



Sunday Supper

Garden Salad with Creamy Lime Dressing
French Country Garlic Chicken or Cornish Game Hens with Raspberry Sauce
Orzo and Rice Pilaf
Asparagus Dijon Steamed Carrots
Tiramisu Angel Torte

GARDEN SALAD WITH CREAMY LIME DRESSING

2 tbsp (25 mL) fresh lime juice	1 clove garlic, crushed
2 tbsp (25 mL) mayonnaise	1/3 cup (75 mL) oil
1/2 tsp (2 mL) Dijon mustard	8 cups (2 L) torn romaine lettuce
1/2 tsp (2 mL) sugar	2 cups (500 mL) shredded red cabbage
1/2 tsp (2 mL) grated lime peel	1 Roma tomato, cut into thin wedges

To prepare dressing, combine first 6 ingredients (lime juice through garlic). Gradually whisk in oil. Combine lettuce and cabbage. Toss with dressing. Garnish with tomato wedges. Serve immediately. Serves 6 - 8.

FRENCH COUNTRY GARLIC CHICKEN

2 tbsp (25 mL) flour	1 cup (250 mL) dry white wine
1/2 tsp (2 mL) salt	1 cup (250 mL) chicken stock
1/4 tsp (1 mL) freshly ground pepper	1/2 tsp (2 mL) herbes de Provence or thyme, crumbled
6 boneless skinless chicken breasts	1 tbsp (15 mL) chopped fresh parsley
1 tbsp (15 mL) olive oil	
40 cloves garlic, peeled	

Combine flour, salt and pepper in a plastic bag. Pat chicken dry. Add chicken to flour mixture and toss to coat. In a Dutch oven, heat oil over medium heat. Add chicken and cook until browned on both sides. Remove chicken from pan and keep warm. Add garlic to pan and cook, stirring frequently, until lightly browned. Add wine, stock and herbes de Provence to pan; bring to a boil. Add chicken and reduce heat. Cover and simmer, stirring occasionally, for 35 - 40 minutes. Sprinkle with parsley and serve. Serves 6.

CORNISH GAME HENS WITH RASPBERRY SAUCE

2 tsp (10 mL) thyme, crumbled	1 tbsp (15 mL) sugar
1/2 tsp (2 mL) freshly ground pepper	2 cups (500 mL) canned chicken broth
1/4 tsp (1 mL) salt	1 cup (250 mL) dry red wine
2 Cornish game hens, halved	1 cup (250 mL) frozen unsweetened raspberries
2 tbsp (25 mL) olive oil	1/4 tsp (1 mL) allspice
1/2 cup (125 mL) finely chopped onion	2 tsp (10 mL) cornstarch

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Combine thyme, pepper and salt. Rub thyme mixture over game hens. Heat oil in a frypan. Add game hens, skin side down, and cook until browned. Place game hens, skin side up, on a rack in a roasting pan. Roast at 425°F (220°C) for 35 – 40 minutes or until juices run clear when thigh is pierced. Meanwhile, to prepare sauce, drain off excess fat from frypan. Add onion and sauté over medium heat until softened. Stir in sugar and cook for 1 minute. Add broth, wine, raspberries and allspice. Bring to a boil; boil until mixture is syrupy and reduced by half. Strain mixture through a fine sieve. Combine strained liquid and cornstarch in a small saucepan. Bring mixture to a boil and cook for 1 minute. Serve game hens with sauce. Recipe may be doubled, if desired. Serves 4.

ORZO AND RICE PILAF

1 box (180 g) long and wild rice blend	1 tsp (5 mL) each thyme and sage, crumbled
2/3 cup (150 mL) orzo	1 tsp (5 mL) salt
2 tbsp (25 mL) olive oil	1/4 tsp (1 mL) freshly ground pepper
3 1/2 cups (875 mL) chicken stock	1 bay leaf
1/2 cup (125 mL) water	

Reserve seasoning packet from rice blend for another use. In a saucepan, sauté rice blend and orzo in oil for 4 minutes, stirring frequently. Add remaining ingredients (stock through bay leaf). Bring to a boil; reduce heat, cover and simmer over low heat for 40 minutes or until liquid is absorbed. Remove bay leaf. Fluff with a fork. Serves 8.

ASPARAGUS DIJON

1/4 cup (50 mL) mayonnaise	1/2 cup (125 mL) whipping cream, whipped
2 tbsp (25 mL) Dijon mustard	1 1/2 lb (0.75 kg) asparagus, trimmed
2 tbsp (25 mL) finely chopped green onion	

To prepare mustard sauce, combine mayonnaise, mustard and onion; fold into whipped cream. Cover and refrigerate for up to 4 hours. Steam asparagus for 3 - 5 minutes or until tender crisp; drain. Serve asparagus topped with mustard sauce. Serves 6 - 8.

TIRAMISU ANGEL TORTE

8 oz (250 g) cream cheese, softened	1 tbsp (15 mL) instant coffee granules
2 cups (500 mL) whipping cream, divided	1 prepared angel food cake
2 tbsp (25 mL) coffee liqueur or Marsala	3 tbsp (40 mL) coffee liqueur or Marsala
2/3 cup (150 mL) icing sugar	Grated chocolate
3 tbsp (40 mL) cocoa	

In a large bowl, using medium speed of an electric mixer, beat cream cheese until smooth. Add 1 cup (250 mL) whipping cream, 2 tbsp (25 mL) coffee liqueur, icing sugar, cocoa and coffee granules; beat until fluffy. Beat remaining 1 cup (250 mL) whipping cream until stiff. Fold whipped cream into cream cheese mixture. Cut cake horizontally into 3 equal layers. Place bottom cake layer on a serving plate. Drizzle with 1 tbsp (15 mL) coffee liqueur. Spread with 1 1/2 cups (375 mL) cream cheese mixture. Repeat layering procedure with second cake layer, coffee liqueur and cream cheese mixture. Top with third cake layer and drizzle with remaining liqueur. Spread remaining cream cheese mixture over top and sides of cake. If desired, a small amount of cream cheese mixture may be reserved to pipe a decorative design onto cake. Sprinkle with grated chocolate. Cover and refrigerate for at least 4 hours or up to 48 hours. May be frozen for up to 1 month. Serves 8 - 10.