



# Father's Day Barbecue

---

*Two Cheese Herb Bread*  
*Halibut with Cilantro and Lime*  
*or*  
*Greek Lamb Chops*  
*Rice and Cucumber Salad with Mint*  
*Grilled Tomatoes with Rosemary*  
*or*  
*Glazed Baby Carrots with Ginger*  
*Rhubarb Parfaits*

## **TWO CHEESE HERB BREAD**

1/2 cup (125 mL) shredded cheddar cheese	1/2 tsp (2 mL) oregano, crumbled
1/2 cup (125 mL) shredded Havarti cheese	1/4 tsp (1 mL) garlic powder
1/4 cup (50 mL) butter, softened	1 loaf French bread, halved lengthwise
1/2 tsp (2 mL) basil, crumbled	Paprika

Combine cheddar cheese, Havarti cheese, butter, basil, oregano and garlic powder until blended. Wrap bread halves individually in heavy duty foil, leaving cut side open. Spread cheese mixture over cut side of bread halves. Dust with paprika. Heat bread over low heat directly on grid or on warming rack on natural gas barbecue for 15 - 20 minutes or until cheese is melted and bread is golden around edges. Slice bread and serve.

## **HALIBUT WITH CILANTRO AND LIME**

1/2 cup (125 mL) chopped fresh cilantro	1/4 tsp (1 mL) salt
1/4 cup (50 mL) oil	1 clove garlic, crushed
3 tbsp (40 mL) fresh lime juice	4 small or 2 large halibut steaks
1/2 tsp (2 mL) red pepper flakes	

To prepare marinade, combine all ingredients except halibut in a heavy zip-lock plastic bag. Add halibut and squeeze bag to coat halibut with marinade; seal bag. Let stand for 30 minutes. Remove halibut from marinade; discard marinade. Grill halibut over medium heat on natural gas barbecue for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Serves 4.

## **GREEK LAMB CHOPS**

2 tbsp (25 mL) olive oil	1/4 tsp (1 mL) freshly ground pepper
2 tbsp (25 mL) fresh lemon juice	2 cloves garlic, crushed
1 1/2 tsp (7 mL) oregano, crumbled	8 lamb loin chops, 1 inch (2.5 cm) thick
1/2 tsp (2 mL) salt	

To prepare marinade, combine all ingredients except lamb in a heavy zip-lock plastic bag. Add lamb and squeeze bag to coat lamb with marinade; seal bag. Let stand for 30 minutes. Remove lamb from marinade; discard marinade. Grill lamb over low heat on natural gas barbecue to desired doneness. Serves 4.

---

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 web site at [www.atcoblueflamekitchen.com](http://www.atcoblueflamekitchen.com)

### **RICE AND CUCUMBER SALAD WITH MINT**

4 cups (1 L) water	1/2 tsp (2 mL) salt
2 cups (500 mL) long grain rice	1/2 cup (125 mL) oil
1 tsp (5 mL) salt	3 cups (750 mL) cubed seeded English cucumber
1/2 cup (125 mL) fresh orange juice	4 Roma tomatoes, cubed
1/4 cup (50 mL) fresh lemon juice	1 cup (250 mL) shredded dry pack feta cheese
2 tsp (10 mL) grated orange peel	1 cup (250 mL) sliced green onions
2 tsp (10 mL) grated lemon peel	1/2 cup (125 mL) slivered fresh mint
1/2 tsp (2 mL) cinnamon	

Combine water, rice and 1 tsp (5 mL) salt in a large saucepan. Bring to a boil over medium heat. Reduce heat; cover and simmer for 20 minutes or until rice is tender and liquid is absorbed. Transfer rice to a bowl; cool to room temperature. To prepare dressing, whisk together orange juice, lemon juice, orange peel, lemon peel, cinnamon and 1/2 tsp (2 mL) salt. Gradually whisk in oil until blended. Add cucumber, tomatoes, cheese, onions and mint to rice. Add dressing and toss to combine. Serves 8.

### **GLAZED BABY CARROTS WITH GINGER**

3 cups (750 mL) baby carrots	1/2 tsp (2 mL) ginger
2 tbsp (25 mL) butter, melted	1/4 tsp (1 mL) dry mustard
2 tbsp (25 mL) packed golden brown sugar	1/4 tsp (1 mL) salt

Cook carrots in boiling salted water for 4 minutes; drain. Place carrots in centre of a large piece of heavy duty foil. Combine melted butter, brown sugar, ginger, dry mustard and salt; drizzle over carrots. Bring edges of foil together to form a packet; close all edges with tight double folds. Cook over medium heat on natural gas barbecue, turning packet over occasionally, for 25 - 30 minutes or until carrots are tender. Serves 6.

### **GRILLED TOMATOES WITH ROSEMARY**

1 tbsp (15 mL) olive oil	1/2 tsp (2 mL) freshly ground pepper
1 tbsp (15 mL) finely chopped green onion	1/4 tsp (1 mL) salt
1 1/2 tsp (7 mL) finely chopped fresh rosemary	8 Roma tomatoes, halved lengthwise
3/4 tsp (3 mL) grated lemon peel	

Combine all ingredients except tomatoes in a heavy plastic bag. Add tomatoes and squeeze bag gently to coat tomatoes with seasoning mixture. Remove tomatoes from bag. Grill tomatoes on a grill topper or directly on grid over medium heat on natural gas barbecue just until tomatoes are heated through, about 8 - 10 minutes. Serves 8.

### **RHUBARB PARFAITS**

4 cups (1 L) diced rhubarb	1/2 cup (125 mL) icing sugar
1 cup (250 mL) sugar	2/3 cup (150 mL) sour cream
1/2 tsp (2 mL) grated lemon peel	2 tbsp (25 mL) orange liqueur
1/2 tsp (2 mL) vanilla	2/3 cup (150 mL) gingersnap crumbs
2 cups (500 mL) whipping cream	

Combine rhubarb, sugar and lemon peel in a nonreactive saucepan. Bring to a boil over medium heat, stirring constantly. Reduce heat and simmer, stirring occasionally, until rhubarb falls apart and mixture is thickened, about 15 - 20 minutes. Let cool for 15 minutes. Transfer mixture to a blender; puree until smooth. Transfer mixture to a bowl; stir in vanilla and cool completely. Using medium speed of an electric mixer, beat together whipping cream and icing sugar until soft peaks form. Add sour cream and liqueur; beat until stiff. Using half of each, layer rhubarb mixture, whipped cream mixture and gingersnap crumbs in 6 parfait glasses or wine goblets. Repeat layering procedure. Cover and refrigerate for at least 1 hour or up to 24 hours. Serves 6.