Cuisinart INSTRUCTION & RECIPE BOOKLET



Cuisinart[®] Griddler[™] Combo



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

IB-7640-CAN

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.
- To protect against fire, electric shock, and injury to persons, DO NOT IMMERSE 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 Customer Service (see Warranty for details) for examination, repair or adjustment.
- The use of accessory attachments not recommended by Cuisinart may result in fire, electrical shock or injury to persons.
- 8. Do not use outdoors.
- 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.
- 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 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[®] Griddler[™] Combo.

More than a grill, and more than a griddle, the Griddler Combo is the ultimate countertop appliance! The two large reversible nonstick plates let you grill on one side, and griddle on the other; easy to remove and reverse, you can transform your cooktop to match your menu. Use the griddle for pancakes, eggs or hash browns, then flip the plates to the grill surface to evenly grill poultry, meats, seafood and vegetables. Or use half grill/half griddle to prepare any menu combination—the possibilities are endless!

PARTS AND FEATURES

- **1. Base** Elegant painted phenolic housing, with stainless steel accents.
- 2. Removable, Reversible Cooking Plates – Grill on one side, griddle on the other, each dishwasher-safe cooking plate is 7.5" x 9" (19 x 22 cm)
- Temperature Control Three adjustable settings, OFF position and indicator lights.
- **4. Drip Tray** Collects grease and is removable.
- **5. Cleaning/Scraping Tool** Helps clean grill or griddle after cooking.
- 6. Convenient Handles
- 7. Plate Release Unlocks cooking plates for easy removal.

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[®] Griddler[™] Combo 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 plates, drip tray and scraping tool. The cooking plates 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. The middle of the base has a slot for the drip tray. Slide the drip tray into the base.
- 3. The cooking plates have two sides: The grill side with ribbed surface is intended for grilling steaks, hamburgers, chicken, seafood and vegetables (see figure A). The griddle side with smooth surface is perfect for frying bacon and eggs, pancakes, French toast and toasted



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sandwiches (see figure B). Choose the side you intend to cook on and place the cooking plate on the base with the chosen side facing up. You can use a grill plate on one side and a griddle plate on the other side at the same time, if you like (see figure C).

It is important that you place the cooking plates onto the base correctly, or the Griddler[™] Combo[™] will not work.

Locate the drip holes on one end of the cooking plate. Place the cooking plates onto the base with



C.

the drip holes lining up over the drip tray. Slide cooking plate under the locking clips at centre edge. Then press down the

cooking plate and locked by release button at handle. This is a safety feature that prevents the user from operating the Griddler[™] Combo when it is not assembled correctly.

 Plug the cord into a standard electrical outlet. You are now ready to begin cooking.

A cleaning/scraping tool has also been included with your Griddler[™] Combo. This has been designed to aid in cleaning your grill, but is not intended for use during or immediately following cooking. The cleaning /scraping tool should be used only after your grill has been turned off and has cooled down completely (at least 30 minutes). It should never be used on a hot grill/griddle surface as the heat will cause the plastic to melt.

OPERATING INSTRUCTIONS

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Once the Griddler[™] Combo is assembled properly and you are ready to begin cooking, turn the temperature control knob

to the desired temperature level.

The red indicator light will illuminate to indicate that the power is on. It may take 10 to 15 minutes to reach operating temperature, depending on the temperature level that has been set. When the thermostat has reached the desired temperature, the red indicator light will turn off and the green indicator light will turn on, indicating that the Griddler[™] Combo is ready for cooking.

During operation, the indicator lights 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 250°F (120°C) on the Low setting to 400°F (200°C) on the High setting. You can 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 plates. 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.

NOTE: The first time you use your Griddler[™] Combo, it may have a slight odour and smoke a bit. This is normal and common to appliances with a nonstick surface.

To use reverse side of plate

- 1. Turn temperature control knob to OFF setting.
- 2. Unplug appliance from wall outlet.
- 3. Allow unit to cool down completely.
- 4. Carefully slide out the drip tray and dispose of its contents. Clean tray and replace in base (see Cleaning and Care).
- 5. Thoroughly clean cooking plates (see Cleaning and Care).
- 6. Slide release bottom at handle to release the cooking plate. Hold cooking plates by the handles when removing from base, flipping plates over, and returning to base.

- 7. Make sure that holes in plate line up over drip tray.
- 8. Plug the cord into a standard electrical outlet.

User Maintenance

- Never use the provided cleaning/scraping tool on the hot grill or griddle surface. Use only when cooking plate is cool.
- 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, turn the temperature control knob to the OFF setting, and allow the unit to cool down completely. Unplug the appliance from wall outlet. 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 cleaning/scraping tool should be used only on a cool surface.

Do not use during or immediately following cooking, as the heat from the cooking plate will cause the plastic to melt.

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.

Cooking plates are dishwasher-safe.

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 plates and drip tray are correctly positioned.

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

COOKED FOOD TEMPERATURE CHART

Beef

Rare	Bright red centre, lighter pink to outside	140°F (284°C)
Medium	Light pink centre, brown to outside	160°F (320°C)
Well done	Brown consistently throughout	170°F+ (338°C)

Check internal temperature using an instant-read thermometer.

Beef

The USDA recommends **cooking all** ground beef to at least Medium (160°F [320°C]) doneness, or until centre is light pink.

Pork

Always grill using an instant-read thermometer until the internal temperature reaches $160^{\circ}F$ ($320^{\circ}C$) when tested.

Bacon

Cook bacon until crispy to taste. ($\frac{1}{2}$ lb. [250 g] at a time)

Poultry

Boneless poultry breast should be cooked to an internal temperature of 170°F (338°C).

Ground poultry should be cooked to an internal temperature of $165-170^{\circ}F$ (329 - $338^{\circ}C$).

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.

Hot Dogs/Smoked Sausages

Although they are precooked, we recommend cooking hot dogs and smoked sausages until the internal temperature is 165° F (329°C) when tested with an instant-read thermometer.

TIPS & HINTS

- 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 item lightly with olive oil. Cook on the first side without turning, for 2 to 3 minutes. Then rotate 45 degrees and cook for 2 to 3 minutes longer or until that side is done. Repeat on other 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 (145-170 g) lean ground meat into 4-inch (10 cm) 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.
- The griddle is the perfect appliance for preparing grilled cheese sandwiches for a group. Lightly brush bread 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.
- To prepare bacon, place the bacon strips on the cold griddle (½ lb. [250 g] at a time). 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.

LIMITED THREE-YEAR WARRANTY

This warranty is available to consumers only. You are a consumer if you own a Cuisinart[®] Griddler[™] Combo that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart[®] Griddler[™] Combo will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

For warranty purposes, we would like to suggest that you register your product on-line at www.cuisinart.ca to facilitate verification of the date of original purchase. However, should you not wish to register on-line we recommend the consumer to maintain original receipt indicating proof of purchase. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

When calling our Authorized Service Centre for in warranty service please make reference to your model number and the manufacturing date code. This information can be found in the rating area on the body or underneath the base of your unit. The model number will follow the word Model: CGR55C. The manufacturing date code is a 4 or 5 digit number sometimes followed by a letter. Example, 80630K would designate year, month & day

(2008, June 30th).

If your Griddler[™] Combo should prove to be defective within the warranty period, we will repair it or, if we think it necessary, replace it. To obtain warranty service, please call our Consumer Service Centre toll-free at 1-800-472-7606 or write to:

Cuisinart Canada 100 Conair Parkway Woodbridge, ON L4H 0L2

To facilitate the speed and accuracy of your return, please also enclose \$10.00 for shipping and handling of the product. Please also be sure to include a return address, description of the product defect, product serial number, and any other information pertinent to the product's return. Please pay by cheque or money order.

NOTE: For added protection and secure handling of any Cuisinart[®] product that is being returned, we recommend you use a traceable, insured delivery service.

Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

Your Cuisinart[®] Griddler[™] Combo has been manufactured to the strictest specifications and has been designed for use with the Cuisinart[®] Griddler[™] Combo authorized accessories and replacement parts for your model.

These warranties expressly exclude any defects or damages caused by accessories, replacement parts or repair service other than those that have been authorized by Cuisinart. These warranties exclude all incidental or consequential damages.

BEFORE RETURNING YOUR CUISINART® PRODUCT

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Centre, please remind the servicer to call our Consumer Service Centre to ensure that the problem is properly diagnosed, the product serviced with the correct parts, and to ensure that the product is still under warranty.

the GRIDDLER™ COMBO a guide to perfect meals



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Blueberry Sour Cream Pancakes

A great dish to serve at any brunch.

Makes about twelve 31/2-inch (9 cm) pancakes

- 1¹/₄ cups (300 ml) unbleached, all-purpose flour
- 3 tablespoons (45 ml) granulated sugar
- 2 teaspoons (10 ml) baking powder
- 1/4 teaspoon (2 ml) baking soda
- ³⁄₄ teaspoon (3.75 ml) table salt
- ¹/₃ cup (75 ml) sour cream, may use reduced-fat sour cream
- ³/₄ cup (175 ml) reduced-fat milk
- 1 large egg
- 1 teaspoon (5 ml) pure vanilla extract
- 2 tablespoons (30 ml) unsalted butter, melted and cooled slightly
- 1 cup (250 ml) blueberries

Fit the Cuisinart[®] Griddler[™] Combo with both griddle plates and preheat both to medium.

Place the flour, sugar, baking powder, baking soda and salt in a medium bowl. Stir with a whisk to blend. Reserve.

In a separate bowl, whisk the sour cream, milk, egg and vanilla together. Add to the flour mixture; whisk to combine. Stir in the melted butter. Fold in the blueberries. Do not overmix.

Once grill is preheated, drop batter evenly onto each griddle plate using a $\frac{1}{4}$ -cup (50 ml) measure, three pancakes per side. Cook pancakes until bubbles form, about 3 to $\frac{31}{2}$ minutes; flip and cook until done, about 1 to $\frac{11}{2}$ 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 [95°C]). Repeat until all the batter is used.

Nutritional information per serving (3 pancakes):

Calories 300 (32% from fat) • carb. 48g • pro. 8g • fat 12g • sat. fat 7g • chol. 80mg • sod. 810mg • calc. 129mg • fiber 2g

Hash Brown Potatoes

Makes 4 servings

- 2 8- to 10-ounce (225 285 g) russet potatoes, baked and cooled
- 1/2 cup (125 ml) chopped onion
- ²/₃ cup (150 ml) chopped red pepper
- 1 teaspoon (5 ml) kosher salt
- 1/4 teaspoon (1 ml) freshly ground black pepper
- 1/2 teaspoon (2 ml) chopped fresh thyme
- 2 tablespoons (30 ml) unsalted butter, melted
- 1 tablespoon (15 ml) chopped fresh parsley

Fit the Cuisinart[®] Griddler[™] Combo with the griddle plates and preheat both to high.

Cut the potatoes into 1/2-inch (1.25 cm) cubes.

Place the potatoes in a medium bowl with the onion, red pepper, salt, pepper and thyme. Stir gently to combine. Drizzle with the butter; stir to coat.

Once the grill is preheated, place the potato mixture on the griddle in a single layer. Allow to cook for 15 minutes, turning the mixture every 2 to 3 minutes, until browned, crispy and hot. After the potatoes have cooked for about 10 to 12 minutes, sprinkle with chopped parsley.

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

Nutritional information per serving:

Calories 170 (31% from fat) • carb. 27g • pro. 3g • fat 6g • sat. fat 4g • chol. 15mg • sod. 640mg • calc. 27mg • fiber 3g

Grilled Tomato Bruschetta

Make this delicious first course in summer when tomatoes are at their best.

Makes 8 servings

- 2 tablespoons (30 ml) extra virgin olive oil, divided
- 3 tomatoes, halved
- 1/2 teaspoon (2 ml) kosher salt
- 1/4 teaspoon (1 ml) freshly ground black pepper
- ¹/₃ loaf French bread, cut into eight 1-inch (2.5 cm) slices
- ¹/₄ ounce (7 g) grated Parmesan
- 4 medium basil leaves, thinly sliced (chiffonade)
- 4 small garlic cloves, chopped
- 1 teaspoon (5 ml) olive oil

Fit the Cuisinart[®] Griddler[™] Combo with one grill plate and one griddle plate. Preheat the griddle side to medium and the grill side to high.

Using 1 tablespoon (15 ml) of olive oil, brush the tomatoes with the oil; season with salt and pepper. Brush each slice of bread with the remaining oil.

Once the grill is preheated, place the tomatoes, cut side down, on the griddle plate. Cook for about 30 to 45 seconds per side.

While the tomatoes are cooking, place the oiled bread on the grill side. Cook for 3 to 4 minutes per side, until bread is warmed with nice grill marks.

Once the tomatoes are cooked, cut into large pieces and transfer to a small bowl. Toss with the remaining ingredients.

To serve, divide the tomato mixture among the 8 pieces of the grilled bread.

Nutritional information per serving: Calories 130 (33% from fat) • carb. 18g • pro. 3g • fat 5g • sat. fat 1g • chol. 0mg • sod. 360mg • calc. 40mg • fiber 1g



Makes 12 servings

- 1 jalapeño, seeded and cut into 4 pieces
- ³/₄ cup unbleached, all-purpose flour (+ ¹/₂ cup if using frozen corn)
- ¹/₃ cup (50 ml) yellow cornmeal (+ ¹/₃ cup [75 ml] if using frozen corn)
- 1 teaspoon (5 ml) kosher salt pinch freshly ground black pepper
- 1/2 teaspoon (2 ml) baking powder
- 1 teaspoon (1 ml) granulated sugar
- 3 ears fresh corn (or about 2¹/₂ cups [625 ml] kernels), divided
- 1 large egg, lightly beaten
- 1/2 cup (125 ml) reduced-fat buttermilk
- 1 tablespoon (30 ml) unsalted butter, melted crème fraîche or sour cream (optional) chopped fresh chives, for garnish (optional)

Place the jalapeño in the bowl of a Cuisinart[®] Food Processor, fitted with the metal chopping blade. Pulse until roughly chopped. Add flour, cornmeal, salt, pepper, baking powder, and sugar. Pulse 3 to 4 times to combine. If using fresh corn, cut kernels from cob using a serrated knife. Add two cups of kernels to the flour mixture. Pulse 4 to 5 times; scrape down sides of the bowl. With the food processor running, slowly add the egg and buttermilk to the mixture. Process until well combined.

Transfer mixture to a large bowl. Stir in reserved corn.

Fit the Cuisinart[®] Griddler[™] Combo with both griddle plates and preheat to high.

Once the grill is preheated, brush the griddle plates with the butter. Using a $\frac{1}{3}$ -cup (75 ml) measure, scoop six portions of batter onto the hot griddle. Cook 4 to 6 minutes per side, or until well browned. Repeat with remaining cakes.

Serve with crème fraîche or sour cream and freshly chopped chives.

Nutritional information per serving (1 corn cake): Calories 80 (20% from fat) • carb. 14g • pro. 3g • fat 2g • sat. fat 1g • chol. 20mg • sod. 200mg • calc. 60mg • fiber 1g

Grilled Vegetable Salad

Makes 4 servings

- 1/2 medium eggplant, thinly sliced
- 1 small red or yellow pepper, thinly sliced
- 6 asparagus spears, trimmed and peeled
- 1/2 medium summer squash or zucchini, thinly sliced
- 1/4 teaspoon kosher salt (1 ml)
- ¹/₈ teaspoon (0.5 ml) freshly ground black pepper
- 2 tablespoons (30 ml) extra virgin olive oil
- 2 cups (500 ml) mixed greens

Fit the Cuisinart[®] Griddler[™] Combo with the grill plates and preheat to high.

In a large bowl, mix the sliced vegetables with the salt, pepper and olive oil. Toss to combine.

Once the grill is preheated, evenly distribute $\frac{1}{2}$ of the vegetables over the grill plates. Grill, 2 to 3 minutes per side, until vegetables are tender. Repeat with remaining vegetables.

Serve over mixed greens. Pair with favorite vinaigrette.

Nutritional information per serving: Calories 90 (64% from fat) • carb. 7g • pro. 2g • fat 7g • sat. fat 1g • chol. 0mg • sod. 150mg • calc. 34mg • fiber 3g

Shrimp Fajitas

Makes 8 fajitas

Marinade

- 8 sprigs fresh cilantro
- 1 tablespoon (15 ml) fresh lime juice
- 1 tablespoon (15 ml) chili powder
- 1/4 teaspoon (1 ml) cayenne
- 2 smashed garlic cloves
- 1 jalapeño, seeded and sliced
- 1 tablespoon (15 ml) extra virgin olive oil

Vegetables

- ¹/₂ red pepper, thinly sliced
- 1/2 yellow pepper, thinly sliced
- 1 small onion, thinly sliced
- 1 jalapeño, seeded and thinly sliced
- 1 tablespoon (15 ml) extra virgin olive oil, plus more for brushing tortillas
- 1/4 teaspoon (1 ml) chili powder
- 1/4 teaspoon (1 ml) kosher salt pinch cayenne
- 12 6-inch (15 cm) corn tortillas
- ³/₄ pound (375 g) large shrimp, peeled and deveined
- 1/4 teaspoon (1 ml) kosher salt

Combine the marinade ingredients in a medium bowl; stir to combine. Add the shrimp; refrigerate for 1 hour.

Fit the Cuisinart[®] Griddler[™] Combo with one griddle plate and one grill plate; preheat both to high.

In a medium bowl, toss the peppers and onions with the jalapeño, olive oil and spices.

Once the grill is preheated, place half of the vegetables on the grill side. Stir the vegetables occasionally during cooking; remove when tender and browned, about 8 minutes per batch. Reserve; repeat with second batch.

While the second batch of vegetables is cooking, brush tortillas with oil; warm 1 to 2 minutes per side on the griddle. Reserve.

Sprinkle shrimp with the salt; grill for about 2 to 3 minutes per side.

Serve all fajita ingredients with desired toppings (salsa, sour cream, sliced avocado) so each individual can assemble his/her own.

Nutritional information per serving (1 fajita): Calories 110 (35% from fat) • carb. 16g • pro. 3g • fat 5g • sat. fat 1g • chol. 5mg • sod. 90mg • calc. 57mg • fiber 2g



Fish and Chips

A healthier version of the pub classic.

Makes 2 servings

- 2 tablespoons (30 ml) extra virgin olive oil, divided
- 1/2 tablespoon (2 ml) fresh lemon juice
- 1 garlic clove, chopped
- 1/2 teaspoon (2 ml) dried thyme
- 1/4 teaspoon (1 ml) kosher salt
- ¹/₈ teaspoon (0.5 ml) paprika
- ¹/₈ teaspoon (0.5 ml) cayenne
- 1 pound flounder fillets (or other boneless white fish such as haddock, hake, cod)
- 8 ounces (226 g) new red potatoes (about 2 to 3 inches [5-6 cm] in diameter), scrubbed tartar sauce lemon wedges

Fit the Cuisinart[®] Griddler[™] Combo with one griddle plate and one grill plate; preheat both to high.

Place 1 tablespoon (0.15 ml) of the olive oil in a medium bowl with the lemon juice, garlic and spices; stir to blend. Pat fish dry and cut each fillet into 2 pieces lengthwise along the bone line. Add fish to bowl; toss gently to coat.

Slice the potatoes into thin slices (if using a Cuisinart[®] Food Processor, use the 4-mm disc). Place in a large bowl; toss with remaining olive oil.

Once the grill is preheated, arrange sliced potatoes on the hot grill plate in three batches. Grill for 5 to 6 minutes per side. As they are cooked, transfer to a platter and keep warm in a 200° F oven. When the last batch of potatoes is ready to turn, arrange the fish on the hot griddle. Cook for 3 to 4 minutes per side.

Serve hot with tartar sauce and fresh lemon wedges.

Nutritional information per serving:

Calories 390 (36% from fat) • carb. 19g • pro. 43g • fat 15g • sat. fat 2g • chol. 100mg • sod. 420mg • calc. 58mg • fiber 2g

Grilled Swordfish with Chermoula Marinade

This zesty Moroccan marinade is a great match for grilled fish and seafood.

Makes 4 servings

Chermoula Marinade

- 6 small garlic cloves
- 1 teaspoon (5 ml) paprika
- ³/₄ teaspoon (3.75 ml) kosher salt
- 1/2 teaspoon (2 ml) freshly ground black pepper
- 1 teaspoon (5 ml) ground coriander
- 1/2 teaspoon (2 ml) ground cumin
- 1 teaspoon (5 ml) red pepper flakes
- 4 2 x ¹/₂-inch (5 x 1.25 cm) strips lemon peel, white pith removed
- ³/₄ cup (175 ml) fresh cilantro, roughly chopped
- ¹/₄ cup (50 ml) fresh parsley, roughly chopped
- ¹/₃ cup (75 ml) fresh lemon juice
- 2 tablespoons (30 ml) white wine vinegar
- 1 cup (250 ml) extra virgin olive oil
- ¹/₃ cup (75 ml) pitted whole kalamata olives, finely chopped
- 2 boneless swordfish fillets (¾ 1 pound [375 500 g] each)

Place the garlic in a Cuisinart[®] Mini Chopper. Pulse to finely chop. Add the paprika, salt, pepper, coriander, cumin, red pepper flakes and lemon peel. Pulse until a paste forms. Transfer mixture to a small bowl. Add the cilantro, parsley, lemon juice and vinegar. Slowly whisk in the olive oil. Add the olives; reserve ¹/₄ cup (50 ml) marinade. Place the swordfish in a 9 x 13-inch (23 x 33 cm) baking dish; add the remaining marinade to cover the fish. Cover with plastic wrap; let fish marinate 1 to 2 hours. Bring to room temperature before grilling.

Fit the Cuisinart[®] Griddler[™] Combo with both of the grill plates and preheat to high.

Once grill is preheated, lay the swordfish on the hot grill plates, one fillet per side. Grill 4 minutes on the first side; flip; grill second side for 5 minutes. Reduce the heat to medium on both sides of the grill. Grill an additional minute on both sides.

To serve, place the swordfish on a platter and top with the reserved chermoula marinade.

Nutritional information per serving:

Calories 720 (77% from fat) • carb. 6g • pro. 35g • fat 62g • sat. fat 10g • chol. 65mg • sod. 690mg • calc. 51mg • fiber 2g

Tarragon Sea Scallops and Grilled Asparagus

Serve hot as an entrée, or chill and serve on a bed of greens for a dinner salad.

Makes 4 servings

- ³/₄ pound (375 ml) asparagus, trimmed and peeled
- 1¹/₂ tablespoons (25 ml) extra virgin olive oil, divided
- ³⁄₄ teaspoon (3.75 ml) kosher salt, divided
- 12 large sea scallops, uniform in size, tough muscle removed
- 5-6 sprigs fresh tarragon
- ¹/₈ teaspoon (0.5 ml) freshly ground black pepper freshly grated lemon zest lemon wedges

Fit the Cuisinart[®] Griddler[™] Combo with one griddle plate and one grill plate; preheat both to high.

Coat asparagus with $\frac{1}{2}$ tablespoon (7 ml) olive oil; sprinkle with $\frac{1}{2}$ teaspoon (7 ml) of salt. Reserve.

Pat scallops dry. Combine the remaining olive oil with the tarragon, ground pepper and remaining salt.

Once the grill is preheated, arrange asparagus on the grill plate and grill until crisp-tender, about 3 to 5 minutes per side depending on the thickness of the spears. Do this in several batches – do not overcrowd the grill. When ready to grill the last batch of asparagus, arrange the seasoned scallops on the hot griddle side of the grill. Cook for 2 to 4 minutes on each side, until firm and lightly golden – do not overcook; overcooking will toughen the scallops.

Serve hot, garnished with a sprinkling of freshly grated lemon zest and lemon wedges, or chill and serve atop a salad.

Nutritional information per serving:

Calories 80 (55% from fat) • carb. 5g • pro. 5g • fat 5g • sat. fat 1g • chol. 5mg • sod. 470mg • calc. 46mg • fiber 2g

Honey Glazed Chicken with Griddled Veggies

Makes 2 servings

Chicken

- 2 boneless, skinless chicken breasts (5-6 ounces [145 170 g] each)
- 1 tablespoon (30 ml) extra virgin olive oil
- 1/4 teaspoon (1 ml) kosher salt
- 1/4 teaspoon (1 ml) freshly ground black pepper

Glaze

- 1¹/₂ tablespoons (25 ml) honey
- 1 tablespoon (15 ml) white wine vinegar
- 1/2 tablespoon (7 ml) Dijon-style mustard
- teaspoon (1 ml) freshly ground black pepper
 tablespoons (45 ml) low-sodium soy sauce

Vegetables

- ¹/₂ medium zucchini, halved and cut into ¹/₂-inch (1.25 cm) semicircles
- ¹/₂ cup (125 ml) corn kernels (fresh or frozen)
- 1/2 medium-small onion, thinly sliced
- 1 tablespoon (15 ml) unsalted butter, melted
- 3 large fresh basil leaves, thinly sliced (chiffonade)
- ¹/₄ teaspoon (1 ml) kosher salt, divided
- 1/4 teaspoon (1 ml) freshly ground black pepper, divided

Fit the Cuisinart[®] Griddler[™] Combo with one griddle plate and one grill plate. Preheat the grill side to high and the griddle side to medium.

Coat the chicken breasts with the olive oil; sprinkle with salt and pepper. Reserve.

Combine all ingredients for glaze. Brush each side of the chicken breasts with the glaze.

In a medium bowl, toss the zucchini, corn and onion with the butter, basil, and half of the salt and pepper.

Place the chicken on the preheated grill plate. Cook on each side for 3 to $3\frac{1}{2}$ minutes, reapplying the glaze after each turn. Continue cooking for a total of about 10 minutes, or until the chicken is fully cooked.

While the chicken is cooking, arrange the vegetables on the preheated griddle plate. Cook, stirring occasionally, 6 to 8 minutes, or until zucchini is tender and lightly browned.

Nutritional information per serving:

Calories 610 (58% from fat) • carb. 30g • pro. 35g • fat 40g • sat. fat 10g • chol. 105mg • sod. 2150mg • calc. 63mg • fiber 4g



Chicken and Vegetable Kebobs

Makes 6 servings

Marinade

- ¹/₄ cup (125 ml) fresh lemon juice (juice of about 1¹/₂ medium lemons)
- 2 teaspoons (10 ml) Dijon-style mustard
- 1/2 teaspoon (2 ml) kosher salt
- 1/2 teaspoon (2 ml) freshly ground black pepper
- 1 teaspoon (5 ml) fresh dill
- 1/2 teaspoon (2 mml) red pepper flakes
- ¹/₂ cup (125 ml) extra virgin olive oil
- 12 ounces boneless, skinless chicken breasts, cut into 1½" (3.8 cm) pieces
- 6 bamboo skewers
- 2 small zucchini, cut into twelve 1 x 1-inch (2.5 x 2.5 cm) pieces
- 1 small red pepper, cut into twelve 1-inch (2.5 cm) pieces
- 6 baby portobella mushrooms

In a small mixing bowl, combine all the marinade ingredients except for the olive oil. Once the mixture is well combined, slowly whisk in the olive oil. Pour into a 1- to 2-gallon (3.75 - 7.5 L) resealable plastic bag. Add chicken and toss to coat. Refrigerate 1 to 3 hours to marinate. Bring to room temperature before grilling.

Soak 6 skewers in water for 10 minutes before adding meat and vegetables.

Fit the Cuisinart[®] Griddler[™] Combo with both of the grill plates and preheat to high.

Divide chicken and vegetables among skewers – each skewer should have 2 pieces of chicken, 2 pieces of zucchini, 2 pieces of pepper, and 1 mushroom.

Once the grill is preheated, arrange the prepared kebobs across the grill plates evenly. Grill for 15 to 18 minutes, turning a quarter-turn every 4 minutes, or until chicken is completely cooked and vegetables are tender with nice grill marks.

Nutritional information per serving: Calories 240 (70% from fat) • carb. 4g • pro. 14g • fat 19g • sat. fat 3g • chol. 35mg • sod. 250mg • calc. 17mg • fiber 1g

Beef Burgers with Spicy Potato Wedges

Makes 4 servings

- 1 pound (500 g) potatoes, cut into ½-inch (1.25 cm) wedges
- 1 tablespoon (15 ml) vegetable oil
- 1/4 teaspoon (1 ml) freshly ground black pepper
- 1/2 teaspoon (2 ml) kosher salt
- 1/4 teaspoon (1 ml) chili powder
- 1¹/₂ pounds (750 g) ground chuck
- 1 medium onion, very finely chopped or grated
- 1/2 teaspoon (2 ml) kosher salt
- 1/2 teaspoon (2 ml) freshly ground black pepper

Fit the Cuisinart[®] Griddler[™] Combo with one griddle plate and one grill plate; preheat both to high.

In a large bowl, toss the potatoes with the oil and spices. Reserve.

In a separate large bowl, gently mix the ground meat with the onion, salt and pepper. Form into 6-ounce (170 g) patties, making a small indent in the center of each patty (this keeps the burgers even in size while grilling).

Once the grill is preheated, place half of the potato wedges on the griddle side of the grill. Flip after browned, about 5 to 7 minutes. Continue cooking on opposite side for an additional 5 to 7 minutes. Repeat with remaining potatoes.

Once the second batch of potatoes has been placed on the griddle plate, evenly space the burgers on the grill side. Flip the burgers between 5 to 6 minutes, and continue cooking on opposite side until desired doneness.

Nutritional information per serving:

Calories 540 (48% from fat) • carb. 23g • pro. 47g • fat 28g • sat. fat 10g • chol. 155mg • sod. 700mg • calc. 53mg • fiber 3g

Philadelphia Cheese Steaks

These sandwiches are always a big hit.

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Makes 2 servings

- 1/4 medium green bell pepper, thinly sliced
- 1/4 medium red bell pepper, thinly sliced
- 2 ounces (60 g) mushrooms, thinly sliced
- 1 medium onion, thinly sliced
- 8 ounces (225 g) thinly sliced steak
- 3 ounces (85 g) American or provolone cheese
- 2 grinder rolls, split

Fit the Cuisinart[®] Griddler[™] Combo with one grill plate and one griddle plate; preheat both to high.

Once the grill has preheated, grill the peppers and mushrooms on one side and the onions on the opposite side. Grill, turning often, for about 6 to 8 minutes. Once the peppers are grilled and tender, turn the heat to low to keep warm. Transfer the onions, once golden, to the same side.

Add half of the steak to the griddle on high. Grill for about 1 minute, turning after 30 seconds, until meat is fully cooked. Add half of the cheese on top of meat to melt. Repeat with remaining meat and cheese.

To assemble, divide the meat and cheese between the two grinder rolls. Top with the grilled vegetables. Serve immediately.

Nutritional information per serving: Calories 610 (59% from fat) • carb. 28g • pro. 34g • fat 40g • sat. fat 19g • chol. 115mg • sod. 930mg • calc. 296mg • fiber 3g



 $\ensuremath{\mathsf{A}}$ delicious combination for an easy meal that is sure to impress.

Makes 2 servings

- 2 boneless rib eye steaks (about 8-10 ounces [225 283 g] each)
- 4¹/₂ tablespoons (65 ml) extra virgin olive oil, divided
- 1/2 teaspoon (2 ml) kosher salt, divided
- ³⁄₄ teaspoon (3.75 ml) freshly ground black pepper
- 1 large onion, cut into 1/3 to 1/2-inch (0.84 1.25 cm) slices
- ¹/₈ teaspoon (0.5 ml) paprika

Fit the Cuisinart[®] Griddler[™] Combo with one griddle plate and one grill plate; preheat both to high.

Coat each steak with $1\frac{1}{2}$ tablespoons (25 ml) of olive oil. Season with $\frac{1}{8}$ teaspoon (0.5 ml) of salt and $\frac{1}{4}$ teaspoon (1 ml) pepper. Reserve.

In a medium bowl, toss the onions with $1\!\!\!/_4$ teaspoon (1 ml), $1\!\!\!/_4$ teaspoon (1 ml) pepper and paprika. Reserve.

Once the grill has preheated, place the steaks on the grill side and the onions on the griddle side.

Grill the steaks 4 to 5 minutes per side, or until desired doneness. Griddle the onion rings for a total of 10 to 12 minutes, flipping every 2 to 3 minutes.

Nutritional information per serving: Calories 710 (66% from fat) • carb. 8g • pro. 52g • fat 52g • sat. fat 12g • chol. 150mg • sod. 1040mg • calc. 47mg • fiber 1g



So easy and so delicious!

Serves 4 to 6

2 to 3 garlic cloves, finely chopped

- 1 tablespoon (15 ml) chopped fresh rosemary
- 1/4 teaspoon (1 ml) freshly ground black pepper
- ¹/₄ cup (50 ml) olive oil
- 2 pounds (1 kg) loin lamb chops, approximately 6 chops
- 1/2 teaspoon (2 ml) kosher salt

Combine chopped garlic, rosemary, black pepper, and olive oil together in a bowl. Dip chops in marinade to coat both sides and place in a shallow baking dish to accommodate all of the chops. Once all chops are dipped, scrape the remaining marinade out on top of the chops with a rubber spatula. At this point chops can be refrigerated for up to 24 hours.

One hour before grilling remove chops from refrigerator so they can come to room temperature.

Fit Cuisinart Griddler[™] Combo with both grill plates. Turn both sides to high.

Sprinkle lamb on both sides with salt.

When grill is preheated, place the lamb chops evenly spaced across the two plates.

Grill approximately 7 to 8 minutes per side or on all sides for a total of 15 minutes for medium rare.

Nutritional information per serving (based on 6 servings):

Calories 140 (58% from fat) • carb. 0g • pro. 14g • fat 9g • sat. fat 2g • chol. 45mg • sod.170mg • calc. 13mg • fiber 0g

Grilled Pound Cake with Cinnamon Glazed Pears

Makes 8 servings

- 2 large pears, firm but ripe, peeled, halved and cored
- 2 teaspoons (10 ml) fresh lemon juice
- 1 tablespoon (15 ml) unsalted butter, melted
- 1 tablespoon (15 ml) light brown sugar
- 1 teaspoon (5 ml) ground cinnamon
- 2 tablespoons (30 ml) unsalted butter, softened
- 8 slices pound cake, ½-inch (1.25 cm) thick

Fit the Cuisinart[®] Griddler[™] Combo with one griddle plate and one grill plate; preheat both to high.

Cut each pear half into eight slices. Place in a medium bowl with lemon juice; toss gently. Add butter, brown sugar and cinnamon. Stir gently to coat. Let stand for 15 minutes.

Brush softened butter on each side of each slice of pound cake.

Once preheated, arrange the pears in a single layer on the griddle plate; cook 3 to 4 minutes per side, or until tender and caramelized. While the pears are cooking, arrange the pound cake on the preheated grill plate. Grill 3 to 4 minutes per side, until browned and warm.

Serve pears on the warmed pound cake.

Nutritional information per serving: Calories 180 (49% from fat) • carb. 23g • pro. 2g • fat 10g • sat. fat 6g • chol. 80mg • sod. 120mg • calc. 20mg • fiber 2g



This delicious dessert is a great idea to serve for your next special occasion.

Makes 4 crêpes

Crêpes

- 1 tablespoon (15 ml) unsalted butter
- ¹/₄ cup (50 ml) whole milk
- ¹/₃ cup (75 ml) unbleached, all-purpose flour
- ¹/₈ teaspoon (0.5 ml) table salt
- 2 teaspoons (10 ml) granulated sugar
- 1 large egg
- 1/4 teaspoon (1 ml) pure vanilla extract

Chocolate Sauce



- 3 ounces (85 g) semisweet chocolate, chopped (or about 1/3 cup (75 ml) semisweet chocolate chips)
- ¹/₄ cup (50 ml) heavy cream
- 1/2 tablespoon (7 ml) light corn syrup
- 1/4 teaspoon (1 ml) pure vanilla extract pinch sea salt

Vanilla Whipped Cream

- 1/2 cup (125 ml) heavy cream
- 1/4 teaspoon (1 ml) pure vanilla extract
- 2 teaspoons (10 ml) granulated sugar
- 1¹/₃ cups (325 ml) mixed berries (raspberries, blueberries, strawberries)

Prepare the crêpes:

Melt butter with the milk in a small saucepan over low heat.

While butter is melting, combine the flour, salt and sugar in a medium bowl. Whisk to combine. Whisk in the egg and vanilla until mixture resembles a thick and sticky batter. Whisk in the milk and butter mixture until the batter is smooth. If time allows, leave the batter to rest in the refrigerator for 30 minutes.

Prepare the chocolate sauce:

Place the chocolate in a medium bowl; reserve.

In a small, heavy-bottomed saucepan, combine the cream, corn syrup, vanilla and salt. Set over low heat and bring to a strong simmer. Immediately pour over the reserved chocolate and let sit for five minutes before whisking to combine. Reserve.

Prepare the vanilla whipped cream:

In a large bowl, whisk the cream, vanilla and sugar together until medium-stiff peaks have formed. Reserve.

Fit the Cuisinart[®] Griddler[™] Combo with the griddle plates and preheat both to medium.

Once the grill is preheated, pour ¼ cup (50 ml) batter onto each griddle plate and spread out very thin and evenly with a small offset spatula or small silicone spatula. Cook the crêpes for 2 to 3 minutes, until the edges start to brown; flip and cook for an additional 1 to 2 minutes. Repeat to finish batter.

Serve each with a dollop of the vanilla cream and fresh berries; drizzle the chocolate sauce over.

Nutritional information per serving (1 crêpe): Calories 400 (60% from fat) • carb. 35g • pro. 5g • fat 27g • sat. fat 16g • chol. 125mg • sod. 190mg • calc. 95mg • fiber 3g

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