



# Foreign Flair with Ease

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## *Asian Pork Tenderloin*

### *Vegetable Melange*

### *Steamed Rice*

### *Quick Tiramisu*

## **ASIAN PORK TENDERLOIN**

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 2 tbsp (25 mL) hoisin sauce        | 1 1/2 tsp (7 mL) grated fresh ginger  |
| 2 tbsp (25 mL) ketchup             | 2 cloves garlic, finely chopped       |
| 2 tbsp (25 mL) soy sauce           | 2 pork tenderloins (1 lb/0.5 kg each) |
| 1 tsp (5 mL) hot Asian chili sauce |                                       |

Combine all ingredients except pork. Spread mixture over pork. Place pork in a parchment paper-lined roasting pan. Bake at 400°F (200°C) for 35 - 40 minutes or until a meat thermometer registers 160°F (70°C). Let stand 5 minutes before slicing. Serves 8.

## **VEGETABLE MELANGE**

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|---|---|
| 1 lb (500 g) asparagus, cut into pieces   | 2 tbsp (25 mL) butter or margarine      |
| 1 1/2 cups (375 mL) thinly sliced carrots | 1/2 cup (125 mL) sliced water chestnuts |
| 1/2 cup (125 mL) chicken stock            | Freshly ground pepper                   |
| 1/2 cup (125 mL) sliced fresh mushrooms   |   |

Simmer asparagus and carrots in stock until tender crisp. Drain. In a frypan sauté mushrooms in butter; add together with water chestnuts to asparagus mixture and heat 2 minutes. Season to taste with pepper. Serves 6.

## **QUICK TIRAMISU**

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 1 cup (250 mL) ricotta cheese       | 24 - 32 ladyfingers             |
| 8 oz (250 g) cream cheese, softened | 1/2 cup (125 mL) coffee liqueur |
| 1/2 cup (125 mL) sugar              | 1 tbsp (15 mL) cocoa            |
| 1 tsp (5 mL) vanilla                |                                 |

Combine ricotta cheese, cream cheese, sugar and vanilla in a food processor; process until smooth. Cover bottom of an 8 inch (20 cm) square glass baking dish with a single layer of ladyfingers; drizzle with half of coffee liqueur. Spread half of cheese mixture over ladyfingers. Repeat layering procedure with remaining ladyfingers, liqueur and cheese mixture. Sift cocoa over top. Cover and refrigerate for at least 4 hours or up to 24 hours. Serves 6 - 8.

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