

The Complete Blackstone Gas Griddle Cookbook

for Rookies and Not Only:

Transform Yourself into a Cool Grill Master with a Selection of
Delicious Tried-&-Tested Recipes Making Your
Every Day a Holiday

John Loxley

Copyright © [2025] by John Loxley. All rights reserved.

No part of this book may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

Disclaimer:

This book is intended for informational purpose only. While the author and publisher have made every effort to ensure that the information in this book was correct at the time of publication, the author and publisher make no representations or warranties regarding the accuracy, applicability, or completeness of the contents of this book. Readers should use their own discretion when preparing food to ensure it is cooked thoroughly and handled safely. The author and publisher shall not be held liable for any damages arising from using or misusing the recipes or instructions provided herein. Please consult health and safety guidelines and adhere to food safety practices when handling raw ingredients.

GET YOUR BONUS HERE!

Scan the QR code and download *The Comprehensive Guide to Rubs, Marinades, and Sauces* to make your griddling unforgettable!



CONTENTS

INTRODUCTION	7
Chapter 1: Griddling in Simple Questions & Answers	9
Chapter 2: Steaks	13
Teriyaki Glazed Flank Steak.....	14
Rosemary and Lemon Marinated Tri-Tip Steak.....	15
Citrus-Marinaded Flank Steak.....	16
Steakhouse-Style T-Bone on the Griddle.....	17
Garlic-Rubbed Porterhouse Steak.....	18
Gourmet Steak Sandwich	19
Prime Rib Roast on the Griddle	20
Rib-eye Salad Plate.....	21
Steak and Rocket Salad	22
Griddle-Grilled Steak Wraps with Veggies	23
Coffee-Rubbed Ribeye with Smoked Paprika Butter.....	24
Miso-Glazed Strip Steak with Scallion Ginger Sauce	25
Bourbon and Brown Sugar Flat Iron Steak.....	26
Chapter 3: Poultry	27
Blackstone Grilled Spatchcocked Chicken.....	28
Grilled Chipotle-Lime Chicken Breasts	29
Blackstone Griddle Herb-Roasted Turkey Breast.....	30
Griddle-Seared Turkey Breast Medallions.....	31
Savory Blackstone Turkey and Veggie Skillet	32
Crispy Blackstone Seared Duck Breast	33
Grilled Chicken with Chimichurri Sauce	34
Blackstone Grilled Spiced Chicken Skewers	35
Chicken Shawarma.....	36
Buffalo Chicken Sliders	37
Chicken and Waffles.....	38
Grilled Cajun Chicken with Dirty Rice.....	39
Grilled Chicken Fajitas with Avocado Crema	40

CONTENTS

Sticky Honey Garlic Glazed Wings.....	41
Spicy Pineapple-Mango Habanero Wings	42
Chapter 4: Sausages	43
Andouille Sausage with Peppers and Onions	44
Bratwurst with Sauerkraut and Mustard	45
Chorizo with Potatoes and Eggs.....	46
Merguez Sausage with Couscous.....	47
Grilled Kielbasa with Sauerkraut	48
Chipotle Chicken Sausage with Black Beans and Rice	49
Spicy Italian Sausage with Grilled Bread	50
Apple and Sage Sausage	51
Sausage and Peppers with Pasta	52
Chapter 5: Sandwiches & Burgers	53
Carne Asada Sandwich	54
Korean BBQ Short Rib Sandwich.....	55
French Dip Sandwich	56
Turkey Club Sandwich.....	57
Cuban Sandwich	58
Portobello Mushroom Sandwich.....	59
Grilled Veggie Sandwich	60
Blackstone Bourbon Burger	61
Pork and Apple Burger with Brie	62
Spicy Lamb Burger with Feta and Mint	63
Blackstone Blue Cheese Burger with Bacon Jam.....	64
Ultimate Griddled Cheeseburger	65
Classic Salmon Burger.....	66
Chapter 6: Fish & Seafood.....	67
Blackstone Grilled Miso Glazed Salmon	68
Seared Scallops with Brown Butter Sauce	69

CONTENTS

Grilled Swordfish Steaks with Chimichurri Sauce.....	70
Grilled Tuna Steaks with Sesame Seeds.....	71
Blackstone Grilled Chilean Sea Bass with Lemon Butter	72
Crispy Lemon Garlic Trout.....	73
Honey-Glazed Griddle Perch	74
Smoky Blackened Catfish	75
Blackstone Grilled Garlic Shrimp Scampi	76
Grilled Spicy Shrimp with Cajun Seasoning	77
Blackstone Grilled Shrimp with Avocado Salsa.....	78
Fire-Kissed Lobster Tails with Chili-Lime Butter.....	79
Griddled Lobster Tails with Parmesan Herb Crust	80
Lemon Herb Blackstone Crab Legs	81
Blackstone Calamari with Blistered Tomatoes & Garlic.....	82
Chapter 7: Veggies & Sides	83
Grilled Vegetable Skewers with Chimichurri.....	84
Blackstone Grilled Eggplant Parmesan	85
Grilled Vegetable Medley with Balsamic Glaze	86
Blackstone Grilled Asparagus with Prosciutto	87
Charred Broccolini with Garlic and Lemon	88
Blackstone Grilled Corn on the Cob.....	89
Cowboy Blackstone Stir-fry.....	90
Blackstone Marinated Mushrooms.....	91
Crispy Smashed Potatoes with Rosemary and Garlic.....	92
Griddled Garlic Parmesan Potatoes.....	93
Griddled Sweet Potato Fries with Chipotle Aioli	94
Blackstone Fried Rice.....	95
CONCLUSION	96
INDEX OF RECIPES.....	97

INTRODUCTION

Welcome to the world of Blackstone griddling – a cooking experience that transforms everyday meals into restaurant-quality creations! Whether you’re new to griddling or a seasoned enthusiast, this cookbook is your ultimate guide to unlocking the full potential of your Blackstone Gas Griddle. With easy-to-follow recipes and expert tips, you’ll create meals that wow your family and friends in no time.

Griddling is not just a cooking method – it’s a way to enhance the flavor and quality of your dishes. The Blackstone Griddle offers even heat distribution and a spacious cooking surface, allowing you to prepare a variety of meals efficiently and with perfect results. From searing juicy steaks to crafting flavorful stir-fries and perfectly cooked chicken, this versatile tool is ideal for any occasion.

This cookbook is designed to make griddling approachable and enjoyable, with a comprehensive collection of tried-and-tested recipes for every skill level. Each recipe includes a vibrant, full-color photo to guide you visually and inspire confidence in your cooking. Whether hosting a backyard gathering or preparing a quick family dinner, you’ll find the perfect dish within these pages.

The overview of the chapters will help you navigate your culinary adventure:

Chapter 1: Griddling in Simple Questions & Answers

It covers everything you need to know about setup, maintenance, temperature control, and cooking techniques. Presented in a Q&A format, it’s a quick and easy reference for mastering your griddle.

Chapter 2: Steaks

Discover the secrets to cooking the perfect steak, from Teriyaki Glazed Flank Steak to a classic Steakhouse-Style T-Bone. This chapter highlights techniques for achieving the perfect crust, tenderness, and flavor with every cut of beef.

Chapter 3: Poultry

Take your chicken and turkey dishes to new heights with recipes like Chipotle-Lime Chicken Breasts and Herb-Roasted Turkey Breast.

INTRODUCTION

This chapter emphasizes flavorful marinades, spice rubs, and tips for consistently achieving juicy, tender poultry.

Chapter 4: Sausages

Elevate simple sausages with recipes like Andouille Sausage with Peppers and Onions or Bratwurst with Sauerkraut and Mustard. From bold flavors to hearty pairings, this chapter ensures that sausages become the star of your meals.

Chapter 5: Sandwiches & Burgers

Indulge in gourmet handheld delights such as the Korean BBQ Short Rib Sandwich or the Cuban Sandwich. This chapter offers creative ways to combine perfectly cooked meats with fresh toppings and sauces, making every bite unforgettable.

Chapter 6: Fish & Seafood

This chapter celebrates the fresh, bold flavors of fish and seafood cooked to perfection on your Blackstone griddle. From Miso Glazed Salmon to Fire-Kissed Lobster Tails with Chili-Lime Butter, each recipe highlights the art of achieving a perfect sear and tender, flaky texture. Whether you're craving seared scallops or grilled shrimp scampi, these dishes bring the best of the ocean to your plate.

Chapter 7: Veggies & Sides

Discover how vegetables and sides can steal the show in this chapter dedicated to fresh, vibrant, and creative recipes. From Charred Broccolini with Garlic and Lemon to Grilled Vegetable Skewers with Chimichurri, these dishes pair perfectly with your mains or shine as stand-alone delights. Each recipe is designed to bring out your ingredients' natural flavors and textures while adding a smoky, caramelized touch from the griddle.

Every recipe has been carefully curated to maximize flavor and minimize effort, ensuring you can enjoy the best results with your Blackstone Griddle. Whether you're griddling with a crowd or preparing a simple dinner, this cookbook has you covered with delicious options.

So, fire up your griddle, grab your spatula, and get ready to transform your cooking experience. With this cookbook as your guide, you're just steps away from creating memorable meals that everyone will love. Let's get started!

CHAPTER 1

Griddling in Simple Questions & Answers



Q: How do I set up my Blackstone Griddle?

- A:**
1. Find a level surface to place your Blackstone Griddle on.
 2. Connect the gas hose to the regulator and then to the gas tank.
 3. Turn on the gas to the tank.
 4. Turn on the gas to the Blackstone by turning the knob to the 'on' position.
 5. Light the burners using the electronic igniter or a match.
 6. Adjust the flame height using the control knobs.
 7. Preheat the griddle for 5-10 minutes before cooking.
 8. Once the griddle is preheated, you can start cooking your food.
 9. When you finish cooking, turn off the gas to the Blackstone and the gas tank.
 10. Disconnect the gas hose from the tank.

Q: What can I cook on the Blackstone Griddle?

A: The Blackstone Gas Griddle is incredibly versatile, allowing you to cook a wide range of foods, from breakfast staples like pancakes and eggs to dinner favorites like steaks, seafood, and stir-fries, as well as delicious sides and even some desserts.

Q: What meat is the best suitable for the Blackstone Griddle?

A: The best meat for a Blackstone Gas Griddle is any meat that you like to eat grilled. Whether it's a juicy steak, tender chicken, or savory pork chop, the Blackstone can handle it. The key to great-tasting grilled meat is starting with high-quality and fresh ingredients. The type of grill you use is less important than how well you prepare and cook the meat.

Q: How do I prepare meat for Blackstone Griddling?

A: Beyond the simple salt and pepper, elevating your meat preparation for the Blackstone opens up a world of flavor.

Use basic marinades. Explore combinations of acids (vinegar, citrus), oils (olive, avocado), and aromatics (herbs, spices, garlic). Acids tenderize, oils add moisture, and aromatics infuse deep flavor. Experiment with fruit-based marinades like pineapple or mango for unexpected sweetness. Also, try dry rubs: make your blends of dried herbs, spices, and a touch of salt. Rub them generously onto the meat, allowing the flavors to penetrate. This method often results in a crispier crust.

Use brining: submerge the meat in a salt-water solution to enhance flavor and moisture retention. This technique works particularly well for poultry and pork.

Q: How do I prepare fish and seafood for Blackstone Griddling?

A: Pat it dry: use paper towels to remove excess moisture. This helps create a nice sear.

Season both sides with salt, pepper, and any desired herbs or spices (paprika, garlic powder, lemon pepper). A light olive oil or melted butter coating on the fish can help prevent sticking. For delicate fish, marinate in a simple mixture of lemon juice, olive oil, and herbs for added flavor and moisture.

For seafood:

Don't overcrowd the griddle, giving the seafood space to cook evenly. Cook over medium heat, preventing the seafood from sticking and ensuring even cooking. Flip carefully: use a spatula to flip the seafood to avoid breaking it gently.

Q: How do I prepare vegetables for Blackstone Griddling?

A: Cut vegetables into similar sizes for even cooking. Cut harder vegetables into slightly larger pieces (potatoes, carrots). Cut softer vegetables into smaller pieces (zucchini, peppers, mushrooms).

Season the vegetables with salt and pepper. You can also experiment with garlic powder, onion powder, herbs (rosemary, thyme, oregano), or even a sprinkle of chili powder. A light coating of olive oil can help prevent sticking and add flavor.

When Griddling vegetables, preheat the Blackstone to medium-high heat. Don't overcrowd it, giving the vegetables space to cook evenly. Stir frequently, which helps prevent sticking and ensures even cooking. Grill until tender-crisp, with some char for extra flavor.

Q: How should I control the temperature when griddling?

A: Use high heat for steaks to get a beautiful crust while keeping the inside juicy. Start grilling sausages on high heat to get some color and crispiness, then reduce to medium to cook through.

Use medium heat for sandwiches, which is perfect for toasting bread and melting cheese without burning. You can also cook a lot of fish quickly and evenly on medium heat.

Seafood often benefits from a quick cook over medium heat. Most vegetables will cook nicely on medium heat, allowing them to soften and develop flavor. Also, side dishes often do well with medium heat.

Use low heat for griddling delicate fish to prevent overcooking. Also, when your veggies are cooked through, keep them warm on low heat. Use low heat to keep cooked side dishes warm while you finish other items.

These are just guidelines. Adjust the temperature based on the thickness of your food and your desired outcome. Use an infrared thermometer to check the griddle's surface temperature accurately. Don't be afraid to experiment and find what works best for you!

Q: What are the advantages of using the Blackstone Griddle?

A: Besides its versatility in cooking a wide range of foods quickly and efficiently, its surface allows for the simultaneous cooking of multiple items, saving time and effort, while even heat distribution ensures consistent results.

Q: Can the Blackstone Griddle offer any health benefits?

A: Yes. Griddling often requires less oil than traditional frying methods, potentially reducing fat intake. Additionally, the large cooking surface encourages the preparation of a variety of vegetables and lean proteins, promoting a balanced diet. However, the overall healthfulness of any cooking method depends significantly on the ingredients and cooking techniques employed.

Q: What is the best weather to use the Blackstone Griddle?

A: The best weather for gas griddling is calm and relatively still. Strong winds can interfere with the heat source, making maintaining a consistent cooking temperature difficult. Rain can obviously extinguish the flame and make cooking impossible. While gas grills can still be used in colder temperatures, it may take longer to heat the griddle and maintain the desired temperature.

Q: How do I properly clean and maintain my Blackstone Griddle?

A: Allow the griddle to cool completely before cleaning. Scrape off any excess food with a metal spatula. Wash with hot soapy water and a stiff brush.

Q: How can I prevent food from sticking to the griddle?

A: Ensure the griddle is properly seasoned and hot before adding food. Use a light coating of oil.

Q: What is the importance of seasoning my Blackstone Griddle?

A: Seasoning creates a non-stick surface and helps protect the griddle from wear and tear.

Q: What are some recommended oils for cooking on the Blackstone Griddle?

A: High-heat oils like canola, vegetable, or avocado oil are ideal for griddling.

Q: How do I store and maintain my Blackstone Griddle?

A: Store the griddle in a cool, dry place, preferably indoors or under a sturdy cover. Always disconnect the propane tank and store it separately in a well-ventilated area. Periodically check for rust. If you notice any signs of rust, clean it thoroughly and re-season the griddle. Inspect the griddle for any cracks or damage to the burners or other components.

Q: What are the safety precautions to keep in mind while using the Blackstone?

A: Always supervise children and pets around the hot griddle. Use heat-resistant gloves and utensils. Never leave the griddle unattended while in use.

CHAPTER 2

Steaks



Steaks

Teriyaki Glazed Flank Steak

INGREDIENTS

For the marinade:

1/2 cup soy sauce (120 ml)
1/4 cup honey (60 ml)
1/4 cup rice vinegar (60 ml)
2 cloves garlic, minced (5 g)
1 inch piece of ginger, grated (5 g)

For the steak:

1.5 lbs flank steak (680 g)
2 tbsp olive oil (30 ml)
Salt and pepper to taste

For serving:

Steamed rice
Stir-fried vegetables (broccoli, carrots, snap peas)

Notes: it can be served with steamed rice, noodles, or a side salad.

HEAT SETTINGS

Rare: 125-130°F (52-54°C)

Medium-rare: 130-135°F (54-57°C)

Medium: 135-140°F (57-60°C)

Medium-well: 140-145°F (60-63°C)

Well-done: 145°F+ (63°C+)

Nutrition facts: 400 calories, 30g protein, 30g carbohydrates, 20g fat, 2g fiber, 70mg cholesterol, 500mg sodium, 300mg potassium

Servings:

4

Prep time:

30 min

Cook time:

10-15 min



DIRECTIONS

Prepare the marinade: in a bowl, whisk together soy sauce, honey, rice vinegar, garlic, and ginger.

Marinate the steak: place the flank steak in a resealable bag and pour the marinade over it. Seal the bag and marinate in the refrigerator for at least 2 hours, or overnight for maximum flavor.

Preheat your griddle to high heat (appr 400-450°F or 200-230°C).

Cook the steak: remove the steak from the marinade and pat it dry with paper towels. Drizzle olive oil on the hot griddle and sear the steak for 2-3 min per side, or until a nice crust forms.

Reduce the heat to medium (appr 350-400°F or 175-200°C) and baste the steak with the remaining marinade. Cook for an additional 2-3 min per side, or until the steak reaches your desired level of doneness.

Remove the steak from the griddle and let it rest for 5 min before slicing thinly against the grain.

Serve the sliced steak over steamed rice with a side of stir-fried vegetables.

Steaks

Rosemary and Lemon Marinated Tri-Tip Steak

INGREDIENTS

For the marinade:

1/2 cup olive oil (120 ml)
1/4 cup fresh lemon juice
(60 ml)
2 cloves garlic, minced (5 g)
2 tbsp fresh rosemary, chopped
(10 g)
1 tsp dried oregano (5 g)
1 tsp salt
1/2 tsp black pepper

For the steak:

2-3 lb tri-tip steak (1-1.5 kg)

For serving:

Grilled vegetables (e.g., zucchini,
bell peppers, onions)
Lemon wedges

Notes: it can be served with
grilled vegetables, roasted
potatoes, or a side salad. Squeeze
fresh lemon juice over the steak
before serving.

HEAT SETTINGS

Medium-rare: 130-135°F (54-
57°C)

Medium: 135-140°F (57-60°C)

Medium-well: 140-145°F (60-
63°C)

Nutrition facts: 400 calories, 35g
protein, 5g carbohydrates, 25g fat,
2g fiber, 80mg cholesterol, 400mg
sodium, 300mg potassium.

Servings:

4-6

Prep time:

30 min

Cook time:

15-20 min



DIRECTIONS

Prepare the marinade: in a bowl, whisk together olive oil,
lemon juice, garlic, rosemary, oregano, salt, and pepper.

Marinate the steak: place the tri-tip steak in a resealable bag
and pour the marinade over it. Seal the bag and marinate in
the refrigerator for at least 2 hours, or overnight for maximum
flavor.

Preheat your gas griddle to high heat.

Cook the steak: remove the steak from the marinade and pat it
dry with paper towels. Drizzle olive oil on the hot griddle and
sear the steak for 2-3 min per side, or until a nice crust forms.

Reduce the heat to medium and continue cooking to your
desired level of doneness.

Rest and slice: remove the steak from the griddle and let it rest
for 5-10 min before slicing thinly against the grain.

Steaks

Citrus-Marinated Flank Steak

INGREDIENTS

For the marinade:

1/2 cup orange juice (120 ml)
1/4 cup lime juice (60 ml)
2 cloves garlic, minced (5 g)
2 tbsp fresh cilantro, chopped (10 g)
1 tsp chili powder
1/2 tsp salt
1/4 tsp black pepper

For the steak:

1.5 lbs flank steak (680 g)
2 tbsp olive oil (30 ml)

Notes: it can be served with grilled pineapple, a side salad, or roasted vegetables.

HEAT SETTINGS

Medium-rare: 130-135°F (54-57°C)

Medium: 135-140°F (57-60°C)

Medium-well: 140-145°F (60-63°C)

Nutrition facts: 350 calories, 30g protein, 10g carbohydrates, 20g fat, 2g fiber, 70mg cholesterol, 300mg sodium, 250mg potassium.

Servings:

4-6

Prep time:

30 min

Cook time:

10-15 min



DIRECTIONS

Prepare the marinade: in a bowl, whisk together orange juice, lime juice, garlic, cilantro, chili powder, salt, and pepper.

Marinate the steak: place the flank steak in a resealable bag and pour the marinade over it. Seal the bag and marinate in the refrigerator for at least 2 hours, or overnight for maximum flavor.

Preheat your gas griddle to high heat.

Cook the steak: remove the steak from the marinade and pat it dry with paper towels. Drizzle olive oil on the hot griddle and sear the steak for 2-3 min per side, or until a nice crust forms.

Reduce the heat to medium and continue cooking to your desired level of doneness.

Rest and slice: remove the steak from the griddle and let it rest for 5 min before slicing thinly against the grain.

Steaks

Steakhouse-Style T-Bone on the Griddle

INGREDIENTS

2 (1-inch thick) T-bone steaks (5 cm) (appr 1.5 lbs total or 700g)
2 tbsp olive oil (30 ml)
1 tbsp coarse sea salt (15g)
1 tbsp freshly ground black pepper (5g)
1 tbsp garlic powder (15g)
2 tbsp butter (30g)
2 sprigs fresh rosemary
2 sprigs fresh thyme

Notes: it can be served with griddled vegetables: asparagus, bell peppers, onions, and zucchini. Toss them in olive oil, salt, and pepper, and cook alongside the steaks. Also, griddle some sliced potatoes with rosemary and garlic for a delicious side dish.

HEAT SETTINGS

Rare: 125-130°F (52-54°C)

Medium-rare: 130-135°F (54-57°C)

Medium: 135-140°F (57-60°C)

Medium-well: 140-145°F (60-63°C)

Well-done: 145°F+ (63°C+)

Nutrition facts: 600 calories, 40g protein, 45g fat, 150mg cholesterol, 600mg sodium, 500mg potassium.

Servings:

2

Prep time:

10 min

Cook time:

10-15 min



DIRECTIONS

Prepare the steaks: pat the steaks dry with paper towels. This helps create a good sear. Rub them with olive oil and season generously with salt, pepper, and garlic powder.

Preheat your gas griddle to high heat. You should see the oil start to shimmer when it's ready.

Sear the steaks: place the steaks on the hot griddle. For a 1-inch steak, sear for 2-3 min per side to develop a beautiful crust.

Reduce heat and cook to desired doneness: reduce the heat to medium. Add the butter, rosemary, and thyme sprigs to the griddle. As the butter melts, tilt the griddle slightly and use a spoon to baste the steaks with the melted butter. Continue cooking to your desired internal temperature.

Rest and serve: once cooked, remove the steaks from the griddle and let them rest for 5-10 min before slicing and serving. This allows the juices to redistribute, ensuring a more tender and flavorful steak.

Steaks

Garlic-Rubbed Porterhouse Steak

INGREDIENTS

1 (2-inch thick) Porterhouse steak (5 cm), about 2 lbs (900g)
3 cloves garlic, minced (10g)
1 tbsp dried rosemary (15g)
1 tsp dried thyme (5g)
1 tsp black pepper (5g)
1/2 tsp salt (2.5g)
2 tbsp olive oil (30ml)
2 tbsp unsalted butter (30g)

Notes: it can be served with griddled vegetables: asparagus, bell peppers, onions, zucchini, or mushrooms. Toss them in olive oil, salt, and pepper, and cook them alongside the steak (using the zone heating method). A chimichurri sauce or a simple red wine reduction would complement the steak wonderfully.

HEAT SETTINGS

Rare: 125-130°F (52-54°C)

Medium-rare: 130-135°F (54-57°C)

Medium: 135-140°F (57-60°C)

Medium-well: 140-145°F (60-63°C)

Well-done: 145°F+ (63°C+)

Nutrition facts: 600 calories, 40g protein, 45g fat, 150mg cholesterol, 600mg sodium, 500mg potassium.

Servings:

2-4

Prep time:

10 min

Cook time:

10-15 min



DIRECTIONS

Prepare the steak: combine minced garlic, rosemary, thyme, pepper, and salt in a small bowl. Rub the mixture evenly over both sides of the steak.

Preheat your gas griddle to high heat. Sear the steak: drizzle olive oil on the hot griddle.

Place the steak on the griddle and sear for 2-3 min per side, or until a dark crust forms. Reduce heat and cook to desired doneness: reduce heat to medium.

Add butter to the griddle and baste the steak with the melted butter until it reaches your desired level of doneness:

Rest and serve: remove the steak from the griddle and let it rest for 5-10 min before slicing and serving.

Steaks

Gourmet Steak Sandwich

INGREDIENTS

1 lb boneless ribeye steak (450g), about 1-inch thick (2.5 cm)
1 tbsp olive oil (15ml)
1 tsp salt (5g)
1/2 tsp black pepper (2.5g)
1 large yellow onion, thinly sliced (200g)
2 tbsp butter (30g)
1 tbsp brown sugar (15g)
1/4 cup balsamic vinegar (60ml)
4 slices provolone cheese
1 cup arugula (20g)
2 crusty rolls, split

Notes: it can be served with classic sides like potato wedges, French fries, or onion rings. Also enhance the flavor with a side of garlic aioli, horseradish sauce, or a spicy mayo.

HEAT SETTINGS

Rare: 125-130°F (52-54°C)

Medium-rare: 130-135°F (54-57°C)

Medium: 135-140°F (57-60°C)

Medium-well: 140-145°F (60-63°C)

Well-done: 145°F+ (63°C+)

Nutrition facts: 750 calories, 50g protein, 50g carbohydrates, 40g fat, 5g fiber, 100mg cholesterol, 1200mg sodium, 500mg potassium.

Servings:

2

Prep time:

15 min

Cook time:

15-20 min



DIRECTIONS

Prepare ingredients: pat the steak dry and season with salt and pepper. Slice the onion.

Preheat your gas griddle to medium-high heat.

Sear the steak: drizzle olive oil on the hot griddle. Sear the steak for 3-4 min per side to develop a crust. Reduce heat to medium-low and cook to desired doneness (use a meat thermometer for accuracy).

Caramelize onions: while the steak cooks, melt butter in a separate area of the griddle. Add onions and cook, stirring occasionally, until softened and golden brown. Stir in brown sugar and balsamic vinegar; cook until the sauce thickens.

Toast rolls: move the steak to the side and place the split rolls cut-side down on the griddle to toast lightly.

Assemble sandwiches: top the bottom halves of the rolls with the steak, caramelized onions, and provolone cheese. Place the rolls under the broiler or back on the griddle (cheese-side up) until the cheese melts. Add arugula and top with the other halves of the rolls.

Steaks

Prime Rib Roast on the Griddle

INGREDIENTS

4-5 lb boneless prime rib roast (2-2.5 kg)
2 tbsp olive oil (30 ml)
2 tsp salt (10 g)
1 tsp black pepper (5 g)
2 tsp dried rosemary (10 g)
1 tsp dried thyme (5 g)
1 tsp garlic powder (5 g)
1/2 cup beef broth (120 ml)

Notes: it can be served with roasted vegetables like potatoes, carrots, Brussels sprouts, or a creamy horseradish sauce.

HEAT SETTINGS

Medium-rare: 130-135°F (54-57°C)

Medium: 135-140°F (57-60°C)

Medium-well: 140-145°F (60-63°C)

Nutrition facts: 500 calories, 40g protein, 35g fat, 120mg cholesterol, 500mg sodium, 300mg potassium.

Servings:

6-8

Prep time:

30 min

Cook time:

2-3 hours



DIRECTIONS

Prepare the griddle: preheat your griddle to high heat.

Season the prime rib: rub the prime rib with olive oil, salt, pepper, rosemary, thyme, and garlic powder.

Sear the prime rib: place the prime rib on the hot griddle and sear for 2-3 min per side or until a dark crust forms.

Indirect heat cooking: reduce the heat to low and move the prime rib to a cooler part of the griddle.

Add beef broth: pour the beef broth around the prime rib.

Cover and cook: cover the prime rib with a lid or aluminum foil and cook for 2-3 hours, or until it reaches your desired internal temperature.

Rest and serve: remove the prime rib from the griddle and let it rest for 10-15 min before slicing.

Steaks

Rib-eye Salad Plate

INGREDIENTS

1 lb boneless rib-eye steak (450g), about 1-inch thick (2.5 cm)
1 tbsp olive oil (15 ml)
1 tsp salt (5 g)
1/2 tsp black pepper (2.5 g)
5 oz mixed greens (140 g)
1 cup cherry tomatoes, halved (150 g)
1/2 cucumber, sliced (100 g)
1/4 red onion, thinly sliced (50 g)

For the dressing:

1/2 cup mayonnaise (120 ml)
1/4 cup sour cream (60 ml)
1/4 cup crumbled blue cheese (30 g)
1 tbsp milk (15 ml)
1 tbsp lemon juice (15 ml)
1/2 tsp garlic powder (2.5 g), salt & pepper

HEAT SETTINGS

Rare: 125-130°F (52-54°C)

Medium-rare: 130-135°F (54-57°C)¹

Medium: 135-140°F (57-60°C)

Medium-well: 140-145°F (60-63°C)

Well-done: 145°F+ (63°C+)

Nutrition facts: 650 calories, 40g protein, 20g carbohydrates, 45g fat, 5g fiber, 100mg cholesterol, 800mg sodium, 400mg potassium.

Servings:

2

Prep time:

20 min

Cook time:

10-15 min



DIRECTIONS

Prepare the dressing: in a bowl, combine mayonnaise, sour cream, blue cheese, milk, lemon juice, and garlic powder. Season with salt and pepper to taste.

Prepare the salad: in a large bowl, toss together mixed greens, cherry tomatoes, cucumber, and red onion.

Preheat your gas griddle to high heat.

Cook the steak: season the rib-eye steak with salt and pepper. Drizzle olive oil on the hot griddle and sear the steak for 2-3 min per side, or until a nice crust forms. Reduce heat to medium and continue cooking to your desired level of doneness.

Rest and slice: remove the steak from the griddle and let it rest for 5 min before slicing thinly against the grain.

Assemble the salad: arrange the sliced steak over the salad and drizzle with blue cheese dressing.

Steaks

Steak and Rocket Salad

INGREDIENTS

1 lb boneless sirloin steak (450g), about 1-inch thick (2.5 cm)
1 tbsp olive oil (15 ml)
1 tsp salt (5 g)
1/2 tsp black pepper (2.5 g)
5 oz arugula (140 g)
1 cup cherry tomatoes, halved (150 g)
1/4 cup shaved Parmesan cheese (25 g)

For the lemon vinaigrette:

1/4 cup olive oil (60 ml)
2 tbsp lemon juice (30 ml)
1 tsp Dijon mustard (5 g)
1/2 tsp honey (2.5 g)
Salt and pepper to taste

Notes: it can be served with crusty bread or a side of grilled vegetables like asparagus or bell peppers.

HEAT SETTINGS

Rare: 125-130°F (52-54°C)

Medium-rare: 130-135°F (54-57°C)

Medium: 135-140°F (57-60°C)

Medium-well: 140-145°F (60-63°C)

Well-done: 145°F+ (63°C+)

Nutrition facts: 550 calories, 40g protein, 15g carbohydrates, 35g fat, 5g fiber, 80mg cholesterol, 600mg sodium, 350mg potassium.

Servings:

2

Prep time:

15 min

Cook time:

10-15 min



DIRECTIONS

Prepare the vinaigrette: in a small bowl, whisk together olive oil, lemon juice, Dijon mustard, and honey. Season with salt and pepper to taste.

Prepare the salad: in a large bowl, toss together arugula and cherry tomatoes.

Preheat your gas griddle to high heat.

Cook the steak: season the sirloin steak with salt and pepper. Drizzle olive oil on the hot griddle and sear the steak for 2-3 min per side, or until a nice crust forms. Reduce heat to medium and continue cooking to your desired level of doneness.

Rest and slice: remove the steak from the griddle and let it rest for 5 min before slicing thinly against the grain.

Assemble the salad: arrange the sliced steak over the arugula salad. Drizzle with lemon vinaigrette and top with shaved Parmesan cheese.

Steaks

Griddle-Grilled Steak Wraps with Veggies

INGREDIENTS

1.5 lbs flank steak (680g), thinly sliced against the grain
1 tbsp olive oil (15 ml)
1 tsp salt (5 g)
1/2 tsp black pepper (2.5 g)
1 bell pepper (any color), sliced (150g)
1 onion, sliced (200g)
8 oz mushrooms, sliced (225g)
8 large flour tortillas (10-inch/25cm)
Optional toppings: salsa, sour cream, guacamole

Notes: it can be served with salsa, sour cream, guacamole, or a side of rice.

Nutrition facts: 500 calories, 35g protein, 60g carbohydrates, 20g fat, 5g fiber, 60mg cholesterol, 800mg sodium, 400mg potassium.

Servings:

4

Prep time:

20 min

Cook time:

15-20 min



DIRECTIONS

Prepare ingredients: toss the sliced steak with olive oil, salt, and pepper.

Preheat your gas griddle to medium-high heat (appr 400-450°F or 200-230°C).

Cook steak and veggies: add the steak to the hot griddle and cook, stirring occasionally, until browned and cooked through. Push the steak to one side of the griddle. Add the bell pepper, onion, and mushrooms to the other side. Cook the vegetables until tender-crisp, stirring occasionally.

Warm tortillas: reduce heat to low (appr 250-300°F or 120-150°C). Place the tortillas on the griddle and warm on both sides.

Assemble wraps: fill each tortilla with steak and vegetables.

Steaks

Coffee-Rubbed Ribeye with Smoked Paprika Butter

INGREDIENTS

For the Ribeye Steaks:

4 ribeye steaks, 1-inch thick
(about 2 lbs / 900 g total)
2 tbsp ground coffee (10 g)
1 tbsp smoked paprika (6 g)
1 tsp kosher salt (5 g)
1/2 tsp black pepper (2.5 g)
1 tsp brown sugar (5 g)
1 tbsp olive oil (15 ml)

For the Smoked Paprika Butter:

1/4 cup unsalted butter, softened
(60 g)
1/2 tsp smoked paprika (2.5 g)
1/4 tsp garlic powder (1.25 g)
Pinch of kosher salt

Notes: it can be served with roasted garlic mashed potatoes, grilled asparagus, or a crisp garden salad.

HEAT SETTINGS

Rare: 125-130°F (52-54°C)

Medium-rare: 130-135°F (54-57°C)

Medium: 135-145°F (57-63°C)

Medium-well: 145-155°F (63-68°C)

Well-done: 155°F+ (68°C+)

Nutrition facts: 480 calories, 38g protein, 2g carbohydrates, 36g fat, 120mg cholesterol, 440mg sodium, 550mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

12 min



DIRECTIONS

Prepare the smoked paprika butter: in a small bowl, mix softened butter with smoked paprika, garlic powder, and a pinch of salt until well combined. Transfer the mixture to a sheet of plastic wrap. Roll into a small log and refrigerate until firm.

Prepare the coffee rub and steaks: in a small bowl, combine ground coffee, smoked paprika, salt, black pepper, and brown sugar. Pat the steaks dry with paper towels and rub them with olive oil. Coat each steak with the coffee rub, pressing it into the surface.

Preheat your gas griddle to medium-high heat (about 400°F / 200°C). Brush the surface lightly with olive oil.

Cook the steaks: place the steaks on the griddle and sear for 4-5 min on the first side, without moving them, to develop a crust. Flip the steaks and cook for another 4-5 min for medium-rare, or adjust the time based on your desired doneness.

Remove the steaks from the griddle and let them rest for 5 min. Top each steak with a slice of smoked paprika butter while resting to allow it to melt over the surface.

Steaks

Miso-Glazed Strip Steak with Scallion Ginger Sauce

INGREDIENTS

For the Miso-Glazed Strip Steak:

4 strip steaks, 1-inch thick
(about 2 lbs / 900 g total)
2 tbsp white miso paste (30 g)
2 tbsp soy sauce (30 ml)
1 tbsp mirin (15 ml)
1 tbsp rice vinegar (15 ml)
1 tbsp honey (15 ml)
1 tsp sesame oil (5 ml)
1/2 tsp ground ginger (2.5 g)
1 tbsp olive oil (15 ml)

For the Scallion Ginger Sauce:

4 scallions, finely sliced (40 g)
1 tbsp minced fresh ginger (15 g)
2 tbsp soy sauce (30 ml)
1 tbsp sesame oil and 1 tbsp rice
vinegar (15 ml)
1 tsp honey (5 ml)
1 tbsp water (15 ml)

Notes: it can be served with
grilled bok choy, sesame
noodles, or a side of steamed rice
and pickled vegetables.

HEAT SETTINGS

Rare: 125-130°F (52-54°C)

Medium-rare: 130-135°F (54-
57°C)

Medium: 135-145°F (57-63°C)

Medium-well: 145-155°F (63-
68°C)

Well-done: 155°F+ (68°C+)

Nutrition facts: 420 calories, 38g
protein, 10g carbohydrates, 27g fat,
1g fiber, 95mg cholesterol, 800mg
sodium, 700mg potassium.

Servings:

4

Prep time:

20 min

Cook time:

12 min



DIRECTIONS

Prepare the marinade and steaks: in a bowl, whisk together miso paste, soy sauce, mirin, rice vinegar, honey, sesame oil, and ground ginger until smooth. Pat the steaks dry with paper towels and place them in a resealable plastic bag. Pour the marinade over the steaks, seal, and massage to coat evenly. Marinate in the refrigerator for at least 15 min.

Prepare the scallion ginger sauce: in a small bowl, combine scallions, fresh ginger, soy sauce, sesame oil, rice vinegar, honey, and water. Stir well and set aside.

Preheat your griddle to medium-high heat (about 375-400°F / 190-200°C). Brush the griddle with olive.

Cook the steaks: remove them from the marinade and let any excess drip off. Place on the griddle and sear for 4-5 min on the first side without moving. Flip the steaks and cook for another 4-5 min for medium-rare or adjust cooking time for desired doneness.

Remove the steaks from the griddle and let them rest for 5 min. Drizzle the scallion ginger sauce over the steaks before serving.

Steaks

Bourbon and Brown Sugar Flat Iron Steak

INGREDIENTS

For the Marinade:

1/4 cup bourbon (60 ml)
2 tbsp soy sauce (30 ml)
2 tbsp brown sugar (25 g)
1 tbsp olive oil (15 ml)
1 tsp Worcestershire sauce (5 ml)
1/2 tsp garlic powder (2.5 g)
1/4 tsp black pepper (1.25 g)

For the Steak

1.5 lbs flat iron steak (680 g)
1 tbsp olive oil (15 ml) for griddle
Flaky sea salt, for finishing

Notes: it can be served with grilled vegetables, a baked potato, or a fresh garden salad with a tangy vinaigrette.

HEAT SETTINGS

Rare: 125-130°F (52-54°C)

Medium-rare: 130-135°F (54-57°C)

Medium: 135-145°F (57-63°C)

Medium-well: 145-155°F (63-68°C)

Well-done: 155°F+ (68°C+)

Nutrition facts: 410 calories, 32g protein, 6g carbohydrates, 28g fat, 80mg cholesterol, 700mg sodium, 540mg potassium.

Servings:

4

Prep time:

15 min +
2 hrs marinating

Cook time:

10 min



DIRECTIONS

Prepare the marinade: in a bowl, whisk together bourbon, soy sauce, brown sugar, olive oil, Worcestershire sauce, garlic powder, and black pepper until well combined. Place the flat iron steak in a resealable plastic bag or shallow dish. Pour the marinade over the steak, ensuring it is fully coated. Seal and refrigerate for at least 2 hours, or up to overnight.

Preheat your gas griddle to medium-high heat (about 375-400°F / 190-200°C). Lightly brush the surface with olive oil to prevent sticking.

Cook the steak: remove the steak from the marinade and let any excess drip off. Discard the marinade. Place the steak on the griddle and sear for 4-5 min on the first side, undisturbed, to develop a caramelized crust. Flip the steak and cook for another 4-5 min for medium-rare, or adjust cooking time based on your desired doneness. (See heat settings.)

Remove the steak from the griddle and let it rest for 5 min. Slice against the grain into thin strips. Sprinkle with flaky sea salt before serving.

CHAPTER 3

Poultry



Poultry

Blackstone Grilled Spatchcocked Chicken

INGREDIENTS

1 whole chicken (about 4-5 lbs)
2 tbsp olive oil
1 tbsp paprika
1 tbsp garlic powder
1 tsp dried oregano
1 tsp dried thyme
1 tsp salt
1/2 tsp black pepper

Notes: it goes great with all kinds of sides. Try it with roasted vegetables (like potatoes, carrots, and broccoli), mashed potatoes, or a simple green salad.

Nutrition facts: 400 calories, 40g protein, 25g fat, 120mg cholesterol, 500mg sodium, 400mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

45-60 min



DIRECTIONS

Butterfly the chicken: place the chicken breast-side down on a cutting board. Cut along both sides of the backbone using kitchen shears to remove it. Flip the chicken over and press down firmly on the breastbone to flatten it.

Prepare the chicken: pat the chicken dry with paper towels. Rub it all over with olive oil and then sprinkle with paprika, garlic powder, oregano, thyme, salt, and pepper. Make sure to season both sides.

Turn on the griddle and set it to medium heat (appr 350-400°F / 175-200°C). Let it heat up for about 5-10 min.

Cook the chicken: place the chicken skin-side down on the hot griddle. Let it cook for about 20-25 min. You'll see the skin start to brown and crisp up. Then, carefully flip the chicken over and cook for another 20-25 min. To make sure it's cooked through, use a meat thermometer to check the temperature in the thickest part of the thigh. It should read 165°F (74°C).

Take the chicken off the griddle and let it sit for about 10 min before cutting and serving. This lets the juices settle and makes it even more delicious.

Poultry

Grilled Chipotle-Lime Chicken Breasts

INGREDIENTS

4 boneless, skinless chicken breasts (about 1.5 lbs or 680g)
2 tbsp olive oil (30 ml)
2 tbsp lime juice (30 ml)
1 tbsp adobo sauce from canned chipotle peppers (15 ml)
1 tsp chili powder (5 g)
1 tsp cumin (5 g)
1 tsp garlic powder (5 g)
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)

Notes: it can be served with a variety of sides, such as grilled vegetables, rice, quinoa, or a salad.

Nutrition facts: 250 calories, 35g protein, 5g carbohydrates, 10g fat, 1g fiber, 80mg cholesterol, 400mg sodium, 300mg potassium.

Servings:

4

Prep time:

15 min +
marinating time

Cook time:

10-15 min



DIRECTIONS

Marinate the chicken: in a bowl, whisk together olive oil, lime juice, adobo sauce, chili powder, cumin, garlic powder, salt, and pepper. Place the chicken breasts in a resealable bag or shallow dish and pour the marinade over them. Marinate in the refrigerator for at least 30 min, or up to 4 hours.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook the chicken: remove the chicken from the marinade and discard the marinade. Place the chicken breasts on the hot griddle. Cook for 5-7 min per side, or until the internal temperature reaches 165°F (74°C).

Remove the chicken from the griddle and let it rest for a few minutes before slicing and serving.

Poultry

Blackstone Griddle Herb-Roasted Turkey Breast

INGREDIENTS

1 (3-4 lb) boneless turkey breast
(1.4-1.8 kg)
2 tbsp olive oil (30 ml)
1 tbsp chopped fresh rosemary
(15 g)
1 tbsp chopped fresh thyme
(15 g)
1 tsp garlic powder (5 g)
1 tsp onion powder (5 g)
1 tsp paprika (5 g)
1 tsp salt (5 g)
1/2 tsp black pepper (2.5 g)

Notes: it can be served with classic Thanksgiving sides like stuffing, mashed potatoes, cranberry sauce, and gravy. It's also delicious with roasted vegetables or a simple salad.

Nutrition facts: 250 calories, 40g protein, 10g fat, 85mg cholesterol, 400mg sodium, 450mg potassium.

Servings:

6-8

Prep time:

15 min

Cook time:

1 hour 15 min –
1 hour 30 min



DIRECTIONS

Prepare the turkey: pat the turkey breast dry with paper towels. Rub it all over with olive oil, then season generously with rosemary, thyme, garlic powder, onion powder, paprika, salt, and pepper.

Preheat your griddle to medium heat (about 350-400°F or 175-200°C).

Sear the turkey breast on all sides for about 2-3 min per side, or until lightly browned.

Reduce the heat to low (about 250-300°F or 120-150°C).

Cook the turkey: cover the griddle with a lid and roast the turkey breast for 1 hour 15 min to 1 hour 30 min, or until a meat thermometer inserted into the thickest part registers 165°F (74°C).

Remove the turkey from the griddle and let it rest for 10-15 min before slicing and serving.

Poultry

Griddle-Seared Turkey Breast Medallions

INGREDIENTS

For the Turkey Medallions:

1 lb (450 g) turkey breast, sliced into 1-inch (2.5 cm) thick medallions

2 tbsp olive oil

1 tsp garlic powder

1 tsp smoked paprika

½ tsp dried thyme

½ tsp salt

¼ tsp ground black pepper

Optional Sauce:

¼ cup (60 ml) chicken broth

2 tbsp unsalted butter

1 tsp Dijon mustard

1 tsp fresh lemon juice

Notes: it can be served with roasted potatoes, grilled vegetables, or a fresh green salad for a wholesome meal. Drizzle the optional sauce over the medallions for added flavor.

Nutrition facts: 231 calories, 34 g protein, 2 g carbohydrates, 9 g fat, 85 mg cholesterol, 320 mg sodium, 400 mg potassium

Servings:

4

Prep time:

15 min

Cook time:

10 min



DIRECTIONS

Prepare the turkey medallions: pat the turkey medallions dry with paper towels. Mix olive oil, garlic powder, smoked paprika, thyme, salt, and pepper in a small bowl. Brush the turkey medallions with the seasoned olive oil mixture on both sides.

Set the gas griddle to medium-high heat and preheat for about 5 min.

Cook the turkey medallions: place the medallions on the griddle and sear for 4–5 min per side. Check for doneness using a meat thermometer; the internal temperature should reach 165°F (74°C).

Optional sauce preparation: if desired, reduce the griddle heat to low. Add chicken broth, butter, Dijon mustard, and lemon juice to a small pan or directly on the griddle if it has raised edges. Stir and let it simmer until slightly thickened, about 2–3 min.

Poultry

Savory Blackstone Turkey and Veggie Skillet

INGREDIENTS

For the Turkey:

1 lb (450 g) ground turkey
1 tbsp olive oil
1 tsp garlic powder
1 tsp smoked paprika
½ tsp dried thyme
½ tsp salt
¼ tsp ground black pepper

For the Vegetables:

1 medium zucchini, diced (about 1 cup / 150 g)
1 red bell pepper, diced (about 1 cup / 150 g)
1 yellow onion, diced (about 1 cup / 150 g)
1 cup (150 g) cherry tomatoes, halved

1 tbsp olive oil
½ tsp garlic powder
½ tsp dried oregano
½ tsp salt
¼ tsp ground black pepper

Optional Garnish:

2 tbsp chopped fresh parsley or cilantro

Notes: it can be served with quinoa, rice, or warm pita bread. Top with a dollop of tzatziki or hummus for added flavor.

Nutrition facts: 287 calories, 25 g protein, 14 g carbohydrates, 16 g fat, 3 g fiber, 85 mg cholesterol, 520 mg sodium, 630 mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

15 min



DIRECTIONS

Preheat the griddle: set the griddle to medium-high heat and allow it to preheat for 5 min.

Cook the turkey: drizzle 1 tbsp olive oil on the griddle. Add the ground turkey, breaking it up with a spatula.

Season with garlic powder, smoked paprika, thyme, salt, and pepper. Cook for 6–8 min, stirring occasionally, until browned and fully cooked (internal temperature reaches 165°F / 74°C). Push the turkey to one side of the griddle.

Cook the vegetables: drizzle 1 tbsp olive oil on the empty side of the griddle. Add the zucchini, bell pepper, onion, and cherry tomatoes.

Season with garlic powder, oregano, salt, and pepper. Cook for 6–8 min, stirring occasionally, until the vegetables are tender and slightly caramelized.

Combine and serve: mix the cooked turkey and vegetables together on the griddle. Cook for an additional 2 min to combine flavors. Remove from the griddle and garnish with chopped parsley or cilantro, if desired.

Poultry

Crispy Blackstone Seared Duck Breast

INGREDIENTS

For the Duck:

4 duck breasts (appr 6 oz / 170 g each)

1 tsp salt

1/2 tsp ground black pepper

1 tsp garlic powder

1 tsp smoked paprika

Optional Sauce:

1/4 cup (60 ml) orange juice

1 tbsp honey

1 tsp soy sauce

1/2 tsp cornstarch mixed with 1 tsp water

Notes: 365 calories, 28 g protein, 3 g carbohydrates, 26 g fat, 90 mg cholesterol, 480 mg sodium, 350 mg potassium.

Nutrition facts: 250 calories, 40g protein, 10g fat, 85mg cholesterol, 400mg sodium, 450mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

12 min



DIRECTIONS

Prepare the duck breasts: pat the breasts dry with paper towels. Score the skin in a crosshatch pattern, careful not to cut into the meat. Season both sides of the breasts with salt, pepper, garlic powder, and smoked paprika.

Set the gas griddle to medium heat and allow it to preheat for about 5 min.

Sear the duck breasts: place them skin-side down on the griddle. Sear for 6–8 min without moving them until the fat renders and the skin becomes golden brown and crispy. Flip the breasts and cook the meat side for another 4–5 min, or until the internal temperature reaches 130°F (54°C) for medium-rare or 140°F (60°C) for medium. Remove the duck breasts from the griddle and let them rest for 5 min.

Prepare the optional sauce: while the duck rests, reduce the heat on the griddle to low. Mix orange juice, honey, and soy sauce in a small saucepan (or directly on the griddle if it has sides). Heat until simmering, then add the cornstarch slurry and stir until thickened. Slice the duck breasts thinly and drizzle with the sauce if using.

Poultry

Grilled Chicken with Chimichurri Sauce

INGREDIENTS

4 boneless, skinless chicken breasts (about 1.5 lbs or 680g)
1 tbsp olive oil (15 ml)
1 tsp salt (5 g)
1/2 tsp black pepper (2.5 g)

For the Chimichurri sauce:

1 cup packed fresh parsley leaves (60 g)
1/2 cup packed fresh cilantro leaves (30 g)
1/4 cup olive oil (60 ml)
2 tbsp red wine vinegar (30 ml)
2 cloves garlic, minced (5 g)
1 tsp dried oregano (5 g)
1/2 tsp red pepper flakes (2.5 g)
1/4 tsp salt (1.25 g)

Notes: it can be served with roasted vegetables, a side salad, or rice.

Nutrition facts: 300 calories, 35g protein, 5g carbohydrates, 15g fat, 2g fiber, 80mg cholesterol, 400mg sodium, 350mg potassium.

Servings:

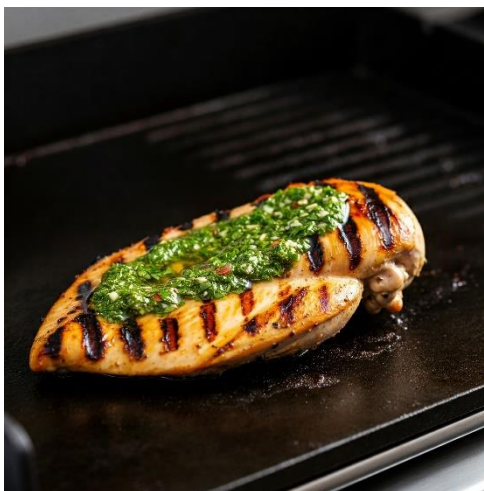
4

Prep time:

20 min

Cook time:

20-25 min



DIRECTIONS

Prepare the Chimichurri sauce: in a food processor, combine parsley, cilantro, olive oil, red wine vinegar, garlic, oregano, red pepper flakes, and salt. Pulse until finely chopped but not pureed.

Prepare the chicken: pat the chicken breasts dry with paper towels and season with salt and pepper.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook the chicken: drizzle olive oil on the hot griddle. Place the chicken breasts on the griddle and cook for 6-8 min per side, or until the internal temperature reaches 165°F (74°C).

Remove the chicken from the griddle and let it rest for a few minutes before slicing and serving with Chimichurri sauce.

Poultry

Blackstone Grilled Spiced Chicken Skewers

INGREDIENTS

1.5 lbs boneless, skinless chicken breasts, cut into 1-inch cubes (680 g)

1 red bell pepper, cut into 1-inch pieces (150 g)

1 green bell pepper, cut into 1-inch pieces (150 g)

1 red onion, cut into 1-inch pieces (200 g)

8 oz cremini mushrooms (225 g)

8 metal or bamboo skewers (soaked in water for 30 min if using bamboo)

For the spice rub:

1 tbsp olive oil (15 ml)

1 tbsp ground cumin (15 g)

1 tbsp ground coriander (15 g)

1 tbsp turmeric powder (15 g)

1 tsp paprika (5 g)

1 tsp garlic powder (5 g)

1/2 tsp salt (2.5 g)

1/4 tsp black pepper (1.25 g)

Notes: it can be served with rice pilaf, couscous, or a side of naan bread.

Nutrition facts: 350 calories, 35g protein, 20g carbohydrates, 15g fat, 5g fiber, 80mg cholesterol, 500mg sodium, 400mg potassium.

Servings:

4

Prep time:

30 min

Cook time:

10-15 min



DIRECTIONS

Prepare the spice rub: in a small bowl, combine olive oil, cumin, coriander, turmeric, paprika, garlic powder, salt, and pepper.

Marinate the chicken: add the cubed chicken to the spice rub and toss to coat evenly. Marinate for at least 30 min in the refrigerator.

Assemble the skewers: thread the marinated chicken, bell peppers, onion, and mushrooms onto the skewers.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook the skewers: place the skewers on the hot griddle and cook for 3-4 min per side, or until the chicken is cooked through and the vegetables are tender-crisp.

Poultry

Chicken Shawarma

INGREDIENTS

For the Chicken:

1 lb (450 g) chicken thighs or breasts, thinly sliced
2 tbsp olive oil
2 tsp ground cumin
1 tsp smoked paprika
1 tsp ground coriander
½ tsp ground turmeric
½ tsp ground cinnamon
½ tsp garlic powder
½ tsp salt
¼ tsp ground black pepper

For the Yogurt Sauce:

½ cup (120 ml) plain yogurt
1 tbsp lemon juice
1 clove garlic, minced
1 tbsp chopped fresh parsley
¼ tsp salt

For Serving:

4 large pita breads
1 cup (150 g) sliced cucumbers
1 cup (150 g) chopped tomatoes
½ cup (75 g) thinly sliced red onion

Notes: it can be served with a side of tabbouleh, hummus, or roasted vegetables for a complete meal.

Nutrition facts: 321 calories, 28 g protein, 36 g carbohydrates, 9 g fat, 3 g fiber, 78 mg cholesterol, 510 mg sodium, 470 mg potassium

Servings:

4

Prep time:

20 min

Cook time:

10 min



DIRECTIONS

Prepare the marinade: in a bowl, combine olive oil, cumin, paprika, coriander, turmeric, cinnamon, garlic powder, salt, and black pepper. Mix well.

Marinate the chicken: add the sliced chicken to the marinade and toss to coat evenly. Let it sit for at least 15 min while preparing the yogurt sauce and heating the griddle.

Make the yogurt sauce: in a small bowl, mix yogurt, lemon juice, garlic, parsley, and salt. Cover and refrigerate until ready to serve.

Preheat the gas griddle to medium-high heat for 5 min. Lightly oil the griddle surface.

Cook the chicken: spread the marinated chicken evenly on the griddle. Cook for 8–10 min, flipping occasionally, until the chicken is well-seared and fully cooked, with an internal temperature of 165°F (74°C).

Assemble the shawarma: warm the pita breads on the griddle for 1–2 min. Fill each pita with cooked chicken, yogurt sauce, cucumbers, tomatoes, and red onion.

Poultry

Buffalo Chicken Sliders

INGREDIENTS

For the Chicken Patties:

1 lb (450 g) ground chicken or shredded cooked chicken
1/2 cup (120 ml) buffalo sauce
1/4 cup (30 g) breadcrumbs
1 egg, lightly beaten
1/4 tsp garlic powder
1/4 tsp onion powder
1/2 tsp salt
1/4 tsp ground black pepper

For Serving:

8 slider buns
1/2 cup (120 ml) ranch or blue cheese dressing
1 cup (50 g) crispy lettuce leaves
2 tbsp butter (for toasting buns)

Notes: it can be served with a side of celery sticks, carrot sticks, or crispy fries for a complete meal.

Nutrition facts: 287 calories, 20 g protein, 27 g carbohydrates, 12 g fat, 2 g fiber, 82 mg cholesterol, 640 mg sodium, 310 mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

10 min



DIRECTIONS

Prepare the chicken patties: in a large bowl, mix ground chicken, 1/4 cup (60 ml) buffalo sauce, breadcrumbs, egg, garlic powder, onion powder, salt, and pepper until well combined. Form the mixture into 8 small patties, about 2.5 inches (6 cm) in diameter.

Set the gas griddle to medium-high heat and allow it to preheat for 5 min. Oil the surface to prevent sticking.

Cook the patties: place the chicken patties on the griddle. Cook for 3–4 min per side, flipping once, until golden brown and the internal temperature reaches 165°F (74°C).

Toast the slider buns: spread butter on the insides of the slider buns. Place the buns cut-side down on the griddle. Toast for 1–2 min until golden and crisp.

Assemble the sliders: spread ranch or blue cheese dressing on the bottom half of each toasted bun. Add a lettuce leaf, a cooked chicken patty, and a drizzle of the remaining buffalo sauce. Top with the other half of the bun.

Poultry

Chicken and Waffles

INGREDIENTS

For the Chicken Tenders:

1 lb (450 g) chicken tenders
1/2 cup (60 g) all-purpose flour
1 egg, lightly beaten
1/2 cup (30 g) breadcrumbs
1/2 tsp garlic powder
1/2 tsp paprika
1/2 tsp salt
1/4 tsp ground black pepper
2 tbsp vegetable oil (for cooking)

For the Waffles:

1 1/2 cups (180 g) all-purpose flour
1 tbsp granulated sugar
1 tbsp baking powder
1/2 tsp salt
2 large eggs
1 1/4 cups (300 ml) milk
4 tbsp (60 g) melted butter

For Serving:

1/2 cup (120 ml) maple syrup
Optional: butter for topping

Notes: it can be served with a side of fresh fruit or a dollop of whipped cream for a sweet twist.

Nutrition facts: 453 calories, 25 g protein, 40 g carbohydrates, 21 g fat, 2 g fiber, 145 mg cholesterol, 710 mg sodium, 320 mg potassium.

Servings:

4

Prep time:

20 min

Cook time:

15 min



DIRECTIONS

Prepare the chicken tenders: in three separate bowls, prepare the breading: Bowl 1: mix flour, garlic powder, paprika, salt, and pepper. Bowl 2: lightly beaten egg. Bowl 3: breadcrumbs. Coat each chicken tender in flour, then egg, and finally breadcrumbs.

Set the gas griddle to medium-high heat and preheat for 5 min. Lightly oil the surface with vegetable oil.

Cook the chicken tenders: Place the breaded chicken tenders on the griddle. Cook for 3–4 min per side, flipping once, until golden brown and crispy. Ensure the internal temperature reaches 165°F (74°C).

Prepare the waffle batter: in a large bowl, whisk together flour, sugar, baking powder, and salt. In another bowl, beat eggs, milk, and melted butter. Pour the wet ingredients into the dry ingredients and mix until just combined.

Cook the waffles: Pour appr 1/4 cup (60 ml) of batter per waffle onto the griddle, spreading it into a round shape. Cook for 2–3 min per side, until golden brown and cooked through.

Assemble the chicken and waffles: Place a waffle on a plate, top with chicken tenders, and drizzle generously with maple syrup.

Poultry

Grilled Cajun Chicken with Dirty Rice

INGREDIENTS

1.5 lbs boneless, skinless chicken thighs (680 g)
1 tbsp Cajun seasoning (15 g)
1 tbsp olive oil (15 ml)

For the dirty rice:

1 tbsp olive oil (15 ml)
1/2 cup chopped onion (100 g)
1/2 cup chopped green bell pepper (75 g)
1/2 cup chopped celery (75 g)
1 clove garlic, minced (2.5 g)
1 lb ground beef (450 g)
1 tbsp Cajun seasoning (15 g)
1 (14.5 oz) can of diced tomatoes, undrained (410 g)
1 cup chicken broth (240 ml)
1 cup long-grain rice (190 g)
1/2 cup chopped green onions (50 g)

Notes: it can be served with a side of crusty bread for sopping up the juices.

Nutrition facts: 550 calories, 40g protein, 50g carbohydrates, 25g fat, 5g fiber, 100mg cholesterol, 900mg sodium, 500mg potassium.

Servings:

4

Prep time:

25 min

Cook time:

30 min



DIRECTIONS

Prepare the chicken: in a bowl, toss the chicken thighs with Cajun seasoning and olive oil.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

While the griddle is heating, prepare the dirty rice. In a large skillet or separate area of the griddle, heat olive oil over medium heat. Add onion, bell pepper, and celery; cook until softened, about 5 min. Add garlic and cook for 1 min more.

Brown the beef: add ground beef to the skillet and cook, breaking it up with a spoon, until browned. Drain off any excess grease.

Simmer the rice: stir in Cajun seasoning, diced tomatoes, chicken broth, and rice. Bring to a boil, then reduce heat to low, cover, and simmer for 20 min, or until the liquid is absorbed. Stir in green onions.

Place the chicken thighs on the hot griddle. Cook for 6-8 min per side, or until cooked through (internal temperature should reach 165°F or 74°C).

Serve the grilled Cajun chicken over a bed of dirty rice.

Poultry

Grilled Chicken Fajitas with Avocado Crema

INGREDIENTS

1.5 lbs boneless, skinless chicken breasts, thinly sliced (680 g)
1 tbsp olive oil (15 ml)
1 tbsp fajita seasoning (15 g)
1 large onion, sliced (200 g)
2 bell peppers (any color), sliced (300 g)
8 flour tortillas (10-inch/25cm)
For the avocado crema:
1 ripe avocado, pitted and scooped
1/2 cup sour cream (120 ml)
1/4 cup lime juice (60 ml)
1/4 cup chopped cilantro (15 g)
1/4 tsp salt (1.25 g)

Notes: it can be served with shredded cheese, salsa, guacamole, or sour cream.

Nutrition facts: 500 calories, 40g protein, 60g carbohydrates, 20g fat, 8g fiber, 80mg cholesterol, 800mg sodium, 600mg potassium.

Servings:

4

Prep time:

20 min

Cook time:

15-20 min



DIRECTIONS

Prepare the avocado crema: in a blender or food processor, combine avocado, sour cream, lime juice, cilantro, and salt. Blend until smooth and creamy.

Prepare the chicken: in a bowl, toss the chicken with olive oil and fajita seasoning.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook the fajitas: add the chicken, onions, and peppers to the hot griddle. Cook, stirring occasionally, until the chicken is cooked through and the vegetables are tender-crisp, about 8-10 min.

Warm the tortillas: reduce heat to low (about 250-300°F or 120-150°C). Place the tortillas on the griddle and warm on both sides, about 30 seconds per side.

Assemble and serve: fill the warm tortillas with the chicken and vegetable mixture. Top with avocado crema and any other desired toppings.

Poultry

Sticky Honey Garlic Glazed Wings

INGREDIENTS

2 lbs chicken wings (900 g)
1 tbsp olive oil (15 ml)
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)
For the honey garlic glaze:
1/2 cup honey (170 g)
1/4 cup soy sauce (60 ml)
2 tbsp rice vinegar (30 ml)
2 cloves garlic, minced (5 g)
1 tbsp cornstarch (8 g)
2 tbsp water (30 ml)

Notes: it can be served with ranch or blue cheese dressing and celery sticks.

Nutrition facts: 500 calories, 30g protein, 60g carbohydrates, 25g fat, 100mg cholesterol, 800mg sodium, 300mg potassium.

Servings:

4

Prep time:

10 min

Cook time:

25-30 min



DIRECTIONS

Prepare the chicken wings: pat them dry with paper towels. Toss them with olive oil, salt, and pepper.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Place the chicken wings on the hot griddle. Cook for 10-12 min, turning occasionally, until golden brown and crispy.

Make the glaze: while the wings are cooking, whisk together honey, soy sauce, rice vinegar, and garlic in a small saucepan. In a separate bowl, whisk together cornstarch and water until smooth. Add the cornstarch mixture to the saucepan and bring to a simmer over medium heat, stirring constantly, until the glaze thickens.

Glaze the wings: reduce the griddle heat to low (about 250-300°F or 120-150°C). Pour the honey garlic glaze over the chicken wings and toss to coat. Cook for an additional 2-3 min, or until the glaze is sticky and caramelized.

Spicy Pineapple-Mango Habanero Wings

INGREDIENTS

2 lbs chicken wings (900 g)
 1 tbsp olive oil (15 ml)
 1/2 tsp salt (2.5 g)
 1/4 tsp black pepper (1.25 g)
For the pineapple-mango habanero glaze:
 1 cup chopped pineapple (165 g)
 1 cup chopped mango (160 g)
 1/4 cup honey (85 g)
 2 tbsp rice vinegar (30 ml)
 1 habanero pepper, finely minced (wear gloves when handling!)
 1 tbsp cornstarch (8 g)
 2 tbsp water (30 ml)

Notes: it can be served with a side of ranch or blue cheese dressing for dipping and cooling, and celery sticks for a refreshing crunch.

Nutrition facts: 550 calories, 30g protein, 70g carbohydrates, 25g fat, 2g fiber, 100mg cholesterol, 800mg sodium, 400mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

25-30 min



DIRECTIONS

Prepare the chicken: pat the chicken wings dry with paper towels. Toss them with olive oil, salt, and pepper.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Place the chicken wings on the hot griddle. Cook for 10-12 min, turning occasionally, until golden brown and crispy.

Make the glaze: while the wings are cooking, combine pineapple, mango, honey, rice vinegar, and habanero pepper in a blender or food processor. Blend until smooth. Pour the mixture into a small saucepan. In a separate bowl, whisk together cornstarch and water until smooth. Add the cornstarch mixture to the saucepan.

Bring the saucepan to a simmer over medium heat, stirring constantly, until the glaze thickens.

Glaze the wings: reduce the griddle heat to low (about 250-300°F or 120-150°C). Pour the pineapple-mango habanero glaze over the chicken wings and toss to coat. Cook for an additional 2-3 min, or until the glaze is sticky and caramelized.

CHAPTER 4

Sausages



Sausages

Andouille Sausage with Peppers and Onions

INGREDIENTS

1 lb andouille sausage, sliced (450 g)
1 tbsp olive oil (15 ml)
1 large onion, sliced (200 g)
2 bell peppers (any color), sliced (300 g)
1 tsp garlic powder (5 g)
1/2 tsp dried oregano (2.5 g)
1/4 tsp salt (1.25 g)
1/4 tsp black pepper (1.25 g)

Notes: it can be served on hoagie rolls with mustard and a side of potato salad or coleslaw.

Nutrition facts: 350 calories, 20g protein, 15g carbohydrates, 25g fat, 3g fiber, 60mg cholesterol, 800mg sodium, 300mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

15-20 min



DIRECTIONS

Prepare ingredients: slice the Andouille sausage, onion, and bell peppers.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook sausage: add the sliced Andouille sausage to the hot griddle. Cook, turning occasionally, until browned on all sides.

Add vegetables and seasonings: push the sausage to one side of the griddle. Add the onion and bell peppers to the other side. Sprinkle the vegetables with garlic powder, oregano, salt, and pepper.

Cook until tender: cook the vegetables, stirring occasionally, until they are tender-crisp, about 8- 10 min.

Combine and serve: toss the sausage with the peppers and onions and serve immediately.

Sausages

Bratwurst with Sauerkraut and Mustard

INGREDIENTS

1 lb bratwurst (450 g)
1 tbsp olive oil (15 ml)
1 (14.5 oz) can sauerkraut,
drained (410 g)
1 medium onion, sliced (150 g)
1 tbsp brown sugar (12 g)
1/2 cup beef or chicken broth
(120 ml)
4 hot dog buns or rolls

For serving:

Mustard (spicy brown or Dijon)

Notes: it can be served with a side of potato salad, German potato salad, or pretzels.

Nutrition facts: 450 calories, 25g protein, 40g carbohydrates, 25g fat, 5g fiber, 70mg cholesterol, 1000mg sodium, 400mg potassium.

Servings:

4

Prep time:

10 min

Cook time:

15-20 min



DIRECTIONS

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook bratwurst: add the bratwurst to the hot griddle. Cook, turning occasionally, until browned on all sides and cooked through about 10-12 min.

Sauté onions: push the bratwurst to one side of the griddle. Add the olive oil and sliced onions to the other side. Cook, stirring occasionally, until softened, about 5 min.

Combine and simmer: add the sauerkraut, brown sugar, and beef or chicken broth to the onions. Stir to combine. Reduce the heat to low and simmer for 5-10 min, or until the sauerkraut is heated through and the flavors have melded.

Assemble and serve: place the bratwurst in the buns or rolls. Top with the sauerkraut mixture and mustard.

Sausages

Chorizo with Potatoes and Eggs

INGREDIENTS

1 lb chorizo sausage, casings removed (450 g)
1 lb potatoes, diced (450 g)
1 tbsp olive oil (15 ml)
1/2 onion, chopped (100 g)
1 green bell pepper, chopped (150 g)
1 tsp garlic powder (5 g)
1/2 tsp paprika (2.5 g)
1/4 tsp salt (1.25 g)
1/4 tsp black pepper (1.25 g)
6 large eggs

Notes: it can be served with warm tortillas, salsa, and a dollop of sour cream or guacamole.

Nutrition facts: 450 calories, 25g protein, 30g carbohydrates, 30g fat, 4g fiber, 200mg cholesterol, 700mg sodium, 500mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

20-25 min



DIRECTIONS

Prepare ingredients: dice the potatoes, chop the onion and bell pepper, and remove the casings from the chorizo sausage.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook potatoes: add the potatoes and olive oil to the hot griddle. Cook, stirring occasionally, until golden brown and tender, about 10-12 min.

Cook chorizo and vegetables: push the potatoes to one side of the griddle. Add the chorizo, onion, and bell pepper to the other side. Cook, breaking up the chorizo with a spoon until the chorizo is browned and the vegetables are softened about 5-7 min.

Season and combine: sprinkle the chorizo mixture with garlic powder, paprika, salt, and pepper. Stir to combine with the potatoes.

Cook eggs: make 6 wells in the potato and chorizo mixture. Crack an egg into each well.

Reduce the heat to medium-low and cook until the eggs are set to your liking.

Sausages

Merguez Sausage with Couscous

INGREDIENTS

1 lb merguez sausage (450 g)
1 tbsp olive oil (15 ml)
1 onion, chopped (150 g)
1 red bell pepper, chopped (150 g)
1 zucchini, chopped (200 g)
1 (10 oz) package couscous (280 g)
1 3/4 cups chicken broth (420 ml)
1/4 cup chopped fresh cilantro (15 g)
1/4 tsp salt (1.25 g)
1/4 tsp black pepper (1.25 g)

Notes: it can be served with a dollop of harissa paste or a side of yogurt sauce.

Nutrition facts: 500 calories, 30g protein, 60g carbohydrates, 25g fat, 5g fiber, 80mg cholesterol, 900mg sodium, 500mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

20 min



DIRECTIONS

Prepare ingredients: chop the onion, bell pepper, and zucchini.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook sausage: add the merguez sausage to the hot griddle. Cook, turning occasionally, until browned on all sides and cooked through about 8-10 min.

Sauté vegetables: push the sausage to one side of the griddle. Add the olive oil, onion, bell pepper, and zucchini to the other side. Cook, stirring occasionally, until the vegetables are tender-crisp, about 5-7 min.

Prepare couscous: bring the chicken broth to a boil in a saucepan while the vegetables are cooking. Stir in couscous, cover, and remove from heat. Let stand for 5 min, or until the liquid is absorbed. Fluff with a fork.

Combine and serve: stir the cooked vegetables and cilantro into the couscous. Season with salt and pepper. Serve the couscous with the merguez sausage.

Sausages

Grilled Kielbasa with Sauerkraut

INGREDIENTS

1 lb kielbasa sausage (450 g)
1 tbsp olive oil (15 ml)
1 (14.5 oz) can sauerkraut,
drained (410 g)
1 medium onion, sliced (150 g)
1 apple, cored and sliced (180 g)
1 tbsp brown sugar (12 g)
1/2 cup beer or apple juice
(120 ml)
1/2 tsp caraway seeds (2 g)

Notes: it can be served with
mashed potatoes, roasted
vegetables, or a side of mustard.

Nutrition facts: 400 calories, 20g
protein, 40g carbohydrates, 20g fat,
5g fiber, 60mg cholesterol, 900mg
sodium, 400mg potassium.

Servings:

4

Prep time:

10 min

Cook time:

15-20 min



DIRECTIONS

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook kielbasa: add the kielbasa to the hot griddle. Cook, turning occasionally, until browned on all sides and cooked through about 10-12 min.

Sauté onions and apples: push the kielbasa to one side of the griddle. Add the olive oil, sliced onions, and sliced apples to the other side. Cook, stirring occasionally, until softened, about 5 min.

Combine and simmer: add the sauerkraut, brown sugar, beer or apple juice, and caraway seeds to the onions and apples. Stir to combine. Reduce the heat to low and simmer for 5-10 min, or until the sauerkraut is heated through and the flavors have melded.

Serve the kielbasa with the sauerkraut mixture.

Sausages

Chipotle Chicken Sausage with Black Beans and Rice

INGREDIENTS

1 lb chipotle chicken sausage, sliced (450 g)
1 tbsp olive oil (15 ml)
1 onion, chopped (150 g)
2 cloves garlic, minced (5 g)
1 (15 oz) can black beans, rinsed and drained (425 g)
1 (14.5 oz) can of diced tomatoes, undrained (410 g)
1 cup chicken broth (240 ml)
1 cup long-grain rice (190 g)
1/2 tsp cumin (2.5 g)
1/4 tsp salt (1.25 g)
1/4 tsp black pepper (1.25 g)
1/4 cup chopped fresh cilantro (15 g)

Notes: it can be served with a dollop of sour cream or guacamole and a sprinkle of shredded cheese.

Nutrition facts: 450 calories, 30g protein, 60g carbohydrates, 15g fat, 10g fiber, 50mg cholesterol, 800mg sodium, 600mg potassium.

Servings:

4

Prep time:

10 min

Cook time:

20 min



DIRECTIONS

Prepare ingredients: chop the onion and mince the garlic. Slice the chipotle chicken sausage.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook sausage: add the sausage to the hot griddle. Cook, turning occasionally, until browned on all sides, about 6-8 min.

Sauté vegetables: push the sausage to one side of the griddle. Add the olive oil, onion, and garlic to the other side. Cook, stirring occasionally, until softened, about 5 min.

Combine and simmer: add the black beans, diced tomatoes, chicken broth, rice, cumin, salt, and pepper to the onion and garlic. Stir to combine. Bring to a boil, then reduce heat to low, cover, and simmer for 15 min or until the liquid is absorbed and the rice is tender.

Stir in cilantro and serve the black bean and rice mixture with the chipotle chicken sausage.

Sausages

Spicy Italian Sausage with Grilled Bread

INGREDIENTS

1 lb hot Italian sausage (450 g)
4 crusty rolls or hoagie buns,
split
1 tbsp olive oil (15 ml)

Suggested toppings:

Marinara sauce
Mozzarella cheese, shredded
Sautéed onions and peppers

Notes: it can be served with a side of potato salad, pasta salad, or chips.

Nutrition facts: 400 calories, 25g protein, 30g carbohydrates, 20g fat, 3g fiber, 70mg cholesterol, 900mg sodium, 300mg potassium.

Servings:

4

Prep time:

5 min

Cook time:

15 min



DIRECTIONS

Preheat the griddle: turn on your gas griddle and set the heat to medium-high. Aim for a temperature of around 400-450°F (200-230°C). It's important to let the griddle heat up thoroughly before you start cooking. This will ensure that the sausages cook evenly and get a nice sear.

Cook the sausage: place the sausages on the hot griddle. Be sure to leave some space between them so they cook evenly. Cook them for 10-12 min, occasionally turning them with tongs or a spatula. You want them to be nicely browned on all sides and cooked through. To check for doneness, you can use a meat thermometer to ensure the internal temperature reaches 160°F (71°C).

Grill the bread: while the sausages are cooking, prepare the bread. Brush the cut sides of the rolls or buns with olive oil. This will add flavor and help them get crispy on the griddle.

Place the rolls or buns cut side down on the griddle. Grill them for about 2 min or until they are lightly toasted and have nice grill marks.

Place the sausages in the grilled rolls or buns. Add your favorite toppings.

Sausages

Apple and Sage Sausage

INGREDIENTS

1 lb pork sausage (450 g)
1 tbsp olive oil (15 ml)
1 large apple, cored and diced (200 g)
1/4 cup chopped fresh sage (15 g)
1 small onion, chopped (100 g)
1/2 tsp garlic powder (2.5 g)
1/4 tsp salt (1.25 g)
1/4 tsp black pepper (1.25 g)

Notes: it can be served with mashed potatoes, roasted vegetables, or alongside pancakes for a savory breakfast option.

Nutrition facts: 350 calories, 20g protein, 20g carbohydrates, 20g fat, 3g fiber, 60mg cholesterol, 600mg sodium, 300mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

15-20 min



DIRECTIONS

Prepare ingredients: core and dice the apple. Chop the fresh sage and onion.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Brown sausage: add the sausage to the hot griddle. Cook, breaking it up with a spoon, until browned and cooked through, about 8-10 min.

Sauté vegetables: push the sausage to one side of the griddle. Add the olive oil, diced apple, and chopped onion to the other side. Cook, stirring occasionally, until softened, about 5-7 min.

Combine and season: add the sage, garlic powder, salt, and pepper to the apple and onion mixture. Stir to combine with the sausage.

Serve the sausage, apple, and onion mixture immediately.

Sausages

Sausage and Peppers with Pasta

INGREDIENTS

1 lb Italian sausage (sweet or hot), casings removed (450 g)
1 tbsp olive oil (15 ml)
1 onion, sliced (200 g)
2 bell peppers (any color), sliced (300 g)
2 cloves garlic, minced (5 g)
1 (28 oz) can of crushed tomatoes (795 g)
1/2 cup chopped fresh basil (15 g)
1/4 tsp salt (1.25 g)
1/4 tsp black pepper (1.25 g)
1 lb pasta (penne, rotini, or your favorite shape) (450 g)

Notes: it can be served with grated Parmesan cheese and a side of garlic bread.

Nutrition facts: 600 calories, 30g protein, 80g carbohydrates, 25g fat, 8g fiber, 60mg cholesterol, 900mg sodium, 600mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

20 min



DIRECTIONS

Cook pasta according to package directions. Drain and set aside.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook sausage: add the sausage to the hot griddle. Cook, breaking it up with a spoon, until browned and cooked through, about 8-10 min.

Sauté vegetables: push the sausage to one side of the griddle. Add the olive oil, onion, and bell peppers to the other side. Cook, stirring occasionally, until softened, about 5-7 min.

Make sauce: add the minced garlic to the vegetables and cook for another minute, stirring constantly, until fragrant. Be careful not to burn the garlic. Pour the crushed tomatoes over the vegetables. Add the chopped basil, salt, and pepper. Stir everything together and bring the sauce to a simmer. Let it simmer for about 5 min to allow the flavors to meld. If the sauce seems too thick, add some reserved pasta water to thin it out.

Add the cooked pasta to the sausage and pepper mixture. Toss to coat. Serve immediately.

CHAPTER 5

Sandwiches & Burgers



Sandwiches & Burgers

Carne Asada Sandwich

INGREDIENTS

1.5 lbs skirt steak (680 g)
1/4 cup olive oil (60 ml)
1/4 cup soy sauce (60 ml)
2 tbsp lime juice (30 ml)
2 cloves garlic, minced (5 g)
1 tsp cumin (5 g)
1/2 tsp chili powder (2.5 g)
1/4 tsp black pepper (1.25 g)
1 large onion, sliced (200 g)
1 bell pepper (any color), sliced (150 g)
1 ripe avocado, sliced
1/2 cup salsa (120 g)
4 crusty rolls or bolillo rolls, split

Notes: it can be served with a side of rice, beans, or a simple salad.

HEAT SETTINGS

Rare: 125-130°F (52-54°C)

Medium-rare: 130-135°F (54-57°C)

Medium: 135-140°F (57-60°C)

Nutrition facts: 600 calories, 40g protein, 50g carbohydrates, 30g fat, 8g fiber, 80mg cholesterol, 1000mg sodium, 500mg potassium.

Servings:

4

Prep time:

20 min +
marinating time

Cook time:

15 min



DIRECTIONS

Marinate the steak: in a shallow dish, combine olive oil, soy sauce, lime juice, garlic, cumin, chili powder, and black pepper. Add the skirt steak and turn to coat. Marinate in the refrigerator for at least 2 hours or up to overnight.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook the steak: remove the steak from the marinade and discard the marinade. Place the steak on the hot griddle and cook for 3-4 min per side or until cooked to your desired doneness. Let the steak rest briefly before slicing thinly against the grain.

Grill the vegetables: add the sliced onion and bell pepper to the griddle. Cook, stirring occasionally, until softened and slightly charred, about 5-7 min.

Assemble the sandwiches: place the sliced steak on the bottom halves of the rolls. Top with grilled onions and peppers, avocado slices, and salsa. Cover with the top halves of the rolls.

Sandwiches & Burgers

Korean BBQ Short Rib Sandwich

INGREDIENTS

2 lbs bone-in beef short ribs (900 g)
1/2 cup soy sauce (120 ml)
1/4 cup brown sugar (50 g)
2 tbsp mirin (rice wine) (30 ml)
2 tbsp sesame oil (30 ml)
2 cloves garlic, minced (5 g)
1 tbsp grated ginger (15 g)
1 tsp black pepper (5 g)
1/2 cup kimchi, roughly chopped
1/4 cup mayonnaise (60 ml)
1 tbsp Gochujang (Korean chili paste) (15 g)
4 hoagie rolls, split

Notes: it can be served with a side of quick-pickled cucumbers, a simple slaw, or your favorite potato chips.

Nutrition facts: 700 calories, 40g protein, 60g carbohydrates, 40g fat, 3g fiber, 100mg cholesterol, 1200mg sodium, 600mg potassium.

Servings:

4

Prep time:

20 min +
marinating time

Cook time:

15 min



DIRECTIONS

Marinate the short ribs: in a shallow dish, combine soy sauce, brown sugar, mirin, sesame oil, garlic, ginger, and black pepper. Add the short ribs and turn to coat. Marinate in the refrigerator for at least 4 hours, or preferably overnight.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook the short ribs: remove the short ribs from the marinade and discard the marinade. Place the short ribs on the hot griddle and cook for 4-5 min per side or until browned and cooked through.

Make the spicy mayo: while the short ribs are cooking, combine mayonnaise and Gochujang in a small bowl.

Assemble the sandwiches: spread spicy mayo on both sides of the split hoagie rolls. Place the cooked short ribs on the bottom halves of the rolls. Top with kimchi. Cover with the top halves of the rolls.

Sandwiches & Burgers

French Dip Sandwich

INGREDIENTS

1.5 lbs thinly sliced deli roast beef (680 g)

4 crusty rolls or hoagie buns, split

4 slices provolone cheese

1 tbsp olive oil (15 ml)

1 onion, thinly sliced (200 g)

For the au jus:

2 cups beef broth (480 ml)

1 tbsp Worcestershire sauce (15 ml)

1 tsp Dijon mustard (5 g)

1/2 tsp garlic powder (2.5 g)

1/4 tsp black pepper (1.25 g)

Notes: it can be served with a side of French fries, onion rings, or a simple salad.

Nutrition facts: 500 calories, 35g protein, 40g carbohydrates, 25g fat, 3g fiber, 80mg cholesterol, 1200mg sodium, 400mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

20 min



DIRECTIONS

Prepare the au jus: in a saucepan, combine beef broth, Worcestershire sauce, Dijon mustard, garlic powder, and black pepper. Bring to a simmer over medium heat.

Preheat your griddle to medium-high heat (about 400-450°F or 200-230°C).

Sauté onions: add the olive oil and sliced onions to the hot griddle. Cook, stirring occasionally, until softened and lightly caramelized, about 5-7 min.

Warm the roast beef: push the onions to one side of the griddle. Add the roast beef slices to the other side. Cook, turning once, until heated through, about 2 min per side.

Assemble the sandwiches: place the warmed roast beef on the bottom halves of the rolls. Top with the caramelized onions and a slice of provolone cheese. Cover with the top halves of the rolls.

Melt the cheese: reduce the griddle heat to low (about 250-300°F or 120-150°C). Place the assembled sandwiches on the griddle and cook until the cheese is melted, about 2-3 min.

Serve the sandwiches immediately with the warm au jus for dipping.

Sandwiches & Burgers

Turkey Club Sandwich

INGREDIENTS

1/2 lb sliced turkey breast (225 g)
8 slices bacon
1/4 head iceberg lettuce, shredded (100 g)
1 medium tomato, sliced (150 g)
2 tbsp mayonnaise (30 g)
6 slices of bread (your choice)

Notes: it can be served with a side of potato chips, French fries, or a pickle spear.

Nutrition facts: 550 calories, 35g protein, 50g carbohydrates, 30g fat, 4g fiber, 70mg cholesterol, 1200mg sodium, 400mg potassium.

Servings:

2

Prep time:

10 min

Cook time:

10-12 min



DIRECTIONS

Preheat your gas griddle to medium heat (about 350-400°F or 175-200°C).

Cook the bacon: place the bacon slices on the hot griddle. Cook, turning occasionally, until crispy, about 6-8 min. Remove the bacon from the griddle and set aside.

Toast bread: place the bread slices on the griddle and toast until lightly golden brown, about 2 min per side.

Assemble the sandwich: spread mayonnaise on one side of each slice of toast. Layer turkey, bacon, lettuce, and tomato on three slices of toast. Top with the remaining slices of toast to form sandwiches.

Grill the sandwich: if desired, place the assembled sandwiches back on the griddle and cook for 1-2 min per side to warm the turkey and melt the cheese.

Sandwiches & Burgers

Cuban Sandwich

INGREDIENTS

1/2 lb sliced ham (225 g)
1/2 lb sliced roast pork (225 g)
4 slices Swiss cheese
1/4 cup dill pickle slices (35 g)
2 tbsp yellow mustard (30 g)
1 loaf of Cuban bread (about 12 inches long), split

Notes: it can be served with a side of potato chips, plantain chips, or a simple green salad.

Nutrition facts: 600 calories, 40g protein, 50g carbohydrates, 30g fat, 3g fiber, 80mg cholesterol, 1500mg sodium, 400mg potassium.

Servings:

2

Prep time:

10 min

Cook time:

10 min



DIRECTIONS

Preheat your gas griddle to medium heat. Aim for a temperature of about 350-400°F (175-200°C). This will ensure that the bread toasts nicely without burning and the cheese melts properly.

Assemble the sandwich: slice the Cuban bread loaf in half lengthwise. Spread a thin layer of softened butter on the cut sides of the bread. This will help create a golden-brown crust and add flavor. Spread yellow mustard evenly on both sides of the bread. Layer the sliced ham, roast pork, and Swiss cheese on the bottom half of the bread. Arrange the dill pickle slices on top of the cheese. Place the top half of the bread over the filling to complete the sandwich.

Grill the sandwich: carefully place the assembled sandwich on the hot griddle. Cook the sandwich for 3-4 min per side. Use a spatula to press down gently on the sandwich while it's cooking. This will help it cook evenly and create a crispier sandwich. The sandwich is ready when the bread is golden brown and toasted, and the cheese is melted and gooey.

Serve the Cuban sandwich immediately while it's still warm, and the cheese is melted.

Sandwiches & Burgers

Portobello Mushroom Sandwich

INGREDIENTS

4 large portobello mushrooms, stems removed
2 tbsp olive oil (30 ml)
1 tsp garlic powder (5 g)
1/2 tsp smoked paprika (2.5 g)
1/4 tsp salt (1.25 g)
1/4 tsp black pepper (1.25 g)
4 slices mozzarella cheese (or 1 cup/100 g shredded mozzarella)
4 tbsp pesto sauce (60 g)
1 cup roasted red peppers, sliced (240 g)
4 sandwich rolls or ciabatta buns
1 tbsp butter (15 g)
Optional: arugula or spinach for topping

Notes: it can be served with a side of sweet potato fries, a simple green salad, or a light vinaigrette dressing.

Nutrition facts: 360 calories, 12 g protein, 36 g carbohydrates, 18 g fat, 4 g fiber, 15 mg cholesterol, 520 mg sodium, 490 mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

10 min



DIRECTIONS

Prepare the mushrooms: wipe the mushrooms clean with a damp cloth and remove the stems. Brush each mushroom with olive oil on both sides. Season with garlic powder, smoked paprika, salt, and black pepper.

Set the gas griddle to medium heat and allow it to preheat for 5 min.

Cook the mushrooms: place the seasoned mushrooms on the griddle, gill side down. Cook for 3-4 min until they begin to soften. Flip the mushrooms and cook for another 3-4 min until tender and slightly caramelized. Place a slice of mozzarella on top of each mushroom during the last minute of cooking. Cover with a dome lid or aluminum foil to allow the cheese to melt.

Toast the rolls: spread butter on the cut sides of the sandwich rolls. Place them cut-side down on the griddle and toast for 1-2 min until golden and crisp.

Assemble the sandwiches: spread 1 tbsp of pesto on the bottom half of each toasted roll. Place the grilled portobello mushroom (cheese side up) on the roll. Top with roasted red peppers and arugula or spinach, if desired. Cover with the top half of the roll.

Sandwiches & Burgers

Grilled Veggie Sandwich

INGREDIENTS

1 medium zucchini, sliced lengthwise into 1/4-inch (0.6 cm) strips
1 medium eggplant, sliced into 1/4-inch (0.6 cm) rounds
1 red bell pepper, sliced into 1-inch (2.5 cm) wide strips
1 yellow bell pepper, sliced into 1-inch (2.5 cm) wide strips
3 tbsp olive oil (45 ml)
1 tsp garlic powder (5 g)
1/2 tsp dried oregano (2.5 g)
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)
4 sandwich rolls or ciabatta buns
1/4 cup hummus (60 g)
1/4 cup crumbled feta cheese (40 g) (optional)
1 cup fresh spinach leaves (30 g)

Notes: it can be served with a side of mixed greens, a refreshing cucumber salad, or a light vinaigrette.

Nutrition facts: 320 calories, 8 g protein, 42 g carbohydrates, 14 g fat, 6 g fiber, 5 mg cholesterol, 450 mg sodium, 500 mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

10 min



DIRECTIONS

Prepare the vegetables: slice the zucchini, eggplant, and bell peppers to ensure even cooking. Toss the vegetables with olive oil, garlic powder, oregano, salt, and black pepper in a large bowl until evenly coated.

Set your gas griddle to medium-high heat and allow it to preheat for 5 min.

Grill the vegetables: place the seasoned vegetables on the griddle. Cook the zucchini and eggplant for 3-4 min per side until tender and slightly charred. Cook the bell peppers for 4-5 min, turning occasionally, until softened and slightly blistered.

Toast the rolls: butter the cut sides of the sandwich rolls. Place the rolls cut-side down on the griddle for 1-2 minutes or until golden and toasted.

Assemble the sandwiches: spread 1 tbsp of hummus on the bottom half of each toasted roll. Layer the grilled vegetables evenly on top. Add fresh spinach leaves and sprinkle crumbled feta cheese, if desired. Cover with the top half of the roll.

Sandwiches & Burgers

Blackstone Bourbon Burger

INGREDIENTS

1.5 lbs ground beef (80/20 blend) (680 g)
1 tsp salt (5 g)
1/2 tsp black pepper (2.5 g)
1 tbsp olive oil (15 ml)
1 large onion, thinly sliced (200 g)
8 slices bacon
4 slices cheddar cheese
4 hamburger buns
For the bourbon sauce:
1/4 cup bourbon (60 ml)
1/4 cup ketchup (60 g)
2 tbsp Worcestershire sauce (30 ml)
1 tbsp brown sugar (12 g)
1 tsp Dijon mustard (5 g)

Notes: it can be served with a side of potato salad, coleslaw, or grilled corn on the cob.

Nutrition facts: 700 calories, 40g protein, 50g carbohydrates, 40g fat, 3g fiber, 100mg cholesterol, 1200mg sodium, 500mg potassium.

Servings:

4

Prep time:

20 min

Cook time:

15-20 min



DIRECTIONS

Prepare the Bourbon sauce: in a small bowl, whisk together bourbon, ketchup, Worcestershire sauce, brown sugar, and Dijon mustard. Set aside.

Prepare the patties: divide the ground beef into four portions and shape into patties. Season with salt and pepper.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook the bacon: add the bacon to the hot griddle. Cook bacon on the griddle until crispy. Set aside.

Cook the burgers: add the patties to the griddle. Cook for 4-5 min per side for medium-rare, or until cooked to your desired doneness.

Cook sliced onions in olive oil on the griddle, stirring occasionally, until softened and caramelized.

Glaze the burgers: brush the bourbon sauce over the cooked burgers. Top each burger with a slice of cheddar cheese.

Toast the buns: place the hamburger buns cut-side down on the griddle and toast until lightly golden brown.

Assemble and serve: place the burgers on the toasted buns. Top with caramelized onions and crispy bacon.

Sandwiches & Burgers

Pork and Apple Burger with Brie

INGREDIENTS

1 lb ground pork (450 g)
1 small apple, peeled and finely diced (100 g)
1 tbsp chopped fresh sage (15 g)
1/4 cup breadcrumbs (30 g)
1 egg, lightly beaten
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)
4 slices of brie cheese
4 hamburger buns
1 tbsp olive oil (15 ml)
For the apple chutney:
1 tbsp olive oil (15 ml)
1 small apple, peeled and diced (100 g)
1/4 cup chopped red onion (40 g)
2 tbsp brown sugar (25 g)
1 tbsp apple cider vinegar (15 ml)
1/4 tsp ground cinnamon (1 g)

Notes: it can be served with a side of potato wedges, sweet potato fries, or a simple green salad.

Nutrition facts: 600 calories, 35g protein, 60g carbohydrates, 30g fat, 5g fiber, 100mg cholesterol, 900mg sodium, 400mg potassium.

Servings:

2

Prep time:

20 min

Cook time:

15 min



DIRECTIONS

Make the apple chutney: in a small saucepan, heat olive oil over medium heat. Add the diced apple and red onion. Cook, stirring occasionally, until softened, about 5 min. Stir in brown sugar, apple cider vinegar, and cinnamon. Bring to a simmer and cook until thickened, about 5 min more. Set aside.

Prepare the patties: in a large bowl, combine ground pork, diced apple, sage, breadcrumbs, egg, salt, and pepper. Gently mix until just combined. Form the mixture into four patties.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook the burgers: add the patties to the hot griddle. Cook for 4-5 min per side or until cooked through. Top each patty with a slice of brie cheese during the last minute of cooking.

Toast the buns: brush the cut sides of the buns with olive oil. Place them cut-side down on the griddle and toast until lightly golden brown.

Assemble and serve: place the burgers on the toasted buns. Top with apple chutney.

Sandwiches & Burgers

Spicy Lamb Burger with Feta and Mint

INGREDIENTS

1 lb ground lamb (450 g)
1 small onion, finely grated (100 g)
2 cloves garlic, minced (5 g)
1 tbsp chopped fresh mint (15 g)
1 tbsp chopped fresh oregano (15 g)
1 tsp ground cumin (5 g)
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)
4 hamburger buns
4 tbsp crumbled feta cheese (60 g)

For the cucumber-yogurt sauce:

1/2 cup plain yogurt (120 ml)
1/2 cucumber, peeled, seeded, and diced (100 g)
1 tbsp lemon juice (15 ml)
1 tbsp chopped fresh mint (15 g)
1/4 tsp salt (1.25 g)

Notes: it can be served with a side of grilled vegetables, a simple salad, or potato wedges.

Nutrition facts: 550 calories, 35g protein, 40g carbohydrates, 30g fat, 3g fiber, 80mg cholesterol, 800mg sodium, 500mg potassium.

Servings:

4

Prep time:

20 min

Cook time:

15 min



DIRECTIONS

Make the cucumber-yogurt sauce: in a small bowl, combine yogurt, cucumber, lemon juice, mint, and salt. Stir well and set aside.

Prepare the patties: in a large bowl, combine ground lamb, grated onion, garlic, mint, oregano, cumin, salt, and pepper. Gently mix until just combined. Form the mixture into four patties.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook the burgers: add the patties to the hot griddle. Cook for 4-5 min per side for medium-rare, or until cooked to your desired doneness.

Toast the buns: while the burgers are cooking, place the hamburger buns cut-side down on the griddle and toast until lightly golden brown.

Assemble and serve: place the burgers on the toasted buns. Top with crumbled feta cheese and cucumber-yogurt sauce.

Sandwiches & Burgers

Blackstone Blue Cheese Burger with Bacon Jam

INGREDIENTS

1.5 lbs ground beef (80/20 blend) (680 g)
1 tsp salt (5 g)
1/2 tsp black pepper (2.5 g)
4 oz blue cheese crumbles (115 g)
4 hamburger buns
1 tbsp olive oil (15 ml)
1 cup arugula (20 g)
For the bacon jam:
1 lb bacon, chopped (450 g)
1 medium onion, chopped (150 g)
2 cloves garlic, minced (5 g)
1/2 cup brown sugar (100 g)
1/4 cup apple cider vinegar (60 ml)
1/4 cup bourbon (60 ml)

Notes: it can be served with a side of French fries, onion rings, or a simple green salad.

Nutrition facts: 750 calories, 45g protein, 50g carbohydrates, 50g fat, 3g fiber, 110mg cholesterol, 1300mg sodium, 600mg potassium.

Servings:

4

Prep time:

30 min

Cook time:

20 min



DIRECTIONS

Make the bacon jam: in a large skillet or on the griddle over medium heat, cook the bacon until crispy. Remove the bacon from the pan and set aside, leaving the bacon grease in the pan. Add the chopped onion to the pan and cook until softened for about 5 min. Add the garlic and cook for 1 min more. Stir in the brown sugar, apple cider vinegar, and bourbon. Bring to a simmer and cook until thickened about 10 min. Crumble the cooked bacon and stir it into the jam.

Prepare the patties: divide the ground beef into four equal portions. Shape each portion into a patty about 3/4-inch thick. Season the patties with salt and pepper.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Cook the burgers: add the patties to the griddle. Cook for 4-5 min per side for medium-rare, or until cooked to your desired doneness.

Toast the buns: place the hamburger buns cut-side down on the griddle and toast until lightly golden brown.

Assemble and serve: place the burgers on the toasted buns. Top with blue cheese crumbles, bacon jam, and arugula.

Sandwiches & Burgers

Ultimate Griddled Cheeseburger

INGREDIENTS

1.5 lbs ground beef (80/20 blend) (680 g)
1 tsp salt (5 g)
1/2 tsp black pepper (2.5 g)
4 slices cheddar cheese
4 hamburger buns
4 lettuce leaves
1 tomato, sliced
1/2 red onion, thinly sliced (100 g)
Dill pickle slices

Notes: it can be served with a side of French fries, onion rings, or potato wedges.

Nutrition facts: 600 calories, 35g protein, 50g carbohydrates, 30g fat, 3g fiber, 80mg cholesterol, 1000mg sodium, 500mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

15 min



DIRECTIONS

Form patties: divide the ground beef into four equal portions. Shape each portion into a patty about 3/4-inch thick. Season the patties with salt and pepper.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Toast buns: place the hamburger buns cut-side down on the griddle and toast until lightly golden brown, about 1-2 min.

Cook burgers: add the patties to the griddle. Cook for 4-5 min per side for medium-rare, or until cooked to your desired doneness. Top each burger with a slice of cheddar cheese during the last minute of cooking.

Assemble and serve: place the burgers on the toasted buns. Top with lettuce, tomato, onion, and dill pickle slices.

Sandwiches & Burgers

Classic Salmon Burger

INGREDIENTS

1 lb (450 g) fresh salmon, skinless and finely chopped
1/4 cup (30 g) breadcrumbs
2 tbsp (30 ml) mayonnaise
1 tbsp (15 ml) Dijon mustard
1 tbsp (15 g) chopped fresh dill
1 tsp (5 g) garlic powder
1/4 tsp (1.25 g) salt
1/4 tsp (1.25 g) black pepper
4 burger buns
4 lettuce leaves
4 slices of tomato
Optional toppings: tartar sauce, sliced avocado

Notes: it can be served with sweet potato fries, a side of coleslaw, or a light cucumber and dill salad.

Nutrition facts: 340 calories, 23 g protein, 28 g carbohydrates, 15 g fat, 2 g fiber, 40 mg cholesterol, 420 mg sodium, 450 mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

10 min



DIRECTIONS

Prepare the salmon patties: in a large bowl, combine the chopped salmon, breadcrumbs, mayonnaise, Dijon mustard, dill, garlic powder, salt, and black pepper. Mix until the ingredients are combined, but avoid overmixing to maintain the patty texture. Divide the mixture into four equal portions and shape each into a patty. Place on a plate and refrigerate for 10 min to firm up.

Set your gas griddle to medium heat and allow it to preheat for 5 min. Lightly oil the surface with a high-heat cooking oil.

Cook the patties: place the chilled patties on the griddle. Cook for 4-5 min per side or until the patties are golden brown and the salmon is cooked through.

Toast the buns: butter the cut sides of the burger buns. Place the buns cut-side down on the griddle and toast for 1-2 min until golden.

Assemble the burgers: spread tartar sauce on the bottom half of each toasted bun. Add a lettuce leaf, a slice of tomato, and a salmon patty. Top with optional avocado slices if desired. Cover with the top half of the bun.

CHAPTER 6

Fish & Seafood



Blackstone Grilled Miso Glazed Salmon

INGREDIENTS

4 salmon fillets (about 6 oz each, 170 g)
1/4 cup white miso paste (60 g)
2 tbsp mirin (rice wine) (30 ml)
2 tbsp sake (Japanese rice wine) (30 ml)
1 tbsp soy sauce (15 ml)
1 tbsp brown sugar (12 g)
1 tsp grated ginger (5 g)

Notes: it can be served with steamed rice, grilled vegetables, or a fresh salad.

Nutrition facts: 300 calories, 30g protein, 15g carbohydrates, 15g fat, 1g fiber, 70mg cholesterol, 600mg sodium, 400mg potassium.

Servings:

4

Prep time:

15 min +
marinating time

Cook time:

10-15 min



DIRECTIONS

Prepare the marinade: in a small bowl, whisk together the miso paste, mirin, sake, soy sauce, brown sugar, and grated ginger until smooth and well-combined.

Marinate the salmon: place the salmon fillets in a shallow dish or resealable plastic bag. Pour the marinade over the salmon, ensuring it coats each fillet evenly. Seal the bag or cover the dish with plastic wrap and refrigerate for at least 30 min, or up to 2 hours.

Preheat your griddle to medium heat (about 350-400°F or 175-200°C). A medium heat is ideal for grilling salmon, as it allows for a gentle sear without burning the fish.

Grill the salmon: remove the salmon fillets from the marinade and discard the excess marinade. Place the salmon fillets, skin-side down, on the preheated griddle. Grill the salmon for 4-5 min per side, or until the fish is cooked through and flakes easily with a fork. The internal temperature should reach 145°F (63°C).

Remove the salmon from the griddle and serve immediately.

Fish & Seafood

Seared Scallops with Brown Butter Sauce

INGREDIENTS

1 lb sea scallops (450 g), patted dry

1 tbsp olive oil (15 ml)

1/4 tsp salt (1.25 g)

1/8 tsp black pepper (0.6 g)

For the brown butter sauce:

6 tbsp butter (85 g), unsalted

2 tbsp lemon juice (30 ml)

1 tbsp chopped fresh parsley (15 g)

1 clove garlic, minced (2.5 g)

Notes: it can be served with a side of risotto, grilled asparagus, or a simple green salad.

Nutrition facts: 350 calories, 30g protein, 5g carbohydrates, 25g fat, 1g fiber, 80mg cholesterol, 400mg sodium, 400mg potassium.

Servings:

2

Prep time:

10 min

Cook time:

5-7 min



DIRECTIONS

Pat scallops dry: gently pat the scallops dry with paper towels. This is crucial for achieving a good sear.

Season the scallops with salt and pepper.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C). A hot griddle is essential for searing the scallops quickly and evenly.

Sear scallops: add the olive oil to the hot griddle. Place the scallops on the griddle in a single layer, ensuring they are not overcrowded. Sear for 2-3 min per side, or until golden brown and cooked through. The scallops should be opaque and slightly firm to the touch.

Make the brown butter sauce: in a small saucepan, melt the butter over medium heat. Cook, swirling the pan occasionally, until the butter turns a light brown color and has a nutty aroma. This usually takes about 5-7 min. Be careful not to burn the butter.

Finish the sauce: remove the pan from the heat and stir in the lemon juice, parsley, and minced garlic.

Transfer the seared scallops to a serving plate and drizzle with the brown butter sauce.

Grilled Swordfish Steaks with Chimichurri Sauce

INGREDIENTS

4 swordfish steaks (about 6 oz each, 170 g)
1 tbsp olive oil (15 ml)
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)
For the Chimichurri sauce:
1 cup packed fresh parsley leaves (60 g)
1/2 cup packed fresh cilantro leaves (30 g)
1/4 cup red wine vinegar (60 ml)
2 cloves garlic, minced (5 g)
1 shallot, minced (30 g)
1/2 tsp red pepper flakes (2.5 g)
1/4 cup olive oil (60 ml)

Notes: it can be served with roasted potatoes, grilled vegetables, or a side of quinoa.

Nutrition facts: 300 calories, 35g protein, 5g carbohydrates, 15g fat, 2g fiber, 60mg cholesterol, 400mg sodium, 500mg potassium.

Servings:

4

Prep time:

20 min

Cook time:

10-12 min



DIRECTIONS

Make the Chimichurri sauce: in a food processor, combine parsley, cilantro, red wine vinegar, garlic, shallot, and red pepper flakes. Pulse until finely chopped. Slowly drizzle in the olive oil with the motor running until a coarse paste forms. Set aside.

Prepare the swordfish: pat the swordfish steaks dry with paper towels. Drizzle with olive oil and season with salt and pepper.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C). A hot griddle will sear the swordfish beautifully, creating a flavorful crust.

Grill the swordfish: place the swordfish steaks on the hot griddle. Cook for 3-4 min per side, or until the fish is opaque and flakes easily with a fork. Avoid overcooking, as swordfish can become dry.

Transfer the grilled swordfish steaks to a serving platter. Spoon the chimichurri sauce generously over the fish.

Grilled Tuna Steaks with Sesame Seeds

INGREDIENTS

2 tuna steaks (about 6 oz each, 170 g), patted dry
1/4 cup sesame seeds (30 g)
1 tbsp olive oil (15 ml)
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)

Notes: it can be served with a side of wasabi mayonnaise, a soy-ginger dipping sauce, or a fresh salad.

Nutrition facts: 300 calories, 40g protein, 2g carbohydrates, 15g fat, 1g fiber, 60mg cholesterol, 400mg sodium, 500mg potassium.

Servings:

2

Prep time:

10 min

Cook time:

6-8 min



DIRECTIONS

Prepare the tuna: pat the steaks dry with paper towels to remove excess moisture. This will help them sear properly on the griddle.

Coat with sesame seeds: place the sesame seeds in a shallow dish. Press the tuna steaks into the sesame seeds, ensuring all sides are evenly coated.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C). A hot griddle is essential for searing the tuna quickly and creating a beautiful crust.

Sear the tuna: add the olive oil to the hot griddle. Carefully place the sesame-crusted tuna steaks on the griddle. Sear for 2-3 min per side for rare, or longer for your desired doneness. Tuna is best served rare or medium-rare to retain its moisture and flavor.

Remove the tuna steaks from the griddle and serve immediately.

Blackstone Grilled Chilean Sea Bass with Lemon Butter

INGREDIENTS

2 Chilean sea bass fillets (about 6-8 oz each, 170-225 g)
1 tbsp olive oil (15 ml)
1/4 tsp salt (1.25 g)
1/8 tsp black pepper (0.6 g)
For the lemon butter sauce:
4 tbsp butter (55 g), unsalted
2 tbsp lemon juice (30 ml)
1 tbsp chopped fresh parsley (15 g)
1 clove garlic, minced (2.5 g)

Notes: it can be served with a side of roasted asparagus, grilled zucchini, or a bed of quinoa.

Nutrition facts: 300 calories, 30g protein, 2g carbohydrates, 20g fat, 1g fiber, 80mg cholesterol, 300mg sodium, 400mg potassium.

Servings:

2

Prep time:

10 min

Cook time:

6-8 min



DIRECTIONS

Rinse the Chilean sea bass fillets under cold water and gently pat them dry with paper towels. Lightly season both sides of the fillets with salt and pepper.

Preheat your gas griddle to medium-high heat. Aim for a temperature between 400-450°F (200-230°C).

Grill the fillets: add the olive oil to the hot griddle. This will help prevent the fish from sticking and add flavor.

Place the seasoned fillets on the griddle. Cook them for 3-4 min per side, or until the fish is opaque and flakes easily with a fork. The internal temperature should reach 145°F (63°C). Be careful not to overcook the sea bass, as it can become dry.

Make the lemon butter sauce: in a small saucepan, melt the butter over medium heat. Cook the butter, swirling the pan occasionally, until it turns a light brown color and has a nutty aroma. Remove the pan from the heat and stir in the lemon juice, chopped parsley, and minced garlic.

Transfer the grilled sea bass fillets to a serving plate. Spoon the warm lemon butter sauce generously over the fish.

Crispy Lemon Garlic Trout

INGREDIENTS

4 trout fillets, skin-on (6 oz each / 170 g)
 2 tbsp olive oil (30 ml)
 2 tbsp unsalted butter (30 g)
 3 garlic cloves, minced
 2 tbsp lemon juice (30 ml)
 1 tsp lemon zest (5 g)
 1/4 cup fresh parsley, chopped (15 g)
 1/2 tsp salt (2.5 g)
 1/4 tsp black pepper (1.25 g)
 Lemon wedges for serving

Notes: it can be served with roasted asparagus, steamed broccoli, or a side of garlic butter rice.

Nutrition facts: 310 calories, 28 g protein, 2 g carbohydrates, 20 g fat, 0 g fiber, 75 mg cholesterol, 320 mg sodium, 450 mg potassium.

Servings:

4

Prep time:

10 min

Cook time:

10 min



DIRECTIONS

Prepare the fillets: pat the trout fillets dry with paper towels to ensure a good sear. Season both sides of the fillets with salt and pepper.

Set your gas griddle to medium heat and let it preheat for 5 min. Add 1 tbsp olive oil and 1 tbsp butter to the griddle, letting the butter melt and mix with the oil.

Cook the trout: place the fillets skin-side down on the griddle. Cook for 4-5 min, pressing gently to ensure the skin crisps up evenly. Flip the fillets carefully and cook the flesh side for an additional 3 min, until the fish is opaque and flakes easily with a fork.

Prepare the lemon garlic sauce: push the cooked fillets to a cooler side of the griddle or remove them briefly. Add the remaining butter and garlic to the griddle, stirring until fragrant (about 1 min). Stir in the lemon juice and zest, scraping up any flavorful bits from the griddle surface.

Spoon the lemon garlic sauce over the fillets while still on the griddle or just before serving. Sprinkle with fresh parsley.

Remove the fillets from the griddle and plate with lemon wedges for squeezing over the fish.

Honey-Glazed Griddle Perch

INGREDIENTS

4 perch fillets (6 oz each / 170 g)

2 tbsp olive oil (30 ml)

2 tbsp unsalted butter (30 g)

Glaze:

3 tbsp honey (45 ml)

2 tbsp soy sauce (30 ml)

1 tbsp fresh lemon juice (15 ml)

1 tsp garlic powder (5 g)

1/2 tsp black pepper (1.25 g)

1/4 tsp salt (1.25 g)

Notes: it can be served with steamed green beans, roasted sweet potatoes, or a light mixed greens salad. Add lemon wedges for a zesty garnish.

Nutrition facts: 280 calories, 24 g protein, 14 g carbohydrates, 15 g fat, 1 g fiber, 75 mg cholesterol, 420 mg sodium, 450 mg potassium.

Servings:

4

Prep time:

10 min

Cook time:

10 min



DIRECTIONS

Prepare the glaze: in a small bowl, whisk together honey, soy sauce, lemon juice, garlic powder, black pepper, and salt until well combined.

Prepare the fillets: pat the perch fillets dry with paper towels to remove excess moisture. Lightly season both sides of the fillets with a pinch of salt and black pepper.

Set your gas griddle to medium heat and allow it to preheat for 5 min. Add olive oil and butter to the surface, spreading it evenly to prevent sticking.

Cook the fillets: place the fillets on the griddle, skin-side down if applicable. Cook for 3-4 min until the edges start to turn golden and the flesh begins to flake. Carefully flip the fillets and brush the cooked side generously with the honey-soy glaze.

Glaze and caramelize: after flipping, cook the fillets for another 3-4 min, brushing the glaze on the second side as they cook. Allow the glaze to caramelize slightly, creating a golden, glossy coating.

Remove the fillets from the griddle and drizzle any remaining glaze over the top for extra flavor.

Smoky Blackened Catfish

INGREDIENTS

4 catfish fillets (6 oz each / 170 g)
2 tbsp unsalted butter, melted (30 g)
1 tbsp olive oil (15 ml)
Blackened Seasoning:
1 tbsp smoked paprika (8 g)
1 tsp garlic powder (5 g)
1 tsp onion powder (5 g)
1 tsp dried thyme (2 g)
1 tsp dried oregano (2 g)
1/2 tsp cayenne pepper (1 g)
1/2 tsp black pepper (1.25 g)
1/2 tsp salt (1.25 g)

Notes: it can be served with creamy coleslaw, grilled corn on the cob, or a side of garlic mashed potatoes. Add lemon wedges for a zesty finish.

Nutrition facts: 310 calories, 26 g protein, 2 g carbohydrates, 21 g fat, 1 g fiber, 70 mg cholesterol, 430 mg sodium, 550 mg potassium.

Servings:

4

Prep time:

10 min

Cook time:

10 min



DIRECTIONS

Prepare the catfish fillets: pat the catfish fillets dry with paper towels to remove excess moisture.

Brush each fillet with melted butter on both sides.

Make the blackened seasoning: in a small bowl, mix the smoked paprika, garlic powder, onion powder, thyme, oregano, cayenne pepper, black pepper, and salt. Generously coat both sides of the buttered fillets with the seasoning mix, pressing gently to adhere.

Set your gas griddle to medium-high heat and allow it to preheat for 5 min. Add the olive oil and spread it evenly on the surface.

Cook the catfish: place the fillets on the griddle. Cook for 4-5 min on the first side, pressing down lightly for a good sear.

Flip the fillets carefully and cook for another 3-4 min, or until the fish is opaque and flakes easily with a fork.

Transfer the cooked fillets to a serving plate and let rest for 1-2 min.

Blackstone Grilled Garlic Shrimp Scampi

INGREDIENTS

1 lb large shrimp, peeled and deveined (450 g)
4 tbsp butter (55 g), unsalted
4 cloves garlic, minced (10 g)
1/4 cup dry white wine (60 ml)
2 tbsp lemon juice (30 ml)
1 tbsp chopped fresh parsley (15 g)
1/4 tsp salt (1.25 g)
1/8 tsp black pepper (0.6 g)

Notes: it can be served with crusty bread for dipping, pasta, or a side of grilled vegetables.

Nutrition facts: 250 calories, 25g protein, 5g carbohydrates, 15g fat, 1g fiber, 150mg cholesterol, 400mg sodium, 300mg potassium.

Servings:

4

Prep time:

10 min

Cook time:

8-10 min



DIRECTIONS

Melt the butter: preheat your griddle to medium heat (about 350-400°F or 175-200°C). Place the butter on the warm griddle and let it melt completely. Use a spatula to spread the melted butter evenly across the cooking surface.

Add the shrimp and minced garlic to the melted butter. Stir well to coat the shrimp in the butter and garlic.

Season and sauté: season the shrimp with salt and pepper. Sauté the shrimp and garlic for 2-3 min, stirring frequently, until the shrimp turn pink and opaque.

Deglaze with wine and lemon juice: pour the white wine and lemon juice onto the griddle. This will deglaze the griddle, lifting up any flavorful bits stuck to the surface and creating a delicious sauce.

Simmer and finish: continue to cook the shrimp for another 1-2 min, allowing the sauce to reduce slightly and thicken. Stir in the chopped fresh parsley.

Remove the shrimp scampi from the griddle and serve immediately.

Grilled Spicy Shrimp with Cajun Seasoning

INGREDIENTS

1 lb large shrimp, peeled and deveined (450 g)
2 tbsp olive oil (30 ml)
2 tbsp Cajun seasoning (30 g)
1/4 cup chopped fresh parsley (15 g)
1/4 tsp salt (1.25 g)
1/8 tsp black pepper (0.6 g)
1 cup cooked rice (190 g)

Notes: it can be served with a side of grilled vegetables, a fresh salad, or a squeeze of lemon juice.

Nutrition facts: 300 calories, 30g protein, 20g carbohydrates, 15g fat, 2g fiber, 150mg cholesterol, 500mg sodium, 300mg potassium.

Servings:

4

Prep time:

10 min

Cook time:

10 min



DIRECTIONS

Prepare the shrimp: in a bowl, toss the shrimp with olive oil, Cajun seasoning, salt, and pepper. Make sure each shrimp is well coated with the seasoning.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C). This high heat will sear the shrimp quickly, locking in their juices and creating a flavorful crust.

Grill the shrimp: place the shrimp on the hot griddle in a single layer, ensuring they are not overcrowded. This allows for even cooking. Grill for 2-3 min per side, or until the shrimp are pink and opaque. Be careful not to overcook the shrimp, as they can become tough.

Transfer the grilled shrimp to a serving platter. Sprinkle with fresh parsley and serve immediately with a side of cooked rice.

Blackstone Grilled Shrimp with Avocado Salsa

INGREDIENTS

1 lb large shrimp, peeled and deveined (450 g)
1 tbsp olive oil (15 ml)
1/4 tsp salt (1.25 g)
1/8 tsp black pepper (0.6 g)

For the avocado salsa:

1 ripe avocado, diced (200 g)
1/2 cup chopped tomato (80 g)
1/4 cup chopped red onion (40 g)
2 tbsp chopped cilantro (10 g)
1 tbsp lime juice (15 ml)
1/4 tsp salt (1.25 g)

Notes: it can be served with warm tortillas, a side of rice, or a simple green salad.

Nutrition facts: 250 calories, 25g protein, 10g carbohydrates, 15g fat, 5g fiber, 100mg cholesterol, 300mg sodium, 400mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

10 min



DIRECTIONS

Prepare the avocado salsa: in a bowl, gently combine the diced avocado, chopped tomato, red onion, cilantro, lime juice, and salt. Set aside.

Prepare the shrimp: in a separate bowl, toss the shrimp with olive oil, salt, and pepper.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C). This high heat will sear the shrimp quickly, giving them a nice crust while keeping them juicy.

Grill the shrimp: place the shrimp on the hot griddle in a single layer, ensuring they are not overcrowded. Grill for 2-3 min per side, or until the shrimp are pink and opaque. Be careful not to overcook, as shrimp can become tough.

Transfer the grilled shrimp to a serving platter. Top with the fresh avocado salsa and serve immediately.

Fire-Kissed Lobster Tails with Chili-Lime Butter

INGREDIENTS

2 (6-8 oz) lobster tails (170-225 g), thawed if frozen
 1 tbsp olive oil (15 ml)
For the chili-lime butter:
 1/2 cup unsalted butter (115 g), melted
 2 tbsp lime juice (30 ml)
 1 tbsp lime zest (from about one lime)
 1 clove garlic, minced (2.5 g)
 1 tsp chili powder (5 g)
 1/2 tsp paprika (2.5 g)
 1/4 tsp cayenne pepper (optional, for extra heat) (1 g)
 2 tbsp chopped fresh cilantro (10 g)
 Pinch of salt

Notes: it can be served with grilled corn on the cob, a fresh summer salad, or roasted asparagus.

Nutrition facts: 400 calories, 35g protein, 10g carbohydrates, 25g fat, 1g fiber, 150mg cholesterol, 600mg sodium, 400mg potassium.

Servings:

2

Prep time:

15 min

Cook time:

10-12 min



DIRECTIONS

Prepare the lobster tails: use kitchen shears to cut down the center of the hard top shell of each lobster tail. Cut through the meat, but not through the bottom shell. Pull apart the shell halves and spread the meat open, keeping it attached at the tail end.

Prepare the chili-lime butter: in a small bowl, combine the melted butter, lime juice, lime zest, minced garlic, chili powder, paprika, cayenne pepper (if using), and a pinch of salt. Stir well until all the ingredients are combined.

Preheat your gas griddle to medium-high heat (about 375-400°F/190-200°C). Brush the lobster tails with olive oil. Place them, meat-side down, on the preheated griddle. Grill for 5-7 min, then carefully flip them over. Grill for another 3-5 min, or until the lobster meat is opaque and cooked through. The internal temperature should reach 145°F (63°C). During the last few minutes of grilling, baste the lobster tails with the chili-lime butter to add flavor and keep the meat moist.

Remove the lobster tails from the griddle. Brush them with the chili-lime butter and garnish with fresh cilantro sprigs and lime wedges, if desired. Serve immediately with any remaining chili-lime butter on the side for dipping.

Griddled Lobster Tails with Parmesan Herb Crust

INGREDIENTS

2 (6-8 oz) lobster tails (170-225 g), thawed if frozen
 2 tbsp unsalted butter (30 g), melted
 1 clove garlic, minced (2.5 g)
 1/4 cup grated Parmesan cheese (30 g)
 1/4 cup panko breadcrumbs (15 g)
 1 tbsp chopped fresh parsley (15 g)
 1 tsp dried thyme (5 g)
 1/4 tsp salt (1.25 g)
 1/8 tsp black pepper (0.6 g)
 1 tbsp olive oil (15 ml)

Notes: it can be served with a side of roasted asparagus, grilled zucchini, or a fresh salad.

Nutrition facts: 400 calories, 35g protein, 15g carbohydrates, 25g fat, 2g fiber, 150mg cholesterol, 700mg sodium, 400mg potassium.

Servings:

2

Prep time:

15 min

Cook time:

10-12 min



DIRECTIONS

Prepare the lobster tails: butterfly the lobster tails by using kitchen shears to cut down the center of the hard top shell. Cut through the meat, but not through the bottom shell. Pull apart the shell halves and spread the meat open, keeping it attached at the tail end.

Prepare the Parmesan herb crust: in a small bowl, combine the melted butter, minced garlic, grated Parmesan cheese, panko breadcrumbs, chopped parsley, dried thyme, salt, and pepper. Mix well until a crumbly mixture forms.

Preheat your gas griddle to medium-high heat (about 375-400° or 190-200°C). Brush the lobster tails with olive oil to prevent sticking and add flavor. Place the lobster tails, meat-side down, on the preheated griddle. Grill for 5-7 min, then carefully flip them over. Press the Parmesan herb crust mixture evenly onto the lobster meat. Grill for another 3-5 min, or until the lobster meat is opaque and cooked through and the crust is golden brown. The internal temperature of the lobster meat should reach 145°F (63°C).

Remove the lobster tails from the griddle. Serve immediately.

Fish & Seafood

Lemon Herb Blackstone Crab Legs

INGREDIENTS

2 lbs cooked crab legs (900 g)
4 tbsp butter (55 g), unsalted
2 tbsp olive oil (30 ml)
2 cloves garlic, minced (5 g)
1 lemon, zested and juiced
2 tbsp chopped fresh parsley (10 g)
1 tbsp chopped fresh dill (15 g)
1/4 tsp salt (1.25 g)
1/8 tsp black pepper (0.6 g)

Notes: it can be served with drawn butter, lemon wedges, and crusty bread for dipping.

Nutrition facts: 300 calories, 35g protein, 5g carbohydrates, 15g fat, 1g fiber, 100mg cholesterol, 500mg sodium, 400mg potassium.

Servings:

2-4

Prep time:

5 min

Cook time:

10-12 min



DIRECTIONS

Preheat your gas griddle to medium heat (about 350-400°F or 175-200°C). This provides a gentle heat to warm the crab legs without overcooking them.

Melt butter and oil: add butter and olive oil to the warm griddle. Let the butter melt completely and combine with the oil. This creates a flavorful base.

Add flavorings: add minced garlic and lemon zest to the melted butter and oil. Cook for about 1 min, stirring frequently, until fragrant. Be careful not to burn the garlic.

Place the crab legs on the griddle in a single layer. Ensure they have space to heat evenly.

Cook the crab legs for 5-6 min, turning occasionally, until heated through. Baste the crab legs with the butter mixture as they cook to add flavor and keep them moist.

Sprinkle chopped parsley and dill over the crab legs. Drizzle with fresh lemon juice. Toss gently to coat.

Remove the crab legs from the griddle and serve immediately.

Blackstone Calamari with Blistered Tomatoes & Garlic

INGREDIENTS

1 lb calamari, cleaned and cut into rings (450 g)
1 pint cherry or grape tomatoes (280 g)
4 cloves garlic, thinly sliced (10 g)
2 tbsp olive oil (30 ml)
1 tbsp lemon juice (15 ml)
1 tbsp chopped fresh parsley (15 g)
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)

Notes: it can be served as an appetizer or with a side of crusty bread for dipping.

Nutrition facts: 200 calories, 20g protein, 10g carbohydrates, 10g fat, 2g fiber, 150mg cholesterol, 400mg sodium, 300mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

10 min



DIRECTIONS

Prepare ingredients: clean the calamari and cut the bodies into rings if necessary. Slice the garlic cloves thinly.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C). This high heat is crucial for searing the calamari quickly and getting those nice blistered tomatoes.

Cook calamari: add the olive oil to the hot griddle. Add the calamari rings to the griddle in a single layer. Cook for 2-3 min, stirring occasionally, until they are opaque and slightly browned. Be careful not to overcrowd the griddle.

Push the calamari to one side of the griddle. Add the tomatoes and garlic to the other side. Cook, stirring occasionally, until the tomatoes are blistered and softened and the garlic is fragrant, about 3-4 min.

Combine the calamari with the tomatoes and garlic. Stir in lemon juice, parsley, salt, and pepper. Toss to coat. Remove from the griddle and serve immediately.

CHAPTER 7

Veggies & Sides



Grilled Vegetable Skewers with Chimichurri

INGREDIENTS

1 red bell pepper (150 g), 1 green bell pepper (150 g), 1 red onion (200 g), 1 zucchini (200 g), all cut into 1-inch pieces
12 cherry tomatoes
8 oz cremini mushrooms (225 g)
8 metal or bamboo skewers (soaked in water for 30 min if using bamboo)
2 tbsp olive oil (30 ml)
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)
For the chimichurri sauce:
1 cup packed fresh parsley leaves (60 g)
1/2 cup packed fresh cilantro leaves (30 g)
1/4 cup red wine vinegar (60 ml)
2 cloves garlic, minced (5 g)
1 shallot, minced (30 g)
1/2 tsp red pepper flakes (2.5 g)
1/4 cup olive oil (60 ml)

Notes: it can be served as an appetizer, a side dish, or with grilled chicken or fish for a complete meal.

Nutrition facts: 200 calories, 5g protein, 20g carbohydrates, 15g fat, 5g fiber, 300mg sodium, 500mg potassium.

Servings:

4

Prep time:

20 min

Cook time:

10-12 min



DIRECTIONS

Make the chimichurri sauce: in a food processor, combine parsley, cilantro, red wine vinegar, garlic, shallot, and red pepper flakes. Pulse until finely chopped. Slowly drizzle in the olive oil with the motor running until a coarse paste forms. Set aside.

Assemble the skewers: thread the vegetables onto the skewers, alternating colors and types for visual appeal.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C). This high heat will help to sear the vegetables quickly, giving them a nice char while keeping them tender-crisp.

Grill the skewers: brush the vegetable skewers with olive oil and season with salt and pepper. Place the skewers on the hot griddle. Cook for 3-4 min per side, turning occasionally, until the vegetables are tender and have grill marks.

Transfer the grilled vegetable skewers to a serving platter. Serve immediately with the chimichurri sauce on the side for dipping or drizzling.

Blackstone Grilled Eggplant Parmesan

INGREDIENTS

1 large eggplant (about 1.5 lbs, 680 g), sliced into 1/2-inch rounds
 1/4 cup olive oil (60 ml)
 1 tsp salt (5 g)
 1/2 tsp black pepper (2.5 g)
 1 (28 oz) can of crushed tomatoes (795 g)
 2 cloves garlic, minced (5 g)
 1 tsp dried oregano (5 g)
 1/2 cup chopped fresh basil (15 g)
 1 cup shredded mozzarella cheese (100 g)
 Grated Parmesan cheese (optional)

Notes: it can be served with a side of pasta, garlic bread, or a simple green salad.

Nutrition facts: 300 calories, 15g protein, 30g carbohydrates, 15g fat, 8g fiber, 20mg cholesterol, 700mg sodium, 500mg potassium.

Servings:

4

Prep time:

20 min

Cook time:

20 min



DIRECTIONS

Prepare the eggplant: slice the eggplant into 1/2-inch rounds. Brush both sides of the eggplant slices with olive oil and season with salt and pepper.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C).

Grill the eggplant: place the eggplant slices on the hot griddle in a single layer. Cook for 3-4 min per side or until tender and lightly browned.

Make the sauce: in a saucepan, combine the crushed tomatoes, minced garlic, and dried oregano. Bring to a simmer and cook for 10 min, stirring occasionally. Stir in the fresh basil.

Spread a thin layer of marinara sauce on the bottom of a baking dish. Arrange a layer of grilled eggplant slices on top of the sauce. Top with more marinara sauce and sprinkle with mozzarella cheese. Repeat the layers until all the eggplant is used.

Melt the cheese: reduce the heat to low (about 250-300°F or 120-150°C). Transfer the baking dish to the griddle. Cover the dish with aluminum foil and cook until the cheese is melted and bubbly, about 5-7 min.

Remove the eggplant from the griddle. Sprinkle with grated Parmesan cheese, if desired, and serve immediately.

Grilled Vegetable Medley with Balsamic Glaze

INGREDIENTS

1 medium zucchini, sliced (200 g)
1 medium eggplant, sliced (250 g)
1 red bell pepper, seeded and sliced (150 g)
1 yellow bell pepper, seeded and sliced (150 g)
1/4 cup olive oil (60 ml)
2 tbsp balsamic vinegar (30 ml)
1 clove garlic, minced (2.5 g)
1/2 tsp dried oregano (2.5 g)
1/4 tsp salt (1.25 g)
1/4 tsp black pepper (1.25 g)

Notes: it can be served as a side dish, an appetizer, or as part of a main course with grilled chicken, fish, or tofu.

Nutrition facts: 150 calories, 3g protein, 15g carbohydrates, 10g fat, 4g fiber, 200mg sodium, 300mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

15 min



DIRECTIONS

Prepare the vegetables: wash and slice the zucchini, eggplant, and bell peppers. Aim for slices about 1/4-inch thick so they cook evenly on the griddle.

Make the marinade: in a large bowl, whisk together the olive oil, balsamic vinegar, minced garlic, dried oregano, salt, and pepper.

Marinate the vegetables: add the sliced vegetables to the marinade and toss to coat evenly. Allow the vegetables to marinate for at least 15 min to absorb the flavors.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C). This high heat will give the vegetables a nice sear while keeping them tender.

Grill the vegetables: place the marinated vegetables on the hot griddle in a single layer, ensuring they are not overcrowded. Cook for 3-4 min per side, or until the vegetables are tender and have grill marks.

Transfer the grilled vegetables to a serving platter. Drizzle with any remaining marinade and serve immediately.

Blackstone Grilled Asparagus with Prosciutto

INGREDIENTS

1 lb fresh asparagus spears
(450 g)
4 oz thinly sliced prosciutto
(115 g)
1 tbsp extra virgin olive oil
(15 ml)
1/4 tsp sea salt (1.25 g)
1/4 tsp freshly ground black
pepper (1.25 g)

Notes: it can be served as an appetizer, a side dish, or with grilled chicken or fish for a complete meal.

Nutrition facts: 100 calories, 10g protein, 5g carbohydrates, 5g fat, 2g fiber, 20mg cholesterol, 300mg sodium, 200mg potassium.

Servings:

4

Prep time:

10 min

Cook time:

6-8 min



DIRECTIONS

Prepare the asparagus: wash and trim the ends of the asparagus spears. If the spears are thick, you can peel the bottom inch or two to ensure even cooking.

Wrap with prosciutto: divide the asparagus spears into four equal bundles. Wrap each bundle with a slice of prosciutto

Preheat your griddle to medium-high heat. Aim for a temperature between 400-450°F (200-230°C).

Grill the asparagus: once the griddle is hot, drizzle the olive oil onto the surface. Place the prosciutto-wrapped asparagus bundles on the griddle. Arrange them in a single layer so they have enough space to cook evenly.

Grill the asparagus bundles for 3-4 min per side. You'll want to get some nice grill marks on the prosciutto and cook the asparagus until it's tender-crisp. To test for doneness, pierce an asparagus spear with a fork. It should be tender but still have a slight resistance.

Remove the asparagus bundles from the griddle, transfer them to a serving platter, and serve immediately.

Charred Broccoli with Garlic and Lemon

INGREDIENTS

1 lb broccolini (450 g)
2 tbsp olive oil (30 ml)
4 cloves garlic, thinly sliced (10 g)
1 lemon, halved
1/4 tsp red pepper flakes (1 g)
1/4 tsp salt (1.25 g)
1/4 tsp black pepper (1.25 g)

Notes: it can be served as a side dish with grilled chicken, fish, or steak.

Nutrition facts: 100 calories, 3g protein, 8g carbohydrates, 8g fat, 3g fiber, 150mg sodium, 300mg potassium.

Servings:

4

Prep time:

5 min

Cook time:

8-10 min



DIRECTIONS

Prepare the broccolini: trim the ends of the broccolini stalks. If the stalks are thick, you can cut them lengthwise to ensure even cooking.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C). This high heat will help char the broccolini quickly, giving it a nice smoky flavor.

Grill the broccolini: add the olive oil to the hot griddle. Place the broccolini on the griddle in a single layer. Cook for 3-4 min per side or until tender-crisp and slightly charred.

Add garlic and seasoning: push the broccolini to one side of the griddle. Add the garlic slices and red pepper flakes to the griddle. Cook for about 1 min, or until fragrant, being careful not to burn the garlic.

Finish and serve: toss the broccolini with the garlic and red pepper flakes. Squeeze the lemon juice over the broccolini. Season with salt and pepper. Serve immediately.

Blackstone Grilled Corn on the Cob

INGREDIENTS

4 ears of fresh sweet corn
2 tbsp butter (30 g), unsalted
Salt to taste

Notes: it can be served as a side dish with a variety of grilled meats like chicken or burgers or alongside a fresh summer salad.

Nutrition facts: 150 calories, 3g protein, 30g carbohydrates, 5g fat, 3g fiber, 15mg cholesterol, 100mg sodium, 300mg potassium.

Servings:

4

Prep time:

5 min

Cook time:

10-12 min



DIRECTIONS

Prepare the corn: remove the husks and silks from the corn ears. Rinse the corn under cold water to remove any stray silks.

Preheat your gas griddle to medium heat (about 350-400°F or 175-200°C). This temperature will allow the corn to cook evenly and develop a nice char without burning.

Grill the corn: place the corn ears directly on the preheated griddle. Cook for 10-12 min, turning every 2-3 min to ensure all sides are cooked evenly. You'll know the corn is done when the kernels are tender and have a slight char.

Add butter and salt: during the last few minutes of cooking, add the butter to the griddle. Let the butter melt completely. Once the butter is melted, use tongs to roll the corn ears in the melted butter. This will add a rich flavor and keep the corn moist.

Season with salt: once the corn is cooked through, remove the ears from the griddle and season with salt to taste. You can also add other seasonings like pepper, garlic powder, or your favorite herbs if you like.

Veggies & Sides

Cowboy Blackstone Stir-fry

INGREDIENTS

1.5 lbs small red potatoes, thinly sliced (680 g)
1 lb smoked sausage, sliced (450 g)
1 zucchini, diced (200 g)
1 bell pepper (any color), diced (150 g)
1 onion, diced (150 g)
2 tbsp olive oil (30 ml)
1 tbsp Cajun seasoning (15 g)
1 tsp garlic powder (5 g)
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)

Notes: it can be served with a fried egg on top, a dollop of sour cream, or a sprinkle of shredded cheese.

Nutrition facts: 450 calories, 20g protein, 40g carbohydrates, 25g fat, 5g fiber, 60mg cholesterol, 1000mg sodium, 500mg potassium.

Servings:

4-6

Prep time:

20 min

Cook time:

25 min



DIRECTIONS

Prepare ingredients: slice the potatoes, sausage, zucchini, bell pepper, and onion.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C). This will allow you to cook the ingredients quickly and evenly.

Cook potatoes: add half the olive oil to the griddle. Spread the potatoes in a single layer. Cook for about 10 min, flipping occasionally, until golden brown and slightly softened. Season with half the Cajun seasoning, garlic powder, salt, and pepper.

Cook sausage and veggies: push the potatoes to one side. Add the remaining olive oil, sausage, zucchini, bell pepper, and onion to the griddle. Cook, stirring occasionally, until the sausage is browned and the vegetables are tender-crisp, about 10 min. Season with the remaining Cajun seasoning, salt, and pepper.

Combine the potatoes with the sausage and vegetables. Stir-fry for another 5 min until everything is heated through and well combined.

Blackstone Marinated Mushrooms

INGREDIENTS

1 lb cremini mushrooms, cleaned and sliced (450 g)
1/4 cup olive oil (60 ml)
2 tbsp balsamic vinegar (30 ml)
2 cloves garlic, minced (5 g)
1 tbsp chopped fresh thyme (15 g)
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)

Notes: it can be served as a side dish, an appetizer, or used as a topping for grilled meats, sandwiches, or salads.

Nutrition facts: 150 calories, 4g protein, 10g carbohydrates, 10g fat, 3g fiber, 200mg sodium, 400mg potassium.

Servings:

4

Prep time:

20 min

Cook time:

10 min



DIRECTIONS

Marinate the mushrooms: in a bowl, combine the sliced mushrooms, olive oil, balsamic vinegar, minced garlic, chopped thyme, salt, and pepper. Toss to coat evenly. Allow the mushrooms to marinate for at least 20 min to absorb the flavors. This will enhance their taste and tenderness.

Preheat your gas griddle to medium-high heat (about 400-450°F or 200-230°C). This high heat will help sear the mushrooms quickly, creating a flavorful crust while keeping them juicy.

Grill the mushrooms: place the marinated mushrooms on the hot griddle in a single layer. Ensure they are not overcrowded, as this can cause them to steam instead of sear. Cook for 5-7 min, occasionally flipping, until the mushrooms are tender and have developed a nice brown color.

Remove the mushrooms from the griddle and serve immediately.

Crispy Smashed Potatoes with Rosemary and Garlic

INGREDIENTS

2 lbs small red or Yukon Gold potatoes (about 900 g)
2 tbsp olive oil (30 ml)
2 tbsp unsalted butter, melted (30 g)
3 cloves garlic, minced (9 g)
1 tbsp fresh rosemary, finely chopped (3 g)
1/2 tsp kosher salt (2.5 g)
1/4 tsp black pepper (1.25 g)
Optional: 1 tbsp chopped fresh parsley (for garnish) (4 g)

Notes: it can be served with grilled vegetables, a tangy aioli, or a classic barbecue sauce. They also pair beautifully with roasted meats or a fresh garden salad.

Nutrition facts: 230 calories, 4g protein, 32g carbohydrates, 10g fat, 3g fiber, 10mg cholesterol, 320mg sodium, 700mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

25 min



DIRECTIONS

Prepare the potatoes: wash them thoroughly. Place them in a large pot, cover with cold water, and bring to a boil. Cook for 12-15 min or until fork-tender. Drain and allow to cool slightly.

Preheat your gas griddle to medium heat (350-400°F or 175-200°C). Brush the surface lightly with olive oil to prevent sticking.

Place the cooked potatoes on a flat surface. Press each potato using the bottom of a glass or a heavy plate until it flattens but stays intact.

Cook the potatoes: brush the griddle with a mix of melted butter and olive oil. Place the smashed potatoes on the griddle in a single layer. Cook for 8-10 min on one side until golden brown and crispy.

Add garlic and rosemary: mix the minced garlic, rosemary, salt, and pepper in a small bowl. Flip the potatoes and sprinkle the garlic-rosemary mixture evenly over the tops. Cook for another 8-10 min, pressing lightly with a spatula to maximize contact with the griddle surface. Remove the potatoes from the griddle. Garnish with freshly chopped parsley if desired.

Griddled Garlic Parmesan Potatoes

INGREDIENTS

2 lbs small red potatoes, thinly sliced (about 1/8-inch thick) (900 g)
1/4 cup olive oil (60 ml)
4 cloves garlic, minced (10 g)
1/2 cup grated Parmesan cheese (50 g)
1/2 tsp salt (2.5 g)
1/4 tsp black pepper (1.25 g)
2 tbsp chopped fresh parsley (optional) (10 g)

Notes: they pair well with grilled meats, fish, chicken, or a simple salad.

Nutrition facts: 250 calories, 6g protein, 30g carbohydrates, 12g fat, 3g fiber, 5mg cholesterol, 300mg sodium, 500mg potassium.

Servings:

4

Prep time:

10 min

Cook time:

20 min



DIRECTIONS

Prepare the potatoes: wash and thinly slice the potatoes. If you have a Mandoline slicer, this will help create even slices.

Preheat your gas griddle to medium heat (about 350-400°F or 175-200°C). This will ensure that the potatoes cook evenly and develop a crispy exterior.

Cook the potatoes: add the olive oil to the griddle. Spread the potatoes in a single layer, making sure they are not overcrowded. Cook for 10-12 min, flipping occasionally, until golden brown and crispy.

Add garlic: push the potatoes to one side of the griddle. Add the minced garlic to the griddle and cook for about 1 min, or until fragrant, being careful not to burn it.

Toss the potatoes with the garlic. Sprinkle with Parmesan cheese, salt, and pepper. Toss to coat. Cook for 1-2 min more, or until the cheese is melted.

Remove the potatoes from the griddle and garnish with fresh parsley, if desired. Serve immediately.

Griddled Sweet Potato Fries with Chipotle Aioli

INGREDIENTS

For the Sweet Potato Fries:

2 large sweet potatoes, peeled and cut into 1/4-inch sticks (about 1.5 lbs / 680 g)
 2 tbsp olive oil (30 ml)
 1 tsp smoked paprika (5 g)
 1/2 tsp garlic powder (2.5 g)
 1/2 tsp kosher salt (2.5 g)
 1/4 tsp black pepper (1.25 g)

For the Chipotle Aioli:

1/2 cup mayonnaise (120 ml)
 1 chipotle pepper in adobo sauce, finely minced (about 10 g)
 1 tsp lime juice (5 ml)
 1/4 tsp garlic powder (1.25 g)
 Pinch of salt

Notes: it can be served with fresh garden salads, grilled chicken, or a hearty veggie burger for a balanced meal.

Nutrition facts: 310 calories, 3g protein, 40g carbohydrates, 17g fat, 6g fiber, 10mg cholesterol, 320mg sodium, 440mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

20 min



DIRECTIONS

Prepare the sweet potatoes: peel and cut them into evenly sized sticks for consistent cooking. Toss sweet potatoes with olive oil, smoked paprika, garlic powder, salt, and pepper in a large mixing bowl. Ensure they are evenly coated.

Preheat your gas griddle to medium-high heat (about 375-400°F or 190-200°C). Brush the surface lightly with olive oil to prevent sticking.

Cook the sweet potato fries: spread the seasoned sweet potato fries in a single layer on the griddle. Do not overcrowd to allow even cooking. Cook for 10-12 min, turning occasionally with a spatula, until golden brown with slightly crispy edges. Press them gently to enhance the caramelized surface.

Prepare the Chipotle Aioli: while the fries are cooking, mix mayonnaise, minced chipotle pepper, lime juice, garlic powder, and a pinch of salt in a small bowl. Adjust seasoning to taste.

Remove the fries from the griddle and transfer them to a serving platter. Serve hot with the prepared chipotle aioli on the side for dipping.

Veggies & Sides

Blackstone Fried Rice

INGREDIENTS

4 cups cooked and chilled white rice (about 600 g)
2 tbsp vegetable oil (30 ml)
2 large eggs, beaten
1 cup frozen mixed vegetables (peas, carrots, corn) (150 g)
1/2 cup diced onion (75 g)
2 tbsp soy sauce (30 ml)
1 tbsp oyster sauce (15 ml)
1 tsp sesame oil (5 ml)
1/2 tsp garlic powder (2.5 g)
1/4 tsp black pepper (1.25 g)
Optional: 1/2 cup cooked diced chicken, shrimp, or tofu (75 g)
Optional: 2 green onions, sliced (10 g)

Notes: it can be served with grilled meats, steamed broccoli, or a fresh cucumber salad. Add extra soy or hot sauce on the side for a customizable flavor boost.

Nutrition facts: 320 calories, 8g protein, 45g carbohydrates, 10g fat, 2g fiber, 55mg cholesterol, 520mg sodium, 140mg potassium.

Servings:

4

Prep time:

15 min

Cook time:

15 min



DIRECTIONS

Prepare ingredients: cook rice a day ahead or use pre-cooked rice. Chill in the refrigerator for best texture. Dice the onion and prepare other ingredients.

Preheat your griddle to medium-high heat (about 375-400°F or 190-200°C). Add 1 tbsp of vegetable oil to the surface and spread evenly.

Cook the eggs: pour the beaten eggs onto the griddle. Let them set for 1-2 min, then scramble gently. Push the eggs to one side of the griddle.

Cook the vegetables: add the diced onion and frozen vegetables to the griddle. Sauté for 3-4 min until softened. Add a small splash of oil if needed.

Fry the rice: spread the chilled rice onto the griddle in an even layer. Drizzle with the remaining vegetable oil. Cook for 3-4 min, flipping occasionally, to develop a light crispy texture.

Mix the rice with the vegetables and scrambled eggs. Add soy sauce, oyster sauce, sesame oil, garlic powder, and black pepper. Toss thoroughly to coat the rice evenly. If using optional proteins (chicken, shrimp, or tofu), add them now and heat through.

Remove from the griddle and garnish with sliced green onions if desired.

CONCLUSION

As you close the final pages, we want to express our sincere gratitude for making this book a part of your culinary journey. It has been our privilege to guide you through the art of griddling and inspire you to explore the endless possibilities your Blackstone Gas Griddle offers. Whether you're a seasoned cook or a beginner, this cookbook was designed to bring joy, creativity, and confidence to your kitchen.

This book is a roadmap to unlocking the full potential of your griddle. Throughout these chapters, we've worked to equip you with the tools and techniques necessary to elevate your cooking. From perfectly seared steaks to vibrant vegetables and savory sandwiches, each recipe has been carefully curated to balance simplicity with innovation, ensuring that anyone can create dishes that are as delicious as they are satisfying.

Each chapter of this book was created to inspire and challenge you, offering a wide variety of flavors, techniques, and cuisines. Whether it was crafting gourmet sandwiches, exploring Asian-inspired stir-fries, or bringing out the natural sweetness of fresh vegetables, this cookbook has aimed to make every meal an adventure. We hope you've gained new confidence in pairing ingredients, seasoning your dishes, and using your griddle to its fullest potential.

As you reflect on what you've cooked and the skills you've developed, we hope this book has become a trusted companion in your culinary journey. It's a source of inspiration and creativity – a tool to help you connect with family and friends over delicious meals. Food has a unique way of bringing people together, and we hope these recipes have added flavor, warmth, and joy to your gatherings.

We encourage you to revisit these recipes and make them your own. Experiment with flavors, try new techniques and take pride in the dishes you create. Cooking is an ever-evolving craft, and every meal is an opportunity to learn, improve, and share your passion with others.

As you move forward, may your griddle always be a source of creativity and joy. Happy cooking, and may every meal you prepare to be filled with delicious flavors, cherished memories, and the satisfaction of mastering the art of Blackstone griddling!

INDEX OF RECIPES

Andouille Sausage

Andouille Sausage with Peppers and Onions, 44

Asparagus

Blackstone Grilled Asparagus with Prosciutto, 87

Bacon

Blackstone Bourbon Burger, 61
Turkey Club Sandwich, 57

Beans

Chipotle Chicken Sausage with Black Beans and Rice, 49

Beef (ground)

Grilled Cajun Chicken with Dirty Rice, 39
Blackstone Bourbon Burger, 61
Ultimate Griddled Cheeseburger, 65
Blackstone Blue Cheese Burger with Bacon Jam, 64

Beef Short Ribs

Korean BBQ Short Rib Sandwich, 55

Bell Pepper

Chorizo with Potatoes and Eggs, 46
Grilled Veggie Sandwich, 60
Grilled Vegetable Medley with Balsamic Glaze, 86
Cowboy Blackstone Stir-fry, 90
Grilled Vegetable Skewers with Chimichurri, 84

Blue Cheese

Blackstone Blue Cheese Burger with Bacon Jam, 64

Bratwurst

Bratwurst with Sauerkraut and Mustard, 45

Brie Cheese

Pork and Apple Burger with Brie, 62

Broccolini

Charred Broccolini with Garlic and Lemon, 88

Calamari

Blackstone Calamari with Blistered Tomatoes & Garlic, 82

Catfish

Smoky Blackened Catfish, 75

Cheddar Cheese

Blackstone Bourbon Burger, 61
Ultimate Griddled Cheeseburger, 65

Chicken (ground or shredded)

Buffalo Chicken Sliders, 37

Chicken (whole)

Blackstone Grilled Spatchcocked Chicken, 28

Chicken Breasts

Grilled Chipotle-Lime Chicken Breasts, 29
Grilled Chicken with Chimichurri Sauce, 34
Blackstone Grilled Spiced Chicken Skewers, 35
Chicken Shawarma, 36
Grilled Chicken Fajitas with Avocado Crema, 40

Chicken Tenders

Chicken and Waffles, 38

Chicken Thighs

Chicken Shawarma, 36
Grilled Cajun Chicken with Dirty Rice, 39

Chicken Wings

Sticky Honey Garlic Glazed Wings, 41
Spicy Pineapple-Mango Habanero Wings, 42

Chilean Sea Bass

Blackstone Grilled Chilean Sea Bass with Lemon Butter, 72

Chipotle Chicken Sausage

Chipotle Chicken Sausage with Black Beans and Rice, 49

Chorizo Sausage

Chorizo with Potatoes and Eggs, 46

Corn

Blackstone Grilled Corn on the Cob, 89

Couscous

Merguez Sausage with Couscous, 47

Crab

Lemon Herb Blackstone Crab Legs, 81

Duck Breasts

Crispy Blackstone Seared Duck Breast, 33

Egg

Pork and Apple Burger with Brie, 62

Blackstone Fried Rice, 95

Chorizo with Potatoes and Eggs, 46

Eggplant

Grilled Veggie Sandwich, 60

Blackstone Grilled Eggplant Parmesan, 85

Grilled Vegetable Medley with Balsamic Glaze, 86

Feta Cheese

Spicy Lamb Burger with Feta and Mint, 63

Flank Steak

Griddle-Grilled Steak Wraps with Veggies, 23

Teriyaki Glazed Flank Steak, 14

Citrus-Marinated Flank Steak, 16

Flat Iron Steak

Bourbon and Brown Sugar Flat Iron Steak, 26

Ham

Cuban Sandwich, 58

Italian Sausage

Spicy Italian Sausage with Grilled Bread, 50

Sausage and Peppers with Pasta, 52

Kielbasa Sausage

Grilled Kielbasa with Sauerkraut, 48

Lamb (ground)

Spicy Lamb Burger with Feta and Mint, 63

Lobster

Fire-Kissed Lobster Tails with Chili-Lime Butter, 79

Griddled Lobster Tails with Parmesan Herb Crust, 80

Merguez Sausage

Merguez Sausage with Couscous, 47

Mozzarella cheese

Spicy Italian Sausage with Grilled Bread, 50

Portobello Mushroom Sandwich, 59

Blackstone Grilled Eggplant Parmesan, 85

Mushrooms

Portobello Mushroom Sandwich, 59

Grilled Vegetable Skewers with Chimichurri, 84

Blackstone Marinated Mushrooms, 91

Parmesan cheese Blackstone Grilled Eggplant Parmesan, 85

Blackstone Grilled Eggplant Parmesan, 85

Griddled Garlic Parmesan Potatoes, 93

Perch

Honey-Glazed Griddle Perch, 74

Pork (ground)

Pork and Apple Burger with Brie, 62

Pork Sausage

Apple and Sage Sausage, 51

Porterhouse Steak

Garlic-Rubbed Porterhouse Steak, 18

Potatoes

Chorizo with Potatoes and Eggs, 46

Cowboy Blackstone Stir-fry, 90

Crispy Smashed Potatoes with Rosemary and Garlic, 92

Griddled Garlic Parmesan Potatoes, 93

Griddled Sweet Potato Fries with Chipotle Aioli, 94

Prime Rib

Prime Rib Roast on the Griddle, 20

Prosciutto

Blackstone Grilled Asparagus with Prosciutto, 87

Provolone Cheese

French Dip Sandwich, 56

Rib-eye Steak

Gourmet Steak Sandwich, 19
Coffee-Rubbed Ribeye with Smoked Paprika Butter, 24
Rib-eye Salad Plate, 21

Rice

Grilled Cajun Chicken with Dirty Rice, 39
Chipotle Chicken Sausage with Black Beans and Rice, 49
Blackstone Fried Rice, 95

Roast Beef

French Dip Sandwich, 56

Roast Pork

Cuban Sandwich, 58

Salmon

Classic Salmon Burger, 66
Blackstone Grilled Miso Glazed Salmon, 68

Scallop

Seared Scallops with Brown Butter Sauce, 69

Shrimp

Blackstone Grilled Garlic Shrimp Scampi, 76
Grilled Spicy Shrimp with Cajun Seasoning, 77
Blackstone Grilled Shrimp with Avocado Salsa, 78

Sirloin Steak

Steak and Rocket Salad, 22

Skirt Steak

Carne Asada Sandwich, 54

Smoked Sausage

Cowboy Blackstone Stir-fry, 90

Strip Steak

Miso-Glazed Strip Steak with Scallion Ginger Sauce, 25

Swiss Cheese

Cuban Sandwich, 58

Swordfish

Grilled Swordfish Steaks with Chimichurri Sauce, 70

T-bone steak

Steakhouse-Style T-Bone on the Griddle, 17

Tomatoes

Grilled Vegetable Skewers with Chimichurri, 84

Tri-tip steak

Rosemary and Lemon Marinated Tri-Tip Steak, 15

Trout

Crispy Lemon Garlic Trout, 73

Tuna

Grilled Tuna Steaks with Sesame Seeds, 71

Turkey (ground)

Savory Blackstone Turkey and Veggie Skillet, 32

Turkey Breasts

Blackstone Griddle Herb-Roasted Turkey Breast, 30
Griddle-Seared Turkey Breast Medallions, 31
Turkey Club Sandwich, 57

Zucchini

Grilled Veggie Sandwich, 60
Grilled Vegetable Skewers with Chimichurri, 84
Grilled Vegetable Medley with Balsamic Glaze, 86
Cowboy Blackstone Stir-fry, 90

Thank you for purchasing the *Complete Blackstone Gas Griddle Cookbook* by John Loxley!

We hope this cookbook has been a source of inspiration, a welcome challenge, and a reliable guide as you create mouthwatering meals that leave lasting impressions. Your support means a lot to us, and we truly value your input. If you could spare a few moments to share an honest review, it would not only help other griddle enthusiasts discover this book but also assist us in improving future editions for readers like you.

Leaving a review on Amazon is quick and easy! Here's how you can do it:

Visit Amazon's Website

Head over to www.amazon.com/www.amazon.co.uk/www.amazon.ca and ensure you're logged into your account.

Locate *The Complete Blackstone Gas Griddle Cookbook*

Find the book's product page by searching for the title or by navigating to your order history under Account & Lists > Your Orders.

Select "Write a Customer Review"

Scroll down to the "Customer Reviews" section on the product page and click "Write a customer review."

Give Your Star Rating

Choose a star rating that best reflects your experience with the book.

Share Your Thoughts

Write a review highlighting what you enjoyed most. Whether it's a specific recipe, a helpful cooking tip, or the book's overall structure, your honest feedback is invaluable and helps others make informed decisions.

Submit Your Review

Once you're satisfied with your comments, simply click "Submit."

Thank you for taking the time to support us and for being part of our Blackstone griddling community. We hope *The Complete Blackstone Gas Griddle Cookbook* by John Loxley has added new flavors, techniques, and cherished moments to your cooking adventures. Wishing you continued success and enjoyment with your griddle. Happy cooking!