



Recipes

ALL DRESSED UP

CAESAR PARMESAN DRESSING

- | | |
|---|------------------------------|
| 1 cup (250 mL) mayonnaise | 1/2 tsp (2 mL) garlic powder |
| 1/4 cup (50 mL) milk | 1/2 tsp (2 mL) onion powder |
| 3 tbsp (40 mL) freshly grated Parmesan cheese | Dash Worcestershire sauce |
| 1 tbsp (15 mL) white wine vinegar | Dash hot pepper sauce |
| 1 1/2 tsp (7 mL) coarsely ground pepper | |

Whisk together all ingredients until blended. Refrigerate for at least 2 hours or up to 2 days. Stir before using. Makes 1 1/2 cups (375 mL).

CREAMY ORANGE DRESSING

- | | |
|-----------------------------------|--------------------------------------|
| 1 medium navel orange | 1/4 tsp (1 mL) salt |
| 2 tbsp (25 mL) white wine vinegar | 1/4 tsp (1 mL) freshly ground pepper |
| 2 tsp (10 mL) Dijon mustard | 1/2 cup (125 mL) oil |
| 2 tsp (10 mL) honey | 1/4 cup (50 mL) whipping cream |
| 1/2 tsp (2 mL) cumin | |

Grate 1 tsp (5 mL) peel from orange; set aside. Cut and discard remaining peel and white pith from orange. Working over a bowl to catch juices, cut orange segments from membranes. Dice orange segments and add to bowl. Whisk together grated orange peel, vinegar, mustard, honey, cumin, salt and pepper until combined. Gradually whisk in oil until blended. Whisk in cream. Stir in diced oranges and accumulated juices. May be refrigerated for up to 24 hours. Stir before using. Makes about 1 3/4 cups (425 mL).

YELLOW PEPPER DRESSING

- | | |
|---|-------------------------------|
| 1 cup (250 mL) chopped yellow bell pepper | 1/4 tsp (1 mL) salt |
| 1/4 cup (50 mL) oil | 1/4 tsp (1 mL) cayenne pepper |
| 1/4 cup (50 mL) rice vinegar | 1 clove garlic, peeled |

Combine all ingredients in a blender; puree until smooth. May be refrigerated for up to 3 days. Stir before using. Makes 1 1/4 cups (300 mL).

GARLIC AND CAPER DRESSING

- | | |
|-----------------------------------|--------------------------------------|
| 3/4 cup (175 mL) mayonnaise | 1/2 tsp (2 mL) grated lemon peel |
| 1/4 cup (50 mL) fresh lemon juice | 1/4 tsp (1 mL) freshly ground pepper |
| 2 tbsp (25 mL) drained capers | 3 cloves garlic, peeled |
| 1 tsp (5 mL) salt | 1/2 cup (125 mL) oil |

Using a hand-held blender, puree first 7 ingredients (mayonnaise through garlic) until smooth. Gradually add oil in a thin steady stream, blending until smooth. May be refrigerated for up to 3 days. Stir before using. Makes 1 2/3 cups (400 mL).

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

LEMON CREAM DRESSING

1/4 cup (50 mL) fresh lemon juice	1/2 tsp (2 mL) salt
2 tbsp (25 mL) whipping cream	1/4 tsp (1 mL) Dijon mustard
1 tsp (5 mL) poppy seed	3/4 cup (175 mL) oil
1/2 tsp (2 mL) grated lemon peel	1 clove garlic, bruised
1/2 tsp (2 mL) sugar	

Whisk together first 7 ingredients (lemon juice through mustard). Gradually whisk in oil until blended. Stir in garlic. Refrigerate for at least 2 hours or up to 2 days. Remove garlic and discard. Stir before using. Makes 1 1/4 cups (300 mL).

Cook's Note: To bruise garlic, peel clove and flatten with a glass.

JALAPENO LIME DRESSING

1/2 cup (125 mL) sour cream	2 tsp (10 mL) chopped seeded jalapeno pepper
1 tbsp (15 mL) fresh lime juice	1/4 tsp (1 mL) salt
1 tbsp (15 mL) honey	1/4 tsp (1 mL) paprika

Combine all ingredients in a blender. Puree until smooth. Cover and refrigerate until serving or for up to 24 hours. Stir before using. Makes 2/3 cup (150 mL).

Cook's Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.

THAI PEANUT DRESSING

1/3 cup (75 mL) Italian salad dressing	3 tbsp (40 mL) orange juice
1/4 cup (50 mL) peanut butter	1/2 tsp (2 mL) hot pepper sauce

Gradually whisk salad dressing into peanut butter until smooth. Whisk in orange juice and hot pepper sauce. May be refrigerated for up to 3 days. Stir before using. Makes 3/4 cup (175 mL).

RASPBERRY VINAIGRETTE

3 tbsp (40 mL) raspberry vinegar	1/8 tsp (0.5 mL) freshly ground pepper
1/2 tsp (2 mL) sugar	3 tbsp (40 mL) oil
1/8 tsp (0.5 mL) salt	

Whisk together vinegar, sugar, salt and pepper. Gradually whisk in oil until blended. May be refrigerated for up to 3 days. Stir before using. Makes about 1/3 cup (75 mL).

TANGY BALSAMIC HERB DRESSING

1 cup (250 mL) yogurt	1/2 tsp (2 mL) oregano, crumbled
3 tbsp (40 mL) balsamic vinegar	1/4 tsp (1 mL) salt
2 tsp (10 mL) sugar	1/4 tsp (1 mL) freshly ground pepper
1 tsp (5 mL) Dijon mustard	

Whisk together all ingredients until well blended. May be refrigerated for up to 3 days. Stir before using. Makes 1 1/4 cups (300 mL).