

# Chef Murray's Perfect Pairing *for Summer*



## ROSEMARY LEMONADE

Yields 8 cups | Vegan, Gluten-free, Nut-free

### Ingredients

2 cups	Water
2 sprigs	Fresh rosemary
5	Lemons
1/2 cup	Sugar
1/2 cup	Honey or agave syrup
1 cup	Fresh lemon juice (from zested lemons)
6 cups	Cold water
	Ice cubes
To garnish	Additional lemon slices and fresh rosemary



### Method

1. Wash lemons and remove the outer zest (yellow part only) with a zester or micro plane. Once zest is removed, place lemons on a hard surface (such as countertop), push down with the palm of your hand and roll them to break down the internal fibers. Doing this allows you to get the maximum juice out of the lemon.
2. Strain the lemon juice to remove any seeds and excess pulp. Set aside.
3. In a small saucepan, bring 2 cups water to a boil; add rosemary sprigs and lemon zest. Reduce heat; simmer, covered, for 10 minutes.
4. Strain to remove the rosemary and lemon zest. Stir in sugar and honey (or agave syrup) until dissolved. Transfer to a pitcher; refrigerate 15 minutes.
5. Stir in the fresh lemon juice and 6 cups of cold water. Serve over ice. If desired, top with additional lemon slices and rosemary sprigs. Enjoy!

### Notes

- Adjust sweetness to your taste by using a little more or less sugar.
- Substitute half the lemons for limes to change the flavour profile.
- For an alcoholic version, vodka or gin pairs perfectly with this summer favourite.

# Chef Murray's Perfect Pairing *for Summer*



## BASIL CHICKEN MEATBALLS

Yields 8 meatballs (2 oz each) | Gluten-free, Nut-free

### Ingredients

1 lb	Ground chicken meat
1½ bunches	Fresh basil (small chop, leaves only)
1 cup	White onion (small dice)
5 cloves	Garlic (peeled, crushed, finely chopped)
3	Egg whites
1 tbsp	Ground mustard powder
2 tbsp	Nutritional yeast
2 tbsp	Canola oil
To taste	Kosher salt and white pepper



### Method

1. Heat canola oil in a small saucepan; sauté the onions and garlic over medium heat until onions are translucent (2-3 minutes). Remove from heat and cool.
2. In a large mixing bowl or stand mixer (with paddle attachment), add the ground chicken, mustard powder, egg whites, yeast and cooled onions and garlic.
3. Mix the chicken meat until all ingredients are well combined; by hand for 5-8 minutes or in the mixer for 3-5 minutes on medium speed.
4. Season with salt and pepper. To taste test, cook a small amount of the meat in a saucepan with canola oil, taste and adjust as desired.
5. Add the chopped basil at the end of the mixing process to retain colour and contrast in the meatball. Adding basil too early will give you a light green meatball.
6. Remove meat from the bowl and place in refrigerator for 1-2 hours, to allow meat to firm up.
7. Once meat is cool, form 2-ounce meatballs and place on a parchment paper-lined baking sheet.
8. Bake meatballs at 375F for 12-15 minutes or until the internal temperature is 165F.
9. Serve with your favorite tomato sauce. Enjoy!

### Notes

- The reason these meatballs can be gluten-free is by avoiding adding a binding agent (typically breadcrumbs). This is done by thoroughly mixing the meat. By doing this, the fibres of the meat combine and work to hold the meatball in shape. If your meatballs are falling apart, mix the meat some more.
- Meatballs can be made ahead of time and frozen. Allow extra cooking time if cooking from frozen.
- Cutting basil should be done delicately. Only slice the basil leaves one or two times; rough chopping will bruise the leaves and lead to a black colour instead of bright green.
- By doubling the size of the meatballs, you can press them down into a patty shape and make burgers on the BBQ instead. To retain the best shape, freeze the patties and cook from frozen.

V1.0