

# Griddle Temperature Guide

Use this as guide – it is not prescriptive. If the food is browning too fast, adjust temperature down a little.

If it is not getting enough color for your taste, adjust temperature up a little.

	250° F Low	300° F Low Med	325° F Low Med	350° F Med	375° F Med	400° F Med High	425° F Med High	450° F High
Meats			Bacon Hot Dogs	Thick Steak (Finishing)  Duck Breast Pork Tenderloin	Chicken Pork Chops Ground Meats Sausage	Lamb Chops	Cubed Meats Searing Steak Stir-Fry Fajitas	Quick Sear for Thick Steak or Sous vide or Reverse Sear
Seafood					Tilapia Walleye	Salmon Halibut Bass Cod	Shrimp Scallops Tuna	Crispy Skin Fish
Veggies		<u>Caramelize</u> (slower) Onions Garlic Peppers Shallots Leeks		<u>Sauté</u> Onions Garlic Peppers Mushrooms Ginger	Brussels Sprouts Cauliflower Hash Browns Latkes Winter Squash	Zucchini Eggplant Spinach	<u>Stir-Fry</u> Peppers Onions Carrots	<u>Char</u> Broccoli Green Beans Cauliflower
Eggs	Sunny Side Up Over Easy Egg Whites		Scrambled Eggs  Omelets				Crispy Fried Egg	
Other			Fried Rice	Grilled Cheese Rueben Quesadilla English Muffin	Pancakes French toast Crepes	Naan		