

**HALFMOON BAY  
BAR AND GRILL  
AT THE  
ISLANDER RESORT  
BLOODY MARY MIX**

**This makes quite a bit of mix!**

**Ingredients:**

- 4 - 46 oz. cans of premium tomato juice
- 1 cup lemon juice
- ½ cup horseradish
- ½ cup Dijon Mustard
- 2 tbsp fresh minced garlic
- 2 tbsp celery seed (please grind first)
- 3 tbsp ground sea salt
- ½ cup Worcestershire
- 3 tbsp white wine vinegar
- ¼ cup Tabasco

**Preparation:**

1. Combine all ingredients and mix with emersion blender..... We highly recommend pairing this wonderful mix with Absolut peppar vodka.....*Enjoy!*



**ANNE MARIE'S CAFÉ  
TACO OMELETTE**

**Ingredients:**

- 3 Eggs
- 2 oz Taco Meat
- 4 oz Cheddar Cheese
- 1 oz chopped Green Onions
- 1 oz Black Olives
- 1 oz chopped Tomatoes

Top with Salsa, Sour Cream and Fresh Guacamole to taste

Serve with hash browns or fried red potatoes and homemade toast

## GALWAY BAY IRISH PUB

### Grilled Rack of Lamb with Cabernet Jus Lie

#### Ingredients:

1 full Rack of Lamb

#### Marinade:

Olive oil to coat

Garlic 5 cloves

Rosemary two sprigs

Salt and pepper tsp each

#### Sauce:

1 cup good quality beef stock

½ cup Red wine, preferably Cabernet

Corn Starch

Butter



#### 24 hours in advance:

For the marinade, finely chop the garlic and combine with the salt, pepper and olive oil in a small bowl. Remove the leaves from the woody stem of the rosemary and toss them in as well. Place the lamb rack in a Ziploc bag, pour the

marinade in over the top, and refrigerate overnight.

For the sauce: Combine the beef stock and red wine, heat in a saucepan until almost boiling. Make a slurry with the cornstarch by mixing it about 50/50 with water until well combined. While quickly whisking the hot stock, gradually add the cornstarch mixture until desired thickness is reached. You can always add a little water or stock back to the mixture if it gets too thick. After desired consistency is reached, add salt and pepper if necessary, and Remove the sauce from the heat. Add a tablespoon of cold butter, and whisk together, ideally just before you serve your cooked lamb.

The Lamb rack can be either broiled or baked to an internal temp of not less than 145. Suggested sides might be Rosemary Roasted potatoes and grilled asparagus.



## OCEAN CREST RESORT

### Charbroiled Wild Salmon with Maple-Balsamic Glazed Strawberries And Charbroiled Asparagus

#### Ingredients:

1T Pure Maple Syrup

1T Balsamic Vinegar

6-8oz filet of Wild Salmon skinned

Olive Oil Spray

Salt and Pepper

5 Asparagus Spears

4 Strawberries sliced

#### Preparation:

1. Mix maple syrup with balsamic vinegar and set aside.

2. Preheat grill to medium.

3. Spray flesh side of salmon with olive oil, season and place on the grill skin side up. While on the grill, spray skin side of salmon with olive oil and season. Grill for approximately 5 minutes (Cooking times depend on thickness of cut as well

as temperature of the grill and desired doneness).

4. Place asparagus spears on grill with salmon, spray with olive oil and season. Turn salmon over and grill for approximately 3 –5 minutes. Turn asparagus as needed.

5. Remove salmon and asparagus from grill and plate.

6. Preheat sauté pan on HI on stove top.

7. Place strawberries in pan, add maple-balsamic mixture

and toss to warm and coat strawberries.

8. Serve on top of salmon.