

BARBECUE bonanza

Whether you have a just few minutes or all day to prep dinner, there's a great grill here for you

BY JULIA AITKEN

PHOTOGRAPHED BY EDWARD POND

FOOD STYLING BY ASHLEY DENTON

Canuck Burgers

The gourmet burger comes home with this easy version that combines traditional Canadian flavours in a family-pleasing grill. **MAKES 4 SERVINGS**

MAPLE-MUSTARD MAYO

1/3 cup (75 mL) light or regular mayonnaise
2 tbsp (25 mL) Dijon mustard
1 tbsp (15 mL) maple syrup

MAPLE-GRILLED APPLES

1 tbsp (15 mL) maple syrup
2 tsp (10 mL) lemon juice
1 large Granny Smith apple

BURGERS

1/4 cup (50 mL) finely chopped fresh parsley
2 tbsp (25 mL) Dijon mustard
3/4 tsp (4 mL) dried thyme leaves
1/2 tsp (2 mL) each salt and black pepper
12 oz (375 g) lean ground beef
12 oz (375 g) medium ground beef
2 oz (50 g) old cheddar cheese, thinly sliced
4 kaiser rolls
Iceberg lettuce

1. In a small bowl, whisk together mayonnaise, mustard and maple syrup. Cover and refrigerate until ready to serve. 2. In a small bowl, stir together maple syrup and lemon juice. Core apple, but do not peel. Cut into 1/4-inch (5 mm) wedges. Add apple to maple syrup mixture, tossing to coat well. 3. In a large bowl, combine parsley, mustard, thyme, salt and pepper. Add lean and medium ground beef, mixing gently but thoroughly. Form beef into 4 patties, about 5 inches (12 cm) in diameter. With 3 fingertips, make an indentation in the centre of each patty (this helps burgers cook more evenly). 4. Preheat barbecue to medium. Cook apple slices on well-oiled grill, with lid closed, for about 5 minutes, turning once, until tender and golden brown. Remove from grill and set aside. 5. Cook patties on well-oiled grill, with lid closed, for 10 to 12 minutes, turning once, until a meat thermometer inserted horizontally in centre of burgers registers 160°F (71°C). After turning burgers, top each with one-quarter of cheese. Split kaisers in half horizontally and grill cut sides down until golden. 6. Spread each kaiser with maple-mustard mayo and add iceberg lettuce to bottom halves. Top each with a burger and some apple slices and replace tops of buns.

PER SERVING: 657 CALORIES, 31.6 G FAT, 1139 MG SODIUM, 50.1 G CARBOHYDRATES, 42.3 G PROTEIN, 3.2 G FIBRE

Summer Slaw with Yogurt-Herb Dressing

Cabbage slaw and broccoli slaw are both good in this easy-peasy salad that teams well with anything off the grill. **MAKES 4-6 SERVINGS**

4 cups	(1 L) coleslaw mix	2 tbsp	(25 mL) each chopped fresh dill and mint
2 cups	(500 mL) lightly packed baby spinach	1 tbsp	(15 mL) each milk, Dijon mustard and lemon juice
1	bunch radishes (about 12), trimmed and thinly sliced	1/2 tsp	(2 mL) each salt and black pepper
3	green onions, thinly sliced	1/2 tsp	(2 mL) liquid honey
1/2 cup	(125 mL) plain yogurt	1/4 cup	(50 mL) toasted unsalted sunflower seeds (optional)
1/4 cup	(50 mL) light or regular mayonnaise		

1. In a large salad bowl, toss together coleslaw mix, spinach, radishes and green onions. 2. In a medium bowl, stir together yogurt, mayonnaise, dill, mint, milk, mustard, lemon juice, salt, pepper and honey until well combined. 3. Add dressing to salad and toss well. Sprinkle with sunflower seeds and serve at once.

PER SERVING (FOR 6): 72 CALORIES, 4.2 G FAT, 330 MG SODIUM, 7.4 G CARBOHYDRATES, 2.5 G PROTEIN, 1.7 G FIBRE

Kansas City Back Ribs

In Missouri, they really know their ribs. Our version is simple to do at home but has the same sweet-spicy flavour of genuine Kansas City ribs. Add an extra hit of smokiness to the sauce by substituting smoked paprika for regular, or adding 2 tsp (10 mL) liquid smoke to the sauce after cooking. **MAKES 6 SERVINGS**

RIBS		KANSAS CITY BARBECUE SAUCE
4 lb	(2 kg) pork back ribs	2 tbsp (25 mL) vegetable oil
3 tbsp	(45 mL) chili powder	4 cloves garlic, minced
2 tbsp	(25 mL) paprika	3 tbsp (45 mL) paprika
1 1/2 tsp	(7 mL) each salt and packed brown sugar	2 tbsp (25 mL) chili powder
1 tsp	(5 mL) each mustard powder, garlic powder, cayenne and black pepper	1 tbsp (15 mL) mustard powder
		1/4 tsp (1 mL) cayenne
3 cups	(750 mL) hickory smoking chips, soaked for 1 hour then drained	2 cups (500 mL) ketchup
		1/2 cup (125 mL) molasses
		1/3 cup (75 mL) cider vinegar
		3 tbsp (45 mL) Worcestershire sauce

1. With a small sharp knife, lift one corner of the fine membrane from underside of each rack of ribs. Grasp with paper towel and peel off. 2. In a small bowl, stir together remaining rib ingredients, except chips. Rub spice mixture on both sides of ribs. Wrap tightly in plastic wrap and refrigerate for at least 8 hours or overnight. 3. Follow your barbecue manual's instructions for using wood chips. Preheat barbecue to high. When chips are smoking (about 20 minutes), leave burner under chips on high and turn off remaining burner(s). 4. Arrange ribs on well-oiled unlit part of grill. Close lid and adjust temperature of lit burner to maintain a temperature of about 275°F (135°C). Grill for 2 to 3 hours, turning and rearranging ribs every 30 minutes, until meat is very tender. 5. While ribs are cooking, heat oil in a medium saucepan over medium heat. Add garlic and cook, stirring, for about 30 seconds or until fragrant (don't let garlic brown). Stir in spices and cook, stirring, for 1 minute. Whisk in remaining ingredients and bring to a simmer over medium-high heat. Reduce heat, cover partially and simmer gently, stirring often, for 30 minutes. 6. When ribs are ready, reheat sauce. Brush ribs on both sides with some of the sauce. Serve with remaining sauce on the side.

PER SERVING (WITH ABOUT 3 TBSP/45 ML SAUCE): 647 CALORIES, 38.5 G FAT, 1531 MG SODIUM, 41.4 G CARBOHYDRATES, 37.5 G PROTEIN, 5 G FIBRE

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Pesto Salmon Kebabs with Roasted Pepper Sauce

These colourful kebabs are simple enough for a weeknight grill. Choose from salmon or veggie versions—or make both. **MAKES 6 SERVINGS**

SALMON KEBABS		RED PEPPER SAUCE	
12	8-inch (20 cm) skewers	1	clove garlic
2 lb	(1 kg) centre-cut boneless salmon fillets, skin removed	1/2 cup (125 mL)	drained roasted red pepper, coarsely chopped
1/3 cup	(75 mL) pesto	1/3 cup (75 mL)	plain yogurt
1 tsp	(5 mL) finely grated lemon zest	1/3 cup (75 mL)	light or regular mayonnaise
3 tbsp	(45 mL) lemon juice	1/4 tsp	(1 mL) salt
1	clove garlic, minced	Pinch	cayenne
1/4 tsp	(1 mL) each salt and black pepper	1/3 cup (75 mL)	finely shredded fresh basil leaves
Pinch	cayenne		
24	cherry tomatoes		

1. If using wooden skewers, soak in cold water for at least 1 hour. 2. Cut salmon into 1-inch (2.5 cm) cubes. In a medium bowl, whisk together pesto, lemon zest and juice, garlic, salt, pepper and cayenne. Add salmon and toss to coat well. Cover and refrigerate for up to 30 minutes. 3. While salmon is marinating, mince garlic for the sauce in food processor. Add roasted pepper, yogurt, mayonnaise, salt and cayenne. Process until smooth, scraping down sides of processor once or twice. Scrape sauce into a serving bowl. Stir in basil. Cover and refrigerate until ready to serve. 4. Drain skewers if necessary. Thread salmon and tomatoes onto skewers, dividing evenly. 5. Preheat barbecue to medium-high. Grill kebabs on well-oiled grill, with lid closed, for 5 to 7 minutes, turning when browned, until salmon is opaque but still coral-coloured in centre. Serve kebabs drizzled with red pepper sauce.

VARIATION: Replace salmon and tomatoes with 1 large sweet pepper (cut into 1-inch/2.5 cm chunks), 2 small zucchini and 1 small Asian eggplant (cut into 1/2-inch/1 cm slices) and 18 small button mushrooms. Marinate vegetables for up to 8 hours. Thread onto 6 long skewers. Grill over medium heat, with lid closed, for 12 to 15 minutes, turning when browned, until tender.

PER SERVING WITH SAUCE (SALMON KEBABS): 358 CALORIES, 23.5 G FAT, 523 MG SODIUM, 7.8 G CARBOHYDRATES, 28.2 G PROTEIN, 1.7 G FIBRE

PER SERVING WITH SAUCE (VEGETABLE KEBABS): 127 CALORIES, 9 G FAT, 449 MG SODIUM, 10.8 G CARBOHYDRATES, 2.6 G PROTEIN, 2.6 G FIBRE

QUICK FIX

Give pop a miss this summer and reach instead for these homemade, good-for-you thirst-quenchers.



OLD-FASHIONED LEMONADE WITH MINT

Mince 1 cup (250 mL) granulated sugar and 1/4 cup (50 mL) mint leaves in food processor. Stir into 2 cups (500 mL) boiling water. Add 1/4 cup (50 mL) lemon juice and 1 tbsp (15 mL) citric acid*. Let cool, then strain through fine strainer. Dilute 1/4 cup (50 mL) lemonade with 6 oz (175 mL) chilled water. Garnish with lemon slices. Makes 10 drinks.

*Available in drugstores.



STRAWBERRY SPRITZER

Stir together 4 cups (1 L) sliced strawberries and 1/3 cup (75 mL) granulated sugar. Let stand until sugar dissolves. In a blender, blend strawberries, 1/4 cup (50 mL) soda water, 1 tsp (5 mL) lemon juice and 1/2 tsp (2 mL) vanilla until smooth. In a pitcher, stir together strawberry purée and 1 3/4 cups (375 mL) soda water. Pour into glasses and garnish with mint. Makes 4 drinks.

CREAMY PEACH MELBA FLOAT

In a blender, combine 1 cup (250 mL) milk, 1/2 cup (125 mL) vanilla ice cream, 2 pitted and chopped ripe peaches, 1 tbsp (15 mL) honey and 2 tsp (10 mL) lemon juice. Blend until smooth. Pour into glasses and top each with a small scoop of vanilla ice cream. Garnish with raspberries. Makes 2 drinks.

14OZ GLASS, PART OF 4PC SET, \$29.99 (ITEM #87042), 16OZ GLASS, PART OF 4PC SET, \$29.99 (ITEM #87043), BOTH TRUDEAU AZURA.