Fire Up the Grill!

GRILLED ANTIPASTO

| 1/2 lb (250 g) mild Italian sausage | 1 yellow bell pepper, cut into squares |
| 2 tbsp (25 mL) olive oil | 3 cups (750 mL) cauliflower florets |
| 1 clove garlic, crushed | 1/2 cup (125 mL) cubed mozzarella cheese |
| 1 red bell pepper, cut into squares | 1/2 cup (125 mL) pitted ripe olives |
| 1 green bell pepper, cut into squares | Balsamic Vinaigrette, recipe follows |

Grill sausage over medium heat on natural gas barbecue until browned and completely cooked, about 15 - 20 minutes. Cool slightly and slice into bite-size pieces. Combine oil and garlic. Add bell peppers and cauliflower and toss to coat. Grill vegetable mixture in a grill wok or on a grill topper over medium heat on natural gas barbecue, stirring occasionally, until tender and lightly browned. Combine sausage, vegetable mixture, cheese and olives with vinaigrette. Let stand 5 minutes before serving. Serves 4.

Balsamic Vinaigrette: Whisk together 1/4 cup (50 mL) each olive oil and balsamic vinegar with 2 cloves crushed garlic, 3 tbsp (40 mL) chopped fresh basil, 1 tbsp (15 mL) each chopped fresh oregano and parsley, 1/2 tsp (2 mL) freshly ground pepper and 1/4 tsp (1 mL) salt. Stir in 1 tbsp (15 mL) capers.

GRILLED STEAK WITH BLUE CHEESE CREAM

| 1 cup (250 mL) crumbled blue cheese | 1/2 tsp (2 mL) paprika |
| 1/3 cup (75 mL) sour cream | 1/8 tsp (0.5 mL) cayenne pepper |
| 1 tbsp (15 mL) Dijon mustard | 4 rib-eye steaks, 1 inch (2.5 cm) thick |
| 1 tsp (5 mL) Worcestershire sauce | 1 tbsp (15 mL) olive oil |

To prepare blue cheese cream, place first 6 ingredients (blue cheese through cayenne pepper) in a food processor; process until smooth. Cover and refrigerate for up to 2 days. Brush steaks with oil. Grill steaks over medium heat on natural gas barbecue to desired doneness. Serve with blue cheese cream. Serves 4.

GRILLED CHICKEN WITH GARLIC AND HERBS

| 2 tbsp (25 mL) oil | 1/4 tsp (1 mL) thyme, crumbled |
| 1 tsp (5 mL) sage, crumbled | 1/8 tsp (0.5 mL) freshly ground pepper |
| 1/2 tsp (2 mL) marjoram, crumbled | 2 cloves garlic, crushed |
| 1/2 tsp (2 mL) seasoned salt | 4 boneless skinless chicken breasts |

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. Let stand for 30 minutes. Remove chicken from marinade; discard marinade. Grill chicken over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through. Serves 4.

Safety Matters:
All individuals using the barbecue should be familiar with all aspects of its operation and proper safety procedures.

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GRILLED MAHI MAHI WITH FRESH PINEAPPLE SALSA

1 1/4 cups (300 mL) diced fresh pineapple 2 tsp (10 mL) finely chopped jalapeno pepper
1/2 cup (125 mL) chopped red onion 1 tsp (5 mL) pink peppercorns, crushed
1/4 cup (50 mL) chopped fresh cilantro 4 small or 2 large mahi mahi fillets
2 tbsp (25 mL) sweetened flaked coconut 1 tbsp (15 mL) butter, melted
2 tbsp (25 mL) fresh lime juice

To prepare pineapple salsa, combine first 7 ingredients (pineapple through peppercorns). Cover and refrigerate for up to 2 hours. Brush mahi mahi with melted butter. Grill mahi mahi 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. Serve with pineapple salsa. Serves 4.

Cook's Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin. Pink peppercorns are not a true pepper but rather a berry from a small tree. Look for pink peppercorns in specialty grocery stores. Pink peppercorns are also included in peppercorn blends such as McCormick's Peppercorn Mélange. This blend is available in the spice section of most grocery stores.

MAPLE GRILLED PORK CHOPS

1 cup (250 mL) ketchup 2 tbsp (25 mL) minced onion
1/2 cup (125 mL) maple-flavoured pancake syrup 1 tsp (5 mL) salt
1/4 cup (50 mL) cider vinegar 4 - 6 thick pork chops or shoulder steaks
2 tbsp (25 mL) Worcestershire sauce

Combine first 6 ingredients. Grill chops over low heat on natural gas barbecue for approximately 30 minutes for 3/4 inch (2 cm) thick chops. Baste occasionally with sauce for last 15 - 20 minutes of cooking. Do not overcook. Sauce may be prepared up to 1 week in advance and kept refrigerated. Serves 4 - 6.

GINGER LIME GRILLED SHRIMP

Bamboo skewers 2 tbsp (25 mL) oil
1 lb (500 g) frozen raw shrimp, thawed 1 1/2 tsp (7 mL) grated fresh ginger
1/4 cup (50 mL) soy sauce 3/4 tsp (3 mL) grated lime peel
1/4 cup (50 mL) finely chopped green onion 1/2 tsp (2 mL) red pepper flakes
2 tbsp (25 mL) fresh lime juice

Soak bamboo skewers in hot water for 30 minutes. Peel and devein shrimp, leaving tails intact. Pat shrimp dry with paper towels. To prepare marinade, combine remaining ingredients (soy sauce through red pepper flakes) in a heavy zip-lock plastic bag. Add shrimp and squeeze bag to coat shrimp with marinade; seal bag. Let stand for 30 minutes. Remove shrimp from marinade; discard marinade. Thread shrimp onto soaked skewers. Grill shrimp skewers over medium heat on natural gas barbecue until shrimp are pink and opaque, about 3 minutes per side. Do not overcook. Serves 4.

BARBECUED BIRTHDAY CAKE

1 frozen pound cake (298 g), thawed 1 cup (250 mL) marshmallow cream
2 tbsp (25 mL) white rum 1 cup (250 mL) mint chocolate chips

Slice cake horizontally into 3 layers. Place bottom layer on a sheet of foil. Drizzle with 1 tbsp (15 mL) rum. Spread 1/2 cup (125 mL) marshmallow cream over cake layer. Sprinkle with 1/2 cup (125 mL) chips. Top with second cake layer and repeat procedure with remaining rum, cream and chips. Place third cake layer on top. Wrap tightly with foil. Cook over low heat on natural gas barbecue, turning frequently, for 10 minutes or until heated through. Slice cake and serve warm. Serves 6 - 8.

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