

THE GRIDDLE GUIDE

AMERICA'S FAVORITE GRIDDLE BREAKFASTS

Eric Theiss



Eric Theiss
Chef / Culinary Expert

POWER
SMOKELESS GRILL™



**POWER
SMOKELESS GRILL™**



TABLE OF CONTENTS

Bacon Weave Eggs	4	Philly Cheesesteak	14
Cheddar Spinach Omelet.	5	Braised Beef Grilled Cheese	15
Blueberry Pancakes	6	Power Smokeless Griddle Sandwich	16
Strawberry Pancakes	7	Shrimp Fried Rice	17
Challah French Toast	8	Down South Country Boil	18
Breakfast Quesadilla	9	Teriyaki Chicken	19
O'Brien Potatoes	10	Pork Medallions	20
Chicken Quesadilla	11	Potstickers	21
Chicken Burrito	12	Chicken Paillard	22
Cubano	13	Grilled Pound Cake with Grilled Fruit	23

BACON WEAVE EGGS

Serves 4

INGREDIENTS

12 thick-cut slices bacon,
cut in half
4 eggs
2 tbsp. butter
½ tsp. salt
½ tsp. ground black pepper
½ cup chives, chopped

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 390° F.
2. Weave together 6 half slices of bacon so that 3 vertical half slices are woven together with 3 horizontal half slices. Repeat to make four bacon weaves.
3. Place the bacon weaves on the Griddle Plate and cook each side for 5 mins. Remove and reserve the bacon weaves.
4. Melt the butter on the Griddle Plate and then cook the eggs sunny side up for 3–5 mins.
5. Remove the eggs and place one on top of each bacon weave.
6. Sprinkle with the salt and ground black pepper and garnish with the chives.



CHEDDAR SPINACH OMELET

Serves 4

INGREDIENTS

- 6 eggs, beaten
- 1 16-oz bag of spinach, wilted
- 1 red bell pepper, diced finely
- ½ cup shredded cheddar cheese
- 1 8-oz block of cream cheese, whipped & placed in a piping bag

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 320° F.
2. Pour the eggs over the surface of the Griddle Plate. When just set, sprinkle the spinach, red bell pepper, and cheddar cheese over the surface.
3. Pipe the cream cheese along the short side of the omelet and then roll to form a log. Remove from the Griddle Plate and slice into four pieces.



BLUEBERRY PANCAKES

Serves 4

INGREDIENTS

- 2 ½ cup flour
- 2 tbsp. sugar
- 2 tbsp. baking powder
- 1 tsp. salt
- 2 cups buttermilk
- 2 eggs
- ¼ cup melted butter
- 1 tsp. vanilla
- 1 cup blueberries

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Whisk together the flour, sugar, baking powder, and salt in a bowl.
3. Combine the buttermilk, eggs, melted butter, and vanilla in a separate bowl.
4. Slowly whisk the wet ingredients into the dry ingredients.
5. Let the mixture stand for 3 mins. to finish the batter.
6. Scoop ¼ cup of batter on to the Griddle Plate for each pancake.
7. Sprinkle 1 tbsp. blueberries over the top of each pancake and cook until fluffy and browned.



STRAWBERRY PANCAKES

Serves 4

INGREDIENTS

Macerated Strawberries

2 cups strawberries, sliced
3 tbsp. sugar

2 cups flour
2 tbsp. sugar
2 ½ tsp. baking powder
½ tsp. salt
1 tbsp. lemon zest
2 eggs
1 ½ cup milk
2 tbsp. butter, melted
½ tsp. vanilla

DIRECTIONS

1. Combine the strawberries and sugar in a bowl. Let the strawberries sit in the bowl for 30 mins.
2. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
3. Whisk together the flour, sugar, baking powder, salt, and lemon zest in a second bowl.
4. Combine the eggs, milk, melted butter, and vanilla in a third bowl.
5. Slowly whisk the wet ingredients into the dry ingredients.
6. Let the mixture stand for 3 mins. to finish the batter.
7. Scoop ¼ cup of batter on to the Griddle Plate for each pancake.
8. Spoon the strawberries over the top of each pancake and cook until fluffy and browned.

CHALLAH FRENCH TOAST

Serves 4

INGREDIENTS

6 large eggs
1 ¼ cup half and half
½ tsp. vanilla
1 tsp. grated orange zest
1 tsp butter
1 large challah bread, cut
into 8 slices
2 cups raspberries
¼ cup confectioners' sugar

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Whisk together the eggs, half and half, vanilla, and orange zest in a large bowl.
3. Melt the butter on the Griddle Plate, dip the challah bread in the liquid mixture, and cook each side of the bread until golden brown (3–5 mins.).
4. Top with the raspberries and confectioners' sugar.



BREAKFAST QUESADILLA

Serves 4

INGREDIENTS

2 tsp. olive oil
2 scallions, chopped
1 red bell pepper, julienned
1 jalapeño, seeded & finely chopped
3 large eggs, beaten
4 large egg whites
4 tortillas
½ cup shredded cheddar cheese

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Heat the olive oil and then sauté the scallions, red bell pepper, and jalapeño for 5 mins.
3. Reduce the Grill's temperature to 320° F.
4. Add the eggs to the Griddle Plate, stirring frequently. When cooked, remove and reserve the egg mixture.
5. Place the tortillas on the Griddle Plate and divide the egg mixture evenly between them.
6. Sprinkle the cheddar cheese over the tortillas, fold each tortilla in half, and cook until the cheese melts (4-5 mins.).
7. Serve with salsa and sour cream.

O'BRIEN POTATOES

Serves 6

INGREDIENTS

2 tbsp. canola oil
2 tbsp. butter
5 russet potatoes, peeled,
diced & blanched
1 green bell pepper, diced
1 red pepper, diced
1 yellow onion, diced
1 tsp. salt
½ tsp. ground black pepper

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Heat the canola oil and butter on the Griddle Plate and then cook the potatoes until golden brown (about 10 mins.).
3. Add the green and red peppers and onion and continue cooking until soft (about 3 mins.).
4. Add the salt and ground black pepper and cook for 5 mins.

CHICKEN QUESADILLA

Serves 2

INGREDIENTS

2 tbsp. canola oil
4 oz cooked chicken,
shredded
1 cup shredded cheddar
Jack mix
1 tbsp. minced jalapeño
1 tbsp. minced cilantro
2 scallions, chopped
1 plum tomato, chopped
2 8-in. flour tortillas

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Heat the canola on the Griddle Plate.
3. Combine the chicken, cheddar Jack cheese, jalapeño, cilantro, scallions, and tomato in a bowl to make the filling.
4. Spread the filling over half of each tortilla and then fold the tortillas in half to seal them.
5. Cook each side of the quesadillas on the Griddle Plate until golden brown (2–3 mins. per side).
6. Serve with avocado and sour cream.

CHICKEN BURRITO

Serves 4

INGREDIENTS

1 cup cooked & shredded rotisserie chicken
1 tsp. salt
a tsp. cumin
2 tbsp. adobo sauce
1 tbsp. vegetable oil
1 14-oz can black beans, drained
1 14-oz can corn kernels, drained
1 cup white rice, cooked
1 cup shredded cheddar cheese
juice of 1 lime
4 10-in. tortillas

DIRECTIONS

1. Combine the chicken, salt, cumin, and adobo sauce in a bowl and mix.
2. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
3. Heat the vegetable oil on Griddle Plate.
4. Add the chicken, beans, and corn. Cook for 5 mins. and then reserve the chicken mixture.
5. Place one quarter of the rice on each tortilla followed by one quarter of the chicken mixture. Top with one quarter of the cheddar cheese and lime juice.
6. Roll up the tortillas to make burritos, place the burritos on the Griddle Plate, and grill all sides of the burritos.
7. Serve with salsa.

CUBANO

Serves 2

INGREDIENTS

2 Cuban rolls, split lengthwise
2 tbsp. butter, softened
2 tbsp. yellow mustard
8 oz ham, sliced
8 oz roast pork, sliced
8 oz Swiss cheese, sliced
½ cup pickle chips
2 tbsp. butter, melted

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Spread 1 tbsp. softened butter evenly on one half of each roll. Spread the mustard on the other half.
3. Layer the ham, pork, Swiss cheese, and pickles on the bottom half of each roll. Top with the other half of the roll.
4. Brush the melted butter on the outside of each sandwich, place the sandwiches on the Griddle Plate, press the sandwiches flat, and grill each side until golden brown (about 5 mins.).
5. Cut the sandwiches in half diagonally before serving.

A photograph of three Philly Cheesesteaks on a wooden table. The sandwiches are served on long, crusty rolls and are topped with melted yellow provolone cheese, sliced green bell peppers, and sliced white onions. A small metal bowl of red ketchup is visible in the background. The scene is set on a rustic wooden surface with a white napkin and a grey cloth partially visible.

PHILLY CHEESESTEAK

Serves 2

INGREDIENTS

- 1 tbsp. canola oil
- 1 white onion, sliced
- 1 green bell pepper, sliced thinly
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 8-oz ribeye roast, shaved
- 2 hoagie rolls
- ½ lb provolone cheese, sliced

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Heat the canola oil on the Griddle Plate and sauté the onion, green bell pepper, salt, and ground black pepper until caramelized (6–8 mins.).
3. Add the roast and continue cooking, mixing continuously.
4. When cooked, split evenly between the two rolls and top with the provolone cheese.

BRAISED BEEF GRILLED CHEESE

Serves 2

INGREDIENTS

2 tbsp. butter
4 slices white bread
6 oz leftover braised beef,
shredded
¼ cup beef gravy
4 slices Swiss cheese

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Spread the butter evenly on one side of each piece of bread.
3. Combine the beef and gravy in a small bowl and mix.
4. Layer each sandwich with 1 slice of bread (buttered side down), 1 slice of Swiss cheese, half of the braised beef, 1 slice of cheese, and 1 slice of bread (buttered side up).
5. Place the sandwiches on the Griddle Plate and grill each side until the bread is golden brown and the cheese is melted (3–5 mins. per side).



POWER SMOKELESS GRIDDLE SANDWICH

Serves 4

INGREDIENTS

- 4 eggs
- ½ tsp. salt
- ½ tsp. ground black pepper
- 2 tbsp. butter
- 8 pancakes, pre-prepared
- 4 frozen sausage patties

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Beat the eggs with the salt and ground black pepper in a bowl.
3. Melt the butter on the Griddle Plate and then cook the eggs until set (2–4 mins.).
4. Remove the eggs and cut in to four pieces.
5. Place the sausage patties on the Griddle Plate and cook each side until cooked through (5–6 mins. per side).
6. Make a sandwich with the pancakes, egg, and sausage patties.
7. Serve with maple syrup.

SHRIMP FRIED RICE

Serves 4



INGREDIENTS

3 tbsp. canola oil
½ tsp. kosher salt
½ tsp. ground black pepper
4 scallions, chopped
2 cloves garlic, chopped
1 tbsp. finely chopped ginger
2 tbsp. soy sauce
1 tsp. sesame oil
2 tbsp. rice vinegar
½ lb shrimp, shelled & deveined
3 cups leftover rice
1 cup carrot, diced
3 eggs, beaten
1 cup frozen peas

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Whisk together the salt, ground black pepper, garlic, ginger, soy sauce, sesame oil, and rice vinegar in a small bowl.
3. Place the shrimp on the Griddle Plate and cook through.
4. Add the rest of the ingredients and sauté for 5 mins.

DOWN SOUTH COUNTRY BOIL

Serves 4

INGREDIENTS

3 corn cobs, cut into 3 sections
4 red potatoes, halved & par-cooked
1 sweet onion, peeled & quartered
2 lb 13–15 shrimp, with shells
1 lb sausage, cut into large chunks
2 tbsp. shrimp and crab boil seasoning
¼ cup white wine

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 450° F.
2. Place all the ingredients on the Power Smokeless Grill. Cover the Grill with its Lid and cook until everything is cooked through (5 mins.).

TERIYAKI CHICKEN

Serves 4



INGREDIENTS

Marinade

½ cup soy sauce

¼ cup brown sugar

2 tsp. grated ginger

2 tsp. garlic, minced

2 tsp. sesame oil

1 tbsp. Chinese white wine

⅓ cup orange marmalade

4 boneless chicken breasts

1 large, thick carrot, quartered lengthwise

4 scallions, trimmed to the length of the carrot quarters

DIRECTIONS

1. Combine the marinade ingredients in a bowl and mix. Reserve the marinade in the bowl.
2. Cut each chicken breast into a 1 in.-thick strip by cutting in a spiral from the outside to inside of each chicken breast.
3. Wrap the chicken strips around each piece of carrot and scallion so that the strips spiral the entire length of the carrots and scallions. Place a toothpick at each end of the wraps to secure the chicken.
4. Brush the chicken wraps with the marinade and reserve for 30 mins. in the refrigerator.
5. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 390° F.
6. Place the chicken wraps on the Griddle Plate and grill until cooked through (10–15 mins.).
7. Serve over rice.

PORK MEDALLIONS

Serves 6

INGREDIENTS

1 lb pork tenderloins, cut
into medallions
½ tsp. salt
¼ tsp. ground black pepper
6 garlic cloves, peeled
2 tbsp. olive oil
¼ cup rosemary
juice of 1 lemon
zest of 1 lemon

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Season the pork with the salt and ground black pepper.
3. Brush the pork and garlic cloves with the olive oil, sprinkle with the rosemary, place on the Griddle Plate, and grill for 3–5 mins.
4. Flip the pork, squeeze the lemon juice on the pork, and grill for another 3–5 mins.
5. Garnish with the lemon zest.

POTSTICKERS

Serves 6-8



INGREDIENTS

Dipping Sauce

1 tbsp. chili paste
2 tbsp. soy sauce
1 tbsp. honey
1 tbsp. white wine
1 tbsp. sesame oil
1 tbsp. roasted sesame seeds

Filling

8 oz water chestnuts, drained
& finely chopped
½ cup thinly sliced scallions
¼ cup julienned & chopped
carrots
¼ cup julienned & chopped
celery
1 tsp. grated fresh ginger
1 tbsp. sweet soy sauce
½ lb chicken breast, diced
small

24 wonton wrappers
egg wash
¼ cup vegetable oil

DIRECTIONS

1. Whisk together the dipping sauce ingredients in a small bowl. Reserve the sauce in the bowl.
2. Combine the filling ingredients in a separate bowl and mix.
3. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
4. Place 1 tbsp. of filling in the center of each wonton wrapper, brush the edges of the wrappers with egg wash, fold the wrappers over the filling, and seal the edges of the wrappers together.
5. Pour the vegetable oil onto the Griddle Plate and add the potstickers. Cover the Grill with its Lid and cook until browned.
6. Serve with the dipping sauce.



CHICKEN PAILLARD

Serves 4

INGREDIENTS

2 chicken breasts, sliced in half
¼ cup olive oil
2 tbsp. red wine vinegar
1 shallot, chopped
¼ tsp salt
¼ tsp. ground black pepper
1 tbsp. lemon juice
½ cup pre-prepared pesto

DIRECTIONS

1. Place the chicken breasts on a cutting board, cover with plastic wrap, and pound the chicken thin.
2. Whisk together the olive oil, red wine vinegar, shallot, salt, ground black pepper, and lemon juice in a bowl.
3. Marinate the chicken in the bowl for 30 mins. in the refrigerator.
4. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
5. Place the chicken on the Griddle Plate and grill each side until the chicken reaches an internal temperature of 165° F (3–4 mins. per side).
6. Brush the chicken with the pesto and serve over mixed greens.

GRILLED POUND CAKE WITH GRILLED FRUIT

Serves 4



INGREDIENTS

1 store-bought pound cake, sliced thick
½ cup margarine
3 bananas, peeled & sliced
1 pineapple, peeled, cored & cubed
24 large strawberries, halved
3 peaches, sliced & pitted
½ cup simple syrup
1 cup whipped cream
¼ cup raspberry sauce
1 tbsp. mint, chopped

DIRECTIONS

1. Place the Griddle Plate on the Power Smokeless Grill and preheat the Grill to 350° F.
2. Butter the pound cake with the margarine. Arrange the pound cake, bananas, pineapple, strawberries, and peaches on the Griddle Plate and cook each side for 2–3 mins.
3. When cooked, toss the fruit with the simple syrup.
4. Top the pound cake with the whipped cream, raspberry sauce, and mint and serve with the grilled fruit.

THE GRIDDLE GUIDE

AMERICA'S FAVORITE GRIDDLE BREAKFASTS



POWER
SMOKELESS GRILL™



Distributed By:

Tristar Products, Inc. • Fairfield, NJ 07004

PSG_GRDL_RECIPES_TP_ENG_V2_180723