



July 6, 2016

Tasty Ideas to Bring the Stampede to Your Backyard

Yeehaw! The Calgary Stampede kicks off this weekend for 10 days of fun and festivities. Skip the crowds and the over-the-top Midway eats (we'll skip the deep-fried tequila bites, thank you very much!) with this tasty menu you can make in your own backyard.

Our Sticky Wings are the perfect mix of sweet, savoury, sour and spicy. Make these ahead and keep them in your freezer so all you need to do is reheat and eat.

Who needs taco in a bag when you've got Nachos in a Packet? Loaded with fresh vegetables and cheese, this simple recipe makes a great alternative to the Midway treat.

It can't be a Stampede barbecue without a little beef! Experiment with different types of beer for our Beer & Pretzel Burgers with Beer-B-Q Onions (there will always be a bit of beer left in the bottle for you to drink!).

STICKY WINGS

Ingredients:

1/2 cup (125 mL) orange marmalade
1/2 cup (125 mL) sugar
1/2 cup (125 mL) fresh lemon juice
1/2 cup (125 mL) water
1/4 cup (50 mL) butter
1/2 tsp (2 mL) garlic powder
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) freshly ground pepper
1/4 tsp (1 mL) cayenne pepper
3 lb (1.5 kg) chicken wing drumettes



Method:

1. To prepare sauce, combine all ingredients except chicken in a saucepan. Bring to a boil over medium heat, stirring frequently. Remove from heat; let stand 10 minutes. Arrange chicken in a single layer in two 9x13 inch (23x33 cm) baking pans; do not overcrowd pans. Pour sauce evenly over chicken. Bake at 400°F (200°C), turning and basting every 15 minutes, until wings are glazed and golden brown, about 45 minutes. Serve hot. *May be frozen for up to 1 month. Makes about 40 wings.*

NACHOS IN A PACKET

Individual foil-wrapped servings of nachos make for a fun start to a barbecue dinner.

Ingredients:

8 cups (2 L) small round tortilla chips
1/4 cup (50 mL) diced green bell pepper
1/4 cup (50 mL) diced red bell pepper
1/4 cup (50 mL) thinly sliced green onion
1 tsp (5 mL) finely chopped seeded jalapeno pepper
2 cups (500 mL) Tex-Mex shredded cheese
Medium salsa

Method:

1. Lay out four large pieces of nonstick foil. Place 2 cups (500 mL) tortilla chips in centre of each piece. Combine bell peppers, green onion and jalapeno pepper. Sprinkle over tortilla chips, dividing equally. Top each with 1/2 cup (125 mL) cheese. For each piece of foil, bring edges together to form a packet; close all edges with tight double folds.

2. Cook over medium heat on natural gas barbecue for 10 – 12 minutes or until cheese is melted and toppings are heated through. Serve with salsa. *Serves 4.*



BEER AND PRETZEL BURGERS

Ingredients:

2lb (1 kg) lean ground beef
3/4 cup (175 mL) coarsely crushed pretzels
1/2 cup (125 mL) beer
1/4 cup (50 mL) finely chopped onion
2 tbsp (25 mL) prepared mustard
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
8 hamburger buns
Beer-B-Q Onions (recipe below)

Method:

1. Combine first 7 ingredients (beef through pepper). Shape mixture into 8 patties.
2. Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in buns with Beer-B-Q Onions. *Serves 8.*

Beer-B-Q Onions

Ingredients:

1 tbsp (15 mL) butter
4 cups (1 L) sliced onions
1/2 tsp (2 mL) sugar
1/2 cup (125 mL) beer
1/8 tsp (0.5 mL) freshly ground pepper

Method:



1. Melt butter in a large frypan over medium-low heat. Add onions and cook, uncovered, stirring occasionally, until golden brown, about 20 – 25 minutes. Add sugar and cook, stirring, for 1 minute. Stir in beer and pepper. Cook, uncovered, stirring occasionally, until most of liquid is evaporated, about 5 minutes; keep warm. *Makes 2 cups (500 mL).*