



ATCO blue
flame
kitchen

Dinner on the Deck

Starry Nights

Cukey Mary

Beef Tenderloin with Blue Cheese Sauce

Chili Grilled Potatoes Grilled Tomatoes with Pesto

Greens with Red Wine Dressing

Lemon Rosemary Jelly Roll

CUKEY MARY

3 cups (750 mL) vegetable cocktail	1 tsp (5 mL) prepared horseradish
3 cups (750 mL) ice cubes	1/2 tsp (2 mL) Worcestershire sauce
1 cup (250 mL) diced seeded English cucumber	1/4 tsp (1 mL) hot pepper sauce
1 tbsp (15 mL) fresh lemon juice	1/4 tsp (1 mL) celery salt

In a blender, process all ingredients until slushy. It may be necessary to process mixture in batches. Serve immediately. Serves 6 - 8.

BEEF TENDERLOIN WITH BLUE CHEESE SAUCE

2 tbsp (25 mL) olive oil	1 tsp (5 mL) each oregano and thyme, crumbled
2 cloves garlic, crushed	1/2 tsp (2 mL) salt
1 tsp (5 mL) freshly ground four peppercorn blend	1/4 tsp (1 mL) cayenne pepper
1 tsp (5 mL) paprika	2 lb (1 kg) beef tenderloin roast
	Blue Cheese Sauce, recipe follows

To prepare marinade, combine first 8 ingredients (oil through cayenne pepper) in a heavy zip-lock plastic bag. Add beef tenderloin and squeeze bag to coat beef with marinade. Seal bag and place on a plate. Refrigerate for at least 1 hour or up to 24 hours. Remove tenderloin from marinade and pat dry; discard marinade. Grill tenderloin over medium heat on natural gas barbecue, turning occasionally, for 30 - 35 minutes or to desired doneness. Let stand 5 minutes before carving. Serve with Blue Cheese Sauce. Serves 6 - 8.

Blue Cheese Sauce

1/2 cup (125 mL) crumbled blue cheese	2 tsp (10 mL) dried green peppercorns, crushed
1/4 cup (50 mL) butter, softened	1/2 cup (125 mL) whipping cream
3/4 cup (175 mL) dry white wine	2 tsp (10 mL) chopped fresh parsley

Cream together blue cheese and butter in a small bowl; set aside. Combine wine and peppercorns in a small nonreactive saucepan. Bring to a boil over medium heat; boil until mixture is reduced to about 2 tbsp (25 mL). Add cream and return to a boil; reduce heat and simmer until mixture is reduced by half. Reduce heat to very low. Gradually whisk in cheese mixture until blended. Stir in parsley. Serve warm.

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

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CHILI GRILLED POTATOES

4 medium red potatoes	1 tsp (5 mL) paprika
1/4 cup (50 mL) oil	1 tsp (5 mL) sugar
1 tbsp (15 mL) chili powder	1 tsp (5 mL) salt
2 tsp (10 mL) onion powder	1/4 tsp (1 mL) cayenne pepper
1 tsp (5 mL) garlic powder	1/4 tsp (1 mL) freshly ground pepper

Cut potatoes into 3/4 inch (2 cm) thick wedges. Combine remaining ingredients (oil through pepper) and toss with potatoes until potatoes are thoroughly coated. Grill potatoes directly on grid or on a grill topper over medium heat on natural gas barbecue until browned on all sides, about 25 minutes. Serves 4 - 6.

Preparation Tip: For a spicier taste, increase cayenne pepper to 1/2 tsp (2 mL).

GRILLED TOMATOES WITH PESTO

4 Roma tomatoes, halved lengthwise	1/2 cup (125 mL) shredded mozzarella cheese
1/4 cup (50 mL) pesto sauce, divided	2 tbsp (25 mL) chopped fresh parsley
1 green onion, thinly sliced	

Using a spoon, scoop out top 1/4 inch (6 mm) of each tomato half. Spread 1 tsp (5 mL) pesto sauce over each tomato half. Sprinkle green onion evenly over tomatoes. Combine remaining pesto sauce with cheese. Top tomatoes with cheese mixture. Grill tomatoes directly on grid or on a grill topper over medium heat on natural gas barbecue until tomatoes are heated through and cheese is melted, about 10 - 15 minutes. Sprinkle with parsley. Serves 6 - 8.

RED WINE DRESSING

1/3 cup (75 mL) sliced green onion	1/2 tsp (2 mL) salt
1/4 cup (50 mL) dry red wine	1/2 tsp (2 mL) freshly ground pepper
2 tbsp (25 mL) red wine vinegar	3/4 cup (175 mL) mayonnaise
2 cloves garlic, peeled	

Combine all ingredients except mayonnaise in a blender. Puree until smooth. Add mayonnaise and blend until smooth. Dressing may be refrigerated for up to 3 days. Stir before using. **Yield:** 1 1/4 cups (300 mL).

LEMON ROSEMARY JELLY ROLL

3 eggs	1/4 tsp (1 mL) salt
1 cup (250 mL) sugar	2 tsp (10 mL) finely chopped fresh rosemary or
1/3 cup (75 mL) water	1/2 tsp (2 mL) dried rosemary, crumbled
1 tsp (5 mL) vanilla	1 tsp (5 mL) grated lemon peel
3/4 cup (175 mL) flour	Icing sugar
1 tsp (5 mL) baking powder	Lemon Cream Filling, recipe follows

Line a 10x15 inch (25x38 cm) jelly-roll pan with greased wax paper and dust with flour. Using high speed of an electric mixer, beat eggs in a large bowl until slightly thickened, about 2 minutes. Gradually add sugar, beating until mixture is pale and thick. Using low speed, beat in water and vanilla just until blended. Combine flour, baking powder and salt. Fold flour mixture, rosemary and lemon peel into egg mixture just until blended. Spread batter evenly in prepared pan. Bake at 375°F (190°C) for 12 - 15 minutes or until cake tests done. Turn cake out onto a clean tea towel sprinkled with icing sugar. Remove wax paper. Trim edges of cake. Roll cake and towel together, starting with short edge. Cool 1 hour. Unroll cake, spread with Lemon Cream Filling and roll to enclose filling. Place cake, seam side down, on a serving platter. Cover and refrigerate for up to 24 hours. To serve, dust with icing sugar. Serves 8.

Lemon Cream Filling: Using medium speed of an electric mixer, beat together 1 cup (250 mL) whipping cream, 2 tbsp (25 mL) icing sugar and 1/2 tsp (2 mL) vanilla until stiff. Fold in 1 tsp (5 mL) grated lemon peel.