



# Summer Fruit Fusion

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## VERY BERRY SMOOTHIE

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|-------------------------------------|----------------------------|
| 1 cup (250 mL) sliced strawberries  | 1 tbsp (15 mL) lemon juice |
| 3/4 cup (175 mL) blueberries        | 1 tsp (5 mL) vanilla       |
| 3/4 cup (175 mL) cranberry cocktail | 2 cups (500 mL) ice cream  |
| 1/2 cup (125 mL) raspberries        | 1 cup (250 mL) ice cubes   |
| 2 tbsp (25 mL) sugar                |                            |

Combine first 7 ingredients (strawberries through vanilla) in a blender. Puree until smooth. Add ice cream and ice cubes and blend until smooth. Serve immediately. Serves 4.

## GREENS WITH GRILLED PEARS

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| 2 tbsp (25 mL) white wine vinegar | 2 firm ripe pears, peeled, halved and cored       |
| 2 tsp (10 mL) honey               | 8 cups (2 L) torn mixed greens                    |
| 1/2 tsp (2 mL) Dijon mustard      | 1/2 cup (125 mL) crumbled blue cheese             |
| 1/4 tsp (1 mL) salt               | 1/4 cup (50 mL) chopped toasted pecans or walnuts |
| Dash freshly ground pepper        |   |
| 1/4 cup (50 mL) olive oil         |   |

To prepare dressing, whisk together vinegar, honey, mustard, salt and pepper. Gradually whisk in oil until blended; set aside. Grill pears over medium heat on natural gas barbecue until tender and golden brown. Cool completely and cut into thin slices. Combine pears, greens, cheese and pecans. Add dressing and toss to coat. Serve immediately. Serves 6 - 8.

## RASPBERRY WINE SAUCE

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|---|------------------------------------|
| 2 1/2 cups (625 mL) raspberries                 | 1 tbsp (15 mL) grated fresh ginger |
| 1 cup (250 mL) Pinot Noir or other dry red wine | 1/4 tsp (1 mL) salt                |
| 3 tbsp (40 mL) packed brown sugar               | 1 tbsp (15 mL) butter              |
| 2 tbsp (25 mL) finely chopped green onion       |                                    |

Puree raspberries and Pinot Noir in a blender until smooth. Force puree through a fine sieve to remove seeds. Combine sieved puree, brown sugar, green onion, ginger and salt in a nonreactive saucepan. Bring to a boil over medium heat, stirring to dissolve sugar. Reduce heat and simmer, stirring occasionally, until mixture is reduced to 1 cup (250 mL). Remove from heat and stir in butter until combined. Serve warm. Serve with chicken, lamb, pork or salmon.

## MARVELLOUS BAKED MANGOES

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| 4 mangoes, peeled and sliced 1/4 inch (6 mm) thick | 2 tbsp (25 mL) butter, melted              |
| 1/4 cup (50 mL) packed golden brown sugar          | 1 tbsp (15 mL) chopped crystallized ginger |
| 1/4 cup (50 mL) sweetened flaked coconut           | 4 tsp (20 mL) grated orange peel           |

Place mangoes in a greased shallow 8 inch (20 cm) square baking dish. Combine brown sugar, coconut, melted butter, ginger and orange peel in a bowl. Sprinkle over mangoes. Bake at 425°F (220°C) for 20 minutes. Serve warm or at room temperature. Serves 4 - 6.

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## **BASIL CHICKEN WITH PEACH AND APPLE SALSA**

3 tbsp (40 mL) oil	1 1/2 tsp (7 mL) basil, crumbled
2 tbsp (25 mL) dry white wine	4 boneless skinless chicken breasts
2 tbsp (25 mL) lime juice	Peach and Apple Salsa, recipe follows
1 tbsp (15 mL) Worcestershire sauce	

To prepare marinade, combine oil, wine, lime juice, Worcestershire sauce and basil in a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with marinade; seal bag and place on a plate. Refrigerate, turning bag occasionally, for 4 hours or overnight. Remove chicken from marinade; discard marinade. Grill chicken over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through. Serve with Peach and Apple Salsa. Serves 4.

### **Peach and Apple Salsa**

1 small apple, peeled, cored and diced	1 tbsp (15 mL) honey
2 peaches or nectarines, peeled and diced	1/4 tsp (1 mL) allspice
2 tbsp (25 mL) chopped fresh cilantro	1/4 tsp (1 mL) cinnamon

Combine all ingredients. Cover and refrigerate for up to 4 hours. Makes about 1 1/2 cups (375 mL).

## **BLUEBERRY SCONES**

1 3/4 cups (425 mL) flour	2 eggs
1 tbsp (15 mL) sugar	1/3 cup (75 mL) whipping cream
2 tsp (10 mL) baking powder	3/4 cup (175 mL) blueberries
1/2 tsp (2 mL) salt	1 tsp (5 mL) sugar
1/4 cup (50 mL) butter, chilled	

In a medium bowl, combine flour, 1 tbsp (15 mL) sugar, baking powder and salt. Cut in butter using a pastry blender until mixture forms coarse crumbs. Whisk eggs until lightly beaten; set aside 2 tbsp (25 mL). Whisk remaining egg with whipping cream; add to dry ingredients and stir just until combined. Gently fold in blueberries. Place dough on a lightly floured board and pat into a 3/4 inch (2 cm) thick rectangle. Cut dough into squares using a knife. Place on an ungreased cookie sheet and brush tops lightly with reserved egg. Sprinkle tops with 1 tsp (5 mL) sugar. Bake at 450°F (230°C) for 15 minutes. Makes about 9 scones.

## **STRAWBERRY ANGEL FOOD BRUSCHETTA**

3 cups (750 mL) whole strawberries, hulled	1/4 tsp (1 mL) vanilla
1 tbsp (15 mL) orange liqueur or juice	Sugar to taste
1 tbsp (15 mL) marmalade	1 prepared angel food cake

Coarsely chop strawberries in a food processor. Remove 1 cup (250 mL) chopped strawberries and set aside. Puree remaining chopped berries with liqueur, marmalade, vanilla and sugar. Cut angel food cake into 12 slices. Grill slices on a lightly oiled grid on natural gas barbecue until lightly browned on both sides. Spread chopped strawberries over one side of each slice. Drizzle with strawberry puree. Serve immediately. Serves 10 - 12.

## **GRILLED FRUIT WITH HONEY MINT SAUCE**

1 1/2 cups (375 mL) yogurt	4 nectarines, sliced
3 tbsp (40 mL) honey	4 plums, sliced
3 tbsp (40 mL) slivered fresh mint	2 tbsp (25 mL) butter, melted
2 tbsp (25 mL) fresh lime juice	1 tbsp (15 mL) sugar
1 tsp (5 mL) vanilla	

To prepare sauce, combine yogurt, honey, mint, lime juice and vanilla in a bowl. Cover and refrigerate for up to 4 hours. Combine nectarines, plums, butter and sugar. Grill fruit mixture in an oiled grill wok over medium heat on natural gas barbecue, stirring frequently, until fruit mixture is heated through and lightly glazed. Serve warm with sauce. Serves 6.