



August 10, 2016

A Simple Menu For Your Next Backyard BBQ

There's nothing better on a warm summer evening than kicking back and enjoying a cold beverage with some simple bites. Here's a delicious menu for your next backyard BBQ that will have you spending less time at the grill and more time enjoying the last days of summer.

Our Tex-Mex inspired Black Bean Burgers with Garden Salsa are fast, easy and flavourful. The patties come together quickly, and only take a few minutes on the grill. Prep the Garden Salsa before your guests arrive, and it can pull double-duty as an appetizer, served with tortilla chips, or on crostini as a bruschetta.

Our tender and spicy Madras Wings take time to marinate and cook, but are otherwise quite low-maintenance. Toss them in the creamy and spicy yogurt marinade overnight (or for at least 2 hours, if you're in a rush), then the next day, cook them over low heat for 40-45 minutes.

Last but not least, spice up the party with our Pink Sangria. White wine is infused with citrus flavours in this fun, sparkly drink.

BLACK BEAN BURGERS WITH GARDEN SALSA

Ingredients:

1 can (19 oz / 540 mL) black beans, rinsed and drained
1/2 cup (125 mL) fine dry bread crumbs
1/4 cup (50 mL) finely chopped red onion
1/2 tsp (2 mL) oregano, crumbled
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) freshly ground pepper
1/4 tsp (1 mL) ground cumin
1 egg, lightly beaten
Oil
4 hamburger buns



Garden Salsa (recipe below)

Method:

Coarsely mash beans with a potato masher; some pieces of bean should remain intact. Stir in next 7 ingredients (bread crumbs through egg). Shape mixture into 4 patties. Brush with oil.

Place patties on a grill topper. Grill over medium heat on natural gas barbecue for 4 – 5 minutes per side or until cooked through. Serve in buns with Garden Salsa. *Serves 4.*

Garden Salsa

Ingredients:

2/3 cup (150 mL) chopped seeded English cucumber
1/2 cup (125 mL) chopped red bell pepper
1/4 cup (50 mL) chopped red onion
1 tbsp (15 mL) honey
1 tbsp (15 mL) fresh lime juice
1/4 tsp (1 mL) dill weed
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
Dash cayenne pepper

Method:

Combine all ingredients. Cover and refrigerate for up to 1 hour. *Makes about 1 1/2 cups (375 mL).*



MADRAS WINGS

Ingredients:

1/4 cup (50 mL) plain yogurt
2 tbsp (25 mL) fresh lime juice
1 tbsp (15 mL) curry powder
1 tsp (5 mL) ground cumin
1/2 tsp (2 mL) ground ginger
1/2 tsp (2 mL) red pepper flakes
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) cinnamon
1/4 tsp (1 mL) garlic powder
2 lb (1 kg) chicken wings

Method:

To prepare marinade, combine all ingredients except chicken in a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with marinade. Seal bag and place on a plate. Refrigerate, turning bag occasionally, for at least 2 hours or up to 24 hours. Remove chicken from marinade; discard marinade. Place chicken on a grill topper or directly on barbecue grid on natural gas barbecue. Grill chicken over low heat, turning occasionally, until chicken is cooked through, about 40 – 45 minutes. *Makes about 12.*

PINK SANGRIA

Ingredients:

1 bottle (750 mL) dry white wine, chilled
2 cups (500 mL) club soda, chilled
1 can (355 mL) frozen pink lemonade concentrate, thawed
1/3 cup (75 mL) fresh lime juice
1 lemon, thinly sliced



1 orange, thinly sliced
Ice cubes

Method:

Combine all ingredients except ice cubes in a large pitcher. Serve immediately over ice cubes.
Serves 6 - 8.