



## COOKING INSTRUCTIONS

### PORK BACK RIBS



Full Rack of Baby Back Ribs with BBQ Sauce,  
Roasted Peanuts & Creamy Coleslaw | Serves 1 - 2

Contains dairy, eggs, gluten, and peanuts

#### TOTAL PREPARATION TIME - 25 MINUTES

1. Preheat oven to 400F.
2. Remove ribs from the packaging and place on a baking sheet.
3. Bake for 15-20 minutes; brushing both sides with the supplied bbq sauce every 5 minutes.
4. Once the bbq sauce has nicely caramelized, remove the ribs from the oven and apply a final coat of bbq sauce and garnish with peanuts.
5. Mix the coleslaw with the dressing provided. Serve.

Enjoy within 4 days or freeze ribs.

### THE BARTLEY DOG

Serves 2

Contains gluten, dairy and onion.

#### TOTAL PREPARATION TIME - 15 MINUTES

1. Heat a non-stick frying pan to medium heat. Preheat oven to 350F.
2. Remove the hot dogs from packaging and dry with a paper towel.
3. Add hot dogs to the frying pan and cook until the bacon is crispy; rotating every few minutes.
4. Once the bacon is golden brown on all sides, transfer the hot dogs to a baking sheet and cook in the oven for 5-8 minutes (internal temperature of 180F). Serve.
5. Warm mustard onions in a small non-stick frying pan. Assemble in bun and top with the shredded cheese.

Enjoy within 4 days or freeze hot dogs.

### PRIME RIB DINNER

Seasoning Kit, Spicy Horseradish, Yorkshire Pudding  
3lb Roast | Serves 4 - 6

Contains dairy, eggs and gluten. Seasoning contains garlic and onion.

#### TOTAL PREPARATION TIME - 4.5 HOURS

#### PRIME RIB

1. Let the roast come to room temperature before cooking (approximately 30 minutes).
2. Using the mixture provided, generously season the roast on all sides and let rest in the roasting pan for 1 hour.
3. Preheat oven to 230F.
4. Cook for 2.5 hours or until an internal temperature of 122F is reached (insert probe thermometer into the thickest part of the roast until the tip reaches the bone).
5. Remove the roast from the oven and let rest, uncovered, for 1 hour.
6. When ready to serve; re-heat roast for 10 minutes in a 425F oven. Carve as desired and serve with the horseradish and yorkshire pudding.

Enjoy within 3 days.

#### YORKSHIRE PUDDING

1. Preheat oven to 425F.
2. In the muffin tins provided, add 1.5 tsp of vegetable oil to each tin and arrange on a baking sheet. Place the tray on the middle rack and warm for 15 minutes.
3. Remove from the oven and add 1/4 cup of batter to each tin. Return to the oven and cook for 15-20 minutes until puffed and golden brown.
4. Remove tray from the oven. Carefully separate the pastries from the tins and serve.

Enjoy within 2 days.

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Marketplace experience!

FEEDBACK

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## Miso Glazed Sablefish

Blue Water Cafe + Raw Bar

Ingredients | SERVES 1 | COOKING TIME: 15 MINUTES

Sablefish (1) marinated in soy, mirin, and brown sugar, miso sake glaze (2), baby bok choy, edamame, baby carrots, quinoa, Shiitake mushrooms (3), and Yuzu ginger dashi (4).

1. Preheat oven broiler to 425°F (high) and turn on convection fan if available.

2. Cut parchment paper to match the size of the filets. Place sablefish on the squares and arrange in an ovenproof pan. Discard excess marinade.

3. Spread miso glaze (2) evenly over the filets and place in the oven.

*For filets under 3/4" thick, move oven rack to second position from the top and for thicker filets, move oven rack to second position from the bottom.*

4. Cook thin filets for approximately 6 to 8 minutes (for thick filets, cook for 12 minutes) until nicely caramelized and top of filets start to slightly break apart.

*Check after 3 minutes to ensure the top doesn't burn and move to lower rack for the remainder of time if the fish is already caramelized at this point.*

5. While fish is cooking, place remaining ingredients including the dashi broth (4) in a pan over high heat and cover with a lid. Cook until bok choy starts to wilt, about 2 to 3 minutes. Turn off heat and remove lid.

6. Place vegetables and broth in a bowl and top with caramelized sablefish.

*\* Contains gluten in soy sauce and mushrooms.*

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## Burger Kit

Elisa

Ingredients | SERVES 4 | COOKING TIME: 6 MINUTES

Ground beef, bread bun, tomato, onion, garlic, thyme, Comte cheese, zucchini, Cider and Red Wine vinegars, sugar, dry mustard, mustard seeds, turmeric, olive oil, Bibb lettuce, yeast, eggs, and milk.

1. Using a barbecue or pan on medium-high heat, cook the burger patties on both sides for approximately 3 minutes per side or until nicely browned/grill marked.

2. Place a slice of the Comte cheese on each of the patties allowing the cheese to melt.

3. Split the 4 burger buns in half and grill, cut side facing up.

4. Spread a tablespoon of the ketchup on the base of the burger bun. Place the burger patty cheese side up and cover with the pickled zucchini, caramelized onion and lettuce. Spread a tablespoon of smoked mayonnaise on the remaining bun half and invert over the lettuce.

*\* Contains dairy and gluten.*

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## Truffle Roasted Chicken

Elisa

Ingredients | SERVES 2 - 4 | COOKING TIME: 90 MINUTES

One 3 1/2 - 4 lb chicken, lemon, thyme, tarragon, garlic, salt, pepper, unsalted butter, breadcrumbs, and truffle.

1. Preheat oven to 450°F.

2. Remove the foil cover and set aside. In the foil tray provided, place the chicken in the centre of the oven with the breast facing towards the back. Cook for 15 minutes.

3. Rotate the chicken 180° with the breast now facing the front of the oven. Cook for a further 15 minutes.

4. Reduce the oven temperature to 375°F and re-cover with the reserved foil. Cook for an additional 45 minutes, rotating the chicken 180° every 15 minutes.

*Total cooking time is 1 hour and 15 minutes (steps 2 - 4). The chicken should be rotated a total of 5 times.*

5. Remove the chicken from the oven. Take the chicken out of the foil tray and set aside to rest for 15 minutes. Keep the tray with juices.

6. Spoon the excess drippings and sediment from the tray into a small sauce pan. Add 100 ml of water (or chicken broth if available) and bring to a boil.

7. Remove from heat. Add 3 tablespoons of unsalted butter to the sauce mixture and stir or whisk to dissolve. Add a pinch of salt and, if available, freshly chopped parsley.

8. Carve the chicken and serve the sauce on the side.

*\* Contains dairy and gluten.*

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## Bolognese / Pomodoro

CinCin Ristorante + Bar

Ingredients | SERVES 4 | COOKING TIME: 12-14 MINUTES

Semolina, pork, veal, carrot, celery, onion, garlic butter, olive oil, white wine, milk, tomato, chicken stock, Grana Padano cheese, and salt.

1. Remove the pasta sauce from the packaging and place in a wide-based frying pan on low heat. Gently warm.

2. To cook the penne, bring a pot of salted water to a boil. Add the pasta and cook for 10-12 minutes.

3. Strain the pasta from the water, reserving 150 ml. Add the reserved water and strained pasta to the sauce.

4. Turn up to medium heat and toss together. Continue cooking for 2 minutes.

5. (Optional) Add butter or oil to the pan and cook until the sauce is emulsified and sticking to the pasta.

6. Serve and top with Grana Padano.

*\* Contains dairy, gluten, and alcohol.*

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## Signature Steaks

Elisa

1. Preheat a grill or pan to high.
2. Season the steak(s) with salt.  
*If using a pan, add a little Canola oil to prevent sticking.*
3. Suggested turn times for medium-rare:
  - 6 oz Angus Tenderloin (2 to 2.5 minutes)
  - 12 oz Angus Ribeye (1 minute)
  - 10 oz Holstein Striploin (2 to 2.5 minutes)
  - 20 oz Bone-in Blue Dot Ribeye (1.5 to 2 minutes)
  - 5 oz Wagyu Striploin (45 seconds to 1 minute)
4. Add steak(s) to grill/pan and cook for (*suggested time*) without turning. Flip over, and cook for another (*suggested time*).
5. Repeat step 4. Each side should be cooked twice for the suggested amount of time.
6. Remove from the heat, dress with olive oil, and sprinkle with a little fresh ground black pepper.

**Grilling Tips:** Olive oil and black pepper are only applied once the meat is removed from the grill and resting. Applying before cooking makes both become acrid and bitter. Seasoning with salt alone before cooking helps to develop an excellent crust.

Best results for cooking over fire are usually derived from grilling over the coals, ash, and embers rather than the fire itself. Once the steak is removed from the grill, remember to rest the meat. The appropriate resting time is approximately the same amount of time needed to cook the meat.

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## Mixed Seafood Paella

Blue Water Cafe

Ingredients | SERVES 1 | COOKING TIME: 8 MINUTES

Saffron rice is cooked in a rich seafood broth flavoured with smoked paprika, tomatoes, and aromatics.

Contains prawns, bay scallops, chorizo, and fresh vegetables.

1. Heat a medium non stick pan over medium high heat. Add 1 tablespoon of olive oil.
2. Add rice and vegetable mix to the hot pan and spread out with a wooden spoon. Turn heat up to high.
3. Evenly distribute the mixed seafood on top of the rice and vegetables.
4. Add 2 tablespoons of water to the pan and cover with a lid.
5. Cook for 2 minutes with the lid on until the garnish is hot and an additional 2 minutes with the lid removed until rice layer starts to colour and a little crust or famous "Socarrat" forms, being careful not to burn the vegetables.
6. Sprinkle with lemon and drizzle with the lemon aioli.

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## West Coast Halibut

Blue Water Cafe

Ingredients | SERVES 1 | COOKING TIME: 15 MINUTES

Fresh summer corn, tomato fondue, crispy potato crust, chives.

Sauce contains fresh corn, onion, garlic, cream, butter, vegetable stock, salt.

1. Pre Heat oven to 300F bake setting (no convection), remove fish from the bag and discard the lemon and herbs. Place the fish on a bake tray lined with parchment paper and season liberally with salt. Ensure excess oil from the bag remains on the fish.
2. Place fish in the oven for 10 mins.
3. Place corn sauce and kernels into a sauce pot on medium heat and bring to a simmer whisking frequently. Once simmering turn temperature down to minimum and wait for the fish to finish. (Do not over reduce, should be 'cream-like' consistency)
4. Check fish after 10 mins. Continue baking the fish if it isn't nicely firmed up and wanting to flake apart with some pressure from fingertips.
5. Remove fish from the oven, sprinkle top of fish with crispy potato bits and chives evenly edge to edge of the filet on the baking sheet.
6. Pour Corn mixture into a bowl, place fish in the center of the bowl in the corn mixture
7. Top fish with a large tablespoon of the tomato fondue. Enjoy.

\* Contains dairy.

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vancouver

blue water cafe

CinCin

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The Toptable Team

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