



Recipes

APRÈS-SKI MENU

Pastitsio

Savoury Roasted Carrots

Green Salad

Subtly-Spiced Chocolate Fondue

PASTITSIO

Ragu, recipe follows
1/4 cup (50 mL) butter
1/3 cup (75 mL) flour
1/2 tsp (2 mL) nutmeg
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) freshly ground pepper
4 cups (1 L) homo milk

1 cup (250 mL) freshly grated Parmesan cheese
1 cup (250 mL) crumbled dry pack feta cheese
2 eggs, beaten
2 cups (500 mL) elbow macaroni, cooked
and drained
1/4 cup (50 mL) freshly grated Parmesan cheese

Prepare Ragu. Meanwhile, while Ragu is cooking, prepare cheese sauce by melting butter in a large saucepan over medium heat. Whisk in flour, nutmeg, salt and pepper until blended. Gradually whisk in milk. Bring to a boil, whisking constantly. Reduce heat and simmer, stirring frequently, until slightly thickened, about 5 - 7 minutes. Gradually stir 1 cup (250 mL) Parmesan cheese and feta cheese into sauce mixture until melted. Remove pan from heat. Measure out 1 cup (250 mL) of cheese sauce and whisk into beaten eggs; gradually whisk egg mixture back into cheese sauce in pan. Measure out 2 cups (500 mL) of cheese sauce and reserve for layering. Add cooked macaroni to remaining cheese sauce in pan and toss to combine. Spoon macaroni mixture into a greased shallow 4 quart (4 L) baking dish. Spread Ragu evenly over macaroni layer. Pour reserved cheese sauce over top. Sprinkle with 1/4 cup (50 mL) Parmesan cheese. Bake, uncovered, at 350°F (180°C) for 50 - 60 minutes or until golden brown and heated through. Baked Pastitsio may be refrigerated for up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Reheat, covered, at 350°F (180°C) for 1 hour or until bubbly and heated through. Let stand for 5 - 10 minutes before serving. Serves 8.

Ragu

1 tbsp (15 mL) olive oil
2 lb (1 kg) lean ground beef
2 cloves garlic, finely chopped
1 cup (250 mL) chopped onion
1 can (14 oz/398 mL) tomato sauce
1/2 cup (125 mL) canned beef broth

1 tbsp (15 mL) balsamic vinegar
1 1/2 tsp (7 mL) oregano, crumbled
1 1/2 tsp (7 mL) cinnamon
1 tsp (5 mL) salt
1/4 tsp (1 mL) freshly ground pepper

Heat oil in large frypan over medium heat. Add beef and garlic; cook, stirring to break up beef, until browned, about 7 - 10 minutes. Drain off excess fat. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add remaining ingredients (tomato sauce through pepper). Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Uncover and simmer, stirring occasionally, for 15 minutes or until thickened.

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SAVOURY ROASTED CARROTS

1 tbsp (15 mL) oil	1/4 tsp (1 mL) fennel seed, crushed
1 tsp (5 mL) salt	1/4 tsp (1 mL) freshly ground pepper
3/4 tsp (3 mL) marjoram, crumbled	4 cups (1 L) baby carrots

Grease a rimmed baking sheet or line with nonstick foil. Combine oil, salt, marjoram, fennel seed and pepper in a bowl. Add carrots and toss until coated. Place carrots in a single layer in prepared pan. Bake, uncovered, at 425°F (220°C), stirring occasionally, for 30 - 35 minutes or until carrots are tender and lightly browned. Serves 4 - 6.

SUBTLY-SPICED CHOCOLATE FONDUE

East meets West in this fusion fondue!

1 cup (250 mL) whipping cream	1 tsp (5 mL) Chinese five-spice powder
12 squares semi-sweet chocolate, chopped	1 tsp (5 mL) ground ancho chile pepper
1/4 cup (50 mL) coffee liqueur	Fresh strawberries
1 tsp (5 mL) cinnamon	

Bring cream to a boil in a heavy saucepan over medium heat. Remove from heat. Add chocolate and let stand until softened, about 3 minutes. Add liqueur, cinnamon, Chinese five-spice powder and ancho chile pepper; whisk until smooth. Transfer to a ceramic fondue pot or chafing dish. Keep warm over a tea light candle. Serve immediately with strawberries. Serves 8.

Cook' Note: *The ATCO Blue Flame Kitchen used McCormick Ancho Chile Pepper in this recipe. Do not substitute with regular chili powder as the flavour will be different.*