



# Sunday Supper

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Crusty Baked Chicken or Glazed Rosemary Chicken

*Mushroom and Dried Tomato Pilaf Honey Dijon Vegetables*

*Oriental Coleslaw*

*Ginger Pear Crumble*

## **CRUSTY BAKED CHICKEN**

1/4 cup (50 mL) dry sherry or Marsala	2 tsp (10 mL) paprika
4 cloves garlic, crushed	1 tsp (5 mL) salt
Several dashes hot pepper sauce	1 tsp (5 mL) freshly ground pepper
8 boneless skinless chicken breasts	1 tsp (5 mL) basil, crumbled
1 cup (250 mL) soft whole wheat bread crumbs	1/2 tsp (2 mL) rosemary, crumbled
1/4 cup (50 mL) cornmeal	1/2 tsp (2 mL) thyme, crumbled

To prepare marinade, combine sherry, garlic and hot pepper sauce in a double plastic bag. Add chicken and squeeze bag to coat chicken with marinade; seal bag. Let stand 20 - 30 minutes. In a pie pan, combine remaining ingredients (bread crumbs through thyme). Remove chicken from marinade; discard marinade. Turn each chicken breast in crumb mixture, pressing lightly to coat. Place chicken in a single layer in a lightly greased shallow baking dish. Bake at 450°F (230°C) for 25 - 30 minutes or until chicken is completely cooked. Serves 6 - 8.

## **GLAZED ROSEMARY CHICKEN**

2 tbsp (25 mL) oil	6 boneless skinless chicken breasts
1 tsp (5 mL) rosemary, crumbled	1/3 cup (75 mL) apricot jam, sieved
1 tsp (5 mL) salt	1 tbsp (15 mL) fresh lemon juice
1/2 tsp (2 mL) freshly ground pepper	1 tsp (5 mL) Dijon mustard
2 cloves garlic, crushed	

Combine oil, rosemary, salt, pepper and garlic in a double plastic bag. Add chicken and squeeze bag to coat chicken with seasoning mixture. Chicken may be prepared to this point and refrigerated for up to 4 hours. Remove chicken from bag. Place chicken in a single layer in a greased shallow baking dish. Bake chicken at 400°F (200°C) for 25 minutes. Meanwhile, combine jam, lemon juice and mustard. Remove chicken from oven; spoon jam mixture over chicken. Return chicken to oven and bake at 350°F (180°C) for 20 minutes or until chicken is completely cooked. Serves 6.

## **MUSHROOM AND DRIED TOMATO PILAF**

3 cups (750 mL) sliced fresh mushrooms	3/4 cup (175 mL) chopped dried tomatoes
1 cup (250 mL) chopped onion	1/2 tsp (2 mL) freshly ground pepper

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1 tbsp (15 mL) oil  
1 cup (250 mL) long grain rice  
2 1/2 cups (625 mL) chicken stock

1/4 tsp (1 mL) salt  
1/4 cup (50 mL) chopped fresh parsley

In a saucepan over medium heat, sauté mushrooms and onion in oil until tender and lightly browned. Add rice and sauté 1 minute. Stir in stock, tomatoes, pepper and salt. Bring to a boil; reduce heat, cover and simmer until rice is tender and liquid is absorbed, about 20 minutes. Stir in parsley. Serve immediately. Serves 4 - 6.

### HONEY DIJON VEGETABLES

2 tbsp (25 mL) sliced green onion  
2 tbsp (25 mL) butter  
2 tbsp (25 mL) flour  
1 cup (250 mL) milk  
4 tsp (20 mL) Dijon mustard

1 tbsp (15 mL) honey  
1/2 tsp (2 mL) chicken bouillon mix  
1/4 tsp (1 mL) salt  
1/4 tsp (1 mL) hot pepper sauce  
6 cups (1.5 L) hot cooked mixed vegetables

In a saucepan, sauté onion in butter just until tender. Stir in flour and cook, stirring, for 1 minute. Gradually add milk; cook, stirring constantly, until thickened. Stir in mustard, honey, bouillon mix, salt and hot pepper sauce. Toss with vegetables. Serves 6 - 8.

**Preparation Tip:** Use any combination of carrots, cauliflower, broccoli, green beans and Brussels sprouts or a frozen vegetable blend.

### ORIENTAL COLESLAW

3 tbsp (40 mL) rice vinegar  
2 tbsp (25 mL) sugar  
2 tbsp (25 mL) oil  
1 tbsp (15 mL) soy sauce  
1 tbsp (15 mL) honey  
Dash salt

1 pkg (100 g) Asian noodle soup mix  
1 tbsp (15 mL) butter  
2 tbsp (25 mL) sliced almonds  
1 tbsp (15 mL) sunflower seeds, optional  
6 cups (1.5 L) coleslaw mix  
1/2 cup (125 mL) diagonally sliced green onion

To prepare dressing, combine vinegar, sugar, oil, soy sauce, honey and salt in a small nonreactive saucepan. Bring to a boil and cook for 1 minute, stirring constantly. Pour mixture into a small bowl; refrigerate. Crumble noodles from soup mix; reserve seasoning packet for another use. Melt butter in a frypan; add noodles, almonds and sunflower seeds. Cook mixture over medium heat, stirring frequently, until lightly toasted. Transfer mixture to a large bowl; cool to room temperature. Add coleslaw mix and onion to noodle mixture; pour dressing over and toss to coat. Serves 6.

**Preparation Tip:** The ATCO Blue Flame Kitchen used Sapporo Ichiban soup mix in this recipe.

### GINGER PEAR CRUMBLE

1 cup (250 mL) flour  
2/3 cup (150 mL) quick-cooking rolled oats  
2/3 cup (150 mL) packed brown sugar  
1 tsp (5 mL) cinnamon  
1/8 tsp (0.5 mL) salt  
1/2 cup (125 mL) butter, cut into small cubes  
6 cups (1.5 L) peeled pear slices, cut 1/4 inch (6 mm) thick

2 tbsp (25 mL) lemon juice  
1/3 cup (75 mL) sugar  
1/4 cup (50 mL) finely chopped crystallized ginger  
2 tbsp (25 mL) flour  
Ice cream or whipped cream

To prepare crumb mixture, combine 1 cup (250 mL) flour, oats, brown sugar, cinnamon and salt in a bowl. Add butter and work mixture with fingers until blended and crumbly. Crumb mixture may be prepared 24 hours in advance and refrigerated. Combine pear slices and lemon juice. Stir in sugar, ginger and 2 tbsp (25 mL) flour. Transfer pear mixture to a greased shallow 2 quart (2 L) baking dish. Sprinkle with crumb mixture. Bake at 375°F (190°C) for 45 - 55 minutes or until pears are tender and topping is golden brown. Let cool 20 minutes before serving. Serve warm with ice cream. Serves 8.