



A Food Reunion

SAUERBRATEN-STYLE SLOW COOKER BEEF

This German-inspired slow cooker stew is wonderful served over buttered egg noodles.

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| 3 lb (1.5 kg) boneless beef chuck steak, cubed | 1 tbsp (15 mL) packed dark brown sugar |
| 1 can (10 oz/284 mL) beef broth | 1 tsp (5 mL) salt |
| 1 cup (250 mL) chopped onion | 3/4 tsp (3 mL) freshly ground pepper |
| 3/4 cup (175 mL) finely crushed gingersnaps | 2 cloves garlic, finely chopped |
| 1/2 cup (125 mL) red wine vinegar | 2 bay leaves |
| 1/4 cup (50 mL) brandy | 2 tbsp (25 mL) chopped fresh parsley |

Combine all ingredients except parsley in a 4 quart (4 L) slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until meat is tender and liquid is thickened. Remove and discard bay leaves. Sprinkle with parsley. Serves 6 - 8.

REALLY LAZY CABBAGE ROLLS

An updated family-favourite casserole that's made even easier by using store-bought coleslaw mix instead of having to shred cabbage.

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| 1 tbsp (15 mL) oil | 1/2 tsp (2 mL) salt |
| 1 lb (0.5 kg) lean ground beef | 1/4 tsp (1 mL) freshly ground pepper |
| 1 1/2 cups (375 mL) chopped onions | 1/8 tsp (0.5 mL) cayenne pepper |
| 2 cloves garlic, finely chopped | 1/8 tsp (0.5 mL) nutmeg |
| 1 can (14 oz/398 mL) tomato sauce | 6 cups (1.5 L) coleslaw mix |
| 1 3/4 cups (425 mL) water | Light sour cream |
| 1/2 cup (125 mL) long grain rice | |
| 1 tsp (5 mL) chicken or beef bouillon mix | |

Heat oil in a large frypan over medium heat. Add beef, onions and garlic. Cook, stirring to break up beef, until browned, about 7 - 10 minutes. Drain off excess fat. Stir in next 8 ingredients (tomato sauce through nutmeg). Bring to a boil. Reduce heat and simmer, covered, for 20 - 25 minutes or until rice is tender and liquid is thickened. Sprinkle half of coleslaw mix over bottom of a greased 9x13 inch (23x33 cm) baking dish. Spoon half of beef mixture over coleslaw mix and spread evenly. Sprinkle with remaining coleslaw mix. Spread remaining beef mixture over top. Bake, covered, at 350°F (180°C) for 1 hour or until bubbly and heated through. Serve with sour cream. Serves 6.

Cook's Note: *If desired, 2 cans (10 oz/284 mL each) tomato soup may be substituted for the tomato sauce in this recipe. If using tomato soup, reduce water to 1 cup (250 mL).*

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SCALLOPED POTATOES WITH PEARS AND HAM

4 cups (1 L) thinly sliced peeled red potatoes	1 1/2 cups (375 mL) milk
2 tbs (25 mL) butter	2 cups (500 mL) cubed cooked ham
2 tbs (25 mL) flour	1 can (14 oz/398 mL) sliced pears, drained
1/2 tsp (2 mL) salt	1 cup (250 mL) shredded cheddar cheese
1/4 tsp (1 mL) thyme, crumbled	Paprika
1/8 tsp (0.5 mL) ground nutmeg	

Cook potatoes in boiling salted water until barely tender; drain. Meanwhile, to prepare sauce, melt butter in a saucepan over medium heat. Stir in flour, salt, thyme and nutmeg; cook for 1 minute. Gradually stir in milk. Cook, stirring frequently, until thickened. Place ham in bottom of a greased shallow 2 quart (2 L) baking dish. Top with pears and then potatoes. Pour sauce over potatoes. Top with cheese and dust with paprika. Cover and bake at 350°F (180°C) for 20 minutes. Uncover and continue baking for 15 - 20 minutes or until potatoes are tender and top is golden brown. Serves 4.