently smash each tomato just enough to split and release juices. Cook another 3-4 min. until caramelized and slightly jammy.
4. Season: Sprinkle smashed tomatoes with salt and black pepper. Drizzle with remaining olive oil.
5. Optional Bread: While tomatoes finish, toast sourdough slices on a medium zone with a light oil brushing until golden.
6. Plate & Top: Transfer tomatoes to a shallow plate or small board. Top with torn burrata, basil, balsamic glaze, and optional chili flakes.
7. Griddle Tips: Don't overcrowd the tomatoes - space allows better charring and smashing. Use a metal spatula or flat press to smash - not too hard, just until the skin breaks. Clean and re-oil griddle between tomato and bread stages to avoid burning juices.

GARLIC BUTTER ZUCCHINI NOODLES (ZOODLES)

Serves	Cooking	Prep	Ready in
2 Servings	4–5 Minutes	10 Minutes	15 Minutes

INGREDIENTS

- 2 medium zucchini, spiralized into noodles (~4 cups)
- 1½ tbsp unsalted butter
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ¼ tsp sea salt
- ¼ tsp black pepper
- 1 tbsp fresh parsley, chopped
- 1 tbsp grated Parmesan (optional)
- Juice of ½ lemon (optional, for brightness)

DIRECTIONS

1. Preheat the Griddle: Set to medium heat. Lightly grease with olive oil.
2. Cook Garlic in Butter: Add butter and minced garlic to the griddle. Use a spatula to stir constantly for 30 sec., until fragrant (but not browned).
3. Sear the Zoodles: Immediately add zucchini noodles in a loose pile over the garlic butter. Sauté with tongs or dual spatulas, turning frequently for even contact with the surface.
4. Season & Finish: Sprinkle with salt, pepper, and parsley. Cook for 2-3 min., just until the zoodles are warmed through but still slightly firm (don't overcook or they'll go soggy). Add a squeeze of lemon juice or Parmesan, if desired.
5. Remove Promptly: Transfer zoodles off the griddle quickly to prevent continued cooking from residual heat.
6. Griddle Tips: Dry your zoodles slightly with a paper towel before cooking to avoid excess moisture. Stir continuously with long tongs to keep them from sticking or overcooking. Avoid crowding - cook in batches if doubling the recipe.
7. Serving Suggestions: Serve as a low-carb side for grilled chicken, shrimp, or salmon. Add cherry tomatoes, grilled halloumi, or pine nuts for a vegetarian main. Great topped with pesto, or tossed with seared shrimp for a 10-minute meal.



Nutritional Information (per serving): Calories: 110 kcal Protein: 2g Carbohydrates: 6g Fats: 9g Fiber: 2g

GRIDDLED VEGGIE SALAD WITH NUT DRIZZLE

Serves	Cooking	Prep	Ready in
3–4 Servings	12–15 Minutes	15 Minutes	30 Minutes



INGREDIENTS

- 1 small eggplant, cut into thick half-moons
- 1 zucchini, sliced into thick rounds or diagonals
- 1 red bell pepper, sliced into strips
- ½ red onion, cut into wedges
- 8-10 cherry tomatoes, halved
- 1 tbsp olive oil
- Salt and freshly ground black pepper
- Optional: pinch of smoked paprika or za'atar
- For the Rustic Nut Sauce:
- ⅓ cup mixed toasted nuts (e.g., walnuts, almonds, cashews or hazelnuts)
- 3 tbsp extra virgin olive oil
- 1 tsp lemon juice or red wine vinegar
- ½ garlic clove, minced
- Salt to taste
- Optional: 1-2 tbsp cold water to thin
- Optional herb: 1 tsp chopped parsley or thyme

DIRECTIONS

1. Preheat Your Gas Griddle: Medium-high heat. Lightly oil the surface.
2. Grill the Vegetables: Toss all veggies (except tomatoes) with olive oil, salt, pepper, and optional seasoning. Place directly on hot griddle - spread out in a single layer. Cook for about 3-4 min. per side, or until charred and tender. Add tomatoes in the last 3-4 min. - cut side down - just until blistered.
3. Make the Nut Sauce: In a small food processor or mortar & pestle:
   - Grind toasted nuts into a coarse paste.
   - Add olive oil, garlic, lemon juice or vinegar, and a pinch of salt.
   - Mix until creamy with a bit of texture (like pesto or Romesco).
   - Thin with 1-2 tbsp cold water if needed.
4. Assemble the Salad: Layer grilled veggies on a serving platter. Spoon or drizzle the nut sauce generously over the top. Garnish with fresh herbs or a handful of toasted nuts for crunch.
5. Tips: Use hazelnuts or almonds for a Mediterranean vibe, cashews for creaminess, or walnuts for earthiness.

Nutritional Information (per serving): Calories:-290 kcal Protein: 5g Carbohydrates: 14g Fats: 24g Fiber: 4g

Fish & Seafood

MISO-GLAZED SEA BASS



Serves	Cooking	Prep	Ready in
2 Servings	6-8 Minutes	10 Minutes (plus 15–30 min marinating)	50 Minutes

INGREDIENTS

- 2 sea bass fillets (5–6 oz each, skin-on recommended)
- 1 tablespoon neutral oil (e.g. avocado or grapeseed), for greasing

Miso Glaze:

- 1½ tablespoons white miso paste
- 1 tablespoon mirin
- 1 tablespoon sake or dry white wine
- 1 tablespoon honey or maple syrup
- 1 teaspoon soy sauce
- ½ teaspoon sesame oil
- Optional: pinch of grated fresh ginger

DIRECTIONS

1. Make the Glaze: In a small bowl, whisk together miso paste, mirin, sake, honey, soy sauce, sesame oil, and ginger (if using). Taste and adjust for sweetness/salt.
2. Marinate the Fish (Optional but Recommended): Pat sea bass dry and brush generously with the glaze. Let marinate in the fridge for 15-30 min. For extra flavor, reserve a small amount of glaze for brushing during cooking.
3. Preheat the Griddle: Heat your gas griddle to medium heat and allow to preheat for 5-7 min. Reserve a low-heat zone for finishing gently if needed.
4. Grease & Sear the Fish: Lightly oil the griddle. Place fillets skin-side down and press lightly to ensure contact. Sear for 3-4 min., until the skin is golden and crisp.
5. Glaze & Flip: Carefully flip the fillets. Brush with more glaze and cook the other side for 2-3 min., until the fish is opaque and flakes easily. Use a dome lid if needed to trap heat and finish thicker fillets.
6. Rest & Serve: Remove from heat and let rest for 1 min. Plate immediately with a final brush of glaze and optional sesame seeds or scallions.

Nutritional Information (per serving):Calories: 340 kcal Protein: 30g Carbohydrates: 8g Fats:20g Fiber:0g

FISH FLORENTINE GRIDDLE PACKS

Serves	Cooking	Prep	Ready in
2 Servings	12–14 Minutes	10 Minutes	24 Minutes



INGREDIENTS

- 2 boneless white fish fillets (e.g. cod, tilapia, or haddock), ~6 oz each
- 2 cups fresh spinach, roughly chopped
- ½ cup heavy cream
- 2 tbsp cream cheese
- 1 garlic clove, minced
- 2 tbsp grated Parmesan cheese
- 1 tbsp olive oil
- Juice of ½ lemon
- Salt & pepper, to taste
- Pinch of nutmeg (optional)
- 2 sheets of heavy-duty foil (approx. 12”x12”)

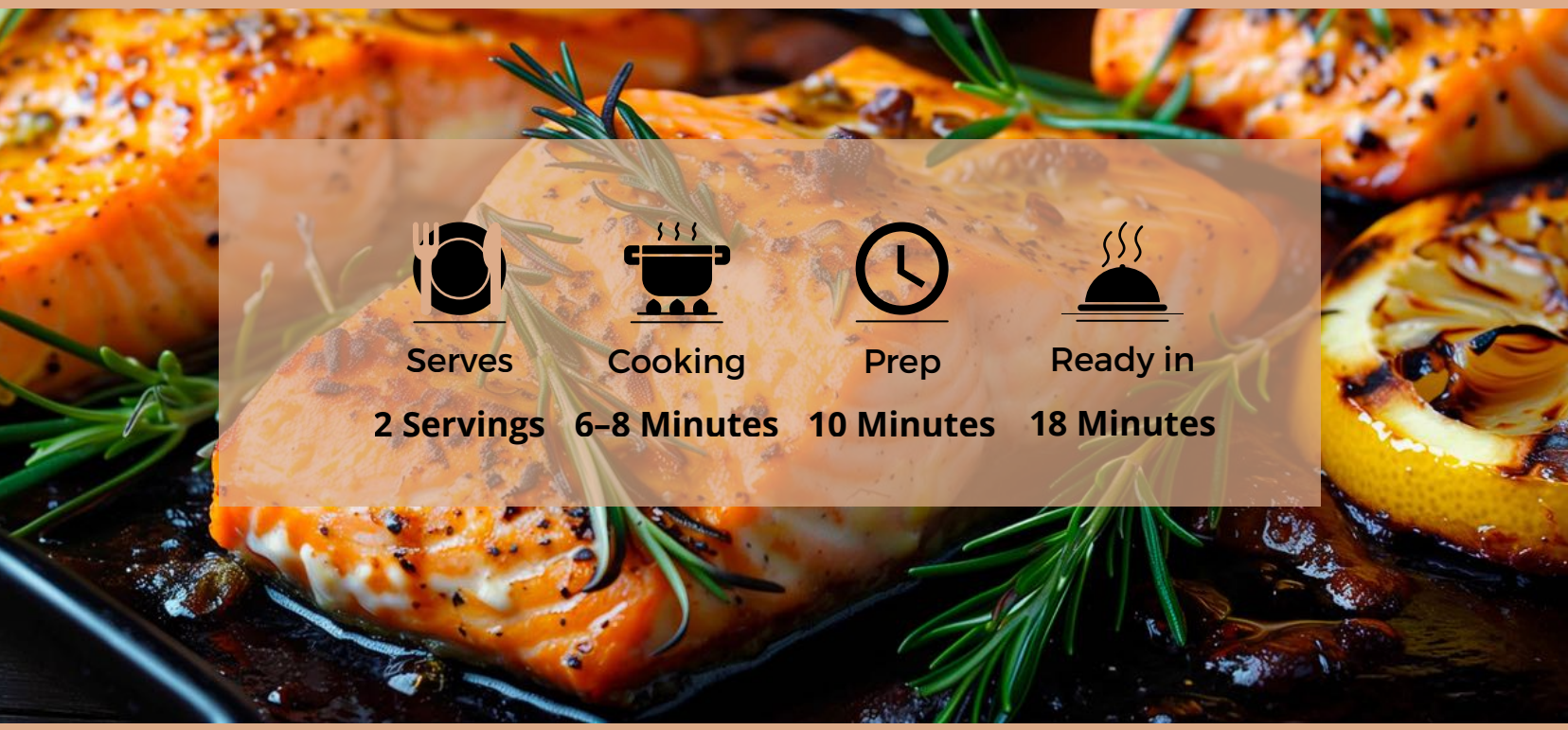
DIRECTIONS

1. Preheat your griddle: Heat one zone to medium and another to low.
2. Make the spinach Florentine base: In a saucepan or small griddle-safe skillet, heat olive oil over medium zone. Add garlic and sauté for 30 sec. Add spinach and cook just until wilted. Stir in cream, cream cheese, Parmesan, and nutmeg. Cook for 2–3 min. until creamy and slightly thickened. Season with salt and pepper. Remove from heat.
3. Assemble foil packs: Divide the spinach mixture evenly between two foil sheets. Place a fish fillet on top of each spinach bed. Drizzle with lemon juice, season with salt & pepper, and seal each foil pack tightly.
4. Griddle the packs: Place the sealed foil packs on the medium heat zone. Cook for 12–14 min., rotating once halfway through, until the fish is opaque and flakes easily.
5. Serve: Carefully open the foil packs to release steam. Slide contents onto a plate or serve directly in the foil for a rustic presentation.

Nutritional Information (per serving): Calories:~360 kcal
Protein: 35g Carbohydrates: 6g Fats: 22g Fiber: 2g



MAPLE-DIJON GLAZED SALMON



Serves	Cooking	Prep	Ready in
2 Servings	6–8 Minutes	10 Minutes	18 Minutes

INGREDIENTS

- 2 salmon fillets (5-6 oz each, skin-on recommended)
- 1 tablespoon neutral oil (e.g., avocado or canola)
- Maple-Dijon Glaze:
- 2 tablespoons pure maple syrup
- 1 tablespoon Dijon mustard
- 1 teaspoon apple cider vinegar or lemon juice
- ½ teaspoon soy sauce or tamari
- Salt and black pepper to taste
- Optional: pinch of crushed red pepper flakes or fresh thyme

DIRECTIONS

- Preheat the Griddle: Set your gas griddle to medium heat and let it preheat for 5-7 min. Keep a low-heat zone available for resting the fish.
- Make the Glaze: In a small bowl, whisk together maple syrup, Dijon, vinegar or lemon juice, soy sauce, salt, pepper, and optional chili flakes or herbs.
- Prep the Salmon: Pat salmon fillets dry with paper towels and season lightly with salt and pepper. Brush a little glaze on the flesh side.
- Oil and Sear: Lightly grease the griddle with neutral oil. Place salmon skin-side down on the medium heat zone. Sear for 4-5 min., pressing lightly with a spatula to ensure good contact.
- Glaze and Flip: Flip salmon carefully and brush the skin side (now up) with more glaze. Cook for another 2-3 min., brushing again once more. Use a dome lid for thicker fillets or windy outdoor cooking to trap heat.
- Rest and Serve: Transfer salmon to a low-heat zone or plate. Let rest for 1-2 min.. Drizzle with remaining glaze before serving.

Nutritional Information (per serving):Calories: 360 kcal Protein: 30g Carbohydrates: 10g Fats: 22g Fiber:0g

THAI SHRIMP GRIDDLE NOODLES



Serves	Cooking	Prep	Ready in
2 Servings	10 Minutes	10 Minutes	20 Minutes

INGREDIENTS

- 200g (7 oz) raw shrimp, peeled and deveined
- 200g (7 oz) rice noodles, pre-soaked according to package directions
- 1 egg
- ½ red bell pepper, thinly sliced
- ½ carrot, julienned
- 2 scallions, chopped
- 1 clove garlic, minced
- 2 tbsp vegetable oil (for griddle)

Sauce:

- 2 tbsp fish sauce
- 1 tbsp soy sauce
- 1 tbsp brown sugar or palm sugar
- 1 tbsp lime juice
- 1 tsp chili paste or sriracha (adjust to heat preference)
- Crushed peanuts
- Lime wedges
- Fresh cilantro
- Extra scallions

DIRECTIONS

1. Preheat the griddle: Set one side of your gas griddle to medium-high and another to low.
2. Oil the griddle: Lightly grease with 1 tbsp of oil using a paper towel and tongs.
3. Cook the shrimp: On the hot zone, sauté shrimp for 2-3 min. until pink and opaque. Push to the side to keep warm.
4. Sauté the vegetables: Add remaining oil. Toss in garlic, peppers, and carrots. Stir-fry for 2 min.
5. Scramble the egg: Crack the egg onto the griddle. Scramble quickly until just set, then mix with vegetables.
6. Add noodles & sauce: Toss soaked noodles onto the griddle. Pour sauce over them and stir everything together - shrimp, veggies, egg, and noodles - until well coated and heated through (about 2 min.).
7. Serve: Plate immediately. Garnish with crushed peanuts, lime wedges, and fresh herbs.

Nutritional Information (per serving): Calories:~420 kcal Protein: 28g Carbohydrates: 48g Fats: 14g Fiber: 3g

THAI CURRY WHITE FISH BITES

Serves	Cooking	Prep	Ready in
4 Servings	6–8 Minutes	10 Minutes (plus 15–20 min marinating)	38 Minutes



INGREDIENTS

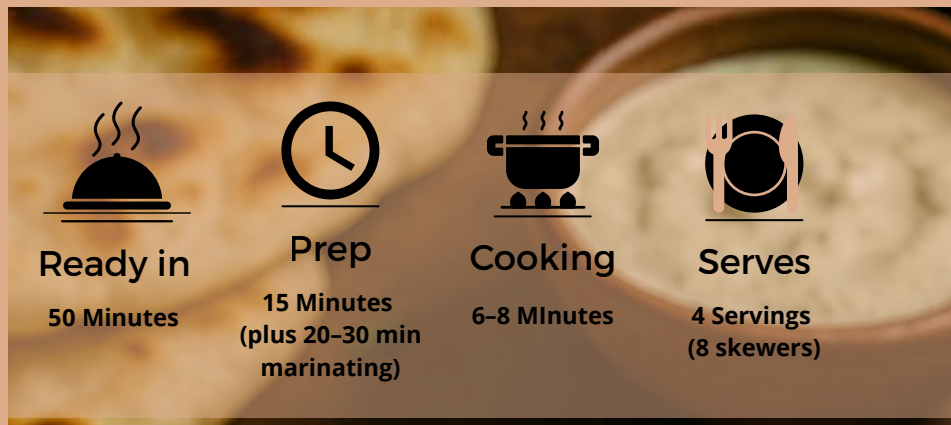
- 1 lb firm white fish (e.g. cod, haddock, tilapia), cut into 1½-inch chunks
- 1 tablespoon red or green Thai curry paste
- 2 tablespoons coconut milk
- 1 teaspoon lime juice
- 1 teaspoon fish sauce (or soy sauce)
- ½ teaspoon garlic powder
- 1 tablespoon neutral oil (plus more for griddle)
- Salt and pepper to taste
- Optional Garnishes: Chopped cilantro, Lime wedges, Sliced red chili or scallions

DIRECTIONS

1. Make the Marinade: In a bowl, combine Thai curry paste, coconut milk, lime juice, fish sauce, garlic powder, and a pinch of salt and pepper. Stir until smooth.
2. Marinate the Fish: Add the fish chunks to the marinade and toss to coat evenly. Cover and refrigerate for 15-20 min. while the griddle preheats.
3. Preheat the Griddle: Heat your gas griddle to medium heat. Let it preheat for 5-7 min. Reserve a low-heat zone for resting.
4. Oil and Cook: Lightly grease the griddle surface with oil. Using tongs, place the marinated fish bites on the griddle, leaving space between each. Sear for 2-3 min. per side, turning gently with a spatula until golden, slightly crisp on the outside, and cooked through (opaque and flaky inside).
5. Rest and Serve: Transfer cooked bites to a plate or the low-heat zone to rest for 1 min. Garnish with lime, cilantro, or chili as desired.

Nutritional Information (per serving): Calories: 220 kcal Protein: 25g Carbohydrates: 3g Fats: 12g Fiber: 0g

FISH TIKKA MASALA SKEWERS



INGREDIENTS

For the marinade:

- 1 lb firm white fish (e.g. cod, halibut, or mahi mahi), cut into 1½-inch cubes
- ½ cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon tikka masala paste or garam masala
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon turmeric
- ½ teaspoon salt
- 1 tablespoon grated fresh ginger
- 2 garlic cloves, minced

Other:

- 2 tablespoons neutral oil (for griddle)
- 8 small bamboo or metal skewers (soaked if wooden)
- Optional: sliced red onion, bell pepper, or zucchini (for alternate skewering)

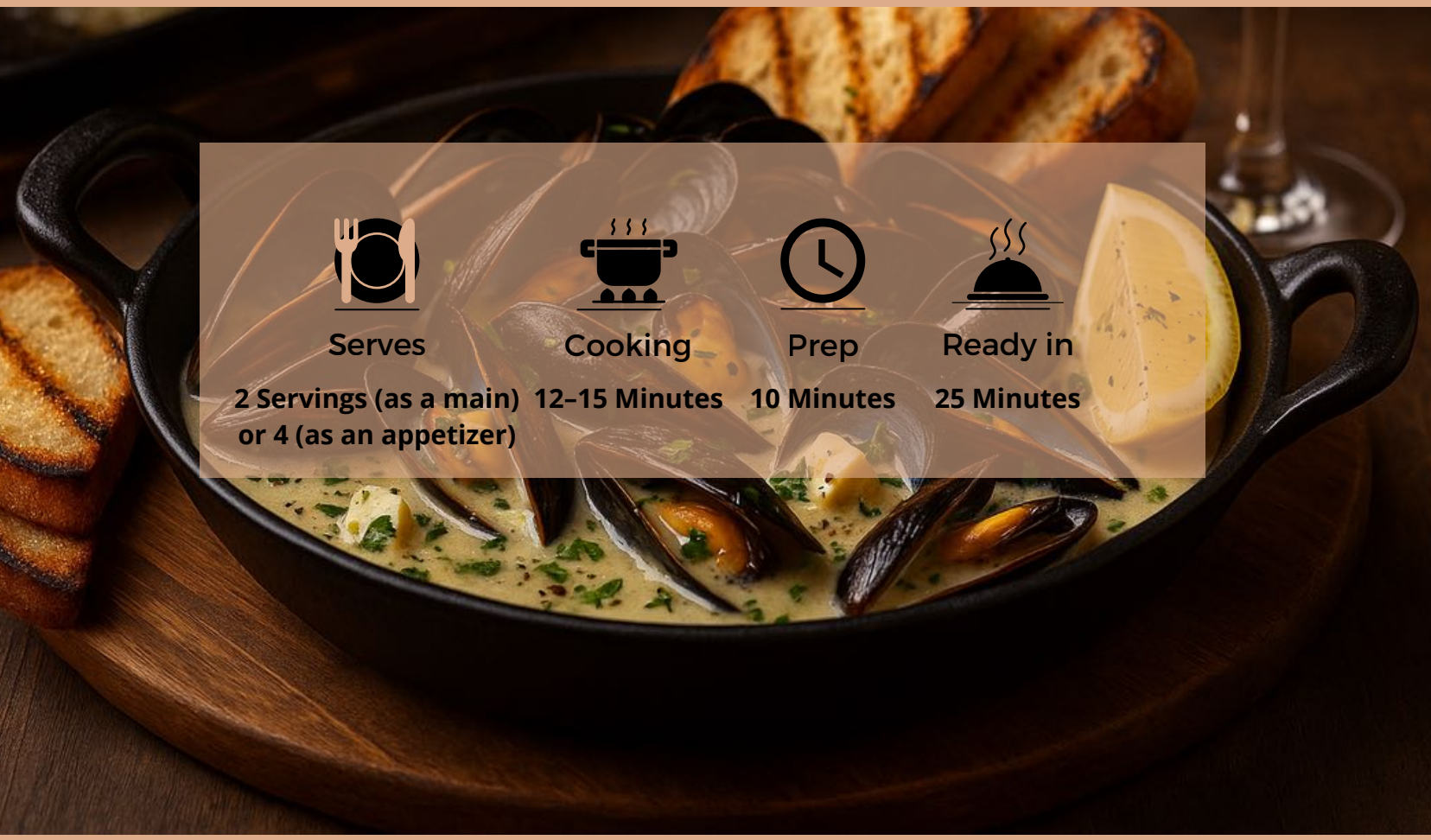
DIRECTIONS

1. Prepare the Marinade: In a bowl, combine yogurt, lemon juice, tikka paste (or spices), ginger, garlic, and salt. Stir well to make a smooth, spiced marinade.
2. Marinate the Fish: Add fish cubes to the marinade and toss to coat. Cover and refrigerate for at least 20-30 min.
3. Preheat the Griddle: Heat your gas griddle to medium-high and let it preheat for 5-7 min. Reserve a low-heat zone for resting skewers.
4. Assemble the Skewers: Thread marinated fish onto skewers. Optionally alternate with sliced onion or bell pepper.
5. Oil and Griddle: Lightly oil the griddle. Place skewers down and sear for 2-3 min. per side, turning gently with tongs until charred and cooked through (internal temp 140-145°F). Total cook time: 6-8 min.
6. Rest and Serve: Transfer skewers to the low zone or plate. Let rest 1 min. before serving. Garnish with fresh cilantro or a squeeze of lemon.



Nutritional Information (per serving): Calories:~290 kcal Protein: 28g Carbohydrates: 5g Fats: 18g Fiber: 1g

MUSSELS IN BRIE & WHITE WINE SAUCE



Serves	Cooking	Prep	Ready in
2 Servings (as a main) or 4 (as an appetizer)	12–15 Minutes	10 Minutes	25 Minutes

INGREDIENTS

- 2 lbs fresh mussels, scrubbed and debearded
- 2 tbsp olive oil
- 3 cloves garlic, finely minced
- 1 small shallot, finely chopped
- 1 cup dry white wine (e.g., Sauvignon Blanc)
- 3 oz brie cheese, rind removed and cut into small cubes
- 1 tbsp butter
- 1 tbsp chopped parsley
- Salt and pepper, to taste
- Optional: lemon wedge for garnish

DIRECTIONS

1. Preheat the Griddle: Set one zone to high heat and one to medium-low. Let the surface fully preheat for at least 5 min.
2. Sauté Aromatics: Place your skillet or sauté pan over the high-heat zone. Add olive oil, then garlic and shallot. Sauté for 1-2 min. until fragrant and translucent.
3. Steam the Mussels: Add mussels and pour in the white wine. Cover the pan with a griddle dome or lid and allow to steam for 5-7 min. until mussels open. Discard any that stay closed.
4. Add Brie & Finish the Sauce: Move the pan to the medium-low zone. Remove the lid, add butter and brie, and gently stir until melted into the wine to form a silky sauce. Season with salt and pepper to taste.
5. Serve: Sprinkle with chopped parsley and a squeeze of lemon. Serve immediately in shallow bowls or on a platter with plenty of bread for dipping.

Nutritional Information (per serving):Calories: 420 kcal Protein: 32g Carbohydrates: 8g Fats: 28g Fiber: 1g

Serves	Cooking	Prep	Ready in
2 Main servings or 4 appetizer portions	6–8 Minutes (assuming pre-cooked octopus legs)	15 Minutes	20 Minutes

OCTOPUS WITH TZATZIKI & WARM PITA



Nutritional Information (per serving): Calories:~380 kcal Protein: 32g Carbohydrates: 18g Fats: 21g Fiber: 2g

INGREDIENTS

- 1 lb pre-cooked octopus tentacles (4-5 medium pieces)
- 2 tablespoons olive oil, Juice of ½ lemon
- ½ teaspoon smoked paprika
- Salt and black pepper to taste
- 1 cup tzatziki sauce (store-bought or homemade)
- 2 large pita breads (or 4 small)
- 1 tablespoon butter or olive oil (for pita)
- Optional garnish: chopped parsley, lemon wedges, sumac

DIRECTIONS

1. Preheat the griddle: Set one zone to medium-high and another to low. Allow it to heat for 5-7 min.
2. Season the octopus: Pat the tentacles dry with paper towels. In a bowl, toss them with olive oil, lemon juice, smoked paprika, salt, and pepper.
3. Sear the octopus: Place tentacles on the hot zone of the griddle. Let them sear undisturbed for 2-3 min. per side, or until nicely charred and slightly crisp on the edges.
4. Warm the pita: While octopus finishes, brush pita with butter or olive oil and place on the low-heat side of the griddle. Warm for about 1 min. per side, until soft and lightly golden.
5. Rest and plate: Remove octopus to a cutting board and slice into bite-sized pieces (optional). Plate alongside or over pita bread with a generous dollop of tzatziki.
6. Griddle Tips:

- Make sure octopus is well-dried before griddling to get a proper sear.
- Use a fish spatula or tongs for gentle turning - tentacles are delicate.
- Don't overcrowd; allow space between pieces to brown properly.

GRIDDLED SCALLOPS WITH TRUFFLE CHEESE SAUCE

Serves	Cooking	Prep	Ready in
2 Servings (3 scallops each with sauce)	8–10 Minutes	10 Minutes	20 Minutes

INGREDIENTS

For the scallops:

- 6 large dry sea scallops
- 1 tbsp olive oil
- ½ tbsp butter
- Salt and freshly ground black pepper
- Optional: lemon zest or chopped chives for garnish

For the truffle cheese sauce:

- ¾ cup heavy cream
- ⅓ cup shredded truffle cheese (e.g., truffle Gouda or truffle-infused Fontina)
- 1 tsp truffle oil (optional, for extra aroma)
- Pinch of salt and pepper

DIRECTIONS

1. Prep the Scallops: Pat scallops dry with paper towels - this is key to achieving a golden sear. Season both sides with salt and pepper.
2. Preheat the Griddle: Heat one zone to high heat for searing, and another zone to low or medium heat for the sauce. Let preheat for 5 min.
3. Start the Cheese Sauce: In a small griddle-safe saucepan, add the cream and bring to a gentle simmer over the low-medium heat zone. Stir in shredded truffle cheese and whisk gently until smooth. Add truffle oil (if using), salt, and pepper. Keep warm on low, stirring occasionally.
4. Sear the Scallops: Drizzle olive oil and a bit of butter onto the high-heat zone. Place scallops flat-side down. Let sear undisturbed for 2–2½ min. until golden crust forms. Flip and cook another 1½-2 min. Scallops should be just opaque in the center.
5. Serve: Spoon warm truffle cheese sauce onto plates or a serving board. Place scallops on top and garnish with lemon zest, chives, or microgreens.



Nutritional Information (per serving): Calories:~360kcal Protein: 24g Carbohydrates: 4g Fats: 28g Fiber: 0g

GRIDDLED COCONUT SHRIMP

Serves	Cooking	Prep	Ready in
4 Servings (16 shrimp)	6–8 Minutes	10 Minutes	18 Minutes



INGREDIENTS

For the shrimp:

- 16 large shrimp (peeled and deveined, tails on)
- ½ cup shredded unsweetened coconut
- ½ cup panko breadcrumbs
- ¼ cup all-purpose flour
- 2 eggs, beaten
- ¼ teaspoon garlic powder
- Salt and pepper to taste
- 2 tablespoons neutral oil (e.g., avocado or canola), for greasing

For the pineapple dip:

- ½ cup crushed pineapple (drained)
- 2 tablespoons mayonnaise
- 1 tablespoon sweet chili sauce
- 1 teaspoon lime juice
- Pinch of salt

DIRECTIONS

1. Preheat the Griddle: Set your gas griddle to medium heat and preheat for 5-7 min. Reserve one corner on low for holding shrimp after cooking.
2. Make the Pineapple Dip: In a small bowl, stir together crushed pineapple, mayo, sweet chili sauce, lime juice, and a pinch of salt. Chill until serving.
3. Set Up Breading Station In one bowl: flour with garlic powder, salt, and pepper. In one bowl: flour with garlic powder, salt, and pepper. Second bowl: beaten eggs. Third bowl: panko and shredded coconut (mixed together).
4. Bread the Shrimp: Dredge each shrimp in flour, dip in egg, then coat in the coconut-panko mixture. Press gently to adhere.
5. Grease and Griddle: Lightly oil the griddle using a brush or squeeze bottle. Place shrimp on the medium heat zone. Cook for 3-4 min. per side, flipping once, until golden brown and cooked through.
6. Rest and Serve: Move shrimp to the low-heat zone or plate to rest for 1 min. Serve immediately with pineapple dip on a white plate for visual contrast.

Nutritional Information (per serving): Calories: 290 kcal Protein: 18g Carbohydrates: 16g Fats: 18g Fiber: 2g

Poultry

Serves	Cooking	Prep	Ready in
4 Servings (8 skewers)	12–14 Minutes	15 Minutes	30 Minutes

BACON-WRAPPED CHICKEN SKEWERS



Nutritional Information (per serving): Calories: 320 kcal Protein: 30g Carbohydrates: 1g Fats: 22g Fiber: 0g

INGREDIENTS

- 2 large boneless skinless chicken breasts (approx. 500g / 1.1 lb), cut into 1.5-inch cubes
- 8 slices of thin-cut bacon
- 1 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp black pepper
- ½ tsp salt
- 8 small wooden or metal skewers (if wooden, soak in water for 20 min)

DIRECTIONS

1. Preheat the griddle to medium heat and lightly grease with olive oil or a high-smoke point spray.
2. Season the chicken with olive oil, smoked paprika, garlic powder, salt, and pepper. Toss to coat.
3. Wrap and skewer: Wrap each chicken cube with a half slice of bacon and thread onto skewers (2 per skewer). Press bacon firmly so it stays wrapped.
4. Place on griddle: Cook skewers for 6-7 min. per side, rotating occasionally. Use a press lid to help the bacon crisp and the chicken cook evenly.
5. Check doneness: Chicken should reach an internal temperature of 75°C / 165°F and bacon should be golden and slightly crisp.
6. Rest and serve: Transfer to a plate and rest for 2 min. before serving.
7. Serving Suggestions: Serve with grilled corn, garlic aioli, or flatbread with tzatziki. Add a side of grilled pineapple for sweetness.
8. Griddle Tips: Use a fish spatula or tongs to turn skewers gently without unwrapping bacon. Clean and oil your griddle between batches to avoid sticking. Press lids help render bacon fat and lock in juiciness.

SPICED ORANGE CHICKEN MEDALLIONS



Serves	Cooking	Prep	Ready in
4 Servings	10–12 Minutes	10 Minutes	20 Minutes

INGREDIENTS

- 4 boneless, skinless chicken breasts
- ½ cup fresh orange juice (from 1–2 oranges)
- 1 tbsp orange zest
- 1½ tbsp olive oil (plus extra for griddle)
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tsp ground cumin
- ½ tsp chili powder
- ¼ tsp ground cinnamon
- ¼ tsp black pepper
- Salt to taste
- Fresh cilantro or green onion (optional garnish)

DIRECTIONS

1. Prep the chicken: Slice chicken breasts into 1-inch medallions for quick, even cooking. Pat dry.
2. Marinate: In a bowl, whisk orange juice, zest, soy sauce, honey, cumin, chili powder, cinnamon, pepper, and olive oil. Add chicken medallions and toss. Let sit for 10 min. (or up to 1 hour chilled).
3. Preheat & grease the griddle: Heat your gas griddle to medium-high and lightly oil the surface to prevent sticking.
4. Sear the medallions: Using tongs, place medallions on the hot griddle. Sear 4-5 min. on the first side until golden and slightly charred.
5. Flip & glaze: Flip and cook another 4-5 min. Optionally brush with remaining marinade to build up flavor. Ensure internal temp reaches 165°F (74°C).
6. Rest: Remove and rest for 2 min. before serving.
7. Griddle Tips: Don't overcrowd - give each medallion space to sear. Use two spatulas to press lightly if needed for even contact. Avoid sugary marinade pooling - apply glaze lightly during final minutes.

Nutritional Information (per serving): Calories: 275 kcal Protein: 32g Carbohydrates: 9g Fats: 12g Fiber:0,5g

BUFFALO RANCH CHICKEN THIGHS

Serves	Cooking	Prep	Ready in
4 Servings	12–15 Minutes	10 Minutes	25 Minutes

INGREDIENTS

- 4 boneless, skinless chicken thighs (approx. 600g / 1.3 lb)
- 2 tbsp olive oil
- ¼ cup buffalo wing sauce (Frank's RedHot or similar)
- 1 tbsp dry ranch seasoning mix
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp black pepper
- ½ tsp salt (optional, depending on seasoning mix)
- Fresh parsley (optional garnish)
- Ranch dressing (optional, for drizzling or dipping)

DIRECTIONS

1. Preheat and oil the griddle: Heat your gas griddle to medium-high and lightly oil the surface to prevent sticking.
2. Season the chicken: Pat the thighs dry and coat with olive oil, then mix in ranch seasoning, garlic powder, smoked paprika, black pepper, and salt if needed.
3. Griddle time: Place the chicken thighs smooth-side down. Cook for 6-7 min. on the first side until seared and browned.
4. Flip and glaze: Flip the thighs, then brush with buffalo sauce. Cook another 5-7 min., brushing with more sauce and flipping once more for a final 1-2 min. caramelization.
5. Check for doneness: Internal temp should reach 165°F (74°C). Transfer to a resting area and let sit for 2-3 min.
6. Griddle Tips: Use a press lid if needed to ensure even searing. If the sauce starts to burn, move chicken to a lower heat zone to finish. Use a metal spatula to lift gently and preserve the seared crust.



Nutritional Information (per serving): Calories:~330 kcal Protein: 27g Carbohydrates: 3g Fats: 23g Fiber: 0g

GREEK YOGURT MARINATED CHICKEN



INGREDIENTS

- 1½ lbs boneless, skinless chicken thighs (or breasts), cut into thick strips
- ¾ cup plain Greek yogurt
- 2 tbsp olive oil
- 3 garlic cloves, minced
- Juice of 1 lemon
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper

DIRECTIONS

1. Marinate the chicken: In a bowl or zip-top bag, mix Greek yogurt, olive oil, garlic, lemon juice, vinegar, oregano, cumin, paprika, salt, and pepper. Add chicken and toss to coat. Cover and refrigerate for 2-4 hours.
2. Preheat and oil the griddle: Set griddle to medium-high heat. Apply a thin layer of oil (use a high smoke point oil like avocado or canola) to prevent sticking.
3. Grill the chicken: Remove chicken from marinade, shaking off excess. Place on the hot griddle. Cook for 5-6 min. per side or until golden brown and cooked through (internal temp of 165°F / 74°C). Use a spatula or tongs to flip.
4. Optional warming zone: Shift cooked chicken to a cooler zone (or reduce one burner to medium) while preparing sides like griddled pita, vegetables, or lemon slices.
5. Griddle Tips: Use two spatulas if needed to lift yogurt-marinated pieces without tearing. Don't overcrowd - leave space between pieces for even browning. Clean any burned yogurt residue quickly to prevent sticking.

Nutritional Information (per serving):Calories: 370 kcal Protein: 34g Carbohydrates: 6g Fats: 23g Fiber:0g

Serves	Cooking	Prep	Ready in
4 Servings	12–14 Minutes	15 Minutes	30 Minutes

SMOKED PAPRIKA CHICKEN GYROS



INGREDIENTS

- 1½ lbs boneless, skinless chicken thighs, cut into thin strips
- 1½ tbsp olive oil
- 2 tsp smoked paprika
- 1 tsp garlic powder, 1 tsp onion powder
- ½ tsp ground cumin
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- 4 pita breads or flatbreads
- 1 cup tzatziki sauce
- 1 cup shredded lettuce
- 1 cup diced tomatoes
- ½ red onion, thinly sliced
- Optional: feta cheese crumbles, cucumber slices

DIRECTIONS

1. Marinate the chicken: In a bowl, combine olive oil, smoked paprika, garlic powder, onion powder, cumin, oregano, salt, and pepper. Toss chicken strips in the marinade and let sit for 10 min. (or up to overnight in the fridge).
2. Preheat and oil the griddle: Set gas griddle to medium-high heat. Lightly grease the surface with oil to prevent sticking.
3. Cook the chicken: Spread chicken strips in a single layer. Cook 5-6 min., turning with spatulas until nicely seared and cooked through.
4. Warm the pita: Move chicken to one side of the griddle (use a cooler zone or reduce one burner to medium). Place pitas on the griddle for 1-2 min. per side, pressing lightly with a spatula or press lid to heat evenly.
5. Assemble the gyros: Spread tzatziki on warm pita, layer with chicken, lettuce, tomatoes, onions, and any optional toppings. Fold and serve warm.
6. Griddle Tips: Use zones to keep chicken hot while warming bread. Don't over-oil just enough to coat the surface lightly. Flip chicken often for even browning.

Nutritional Information (per serving): Calories:480 kcal Protein: 34g Carbohydrates: 32g Fats: 24g Fiber: 3g

Serves	Cooking	Prep	Ready in
2 Servings	12 Minutes	10 Minutes	22 Minutes

TERIYAKI DUCK FILET WITH GRILLED PINEAPPLE



Nutritional Information (per serving): Calories:~560 kcal Protein: 34g Carbohydrates: 28g Fats: 34g Fiber: 2g

INGREDIENTS

- 2 duck breast filets (about 6 oz each), skin on
- 4 fresh pineapple rings (~1/2-inch thick)
- 1 tbsp neutral oil (e.g., avocado or grapeseed)
- Salt & pepper to taste

For the Teriyaki Glaze:

- 3 tbsp soy sauce, 1 tbsp rice vinegar
- 1 tbsp honey or brown sugar
- 1 tsp sesame oil
- 1 garlic clove, minced
- ½ tsp fresh ginger, grated
- Optional Garnish: Thinly sliced scallions, toasted sesame seeds

DIRECTIONS

1. Score and Season Duck: Lightly score the skin of the duck breasts in a crisscross pattern (don't cut into meat). Season both sides with salt and pepper. Let rest at room temp for 10 min.
2. Make the Teriyaki Glaze: In a small saucepan or foil pan on the low heat zone, combine all glaze ingredients. Simmer for 5-6 min. until slightly thickened. Stir occasionally.
3. Sear the Duck: Preheat the griddle to medium-high. Place duck breasts skin-side down and sear for 5-6 min. until the skin is crisp and golden. Flip and cook another 3-4 min., or until internal temp reaches 130–135°F for medium-rare. Baste with glaze in the last min. Transfer to rest, tented loosely with foil.
4. Grill the Pineapple: Reduce to medium heat. Lightly oil the griddle and place pineapple rings down. Grill 2-3 min. per side until caramelized with grill marks.
5. Slice & Serve: Slice duck thinly across the grain. Serve over grilled pineapple rings and drizzle with remaining teriyaki glaze. Garnish with scallions and sesame seeds.

GRILLED DUCK & QUINOA SUPER BOWL

Serves	Cooking	Prep	Ready in
2 Servings	15 Minutes	10 Minutes	25 Minutes



INGREDIENTS

Main Bowl:

- 1 medium duck breast (approx. 8 oz), skin on
- 1 cup cooked quinoa
- ½ zucchini, sliced into thin half-moons
- ½ red bell pepper, sliced
- ½ cup baby spinach or kale
- 1 tsp olive oil (for veggies)
- Salt & pepper to taste

Dressing:

- 1 tbsp lemon juice
- 1 tbsp olive oil
- ½ tsp Dijon mustard
- 1 tsp honey
- Pinch of dried oregano or fresh chopped herbs
- Optional Toppings: 2 tbsp crumbled feta, 1 tbsp toasted pumpkin seeds

DIRECTIONS

1. Prep the Duck: Pat the duck breast dry and score the skin in a crosshatch pattern. Season both sides with salt and pepper.
2. Sear the Duck: Preheat the griddle to medium heat. Place the duck skin-side down on the griddle (no oil needed). Sear for 5-6 min. until the fat renders and the skin is golden. Flip and cook another 3-4 min. Remove from heat and let rest 5 min. before slicing.
3. Griddle the Veggies: Drizzle a small amount of olive oil on the griddle. Cook zucchini and bell peppers in a separate area over medium heat for 4-5 min. until slightly charred but still crisp. Add spinach for the last minute, just until wilted.
4. Warm the Quinoa: In a low-heat zone, spread the cooked quinoa and stir gently to warm through.
5. Mix Dressing: Whisk together lemon juice, olive oil, mustard, honey, and oregano.
6. Assemble: In bowls, layer quinoa, grilled vegetables, and sliced duck breast. Drizzle with dressing. Top with feta and seeds if using.

Nutritional Information (per serving): Calories:~610 kcal Protein: 32g Carbohydrates: 35g Fats: 38g Fiber: 5g



Serves	Cooking	Prep	Ready in
2 Servings	10–12 Minutes	10 Minutes	20 Minutes

HONEY BOURBON GLAZED TURKEY STRIPS



Nutritional Information (per serving): Calories: 390 kcal Protein: 38g Carbohydrates: 15g Fats: 18g Fiber: 0g

INGREDIENTS

For the Turkey Strips:

- 1 lb turkey breast, sliced into ½-inch strips
- 1 tbsp olive oil
- ½ tsp smoked paprika
- ¼ tsp black pepper
- ½ tsp garlic powder
- ¼ tsp salt

For the Glaze:

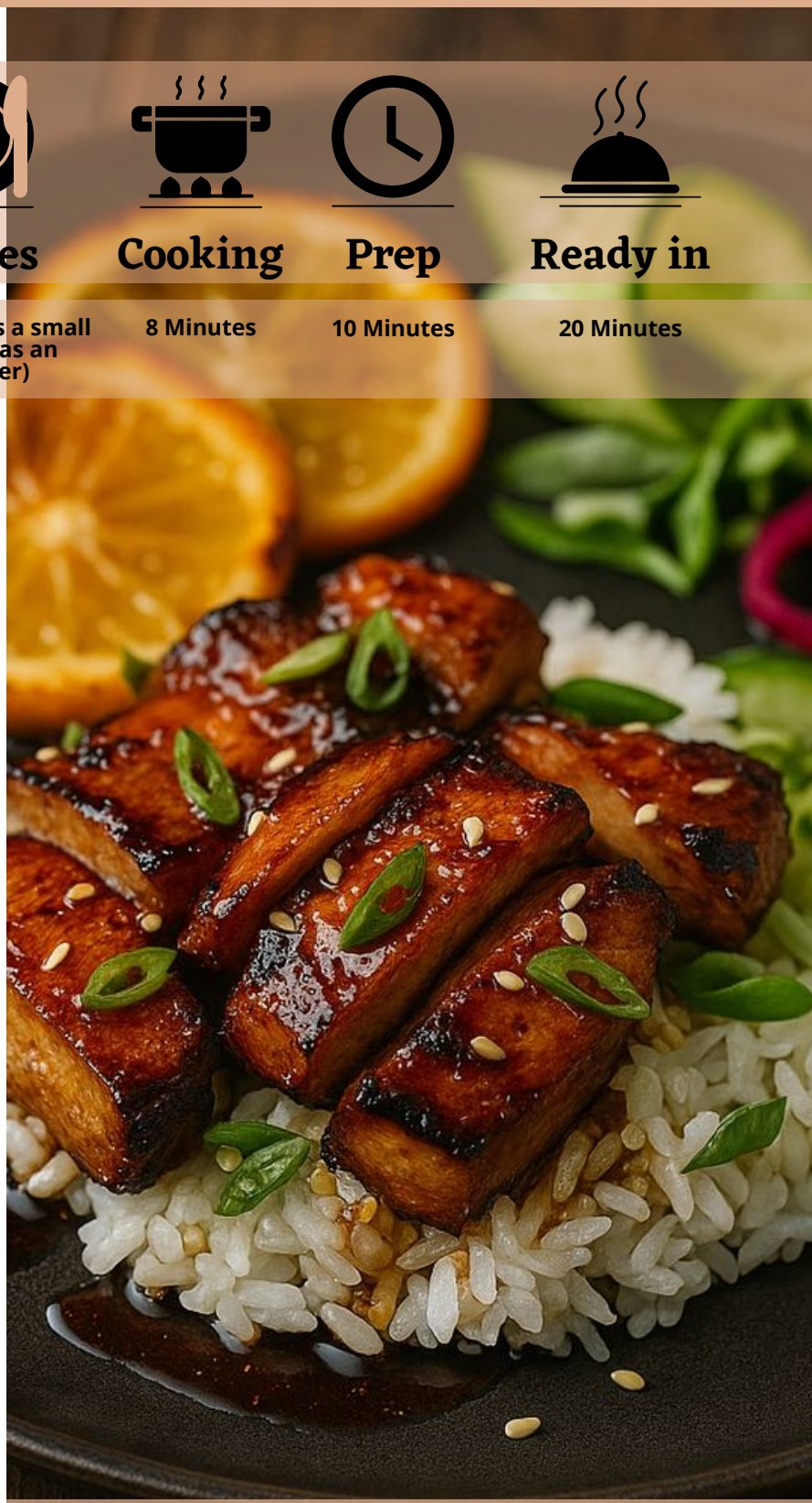
- 2 tbsp honey
- 2 tbsp bourbon
- 1 tbsp soy sauce
- 1 tsp Dijon mustard

DIRECTIONS

1. Preheat Griddle: Preheat your gas griddle to medium-high heat. Lightly grease the surface with a high-heat oil (like avocado or vegetable oil).
2. Season Turkey Strips: In a bowl, toss turkey strips with olive oil, paprika, pepper, garlic powder, and salt.
3. Sear the Turkey: Place strips on the griddle in a single layer. Sear for 4-5 min. on one side without moving to build a golden crust. Flip and cook another 3-4 min. until cooked through (internal temp should reach 165°F / 74°C). Move to a cooler side of the griddle.
4. Apply Glaze: In a small bowl, mix honey, bourbon, soy sauce, and Dijon mustard. Pour over the cooked turkey strips on the griddle and reduce heat to medium. Toss the strips with spatulas for 1-2 min. until the glaze thickens and coats the meat evenly.
5. Griddle Tips: Use a two-zone setup: high heat for searing, lower heat for glazing. Keep a metal spatula handy for quick flipping and glaze tossing. Clean and re-oil between batches to prevent sugar in glaze from burning.

SWEET SOY DUCK BITES

Serves	Cooking	Prep	Ready in
2 Servings (as a small main or 4 as an appetizer)	8 Minutes	10 Minutes	20 Minutes



INGREDIENTS

- 1 duck breast (about 8 oz), skin on
- Salt and black pepper, to taste
- 1 tsp neutral oil (like avocado or grapeseed)

For Sweet Soy Glaze:

- 2 tbsp low-sodium soy sauce
- 1 tbsp brown sugar or honey
- 1 tsp rice vinegar
- ½ tsp sesame oil
- 1 garlic clove, finely grated
- ¼ tsp chili flakes (optional)
- Garnish (optional): Thinly sliced scallions,toasted sesame seeds, cucumber ribbons or pickled onion

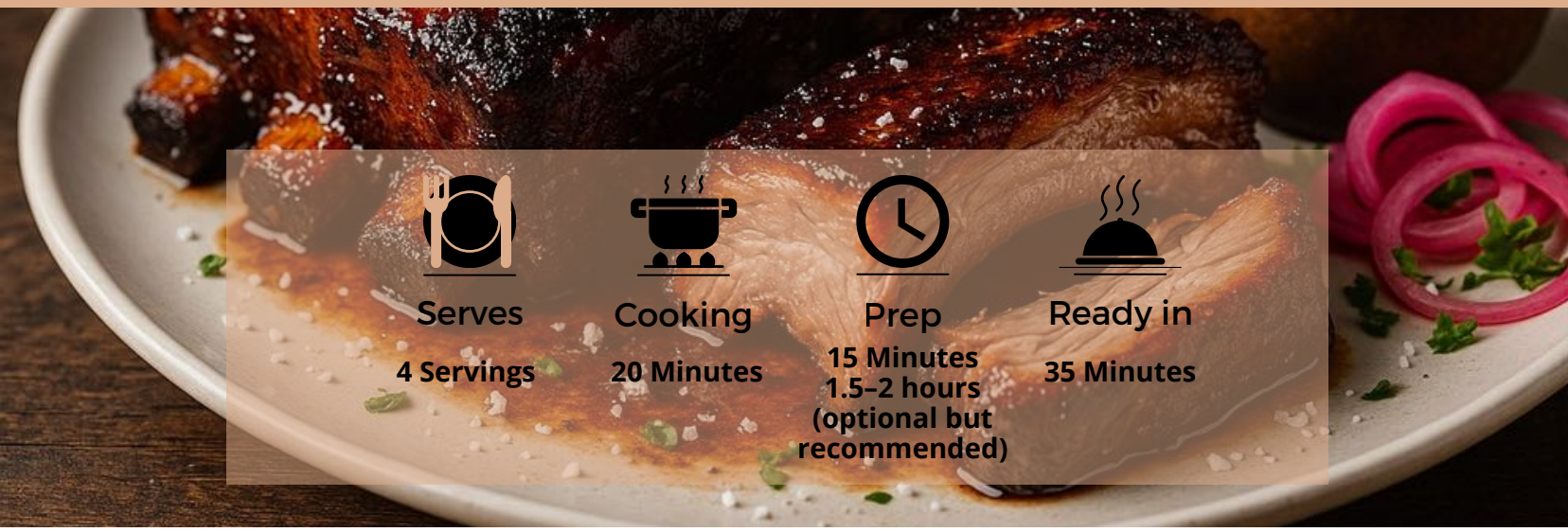
DIRECTIONS

1. Prep the Duck: Pat the duck breast dry. Score the skin in a crisscross pattern (don't cut into the meat). Season both sides lightly with salt and pepper.
2. Render and Sear: Preheat the gas griddle. Apply a thin coat of oil to prevent sticking. Place duck skin-side down on the medium-high heat zone. Sear for 4-5 min. until the fat renders and skin becomes golden and crispy.
3. Flip and Cook Through: Flip the duck and cook another 2-3 min. for medium doneness. Internal temp should be around 130–135°F. Rest the duck off heat for 5 min. before slicing.
4. Make the Glaze: While the duck rests, combine glaze ingredients in a small foil pan or pot on the low heat zone of the griddle. Simmer for 2-3 min. until thick and glossy.
5. Slice and Glaze: Slice the rested duck into bite-sized pieces. Toss or brush the slices generously with the sweet soy glaze right on the griddle surface for a caramelized finish (about 30 sec.).

Nutritional Information (per serving): Calories: 390kcal Protein: 28g Carbohydrates: 9g Fats: 26g Fiber: 0g

Beef, Pork, Lamb

SMOKY BBQ ESPRESSO-RUBBED PORK RIBS



INGREDIENTS

- 1 rack pork baby back ribs (2.5-3 lb), pre-cooked until tender
- 1½ tbsp espresso powder
- 1 tbsp brown sugar
- 1 tsp smoked paprika
- ½ tsp cayenne pepper
- ½ tsp garlic powder
- ½ tsp kosher salt
- ¼ tsp black pepper
- 1 tbsp avocado or canola oil
- ½ cup thick BBQ sauce (smoky or hickory preferred)

DIRECTIONS

1. Preheat & Oil: Heat your gas griddle with one side on high, the other on medium. Use tongs and a paper towel dipped in oil to grease the surface lightly.
2. Rub the Ribs: Mix espresso, sugar, paprika, cayenne, garlic powder, salt, and pepper. Rub generously onto both sides of the ribs. Let rest for 10 min. at room temp.
3. Sear: Place ribs bone-side down on high heat for 3-4 min. Flip and sear the meat side for another 3-4 min., developing a crust without burning.
4. Glaze & Finish: Move to medium heat zone. Brush with BBQ sauce and cook 3-5 min. per side, flipping and brushing until glaze is sticky and lightly charred.
5. Rest & Slice: Transfer to a cutting board. Let rest for 5 min., then slice between the bones and serve hot.
6. Tips for Griddle Success: Use pre-cooked ribs for tender results and fast griddle time. Oven-baked, slow-cooked, or sous-vide ribs all work. Keep a press lid nearby to warm ribs evenly if coming from the fridge. Re-oil griddle between batches to prevent sticking and preserve the spice rub.
7. Serving Suggestions: Serve with griddled corn on the cob, roasted sweet potato wedges, or a crunchy slaw. Add extra espresso BBQ glaze on the side and finish with a sprinkle of flaky salt.

Nutritional Information (per serving):Calories: 590 kcal Protein: 38g Carbohydrates: 17g Fats: 42g Fiber:1g

CHILLI-RUBBED CHUCK EYE WITH AVOCADO SALSA



Serves	Cooking	Prep	Ready in
2 Servings	8 Minutes	10 Minutes	22 Minutes Rest Time: 5 minutes

INGREDIENTS

For the Chuck Eye Steaks:

- 2 chuck eye steaks (~8 oz each, 1 inch thick)
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp chili powder
- ½ tsp ground cumin
- ½ tsp garlic powder
- ½ tsp kosher salt
- ¼ tsp black pepper

For the Avocado Salsa:

- 1 ripe avocado, diced
- ½ small red onion, finely chopped
- 1 tbsp chopped fresh cilantro
- 1 tbsp lime juice
- Pinch of salt

DIRECTIONS

1. Preheat the Griddle: Set one zone to high heat and another to medium. Oil the surface lightly with a high smoke-point oil.
2. Season the Steaks: In a small bowl, mix the paprika, chili powder, cumin, garlic powder, salt, and pepper. Rub both sides of the steaks with olive oil, then the spice mix. Let sit 5 min.
3. Griddle the Steaks: Place steaks on the high-heat zone. Sear for about 3-4 min. per side for medium-rare. Flip only once. Adjust time for desired doneness.
4. Rest: Transfer steaks to a plate or board and rest for 5 min. to redistribute juices.
5. Make the Salsa: While the steaks rest, combine all salsa ingredients in a bowl and gently mix.
6. Serve: Slice steak against the grain and top with fresh avocado salsa.
7. Griddle Tips: Chuck eye has good fat marbling - ensure your griddle is well-oiled to prevent sticking. Use a spatula with a sharp edge to get under the crust cleanly when flipping. Let steaks rest uncovered to preserve the crust.

Nutritional Information (per serving): Calories: 565 kcal Protein: 47g Carbohydrates: 8g Fats: 38g Fiber: 5g

Serves
2 Servings

Cooking
10–12 Minutes

Prep
10 Minutes

Ready in
22 Minutes
Rest Time: 5 minutes

GARLIC-THYME T-BONE WITH PAN-SEARED TOMATOES



Nutritional Information (per serving): Calories:715 kcal Protein: 53g Carbohydrates: 5g Fats: 52g Fiber: 1g

INGREDIENTS

For the Steak:

- 1 large T-bone steak (1.25–1.5 inches thick, ~20–22 oz)
- 1 tbsp avocado or canola oil
- 1 tsp kosher salt
- ½ tsp cracked black pepper

Garlic-Thyme Butter Baste:

- 2 tbsp unsalted butter
- 2 garlic cloves, smashed
- 3 sprigs fresh thyme

Seared Tomatoes:

- 1 cup cherry tomatoes, whole
- 1 tsp olive oil
- Pinch of sea salt
- Optional: splash of balsamic vinegar

DIRECTIONS

1. Preheat the Griddle: Heat one half to high, the other to medium. Lightly grease with avocado oil using tongs and a paper towel.
2. Season the Steak: Pat steak dry, then coat with oil, salt, and pepper.
3. Sear the T-Bone: Place on high heat zone. Sear for 4-5 min. per side, pressing gently with a spatula for even contact.
4. Butter Baste: Move steak to medium heat. Add butter, smashed garlic, and thyme near the steak. Use a spatula or spoon to baste butter over steak for another 1-2 min.
5. Sear the Tomatoes: On the medium zone, toss tomatoes with oil and salt. Sear until skins blister and soften, 3-4 min., stirring occasionally.
6. Rest: Remove steak and let rest 5 min. tented with foil. Optional: drizzle tomatoes with balsamic.
7. Griddle Tips: Use a metal spatula to flip steak without tearing crust. Baste constantly once butter is melted to infuse flavor. Keep cherry tomatoes moving to avoid over-charring.

COWBOY RIBEYE WITH GARLIC-HERB COMPOUND BUTTER

Serves	Cooking	Prep	Ready in
2 Servings	10 Minutes	10–12 Minutes	22 Minutes Rest Time: 5 minutes



INGREDIENTS

For the Ribeye:

- 1 bone-in cowboy ribeye (1.5-2 inches thick, ~20 oz)
- 1 tbsp avocado oil or canola oil (high smoke point)
- 1 tsp coarse kosher salt
- ½ tsp freshly cracked black pepper

Garlic-Herb Compound Butter:

- 4 tbsp unsalted butter, softened
- 1 garlic clove, minced
- 1 tsp finely chopped fresh rosemary
- 1 tsp finely chopped fresh thyme
- 1 tsp chopped flat-leaf parsley
- ½ tsp lemon zest,Pinch of sea salt

DIRECTIONS

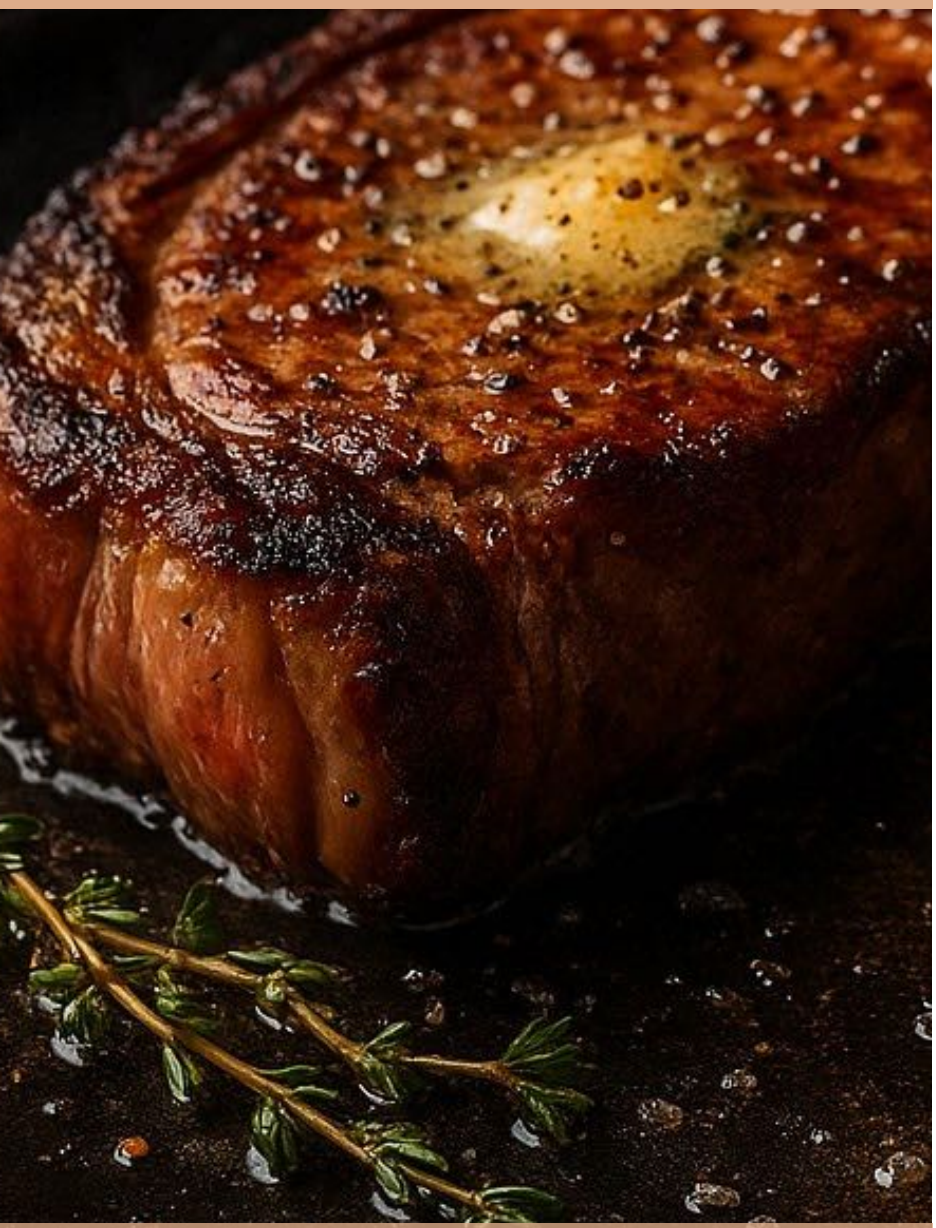
1. Make the Compound Butter: In a small bowl, mix all butter ingredients. Shape into a log using plastic wrap and chill while the steak cooks.
2. Preheat the Griddle: Preheat half of the griddle to high heat and the other half to medium. Lightly oil the surface with avocado oil using a paper towel and tongs.
3. Prep the Ribeye: Pat the steak dry. Rub with oil and season generously with salt and pepper on both sides. Place the ribeye on the high heat side. Sear undisturbed for 4-5 min. per side to develop a deep crust. Use a metal spatula to flip. If the steak is thick, move it to the medium heat zone and cook to desired doneness (internal temp: 125°F for rare, 135°F for medium-rare).
4. Rest the Steak: Transfer to a board or plate. Rest 5-7 min., tented loosely with foil.
5. Top with Compound Butter: Slice a thick round of garlic-herb butter and place on the hot steak just before serving. Let it melt luxuriously over the meat.
6. Griddle Cooking Tips: Always preheat thoroughly - high heat is key for steak searing. Use zones to avoid overcooking; finish on medium heat if needed. Flip only once for maximum crust.

Nutrition (Per Serving – Half Steak + Butter):
Calories: 765 kcal Protein: 54g Carbohydrates: 2g Fats: 60g Fiber: 2g



Serves	Cooking	Prep	Ready in
2 Servings	8–10 Minutes	5 Minutes	15 Minutes Rest Time: 5 minutes

TEXAS-STYLE GRIDDLE RIBEYE STEAKS WITH SMOKED SALT



Nutritional Information (per serving): Calories: 710 kcal Protein: 48g Carbohydrates: 1g Fats: 56g Fiber: 0g

INGREDIENTS

- 2 ribeye steaks (1–1¼ inch thick, ~12 oz each)
- 1 tbsp high smoke-point oil (e.g., avocado or canola)
- 1 tsp smoked salt (or more to taste)
- ½ tsp freshly cracked black pepper
- 1 tbsp unsalted butter (optional for finishing)
- Optional garnish: fresh thyme sprigs or garlic cloves (for butter baste)

DIRECTIONS

1. Preheat the Griddle: Fire up your gas griddle to high heat. Allow it to fully preheat for at least 5-7 min. Lightly coat the surface with oil.
2. Prep the Steaks: Pat steaks dry with paper towels. Season both sides generously with smoked salt and cracked black pepper.
3. Sear the Ribeyes: Place steaks on the hottest part of the griddle. Do not move them for 3-4 min. Flip and cook another 3-4 min. for medium-rare (adjust for your preference).
4. Optional Butter Finish: Add butter to the top of the steaks for the final minute. Tilt with a spatula and baste using melted butter with thyme and garlic (if using).
5. Rest Before Serving: Transfer steaks to a plate or wooden board and let rest 5 min. before slicing.
6. Griddle Tips: Ensure a ripping hot surface for that signature crust. Don't overcrowd the griddle - give the steaks room to breathe. Use a thermometer for precision (130°F for medium-rare). For perfect edges, briefly sear steak sides using tongs.
7. Serving Suggestions: Griddled sweet potato wedges. Charred corn with lime butter. Griddle-toasted Texas toast or buttermilk biscuits

ARGENTINIAN CHIMICHURRI OSSOBUCO WITH MASHED POTATOES

Serves	Cooking	Prep	Ready in
2 Servings	25–30 Minutes (ossobuco thickness may vary)	20 Minutes	50 Minutes



INGREDIENTS

For the Ossobuco:

- 2 beef ossobuco steaks (bone-in, 1½ inch thick, ~10 oz each)
- 1 tsp smoked paprika
- 1 tsp coarse salt
- ½ tsp freshly ground black pepper
- 2 tbsp olive oil (plus more for greasing) oiled with potatoes)

For the Chimichurri:

- ½ cup fresh parsley, finely chopped
- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 2 garlic cloves, minced
- ½ tsp crushed red pepper flakes
- ¼ tsp salt
- ¼ tsp ground oregano

For the Mashed Potatoes:

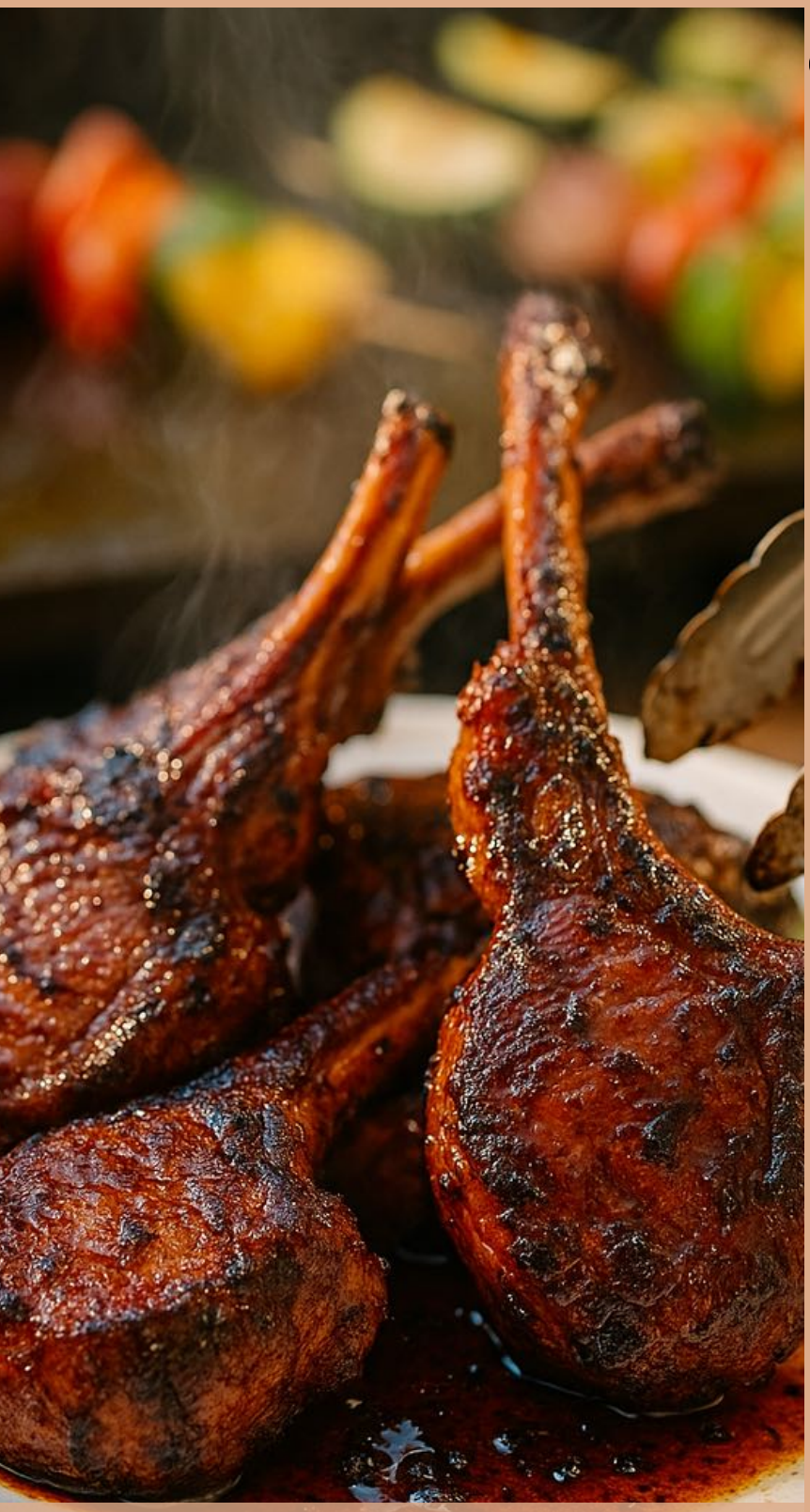
- 2 large Yukon Gold potatoes, peeled and quartered
- 3 tbsp butter, ¼ cup whole milk
- Salt to taste,1 clove garlic (boiled with potatoes)

DIRECTIONS

1. Make the Chimichurri: In a small bowl, combine all chimichurri ingredients. Let sit at room temperature for at least 15 min. to marry the flavors.
2. Prepare the Mashed Potatoes (stovetop or ahead of time): Boil potatoes in salted water (and garlic, if using) until fork-tender (~15 min). Mash with butter, warm milk, and salt until creamy. Set aside.
3. Heat one zone to high and one to medium. Lightly grease both zones with oil using a paper towel.
4. Season the Ossobuco Steaks: Pat dry. Rub with olive oil, paprika, salt, and black pepper.
5. Sear on High: Place ossobuco steaks on the high-heat zone. Sear for 3-4 min. per side until well browned.
6. Griddle-Cook Through on Medium: Move steaks to medium zone. Cover with a press lid or metal bowl to retain heat. Cook for another 15-20 min., flipping halfway. Internal temperature should reach at least 145°F (63°C) for medium doneness.
7. Griddle Tips: Use a meat thermometer to ensure proper doneness with thick cuts like ossobuco.

Nutritional Information (per serving): Calories: 670 kcal Protein: 43g Carbohydrates: 28g Fats: 44g Fiber: 3g

CARIBBEAN RUM-MARINATED LAMB CHOPS



Serves	Cooking	Prep	Ready in
2 Servings (2–3 lamb chops per person)	8–10 Minutes	15 Minutes (plus 2–4 hours marination)	25 Minutes

INGREDIENTS

- 6 lamb rib chops (about 1 inch thick)
- 3 tbsp dark rum
- 2 tbsp lime juice
- 1 tbsp olive oil
- 1 tbsp brown sugar
- 1 tsp ground allspice
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp ground cinnamon
- ¼ tsp cayenne pepper (optional for heat)
- 1 tbsp chopped fresh thyme (or 1 tsp dried)

DIRECTIONS

1. Marinate the Lamb: In a bowl, whisk together rum, lime juice, oil, brown sugar, spices, and thyme. Coat lamb chops in the marinade, cover, and refrigerate for 2-4 hours.
2. Preheat the Griddle: Set one side of your gas griddle to high heat and another to medium. Lightly grease both zones with oil using a paper towel or brush to prevent sticking.
3. Sear the Lamb Chops: Shake off excess marinade and place the chops on the high heat side. Sear for 2-3 min. per side until a deep brown crust forms.
4. Finish Cooking: Move chops to the medium heat zone and cook for an additional 2-3 min. per side, depending on thickness. Use a meat thermometer: target 135°F (57°C) for medium-rare or 145°F (63°C) for medium.
5. Rest the Meat: Remove from the griddle and let rest on a plate for 5 min. under foil.
6. Griddle Tips: Use a griddle press lid to retain heat and speed up cooking without over-charring. Don't overcrowd the chops - leave room for airflow and searing. Use tongs to flip - not a fork - to retain juices.
7. Serving Suggestions: Serve with griddled pineapple rings, coconut rice, or a mango slaw for a full Caribbean-style plate. Garnish with lime wedges and fresh cilantro.

Nutritional Information (per serving): Calories: 560 kcal Protein: 38g Carbohydrates: 10g Fats: 40g Fiber: 1g

TOMAHAWK WITH CRISPY GARLIC POTATOES

Serves	Cooking	Prep	Ready in
2 Servings	20–25 Minutes	10 Minutes	35 Minutes Rest Time: 5 minutes



INGREDIENTS

For the Steak:

- 1 tomahawk ribeye (2–2.5 lbs, about 2 inches thick)
- 2 tsp kosher salt
- 1 tsp freshly cracked black pepper
- 1 tbsp high smoke-point oil (e.g., avocado or canola)
- 2 tbsp unsalted butter (for basting)
- 2 garlic cloves, smashed
- 2 sprigs fresh thyme or rosemary

For the Potatoes:

- 1 lb baby potatoes, halved
- 2 tbsp olive oil
- 3 garlic cloves, minced
- ¼ tsp smoked paprika, Salt and pepper
- 2 tbsp grated Parmesan (optional)
- Chopped parsley (optional garnish)

DIRECTIONS

1. Preheat the Griddle: Set one zone to high and another to medium. Preheat for at least 5-7 min. Oil the surface lightly.
2. Prepare the Steak: Pat steak dry, season both sides with salt and pepper. Let sit at room temperature for 20-30 min. before cooking.
3. Start the Potatoes: Toss potatoes with olive oil, garlic, paprika, salt, and pepper. Place cut side down on medium zone, pressing lightly. Flip occasionally. Cook for 18-20 min. until deeply golden and crisp. Sprinkle with Parmesan at the end, if using.
4. Sear the Steak: Drizzle a bit of oil on the high-heat zone. Sear tomahawk for 3-4 min. per side, pressing gently with a spatula. Use tongs to sear the edges/fat cap. Reduce heat to medium-high, add butter, smashed garlic, and thyme. Baste the steak for 2 min. until fragrant.
5. Check Temperature: Cook until desired doneness. Internal temp for: Rare: 125°F, Medium-Rare: 130°F, Medium: 140°F
6. Let steak rest for 5 min. on a wire rack or board. Slice against the grain. Serve with crispy potatoes.

Nutritional Information (per serving): Calories: 860 kcal Protein: 52g Carbohydrates: 32g Fats: 60g Fiber: 4g



Serves	Cooking	Prep	Ready in
4 Servings	20–25 Minutes	10 Minutes	35 Minutes

GARLIC-PARMESAN POTATOES WITH SMOKED SAUSAGE



Nutritional Information (per serving): Calories: 490 kcal Protein: 20g Carbohydrates: 32g Fats: 33g Fiber: 3g



INGREDIENTS

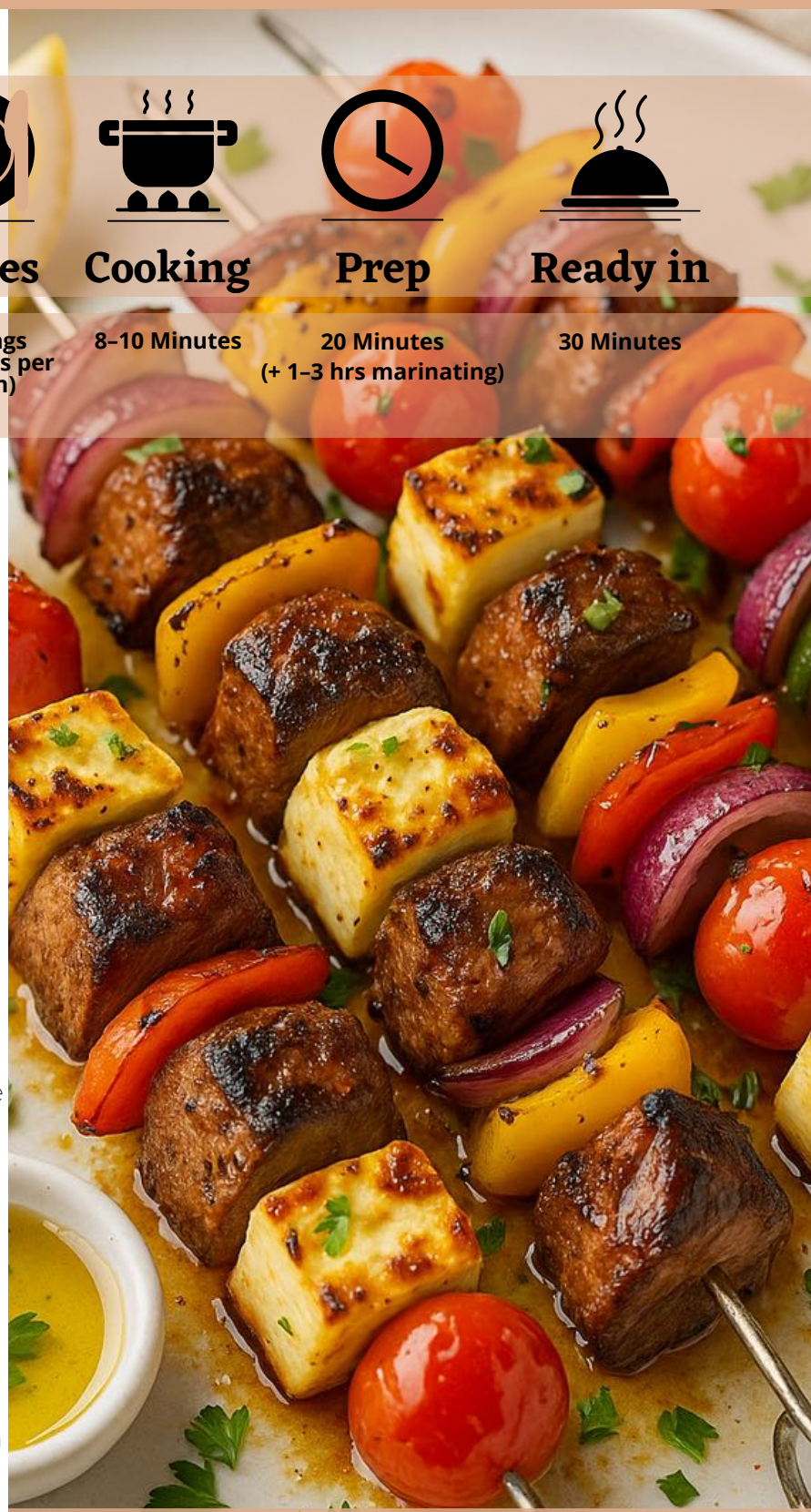
- 1 lb baby Yukon gold potatoes, quartered
- 12 oz smoked sausage (kielbasa or andouille), sliced into ½-inch rounds
- 3 tbsp olive oil (plus more for griddle greasing)
- 4 garlic cloves, minced
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper
- ½ cup freshly grated Parmesan cheese
- 2 tbsp chopped fresh parsley (optional garnish)

DIRECTIONS

1. Preheat the Griddle: Turn one zone to medium-high and the other to medium. Let it heat for 5-7 min. Lightly grease with oil using tongs and a folded paper towel.
2. Start the Potatoes: Toss the quartered potatoes with 2 tbsp olive oil, salt, pepper, and smoked paprika. Spread them in a single layer over the medium zone. Cook for 15–18 min., flipping occasionally until golden and tender.
3. Cook the Sausage: Meanwhile, drizzle 1 tbsp olive oil on the medium-high zone. Add sausage slices and sear 3-4 min. per side, until browned and slightly crisp.
4. Combine & Garlic Butter Finish: Move the sausage to the potatoes. Add minced garlic directly to the mix and toss for 2-3 min. to infuse the flavor.
5. Add Parmesan: Sprinkle grated Parmesan over everything. Let it cook undisturbed for 1 min. to crisp slightly on the griddle. Toss once more to coat.
6. Remove and Garnish: Transfer to a platter. Sprinkle with fresh parsley if desired.
7. Griddle Tips: For even browning, don't overcrowd the potatoes - give them room to crisp. Use a griddle press on the potatoes for extra crunch if desired.

MEDITERRANEAN LAMB & HALLOUMI SKEWERS

Serves	Cooking	Prep	Ready in
4 Servings (2 skewers per person)	8–10 Minutes	20 Minutes (+ 1–3 hrs marinating)	30 Minutes



INGREDIENTS

- 1 lb (450g) lamb leg or shoulder, trimmed and cubed (1-inch pieces)
- 6 oz (170g) halloumi cheese, cut into 1-inch cubes
- 1 red bell pepper, cut into chunks
- 1 red onion, quartered and layered
- 1 small zucchini, thickly sliced
- 2 tbsp olive oil (plus more for greasing)
- Juice of ½ lemon
- 2 garlic cloves, minced
- 1 tsp dried oregano
- ½ tsp ground cumin
- Salt and black pepper, to taste
- Bamboo or metal skewers (8 pieces; soak if bamboo)

DIRECTIONS

1. Marinate the Lamb: In a bowl, mix 2 tbsp olive oil, lemon juice, garlic, oregano, cumin, salt, and pepper. Add lamb cubes and coat well. Cover and refrigerate for 1-3 hours.
2. Assemble Skewers: Thread lamb, halloumi, and vegetables alternately onto skewers. Leave small gaps to ensure even cooking.
3. Preheat and Grease the Griddle: Set one side to medium-high, the other to medium. Lightly oil the surface using a paper towel or grill mop to prevent sticking.
4. Grill the Skewers: Place skewers on the medium-high zone. Cook for about 2-3 min. per side, turning with tongs or spatula, until lamb is seared and internal temp reaches 145°F (63°C). Halloumi should be golden but not melted through.
5. Rest and Serve: Let skewers rest for 2 min. on a warm side of the griddle or a plate loosely covered in foil.
6. Griddle Tips: Use a fish spatula to gently turn skewers. Don't press down on the skewers to retain juices. For even searing, rotate skewers through different heat zones.

Nutritional Information (per serving): Calories:~460kcal Protein: 36g Carbohydrates: 9g Fats: 31g Fiber: 2g

STEAKHOUSE SALAD ON THE GRIDDLE



Serves	Cooking	Prep	Ready in
2 Hearty servings	10–12 Minutes	10 Minutes	22 Minutes

INGREDIENTS

For the Salad:

- 1 large romaine heart, halved lengthwise
- 6 oz flank steak or sirloin, thinly sliced against the grain
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil, divided
- Salt and freshly cracked black pepper, to taste
- Optional: pinch of garlic powder or steak seasoning

For the Blue Cheese Dressing:

- ¼ cup crumbled blue cheese
- 3 tbsp Greek yogurt or sour cream
- 1 tbsp mayonnaise
- 1 tsp lemon juice or white vinegar

DIRECTIONS

1. Prep the Griddle: Preheat to medium-high heat. Lightly oil the surface with ½ tbsp olive oil to prevent sticking.
2. Sear the Steak: Season beef slices with salt, pepper, and optional garlic powder. Place on hot griddle. Sear 1-2 min. per side, until browned and just cooked through. Transfer to a plate and tent with foil.
3. Char the Veggies: Brush romaine halves lightly with olive oil. Place cut-side down on griddle. Cook for 1-2 min., until edges are charred but leaves remain crisp. Remove. Add cherry tomatoes to the griddle, cut-side down. Cook 2-3 min. until softened and blistered.
4. Make the Dressing (while hot): In a small bowl, mix blue cheese, yogurt, mayo, and lemon juice until smooth but chunky. Thin with water if desired.
5. Assemble: On each plate, place a grilled romaine half. Top with seared steak, blistered tomatoes, and a generous drizzle of blue cheese dressing. Sprinkle extra crumbled blue cheese if desired.
6. Griddle Tips: Use two zones: one side for high-heat steak sear, the other for gentle charring of romaine and tomatoes. Don't overcrowd - allow steak and tomatoes room to breathe and brown.

Nutritional Information (per serving): Calories:~420 kcal Protein: 33g Carbohydrates: 9g Fats: 29g Fiber: 2g

GARLIC SOY PORK SKEWERS

Serves	Cooking	Prep	Ready in
4 Servings (2 skewers per person)	10–12 Minutes	15 Minutes (+1–4 hours marinating)	30 Minutes



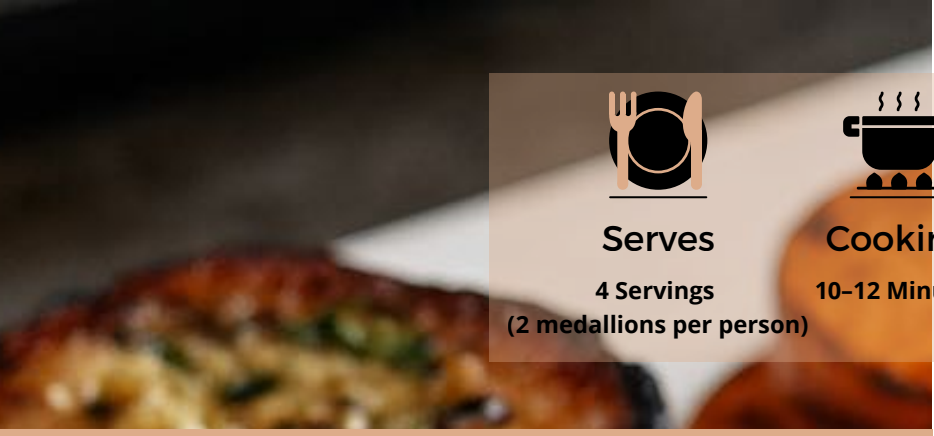
INGREDIENTS

- 1½ lbs pork shoulder or pork loin, cut into 1-inch cubes
- ¼ cup soy sauce
- 2 tbsp brown sugar
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tbsp vegetable oil (for griddle + skewers)
- 4 garlic cloves, minced
- 1 tsp freshly grated ginger
- ½ tsp black pepper
- Bamboo or metal skewers (8 pieces, if wooden, soak in water for 30 mins)

DIRECTIONS

1. Marinate the Pork: In a bowl, combine soy sauce, brown sugar, rice vinegar, sesame oil, garlic, ginger, and pepper. Add pork cubes and toss well. Cover and marinate in the fridge for 1-4 hours.
2. Prepare Skewers: Thread marinated pork onto skewers, leaving small gaps between pieces for even cooking. Pat dry slightly before grilling to enhance sear.
3. Preheat & Grease the Griddle: Heat one side of the griddle to medium-high, the other to medium. Drizzle a thin layer of vegetable oil and spread with tongs and paper towel or a grill mop to prevent sticking.
4. Cook the Skewers: Place skewers on the medium-high zone. Sear 2-3 min. per side until well-browned. Move to medium zone to finish cooking for another 3-5 min., turning occasionally until internal temp reaches 145°F (63°C).
5. Optional Glaze: Brush leftover marinade (boiled for safety) over skewers in final 1-2 min. for an extra layer of sticky flavor.
6. Serving Suggestions: Serve over steamed jasmine rice with a sprinkle of sesame seeds and chopped scallions. Add a side of griddled bok choy, bell peppers, or snap peas for color and crunch.

Nutritional Information (per serving): Calories:~420 kcal Protein: 34g Carbohydrates: 10g Fats: 26g Fiber: 0,5g



Serves	Cooking	Prep	Ready in
4 Servings (2 medallions per person)	10–12 Minutes	10 Minutes	22 Minutes

BACON-WRAPPED PORK TENDERLOIN MEDALLIONS



Nutritional Information (per serving): Calories: 310 kcal Protein: 28g Carbohydrates: 1g Fats: 21g Fiber: 0g

INGREDIENTS

- 1 lb pork tenderloin, cut into 8 thick medallions (about 1–1¼ inch thick)
- 8 slices thin-cut bacon
- 1 tbsp olive oil or neutral high-heat oil
- Salt & freshly ground black pepper, to taste
- 2 tbsp butter
- 1 small clove garlic, finely minced
- 1 tsp chopped fresh herbs (parsley or thyme)

DIRECTIONS

1. Preheat the Griddle: Set your gas griddle to medium heat, creating two zones - one medium-high for searing, one medium-low for finishing. Lightly grease the surface with oil.
2. Prep the Medallions: Wrap a slice of bacon around each pork medallion and secure the seam with a toothpick. Lightly season with salt and pepper.
3. Sear: Place medallions on the hot zone, bacon seam-side down first. Use a spatula or press lid to gently hold them down for even searing. Cook for 2-3 min. per side, turning with tongs to crisp all sides of the bacon.
4. Move to Lower Heat & Baste: Transfer to the medium-low zone. Add butter, garlic, and herbs to the hot griddle next to the medallions. Once butter is melted and fragrant (about 30 sec.), use a spoon or silicone brush to baste each medallion. Cook for an additional 2-3 min., or until internal temp reaches 145°F. Let rest 3-5 min. off heat.
5. Griddle Tips: Use a press lid to help bacon adhere and sear evenly. Avoid high heat, which may burn the bacon before pork is done. A small offset spatula is great for flipping the medallions without tearing the bacon.
6. Serving Suggestions: Pair with griddled sweet potato coins or mini broccoli cheddar pancakes.



Burgers

CHEDDAR MELT BURGER WITH ONION JAM

Serves	Cooking	Prep	Ready in
2 Servings (2 burgers)	15 Minutes	10 Minutes	25 Minutes



INGREDIENTS

For the Burger Patties:

- 300g (10.5 oz) ground beef (80/20 blend)
- Salt & pepper to taste
- 1 tsp olive oil

For the Onion Jam:

- 1 large red onion, thinly sliced
- 1 tbsp butter
- 1 tbsp balsamic vinegar
- 1 tsp brown sugar
- Pinch of salt

Assembly:

- 2 brioche buns
- 4 slices sharp cheddar cheese
- Optional: arugula or baby greens, Dijon mustard

DIRECTIONS

1. Preheat the Griddle: Oil and heat one zone to medium and the other to high.
2. Make Onion Jam: Add butter to the medium zone and cook onions for 6-8 min., stirring often until soft and golden. Add balsamic vinegar, sugar, and a pinch of salt. Cook 2-3 more min. until jammy. Set aside.
3. Form Patties: Divide beef into 2 patties (~150g each). Season with salt and pepper.
4. Sear Patties: On the high heat zone, cook burgers for 3-4 min. per side. Press gently with a spatula for crust. Add 2 cheddar slices per patty in the last minute, cover with a press lid or metal bowl to melt.
5. Toast Buns: While cheese melts, toast bun halves face-down on the medium zone until golden brown.
6. Assemble: Bottom bun → Dijon mustard (optional) → patty with melted cheddar → generous scoop of onion jam → arugula → top bun.
7. Griddle Cooking Tips: Use a metal press lid to help cheese melt quickly and evenly. Avoid moving patties around - let them sear undisturbed. Use a scraper to keep the griddle clean between components.

Nutritional Information (per serving): Calories:630 kcal Protein: 35g Carbohydrates: 34g Fats: 40g Fiber: 2g

CHIMICHURRI LAMB BURGERS WITH ROASTED PEPPERS



Serves	Cooking	Prep	Ready in
2 Servings (2 burgers)	10 Minutes	10 Minutes	20 Minutes

INGREDIENTS

For the Lamb Patties:

- 300g (10.5 oz) ground lamb
- 1 clove garlic, minced
- 1 tsp dried oregano
- ½ tsp smoked paprika
- ¼ tsp ground cumin
- Salt and pepper to taste
- 1 tsp olive oil (for griddle)

For the Roasted Peppers:

- 1 red bell pepper, sliced into strips
- 1 yellow bell pepper, sliced into strips
- 1 tsp olive oil

For the Chimichurri:

- 2 tbsp fresh parsley, finely chopped
- 1 tbsp red wine vinegar
- 1 small garlic clove, minced, 2 tbsp olive oil
- ¼ tsp red pepper flakes (optional), Salt to taste

Assembly:

- 2 brioche or ciabatta buns, halved
- Optional toppings: arugula, feta crumbles

DIRECTIONS

1. Prep the Chimichurri: In a bowl, mix parsley, garlic, vinegar, olive oil, red pepper flakes, and salt. Let sit while other components cook.
2. Form Patties: Combine lamb with garlic, oregano, paprika, cumin, salt, and pepper. Form two equal patties.
3. Set one side to high heat and the other to medium. Lightly grease both zones with oil.
4. Cook Lamb Patties: Sear lamb patties on the high heat zone for 3-4 min. per side, until a deep crust forms and the internal temp reaches 160°F (71°C). Press slightly with a spatula for even sear.
5. Roast Peppers: On the medium heat zone, sauté sliced peppers in oil for 6-8 min., turning occasionally until blistered and softened.
6. Toast the Buns: In the final 1-2 min., toast cut sides of the buns face-down on the medium zone until golden.
7. Assemble: Bottom bun → arugula → lamb patty → roasted peppers → spoonful of chimichurri → optional feta → top bun.

Nutritional Information (per serving): Calories: 590 kcal Protein: 31g Carbohydrates: 32g Fats: 38g Fiber: 4g

FRIED EGGPLANT BUN MEDITERRANEAN BURGER

Serves	Cooking	Prep	Ready in
2 Servings	20 Minutes	10 Minutes	30 Minutes

INGREDIENTS

For the Beef Patties:

- 300g (10.5 oz) ground beef (80/20)
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- Salt & black pepper to taste

For the Eggplant "Buns":

- 1 large eggplant, sliced into 8 thick rounds (about ½-inch each)
- 2 tbsp olive oil
- Salt to taste

For Assembly:

- 2 tbsp hummus
- 2 roasted red pepper strips (jarred or homemade)
- 2 tbsp crumbled feta
- Handful of arugula or spinach
- Optional: tzatziki drizzle

DIRECTIONS

1. Preheat Griddle: Oil and heat the medium zone and high zone. Lightly grease the surface to prevent sticking.
2. Grill Eggplant "Buns": Brush both sides of eggplant slices with olive oil and sprinkle with salt. Place on the medium zone and cook for 5-6 min. per side until golden brown and softened but not mushy. Use a spatula to press gently. Set aside.
3. Form & Cook Patties: Mix beef with cumin, paprika, garlic powder, salt, and pepper. Form into 2 flat patties. Cook on the high heat zone for 3-4 min. per side. Use a press lid to enhance the sear and even cooking. Rest for 1-2 min. off heat.
4. Assemble the Burger:

- Base eggplant round
- Spoon of hummus
- Beef patty
- Roasted red pepper
- Feta
- Arugula
- Top with another eggplant round
- Optional: drizzle with tzatziki



Nutritional Information (per serving): Calories:~520kcal Protein: 31g Carbohydrates: 18g Fats: 38g Fiber: 6g

CAJUN CHICKEN BURGER WITH REMOULADE

INGREDIENTS

For the Cajun Chicken Patties:

- 2 chicken breasts (6 oz each), ground or finely chopped
- 1 tbsp Cajun seasoning
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp salt, ¼ tsp black pepper
- 1 tbsp mayonnaise (to bind)
- 1 tbsp chopped parsley (optional)
- 1 tsp oil (for shaping)

For the Remoulade:

- 3 tbsp mayo
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1 tbsp chopped pickles or relish
- ½ tsp paprika, ¼ tsp cayenne
- 1 small garlic clove, grated

To Assemble:

- 2 brioche buns
- 2 lettuce leaves
- 2 slices tomato
- 2 slices cheddar (optional)
- Oil for griddle

DIRECTIONS

1. Mix Chicken Patties: In a bowl, combine ground chicken, Cajun seasoning, paprika, garlic powder, salt, pepper, mayo, and parsley. Mix until well combined. Lightly oil your hands and form into two even patties, ~½ inch thick.
2. Make Remoulade: Mix all sauce ingredients in a small bowl. Chill until ready.
3. Set one side to medium-high and the other to medium. Oil the surface with a high smoke-point oil.
4. Cook the Patties: Place patties on medium-high zone. Cook for 4-5 min. per side, flipping once, until golden brown and internal temp hits 165°F. If using cheese, add it in the last minute and cover with a press lid or metal bowl for melt.
5. Toast Buns: Butter buns and toast cut side down on the medium zone for 1-2 min. until golden.
6. Assemble: Spread remoulade on both sides of buns. Add lettuce, tomato, Cajun chicken patty, and top bun.

Ready in	Prep	Cooking	Serves
22 Minutes Rest Time: 2 minutes	10 Minutes	10–12 Minutes	2 Servings



Nutritional Information (per serving): Calories: 590 kcal Protein: 36g Carbohydrates: 30g Fats: 38g Fiber: 2g

Serves
2 Servings

Cooking
12 Minutes

Prep
10 Minutes

Ready in
22 Minutes

BRIE & CRANBERRY PULLED DUCK BURGER



Nutritional Information (per serving): Calories:~700 kcal Protein: 35g Carbohydrates: 36g Fats: 48g Fiber: 2g

INGREDIENTS

- 1 cup cooked pulled duck (from confit or roast duck)
- 1 tsp duck fat or olive oil
- 4 thin slices Brie cheese (~60g)
- 2 tbsp whole berry cranberry sauce (or cranberry chutney)
- 2 brioche buns, sliced
- 1 tsp butter (for buns)
- Small handful baby arugula (optional)

DIRECTIONS

1. Preheat & Grease Griddle: Turn on your gas griddle. Create two zones - medium-high for the duck, medium for buns and Brie. Grease with duck fat or a bit of neutral oil.
2. Crisp the Duck: Spread pulled duck onto the medium-high zone. Press down gently and cook undisturbed for 3 min. to crisp, then flip and cook another 2-3 min. Form into two patty-like piles.
3. Melt the Brie: Lower heat to medium if needed. Place Brie slices on each duck mound. Cover with a basting dome or metal bowl to melt cheese for 1-2 min.
4. Toast the Buns: While cheese is melting, butter the brioche buns and toast cut-side-down on the medium zone until golden and crisp (about 1-2 min.).
5. Assemble Burgers: On the bottom bun, spread cranberry sauce. Add the duck-Brie mound, a few arugula leaves (optional), and top with the bun.
6. Griddle Cooking Tips: Use a metal dome to help Brie melt quickly and evenly without overcooking the duck. Don't overcrowd the griddle - give each component space. Always use a thin layer of fat to prevent sticking and encourage browning.

SALMON BURGER WITH TARTAR SAUCE

Serves	Cooking	Prep	Ready in
2 Servings	8 Minutes	10 Minutes	18 Minutes Rest Time: 2 minutes



INGREDIENTS

For the Salmon Patties:

- 8 oz fresh salmon fillet, skin removed and finely chopped
- 1 tbsp Dijon mustard
- 2 tbsp finely diced red onion
- 1 tbsp chopped fresh dill or parsley
- 1 egg
- ¼ cup panko breadcrumbs
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil (for griddle)

For the Tartar Sauce:

- ¼ cup mayonnaise
- 1 tbsp chopped pickles or relish
- 1 tsp lemon juice
- 1 tsp capers (optional)
- ½ tsp Dijon mustard
- Pinch of salt and pepper

To Assemble:

- 2 brioche or potato buns
- Lettuce leaves
- Tomato slices
- Optional: thin-sliced red onion

DIRECTIONS

1. Prepare the Tartar Sauce: Combine all sauce ingredients in a bowl. Chill while cooking.
2. Form the Salmon Patties: In a bowl, mix chopped salmon, Dijon mustard, red onion, herbs, egg, panko, salt, and pepper. Form into 2 equal patties, ~¾ inch thick.
3. Oil the griddle lightly and heat one zone to medium-high, the other to medium.
4. Cook the Patties: Place salmon patties on the medium-high zone. Cook for 3-4 min. per side, flipping once. Use a spatula to press gently and keep shape. Patties should be golden and firm.
5. Toast the Buns: Butter the cut sides and place on medium zone for 1–2 min., until golden and slightly crisp.
6. Assemble: Spread tartar sauce on buns. Add lettuce, tomato, salmon patty, and more sauce if desired.

Nutritional Information (per serving): Calories: 520 kcal Protein: 32g Carbohydrates: 28g Fats: 32g Fiber: 2g

DOUBLE SWEET CHILI EBI BURGER

Serves	Cooking	Prep	Ready in
2 Burgers (double patty per burger)	12–14 Minutes	20 Minutes	34 Minutes

INGREDIENTS

Shrimp Patties (makes 4 small patties):

- 400g raw Black Tiger shrimp, peeled & deveined
- 2 tbsp panko breadcrumbs
- 1 tsp grated ginger
- 1 garlic clove, minced
- 1 tsp soy sauce, 1 tsp sesame oil
- ½ tsp salt
- 2 tsp cornstarch
- Neutral oil or butter for griddle

Chili Mayo:

- 3 tbsp mayonnaise
- 1½ tsp sweet chili sauce
- 1 tsp sriracha

Honey-Ginger Mustard Sauce:

- 2 tbsp Dijon mustard
- 1½ tsp honey
- ½ tsp grated fresh ginger
- 1 tsp rice vinegar

Burger Build:

- 2 brioche burger buns
- 4 slices mild cheese (mozzarella, Havarti, or Monterey Jack)
- Butter for toasting buns
- Optional toppings: shredded lettuce, pickled red onion, thin cucumber slices

DIRECTIONS

1. Preheat Griddle: Set griddle to medium heat. Create two zones if possible - medium for patties, low for buns.
2. Make the Patties: Finely chop shrimp by hand or pulse in a food processor (do not puree). In a bowl, mix with panko, ginger, garlic, soy sauce, sesame oil, cornstarch, and salt. Divide into 4 equal-sized patties.
3. Grill the Patties: Lightly oil the griddle. Place patties on the medium heat zone, flatten gently, and cook for 3-4 min. per side, flipping once. Add a slice of cheese to each patty during the final min. of cooking. Cover with a dome lid to help the cheese melt and retain moisture.
4. Toast the Buns: Butter the cut sides of the brioche buns and place on the low heat zone. Toast for 1-2 min. until golden and crisp.
5. Assemble the Burgers: Spread chili mayo on the bottom bun.Add lettuce or cucumber slices (if using). Stack two cheesy shrimp patties per burger. Drizzle with honey-ginger mustard sauce. Cap with the top bun (toasted side down).



Nutritional Information (per serving): Calories: 620kcal Protein: 39g Carbohydrates: 35g Fats: 36g Fiber: 2g

Pizzas, Wraps and Sandviches

BUFFALO DOG WITH BLUE CHEESE CRUMBLE



INGREDIENTS

- 2 all-beef or smoked sausages (5-6 inches each)
- 2 hot dog buns (preferably brioche or potato buns)
- 2 tbsp buffalo hot sauce (e.g., Frank's RedHot)
- 1tsp unsalted butter
- 2 tbsp crumbled blue cheese
- 2 tsp ranch dressing (optional, for drizzle)
- 1 tbsp finely chopped celery (optional for crunch)
- 1 tsp oil or butter (for griddle)

DIRECTIONS

1. Preheat the Griddle: Set up two zones: medium for sausages, low-medium for buns. Lightly grease with oil or butter.
2. Sear the Sausages: Place sausages on the medium zone. Cook for 6-8 min., rotating occasionally with tongs or a spatula, until nicely browned and heated through.
3. Toast the Buns: While sausages cook, split buns and toast cut-side down on the low-medium zone for 1-2 min. until golden.
4. Toss in Buffalo Sauce: In a small bowl, melt 1 tsp butter and mix with buffalo sauce. Brush or spoon over the sausages directly on the griddle for final 1-2 min. of cooking.
5. Assemble the Buffalo Dogs: Place each sausage in a toasted bun. Top with blue cheese crumbles and a light drizzle of ranch dressing (or chopped celery if you prefer a crunchier, lighter topping).

Nutritional Information (per serving): Calories: 420 kcal Protein: 16g Carbohydrates:30g Fats: 26g Fiber:2g

CARNE ASADA STREET WRAP

Serves	Cooking	Prep	Ready in
2 Hearty wraps	10 Minutes	15 Minutes (plus 30 min marination)	25 Minutes (plus 30 min marination)

INGREDIENTS

For the carne asada:

- 8 oz flank or skirt steak, thinly sliced against the grain
- 1 tbsp olive oil
- Juice of 1 lime
- Juice of ½ orange
- 1 garlic clove, minced
- ¼ tsp cumin
- ¼ tsp smoked paprika
- Salt & pepper to taste

For the avocado crema:

- 1 ripe avocado
- 1 tbsp sour cream or Greek yogurt
- 1 tsp lime juice
- Pinch of salt

Other:

- 2 large flour tortillas
- ¼ cup pico de gallo (fresh tomato, onion, cilantro, lime juice, salt)
- 2 tbsp crumbled queso fresco or feta
- Oil or butter for greasing griddle

DIRECTIONS

1. Marinate the Steak (30 min or up to 2 hrs): Combine steak slices with olive oil, lime juice, orange juice, garlic, cumin, paprika, salt, and pepper. Let it sit covered in the fridge.
2. Make Avocado Crema: In a small bowl, mash avocado with sour cream and lime juice. Season with a pinch of salt. Set aside.
3. Preheat the Griddle: Heat half of the griddle to high (for steak) and the other half to medium (for tortillas). Grease both areas lightly.
4. Sear the Steak: Sear marinated steak on the high-heat zone for 2-3 min. per side or until nicely charred and cooked to your liking. Remove and rest 2 min.
5. Toast the Tortillas: Place tortillas on the medium zone and cook 30-60 sec. per side until golden with lightly blistered edges.
6. Assemble the Wraps: Spread a layer of avocado crema on each tortilla. Add carne asada slices, pico de gallo, and queso fresco. Fold or wrap burrito-style.
7. Optional Final Press: Place assembled wrap seam-side down on the griddle with a press lid or spatula for 1-2 min. to crisp and seal.



Nutritional Information (per serving): Calories: 540 kcal Protein: 32g Carbohydrates: 36g Fats: 30g Fiber: 5g

THAI COCONUT SHRIMP WRAP

Serves	Cooking	Prep	Ready in
2 Servings (2 wraps)	10 Minutes	15 Minutes	25 Minutes



Nutritional Information (Per Wrap Approx.): Calories: 460 kcal Protein: 26g Carbohydrates: 38g Fats: 24g Fiber: 5g

INGREDIENTS

For the Coconut Shrimp:

- 10 medium raw shrimp, peeled & deveined
- ¼ cup shredded unsweetened coconut
- 2 tbsp panko breadcrumbs
- 1 egg, beaten
- Salt and pepper, to taste

For the Slaw:

- 1 cup shredded cabbage (mix of red and green)
- 2 tbsp grated carrot
- 1 tbsp chopped cilantro
- 1 tbsp lime juice
- 1 tsp Thai sweet chili sauce, Pinch of salt

For Coconut Sauce:

- 2 tbsp canned coconut milk
- 1 tsp sriracha (optional), 1 tsp honey
- Squeeze of lime

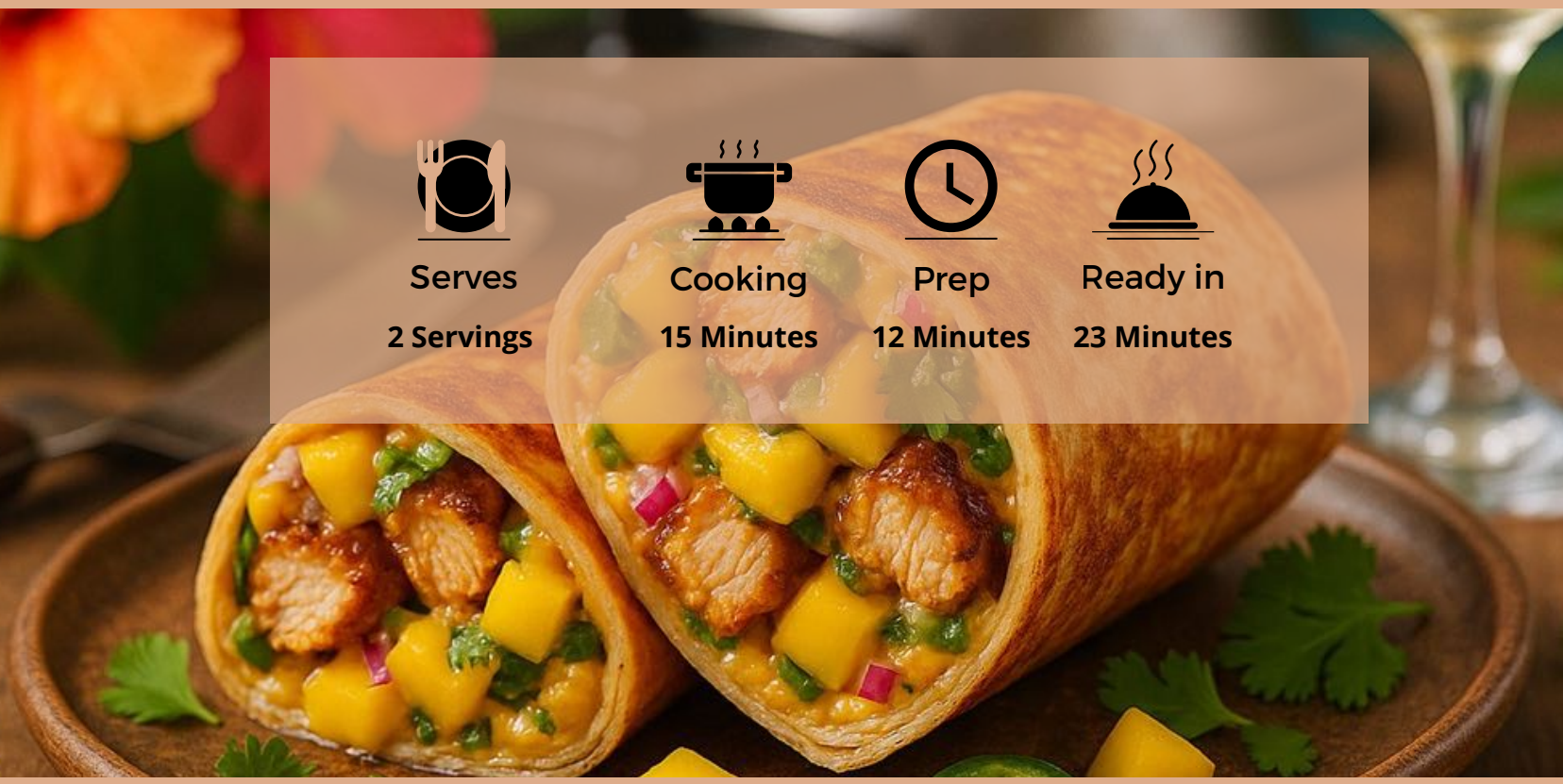
Wrap Base:

- 2 large flour tortillas
- 1 tbsp butter or neutral oil (for griddle)

DIRECTIONS

1. Prep Slaw & Sauce: In a bowl, mix cabbage, carrot, cilantro, lime juice, chili sauce, and a pinch of salt. In another bowl, whisk together coconut milk, sriracha, honey, and lime for the drizzle. Set both aside.
2. Bread the Shrimp: Dip shrimp into beaten egg, then press into a mix of shredded coconut and panko. Season lightly with salt and pepper.
3. Preheat the Griddle: Set one side to medium-high and the other to medium. Lightly grease both zones with oil or butter.
4. Cook the Shrimp: Place breaded shrimp on the hot zone. Cook 2-3 min. per side until golden brown and opaque. Use a spatula to flip gently.
5. Warm the Tortillas: Place tortillas on the medium zone. Toast for about 30 sec. per side until warm and slightly blistered.
6. Assemble Wraps: Spread a spoonful of coconut sauce on the tortilla. Add slaw and 5 shrimp per wrap. Drizzle extra sauce on top and roll tightly.
7. Optional Press: Return assembled wraps to griddle seam-side down and press lightly with spatula or a lid for 1 min. for extra crisp.
8. Serving Suggestions: Pair with a side of mango slices or grilled pineapple for a sweet-tart contrast. A cold Thai iced tea also complements perfectly.

JERK CHICKEN MANGO WRAP



Serves	Cooking	Prep	Ready in
2 Servings	15 Minutes	12 Minutes	23 Minutes

INGREDIENTS

For the Chicken:

- 1 medium boneless, skinless chicken breast (about 8 oz), sliced thin
- 1 tbsp jerk seasoning
- 1 tsp olive oil

For the Mango Salsa:

- ½ ripe mango, diced
- 2 tbsp red onion, finely chopped
- 1 tbsp fresh cilantro, chopped
- Juice of ½ lime
- Pinch of salt

For the Spicy Aioli:

- 2 tbsp mayo
- 1 tsp sriracha,½ tsp lime juice

Wraps:

- 2 coconut-flavored tortillas or large wraps
- 2 tbsp buttermilk (for brushing)
- 1 tbsp neutral oil or butter (for greasing)

DIRECTIONS

1. Preheat & Grease the Griddle: Lightly oil the surface and set up two zones: medium for chicken and medium-high for the wraps.
2. Cook the Jerk Chicken: In a bowl, toss sliced chicken with jerk seasoning and 1 tsp oil. Cook on the medium zone for 5-6 min., turning with a spatula until fully cooked and slightly charred. Move to the edge to keep warm.
3. Make the Mango Salsa: While chicken cooks, mix mango, onion, cilantro, lime juice, and salt in a small bowl. Set aside.
4. Prepare Spicy Aioli: Mix mayo, sriracha, and lime juice in a small bowl.
5. Assemble the Wraps: Lay out coconut wraps. Spread aioli down the center, layer with jerk chicken and spoonfuls of mango salsa. Fold tightly like a burrito.
6. Griddle the Wraps: Brush both sides with buttermilk. Place on medium-high zone, seam-side down. Cook 2-3 min. per side until golden, crisp, and heated through. Use a spatula to press lightly for even browning.

Nutritional Information (per serving):Calories: 540 kcal Protein:30g Carbohydrates:44g Fats:28g Fiber:4g



Serves	Cooking	Prep	Ready in
2–3 Servings (1 medium pizza)	12 Minutes	10 Minutes	22 Minutes

RICOTTA, SPINACH & MUSHROOM PIZZA



Nutritional Information (per serving): Calories: 330 kcal Protein: 13g Carbohydrates: 30g Fats: 18g Fiber: 2g

INGREDIENTS

- 1 ball pizza dough (8-10 oz, room temperature)
- ¾ cup ricotta cheese
- 1 cup fresh spinach, roughly chopped
- ½ cup shredded mozzarella (optional for melt)
- 1 cup sliced cremini or button mushrooms
- 1 garlic clove, minced
- 2 tbsp olive oil, divided
- Salt and black pepper to taste
- Red pepper flakes (optional)
- Semolina flour or cornmeal (for crust)

DIRECTIONS

1. Preheat & Grease: Heat griddle with two zones: medium-high and medium. Drizzle 1 tbsp olive oil on the medium-high side and spread it with a spatula or paper towel. This helps prevent sticking.
2. Sauté Mushrooms & Spinach: On medium-high heat, cook sliced mushrooms for 3-4 min. until browned. Add garlic and spinach; cook 1-2 more minutes until spinach wilts. Season with salt and pepper. Set aside.
3. Prepare Dough: Lightly dust your work surface with semolina or cornmeal. Stretch dough into a ~10” circle. Brush one side with olive oil.
4. Cook Crust: Place dough oil-side-down on the medium-high side of the griddle. Cook for 2-3 min. until bubbles form and bottom is golden.
5. Flip & Top: Flip dough. Quickly spread ricotta, sautéed mushroom-spinach mix, and mozzarella (if using). Move to the medium zone.
6. Melt & Finish: Cover with a large domed lid or metal bowl for 3-4 min. to melt cheese and cook through. Crust should be firm and crisp.
7. Slice & Serve: Remove from heat, rest 1 min., slice, and top with red pepper flakes if desired.

RED CHILI GARLIC SHRIMP PIZZA

Serves	Cooking	Prep	Ready in
2–3 Servings (10” pizza)	12 Minutes	10 Minutes	25 Minutes

INGREDIENTS

- 1 ball of pizza dough (8-10 oz), room temperature
- 8-10 medium shrimp (peeled, deveined)
- 2 tbsp olive oil
- 1 clove garlic, finely minced
- 1 tsp red chili flakes (adjust to taste)
- ½ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper
- ⅓ cup shredded mozzarella
- 2 tbsp cream cheese or ricotta (for base spread)
- Fresh cilantro or parsley (garnish)
- Cornmeal or semolina (for dough)

DIRECTIONS

1. Preheat & Oil: Preheat griddle with two zones: medium-high and medium. Drizzle 1 tbsp olive oil over the medium-high side and spread evenly.
2. Cook Shrimp: Toss shrimp with garlic, chili flakes, paprika, salt, and pepper. Cook on medium-high zone for 1-2 min. per side until just pink and curled. Remove and set aside.
3. Stretch Dough: Lightly flour or use cornmeal on your surface. Stretch dough into a ~10” circle. Brush one side with oil.
4. Griddle the Base: Place dough oil-side-down on medium-high zone. Cook 2-3 min. until bubbly and golden underneath.
5. Flip & Top: Flip crust. Spread cream cheese or ricotta over top, then sprinkle mozzarella. Arrange cooked shrimp evenly.
6. Melt & Finish: Move pizza to medium heat zone. Cover with domed lid or bowl to melt cheese and finish cooking - about 3-4 min.
7. Serve: Remove from heat. Garnish with fresh chopped cilantro or parsley. Slice and enjoy immediately.
8. Griddle Tips: Use a domed lid to trap heat and ensure cheese melts thoroughly. Shrimp cooks fast - don’t overcook or they’ll go rubbery. Keep dough light on toppings to prevent sogginess.
9. Serving Suggestions: Side Pairing: Mango slaw or citrus salad. Drink: Cold pilsner or dry rosé



Nutritional Information (per serving):
Calories:~380 kcal Protein: 20g Carbohydrates: 30g Fats: 22g Fiber: 2g

PROSCIUTTO & MELON PIZZA

Serves	Cooking	Prep	Ready in
2 Personal flatbread pizzas - Serves 2–3	8-10 Minutes	10 Minutes	20 Minutes

INGREDIENTS

For the Crust:

- 2 balls of pizza dough (5-6 oz each)
- 2 tsp olive oil (for brushing)

For the Toppings:

- 4-6 slices thin prosciutto
- ½ cup cantaloupe, thinly sliced into ribbons or wedges
- 1 cup baby arugula
- ¼ cup shaved or crumbled Parmesan
- 1 tbsp balsamic glaze (store-bought or homemade)
- Optional: 1 tsp lemon juice or olive oil for tossing arugula

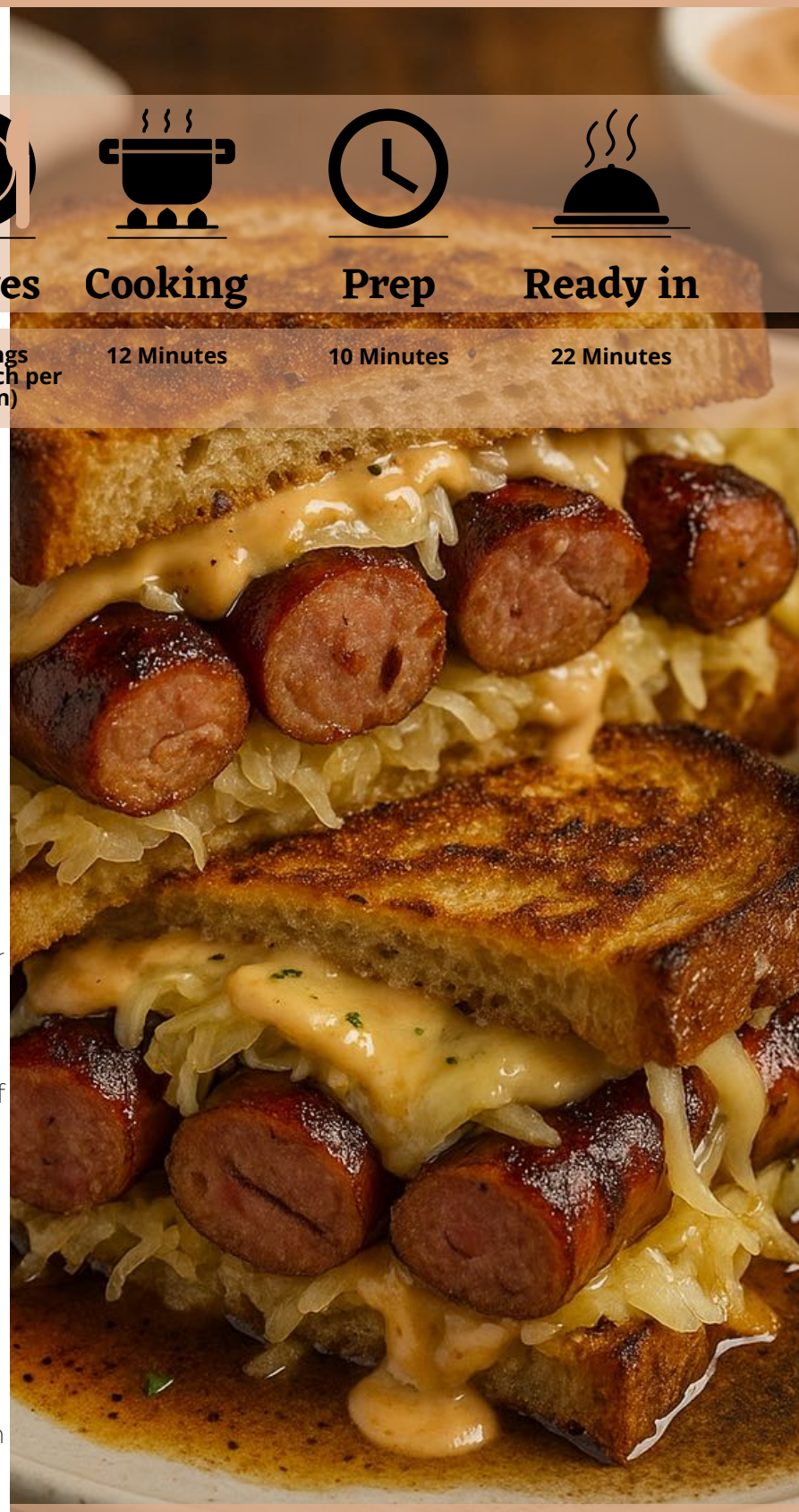
DIRECTIONS

1. Preheat the Griddle: Set griddle to medium-high heat. Lightly grease surface with oil or butter.
2. Form and Griddle the Dough: Roll out each dough ball into an 8-inch round or oblong shape. Brush both sides lightly with olive oil. Place directly on hot griddle. Cook for 2-3 min. per side, until golden and bubbly. Flip once.
3. Assemble the Pizza Base: Once crusts are done, lower heat to low or move to a cooler zone. Let crust cool slightly, then top each with torn prosciutto and cantaloupe slices.
4. Warm Slightly (Optional): If you want the prosciutto warm and slightly melted into the crust, dome with a lid for 1-2 min.
5. Finish with Fresh Toppings: Remove from heat. Top with arugula, Parmesan, and a light drizzle of balsamic glaze. Optional: toss arugula with lemon juice or a drop of olive oil before topping for extra brightness.
6. Griddle Tips: Cook crusts directly on hot surface for a crisp base. Don't overheat the prosciutto - it's best tender, not dried out. Use a metal dome lid to quickly warm toppings without overcooking.
7. Serving Suggestions: Serve sliced into wedges as an elegant brunch, appetizer, or light dinner. Pair with a sparkling white wine or griddled peach halves for a full summer spread.



Nutritional Information (per serving): Calories:~430 kcal Protein: 18g Carbohydrates: 34g Fats: 24g Fiber:2g

SAUSAGE GRIDDLE REUBEN



Serves	Cooking	Prep	Ready in
2 Servings (1 sandwich per person)	12 Minutes	10 Minutes	22 Minutes

INGREDIENTS

- 2 sausage patties (4 oz each, preferably coarse-ground pork or beef sausage)
- 4 slices rye bread
- 4 slices Swiss cheese
- ½ cup sauerkraut, drained and squeezed
- 2 tbsp Thousand Island dressing
- 1 tbsp butter (softened, for spreading on bread)
- 1 tsp oil (for greasing griddle)
- Optional: ½ tsp caraway seeds (mixed into sauerkraut)

DIRECTIONS

1. Preheat the Griddle: Set one side to medium-high and another to medium. Lightly oil both zones.
2. Cook the Sausage Patties: Place patties on the medium-high side. Sear for 4-5 min. per side, flattening slightly with a spatula to ensure even browning. Internal temp should reach 160°F (71°C). Move to the warm/medium zone to rest.
3. Toast the Bread: While sausage cooks, butter one side of each bread slice. Place the buttered sides down on the medium zone. Toast for about 1-2 min. or until golden.
4. Build the Sandwiches: On the toasted side of two bread slices, layer:

- 1 slice Swiss cheese
- 1 cooked sausage patty
- ¼ cup sauerkraut
- 1 tbsp Thousand Island dressing
- 1 more slice of Swiss cheese
- Top with second slice of bread, toasted side out

5. Press and Finish: Gently press sandwiches using a press lid or spatula. Cook on medium heat for 2-3 min. per side, until the bread is crispy and cheese is melted.
6. Serving Suggestions: Serve with griddled dill pickle spears or a side of warm German potato salad. Add extra Thousand Island on the side for dipping.

Nutritional Information (per serving): Calories:~620kcal Protein: 28g Carbohydrates: 48g Fats: 31g Fiber: 4g

PANCETTA, TOMATO & GOAT CHEESE PANINI



Serves	Cooking	Prep	Ready in
2 Servings	6–8 Minutes	10 Minutes	18 Minutes

INGREDIENTS

- 4 slices rustic sourdough or ciabatta bread
- 4 oz goat cheese, softened
- 4 slices pancetta
- 1 medium tomato, thinly sliced
- 1 tbsp olive oil or softened butter (for greasing bread)
- 1 tsp fresh thyme leaves (optional)
- Salt and pepper to taste
- 1 tbsp oil or spray for griddle

DIRECTIONS

1. Preheat the Griddle: Set your gas griddle to medium-high heat on one side and medium heat on the other. Lightly oil the surface or spray with nonstick spray.
2. Cook the Pancetta: Place pancetta slices on the medium-high zone. Cook 1-2 min. per side until crisp. Remove and set aside on paper towel.
3. Assemble the Panini:
   - Spread softened goat cheese on all four slices of bread.
   - Layer tomato slices and pancetta on two of them.
   - Sprinkle thyme, a pinch of salt, and black pepper.
   - Close the sandwiches and brush the outer sides of bread with olive oil or butter.
4. Griddle the Sandwiches: Transfer the panini to the medium heat zone. Use a griddle press or spatula to press down gently. Cook for 2-3 min. per side until golden brown and cheese is melty.
5. Finish & Rest: Once both sides are toasted and crisp, remove from griddle. Let rest for 1-2 minutes before slicing.
6. Tips for Griddle Success: Use zones: Crisp pancetta on the hotter side, toast sandwich on the moderate side. A press lid helps melt the goat cheese fully without overcooking the bread. Always grease the bread, not the pan for even golden browning.

Nutritional Information (per serving): Calories:~460 kcal Protein: 18g Carbohydrates: 36g Fats: 27g Fiber: 3g

EVERYTHING BAGEL TUNA MELT



INGREDIENTS

Tuna-Egg Salad:

- 1 (5 oz) can tuna, drained
- 1 hard-boiled egg, chopped
- 2 tbsp mayonnaise
- 1 tsp Dijon mustard (optional)
- Salt and pepper to taste

For Assembly:

- 2 everything bagels, halved
- 4 tbsp scallion cream cheese
- ½ cup shredded or 2 slices cheddar cheese
- 1 tbsp butter or neutral oil for griddle

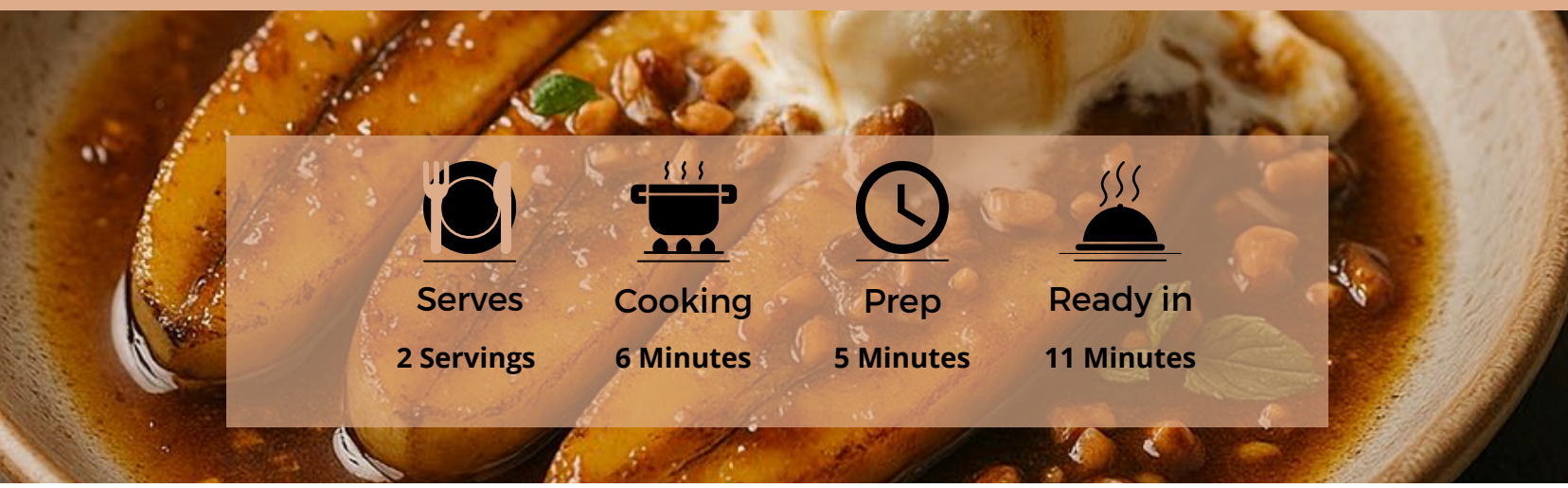
DIRECTIONS

1. Preheat Your Griddle: Heat griddle to medium. Lightly grease with butter or oil to prevent sticking.
2. Prepare the Salad: In a bowl, mix tuna, egg, mayo, mustard, salt, and pepper until creamy but still chunky.
3. Assemble the Sandwiches: Spread scallion cream cheese on the cut sides of bagel bottoms. Top with a generous layer of tuna-egg salad, then add cheddar. Place bagel tops on, pressing gently.
4. Griddle & Melt: Place sandwiches on griddle. Press down lightly with a spatula or sandwich press. Cook for 3-4 min. per side, flipping once, until the bagel is crispy and golden and cheese is melted. Use a dome lid to help melt the cheese evenly if needed.
5. Griddle Tips: Use medium-low zones for bagel melts to avoid burning before cheese melts. Always press gently for good contact with the griddle without crushing the sandwich. For extra crisp, lightly butter the outer bagel halves before griddling.
6. Serving Suggestions: Serve with a side of pickles, griddled hash browns, or a light green salad with lemon vinaigrette. Optional: add thin tomato slices or baby spinach inside for freshness.

Nutritional Information (per serving): Calories:~510 kcal Protein: 28g Carbohydrates: 34g Fats: 30g Fiber: 2g

Desserts

BANANAS FOSTER ON THE FLAT TOP



Serves	Cooking	Prep	Ready in
2 Servings	6 Minutes	5 Minutes	11 Minutes

INGREDIENTS

- 2 ripe but firm bananas, peeled and halved lengthwise
- 2 tbsp unsalted butter
- 2 tbsp brown sugar
- ½ tsp cinnamon
- ½ tsp rum extract (or vanilla extract for a non-rum variation)
- Pinch of salt

Optional Garnish:

- Vanilla ice cream
- Chopped pecans or walnuts
- Whipped cream

DIRECTIONS

1. Preheat & Butter the Griddle: Preheat your gas griddle to medium heat. Spread 1 tbsp butter across the surface where the bananas will cook. Let it melt and begin to foam.
2. Caramelize Bananas: Place the banana halves cut-side down into the buttered zone. Cook for 2 min., until golden and lightly seared.
3. Add Sweet Magic: Sprinkle brown sugar and cinnamon evenly over the bananas. Add the remaining 1 tbsp of butter and let it melt around the fruit.
4. Simulate Flambé: Drizzle rum extract over the bananas and use a spatula to gently swirl the buttery-sugar mixture around them. Let everything bubble and caramelize for 2-3 min., turning bananas gently once to coat both sides.
5. Serve Immediately: Use a flat spatula to lift the bananas carefully onto plates. Spoon over the warm rum-butter sauce from the griddle.
6. Griddle Cooking Tips: Use a small squirt bottle or spoon to drizzle rum extract for even distribution. Don't overcook the bananas - keep them tender, not mushy. A silicone spatula helps lift the delicate bananas without tearing.
7. Serving Suggestions: Serve over vanilla ice cream for a decadent dessert. Add a sprinkle of toasted nuts or drizzle with salted caramel.

Nutritional Information (per serving): Calories: 220 kcal Protein: 1g Carbohydrates: 32g Fats:11g Fiber:30g

PEACH & RASPBERRY PUFF PASTRY SQUARES

Serves	Cooking	Prep	Ready in
4 Servings (makes 4 pastry squares)	8–10 Minutes	10 Minutes	20 Minutes



INGREDIENTS

- 1 sheet puff pastry (thawed if frozen), cut into 4 squares
- 1 tbsp unsalted butter, melted
- 1 ripe peach, thinly sliced
- ½ cup fresh raspberries
- 2 tbsp granulated sugar
- ½ tsp ground cinnamon (optional)
- ½ cup whipped cream or mascarpone
- 1 tbsp powdered sugar (for garnish)
- Fresh mint leaves (optional)

DIRECTIONS

1. Preheat & Prep: Heat the gas griddle to medium-low heat. Lightly grease the surface with butter or neutral oil using a brush or paper towel.
2. Crisp the Pastry Squares: Place puff pastry squares onto the griddle. Brush tops with melted butter and sprinkle with sugar (plus cinnamon if using). Use a griddle dome or cover to help them puff. Cook for 4-5 min. per side, flipping once, until golden and puffed.
3. Warm the Fruit: On a cooler zone of the griddle, place peach slices and raspberries. Cook gently for 2-3 min. to soften and release juices. You can add a sprinkle of sugar to help caramelize.
4. Assemble the Squares: Transfer crisped pastry squares to plates. Gently split each one in half (like a biscuit). Spoon warm fruit over the bottom half, add a dollop of whipped cream or mascarpone, then top with the other pastry half.
5. Finish & Garnish: Dust with powdered sugar and garnish with mint leaves if desired.
6. Griddle Tips for Success: Grease well to prevent pastry sticking and ensure crisp edges. Use a dome lid to help create steam for puffing while browning the bottom. Avoid high heat - puff pastry burns quickly before it cooks through. Use a fish spatula or wide turner to flip delicately.

Nutritional Information (per serving): Calories: 260 kcal Protein: 3g Carbohydrates: 29g Fats: 15g Fiber: 2g

Serves	Cooking	Prep	Ready in
4 Servings (makes 4 mini cakes)	8–10 Minutes	10 Minutes	20 Minutes

STICKY DATE GRIDDLE CAKE WITH TOFFEE DRIZZLE



INGREDIENTS

For the Cakes:

- ¾ cup chopped pitted Medjool dates
- ½ cup boiling water
- ¼ tsp baking soda
- ½ cup all-purpose flour
- ¼ tsp baking powder
- Pinch of salt
- 2 tbsp brown sugar
- 1 egg
- 2 tbsp melted butter
- 1 tsp vanilla extract

Toffee Drizzle:

- ¼ cup unsalted butter
- ¼ cup brown sugar
- 2 tbsp heavy cream
- Pinch of salt

DIRECTIONS

1. Prep the Dates: Combine chopped dates and baking soda in a bowl. Pour in boiling water and let sit 5 min. to soften. Mash slightly with a fork.
2. Make the Batter: In a bowl, whisk together flour, baking powder, salt, and brown sugar. In another bowl, mix the egg, vanilla, and melted butter. Stir in the mashed dates, then combine everything into a thick batter.
3. Preheat the Griddle: Set griddle to medium-low and grease lightly with butter or oil. Wait until evenly heated.
4. Cook the Cakes: Spoon ¼-cup mounds of batter onto the griddle, shaping into rounds with a spatula. Cook for 4-5 min. per side, flipping once, until golden and set. Tip: Use a press lid or metal ring molds for uniform shape and rise.
5. Make the Toffee Sauce (Griddle Side or Saucepan): On a cooler zone or in a small pan on the griddle, melt butter and brown sugar. Stir until bubbling, then whisk in cream and salt. Cook 1-2 min. until slightly thickened.
6. Serve Hot: Plate the warm cakes and pour over the toffee drizzle generously.

Nutritional Information (per serving): Calories: 290 kcal Protein: 3g Carbohydrates: 38g Fats: 14g Fiber: 2g

WARM CHOCOLATE BROWNIE MELT SANDWICHES

Serves	Cooking	Prep	Ready in
4 Servings (makes 4 brownie sandwiches)	6–8 Minutes	10 Minutes	18 Minutes

INGREDIENTS

For the Brownie Batter:

- ½ cup unsalted butter, melted
- ½ cup granulated sugar
- ¼ cup brown sugar
- 2 large eggs
- ½ tsp vanilla extract
- ⅓ cup cocoa powder
- ½ cup all-purpose flour
- ¼ tsp salt

For the Filling (choose one or mix):

- ⅓ cup chocolate ganache or chocolate chips
- ½ cup mini marshmallows or marshmallow fluff

For the Griddle:

- Butter or neutral oil for greasing
- Optional: powdered sugar or cocoa for dusting

DIRECTIONS

1. Make the Batter: In a bowl, mix melted butter and sugars. Add eggs and vanilla, whisk until smooth. Stir in cocoa powder, flour, and salt. Mix just until combined.
2. Preheat and Grease the Griddle: Preheat to medium-low heat. Lightly grease with butter to prevent sticking and enhance browning.
3. Griddle the Brownie Layers: Spoon about 2 tablespoons of batter per layer onto the griddle, spreading into a thin 4-inch round or square with the back of the spoon. Cook for 2-3 min. per side, flipping gently with a thin spatula. Tip: Use a dome lid or metal ring molds for better shape and even cooking.
4. Assemble the Sandwiches: While warm, place a spoonful of ganache or marshmallow between two brownie rounds. Return to the griddle and lightly press (use a spatula or griddle press). Cook 1-2 min. per side until filling begins to ooze and edges crisp.
5. Serve Hot: Remove from griddle and let cool slightly. Dust with powdered sugar or drizzle extra ganache over top.
6. Griddle Tips: Grease lightly between batches to avoid sticking. Use a thin fish spatula for easy flipping. Keep dome lids handy to help trap heat and melt filling faster. Use medium-low heat to prevent burning the sugar.



Nutritional Information (per serving): Calories: 370 kcal Protein: 4g Carbohydrates: 41g Fats: 21g Fiber: 2g

GRIDDLE CARROT CAKE PANCAKES WITH CREAM CHEESE GLAZE



Nutritional Information (approximate, based on 2 pancakes with glaze): Calories: 340 kcal Protein: 6g Carbohydrates: 40g Fats: 17g Fiber: 2g

INGREDIENTS

For the Pancakes:

- 1 cup all-purpose flour
- 1 tbsp brown sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- ¾ cup buttermilk
- 1 large egg
- 2 tbsp melted butter
- 1 tsp vanilla extract
- ¾ cup finely grated carrot
- 2 tbsp crushed pineapple (optional for extra moisture)

For the Cream Cheese Glaze:

- 2 oz cream cheese, softened
- 2 tbsp butter
- ½ cup powdered sugar
- 1 tbsp milk (add more to thin if needed)
- ¼ tsp vanilla extract

Toppings:

- ¼ cup chopped walnuts
- Extra cinnamon for dusting (optional)

DIRECTIONS

1. Make the Batter: In a mixing bowl, whisk together flour, sugar, baking powder, baking soda, cinnamon, nutmeg, and salt. In another bowl, whisk buttermilk, egg, melted butter, and vanilla. Stir into dry ingredients just until combined. Fold in grated carrots and pineapple (if using). Do not overmix.
2. Set to medium heat, grease lightly with butter or neutral oil. Let it heat evenly for 2-3 min.
3. Cook the Pancakes: Pour ¼ cup batter per pancake onto the griddle. Use the back of a spoon to gently shape. Cook for 2-3 min. per side, flipping when bubbles form and edges start to set. Tip: Use a spatula and dome lid for even top-down heating if needed.
4. Make the Cream Cheese Glaze (while pancakes cook): In a small pan or bowl placed on a low griddle zone, melt cream cheese and butter together. Whisk in powdered sugar, milk, and vanilla until smooth and warm.
5. Assemble and Serve: Stack pancakes, drizzle with warm cream cheese glaze, and sprinkle with chopped walnuts. Add a dusting of cinnamon or a few shaved carrots on top for visual flair.

MOLTEN CHOCOLATE LAVA GRIDDLE CAKES

INGREDIENTS

For the Cake Batter:

- ½ cup all-purpose flour
- ¼ cup unsweetened cocoa powder
- ¼ tsp baking powder
- ⅛ tsp salt
- 2 tbsp sugar
- 1 large egg
- ⅓ cup milk
- 1 tsp vanilla extract
- 2 tbsp melted butter (plus more for greasing)

For the Lava Center:

- 4 squares (about 1 inch each) of dark chocolate or semi-sweet baking chocolate

DIRECTIONS

1. Preheat Griddle: Set your gas griddle to medium-low heat. Lightly grease with butter or neutral oil to prevent sticking.
2. Prepare Zones: Designate one side of the griddle for active cooking (medium-low) and the other side as a warming/low zone in case cakes need longer to finish gently.
3. Mix the Batter: In a medium bowl, whisk together dry ingredients. In a separate bowl, whisk wet ingredients. Combine and mix until just smooth - don't overmix.
4. Form Cakes on Griddle: Lightly butter the griddle. Drop ¼ cup of batter for each cake, forming four round mounds. Immediately press 1 chocolate square into the center of each, then spoon 1 tbsp batter on top to fully cover.
5. Dome & Cook: Cover each cake with a metal griddle dome or a stainless bowl. Cook for 6-8 min., or until edges are set and centers are slightly puffed. No flipping required. Check gently with a spatula edge - they should release cleanly but still be soft.
6. Serve Hot: Carefully lift cakes with a wide spatula. Slice through the center to reveal the molten chocolate core.
7. Griddle Tips: Use a non-stick griddle surface or a light smear of butter for even browning. Doming is essential - it traps heat like an oven, allowing the middle to steam and melt while the outer cake cooks.

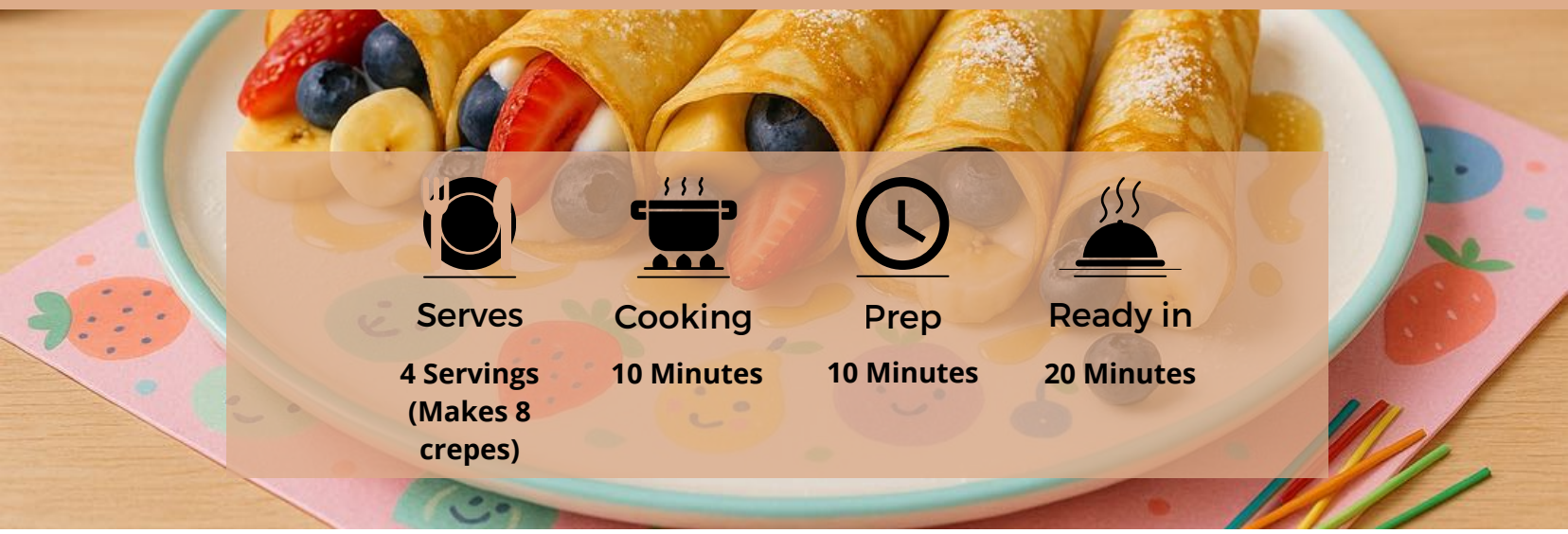
Ready in	Prep	Cooking	Serves
18 Minutes	10 Minutes	6–8 Minutes	4 Lava cakes (1 per serving)



Nutritional Information (per serving): Calories: ~290 kcal Protein: 6g Carbohydrates: 30g Fats: 3g Fiber:16g

Kid-Friendly Recipes

FLAT-TOP FRUITY CREPES



Serves	Cooking	Prep	Ready in
4 Servings (Makes 8 crepes)	10 Minutes	10 Minutes	20 Minutes

INGREDIENTS

For the Crepes:

- 1 cup all-purpose flour
- 2 large eggs
- 1¼ cups milk
- 1 tbsp melted butter
- 1 tsp vanilla extract
- Pinch of salt
- Butter or oil for greasing the griddle
- For the Filling:
- ½ cup Greek yogurt or vanilla yogurt
- 1 cup mixed fresh fruit (strawberries, blueberries, banana slices, etc.)
- 1 tsp honey or maple syrup (optional, to sweeten yogurt)
- Powdered sugar, for dusting

DIRECTIONS

1. Preheat the Griddle: Set to medium-low heat and lightly grease with butter or oil.
2. Make the Batter: Whisk together flour, eggs, milk, melted butter, vanilla, and salt until smooth and pourable.
3. Cook the Crepes: Pour about ¼ cup of batter onto the hot griddle. Immediately spread it thin using the back of a spoon or small ladle in a circular motion. Cook for 1-2 min. or until edges look dry and bottom is lightly golden. Flip gently with a spatula and cook another 30-45 sec. Tip: Use a cool zone nearby to rest crepes before filling.
4. Fill & Fold: Spread a tablespoon of yogurt across half of each crepe. Add a small handful of chopped fruit. Fold crepe in half, then fold again into a triangle or roll into a log.
5. Finish & Serve: Dust with powdered sugar and serve warm.
6. Tips for Griddle Success: Keep heat medium-low to prevent overbrowning and allow time to spread thin. Use a metal turner or offset spatula for clean flipping. Don't overcrowd - cook 2-3 crepes at a time for control.

Nutritional Information (per serving):Calories:~220 kcal Protein: 8g Carbohydrates: 28g Fats: 9g Fiber: 2g

MINI CORN DOG BITES

Serves	Cooking	Prep	Ready in
4 Servings (Makes 20–24 mini bites)	8–10 Minutes	10 Minutes	30 Minutes

INGREDIENTS

- 4 regular hot dogs, sliced into ½-inch “coins”
- ¾ cup all-purpose flour
- ½ cup cornmeal
- 1 tbsp sugar
- 1 tsp baking powder
- ¼ tsp salt
- 1 large egg
- ¾ cup milk (or buttermilk for extra flavor)
- 1 tbsp melted butter or neutral oil
- Cooking oil or butter for greasing griddle

DIRECTIONS

1. Preheat the Griddle: Set to medium heat. Lightly grease with oil or butter to prevent sticking.
2. Prepare the Batter: In a mixing bowl, whisk together flour, cornmeal, sugar, baking powder, and salt. In a separate bowl, whisk egg, milk, and melted butter. Combine wet and dry ingredients, mixing until smooth. Batter should be thick enough to coat hot dog pieces.
3. Dip and Cook: Use tongs or a fork to dip each hot dog coin into the batter, letting the excess drip off. Carefully place dipped coins onto the hot griddle, leaving space between each. Cook for 2-3 min. per side, flipping when bubbles form and edges are golden.
4. Griddle Management: Use a low heat zone to keep finished bites warm without overcooking. A dome lid can help cook through if bites are thick.
5. Griddle Tips: Use a squeeze bottle or spoon to add a little extra batter around the coins once on the griddle if needed. Keep your spatula clean between flips to avoid sticking or tearing.
6. Serving Suggestions: Serve with ketchup, mustard, or honey for dipping. Add a side of apple slices or baby carrots for a balanced kids’ plate.



Nutritional Information (per serving): Calories:~250 kcal Protein: 8g Carbohydrates: 22g Fats: 14g Fiber: 1g



CHICKEN TACO BITES

Serves	Cooking	Prep	Ready in
4 Servings (Makes 12 bites)	6–8 Minutes	10 Minutes	18 Minutes

INGREDIENTS

- 6 small flour tortillas (6-inch), cut into quarters (to make 24 mini triangles)
- 1 cup shredded cooked chicken (rotisserie works great)
- ½ cup shredded cheddar or Mexican cheese blend
- ¼ cup mild tomato salsa (drained slightly)
- 1 tbsp olive oil or butter (for griddle)
- Optional garnish: sour cream, chopped cilantro, or sliced olives

DIRECTIONS

1. Preheat Griddle: Set your gas griddle to medium heat. Lightly grease the surface with olive oil or butter.
2. Assemble the Bites: Combine chicken, cheese, and salsa in a bowl. Form mini cups: place 2 tortilla triangles slightly overlapping to make a mini “cup” base. Add 1 tablespoon of the chicken mixture into the center. Press gently with your fingers to shape them, using a bit of cheese as glue.
3. Griddle the Bites: Place each cup on the hot griddle. Cover with a metal dome or inverted bowl to help melt cheese and hold the shape. Cook for 3-4 min., then uncover and cook another 2-3 min., or until bottoms are crisp and cheese is bubbling.
4. Serve Warm: Use a spatula to gently lift and transfer. Let cool for 1 minute before serving.
5. Tips for Success: Use a dome to melt cheese evenly and avoid burning the bottom. Don’t overfill - just enough mix to melt together without overflowing. If tortillas won’t hold shape, press lightly with a griddle-safe muffin ring or cut small rounds and use as bases.
6. Serving Suggestions: Serve with sour cream, mild guacamole, or yogurt dip for dunking. Add a side of fruit skewers or corn on the cob for a complete kid-friendly meal.



Nutritional Information (Per 3-Bite Serving):
Calories:~210 kcal Protein: 17g Carbohydrates: 14g Fats: 10g Fiber: 1g



Serves
4 Servings
(Makes 18–20 mini meatballs

Cooking
8–10 Minutes

Prep
10 Minutes

Ready in
20 Minutes

MINI TURKEY ZUCCHINI MEATBALLS



INGREDIENTS

- 1 lb lean ground turkey
- 1 cup finely grated zucchini (excess moisture squeezed out)
- ¼ cup breadcrumbs (regular or panko)
- 1 small egg
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried oregano or Italian seasoning
- ¼ tsp salt
- 2 tbsp grated Parmesan (optional)
- Oil for greasing the griddle

DIRECTIONS

1. Preheat the Griddle: Set the gas griddle to medium heat. Lightly grease with oil or non-stick spray.
2. Mix the Meatball Mixture: In a large bowl, combine ground turkey, grated zucchini, breadcrumbs, egg, and seasonings. Mix gently until just combined - don't overmix or meatballs may become dense.
3. Form and Place: Use a small scoop or spoon to form 1-inch meatballs. Flatten slightly for quicker cooking on the griddle. Place onto the hot griddle, spacing evenly.
4. Cook and Flip: Cook for 3-4 min. per side, using a flat spatula to turn once browned. If needed, reduce heat slightly or move to a lower zone to cook through without burning.
5. Check Doneness: Meatballs are done when internal temp hits 165°F (74°C) and center is no longer pink.
6. Tips for Success: Zone cooking: Use a hot zone for browning and a medium zone for finishing. Avoid sticking: Don't move meatballs too early - wait until a crust forms for easy flipping. Add a few tablespoons of grated carrot or onion for extra veggie boost.

Nutritional Information (Per Serving ~5 meatballs):
Calories:~210 kcal Protein: 23g Carbohydrates: 6g Fats: 11g Fiber: 1g

MINI BROCCOLI CHEDDAR PANCAKES



Serves	Cooking	Prep	Ready in
4 Servings (Makes about 12 mini pancakes)	8–10 Minutes	10 Minutes	20 Minutes

INGREDIENTS

- 1 cup finely chopped broccoli florets (lightly steamed or microwaved for 1 minute)
- 2 large eggs
- ¾ cup shredded cheddar cheese
- ½ cup whole milk
- ¾ cup all-purpose flour
- ½ tsp baking powder
- ¼ tsp garlic powder (optional for extra flavor)
- ¼ tsp salt
- 1 tbsp olive oil or butter (plus more for greasing the griddle)

DIRECTIONS

1. Preheat the Griddle: Set to medium heat and allow it to come up to temperature evenly. Lightly grease the surface with butter or oil to prevent sticking.
2. Mix the Batter: In a bowl, whisk together eggs and milk. Stir in flour, baking powder, garlic powder, and salt until just combined. Fold in chopped broccoli and shredded cheddar. The batter will be thick.
3. Cook the Pancakes: Drop batter by heaping tablespoons onto the hot griddle. Flatten slightly into small rounds. Cook for 3-4 min. on the first side until bubbles form and edges set. Flip and cook another 2-3 min., until golden brown and cooked through.
4. Zone Management: If your griddle has multiple zones, keep one on low to move cooked pancakes and keep them warm while finishing batches.
5. Griddle Tips: Use a thin metal spatula for easy flipping. Ensure the broccoli is finely chopped - this helps the pancakes hold together and makes the veggie more kid-friendly. Don't overcrowd the griddle - leave space between pancakes.
6. Serving Suggestions: Serve with a dollop of sour cream, Greek yogurt, or applesauce on the side. Pair with fruit slices or a small cup of veggie sticks for a balanced kid's lunch.

Nutritional Information (per serving): Calories:~210 kcal Protein: 10g Carbohydrates: 16g Fats: 12g Fiber: 2g

CHICKEN & CHEESE TAQUITO STICKS



INGREDIENTS

- 2 cups cooked shredded chicken (rotisserie or leftover)
- 1 cup shredded cheddar or Mexican blend cheese
- 6 small flour tortillas (6-inch size)
- ¼ tsp garlic powder
- ¼ tsp paprika or mild taco seasoning (optional)
- 1 tbsp olive oil or butter (for griddle)
- Dip options: ketchup, sour cream, ranch, or guacamole

DIRECTIONS

1. Preheat the Griddle: Set to medium heat. Lightly grease with olive oil or butter.
2. Assemble Taquitos: In a bowl, combine chicken, cheese, garlic powder, and optional seasoning. Place 2-3 tbsp filling onto the bottom third of each tortilla and roll tightly. Place seam-side down and let rest for 1-2 min. (this helps seal them).
3. Grill Seam-Down First: Place each rolled tortilla seam-side down on the hot griddle. Cook for 2-3 min. per side, turning with tongs or spatula until golden and crisp all around.
4. Cool Slightly & Slice: Remove to a cutting board, let cool for 1-2 min. Slice each taquito in half to create dippable sticks.
5. Tips for Success: Use two griddle zones: start on medium-high for crisping, move to medium-low if cheese starts oozing out. Press lightly with a griddle press or spatula for extra crispness. Don't overfill to avoid tearing or leaking.
6. Serving Suggestions: Serve with small cups of dip for lunchboxes or snack platters. Add a side of steamed corn or apple slices for a fun kid's meal. Great cold or room temp - perfect for school snacks!



Nutritional Information (per serving): Calories:~290 kcal
Protein: 22g Carbohydrates: 16g Fats: 15g Fiber: 1g

RAINBOW FRUIT & MARSHMALLOW RODS

Serves	Cooking	Prep	Ready in
4 Servings (8 mini rods)	10 Minutes	3–5 Minutes	15 Minutes



INGREDIENTS

- 8 medium strawberries, hulled and halved
- 1 cup cantaloupe or honeydew, cut into 1-inch cubes
- 2 kiwis, peeled and sliced into thick rounds
- ½ cup blueberries
- 1 cup mini marshmallows
- 1 tsp neutral oil (for greasing the griddle)
- Optional: honey or chocolate drizzle
- 8 bamboo skewers (about 6 inches long)

DIRECTIONS

1. Preheat the Griddle: Set to medium heat. Lightly grease the surface using a bit of oil on a paper towel or brush.
2. Assemble the Rods: Slide the ingredients onto skewers in rainbow order:
3. Strawberry – Melon – Kiwi – Blueberry – Marshmallow. Repeat the pattern if space allows or alternate for fun designs.
4. Grill the Skewers: Place skewers on the medium part of the griddle. Cook for 1-2 min. per side, turning gently with tongs. Marshmallows should get lightly golden and slightly melted. Fruit should be just warmed and slightly seared. Tip: Don't overcrowd. Leave space between skewers to rotate easily. Marshmallows toast fast - watch closely!
5. Griddle Cooking Tips: Use the edge of the griddle as a cooler zone to move skewers off direct heat if marshmallows start to melt too quickly. To avoid fruit slipping, use thicker skewers or refrigerate assembled rods for 5-10 min. before grilling.
6. Serving Suggestions: Serve with a yogurt-honey dip or a side of chocolate sauce. Fun idea: let kids build their own skewers before grilling.

Nutritional Information (per serving): Calories:~95 kcal Protein: 1g Carbohydrates: 22g Fats: 1g Fiber: 2g