



## Five Ingredients or Less

---

*By using 5 ingredients or less, you can create a simple dessert for your special someone.*

### **AFTER EIGHT MOUSSE**

- |                                       |   |
|---------------------------------------|---|
| 1 box (8 oz./250 g) After Eight mints | 2 cups (500 mL) whipping cream, whipped |
| 3 tbsp (40 mL) brandy                 | 8 chocolate cups, optional              |

Reserve 8 mints. Combine remaining mints and brandy in a small heavy saucepan. Cook over low heat, stirring frequently, until smooth. Do not boil. Cool to lukewarm. Fold mint mixture into whipped cream just until blended. Spoon mixture into chocolate cups or small wine glasses. Cover and refrigerate for up to 24 hours. Cut reserved mints in half diagonally. Garnish each mousse with 2 mint halves. Serves 8.

### **CLASSIC CHOCOLATE FONDUE**

- |  |                                   |
|--|-----------------------------------|
| 3/4 cup (175 mL) whipping cream                                    | 1 - 2 tbsp (15 - 25 mL) brandy or |
| 12 oz (375 g) good quality semi-sweet<br>chocolate, finely chopped | liqueur                           |

In a medium heavy saucepan, heat cream until very hot but not boiling. Add chocolate and let stand until softened, about 3 minutes. Add brandy and whisk until smooth. Transfer to a ceramic fondue pot and keep warm. Serve immediately.

### **RASPBERRY FONDUE**

- |   |   |
|---|---|
| 1 pkg (425 g) frozen sweetened<br>raspberries, thawed | 2 tbsp (25 mL) sugar                    |
| 2 tbsp (25 mL) fresh lemon juice                      | 2 tbsp (25 mL) cornstarch               |
|   | 2 tbsp (25 mL) brandy or orange liqueur |

Blend together raspberries, lemon juice and sugar in a saucepan. Stir in cornstarch. Cook, stirring occasionally, until thickened and clear. Stir in brandy. May be served warm or chilled. Serves 4 - 6.

### **BROWN SUGAR BALSAMIC GLAZED ORANGES**

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 4 navel oranges                    | 2 tbsp (25 mL) balsamic vinegar |
| 1/4 cup (50 mL) packed brown sugar |                                 |

Peel oranges and cut crosswise into 1/4 inch (6 mm) thick slices. Combine brown sugar and vinegar in a bowl. Add orange slices and toss to coat. Cover and refrigerate for 30 minutes. Spoon oranges onto 4 dessert plates and drizzle with brown sugar mixture. Serve immediately. Serves 4.

---

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

■ Edmonton area 780-420-1010 ■ Lloydminster toll-free 1-306-825-5010 ■ Other locations in Alberta toll-free 1-877-420-9090

*To purchase cookbooks, call the order desk toll-free 1-800-840-3393.*

*For cooking ideas and great recipes, visit our website at [www.atcoblueflamekitchen.com](http://www.atcoblueflamekitchen.com).*

## **CHOCOLATE SHOOTERS**

*A novel dessert idea! These “shooters” are served in liqueur glasses and eaten with small spoons.*

8 squares semi-sweet chocolate, chopped  
1 1/2 cups (375 mL) whipping cream

1/4 cup (50 mL) coffee or orange liqueur  
Whipped cream

Place chocolate in a heatproof bowl. Bring cream to a boil in a medium saucepan over medium heat. Remove from heat and immediately pour over chocolate. Let stand for 1 minute. Whisk chocolate mixture until chocolate is melted and mixture is smooth. Stir in liqueur. Spoon about 2 tbsp (25 mL) of mixture into liqueur glasses. Cover and refrigerate for at least 2 hours or up to 2 days. To serve, pipe a rosette of whipped cream onto top of each shooter. Makes 16 - 18 shooters.