

Food & Drink

Are you ready for the summer?



FIRED UP: Barbecue season is here, and the options for outdoor cooks are pretty much limitless as there is a world of culinary opportunities available for grill enthusiasts.

Food for Thought
Lisa Cartwright

Shop early for lamb recipe

Barbecued Lamb

Pull out the barbecue and go to the local grocery stores to pick up the ingredients for barbecued organic lamb.

Start this recipe early, because the lamb has to be marinated for 36 hours.

Ultra Food & Drug and Dominion both have fresh New Zealand spring lamb on for \$2.49 a pound.

The marinade is made up of many ingredients including two unique ones that are found at Village Grocer.

Shallots (bulb-type onions) and juniper berries can be purchased for \$4.99/pound and \$1.69 for an one ounce package, respectively.

Two tablespoons of rosemary (\$4.99/lb), thyme (\$4.99/lb), sage (\$5.94/lb), marjoram (\$4.99/lb) and tarragon (\$25.80/lb) can be picked up at the Bulk Barn.

The other ingredients can be picked up at any grocery store.

Any vegetable can be added, but to start, you can get eight corn-on-the-cobs for \$1.99 at Loblaws. Weston Produce has fresh zucchini for \$.79/lb, snow-white mushroom can be purchased for \$1.99/lb at IGA and sweet green peppers are \$.99 at Loeb.

The Garden Basket offers sour-dough bread for \$1.29.

Dessert

M&M Meat Shops have European-style waffles for \$5.99. Add two scoops of Breyers classic ice cream from Food Basics for \$2.99, a tub of Parlor Signature ice cream for \$4.99 for a two litre bucket at Comella Fine Foods and a medley of fresh fruit. A&P has four kiwi for \$.99. Longo's has cantaloupes for \$.99, nectarines are on at Fortinos for \$1.29/lb, sweet peaches are at Price Chopper for \$.79, and bananas are on for \$.39/lb at No Frills.

Fire up the grill, and get cooking

The Victoria Day Weekend is coming up, bringing the traditional start to the summer season. And even though many people keep the grill going year round, the warm weather usually brings another season of backyard barbecuing.

With advances in gas grills, charcoal chefs can now cook up delicious gourmet meals from around the world.

Here a few tips to make the most of barbecue season:

SAFETY FIRST

Always place your barbecue on level ground in open air, away from wooden fences and overhanging roofs.

Before using your barbecue it is absolutely imperative to make sure it's in perfect working order. Inspect your barbecue regularly. Remove spider webs and other blockages from tubes and burner pots with a pipe cleaner and clean the surface of the burner with a stiff brush.

Always start your barbecue with the lid up. Close the lid for cooking. This will reduce cooking time and help prevent flare-ups.

KEEP IT CLEAN

Wash hands thoroughly with hot water and soap after handling fresh meat, fish and poultry.

Do not defrost meat, fish or poultry at room temperature or on a countertop.

Cooked food should never be placed on the same platter with raw food, or where raw food has been.

COOKING TIPS

Use tongs to handle meat and fish. A fork will pierce the food and cause its delicious juices to go up in smoke.

Meat should be left to marinate in the refrigerator to prevent bacteria growth.

Discard leftover marinades that have been in contact with raw meat, fish, or poultry. Do not reuse marinades. If marinade is to be used as a basting or dipping sauce, reserve a portion of the marinade before adding the raw foods.

Sweet sauces, made with honey or fruit are delicious on grilled meats, poultry, fish and vegetables. Sauce should be applied at the end of cooking to prevent burning and blackening.

Adding hickory or oak chips to your briquettes gives foods a hearty, robust flavor. For a more subtle taste, try mesquite wood chips.

EASY CLEAN UP

Brushing up the grill with oil or spraying your cold grill with non-stick spray before you cook will help keep foods from sticking. Do not spray onto a hot grill, or while your barbecue is on.

Summer sizzles with barbecued lamb recipe

BARBECUED ORGANIC LAMB KABOBS

This tasty recipe is perfect for the barbecue and was created by Anthony Nuth of Herbs Fine Foods and Catering in Toronto.

INGREDIENTS

- 2 lbs boneless lamb shoulder
- 2/3 cups red wine
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 7 cloves garlic, sliced
- 7 shallots, sliced
- 2 tbsp each chopped fresh rosemary, thyme, sage, marjoram and tarragon
- 1 tsp juniper berries
- 1 tsp crushed black pepper

PREPARATION

- 1) Remove all sinew and excess fat from lamb and cut into 1-inch cubes.
- 2) In large bowl, whisk together wine, oil, vinegar, garlic, shallots, rosemary, thyme, sage, marjoram, tarragon, juniper

Recipe	
1 cup flour	
2 cups water	
salt	
1 tsp baking powder	

berries and pepper.

- 3) Add lamb, tossing to coat well.
- 4) Cover with plastic wrap and marinate in refrigerator for 36 hours.
- 5) Bring to room temperature for 30 minutes.
- 6) Thread onto metal skewers with a selection of your favorite vegetables, chopped to fit onto the skewers, or use shish kabob baskets.

7) Grill over greased grill set over medium-high heat, turning three or four times until medium rare or desired doneness.

Makes eight servings.

Use caution when lighting barbecue

Every year in Ontario, people are needlessly injured while lighting gas barbecues. The correct way to light a gas barbecue is to open the lid and strike the match or barbecue lighter before turning on the gas. When finished barbecuing, turn off the gas cylinder valve and then the barbecue burners. Always store propane cylinders outdoors.