



ROASTED RED PEPPER AND ARTICHOKE TAPENADE

Ingredients:

3 canned roasted red peppers, rinsed and drained
1 jar (6 oz / 170 mL) marinated artichoke hearts, drained
1/2 cup (125 mL) chopped fresh parsley
1/2 cup (125 mL) grated Parmesan cheese
1/3 cup (75 mL) olive oil
1/4 cup (50 mL) drained capers
4 cloves garlic, crushed
1 tbsp (15 mL) lemon juice
Salt and freshly ground pepper

Method:

Combine all ingredients except salt and pepper in a food processor. Process, using an on/off motion, just until coarsely chopped. Mixture should be chunky; do not puree. Transfer to a bowl. Season to taste with salt and pepper. Serve with crackers or pita bread. Makes 1 3/4 cups (425 mL).



GARLIC SKEWERED SHRIMP

Ingredients:

4 bamboo skewers
1/4 cup (50 mL) olive oil
1/4 cup (50 mL) fresh lemon juice
2 cloves garlic, crushed
1 tsp (5 mL) salt
1 tsp (5 mL) basil, crumbled
1/4 tsp (1 mL) red pepper flakes
32 raw shrimp, peeled and deveined

Method:

Soak bamboo skewers in hot water for 30 minutes. Combine next 6 ingredients (oil through pepper flakes). Place shrimp in a double plastic bag and pour marinade over; seal bag and refrigerate 1 - 2 hours. Thread shrimp onto soaked skewers. Broil for 5 - 7 minutes or until shrimp turn pink. Shrimp may also be grilled over medium heat on natural gas barbecue for about 3 minutes per side. Serves 4.



LEMON LINGUINE

Ingredients:

8 oz (250 g) linguine, cooked and drained
1 tbsp (15 mL) olive oil
2 tbsp (25 mL) chopped fresh parsley
1 tsp (5 mL) grated lemon peel
1/2 tsp (2 mL) freshly ground pepper
3/4 cup (175 mL) chicken stock
2 tbsp (25 mL) fresh lemon juice
2 tsp (10 mL) cornstarch
1/4 tsp (1 mL) salt
Dash nutmeg
2 tbsp (25 mL) grated Parmesan cheese

Method:

Combine cooked linguine with oil, parsley, lemon peel and pepper. Meanwhile, combine next 5 ingredients (stock through nutmeg) in a saucepan. Bring to a boil, stirring constantly. Reduce heat; simmer until thickened, about 2 minutes. Toss linguine with sauce and Parmesan. Serve immediately. Serves 4 as a side dish.

Cook's Note: *To measure linguine easily, keep the following in mind: one 4 oz (125 g) bundle of uncooked linguine has about the same diameter as a 25 cent coin.*



GREENS WITH LIGHT RASPBERRY DRESSING

Ingredients:

1/4 cup (50 mL) cranberry raspberry cocktail
1/4 cup (50 mL) sieved raspberry jam
3 tbsp (40 mL) raspberry vinegar
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
2 tbsp (25 mL) olive oil
8 cups (2 L) torn mixed greens
1 1/2 cups (375 mL) sliced fresh mushrooms

Method:

Whisk together first 5 ingredients (cranberry raspberry cocktail through pepper). Gradually whisk in oil. Combine greens and mushrooms in a bowl. Toss with enough dressing to coat. Leftover dressing may be refrigerated for up to 4 days. Serves 8.



AFTER EIGHT MOUSSE

Ingredients:

30 After Eight mints (8.4 g each)
3 tbsp (40 mL) brandy
2 cups (500 mL) whipping cream, whipped
8 chocolate cups, optional

Method:

Reserve 8 mints. Combine remaining mints and brandy in a small heavy saucepan. Cook over low heat, stirring frequently, until smooth. Do not boil. Cool to lukewarm. Fold mint mixture into whipped cream just until blended. Spoon mixture into chocolate cups or small wine glasses. Cover and refrigerate for up to 24 hours. Cut reserved mints in half diagonally. Garnish each mousse with 2 mint halves. Serves 8.

Cook's Note: *ATCO Blue Flame Kitchen used most of a 300 g package of Nestlé's After Eight Thin Chocolate Mints.*

