



# Field of Greens

*Steak Salad with Chipotle Dressing*  
*Cornmeal Drop Biscuits*  
*or*  
*Layered Antipasto Salad*  
*Buttermilk Sour Cream Biscuits*  
*California Pudding Cake*

## STEAK SALAD WITH CHIPOTLE DRESSING

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|---|--|
| 1 ripe avocado, halved, pitted and peeled                   | 1 cup (250 mL) broken blue corn tortilla chips |
| 12 cups (3 L) shredded iceberg lettuce                      | 2 medium tomatoes, cut into wedges             |
| 4 cups (1 L) julienned barbecued steak or cooked roast beef | Chipotle Dressing, recipe follows              |
| 1 cup (250 mL) shredded cheddar cheese                      |  |

Cut avocado into chunks. Divide lettuce among 4 plates. Top with avocado and steak. Sprinkle cheese and tortilla chips over steak. Top with tomatoes. Drizzle Chipotle Dressing over each salad. Serve immediately. Serves 4.

### **Chipotle Dressing**

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| 1/2 cup (125 mL) light sour cream                                   | 2 cloves garlic, crushed               |
| 1/4 cup (50 mL) fresh lime juice                                    | 1/2 tsp (2 mL) cumin                   |
| 1 tbsp (15 mL) Dijon mustard  | 1/4 tsp (1 mL) allspice                |
| 1 tbsp (15 mL) honey  | 1/4 tsp (1 mL) salt                    |
| 2 tsp (10 mL) finely chopped canned chipotle peppers in adobo sauce | 1/4 cup (50 mL) chopped fresh cilantro |

In a small bowl, whisk together all ingredients except cilantro until blended. Stir in cilantro. Cover and refrigerate until serving or for up to 24 hours.

**Cook's Note:** *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.*

*The ATCO Blue Flame Kitchen suggests substituting the same amount of Denzel's Lil' Smokehouse Chipotle Hot Sauce if chipotle peppers in adobo sauce can not be found.*

## CORNMEAL DROP BISCUITS

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|---------------------------------|--|
| 1 1/2 cups (375 mL) flour       | 1/2 tsp (2 mL) salt                        |
| 1 cup (250 mL) cornmeal         | 1/2 cup (125 mL) butter, chilled and cubed |
| 2 1/2 tsp (12 mL) baking powder | 1 cup (250 mL) milk                        |
| 2 tsp (10 mL) sugar             |  |

Combine flour, cornmeal, baking powder, sugar and salt in a bowl. Cut in butter with a pastry blender until mixture is crumbly. Add milk and stir just until combined. Spoon 10 equal mounds of batter 2 inches (5 cm) apart onto an ungreased cookie sheet. Bake at 375°F (190°C) for 20 - 25 minutes or until lightly browned. Makes 10 biscuits.

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*Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.*

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### LAYERED ANTIPASTO SALAD

3 cups (750 mL) thinly sliced iceberg lettuce	1 cup (250 mL) thinly sliced pepperoni
2 cups (500 mL) cherry tomatoes, halved	1 cup (250 mL) thinly sliced red onion
1 can (14 oz/398 mL) chickpeas, rinsed and drained	1 cup (250 mL) mayonnaise
2 cups (500 mL) zucchini sticks	1/2 cup (125 mL) grated Parmesan cheese
2 jars (6 oz/170 mL each) marinated artichoke hearts, drained	1/3 cup (75 mL) balsamic vinaigrette salad dressing

Layer first 7 ingredients (lettuce through onion) in a glass serving bowl. To prepare dressing, combine mayonnaise, Parmesan cheese and balsamic vinaigrette. Pour dressing over salad; do not toss. Cover and refrigerate for up to 8 hours. Toss salad just before serving. Serves 8.

### BUTTERMILK SOUR CREAM BISCUITS

3 cups (750 mL) flour	1/2 cup (125 mL) milk
2 tbsp (25 mL) baking powder	1/2 cup (125 mL) buttermilk
1 tsp (5 mL) salt	1/3 cup (75 mL) sour cream
1/2 cup (125 mL) butter, chilled and cubed	

Combine flour, baking powder and salt in a bowl. Cut in butter with a pastry blender until mixture is crumbly. Whisk together milk, buttermilk and sour cream until blended. Add milk mixture to flour mixture and stir just until combined. Drop 14 equal mounds of dough 2 inches (5 cm) apart onto a lightly greased cookie sheet. Bake at 450°F (230°C) for 18 - 20 minutes or until biscuits are lightly browned. Makes 14 biscuits.

### CALIFORNIA PUDDING CAKE

3/4 cup (175 mL) sugar	1/4 cup (50 mL) butter, melted
1/4 cup (50 mL) flour	1/4 cup (50 mL) fresh orange juice
1/8 tsp (0.5 mL) salt	1/4 cup (50 mL) fresh lemon juice
3 eggs, separated	2 tsp (10 mL) grated orange peel
1 cup (250 mL) milk	1 tsp (5 mL) vanilla

Combine sugar, flour and salt in a bowl. Whisk together egg yolks, milk, melted butter, orange juice, lemon juice, orange peel and vanilla in a bowl. Stir into sugar mixture. Using medium speed of an electric mixer, beat egg whites until soft peaks form. Fold a quarter of beaten egg whites into egg yolk mixture to lighten. Gently fold in remaining beaten egg whites. Pour batter carefully into a greased 8 inch (20 cm) square baking dish. Place baking dish in a large baking pan. Pour enough boiling water into baking pan to come two-thirds up sides of baking dish. Bake at 350°F (180°C) for 40 minutes or until top is golden brown and set. Remove baking dish from baking pan and cool on a rack for 10 minutes. Serve immediately. Serves 4 - 6.

**Cook's Note:** *This dessert separates into a sauce-like pudding layer on the bottom and a souffle-like cake layer on top.*