

BLACKSTONE GRIDDLE – COOKING TIPS

Griddle Temperature Guide

Keep Warm	200F - 225F
Low	250F – 300F
Low-Med	300F – 325F
Medium	350F
Medium High	375F – 400F
High	425F – 450F
Very High	450F - 550F

Even though the speedometer on your car goes up to 140mph, it's highly unlikely you'll ever need to drive it that fast. The same is true for your griddle. Just because it can get really hot doesn't mean you need to cook at the highest temperature.

People are constantly asking us what temperature is the best for cooking everything from [eggs](#) and [pancakes](#) to [fish](#) and [steaks](#) on the griddle. So, we've put together this ***griddle temperature guide*** to help you determine what temperature is right for just about anything you plan on cooking.

How hot can a Blackstone griddle get?

Under ideal conditions, Blackstone's gas griddles can reach over 650F, but there are very few instances where you would ever need to cook at this high temperature.

You can cook almost anything on a griddle between 300F (Low Medium) and 375F-400F (Medium-High) and have consistently wonderful results. This happens because of the Maillard reaction at temperatures where food tends to brown.

What is the Maillard reaction and why is it important for griddle cooking?

The Maillard reaction that browns food on the outside occurs when food comes into contact with temperatures between 280F-330F. To put it simply, food compounds begin breaking down at these temperatures, concentrating or forming new, more intense versions of themselves.

The Maillard reaction essentially makes food more delicious.

Browning happens when food contacts a heat source. Because the entire griddle surface is a heat source, you have the ability to spread the food out across the entire surface of the griddle allowing the flavors to intensify as it cooks.

The two most common griddle cooking methods are searing and sautéing

Although quite similar, there are some slight differences between searing and sautéing on the griddle.

Searing is when you cook the surface of food (typically a thicker protein) on both sides to achieve a browned crust. Seared food is not necessarily cooked all the way through so it's a good method for foods you prefer on the rare side like steaks, burgers, and even some types of fish like salmon.

Sautéing also browns the meat, but unlike searing, it's flipped often and cooks the food all the way through. You would use sautéing with thinner cuts of meat and vegetables. It's a great method for dishes like chicken or steak fajitas, or smaller kinds of seafood like shrimp or bay scallops.

How often do you flip your food when searing or sautéing?

When **searing** thicker foods, it's only necessary to flip or turn your food once. This can be a bit challenging because you want a flavorful crust to develop on the food while it cooks to your desired doneness.

Using an [instant-read thermometer](#) is the only accurate way to know how long your food will need to cook before flipping. When searing, it's a good rule of thumb to cook the food to between 60-70 percent of your desired internal temperature before flipping.

Sautéing, on the other hand, requires a little extra effort. When sautéing, you want to flip the thinner pieces of food a few times during the cook. Let it initially sit for at least 45 seconds before flipping and then turn every 30 – 45 seconds until the food reaches the desired color and doneness. If you are sautéing thicker veggies that are also dense, like potatoes, they will require more time to cook from raw, and may only need to be flipped or turned every couple of minutes or so.

What is sweating food and can you sweat foods on the Blackstone griddle?

It's simple to sweat foods on the Blackstone griddle!

Sweating is a technique where you slowly cook vegetables over lower heat to draw out flavors without browning. It's a particularly useful technique for making dishes like fried rice on the griddle where the vegetables are on the team, but not necessarily the star player. Diced bell peppers, carrots, celery, garlic, onion, and shallots are some of the most commonly sweated vegetables.

How do I know what my preheated griddle's temperature is?

The most efficient way to determine the temperature of your griddle is to use an [infrared thermometer](#). Simply hover the thermometer over your griddle surface and within a few seconds, it will tell you the temperature.

Is there a way to know the griddle's surface temperature without an infrared thermometer? Kind of...

Some people think you can hold your hand a few inches above the griddle and the amount of time it takes for your skin to become uncomfortable, if not dangerously hot, will tell you the temperature of the griddle. This ***is not*** a good way to measure griddle temperature ***and should be avoided***.

Although not entirely scientific, there's a slightly better method for testing the temperature of the griddle without a thermometer. You can simply pour a teaspoon of water on the griddle surface and watch how it reacts until it eventually evaporates. If the water forms a small puddle and evaporates over about 10 seconds, the griddle surface is probably around 225F. If the water starts to dance on the griddle, it's most likely about 350F. If the water hits the griddle and starts running, popping, and is gone in a few seconds, you're looking at a griddle that's most likely north of 400F.

Multiple burners mean multiple temperature zones

Depending on which griddle you own, it will have either one, two, or four individually controlled burners. Multiple burners mean that your griddle can operate at various temperatures allowing you to be cooking pancakes in one area while keeping bacon and breakfast potatoes, or other side dishes warm in another.

From sweating onions to sautéing shrimp and searing steaks being able to take control of the temperature of your griddle will make cooking food on the Blackstone even more delicious. Now that you've learned how different griddle temperatures affect cooking, the only hard part is deciding what to cook next.

Recipe's

(More can be found @ Blackstoneproducts.com/blogs/recipes)

Krista's Rooty Tooty Fresh and Fruity Breakfast

Ingredients:

Pancake Mix

- Milk
- Bacon
- Breakfast Sausage links
- Eggs
- Fresh Fruit
 - 1/2 cup Strawberries
 - 1/2 cup Raspberries
 - 1/2 cup Blackberries
- Whiskey
- Brown sugar
- Honey

Directions

1. Preheat one zone of your Blackstone on high and one zone on medium or low. Place a skillet on your hot zone to the side/corner with the handle away from the griddle top (it'll get hot if it's directly over the griddle top)
2. While the Blackstone is preheating you can cut and prepare your fruit. Cut the stem off and remove the top of your 1/2 cup of strawberries, and slice the strawberries into quarters. You don't have to but this helps them cook a little quicker when they're cut.
3. Once your strawberries are prepped you can add the strawberries, raspberries and blackberries to your skillet on the Blackstone. Also in your skillet you will now add 1-1 1/2 cups of a whiskey. 1/4 cup of brown sugar and 3 -4 tablespoons of honey. Stir occasionally to incorporate the ingredients. You'll quickly notice little bubbles that pop quickly. We're looking to have large bubbles that pop slowly. This is when you know you've reached the optimal reduction of the syrup. And don't worry, the alcohol in your whiskey will burn off leaving that beautiful flavor in your syrup.
4. While your syrup reduces let's place down 4 strips of thick cut bacon on the other zone pre heating on medium. You can also add your sausage links at this point. Both the bacon and sausage won't take much time to cook.
5. While your bacon and sausage are cooking you can prep your pancake batter. Simply follow the directions on the back of the box. Usually this consists of milk, eggs and mixing in a large bowl. This doesn't take long at all so be sure to check in on your syrup string occasionally and flipping your bacon and sausage.

6. Your syrup is probably done reducing now, so pull that off and let it cool. You should see that your fruit has softened up, changed color a bit and your whiskey reduced down to a thicker consistency. Once it's cooled down a bit you can place that in a small bowl or jar. Or you can serve it straight from the skillet.
7. By this time your bacon should be done so remove that and drain on paper towels. Sometimes I like to cook the sausage a little longer than bacon. But that's up to you. **BUT DO NOT GET RID. OF ALL THE BACON FAT.** We want to cook our pancakes in that bacon fat.
8. Let's make the pancakes. Keeping your heat on medium ladle out your pancake batter on to the Blackstone to your preferred size. You'll know it's time to flip, usually about 2 minutes per side, when you see little bubbles starting to pop in the batter. This won't take long so you can start on your eggs. But be sure to flip once you see those little bubbles and remove when done.
9. Crack 4 eggs onto your Blackstone, still using the bacon fat from before and cook eggs to your liking. Be sure to add salt and pepper to taste. The classic Rooty Rooty breakfast always shows eggs sunny side up, but I'm not a sunny side up kinda guy.
10. Now your plate should be ready to serve with two pancakes, two pieces of bacon, two pieces of sausage, and two eggs. Spoon as much of that fresh fruit bourbon syrup one your pancakes and enjoy!



LORI'S BACON EGG AND CHEESE SANDWICH SPECIAL

Ingredients

- 6 everything bagels, split in half
- 24 ounces sliced bacon
- 1 (16-ounce) package cream cheese
- 12 eggs, beaten in a bowl
- 1 small yellow onion, diced
- 3 jalapeno peppers, de-seeded and diced
- Salt and pepper, to taste
- Vegetable oil, for the griddle

Directions

1. Preheat Blackstone Griddle to medium-low heat. Drizzle vegetable oil then add the diced jalapenos and onions. Season with salt and pepper and cook for 10-15 minutes. The peppers and onions should be very tender and jam-like.
2. Scoop the jalapenos and onions off of the griddle with a pair of spatulas and set into a medium mixing bowl. Add the cream cheese and then whisk until smooth. Set aside.
3. Increase the griddle heat to medium. Lay out 18 pieces of bacon and cook until crispy. Set aside onto a plate lined with paper towels. Leave the bacon fat on the griddle to cook the eggs.
4. Carefully pour the beaten eggs over the griddle top, season with salt and pepper, then fold with spatulas until cooked. Divide into 6 equal portions.
5. Toast the bagels on the griddle top for 2 minutes. Build the sandwiches by spreading the cream cheese onto the bagels and then topping them with 3 slices of bacon and the scrambled eggs. Serve immediately.



AD's Blackened Filet with a Tutto Italiano Horseradish Crown and Cajun Shrimp Heart, on a bed of Bacon Wrapped Asparagus

Time: 2 hours 15 minutes

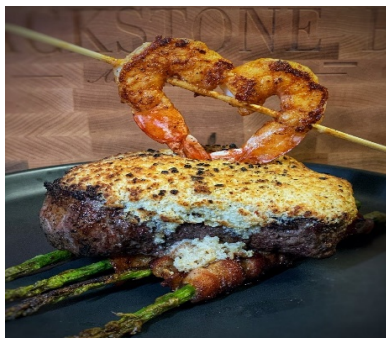
Difficulty: Intermediate

Ingredients:

- 4 (8-10 ounce) filet mignon
- Blackstone Blackened Steak seasoning, to taste
- 16-20 large shrimp, thawed
- Blackstone's Cajun seasoning, to taste
- 1 bunch asparagus
- 1 pound thinly sliced bacon
- 1/2 cup panko bread crumbs
- 1 stick unsalted butter
- 1 (3.75-ounce) jar prepared horseradish
- Blackstone's Tutto Italiano seasoning, to taste

Directions:

1. Prep ahead (minimum two hours): in a food processor add horseradish, butter, Panko and Tutto Italiano seasoning. Mix in an upright mixer on high until incorporated. Form into thin patties that will cover the entire steak. Separate patties using parchment paper and place in freezer until ready to use.
2. Season steak using Blackened Steak seasoning. Skewer shrimp as you like, we used a heart shape for presentation. Season with Cajun seasoning. Wrap each asparagus spear with a slice of bacon.
3. Preheat half of the griddle on high and the other half at medium. Place asparagus on the medium side and turn often. Lay down butter on the high side and add steaks. Cook 2 minutes a side depending on thickness of steak and desired temp, set aside.
4. Add butter to the high side, place shrimp and cook 2 minutes aside, and pull.
5. Turn off griddle and allow the asparagus to keep warm until the steak is done.
6. Turn patio oven on to high or your indoor broiler. Place one horseradish puck on the top of each steak. Cook in the patio oven/broiler until you achieve a nice crisp crust on the crown, should be about 2 minutes max. This will also continue to cook your steak until medium rare.



Dale's Thyme Wings (Air Fryer or on Blackstone)

Ingredients:

- 2 lb fresh chicken wings (about 10)
- ¼ cup Extra light tasting olive oil
- 2 tbsp thyme, dried
- 2 tsp coarse salt
- 1 tsp black pepper
- 2 tsp garlic powder
- 2 tsp onion powder

Directions:

1. Cut wings into portions, drums, and drumettes.
2. Pat wings dry with and place in-between paper towels on a baking sheet and let sit in the refrigerator overnight uncovered.
3. Remove wings from the refrigerator and rub them with extra light tasting olive oil. Season wings with salt, pepper, garlic and onion powder, thyme tossing to coat evenly.
4. Allow wings to sit out on the kitchen counter in a mixing bowl at room temp for 30-60 minutes before cooking.
5. Preheat Blackstone griddle to medium-low heat and add wings. Turn wings every few minutes to cook through. Wings should take about 15-20 minutes.
6. Turn heat to high towards the end to crisp the skin to your liking towards the end.
7. Enjoy

* If you have the Blackstone Airfryer, these cook perfectly in the air fryer at high for about 15 minutes split between the two airfryer drawers. Give the baskets a toss a few times during cooking. Reheat leftover wings in the Airfryer!

