

AMA's Backyard BBQ

# RECIPES

## SUMMER 2020





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# THANKS FOR A GRILLIN' GOOD TIME!

Kudos to everyone who made our online Backyard BBQ Community the feel-good hit of the summer. Our grower and chef partners and community members shared hundreds of recipes with us on Facebook and we've collected 75 of the most popular ones.

Keep posting your tips and recipes at [facebook.com/groups/AMABackyardBBQ](https://facebook.com/groups/AMABackyardBBQ) for more grilling fun this fall and winter!

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# RUBS & MARINADES





## The English Butcher's Barbecue Rub

**Shared by:** Elyse Chatterton, [getcookingedmonton.com](http://getcookingedmonton.com)

**From:** [AMAInsider.com](http://AMAInsider.com)

### Ingredients

- 2 teaspoons paprika
- 2 teaspoons chilli flakes
- 2 teaspoons maple sugar
- 2 teaspoons soft brown sugar
- 2 teaspoons smoked sea salt  
(or substitute with sea salt)
- 1 teaspoon ground cumin
- 1 teaspoon cayenne
- 2 teaspoons black pepper



### Directions

1. Mix everything together and sprinkle generously.
2. If you're interested in creating your own smoked salt, simply place a tray of kosher salt in your smoker and set the temp as low as it can go (ideally below 80 F). Smoke the salt for at least 4 hours, giving it a stir every hour to give an even smoke on all the salt.

## Fajita Seasoning

**Shared by:** Ginny Wiebe

**From:** [allrecipes.com](http://allrecipes.com)

**Yield:** 4 servings

### Ingredients

- 1 tablespoon corn starch
- 2 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon white sugar
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin



### Directions

1. Stir corn starch, chili powder, salt, paprika, sugar, onion powder, garlic powder, cayenne pepper, and cumin together in a small bowl.

## Smoked Barbecue Chicken Wings

Shared by: Tyler Kaupp

### Homemade Honey Garlic Sauce

1/2 cup honey  
1/4 cup 100% maple syrup  
4 tablespoons soy sauce  
4 large garlic cloves crushed  
1 tablespoon ginger finely diced  
1/2 teaspoon chili flakes  
1/3 cup water  
1 teaspoon corn starch

### Homemade Mild Hot Sauce

1/4 cup Frank's hot sauce  
1/4 cup tomato sauce  
1/2 teaspoon garlic powder  
1/4 teaspoon cider vinegar  
1/4 teaspoon Worcestershire sauce  
1/2 teaspoon dried ancho chile powder, or choose to leave out  
Tabasco sauce to taste  
(until satisfied with kick)  
Salt & freshly ground black pepper, to taste



### Directions

1. Add salt and pepper to a bowl, add wings.
2. Add 2 tablespoons olive oil.
3. Add homemade honey garlic sauce.



## Marinated Coconut Shrimp

Shared by: Rosemarie Eric Enokson



### Ingredients

- 1 tablespoon red pepper flakes
- 1 lemon seeded and juiced
- 1 tablespoon cilantro
- 1 tablespoon mint
- 1/4 cup olive oil
- 1/4 cup soy sauce
- 1/3 cup shredded coconut

### Directions

1. Marinate your peeled and deveined shrimp for 2-3 hours, skewer and then barbecue.

## Best Steak Marinade in Existence

**Shared by:** Misty Harris

**From:** hipfoodiemom.com

**Prep time:** 5 hours

**Yield:** For 4 to 5 pounds of meat

### Ingredients

- 1/3 cup soy sauce
- 1 tablespoon (heaping) brown sugar
- 1/2 cup extra virgin olive oil
- 1/3 cup fresh lemon juice
- 1/4 cup Worcestershire sauce
- 1 1/2 tablespoons garlic powder
- 3 tablespoons dried basil
- 1 1/2 tablespoons dried parsley flakes
- 1 teaspoon ground pepper
- 1/4 teaspoon hot pepper sauce (optional)
- 1 teaspoon fresh minced garlic



### Directions

1. Place meat into a large zip-top bag. Using a bowl, pour in all of the ingredients and whisk until thoroughly mixed. If you have a blender at home, feel free to blend the marinade ingredients together. Otherwise, a whisk works fine too!
2. Pour the marinade into the zip-top bag, directly over the meat. Cover and refrigerate for at least 1 hour and up to 4 hours. The longer you allow the meat to marinate, the better, but because of the acid (lemon juice) in the marinade, do not marinate longer than 4 hours.
3. Remove meat from the marinade and DISCARD THE MARINADE. Do not reuse. Cook steak as desired and enjoy!



## Tomato-Free Barbecue Sauce

**Shared by:** Christina Tanguay

**From:** somebodyfeedme.com

**Prep time:** 2 minutes

**Cook time:** 8 minutes

### Ingredients

1/2 cup Dijon mustard  
1/2 cup apple cider vinegar  
1/4 teaspoon onion powder  
1 dash of celery salt  
1 sprinkle of ground cloves  
1/4 teaspoon ground ginger  
2 teaspoon smoked paprika  
2 teaspoon smoked pepper  
2 teaspoon salt  
6 teaspoon brown sugar  
(or agave nectar if you prefer)  
4 tablespoons dark molasses  
salt and pepper to taste



### Directions

1. Combine Dijon mustard, apple cider vinegar, molasses, and brown sugar into a small to medium saucepan.
2. Add remaining ingredients (spices) and bring to a boil.
3. Once boiling, turn it down to low and let it simmer for 5-8 minutes, stirring every few minutes.
4. Give it a taste and see how it's coming out— all of the spice measurements are approximate. Add more smoked pepper if you want it smokier, add more brown sugar if it's too acidic/not sweet enough (I had this problem at first), add more vinegar if it's too sweet, etc. The beauty of cooking for yourself is that you can do whatever you want!
5. Remove from heat and let it cool and thicken up a bit for at least 15 minutes.

## Carrot Top Pesto

Shared by: YYC Growers



### Ingredients

2 cups carrot tops  
1/3 cup pecans  
1/3 cup extra virgin olive oil  
1/2 cup grated parmesan  
1 garlic scape  
1/2 teaspoon lemon juice  
1/4 teaspoon sea salt

### Directions

1. Puree in food processor. Too thick? Add a bit more olive oil.



## Dill Pickle Marinade

Shared by: Tania Hrebicek

### Directions

1. Marinate chicken in leftover dill pickle juice for 2 to 6 hours.
2. Grill with some olive oil, salt and pepper.



## Cream and Cornflakes Barbecue Chicken

Shared by: Steve Welliver

### Directions

1. Dip chicken in cream, then flour, then French dressing.
2. Toss in cornflake crumbs with an array of spices (garlic, pepper, oregano).
3. Grill.

## Blackberry and Shallot Marinade

Shared by: Michelle DeGraaff Mee

### Directions

1. Per pound, use 2 blackberries, 1/2 shallot, two tablespoons olive oil, dash of salt.
2. Marinade for a minimum of 8 hours, overnight is better.



## Peanut Chipotle Barbecue Sauce

**Shared by:** Jane Flower

**From:** foodandwine.com

### Ingredients:

1 tablespoon vegetable oil,  
plus more for brushing  
1 onion, finely chopped  
2 tablespoons minced fresh ginger  
2 garlic cloves, minced  
1 cup tomato puree  
2 tablespoons ketchup  
1 tablespoon red wine vinegar  
1 tablespoon Worcestershire sauce  
1 1/2 tablespoons Dijon mustard  
2 tablespoons honey  
2 tablespoons molasses  
3 tablespoons pure ancho chile powder  
1 canned chipotle in adobo, minced  
1/2 cup water  
2 tablespoons creamy peanut butter  
Salt and freshly ground pepper  
4 hamburger buns, split  
1 1/2 pounds ground beef chuck  
1/2 cup shredded cheddar (3 ounces)  
1 scallion, finely chopped  
lettuce and tomato slices, for serving



### Directions

1. In a medium saucepan, heat the 1 tablespoon of oil. Add the onion and ginger and cook over moderate heat, stirring occasionally, until softened, about 5 minutes. Add the garlic and cook for 1 minute, stirring. Add the tomato puree, ketchup, vinegar, Worcestershire sauce, mustard, honey, molasses, ancho chile powder, chipotle and water. Bring to a simmer and cook over low heat, stirring occasionally, until thickened, about 30 minutes. Transfer the sauce to a blender. Add the peanut butter and puree until smooth. Season the barbecue sauce with salt and pepper.
2. Light a grill or preheat a grill pan. Brush the cut sides of the buns with oil and grill until toasted, about 30 seconds. Spread some of the barbecue sauce on the buns.
3. Form the meat into four 1-inch thick patties and brush with oil. Season with salt and pepper and grill over high heat, turning once, until nearly cooked through, about 5 minutes. Brush the burgers with some of the sauce and grill until lightly glazed, about 2 minutes. Top with the cheddar and scallions, close the grill and cook just until the cheese is completely melted, about 1 minute. Set the burgers on the buns, top with lettuce and tomato and serve right away.
4. The barbecue sauce can be refrigerated for up to 2 months.



## Barbecue Salmon Recipe

Shared by: grewV Spice



### Ingredients

1 pound salmon (fillet or steaks)  
1 1/2 tablespoons olive oil  
1 tablespoon fresh squeezed  
lemon juice  
1/2 tablespoon grewV Signature  
Fine seasoning

### Directions

1. Mix the olive oil, lemon juice and grewV Signature Fine seasoning into a mixing bowl.
2. Once it is thoroughly mixed, brush or drizzle on the salmon.
3. Wrap tightly with plastic wrap and place into sealable plastic bag.
4. Place in fridge for 1 to 4 hours and let marinate.
5. Depending on thickness, grill for 3-4 minutes on each side and serve.

## Big Bad Beef Rub Recipe

**Shared by:** Aimee Schiewe

**From:** amazingribs.com

### Ingredients

3 tablespoons coarsely ground black pepper  
1 tablespoon granulated white sugar  
1 tablespoon onion powder  
2 teaspoons mustard powder  
2 teaspoons garlic powder  
2 teaspoons American chili or ancho powder  
1 teaspoon chipotle or cayenne powder



### Directions

1. Mix the ingredients together in a bowl. Store the rub in a tightly sealed bottle in a dark place. It will slowly start to decline in quality but should be fine up to a year later.
2. If your meat has not been pre-salted, shoot for about 1/2 teaspoon of kosher salt per pound of meat and apply it heavier on thick spots. When possible, apply the salt the day before, but even an hour or two is enough to get it moving inward, and Amazing Ribs' science advisor Prof. Greg Blonder has shown that when the meat heats, the salt moves deeper and faster.
3. You can apply the rub in advance, some people like to apply it the night before, but the fact is, most molecules in the rub are too large to penetrate more than a fraction of an inch, just like marinades. And they don't have the electrical properties that salt has. The rub is mostly a surface treatment for flavour and bark. So you can apply the rub just before cooking if you wish. Moisture and oils will mix with the spices and herbs, heat will work its magic on them, and all will be wonderful. I like to lightly wet the surface with water before the rub because many of the flavors in the rub are water soluble. Spread the rub generously on beef brisket, not so thick on other, thinner cuts. Also, be aware that the drippings from a salted meat for use in a gravy or jus will probably not need salting, so be sure to taste before you add salt. Remember, you can always add salt, but you can't take it away.



# SIDES





## Cornbread on the Grill

Shared by: Willy Grant

### Ingredients

- 1 1/4 cup cornmeal
- 3/4 cup AP flour
- 1/4 cup sugar
- 1/4 cup honey
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 1/3 cup buttermilk
- 2 eggs
- 8 tablespoons melted butter
- corn from one barbecued cob



### Directions

1. Bake on indirect heat on the barbecue until done.



## Roasted Cauliflower Hummus

**Shared by:** Chef Liana Robberecht, chefliana.com

**From:** AMAInsider.com



### Ingredients

- 1 large cauliflower
- 1/4 cup tahini
- 1 tablespoon plus 1/2 teaspoon True Lemon powder
- 2 tablespoons roasted garlic purée
- 1 tablespoon ginger purée
- 1 teaspoon cumin
- 1 tablespoon sambal oelek chili paste
- 1/2 teaspoon salt (or to taste)
- 1 cup olive oil

### Directions

1. Preheat barbecue to 350-400 F.
2. Clean and remove leaves from cauliflower.
3. Cut cauliflower lengthwise into 4 pieces, keeping stem.
4. Place onto barbecue rack for approximately 20-25 minutes.
5. Keep watch over cauliflower—turn over pieces for even roasting.
6. Remove when nicely charred.
7. Cool down.
8. In a food processor, add cauliflower, blend until it begins to form “rice,” then start adding all other ingredients until smooth, adjust seasoning as needed.

### Tips

One large whole cauliflower with leaves removed equals about four cups.

You can use lemon juice and zest instead of True Lemon powder, add to your taste.

You can also adjust spice or garlic level.

## Cambodian Coconut-Grilled Corn

**Shared by:** Misty Harris

**From:** barbecuebible.com

**Yield:** 4 servings

### Ingredients

3/4 cup unsweetened coconut milk  
2 tablespoons palm sugar or light brown sugar, or more to taste  
1 piece (2 inches) pandanus leaf, or 1 to 2 bay leaves  
1/4 teaspoon salt  
4 ears sweet corn, husked or husk stripped back and tied together as described below

### Directions

1. For each ear of corn, strip the husk back, leaving it attached at the bottom. (The action is a little like peeling a banana.)
2. Next, with each ear of corn, use a strip of corn husk to tie the remaining husks together under the ear to form a handle. Remove the corn silk.
3. Combine the coconut milk, palm sugar, pandanus leaf or bay leaf, and salt in a small saucepan over medium heat and let simmer gently until the sugar dissolves, 3 to 5 minutes. Taste for sweetness, adding more sugar if necessary. Remove the pan from the heat and let the basting mixture cool to room temperature.
4. Set up the grill for direct grilling and preheat it to high.
5. When ready to cook, brush and oil the grill grate. Place the corn on the hot grate and grill it until nicely browned on all sides, 2 to 3 minutes per side, 8 to 12 minutes in all, turning with tongs. Start basting the corn with some of the coconut milk mixture after a few minutes and baste it again several times as it grills.
6. Baste the corn one final time, transfer it to a platter or plates, and serve.

### Tips

Coconut milk, the heavy cream of the tropics, is available in cans at most supermarkets. Look for unsweetened coconut milk; one good brand is Chaokoh.

Pandanus leaf is the slender, sword-shaped leaf of the screw pine; it's used as a wrapper and flavoring in Southeast Asian cooking. You can find it dried in Asian markets, but a couple of bay leaves will give you similar flavor.

Palm sugar is the sweetener of choice in much of Asia; light brown sugar is similar in texture and flavor.



## Raspberry Horseradish

**Shared by:** Pat Bowers

**From:** food.com

**Prep time:** 5 minutes

**Yield:** 6-8 servings

### Ingredients

1/2 cup raspberry jam (red)

1/4 cup apple jelly

1 teaspoon dry mustard

1 tablespoon prepared horseradish  
(grated not creamy)

1 tablespoon coarse black pepper



### Directions

1. Combine all ingredients in a bowl.
2. Mix well. Refrigerate for at least 1 hour.

## Homemade Caesar Salad Dressing

**Shared by:** Joanne Moore Sand

**From:** [onceuponachef.com](http://onceuponachef.com)

**Prep time:** 10 minutes

**Yield:** 1 1/3 cups (enough for about 10 starter salads)

### Ingredients

2 small garlic cloves, minced  
1 teaspoon anchovy paste  
2 tablespoons freshly squeezed lemon juice, from one lemon  
1 teaspoon Dijon mustard  
1 teaspoon Worcestershire sauce  
1 cup mayonnaise  
1/2 cup freshly grated Parmigiano-Reggiano cheese  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper



### Directions

1. In a medium bowl, whisk together the garlic, anchovy paste, lemon juice, Dijon mustard and Worcestershire sauce. Add the mayonnaise, Parmigiano-Reggiano, salt and pepper and whisk until well combined. Taste and adjust to your liking. The dressing will keep well in the fridge for about a week.



## Chili-Con Queso

**Shared by:** Bob Schneider

**From:** traegergrills.com

### Ingredients

- 1 pound hot pork sausage
- 1 2-pound block Velveeta cheese
- 1 pound smoked Gouda cheese
- 10-ounce can RO\*TEL original diced tomatoes and green chilies
- 10-ounce can RO\*TEL fire-roasted diced tomatoes and green chilies
- 10-ounce can cream mushroom soup
- 4 tablespoons Traeger Coffee Rub
- ½ cup chopped cilantro



### Directions

1. Heat a medium cast-iron skillet over medium heat and fully cook pork sausage, breaking into small chunks as you go. Remove the sausage and drain and discard the fat.
2. When ready to cook, set Traeger temperature to 350°F and preheat, lid closed for 15 minutes.
3. Use a 4- to 5-quart cast iron Dutch oven or other oven safe dish. Divide the block of Velveeta into 5 to 6 large pieces and cut the smoked Gouda into small 1-inch cubes. Add the canned ingredients including the liquid. Add the sausage and Traeger Coffee Rub last.
4. Smoke the queso for 45 minutes on the Traeger, stirring 3 to 4 times.
5. Add most of the cilantro the last 5 minutes of smoking. Sprinkle remaining cilantro on the top before serving. Enjoy!

### Tip

Substitute the coffee rub for Meat Church Holy Voodoo Rub.

## Pear, Date & Walnut Salad with Blue Cheese

**Shared by:** David Middleton

**From:** cookieandkate.com

**Prep time:** 10 minutes

**Cook time:** 5 minutes

**Yield:** 4 salads

### Ingredients

#### Vinaigrette

1/4 cup extra-virgin olive oil  
1 1/2 tablespoons white wine vinegar  
1 teaspoon honey or maple syrup  
1 teaspoon Dijon mustard  
pinch of salt  
several twists of freshly ground black pepper

#### Salad

1/3 cup chopped raw walnuts  
5 to 6 ounces red leaf lettuce, torn into small pieces (about 5 to 6 cups), or spring mix  
7 Medjool dates, pitted and sliced thin  
2 Bosc or Bartlett pears, unpeeled and sliced into 1/4-inch thick pieces  
1/3 cup crumbled blue cheese



### Directions

1. To make the dressing: In a small bowl, combine all of the dressing ingredients and whisk to combine. Taste, and adjust if necessary.
2. To make the salad: First, toast the walnuts in a medium skillet over medium heat until fragrant, stirring often, about 4 to 5 minutes. Set aside.
3. In a medium serving bowl, combine the greens, dates, pears and toasted walnuts. When you're ready to serve, drizzle in some dressing (you won't need all of it) and toss until the greens are lightly coated, adding more if necessary. Serve in individual bowls with blue cheese sprinkled on top.

### Tips

Substitute blue cheese with goat cheese.  
Substitute the walnuts with sunflower seeds.



## Bacon Potato Roses

**Shared by:** Matt Lundberg

**From:** facebook.com/farnorthbbq/



### Ingredients

2 tablespoons olive oil  
1 teaspoon garlic powder  
1 teaspoon dried thyme  
1 teaspoon dried rosemary  
1/2 teaspoon black pepper  
1 teaspoon salt  
6 strips centre cut bacon  
6 pieces of prosciutto  
4 potatoes (russet)

### Directions

1. Slice potatoes very thin using a mandolin.
2. In a bowl, mix first 6 ingredients with potatoes.
3. Toss to coat.
4. First lay out a piece of prosciutto and overlap it with a piece of bacon.
5. Line the bacon with the sliced potatoes, making sure each potato is overlapping.
6. Roll it up from the prosciutto end creating a rose potato.
7. Add to a muffin tin sprayed with cooking spray.
8. Bake at 400 F for 20 mins. Remove, cover with foil and bake for another 30 mins.
9. Remove, uncover and top with Parmesan cheese and thyme.

## Apple Slaw

**Shared by:** Michelle DeGraaff Mee

### Ingredients

Granny Smith apples  
cilantro (or parsley if you prefer)  
chipotle peppers or smoked jalapeños  
five spice oil or chipotle oil



## Panzanella Salad with Grilled Peaches

**Shared by:** David Middleton

### Directions

1. Use whatever veg you have around, toast up some pieces of bread and add a fruit if you like.
2. Tomatoes, chopped (or whole cherry tomatoes).
3. Red Onion, thin slices. (You can add other veg like slices of cucumber or blanched asparagus spears.)
4. Seasoned croutons (I toast and cool gluten free bread, quarter then toss in olive oil seasoned with fresh garlic, S&P and Herbes de Provence).
5. Salad greens (I used basil, arugula and a spring mix lettuce from the garden).
6. Crumbled feta cheese (you can use bocconcini instead).
7. Peaches, halved and brushed with the crouton oil then grilled for a few minutes on each side, then sliced. Garnished with fresh thyme sprigs. (You can use watermelon, or any fruit you like.)
8. Dressing, same as crouton oil plus white wine vinegar (3 parts oil, 1 part vinegar).
9. I like to layer some of the larger greens on the bottom of a platter and carefully assemble the other ingredients for a nice presentation, then just drizzle with the dressing: I don't toss until serving.

## Greek Potatoes

**Shared by:** Rodrigo Danyau

### Directions

1. Wedge potatoes.
2. Pour a cup or 2 of chicken broth, and a bit of olive oil and lemon juice on the potatoes.  
Top with Greek seasoning.
3. Bake at 375 F for an hour.
4. Dip in tzatziki sauce.



## Broccoli Cranberry Salad

**Shared by:** Erinn Steele

**From:** spendwithpennies.com

### Ingredients

- 8 cups broccoli (cut into bite-size pieces)
- 1/3 cup red onion (diced)
- 1/2 cup dried cranberries
- 1/4 cup sunflower seeds
- 1/2 cup bacon bits
- 3 tablespoons cider vinegar
- 2 tablespoons sugar
- 1 cup mayonnaise
- salt & pepper



### Directions

1. Mix together and put it fridge for 30 minutes.



## Meg Tucker's Warm Bacon + Egg Dill Potato Salad

Shared by: Egg Farmers of Alberta



### Ingredients

1 1/2 lbs baby potatoes

### Dressing

1 cup mayo

1 tablespoon dried dill

(2 tablespoons if fresh)

3 green onions sliced

2-3 hard boiled eggs

1 1/2 tablespoon rice wine or  
any type of white wine vinegar  
apple cider

1 tablespoon white granulated sugar

6-8 pieces crumbled bacon

1 teaspoon salt

1 teaspoon pepper

### Directions

1. Cut potatoes in half and boil in a big salted pot of water until fork tender. Remember they will continue to cook for a couple minutes after you take them out, so test them after about 10 minutes.
2. Drain and leave in colander. While the potatoes are cooking, let's cook the bacon! Drain the fat and chop into crumbles once cooled.
3. To make the dressing, whisk together mayo, dill, rice wine vinegar, sugar, salt and pepper in a bowl. Taste, add more sugar if you prefer yours on the sweeter side. If you can leave the dressing for a few minutes, it will allow the sugar to dissolve into the dressing.
4. Slice green onions and toss into the dressing.
5. Sprinkle crunchy bacon, and crumbled hard boiled eggs into the dressing.
6. Toss everything in the warm/hot potatoes, coat with dressing, serve and enjoy!

## Zucchini-Parmesan Bread with Poppy Seeds

**Shared by:** Jane Flower

**From:** marthastewart.com

### Ingredients

- 1 stick unsalted butter, melted;  
plus more for pan
- 2 1/4 cups unbleached all-purpose  
flour, plus more for pan
- 3 cups shredded zucchini  
(from 2 medium)
- 2 tablespoons sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 1 3/4 teaspoons baking powder
- 1/2 teaspoon poppy seeds
- 3 1/2 ounces Parmesan, shredded  
(1 1/2 cups)
- 3 large eggs, room temperature
- 1/2 cup sour cream



### Directions

1. Preheat oven to 375 F degrees. Brush a standard 9-by-5-inch loaf pan with butter and dust with flour, tapping out excess.
2. Place zucchini in the center of a clean kitchen towel or a few layers of cheesecloth. Gather into a tight bundle and squeeze out as much excess liquid as possible; set aside. In a large bowl, whisk together flour, sugar, salt, pepper, baking powder, baking soda, and poppy seeds, 30 seconds. Add 1 cup cheese; toss to evenly coat in flour mixture. In another bowl, whisk together butter, eggs, sour cream, and zucchini until smooth. Make a well in flour mixture and pour zucchini mixture into it. Stir together just until combined and no dry flour remains (do not overmix). Transfer to prepared pan. Top evenly with remaining 1/2 cup cheese.
3. Bake until a tester inserted into center comes out clean, 60 to 70 minutes. Let cool in pan 10 minutes, then transfer loaf to a wire rack and let cool completely. Bread can be stored at room temperature, wrapped in parchment-lined foil, up to 3 days.



## Spiced Pickled Cantaloupe

Shared by: Chef Liana Robberecht, chefliana.com

### Ingredients

1/2 cup malt vinegar  
1/2 cup apple cider vinegar  
1/2 cup white vinegar  
1 cup cold water  
3 tablespoons kosher salt  
2 tablespoons organic sugar  
1 whole cantaloupe, peeled, seeded, cut into wedges (approx. 16)  
2 white onions, peeled, sliced thin  
2 tablespoons toasted coriander seeds  
3 star anise  
3 bay leaves  
1 teaspoon toasted fennel seeds  
1 teaspoon roasted garlic  
1-2 jalapeno sliced thin  
1 teaspoon mustard seeds  
1/4 teaspoon peppercorns  
8 dill sprigs



### Directions

1. Bring all ingredients together to a boil in a sauce pot, then lower to a simmer for 30 minutes.
2. In clean containers, layer cantaloupe, onion and jalapeno then pour over hot liquid to the top. Cover and place in fridge. Eat within a week.

### Tip

Before pickling, give your cantaloupe a quick grill on the barbecue.

## Kale, Pea & Spinach Pasta Salad

Shared by: 2BK Vegetable Farm

### Ingredients

1 bag gluten-free farfalle  
(bow-tie pasta) or rotini  
handful spinach  
1 cup fresh peas  
1 tablespoon extra-virgin oil and  
lemon to “massage” the kale  
pink sea salt and ground pepper  
to taste

### Italian Vinaigrette

about 1/3 cup extra virgin olive oil  
2 tablespoons chopped, fresh parsley  
2 teaspoons grated Parmesan cheese  
(optional)  
pinch of red pepper flakes  
pinch of 2BK oregano  
2 tablespoons white wine vinegar  
2 tablespoons fresh lemon juice  
2-3 garlic cloves, finely chopped  
sea salt and pepper to taste



### Directions

1. Whisk all vinaigrette ingredients together in a bowl.
2. Prepare pasta, as per box instructions.
3. In a large bowl, combine the massaged kale, spinach and peas. Add any other vegetable you like, maybe kohlrabi!
4. Mix with the cooked but cooled-down pasta.
5. Feel free to add crumbled feta or any leftover Parmesan cheese to the pasta.
6. Mix when ready.



# MAINS





## Grilled Eggs in Sweet Peppers

**Shared by:** Egg Farmers of Alberta

**From:** eggs.ab.ca

**Cooking time:** 25 minutes

**Yield:** 4 servings

### Ingredients

4 medium sweet peppers  
(any colour) with stems

8 eggs

1/2 cup shredded medium  
cheddar cheese

4 teaspoons chopped fresh parsley  
or cilantro



### Directions

1. Preheat grill to medium heat (about 350 F/180 C).
2. Cut 1/2 inch (1 cm) off the stem end of each pepper. Remove seeds from top slices and seeds and membranes from bottom portion of each pepper.
3. For each pepper, whisk two eggs, 1 tablespoon cheese and 1 teaspoon parsley. Pour mixture into pepper. Sprinkle 1 tablespoon cheese over top. Place top back on pepper.
4. Carefully place peppers on the grill. Close the lid and cook until peppers are tender and egg mixture is set and slightly puffed, 25 to 30 minutes.

### Tips

Choose plump peppers with a square shape. They should sit level.

Vary the type of cheese: Try Swiss, Tex-Mex blend, feta or Parmesan. Add diced ham to the egg mixture.



## Indonesian Pork Satay

**Shared by:** Teresa Schile

**From:** Let's Go Dutch

**Yield:** 4 servings



### Ingredients

1/4 cup chutney  
(preferably mango chutney)  
1/4 cup sunflower OR canola oil  
1/4 cup sweet soy sauce  
(Ketjap Benteng Manis)  
1/2 teaspoon curry powder  
1 pound boneless pork (all fat removed), cut in 1-inch cubes  
1/2 cup peanut butter  
1/3 cup honey  
3 tablespoons lemon juice  
1/4 teaspoon sambal oelek  
(preserved crushed chili peppers)  
2 teaspoons prepared crushed garlic or 2 cloves, minced

### Directions

1. Mix the chutney, 2 tablespoons of vegetable oil, two tablespoons of soy sauce and the curry powder. Marinate the pork in this mixture for at least one hour.
2. Thread the pork onto bamboo skewers, six on each for an entrée. Place on a rack in a shallow packing pan. In the oven: Bake at 325 F (160 C) for 15 minutes.
3. Combine the peanut butter, honey, 2 tablespoons of vegetable oil, lemon juice, 2 tablespoons of soy sauce, the sambal oelek and the garlic in a medium saucepan. Heat this mixture to boiling and brush on all sides of the pork cubes. In the oven: Bake for 10 minutes more and serve hot on a bed of fluffy rice. On the barbecue: Brush. Use the remaining peanut sauce as a dip for the pork on the table.

### Tips

Brush on the peanut sauce after skewering the pork.  
Grill skewers for about five minutes a side at 350 F.

## Christopher Kimball's Moroccan Chicken Skewers

**Shared by:** Don Smitten

**From:** kitchen511.com

**Yield:** 4 servings

### Ingredients

3 lemons

1/4 cup extra-virgin olive oil,  
plus extra to serve

2 garlic cloves, finely grated

1 tablespoon finely grated fresh ginger

1 tablespoon ground cumin

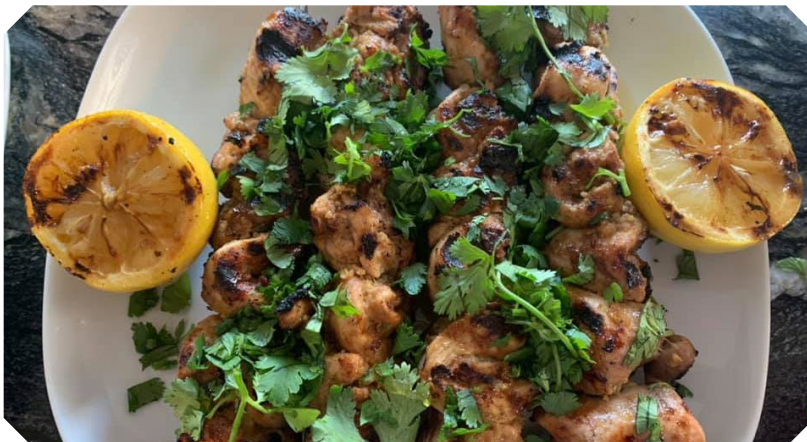
1 tablespoon ground coriander

Kosher salt & ground black pepper

3 tablespoons honey, divided

1 1/2 pounds boneless, skinless  
chicken thighs, trimmed & cut  
crosswise into thirds

1/4 cup minced fresh cilantro,  
flat-leaf parsley or mint



### Directions

1. With a wand-style grater, use 1 lemon to grate 1 tablespoon zest and squeeze 2 tablespoons juice into a large bowl. Stir in the oil, garlic, ginger, cumin, coriander, 2 teaspoons salt, 1 teaspoon pepper and 2 tablespoons honey. Add the chicken, toss and set aside for 15 to 30 minutes. Set a wire rack in a rimmed baking sheet. Heat the broiler with a rack about 4 inches from the element.
2. Thread the chicken onto four 12-inch metal skewers, scrunching multiple pieces onto each skewer; set the skewers on the prepared rack. Cut the remaining 2 lemons in half and arrange cut-side up next to the chicken.
3. Broil until the chicken is well charred all over, 10 to 15 minutes, turning halfway through; the lemon halves should be charred on the cut sides.
4. Transfer the skewers and lemon halves to a platter. Drizzle the remaining 1 tablespoon honey over the cut sides of the lemons. Squeeze the juice from 1 lemon half over the chicken, drizzle with olive oil and sprinkle with the herbs. Serve with the remaining lemon halves on the side.

### Tip

Don't marinate the chicken longer than 30 minutes or the lemon juice and ginger will make it mushy.

## Pizza Dough

**Shared by:** Robyn Couture

**From:** bonappetit.com

### Ingredients

3/4 cup warm water (105F to 115F)

1 envelope active dry yeast

2 cups (or more) all purpose flour

1 teaspoon sugar

3/4 teaspoon salt

3 tablespoons olive oil



### Directions

1. Pour 3/4 cup warm water into small bowl; stir in yeast. Let stand until yeast dissolves, about 5 minutes.
2. Brush large bowl lightly with olive oil. Mix 2 cups flour, sugar, and salt in processor. Add yeast mixture and 3 tablespoons oil; process until dough forms a sticky ball. Transfer to lightly floured surface. KNEAD dough until smooth, adding more flour by tablespoonfuls if dough is very sticky, about 1 minute. Transfer to prepared bowl; turn dough in bowl to coat with oil. Cover bowl with plastic wrap and let dough rise in warm draft-free area until doubled in volume, about 1 hour. PUNCH down dough. DO AHEAD: Can be made 1 day ahead. Store in airtight container in refrigerator. Roll out dough according to recipe instructions. (Start in center of dough, working outward toward edges but not rolling over them.)

### Tip

Backyard BBQ member Sandra Tobin suggests barbecuing pizza straight on the grill. "I roll or stretch my dough, lightly oil one side and cook it till the top side bubbles. Then flip it for less than a minute. Now the pizza is ready to take the toppings. Cook prepared pizza until cheese melts."



## Spice Beer Chicken

**Shared by:** Alberta Chicken Producers

**From:** chicken.ab.ca

**Yield:** 4 servings

### Ingredients

- 3 1/4 pounds (1.7 kg) whole chicken
- 2 teaspoons olive oil
- 1 teaspoon dry mustard
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 3/4 teaspoon salt
- 1/2 teaspoon cracked black pepper
- 12-ounce can of beer (355 mL)
- 2 rosemary sprigs
- 2 garlic cloves, minced



### Directions

1. Preheat the barbecue to medium high.
2. Rinse the chicken inside and out with cold water and pat dry with paper towel.
3. Tuck the wings behind.
4. Brush the chicken all over with the oil.
5. Combine the mustard, garlic powder, paprika, salt and pepper in a small bowl.
6. Rub the spice mixture all over the chicken and inside the cavity.
7. Open the beer can and pour out half of the beer and reserve for another use.
8. Place the rosemary sprigs and garlic inside the beer can.
9. Place the chicken cavity over the top of the beer can so about half of the can sits inside the chicken.
10. Turn one burner off on the barbecue.
11. Place the chicken on the unlit side using the legs and can as a tripod and close the lid.
12. Cook the chicken using indirect heat, for about 1 1/2 hours or until cooked and the juices run clear when the chicken is pierced around the thigh bone (or when a meat thermometer reads 180 F (82 C) when inserted into the thickest part of the thigh).
13. Carefully remove the chicken from the barbecue using oven mitts.
14. Cover with foil to keep warm and let stand for 10 minutes before carving.

## Herb and Mustard “Plastered” Beef Rotisserie Roast

**Shared by:** Alberta Beef

**Prep time:** 20 minutes

**Cook time:** 60 minutes

**Yield:** 6 servings

### Ingredients

2 pounds boneless premium rotisserie roast (prime rib or top sirloin)

1/4 cup grainy or plain Dijon mustard

3 large cloves garlic, finely minced

1 teaspoon each: Worcestershire sauce and dried rosemary, oregano and thyme (or 1 tablespoon each fresh)

1/2 teaspoon freshly ground pepper



### Directions

1. Insert rotisserie rod lengthwise through centre of roast so that it is balanced; secure with holding forks. In small bowl, combine remaining ingredients to make a thick, spreadable paste. Set roast on spit rod over large bowl or pot; coat roast with mustard paste. Insert meat thermometer into centre of roast, avoiding spit rod.
2. Place roast over drip pan in barbecue preheated to medium-high 400 F (200 C). Close lid; cook 45 to 55 minutes until thermometer reads 155 F (68 C) for medium. For an estimated cooking time chart, refer to the barbecue roasting cooking lesson.
3. Remove to cutting board; cover with foil for 10 to 15 minutes. Slice thinly across the grain.

## Grilled Rack of Lamb Ukrainian Style with Pomegranate Molasses Mint Sauce and Blistered Tomatoes

**Shared by:** Chef Brad Smoliak, Kitchen By Brad

**From:** AMAInsider.com

### Ingredients

#### Grilled Rack of Lamb

2 trimmed (leave some fat on) lamb racks rubbed with:  
1 tablespoon fresh rosemary  
1 tablespoon fresh oregano  
1 tablespoon fenugreek leaves  
2 smashed garlic cloves  
3 tablespoons olive oil

#### Pomegranate Molasses Mint Sauce

1/4 cup sugar  
1/4 (packed) cup fresh mint  
1 cup water  
1/4 cup vinegar red or white  
1/4 teaspoon salt

#### Blistered Tomatoes

### Directions

1. Marinate at least 4 hours or overnight if possible in refrigerator.
2. Put in large Ziploc bag and refrigerate.
3. Take out of the fridge an hour before grilling to take chill off.
4. Season with Ukrainian salt. (See below for ingredients and instructions to make your own)
5. Pre-heat grill to medium low heat.
6. Grill racks fat-side down approximately 7 minutes and turn over. Watch for flare ups. Grill until internal temperature reaches 130 C. (Should take about 30 minutes.)
7. Remove from heat and rest for at least 10 minutes.
8. Slice between bones to serve. Two racks easily serves 4 people.

### Directions

1. Simmer for 15 minutes.
2. Strain mint out and add 2 tablespoons of pomegranate molasses.
3. Chill.
4. Add 1 tablespoon of fresh chopped mint before serving.
5. Finish everything with a drizzle of good olive oil and a hefty sprinkle of Maldon sea salt.

### Directions

1. Add two cups of random small tomatoes (of your choice) to a cast-iron pan.
2. Place on the grill on high heat and move the pan around for approximately five minutes. It doesn't take long to get some nice blisters on these. Do not cook these in advance as they deflate and lose their juices quickly.

Continues on next page...



**Ukrainian Salt**

2 tablespoons kosher salt  
1 teaspoon ground coriander  
1 teaspoon fenugreek leaves  
1/2 teaspoon red chili flakes  
1 teaspoon chopped garlic

**Directions**

1. Place all dried spices in spice grinder, grind to a fine powder.
2. Add garlic, pulse in food processor, and store in air-tight container.

**Tips**

Fenugreek is popular in Eastern European food as well as Indian curries. The smell is grassy and the flavour is reminiscent of maple and celery.

Available at local spice shops, including The Silk Road Spice Merchant in Edmonton. (You can also get fresh fenugreek micro-greens at Thistle Hill Farms in Lacombe.)



## Grilled Chicken Thighs

**Shared by:** Chef Doreen Prei, Zinc

**From:** AMAInsider.com



### Ingredients

4 chicken thighs (bone in, skin on)  
extra virgin olive oil  
lemon juice and lemon zest to taste  
fresh oregano or thyme leaves  
salt and pepper  
1 garlic, crushed

### Tahini Yogurt Sauce

1 cup tahini  
1/2 cup of yogurt (full fat Greek)  
lemon juice to taste  
1 glove garlic, crushed  
salt to taste  
water (for consistency)

### Grilled Vegetables

zucchini (cut in rounds)  
peppers (cut in bigger triangles)  
mushrooms (cleaned)  
red onions (cut in bigger slices)

### Directions

1. Marinate the chicken by rubbing it with garlic and lemon zest.
2. Add lemon juice and olive.
3. Refrigerate up to three days.
4. Preheat your grill on high heat.
5. Season the chicken thighs with salt and pepper on both sides.
6. Grill on high heat for about 5 minutes on each side.
7. Turn down the barbecue to a low heat and grill for about 20 minutes depending on the size of the chicken.
8. Rest for 5 minutes and slice.

### Directions

1. Place all the ingredients (but the water) and blend.
2. Add cold water gradually to the desired consistency.
3. Taste for salt and lemon juice.

### Directions

1. Marinate the vegetables with lemon juice, olive oil, salt, freshly chopped rosemary, thyme and parsley, crushed garlic.
2. Heat up the barbecue to a medium high heat and grill your vegetables to your desired liking.

## Shawarma Beef Burger

**Shared by:** Wanda Baker

**From:** savourcalgary.ca

### Ingredients

#### Burger

1 tablespoon sumac  
1 tablespoon paprika (smoked is fine)  
1 tablespoon ground cumin  
1 tablespoon ground coriander  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon Aleppo pepper  
good pinch salt and black pepper  
3 cloves garlic minced  
2 pounds ground beef

#### Tahini-Garlic Sauce

1/4 cup tahini  
1/2 cup Greek yogurt  
2-3 tablespoons fresh lemon juice  
2 cloves garlic, minced  
pinch salt

#### Burger toppings

8 leaves butter lettuce  
1/2 red onion, sliced thin  
2 tablespoons fresh parsley, chopped  
2 tomatoes, sliced  
pickles or hot peppers



### Directions

1. Mix together sumac through salt and pepper in a small bowl. Set aside.
2. In a large bowl mix together the burger, two tablespoons of the spice mix you just made and garlic.
3. Form 8 burger patties. Salt and pepper each side of the burger patties before grilling.
4. Grill over high heat for approximately 3-5 minutes per side. Set aside to rest before serving.
5. To make sauce, mix together tahini through salt. Taste and adjust seasonings as needed.
6. To assemble burger (or pita), slather on some sauce, add your burger, sprinkle on some parsley and your favourite toppings.



## Honey Mustard Pork Tenderloin

**Shared by:** Stephanie Elizabeth

**From:** jocooks.com

**Prep time:** 10 minutes

**Cook time:** 25 minutes

**Resting time:** 15 minutes

**Yield:** 6 servings

### Ingredients

2 one-pound pork tenderloins

2 pounds baby potatoes

1 pound green beans

3 tablespoons olive oil

1/2 teaspoon garlic powder

1 tablespoon Italian seasoning

1/2 teaspoon salt

1/4 teaspoon

### Sauce

2 tablespoons grainy mustard

2 tablespoons honey

2 tablespoons soy sauce (low sodium)

3 cloves garlic, minced

1 tablespoon sriracha sauce

(or any other hot sauce)



### Directions

1. Preheat the oven to 450 F.
2. Mix all the sauce ingredients together and season with salt and pepper if needed.
3. Wash the pork tenderloins and pat dry with paper towels. Brush or spoon the sauce over the pork and set aside.
4. Season the potatoes and green beans with olive oil, salt, pepper, Italian seasoning, and garlic powder. Toss until evenly coated. I seasoned them separately and divided the oil and seasoning in half for each.
5. Lay the green beans down the middle of the sheet pan and dump the potatoes along the sides. Lay the pork tenderloins over the green beans and brush or spoon with more sauce.
6. Let everything cook for 25-30 minutes, or until the pork registers 145 F at the thickest part on an instant-read thermometer. Brush or spoon more sauce over the pork at the half-way point.
7. Cover the pork with foil and rest for 15 minutes before serving. Enjoy!

## Marla's Maple Pork

Shared by: Jana Yost

From: Looneyspoons.com



### Ingredients

1 1/2 pounds pork tenderloin  
1/2 cup pure maple syrup  
(optional: sugar free)  
2 tablespoons each reduced sodium soy sauce and ketchup  
1 tablespoons Dijon mustard  
2 teaspoon grated orange zest  
1 1/2 teaspoons each curry powder and ground coriander  
2 teaspoon minced garlic  
1 teaspoon Worcestershire sauce

### Directions

1. Trim pork of all visible fat. Place pork in large, heavy-duty zip-lock bag.
2. Whisk together all remaining ingredients in a medium bowl.
3. Pour marinade over pork and seal bag. Turn bag several times to coat pork evenly. Marinate in refrigerator for 1 hour.
4. Transfer pork and marinade to a small roasting pan or baking dish. Roast, uncovered, at 350 F
5. for 40 minutes. Pork should be slightly pink in the middle.
6. Let pork stand for 5 minutes before slicing. Slice thinly. Drizzle extra sauce over pork and serve immediately.

## Dry Rub Chicken Wings

Shared by: Kerri Cowie



### Ingredients

#### Wings

- 1 tablespoon chili powder
- 1 teaspoon cayenne pepper
- 2 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon celery salt
- 1 tablespoon brown sugar
- 1 1/2 kilograms chicken wings

#### Hot sauce

- 1 tablespoon butter
- 1 tablespoon honey
- 1/2 teaspoon cayenne pepper
- 60 millilitres Frank's Hot Sauce
- 1 tablespoon sriracha sauce

### Directions

1. Mix dry rub ingredients together in small bowl and coat chicken wings with dry rub.
2. Spray large rectangular casserole dish and put wings in there.
3. Let sit for 2 hours in fridge to have rub stick to wings.
4. After 2 hours, mix hot sauce recipe (might have to double it for wings) and take chicken out of fridge.
5. Pour sauce over chicken and cook in 350 F oven for 20 minutes.
6. Once done, take chicken out of oven and put chicken wings on barbecue to finish cooking (about 10 to 15 minutes on medium heat).

### Tip

Make sure barbecue grill is clean and sprayed with non-stick spray or wings will stick to grill. Good luck!



## Next-Level Herb-Garlic Gourmet Turkey Burgers

**Shared by:** Chantal May

**From:** cobsbread.com

### Ingredients

#### Burger

4 COBS Herb & Garlic Gourmet Hamburger Buns

1 1/2 pounds ground turkey

1 egg

2/3 cup panko breadcrumbs

1 tablespoon mayo

4 slices white cheddar

2/3 cup spinach

1/2 red onion, thinly sliced

8 strips bacon

#### Burger Seasoning

2 tablespoons kosher salt

2 tablespoons coarse ground pepper

1 1/2 tablespoons raw sugar

1 tablespoon garlic powder

1 teaspoon ground red chili flakes

(this can be adjusted)

#### Lemon Garlic Aioli and Roasted Red Pepper & Basic Compote

1 cup mayo

1 clove garlic, finely minced

pinch of salt and pepper

2 tablespoons fresh lemon juice

1/4 teaspoon lemon zest

1/2 medium yellow onion, diced finely

2 cups diced roasted red peppers

2 tablespoons butter

2 tablespoons basil, chopped

1/4 cup red wine vinegar

1/2 cup brown sugar

1 tablespoon hot sauce

### Directions

#### Burger

1. Mix turkey, egg, panko breadcrumbs, and mayo together in a bowl. Form into 4 equal patties. Try to keep 1/2 inch wider than your bun. Season both sides of your patty with your burger seasoning liberally.
2. Heat your grill up to a medium heat.
3. Cook patty until an internal temperature of 165 F. Add cheese as patty is almost done.
4. While patties are cooking, cook your bacon to preferred crispiness.
5. After patties have been removed, place split buns face down on the grill to toast.
6. To construct your burger, start with the bottom bun. Top your bottom bun with your patty, onion, bacon, and spinach. Add your preferred condiments to the top of the bun and combine your burger together
7. Want to make this recipe next-level? Skip your preferred condiments and follow the recipe for a delicious roasted red pepper compote and a lemon garlic aioli.

#### Burger Seasoning

1. Put all ingredients in a bowl and mix to combine.

#### Lemon Garlic Aioli

1. Put all ingredients in a bowl and mix to combine. Let sit in fridge minimum one hour.

#### Roasted Red Pepper & Basil Compote

1. Add 1 tablespoon butter. Cook onion and roasted red pepper in a pan on medium high heat for 5 minutes. Cook until onions become translucent.
2. Add vinegar and hot sauce. Cook for 5 minutes.
3. Add remaining butter and sugar. Cook until the sauce darkens and thickens. Cook for 5 minutes or until compote looks like a jam texture.
4. Remove from heat and mix in fresh basil.

## Beef Brisket

**Shared by:** Roger Morton

**From:** loveflips.com and keviniscooking.com

### Ingredients

#### Brine

- 8 cups of hot water
- 1/2 cup of kosher salt
- 1/2 cup lemon sugar
- 1/2 cup brown sugar
- 2 cinnamon sticks  
(1 big teaspoon ground)
- 3 star anise
- 1 teaspoon celery seeds
- 2 teaspoons fennel seeds
- 8 cloves (2 teaspoons ground)
- 5 bay leaves
- 1 tablespoon mixed peppercorns  
(just black)
- 5 pounds beef brisket
- 8 cups cold water and ice

#### Dry Rub

- 1 1/2 cups brown sugar
- 2 tablespoons kosher salt
- 2 tablespoons fennel seeds
- 2 tablespoons ground black pepper
- 2 tablespoons chili powder
- 2 tablespoons coriander seed
- 1 tablespoon ground ginger
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 2 teaspoon celery seed
- 2 teaspoon nutmeg



### Directions

1. Toast all seeds lightly in a sauté pan to extract essential oils and toast slightly. Allow to cool.
2. Bring water to a boil and mix all ingredients in a container large enough to allow meat to be covered in brine. Make sure sugar and salt are dissolved.
3. Add the ice to cool brine down and submerge the beef brisket.
4. Brine for two days or more if desired in refrigerator, covered.
5. Mix rub ingredients together in a small bowl.
6. Rinse off brined brisket. Shake off excess water and apply dry rub. Press rub mixture on to meat, allow to rest for two hours, covered and refrigerated.
7. Soak your wood chips. Bring meat to room temperature. Place dry rubbed brisket in the smoker set at 225 F for an hour and a half per pound. Add the smoke chips or pellets per smoker manufacturer instructions.

## Homemade Beef Burgers

**Shared by:** Lindsay Loo

**From:** lifeasablonde.com

**Prep time:** 20 minutes

**Cook time:** 10 minutes

**Yield:** 6 burgers

### Ingredients

650 grams lean ground beef  
3 cloves garlic, chopped  
1/4 onion, chopped  
1/2 jalapeno, chopped  
1/4 cup parsley, chopped  
1 teaspoon chipotle chili powder  
1 teaspoon cayenne pepper  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon ground pepper  
1 tablespoon ketchup  
1 tablespoon Worcestershire sauce  
1 teaspoon Dijon mustard  
hamburger or Kaiser buns  
optional toppings: lettuce,  
tomato, avocado, mushrooms,  
cheese, mayo, mustard, ketchup,  
relish, onion



### Directions

1. Remove ground beef from package and place in a large mixing bowl. Season with spices then add in the veggies, ketchup, Worcestershire and Dijon mustard. Hand mix together all of the ingredients and add in additional spices if desired. Be careful not to overmix the beef, you only need to 'fold it' about 4 times to get everything mixed well.
2. With your hands, roll ground beef into large meatballs, then press down with your palms to flatten balls to burger-shaped patties and place each burger patty on a piece of wax paper.
3. If freezing burger patties, place patties on a cookie sheet and put in the freezer for 30 minutes then place in Tupperware or freezer bags. Par-freezing first will keep the patties from sticking together when you stack them on top of each other making it easier when you want to take individual patties out at a later date.
4. Preheat Barbecue to medium or about 375 F. Once hot, place burgers on grill and cook for 4 to 5 minutes per side doing a 180-degree turn halfway (like you do when cooking a steak). The burgers will be done when the temperature reaches 160 F or the juices run clear. If adding cheese, put it on the burgers during the last minute of grilling so it melts on the patty.
5. Serve on burger or Kaiser buns with your favourite toppings and enjoy!



## Charcoal Barbecue Roast Beef with Potato Skins

Shared by: Tyler Kaupp

### Ingredients

#### Charcoal Barbecue Roast Beef

### Directions

1. Sear two minutes/side on open flame, 1/4 turns after the first minute.
2. Cook indirectly for nearly 2 hours until the internal temperature reaches 142 F.
3. Remove from grill, wrapped in tin foil for 30 minutes.
4. Thinly slice.



### Potato Skins

- 2 tablespoons of olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper
- 8 bacon strips, cooked and crumbled
- 1 1/2 cups shredded cheddar cheese
- 1/2 cup sour cream
- 4 green onions, sliced, (I used finely chopped yellow onion and grilled until they were crispy)
- 4 large potatoes

### Directions

1. Preheat oven to 475 F. Cut potatoes in half lengthwise. Scoop out potato, leaving a 1/4-inch shell, Place potato skins on a baking sheet.
2. Mix first five ingredients together. Brush over both sides of skins.
3. Bake until crisp, about 7 minutes on each side. Sprinkle bacon and cheddar cheese inside skins. Bake until cheese is melted, about 2 minutes longer. Top with sour cream and onions. Serve immediately.

## Bacon Barbecue Chicken Bombs

**Shared by:** Rodrigo Danyau

**From:** chicken.ab.ca and cakescottage.com

**Prep time:** 15 minutes

**Cook time:** 30 minutes

**Yield:** 10 servings

### Ingredients

5 boneless skinless chicken breasts or 10 fillets  
5 jalapenos, de-seeded, sliced in half lengthwise  
4 ounces cream cheese, softened  
1 cup cheddar cheese, shredded  
salt and pepper to taste  
20 slices bacon  
1 cup barbecue sauce

### Directions

1. If using chicken breasts, cut them lengthwise into thin fillets, each fillet will make one bomb.
2. Pound the chicken fillets between parchment paper until about 1/4 inch thin.
3. Season each with salt and pepper.
4. Wash jalapenos, cut stem off, slice lengthwise, remove seeds and clean out centre
5. Rinse jalapenos a second time.
6. In a mixing bowl, mix cream cheese and cheddar cheese until well blended.
7. Fill each jalapeno half with approximately 1 tablespoon of cheese mixture.
8. Place filled jalapeno half, cheese side down on chicken fillets and roll chicken around jalapeno.
9. It doesn't always close the way you think it should. No worries! The bacon will pull it all together.
10. Wrap 2 pieces of bacon (one at a time) tightly around the rolled chicken, start at one end, wrap half the fillet and finish the second half with the other piece of bacon, and tuck bacon into itself to seal ends closed.
11. You do not need toothpicks, because it all comes together in the cooking process.

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**For Grill Version**

1. Preheat grill to 350 F and place chicken bombs on the grill to cook over indirect for approximately 25 to 30 minutes.
2. Turn chicken bombs on the grill every 5 minutes to ensure it is cooking evenly. Baste with barbecue sauce each time you turn it.
3. Just before the chicken bombs are done, baste one last time.
4. Be sure chicken is cooked through and juices run clear.
5. If you have a meat thermometer, chicken is ready when it reaches an internal temp of 165 F, otherwise pierce chicken bombs with a fork.
6. When they are done, remove from the grill and let them rest 5 minutes.







## Portabello Mushrooms

Shared by: Samantha Goettel DeBeurs

### Directions

1. Remove mushroom stems and pour olive oil, balsamic vinegar and grind salt and pepper inside the mushroom caps. Don't forget to marinate the stems in a bowl as well. Marinate for as long as possible. These were marinated for 7 hours.
2. Place on grill and barbecue until caps are semi soft.
3. Flip and barbecue on the other side for 3 more minutes or so.
4. Pair with your favourite side dishes.

## Pork Poutine Burgers

Shared by: Katryna Fermaniuk

### Directions

1. Use lean ground pork, Montreal steak spice and cheese curds to make patties.



## Grilled Steak & Carmelized Onions

**Shared by:** Mocha Local

**Prep time:** 30 minutes

**Yield:** 2 servings

### Ingredients

285 grams sirloin steak  
30 grams cheese, shredded  
340 grams baby Yukon potatoes  
1/2 red onion  
170 grams green beans  
2 tablespoons balsamic vinegar  
1 tablespoon brown sugar  
1/2 cup water  
butter  
oil (olive or canola)

### Directions

1. Preheat barbecue on medium-high (or preheat oven to 425 F).
2. Peel, then thinly slice the red onion.
3. Trim the green beans.
4. Quarter the potatoes and place in a medium pot with enough salted water to cover, bring potatoes to a boil over high heat. Cook until they are fork tender, 10-12 minutes.
5. Meanwhile, heat a medium to large skillet with a drizzle of oil over medium-high heat.
6. Add the red onion and cook, stirring frequently, until slightly softened, 4-5 minutes.
7. Add the brown sugar, balsamic vinegar and a 1/4 cup of water.
8. Continue cooking, stirring occasionally, until the liquid has evaporated, and the onions are deeply coloured, 8-10 minutes. Set aside.
9. Make a foil pack with green beans, add a drizzle of oil and season with salt and pepper.
10. Place foil packet on BBQ, flipping over halfway through the cooking time until the beans are just tender and golden, 10-12 minutes.
11. Pat steaks dry with paper towel then season steaks to taste with salt and pepper.
12. Add the steaks to the barbecue, or if pan frying, preheat a skillet with a drizzle of oil over medium-high heat.
13. Cook steaks until they have reached desired doneness, 5-8 minutes per side.
14. When potatoes are done, drain into a strainer. Return the potatoes to the pot, add 1-2 tablespoons of butter and mash with a masher or a fork.
15. Stir in the shredded cheese and season to taste with salt and pepper.

## Barbecue Party Sliders

**Shared by:** Jordan's General Store

### Ingredients

1 dozen soft tray rolls  
mayonnaise  
provolone cheese  
(or shredded mozzarella)  
thinly sliced beef of your choosing  
diced sweet red peppers  
diced white onions  
salt and pepper  
melted butter

### Directions

1. Grease tinfoil.
2. Prepare the buns, cut in half horizontally, but leave the tops connected.
3. Slather base of buns with mayo.
4. Put a layer of thin slices of provolone cheese (or shredded mozzarella).
5. Then add a layer of thinly sliced beef.
6. Add diced red peppers, then diced white onions
7. Sprinkle salt and pepper.
8. Then add more cheese.
9. Put the buns back together.
10. Brush the tops of the buns with melted butter.

## Grilled Hawaiian Beef Kabobs

**Shared by:** Alberta Beef Producers

### Ingredients

1 cup steak sauce  
2 tablespoons liquid honey  
2 tablespoons frozen orange juice concentrate, thawed  
1 pound beef grilling or marinating steak, 1-inch thick, cut into 1-inch cubes  
2 sweet red peppers, seeded and cut into 1 1/2-inch chunks  
1 can pineapple chunks  
chopped chives

### Directions

1. Combine steak sauce, honey and orange juice concentrate in sealable freezer bag. Set aside 1/2 cup.
2. Add meat to bag, seal and toss meat to coat. Refrigerate for 30 minutes. Discard marinade from beef. Alternately, thread beef, red pepper and pineapple chunks onto skewers.
3. Grill kabobs, over medium-high heat, about 5 minutes per side or until medium-rare, basting with reserved marinade near end of cooking. Garnish with chives. Serve skewers with remaining marinade for dipping.



## BBQ Power Bowl with Miso-Glaze Chicken and Asian Honey Sesame Dressing

Shared by: Vince Jackman

### Ingredients

1/3 cup unseasoned rice vinegar  
 1/4 cup white miso paste  
 2 tablespoons honey  
 1 tablespoon low-sodium soy sauce,  
 (or gluten-free soy sauce)  
 1 tablespoon sesame oil  
 1 tablespoon freshly grated ginger  
 1 tablespoon grated garlic  
 cooking spray  
 2 pounds skinless, boneless  
 chicken breasts

### Asian Honey-Sesame Dressing

2 medium cloves garlic finely minced  
 1 tablespoon finely chopped or  
 grated fresh ginger  
 1 tablespoons red onion finely  
 chopped  
 1/4 cup rice vinegar  
 1/2 teaspoon Dijon mustard  
 3 tablespoons light brown sugar  
 3 tablespoons honey  
 1 tablespoon soy sauce  
 1 teaspoon sesame oil  
 1 teaspoon Sriracha  
 2 tablespoon sesame seeds  
 2 tablespoon poppy seeds  
 1/3 cup extra virgin olive oil  
 1/4 cup canola oil  
 1 teaspoon sea salt  
 1/4 teaspoon finely ground  
 black pepper



### Directions

1. Mix first seven ingredients to make miso-glazed marinade for chicken.
2. Marinate in fridge for 8 hours.
3. Cut up the carrots, radishes, onions soaked in olive oil and then place on the barbecue to grill along with the glazed chicken strips. Poach an egg for the top.
4. Place rice and lettuce in a bowl. Add chicken and vegetables.
5. Drizzle with dressing. (See below.)

## Italian Drunken Noodles

**Shared by:** Anjuli Phillips

**From:** thecozyapron.com

### Ingredients

8 ounces pappardelle noodles, uncooked  
olive oil  
4 spicy Italian sausage links, casings removed  
1 large onion, quartered and sliced thinly  
1 1/2 teaspoons salt  
1 teaspoon Italian seasoning  
1/2 teaspoon cracked black pepper  
1 red bell pepper, cored and thinly sliced  
1 yellow bell pepper, cored and thinly sliced  
1 orange bell pepper, cored and thinly sliced  
4 cloves garlic, pressed through garlic press  
1/2 cup white wine (I used Chardonnay)  
1 can (28 ounces) diced tomatoes, with juice  
2 tablespoons flat-leaf parsley, chopped  
1/4 cup fresh basil leaves, julienned, divided use

### Directions

1. Prepare the pappardelle noodles according to instructions on package; then, drain the noodles very well, and keep them warm while you prepare the sauce.
2. Place a large, heavy-bottom pan or braising pot over medium-high heat, and add about 2 tablespoons of olive oil; once the oil is hot, crumble the spicy Italian sausage into the pan in small chunks (you want to keep the sausage fairly chunky), allowing it to brown in the oil for a few moments on each side; once the crumbled sausage is browned, remove it from the pan/pot with a slotted spoon and place into a small bowl to hold for a moment.
3. Next, add the sliced onion into the pan with the sausage drippings, and allow it to caramelize and become golden for roughly 5 minutes or so, stirring to keep it from burning (add a touch more olive oil, if necessary); once the onion starts to become golden, add the salt, Italian seasoning and cracked black pepper, and stir to combine.
4. Add in the sliced bell peppers, and allow those to sauté with the onion for about 2 minutes until slightly tender and golden; next, add in the garlic, and once it becomes aromatic, add in the white wine and allow it to reduce for a few moments, until almost completely reduced.
5. Next, add in the diced tomatoes with their juice, and return the browned spicy Italian sausage back into the pan, and gently fold the mixture to combine; allow it to gently simmer for about 3 to 4 minutes to blend the flavors, then turn the heat off.
6. To finish the sauce, drizzle in about 2-3 good tablespoons of the olive oil to create a silky, rich flavor, and stir in the chopped parsley and about half of the julienned basil.
7. Add the cooked pappardelle noodles directly into the sauce, and using tongs, gently toss and combine the noodles with the sauce and all of the ingredients in it; check the seasoning to see if you need to add any additional salt or pepper.
8. To serve, add equal portions of the Italian drunken noodles to bowls, and garnish with a sprinkle of the remaining julienned basil (you can even top with shaved parmesan, if desired, and an extra drizzle of olive oil).

## Cumin-Spiced Red Lentil Burgers

**Shared by:** Renee Sawatsky

**From:** foodandwine.com

### Ingredients

- 1 1/2 cups red lentils
- 1/4 cup plus 2 tablespoons extra-virgin olive oil
- 1 small onion, finely chopped
- 3 medium carrots, finely chopped
- 3 garlic cloves, minced
- 1 1/2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper
- 3/4 cup plain, dry bread crumbs
- 1/4 cup coarsely chopped parsley leaves
- 2 large eggs, lightly beaten
- 1 tablespoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 1 cup plain low-fat yogurt
- 1 teaspoon fresh lemon juice



### Directions

1. In a large saucepan, cover the lentils with cold water by 2 inches and bring to a boil over high heat. Reduce the heat to moderate and simmer the lentils until they are very tender, about 10 minutes. Drain the lentils well.
2. Preheat the broiler. In a medium skillet, heat 2 tablespoons of the olive oil. Add the onion and cook over moderately high heat, stirring frequently, until golden, about 6 minutes. Add the carrots and two-thirds of the garlic and cook until the carrots begin to soften, about 4 minutes. Stir in the cumin and cayenne and remove from the heat. Mix in the lentils, bread crumbs, 3 tablespoons of the parsley, the eggs, salt and pepper. Form the mixture into sixteen 1/4-cup burgers.
3. Line a baking sheet with foil. Brush the foil and both sides of the burgers with the remaining 1/4 cup of olive oil. Broil until golden, about 3 minutes per side.
4. Meanwhile, in a small bowl, mix the yogurt with the lemon juice and the remaining garlic and 1 tablespoon of parsley. Serve the burgers hot, with the yogurt sauce on the side.

### Tip

The lentil burgers can be prepared through Step 2 and refrigerated overnight.



## Grillable Veggie Burger

**Shared by:** Angie Michele

**From:** minimalistbaker.com

### Ingredients

1 cup cooked brown rice  
1 cup raw walnuts  
(or substitute bread crumbs)  
1/2 tablespoon avocado oil  
(plus more for cooking)  
1/2 medium white onion  
(finely diced // 1/2 onion yields approx. 3/4 cup)  
1 tablespoon each chili powder,  
cumin powder, and smoked paprika  
1/2 teaspoon each sea salt and  
black pepper (plus more for  
coating burgers)  
1 tablespoon coconut sugar  
(or sub-organic brown or  
muscovado sugar)  
1 1/2 cups cooked black beans  
(well rinsed, drained and patted dry)  
1/3 cup panko bread crumbs  
(if gluten-free, use gluten-free  
bread crumbs)  
3-4 tablespoon vegan BBQ sauce

### Directions

1. Heat skillet over medium heat. Once hot, add raw walnuts and toast for 5-7 minutes, stirring frequently, until fragrant and golden brown. Let cool and move onto the next step.
2. In the meantime, heat the same skillet over medium heat. Once hot, add oil and onion. Season with a bit of salt and pepper and sauté for 3-4 minutes, or until onion is fragrant, soft, and translucent. Remove from heat and set aside.
3. Once walnuts are cooled, add to blender or food processor with chili powder, cumin, smoked paprika, salt, pepper and coconut sugar and blend until a fine meal is achieved. Set aside.
4. To a large mixing bowl, add drained, dried black beans and mash well with a fork, leaving only a few whole beans
5. Next add cooked rice, spice-walnut mixture, sautéed onion, panko bread crumbs, BBQ sauce, and mix thoroughly with a wooden spoon for 1-2 minutes, or until a moldable dough forms. If dry, add extra 1-2 tablespoons (amount as original recipe is written or adjust if altering batch size) BBQ sauce. If too wet, add more panko bread crumbs. Taste and adjust seasonings as needed.
6. For larger burgers, divide into 5 patties (1/2 cup in size // amount as original recipe is written), or form 10 smaller burgers (1/4 cup in size // amount as original recipe is written). To help form the patties, line your 1/2 or 1/4 measuring cup with plastic wrap and pack with burger mixture. Press down to pack firmly, then lift out by the plastic wrap's edge, and slightly flatten with hands to form a 3/4-inch thick patty. Set on a baking sheet or plate for grilling.
7. If grilling, heat the grill at this time and brush the grill surface with oil to ease cooking. Otherwise, heat the same skillet you used earlier to medium heat.
8. Once skillet is hot, add just enough oil to lightly coat the bottom of your skillet, then add your burgers – only as many as will comfortably fit in the pan. Otherwise, add burgers to the grill and close lid.

Continues on next page...

9. Cook for 3-4 minutes or until well browned on the underside, then flip gently. They aren't as firm as meat burgers, but will definitely hold their shape. Reduce heat if cooking/browning too quickly. Cook for 3-4 minutes on other side.
10. Remove burgers from heat to let cool slightly, and prepare any other toppings/sides at this time (such as grilling/toasting your buns).
11. Serve burgers as is, or on toasted buns with desired toppings. Leftovers keep in the refrigerator for 2-3 days.

## Lemon Basil Chicken

**Shared by:** Michelle Noble

### Directions

1. Marinate your chicken breasts for 30 minutes in a mixture of 1/4 cup lemon juice, 3 tablespoons soy sauce, 3 tablespoons olive oil, 2 diced garlic cloves and 4 tablespoons chopped fresh basil.
2. Grill on the BBQ until done.



## Cheesy Ranch Chicken Potato Foil Packets

**Shared by:** Alberta Chicken Producers

**From:** chicken.ab.ca

### Ingredients

1 pound boneless skinless chicken breast  
1 pound golden new potatoes  
1 large red bell pepper  
1 small red onion  
2 tablespoon olive oil  
1 ranch dip seasoning packet  
8 slices (3/4 ounces each) American cheese  
2 tablespoons chopped parsley  
salt and pepper



### Directions

1. Slice the potatoes into 1/3 inch slices. Cut the bell pepper and peeled onion into 1-inch pieces. Place the chopped veggies in a bowl. Mix in the olive oil and the ranch seasoning packet. Toss to coat.
2. Lay four 14-inch x 18-inch pieces of foil out on the counter. Divide the vegetables evenly between the foil pieces, piling them in the middle of each piece.
3. Chop the chicken into 1-inch chunks. Season liberally with salt and pepper. Then pile the chicken pieces evenly on top of the veggie piles.
4. Lift the long ends of the foil over each chicken and vegetable stack and neatly fold them together at least three times, so they stay secure. Then fold the shorter ends toward the center at least three times each, on both sides. The packets should be tightly secured on all sides. Refrigerate or place in an ice chest until ready to grill.
5. When ready to cook, preheat a grill to high heat, between 500 F to 600 F. Once hot, place the packets on the grill and cook for 20 minutes.
6. Remove the foil packets with tongs and carefully open them up. Then place two slices of cheese and a sprinkle of chopped parsley over each packet. Set them back on the grill for 1 to 2 minutes, just long enough for the cheese to melt. Serve warm!



## Barbecue Chickpea Flat Bread

**Shared by:** Alberta Pulse Growers

**From:** albertapulse.com

### Ingredients

1 package pre-made whole wheat pizza dough (makes 1 pizza)

1 cup (250 mL) your favourite low-sodium Barbecue sauce

1 can (540 mL) no-salt-added chickpeas, drained & rinsed (yields 2 cups/500 mL cooked chickpeas)

1 red onion, diced

1 cup (250 mL) shredded mozzarella

1/2 cup (125 mL) fresh basil, roughly chopped



### Directions

1. Pre-heat oven to 425 F (220 C).
2. Roll out dough to roughly an 8-inch x 10-inch rectangle. Place dough on parchment lined baking sheet.
3. Combine the chickpeas, onion and BBQ sauce in a bowl. Stir until chickpeas are coated. Spread the mixture evenly on the dough and top with shredded cheese.
4. Bake for 15 minutes, then top with chopped basil before serving.

### Tips

You can use ready-made flatbread or pizza crust instead of dough. Follow the baking instructions on the flatbread or pizza crust package as oven temperature and baking time may vary from the recipe.

To make this on the BBQ, follow the heating directions on the package if you are using ready-made flatbread or pizza crust. If you made your own dough, after you flatten it out, cook one side of the dough first on high heat on a grill brushed with oil. When that side is golden brown, remove the flatbread and flip over onto a parchment lined cookie sheet and top with the BBQ chickpea mixture and cheese, lightly brush the grill with oil again then put the flatbread back on the grill to finish cooking the dough, heat the topping and melt the cheese.

## Grilled Lemongrass Beef Satay

**Shared by:** Wanda Baker

**From:** savourcalgary.ca

### Ingredients

#### Marinade

2 stalks lemongrass  
 1/4 cup finely chopped shallots  
 2 cloves garlic, finely chopped  
 2 tablespoons white sugar  
 3 tablespoons soy sauce  
 2 tablespoons fish sauce  
 2 tablespoons water  
 2 tablespoons lime juice,  
 freshly squeezed  
 pinch salt and pepper  
 2 pounds top sirloin, sliced thin

#### Accompaniments

8 ounces dried rice noodles  
 1 head Boston, bibb or butter lettuce  
 1 cup cucumber, sliced into matchsticks  
 1/2 cup carrot, peeled and grated  
 1 cup fresh herbs, cilantro, mint, basil  
 1 cup dry-roasted salted peanuts  
 roughly chopped  
 dipping sauce (nuoc cham)

#### Dipping Sauce

1 clove garlic, minced  
 2 tablespoons white sugar  
 1/2 teaspoon sambal oelek,  
 or more if you like it spicy  
 3 tablespoons fish sauce  
 3 tablespoons water  
 2 tablespoons fresh lime juice

#### Equipment

wooden bamboo skewers, soaked  
 at least one hour in water



### Directions

1. Trim lemongrass, cutting off leafy top and hard bottom. Slice in half lengthwise and slice very thin.
2. In a bowl or sealable plastic bag, mix together lemongrass, shallots, garlic, sugar, soy sauce, fish sauce, water, lime juice, salt and pepper. Add sliced beef and toss evenly to coat all pieces. Marinate for at least one hour.
3. Arrange a platter with carrots, cucumber, lettuce and herbs. Add peanuts to a bowl and set on platter.
4. Thread the beef onto the soaked skewers keeping the pieces close together. Preheat grill to medium high.
5. Bring a large saucepan to a boil over high heat. Add rice noodles and remove pan from heat. Let stand until tender about 7-8 minutes depending on the noodle. Drain, rinse in cold water and drain again. Put in a shallow bowl.
6. Grill beef satay over medium high heat for 3 to 5 minutes on each side, until nicely seared and cooked through. Transfer to serving platter to rest.
7. To make the dipping sauce, stir together garlic through lime juice and set aside until ready to use. Keep for up to one week in the refrigerator.
8. Serve family style. Put your platters out allowing everyone to fill lettuce cups with rice noodles, carrots, fresh herbs, cucumber, beef, peanuts, plus a drizzle of the dipping sauce. Can also be eaten as a salad.



A top-down view of a platter of grilled fruit. The platter is filled with various slices of fruit, including pineapple rings with a central hole, apple slices, and watermelon wedges. The fruit is charred and glistening with a sauce. It is garnished with whole pine nuts and fresh mint leaves. A light blue banner with the word 'DESSERTS' in bold blue capital letters is positioned in the upper center of the image.

# DESSERTS



## Easy (& Flameless!) Pineapple Foster

**Shared by:** Christina Tanguay

**From:** gimmesomeoven.com

**Prep time:** 10 minutes

**Cook time:** 10 minutes

**Yields:** 6-8 servings

### Ingredients

1/2 cup dark rum

1/2 cup packed brown sugar

1 teaspoon ground cinnamon  
(plus extra for dusting)

1 pineapple, cored and cut  
into about 6-8 rings  
(choose desired thickness)

cooking spray

favorite vanilla ice cream



### Directions

1. In a small bowl, mix together rum, brown sugar, and cinnamon. Then in a glass baking dish (or other container), lay out the pineapple rings and pour the rum mixture over them. Toss to coat, then let soak for at least 15 minutes, flipping the pineapple midway through.
2. When you are ready to cook the pineapple, strain out the extra rum sauce from the pan of pineapple, and transfer it to a small saucepan. Bring the sauce to a simmer over medium-high heat, then reduce heat to medium-low and simmer for about 6-8 minutes, or until reduced by half. Set aside.
3. While the sauce is cooking, heat a grill pan or sauté pan over medium-high heat until hot. Lightly grease the pan with cooking spray. Add pineapple slices in an even layer (you may need to do this in multiple batches) and cook for 1-2 minutes per side until browned and grill marks appear. Transfer to a serving plates, and set aside. Repeat with remaining pineapple.
4. Top each pineapple ring with a scoop of ice cream and drizzle with rum sauce. (If desired, you can also lightly dust the pineapple with some extra cinnamon.) Serve immediately.

## Homemade Ice Cream

**Shared by:** Alberta Milk

**Prep time:** 10 minutes

**Yield:** 4 servings

### Ingredients

1 cup milk

1 cup cream

2/3 trays of ice cubes

1/3 cup salt

flavouring choice (below)

### Strawberry

1/2 cup strawberry jam

### Vanilla

2 tablespoons vanilla extract

1/2 cup sugar

### Chocolate

1/2 cup cocoa power

1 tablespoon vanilla extract

1/2 cup maple syrup

### Mint Chocolate Chip

2 tablespoons mint extract

1/2 cup sugar

1/2 cup mini chocolate chips

### Fruit

1/2 cup favourite jam flavour

1/2 cup sugar



### Directions

1. In a large mixing bowl, combine milk and cream.
2. Add in your flavour variation choice, and mix well.
3. In a large ziplock bag, add 1 ice cube tray of ice and salt.
4. In a separate ziplock bag, pour in the contents from your mixing bowl. Squeeze out any excess air, and seal tightly.
5. Place the ziplock bag of ice cream ingredients on top of the ice inside the first bag. Add 1-2 more trays of ice. Squeeze out any excess air, and seal tightly.
6. Wrap the bag with a kitchen towel, or using oven mitts, shake the bag for about 5 minutes.
7. Scoop out and serve with your favourite ice cream toppings, or on it's own. Enjoy!

## Cinnamon Sugar Grilled Peaches

**Shared by:** Misty Harris

**From:** [highheelsandgrills.com](http://highheelsandgrills.com)

**Prep Time:** 5 minutes

**Cook Time:** 8 minutes

**Yield:** 8 halves



### Ingredients

1/4 cup 1/2 stick salted butter,  
at room temperature

1 tablespoon + 1 teaspoon  
granulated sugar

1/4 teaspoon cinnamon

4 ripe yellow-flesh peaches,  
halved and pitted

vegetable oil

### Directions

1. In a small bowl, whip the butter with a spatula until smooth. Add the sugar and cinnamon and mix well.
2. Get your grill going on medium-high heat.
3. Lightly baste the peaches with the oil and place face-down on the grill. Cook until the tops are slightly softened when you touch them. There's no need to move them or check them, just wait until those tops are slightly soft!
4. Remove the peaches from the grill and top with the cinnamon butter.
5. Serve warm.



## Dutch Pancakes

**Shared by:** Teresa Schile

**From:** cakieshq.com

**Prep time:** 5 minutes

**Cook time:** 40 minutes

**Yield:** 10 pancakes

### Ingredients

2 cups all-purpose flour  
pinch of salt  
2 teaspoons vanilla sugar (optional)  
1/2 teaspoon ground cinnamon (optional)  
2 eggs  
2 cups milk  
1/2 tablespoon oil (optional)



### Directions

1. Mix flour, salt, sugar and cinnamon in a bowl. Make a little well in the middle and add the eggs and while whisking, add milk.
2. Switch to using a hand blender and mix. Add the oil and mix till you've got a smooth batter. Cover the batter with plastic wrap and set aside at room temperature for 30 minutes.
3. Put a frying pan on the stove at medium heat and add butter to a pan. Using a ladle, pour pancake batter into the pan. While pouring the batter, make sure you tilt the pan so you'll cover the entire bottom of the pan and get a thin pancake.
4. When the pancake starts to dry out on top the pancake can be flipped. Bake the pancake till golden on both sides.
5. Continue baking pancakes till the batter is finished.
6. Serve the pancakes hot or cold with any topping of your choosing. Put the topping on the pancake, roll it up and it's ready to be eaten.

## Eton Mess: No-Bake Strawberry Dessert

**Shared by:** Market Gypsy

### Ingredients

4 cups/2 pints/2 Jungle Farm clamshells strawberries, hulled and halved or quartered  
1/2 teaspoon granulated sugar  
1 cup of fresh raspberries  
4 big handfuls of store-bought meringues, crumbled,  
2 teaspoons confectioners (powdered) sugar  
4 cups cold heavy whipping cream



### Directions

1. Hull and chop the strawberries, add the granulated sugar and leave to macerate while you whip the cream. We left ours in the fridge for about half an hour and it was fine.
2. Place the whipping cream in a large mixing bowl. (It must be glass or aluminum and a cold bowl is better.) Add the powdered sugar, and whip with an electric whisk on high until the cream is thick but light and fluffy. Do not overwhip. The success of the dish requires softly whipped cream. The peaks should stand up with the tips gently falling over for the correct consistency.
3. Fold the strawberries gently into the whipped cream.
4. Then fold the raspberries into the whipped cream.
5. Break the meringue into large, bite-sized chunks and gently stir into the whipped cream. Roughly crumble in the meringue—you'll need chunks as well as fine dust and gently fold into the strawberry-raspberry-whipped cream.
6. Arrange on 4 serving plates or glasses or in a mound, and top each with some of the remaining macerated strawberries.

## Strawberry Shortcake Brochettes

**Shared by:** Christina Tanguay

**From:** iga.net



### Ingredients

12 strawberries, hulled  
1/2 store-bought angel food cake,  
cut into 1-inch cubes  
4 wooden skewers, 8-inches long,  
soaked in water for 1 hour  
2 tablespoons honey  
1/2 teaspoon cinnamon  
1 tablespoon water  
1 cup plain Greek yogurt

### Directions

1. Preheat barbecue to medium.
2. Build skewers, alternately threading the strawberries and cake cubes onto each one. Set aside.
3. In a small microwaveable bowl, stir together the honey, cinnamon, and water. Heat in microwave on high for 30 seconds and then stir well. Brush honey mixture over brochettes.
4. Place brochettes on barbecue. Cook for 1 to 2 minutes per side until cake is golden brown.
5. Eat brochettes plain or with the yogurt dip.



## Catherine's Angel Food Cake

Shared by: Christina Tanguay

### Ingredients

- 12 fresh egg whites (1 cup)
- 3/4 teaspoon salt
- 1 1/2 teaspoon cream of tartar
- 1 1/2 cups sugar
- 1 teaspoon vanilla
- 1 cup flour



### Directions

1. With egg whites at room temperature, add salt and beat until frothy
2. Add cream of tartar and beat until bubbles are small, white and still shiny.
3. Beat in vanilla.
4. Sift and measure sugar.
5. Fold half the sugar into beaten egg whites a tablespoon at a time to dissolve sugar thoroughly.
6. Sift flour & remaining cup sugar 4 times.
7. Gently fold into meringue about 1/2 cup at a time bringing mixture from bottom of bowl, over the top and down opposite side of bowl.
8. Handle gently.
9. Fill 10-inch ungreased tube pan.
10. Bake 30-35 minutes at 375 F.
11. Invert to cool.

### Tips

Ensure that spatula used for folding mixture is entirely free of fat. I used to keep one especially for this cake.

If cake is higher than edge of pan place an inverted egg cup or suitable small item under the tube of pan to keep cake from touching counter surface.

## Rhubarb Cake

**Shared by:** Bob Schneider

### Ingredients

1 tablespoon butter, softened  
1 cup sugar  
1 egg  
2 cups flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1 cup buttermilk  
2 cups fresh or frozen rhubarb (thawed)

### Topping

1/4 cup flour  
1/4 cup sugar  
2 tablespoon butter, melted

### Vanilla Sauce

1/2 cup butter  
3/4 cup sugar  
1/2 cup evaporated milk  
1 teaspoon vanilla

### Directions

1. In a large mixing bowl, cream butter and sugar, beat in egg.
2. In a separate bowl combine all dry ingredients.
3. Introduce the dry ingredients and the buttermilk into the creamed ingredients by alternating portions of dry ingredients and buttermilk. Mix this until just mixed. Do not overmix.
4. Gently fold in rhubarb.
5. Pour mix into a greased 9x9-inch square pan.
6. Sprinkle topping on batter.
7. Bake at 350 F for 40-45 minutes.

### Directions

1. Melt butter in a saucepan.
2. Add sugar and milk.
3. Bring to a boil while stirring and cook for 2-3 minutes until thickened.
4. Remove from heat.
5. Stir in vanilla.
6. Allow the sauce to cool slightly before serving with warm cake.

## Grilled Watermelon Salad

**Shared by:** Janice Smella

**From:** smellaque.com

### Ingredients

2 1-inch watermelon cross cuts  
(then cut in half with the rind on)

2 1-inch watermelon cross cuts  
(then further cut into cubes)

sweet spice rub

(I recommend chicken rub)

2 tablespoons cup of mojito mint  
sliced into fine slices (julienned)

2 tablespoons cup of goat  
cheese crumbles



### Directions

1. Preheat the Gateway Drum Smoker to 300F.
2. Meanwhile, lightly season one side with a sweet spice rub. (I used my own chicken spice rub that is more sweet than salty.)
3. Place grill rack on the middle prongs (middle level).
4. Place watermelon slices on the grill rack with spice rub facing upwards.
5. Place lid on Gateway Drum Smoker and allow to cook for 5 minutes. The spice rub on the watermelon will sweat.
6. Flip the watermelon and lightly rub the "cooked side." Leave the watermelon to cook for an additional 5 minutes with lid on.
7. Flip watermelon slices and cook for 2 more minutes.
8. Remove watermelon from smoker and remove rind and slice watermelon into cubes. Allow to cool.
9. Place the cubed (uncooked) watermelon into a large bowl.
10. Add the grilled watermelon to the large bowl.
11. Add mojito mint and gently toss watermelon to mix.
12. Sprinkle goat cheese crumbles on top. Serve or place into fridge until it is ready to be served.



## Skillet Cookie Sundae

**Shared by:** Michelle Noble

### Ingredients

tube of chocolate chip cookie dough  
ice cream  
whipped cream  
chocolate sauce  
frozen Butter Ripple Schnapps  
(optional)

### Directions

1. Place cookie dough in a cast-iron skillet.
2. Bake on the grill for about 25 minutes. If you have a four-burner barbecue, turn the two under the cookie on low. Turn the other two on high.
3. Check it at 20 minutes and every five minutes until the edges are browned and the middle is puffed up.
4. Add ice cream, whipped cream, chocolate sauce and/or Schnapps. Or try other toppings.

## Grilled Pineapple

**Shared by:** Michelle Beld

### Ingredients

pineapple  
brown sugar  
cinnamon



### Directions

1. Cut pineapple into slices. Grill pineapple on both sides.
2. Season with brown sugar and cinnamon to taste.

## Amaretto Saskatoon Berry Tart

**Shared by:** Janice Smella

**From:** smellaque.com



### Ingredients

1 precooked tart shell  
3 tablespoons toasted almond slices  
optional for garnish

### Amaretto Saskatoon Berry Filling

1/4 cup sugar  
1 1/2 tablespoons corn starch  
1/4 cup water  
3 1/2 cups Saskatoon berries  
divided in half  
1 tablespoon lemon juice  
1 teaspoon butter salted  
3 tablespoons Amaretto

### Amaretto Glaze

5 1/2 tablespoons icing sugar  
scant 2 tablespoons amaretto  
small squeeze of lemon juice

### Equipment

7 1/2-inch tart pan

### Directions

1. In a medium pot, mix sugar and corn starch together.
2. Slowly whisk in water and ensure there are no lumps.
3. Add half portion of Saskatoon berries.
4. Turn stove onto medium heat and bring contents of pot to a boil. Stir for additional 2-5 minutes until Saskatoon berries burst and the milky liquid turns clear.
5. Turn heat off. Add lemon juice, butter, Amaretto and remaining saskatoon berries.
6. Let cool to at least room temperature.

### Directions

1. In a small bowl, stir all ingredients together.
2. Set aside.
3. Preheat 350 F.
4. Pour the cool Amaretto Saskatoon berry filling into the prepared tart shell or pie crust.
5. Bake for 10 minutes until filling is cooked uniformly in the shell. Set aside to cool.
6. Using a spoon or icing bag to drizzle Amaretto glaze on top of the cooled tart



## Medicine Hat Meat Traders "Perfect Caesar"

Shared by: Teresa Schile

### Directions

1. Salt your glass rim & fill with ice.
2. Add 1 ounce of vodka from Grit City Distillery.
3. Squeeze in a lime wedge.
4. Top up with Clamato.
5. Spice to taste with Lucky's Speed Sauce.
6. Stir with a Medicine Hat Meat Traders' Beef Jerky Caesar Stick.
7. Add another stick, because it's delicious.

## Bloody Caesar

Shared by: grewV Spice

### Ingredients

Clamato juice  
1 ounce vodka  
splash of Worcestershire sauce  
splash of hot sauce  
2 shakes of grewV  
Jamaican Jerk seasoning  
squeeze of lime



### Directions

1. Wet the rim of your glass with a fresh wedge of lime.
2. Season with GrewV Jamaican Jerk seasoning.
3. Mix all ingredients into your glass with a few ice cubes.
4. Cheers!



## Licence to Chill Margarita

**Shared by:** Christina Tanguay

**From:** margaritaville.com

### Ingredients

- 1 ounce Margaritaville Gold Tequila
- 1/2 ounce lime juice
- 1/4 ounce Blue Curacao
- 2 ounces Margaritaville Margarita Mix

### Directions

1. Combine ingredients in Margaritaville blending jar.
2. Blend and pour into a 12-ounce glass.
3. Squeeze a wedge of lime into the frozen drink.



## Bluer Sweeter Long Island Ice Tea

**Shared by:** Christina Tanguay

### Ingredients

- 1/2 ounce vodka
- 1/2 ounce rum
- 1/2 ounce tequila
- 1/2 ounce gin
- 1/2 ounce Blue Curaçao
- 2 ounces sweet-and-sour mix
- Sprite or 7Up, to top

**Garnish:** lemon wedge

**Garnish:** preserved cherry





Summer 2020