

***The Blackstone Griddle  
Cookbook  
for Beginners:***

***Quick & Healthy Cooking with 100  
Lightning-Fast Restaurant -Style Appetizers,  
Burgers, and More***

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# Introduction

## 1. What is a Blackstone Grill, and why is it popular?

A Blackstone Grill is a flat-top griddle that operates on propane and is commonly used for outdoor cooking. Unlike traditional grills with grates, Blackstone has a smooth, flat metal surface similar to those found in restaurants and diners. This makes it versatile and highly convenient for cooking a wide variety of dishes.

### Why has the Blackstone Grill become so popular?

- ✓ **Versatility:** You can cook everything from breakfast (eggs, pancakes, bacon) to lunch and dinner (burgers, steaks, vegetables, seafood).
- ✓ **Even cooking:** The flat surface heats uniformly, eliminating "hot" or "cold" spots present in traditional grate grills.
- ✓ **Ease of use:** Even beginners can quickly learn how to operate it. There's no need to fuss with charcoal or complicated adjustments.
- ✓ **Quick cleanup:** Scrape off food residues and wipe the surface—much easier than cleaning a traditional grill.
- ✓ **Large cooking area:** You can prepare meals for the whole family or a group of friends at once.
- ✓ **Ideal for camping and picnics:** Models with wheels or portable versions are perfect for travel and outdoor adventures.

## 2. How to choose your Blackstone Griddle model When selecting a Blackstone Griddle, consider three key factors:

- 1 **Size:** For home use, models between 17 and 22 inches are suitable. For larger gatherings, it's recommended to use models that range from 28 to 36 inches in height.
- 2 **Fuel Source:** You can choose between gas (propane) and electric models. Gas models typically offer more power and greater autonomy.
- 3 **Features:** Additional features such as extra shelves, lids, built-in grease collection systems, and other accessories can enhance the convenience of cooking.

### 3. Safety tips when using the grill

- ✓ Place the grill on a level surface, away from any flammable materials.
- ✓ Check all gas connections before each Use by inspecting hoses and valves.
- ✓ Never leave the grill unattended during operation.
- ✓ Cook in a well-ventilated area, especially if you're using a gas model.
- ✓ Store gas cylinders properly, keeping them away from direct sunlight and heat sources.

### 4. Grill maintenance

Cleaning After Each Use:

- Scrape off food residues with a metal spatula.
- Wipe the surface with paper towels.
- To make cleaning easier, add a little water to a hot surface to create steam (steam cleaning).

Regular Seasonal Cleaning:

- Thoroughly remove carbon buildup and oil residues.
- Inspect and clean the burners.

Storage and preservation:

- After cleaning, apply a thin layer of oil to prevent rust.
- When not in use, cover the grill with a protective cover.

### 5. Essential accessories and tools for Blackstone Griddles

#### 1. Spatulas:

Wide metal spatulas with straight and beveled edges for flipping and cutting food directly on the Griddle.

#### 2. Cleaning the scraper

to remove food residues and carbon buildup after cooking.

#### 3. Oil bottle (Oiler)

A metal oil bottle for conveniently applying a thin layer of oil to the surface.

#### 4. Steaming domes

Metal covers that speed up cooking and help melt cheese on burgers.

**5. Thermometer:** A quick-read thermometer to check the internal temperature of meat and other dishes.

**6. Grill cover** protects the grill from rain, dust, and sun during storage.

**7. Grill brush** for deep cleaning the surface and removing grease.

**8. Grease drip pan:**

Reusable or disposable pans to catch excess grease and keep the grill clean.

**Additional accessories:**

- Adapter for large gas cylinders (useful for portable models).
- Heat-resistant gloves for handling hot surfaces.
- Set of containers for ingredients and cooked dishes.

## ***Blackstone Griddle Basics***

### **1. Seasoning the Griddle (The Most Important Step!)**

This process creates a natural non-stick surface and protects against rust.

**Clean:** Wipe down the new Griddle to remove any manufacturing residue.

**Heat & Oil:** Heat the Griddle to medium-high. Apply a thin, even layer of high smoke-point oil (such as flaxseed, grapeseed, or vegetable oil) over the entire surface.

**Burn Off:** Let the oil burn off completely. It will smoke heavily, then the smoke will subside as the oil bakes onto the surface. The Griddle will darken.

**Repeat:** Repeat this process 3-5 times (or more) for optimal results. Each layer builds up the non-stick coating.

### **2. Preheating**

Always preheat your Griddle before cooking. This ensures even heat distribution and prevents food from sticking to the surface. Give it 5-10 minutes to reach your desired Temperature.

### **3. Using Oil for Cooking**

Even with a well-seasoned griddle, always add a small amount of cooking oil (e.g., olive oil, butter, avocado oil) to the surface before placing food down. This helps with browning and prevents sticking.

### **4. Temperature Zones**

Most Blackstone griddles feature multiple burners, enabling you to create distinct heat zones. Use higher heat for searing and lower heat for simmering or keeping food warm.

### **5. Cleaning After Each Use**

**Scrape:** While the Griddle is still warm (but not scorching hot), use a metal griddle scraper to push off any food debris and excess oil into the grease trap.

**Wipe:** Use paper towels to clean the surface. For stubborn bits, you can pour a little water on the hot surface (be careful of steam!) to deglaze, then scrape again.

**Light Oil Coat:** Apply another skinny layer of cooking oil to the clean surface before storing to maintain the seasoning and prevent rust.

#### **6. Avoid Soap (Generally)**

Once seasoned, avoid using soap on your Griddle. Soap can strip away the seasoning.

### ***How to Avoid Overcooking and Drying Out Food on the Grill***

1. Utilize your griddle's multiple burners to create different temperature zones. Use high heat for searing, medium for general cooking, and low heat or even off-burners for warming or finishing delicate items.
2. An infrared thermometer is your best friend. Rely on it to know the actual surface temperature, rather than just knob settings. This helps you hit the sweet spot for various foods.
3. Even with a seasoned griddle, a little oil or fat (like butter or a high-smoke-point oil) helps prevent sticking and keeps food moist by conducting heat evenly.
4. Give your food space. Overcrowding lowers the griddle's temperature and can steam food instead of searing it, leading to a less desirable texture. Cook in batches if necessary.
5. Use a meat thermometer for proteins to ensure they reach the correct internal temperature without going over. Remember carryover cooking: food continues to cook briefly after being removed from the heat.
6. Allow cooked meats to rest for a few minutes off the heat. This helps redistribute juices, making them more tender and less dry. You can rest them on a wire rack or in a cooler zone of the griddle.

# *Chapter 1: Breakfasts on the Grill*

## *Grilled pancakes*

### **Ingredients**

- 1 cup flour (wheat, oat, or gluten-free)
- 1 cup milk (dairy or plantbased)
- 1 egg
- 1-2 tbsp sugar (optional)
- 1/4 tsp salt
- 1 tsp baking powder
- 2 tbsp vegetable oil or melted butter
- 1 tsp vanilla extract (optional)
- Additional oil/butter for greasing

### **Instructions:**

**Preheat Griddle:** Heat the griddle to medium (approximately 180°C) and lightly grease it.

**Make Batter:** Whisk together all batter ingredients until smooth. (Optional: add cinnamon or lemon zest for extra flavor.)

**Cook Pancakes:** Pour small portions of batter onto the hot griddle. Cook until bubbles form, then flip and cook for an additional 1-2 minutes, or until golden brown on the other side.

**Serve:** Stack immediately or keep warm on a cooler griddle zone. Serve with your favorite toppings like honey, berries, or cream.

## ***Sandwich with Egg and Bacon***

### **Ingredients**

- 2 slices of bread (your choice)
- 1-2 strips of bacon
- 1 egg
- Butter or oil for cooking
- Optional: cheese, lettuce, tomato, mayo, ketchup

### **Instructions:**

**Cook Bacon:** Cook bacon in a pan over medium heat until crispy. Remove and set aside.

**Cook Egg:** In the same pan, cook the egg to your liking (fried, scrambled, etc.).

**Toast Bread:** Lightly toast your bread slices.

**Assemble:** Spread butter or your preferred condiment on the bread. Layer with the cooked bacon and egg. Add any optional ingredients.

**Serve:** Enjoy your sandwich immediately!

## *Vegetable and Sausage Breakfast*

### **Ingredients**

- 2-3 sausages
- 2-3 potatoes (cubed/sliced, optional)
- 1 bell pepper (sliced)
- 1 onion (sliced)
- 2-3 tomatoes (sliced/halved)
- 1-2 cloves garlic (minced)
- Olive oil
- Salt, pepper, spices (thyme, rosemary, paprika)
- 2 eggs (optional)
- Spinach/arugula (optional)

### **Instructions:**

**Cook Sausages:** Grill or pan-fry sausages until they are browned and cooked through (8-10 minutes).

**Sauté Veggies:** In a pan with olive oil, cook potatoes until golden. Add the onion, bell pepper, and garlic; cook until they are soft. Stir in the tomatoes last. Season to taste.

**Cook Eggs (Optional):** Fry or scramble eggs separately.

**Assemble & Serve:** Combine cooked sausages and vegetables on a plate. Add fresh spinach/arugula and eggs if desired. Serve with your favorite sauce or toast.

# *Grilled Breakfast Burrito*

## **Ingredients**

- 2 tortillas (wheat or corn)
- 3 eggs
- 2-3 sausages or bacon strips (or chicken/plant-based alternative)
- 50-70g cheese (cheddar, mozzarella, or mix)
- 1 medium potato (diced, optional)
- 1 bell pepper (sliced)
- 1/2 onion (sliced)
- 1 avocado (optional)
- Salsa and/or guacamole (to taste)
- Salt, pepper, olive oil

## **Instructions:**

**Cook Meats:** Grill or fry sausages or bacon until golden brown; then cut into pieces.

**Cook Potatoes (Optional):** If using, grill diced potatoes with oil until golden.

**Sauté Veggies:** Cook the onion and bell pepper on the grill until they are soft. Combine with potatoes and meat.

**Scramble Eggs:** Whisk eggs with salt and pepper, then cook on the grill to your desired consistency (you can also add some cheese if desired).

**Assemble:** Warm tortillas on the grill. On one half of each, layer potatoes/veggies, meat, eggs, cheese, and a bit of salsa/guacamole.

**Roll & Grill:** Fold in sides and roll tightly. Grill for a couple of minutes until crispy and the cheese is melted.

**Serve:** Slice in half and serve with extra salsa, guacamole, or your favorite sauce.

## *French Toast with Berries*

### **Ingredients**

- 4 slices dense bread (ciabatta, baguette)
- 2 eggs
- 1/2 cup milk
- 1-2 tbsp sugar (optional)
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp salt
- Butter for frying
- 1 cup mixed berries
- Honey or maple syrup for serving
- Powdered sugar for dusting (optional)

### **Instructions:**

**Make Egg Mixture:** Whisk eggs, milk, sugar, vanilla, cinnamon, and salt in a bowl.

**Soak Bread:** Dip each bread slice into the egg mixture, ensuring both sides are well-soaked.

**Cook French Toast:** Heat a greased grill or skillet over medium heat. Fry bread slices for 2-3 minutes per side until golden brown.

**Warm Berries:** Gently warm berries on the grill or in a skillet for 2-3 minutes.

**Serve:** Place French toast on a plate, top with warm berries, and drizzle with honey or maple syrup. Dust with powdered sugar if desired.

## ***Grilled club sandwich***

### **Ingredients**

- 3 slices of bread (your choice)
- 2-3 slices cooked bacon or turkey bacon
- 2-3 slices deli turkey or chicken breast
- 1-2 slices cheese (cheddar, provolone, or Swiss)
- Lettuce leaves
- Tomato slices
- Mayonnaise
- Butter or oil for grilling

### **Instructions:**

**Prep Ingredients:** Cook bacon until crispy.

**Assemble Sandwich:** Lightly spread mayo on one side of each bread slice. On the first slice, layer lettuce, tomato, turkey or chicken, and cheese. Top with the second slice of bread. On this slice, layer more lettuce, tomato, and bacon. Finish with the third slice of bread, mayo-side down.

**Grill:** Butter the outer sides of the sandwich. Preheat a grill or skillet over medium heat. Place the sandwich on the hot surface and grill for 3-5 minutes per side or until golden brown and the cheese is melted.

**Serve:** Remove from grill, slice diagonally into halves or quarters, and serve immediately.

## ***Quick Rolled Omelet with Filling***

### **Ingredients**

- 2-3 eggs
- 1 tbsp milk or water (optional)
- Salt and pepper to taste
- Butter or oil for frying

Filling options:

- Shredded cheese
- Cooked ham or bacon (diced)
- Sautéed mushrooms
- Chopped bell peppers or onions
- Fresh herbs (chives, parsley)

### **Instructions:**

**Prepare the Eggs:** Whisk the eggs together with milk or water, adding salt and pepper until the mixture is well combined.

**Cook the Omelet:** Heat butter or oil in a non-stick pan over medium heat. Pour the egg mixture into the pan, tilting it to ensure the bottom is coated evenly.

**Add Filling:** When the edges of the omelet are set but the center is still slightly runny, sprinkle your chosen filling over one half of the omelet.

**Roll and Serve:** Gently fold the unfilled half over the filling using a spatula. Cook for an additional minute until the egg is fully set. Slide the omelet onto a plate and serve immediately.

## ***Aromatic Grilled Toast with Avocado and Smoked Salmon***

### **Ingredients**

- 2 slices of bread (sourdough, rye, or your favorite)
- 1/2 ripe avocado
- 2-3 slices smoked salmon
- Fresh dill or chives (chopped, for garnish)
- Lemon wedge (for serving)
- Salt and black pepper to taste
- Olive oil for drizzling

### **Instructions:**

**Grill Toast:** Lightly brush both sides of your bread slices with olive oil. Grill over medium heat for 2-3 minutes per side or until golden brown and toasted.

**Prep Avocado:** While the toast grills, mash or slice the avocado, then season with a pinch of salt and pepper.

**Assemble:** Spread the mashed or sliced avocado generously over each piece of grilled toast.

**Add Salmon:** Arrange the smoked salmon slices artfully on top of the avocado

**Garnish and Serve:** Sprinkle with fresh dill or chives, as desired. Serve immediately, accompanied by a lemon wedge for squeezing.

## *Griddle Hash Brown Skillet*

### **Ingredients**

- 1 (20 oz / 560g) bag frozen shredded hash browns
- 2 tbsp vegetable oil or butter (plus more if needed)
- 1/2 medium onion, finely diced (optional)
- 1/2 cup shredded Cheddar cheese
- 4 eggs
- Salt and freshly ground black pepper to taste
- Optional: Cooked bacon bits, chopped chives, or hot sauce for garnish

### **Instructions:**

**Preheat Griddle & Oil:** Preheat your griddle to medium-high heat (about 375-400°F / 190-200°C). Add two tablespoons of oil or butter to the griddle.

**Cook Hash Browns:** Spread the frozen, shredded hash browns evenly in a single layer over the oiled griddle surface. If using diced onion, sprinkle it over the hash browns and season generously with salt and pepper.

**Crisp & Flip:** Cook the hash browns undisturbed for 8-12 minutes or until the bottom is deeply golden brown and crispy. Use a wide spatula to carefully flip the entire mass (or sections) of hash browns. Cook for an additional 8-10 minutes on the second side until both sides are golden and crispy.

**Add Cheese & Eggs:** Once hash browns are crispy, sprinkle the shredded cheese over them. Make four small "wells" or indentations in the hash browns. Crack one egg into each well.

**Cook Eggs:** Cover the eggs with a griddle dome or a large lid to help them cook through and melt the cheese (4-6 minutes for runny yolks, longer for firm). Season the eggs with a pinch of salt and pepper.

**Serve:** Once eggs are cooked to your liking and the cheese is melted, carefully slide the hash brown skillet onto a serving plate.

# **Chapter 2: Lunches and Sandwiches**

## **Smash burgers**

### **Ingredients**

- 400-500g ground beef (20-25% fat)
- 4 burger buns
- 4 slices of cheddar cheese
- 1 onion (thinly sliced, optional)
- Pickles, lettuce, tomato (optional, for serving),
- Mustard, ketchup, mayonnaise (to taste)
- Salt, pepper
- Oil (vegetable or butter) for grilling

### **Instructions:**

**Form Patties:** Divide ground beef into four equal balls; do not flatten.

**Heat Grill:** Preheat the grill to high heat and lightly oil the grates.

**Smash & Cook:** Place meatballs on a hot grill. Immediately smash each ball very thin with a spatula—season with salt and pepper. Cook for 1.5-2 minutes until the edges are crispy.

**Flip & Cheese:** Carefully flip patties. Immediately add a cheese slice to each. Cook for another 1-1.5 minutes.

**Toast Buns:** While patties cook, toast bun halves on the grill until golden.

**Assemble:** Spread sauces on buns. Layer with cheesy patty, then onion, lettuce, pickles, and tomato if desired. Serve immediately!

# *Philly Cheesesteak*

## **Ingredients**

- 300-400g thinly sliced beef (steak strips or tenderloin)
- 2 long sandwich buns (sub rolls)
- 1 onion (sliced)
- 1 bell pepper (sliced, optional)
- 4 slices of cheese (American, Provolone, or cheddar)
- Butter for cooking
- Salt, pepper
- Mustard or mayonnaise (optional)

## **Instructions:**

**Prep:** Slice beef very thinly. Slice the onion and bell pepper.

**Cook Veggies:** Preheat the grill and grease it with butter. Cook onion and bell pepper until soft and browned (5-7 mins).

**Cook Meat:** Add beef to the same grill area. Cook, stirring, until browned and cooked through (3-5 mins)—season with salt and pepper.

**Assemble:** Toast buns on the grill. Place cooked beef on the bottom bun halves and top with vegetables—lay the cheese over the meat and veggies.

**Melt Cheese:** Cover the sandwich with a lid or foil for a couple of minutes to melt the cheese.

Serve hot, with optional mustard or mayonnaise, if desired.

# *Chicken Quesadilla*

## **Ingredients**

- 2 tortillas (wheat or corn)
- 1 chicken breast (sliced or cubed)
- 100-150g cheese (cheddar, mozzarella, or Mexican blend)
- 1 bell pepper (sliced, optional)
- 1/2 onion (sliced, optional)
- 1-2 cloves garlic (minced)
- 1 tomato (sliced)
- Spices for chicken (paprika, chili, cumin, garlic powder)
- Salt, pepper, olive oil

## **Instructions:**

**Cook Chicken:** Heat oil on the grill. Season chicken with salt, pepper, and spices. Grill for 5-7 minutes until cooked through and golden. Slice chicken.

**Sauté Veggies:** While the chicken cooks sauté the bell pepper and onion on the grill for 2-3 minutes, until soft.

**Assemble:** Place one tortilla on a heated grill or skillet. Sprinkle with cheese, add chicken, sautéed vegetables, and tomato. Top with more cheese and the second tortilla.

**Cook:** Grill for 2-3 minutes per side until golden brown and cheese is melted. Press gently for a crispier exterior.

**Serve:** Cut into 2-4 pieces. Serve with guacamole, salsa, or sour cream.

## ***Grilled Chicken & Avocado Sandwich***

### **Ingredients**

- 2 chicken cutlets (about 4 oz each), thinly slice
- 4 slices of bacon
- 4 slices of sourdough or preferred bread
- 1/2 ripe avocado, sliced
- 2 lettuce leaves
- 2 slices of tomato
- 1 tbsp olive oil
- Salt, pepper, and garlic powder to taste
- Optional: Mayonnaise, mustard

### **Instructions:**

**Grill Bacon and Chicken:** Preheat the grill or griddle to medium-high heat. Cook the bacon until crispy, then set it aside. Season chicken with oil, salt, pepper, and garlic powder. Grill 3-5 minutes per side until cooked through.

**Toast Bread:** Lightly toast bread on the grill.

**Assemble:** Spread mayo/mustard on bread (if using)—layer chicken, bacon, avocado, lettuce, and tomato. Close the sandwich and serve.

## *Grilled cheese with ham*

### **Ingredients**

- Sandwich bread (white, whole wheat, or your choice)
- Butter (at room temperature)
- Slices of cheese (cheddar, Swiss, gouda, or any melting cheese)
- Sliced ham
- Salt and pepper — to taste
- Optional: mustard or mayonnaise

### **Instructions:**

1. Preheat the Blackstone Griddle to medium heat (about 350°F / 175°C).
2. Spread butter on one side of each bread slice.
3. Place the bread slices butter-side down on the griddle.
4. On one slice, add cheese and ham.
5. If desired, add seasonings, mustard, or mayonnaise.
6. Cover with the second bread slice (butter-side up).
7. Cook for 2–3 minutes until the bottom is golden brown.
8. Carefully flip the sandwich and cook for an additional 2–3 minutes, until golden and the cheese is melted.

# *Grilled Veggie & Halloumi Burgers*

## **Ingredients**

- 8 oz (250g) halloumi cheese, 1/2-inch slices
- 1 large portobello mushroom cap, stemmed
- 1 large zucchini, 1/4-inch planks
- 1 large red bell pepper, cut into flat sections
- 4 burger buns
- 2 tbsp olive oil
- 1 tbsp balsamic glaze
- 1 tsp dried oregano
- Salt & black pepper to taste
- Optional toppings: Lettuce, tomato, red onion, pesto, roasted red pepper hummus

## **Instructions:**

**Prep & Season:** Brush all veggies and halloumi with olive oil—season veggies with salt, pepper, and oregano.

**Preheat Grill:** Heat grill to medium-high (400°F/200°C). Lightly oil grates.

**Grill Veggies:** Grill bell peppers, zucchini, and portobello mushrooms for 5-7 minutes per side until tender-crisp and marked.

**Grill Halloumi:** Grill halloumi for 2-3 minutes per side until golden brown.

**Toast Buns:** Lightly toast the buns on the grill for about 1 minute per side or until they are lightly toasted.

**Assemble:** Layer lettuce (if using), portobello, bell pepper, zucchini, and halloumi on bottom buns. Drizzle with balsamic glaze. Add other toppings and the top bun.

## ***Fried Tacos***

### **Ingredients**

- Small corn or flour tortillas
- Vegetable oil for frying
- **Filling:** Ground beef, chicken, or pork; spices (cumin, chili powder, paprika, salt, pepper); finely chopped onion and garlic; shredded cheese
- **For Serving:** Chopped lettuce/cabbage, sliced tomatoes, sour cream, guacamole, salsa, fresh cilantro, lime wedges

### **Instructions:**

**Heat Griddle:** Preheat griddle to medium (around 175°C).

**Cook Filling:** Cook the meat with onion, garlic, and spices on one side of the griddle until done. Push to the side to keep warm.

**Prep Tortillas:** Lightly oil the other side of the griddle. Briefly warm tortillas (10-15 seconds per side).

**Fill Tacos:** Place filling and cheese on half of each warmed tortilla. Fold into half-moons.

**Fry Tacos:** Add more oil to the clean side of the griddle. Place folded tacos on the griddle and cook for 2-3 minutes per side until golden and crispy. Hold them closed with a spatula if needed.

**Serve:** Serve immediately with fresh toppings, sauces, and herbs.

## ***Tuna Melts (Griddle-Style)***

### **Ingredients**

- 1 (5 oz) can tuna, drained
- 2 tbsp mayonnaise
- 1 tbsp sweet pickle relish (or finely diced pickles)
- 4 slices of sandwich bread
- 2 slices of cheddar or provolone cheese
- 1 tbsp butter, softened
- Salt & pepper to taste

### **Instructions:**

**Make Tuna Salad:** In a small bowl, mix drained tuna, mayonnaise, relish, salt, and pepper.

**Butter Bread & Assemble:** Butter one side of each bread slice. On the unbuttered side of two slices, spread half the tuna salad. Top with a cheese slice, then the other bread slice (butter-side out).

**Grill:** Preheat grill to medium—place sandwiches on the griddle. Cook for 4-5 minutes per side until golden and the cheese is melted.

## ***Grilled Swordfish with Lemon-Herb Marinade***

### **Ingredients**

- 2 swordfish steaks (about 1- inch thick)
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tbsp chopped fresh parsley
- 1 tsp chopped fresh dill (optional)
- 1 clove garlic, minced
- Salt and black pepper to taste
- Lemon slices for garnish (optional)

### **Instructions:**

**Marinate:** In a bowl, whisk together olive oil, lemon juice, parsley, dill (if using), minced garlic, salt, and pepper. Place swordfish in a shallow dish and pour marinade over it. Let it sit for 15-30 minutes.

**Preheat Grill:** Preheat your grill to medium-high heat.

**Grill Fish:** Remove swordfish from the marinade. Grill for 4-6 minutes per side or until cooked through and flaky.

**Serve:** Serve immediately, garnished with fresh lemon slices if desired.

## ***Pork Tenderloin with Apple-Mustard Glaze & Baked Apples***

### **Ingredients**

- 1 pork tenderloin
- 2 apples (firm, like Granny Smith or Honeycrisp)
- 2 tbsp apple juice
- 1 tbsp Dijon mustard
- 1 tbsp olive oil
- salt, pepper

### **Instructions:**

**Prep:** Slice apples into thick rings. Whisk the glaze ingredients.

**Grill Pork:** Season pork. Grill over medium heat, brushing with glaze, for 15-20 minutes until cooked through temp).

**Grill Apples:** Place apple slices on the grill alongside pork (or after). Grill 3-5 minutes per side until tender and slightly charred.

**Serve:** Slice pork. Serve with grilled apples.

## ***Grilled Chicken & Peach Salad with Goa Cheese***

### **Ingredients**

- 1 chicken breast
- 1-2 ripe peaches, halved or sliced
- Mixed salad greens
- 50g goat cheese, crumbled
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- salt, pepper

### **Instructions:**

**Grill Chicken & Peaches:** Season chicken and peaches with a bit of olive oil, salt, and pepper. Grill over medium-high heat until the chicken is cooked through (5-7 minutes per side), and the peaches have grill marks and are slightly softened (2-3 minutes per side). Slice the chicken. Assemble Salad: In a bowl, combine mixed greens, grilled chicken, and grilled peaches.

**Dress & Serve:** Drizzle with balsamic vinaigrette. Top with crumbled goat cheese.

## ***Chapter 3. Dinners and Hot Dishes***

### ***Steak with Vegetables***

#### **Ingredients**

- **Steak:** 1-1.2 inch thick cut (ribeye, striploin, or filet mignon), salt, pepper, olive/vegetable oil, optional fresh rosemary/thyme, crushed garlic, butter.
- **Vegetables (your choice):** Cauliflower/broccoli florets, zucchini, bell peppers, mushrooms, red onion, asparagus, cherry tomatoes.

#### **Instructions:**

**Prep:** Bring steak to room temp (30-40 mins). Pat dry, season generously with salt and pepper. Cut veggies into equal pieces.

**Heat Griddle:** Preheat Blackstone Griddle to high (200- 230°C/400-450°F) and oil lightly.

**Cook Steak:** Place the steak on the hottest part of the grill. Sear for 4-5 minutes, flip, and sear for 3-4 minutes. Add butter, garlic, herbs; baste. Cook to the desired doneness (e.g., Medium: 60-63°C/140-145°F). Rest 5-10 mins under foil.

**Cook Veggies:** Simultaneously, add the vegetables to the other part of the griddle. Cook, stirring occasionally, until the vegetables are tender. Season.

**Serve:** Slice rested steak against the grain and serve with cooked vegetables.

# ***Garlic Butter Chicken Thighs***

## **Ingredients**

- 1-1.5 kg (2.2-3.3 lbs) chicken thighs (bone-in or boneless)
- 2-3 tbsp vegetable oil
- Salt and pepper

## **For Garlic Butter:**

- 100g (1/2 cup) unsalted butter, melted
- 6-8 cloves garlic, minced
- 2 tbsp fresh parsley, chopped
- 1 tsp lemon juice
- 1/2 tsp paprika
- Pinch red pepper flakes (optional)
- Salt to taste

## **Instructions:**

**Prep Chicken:** Pat chicken dry. Rub with vegetable oil, salt, and pepper.

**Make Garlic Butter:** Melt butter. Add minced garlic, and cook for 1-2 minutes (don't burn). Remove from heat, stir in parsley, lemon juice, paprika, red pepper flakes, and salt.

**Cook Chicken:** Preheat the griddle to medium (around 190°C/375°F). Place chicken on the griddle. Cook 6-7 minutes per side for initial sear.

**Finish & Baste:** Continue flipping every 5-6 minutes until internal temp reaches 74°C/165°F (20-25 mins total). About 5 minutes before it's done, generously brush both sides with garlic butter and cook for an additional couple of minutes to allow the butter to absorb.

**Serve:** Serve hot, drizzled with remaining garlic butter.

## *Lemon Herb Salmon*

### **Ingredients**

- 4 salmon fillets (150- 180g/5-6 oz each), skin-on preferred
- 2-3 tbsp olive oil
- Salt & pepper
- 2 lemons (1 juiced/zested, 1 sliced)
- 3 cloves garlic, minced
- 2 tbsp chopped fresh dill
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped green onion
- 2 tbsp butter
- 1 tsp honey or maple syrup (optional)

### **Instructions:**

**Prep Salmon:** Pat fillets dry. Rub with olive oil, salt, and pepper.

**Make Herb Mix:** Combine half lemon juice/zest, minced garlic, and half of the chopped herbs.

**Heat Griddle:** Preheat to medium-high (190-200°C/375-400°F) and lightly oil.

**Cook Salmon:** Place the salmon skin-side down. Cook for 4-5 minutes without moving.

**Flip. Flavor:** Add butter and lemon slices to the griddle. Spoon melted butter and lemon juice over the fish. Cook for 3-4 minutes for medium doneness.

**Finish:** In the last minute, sprinkle with lemon-garlic-herb mix. Drizzle with honey/maple syrup if using.

**Serve:** Garnish with remaining herbs and lemon slices. Serve hot with preferred sides.

# ***Smoky Paprika Chicken & Potato Traybake (Grill/Griddle)***

## **Ingredients**

- 1.5 lbs boneless, skinless chicken thighs, 1.5-inch pieces
- 1.5 lbs baby potatoes, halved (or cubed regular potatoes)
- 1 large bell pepper, 1-inch chunks
- 1 medium red onion, wedges
- 3 tbsp olive oil
- 1 tbsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp dried oregano
- Salt & black pepper to taste

## **Instructions:**

**Prep & Season:** In a large bowl, combine chicken, potatoes, bell pepper, and red onion. Drizzle with olive oil, then toss with smoked paprika, garlic powder, oregano, salt, and pepper until evenly coated.

**Preheat Grill/Griddle:** Preheat grill to medium (375-400°F / 190-200°C). If using a standard grill, use a large, heavy-duty foil pan or grill-safe baking sheet.

### **Cook:**

**On the Griddle:** Spread ingredients in a single layer. Cook, stirring every 7-10 minutes, for 30-40 minutes, until the potatoes are tender and the chicken has reached an internal temperature of 165°F (74°C).

**On Grill (Indirect Heat):** Place a foil pan or baking sheet over indirect heat. Close the lid and cook for 30-40 minutes, stirring every 10-15 minutes, until the meat is tender and cooked through.

**Serve:** Remove from heat, garnish with parsley if desired, and serve hot.

# *Shrimp Kebabs*

## **Ingredients**

- 500-700g (1.1-1.5 lbs) large shrimp (16-20 count)
- 3 tbsp olive oil
- 4 cloves garlic, minced
- 1 tbsp lemon juice, zest of 1 lemon
- 2 tbsp fresh parsley, chopped
- 1 tsp paprika
- ½ tsp red pepper flakes (optional)
- Salt, black pepper
- 1 tbsp fresh dill (optional)
- Lemon wedges for serving
- Wooden or metal skewers

## **Instructions:**

**Prepare Shrimp:** Peel and devein the shrimp, leaving the tails intact. Rinse and pat dry.

**Marinate:** In a bowl, combine olive oil, garlic, lemon juice, lemon zest, parsley, paprika, red pepper flakes, salt, and pepper. Add shrimp and toss to coat. Marinate for 15-30 minutes (no longer).

**Skewer:** If using wooden skewers, soak them in water to prevent them from burning. Thread shrimp onto skewers, leaving small gaps.

**Preheat the griddle** to medium-high (190-200°C/375-400°F) and lightly oil it. Place skewers on the griddle. Cook for 2-3 minutes, per skewer, until the meat is pink, opaque, and has a "C" shape.

Serve hot, accompanied by fresh lemon juice and additional herbs, if desired.

## *Grilled Sausage & Pepper Skewers*

### **Ingredients**

- 1 lb pre-cooked sausage (e.g., fully cooked smoked sausage), sliced
- 2 bell peppers, cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- Salt & pepper
- Skewers

### **Instructions:**

**Prep:** Toss sausage, peppers, and onion with olive oil, oregano, salt, and pepper. Thread onto skewers.

**Grill:** Preheat grill to medium. Grill skewers for 15-20 minutes, turning often, until the veggies are tender and the sausage is heated through and lightly charred.

## *Steak with Mushrooms & Onions*

### **Ingredients**

- 2 steaks (1-1.2 inch thick)
- 400g (14 oz) mushrooms, quartered/sliced
- 2 large onions, sliced
- 4 cloves garlic, minced
- 3 tbsp olive oil
- 2 tbsp butter
- Thyme, rosemary sprigs
- 2 tbsp soy sauce or Worcestershire (optional)
- Salt, pepper
- 2 tbsp high smoke point cooking oil

### **Instructions:**

**Preparation:** Bring steaks to room temperature (30-40 minutes), then pat dry and season with salt and pepper. Prepare the mushrooms, onions, garlic, and herbs.

**Heat Griddle:** Preheat to high (200-230°C/400-450°F)—oil one section of the steak.

**Cook Steak:** Place steaks on a hot griddle. Sear 4-5 mins per side for medium. Add butter, herbs, and garlic; baste. Cook to the desired doneness. Rest 5-10 mins.

**Cook Veggies (Simultaneously):** Heat olive oil in a separate pan. Add the onions and cook for 5-7 minutes, until they are soft. Add the mushrooms and cook for 8-10 minutes, until they are browned on all sides. Stir in minced garlic (1-2 mins), remaining butter, thyme, and soy sauce (if using). Season.

**Serve:** Slice steak top generously with mushroom and onion mixture.

## ***Blackstone Griddle Fried Rice with Chicken & Veggies***

### **Ingredients**

- 2 cups cooked, cold jasmine or basmati rice
- 2 chicken thighs or breasts, diced
- 2 eggs, beaten
- 1 cup frozen peas and carrots
- 2 green onions, chopped
- 3 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tsp garlic, minced
- 1 tsp ginger, grated
- Optional: Sriracha or chili garlic sauce

### **Instructions:**

1. Heat the Griddle to medium heat and drizzle with sesame oil.
2. Cook diced chicken with garlic and ginger until browned and cooked through.
3. Push the chicken aside; pour the beaten eggs onto the Griddle and scramble.
4. Add peas and carrots; stir-fry for 2–3 minutes.
5. Add the cooked rice and soy sauce; mix everything well and cook for 5–6 minutes, stirring frequently.
6. Finish with chopped green.

# *Chicken Skewers*

## **Ingredients**

- 700-800g (1.5-1.8 lbs) chicken fillet (cubed)
- **Marinade:**
- 1 tbsp olive oil,
- 2 tbsp lemon juice,
- 3 cloves minced garlic,
- 1 tsp paprika,
- 1 tsp oregano,
- 1/2 tsp thyme,
- 1/2 tsp cumin,
- 1/4 tsp cayenne (optional),
- 1 tsp salt,
- 1/2 tsp black pepper,
- 1 tbsp honey/maple syrup (optional)
- Skewers (wooden, soaked if needed)
- **Optional Veggies (cubed):** Red/yellow bell pepper, red onion, cremini mushrooms, cherry tomatoes

## **Instructions:**

**Marinate Chicken:** Cut chicken into 1-inch cubes. Whisk the marinade ingredients together; then add the chicken and coat it well. Refrigerate 2-4 hours (min. 30 mins).

**Assemble Skewers:** Thread chicken, alternating with optional veggies.

**Grill:** Preheat the griddle to medium-high (approximately 190°C/375°F) and lightly oil it. Place skewers on the griddle. Cook 4-5 mins per side, flipping every 3-4 mins, until chicken reaches 74°C/165°F (total 12-15 mins). Brush with the remaining marinade in the last 2 minutes.

# *Grilled Seafood Pasta*

## **Ingredients**

- **Pasta:** 400g pasta, salt
- **Seafood:** 200g shrimp, 200g salmon/sea bass (cubed), 150g scallops, 150g calamari, 150g mussels
- **Sauce:** 4 tbsp olive oil, 4 cloves garlic, 1 shallot, ¾ cup dry white wine, 1 ¼ cups heavy cream, lemon juice + zest, 2 tbsp butter, red pepper flakes (opt.), salt, pepper
- **Garnish:** Fresh basil/parsley, Parmesan, lemon wedges

## **Instructions:**

**Prep Seafood:** Pat dry, oil, and season to taste. Create a small mixture of oil, garlic, and lemon for basting.

**Cook Pasta:** Boil salted water and cook pasta al dente, then reserve ½ cup of the pasta water. Drain.

**Grill Seafood:** Preheat griddle to medium-high (190-200°C). Cook shrimp or scallops for 2 minutes per side. Flip and add calamari/fish. Add mussels and cover. Cook 2-3 mins until done. Baste. Remove, and keep warm.

**Make the Sauce:** On a clean griddle, heat two tablespoons of olive oil. Sauté shallot (2-3 mins). Add garlic (1 min). Add wine, reduce (2 mins). Add cream, lemon juice/zest. Thicken (3-4 mins). Stir in butter. Season.

**Assemble and Serve:** Add the pasta to the sauce and toss to combine. Add reserved water if needed. Top with seafood. Heat 1 min. Serve immediately with herbs, Parmesan, and lemon.

## ***Beef or Chicken Fajitas***

### **Ingredients**

- **Meat:** Beef or chicken (thinly sliced against the grain).
- **Marinade:** Oil, lime juice, minced garlic, fajita seasoning.
- **Vegetables:** Onions, bell peppers (thinly sliced).
- **Serving:** Tortillas, salsa, guacamole, sour cream, shredded cheese.

### **Instructions:**

**Prep:** Slice meat and marinate (30 mins minimum)—slice vegetables.

**Heat Griddle:** Preheat to medium—high—oil surface.

**Cook Veggies:** Sauté onions and peppers until they are soft and charred. Remove, and keep warm.

**Cook Meat:** Spread meat in a single layer on a hot griddle. Cook, stirring, until done (beef to temp, chicken 74°C/165°F).

**Combine and Serve:** Return the veggies to the griddle with the meat, combine, and heat through. Serve with warm tortillas and toppings.

# ***Chapter 4: Side Dishes and Vegetables***

## ***Roasted potatoes with garlic***

### **Ingredients**

- **Potatoes:** 1-1.5 kg (2-3 lbs) lowstarch potatoes, cut into 1-1.5 cm (1/2-3/4 inch) pieces.
- **Oil:** 1/4-1/2 cup vegetable oil.
- **Garlic:** 3-5 cloves, minced.
- **Seasoning:** Salt, black pepper, 1-2 tsp dried herbs (rosemary, thyme, oregano - optional)

### **Instructions:**

**Prep Potatoes:** Wash, peel (if desired), and cut potatoes into uniform pieces. Rinse with cold water, then thoroughly pat dry.

**Fry Potatoes:** Preheat a griddle to medium heat and add oil. Spread potatoes in a single layer (cook in batches if needed). Fry, stirring occasionally, for 15-25 minutes until golden brown and tender.

**Add Flavor:** When potatoes are almost done, add minced garlic and dried herbs. Cook for 1-2 minutes until fragrant.

**Season & Serve:** Remove from griddle. Season immediately with salt and pepper. Serve hot.

## *Grilled Corn with Cheese*

### **Method 1: Corn on the Cob**

#### **Ingredients**

- 2-4 ears corn on the cob
- 2-4 tbsp softened butter (mixed with 1/2-1 tsp garlic powder/minced garlic, salt, pepper)
- 1/2-1 cup (50-100g) shredded cheese (cheddar, Parmesan, etc.)

#### **Instructions:**

**Prep:** Remove husks and silk from corn.

**Butter:** Brush corn evenly with garlic butter mixture.

**Grill:** Preheat the griddle to medium heat and lightly coat it with oil. Grill corn for 10-15 minutes, turning occasionally, until tender and lightly golden.

**Cheese:** Sprinkle cheese over hot corn. Cover (if possible) or let melt for 1-2 minutes. Serve hot.

### **Method 2: Corn Kernels**

#### **Ingredients**

- 2-3 cups corn kernels
- 1-2 tbsp vegetable oil
- Salt, pepper
- 1/2 cup shredded cheese
- Optional: 1/4 cup chopped onion, 1-2 minced garlic, fresh herbs

#### **Instructions:**

**Prep:** If fresh, cut corn from the cob.

**Grill:** Preheat the griddle to medium heat with a thin layer of oil. Sauté the optional onion/garlic until soft.

**Cook the Corn:** Add the corn and cook for 5-7 minutes, stirring occasionally, until tender and lightly browned on the outside.

**Finish:** Season with salt/pepper. Stir in cheese until melted.

## ***Mushrooms with Onions***

### **Ingredients**

- Mushrooms (1 lb/500g)
- Yellow onions (1-2 medium)
- Vegetable oil/butter (2-3 tbsp)
- Garlic (2-3 cloves, optional)
- Salt & pepper
- Fresh herbs (optional garnish)
- Soy sauce/balsamic vinegar (1-2 tbsp, options)

### **Instructions:**

**Prepare:** Clean and cut mushrooms; slice onions.

**Preheat Griddle:** Heat Blackstone Griddle to medium, add oil/butter.

**Sauté Onions:** Cook onions until soft and golden (5-7 mins).

**Add & Cook Mushrooms:** Add mushrooms, spread evenly, and cook until browned (10-15 mins).

**Add Garlic & Season:** Stir in minced garlic a few minutes before done. Season with salt, pepper, and optional soy sauce/balsamic vinegar.

**Serve:** Transfer to a plate; garnish with fresh herbs if desired.

### **Tips:**

- ✓ Don't overcrowd the griddle; cook in batches if needed.
- ✓ Cooking times vary for different mushroom types.
- ✓ Add dried herbs or a splash of white wine for extra flavor.
- ✓ Great with grilled meats, poultry, potatoes, or as a stand-alone vegetarian dish.

## *Asian-Style Vegetable Stir-Fry*

### **Ingredients**

- **Vegetables (4-6 cups chopped):** A mix of your choice (e.g., broccoli, carrots, bell peppers, onions, mushrooms, bean sprouts).
- **Oil:** 2-4 tablespoons (sesame, peanut, or high-smoke-point vegetable oil).
- **Aromatics:** 2-3 cloves of minced garlic, 2-3 cm of grated or minced fresh ginger.
- **Sauce:** 3-4 tbsp soy sauce, 1- 2 tbsp oyster sauce (optional), 1-2 tbsp rice vinegar, 1 tsp sugar/honey (optional), red chili flakes/fresh chili (optional).
- **Finishing:** 1 tsp sesame oil, sliced green onions, sesame seeds (for garnish).

### **Instructions:**

**Preparation:** Wash and chop vegetables into equal-sized pieces, separating harder ones from softer ones.

**Sauce:** Whisk together soy sauce, oyster sauce (if using), rice vinegar, sugar/honey, and chili flakes (if using).

**Heat Griddle:** Sauté Aromatics - Add garlic and ginger; sauté for 30 seconds until fragrant.

**Cook Harder Veggies:** Add broccoli, carrots, and other vegetables; stir-fry for 3-5 minutes until slightly tender-crisp.

**Add Delicate Veggies (Optional):** Stir in bean sprouts, water chestnuts, and bamboo shoots during the last minute.

**Sauce:** Pour the sauce over the vegetables and stir-fry for 1-2 minutes or until the sauce has thickened.

**Finish & Serve:** Remove from griddle, drizzle with sesame oil, and garnish with green onions and sesame seeds. Serve hot.

## ***Cheese tortillas***

### **Ingredients**

- Flour tortillas,
- Shredded cheese (e.g., cheddar, Monterey Jack)
- Butter or oil (optional, for crisping)

### **Instructions:**

**Heat Griddle:** Preheat your griddle to medium heat.

**Assemble:** Place a tortilla on the griddle. Sprinkle shredded cheese over one-half of the tortilla.

**Cook:** Fold the other half of the tortilla over the cheese, creating a half-moon. Cook for 2-3 minutes per side, or until the tortilla is golden brown and crispy and the cheese is melted and gooey.

**Serve:** Remove from the griddle and enjoy hot!

**Tip:** For extra crispiness, lightly butter the griddle before placing the tortilla on it.

## *Crispy Zucchini Chips*

### **Ingredients**

- 1-2 medium zucchini
- 1-2 tablespoons olive oil (or your preferred cooking oil)
- Salt to taste
- Optional: Garlic powder, onion powder, paprika, or your favorite herbs for seasoning

### **Instructions:**

**Prep Zucchini:** Wash and thinly slice zucchini into rounds (about 1/8-inch thick). Pat them very dry with a paper towel to remove excess moisture; this is crucial for achieving a crisp texture.

**Season:** In a bowl, toss the sliced zucchini with olive oil and salt. Add optional seasonings if desired.

**Preheat Griddle:** Heat your griddle to medium-high heat.

**Cook:** Arrange zucchini slices in a single layer on the hot griddle. Don't overcrowd; cook in batches if needed.

**Flip & Crisp:** Cook for 3-5 minutes per side or until golden brown and crispy. Watch them closely, as they can burn quickly.

## *Garlic Bread*

### **Ingredients**

- 1 loaf of crusty bread (e.g., baguette, ciabatta), sliced
- 1/2 cup (113g) unsalted butter, softened
- 3-4 cloves garlic, minced (or 1 tsp garlic powder)
- 2 tablespoons fresh parsley, chopped (optional)
- Salt to taste

### **Instructions:**

**Make Garlic Butter:** In a small bowl, mix softened butter with minced garlic, chopped parsley (if using), and salt.

**Spread:** Generously spread the garlic butter on one side of each bread slice.

**Heat Griddle:** Preheat your griddle to medium heat.

**Griddle:** Place bread slices, butter-side down, on the hot griddle. Cook for 2-4 minutes or until golden brown and crispy.

**Serve:** Remove immediately and serve hot.

## *Grilled Herb & Garlic Veggies in Foil*

### **Ingredients**

- 4-6 cups mixed vegetables, chopped (e.g., bell peppers, zucchini, carrots, broccoli, onions, mushrooms, cherry tomatoes)
- 2-3 tablespoons olive oil
- 3-4 cloves garlic, minced
- 1-2 tablespoons fresh herbs, chopped (e.g., rosemary, thyme, oregano, parsley)
- Salt and freshly ground black pepper to taste
- Heavy-duty aluminum foil

### **Instructions:**

**Prep Veggies:** Wash and chop all vegetables into roughly equal-sized pieces.

**Season:** In a large bowl, combine the chopped vegetables with olive oil, minced garlic, chopped fresh herbs, salt, and pepper. Toss well to coat. **Form Foil Packet:** Tear off a large piece of heavy-duty aluminum foil. Place the seasoned vegetables in the center. Bring the long sides of the foil together and fold them down tightly to seal, then fold the ends to create a sealed packet. Ensure it's tightly sealed to trap steam.

**Preheat Griddle:** Preheat your griddle to medium heat.

**Grill:** Place the foil packet directly on the hot grill. Cook for 15-25 minutes, or until the vegetables are tender, flipping the packet halfway through the cooking time. Cooking time will vary depending on the density of the vegetables and your desired tenderness.

# *Chapter 5: Vegetarian dishes*

## *Griddle Vegetable Medley*

### **Ingredients**

- 4-6 cups mixed vegetables, chopped into bite-sized pieces (e.g., bell peppers, zucchini, onions, mushrooms, broccoli florets, snap peas)
- 2-3 tablespoons olive oil or your preferred cooking oil
- Salt to taste
- Freshly ground black pepper to taste
- Optional: Garlic powder, onion powder, dried herbs (oregano, thyme), or a squeeze of lemon juice for extra flavor

### **Instructions:**

**Prep Veggies:** Wash and chop all vegetables. For even cooking, cut the vegetables (like carrots or broccoli stems) into smaller pieces than the softer ones (like mushrooms or bell peppers).

**Season:** In a large bowl, toss the chopped vegetables with olive oil, salt, and pepper. Add any optional seasonings now.

**Preheat Griddle:** Heat your griddle to medium-high heat.

**Cook:** Spread the seasoned vegetables in a single layer on the hot griddle. Avoid overcrowding; cook in batches if necessary to ensure they fry rather than steam.

**Stir-Fry:** Cook for 8-15 minutes, stirring occasionally, until the vegetables are tender-crisp and lightly browned. Cooking time will vary depending on the type of vegetables used and your desired level of tenderness.

## ***Crispy Griddle Tofu with Asian Sauce***

### **Ingredients**

- **Firm/Extra-Firm Tofu:** 14-18 oz (400-500g)
- **Oil:** 2-3 tbsp (for frying) + 1 tbsp (for sauce, if needed)
- **Coating:** 2-3 tbsp cornstarch or flour
- **Aromatics:** 2-3 cloves minced garlic, 2-3 cm grated/minced fresh ginger
- **Sauce:** 3-4 tbsp soy sauce, 2 tbsp rice vinegar, 1-2 tbsp maple syrup/honey/brown sugar, 1 tsp sesame oil, hot sauce (optional), 1-2 tbsp water/broth (for consistency)
- **Garnish:** Sliced green onions, sesame seeds

### **Instructions:**

**Prep Tofu:** Press excess liquid from tofu (20-30 minutes), then cut into 1/2- to 3/4-inch cubes.

**Coat the Tofu:** Toss the tofu in cornstarch or flour until evenly coated.

**Make Sauce:** Whisk sauce ingredients together in a bowl.

**Heat Griddle:** Preheat the griddle to medium/medium-high. Add oil for frying.

**Fry Tofu:** Fry tofu in a single layer until golden and crispy on all sides (3-5 mins per side).

**Add Aromatics (Optional):** Push tofu aside, add a little more oil, and sauté garlic and ginger for 30 seconds.

**Add Sauce:** Pour the sauce over the aromatics (or directly over the tofu). Stir to coat, then cook for 1-2 minutes or until the sauce has thickened.

## ***Grilled Salads on the Griddle***

### **Ingredients**

- **For Grilling:** 2-3 ears of corn, 1/2 red onion (thick rounds), 1 bell pepper (strips).
- **For Salad:** 1-2 diced avocados, 1 cup halved cherry tomatoes, 1/4 cup chopped cilantro.
- **Dressing:** 2-3 tbsp lime juice, 2 tbsp olive oil, salt, pepper.
- **Optional:** 1/2 chopped jalapeño, 2-2.5 oz crumbled feta/goat cheese

### **Instructions:**

**Prep Grilled Veggies:** Lightly oil the corn, onion, and bell pepper.

**Heat Griddle:** Preheat to medium.

**Grill Corn:** Cook the corn for 10-15 minutes, or until tender, on the grill. Marks: cut kernels off.

**Grill Onion & Pepper:** Cook 5-7 mins until softened/charred; dice pepper if needed.

**Assemble:** Combine grilled corn, onion, and pepper with avocado, tomatoes, and cilantro.

**Dress:** Whisk the dressing ingredients together; then pour over the salad and toss.

**Serve:** Top with cheese (optional).

## ***Grilled Portobello Mushrooms***

### **Ingredients**

- 2-4 large Portobello mushrooms
- 2-3 tbsp olive oil
- 2-3 cloves minced garlic
- Few sprigs fresh thyme/rosemary (or 1 tsp dried)
- 1-2 tbsp balsamic vinegar
- Salt & black pepper to taste
- Grated Parmesan (optional)

### **Instructions:**

**Prep Mushrooms:** Clean mushroom caps; Remove stems if desired.

**Make Marinade:** Combine olive oil, garlic, herbs, balsamic vinegar, salt, and pepper.

**Marinate:** Coat mushrooms evenly; marinate 15-30 minutes

**Preheat Griddle:** Heat griddle to medium.

**Grill:** Place mushrooms flat-side down; grill 5-7 minutes.

**Add Cheese (Optional):** Sprinkle with Parmesan a few minutes before done; cover to melt.

**Serve:** Remove and serve hot.

## *Grilled Vegan Burritos*

### **Ingredients**

- **Filling Options:** Grilled veggies (peppers, onion, zucchini, corn, sweet potato, mushrooms), black/pinto beans, vegan ground meat/tofu, cooked rice (plain or lime-cilantro), salsa, guacamole/avocado, vegan cheese, cilantro, pickled onions, jalapeño, lettuce
- **Tortillas:** Large flour or corn
- **Seasoning (Optional)** Vegetable oil, spices (chili powder, cumin, paprika, oregano, garlic/onion powder), lime juice

### **Instructions:**

#### **Prepare Fillings:**

**Veggies:** Cut, oil, season, and grill until tender and charred.

**Vegan Meat/Tofu:** Grill until cooked through and golden (marinate the tofu if desired).

**Rice & Others:** Prepare as needed. Preheat the griddle to medium heat and lightly oil.

**Grill Fillings:** Cook the veggies, then add the vegan meat or tofu, keeping it warm.

**Warm Tortillas:** Briefly heat the tortillas on a griddle until they are soft and pliable.

**Assemble:** Layer fillings on warm tortillas; fold sides, then roll tightly.

**Grill Burritos (Optional):** Grill assembled burritos seam-side down for 1-2 minutes per side until crispy.

## *Provençal vegetable stew Ratatouille.*

### **Ingredients**

- 1 eggplant, diced
- 2 zucchini, diced
- 1 bell pepper (any color), diced
- 1/2 onion, diced
- 2-3 cloves garlic, minced
- 1 cup canned crushed tomatoes (or fresh diced tomatoes)
- 2 tbsp olive oil
- Salt, black pepper, dried herbs de Provence (or oregano/thyme) to taste
- Fresh basil or parsley for garnish (optional)

### **Instructions:**

**Prep:** Dice all vegetables.

**Heat Griddle:** Preheat to medium. Add olive oil.

**Sauté Aromatics:** Add the onion and garlic, and sauté for 2-3 minutes until fragrant.

**Add Harder Veggies:** Add eggplant and bell peppers; cook for 5-7 minutes, until slightly softened.

**Add Softer Veggies:** Add zucchini and cook for an additional 3-5 minutes.

**Stir in tomatoes and season:** Add crushed tomatoes and herbs de Provence, along with salt and pepper.

**Simmer:** Cook for 5-10 minutes, stirring occasionally, until the vegetables are tender and the flavors have melded.

**Serve:** Garnish with fresh herbs.

## ***Griddle Pumpkin & Spinach Feta***

### **Ingredients**

- 2 cups diced pumpkin or butternut squash
- 5 oz fresh spinach
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1/4 cup crumbled feta cheese
- 1-2 tbsp olive oil
- Salt, pepper, nutmeg (pinch) to taste

### **Instructions:**

Heat griddle to medium heat, then add olive oil.

**Cook Pumpkin:** Add diced pumpkin or squash and cook for 8-12 minutes, stirring occasionally, until tender and lightly browned.

**Add Onion and Garlic:** Stir in the onion and garlic; cook for 3-5 minutes, until fragrant.

**Wilt Spinach:** Add spinach and cook briefly until wilted—season with salt, pepper, and nutmeg.

**Stir in Feta:** Remove from heat, stir in crumbled feta.

## ***Grilled Veggie Skewers with Balsamic Marinade***

### **Ingredients**

#### **Veggies:**

- 4-5 cups chopped, bite-sized (e.g., bell peppers, zucchini, cherry tomatoes, red onion, mushrooms, pineapple chunks).

#### **Marinade:**

- 1/4 cup balsamic vinegar
- 3 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried Italian herbs (or oregano/thyme)
- Salt & black pepper to taste

**Skewers:** Wooden (soaked) or metal.

### **Instructions:**

**Prep Veggies:** Chop all vegetables into similar-sized pieces.

**Make Marinade:** Whisk together balsamic vinegar, olive oil, garlic, herbs, salt, and pepper in a bowl.

**Marinate Veggies:** Add chopped veggies to the marinade. Toss to coat evenly. Marinate for at least 15-30 minutes (or longer in the fridge).

**Assemble Skewers:** Thread marinated vegetables onto skewers, alternating colors and types.

**Preheat Griddle:** Heat your griddle to medium-high heat.

**Grill Skewers:** Place skewers on the hot griddle. Grill for 8-15 minutes, turning occasionally, until vegetables are tender-crisp and lightly charred. Cooking time varies by veggie type.

## ***Griddle Veggie Stir-Fry Noodles (Vegan Option)***

### **Ingredients**

- 2 cups cooked rice noodles or udon noodles
- 1 cup broccoli florets
- 1 carrot, julienned
- 1 red bell pepper, sliced
- 2 tbsp soy sauce
- 1 tbsp hoisin sauce (or teriyaki for sweeter flavor)
- 1 tsp sesame oil
- 1 garlic clove, minced
- 1 tsp grated ginger
- Optional toppings: sesame seeds, green onion, sriracha

### **Instructions:**

1. Preheat Blackstone to medium-high. Add sesame oil, garlic, and ginger.
2. Stir-fry the veggies for 4–5 minutes, until they are slightly tender.
3. Add noodles and toss everything together.
4. Stir in the soy sauce and hoisin sauce; cook for an additional 2–3 minutes.
5. Serve hot, topped with green onions, sesame seeds, and a drizzle of sriracha if desired.

# *Chapter 6: Creative and unusual recipes*

## *Grilled Pizza*

### **Ingredients**

- 1 lb pizza dough
- 1/2 cup pizza sauce
- 1-1.5 cups shredded mozzarella
- Your favorite toppings
- 2 tbsp olive oil
- Optional: Dried oregano/Italian seasoning, fresh basil, cornmeal/flour for dusting.

### **Instructions:**

Preheat the griddle to medium-high heat, lightly oiled.

**Prep Dough:** Roll out the dough to ~12 inches, Dusting with cornmeal or flour.

**Cook Crust:** Drizzle olive oil on the griddle and carefully place the dough. Cook for 2-3 minutes, until golden and charred.

**Flip & Sauce:** Flip the crust and reduce the heat to medium—Spread pizza sauce.

**Add Toppings:** Sprinkle cheese, then toppings. Add oregano/seasoning.

**Finish:** Cover with a lid. Cook 5-7 minutes.

**Serve:** Transfer to a cutting board garnish with basil (optional). Slice and serve hot.

# ***Grilled Watermelon Steaks with Feta & Balsamic Glaze***

## **Ingredients**

- 4 thick slices of watermelon (cut into 1-inch steaks, rind removed)
- Olive oil
- Salt & pepper
- Crumbled feta
- Fresh mint leaves
- Balsamic glaze (store-bought or homemade)

## **Instructions:**

1. Pat watermelon steaks dry with paper towels.
2. Brush lightly with olive oil and grill on high heat for 2 minutes per side until grill marks appear.
3. Plate and top with feta, mint, and a generous drizzle of balsamic glaze.
4. Serve immediately as a starter or side.

## ***Griddle Meat Rolls with Filling***

### **Ingredients**

- **Meat Mixture:** 500g ground beef/pork, onion, garlic, breadcrumbs, milk, egg, salt, pepper, paprika (optional).
- **Filling:** Spinach, cheese, ham/bacon (optional), sautéed mushrooms/veggies (optional).
- **To Cook:** Olive oil.
- **Serve:** Ketchup/tomato sauce, fresh herbs (garnish).

### **Instructions:**

**Prep Meat:** Mix ground meat with onion, garlic, breadcrumbs, milk, egg, and seasonings.

**Form & Fill:** Flatten meat portions, add filling (spinach, cheese, optional ham/bacon/mushrooms/veggies), then roll tightly and seal.

**Cook:** Heat the griddle to medium heat and lightly oil it. Place the rolls seam-down. Cook for 6-8 minutes, turning occasionally until browned and cooked through (internal temperature of 160°F/71°C).

**Serve:** Rest briefly, slice (optional), garnish, and serve hot with sauce.

## ***Grilled Avocado with Egg & Harissa Yogurt***

### **Ingredients**

- 2 ripe avocados, halved and pitted
- 4 small eggs
- Olive oil
- Salt & pepper
- Harissa Yogurt Sauce:
  - 1/2 cup Greek yogurt
  - 1 tbsp harissa paste (adjust to taste)
  - Juice of 1/2 lemon
  - Pinch of salt

### **Instructions:**

1. Preheat the grill to medium heat.
2. Brush avocado halves with olive oil. Place cut-side down on the grill for 2–3 minutes to get grill marks.
3. Flip avocados, crack one egg into each half (best to do this with the grill lid closed for even cooking), and grill until the egg white sets but the yolk remains runny (about 5–7 minutes).
4. Mix yogurt, harissa, lemon juice, and salt.
5. Serve grilled avocados with a dollop of harissa yogurt and sprinkle with chili flakes or dukkah.

## *Chocolate Bananas in Foil*

### **Ingredients**

- 4 ripe, firm bananas
- 100-150g chocolate chips (or chopped chocolate)
- 4 tsp butter (optional)
- 4 tsp chopped nuts (optional)
- 4 tsp mini marshmallows (optional)
- Aluminum foil

### **Instructions:**

**Prep Bananas:** Slit each unpeeled banana lengthwise, creating a pocket (don't cut all the way through).

**Fill:** Fill each banana with chocolate. Add butter, nuts, and marshmallows if desired.

**Wrap:** Tightly wrap each filled banana in aluminum foil, sealing the slit.

**Heat Griddle:** Preheat to medium.

**Cook:** Place wrapped bananas on the griddle. Bake for 10-15 minutes, turning occasionally until the chocolate is soft and melted.

**Check:** Carefully unwrap one to check for softness and melted chocolate.

**Serve:** Remove from the griddle. Eat directly from the foil or peel and serve on a plate. Garnish with ice cream, whipped cream, or extra nuts if desired.

## *Classic Cheese Fondue*

### **Ingredients**

- 8 oz each Gruyère & Emmental (grated)
- 1 garlic clove (halved)
- 1 cup dry white wine
- 1 tbsp cornstarch
- 2 tbsp Kirsch (optional), pepper, and nutmeg
- **Dippers:** Baguette cubes, steamed veggies, apple slices, cooked potatoes

### **Instructions:**

**Prep Griddle:** Use low heat and a heat-safe pot or skillet.

**Garlic Rub:** Rub pot with garlic; discard.

**Heat Wine:** Gently simmer wine in the pot on the griddle.

**Toss Cheese:** Combine grated cheeses with cornstarch.

**Melt Cheese:** Gradually add cheese to the wine, stirring constantly until smooth.

**Season:** Stir in Kirsch (if using), pepper, and nutmeg.

**Keep Warm & Serve:** Keep on low heat griddle; serve with dippers.

## ***Grilled Avocado Stuffed with Spicy Shrimp***

### **Ingredients**

- 2 ripe avocados, halved and pitted
- 200g (7 oz) raw shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp chili flakes
- Juice of 1 lime
- Salt and pepper to taste
- Fresh cilantro for garnish

### **Instructions:**

- Preheat your grill to medium-high.
- Toss shrimp in olive oil, paprika, chili flakes, lime juice, salt, and pepper.
- Grill shrimp for 2–3 minutes per side until pink and slightly charred.
- Place avocado halves on the grill, cut side down, for 2–3 minutes until grill marks appear.
- Fill each avocado half with grilled shrimp and top with fresh cilantro.
- Serve immediately with lime wedges.

## ***Grilled Pineapple Dessert Tacos***

### **Ingredients**

- 1 pineapple, peeled, cored, and sliced into rings
- Small flour tortillas
- 2 tbsp brown sugar
- 1 tsp cinnamon
- Vanilla ice cream or whipped cream
- Caramel sauce (optional)

### **Instructions:**

- Mix brown sugar and cinnamon in a small bowl.
- Coat pineapple slices in the sugar-cinnamon mix.
- Grill pineapple slices for 2–3 minutes per side until caramelized.
- Lightly grill tortillas for 30 seconds per side.
- Slice grilled pineapple and fill tortillas. Top with ice cream or whipped cream.
- Drizzle with caramel sauce and serve immediately

## *Grilled Apples with Honey & Cinnamon*

### **Ingredients**

- 2 medium apples (Gala, Fuji, etc.)
- 2 tbsp melted unsalted butter
- 2 tbsp honey
- 1 tsp ground cinnamon
- Pinch ground nutmeg (optional)
- Ice cream or whipped cream (optional, for serving)

### **Instructions:**

**Prepare Apples:** Wash and pat dry. Halve lengthwise, core, and remove seeds.

**Make Honey Mixture:** Combine melted butter, honey, cinnamon, and nutmeg (if using).

Heat the griddle to medium heat, then lightly grease it.

**Grill Apples (Cut-Side Down):** Place apple halves cut-side down on the griddle. Cook for 5-7 minutes until lightly browned and softened.

**Flip & Brush:** Flip apples cut-side up. Brush cut surfaces with honey mixture.

**Continue Cooking:** Cook for an additional 3-5 minutes until tender and caramelized. Watch to prevent burning.

**Serve:** Remove from the griddle. Serve warm, optionally, with ice cream or whipped cream.

## *Griddle Berry Sauce for Fried Ice Cream*

### **Ingredients**

- 2 cups fresh or frozen berries (strawberries, raspberries, blueberries, blackberries)
- 2 tbsp sugar (adjust to taste)
- 1 tbsp lemon juice
- 1 tsp cornstarch (dissolved in 1 tbsp cold water)
- 1 tbsp butter (optional)
- Pinch of cinnamon or vanilla extract (optional)

### **Instructions:**

**Preheat Griddle:** Set to medium heat.

**Cook Berries:** Place berries on the griddle. Sprinkle with sugar and drizzle with lemon juice.

**Simmer:** Cook, stirring occasionally, for 5-7 minutes until the berries have softened and released their juices.

**Flavor:** Add cinnamon or vanilla extract if using.

**Thicken:** Pour in dissolved cornstarch. Stir constantly for 1-2 minutes until the sauce thickens to the desired consistency.

**Enrich:** Stir in butter (optional) until melted.

**Remove:** Take the sauce off the griddle and let cool slightly.

### **Serving:**

Place prepared fried ice cream (deep-fried separately) in a bowl.

Pour warm griddle berry sauce over the ice cream.

Garnish with fresh berries, whipped cream, mint, or nuts (optional).

## *Grilled Marshmallow & Jam Sandwiches*

### **Ingredients**

- 8 slices white sandwich bread
- 4 tbsp jam (your favorite)
- 1 to 1.5 cups marshmallows (mini or chopped)
- 2-3 tbsp butter (for grilling)
- Optional additions: chocolate pieces, peanut butter, cinnamon, banana slices

### **Instructions:**

**Preheat Griddle:** Set your griddle to medium heat. **Assemble:** Butter one side of each bread slice (this will be the outside of the sandwich). On the unbuttered side of four slices, spread jam, then top with marshmallows and any other optional fillings you like. Place the remaining bread slices on top, buttered side out.

**Grill:** Carefully place the assembled sandwiches, buttered side down, onto the hot griddle. Cook for 2-3 minutes per side until they're golden and crispy. Make sure the marshmallows inside are soft and gooey.

**Serve:** Remove from the griddle and let them rest for 1 minute. Slice diagonally and serve warm.

## ***Griddle Breakfast Sushi Rolls***

### **Ingredients**

- 3 large eggs
- 1/2 cup shredded hash browns
- 3 strips cooked bacon
- 1/4 cup shredded cheddar
- Salt and pepper
- Oil or butter for the griddle

### **Instructions:**

1. Cook the hash browns on the Griddle until they are golden and crispy. Set aside.
2. Whisk eggs with a bit of salt and pepper. Pour into a lightly oiled rectangular shape on the Griddle.
3. As eggs cook, place a layer of hash browns, bacon, and cheese on one side.
4. Gently roll up the egg like a sushi roll using a spatula. Press gently to seal.
5. Slice into sushi-style rounds and serve with ketchup, sriracha, or hollandaise for dipping.

## ***Grilled Fruit Skewers with Yogurt Sauce***

### **Ingredients**

**Skewers:** 1/2 pineapple, 2 bananas, 8-10 strawberries, 2 kiwis, 1 cup grapes.

Optional: 2 tbsp honey/maple syrup. 8-10 wooden skewers (soaked)

**Yogurt Sauce:** 200g Greek yogurt, 1 tbsp honey, 1/2 tsp vanilla extract

Optional: orange/lemon zest

### **Instructions:**

Heat the Griddle to medium.

**Assemble Skewers:** Thread fruit onto soaked skewers; brush with honey/maple syrup if glazing.

**Grill Skewers:** Cook on a griddle for 1-2 minutes per side until lightly browned. Don't overcook.

**Make Sauce:** Mix yogurt, honey, vanilla, and zest (optional). Chill.

**Serve:** Plate hot skewers with chilled yogurt sauce.

**Tips:** Use seasonal fruit. Add a pinch of cinnamon or nutmeg to the fruit for extra flavor.

# *Chapter 7: Delicious Dishes for Family Evenings*

## *Homemade Grilled Patties*

### **Ingredients**

- 500g ground meat (beef/pork mix is fine)
- 1 small onion (finely chopped/grated)
- 1 clove garlic (minced)
- 1 egg
- 1/4 cup breadcrumbs
- 2 tbsp milk/water
- Optional: 1 tsp Worcestershire, 1/2 tsp dried herbs (oregano/thyme)
- Salt & pepper to taste
- Oil for the griddle
- Optional: cheese, buns, toppings (tomato, lettuce, pickles)

### **Instructions:**

**Prep Meat:** Gently mix all meat ingredients until just combined. Don't overmix.

**Form Patties:** Divide meat into 150-200g portions. Form into flat, ~1.5-2 cm thick patties, making a thumb indentation in the center. Heat the griddle to medium heat, then lightly oil it.

**Grill Patties:** Place on Griddle. Cook 4-6 minutes per side for medium doneness (adjust for desired doneness; 70-75°C internal for well-done).

**Add Cheese (Optional):** Add cheese slices a few minutes before you are done.

**Rest & Serve:** Remove rest for 2-3 minutes. Serve hot in buns with toppings or as a standalone dish.

## *Griddled Chicago-Style Hot Dogs*

### **Ingredients**

- 4 hot dog buns (poppy seed preferred)
- 4 all-beef hot dogs (natural casing ideal)
- Yellow mustard
- Bright green sweet pickle relish
- Finely chopped white onion
- 2 ripe tomatoes, sliced (wedges/rounds)
- 4 pickled sport peppers
- 4 kosher dill pickle spears
- Celery salt

### **Instructions:**

**Prep Toppings:** Chop onion and tomatoes. Get relish, peppers, and pickle spears ready.

**Heat Griddle:** Set to medium heat.

**Toast Buns (Optional):** Lightly toast the bun interiors on the Griddle for 1-2 minutes, observing.

**Cook Hot Dogs:** Place hot dogs on the Griddle. Cook for 5-7 minutes, turning occasionally, until heated through and a light, crispy crust forms on the outside.

**Assemble:** Place hot dog in bun. Add a generous line of yellow mustard—evenly spread bright green relish. Sprinkle with chopped white onion. Arrange tomato slices on one side and sport peppers on the other. Lay a dill pickle spear alongside.

# *Meatloaf with Vegetables*

## **Ingredients**

- 700g mixed ground meat (beef + pork)
- 1 medium onion, finely chopped
- 1 carrot, finely chopped/grated
- 1 celery stalk, finely chopped
- 2 cloves garlic, minced
- 1 egg
- 1/2 cup breadcrumbs
- 1/4 cup milk or beef broth
- 2 tbsp ketchup or tomato paste
- Optional: 1 tbsp
- Worcestershire sauce, 1 tsp dried Italian herbs
- Salt and pepper to taste Vegetable oil for searing

## **For the Glaze (Optional):**

- 2 tbsp ketchup
- 1 tbsp brown sugar
- 1 tsp apple cider vinegar

## **Instructions:**

**Preparation and Mixing:** Finely chop the onion, carrot, and celery, and mince the garlic. Gently combine with ground meat, egg, breadcrumbs, milk or broth, two tablespoons ketchup or tomato paste, optional Worcestershire sauce or herbs, and salt and pepper. Do not overmix

**Form & Sear:** Shape into a 20-25cm x 8- 10cm loaf. Preheat the Griddle to medium heat and lightly oil it. Sear the loaf on all sides (3-4 minutes per side) until a golden crust forms on all sides.

**Bake:** Transfer to a baking dish. Bake at 180°C (350°F) for 40-50 minutes, or until internal temp reaches 70°C (160°F).

**Glaze (Optional):** If using a glaze, brush the glaze ingredients over the meatloaf for the final 10-15 minutes of baking.

## ***Grilled Lavash Rolls***

### **Ingredients**

- 2-3 sheets of lavash
- 150-200g cheese (hard/suluguni)
- 150-200g cooked protein (chicken/ham/sausage/sautéed mushrooms)
- 1-2 tomatoes, 1 bell pepper (sliced)
- Fresh herbs
- 2-3 tbsp sauce (mayo/sour cream/cream cheese)
- Oil/butter for grilling

### **Instructions:**

**Preheat** Griddle (medium).

**Assemble:** Spread the sauce on the lavash, layering protein, veggies, herbs, and cheese. Roll tightly; fold edges if desired. Cut if needed.

**Grill:** Brush rolls with oil/butter. Grill seam-side down for 2-3 minutes per side until golden and crispy. Press gently.

**Serve** hot, with desired dips.

## *Grilled Pineapple Pizza*

### **Ingredients**

- 1 pizza base
- 1/2 cup pizza sauce
- 1-1.5 cups mozzarella
- 1 cup diced pineapple
- 1/2 cup chopped ham/bacon
- Optional: oil, cornmeal, herbs, red pepper flakes

### **Instructions:**

**Prep & Preheat:** Chop pineapple/meat. Heat the Griddle to medium-low. Dust with cornmeal if using.

**Grill Base:** Cook the pizza base for 2-3 minutes on one side until lightly browned.

**Flip & Top:** Flip base. Quickly add sauce, cheese, pineapple, ham/bacon, and optional seasonings.

**Cover & Cook:** Cover with a lid (or bowl). Cook for 5-10 minutes, until the cheese has melted and the crust is golden brown. Check the bottom for burning.

## *Grilled Spiral Potatoes*

### **Ingredients**

- 2-3 medium-sized potatoes (like Russet or Yukon Gold)
- 2 tbsp olive oil
- 1/2 tsp salt (or to taste)
- 1/4 tsp black pepper (or to taste)
- 1/2 tsp garlic powder
- 1/2 tsp paprika (smoked paprika for extra flavor)
- Optional: fresh herbs (rosemary, thyme, dill), grated Parmesan cheese
- Wooden skewers

### **Instructions:**

**Preparation:** Wash and dry potatoes, then insert a skewer.

**Cut:** Spiral-cut the potato around the skewer; stretch.

**Season:** Toss with olive oil, salt, pepper, garlic powder, and paprika.

**Grill:** Heat the Griddle to medium-high and add oil. Cook for 8-12 minutes, turning occasionally, until golden and crispy on both sides.

**Serve:** Remove, add herbs/Parmesan (optional). Serve hot.

# *Griddle-Style Burgers with Unique Sauces*

## **Ingredients**

- 1 lb ground beef (80/20 Chuck recommended)
- 4 slices American cheese (or your preferred melting cheese)
- 4 burger buns (brioche or potato buns work great)
- 1 tbsp butter or neutral oil (for toasting buns)
- Salt and freshly ground black pepper to taste
- Optional toppings: Thinly sliced onion, pickles, lettuce, tomato

## **Unique Sauce 1: Spicy Aioli**

- 1/2 cup mayonnaise
- 1 tbsp Sriracha (or more, to taste)
- 1 tsp lime juice
- 1 clove garlic, minced

## **Unique Sauce 2: Tangy BBQ Ranch**

- 1/2 cup ranch dressing
- 2 tbsp BBQ sauce (your favorite kind)
- 1 tsp smoked paprika

## **Instructions:**

Whisk all ingredients together in a small bowl.

**Prepare Beef:** Divide the ground beef into four equal portions (about 1/4 lb each). Leave them as loose balls.

**Prep Buns:** Butter the cut sides of the burger buns.

Preheat the Griddle to medium-high heat (around 400-450°F / 200-230°C).

**Toast Buns:** Place the buttered buns cut-side down on the Griddle. 1-2 minutes until golden brown and slightly crispy. Remove and set aside.

**Smash Burgers:** Increase griddle heat to high.

Place the loose beef balls on the hot Griddle about 1/4-inch thick.

Cook for 2-3 minutes until a deep brown crust forms on the bottom.

**Add Cheese:** Immediately place a slice of cheese on top of each flipped patty.

Cook for another 1-2 minutes, or until the cheese is fully melted and the burger is cooked through.

**Assemble:** Transfer the cheesy burger patties to the toasted buns. Add your desired toppings and a generous dollop of your unique sauces.

# *Grilled Pineapple & Pork Carnitas Tacos*

## **Ingredients**

- 3 lbs boneless pork shoulder (Boston butt), cut into 2-inch chunks
- 1 fresh pineapple, peeled, cored, and cut into 1/2-inch thick slices
- 18-24 small corn or flour tortillas
- Optional toppings: Chopped white onion, cilantro, lime wedges, salsa verde

## **For the Pork Marinade:**

- 1/2 cup fresh orange juice
- 1/4 cup fresh lime juice
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 tbsp cumin
- 1 tbsp dried oregano
- 2 tsp salt
- 1 tsp black pepper

## **Instructions:**

**Marinate the Pork:** In a large bowl or resealable bag, combine all the ingredients for the pork marinade. Add pork chunks and toss to coat—Marinate in the refrigerator for at least 2 hours or overnight.

**Grill Pork:** Preheat your grill for indirect heat to medium-low (around 275-300°F / 135-150°C). Place pork chunks on the indirect side of the grill. Close the lid and cook for 2-3 hours or until the pork is fork-tender.

**Crisp Pork:** Remove pork from the grill and shred it using two forks. Optional for extra crispiness: Return shredded pork to the grill over direct medium-high heat for 5-10 minutes, stirring occasionally, until slightly crisped.

**Grill Pineapple:** While pork is crisping, place pineapple slices directly on the grill over medium-high heat. Grill for 2-4 minutes per side until caramelized with grill marks. Chop into smaller pieces.

**Warm Tortillas:** Briefly warm tortillas on the grill for about 30 seconds per side.

**Assemble:** Fill warm tortillas with shredded pork, grilled pineapple, and your favorite toppings. Serve immediately.

## ***BBQ Glazed Salmon with Grilled Asparagus***

### **Ingredients**

- 4 (6 oz) salmon fillets, skin on or off
- 1 bunch of asparagus, tough ends trimmed
- 2 tbsp olive oil
- Salt and freshly ground black pepper to taste
- 1/2 cup BBQ sauce (your favorite kind)

### **Instructions:**

**Prep Salmon & Asparagus:** Pat salmon fillets dry. Toss asparagus with 1 tbsp olive oil, salt, and pepper.

**Preheat Grill:** Preheat your grill to medium-high heat (approximately 400°F / 200°C), then lightly oil the grates.

**Grill Asparagus:** Place asparagus spears perpendicular to the grill grates. Grill for 5-8 minutes, turning occasionally, until tender-crisp with nice char marks. Remove from the grill.

**Grill Salmon:** Place salmon fillets, skin-side down, on the hot grill. Cook for 6-8 minutes until the skin is crispy, and the flesh turns opaque about halfway up.

**Glaze & Finish:** Flip the salmon. Liberally brush the top of the salmon with BBQ sauce. Continue grilling for an additional 3-5 minutes or until the internal temperature reaches 145°F (63°C) and the glaze is slightly caramelized.

**Serve:** Serve the BBQ glazed salmon immediately alongside the grilled asparagus.

# *Grilled Sausage & Pepper Hoagies*

## **Ingredients**

- 4 Italian sausages (sweet or hot, your preference)
- 2 large bell peppers (any color), sliced into strips
- 1 large onion, sliced into rings or thick strips
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- Salt and freshly ground black pepper to taste
- 4 hoagie rolls or sub buns
- Optional: Marinara sauce, shredded provolone or mozzarella cheese

## **Instructions:**

**Prep Veggies:** In a large bowl, toss sliced bell peppers and onion with olive oil, oregano, garlic powder, salt, and pepper.

**Preheat Grill:** Preheat your grill to medium heat (around 375°F / 190°C).

**Grill Sausages:** Place sausages directly on the grill grates. Grill for 15-20 minutes, turning occasionally, until the meat is cooked through and nicely browned on all sides. (If using raw sausages, ensure internal temperature reaches 160°F / 71°C).

**Grill Veggies:** While the sausages are cooking (or in a separate section of the grill), place the seasoned bell peppers and onions in a grill basket or directly on the grates, if large enough. Cook for 10-15 minutes, stirring occasionally, until the vegetables are tender-crisp and have a light char.

**Assemble:** Once sausages are cooked, you can slice them or keep them whole. Briefly toast the hoagie rolls on the grill. Fill each roll with a sausage, a generous amount of grilled peppers, and onions. Add marinara sauce and cheese, if desired, then return the dish to the grill briefly to melt the cheese.

# *Chapter 8: Light and Refreshing Summer Recipe*

## *Citrus Chicken Skewers*

### **Ingredients**

- 500g chicken (cubed)
- 1 orange (juice & zest)
- 1 lemon (juice & zest)
- 2 tbsp olive oil
- 2 tsp honey (opt)
- 2 cloves garlic (minced)
- 1 tsp ginger (grated)
- Salt & pepper
- Skewers

### **Instructions:**

**Marinade:** Mix citrus juice/zest, olive oil, garlic, ginger, salt, and pepper.

**Marinate Chicken:** Toss cubed chicken in the marinade. Refrigerate for 30 mins (1-2 hrs preferred).

**Skewer:** Thread chicken onto skewers; add optional veggies.

**Grill:** Heat griddle to medium. Cook skewers for 8-10 minutes, turning often, until golden and cooked through (internal temperature of 75°C/165°F).

**Serve:** Hot, with fresh herbs and citrus. It pairs well with yogurt sauce or salad.

**Tip:** Add cayenne or chili for a spicy kick. Use more zest or juice for a stronger citrus flavor.

## *Griddle Clams in Garlic Butter*

### **Ingredients**

- 1 kg fresh clams (mussels/vongole)
- 50–70g unsalted butter
- 1–2 tbsp olive oil
- 4–5 cloves garlic, minced
- 50 ml dry white wine (optional)
- 1 lemon (juice & garnish)
- Fresh parsley, chopped
- Salt & pepper
- Baguette/ciabatta (for serving)

### **Instructions:**

**Preparation:** Rinse the clams, discarding any that don't close.

**Sauté:** Heat griddle to medium. In a skillet or Griddle, melt butter or oil, and sauté garlic for 1-2 minutes.

**Cook:** Add clams and toss. Pour in wine (if using), immediately cover. Cook for 4-6 minutes until the clams open. Discard unopened.

**Serve:** Drizzle with lemon juice, sprinkle with parsley and season. Serve hot with crusty bread.

**Tips:** Add chili flakes for heat. Use a foil or bowl if there is no dome. Great with chilled white wine.

## ***Grilled Greek Veggies & Feta***

### **Ingredients**

- 2 medium zucchini
- 2 medium bell peppers
- 1 large red onion
- 250g cherry/regular tomatoes
- 200g feta cheese (cubed)

### **Marinade:**

- 4 tbsp olive oil
- 2 cloves minced garlic
- 1 tbsp fresh oregano
- 1 tbsp fresh thyme
- salt & pepper
- fresh parsley/cilantro, skewers

### **Instructions:**

**Prep & Marinate:** Cut veggies. Mix oil, garlic, herbs, salt, and pepper. Toss the veggies to coat, then marinate for 15-20 minutes (or 1 hour, refrigerated).

**Grill Veggies:** Preheat the Griddle to medium heat; lightly oil. Grill veggies (on skewers, 8-12 minutes, or loose, 10-15 minutes), turning, until tender and charred.

**Add Feta:** Add feta to the Griddle for 2-3 minutes per side, until warm and lightly crusted (toss with loose veggies).

**Serve:** Plate and sprinkle with herbs (opt). Serve hot/warm.

## ***Grilled Peach & Mozzarella Salad***

### **Ingredients**

- 2-3 ripe, firm peaches, halved & pitted
- 1 tbsp olive oil (for peaches)
- 200g fresh mozzarella, torn/sliced
- 1/4 cup fresh basil leaves, torn
- 2 tbsp balsamic glaze
- Salt & pepper to taste

### **Instructions:**

**Prep & Grill Peaches:** Brush peach halves with olive oil. Heat the Griddle to medium-high. Grill peaches cut-side down for 3-4 mins per side until marked and soft. Cool slightly, then slice.

**Assemble & Serve:** Arrange grilled peaches and mozzarella on a platter. Sprinkle with basil, drizzle with balsamic glaze and season with salt and pepper to taste. Serve immediately.

**Tips:** Use firm, ripe peaches. Optional additions Include Toasted pine nuts, arugula, pinenuts, or prosciutto.

## *Grilled Asparagus with Balsamic Glaze*

### **Ingredients**

- 1 lb asparagus, woody ends trimmed
- 1 tbsp olive oil
- Salt & freshly ground black pepper to taste
- 2 tbsp balsamic glaze

### **Instructions:**

**Prep:** Toss asparagus with olive oil, salt, and pepper.

**Grill:** Preheat grill to medium-high. Place asparagus perpendicular to the grill grates (so they don't fall through). Grill for 3-5 minutes, turning occasionally, until tender-crisp and lightly charred.

**Serve:** Transfer to a serving dish and drizzle with balsamic glaze before serving.

## *Grilled Kiwi & Berry Dessert*

### **Ingredients**

- 4-5 ripe kiwi, peeled and sliced 1/2-inch thick
- 1 cup mixed berries (strawberries halved, blueberries, raspberries)
- 1 tbsp honey or maple syrup
- 1/2 tsp vanilla extract (optional)
- Light dusting of cinnamon (optional)
- Optional garnish: a dollop of Greek yogurt, whipped cream, or a scoop of vanilla ice cream

### **Instructions:**

**Prep Fruit:** In a medium bowl, gently combine sliced kiwi and mixed berries. Drizzle with honey (and vanilla extract, if using) and very lightly dust with cinnamon, if desired.

**Prepare Grill:** Preheat your grill to medium heat (around 350-400°F or 175-200°C). For delicate fruit, you might consider using a grill basket or a piece of aluminum foil with small holes poked in it to prevent sticking and falling through the grates.

**Grill Fruit:** Carefully place the kiwi slices directly on the grill grates (or in your grill basket/foil). Grill for 2-3 minutes per side until soft with visible grill marks and slightly caramelized. Add the berries to the grill basket for the last 1-2 minutes to warm them through and get a hint of smoke, being careful not to let them become mushy.

**Serve:** Remove grilled fruit from the grill. Serve immediately on its own or with a dollop of yogurt, whipped cream, or a scoop of ice cream.

## ***Grilled Peach and Arugula Flatbread***

### **Ingredients**

- 1 pre-made flatbread or naan
- 1 fresh peach, sliced
- ¼ cup goat cheese or ricotta
- A handful of fresh arugula
- Olive oil
- Honey or balsamic glaze for drizzling

### **Instructions:**

1. Lightly oil both sides of the flatbread.
2. Grill peach slices on the Blackstone for 1–2 minutes per side until caramelized.
3. Toast the flatbread until warm and slightly crisp (about 2–3 minutes per side).
4. Spread goat cheese over the flatbread, top with peaches and fresh arugula.
5. Drizzle with honey or balsamic glaze. Cut into slices and serve.

## *Grilled Fish Skewers*

### **Ingredients**

- 1.5 lbs firm white fish, such as cod, halibut, swordfish, or mahi-mahi, cut into 1-inch cubes
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- Salt and freshly ground black pepper to taste
- 8-12 wooden or metal skewers (if wooden, soak in water for 30 minutes)
- Optional additions: Cherry tomatoes, bell pepper pieces, or zucchini chunks (cut to similar size as fish)

### **Instructions:**

1. **Prep Fish:** Gently toss the fish cubes with olive oil, lemon juice, smoked paprika, garlic powder, salt, and pepper in a bowl.
2. **Assemble Skewers:** Carefully thread the seasoned fish onto the skewers. If using, alternate with cherry tomatoes, bell pepper pieces, or zucchini chunks.
3. **Preheat Grill:** Heat your grill to medium-high heat (about 400-450°F or 200-230°C)—lightly oil the grates.
4. **Grill Skewers:** Place the fish skewers on the hot grill. Cook for 4-5 minutes per side or until the fish is opaque throughout and flakes easily with a fork. Be careful not to overcook, as fish can dry out quickly.
5. **Serve:** Remove from the grill and serve immediately.

## *Grilled Avocado and Egg Toast*

### **Ingredients**

- 2 slices crusty bread (sourdough or rustic bread works well)
- 1 ripe avocado
- 2 eggs
- 1 tbsp olive oil (plus a little extra for brushing bread)
- Salt and freshly ground black pepper to taste
- Optional: Red pepper flakes, everything bagel seasoning, fresh chives or cilantro for garnish

### **Instructions:**

**Prep Grill:** Preheat your grill to medium-high heat (about 375-425°F or 190-220°C).

**Grill Bread:** Lightly brush both sides of the bread slices with olive oil. Place on the grill and toast for 1-2 minutes per side until golden brown with visible grill marks. Remove and set aside.

**For grilled fried eggs:** lightly oil a small cast-iron pan or flat-top on the grill, crack the eggs in, and cook until the whites are set and the yolks are runny (or to your preferred doneness).

**Prep Avocado:** While eggs cook, halve and pit the avocado. Scoop the flesh into a bowl and lightly mash it with a fork, leaving it a bit chunky—season with salt and pepper.

**Assemble:** Spread the mashed avocado evenly over the grilled toast slices. Top each with a cooked egg.

**Serve:** Season with a final pinch of salt and pepper, and add any optional garnishes, such as red pepper flakes or fresh herbs, as desired. Serve immediately.

## ***Chapter 9: World cuisine on the grill.***

### ***Grilled Beef Tacos***

#### **Ingredients**

- 1 lb flank steak or skirt steak
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/4 tsp garlic powder
- Salt & pepper to taste
- 8 small tortillas (corn or flour)
- Optional toppings: chopped onion, cilantro, salsa, lime wedges, cheese

#### **Instructions:**

**Season the steak:** Rub it with olive oil, chili powder, cumin, garlic powder, salt, and pepper.

**Grill Steak:** Preheat the grill to medium-high. Grill the steak for 4-6 minutes per side, or until it reaches your desired doneness, for medium-rare. Let rest for 5 minutes, then slice thinly against the grain.

**Warm Tortillas:** Briefly warm tortillas on the grill for 30 seconds per side.

**Assemble:** Fill warm tortillas with sliced beef and your favorite toppings. Serve immediately.

## *Grilled Chinese Fried Rice*

### **Ingredients**

- 2 cups cooked, cold rice (day-old is best)
- 1 tbsp sesame oil
- 2 tbsp soy sauce
- 1 tsp ginger, minced
- 2 cloves garlic, minced
- 1/2 cup mixed frozen vegetables (peas, carrots, corn)
- 1 egg, whisked (optional)
- Sliced green onions for garnish

### **Instructions:**

**Prep:** Whisk sesame oil, soy sauce, ginger, and garlic in a bowl. Add cold rice and toss to coat.

**Grill:** Preheat grill to medium-high with a grill-safe pan or wok on grates. Heat a little oil in the pan.

**Cook:** Add rice mixture to the hot pan. Stir-fry for 5-7 minutes. Add frozen vegetables and cook for 3-5 more minutes. If using, push the rice to one side, pour the whisked egg onto the empty side, scramble, and then mix it into the rice.

**Serve:** Remove from grill, garnish with green onions, and serve hot.

## *Teriyaki Chicken Skewers*

### **Ingredients**

- 1.5 lbs boneless, skinless chicken thighs or breasts, cut into 1-inch cubes
- 1/2 cup prepared teriyaki sauce (low-sodium if preferred)
- 1 tbsp sesame oil
- Optional: Bell pepper pieces, onion wedges, or pineapple chunks
- Wooden or metal skewers (if wooden, soak in water for 30 minutes)
- Sliced green onions and sesame seeds for garnish

### **Instructions:**

**Marinate Chicken:** In a bowl, combine chicken cubes, teriyaki sauce, and sesame oil. Toss to coat—Marinate in the refrigerator for at least 30 minutes or up to 4 hours.

**Assemble Skewers:** Thread chicken pieces onto skewers. If using, alternate with bell pepper, onion, or pineapple.

**Grill:** Preheat grill to medium-high (around 400°F/200°C). Lightly oil grates.

**Cook:** Grill skewers for 10-12 minutes, turning occasionally, until chicken is cooked through and lightly charred.

**Serve:** Garnish with green onions and sesame seeds. Serve hot.

## ***Mediterranean Flatbread with Feta & Tomatoes:***

### **Ingredients**

- 2 pre-made flatbreads or naan breads
- 2 tbsp olive oil
- 1/2 cup cherry tomatoes, halved
- 1/2 cup crumbled feta cheese
- 2 tbsp chopped fresh oregano or basil
- Optional: 1/4 cup thinly sliced red onion or Kalamata olives
- Salt and freshly ground black pepper to taste

### **Instructions:**

**Prep Flatbreads:** Lightly brush one side of each flatbread with olive oil.

**Assemble Toppings:** In a small bowl, gently toss halved cherry tomatoes with chopped herbs.

**Grill Flatbreads:** Preheat your grill to medium-high heat (about 400°F/200°C). Place the olive oil-brushed side of the flatbreads down on the grill. Grill for 2-3 minutes until lightly charred and warmed.

**Add Toppings & Finish:** Flip the flatbreads. Quickly scatter the feta cheese over the grilled side, then top with the tomato-herb mixture and any optional additions. Close the grill lid (if possible) or continue grilling for an additional 3-4 minutes, or until the cheese is slightly softened and the bottom is golden brown.

**Serve:** Carefully remove from grill, season with salt and pepper, and slice into wedges. Serve immediately.

## ***Spicy Mexican Street Corn Fritters***

### **Ingredients**

- 2 cups corn kernels (fresh, canned, or grilled)
- 1/2 cup crumbled cotija cheese
- 1/2 cup flour
- 1 egg
- 1/4 cup chopped cilantro
- 1 jalapeño, finely chopped
- 1/2 tsp chili powder
- Salt and pepper to taste
- Oil for griddle
- Optional topping: lime crema or chipotle mayo

### **Instructions:**

1. Mix all the ingredients to form a thick batter.
2. Preheat the griddle to medium-high and generously oil it.
3. Drop small mounds of the batter onto the griddle and flatten slightly.
4. Cook until golden and crispy on both sides, about 3–4 minutes per side.
5. Serve with lime crema or chipotle mayo.

# *Mexican Grilled Chicken & Cheese Quesadillas*

## **Ingredients**

- 1 cup cooked, shredded chicken (rotisserie works great)
- 1/2 cup shredded
- 1/4 cup diced bell pepper (any color)
- 2 tbsp chopped red onion
- 1 tbsp chopped fresh cilantro
- 1 tsp chili powder
- 1/2 tsp cumin
- 4 large (10-inch) flour tortillas
- 1 tbsp olive oil (for brushing)
- Optional for serving: Salsa, sour cream, guacamole, lime wedges

## **Instructions:**

**Prepare Filling:** In a bowl, combine shredded chicken, shredded cheese, diced bell pepper, red onion, cilantro, chili powder, and cumin.

**Assemble Quesadillas:** Lay two tortillas flat. Spread half of the chicken mixture evenly over each tortilla, leaving a small border. Top with the remaining two tortillas.

**Grill:** Preheat your grill to medium heat (around 350-400°F or 175-200°C). Lightly brush the outside of each assembled quesadilla with olive oil.

**Cook:** Carefully place quesadillas on the grill. Cook for 4-6 minutes per side, or until the tortillas are golden brown and crispy and the cheese is melted and bubbly.

**Serve:** Remove from grill, slice into wedges, and serve hot with your favorite toppings.

## *Japanese Okonomiyaki Pancakes on the Griddle*

### **Ingredients**

- 2 cups shredded cabbage
- 1 cup all-purpose flour
- 2 eggs
- ½ cup water or dashi (Japanese broth)
- 2 green onions, chopped
- ½ cup cooked bacon or shrimp (optional)
- Salt to taste
- Okonomiyaki sauce (or mix ketchup + Worcestershire)
- Japanese mayo
- Bonito flakes (optional)
- Nori flakes or shredded seaweed (optional)

### **Instructions:**

1. Mix the flour, eggs, water, cabbage, green onions, and salt to form a thick batter.
2. Heat your Blackstone griddle to medium heat. Oil lightly.
3. Pour batter into pancake-sized rounds and press down. Add bacon or shrimp on top if using.
4. Cook until golden brown, then flip and cook the other side (about 5 minutes per side).
5. Drizzle with okonomiyaki sauce and mayonnaise, and top with bonito flakes and nori.

## *Italian Polenta with Mushrooms*

### **Ingredients**

- 1 tube (18 oz / 500g) pre-cooked polenta, sliced into 1/2-inch thick rounds
- 1 tbsp olive oil
- 1 lb mixed mushrooms (cremini, shiitake, or oyster), sliced or quartered
- 2 cloves garlic, minced
- 1/4 cup chopped fresh parsley
- Salt and freshly ground black pepper to taste
- Optional: Grated Parmesan cheese for serving

### **Instructions:**

**Prep Polenta:** Lightly brush both sides of the polenta rounds with olive oil.

**Sauté Mushrooms:** Heat 1 tbsp olive oil in a skillet over medium-high heat. Add the mushrooms and cook, stirring occasionally, until they are softened and browned (about 5-7 minutes). Stir in the minced garlic and cook for an additional minute, until fragrant—season with salt and pepper. Stir in parsley. Set aside.

**Grill Polenta:** Preheat your grill to medium-high heat (about 375-425°F or 190-220°C). Place polenta slices directly on the grates. Grill for 3-5 minutes per side until golden brown and tender with clear grill marks.

**Serve:** Arrange grilled polenta slices on a platter. Top generously with the sautéed mushrooms. Garnish with Parmesan cheese if desired.

## ***Grilled Asian BBQ Wings***

### **Ingredients**

- 2 lbs chicken wings
- 1/2 cup soy sauce
- 1/4 cup honey or maple syrup
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1/2 tsp red pepper flakes (optional, for heat)

### **Instructions:**

**Marinate Wings:** In a large bowl or Ziploc bag, whisk together soy sauce, honey, rice vinegar, sesame oil, minced garlic, grated ginger, and red pepper flakes (if using). Add the chicken wings and toss to coat well—Marinate in the refrigerator for at least 30 minutes or up to 4 hours for optimal flavor.

**Preheat Grill:** Preheat your grill to medium heat (around 350-400°F or 175-200°C), then lightly oil the grates.

**Grill Wings:** Place wings on the hot grill. Cook for 20-25 minutes, turning every 5-7 minutes, until the chicken is cooked through (internal temperature reaches 165°F/74°C), the skin is crispy, and the sauce is caramelized.

**Serve:** Remove wings from the grill. Garnish with green onions and sesame seeds if desired.

## *Grilled Thai Fragrant Chicken Strips*

### **Ingredients**

- 1.5 lbs boneless, skinless chicken breasts or thighs, cut into 1-inch wide strips
- 2 tbsp fish sauce
- 1 tbsp lime juice
- 1 tbsp brown sugar (or palm sugar)
- 1 tbsp finely grated fresh ginger
- 2 cloves garlic, minced
- 1/2 tsp red curry paste (or a pinch of red pepper flakes)
- 2 tbsp chopped fresh cilantro

### **Instructions:**

**Marinate the Chicken:** In a bowl, whisk together fish sauce, lime juice, brown sugar, ginger, garlic, red curry paste, and two tablespoons of cilantro. Add chicken strips and toss to coat thoroughly—Marinate in the refrigerator for at least 30 minutes or up to 4 hours.

**Preheat Grill:** Heat your grill to medium-high (around 400-450°F or 200-230°C) and lightly oil the grates.

**Grill Chicken:** If using skewers, thread the chicken strips onto them. Place chicken strips (or skewers) on the hot grill. Cook for 4-5 minutes per side or until chicken is cooked through and lightly charred.

**Serve:** Remove from grill. Garnish with extra fresh cilantro and serve hot. These are great on their own, paired with rice, or in a fresh salad.

## ***Korean Marinated Beef Short Ribs (Galbi)***

### **Ingredients**

- 3 lbs flanken-style beef short ribs (cut 1/4 to 1/2 inch thick across the bones)
- For the Marinade:
  - 1/2 cup soy sauce
  - 1/4 cup brown sugar
  - 2 tbsp sesame oil
  - 2 tbsp mirin (rice cooking wine)
  - 1/2 Asian pear or kiwi, grated or puréed (tenderizes meat)
  - 1/2 medium onion, grated or finely minced
  - 4-5 cloves garlic, minced
  - 1-inch piece fresh ginger, grated
  - 1/2 tsp black pepper
  - 2 tbsp chopped green onions (scallions)

### **Instructions:**

**Make Marinade:** In a large bowl, whisk together soy sauce, brown sugar, sesame oil, mirin, grated pear or kiwi, minced onion, minced garlic, grated ginger, black pepper, and chopped green onions until well combined and the sugar is dissolved.

**Marinate Ribs:** Add the dried short ribs to the marinade, ensuring all pieces are fully coated. Cover the bowl or transfer to a large, sealable bag. Refrigerate for at least 6 hours, preferably overnight or up to 24 hours. (If using kiwi, limit marinating to 4-6 hours to prevent mushiness.)

**Preheat Grill:** When ready to cook, preheat your outdoor grill to medium-high heat (about 400-450°F / 200-230°C). Lightly oil the grill grates.

**Grill Ribs:** Remove the ribs from the marinade, letting any excess drip off (discard the used marinade). Place the ribs on the hot grill in a single layer. Grill for 4-7 minutes per side, turning once, until the meat is beautifully caramelized, slightly charred, and cooked through to your desired doneness. Since they are thin, they cook quickly.

**Serve:** Transfer grilled galbi to a serving platter. Serve hot, often with fresh lettuce leaves for wrapping, rice, and kimchi.

# *Carolina-Style Pulled Pork*

## **Ingredients**

- 1 (6-8 lb) bone-in pork shoulder (also known as "Boston butt")
- 2-3 tbsp dry rub (e.g., paprika, brown sugar, salt, black pepper, garlic powder, onion powder, a pinch of cayenne)
- For the Carolina-Style Vinegar Sauce:
  - 1.5 cups apple cider vinegar
  - 1/2 cup water
  - 2 tbsp brown sugar
  - 1 tbsp salt
  - 1 tsp red pepper flakes (or more, to taste)
  - 1/2 tsp black pepper
  - (Optional: 1/4 cup ketchup for a slightly thicker, redder sauce, common in Western NC)

## **Instructions:**

**Prep Pork:** Pat the pork shoulder dry with paper towels. Generously rub the entire surface with the dry rub. For the best flavor, let it sit in the refrigerator for at least 2 hours or overnight.

**Set up Grill/Smoker:** Prepare your grill or smoker for indirect heat at a low temperature (around 107-135°C/225-275°F). Use wood chips or chunks (such as hickory, oak, or pecan) for a smoky flavor.

**Slow Cook:** Place the pork shoulder on the grill grates over indirect heat. Close the lid and cook for 8-12 hours, or until the internal temperature reaches 200-205°F (93-96°C) and the meat is tender enough to be "probe tender."

**Rest:** Once done, remove the pork from the grill and wrap it tightly in foil or butcher paper. Let it rest for at least 1 hour (or up to 3-4 hours in a cooler) to allow juices to redistribute.

**Make Sauce:** While the pork rests, combine all the vinegar sauce ingredients in a bowl and whisk until the sugar and salt are dissolved. Let sit for at least 30 minutes for flavors to meld.

**Shred:** Unwrap the rested pork (reserving any juices in the foil). Using two forks or meat claws, shred the pork, discarding any large pieces of fat or bone.

**Sauce & Serve:** Add some of the reserved juices and about 1/2 to 1 cup of the Carolina vinegar sauce to the shredded pork. Toss to coat. Serve warm on hamburger buns, often topped with coleslaw, with extra sauce on the side.

# **Chapter 10: Gourmet Grill-Side Breads & Wraps**

*Making or warming various breads and wraps on the griddle to accompany meals.*

## **Griddle Garlic Bread**

### **Ingredient**

- 1 loaf crusty bread (e.g., French baguette, Italian loaf, or sourdough), sliced lengthwise or into 1-inch-thick pieces
- 1/2 cup (1 stick) unsalted butter, softened
- 3-4 cloves garlic, minced (or 1 tbsp garlic powder)
- 2 tbsp fresh parsley, chopped (optional)
- Salt to taste
- Optional: 1/4 cup grated Parmesan cheese

### **Instructions:**

**Make Garlic Butter:** In a small bowl, combine softened butter, minced garlic, chopped parsley (if using), and a pinch of salt. Mix well until everything is evenly combined.

**Spread Butter:** Generously spread the garlic butter mixture onto one side of each slice or half of the bread. If using Parmesan, sprinkle it over the buttered side of the bread.

**Preheat Griddle:** Preheat your Griddle to medium heat (around 350-400°F or 175-200°C).

**Grill Bread:** Place the bread slices or halves, buttered-side down, directly onto the hot Griddle. Cook for 3-5 minutes, or until the bread is golden brown and crispy and the garlic butter is melted and fragrant.

## ***Flatbreads for Gyros/Shawarma***

### **Ingredient**

- 4-6 store-bought pita breads (pocketless, like Greek style) or other flatbreads (e.g., naan, flour tortillas)
- 1 tbsp olive oil (optional, for brushing)

### **Instructions:**

**Preheat Griddle:** Preheat your Griddle to medium-high heat (around 400-450°F or 200-230°C).

**Prep Flatbreads:** If desired, lightly brush one side of each flatbread with olive oil. This helps them get a nice char and crispness.

**Grill Flatbreads:** Place the flatbreads directly onto the hot Griddle. Cook for 30-60 seconds per side until they are warm, soft, slightly puffed up, and have light brown spots or grill marks. They should be pliable enough to fold without breaking.

**Stack & Serve:** As each flatbread finishes, stack them on a plate and cover with.

# *Griddle-Fried Doughnuts*

## **Ingredients**

- 1 (16.3 oz) can refrigerated biscuit dough
- 1/4 cup vegetable oil, canola oil, or ghee (for frying on griddle)
- For Coating/Toppings:
  - 1/2 cup granulated sugar mixed with 1 tsp cinnamon (for cinnamon sugar)
  - Powdered sugar for dusting
  - Melted chocolate or glaze for drizzling

## **Instructions:**

**Prepare Dough:** Open the can of biscuit dough. Flatten each biscuit slightly with your hand. If you want traditional doughnut holes, use a small round cutter (like a piping tip or bottle cap) to cut a hole in the center of each biscuit. You can also fry the holes for mini doughnut bites!

**Preheat Griddle:** Preheat your Griddle to medium heat (around 325-350°F or 160-175°C). You want it hot enough to fry but not so hot that it burns the outside before the inside cooks.

**Add Oil:** Pour or spread the vegetable oil evenly over a section of the Griddle. You don't need a deep pool, just enough to coat the surface generously where you'll cook the doughnuts.

**Fry Doughnuts:** Carefully place the prepared dough (and doughnut holes, if made) onto the oiled section of the hot Griddle. Cook for 1-2 minutes per side or until deep golden brown and puffed up. Use tongs or a spatula to flip them. The exact cooking time will depend on the heat of your Griddle and the thickness of the dough.

**Coat/Top:** As each doughnut finishes cooking, immediately transfer it to a plate lined with paper towels to drain excess oil. While still warm:

**For Cinnamon Sugar:** Toss generously in the cinnamon sugar mixture.

**For Powdered Sugar:** Dust with powdered sugar.

**For Glaze/Chocolate:** Drizzle with melted chocolate or a simple glaze (e.g., powdered sugar mixed with a bit of milk).

## ***Prosciutto & Fig Flatbread with Arugula and Balsamic Glaze***

### **Ingredients**

- 1 flatbread or naan
- 3–4 slices prosciutto
- 2 tbsp fig jam or preserves
- 1/2 cup fresh arugula
- 1/4 cup crumbled goat cheese or shaved Parmesan
- Olive oil
- Balsamic glaze (store-bought or homemade)

### **Instructions:**

1. Preheat Blackstone to medium heat. Lightly oil the surface.
2. Warm the flatbread for 2–3 minutes per side, until it is slightly crisp on both sides.
3. Spread fig jam evenly across the top.
4. Add torn pieces of prosciutto, arugula, and crumbled cheese.
5. Drizzle with balsamic glaze and serve warm, sliced into elegant portions.

## ***Grilled Rosemary & Sea Salt Focaccia***

*This focaccia gets a wonderful crispy crust and fragrant aroma from the griddle, perfect for dipping in olive oil or serving alongside grilled meats.*

### **Ingredients**

- 1 lb store-bought pizza dough (or homemade focaccia dough)
- 3 tbsp olive oil, divided (plus more for drizzling)
- 2 sprigs fresh rosemary, leaves stripped and finely chopped
- 1 tsp coarse sea salt
- Optional: 1-2 cloves garlic, thinly sliced

### **Instructions:**

**Prep Dough:** Lightly oil a baking sheet. Gently stretch or roll the dough into a rectangular or oval shape, about 1/2 inch thick. Drizzle 1 tbsp olive oil over the top, spreading it evenly. Sprinkle with chopped rosemary and sea salt (and garlic slices, if using). Let rest at room temperature for 15-30 minutes while the Griddle heats.

**Preheat Griddle:** Preheat your Griddle to medium heat (around 375°F/190°C).

**Grill Focaccia:** Carefully transfer the dough to the hot Griddle. Cook for 5-8 minutes per side or until golden brown, cooked through, and crispy. The exact time depends on dough thickness and griddle temperature. Use a large, flat spatula to flip.

**Serve:** Remove from Griddle, drizzle with a little more fresh olive oil, and cut into squares or strips. Serve warm.

## ***Mediterranean Lamb Flatbread with Tzatziki and Pickled Onions***

### **Ingredients**

- 1 small flatbread or pita
- ½ lb ground lamb
- 1 clove garlic, minced
- ½ tsp cumin
- ½ tsp smoked paprika
- Salt and pepper
- Tzatziki sauce (Greek yogurt, cucumber, garlic, lemon)
- Pickled red onions
- Chopped parsley or mint for garnish

### **Instructions:**

1. Sauté the lamb on the griddle with garlic, cumin, paprika, salt, and pepper until it is browned and fully cooked.
2. Warm the flatbread on the griddle until soft and lightly crisped.
3. Spread a generous layer of tzatziki on the bread, then top with the spiced lamb.
4. Add pickled onions and sprinkle with fresh herbs.
5. Fold or serve open-faced, accompanied by a lemon wedge on the side.

# *Spicy Chorizo & Cheese Stuffed Flatbreads*

## **Ingredients**

- 4 large (8-10 inch) flour tortillas or large flatbreads
- 1/2 lb fresh chorizo sausage, casing removed
- 1/2 cup shredded Monterey Jack or Cheddar cheese
- 1/4 cup finely diced red onion
- 2 tbsp chopped fresh cilantro
- 1 tbsp olive oil (for brushing)
- Optional: Diced jalapeño for extra heat, lime wedges for serving

## **Instructions:**

**Cook Chorizo:** On your Griddle, cook the chorizo sausage over medium heat, breaking it up with a spatula, until fully cooked and browned (about 5-7 minutes). Drain any excess grease and transfer to a bowl.

**Make Filling:** To the cooked chorizo, add shredded cheese, red onion, and cilantro. Mix well.

**Assemble Flatbreads:** Lay tortillas flat. Spread about 1/4 of the chorizo-cheese mixture evenly over half of each tortilla. Fold the other half of the tortilla over to create a half-moon shape.

**Grill:** Lightly brush the outside of each folded flatbread with olive oil. Preheat the Griddle to medium heat (around 350°F/175°C) and place the flatbreads on the hot Griddle.

**Cook:** Grill for 4-6 minutes per side, pressing gently with a spatula, until golden brown and crispy and the cheese is fully melted.

**Serve:** Remove from Griddle, slice into wedges, and serve hot with lime wedges.

## *Sweet Griddle Brioche Buns with Cinnamon Butter*

### **Ingredients**

- 6 brioche buns or rolls, halved horizontally
- 1/4 cup (4 tbsp) unsalted butter, softened
- 2 tbsp brown sugar
- 1 tsp cinnamon
- Optional: Drizzle of maple syrup or a scoop of vanilla ice cream for serving

### **Instructions:**

**Make Cinnamon Butter:** In a small bowl, combine softened butter, brown sugar, and cinnamon. Mix until well combined.

**Butter Buns:** Spread a generous amount of the cinnamon butter onto the cut side of each brioche bun in half.

**Preheat Griddle:** Preheat your Griddle to medium-low heat (around 300-325°F/150-160°C). Brioche browns quickly due to its sugar content.

**Grill Buns:** Place the buttered side of the brioche buns down onto the hot Griddle. Grill for 2-3 minutes or until deeply golden brown and the butter is melted and fragrant.

## *Caramelized Onion & Brie Griddle Sandwiches*

### **Ingredients**

- 4 slices of sourdough or rustic bread
- 1 large yellow onion, thinly sliced
- 4 oz Brie cheese, rind removed and sliced
- 2 tbsp butter, divided
- 1 tsp olive oil
- Pinch of sugar (optional, for caramelizing onions)
- Salt and freshly ground black pepper to taste

### **Instructions:**

**Caramelize Onions (on Griddle):** Heat 1 tsp olive oil and 1 tbsp butter on one section of your Griddle over medium-low heat. Add the thinly sliced onion. Cook slowly for 10-15 minutes, stirring occasionally, until the mixture is deeply golden brown and very soft. A pinch of sugar can help speed this process—season with a bit of salt and pepper. Set aside.

**Assemble Sandwiches:** Spread the remaining 1 tbsp butter on one side of each bread slice. On the unbuttered side of two slices of bread, layer half of the Brie cheese, then half of the caramelized onions, and finally, the remaining Brie. Top with the other two slices of bread (buttered side out).

**Grill Sandwiches:** Preheat the clean section of your Griddle to medium heat (around 350°F or 175°C). Carefully place the assembled sandwiches on the hot Griddle.

**Cook:** Grill for 5-7 minutes per side, or until the bread is golden brown and crispy and the cheese is fully melted and gooey.

**Serve:** Remove from Griddle, slice in half, and serve immediately.

# ***Griddle-Toasted Breakfast Wraps with Spicy Avocado Crema***

## **Ingredients**

- 2 large flour tortillas (burrito size)
- 3 large eggs, whisked
- 1/4 cup shredded Cheddar or Monterey Jack cheese
- 1 tbsp olive oil (for cooking eggs and brushing wraps)
- Salt and freshly ground black pepper to taste
- For Spicy Avocado Crema:
  - 1 ripe avocado
  - 2 tbsp plain Greek yogurt or sour cream
  - 1 tbsp lime juice
  - 1/4 tsp garlic powder
  - Pinch of red pepper flakes or a dash of hot sauce (to taste)
  - Salt to taste

## **Instructions:**

**Make Avocado Crema:** In a small bowl, mash the avocado until smooth. Stir in Greek yogurt/sour cream, lime juice, garlic powder, red pepper flakes/hot sauce, and salt. Mix until smooth and creamy.

**Scramble Eggs (on Griddle):** Heat 1 tsp olive oil on a section of your Griddle over medium heat. Pour in whisked eggs. Cook, stirring occasionally, until the eggs are scrambled and set but still slightly moist—season with salt and pepper.

**Assemble Wraps:** Lay tortillas flat. Spread half of the spicy avocado crema down the center of each tortilla. Top with half of the scrambled eggs and half of the shredded cheese.

**Fold Wraps:** Fold in the sides of the tortilla, then tightly roll it up from the bottom to create a sealed wrap.

**Grill Wraps:** Lightly brush the outside of each assembled wrap with olive oil. Place seam-side down on the preheated Griddle (medium heat, around 350°F/175°C).

**Cook:** Grill for 3-5 minutes per side, turning once, until golden brown, crispy, and the cheese is melted.

# *Chapter 11: Sauces, Marinades, and Condiments*

## *Homemade Barbecue Sauce*

### **Ingredients**

- 1 cup ketchup
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar (packed)
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Pinch of cayenne pepper (optional, for heat)
- Salt and freshly ground black pepper to taste

### **Instructions:**

**Combine all ingredients:** In a medium saucepan, whisk together the ketchup, apple cider vinegar, brown sugar, Worcestershire sauce, Dijon mustard, smoked paprika, garlic powder, onion powder, and cayenne pepper (if using).

**Bring to a simmer:** Place the saucepan over medium heat and bring the mixture to a gentle simmer, stirring constantly to dissolve the sugar.

**Reduce heat and cook:** Reduce the heat to low and simmer the sauce, stirring occasionally, for 15-20 minutes or until it has thickened slightly.

**Season:** Remove the sauce from the heat and taste. Add salt, black pepper, or other spices as needed. If you prefer a sweeter sauce, add a little more brown sugar. For more heat, add more cayenne pepper or a dash of hot sauce (such as Tabasco).

**Cool:** Allow the sauce to cool completely before using. It will thicken a bit more as it cools.

## **Garlic Sauce**

*Garlic sauce is a versatile addition to many dishes cooked on the Blackstone Griddle. It can be creamy, spicy, herby — anything you like!*

*What should the base be? (for example: mayonnaise, sour cream, yogurt, oil, vegan base)*

*Consistency: thick or thin.*

*Various ingredients: herbs, lemon juice, hot peppers, cheese.*

*The simplest and most popular version is mayonnaise-based:*

### **Ingredients**

- 1/2 cup mayonnaise (regular, light, or vegan)
- 2–3 garlic cloves, minced (adjust to taste)
- 1 tbsp fresh lemon juice (optional, for brightness)
- 1 tbsp finely chopped fresh herbs (parsley, dill, cilantro — your choice)
- Salt and freshly ground black pepper to taste

### **Instructions:**

**Mince the garlic:** Peel the garlic and finely chop it with a knife or press it through a garlic press.

**Combine ingredients:** In a small bowl, mix the mayonnaise, minced garlic, lemon juice (if using), and herbs (if using).

**Season:** Add salt and pepper to taste.

**Mix well:** Stir everything thoroughly until smooth and well combined.

Let it rest: For the best flavor, let the sauce sit in the refrigerator for at least 15–20 minutes, allowing the garlic and herbs to infuse their flavors.

### **How to use this sauce on the Blackstone Griddle:**

- ✓ Serve with fried potatoes, grilled vegetables, burgers, steaks, chicken, or shawarma.
- ✓ Use as a dip for zucchini chips or other veggie chips.
- ✓ Spread it on bread for sandwiches or burgers.

## ***Lemon-Honey Marinade for Chicken***

*A lemon-honey marinade gives chicken a delightful sweet and tangy flavor while making it tender and juicy when grilled on your Blackstone Griddle.*

### **Ingredients**

- 4–6 chicken thighs, drumsticks, or breasts (boneless/skinless or bone-in — your choice)
- 1/4 cup freshly squeezed lemon juice (about 1–2 large lemons)
- 2 tbsp liquid honey (buckwheat, wildflower, or any variety you like)
- 2 tbsp olive oil (can be substituted with vegetable oil)
- 2–3 garlic cloves, minced
- 1 tsp dried oregano (can be substituted with thyme or rosemary)
- 1/2 tsp salt (or to taste)
- 1/4 tsp ground black pepper (or to taste)
- A pinch of red chili flakes (optional, for mild heat)

### **Instructions:**

**Prepare the chicken:** Rinse the chicken under cold water and pat dry with paper towels.

**Make the marinade:** In a small bowl, combine lemon juice, honey, olive oil, minced garlic, oregano, salt, black pepper, and chili flakes (if using). Mix well until smooth.

**Marinate the chicken:** Place the chicken in a zip-top bag or shallow bowl. Pour the marinade over the chicken, ensuring each piece is evenly coated.

**Let it marinate:** Seal the bag or cover the bowl with plastic wrap. Refrigerate for at least 30 minutes, ideally 2–4 hours. For a deeper flavor, marinate for up to 6–8 hours. Avoid marinating longer than 8 hours, as the lemon juice may overly tenderize the meat.

**Bring to room temperature:** Remove the chicken from the fridge about 30 minutes before cooking to allow it to come to room temperature.

### **Grilling Chicken on the Blackstone Griddle:**

**Preheat the Griddle:** Heat your Blackstone Griddle to medium heat (around 160–180°C / 320–355°F). Lightly oil the surface to prevent sticking.

**Place the chicken:** Remove the chicken from the marinade (you can reserve the remaining marinade for glazing). Place the chicken pieces on the hot Griddle.

**Grill:** Cook the chicken until golden brown and fully cooked through. Cooking time will vary depending on thickness. Thighs and drumsticks typically need 6–8 minutes per side; breasts require about 5–7 minutes per side (or until internal temperature reaches 74°C / 165°F).

**Optional glazing:** In the final few minutes, brush the chicken with the reserved marinade for extra shine and flavor. Observe — honey can burn quickly, so glaze over medium heat and monitor closely.

**Check for doneness:** Ensure the chicken is fully cooked. Juices should run clear when pierced, with no pink inside.

**Tips:**

- ✓ For a stronger citrus flavor, add lemon zest to the marinade.
- ✓ If using chicken breasts, pound them to an even thickness for juicier results.
- ✓ Don't overcrowd the Griddle — cook in batches if needed for even cooking.
- ✓ Let the cooked chicken rest under foil for a few minutes before serving — this helps the juices redistribute and keeps the meat moist.

## ***Steak Spice Blend***

*A steak spice blend is an excellent way to add extra aroma and flavor to your meat on a Blackstone Griddle.*

### **Option 1:** Classic “SPG” Blend (Salt, Pepper, Garlic)

This is the foundation of many great steaks—simple yet effective in highlighting the meat’s flavor.

#### **Ingredients**

- 2 tablespoons coarse sea salt (or kosher salt)
- 1 tablespoon freshly ground black pepper
- 1 tablespoon granulated garlic (not garlic powder)

#### **Instructions:**

Mix all ingredients in a small bowl.  
Store in an airtight container.

### **Option 2:** Rich, Aromatic Blend

This mix will add a more complex and rich flavor to your steak.

#### **Ingredients**

- 2 tablespoons coarse sea salt (or kosher salt)
- 1 tablespoon freshly ground black pepper
- 1 tablespoon granulated garlic
- 1 tablespoon granulated onion
- 1 tablespoon smoked paprika (if available, adds a smoky aroma; can be substituted with regular paprika)
- 1 teaspoon dried oregano (or thyme)
- ½ teaspoon ground coriander (optional, adds warmth)
- A pinch of red chili pepper (optional, for mild heat)

#### **Instructions:**

Mix all ingredients in a small bowl.  
Store in an airtight container.

### **Option 3:** Sweet and Spicy BBQ-Style Blend

#### **Ingredients**

- 2 tablespoons coarse sea salt (or kosher salt)
- 1 tablespoon freshly ground black pepper
- 1 tablespoon brown sugar (packed)

- 1 tablespoon paprika (regular or smoked)
- 1 teaspoon granulated garlic
- 1 teaspoon granulated onion
- 1/2 teaspoon ground cumin
- 1/2 teaspoon mustard powder
- 1/4–1/2 teaspoon cayenne pepper (to taste)

**Instructions:**

Mix all ingredients in a small bowl.

Store in an airtight container.

**Tips for Use:**

- ✓ **Timing:** For best results, apply the spice blend to the steak at least 30 minutes before cooking—ideally 1–2 hours. This allows the salt to penetrate the meat, improving its flavor and texture.
- ✓ **Amount:** Apply the spices evenly on all sides of the steak, gently rubbing them in. The quantity depends on your taste and the size of the steak.
- ✓ **Storage:** Store prepared spice blends in airtight containers in a cool, dark place for up to six months.
- ✓ **Experimentation:** Don't be afraid to try different spices and quantities to create your signature steak blend!

## ***Teriyaki Sauce***

*Teriyaki sauce is a versatile, sweet, and tangy Japanese sauce used as a marinade, glaze, or seasoning for meat, fish, poultry, and vegetables. The name comes from the Japanese words "teri" (glaze/shine) and "yaki" (grilled), reflecting its ability to give dishes an appetizing glossy appearance.*

### **Ingredients**

- Soy sauce – the base of the sauce, providing saltiness and umami flavor.
- Sugar or honey – for sweetness and caramelization.
- Mirin (sweet rice wine) or sake adds complexity to the flavor and aroma.
- Ginger and garlic – for spiciness and fragrance.

Additional ingredients may include rice vinegar (for acidity), sesame oil (for aroma), and starch or flour (for thickening).

### **Uses of Teriyaki Sauce:**

**Marinade:** Meat, fish, or poultry is marinated in teriyaki sauce before being fried, baked, or grilled, making the dish more tender, juicy, and flavorful.

**Glaze:** The sauce is applied during cooking to create a glossy and appetizing coating.

**Seasoning:** The finished sauce is served with various dishes, such as grilled meat, fish, vegetables, rice, noodles, sushi, and rolls. It can also be used as a salad dressing.

## ***Homemade Teriyaki Sauce Recipe (Simple Version)***

### **Ingredients**

- 100 ml soy sauce
- 2 tablespoons sugar (or honey)
- 1 teaspoon grated ginger
- 1 teaspoon minced garlic
- 1 tablespoon rice vinegar (can be substituted with apple cider or white wine vinegar)
- 1 teaspoon starch (dissolved in 2 tablespoons cold water)

### **Instructions:**

1. In a small saucepan, mix soy sauce, sugar (or honey), ginger, and garlic.
2. Bring the mixture to a boil over medium heat, stirring constantly to dissolve the sugar.
3. Reduce the heat and add rice vinegar.
4. Slowly pour in the dissolved starch while stirring continuously to prevent lumps from forming.
5. Simmer the sauce, stirring, until it thickens.
6. Remove from the heat and let it cool to room temperature. Store the prepared sauce in the refrigerator.
7. Homemade teriyaki sauce will give your dishes a unique taste and the irresistible aroma of Japanese cuisine!

## ***Quick Pickled Relish***

*This fast and fresh relish is a bright, tangy, and crunchy addition to hot dogs, burgers, grilled fish, or any dish needing a burst of flavor.*

### **Ingredients**

- 1 large cucumber (about 8-10 inches), finely diced
- 1/2 medium red onion, finely diced
- 1/2 large red bell pepper, finely diced
- 1/4 cup fresh dill, chopped (or 1 tbsp dried dill)
- 1 cup apple cider vinegar
- 1/2 cup water
- 2 tbsp granulated sugar
- 1 tsp salt
- 1/2 tsp mustard seeds (optional)
- 1/4 tsp celery seeds (optional)

### **Instructions:**

**Combine Vegetables & Herbs:** In a medium, heatproof bowl, combine the diced cucumber, red onion, red bell pepper, and chopped dill.

**Make Brine:** In a small saucepan, combine apple cider vinegar, water, sugar, salt, mustard seeds (if using), and celery seeds (if using). Bring the mixture to a boil over medium-high heat, stirring until the sugar and salt are completely dissolved.

**Pour Over Vegetables:** Carefully pour the hot brine over the vegetables and herbs in the bowl. Ensure all the vegetables are submerged.

**Chill:** Let the relish cool to room temperature, then cover the bowl and refrigerate for at least 30 minutes. For the best flavor, chill for 2-3 hours.

**Serve:** The relish is ready to use! Store any leftovers in an airtight container in the refrigerator for up to 1-2 weeks.

## ***Grilled Tomato Salsa***

*This quick and smoky salsa uses the intense flavor of grilled tomatoes for a fresh, vibrant, and incredibly delicious condiment.*

### **Ingredients**

- 1 lb ripe tomatoes (Roma or on-the-vine work well), halved or quartered
- 1/2 medium onion, cut into thick slices
- 1-2 jalapeños (or serrano peppers), stems removed
- 2 cloves garlic, unpeeled
- 1 tbsp olive oil
- 1/2 cup fresh cilantro, chopped
- 1 tbsp fresh lime juice
- Salt to taste

### **Instructions:**

**Prep Veggies for Grill:** Toss tomatoes, onion, jalapeños, and unpeeled garlic with olive oil.

**Grill Veggies:** Preheat your grill to medium-high heat (around 400-450°F or 200-230°C). Place all prepared vegetables directly on the grates.

Grill tomatoes, onion, and jalapeños for 8-12 minutes, turning occasionally, until softened, slightly charred, and smoky.

Grill the garlic for 5-7 minutes, turning occasionally, until softened and lightly browned.

**Process Salsa:** Once cooled slightly, peel the garlic. Roughly chop the grilled tomatoes, onion, and jalapeños (remove the seeds from the jalapeño if you prefer less heat).

**Combine:** In a bowl, combine the grilled vegetables, peeled garlic, chopped cilantro, and lime juice. Season generously with salt. For a smoother salsa, pulse briefly in a food processor, leaving some chunks for texture.

**Serve:** Serve immediately with chips, tacos, or grilled meats. Store leftovers in an airtight container in the refrigerator for up to 3-4 days.

# Conclusion

## Useful Griddle Tips for Beginners

### Instructions:

1. **Preheat Properly:** Heat griddle to medium (around 180– 200°C / 350-390°F) for even heat distribution.
2. **Oil Before First Use:** Wipe the surface with vegetable oil before the very first cook to prevent sticking.
3. **Use Oil for Each Cook:** Apply a thin layer of oil before cooking to prevent sticking and get a good crust.
4. **Cook in Stages:** Start with items that require longer cooking times (meat, chicken), then add quicker-cooking vegetables and delicate foods.
5. **Master the Flip:** Use spatulas to flip food, maintaining its structure carefully.
6. **Clean Regularly:** Scrape off food residue while the Griddle is hot after each use for easy maintenance.
7. **Experiment:** Try various recipes, such as steaks, burgers, vegetables, eggs, and pancakes, to find your favorites.
8. **Safety First:** Always use protective gloves and never leave a hot griddle unattended. Let it cool completely before cleaning.
9. **Store & Maintain:** After cooling, clean and apply a thin layer of oil to prevent rust.

*Learning to control the heat and handle the griddle takes practice, but it leads to delicious results and enjoyment. Don't be afraid to experiment and have fun!*

## ***Griddle Cleaning & Storage Tips***

### **What You'll Need:**

**Daily Cleaning:** Metal spatula/scrapper, paper towels/cloth, small amount of vegetable oil.

**Deep Cleaning:** Warm, soapy water (mild soap), a nonabrasive sponge or brush, vinegar (optional), clean water, additional paper towels or cloth, and cooking oil or seasoning oil.

**Storage:** Blackstone grill cover (recommended), dry storage spot.

### **Instructions:**

#### **1. Daily Cleaning (After Each Use):**

\***Scrape while warm:** Use a metal spatula to remove food debris and grease gently.

\***Wipe clean:** Thoroughly wipe the surface with paper towels or a cloth.

\***Apply a thin oil layer:** Spread a small amount of vegetable oil to prevent rust and maintain seasoning.

#### **2. Periodic Deep Cleaning:**

\***Cooldown:** Ensure the Griddle is entirely cool.

\***Loosen residue:** Apply warm, soapy water or a vinegar solution to stubborn spots.

\***Clean:** Scrub with a nonabrasive sponge/brush.

\***Rinse & Dry:** Wipe clean with a damp cloth, then thoroughly dry.

\***Re-season:** Apply a generous layer of oil and heat the Griddle on medium for 15-20 minutes until it smokes. Repeat if needed.

#### **3. Storing the Griddle:**

\***Clean & Oil First:** Always store a thoroughly cleaned and oiled griddle.

\***Use a cover:** Protect from dust, moisture, and elements.

\***Store dry:** Keep in a dry, well-ventilated area (garage, shed, covered patio).

\***Pest protection:** Ensure the storage area is free of insects and rodents.

## ***Experiment & Create Your Own Griddle Recipes***

### **Ingredients**

- Your imagination
- Griddle knowledge (heat zones, temp control)
- Various foods (veggies, meats, dough, etc.)
- Spices, herbs, marinades, and sauces
- Kitchen tools
- Notebook for notes

### **Instructions:**

- 1. Study Your Griddle:** Understand heat zones, master temperature control, and ensure a well-seasoned surface.
- 2. Get Inspired & Plan:** Find ideas from various sources, analyze recipes, and plan your cooking sequence.
- 3. Start Simple, Experiment Gradually:** Modify existing recipes, swap ingredients, or try new spice combinations.
- 4. Explore New Techniques:** Practice searing, low cooking, using a lid for steaming or baking, or even a "water bath" for gentle cooking.
- 5. Combine Styles & Cuisines:** Blend diverse culinary traditions and utilize fresh, seasonal ingredients.
- 6. Record Your Experiments:** Document ingredients, proportions, techniques, times, and taste impressions. Evaluate results.
- 7. Learn from Mistakes:** Every experiment is a learning opportunity. Be patient.

## ***Frequently Asked Questions***

### **General Questions:**

- What is it? A flat, gas-powered cooking surface for versatile cooking (breakfast to dinner).
- Grill vs. Griddle? Griddles have a solid, flat surface, allowing you to cook diverse foods like eggs and rice without falling through grates.
- Sizes? Portable single-burner to large multi-burner (2, 3, 4- 4-burner models are popular).
- Seasoning? Yes, essential! It creates a natural non-stick layer and prevents rust by applying oil and heating multiple times.
- Lifespan? Many years, with proper care and cleaning.

### **Usage Questions:**

- Temperature Control? Each burner has a separate knob.
- Temperature Zones? Use individual burner knobs to create hot, medium, and low heat areas.
- Metal Utensils? Yes, but use spatulas with rounded edges to avoid scratches.
- Frozen Food? Yes, but pre-thawing is recommended for best results.
- Best Oils? High smoke point oils like vegetable, canola, peanut, or sunflower oil. Avoid extra virgin olive oil for high heat.

### **Cleaning & Maintenance Questions:**

- After Use? Scrape debris while warm with a metal spatula, wipe with paper towels, then apply a thin oil layer after cooling.
- Deep Clean? Periodically use warm soapy water and a non-abrasive sponge, rinse, dry, and re-season.
- Rust Removal? For light rust, use fine steel wool/sandpaper, then clean and re-season. Cover and store dry to prevent rust.
- Cover Needed? Highly recommended to protect from the elements.

### **Problems & Solutions:**

- Food sticks? Insufficient seasoning, low cooking temperature, or flipping food too early. Ensure good seasoning and proper heat.
- Uneven heat? Check burners for even flame. Also, uneven residue or oil distribution can cause this. Clean regularly.

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