



Happy Easter

HOT CROSS BUNS

1 3/4 cups milk	3/4 tsp mace
1/2 cup sugar, divided	2 eggs, separated
1/4 cup butter	1/2 cup currants
1 tsp salt	1/2 cup raisins
1 pkg active dry yeast	1/2 cup candied mixed peel
1/2 cup very warm water	1 cup flour
5 - 6 cups flour, divided	1 tbsp oil
2 tsp cinnamon	1/2 cup cool water
3/4 tsp nutmeg	

To scald milk, heat in a saucepan over medium heat until small bubbles form around edge of pan. Add 1/4 cup sugar, butter and salt; cool to lukewarm. Sprinkle yeast over warm water; let stand 5 minutes. Stir into milk mixture. Add 3 cups flour and combine to make a sponge. Allow to rise in a warm place until slightly risen, about 1/2 hour. Combine remaining 1/4 cup sugar, spices and egg yolks; add to sponge. Add currants, raisins, peel and enough of remaining 2 – 3 cups flour to make a stiff dough. Turn out onto a lightly floured board; knead until smooth and elastic, about 7 – 10 minutes. Place in a greased bowl, turning to grease top. Let rise until doubled in volume. Turn dough out onto a lightly floured board. Knead 4 – 5 times to remove air bubbles. Divide dough into 18 pieces. Form into balls and place in two well-greased 9 inch square baking pans. With a sharp knife, cut a cross pattern 1/4 inch deep into top of dough. Combine 1 cup flour, oil and 1/2 cup cool water to form a soft dough. Roll a small amount at a time into a thin rope. Cut and place in cross on top of dough. Allow buns to rise until doubled in volume. Beat egg whites lightly; gently brush surface of buns. Bake at 400°F for 20 minutes. Brush once more with remaining egg whites halfway through baking time. **Yield:** 18 buns.

FRUIT SALAD WITH LIME CILANTRO DRESSING

A beautiful salad that is perfect to serve as an appetizer for Easter dinner.

1 can (14 oz/398 mL) pineapple chunks, drained	1/3 cup (75 mL) fresh lime juice
3 cups (750 mL) pink grapefruit sections	2 tbsp (25 mL) honey
2 large navel oranges, peeled and sectioned	2 tbsp (25 mL) chopped fresh cilantro
2 firm kiwi fruit, peeled and sliced	Slivered peel of a large lime
1/3 cup (75 mL) orange juice	Fresh cilantro leaves

Combine fruit in a double plastic bag. Combine orange juice, lime juice, honey and chopped cilantro. Pour over fruit. Seal bag and refrigerate for at least 1 hour or for up to 4 hours, turning bag occasionally. Drain fruit mixture and place in a shallow serving dish. Sprinkle lime peel over top. Garnish with cilantro leaves. Serves 8.

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CARROT AMBROSIA SALAD

This traditional carrot salad is a family favourite!

4 cups (1 L) shredded carrots	1/2 tsp (2 mL) vanilla
3/4 cup (175 mL) golden raisins	1 can (14 oz/398 mL) crushed pineapple, well drained
3/4 cup (175 mL) flaked coconut	
1 cup (250 mL) light sour cream	1 cup (250 mL) miniature marshmallows
2 tbsp (25 mL) honey	

Combine carrots, raisins and coconut; cover and refrigerate. Combine sour cream, honey and vanilla; cover and refrigerate. Recipe may be prepared to this point up to 24 hours in advance. Up to 1 hour before serving, combine carrot mixture, sour cream mixture, pineapple and marshmallows. Refrigerate until serving. Serves

RACK OF LAMB WITH MINT SAUCE

Traditional English mint sauce is a wonderful accompaniment for lamb. Try our updated version of Rack of Lamb with Mint Sauce for an elegant entree.

3 racks of lamb (8 ribs each)	1/3 cup (75 mL) chopped fresh mint
3 tbsp (40 mL) Dijon mustard	1/2 tsp (2 mL) each salt and freshly ground pepper
2 cups (500 mL) fresh bread crumbs	Mint Sauce, recipe follows

Spread meaty portion of lamb evenly with mustard. Combine crumbs, mint, salt and pepper. Press crumb mixture onto mustard. Place lamb, crumb side up, in a shallow roasting pan. Roast at 450°F (230°C) for 10 minutes. Reduce temperature to 350°F (180°C) and continue roasting for 25 – 30 minutes or until a meat thermometer registers 140°F (60°C). Let stand 5 minutes before carving. Serve with Mint Sauce. Serves 6 – 8.

Mint Sauce:

1 can (10 oz/284 mL) beef broth	1/4 cup (50 mL) sugar
1 cup (250 mL) chopped fresh mint	1/4 tsp (1 mL) freshly ground pepper
1/3 cup (75 mL) chopped onion	1 tbsp (15 mL) cornstarch
1/4 cup (50 mL) red wine vinegar	2 tbsp (25 mL) finely chopped fresh mint
2 tbsp (25 mL) brandy	

Combine first 7 ingredients (broth through pepper) in a small saucepan. Bring to a boil, stirring until sugar is dissolved. Simmer 2 minutes. Remove from heat, cover and let stand 30 minutes. Strain mixture through a fine sieve. Sauce may be prepared to this point and refrigerated for up to 24 hours. In a saucepan, dissolve cornstarch in a small amount of cold mint sauce. Whisk in remaining sauce. Bring to a boil, reduce heat and simmer, stirring constantly, until slightly thickened, about 2 minutes. Stir in remaining 2 tbsp (25 mL) mint. Serve warm.

HAM GLAZES

Prepare ham: Bone-in Cut off rind and score fat at 1 inch (2.5 cm) intervals on the diagonal to form a diamond pattern, cutting about 1/2 inch (1.25 cm) deep.
Boneless Score surface as above, cutting 1/4 inch (6 mm) deep.

Apply glaze during last 1/2 hour of cooking time.

- Mix 1 cup brown sugar with 1 tsp dry mustard and 2 – 4 tbsp vinegar; spread over ham.
- Season tart applesauce with cinnamon and brown sugar; spread over ham.
- Heat 1 cup fruit juice with 1 cup honey; baste ham frequently.
- Melt red currant or crabapple jelly; brush ham frequently.
- Brush ham with maple syrup.
- Baste ham frequently with carbonated lemon lime beverage.
- Combine 1/2 cup apricot jam or marmalade, 1/2 tsp dry mustard, 1/4 tsp ginger, 1/4 tsp salt and 1 tbsp water; brush over ham.

GREEN BEANS AMANDINE WITH MARJORAM

1 pkg (1 lb/500 g) frozen whole green beans	1/4 cup (50 mL) sliced green onion
2 tbsp (25 mL) butter	1 tsp (5 mL) marjoram, crumbled
1 red bell pepper, thinly sliced	1/4 tsp (1 mL) salt
	1/3 cup (75 mL) sliced almonds, toasted

Cook beans in boiling water just until tender; drain. If desired, beans may be cooled quickly in ice water, drained, covered and refrigerated for 4 – 24 hours. In a nonstick wok or frypan, melt butter over medium heat. Stir in pepper and onion and cook until pepper is tender, about 5 minutes. Stir in beans, marjoram and salt. Cook until heated through. Toss with almonds and serve. Serves 6 – 8.

GREEN BEANS WITH RASPBERRY VINAIGRETTE

1 tbsp (15 mL) raspberry vinegar	1 clove garlic, bruised
1/2 tsp (2 mL) dry mustard	4 cups (1 L) cut green beans (2 inch/5 cm pieces)
1 tsp (5 mL) whole grain mustard	1 red bell pepper, thinly sliced
Dash salt	3 green onions, thinly sliced
1 tsp (5 mL) honey	1/4 cup (50 mL) pine nuts
1/4 cup (50 mL) olive oil	

Whisk together first 7 ingredients (vinegar through garlic). Blanch beans in boiling water for 1 1/2 minutes; drain. Cool quickly in ice water; drain well. Combine beans, red pepper and onions. Remove garlic from dressing. Toss bean mixture with dressing. Sprinkle with pine nuts. Serves 4.

Preparation Tip: To bruise garlic, peel clove and flatten with a glass.

GARLIC ROASTED POTATOES

Combine 2 lb (1 kg) small potatoes, 2 tbsp (25 mL) oil, 4 cloves chopped garlic, 1 tbsp (15 mL) crumbled rosemary and 1/2 tsp (2 mL) each salt and freshly ground pepper. Toss until potatoes are thoroughly coated with seasonings. Place potatoes in a single layer in a greased shallow baking dish. Roast at 425°F (220°C) until potatoes are tender and lightly browned, about 50 minutes. Serves 8.

BISCUIT MUFFINS

1 1/2 cups (375 mL) flour	1 tsp (5 mL) sugar
2 tsp (10 mL) baking powder	1 cup (250 mL) light sour cream
1/2 tsp (2 mL) baking soda	1 egg, lightly beaten
1/2 tsp (2 mL) salt	1 tbsp (15 mL) oil

Combine first 5 ingredients (flour through sugar). Make a well in center. Combine remaining ingredients and add to flour mixture, stirring just until moistened. Spoon batter into greased muffin pans, filling 2/3 full. Bake at 400°F (200°C) for 15 minutes or until lightly browned. Remove from pans immediately. **Yield:** 1 dozen.

Variation: Add 1/4 tsp (1 mL) each dry mustard, crumbled basil and thyme and 1/2 cup (125 mL) shredded cheddar cheese to dry ingredients.

CINNAMON PECAN ALMOND PIE

Pastry for a deep 9 inch (23 cm) single crust pie	2 tbsp (25 mL) butter, melted
2/3 cup (150 mL) sugar	2 tsp (10 mL) vanilla
2 tsp (10 mL) cinnamon	1/2 tsp (2 mL) almond extract
4 eggs	1 cup (250 mL) pecans
1 cup (250 mL) light corn syrup	1/2 cup (125 mL) slivered almonds
	Cinnamon-flavoured whipped cream

Roll out pastry and fit into a glass pie plate; set aside. Using a whisk or the low speed of an electric mixer, beat together next 7 ingredients (sugar through almond extract) just until blended. Do not overmix. Stir in pecans and almonds. Pour into pie shell. Bake at 350°F (180°C) for 70 – 75 minutes. If edges of pastry begin to overbrown, cover with strips of foil. Cool on a rack. Pie may be refrigerated for up to 48 hours. Do not freeze. Serve with whipped cream. Serves 10 - 12.

HERBED SPLIT PEA SOUP

This delicious soup is easy to make and uses the Easter ham bone.

2 cups (500 mL) split peas, rinsed and drained	1/2 tsp (2 mL) rosemary, crumbled
8 cups (2 L) chicken stock or water	1/2 tsp (2 mL) each salt and freshly ground pepper
1 meaty ham bone	1/4 tsp (1 mL) each savory and thyme, crumbled
1 medium onion, chopped	1/8 tsp (0.5 mL) cayenne pepper
2 cups (500 mL) diced potatoes	1 bay leaf
1 cup (250 mL) chopped carrots	
2 cloves garlic, chopped	

Combine all ingredients in a Dutch oven and bring to a boil; skim off foam. Reduce heat and simmer, covered, for 1 1/2 hours, stirring occasionally. Remove bay leaf and ham bone. Remove meat from bone and chop; set aside. Puree soup in batches in a blender. Return soup to Dutch oven and stir in ham. Heat to serving temperature. May be frozen for up to 1 month. Serves 6.

Serving Tip: *This soup is even better made a day ahead so the flavours can mellow overnight in the refrigerator.*

PINEAPPLE ANGEL TRIFLE

A quick dessert that is especially easy for novice cooks.

2 pkgs (4 serving size each) instant vanilla pudding mix	1 cup (250 mL) sour cream
3 cups (750 mL) milk	1 prepared angel food cake (8 inch/20 cm)
1 tsp (5 mL) vanilla	3 tbsp (40 mL) rum or pineapple juice
1 can (14 oz/398 mL) pineapple tidbits, drained and juice reserved	1 cup (250 mL) whipping cream
	2 tbsp (25 mL) icing sugar
	2 tbsp (25 mL) sliced almonds, toasted

Combine pudding mix, milk, vanilla and 1/2 cup (125 mL) reserved pineapple juice in a large bowl. Beat on low speed of an electric mixer for 2 minutes or until thickened. Fold in sour cream and pineapple tidbits. Cut cake into cubes. Place 1/3 of cake cubes in bottom of a large serving bowl. Drizzle with 1/3 of rum. Spoon 1/3 of pudding mixture over cake. Repeat procedure twice with remaining cake, rum and pudding mixture. Cover and refrigerate for at least 4 hours or overnight. Whip cream with icing sugar. To serve, top with whipped cream and sprinkle with almonds. Serves 8 – 10.

FROZEN STRAWBERRY SOUFFLE

1 pkg (425 g) frozen sweetened strawberries, thawed	Pinch cream of tartar
3 eggs, separated	1 1/2 cups (375 mL) whipping cream, whipped
3/4 cup (175 mL) sugar, divided	Additional whipped cream
1/4 cup (50 mL) orange liqueur	Whole fresh strawberries, optional
3 tbsp (40 mL) orange juice	Strawberry Liqueur Sauce, recipe follows

Puree strawberries in a food processor. In top of a double boiler, beat egg yolks and 1/4 cup (50 mL) sugar until thick. Stir in half of strawberry puree. Cook over simmering water, stirring constantly until thickened, about 8 – 10 minutes. Remove from heat and stir in remaining puree and liqueur. Cool completely. Combine remaining 1/2 cup (125 mL) sugar and orange juice in a small saucepan. Bring to a boil over medium heat, stirring just until sugar dissolves. Boil 2 minutes or until syrup barely spins a thread from a metal spoon. Meanwhile, beat egg whites and cream of tartar until soft peaks form. In a thin stream, pour hot syrup over egg whites, beating constantly until stiff; cool. Fold egg white mixture and whipped cream into strawberry mixture. Transfer to a serving dish. Cover and freeze for 24 hours or for up to 1 month. To serve, let stand in refrigerator 40 minutes before serving. Garnish with whipped cream and strawberries. Serve with Strawberry Liqueur Sauce. Serves 8 – 10.

Strawberry Liqueur Sauce: Thaw one package (425 g) frozen sweetened strawberries. In a blender or food processor, puree strawberries with 2 tbsp (25 mL) orange liqueur and 1/4 cup (50 mL) sugar. Cover and refrigerate for up to 3 days or freeze for 1 month.