

## The Post Season Vacation Burger



Chef Matt Kearns, Calgary Flame Robyn Regehr

### What Goes On This Burger?

Monterey Jack Cheese  
Spinach  
Guacamole  
Bacon  
Orange Chipotle Relish

### How to Make Orange Chipotle Relish

Red onions - 1 lb  
Orange Juice - 250 mL  
Marmalade - 500 mL  
Chipotle Peppers - 2  
Cinnamon stick - 1  
Carrots, small dice - 1 lb  
Medium sized oranges - 4  
Honey - TT  
S&P - TT

1. Zest the oranges and set the zest aside.
2. Peel and segment the oranges and throw into a pot with the carrots and sweat them.
3. Add in all other ingredients except the honey, red onions and S&P and simmer for 20 minutes.
4. Take out the cinnamon stick and then puree with a blender.
5. Sautee the red onions separately and then mix in with the rest of the mixture.
6. Sweeten with honey and season to taste with Salt & Pepper.

Once your burgers are cooked and ready spread on the Orange Chipotle Relish, top your burger with Monterey Jack Cheese, Guacamole, Spinach, and Bacon

## THE MAGIC MUSHROOM BURGER



Chef Ryan Bourquin and CJAY 92

### What Goes On This Burger?

Red Onion

Arugula

Fruilano and Gouda Cheese

Mushroom Ragu

### Ragu Recipe -

Base quantities on amount you need, approach like making a gravy

1. Sautee sliced mushrooms (any kind you like)
2. Add julienne shallots and sweat out
3. Add truffle scented olive oil and all purpose flour to thicken
4. Create a blond roux and deglaze with white wine
5. Add heavy cream and reduce to desired thickness
6. S+P to taste

Once your burgers and ragu are made grill burger buns with garlic butter and top with fresh onion, arugula, grated cheeses and your ragu

## THE DREAM BIG BURGER



Chef Ryan Tanner and The Main Dish sponsored athletes

### What You Need For This Burger

Sweet Corn  
Red Onion  
Jalapenos  
Red Pepper  
Cilantro  
Lemon and Lime Juice  
Queso Fresco or Ricotta Cheese  
Fire Roasted Tomatoes  
Olive Oil  
Salt and Pepper

### How To Do It:

- Toss corn olive oil and salt and pepper
- Lightly roast corn on flat baking sheet at 400 degrees for about 10 mins
- Dice red onion, pepper, jalapenos
- Toss in bowl with cilantro, lemon and lime juice, olive oil, and salt and pepper (enough to coat corn)
- In a separate bowl puree fire roasted tomatoes until smooth then mix with Queso Fresco or Ricotta Cheese

**Grill burger with your favorite BBQ spice, spread cheese and tomato mixture on bottom bun place burger on top and scoop a healthy amount of corn mixture on burger and enjoy!**

## THE CHEVY AND NASTY BURGER



### What You Need:

Goat Cheese Spread  
Ancho Glaze  
Sauerkraut  
Sautéed Mushrooms and Onions  
Perogies

### Goat Cheese Spread

4 Parts Creamy Goat Cheese  
1 Part Mayo  
1 Part Caramelized Onion  
A Dash Of Oregano  
.5 Parts Water

### Ancho Glaze

1lbs Ancho paste  
100ml Molasses  
4oz Ginger  
4 fl oz Ketchup  
2oz Honey

- Season Burger
- Glaze Burger when cooked
- Spread goat cheese on bun
- Pile saurkraut
- Top with burger, sauteed mushrooms, onions, and perogies