



VOL 2
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GRIDDLE ME THIS DAD NEWSLETTER

A COLLECTION OF RECIPES, OBSERVATIONS, AND
ADVICE FOR THE GRIDDLE AND COOKING
ENTHUSIAST WITH A FOCUS ON VALUE



DISCIPLINE

by Bill Pickrel

Welcome to the September 2021 Issue of the Griddle Me This Dad (GMTD) Newsletter.

The theme for this newsletter is discipline. The embodiment of discipline is Jocko Willink.

https://en.wikipedia.org/wiki/Jocko_Willink He is the prototypical Navy Seal, warrior, square jaw, square head, kill you with a spoon sort of a guy. The man literally wrote a book called, "Discipline Equals Freedom."

Some valuable concepts from this book include:

- Getting things done is the cure for procrastination
- Master yourself, don't worry about people or situations outside your control
- Advance your long-term goals by prioritizing them
- If you can't do what you planned (illness, injury, whatever), do what you can, even if it's just a little bit; keep the momentum going
- Sugar is the devil (and a person weakness and failing of mine)

Some of my favorite Jocko quotes are:

"One of the best mental disciplines for people to implement is simply putting together a task list and actually executing it."

"Be dangerous but disciplined."

"Don't count on motivation. Count on discipline."

"When setting expectations, no matter what has been said or written, if substandard performance is accepted and no one is held accountable—if there are no consequences—that poor performance becomes the new standard. Therefore, leaders must enforce standards." (PLEASE REMEMBER THIS QUOTE EVERYTIME YOU VOTE)

Happenings: This newsletter marks the one-year anniversary of the GMTD Newsletter, thus Volume 2, Issue 1. I am hosting a charity golf tournament at Whiskey Creek Golf Course in Ijamsville, MD on Tuesday, October 26, 2021. Cost Per Player: \$150.00 Entry Fee Includes – Complimentary Breakfast Sandwiches at Check-in Greens Fees, Cart w/GPS, Use of Practice Facility, Draft keg beer and non-alcoholic beverages, Nike Mobile Pro Shop Shopping Spree Player Gift, and Italian Buffet Lunch. Awards will begin after play is finished. All funds over expenses, go to support The LEGACY SCHOOL, EMPOWERED LEARNING for DYSLEXIC CHILDREN. Captain's Choice, Best Ball. Contact me to get a team and play.

Germany is the spotlighted country this month. Recipes include Chicken Schnitzel with Oktoberfest Sauce and Potato Patties. These recipes will be posted by the end of Labor Day 2021.

Information: On this one-year anniversary of this newsletter, I will review my initial recommendations from Issue 1, now that I am more experienced and wiser (**review in bold**). When I first got my griddle (36" Blackstone) as a gift from my beautiful wife (**Wife is still gorgeous**), I was a bit overwhelmed by the variety of tools and gadgets available. My value centered advice focuses on the 4 top things you need to get started for great griddling. (**Still agree that these are top 4**)

1. Basic griddle tools, 2 spatulas, scraper, and squeeze bottles. Normally these items come in a set. I do not like this one (**The Blackstone Version, horrible editing on my part**) because the tools do not have holes in the handles (**they have since fixed this issue**), but for comparison, Blackstone Version (\$19.97) at Wal-Mart (you get extra bottle) or the one I have (**Expert Grill Stainless Steel Barbecue Griddle Tool Set, 4-Piece**), Wal-Mart (\$9.88) (**Yep, the Expert Grill Set at Wal-Mart is still by far the best deal**)
2. More bottles. I like having a bottle for water, oil, soy sauce, and sometimes hot sauce. Based on you need for bottles, you can get the super cheap that the Dollar Tree. Two clear condiment bottles for \$1. The Dollar Tree also has good deals on tongs and other utensils for, you guessed it, \$1. (**Yep, still best deal**)
3. Paper towels and trash bag – Critical items for operating and cleaning your griddle and tools. I am amazed how much trash I make when griddling. Paper towels help keep griddle and tools clean and neat. Always have a bunch on hand. (**Definitely this still is true**)
4. Half Sheet Trays – Literally the ideal vessel for holding a serving your griddle creations. Two trays fit perfectly on my side shelves of the griddle, plus they are very cost effective. At Wal-Mart, a 10 pack is \$4.88, (less than \$0.50 per).

(In addition to half sheet trays, I also use a large cookie sheet to "flop" chicken or other meats or veggies over on the griddle in a flat manner vice a pile from a bag, works great.)

GRIDDLE RIDDLE SOLUTION

Answers from last newsletter:

1. SpoUSA1 AroUSA1
2. ThoUSAnd CrUSAders
3. CaUSA1 NaUSeA
4. EnthUSiAstic RefUSA1
5. MUSicAl CaroUSA1

INTERESTING LINK

Another Favorite You Tube cooking host is Joshua Weissman. He greatly appeals to my keen sense of cooking with value and excellence. The dude literally makes his own Brioche Buns for god's sake to make his better than Popeyes chicken sandwich. Very engaging and highly entertaining with many super recipes. "PAPA Like."
<https://www.youtube.com/c/JoshuaWeissman>

THE GRIDDLE RIDDLE

You are given three words from a category, each word has nine letters, have all been split into triads of adjacent letters. These triads have been alphabetized and given to you. Submit the original 3 words in alphabetical order. Category is given in answer in parentheses.

EXAMPLE:

BAP BLU CRA EBE INE NEC PLE RRY TAR

ANSWER:

Blueberry, Crabapple, Nectarine (Fruits)

Riddles are given easy to difficult (1-3)

- 1.ATE CHO COL HIO PBE PIS RAS RRY TAC
- 2.BUR GER LIM ONE ORT PRO ROQ UEF VOL
- 3.COR DER EEK FEN IAN RAS SAF SAS UGR

Answers will be provided in next newsletter.