

# The Chef in Stead

May 2005

## Cooking Class Ideas

Father's Day is the perfect time to give a gift certificate. Chef can organize a Backyard BBQ Class in your home with Dad.



Perfect your pastry skills for your summer dinner parties.



Contact Chef Martin at 712-4440  
[chef@thechefinstead.ca](mailto:chef@thechefinstead.ca)

## Summer is here!

I can see the sun, finally!

This year my first BBQ was a simple leg of lamb that I had been craving all winter. For all you grill fanatics, I am sure you understand.

This summer, take the time to appreciate your grill and push yourself outside the burger boundaries. Cook whole pieces slow and low. A whole chicken or leg of lamb cooked on real wood charcoal and not briquettes, is sure to elevate your BBQ game to another level. Practice a few times before letting your friend sample your fare.

If you need help, I am always willing to go to your place for dinner. Oh, and I can be hired too!

Happy BBQ.



## Leg of Lamb on the Grill

$\frac{3}{4}$  cup olive oil  
12 garlic cloves, chopped  
2 tablespoons chopped fresh rosemary  
2 tablespoons chopped fresh thyme  
1  $\frac{1}{2}$  teaspoons salt  
1  $\frac{1}{2}$  teaspoons coarsely ground black pepper  
1 5- to 5  $\frac{1}{2}$ -pound leg of lamb, boned, butterflied, trimmed, if you buy a frozen one, just thaw, remove the net and cut one side to be able to lay it flat on the grill.

### Serves 6-8 people

Mix first 6 ingredients in medium bowl. Place lamb in a Ziploc bag. Pour marinade over, and refrigerate for 1 day.

### **For grilling and serving:**

Place butterflied lamb on grill rack with some rosemary and thyme marinade still clinging to lamb. Grill until meat thermometer inserted into the middle registers 130°F for medium-rare, turning occasionally, about 35 minutes. Transfer lamb to work surface; let rest 15 minutes.

You can accompany this delicacy with a Greek salad, and/or Roasted Potatoes.

Great with Zinfandel or Shiraz.

## TV shoot!



Well, I finally got on TV!

Three weeks ago, I went to the house of one of my good customers and cooked an Improv seafood dinner with Sandy Dawson from CHBC. The shoot took 5 hours, but it was sure a lot of fun. I got a bit stressed out when I had to redo the same thing a few times, but at the end the guests got a great meal and I got a great promo. And, as an added bonus, it aired on Mother's Day!

Thanks to everyone at the party!



### The menu:

Ahi Tuna Tartar

Vietnamese Salad Rolls

Butter Poached Halibut

Chicken Breast stuffed with Oysters in a Curry Sauce

Lavender Crème Brulée with Strawberries.

## Great places in Town...

**Hooked on Seafood** has some great special this month!

**Kitchen Niche** in Orchard Mall is moving to a bigger location. Check them out!

**Artisan Breads** are gaining popularity!

**Discover Wines** is the best service in town for your wine needs!

Tell them I send you!

## Do you have a non-stick baking mat?

INFO: <http://www.thechefinstead.ca/Probakingmat.html>

For those who have not discovered the pleasure of silicone baking mats, you can send me an e-mail to purchase them at just \$12 a piece.

I used them to cook those nice Gourmet Ice Cream Cones a month ago... It was a hit, and there weren't even any kids were present!



Send me your favorite BBQ sauce recipe, and I will post it in the June newsletter for everyone's