

Crown Roast of Lamb
Dill Scented Stuffed Potatoes
Green Beans with Balsamic Butter
Spinach Salad with Roasted Beets
Irish Soda Bread
Irish Cream Pecan Pie



CROWN ROAST OF LAMB

1tbsp (15 mL) rosemary, crumbled	1 tsp (5 mL) salt
2tsp (10 mL) oregano, crumbled	2 tsp (10 mL) coarsely ground pepper
6cloves garlic, finely chopped	2 crown roasts of lamb (14 ribs each)

Combine rosemary, oregano, garlic, salt and pepper in a small bowl. Rub seasoning mixture over all sides of both roasts. Place roasts, 4 inches (10 cm) apart, in a large roasting pan. Roast at 450°F (230°C) for 35 - 40 minutes or until a meat thermometer registers 140° - 150°F (60° - 65°C). Let stand 5 minutes before carving. Serves 8 - 10.

DILL SCENTED STUFFED POTATOES

4large baking potatoes	1/2 tsp (2 mL) salt
1/3cup (75 mL) sour cream	1/4 tsp (1 mL) garlic powder, optional
1/4cup (50 mL) butter, softened	1/8 tsp (0.5 mL) freshly ground pepper
2tbsp (25 mL) lemon juice	1 tbsp (15 mL) butter, melted
1tsp (5 mL) dill weed	Paprika

Scrub potatoes and pat dry; prick with a fork. Place potatoes in a baking dish. Bake at 425°F (220°C) for 45 - 60 minutes or until tender. Cut potatoes in half lengthwise. Using a spoon, scoop potato pulp out of each half, leaving a 1/8 inch (3 mm) shell. Add next 7 ingredients (sour cream through pepper) to potato pulp. Using medium speed of an electric mixer, beat mixture 1 minute or until smooth. Do not overbeat. Spoon mixture evenly into potato shells. Place potatoes in a baking dish. Drizzle with melted butter and sprinkle with paprika. Potatoes may be prepared to this point and refrigerated for up to 24 hours. Bake, uncovered, at 425°F (220°C) for 20 - 25 minutes or until heated through and lightly browned. Serves 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 website at www.atcoblueflamekitchen.com.

GREEN BEANS WITH BALSAMIC BUTTER

1/2 cup (125 mL) balsamic vinegar
2 tbsp (25 mL) finely chopped onion
1/4 cup (50 mL) butter, softened
6 cups (1.5 L) trimmed green beans

Combine vinegar and onion in a small nonreactive saucepan. Bring to a boil. Boil over medium heat, stirring frequently, until liquid is reduced to 1 tbsp (15 mL). Transfer mixture to a small bowl; cool. Blend in butter. May be prepared to this point and refrigerated for up to 24 hours. Cook beans in boiling salted water until tender, about 6 minutes; drain. Add butter mixture to beans and toss until butter is melted. Serve immediately. Serves 8.

SPINACH SALAD WITH ROASTED BEETS

4 small beets, trimmed
3 tbsp (40 mL) rice vinegar
1 tbsp (15 mL) soy sauce
2 tsp (10 mL) grated fresh ginger
1/2 tsp (2 mL) sugar
1/4 tsp (1 mL) freshly ground pepper
1/4 cup (50 mL) oil
8 cups (2 L) baby spinach
1/2 cup (125 mL) diagonally sliced green onions

Wrap beets individually in foil and place in a baking pan. Bake at 425°F (220°C) for 60 - 70 minutes or until tender when pierced with a fork. Unwrap beets and cool. Peel beets; cut into thin wedges. Beets may be prepared to this point and refrigerated for up to 24 hours. To prepare dressing, whisk together vinegar, soy sauce, ginger, sugar and pepper. Gradually whisk in oil until blended. Combine spinach, onions and beets in a bowl. Add dressing and toss to coat. Serve immediately. Serves 8 - 10.

IRISH SODA BREAD

3 cups (750 mL) flour
2 tsp (10 mL) sugar
1 1/2 tsp (7 mL) baking powder
3/4 tsp (3 mL) baking soda
1 tsp (5 mL) salt
1/2 cup (125 mL) raisins
1 1/4 cups (300 mL) buttermilk
1 tbsp (15 mL) butter, melted

Combine first 5 ingredients (flour through salt). Stir in raisins. Combine buttermilk and butter; stir into flour mixture until blended. Knead 1 minute. Shape into a round loaf, 2 inches (5 cm) thick. Place on a lightly greased baking sheet. Using a sharp knife, score an "x" in top of loaf, cutting 1/4 inch (6 mm) deep. Bake at 350°F (180°C) for 45 minutes or until loaf sounds hollow when tapped. Cool on a rack. **Yield:** 1 loaf.

IRISH CREAM PECAN PIE

Pastry for a 9 inch (23 cm) single crust pie
4 eggs
1 cup (250 mL) white corn syrup
3/4 cup (175 mL) packed golden brown sugar
1/3 cup (75 mL) butter, melted
1/4 cup (50 mL) Irish cream liqueur
1 tbsp (15 mL) flour
1 tsp (5 mL) vanilla
1 1/2 cups (375 mL) coarsely chopped pecans
Whipped cream

Line pie pan with pastry. To prepare filling, whisk together next 7 ingredients (eggs through vanilla) until well blended. Stir in pecans. Pour filling into prepared pie shell. Bake at 350°F (180°C) for 1 hour or until filling is set and top of pie is golden brown. Cool slightly. Pie is best served warm or at room temperature but may be refrigerated for up to 2 days. Serve with whipped cream. Serves 10 - 12.

