



## **BACON AND CHEESE STUFFED TOMATOES**

### **Ingredients:**

50 - 60 cherry tomatoes  
1/2 cup (125 mL) mayonnaise  
1/3 cup (75 mL) crumbled cooked bacon  
1/3 cup (75 mL) finely chopped green onions  
1/4 cup (50 mL) freshly grated Parmesan cheese  
2 tbsp (25 mL) finely chopped celery  
2 tbsp (25 mL) finely chopped fresh parsley  
1/8 tsp (0.5 mL) freshly ground pepper

### **Method:**

Cut a thin slice off top of each tomato; discard slices. Using a small melon baller or small spoon, scoop pulp out of tomatoes, leaving a 1/8 inch (3 mm) thick shell; discard pulp. Invert tomato shells onto several layers of paper towels. Let stand for 20 – 30 minutes. Meanwhile, to prepare filling, combine remaining ingredients (mayonnaise through pepper). Spoon filling into a pastry bag fitted with a large tip.

Pipe filling into tomato shells. Alternatively, filling may be spooned into tomato shells. Cover and refrigerate for up to 4 hours. Makes 50 – 60.





## **HOLIDAY SALAD WITH FENNEL**

### **Ingredients:**

1/2 cup (125 mL) dried cranberries  
1/2 cup (125 mL) olive oil  
2 tbsp (25 mL) balsamic vinegar  
2 tbsp (25 mL) white wine vinegar  
1 tbsp (15 mL) Dijon mustard  
1/2 tsp (2 mL) sugar  
1/2 tsp (2 mL) salt  
1/2 tsp (2 mL) freshly ground pepper  
8 cups (2 L) torn mixed greens  
1 medium fennel bulb, trimmed and thinly sliced

### **Method:**

Place cranberries in a bowl. Pour enough hot water over cranberries to cover. Let stand for 5 minutes; drain. Set 2 tbsp (25 mL) cranberries aside.

To prepare dressing, place remaining cranberries and next 7 ingredients (oil through pepper) in a blender; purée until smooth. Transfer dressing to a bowl; stir in reserved cranberries.

Combine greens and fennel in a bowl. Add some of the dressing and toss to coat. Serve immediately. Remaining dressing may be refrigerated for up to 2 days. Serves 8.





## **PRIME RIB WITH ROSEMARY BEET SAUCE**

### **Ingredients:**

8 lb (4 kg) beef prime rib roast  
1 1/2 tbsp herbes de Provence, crumbled  
1 tbsp kosher salt  
2 tsp freshly ground pepper  
1 tbsp canola oil  
1 cup shredded peeled beets  
1/2 cup finely chopped onion  
3 cloves garlic, finely chopped  
1/2 cup dry red wine  
3 cups beef broth  
3 tbsp salted butter, softened  
1 tbsp all-purpose flour  
1 tbsp chopped fresh rosemary  
2 tsp balsamic vinegar  
1/4 tsp freshly ground pepper

### **Method:**

1. Preheat oven to 425°F.
2. Rub roast with herbes de Provence, salt and 2 tsp pepper. Tie roast with butcher's twine.
3. Place roast, bone side down, in a shallow roasting pan.
4. Roast for 10 minutes.
5. Reduce oven temperature to 325°F and continue roasting for 2 1/2 hours or until a meat thermometer registers 135°F. Meanwhile, to prepare sauce, heat oil in a medium non-reactive saucepan over medium heat. Add beets, onion and garlic; sauté until softened, about 5 minutes.
6. Add wine and cook, stirring, until wine is almost evaporated, about 2 -3 minutes.
7. Add broth and stir to combine. Bring to a boil.
8. Reduce heat and simmer, uncovered, stirring occasionally, until mixture is reduced by almost half, about 25 minutes. Remove from heat.
9. Force mixture through a sieve into a heatproof bowl; discard solids.
10. Return strained mixture to saucepan. Bring to a boil. Meanwhile, combine butter and flour.

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11. Reduce heat and whisk butter mixture into strained mixture. Whisk in rosemary, vinegar and 1/4 tsp pepper.
12. Simmer, whisking frequently, for 15 minutes; keep warm.
13. Once roast registers 135°F, transfer roast to a platter and cover with foil. Let stand for 15 - 30 minutes before carving.
14. The internal temperature will continue to rise several degrees during standing. The final temperature should be 140°F for rare roast beef.
15. Serve with sauce. Serves 12.

Nutritional analysis per serving:

411 calories, 25 g fat, 39.5 g protein, 3.8 g carbohydrate, 0.7 g fibre, 1042 mg sodium



## **BARLEY WITH BRUSSELS SPROUTS LEAVES**

### **Ingredients:**

10 Brussels sprouts  
4 slices bacon, diced  
1 cup pot barley  
1/4 cup diced carrot  
1/4 cup diced celery  
1/4 cup diced onion or shallots  
3 cups chicken broth  
1 tsp sage, crumbled  
1/4 tsp freshly ground pepper  
1 tbsp salted butter

### **Method:**

1. Cut off ends of Brussels sprouts; discard ends. Separate Brussels sprouts into leaves; discard cores. There should be about 2 cups leaves; set aside.
2. Add bacon to a large saucepan over medium heat; cook, uncovered, stirring occasionally, until browned. Remove from heat.
3. Remove bacon with a slotted spoon. Drain bacon on paper towels; set aside. Drain off all but 2 tbsp fat from saucepan.
4. Return saucepan to medium heat. Add barley, carrot, celery and onion; sauté until vegetables are softened, about 5 minutes.
5. Return bacon to saucepan. Add broth, sage and pepper; stir to combine. Bring to a boil.
6. Reduce heat and simmer, covered, stirring occasionally, until barley is tender and most of liquid is absorbed, about 50 - 60 minutes. Remove from heat.
7. Uncover and add Brussels sprouts leaves and butter; stir to combine. Serve immediately. Serves 5.

Nutritional analysis per serving:

289 calories, 10.9 g fat, 11.9 g protein, 38 g carbohydrate, 8.3 g fibre, 1252 mg sodium







## **CRANBERRY TRIFLES**

### **Ingredients:**

4 cups fresh or frozen cranberries  
1 cup granulated sugar  
1 cup water  
4 slices fresh ginger, 1/4 inch thick  
1 whole vanilla bean  
6 large egg yolks  
1/2 cup granulated sugar  
1/2 cup all-purpose flour  
2 1/2 cups milk (2%)  
3 tbsp salted butter, softened  
2/3 cup orange juice  
2 tbsp Grand Marnier or other orange liqueur  
12 ladyfingers, each cut into 4 pieces  
Dark chocolate shavings\*

### **Method:**

1. Combine cranberries, 1 cup sugar, water and ginger in a medium non-reactive saucepan. Bring to a boil over medium heat.
2. Reduce heat and simmer, uncovered, stirring occasionally, until cranberries pop and mixture thickens, about 8 - 10 minutes. Remove from heat; remove and discard ginger.
3. Transfer cranberry mixture to a bowl and cool to room temperature, stirring occasionally. Refrigerate until cold. Meanwhile, to prepare pastry cream, cut vanilla bean in half lengthwise and scrape beans from pod; discard pod.
4. Place beans and egg yolks in a stand mixer fitted with a wire whip. Using medium speed, beat for 1 minute. Gradually beat in 1/2 cup sugar and continue beating for 2 minutes. Using medium-high speed, beat for 3 minutes. Add flour. Using low speed, beat just until combined. Gradually beat in milk and continue beating for 1 minute.
5. Pour egg yolk mixture into a medium non-reactive saucepan and cook, stirring, over medium heat, until slightly thickened, about 5 minutes. Bring to a simmer, whisking occasionally.
6. Reduce heat and cook, whisking, until thickened, about 4 -5 minutes. Remove from heat.

7. Force egg yolk mixture through a sieve into a heatproof bowl. Add butter, whisking until melted. Cool to room temperature, whisking occasionally. Refrigerate until cold.
8. Combine orange juice and Grand Marnier in a small bowl. Working with one piece at a time, dip ladyfinger pieces into orange juice mixture, turning to coat completely; discard any remaining orange juice mixture.
9. To assemble trifles, place 3 coated ladyfinger pieces into each of 8 parfait glasses or wine goblets. Layer about 2 tbsp cranberry mixture and about 2 tbsp pastry cream in each glass.
10. Repeat layering with remaining coated ladyfinger pieces, cranberry mixture and pastry cream. Cover and refrigerate for at least 1 hour or up to 24 hours.
11. Sprinkle with chocolate shavings. Serves 8.

Nutritional analysis per serving:

358 calories, 10.2 g fat, 6.4 g protein, 60.8 g carbohydrate, 2.5 g fibre, 85 mg sodium

\*Ingredient not included in nutritional analysis.