

Cuisinart®

CGWM-001

360° GRIDDLE COOKING CENTER

Let's Talk About Seasoning

In this case we are not talking about salt and pepper. We are talking about the process of conditioning your griddle surface for optimal performance and longevity. Seasoning your griddle will help create a non-stick surface for cooking while also protecting from any rust. It's worth the effort.

When you receive your griddle it will already have a thin layer of oil applied. We do this to protect it from rust in shipping and storing, but it's going to need a little more work to perfect it.

First Seasoning

This is the most important one so let's get this right. You'll want to start by using some soapy water and a towel or paper towels to wash off the shipping oil. Use additional water to wash the soap from the griddle surface. Dry the surface with a towel or paper towels. This gives you a fresh and clean start.

Next, you'll want to select your oil. We believe that Flax Seed oil is going to give you the best results, but feel free to use Extra Virgin Olive Oil, Vegetable Oil or Soy Oil.

Now we can season. In this process you'll be using high heat to bond the oil to the surface. Using a paper towel rub a thin coat of oil on the entire surface of the griddle. Then turn your griddle on high. The oil will eventually begin to smoke which is good. Leave it on high until the smoke stops (15 - 20 minutes). That means you passed the smoke point. You can expect the surface to start changing colors and darkening. This is a good thing.

Congratulations!

You are now the proud owner of a Cuisinart 360° Griddle Cooking Center. This is one of the most versatile outdoor cooking appliances you will ever own. Griddle cooking stretches back in history and across all cultures. Try your hand at some Tapanyaki from Japan, Plancha from Spain, Tacos from Mexico or good ol' American burgers. Cook breakfast, lunch, dinner or even dessert. Griddle a quick snack for yourself or entertain a crowd. With this griddle you can cook whatever your stomach desires! Here are a few starter recipes for you to try out.

Thank you for choosing our griddle and we hope you enjoy cooking on it!

Finally, you'll want to cool the surface and repeat the process above 2 – 3 times until you get a smooth black surface on the griddle. If the griddle surface is hot you can use tongs or other protective gear to protect your hands while oiling.

Ongoing Seasoning

We recommend you lightly oil your griddle before and after each use for optimal performance. You may also want to consider going through the "first seasoning" process after long periods of storage. If any rust forms on your surface don't worry. You can scrape it down with steel wool, clean the surface and re-season to good as new.

Once you've completed this process you'll have the perfect griddling surface to get cooking on!

Perfect Pancakes

Makes about twelve 4-inch pancakes

Ingredients:

- 2 large eggs
- ¾ cup reduced-fat milk
- ½ teaspoon pure vanilla extract
- 1 cup plus 2 tablespoons unbleached, all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon granulated sugar
- ½ teaspoon table salt
- 2 tablespoons unsalted butter, melted and cooled (plus more for griddle plates if desired)

Directions:

1. Put the eggs, milk and vanilla in a small bowl and whisk to blend until smooth; reserve. Combine flour, baking powder, sugar 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 over-mix, or pancakes will be thin and tough – batter should be a bit lumpy.

2. Using a ¼-cup measure, drop batter onto preheated griddle (if you like extra-buttery pancakes, put about ½ tablespoon of butter on griddle and melt before dropping batter on plates). Cook pancakes until bubbles form, about 2 to 3 minutes; flip and cook until done, about 2 minutes longer.

3. 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). Repeat until all the batter is used.

Nutritional information per serving (2 pancakes): Calories 150 (35% from fat) • carb. 20g • pro. 4g • fat 6g • sat. fat 3g • chol. 74mg • sod. 453mg • calc. 83mg • fiber 0g

Teriyaki Glazed Salmon

Makes 4 servings

Ingredients:

- 1 cup soy sauce, reduced sodium
- ¼ cup mirin (Japanese rice wine)
- 3 tablespoons packed light brown sugar
- 3 small garlic cloves, grated (will come to about 1 teaspoon after grating)
- 1 ½-inch piece fresh ginger, peeled and grated
- 1 medium orange, zested and then half juiced (about 1 teaspoon zest, ¼ cup juice)
- 2 tablespoons sesame oil
- 1 scallion, trimmed and cut into 2-inch pieces
- 2 pounds salmon fillet (or four 8-oz fillets)
- ¼ teaspoon kosher salt
- ½ tablespoon olive oil
- ¼ teaspoon sesame seeds, for serving

Directions:

1. In a small saucepan, combine the soy sauce, mirin, brown sugar, garlic, ginger, zest, juice, sesame oil and scallion. Set over medium heat and bring to a boil. Allow to cook until mixture is reduced by about half and the liquid has become thick and syrupy – this should take around 20 minutes, depending on the stove being used. Set aside to cool slightly.

2. Preheat griddle and season the salmon with the salt and brush with oil on both sides of the fish.

3. Place the salmon on the griddle flesh side down. Cook for 4 to 5 minutes, until the edges are cooked (interior of fish will only be cooked about halfway through at this point). Flip the fish and then brush with some of the reserved glaze. Grill until cooked through, an additional 4 to 5 minutes (flesh will flake away with a fork, but still be bright pink inside).

4. With about 1 minute remaining, brush the top of the fish with more of the glaze and then flip to cook an additional minute. Remove and serve immediately, brushing with more glaze and sprinkling with the sesame seeds.

Nutritional information per serving: Calories 508 (39% from fat) • carb. 27g • pro. 53g • fat 23g • sat. fat 3g • chol. 125mg • sod. 2329mg • calc. 37mg • fiber 0g

The All American Burger

Makes 6 servings

Ingredients:

- 2 pounds ground beef round or chuck (freshly ground if possible)
- 1 ½ teaspoons kosher salt
- ¾ teaspoon freshly ground black pepper
- ½ teaspoon garlic powder
- 6 Slices American Cheese
- 6 hamburger buns, for serving
- Lettuce, Tomato and Red Onion as desired

Directions:

1. Preheat Griddle.

2. Working the ground chuck as little as possible, mix in a large bowl with the salt, pepper and garlic powder. Shape into 6 patties, about 4 inches in diameter. The best way to do this is to use the Cuisinart Burger Press or a cookie cutter: Divide meat equally into six portions, put each into into the cookie cutter and gently press to evenly fill. All burgers should be the same thickness for optimal results. Use your thumb to press a dimple into the center of each patty.

3. When the griddle has preheated, add the burgers evenly spaced. Griddle them on both sides until desired internal temperature.

4. Top with cheese and let it melt just a bit to stick to the burger

5. Remove Burgers, top as desired and serve immediately.

Nutritional information per burger: Calories 283 (54% from fat) • carb. 0g • pro. 31g • fat 16g • sat. fat 7g • chol. 101mg • sod. 549mg • calc. 42mg • fiber 0g

Rib-Eye Steaks

Makes 2 steaks

Ingredients:

- 2 rib-eye steaks, 1 to 2 inches thick
- 2 teaspoons olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Directions:

1. Marinate the steaks in the olive oil, salt and pepper for at least 1 hour.

2. Preheat the griddle. Grill steaks about 5 minutes per side until reach desired internal temperature.

3. Allow steaks to rest for at least 5 minutes, and then serve.

Nutritional information per serving: Calories 331 (35% from fat) • carb. 0g • pro. 52g • fat 12g • sat. fat 3g • chol. 136mg • sod. 699mg • calc. 46mg • fiber 0g

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