



BLUE CHEESE AND APPLE SALAD

Ingredients:

1/4 cup (50 mL) maple-flavoured pancake syrup
2 tbsp (25 mL) fresh lemon juice
1 tsp (5 mL) Dijon mustard
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
2 tbsp (25 mL) oil
8 cups (2 L) torn mixed greens
2 red apples, thinly sliced
1/2 cup (125 mL) crumbled blue cheese
1/4 cup (50 mL) chopped toasted walnuts

Method:

To prepare dressing, whisk together syrup, lemon juice, mustard, salt and pepper until combined. Gradually whisk in oil until blended. Combine greens, apples, cheese and walnuts in a bowl. Add dressing and toss to coat. Serve immediately. Serves 8.



STUFFING LOAVES

Ingredients:

1 lb (0.5 kg) pork sausages, casings removed
2 cups (500 mL) chopped peeled apples
1 1/2 cups (375 mL) chopped onions
1 cup (250 mL) chopped celery
2 cups (500 mL) canned chicken broth
4 eggs, lightly beaten
1 tsp (5 mL) sage, crumbled
1/2 tsp (2 mL) freshly ground pepper
1/4 tsp (1 mL) thyme, crumbled
8 cups (2 L) baguette cubes
1/4 cup (50 mL) chopped fresh parsley

Method:

Line two 9x5 inch (23x13 cm) loaf pans with nonstick foil. Cook sausages in a large nonstick frypan over medium heat, stirring until sausages are crumbled and lightly browned. Drain off excess fat. Add apples, onions and celery to frypan; saute until tender, about 5 minutes. Remove from heat and let cool for 10 minutes. Meanwhile, whisk together broth, eggs, sage, pepper and thyme in a large bowl until blended. Stir in sausage mixture, baguette cubes and parsley. Spoon stuffing mixture into prepared pans. Lightly press down on mixture. Bake at 325°F (160°C) for 1 hour or until lightly browned and a knife inserted in centre comes out clean. Cool stuffing loaves in pans for 5 minutes. Invert onto a cutting board and cut into slices. Serves 10 - 12.

Cook's Note: *For best results, use a day-old baguette to make the baguette cubes.*



BROILED TOMATOES WITH OLIVES AND FETA

Ingredients:

4 medium tomatoes, halved crosswise
1/2 cup (125 mL) shredded feta cheese
1/4 cup (50 mL) chopped pitted kalamata olives
2 tbsp (25 mL) finely chopped fresh parsley
1 tsp (5 mL) basil, crumbled
1/4 tsp (1 mL) freshly ground pepper

Method:

Scoop pulp out of halved tomatoes, leaving a 1/4 inch (6 mm) shell. Invert tomato shells onto several layers of paper towels. Let stand for 10 minutes. Meanwhile, remove and discard seeds from pulp; finely chop pulp. Combine chopped pulp with cheese, olives, parsley, basil and pepper. Spoon mixture into tomato shells. Place tomato shells on a broiler pan. Broil until tomatoes are heated through and cheese is light golden, about 4 - 5 minutes. Serves 6 - 8.



RUTABAGA BAKE

Ingredients:

6 cups (1.5 L) cubed peeled rutabaga
3 tbsp (40 mL) butter, divided
1/2 cup (125 mL) finely chopped onion
1 cup (250 mL) shredded cheddar cheese
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) freshly ground pepper
1/8 tsp (0.5 mL) nutmeg
1/2 cup (125 mL) shredded cheddar cheese
1/2 cup (125 mL) soft fresh bread crumbs
1 tbsp (15 mL) butter, melted

Method:

Cook rutabaga in boiling salted water until tender; drain. Add 2 tbsp (25 mL) butter and mash with a potato masher until smooth. Melt remaining 1 tbsp (15 mL) butter in a small frypan over medium heat. Add onion and saute until softened, about 5 minutes. Add onion, 1 cup (250 mL) cheese, salt, pepper and nutmeg to mashed rutabaga; stir to combine. Spoon mixture into a greased shallow 2 quart (2 L) baking dish. Sprinkle with 1/2 cup (125 mL) cheese. Combine bread crumbs and melted butter; sprinkle over cheese. May be prepared to this point and refrigerated for up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, uncovered, at 350°F (180°C) for 45 minutes or until lightly browned and heated through. Serves 8.



WHITE BEAN AND POTATO MASH

Ingredients:

6 cups (1.5 L) cubed peeled russet potatoes
1 can (19 oz / 540 mL) white kidney beans, rinsed and drained
1 head roasted garlic
2/3 cup (150 mL) hot milk
1/4 cup (50 mL) butter
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
1/8 tsp (0.5 mL) nutmeg

Method:

Cook potatoes in boiling salted water until tender. Add kidney beans and cook for 2 minutes; drain. Squeeze roasted garlic out of skins and mash with a fork. Add mashed garlic pulp, hot milk, butter, salt, pepper and nutmeg to potato mixture. Mash with a potato masher until fluffy. Some pieces of beans will remain intact. Serves 8.

Cook's Note: *To prepare roasted garlic, cut the top 1/4 inch (6 mm) off each garlic head. Place each garlic head on a piece of foil. Drizzle each head with a little olive oil and sprinkle with thyme. Twist foil around each head to enclose completely. Bake at 350°F (180°C) until soft, about 30 - 45 minutes. Squeeze softened garlic out of skins and puree. Roasted garlic puree may be frozen for up to 1 month.*



PUMPKIN CHIFFON PIE

Ingredients:

1 1/4 cups (300 mL) gingersnap crumbs
1/3 cup (75 mL) butter, melted
1 tbsp (15 mL) sugar
3/4 cup (175 mL) whipping cream
1/2 cup (125 mL) sugar
1 tsp (5 mL) cinnamon
1/2 tsp (2 mL) ground ginger
1/4 tsp (1 mL) ground allspice
1/4 tsp (1 mL) nutmeg
1/4 tsp (1 mL) salt
1 envelope unflavoured gelatin
3 egg yolks
1 can (14 oz / 398 mL) pure pumpkin
1 1/2 tsp (7 mL) vanilla
1 cup (250 mL) whipping cream, whipped
Sweetened whipped cream

Method:

To prepare crust, combine crumbs, melted butter and 1 tbsp (15 mL) sugar in a bowl until blended. Press mixture onto bottom and up sides of a 9 inch (23 cm) pie plate. Bake at 350°F (180°C) for 8 minutes. Cool crust completely in pan on a rack. Meanwhile, to prepare filling, combine 3/4 cup (175 mL) cream, 1/2 cup (125 mL) sugar, cinnamon, ginger, allspice, nutmeg and salt in a medium saucepan. Sprinkle gelatin over cream mixture. Let stand for 5 minutes or until gelatin is softened. Bring to a boil over medium heat, stirring constantly. Remove from heat. Whisk egg yolks until thick and creamy. Gradually whisk half of hot cream mixture into beaten egg yolks. Gradually whisk egg yolk mixture back into remaining hot cream mixture in saucepan. Cook over low heat, stirring constantly, until mixture is thickened and coats a spoon, about 5 - 7 minutes. Do not boil. Remove from heat; stir in pumpkin and vanilla. Transfer to a bowl and cool to room temperature, stirring occasionally. Fold in whipped cream until blended. Spoon filling into crust. Cover and refrigerate for at least 4 hours or up to 24 hours. Garnish with sweetened whipped cream. Serves 8.

