

The Rock & Roll INJECTION BURGER!



A burger patty INJECTED with a fondue of Brie, Gouda, and White Cheddar cheese. Then topped with caramelized apricot, red onions and fennel relish. With butter lettuce, maple glazed back bacon, peppered lime, and avocado mayo

Famous Rock Stars take a few steps to becoming the best; writing great songs, killer performances, great style, and number 1 hits. The INJECTION Burger is no different, a few easy steps and you'll have your own hit! Created by Cjay92 Morning Host JD, Calgary Stampeders' Burke Dales, and Main Dish Chefs Ryan Bourquin and Ryan Tanner.

Step 1 - Apricot and Onion Relish

Ingredients:

1 red onion
1 Cup julienne dried apricots
1 tbsp brown sugar
2 fl oz white vinegar
2 fl oz water
1 tsp fennel seed
½ tsp chilli flakes
Salt and Pepper to taste

Method:

1. Sweat onion and apricots for 2 minutes on medium heat
2. Add all other ingredients and reduce to desired consistency

Step 2 - Peppered Lime and Avocado Mayo

Ingredients:

1 cup mayonnaise
1 avocado, crushed
1 fl oz lime juice
1 tbsp pepper

Method:

1. Combine all ingredients in a bowl and mix well

Step 3 - Cheese Fondue

Ingredients:

1 cup smoked gouda, grated
1 cup white cheddar, grated
1 cup brie, sliced
½ large white onion
2 cloves garlic
2 tbsp flour
2 tbsp butter
1 cup heavy cream
2 fl oz white wine

Method:

1. Sautee onions, butter, and garlic for 1 minute. Add flour to make roux
2. Add white wine and cream
3. Bring to a boil and add cheeses
4. Let boil for 1 minute then strain

Step 4 - Glazed Back Bacon

Ingredients:

4 slices of back bacon
1 fl oz maple syrup
1 fl oz balsamic vinegar

Method:

1. Combine maple syrup and vinegar
2. Brush on bacon
3. Roast in oven at 375 for 10 minutes

BUILDING THE BURGER

1. Apply 2 tbsp of the Apricot and Onion relish to the top burger bun

2. Apply 2 tbsp of the Peppered Lime and Avocado Mayo to the bottom burger bun
3. Put burger on bottom bun, top with bacon
4. Put lettuce on top of the bacon and close the burger
5. Use a kitchen syringe to inject 500 cc of the cheese fondue into various spot of the patty
6. Enjoy!

The Summer Salsa Burger



The Summer Salsa burger

A chipotle tequila glazed burger patty with jalapeno jack cheese, ranch, lettuce, tomato, tortilla chips, and a corona salsa.

Who knew Grey Cup Champions could be such great cooks? Created by Calgary Stampeders Randy Chevrier, Mike Labinjo, and Main Dish Chef Mark Armstrong the Summer Salsa Burger is perfect for your next tail gate party!

Step 1 - Tequila Chipotle Glaze

Ingredients:

Molasses	500ml
Ketchup	150ml
Tequila	150ml
Chipotle Peppers	1 each

Method:

1. Blend all ingredients

Step 2 - Corona Salsa

Ingredients:

Corona	1 Bottle
White Sugar	100ml
Banana Peppers	750ml
Honey	200ml
Yellow Peppers, ¼" diced	1 each
Red Peppers, ¼" diced	1 each
Green Peppers, ¼" diced	1 each
Cilantro, chopped	100ml
Tomatoes, ¼" diced	3 each
Red Onion, ¼" diced	1 each

Method:

1. Combine Corona and sugar in a pot and reduce by half.
2. Cool Corona reduction and blend with banana peppers and honey
3. Dice all peppers, tomatoes and onions. Chop cilantro
4. Mix all ingredients together.

BUILDING THE BURGER:

1. Grill burger to med/well
2. Brush with Chipotle Tequila glaze when burger is flipped
3. When the burger is almost done flip back over and glaze the other side
4. Melt Cheese on burger
5. Build burger bun with lettuce, tortilla chips, Corona Salsa and sliced jalapeno peppers
6. Place burger on bun and enjoy

THE GOLD MEDAL BURGER



Sweet Smokey chipotle pepper relish, tangy whipped Dijon Garlic Butter, Aged White Cheddar, Red leaf lettuce, and crispy Bacon.

Training and eating right are the keys to a gold medal for any Olympic athlete. Being tempting and delicious put the Gold Medal Burger in first place at our 3rd Annual Charity Cook-Off! Created by our team of sponsored athletes Mellisa Hollingsworth, Steve Mesler, Regan Laucher, Kaille Humphries and Main Dish Chef Matt.

Step 1 Red Pepper Relish

Ingredients

Roasted Red Peppers ¼" Dice 250ml
Roma Tomatoes ¼" Dice 125ml
White Onion ¼" Dice 125ml
Balsamic Vinegar 125ml
Red Vine Vinegar 200ml
White Sugar 3 fl oz

Method:

1. Sweat onions on medium heat in a large pan for 5 minutes, then add all other ingredients
2. Cook for 30 minutes or until the liquid has reduced to a relish like consistency

Step 2 Dijon Garlic Whipped Butter

Ingredients

Grainy Dijon Mustard 100ml
Butter, room temperature 1lb

Roasted Garlic Oil 100ml

Method

1. Put all ingredients into a mix and whip until well combined

BUILDING THE BURGER

1. Lightly grill burger bun
2. Spread Dijon Garlic Whipped butter on both sides of bun
3. Top bun with burger
4. White cheddar cheese
5. Red Leaf Lettuce, tomato, bacon
6. Red Pepper relish
7. Enjoy!

THE FLAMES BURGER



Former NHL'ers Charlie Simmer, and Martin Gelinas along with Women's Hockey Champion Cassie Campbell, and Main Dish Executive Chef Kevin can all be considered All-Stars in their fields. The Flames Burger they created was an All-Star at our Celebrity Burger Cook-Off, our judges gave it first place for taste!

Step 1 Green Chile Sauce

Ingredients

- 2 Jalapenos
- 2 White Onions
- 2tbsp Olive Oil
- 2 fl oz Water

Method

1. Seed the jalapeno and peel the onions. Toss in the olive oil and roast in a 350f oven until tender for about 30-45 mins

2. Let cool, then blend all ingredients blender until smooth

Step 2 Corn Guacamole

Ingredients

2 Ripe Avocados
2 Cloves Garlic
½ Red Onion Diced
½ Cup Corn Niblets
2 tbsp lime juice
Salt and Pepper

METHOD:

1. Combine the avocado, garlic, onion, lime juice in a food processor. Puree until smooth.
2. Add in the corn and combine gently. Season with salt and pepper

BUILDING THE BURGER:

1. Top the bun with guacamole, lettuce and tomato
2. Brush the chile sauce on the patty while cooking
3. Finish the burger with cheese and your favorite salsa