



ATCO blue flame kitchen *Sunday Supper*

A Classic Sunday Supper

Parmesan Garlic Toasts

Sunday Pot Roast Supper

Greek Salad

or

Mandarin Spinach Salad

Sour Cream Banana Cake

or

Strawberry Crisp

PARMESAN GARLIC TOASTS

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| 2 tbsp (25 mL) butter, softened | 1/8 tsp (0.5 mL) freshly ground pepper |
| 2 tbsp (25 mL) freshly grated Parmesan cheese | 8 diagonally sliced baguette slices, 1/2 inch (1.25 cm) thick |
| 1 clove garlic, crushed | |

Combine butter, Parmesan cheese, garlic and pepper. Spread mixture evenly over one side of baguette slices. Place on a cookie sheet. Bake at 425°F (220°C) for 5 minutes or until golden brown. Serve warm. Makes 8.

SUNDAY POT ROAST SUPPER

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| 1 tbsp (15 mL) oil | 1/2 tsp (2 mL) basil, crumbled |
| 3 1/2 lb (1.75 kg) boneless beef blade or cross rib roast | 1/2 tsp (2 mL) oregano, crumbled |
| 1 large onion, cut into wedges | 1/2 tsp (2 mL) thyme, crumbled |
| 1 can (10 oz/284 mL) beef broth | 1/2 tsp (2 mL) paprika |
| 1/2 cup (125 mL) dry white wine | 1/2 tsp (2 mL) salt |
| 6 small potatoes, halved | 1/2 tsp (2 mL) freshly ground pepper |
| 1 cup (250 mL) baby carrots | 1/2 cup (125 mL) water |
| 6 cloves garlic, peeled | 1/4 cup (50 mL) flour |

Heat oil in a Dutch oven over medium heat. Add roast and brown on all sides. Transfer roast to a plate. Add onion wedges to pan and cook, turning once, for 5 minutes. Return roast and any accumulated juices to pan. Stir in next 11 ingredients (broth through pepper). Bring to a boil. Cover and bake at 300°F (150°C) for 3 - 3 1/2 hours or until meat and vegetables are tender. Transfer roast and vegetables to a platter and cover with foil. Let stand for 15 minutes before carving. To prepare gravy, skim fat from liquid in pan. Place pan over medium heat and bring liquid to a boil. Reduce heat to a simmer. Whisk together water and flour until smooth. Stir into simmering liquid. Cook, stirring frequently, until thickened. Serve roast and vegetables with gravy. Serves 4 - 6.

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MANDARIN SPINACH SALAD

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| 2 tbsp (25 mL) balsamic vinegar | 1 tbsp (15 mL) oil |
| 1 tbsp (15 mL) honey | 6 cups (1.5 L) baby spinach |
| 2 tsp (10 mL) Dijon mustard | 1 can (10 oz/284 mL) mandarin oranges, drained |
| 1/8 tsp (0.5 mL) salt | 1/4 cup (50 mL) thinly sliced red onion |
| 1/8 tsp (0.5 mL) freshly ground pepper | |

To prepare dressing, whisk together vinegar, honey, mustard, salt and pepper until combined. Gradually whisk in oil until blended. Combine spinach, oranges and onion in a bowl. Add dressing and toss to coat. Serves 4 - 6.

GREEK SALAD

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| 3 medium tomatoes, cut into chunks | 2 tbsp (25 mL) red wine vinegar |
| 1 English cucumber, cut into chunks | 1 tbsp (15 mL) chopped fresh oregano or |
| 1 large sweet onion, cubed | 1 tsp (5 mL) dried oregano, crumbled |
| 1 cup (250 mL) sliced green bell pepper | 1/2 tsp (2 mL) salt |
| 1 cup (250 mL) kalamata olives | 1/4 tsp (1 mL) freshly ground pepper |
| 1 1/3 cups (325 mL) shredded feta cheese | 1/4 tsp (1 mL) sugar |
| 1/2 cup (125 mL) olive oil | |

Combine tomatoes, cucumber, onion, green pepper, olives and feta cheese in a serving bowl. To prepare dressing, whisk together oil, vinegar, oregano, salt, pepper and sugar. Pour dressing over salad and toss to coat. Serves 6.

SOUR CREAM BANANA CAKE

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| 2 cups (500 mL) flour | 1 cup (250 mL) sour cream |
| 2 tsp (10 mL) baking powder | 1 cup (250 mL) mashed ripe bananas |
| 1 tsp (5 mL) baking soda | 1 cup (250 mL) sugar |
| 1/2 tsp (2 mL) salt | 2 eggs |
| 1/2 tsp (2 mL) cinnamon | 1 tsp (5 mL) vanilla |
| 1/4 tsp (1 mL) ginger | Icing sugar, optional |
| 1/8 tsp (0.5 mL) nutmeg | |

Combine first 7 ingredients (flour through nutmeg) in a bowl; set aside. Using medium speed of an electric mixer, beat together sour cream, bananas, sugar, eggs and vanilla until blended. Add flour mixture and stir just until blended. Spoon batter into a greased 9 inch (23 cm) square baking pan. Bake at 350°F (180°C) for 45 minutes or until cake tests done. Cool completely in pan on a rack. Dust with icing sugar just before serving. Serves 6 - 8.

STRAWBERRY CRISP

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| 1/4 cup (50 mL) old-fashioned or quick-cooking rolled oats | 1/4 cup (50 mL) butter, melted |
| 1/4 cup (50 mL) flour | 2 tbsp (25 mL) chopped toasted almonds, optional |
| 1/4 cup (50 mL) packed golden brown sugar | 4 cups (1 L) quartered strawberries |
| 1/4 tsp (1 mL) ginger | 1 tbsp (15 mL) sugar |
| | Ice cream, optional |

To prepare crumb topping, combine oats, flour, brown sugar and ginger in a bowl. Stir in melted butter until mixture is crumbly. Stir in almonds. Combine strawberries and sugar. Spoon into a greased shallow 2 quart (2 L) baking dish. Sprinkle with crumb topping. Bake at 350°F (180°C) for 25 minutes or until juices are thick and bubbly and topping is golden brown. Serve warm with ice cream. Serves 4.