

Skootamatta Recipe Contest Entries

BIG ISLAND BURGER or the ***SKOOTAMEATA*** (burger)

1lb MEDIUM ground beef
2 tbsp MONTREAL STEAK SPICE
1 tsp minced garlic
1 egg
bread crumbs

Makes 3, 1/3lb patties

SKOOTACHOPS (Grilled Pork Paillards)

4 boneless pork chops (butterfly chops)
1/4 cup balsamic vinegar
1/4 cup extra virgin olive oil
salt and fresh ground pepper
fresh basil for garnish
quartered cherry tomatoes for garnish

1. Place a pork chop between 2 sheets of plastic wrap & using meat pounder (or a rolling pin) pound to 1/4 inch thickness. Repeat with remaining chops.
2. Transfer to a large resealable plastic bag & add olive oil & balsamic vinegar. Turn to coat chops & marinate overnight, a few hours or whatever you have time for!
3. Heat B-B-Q to medium- high heat, remove chops from marinade, salt & pepper. Grill until cooked through and browned on both sides, about 1 minute per side.
4. Serve with basil & tomato garnish.

Leftovers? Thinly slice on the diagonal for sandwiches or salads. This is a fast easy recipe that adapts to different marinades, and will serve a large crowd readily by increasing the base ingredients. The key is not to overcook. Have the grill hot enough to brown the meat but do not leave on the grill overlong.

STEAK ON THE GRILL OR BBQ (***SKOOTASTEER??***)

Use on any steak to improve flavour and tenderize and bring out that secret restaurant flavour we love.

Marinate just before cooking. On a dinner plate, drop a small pool of good soy sauce. Add ONE DROP ONLY of LIQUID SMOKE in centre of soy sauce pool and mix. Add steak and coat on both sides before grilling.

Finish steak with fresh ground pepper, and (optional) melted Stilton cheese.

Note: Can use any favourite steak spice on steak as well but steak is excellent as is.

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LEMON GARLIC HERBED CHICKEN (*SKOOTASQUAB ??*)

(Variant of recipe from Williams and Sonoma Outdoor Living Cookbook)

Delicious, tender, moist chicken that can be served hot, cold, room temperature or chilled. Versatile as an entree, in a sandwich, in a salad or in pasta. Can be made the day ahead. Make lots.

Add enough chicken fryer pieces to serve 4 - 6 people and place in a large ziplock bag.

Marinade:

1/2 c olive oil
zest of 1 large lemon
juice of 1 large lemon
1 1/2 tsp soy sauce
1 tsp each of rosemary and thyme (can use dried or fresh or any other herb combination of your choice e.g. tarragon and dried mustard, or Italian seasoning)
3 cloves garlic minced
1 shallot finely chopped
1/8 tsp cayenne or a little more to taste
salt and pepper

Blend using a hand blender or whisk and taste for seasoning. Pour into bag with chicken and mash around until chicken is well coated. Marinate in fridge for 2 - 4 hours (can leave overnight). Remove from marinade. Cook by roasting in a 425 F degree oven on a rack over water in a roasting pan until golden brown, 45 - 50 minutes and thermometer register 180 degrees F in thigh.

Note: Can baste with reserved marinade up to halfway through cooking time but not necessary. Remove from oven, garnish with fresh herbs and cover with aluminum foil.

Alternate cooking methods: Roast on BBQ using indirect cooking method. Cook over pan of water to collect juices and add moisture to BBQ. If using whole chicken Rotisserie can be used.

SKOOTAMATTA SIZZLER or *SKOTAMATTALICIOUS*

Maurice's Country Ribs (aka Skootamatta Sizzlers)
1 bottle of Village Foods B-B-Q Sauce (flavour of choice)

Grill on high setting of B-B-Q 2 1/2 minutes to 3 minutes a side.

Move to unlit side of B-B-Q for approximately 45 minutes, (cover down), turning frequently at a temperature of 350 degrees. Baste with sauce the last 10 minutes.

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SUCCULENT SKOOTAMATTA BABY BACK RIBS

Sauce:

- 2 tablespoons butter (30ml)
- 1 small onion, minced
- 3 garlic cloves minced
- 2 cups ketchup (500ml)
- 3 teaspoons soy sauce
- 1/4 cup water (60ml)
- 1/4 cup cider vinegar (60ml)
- 1/4 cup Worcestershire sauce (60ml)
- 2 tablespoons brown sugar (30ml)
- 2 tablespoons molasses (30ml)
- 2 tablespoons honey (30ml)
- 2 teaspoons dry mustard powder (10ml)
- 1 teaspoon cayenne (5ml)
- 1 teaspoon lemon juice (5ml)

1. Sauce: In a pot melt some butter and sauté the onions and garlic until they are translucent. Add the ketchup, water, vinegar, Worcestershire, brown sugar, molasses, soy, honey, mustard powder, cayenne, lemon juice. Stir to blend ingredients well, and bring to a boil. Reduce the heat and simmer for 30 minutes, stirring occasionally. Remove sauce from heat.
2. Take 2 Full racks of baby back ribs and remove thin membrane from back side by starting (use a knife tip to begin) on one end and peeling away. Season ribs with salt and fresh ground pepper.
3. Preheat grill for 10 minutes then turn off one burner and place ribs on that side (indirect grilling).
4. Close lid. After 45 minutes baste both side with BBQ sauce and continue indirect cooking for another 40 minutes.

SKOOTAMATTA SKEWER

cubed beef
baby potatoes
onions
mushrooms
olive oil
garlic
salt/pepper

Cook potatoes until medium firmness. Alternate beef, potatoes, whole mushrooms, and sliced onions on wooden skewer. Brush on olive oil, garlic, salt and pepper or add your *favourite marinade*.

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SKOOT STEW (Serves 6)

Pressure cooking eliminates hours of simmering. (Outdoor time at the cottage is especially precious Spring and Fall when this dish really hits the spot). Adjust to taste by varying Worcestershire and steak sauces.

¼ cup general purpose flour
1 tsp salt
½ tsp ground black pepper
1½ lb stewing beef, cut into 1 inch cubes
½ cup olive oil
4 medium onions, coarsely chopped
2 cloves garlic, finely minced or pressed
12 oz beer (5% REAL Canadian, please)
1 tbsp soy sauce
3 tbsp Worcestershire sauce
2 tbsp steak sauce, (e.g. Heinz '57')
2 bay leaves
½ tsp thyme
3 potatoes, chopped into 1 inch cubes
2 large carrots, chopped into ½ inch cubes
1 – 10 oz package frozen peas

Combine first three ingredients and coat the beef cubes by shaking in a closed container or plastic bag. Using the bottom of the pressure cooker as a saucepan, cook the floured meat in ¼ cup of oil until evenly browned.

Use another pan and the remaining ¼ cup of oil to cook the onions until just transparent. Add onions to the meat in the pressure cooker and stir in all remaining ingredients except peas. Pressure cook mixture for 6 minutes, then turn off heat and let cooking continue for 4-5 minutes. Microwave or boil peas as directed on package. Drain and stir into hot stew mixture. Remove bay leaves.

RESTAURANT STYLE (*SKOOTAMATTA*) SLOW ROASTED RIBS

Racks of Maurice's Meaty Back Ribs (Buy lots, these are a crowd pleaser)

If ribs are frozen, thaw first. Remove tough membrane from back of ribs. Heat oven to 250 degrees F. Salt and pepper racks. Slow roast ribs for 5 hours uncovered in oven. Check occasionally and rearrange in pan cooking until tender and bone will come away from meat cleanly but without falling apart. Enjoy your afternoon.

To finish, heat BBQ and finish off with favourite BBQ sauce, turning and basting to heat through and crisp up (15min). Cut into 3 rib pieces to serve. Ribs will be tender and very flavourful.