

CO-OP

table

GRILLING 2024

Find Your
SUMMER



Barbecue

GRILLING EVENT ON NOW



Try a twist on traditional barbecue, or expand your grilling repertoire with seafood, veggie-forward and dessert options.

MAY 16 – JUNE 12



Seafood

From the sea to the backyard. Grilled shrimp and mussels take centre stage on this spectacular seafood spread.

 <p>HELLMANN'S Hellmann's Real Mayonnaise 1.42L</p> <p>SALE 9⁹⁸ ea</p>	 <p>CO-OP GOLD PURE Salad Dressing 250 mL</p> <p>SALE 2⁹⁹ ea</p>	 <p>CO-OP GOLD Shrimp 340 g</p> <p>SALE 9⁹⁹ ea</p>
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GRILLED PRAWN & GRAPEFRUIT WRAPS

CHEF NICOLE GOMES | VANCOUVER, BC

[VIEW RECIPE >>](#)

 <p>CO-OP GOLD Shrimp Appetizers Frozen Selected Varieties 310 - 340 g</p> <p>SALE 9⁹⁹ ea</p>	 <p>CO-OP GOLD Herb & Garlic Shrimp Skewers 400 g</p> <p>SALE 12⁹⁹ ea</p>
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CO-OP GOLD PURE
Steelhead Fillet
400 g

SALE
17⁹⁹
ea



CHIMICHURRI MUSSELS

CHEF NICOLE GOMES | VANCOUVER, BC

SHOPPING LIST

- CO-OP GOLD Unsalted Butter
- CLUB HOUSE LA GRILLE Chimichurri Seasoning
- garlic
- lime
- fresh mussels
- jalapeño
- CO-OP GOLD PURE Artisan Golden Baguette
- green onions
- cilantro



CLUB HOUSE
La Grille
Seasonings or Rubs
120 - 180 g or 237 mL

SALE
6⁴⁹
ea

FOR THESE RECIPES AND MORE, PICK UP A FREE COPY OF TABLE MAGAZINE AT YOUR LOCAL CO-OP FOOD STORE OR [VIEW ONLINE.](#)





Traditional

Barbecue favourites become anything but basic with delicious twists on cookout classics.

<p>CO-OP GOLD White Vinegar 4L</p> <p>SALE 3⁹⁹ 4.99</p>	<p>VH Sauces Selected Varieties 341-355 mL</p> <p>3 FOR 9⁹⁹</p>	<p>CO-OP Chicken Drumsticks Value Pack</p>
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COFFEE RUB CHICKEN LOLLIPOPS

CHEF ANGIE OUALE | LANGLEY, BC

SHOPPING LIST

- chicken drumsticks
- CO-OP GOLD Fire Roasted Coffee Rub
- VH Honey Sriracha Sauce
- canola oil

Wood Grazing Board 12 x 18 in

SALE
59⁹⁹ ~~69.99~~

CO-OP GOLD Spice Seasoning 130g

SALE
3⁹⁹ ~~4.99~~



REFRIGERATOR PICKLES

These easy-to-make pickles are the perfect crunchy addition to your barbecue grazing board.

[VIEW RECIPE >>](#)

Mini Cucumbers Package of 6

View additional flyers and coupons on the refreshed Co-op app.

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MAPLE BACON CHICKEN THIGHS

CHEF ANGIE OUALE | LANGLEY, BC

SHOPPING LIST

- boneless, skinless chicken thighs
- CO-OP GOLD Maple BBQ Seasoning
- CO-OP GOLD Naturally Smoked Thick Sliced Bacon
- BBQ sauce
- CO-OP GOLD Maple Syrup
- canola oil

CO-OP GOLD Thick Sliced Side Bacon 1 kg

<p>CO-OP GOLD Maple Syrup 100% Pure 375 mL</p> <p>SALE 8⁹⁹ 9.99</p>	<p>CO-OP GOLD Canola Oil 1.42 L</p> <p>SALE 7⁹⁹ 8.99</p>	<p>Co-op Boneless Skinless Chicken Thighs Value Pack</p>
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Veggie-forward

Don't skip the dip! Enjoy plant-based grazing options with delicious grilled mushroom and tofu delights.

<p>Sunrise Tofu 300g</p> <p>SALE 1.99</p>	<p>pure J.L. KRAFT</p> <p>Pure J.L. Kraft Santal Dressing 355 mL</p> <p>SALE 5.99</p> <p>Black Garlic & Cracked Pepper All noir et poivre concassé</p>
<p>SALE 3.99</p> <p>CO-OP GOLD Pure Loaf 100g</p>	<p>Vitalia Super Sweet Onions 3 lb</p>
<p>Garlic Package of 3</p>	<p>Fresh Chives Organic Imported 20g</p>

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GRILLED MUSHROOM DIP

CHEF MARIA KOUTSOGIANNIS | CALGARY, AB

15 MINUTES
 45 MINUTES
 6-8 SERVINGS

INGREDIENTS	DIRECTIONS
1 cup thickly sliced crimini mushrooms	1. Preheat grill to medium-high. Put mushrooms and dressing in a large bowl and toss to coat the mushrooms.
1/2 cup KRAFT Pure Black Garlic and Cracked Pepper Dressing	2. Place all mushrooms in a grilling basket or cast iron pan and grill until charred and cooked through, about 7 minutes on each side. Flip occasionally to avoid burning.
2 tbsp avocado oil	3. Heat a medium-sized pot or high-sided skillet over medium heat. Add avocado oil and reduce heat to medium-low. Add onions and garlic. Sprinkle with most of the salt and all the sugar. Cook, stirring occasionally, until onions and garlic are caramelized and golden, about 30 minutes.
2 sweet onions, thinly sliced	4. While the onions cook, make the crispy bread. Slice loaf into 1/2-inch slices. Brush one side of each slice with olive oil and place on the grill for 1-2 minutes per side until toasted. Set aside.
2 garlic cloves, thinly sliced	5. Transfer onions and mushrooms to a cutting board and chop coarsely into smaller pieces.
2 1/2 tsp salt (divided)	6. Whiz the tofu in a food processor or mash thoroughly with a large spoon. Add goat cheese and blend until smooth. Mix in yogurt. Stir in onions, mushrooms, chives, garlic powder, remaining salt, pepper and Worcestershire sauce.
2 tsp sugar	7. To serve, transfer dip to a serving bowl on a platter and garnish with the grilled bread.
1 CO-OP GOLD Rosemary Olive Oil Loaf	
1/2 cup soft tofu	
1/2 cup spreadable goat cheese, softened	
2 tbsp CO-OP GOLD Plain Greek Yogurt	
1 tbsp minced fresh chives	
1 tsp garlic powder	
1/2 tsp ground pepper	
1 tsp Worcestershire sauce	
olive oil	

<p>Whole Milk Bella Mushrooms 227g</p>	<p>SALE 11.99</p> <p>CO-OP GOLD Avocado Oil 500 mL</p>
<p>CO-OP GOLD Garlic Powder Poudre d'ail 155g</p> <p>2 FOR \$7</p>	<p>CO-OP GOLD Greek Yogurt Yogurt grec 500g</p> <p>3 FOR 10.99</p>

MUSHROOM 101

Grills just want to have fungi. Add more plant-based choices to your grilling menu with Co-op's mushroom selection.

[VIEW ARTICLE >>](#)

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Dessert

Sun, fun and dessert in the backyard. Summer days don't get much better than this.



FUN WITH FOIL

Don't be foiled. The classic barbecue side dish of potatoes and veggies in aluminum foil has its place at cookouts and camping trips. But foil's potential goes far beyond that classic packet.

[READ MORE >>](#)



GLUTEN-FREE RHUBARB STRAWBERRY CRISP

CHEF DALE MACKAY | SASKATOON, SK

PREP	BAKE	SERVES
10 MINUTES	30 MINUTES	6-8 DESSERT

INGREDIENTS

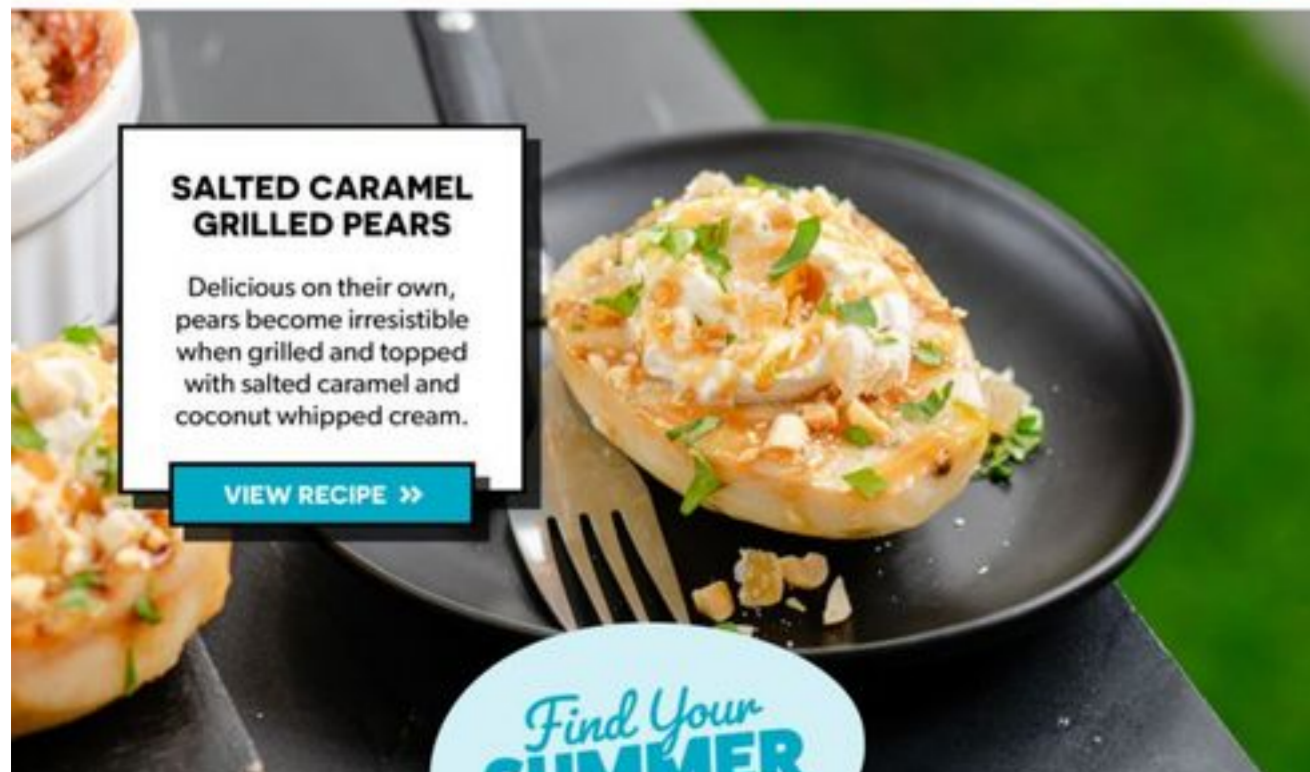
- FILLING**
- 4 cups chopped rhubarb (fresh or frozen)
 - 4 cups quartered strawberries (fresh)
 - ½ cup CO-OP GOLD Salted Butter
 - ½ cup CO-OP GOLD PURE Oat Flour
 - 1 ½ cup brown sugar
 - ½ cup water
- CRUMBLE**
- ½ cup CO-OP GOLD Butter
 - ½ cup CO-OP GOLD Quick Oats
 - ½ cup CO-OP GOLD PURE Oat Flour
 - ½ cup brown sugar
 - ½ cup slivered almonds
 - ½ tsp ground ginger
 - ½ tsp ground cinnamon

DIRECTIONS

- Set the oven at 375°F. For the fruit filling, put rhubarb and strawberries in an 8 by 10-inch ceramic dish.
- Melt butter in a sauce pot on medium heat. Make a roux by adding oat flour and cook while whisking for 1 minute.
- Add brown sugar and water to the pot and bring to a boil while whisking. Once boiled, carefully pour over the strawberries and rhubarb. Mix well.
- For the crumble, melt the butter. Use a wooden spoon to mix it with all other crumble ingredients in a bowl. Evenly sprinkle crumble over the fruit mix.
- Put the ceramic dish on a baking sheet to catch any drips and bake for 25 to 30 minutes. Let cool slightly before serving.



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SALTED CARAMEL GRILLED PEARS

Delicious on their own, pears become irresistible when grilled and topped with salted caramel and coconut whipped cream.

[VIEW RECIPE >>](#)

