



Presenting . . .

Call of the Flame

Available Spring 2009

This collection of recipes is a sample from our new barbecue cookbook.

NACHOS IN A PACKET

Individual foil-wrapped servings of nachos make for a fun start to a barbecue dinner.

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| 8 cups (2 L) small round tortilla chips | 1/4 cup (50 mL) thinly sliced green onion |
| 1 cup (250 mL) medium salsa | 1 tsp (5 mL) finely chopped seeded jalapeno pepper |
| 1/4 cup (50 mL) diced red bell pepper | 2 cups (500 mL) Tex-Mex shredded cheese |
| 1/4 cup (50 mL) diced green bell pepper | |

Lay out 4 large pieces of nonstick foil. Place 2 cups (500 mL) tortilla chips in centre of each piece. Dividing equally, spoon salsa evenly on top of tortilla chips. Combine bell peppers, green onion and jalapeno pepper. Sprinkle over salsa. Top each with 1/2 cup (125 mL) cheese. For each piece of foil, bring edges together to form a packet; close all edges with tight double folds. Cook over medium heat on natural gas barbecue for 10 - 12 minutes or until cheese is melted and toppings are heated through. Serves 4.

Cook's Note: *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin. The ATCO Blue Flame Kitchen used Kraft Tex-Mex Shredded Cheese in this recipe.*

GAUCHO RIBS

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| 1 cup (250 mL) dry red wine | 3 cloves garlic, crushed |
| 1/4 cup (50 mL) Worcestershire sauce | 1/2 cup (125 mL) oil |
| 2 tsp (10 mL) oregano, crumbled | 4 lb (2 kg) beef back ribs |
| 2 tsp (10 mL) red pepper flakes | Chimichurri Sauce, recipe follows |

To prepare marinade, whisk together wine, Worcestershire sauce, oregano, red pepper flakes and garlic until combined. Gradually whisk in oil until blended. Pour marinade into an extra-large heavy zip-lock plastic bag. Add ribs and gently squeeze bag to coat ribs with marinade. Seal bag and place on a tray. Refrigerate, turning bag occasionally, for 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Remove ribs from marinade; discard marinade. Grill ribs over low heat on natural gas barbecue, turning occasionally, until ribs are tender, about 40 - 45 minutes. Serve with Chimichurri Sauce. Serves 4 - 6.

Chimichurri Sauce

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| 1/2 cup (125 mL) chopped fresh parsley | 2 tbsp (25 mL) chopped fresh cilantro |
| 1/4 cup (50 mL) olive oil | 1/4 tsp (1 mL) red pepper flakes |
| 1/4 cup (50 mL) fresh lemon juice | 1/4 tsp (1 mL) salt |
| 2 tbsp (25 mL) chopped fresh oregano | 1 clove garlic, crushed |

Place all ingredients in a food processor or blender; process until smooth. Makes about 1/2 cup (125 mL).

RANCHERO MASHED POTATOES

Leaving the peel on the red potatoes makes for a colourful, chunky version of mashed potatoes.

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| 8 cups (2 L) cubed red potatoes | 1/2 tsp (2 mL) oregano, crumbled |
| 1/2 cup (125 mL) light sour cream | 1/2 tsp (2 mL) dill weed |
| 1/4 cup (50 mL) ranch salad dressing | 1/2 tsp (2 mL) garlic powder |
| 2 tbsp (25 mL) butter | 1/2 tsp (2 mL) freshly ground pepper |
| 3/4 tsp (3 mL) salt | 1/4 cup (50 mL) thinly sliced green onion |
| 1/2 tsp (2 mL) basil, crumbled | |

Cook potatoes in boiling salted water until tender; drain. Add next 9 ingredients (sour cream through pepper). Mash with a potato masher to desired consistency. Stir in green onion. Serves 8.

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

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For cooking ideas and great recipes, visit our website at www.atcoblueflamekitchen.com.

NEW MEXICAN BEAN SALAD

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| 2 1/2 cups (625 mL) sliced fresh or frozen green beans (2 inch/5 cm) | 2 cloves garlic, crushed |
| 1/3 cup (75 mL) light sour cream | 2 cans (19 oz/540 mL each) mixed beans, rinsed and drained |
| 1/4 cup (50 mL) chopped fresh cilantro | 1 can (114 mL) diced green chilies, drained |
| 2 tbsp (25 mL) fresh lime juice | 2 cups (500 mL) frozen kernel corn, thawed |
| 2 tbsp (25 mL) balsamic vinegar | 1 cup (250 mL) diced red bell pepper |
| 1 1/2 tsp (7 mL) ground cumin | 1/2 cup (125 mL) finely chopped red onion |
| 1/2 tsp (2 mL) salt | 1/2 cup (125 mL) sliced ripe olives |
| 1/8 tsp (0.5 mL) cayenne pepper | 1/2 cup (125 mL) shredded cheddar cheese |

Cook green beans in boiling salted water for 2 minutes; drain. Cool immediately in ice water; drain. To prepare dressing, whisk together next 8 ingredients (sour cream through garlic) until blended. Combine green beans with remaining ingredients (mixed beans through cheese) in a bowl. Add dressing and toss to combine. Serves 8 - 10.

ZESTY CHIPOTLE COLESLAW

Consider taking this colourful coleslaw the next time you're invited to a potluck barbecue party.

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| 1/2 cup (125 mL) mayonnaise | 1/4 tsp (1 mL) salt |
| 1/2 cup (125 mL) sour cream | 8 cups (2 L) coleslaw mix |
| 1/4 cup (50 mL) fresh lime juice | 4 cups (1 L) shredded red cabbage |
| 1 tbsp (15 mL) finely chopped canned chipotle peppers in adobo sauce | 1/2 cup (125 mL) diced red bell pepper |
| 1 tbsp (15 mL) fancy molasses | 1/2 cup (125 mL) thinly sliced green onions |
| 1/4 tsp (1 mL) ground cumin | 1/3 cup (75 mL) chopped fresh cilantro |

To prepare dressing, whisk together first 7 ingredients (mayonnaise through salt) until blended. Combine coleslaw mix, cabbage, red pepper, green onions and cilantro in a bowl. Add dressing and toss to combine. Serve immediately. Serves 10 - 12.

BEER AND CHEDDAR CORNBREAD

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| 1 cup (250 mL) flour | 1/2 cup (125 mL) water |
| 3/4 cup (175 mL) cornmeal | 1/4 cup (50 mL) butter, melted |
| 2 1/2 tsp (12 mL) baking powder | 2 eggs |
| 1/2 tsp (2 mL) salt | 2 tbsp (25 mL) honey |
| 1/2 cup (125 mL) shredded cheddar cheese | 1/2 tsp (2 mL) hot pepper sauce |
| 1/2 cup (125 mL) beer | 1/3 cup (75 mL) shredded cheddar cheese |

Combine flour, cornmeal, baking powder and salt in a bowl. Stir in 1/2 cup (125 mL) cheese. Whisk together next 6 ingredients (beer through hot pepper sauce) until blended. Add beer mixture to flour mixture and stir just until combined. Spoon batter into a greased 9 inch (23 cm) square baking pan. Sprinkle 1/3 cup (75 mL) cheese over top. Bake at 400°F (200°C) for 20 minutes or until a cake tester inserted in centre comes out clean. Serve warm. Serves 6 - 8.

SUMMER CHERRY COBBLER

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| 1 1/2 cups (375 mL) flour | 6 cups (1.5 L) pitted fresh cherries |
| 2 tbsp (25 mL) sugar | 1/2 cup (125 mL) sugar |
| 1/2 tsp (2 mL) baking powder | 4 tsp (20 mL) cornstarch |
| 1/2 tsp (2 mL) baking soda | 1/4 tsp (1 mL) cinnamon |
| 1/4 tsp (1 mL) salt | 1/2 tsp (2 mL) vanilla |
| 1/4 cup (50 mL) butter, chilled and cubed | 1/4 tsp (1 mL) almond extract, optional |
| 2/3 cup (150 mL) buttermilk | Sugar |

To prepare biscuits for topping, combine flour, 2 tbsp (25 mL) sugar, baking powder, baking soda and salt in a bowl. Cut in butter with a pastry blender until mixture is crumbly. Add buttermilk and stir just until combined; set aside. Combine cherries, 1/2 cup (125 mL) sugar, cornstarch and cinnamon in a medium saucepan, stirring until juices start to flow. Bring to a boil over medium heat, stirring constantly. Remove from heat; stir in vanilla and almond extract. Spoon into a greased 7x11 inch (18x28 cm) baking dish. Drop 1/4 cup (50 mL) measures of biscuit dough evenly on top of hot cherry mixture. Sprinkle with additional sugar. Bake at 425°F (220°C) for 25 minutes or until biscuits are golden and a cake tester inserted in centres of biscuits comes out clean. Serve warm. Serves 4 - 6.