

Instruction
Booklet
Reverse Side

the
GRIDDLER[™]
a guide to perfect meals



Cuisinart



SAVORY RECIPES

ON THE CLOSED GRILL

Grilled Green Beans with Feta3
 Honey Dijon Grilled Turkey Cutlets3
 Mustard & Herb Grilled Pork Chops4
 The Best Hamburgers5

THE PANINI PRESS

Grill Plates:

Grilled Fresh Mozzarella & Tomato Panini6
 Sopressata, Provolone, Roasted Pepper & Pesto Panini6
 Asparagus, Prosciutto, Roasted Pepper & Fontina Panini7
 Zucchini a Quattro Formaggio Panini8

Griddle Plates:

Cuban Sandwiches9
 Chicken Quesadillas9
 Grilled Reubens10

ON THE FLAT GRILL

Teriyaki Grilled Chicken & Pineapple11
 Spicy Grilled Flank Steak11
 Grilled Bananas with Vanilla Yogurt Cream12

ON THE GRIDDLE

Blueberry Oat Buttermilk Pancakes13
 Cinnamon Sugar French Toast14
 Breakfast Sausages14
 Potato & Gorgonzola Cakes15

COOKED FOOD TEMPERATURE CHART17

ON THE CLOSED GRILL

Grilled Green Beans with Feta

Griddler™ Position: Closed
Selector: Grill/Panini
Plates: Grill

Makes 4 servings

1 pound green beans, rinsed and drained
1½ teaspoons extra virgin olive oil
¼ teaspoon kosher salt
1 tablespoon fresh lemon juice
½ teaspoon basil
⅛ teaspoon freshly ground black pepper
¼ cup crumbled feta cheese

Preheat Griddler™ on High.

Remove tips and tops from green beans. Place in a bowl and drizzle with olive oil. Toss to coat.

When Griddler™ has preheated, arrange half the green beans on the bottom grill plate. Close and grill for 8 minutes. Using a pair of heatproof tongs for nonstick cookware, remove the green beans and transfer to a bowl. Sprinkle with half the salt. Grill remaining green beans and add to the bowl. Sprinkle with the remaining salt, lemon juice, basil and pepper; toss to coat. Arrange green beans in a shallow serving bowl and sprinkle with crumbled feta cheese. If you want to add some more color, garnish with some diced tomatoes or diced roasted red pepper.

Nutritional information per serving (¼ cup):
Calories 61 (23% from fat) • carb 9g • pro. 3g • fat 3g • sat. fat 1g •
chol. 3mg • sod. 130mg • calc. 64mg • fiber 4g

Honey Dijon Grilled Turkey Cutlets

Griddler™ Position: Closed
Selector: Grill/Panini
Plates: Grill

Makes 4 servings

2 tablespoons dry sherry
2 tablespoons Dijon-style mustard
2 tablespoons honey
½ tablespoon light soy sauce
¼ teaspoon powdered ginger
4 turkey breast cutlets, each about 5-6 ounces and ½-inch thick

Place sherry, mustard, honey, soy, and ginger in a bowl; whisk to blend.
Place turkey in marinade and let stand 15 minutes (it may be marinated longer if placed in refrigerator).

Preheat Griddler™ on High. When Griddler™ has preheated, drain the turkey cutlets and arrange on the bottom grill plate – discard remaining marinade. Close and grill for 5 minutes (add 30 to 60 seconds if meat has been marinated in the refrigerator for 1 hour or longer). Serve.

Nutritional information per serving:
Calories 227 (7% from fat) • carb. 11g • pro. 42g • fat 2g • sat. fat 1g •
chol. 79mg • sod. 393mg • calc. 27mg • fiber 0g

Mustard & Herb Grilled Pork Chops

Griddler™ Position: Closed
Selector: Grill/Panini
Plates: Grill

Makes 4 servings

- 2 tablespoons Dijon-style mustard
- 2 tablespoons extra virgin olive oil
- 1 tablespoon raspberry (or other fruit flavor) vinegar
- 1 tablespoon herbes de Provence
- 1 tablespoon water
- 4 boneless pork loin chops, each about ¾-inch thick, about 5 ounces*

Place the mustard, olive oil, vinegar, herbes de Provence, and water in a small bowl. Whisk until emulsified (this may also be done in a blender or mini food processor). Reserve.

Trim any excess fat from the pork chops. Place in a shallow bowl or pie plate and add marinade. Coat thoroughly. Let marinate for 15 to 20 minutes at room temperature (for marinating longer, cover and refrigerate – remove from refrigerator 20 minutes before grilling).

Preheat Griddler™ on High. When ready, allow the excess marinade to drip off the chops and arrange the chops evenly spaced on the bottom grill plate. Close grill. Grill for 6 to 8 minutes, until the pork chops have reached an internal temperature of 160°F; do not overcook or the pork may become dry. Remove to a warm platter and allow to rest for 5 minutes before serving.

*When grilling in the closed position, it is important that the pork chops all be the same thickness for best results.

Nutritional information per serving:
Calories 334 (44% from fat) • carb. 2g • pro. 43g • fat 16g • sat. fat 4g •
chol. 133mg • sod. 272mg • calc. 14mg • fiber 0g

The Best Hamburgers

Griddler™ Position: Closed

Selector: Grill/Panini

Plates: Grill

Makes 4 servings

- 1½ pounds freshly ground beef round or chuck (15% lean)
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Preheat Griddler™ on High.

Working the ground chuck as little as possible, shape into four 6-ounce burger patties, about 4 inches in diameter. (The best way to do this is to use a 4-inch round cookie cutter). Place 6 ounces of meat in the cookie cutter and gently press to fill the cookie cutter evenly. It is important that all the burgers be of the same height for optimal grilling results.)

When Griddler™ has preheated place the burgers on the bottom grill plate, evenly spaced. Close the Griddler™ and grill for 4 to 6 minutes (until the internal temperature reaches from 140°F to 165°F) depending on personal preference.

Remove burgers and sprinkle with salt and pepper. Serve hot with your favorite condiments.

Nutritional information per serving (¼ cup):

Calories 254 (181% from fat) • carb 1g • pro. 30g • fat 20g • sat. fat 8g • chol. 87mg • sod. 324mg • calc. 7mg • fiber 0g

Variations:

Burgers may be seasoned for variety before they are grilled. Gently stir suggested seasonings or your own favorites into the meat, working the meat as little as possible for best texture.

- 1-2 cloves finely minced garlic
- 2-3 finely chopped green onions
- 1 teaspoon minced fresh ginger
- 1-2 tablespoons soy sauce
- 1-2 tablespoons Worcestershire sauce
- 1 tablespoon minced capers
- 1-2 tablespoons minced imported olives
- 1-2 tablespoons barbecue sauce
- hot sauce to taste
- minced jalapeno pepper to taste



THE PANINI PRESS

Grilled Fresh Mozzarella, Tomato & Basil Panini Sandwiches

Griddler™ Position: Closed
Selector: Grill/Panini
Plates: Grill

Makes 2 servings

- 4 slices (½-inch thick) crusty artisan bread* or individual focaccia sliced horizontally
- 1 tablespoon extra virgin olive oil
- 4 ounces sliced fresh mozzarella (or fresh smoked mozzarella)
- 4-6 thin tomato slices (to fit across bread)
- kosher or sea salt and freshly ground pepper
- 8 large basil leaves

Preheat Griddler™ on High.

Lightly brush one side of each slice of bread with olive oil. Place two slices on work surface oiled side down. Layer with cheese and tomato. Season lightly with salt and pepper if desired. Stack basil leaves and roll into a cylinder. Slice the cylinder, using a sharp knife to get shreds of basil. Sprinkle the tomato with the basil shreds. Top with the other slices of bread, oiled side up.

Place the sandwiches on the preheated grill plates. Close the Griddler™. Press lightly for 30 seconds and bake for 3 to 4 minutes until bread is grill marked and crispy, and cheese is melted. Serve hot.

*You can use plain artisan country bread or a flavored bread such as roasted garlic or rosemary bread. Slices should be about 7x3½x½ inches each.

Nutritional information per sandwich:

Calories 365 (49% from fat) • carb. 29g • pro. 17g • fat 20g • sat. fat 9g • chol. 44mg • sod. 579mg • calc. 309mg • fiber 1g

Sopressata, Provolone, Roasted Pepper & Pesto Panini

Griddler™ Position: Closed
Selector: Grill/Panini
Plates: Grill

Makes 4 servings

- 1 long French baguette (about 22 inches long, 8 ounces)
- 4 ounces thinly sliced Sopressata
- 2 roasted red peppers, drained

- 4 ounces sliced provolone
- 4 teaspoons pesto
- 1 teaspoon extra virgin olive oil

Cut off the two heels of the baguette and cut the baguette into two 10-inch lengths. Cut each in half horizontally.

Spread each half with 1 teaspoon pesto. Evenly layer the Sopressata on each bottom. Cut the roasted peppers to lay flat. Arrange the roasted peppers over the sopressata. Top with a layer of the provolone. Place top on sandwich. Cut in half crosswise to make 4 sandwiches total.

Preheat Griddler™ on High. When ready, open and place the sandwiches on the bottom grill plate. Lower cover and press lightly on the handle for 30 seconds.

Grill for 5 minutes, until the bread is golden, toasty and well marked, the filling is warm and cheese is melted. Serve warm.

Nutritional information per serving:

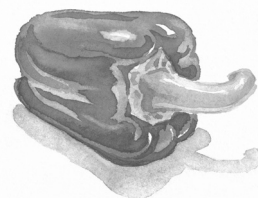
Calories 565 (31% from fat) • carb. 69g • pro. 27g • fat 19g • sat. fat 8g • chol. 39mg • sod. 1601mg • calc. 271mg • fiber 1g

Asparagus, Prosciutto, Roasted Pepper & Fontina Panini

Griddler™ Position: Closed
Selector: Grill/Panini
Plates: Grill

Makes 4 servings

- 20 spears asparagus
- 4 ounces shredded Fontina cheese
- 1 teaspoon herbes de Provence
- 2 roasted red peppers (about one 12-ounce jar, drained)
- 8 slices crusty country bread (each about 8x4x½)
- 4 teaspoons extra virgin olive oil
- 2 ounces thinly sliced Prosciutto (8 very thin slices)



Trim asparagus and peel. To cook to crisp tender, place in boiling water for about 2 minutes; drain and refresh in ice water to stop cooking – drain well before using. Place shredded cheese and herbes de Provence in a small bowl and toss to combine; reserve. Drain roasted peppers well and pat dry.

Preheat Griddler™ on High. Lightly brush one side of each slice of bread with the olive oil. Place 4 slices of bread on the work surface, oiled side down. Build the sandwiches in this order – shredded cheese, asparagus, roasted peppers, and Prosciutto – using equal amounts of each item on each sandwich. Top with the remaining sliced bread, oiled side up.

When Griddler™ has preheated, place two sandwiches on the bottom grill plate, evenly spaced. Lower cover and apply light pressure to handle for about 30

seconds. Grill panini for 3 to 3-½ minutes. Remove to a rack and keep warm (in oven preheated to 175°F). Grill remaining 2 sandwiches in the same way. Cut in half on the diagonal to serve.

Nutritional information per serving:

Calories 366 (41% from fat) • carb. 34g • pro. 20g • fat 16g • sat. fat 7g • chol. 46mg • sod. 1088mg • calc. 201mg • fiber 3g

Zucchini a Quattro Formaggio Panini

Griddler™ Position: Closed

Selector: Grill/Panini

Plates: Grill

Makes 4 servings

- 10 ounces zucchini, shredded (medium shred)
- ½ teaspoon kosher salt
- 4 ounces fresh mozzarella, shredded
- 2 ounces Fontina, shredded
- 2 ounces sharp Provolone, shredded
- 2 tablespoons freshly grated Reggiano Parmesan or Asiago
- 1 teaspoon dried basil
- 8 slices crusty country bread (about 8x4x½)
- 4 teaspoons extra virgin olive oil

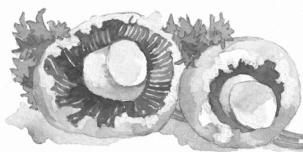
Place shredded zucchini in a colander and toss with salt. Let stand for 20 minutes. After 20 minutes, rinse and press out as much liquid as possible. Place in a clean tea towel and squeeze until no more liquid is released. Place in a medium bowl with the four cheeses and the basil. Toss gently to combine. You should have about 3 cups.

Preheat Griddler™ on High. Lightly brush one side of each slice of bread with olive oil. Place 4 slices of bread on the work surface, oiled side down. Divide the shredded zucchini and cheese mixture evenly among the 4 slices of bread – making as even a layer as possible. Top with the remaining sliced bread, oiled side up.

When Griddler™ has preheated, place two sandwiches on the bottom grill plate, evenly spaced. Lower cover and apply light pressure to handle for about 30 seconds. Grill panini for 3 to 3-½ minutes. Remove to a rack and keep warm in an oven preheated to 175°F. Grill remaining 2 sandwiches in the same way. Cut in half on the diagonal to serve.

Nutritional information per serving:

Calories 380 (49% from fat) • carb. 28g • pro. 20g • fat 21g • sat. fat 10g • chol. 52mg • sod. 665mg • calc. 390mg • fiber 1g



Cuban Sandwiches

Griddler™ Position: Closed

Selector: Grill/Panini

Plates: Griddle

Makes 2 servings

- 2 Cuban, French, Italian or Portuguese rolls, about 2½ to 3 ounces each
- 1 tablespoon unsalted butter, softened
- 1 tablespoon lowfat mayonnaise
- 1 tablespoon brown deli mustard or Dijon-style mustard
- 3 ounces thinly sliced ham
- 3 ounces thinly sliced roast pork
- 2 ounces Swiss cheese
- 4 long "sandwich" style slices dill pickle

Cut roll horizontally for sandwiches; place on work surface, cut sides up. Spread each cut side lightly with butter. Place mayonnaise and mustard in a small bowl; stir to blend. Spread mayonnaise/mustard mixture evenly on all 4 halves. Divide the ham, pork, Swiss cheese evenly and use to build sandwiches in that order. Top with pickle slices, then top half of roll.

Preheat Griddler™ on Low-Medium. When ready, arrange the sandwiches evenly spaced on the bottom griddle. Bake for 3 to 5 minutes, until bread is lightly browned and toasty, filling is warmed and cheese is melted. Serve hot.

Nutritional information per serving:

Calories 513 (36% from fat) • carb. 42g • pro. 39g • fat 20g • sat. fat 9g • chol. 87mg • sod. 1697mg • calc. 366mg • fiber 0g

Chicken Quesadillas

Griddler™ Position: Closed

Selector: Grill/Panini

Plates: Griddle

Makes 4 quesadillas

- 4 8-inch flour tortillas
- 2 teaspoons unsalted butter, melted
- 1 cup shredded cooked chicken (about 5-6 ounces)
- 2 ounces reduced fat shredded sharp cheddar cheese
- ½ cup sliced black olives (one 2.25oz. can, drained)
- ¼ cup finely sliced green onion (about 3 green onions)
- 1 tablespoon finely chopped jalapeño pepper
- salsa



Lightly brush one side of each tortilla with ½ teaspoon melted butter. Place on the work surface, buttered side down. Preheat Griddler™ on Low-Medium. Place chicken, olives, green onion, and jalapeño pepper in a medium bowl and

stir to blend. Divide mixture equally among the 4 tortillas, placing to one side of the tortilla. Fold each tortilla in half.

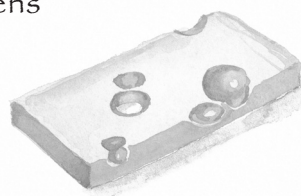
When Griddler™ has preheated place 2 tortillas on the bottom griddle and close. Bake quesadillas for 5 to 6 minutes – until chicken is hot, cheese is melted, and tortillas are lightly golden brown and crispy. Place on a rack in a low (175-200°F) oven to keep warm. Repeat cooking for remaining 2 quesadillas.

Cut quesadillas into wedges and serve with salsa.

Nutritional information per serving (1 quesadilla):
 Calories 255 (27% from fat) • carb. 27g • pro. 20g • fat 8g • sat. fat 2g •
 chol. 42mg • sod. 556mg • calc. 169mg • fiber 2g

Grilled Reubens

Griddler™ Position: Closed
 Selector: Grill/Panini
 Plates: Griddle



Makes 4 servings

- ¾ cup sauerkraut
- 8 teaspoons unsalted butter, softened
- 8 slices rye or pumpernickel bread
- 4 tablespoons prepared fat free or regular Thousand Island or Russian dressing, divided
- 4 ounces reduced fat sliced Swiss or Jarlsberg cheese
- 8 ounces thinly sliced corned beef

Rinse the sauerkraut and drain. Press out all water and place on a triple thickness of paper towels.

Brush one side of each slice of bread with softened butter. Place 4 slices bread on work surface, buttered side down. Spread each of those slices with dressing. Layer each with ½ ounce sliced cheese, 2 ounces corned beef, 3 tablespoons sauerkraut, and the remaining cheese. Top with the remaining bread, buttered side up.

Preheat the Cuisinart™ Griddler™ on Medium. When ready arrange the sandwiches (depending on the shape of the bread, you will be able to cook 2 or 4 sandwiches) evenly spaced on the bottom griddle plate. Close and apply medium pressure for 10 seconds. Cook until bread is toasty, filling is warm and cheese is melted, about 4 to 5 minutes. Serve warm with mustard.

Nutritional information per serving (¼ cup):
 Calories 490 (233% from fat) • carb 40g • pro. 27g • fat 26g • sat. fat 12g •
 chol. 94mg • sod. 1489mg • calc. 409mg • fiber 5g

ON THE FLAT GRILL

Teriyaki Grilled Chicken & Pineapple

Griddler™ Position: Flat
Selector: Grill/Panini
Plates: Grill

Makes 4 servings

½ cup low-sodium soy sauce
3 tablespoons rice vinegar
2 tablespoons dry or medium dry sherry (or may use mirin)
2 tablespoons brown sugar, packed
2 teaspoons powdered ginger
1½ pounds boneless, skinless chicken thighs
8 slices fresh pineapple, ½-inch thick

Place soy, sherry, vinegar, brown sugar, and ginger in a medium bowl and stir with a whisk to blend. Makes ⅔ cup marinade – measure out and reserve ⅓ cup.

Trim all visible fat from chicken and add chicken to marinade in bowl; stir to coat. Allow to marinate for 20 to 30 minutes (may marinate longer – cover and refrigerate). Pour remaining ⅓ cup marinade over pineapple slices and marinate for 20 to 30 minutes.

Preheat Griddler™ on High. Drain the pineapple; reserve marinade in a small sauce pan. When ready, grill the pineapple slices for 2½ to 3 minutes per side. Remove to a warm plate and cover loosely.

Drain the chicken – add the marinade to the saucepan and bring to a boil. Reduce heat to low and simmer until chicken is ready (do not save and use marinade as a sauce unless you do this step). Arrange the chicken, “skin” side down, evenly spaced on the grill. Grill for 5 to 6 minutes per side – chicken juices should run clear and test 170°F when checked with an instant read thermometer. Transfer to warm plate and pour the simmered reserved sauce over the chicken. Serve with steamed brown or white rice.

Nutritional information per serving:

Calories 486 (36% from fat) • carb. 30g • pro. 47g • fat 19g • sat. fat 5g • chol. 162mg • sod. 1012mg • calc. 44mg • fiber 2g

Spicy Grilled Flank Steak

Griddler™ Position: Flat
Selector: Grill/Panini
Plates: Grill

Makes 8 servings

1 tablespoon kosher salt
1 tablespoon sweet paprika

- 2 teaspoons thyme
- 2 teaspoons marjoram
- 1½ teaspoons granulated garlic
- 1½ teaspoons dried minced onion
- 1 teaspoon freshly ground (coarse) black pepper
- ¾ teaspoon cayenne pepper
- ½ teaspoon white pepper
- 1 beef flank steak, about 2 pounds

Place the salt, paprika, thyme, marjoram, granulated garlic, minced onion, black pepper, cayenne, and white pepper in a blender or food processor and process for 20 to 30 seconds. Makes about ¼ cup Spicy Rub.

Trim any visible fat from the flank steak, using a sharp knife. Score the meat in a cross-hatch pattern on both sides – do not cut through more than ⅛ inch. Rub with 1 tablespoon of the Spicy Rub on each side (reserve the remainder for another time). Let stand 15 minutes or longer.

Preheat Cuisinart™ Griddler™ on High-Sear. When ready, arrange the flank steak on the grill. Grill for 6 to 10 minutes per side, moving the steak only to turn, until steak is done to personal preference. Let stand 10 minutes before slicing. Slice on the diagonal, across the grain into thin slices. (A Cuisinart® Electric Knife makes this task easy.)

Nutritional information per serving (¼ cup):
 Calories 311 (60% from fat) • carb 1g • pro. 30g • fat 20g • sat. fat 8g •
 chol. 87mg • sod. 324mg • calc. 7mg • fiber 0g

Grilled Bananas with Vanilla Yogurt Cream

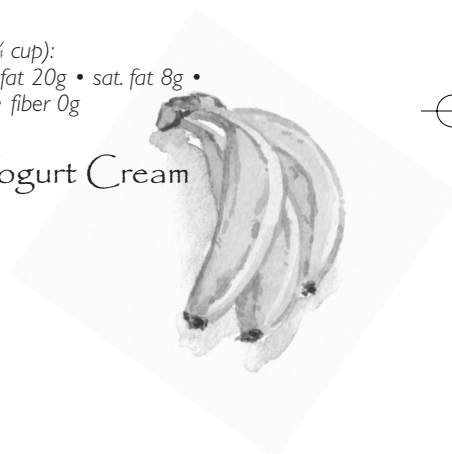
Griddler™ Position: Flat
 Selector: Grill/Panini
 Plates: Grill

Makes 4 servings

- ¾ cup plain lowfat yogurt (may use fat free)
- 2 tablespoons brown sugar
- 1 teaspoon pure vanilla extract
- ½ cup heavy cream
- 4 medium bananas
- 2 tablespoons unsalted butter, melted
- 1-2 tablespoons chopped candied ginger

Place yogurt, brown sugar and vanilla in a medium bowl. Stir with a whisk until smooth. Whip cream until stiff peaks form. Fold into yogurt mixture. Refrigerate until ready to use. (If preparing more than one hour ahead, add a whipped cream stabilizer, such as Whip-It™ to the heavy cream when whipping, to prevent it from weeping. This can be found in gourmet specialty food stores and many well-stocked grocery stores.)

Slice bananas on the diagonal into ½-inch slices – the longer the better for ease in turning.



Place in a bowl and drizzle with melted butter; toss very gently to coat evenly.

Preheat Griddler™ on Medium-High. When ready, arrange the bananas evenly spaced on both sides of the grill.

Grill for 2½ to 3 minutes on each side. Arrange in 4 dishes and top with Vanilla Yogurt Cream. Sprinkle with candied ginger to serve. May also be served with ice cream.

Nutritional information per serving:

Calories 295 (39% from fat) • carb. 43g • pro. 4g • fat. 14g • sat. fat 8g • chol. 43mg • sod. 44mg • calc. 110mg • fiber 2g

ON THE GRIDDLE

Blueberry Oat Buttermilk Pancakes



Griddler™ Position: Flat

Selector: Griddle

Plates: Griddle

Makes 16 pancakes

- 1 cup blueberries (fresh or frozen)
- 1 cup all-purpose flour, divided
- 1½ cups rolled oats (regular, not quick oats)
- ¼ cup whole wheat flour
- ¼ cup brown sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups buttermilk
- 2 large eggs, lightly beaten
- 3 tablespoons vegetable oil

Place the blueberries in a small bowl. Sprinkle with 1 tablespoon of the flour and toss to coat; reserve. Preheat Griddler™ to 350°F.

Place the remaining flour, oats, wheat flour, brown sugar (break up any lumps), baking soda, and salt in a medium bowl; stir with a whisk. Place the buttermilk, eggs and oil in a small bowl; stir. Add the liquid mixture to the dry ingredients and stir with a whisk until blended. Gently fold in the blueberries.

When Griddler™ has preheated, drop the batter onto the grill plates, using a scant quarter cup measure. Bake the pancakes for 2 to 3 minutes.

When pancakes are bubbling on the top, turn and bake for an additional 2 to 3 minutes. Blueberry Oat Pancakes are best served hot. Pancakes can be kept warm by placing them on a rack on a baking sheet in a low (175-200°F) oven while baking the remainder.

Serve with warm syrup and butter as desired.

Nutritional information per pancake:

Calories 121 (29% from fat) • carb. 18g • pro. 4g • fat 4g • sat. fat 1g • chol. 28mg • sod. 184 mg • calc. 47mg • fiber 1g

Cinnamon Sugar French Toast

Griddler™ Position: Flat

Selector: Griddle

Plates: Griddle

Makes 4 servings (2 slices per serving)

- 8 slices (preferably thick sliced) cinnamon swirl or cinnamon raisin bread
- 5 large eggs
- 1 cup evaporated fat free milk (not reconstituted)
- ¼ cup half & half (may use fat free)
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 1 tablespoon vanilla extract
- pinch nutmeg (freshly grated)

Arrange the bread in two 8x8x2-inch glass baking dishes. Whisk eggs, half-&-half, salt, spices, and vanilla until smooth but not foamy. Pour the batter over bread. Turn the bread over; let sit 5 minutes, then turn the bread over again.

Preheat the Cuisinart™ Griddler™ to 325°F. When ready, arrange the soaked bread on the hot griddle. Cook until deep golden brown on each side, about 3 to 4 minutes per side. French toast can be kept warm by placing them on a rack on a baking sheet in a low (200°F) oven.

Serve with warm Cranberry Maple Syrup (recipe follows).

Nutritional information per serving:

Calories 308 (31% from fat) • carb. 36mg • pro. 17 • fat 10g • sat. fat 4g • chol. 271mg • sod. 947mg • calc. 274mg • fiber 3g

Cranberry Maple Syrup

Makes 2 Cups

- 1½ cups real maple syrup
- ¼ cup dried cranberries (may substitute dried apples, blueberries, or cherries)

Place the maple syrup and dried cranberries in a 1½ quart 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:

Calories 186 (0% from fat) • carb. 48mg • pro. 0 • fat 0g • sat. fat 0g • chol. 0mg • sod. 6mg • calc. 61mg • fiber 1g

Breakfast Sausages

Griddler™ Position: Closed or Flat

Selector: Griddle

Plates: Griddle

Makes 10 sausage patties (about 1¾ ounces each)

- 12 ounces ground turkey (can use very lean)
- 4 ounces lean ground pork
- 1/3 cup very finely chopped tart apple
- 1 tablespoon very finely minced onion
- 2 tablespoons chopped fresh parsley (1 tablespoon dried parsley)
- 1 teaspoon rubbed sage
- 1/2 teaspoon thyme
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon paprika

Place all ingredients in a medium bowl and mix as for meatloaf – mixing thoroughly to distribute the seasonings evenly. Unlike ground meat for burgers, which should not be overmixed, it is important to completely mix the meat and seasonings. Shape into ten patties of equal size (about 1¾ ounces each, 1½ to 2 inches in diameter). This may be done the night before, or sausage may be made ahead and frozen.

The sausage may be cooked using either the flat or closed griddle position. For closed griddle cooking, preheat the Griddler™ to 425°. Arrange the sausages evenly spaced on the hot griddle plate. Using the closed griddle, cook the sausages for 4 to 5 minutes, until they have reached an internal temperature of 170°F. This is a great, quick way to cook sausages for sausage biscuits or other breakfast sandwiches.

To cook the sausages on the flat griddle, preheat the Griddler™ to 375°F. In the flat griddle position, cook the sausages for 12 to 15 minutes total, turning once after 6 minutes. Cooking in the flat griddle position allows you to cook eggs or pancakes to accompany the sausages, either on one side of the Griddler™ or when finished cooking the sausages.

Recipe note:

If you have a Cuisinart® Food Processor, you may use it to chop your own freshly ground turkey and pork. Follow the instructions that accompany your processor. After chopping the meat, you may add the chopped apples, onions and seasonings using the pulse until completely combined.

Nutritional information per serving (¼ cup):
 Calories 75 (11% from fat) • carb 1g • pro. 11g • fat 3g • sat. fat 1g •
 chol. 27mg • sod. 166mg • calc. 13mg • fiber 0g



Potato & Gorgonzola Cakes

Griddler™ Position: Flat

Selector: Griddle

Plates: Griddle

Makes 8 Cakes

- 2 large (10 ounces each) russet potatoes, peeled, thickly sliced
- 1 teaspoon kosher salt, divided
- $\frac{1}{3}$ cup finely crumbled gorgonzola cheese*
- 1 large egg, lightly beaten
- 1 tablespoon finely minced shallot
- 1 tablespoon chopped fresh parsley
- 1 teaspoon extra virgin olive oil
- $\frac{1}{8}$ teaspoon freshly ground pepper

Place potatoes in a medium saucepan and cover with water by 1 inch. Stir in $\frac{1}{2}$ teaspoon salt. Bring to a boil over high heat. Reduce heat to medium and simmer for 15 to 18 minutes until potatoes are fork tender. Drain, reserving $\frac{1}{4}$ cup cooking liquid. Place potatoes in a bowl with reserved liquid. Mash potatoes using a potato masher or ricer. (Discard extra potatoes or reserve for another use.)

Measure out 2 cups of mashed potatoes and place in medium bowl. Add cheese, beaten egg, shallot, parsley, olive oil, remaining salt, and pepper. Stir to blend.

Preheat Griddler™ to 375°. When ready, scoop out potato mixture using a $\frac{1}{4}$ -cup measure. Arrange 4 scoops on each side of the griddle. Cook for 5 to 6 minutes per side, until golden and crispy on the outside, and hot on the interior. Serve hot.

*Cheese may be varied to personal preference. Try crumbled Chevre or Feta, or grated Cheddar, Gouda, Parmesan, etc.

Nutritional information per serving:

Calories 69 (37% from fat) • carb. 8g • pro. 3g • fat 3g • sat. fat 1g • chol. 31mg • sod. 255mg • calc. 37mg • fiber 1g



Cooked Food Temperature Chart

Check internal temperature, using an instant read thermometer:

Rare	Bright red center, lighter pink to outside	140°F
Medium	Light pink center, brown to outside	160°F
Well-done	Brown consistently throughout	170°F+

Beef

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

Pork

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

Poultry

Boneless poultry breast should be cooked to an internal temperature of 170°F.

Ground poultry should be cooked to an internal temperature of 165-170°F. (The Cuisinart™ Griddler™ 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.

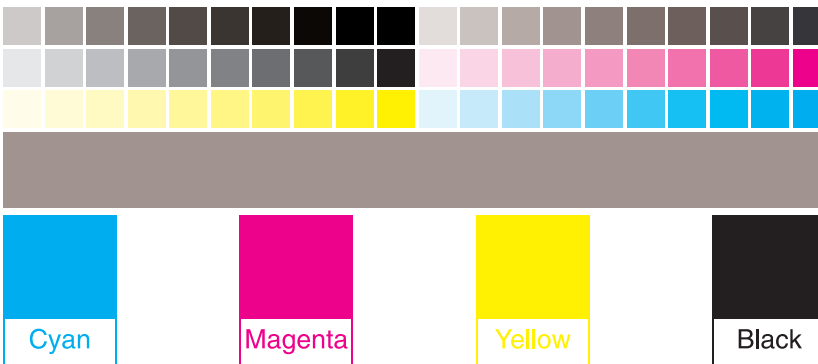
Bacon

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 when tested with an instant read thermometer.

Version no.: <u>IB-5280A</u>
Open Size : <u>216MM(H) X 140MM(W)</u> <u>SADDLE STITCHED(24PP)</u>
Material: <u>COVER: 157GSM MATT ARTPAPER</u> <u>INSIDE: 120GSM GLOSS ARTPAPER</u>
Coating: <u>NO COATING</u>
Color: <u>COVER: 4C(CMYK)+1C(BLACK)</u> <u>INSIDE: 1C(BLACK)+1C(BLACK)</u>
Date: <u>JUNE-25-04</u>
Hugo Description : <u>GR-4 IB-5280A(0,0) BOOK</u> Operator: <u>Rong</u>
Hugo Code: <u>GEW 509 IB-3A3</u>



Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>