

June 29, 2016

Red & White Treats for Your Canada Day BBQ

Planning a backyard barbecue before the fireworks this long weekend? We've got the side dishes and dessert – just add a few burgers and we're all set!

With lime, hoisin, cilantro and mint, our Watermelon and Cucumber Salad is an Asian-inspired twist on a summer favourite. This salad is best served within two hours – if you are planning to bring it as part of a potluck, keep the dressing separate from the salad, and combine just before serving.

Our Onion Slaw is an easy, zingy topping for burgers and hot dogs. The onions are quick-pickled overnight in a sweet brine, before being stirred in with creamy mayonnaise seasoned with celery seed.

Use up the last of this year's rhubarb harvest with our Rhubarb Streusel Cake. This moist cake is heavy with tangy fruit, and topped with a crumbly streusel topping with a hint of spice from the cinnamon and ginger. Happy Canada Day!

WATERMELON AND CUCUMBER SALAD

Ingredients:

1/4 cup (50 mL) fresh lime juice
3 tbsp (40 mL) hoisin sauce
3 cups (750 mL) seedless watermelon chunks (1 inch/2.5 cm)
3 cup (750 mL) sliced seeded English cucumber (1/2 inch/1.25 cm)
1/4 cup (50 mL) chopped fresh cilantro
3 tbsp (40 mL) slivered fresh mint

Method:

1. To prepare dressing, whisk together lime juice and hoisin sauce until blended.

2. Combine watermelon, cucumber, cilantro and mint in a bowl. Add dressing and toss to coat. Serve immediately. *Serves 6.*

Cook's Note: *Cucumber should be halved lengthwise, seeded and then sliced crosswise before measuring.*

ONION SLAW

Great on burgers, barbecued beef or as a side dish. Use sweet varieties of onions, such as Walla Walla or Vidalia, when they are in season.

Ingredients:

3 large onions
1/2 cup (125 mL) vinegar
1/2 cup (125 mL) water
1/2 cup (125 mL) sugar
1/2 cup (125 mL) mayonnaise
1/2 tsp (2 mL) sugar
1/4 tsp (1 mL) celery seed

Method:

1. Cut onions in half lengthwise and thinly slice crosswise. There should be about 6 cups (1.5 L). Combine vinegar, water and 1/2 cup (125 mL) sugar in a large bowl. Add onions and toss gently to combine. Cover and refrigerate for 8 hours, stirring occasionally.
2. Drain onions; discard liquid. Combine mayonnaise, 1/2 tsp (2 mL) sugar and celery seed in a large bowl. Add onions and toss to coat. *Serves 6 - 8.*

RHUBARB STREUSEL CAKE

Ingredients:

1 1/4 cups (300 mL) flour
1 tsp (5 mL) baking powder
1/2 tsp (2 mL) salt
1/2 cup (125 mL) butter, softened
3/4 cup (175 mL) sugar
2 eggs
1 tsp (5 mL) vanilla
1/2 cup (125 mL) milk
3 cups (750 mL) diced rhubarb
Streusel Topping (recipe below)

Method:

1. Preheat oven to 375°F (190°C). Combine flour, baking powder and salt; set aside.
2. Using medium speed of an electric mixer, beat together butter and sugar until fluffy. Beat in eggs, one at a time, beating well after each addition. Beat in vanilla. Beginning and ending with flour mixture, add flour mixture alternately with milk to butter mixture, stirring until blended. Spread batter in a greased 9 inch (23 cm) square baking pan. Top with rhubarb and sprinkle with Streusel Topping.
3. Bake for 50 – 55 minutes or until a cake tester inserted in centre comes out clean. Cool cake in pan on a rack. *Serves 6 – 8.*

Streusel Topping

Ingredients:

3/4 cup (175 mL) flour
2/3 cup (150 mL) packed golden brown sugar
1/2 tsp (2 mL) cinnamon
1/4 tsp (1 mL) ground ginger
1/3 cup (75 mL) butter, chilled and cubed



Method:

1. Combine flour, brown sugar, cinnamon and ginger in a bowl. Cut in butter with a pastry blender until mixture is crumbly.