



## **PROVINCIAL GOAT CHEESE SPREAD**

### **Ingredients:**

1 log (150 g) soft goat cheese  
1/4 cup (50 mL) sour cream  
1 tbsp (15 mL) white wine vinegar  
1 tbsp (15 mL) dry white wine  
1 tbsp (15 mL) olive oil  
1 tbsp (15 mL) chopped green onion  
1 tbsp (15 mL) chopped fresh parsley  
1 clove garlic, crushed  
1/8 tsp (0.5 mL) salt

### **Method:**

In a bowl, mash cheese with a fork. Add remaining ingredients (sour cream through salt); stir until smooth. Transfer to a serving dish. Cover and refrigerate for at least 1 hour or up to 2 days. Serve with celery sticks or large radish slices. Makes 1 cup (250 mL).





## **CHICKEN WITH CRANBERRY SAUCE**

### **Ingredients:**

1 tbsp (15 mL) butter  
4 boneless skinless chicken breasts  
1 cup (250 mL) whole berry cranberry sauce  
2 tbsp (25 mL) honey  
1/2 tsp (2 mL) ginger  
1/4 tsp (1 mL) salt  
1/8 tsp (0.5 mL) hot pepper sauce

### **Method:**

Melt butter in a non-reactive frypan over medium-high heat. Add chicken and cook until chicken is golden brown and cooked through, about 5 - 6 minutes per side. Transfer chicken to a serving dish; keep warm. Add cranberry sauce, honey, ginger, salt and hot pepper sauce to pan. Bring to a boil, scraping to loosen browned bits. Cook for 1 minute. Pour over chicken. Serve immediately. Serves 4.





## **GINGER RICE**

### **Ingredients:**

1 tbsp (15 mL) butter  
1 cup (250 mL) long grain rice  
2 tsp (10 mL) grated fresh ginger  
2 cloves garlic, finely chopped  
1 can (10 oz / 284 mL) chicken broth  
1 cup (250 mL) water  
2 tbsp (25 mL) soy sauce  
1 can (8 oz / 227 mL) sliced water chestnuts, drained and chopped  
1/2 cup (125 mL) thinly sliced green onions

### **Method:**

Melt butter in a saucepan over medium heat. Stir in rice, ginger and garlic. Saute until rice is golden brown, about 5 minutes. Add broth, water and soy sauce. Bring to a boil; reduce heat, cover and simmer for 20 minutes or until rice is tender and liquid is absorbed. Stir in water chestnuts and onions. Cover and let stand for 5 minutes before serving. Serves 4 - 6.





## **SUGAR SNAP PEA SAUTE**

### **Ingredients:**

1 tbsp (15 mL) oil  
1/4 cup (50 mL) diagonally sliced green onion  
1 tbsp (15 mL) grated fresh ginger  
1 clove garlic, crushed  
1 lb (500 g) sugar snap peas  
1/4 cup (50 mL) water

### **Method:**

Heat oil in a wok or large frypan over medium heat. Add onion, ginger and garlic; saute for 1 minute. Stir in peas and saute for 2 minutes. Add water and cook, stirring occasionally, until peas are tender crisp, about 4 minutes. Serves 6 - 8.







## **LEMON ANGEL DESSERT**

### **Ingredients:**

2 pkgs (85 g each) lemon jelly powder  
2 cups (500 mL) boiling water  
1 1/4 cups (300 mL) cold water  
3/4 cup (175 mL) thawed frozen lemonade concentrate  
1 tsp (5 mL) vanilla  
1 1/2 cup (375 mL) whipping cream, whipped  
1 prepared angel food cake (8 inch/20 cm)

### **Method:**

Place jelly powder in a bowl. Add boiling water and stir until jelly powder is dissolved. Add cold water, lemonade concentrate and vanilla, stirring until blended. Cover and refrigerate until mixture is the consistency of unbeaten egg whites. Using medium speed of an electric mixer, beat jelly mixture until foamy. Fold in whipped cream just until blended. Cut cake into 1 inch (2.5 cm) cubes. Fold cake into whipped cream mixture. Spoon into a 9x13 inch (23x33 cm) glass baking dish. Cover and refrigerate for at least 4 hours or up to 2 days. Do not freeze. Cut into squares and serve. Serves 12 - 14.

