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June 15, 2016
A Backyard Barbecue for Father's Day

Is your Dad the master of the grill? Give him a break this weekend and take over the barbecue with these easy and delicious recipes.

Our Butterflied Brick Chicken is simple and succulent. Butterflying the chicken and applying the hot brick helps to speed up cooking time, and also ensures that every part of the chicken cooks evenly – no more dry chicken breasts!

While the chicken rests, use the preheated grill to make our Spice-Rubbed Grilled Corn. The smoky rub of chili powder, smoked paprika, cumin and mustard gives it a Tex-Mex flare. Make sure you have lime wedges on hand for serving.

Of course, you can't forget the greens! Kale has never tasted better than in our Kale and Mango Slaw, where the hardy green is paired with fresh and bright mango, carrots, daikon and cilantro and dressed in a sweet and tangy vinaigrette. Happy Father's Day!

BUTTERFLIED BRICK CHICKEN

Ingredients:

1 brick
1 whole fryer chicken (3 lb/1.5 kg)
2 tsp salt
1 tsp freshly ground pepper
1 cup barbecue sauce, divided

Method:

1. Wrap brick in heavy-duty foil.
2. Place brick on barbecue grid on natural gas barbecue. Heat brick over medium-high heat for 30 minutes.

3. Meanwhile, to butterfly chicken, place chicken, breast side down, on a cutting board. Hold tail end and cut down both sides of backbone using poultry or kitchen shears; cut out and discard backbone.
4. Turn chicken around and spread open. Using a boning knife, make an incision in cartilage above breastbone. From underside of chicken, push upward on breastbone to pop it up. Run a finger down and under sides of breastbone to loosen. Pull out and discard breastbone. Cut out and discard any excess fat.
5. Sprinkle salt and pepper over both sides of chicken.
6. Turn barbecue control down to medium heat and place chicken, skin side down, on barbecue grid. Place hot foil-covered brick on top. With lid down, grill chicken for 10 minutes.
7. Remove brick. Flip chicken over. Place brick on top. With lid down, continue grilling for 10 minutes.
8. Turn barbecue control down to low heat. Remove brick and set brick aside; brick is no longer needed.
9. Reserve 1/2 cup barbecue sauce to serve with chicken. Brush remaining 1/2 cup barbecue sauce over both sides of chicken and grill until chicken is cooked through, about 8 - 10 minutes per side.
10. Let stand for 10 minutes before cutting into serving pieces.
11. Serve with reserved barbecue sauce. *Serves 4.*

SPICE-RUBBED GRILLED CORN

Ingredients:

1 tbsp canola oil
2 tsp smoked paprika
1 tsp chili powder
1/2 tsp dry mustard
1/2 tsp ground cumin
6 cobs of corn, husked

Method:

1. Combine oil, paprika, chili powder, dry mustard and cumin. Spread oil mixture over cobs of corn.
2. Grill corn over medium heat on natural gas barbecue, turning occasionally, until lightly browned, about
15 - 20 minutes. *Serves 6.*

KALE AND MANGO SLAW

Ingredients:

1/4 cup grapeseed oil or canola oil
1/4 cup liquid honey
1/4 cup finely chopped shallots
3 tbsp apple cider vinegar
1 1/2 tsp poppy seeds
4 cups thinly sliced kale
1 cup diced peeled mango
1 cup shredded carrots
1 cup shredded peeled daikon
2 tbsp chopped fresh cilantro
1 Thai red or green chile pepper, halved, seeded and finely chopped

Method:

1. To prepare dressing, whisk together oil, honey, shallots, vinegar and poppy seeds until blended.
2. Combine kale, mango, carrots, daikon, cilantro and chile pepper in a bowl.
3. Add dressing and toss to coat. Cover and refrigerate for at least 4 hours or up to 8 hours.
4. Toss before serving. *Serves 4.*

Cook's Note: *Daikon is a long, thin Asian radish. Its flesh is white and has a sweet, mild flavour. Look for it in Asian grocery stores or the produce section of large grocery stores.*