

Gorgeously garnished salmon burgers

Classic hamburgers are a summertime staple, but why not switch things up a bit next time you get the urge to fire up the grill? This tasty salmon burger garnished with crispy toppings galore is a guaranteed crowd-pleaser.



Ingredients
(Makes 6 servings)

- For the patties:**
- 700 g (about 1.5 lbs.) fresh salmon, chopped
 - 1 tbsp. chopped fresh cilantro
 - 1 tbsp. chopped fresh Italian parsley
 - 1 tbsp. chopped fresh dill
 - 2 green onions, sliced
 - Juice of 1 lemon
 - 1 tbsp. mayonnaise
 - 1/4 cup breadcrumbs
 - 1 egg
 - Salt and pepper, to taste

For the tartar sauce:

- 1 cup mayonnaise
- 1/2 cup relish
- 1 tbsp. lemon juice
- 1 tbsp. finely diced cucumber
- 1 tbsp. finely diced sweet pickles
- 1/2 tsp. garlic powder
- Salt and pepper, to taste

For the burgers:

- 1/2 red onion, sliced
- 2 cups baby spinach
- 6 hamburger buns

Directions

1. Place onion slices in a bowl of cold water. Set aside.
2. Mix together all the ingredients for the patties. Make four equal-sized patties. Set aside.
3. Mix together all the ingredients for the tartar sauce.
4. On a preheated BBQ grill, cook salmon patties approximately 4 minutes each side. Toast buns on grill for last minute of cooking.
5. Remove onion slices from water and pat dry.
6. Assemble the burgers by placing a handful of baby spinach, a salmon patty, a spoonful of tartar sauce and a few onion slices on each bun.



Want a taste of summer?

Sparkling grapefruit cocktail



Kick off barbecue season in style by raising a glass of this refreshing, summery cocktail.

Ingredients
(For 1 cocktail)

For the cocktail:

- Juice of 1 lime
- 1 1/2 oz. simple syrup*
- 1 1/2 oz. white rum or gin
- 3 oz. grapefruit juice
- Sparkling wine or champagne

For the garnish:

- 1 grapefruit, quartered
- A few fresh mint leaves

Directions

1. Place a few ice cubes in a mason jar.
2. Add the first four ingredients for the cocktail to the glass and top up with sparkling wine or champagne.
3. Garnish with quartered grapefruit and fresh mint.

* A common ingredient in cocktails, simple syrup is easy as pie to prepare: mix 1 cup of water and 1 cup of white sugar in a small saucepan, then dissolve the sugar over low heat stirring continuously until the mixture thickens.

Follow these recipes

Tasty marinade for all types of steak



It doesn't matter what cut of steak you serve it with — this versatile marinade is sure to satisfy everyone around the table.

Ingredients
(Makes 4 servings)

- 1/2 cup vegetable oil
- 1/3 cup Dijon mustard
- Juice of 1/2 lemon
- 1 tbsp. chopped fresh rosemary
- 2 tbsps. chopped fresh cilantro or parsley
- 1 tsp. sambal oelek or Tabasco
- Salt and pepper, to taste

Directions

1. Add all the ingredients to a large, shallow dish and mix well.
2. Place the pieces of meat in the dish and refrigerate for 12 hours.
3. Cook meat on the grill to desired doneness.

Blueberry and chia seed smoothie

Packed with vitamins and protein, this smoothie is the perfect breakfast for busy mornings (especially when made the night before!).

Ingredients
(Makes 1 serving)

Smoothie:

- 1 cup frozen blueberries
- 3/4 cup milk*
- 1/4 cup plain Greek yogurt
- 2 tbsps. chia seeds
- 1 tsp. vanilla extract
- 1 tsp. maple syrup or honey

Garnish:

- 5 fresh blueberries
- A few fresh mint leaves
- A pinch of chia seeds

Directions

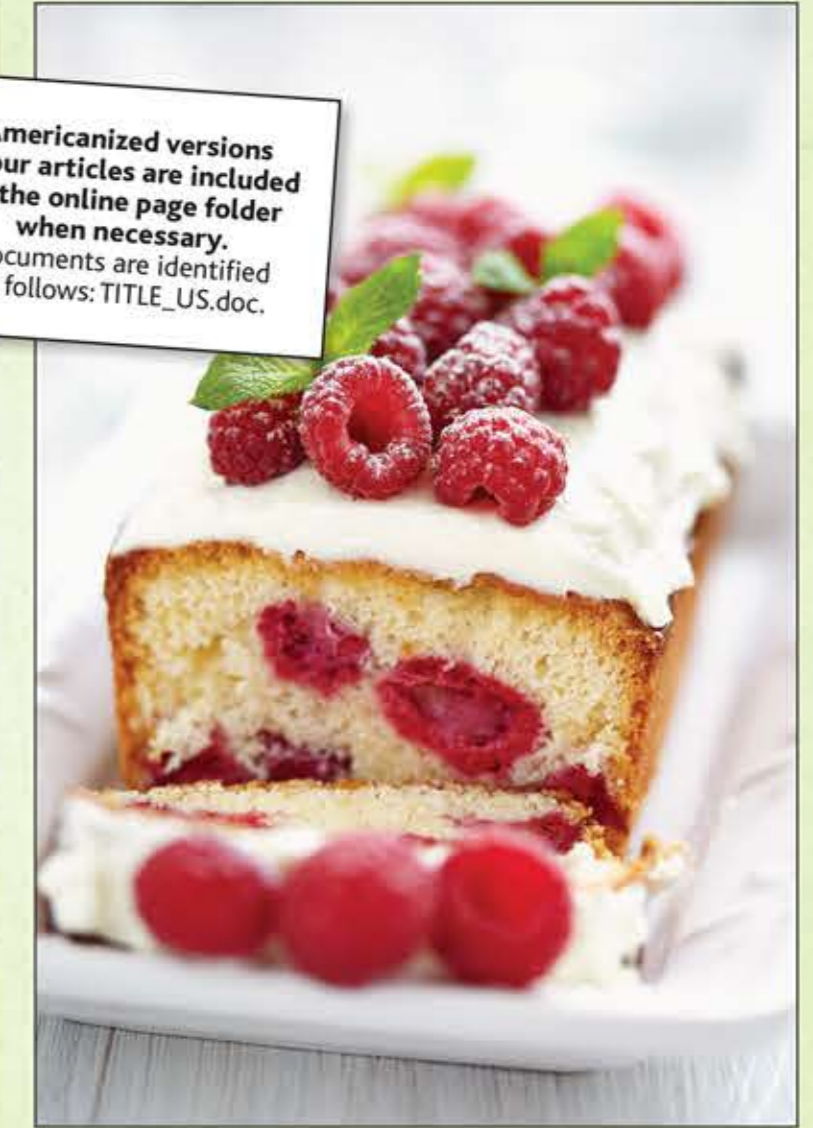
1. Place all of the ingredients for the smoothie in a food processor or blender.
2. Blend until you obtain a smooth, silky texture.
3. Pour into a glass or portable beverage container.

* You can use milk alternatives in this recipe such as soy milk, almond milk, coconut milk and hemp milk.



Raspberry cake loaf

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This delightful dessert is easy to portion and perfect to top off a summertime dinner.

Ingredients
(Makes 8 servings)

For the cake:

- 3/4 cup sugar
- 1/2 cup melted butter
- 2 eggs

- 3/4 cup milk
- 1 tsp. vanilla extract
- 1 3/4 cups white flour
- 2 tps. baking powder
- 1 1/2 cups frozen raspberries

For the garnish:

- 1 cup heavy cream
- 2 tbsps. sugar
- 1 cup fresh raspberries
- A few mint leaves

Directions

1. Preheat oven to 175 °C (350 °F).
2. In a bowl, mix together the sugar, melted butter, eggs, milk and vanilla extract.
3. Incorporate flour and baking powder. Mix until batter is smooth. Add the frozen raspberries.
4. Pour mixture into a greased loaf pan.
5. Bake for 60 minutes or until a fork inserted comes out clean.
6. While the loaf is baking, whip the cream and sugar. Set aside in the fridge.
7. Remove baked cake from the pan and let cool.
8. Before serving, garnish each slice of cake with whipped cream, fresh raspberries and mint leaves.



Beef and mushroom rolls with red wine sauce

Feel like making a meal that'll impress your guests? Try these exquisite beef rolls drizzled with a delectable red wine sauce.

Directions

1. Finely chop the mushrooms, onion and shallots.
2. Melt butter in a skillet placed on the BBQ grill. Sauté onions and shallots until translucent. Add mushrooms and cook over low heat for around 5 minutes, stirring often. Incorporate the chopped parsley at the end of the cooking time. Season with salt and pepper. Set aside.
3. In the same skillet, sauté sausages until golden brown on all sides. Set aside.
4. Spread one-quarter of the mushroom mix over a slice of sandwich steak. Roll around a sausage, then roll two slices of bacon over the steak. Secure with butcher's twine or toothpicks. Repeat for the three remaining servings.
5. In the same skillet, brown the rolls on all sides and then cook, covered, for about 10 minutes. Set aside.
6. In the same skillet, sauté the shallots for the sauce. Deglaze with the red wine, scraping the bottom of the pan with a wooden spoon.
7. Add the demi-glace sauce, thyme and bay leaves. Bring to a boil. Reduce heat and let simmer until the liquid has reduced by half.
8. Filter the mixture using a fine strainer and discard any remaining solids, keeping only the liquid portion.
9. Pour liquid into a small preheated saucepan and gently add the cold butter. Stir constantly until the sauce is smooth. Season with salt and pepper to taste.
10. Cut each roll into three slices. Arrange slices on the plate. Drizzle with sauce and garnish with parsley.



Ingredients
(Makes 4 servings)

For the sauce:

- 2 cups red wine
- 1/2 cup demi-glace sauce
- 2 shallots, finely chopped
- 1 tbsp. fresh thyme
- 2 bay leaves
- 4 tbsp. cold unsalted butter
- Salt and pepper, to taste

For the rolls:

- 450 g (1 lb.) mushrooms
- 1 large onion
- 3 shallots
- 2 tbsps. butter
- 2 tps. chopped fresh Italian parsley
- Salt and pepper
- 4 mild or spicy Italian sausages
- 4 slices sandwich steak
- 8 slices bacon
- Fresh parsley