

#LOVEANDLIVINGSTONE

Recipe Guide

Thank you so much for joining
us on our special day!

Please enjoy our homemade
"Flame n' Grill Rub"
that's a perfect blend of sweet,
spicy, salty and smoky
(just like us!).



EAT, DRINK, AND BE MARRIED!

FLIP'S LOW N' SLOW RIBS

INGREDIENTS

- 2 racks of pork ribs, silver skin removed
- 4 tbsp Flame n' Grill Rub
- 2 tbsp brown sugar
- Salt & Pepper to taste.



DIRECTIONS

1. Pat ribs dry with paper towel.
2. Combine rub with additional brown sugar, and salt & pepper to taste.
3. Rub all over the ribs liberally with the seasoning, and marinate for 8 - 24 hours.
4. Line your baking sheet well with both foil and parchment paper (otherwise, the clean up can be tricky). Cover the ribs tightly with foil.
5. Put in a 250°F oven for about 3 hours, until they come out and they're fork tender.
6. Remove from oven, coat in your favourite BBQ sauce and finish either on a Flamin' hot grill, or under the broiler in the oven!

GILL'S CHILI LIME TACOS

INGREDIENTS

- You pick the star of your taco:
 - Chicken or Pork
 - Shrimp or Fish
 - Portobello Mushrooms or Zucchini
- 2 tbsp Flame N' Grill Rub
- 1 tbsp fresh lime zest
- Optional: additional pinch of Cayenne or dried chili flakes



DIRECTIONS

For Chicken or Pork, Mushrooms, or Zucchini - cut into long 1/2" strips

For Shrimp, ensure they're cleaned and Gill prefers tails off for tacos

For Fish, keep the entire piece whole.

1. Combine rub, zest and optional seasonings in a small bowl.
2. Prep the star of your show, and then liberally season it up!
3. Get your pan pre-heated to medium
4. Sear on the first side for 3 - 4 minutes (less time for shrimp and fish) and whatever you do DO NOT TOUCH the pan! It's creating a delicious crust you'll love!
5. Flip the star, sear for the same amount of time on the other side and then turn off the pan.
6. Layer into your taco shells for the perfect smoky limey bite!

FLIP'S BREAKY BAKED BEANS

INGREDIENTS

- 1 can of you favourite baked beans (even the maple kind, yeah!)
- 2 tbsp Flame N' Grill Rub
- Optional (depending on what Gill pulls out of the fridge to use up) finely chopped onion and bell pepper.



DIRECTIONS

1. If you are using peppers and onions, start them in about 1 tsp EVOO over medium heat. Sauté for 6-8 minutes until translucent.
2. Open and add your beans into the pot.
3. Add your Flame N' Grill Rub and salt & pepper to taste.
4. Simmer for 15 - 20 minutes over low heat.

GILL'S BBQ SALMON

INGREDIENTS

- 1 lovely large piece of salmon (about 12 - 16 oz, or plan for about 4 - 6 oz per person)
- 2 tbsp Flame N' Grill Rub
- 1 tbsp oil
- 1 tbsp freshly chopped cilantro (or parsley, or chive)
- 1/2 lemon, for juice



DIRECTIONS

1. Pat the Salmon dry with a paper towel.
2. Liberally rub on the seasoning.
3. Heat a cast iron pan to medium heat, add in the oil and set the salmon down and away from you in the pan (so the oil doesn't splash on you.)
4. Firmly press it down with a spatula, and then leave it alone - don't shake it, don't touch it, pour yourself a drink so you're hands are doing something else, and leave it alone for 4-minutes.
5. After 4-minutes, you'll know it's ready to flip when there's no resistance as you lift up a corner with your spatula to look - if all good and browned, flip over and leave for another 4 - 5 minutes to finish.
6. Serve immediately with a lemony rice pilaf and steamed or grilled veggies (which are also good with the seasoning on them too!

WHAT'S IN OUR "FLAME N' GRILL RUB"?

- Garlic & Onion Powder
- Dehydrated Onion & Garlic Flakes
- Cumin Powder
- Cayenne Powder
- Chili Powder
- A wee bit of dark brown sugar
- A blend of dried herbs
- And of course, freshly cracked black pepper and kosher salt



HOW ELSE CAN YOU USE THIS SPICE?

- Add 2 tbsp to 1 cup of plain yogurt/mayo/sour cream for a delicious BBQ style Crema, perfect for topping tacos, dipping sweet potato fries, or as a burger condiment.
- Add fresh orange zest and try it on a honey roasted ham
- Dry dusting on baked or Air Fried Wings
- Use immediately after buttering on your roasted corn.
- Make roasted spuds! Cut your baby potatoes in half, sprinkle with some lightly flavoured cooking oil, and up to 1 tbsp of this rub! Place potatoes cut side down and roast at 375°F for 30 - 40 minutes until golden brown.
- Sprinkle on your bacon with some maple syrup and then roast in a 350°F oven for about 20-minutes



Thank you once again for being there! We hope you enjoy your rub and these recipes as much as we enjoyed celebrating with you!

CHEERS, THE LIVINGSTONES