



HUMMUS WITH DILL

Ingredients:

1 1/2 cups (375 mL) canned chickpeas, rinsed and drained
1/4 cup (50 mL) tahini (sesame seed paste)
3 tbsp (40 mL) fresh lemon juice
1 tbsp (15 mL) olive oil
2 cloves garlic, crushed
3/4 tsp (3 mL) dill weed
1/4 tsp (1 mL) salt
Dash hot pepper sauce

Method:

Combine all ingredients in a food processor. Process until smooth. Transfer hummus to a bowl. Cover and refrigerate for up to 2 days. Do not freeze. Serve with pita wedges. Makes 1 2/3 cups (400 mL).

Cook's Note: *A 14 oz (398 mL) can of chickpeas contains 1 1/2 cups (375 mL).*



CHICKEN IN DRIED TOMATO CREAM

Ingredients:

2 tbsp (25 mL) flour
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
1/8 tsp (0.5 mL) paprika
4 boneless skinless chicken breasts, cut into chunks
2 tbsp (25 mL) butter
1 tbsp (15 mL) olive oil
2 green onions, thinly sliced
1/2 cup (125 mL) dry white wine
2/3 cup (150 mL) whipping cream
1/3 cup (75 mL) chopped drained oil-packed dried tomatoes
1 tsp (5 mL) basil, crumbled
2 tbsp (25 mL) chopped fresh parsley
1/4 tsp (1 mL) salt
Freshly ground pepper

Method:

Combine first 4 ingredients (flour through paprika) in a plastic bag. Pat chicken dry with paper towels. Add chicken to flour mixture and toss to coat. Melt butter with oil in a heavy frypan. Add chicken and saute until golden brown and completely cooked. Remove from pan and keep warm. Add onions to pan and saute for 1 minute. Add wine and bring to a boil; boil for 2 minutes. Stir in cream, tomatoes, basil, parsley and 1/4 tsp (1 mL) salt. Bring to a boil. Reduce heat and simmer until slightly thickened. Season to taste with pepper. Return chicken to frypan and cook for 2 minutes or until heated through. Serve immediately. Serves 4.



HERBED RICE TIMBALES

Ingredients:

3 cups (750 mL) water
1 1/2 cups (375 mL) long grain rice
3 tbsp (40 mL) butter
1 tbsp (15 mL) chicken bouillon mix
1/4 tsp (1 mL) rosemary, crumbled
1/4 tsp (1 mL) thyme, crumbled
1/4 tsp (1 mL) savory, crumbled
1 tsp (5 mL) fresh lemon juice

Method:

Combine all ingredients except lemon juice in a medium saucepan. Bring to a boil; reduce heat, cover and simmer for 20 minutes or until liquid is absorbed. Stir in lemon juice. Grease 8 custard cups or ramekins. Divide rice mixture among custard cups, packing gently. Rice may be prepared to this point up to 1 hour in advance. Cover loosely with plastic wrap. To reheat, microwave, loosely covered, on low for 2 - 3 minutes. Unmold rice timbales onto serving plates. Serves 8.



GREEN BEANS WITH HAZELNUT BUTTER

Ingredients:

6 cups (1.5 L) sliced green beans
1/4 cup (50 mL) butter, softened
1/4 cup (50 mL) finely chopped toasted hazelnuts
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper

Method:

Cook beans in boiling water until tender, about 5 minutes; drain. Meanwhile, combine butter, hazelnuts, salt and pepper. Add butter mixture to beans and toss until butter is melted. Serve immediately. Serves 8.



EASY FOCACCIA

Ingredients:

1 store-bought pizza crust (12 inch/30 cm)
1 tbsp (15 mL) olive oil
2 cloves garlic, finely chopped
1/2 tsp (2 mL) basil, crumbled
1/2 tsp (2 mL) oregano, crumbled
1/3 cup (75 mL) freshly grated Parmesan cheese

Method:

Place bread shell on an ungreased cookie sheet or pizza pan. Brush bread shell with oil. Sprinkle with garlic, basil and oregano. Top with cheese. Bake at 400°F (200°C) for 12 - 15 minutes. Cut into wedges. Serve immediately.



FROZEN BRANDY MOUSSE

Ingredients:

6 egg yolks
1 cup (250 mL) sugar
1/4 cup (50 mL) water
3 tbsp (40 mL) brandy
2 tsp (10 mL) vanilla
1/4 tsp (1 mL) nutmeg
2 cups (500 mL) whipping cream, whipped
Warm Chocolate Sauce (click for recipe)

Method:

Whisk together egg yolks, sugar and water in a large metal bowl until thick and cream coloured. Set bowl over a saucepan of simmering water. Do not allow water to touch bowl. Whisking constantly, cook until mixture registers 170°F (75°C) on a candy thermometer. Remove bowl from saucepan. Using low speed of an electric mixer, beat mixture until thickened and cool, about 5 - 7 minutes. Using low speed, beat in brandy, vanilla and nutmeg. Fold in whipped cream. Cover mousse and freeze for at least 24 hours or up to 2 weeks. Spoon into serving dishes and drizzle with Warm Chocolate Sauce. Serve immediately. Serves 8 - 10.