



Recipes

FIRST IMPRESSIONS

For easy party planning this collection of hors d'oeuvres can be made ahead and frozen.

APPLE CHEESE BALL

- | | |
|--------------------------------------------------------|-------------------------------------------------|
| 8 oz (250 g) Gouda cheese, shredded
(3 cups/750 mL) | 1/8 tsp (0.5 mL) cayenne pepper |
| 8 oz (250 g) cream cheese, softened | Dash nutmeg |
| 1 tsp (5 mL) garlic powder | Paprika |
| 1/4 tsp (1 mL) dry mustard | 1 - 2 cinnamon sticks (1 1/2 inch/3.75 cm each) |
| | 1 - 2 bay leaves |

Process first 6 ingredients (Gouda cheese through nutmeg) in a food processor until smooth. Chill mixture until slightly firm. Shape mixture into 1 large or 2 small balls. Wrap and chill until firm. Make an indentation in top of each ball to resemble an apple. Place paprika in plastic bag. Add cheese ball and gently toss until completely coated. Insert cinnamon stick and bay leaf into indentation to resemble an apple stem and leaf. Keep refrigerated for up to 4 days. May be frozen for up to 2 weeks. Serve with crackers. Makes 1 large or 2 small balls.

BOMBAY BLUES

A very elegant wafer-style canape.

- | | |
|--------------------------------------|---------------------------------------|
| 1/2cup (125 mL) crumbled blue cheese | 1/3 cup (75 mL) finely chopped pecans |
| 1/4cup (50 mL) butter, softened | 4 oz (125 g) cream cheese, softened |
| 1/2cup (125 mL) flour | 1 tbsp (15 mL) apricot jam |
| 1/4cup (50 mL) cornstarch | 1/2 tsp (2 mL) curry powder |
| 1/4tsp (1 mL) salt | 36 pecan halves |
| 1/4tsp (1 mL) freshly ground pepper | |

Combine blue cheese and butter in a food processor; process until smooth. Combine flour, cornstarch, salt and pepper. Add dry ingredients to blue cheese mixture and process, using an on/off motion, just until combined. Add pecans and process just until combined; do not overprocess. Shape dough into a ball. Wrap and chill until firm, about 1 hour. On a lightly floured surface, roll out dough 1/8 inch (3 mm) thick. Using a 1 inch (2.5 cm) cookie cutter, cut dough into rounds. Place rounds 1 inch (2.5 cm) apart on a lightly greased cookie sheet. Bake at 325°F (160°C) until lightly browned, about 20 minutes. Cool on racks. Beat together cream cheese, apricot jam and curry powder until smooth. Spoon into a pastry bag fitted with a star tip. Pipe a small rosette of cheese mixture onto each biscuit. Press a pecan onto each rosette. Wrap and refrigerate for up to 3 days or freeze for up to 1 month. Makes 36 canapes.

MINI SAUSAGE QUICHES

- | | |
|----------------------------------------------|--------------------------------------|
| 1/2lb (250 g) pork sausages, casings removed | Dash Worcestershire sauce |
| 2eggs, lightly beaten | Dash hot pepper sauce |
| 1/2cup (125 mL) milk | 1 cup (250 mL) shredded Swiss cheese |
| 1tsp (5 mL) flour | 36 unbaked mini tart shells |
| 1/2tsp (2 mL) Dijon mustard | |

Cook sausages in a frypan, stirring to crumble, until browned. Drain and set aside. To prepare filling, whisk together next 6 ingredients (eggs through hot pepper sauce). Stir in sausage and cheese. Spoon filling into tart shells. Bake at 350°F (180°C) for 20 - 25 minutes or until set. Baked quiches may be frozen for up to 1 month. Makes 36 quiches.

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

SHERRIED BRIE PATE

A soft, delicately-flavoured pate which can be served as a spread or dip.

8oz (250 g) brie cheese	2 tbsp (25 mL) dry sherry
8oz (250 g) cream cheese, softened	2 tbsp (25 mL) finely chopped toasted walnuts

For easier removal of rind, place brie in freezer for 30 minutes. Remove and discard rind. Cut brie into cubes. In a food processor, combine brie, cream cheese and sherry. Process just until smooth. Transfer mixture to two serving dishes; sprinkle with walnuts. Cover and refrigerate for up to 2 days or freeze for up to 1 month. Serve with fruit bread or celery. Makes 1 2/3 cups (400 mL).

RASPBERRY RIBS

2lb (1 kg) sweet and sour cut pork ribs	1 cup (250 mL) raspberry jelly
1cup (250 mL) barbecue sauce	1 clove garlic, crushed

Cut ribs into single rib sections. Place ribs in an ungreased baking pan. Cover and bake at 375°F (190°C) for 55 minutes. Drain off excess liquid. Combine barbecue sauce, jelly and garlic; pour over ribs. Return ribs to oven and bake, uncovered, stirring occasionally for 35 - 40 minutes or until ribs are tender. Ribs may be frozen for up to 1 month. Makes about 4 dozen ribs.

KEFTEDES WITH LEMON SAUCE

1 lb (0.5 kg) lean ground beef	1 tbsp (15 mL) mint, crumbled
1 cup (250 mL) finely chopped onion	1 tsp (5 mL) oregano, crumbled
3/4 cup (175 mL) fine dry bread crumbs	1/2 tsp (2 mL) salt
2 eggs, lightly beaten	1/4 tsp (1 mL) cinnamon
1/4 cup (50 mL) chopped fresh parsley	1/4 tsp (1 mL) nutmeg
1 clove garlic, crushed	Lemon Sauce, recipe follows

Combine all ingredients except Lemon Sauce until well blended. Shape mixture into small balls. Place meatballs on a rack in a shallow pan. Bake at 375°F (190°C) for 35 - 40 minutes or until completely cooked. Cooked meatballs may be frozen for up to 1 month. Combine hot meatballs with Lemon Sauce. Makes about 4 dozen meatballs.

Lemon Sauce: Combine 2 tsp (10 mL) cornstarch, 1 tsp (5 mL) dill weed and 1/4 tsp (1 mL) salt in a medium saucepan. Gradually stir in 1 can (10 oz/284 mL) chicken broth and 3 tbsp (40 mL) lemon juice. Bring to a boil over medium heat, stirring frequently. Boil for 1 minute, stirring constantly. Use immediately. Do not freeze sauce.

PIZZA CROUSTADES

24 slices white sandwich bread	1 1/2 cups (375 mL) shredded mozzarella cheese, divided
3/4 lb (375 g) mild Italian sausage, casings removed	3/4 cup (175 mL) spaghetti sauce
3 cloves garlic, crushed	1/3 cup (75 mL) grated Parmesan cheese
Dash red pepper flakes, optional	1 tbsp (15 mL) chopped fresh parsley

Using a 2 1/2 inch (6.25 cm) round cookie cutter, cut center out of each slice of bread. Press bread rounds into bottoms and 1/2 inch (1.25 cm) up sides of 24 greased muffin cups, forming crusts. Sauté sausage, garlic and pepper flakes in a frypan until browned. Using a slotted spoon, transfer sausage mixture to a bowl. Stir in 1 cup (250 mL) mozzarella cheese, spaghetti sauce, Parmesan cheese and parsley. Divide filling among crusts. Sprinkle remaining 1/2 cup (125 mL) mozzarella cheese over tops. Pizza croustades may be prepared to this point and frozen for up to 1 month. Bake at 350°F (180°C) for 20 minutes or until heated through. Makes 24 pizza croustades.

SPIKED DRUMS

4tsp (20 mL) cumin	1/2 tsp (2 mL) cayenne pepper
1tsp (5 mL) paprika	1/4 tsp (1 mL) salt
1tsp (5 mL) lemon pepper	3 lb (1.5 kg) chicken wing drumettes
1/2tsp (2 mL) garlic powder	

Combine all ingredients except chicken drumettes in a double plastic bag. Add drumettes and shake until evenly coated with seasoning mixture. Line a shallow pan with foil. Place drumettes on a rack in prepared pan. Bake at 400°F (200°C), turning once, for 50 - 55 minutes or until golden brown. Serve hot. Baked wings may be frozen for up to 1 month. Makes about 2 1/2 dozen wings.

MUSTARD CHEDDAR CRISPS

4 cups (1 L) shredded cheddar cheese	2 tbsp (25 mL) dry mustard
1 cup (250 mL) butter, softened	1/4 cup (50 mL) mustard seed
1 egg yolk	1 tsp (5 mL) salt
1/4 cup (50 mL) Dijon mustard	2 cups (500 mL) flour

In a food processor, combine cheese and butter until smooth. Add egg yolk and Dijon mustard; process 15 seconds. Add remaining ingredients and process, using an on/off motion, just until combined. Transfer dough to a bowl; cover and chill 15 - 30 minutes. Halve dough and shape into four 10 inch (25 cm) logs. Wrap logs with plastic wrap and chill until firm, about 2 hours. Using a sharp knife, thinly slice each log into 1/8 - 1/4 inch (3 - 6 mm) thick slices. Place 1 inch (2.5 cm) apart on greased cookie sheets. Bake at 350°F (180°C) for 12 - 14 minutes or until golden. Remove from cookie sheets and cool on racks. Store in a covered container in refrigerator for up to 2 weeks or freeze. Makes about 12 dozen crisps.

Cook's Note: This recipe should be prepared using a food processor.

SOUTHWESTERN CHEESE LOGS

8 oz (250 g) cream cheese, softened	2 tbsp (25 mL) salsa
1 cup (250 mL) shredded Monterey Jack cheese	1 cup (250 mL) chopped pecans, divided
1 pkg (39 g) chili seasoning mix	

Using medium speed of an electric mixer, beat together cream cheese, Monterey Jack cheese, seasoning mix and salsa until smooth. Stir in 1/4 cup (50 mL) pecans. Divide mixture in half. Shape each portion into a log. Roll logs in remaining pecans. Wrap each log in plastic wrap. Refrigerate until firm or for up to 4 days. Logs may be frozen for up to 1 month. Serve with crackers. Makes 2 logs.

STICKY WINGS

1/2 cup (125 mL) orange marmalade	1/2 tsp (2 mL) garlic powder
1/2 cup (125 mL) sugar	1/2 tsp (2 mL) salt
1/2 cup (125 mL) fresh lemon juice	1/2 tsp (2 mL) freshly ground pepper
1/2 cup (125 mL) water	1/4 tsp (1 mL) cayenne pepper
1/4 cup (50 mL) butter	3 lb (1.5 kg) chicken wing drumettes

To prepare sauce, combine all ingredients except chicken in a saucepan. Bring to a boil over medium heat, stirring frequently. Remove from heat; let stand 10 minutes. Arrange chicken in a single layer in two 9x13 inch (23x33 cm) baking pans; do not overcrowd pans. Pour sauce evenly over chicken. Bake at 400°F (200°C), turning and basting every 15 minutes, until wings are glazed and golden brown, about 45 minutes. Serve hot. May be frozen for up to 1 month. Makes about 40 wings.

SPANAKOPITA ROLLS

1/2 cup (125 mL) finely chopped onion	1 egg, beaten
1 tbsp (15 mL) olive oil	1/4 tsp (1 mL) dill weed
1 pkg (10 oz/300 g) frozen chopped spinach, thawed and squeezed dry	Dash nutmeg
8 oz (250 g) ricotta cheese	Dash freshly ground pepper
4 oz (125 g) cream cheese, softened	15 sheets phyllo pastry
4 oz (125 g) feta cheese, crumbled	1 cup (250 mL) butter, melted

In a large frypan over medium heat, sauté onion in oil until tender. Reduce heat to low and add next 4 ingredients (spinach through feta cheese). Remove from heat and blend in egg and seasonings. Brush 1 sheet of phyllo pastry with butter. Top with 2 additional sheets of phyllo, brushing each sheet with butter. Spoon about 1/2 cup (125 mL) spinach filling into a 1 1/2 inch (3.75 cm) wide strip down long edge of pastry. Roll up pastry, jelly-roll fashion, to enclose filling. Place roll, seam side down, on a greased cookie sheet. Brush with butter. Repeat procedure with remaining filling, pastry and butter to make 4 more rolls. Freeze rolls for 30 - 40 minutes. Using a sharp knife, slice rolls into 1 inch (2.5 cm) pieces. Place pieces, seam side down, on a greased cookie sheet. Bake at 350°F (180°C) for 15 - 20 minutes or until golden brown. Serve warm. Baked rolls may be frozen for up to 1 month. Thaw in refrigerator before reheating. Makes 6 dozen rolls.

JERK CHICKEN WINGS

2 tbsp (25 mL) apple cider vinegar or white wine vinegar	1 tbsp (15 mL) hot pepper sauce
1 tbsp (15 mL) thyme, crumbled	1 tsp (5 mL) salt
1 tbsp (15 mL) packed brown sugar	3 cloves garlic, crushed
2 tsp (10 mL) allspice	2 lb (1 kg) chicken wing drumettes
	Creamy Onion Dip, recipe follows

To prepare marinade, combine first 7 ingredients (vinegar through garlic) in a resealable bag. Add chicken and squeeze bag to coat chicken evenly with marinade. Seal bag and place on a plate; refrigerate for at least 4 hours or up to 8 hours. Line a shallow pan with foil. Remove chicken from marinade and place on a rack in prepared pan. Discard marinade. Bake at 425°F (220°C) for 45 - 50 minutes or until golden brown. Serve hot with Creamy Onion Dip. Baked wings may be frozen for up to 1 month. Makes about 24 wings.

Creamy Onion Dip: Combine 1/2 cup (125 mL) **each** light sour cream and light mayonnaise with 2 tbsp (25 mL) chopped green onion and a dash of hot pepper sauce. Cover and refrigerate for up to 24 hours. Do not freeze dip.

ASIAN MEATBALLS

1 1/2 lb (0.75 kg) lean ground beef	1/4 tsp (1 mL) salt
3/4 cup (175 mL) fresh bread crumbs	Dash hot pepper sauce
1 egg, lightly beaten	Sweet and Sour Sauce, recipe follows
2 cloves garlic, crushed	1 green onion, diagonally sliced
1 tsp (5 mL) grated fresh ginger	

Combine first 7 ingredients (beef through hot pepper sauce) until well blended. Shape mixture into small balls. Place meatballs on a rack in a shallow pan. Bake at 375°F (190°C) for 35 - 40 minutes or until completely cooked. Cooked meatballs may be frozen for up to 1 month. Combine hot meatballs with Sweet and Sour Sauce. Garnish with green onion. Makes 5 dozen meatballs.

Sweet and Sour Sauce: Combine 1/2 cup (125 mL) apricot jam, 1/4 cup (50 mL) hoisin sauce, 1/4 cup (50 mL) rice vinegar and 1/8 tsp (0.5 mL) cayenne pepper in a small saucepan. Cook over medium heat until mixture is heated through. Do not freeze sauce.