



**February 10, 2016**

## **Valentine's Day Menu**

This year, Valentine's Day and Family Day fall on the same weekend. This menu featuring chocolate, port, blood oranges and raspberries has the makings of a romantic dinner for two, and the portions to feed your brood.

Slow braised, fall-off-the-bone short ribs are paired with a decadent sauce made with bittersweet chocolate and ruby port in our Beef Short Ribs with Chocolate Port Sauce. This rich main dish contrasts well with our Arugula with Blood Oranges and Pomegranate Seeds, which is fresh and light, but is pleasing to the eye with its beautiful jewel tones.

Skip the stereotypical chocolate-dipped strawberries with our Raspberry Fondue. Enjoy warm or chilled with fresh fruit, shortbread cookies and bite-sized pieces of pound cake, cheesecake or brownies.

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### **BEEF SHORT RIBS WITH CHOCOLATE PORT SAUCE**

#### **Ingredients:**

6 lb (3 kg) beef short ribs (about 12 ribs)  
2 tsp salt  
1 tsp freshly ground pepper  
2 tbsp canola oil  
2 medium onions, chopped  
2 medium carrots, cut into chunks  
2 medium celery stalks, cut into chunks  
1 cup mushrooms  
8 sprigs fresh thyme  
4 cloves garlic, peeled  
2 sprigs fresh rosemary  
2 bay leaves

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1 cup dry red wine  
4 cups beef broth  
1/2 cup ruby port  
1/3 cup chopped bittersweet chocolate

**Method:**

1. Preheat oven to 325°F.
2. Sprinkle ribs with salt and pepper.
3. Heat oil in an ovenproof non-reactive Dutch oven over medium-high heat. Add ribs in batches and brown on all sides.
4. Transfer ribs to a plate; set aside.
5. Reduce heat to medium-low. Add onions, carrots, celery, mushrooms, thyme, garlic, rosemary and bay leaves; sauté until vegetables are softened, about 8 minutes.
6. Increase heat to medium-high. Add wine and cook, stirring, until wine is reduced by half.
7. Return ribs and any accumulated juices to pan. Add broth. Bring to a boil. Remove from heat.
8. Bake, covered, for 2 1/2 hours.
9. Remove ribs from broth mixture, reserving broth mixture, and transfer ribs to a baking dish. Cover ribs with foil; keep warm.
10. To prepare sauce, strain broth mixture through a large strainer into a large heatproof bowl; discard solids.
11. Remove and discard fat from surface of strained broth mixture. Reserve 3 cups of strained broth mixture; discard remaining strained broth mixture.
12. Place port in a medium deep non-reactive frypan over medium heat; cook, stirring, until reduced by half, about 4 minutes.
13. Add reserved strained broth mixture and stir to combine. Bring to a boil.
14. Reduce heat and simmer, uncovered, stirring occasionally, until mixture is reduced by half.
15. Add chocolate and whisk until chocolate is melted and mixture is smooth. Remove from heat.
16. Pour sauce into a serving dish and serve immediately with ribs. *Serves 6.*

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## ARUGULA WITH BLOOD ORANGES AND POMEGRANATE SEEDS

### Ingredients:

1/4 cup fresh blood orange juice  
1 tbsp white wine vinegar or champagne vinegar  
1 tbsp liquid honey  
1/2 cup canola oil  
12 cups baby arugula  
3 medium blood oranges, peeled and sectioned  
1/2 cup pomegranate seeds  
1/2 cup crumbled soft goat cheese

### Method:

1. To prepare dressing, place blood orange juice, vinegar and honey in a blender; blend to combine.
2. With machine running, pour oil through opening in lid in a thin steady stream, blending until combined.
3. Combine arugula, blood oranges, pomegranate seeds and cheese in a bowl.
4. Add some dressing and toss to coat. Serve immediately. Remaining dressing may be refrigerated for up to 2 days. *Serves 6.*

***Cook's Note:** Blood oranges are sweet but tart red-fleshed oranges. Look for them in the produce section of large grocery stores. If unavailable, navel oranges and fresh orange juice may be substituted in recipes calling for them and their juice.*

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## RASPBERRY FONDUE

### Ingredients:

1 pkg (425 g) frozen sweetened raspberries, thawed



2 tbsp (25 mL) fresh lemon juice  
2 tbsp (25 mL) sugar  
2 tbsp (25 mL) cornstarch  
2 tbsp (25 mL) brandy or orange liqueur

**Method:**

Blend together raspberries, lemon juice and sugar in a saucepan. Stir in cornstarch. Cook, stirring occasionally, until thickened and clear. Stir in brandy. May be served warm or chilled with an assortment of dipping ingredients. *Serves 4 - 6.*