

Cuisinart™

**INSTRUCTION &
RECIPE BOOKLET**



Grill & Griddle

CGG-2C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

- 1. READ ALL INSTRUCTIONS**
2. Do not touch hot surfaces. Use handles and knobs.
3. To protect against fire, electric shock, and injury to persons, **DO NOT IMMERS**E CORD OR PLUG in water or other liquids.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest Cuisinart Authorized Service Facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by Cuisinart may result in fire, electrical shock or injury to persons.
8. Do not use outdoors.
9. Do not let power cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Unplug the unit when finished using.
12. Do not use appliance for other than intended use.
13. Extreme caution must be exercised when moving an appliance containing hot oil or other hot liquids.
14. Always attach plug to appliance first, then plug cord into the

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wall outlet. To disconnect, turn control to OFF setting, then remove plug from wall outlet.

WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, ONLY AUTHORIZED PERSONNEL SHOULD DO REPAIRS.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords are available and may be used if care is exercised in their use.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or animals, or tripped over.

NOTICE

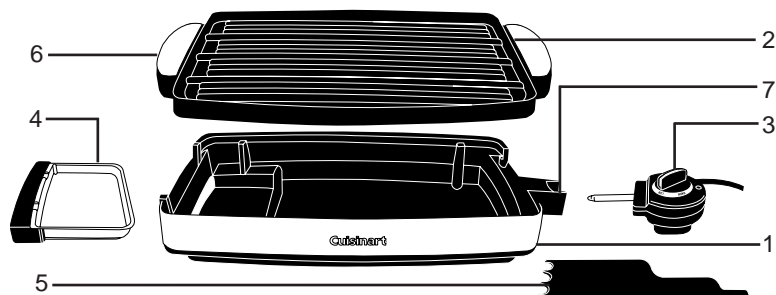
This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

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INTRODUCTION

Congratulations on your purchase of the Cuisinart™ Grill & Griddle. This product is the ultimate kitchen appliance, with a large 18" (45cm) reversible, nonstick plate that makes it two appliances in one. The cooking plate has been designed with an internal heating element for even heat transfer while cooking. Use the grill surface to evenly grill poultry, meats, seafood, vegetables and much more. Or flip the cooking plate to the griddle surface and set the electric thermostat to perfectly cook pancakes, eggs, hash browns or toasted cheese sandwiches.



PARTS AND FEATURES:

1. **Base** - Elegant brushed stainless steel housing.
2. **Reversible Cooking Plate** – Extra large 18" (45cm) nonstick cooking surface. One side is a grill surface; the other side is a griddle surface.
3. **Temperature Control** – Five adjustable settings, OFF position and indicator light. Plugs into cooking plate when on base.
4. **Drip Tray** – Collects grease and removes from base for cleanup.
5. **Cleaning/Scraping Tool** – Helps clean grill or griddle after cooking.
6. **Convenient Handles** – For reversing cooking plate.

BEFORE THE FIRST USE:

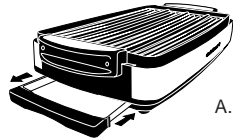
Remove all packaging materials and any promotional labels or stickers from your grill. Be sure all parts (listed above, **Parts and Features**) of your new appliance have been included before discarding any packaging materials. You may want to keep the box and packing materials for use at a later date.

Before using your Cuisinart™ Grill & Griddle for the first time, remove any dust from shipping by wiping the base and temperature control with a damp cloth. Thoroughly clean both sides of the cooking plate, drip tray and scraping tool. The cooking plate can be submerged in water for cleaning. The drip tray and scraping tool are dishwasher safe.

Never place the temperature control with power cord in the dishwasher, nor should you immerse it in water. Always use a damp cloth to clean these parts.

ASSEMBLY INSTRUCTIONS:

1. Place base on a clean, flat surface where you intend to cook.
2. One end of the base has a slot provided for the drip tray. Slide the drip tray into the base. (see figure A.)
3. The cooking plate has two sides: The Grill side with ribbed surface is intended for grilling steaks, hamburgers, chicken, seafood and vegetables. (see figure B.) The Griddle side with smooth surface is perfect for frying bacon and eggs, pancakes, French toast and toasted sandwiches. (see figure C.) Choose the side you intend to cook on and place the cooking plate on the base with the chosen side facing up. Make sure that the drip holes in the cooking plate line up over the drip tray.
4. Insert the temperature control probe into the socket in the cooking plate on the end opposite the drip holes. It will click into place. (see figure D.)
5. Plug the cord into a standard electrical outlet.



A.



B.



C.



D.

OPERATING INSTRUCTIONS:

Once the Grill & Griddle is assembled properly and you are ready to begin cooking, turn the temperature control knob to the desired tem-

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perature level. The indicator light will illuminate to indicate that the power is on. It may take 10-12 minutes to reach operating temperature, depending on the temperature level that has been set. When the thermostat has reached the desired temperature, the indicator light will turn off, indicating that the Grill & Griddle is ready for cooking.

During operation, the light will continue to turn on and off as the thermostat regulates the temperature. This is normal.

The temperature control is used to set and maintain the temperature of the cooking surface. Temperatures range from about 150°F (66°C) on the Warm setting to 450°F (232°C) on the Sear Setting. You may vary the setting of the control knob at any time during cooking, and may wish to do so, depending on the types of foods on the cooking plate. Refer to the **Cooked Food Temperature Chart** on page 5 for recommendations.

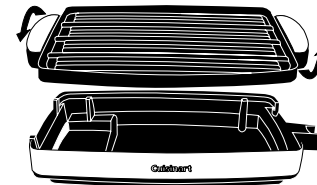
CAUTION: Handles will become hot during use. The cooking plate should not be removed from the base or flipped over while hot. Allow unit to cool down for at least 30 minutes before handling.

The Grill & Griddle has a built-in safety feature that prevents the unit from operating when the cooking plate is not on the base. If the cooking plate is removed from the base while in use, the power will shut off.

NOTE: The first time you use your Grill & Griddle, it may have a slight odour and smoke a bit. This is normal and common to appliances with a nonstick surface.

To flip over to use reverse side of plate:

1. Turn temperature control knob to OFF setting.
2. Unplug appliance from wall outlet.
3. Pull out temperature control probe from cooking plate.



4. Allow unit to cool down completely.
5. Carefully slide out the drip tray and dispose of its contents. Clean tray and replace in base. (see **Cleaning and Care**)
6. Thoroughly clean cooking plate. (see **Cleaning and Care**)
7. Hold cooking plate by the handles when removing from base, flipping plate over, and returning to base.
8. Make sure that holes in plate line up over drip tray.
9. Reconnect the temperature control and plug the cord into a standard electrical outlet.

User Maintenance:

- Never use metal utensils, as they will scratch the nonstick grill plate. Instead, use only wooden or heat-proof plastic utensils.
- Never leave plastic utensils in contact with the hot grill plate.
- After using, scrape excess food buildup through holes and into drip tray, then wipe off any residue with a paper towel before proceeding with next recipe.

CLEANING AND CARE

CAUTION: BEFORE CLEANING APPLIANCE, MAKE SURE IT HAS COOLED DOWN COMPLETELY.

Once you have finished cooking, allow the unit to cool down completely and then turn the temperature control knob to the OFF setting. Unplug the appliance from wall outlet and remove the temperature control probe from cooking plate.

Carefully slide the drip tray out from the base and dispose of its contents. The drip tray can be cleaned by hand or in the dishwasher.

Use the cleaning/scraping tool to remove any leftover food from the cooking plate. The scraping tool can be washed by hand or in the dishwasher.

If you have been cooking seafood, wipe the cooking plate with lemon juice to prevent seafood flavour from transferring to the next recipe.

Hold cooking plate by handles when removing. The cooking plate can be washed by hand, using a soft sponge or cloth and hot water. The cooking plate may be submerged in water, but **DO NOT wash in the dishwasher**. Do not use metallic objects such as knives or forks for cleaning. Do not use a scouring pad for cleaning. The nonstick coating can be damaged.

The temperature control can be wiped clean with a damp cloth.

Never submerge the temperature control or plug in water.

Do not place it in a dishwasher. Wipe it clean with a damp cloth.

The housing base can be wiped clean with a soft, dry cloth. For tough stains, dampen cloth. Never use an abrasive cleaner or harsh pad.

STORAGE

Always dry and assemble the grill (without controller) before storing. Ensure that the base, cooking plate and drip tray are correctly positioned.

Store the temperature control in a safe place. Do not knock or drop the probe, as this can cause damage.

Rare	Bright red centre, lighter pink to outside	140°F (60°C)
Medium	Light pink centre, brown to outside	160°F (71°C)
Well-done	Brown consistently throughout	170°F+ (77°C)

COOKED FOOD TEMPERATURE CHART

Check internal temperature, using an instant read thermometer.

Beef

The USDA recommends **cooking all ground beef to at least Medium (160°F/71°C) doneness**, or until centre is no longer pink.

Pork

Always grill using an instant read thermometer until the internal temperature reaches 160°F (71°C) when tested.

Poultry

Boneless poultry breast should be cooked to an internal temperature of 170°F (77°C).

Ground poultry should be cooked to an internal temperature of 165-170°F (74-77°C).

(The Cuisinart™ Grill & Griddle is not recommended for cooking bone-in poultry.)

Seafood

Fin Fish – Cook until opaque and easily flaked with a fork.

Scallops – Cook until opaque and firm.

Shrimp – Cook until shrimp turn orange/red and flesh is pearly opaque.

Bacon

Cook bacon until crispy to taste.

Hot Dogs/Smoked Sausages

Although they are “precooked”, we recommend cooking hot dogs and smoked sausages until the internal temperature is 165°F (74°C) when tested with an instant read thermometer.

Tips & Hints for Using the Cuisinart™ Grill & Griddle

- Trim excess fats from meat before grilling/griddling.
- Do not press down on meats, poultry or seafood when grilling/griddling – this will press out the juices, which keep the texture of the meat moist and tender.
- To create a “diamond” pattern on meats and fish when grilling, brush or pat item lightly with olive oil. Cook on the first side without turning, for 2 to 3 minutes. Then rotate 45 degrees (a quarter turn) and cook for 2 to 3 minutes longer or until that side is done. Repeat the procedure for the second side.
- Firm fleshed fish can be cooked directly on either the Grill or Griddle surface. Smaller items such as shrimp or scallops can be skewered if desired (if using wooden skewers, soak first to prevent burning).
- For the best burgers, handle the meat as little as possible. Press 5 to 6 ounces (150-175g) lean ground meat into 4-inch (10cm) rounds – a large round cookie cutter makes a good template. Grill, then season with salt and pepper to taste.
- The Grill can be used to grill foods other than meats. Grilled Garlic Bread or “Texas” Toast can be made by brushing melted butter seasoned with garlic and herbs on thickly sliced artisan breads, then grilling until golden brown. Vegetables can be grilled as an entrée or side dish, and fruits can be grilled for desserts. Firm tofu can also be marinated and grilled.
- The Griddle is the perfect appliance for preparing Grilled Cheese Sandwiches for a group. Using 2 slices per sandwich of your favourite bread, lightly brush one side of each slice with melted butter or olive oil, add your favourite fillings, and “Grill” on the Griddle side, preheated to Medium High. Turn when toasty, crisp and deep golden, about 3 to 4 minutes per side.

- French Toast is simple to prepare on the Griddle. Use your favourite recipe using egg and milk mixture to soak bread, then cook on Griddle preheated to Medium heat.
- If preparing a complete breakfast using the Griddle for a crowd, cook meats first and keep them warm in a Low (200°F/93°C) oven after draining. Then cook hash browns, pancakes or French toast; keep warm in low oven on a rack placed over a baking sheet. Lastly, prepare and cook eggs.
- To prepare bacon, place the bacon strips on the cold Griddle. Heat to Medium-High, and cook until desired crispiness is reached, turning once or twice while cooking.
- Simplify chopping and blending tasks while preparing the following recipes, by using a Cuisinart® Food Processor, Chopper/Grinder or Blender.

RECIPES FOR THE GRILL:

Grilled Vegetable Salad

Makes about 8 cups (1.9L)

- 1/2 cup (125ml) extra virgin olive oil
- 1 tablespoon (15ml) herbs de Provence or Italian herbs
- 1 clove garlic, peeled and finely chopped
- 1 pound (454g) small eggplant, rinsed
- 1 teaspoon (5ml) kosher salt, divided
- 12 ounces (375g) red and/or yellow bell peppers, rinsed
- 12 ounces (375g) yellow or sweet onions, peeled
- 12 ounces (375g) small zucchini, rinsed
- 12 ounces (375g) yellow squash or yellow summer squash, rinsed
- 8 ounces (250g) Portobello mushrooms
- 2-3 tablespoons (30 - 45ml) white balsamic vinegar or rice vinegar
- 1/2 cup (125ml) imported or domestic pitted olives, halved

- 1/4 cup (50ml) chopped Italian parsley
- 1/4 cup (50ml) slivered/chopped oil-packed (drained) sun-dried tomatoes
- 1/4 cup (50ml) capers, rinsed and drained
- 1/2 teaspoon (2ml) freshly ground pepper
- 1/4 cup (50ml) toasted pine nuts (optional)

Combine the olive oil, herbs and garlic in a small bowl. Let stand while preparing the vegetables.

Cut the eggplant in 1/2-inch (1.25cm) slices, sprinkle with 1/2 teaspoon (2ml) salt and place in a colander to drain. Cut the red/yellow peppers into flat slabs. Cut the onions into 1/2-inch (1.25cm) thick slices; slide a toothpick or short wooden skewer into the slice horizontally (this will help to hold it together while grilling). Cut the zucchini and yellow squash into 1/2-inch (1.25cm) thick slices. Cut the Portobello mushrooms into 1/2-inch (1.25cm) thick slices.

Preheat the Grill side to High.

Rinse and dry the eggplant slices. Brush all vegetables lightly with the seasoned olive oil mix – there will be oil mixture left over.

Grill the vegetables on both sides until tender and nicely marked:

Eggplant – about 6-8 minutes per side; peppers – about 8-10 minutes per side; onions – about 5-7 minutes per side; squashes – about 6-8 minutes per side; and Portobellos – about 4-5 minutes per side. As the vegetables are done, let cool slightly on a prep board. When cool enough to handle (but still warm), cut into 1-inch (2.5cm) pieces and transfer to a large bowl. When all vegetables have been grilled and cut, toss gently to combine. Add the vinegar (to taste), olives, parsley, sun-dried tomatoes, and capers; toss gently to combine. Season with remaining 1/2 teaspoon (2ml) salt and pepper; toss gently to combine. Cover and refrigerate until ready to serve. Just before serving, sprinkle with toasted pine nuts if desired.

Nutritional information per serving:

*Calories 141 (59% from fat) • carb. 12g • pro. 3g • fat 10g • sat. fat 1g
• chol. 0mg • sod. 538mg • calc. 43mg • fiber 3g*

Lemon Herb Grilled Chicken

Makes 6 servings

- 6 boneless, skinless chicken breast halves (5-6 ounces/150-175g each)
- 1 green onion, trimmed, finely chopped (include several inches of green)
- 1 tablespoon (15ml) fresh parsley leaves, finely chopped
- 1/2 tablespoon (7ml) fresh rosemary, finely chopped
- 1/2 teaspoon (2ml) kosher salt
- 1/2 teaspoon (2ml) freshly ground pepper
- 1/3 cup (75ml) extra virgin olive oil
- 3 tablespoons (45ml) fresh lemon juice

Trim all fat from chicken. Place a chicken breast between 2 sheets of plastic wrap and use the flat side of a meat pounder to pound to an even thickness, about 1/2 inch (1.25cm). Repeat with remaining chicken.

Combine green onion, parsley, rosemary, salt, pepper, olive oil and lemon juice in a bowl; whisk to blend. Pour over the chicken and stir to coat completely. Allow to marinate for 15 minutes – no longer.

(This is important, as the citrus will begin to “cook” the chicken and toughen it.)

Five minutes before grilling, preheat the Grill side to High. When Grill is hot and chicken has finished marinating, drain the chicken. Arrange the chicken on the hot Grill, spacing evenly. Grill for 5 to 6 minutes on each side.

Do not move while on the Grill, to allow nice grill markings to develop.

Check internal temperature of chicken with an instant read thermometer — the temperature should be 170 - 175°F (77 - 79°C). Let chicken rest for 5 minutes before slicing and serving.

Nutritional information per serving:

*Calories 124 (24% from fat) • carb. 1g • pro. 23g • fat 3g • sat. fat 1g
• chol. 60mg • sod. 397mg • calc. 17mg • fiber 0g*

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Ginger Wasabi Grilled Flank Steak & Portobellos

Makes 8 servings

- 1 flank steak, 1-1/2 to 1-3/4 pounds (680 - 794g)
- 1 pound (454g) Portobello mushrooms, cleaned, sliced 1/2 inch (1.25cm) thick
- 1/2 ounce (14g) fresh ginger, peeled, cut in 1/2 inch (1.25cm) or smaller pieces
- 1 small shallot (1/2 ounce/14g), peeled, cut in 1/2 inch (1.25cm) or smaller pieces
- 1 clove garlic, peeled
- 2/3 cup (150ml) medium dry sherry
- 2/3 cup (150ml) low-sodium soy or tamari sauce
- 3 tablespoons (45ml) seasoned rice or wine vinegar
- 2 tablespoons (30ml) dark molasses
- 1 tablespoon (15ml) brown sugar, packed
- 1 tablespoon (15ml) Asian sesame oil (toasted sesame oil)
- 2 teaspoons (10ml) Wasabi powder
- 1-1/2 teaspoons (7ml) powdered ginger
- 1/2 teaspoon (2ml) freshly ground black pepper

Place ginger, shallot and garlic in a blender and cover. Set on Low; pulse 5 times. Scrape sides of jar; pulse 5 times.

Add remaining ingredients in order given. Blend for 20 seconds. Transfer to a resealable container and let stand for 30 minutes before using to allow flavours to develop. Unused portions may be refrigerated for up to a week. Stir before using.

Trim excess visible fat from steak, and lightly score with a sharp knife on both sides in a diagonal crosshatch pattern — the cuts should be about 1 - 1-1/2 inches (2.5 - 3.75cm) apart. This will prevent the meat from curling when heated on the Grill. Place the meat in a resealable, heavy-duty food storage bag and the mushrooms in a second bag.

Add 1/2 cup (125ml) of the marinade to the flank steak and seal; add 1/2 cup (125ml) of the remaining marinade to the Portobellos; seal the bag and toss to coat. Allow both to marinate for about 30 minutes. Place remaining 1 cup (250ml)

of marinade in a resealable container and refrigerate for use at a later time. Marinade will keep for 2 weeks refrigerated.

Preheat the Grill side to Med-High heat. Drain excess marinade from flank steak. Grill for 5 to 8 minutes per side, depending on preferences. When tested with an instant read thermometer, meat will register 120 - 125°F (49 - 52°C) for rare, 125 - 140° F (52 - 60°C) for medium rare, 145 - 155° F (63 - 68°C) for medium, and 160° F+ (71°C+) for well-done. Do not move steak while on grill, except to turn. Remove meat to a cutting board or platter and let rest for 10 to 15 minutes before slicing.

While steak is resting, grill the Portobello slices. Arrange the mushroom slices in a single layer on the grill and grill for 2 to 3 minutes on each side, until tender with nice grill markings – do not move mushrooms while grilling.

Remove and transfer to a bowl, with any remaining marinade from the mushrooms.

To serve, slice the flank steak into thin slices on a slight diagonal against the grain. Arrange meat on platter and surround with grilled Portobellos. Pour accumulated juices from meat and Portobellos over the meat. Serve.

Nutritional information per serving:
Calories 221 (39% from fat) • carb. 10g • pro. 19g • fat 10g • sat. fat 3g
• chol. 40mg • sod. 913mg • calc. 58mg • fiber 0g

Spicy Grilled Pork Chops

Makes 8 servings

- 1 tablespoon (15ml) kosher salt
- 1 tablespoon (15ml) sweet paprika
- 1 tablespoon (15ml) thyme
- 1-1/2 teaspoons (7ml) granulated garlic
- 1-1/2 teaspoons (7ml) dried powdered onion
- 1 teaspoon (5ml) freshly ground (coarse) black pepper
- 3/4 teaspoon (3ml) cayenne pepper
- 1/2 teaspoon (2ml) white pepper
- 8 boneless pork loin chops, 5 ounces (150g) each, about 3/4 inch (1.88cm) thick

Place the salt, paprika, thyme, garlic, onion, black pepper, cayenne, and white pepper in a bowl and mix together. Makes about 1/4 cup (50ml) Spicy Rub. Sprinkle each pork chop with 1/2 teaspoon (2ml) of the Spicy Rub. Rub in to distribute evenly over both sides of the chops. Let stand 15 minutes or longer.

Preheat the Grill side to High. When hot, arrange the pork chops on the grill, spacing them evenly - they should not be crowded together. Grill for 9 to 12 minutes per side, moving them only to turn, until the internal temperature of the pork chops reads 160°F (71°C) when tested with an instant read thermometer. Let pork chops rest for 5 minutes before serving.

Nutritional information per serving:
Calories 178 (35% from fat) • carb 1g • pro. 27g • fat 7g • sat. fat 2g
• chol. 81mg • sod. 210mg • calc. 18mg • fiber 0g

Turkey Burgers with Cranberry Mustard

Makes 6 servings

- 1/2 cup (125ml) dried cranberries
- 2 tablespoons (30ml) boiling water
- 1/2 cup (125ml) Dijon-style mustard
- 1-1/2 pounds (680g) lean ground turkey
- 1 cup (250ml) (5-oz. / 150g) finely chopped mushrooms
- 1/4 cup (50ml) fresh breadcrumbs
- 1 teaspoon (5ml) thyme
- 1/2 teaspoon (2ml) kosher salt
- 1/2 teaspoon (2ml) freshly ground pepper

Place cranberries in a small bowl and add boiling water; cover and let stand until softened and cooled, about 20 to 30 minutes. Place softened cranberries in a blender. Blend until smooth – mixture will resemble “grainy” type mustard. Reserve. Makes about 3/4 cup (175ml) Cranberry Mustard.

Place turkey, mushrooms, breadcrumbs, thyme, salt, and pepper in a large bowl. Mix gently to combine (do not overwork mixture). Form into six burgers of equal size. Cover and refrigerate if not grilling immediately.

Preheat the Grill side to High setting. Arrange the turkey burgers evenly spaced on the Grill. Grill for 6 to 7 minutes per side, until internal temperature reaches 165°F (74°C) when tested with an instant read thermometer. It is important to cook ground turkey (or chicken) to this temperature, but do not overcook – it will dry out.

Serve with Cranberry Mustard. Turkey Burgers can be served alone, or are delicious when served on grilled whole wheat buns or sour dough rolls.

Nutritional information per serving (one burger + 1 tablespoon (15ml) mustard):
 Calories 175 (35% from fat) • carb. 3g • pro. 24g • fat 8g • sat. fat 2g
 • chol. 70mg • sod. 283mg • calc. 29mg • fiber 1g

Saga Blue Stuffed Beef Fillets with Herb Crust

Makes 6 servings

- 3 tablespoons (45ml) herbes de Provence
- 1-1/4 teaspoons (6ml) kosher salt
- 1/2 teaspoon (2ml) freshly ground black pepper
- 6 beef tenderloin fillets, each about 6 ounces (175g) - 1 inch (2.5cm) thick
- 6 tablespoons (90ml) cold Saga Blue cheese (may also use Brie, mushroom Brie or Cambazola cheese)
- 1 tablespoon (15ml) good quality olive oil

Place the herbes de Provence, salt and pepper in a small bowl. Stir to blend; reserve.

Using a sharp knife, cut a horizontal slit in the side of a fillet, then carefully cut into the centre of the fillet to create a pocket – do not cut all the way through to the sides. Repeat for each fillet. Place one tablespoon (15ml) of the cheese in each pocket – press the open sides together tightly. Drizzle the fillets with the olive oil and rub in to coat completely and evenly. Sprinkle the fillets on both sides with the herb mixture and press mixture on. Refrigerate for 20 to 30 minutes before grilling. (Fillets may be prepared up to 8 hours ahead and refrigerated.)

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Preheat Grill side to Sear. When Grill is hot (indicator light will go out) arrange the fillets evenly spaced on the Grill. Grill on each side for 3 minutes. Lower the heat to High and continue to cook for another 4 to 8 minutes on each side, depending on preference for doneness – less time for rare and more time for well done. For a cross-hatch grill pattern on the meat, turn the meat 45° when placing it on the grill after turning over. (Note: this type of beef has more flavour and better texture when cooked rare to medium.) Let meat rest for 5 to 10 minutes before serving.

Nutritional information per serving:
 Calories 464 (55% from fat) • carb. 1g • pro. 50g • fat 27g • sat. fat 11g •
 chol. 148mg • sod. 456mg • calc. 57mg • fiber 0g

Grilled Fresh Pineapple

Makes 8 servings (1 slice per serving)

- 1 large fresh pineapple, peeled, cored, cut into 8 slices*
- 8 teaspoons (40ml) powdered sugar

Preheat the Grill side to High. Sprinkle the pineapple slices lightly with powdered sugar, using 1/2 teaspoon (2ml) per side. Arrange pineapple slices evenly on preheated Grill. Grill for 4 to 5 minutes per side, turning once. Serve warm or cool.

Grilled Fresh Pineapple makes a wonderful base for dessert – just add a scoop of vanilla ice cream or frozen yogurt. You may drizzle it with a little rum or liqueur and add a sprinkling of chopped toasted nuts for a Grilled Pineapple Sundae.

*Many grocery stores sell peeled and cored pineapples in the produce sections.

Nutritional information per serving:
 Calories 51 (6% from fat) • carb. 13g • pro. 0g • fat 0g • sat fat 0g
 • chol. 0mg • sod. 1mg • calc. 6mg • fiber 1g

RECIPES FOR THE GRIDDLE:

Blueberry Ricotta Pancakes

Makes 18 pancakes, about 4 inches (10cm) each

- 2 cups (500ml) all-purpose flour
- 2 cups (500ml) fresh or frozen thawed blueberries
- 2 teaspoons (10ml) baking powder
- 1/2 teaspoon (2ml) baking soda
- 1 tablespoon (15ml) sugar
- 1/2 teaspoon (2ml) salt
- 2 large eggs, separated
- 2 cups (500ml) reduced fat milk
- 1/2 cup (125ml) part-skim ricotta cheese
- 3 tablespoons (45ml) unsalted butter, melted and cooled

Preheat the Griddle side to Medium.

Toss blueberries in 1 tablespoon (15ml) of the flour; reserve. Place the remaining flour, baking powder, baking soda, sugar, and salt in a large bowl and stir to combine.

In a smaller bowl, combine the egg yolks, milk, ricotta cheese and unsalted butter; reserve. Beat the egg whites until they are stiff but not dry. With a spoon, stir the liquid mixture into the dry mixture until blended. Stir about one fourth of the beaten egg whites into the batter to lighten, then gently fold in the remaining egg whites, using a rubber spatula. Gently stir in the reserved blueberries.

Using a 1/4-cup (50ml) measure/ladle, pour batter for six pancakes onto the preheated Griddle. Cook for 2-1/2 to 3 minutes, until bubbles form on the surface, then flip the pancakes over, using a heatproof nonstick spatula. Cook on the other side until golden brown and fluffy, about 2-1/2 to 3 minutes. Transfer to warm plates to serve. As you finish each batch of pancakes, you can keep them warm on a wire rack placed on a baking sheet in a low oven (200°F / 93°C). Repeat until all the batter is used.

Serve with warmed maple syrup.

Nutritional information per serving (3 pancakes):
 Calories 332 (30% from fat) • carb. 46g • pro. 12g • fat 11g • sat. fat 6g
 • chol. 99mg • sod. 455mg • calc. 174mg • fiber 2g

Multigrain Pancakes

Makes about 14 pancakes

- 3 large eggs, lightly beaten
- 1 cup (250ml) reduced fat milk
- 1/2 cup (125ml) plain yogurt (may use fat-free)
- 1 cup (250ml) all-purpose flour
- 1/2 cup (125ml) whole wheat flour
- 1/2 cup (125ml) oatmeal (regular or quick oats)
- 1/2 cup (125ml) yellow cornmeal
- 3 tablespoons (45ml) powdered buttermilk* (do not add liquid)
- 1 tablespoon (15ml) brown sugar
- 1 tablespoon (15ml) baking powder
- 1 teaspoon (5ml) salt
- 2 tablespoons (30ml) melted butter, cooled slightly

Preheat the Griddle side to Medium.

Place the eggs, milk, and yogurt in a small bowl and whisk to blend until smooth; reserve.

Place the flours, oatmeal, cornmeal, buttermilk powder, brown sugar, baking powder, and salt in a medium bowl. Stir with a whisk to blend. Add the egg/milk mixture and stir until just blended. Stir in the melted, cooled butter. Do not overmix.

Using a quarter cup (50ml) measure, drop batter evenly spaced (six pancakes fit very nicely) onto the preheated griddle. Cook pancakes until bubbles form, about 2 to 2-1/2 minutes; flip and cook until done, about 2 to 2-1/2 minutes longer. Transfer to warm plates to serve. As you finish each batch of pancakes, you can keep them warm on a wire rack placed on a baking sheet in a low oven (200°F - 93°C). Repeat until all the batter is used.

Serve with warmed maple or fruited syrup.

*Powdered Buttermilk is available in the baking section of most well-stocked grocery stores.

Nutritional information per serving (2 pancakes):
 Calories 226 (28% from fat) • carb. 31g • pro. 9g • fat 7g • sat. fat 3g
 • chol. 105mg • sod. 510mg • calc. 125mg • fiber 2g

Hash Brown Potatoes

Makes 4 servings

- 2 8-10 ounce (250 - 300g) russet potatoes, baked and cooled
- 1/2 cup (125ml) chopped onion
- 1/2 cup (125ml) chopped bell pepper (red, yellow, or green)
- 1 teaspoon (5ml) kosher salt
- 1/4 teaspoon (1ml) freshly ground black pepper
- 1/2 teaspoon (2ml) thyme
- 3 tablespoons (45ml) melted butter
- 1 tablespoon (15ml) chopped fresh parsley

Preheat the Griddle side to Medium-High.

Cut the potatoes into 1/2-inch (1.25cm) cubes (no need to remove the skins). Place the potatoes in a medium bowl with the onion, bell pepper, salt, pepper, and thyme. Stir gently to combine. Drizzle with the melted butter and stir to coat.

Place the potato mixture on the hot griddle in a single layer. Allow to cook for 15 minutes, turning the mixture every 2-3 minutes, until browned, crispy and hot. After the potatoes have cooked for about 12 minutes, sprinkle with the chopped parsley.

Transfer the potatoes to a bowl and keep warm in a low oven (about 250°F - 120°C) if not serving immediately. Serve hot.

Tip: When preparing baked potatoes for a meal, bake 2 extra. Cool, wrap and refrigerate to make hash brown potatoes.

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If serving hash brown potatoes with eggs & bacon, cook bacon first.

Keep warm in low oven, then prepare hash brown potatoes and keep warm in low oven. Prepare eggs just before serving.

Nutritional information per serving:
 Calories 222 (24% from fat) • carb. 40g • pro. 4g • fat 6g • sat. fat 4g
 • chol. 16mg • sod. 345mg • calc. 29mg • fiber 4g

Challah French Toast

Makes 6 servings (2 slices per serving)

- 12 3/4-inch (1.88cm) thick slices day-old challah or brioche type bread (loaf shape)*
- 8 large eggs
- 1-1/2 cups (375ml) evaporated fat free milk (do not add liquid) or use 3/4 cup (175ml) skim or 1% milk and 3/4 cup (175ml) half-and-half
- 1/2 cup (125ml) half-and-half (may use fat free)
- 1/4 teaspoon (1ml) salt
- 1 teaspoon (5ml) cinnamon
- pinch nutmeg (freshly grated)
- 1 tablespoon (15ml) vanilla extract
- Tart Cherry Maple Syrup, warm (recipe follows)

Preheat oven to 200°F (93°C). Place a rack on a baking sheet and place in oven.

Arrange the challah slices in two 13 x 9 - inch (32.5 x 22.5cm) glass baking dishes. Blend eggs, half-and-half, salt, spices, and vanilla until smooth but not foamy. Pour the batter around the bread slices. Turn the bread slices over and let sit 5 minutes; turn the bread over again.

Preheat the Griddle side to Medium (300°F / 148°C). When the Griddle is hot (indicator light will turn off), arrange 6 of the soaked slices on the Griddle surface.

Cook until deep golden brown on each side, about 3 to 4 minutes per side.

Remove from Griddle and serve or keep warm in low oven while preparing the remainder of the French Toast. Serve with warm Tart Cherry Maple Syrup.

*Loaf style challah or brioche bread is available in the in-store bakery of most well-stocked grocery stores or in a bakery. Use a serrated knife to slice the bread.

Nutritional information per serving:
Calories 408 (31% from fat) • carb. 48mg • pro. 21g • fat 14g • sat. fat 5g • chol. 332mg • sod. 657mg • calc. 318mg • fiber 0g

Tart Cherry Maple Syrup

Makes 2 cups (500ml)

- 1-1/2 cups (375ml) real maple syrup
- 3/4 cup (175ml) dried tart cherries (may substitute dried apples, blueberries, or cranberries)

Place the maple syrup and dried tart cherries in a 1-1/2 quart (1.4L) saucepan. Bring to a simmer over medium low heat. Reduce heat to low and keep syrup warm until ready to serve. Leftover syrup may be placed in a resealable container and refrigerated to use at another time. Reheat to serve.

Nutritional information per serving (1/4 cup / 50ml):
Calories 177 (0% from fat) • carb 45g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 6mg • calc. 68mg • fiber 0g

Seared Scallops

Makes 4 to 6 servings

- 2 pounds (908g) large sea scallops (dry preferred)
- 1-1/2 tablespoons (25ml) extra virgin olive oil
- 1/2 teaspoon (2ml) kosher salt
- 1/4 teaspoon (1ml) freshly ground black pepper
- 1/4 teaspoon (1ml) sweet paprika
- lemon wedges

Remove the tough "foot" (muscle) from the side of each scallop – it is slightly more opaque in appearance and comes off easily. Place the scallops in a

shallow bowl, drizzle with olive oil, and sprinkle with seasonings. Stir gently to coat evenly.

Preheat the Griddle side to Sear setting. When hot, arrange the scallops evenly over the Griddle, shaking off excess oil. Cook for 2 to 3 minutes (depending upon size), turn once and cook until deep golden in colour, opaque and slightly firm to the touch. Serve hot or chilled.

Nutritional information per serving (based on six servings):
Calories 192 (25% from fat) • carb. 3g • pro. 30g • fat 5g • sat. fat 0g • chol. 74mg • sod. 462mg • calc. 28mg • fiber 0g

Salmon Burgers with Lemon Tarragon Sauce

Makes 6 servings

- 2 ounces (56g) shallots, peeled, finely chopped
- 1-3/4 pounds (794g) boneless, skinless salmon fillet, chopped into 1/4-inch (0.63cm) pieces
- 2 ounces (56g) smoked salmon, finely chopped
- 1/2 tablespoon (7ml) Dijon-style mustard
- 1/2 teaspoon (2ml) kosher salt
- 1/4 teaspoon (1ml) freshly ground black pepper
- Lemon Tarragon Sauce

Place the shallots, salmon and smoked salmon in a bowl. Stir in the mustard, salt and pepper. Divide the mixture into 6 equal portions and shape into 4-inch (10cm) "burgers". Chill, if not cooking immediately.

Preheat the Griddle side to Med-High. When the Griddle is hot, arrange the Salmon Burgers evenly spaced on the Griddle. Cook for 3 (3-1/2 if mixture is chilled after preparing) minutes per side – do not overcook. Serve on toasted sourdough rolls or bread, with Lemon Tarragon Sauce.

Nutritional information per serving (one salmon burger):
Calories 235 (44% from fat) • carb. 3g • pro. 29g • fat 11g • sat. fat 2g • chol. 78mg • sod. 400mg • calc. 40mg • fiber 0g

Lemon Tarragon Sauce

Makes 1/2 cup (125ml)

- 1/2 cup (125ml) fat free plain yogurt
zest of 1/2 lemon – strips, bitter white pith removed, finely chopped
- 1/2 teaspoon (2ml) kosher salt
- 1/3 cup (75ml) low-fat mayonnaise
- 1 teaspoon (5ml) Dijon-style mustard
- 1 teaspoon (5ml) tarragon

Place the yogurt in a yogurt strainer or fine mesh strainer lined with a paper coffee filter. Allow yogurt to drain for 30 to 40 minutes; discard whey (liquid).

Combine yogurt, mayonnaise, mustard, tarragon, lemon zest, pepper and salt in a bowl. Whisk until smooth and blended. Cover and refrigerate for 30 minutes or longer to allow flavours to blend.

Nutritional information per serving (one tablespoon / 15ml):
Calories 36 (71% from fat) • carb 2g • pro. 1g • fat 3g • sat. fat 0g
• chol. 4mg • sod. 164mg • calc. 26mg • fiber 0g

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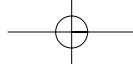
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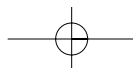
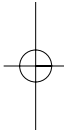
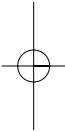
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