

BEEFY MEATBALLS AND SPAGHETTI SQUASH

Makes 4-6 servings

1lb (500 g)	extra lean OR lean ground beef sirloin
1	small onion, finely chopped or grated
2	cloves garlic, minced
1/4 cup (50 mL)	EACH Parmesan cheese, grated and breadcrumbs
1	egg, lightly beaten
1 tsp (5 mL)	EACH dried basil and dried oregano
1/2 tsp (2 mL)	EACH salt, black pepper, pepper flakes and nutmeg
1	large spaghetti squash (approx. 4 lbs)
2 cups (500 mL)	jarred tomato basil pasta sauce

Meatballs: Combine first 7 lines of ingredients together. Form meatballs with scoop or hands. Place on large baking sheet. Bake in 375°F/190°C oven for 15 minutes; keep meatballs warm in tomato sauce over low heat.

Squash: Pierce entire squash with fork. Microwave on HIGH for 10 minutes; let cool. Cut in half lengthwise; discard seeds. Using fork, scrape the interior of the squash to form strands.

Assembly: Pour tomato sauce and meatballs over spaghetti in hollowed out squash shells; garnish with extra parmesan.

Serve with: RESERVE RUM COCKTAIL – in a Collins glass filled with ice, add 1 1/2 oz **Appleton Reserve (Rum, Jamaica)**, 1/4 oz **Campari (Italy)**, squeeze of lime and top with 7-Up®. Garnish with slice of lemon.

DIJON CRUSTED SIRLOIN PASTA SALAD

Makes 6-8 servings

4 cups (1 L)	dried penne pasta
1 lb (500 g)	beef striploin steak New York cut boneless
3 Tbsp (45 mL)	Dijon mustard, 1 Tbsp (15 mL) in marinade, 2 Tbsp (25 mL) in vinaigrette
1 Tbsp (15 mL)	dried rosemary, ground
1/4 tsp (1 mL)	EACH salt and black pepper
1/3 cup (75 mL)	canola oil
4-5	cloves of garlic, minced
1/2 tsp (2 mL)	dried red pepper flakes
1/4 cup (50 mL)	white balsamic vinegar
4 cups (1 L)	half spring mix lettuce/half baby spinach
1 cup (250 mL)	cherry tomatoes, halved
1/2 cup (125 mL)	crumbled Feta cheese

Marinade: Form a paste with Dijon, rosemary, salt and pepper. Cover beef striploin with marinade; refrigerate for 20 minutes. Cook pasta.

Vinaigrette: Over low-heat simmer garlic, tomatoes and red pepper flakes in oil until tender. Remove from heat; whisk in Dijon and vinegar.

Striploin: Grill on an indoor grill or barbeque over medium-high heat for 7 minutes per side for medium until a digital thermometer reads 160°F/71°C; let rest 5 minutes.

Assembly: Combine warm pasta in vinaigrette with mixed greens and Feta. Thinly slice steak into 1/4-inch pieces, lie over pasta salad; garnish with extra Feta.

Serve with: SWEET JAMAICAN BREEZE COCKTAIL – in a shaker add 1 1/2 oz of **Appleton 12 year (Rum, Jamaica)**, one slice of fresh ginger, dash of Angostura Bitters, 2 oz of pineapple juice, 1/2 oz simple syrup and muddle. Strain into a rocks glass filled with ice.

MANITOBA GRILLED STEAK & BRIE SANDWICH

Makes 6 servings

6	ciabatta buns
1 lb (500 g)	beef eye of sirloin tip steak, boneless (approx. 1/4-inch thick)
1 Tbsp (15 mL)	canola oil
1/2 tsp (2 mL)	EACH salt, black pepper and garlic powder
1	Anjou pear, thinly sliced
1/2 lb (250 g)	brie cheese, sliced (1/4-inch thick)
1/2 lb (250 g)	fresh asparagus (approx. 1 bunch)
1 tsp (5 mL)	olive oil
Pinch	EACH salt and black pepper
1/4 cup (50 mL)	EACH honey basil mayonnaise* and Dijon mustard

Marinade: Rub tip steaks with oil, salt, pepper and garlic powder; refrigerate for 20 minutes.

Sauté: Over medium heat sauté asparagus in olive oil, salt and pepper. Cool, thinly slice in 3-inch length strips.

Grill: Over an indoor grill at medium-high heat, grill steaks for 1 minute per side; let rest 5 minutes. Cut in 1/2-inch pieces.

Assembly: Spread honey basil mayo on bottom half of bun, place asparagus, pear and steak slices. Top with brie; spread Dijon mustard on top half of bun.

*For honey basil mayonnaise recipe visit www.foodmanitoba.ca

Serve with: Appleton Estate 21 year (Rum, Jamaica) served straight up or with a splash of water.