

**Murrieta's Mountain Bar & Grill**  
**Takeout Winter 2020**

**Starters**

Baked Bread – extra virgin olive oil, sea salt	6
House Charcuterie – assorted meats, artisan cheese, pickled veg, chutney, crostini	26
Alberta Lamb Meatballs – roasted peperonata sauce, fennel	18
West Coast Chowder – smoked bacon, creamy broth	12
Artisanal Greens – tomato, carrot, fennel, pumpkin seed, lemon vinaigrette	12
Baby Romaine – smoked bacon, grana Padano, roasted garlic dressing	16
Salad Add Ons: Chicken – 7   Shrimp – 7   Flat Iron Steak – 11	

**Between Bread**

**\*served with fries, artisanal greens or romaine**

Angus Reserve Beef Burger	19
Avonlea cheddar, jalapeno, mushroom, lettuce, horseradish aioli, toasted brioche	
Steak Sandwich	27
6oz AAA Alberta flat iron, peperonata, horseradish aioli, grilled focaccia	
Fried Chicken Sandwich	19
Molasses citrus coleslaw, maple hot sauce, pickles, toasted brioche	
Bleu Bison Burger	23
Gorgonzola, apple bacon chutney, crispy pepperoncini, garlic aioli, toasted brioche	

**Pizza**

Margherita	19
Fior di latte, tomatoes, basil, San Marzano sauce	
Roasted Beet	19
Oven roasted beets, sweet pure honey, brown butter honey, toasted pumpkin seeds, chili flakes, goat cheese, avocado basil pesto	
Prosciutto	21
Prosciutto, spicy pepperoncini, mushroom, mozzarella, San Marzano sauce	

**Pasta**

Lamb Meatball Spaghetti	24
roasted tomato sauce, pecorino cheese	
Scallop Fettuccine	26
Scallops, chorizo sausage, cherry tomato, aglio e olio, parmesan	
Bison Ragu Torchetti	25
Pulled bison, orange, grana padano	

## Mains

Lake Diefenbaker Trout	32
Miso cucumber/fennel concasse, wild Canadian rice, market vegetables	
Bison Short Rib	38
Red wine lacquer, baby smashed potatoes, market vegetables.	
Hunters Chicken	29
Chicken supreme, hunter's sauce, baby potatoes, seasonal vegetables, jus	

## Cook Murrieta's at Home

for 2 people    for 4 people

Marinated Tenderloin	75	145
Marinated Striploin	70	130
served with seasonal vegetables, baby potatoes, red wine demi glaze and café de paris butter		
Lake Diefenbaker Trout	60	115
Miso cucumber/fennel concasse, wild Canadian rice, market vegetables		

## How to pan sear your beautiful Angus steak at home with Murrieta's

Thank you for supporting local and choosing to cook at home with Murrieta's; we're incredibly grateful!

Now, get your apron on and get ready to enjoy a beautiful steak dinner!

- Your steak is already seasoned, you're ready to go!
- Turn on your exhaust fan and heat a heavy bottomed pan over medium-high heat until it's VERY hot. The best pans for pan-searing are stainless steel or cast-iron since they can withstand high temperatures.
- Add the oil to the pan. You'll know it's hot enough when it begins to shimmer and move fluidly around the pan, if you see it start to smoke, get that meat in the pan!!
- Carefully set the steak in the pan, releasing it away from you so the oil doesn't splatter in your direction. It should sizzle. (Use a pan that is large enough that it's not such a tight fit or the pan will cool down and your food will steam instead of sear.)
- *Leave it alone!* Avoid the temptation to peek or fiddle or flip repeatedly. The steaks need a few minutes undisturbed to develop a brown crust. (Don't worry about sticking; the steaks will release easily when they are ready to flip.)
- Flip the steaks when they release easily and the bottom is a deep-brown color (usually about 3 minutes for a Striploin or 4 minutes for a tenderloin based on thickness).
- Continue to cook the steaks for another 2 to 4 minutes on the bottom side for rare or medium-rare. If you like your steak cooked even more, feel free to turn down the heat a little and flip it more than once, until desired doneness.
- During the last minute of cooking, add 1 tablespoon of butter and a few sprigs of fresh thyme to the pan with the steaks and tip the pan so that the butter pools at the bottom and you can baste your beautiful steak (this is optional but we highly recommend it).
- If you are serving the steaks unsliced, transfer them to plates and serve hot. If you plan to slice the steaks, transfer them to a cutting board and let rest, covered with aluminum foil, for 5 to 10 minutes; then slice thinly against the grain. (Resting allows the juices to redistribute from the outside of the steaks; if you slice them too soon, the juices will pour out of them.)

## How to pan sear your beautiful Lake Diefenbaker Trout at home with Murrieta's

Thank you for supporting local and choosing to cook at home with Murrieta's; we're incredibly grateful!

Now get your apron on and get ready to enjoy a beautiful salmon dinner!

- Your Trout is seasoned – you're all set!
- Turn on your exhaust fan and heat a heavy bottomed pan over medium-high heat until it's VERY hot. The best pans for pan-searing are stainless steel or cast-iron since they can withstand high temperatures.
- Add the oil to the pan. You'll know it's hot enough when it begins to shimmer and move fluidly around the pan, if you see it start to smoke, get that fish in the pan!!
- Carefully set the trout in the pan, presentation side down, releasing it away from you so the oil doesn't splatter in your direction. It should sizzle. (Use a pan that is large enough that it's not such a tight fit or the pan will cool down and your food will steam instead of sear.) The presentation side is the top of the filet, not the skin side
- *Leave it alone!* Avoid the temptation to peek or fiddle or flip repeatedly. The fish needs a few minutes undisturbed to develop a brown crust. (Don't worry about sticking; it will release easily when it is ready to flip.)
- Watch as the fish cooks from the pan side up and once it has cooked halfway up, (usually about 4 minutes based on a 2" thickness).
- Turn your pan down to medium and leave it for another minute before flipping it over and finishing it on the side where the skin is. A total cook time of about 7 minutes will give you a beautifully cooked meal. Feel free to turn down the heat a little and let it ride, until desired doneness.
- During the last minute of cooking, add 1 tablespoon of butter and a few sprigs of fresh thyme to the pan with the fish and tip the pan so that the butter pools at the bottom and you can baste your beautiful Trout, finish with a squeeze of lemon and ENJOY!.

## Vegetables and Starch at Home with Murrieta's

Thank you for supporting local and choosing to cook at home with Murrieta's; we're incredibly grateful!

While seasonality influences our product sourcing at Murrieta's, we often rotate our vegetable offerings week to week in order to guarantee the best product possible for your plate.

That said, each vegetable is versatile in how it can be prepared and served in your own home. Whether you like to blanche, steam, roast, grill, sauté, or, even eat your veggies raw, it is completely and totally up to you! However, we do find that the winter months lend themselves well to a proper roasted vegetable, and we think you will too.

Most of the vegetables we send with our "Murrieta's at home" will be perfectly ready to throw in your oven and roast nicely with a generous amount of olive oil at 400 degrees fahrenheit for about 10 minutes. Then, season appropriately with your favourite herbs and spices. We've included fresh thyme because it's perfect, in our opinion.

Consider using a little maple syrup or grainy mustard, or maybe a little fennel seed, or some cumin and coriander with a touch of honey.

Salt and pepper aren't the only things that make a vegetable shine!

Our baby potatoes come pre - blanched and just need to be thrown in the oven at 400 degrees fahrenheit for about 10 minutes, which lines up quite nicely with the timing of your vegetables.