

THE BBQ BOOK 15 Delicious Recipes

that Celebrate Summer



SOMETIMES SLOW IS A GOOD THING In the rush of everyday life, do you find yourself craving the "slow", those unhurried minutes where you have time to spend with family, friends, or just yourself?

This new collection of recipes is a reminder that cooking can be a way to slow down, to unwind. It's a way to create spaces of calm in a busy life, whether you're making a batch of cookies or a 30-minute meal. And cooking even the simplest recipe is the entree to that other gift of the slow – reconnecting.

Savouring the slow in cooking is really about savouring the whole experience: the preparing and sharing of food that is nourishing in so many ways. So let's upend that notion that food prep is a stressful rush. Instead, think of it as a way to stop and smell the flowers.

With these simple, everyday recipes we're inviting you to unwind around the table, because sometimes slow is a good thing.

Here's to finding the slow in every day.

Bridget Oland Crosby's Molasses Kitchen



Crosby's has been importing the world's finest molasses for over one hundred years and takes pride in being one of the world's largest importers of Fancy Molasses. We are committed to maintaining the highest standards of quality and service in all of our fine food products.

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WITH CROSBY'S FANCY MOLASSES

COOKING







SPICE-RUBBED RIBS WITH MOLASSES SLATHER

Braise: Remove membrane covering the bony side of the ribs. In a large roasting pan lay ribs in a single layer meaty side down. Pour over the beer, cover well and braise at 325°F for an hour.

Rub*: Remove ribs from pan and rub with the spice mixture. Cut into single ribs. Line a large roasting pan with foil or parchment paper. Place the ribs in a single layer, meaty side up. Bake uncovered at 300°F for 15 minutes (Can flip half way through). Drain fat from pan.

Slather*: Combine slather ingredients and coat meaty side with a third of the sauce. Bake ribs uncovered another five minutes. Baste again and bake five minutes more.

Serve sprinkled with cilantro.

*You can combine the final two steps into one (rub & slather) and finish the ribs on the barbecue over medium heat.

2 racks of back ribs (4-5 pounds) 1 cup of beer (or stock)

Spice Rub:

1 Tbsp onion powder 2 tsp garlic powder 2 tsp paprika ½ tsp smoked paprika ¼ tsp cayenne 1 tsp freshly ground black pepper 1 tsp salt

Slather:

1/2 cup Crosby's Fancy Molasses 1/2 cup ketchup 2 large cloves of garlic, minced 1 1/2 tsp Dijon mustard 1 Tbsp cider vinegar 1 Tbsp chopped cilantro







CHIPOTLE BEER MARINADE FOR SIRLOIN STEAK

Combine. Combine all ingredients (except the steak). Divide the marinade in half.

Marinate. Place steaks in a heavy- duty resalable plastic bag or shallow glass or ceramic dish, add half the marinade and refrigerate overnight or for several hours.

Dry. Remove meat from marinade, pat dry with paper towels and let it come to room temperature.

Simmer. Take the unused half of the marinade and place in saucepan. Bring to a boil and simmer until marinade is reduced by half.

Glaze. Use the marinade to glaze the meat near the end of its time on the grill.

Preheat grill to 350°F.

Cook. Lightly oil the grill. Place meat on grill and cook for 2 minutes and flip. Cook 2 more minutes and flip again.

Glaze. Cook 2 more minutes and flip one more time. (8 minutes in total). Apply glaze during final 4 minutes of cooking.

Rest. Transfer steak to cutting board or tent in foil and allow to rest several minutes. Cut in thin slices across the grain of the meat.

3 Tbsp canned chipotle chilies in adobo sauce, pureed 3 Tbsp soy sauce 3 Tbsp ketchup 3 Tbsp Crosby's Fancy Molasses 1 tsp salt 1 tsp black peppercorn, crushed 3 bottles of dark ale 6 cloves garlic, crushed 2 onions chopped 1 carrot chopped 3 stalks celery chopped 3 bay leaves ¹/₂ tsp celery salt ¹/₂ cup chopped cilantro 2-2 1/2 lbs sirloin steak





STEAK KABOBS WITH MOLASSES CHILI MARINADE

Adapted from www.cookincanuck.com

Whisk. In a medium bowl whisk together brown sugar, molasses, soy sauce, vinegar, garlic, ginger, chili powder and pepper until the sugar is dissolved.

Toss. Place steak cubes in the marinade and toss them around with your hands until well coated.

¼ cup brown sugar
¼ cup Crosby's Fancy Molasses
3 Tbsp soy sauce or tamari
2 Tbsp cider vinegar
4-5 cloves garlic, minced
1 Tbsp grated fresh ginger
1 Tbsp chili powder
1/4 tsp freshly ground black pepper
2 lbs steak, cut in 1"- 1 ½" cubes

Marinate. Cover & marinate in the refrigerator for 1-4 hours, tossing occasionally.

Soak. If using wooden skewers, soak them in water for at least 30 minutes.

Skewer. Thread meat on skewers, leaving space in between the cubes so they cook evenly.

Grill. Broil or grill over medium heat until done, turning once.





GRILLED TERIYAKI SALMON

For the teriyaki sauce:

Whisk. In a medium pot whisk cornstarch into water then whisk in remaining ingredients (except fish).

Simmer. Bring to a gentle simmer, stirring constantly and cook until it begins to thicken (2-3 minutes).

Cool. Remove from heat and let cool slightly.

To cook the fish:

Marinate. Marinate salmon in half of the sauce for about 30 minutes.

When ready to cook fish remove from marinade, shake off excess and discard.

Grill. Grill on the barbecue or broil, flipping halfway through cooking.

Serve reserved sauce alongside, if desired.

Enough salmon for 4 people (Salmon steaks, fillets or skinless pieces cut into strips for threading on skewers)

Teriyaki Sauce

¼ cup water
3 tsp cornstarch
½ cup soya sauce or tamari
5-6 Tbsp Crosby's Fancy Molasses
1 ½ tsp grated fresh ginger
1 clove of garlic, minced
1 tsp toasted sesame oil
¼ cup cider vinegar







MOLASSES GRILLED SHRIMP

Combine. Combine all ingredients, except the shrimp and mix well.

Marinate. Place shrimp in a dish and add the marinade, tossing to coat. Let marinate in the fridge up to two hours.

Skewer. Discard marinade, thread shrimp on prepared skewers.

Grill. Grill over medium heat until done (turns pink), turning once.

4 cloves garlic, minced ½ cup Crosby's Fancy Molasses 2 Tbsp olive oil 1 Tbsp Worcestershire sauce ½ tsp dried thyme 1 tsp paprika ½ tsp dried oregano ¼ tsp cayenne Pinch of sea salt freshly ground pepper, to taste 2 Tbsp water 1 ½ lb raw shrimp, peeled







THE MO BURGER

Warm. In a saucepan over medium heat, warm the oil until it shimmers then add the onion & salsa.

Sauté. Sauté until the onion starts to brown then remove from heat and scrape into a bowl.

Whisk. Whisk in molasses, Worcestershire sauce and pepper.

Combine. Crumble over the beef and gently combine without overmixing. Form into 4 patties, about ³/₄" thick.

Grill. Grill the burgers, turning once, until an instantread thermometer inserted in the center registers 165°F, 4 to 5 minutes per side.

Serve. Serve with your favourite toppings.

 1 Tbsp oil
 ½ medium onion, grated
 1 Tbsp salsa or ketchup
 3 Tbsp Crosby's Fancy Molasses
 2 Tbsp Worcestershire sauce or steak sauce
 ½ tsp freshly ground pepper
 1 pound lean ground beef



GINGER CHICKEN KABOBS



GINGER CHICKEN KABOBS

Serves 4-6

Combine. Combine the marinade ingredients in a large bowl or baking dish and add the chicken, tossing to coat.

Marinate. Marinate the chicken pieces for 30 minutes to 2 hours (in the refrigerator), mixing around from time to time.

Cook. Remove from marinade and thread on soaked skewers. Cook on the grill over medium heat, or under the broiler, flipping once, until done.

To make dipping sauce:

Simmer. Scrape leftover marinade into a saucepan with 1 Tbsp. olive oil and warm over medium heat until sizzling. Stir in lime juice, fish sauce and molasses and simmer gently for five minutes.

Serve alongside the chicken.

Peanut Dipping Sauce Variation:

Warm. Add marinade to a saucepan with 1 Tbsp. olive oil and warm over medium heat until sizzling/boiling.

Whisk. Reduce heat and add remaining ingredients, whisking to combine.

When it's warmed through transfer to a serving bowl.

Marinade:

4 shallots, minced (can substitute ¼ cup minced onion)
4 cloves of garlic, minced
2 Tbsp freshly grated ginger
2 Tbsp soy sauce or tamari (gluten-free)
2 Tbsp Asian fish sauce*
1 tsp ground coriander
½ tsp ground black pepper
2 Tbsp Crosby's Fancy Molasses

8 boneless, skinless chicken thighs, cut into strips

- **Dipping sauce:** Leftover (or additional) marinade 1 Tbsp olive oil 1 Tbsp fresh lime juice 1 Tbsp Asian fish sauce ½ Tbsp Crosby's Fancy Molasses
- Peanut Dipping Sauce Half a batch of marinade (recipe above) 1 Tbsp olive oil 2 Tbsp fresh lime juice 1 Tbsp fish sauce 2 Tbsp Crosby's Fancy Molasses 1 cup coconut milk ½ cup smooth peanut butter







MOLASSES ROASTED ONIONS

Mix. Combine all the ingredients in a bowl and mix well.

Pour. Make a packet with tin foil and pour the ingredients in the foil.

Wrap. Wrap well and then wrap again in foil so you have a double layer.

Bake. Bake in the oven at 350°F or on the BBQ over medium, for about 40 minutes.

These onions store well. Make them ahead of time and store in the fridge for up to a week.

2 large onions peeled and sliced thickly 3-4 Tbsp Crosby's Fancy Molasses Pinch of salt A few grinds of black pepper 1 Tbsp balsamic vinegar or cider vinegar One sprig of fresh thyme (optional)







GRILLED NECTARINE SALAD WITH CHIPOTLE MOLASSES DRESSING

Serves 4

To make the dressing:

Combine dressing ingredients in a blender and let it run until everything is pureed

To grill the nectarines:

Toss the nectarine slices in olive oil and ensure cut sides are well coated. Place cut side down in a grill pan and cook until grill lines form (1-2 minutes per side). Flip and repeat. Remove from grill.

Toss. Toss salad greens with chipotle dressing to coat.

Top. Transfer to a platter and top with grilled nectarines and goat cheese rounds.

Drizzle. Sprinkle with onions and drizzle with a bit more chipotle dressing

Recipe courtesy of sugarstuff.wordpress.com

For the dressing:

1 clove garlic 2 Tbsp apple cider vinegar 1 tsp lemon juice 1/3 cup olive oil 3 Tbsp Crosby's Fancy Molasses 1 chipotle pepper in adobo sauce (or 1 tsp of puree from the can) 1/4 tsp sea salt

For the salad:

2 nectarines, scrubbed, pitted and sliced 1-2 Tbsp olive oil Mixed salad greens (enough for 4) About 3 oz. soft goat cheese, sliced ¼ red onion, thinly sliced





MARINATED TOMATO SALAD

Slice. Slice the tomatoes and lay them in a dish that's deep enough to accommodate the marinade without it dribbling over the sides.

Whisk. In a medium bowl whisk together all marinade ingredients.

Pour. Pour over the marinade and let the flavours blend for a couple of hours. Sprinkle with herbs before serving.

If you'd like to make this a bit more substantial nestle some slabs of feta in among the tomatoes. Or you can serve grilled feta on the side.

*Save the extra marinade to use as a salad dressing.

6 medium tomatoes 2 Tbsp fresh herbs (oregano, basil, chives...)

Marinade*:

2 tsp spice mix (see recipe below) 1 Tbsp Crosby's Fancy Molasses ½ cup olive oil ¼ cup cider vinegar 1 clove garlic, crushed Salt & pepper

Spice mix: 2 ½ tsp paprika ½ tsp smoked paprika ¼ – ½ tsp dried chipotle pepper or cayenne 1 tsp dried thyme









STRAWBERRY SPINACH SALAD WITH MOLASSES VINAIGRETTE

Whisk. Whisk together vinegar and Dijon until smooth.

Combine. Add molasses and combine well.

Whisk. Add oil in a thin stream, whisking well to combine.

Mix. Add remaining ingredients & mix well.

Toss. In a large bowl toss dressing with spinach & strawberries. Sprinkle over pine nuts.

Enough baby spinach to feed your crew 2-3 Tbsp toasted pine nuts 1 pint of strawberries, washed & sliced **Molasses vincigrette:** ½ cup cider vinegar 4 tsp Dijon mustard 2 Tbsp Crosby's Fancy Molasses ⅔ cup olive oil ½ tsp oregano Sea salt & pepper, to taste

BEER BARBECUE SAUCE WITH MOLASSES

Sauté. Saute the onion in 1 Tbsp. of oil until soft.

Simmer. Add remaining ingredients, bring to a boil and simmer for 20-25 minutes. (Sauce will thicken as it cools.)

Brush. Brush barbecue sauce on grillables during the last few minutes of grilling.

1/2 cup minced onion 1/2 cup Crosby's Fancy Molasses 1/4 cup Dijon mustard 1/2 cup chili sauce 1/tsp Worcestershire sauce 1/2 tsp salt 1/2 tsp pepper 1/2 cup beer







SWEET CHILI BARBECUE SAUCE

Warm. In a saucepan over medium heat, warm the oil until it shimmers then add the onion.

Saute. Saute until the onion just starts to brown then whisk in remaining ingredients.

Boil. Bring to a boil and simmer for 10-15 minutes, stirring often.

1 Tbsp oil 1⁄2 cup grated onion 1⁄4 cup cider vinegar 1⁄4 cup Dijon mustard 1⁄2 cup Crosby's Fancy Molasses 1⁄2 cup chili sauce 1⁄4 cup vegetable stock 1 tsp Worcestershire sauce 1 tsp chili powder 1⁄2 tsp salt 1⁄2 tsp pepper



RASPBERRY PEACH CRISP



RASPBERRY PEACH CRISP

Preheat. Preheat oven to 375°F.

Cut & Toss. Cut peaches off the pit and slice into 8 wedges each. Toss in a bowl with raspberries, molasses and sugar.

Spoon. Spoon mixture into an 8"x8" baking dish.

Combine. In another bowl combine the flour, oats and brown sugar. Cut in the butter until combined.

Bake. Sprinkle the mixture over the fruit and bake for 35 minutes or until bubbly.

6 peaches, gently scrubbed 1 pint raspberries (about 2 cups) 3 Tbsp Crosby's Fancy Molasses 2 Tbsp sugar 1 cup flour 1 cup rolled oats ½ cup brown sugar ½ cup butter







PECAN PRALINE NO-CHURN ICE CREAM

Yield: about 1 liter (1 quart) of ice cream

Prep. Preheat the oven to 350°F.

Combine. In a small bowl, combine the brown sugar, molasses, butter, cinnamon and salt. Add the pecans and stir until they are well coated.

Bake. Spread the nuts on a parchment lined baking sheet and bake for 10-12 minutes until they are bubbling and dark in colour. Remove from the oven and allow them to cool completely. Chop the cooled and hardened pecan praline into small pieces.

Line a 9×5 inch loaf pan with parchment paper.

Whisk. In a small bowl, whisk together the sweetened condensed milk and the molasses.

Drizzle. Whip the heavy cream until stiff peaks form. Drizzle in the condensed milk mixture and continue to whip until all the condensed milk is incorporated into the cream and the mixture is thick.

Spread. Fold the chopped pecan praline into the cream mixture, and spread this in the prepared pan. Cover and freeze for at least 6 hours.

Recipe courtesy of bakeeatrepeat.ca

For the praline:

2 Tbsp brown sugar 2 Tbsp Crosby's Fancy Molasses 1 Tbsp butter, melted ¼ tsp cinnamon ¼ tsp kosher salt 1 cup pecans

For the ice cream:

1 can (300 ml) sweetened condensed milk 2 Tbsp Crosby's Fancy Molasses 2 cups heavy cream



Notes

MOLASSES 100% NATURAL

- Tasty & nutritious
- Made from pure sugarcane
- A source of iron, magnesium and potassium
- No preservatives
- Gluten free
- Non-GMO



MORE ABOUT OUR MOLASSES



Fancy Molasses

The highest grade of molasses available, fancy molasses is the pure juice of the sugar cane, condensed, inverted and purified. It is 100% natural and contains no additives or preservatives. It is lighter in colour than the other molasses products, and the flavour is tangy sweet. All the recipes in this cook book are made with fancy molasses.



Cooking Molasses

Cooking molasses is a blend of blackstrap and fancy molasses. It is thicker and darker than fancy molasses – less sweet, with a more "full-flavoured" taste. Any product made with cooking molasses will have a much more robust "molasses" flavour than if fancy molasses is used.



Blackstrap Molasses

Blackstrap molasses is the highly-concentrated, final by-product of the sugar manufacturing process. As the sugar crystallizes, the residual cane juice thickens into a dark mass and is separated out through a centrifuge. The resulting molasses is very dark with a robust, somewhat bitter flavour. Like fancy molasses, it is a pure product and contains no added sulphates or sulphites. Blackstrap molasses is recognized for its health benefits and is an excellent source of many minerals and nutrients including iron, magnesium and calcium.



We Don't Add Sulfur

Crosby's does not add sulphur to any of our products.







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FOR MORE GREAT RECIPES AND TO FIND OUT MORE ABOUT MOLASSES VISIT CROSBYS.COM



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Le livre de recettes est aussi disponible en français.