



A Vegetarian Valentine

Bangkok Bean Curry

Coriander Rice

Spiced Pita Rounds

Raspberry Chocolate Mousse

BANGKOK BEAN CURRY

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| 1 tbsp (15 mL) oil | 1 can (400 mL) coconut milk |
| 1 cup (250 mL) chopped onion | 2 tbsp (25 mL) sugar |
| 2 cloves garlic, finely chopped | 1 tsp (5 mL) grated lime peel |
| 3 - 4 tsp (15 - 20 mL) red curry paste | 1/2 tsp (2 mL) salt |
| 1 can (28 oz/796 mL) red kidney beans,
rinsed and drained | 2 tbsp (25 mL) fresh lime juice |
| 1 can (14 oz/398 mL) diced tomatoes | Thinly sliced green onion |

Heat oil in a large saucepan over medium heat. Add onion and saute for 5 minutes. Stir in garlic and red curry paste; saute for 1 minute. Stir in beans, tomatoes, coconut milk, sugar, lime peel and salt. Bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, for 30 minutes. Stir in lime juice. Serve over Coriander Rice and sprinkle with green onion. Serves 4 - 6.

CORIANDER RICE

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| 2 cups (500 mL) basmati rice | 1 tsp (5 mL) salt |
| 2 tbsp (25 mL) oil | 1/2 tsp (2 mL) turmeric |
| 1/2 cup (125 mL) finely chopped onion | 4 cups (1 L) canned chicken or vegetable broth |
| 1 tbsp (15 mL) ground coriander | 2 tbsp (25 mL) chopped fresh parsley |

Place rice in a bowl. Add enough cold water to cover. Stir until water becomes cloudy; drain. Repeat procedure three times or until water remains almost clear; drain. Heat oil in a large saucepan over medium heat. Add onion and saute until softened, about 5 minutes. Stir in rice, coriander, salt and turmeric; saute for 1 minute. Add broth and bring to a boil. Reduce heat; cover and simmer for 15 minutes or until liquid is absorbed. Remove from heat. Stir in parsley. Serves 8.

SPICED PITA ROUNDS

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|------------------------------|------------------------------|
| 3/4 tsp (3 mL) chili powder | 1/2 tsp (2 mL) salt |
| 3/4 tsp (3 mL) coriander | 6 pita bread (6 inch/15 cm) |
| 1/2 tsp (2 mL) garlic powder | 1/3 cup (75 mL) rice vinegar |

Combine chili powder, coriander, garlic powder and salt; set aside. Carefully split each pita bread into two rounds. Place pita rounds, rough side up, in single layers on cookie sheets. Do not overlap. Brush top of pita rounds with vinegar; sprinkle with chili powder mixture. Bake at 375°F (190°C) for 10 - 12 minutes or until lightly browned. Remove from cookie sheets and cool pita rounds on racks. Store in an airtight container in a cool dry place for up to 3 days. Makes 12 pita rounds.

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RASPBERRY CHOCOLATE MOUSSE

3 cups (750 mL) fresh or frozen raspberries	1/4 cup (50 mL) honey
1/2 cup (125 mL) raspberry liqueur	3 tbsp (40 mL) raspberry liqueur
2 cups (500 mL) chocolate chips, melted and cooled	3 tbsp (40 mL) white creme de cacao
16 oz (500 g) cream cheese, softened	1 tsp (5 mL) vanilla
	Chocolate curls

Gently combine raspberries with 1/2 cup (125 mL) raspberry liqueur. To prepare mousse, use medium speed of an electric mixer and beat together melted chocolate, cream cheese and honey until fluffy. Beat in 3 tbsp (40 mL) raspberry liqueur, creme de cacao and vanilla until blended. Spoon raspberry mixture evenly into 10 - 12 small serving dishes. Top each serving with mousse. Garnish with chocolate curls. Refrigerate until serving or for up to 1 day. Serves 10 - 12.

Cook's Note: Individually frozen homegrown raspberries work well in place of fresh raspberries in this recipe.