



Happy St. Patrick's Day

IRISH SODA BREAD

This classic Irish quick bread traditionally calls only for flour, baking soda, salt and buttermilk. Our updated version uses additional ingredients for a lighter texture.

- | | |
|--------------------------------|--------------------------------|
| 3 cups (750 mL) flour | 1 tsp (5 mL) salt |
| 2 tsp (10 mL) sugar | 1/2 cup (125 mL) raisins |
| 1 1/2 tsp (7 mL) baking powder | 1 1/4 cups (300 mL) buttermilk |
| 3/4 tsp (3 mL) baking soda | 1 tbsp (15 mL) butter, melted |

Combine first 5 ingredients (flour through salt). Stir in raisins. Combine buttermilk and butter; stir into flour mixture until blended. Knead 1 minute. Shape into a round loaf, 2 inches (5 cm) thick. Place on a lightly greased baking sheet. Using a sharp knife, score an "x" in top of loaf, cutting 1/4 inch (6 mm) deep. Bake at 350°F (180°C) for 45 minutes or until loaf sounds hollow when tapped. Cool on a rack. **Yield:** 1 loaf.

SPINACH ROLL-UPS

- | | |
|---|--|
| 1 pkg (10 oz/300 g) frozen chopped spinach, thawed and squeezed dry | 2 green onions, chopped |
| 1 cup (250 mL) cup mayonnaise | 1/2 cup (125 mL) chopped cooked bacon |
| 1 cup (250 mL) sour cream | 1 envelope (1 oz/28 g) ranch dressing mix |
| | 10 burrito-style flour tortillas (10 inch/25 cm) |

Combine first 6 ingredients (spinach through dressing mix). Spread 1/4 cup (50 mL) mixture over each tortilla, leaving a 1/2 inch (1.25 cm) border. Tightly roll up each tortilla jelly-roll fashion. Wrap each roll individually with plastic wrap. Chill 4 - 6 hours or for up to 24 hours. Trim ends off each roll. Cut rolls into 8 - 10 pieces. **Yield:** About 90 pieces.

Preparation Tip: For best results, spinach should be completely dry. Squeeze spinach until no more moisture can be extracted.

ROASTED GARLIC MASHED POTATOES

- | | |
|---|--------------------------------|
| 20 unpeeled cloves garlic | 1/4 cup (50 mL) whipping cream |
| 2 tsp (10 mL) oil | 1/4 cup (50 mL) milk |
| Pinch thyme, crumbled | 1/4 cup (50 mL) butter |
| 5 cups (1.25 L) peeled baking potato chunks (2 inch/5 cm) | 1/4 tsp (1 mL) salt |
| 1 tsp (5 mL) salt | 1/8 tsp (0.5 mL) white pepper |
| | Dash nutmeg |

Set garlic on a large piece of foil; drizzle with oil and sprinkle with thyme. Wrap garlic tightly with foil. Bake at 350°F (180°C) for 25 - 30 minutes or until tender. Cool slightly. Garlic may be baked 24 hours in advance. Place in an airtight container and refrigerate. Combine potatoes and 1 tsp (5 mL) salt in a medium saucepan and cover with water. Bring to a boil and cook until tender, about 15 minutes. Drain and transfer to a bowl. Meanwhile, force garlic through a sieve into a small saucepan. Combine with whipping cream, milk and butter. Heat until butter is melted. Add to potatoes and beat until fluffy. Beat in remaining 1/4 tsp (1 mL) salt, pepper and nutmeg. Serves 6 - 8.

GREEN BEANS WITH LEMON AND PECANS

- | | |
|---|--|
| 4 cups (1 L) sliced green beans | 2 tbsp (25 mL) butter |
| 1/4 cup (50 mL) sliced green onion | 1/4 cup (50 mL) chopped toasted pecans |
| 1 tsp (5 mL) grated lemon peel | 1/4 tsp (1 mL) salt |
| 1/4 tsp (1 mL) rosemary, crumbled, optional | |

Cook beans in boiling water just until tender, about 5 minutes; drain. Meanwhile, sauté onion, lemon peel and rosemary in butter for 2 minutes. Stir in beans, pecans and salt. Serve immediately. Serves 6 - 8.

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

■ Edmonton area 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 web site at www.atcoblueflamekitchen.com

SAVOURY CROCKPOT STEW

Traditionally Irish Stew is made with lamb. This delicious variation uses beef and simmers slowly in a slow cooker or the oven.

- | | |
|--|---|
| 1 can (14 oz/398 mL) Mexican-style stewed tomatoes | 2 cloves garlic, crushed |
| 1 can (10 oz/284 mL) beef broth | 1 tsp (5 mL) chili powder |
| 1 cup (250 mL) medium salsa | 1/2 tsp (2 mL) cumin |
| 2 cups (500 mL) frozen corn, thawed | 1/2 tsp (2 mL) salt |
| 2 cups (500 mL) baby carrots | 2 lb (1 kg) boneless chuck steak, cubed |
| 1 medium onion, thinly sliced | 1/4 cup (50 mL) flour |
| | 1/2 cup (125 mL) water |

Combine first 11 ingredients (tomatoes through steak) in a slow cooker. Cover and cook, on **HIGH** for 4 hours or until meat is tender. Whisk together flour and water until smooth. Stir into stew. Cover and cook on **HIGH** for 1 hour or until thickened. May be frozen for up to 1 month. Serves 6.

Preparation Tip: *The ATCO Blue Flame Kitchen tested this recipe in a slow cooker. To cook in the oven, combine ingredients as above in a Dutch oven. Cook, covered, at 325°F (160°C) for 2 1/2 - 3 hours, stirring occasionally. Stir flour mixture into stew and cook an additional 40 minutes.*

FRUIT SALAD WITH LIME DRESSING

- | | |
|-------------------------------|---|
| 1 tsp (5 mL) grated lime peel | 1 cup (250 mL) each pineapple chunks and cubed watermelon |
| 1 cup (250 mL) yogurt | 2 cups (500 mL) cubed honeydew melon |
| 3 tbsp (40 mL) sugar | 4 kiwi fruit, peeled and thinly sliced |
| 1/4 cup (50 mL) lime juice | |

Combine first 4 ingredients (lime peel through lime juice). Cover and chill for at least 1 or up to 24 hours. Combine remaining ingredients and chill until serving. Spoon fruit onto serving plates and drizzle with dressing. Serves 4 - 6.

IRISH SATIN CHEESECAKE

- | | |
|--------------------------------------|-------------------------------------|
| 1 cup (250 mL) graham wafer crumbs | 4 eggs |
| 3 tbsp (40 mL) sugar | 1/3 cup (75 mL) Irish cream liqueur |
| 3 tbsp (40 mL) butter, melted | 2 tsp (10 mL) vanilla |
| 24 oz (750 g) cream cheese, softened | 1 cup (250 mL) sour cream |
| 1 cup (250 mL) sugar | Sour Cream Topping, recipe follows |
| Dash salt | |

To prepare crust, combine crumbs, 3 tbsp (40 mL) sugar and melted butter. Press mixture into bottom and 1 inch (2.5 cm) up sides of a greased 9 inch (23 cm) springform pan. Refrigerate until ready to use. To prepare filling, use medium speed of an electric mixer and beat together cream cheese, 1 cup (250 mL) sugar and salt until fluffy. Beat in eggs, one at a time. Beat in liqueur and vanilla. Using low speed, beat in sour cream just until blended. Spoon filling into prepared crust. Bake at 350°F (180°C) for 60 - 65 minutes or just until filling is set. Remove from oven; turn off oven. Spread topping over cheesecake; return to oven. With door closed, let cheesecake stand for 45 minutes. Remove from oven and immediately run a knife around sides of pan to loosen. Cool on a rack. Cover and refrigerate for 8 hours or overnight. Slice cheesecake with a hot wet knife. Do not freeze. Serves 10 - 12.

Sour Cream Topping: Combine 1 cup (250 mL) sour cream, 1/4 cup (50 mL) sugar and 1/2 tsp (2 mL) vanilla until blended.

CILANTRO LIME MAYONNAISE

- | | |
|--|---------------------------------|
| 1/4 cup (50 mL) mayonnaise | 1/2 tsp (2 mL) grated lime peel |
| 1 tbsp (15 mL) fresh lime juice | Dash green pepper sauce |
| 1 tbsp (15 mL) finely chopped fresh cilantro | |

Combine all ingredients. Cover and refrigerate until serving. Serve with fish. **Yield:** 1/3 cup (75 mL).