



Meat Loaf Burgers with Tomato Bacon Relish

You'll need...

- 2 slices white bread torn into pieces
- 3 eggs well beaten
- 1TBSP butter
- ½ cup onions diced
- 1 clove garlic minced
- ¼ cup fresh parsley
- 1 TSP worchestershire sauce
- 1TSP salt
- ½ TSP pepper
- 1 lb ground beef

To create...

- Soak bread and eggs together in a large mixing bowl; let stand while preparing remaining ingredients. Sauté onions and garlic in butter over medium high heat about 3 minutes cool for 5 minutes. Add parsley, worchestershire, salt and pepper to bread mixture then mash together. Combine bread mixture, cooled onion mixture and ground beef. Divide evenly into 4 portions and shape. Cover and chill while preparing relish. Preheat grill to medium high, grill burgers. Serve on slices of grilled French bread and top with relish.

Tomato Bacon Relish

- 3 strips bacon chopped, sauté until crisp in frying pan. Add ½ cup chopped onion and sauté 3 more minutes. Stir in ¼ cup brown sugar, ¼ cup Frenches mustard, ¼ cup ketchup. Add ½ cup seeded and diced fresh tomatoes and simmer for 1 minute.

Raspberry Crumble Muffins

Muffin Batter...

- 2 cups all-purpose flour
- 1 TBSP baking powder
- ½ tsp baking soda
- Pinch of salt
- ½ cup sugar
- 2 large eggs
- 1 cup plain yogurt
- 6 TBSP vegetable oil
- 1 TSP vanilla
- 1 cup fresh or frozen raspberries

To create...

- Preheat oven to 400°F Prepare a 12 cup muffin pan. To make topping: in a small bowl ½ cup flour, cut 3 TBSP butter into small pieces, add to the flour, and rub it with your fingers until mixture resembles fine breadcrumbs. Stir in the sugar and set aside.
- To make muffins, sift together the flour, baking powder, baking soda, and salt into a large bowl. Stir in the sugar. In a separate bowl lightly beat the eggs, then beat in the yogurt, oil and vanilla. Make a well in the dry ingredients, pour in the beaten liquid ingredients, and add the raspberries. Stir until gently combined, do not over mix. Spoon mixture into muffin cups. Scatter the crumble topping over each muffin and press down lightly. Bake in preheated oven until well risen and golden brown & firm to the touch.

BBQ Prime Rib Roast

You'll need...

- Purchase 900g-1350g Prime Rib Roast with bone-in.
- Roast approx 2 1b-3 ½ lbs. (serves 3-5 people)
- Worcester sauce
- Garlic powder
- Onion Powder
- Salt & Pepper
- Italian seasoning
- 1-2 cloves of garlic

To create...

- Cut garlic cloves into small pieces and insert into 3-4 small openings in Prime Rib made with a small knife
- Put Worcester sauce over meat on both sides 2-3 tbsp. and spread
- Mix spices together in small bowl and rub all over Prime Rib on both sides
- Get BBQ grill hot @ 400 F. Place Prime Rib on grill and sear on both sides, approx. 5-10 min per side.
- Wrap Prime Rib in aluminum foil with dull side showing and place in center of grill with burner off.
- Heat on grill should be 300-325F. BBQ 1lb per 35 minutes.
- Use meat thermometer, when Beef is 160F internal heat (Medium) or 170F (Well) you are ready
- Let Stand on cutting board for 5-10 minutes, then Enjoy!