



Brought to you in part by **sobeys**

## Episode #247

### ANGEL HAIR PASTA W/SHRIMP IN PESTO SAUCE

From <http://www.sobeys.com/recipe/angel-hair-pasta-shrimp-pesto-sauce/>

1 pkg. angel hair pasta	1/3 c. basil or sun dried tomato pesto
2 tbsp. olive oil, divided	1/2 onion, finely chopped
3/4 c. frozen peas	1 c. snow peas, trimmed
1 c. blanched sugar snap peas	16 cherry tomatoes
6 oz. salad shrimp	2 tbsp. pine nuts

Bring large pot of salted water to boil. Add pasta, cook 1 min. or until tender. Drain well. Toss with pesto and 1 tbsp. olive oil. Reserve and keep warm. Meanwhile heat 1 tbsp. olive oil in large skillet over med. heat. Add onion, cook & stirring until softened. Add peas, snow peas and sugar snap peas; cook stirring a5 min. Stir in shrimp and cook until no longer opaque. Stir in cherry tomatoes. Divide pasta between 6 serving plates. Top with shrimp mixture and garnish with pine nuts.

### CHEDDAR CUPS WITH TOMATO RELISH

#### Cups:

1/4 c. softened butter	1 tsp. Dijon mustard
2 c. grated orange cheddar	3/4 c. flour
1/4 tsp. salt	1/4 tsp. cayenne
1 – 2 tbsp. vodka	

Preheat oven to 325. Coat outside of muffin cups with spray. Combine butter with mustard, then add cheese. Beat only till combined. Stir in flour with salt and cayenne and stir into cheese mixture. Add 1 tbsp. vodka, stir until dough forms. Dough should have cookie-like texture. If too dry, add another tbsp. vodka. Gather dough together and roll into log, about 12" long. Slice into 24 equal pieces and shape each piece into cup like shape. Fit over muffin cups. Bake for 20 min. or until light brown. Cool 10 min. on rack before removing.

#### Relish:

1 1/2 c. seeded & diced plum tomatoes	1 large green onion, finely sliced
3 – 4 tbsp. finely chopped fresh basil	1 tbsp. olive oil
3/4 tsp. red wine vinegar	1/4 tsp. salt
Fresh black pepper	8 oz. bacon, cooked & crumbled

Toss tomatoes with green onion and basil in small bowl. Stir in olive oil and vinegar, salt & pepper. Stir gently to combine. (Can be let sit for several hours but do not refrigerate).

Place cheddar cups on baking tray and return to oven for about 5 min. to crisp up. Cool slightly, then fill with a spoonful of the tomato mixture, topping with bacon. Serve immediately.

### **CREPE CAKE WITH CARMELIZED APPLES & BLUEBERRIES**

<http://www.compliments.ca/en/Recipes/recipe.aspx?ID=10884>

1 ½ c. flour	2 c. milk
2 eggs	1 tbsp. sugar
1 c. whipping cream	2 tbsp. icing sugar
½ tsp. vanilla	1 tbsp. oil
1 tbsp. butter	2 apples, peeled & sliced
3 tbsp. butter	3 tbsp. honey
½ c. chopped pecans	½ c. frozen blueberries

Whisk together flour and milk until smooth. Add eggs and sugar and whisk until smooth. Let stand at least 10 min. Meanwhile, beat whipping cream, icing sugar and vanilla until firm. Cover and refrigerate until ready to use. Heat a 10" skillet. Melt butter & oil together in microwave, stir to blend. Brush skillet with some of the mixture. Pour in 1/3 c. batter and swirl pan to coat bottom thinly. Cook until bottom is golden and edges start to curl, about 1 min. Flip and cook over side about 30 seconds. Remove to platter. Repeat with remaining batter to make 8 crepes. Melt butter in non-stick skillet over medium heat, add apples and cook until browned about 3 min. Add honey and simmer 1 min. Add pecans and blueberries and simmer 1 min. Remove from heat and let cool 5 min. To assemble, lay one crepe on serving platter. Spread evenly with ¼ c. whipped cream and repeat until all 8 crepes are used. Top with apple-blueberry mixture. Cut into 8<sup>th</sup>s to serve. Serve with additional whipped cream, if desired, or sprinkle with icing sugar.

**EASTLINKtv**