



Seeing Red

Roasted Tomato Bruschetta
Chicken Paprikash
Rice
Green Beans with Grape Tomatoes
or
Steamed Vegetables
Raspberry Tiramisu

ROASTED TOMATO BRUSCHETTA

6 Roma tomatoes, halved lengthwise and seeded	1 tbsp (15 mL) chopped fresh parsley
1/4 tsp (1 mL) salt	2 tsp (10 mL) red wine vinegar
1/2 small onion, cut into 6 wedges	1 tsp (5 mL) olive oil
1 clove garlic, halved	1/8 tsp (0.5 mL) freshly ground pepper
1 tbsp (15 mL) olive oil	24 baguette slices, 3/8 inch (1 cm) thick
	3/4 cup (175 mL) freshly grated Parmesan cheese

Place tomatoes, cut side up, in a 9x13 inch (23x33 cm) baking dish. Sprinkle with salt and let stand for 20 minutes. Add onion and garlic to baking dish. Drizzle 1 tbsp (15 mL) oil over tomato mixture. Bake, uncovered, at 450°F (230°C) for 35 - 40 minutes, stirring occasionally, until vegetables are tender and lightly browned. Cool to room temperature. Place tomato mixture, parsley, vinegar, 1 tsp (5 mL) oil and pepper in a food processor. Using an on/off motion, process until mixture is finely chopped. Do not puree. Spread mixture evenly over one side of each baguette slice. Place on a jelly-roll pan. Sprinkle Parmesan cheese over tops. Bake at 350°F (180°C) for 7 - 10 minutes or until cheese is melted and bruschetta are heated through. Serve warm. Do not freeze. Makes 2 dozen bruschetta.

CHICKEN PAPRIKASH

To obtain the best flavour in Chicken Paprikash, use a sweet paprika rather than a hot paprika.

2 tbsp (25 mL) flour	1 can (10 oz/284 mL) chicken broth
2 tbsp (25 mL) paprika, divided	1 can (14 oz/398 mL) diced tomatoes, drained
1/4 tsp (1 mL) salt	1/2 cup (125 mL) dry white wine
1/4 tsp (1 mL) freshly ground pepper	1/2 tsp (2 mL) marjoram, crumbled
12 skinless chicken thighs	1/4 tsp (1 mL) thyme, crumbled
2 tbsp (25 mL) olive oil, divided	1 bay leaf
2 cups (500 mL) sliced onions	1 cup (250 mL) sour cream
1 green bell pepper, sliced	2 tbsp (25 mL) flour
1 red bell pepper, sliced	2 tbsp (25 mL) chopped fresh parsley
2 cloves garlic, chopped	

Combine 2 tbsp (25 mL) flour, 1 tbsp (15 mL) paprika, salt and pepper in a plastic bag. Pat chicken dry with paper towelling. Add chicken to flour mixture and toss to coat. Heat 1 tbsp (15 mL) oil in a Dutch oven over medium heat. Add chicken in batches and brown on both sides. Transfer chicken to a plate; keep warm. Add remaining oil to pan. Stir in onions, bell peppers and garlic; saute for 4 minutes. Stir in remaining paprika and cook, stirring, for 1 minute. Add next 6 ingredients (broth through bay leaf) and bring to a boil. Return chicken to pan. Reduce heat; cover and simmer, stirring occasionally, for 45 minutes or until chicken is tender. Transfer chicken to a serving dish; keep warm. Remove and discard bay leaf. Combine sour cream and 2 tbsp (25 mL) flour; stir into mixture in pan. Cook over low heat until heated through and thickened; do not boil. Pour pan sauce over chicken. Sprinkle with parsley. Serve immediately. Serves 6.

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

GREEN BEANS WITH GRAPE TOMATOES

8 cups (2 L) fresh or frozen trimmed green beans	1/2 tsp (2 mL) salt
1/4 cup (50 mL) butter	1/2 tsp (2 mL) freshly ground pepper
2 tsp (10 mL) sugar	2 cups (500 mL) halved grape tomatoes
1 tsp (5 mL) thyme, crumbled	

Cook beans in boiling salted water until tender, about 6 minutes; drain. Melt butter in a large frypan over medium heat. Add beans, sugar, thyme, salt and pepper; saute for 2 - 3 minutes. Stir in tomatoes; cook, stirring frequently, just until tomatoes are heated through, about 2 minutes. Serve immediately. Serves 10 - 12.

RASPBERRY TIRAMISU

1 1/2 cups (375 mL) sugar, divided	12 oz (375 g) cream cheese, softened
1 cup (250 mL) water	1 tsp (5 mL) vanilla
1/2 cup (125 mL) fresh lemon juice	2 cups (500 mL) whipping cream, whipped
1 pkg (12 oz/340 g) frozen unsweetened raspberries, thawed	30 - 40 ladyfingers

To prepare lemon syrup, combine 1 cup (250 mL) sugar, water and lemon juice in a saucepan and bring to a boil, stirring until sugar is dissolved. Set aside; cool. Puree raspberries in a food processor until smooth. Strain through a fine sieve to remove seeds; discard seeds. There should be about 1 cup (250 mL) of puree. Using medium speed of an electric mixer, beat together cream cheese and remaining 1/2 cup (125 mL) sugar until smooth. Beat in raspberry puree and vanilla just until blended. Fold in whipped cream. Dip half of ladyfingers, one at a time, into lemon syrup, turning until thoroughly coated. Placing dipped ladyfingers flat side up, cover bottom of a 9x13 inch (23x33 cm) glass baking dish. Spread half of raspberry mixture over ladyfingers. Dip remaining ladyfingers into lemon syrup. Repeat layering procedure with ladyfingers and raspberry mixture. Cover with plastic wrap and refrigerate for at least 8 hours or up to 24 hours. Serves 10 - 12.