



# Spring Celebration

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*Sparkling Fruit Punch*  
*Pear and Spinach Salad with Cranberry Vinaigrette*  
*Sesame Pea Salad*  
*Salmon with Caper and Tarragon Crust*  
*Cauliflower and Potato Mash*  
*Grapefruit Mousse*

## **SPARKLING FRUIT PUNCH**

4 cups (1 L) pineapple juice, chilled	2/3 cup (150 mL) fresh lime juice
4 cups (1 L) pink grapefruit cocktail, chilled	2/3 cup (150 mL) sugar
2 cups (500 mL) orange juice, chilled	4 cups (1 L) ginger ale, chilled

Combine all ingredients except ginger ale in a punch bowl; stir until sugar is dissolved. Stir in ginger ale. Serve immediately. Makes about 15 cups (3.75 L).

## **PEAR AND SPINACH SALAD WITH CRANBERRY VINAIGRETTE**

1/2 cup (125 mL) whole berry cranberry sauce	8 cups (2 L) baby spinach
1/4 cup (50 mL) orange juice	2 firm ripe pears, cored and sliced
2 tbsp (25 mL) balsamic vinegar	1/2 cup (125 mL) sliced green onions
1 tsp (5 mL) grated fresh ginger	1/3 cup (75 mL) crumbled blue cheese
1/4 tsp (1 mL) salt	2 tbsp (25 mL) toasted slivered almonds
2 tbsp (25 mL) oil	

To prepare cranberry vinaigrette, whisk together cranberry sauce, orange juice, vinegar, ginger and salt until combined; some cranberries should remain intact. Gradually whisk in oil until blended. Combine spinach, pears, green onions, cheese and almonds in a bowl. Toss with cranberry vinaigrette to coat. Serve immediately. Serves 8.

## **SESAME PEA SALAD**

2 pkgs (8 oz/227 g each) sugar snap peas	1/2 tsp (2 mL) salt
2 tbsp (25 mL) rice vinegar	1/2 tsp (2 mL) freshly ground pepper
1 tbsp (15 mL) soy sauce	3 cups (750 mL) frozen green peas, thawed
1 tbsp (15 mL) sesame oil	2 tbsp (25 mL) toasted slivered almonds
1 tbsp (15 mL) packed golden brown sugar	

Cook sugar snap peas in boiling salted water for 30 seconds; drain. Cool immediately in ice water; drain. To prepare dressing, whisk together vinegar, soy sauce, oil, brown sugar, salt and pepper until blended. Combine sugar snap peas and green peas in a bowl. Add dressing and toss to combine. Sprinkle with almonds. Serves 6 - 8.

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## **SALMON WITH CAPER AND TARRAGON CRUST**

This crispy-topped salmon is fabulous even without the sauce.

1/2 cup (125 mL) fine dry bread crumbs	1 tsp (5 mL) tarragon, crumbled
1/4 cup (50 mL) finely chopped fresh parsley	1/4 tsp (1 mL) salt
3 tbsp (40 mL) drained capers, finely chopped	1/4 tsp (1 mL) freshly ground pepper
3 tbsp (40 mL) butter, melted	3 1/2 lb (1.75 kg) salmon fillet
2 tsp (10 mL) grated lemon peel	Mustard Cream Sauce, recipe follows

Combine first 8 ingredients (bread crumbs through pepper); set aside. Line a jelly-roll pan with parchment paper. Place salmon, skin side down, in prepared pan. Pat bread crumb mixture on top of salmon. Bake at 425°F (220°C) for 40 - 45 minutes or until fish flakes easily with a fork. Using parchment paper as an aid, carefully slide salmon onto a serving platter. Serve with Mustard Cream Sauce. Serves 8 - 10.

### **Mustard Cream Sauce**

1/2 cup (125 mL) sour cream	1/4 tsp (1 mL) salt
3 tbsp (40 mL) Dijon mustard	1/4 tsp (1 mL) freshly ground pepper
1 tbsp (15 mL) prepared horseradish	1/2 cup (125 mL) whipping cream
2 tsp (10 mL) fresh lemon juice	

Combine sour cream, mustard, horseradish, lemon juice, salt and pepper; set aside. Using medium speed of an electric mixer, beat whipping cream until soft peaks form. Add sour cream mixture and beat until blended. Cover and refrigerate for at least 30 minutes or up to 4 hours. Makes 1 1/3 cups (325 mL).

## **CAULIFLOWER AND POTATO MASH**

4 cups (1 L) cauliflower florets	1 tbsp (15 mL) butter
2 cups (500 mL) cubed peeled russet potatoes	1/2 tsp (2 mL) salt
1 clove garlic, peeled	1/8 tsp (0.5 mL) freshly ground pepper
1/4 cup (50 mL) hot milk	1/8 tsp (0.5 mL) nutmeg

Cook cauliflower and potatoes in boiling salted water until tender, about 15 minutes; drain. Place cauliflower, potatoes, garlic, hot milk, butter, salt, pepper and nutmeg in a food processor. Process, using an on/off motion, just until mixture is smooth. Do not overprocess. May be prepared in advance and left to stand for up to 1 hour. Reheat, covered, in a microwave-safe container in a microwave oven on medium just until heated through. Serves 4 - 6.

## **GRAPEFRUIT MOUSSE**

2 tbsp (25 mL) water	1 cup (250 mL) thawed frozen pink grapefruit cocktail concentrate
2 tbsp (25 mL) golden rum	1 tsp (5 mL) grated grapefruit peel
2 envelopes unflavoured gelatin	2 cups (500 mL) whipping cream, whipped
4 egg yolks	Whipped cream
3/4 cup (175 mL) sugar	Pink grapefruit segments
3/4 cup (175 mL) sour cream	

Combine water and rum in a small bowl. Sprinkle gelatin over top and let stand for 5 minutes or until softened. Meanwhile, place egg yolks and sugar in a large stainless steel bowl set over a saucepan of simmering water. Do not allow water to touch bowl. Using medium speed of an electric mixer, beat egg yolks and sugar until thick and pale in colour, about 3 minutes. Add gelatin mixture and beat until gelatin is dissolved. Remove bowl from saucepan and beat in sour cream until smooth. Stir in grapefruit cocktail concentrate and grapefruit peel until blended. Cool until slightly thickened. Mixture will thicken quickly. Fold in whipped cream until blended. Spoon into a serving dish. Cover and refrigerate for up to 2 days. To serve, garnish with additional whipped cream and grapefruit segments. Serves 8.