



THAI SHRIMP CANAPES

Ingredients:

48 won ton wrappers
Oil
1/2 cup (125 mL) mayonnaise
1 tbsp (15 mL) chopped cilantro
1 tbsp (15 mL) apricot jam
1 tbsp (15 mL) fresh lime juice
1 tsp (5 mL) green curry paste
1/4 tsp (1 mL) salt
3/4 lb (375 g) cooked baby shrimp
Chopped fresh cilantro

Method:

Using a sharp knife, cut a 2 1/4 inch (5.5 cm) square out of each won ton wrapper. Lightly brush one side of each square with oil. Press each square, oiled side down, into a mini-muffin cup. Bake at 325°F (160°C) for 7 - 10 minutes or until golden brown. Cool completely in pans. Won ton cups may be frozen for up to 1 month. Combine next 6 ingredients (mayonnaise through salt) until blended. Stir in shrimp. Cover and refrigerate for at least 30 minutes or up to 4 hours. Up to 2 hours before serving, spoon shrimp mixture into won ton cups. Sprinkle with cilantro. Makes 4 dozen canapes.



PEAR SALAD WITH HONEY VINAIGRETTE

Ingredients:

2 tbsp (25 mL) white wine vinegar
1 tbsp (15 mL) honey
1 tbsp (15 mL) finely chopped green onion
1/2 tsp (2 mL) cinnamon
1/8 tsp (0.5 mL) salt
1/8 tsp (0.5 mL) freshly ground pepper
3 tbsp (40 mL) olive oil
2 ripe pears, peeled, cored and thinly sliced
1 tbsp (15 mL) fresh lemon juice
8 cups (2 L) torn mixed greens
1/3 cup (75 mL) chopped toasted walnuts

Method:

To prepare dressing, whisk together vinegar, honey, onion, cinnamon, salt and pepper. Gradually whisk in oil. In a large bowl, toss pears with lemon juice to coat. Add greens and walnuts. Pour dressing over salad and toss to coat. Serve immediately. Serves 8.



SALMON WITH CAPER AND TARRAGON CRUST

Ingredients:

1/2 cup (125 mL) fine dry bread crumbs
1/4 cup (50 mL) finely chopped fresh parsley
3 tbsp (40 mL) drained capers, finely chopped
3 tbsp (40 mL) butter, melted
2 tsp (10 mL) grated lemon peel
1 tsp (5 mL) tarragon, crumbled
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
3 1/2 lb (1.75 kg) salmon fillet
Mustard Cream Sauce

Method:

Preheat oven to 425°F (220°C). Line a large rimmed baking sheet with nonstick foil.

Combine first 8 ingredients (bread crumbs through pepper) in a bowl. Place salmon, skin side down, in prepared pan. Pat bread crumb mixture on top of salmon.

Bake, uncovered, for 40 – 45 minutes or until fish flakes easily with a fork. Using foil as an aid, carefully slide salmon onto a serving platter. Serve with Mustard Cream Sauce. Serves 8 - 10.

Mustard Cream Sauce

Ingredients:

1/2 cup (125 mL) sour cream
3 tbsp (40 mL) Dijon mustard
1 tbsp (15 mL) prepared horseradish
2 tsp (10 mL) fresh lemon juice
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
1/2 cup (125 mL) whipping cream

Method:

Combine first 6 ingredients (sour cream through pepper). Using medium speed of an electric mixer, beat cream until soft peaks form. Add sour cream mixture and beat until blended. Cover and refrigerate for at least 30 minutes or up to 4 hours. Makes 1 1/3 cups (325 mL).



LEMON RICE PILAF

Ingredients:

1 1/2 cups (375 mL) thinly sliced celery
1/2 cup (125 mL) sliced green onions
2 tbsp (25 mL) butter
4 cups (1 L) cooked rice
2 tbsp (25 mL) grated lemon peel
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) freshly ground pepper

Method:

In a frypan, sauté celery and onions in butter until tender. Stir in rice, peel, salt and pepper. Cook over low heat, stirring frequently, until heated through. Serves 6.



GREEN BEANS WITH BALSAMIC BUTTER

Ingredients:

1/2 cup (125 mL) balsamic vinegar
2 tbsp (25 mL) finely chopped onion
1/4 cup (50 mL) butter, softened
6 cups (1.5 L) trimmed green beans

Method:

Combine vinegar and onion in a small nonreactive saucepan. Bring to a boil. Boil over medium heat, stirring frequently, until liquid is reduced to 1 tbsp (15 mL). Transfer mixture to a small bowl; cool. Blend in butter. May be prepared to this point and refrigerated for up to 24 hours. Cook beans in boiling salted water until tender, about 6 minutes; drain. Add butter mixture to beans and toss until butter is melted. Serve immediately. Serves 8.



FROZEN CHOCOLATE TURTLE PIE

Ingredients:

1 1/4 cups (300 mL) chocolate wafer crumbs
1 cup (250 mL) toasted pecans, finely chopped
1/4 cup (50 mL) butter, melted
3 cups (750 mL) vanilla ice cream, softened
1 cup (250 mL) coarsely chopped chocolate turtles
1/4 cup (50 mL) packed golden brown sugar
2 tbsp (25 mL) butter
2 tbsp (25 mL) white corn syrup
2 tbsp (25 mL) whipping cream
1 tsp (5 mL) vanilla
Chocolate Glaze
8 chocolate turtles

Method:

To prepare crust, combine crumbs, pecans and melted butter until blended. Press mixture onto bottom and up sides of a deep 9 inch (23 cm) glass pie pan. Freeze for 30 minutes. Spoon half of ice cream into prepared crust and spread evenly. Sprinkle with chopped chocolate turtles. Spread remaining ice cream over top. Freeze for 30 minutes. Meanwhile, to prepare caramel sauce, combine brown sugar, butter, corn syrup and whipping cream in a small heavy saucepan. Cook over medium heat, stirring constantly, until sugar is dissolved and mixture just comes to a boil. Remove from heat and stir in vanilla. Cool to room temperature. Spoon caramel sauce over ice cream layer and freeze for 20 minutes or until sauce is slightly firm. Pour Chocolate Glaze over caramel layer. Garnish with chocolate turtles. Freeze until firm. May be frozen for up to 1 month. Serves 8.

Chocolate Glaze

Ingredients:

4 oz (112 g) semi-sweet chocolate, chopped

1/3 cup (75 mL) whipping cream

1 tbsp (15 mL) white corn syrup

Method:

Place semi-sweet chocolate in a medium heatproof bowl. In a small heavy saucepan, bring whipping cream and white corn syrup to a boil over medium heat. Pour hot cream mixture over chopped chocolate and whisk until smooth. Cool to room temperature.