



Planning Ahead

Five Spice Chicken Wings

Baked Pasta Casserole

Mixed Green Salad

Caramel Ice Cream Cake

FIVE SPICE CHICKEN WINGS

2 lb (1 kg) chicken wing drumettes	2 tbsp (25 mL) dry sherry
2/3 cup (150 mL) soy sauce	4 slices fresh ginger, minced
1/4 cup (50 mL) sugar	2 tsp (10 mL) Chinese five-spice powder

Place chicken in a large plastic bag. Combine remaining ingredients and pour over chicken; toss carefully. Refrigerate 8 hours or overnight. Bake at 425°F (220°C) on a rack in shallow pan for 30 - 40 minutes or until well browned and glazed. May be frozen for up to 6 weeks. Makes about 24 wings.

BAKED PASTA CASSEROLE

3 medium onions, finely chopped	1 tsp (5 mL) oregano, crumbled
3 cloves garlic, crushed	1 tsp (5 mL) basil, crumbled
2 tbsp (25 mL) olive oil	2 containers (500 g each) ricotta cheese
1 can (28 oz/796 mL) diced plum tomatoes	2/3 cup (150 mL) grated Parmesan cheese
1 can (5 1/2 oz/156 mL) tomato paste	2 cups (500 mL) shredded mozzarella cheese
1/4 cup (50 mL) chopped fresh parsley	Dash nutmeg
1 tsp (5 mL) salt	1/4 tsp (1 mL) pepper
1/4 tsp (1 mL) pepper	1 lb (500 g) rigatoni
1 tbsp (15 mL) honey	3 tbsp (40 mL) grated Parmesan cheese

In a large frypan, sauté onions and garlic in oil until softened, about 10 minutes. Add next 8 ingredients (tomatoes through basil). Cover and simmer 30 minutes, stirring occasionally; keep warm. Combine ricotta cheese with next 4 ingredients (Parmesan cheese through pepper). Set aside. Cook pasta according to package directions; drain. Spread 1 cup (250 mL) of sauce in bottom of a deep lasagna pan. Top with half of pasta, half of cheese mixture and half of remaining sauce. Repeat layers. Casserole may be prepared to this point and refrigerated for up to 24 hours or frozen for up to 1 month. Thaw in refrigerator before proceeding. Cover and bake at 350°F (180°C) for 40 minutes. Uncover, sprinkle with 3 tbsp (40 mL) Parmesan cheese and bake an additional 20 - 25 minutes. Serves 6 - 8.

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

CARAMEL ICE CREAM CAKE

1 1/3 cups (325 mL) flour	Dash salt
2/3 cup (150 mL) quick-cooking rolled oats	2/3 cup (150 mL) butter, melted
2/3 cup (150 mL) packed brown sugar	Caramel Sauce, recipe follows
1/2 cup (125 mL) chopped walnuts	8 cups (2 L) vanilla ice cream, softened
1/2 tsp (2 mL) ginger	

Combine first 6 ingredients (flour through salt). Stir in butter. Press mixture firmly into a greased 10x15 inch (25x38 cm) jelly-roll pan. Bake at 350°F (180°C) for 12 - 15 minutes or until lightly browned. Cool and crumble. Sprinkle half of crumbs over bottom of a greased 10 inch (25 cm) springform pan. Drizzle with half of Caramel Sauce. Spread ice cream over sauce. Drizzle with remaining Caramel Sauce. Sprinkle remaining crumbs over sauce and press lightly into cake. Freeze until firm. Cake may be frozen for up to 1 month. Allow cake to soften in refrigerator for 15 - 20 minutes before slicing. Serves 12.

Caramel Sauce: Combine 1 cup (250 mL) packed brown sugar, 1/2 cup (125 mL) butter and 1/4 cup (50 mL) light cream (10%) in a heavy saucepan. Bring to a boil, stirring constantly, over medium heat. Boil for 3 minutes; cool.