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Recipes
Series 2007/2008

Enjoy the Great Tastes of Manitoba



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Mulberry Tree Basket Contest – for details watch Great Tastes of Manitoba
Write: **Mulberry Tree Contest; Manitoba Agriculture, Food and Rural Initiatives**
#13 – 59 Scurfield Blvd, Winnipeg MB R3Y 1V2 OR E-Mail: greattastes@gov.mb.ca

Food Manitoba www.foodmanitoba.ca

Manitoba Agriculture Food and Rural Initiatives www.gov.mb.ca/agriculture click on Consumer

Manitoba Liquor Marts: www.liquormartsonline.com

TORTILLA BEEF STRATA**Makes 6 servings**

1 can (19 oz/540 ml) red kidney beans
 2 cups (500 ml) **big batch ground beef** (see below)
 ½ cup (125 ml) Heinz ® Chili Sauce

2 cups (500 ml) shredded Cheddar cheese
 4 large flour tortillas
 2 green onions, chopped

Drain, rinse and mash kidney beans. Combine with thawed Big Batch Ground Beef and chili sauce. (To thaw beef, microwave at 50% power for 3 to 4 minutes). Place 1 tortilla on baking sheet. Spread right to edge with one-third of beef mixture. Sprinkle with one-quarter each Cheddar and green onion. Repeat layers, finishing with tortilla, cheese and green onion. Bake in 400° F (200°C) oven for 10 to 15 minutes or until cheese is melted. Slice into wedges and serve with more chili sauce, fat-free sour cream, mashed avocado and sliced black olives, if desired.

Big Batch Ground Beef

Cook 4 lb (2 kg) ground beef in stockpot or Dutch oven using medium-high heat for 9 to 10 minutes, breaking into small chunks with back of spoon until browned, and completely cooked. Drain in colander. Return to pot and add 4 EACH onions and garlic cloves (minced); simmer, uncovered, for 12 to 15 minutes until vegetables soften. Spread mixture in a single layer on several foil-lined baking trays; cover loosely with plastic wrap and freeze just until meat is firm (about 1 hour). Loosen frozen beef into chunks and scoop meal-sized portions into freezer bags or sealable containers. Freeze for up to 3 months. Makes about 10 cups (2.5 L)

Serve with Blackthorn Cider British Hard Cider

ASIAN NOODLE BOWL**Makes 2–3 servings**

8 oz (250 g) **extra lean ground beef**
 2 tbsp (30 ml) soy sauce
 1 tsp (5 ml) minced fresh ginger
 1 clove garlic, minced
 1 cup (250 ml) sodium-reduced beef broth
 1 package (200 g) fresh Asian noodles*

½ cup (125 ml) frozen peas
 ¼ cup (50 ml) thinly sliced sweet red pepper
 1 small carrot, grated
 1 green onion, thinly sliced
 ¼ cup (50 ml) chopped roasted peanuts

In a microwave-safe bowl or casserole, combine beef, soy sauce, ginger and garlic. Gradually stir in broth. Add noodles, peas and red pepper. Mix well and cover with plastic wrap or lid. Microwave at 70% power for 8 minutes. Let stand for 5 minutes; mix well. Insert stem of rapid-read thermometer into centre of mixture, thermometer should read 160°F (71°C). If not, cook another 30 to 60 seconds on High. Stir in carrot and green onion. Top each serving with peanuts.

**Tip: Fresh Asian noodles are available in the produce or Asian sections of the grocery store. This recipe works with Lean Ground Beef, too.*

Serve with Hakutsuru Draft Sake Japanese Sake

SOUTHWESTERN STEAK AND KIDNEY BEANS**Makes 4 servings**

1 tsp (5 ml) EACH Cajun spice* and ground cumin
 1 lb (500 g) **beef grilling steak**,
 ¾ inch (2 cm) thick
 ½ cup (125 ml) chopped red onion
 ½ cup (125 ml) EACH salsa and frozen corn
 1 can (19 oz/540 ml) kidney beans, drained and rinsed

¼ tsp (1 ml) EACH salt and hot pepper flakes
 2 tbsp (30 ml) olive oil
 1 sweet red pepper, diced
 ⅓ cup (75 ml) Heinz ® Tomato Ketchup
 Lime wedges

Combine Cajun spice, cumin, salt and hot pepper flakes in small bowl. Set aside half of mixture. Sprinkle both sides of steak with remaining mixture. Heat half of the oil in non-stick skillet over medium-high heat, cook steak until medium, about 5 minutes per side, or to desired doneness. Remove to plate, cover loosely with foil. Let stand for 5 minutes before slicing thinly across the grain. Meanwhile, reduce heat to medium, add remaining oil. Add onion, diced pepper and reserved spice mixture, cook, stirring occasionally, until onion is softened, about 4 minutes. Add salsa, corn, ketchup and beans; heat through, about 4 minutes. Toss with steak slices; serve with a squeeze of lime.

**Tip: If you don't have Cajun spice, use ¼ tsp (1 ml) EACH paprika, dried oregano, garlic powder and thyme.*

Serve with Bandit Cabernet Sauvignon California Red Wine

Cooking with Calcium

BEEF PIE MEXICANA

Makes 4-6 servings

1 lb (500 g) ground beef ¾ cup (175 ml) onion chopped ¼ cup (50 ml) celery chopped (optional) ½ cup (125 ml) Mushrooms sliced (optional) ½ cup (125 ml) diced zucchini (optional) 1 tsp (5 ml) salt 1/8 tsp (0.5 ml) pepper	½ cup (125 ml) salsa 2 tbsp (30 ml) butter 1½ cup (375 ml) milk 1 cup + 2 tbsp (280 ml) flour 1½ tsp (7 ml) baking powder 3 eggs 1 cup (250 ml) Cheddar cheese, grated
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Fry ground beef, onion and vegetables until beef is browned. Add salt, pepper, cumin and salsa. Preheat oven to 350°F (170°C). Lightly grease an 8 x 8 pan (1.8 L) and spread meat mixture on bottom. Mix butter, milk, flour, baking powder and eggs (by hand or with a blender). Pour over meat mixture. Bake for about 40 minutes. Remove from oven and sprinkle cheese over top. Return to oven for about 5 minutes or until cheese is melted.

Serve with Sumac Ridge Stellar Jay Canadian Sparkling Wine or Banrock Station Shiraz Australian Red Wine

NACHO MACARONI AND CHEESE

Makes 6-8 servings

1 lb (500 g) ground beef 1 can (19 oz/540 ml) kidney beans, drained and rinsed 1 (35 g) package taco seasoning mix ½ cup (125 ml) water 1 can (19 oz/500 ml) corn, drained 2 cups (500 ml) elbow macaroni	1 cup (250 ml) chunky salsa 3 cups (750 ml) coarsely grated Cheddar cheese and packed 2 tbsp (30 ml) flour 1 ¾ cup (425 ml) milk 1 cup (250 ml) plain taco chips (add more if you like)
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Preheat oven to 425°F (220°C). Brown ground beef in a large frying pan. When no pink remains, add kidney beans, corn, taco seasoning mix and water. Simmer until no liquid remains, about 10 minutes. Cook macaroni in large saucepan of boiling salted water until tender but firm to bite, stirring occasionally, about 6 minutes. Drain. Using the same pot, bring milk to a simmer over medium-high heat. In a separate medium bowl toss 2 ½ cups (725 ml) of the cheese in flour until coated. Add cheese to milk. Whisk until sauce is smooth, about 1 minute. Mix in macaroni and salsa; season with pepper. Spread the beef mixture in a 11 x 17-inch (28 x 43 cm) baking dish. Pour the macaroni on top, smoothing it out evenly. Sprinkle with chips. Top with remaining cheese. Bake until heated through, about 10 minutes.

Serve with Pimms Perfect Pitcher: In a pitcher add slices of cucumbers, oranges, strawberries, blueberries. Add ice and equal parts of lemonade and Pimms # 1 **or Robert Mondavi Private Selection Sauvignon Blanc Californian White Wine**

SOUTH OF THE BORDER BEEF TACOS

Makes 4-5 servings

1 lb (500 g) ground beef 1 medium onion, chopped 1 clove garlic, minced 1 Tbsp (15 ml) chili powder 1 tsp (5 ml) dried oregano ½ tsp (2 ml) ground cumin (optional) ¼ tsp (1 ml) dried red pepper flakes	⅓ cup (75 ml) skim milk powder (optional) 1 cup (250 ml) milk ⅓ cup (75 ml) tomato paste salt and pepper to taste 12 taco shells assorted taco toppings
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Preheat oven to 400°F (200°C). In large non-stick skillet, cook ground beef over medium heat until browned. Drain off fat. Add onion, garlic, chili powder, oregano, cumin and red pepper flakes; cook until tender, about 5 min. Stir in skim milk powder, milk and tomato paste, mixing well; simmer for 5 to 10 min or until most of the liquid is absorbed. Season with salt and pepper. Spoon into serving dish. Meanwhile, heat taco shells upside down on baking sheet in oven for 3 to 5 min. To serve, spoon beef mixture into each shell and top with shredded lettuce, chopped tomato, chopped sweet green pepper, salsa, sour cream and shredded Cheddar or Monterey Jack cheese.

Serve with Ravenswood Vintners Blend Zinfandel Californian Red Wine

PORK CHOPS WITH CURRIED RICE STUFFING**Makes 4 servings**

4	pork loin chops	¼ tsp (1 ml) salt
	1 ½ "/7.5cm thick	2 tsp (10 ml) canola oil
1 cup (250 ml)	white rice	2 medium onions, in thin wedges
2 Tbsp (25 ml)	butter, divided	8 oz (250 g) fresh mushrooms, sliced
½ tsp (2 ml)	curry powder	
2 Tbsp (25 ml)	EACH dried cranberries, chopped toasted almonds	

Prepare rice according to package directions. Combine with 1 Tbsp (15ml) butter, curry powder, cranberries, almonds and salt. With a sharp knife, cut a pocket in the side of each chop*. Open with your fingers. Stuff with 1/4 - 1/3 cup rice mixture**. Tie with kitchen string or secure with toothpicks. Place on a rack in a shallow pan. Brush chops **very lightly** with canola oil. Bake, uncovered, at 375°F (190°C) for 45-60 minutes or until internal temperature in the thickest part of the meat (not stuffing) is 155°F (68°C). Remove from oven; remove string. Tent loosely with foil; let rest 5 minutes. While chops are baking, heat remaining butter and canola oil in a large skillet. Add onions; cook 15 minutes over low to medium heat, stirring occasionally. Add mushrooms; cook 10 minutes more. Serve chops, topped with onion-mushroom mixture.

* *Boneless butterflied loin chops may be substituted for the thick chops.*

** *Keep any remaining stuffing warm and serve with chops.*

Serve with Corona Extra Mexican Beer or Mission Hill Family Estate Reserve Pinot Gris White Canadian Wine

PEPPERED PORK CHOPS WITH PEACH-VINEGAR GLAZE**Makes 4 servings**

4	pork loin centre chops, boneless	1/2 cup (125 ml) chicken broth
2 tsp (10 ml)	seasoned pepper (lemon, citrus)	1/2 cup (125 ml) peach jam
2 tsp (10 ml)	canola oil	2 Tbsp (30 ml) balsamic vinegar
1/2 cup (125 ml)	chopped red onion	Chopped parsley (optional)
1	jalapeno pepper, seeded and minced	

Sprinkle chops generously with seasoned pepper. Heat oil in a nonstick skillet over medium-high heat. Cook chops to brown on one side. Turn chops; add onion and jalapeno. Cook, stirring occasionally, until onion is tender. Add broth, jam and vinegar. Cover and simmer 8-10 minutes. Serve chops topped with sauce. Garnish with parsley, if desired.

Serve with Wild Horse Canyon Chardonnay Canadian White Wine or Santa Rita 120 Merlot

MOROCCAN SPICED CHOPS ON COUSCOUS**Makes 4 servings**

4	pork loin chops, boneless,	1 1/3 cups (325 ml) couscous
	3/4"/4 cm thick	1/4 cup (50 ml) EACH raisins, chopped dried apricots
3/4 tsp (4 ml)	EACH ground cumin, coriander	2 Tbsp (25 ml) pine nuts
1/8 tsp (0.5 ml)	EACH cinnamon, cayenne	2 green onions, finely sliced
2 tsp (10 ml)	canola oil	Chopped cilantro

Combine cumin, coriander, cinnamon and cayenne. Rub on both surfaces of chops. Prepare couscous according to package directions, adding fruits, nuts and onions. Heat canola oil in a nonstick skillet over medium-high heat. Cook chops about 5 minutes per side, turning once. Arrange chops on top of couscous. Sprinkle with cilantro before serving.

Serve with Morocco Ale (UK Beer) or Yalumba Y Series Cabernet Sauvignon Australian Red Wine

Pasta Manitoba Chicken Please

LINGUINE AND MEATBALLS

Makes 8 servings

Quick enough for everyday, elegant enough for company!

Meatballs

1 multigrain roll (eg Kaiser or hamburger)
 1/4 cup (60 ml) milk
 1 egg
 1/4 cup (60 ml) ground flax seeds
 1/4 cup (60 ml) minced fresh parsley
 2 cloves garlic, minced
 2 tbs (30 ml) grated Parmesan cheese
 1 lb (500 g) **ground Manitoba chicken**

Linguine

26 oz (700 ml) can spicy red pepper pasta sauce
 1 cup (250 ml) tomato juice
 1/2 cup (125 ml) vodka (optional)
 2 cups (500 ml) diced fresh or frozen vegetables
 1 lb (500 g) whole wheat linguine

Tear roll into small pieces the size of the end of your small finger and place in shallow dish. Pour milk over bread and allow milk to soak in. In a large bowl, beat egg, stir in parsley, flax, garlic, parmesan cheese and chicken. Add bread to meat mixture, mix until well blended. Shape into 24 meatballs. (*Tip: To shape meatballs quickly, transfer the ground chicken mixture to an 8 X 8 inch pan. Pat the mixture down so the top is level, then use a knife to divide the mixture evenly into 24 pieces. Scoop each piece out with a small spoon to make the meatballs.*)

Combine pasta sauce, tomato juice, vodka and vegetables in a large pot. Bring to a boil, reduce heat and simmer 10 minutes. Carefully puree sauce using an immersion blender. Gently slip raw meatballs into hot sauce, cover with a lid and simmer 30 minutes or until meatballs are cooked through. Cook linguine according to package instructions. Drain well and return to the pot. Ladle the sauce over the linguine and toss well. Divide linguine onto plates, top with meatballs and garnish with fresh minced parsley or oregano. Serve with freshly grated Parmesan or Romano cheese. (*Tip: Make the full recipe, even if you're feeding fewer people. Refrigerate or freeze the extras for a quick lunch or supper another time. Reheat in microwave and enjoy.*)
Serve with Tommasi 'Ripasso' Valpolicella Italian Red Wine or Tequila and Tonic: 2 oz Patron Silver Tequila, serve over ice, top with Tonic Water, add a twist of lime.

CHICKEN PENNE WITH MARSALA CREAM SAUCE

Makes 4 servings

1 lb (500 g) **boneless skinless Manitoba chicken breasts**
 2 tsp (10 ml) EACH butter and canola oil
 1/4 tsp (1ml) red pepper flakes
 2 cloves garlic, minced
 1 cup (250 ml) sweet Marsala wine
 1 lemon, juice and zest

3/4 cup (175 ml) 2% evaporated milk
 1/2 tsp (2 ml) EACH salt and pepper
 2 tsp (10 ml) dried oregano
 10 mushrooms, sliced
 1/2 lb (250 g) whole wheat penne
 2 tbs (30 ml) minced fresh parsley

In a large frying pan, heat butter, canola oil, red pepper flakes and garlic until sizzling. Add chicken and brown on both sides. Stir in Marsala, lemon juice, zest, milk, salt, pepper and oregano. Simmer chicken, turning once, in an uncovered skillet for approximately 20 minutes. Remove chicken to a platter, cover and keep warm. Bring the Marsala sauce to a boil, add mushrooms, and stir-cook until the sauce has reduced by half. Meanwhile, cook penne according to package directions. Drain well and spread penne on a serving platter. Top with warm chicken breasts and Marsala Cream Sauce. Sprinkle with parsley.

Serve with Santa Margherita Pinot Grigio Italian White Wine or Rickards White Beer

“Recipes courtesy of Chicken Farmers of Manitoba”

LEMONY CAESAR SALAD

Makes 4-6 servings

1 head	Romaine Lettuce, washed and trimmed, cut into bite size pieces	1/3 cup (75 ml)	grated Parmesan cheese
1 1/2 cups (375 ml)	grape tomatoes	1-2 oz can (56 g)	anchovies
1/4 cup (50ml)	lemon juice	1 cup (250 ml)	canola oil
1	garlic clove, minced		freshly ground pepper
1 1/2 tsp (7 ml)	Worcestershire sauce		Homemade Whole Wheat croutons (www.canolarecipes.ca)
1 tsp (5 ml)	dry mustard		Parmesan cheese shavings
1 tsp (5 ml)	lemon zest		

Prepare lettuce. Toss with tomatoes. Cover and refrigerate while preparing the dressing. Combine lemon juice, garlic, Worcestershire sauce, dry mustard, lemon zest, freshly ground pepper, Parmesan cheese and anchovies in food processor. Blend on high speed for 30 seconds. With processor running, add canola oil in a fine stream and continue to blend until smooth. Pour desired amount of dressing over salad, add croutons and toss lightly. Top the salad with additional Parmesan cheese shavings. Serve immediately.

Serve with Tio Pepe Fino Sherry **or Agerlo Limoncello** Liqueur

CLASSIC PASTA DOUGH

Makes 1 lb (500 g)

1 1/4 cups (300 ml)	all purpose flour	2 tbsp (30ml)	canola oil
1/2 cup (125 ml)	cake flour	1 tbsp (15 ml)	water
1/2 tsp (2 ml)	salt	3 tbsp (45 ml)	chopped chives
2	eggs, slightly beaten		

Place all flours, salt, eggs, canola oil, water and chives into a stand mixer with dough hook attachment. Mix until mixture begins to form a ball. If the dough is dry, add more water one tablespoon at a time. The dough should be firm and not sticky. Knead for 5 minutes by hand. Form dough into a ball, wrap with plastic wrap and let rest at room temperature for 1 hour. The dough is now ready to make ravioli, lasagna, fettuccine, or cannelloni. Roll out on floured surface to desired thickness or through pasta machine. Boil in salted water for 2 minutes.

Serve with Traditional Sangria: (In a pitcher combine: Red wine, Brandy, sliced oranges, lemons, limes, add ice and maraschino cherries, sweeten with sugar or honey to taste)

Sangria Blanco: In a pitcher combine: Sparkling wine, Southern Comfort, sliced pears, nectarines, peaches, white grapes.

CLASSIC TOMATO SAUCE

Makes 6-8 servings

3 tbsp (45 ml)	canola oil	3 tbsp (45 ml)	chopped fresh parsley
2 medium	onions, chopped	2 tbsp (30 ml)	chopped fresh basil
2	garlic cloves, minced	1 tsp (5 ml)	sugar
1/2 cup (125 ml)	red wine or beef stock		salt and pepper to taste
2 (19 oz/540 ml)	cans tomatoes, chopped		

In large saucepan, heat canola oil over medium high heat. Add onions and cook 2-3 minutes, until onions have softened. Add garlic and cook, stirring, one more minute. Add remaining ingredients and bring to a boil. Reduce heat and simmer over low heat about 35-45 minutes, stirring occasionally, until sauce has thickened slightly. Puree in blender or food processor. Return to saucepan and simmer 15 minutes longer. Serve with pasta.

Serve with Traditional Sangria: In a pitcher combine: Red wine, Brandy, sliced oranges, lemons, limes, add ice and maraschino cherries, sweeten with sugar or honey to taste)

Sangria Blanco: In a pitcher combine: Sparkling wine, Southern Comfort, sliced pears, nectarines, peaches, white grapes.

BLACK BEAN, TOMATO AND SPINACH PIZZA**Makes 8 slices**

1	thin pizza crust	1/2 cup (125 ml)	salsa
1-15 oz can (398 ml)	black beans , rinsed and drained	1	tomato, diced
1/2 tsp (2 ml)	hot sauce	1/2 package	frozen chopped spinach thawed and squeezed dry
2/3 cup (150 ml)	onion, chopped	2 tbsp (30 ml)	fresh parsley, chopped
1 tsp (5 ml)	cumin	1/2 cup (125 ml)	shredded cheddar cheese
1 tsp (5 ml)	chili powder	1/2 cup (125 ml)	shredded Monterey Jack cheese
1	garlic clove, minced		

Preheat oven to 375°F (190°C). Place pizza crust on a baking sheet; bake for 5 minutes or until crisp. Mash beans with a fork; add hot sauce, onion, cumin, chili powder and garlic. Spread mixture over crust, leaving a 1-inch border. Spoon salsa evenly over bean mixture; top with tomato and spinach. Sprinkle with cheeses. Bake for 15 minutes or until crust is lightly browned.

Garnish with parsley.

Nutritional Information (per slice): 279 calories; 11 g fat; 15 g protein; 31 g carbohydrate; 4.3 g fibre; 32 mg cholesterol; 513 mg sodium.

Serve with Soju Melon Melange (1 oz Chamjinisul Soju, 1 oz Suntory Midori. Serve over ice)

SAUTÉED ASIAN YELLOW SPLIT PEAS**Makes 4 servings**

2 cups (500 ml)	dried yellow split peas	2 tsp (10ml)	crushed red pepper
1/3 cup (75 ml)	honey	2 tsp (10ml)	gingerroot, minced
1/4 cup (50 ml)	light soy sauce	3	green onions, sliced
2 tsp (10 ml)	cornstarch	1	sweet red pepper, diced
1 tbsp (15 ml)	sesame oil	1/2 cup (125 ml)	currants
5	garlic cloves, minced		

Combine peas and 4 cups (1 L) water in a large saucepan; bring to a boil. Cover, reduce heat and simmer for 25 minutes or until peas are soft. Drain. Whisk together honey, soy sauce, 2 tbsp (30 ml) water and cornstarch in a small bowl. Set aside. Heat oil over medium heat in a large nonstick skillet. Sauté garlic, crushed red pepper, ginger and green onions for 1 to 2 minutes. Stir in red pepper, currants and peas, sauté for about 5 minutes, stirring frequently. Add honey mixture and cook until thickened and bubbly, stirring constantly. Serve over cooked rice.

Nutritional information (per serving): 289 calories; 4.4 g fat; 11.4 g protein; 54.8 g carbohydrate; 4.7 g fibre; 0 mg cholesterol; 277 g sodium.

Serve with Sake-Hitosuji Vintage Sake 1998 Japanese Sake

SOYBEANS AND RICE**Makes 6 servings**

1 cup (250 ml)	dried soybeans	2 cups (500 ml)	chicken broth
2 cups (500 ml)	water	1/4 tsp (1 ml)	dried oregano leaves
1 tbsp (15 ml)	canola oil	1/8 tsp (0.5 ml)	ground chipotle or cayenne pepper
1/2 cup (125 ml)	onion, chopped	2	bay leaves
1/2 cup (125 ml)	green bell pepper, chopped	3/4 cup (175 ml)	long-grain rice, uncooked
1 tsp (5 ml)	garlic, minced	1-15 oz can (398 ml)	diced tomatoes, undrained

Soak soybeans overnight or quick soak by covering with water, boil uncovered two minutes, remove from heat and let stand one hour; drain. Add 2 cups (500 ml) water, simmer soybeans for 2 to 2 1/2 hours until soybeans are tender (do not boil as the soybeans will fall apart), drain. Heat oil in a skillet, add onion, bell pepper and garlic, and cook for two minutes. Stir in chicken broth, oregano, chipotle pepper, and bay leaves. Heat to boiling. Add rice, cover and simmer 15 to 20 minutes until the liquid is absorbed. Stir in soybeans and tomatoes and cook until liquid is absorbed. Remove the bay leaves before serving.

Nutritional information (per serving): 6 g fat; 10 g protein; 17 g carbohydrate; 3 g fibre; 0 mg cholesterol; 210 mg sodium.

Serve with Bollinger Special Cuvee Champagne French Sparkling Wine

DIJON AND WILD RICE TURKEY BURGER

Makes 6 servings

1 lb (500 g)	ground turkey	2 tbsp (30 ml)	Dijon mustard
4	green onion, chopped	6	hamburger buns
1 cup (250 ml)	cooked wild rice		
1 tbsp (15 ml)	fresh dill, chopped (or 1 tsp (5ml)) dried dill		

Dilled Dijon Sauce

1/3 cup (75ml)	mayonnaise or salad dressing	1 tsp (5ml)	Dijon mustard
1 tsp (5ml)	fresh dill, chopped (or 1 tsp (5ml) dried dill)		

Prepare dilled Dijon sauce and place in refrigerator. Brush grill with canola oil and preheat to medium heat. Mix ground turkey, green onion, wild rice, dill and Dijon mustard, and shape into 6 patties (about 3/4 " thick). Grill patties uncovered for 8-10 minutes on each side, until meat thermometer inserted in the centre reads 165°F (74°C). Grill buns for last 4 minutes. Serve burgers on buns with dilled Dijon sauce.

Serve with Vouvray Brut Sparkling Wine or **Edelweiss Weissbier** Austrian Beer

HONEY-LEMON TURKEY KEBABS

Makes 6 servings

1/4 cup (50ml)	canola oil, divided	2	whole lemons, cut into wedges
1/3 cup (75ml)	honey	24	medium-sized mushrooms, cleaned
1/3 cup (75ml)	soy sauce	2	green peppers, cut into 2" pieces
2	garlic cloves, finely chopped	1	red pepper, cut into 2" pieces
1/4 tsp (1 ml)	pepper	12	small white onions, peeled (or 1 red onion cut into 2" (5 cm) pieces)
1/3 cup (75 ml)	bourbon	8-10	skewers (metal or wooden*)
4	boneless, skinless turkey breasts cut into 1" cubes		

In a re-sealable plastic bag, combine oil, honey, soy sauce, bourbon, garlic and pepper. Whisk to blend. Add turkey and remaining ingredients and combine. Marinate for 2 hours or overnight in refrigerator, turning occasionally. Spray grill with cooking spray and preheat to medium. Place turkey and vegetables on skewers and grill for 12-15 minutes, until no longer pink inside. Serve.

**Tip: If using wooden skewers soak in water for 10-15 minutes before using.*

Serve with Lynchburg Lemonade: 1 1/2 oz Jack Daniels, 1/2 oz Triple Sec, serve over ice, top with lemonade and splash of Sprite

TEQUILA LIME TURKEY & MANGO GRILLED QUESADILLAS

Makes 6 servings

1	boneless, skinless, turkey breast	6	tortilla shells
3	cloves garlic, chopped	3 cups (750 ml)	Monterey Jack cheese, shredded and divided in half
1 bunch	fresh cilantro, divided and chopped	1	red pepper, halved and seeded
1	lime, zested and juiced	1	jalapeno pepper, halved and seeded
4 tbsp (60 ml)	Tequila	2	mangos, peeled and sliced in 4 pieces
1/4 tsp (1 ml)	sea salt	6	green onions
1/4 tsp (1 ml)	freshly ground pepper		
1 tbsp (15 ml)	olive oil		

Marinate turkey breast in garlic, half of the cilantro, zest & juice of lime, Tequila and sea salt & pepper for at least 1 hour refrigerator. Brush one side of each tortilla with olive oil and arrange oil side down on baking sheets. Spread half the cheese evenly over half of each tortilla. Spread remaining cilantro over cheese. Grease grill and preheat to medium heat. Remove turkey from marinade and place on grill. Close lid and grill for approximately 15-20 minutes until meat thermometer placed in thickest portion registers 170°F (77°C). Remove turkey from grill and slice crosswise into bite-sized pieces. While turkey is grilling, place red pepper, jalapeno, mangos and green onions on grill. Cook until tender, turning once. Remove ingredients from grill and chop. Spread turkey, pepper, mangos and green onions over cilantro on each tortilla and top with remaining cheese. Fold empty half of tortilla over filling. Reduce grill heat to low and place each quesadilla directly on grill. Close lid and cook, turning once, until golden and crisp and the cheese is melted; about 10 minutes. Cut into wedges and serve.

Serve with Blue Lime Iced Margarita: 1 1/2 oz Sauza Silver Tequila, 1/2 oz Bols Blue, 1/2 cup Lime juice, Add all Ingredients over ice in blender. Blend well and serve in Martini glass

Mushrooms for the Weeknight Gourmet

ASPARAGUS WITH MUSHROOMS

Makes 4 servings

1/4 cup (50 ml) olive oil	1 lb (500 g) fresh mushrooms , sliced (white, crimini, shiitake*, portabella, oyster)
2 tbsp (25 ml) lemon juice	1 clove garlic, minced
2 tsp (10 ml) Dijon mustard	2 tbsp (25 ml) balsamic vinegar
2 tbsp (25 ml) chopped fresh parsley	4 cups (1 litre) fresh spinach or arugula
Salt and freshly ground pepper	1 lb (500 g) fresh asparagus spears, cooked until tender-crisp, drained
1 tbsp (15 ml) canola oil	
1/4 cup (50 ml) chopped shallots or green onions	

In small bowl make dressing: whisk together olive oil, lemon juice, Dijon mustard, parsley and salt and pepper to taste. Set aside. In large fry pan, heat oil over medium heat. Cook shallots and mushrooms in oil until softened, about 5 minutes. Stir in garlic, balsamic vinegar and 2 tbsp (25 ml) dressing. Remove from heat. Divide spinach among four plates. Top each with one quarter of asparagus spears. Drizzle each with 1 tbsp (15 ml) dressing. Mound each with one quarter of mushroom mixture. Serve warm or cold.

**Remove and discard woody stems before slicing.*

Serve with Michael Collins Irish Whiskey (Served on the rocks, with a splash of water)

SHIITAKE CASHEW CHICKEN

Makes 4 servings

1 cup (250 ml) chicken broth	4 cloves garlic, minced
2 tbsp (25 ml) soy sauce	2 tbsp (25 ml) chopped fresh ginger
1 tbsp (15 ml) cornstarch	1 red pepper, seeded, chopped
1 1/2 tsp (7 ml) granulated sugar	1/4 tsp (1 ml) red pepper flakes
3 tbsp (45 ml) canola oil	1 cup (250 ml) sliced green onions, (1-inch (2.5 cm) pieces)
2 boneless, skinless, chicken breasts, cut into 1/2-inch (1.25 cm) pieces	1/2 cup (125 ml) salted roasted whole cashews
1/2 lb (250 g) Shiitake mushrooms* , sliced	

In small bowl, whisk together chicken broth, soy sauce, cornstarch and sugar. Set aside. Heat oil in large wok or fry pan over medium heat. Stir fry chicken in oil 3 - 4 minutes or until thoroughly cooked and no trace of pink remains. Remove chicken from pan. In same pan over medium heat, stir fry mushrooms, garlic, ginger, red pepper and pepper flakes 1 - 2 minutes. Stir in green onions, cashews, chicken and chicken broth mixture. Cook, stirring constantly, until mixture thickens. Serve immediately.

**Remove and discard woody stems before slicing.*

Serve with Loosen Urziger Wurtzgarten Riesling Kabinett German White Wine or Mastroberardino Greco di Tufo Italian White Wine

THE BEST MUSHROOM SOUP EVER

Makes 6 servings

3 tbsp (45 ml) butter or margarine	4 cups (1 litre) chicken broth
1 onion, chopped	1/4 cup (50 ml) dry sherry
2 cloves garlic, minced	1/2 cup (125 ml) whipping cream
1 1/2 lbs (750 g) fresh mushrooms , chopped (white, crimini, shiitake*, portabella, oyster)	Salt and freshly ground pepper
2 tbsp (25 ml) all purpose flour	1 tbsp (15 ml) chopped fresh parsley

In large saucepan or stockpot, melt butter over medium heat. Cook onion, garlic and mushrooms in butter until softened, about 5 minutes. Sprinkle with flour. Gradually add chicken broth, stirring constantly. Bring to a boil. Cover. Reduce heat. Simmer 20 minutes, stirring occasionally. Using slotted spoon, remove 1 cup (250 ml) mushrooms. Set aside. In food processor or blender, puree soup in batches until smooth. Return to saucepan. Stir in sherry, whipping cream, reserved mushrooms and salt and pepper to taste. Cook until hot but not boiling. Sprinkle with parsley.

**Remove and discard woody stems before chopping.*

Serve with Trio of Sherries: Alvear's Amontillado, Dry Sack, Walnut Brown

PORK WELLINGTON WITH CHERRIES

Makes 6 servings

2	pork tenderloins , well trimmed, 12 oz (0.375 kg) each	1 cup (250 ml) maple syrup	Freshly ground pepper
1 Tbsp (15 ml)	chopped fresh rosemary	2 tsp (10 ml)	canola oil
4	cloves garlic, minced		Pastry for double crust pie
¾ cup (175 ml)	dried cherries		

In a small saucepan, combine rosemary, garlic, cherries and syrup; boil 1 minute; cool. Coat tenderloins generously with freshly ground pepper. Heat oil in a nonstick skillet over medium-high heat. Add tenderloins and brown on all sides; cool. Place cooled tenderloins and syrup mixture in a zip-lock bag. Seal; refrigerate several hours. Drain tenderloins and cherries, reserving syrup mixture. Roll out half of pastry to a large round; moisten edges. Place one tenderloin in the centre; top with half the cherries. Fold pastry up over one long side of tenderloin. Fold sides in. Fold remaining pastry over; press edges to seal. Transfer to lightly greased baking sheet. Repeat for second tenderloin. Cut 3 slits in the top of each pastry roll. Bake at 425°F (220°C) about 25 minutes, until internal temperature of pork is 155°F (68°C). Let rest 5 minutes. Heat syrup mixture, and any remaining cherries; simmer 5 minutes. Serve with sliced pork

Serve with Sokol Blosser 2000 Oregon Pinot Noir Oregon Red Wine

KOREAN LETTUCE WRAPS

Makes 6 servings

2	pork tenderloins , in 1/4 x 1/4 x 2 1/2" (.75 x .75 x 6.25 cm) strips	1 Tbsp (15 ml)	sambal oelek
¼ cup (50 ml)	soy sauce	4 tsp (20 ml)	honey
1 Tbsp (15 ml)	sugar	2 tsp (10 ml)	canola oil
2 tsp (10 ml)	sesame oil	2 Tbsp (25 ml)	toasted sesame seeds
½ cup (125 ml)	chopped green onions	1 1/2 cups (375 ml)	cooked rice vermicelli or cooked rice
1 Tbsp (15 ml)	EACH minced garlic, ginger root		Butter lettuces leaves, separated, washed and dried

Combine soy sauce, sugar, sesame oil, green onions, garlic and ginger. Whisk until sugar dissolves. Add pork strips. Cover; marinate in the refrigerator for 1 hour. Meanwhile, combine sambal oelek and honey to make chili sauce. Remove pork strips from marinade; discard marinade. Heat canola oil in a large nonstick skillet over high heat. Add pork. Cook, stirring constantly, 4 to 5 minutes or until cooked through. Remove from heat; add sesame seeds. To serve, spoon a heaping tablespoon of noodles or rice into a lettuce leaf. Top with a few pork strips and drizzle with a few drops of chili sauce. Roll up to eat.

Serve with Pommery Pop Champagne French Sparkling

HOW TO COOK A CROWN ROAST OF PORK

Fill roast cavity with large aluminum foil ball. Place roast in pan, bones up. Cover bone tips with small pieces of foil. Roast at 325°F (160°C) to an internal temperature of 155-160°F (68-70°C). (See below for stuffing directions and roasting times.) Remove from oven; tent loosely with foil. Let rest 5-10 minutes before slicing.

Small Roasts (Under 7 lbs/3kg)

Roast uncovered at 325°F (160°C) for ½-1 hour. To stuff, remove from oven; remove foil ball. Fill cavity with stuffing. Cover stuffing with foil. Roast another 1½ hours to medium, 155°-160°F (68-70°C).

Medium Roasts (7-9 lbs/3-4 kg)

Roast uncovered at 325°F (160°C) for 1½ hours. Remove from oven; drain off any fat. Remove foil ball. Fill cavity with stuffing. Cover stuffing with foil. Roast another 1½ hours to medium, 155°-160°F (68-70°C).

Large Roasts (Over 10 lbs/4.5 kg)

Roast uncovered at 325°F (160°C) for 2 - 2½ hours. Remove from oven; drain off any fat. Remove foil ball. Fill cavity with stuffing. Cover stuffing with foil. Roast another 1½ hours to medium, 155°-160°F (68-70°C).

Options:

1. *Stuffing may be baked separately in a covered greased casserole for about 1 hour. To serve, spoon some stuffing into roast cavity and serve remaining stuffing with the roast.*
2. *Revamp your favourite stuffing recipe by adding one or two of the following – chopped apples, pears, rhubarb, dried apricots, raisins, dried cranberries or dried cherries.*
3. *Add a spicy glaze – Heat 1/3 cup/75ml apricot jam, 2 Tbsp/25 ml **each** soy sauce, brown sugar and Dijon mustard and 1 tsp/5 ml crushed chilies. Brush roast surfaces in last hour of roasting.*

Serve with St. Hallett Rose (Australia) or Lorentz Riesling Altenberg de Bergheim 2002 Alsatian White Wine

Tapas with Manitoba Chicken

CHICKEN EMPANADA

Makes 8-12 servings

1 lb (454g) **boneless, skinless Manitoba chicken thighs**
 1 tbsp (15ml) canola oil
 1/4 tsp (1ml) salt
 1/4 tsp (1ml) black pepper, freshly ground
 1 cup (250ml) diced red onion
 2 cloves garlic, minced
 1 bay leaf

1 tsp (5ml) smoked paprika*
 20 pitted green olives, sliced
 1/4 cup (60 ml) seedless raisins
 1/2 cup (125 ml) white wine
 3 tbsp (45 ml) lemon juice
 1 lb (500 g) whole wheat pizza dough or bread dough

Put oven rack in the middle position and preheat oven to 400F (200C). Dice chicken into 1/2" (1.2 cm) pieces. Heat oil in a non-stick skillet over moderately high heat until hot but not smoking. Add chicken, season with salt and pepper, then brown, turning once (about 6 minutes in total). Transfer to a plate. Stir cook onions, garlic, bay leaf and smoked paprika until onions are soft. Add olives, raisins, wine and lemon juice; bring to a boil, stirring and scraping up any brown bits. Return chicken to skillet along with any juices on the plate; reduce heat to low and simmer chicken until almost all the liquid has evaporated and chicken is fully cooked. Remove bay leaf. Divide dough in half, and roll out each half on a floured surface with a floured rolling pin to make 2 rectangles about 15" by 10" (38 X 25 cm). Cover baking sheet with parchment paper. Place one rectangle of dough in the centre of the baking sheet. Spread filling evenly over dough, leaving a 1" (2.5 cm) border all the way around. Moisten border with water. Arrange second rectangle of dough over the filling and press edges together to seal. Roll edges in and press to form a decorative rim. Make four small cuts in the top for steam vents. Bake empanada until crust is golden brown (about 35-40 minutes). Remove from oven. Cool 10 minutes, then slide onto a rack to cool further. Cut into 12 pieces and serve warm.

Variation: Prepare 12 individual empanadas by dividing the dough in 12. Roll each piece in a circle 6-7 inches across. Divide the filling equally and place it on one half of each circle. Fold the other half of the circle over the filling. Seal the edges as you would for the large empanada and bake until crust is golden brown.

Serve with Kenwood Old Vine Zinfandel Californian Red Wine or Heavenly Orvieto: Fill glass with Melini Orvieto Classico, Italian White Wine and flavour with Elysium, Californian Dessert wine Do not stir. Garnish with strawberry.

*Smoked paprika is a mildly hot paprika made from ground smoked pimiento peppers. It gives amazing colour, flavour and aroma. Look for it in the spice aisle at your grocer or at Scoop & Weigh in Winnipeg.

CHICKEN STUFFED MUSHROOMS WITH SMOKED PAPRIKA AIOLI

Makes 6 servings

Filling

1/2 lb (250 g) **ground Manitoba chicken**
 1/2 tsp (2 ml) salt
 2 cloves garlic, finely minced
 1 tbsp (15 ml) finely minced fresh red chili pepper, seeds removed
 1 tbsp (15 ml) minced fresh rosemary
 1 tbsp (15 ml) finely minced fresh parsley
 18 large "stuffer" mushrooms

Smoked Paprika Aioli

6 tbsp (90 ml) low fat mayonnaise
 3 cloves garlic, minced
 2 tbsp (30 ml) lemon juice
 1 tsp (5 ml) smoked paprika*

Whisk all ingredients together and refrigerate until needed. Best made the day before to allow the flavours to blend.

In a bowl mix together chicken, salt, garlic, chili pepper, rosemary and parsley. Carefully remove mushroom stems and discard. Use a teaspoon to fill the mushroom caps with the chicken mixture. Arrange on a large foil pan and bake in the oven at 350°F (180°C) (or on the top shelf of the barbecue over medium heat) for 30 minutes. Baste half way through cooking with the liquid released from the mushrooms. Serve warm with Smoked Paprika Aioli.

Serve with Rudolf Muller Riesling/Chardonnay German White Wine or Curiositas the Benriach Single Malt Scotch Served with ice and Club Soda

*Smoked paprika is a mildly hot paprika made from ground smoked pimiento peppers. It gives amazing colour, flavour and aroma. Look for it in the spice aisle at your grocer or at Scoop & Weigh in Winnipeg.

No Bake Dairy Desserts

BANANA TOFFEE DELIGHT

Makes 8-10 servings

1 1/3 (325 ml) graham cracker crumbs
 1/3 cup (75 ml) **butter**, melted
 1 can (300 ml) **sweetened condensed milk**
 1 1/2 lbs (0.65 kg) firm bananas

1 cup (250 ml) **whipping cream**
 1/2 tsp (2ml) powdered instant coffee
 1 tsp (5ml) icing sugar
 chocolate shavings

Immerse can of sweetened condensed milk (*unopened*) in a deep pan of boiling water. Cover and boil for 1 hour. Be sure to top up with water frequently during cooking, so can stays completely under water. *If the pan is allowed to boil dry the can will explode.* Remove the tin from the water and allow to cool completely before opening. The sweetened condensed milk becomes soft toffee. Combine melted butter and graham cracker crumbs in a bowl. Press firmly onto bottom of 9" spring form pan. Spread the toffee over the graham crust. Peel and halve the bananas lengthways and lay them on the toffee. Whip cream, instant coffee and sugar until stiff peaks form. Spoon mixture on top of the bananas and lightly sprinkle with chocolate shavings. Serve immediately. Can be made and refrigerated a day in advance.

Serve with Mill Street Brewery Coffee Porter Canadian Beer

FROSTY ORANGE CREAM CUPS

Makes 6 servings

1 1/2 cups (375 ml) **whipping cream**
 3/4 cup (175 ml) sugar
 2 1/4 tsp (11 ml) grated orange rind

1/4 cup (50 ml) fresh orange juice
 pureed fruit or fresh berries

In medium bowl combine whipping cream and sugar; stir until sugar is dissolved. Blend in orange rind and juice; mixture will thicken slightly. Tint with orange food colouring if desired. Place 6 muffin silicon bakeware onto a cookie sheet. Divide mixture evenly among the 6 muffin cups. Cover and freeze until firm, at least 12 hours. Transfer to refrigerator 15 minutes before serving to soften slightly. Remove from muffin cups. Serve with pureed fruit or fresh berries.

Serve with Chateau Lupiac Gaudiet French Sweet Wine

ZESTY CITRUS CHEESECAKE

Makes 8-10 servings

1 1/2 cups (375 ml) graham cracker crumbs
 1/3 cup (75 ml) **butter**, melted
 2 – 250g (2-8 oz) packages **cream cheese**, softened
 2 cups (500 ml) **whipping cream**, divided

1 can (300 ml) **sweetened condensed milk**
 1 lemon, finely grated, zest only
 2 large limes, finely grated, zest and juice
 2 tbsps (30 ml) icing sugar

Combine melted butter and graham cracker crumbs in a bowl. Press firmly onto bottom of 10" (25 cm) spring form pan. In bowl, beat together cream cheese, 1/2 cup (125 ml) of the whipping cream, sweetened condensed milk, lemon zest and lime zest and lime juice until smooth and fluffy. Pour on top of crust and smooth top. In clean bowl beat remaining whipping cream and icing sugar until stiff peaks form. Dollop onto cake, covering the entire top. Cover loosely and refrigerate until firm, about 4 hours. Can be refrigerated for up to 2 days

Serve with Martini & Rossi Asti Italian Sparkling Wine

Beef for Elegant Entertaining

CLASSIC BEEF WELLINGTON MADE EASY

Makes 6-8 servings

3 lbs (1.5 kg) **beef rib eye roast or tenderloin premium oven roast**
 1/4 cup (50 ml) chopped shallots or onion
 2 tbsp (30 ml) sherry
 4 oz (125 g) liver pate
 14 oz (397 g) frozen puff pastry, thawed or pastry dough for 2 double-crust pies

2 cups (500 ml) sliced fresh mushrooms
 1/4 cup (50 ml) butter
 1/4 cup (50 ml) chopped parsley
 1 egg, beaten

Preheat oven to 425°F (220°C). Roast beef on a rack in an uncovered roasting pan for 50 minutes or until meat thermometer reads 120°F (50°C). Remove from oven, let stand 30 minutes. Sauté mushrooms and onion in butter until tender. Add sherry and parsley. Cook until all liquid evaporates; cool. Roll pastry into 18" x 14" (45 cm x 35 cm) rectangle about 1/4" (6 mm) thick. Spread pate over pastry leaving 2" (5 cm) margin. Spoon mushroom mixture down centre of pastry. Place roast, top-side-down, on mushrooms. Wrap meat completely with pastry. Seal edges with beaten egg. Cut steam vents and decorate with extra pieces of pastry. Brush top and sides with egg. *Tip: Wellington may be prepared to this stage earlier in the day and kept refrigerated for last-minute baking just before your guests arrive.* Bake at 425°F (220°C) for 30 minutes. Cool 10 minutes before carving.

Serve with Chateau Mouton Rothschild Vintage 1996 French Red Wine

PERFECT ROAST BEEF WITH DUO OF RUBS

Rub roast all over with your choice of rubs (see below). Place fat-side-up on rack in shallow roasting pan (no water necessary).

Garlic-Studded Horseradish Rub: Combine 1 tbsp (15 ml) EACH horseradish and grainy Dijon mustard with 1 tsp (5 ml) EACH salt and cracked black pepper;; rub over roast before cooking. Cut 3 to 4 garlic cloves into slivers. Use sharp knife to cut slits all over roast and insert the garlic slivers.

Espresso Rub: Combine 1 tbsp (15 ml) EACH packed brown sugar and finely ground regular or espresso coffee and 1 tsp (5 ml) each salt and freshly ground pepper; rub over roast before cooking.

Horseradish Rub: Insert oven-safe thermometer into centre roast, avoiding fat or bone.

Oven-sear by placing roast in 450°F (230°C) oven for 10 minutes. Reduce heat to 275°F (135°C) and roast to desired doneness. **(Prime Rib with bones will take an extra 30 to 45 minutes. Tenderloin will take 30 to 60 minutes less time.)**

Tent with foil; once cooked, roasts can stand 30 to 40 minutes before carving.

Estimated Cook Time (hours)			
Weight (kg)	Med-rare 145°F (63°C)	Medium to Well Done 160°F (71°C) or higher	Weight (lb)
1	1 3/4 to 2	2 1/4 to 2 1/2	2
1.5	2 to 2 1/4	1 1/2—2 3/4	3
2	2 1/4—2 1/2	2 3/4 to 3	4
2.5	2 1/2 to 2 3/4	2 3/4 to 3 3/4	5.5

Cook Times are guidelines only and vary with ovens and roast shape more than weight – roasts may be done up to 30 minutes sooner or later than estimated. Verify doneness with a meat thermometer.

Carving a Prime Rib Roast with bones: Piercing meat with fork, tilt roast so that bones are vertical. With carving knife, cut parallel to bone, removing the large chunk of meat. **Set** roast cut side down; carve across the grain into slices, using a gentle sawing action and a sharp carving knife to minimize loss of juices while carving. Cut between bones to separate them for serving.

Classic Au Jus Gravy:

Heat roast drippings in roasting pan over medium-high heat, adding 2 cups (500 ml) broth. **Stir up** any browned bits from bottom of pan. Thicken by cooking until broth reduces. **Strain** (if desired) and skim off fat; return to pan. Heat and season to taste. Add splash of whipping cream and/or balsamic or wine vinegar, if desired. To thicken (if desired): gradually stir together equal amounts of cornstarch and cold water (note: 1 tbsp/15 ml cornstarch thickens 1 cup/250 ml liquid.) Whisk into sauce and bring to a boil, cooking just until thickened.

Serve with The Vesper (GTOM Version) 3 parts Quintessential Gin, 1 part Grand Marnier, 1/2 part Martini Dry Vermouth

Serve with Dom Perignon Champagne Vintage 1999

INDIVIDUAL TURKEY MEATLOAVES

Makes 6 servings

1½ lb (750 g) **ground turkey**
 1 2/3 cup (400 ml) canned diced tomatoes
 ¾ cup (175 ml) onion, finely chopped
 1 tbsp (15 ml) Worcestershire sauce

Sauce:

2 tbsp (30 ml) white vinegar
 1 tbsp (15 ml) onion, finely chopped
 1 tbsp (15 ml) packed brown sugar

1 large egg
 1 tsp (5 ml) EACH salt and basil
 ½ tsp (2 ml) pepper

1 tsp (5 ml) EACH dry mustard and Worcestershire sauce
 1 drop Tabasco sauce

Strain tomatoes, set aside juice. In a bowl, mix tomatoes, turkey, onion, Worcestershire sauce, egg, salt, basil and pepper. Make 6 individual turkey meatloaves. Spray cooking oil into 6 muffin tins and put in loaves. Bake in oven at 425°F (220°C) for 20 minutes. Meanwhile, in a small saucepan, mix reserved tomato juice and other sauce ingredients. Bring to a boil; reduce heat and simmer for 15 minutes. Remove turkey loaves and cover with sauce.

Serve with The Crossings Sauvignon Blanc New Zealand White Wine or **The Crossings Pinot Noir** New Zealand Red Wine

MEXICAN TURKEY RICE SALAD

Makes 6 servings

1 lb (500 g) **ground turkey**
 1 pkg (35 g) taco seasoning mix
 1 pkg (225 g) Mexican flavored rice, prepared according to package directions
 ¾ cup (175 ml) guacamole
 1 cup (250 ml) low fat sour cream

1 cup (250 ml) salsa
 1 cup (250 ml) reduced fat cheddar cheese, shredded
 1 can (2¼ oz) black olives, sliced
 1/2 cup (125 ml) green onions, sliced
 1 medium tomato, chopped

In a large skillet, over medium-high heat, sauté ground turkey 5 to 6 minutes or until no longer pink. Stir in taco seasoning mix and cook one more minute. In an 11-inch (28 cm) pie plate, layer prepared rice, turkey mixture and guacamole (spreading over turkey mixture to within ¼ inch (.5 cm) of pie plate edges). Top guacamole with low fat sour cream, salsa, cheddar cheese, black olive, green onions and tomato. To serve, slice salad into eight wedges and carefully lift each portion to salad plates.

Tip: Recipe may be made the night before, covered and refrigerated.

Serve with Honey in a Pear Tree: Mix equal parts Absolute Pear Vodka and Old Krupnik Honey Liqueur into shaker and shake with ice. Strain into tall glass and top with Soda. Garnish with mint and a cherry.

NUTTY PESTO PERSONAL PIZZAS

Makes 6 servings

(Recipe Courtesy of Turkey Farmers of Ontario)

4 tbsp (60 ml) olive oil, divided
 ½ cup (125 ml) red onions, thinly sliced
 1 clove garlic, minced
 1 lb (500 g) **ground turkey***
 6 whole wheat pitas

1 tbsp (15 ml) coarse salt
 1 tbsp (15 ml) dried oregano
 6 tbsp (90 ml) pesto
 1/4 cup (60 ml) pine nuts
 1 cup (250 ml) Asiago cheese

Pre-heat oven to 400°F (200°C). In a large skillet on medium, heat 2 tbsp oil. Add onions and sauté for five minutes. Add garlic and sauté two minutes more. Add ground turkey and sauté until completely cooked and starting to brown. approx. 10 minutes. Remove from heat and set aside. Brush each pita with remaining olive oil. Season each pita with salt and oregano. Spread each pita with 1 tbsp of pesto. Divide turkey mixture evenly between the six pitas. Repeat with pine nuts and cheese. Transfer pizzas to a baking sheet and bake for 10 minutes or until cheese is melted and golden.

**Tip: Use leftover cooked turkey instead of ground!*

Serve with New Castle Brown Ale UK Beer or **Birra Moretti** Italian Beer

A Trio of Mushroom Appetizers

BACON CHEDDAR STUFFED MUSHROOMS

Makes 18 appetizers

18	large fresh mushrooms , 1 1/2-inch (3.75cm) diameter	1/3 cup (75 ml)	finely chopped red pepper
4	slices bacon, chopped	2	jalapeno peppers, seeded, finely chopped
1/4 cup (50 ml)	finely chopped onions	1/2 cup (125 ml)	grated Cheddar cheese
1	clove garlic, minced	1/4 cup (50 ml)	chopped fresh parsley

Remove stems from mushrooms. Chop stems finely to measure 2/3 cup (150 ml). Reserve remaining stems for another recipe. In fry pan over low heat, cook bacon until crisp. Remove from pan. Chop or crumble finely. Drain fat from pan, reserving 1 tablespoon (15 ml). In same fry pan over medium heat, cook chopped "mushroom stems", onions and garlic in bacon fat until vegetables are soft. Add peppers. Cook additional 2 minutes. Remove from heat. Stir in bacon, cheese and parsley. Spoon mixture into mushroom caps, mounding slightly. Place stuffed caps on lightly greased cookie sheet. Bake at 350°F (180°C) 15 - 18 minutes.

Serve with Graham's White Port and Soda Portuguese fortified (Served with Club Soda over ice)

MUSHROOM LETTUCE WRAPS

Makes 6 servings

Asian Sauce:

1/4 cup (50 ml)	hoisin sauce	1 tsp (5 ml)	sesame oil
1	clove garlic, minced	1 tbsp (15 ml)	rice vinegar
1 1/2 tsp (7 ml)	grated fresh ginger	1 tbsp (15 ml)	lime juice
1 1/2 tsp (7 ml)	liquid honey		

In small bowl, whisk together all ingredients.

Wraps:

2 tbsp (25 ml)	canola oil	1/4 cup (50 ml)	chopped green onions
1	boneless, skinless, chicken breast, finely chopped	1/4 cup (50 ml)	chopped water chestnuts
1/2 lb (250 g)	shiitake mushrooms* , finely chopped	1	hot red pepper, seeded, finely chopped
1/4 cup (50 ml)	finely chopped celery	1	head iceberg or butter lettuce, cored, separated into leaves

Heat oil in fry pan over medium heat. Stir fry chicken in oil 1 - 2 minutes or until cooked and no trace of pink remains. Remove from pan. In same fry pan over medium heat, stir fry shiitake mushrooms, celery, green onions, water chestnuts and hot red pepper, 1 - 2 minutes. Add Asian Sauce and chicken, stirring until mixture boils. Remove from heat. To serve, scoop 2 tablespoons (25 ml) filling onto lettuce leaf. Roll up, tucking in corners. Repeat with remaining filling and lettuce leaves.

**Remove and discard woody stems before chopping*

Serve with Apple Snap Martini: 2 parts Grand Solage Boulard Calvadol Pays d'Auge, 1 part Stone's Original Green Ginger. Shake Well over ice and strain into Martini glass. Garnish with Candied Ginger

OVEN FRIED MUSHROOMS

Makes 24 appetizers

1/2 cup (125 ml)	all purpose flour	1 cup (250 ml)	Japanese panko crumbs or bread crumbs
1/2 tsp (2 ml)	paprika	2 tsp (10 ml)	Italian seasoning
2	eggs, lightly beaten	24	large fresh mushrooms
2 tbsp (25 ml)	milk	1/4 cup (50 ml)	canola oil
1/2 cup (125 ml)	grated Parmesan cheese		

In small bowl, combine flour and paprika. In another small bowl, whisk together eggs and milk. In another small bowl, combine Parmesan cheese, panko crumbs, and Italian seasoning. Dip each mushroom into flour mixture, then egg mixture and finally crumb mixture. Arrange mushrooms, stem sides up, on lightly greased cookie sheet. Drizzle with oil. Bake at 450°F (230°C) 10 minutes or until golden. Serve with Mango Chutney Dip.

Mango Chutney Dip

1/4 cup (50 ml)	mango chutney	1/4 cup (50 ml)	plain yogurt
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In small bowl, mix together chutney and yogurt.

Serve with Crown Royal Whisky and Sangrita (served on the side): 2 oz Tomato juice, 1/2 of lime's juice, 1 tsp sugar, 1 oz orange juice, 3 drops Tabasco juice. Each served separately in small glasses

Delightful Canola Desserts

FORTUNE COOKIES

Makes 12-14 cookies

2	egg whites	1 ½ tsp (7 ml)	cornstarch
½ tsp (2 ml)	vanilla extract	¼ tsp (1 ml)	salt
½ tsp (2 ml)	almond extract	1/2 cup (125 ml)	sugar
3 tbsp (45 ml)	canola oil	1 tbsp (15 ml)	water
½ cup (125 ml)	all purpose flour		

Preheat oven to 350°F (180°C). Cut out 12-14 paper pieces {3 ½ x ½ inch (9 cm x 1 cm)}. Write ‘fortunes’ on each paper. Spray canola oil on two 9 x 13 inch (23 x 33 cm) baking sheets. In a medium bowl, whisk egg whites, vanilla and almond extracts and canola oil until mixture is frothy. Sift flour, cornstarch, salt and sugar into a small bowl. Stir in water. Add flour mixture to canola oil mixture and whisk until ingredients are combined and mixture is smooth. Using a tablespoon, measure drop cookie dough on prepared baking sheets. Spread dough with spatula until dough is 3 ½ inches (9 cm) in diameter. Cook three cookies at a time. Bake cookies for 8-10 minutes or until outer edge turns golden brown and are easy to remove. Working quickly, remove one cookie, flip it into your hand. Place fortune in the middle of palm, fold cookie in half and then holding the outer edges of the folded half, gently press folded edge (browned edge facing up) over the edge of a glass to form the shape. Place in a muffin cup to cool.

Serve with Rum & Cherry Coke Float: In a Parfait glass add: 1 oz Extra Appleton Estate Rum, 3 oz Cherry Coke and 1 scoop Vanilla Ice Cream

BEIGNETS

Makes 2 1/2 dozen

2 tsp (10 mL)	granulated sugar	½ tsp (2 mL)	salt
¼ cup (50 mL)	warm water	1/2 cup (125 ml)	evaporated milk
1 ½ tbsp (20 mL)	yeast	1	egg, beaten
½ cup (125 mL)	hot water	3 1/2 cup (875 ml)	all purpose flour
2 tbsp (25 mL)	canola oil		canola oil for deep frying
¼ cup (50 mL)	sugar		icing sugar

In a small bowl, dissolve sugar in warm water. Sprinkle in yeast; let stand for 10 minutes or until frothy. In a large bowl combine hot water, canola oil, sugar, salt, and evaporated milk. Stir to dissolve sugar. Add dissolved yeast and egg. Stir in 2 cups flour and beat until smooth. Add remaining flour to make soft dough. Cover with plastic wrap. Chill for up to 24 hours in the refrigerator. Roll out to 1/8 inch (3 mm) on a floured board, cut into 2 inch (5 cm) squares. Heat canola oil to 375°F (190°C). Fry beignets for 2-3 minutes until lightly browned on both side. Drain on paper towels. Sprinkle generously with icing sugar. Serve warm.

Serve with Sangster’s Delight: Fill coffee cup 3/4 full of coffee, add 2oz Sangster’s Cream Liqueur. Garnish with whip cream and a cherry.

GRILLED LEMON LOAF WITH PEACHES

Makes 8-10 servings

2 tbsp (30 ml)	canola oil	1	pkg yellow cake mix
2 tbsp (30 ml)	fresh lime juice	1/2 cup (125 ml)	canola oil
1 tbsp (15 ml)	brown sugar	4	eggs
1 tbsp (15 ml)	balsamic vinegar	1 cup (250 ml)	hot water
1/2 tsp (2 ml)	cinnamon	1 box (4 serving size)	lemon pudding
4	fresh peaches, halved and pitted		

Preheat oven to 350°F (180°C). In a small bowl, whisk 2 tbsp canola oil, lime juice, brown sugar, balsamic vinegar and cinnamon. Set drizzle aside. In mixing bowl, add cake mix, 1/2 cup (125 ml) canola oil, eggs and water. Beat at medium speed for 2 minutes. Add pudding and mix for another 4 minutes. Lightly coat a 9 x 5 x 3 inch (23 x 13 x 7 cm) loaf pan with canola oil. Pour batter into loaf pan. Bake for about 50 minutes, or until a wooden pick or cake tester inserted in center comes out clean. Once cool, slice into 8-10 slices. Heat grill to medium heat. Brush with canola oil. Grill peaches for 3-4 minutes per side. Grill lemon loaf until grill marks appear. Drizzle with dressing. Serve warm.

Serve with Skyy Berry Bellini: In a shaker filled with ice, add 1 1/2 oz Skyy Berry vodka. Strain into flute and top with Sparkling Rose Wine.



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