A Smoky Menu

Maple Planked Brie

Roasted Potatoes with Radishes

Smoky Grilled Steak and Romaine Salad

or

Grilled Antipasto

Barbecue-Baked Apples with Caramel Rum Sauce

Smoking on a barbecue using hardwood chips adds a pleasant smoky wood flavour to grilled foods. The type of wood used for smoking will influence the flavour. Only use aromatic wood chips intended for smoking; do not use chemically treated woods or softwoods with resins.

Start by soaking smoking wood chips in water for at least 30 minutes. Place drained wood chips in a metal smoker box. Alternatively, smoker packets can be made by wrapping drained wood chips in heavy-duty foil or placing them in a small foil pan wrapped with heavy-duty foil; cut vent holes in top of foil to allow smoke to escape.

Lift and remove a grid from the barbecue and leave section off, if possible. Place smoker box or packet directly on the metal or porcelain plate, bars or briquettes. With lid down, preheat barbecue over medium-high heat for 15 minutes or until smoke starts to develop from smoker box or packet. After preheating, wood chips will continue to smoke for about 15 - 20 minutes. Grill food with lid down to trap smoke and intensify flavour. Packet should be removed when smoke turns from fresh and pleasant smelling to harsh and bitter.

If wood chips catch on fire in smoker box or packet, turn barbecue off and carefully pour water over smoker box or packet allowing water to seep in through vent holes; carefully remove from barbecue. Relight barbecue and continue grilling using new soaked and drained wood chips in a smoker box or packet. Use extreme caution when disposing of used wood chips. Allow wood chips to cool completely on a heatproof surface and douse with water while cooling to eliminate risk of fire.

Barbecue Safety Matters:
Always ensure the barbecue is completely cooled before placing a cover on it.
MAPLE PLANKED BRIE

1 maple plank (4 x 10 inches/10 x 25 cm)  
2 tbsp (25 mL) chopped pitted kalamata olives  
2 rounds (4 oz/125 g each) brie cheese  
1 tsp (5 mL) chopped fresh parsley  
1 head roasted garlic

Immerse maple plank in a sink or container of water. Place a heavy object on plank to keep it submerged. Allow plank to soak for at least 2 hours. For easier slicing, place brie in freezer for 30 minutes. Trim top rind off each round of brie. Squeeze pulp from roasted garlic; puree. Spread garlic puree evenly over cut sides of brie. Sprinkle olives over top. Remove plank from water and rinse. Place plank directly on grid on natural gas barbecue. With lid down, heat plank over medium heat for 10 minutes or until it begins to smoke. Place brie rounds on plank. With lid down, bake brie for 10 minutes or until cheese is melted and beginning to bubble. Sprinkle brie with parsley. Serve with baguette slices. Do not reuse plank for cooking. Serves 6 - 8.

Cook’s Note: To roast garlic, cut the top 1/4 inch (6 mm) off each garlic head. Place each garlic head on a piece of foil. Drizzle each head with a little olive oil and sprinkle with thyme. Twist foil around each head to enclose completely. Place foil package off to one side of natural gas barbecue grid. Do not place in center of grid. Cook over low heat for 30 - 45 minutes or until soft.

ROASTED POTATOES WITH RADISHES

4 cups (1 L) halved unpeeled baby yellow potatoes  
3 tbsp (40 mL) canola oil  
4 cups (1 L) halved trimmed radishes (about 1 lb/0.5 kg)  
2 tsp (10 mL) chopped fresh thyme  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) freshly ground pepper

Preheat oven to 450ºF (230ºC). Combine all ingredients in a large bowl; toss until potatoes and radishes are coated. Place potato mixture in a single layer in a non-stick foil-lined rimmed baking sheet. Bake, uncovered, for 30 minutes or until potatoes and radishes are tender and lightly browned. Serves 8.

Cook’s Note: If grilling on a natural gas barbecue, place potato mixture in a grill wok and grill over medium heat, stirring occasionally, until tender.

Nutritional analysis per serving:
161 calories, 5.5 g fat, 3.2 g protein, 26 g carbohydrate, 3.5 g fibre, 179 mg sodium

Barbecue Safety Matters:
To prevent burns, always use proper tools and oven mitts when barbecuing. Avoid wearing long loose sleeves or clothing that can catch fire easily.
### SMOKY GRILLED STEAK AND ROMAINE SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roma tomato, seeded and finely</td>
<td>1</td>
</tr>
<tr>
<td>chopped</td>
<td></td>
</tr>
<tr>
<td>2 tbsp extra-virgin olive oil</td>
<td></td>
</tr>
<tr>
<td>2 tsp granulated sugar</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp liquid smoke</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp salt</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp freshly ground pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 cup mayonnaise</td>
<td></td>
</tr>
<tr>
<td>2 tbsp white wine vinegar</td>
<td></td>
</tr>
<tr>
<td>3 tbsp finely chopped fresh parsley</td>
<td></td>
</tr>
<tr>
<td>1 tbsp drained capers</td>
<td></td>
</tr>
<tr>
<td>1 tbsp packed golden brown sugar</td>
<td></td>
</tr>
</tbody>
</table>

1 tsp chili powder
1 tsp smoked paprika
1 tsp salt
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp oregano, crumbled
1/2 tsp freshly ground pepper
1/4 tsp cayenne pepper
1/4 tsp celery seed

To prepare dressing, combine tomato, olive oil, sugar, liquid smoke, garlic, 1/4 tsp salt and 1/4 tsp pepper in a bowl. Let stand for 30 minutes. Place tomato mixture, mayonnaise and vinegar in a blender; purée until smooth. Add parsley and capers; blend until almost smooth. May be refrigerated for up to 24 hours; stir before using.

To prepare rub, combine brown sugar, chili powder, paprika, 1 tsp salt, garlic powder, onion powder, oregano, 1/2 tsp pepper, cayenne pepper and celery seed. Spread rub over both sides of steak. Let stand for 30 minutes. Grill steak over medium heat on natural gas barbecue to medium rare, about 15 - 20 minutes. Let stand for 5 minutes before slicing. Using a sharp knife held at a 45° angle, slice steak against the grain into thin slices; keep warm.

Lightly brush canola oil evenly over both sides of halved romaine hearts. Grill romaine, cut side down, over high heat on natural gas barbecue until lightly browned and warm, about 3 - 4 minutes. Serve grilled romaine immediately with steak and dressing. Serves 6.

### GRILLED ANTIPASTO

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 lb (0.25 kg) mild Italian sausages</td>
<td></td>
</tr>
<tr>
<td>2 tbsp (25 mL) olive oil</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, crushed</td>
<td></td>
</tr>
<tr>
<td>3 cups (750 mL) cauliflower florets</td>
<td></td>
</tr>
<tr>
<td>1 green bell pepper, cut into 1 inch (2.5 cm pieces)</td>
<td></td>
</tr>
<tr>
<td>1 red bell pepper, cut into 1 inch (2.5 cm pieces)</td>
<td></td>
</tr>
</tbody>
</table>

1 yellow bell pepper, cut into 1 inch (2.5 cm pieces)
1/2 cup (125 mL) cubed mozzarella cheese
1/2 cup (125 mL) pitted ripe olives Balsamic Vinaigrette, recipe follows

Grill sausages over medium heat on natural gas barbecue, turning occasionally, until browned and completely cooked, about 15 - 20 minutes. Transfer sausages to a plate and let stand until cool enough to handle. Slice sausages into 1/4 inch (6 mm) thick pieces; set aside. Combine oil and garlic. Add cauliflower and bell peppers; toss to coat. Place vegetable mixture in a grill wok or on a grill topper. Grill vegetable mixture over medium heat on natural gas barbecue, stirring occasionally, until vegetables are tender and lightly browned. Combine sausages, vegetable mixture, cheese and olives in a bowl. Add Balsamic Vinaigrette and toss to coat. Let stand for 5 minutes before serving. Serves 4.

#### Balsamic Vinaigrette

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup (50 mL) balsamic vinegar</td>
<td></td>
</tr>
<tr>
<td>3 tbsp (40 mL) chopped fresh basil</td>
<td></td>
</tr>
<tr>
<td>1 tbsp (15 mL) chopped fresh oregano</td>
<td></td>
</tr>
<tr>
<td>1 tbsp (15 mL) chopped fresh parsley</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp (2 mL) freshly ground pepper</td>
<td></td>
</tr>
</tbody>
</table>

1/4 tsp (1 mL) salt
2 cloves garlic, crushed
1/4 cup (50 mL) olive oil
1 tbsp (15 mL) drained capers

Whisk together first 7 ingredients (vinegar through garlic) until combined. Gradually whisk in oil until blended. Stir in capers. Cover and refrigerate until serving. Stir before using.

**Need tips on cooking, recipes, food safety, stain removal and other household problems? We can help. Call us toll-free at 1.877.420.9090, email us at bfkanswerline@atco.com, or chat with us online using our live chat tool!**
BARBECUE-BAKED APPLES

1/3 cup toasted walnuts, chopped  
1/4 cup dried cranberries  
1/4 cup packed dark brown sugar  
1 tbsp all-purpose flour  
1/2 tsp cinnamon

1/4 tsp nutmeg  
2 tbsp salted butter, melted  
4 Gala apples, halved  
1/2 cup apple juice  
Caramel Rum Sauce (recipe follows)

To prepare filling, combine walnuts, cranberries, brown sugar, flour, cinnamon and nutmeg in a small bowl. Add butter and stir to combine; set aside. Using a melon baller, scoop core out of each apple half; discard cores. Place apples, cut side up, in a non-stick foil-lined 9 x 13 inch (23 x 33 cm) baking pan. Place a mound of filling into centre of each apple half, dividing equally. Drizzle apple juice over apples. Place a brick directly on barbecue grid on natural gas barbecue. Preheat barbecue for 15 minutes. Place pan on top of brick. With lid down, bake apples over medium heat (about 350°F/180°C) for 40 - 45 minutes or until apples are tender. Let stand for 10 minutes before serving. Serve with Caramel Rum Sauce.
Serves 8.

Caramel Rum Sauce

1 1/2 cups granulated sugar  
Water  
1 1/4 cups whipping cream

2 tbsp spiced rum  
1 tsp vanilla  
1/4 tsp salt

Place sugar in a small heavy saucepan. Gently pour enough water over sugar to just cover surface; do not stir. Bring to a boil, without stirring, over medium-low heat. Boil gently, uncovered, without stirring, until mixture is golden brown, about 18 - 20 minutes. Gradually whisk in cream and cook, whisking, until sugar is dissolved and mixture is smooth, about 3 - 4 minutes. Remove from heat. Stir in rum, vanilla and salt. May be refrigerated for up to 3 days or frozen for up to 1 month. Reheat over low heat. Makes about 2 cups.

Barbecue Safety Matters:
Read the owner's manual before using your new barbecue. Store the manual in a safe place to have as a future reference.