



The Weekday Cook

Citrus Grilled Chicken Salad

Herb Focaccia Bread Asian Vegetables

Fresh Strawberries

CITRUS GRILLED CHICKEN SALAD

- | | |
|-------------------------------------|--|
| 3/4 cup (175 mL) orange marmalade | 8 cups (2 L) torn mixed greens |
| 1/3 cup (75 mL) lemon juice | 3 small navel oranges, peeled and sliced |
| 1 tbsp. (15 mL) Dijon mustard | 3 green onions, diagonally sliced |
| 4 boneless skinless chicken breasts | |

Whisk together first 3 ingredients; set aside 2/3 cup (150 mL) of this dressing for salad. Grill chicken breasts over medium heat on natural gas BBQ, basting with remaining dressing, for 5 - 7 minutes per side. Combine greens, oranges and onions with 1/2 cup (125 mL) of the reserved dressing. Divide salad among 4 plates. Diagonally slice chicken breasts; place on top of salads. Drizzle with remaining reserved dressing. Serves 4.

HERB FOCACCIA

- | | |
|---------------------------------------|-------------------------|
| 1 loaf frozen bread dough | 1/2 tsp. (2 mL) oregano |
| 2 tbsp. (25 mL) olive oil | 1/2 tsp. (2 mL) basil |
| 1/8 tsp. (0.5 mL) salt, optional | 1/4 tsp. (1 mL) thyme |
| 1/2 tsp. (2 mL) freshly ground pepper | |

Place frozen bread dough and oil in a heavy plastic bag. Squeeze bag to coat dough with oil. Seal and place in refrigerator to thaw overnight. Combine remaining ingredients using a mortar and pestle until crushed and blended. Place thawed bread dough and oil on a large sheet of foil. Flatten dough and sprinkle with herb mixture. Place another sheet of foil on top. Roll out dough into an oblong about 1/2 inch (1.25 cm) thick. Remove top sheet of foil. Flip dough directly onto BBQ grid, foil side up. Remove foil. Cook bread over medium heat on natural gas BBQ for 3 - 5 minutes per side. Serve warm. Serves 6.

ASIAN VEGETABLES

- | | |
|-----------------------------------|---|
| 2 cloves garlic, crushed | 1/4 tsp. (1 mL) crushed red pepper flakes |
| 1 tsp. (5 mL) grated fresh ginger | 1 medium zucchini, sliced |
| 3 tbsp. (40 mL) red wine vinegar | 1 red bell pepper, cut into chunks |
| 3 tbsp. (40 mL) soy sauce | 1 medium onion, cut into wedges |
| 2 tbsp. (25 mL) honey | 2 cups (500 mL) whole medium mushrooms |
| 3 tbsp. (40 mL) sesame oil | |

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

■ Edmonton area 420-1010 ■ Lloydminster toll-free 1-306-825-5010 ■ Other locations in Alberta toll-free 1-877-420-9090

To purchase cookbooks, call the order desk toll-free 1-800-840-3393.

For cooking ideas and great recipes, visit our website at www.atcoblueflamekitchen.com.

Whisk together first 7 ingredients (garlic through pepper flakes). Toss vegetables with enough marinade to coat. Remaining marinade may be kept refrigerated up to 1 week. Let vegetables stand 15 minutes. Grill vegetables directly on BBQ grid, on a grill topper or in a grill wok. Cook over medium heat on natural gas BBQ for 10 - 15 minutes or until browned and tender. Serves 4 - 6.

CAJUN SPICES

A versatile spice mix for grilling.

4 tsp. (20 mL) salt	2 tsp. (10 mL) cayenne pepper
1 tbsp. (15 mL) garlic powder	2 tsp. (10 mL) thyme, crumbled
1 tbsp. (15 mL) onion powder	2 tsp. (10 mL) oregano, crumbled
2 tsp. (10 mL) pepper	1 tsp. (5 mL) paprika
2 tsp. (10 mL) white pepper, optional	

Combine ingredients thoroughly. Store in an airtight container in a cool dry place.

Looking For A Barbecue?

May is national barbecue month and traditionally this is the time of year when the outdoor cooking season begins. Cooking on a natural gas barbecue is easy with instant heat and flame control, and a never-ending supply of fuel. There are four basic things to look at when you consider purchasing a natural gas barbecue - the size, the BTUs, the burners and the briquets.

When deciding on size, consider how much food you want to cook at once. If you want to cook an entire meal on your barbecue, consider a barbecue with about 400 square inches of grid space. Remember that secondary space like a warming rack can add additional space and can be used for indirect cooking.

The amount of heat a grill generates significantly affects the cooking time. The higher the BTUs, the faster the food cooks. Barbecues range from 22,000 BTUs for a smaller grill and go up to 66,000 for a larger unit. If you like to cook all year round in our climate, 36,000 to 50,000 BTUs is a good range.

When comparing the burners on different barbecues, consider both the number of burners and the shape of the burners as this is what affects how evenly and efficiently your barbecue cooks. Most barbecues today have at least two burners but some may have three or more. Some models have a back burner that is the height of the grid for perfect rotisserie cooking. As for the shape of the burner there is a variety for you to choose from – horizontal, vertical, bow tie or H shaped. Check that the burner fills the cooking area evenly to avoid any cold spots.

The newest natural gas barbecues have either ceramic briquets that reduce flare-ups, or bars that eliminate flare-ups from the dripping fat and juices during cooking. In addition to the size, the BTUs, the burners, and the briquets, check for overall strength and durability of a barbecue. Look for porcelain coated or stainless steel cooking grids as they are easier to clean. Be sure that the grill body is a heavy-gauge metal and that the lid will rise easily and close tightly. Look for wide wheels that are built to move and have locking castors.