

RUPLEY FAMILY COOKBOOK

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CONTENTS(Recipes)	Rupley Family Cookbook (19 Jul 2008)	CONTENTS(Recipes)	Rupley Family Cookbook (19 Jul 2008)	CONTENTS(Recipes)		
1	INTRODUCTION - introduction: abbreviations, software, and copyright	INTRODUCTION		26	BLACK BEANS - black beans prepared from dry beans; refried beans, <i>frijoles refritos</i>	BEAN-BLACK
4	BAKED APPLES - baked apples, <i>pommes bon femme</i>	APPLE-BAKED		27	BLACK BEANS WITH PEPPERS, ONIONS - black beans, with sautéed onions, garlic, red and green peppers, sherry	BEAN-BLACK-PEPP
5	APPLE BROWN BETTY - apple brown betty, hot dessert made by layering bread crumbs, butter, apples, and spices	APPLE-BRN-BETTY		28	GREEN BEANS - buttered green beans, optionally with lemon juice and parsley, or with <i>fines herbes</i> , or with garlic and parsley, or with tomato sauce and parsley, or with bacon, shallots and mushrooms	BEAN-GREEN-SAUT
6	APPLE CRISP - apple crisp, baked apple slices in thickened spiced juices with a crispy crust made with nuts, sugar, butter, and flour	APPLE-CRISP		34	BOEUF À LA BOURGUIGNONNE - beef stew in red wine, with bacon, onions and mushrooms	BEEF-BOURGUIGNON
7	APPLE AND ORANGE COBBLER - apple and orange cobbler, apple slices baked with sugar and orange juice, topped with a biscuit crust	APPLE-ORNG-COBB		36	CORNED BEEF HASH - I - corned beef hash, ingredients ground and baked	BEEF-CRND-HASH1
8	SAUTÉED APPLES - apples sautéed with butter, <i>pommes au beurre</i>	APPLE-SAUTE		37	CORNED BEEF HASH - II - corned beef hash, ingredients chopped and pan fried	BEEF-CRND-HASH2
9	APPLE TURNOVERS - apple turnovers, pastry folded over a filling of apples poached in sugar and spices	APPLE-TURNOVER		38	CARBONNADES DE BOEUF À LA FLAMANDE - I - <i>carbonnades de boeuf à la flamande</i> , slices of beef and onions braised in beer	BEEF-FLAMANDE1
11	BOILED ARTICHOKEs - whole boiled artichokes, hot or cold	ARTICHOKE-BOIL		40	CARBONNADES DE BOEUF À LA FLAMANDE - II - <i>carbonnades de boeuf à la flamande</i> , slices of beef and onions braised in beer	BEEF-FLAMANDE2
12	BROILED ARTICHOKEs - broiled artichokes	ARTICHOKE-BROI		42	GROUND BEEF HAMBURGERS - ground beef hamburgers with onions and herbs, sautéed or grilled	BEEF-HAMBURGER
13	ARTICHOKE HEARTS STEWED IN OIL - <i>artichauts à la grecque</i> , artichoke hearts stewed in oil, with thyme, bay leaf, coriander, lemon	ARTICHOKE-GREC		44	BEEF STEW WITH VEGETABLES AND DUMPLINGS - beef stew with vegetables and dumplings	BEEF-STEW-DUMPL
14	ARTICHOKEs ROMAN STYLE - <i>carciofi alla romana</i> , artichokes Roman style, cooked in water and oil with garlic, mint, parsley	ARTICHOKE-ROMA		46	CRAIG CLAIBORNE'S EGGNOG - Craig Claiborne's eggnog, an egg, sugar and cream meringue with Cognac and bourbon, thick and stiff, eaten with a spoon	BEV-EGGNOG
16	ASPARAGUS - I - blanched asparagus spears, simply seasoned: salt and pepper, lemon juice, butter, Parmesan, bread crumbs, parsley, olive oil and balsamic; blanched asparagus sauced with a hollandaise, mousseline, or maitaise, or a warm vinaigrette; cold asparagus with a mayonnaise, aioli, or tartar sauce, or a vinaigrette; blanched asparagus sauced as for green beans; asparagus stir-fried; asparagus grilled	ASPARAGUS1		48	BAKING POWDER BISCUITS - baking powder biscuits	BISCUIT-QUICK
20	ASPARAGUS - II - <i>asperges à la polonaise</i> , blanched asparagus with melted butter, bread crumbs, minced hard boiled egg, chopped parsley; <i>asperges à la milanaise</i> , blanched asparagus with Parmesan, melted butter, browned in the oven; <i>asperges au gratin</i> , blanched asparagus with Mornay sauce, Parmesan, browned in the oven; <i>asperges à la flamande</i> , blanched asparagus with hard boiled egg, mustard, oil or butter	ASPARAGUS2		49	TEA SCONES - tea scones	BISCUIT-SCONE
23	BROILED BANANAS - bananas, with melted butter, brown sugar and cinnamon, broiled, then flamed with rum	BANANA-BROILED		50	SWEET CORN BREAD - sweet corn bread	BREAD-CORN
24	BANANES FLAMBÉE - bananas flambée, bananas sautéed in butter, with sugar, spices, orange and rum	BANANA-FLAMBEE		51	FOCACCIA - focaccia	BREAD-FOCACCIA
25	BANANES FLAMBÉE - II - bananas flambée, bananas sautéed in butter, with sugar, lime and lemon, then flamed with rum	BANANA-FLAMBEE2		52	COLESLAW - favorite coleslaw, shredded cabbage dressed with mayonnaise, sour cream, and optionally sugar, vinegar, mustard and Tabasco; chopped slaw, dressed with olive oil, vinegar, sugar, mustard, and spices; Billy's coleslaw, with a hot dressing of roux, mustard, Tabasco, vinegar, cream and egg yolks	CABBAGE-COLESLA
				55	BRAISED RED CABBAGE - <i>chou rouge à la limousine</i> , red cabbage braised with red wine, chestnuts, apples, carrots, onions, bacon,	CABBAGE-RED-BRI

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and spices				
57	BRAISED RED CABBAGE - II - etuvéed red cabbage, braised with onion and vinegar; <i>chou rouge à la flammande</i> , red cabbage braised with apples, vinegar, and nutmeg; <i>chou rouge à l'aigre-doux</i> , sweet-sour red cabbage, braised with onions, apples, brown sugar, port wine, and vinegar; red cabbage braised with red wine, apples, brown sugar, and vinegar; red cabbage baked with onions, apples, orange juice, port wine, vinegar, and spices	CABBAGE-RED-BR2		
61	ANGEL FOOD CAKE - angel food cake	CAKE-ANGEL	89	COQ AU VIN - III - <i>coq au vin</i> , chicken in red wine with onions, mushrooms and bacon
63	SAUTÉED CARROTS - carrots sautéed and glazed, <i>carottes vichy</i>	CARROT-VICHY	91	ROAST CHICKEN WITH LEMONS - roast chicken stuffed with lemons
64	CHORIZO AND GOAT CHEESE QUESADILLA - chorizo and goat cheese quesadilla	CHEESE-QUESADIL	92	CHICKEN STEW WITH PARSLEY DUMPLINGS - chicken stew with parsley dumplings
65	BREAST OF CHICKEN WITH CREAM - chicken breasts, <i>suprêmes</i> , poached in butter, with a cream sauce, <i>à blanc</i>	CHICK-BRST-CREA	93	CHICKEN SAUTÉED WITH VANILLA - chicken sautéed with vanilla, onions and spices, with a vanilla cream sauce
68	CHICKEN BREASTS SAUTÉED IN BUTTER - chicken breasts, <i>suprêmes</i> , sautéed in butter, with brown butter sauce, <i>à brun</i>	CHICK-BRST-SAUT	95	CRÈME CHANTILLY - <i>crème chantilly</i> , whipped cream with sugar, flavored with vanilla
70	CHICKEN FRANCESE - chicken breasts in a light batter, sautéed, with an herb and lemon wine sauce	CHICK-FRANCESE	96	CROQUE MONSIEUR - <i>croque monsieur</i> , toasted ham and cheese sandwich; <i>croque madame</i>
71	CHICKEN FRICASSEE - old-fashioned chicken fricassee with wine-flavored cream sauce, onion, and mushrooms	CHICK-FRICASSEE	97	SOUR CREAM CUCUMBERS - sliced cucumbers with sour cream, vinegar, and sugar
74	CHICKEN IN THE POT - chicken in the pot, <i>poulet au pot</i> ; preparation of chicken stock and boiled chicken	CHICK-INTHE-POT	98	CURRIED LENTILS, SWEET POTATOES, SWISS CHARD - curried lentils with sweet potatoes and Swiss chard
76	SAUTÉED CHICKEN LIVERS WITH MADEIRA SAUCE - chicken livers sautéed with Madeira sauce, <i>foies de volaille sautées au madère</i>	CHICK-LIVR-SAUT	100	CURRY - I - curried shrimp, chicken, beef or other meat
77	CHICKEN MARENGO - I - chicken Marengo, chicken sautéed then braised with wine, Cognac, garlic, tomatoes and mushrooms	CHICK-MARENGO1	102	CURRY - II - curried shrimp, chicken beef or other meat
79	CHICKEN MARENGO - II - chicken Marengo, chicken sautéed then braised with wine, Cognac, garlic, tomatoes and mushrooms	CHICK-MARENGO2	103	CURRY - III - yet another curry sauce
81	QUICK CHICKEN FRICASSEE - chicken fricassee, chicken sautéed in butter, cooked in wine and stock with mushrooms, onions and spices, then bound with egg yolks; fricassee sauce	CHICK-MINUTE	105	CRÈME À L'ANGLAISE - <i>crème à l'anglaise</i> , a soft custard, used with deserts
83	OVEN-BROILED CHICKEN - chicken baked at high oven temperature	CHICK-OVEN-BROI	106	BAKED CUSTARD - <i>crème renversée à la française</i> , basic baked custard, in a mold or individual cups
84	COQ AU VIN - I - <i>coq au vin</i> , chicken in red wine with onions, mushrooms and bacon	CHICK-RED-WINE1	107	CRÈME BRÛLÉE - <i>crème brûlée</i> , custard glazed with caramelized brown sugar
86	COQ AU VIN - II - <i>coq au vin</i> , chicken in red wine with onions, mushrooms and bacon	CHICK-RED-WINE2	110	CARAMEL CUSTARD - <i>crème renversée au caramel</i> , custard baked with soft caramel syrup
			111	AVOCADO DIP - avocado mashed and seasoned with salsa, lemon juice, salt and pepper
			112	HOMMOS - hommos, ground chick peas with garlic, lemon juice, and olive oil
			113	PARSLEY DUMPLINGS - dumplings with herb seasoning

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114	EGGPLANT BANGIN' BART - Indian <i>baigan bartha</i> , eggplant, onion, and tomato casserole, optionally with ginger, turneric, chipotle, and curry	EGGPLANT-BANGIN		
115	FRIED BREADED EGGPLANT - <i>aubergine à la anglaise</i> , eggplant floured, dipped in beaten egg, breaded and then deep fried in hot oil	EGGPLANT-BRDED		
116	EGGPLANT MÉNAGÈRE - <i>aubergine ménagère</i> , eggplant housewife's style, sautéed with onion, garlic, and tomatoes	EGGPLANT-MENAGE		
117	SWEET AND SOUR EGGPLANT - <i>melanzane in agrodolce</i> , sweet and sour eggplant	EGGPLANT-SWTSOU		
118	ASPARAGUS WITH EGG AND BACON - asparagus with egg and bacon	EGGS-ASP-BACON		
119	EGGS BENEDICT - eggs Benedict, poached eggs and ham on English muffin with hollandaise sauce	EGGS-BENEDICT		
120	DEVILED EGGS - deviled eggs, made by blending the yolks with mustard, Tabasco, grated onion, salt and pepper, and mayonaise to bind	EGGS-DEVILED		
121	FRIED EGGS - eggs fried in garlic butter	EGGS-FRIED		
122	HERB BAKED EGGS - herb baked eggs	EGGS-HERB-BAKE		
123	OMELET - omelet, the classic egg dish	EGGS-OMELET		
125	POACHED EGGS - poached eggs	EGGS-POACHED		
127	SCRAMBLED EGGS - scrambled eggs	EGGS-SCRAMBLED		
128	LEEK'S STEWED IN OIL WITH TOMATOES AND GARLIC - leeks stewed in oil with tomatoes and garlic, <i>poireaux à la niçoise</i>	LEEK-TOMATO		
129	MARINADES AND RELATED FOR CHICKEN - marinades, brushes, glazes and rubs for chicken, generally for grilling: lemon-rosemary chicken, lemon-wine-garlic chicken, orange-ginger-soy chicken, balsamic-mustard chicken, yakitori chicken, herb-mustard chicken, coffee-rum caribbean chicken, raspberry-mustard glazed chicken, orange-ginger glazed chicken, citrus-herb chicken, orange-liqueur glazed chicken	MARINADE-CHICK		
141	MARINADES AND RELATED FOR PORK - marinades, brushes, glazes and rubs for pork, generally for grilling: honey-lime-tomato glazed pork chops, ginger-honey-soy pork chops, spice rub for pork, ginger-sherry-soy pork chops, honey-mustard glazed ham, ginger-orange-soy pork chops	MARINADE-PORK		
148	SWISS MERINGUES - Swiss meringue shells or mounds	MERINGUE-SWISS		
149	DUXELLES - <i>duxelles</i> , finely chopped mushrooms, shallot, onion and spices, sautéed in butter to dryness, used for stuffings, garnishes or sauces			MUSHROOM-DUXELL
150	SAUTÉED MUSHROOMS - I - mushrooms sautéed in butter			MUSHROOMS-SAUTI
151	SAUTÉED MUSHROOMS - II - mushrooms sautéed with olive oil, garlic, and lemon juice			MUSHROOMS-SAUT2
152	STEWED MUSHROOMS - mushrooms stewed in lemon juice and butter			MUSHROOMS-STEWE
153	MOULES À LA MARINIÈRE - moules à la marinière, mussels steamed with garlic, onions, thyme, bay leaf, wine, and served in the cooking liquor			MUSSEL-MARINIER
155	BROWN-BRAISED ONIONS - small white onions sautéed in butter, then braised in stock and herbs			ONIONS-BRAIS-BR
156	ONIONS, ROASTED OR BRAISED - onions, roasted or braised; red onions braised in red wine; <i>oignons d'Espagne braisés</i> , spanish onions braised in stock; roasted red onion with thyme and butter; braised Vidalia onions; red onions, braised with aromatics, thyme, bay leaf, red wine, stock			ONIONS-BRAIS-RO
160	WHITE-BRAISED ONIONS - GLAZED ONIONS - small white onions braised in butter, stock and herbs			ONIONS-BRAIS-WH
161	DAVID EYRE'S PANCAKE - David Eyre's pancake, like a Dutch baby pancake, a puffy cross between pancake, crêpe, and soufflé			PANCAKE-EYRES
163	CANDIED PARSNIPS - candied parsnips, baked with brown sugar, orange juice, and butter			PARSNIPS-CANDIE
164	FETTUCINE ALFREDO - pasta with butter, cream and cheese sauce			PASTA-ALFREDO
165	PAMELA SHERRID'S SUMMER PASTA - Pamela Sherrid's summer pasta, a warm salad or pasta dish of rigatoni with mozzarella and tomatoes, and basil, and garlic and olive oil			PASTA-SUMMER
167	TART PASTRY DOUGH - <i>pâte brisée à l'oeuf</i> , egg pastry dough for tart shells, cases, and turnovers; and other pastry doughs			PASTRY-DOUGH1
171	PIE DOUGH - dough for pie crusts			PASTRY-DOUGH2
172	PASTRY SHELL FOR TARTS - partly or fully baked pastry shell for a tart or <i>quiche</i>			PASTRY-SHELL
174	GRILLED PEACHES WITH MASCARPONE - grilled peaches, marinated with brandy, lemon and sugar, served drenched with white wine and with a dollop of mascarpone			PEACH-GRILLED

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175	PEARS IN RED WINE - pears poached in red wine, sugar and cinnamon, served on apple sauce	PEAR-RED-WINE	198	POTATO LEEK RÖSTI - Swiss <i>röstli</i> or <i>roesti</i> , potatoes shredded and fried in butter with onions
176	ROASTED PEARS - pears roasted in red wine and sugar, with wine sauce, honey, and Parmesan garnish	PEAR-ROASTED	200	POTATO & POBLANO PEPPER FILLING - taco or turnover filling, made with poblano strips, potatoes, corn, onion, and optionally chorizo, garnished with crema and salsa
177	ROASTED BELL PEPPERS - roasted sweet red and/or yellow bell peppers, in olive oil with salt and spices	PEPPER-ROASTED	201	POTATOES RAW-FRIED - hash browns, hash browned potatoes, raw fries, or raw fried potatoes, grated or shredded raw potatoes, pan fried as a thin cake or patty
178	STUFFED PEPPERS - baked peppers stuffed with meat, rice, tomato sauce, and spices	PEPPER-STUFFED	202	ROASTED ROSEMARY POTATOES - potatoes tossed with olive oil, sprinkled with rosemary and salt, and oven roasted
180	PUMPKIN PIE - I - pumpkin pie	PIE-PUMPKIN1	203	FRENCH POTATO SALAD - red and white potatoes, boiled, flavored with wine, chicken stock and mustard vinaigrette, garnished with scallions, dill, parsley and basil, served warm
181	PUMPKIN PIE - II - pumpkin pie, recipe for currently-available ingredients	PIE-PUMPKIN2	204	SWEET POTATO CASSEROLE - sweet potato casserole, with cinnamon and cream, and Cognac or rum
183	POLENTA - polenta, optionally with seasonings such as garlic and onions, or cooked with stock, or finished with cheese	POLENTA	205	SAUTÉED POTATOES AND VEGETABLES - potatoes, garlic, onions, and peppers, sautéed with ham, topped with chopped tomatoes and bread crumbs
185	BRAISED PORK CHOPS WITH TWO WINES - pork chops braised with Marsala, red wine, fennel, garlic, tomato	PORK-2WINE-BRA	206	QUICHE LORRAINE - <i>quiche lorraine</i> , cheese and bacon custard tart
187	PORK BRAISED WITH CABBAGE - pork marinated with salt and herbs and braised with red cabbage or sauerkraut	PORK-BRAIS-CABB	207	QUICHE LORRAINE - <i>quiche lorraine</i> , cheese and bacon custard tart
188	PORK CHOPS ROBERT - pork chops with robert sauce, pork chops sautéed with onions, sauced with a reduction of the pan juices, white wine and <i>demi-glace</i> , seasoned with sugar and mustard	PORK-CHP-ROBERT	209	QUICHE À LA TOMATE, NIÇOISE - <i>quiche à la tomate</i> , <i>quiche niçoise</i> , fresh tomato quiche with anchovies and olives
189	POTATOES ANNA - <i>pommes de terre Anna</i> , potatoes Anna, are thin potato rounds cooked and browned in butter in a mold	POTATO-ANNA	211	BAKED RHUBARB - baked rhubarb
190	BAKED POTATOES - baked Idaho potatoes, baked sweet potatoes, or baked yams	POTATO-BAKED	212	BASMATI RICE - basic basmati rice, optionally cooked with spices: fresh ginger, cardamom pods; cumin, raisins, currants, lemon or orange zest
191	POTATOES BOULANGÈRE - <i>pommes de terre boulangère</i> , potatoes and onions baked to a brown and crusty top	POTATO-BOULANGE	213	ARROZ CON POLLO - chicken with rice, a Latin-American pilaf of chicken, various vegetables, tomatoes, olives and spices
192	POTATO CURRY FILLING - turnover or tortilla filling, made with onions, potatoes, and optionally other vegetables, spiced with curry	POTATO-CURL-FIL	215	FRIED RICE - fried rice, with meat, onions, peas, nuts and garnishes
193	GARLIC MASHED POTATOES - mashed potatoes beaten with garlic sauce and cream	POTATO-GARLIC	217	RICE INDIAN STYLE - rice Indian style, <i>riz à l'indienne</i>
195	POTATOES HOME-FRIED - home fried, cottage fried or country fried, potatoes par-cooked, diced or sliced, then pan fried; <i>pommes de terre parmentier</i> ; Lyonnaise potatoes; potatoes O'Brien;	POTATO-HOMEFRY	218	RICE PAKISTANI STYLE - rice Pakistani style, fried and cooked with cardamom, cloves, and cinnamon; risotto, pilaf
197	POTATO & LEEK BRAISE - potatoes and leeks braised with chicken stock and butter, browned with cream	POTATO-LEEK-BRA	219	RISOTTO - BRAISED RICE - sautéed rice with onions and optionally vegetables, braised in seasoned liquid; risotto; pilaf; <i>arroz</i>

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<i>guatemalteco</i>				
221	THAI-STYLE RISOTTO - Thai-style risotto, rice cooked in a steamer with chicken stock, garlic, ginger and hot peppers	RICE-THAI		
222	VIETNAMESE FRIED RICE - vietnamese fried rice, rice cooked in broth, then fried with garlic and onion, finished with soy sauce and sugar, and garnished with green onions and omelet; diced or sliced meat may be added	RICE-VIETNAMESE		
224	FRESH CORN SALAD - fresh corn salad, made with kernels of corn cut from the cob, red onion, vinegar, olive oil and basil	SALAD-CORN		
225	SALAD OF LETTUCE WITH ROAST BALSAMIC ONIONS - salad of lettuce with roast balsamic onions	SALAD-ONION-ROA		
226	SALMON SALAD - salmon salad, with cucumbers, celery, onions and capers, bound with mayonnaise	SALAD-SALMON		
227	SALMON BAKED IN WINE - salmon or other fish covered with seasoned bread crumbs, baked in wine	SALMON-BAKE-WIN		
228	BAKED SALMON - salmon baked with tomatoes, onions, spices, bread crumbs and oil	SALMON-BAKED		
229	BROILED SALMON - broiled salmon with parsley butter	SALMON-BROILED		
230	SALMON CLAUDE POSTEL - <i>saumon Claude Postel</i> , salmon sautéed, covered with a slice of smoked salmon, sauced with a <i>beurre blanc</i> of shallots, sherry, cream and butter	SALMON-CLAUDE-P		
231	PAUPIETTES OF SALMON - paupiettes of salmon, stuffed with duxelles and carrot and leek julienne, poached in raspberry wine and sauced with a raspberry cream	SALMON-PAUPIETT		
233	SALMON TERIYAKI - salmon teriyaki, salmon braised in soy sauce marinade with ginger, apple juice, vinegar, garlic	SALMON-TERIYAKI		
235	CLASSIC GRILLED CHEESE SANDWICH - Nancy Silvertown's classic grilled cheese sandwich, with Gruyère cheese and tomatoes	SAND-GRILL-CHEE		
236	VARIOUS BROWN SAUCES - brown sauces: <i>sauce brune, jus lié, sauce diable, sauce robert, sauce brune aux fine herbes, sauce à l'extragon, sauce chasseur, sauce madère, sauce au porto, sauce bordelaise, sauce bourguignonne</i>	SAUCE-BROWN		
246	VARIOUS DESSERT SAUCES - dessert sauces: <i>hard sauce</i> , made with butter, sugar, and flavoring; <i>strawberry sauce</i> , made with sugared or macerated fresh fruit; <i>soft lemon sauce</i> , made by cooking butter, flour, sugar and water, and flavoring with lemon juice; <i>brandy sauce</i> , made from butter, sugar, Cognac, egg yolks and cream, cooked gently and mixed with meringue	SAUCE-DESSERT		
248	GRAND MARNIER SAUCE - grand marnier sauce	SAUCE-GRAND-MAR		
249	HOLLANDAISE SAUCE - hollandaise sauce, an emulsion of butter and lemon juice stabilized by egg yolks, seasoned with salt and cayenne pepper; derivative sauces: mousseline (fold in whipped cream), divine (sherry reduction and whipped cream), béarnaise (replace lemon juice by vinegar, shallots, tarragon reduction), dijonnaise (with mustard), aux capres (with capers), choron (béarnaise with tomato purée)		SAUCE-HOLLAND	
251	TOMATO SAUCE FOR PASTA - tomato sauce for pasta, especially spaghetti		SAUCE-PASTA	
252	SAUCES FOR STEAK OR HAMBURGER - sauces made from pan juices for pan-broiled (sautéed) steak or hamburger		SAUCE-STEAK	
254	VARIOUS WHITE SAUCES - white sauces: <i>sauce béchamel, sauce velouté, sauce suprême, sauce crème, sauce parisienne, sauce alle-mande, sauce mornay, sauce aurore, sauce au cari, sauce soubise, sauce bâtarde</i>		SAUCE-WHITE	
264	CHOUCROUTE BRAISÉE À L'ALSACIENNE - <i>choucroute braisée à l'alsacienne</i> , sauerkraut braised with wine, stock, aromatic vegetables and spices		SAUERKRAUT-BRAS	
266	SHRIMP BORDELAISE - shrimp Bordelaise, shrimp cooked in a <i>mirepoix</i> , with Cognac and white wine		SHRIMP-BORDELAI	
267	SHRIMP FLAMBÉE - shrimp flambée, shrimp sautéed with shallots, nutmeg, flamed, sauced with cream		SHRIMP-FLAMBEE	
268	GRILLED SHRIMP - grilled shrimp, coated with olive oil-soaked bread crumbs and garlic		SHRIMP-GRILL	
269	MARGARITA SHRIMP - margarita shrimp, shrimp sautéed in olive oil, then simmered in a margarita sauce		SHRIMP-MARGRITA	
270	FILETS OF SOLE À LA MEUNIÈRE - filets of sole or other fish floured, sautéed, and sauced with lemon butter with parsley		SOLE-MEUNIERE	
272	FISH FILETS POACHED IN WHITE WINE - sole or other fish filets, poached in white wine		SOLE-POACH-WINE	
275	SOUFFLÉ AU GRAND MARNIER - dessert soufflé flavored with Grand Marnier liqueur		SOUFFLE-GRAND-M	
277	SAVORY SCALLOP SOUFFLÉ - savory scallop soufflé, baked in shallow gratin dish		SOUFFLE-SCALLOP	
279	SPINACH SOUFFLÉ - spinach soufflé, optionally with ham and poached eggs		SOUFFLE-SPINACH	
282	BEAN AND POTATO SOUP - bean and potato soup, with aromatics and herbs		SOUP-YAM-POTAT	
283	BEEF, BLACK BEAN, AND TOMATO SOUP - beef, black bean, and tomato soup		SOUP-BEEF-BLKBN	
284	VIETNAMESE BEEF SOUP, PHO BO - vietnamese beef soup, <i>pho bo</i>		SOUP-BEEF-VIET	

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286	BORSCHT — BEET VICHYSOISE - borscht, beet soup, beet <i>vichyssoise</i>	SOUP-BEET	309	TURKEY SOUP AND TURKEY STOCK - turkey soup and turkey stock
287	SIMPLE CHICKEN CONSOMMÉ - simple chicken consommé, clarified with egg whites, variously garnished	SOUP-CHICK-CONS	311	VICHYSOISE - <i>crème vichyssoise glacée</i> , leek and potato soup with cream, served chilled
288	THAI TOM KHA GAI SOUP - Thai chicken soup with coconut milk, <i>tom kha gai</i> , with optionally added vegetables and noodles	SOUP-CHICKTHAI1	313	YAM, CARROT, AND ORANGE SOUP - yam, carrot, and orange soup
290	THAI TOM KHA GAI SOUP - Thai chicken soup with coconut milk, <i>tom kha gai</i> , with optionally added rice or noodles	SOUP-CHICKTHAI2	314	ZUCCHINI SOUP - zucchini soup
291	THAI TOM KHA GAI SOUP - Thai chicken soup with coconut milk, <i>tom kha gai</i> , with optionally added rice	SOUP-CHICKTHAI3	315	SPINACH QUICK-SAUTÉED WITH GARLIC - spinach quick-sautéed with garlic, olive oil, lemon juice, red pepper
292	ROASTED CORN SOUP - roasted corn soup	SOUP-CORN-ROAST	316	SPINACH MOUSSE - mousse of puréed spinach, eggs, cream, garlic
293	FISHERMAN’S SEAFOOD CHOWDER - fisherman’s seafood chowder	SOUP-FISH-CHOWD	317	BRUSSELS SPROUTS WITH BACON AND ONION - Brussels sprouts with bacon and onion, <i>choux de Bruxelles ménagère</i>
294	GAZPACHO SOUP - I - gazpacho soup	SOUP-GAZPACHO1	318	ROASTED BRUSSELS SPROUTS - roasted Brussels sprouts
295	THREE PEPPER GAZPACHO SOUP - three pepper gazpacho soup, made with red, green and yellow bell peppers, onion, cucumber and tomato, seasoned with olive oil and vinegar, and cilantro and parsley	SOUP-GAZPACHO2	319	LONDON BROIL STEAK - London broil, steak seasoned with garlic, broiled, sliced thin, and served with melted butter
297	CLASSIC GAZPACHO SOUP - classic gazpacho soup, from Seville	SOUP-GAZPACHO3	320	STEAK DIANE - steak diane, sirloin steak sautéed and sauced with Cognac, sherry and chive butter
298	LEEK AND POTATO SOUP - leek and potato soup, <i>potage parmentier</i> ; <i>soupe bonne femme</i>	SOUP-LEEK-POTAT	321	ASPARAGUS STIR-FRY - asparagus stir-fry
300	LENTIL SOUP - lentil soup	SOUP-LENTIL	322	STIR-FRIED BEEF WITH BLACK BEAN SAUCE - beef slices stir-fried with black bean sauce, garlic, onion, red pepper and green pepper
301	MONGOLE SOUP - Mongole cream soup with sherry	SOUP-MONGOLE	323	GREEN ONION BEEF WITH NAPPA CABBAGE - beef marinated with soy sauce, wine, sesame oil, chili paste, ginger and green onions, then stir-fried and served with stir-fried nappa cabbage and miso sauce
302	SOUPE À L’OIGNON - Parisian onion soup, optionally <i>gratinée</i>	SOUP-ONION	325	GINGER CHICKEN - chicken stir-fried in ginger, with peppers, onions, mushrooms, and sauce
304	BREAD-BASED ONION SOUP - bread-based onion soup, Ali-Bab’s <i>soupe à l’oignon gratinée</i>	SOUP-ONION2	327	QUICK STIR-FRIED SNOW PEAS - snow peas stir-fried with garlic, ginger, soy sauce, peanut oil, sesame oil
305	LES HALLES FRENCH ONION SOUP - Les Halles French onion soup	SOUP-ONION3	328	STIR-FRIED SHRIMP WITH BLACK BEANS - shrimp marinated with garlic, sesame oil, soy sauce, sugar, then stir-fried with bok choy, fermented black beans, ginger, stock, aromatics
306	GREYSTONE GRUYÈRE ONION SOUP - Greystone Gruyère onion soup	ONION-SOUP4	330	BASIC STIR-FRY - I - basic stir-fry - I
308	RED LENTIL SOUP WITH LEMON - red lentil soup with lemon and cilantro	SOUP-REDLENTIL	333	BASIC STIR-FRY - II

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335	BEEF STOCK PREPARED IN SLOW COOKER - beef stock prepared in slow cooker	STOCK-BEEF
337	CHICKEN STOCK - white chicken stock; <i>fonds blanc de volaille</i>	STOCK-CHICKEN1
338	CHICKEN STOCK PREPARED IN SLOW COOKER - chicken stock prepared in slow cooker	STOCK-CHICKEN2
339	STOCK SUBSTITUTES - substitutes for a brown stock, a white chicken stock, and a fish stock	STOCK-SUBSTITUT
341	CORN BREAD AND BROCCOLI RABE STRATA - corn bread and broccoli rabe strata, corn bread layered with fresh ricotta, roasted red peppers and sautéed broccoli rabe doused with cream and eggs, and then baked	STRATA-CRNB RD
343	APPLE TART - apple tart, made with applesauce and apple slices, with fruit glaze	TART-APPLE
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346	FRENCH TOAST - French toast, egg bread, <i>pain perdu</i> , <i>pain doré</i>	TOAST-FRENCH
347	BASQUE TOMATOES - basque tomatoes, <i>fondue de tomates basquaise</i>	TOMATO-BASQUE
348	FRIED ONIONS, TOMATOES, AND CORN, WITH OLIVES - fried onions, tomatoes, and corn, with olives	TOMATO-CORN-ONI
349	CHOPPED TOMATOES WITH ONION - chopped tomatoes with onion	TOMATO-ONION
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352	STUFFED TOMATOES - tomatoes stuffed with bread crumbs, herbs and garlic	TOMATO-STUFF-PR
353	SAUTÉED TURNIPS - sautéed turnips, <i>navets à la bordelaise</i>	TURNIP-SAUTE
354	WAFFLES AND PANCAKES - sweet milk waffles and pancakes	WAFFLE-PANCAKE

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INTRODUCTION INTRODUCTION – introduction: abbreviations, software, and copyright				
ABBREVIATIONS FOR COOKBOOK SOURCES				
ACTUEL	<i>Cuisine Actuelle</i> , by Victor Geilisse, Taylor, Dallas, 1992.	JC	<i>Mastering the Art of French Cooking</i> , by Julia Child, Louise Bertholle, and Simone Beck, Knopf, New York, 1966.	
BOCUSE	<i>Paul Bocuse's Regional French Cooking</i> , by Paul Bocuse, Flammarion, Paris-New York, 1997.	JC2	<i>Mastering the Art of French Cooking, Volume Two</i> , by Julia Child and Simone Beck, Knopf, New York, 1970.	
CANYON	<i>Canyon Ranch Cooking : Bringing the Spa Home</i> , by Jeanne Jones, William Morrow Cook-books, Harper Collins, New York, 1998.	JOY44	<i>Joy of Cooking</i> , by Irma S. Rombauer, Bobbs-Merrill, New York, 1944?.	
CIA	<i>The New Professional Chef: The Culinary Institute of America</i> , edited by Mary Deirdre Donovan, 6th edition, Wiley, New York, 1996.	JOY64	<i>Joy of Cooking</i> , by Irma S. Rombauer and Marion Rombauer Becker, reprint of 1964 Bobbs-Merrill edition, Plume, New York, 1973.	
CORDQUICK	<i>Le Cordon Bleu Quick Classics</i> , by Jeni Wright and Le Cordon Bleu Chefs, Cassell, London, 1998.	JULIAC	<i>Julia and Jacques cooking at home</i> , by Julia Child and Jacques Pépin with David Nussbaum, Knopf, New York, 1999.	
	<i>French Provincial Cooking</i> , by Elizabeth David, Penguin, New York, 1999 (1st Ed. 1960).	JZR	Recipe cards of Juliette Zanker Rupley.	
DAVID	<i>The Delineator Cookbook</i> , Revised by Delineator Home Institute, under direction of Mildred Maddocks Bentley, Butterick, London, 1928.	KAMMAN	<i>The New Making of a Cook: The Art, Techniques, and Science of Good Cooking</i> , by Madeleine Kamman, Morrow, New York, 1997.	
DELIN	<i>Gourmet's Basic French Cookbook: Techniques of French Cuisine</i> , by Louis Diat, Gourmet, New York, 1961.	LAROU	<i>Larousse Gastronomique</i> , by Prosper Montagné, English translation from the French by Nina Froud, Patience Gray, Maud Murdoch, and Barbara Macrae Taylor, edited by Charlotte Turgeon and Nina Froud, 7th printing, Crown, New York, 1966.	
DIAT	<i>The Escoffier Cook Book</i> , translation of <i>Le Guide Culinaire</i> , by Auguste Escoffier, Crown, New York, 1989.	MFKF	<i>The Art of Eating</i> , by M. F. K. Fisher, Macmillan, New York, 1990.	
ESCOF		NYT	<i>The New York Times Cookbook</i> , edited by Craig Claiborne, Harper and Row, New York, 1961.	
ESCOFREPR	<i>Le Répertoire de La Cuisine</i> , by Louis Saulnier, translated by E. Brunet, Leon Jaeggi, London, 1961.	OLIVER	<i>La Cuisine</i> , by Raymond Oliver, Tudor, New York, 1969.	
FF	<i>The Fanny Farmer Cookbook</i> , by Marion Cunningham, 13th edition, Knopf, New York, 1990.	PEPIN	<i>Jacques Pépin's Complete Techniques</i> , by Jacques Pépin, Black Dog & Leventhal, New York, 2001.	
GISSLEN	<i>Professional Cooking</i> , by Wayne Gisslen, 3rd edition, Wiley, New York, 1995.	PF	<i>Pierre Franey's Cooking in America</i> , by Pierre Franey and Fichard Flaste, Knopf, New York, 1992.	
GOURM1	<i>The Gourmet Cookbook, Volume I</i> , compiled, edited, and published by Gourmet, New York, 1950.	PF60M	<i>The New York Times More 60-Minute Gourmet</i> , by Pierre Franey, Fawcett Columbine, New York, 1981.	
GRILL	<i>Great American Grilling</i> , compiled and edited by Sunset Books and Weber-Stephen Products, published by Sunset Publishing, Menlo Park, 1996.	SOKCAN	<i>The Cook's Canon : 101 Classic Recipes Everyone Should Know</i> , by Raymond Sokolov, Morrow, New York, 2003.	
HAZAN	<i>Essentials of Classic Italian Cooking</i> , by Marcella Hazan, Knopf, New York, 1996.	STEVENS	<i>All About Braising: The Art of Uncomplicated Cooking</i> , by Molly Stevens, Norton, New York, 2004.	
IER	Recipe cards of Ita Eloise Rupley.	SUNSETCHN	<i>Sunset Chinese Cookbook</i> , by Editors of Sunset Books and Sunset Magazine, Lane Publishing, Menlo Park, Calif., 1979.	
JAN	<i>Janos. Recipes and tales from a Southwest restaurant</i> , by Janos Wilder, Ten Speed Press, Berkeley, Calif., 1989.	OTHER ABBREVIATIONS KA? Kitchen Aid Mixer, with '?' denoting the mixing head: W for stainless steel whip. B for flat beater, or H for dough hook. @? '?' gives a device setting, for a stove-top element, a mixer speed, etc. (Likely to be only of local family interest.)		
JB	<i>The James Beard Cookbook</i> , by James Beard, Dell, New York, 1974.			
JBAM	<i>James Beard's American Cookery</i> , by James Beard, Little Brown, Boston, 1972.			
JBNEW	<i>The New James Beard</i> , by James Beard, Knopf, New York, 1981.			

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BAKED APPLES

APPLE-BAKED – baked apples, *pommes bon femme*

Recipe from DIAT, page 541.

INGREDIENTS (one serving)

baking pan or dish

- 1 *baking apple*
- 1-2 Tbsp *sugar*, optionally with cinnamon
- 1 tsp *butter*

OPTIONAL

- 1-2 Tbsp *brown sugar*, as substitute for white sugar
- 1 Tbsp *chopped raisins*, added with sugar into core
- 1 Tbsp *applejack, Calvados*, or *Cognac*, dribbled into core after sugar added and before topping with butter
- 1 tsp *sugar*, sprinkled over top of apple after core filled, as glaze

PROCEDURE

- (1) Preheat oven to 375F.
- (2) Core apple, leaving 1/2 in. of intact flesh at the bottom, so that the core can be stuffed.
- (3) Add the sugar, butter, and optionally other ingredients into the core and onto the top of the apple.
- (4) Place the prepared apple in the pan. Add water on the pan bottom, to prevent scorching.
- (5) Bake at 375F until apple soft and the outside is golden brown. About 1-1/2 hour.
- (6) Serve hot or cold, with pan juices, or with a reduction of pan juice, water and fruit preserve, or with cream, or otherwise garnished.

NOTES

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Rating

Difficulty: ? Time: ?

APPLE CRISP

APPLE-CRISP – apple crisp, baked apple slices in thickened spiced juices with a crispy crust made with nuts, sugar, butter, and flour

Recipe from IZR.

INGREDIENTS (6 servings)

baking dish, 9x13 in, or about 1-1/2 qt
bowl, large enough to hold apple slices
bowl, to mix dry ingredients for apple filling
bowl, to mix topping
baking sheet, to serve as protection against boil-over in the oven

- 6 *apples, about 3 lb, peeled, cored, and sliced into 1/8ths*
- 1 *lemon, juiced*
- 1/2 cup *sugar*
- 1 tsp *cornstarch*
- 1/4 tsp *cinnamon*
- 1/4 tsp *nutmeg, freshly scraped*
- 1 cup *flour, all purpose, unsifted*
- 1/2 cup *brown sugar*
- pinch *salt*
- 6 Tbsp *unsalted butter*
- 1/4 cup *sliced almonds or pecans*

PROCEDURE

- (1) Preheat oven to 425F. Butter baking dish.
- (2) Peel, core, and slice apples. Toss with lemon juice.
- (3) Mix together dry ingredients for filling (cornstarch, sugar, cinnamon, nutmeg), then add to and toss with apples and lemon juice.
- (4) Turn out filling into buttered baking dish.
- (5) Prepare topping. Mix with fingertips, the flour, sugar, salt, and butter. Sprinkle the granular topping more or less evenly over the apple filling.
- (6) Place dish in 425F oven, on baking sheet. Bake for 30 minutes. Remove dish from oven, and sprinkle more or less evenly with sliced almonds or pecans. Reduce oven heat to 375F, return dish to oven, and bake for 15 minutes longer. If top not crisp and well-browned at this point, put briefly under broiler until it is nicely done.
- (7) Best served hot or warm, with cream on the side.

NOTES

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Rating

Difficulty: ? Time: ?

APPLE AND ORANGE COBBLER

APPLE-ORNG-COBB – apple and orange cobbler, apple slices baked with sugar and orange juice, topped with a biscuit crust

Recipe from IZR.

INGREDIENTS (6 servings)

baking dish, 9x13 in
bowl, large enough to hold apple slices
electric mixer, with beater and bowl
rolling pin and floured pastry board
baking sheet, to serve as protection against boil-over in the oven

- 6 *apples, peeled, cored, and sliced into 1/8ths*
- 1 cup *sugar*
- 1 *orange, zested and juiced*
- butter, to dot apple filling*
- cinnamon, to sprinkle over filling (optional)*
- 1-1/2 cup *flour, all purpose, unsifted*
- 2 tsp *baking powder*
- 1/2 tsp *salt*
- 6 Tbsp *shortening*
- ca 1/2 cup *milk*
- 2-4 Tbsp *sugar, to sprinkle over assembled dish before baking, as glaze*

PROCEDURE

- (1) Preheat oven to 375F. Butter baking dish.
- (2) Prepare apple and orange filling. Peel six apples, core them, and slice each into eights. In a bowl, mix apple slices with sugar and zest and juice of one orange.
- (3) Turn out apple and orange mixture into buttered baking dish. Dot top with butter. Optionally sprinkle with cinnamon.
- (4) Prepare soft biscuit dough. Add dry ingredients (flour, baking powder, salt, and shortening) to bowl of mixer. With machine on low, add about 1/2 cup of milk, until dough is right consistency. On floured board, pat or roll dough to size of baking dish.
- (5) Cover baking dish with dough, loosely, without tight join of dough to pan edge. Sprinkle several Tbsp sugar about top of dough.
- (6) Place dish in 375F oven, on baking sheet. Immediately reduce heat to 350F. Bake for about 40-45 minutes, until apples cooked and top nicely browned.
- (7) Best served hot or warm, with cream on the side.

NOTES

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Rating

Difficulty: ? Time: ?

SAUTÉED APPLES

APPLE-SAUTE – apples sautéed with butter, *pommes au beurre*

From DAVID, page 440.

INGREDIENTS (6 servings)

skillet

- 4 Tbsp
- 2 lb
- 3-4 Tbsp
- butter
- apples, about 4 apples, peeled, cored, and rather thinly sliced
- sugar, vanilla-flavored if you like.

PROCEDURE

- (1)
- Melt the butter in the skillet, distribute the apples in a layer, sprinkle with the sugar. Cook gently until apples are pale golden and transparent. Turn the apples over very gently, so as not to break them. DO NOT STIR, rather, shake the pan.
- (2)
- Serve hot. The delicate taste of the butter should be enough, but if not, serve with cream.

Rating

Difficulty: ? Time: ?

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APPLE TURNOVERS

APPLE-TURNOVER – apple turnovers, pastry folded over a filling of apples poached in sugar and spices

Recipe from JBAM, page 615

INGREDIENTS (6 servings)

saucepan, in which to poach apples
baking sheet

- 3 apples, peeled, cored, and sliced moderately thinly
- 1 cup sugar
- 1 inch stick cinnamon
- 2 cups water
- 1/2 tsp vanilla extract

- 6 4-inch rectangles, cut from 1/4-inch-thick sheet of pastry dough or puff pastry

- 1 egg, beaten with 1 Tbsp water

sugar, for sprinkling on top of turnover

PROCEDURE

- (1) Preheat oven to 400F.
- (2) Cut 4-inch rectangles from a sheet of tart pastry dough, *pâte brisée à l'oeuf* or *pâte sucrée aux jaunes d'oeuf* (see recipe PASTRY-DOUGH1), or from a sheet of commercial puff pastry. The dough should be rolled to 1/4-inch thickness. For commercial puff pastry, if the sheet size is only slightly too small for cutting 6 rectangles, it can be rolled to an appropriate dimension.
- (3) Peel, core, and thinly slice the apples. Poach them until tender in a syrup made from the sugar, cinnamon, vanilla and water, approximately 5 minutes. Drain the apples and cool them.
- (4) Arrange 1/6th of the apple filling in the center of each of the pastry rectangles. Brush the edges with egg wash. Fold pastry over to form triangles enclosing the filling. Press the edges together to seal, with fingers and then the tines of a fork. Cut a few slashes on the top of each, to let out steam. Sprinkle top with sugar.
- (5) Put triangles on an ungreased baking sheet in a 400F oven until lightly browned, about 20 minutes.
- (6) Best served hot or warm, with a mound of hard sauce on top, or with, on the side, sweetened whipped cream, *crème chantilly* (see recipe CREAM-WHIPPED), or a hot thick sauce, e.g., cream flavored with a reduction of the poaching liquid.

NOTES

For larger turnovers, e.g., from 4-1/2- or 5-inch pastry rectangles, scale the amount of filling according to the area of the rectangle.
For a more finished look, for *dorure*, before baking brush the top of the turnover with egg wash.
If using puff pastry, baking at 350F for a longer time may give a crisper case.
After draining the poaching liquid from the apples, the liquid can be reduced to a thick syrup and used to garnish the top of the baked turnovers or to prepare a sauce to serve with the turnovers, e.g., by mixing with cream.
The filling and its preparation can be varied, e.g., by adding fruit (raisins, currants, peaches, etc.) or spices (cloves, lemon zest and juice, etc.), or by using less liquid for the cooking of the apples and then reducing or adding cornstarch for a differently-textured filling, etc.

BOILED ARTICHOKEs

ARTICHOKE-BOIL – whole boiled artichokes, hot or cold

From JC, page 424

INGREDIENTS (6 servings)

large kettle, containing 7 to 8 qt of rapidly boiling water
washed cheesecloth
colander

6
1-1/2 tsp
salt, per qt of water

PROCEDURE

- (1) Prepare artichokes as follows: Remove stem by bending it at the base of the artichoke until it snaps off, so detaching with the stem any tough fibers that push into heart. Break off the small leaves at the base. Trim base so artichoke will stand upright. Lay artichoke on its side and cut 3/4 inch off of top of center cone. With scissors trim points off rest of leaves. Wash under cold running water. Rub cut portions with lemon juice. Drop into basin cold water with 1 table-spoon vinegar per qt. The acid prevents discoloration.
- (2) Boil the salted water. Drop in the artichokes. To prevent discoloration, cover with double thickness of cheesecloth. Bring water back to boil quickly. Boil slowly, uncovered, for 35 to 55 minutes. The artichokes are done when the leaves pull out easily and the bottoms are tender when pierced with a knife.
- (3) Remove artichokes from kettle with skimmer and drain upside down in the colander.

NOTES

Artichokes may be served hot, warm, or cold.
Sauces for hot artichokes: melted butter, lemon butter, hollandaise.
Sauces for cold artichokes: vinaigrette, ravigote, moutarde, alsacienne, mayonnaise.

Rating

Difficulty: easy. Time: 15 minutes preparation. Verified: fully.

NOTES

A frill: after broiling, marinate in herbed oil for up to 2 days.

Rating

Difficulty: ? Time: ?

BROILED ARTICHOKEs

ARTICHOKE-BROI – broiled artichokes

Recipe by Alton Brown, published by Television Food Network, 2003, Episode#: EAlF02.

INGREDIENTS (4 servings)

baking sheet
bowl, for holding artichokes in lemon or vinegar water
bowl, for tossing with seasonings
vegetable spinner, to dry artichokes

8
6 cups
whole artichokes
acidulated water (juice of 4 lemons or several tsp vinegar)

1/4 cup
2 tsp
1 tsp
3 Tbsp
1 tsp
olive oil
kosher salt
freshly ground pepper
garlic, finely chopped, optional
dried thyme, optional

PROCEDURE

- (1) Preheat oven to broil setting.
- (2) Cut the top 1/4 off the artichoke and snap off the outer leaves until you reach pale green, soft leaves. Using a spoon, remove the hairy choke from the center and discard. Immediately plunge in acidulated water to avoid discoloration. Repeat with remaining artichokes. When ready to use the artichokes, drain them and spin to dry.
- (3) Toss in a bowl with oil and seasonings. Lay the artichokes out on a sheet pan lined with foil. Place on the lower rack of the oven, and broil for 5 to 6 minutes. Flip the artichokes and return to the oven for 3 minutes. Broil longer if not done.
- (4) Serve hot or cold.

ARTICHOKE HEARTS STEWED IN OIL

ARTICHOKE-GREC – *artichauts à la grecque*, artichoke hearts stewed in oil, with thyme, bay leaf, coriander, lemon

From DAVID, page 138.

INGREDIENTS (serves 4)

small saucepan, tall rather than wide, to stew the artichokes"
bowl, for holding artichokes in lemon or vinegar water
vegetable spinner, to dry artichokes

- 4
- 6 cups
- 1 cup
- 1/2 cup
- sprig
- 1
- 10
- whole artichokes*
- acidulated water (juice of 4 lemons or several tsp vinegar)*
- water*
- olive oil*
- thyme*
- bay leaf*
- coriander seeds*
- kosher salt & freshly ground pepper*
- half lemon*, juiced

PROCEDURE

- (1)
- (2)
- (2)
- Prepare the artichokes: Have ready a bowl of acidulated water. Cut off the stalk of an artichoke, then cut off the crown at the tip of the last but one row of leaves nearest the stalk. With a paring knife, trim off the hard outer leaves at the base by turning the base in one hand while slicing with the other, leaving only the tender pale green leaves and flesh. Scoop out the choke with a spoon (classically, a little silver spoon). Throw the prepared artichoke into the acidulated water. Repeat with remaining artichokes. When ready to use the artichokes, drain them and spin to dry.
- Prepare the stewing liquid: In the sauce pan, mix together the water, olive oil, seasonings and lemon juice. Bring the liquid to a boil. Add the artichokes. Simmer steadily for 15 minutes, or until done. Leave them to cool in the liquid.
- Serve whole or cut into quarters, sauced with some of their liquid. Use as an hors-d'oeuvre dish, or as a garnish, or as an element of a salad.

NOTES

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Rating

Difficulty: ? Time: ?

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ARTICHOKE ROMAN STYLE

ARTICHOKE-ROMA – *carciofi alla romana*, artichokes Roman style, cooked in water and oil with garlic, mint, parsley

Excellent. A classic Roman dish.

From HAZAN, page 56.

INGREDIENTS (serves 4)

tall saucepan, with tight-fitting lid, to braise the artichokes
bowl, for holding artichokes in lemon or vinegar water
bowl, for mixing seasonings
vegetable spinner, to dry artichokes

4

whole artichokes

6 cups

acidulated water (juice of 4 lemons or several tsp vinegar), or halved lemons for rubbing exposed surfaces as they are cut

3 Tbsp

parsley, chopped very fine

1-1/2 Tbsp

garlic, chopped very fine

6-8

mint leaves, chopped fine

kosher salt & freshly ground pepper

1/2 cup

olive oil

water, to cover 1/3 of the artichoke head

PROCEDURE

(1)

Prepare the artichokes:

Discard the tough inedible portions of the leaves. Bend back the outer leaves and pull down toward the base, snapping them off just above where they meet the base. Leave the paler tender bottom end of the leaves. As you go deeper into the artichoke, the point at which the leaves snap off will be higher. Keep pulling off single leaves until a central cone with a whitish base is exposed (tough and green only at the top). Slice 1 in off the top of this cone to remove the tough part.

Remove the choke: Using a knife and spoon or melon baller, remove the prickly curvy central leaves and the fuzzy choke beneath, down to the firm concave top of the heart.

With a knife, pare away any green inedible part that remains at the circumference of the artichoke.

Cut off any damaged part at the end of the stem. Pare away (peel) the tough green outside of the stem, leaving the inside white part intact. Be careful not to break or cut the stem off.

During the preparation rub exposed areas with lemon. Drop the prepared artichoke in the acidulated water.

Repeat with remaining artichokes. When ready to use the artichokes, drain them and spin to dry.

(2)

In a bowl mix the seasonings (finely chopped parsley, garlic, and mint, some salt and a few grinds of pepper). Set aside 1/3 of the mixture. Divide the 2/3 portion between the cavities of the 4 artichokes, pressing it into each cavity and rubbing it into the inner sides.

(3)

Put the seasoned artichokes into the saucepan, cavity (top) down. They should fit fairly tightly, side by side. Rub the remaining 1/3 of the seasonings over the outside of the artichokes. Add all the olive oil. Add water so that the liquid covers about 1/3 of the leaves (does not cover the

bottom or stem).

(4) Tightly cover the pot: Put a wet cloth over the top, press the lid tightly down on it, pull back over the lid to get out of the way any portion of the cloth hanging down outside the pot.

(5) Cook at medium heat for 35 to 40 minutes, or until done (fork easily pierces thick part of heart near stem). Add several Tbsp water if artichokes are tough and take longer to cook. If cooked before water boiled off, uncover, turn up heat, and quickly boil off water. It is good if the bottom part of the leaves brown and crisp in the hot oil.

(6) Remove the cooked artichokes to a serving plate, with stems pointing up. Reserve the oil and juices for use at serving time, as a sauce. Do not sauce the artichokes until serving time, else they will absorb oil and be sodden.

(7) Best served when not hot, but still warm.

NOTES

?

Rating

Difficulty: ? Time: ?

ASPARAGUS - I

ASPARAGUS1 – blanched asparagus spears, simply seasoned: salt and pepper, lemon juice, butter, Parmesan, bread crumbs, parsley, olive oil and balsamic; blanched asparagus sauced with a hollandaise, mousseline, or maitaise, or a warm vinaigrette; cold asparagus with a mayonnaise, aioli, or tartar sauce, or a vinaigrette; blanched asparagus sauced as for green beans: asparagus stir-fried; asparagus grilled

Asparagus, now available year around, makes an elegant and tasty dish, easy to prepare and to present, good eaten hot or cold, as a first course or a side dish, or as part of a salad.

The vegetable is so good that simplest is best: the briefest cooking to give a tender but crisp stalk; little or no saucing to interfere with the natural flavor.

Here, the asparagus is quickly blanched until just tender, and then sauced and presented in various ways:

SIMPLY SEASONED - blanched asparagus spears, simply seasoned: salt and pepper, lemon juice, butter, Parmesan, bread crumbs, parsley, olive oil and balsamic.

SIMPLY SAUCED - blanched asparagus sauced with a hollandaise, mousseline, or maitaise, or a warm vinaigrette.

COLD ASPARAGUS - cold asparagus with a mayonnaise, aioli, or tartar sauce, or a vinaigrette.

We also note without giving details some other methods:

SAUCED AS FOR GREEN BEANS - blanched asparagus cut into about 1-in lengths and sauced as for green beans (see recipe BEAN-GREEN-SAUT ("GREEN BEANS").

STIR-FRY - raw asparagus cut into about 1-in lengths and stir-fried solo or with other vegetables, using one or another recipe for a stir-fry.

GRILLED - raw asparagus brushed with olive oil (or olive oil with lemon juice) and chargrilled, e.g., over high heat in a ridged grill pan, then served sprinkled with olive oil, balsamic vinegar, and grated or flaked Parmesan cheese; bacon-wrapping a small bunch of spears, then grilling, has interest.

Recipes for preparing and cooking asparagus: DIAT, pages 378ff; ESCOF, pages 651ff; OLIVER, pages 551ff; JBAM, pages 471ff; CORDQUICK, page 143, 154.

BLANCHED ASPARAGUS - blanched asparagus, basic method for preparation and cooking asparagus

INGREDIENTS (4-6 serving)

large skillet or casserole, holding 3 qt or more, to be used for boiling asparagus spears
colander
other kitchen tools, as may be needed for saucing and serving

2 lb

asparagus, 30-35 medium-sized spears

PROCEDURE

- (1) Put 2 qt salted water in the skillet or casserole, use more if the vessel is larger than 3 qt. and bring to a boil. Salt (about a tsp salt/qt water) is needed to maintain a strong green color for the cooked asparagus, else it turns a dirty gray.
- (2) Prepare the asparagus: Rinse the spears thoroughly. Select several typical spears and break off the white end wherever it breaks easily, by holding each end of the stalk with the fingers of a hand and bending the stalk until it breaks. Use the average length of the top section of the test spears to determine where to trim the rest of the spears, using a knife. (This is not only fast, but all the spears will have the same length and will be trimmed neatly.)
- (3) Blanch the asparagus: Add the asparagus to the boiling water; bring back to a boil under highest heat, and set heat to maintain a rolling boil. Cook for 3 to 4 minutes from the time the asparagus is put in the boiling water, the exact time of cooking depending on the diameter of

the asparagus spears. The asparagus is cooked properly, i.e., cooked minimally to obtain a tender yet crisp stalk, when a fork or knife easily penetrates the stalk near the middle of a spear. In any case, err on the side of undercooked, avoid overcooked asparagus — mushy and limp is just that. (You may have to adjust the cooking time according to how long it takes your stove to return the water to a boil, your taste in all dense vegetables, etc.)

(4) When the asparagus is done, drain it using the colander. If not to be used immediately, rinse spears with cold water and cool quickly, e.g., by use of ice water. Cold asparagus can be reheated by brief (1 minute) immersion in boiling water.

(5) If to be served immediately, the drained blanched asparagus can be sauced and presented in numerous ways, a few of which are listed in the introductory comments above and are described in a bit more detail following. For these descriptions, it will be assumed that the blanched asparagus spears are arranged in parallel or near-parallel fashion, in a tasteful way, possibly in overlapping rows, on a serving platter or on individual plates.

NOTES

Some, even most, recommend using a knife or vegetable peeler to peel the lower part of the asparagus, starting several inches below the head, and then cutting off the inedible bottom of the stalk. Some also recommend tying asparagus in bundles for cooking. They might be correct — but

Rating

Difficulty: ? Time: ?

SIMPLY SEASONED - blanched asparagus spears, simply seasoned: salt and pepper, lemon juice, butter, Parmesan, bread crumbs, parsley, olive oil and balsamic

INGREDIENTS (4-6 servings)

large warm serving dish, if serving at the table
warm plates

4

2 lb *asparagus*, 30-35 medium-sized spears, prepared and blanched as above, used hot immediately after blanching or reheated by brief immersion in boiling salted water

one or more of the following:

kosher salt & freshly ground pepper

Parmesan cheese, grated or as flakes scraped from the cheese block

fresh lemon juice, or a *half* lemon per plate

2 Tbsp *melted butter*, optionally cooked until lightly browned, and optionally mixed with *lemon juice*

4 Tbsp *bread crumbs*, optionally added to the *melted butter* and cooked until lightly browned

4 Tbsp *chopped parsley*

4 Tbsp *good olive oil* and 2 Tbsp *good balsamic vinegar*, dribbled separately over the asparagus

PROCEDURE

Serving at the table:

Line the large serving dish with a napkin to absorb residual water drained from the asparagus, arrange the spears in rows, possibly overlapping, and fold the napkin over to keep in heat. Provide on the side the butter, parsley, whatever seasonings are to be used, for each diner to apply individually.

Individual platings:

Arrange the 8 or so spears per serving in parallel or in a pleasing pattern. Sprinkle each portion with butter or whatever seasonings are to be used. Serve immediately while hot, or at least, warm.

Combination of seasonings, increasing complexity, belaboring the obvious:

salt & pepper, whatever the other seasonings used

butter or *lemon juice*

butter & lemon juice or *butter & Parmesan*

butter & bread crumbs (browned)

olive oil & balsamic vinegar & Parmesan

chopped parsley sprinkled over anything with butter

ASPARAGUS - II

ASPARAGUS2 – *asperges à la polonaise*, blanched asparagus with melted butter, bread crumbs, minced hard boiled egg, chopped parsley; *asperges à la milanaise*, blanched asparagus with Parmesan, melted butter, browned in the oven; *asperges au gratin*, blanched asparagus with Mornay sauce, Parmesan, browned in the oven; *asperges à la flamande*, blanched asparagus with hard boiled egg, mustard, oil or butter

Following are several selected methods of serving asparagus. We use most often *à la polonaise*, among the methods described here, and also (described elsewhere in this cookbook) simple saucing with melted butter, saucing with olive oil and balsamic and Parmesan, grilling, and stir-frying.

The methods:

ASPERGES À LA POLONAISE - blanched asparagus with melted butter, bread crumbs, minced hard boiled egg, chopped parsley

ASPERGES À LA MILANAISE - blanched asparagus with Parmesan and melted butter, browned in the oven

ASPERGES AU GRATIN - blanched asparagus with Mornay sauce, Parmesan, browned in the oven

ASPERGES À LA FLAMANDE - blanched asparagus with hard boiled egg, mustard, oil or butter

Recipes for preparing and cooking asparagus: DIAT, pages 378ff; ESCOF, pages 651ff; OLIVER, pages 551ff; JBAM, pages 471ff; CORDQUICK, page 143, 154.

INGREDIENTS (?) ?

PROCEDURE

(1) ?

NOTES ?

Rating

Difficulty: ? Time: ?

ASPERGES AU GRATIN - blanched asparagus with Mornay sauce, Parmesan, browned in the oven

INGREDIENTS (4-6 servings)

large ovenproof serving dish or gratin, if serving at the table, or 4 individual gratins
warm plates

4

2 lb *asparagus*, 30-35 medium-sized spears, prepared and blanched as above, used hot immediately after blanching or reheated by brief immersion in boiling salted water

3 cups *kosher salt & freshly ground pepper, to taste*
1/2 cup *Mornay sauce*
grated Parmesan cheese or *grated Gruyère cheese*

PROCEDURE

- (1) Preheat the broiler.
- (2) Prepare, cook, and drain well 2 lb asparagus. Generously butter the large or individual gratins. Arrange the asparagus spears in the large gratin in overlapping rows (or distribute between individual gratins). As each row is laid down, sprinkle with salt and pepper, and cover with a little Mornay sauce. After all the spears have been arranged, sprinkle evenly with the grated cheese.
- (3) Brown lightly under the broiler. Serve immediately.

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ASPERGES À LA FLAMANDE - blanched asparagus with hard boiled egg, mustard, oil or butter

INGREDIENTS (4-6 servings)

large warm serving dish, if serving at the table
warm plates
saucepan, for preparing hard-boiled eggs
small skillet, for melting butter
sauce boats, as needed

4

2 lb *asparagus*, 30-35 medium-sized spears, prepared and blanched as above, used hot immediately after blanching or reheated by brief immersion in boiling salted water

4-6 *hot hard-boiled eggs*, one per diner, cut in half
kosher salt & freshly ground pepper, to taste
melted butter or olive oil
Dijon mustard

6 Tbsp

6 Tbsp

PROCEDURE

- (1) Prepare, cook, and drain well 2 lb asparagus. Prepare the hard-cooked eggs. Melt the butter if it is to be used.
- (2) Arrange the asparagus spears in overlapping rows on a warm serving platter lined with a napkin (or distribute between warmed individual plates). Arrange the halved hard-cooked eggs around the dish. Provide the oil or butter and the mustard on the side.
- (3) Each diner crushes the halves of a hard-cooked egg with a fork, seasons with salt and pepper, then mixes in the mustard and the oil or butter. Alternatively, the condiment can be prepared in the kitchen and provided on the side at the table (but less fun).
- (3) Obviously, each diner is expected to use the self-prepared condiment when eating the asparagus.

BROILED BANANAS

BANANA-BROILED – bananas, with melted butter, brown sugar and cinnamon, broiled, then flamed with rum

Recipe from JBAM, page 749.

INGREDIENTS (6 servings)

ovenproof pan or *casserole*, large enough to hold in one layer the quartered 6 bananas, and optionally, suitable for carrying to the table
saucepan

6 *bananas*, fairly ripe, peeled, sliced lengthwise in half, and crosswise into quarters

4 Tbsp *butter*, 2 tsp per banana, melted
6 Tbsp *brown sugar*, 1 Tbsp per banana
1 *lime*, juiced
cinnamon

OPTIONAL

3-6 oz *rum*, 1/2 to 1 oz per banana

PROCEDURE

- (1) Preheat broiler on high. Melt butter in saucepan. Quarter bananas lengthwise, then crosswise. Butter the pan or casserole. Juice the lime.
- (2) Arrange the banana quarters in one layer in the pan or casserole, round side down, flat cut side up. Spread or paint the melted butter on top of the bananas, more or less 1/2 tsp per banana quarter. Sprinkle with brown sugar. Sprinkle lightly with cinnamon and with a little lime juice.
- (3) Place the pan or casserole with the prepared banana pieces in the broiler, about 5 inches from the source of heat. Broil until the fruit is soft and browned. Be careful it does not burn.
- (4) Remove pan or casserole from the heat. Optionally, if flaming the dish, heat the rum in the saucepan used to melt the butter, and when hot, light it, and pour it flaming over the cooked bananas.
- (5) If appropriate, carry the dish, flaming or not, to the table. Serve hot, with cream, although this might be rather over the top for the flambée.

NOTES

The dish can be baked at 350F, instead of broiled.

Rating

Difficulty: ? Time: ?

BANANES FLAMBÉE - II

BANANA-FLAMBEE2 – bananas flambée, bananas sautéed in butter, with sugar, lime and lemon, then flamed with rum

A version of bananas flambée: the bananas are precooked in the oven before saucing.

Recipe from PEPIN, page 655.

INGREDIENTS (6 servings)

roasting pan or baking sheet
skillet, just large enough to hold the bananas in one layer

6 bananas, not over ripe

1/4 lb butter, 1 stick

1/3 cup sugar

1-1/2 limes, juiced

1 lemon, juiced

1/4 cup water

1/3 cup good dark rum

PROCEDURE

- (1) Preheat oven to 400F.
- (2) Trim ends and make a slit down one side of each banana. Put bananas in a roasting pan, and bake at 400F for 15 minutes. The skin will turn black and the bananas will be soft. Reserve at room temperature.
- (3) At serving time, melt the butter in the skillet, add the sugar, the lime juice, the lemon juice, and the water. Cook on high heat until the sauce turns a nice caramel color, about 5 minutes.
- (4) Unwrap the bananas (turn them out of their skins) into the sauce. Add the rum, and ignite it.
- (5) Serve on warm plates, with sauce.

NOTES

Other flavorings can be added or used to replace the lime and lemon juice, e.g., vanilla, cinnamon, orange juice, brown sugar, etc.

Rating

Difficulty: ? Time: ?

BLACK BEANS WITH PEPPERS, ONIONS

BEAN-BLACK-PEPP – black beans, with sautéed onions, garlic, red and green peppers, sherry

Easy to make and delicious with white rice for a main course.

Use any left over reheated with tortillas as a lunch or snack.

Best if beans made from scratch with dried black beans, rather than using canned.

From JANOS, page 198, modified.

INGREDIENTS (4-6 servings as a main dish)

12 inch sauté pan
strainer

- 1 large onion, medium dice
- 2-1/2 Tbsp chopped garlic, or more to taste
- 1-1/2 large green bell peppers, or 3 Anaheim peppers, small dice or strips
- 2 large red bell peppers, small dice or strips
- 2 green jalapeño peppers, fine dice
- 3 Tbsp olive oil, for taste as well as for sauté
- 1 cup sherry, Madeira, or other desert wine
- 2 qts black beans, from cooking of dried beans
- 1 tsp salt, or more to taste; heavy salt may here be better, if beans unsalted
- 1 pepper, to taste
- 1 lemon, zested

splash

sherry or Madeira

PROCEDURE

- (1) In large pan with oil over medium-high or high heat (@8-10), sauté quickly the onion, then add the garlic, then after a short time the peppers. Do not overcook. The peppers should remain crisp.
- (2) Add the sherry or other wine. Reduce the liquid, being careful that the peppers not become mushy.
- (2) Reduce heat to medium (@5). Add the black beans, thoroughly drained of liquid and rinsed using the strainer. Add the salt and pepper, add the lemon zest. Stir the mixture to avoid sticking, being careful not to mash the beans.
- (3) Moisten with a dash of sherry or Madeira, adjust seasonings, and serve.

NOTES

Use canned black beans, and use canned diced green chiles, jalapeños, and pimientos in place of the fresh peppers, but not as pleasing.

Rating

Difficulty: easy. Time: 45 minutes.

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GREEN BEANS

BEAN-GREEN-SAUT – buttered green beans, optionally with lemon juice and parsley, or with *fines herbes*, or with garlic and parsley, or with tomato sauce and parsley, or with bacon, shallots and mushrooms

Various recipes for green beans.

Buttered or sauced green beans go with most anything. Particularly good with roast or broiled meat. Can be a separate course.

From JC, page 444; OLIVER, page 556; CIA, page 797.

All recipes are for a generous 6 Servings

BUTTERED GREEN BEANS

Haricots vert à la anglaise

Preparation and Blanching

large kettle, with at least 7-8 qt of rapidly boiling water

- 3 lb *green beans*, trimmed and washed
- 1-1/2 tsp *salt*, per qt of water

Seasoning and Saucing

wide, heavy, covered enameled saucepan or skillet
hot serving dish

salt and pepper

- 4-8 Tbsp *butter*, cut into pieces or formed into shells

- (1) Preparation of the beans. Snap the tip off one end of a bean and draw it down the length of one side of the bean to remove any possible string. Do the same with the other end, pulling down the other side. Some beans do not have a significant string, and one may simply cut off the ends. Beans of not much more than 1/4 inch diameter are cooked whole. and retain maximum flavor. If beans are large, slice on the bias to make 2-1/2 inch lengths; this is called Frenched beans.
- (2) Blanching the beans. A handful at a time, drop beans into the rapidly boiling salted water. Return to the boil quickly. Boil the beans slowly, uncovered, for 10 to 15 minutes. Test the beans after 8 minutes by eating one. A well-cooked bean should be tender, but still retain the slightest suggestion of crunchiness. Drain the beans as soon as they are done.
- (3) Seasoning and saucing the beans. Toss the hot, blanched beans in the saucepan or skillet over moderately high heat (@8) to evaporate their moisture. Toss briefly again with salt and pepper to taste. Turn them into the serving dish, distribute the butter over them, and serve at once.

Rating

Difficulty: easy. *Time*: 15 minutes for preparation; 15 minutes for blanching, tossing and saucing.

BUTTERED GREEN BEANS, WITH HERBS

Haricots vert aux fines herbes

Preparation and Blanching, as above.

Seasoning and Saucing

wide, heavy covered enameled saucepan or skillet
hot serving dish

- 3 lb *hot, blanched green beans*
- 6-8 Tbsp *salt and pepper*
- 3 Tbsp *softened butter, cut into 4 pieces*
- 3 Tbsp *fines herbes, minced*

- (1) Preparation of the beans, as above.
- (2) Blanching of the beans, as above.
- (3) Seasoning and saucing the beans. Toss the hot blanched beans in the saucepan or skillet over moderately high heat (@8) to evaporate their moisture. Toss briefly again with salt, pepper, and the butter. Correct the seasoning. Turn into the hot serving dish. Serve immediately.

Rating

Difficulty: easy. Time: 15 minutes for preparation; 15 minutes for blanching, tossing and saucing.

BUTTERED GREEN BEANS, PROVENÇALE

Haricots vert à la provençale

Preparation and Blanching, as above.

Seasoning and Saucing

wide, heavy covered enameled saucepan or skillet
hot serving dish

- 3 lb *hot, blanched green beans*
- 6-8 Tbsp *salt and pepper*
- 3 *softened butter, cut into 4 pieces*
- 3 Tbsp *garlic cloves, minced*
- 3 Tbsp *parsley, minced*

- (1) Preparation of the beans, as above.
- (2) Blanching of the beans, as above.
- (3) Seasoning and saucing the beans. Toss the hot blanched beans in the saucepan or skillet over moderately high heat (@8) to evaporate their moisture. Toss briefly again with salt, pepper, and the butter and minced garlic. Correct the seasoning. Turn into the hot serving dish. Sprinkle with parsley. Serve immediately.

Rating

Difficulty: easy. Time: 15 minutes for preparation; 15 minutes for blanching, tossing and saucing.

BUTTERED GREEN BEANS, WITH TOMATOES

Haricots vert à la tomate

Preparation and Blanching, as above.

Seasoning and Saucing

wide, heavy, covered enameled saucepan or skillet
hot serving dish

- 3 lb hot, blanched green beans
- salt and pepper
- 6-8 Tbsp softened butter, cut into 4 pieces
- 6 Tbsp well-seasoned tomato sauce
- 3 Tbsp parsley, minced

- (1) Preparation of the beans, as above.
- (2) Blanching of the beans, as above.
- (3) Seasoning and saucing the beans. Toss the hot blanched beans in the saucepan or skillet over moderately high heat (@8) to evaporate their moisture. Toss briefly again with salt, pepper, and the butter and tomato sauce. Correct the seasoning. Turn into the hot serving dish. Sprinkle with parsley. Serve immediately.

Rating

Difficulty: easy. Time: 15 minutes for preparation; 15 minutes for blanching, tossing and saucing.

BUTTERED GREEN BEANS, WITH BACON, SHALLOTS, AND MUSHROOMS

Preparation and Blanching, as above.

Seasoning and Saucing

wide, heavy, covered enameled saucepan or skillet
hot serving dish

- 3 lb hot, blanched green beans
- 6 oz bacon, julienned
- 2 oz shallots, minced
- 8 oz mushrooms, sliced
- salt and pepper

- (1) Preparation of the beans, as above.
- (2) Blanching of the beans, as above.
- (3) Seasoning and saucing the beans. Sauté the bacon until crisp. Remove it and drain on absorbent paper toweling. Sauté the shallots in the bacon fat. Add the mushrooms and sauté. Add the blanched beans and toss over moderately high heat (@8) to reheat and to evaporate their moisture. Season to taste with salt and pepper. Add the reserved bacon and toss to mix. Turn into the hot serving dish. Serve immediately.

Rating

Difficulty: easy. Time: 20 minutes for preparation; 20 minutes for blanching, sautéing, tossing and seasoning.

BOEUF À LA BOURGUIGNONNE

BEEF-BOURGUIGNON – beef stew in red wine, with bacon, onions and mushrooms

A classic. It can be prepared ahead and reheated, gaining flavor. A dinner party or buffet standard.

Garnish with small white onions and with mushrooms. Serve with boiled potatoes, rice, or buttered egg noodles.

From JC, page 315, modified to include more spices and vegetables in braise. See also LAR, page 132, JBAM, page 297, and GOURM1, page 353.

INGREDIENTS (6-8 servings)

- 6 qt

casserole

bowl, for marinating meat; optional

skillet, for browning meat

pot, for blanching bacon
- 3 lb

lean stewing beef, rump pot roast, top round, etc., with fat removed, cut in 2-inch cubes or 2 x 1-1/2-inch pieces

bay leaf

onion, stuck with 2 cloves

clove garlic

red wine, full bodied, such as a barbera, enough to nearly cover meat
- 10 oz

chunk of bacon, cut into lardons, 1/4 x 1-1/2-inch, or if sliced bacon, 1 x 1-1/2-inch rectangles

butter
- 2 Tbsp

cooking oil, for browning beef pieces
- 1

carrot
- 1

onion
- 2 Tbsp

butter
- optional:

leek

stalk celery
- 1

salt (omit if use canned beef consommé)

white pepper

flour
- 4 Tbsp

Cognac or *Calvados*
- 3 cups

marinade and more *red wine* if needed to make 3 cups

canned beef consommé with gelatin or *beef stock*, as needed to just cover meat and vegetables
- 2 cloves

garlic, crushed
- 1 Tbsp

tomato paste

bouquet garni (1 tsp ground thyme, 2 bay leaves, several sprigs parsley)

bacon rind, from bacon chunk, if available; optional
- optional:

cloves

marjoram

black peppercorns
- 2

small white onions, or more

- 20

mushroom caps, or more

beurre manié

parsley sprigs, to decorate
- PROCEDURE

(1)

Heat oven to 450 F.

(2)

Optionally, marinate beef in red wine with bay leaf, onions, cloves, and garlic, for several hours.

(3)

Simmer bacon lardons, and rind if available, for 10 minutes in 1-1/2 qt boiling water. Drain and dry with paper towels.

(4)

In skillet, sauté lardons in butter at medium heat, @6, for 5-10 minutes, until lightly browned. Remove lardons with slotted spoon and set aside.

(5)

Remove meat from marinade and dry with paper towels. Reserve marinade. In skillet, add cooking oil, and at high heat, @8+, brown beef a few pieces at a time. Set aside with bacon.

(6)

Slice coarsely the carrot, onion, and optionally the leek and celery. In casserole, brown the vegetables in butter at medium high heat, @7-8, about 20 minutes. When done, remove vegetables from the casserole and set aside, and pour out the oil.

(7)

Return browned beef to the casserole. Sprinkle on the salt and pepper, sprinkle on the flour, and toss to cover. In 450 F oven, brown 4 minutes, toss again, brown another 4 minutes. Remove casserole. Reduce heat to 325 F.

(8)

Pour Cognac or Calvados over meat and ignite.

(9)

Return vegetables and bacon to the casserole. Return the marinade (if used) to the casserole and add wine to 3 cups total. Add beef broth or stock to just cover meat and vegetables. Add spices. Stir. Bring to simmer on top of stove. Place in lower third of 325 F oven. Adjust heat for slow simmer (275 F). Cook until meat is done when a fork pierces it easily (from 1 hour for tender meat to 4 hours for a poorer cut).

(10)

While dish is cooking, prepare the white onions, brown-braised in stock (ONIONS-BRAIS-BR), and the mushroom caps, sautéed in butter (MUSHROOMS-SAUTE).

(11)

When meat done, remove meat and bacon to a bowl. Strain and degrease the braising liquid. In a sauce pan, bring the sauce to a simmer. If it is too thin, reduce it until it coats a spoon lightly, or whisk in portions of *beurre manié*. If the sauce is too thick, add stock. There should be at least 2-1/2 cups of sauce. Adjust seasoning.

(12)

Clean the casserole, if necessary. Return meat to it, and distribute onions and mushrooms over the meat. Pour the sauce over meat and garnish. Simmer for several minutes, on the stove, to heat the meat and vegetables. Baste as necessary.

(13)

Serve in the casserole, or arrange on a platter with potatoes (or rice or noodles). Decorate with parsley sprigs. Serve a goodly portion of the sauce separately in a boat.

For later serving, let cool, cover and refrigerate. Reheat by simmering for 10 minutes on the stove, basting as needed. Alternatively, reheat at 325 F in the oven for 45 minutes, or as long as may be necessary.

NOTES

Consider using twice the amount of vegetables if use beef broth or consommé rather than stock.

Rating

Difficulty: straightforward but complex. *Time*: at least 4 hours flat out, including cooking of the garnishes.
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CORNED BEEF HASH - I

BEEF-CRND-HASH1 – corned beef hash, ingredients ground and baked

Garnish with poached or fried eggs. Serve with cole slaw or sour-cream cucumbers, and with ketchup or chili sauce.

From NYT, page 117.

INGREDIENTS (4 servings)

shallow buttered 9x12 inch baking dish
food grinder, set up with finest knife
hot serving plate, optional

- 1 lb cooked corned beef, about 2 cups
- 3-4 cooked medium potatoes, about 3 cups
- 1 small onion
- 1/2 large green pepper
- 1 small stalk celery
- 1 or 2 sprigs parsley

- 1/2 tsp salt
- 1/2 tsp pepper
- pinch ginger, optional
- pinch allspice, optional

PROCEDURE

- (1) Preheat oven to hot, 425 F.
- (2) Chop all ingredients coarsely, mix well, add the seasonings, and grind in a food grinder, using the finest knife.
- (3) Turn hash into the buttered baking dish. Bake until the crust is brown, 20 to 25 minutes. To brown the top, it may be necessary to place it under the broiler for 5 minutes. Serve from the baking dish, or fold as you would an omelet and transfer to a hot serving plate. Garnish with poached or fried eggs.

NOTES

Grinding the ingredients gives a smooth hash with a texture like mashed potatoes, which is not pleasing.

Rating

NOT RECOMMENDED. Difficulty: easy. Time: 1/2 hour to point of baking.

CORNED BEEF HASH - II

BEEF-CRND-HASH2 – corned beef hash, ingredients chopped and pan fried

Garnish with poached or fried eggs. Serve with cole slaw. and with ketchup or chili sauce.

From JB, page 251; JOY64, page 234.

INGREDIENTS (4 servings)

10- or 12-inch heavy skillet
metal spatula
hot serving plate

- 1 lb cooked corned beef, about 2 cups
- 3 cooked medium potatoes, about 2 cups
- 1 small onion
- 1/2 large green pepper, optional
- 1 small stalk celery, optional
- 1 or 2 sprigs parsley, optional

- 1/2 tsp salt
- 1/2 tsp pepper
- pinch ginger
- pinch allspice

4 Tbsp butter, cooking oil, or beef fat

heavy cream, stock, bouillon, or water, about 5 Tbsp

minced parsley, optional as garnish

PROCEDURE

- (1) Chop the corned beef coarsely. Chop the cooked potatoes, the onion, and if used the optional items, the half pepper, celery, and parsley. Combine all together and mix in the seasonings.
- (2) Heat the cooking fat in the skillet, @5. Add the hash. Let it cook at relatively high heat (@8) for 5 to 10 minutes. Mix it well with a fork or cooking spoon during this time.
- (3) Press the hash down with a metal spatula. Add the 5 tablespoons of liquid, or a bit less. After the liquid boils, reduce heat to @4-5, and let cook dry. This should give a nice crust to the hash. Watch to avoid excess crusting, i.e., scorching. The cooking time is about 1 hour.
- (4) If you like, dot the top with butter and run under the broiler for a few minutes to brown, and serve in the skillet. Or more simply, invert over a serving platter larger than the skillet, scrape any scorch onto the top of the hash, and form the hash into a pleasing shape. Garnish with poached or fried eggs, and optionally some minced parsley.

NOTES

A 10-inch skillet may be better than a 12-inch. This recipe fills a 12-inch skillet to less than 1 inch depth. Alternatively, scale up the recipe to 1-1/2 lbs corned beef.

Long cooking, to obtain a crust, has the danger of scorching even at low heat. But the scorch is tasty and thus, as unavoidable, recommended.

Rating

Difficulty: easy, except for scorching apparently unavoidably associated with the long cooking. Time: 1/2 hour preparation (steps 1-3), then 1 hour unattended cooking. Verified: fully.

CARBONNADES DE BOEUF À LA FLAMANDE - I

BEEF-FLAMANDEI – *carbonnades de boeuf à la flamande*, slices of beef and onions braised in beer

A Belgian dish deserving its fame.

Serve with buttered wide egg noodles, parslied potatoes, etc.

From JC., page 317.

INGREDIENTS (6 servings)

fireproof casserole, 9-10 inches by 3-1/2 inches deep
heavy skillet

3 lb *lean beef*, chuck or rump or sirloin, in 1/2x2x4 inch slices
2-3 Tbsp *fat*, good cooking oil or rendered fresh pork fat

1-1/2 lb *onions*, sliced (6 cups)
salt and pepper
4 *garlic cloves*, mashed

1 cup *strong beef stock* or canned beef bouillon
2-3 cups *light Pilsner beer*
2 Tbsp *light brown sugar*
1 *large herb bouquet*: 6 parsley sprigs, 1 bay leaf, and 1/2 tsp thyme tied in cheesecloth

1-1/2 Tbsp *arrowroot or cornstarch*
2 Tbsp *wine vinegar*

parsley sprigs
hot serving platter

PROCEDURE

- (1) Preheat oven to 325 F.
- (2) Cut beef into slices 1/2 inch thick by 2 by 4 inches. Dry with paper towels. Put 1/16th inch layer of fat or cooking oil into skillet and heat to almost smoking (@9). Brown beef slices very quickly and lightly, perhaps no more than a minute per side, a few at a time. Set them aside.
- (3) Reduce heat to moderate or a bit above(@6) and add more oil if needed. Brown onions lightly for about 10 minutes, stirring frequently.
- (4) Remove onions from heat, season with salt and pepper, and stir in garlic.
- (5) Arrange half the browned beef in the casserole, season lightly with salt and pepper, and spread half the onions over the layer. Repeat with the remaining beef and onions.
- (6) Heat the stock or bouillon in the browning skillet, scraping up the coagulated juices, and pour it over the meat in the casserole. Add enough beer to barely cover meat. Stir in the brown sugar. Bury the herb bouquet among the meat slices. Bring casserole to a simmer on the stove. Cover the casserole and place it in lower third of preheated oven. Regulate heat (275 F) so liquid simmers slowly for 2-1/2 hours.
- (7) Remove herb bouquet. Drain cooking liquid from casserole and degrease. Blend arrowroot or cornstarch with the wine vinegar. In saucepan, beat starch and vinegar mixture into cooking liquid. Simmer for 3 to 4 minutes. Carefully correct the seasoning. There should be 2 cups of sauce. Pour sauce back over meat.
- (8) When ready to serve, simmer covered casserole slowly for 4 to 5 minutes, until meat is thoroughly heated. Arrange meat on hot serving platter, spoon sauce over it, surround with noodles or potatoes, and decorate with parsley sprigs.

NOTES

Dish can be prepared ahead of time. In case it is to be refrigerated and reheated, perhaps stop braising after 2 hours. There may be a problem with overdone (too dry) meat.

Rating

Difficulty: easy. *Time*: 1 hour total for initial preparation and final saucing. *Verified*: fully.

CARBONNADES DE BOEUF À LA FLAMANDE - II

BEEF-FLAMANDE2 – carbonnades de boeuf à la flamande, slices of beef and onions braised in beer
A Belgian dish deserving its fame, here perhaps close to the *Nord-Pas-de-Calais* standard.

A slow-cooking dish.

Serve with buttered wide egg noodles, parslid potatoes, etc.

From *L'inventaire du patrimoine culinaire de la France. Cuisine du Nord-Pas-de-Calais*, 1994, as cited in a posting to *fr.rec.cuisine*, 12/11/1998, by r.gagnaux@mail.tic.ch (Rene Gagnaux). Modified slightly.

INGREDIENTS (8 servings)

- fireproof casserole, 6 quart
- large heavy skillet
- round of wax paper, cut to size of casserole
- hot serving platter
- 4-1/2 lb lean beef, chuck, rump, sirloin, top round, eye of round, etc. (*les basses-cotes, la tranche, le paleron*); in 1/4-inch slices, cut perpendicular to the fibers
- 2-3 Tbsp good cooking oil, lard, or rendered fresh pork fat; used in small portions
- 1-1/2—2 lb onions, diced small or thinly sliced (weight after prep; 3 large onions, 6 cups; or use more: 2.5-3 lb, 7 cups)
- 2 Tbsp olive oil
- 4 Tbsp dark brown sugar
- 4 Tbsp wine vinegar
- 6 garlic cloves, chopped and mashed
- salt, pepper, to taste (1/4-1/2 tsp salt, 20 grinds black pepper, 1/4 tsp white pepper)
- 1 large herb bouquet: 12 parsley sprigs, 1-2 stalks celery, green part of 1 leek, all tied with dental floss, and 1/2 tsp ground bay leaf, and 1/2 tsp thyme salt, pepper
- 2 Tbsp butter
- 3 Tbsp flour
- 1/4 cup gin
- 1 qt light Pilsner beer
- 2 cups brown veal stock (3-4 oz glace de viande and hot water)
- 6 large carrots, peeled and cut in half lengthwise and then crosswise
- white bread, thinly sliced and spread lightly with mustard on both sides.
- 1-1/2 Tbsp arrowroot or cornstarch, blended with 2 Tbsp water
- parsley sprigs

PROCEDURE

- (1) Preheat oven to 350 F.
- (2) Cut beef perpendicular to the fiber into 1/4-inch slices, up to 2 by 4 inches in area. Dry with paper towels. Put a small amount of cooking oil or fat into the skillet and bring to almost smoking at high heat (@10). Brown beef slices very quickly and lightly, perhaps no more than a minute per side, 2 or 3 slices at a time. Set them aside when done. Use more cooking oil or fat as needed, in small quantities. When all meat is browned, discard the cooking oil.

- (3) Reduce heat to medium (@5) and add 2 Tbsp oil and the onions to the pan. Cook covered for 10 to 12 minutes, stirring frequently. The onions may be slightly golden. Add the brown sugar and the vinegar. Stir on heat for several minutes. Remove onions from heat, season with salt and pepper, and stir in garlic.
- (4) Arrange the *bouquet garni* in the center of the casserole. Place a layer of meat around the *bouquet garni*, season lightly with salt and pepper, cover with a layer of onions. Repeat with remaining beef and onions. Add any juices from cooking of the onions and from the beef.
- (5) Heat the pan to medium (@5) and melt the butter. Add the flour and cook with stirring to make a *roux*. Add the gin, warm briefly, and flame. Add the beer and reduce 5 minutes at high heat. Add the veal stock and heat briefly. Add liquid to casserole. The liquid should thoroughly cover the meat and onions. Add hot water if it does not.
- (6) Place on top the thin slices of white bread, spread lightly with mustard on both sides. Cover with the round of wax paper.
- (7) Bring casserole to a simmer on the stove. Cover the casserole and place it in lower third of preheated oven. Regulate heat (275 F) so liquid simmers slowly for 2-3 hours.
- (8) At half the cooking time, check the liquid level and add more beer or water if needed. Also, on top of the bread, add the carrots cut in half and then half.
- (9) When the meat is done, remove herb bouquet. Check whether the cooking liquid needs to be degreased or thickened. If so, drain cooking liquid from casserole, degrease if necessary, and thicken in the skillet by beating in arrowroot or cornstarch blended with water and then simmering for 3 to 4 minutes. Carefully correct the seasoning. There should be at least 3 cups of sauce. Pour sauce back over meat.
- (8) When ready to serve, simmer covered casserole slowly for 4 to 5 minutes, until meat is thoroughly heated. Arrange meat and vegetables on hot serving platter; spoon sauce over it, surround with noodles or potatoes, and decorate with parsley sprigs.

NOTES

Dish can be prepared ahead of time. In case it is to be refrigerated and reheated, perhaps stop braising after 2 hours. There may be a problem with overdone (too dry) meat.

Rating

Difficulty: easy. *Time*: 1-1/2 hour total for initial preparation and final saucing.

GROUND BEEF HAMBURGERS

BEEF-HAMBURGER – ground beef hamburgers with onions and herbs, sautéed or grilled

Bifteck haché à la lyonnaise.

Sauce with degreased pan juices, wine and butter, or with any of a number of butters (parsley, garlic, etc.) or sauces (robert, madère, etc.; see recipe SAUCE-STEAK).

Garnish with onion rings, mushrooms, etc.

Same preparation of meat and spices can be grilled rather than sautéed.

From JC., page 301; JB, page 253-4.

INGREDIENTS (6 hamburgers)

1 or 2 *heavy skillets*, large enough to hold the patties easily in one layer
 mixing bowl and *wooden spoon* or *spatula*
 hot serving platter

1-1/2 lb *leanest ground beef* (chuck, neck, shank, flank, etc.)
2 Tbsp *fat*, OPTIONAL; softened butter, ground beef suet, beef marrow, or fresh pork fat; omit fat if
 beef not essentially fat free
3/4 tsp *salt*, or much less for *Ila*
1/8 tsp *pepper*
1/8 tsp *thyme*
1 *egg*, OPTIONAL

1-1/2 cup *flour*, OPTIONAL

1/4 cup *minced yellow onions*
1/4 cup *minced celery*
2 Tbsp *butter*

cooking oil, 1 tsp, or sufficient to film the bottom of the skillet

beef stock, *canned beef bouillon*, *dry white wine* or *vermouth*, *red wine*, or *1/4 cup water*
Cognac, or more; OPTIONAL
softened butter

PROCEDURE

- (1) Optionally, cook the onions and celery slowly (@3-4) in 2 tablespoons butter for about 10 minutes until tender but not browned.
- (2) Put the onions and celery, the beef, the seasonings, and optionally, the egg and the butter or fat, into the mixing bowl. Blend thoroughly. Correct seasoning. Form into six patties 3/4 inch thick. Cover with wax paper and refrigerate until use.
- (3) Optionally, just before sautéing, roll the patties lightly in the flour, and shake off excess flour.
- (4) Place the minimal amount of cooking oil in the skillet and set over high heat (@8-9; reduce after sear). Optionally, sear the meat quickly on both sides. Sauté the patties for 2 minutes, 3 minutes, or more on each side, depending on whether want rare, medium, or well done: 4-1/2 minutes cooking per side should give well done for a 3/4-inch thick patty. When done, arrange hamburgers on the hot serving platter and keep warm.
- () Degrease the cooking juices, if necessary. Add the stock, wine, or other liquid. Boil it down rapidly, scraping up coagulated pan juices, until it has reduced almost to a syrup. Optionally, near the end of the reduction, add the Cognac, and flame it if more than a dash was added. Off heat, swirl in the butter by half-tablespoons until it is absorbed. Pour the sauce over the hamburgers and serve, garnished as desired.

NOTES

For grilled hamburger, prepare patties as above, except do not include the optional items (fat, egg, and flour dusting) and perhaps do not sauté the onions and celery. The timing for pan cooking is somewhat too short to about right for grilling over high heat.

If the meat is grilled, one may want to prepare separately a sauce, or to make a good-sized serving of mushrooms or onions as a condiment.

Rating

Difficulty: easy. *Time*: about 30 minutes. *Verified*: fully.

BEEF STEW WITH VEGETABLES AND DUMPLINGS

BEEF-STE-W-DUMPL – beef stew with vegetables and dumplings

A good party dish: reheatable; all-in-one-dish meal. The dumplings are optional, but recommended.

Adapted from DELIN, page 236; and JOY44, page 315.

INGREDIENTS (6 servings, 3 quarts)

6 qt casserole (large size needed to accommodate dumplings)
large heavy skillet

1/2 lb bacon, thick slices cut into pieces 2 inch long by 1/2 inch wide
2 Tbsp good cooking oil

2 lb chuck, cut into 1-1/2 inch cubes
1/4 cup flour
1-1/2 tsp salt
1/2 tsp paprika

2 cups diced onion, (1+ large onion diced in large 3/4 inch pieces)
2 Tbsp sugar

3 bay leaves
28 oz can whole peeled tomatoes
1 cup water, or more, as needed

1-1/2 cups diced potatoes (1 large potato, diced in large pieces by quartering lengthwise, then cutting each length into quarters)
1 cup diced turnips (1 turnip diced in 1/4 inch pieces)
1-1/2 cups sliced carrots (4 small carrots sliced lengthwise, then sliced crosswise)
1-1/2 cups sliced string beans, French sliced into 1-1/2 inch sections

salt and pepper
thin flour-water paste
water

OPTIONAL

dumpling batter, made as in recipe DUMPLING-PARSLE

PROCEDURE

- (1) Dredge meat with flour mixed with salt and paprika.
- (2) Add cooking oil and bacon to skillet and fry bacon under moderate heat (@5-6) to done but not crisp. Drain fat from bacon, and add bacon to casserole.
- (3) Brown floured meat in bacon grease, supplemented as needed with cooking oil, under moderately high heat (@8). Brown in batches, with meat cubes well separated in the skillet. Turn meat carefully with tongs, to brown well on all sides. Remove pieces when done to casserole.
- (4) Brown onions in remaining grease at more moderate heat (@6). Sprinkle sugar over onions when nearly done, to caramelize. Drain grease from onions (slotted spoon), and add them to casserole. Pour off grease from skillet, add cup of water, and heat with stirring to dissolve pan scrapings. Reserve liquid for use in next step.
- (5) Add bay leaves to casserole. Add canned tomatoes with juice. Add 1 cup water, including liquid from previous step, or more as needed to just cover meat. Bring rapidly to simmer (@5-6). Simmer covered on the stove top for 2 hours. IMPORTANT: reduce heat first to @3, then to @2 and @1, as needed to keep stew barely simmering (a vigorous simmer or a boil will toughen the meat).

- (6) About 1-1/2 hour before the stew is done, add string beans and carrots, and stir. About 45 minutes before the stew is done, add potatoes and turnips, and stir.
- (7) Skim off grease if necessary. Adjust seasoning to taste with salt and pepper. Check cooking liquid for thickness. Add water if too thick, or thicken by stirring in flour-water paste (beware!).
- (8) OPTIONAL. Form dumplings with a spoon to desired size and add them so that they stay on top of stew. The dumplings should be spaced 2 to 3 inches apart, since they swell as they cook. Add the dumplings 20 minutes before the stew is done, and do not lift the cover until then. There may be advantage in preparing the dumplings in a separate pan, particularly if the stew pot is nearly full.
- (9) The stew should be served in the casserole soon after the dumplings are done. If no dumplings, then the dish holds well in a warming oven or with reheating on stove top.

NOTES

To reduce to cooking time of the vegetables, blanch them, or pre-cook them and add just before serving.
Be careful to watch the stew and not let it get above a low simmer.
Dish reheats well, except for the (optional) dumplings. The stew could be brought to the point of adding the vegetables and then stored, to be finished by bringing to a simmer and then completing steps 7-9 just before the meal.
The sauce is best, IMHO, if not too thick. Thus, beware of adding flour-water paste to thicken.
The 45 minutes cooking time for the vegetables is a minimum, giving crisp vegetables.
Other selections of vegetables are possible. Be careful not to add so many vegetables that the meat is lost. The amount of potatoes plus turnips is the maximum recommended and may be reduced for a more meaty dish.
The turnip flavor is strong. If not to taste, reduce amount of turnips to half or eliminate turnips entirely.
Additional spices might be added at the start of the simmer: 2 cloves garlic, 1 teaspoon thyme, basil, some sprigs of parsley, a stalk of celery, etc.

Rating

Difficulty: some judgment required re (1) thickness of sauce, (2) timing of dumplings to finish at time of meal, (3) monitoring of the cooking so the burner temperature can be adjusted to give a low simmer, and (4) cooking time of the vegetables. Time: 1-hour preparation to start of simmer in step (5); another half-hour preparation for the vegetables; and the cooking must be monitored. Verified: fully.

CRAIG CLAIBORNE’S EGGNOG

BEV-EGGNOG – Craig Claiborne’s eggnog, an egg, sugar and cream meringue with Cognac and bourbon, thick and stiff, eaten with a spoon

A different take on the traditional cup of Holiday cheer. Semi-solid, eaten with a spoon. Use as a camp dessert. Not too alcoholic.

Tops, "Sweeps the field".

Recipe published in a 1958 article by Craig Claiborne in *The New York Times*, republished in the *Recipe Redux* series by Amanda Hesser, December 23, 2007, *Recipe Redux: 1958: Eggnog*, <http://www.nytimes.com/2007/12/23/magazine/2-3food-t.html>

INGREDIENTS (40 punch-cup servings)

- 3 *electric mixer*
bowls for the mixer; for egg yolks, egg whites, and cream
- 40 *punch cups* (if such can be found anymore in homes, after the Cab-Chard Dark Age)
- 12 eggs, separated, yolks in one electric mixer bowl, whites in another
- 1 cup *granulated sugar*
- 1 cup *bourbon*
- 1 cup *Cognac*
- 1/4 tsp *salt*, or a bit more
- 1/2 tsp *cream of tartar*, or a bit more
- 3 pt *heavy cream*
- grated nutmeg*

OPTIONAL (not recommended)

milk, 1 to 2 cups

PROCEDURE

- (1) With an electric mixer, beat the egg yolks with the sugar until thick. Slowly add the bourbon and Cognac while beating at slow speed. Chill for several hours.
- (2) Have egg whites at room temperature. Add the salt to the egg whites. Beat until frothy, add the cream of tartar. Beat until almost stiff. Chill.
- (3) Have the cream very cold, and the mixing bowl and whip very cold (utensils in the freezer for a short time). Whip the cream until stiff. Chill.
- (4) Fold the whipped cream into the yolk mixture, then fold in the beaten egg whites. Chill 1 hour.
- (5) When ready to serve, sprinkle the top with freshly grated nutmeg. Serve in punch cups with a spoon.
- (6) If desired, add 1 to 2 cups of milk to the yolk mixture for a thinner eggnog.

NOTES

Amanda Hesser writes in her *New York Times* article:

If you already have a favorite eggnog recipe, throw it out, because the one that Craig Claiborne ran in 1958 sweeps the field. What makes Claiborne’s Southern-style family recipe different from all the also-rans is that it doesn’t pretend to be a drink. He suggests you eat his nog with a spoon. And so you should: it’s the only way to get it out of the punch cup.

You begin by beating the egg yolks and sugar until they’re as thick as meringue, then loosen them up with bourbon and Cognac and, eventually, fold in both whipped cream

and whipped egg whites, so it’s like a giant bowl of faintly boozy chiffon. Claiborne smartly adds salt to the egg whites to amplify and sharpen the flavors. The alcohol, which may seem like a lot when you’re pouring it in, actually isn’t much – just 2 cups to 6 cups other liquid – and so it swims through the layers of egg and cream as an echo to the nog rather than as a belt of good cheer.

The richness of the ingredients hits you about halfway through your cup, and by the time you’ve reached the bottom, you’re done.

In line with the *Recipe Redux* concept, the Hesser article gives two recipes inspired by Claiborne’s, both by Eben Freeman, the head bartender at Tailor in SoHo. His Roquefort and pear eggnog is not to be ignored – serve it as a cheese course?

Rating

Difficulty: ? Time: ?

BAKING POWDER BISCUITS

BISCUIT-QUICK – baking powder biscuits

From Kitchen Aid manual (F-941 3H/K487), page 32; NYT, page 478; JB, page 60; JOY, page 583.

INGREDIENTS (12 biscuits)

electric mixer, with flat beater heat and mixing bowl
baking sheet, buttered

- 2 cups all-purpose flour
- 1 tsp salt
- 4 tsp baking powder
- 1/3 cup shortening
- 2/3 cup milk

PROCEDURE

- (1) Preheat oven to 450 F. All ingredients should be at room temperature.
- (2) Sift flour, salt, and baking powder into bowl. Cut shortening into 4 or 5 pieces and drop into bowl. Cut in shortening (KAB @stir), about 1 minute. Stop and scrape bowl. Add milk all at once and mix (KAB @stir) until dough clings to beater. Avoid overbeating.
- (3) Turn dough onto lightly floured board and knead for 1/2 minute, until smooth. Pat or roll dough to 1/2 inch thickness, for fluffy biscuits, or to 1/4 inch for crunchy biscuits. Cut into 2 inch rounds or squares. Place on greased baking sheet. Brush tops of biscuits with melted butter, or for a richer biscuit, dip in melted butter before placing on the baking sheet.
- (4) Bake at 450 F for 12 to 15 minutes, or until lightly browned and done. Serve hot.

NOTES

Cheese biscuits: Cut 1/2 cup grated sharp American cheese into the flour-fat mixture.

Ham or bacon biscuits: Cut 2/3 cup ground cooked ham or six slices bacon, cooked, and crumbled, into the flour-fat mixture.

Herbed biscuits: Cut 2 Tbsp each chopped chives and pimiento and 1 Tbsp chopped parsley into the flour-fat mixture.

Orange biscuits: Cut 2 Tbsp grated orange rind into the flour-fat mixture. Top each biscuit with a cube of sugar dipped in orange juice.

Marmalade biscuits: Top each biscuit before baking with a dap of orange marmalade.

Fluffy biscuits: Substitute light cream for milk. Roll dough to 3/4 inch thickness. Dip biscuit in melted butter before baking.

Pungent biscuits: Sauté (@3) until just soft 2/3 cup finely chopped onion in 6 Tbsp butter. Season with salt and pepper. Add 3 Tbsp parsley to flour-fat mixture as prepare biscuit dough. Roll the dough out very thin. Cut in any shape. Before baking, top each biscuit with a bit of the sautéed onion.

Rissoles: Pat or roll the dough to give two thin squares. Put between the layers: fresh fruit, ground cooked meat, raisins, nuts, dates, etc. Cut into squares and bake as above.

Drop biscuits: Increase volume of milk to 1 cup. Drop dough by spoonful onto ungreased baking sheet. Bake as above.

Rating

Difficulty: ? Time: ?

SWEET CORN BREAD

BREAD-CORN – sweet corn bread

Good with country dinner.

From back of Albers cornmeal package, which has also a recipe for regular, i.e., nonsweet, corn bread.

INGREDIENTS (8-inch square loaf)

8-inch square baking pan, oiled or buttered
3-cup and 6-cup mixing bowls

- 1/2 cup cornmeal
- 1-1/2 cup flour
- 2/3 cup sugar
- 1 Tbsp baking powder
- 1/2 tsp salt
- 1/3 cup oil
- 3 Tbsp melted butter
- 2 eggs
- 1-1/4 cup milk

PROCEDURE

- (1) Oven at 350 F.
- (2) Mix dry ingredients together. Whisk liquid ingredients together. Whisk together liquid and dry ingredients.
- (3) Pour batter into greased 8-inch cake pan. Bake for about 20 minutes or until done (knife inserted comes out dry) and lightly browned on top.
- (4) Let cool 10 minutes. Remove from pan. Cut into portion-size squares (about 2 inch).
- (5) Serve warm with butter to accompany.

NOTES

Serving cold is ok too.

Or cut in half horizontally and toast the next day.

Rating

Difficulty: easy. Time: 10 minutes prep; 20 minutes bake.

COLESLAW

CABBAGE-COESLA – favorite coleslaw, shredded cabbage dressed with mayonnaise, sour cream, and optionally sugar, vinegar, mustard and Tabasco; chopped slaw, dressed with olive oil, vinegar, sugar, mustard, and spices; Billy’s coleslaw, with a hot dressing of roux, mustard, Tabasco, vinegar, cream and egg yolks

A set of coleslaw recipes:

FAVORITE COLESLAW - favorite coleslaw, shredded cabbage dressed with mayonnaise, sour cream, and optionally sugar, vinegar, mustard and Tabasco

CHOPPED SLAW - chopped slaw, dressed with olive oil, vinegar, sugar, mustard, and spices

BILLY’S COLESLAW - Billy’s coleslaw, with a hot dressing of roux, mustard, Tabasco, vinegar, cream and egg yolks

FAVORITE COLESLAW - favorite coleslaw, shredded cabbage dressed with mayonnaise, sour cream, and optionally sugar, vinegar, mustard and Tabasco

From JBAM, page 496.

INGREDIENTS (6 servings)

large bowl, for crisping the cabbage and tossing with the dressing
small bowl, for preparing the dressing"

- 1 *head cabbage*, 1 to 3 lb, outer leaves removed, quartered, cored, ribs removed, shredded
- 1 cup *mayonnaise*, preferably homemade
- 1 cup *sour cream*
- 1 tsp *salt*
- 1/2 tsp *freshly ground black pepper*

OPTIONAL

- 2 Tbsp *sugar*
- 1/4 cup *vinegar*
- 1 tsp *dry mustard*, or to taste
- 1/4 tsp *Tabasco* or *sriracha*

PROCEDURE

- (1) Crisp the shredded cabbage in cold water for an hour. Drain well.
- (2) Combine with the mayonnaise, sour cream, salt, and pepper, and in addition, for a spicy sweet-sour slaw, the optional seasonings. Toss well, let stand 30 minutes, or even longer if you like a rather wilted slaw. Correct the seasoning before serving.

CHOPPED SLAW - chopped slaw, dressed with olive oil, vinegar, sugar, mustard, and spices

From JBAM, page 496.

This was a favorite in restaurants around the turn of the century [1900] and is hard to discover nowadays. However, it is a delicious change from the other slaws.

INGREDIENTS (6 servings)

large bowl, for crisping the cabbage and tossing with the dressing
small bowl, for preparing the dressing"

- 1 *head cabbage*, 1 to 3 lb, outer leaves removed, quartered, cored, ribs removed, shredded and finely chopped
- 1/2 cup *olive oil*
- 3 Tbsp *vinegar*, or a bit less, to taste
- 1 tsp *salt*
- 1/2 tsp *freshly ground black pepper*
- 1 tsp *celery seed*
- 1 tsp *mustard seed*
- 1 tsp *sugar*
- 1/2 tsp *dry mustard*

PROCEDURE

(1)

Combine all the ingredients for the sauce and shake well in a jar or beat well with a spoon. Toss the cabbage with the mixture and let it stand an hour, turning it several times while it melts.

BILLY’S COLESRAW – Billy’s coleslaw, with a hot dressing of roux, mustard, Tabasco, vinegar, cream and egg yolks

From JBAM, page 498.

This is a slaw on which I was brought up. Billy was a Chinese chef, a pal of my mother’s chef Let, and his coleslaw was superb. He often mixed it with tiny shrimp, crabmeat, or bits of lobster, which made it entirely different but equally delicious.

INGREDIENTS (4 servings)

large bowl, for tossing cabbage with the dressing
skillet, for preparing the dressing"
small bowl, for preparing the egg-cream mixture"

- 1
- 1/2 cup
2 Tbsp
1/2 tsp
2 tsp
dash
6 Tbsp
1/2 cup
- 1 cup
2
- medium head cabbage*, outer leaves removed, quartered, cored, ribs removed, shredded very thinly
olive oil
flour
salt
dry mustard
Tabasco or *sriracha*
sugar
wine vinegar,
heavy cream
egg yolks

PROCEDURE

- (1)
- (2)
- (3)
- Mix the heavy cream with the egg yolks.
Heat the oil in a skillet, add the flour, and blend well. Add the salt, mustard, Tabasco or sriracha, sugar, and vinegar, and stir until thickened. Combine some of the hot oil mixture with the egg-cream mixture, and then pour this back into the oil mixture. Stir until it thickens.
Combine the finely shredded cabbage with the hot dressing. Cool and chill several hours. If the dressing is too thick, mix with a little heavy cream or with a touch of mayonnaise.

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BRAISED RED CABBAGE

CABBAGE-RED-BR1 – chou rouge à la limousine, red cabbage braised with red wine, chestnuts, apples, carrots, onions, bacon, and spices

Red cabbage braised for five hours with red wine and chestnuts. Long cooking time but easy preparation. Browned marinated pork roast or pork chops, or browned chicken, may be added to cook along with the cabbage over the last 1 or 2 hours, adding additional flavor to the dish. Serve with buttered wide egg noodles, parslid potatoes, garlic mashed potatoes, sautéed potatoes, etc.

From JC, page 496.

INGREDIENTS (6 servings)

5- to 6-qt covered fireproof casserole

- 1/4 lb bacon
- 1/2 cup carrots, thinly sliced
- 1 cup onions, sliced
- 3 Tbsp fat (butter, rendered fresh pork fat or goose fat)
- 2 lb red cabbage leaves, cut into 1/2 inch slices
- 2 cups tart apples, diced
- 2 garlic cloves , mashed
- 1/4 tsp ground bay leaf
- 1/8 tsp ground clove
- 1/8 tsp ground nutmeg
- 1/2 tsp salt
- 1/8 tsp pepper
- 2 cups good young red wine, Bordeaux, Macon, or Chianti
- 2 cups brown stock or canned beef bouillon
- 24 chestnuts, peeled
- 4 or 5 salt and pepper
- sprigs of parsley
- hot serving platter

PROCEDURE

- (1) Peel the chestnuts: cut a cross into skin on flat side, blanch for 2 minutes, then peel outer and inner skins and remove membrane fragments. Rehydrated dried chestnuts can be used: rehydrate overnight, wash, then pick over and clean out membrane fragments trapped in folds of chestnuts.
- (2) Preheat oven to 325 F.
- (3) Remove the rind and cut the bacon into strips 1/4 inch wide and 1-1/2 inches long. Blanch by simmering 10 minutes in 1 quart of water. Drain.
- (4) To prepare the cabbage, quarter the head, remove the heart, cut the quarters into 1/2 inch slices, and separate each slice into individual lengths of leaf.
- (5) Render bacon in butter at medium heat (@5), until lightly browned (10-15 minutes). Add carrots and onions, mix well, bring up to temperature at medium heat, then cover and reduce temperature to @3, and cook until vegetables soften (10-30 minutes).
- (6) Stir in the cabbage leaves and mix well to cover them with fat and vegetables. Cook slowly (@ 3-4) for 10 to 20 minutes, until the cabbage is somewhat limp.

BRAISED RED CABBAGE - II

CABBAGE-RED-BR2 – etuvéé red cabbage, braised with onion and vinegar; *chou rouge à la flammande*, red cabbage braised with apples, vinegar, and nutmeg; *chou rouge à l’aigre-doux*, sweet-sour red cabbage, braised with onions, apples, brown sugar, port wine, and vinegar; red cabbage braised with red wine, apples, brown sugar, and vinegar; red cabbage baked with onions, apples, orange juice, port wine, vinegar, and spices

A group of recipes for braised red cabbage, all good.

ETUVÉÉ RED CABBAGE - red cabbage braised with onion and vinegar;

RED CABBAGE FLAMMANDE - *chou rouge à la flammande*, red cabbage braised with apples, vinegar, and nutmeg

SWEET-SOUR RED CABBAGE - *chou rouge à l’aigre-doux*, sweet-sour red cabbage, braised with onions, apples, brown sugar, port wine, and vinegar

BRAISED RED CABBAGE WITH RED WINE - red cabbage braised with red wine, apples, brown sugar, and vinegar

BAKED RED CABBAGE - red cabbage baked with onions, apples, orange juice, port wine, vinegar, and spices

ETUVÉÉ RED CABBAGE - red cabbage braised with onion and vinegar;

Easy, excellent. With pork or full-flavored chicken dish, or cold in a salad.

Recipe from KAMMAN, page 397.

INGREDIENTS (6 to 8 servings)

large covered casserole

2 Tbsp

butter

1 large red onion, finely chopped

2 heads red cabbage, outer leaves removed, quartered, cored, ribs removed, shredded

3 Tbsp

cider vinegar

salt and freshly ground pepper

PROCEDURE

- (1) Heat the butter in a large casserole over medium heat, toss in the red onion, add the shredded cabbage and vinegar, season with salt and pepper. Toss to mix, cover, cook on very low heat until the cabbage is "candied" in its own juices. The length of cooking time is variable, perhaps 1 hour, or 2 hours, or longer.

NOTES

When serve, put butter bits on top. sprinkle with brown sugar, and with salt and pepper to taste.

BRAISED RED CABBAGE WITH RED WINE - red cabbage braised with red wine, apples, brown sugar, and vinegar

From JBAM, page 501.

Definitely German in origin, this has been a favorite dish across the country. It is often served with goose, wild duck, pork, or — when you can get it — wild boar.

INGREDIENTS (6-8 servings)

large covered casserole

- 1 *large head red cabbage*, about 3 lb, outer leaves removed, quartered, cored, ribs removed,
- 4 Tbsp *shredded butter, bacon fat, or goose fat*
- 1 cup *salt and freshly ground pepper*, to taste
- 4 *red wine*
- 2 Tbsp *small apples*, very tart, cored and diced but not peeled
- 1 Tbsp *brown sugar*
- 1 Tbsp *cider vinegar*

PROCEDURE

- (1) Optionally soak shredded cabbage in salted water a few minutes, drain well.
- (2) Melt the fat in the casserole, add the cabbage, toss well with two wooden spoons or spatulas as you would a salad. When cabbage is beginning to wilt, add salt and pepper to taste and the red wine. Simmer 5 minutes. Add the diced apples. Sprinkle with the brown sugar and add the vinegar.
- (3) Cover, and simmer until the apples and cabbage are tender and well blended. This should take about 1 hour at lowest heat.

BAKED RED CABBAGE - red cabbage baked with onions, apples, orange juice, port wine, vinegar, and spices

From JBAM, page 501.

This is probably also German in origin, but is somewhat more exotic than the one preceding.

INGREDIENTS (6-8 servings)

large covered casserole, well-buttered

- 1 *large head red cabbage*, about 3 lb, outer leaves removed, quartered, cored, ribs removed, shredded
- 2 *smallish onions*, sliced
- 4 *small apples*, very tart, cored and diced but not peeled
- 1 tsp *salt*
- 1/4 tsp *cinnamon*
- 1/4 tsp *nutmeg*, or about 20 scrapes *whole nutmeg*
- 1/8 tsp *cloves*
- 1 Tbsp *cider vinegar*
- 1/2 cup *undiluted concentrated orange juice*
- 1/4 cup *port wine or sherry*

PROCEDURE

- (1) Preheat oven to 325F. Optionally soak shredded cabbage in salted water a few minutes, drain well.
- (2) In the well-buttered casserole, Make successive layers of cabbage, onions, and apples. Season every three layers with salt and the spices mixed together. Finally, pour in the vinegar, orange juice, and wine mixed together.
- (3) Cover and bake at 325F for 2 hours or more until the cabbage is very tender and the flavors have melded.

ANGEL FOOD CAKE

CAKE-ANGEL – angel food cake

There can be no better cake! Some recommend slices of it, toasted. No fat.
Rupley family recipe, from IZR (see comment in NOTES section).

INGREDIENTS (6-8 servings)

- 10-inch tube pan, shiny aluminum, clean of grease
- electric mixer, with whip and large mixing bowl, clean of grease
- sifter,
- bowls, to hold ingredients during sifting
- large rubber spatula, clean of grease

several

- 1-1/3 cup flour, all-purpose or cake
- 2 cups granulated sugar, regular or superfine
- 2 cups egg whites, from 12-13 jumbo eggs, warmed or at room temperature
- 1-1/2 tsp cream of tartar
- 1/4 tsp salt
- 2 tsp vanilla

PROCEDURE

- (1) Heat oven to 325 F.
- (2) Sift flour. Measure volume after sifting. Add 1/2 cup sugar. Sift 4 more times.
- (3) Sift remaining sugar 5 times.
- (4) Beat the eggs whites, KAW@8. When eggs foamy, add the cream of tartar and salt. Beat until stiff but not dry. They should be glossy and smooth. Blend in the sugar slowly, KAW@8. Blend in the flavoring.
- (5) By hand, with the large spatula, fold in the flour-sugar mixture, 1/4 cup at a time.
- (6) Immediately fill the tube pan, which must be grease-free. Bake in the lower third of the oven for 1 hour or more as needed.
- (7) The cake is done when the top is nicely crusted and delicately brown. Cool 1 hour with the pan inverted, on its own legs or with the tube centered on a bottle. When cool, run a knife around the edge of the pan, invert onto a plate, and invert again so top crust is on top.
- (8) Separate servings with two forks opposed. Do not cut with a knife. Eat with fingers, or if one must, tear pieces from one's serving with opposed fork and spoon.

NOTES

- Only perverts frost an angel cake.
- Use of superfine sugar and cake flour gives a finer texture (not necessarily more appealing) and possibly a higher-rising cake.
- Touchy, in that beating of the egg whites, folding in of the flour, and the oven temperature are all critical: the cake can fall, giving an inedible heavy mass; the cake can be incompletely cooked, giving a soggy, inedible bottom.
- Utensils must be clean of grease. No vestige of egg yolk can be among the separated whites.
- Calories per dish 2225, per serving (1/8 cake) 278, from fat ~0.
- Compared with last IZR recipe (last card file): cream of tartar was added to flour, rather than to egg whites (odd?); flavoring added after flour folded into beaten egg-white mixture. Otherwise, all measures and procedures same, i.e., this page gives the current "authentic" Rupley family recipe.

Rating

Difficulty: touchy. Time: 1/2 hour preparation, 1 hour to cook.

SAUTÉED CARROTS

CARROT-VICHY – carrots sautéed and glazed, *carottes vichy*

Adapted from DAVID, page 246-247. See also, Food Network, Barefoot Contessa, Episode#: IG1C16, 2003.

INGREDIENTS (serves 4 as side dish)

sauté pan

- 1 lb carrots
- 1/3 cup water, ideally Vichy water, or soda water, or water with a pinch of bicarbonate.
- 2 tsp sugar
- pinch salt
- 2 Tbsp butter
- 2 Tbsp butter
- 1 Tbsp chopped herbs, parsley or dill
- OPTIONALLY, to glaze salt and freshly ground pepper
- 1 tsp sugar

PROCEDURE

- (1) Peel carrots and cut diagonally in 1/4-inch slices. Put in pan with Vichy water; sugar, salt, and butter. Cook uncovered over low or medium-low heat until water evaporated and carrots tender. Add water if necessary.
- (2) Add second lump of butter and shake pan to loosen carrots.
- (3) Optionally, add sugar and cook until carrots glazed - a thick syrup but not toffee.
- (4) To finish, off heat, just before serving, toss with chopped parsley or dill. Adjust seasoning with salt and freshly ground pepper.

NOTES

None.

Rating

Difficulty: easy. Time: 15 min. prep, 20 min. cook.

BREAST OF CHICKEN WITH CREAM

CHICK-BRST-CREA – chicken breasts, *suprêmes*, poached in butter, with a cream sauce, *à blanc*

Suprêmes de volaille à blanc.

Rich and delicate dish.

Serve with a risotto, and with as vegetables, asparagus tips, green peas, artichoke hearts, etc.

The perfectly cooked *suprême* is white with a pinkish blush, and it is juicy. Overcooking is a danger.

See notes below for a discussion on how to prepare a *suprême*.

See notes below for suggestions on garnishes.

From JC., page 268.

INGREDIENTS (4 servings)

10-inch diameter fireproof casserole
round of wax paper, the diameter of casserole, buttered on one side
hot serving platter

- 4
- 1/2 tsp
- 1/4 tsp
- big pinch
- 4 Tbsp
- suprêmes* (boned and skinless breasts) from 2 fryers.
- lemon juice*
- salt
- white pepper*
- butter*
- white stock, brown stock, or canned beef bouillon*
- port, Madeira, dry white vermouth, white wine, brandy, whiskey, ...*
- whipping cream*

- 2 Tbsp
- salt and pepper*
- lemon juice*
- fresh minced parsley*

PROCEDURE

- (1)
- (2)
- (3)
- (4)
- (5)
- (6)
- Preheat oven to 400 F.
- Rub the *suprêmes* with drops of lemon juice and sprinkle lightly with salt and pepper.
- Heat (@5-6) the butter in the casserole until it is foaming. Quickly roll the *suprêmes* in the butter, add a few drops of lemon juice, lay the buttered paper over them, cover the casserole, and put the casserole in the hot oven.
- After 6 minutes, press top of *suprêmes* with a finger. If still soft, return casserole to oven for a minute or two. When the meat is springy to the touch, it is done. Remove the *suprêmes* to the hot serving platter and keep warm (covered in a warming oven) while making the sauce.
- Pour the stock or bouillon and the wine into the casserole with the cooking butter. Boil down quickly over high heat (@8) until liquid is syrupy. Off heat, stir in the cream, and boil down again over high heat until cream has thickened slightly. Off heat, correct the seasoning, and add drops of lemon juice to taste.
- Pour the sauce over the *suprêmes*. Sprinkle with the parsley. Optionally garnish. Serve at once.

NOTES

Several variations on the dish are given on the next page.

A *suprême* is the boneless, skinless breast of chicken removed raw from one side of the bird. Jagged edges should be trimmed. The *suprême* should be flattened lightly. If the breast is very large and thick, slice it into two thin *côtelettes* and flatten to equalize, or into three (small tail end and large breast end sliced into two). If cutting from the whole bird or breast, remove the *filet mignon* and handle separately.

- Suggestions for garnishes:
1. Cucumber chunks sautéed in butter.
2. Artichoke hearts quartered and sautéed in butter.
3. Sautéed mushrooms.
4. Potato galette.
5. Truffles, or substitute black olives, pitted, halved, and sliced.

Rating

Difficulty: the testing for doneness is critical. *Time:* ?

CHICKEN BREAST WITH PAPRIKA, ONIONS AND CREAM
Suprêmes de volaille archiduc

- 2/3 cup *finely minced white onions*
5 Tbsp *butter*
1 Tbsp *fragrant red paprika*
1/8 tsp *salt*
4 *suprêmes and the sauce ingredients as in master recipe*

- (1) Drop the minced onions in boiling water for 1 minute. Drain, run cold water over them, and drain again. Cook the onions with the salt, paprika and butter in the casserole, covered, for about 10 minutes over very low heat (@2-3) until the onions are tender and translucent, but not browned.
- (2) Following the master recipe, cook the *suprêmes* in the onions, paprika and butter. When chicken done, remove and leave onions in the casserole. Complete the sauce as described in the master recipe.

CHICKEN BREASTS WITH DICED AROMATIC VEGETABLES AND CREAM
Suprêmes de volaille à l'écossaise

- cut following vegetables into neat 1/16th inch cubes, making 2/3 to 3/4 cup in all:*
1 medium carrot, 1 to 2 tender celery stalks, 1 medium white onion
- 1/8 tsp *salt*
5 Tbsp *butter*
4 *suprêmes and the sauce ingredients as in master recipe*

- (1) Cook the diced vegetables slowly (@2-3) with the salt and butter for about 10 minutes in the covered casserole under tender but not browned.
- (2) Following the master recipe, cook the *suprêmes* in the vegetables and butter. When chicken done, remove and leave vegetables in the casserole. Complete the sauce as described in the master recipe.

CHICKEN BREASTS WITH MUSHROOMS AND CREAM
Suprêmes de volaille aux champignons

- 5 Tbsp *butter*
1 Tbsp *minced shallot or green onion*
1/4 lb *fresh mushrooms, diced or sliced*
1/8 tsp *salt*
4 *suprêmes and the sauce ingredients as in master recipe*

- (1) Heat the butter in the casserole over moderate heat (@5-6) until foaming. Stir in the minced shallots or green onion and sauté a moment without browning. Then stir in the mushrooms and sauté lightly for a minute or two without browning. Sprinkle with salt.
- (2) Following the master recipe, cook the *suprêmes* in the mushrooms and butter. When chicken done, remove and leave mushrooms in the casserole. Complete the sauce as described in the master recipe.

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CHICKEN BREASTS SAUTÉÉD IN BUTTER

CHICK-BRST-SAUT – chicken breasts, *suprêmes*, sautéed in butter, with brown butter sauce, à *brun*
Suprêmes de volaille à brun.

A quick, clean, elegant way to prepare a particularly choice part of the chicken, the *suprême*.
This recipe is for what is essentially chicken *suprême à la munière*.

Serve with grilled or stuffed tomatoes, buttered green peas or green beans, and potato balls sautéed in butter.

From JC., page 270.

INGREDIENTS (4 servings)

12-inch heavy skillet, or one large enough to hold the 4 *suprêmes* comfortably.
hot serving platter

- 4 *suprêmes* (see recipe CHICK-BRST-CREA for description)
- 1/4 tsp salt
- big pinch pepper
- 1 cup flour, spread on an 8-inch plate

3 Tbsp clarified butter, or half butter and half good cooking oil; use more as needed to cover bottom of skillet to depth of 1/16 inch

- 4 Tbsp clarified butter
- 3 Tbsp minced parsley
- 1 Tbsp lemon juice
- pinch salt and pepper

PROCEDURE

- (1) Just before sautéing, pat the *suprêmes* dry with paper towels, sprinkle them with salt and pepper, roll them in the flour, and shake off excess flour.
- (2) Pour clarified butter into skillet to a depth of 1/16 inch. Set over moderately high heat (@8). When the butter begins to deepen in color very slightly, put in the *suprêmes*. Regulate heat so butter is always hot but does not turn more than a deep yellow. After 3 minutes, turn the *suprêmes* and sauté on the other side. In 2 minutes, press tops of *suprêmes* with a finger. As soon as they are springy to the touch, they are done. Large and plump *suprêmes* require longer cooking. When done, remove *suprêmes* to the hot platter, leaving the butter in the skillet. Hold the *suprêmes* covered in a warming oven.
- (3) Preparation of the brown butter sauce, *beurre noisette*. Add another 4 tablespoons of clarified butter to the skillet. Set over moderately high heat (@8) until the butter has turned a very light golden brown (a minute or two). Immediately remove from heat, stir in parsley and lemon juice. Season with a pinch of salt and pepper, and taste for seasoning. Pour over the *suprêmes* and serve immediately.

NOTES

Variations are given on the following page.

To prepare clarified butter, melt butter over moderate heat (@5), skim off foam, strain through cheesecloth.

Rating

Difficulty: touchy in regulating temperature of butter and in testing for doneness. *Time:* 30 minutes, start to finish.

BROWN DEGLAZING SAUCE WITH WINE

- 1 Tbsp minced shallot or green onion
- 1/4 cup port or Madeira
- 2/3 cup brown stock or canned beef bouillon
- 2 Tbsp minced parsley

- (1) Substitute Step 3 of the master recipe as follows: After removing the sautéed *suprêmes*, stir minced shallot or green onion into the skillet and sauté a moment. Then pour in the wine and stock or bouillon. Boil down rapidly over high heat until liquid is lightly syrupy. Pour over the *suprêmes*, sprinkle with parsley, and serve.

CHICKEN BREASTS ROLLED IN PARMESAN AND FRESH BREAD CRUMBS

Suprêmes de volaille à la milanaise.

- 4 *suprêmes*
- 1/4 tsp salt
- big pinch pepper
- 1 cup flour,
- 1 egg
- 1/8 tsp salt
- 1/2 tsp olive oil
- 1/2 cup freshly grated Parmesan cheese
- 1/2 cup fine, white, fresh bread crumbs

- (1) Spread the flour on a 8-inch plate. Beat the egg, salt, and olive oil together in an 8-inch soup plate. Mix the Parmesan and bread crumbs together on an 8-inch plate.
- (2) Season the *suprêmes* with salt and pepper. One at a time: roll in the flour and shake off excess; dip in beaten egg; roll in cheese and bread crumbs, patting them in place with the flat of a knife; lay on wax paper. Allow cheese and bread crumbs to set for 10 to 15 minutes or several hours.
- (3) As in master recipe, sauté *suprêmes* on both sides, and serve with brown butter sauce.

CHICKEN FRANCESE

CHICK-FRANCESE – chicken breasts in a light batter, sautéed, with an herb and lemon wine sauce

Easy, fast, and remarkably tasty.

Drew Nierporent's Chicken Francese (LifetimeTV "Our Home" show recipes web page). From Recipes Archives:

<http://www.neosoft.com/recipes/poultry/francaise.html>.

INGREDIENTS (3 servings)

*large sauté pan
plates for flour and for eggs
hot serving platter*

- 1.5 lb
1 cup
2
1 tsp

1
1/2 cup
1/3 cup
1 Tbsp
1 Tbsp
- chicken breasts
flour
eggs, lightly beaten
olive oil

lemon
white wine
onion, finely diced
chopped oregano
chopped parsley
salt, pepper to taste

- 2 Tbsp
- softened butter, or more if desired; OPTIONAL*

PROCEDURE

- (1)

(2)

(3)

(4)

(5)
- Cut chicken into serving pieces of desired shape (strips or round medallions are best): e.g., for a ca. 1.5 lb large breast, cut each half into 3 cutlets (tail end, and two half-thickness cutlets from breast end), flatten between wax paper to equalize, and trim as needed.

Heat oil in pan over high heat. Dredge each cutlet with flour, pass through beaten eggs, and immediately put into skillet. Cook for 2 minutes on each side. Remove cooked chicken to a hot serving platter and keep warm.

To make sauce, deglaze pan with white wine, reduce by half, squeeze lemon into pan, add herbs and onion, add salt and pepper.

If desired, beat in the 2 Tbsp or more of butter, in small portions off heat, to make a white wine butter sauce.

Pour over chicken and serve.

NOTES

Per serving (excluding unknown items and optional butter): 682 Calories; 34g Fat (41% calories from fat); 90g Protein; 21g Carbohydrate; 368mg Cholesterol; 221mg Sodium.

From posting: "Manhattan restaurateur Drew Nierporent may not live in the fish-eyed lens, but the meals dished up from his world famous Tribeca Grill -- which Nierporent co-owns with film star Robert DiNiro -- are the stuff of legend. Nierporent's Chicken Francese shows just how far the chef has come since his first day job as a grill man at New York's first McDonald's!"

Rating

Difficulty: easy. *Time:* 30 minutes.

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CHICKEN FRICASSEE

CHICK-FRICASSEE – old-fashioned chicken fricassee with wine-flavored cream sauce, onion, and mushrooms

Fricassée de poulet à l'uncienne.

Traditional dish. Serve with steamed rice or risotto, or buttered noodles, and as additional vegetables, if desired, buttered peas or asparagus tips.

From JC, page 258.

INGREDIENTS (6 servings)

- 12-inch fireproof casserole
- electric beater with wire whip mixing head and mixing bowl
- clean casserole
- 1-1/2 to 2 qt saucepan
- fine sieve or strainer
- hot serving platter

- 3 lb split chicken breasts, with bone and skin
- 1 each thinly sliced onion, carrot, and celery stalk
- 4 Tbsp butter
- 1/2 tsp salt
- 1/8 tsp white pepper
- 3 Tbsp flour
- 3 cups boiling white chicken stock, or white stock, or canned chicken bouillon
- 1 cup dry white wine, or 2/3 cup dry white vermouth
- small herb bouquet: 2 parsley sprigs, 1/3 bay leaf, 1/8 tsp thyme tied in washed cheesecloth
- 16-20 onions, about 1-1/4 lb, white braised (see recipe ONIONS-BRAIS-WH)
- 1/2 lb mushrooms, stewed in butter, lemon juice, and water (see recipe MUSHROOMS-STEWE)
- 2 egg yolks
- 1/2 cup whipping cream
- salt and pepper
- lemon juice to taste
- nutmeg, a pinch
- 1-2 Tbsp softened butter
- springs of parsley

PROCEDURE

- (1) Prepare the onions, following the recipe ONIONS-BRAIS-WH for white-braised (glazed) onions. Cook them at the same time as the chicken. When done, set onions aside and reserve the cooking juices.
- (2) Dry the chicken thoroughly with paper towels. In the casserole, cook the vegetables slowly in the butter (@3-4) for about 5 minutes, or until they are almost tender but not browned.
- (3) Push the vegetables to one side. If there is insufficient room in the casserole for the chicken together with the vegetables, remove the vegetables to a separate plate, draining the butter from them into the casserole. Add more butter if needed. Raise heat slightly (to @4-5) and add the chicken. Turn it every 2 minutes for 10 minutes, until the meat has stiffened slightly, without coloring to more than a light golden yellow. Lower heat (to @3-4), cover, and cook very slowly for 10 minutes, turning the chicken once. It should swell slightly, stiffen more, but not

deepen in color.

- (4) Sprinkle salt, pepper, and flour on all sides of the chicken, turning and rolling each piece to coat the flour with the cooking butter. Cover, and continue cooking slowly for 4 minutes, turning the chicken once.
- (5) Remove casserole from heat. Add back the vegetables if they had been set aside. Pour in the boiling stock or bouillon. Add the wine, the herb bouquet, and stock or water to barely cover chicken. Bring to the simmer. Correct seasoning. Cover and maintain at slow simmer (@2-3) for 25 to 30 minutes, until the chicken is done.
- (6) While the chicken is cooking, prepare and cook the mushrooms, following the recipe MUSH-ROOMS-STEWE for white-stewed mushrooms. When done, set mushrooms aside and reserve the cooking juices.
- (7) When the chicken is done, remove it to a side dish. Add the cooking juices from both the onion and the mushrooms. Simmer the cooking liquid in the casserole for 2 to 3 minutes, skimming off fat. Remove most of the cooking vegetable with a slotted spoon (the remainder will be strained out later). Raise heat and boil rapidly, stirring frequently, until the sauce reduces and thickens enough to coat a spoon nicely. There should be 2 to 2-1/2 cups. If you want to use more than 2-1/2 cups, increase proportionately the measure of egg yolks and cream used in the next step.
- (8) Blend the egg yolks and cream with the electric beater with wire whip (KAW at speed 2). Continue beating and add the hot cooking sauce slowly until about a cupful has gone in. Beat in the rest of the sauce in a thin stream.
- (9) At this point, the casserole may be cleaned for reuse.
- (10) Pour the sauce into a saucepan. Over moderately high heat (@8), stirring constantly, bring sauce to a boil, and boil for 1 minute.
- (11) Correct seasoning, adding lemon juice by the 1/2 teaspoonful to taste, and a pinch of nutmeg.
- (12) Arrange the chicken and the onion and mushroom garniture in the casserole. Pour the sauce through a fine sieve, over the chicken and vegetables. The dish is now ready and can be held indefinitely. To prevent a skin from forming over the sauce, spoon over it a film of cream, stock, or milk. Set the dish aside uncovered.
- (13) To reheat before serving, set over moderate heat (@5) and bring to simmer. Cover and simmer slowly (@2-3) for 5 minutes, or until the chicken is hot through, basting it frequently with the sauce.
- (14) Off heat and just before serving, tilt the casserole, add the enrichment butter, and baste the chicken with the sauce until the butter has absorbed into it.
- (15) Serve the chicken from the casserole, or arrange it with the onions and mushrooms on a hot platter, surround with rice or noodles, and cover with the sauce. Decorate with springs of fresh parsley.

NOTES

Many steps and time-consuming, but worth it.

The sprinkling of seasoned flour on the chicken in cooking butter seems awkward. The flour tends to fall off and clot on the casserole bottom.

For *fricassée de poulet à la indienne*, in step 3 after the initial 5-minute cooking of the chicken, blend in 1 to 2 tablespoons of fragrant curry powder.

For *fricassée de poulet au paprika*, as for *à la indienne* blend in 1-1/2 tablespoons of fragrant paprika. In step 11 add 1/2 tablespoon more paprika if needed for color. The sauce should be a creamy pink.

For *fricassée de poulet à la estragon*, add 4 to 5 sprigs fresh tarragon or 2 teaspoons of dried tarragon to the wine and stock for the simmering of the chicken, in step 5. Stir 2 tablespoons of minced tarragon for parsley into the finished sauce.

Rating

Difficulty: complex sequence but each steps straightforward. *Time:* 2-1/2 hours from starting Preparation to serving.

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CHICKEN IN THE POT

CHICK-INTHE-POT – chicken in the pot, *poulet au pot*; preparation of chicken stock and boiled chicken
Classic French dish.

From DIAT, page 39. Also JBAM, page 87.

INGREDIENTS (4 to 6 servings)

- deep pot, 8 qt or larger
- strainer
- cheesecloth
- deep soup plates
- chicken (or larger), washed and well rinsed
- white stock or water or a combination of white stock and water
- salt
- black peppercorns
- carrot
- leeks
- onion, cut in half, stuck with several cloves
- stalks celery
- sprigs parsley
- bay leaves, crushed
- sprig thyme
- carrots, peeled, cut into uniform largish pieces
- leeks, cleaned, white and light-green parts only, cut into uniform largish pieces
- stalks of celery, cleaned, cut into uniform largish pieces
- salt & pepper, to taste
- cooked rice
- butter

PROCEDURE

CHICKEN STOCK AND BOILED CHICKEN

- (1) Truss chicken to tie legs together and to hold wings close to body. Put it in a deep pot of diameter about that of the chicken. Add 4-1/2 quarts of white stock or water or both. Add the salt and peppercorns. Bring to a boil, reduce heat, and simmer. Remove any scum that gathers on the surface.
- (2) After one hour, add the aromatics and herbs (carrot, leeks, onion with cloves, celery, parsley, bay leaves, thyme), and simmer for another hour.
- (3) Remove the bird. Keep it warm. Strain the stock through several thicknesses of cheesecloth. Discard the aromatics. Clean the pot, and return the stock to it.

CHICKEN SOUP WITH VEGETABLES

- (4) To the stock, add the root vegetables (carrots, leeks, celery) cleaned and cut into largish uniform pieces. Bring to a simmer and cook until vegetables tender but not soft. Correct seasoning.

TO SERVE

- (5a) Carve the bird into serving pieces. Put a portion into each soup plate. The plates should be deep. Add a spoonful of cooked rice and some of the cooked vegetables to each plate. Add a dab of butter if desired, for flavor. Fill plate with soup.

- (5b) Alternatively: Serve the clear soup as a first course, and then as a second course, the chicken carved into serving pieces and the vegetables, with buttered rice, and with a cream sauce made with some of the chicken stock. [This dish is called *poulet bouillie au riz*, boiled chicken with rice.]

NOTES

Sauce allemande for boiled chicken with rice (5b), from DIAT: Melt 2 tablespoons butter in a saucepan and stir in 1-1/2 Tbsp flour. Stir in gradually 1-1/2 cups chicken broth and cook, stirring constantly, until the sauce is smooth and thick. Correct the seasoning, add a little nutmeg, and cook gently for 10 minutes longer. Mix 1 egg yolk with 1/4 cup sweet cream and a little of the hot sauce and stir into the sauce. Add a few drops of lemon juice and cook for 2 or 3 minutes, but do not boil.

As another possibility, serve meat and vegetables with boiled potatoes instead of rice, and with mustard, pickles, and kosher salt as condiments instead of the *Sauce allemande*.

For a small chicken, which will cook in less than two hours, add the aromatics and herbs along with the chicken at the start of the boil, and simmer only until the chicken is done, perhaps one hour.

Recent recipes for *poulet au pot* (or, *poule au pot*) are generally one-stage, with additional vegetables or aromatics (e.g., potatoes, turnips, parsnips, cabbage, garlic) either cooked with the chicken or cooked separately and served with the chicken, and with a meat stuffing (especially, sausage or ham) for the bird.

Rating

Difficulty: ? Time: ?

SAUTÉED CHICKEN LIVERS WITH MADEIRA SAUCE

CHICK-LIVR-SAUT – chicken livers sautéed with Madeira sauce, *foies de volaille sautées au madère*

Good informal main course dish.

Adapted from DIAT, page 276. See also KAMMAN, page 898.

INGREDIENTS (2 to 4 servings)

large sauté pan
dish to reserve cooked meat

2-3 cups chicken livers, pieces or whole, selected for good color and texture

salt & freshly ground black pepper
3-4 Tbsp butter or butter & oil

1/2 cup Madeira

1/2 tsp dried thyme leaves

1/2 cup brown sauce, or 2 Tbsp glace & water as needed

1 Tbsp butter

2 Tbsp brandy

salt & freshly ground black pepper

OPTIONAL

1-1/2 cup mushrooms, sliced

1/4 cup finely minced yellow onions,

2 Tbsp butter

OPTIONAL

1 cup heavy cream

PROCEDURE

- (1) Season the chicken livers with salt and freshly ground black pepper.
- (2) Heat the butter (or butter and oil) in the sauté pan over medium high heat. Add the chicken livers and sauté quickly for 3 or 4 minutes or until browned. Remove livers from pan and keep warm.
- (3) If mushrooms are to be included, add butter to the pan as needed, and still over medium high heat, add the minced onions and the sliced mushrooms. Sauté until mushrooms browned. Reserve the mushrooms and onions with the chicken livers, keeping warm.
- (4) Deglaze the pan with the Madeira, reduce slightly, add the thyme, add the brown sauce or glaze, add the heavy cream if it is to be included, cook briefly. Reduce as needed for the sauce to nappe. Finish the sauce with the butter and brandy.
- (5) Reduce the heat. Add the reserved livers, and the mushrooms and onions if used, to the pan. Reheat the livers in the sauce, taking care not to boil.
- (6) Serve over rice or rice pilaf, or over buttered toast points.

NOTES

One wants ample sauce. But if serving with toast points, not so much that the toast becomes soggy.
The sauté of the chicken livers and mushrooms should be fast, and the heat adjusted accordingly, to brown without overcooking the livers or shriveling the mushrooms.
The sauté can be used at step 2 or step 3, without the Madeira sauce, as a garnish, as an omelet filling, or as a dish, perhaps garnished with crisp bacon slices.

Rating

Difficulty: some judgment required for the sauté. Time: perhaps 30 min. to prep, 15 min. to cook.

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CHICKEN MARENGO - I

CHICK-MARENGO1 – chicken Marengo, chicken sautéed then braised with wine, Cognac, garlic, tomatoes and mushrooms

Poulet sautéé à la Marengo.

Dunand, who prepared this dish for Napoleon after the battle of Marengo, June 14, 1800, improvised it from bits and pieces of food found by the army's foragers. Napoleon, having feasted, said to Dunand, "You must feed me like this after every battle," and he subsequently did not let Dunand alter the chance ingredients.

The original (after the battle) garnishes were crayfish and fried eggs. These may be used. The mushrooms were added later by Dunand, as was the wine, which was not available for the original dish (the Cognac was).

Adapted from LAROU, pages 264,608; NYT, page 200; GOURMI1, page 294.

INGREDIENTS (6 servings)

- 3-1/2 qt heavy casserole
- large heavy skillet
- hot serving platter
- strainer and bowls, for preparing diced tomatoes with juice but no seeds
- roasting chicken, cut into pieces, or chicken breasts, quartered if large
- flour
- 3 lb
- 1/2 cup
- 1 tsp
- 1 tsp
- 1/2 tsp
- 1 tsp
- olive oil and butter, 2 Tbsp each
- dry white wine
- Cognac
- 2 cups
- 2 cloves
- 8
- 16
- 6

PROCEDURE

- (1) Preheat oven to 350 F.
- (2) If fresh tomatoes are to be used, blanch them for 15 seconds, remove stem, peel, squeeze juice into one bowl, dice the pulp, and strain juice back into another bowl with the pulp.
- (3) Mix the flour, salt, pepper and tarragon. Dredge the chicken with the seasoned flour. Reserve the excess flour.
- (4) In the skillet, heat the oil and butter. Brown the chicken on all sides (@8).
- (5) Remove the chicken to the casserole. Let the fat remaining in the skillet cool slightly. With a wire whisk, beat the reserved flour into the fat. Cook (@3-4) for 5 to 10 minutes, without burning the flour. Gradually stir in the wine, and then the Cognac. When the sauce is thickened and smooth, Pour over the chicken and add the diced tomatoes and strained juice, garlic, and mushrooms. Bring the casserole to a simmer on the stove top (@5) (Alternatively, the mushrooms if sliced may be added during the next step, after the dish has baked for 30

minutes.)

- (6) Place the covered casserole in the middle level of the oven. Immediately reduce heat to where a slow simmer is maintained (275 F). Bake for about 45 minutes, until the chicken is tender.
- (7) Serve in the casserole. Or transfer the chicken to the hot serving platter and arrange the mushrooms around the chicken. Adjust the seasoning of the cooking sauce and pour it over the chicken. Garnish, optionally, with the sliced black olives and with the fried eggs, cut out so only a little white surrounds the yolk. Sprinkle with chopped parsley.

NOTES

An alternative preparation of the dish (LAROU, page 264) is to cook completely the chicken by sautéing it (rather than just browning it, as above), then to coat the chicken with a sauce made by combining and cooking the ingredients above (wine, flour or brown sauce, garlic, etc.)

Absent crayfish, a garnish of sectioned cooked lobster tail may be interesting.

Rating

Difficulty: somewhat complex, but each step easy. *Time:* 15 minutes to prepare tomatoes, 25 minutes to brown the chicken 10 minutes to assemble the casserole, 45 minutes to cook, and 15 minutes to garnish with olives and fried eggs, for a total of a little more than an hour of preparation and 45 minutes of untended cooking. *Verified:* fully.

CHICKEN MARENGO - II

CHICK-MARENGO2 – chicken Marengo, chicken sautéed then braised with wine, Cognac, garlic, tomatoes and mushrooms

Poulet sautéé à la Marengo.

Revised from earlier version of 10/21/95.

Dunand, who prepared this dish for Napoleon after the battle of Marengo, June 14, 1800, improvised it from bits and pieces of food found by the army's foragers. Napoleon, having feasted, said to Dunand, "You must feed me like this after every battle," and he subsequently did not let Dunand alter the chance ingredients.

The original (after the battle) garnishes were crayfish and fried eggs. These may be used. The mushrooms were added later by Dunand, as was the wine, which was not available for the original dish (the Cognac was).

Adapted from LAROU, pages 264,608; NYT, page 200; GOURM1, page 294.

INGREDIENTS (6 servings)

3 qt heavy casserole
large heavy skillet, which if deep enough can replace the casserole
hot serving platter
strainer and bowls, for preparing diced tomatoes with juice but no seeds

3 lb roasting chicken, cut into pieces, or chicken breasts, if large divided into cutlets, pounded to equalize, and trimmed
8 mushrooms, more if small (about 1/2 lb), thickly sliced
18 31-40 shrimp, peeled and cleaned
2 Tbsp olive oil, used in small portions
salt, pepper to taste

2 Tbsp butter
2 Tbsp flour

1 cup dry white wine
1 jigger Cognac

2 cups canned tomatoes or 2 large fresh tomatoes, peeled, seeded and diced, with juice strained to remove seeds
1-1/2 oz glace de viande, dissolved in 1/2 cup hot water, or 1/2 cup veal gravy
2 cloves garlic, mashed and finely chopped
1 tsp dried tarragon
salt, pepper to taste

16 jumbo black olives, sliced
6 eggs, fried at low heat (@3) in 6 Tbsp butter and 2 cloves garlic, mashed and chopped
parsley, chopped

PROCEDURE

- (1) If fresh tomatoes are to be used, blanch them for 15 seconds, remove stem, peel, strain juice into one bowl, dice the pulp and reserve it in a separate bowl.
- (2) Brown the chicken quickly on high heat (@10), with minimal olive oil, a few pieces at a time, perhaps 1 or 2 minutes per side. During the cooking season both sides well with salt and pepper. As the chicken is browned, reserve it to casserole, and keep warm.
- (3) Still on high heat (@10), add 2 Tbsp olive oil, and when hot, add the thickly sliced mushrooms. After the mushrooms are lightly browned, before they are done, reduce the heat to

medium or medium high (@5-7), add the shrimp, and if needed, more oil. Continue the sauté for a moment, until the shrimp turn red but are not fully cooked. Reserve mushrooms and shrimp and any rendered juice to the casserole, and keep warm.

- (4) On medium heat (@5), add 2 Tbsp butter to the pan, and when it is bubbling, add 2 Tbsp flour. Sauté for several minutes with constant stirring to make a brown roux. Gradually stir in the wine, and then the Cognac. Reduce by half on medium high or high heat (@8-10). Add the liquid from the tomatoes, the glace de viande dissolved in hot water, add the chopped garlic and the tarragon, and reduce the sauce to an appropriate thickness. Adjust the seasoning. Add the diced tomatoes. Cook briefly.
- (5) Pour the sauce over the chicken, shrimp and mushrooms. Bring the casserole to a simmer on the stove top (@5), then cover and cook at a very gentle simmer (@1-2) until the chicken is done (perhaps 15 minutes for cutlets, 40 minutes for a cut-up whole chicken). Alternatively, preheat the oven to 350 F, place the covered casserole in the middle level of the oven, immediately reduce heat to where a slow simmer is maintained (275 F), and bake until the chicken is tender.
- (6) Serve in the casserole. Or transfer the chicken to the hot serving platter and arrange the mushrooms and shrimp around the chicken. Cover with the sauce.
- (7) Garnish, optionally, with the sliced black olives, and with the fried eggs cut out so only a little white surrounds the yolk. Sprinkle with chopped parsley.

NOTES

An alternative preparation of the dish (LAROU, page 264) is to cook completely the chicken by sautéing it (rather than just browning it, as above), then to coat the chicken and the mushrooms with a sauce made by combining and cooking the ingredients above (wine, Cognac, flour or brown sauce, garlic, etc.)

Absent crayfish, use as a garnish or include in the dish, shrimp (as done here) or sectioned cooked lobster tail.

Rating

Difficulty: somewhat complex, but each step easy. Time: 1-1/2 hours, including simmering time.

QUICK CHICKEN FRICASSEE

CHICK-MINUTE – chicken fricassee, chicken sautéed in butter, cooked in wine and stock with mushrooms, onions and spices, then bound with egg yolks; fricassee sauce

Fricassée de poulet à la minute

A chicken fricassee that is quickly made and is without milk or cream.

The recipe with the garnishes, but without the chicken, gives a rich sauce for reheating leftovers.

From LAROU, page 252; a recipe by Plumeray. Modified slightly.

INGREDIENTS (?)

*large sauté pan or small casserole
hot serving platter*

1 large boneless chicken breast, about 1.5 lb, cut up into cutlets, pounded to equalize, and

3-6 Tbsp trimmed butter

2 Tbsp flour

1/2 cup white wine

1 cup chicken stock

6 small onions, blanched, or 1 medium onion, diced

bouquet garni: parsley, bay leaf, thyme, celery stalk

pinch nutmeg

salt, pepper, to taste

1/2 lb mushrooms, sliced thickly, 1/3 inch

3 egg yolks

juice of 1/2 lemon

1 orange, for garnish as zest, slivers of rind, or orange slices

PROCEDURE

- (1) Sauté the chicken in butter at medium heat (@5), without coloring, until firm,
- (2) Add the flour and cook briefly.
- (3) Add the spices, the wine and stock, the onions, and the *bouquet garni*. Cook on a good heat but gently, until the chicken is nearly done, and the sauce somewhat reduced and thickened, perhaps for 25 minutes.
- (4) Add the mushrooms. Cook for another 15 minutes.
- (4) Remove the chicken, mushrooms and onions to a hot serving platter and keep warm. Bind the sauce with the egg yolks, beaten and tempered with the cooking liquid. Warm the sauce but do not let it boil. Add the lemon juice. Adjust the seasonings.
- (5) Pour enough sauce over the meat and vegetables to nap and surround them, but not so much as to cover them. Serve the dish garnished with orange slices, or orange zest, or orange slivers. Serve the remaining sauce for use as individually desired. Accompany the dish with gamished rice or a risotto or with buttered egg noodles.

Rating

Difficulty: easy Time: 1.5 hour.

OVEN-BROILED CHICKEN

CHICK-OVEN-BROI – chicken baked at high oven temperature

A simple, fast way to cook crisp and tasty chicken. No watching needed.

From FF, page 229.

INGREDIENTS (4 servings)

- 3 lb
- chicken, in halves or quarters, or chicken parts
- oil
- salt
- pepper, freshly ground

PROCEDURE

- (1) Preheat oven to 375 F.
- (2) Season chicken parts on both sides with salt and pepper. Arrange skin up on a broiling rack. Place rack in top third of oven. Bake for about 45 minutes, until done. Optionally, for a crispier skin, increase temperature to 425 F after 30 minutes.

NOTES

Best not to use boneless, skinless breasts.

Optionally, season also with other spices, e.g.: *rosemary, thyme, basil, tarragon, celery, bay leaf, or garlic or lemon.*

Rating

Difficulty: dead easy. *Time:* 10 minutes preparation. *Verified:* fully.

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COQ AU VIN - I

CHICK-RED-WINE1 – *coq au vin*, chicken in red wine with onions, mushrooms and bacon

Coq au vin.

Classic and popular dish.

Serve with parslied potatoes, alone or if one wishes, also with buttered peas.

From JC, page 263.

INGREDIENTS (4 to 6 servings)

fireproof casserole, 10 inch
skillet, 12 inch, for sautéing bacon and chicken
3-qt *saucepan*, for blanching bacon
small bowl, *rubber spatula*, and *wire whip*, for making *beurre manié*
hot serving dish

12-24 *brown-braised onions*, see recipe ONIONS-BRAIS-BR
1/2 lb *sautéed mushrooms*, see recipe MUSHROOMS-SAUTE

4 oz *lean bacon*, cut into *lardons*, 1/4x1 inch rectangles
2 Tbsp *butter*

3 lb *frying chicken*, cut up, or *chicken breasts*, split (boned and skinned breasts may be ok, but are difficult to sauté nicely)
butter or *good cooking oil*

1/2 tsp *salt*
1/8 tsp *pepper*

1/4 cup *Cognac*

2 cups *red wine*, young and full-bodied
1-2 cups *brown chicken stock*, *brown stock*, or *canned beef bouillon*
1/2 Tbsp *tomato paste*
2 cloves *garlic*, mashed
bouquet garni: 2 stalks celery with leaves, 2 sprigs parsley, and 1 bay leaf, tied into a bundle
1/4 tsp *thyme*

salt and pepper

3 Tbsp *flour*
2 Tbsp *softened butter*

sprigs of fresh parsley

PROCEDURE

- (1) Cut bacon into *lardons*. Blanch in 2 quarts of boiling water for 10 minutes. Strain and rinse, for use in step 3 below.
- (2) Begin preparation of the brown-braised onions, so they can cook during the preparation and cooking of the chicken. See recipe ONIONS-BRAIS-BR. Sautéing the mushrooms is quick, and can be done now or during cooking of the chicken. See recipe MUSHROOMS-SAUTE.
- (3) In the skillet, sauté the bacon slowly (@5) in hot butter until it is very lightly browned. Remove to a side dish.

- (4) Dry the chicken thoroughly. Brown it in the hot fat in the skillet, over high heat (@8). A additional tablespoon of butter or oil may be needed. Be careful not to overcook the chicken in this step and in steps (5) and (7)! SEE NOTES BELOW.
- (5) Season the chicken with salt and pepper. Return the bacon to the skillet. Cover and cook over moderate heat (@5) for 10 minutes, turning the chicken once. SEE NOTES BELOW.
- (6) Uncover. Add the 1/4 cup Cognac. Stand back, and ignite the Cognac. Shake the skillet back and forth for several seconds, until the flames subside.
- (7) Transfer the chicken to the casserole. Pour the wine into the skillet and heat briefly, to deglaze, then pour wine and cooking juices into the casserole. Add to the casserole just enough stock or bouillon to cover the chicken. Stir in the tomato paste, garlic, and herbs. Bury the *bouquet garni*. Bring to the simmer. Cover and simmer slowly (@1-2) for 25 to 30 minutes, or until the chicken is tender and its juices run a clear yellow when the meat is pricked with a fork. Be careful not to bring liquid to more than a simmer!
- (8) Pour off the cooking liquid, degrease it, and transfer the liquid to the skillet. Remove the *bouquet garni* from the casserole. Keep the casserole warm. Add any cooking juices from the onions and mushrooms, after degreasing, to the liquid in the skillet. Then under high heat boil rapidly, reducing the liquid to about 2-1/4 cups. Correct seasoning. Remove from heat.
- () In a small bowl blend with a spatula the butter and flour into a smooth paste, *beurre manié*. Beat the paste into the hot liquid with a wire whip. Bring to the simmer, stirring, and simmer for a minute or two. The sauce should be thick enough to coat a spoon lightly.
- (10) Arrange the chicken in the casserole with the onions and mushrooms around it, pour the sauce back into the casserole. Bring to the simmer, basting the chicken with sauce, cover, and simmer slowly until the chicken is hot through. Serve from the casserole or arrange on a hot serving platter. Decorate with sprigs of parsley.

NOTES

If the dish is not to be served immediately, film the top of the sauce with stock or dot with small pieces of butter, then set aside uncovered. It can now wait indefinitely. Reheat as in step 9.

Be careful not to overcook the chicken, in the browning, in the *sauté* over moderately high heat, or in the simmer in the liquid. For chicken breasts, perhaps reduce browning to 2 minutes/side, the *sauté* to 5 minutes, and keep the stewing at 20 minutes or more as needed.

Variations (From DIAT, page 206; JB, page 351-2; LAROU, page 306):

- (1) Season the chicken with salt and pepper and dredge in flour before browning. Reduce the flour used in thickening of the sauce with *beurre manié*.
- (2) The flour may also be added by sprinkling it on the onions and mushrooms or on the chicken and then browning the flour, at the end of step 4, after the browning of the vegetables and chicken.
- (3) Brown the onions and the mushrooms by cooking them with the chicken in the fat, after the chicken is browned (step 4 above); or do the mushrooms separately in 2 tablespoons butter and 1 tablespoon oil over high heat (@9-10) and brown the onions with the bacon, in step 2, perhaps under moderate heat after the bacon is done. Continue to cook mushrooms and onions with the chicken. The difficulty is that if the onions are not very small, they will not cook in the time proper for the chicken.

Rating

Difficulty: complex sequence of steps, with attention to detail required. *Time*: 2-1/2 hours, including cooking of vegetables.

COQ AU VIN - II

CHICK-RED-WINE2 – *coq au vin*, chicken in red wine with onions, mushrooms and bacon

Coq au vin.

Classic and popular dish.

Serve over croutons, with parslid potatoes, and if one wishes, also with buttered peas.

From JC, page 263. Modified following DIAT, page 206.

INGREDIENTS (4 to 6 servings)

fireproof casserole, 3 quart; if one of the skillets is deep enough, then the casserole is not needed

- 2 *skillets*, 12 inch: one for sautéing the onions; the other for the salt pork or bacon, chicken and mushrooms, and if deep enough, to be used in place of the casserole for cooking the dish
- 3-qt *saucepan*, for blanching salt pork or bacon
- small bowl*, *rubber spatula*, and *wire whip*, for *beurre manié*
- hot serving dish*

12-24 *onions*, browned in butter and oil and with sugar, then braised, but not completely cooked; see recipe ONIONS-BRAIS-BR

1-1/2 Tbsp *butter*

1-1/2 Tbsp *good cooking oil*

2 Tbsp *sugar*

1/2 cup

brown stock, *dry white wine*, *red wine*, *etc.*

medium herb bouquet: 4 sprigs parsley, 1/4 tsp ground thyme, 1/4 tsp ground bay leaf

salt, *pepper* to taste

mushrooms, sliced thickly and browned in butter and oil; see recipe MUSHROOMS-SAUTE

1/2 lb *butter*

2 Tbsp

1 Tbsp *good cooking oil*

salt, *pepper* to taste

salt pork, cut into medium dice, or *bacon* cut into *lardons*, 1/4x1 inch rectangles

4 oz *butter*

2 Tbsp

3 lb *frying chicken*, cut up, or 2 lb *boneless chicken breasts*, divided into cutlets and, if necessary, pounded to equalize and trimmed

butter or *good cooking oil*, as needed to supplement pork fat

salt, *pepper* to season chicken pieces well

butter

2 Tbsp

2 cloves *garlic*, chopped and mashed

2 *shallots* or *half an onion* finely chopped

3 Tbsp *flour*

Cognac

1/4 cup

red wine, young and full-bodied

brown chicken stock, or if not available, *brown stock*

tomato paste

bouquet garni: 2 stalks celery with leaves and 4 sprigs parsley tied into a bundle, and 1/2 tsp ground bay leaf, and 1/4 tsp ground thyme

1/2 tsp *salt*

1/8 tsp *pepper*

PROCEDURE

- (1) Blanch the diced salt pork or the bacon *lardons* in 2 quarts of boiling water for 10 minutes. Strain and rinse, for use in step 3 below.
- (2) In one skillet, begin preparation of the brown-braised onions, so they can cook while the other ingredients are prepared. Stop when the onions are half cooked, after about 15 minutes simmering. See recipe ONIONS-BRAIS-BR.
- (3) In the other skillet, over medium heat melt the butter and brown the salt pork or bacon. When done, skim off the dice or *lardons* and reserve to a side dish.
- (4) Dry the chicken thoroughly. Brown it a few pieces at a time in the hot fat in the skillet, over high heat (@9-10). As the chicken browns, season well with salt and pepper. Additional good cooking oil may be needed. Be careful not to overcook the chicken in this step and in step (8). Reserve the chicken when it is browned and keep warm.
- (5) Sauté the mushrooms in butter and oil or in the grease remaining after browning of the chicken. Reserve to a side dish. See recipe MUSHROOMS-SAUTE.
- (6) Put the casserole (or the deep skillet) over medium heat, melt 2 Tbsp butter, add the garlic or onion and *sauté* briefly. Add 3 Tbsp flour and cook for a minute or so with constant stirring to make a brown *roux*.
- (7) Return the bacon and chicken to the casserole, including any juices rendered from the chicken during standing. Warm briefly. Add the Cognac, stand back, and ignite the Cognac. Shake the casserole back and forth for several seconds, until the flames subside.
- (8) Add the red wine, chicken stock, tomato paste, *bouquet garni* and seasonings. Return the onions and mushrooms to the casserole, including any juices. If necessary, add water to cover the contents of the casserole. Bring to a boil, turn heat down and simmer very gently, covered, until the chicken is done (perhaps 20 minutes for breast cutlets, about twice that for pieces of a whole chicken). Be careful to maintain no more than a gentle simmer! When chicken is done, remove the *bouquet garni* from the casserole.
- (8) If the cooking liquid is too thin or has too much grease, pour off the cooking liquid, degrease, and transfer the liquid to a skillet. Keep the casserole warm. Under high heat reduce the liquid to about 3 cups. The sauce should be thick enough to coat a spoon lightly. If necessary, thicken by beating in small portions of *beurre manié* and simmering for a minute or so. Correct seasoning. Pour the sauce back into the casserole.
- (9) If not done in step 8, correct the seasoning. If the dish is not to be served immediately, film the top of the sauce with stock or dot with small pieces of butter, then set aside uncovered. It can now wait indefinitely. The dish is better the next day.
- (10) Bring the casserole to the simmer, basting the chicken with sauce, cover, and simmer slowly until the chicken is hot through. Optionally arrange on a hot serving platter. Decorate with sprigs of parsley.
- (10) Serve the chicken over the croutons, 2 or 3 per serving.

NOTES

Be careful not to overcook the chicken in the browning or in the long simmer.

Variations (From DIAT, page 206; JB, page 351-2; LAROU, page 306):

- (1) Season the chicken with salt and pepper and dredge in flour before browning. Reduce the flour used in thickening of the sauce.
- (2) Brown the onions and the mushrooms by cooking them with the chicken in the fat, after the chicken is

browned (step 4 above); or do the mushrooms separately in 2 tablespoons butter and 1 tablespoon oil over high heat (@9-10) and brown the onions with the bacon, in step 2, perhaps under moderate heat after the bacon is done. Continue to cook mushrooms and onions with the chicken. The difficulty is that if the onions are not very small, they may not cook in the time proper for the chicken.

(3) If the pieces of chicken are large, after they are browned, sauté them at medium heat (@5) for perhaps 10 minutes, covered, optionally at the same time adding the uncooked onions and mushrooms, to brown them.

Rating

Difficulty: complex sequence of steps, with attention to detail required. *Time:* 2 hours, including cooking of vegetables.

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COQ AU VIN - III

CHICK-RED-WINE3 – *coq au vin*, chicken in red wine with onions, mushrooms and bacon YACAVR (Yet Another Coq au Vin Recipe).

This is meant to be an easy quick version of the recipe.

Modified from CORDQUICK, page 102.

INGREDIENTS (4 to 6 servings)

fireproof casserole, 3 quart, or a large deep skillet

- 3 lb *frying chicken*, cut up, or 1-1/2 lb *boneless chicken breasts*, divided into cutlets and if necessary, pounded to equalize and trimmed
- 2 Tbsp *good cooking oil*
- salt, pepper* to season the chicken pieces
- 4 oz *salt pork* or *bacon* cut into medium dice or *lardons*, 1/4x1 inch rectangles
- 20 *butter mushrooms* or 1/2 lb *mushrooms*, sliced thickly
- 20 *pearl onions* (easier to peel if blanched for several minutes), or 1 *large onion*, diced large
- 1 *small onion*, diced *brunoise*
- 1 *small carrot*, diced *brunoise*
- 1 *small celery stalk*, diced *brunoise*
- 2 Tbsp *flour*
- 2 cups *good red wine*
- 1-3/4 cups *hot chicken stock*
- 1/2 Tbsp *tomato paste*
- 1/2 tsp *salt*
- 1/8 tsp *pepper*
- bouquet garni*: 4 sprigs *parsley*, 1/4 tsp each ground *thyme* and *bay leaf*, 1 *green leaf of a leek*
- salt, pepper* to taste
- sugar* as needed
- beurre manié*: 3 Tbsp *flour* and 2 Tbsp *softened butter*, as needed
- parsley*, chopped

PROCEDURE

- (1) Dry the chicken thoroughly. Brown it a few pieces at a time in the hot fat in the skillet, over high heat (@9-10). As the chicken browns, season well with salt and pepper. Additional cooking oil should be added as needed in this step and in the following sauté steps. Be careful not to overcook the chicken in this step and in step (6). Reserve the chicken when it is browned. It is not fully cooked at this point.
- (2) Add the bacon or salt pork to the skillet, and sauté at high heat (@9-10) until brown. When the bacon is nearly done, add the mushrooms and toss until lightly colored. When done, remove from the pan and reserve.
- (3) Optionally, brown the pearl onions or the onion slices, and reserve when done.
- (4) Add the finely diced onion, carrot and celery to the pan and sauté at medium heat (@6) until softened. Add the flour and cook briefly with constant stirring at medium heat, to make a brown roux.

NOTES

Be careful not to overcook the chicken in the browning or in the long simmer. It may be better to brown the chicken at medium or medium-high heat (@6-7.5).

Rating

Difficulty: complex sequence of steps, with attention to detail required. *Time*: 2 hours, including preparation of vegetables.

ROAST CHICKEN WITH LEMONS

CHICK-ROAST-LEM – roast chicken stuffed with lemons

Simple, but delicious.

From HAZAN, page 327.

INGREDIENTS (4 servings)

- roasting pan
- roasting rack, optional
- chicken, fryer or roaster
- lemons
- salt, freshly ground black pepper, in generous amounts

PROCEDURE

- (1) Preheat oven to 350 F.
- (2) Wash the chicken thoroughly, inside and out. Remove loose fat. Let drain, with chicken appropriately tilted. Dry thoroughly with paper towels.
- (3) Generously rub chicken with salt and pepper, inside and out.
- (4) Wash lemons. Soften each by rolling on counter with firm pressure from hand. Puncture each in at least 20 places with trussing needle or whatever.
- (5) Put both lemons in the bird's cavity. With toothpicks or with trussing needle and string, close up the cavity well, but not airtight. The intent is for the chicken to puff up, but not burst. Run string from one leg to the other, tying at both knuckle ends. Leave the legs in a natural position, without pulling tight. The string is to keep the legs from spreading apart and breaking the skin.
- (6) Put the chicken in a roasting pan, breast down. Add no fat. The bird is self-basting, and should not stick to the pan. To be safe, however, a rack can be used. Put pan in the upper third of the oven. After 30 minutes, turn chicken breast up, trying not to puncture the skin. If the skin remains intact, the chicken will swell like a balloon. But no problem if it does not.
- (7) Cook for another 30 to 35 minutes. Turn oven up to 400 F and cook for an additional 20 minutes. Allow 20 to 25 minutes total cooking time per pound.
- (8) Serve the chicken immediately. Bring to the table whole, and leave lemons inside until it is carved and opened. Spoon some of the juices over slices of the chicken when they are served.

Rating

Difficulty: easy. Time: 20 minutes preparation.

CHICKEN STEW WITH PARSLEY DUMPLINGS

CHICK-STEW-DUMP – chicken stew with parsley dumplings

From NYT, page 205.

INGREDIENTS (6 servings)

- 3-1/2 qt or larger casserole or Dutch oven
- hot deep serving platter

utensils and ingredients for parsley dumplings, see recipe DUMPLING-PARSLE

- 4 lb stewing fowl or chicken breasts, cut into serving pieces
- water to cover
- 1 tsp salt
- 1/4 tsp white pepper
- 10 black peppercorns
- 1 stalk celery, with leaves
- 1 medium carrot, scraped
- 1 medium onion, peeled
- 1 bay leaf

3 Tbsp flour, or more as needed, dissolved in water

PROCEDURE

- (1) Rinse the chicken pieces under cold running water. Place in heavy kettle or casserole and barely cover with water. Sprinkle with a little salt and the peppercorns.
- (2) Add the celery, onion, carrot and bay leaf, and cover. Bring to a boil, reduce the heat, and simmer gently until the chicken meat begins to loosen from the bones, one to two hours. (Be careful not to overcook the chicken.)
- (3) Prepare the dumpling dough.
- (4) Drop the dumpling dough from a wet tablespoon onto the boiling stew, letting the dumplings rest on the meat. Cover tightly, reduce the heat, and cook, without raising the cover, for 15 minutes.
- (5) Transfer the dumplings and chicken pieces to a hot deep serving platter, with the dumplings as a border around the chicken. Thicken the cooking liquid with flour mixed with water. Correct seasoning. Strain sauce over meat, removing cooking vegetables and miscellaneous stuff. Serve immediately.

NOTES

Not nearly as tasty as a fricassee or braised dish. The only virtue of this dish is it is easy with little preparation time, although long cooking time, and the dumplings are good.

Rating

NOT RECOMMENDED. Difficulty: easy. Time: 20 minutes preparation for stew and 15 for dumplings.

CHICKEN SAUTÉED WITH VANILLA

CHICK-VANILLA – chicken sautéed with vanilla, onions and spices, with a vanilla cream sauce

Le poulet à la crème de vanille.

A novel dish from Reunion Island. The taste is complex. The vanilla merges with the other spices. The vanilla cream sauce is delicious and rich.

From a web site for Reunion Island. La gastronomie de la réunion:
<http://perso.wanadoo.fr/christophe.belluteau/accueil.htm>

INGREDIENTS (4 servings)

sauté pan or *casserole* that holds the meat in one layer
sauce pan

- 1.5 lb *boneless chicken breasts*, or a 3 lb *whole chicken*
- 2 *large onions*, thinly sliced
- 2 tsp *olive oil*, use more if needed
- 6 *garlic cloves*
- salt, pepper* to taste
- 1/2 tsp *dried thyme*
- 1/2 tsp *tumeric*
- 1 *vanilla bean*, or two, if beans are small; cut beans in half lengthwise; or use 2 or more tsp *vanilla extract*
- 2 glasses *water* (wine?)
- 4/5 cup *crème fraîche* or substitute heavy whipping cream
- 4/5 cup *white wine*
- 2 *vanilla beans*, or more if beans are small; cut beans in half lengthwise; or use 2 or more tsp *vanilla extract*
- pinch *sugar*, to taste
- salt & freshly ground white pepper*, to taste

PROCEDURE

- (1) If the breasts are large, cut into 2 or 3 cutlets and flatten to equalize; if using a whole chicken, cut into serving pieces. Crush together the garlic, salt and pepper. Cut the vanilla beans in half lengthwise.
- (2) Heat the oil in the sauté pan. Brown the chicken at medium high heat (@7-8). Add the sliced onions and cook for 3 minutes.
- (3) Add the garlic, salt and pepper, and the thyme and tumeric. Cook for 2 minutes.
- (4) Add the vanilla bean, scraping it to liberate the seeds and the aroma, or add the vanilla extract. Add two glasses of water (wine?). Reduce completely (to nearly dry). If the chicken is done before the reduction, remove the meat and keep it warm.
- (5) Separately, in a sauce pan, mix the cream, the wine, and add the vanilla beans, cut lengthwise (or add the vanilla extract). Reduce the sauce to a proper thickness over medium heat (@5). Adjust seasoning with salt and pepper, and with sugar if necessary.
- (6) To serve, place the chicken over the onions on the plate, and cover with the sauce. Garnish as you wish. Serve with white rice.

NOTES

The sauce is delicate. Use it for other fish (sole, salmon quenelles, etc.) and chicken dishes. Consider removing the vanilla beans shortly after they are added, after the vanilla seeds are released, so that as a consequence of long cooking, they do not discolor the sauce or make it bitter.

Rating

Difficulty: easy *Time:* 1 hour

CRÈME CHANTILLY

CREAM-WHIPPED – *crème chantilly*, whipped cream with sugar, flavored with vanilla

From JC., page 580; JOY, page 645.

INGREDIENTS (2 cups)

electric mixer, with chilled mixing bowl and chilled wire whip head

- 1 cup *heavy whipping cream*, chilled
- 1/3-1/2 cup *confectioner's sugar*, sifted and chilled
- 1 tsp *vanilla extract*
- or
- 2 Tbsp *brandy, rum, or sweet liqueur*

PROCEDURE

- (1) Chill large-volume ingredients and equipment. Warming or over-beating may produce butter.
- (2) Beat the cream (KAW with speed gradually raised to @8) to where its volume has doubled and it forms soft peaks when whip is removed. Fold in (KAW @stir) the vanilla or liqueur flavoring, then the sugar, to taste. Refrigerate until needed.

NOTES

Optionally add one of the following:
1/2 cup of slivered toasted almonds, walnuts, pecans, hazelnuts, coconut, etc.;
1/2 cup of jam or marmalade, or of maple sugar or brown sugar;
3/4 cup fresh fruit, or of purée of fresh, canned or frozen fruit, optionally with 2 Tbsp kirsch;
3/4 cup of crushed nut brittle or *pralin*.

Rating

Difficulty: easy. *Time*: 10 minutes. *Verified*: fully.

SOUR CREAM CUCUMBERS

CUCUMBER-SOUR – sliced cucumbers with sour cream, vinegar, and sugar

A side dish that can be used as a vegetable or as a salad. It goes well with most main dishes.

The sour cream can be omitted, to give vinegar cucumbers.

From NYT, p 422, modified according to IER and JZR.

INGREDIENTS (4-6 servings)

- 3 Tbsp *onions or chives*, chopped
- 2 Tbsp *cider vinegar*
- 2 Tbsp *granulated sugar*
- 1/2 tsp *salt*
- black pepper*, freshly ground, to taste
- 2 *large cucumbers*

- 1 cup *sour cream*, more if needed

PROCEDURE

- (1) Combine onions and spices in bowl large enough to hold and mix cucumbers and sour cream.
- (2) Peel cucumbers. Cut into thin slices, smaller than 1/4 inch; this is conveniently done manually with a hand-held cheese slicer. Combine in the bowl with onions and spices. Let stand for 1 hour or longer, until the cucumber slices are wilted.
- (3a) For vinegar cucumbers, the recipe ends here. A portion can be removed for those not wanting sour cream.
- (3b) Remove 1/2 of the liquid. Add the sour cream and mix well. Adjust flavor and texture to taste, by adding back portions of the liquid removed or mixing in more sour cream.

NOTES

Calories per dish, 2 vinagered cucumbers (no sour cream): 260, from fat 7 (3%).

Rating

Difficulty: easy. *Time:* 1/2 hour preparation, and 1 hour standing.

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CURRIED LENTILS, SWEET POTATOES, SWISS CHARD

CURRY-LENTIL-YAM – curried lentils with sweet potatoes and Swiss chard

Excellent as main dish (vegetarian) or as side dish or as part of a salad plate.

From a recipe by Melissa Clark, *Curried Lentils With Sweet Potatoes and Swiss Chard*, published by *The New York Times*, November 14, 2007; <http://www.nytimes.com/2007/11/14/dining/142arex.html>.

There is companion background article, also by Melissa Clark, *A GOOD APPELITE: Side Dish or Main, Depending on Who's Eating*; <http://www.nytimes.com/2007/11/14/dining/14appe.html>.

INGREDIENTS (8 to 10 side-dish servings; 6 main-course servings)

large saucepan or wide pot, 4 qt or larger

- 2 Tbsp extra virgin olive oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 1-inch piece fresh ginger root, peeled and grated
- 1 garam masala
- 1-1/2 tsp curry powder
- 1-1/2 tsp jalapeño pepper, seeded if desired, then minced
- 4 cups vegetable broth, or more as needed
- 2 lb orange-fleshed sweet potatoes, peeled and cut into 1/2-inch cubes (about 4 cups)
- 1-1/2 cups dried lentils
- 1 bay leaf
- 1 lb Swiss chard, center ribs removed, leaves thinly sliced
- 1 tsp kosher salt, more to taste
- 1/2 tsp ground black pepper
- 1/3 cup chopped fresh cilantro
- finely grated zest of 1 lime
- juice of 1/2 lime

OPTIONAL

- 1/3 cup finely chopped tamari almonds, for garnish, available in health food stores

1/4 cup chopped scallions, for garnish.

PROCEDURE

- (1) In large saucepan or wide pot, heat oil over medium heat. Add onion and sauté until translucent, 5 to 7 minutes. Add garlic, ginger, garam masala, curry powder and jalapeño. Cook, stirring, for 1 minute.
- (2) Stir in 4 cups broth, sweet potatoes, lentils and bay leaf. Increase heat to high and bring to a boil; reduce heat to medium, partially cover, and simmer for 25 minutes. (If lentils seem dry, add up to 1 cup stock, as needed.)
- (3) Stir in chard and salt and pepper, and continue cooking until lentils are tender and chard is cooked, about 30 to 45 minutes total.
- (4) Just before serving, stir in cilantro, lime zest and juice. Spoon into a large, shallow serving dish. Garnish with almonds if desired and scallions.

NOTES

As an alternative finish, after stirring in cilantro, lime zest and juice (step 4), turn into a wide oven-proof casserole, dot with butter, sprinkle with ca 1 cup grated Gruyère cheese and ca 1/3 cup panko bread crumbs, then brown lightly under the broiler (for a gratin).

Melissa Clark writes, in her companion background article to this recipe:

"Everyone else loved it the year my cousin Laura discovered chorizo and added it to everything, but for me it was a low and lonely point," said my friend Zoe Singer, a food writer and former vegetarian.

[...] At Zoe's, one dish that appears on the table whether there are vegetarians present or not is her mother's fragrant mix of curried lentils studded with cubes of winter squash. Its served in a roasted pumpkin to make it festive.

A few years ago, I co-opted her recipe, substituting sweet potatoes for the winter squash and stirring in some Swiss chard for color and lightness. Because there were vegans on the guest list, I eschewed a butter and cheese embellishment in favor of tamari almonds, nuts coated in tamari and baked, which added crunch and just the right decadent touch. I didn't stuff the mixture into a roasted pumpkin (there was no room in the oven), but no one knew they were supposed to miss it.

Rating

Difficulty: ? Time: ?

CURRY - I

CURRY1 – curried shrimp, chicken, beef or other meat

A flexible curry recipe: use any reasonable meat; add ketchup or tomato sauce for a heavy sauce, as for beef; add coconut milk or cream for a rich sauce; add more less curry depending on taste. Serve with white rice. Garnish with several condiments, e.g., from among those of the following list: mango chutney, pine nuts, toasted slivered almonds, coconut, raisins, chopped red onion, chopped hard-boiled eggs, chopped green pepper, crumbled bacon, cranberry sauce, mango purée, apple sauce. The garnishes are passed at the table in small dishes.

From IER, as given by Wimala Fernando, slightly modified.

INGREDIENTS (6 servings)

- 12-inch heavy skillet, or 3 qt. casserole
dish for marinating the meat
- lean meat: peeled shrimp, medium-large diced chicken, browned beef in 1 to 2 inch cubes, etc.
curry
- 3 Tbsp butter
2 onions, medium dice
5 cloves garlic, chopped
6 bay leaves
2 Tbsp curry, or much more, to taste
- 1 green pepper, large, in medium or large dice
juice of a half lemon
- 2 apples, peeled, cored, and medium diced; optional
- 1 cup tomato ketchup, or rich tomato sauce; optional
- 1 cup coconut milk, or more; optional
- 1 cup broth, chicken or beef, depending on meat
water
- salt, to taste
curry, to taste

PROCEDURE

- (1) Marinate the meat with 2 tablespoons curry (or more).
- (2) Sauté @6 in skillet or casserole the garlic, onions, bay leaves, and curry, until the vegetables soften and the smell is “right”. Add more butter if needed to prevent the curry spice from burning (be careful it does not).
- (3) Add the green pepper, the lemon juice, and optionally the apples, and continue to sauté for a short time.
- (4) Add meat and continue to sauté until hot, and if shrimp uncooked, until shrimp just done (do not overcook shrimp). Add more curry to taste.
- (5) Optionally add tomato ketchup or tomato sauce, and cook until flavors mix. Add more ketchup if needed.
- (6) Add coconut milk or cream (optional), add broth, and add water if needed, so that at least 1-1/2 cups of liquid are added. More liquid can be added, as coconut milk, broth or water, to taste.
- (7) Cook until hot. Add salt to taste. Add more curry to taste.
- (8) Keep warm at very low heat until serve.

NOTES

Curry garnishes, often served on the side: *grated coconut, toasted sliced almonds, minced hard-cooked eggs, sliced green onions, chutney (mango, lime, etc.), peanuts, raisins, sliced bananas, pickled vegetables, etc.*

For a really hot curry, add cayenne pepper during the initial sauté.

The dish reheats nicely, and perhaps is better the second day.

It also freezes well.

Rating

Difficulty: easy. Time: 1/2 hour preparation, 1/2 hour to cook.

CURRY - II

CURRY2 – curried shrimp, chicken beef or other meat

Another flexible curry recipe.

From recipe on label of Patak’s Garam Masala bottle. About the same as on labels of Ship and Sun brand curry powders.

INGREDIENTS (serves 2)

sauté pan

8 oz *chicken, lamb, beef, vegetables, etc.*, cubed or in serving pieces

1 *medium onion*, diced
2 Tbsp *oil or butter*

2 oz *garam masala curry paste*, 1/5 of small jar of Patak’s, or 2 Tbsp of *curry powder*

4 oz *canned tomatoes*, crushed or chopped
6 oz *chicken stock, coconut milk, cream or water*

beurre manié, as needed to thicken sauce
salt, pepper, to taste
lemon juice, to taste; allow as much as that from 1 lemon

PROCEDURE

- (1) Sauté the diced onion in oil or butter over medium-high (@7.5) or high (@10) heat until golden.
- (2) Add the meat and sauté until browned.
- (3) Add the curry paste or powder and cook for a about a minute.
- (4) Add tomatoes and the liquid, reduce heat (@2-4) and simmer until meat cooked.
- (5) Thicken with *beurre manié* if necessary. Adjust seasoning. Finish with lemon juice.
- (6) Serve with white rice and optionally with any of the garnishes listed in CURRY-I.

Rating

Difficulty: easy. *Time*: 1/2 hour.

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CURRY - III

CURRY3 – yet another curry sauce

Sauce au curry à l'indienne.

More a French curry than an Indian, but very good, with a remarkable melding of flavors.

From LAROU, page 854, a recipe by Carême. Modified by replacing the *sauce Allemande* by chicken stock thickened with a *roux*, and by poaching the meat in the strained sauce.

INGREDIENTS (serves 4)

- large sauté pan
- casserole
- large strainer
- 2 Tbsp butter
- 1 Tbsp cooking oil
- 1-1/2 large onion, chopped
- 3 small slices ham, diced
- 3-4 Tbsp curry powder
- 5 Tbsp flour
- 2 cups chicken stock or 1 cup stock and 1 cup coconut milk
- bouquet garni: parsley, thyme, bay leaf
- large pinch mace
- large pinch cayenne
- 6 cloves
- 1.5 lb cleaned shrimp, tails off, or chicken, beef, etc., cut into serving pieces
- 3/4 lb mushrooms, thickly sliced
- salt, pepper, to taste
- beurre manié, as needed
- lemon juice, about 1 Tbsp
- butter, to finish

PROCEDURE

- (1) Sauté the onion, ham, and curry powder without browning at medium to medium-high heat (@5-7.5). Add more butter (1-2 Tbsp) if needed.
- (2) Add the flour and cook lightly.
- (3) Add the 2 cups of liquid, the bouquet garni, and the spices. Cook covered over medium-low heat (@2-4) to meld the flavors, for about 10 minutes, stirring occasionally. When done, strain the sauce into the casserole.
- (4) Add the shrimp to the casserole and simmer until nearly done, perhaps 5 minutes. Do not over-cook the shrimp.
- (5) Add the mushrooms and cook until shrimp and mushrooms done, perhaps another 5 minutes.
- (6) Thicken if necessary with *beurre manié*. Adjust seasonings. Add lemon juice to taste, perhaps 1-2 Tbsp. Swirl in butter to finish, perhaps 1-2 Tbsp.
- (7) Serve with white rice and optionally any of the garnishes of CURRY-I

NOTES

If the meat is chicken or beef, it should be sautéed with the onions and ham in step 1 and removed from the pan to the casserole just before the sauce is strained in step 3.
If one wants a cream sauce, replace 1 cup of the chicken stock by heavy cream, or crème fraîche.

CRÈME À L'ANGLAISE

CUSTARD-ANGLAIS – *crème à l'anglaise*, a soft custard, used with deserts

This classic soft custard can be eaten as a desert, but more commonly, it is used as a sauce or base with other deserts.

Recipe from DIAT, page 534.

INGREDIENTS (about 2 cups)

- saucepan, to scald milk
- double boiler, not essential, but comfortable
- electric mixer, with wire whip or beater head and mixing bowl, not essential, but comfortable

- 1-1/2 cups milk
- 1 in vanilla bean, or 1 tsp vanilla extract, or more to taste

- 3 egg yolks
- 1/c cup sugar
- 1 tsp flour

PROCEDURE

- (1) In the saucepan scald the 1-1/2 cups of milk. Add the vanilla bean, slit open and scraped, or the vanilla extract. Let stand for 10 minutes. If using a double boiler, set it up on the stovetop and heat the water.
- (2) Optionally with an electric mixer, beat the egg yolks to light yellow, add gradually the 1/3 cup sugar, continue beating until smooth and creamy, stir in the tsp of flour, gradually pour in with stirring the scalded milk.
- (3) Pour the mixture into the top of the double boiler (or back into the saucepan used for scalding the milk), and stirring continuously, cook until the custard naps a spoon. Strain the custard into a bowl. Let it cool slightly, stirring occasionally. If not using warm, refrigerate.
- (4) Serve as a desert or sauce, warm or cold.

NOTES

Tasty as a desert on its own, but more useful as a sauce with other deserts: floating island, fresh fruit, cheesecake, puddings, dense chocolate cakes or mousses, plated deserts generally. Serve warm or cold.

Add extra yolks or use cream for a richer sauce.

Can be flavored, e.g.:

- chocolate - add several Tbsp chocolate sauce to finished sauce.
- cinnamon - add 1/4 tsp ground cinnamon to finished sauce and a stick of cinnamon to the scalded milk.
- fruit - add several Tbsp of fruit purée to the finished sauce.
- rum - add a Tbsp of dark rum to the finished sauce.

Rating

Difficulty: ? Time: ?

CRÈME BRÛLÉE

CUSTARD-BRULEE – *crème brûlée*, custard glazed with caramelized brown sugar

An elegant dessert.

Serve with fresh berries.

From NYT, page 594.

INGREDIENTS (6 to 8 servings)

baking dish or ramekins, to hold 1 qt custard, which fills an area of 40 sq. in. to a 1-1/2 inch depth
pan, large enough to hold the custard baking dishes surrounded by water of 1 inch depth
electric mixer, with wire whip beater and with mixing bowl
double boiler, of sufficient volume to contain cream and sugar
strainer

- 3 cups *heavy whipping cream*
- 6 Tbsp *sugar*
- 6 *egg yolks*
- 2 tsp *vanilla extract*

1/2 cup *white sugar* or *light brown sugar*, fresh and sifted or otherwise delumped
2-4 Tbsp *butter*, cut into bits as needed to dot surface of custard

PROCEDURE

- (1) Preheat oven to slow, 300 F.
- (2) Heat the cream in a double boiler over moderately high heat (@8), reducing the heat to moderate (@5) as soon as the water boils. The heating of the cream may take 15 minutes. Stir in the sugar while the cream is heating.
- (3) Beat the egg yolks until light yellow (KAW @4 for 2 minutes). Continuing beating (KAW @2), gradually add the hot cream mixture over 1 minute. Then beat in the vanilla.
- (4) Strain the mixture. Optionally, cover and chill, preferably overnight (it will set partially). Pour into the baking dish, filling it to a level of 1 to 1-1/2 inch, or into the ramekins. Set the dish or ramekins in a pan and surround them with 1 inch of boiling water. Set the pan in the slow oven. Bake for 35 minutes or longer, until a knife or straw inserted into the center of the custard comes out clean. Do not overbake. It is important to regulate the oven heat so the water is just *below* a simmer. If the custard becomes too hot, the texture is poor.
- (5) When the custard is done, remove from the oven and the pan of water, and chill thoroughly, best overnight.
- (6) Before serving, cover the surface of the custard with sifted sugar and dot with bits of butter (which melts and serves as a flux for melting of the sugar). Set the dish or ramekins in a pan of cracked ice. Put under the broiler until the sugar is brown and melted, perhaps about 5 minutes. Alternatively and preferably, use a propane torch instead of the broiler. Do not refrigerate once sugar crust is in place. Serve immediately.

NOTES

Dark brown sugar does not melt well, especially if old and hard.

Rating

Difficulty: somewhat touchy in heating the cream and regulating the oven temperature. *Time*: 30 minutes preparation, plus some attention during baking, and then during glazing. *Verified*: fully.

(2a) **To make the crust with a blowtorch:** Ignite the torch and direct the flame downward over a ramekin, always keeping the tip of the flame about 8 inches above the sugar. Move the torch around constantly, shifting the focus of the heat as the sugar melts. Work from the outer edge in. Heat each custard gradually — until lightly caramelized all over. If one section of the sugar is darkening too fast, move the flame to another area, or start heating another ramekin. If a crust has been burnt, let it cool and harden, remove the crust, and start over with that ramekin. When all the custards have been crusted, give them a few moments to harden, then serve.

(2b) **To make the crust under a broiler:** Set the ramekins on a heatproof tray or baking dish (1 or 2 at a time if you are not sure how quickly your broiler will crust them). Turn on the broiler and place the ramekins underneath, so the surface of the sugar is about 5 inches below the heat. Leave the door open so you can watch as the sugar melts and starts to caramelize. Turn the ramekins around if one side gets too brown, so that the glaze is consistent all around. Remove the custards as soon as the sugar has turned to a smooth sheet of brown glaze. If it has blackened in spots, set the remaining custards lower or reduce the glazing time. If the ramekins have been heated by the broiler, chill them briefly before serving.

NOTES

The custards will still be soft when the ramekins come out of the oven. Give them plenty of time to chill and set before glazing.

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CARAMEL CUSTARD

CUSTARD-CARAM – *crème renversée au caramel*, custard baked with soft caramel syrup
An elegant classic desert, as good for formal as for informal dinners.

Recipe from IER.

INGREDIENTS (6 servings)

- 6 individual custard cups or a 1-1/2 qt *baking mold*
- roasting pan*, large enough to hold the 6 custard cups or the baking mold
- skillet*, to caramelize the sugar
- saucepan*, to scald milk
- electric mixer*, with wire whip or beater head and mixing bowl, not essential, but comfortable
- strainer*

3/4 cup

sugar

2 cups

milk

4

whole eggs

2

egg yolks

sugar

2 tsp

vanilla

pinch

salt

PROCEDURE

- (1) Preheat oven to 350F.
- (2) In skillet over medium heat, melt the 3/4 cup sugar and cook, occasionally tilting the pan to mix, until sugar is caramelized and brown but not too dark, for it will cook more in the oven. Optionally, stir in a Tbsp or so of water so caramel does not become too hard. Pour the caramel into the 6 custard cups or the mold and swirl turning each cup or the mold until inside is well-coated. Cool until the caramel is set. Arrange the cups or the mold in the roasting pan.
- (3) Scald the milk.
- (4) Optionally with an electric mixer, beat the egg yolks to light yellow, add gradually the 1/2 cup sugar, add the vanilla and salt. With continuous stirring, slowly add the scalded milk. Avoid bubbles, and if present, remove them.
- (5) Pour, or if necessary strain, the custard into the cups or the mold. Grate a few scrapes of nutmeg over the tops. Pour about 1 inch of hot water into the roasting pan. Set the pan in the preheated 350F oven. If custard begins to bubble during cooking, lower oven temperature by 25F. Bake for about 30 minutes for custard cups, longer (about 50 minutes) for a mold, until the top is firm (trembles slightly when shaken) and a knife inserted in the center comes out clean. Let cool. It is important to refrigerate a mold for 2 hours (better overnight) before unmolding.
- (6) To unmold, run a paring knife around the inside of the mold, dip the mold into a pan of hot water to loosen the custard, place a serving platter over the mold, invert and if necessary tap the mold to release the custard, leave the mold in place for several minutes so the caramel runs out, then gently lift off the mold. Custard cups can be served straight up or can be unmolded onto individual serving plates.

NOTES

Calories per serving (1/2 cup) 181, from fat 69 (37%).

Rating

Difficulty: ? Time: ?

HOMMOS

DIP-HOMMOS – hommos, ground chick peas with garlic, lemon juice, and olive oil

As much a spread as a dip.

From Trial and Error.

INGREDIENTS (serves 4)

mixing bowl
rubber spatula

- 1 can ground chick peas
- 3 cloves juice of 2 lemons or limes
- 1/2 tsp garlic, chopped
- dash salt
- dash pepper
- dash olive oil
- 1 Tbsp parsley, coarsely chopped
- olive oil

PROCEDURE

- (1) Mix the ground chick peas, the dash of pepper and olive oil. but only half each of the amounts of lemon juice, garlic, and salt.
- (2) Adjust the seasonings, including the amounts of the three last ingredients.
- (3) Pile on a serving dish. Top with more olive oil. Garnish with the chopped parsley.

Rating

Difficulty: easy. Time: 10 minutes.

PARSLEY DUMPLINGS

DUMPLING-PARSLE – dumplings with herb seasoning

Add dumplings to a stew or fricassee. If a large number are needed, they can be cooked separately in a stock.

This recipe is for what is basically baking-powder biscuit dough thinned with a bit of extra milk and seasoned with herbs.

Adapted from JOY64, page 170 and 191; JB, page 62; and NYT, page 206.

INGREDIENTS (3 or 4 servings)

electric mixer, with flat beater head and with mixing bowl
large covered saucepan or covered skillet, for steaming the dumplings

- 1 cup flour
- 2 tsp baking powder
- 1/2 tsp salt
- 2 Tbsp fat (crisco, butter, margarine or lard)
- 1/2 cup milk
- 1/4 cup minced parsley
- or
- 2 Tbsp minced parsley
- 2 Tbsp minced green onions
- or
- 1/4 cup minced parsley
- 1/2 tsp dried herb (rosemary, basil, oregano, thyme, etc.)
- 3 Tbsp flour
- 2 cups bouillon, chicken or beef, depending on the use for the dumplings

PROCEDURE

- (1) Sift together the dry ingredients into the mixing bowl.
- (2) Add the fat in small bits on top of the dry ingredients. Cut it in with the electric mixer (KAB at stir speed for 1 minute).
- (3) Add the 1/2 cup of milk slowly, over 20 seconds, with the electric mixer on stir speed. The batter will grab the blade. The batter should be stiff enough to mound up on a spoon, but not too stiff to work with. Add more milk if necessary.
- (4) Add the herbs with the electric mixer on stir speed. Do not overbeat the batter.
- (5) Thicken the bouillon with the flour. Heat the mixture to a simmer in a large saucepan. Form dumplings on a wet cooking spoon, with the aid of another spoon, and drop into the simmering liquid. Judge the amount of dough per dumpling by the number you want to serve. The recipe should give 4 large or 6 medium dumplings. The dumplings swell as they cook. They should be well separated (2 inches for large dumplings). Cover and steam for 20 minutes, without lifting the cover.

NOTES

If the dumplings are to be cooked with a stew or fricassee, then add them to the casserole 20 minutes before the dish is to be finished. (This replaces step 5.)

The flour added to the steaming broth may be unnecessary.

Rating

Difficulty: easy. Time: 15 minutes preparation. Verified: fully.

EGGPLANT BANGIN' BART

EGGPLANT-BANGIN – Indian *baigan bartha*, eggplant, onion, and tomato casserole, optionally with ginger, turmeric, chipotle, and curry

An excellent dish: easy, tasty, fully vegan. Best cooked, perhaps, with a full complement of the optional spices.

Recipe from alt.gourmand Usenet Cookbook, submitted by Richard Newman-Wolfe (Nemo@Rochester.AT&T), 1986.

The original submitter writes:

This is an Indian dish, called *Baigan Bartha* in Hindi. We make it a lot, and call it "Bangin' Bart." It is eggplant, onions, and tomatoes, but not in the usual way.

In this recipe, the vegetables are cooked to mush, with only a small amount of tomato—just enough to flavor it.

INGREDIENTS (serves 6 to 8)

- 2 large eggplants, unpeeled, diced large or very large
- 2 large ripe tomatoes, diced small
- 2 Tbsp oil or clarified butter
- 2 large onions, finely chopped.
- salt & freshly ground black pepper, to taste, about 1/2-1 tsp each

OPTIONAL SPICES

- 1 tsp garlic, minced or grated
- 1 tsp fresh ginger, minced or grated
- 1/2 tsp turmeric
- 1-2 minced chipotles & sauce, or 1/2 tsp cayenne
- 1 tsp garam masala
- 2 tsp lemon juice

chopped coriander, as garnish

PROCEDURE

- (1) In a large skillet over medium-high or high heat, sauté the onion in the oil until it is translucent.
- (2) Add the salt and pepper and optionally the spices, and stir for 1 minute.
- (3) Add the eggplant and the diced tomatoes with their juice, stir well, and cover. Reduce heat, and simmer, stirring occasionally, until vegetables are mushy (about 1/2 hour).
- (4) Remove the lid, and continue cooking until most of the liquid evaporates (about 15 minutes). The finished dish should be thick enough that you could use it as a dip.
- (5) Garnish with chopped coriander. Serve hot or cold as an appetizer, as a stand-alone first course, as a side dish, or as a snack. It works well as part of a salad.

NOTES

If much juice is elaborated in step 3, take off the cover before the 1/2 hour is up.

For a harder-hitting dish, use double the amount or more of each of the optional spices.

Rating

Difficulty: easy. Time: 15 minutes preparation, 45 minutes cooking. Precision: no need to measure.

FRIED BREADED EGGPLANT

EGGPLANT-BRDED – *aubergine à la anglaise*, eggplant floured, dipped in beaten egg, breaded and then deep fried in hot oil

An exquisite side dish or appetizer. Allow several slices per person.

The *à la anglaise* procedure below is used identically for veal or chicken prepared *à la viennoise* or for various other breaded dishes.

From DIAT, page 364.

INGREDIENTS (One eggplant serves 3-4)

- 3 sauté or sauce pan, for deep frying
- plates or pans to hold the breading materials"

1 eggplant

- 1 cup flour, optionally seasoned with 2 tsp salt, 1/2 tsp pepper, 1/2 tsp ground thyme, 1/2 tsp ground bay leaf
- 2 eggs, lightly beaten and mixed with 4 Tbsp milk, 2 tsp oil, 1/2 tsp salt
- 1 cup fine unseasoned bread crumbs

PROCEDURE

- (1) Peel the eggplant. Cut into 1/3 to 1/2-inch slices. Optionally, salt the slices and let stand under a weight for 1/2 to 1 hour, to remove water and some bitter flavors and to prevent darkening. Rinse the slices and pat dry.
- (2) Coat *à la anglaise*. Dip a slice in the seasoned flour to coat both sides evenly; shake off excess flour. Then coat the slice completely in the mixture of egg, milk, oil and salt, and let the excess liquid drain off. Finally, dip in the bread crumbs; cover with crumbs and press lightly. Make sure the slice is completely covered, then shake off excess crumbs. Optionally, refrigerate the breaded slices, which helps to fix the coating.
- (3a) Fry in deep fat or oil at 390 F for 2 or 3 minutes, until the slices are golden brown. Remove them from the oil, drain on paper towels on a plate, and keep hot in a 175 F oven.
- (3b) Set a pan over medium-high heat (@ 7.5) with about 1/4 inch of cooking oil or clarified butter. Fry the slices, one or a small number at a time, on both sides until browned. Remove from the pan, drain on paper towels on a plate, and keep hot in a 175 F oven.
- (4) If the eggplant is not cooked by the time the slices are brown, finish in a 350 F oven.
- (5) Salt the slices and serve very hot. No garnish is necessary.

NOTES

The breading procedure can be messy, with the fingers having increasingly many layers of flour, egg, and crumbs. To minimize this, use one hand for handling the slices in the flour and for patting the crumbs on the egg slice, and the other for handling the slice in the egg mixture. Also, use flat tongs if possible.

The eggplant slices can be served with a sauce, e.g., tomato.

The traditional *à la viennoise* presentation for breaded sautéed meat or poultry is to sauce with *noisette* butter and to top each escalope with a slice of peeled lemon, a stoned olive and an anchovy filet, and to set round the escalope chopped white and chopped yolk of hard-boiled eggs, capers, and chopped parsley (see LAROU, pages 457 and 992).

Rating

Difficulty: potentially messy in the breading and dangerous in over-cooking. Time: 20 minutes preparation, 10-20 minutes cooking.

EGGPLANT MÉNAGÈRE

EGGPLANT-MENAGE – *aubergine ménagère*, eggplant housewife’s style, sautéed with onion, garlic, and tomatoes
Excellent.

Recipe from DIAT, page 365.

INGREDIENTS (4-6 servings)

large skillet

- 1 eggplant, peeled, large dice (1/2-1 in)
- 1/3 cup flour
- oil

- 2 Tbsp onion, chopped
- 2 cloves garlic, crushed
- 3 ripe tomatoes, peeled, seeded, chopped, or about 2 cups *Parmelat chopped tomatoes*
salt & freshly ground pepper, to taste
faggot: parsley, bay leaf, celery stalk, thyme, leek
chopped parsley, as garnish

OPTIONAL

- 1/3 lb sliced mushrooms

PROCEDURE

- (1) Cut peeled eggplant into large dice and sprinkle with flour. Sauté very quickly in 1/3 cup very hot oil.
- (2) Add 2 Tbsp chopped onion, 2 cloves crushed garlic, the concassé of tomato, salt and pepper to taste, the faggot (parsley, bay leaf, celery stalk, thyme, and leek), and optionally the sliced mushrooms. Simmer the mixture for 20 minutes or until the tomatoes cook down to a thick sauce.
- (3) Discard the faggot. Correct seasoning. Serve garnished with chopped parsley.

NOTES

?

Rating

Difficulty: ? Time: ?

ASPARAGUS WITH EGG AND BACON

EGGS-ASP-BACON – asparagus with egg and bacon

From JBAM, page 106.

An old and established West Coast favorite. Merely top 5 or 6 spears of perfectly cooked stalks of peeled asparagus with a poached or fried egg and 2 strips of well-cooked bacon. A perfect luncheon dish.

INGREDIENTS (serves 6)

- 6 large skillet, for melting the butter, frying the bacon, and frying or poaching the eggs
- 6 warm serving plates
- 6 eggs, fried or poached, trimmed for clean edges, kept warm (by holding covered in the oven or immersed in warm water)
- 12 slices good bacon, fried until brown and crisp, but not black
- 2 lb asparagus, 30-35 medium-sized spears, prepared and blanched as in recipe ASPARAGUS1 ("ASPARAGUS - I"), used immediately after blanching or after reheating by brief immersion in boiling salted water
- 3 Tbsp kosher salt & freshly ground pepper
- 3 Tbsp melted butter,
- 3 Tbsp chopped parsley

PROCEDURE

- (1) Fry or poach 6 eggs, trim, and keep warm. Fry 12 slices bacon, keep warm. Melt 3 Tbsp butter. Prepare, cook, and drain well 2 lb asparagus.
- (2) Arrange 5 or 6 asparagus spears on each of 6 warm plates. Brush lightly with melted butter. Sprinkle lightly with salt and pepper. Top each portion of asparagus with 1 egg and 2 slices of bacon. Sprinkle with chopped parsley
- (3) Serve immediately.

NOTES

To be fancy, used poached eggs and sauce with hollandaise.

Rating

Difficulty: ? Time: ?

DEVILED EGGS

EGGS-DEVILED – deviled eggs, made by blending the yolks with mustard, Tabasco, grated onion, salt and pepper, and mayonnaise to bind

Cannot miss as appetizer or salad component. Take to pot lucks.

From JBAM, page ???. One of many variants.

INGREDIENTS (12 eggs, about 6 servings)

- mixing bowl
- pastry bag with large rosette tip, helpful if making many
- hard-boiled eggs, cut in half lengthwise and separated into whites and yolks
- 2 tsp Dijon mustard, or more to taste
- 2 Tbsp grated onion, or more to taste
- 1/4 tsp Tabasco, or sriracha
- 1/2 tsp salt
- black pepper, freshly ground
- mayonnaise, or just enough to bind, less is better
- chopped parsley, as garnish or optionally added to filling

PROCEDURE

- (1) Put yolks and flavoring ingredients in a bowl. Mix and mash with a fork or spatula. Add mayonnaise and mix into a smooth paste.
- (2) Fill each half egg white with the yolk mixture. Mound the filling slightly. If not using a pastry bag, use a fork to pattern the top. Keep the white clean of filling.
- (3) Garnish lightly with parsley.

NOTES

Calories per egg (2 halves) 89, from fat 57 (64%).

Rating

Difficulty: ? Time: ?

HERB BAKED EGGS

EGGS-HERB-BAKE – herb baked eggs

A variation of *oeufs sur la plat*.

Recipe from Barefoot Contessa. Published by Television Food Network, 2003, Episode#: IG1C19.

INGREDIENTS (2 servings)

- 2 individual gratin dishes
- 2 baking sheet
- 2 small bowls or cups, for holding raw eggs"
- 1/4 tsp minced fresh garlic
- 1/4 tsp minced fresh thyme leaves
- 1/4 tsp minced fresh rosemary leaves
- 1 Tbsp minced fresh parsley
- 1 Tbsp freshly grated Parmesan
- 6 extra-large eggs
- 2 Tbsp heavy cream
- 1 Tbsp unsalted butter

kosher salt and freshly ground black pepper

Toasted French bread or brioche, for serving

PROCEDURE

- (1) Preheat the broiler for 5 minutes and place the oven rack 6 inches below the heat.
- (2) Combine the garlic, thyme, rosemary, parsley, and Parmesan and set aside.
- (3) Carefully crack 3 eggs into each of 2 small bowls or teacups (you won't be baking them in these) without breaking the yolks. (It's very important to have all the eggs ready to go before you start cooking.)
- (4) Place 2 individual gratin dishes on a baking sheet. Place 1 tablespoon of cream and 1/2 table- spoon of butter in each dish and place under the broiler for about 3 minutes, until hot and bub- bly.
- (5) Remove baking sheet and gratins from under broiler, then quickly, but carefully, pour 3 eggs into each gratin dish and sprinkle evenly with the herb mixture, and then liberally with salt and pepper. Place back under the broiler for 5 to 6 minutes, until the whites of the eggs are almost cooked. (Rotate the baking sheet once if they aren't cooking evenly.)
- () Remove from oven. The eggs will continue to cook after you take them out of the oven. Allow to set for 60 seconds. Serve hot with toasted bread.

NOTES

Rating

Difficulty: ? Time: ?

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OMELET

EGGS-OMELET – omelet, the classic egg dish

Eggs scrambled quickly over high heat, the bottom allowed to set and brown lightly, then folded over to envelop the soft scramble.

Optionally, garnishes can be added to the egg batter before cooking, to the nearly cooked omelet just before folding, or on top of and beside the cooked and plated omelet.

Too many references to list. The description by DIAT, page ??, is especially apt.

INGREDIENTS (1 serving)

heavy skillet, preferably nonstick, 7-8 in. diameter or larger if making an omelet for more than one person
small mixing bowl

- 2 or 3 eggs, at room temperature
- 1 Tbsp water per egg, or cream for a richer omelet
- 1 tsp butter per egg
- finely chopped parsley or other herbs (chervil, chives, etc.)
- salt & pepper, to taste
- Tabasco, to taste

PROCEDURE

- (1) Break 2 or 3 eggs into a small bowl, add some chopped herbs, salt, and pepper, to taste. For a denser omelet, beat lightly with a fork, perhaps 20 strokes; for a fluffier omelet, beat vigorously with a whip to incorporate air.
- (2) In the skillet over high heat, melt the butter, 1 tsp per egg, until it foams. Add the omelet batter. Let it stand for 15" or slightly longer, until the bottom has begun to cook.
- (3) Then mix vigorously, using one hand to move (shake) the pan back and forth, and using the other hand to stir the eggs with a fork, with a rotating motion. This mixing should ensure the eggs cook uniformly and quickly. Just before the eggs are set to taste, stop stirring, but continue shaking the pan. If needed, even out the layer of cooked eggs with the fork. The operation up to this point should have taken 1 to 2 min.
- (4) Optionally, a garnish to be layered within the omelet can be spread at this time over the largely cooked eggs.
- (5) Continue shaking, moving the omelet back and forth in the pan, until the bottom is lightly browned (several seconds).
- (6) Remove the pan from the heat. Quickly turn the omelet out onto a warmed plate, folding one half onto the other half as it is slipped from the pan. It may be helpful to change the position of the hand gripping the pan handle before doing this. The omelet can be adjusted in shape or position on the plate by protecting it with a paper towel and using the hands to move it gently.
- (7) Rub the top with a small amount of softened butter, so it glistens, and garnish with chopped herbs. Serve immediately.

NOTES

The dangers are: (a) Overcooking - the omelet will continue to cook after it is removed from the heat; when judging when it is set to taste, err on the runny side. (b) Burning - once the eggs are set to taste, runny or firm, the bottom will brown quickly and can burn, even if the back and forth motion is properly continued; again, err on the side of under-browned.

High heat can be difficult to use. There are other ways of cooking an omelet. The intent is to get eggs scrambled to taste (hard or runny) with a well-set and lightly browned bottom. This end state can be achieved, although more slowly, at lower heat or with the pan held up off the burner. At low heat, a spatula may be useful to move the set curds to the center of the pan and tilting of pan may be needed to lead the uncooked batter to the edges of the pan and under the already cooked curds.

For a neater plated package, the omelet can be folded in the pan, the outer thirds over the central third, and then the folded omelet inverted onto the plate. Skillful small jerks and flips can do the folding. The inversion requires change of grip on the pan handle.

Garnish variations: cooked diced ham, especially country ham, included in the batter or spread over the cooked eggs before folding; sautéed mushrooms, spread over the cooked eggs before folding or used as a garnish after plating, especially if sauced; served beside the omelet; home fries, fried tomatoes, braised endive, toast and bacon, etc., etc. For a systematic discussion of varied garnishes, see ??.

When making and serving at one time more than one omelet, they may be held in a warming oven. However, those held will continue to cook, so for them err on the side of runny. Do the rub with butter and herb garnish for all omelets at once.

Rating

Difficulty: ? Time: ?

POACHED EGGS

EGGS-POACHED – poached eggs

A perfectly poached egg is neat and oval in shape, and the white completely masks the yolk. The uses are endless, as a garnish, alone on a toasted muffin, sauced as in eggs Benedict or eggs Mornay, on noodles, on spinach (eggs Florentine), etc.

From JC, page 116; JB, page 108; KAMMAN, page 129; Orangette, <http://orangette.blogspot.com/2005/10/if-its-friday-it-must-be-eggs-and-beer.html>.
Recipe first entered 10/21/95, substantially modified 5/21/08.

INGREDIENTS (cook the number needed)

- skillet*, 8 to 12 inches diameter, depending on number of eggs to be cooked
- small custard cup, or thin-lipped mug*
- wooden spoon or spatula*
- skimmer or slotted spoon*
- bowl of cold water*
- bowl of hot water, just off boil, with 1-1/2 tsp salt per qt*
- a clean towel*

vinegar
fresh eggs, number as needed, at room temperature or if cold, warmed in hot water

PROCEDURE

- (1) Pour 2 inches of water into the skillet. Add 1 tablespoon vinegar per quart of water. Over medium-high heat, bring to a bare simmer, with bubbles on bottom of pan and surface of water barely trembling. Reduce heat as needed. Or bring to the boil, then take off heat.
- (2) Break an egg into a small cup. With the cup upright, lower the base into the water. Slowly and carefully twist cup out from under the egg. The edge of the cup goes below the level of the water. Immediately and gently push the white over the yolk with a wooden spoon for 2 or 3 seconds. Repeat for the other eggs to be cooked, up to about 4 eggs per 12-inch skillet. If done off heat, after a few seconds return to the heat. Maintain the water at a bare simmer.
- (3) After 3 minutes, test the first egg by pressing very gently with a utensil handle. The white should be set, the yolk soft. The white should be opaque from the edge up to the yolk, and slightly opaque over the top of the yolk. For a harder yolk, continue the poaching. 10 minutes gives a solid yolk.
- (4) When egg is done, use a plastic spatula to gently release the egg from the pan bottom, lift the egg out with a slotted spoon, and place it in cold water, to wash off vinegar and stop the cooking. Remove other eggs as their time is up. The eggs may remain for several hours in the cold water.
- (5) To reheat the eggs, trim off with scissors trailing bits of white, place in hot but not boiling salted water for 30 seconds.
- (6) Remove them from the hot water with a slotted spoon. Holding a towel under the spoon, roll the egg back and forth, to drain it. Serve immediately.

NOTES

If the poached eggs are to be used immediately, e.g., only one cooking cycle of about 4 eggs and no need to hold them for later use, then steps 4 and 5 can be combined into a hot-water rinse, with if necessary brief storage in the hot water.

Eggs for poaching must be very fresh, with the white clinging closely to the yolk, not a watery liquid that falls away.

If the eggs are stale, simmer them in the shell for 8 to 10 seconds before poaching.

Or use 6-minute boiled eggs (*oeufs mollets*): Lower the eggs, with shell, into boiling water; at the end of 6

minutes (7 minutes for jumbo eggs), drain and run in cold water; peel carefully under a stream of water. Or use egg-poaching cups placed in the poaching water, and crack or slip the raw egg into the poaching cup. Or use an egg poacher.

Rating

Difficulty: easy, after a try or so. *Time*: 5 minutes set up, 4 to 10 minutes cooking, plus a bit for reheating. *Verified*: fully.

SCRAMBLED EGGS

EGGS-SCRAMBLED – scrambled eggs

From JB, page 111.

INGREDIENTS (2 eggs per serving)

skillet, of size appropriate for number of servings, e.g., 12-inch for 8-12 eggs
mixing bowl
wire whisk

eggs, at room temperature, 2 per serving plus 1 for the pan
cream or water, 1 scant Tbsp per egg
salt and pepper, to taste

butter, 1 scant Tbsp per egg

PROCEDURE

- (1) Add eggs, cream or water, and seasonings to mixing bowl: water gives fluffier eggs; cream gives richer eggs. Beat lightly with wire whisk.
- (2) Heat skillet over medium heat, @ 5. When hot, add butter. When butter hot, add egg mixture. Let set for several minutes, then stir, by bringing the cooked eggs away from the side of the pan toward the center.
- (3) Remove from heat to platter before eggs are completely set, as they will continue cooking off heat. Serve quickly.

NOTES

A double boiler can be used instead of a skillet.

Rating

Difficulty: easy. Time: 15 minutes.

NOTES

?

Rating

Difficulty: ? Time: ?

Difficulty: ? Time: ?

LEEK STEWED IN OIL WITH TOMATOES AND GARLIC

LEEK-TOMATO – leeks stewed in oil with tomatoes and garlic, poireaux à la niçoise

DAVID, page 268.

INGREDIENTS (6 servings)

sauté pan

2 lb leeks, 4 large
2-4 Tbsp olive oil
salt
cayenne pepper

2 tomatoes, peeled, seeded, chopped
2 cloves garlic, chopped
parsley, chopped
lemon halves

PROCEDURE

- (1) Remove the green part and root of the leeks and the two outer layers, and wash and dry them.
- (2) Put the leeks in the sauté pan with the olive oil, over medium heat. When the oil bubbles, reduce heat and turn over the leeks. Cover pan and cook slowly for 7 to 10 minutes. Test if done by piercing root end with skewer. When done transfer to hot dish or serving plate, and keep warm.
- (3) Add the tomatoes, garlic, and parsley to the oil in the pan. Cook at medium high heat to reduce slightly.
- (4) Pour the tomato sauce over the leeks. Finish with a squeeze of lemon.

MARINADES AND RELATED FOR CHICKEN

MARINADE-CHICK – marinades, brushes, glazes and rubs for chicken, generally for grilling: lemon-rosemary chicken, lemon-wine-garlic chicken, orange-ginger-soy chicken, balsamic-mustard chicken, yakitori chicken, herb-mustard chicken, coffee-rum caribbean chicken, raspberry-mustard glazed chicken, orange-ginger glazed chicken, citrus-herb chicken, orange-liqueur glazed chicken

The following pages have recipes for various marinades, brushes, glazes and rubs for chicken. The expectation is that the meat will be grilled, but one can imagine using the seasoning and saucing for other methods of cooking.

Grilled chicken goes well with rice, either white rice or a pilaf/risotto, or buttered egg noodles, or baked or boiled potatoes. Add a salad to complete a great meal.

The meat generally need not be sauced if grilled. If one insists, why not try any compatible classic or nouvelle sauce mouldering in the freezer.

If one wants a moist condiment, then consider applesauce, or sour-cream cucumbers.

Equipment, unless it is unusual, will not be specified for a recipe. For those recipes that require a container for marinating, a sealable 2 quart heavy-duty plastic bag will be assumed available. For rubs, a baking dish of appropriate size. Grill equipment and brushes are also assumed available.

These one-line summaries give headers of the recipes:

lemon-rosemary chicken - chicken marinated with lemon, rosemary, garlic and olive oil, then grilled

lemon-wine-garlic chicken - chicken marinated with lemon, wine, bay leaf, garlic and olive oil, then grilled

orange-ginger-soy chicken - chicken marinated with orange juice, brown sugar, ginger, sesame oil, vinegar, coriander and soy sauce, then grilled

balsamic-mustard chicken - chicken marinated with balsamic vinegar, Dijon mustard and herbs, then grilled

yakitori chicken - chicken marinated in soy sauce, sesame oil, sherry and fresh ginger, then grilled

herb-mustard chicken - chicken marinated with white wine, oil, vinegar, herbs, garlic and mustard, then grilled

coffee-rum caribbean chicken - chicken rubbed with seasoning, then marinated, brushed during grilling, and served with a coffee, sugar, rum and spice sauce.

raspberry-mustard glazed chicken - chicken brushed during grilling and sauced with a glaze of raspberry, Dijon mustard, and thyme

orange-ginger glazed chicken - chicken grilled with a glaze of orange, soy sauce, ginger and onion

citrus-herb chicken - chicken marinated with brandy, orange, lemon, mustard, olive oil, garlic and herbs, then grilled

orange-liqueur glazed chicken - chicken brushed during grilling and sauced with a glaze of orange, mustard, currant and brandy

BALSAMIC-MUSTARD CHICKEN - chicken marinated with balsamic vinegar, Dijon mustard and herbs, then grilled

This marinade is sufficiently light that a sauce, such as a white-wine sauce with shallots and mushrooms, may be appropriate.

Part of recipe for grilled comish game hens with grilled squash, mushrooms, red bell pepper, and shallots.

From GRILL, page 126.

INGREDIENTS (4-6 servings)

2-1/2 lb *boneless chicken breast*, cut up into cutlets, pounded to equalize, and trimmed

2/3 cup *balsamic vinegar* or *red wine vinegar*
2 Tbsp *Dijon mustard*
1 Tbsp *parsley*, chopped
1/2 tsp *ground thyme* or 1 Tbsp *fresh thyme*
1/4 tsp *freshly ground black pepper*

salt, pepper, to taste

mushrooms, vegetables, grilled as garnish

PROCEDURE

- (1) Combine the chicken and marinade ingredients in a plastic bag. Rotate to distribute marinade. Refrigerate for at least 1 hour or until next day, turning chicken occasionally.
- (2) Remove chicken from marinade.
- (3) Grill chicken. (Brush with marinade?) With the chicken, grill any vegetables to be used as garnish.
- (4) If a sauce is to be used, prepare it during the grill of the meat.
- (5) Season the chicken well with salt and pepper. Serve it, optionally napped with the sauce, and garnished with the grilled vegetables.

YAKITORI CHICKEN - chicken marinated in soy sauce, sesame oil, sherry and fresh ginger, then grilled

Marinade and brush.

From GRILL, page 101

INGREDIENTS (4-6 servings)

2-1/2 lb *boneless chicken breast*, cut up into cutlets, pounded to equalize, and trimmed

1/3 cup *sherry*
3 Tbsp *soy sauce*
3 Tbsp *sesame oil*
2 Tbsp *fresh ginger*, minced

salt, pepper, to taste

mushrooms, eggplant, grilled as garnish

PROCEDURE

- (1) Combine the marinade ingredients in a bowl. Reserve half of marinade.
- (2) Combine the chicken and the other half of the marinade in a plastic bag. Rotate to distribute marinade. Refrigerate for at least 1 hour or up to 8 hours, turning chicken occasionally.
- (3) Remove chicken from marinade.
- (4) Grill the chicken. (Brush with marinade during grilling?) Grill any garnish vegetables along with chicken.
- (5) Season the chicken well with salt and pepper. Serve it and any garnish moistened with the reserved marinade, and serve separately any remaining marinade as a sauce.

MARINADE-CHICK(M)	Rupley Family Cookbook (2/19/99)	MARINADE-CHICK(M)	Rupley Family Cookbook (2/19/99)	MARINADE-CHICK(M)
HERB-MUSTARD CHICKEN - chicken marinated with white wine, oil, vinegar, herbs, garlic and mustard, then grilled	Marinate and brush. From GRILL, page 91. INGREDIENTS (4-6 servings) 3-1/2 lb <i>whole chicken</i>, cut up, or 2-1/2 lb <i>boneless chicken breast</i> cut up into cutlets, pounded to equalize, and trimmed 1/2 cup <i>white wine</i> 1/2 cup <i>salad oil</i> 6 Tbsp <i>wine vinegar</i> 2 Tbsp <i>chopped onion</i> 1/4 tsp <i>each of dried basil, dried marjoram, dried oregano and dried thyme</i> 2 cloves <i>garlic</i>, chopped and mashed 1/2 tsp <i>freshly ground black pepper</i> 1/4 cup <i>spicy brown mustard</i> <i>salt, pepper</i>, to taste PROCEDURE (1) Combine the chicken and marinade ingredients in a plastic bag. Rotate to distribute marinade. Refrigerate for at least 4 hours or until the next day, turning chicken occasionally. (2) Remove chicken from marinade. Reserve marinade. (3) Grill chicken, brushing occasionally with the marinade. (4) Season well with salt and pepper, and serve.	COFFEE-RUM CARIBBEAN CHICKEN - chicken rubbed with seasoning, then marinated, brushed during grilling, and served with a coffee, sugar, rum and spice sauce.	Marinate, brush, and sauce. May be better after let stand in sauce and reheat. From "The Complete Chicken Breast Cookbook", by Marge Poore, Prima, 1995; quoted as recipe for oven-glazed caribbean chicken on website: http://www.compucook.com/. INGREDIENTS (3-4 servings) 1-1/2 lb <i>boneless chicken breast</i>, cut up into cutlets, pounded to equalize, and trimmed RUB 2 large <i>cloves garlic</i>, chopped and mashed 1 tsp <i>olive oil</i> 1/2 tsp <i>salt</i> 1/8 tsp <i>freshly ground black pepper</i> SAUCE 1/3 cup <i>brown sugar</i> 2 Tbsp <i>catsup</i> 2 Tbsp <i>dark rum</i> 2 Tbsp <i>instant coffee</i>, dissolved in water 1 <i>lime</i>, juiced 1 tsp <i>butter</i> 1 tsp <i>fresh ginger</i>, minced 1/8 tsp <i>allspice</i> <i>salt, pepper</i>, to taste PROCEDURE (1) Combine sauce ingredients except rum in a small saucepan. Heat, stirring, to melt sugar and butter. Add rum and flame, and stir to blend well. Reserve half the sauce for serving, use the other half during grilling. (2) In a small bowl, combine rub ingredients. Rub the seasoning mix over the breasts. Marinate covered for about 30 minutes. (3) Grill. Turn breasts over twice during grilling and brush with sauce each time, the last time cooking only briefly, until the sauce is sizzling and browned on the flame side. (4) Serve napped with the reserved sauce.	
		NOTES	The recipe says 1/4 tsp instant coffee - too weak flavor? Add rum last to sauce ingredients and flame. The alcohol flavor is otherwise strong. Up the quantities of sauce by 2x and of the rub 3x. Perhaps sauté chicken in sauce? Or heat it in sauce after grilling?	

RASPBERRY-MUSTARD GLAZED CHICKEN - chicken brushed during grilling and sauced with a glaze of raspberry, Dijon mustard, and thyme

Glaze is both brush for grilling and sauce for serving of dish.

From recipe for glazed turkey tenderloins.

From GRILL, page 111.

INGREDIENTS (3-4 servings)

1-1/2 lb boneless chicken breast, cut up into cutlets, pounded to equalize, and trimmed

1/2 cup seedless raspberry jam

6 Tbsp *raspberry vinegar*

1/4 cup
Dijon mustard

1 tsp *grated orange zest*

1/2 tsp *fresh or dried thyme*

salt, pepper, to taste

PROCEDURE

- (1) Add the ingredients for the glaze to 1-1/2 quart sauce pan and reduce over high heat by about a fourth and until slightly thickened (2-3 minutes). Reserve 1/2 cup of the glaze for the table.
- (2) Optionally, season chicken with salt and pepper. Brush chicken cutlets with some of the remaining glaze. Grill, turning once and brushing with remaining glaze halfway through cooking time.
- (3) Season to taste with salt and pepper. Serve with the reserved 1/2 cup of glaze

ORANGE-GINGER GLAZED CHICKEN - chicken grilled with a glaze of orange, soy sauce, ginger and onion

Brush only.

From GRILL, page 88.

INGREDIENTS (3-4 servings)

1-1/2 lb boneless chicken breast, cut up into cutlets, pounded to equalize, and trimmed

1/3 cup orange marmalade

2 Tbsp soy sauce

1/2 tsp ground ginger or 2 Tbsp minced fresh ginger

1 Tbsp
minced onion

salt, pepper, to taste

PROCEDURE

- (1) Over medium heat, blend ingredients for brush in a small saucepan.
- (2) Season breasts with salt and pepper. Grill, brushing occasionally with sauce.
- (3) Serve, optionally seasoned more with salt and pepper.

MARINADE-CHICK(M)	Rupley Family Cookbook (2/19/99)	MARINADE-CHICK(M)	Rupley Family Cookbook (2/19/99)	MARINADE-CHICK(M)
CITRUS-HERB CHICKEN - chicken marinated with brandy, orange, lemon, mustard, olive oil, garlic and herbs, then grilled	Marinate and brush. From recipe for grilled duck. From GRILL, page 130.			ORANGE-LIQUEUR GLAZED CHICKEN - chicken brushed during grilling and sauced with a glaze of orange, mustard, currant and brandy
INGREDIENTS (4-6 servings)	2-1/2 lb	<i>boneless chicken breast</i> , cut up into cutlets, pounded to equalize, and trimmed		INGREDIENTS (4-6 servings)
1/2 cup		<i>brandy or chicken broth</i>		2
1 tsp		each of <i>grated orange zest</i> and <i>grated lemon zest</i>		1-1/2 cups
1/4 cup		each of <i>orange juice</i> and <i>lemon juice</i>		1/2 cup
3 Tbsp		each of <i>Dijon mustard</i> and <i>olive oil</i>		3 Tbsp
2 cloves		<i>garlic</i> , chopped and mashed		2 Tbsp
1/2 tsp		<i>ground pepper</i>		1 Tbsp
1 tsp		each of <i>dried sage</i> , <i>crumbled dried rosemary</i> , <i>dried thyme</i> and <i>dried savory</i> , or 1 Tbsp of the fresh herb		1 Tbsp
1 or 2		<i>oranges</i> , peeled and the white membrane cut away, then thinly sliced crosswise		2 tsp
2		<i>limes</i> , cut into wedges		3-4 cups
		<i>salt,pepper</i> , to taste		
PROCEDURE				PROCEDURE
(1)	Combine the chicken and marinade ingredients in a plastic bag. Rotate to distribute marinade. Refrigerate for at least 6 hours or until next day, turning chicken occasionally.		(1)	Use a vegetable peeler to pare zest from the oranges, cut it into thin slivers, cover it in a saucepan with water, bring to the boil, drain, and return zest to the saucepan.
(2)	Remove chicken from marinade. Reserve marinade.		(2)	Add to the saucepan 1 cup of the orange juice, the orange liqueur and the sugar. Boil over high heat, stirring, until the liquid has almost evaporated. Spoon out and set aside 2 Tbsp of the zest.
(3)	Grill chicken, brushing occasionally with the marinade.		(3)	To the saucepan, add the remaining orange juice, the mustard, jelly, and brandy. Cook over medium heat, stirring often, until jelly is melted. Turn heat to high, and reduce to 1 to 1-1/2 cups. Set aside about 1/3 of the sauce for a brush during grilling. Reserve the rest for serving the dish.
(4)	Season well with salt and pepper. Serve garnished with slices of orange and lime wedges.		(4)	Season the chicken. Grill it, turning several times and brushing with the sauce.
			(4)	In a large sauté pan over high heat, melt the butter, add the grapes and swirl until hot.
			(5)	To serve, season the chicken to taste, place on the serving dish, sprinkle the chicken with the reserved zest, scatter the grapes around the meat, and cover the meat the sauce.

MARINADES AND RELATED FOR PORK

MARINADE-PORK – marinades, brushes, glazes and rubs for pork, generally for grilling: honey-lime-tomato glazed pork chops, ginger-honey-soy pork chops, spice rub for pork, ginger-sherry-soy pork chops, honey-mustard glazed ham, ginger-orange-soy pork chops

The following pages have recipes for various marinades, brushes, glazes and rubs for pork. The expectation is that the meat will be grilled, but one can imagine using the seasoning and saucing for other methods of cooking.

As for grilled chicken, grilled pork goes well with rice, either white rice or a pilaf/risotto, or buttered egg noodles, or baked or boiled potatoes. Add a salad to complete a great meal.

The meat generally need not be sauced if grilled. If one insists, why not try any compatible classic or nouvelle sauce mouldering in the freezer.

If one wants a moist condiment, then consider applesauce, or sour-cream cucumbers.

Equipment, unless it is unusual, will not be specified for a recipe. For those recipes that require a container for marinating, a sealable 2 quart heavy-duty plastic bag will be assumed available. For rubs, a baking dish of appropriate size. Grill equipment and brushes are also assumed available.

These one-line summaries give headers of the recipes:

honey-lime-tomato glazed pork chops - pork chops brushed during grilling with sauce of catsup, honey, lime and cayenne pepper

ginger-honey-soy pork chops - pork chops or steaks marinated with ginger, honey and soy sauce, then grilled.

rub for pork - pork rub, *marinade sèche*, with salt, garlic, thyme, bay, allspice, rosemary and oregano

ginger-sherry-soy pork chops-*pork chops marinated with ginger, sherry, garlic, soy sauce, oil and sugar, then grilled*

honey-mustard glazed ham - *ham slice brushed during grilling with a sauce of honey, mustard, vinegar and pepper*

ginger-orange-soy pork chops - *pork chops brushed during grilling with a sauce of orange marmalade, soy sauce and ginger*

GINGER-HONEY-SOY PORK CHOPS - pork chops or steaks marinated with ginger, honey and soy sauce, then grilled.

Marinade and brush.

From GRILL, page 206.

INGREDIENTS (4 servings)

4 *pork shoulder steaks, 3/4 inch thick (2-1/4 lbs), trimmed of fat; or 6 pork chops, 1 inch thick*

1 *beef bouillon cube, dissolved in 1/3 cup hot water*

1 Tbsp **each** of sugar and minced fresh ginger

1/4 cup **each of honey and soy sauce**

salt.pepper: to taste

PROCEDURE

- (1) Combine the meat and marinade ingredients in a plastic bag. Rotate to distribute marinade. Refrigerate for at least 1 hour or until next day, turning the meat occasionally.

(2) Remove meat from marinade. Reserve marinade.

(3) Grill meat, turning once and brushing with the marinade.

(4) Optionally, season with salt and pepper. Serve.

NOTES

Grilling: 10-12 minutes to done. Heat grill to 550 F, sear meat 2 minutes on each side. Turn heat to low or medium for cooking.

Mild flavor, but tasty.

SPICE RUB FOR PORK - pork rub, *marinade sèche*, with salt, garlic, thyme, bay, allspice, rosemary and oregano

A dry rub for pork, a *marinade sèche*, usable for most pork dishes.

Other spices can be added, and of course, ones listed here dropped.

From JC, page 384, modified by the addition of rosemary and oregano, and by increase in the amounts of ingredients per weight of meat.

INGREDIENTS (for 3 lbs pork)

1-1/2 tsp salt

1 tsp

2 tsp ground thyme or sage

1 tsp

1/2 tsp allspice

4 cloves of

1 Tbsp dried rosemary

1 tsp ground oregano

PROCEDURE

(1)

Marinate the pork. Mix all the ingredients of the marinade together. Rub them into the surface of the pork. Place in a covered dish. Turn the meat several times while marinating. For a roast, marinate at least 6 hours, better for 24 hours. For chops, marinate at least 2 hours, better for 12 hours. If refrigerate, increase time by one third. Before cooking, scrape off the marinade and dry the meat before browning.

GINGER-ORANGE-SOY PORK CHOPS - pork chops brushed during grilling with a sauce of orange marmalade, soy sauce and ginger

Brush only.

From GRILL, page 62.

INGREDIENTS (4 servings)

4 *pork loin chops or center-cut chops, 1-1/4 to 1-1/2 inch thick (2 lbs)*

- 1/2 cup *orange marmalade*
- 2 tsp *soy sauce*
- 1/4 tsp *ground ginger*
- salt,pepper, to taste*

PROCEDURE

- (1) Combine sauce ingredients in a small bowl.
- (2) Grill the meat. brushing with the honey mixture at the start of grilling, and halfway through, when the meat is turned.
- (3) Optionally season the meat, then serve.

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SWISS MERINGUES

MERINGUE-SWISS – Swiss meringue shells or mounds

From NYT, page 606.

INGREDIENTS (12 shells or mounds)

- 2 large baking sheets
- electric mixer, with wire whip beater and with mixing bowl
- buttered sheets of wax paper, to cover baking sheets

- 8 egg whites, at room temperature.
- 1/4 tsp salt
- 1/4 tsp cream of tartar
- 2 cups granulated sugar
- 1-1/2 tsp vanilla extract

PROCEDURE

- (1) Preheat the oven to slow, 225 F.
- (2) Beat the egg whites until frothy (KAW @8). Add the salt and cream of tartar. Continue beating until nearly stiff. Continuing the beating, gradually add the sugar, then the vanilla. Beat until the mixture is glossy and stiff.
- (3) Cover the baking sheets with the buttered wax paper. Place the meringues on the sheets, using a pastry bag (best) or a spoon to shape the meringue to the desired form, typically either a shell (a round or oval with higher edge than center), or a low oval mound about the size of an egg in area.
- (4) Bake in the slow oven, 225 F, until firm and dry but still white, for 60 minutes. Turn off oven and let dry for 1-1/2 hours longer in oven as it cools. Remove meringues from the paper while still warm.

NOTES

Meringue glacée is ice cream between two meringue shells, garnished with whipped cream and nuts.

Good with fresh raspberries and whipped cream.

Meringue mounds are tasty in themselves as dessert.

Rating

Difficulty: easy. Time: 15 minutes preparation plus time for forming the mounds or shells. Verified: fully.

SAUTÉED MUSHROOMS - I

MUSHROOMS-SAUT1 – mushrooms sautéed in butter

Champignons sauté au beurre.

Integral part of many dishes. Good as a vegetable alone or with other vegetables. Good as a garnish for grilled steak or hamburger.

From JC, page 513.

INGREDIENTS (3 to 6 servings)

skillet, large enough to hold mushrooms comfortably, with a cover to make tossing easier

- 2 Tbsp *butter*
- 1 Tbsp *good cooking oil*
- 1/2 lb *fresh mushrooms, washed, well dried, trimmed, left whole if small else sliced or quartered*
- 1-2 Tbsp *minced shallots or green onions; optional*
- 1-2 Tbsp *sherry, Madeira, Cognac, etc.; optional*
- salt and pepper*

PROCEDURE

- (1) Place the skillet over high heat (@9-10) with the butter and oil. As soon as the butter foam has begun to subside, indicating it is hot enough, add the mushrooms. Toss and shake the pan for 4 to 5 minutes. During the sauté the mushrooms will at first absorb the fat. In 2 to 3 minutes the fat will reappear on their surface, and the mushrooms will begin to brown. As soon as they have browned very lightly, remove from heat. Do not overcook, to where the mushrooms shrink and darken.
- (2) Optionally, toss the shallots or green onions with the mushrooms, and sauté over moderate heat (@5) for 2 minutes longer.
- (3) Optionally, add the sherry or other wine or liquor, and reduce nearly completely.
- (3) Correct seasoning. Serve or set aside until ready to use.

NOTES

The dish may be prepared in advance and reheated when needed.

Do not crowd mushrooms in the pan while cooking, or they will steam rather than fry, and they do not brown.

Rating

Difficulty: easy. *Time:* 15 minutes. *Verified:* fully.

SAUTÉED MUSHROOMS - II

MUSHROOMS-SAUT2 – mushrooms sautéed with olive oil, garlic, and lemon juice

Good as an appetizer, garnish or vegetable. A dense dish, rich and flavorful.

As good cold as hot.

From HAZAN, page 509, modified slightly.

INGREDIENTS (3 servings)

- sauté pan*
- serving plate*
- 3/4 lb *mushrooms, mixture of white, portobello, etc.*
- 1 tsp *garlic, finely chopped*
- 1/4 cup *olive oil*
- salt, pepper*
- 1 Tbsp *lemon juice,*
- 1/4 cup *Marsala, Madeira, port, or other heavy wine*
- 2 Tbsp *chopped parsley*

PROCEDURE

- (1) Wash and clean the mushrooms. Leave stems on. Dry thoroughly. Cut into 1/4" slices.
- (2) Over medium high heat (@7-8), sauté the garlic in the oil, to light golden, about 1/2 minute.
- (3) Add the mushrooms, turn up the heat to high. Shake, toss or stir-frequently. After a few minutes, season with salt and pepper. The mushrooms with first soak up the oil, then shed their water.
- (4) When the water from the mushrooms has almost boiled off, add the lemon juice and the Marsala or other wine. Reduce nearly completely. Taste: add more lemon juice, Marsala, or seasonings, as appropriate, and if liquid added, reduce again to nearly dry.
- (5) Form into a heap on a serving plate, and garnish heavily with chopped parsley. Serve hot or let cool before serving.

Rating

Difficulty: easy. *Time:* 30 minutes.

STEWED MUSHROOMS

MUSHROOMS-STEWE – mushrooms stewed in lemon juice and butter

Champignons à blanc.

Mushrooms cooked in this way are used in white sauces or as garnitures where they must remain white.

From JC., page 511.

INGREDIENTS (garnish)

1-1/2 qt saucepan or covered skillet

- 1/4 lb *fresh mushrooms*
- 1/3 cup *water*
- 1/8 tsp *salt*
- 1/2 Tbsp *lemon juice, to help keep mushrooms white*
- 1 Tbsp *butter*

PROCEDURE

- (1) Trim and wash mushrooms. Cut as directed for recipe or garnish.
- (2) Bring water, salt, lemon juice, and butter to the boil in the saucepan. Add mushrooms and toss to cover them with the liquid. Cover and boil moderately fast (@6), tossing frequently, for 5 minutes. Serve or set aside until ready to use.

Rating

Difficulty: easy. *Time:* 10 minutes preparation, with attention needed during 5 minutes cooking. *Verified:* fully.

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MOULES À LA MARINIÈRE

MUSSEL-MARINIER – moules à la marinière, mussels steamed with garlic, onions, thyme, bay leaf, wine, and served in the cooking liquor

A classic dish. Easy and quick. The basic mussel recipe.

From JBAM, page 164; DIAT, page 259; see also, LAROU, page 639.

INGREDIENTS (serves 2, or 4 as an appetizer)

stock pot or casserole, large enough to comfortably steam 2 quarts of mussels

40 mussels, about 1 - 1/2 quart, 2 lb

1 clove garlic, crushed

1/2 large onion, diced small

2 sprigs thyme

1 bay leaf

2 Tbsp butter

1/2 tsp salt

1/2 tsp pepper

2 cup good white wine

2 Tbsp butter

dash sriracha or Tabasco sauce

1/2 lemon, juiced, or more

1/4 cup parsley, chopped

1/4 cup tomato concassé, as garnish, optional

PROCEDURE

- (1) Clean - scrape and debeard - the mussels. Optionally, soak them in brine (1/3 cup salt per gallon water) for 20 minutes or longer to stimulate the mussels to disgorge sand. [Mussels bought nowadays generally are well-cleaned, debearded, without sand.]
- (2) Add the aromatics, butter and seasonings to the stock pot. Add the cleaned mussels on top. Moisten with the two cups of white wine; this gives a generous amount of cooking liquor to sop and spoon up.
- (3) Steam, covered, over high heat, until the mussels have opened, about 5 minutes, possibly less. Err on the side of undercooked - overcooked mussels are tough and a waste. Remove the mussels and keep them warm.
- (4) Remove the bay leaf and thyme from the cooking liquor. Optionally, strain to remove the garlic and onion. Add the additional butter, and the sriracha or Tabasco, lemon juice, and chopped parsley to the cooking liquor. Simmer briefly. Optionally, reduce the cooking liquor by half, for a richer sauce.
- (5) To plate, optionally sprinkle several Tbsp tomato concassé over the bottom of the individual serving bowl, then add the mussels, and pour the broth over them. Serve immediately and hot. Have French bread on the table to sop up the broth. Have a bowl on the table to accumulate the shells as the mussels are eaten.

NOTES

Make more rather than less than estimated as proper for the meal. Uneaten mussels can be used in a cioppino, or sauced and eaten over toast.
For a more French flavor, substitute 2-4 Tbsp finely chopped shallots for the garlic and onion.
A serving of 20 mussels, French bread, a salad following, then a dessert makes a very good informal meal.

A serving of 10 mussels is an ample appetizer.

Volume, weight, and count of mussels (1 measurement, but ok): 1 qt mussels = 1 lb 6 oz = 25 mussels; 1-1/2 qt = 2 lb = 38 mussels.

Rating

Difficulty: easy. Time: cleaning, 1/2 hour; vegetable preparation, 20 minutes; cooking, 10 minutes.

BROWN-BRAISED ONIONS

ONIONS-BRAIS-BR – small white onions sautéed in butter, then braised in stock and herbs

Oignons glacés à brun.

Used for a brown effect, as in brown fricassees like *coq au vin*, or in a mixture with other vegetables.

From JC, page 483.

INGREDIENTS (4 servings)

heavy covered skillet, large enough to hold onions in one layer

- 18 to 24 *peeled white onions*, 1 inch in diameter, about 1-1/4 lb
- 1-1/2 Tbsp *butter*
- 1-1/2 Tbsp *good cooking oil*

2 Tbsp *sugar*

- 1/2 cup *brown stock, canned beef broth, dry white wine, red wine, or water* (more may be needed if skillet is large)
- salt and pepper*, to taste
- medium herb bouquet*: 4 parsley sprigs, 1/4 tsp thyme, and 1/2 bay leaf tied in washed cheese-cloth

PROCEDURE

- (1) Set the skillet with butter and oil over moderate heat (@6-7). When the butter and oil are bubbling, add the peeled onions. Sauté for about 10 minutes, or longer for larger onions, rolling the onions about so they brown as evenly as possible, recognizing that perfection is out of the question. Be careful not to break the skins. To caramelize, add sugar, and continue to sauté for a short time.
- (2) To braise the browned onions, pour in the liquid, season to taste and add the herb bouquet. Cover and simmer very slowly (@2-3), rolling the onions in the skillet from time to time, for 20 to 40 minutes. When done, the onions should be perfectly tender yet retain their shape. Liquid evaporates during the cooking. Add more by the 1/4 cup if needed. At the end of the cooking, all the liquid should have evaporated. When done, remove herb bouquet.

Alternatively:

To bake the browned onions, transfer them and the sautéing fat to a shallow baking dish or casserole just large enough to hold them in one layer. (Add liquid, season to taste, and add herb bouquet.) Set uncovered in upper third of a preheated 350-F oven for 20 to 40 minutes, turning them over once or twice. They should be very tender yet retain shape, and be a nice golden brown. Remove herb bouquet.

- (3) Serve onions as they are, or reserve for use in another recipe, or sauce them with 2 tablespoons of softened butter and sprinkle with parsley, or mix with other vegetables, such as glazed carrots, sautéed mushrooms, artichoke hearts, sautéed potatoes, etc.

NOTES

Dish may be cooked in advance and reheated for serving.

Rating

Difficulty: easy. *Time*: 20 minutes preparation, with occasional attention during 50 minutes cooking. *Verified*: fully.

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ONIONS, ROASTED OR BRAISED

ONIONS-BRAIS-RO – onions, roasted or braised: red onions braised in red wine; *oignons d’Espagne braisés*, spanish onions braised in stock; roasted red onion with thyme and butter; braised Vidalia onions; red onions, braised with aromatics, thyme, bay leaf, red wine, stock

Several recipes for roasted or braised onions.

ROASTED RED ONIONS - red onions braised in red wine.

BRAISED SPANISH ONIONS - *oignons d’Espagne braisés*, spanish onions braised in stock.

ROASTED RED ONION WITH THYME AND BUTTER - roasted red onion with thyme and butter

BAKED VIDALIA ONIONS - braised Vidalia onions.

BRAISED ONIONS WITH RED WINE, THYME, AND PANCETTA - red onions, braised with aromatics, thyme, bay leaf, red wine, stock.

ROASTED RED ONIONS - red onions braised in red wine

Recipe from JANOS, page 180

INGREDIENTS (serves 4)

baking dish

2

2 cups

red onions, peeled but left whole, root and tip ends sliced off.

burgundy wine

kosher salt & freshly ground pepper

PROCEDURE

- (1) Preheat oven to 300F.
- (2) Place onions in baking dish, tip end down, pour in wine, place dish in 300F oven. Invert onions after about 40 minutes. Roast until onions soft, about 1-1/4 hours.
- (3) Slice fairly thickly to serve. Use with rich hearty meat dishes, such as steak.

BAKED VIDALIA ONIONS - braised Vidalia onions

Recipe by H. Peagram,
<http://www.recipesource.com/fgv/vegetables/onions/00/rec0017.html>.

INGREDIENTS (serves 4)

1-1/2 qt covered casserole, buttered

4 *medium Vidalia onions, peeled, root end slice off, cut in half crosswise*

dry Riesling wine

kosher salt & freshly ground pepper

buttered bread crumbs

grated Parmesan cheese

PROCEDURE

- (1) Preheat oven to 375F.
- (2) Arrange the onion halves with the cut side up in the buttered casserole. Add just enough wine to cover bottom of casserole. Sprinkle onions with salt and pepper.
- (3) Cover casserole and bake for 30 minutes at 375F.
- (3) Remove from oven, uncover casserole, and top onions with buttered bread crumbs mixed with cheese. Place in oven and bake for 15 to 20 minutes longer, or until onions are brown and tender.

BRAISED ONIONS WITH RED WINE, THYME, AND PANCETTA - red onions, braised with aromatics, thyme, bay leaf, red wine, stock

Recipe from Cook's Illustrated,
<http://www.cooksillustrated.com/printrecipe.asp?recipeids=1317&bdc=15804>.

INGREDIENTS (serves 4)

covered skillet

1 Tbsp

olive oil

pancetta, chopped fine (about 1/4 cup), or bacon lardons

1 *medium clove garlic, minced*

1 *medium rib celery, sliced thin diagonally*

1 *small carrot, peeled and sliced thin*

3 *medium red onions, peeled and quartered lengthwise*

1 cup *dry red wine*

1 Tbsp *fresh thyme*

1/2 Tbsp *chopped fresh sage leaf*

1 *bay leaf*

low-sodium chicken broth

kosher salt & ground black pepper IG

PROCEDURE

- (1) Preheat oven to 400F.
- (2) Heat oil in skillet over medium heat. Add pancetta (or bacon); cook until crisp, about 4 minutes. Add garlic; sauté until fragrant, about 1 minute. Add celery and carrot; sauté to soften slightly, about 2 minutes. Increase heat to high. Add onions; sauté until spotty brown, being careful not to burn other ingredients, about 2 minutes. Add wine; cook to reduce slightly, about 30 seconds. Add herbs and stock; bring to simmer.
- (3) Cover skillet and braise vegetables in oven 10 minutes. Uncover skillet and continue to braise vegetables until onions are soft but not mushy, about 10 minutes longer. Season to taste with salt and pepper.

WHITE-BRAISED ONIONS - GLAZED ONIONS

ONIONS-BRAIS-WH – small white onions braised in butter, stock and herbs

Oignons glacés à blanc.

Glazed onions may be served as a vegetable as they are or after simmering in a cream sauce, or used as a garnish for fricassees or *blanquettes*.

From JC., page 481.

INGREDIENTS (4 servings)

heavy covered skillet, large enough to hold onions in one layer

- 18 to 24 *peeled white onions, 1 inch in diameter, about 1-1/4 lb*
- 1/2 cup *white stock, canned chicken broth, dry white wine, or water (use 1 cup for a 12 inch skillet)*
- 2 Tbsp *butter*
- salt and pepper, to taste*
- small herb bouquet: 2 parsley sprigs, 1/8 tsp thyme, and 1/3 bay leaf tied in washed cheese-*
- cloth*

PROCEDURE

- (1) Place the peeled onions in the skillet with the liquid, butter, seasonings, and herb bouquet. Bring to a simmer quickly at moderate heat (@5), cover and turn down heat so as to simmer very slowly (@1), for 40 to 50 minutes. Roll the onions in the skillet from time to time., The onions should not color, and should be perfectly tender yet retain their shape. Liquid may evaporate during the cooking. If so, add more by the 1/4 cup as needed. When done, remove herb bouquet.

NOTES

Dish may be cooked in advance and reheated for serving.

For parslied onions, just before serving, reheat and correct the seasoning. Off heat, roll the onions in 2 tablespoons of softened butter. Turn into a hot vegetable dish and sprinkle with 2 tablespoons minced parsley.

For creamed onions, fold 2 cups *sauce crème (béchamel* with cream) into the braised onions an simmer for 5 minutes. Correct seasoning. Off heat, fold in 1 to 2 tablespoons softened butter. Turn into a hot vegetable dish and sprinkle with 2 tablespoons minced parsley.

Rating

Difficulty: easy. *Time:* 10 minutes preparation, with occasional attention during 50 minutes cooking. *Verified:* fully.

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DAVID EYRE'S PANCAKE

PANCAKE-EYRES – David Eyre's pancake, like a Dutch baby pancake, a puffy cross between pancake, crêpe, and soufflé

Excellent for dessert, breakfast, or whenever.

Reportedly the most requested recipe ever published by *New York Times* food editor Craig Claiborne.

Recipe due to David Eyre, via a 1966 article by Craig Claiborne in *The New York Times*, republished in the *Recipe Redux* series by Amanda Hesser, March 25, 2007: *Recipe Redux: 1966: David Eyre's Pancake*, <http://www.nytimes.com/2007/03/25/magazine/25food.txt.html>.

A recipe for the *Dutch baby pancake*, was published in 2005 by Orangette, <http://orangette.blogspot.com/2005/02/9-am-sunday-butter-and-babies.html>.

INGREDIENTS (2 to 4 servings)

skillet, 12 in, or two skillets, 6-7 in
mixing bowl

- 2 eggs
- ½ cup flour
- ½ cup milk
- pinch ground nutmeg
- 4 Tbsp butter (can reduce to 3 Tbsp)
- 2 Tbsp confectioners sugar
- juice of half a lemon

OPTIONAL

fig or blackberry jam, pear butter or any kind of marmalade, for serving

PROCEDURE

- (1) Preheat the oven to 425 degrees.
- (2) In a mixing bowl, lightly beat the eggs. Add the flour, milk and nutmeg and lightly beat until blended but still slightly lumpy. (Alternatively, use a food processor to blend the batter.)
- (3) Melt the butter in a 12-inch skillet with a heatproof handle over medium-high heat (or melt half the butter in each of the two 6 to 7-inch skillets). When very hot but not brown, pour in the batter (if two skillets, half the batter in each). Bake in the oven until the pancake is billowing on the edges and golden brown, about 20 minutes.
- (4) Working quickly, remove the pan from the oven and, using a fine-meshed sieve, sprinkle with the sugar. Return to the oven for 1 to 2 minutes more.
- (5) Sprinkle with lemon juice and serve with jam, pear butter or marmalade as condiments.

NOTES

The garnish or condiments served with the pancake are open for imaginative substitution (whipped cream, berries, fruit purée, sautéed apples or bananas, rum flambée, maple syrup, bacon, etc.).

The *Dutch baby pancake* (recipe given by Orangette, 2005), uses 4 eggs, omits the nutmeg, substitutes half-and-half for the milk, and uses two 6-inch skillets. It is excellent.

Other recipes add ingredients to the batter: 1 Tbsp sugar or 1/4 tsp baking powder or 2 Tbsp vanilla. One may be able to reduce butter to 2 Tbsp, especially if using a non-stick skillet.

Instead of a skillet, one can use a pyrex pie dish or a smaller pyrex dish cover: put it in the oven with butter, and when butter is melted and hot but not brown, add the batter (batter at ambient, dish not too hot, or it can crack).

Use of a skillet smaller than 12 inches diameter appears to result in a more puffy and billowy center, e.g., use a 10-in skillet for the same amount of batter (70 percent surface area), or distribute batter and butter

between two 6-in skillets (50 percent surface area).

From Amanda Hesser's *Recipe Redux* article:

Craig Claiborne described making the acquaintance of the oven-baked pancake as if he had met Grace Kelly: "It was discovered some weeks ago at an informal Sunday brunch in the handsome, Japanese-style home of the David Eyres in Honolulu. With Diamond Head in the distance, a brilliant, palm-ringed sea below and this delicately flavored pancake before us, we seemed to have achieved paradise."

Forty years later, readers are still making that pancake (with less butter but no less bliss). It appears on a dozen blogs, embellished with family stories and photos and new-and-improved versions of the recipe.

What keeps cooks faithful to one recipe is often some confluence of ease and surprise. David Eyre's pancake possesses both. A batter of flour, milk, eggs and nutmeg is blended together, then poured into a hot skillet filled with butter and baked. Anyone confused? I didn't think so.

The surprise comes, appropriately, at the end, when you open the oven door to find a poofy, toasted, utterly delectable-looking pancake. This soon collapses as you shower it with confectioners sugar and lemon juice, slice it up and devour it. Its sweet and tart, not quite a pancake and not quite a crepe. But lovable all the same.

David Eyre was a native of Oregon. In 1955 he moved to Hawai'i, where in 2008 he died at age 92. He was a journalist, editor, and publicist.

Rating

Difficulty: ? Time: ?

CANDIED PARSNIPS

PARSNIPS-CANDIE – candied parsnips, baked with brown sugar, orange juice, and butter
Strong flavors, so be careful not to overpower main dish.

From NYT, page 390.

INGREDIENTS (6 servings)

- 6 *parsnips, peeled*
- 1/2 cup *brown sugar, firmly packed*
- 1 tsp *salt*
- 1/2 cup *orange juice* (reconstituted frozen ok)
- 1 tsp *grated orange rind*
- 1/3 cup *butter*
- hot serving platter*

PROCEDURE

- (1) Preheat oven to 375 F.
- (2) Boil the parsnips until tender, about 20 minutes. Drain and slice.
- (3) Arrange the parsnips in layers in the baking dish, sprinkling the layers with butter bits, sugar, salt, grated rind, and juice.
- (4) Bake 25 to 30 minutes. Turn out dish on hot serving platter.

NOTES

Dish can be prepared beforehand, up to point of baking. Finished dish holds well in warming oven.

Rating

Difficulty: easy. *Time:* 15 minutes preparation + 50 minutes total cooking time.

PAMELA SHERRID’S SUMMER PASTA

PASTA-SUMMER – Pamela Sherrid’s summer pasta, a warm salad or pasta dish of rigatoni with mozzarella and tomatoes, and basil, and garlic and olive oil

Pasta melded with the flavors of *insalata caprese*. The big tubes of rigatoni absorb the tastes of the caprese. Simple to make, if you have ripe, flavorful tomatoes and great fresh mozzarella, and if you do, you can’t fail to have a hit. It flies as an appetizer, a pasta course, a small or luncheon main dish, or as great leftovers.

From a recipe by Pamela Sherrid, published by Fran Schumer in *The New York Times*, May 26, 1996, and republished in the *Recipe Redux* series by Amanda Hesser, *The New York Times*, July 29, 2007: *Recipe Redux*; 1996: *Pamela Sherrid’s Summer Pasta*, <http://www.nytimes.com/2007/07/29/magazine/29food-t.html>.

INGREDIENTS (serves 6)

your largest bowl, at least 5 qt, to mix 1 lb dry pasta cooked, 1 lb mozzarella, 7 large tomatoes
pot, to cook the pasta

- 5 *large cloves garlic*, finely chopped
- 1/2 cup *favorite olive oil*, or a bit more
- 12 *basil leaves*, or more
- 7 *large ripe tomatoes*
- salt*
- 1 lb *dried rigatoni*
- 1 lb *fresh, lightly salted mozzarella*
- Country bread*

PROCEDURE

- (1) Take out your largest bowl. Add the garlic. Pour in 1/2 cup olive oil. With scissors, snip the basil leaves into shreds over the garlic mixture. Let sit all day.
- (2) About 2 hours before serving, chop the tomatoes and add them to the bowl.
- (2) When you’re ready to eat, bring a large pot of generously salted water to a boil. Add the pasta and cook until al dente. Meanwhile, cut the mozzarella into small cubes.
- (2) Drain the pasta and pour it on top of the tomato mixture. Do not stir. Spread the mozzarella on top of the pasta and toss only the pasta and cheese; the cheese will soften slightly, and the pasta will get coated with fat. Then stir up from the bottom, incorporating the tomato mixture. Season with salt and add the remaining olive oil, if desired. Serve with bread to mop up the oil and juices.

NOTES

If the mozzarella is fresh, i.e., not packaged, add about 1 tsp salt to the garlic, oil, and basil mixture. Good tomatoes are now not difficult to find. But good mozzarella may not be available. Think of substituting another meltable soft or semi-firm cheese: a chèvre, Fontina, St. André, Reblochon, Brie, Compté, Gruyère, Cantal, Beaufort

To ensure uniform melting of the cheese, consider returning the drained pasta to the pot and mixing the cheese into it, then pouring the pasta with cheese onto the tomato, oil, garlic and basil.

Amanda Hesser writes in her *Recipe Redux* article:

Pamela Sherrid’s summer pasta, which *The Times* ran a recipe for in 1996, is a quintessential crossover dish: part tomatoes and warm pasta, part pasta salad and the best of both. It includes ripe summer tomatoes, garlic, olive oil, basil and cubes of fresh mozzarella.

I recently sent the recipe to Fortunato Nicotra, the executive chef at Felidia in Manhattan, to try it. As an Italian, was he horrified by the idea of such a dish? "More or less," he said.

And yet he made it, and he liked it. Because a few pasta salads are actually quite good, as

long as they’re not served cold.

Sherrid’s recipe relies on prudent technique and a slacker’s sense of pace. First you combine the garlic, basil and oil and let the mixture macerate. A few hours later you add tomatoes and let it sit some more. Next, you pour the cooked rigatoni over the tomatoes, and cubes of mozzarella over the rigatoni. Then you gently mix the cheese into the pasta, coating it with a buttery veil of fat, before tossing it with the tomatoes at the bottom. If you have great tomatoes and mozzarella and you don’t overcook the pasta, it is a remarkably good dish. A puddle of sweet and salty tomato broth will form at the bottom of your bowl, so make sure you have some bread on hand to soak it up.

Rating

Difficulty: ? Time: ?

TART PASTRY DOUGH

PASTRY-DOUGH1 – *pâte brisée à l'oeuf*, egg pastry dough for tart shells, cases, and turnovers; and other pastry doughs

This recipe produces after baking a buttery, crisp, strong shell, with a crumbly rather than a flaky consistency. The egg and butter give the strength to hold a filling unsupported.

Tart pastry dough can be used for a pie shell. However, for a flaky consistency, it is better to use basic pie pastry, with vegetable shortening as the principal fat.

From JC, page 139; JC2, page 104; LAROU, page 354.

INGREDIENTS (3 10-inch shells)

- electric mixer*, with flat beater head and mixing bowl
- wax paper*, large piece, 16 inches
- plastic bag*, for storage
- measuring cup*

- 3-1/2 cups *all purpose flour*, 1 lb, measured as leveled dry-measure cups of scooped unsifted flour, Preferably instant blending
- 8 oz *chilled butter*, unsalted, 2 sticks
- 3 oz *chilled crisco or other white vegetable shortening*, 6 Tbsp
- 1 egg, with ice water to make 1 cup
- 2 tsp salt
- 1/4 tsp sugar
- additional ice water*, as needed

PROCEDURE

- (1) Sift flour into the mixing bowl. Put the egg into the measuring cup, add ice water to 1 cup volume, add salt and sugar, and blend with a fork. Chill the mixing bowl and flour, the beater head, and the measuring cup with the egg and other ingredients, for a short time in the freezer or longer in the refrigerator.
- (1) Place chilled (or frozen) butter on the waxed paper and rapidly cut each stick into 4 lengthwise strips, then cut strips into 1/4-inch pieces.
- (2) Add the butter pieces to the mixing bowl containing the flour. Add the chilled shortening, cut up into bits. Mix (KAB @stir to 2) for several minutes to cut in the butter and shortening, until the mixture looks like a very coarse meal. The butter should be in pieces less than 1/16th inch size, each coated with flour. The butter must not melt. If the butter starts to soften, refrigerate bowl, beater and mixture for 30 minutes, then continue.
- (3) With mixing (KAB @stir) pour the liquid into the flour-butter mixture over about 10 seconds. Continue beating just until the dough has absorbed the liquid and clogs the blade.
- (4) Turn the massed dough onto the waxed paper. Poke remnants off the interstices of the blade. Sprinkle iced water on any unmassed bits and press with a rubber spatula onto the rest of the dough. With lightly floured hands, press dough rapidly into a roughly-shaped cushion. Or, divide the dough into amounts suitable for the shells to be made, and form each part into a small cushion.
- (5) Wrap in wax paper, place in plastic bag, and refrigerate or freeze. The dough will keep in the refrigerator for several days, and in the freezer for several months.

NOTES

JC2 has, on pages 108-110 and reproduced on the following pages, a list of pastry dough formulas for shells and cases, to be used for entrées, sweet pastries, and pâtés.

The dough should be refrigerated for 2 hours before rolling out. The rest relaxes the gluten, so the dough will roll easily. The chilling firms the butter, giving the dough enough body for rolling. It must be kept

cold when worked, so the butter does not melt. The dough is not as sensitive to over-handling as basic pie pastry.

Rating

Difficulty: easy. *Time*: 5 minutes to accumulate the ingredients and set up for chilling. 20 minutes from start of mixing to completion of refrigeration and a bit of clean up. *Verified*: fully.

PASTRY-DOUGH1(D)	Rupley Family Cookbook (11/5/95)	PASTRY-DOUGH1(D)	PASTRY-DOUGH1(D)	Rupley Family Cookbook (11/5/95)	PASTRY-DOUGH1(D)
TABLE OF PASTRY DOUGH FORMULAS (From JC, pages 108-110)					
DESCRIPTION	USES	FORMULA			
ENTRÉE PASTRIES					
1) <i>Pâte brisée ordinaire</i> Regular pastry dough with less butter than the following, therefore easier to roll and form	for general pie crusts, plain quiches, turnovers, meat mixtures	3-1/2 cups (1 lb) flour 9 oz butter 2-1/2 oz shortening 2 tsp salt 1/4 tsp sugar 1 cup iced water	PÂTÉ DOUGHS 1) <i>Pâte à croustade</i> --- <i>pâte à pâté</i> An excellent <i>pâté</i> dough that is also good to eat	For cookies, sweet tarts and tartlets, and especially for prebaked shells	4-1/3 cups (20 oz) flour 9 oz butter 2-1/2 oz shortening 1/8 tsp salt 8 to 18 Tbsp sugar 1/4 tsp baking powder 3 eggs 1- 1/2 tsp vanilla extract
2) <i>Pâte brisée fine</i> Finest pastry dough --- delicate texture, fine flavor, fragile (JC, page 139)	For fancy appetizers and tartlets, rich quiches, and the best quality of pre-baked shells	3-1/2 cups (1 lb) flour 11 oz butter 3 oz shortening 2 tsp salt 1/4 tsp sugar 1 cup iced water	1) <i>Pâte à croustade à l'envers</i> A <i>pâté</i> dough that will hold its shape and is also good to eat.	For <i>pâtés</i> and meat pies that are molded in raw dough either in the spring-form <i>pâté</i> mold, or in a baking dish	3-1/2 cups (1 lb) flour 5-1/2 oz butter 3 oz lard 2 tsp salt 4 egg yolks plus iced water
3) <i>Pâte brisée à l'oeuf</i> A light, crisp dough	Especially for shells and cases molded and baked on upside-down forms, or for turnovers	3-1/2 cups (1 lb) flour 9 oz butter 2-1/2 oz shortening 2 tsp salt 1/4 tsp sugar 1 eggs plus ice water to 1 cup		For <i>pâté</i> cases that are partially baked on upside-down forms before being filled with meat mixtures and baked; also for free-form <i>pâtés en croulte</i>	4-1/3 cups (20 oz) flour 7 oz butter 3-1/2 oz lard 2-1/2 tsp salt 2 eggs plus iced water
SWEET PASTRIES					
1-3) <i>Pâte sucrée ordinaire, fine, and à l'oeuf</i> Any of the previous dough formulas	For the same uses	Same formulas, except use 1/8 tsp salt and 5 Tbsp sugar			
4) <i>Pâte sucrée aux jaunes d'oeuf</i> Less rich than #2, finer texture than #1 and #3	For baked tarts and tartlets, and pre-baked shells	3-1/2 cups (1 lb) flour 9 oz butter 2-1/2 oz shortening 1/8 tsp salt 5 Tbsp sugar 2 egg yolks plus ice water to 1 cup			
5) <i>Pâte sablée</i> --- <i>pâte sèche</i>					
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PIE DOUGH

PASTRY-DOUGH2 – dough for pie crusts

From Kitchen Aid Recipes and Instructions.

INGREDIENTS (2 9-inch pie shells)

electric mixer, with flat beater head and mixing bowl
pastry board, lightly floured
pastry rolling pin, French style, lightly floured

- 2-1/2 cups flour
- 1 tsp salt
- 8 Tbsp shortening, crisco (see comment under Notes below)
- 2 Tbsp butter, well chilled

6 Tbsp ice water

PROCEDURE

- (1) Sift flour with salt into mixing bowl. Cut shortening and butter into 4 or 5 pieces and drop into bowl. Cut shortening into flour with mixer, KAB@1, until particles are size of small peas, about 30 seconds.
- (2) With mixer at stir speed, KAB@1, add ice water a tablespoon at a time, until pastry forms a ball. Do not overmix or the crust will be tough.
- (3) Chill pastry ball in refrigerator for 15 minutes.
- (4) Cut ball in half. On floured board, roll out each half into circle 1/8 inch thick and 2 inches greater in diameter than the size of the pie plate. Roll from center out toward edge, rotating dough as needed.
- (5) Fold pastry circle into half or quarter, slide onto pie plate, unfold and fit to plate, easing it loosely without stretching it. Alternatively, roll dough so it hangs over rolling pin, and unroll it over the pie plate. Pat or press pastry into all corners and edges. Refrigerate 15 minutes or until ready to use.
- (6a) For a single crust open pie, trim extra dough leaving a slight overhang (3/4 inch). Fold the overhang under the body of the pastry all along the rim of the plate. Crimp edge by 1) pressing the tines of a fork down along the edge, or 2) using thumb and forefinger to press and pinch the dough at even intervals around the rim, or 3) build up the dough around the edge to about 3/4 inch height, then with two forefingers, press and pleat at intervals to make a stand-up, scalloped edge.
- (6b) For a two-crust pie, add the pie filling to the pie plate with the lower pastry circle fitted as in step 5. Roll out a second circle, as in step 4, and transfer to top of filled pie plate. Trim both top and bottom dough circles together so that there is an overhang of about 3/4 inch. Press the top and bottom overhanging edges together, tucking the top one over the bottom one to make a thick edge. Crimp with fork or flute with fingers.

NOTES

The ratio of shortening to butter can be varied, almost to the opposite of the 10:2 ratio above, keeping the total amount of shortening + butter the same. A higher proportion of butter gives a richer crust.

Circles of rolled pie dough are made by Pillsbury. Less mess and quicker, but the circles may not be quite large enough for a 9-inch plate, and they are not as flaky and tasty.

Rating

Difficulty: easy. Time: 1 hour.

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PASTRY SHELL FOR TARTS

PASTRY-SHELL – partly or fully baked pastry shell for a tart or *quiche*

From JC, page 141; JC2, page 106.

INGREDIENTS (1 shell)

- lightly floured board or marble*
- rolling pin*
- flan ring or false-bottomed cake pan, 1 to 1-1/2 inch deep*
- baking sheet*
- cake rack*
- beans or rice, enough to fill the inside of the shell*
- aluminum foil or wax paper, a large enough piece to hold the beans or rice*

well-chilled tart pastry dough, enough for 1 shell of desired size and of desired type of pastry
(5 or 7 oz flour give an 8 or 10 inch shell, respectively); see recipe PASTRY-DOUGH1

flour, for lightly coating board and dough while rolling
iced water, for effecting repairs
butter, for brushing on mold

PROCEDURE

- (1) Preheat oven to 400 F.
- (2) Butter the inside of the mold, bottom and inside sides, or of the *flan* ring and the baking pan below it.
- (3) Place the dough on the lightly floured board or marble. If the dough is hard, beat it with the rolling pin to soften it. Knead it into a fairly flat circle. It should be just malleable enough so that it can be rolled without cracking.
- (4) Lightly flour the top of the dough. Place rolling pin across center and roll pin back and forth with firm but gentle pressure to start the dough moving. Then, with a firm but even stroke, and always rolling away from you, start just below the center of the dough and roll to within an inch of the far edge. Roll it again. Lift and turn the dough. Roll several times. Continue lifting, turning, and rolling. As necessary sprinkle flour very lightly on the board and top of the dough. Roll dough into a circle 1/8th inch thick and about 2 inches larger than the diameter of the mold.

If circle is uneven, cut off a too-large portion, moisten the edge of the too-small region, press pieces of pastry together and smooth with rolling pin.

Use the dough as soon as it has been rolled out, so it will not soften.
- (5) Either roll the dough up around the rolling pin, then unroll it over the mold; or fold the dough in half and in half again, lay it over the mold and unfold it.

Press the dough lightly onto the bottom of the mold. Lift the edges of the dough and wiggle it gently into the mold, so the dough without stretching can be pressed against the bottom of the mold up to where it meets the side.

Work about 3/8 inch of the dough above the top of the mold down along the sides, to thicken and strengthen the side of the shell.

Trim off excess dough by rolling the pin over the top of the mold.

With thumbs, push dough 1/8 inch above the edge of the mold, to make an even rounded rim of dough around the *inside* circumference of the mold.

Press a decorative edge around the rim of the pastry with the dull edge of a knife.

GRILLED PEACHES WITH MASCARPONE

PEACH-GRILLED – grilled peaches, marinated with brandy, lemon and sugar, served drenched with white wine and with a dollop of mascarpone

Very good.

Recipe by Giada De Laurentiis; published by Television Food Network, 2003, Episode#: E11C03.

INGREDIENTS (6 servings)

- grill pan or rack, lightly brushed with olive oil*
- shallow baking dish, for marinating grilled peaches*
- small bowl, for blending mascarpone and vanilla*
- coupe dishes, for assembling and serving the dessert*

6

Olive oil, to brush grill pan or rack

3 *peaches, firm but ripe, pitted, quartered*

2 Tbsp *sugar*

2 Tbsp *brandy*

1 Tbsp *fresh lemon juice*

1/2 cup *mascarpone cheese, at room temperature*

1/4 tsp *vanilla extract*

3/4 cup *dry white wine*

PROCEDURE

- (1) Place a grill pan over medium-high heat or prepare the barbecue (medium-high heat), and lightly brush the grill pan or rack with oil. Blend the sugar, brandy, and lemon juice in the shallow baking dish, and set aside. Blend the mascarpone and vanilla in the small bowl, and set aside.
- (2) Place the peaches on the hot grill pan or rack. Do not move the peaches, otherwise you will not have those great grill marks. It takes about 2 to 3 minutes per side to get them. Grill the peaches until the grill marks are formed, and the peaches slightly softened and heated through, about 5 to 6 minutes total.
- (3) As the peaches are ready, remove them from the grill and place them in the shallow baking dish with the brandy mixture, and toss to coat. Set aside for 15 minutes and allow to marinate, tossing occasionally.
- (4) Divide the grilled peaches and marinade equally among 6 coupe dishes. Pour the wine over the peaches. Dollop the mascarpone mixture atop the peaches, and serve.

Rating

Difficulty: easy. *Time:* 30 minutes active prep, 15 minutes marination, 10 minutes grilling.

PEARS IN RED WINE

PEAR-RED-WINE – pears poached in red wine, sugar and cinnamon, served on apple sauce

Poires des vigneronns.

A delightful formal dessert.

From DIAT, page 544.

INGREDIENTS (serves 6)

large sauté pan with cover
serving bowl, large enough to hold apple sauce and 6 pears

5-6 *apples, cored, peeled, and sliced*

1 Tbsp *butter*

1/4 cup *sugar*

1 stick *cinnamon*

3 Tbsp *chopped walnuts*

6 *pears, peeled (heat briefly in boiling water to loosen skin)*

2/3 cup *red wine*

1 cup *sugar*

1 stick *cinnamon*

piece of lemon rind

1/4 cup *warmed rum or Cognac*

PROCEDURE

- (1) Make the applesauce. Cook the apple slices until soft, with the butter, sugar and stick of cinnamon. Discard the cinnamon. Add the chopped walnuts. Put the mixture in the serving bowl.
- (2) Poach the pears. Bring the red wine to a boil, add the sugar, the stick of cinnamon and the lemon rind. Put in the pears, cover, and poach in the wine syrup until soft. Arrange the cooked pears on the apple sauce in the serving bowl.
- (3) Reduce the syrup by half, and strain.
- (4) Shortly before ready to serve, pour the syrup over the pears and applesauce. If the syrup stands too long over fruit, it pulls moisture from the fruit and becomes watery.
- (5) When ready to serve, pour warmed rum or Cognac over the dish, and ignite at the table.

Rating

Difficulty: straightforward. *Time:* 1-2 hours.

ROASTED PEARS

PEAR-ROASTED – pears roasted in red wine and sugar, with wine sauce, honey, and Parmesan garnish
Excellent dessert. Striking presentation. Foolproof and easy to prepare.

Recipe by Mario Batali, 2000; published Television Food Network, 2003, Episode#: MB2B02.

INGREDIENTS (4 servings)

small roasting pan

- 4 large pears, Bosc or Anjou, not quite ripe
- 1 cup Chianti or other dry red wine
- 1 cup sugar
- 1 cup chestnut honey
- 1 cup Parmigiano-Reggiano cheese, in one piece for shaving garnish shards

PROCEDURE

- (1) Preheat oven to 400F. Trim the bottom of the pears so that they stand up on their own.
- (2) In a small roasting pan, just large enough to hold the pears, place the pears upright. Pour the wine and sugar into the pan surrounding the base of the pears. Place in the oven and cook until soft, about 30 minutes. Remove and allow to cool. Strain the liquid in the bottom of the pan and reserve.
- (3) To serve, place each pear in the center of a plate. Drizzle with chestnut honey and spoon the red wine sauce over. Using a peeler, shave shards of Parmigiano over each.

NOTES

Calories per serving 365, from fat 20 (5%).

The elegance of the dish is lost, somewhat, but serving a scoop of ice cream with the dish is tasty.

Rating

Difficulty: easy. Time: 5 minutes to prepare, 40 minutes to cook, mostly unattended.

STUFFED PEPPERS

PEPPER-STUFFED – baked peppers stuffed with meat, rice, tomato sauce, and spices
Excellent. A traditional and classic way to use leftovers.

One stuffed pepper is adequate for lunch, two is generous for the main course of a dinner.

Recipe modified from JBAM, page 540. See also: NYT, page 392; GISSLEN, page 269; LAROU, page 724.

INGREDIENTS (serves 3 to 6)

- skillet*
- baking dish*, large enough to hold 6 peppers, buttered
- bowl*, for mixing the stuffing
- 6 *green bell peppers*, not too large, fat rather than tall, regularly shaped
- 2 Tbsp *butter*
- 2 *cloves garlic*, minced, or more to taste
- 1 *onion*, small dice
- 2 cups *meat (beef, chicken, pork, ham, veal, etc.)*, ground or finely chopped, cooked or uncooked"
- 2 cups *cooked rice*
- 3 Tbsp *parsley*, chopped
- salt and freshly ground pepper*, to taste
- thyme*, dried or fresh, to taste
- 2 Tbsp *tomato paste* or *good tomato sauce*, or more as needed to bind
- optionally add
- chipotle pepper with sauce*, finely minced, or *sriracha* or *Tubasco*, to taste

- 6 tsp *sherry*
- 6 tsp *tomato paste* or *good tomato sauce*
- 6 tsp *breadcrumbs*

1/2 cup *chicken stock* or *tomato juice*

PROCEDURE

- (1) Cut the tops off the peppers and discard. Remove the seeds carefully, keeping the shell intact. Parboil the de-topped and seeded peppers for 5 minutes. Preheat the oven to 350F. Butter the baking dish.
- (2) Melt the butter in the skillet over medium-high heat. Sauté the onion and garlic. If the meat is not cooked add it also to skillet. Cook until the onions are translucent (and the meat, if it had been uncooked, is done).
- (3) Combine in a bowl the onions, garlic, meat, rice, tomato paste or sauce, and seasonings, optionally including the chipotle or the hot sauce. Add more tomato paste or sauce as needed to bind the stuffing.
- (4) Distribute the stuffing equally among the cavities of the 6 peppers, packing it down lightly. Arrange the peppers in the baking dish. Sprinkle about 1 tsp sherry on the top of each pepper's stuffing, to moisten. Spread about 1 tsp tomato paste or sauce over the top of each pepper, and then about 1 tsp bread crumbs. Pour the chicken stock or tomato juice into the bottom of the baking dish.
- (5) Put the baking dish in the middle of the 350F oven. Bake for 30 minutes. Turn the broiler on high for about 10 minutes, until the tops of the peppers are nicely browned.
- (6) Serve with a sauce, e.g., a tomato sauce, salsa, even ketchup.

NOTES

Calories per serving (1 stuffed pepper) 295, from fat 117 (40%).

Include the minced chipotle pepper to introduce a smoky flavor.

Use half instead of whole peppers, in which case parboiling may be omitted.

Make more rather than less stuffing, if unsure how much is needed to fill the peppers. Extra stuffing can be used up later in a small dish of hash or croquettes.

The peppers, filling, and seasoning can be varied widely, depending on what is at hand. Use red instead of green bell peppers. use breadcrumbs in place of rice. Use a mix of meats, or cooked mushrooms or other vegetables in place of meat. Use cilantro or basil or oregano or ginger for the fresh or dried herbs. Use a white sauce to bind and for serving, if consistent with the filling.

For a different style, use puréed black beans refried with onions as a filling for roasted bell peppers or chiles, served with a guacamole sauce, or with sour cream and a salsa.

Rating

Difficulty: ? Time: ?

PUMPKIN PIE - I

PIE-PUMPKIN1 – pumpkin pie

Garnish with whipped cream, or serve with a small, thick slice of cheese.

From IER, modified from IZR.

INGREDIENTS (recipe makes 1 pie; 6-8 servings)

- 9 inch glass pie plate (if metal plate, bake at 25 F lower temperature)
- electric mixer, equipped with beater and mixing bowl.
- small bowl

- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1/2 tsp salt
- 1+ tsp cinnamon
- 1+ tsp ginger
- 1-1/2+ tsp pumpkin spice

pie dough, sufficient for a bottom crust

- 2-1/2 cups pumpkin, canned, solid pack (e.g., Libby's solid pack pumpkin)
- 3+ Tbsp molasses
- 5 eggs
- 1-1/4 cups milk
- 1/2 cup heavy cream

PROCEDURE

- (1) Heat oven to 375 F
- (2) Prepare pie dough. Line pie plate, flute rim, refrigerate. Commercial pie dough in sheets, such as Pillsbury's, can be used.
- (3) Mix sugar,salt, and spices in small bowl. Be generous with the spices.
- (4) Add pumpkin and other liquid ingredients to mixer bowl. Blend at slow speed, KAB@2. Continuing to mix, add sugar and spices.
- (5) Fill lined pie plate with custard. Bake for 1 hour and a bit at 375 F in lower third of oven; or for 1-1/2 hour at 350 F. To test, insert knife or straw; done if comes out clean. If after a reasonable time of baking the texture remains watery, turn off oven and let pie sit in oven with door cracked open, while the oven cools.
- (6) Cool on rack, then refrigerate until serve.

NOTES

One large and one small can of Libby's solid pack pumpkin have about 5.5 cups, enough for two pies (and a custard dish or two).

Rating

Difficulty: easy. Time: 1/2 hour preparation, 1 hour to cook.

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PUMPKIN PIE - II

PIE-PUMPKIN2 – pumpkin pie, recipe for currently-available ingredients

Garnish with whipped cream, or serve with a small, thick slice of cheese.

Rupley family recipe, from IER, modified from JZR, in turn probably based on a recipe from Allen Rupley's mother.

The recipe following is a further modification by IER, to accord with the changing character of ingredients such as canned pumpkin.

INGREDIENTS (recipe makes 1 pie; 6-8 servings)

9 inch glass pie plate (if metal plate, bake at 25 F lower temperature)
electric mixer, equipped with beater and mixing bowl.

small bowl

- 3/4 cup dark brown sugar
- 3/4 cup white sugar
- 3/4 tsp salt, or more to taste
- 2 tsp cinnamon
- 2 tsp ginger
- 2-1/2 tsp pumpkin spice

pie dough, sufficient for a bottom crust

- 2-1/2 cups pumpkin, canned, Libby's 100% Pure Pumpkin
- 4-1/2 Tbsp molasses, Grandma's Robust Molasses
- 6 eggs, very large or jumbo
- 1 cup whole milk
- 3/4 cup heavy cream

PROCEDURE

- (1) Preheat oven to 400F.
- (2) Prepare pie dough and then refrigerate at least 2 hours, to relax dough. Best recipe for the dough: *pâte sucrée à l'oeuf* (PASTRY-DOUGH1). For a pie dough with less butter, more shortening, see PASTRY-DOUGH2. Commercial pie dough in sheets, such as Pillsbury's, can be used.
- (3) Line pie plate, flute rim, refrigerate.
- (4) Mix sugar, salt, and spices in small bowl. Be generous with the spices.
- (5) Add pumpkin and other liquid ingredients to mixer bowl. Blend at slow speed, KAB@2. Continuing to mix, add sugar and spices.
- (6) Fill lined pie plate with custard. Put in lower third of oven at 400F. After 10 minutes reduce oven temperature to 325F, and without opening oven, bake for 1-1/2 hours. Test by inserting knife or straw — if comes out clean, pie is done. If it's not, continue baking at 325F until done. [If after a reasonable time of baking the texture remains watery, turn off oven and let pie sit in oven with door cracked open, while the oven cools.]
- (7) Cool on rack, then refrigerate until serve.

NOTES

The relatively low (325F) oven temperature is to prevent the crust from burning during the long cooking time for the custard. Alternatively, one can preheat and bake at 375F, for about 1 hour; or at 350F, for 1-1/2 hour.

Be generous with the spices.

One large and one small can of Libby's 100% Pure Pumpkin combined have about 5.5 cups, enough for

two pies (and a custard cup or two).
If cooking custards (ca 6 oz cups, to use up extra pie filling) alongside the pies, then they should be done in about 20 minutes.

Over the years, Libby's pumpkin, perhaps the best available canned pumpkin, has become increasingly watery, and the name has changed, from "Solid Pack" to "100% Pure Pumpkin...America's Favorite". The more watery the pumpkin, the more eggs and cream and less milk should be added. Compare the proportions of this recipe (PIE-PUMPKIN2) with those of PIE-PUMPKIN1, and then with those of the original (JZR) recipe: 4 eggs, 1-1/2 cup milk, 1/2 cup heavy cream, 2 Tbsp molasses, 2-1/2 cups pumpkin, spices as in recipe PIE-PUMPKIN1, cook 45 minutes at 425F.

Perhaps with age our taste has dulled, or perhaps spices as sold have become less intense: compare the spice levels in PIE-PUMPKIN1 and PIE-PUMPKIN2

To try: Reduce the amount of cream, use 5 eggs and 2 yolks, and add all the pumpkin in a 29-oz can (3-1/2 cups).

Rating

Difficulty: easy. Time: 1/2 hour preparation, 1 hour to cook.

POLENTA

POLENTA – polenta, optionally with seasonings such as garlic and onions, or cooked with stock, or finished with cheese

Rating *Difficulty:* regular attention required during cooking of polenta. *Time:* 10 minutes preparation, 50 minutes to cook.

A major starch. When hot and soft, as when just prepared, it can be eaten alone, with butter or cheese melted into it, or it can be used as a bed for a main dish, or it can be eaten as a side dish, especially with braises. When allowed to cool and then sliced or cut into various forms and grilled or fried or heated, it again can be eaten alone with butter, or as a bed or side dish, or as part of a salad or appetizer, etc.

It can be cooked seasoned only with salt, or also with aromatics such as garlic or onions, or cooked with stock instead of water, or finished with added cheese, especially Parmesan.

From CIA, page 835-836; HAZAN, page 273ff; KAMMAN, page 484.

INGREDIENTS (4-6 servings)

- double boiler*; holding about 2 quarts
- buttered dish or loaf pan* to hold and to form polenta if it is to be cooled
- coarse-grained yellow cornmeal*, preferably Italian; approximately 6 oz
- boiling water* or *chicken stock* or *vegetable stock*
- salt*, or to taste; no salt if stock is salted

OPTIONAL SEASONINGS:

- pepper*, or to taste
- butter*
- grated Parmesan cheese*
- shallots* or *onions*, minced
- garlic*, minced

PROCEDURE

- (1) Sauté the shallots and garlic if they are to be added.
- (2) Set up the double-boiler and bring its water to a boil.
- (3) Bring the cooking stock or water to a boil, separately from the double boiler. Add the salt. Add the cornmeal slowly to the boiling stock with vigorous whisking or stirring. Put the mixture in the double boiler and cook 40 to 50 minutes with frequent stirring, bringing the mixture up from the bottom, and loosening it from the sides of the pot.
- (4) The polenta is done when it forms a mass than pulls cleanly away from the side of the pot. A spoon should stand up straight in the mixture. As it begins to cool it should be thick and firm enough to quiver.
- (5) When the polenta is done, add the (selection) of optional seasonings, stir to mix thoroughly, then taste and adjust seasonings.
- (6a) To serve hot, turn the polenta out into a bowl moistened with cold water, let it cool perhaps 10 minutes, then invert to unmold onto a serving platter. Serve at once, possibly with the center of the polenta dome removed and replaced with the meat dish prepared to go with it.
- (6b) To serve cold, fill a mold with the polenta and let cool at room temperature and then in the refrigerator. When cold, the polenta cake can be sliced or cut into possibly cute forms, then fried or grilled or steamed to reheat.

NOTES

- In place of the garlic and shallots, use a medium onion finely chopped.
- A cylindrical cake can be made by turning out slightly cooled but still very warm polenta onto a sheet of saran wrap, then rolling into a rough cylinder and tightening the ends to force into a truer cylinder.

BRAISED PORK CHOPS WITH TWO WINES

PORK-2WINE-BRA – pork chops braised with Marsala, red wine, fennel, garlic, tomato

Excellent. Extraordinary flavor, rich dish, easy to prepare. Works for family, or when scaled up, for formal company presentation.

From HAZAN, page 423.

INGREDIENTS (4)

large casserole or sauté pan dish, for flouring
dish, for holding the chops
warmed serving platter

- 3 Tbsp 4 olive oil, and more as needed
- pork loin chops, about 3/4-in thick, optionally brined, optionally rubbed with salt and pepper and with dried thyme, rosemary and sage.
- flour, for coating
- 1 Tbsp 1 Tbsp finely chopped garlic, or to taste
- flour, optionally used for a roux to thicken the sauce
- 2 Tbsp 1/2 cup tomato paste, or to taste
- 1/2 cup dry Marsala
- 1/2 cup dry red wine
- 1/2 cup chicken stock
- 1/2 tsp kosher salt & freshly ground black pepper
- fennel seeds, or to taste
- 1 Tbsp chopped parsley

PROCEDURE

- (1) If using the oven, preheat at 275-300F. Combine the 1/2 cup each of the two wines and the chicken stock, and then mix in the tomato paste ("dissolve" it).
- (2) Choose a casserole or sauté pan that can contain all the chops without overlapping. Put in the oil and turn on the heat to medium high. When the oil is heated, flour both sides of the chops and shake off excess flour. Place in pan and cook the chops to a rich brown on both sides, about 1 to 2 minutes per side. Brown in batches if necessary, adding more oil as needed. As the meat is browned, remove it and reserve. If after browning the oil remaining in the pan is discolored or if there is burnt flour in the pan, remove it, and add 1-2 Tbsp of fresh oil.
- (2) Place the pan over medium or medium-low heat, add the chopped garlic, stirring it into the oil, and cook until the garlic becomes slightly colored. Optionally, add 1 Tbsp flour, mix it with the garlic and oil, and cook briefly to make a roux (to have in the end a thicker gravy). Immediately add the mixture of tomato paste, chicken stock, and two wines, and stir well. Add the fennel seeds. Return the chops to the pan and turn to coat them. Sprinkle with salt and pepper, generously if the chops were not seasoned before browning. Turn up the heat to medium high. When the dish has simmered briskly for about 20 seconds, turn the heat down to cook at a slow simmer. Cover the pan and set the lid slightly ajar. Alternatively, put the pan, tightly covered, in a very slow oven, 300F or below.
- (3) Cook for about 1 hour or longer on the stovetop, until the meat feels tender when prodded with a fork. (Cook for about 3 hours in the slow oven). Turn the chops from time to time while they are cooking, and check that the temperature is low, just enough for a slow simmer. When the chops are done, transfer them to a warmed serving platter, using a slotted spoon or spatula,

cover them with foil, and keep them warm.

- (4) Tip the pan and spoon off the fat. Using a wooden spoon, scrape loose the cooking residues from the bottom and sides of the pan. If the pan juices are thin, turn up the heat and reduce until they become dense. If they are too thick, thin with water or chicken stock. Adjust seasoning. Optionally, for a smooth sauce, force it through a fine sieve or strainer.
- (5) Uncover the chops on the serving platter, nappe with the sauce, sprinkle with the chopped parsley, and serve at once. Serve any excess sauce at the table on the side.

NOTES

This dish is rich, filling, and dominant, almost Germanic. Not much needed as accompaniment — some egg noodles or a blanched julienne of leeks and carrots.

Consider the following, all of which I do and recommend:

Cook in a slow oven - longer at low temperature means more tender.

Brine the meat: 2 hours in the refrigerator, covered with a brine made with 2 Tbsp sugar and 2 Tbsp salt per qt of water. Brining adds taste, improves texture, and more importantly, adds flexibility to cooking time and temperature, particularly with lean meat.

Season the meat before cooking, e.g., by sprinkling the chops generously on both sides with salt and pepper and with dried thyme, sage and rosemary, then covering and letting rest for about 20 minutes at room temperature.

Use center-cut bone-in loin chops, for added flavor. Have them cut 1-inch thick, if you have heavy meat eaters.

Can partially overlap the chops if the braise is slow, i.e., the chops need not be immersed in the cooking liquid, although they should be turned during the braise. Thus the recipe can be scaled up slightly without using more than one casserole or sauté pan. For large scale up, brown in batches and braise in foil-covered baking pans.

For larger amounts of meat (thick chops or larger number of chops), increase proportionately the amounts of the wines and of the tomato paste and seasonings.

The amounts of garlic, tomato paste, and fennel seeds are greater than Hazan gives in her recipe. The addition of chicken stock during the braise, replacing water added after the braise in Hazan's recipe, contributes another layer of flavors.

Calories per oz meat (bone not included): 104, from fat 40(38%).

Rating

Difficulty: ? Time: ?

PORK BRAISED WITH CABBAGE

PORK-BRAIS-CABB – pork marinated with salt and herbs and braised with red cabbage or sauerkraut
Porc braisée aux chou rouge.
Porc braisée avec choucroute.

Marinated pork roast or pork chops are added to the cabbage after it has braised for several hours, so that the cabbage and pork finish cooking at the same time.

The flavors from the pork and from the cabbage enhance one another.

From JC, page 384.

INGREDIENTS (6 servings)

- pyrex dish, large enough to hold the marinating pork*
- casserole of braising cabbage*
- heavy large skillet*
- hot serving platter*

INGREDIENTS for salt marinade with herbs and spices. *marinade sèche.* For 3 lb pork.

- 3 tsp *salt*
- 1/2 tsp *freshly ground pepper*
- 1 tsp *ground thyme or sage*
- 1/2 tsp *ground bay leaf*
- 1/4 tsp *allspice*
- 2 *cloves mashed garlic (optional)*

3 lb *boneless roast of pork or 1 inch thick pork chops*

PROCEDURE

- (1) Marinate the pork. Mix all the ingredients of the marinade together. Rub them into the surface of the pork. Place in a covered bowl. Turn the meat several times. For a roast, marinate at least 6 hours, better for 24 hours. For chops, marinate at least 2 hours, better for 12 hours. If refrigerate, increase time by one third. Before cooking, scrape off the marinade and dry the meat before browning.
- (2) Brown the pork in a skillet with 1/16 to 1/4 inch fat (good cooking oil or pork fat) over moderately high heat (@8).
- (3) After the cabbage has cooked for 3 hours for a pork roast for 3-3/4 to 4 hours for pork chops, place the pork in the casserole buried in the cabbage and cook for the time remaining to 5 hours, so pork and cabbage finish at the same time.
- (4) Place the pork on the hot serving platter, drain the cabbage and arrange it around the pork. Correct the seasoning of the cooking liquid, degrease it, and pour it over the cabbage.

NOTES

For recipes for braised cabbage see CABBAGE-RED-BRA, for red cabbage, and SAUERKRAUT-ALSA, for braised sauerkraut *à l'alsacienne*.

Rating

Difficulty: easy. *Time:* 15 minutes for setting up the marinade and 30 minutes for browning the meat. *Verified:* fully.

PORK CHOPS ROBERT

PORK-CHP-ROBERT – pork chops with robert sauce, pork chops sautéed with onions, sauced with a reduction of the pan juices, white wine and *demi-glace*, seasoned with sugar and mustard

A classic sauté and sauce.

From L'AROU, page 754.

INGREDIENTS (serves 4)

sauté pan, large enough for the chops

- 4 *pork chops, trimmed of excess fat, and marinated with a dry rub*
- 2 Tbsp *butter*
- 1 Tbsp *good cooking oil*

- 1/2 cup *onions, diced small*
- 2 Tbsp *butter*
- 2 Tbsp *flour*

- 1 cup *white*
- 1-1/2 cup *brown stock*

- 1 Tbsp *lemon juice*
- 1 Tbsp *tomato purée*
- 1/4 tsp *sugar*
- 2 Tbsp *mustard*

salt, pepper, to taste

PROCEDURE

- (1) Season the pork chops, e.g., with a dry rub containing thyme, bay leaf, allspice, garlic, rosemary, oregano, salt and pepper. After marinating, scrape off the rub.
- (2) Over high heat, melt the butter and oil in the sauté pan, add the chops, and brown both sides. When browned, remove the chops to a 350 F oven and cook until done, about another 8 minutes for a thin chop and 15 minutes for a thick chop. Discard the cooking fat left in the pan.
- (3) Over medium-high heat, melt a fresh 2 Tbsp butter in the pan. Add the diced onions and sauté until golden. Add the flour and cook lightly for a roux.
- (4) Add the wine and reduce until nearly dry.
- (5) Add the stock and reduce until the sauce naps a spoon nicely. Instead of stock, one may add *glace de viande* (aka Demi-Glace Gold) and a bit of water.
- (6) Add the lemon juice, tomato purée, sugar and mustard. Cook lightly to mix the flavors. Season with salt and pepper.
- (7) Return the chops to the pan to reheat them and coat them with the sauce.
- (8) When hot, plate and serve

NOTES

Serve the chops perhaps with buttered noodles or potato, and with sautéed mushrooms or grilled zucchini or asparagus.

Rating

Difficulty: not difficult. *Time:* 1 hour, but can be held at step 5, before the final seasoning.

POTATOES ANNA

POTATO-ANNA – *pommes de terre Anna*, potatoes Anna, are thin potato rounds cooked and browned in butter in a mold

Classic French potato dish that appears to have become nearly extinct owing to popular myths concerning heart health. Anyway, a tasty dish that is crispy on the outside, tender inside, and not all that hard to prepare.

The Anna honored by Dugl  r   was one of the grand courtesans of the mid- 19th century.

From JBAM, page 572; See also DIAT, page 346, and PEPIN, page 324.

INGREDIENTS (6 to 8 servings)

ovenproof skillet, deep pie dish, shallow casserole, or a special mold, a pommes Anna pan (cocotte    pommes Anna), with cover, diameter about 8 in, holding 1-2 qt mandoline for producing thin potato rounds, of thickness 1/16-1/8 in pan or bowl for tossing the rounds with butter cookie sheet, for draining and turning out the cooked potatoes from the mold warm serving platter

5 large potatoes, about 2 lbs
4 Tbsp melted butter, and a bit more
kosher salt & freshly ground black pepper

PROCEDURE

- (1) Preheat oven to 400F. Generously butter the skillet or mold.
- (2) Peel the potatoes. Turn them into cylinders, or at least regular polyhedrons. With the mandoline slice thin rounds of no more than 1/8 inch thickness. Put the rounds in a pan, add the melted butter, and toss to cover them thoroughly.
- (3) Fill the skillet or mold in an ordered fashion, e.g., for the first layer, a buttered round in the center of the mold, surrounded by overlapping concentric circles of buttered rounds, out to the edge of the dish. Sprinkle the layer of buttered rounds with salt and pepper. Repeat, building up 3 or 4 layers, alternating for successive layers the direction of the laying down of the rounds (of the overlap). Add extra butter on the top. Cover with foil or parchment paper if necessary.
- (4) Bake for 45 minutes at 400F, remove the cover, continue baking until the potatoes are tender (test with a sharp knife, fork, etc.) and crispy and browned on top.
- (5) Remove mold from the oven. With a knife loosen the cake from the side of the mold. With the aid of a cookie sheet or flat plate, drain away excess butter (which can be reserved for saut  ging). Invert the mold onto the cookie sheet, to turn out the cake. Slide the cake onto a serving platter.
- (6) Cut into 6 or 8 wedges and serve as a side dish.

NOTES

There should be at least three layers of potato rounds. Layers other than the first need not be as carefully laid down.

In case butter bubbles over in the oven, place a baking sheet on the rack below that holding the dish. For a more compact cake, tamp and weight down the potatoes in the mold, using a pan or lid of slightly smaller diameter, in place of the pan cover. For a browner, crustier cake, heat the skillet or mold on the stove top over medium heat for about 15 minutes, before putting the dish in the 400F oven, and brown the top under the broiler to finish.

Rating

Difficulty: ? Time: ?

POTATOES BOULANGÈRE

POTATO-BOULANGE – *pommes de terre boulangère*, potatoes and onions baked to a brown and crusty top
A side dish. Tops.

Recipe from PF60M, page 175. See also, DIAT, page 346.

INGREDIENTS (6 or more servings)

stove & ovenproof casserole

5 *large potatoes*, about 2 lb or 5 cups, peeled, cut in half lengthwise, then cut crosswise into 1/8-1/4 in slices, kept in cold water

2 *onions*, about 2 cups, sliced very thin

3 Tbsp *butter*

1 tsp *garlic*, finely minced

kosher salt & freshly ground black pepper, to taste

bouquet garni: 1 sprig *fresh thyme* or 1/8 tsp *dried thyme*, 2 sprig *parsley*, 1 bay leaf
chicken stock

1 cup

PROCEDURE

- (1) Preheat oven to 425F. Prepare uniformly sliced potatoes and keep them in cold water.
- (2) Add butter, sliced onions, and minced garlic to a casserole over medium heat on the stovetop, and cook with stirring until onions wilted, or if wished, golden. About 5 minutes.
- (3) Add the sliced potatoes and mix. Add seasonings, the bouquet garni, and the cup of stock.
- (4) On the stovetop, bring the liquid to a boil, Put the dish in the oven. Bake until the potatoes are tender, the liquid has cooked away, and the top is brown and crusty.

NOTES

The onions can be cooked separately, then mixed with the potatoes or layered with them in a buttered oven-proof casserole.

The potatoes and the onions should fill the casserole to a depth of about 1/2 inch.

Rating

Difficulty: ? Time: ?

POTATO CURRY FILLING

POTATO-CURI-FIL – turnover or tortilla filling, made with onions, potatoes, and optionally other vegetables, spiced with curry

Trinidadian recipe for potato curry filling, for use with roti bread.

From Caribbean Connoisseur, <http://www.caribcon.com/triniroticur.html>.

INGREDIENTS (about 6 servings)

large skillet

1-2 Tbsp

sunflower oil or other *good cooking oil*

4 tsp

curry powder or *curry paste*, or use more to taste

1

small onion, diced small

4 cloves

garlic, minced or crushed

2

medium potatoes, washed, peeled, and diced small

salt & freshly ground black pepper, to taste

OPTIONAL, according to taste and availability

1 cup

chick peas, or less

1 cup

sweet potato, or less, diced small, replacing partly the potato

1 cup

red, yellow, or green pepper, or less, diced small

1/2 cup

peas, or less, frozen or fresh

1/2 cup

broccoli, or less, cut into small florets, or *cauliflower*,

1/2 cup

bok choy, or less, sliced thinly or shredded, or *cabbage*,

water

PROCEDURE

- (1) In a deep frying pan or a heavy saucepan, heat the oil over medium heat. Add onion and garlic, and cook for 1-2 minutes stirring. If necessary, adjust the heat so that the garlic doesn't burn. Add the curry powder or curry paste. Cook stirring for 5 minutes. Add the potatoes and fry them for 1-2 minutes, stirring.
- (2) Add any of the optional items: chick peas, sweet potato, peas, peppers or chiles, broccoli, cauliflower, bok choy, or cabbage.
- (3) Add water to cover the pan bottom to a height of about 1/4". Cover the pan and simmer for 15 minutes on medium low or low heat (the mixture should gently bubble). Cook until potatoes are soft. Add a little more water if necessary.
- (4) Adjust seasonings. Serve on rice, or with a tortilla, as a taco or burrito, or in a turnover.

NOTES

Instead of the 4 tsp curry powder, substitute 2 tsp turmeric, 1 tsp cumin, 1/2 tsp allspice, 1/2 tsp ground ginger, all cooked for several minutes over medium heat in oil, before adding the onions and garlic in step 1

Rating

Difficulty: ? Time: ?

GARLIC MASHED POTATOES

POTATO-GARLIC – mashed potatoes beaten with garlic sauce and cream

A long preparation, but very tasty.

From J.C., page 520

INGREDIENTS (6 to 8 servings)

- small saucepan* with boiling water, for blanching garlic cloves
- 3-4 cup heavy, covered saucepan*, for making the garlic sauce
- small saucepan*, for boiling milk
- large saucepan* with boiling salted water, for boiling 2-1/2 lb potatoes
- 2-1/2 qt enameled saucepan*, for drying and seasoning the potato purée
- sieve and wooden spoon or electric blender*
- potato ricer or food mill*
- hot buttered serving dish*

2 heads *garlic*, about 30 cloves

4 Tbsp *butter*

2 Tbsp *flour*

1 cup *boiling milk*

pinch *pepper*

2-1/2 lb *baking potatoes*

4 Tbsp *softened butter*

salt and white pepper

3-4 Tbsp *whipping cream*

4 Tbsp *minced parsley*

PROCEDURE

- (1) Peel and quarter the potatoes. Drop in boiling salted water to cover, and boil until tender. Drain immediately.
- (2) Separate the garlic gloves, about 30. Drop into boiling water and boil 2 minutes. Drain. Peel.
- (3) Cook the garlic slowly (@3) with the butter in the covered saucepan for about 20 minutes, or until very tender but not browned.
- (4) While the garlic is cooking, put the milk on to boil.
- (5) Blend in the flour and stir over low heat (@3) until it froths with the butter for 2 minutes, without browning. Off heat, beat in the boiling milk and the seasonings. Boil, stirring, for 1 minute. Rub the sauce through a sieve or purée it in the electric blender. Simmer for 2 minutes or more.
- (6) Put the drained, cooked potatoes through a potato ricer or food mill. Place the hot purée in the 2-1/2-qt saucepan and beat with the wooden spatula or spoon for several minutes over moderate heat (@5) to evaporate moisture. As soon as the purée begins to form a film in the bottom of the pan, remove from heat. Beat in the butter a tablespoon at a time. Beat in salt and pepper to taste.
- (7) Shortly before serving, beat the hot garlic sauce vigorously into the hot potatoes. Beat in the cream by spoonfuls but do not thin out the purée too much. Beat in the parsley. Correct the seasoning. Turn into the hot serving dish.

NOTES

The garlic sauce and potato purée may be prepared ahead of time. They should be reheated over hot water before executing the final step 7.

Rating

Difficulty: complex sequence, but each step easy. *Time:* ?

POTATOES HOME-FRIED

POTATO-HOMEFRY – home fried, cottage fried or country fried, potatoes par-cooked, diced or sliced, then pan fried: *pommes de terre parmentier*; Lyonnaise potatoes; potatoes O'Brien;

Easy, fast, tasty, versatile, classic American, classic French (*pommes de terre parmentier*). Use home fries where you would *pommes frites*. A top side dish for any meal.

Home fries, prototypically made by pan frying diced or sliced par-cooked potatoes, are sometimes called hash browns. This would be confusing in some parts of the world (e.g., much of the U.S.), where hash brown means pan-fried shredded raw potato, shaped into a cake or patty form.

One wonders if there is need for a recipe, and if there is, for citation of a source, other than cafes every-where.

INGREDIENTS (4 servings)

large skillet, preferably nonstick
spatula

- 2 large par-cooked potatoes, boiled, baked, ..., slightly firm, cold, peeled, diced medium, 1/2 in
- 2 Tbsp butter, olive oil, vegetable oil, or a mix
kosher salt & freshly ground black pepper

OPTIONAL

additional seasoning: e.g., sazón seasoning salt, a jerk- or cajun-style spice mix, onion or gar-
lic salt, rosemary, thyme, etc.

additional ingredients: e.g., minced or chopped garlic or onions or bell peppers, etc.

garnish: chopped parsley, breadcrumbs etc.

PROCEDURE

- (1) Add the butter or oil to the skillet over high heat, swirl to coat the pan evenly. Add the diced potatoes, spreading them in an even layer. Press down on them lightly with a spatula.
- (2) Cook without shaking the pan for several minutes, until the bottoms of the potatoes begin to brown. If you like very brown and crusty home fries, wait a bit longer until color is well devel-
oped. Reduce heat to medium or medium high. Then shake and flip frequently, until all sides are nicely browned, another few minutes, depending on the heat.
- (3) Additional ingredients can be cooked with the potatoes or cooked separately and added when the potatoes are done.
- (4) Add salt, pepper, and optionally other seasonings judiciously just before serving. Optionally, garnish with parsley.

NOTES

By using high heat, home fries can be made in the time it takes to fry or scramble eggs.

With other ingredients added:

Lyonnaise potatoes - 1/2 onion thinly sliced, sautéed until golden, then mixed with the potatoes after these are done; chopped parsley as garnish.

Potatoes O'Brien - Lyonnaise potatoes, with to finish add 1/4 cup each red and green bell pepper chopped and 1/4 cup cream and a generous amount of chopped parsley, shake pan to blend, then let the cream cook down over medium heat.

Rating

Difficulty: ? Time: ?

POTATO & LEEK BRAISE

POTATO-LEEK-BRA – potatoes and leeks braised with chicken stock and butter, browned with cream

Easy and elegant. Complex flavors. Top recipe.

Recipe from STEVENS, page ??.

INGREDIENTS (6 servings)

covered braising dish or gratin dish, about 12 inch dimension colander

- 1-1/2 lb leeks (about 3 medium leeks trimmed of leathery dark green tops)
- 1-1/2 lb yellow-flesh potatoes, such as Yukon Gold
- 1-1/2 tsp chopped fresh thyme
- pinch freshly grated nutmeg
- 1-1/4 cups coarse salt & freshly ground black pepper
- 2 Tbsp chicken stock, heated to near boiling
- 1/4- 1/3 cup unsalted butter, cut into 1/2-?? pieces
- heavy cream

PROCEDURE

- (1) Preheat oven to 325F. Butter braising dish.
- (2) Trim the root ends and leathery green top parts from the leeks, retaining white and tender pale green parts. Slice the trimmed leeks lengthwise in half and then again into quarters. Chop into 3/4-inch pieces. Fill a large bowl with cold water, swish the cut leeks around in it, drain in a colander. Repeat the wash and drain, to ensure grit-free leeks.
- (3) Peel the potatoes and cut into 3/4-inch chunks.
- (4) The braise: Place the leeks and potatoes in the buttered braising dish. Sprinkle with thyme and nutmeg, season generously with salt and pepper. (Potatoes tend to need a lot of salt, so don't be timid.) Toss with a rubber spatula to distribute the seasonings evenly. Spread the potatoes out in one layer. Pour over the hot stock. Dot the top with the butter. Cover tightly (with heavy-duty foil if no cover). Slide onto middle rack of the oven.
- (5) Braise, without disturbing, until potatoes and leeks are almost tender, about 45 minutes. Uncover, gently stir the potatoes and leeks. If there is barely any liquid left in the pan, cover again. If the liquid comes halfway or more up the sides of the dish, leave the cover off. (The amount of liquid depends on the season; fall potatoes tend to absorb more liquid, while fresher spring and summer potatoes absorb less.) Continue to braise until potatoes and leeks are tender, another 20-25 minutes. Check by piercing with tip of a sharp knife.
- (6) Browning the top: Remove dish from the oven, increase oven temperature to 425F. Stir potatoes and leeks, pour over the cream. Return dish to the oven, uncovered. Bake until top is browned and bubbly and the cream is mostly absorbed, another 25 to 30 minutes.
- (7) Let rest 5 to 10 minutes. Serve directly from the baking dish.

NOTES

Braise and browning times with spring potatoes were about twice the times listed above, for our ovens (not convection). Suggest: check liquid level after 25 minutes braise, remove cover if level high; for browning, increase oven temperature to 425F.

Rating

Difficulty: ? Time: ?

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POTATO LEEK RÖSTI

POTATO-LEEK-ROS – Swiss *röstli* or *roesti*, potatoes shredded and fried in butter with onions

Side dish. Excellent.

Recipe by Emeril Lagasse, 1999. Published by Television Food Network, 2006, Episode#: EM1D09.

INGREDIENTS (serves 4)

large saucepan, for boiling potatoes
large skillet, for frying onions and potatoes
wooden spoon or *spatula*
warm serving platter

2 *large Idaho potatoes*
 salt
 water, to cover

2 Tbsp *butter*
1 cup *leeks*, white part only, chopped
 salt & freshly ground white pepper

PROCEDURE

- (1) Place the potatoes in a saucepan, cover with lightly salted water. Over medium heat, bring the water to a boil, reduce the heat to medium low and cook until the potatoes are tender but not soft, about 10 minutes. Remove from the water and cool completely, at the end cooling in the refrigerator.
- (2) Peel the potatoes and pass them through a coarse grater. The special rösti grater (*Röstiraffel*) gives shreds of raw potatoes about 2 mm thick by 1 cm wide.
- (3) In a large non-stick sauté pan, over medium heat, melt the butter. Add the leeks. Season with salt and white pepper. Sauté for 2 minutes. Add the potatoes and mix thoroughly.
- (4) Using the back of a wooden spoon or a spatula, press the potato mixture firmly into the pan, to form a round cake. Reduce the heat to low and cook until the potatoes are crispy and golden brown.
- (5) Using a spatula or the pan-invert-onto-plate-slide-back-into-pan method, flip the potato cake over and continue cooking the other side. Add more butter if needed.
- (6) Turn out the cake in one piece from the pan onto a warm serving platter. Slice into individual servings.

NOTES

Step 5 can be omitted, i.e. brown (fry) only on one side. in which case, turn out onto the serving platter with the browned side on top.

It is convenient to have cooked the whole potatoes the day before. Not having done this, the cooling process can be speeded up by judicious use of the freezer.

Rösti can be prepared by grating raw potatoes, but the cooking takes longer: cover and cook at low or medium heat, about 30 minutes; uncover and form into cake after cooking has provided stickiness; cook uncovered at higher heat to brown one side, then the other.

There are Cantonal and local rösti variants, e.g.:

 Berner Rösti: Add streaky bacon, cut in small strips (lardons) or cubes, and do not add leeks.

 Basler Rösti: Add thinly sliced onions instead of leeks.

 Valaisian Rösti: Once the rösti has cooked, place sliced tomatoes and some Raclette cheese (or any other well-melting salty cheese) over the top. When the cheese has melted, serve with the tomatoes and cheese on top and the browned rösti on the bottom, i.e., don't flip!

POTATO & POBLANO PEPPER FILLING

POTATO-POBL-FIL – taco or turnover filling, made with poblano strips, potatoes, corn, onion, and optionally chorizo, garnished with crema and salsa

Easy. Excellent.

Recipe by Mark Bittman, adapted from Ana Sabrina Rivera del Río, published by *The New York Times*, April 23, 2008; <http://www.nytimes.com/2008/04/23/dining/23-Imrex.html>

INGREDIENTS (about 12 tacos)

large skillet

3 large poblano chilies

3 Tbsp lard or vegetable oil or olive oil

1 large white onion, thinly sliced

1/2 tsp salt

2 large baking potatoes, peeled, cooked and cubed

1 cup corn kernels, cooked or canned

OPTIONAL

1 cup crema or crème fraîche or sour cream

corn tortillas

GARNISH

lettuce chiffonade

red or green salsa, crema or crumbled cotija

PROCEDURE

- (1) Over a flame, in a broiler, on a grill, or in a cast iron skillet on high heat, char skins of chilies until completely black on all sides. Put in a paper or plastic bag to steam for 15 minutes. Remove, then peel or rinse away skin; remove seeds and veins and slice into strips 1/2 inch wide by 2 inches long.
- (2) In a large skillet over medium heat, heat lard or oil and cook onions, stirring occasionally, for 5 to 10 minutes, or until translucent and tender. Add chili strips and salt, and continue to cook, stirring occasionally, another 3 to 4 minutes.
- (3) Add potatoes and corn, and continue cooking for a few minutes, until potatoes are heated through. Check seasonings. If you are using crema, stir in at the last minute or so of cooking.
- (4) Serve in warm tortillas, garnished as desired with lettuce and condiments.

NOTES

Warm the tortillas by brushing one side with oil and placing oiled side down on a hot grill until lightly toasted (start of browning or charring).

For a nonvegetarian version, in step 2 first cook about 1/2 pound Mexican chorizo, squeezed from its skin, until its fat is rendered. Then add onions to pan. Decrease the amount of lard or oil accordingly; you may need none if chorizo is very fatty.

The filling may be used, obviously, for dishes other than tacos, e.g., for empanadas, turnovers (hand pies), etc.

Vary the filling, e.g., replace poblanos by mushrooms, etc.

Rating

Difficulty: ? Time: ?

POTATOES RAW-FRIED

POTATO-RAWFRY – hash browns, hash browned potatoes, raw fries, or raw fried potatoes, grated or shredded raw potatoes, pan fried as a thin cake or patty

Raw fries or hash browns are easy to make, tasty, and an American breakfast and fast-food classic side dish. As well a classic for other cultures: French, *galette de pommes de terre*, *pommes de terre paillason*; Swiss, *rösti*; Irish, *boxty*; Jewish, *latke*; etc.

When cooking raw shredded potatoes, the potatoes must be dry when they hit the pan, and the pan must be hot. Otherwise the potatoes will not crust quickly and will absorb the cooking fat and be mushy inside.

Recipe from *Gourmet*, March, 2001. Nothing special about it – one of many essentially equivalent recipes. See JBAM, page 569, for a mini-essay on American cafés and diners, short-order cooks, and the making of hash browns.

INGREDIENTS (6 servings)

12-in nonstick skillet

coarse grater or food processor

kitchen towels

medium mixing bowl

spatula

flat pan or cookie sheet, for inverting the potato cake

cutting board

2 lb

russet (baking) potatoes

5 Tbsp unsalted butter

1/2 tsp salt

1/2 tsp freshly ground black pepper

PROCEDURE

- (1) Peel potatoes and grate coarsely. Working in small batches, wrap potatoes in a kitchen towel, then twist and squeeze to remove as much liquid as possible. Transfer to a bowl. Toss with salt and pepper.
- (2) Heat 3 Tbsp butter in a 12-inch nonstick skillet over high heat until foam subsides. Immediately spread potatoes in skillet, pressing top down once with a spatula. Reduce heat to moderate. Cook potato cake until golden brown on underside, about 12 minutes.
- (3) Turn out cake, inverting it, onto a flat pan or cookie sheet, so the brown side is up. Heat remaining 2 tablespoons butter in skillet over high heat until foam subsides. Slide cake back into skillet, raw side down, brown side up. Cook about 12 minutes, until underside is golden brown and the inside tender.
- (4) Slide cake onto a cutting board and cut into 6 wedges. Serve immediately.

NOTES

A potato ricer simplifies extraction of moisture from the grated raw potatoes.

The potatoes may brown without the inside of the cake being well cooked and tender. In this case, use lower heat for a longer time during the second phase of the frying, in step 3.

For a more sophisticated dish (herbed potato galette, Bobby Flay, 1999), add 1 Tbsp each of finely chopped rosemary, thyme, and parsley to the dried grated potatoes when tossing with the seasonings.

It is easier to fry shredded par-cooked potatoes (see recipe for rösti).

Fried potato pancakes of this kind, in addition to being in themselves an excellent side dish, can be used as a base in a presentation of meat, fish, etc.

Rating

Difficulty: ? Time: ?

ROASTED ROSEMARY POTATOES

POTATO-ROAST-RM – potatoes tossed with olive oil, sprinkled with rosemary and salt, and oven roasted

Easy. Excellent side dish.

Recipe by Byron Bitar, *A Cook's Wares*, adapted from *The Food of Italy*, by Sophie Braimbridge and Jo Glynn.

INGREDIENTS (about 6 servings)
medium roasting pan

- 1-1/2 lb baby potatoes or roasting potatoes, about 5 medium potatoes, peeled, cut into 1-1/2 in pieces
- 1/3 cup good olive oil
- fresh rosemary leaves or dried rosemary, about 1 Tbsp or to taste
- kosher salt & freshly ground black pepper, to taste

PROCEDURE

- (1) Preheat oven to 400F. Peel potatoes and cut into 1-1/2 inch pieces.
- (2) Add olive oil and potatoes to roasting pan. Toss well. Spread out the potato pieces so they are not touching. Sprinkle with the rosemary leaves.
- (3) Roast for about 30 minutes. Remove pan from oven and turn the potatoes. Sprinkle with salt and pepper. Roast for 30 minutes longer, or until crisp and golden outside and soft inside.

NOTES

?

Rating

Difficulty: ? Time: ?

SWEET POTATO CASSEROLE

POTATO-SWT-CASS – sweet potato casserole, with cinnamon and cream, and Cognac or rum
Excellent.

From JBAM, page 575.

INGREDIENTS (6 to 8 servings)
casserole, 1-1/2 qt
food processor

- 4 cups cooked sweet potatoes, cut into 1 inch pieces
- 4 Tbsp soft butter
- 1/4 tsp ground cinnamon
- 20 scrapes nutmeg, or to taste (including omit)
- 1/3 cup heavy cream

- 1/3 cup rum or Cognac (use more if desired)
- salt & pepper, to taste (ca 1/2 tsp salt and 15 grinds black pepper)
- cold butter, to dot top of casserole

OPTIONAL

- 1/4 cup brown sugar, or more, to sprinkle about top of casserole

PROCEDURE

- (1) Preheat oven to 375 F.
- (2) Add sweet potato pieces, butter, cinnamon, nutmeg, and cream to food processor and blend.
- (3) Add rum or Cognac to processor and blend. Adjust seasoning with salt and pepper. Turn out into casserole. Dot top with butter.
- (4) Bake at 375 F until top delicately brown, about 40 minutes.
- (5) Optionally, after about 20 minutes, sprinkle brown sugar about top of casserole.

NOTES

Cook sweet potatoes by boiling, whole or in pieces, or use left-over baked potatoes.

Rating

Difficulty: ? Time: ?

SAUTÉED POTATOES AND VEGETABLES

POTATO-VEG-SAUT – potatoes, garlic, onions, and peppers, sautéed with ham, topped with chopped tomatoes and bread crumbs

Pan-roasted diced potatoes with aromatic vegetables, and with a topping of tomatoes and browned spiced bread crumbs.

A way to use leftover potatoes, vegetables and meat.

More for a lunch than dinner.

No reference.

INGREDIENTS (3-4 servings.)

sauté pan

- 2 potatoes, cooked and cold, diced medium or large
- 2 Tbsp olive oil

- 1/2 red bell pepper, diced large
- 1/2 green bell pepper, diced large
- 1/2 onion, diced medium
- 3 cloves garlic, chopped
- 1/4 lb ham, or more, diced medium
- salt, pepper, to taste

- 2 tomatoes, diced small

- 1/2 cup bread crumbs, or more, depending on the surface area of the pan
- spices: 1/4 tsp ground thyme, 1/2 tsp ground bay, 1 Tbsp chopped parsley
- olive oil, to moisten

PROCEDURE

- (1) Over high heat, sauté the diced potatoes in the olive oil until they are browned and lightly crusted.
- (2) While the potatoes are cooking, mix the bread crumbs, spices, and oil.
- (3) Add the other vegetables, garlic, and ham. Continue cooking until the vegetables have softened slightly but are still crisp. Season with salt and pepper to taste.
- (4) Spread the diced tomatoes over the sauté, lower the heat, and cook briefly to warm them.
- (5) Spread the spiced bread crumbs over the sauté and brown under the broiler. Dribble a little olive oil about the dish.
- (6) Garnish with chopped parsley and serve.

NOTES

Since this is essentially a leftovers dish, one might vary the selection of vegetables, of meat, etc.

Rating

Difficulty: easy. Time: 30 minutes.

QUICHE LORRAINE

QUICHE-LORRAINE1 – *quiche lorraine*, cheese and bacon custard tart

Elegant as main course, as hot appetizer or as cold snack.

From J.C., page 147; NYT, page 27; JB, page 76-77; LAROU, page 797; DIAT, page 505; GOURMI, page 141.

INGREDIENTS (4 to 6 servings)

- electric mixer* with wire whip head and mixing bowl
- small sauce pan*, to blanch bacon in 1 qt water
- small skillet*, for browning bacon
- baking sheet*

8 to 10 inch *partially baked pastry shell* (see recipe *PASTRY-SHELL*)

3-4 oz *bacon*, 6 strips, cut into pieces 1/4 inch wide by 1 inch
 good cooking oil

- 4 *eggs* or 2 eggs and 2 yolks
- 2 cups *whipping cream* or 1 cup each *cream* and *milk*
- 1/2 tsp *salt*
- 1 Tbsp *flour*
- pinch *pepper*
- nutmeg*
- 1 Tbsp *flour*

2-4 oz *Swiss cheese*, sliced or grated (1/2 to 1 cup); optional

1-1/2 Tbsp *butter*, cut into peanut-sized dots

PROCEDURE

- (1) Preheat oven to 375 F.
- (2) Cut the bacon into *lardons* and simmer in 1 quart water for 5 minutes. Dry on paper towels.
- (3) Brown bacon lightly in a skillet (@3-4) Drain bacon on paper towels to remove as much grease as possible. Press bacon as a layer into bottom of partially baked pastry shell.

Optionally, sprinkle the grated cheese or arrange the slices of cheese over the bacon on the bottom of the shell, or mix grated cheese into the liquid mixture of the next step.
- (4) Add eggs, milk, and seasonings to mixing bowl and beat (KAW @2) for 1 minute.
- (5) Pour liquid mixture into pastry shell. Distribute dots of butter on top. Set in upper third of preheated oven (375 F). Bake for 25 to 30 minutes, or until *quiche* has puffed and browned, and until a knife inserted comes out clean.

NOTES

Some recipes do not prebake the pastry shell, but line a mold or pie plate with tart pastry dough, and otherwise prepare and fill as above and bake 5 to 10 minutes longer (DIAT, GOURMI, LAROU).

Painting the shell with an egg or egg yolk beaten with a tablespoon of water (*dorure*) may give a more elegant look.

Rating

Difficulty: easy. *Time*: 30 minutes.

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QUICHE LORRAINE

QUICHE-LORRAIN2 – *quiche lorraine*, cheese and bacon custard tart

Excellent. Elegant and delicious as main course, as hot appetizer, or as cold snack. The recipe is easy and forgiving. A portion when cut holds its shape firmly even when warm.

Recipe slightly modified from BOCUSE, page 178.

The proportions here, half again larger than Bocuse's, are for a large and high quiche mold, requiring about 12 oz of pastry to line, compared to about 8 oz for the smaller tart mold referenced by Bocuse.

INGREDIENTS (6 to 8 servings)

- large deep quiche mold*, fluted, removable bottom, about 2-1/2 in high x 10 in diameter
- skillet*, for frying bacon
- large bowl*, for mixing custard and seasonings
- balloon whip*

- 12 oz *tart pastry*
- butter*, for quiche mold

- 1 Tbsp *butter*
- 12 oz *good bacon*, diced small
- 5 oz *ham*, diced small

- 3 *whole eggs*
- 3 *egg yolks*
- 1-3/4 cup *heavy cream*
- salt and freshly ground pepper*, about 1/4- 1/2 tsp each, to taste
- nutmeg*, about 30 scrapes, to taste
- chopped chives* or 3-5 *thinly sliced green onions*
- Gruyère or Swiss cheese*, diced or coarsely grated, about 5 oz

PROCEDURE

- (1) Preheat oven to 425F.
- (2) Prepare the pastry shell for the quiche. Butter quiche mold. Roll out tart pastry to circle of larger diameter than quiche mold, lay it loosely over mold, fit it into mold, press it onto bottom and sides, cut away excess pastry beyond the edge but leave about 1 inch which is folded back over top of mold and pressed onto the pastry on the side of the mold to strengthen the edge of the baked pastry by doubling its thickness. Refrigerate.
- (3) Melt 1 Tbsp butter in the skillet over medium heat. Fry the bacon and ham until lightly browned. Drain and spread over the bottom of the shell.
- (4) Add eggs and egg yolks to mixing bowl and beat with balloon whip. Incorporate the cream and seasonings (salt, pepper, nutmeg). Stir in the chopped chives or green onions. Stir in the cheese.
- (5) Turn the custard mixture into the quiche shell. Place in the center of the 425F oven. After 25 minutes, reduce heat to 375F, bake for 20 minutes more. Remove from oven and let rest for 10 minutes. Place on support smaller than diameter of pan bottom, and drop pan sides down and away from quiche. Loosen quiche from pan bottom and transfer to cutting board or serving plate.
- (6) Serve warm or cold, perhaps with an appropriate chutney or sauce on the side.

NOTES

The custard expands on cooking, so do not overfill the shell.

This is a basic quiche recipe, near infinitely variable by replacement of the bacon-ham-cheese filling above by another filling of **cooked** ingredients of roughly equal volume and distributed over the bottom of the quiche shell, e.g.:

- bacon, ham, asparagus* (9 oz bacon, 3 oz ham, 8 stalks blanched asparagus cut 1 in diagonally)
- salmon, sliced mushrooms or julienned leeks, dill*
- asparagus, smoked salmon*
- ham, spinach, cheese*
- roasted chicken, goat cheese, sun-dried tomatoes*
- spinach, artichoke hearts, cheese*
- whatever may be in the fridge

As a garnish, place tomato rounds on top of quiche after the first 25 minutes of baking.

Rating

Difficulty: ? Time: ?

QUICHE À LA TOMATE, NIÇOISE

QUICHE-NICOISE – *quiche à la tomate, quiche niçoise*, fresh tomato quiche with anchovies and olives

From JC, page 148.

INGREDIENTS (4 to 6 servings)

medium skillet, for cooking onions, tomatoes, and seasonings
electric mixer with flat beater head and with mixing bowl
baking sheet

8 to 10 inch *partially baked pastry shell* (see recipe *PASTRY-SHELL*)

1/4 cup *minced onions*
2 Tbsp *olive oil*

2 lb *firm, ripe, red tomatoes*, peeled, seeded and juiced, then roughly chopped
1 *large clove garlic*, mashed
1/2 tsp *oregano, basil, or thyme*
1/2 tsp *salt* (perhaps omit, in view of the salt from the anchovies)
1/8 tsp *pepper*

1 *egg*
3 *egg yolks*
8 *chopped anchovy filets*
olive oil, including oil from anchovy can
3 Tbsp *tomato paste*
3 Tbsp *chopped parsley*
3 Tbsp *paprika*
1 tsp *cayenne pepper*
pinch

12 *pitted black olives*, dry Mediterranean type, sliced in half
1/4 cup *grated Parmesan or Swiss cheese*
1 Tbsp *olive oil*

PROCEDURE

- (1) Preheat oven to 375 F.
- (2) Cook the onions slowly in the olive oil for 5 minutes or so, until tender but not browned.
- (3) Peel, seed and juice the tomatoes: blanch for 10 seconds exactly, cut out the stem, then easily peel; halve crosswise, squeeze out the juice and seeds, with vigorous shaking. Chop roughly. Stir into skillet with the onions and olive oil. Add the garlic, herbs, and seasonings. Cover skillet and cook for 5 minutes over low heat (@3). Uncover. Raise heat (@5?) and cook for 5 minutes or so more, shaking the pan occasionally, to evaporate the juice almost entirely. This may take 20 minutes. Allow to cool slightly, or if in a hurry, since this is the rate-limiting step, set skillet over a layer of ice cubes.
- (4) With the electric mixer (KAB@4 for 2 minutes) beat the egg and egg yolks for 2 minutes. Then add the chopped anchovies, oil, herbs and seasonings and continue beating (KAB@4) for 1 minute.
- (5) Gradually fold in (KAB@stir) the cooked tomato mixture. Check seasoning.
- (6) Spread tomato-egg mixture in pastry shell. Place olives over the top in a decorative design. Spread on the cheese. Dribble the tablespoon of oil over it.
- (7) Bake in upper third of preheated oven at 375 F for 25 to 30 minutes, or until the *quiche* has puffed and browned on top. Remove from oven and slip onto serving dish.

NOTES

Odd flavor, perhaps from the heavy dose of anchovies. Salty. Best use as an hors d'oeuvre, in very small servings with cocktails.

Rating

Difficulty: not uncomplicated, with more operations than for standard quiche, but each step easy. *Time*: 45 minutes.

BAKED RHUBARB

RHUBARB-BAKED – baked rhubarb

Fantastic sweet-sour dessert dish.

Recipe from DELIN, page 522, and JBAM, page 771.

INGREDIENTS (6 servings)

1-1/2 qt covered casserole

1-1/2 lb rhubarb, trimmed to red part, cut into about 3-in pieces
3/4 lb sugar, half the weight of the rhubarb, about 1-1/2 cups
1/4 cup water
dash salt

PROCEDURE

- (1) Preheat oven to 350F.
- (2) Put rhubarb pieces into casserole, add the water to prevent scorching, add the sugar. Cover tightly.
- (3) Bake 20 to 25 minutes at 350F, until fruit is tender.
- (3) Serve warm or chilled, with heavy cream, optionally with fresh strawberries.

NOTES

Instead of baking, stew on stove top, at low heat.

Replace sugar by sweetener such as Splenda, to reduce diabetic hit.

Rating

Difficulty: ? Time: ?

BASMATI RICE

RICE-BASMATI – basic basmati rice, optionally cooked with spices: fresh ginger, cardamom pods; cumin, raisins, currants, lemon or orange zest

A simple basic recipe for cooking rice on the stovetop, essentially infallible. Varied by adding various combinations of spices or condiments.

Basic recipe from the back of a basmati rice canister, of forgotten origin.

INGREDIENTS (6 servings)

6 cup saucepan
1-1/2 cups basmati rice
3 cups water
2 tsp butter, or a bit more
1-1/2 tsp salt, or a bit less

PROCEDURE

- (1) Add all ingredients to the saucepan, bring to a boil, reduce heat, cover, and simmer for 15 minutes. Let stand off heat covered for 5-10 minutes. Fluff up and serve.

Rating

Difficulty: ? Time: ?

GINGERED RICE – rice cooked with fresh ginger and cardamom pods

Recipe by Tyler Florence, published by Television Food Network, 2003, Episode #: FOIE29.

INGREDIENTS (6 servings)

as for basic recipe above, with addition of the following:

1-1/2 in fresh ginger, cut in half and smashed
9 green cardamom pods, best placed in a large tea strainer for easy removal

PROCEDURE

- (1) Combine ginger and cardamom with the ingredients of the basic recipe above.

SPECIAL RICE – rice cooked with cumin, raisins, currants, and lemon or orange zest

Recipe by Rachel Ray published by Television Food Network, 2003, Episode #: TM1A10.

INGREDIENTS (6 servings)

as for basic recipe above, with addition of the following:

1 tsp cumin seeds
1/4 cup golden raisins
2 Tbsp currants
1 tsp lemon zest or orange zest (from about 1/2 of the fruit)

AS GARNISH

2 blades fresh chives, chopped
3 oz sliced almonds, lightly toasted, or 3 oz smoked almonds

PROCEDURE

- (1) Combine cumin, raisins, currants, and zest with the ingredients of the basic recipe above.
- (2) Garnish with chopped chives and almonds

ARROZ CON POLLO

RICE-CHICKEN – chicken with rice, a Latin-American pilaf of chicken, various vegetables, tomatoes, olives and spices

A classic Latin-American dish.

From PF, page 27.

INGREDIENTS (serves 6)

- 6 qt
12 inch
- casserole*
skillet, for browning chicken and sautéing rice
- 3-1/2 lb
- chicken*, cut into 10-12 serving pieces; breast meat only works well
salt and pepper, to taste
- 2 tsp
1 tsp
- ground cumin*
ground oregano
flour optional
- 2 Tbsp
- olive oil*, more as needed
- 1/2 cup
1 Tbsp
1 large
1/4 lb
- onions*, finely chopped
garlic, finely chopped
green pepper, cored, seeded, and cut into 1-inch pieces
smoked ham, in 1/4-inch cubes

- 1-1/2 cups
4
- canned crushed tomatoes*
ripe plum tomatoes, peeled, cut into small cubes; or 3 regular tomatoes, peeled, about 2-1/2 cups
- 1/2 tsp
1
- saffron threads*
bay leaf
- 3 cups
- chicken broth*
- 3 cups
- rice*
- 1 Tbsp
12
- capers*, drained
green olives, stuffed with pimientos
- 10-oz pkg
1/2 cup
6-1/2 oz
- frozen peas*, thawed
Parmesan cheese, grated
fancy pimientos, canned, cut into 8 long strips

- 6 oz
4 Tbsp
- sherry*
fresh coriander, freshly chopped

PROCEDURE

- (1)
- Pre-heat oven to 375 F.
- (2)
- Prepare chicken pieces and season them.
- (3)
- Sauté the chicken in the skillet over medium-high heat (@6-7) in the olive oil. Optionally, dredge with flour just before the sauté. Reserve the chicken. If necessary, clean the skillet.
- (4)
- In the casserole, with olive oil, sauté the onion, garlic, green pepper and ham at medium heat (@6), until the vegetables are wilted.
- (5)
- In the skillet, sauté the rice in olive oil, at medium heat (@6). The rice grains will first turn translucent, then a milky white when done.

- (6)
- While sautéing the rice, add to the casserole the canned crushed tomatoes, the tomato cubes, the spices, and the chicken broth. Bring to the boil, scraping the bottom frequently to prevent burning.
- (7)
- When the rice is done, add to the casserole, mix thoroughly. Add the capers, olives, and chicken, and stir again. Bring to the simmer on the stove. Cover the casserole, place in the oven. Bake for 20 minutes, or longer if needed for the liquid to be completely absorbed by the rice. Do not lift the cover until after 20 minutes baking.
- (8)
- Uncover and stir in the peas and Parmesan cheese. Arrange the pimiento strips on top. Bake 5' in the oven. Optionally, reserve the cheese to be passed at the table, if there are guests with cheese allergy.
- (9)
- Uncover and remove the bay leaf or leaves. Sprinkle the sherry over the dish, sprinkle the chopped coriander over the top, and serve.

NOTES

The rice must be in proper proportion to the liquid. It may be appropriate to add more than 3 cups rice, or less than 3 cups chicken broth.

Do not forget the sherry - it really does matter.

Rating

Difficulty: complicated, but not difficult. *Time*: 2 hours preparation, 40 minutes to sauté chicken, vegetables, and rice; 40 minutes to bake and add final ingredients and garnishes.

FRIED RICE

RICE-FRIED – fried rice, with meat, onions, peas, nuts and garnishes

Can be a main course.

Modified from Sunset Chinese Cookbook, Lane, Menlo Park, 1979, page 80. See also JB, page 199; FF, page 318; NYT, page 319.

INGREDIENTS (4-6 servings)

- 3 qt *casserole*
- 12 inch *skillet*
- 6 inch *skillet*,
- bowl*, to hold the rice

- 4 cups *cooked rice*
- 2 Tbsp *good cooking oil*

- 2 cloves *garlic*, finely chopped
- 1 cup *cooked ham, chicken, barbecued pork, shrimp*., or other leftover meat
- 1/2 cup *green peas*, thawed frozen
- 1 bunch *green onions*, thinly sliced, or 1/2 cup *onion*, small dice
- 1/2 cup *cashews, sliced almonds*, or *piñon nuts*, lightly toasted
- 1 Tbsp *good cooking oil*

- 3 *eggs*
- salt and pepper*
- 1 Tbsp *good cooking oil*

- salt*, to taste
- 1 Tbsp *grated lemon rind*
- 1 Tbsp *parsley*, chopped

PROCEDURE

- (1) Rub the cooked rice with wet hands, so the grains are well separated.
- (2) In the large skillet over medium-high heat (@7), heat the oil, add the garlic and cook 30 seconds, add the ham or other meat, the vegetables and the nuts. Stir-fry until heated through, about 3 minutes. Take off heat and reserve.
- (3) In the small skillet over medium heat (@6), heat the oil. Beat the eggs. When the oil is hot, add the eggs, stir until curds begin to form, then cook until curds are firm. Take off heat and let pancake set. When cool, slice pancake into 1/3 x 1-inch lengths, and reserve.
- (4) In the casserole over medium-high heat (@7), heat the oil for the rice. When the oil is hot, add the rice, and stir-fry until heated through (perhaps some burning on the pan bottom).
- (5) Add to the casserole the ham, vegetables and nuts, from the large skillet. Mix with the rice. Add the pieces of egg pancake. Season with salt to taste. Add the grated lemon rind. Mix. Sprinkle the chopped parsley on top. Serve, with soy sauce to be passed at the table.

NOTES

- Proportions can be varied, especially of the meat.
- The sauté may be done in the casserole, and the rice added to it.
- The meat may be added with the rice, if one does not want to sauté it.
- Other vegetables may be used in the sauté:
- 1/2 lb *mushrooms*, sliced

Rating

Difficulty: complex but straightforward. Time: 1 hour preparation, 1/2 hour cooking.

RICE INDIAN STYLE

RICE-INDIAN – rice Indian style, *riz à l'indienne*
Serve with curry.
From DIAT, page 463; OLIVER, page 659.

INGREDIENTS (4 servings)

stock pot
colander
baking tray
napkin or kitchen towel

1 cup

rice, washed thoroughly
salted boiling water, large volume

PROCEDURE

- (1) Sprinkle the washed rice into the boiling water, cook for 15 minutes, stirring occasionally, drain in a colander, rinse with cold water.
- (2) Spread a napkin or kitchen towel on the tray, put rice on it, and wrap up. Cook in a preheated 350 F oven for 15 minutes.

Rating

Difficulty: ? Time: ?

NOTES

?

Rating

Difficulty: ? Time: ?

RISOTTO - BRAISED RICE

RICE-RISOTTO – sautéed rice with onions and optionally vegetables, braised in seasoned liquid; risotto; pilaf; *arroz guatemalteco*

Easy and good. A generally useful dish. It goes with nearly anything, but especially chicken and fish because of its mild but contrasting flavor.

Not an Italian risotto. More of a pilaf.

From JC, page 532, with optional modification for *arroz guatemalteco* from rec.food.recipes posting by goodrich@raisinets.den.mmc.com (Maggie Goodrich), 8 Feb 1995. See also DIAT, page 461ff.

INGREDIENTS (6 servings)

- 6 cup fireproof casserole, about 8-inch diameter with tight-fitting cover
- sauté pan, for the vegetables
- sauce pan, for boiling the stock
- finely minced onions
- various minced vegetables: carrots, celery, red peppers, peas, etc.; OPTIONAL
- butter
- 1-1/2 cups clean, unwashed raw rice
- 3 cups boiling liquid, choice depending on use for risotto:
 - chicken stock or canned chicken broth
 - brown stock or canned beef bouillon and water
 - mushroom broth and water
 - white wine fish stock
 - white wine or white vermouth and water
 - water only
 - salt and pepper
 - small herb bouquet: 2 parsley sprigs, bay leaf, thyme sprig, tied in leek green

PROCEDURE

- (1) Preheat oven to 375 F.
- (2) Put the liquid on to boil.
- (3) Cook the onions, and optionally the other vegetables, in a small amount of butter (1 Tbsp) slowly (@5) in the sauté pan for about 5 minutes until tender but not browned. For *arroz guatemalteco*, do not cook but add onions and vegetables uncooked to rice and stock (in step 5).
- (4) In the casserole, sauté the rice in about 3 Tbsp butter and stir over moderate heat (@5) for several minutes, not letting the rice brown. The grains will first become translucent, then will gradually turn a milky color.
- (5) As soon as the rice looks milky, pour in the boiling liquid. Add the sautéed onions (and vegetables). Add the herb bouquet. Add salt and pepper to taste. More salt is needed if the cooking liquid is wine or wine and water, than if it is stock or canned bouillon. Bring to the simmer, stir once, cover the casserole.
- (6) Set casserole in lower third of preheated oven. Reduce heat to 300F. The boil should be regulated so the liquid has been absorbed by the rice in 18-20 minutes. Do not touch the rice (uncover the pan) during this time. If the optional vegetables were added, cook for 20 minutes or a bit longer. Then remove the casserole from the oven, uncover, and check if the rice is done: tilt the casserole and lift rice with a fork to see if all liquid at bottom of casserole has evaporated. If not, cover casserole and return to oven for 2 to 3 minutes more. Then remove the casserole from the oven. If you wish the rice to be slightly *al dente*, uncover it. If you wish it to become a little more tender, leave it covered for 20 minutes more.

- (7) Discard herb bouquet. Fluff the rice with a fork and correct seasoning. If not to be used immediately, cover and keep warm, or let cool and reheat in a microwave or in an oven at 200F or below.

NOTES

Dish goes well with most anything. Good flavor but does not dominate fish or chicken.

For the *arroz guatemalteco*, use chicken stock as the liquid, and do not sauté the onions and other vegetables, but add them uncooked to the rice and stock.

This is not an Italian risotto. A pilaf, perhaps.

Rating

Difficulty: touchy in sautéing of rice. *Time:* 10 minutes preparation time, plus 10 minutes close attention to sautéing, plus 20 to 40 minutes unattended cooking and standing time. *Verified:* fully.

THAI-STYLE RISOTTO

RICE-THAI – Thai-style risotto, rice cooked in a steamer with chicken stock, garlic, ginger and hot peppers

Excellent. Can be spicy hot, depending on choice of peppers.

From Makan Time web site, about Singapore, under Thai cooking: <http://www.sintercom.org/makan/>; the source references Muoi Khuntilanont.

INGREDIENTS (about 7 cups rice)

electric rice cooker
sauté pan

- 4 cups *jasmine rice*, Thai style
- ca. 4 cups *good chicken stock*, or enough to make up the volume needed for cooking the rice, plus 2 Tbsp
- 2 Tbsp *garlic*, 4 large cloves, finely chopped
- 2 Tbsp *ground ginger* or 1/4 cup *fresh ginger*, finely chopped
- 2 Tbsp *shallots* (2 shallots) or *purple onion*, finely chopped
- 2 Tbsp *red prik ki nu* (birdseye or dynamite chilies), finely diced
- 2 Tbsp *green prik ki nu*, finely diced
- 1 Tbsp *cooking oil*

salt to taste, especially if the chicken stock is not salty; OPTIONAL
freshly ground black pepper to taste; OPTIONAL
saffron or *tumeric*, for yellow color; OPTIONAL

PROCEDURE

- (1) Wash the rice, drain it, and put it in the cooker.
- (2) Stir-fry the other ingredients (except the chicken stock, of course) on high heat (@10). You may want to increase the amounts of pepper and onion/shallot.
- (3) Add the stir-fry to the cooker, add the stock to the mark appropriate for the rice, add the saffron or tumeric if you want to color the rice yellow, salt and pepper to taste, and turn on the cooker.
- (4) After cooking complete, let stand a few minutes, fluff up, and serve.

NOTES

The Thai red and green peppers can be replaced by red serrano and green jalapeño peppers. If hot red peppers are not available, use red bell pepper and rely on the green jalapeño for the heat.

For a cooler dish, use a red bell and an anaheim for the green.

Think about adding more pepper and onion/shallot.

Rating

Difficulty: easy. *Time:* 30 minutes.

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VIETNAMESE FRIED RICE

RICE-VIETNAMESE – vietnamese fried rice, rice cooked in broth, then fried with garlic and onion, finished with soy sauce and sugar, and garnished with green onions and omelet; diced or sliced meat may be added
Possibly the best of the fried rice recipes. Simple, tasty, and adaptable.

From Makan Time web site, about Singapore, under Vietnamese cooking: <http://www.sinter-com.org/makan/>; the source references Sam Waring.

INGREDIENTS (serves 4-6)

large sauté pan, 12 inch or large enough to hold the rice
small sauté pan, for making the omelets

- 3 cups rice, preferably Thai; optionally washed
- 3 cups chicken broth, or the amount required by the rice cooker
- 3 eggs, lightly beaten
- 3 scallions or green onions, thinly sliced
- 1/2 medium onion, diced small
- 3 cloves garlic, finely minced
- 2 Tbsp good cooking oil
- 1 in ginger, minced, OPTIONAL

OPTIONAL:

- 1/2 green bell pepper, diced small or slivered
- 1/2 red bell pepper, diced small or slivered

OPTIONAL:

- 1 lemon, zested
- 1-1/2 cup cooked meat (diced chicken, thin-sliced pork or ham)

- 2 Tbsp soy sauce
- 1 Tbsp sugar

- 3 green onions, sliced on the bias in 1" sections

PROCEDURE

- (1) Cook the rice in the chicken broth. Let it cool, preferably bringing it to refrigerator temperature. Separate the grains by massaging the rice between one's hands. It is easier to effect the separation when the rice is cold. It can be done without mess by having the rice in a plastic storage bag.
- (2) Mix the thinly-sliced scallions with the lightly-beaten eggs. Make thin omelets, using the small fry pan and about 1/3 of the egg-scallion mixture at a time. Turn the omelet out flat on a board, and when slightly cooled, roll each one up like a jellyroll. Slice them across thinly, and reserve for the garnish.
- (3) Add the 2 Tbsp oil to the large sauté pan, over high heat. When oil smoking or very hot, add the garlic and onion, and optionally the minced ginger. Cook briefly. Optionally add the diced peppers. Cook until the onion is translucent and the vegetables have softened but are still crisp.
- (4) Add the cold cooked rice, and mix continuously until the rice is hot. Optionally, add the lemon zest at this step. Optionally, mix in the cooked meat, or add it on top of the rice when plating (step 6).
- (5) Mix the sugar with the soy sauce. Stir the mixture into the rice and vegetables.

FRESH CORN SALAD

SALAD-CORN – fresh corn salad, made with kernels of corn cut from the cob, red onion, vinegar, olive oil and basil

Recipe from *The Barefoot Contessa Cookbook*, 1999, and from the *Television Food Network*, 2003, Episode#: IG1B01.

INGREDIENTS (4 to 6 servings)

large bowl

- 5 ears of corn, shucked
- 1/2 cup small-diced red onion (1 small onion)
- 3 Tbsp cider vinegar
- 3 Tbsp good olive oil
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1/2 cup julienned fresh basil leaves

PROCEDURE

- (1) In a large pot of boiling salted water, cook the corn for 3 minutes until the starchiness is just gone. Drain and immerse it in ice water to stop the cooking and to set the color. When the corn is cool, cut the kernels off the cob, cutting close to the cob.
- (2) Toss the kernels in a large bowl with the red onions, vinegar, olive oil, salt, and pepper. Just before serving, toss in the fresh basil. Taste for seasonings and serve cold or at room temperature.

NOTES

?

Rating

Difficulty: ? Time: ?

SALMON SALAD

SALAD-SALMON – salmon salad, with cucumbers, celery, onions and capers, bound with mayonnaise

Good dish for use of leftover salmon or chicken.

Can be used to stuff tomatoes, etc.

From JBAM, page 66.

INGREDIENTS (serves 4)

- 2 cups *flaked cold salmon*, poached or otherwise prepared; or chicken
- 1 cup *cucumbers*, peeled, seeded, and sliced
- 1/2 cup *celery*, finely cut
- 1/2 cup *green onions*, finely cut
- 1 tsp *capers*
- 1/4 cup *each of onions, red pepper, Anaheim pepper*, or a selection of these; optional
- salt, pepper* to taste

ca 1 cup *mayonnaise*, the least amount needed to bind

greens, to arrange on salad plate
juice 1/2 lemon
mayonnaise, additional; as garnish
hard-boiled eggs, sliced; as garnish
ripe olives, halved and sliced; as garnish

PROCEDURE

- (1) Toss ingredients well with the mayonnaise.
- (2) Arrange salad on individual plates or on serving plate with greens. Sprinkle with lemon juice. Top with more mayonnaise. Garnish with egg and olive slices.

NOTES

Works well with chicken.

Use as filling for tomatoes.

Rating

Difficulty: easy. *Time*: 30 minutes.

SALMON BAKED IN WINE

SALMON-BAKE-WIN – salmon or other fish covered with seasoned bread crumbs, baked in wine

From NYT, 242.

INGREDIENTS (3 servings)

buttered baking dish, large enough to hold the steaks
mixing bowl, for the seasonings
small skillet, for tossing bread crumbs in butter
hot serving plate

- 2 Tbsp *chopped red pepper*
- 2 Tbsp *chopped onion*
- 3/4 cup *sliced mushrooms*
- 2 Tbsp *bread crumbs*
- 1 Tbsp *butter*
- 1/2 tsp *salt*
- freshly ground black pepper*, to taste

3 *salmon steaks*, about 1-1/2 lb

1 cup *chicken stock or canned chicken bouillon*
1/4 cup *dry red or white wine*

PROCEDURE

- (1) Preheat oven to moderate (375 F).
- (2) Heat the tablespoon of butter in a skillet, add the bread crumbs, and toss. Mix the buttered bread crumbs, the red pepper, onions and mushrooms, and the salt and pepper. Correct seasoning.
- (3) Place the fish in the buttered baking dish. Spread the seasonings over the fish. Pour the stock or bouillon and the wine around the fish.
- (4) Bake uncovered 25 to 35 minutes, basting occasionally with the wine and broth mixture.
- (5) Transfer fish to hot serving plate. Optionally, keep the fish hot in a warming oven while, with the cooking liquid as the stock, preparing a white sauce, such as a medium thickness *sauce crême* or *sauce suprême* (see recipe SAUCE-WHITE)

NOTES

This recipe should be useful for most any fish. The NYT cookbook is for pompano, split.

If the cooking liquid is to be made into a white sauce, optionally add before poaching, about the fish, the ingredients for making substitute white chicken stock (finely chopped carrots, onions and celery, and an herb bouquet; see recipe SAUCE-STOCK-SUB).

Rating

Difficulty: easy. *Time*: 20 minutes preparation. *Verified*: fully.

BAKED SALMON

SALMON-BAKED – salmon baked with tomatoes, onions, spices, bread crumbs and oil

Very quick and tasty.

The flavors meld well. Although the onions dominate, the salmon taste yet manages to come through.

From <http://www.geocities.com/Yosemite/9758/osal01.htm>.

INGREDIENTS (4 servings)

shallow baking dish

- 1.6 lb *salmon filet*, skin on
- 2 cloves *garlic*, chopped
- 1 tsp *dried oregano*
- salt, pepper* to taste
- 1 *tomato*, thinly sliced
- 1 *small onion*, thinly sliced
- 2 Tbsp *parsley*, chopped
- 1/4 cup *dried bread crumbs*
- 1 Tbsp *olive oil*

PROCEDURE

- (1) Heat the oven to 450 F.
- (2) Oil the baking dish. Place the salmon filet in the dish, skin side down. Sprinkle with the oregano and garlic, and season well with salt and pepper. Layer with tomato slices, then with onion slices. Sprinkle heavily with chopped parsley. Mix bread crumbs with the oil, and sprinkled on top of the dish.
- (3) Bake at 450 F for 15 to 25 minutes, or until the fish flakes easily. Serve with white rice or a pilaf.

Rating

Difficulty: easy. *Time:* 15 minutes preparation, about the same to cook.

SALMON CLAUDE POSTEL

SALMON-CLAUDE-P – *saumon Claude Postel*, salmon sautéed, covered with a slice of smoked salmon, sauced with a *beurre blanc* of shallots, sherry, cream and butter

Claude Postel is a Montreal chef, at his eponymous restaurant.

From web site of "recettes de saumon d'atlantique": <http://www.geocities.com/Yosemite/9758/saumon.htm>. Also shrimp, caviar, and mussel recipes, in French or English. The several hundred recipes were collected by Gilles Bematchez, of the Gaspé, Québec.

INGREDIENTS (4 servings)

sauté pan with cover
sauce pan

- 4
1 glass
1/4 cup
- 4
1 glass
1/4 cup
- 1/3 lb
1/4 cup
- dash
- 4 slices
4 slices
- 2 tsp
- shallots*, chopped
sherry, about 8 ounces
fresh basil leaves, or a bit more, optional

sweet butter, 150 grams
cream, 50 grams
juice of 1/2 lemon,
salt, pepper, to taste
sherry, to taste

fresh Atlantic salmon, not too thick
smoked salmon, thin
salt, pepper, to taste
butter

2 tsp *parsley*, finely chopped

PROCEDURE

- (1)
- (2)
- (3)
- In the saucepan, cook the chopped shallots and the optionally-added basil in the sherry over medium-high heat, reducing the liquid nearly to dryness. Incorporate the cream and the butter, cut into small pieces. Season lightly with salt and pepper. Reduce over medium-high heat, making sure that there is no burning at the edges, until the sauce naps a spoon well. Add the lemon juice in small portions, to taste. Optionally, add a dash of sherry for flavor. Reserve the sauce, keeping it warm.
- Lightly season with salt and pepper both sides of the fresh salmon slices. Place a slice of smoked salmon on the top of each slice of fresh salmon. Sauté 3 minutes over high heat in a lightly buttered pan. (The salmon is not done at this point.)
- Meanwhile, divide the sauce between four warm plates. As soon as each salmon filet has turned a light rose color, it is done and can be plated on top of the sauce. Garnish with chopped parsley. Serve immediately.

NOTES

The smoked salmon should be used sparingly as it can overpower the more delicate taste of the fresh salmon.

The fresh salmon slice, if not thin, may have to be cooked slowly over low heat, perhaps covered, or alternatively, sautéed on one side, then turned, the smoked salmon slice put in place, and the other side sautéed until done. The smoked salmon should not have direct contact with heat.

The order of addition of the ingredients in making the sauce is unusual and can be altered.

Rating

Difficulty: need for care in attractive trimming of salmon, and in its cooking. *Time*: 1 hour.

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PAUPIETTES OF SALMON

SALMON-PAUPIETT – paupiettes of salmon, stuffed with duxelles and carrot and leek julienne, poached in raspberry wine and sauced with a raspberry cream

A basic dish, adaptable to different fish, different garnishes, and different sauces.

Poaching and saucing from web site of "recettes de saumon d'atlantique": <http://www.geocities.com/Yosemite/9758/saumon.htm>.

For traditional garnishes and sauces for fish, see LAROU; for modern ideas, see CIA, pages ???ff.

INGREDIENTS (serves 4)

pan, preferably stainless, large enough to hold 12 paupiettes and usable on stove top and in oven

chinoise

wooden toothpicks

2 lb salmon filet, enough for 12 paupiettes

1-1/2 cup raspberries

1-1/2 cup good white wine

1/4 tsp cracked pink peppercorns, or to taste

1/4 tsp salt, or to taste

1 T raspberry jelly

1/4 cup duxelles

2 Tbsp black olives, finely chopped

1/4 cup each of thin juliennes (1/8 inch) of carrot and leek, sautéed lightly in butter.

salt, pepper to taste

chopped fresh herbs to taste; e.g., thyme

1-1/2 cup crème fraîche (1 cup heavy cream with 1 T buttermilk, thickened for about 6 hours at room temperature)

endive or other greens, as garnish

whole fresh raspberries, as garnish

PROCEDURE

- (1) Steep the raspberries in the white wine, at room temperature, for 3 hours. One may want to break up the berries. After steeping, strain through a chinoise. Discard the berry residue. Stir into the liquor the cracked pink peppercorns, salt, and the raspberry jelly. Reserve the liquor.
- (2) Prepare the stuffing for the paupiettes. Make appropriate amounts of duxelles, chopped black olives, and juliennes of carrot and leek sautéed lightly in butter. If the above garnishes are to be used also plating, prepare perhaps double or triple these amounts suggested above.
- (3) Prepare the paupiettes. Cut the salmon filet on the bias to obtain wide slices, 1/4- to 1/3-inch thick. Lightly salt and pepper one side of each slice. Sprinkle with any herbs to be used as seasoning. Spread 1 tsp of the duxelles the length of each slice. Sprinkle with 1/2 tsp of the chopped olives. Near one end of each slice, place several pieces each of the carrot and leek juliennes, arranged so that the ends extend beyond one edge of the slice, and they will appear to sprout from the rolled-up paupiette. Roll up each paupiette from the julienne end. Secure with 4 toothpicks. It should be possible to stand up the paupiettes on the "non-sprouting" end.
- (4) Bring the raspberry-wine liquor to a simmer in the cooking pan on the stove top. Quickly place the paupiettes in the pan, standing upright. The raspberry-wine liquor should cover only the very bottom of the paupiettes. Return to the liquid to a simmer on the stove top. Cover with the pan lid or with parchment paper cut to the size of the pan and laid on top the fish.

Either continue on the stove top at a very low simmer, being careful not to boil, or put the covered pan in the oven at 400 F. The fish is cooked when it has just turned translucent on top, in about 5 minutes; do not overcook; do not let white coagulum appear on the surface. When done, remove the paupiettes and keep warm.

- (5) Add the crème fraîche to the raspberry-wine cooking liquor. Reduce over medium-high heat (@7.5) until thick enough to nap a spoon well.
- (6) To serve, arrange on each plate some greens, for example 3 endive leaves in a triangle. Place 3 paupiettes in the spaces. Optionally where the endive leaves meet, add a small mound of duxelles with some chopped olives and a few strands of the juliennes. Nap each paupiette with some raspberry cream sauce. Distribute several raspberries around the periphery of the plate.

NOTES

Instead of making paupiettes, salmon medallions could be poached in the raspberry wine, and the garnishes, used for stuffing the paupiettes, then would be spread over the top of each medallions.

Rating

Difficulty: considerable attention to detail. Time: perhaps 1 hour preparation, 10 minutes cooking, 10 minutes plating.

SALMON TERIYAKI

SALMON-TERIYAKI – salmon teriyaki, salmon braised in soy sauce marinade with ginger, apple juice, vinegar, garlic

Difficulty: preparation of the meat (removing skin from filets, slicing into portions) may be tedious, but otherwise a straightforward recipe. Time: except for marinating time, about 40 minutes preparation and 20 minutes cooking.

Canyon Ranch’s Salmon Teriyaki.

Exquisite melding of flavors.

An excellent dish for a dinner party: easy preparation beforehand, ca 20 minute lead time but no work when time to cook, and guaranteed success.

From Arizona Daily Star, 9/23/1998, Taste section. Also likely to be in the book, "Great Tastes - Healthy Cooking From Canyon Ranch".

INGREDIENTS (serves 4)

- electric blender
- large baking dish, for the salmon
- small saucepan, for heating marinade
- salmon steaks or salmon filets, or enough for 4 servings
- low-sodium soy sauce
- rice vinegar or white vinegar
- garlic, chopped, about 4 cloves
- fresh ginger, finely chopped, or 1 Tbsp ground ginger
- thawed apple juice concentrate
- green onions, finely chopped

PROCEDURE

- (1) Preheat oven to 400F.
- (2) Make the marinade: Blend the liquid ingredients and the garlic and ginger. After blending, stir in the green onions. This amount of marinade is generous, and can be used for a larger amount of salmon.
- (3) Divide the salmon into 4, of about the same height and shape. Arrange the salmon in the baking dish. Pour the marinade over the salmon, and let marinate for at least 1 hour at room temperature, or up to 8 hours in refrigerator, depending on depth of flavor desired. Turn salmon occasionally to distribute marinade evenly.
- (4) Remove excess marinade, leaving about 1/4-inch in the baking dish. Put dish in oven. Bake salmon in marinade until the fish flakes easily, about 10 minutes per inch thickness of the salmon. Large amounts of salmon and marinade in a heavy dish may take longer.
- Do not overcook: better slightly underdone salmon, barely translucent, than dry salmon. The liquid may not simmer during cooking, except perhaps at the very end.
- Heat some or all the remaining marinade in a small saucepan.
- (5) Plate the cooked salmon. Spoon some hot marinade over each serving. Garnish with lemon wedges or slices. Accompany with rice or a pilaf or a risotto, and follow with a salad. Serve the hot marinade on the side at the table, as a sauce.

NOTES

Consider:

- Covering with vented parchment during baking.
- Preheating the baking pan in the oven, and not baking in the marinade.
- Bringing the baking pan with salmon and marinade to a simmer on the stovetop, then putting it in the oven to bake.

CLASSIC GRILLED CHEESE SANDWICH

SAND-GRILL-CHEE – Nancy Silverton’s classic grilled cheese sandwich, with Gruyère cheese and tomatoes

A simple classic.

From a recipe by Nancy Silverton, co-founder of La Brea Bakery and Campanile in Los Angeles, where her grilled-cheese sandwiches were a Thursday-night special. Published in *The Wall Street Journal*, June 24-25, 2006: *A Gourmet Take on Grilled Cheese*. This article also gives recipes for two upgraded versions (read: sophisticated, complicated, nouvelle versions) of the classic sandwich.

INGREDIENTS (4 servings)

skillet, large enough to hold 2 sandwiches, and with cover
platter, to hold the sliced tomatoes

- 2
1 Tbsp
- medium tomatoes*, sliced about 1/4-inch thick, core end discarded
extra-virgin olive oil
- 6 Tbsp
8
- kosher salt to taste*
butter, melted
slices sourdough bread
- 8 oz
- Gruyère cheese*, cut into 1/16-inch slices, at room temperature

PROCEDURE

- (1)
- Arrange tomatoes in a single layer on a platter; then drizzle with oil and sprinkle with salt. Allow to sit while you assemble and grill the sandwiches.
- (2)
- Brush butter on one side of the bread slices (about 1 tsp butter per slice of bread). Set half of the bread slices on a platter, buttered side down. Top each slice with an even amount of cheese slices, folding over if cheese extends beyond the edges of the bread, and then top with remaining bread slices, buttered side up.
- (3)
- To cook in a heavy-bottomed frying pan: Working in batches, heat a large skillet over medium heat. Add 1 Tbsp of butter and swirl to coat bottom of pan. Add 2 sandwiches, reduce heat to low, and cover pan, rotating sandwiches to evenly brown if necessary. When bottoms are golden brown, 2 to 3 minutes, flip the sandwiches over and move them around to absorb some of the butter around the edge of the skillet, adding more butter if necessary. Press sandwiches down with a spatula. Continue cooking, covered, until second side is brown, another 2 or 3 minutes.
- (4)
- To cook in a panini machine: Turn the machine to high and allow it to heat up for 5 to 10 minutes. Transfer the sandwiches to the grill without overcrowding. (Most home panini grills will hold two sandwiches at a time.) Close the grill and cook until bread is lightly browned.
- (5)
- Carefully pry the tops off the sandwiches and top the cheese with the tomato slices. Cover sandwiches and serve immediately.

NOTES

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Rating

Difficulty: ? Time: ?

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VARIOUS BROWN SAUCES

SAUCE-BROWN – brown sauces: *sauce brune*, *jus lié*, *sauce diable*, *sauce robert*, *sauce brune aux fine herbes*, *sauce à l'estragon*, *sauce chasseur*, *sauce madère*, *sauce au porto*, *sauce bordelaise*, *sauce bourguignonne*

The following pages give recipes for several brown sauces:

- sauce brune*, flour-based brown sauce;
- jus lié*, starch-thickened brown sauce;
- sauce diable*, peppery brown sauce;
- sauce robert*, brown mustard sauce;
- sauce brune aux fine herbes*, brown herb sauce;
- sauce à l'estragon*, brown tarragon sauce;
- sauce chasseur*, brown mushroom sauce with fresh tomatoes, garlic, and herbs;
- sauce madère* or *sauce au porto*, brown Madeira or port wine sauce;
- sauce bordelaise*, brown sauce with red wine and shallots, and with beef marrow;
- sauce bourguignonne*, brown sauce with red wine, shallots and herbs, thickened with flour and butter.

The traditional basic or *grand* brown sauces *espagnole* and *demi-glace* are made over what is often several days cooking by reducing greatly a volume of stock with vegetables, to obtain a thickened aromatic sauce.

The two basic brown sauces described below, *sauce brune* and *jus lié*, are made from stock or a stock substitute (see recipe SAUCE-STOCK-SUB) thickened with flour or starch, and can be prepared in several hours.

The other sauces below are compound, or composed, sauces, derived from a basic brown sauce, except for the brown deglazing sauce, made directly from cooking juices. When brown sauce is called for in these recipes, either of the basic brown sauces described below, *sauce brune* or *jus lié*, or a true *demi-glace*, may be used.

Composed sauces are generally combined with the cooking juices of the dishes they accompany, and so pick up additional flavor.

Allow one cup of sauce for 3 or 4 servings.

From JC, page 66; LAROU, page 840; DIAT, page 74.

NOTES

Sautéed mushrooms may be added to many of the brown sauces that do not have them in the basic recipe, certainly to the *sauces madère*, *au porto*, *bordelaise*, and *bourguignonne*.

To do this, sauté in a separate skillet 1 lb sliced mushrooms in 4 tablespoons butter until mushrooms are golden brown, season with salt and pepper, then add the mushrooms and 2 tablespoons minced shallots or green onions to the reduced wine and brown sauce mixture.

The addition of mushrooms goes especially well with *filet* of beef or poultry.

JUS LIÉ - starch-thickened brown sauce

Very quickly made if stock is available, this sauce is essentially a thickened cooking liquid from the stewing of meat. If canned bouillon is to be used, it should be enhanced (see recipe SAUCE-STOCK-SUB).

From JC, page 70.

INGREDIENTS (2 cups)

- 4-cup saucepan
wire whip
- 2 cups brown stock, or liquid from stewing meat, or brown stock substitute (see recipe SAUCE-STOCK-SUB)
- 2 Tbsp cornstarch or arrowroot (the arrowroot gives a clearer sauce)
- 1/4 cup Madeira, port, or Cognac, optional

PROCEDURE

- (1)
- Blend the cornstarch or arrowroot with 2 tablespoons of cold stock, then beat in the rest of the stock. Simmer for 5 minutes, or until sauce has cleared and is lightly thickened. Correct seasoning.
- (2)
- Add optional wine or Cognac. Simmer for 2 to 3 minutes, tasting, until alcohol has evaporated. Sauce may be set aside and reheated when needed.

SAUCE DIABLE - peppery brown sauce

For: broiled chicken, roast or braised pork, pork chops, hot meat leftovers.

From JC, page 71.

INGREDIENTS (2 cups)

- 4-cup saucepan or the meat-cooking pan with its degreased juices
- 2 Tbsp minced shallots or green onions
- 1 Tbsp butter or cooking fat
- 1 cup dry white wine or 2/3 cup dry white vermouth
- 2 cups brown sauce"
- black pepper
- Cayenne pepper
- 1-3 Tbsp softened butter
- 2-3 Tbsp fresh minced parsley or mixed green herbs

PROCEDURE

- (1)
- Cook the shallots or green onions slowly (@3) with the butter or cooking fat for 2 minutes without browning. Then add the wine and boil it down rapidly until reduced to 3 or 4 table-spoons.
- (2)
- Pour in the brown sauce and simmer for 2 minutes. Season with enough pepper to give a spicy taste.
- (3)
- Off heat, and just before serving, swirl butter into sauce a bit at a time.

NOTES

For *sauce piquant*, just before removing the sauce from the heat in step 2, stir in 2 tablespoons each of capers and finely chopped pickles. Simmer a moment, then off heat blend in butter and herbs.

For: roast or braised pork, pork chops, boiled or braised tongue, boiled beef, hot meat leftovers.

SAUCE ROBERT - brown mustard sauce

For: broiled chicken, or turkey, roast or braised pork, pork chops, boiled beef, hot meat leftovers, ham-burger.

From JC., page 72.

SAUCE BRUNE AUX FINE HERBES or SAUCE BRUNE À L'ESTRAGON - brown herb or tarragon sauce

For: sautéed chicken, veal, rabbit, braised vegetables, hot meat leftovers, poached or baked eggs.

From JC, page 73.

INGREDIENTS (2 cups)

heavy-bottomed, 6-cup saucepan or meat-cooking pan with degreased juices

- 1/4 cup finely minced yellow onions
- 1 Tbsp butter
- 1 tsp cooking oil or cooking fat

- 1 cup dry white wine or 2/3 cup dry vermouth
- 2 cups brown sauce

- 3-4 Tbsp Dijon-type prepared mustard
- 2-3 Tbsp softened butter
- 1/8 tsp sugar

- 2-3 Tbsp fresh minced parsley

PROCEDURE

(1) Cook the onions slowly (@3-4) with the butter and oil or fat, for 10 or 15 minutes, until they are tender and lightly browned.

(2) Add the wine and boil down rapidly until reduced to 3 to 4 tablespoons.

(3) Add the brown sauce and simmer 10 minutes. Correct seasoning.

(4) Cream the mustard with the butter and sugar. Off heat, and just before serving, beat the mustard mixture into the sauce. Taste for seasoning. Beat in the parsley, and serve.

- 1 cup dry white wine or 2/3 cup dry white vermouth
- 2 Tbsp minced shallots or green onions
- 4 Tbsp fresh herbs or 2 Tbsp dried herbs as follows: parsley, basil, chervil, rosemary, and oregano, or only tarragon

- 2 cups brown sauce"
- 1-3 Tbsp softened butter
- 2-3 Tbsp fresh minced parsley or mixed green herbs, or tarragon

PROCEDURE

(1) Place the wine, shallots or green onions, and the herbs in the small saucepan and boil slowly for 10 minutes, reducing the wine to 2 or 3 tablespoons. This is now an herb essence.

(2) Strain the herb essence into the brown sauce in the large saucepan, pressing the juices out of the herbs, and simmer for 1 minutes.

(3) Off heat, and just before serving, beat the butter into the sauce by bits, then beat in the herbs.

SAUCE CHASSEUR - brown mushroom sauce with fresh tomatoes, garlic, and herbs

For: broiled or sautéed chicken, veal, rabbit, or for egg dishes, hot meat leftovers, or pastas.

From JC, pages 75 and 368.

INGREDIENTS (2 cups)

10 to 12 inch skillet, large enough to hold all the ingredients
10 inch skillet, for sautéing the mushrooms

- 1/4 cup
1 Tbsp
1 Tbsp
- minced shallots or green onions
butter
cooking oil
- 3/4 lb
1/2
1/4 tsp
pinch
1/2 tsp
- firm, ripe, red tomatoes, peeled, seeded, juiced, and chopped, about 1 cup of pulp
clove garlic, mashed
salt
pepper
basil or tarragon

- 1/2 cup
1/2 cup
- white wine or 1/3 cup dry white vermouth
brown sauce, or 1/2 cup brown stock or canned beef bouillon plus 1 Tbsp arrowroot or corn-
starch blended with 1 Tbsp water

- 1/2 lb
2 Tbsp
1 Tbsp
- sliced fresh mushrooms
butter
cooking oil
salt and pepper

- 2 Tbsp
- fresh minced tarragon, basil, or parsley

PROCEDURE

- (1)
- Cook the shallots or green onions in the oil and butter at moderately high heat (@8) for 1 minute.
- (2)
- Stir in the tomatoes, garlic, seasonings, and herbs. Cover and simmer for 5 minutes.
- (3)
- Pour in the wine, and the brown sauce or stock and starch. Boil rapidly for 4 to 5 minutes until the sauce has reduced and thickened. Correct seasoning and remove from heat.
- (4)
- In a separate skillet, sauté the mushrooms in very hot butter and oil (@8) to brown lightly. Add mushrooms to the sauce. Season sauce to taste. Simmer for 1 minute. Correct seasoning again.

SAUCE-BROWN(S)	Rupley Family Cookbook (11/9/95)	SAUCE-BROWN(S)	Rupley Family Cookbook (11/9/95)	SAUCE-BROWN(S)
SAUCE BORDELAISE - brown sauce with red wine and shallots, and with beef marrow	For: steaks or hamburgers. From JC, page 420.	SAUCE-BROWN(S)	SAUCE-BROWN(S)	SAUCE-BROWN(S)
SAUCE BOURGIGNONNE - brown sauce with red wine, shallots, and herbs, thickened with flour and butter For: steaks, hamburgers, chicken, and egg dishes. <i>Sauce bourguignonne</i> should be prepared in the pan in which the meat for which it is intended was prepared. For some dishes, such as beef <i>bourguignonne</i> or <i>coq au vin</i>, the sauce is integral with preparation of the meat. Traditional garnishes are braised onions and mushrooms. The sauce for fish is prepared somewhat differently. From JC, page 121; LAROU, page 844.				
INGREDIENTS (2 cups) <i>6-cup saucepan, or better, the pan in which the meat dish was prepared</i>				
4 Tbsp 1 cup big pinch	<i>minced shallots or green onions. red wine thyme, pepper, powdered bay leaf</i>	2 cups	<i>brown sauce or canned beef bouillon with 2 Tbsp arrowroot or cornstarch salt and pepper</i>	
2/3 cup	<i>diced beef marrow,</i>	2 Tbsp 2 Tbsp	<i>minced shallots or green onions butter</i>	
PROCEDURE				
(1)	Cook the shallots or green onions and the red wine, boiling until reduced by half.	2 cups	<i>red wine bouquet garni: 3 parsley sprigs, 1/2 bay leaf, 1/4 tsp thyme clove garlic, mashed cayenne pepper pepper</i>	
(2)	Pour in the brown sauce or bouillon and starch, simmer for 3 to 4 minutes until lightly thickened. Correct seasoning.	1 pinch pinch		
(3)	Fold in the marrow.	2 cups	<i>brown sauce or brown stock or canned beef bouillon</i>	
NOTES If the beef marrow is omitted, one may have <i>sauce marchand de vins</i>.				
		1-1/2 Tbsp 1 Tbsp	<i>softened butter red currant jelly, optional salt and pepper</i>	
		1-2 Tbsp	<i>softened butter</i>	
PROCEDURE				
(1)	Sauté for several minutes the shallots or green onions in the butter.			
(2)	Add the wine, <i>bouquet garni</i> and seasonings, and reduce by 2/3.			
(3)	Add the brown sauce, and reduce to 2 cups total volume. Remove <i>bouquet garni</i> .			
(4)	Blend butter and flour to a smooth paste. Off heat, blend it into the sauce with a wire whip. Boil for 30 seconds. Beat in the optional currant jelly. Correct seasoning.			
(5)	Just before serving, reheat to a simmer. off heat, beat in the final tablespoons of butter.			

VARIOUS DESSERT SAUCES

SAUCE-DESSERT – dessert sauces: *hard sauce*, made with butter, sugar, and flavoring; *strawberry sauce*, made with sugared or macerated fresh fruit; *soft lemon sauce*, made by cooking butter, flour, sugar and water, and flavoring with lemon juice; *brandy sauce*, made from butter, sugar, Cognac, egg yolks and cream, cooked gently and mixed with meringue

The following pages give recipes for various dessert sauces:

- hard sauce*, made with butter, sugar, and flavoring
- strawberry sauce*, made with sugared or macerated fresh fruit
- soft lemon sauce*, made by cooking butter, flour, sugar and water, and flavoring with lemon juice
- brandy sauce*, made from butter, sugar, Cognac, egg yolks and cream, cooked gently and mixed with meringue"

HARD SAUCE - *hard sauce*, made with butter, sugar, and flavoring

Use with hot desserts, e.g., hot puddings or fruit turnovers or dumplings, placing a small mound or an art-fully-shaped dollop of hard sauce on top.

Recipe from JZR

INGREDIENTS (4 to 6 servings)

- 1/3 cup *butter*
- 1 cup *powdered sugar*
- 1/2 tsp *vanilla extract* or other flavoring, e.g., *brandy*, *Cognac*, *rum*, etc.

PROCEDURE

- (1) With fork, cream butter, then beat in sugar, and lastly the flavoring. Chill until ready to serve.
- (2) To serve, put a portion of hard sauce on top of a hot dessert pudding, a hot or warm apple turnover, etc.

NOTES

Replace vanilla by other flavorings, e.g., brandy or another spirit or liqueur, added to taste, in larger amount than the 1/2 tsp of vanilla. Hard sauce has been known as brandy butter.

Replacement of white sugar by brown sugar gives a molasses-like flavor that is more complex and rich.

STRAWBERRY SAUCE - *strawberry sauce*, made with sugared or macerated fresh fruit

A general purpose sauce, for ice cream, custards, cakes, pastries, etc.

Recipe from JZR.

INGREDIENTS (4 to 6 servings)

- 1 pint *strawberries*, washed, hulled, and sliced
- 1/4 cup *sugar*

OPTIONAL

kirsch, *Grand Marnier*, or other liquor or liqueur for maceration, added to taste

PROCEDURE

- (1) Mix sliced strawberries with sugar. Optionally add liquor or liqueur. Let stand for 1/2 to 1 hour. Optionally, purée. Chill.
- (2) Serve under, beside or over the dessert.

NOTES

Can be made with other fruit, or with mix of several fruits, or with whole or sliced fruit added to the purée, etc.

SOFT LEMON SAUCE - *soft lemon sauce*, made by cooking butter, flour, sugar and water, and flavoring with lemon juice

For a hot desert pudding, such as brown betty.

Recipe from JZR.

INGREDIENTS (6 servings)

- 2 Tbsp *butter*
- 1 Tbsp *flour*
- 1/2 cup *sugar*
- 1 cup *water*
- 2 Tbsp *lemon juice*

PROCEDURE

- (1) Melt butter over medium low heat (@3), add flour, stir and cook to make roux. Add water, add sugar, cook over low heat until clear. Flavor with lemon juice.
- (2) Serve hot, over desert or on the side.

NOTES

- One can use other flavorings, e.g., brandy.
- One can use other diluents in place of the water, e.g., cream.
- One can use other thickening agents in place of the flour, e.g., cornstarch, or an egg yolk, in which case add the sugar to the melted butter and a well-beaten yolk to this mix, and heat in a double boiler to thicken.

BRANDY SAUCE - *brandy sauce*, made from butter, sugar, Cognac, egg yolks and cream, cooked gently and mixed with meringue

Recipe from JBAM, page 742

INGREDIENTS (6 servings)

- 4 Tbsp *butter*
- 1 cup *powdered sugar*
- 1/4 cup *Cognac*
- 2 *egg yolks*, well beaten
- 1/2 cup *cream*
- 2 *egg whites*, beaten until stiff

PROCEDURE

- (1) Cream the butter, beat in the sugar gradually, blend in the Cognac slowly. Add the well-beaten egg yolks and the cream, and cook gently in a double boiler, stirring, until mixture thickens. Pour slowly over the beaten egg whites, whisking until well-blended.
- (2) Serve hot, with hot puddings.

GRAND MARNIER SAUCE

SAUCE-GRAND-MAR – grand marnier sauce

For soufflés and other desserts.

From NYT, page 615.

INGREDIENTS (2-1/2 cups)

saucepan
electric beater with wire whip beater and with mixing bowl

- 1/2 cupmilk
- 1/2 cupheavy cream
- 1 tspvanilla extract or 1-inch piece of vanilla bean
- 2egg yolks
- 1/4 cupsugar
- 1/2 tspcornstarch
- 1/2 cupheavy cream, whipped
- 2-4 ozGrand Marnier

PROCEDURE

- (1) Scald the milk and cream with the vanilla, discarding the bean if used.
- (2) Beat the egg yolks with the sugar for 1 minute (KAW @4). Add the cornstarch and hot liquid, mix for 1 minute (KAW @stir). Transfer to the saucepan, and cook, with stirring, until thickened. Strain and chill.
- (3) Shortly before serving, whip a half cup of heavy cream. Add the Grand Marnier to the sauce and fold in the whipped cream. Serve with additional whipped cream.

NOTES

The sauce stores adequately Refrigerated overnight.

Rating

Difficulty: easy. Time: 30 minutes.

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HOLLANDAISE SAUCE

SAUCE-HOLLAND – hollandaise sauce, an emulsion of butter and lemon juice stabilized by egg yolks, seasoned with salt and cayenne pepper; derivative sauces: mousseline (fold in whipped cream), divine (sherry reduction and whipped cream), béarnaise (replace lemon juice by vinegar, shallots, tarragon reduction), dijonnaise (with mustard), aux capres (with capers), choron (béarnaise with tomato purée)

Rich and buttery, with a tang. One of the classic mother sauces.

For eggs, as in eggs Benedict, asparagus and other vegetables, fish.

Use immediately after preparation.

Recipe by Alton Brown, 2004. Published by Television Food Network, 2006, Episode#: EA1H01; http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD_9936_27524,00.html

INGREDIENTS (about 1 cup)

double boiler
whisk

- 3 egg yolks
- 1 tsp water
- 1/4 tsp sugar
- 12 Tbsp unsalted butter, chilled and cut into small pieces
- 1/2 tsp kosher salt
- 2 tsp lemon juice, freshly squeezed
- 1/8 tsp cayenne pepper

PROCEDURE

- (1) Bring water in bottom of double boiler to a simmer, reduce heat to low.
- (2) Place egg yolks and 1 tsp water in the top part of double boiler, off heat, and whisk until mixture lightens in color, approximately 1 to 2 minutes. Add the sugar and whisk for another 30 seconds.
- (3) Place the double boiler top with the egg yolks over the simmering water and whisk constantly for 3 to 5 minutes, or until there is a clear line that is drawn in the mixture when you pull your whisk through, or the mixture coats the back of a spoon. Be careful to keep heat low enough to not scramble the eggs.
- (4) Remove the egg yolks from the heat. Gradually add the butter, one piece at a time, and whisk until all of the butter is incorporated. Place the bowl back over the simmering water occasionally so that it will be warm enough the melt the butter. Whisk in the salt, lemon juice, and cayenne pepper. Serve immediately, or hold in a thermos to keep warm.

NOTES

More traditionally, hollandaise has been made with by adding warm clarified butter to the beaten egg yolks. Using clarified butter is now seen as leading to loss of flavor as well as being a nuisance.

Blender method:

Melt butter.

Put egg yolks and other ingredients into blender or processor.

Blend for about 15".

With blender on, slowly add hot butter and blend for several seconds.

If sauce made more than an hour before use, before serving, add 1 Tbsp hot water and blend briefly.

Minor sauces derived from sauce hollandaise:

Sauce Mousseline (a.k.a. Sauce Chantilly) - whipped cream folded into hollandaise.

Sauce Divine - sherry reduction folded into whipped cream.

Sauce Bavaoise - cream, horseradish, thyme.

Sauce Noisette - hollandaise made with browned butter (beurre noisette).

Sauce Béarnaise - replace lemon reduction with a strained reduction of vinegar, shallots, fresh chervil, fresh tarragon and crushed peppercorns.
Sauce Choron - béarnaise plus tomato purée and without tarragon and chervil.
Sauce Foyot (a.k.a. Valois) - add meat glaze (glace de viande) to béarnaise.
Sauce Colbert - sauce foyot with addition of white wine reduction.
Sauce Dijon (a.k.a. Sauce Moutarde) - add Dijon mustard.
Sauce Maltaise - lemon zest (blanched) and juice of blood orange.
Sauce aux Capres - add capers.

Rating

Difficulty: ? Time: ?

TOMATO SAUCE FOR PASTA

SAUCE-PASTA – tomato sauce for pasta, especially spaghetti

An easy-to-make tomato sauce, excellent for spaghetti.

Freezes well.

From HAZAN, page 154, with modifications à la Lina Careri.

INGREDIENTS (2 quarts; 12 servings)

3 qt sauce pan
blender or food processor

1 cup onions, chopped
1/4 cup olive oil

1 cup carrots, chopped
1 cup celery, chopped
1 bay leaf

1 qt canned tomatoes with juice, e.g., large can Progresso brand, or 2 lb fresh tomatoes, diced
handful fresh basil leaves, about 40 leaves.

1 qt tomato purée, e.g., Parmalat brand Pomi (do not use paste concentrate, e.g., Contadina)
1/2 tsp salt, and perhaps more to taste, to salt a plate of pasta per portion of sauce
1 tsp freshly ground pepper, to taste
dried thyme

OPTIONAL

1/3 cup sweet vermouth or a sweet wine such as a Madeira

PROCEDURE

- (1) In sauce pan, sauté onions in olive oil over medium heat (@5) until golden.
- (2) Add carrots and celery, and continue cooking briefly, to soften them.
- (3) Put hot sautéed vegetables into blender or processor and add the canned or fresh tomatoes. If fresh basil is used, it should be added also. Blend.
- (4) Return blended liquid to sauce pan. Add the Parmalat (or comparable) tomato purée. Add salt, pepper, and dried thyme. Cook uncovered over low heat (@2) to blend flavors and reduce volume.
- (5) After 20-45 minutes, the sauce should have the proper consistency to coat the pasta freely but not be so runny as to puddle on the bottom of a plate. Adjust seasonings. Optionally, add 1/3 cup of sweet vermouth or a sweet wine such as a Madeira.
- (6) Expect to use about 2 cups of sauce per 1 lb pasta. Freeze in 2 cup portions what is not used at the time of cooking.

NOTES

Do not reduce the sauce too much, to a too heavy consistency.

Be sure to reduce the temperature of the material blended by adding the cold tomatoes. A blender full of hot material, when blended, "explodes".

Rating

Difficulty: easy Time: ?

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SAUCES FOR STEAK OR HAMBURGER

SAUCE-STEAK – sauces made from pan juices for pan-broiled (sautéed) steak or hamburger

All recipes are based upon 6 servings of hamburger or steak.

After the meat is done, it is removed to a hot serving platter and kept warm. The sauces are prepared from the pan juices remaining after sautéing the meat, by deglazing with wine or stock. The sauces are poured over the meat just before garnishing and serving.

These recipes are for a small volume of sauce, about 1/2 cup, essentially a flavored butter. For other steak and hamburger sauces, optionally of greater volume, also prepared from pan juices, see recipe SAUCE-BROWN.

From JC, pages 76, 294-295, 302-303.

BROWN DEGLAZING SAUCE

- 1/2 cup beef stock, canned beef bouillon, dry white wine or vermouth, red wine, or 1/4 cup water
- touch Cognac, or more; optional
- 2-3 Tbsp softened butter

- (1) Degrease the cooking juices. Add the stock, wine, or other liquid. Boil it down rapidly, scraping up coagulated pan juices, until it has reduced almost to a syrup, or to a volume appropriate for the dish to be sauced, but at least to half original volume. Optionally, near the end of the reduction, add the Cognac, and flame it if more than a touch. Off heat, swirl in the butter by half-tablespoons until it is absorbed.

Verified: fully.

À LA RUSSE

- 1/4 cup stock or canned beef bouillon
- 2/3 cup whipping cream
- pinch salt and pepper
- nutmeg
- drops of lemon juice
- 2-3 Tbsp softened butter
- 2 Tbsp minced green herbs: parsley, chives, tarragon, and chervil, or parsley only

- (1) Degrease the cooking juices. Add the stock or bouillon. Boil it down rapidly, scraping up coagulated pan juices, until it has reduced almost to a syrup. Pour in the cream and boil it down rapidly for a minute or two, until it has reduced and thickened slightly. Season to taste with salt, pepper, nutmeg and drops of lemon juice. Off heat, swirl in the butter by half-tablespoons until it is absorbed. Stir in the herbs.

VARIOUS WHITE SAUCES

SAUCE-WHITE – white sauces: *sauce béchamel*, *sauce velouté*, *sauce suprême*, *sauce crème*, *sauce parisienne*, *sauce allemande*, *sauce mornay*, *sauce aurore*, *sauce au cari*, *sauce soubise*, *sauce bâtarde*

The following pages give recipes for several brown sauces:

- sauce béchamel*, white roux with white stock;
- sauce velouté*, white roux with milk;
- sauce suprême* or *sauce crème*, *velouté* or *béchamel* enriched with cream, lemon juice and butter;
- sauce parisienne* (formerly *sauce allemande*), *velouté* or *béchamel* enriched with egg yolks and cream, lemon juice and butter;
- sauce mornay*, *velouté* or *béchamel* with cheese;
- sauce aurore*, *velouté* or *béchamel* enriched with tomato purée and butter;
- sauce au cari*, light curry sauce, made with curry, white stock, flour, cream and butter;
- sauce soubise*, onion sauce, made with onions, white stock, flour, cream and butter;
- sauce bâtarde*, mock hollandaise, made with white stock, egg yolk, cream, lemon juice and butter.

The basic or *grand* white sauces, *béchamel* and *velouté*, are made from a *roux*, flour lightly cooked with an equal volume of butter, and either white stock or milk, respectively. The cooking removes the pasty taste of the flour and prepares the flour to absorb the liquid. The amount of flour in the *roux* controls the thickness of the sauce:

- Thin sauce or soup 1 Tbsp flour per cup liquid
- Medium, general purpose sauce 1-1/2 Tbsp flour per cup liquid
- Thick sauce 2 Tbsp flour per cup liquid
- Soufflé base 3 Tbsp flour per cup liquid

The basic sauces typically are enriched. For butter enrichment, add 1 or 2 Tbsp butter per cup, or up to 8 Tbsp butter for a rich fish sauce. Cream enrichment of a *béchamel* or *velouté* gives a *sauce crème* or *suprême*. Enrichment with egg yolks and cream give the richest sauces; the generic name is *parisienne* or *allemande*, but often the name is according to the dish it accompanies or the special flavorings, for example, *sauce poulente* and the sauces for fish and shellfish, *normande*, *cardinal*, *Nantua*, *Joimville*.

Clearly, not all white sauces are based upon *velouté* or *béchamel*, for example, *sauce bâtarde* and derived butter sauces, or *hollandaise* and derived sauces.

The basic *béchamel* and various other sauces are made with white stock. For fish or chicken or veal dishes, the poaching or stewing liquid may be used. A substitute made from canned chicken broth is given in the recipe SAUCE-STOCK-SUB and also below.

From JC, page 55; LAROU, pages 842 and 851; DIAT, page 64.

SUBSTITUTE WHITE CHICKEN STOCK - white chicken stock from canned chicken broth

INGREDIENTS (2 cups)

- 2 cups canned chicken broth or strained clear chicken and vegetable soup
- 3 Tbsp carrots, finely minced
- 3 Tbsp onions, finely minced
- 3 Tbsp celery, finely minced
- 1/2 cup dry white wine or 1/3 cup dry white vermouth
- 2 sprigs parsley
- 1/3 bay leaf
- 1/8 tsp thyme

PROCEDURE

- (1) Simmer the chicken broth or soup with the rest of the ingredients for 30 minutes. Season to taste, strain through a fine sieve, and the stock substitute is ready to be used for a sauce.

BUTTER ENRICHMENT - butter enrichment of sauce *béchamel* or *velouté*

Enrichment smooths out the sauce and imparts a "French" taste.

If more than 1 tablespoon butter is beaten into a cup of sauce, the sauce should be used immediately. If the sauce is reheated, or kept hot, or used for a *gratin*, the butter either liquifies and the sauce thins out, or the butter releases and floats on top of the sauce. To recover, treat like turned hollandaise.

From JC, page 58.

INGREDIENTS (2 cups)

wire whip

2-8 Tbsp	<i>butter</i> (1-2 Tbsp is the usual amount)
2 cups	<i>béchamel or velouté</i>

PROCEDURE

- (1) Just before serving the sauce, and after all the final flavorings have been added, remove it from heat. Stir in the butter, by half-tablespoons, beating until each piece of butter has been absorbed into the sauce before adding the next. Spoon the sauce over the hot food, or pour into a warmed bowl and serve immediately.

PROCEDURE

- (1) Bring the sauce to the simmer. Beat in the cream by spoonfuls, simmering, until the sauce is the consistency you want. Season to taste with salt, white pepper, and drops of lemon juice.
- (2) Off heat, just before serving, beat in the optional butter by half-tablespoons.

NOTES

Be sure sauce not too thick, especially for fish. The sauce thickens as it cools.

Verified: fully, for *sauce crème*.

SAUCE CRÈME or SAUCE SUPRÊME - *béchamel* or *velouté* sauce enriched with cream, lemon juice and butter

For: vegetables, eggs, fish, poultry, hot hors d'oeuvres, and for dishes which are to be *gratinéed*.

The cream thins out the sauce, so the basic sauce must be thick.

From JC, page 59.

INGREDIENTS (2 cups)

1-1/2 cups thick béchamel or velouté (3 Tbsp flour, 2-1/2 Tbsp butter, 1-1/2 cups liquid)
1/2 cup whipping cream
salt and white pepper,
lemon juice

1-2 Tbsp softened butter, except no butter is to be used for a gratin

PROCEDURE

- (1) Bring the sauce to the simmer. Beat in the cream by spoonfuls, simmering, until the sauce is the consistency you want. Season to taste with salt, white pepper, and drops of lemon juice.
- (2) Off heat, just before serving, beat in the optional butter by half-tablespoons.

NOTES

Be sure sauce not too thick, especially for fish. The sauce thickens as it cools.

Verified: fully, for *sauce crème*.

SAUCE PARISIENNE or SAUCE ALLEMANDE - *béchamel* or *velouté* enriched with egg yolks and cream, lemon juice and butter

For: eggs, fish, poultry, hot hors d'oeuvres and dishes to be *gratinéed*. A heavily buttered *parisienne* is used principally for fish poached in white wine.
Egg yolks will curdle unless beaten with a bit of cold liquid first, before a hot liquid is gradually incorporated into them so that they are slowly heated. Once this has been done, the sauce may be brought to the boil, because the egg yolks are supported by a flour-based sauce.

Use no butter as the final enrichment if the sauce is to be used for a *gratin*.

From JC, page 60.

INGREDIENTS (2 cups)

- heavy-bottomed 8-cup saucepan
- electric mixer, with wire whip beater and 8-cup mixing bowl
- wire whip
- wooden spatula or spoon

1-1/2 cups thick *béchamel* or *velouté* (3 Tbsp flour, 2-1/2 Tbsp butter, 1-1/2 cups liquid)

2 egg yolks
1/2 cup whipping cream

salt and pepper
lemon juice
more cream, if necessary

1-2 Tbsp softened butter optional

PROCEDURE

- (1) Bring the *béchamel* sauce to the simmer in the saucepan.
- (2) Add the egg yolks to the mixing bowl, beat (KAW @4) for 2 minutes. Blend in cream (KAW @2), then blend in hot liquid slowly over 1 minute. Pour mixture back into saucepan.
- (3) Bring to the boil over moderately high heat (@8), stirring constantly with a wooden spoon, reaching all over bottom of pan. Boil and stir for 1 minute.
- (4) Strain the sauce through a fine sieve to remove coagulated bits of egg white which always cling to the yolk. Rinse out the saucepan and return the sauce to it. Simmer over low heat (@1-2). Check seasoning, adding salt, pepper and drops of lemon juice to taste. If sauce is too thick, beat in more cream by the tablespoon.
- (5) If the sauce is not used immediately, clean off sides of pan, float a thin film of cream or stock over the surface. Sauce will thicken and look custardy as it cools. It will smooth out when reheated. Sauce may be frozen.
- (5) Off heat, just before serving, stir in the optional butter by bits.

SAUCE MORNAY - *béchamel* or *velouté* with cheese
For: eggs, fish, poultry, veal, vegetables, pastas, and hot hors d'oeuvres.
If the sauce is to be used in a *gratin*, use the minimum amount of cheese and omit the final butter enrichment. Too much cheese makes the sauce stringy, and butter will exude from the top of a sauce when under the broiler.

From JC, page 61.

INGREDIENTS (2 cups)

- 2 cups medium *béchamel* or *velouté* (3 Tbsp flour, 2-1/2 Tbsp butter, 2 cups liquid)
- 1/4-1/2 cup coarsely grated Swiss cheese, or a combination of coarsely grated Swiss and finely grated Parmesan

pinch salt and pepper
pinch nutmeg
pinch cayenne pepper, optional
1-2 Tbsp softened butter, optional

PROCEDURE

- (1) Bring the sauce to the boil. Remove from heat. Beat in the cheese until it has melted and blended with the sauce.
- (2) Season to taste with salt, pepper, nutmeg and optional cayenne pepper.
- (3) Off heat, and just before serving, stir in the optional butter by bits.

SAUCE AURORE - *béchamel* or *velouté* with tomato flavoring

For: eggs, fish, chicken, vegetables.

From IC, page 62.

SAUCE AU CARI - light curry sauce, made with curry, white stock, flour, cream and butter

For: fish, veal, lamb, chicken, turkey, eggs and vegetables.

Here, the *béchamel* or *velouté* is made simultaneously with the curry flavorings.

From IC, page 63.

INGREDIENTS (2 cups)

- 2 cups
medium *béchamel* or *velouté* (3 Tbsp flour, 2-1/2 Tbsp butter, 2 cups liquid)
- or
- 2-6 Tbsp
sauce *crème* or *sauce suprême*
- 2-6 Tbsp
cooked *fresh tomato purée* or *tomato paste*
- 1-2 Tbsp
softened *butter*
- 1-2 Tbsp
minced *fresh parsley*, *chervil*, *basil*, or *tarragon*; optional

PROCEDURE

- (1) Bring the sauce to the simmer. Stir in the tomato, by spoonfuls, until the color and flavor desired has been obtained. Correct seasoning.
- (2) Off heat and just before serving, stir in the butter by bits. and the optional herbs.

INGREDIENTS (2-1/2 cups)

- heavy-bottomed 8-cup *saucepan*
- 1/2 cup
finely minced *white* or *yellow onions*
- 4 Tbsp
butter
- 2-3 Tbsp
curry powder
- 4 Tbsp
flour
- 2 cups
boiling milk, *white stock*, or *fish stock*
- 4-6 Tbsp
whipping cream
salt and pepper
lemon juice

- 1-2 Tbsp
softened *butter*
- 2-3 Tbsp
minced *parsley*, optional

PROCEDURE

- (1) Bring the liquid to a boil.
- (2) Cook the onions over low heat (@2-3) for 10 minutes without allowing the onions to color.
- (3) Stir in the curry powder and cook slowly for 2 minutes (@2-3).
- (4) Add the flour and stir over low heat for 3 minutes (@2-3).
- (5) Off heat, blend in the boiling liquid. Return sauce to heat, and simmer slowly (@2-3) for 10 to 15 minutes, stirring occasionally.
- (6) Stir in the cream by tablespoons, until sauce has thinned to consistency wanted. Check seasoning, adding salt, pepper and lemon juice to taste.
- (7) Off heat, and just before serving, stir in the butter by bits and then the optional parsley.

SAUCE SOUBISE - onion sauce, made with onions, white stock, flour, cream and butter;
For: eggs, veal, chicken, turkey, lamb, vegetables, and food which is to be *gratinéed*.
From JC, page 64.

SAUCE BÂTARDE or SAUCE AU BEURRE - mock hollandaise, made with white stock, egg yolk, cream, lemon juice and butter.
For: boiled fish, boiled chicken, boiled lamb, boiled potatoes, asparagus, cauliflower, celery, broccoli. Quickly made and useful sauce. Not strictly of the *béchamel* or *velouté* family, because it is made with a *beurre manié* rather than a *roux*. A golden color comes from the egg yolk. With enough butter it suggests a hollandaise. Thus the name "mock hollandaise".
From JC, page 64.

- INGREDIENTS (2-1/2 cups)
2 2-1/2 qt heavy-bottomed saucepan
- 1 lb sliced yellow onions, about 4 cups
1/4 tsp salt
6 Tbsp butter
4 Tbsp flour
- 2 cups boiling milk, white stock, or fish stock
- 6-8 Tbsp" salt and pepper
pinch nutmeg

- 1-2 Tbsp softened butter, except no butter if dish is to be a *gratinée*
- PROCEDURE
- (1) Bring the liquid to a boil.
- (2) Cook the onions slowly (@2-3) with the salt and butter in a covered saucepan for 20 to 30 minutes, or until the onions are very tender but not browned.
- (3) Add the flour and stir over low heat (@2-3) for 3 minutes.
- (4) Off heat, blend in the boiling liquid. Simmer slowly for 15 minutes, stirring occasionally. Force the sauce through a sieve or food mill, or purée it in an electric blender.
- (5) Bring again to the simmer. Thin out to desired consistency with spoonfuls of cream. Season to taste with salt, pepper, and nutmeg.
- (6) Off heat and just before serving, stir in the enrichment butter.

- 2 cups boiling white stock, or vegetable cooking water, or water and 1/4 tsp salt
- 2 Tbsp melted or softened butter
3 Tbsp flour
- 1 egg yolk
2 Tbsp whipping cream
salt and pepper
1-2 Tbsp lemon juice
- 4-8 Tbsp softened butter

- PROCEDURE
- (1) Bring the liquid to a boil.
- (2) Put butter and flour in the saucepan and blend with the rubber scraper into a smooth paste.
- (3) Pour on all the boiling liquid at once and blend vigorously with a wire whip.
- (4) Put the egg yolk in the mixing bowl. Beat for 2 minutes (KAW @4). Blend in (KAW @2) the cream. Blend in slowly, over 1 minute, the hot sauce. Pour the mixture back into the sauce pan. Bring to the boil over moderate heat (@5), beating, and boil 5 seconds. Remove from heat. Season to taste with salt, pepper, and lemon juice. If not used immediately, film surface with a half-tablespoon of melted butter.
- (5) Off heat, just before serving, beat in the final butter enrichment, by the tablespoon.

- NOTES
- Variations:
- Sauce aux capres - caper sauce. For: boiled fish or boiled leg of lamb. Just before stirring in the final enrichment butter, beat 2 to 3 Tbsp capers into 2 cups sauce *bâtarde*.
- Sauce à la moutarde - mustard sauce. For: broiled mackerel, herring, tuna, or swordfish. For the final enrichment, use 2 Tbsp strong Dijon-type mustard creamed with 4 to 8 Tbsp butter for 2 cups sauce *bâtarde*.
- Sauce aux anchois - anchovy sauce. Just before stirring in the final enrichment butter, beat 1 Tbsp anchovy paste or 2 Tbsp canned anchovies mashed into a purée into 2 cups sauce *bâtarde*.

CHOUCROUTE BRAISÉE À L'ALSACIENNE

SAUERKRAUT-BRAS – choucroute braisée à l'alsacienne, sauerkraut braised with wine, stock, aromatic vegetables and spices

A classic dish.

Serve with fowl or with pork, ham, or sausage, any of which may be cooked with the sauerkraut, enhancing the flavor of both. And with buttered eggs noodles.

From JC, page 496.

INGREDIENTS (4-6 servings)

5- to 6-qt covered fireproof casserole, if meat is to be cooked with the sauerkraut, otherwise half this size

hot serving platter

2 lbs sauerkraut, about 4 cups fresh or canned (about 2.8-3.3 cups per lb canned)

1/2 lb bacon or salt pork, preferably the latter

1/2 cup carrots, or more, thinly sliced

1 cup onions, or more, sliced

1-2 Tbsp fat (butter, rendered fresh pork fat or goose fat)

large herb bouquet: 4 sprigs parsley, 1 bay leaf, 6 peppercorns, 10 juniper berries, tied in cheesecloth

dark brown sugar; OPTIONAL, but recommended

salt, pepper, to taste

1/4 cup gin, if no juniper berries in the herb bouquet; OPTIONAL, and perhaps better if not used

1 cup dry white wine or 2/3 cup dry white vermouth

2-3 cups white stock, brown stock, or canned beef or chicken bouillon; or 1-1/2 oz glace de viande in a small amount of hot water

round of buttered paper

PROCEDURE

- (1) Preheat oven to 325 degrees.
- (2) Remove the rind and cut the bacon into strips 1/2 inch wide and 2 inches long, or if bulk bacon or salt pork, into lardons 1/3 by 1/3 by 1 inch. Blanch by simmering 10 minutes in 2 quarts of water. Drain.
- (3) Drain the sauerkraut. Optionally, soak it in a large basin of cold water for 15 minutes or more, changing the water 3 times; taste the sauerkraut, and when the briny flavor has been sufficiently removed, drain it. The wash appears to be not necessary with currently available canned sauerkraut. In small handfuls, squeeze out as much water as you can. Pick apart the strands.
- (4) Cook the bacon or salt pork in the casserole at medium heat, browning it. It may be necessary to add a bit of fat at the start. When the bacon or salt pork has browned, reserve the meat, discard the fat, and add fresh fat. Add the carrots and onions, and cook slowly (@3) in the casserole, covered, for 10 minutes without browning.
- (5) Return the browned bacon or salt pork to the casserole. Stir in the sauerkraut and mix well to cover them with fat and vegetables. Cook slowly (@3) for 10 minutes more.
- (6) Bury the spice and herb packet in the sauerkraut. Optionally, add the brown sugar. Pour in the wine, and enough stock or bouillon just to cover the sauerkraut. Season lightly with salt and pepper. Bring to the simmer on top of the stove.
- (7) Either (a) lay on the round of buttered paper; cover and set in the middle level of the preheated oven; regulate heat (275 degrees) so sauerkraut just bubbles slowly for 4-1/2 to 5 hours. Or (b)

SHRIMP BORDELAÏSE

SHRIMP-BORDELAÏ – shrimp Bordelaise, shrimp cooked in a *mirepoix*, with Cognac and white wine

Crevettes à la bordelaise.

From DIAT, page 245.

INGREDIENTS (3 servings)

sauté pan
hot serving dish

MIREPOIX

- 2 Tbsp *butter*
- 1 *carrot*, finely chopped
- 1 *onion*, finely chopped
- 2 *shallots*, finely chopped
- parsley*
- 1 sprig *garlic*, crushed
- 1 clove *ground thyme*
- pinch *ground bay leaf*
- 1/4 tsp

- 2 lbs *shrimp with shells*, or 1-1/2 lbs *shelled shrimp*, tail on ok
- 1/4 cup *Cognac*
- 1/2 cup *white wine*
- salt, black pepper, cayenne pepper*, to taste (perhaps 1/2 tsp salt, and large pinches of the *pers*)

beurre manié, 1 tsp each of butter and flour; or a liaison of 3 egg yolks.
parsley, chopped

PROCEDURE

- (1) Prepare the shrimp: shell, devein, etc.; or thaw them, nowadays.
- (2) Prepare the *mirepoix*: Melt the 2 Tbsp butter in a sauté pan over medium or medium-low heat (@ 3-5). Add the chopped carrot, onion, and shallots, and the garlic, parsley, thyme, and bay leaf. Cook slowly until the vegetables are soft, about 15 minutes.
- (3) Add the shrimp, Cognac, wine, and the salt, black pepper, and cayenne pepper. Cook quickly (@ 5-6) for 5 or 6 minutes, or until the shrimp are pink, shaking the pan constantly. Remove the shrimp to a serving dish and keep warm. Discard the parsley sprig.
- (4) Reduce the liquid in the pan by half. Mix in the *beurre manié*, or use a liaison of 3 egg yolks beaten with a little of the pan liquid. Cook for a minute or two. Pour the sauce over the shrimp.
- (5) Garnish with the chopped parsley, and serve, accompanied, for example, with white rice or a rice pilaf.

NOTES

Also see crayfish Bordelaise recipes in LAROU, page 316, and OLIVER, page 379, which differ principally in that the crayfish cook more slowly and thus are sautéed and flamed with the Cognac before cooking with the *mirepoix*.

Rating

Difficulty: ? Time: ?

GRILLED SHRIMP

SHRIMP-GRILL – grilled shrimp, coated with olive oil-soaked bread crumbs and garlic
Simple but delicious.

From HAZAN, page 290.

INGREDIENTS (serves 4 to 6)

skewers, if the shrimp are large, or a grill wok if they are small

2 lb medium shrimp, unshelled weight, or 1-1/2 lb shelled shrimp

- 3-1/2 Tbsp olive oil
- 3-1/2 Tbsp vegetable oil
- 2/3 cup fine, dry, unflavored bread crumbs
- 1/2 tsp garlic, very finely chopped
- 2 tsp parsley, very finely chopped
- salt, freshly ground pepper, to taste

PROCEDURE

- (1) Shell the shrimp and remove the dark vein. Wash in cold water. Pat thoroughly dry with cloth kitchen towels.
- (2) Put the shrimp in a roomy bowl. Add as much of the olive oil and vegetable oil, in equal parts, and of the bread crumbs as you need to coat the shrimp evenly, but lightly, all over. If the shrimp are small, more of the two oils and the bread crumbs may be needed; when you increase the quantities, use them in the same proportion.
- (3) Add the chopped garlic, parsley, salt and pepper, and toss thoroughly to coat the shrimp well. Allow the shrimp to steep in their coating for at least 20 minutes or up to 2 hours at room temperature.
- (4) Preheat the grill or broiler, and the grill wok also if it is to be used.
- (5) Skewer the shrimp if they are sufficiently large, curling one end of each shrimp inward so the skewer goes through at three points (fetal position), to keep the shrimp from slipping as you turn the skewer. If the shrimp are small, use the grill wok.
- (6) Cook the shrimp briefly, close to the source of heat, about 2 minutes on each side, until they have a thin, golden crust.
- (7) Serve piping hot, with rice.

NOTES

Use more garlic! And more parsley.
Frozen, uncooked, shelled shrimp work well.
With the grill wok, some of the coating will fall off onto the grill briquets, when the shrimp are shaken or turned. This is all right, and the flameup adds flavor.

Rating

Difficulty: easy. Time: 45 minutes.

MARGARITA SHRIMP

SHRIMP-MARGRITA – margarita shrimp, shrimp sautéed in olive oil, then simmered in a margarita sauce
Jonathan's Tucson Cork's Margarita Shrimp.
Different, even odd. Also quick, once the sauce base has been made.

From Tucson Citizen, 5/20/1998, Taste section.

INGREDIENTS (2-3 servings)

sauté pan

- 25 31-40 shrimp, about 3/4 pound shelled and cleaned, tail on ok
- 1 Tbsp shallots, chopped
- 1/2 Tbsp olive oil
- 3/4 cup sauce base
- 3/4 cup tequila
- dash pepper
- salt, if not served in salt-rimmed glass
- 1 tsp parsley, chopped
- 1/2 Tbsp cornstarch in 1 Tbsp water

SAUCE BASE

- 1/4 cup caramelized sugar
- 1/3 cup triple sec
- 1/4 cup Cointreau
- 1/c cup lime juice

PROCEDURE

- (1) Prepare the sauce base: combine the hot caramelized sugar with the triple sec, Cointreau, and lime juice.
- (2) Sauté the shallots and shrimp for 30 seconds over high heat (@9-10).
- (3) Add the sauce base, simmer 30 seconds. Add the tequila, simmer 1 minute.
- (4) Add the parsley, and to tighten, add the cornstarch in water.
- (5) Serve immediately: as an appetizer, in a salt-rimmed margarita glass; or as a main course, over white rice or a risotto.

Garnish perhaps, with slices of lime or orange, or with a sprig of mint?

NOTES

The alcohol content is high, 2-3 ounces per serving. Reduce amount of tequila if served over rice? Flame after adding the tequila?

Rating

Difficulty: easy, once the sauce base is made. Time: 15 minutes.

FILETS OF SOLE À LA MEUNIÈRE

SOLE-MEUNIERE – filets of sole or other fish floured, sautéed, and sauced with lemon butter with parsley
Classic dish, quickly prepared for a few people.

The sole may be substituted by filets of other fish, or by whole fish such as trout, or by scallops, etc.
Adapted from DIAT, page 117ff; NYT, page 257; LAROU, page 894; JB, page 127.

INGREDIENTS (4 servings)

- 1 or 2 large heavy skillets, sufficient to hold all the filets
- 1 small skillet or saucépan, to prepare the brown or black butter
- 2 large dishes, for flouring the filets
- piece of wax paper, for holding the floured filets
- hot serving platter

4 or more filets, 1-1/4 to 1-1/2 lb of fish; trim the edges as needed

- 1/2 cup milk
- 1 cup flour
- 1 tsp salt
- 1/4 tsp white pepper
- 1/4 tsp thyme

8 Tbsp oil (clarified butter, good cooking oil, or half butter and half oil); use less oil if filets nearly fill skillet

- 4 Tbsp butter or clarified butter
- 1 Tbsp lemon juice
- 2 Tbsp minced parsley
- pinch salt and pepper

PROCEDURE

- (1) Clarify the butter (unless oil or butter and oil is to be used). (To clarify butter, cut into pieces and place in a saucepan over moderate heat. When butter has melted, skim off the foam and strain through cheesecloth.)
- (2) Mix the cup of flour with the salt, pepper, and thyme. Dip each filet in milk and then dredge it with the seasoned flour. Shake off the excess flour. Place the floured filets on wax paper.
- (3) Heat the oil (or clarified butter, or oil-butter mixture) in the skillet at moderately high heat (@8). There should be a 1/16 to 1/4 inch depth of oil, which is about 8 tablespoons for a 12 inch skillet that is not overfilled, i.e., has only several small filets.
- (4) When the oil is hot, place the floured filets in the skillet. Sauté without turning until golden brown on one side, 2 to 5 minutes, depending on the thickness of the filet. Turn with a metal spatula carefully so as not to break the filets, and sauté the second side to golden brown, probably for less time than for the sauté of the first side. The fish should be just done, moist but flaky, when tested with a fork or toothpick. Transfer the fish to the hot serving platter.
- (5) In the small saucepan or skillet melt four tablespoons of butter or add four tablespoons of clarified butter. Set over moderately high heat (@8) until the butter starts to brown, which happens within a minute or two. If butter rather than clarified butter was used, it should be strained now. Then, either:
 - (a) Off heat, stir in the lemon juice and the minced parsley. Season with a pinch of salt and a pinch of pepper. Pour the sauce over the filets.
 - or
 - (b) (Preferred.) Sprinkle lemon juice over the sautéed filets, pour the hot butter over them, season with salt and pepper, and sprinkle with the chopped herbs.

NOTES

Half of the parsley in the meunière butter may be substituted by other finely chopped herbs: chervil, tarragon, chives, green onions, etc.
For an amandine sauce, add 4 tablespoons of toasted sliced almonds to the sauce butter, and brown them slightly. Pour butter and almonds over the filets.
The filets can be decorated with lemon slices dipped in chopped parsley and with sprigs of parsley.
The dish can be garnished by surrounding with orange slices, sautéed mushrooms, sautéed tomato slices, sautéed diced potatoes, etc.
Serve with additional individual pieces of lemon.

Rating

Difficulty: easy. Time: 15 minutes preparation, 10 to 15 minutes cooking and saucing. Verified: fully.

FISH FILETS POACHED IN WHITE WINE

SOLE-POACH-WINE – sole or other fish filets, poached in white wine

Basic poaching recipe, for fish filets to be sauced by any of many methods.

From J.C., page 208.

INGREDIENTS (6 servings)

buttered baking and serving dish, fireproof, 10 to 12 inches in diameter, 1-1/2 to 2 inches deep.
buttered wax paper, cut to fit over fish in baking dish
saucepan, to hold cooking liquid after poaching

- 2 Tbsp finely minced shallots or green onions
- 2-1/2 lb sole or flounder filets, skinless and boneless, cut into serving pieces.
- 1-1/2 Tbsp salt and pepper
- 1-1/2 cups butter, cut into bits
- poaching liquid:
 - cold white-wine fish stock;
 - or 3/4 cup dry white wine or 2/3 cup dry white vermouth, plus 1/4 cup bottled clam juice,
 - plus water to volume
 - or wine and water mixed

PROCEDURE

- (1) Preheat oven to 350 F. Butter the baking dish.
- (2) Sprinkle half the shallots or onions in the bottom of the dish. See note below for a richer poaching liquid. Season the filets lightly with salt and pepper. Arrange them in one only slightly overlapping layer in the dish. If filets are thin, they may be folded in half to form a triangle. Sprinkle the filets with the remaining shallots or onions. Dot with butter. Pour in the cold poaching liquid and enough water so fish is barely covered.
- (3) Bring almost to the simmer on top of the stove. Lay the buttered paper over the fish. Place dish in bottom third of preheated oven. Maintain liquid almost at the simmer for 8 to 12 minutes, depending on the thickness of the filets. The fish is done when a fork pierces the flesh easily. Do not overcook. The fish should not be dry and flaky.
- (4) Place a cover over the dish and drain out all cooking liquid into saucepan. Be careful not to break apart the filets. The fish may be kept warm for a few minutes over hot but not simmering water. Or, set it aside, covered with its wax paper, and reheat later for a few minutes over simmering water. Be sure fish does not overcook as it reheats. Before saucing, drain off any liquid which may have accumulated in the dish.

NOTES

Saucing recipes are given on following pages, for:
filets de poisson Bercy aux champignons
filets de poisson gratinées, à la parisienne

If the cooking liquid is to be made into a white sauce, optionally add before poaching, below and about the fish, the ingredients for making substitute white chicken stock (a carrot, another shallot and a stalk of celery, all finely chopped, and an herb bouquet [several sprigs parsley, 1/4 tsp ground thyme, and 1/2 tsp ground bay leaf]; see recipe SAUCE-STOCK-SUB). If this is done, the fish should be removed to a serving platter before saucing, to separate it from the added vegetables.

Rating

Difficulty: timing for doneness critical. Time: 20 minutes to completion of poaching.

SAUCING OF POACHED FISH FILETS

FISH FILETS POACHED IN WHITE WINE WITH MUSHROOMS

Filets de poisson Bercy aux champignons

(6 servings)

skillet, for cooking mushrooms
wire whip, for blending the sauce

- 3/4 lb sliced fresh mushrooms, about 3-1/2 cups
- 2 Tbsp butter
- 1/8 tsp salt
- pinch pepper
- 2-1/2 lb filets of sole or flounder, and the ingredients and utensils for poaching them
- 2-1/2 Tbsp flour
- 3 Tbsp softened butter
- 1 cup whipping cream
- salt and pepper
- lemon juice

- 1/4 cup grated Swiss cheese
- 1 Tbsp butter, cut into bits

- (1) Before poaching the fish, toss the mushrooms in hot butter over moderately high heat (@8) for a minute or two, without browning. Season with pepper and salt. Set aside.
- (2) Arrange the fish and the shallots or onions in the buttered baking dish, as in the master recipe. Spread the mushrooms over the filets. Pour the liquid around them. Poach, as in the master recipe, drain the liquid into a saucepan. Keep the fish warm, or set it aside and reheat after saucing. The preparation of the sauce may take more than 10 minutes, if the volume of liquid to be reduced is large.
- (3) Preheat broiler.
- (4) Rapidly boil down the poaching liquid until it has reduced to 1 cup. Off heat, beat the flour and butter paste into the hot liquid, then 1/2 cup of the cream. Bring to the boil. Thin out the sauce with additional tablespoons of cream, until the sauce coats the spoon nicely. Season to taste with salt, pepper, and drops of lemon juice.
- (5) Spoon the sauce over the fish. Sprinkle on the cheese. Dot with butter. Place dish 6 to 7 inches from a hot broiler for 2 to 3 minutes to reheat fish and brown the top of the sauce lightly. Serve as soon as possible.

The dish may be prepared ahead and reheated: bring just to the simmer on top of the stove, then run for a minute or two under a hot broiler to brown the top of the sauce.

FISH FILETS POACHED IN WHITE WINE; CREAM AND EGG YOLK SAUCE
Filets de poisson gratinées, à la parisienne

(6 servings)

- 2 qt saucepan
wooden spoon
wire whip
2 qt mixing bowl

2-1/2 lb

sole or flounder filets, poached, and with poaching liquid
- 3 Tbsp
4 Tbsp
3/4 cup

butter
flour
milk
- 2
1/2 cup

egg yolks
whipping cream
more cream as needed
salt and white pepper
lemon juice
- 2 Tbsp
1 Tbsp

grated Swiss cheese, to help brown top of sauce
butter, cut into bits

- (1) Poach the fish as in the master recipe. Drain the liquid into a saucepan. Keep the fish warm. Rapidly reduce the liquid to 1 cup.
- (2) Melt the butter in a saucepan, blend in the flour, and cook slowly (@2-3), stirring, until they foam and froth together for 2 minutes without coloring. Off heat, beat in the boiling poaching liquid, then the milk. Boil, stirring, for 1 minute. Sauce will be very thick.
- (3) Preheat broiler.
- (4) Blend the yolks and cream in the mixing bowl. Beat in dribbles of the hot sauce until a cup has been added. Beat in the rest in a thin stream. Return the sauce to the pan. Set over moderately high heat (@8). Stir with a wooden spoon, reaching all over the bottom of the pan, until the sauce comes to the boil. Boil and stir for 1 minute. Thin out with additional spoonfuls of cream, until the sauce coats the spoon nicely. Season carefully to taste with salt, pepper, and drops of lemon juice. Strain.
- (5) Spoon the sauce over the fish. Sprinkle with cheese. Dot with butter If not to be served immediately, set aside.
- (6) Just before serving, reheat slowly almost to simmer on stove top. Run under hot broiler to brown the top of sauce.

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SOUFFLÉ AU GRAND MARNIER

SOUFFLE-GRAND-M – dessert soufflé flavored with Grand Marnier liqueur

An elegant finish to a meal. The soufflé base sauce, here made from a *béchamel*, can be prepared long ahead. The final filled mold, with the beaten whites added to the base sauce, can hold for an hour before baking.

Other liqueurs or flavorings may be substituted for the Grand Marnier.

Adapted from NYT, page 604; and JC, page 614.

INGREDIENTS (5 servings)

- 2 qt *soufflé mold*
- electric mixer*, with whip mixing head and separate mixing bowls for yolks and whites
- wire balloon whip*
- wide rubber spatula*, for folding in egg whites
- 6 eggs, at room temperature.
- 3 Tbsp *butter*
- 3 Tbsp *flour*
- 3/4 cup *milk*
- 3 Tbsp *orange marmalade*

butter and granulated sugar, for preparation of soufflé mold

- pinch *salt*
- 1/4 tsp *cream of tartar*
- 1 Tbsp *granulated sugar*
- 6 egg whites, beaten until stiff with salt, sugar, and cream of tartar added
- 4 egg yolks, lightly beaten
- 1/4 cup *Grand Marnier*
- powdered sugar*

PROCEDURE

- (1) Preheat oven to 400 F. If the six eggs are not at room temperature, warm them in a bowl of hot water.
- (2) Over moderate heat (@5) melt butter in a saucepan and stir in flour with whip; let butter and flour foam together for 1 minute without browning. Off heat, add milk gradually to the *roux*, beating with whip to blend thoroughly. Turn heat to moderately high (@8) and cook with constant stirring until mixture thickens (several minutes). The sauce will be very thick, a paste. Off heat, stir in the marmalade. Allow sauce to cool while preparing other materials.
- (3) Butter the soufflé mold, sides and bottom. Roll granulated sugar (about 3 Tbsp) around the inside of mold until sides and bottom are coated evenly. Knock out excess sugar.
- (4) Separate carefully (no trace of yolk in the whites) 6 egg whites into one beater mixing bowl, 4 yolks into another, and 2 yolks to wherever.
- (5) Beat the egg whites and a pinch of salt (KAW at speed 8 for about 3 minutes). When the whites are foamy, about half beaten, add cream of tartar to help stabilize the whites and the tablespoon of sugar. Continue beating until whites are stiff. Set bowl aside.
- (6) Beat the egg yolks (KAW at speed 6 for 1 minute). Add the cooked sauce and stir with the electric mixer (KAW at stir speed for 30 seconds). Add the Grand Marnier and stir for another 30 seconds.

- (7) Fold in eggs whites by hand, with a wide rubber spatula. Add about a fourth of the whites at a time. The mixture should not be perfectly smooth (it may have unblended patches of whites) but it should be uniform. Too thorough blending deflates the whites.
- (8) Pour soufflé mixture into buttered and sugared mold. There should be at least 1-1/4 inches between surface of mixture and top of mold.
- (9) Place soufflé in middle level of oven. Turn down heat immediately to 375 F. The soufflé should be done, well-puffed and golden brown, after 30 to 35 minutes. A long thin knife plunged into the soufflé through the side of the puff should come out clean. It is all right if the sugar has not caramelized.
- (10) Sprinkle powdered sugar over the top, to decorate. Serve immediately. When serving, open the crust by separating it using a fork with the serving spoon.

NOTES

The soufflé may be served with a sauce, such as Grand Marnier sauce, or with hot sugared fruit, etc. For well-beaten egg whites, the bowl and beater must be dry and free of grease. Thus it is simpler to beat the whites before the yolks.

After the whites are folded in and the mold filled, the soufflé should be put into the oven within an hour. The base sauce (eggs, flavoring, and *béchamel*) without the whites added can be stored for longer, in which case the whites should be beaten just before being folded in.

For a chocolate soufflé, omit adding the Grand Marnier in step (6) and replace the orange marmalade, mixed into the *béchamel* in step (2), by the following (to be mixed with the *béchamel* at the end of step (2)): in a double boiler, melt 3 oz *bitter-sweet chocolate*, then mix in 6 Tbsp *sugar*, 1 tsp *vanilla extract*, and 3 Tbsp *strong coffee* or 1-1/2 tsp *freeze-dried coffee*. This recipe is not good, but it is adequate — a bit dense perhaps.

Rating

Difficulty: Care required, but success nearly certain. *Time:* 30 minutes preparation time. *Verified:* fully.

SAVORY SCALLOP SOUFFLÉ

SOUFFLE-SCALLOP – savory scallop soufflé, baked in shallow gratin dish

An excellent main course or appetizer. Can prepare with another seafood, or eggs, or meat, or vegetables, perhaps in a cream sauce, replacing the scallops.

Recipe from JULJAC, page 91.

INGREDIENTS (serves 4 to 6)

- 8-cup shallow gratin dish
- large skillet, for searing scallops
- small saucepan, for preparing béchamel
- electric mixer, with whip mixing head and separate mixing bowls for yolks and whites

- 1 lb large sea scallops
- 3 Tbsp butter
- 1/3 cup minced shallots
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 2 Tbsp finely chopped fresh chives
- 3 Tbsp butter
- 4 Tbsp flour
- 1-1/2 cups milk
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- large pinch freshly ground nutmeg, or about 20 scrapes

- 6 egg whites separated into one mixing bowl
- pinch salt
- 1/4 tsp cream of tartar

- 6 egg yolks separated into another mixing bowl

- 3 Tbsp panko bread crumbs, or a bit more
- 3 oz good cheddar cheese, grated coarsely, about 1 cup
- 2 oz good cheddar cheese, thinly sliced, cut into 1- to 2-inch diamond or triangle shapes

OPTIONALLY, marinate the scallops

- 2 limes, juiced
- 5 Tbsp olive oil
- salt and pepper, to taste

PROCEDURE

- (1) Optionally, season the scallops with salt and pepper and marinate them in lime juice and olive oil for 30 minutes.
- (2) Preheat oven to 400F. Butter the gratin dish. Cut thin slices of the cheddar cheese, about 2 oz, for decorating the top of the gratin, using, .e.g., 1- to 2-inch diamond or triangle shapes. Coarsely grate about 3 oz of the cheddar cheese, for about 1 cup. Separate 6 eggs, whites (no trace of yolk) into one mixer bowl, yolks into the other.
- (3) Pat the scallops dry. Melt the butter in skillet over high heat. Add shallots and cook 1/2 minute to soften. Add all the scallops, toss to mix, continue shaking and tossing, over very high heat, for about 1 minute, to sear scallops on both sides without cooking them. Off heat, season with salt and pepper and sprinkle with chives, toss to mix, turn out scallops and any liquid into the buttered gratin dish, distribute evenly.

NOTES

Serve a sauce on the side (red pepper, hollandaise, whatever)?

Replace the scallops with another shellfish or seafood, perhaps in a cream sauce, or with poached or hard-boiled eggs, or with vegetables, etc.

Rating

Difficulty: ? Time: ?

SPINACH SOUFFLÉ

SOUFFLE-SPINACH – spinach soufflé, optionally with ham and poached eggs

Soufflé aux épinards.

From J.C. page 165

INGREDIENTS (4 to 6 servings)

- 2 qt soufflé mold
- medium skillet or saucepan, for cooking shallots or green onions and removing moisture from spinach
- 2-1/2 qt saucepan, for cooking soufflé base sauce
- electric mixer, with whip mixing head and separate mixing bowls for yolks and whites
- wooden spoon and wire balloon whip
- wide rubber spatula, for folding in egg whites
- butter and grated Parmesan or Swiss cheese or bread crumbs, for preparation of soufflé mold
- 4-1/2 Tbsp butter
- 4-1/2 Tbsp flour
- 1-1/2 cup boiling milk
- salt & freshly ground pepper, to taste
- pinch cayenne pepper
- scrapes of nutmeg, to taste

- 1-1/2 Tbsp minced shallots or green onions
- 1 Tbsp butter
- 1 cup chopped blanched spinach or chopped frozen spinach, which takes several minutes more cooking; optionally, purée the spinach instead of finely chopping it
- salt & freshly ground pepper, to taste

- 8 eggs, at room temperature, separated to give 6 yolks and 8 whites

- pinch salt
- 1/4 tsp cream of tartar
- 8 egg whites, beaten until stiff with salt, and cream of tartar added
- 6 egg yolks, lightly beaten

- 1/2 cup grated Swiss cheese or Swiss and Parmesan cheese

PROCEDURE

- (1) Preheat oven to 400 F. If the eight eggs are not at room temperature, warm them in a bowl of hot water.
- (2) Butter the soufflé mold, sides and bottom. Roll or sprinkle grated cheese or bread crumbs (about 3 Tbsp) around the inside of mold until sides and bottom are coated evenly. Knock out excess.
- (3) Prepare the soufflé base sauce. Over moderate heat (@5) melt butter in saucepan and stir in flour with wooden spoon; let butter and flour foam together for 1 minute without browning. Off heat, after roux has stopped bubbling, add boiling milk all at once, beating with whip to blend thoroughly. Beat in the seasonings. Turn heat to moderately high (@8) and cook with constant stirring until mixture thickens (several minutes). The sauce will be very thick, a paste. Allow sauce to cool while preparing other materials.
- (4) Cook over moderate heat (@5) the shallots or green onions for a moment in the butter. Add spinach and salt. Stir over moderately high heat (@8) for several minutes to evaporate as much

VARIATIONS

WITH POACHED EGGS

When filling the mold, pour half the soufflé mixture into the mold, arrange the 4 to 6 poached eggs about the surface, then pour in the remainder of the mixture.

WITH HAM

Cook 1/2 cup finely minced boiled ham with the butter and shallots or green onions.

WITH MUSHROOMS

Prepare 1/3 lb of finely minced mushrooms. A handful at a time, twist the mushrooms in a towel to extract their juice. Sauté in 1-1/2 tablespoon butter for 5 minutes or so until the mushroom pieces begin to separate from one another. Season to taste with salt and pepper. Stir the mushrooms into the soufflé mixture with the spinach.

OTHER VEGETABLE SOUFFLÉS

Replacing the spinach, add 1 cup of cooked vegetables, finely diced or puréed, such as mushrooms, broccoli, artichoke hearts, or asparagus tips.

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BEAN AND POTATO SOUP

SOUP-YAM-POTAT – bean and potato soup, with aromatics and herbs

Rich and smooth.

Reverse engineered from dish served at restaurant in Stanley, ID, summer 2005.

INGREDIENTS (2 quarts)

pot, 4 qt

2 cups white beans (small), soaked in 6 cups water for several hours or better overnight, then drained
7 cups water or chicken stock (ok if made with water and low-sodium chicken base)

2 cups potatoes, large dice
1 cup carrots, julienne
1 cup celery, small dice
1 cup onion, small dice
1/4 cup marjoram or thyme
large pinch cayenne

salt & pepper, to taste
sour cream
butter
dill, chopped

PROCEDURE

- (1) Add drained white beans and the water or chicken stock to pot, bring to a boil, reduce heat, simmer for about 1 hour, until beans are nearly done.
- (2) Add root vegetables (potatoes, carrots, celery, and onion), herbs (marjoram or thyme), and cayenne. Simmer for 10 to 20 minutes more, or until beans and vegetables are done, but not soft.
- (3) Adjust seasoning with salt and pepper. Finish by adding the sour cream, butter, and the dill.

NOTES

Marjoram or thyme mesh well with the dill.
Perhaps add country ham or bacon for flavor.

Rating

Difficulty: ? Time: ?

VIETNAMESE BEEF SOUP, PHO BO

SOUP-BEEF-VIET – vietnamese beef soup, *pho bo*

Quick. Light meal. Enhanceable.

Modified from SOKCAN, page 153. See also: www.cooks.com/rec/doc/0,1748,133178-247195,00.html and www.cooks.com/rec/doc/0,1848,132185-245195,00.html and www.vietworldkitchen.com/book-shelf/articles/pho_SJM.htm.

INGREDIENTS (6 servings)

- saucepan*, for cooking noodles
- colander*, for draining noodles
- saucepan*, for cooking broth
- serving dishes*, for condiments
- soup bowls*

6

6 cups

- rich beef stock*
- spices*, for giving viet flavor to beef stock (1" ginger root sliced thinly, cinnamon stick, star anise, clove, 1 tsp fennel seeds, 1 Tbsp nuoc man)

1 lb

rice vermicelli, or *bean thread vermicelli*, etc.

1 lb

raw sirloin, very thinly sliced against the grain (when meat nearly frozen)

3

- scallions* or *green onions*, white and green parts, sliced thinly
- cilantro sprigs* or *cilantro leaves*, from about 20 stalks,
- salt & freshly ground pepper*

CONDIMENTS, in bowls to pass at table, from among the following:

- lime wedges*
- green & red chiles*, e.g., *serranos*, *jalapenos* very thinly sliced
- herbs*, e.g., *basil*, *mint*, etc.
- shallots*, chopped and sautéed
- hot sauce*, sriracha
- salt* or *nuoc man*

OPTIONALLY, add vegetables (not expected to add all)

1

onion, halved and sliced paper thin

6-12

mushrooms, thinly sliced

mixed vegetables, sliced or chopped as appropriate, total amount 1-1/2 cup, comprised of, e.g., bean sprouts (canonical), bok choy, broccoli, shredded carrot, cucumbers, etc.

PROCEDURE

- (1) Bring 6 cups of beef stock to a boil, turn down the heat, add the viet flavor spices, and simmer for 15 minutes. Then remove the spices with a slotted spoon, or strain. Keep the stock very hot.
- (2) Bring 4 quarts of water to a boil, add the 1 lb of rice vermicelli (or other noodles), turn down the heat after returning liquid to a boil, and cook for 8 minutes (or as appropriate for the noodles). When noodles are done, drain them, rinse quickly with hot water, and apportion while hot between the 6 soup bowls.
- (3) Immediately apportion the thin-sliced raw sirloin, the sliced scallions, and the cilantro among the soup bowls, and season lightly with salt and freshly ground pepper.
- (4) If optionally, vegetables are to be added to the stock, do this just before serving, and cook for 2 minutes.
- (5) Fill the soup bowls with boiling hot stock, containing optionally, the vegetables. The beef will cook quickly in the hot liquid. Server immediately, along with the condiments.

NOTES

Do not add the raw beef to simmering stock, to cook it before ladling the stock and whatever over the noodles. This will give tough beef. The beef will cook quickly and tenderly after the hot stock is ladled over the noodles, etc.

To prepare the stock, see recipes in this collection under "beef-stock*", Sokolov (SOKCAN, page 153) gives a recipe for the stock. The stock can be made from a Thai beef-flavored soup base.

The soup is canonical and is good without the optional vegetables. Bean sprouts or sliced onions are a standard addition. Addition of other vegetables is not standard.

If one is adding only bean sprouts, or sliced mushrooms, or onion, these can be added to the soup bowls with the meat, etc., and also allowed to cook or at least heat in the hot stock.

The noodles can be cooked by pouring boiling hot water over them and allowing to stand before draining for about 10 minutes.

Rating

Difficulty: straightforward, but a good bit of preparation. *Time*: ?

BORSCHT — BEET VICHYSOISE

SOUP-BEET – borscht, beet soup, beet *vichyssoise*

A simplified borscht, low calorie, easy to make, yet tasty.

From CANYON, page 68.

INGREDIENTS (1-1/2 qt)

pot, 3 qt
chinoisé
food processor

1-1/2 lb beets (3-4 large), roots and tops removed, scrubbed taking care not to break skin
2 garlic cloves, roasted

1/2 cup cooking liquid
1 tsp salt
1-1/2 Tbsp sugar

2 cup buttermilk or sour cream

lemon juice
lemon slices

parsley or cilantro, as leaves or chopped

PROCEDURE

- (1) Put scrubbed beets and roasted garlic cloves in pot with water to cover. Simmer until beets tender, about 40 min. for small beets, 60 min. for large. Reserve cooking liquid.
- (2) Remove beets and garlic cloves to food processor. Add 1/2 cup cooking liquid and the salt and sugar. Blend until smooth, adding more cooking liquid if needed.
- (3) Optionally, and recommended, force purée through chinoisé for a finer texture.
- (4) Add the buttermilk (fewer calories than sour cream).
- (5) Serve warm or cold. After plating, garnish with a slice of lemon, surrounded by a circle of drops of lemon juice, and with scattered parsley or cilantro.

NOTES

For yet fewer calories, replace the buttermilk by cooking liquid.

Rating

Difficulty: ? Time: ?

THAI TOM KHA GAI SOUP

SOUP-CHICKTHAI1 – Thai chicken soup with coconut milk, *tom kha gai*, with optionally added vegetables and noodles

Not a classic Thai recipe, but exceptionally tasty.
Comment from poster, Rodney B. "If you like soups as a main dish, this is a great one... hearty and filling.
For a more traditional Tom Kha Gai, leave out the bok choy, tomatoes, and bean thread noodles, and add some extra mushrooms. But believe me, this soup is incredible as written. I can never find the galangal traditionally used in Tom Kha Gai, but if you can get it, I say use some."
Modified slightly from recipe "Thai Tom Kha soup", posted by Rodney B. on Recipezaar.
<http://www.recipezaar.com/print?id=87080>.

INGREDIENTS (8 servings)

- 8

heavy-bottomed pot, 4 qt or larger

large soup bowls, warmed
- 40 oz

chicken broth, low-sodium low-fat
- 14 oz

coconut milk, 1 can, regular not lite
- 2 stalks

lemon grass, sliced in large pieces, or zest of 2 lemons, in strips
- 2 Tbsp

fish sauce
- 1 Tbsp

shrimp paste or anchovy paste, as a substitute
- 1 Tbsp

low sodium soy sauce
- 1 Tbsp

white vinegar
- zest of 3 limes

juice of 3 limes
- 3

serrano chili peppers, chopped, or thinly sliced crosswise
- 1 inch

ginger, peeled, then julienned in fine, short 1/4 inch strips, or thinly sliced crosswise
- 4 cloves

garlic, thinly sliced
- 2 Tbsp

brown sugar
- 2

boneless skinless chicken breasts, cubed in small pieces, or cut in bite-sized pieces, 2 inch by 1/4 inch
- 8 oz

white mushrooms, sliced
- 1 bunch

bok choy, chopped
- 2

tomatoes, diced
- 6 oz

bean thread noodles, presoaked in hot water, drained just before using
- 1 cup

fresh cilantro, chopped, leave the stems in
- lime juice, to taste, probably 1-2 Tbsp

PROCEDURE

- (1) In 4 qt pot, begin heating chicken broth and coconut milk on low-medium heat.
- (2) Add the ingredients to the broth, down through the brown sugar, as you prepare them.
- (3) Bring broth to a slow simmer. Never allow it to reach a rolling boil, and do not cover it at any time during cooking.
- (4) When broth is simmering, begin adding remaining ingredients starting with the chicken, as you prepare them in the order listed, stirring regularly.
- (5) Make sure the chicken is fully cooked by the time you add the cilantro. If necessary, allow it to simmer a few extra minutes.
- (6) About a minute after adding the cilantro, taste the soup and add some additional lime juice as desired to punch up the flavor (maybe 1-2 T -- don't overdo it).
- (7) Serve immediately.

NOTES

For a traditional Tom Kha Gai, omit the vegetables (mushrooms, bok choy, tomatoes) and noodles.
For this non-traditional version, other selections of vegetables are possible, which might include snow peas, green onions, cucumbers, etc.
The noodles can be cooked separately (add to boiling water and let stand off heat for 5 to 10 minutes).
Drain and apportion among the soup bowls just before serving the soup.
The solid flavorings that would not be eaten (lemon grass, lemon and lime zests, peppers, ginger, garlic), can be removed with a strainer or slotted spoon from the broth after simmering and before adding the chicken and remaining ingredients.
Additional flavorings can be added to the broth for a more Asian flavor, and can be removed after simmering, e.g., cinnamon stick, star anise, clove, fennel seeds.
Calories per serving 256, from fat 87 (34%).

Rating

Difficulty: straightforward, but more than a dozen prep operations. Time: 1 hour, prep carried out during cooking.

THAI TOM KHA GAI SOUP

SOUP-CHICKTHAI12 – Thai chicken soup with coconut milk, *tom kha gai*, with optionally added rice or noodles

Classic Thai soup.

Serve with rice or noodles to make more substantial.

Source: "Quick from Scratch - Herbs & Spices Cookbook", Food & Wine Magazine. <http://www.cooking.com/recipes>.

INGREDIENTS (4 servings)

- heavy-bottomed pot, 3 qt or larger
- medium glass dish or stainless-steel pan
- large soup bowls, warmed
- 4 chicken breasts, about 3 boneless & skinless, cut into 2-1/2 by 1 1/4-inch strips
- fish sauce, nam pla or nuoc nam
- 1-1/2 Tbsp lime juice
- 38 oz chicken broth or stock
- 3 stalks lemon grass, bottom third only, peeled, smashed, and cut into 2-inch pieces, or 6 strips lemon zest, 3 by 1/4-inch
- fresh ginger, peeled and cut into thirds or thinly sliced crosswise
- 1 inch unsweetened coconut milk (15-ounce can)
- 1-3/4 cups red serrano peppers, seeds and ribs removed, thinly sliced crosswise
- 2 cilantro, chopped
- 3 Tbsp lime wedges

OPTIONAL

cooked rice or cooked bean thread vermicelli or cooked rice noodles

PROCEDURE

- (1) In a non-reactive vessel, combine the chicken strips with the fish sauce and lime juice. Set aside.
- (2) In a large saucepan, bring the broth, lemon grass, and ginger to a simmer. Cook briefly to meld the flavors. Optionally, remove the pieces of lemon grass and ginger.
- (3) Add the coconut milk and bring back to a simmer. Stir in the chicken and marinade and cook until the chicken is just done, about 2 minutes. Stir in the chiles and cilantro.
- (4) Serve, optionally over rice or noodles. Pass lime wedges at the table -- a squirt of lime does wonders.

NOTES

Do not overcook the chicken -- cook only a short time at no more than a simmer.

Calories per serving 506, from fat 41%, from carbs 28%.

Rating

Difficulty: ? Time: ?

THAI TOM KHA GAI SOUP

SOUP-CHICKTHAI13 – Thai chicken soup with coconut milk, *tom kha gai*, with optionally added rice

This is a mild but spicy chicken soup. It can also be made with shrimp, pork, beef or mushrooms.

From "Muoi Khuntlanont's Thai Kitchen", http://www.chetbacon.com/thai-html/Tom_kha_kai.htm.

INGREDIENTS (4 servings)

- heavy-bottomed pot, 2 qt or larger
- large soup bowls, warmed
- 4 chicken stock or water
- 16 oz kaffir lime leaves, rolled to crack them to release the flavor, but otherwise intact
- 2 piece lemon grass, bruised to release flavor
- 2 inch cube galangal ("kha"), sliced thinly.
- 1 inch fish sauce (or to taste)
- 4 Tbsp lime juice (or to taste)
- 2 Tbsp chicken breast, cut into smallish bite sized pieces
- 4 oz coconut milk
- 5 oz small red chilies, slightly crushed.
- ? cilantro leaves, to garnish.

PROCEDURE

- (1) Heat the stock, add the lime leaves, lemon grass, galangal, fish sauce, and lime juice. Stir thoroughly, bring to a boil, add the chicken and coconut milk, bring back to the boil, lower the heat to keep it simmering and cook for about 2 minutes (until the chicken is cooked through).
- (2) Serve, optionally with cooked jasmine rice.

NOTES

Note the number of red chilies is a personal choice. It can be as few as half a chili per diner, to as many as 8-10 per diner, but the dish should retain a balance of flavors and not be overwhelmed by the chilies. Personally I would suggest about 8-12 chilies for this recipe.

Not really intended to be eaten as a separate course, you could serve it with just a serving of steamed white (jasmine) rice, or together with a Thai meal. This quantity serves 4 with other food, but is probably only enough for two if eaten separately.

Substitutions if ingredient not available: *kaffir lime leaves*, omit or replace with lemon or lime zest with a bit of juice plus basil or bay leaf; *lemon grass*, replace with lemon zest with a bit of juice; *small red chilies* (*Thai chilies*), replace with *vriacha* (Thai chile sauce), or dried chile flakes or powder (1 Tbsp ~ 10 chilies), or fresh red serrano chiles thinly sliced crosswise with seeds and membranes having been removed if less heat wanted; *galangal*, replace with fresh ginger; *fish sauce*, replace with soy sauce and lime juice.

Rating

Difficulty: ? Time: ?

ROASTED CORN SOUP

SOUP-CORN-ROAST – roasted corn soup

Recipe by Bobby Flay, 1999. Published by Television Food Network, 2006, Episode#: HG1C27; http://www.foodnetwork.com/food/recipes/recipe/0,,FOOD_9936_6168,00.html.

INGREDIENTS (8 servings)

pot, 3 qt
immersion blender or food processor

- 6 ears
- 2 Tbsp
- 1 Tbsp
- 1
- 1 Tbsp

1 cup

5 cups

1 cup

fresh chives, finely sliced

PROCEDURE

- (1) Scrape the kernels from each ear of the roasted corn with a sharp knife.
- (2) In the pot over medium heat, heat the butter and oil. Add the onion and garlic and cook until soft.
- (3) Raise the heat to high, add the wine and cook until reduced.
- (4) Reduce the heat to medium, add the corn and sweat for 5 minutes.
- (5) Add the stock and bring to a boil. Reduce the heat and simmer, uncovered for 20 minutes.
- (6) Place the mixture, in batches, in a food processor and blend until smooth, or use an immersion blender.
- (7) Return the mixture to the pan and heat over medium-low heat. Stir in the cream and cook, until hot, about 1 minute.
- (8) Divide among 8 bowls and garnish with chives.

NOTES

To roast corn: If with husks, spread and leave fastened to stem end, remove silk, then pull husks back over ear and tie with string close to open end. If without husks, wrap each ear in foil. Put wrapped corn on grill for 15-25 minutes, or put in oven at 400 degrees.

Rating

Difficulty: ? Time: ?

NOTES

?

Rating

Difficulty: ? Time: ?

GAZPACHO SOUP - I

SOUP-GAZPACHO1 – gazpacho soup

A cold soup, thick enough to be the main element of a light meal, fresh enough to be particularly suitable for hot summer weather.

From JZR.

INGREDIENTS (4 servings)

blender or food processor

- 1
- clove garlic*
- 1/2
- small onion, diced*
- 1/2
- green pepper, seeded and sliced*
- 3
- ripe tomatoes, quartered*
- 1
- small cucumber, peeled and seeded*
- 1 tsp
- salt*
- 1/4 tsp
- pepper*
- 2 Tbsp
- olive oil*
- 3 Tbsp
- wine vinegar*
- 1/2 cup
- ice water*

PROCEDURE

- (1)
- Put ingredients into processor, blend for 3 (??) seconds or until last slice of cucumber is pulled down into cutting blades.
- (2)
- Chill in refrigerator. Also chill serving bowls.
- (3)
- Serve with plain or cheese croutons, and optionally with small-diced onion, green pepper, and cucumber.

NOTES

The chilling of the gazpacho can be bypassed by centering an ice cube in each serving dish.

Rating

Difficulty: easy. *Time:* 1/2 hour.

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THREE PEPPER GAZPACHO SOUP

SOUP-GAZPACHO2 – three pepper gazpacho soup, made with red, green and yellow bell peppers, onion, cucumber and tomato, seasoned with olive oil and vinegar, and cilantro and parsley

Hard to go badly wrong with gazpacho. However, this recipe, with a relatively startling mix of flavors, is the best we have tried.

Use croutons at least as a garnish.

From ACTUEL, page 54; see also: LAROU, page 459; IZR; CUISINART, page 36; GISSLEN, page 54; CIA, page 490.

INGREDIENTS (serves 6-8; about 2-1/2 quarts)

food processor; a 14-cup bowl is just large enough
mixing bowl, 3--quart or larger
small sauté pan, for preparing croutons

- 2 cloves garlic
- 1 green bell pepper, seeded and cut in 1 inch pieces
- 2 red bell pepper, seeded and cut in 1 inch pieces
- 1 yellow bell pepper, seeded and cut in 1 inch pieces
- 2 cucumbers, halved, seeded and cut in 1 inch pieces
- 5 tomatoes, halved, seeded, and cut in 1 inch pieces

- 1 cup V-8 juice
- 1/3 cup olive oil
- 1/3 cup rice wine vinegar
- 1/2 tsp pepper, or to taste
- 1/8 tsp salt, or to taste
- 3 Tbsp cilantro, chopped, or more, to taste
- 2 Tbsp parsley, chopped

GARNISHES:
croutons, optionally seasoned with ground clove or other spice

chives, about 1/4 cup in 1/2-inch sections, and several spears per serving.
each of red bell pepper, green bell pepper, red onion; all diced brunoise

PROCEDURE

- (1) In the food processor, chop finely several cloves of garlic. Add to the bowl the peppers, cucumbers and tomatoes, cut into similar-sized pieces. Purée coarsely by pulsing. Transfer the purée to a mixing bowl
- (2) Fold in the V-8 juice, oil and vinegar. Season with the cilantro, parsley, pepper and salt.
- (3) Chill well, if necessary by holding briefly in a freezer compartment.
- (4) Prepare the croutons. Over medium heat, melt 2 Tbsp butter in a small fry pan. Add 2 cups of 1/3-inch cubes of rye bread. Toss until the croutons are lightly browned. Add more butter as needed. When nearly done, optionally add seasonings; one can recommend several pinches of ground clove.
- (5) Prepare the other garnishes.
- (6) When the soup is cold, plate it with the vegetable garnishes arranged on top. Perhaps sprinkle some chive sections about the center, distribute small amounts of the chopped vegetables in several groups, and top with several chive spears. Serve the croutons separately, for individuals to use at the table.

NOTES

As a main course, this amount serves half as many, 3 to 4 persons, with 2 to 3 bowls per person. An excellent light meal if followed by a rich dessert.

Will hold overnight in a refrigerator.

Other possible additions to the soup: a stalk of celery, several moistened slices of white bread (part of the classic recipe), lemon juice instead of vinegar, shallot instead of onion, chervil instead of cilantro, an ice cube when serving, small-diced tomato or cucumber among the garnishes.

Rating

Difficulty: easy. Time: With a food processor, 30 minutes for the soup; 15 minutes for the croutons, and another 15 minutes for the other garnishes.

CLASSIC GAZPACHO SOUP

SOUP-GAZPACHO3 – classic gazpacho soup, from Seville

Simple, indeed minimalist, fast and easy to make, absolutely excellent.

Gazpacho is one of the great national foods of Spain. This is a Seville gazpacho, the recipe passed on by Gypsy flamenco dancers, with the message that gazpacho is fresh tomatoes, cucumbers and bell pepper, a little garlic, some oil and vinegar, bread and salt. Nothing more, nothing less.

The recipe, *Classic Gazpacho*, was published by Katy McLaughlin in the *Wall Street Journal*, July 28-29, 2007.

See also an essentially identical recipe for a Málaga gazpacho, by Manola Drozdowski, a home cook, published in 1968 by Craig Claiborne in the *New York Times*, and republished in the *New York Times*, July 23, 2006, by Amanda Hesser: *Recipe Redux; 1968: Gazpacho*.
<http://select.nytimes.com/search/restricted/article?res=F30A11F734540C708EDDAE0894DE404482>

INGREDIENTS (6 servings)

food processor

pitcher, 2 qt, for serving the gazpacho

5-in sq. hunk of stale baguette bread, crusts removed, equivalent to 2 or 3 thick slices of good white bread

1 small garlic clove

1 medium-sized cucumber, roughly chopped, about 1-1/2 cups

1 red bell pepper, cored, seeded and roughly chopped

3 large beefsteak tomatoes or 4 small ones, cored and roughly chopped, about 3 cups

1/3 cup extra-virgin olive oil

2 tsp sherry or red wine vinegar, or a bit more, to taste

1/2 tsp salt

PROCEDURE

- (1) Soak bread in cold water for 10 minutes.
- (2) Peel garlic, drop into blender and blend until finely minced.
- (3) Squeeze bread until as dry as possible and put in blender, along with cucumber. Blend to smooth, adding a bit of the oil if it doesn't liquefy.
- (4) Once smooth, add peppers and blend to smooth, then add tomatoes and blend. Add the oil, vinegar and salt, blend, then taste, adding more vinegar and salt as needed.
- (5) Transfer to serving pitcher. Chill. Serve in a glass over ice, as an appetizer or soup, or as a beverage to be drunk with a meal or alone, like iced tea.

NOTES

Bread is an essential ingredient of classic gazpacho. Often it is replaced, impurely, by a garnish of croutons.

This recipe by Katy McLaughlin was published as an insert in a larger article on gazpacho, by Andrew Friedman, in the *Wall Street Journal*. He describes the history of the soup: A form of gazpacho may have been introduced into Spain first by the Moors, who invaded in 711, or it may derive from a Roman or earlier dish, as a purée of bread, olive oil, garlic, vinegar and water. Tomatoes, which arrived following Columbus, were added ca 1750 as an ingredient. Gazpacho is first documented in the U.S. in an 1824 cookbook.

The Hesser article in the *New York Times* gives a recipe by Michael Tusk for a deconstructed gazpacho, seriously worthy of a taste.

Rating

Difficulty: ? Time: ?

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LEEK AND POTATO SOUP

SOUP-LEEK-POTAT – leek and potato soup: *potage parmentier*; *soupe bonne femme*
Potage parmentier.

Simple and good.

Recipe makes about two quarts of soup.

From JC, page 37.

INGREDIENTS (6 to 8 servings)

3 to 4 qt saucepan
food mill

- 3-4 cups potatoes, or 1-2 lb, peeled and sliced or diced
- 3 cups leeks, or 1 lb, thinly sliced, including the tender green, or yellow onions
- 2 qt water
- 1 tsp salt
- salt & freshly ground white pepper, to taste

- 4-6 Tbsp whipping cream or 2-3 Tbsp softened butter
- 2-3 Tbsp minced parsley or chives

PROCEDURE

- (1) Simmer the vegetables, water and salt together, partially covered, for 40 to 50 minutes, until the vegetables are tender.
- (2) Pass the soup through a food mill. Correct seasoning (salt & freshly ground white pepper) Set aside uncovered.
- (3) Just before serving, reheat to the simmer. Off heat, stir in the cream or butter by spoonfuls. Pour into a tureen or into soup cups and decorate with the herbs.

NOTES

The soup may be prepared ahead, up to the last step.

Leek and potato soup is the basis for familiar variations: water-cress soup (*potage au cresson*) and *vichyssoise*.

A cup or two of other vegetables can be added during cooking or just before serving:

Add at the start of cooking:

- sliced or diced carrots or turnips;
- peeled, seeded, and chopped tomatoes, or strained canned tomatoes;
- half-cooked dried beans, peas or lentils, including their cooking liquid.

Add 10 to 15 minutes before cooking complete:

- diced cauliflower, cucumbers, broccoli, Lima beans, pes, string beans, okra, or zucchini.
- To be heated in the soup just before serving:
- diced, cooked leftovers of any of above vegetables;
- tomatoes, peeled, seeded, juiced, and diced.

Rating

Difficulty: easy. *Time*: 30 minutes.

LENTIL SOUP

SOUP-LENTIL – lentil soup

A heavy, rich soup, suitable for a dinner main course, as well as for a luncheon or supper. Optionally, garnish with ketchup, passed at the table.

From JZR.

INGREDIENTS (makes 7 quarts)

- 8-10 qt stock pot
- 5 qt water
- 2-1/2 lbs meaty ham hock, or 8 small hock ends (6 lbs), or 1⁺ lb ham, to obtain 16 oz lean meat
- 2 large onions, 3/4 to 1 lb, small or medium dice
- 2 lbs dried lentils washed
- salt and pepper, to taste
- 1 large potato, 3/4 lb, small or medium dice

PROCEDURE

- (1) Bring water to boil. Add ham hocks. After return to boil, cover, and turn heat down to simmer. Cook 2-1/2 hours. Not much water should be lost through evaporation. At end of cooking, remove ham hocks, pick them over for lean meat (this can take time). Cut meat into pieces and reserve for later. Degrease stock.
- (2) Add the lentils and diced onions to the ham water. Simmer for 45 minutes. Be sure the liquid does not reduce and the lentils do not stick and burn.
- (3) Add potatoes and ham pieces. Add salt and pepper to taste. Be cautious with the salt — none may be needed, as ham and ham hocks can be quite salty. Simmer for 1/2 hour.
- (4) If water has evaporated, add water to desired thickness. Optionally add frankfurter slices, and simmer until these are hot.

NOTES

The soup reheats nicely, and perhaps is better the second day.
It also freezes well.
A too thin soup is not a problem: just high grade the good stuff.
If ham hocks or ham bones are unavailable for making a well-flavored stock, or are undesirable to use because of salt, consider using a good quality stock or concentrated stock base: vegetable, beef, ham. In this case the meat need not be ham, and indeed the soup might be made vegan.
Calories per 1-cup serving, incl. 1 lb ham & not incl. extra franks: 146 cal, 14 cal from fat (10%).

Rating

Difficulty: easy. Time: 1/2 hour preparation, 4 hours to cook.

SOUPE À L'OIGNON

SOUP-ONION – Parisian onion soup, optionally *gratinée*

A "light but hearty soup" with a deep rich flavor. Not a "homeopathic soup that was made by boiling the shadow of a pigeon that had been starved to death" (A. Lincoln, as quoted by MFKF). With a salad and fruit and coffee, this onion soup makes a meal.

From JC., page 43, and MFKF, page 212.

INGREDIENTS (3-4 servings)

- 3 qt *heavy-bottomed saucépan or casserole*
soup tureen; optional and in any case not needed if soup cooked in a casserole
- 2 or 3 *sweet onions*, thinly sliced, at least 2- 1/2 cups, 4 cups better
- 3 Tbsp *butter*
- 1/2 tsp *salt* (omit if use canned beef consommé with high salt content)
- 3 Tbsp *sugar*, to help caramelize the onions
- 3 Tbsp *flour*
- 1-1/2 qt *beef consommé with gelatin or brown stock*
- 1 cup *dry white wine or dry white vermouth*
salt and pepper to taste
- 2 Tbsp *Cognac or Calvados*
- 6-8 slices *French bread*, 3/4 to 1-inch slices toasted, or *rye bread*, sliced thin and toasted
- olive oil*
- 1 cup *Parmesan* or *Swiss* cheese, grated
- 2 oz *Swiss cheese*, cut in very thin slivers; optional
- 1 Tbsp *grated raw onion*; optional

PROCEDURE

- (1) Cook onions slowly with the butter, @4, covered, for 15 minutes.
- (2) Uncover, turn heat to moderate, @5, add salt and sugar. Cook for 30-40 minutes, stirring often, until onions are an even, deep, golden brown.
- (3) Sprinkle in the flour and stir for 3 minutes.
- (4) Turn heat down, to @2-3, stir in the boiling beef consommé or stock and the wine, and season to taste. Simmer partially covered for 30 minutes or longer, skimming if necessary. Correct seasoning. At this point the soup can be set aside until ready to serve, at which time reheat to the simmer.
- (5) Before serving, add the Cognac or Calvados.
- (6a) Pour soup into the tureen or directly into soup cups over the rounds of bread, the *croûtes*. Pass the cheese separately.
- (6b) For *croûtes au fromage*: spread the toasted rounds with grated cheese and sprinkle with olive oil; brown under a hot broiler; then pour soup into the tureen or directly into soup cups over the rounds of bread.
- (6c) For *soupe à l'oignon gratinée*: heat the oven to 325 F; with the soup at the boil, stir in the slivered cheese and grated onion; pour soup into tureen or soup pots; float rounds of toast on top of the soup, spread grated cheese over them, sprinkle with oil or butter, and bake for 20 minutes at 325 F; set for several minutes under broiler to brown the top slightly; serve immediately.

NOTES

To make the toasted rounds, place the bread in a pan and bake in a 325 F pre-heated oven for about 30 minutes, until dry and lightly browned. Halfway through the baking, baste each side with olive oil. Rub each piece with garlic after baking.

Rating

Difficulty: easy. *Time*: 2-1/2 hours, much of time with only partial attention to the simmering.

BREAD-BASED ONION SOUP

SOUP-ONION2 – bread-based onion soup, Ali-Bab’s soupe à l’oignon gratinée

An unusual soup – a panade with onions and cheese. It works.
This recipe was published in 1907 in "Gastronomie Pratique", by Ali-Bab, a pseudonym for Henri Babin-ski, a world-traveling French mining engineer and gourmet. The book was published in translation in 1974. The New York Times published the recipe, first in 1974, in an article by Craig Claiborne, and more recently as part of a series by Amanda Hesser.
New York Times, Food: Recipe Redux, by Amanda Hesser, 02/11/2007 – "1907: Soupe à l’Oignon Gratinée".

INGREDIENTS (6 servings)

- large sauté pan
- 5-quart casserole
- saucepan
- 1 baguette, cut into 1/2-inch slices (about 25 to 30)
- 5 Tbsp butter, softened
- 9 oz Emmental cheese, finely grated
- 8 medium yellow onions, thinly sliced (about 12 cups)
- 4 Tbsp butter,
- 1 cup tomato purée
- 1 Tbsp kosher salt, more to taste

PROCEDURE

- (1) Oven to 350 F.
- (2) Toast the baguette slices and let them cool. Spread a generous layer of butter on each slice (you will need about 5 tablespoons), then lay the slices close together on a baking sheet and top with all but 1/2 cup of cheese.
- (3) In a large sauté pan melt the remaining 4 tablespoons butter over medium heat. Add the onions, season with salt and sauté, stirring occasionally, until very soft and golden, about 15 minutes.
- (4) In a 5-quart casserole, arrange a layer of bread slices (about 1/3 of them). Spread 1/3 of the onions on top, followed by 1/3 of the tomato purée. Repeat for two more layers. Sprinkle with the remaining 1/2 cup cheese. To avoid boiling over, the casserole must not be more than 2/3 full.
- (5) In a saucepan, bring 1-1/2 quarts water to a boil. Add the salt. Very slowly pour the salted water into the casserole, near the edge, so that the liquid rises just to the top layer of cheese without covering it. (Depending on the size of your casserole, you may need more or less water.)
- (6) Put the casserole on the stove and simmer uncovered for 30 minutes, then transfer to the 350 F oven and bake uncovered for 1 hour. The soup is ready when the surface looks like a crusty, golden cake and the inside is unctuous and so well blended that it is impossible to discern either bread or cheese or onion. Each person is served some of the baked crust and some of the inside, which should be thick but not completely without liquid.

NOTES

None.

Rating

Difficulty: ? Time: ?

LES HALLES FRENCH ONION SOUP

SOUP-ONION3 – Les Halles French onion soup

KAMMAN, page 200.

INGREDIENTS (6 servings)

3-quart casserole

- 6 very large onions, thinly sliced
- 3 Tbsp butter
- OPTIONALLY, if need more oil
- 3 Tbsp olive oil
- 1 cup dry white wine
- 6 cups cold water or for a richer soup, beef stock or chicken stock
- bouquet garni (parsley, bay leaf, thyme)
- 1/4 cup Madeira or sherry
- salt and freshly ground black pepper to taste
- 6 slices French bread, cut on slant, lightly toasted
- 6 slices Gruyère cheese, 3-inch square, 1/8-inch thick

PROCEDURE

- (1) Sauté onions in butter with the optionally added oil at medium-high heat until moisture has evaporated. Reduce heat to medium, and continue sauté until onions browned. Turn the onions frequently.
- (2) Add the cup of white wine and reduce until nearly dry.
- (3) Add the water or stock. Simmer 45 minutes at low heat. There should be at least 5 cups total remaining.
- (4) Adjust seasonings. Add sherry or Madeira.
- (5) Float toast with the slice of cheese on top of the soup. Broil 2 minutes.

NOTES

None.

Rating

Difficulty: ? Time: ?

GREYSTONE GRUYÈRE ONION SOUP

ONION-SOUP4 – Greystone Gruyère onion soup

Onion soup with a Gruyère soufflé topping. Startlingly good.

From Polly Lappetito of the Wine Spectator Greystone restaurant at the Napa Valley branch of the CIA. Published in the Wall Street Journal, December 17, 2006: CHEFS AT HOME/Polly Lappetito, "It's a Souf-fle; No, It's a Soup."

INGREDIENTS (6 servings)

- large saucepan
- baking sheet
- medium saucepan
- large mixing bowl
- electric mixer, with whisk and bowl
- ovenproof soup bowls, about 5-inch diameter

- 2 Tbsp olive oil
- 3 large yellow onions, very thinly sliced
- freshly ground black pepper
- 2 tsp kosher salt

- 1/4 cup white wine
- 8 cups chicken broth or chicken stock
- 1 dried bay leaf
- 2 tsp fresh thyme leaves
- 1 Tbsp sugar
- 1 Tbsp fresh lemon juice

- 6 slices thin, soft, white bread

- 4 Tbsp unsalted butter
- 4 Tbsp all-purpose flour
- 1-1/2 cups whole milk or part-skim milk
- 1-1/2 cups grated Gruyère cheese
- pinch cayenne pepper
- 2 Tbsp white wine
- 1 tsp fresh lemon juice
- 1/2 tsp kosher salt

- 6 large egg whites, at room temperature
- 1/4 cup grated Parmesan cheese

- 6 thin slices Gruyère cheese

PROCEDURE

- (1) Preheat oven to 350 F.
- (2) In a large saucepan, warm the olive oil over medium heat. Add the onions, pepper and 2 tsp salt. Cook over low heat, partially covered, stirring occasionally, until well-caramelized, 30 to 40 minutes.
- (3) Raise heat to high and add the 1/4 cup wine, scraping up any onion bits from the bottom of the pan. Boil for 1 minute. Add the stock, bay leaf and thyme. Bring to a boil, reduce heat to low, and simmer for 20 minutes. Stir in the sugar and 1 Tbsp lemon juice. If not using right away, allow soup base to cool to room temperature and refrigerate.

- (4) While soup base simmers, trim the bread to fit inside individual soup bowls about 5 inches in diameter. Place trimmed bread slices on a baking sheet and toast in oven until lightly golden, about 10 minutes. Remove from oven and set aside. If making ahead, cool and store in a seal-able plastic bag at room temperature.
- (5) Make the soufflé batter: in a large saucepan, melt butter over medium-low heat. Add flour and whisk continuously until the roux is well blended and beginning to bubble. Add half of the milk, whisking continuously, until the milk is completely blended and there are no lumps. Repeat with the remaining milk. Raise the heat so that mixture is gently bubbling. Continue to whisk until sauce is smooth, shiny and thickened to the consistency of pudding, about 4 min-utes. Add the grated Gruyère cheese and stir until completely melted into the sauce. Stir in the cayenne, 2 Tbsp wine, 1 tsp lemon juice and 1/2 tsp salt. Remove from heat and set aside; or, if using later, cool, cover with plastic wrap and refrigerate.
- (6) About 15 minutes before you want to serve the soup, preheat the oven to 400 F. Gently reheat the onion soup base over medium heat. Season again with lemon juice and salt, if needed. Remove from heat.
- (7) In a large bowl with an electric mixer, beat the egg whites to a medium-stiff peak. Pour the soufflé batter into another large bowl. With a rubber spatula, gently fold in 1/3 of the egg whites into the batter. Repeat with remaining egg whites and stir in the Parmesan cheese, fold-ing the mixture until completely combined.
- (8) Fill ovenproof soup bowls 3/4 full of soup. Top with 1 crouton and then a slice of Gruyère. Using a rubber spatula, gently spoon 1/6 of the soufflé batter onto the crouton. Carefully place the soup bowls onto a baking sheet and transfer to the oven. Bake until the soufflé is well-risen and golden brown, about 20 minutes. Serve immediately.

NOTES

None

Rating

Difficulty: complex. Time: prep time 1 hour (50 minutes advance, 10 minutes to finish); cook time 20 min-utes.

RED LENTIL SOUP WITH LEMON

SOUP-REDLENTIL – red lentil soup with lemon and cilantro

From *New York Times*, January 9, 2008, by Melissa Clark:
<http://www.nytimes.com/2008/01/09/dining/09larex.html?ref=dining>
and <http://www.nytimes.com/2008/01/09/dining/09appe.html?ref=dining>.

INGREDIENTS (serves 4)

pot, 3 qt
immersion blender or food processor

- 3 Tbsp
1
2
- olive oil, more for drizzling
large onion, chopped
garlic cloves, minced
- 1 Tbsp
1 tsp
1/4 tsp
1/4 tsp
Pinch
- tomato paste
ground cumin
kosher salt, more to taste
ground black pepper
ground chili powder or cayenne, more to taste
- 1 qt
2 cups
1 cup
1
- chicken broth or vegetable broth
water
red lentils
large carrot, peeled and diced
- 3 Tbsp
- juice of 1/2 lemon, more to taste
fresh cilantro, chopped

OPTIONAL

olive oil
chili powder

PROCEDURE

- (1)
- In a large pot, heat 3 tablespoons oil over high heat until hot and shimmering. Add onion and garlic, and sauté until golden, about 4 minutes.
- (2)
- Stir in tomato paste, cumin, salt, black pepper and chili powder or cayenne, and sauté for 2 minutes longer.
- (3)
- Add broth, 2 cups water, lentils and carrot. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.
- (4)
- Using an immersion or regular blender or a food processor, purée half the soup then add it back to pot. Soup should be somewhat chunky.
- (5)
- Reheat soup if necessary, then stir in lemon juice and cilantro.
- (6)
- Plate soup. Drizzle with good olive oil and dust lightly with chili powder if desired.

NOTES

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Rating

Difficulty: ? Time: ?

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TURKEY SOUP AND TURKEY STOCK

SOUP-TURKEY – turkey soup and turkey stock

Recipe from JZR.

INGREDIENTS (4 quarts)

- pot*, 8 qt or larger, for cooking turkey stock
- pot*, 6 qt, for cooking soup
- large strainer*

TURKEY STOCK

- rack from roast turkey*
- 2 *onions*, quartered
- 2 *large carrots*, cut in large pieces, or an equivalent amount of carrot trimmings
- 4 *stalks celery*, cut in large pieces, or an equivalent amount of celery trimmings
- 20 *black peppercorns*
- 2 tsp *salt*
- handful *marjoram or thyme*
- 4 *bay leaves*, crushed
- 5 *cloves*
- 4 qt *water*, or more as needed to cover

TURKEY SOUP

- 3 qt *turkey stock*
- 3/4 cup *carrots*, peeled, small dice
- 3/4 cup *celery*, small dice
- 1-1/2 cups *onions*, small dice
- 1-1/2 cups *tomatoes*, one large can whole peeled, with tomatoes broken up by hand
- 1-1/2 cups *turkey meat*, pulled or cut up into small bite-sized pieces
- salt & pepper*, to taste
- cooked rice*, kept warm or reheated
- butter*
- parsley*, chopped

PROCEDURE

TURKEY STOCK

- (1) To prepare rack: Remove any remaining dressing from cavity and discard. Reserve all meat easily removed from rack, wings, drumsticks, etc. Break up rack.
- (2) Put broken-up rack into large pot. Add aromatics (onions, carrots, celery) and spices (pepper-corns, salt, bay leaves, cloves). Add water to cover, at least 4 quarts.
- (3) Bring to a boil, reduce heat, simmer for 3 to 4 hours.
- (4) Strain broth, discarding solids. Degrease. Refrigerate or freeze, as appropriate.

TURKEY SOUP

- (1) Put 3 quarts of turkey stock into 6-quart pot, add the diced carrots, celery, and onions, bring to a boil, reduce heat. Simmer until vegetables tender but not soft, about 15 minutes.
- (2) Add tomatoes and reserved cut-up meat. Return soup to a simmer and cook briefly to meld flavors. Adjust seasoning.
- (3) Plate soup in large bowls, adding a small amount of cooked rice (perhaps 1/2 cup) in center of bowl, place a small piece of butter on rice. Garnish with chopped parsley.

NOTES

Calories per cup of soup, 75 (incl. rice, 23 calories); calories from fat, 21.

Rating

Difficulty: ? Time: ?

VICHYSOISE

SOUP-VICHYSOIS – *crème vichyssoise glacée*, leek and potato soup with cream, served chilled

From JC, page 39.

INGREDIENTS (6 to 8 servings)

- 3 cups potatoes, peeled and sliced
- 3 cups white of leeks, sliced
- 1-1/2 qt white stock, chicken stock or canned chicken broth
- 3 to 4 qt saucepan food mill and fine sieve or electric blender
- salt to taste

- 1/2-1 cup whipping cream
- salt and white pepper

- 2-3 Tbsp minced chives

PROCEDURE

- (1) Simmer the vegetables in the stock or broth. Purée the soup either in the electric blender or with a food mill and then pass through a fine sieve.
- (2) Stir in the cream. Season to taste, oversalting slightly as salt loses flavor in a cold dish. Chill.
- (3) Serve in chilled soup cups and decorate with minced chives.

Rating

Difficulty: ? Time: ?

YAM, CARROT, AND ORANGE SOUP

SOUP-YAM-ORANGE – yam, carrot, and orange soup

Reverse engineered from dish served at pasta restaurant in Canmore, BC, summer 2005.

INGREDIENTS (2 quarts)

- pot, 4 qt.

food processor
- 1-1/2 lb

carrots, peeled, cut into 1/2 inch rounds
- 1-1/2 lb

yams, peeled, halved
- 5 cups

vegetable broth
- juice of 4 oranges, strained
- 2 Tbsp

brown sugar,
- 2/3 cup

dill, chopped
- 20 scrapes

nutmeg
- pinch

cayenne
- pinch

cinnamon
- pinch

dried tarragon
- 3 Tbsp

butter
- 4 Tbsp

Cognac (or a bit more)
- salt & pepper, to taste
- yogurt or sour cream
- green onions, chopped
- fresh herbs (tarragon, basil, etc.), chopped

PROCEDURE

- (1) Add carrots, yams, and vegetable broth to pot. Simmer 1/2 hour or until tender.
- (2) Transfer vegetables to food processor, with a small amount of cooking liquid. Purée vegetables. Return purée to pot. Reserve remaining cooking liquid.
- (3) Add strained orange juice, brown sugar (dissolved in a small amount of cooking liquid), chopped dill, and spices (nutmeg, cayenne, cinnamon, tarragon). Bring to a simmer and cook for a few minutes to meld flavors. If necessary add cooking liquid to adjust thickness (texture).
- (4) To finish, add butter and Cognac, and season to taste.
- (5) Plate and garnish with sour cream or yogurt, green onions, and fresh herbs.

NOTES

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Rating

Difficulty: ? Time: ?

SPINACH QUICK-SAUTÉED WITH GARLIC

SPINACH-GARLIC – spinach quick-sautéed with garlic, olive oil, lemon juice, red pepper

Excellent as a first course or as a side dish. Extremely quick and easy.

The tastes in this dish are exceptional: hits from the garlic slivers; hits from the pepper flakes; the mix of olive oil and lemon juice; and of course the taste and texture of the barely cooked spinach>

Recipe by Chris Schlesinger, published by Television Food Network, 2006, Episode#: CL9665

INGREDIENTS (serves 4)

- 1/4 cup extra virgin olive oil
- 20 oz spinach, trimmed, well washed, and dried (or use canisters or bags of prepared spinach from the supermarket)
- 3 cloves garlic, peeled and very thinly slivered (not minced)
- 1 lemon, juiced, or more, to taste
- pinch red pepper flakes or several drops of sriracha, to taste
- kosher salt and freshly ground black pepper, to taste

PROCEDURE

- (1) Because the cooking is almost instantaneous, have all ingredients measured and set in place: the olive oil in the pan, the prepared spinach, the slivered garlic, the lemon juice, the pepper flakes (or add the sriracha to the lemon juice), the salt and pepper. Have the warm serving plates laid out.
- (2) In a large pan, heat the oil over high heat until very hot, almost smoking. Add the spinach and cook, stirring furiously and mixing with the tongs. In about 1 minute the spinach should turn bright green and wilt slightly. Add the garlic and continue to cook, stirring rapidly, for about 30 seconds, until the spinach has largely wilted but not given up all its water (has not lost all its shape). Remove the spinach from the heat, sprinkle the lemon juice (optionally with sriracha) over the top, and add salt and black pepper (and the pepper flakes if not using sriracha). Toss well.
- (3) Plate and serve immediately. The cooking liquid in the pot with the spinach is tasty - olive oil, lemon juice, spinach water, seasonings; divide it also among the plates.

NOTES
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Rating
Difficulty: ? Time: ?

BRUSSELS SPROUTS WITH BACON AND ONION

SPROUT-MENAGERE – Brussels sprouts with bacon and onion, *choux de Bruxelles ménagère*

DIAT, page 376.

INGREDIENTS (6 servings)

sauté pan
sauce pan

1 qt Brussels sprouts

2-3 slices bacon, diced fine
2 Tbsp onion, diced fine
1 Tbsp butter

salt and freshly ground pepper
parsley, chopped

PROCEDURE

- (1) Cut off ends of sprouts and remove any discolored outer leaves. Parboil in salted water until just done, 10 to 15 minutes. Do not overcook. Drain.
- (2) Sauté bacon and onion in butter, until nicely golden.
- (3) Toss well-drained sprouts with sautéed bacon and onion in pan until sprouts are hot. Season to taste. Sprinkle with parsley.

NOTES

None.

Rating

Difficulty: easy. Time: 15 min. prep, 20 min. cook.

ROASTED BRUSSELS SPROUTS

SPROUT-ROAST – roasted Brussels sprouts

Easy and good side dish.

Food Network, Barefoot Contessa, episode# IG1A11.

INGREDIENTS (6 servings)

sheet pan or roasting pan
bowl

1-1/2 lb Brussels sprouts
3 Tbsp olive oil
3/4 tsp kosher salt
1/2 tsp freshly ground black pepper

PROCEDURE

- (1) Oven at 400 F.
- (2) Cut off ends of sprouts and remove any discolored outer leaves. In bowl, toss with olive oil, salt, and pepper.
- (3) Transfer sprouts to pan. Roast until browned and crisp outside and tender inside, about 40 minutes. Shake pan occasionally for even browning.
- (4) Optionally, sprinkle with more kosher salt (if you like salty French fries).

NOTES

None

Rating

Difficulty: easy. Time: 15 min. prep, 40 min. cook.

LONDON BROIL STEAK

STEAK-BROIL-LON – London broil, steak seasoned with garlic, broiled, sliced thin, and served with melted butter
Typically flank steak is used for London broil. The meat must be cooked rare; it is tough if medium or well done.

Sirloin steak broiled this way is even better.

From NYT, page 91

INGREDIENTS (4 to 6 servings)

broiler rack, supported so top of steak is 1-1/2 to 2 inches from broiler heating element

2 lb
2

flank or sirloin steak, about 1-1/2 inches thick"

cloves garlic

good cooking oil

salt and pepper

melted butter

PROCEDURE

- (1) Make cuts in the fat of the steak to prevent curling. Rub steak on both sides with cut garlic. Season both sides with salt and freshly ground pepper.
- (2) Be sure the broiler rack sits so steak is 1-1/2 to 2 inches from broiler. Preheat the broiler. When broiler hot, preheat the broiler rack.
- (3) Grease the hot broiler rack with oil. Place the steak on the rack and brush top with oil. Broil on one side for 5 minutes. Turn the meat. Brush top with oil. Broil second side for 5 minutes. If unsure of doneness, test by making a small deep cut. If not done, cook a bit more on each side. This is not recommended. It is better to turn steak only once.
- (4) Slice steak thinly, diagonally across the grain (knife blade almost level with the top of the meat). This cuts the across the tough fibers and makes the flank steak seem tender. Serve sauced with melted butter.

NOTES

For a well-done piece of sirloin steak, do not just cook a thick steak longer, because the top will char. Better to use a thinner cut to start.

Instead of melted butter, use another sauce: bearnaise, robert, bordelaise, madère, garlic butter, parsley butter, tarragon butter, etc.

Rating

Difficulty: ? Time: ?

ASPARAGUS STIR-FRY

STIRFRY-ASPARAG – asparagus stir-fry

A recipe for vegetable stir-fry, using asparagus. Works with most stir-fry-type vegetables singly or in combination, meat can be added, etc.

INGREDIENTS (serves 3)

wok or deep sauté pan
small bowl, for mixing cooking sauce

1 lb asparagus, 15-18 medium-sized spears, washed and trimmed, cut into 1-in pieces, keeping tips intact, 2-3 cups

2-1/2 Tbsp good cooking oil, optionally including some toasted sesame oil, for flavor

salt & freshly ground pepper

2 small tomatoes, diced small

COOKING SAUCE

1/2 cup chicken stock

2 Tbsp soy sauce

dash sriracha or Tabasco

1/2 tsp sugar

cornstarch

2 Tbsp fermented black beans or black bean sauce

1 clove garlic, peeled and smashed

1 ginger root, in 10 very thin slices

PROCEDURE

- (1) Wash and trim the asparagus spears, and cut them into about 1-in pieces. Dice small the 2 (vine) tomatoes.
- (2) Prepare the cooking sauce: mix together the chicken stock, soy sauce, sriracha, sugar, and cornstarch, and stir well to combine; add the black beans or black bean sauce, smashed garlic, and sliced ginger root, and stir well; let stand 10 minutes or longer so the flavors meld and the fermented black beans, if used, rehydrate.
- (3) Place the wok over very high heat. Add the oil. When the oil is very hot (trembling, nearly smoking), add the cut asparagus. Stir-fry, tossing, until the surface of the asparagus shows some browning, about 1 minute if the heat is sufficiently powerful.
- (4) Reduce heat to low, add the cooking sauce, stir well, cover, cook for 3 minutes, or until the asparagus is crisp tender and the sauce thickened.
- (5) Add the diced tomatoes, cover, and heat for 1 minute.
- (6) Serve immediately, with rice or noodles.

NOTES

Add other vegetables with the asparagus e.g., onions halved then quartered and the leaves separated

Finish with a dash of brandy and a knob of butter.

Use other garnishes, e.g., green onions sliced on the bias, basil, cilantro, etc.

Calories per dish 506, from fat 348 (69%). The cooking oil is where the calories come from.

Rating

Difficulty: ? Time: ?

GREEN ONION BEEF WITH NAPPA CABBAGE

STIRFRY-BEEF-CA – beef marinated with soy sauce, wine, sesame oil, chili paste, ginger and green onions, then stir-fried and served with stir-fried nappa cabbage and miso sauce

From Wintermute Photo Gallery, posted January 22, 1999; <http://mute.starweb.net/recipes.shtml>.

INGREDIENTS (4 servings)

large wok or fry pan
dishes for reserving meat and cabbage

- 1-1/2 lb beef steak, trimmed, then thinly sliced against the grain and on the bias
- 7 green onion bottoms, sliced on the bias into 1-inch segments

Marinade:

- 3 Tbsp soy sauce
- 1-1/2 Tbsp chinese cooking wine, or use sherry
- 1-1/2 Tbsp good cooking oil
- 1-1/2 tsp sesame oil
- 1-1/2 tsp hot chili paste, e.g., sambal olek
- 1-1/2 Tbsp fresh ginger, finely diced
- 1-1/2 Tbsp garlic, finely chopped
- 1/2 tsp salt
- 1-1/2 tsp sugar

- 1 head nappa cabbage or bok choy (about 1-1/2 lb)
- 2 Tbsp good cooking oil
- 1-1/2 Tbsp chinese cooking wine, or use sherry
- salt
- freshly ground black pepper

Sauce:

- 1.5 Tbsp yellow miso paste
- 3 Tbsp good cooking oil
- combined juices from stir-frying of meat and cabbage
- 7 green onion tops, sliced on bias into 1-inch segments
- freshly ground black pepper

PROCEDURE

- (1) Marinate the thinly sliced beef and the green onion pieces with the soy sauce, wine, cooking oil, sesame oil, hot chili paste, ginger, garlic, salt, and sugar.
- (2) On high heat, stir-fry beef until on the light side of rare. Add the sliced green onions at the end, so they stir-fry only briefly. Reserve the meat, green onions, and sauce.
- (3) Stir-fry the slices from the bottom of the cabbage head in the oil, adding salt to taste. When done, lower the heat, add the wine and steam the remaining upper leafy segments of the cabbage. Lightly season with salt and freshly ground pepper. When done, reserve the cabbage and sauce.
- (4) Heat the oil in the wok, add the yellow miso paste, mix, and cook briefly. Add the sauces from the meat and cabbage, and reduce by half. Add the reserved beef and cabbage to the pan, and reheat.
- (5) Serve, garnished with the green onion tops and freshly ground pepper. Accompany with steamed white rice.

NOTES

- Do not overcook the cabbage.
- Be sure there is enough sauce left after the reduction.
- Optionally, increase the amounts of ginger and garlic in the marinade of step 1, and of sherry in step 3.
- Perhaps try with chicken or pork.

Rating

Difficulty: easy Time: 3/4 hour, mostly preparation.

GINGER CHICKEN

STIRFRY-CHIC-GI – chicken stir-fried in ginger, with peppers, onions, mushrooms, and sauce

Gai pad kling.

Simple, quick, delicious. Can be made with pork or beef, or with shrimp.

From Makan Time web site, about Singapore, under Thai cooking: <http://www.sintercom.org/makan/>; the source references Mui Khuntilanont.

INGREDIENTS (serves 2)

large sauté pan or wok

1 cup *chicken*, about 2/3 lb, cut into bite-sized pieces (1.5"x.5")

1 Tbsp *garlic*, chopped

3 Tbsp *peanut oil*

1 Tbsp *fish sauce*

1 Tbsp *dark soy sauce*

1 Tbsp *oyster sauce*

1 Tbsp *black bean sauce*, optional

1 cup *mushrooms*, (4 oz),sliced

3 Tbsp *fresh ginger*, grated or finely chopped

3 Tbsp *onion*, chopped

2-3 *red chilies (prik ki nu)*, slivered; or replace by 1-1/2 serrano and 1/2 Anaheim, slivered

1/2 *red bell pepper (prik chi fa)*, slivered; OPTIONAL

3 Tbsp *scallion/green onion*, cut into 1" pieces

ground black pepper (prik thai)

sugar

crushed hot red pepper or dash of *sriracha*, optional

1/2 *lemon*, zested, optional

3-4 *bulbs of scallions*

cilantro leaves

PROCEDURE

- (1) Mix fish, soy, oyster, and optionally black bean sauces, ready for use.
- (2) Bring the oil to the smoking point on highest heat (@ 10) in the sauté pan, add the chicken and garlic, and stirfry until the chicken begins to change color. This is quick, so don't overcook. Add the sauce mix and stir until it bubbles. Add remaining ingredients, and stir until the chicken is cooked.
- (4) Garnish with the scallion bulbs and cilantro leaves. Serve with steamed rice.

NOTES

The recipe for pork is identical. For beef, marinate in a mixture of 2 Tbsp whiskey and the sauce mix; retain the marinade to add to the stir-fry.

Because the stir-fry at high heat is fast and one moves swiftly, before starting have all ingredients measured and prepared on plates ready to add.

There can be a saltiness problem: fish sauce is very salty (2x standard soy sauce). Don't use soy superior sauce, which is as salty as fish sauce. Dark soy sauce has about the saltiness of standard soy sauce.

The amounts of the sauce ingredients (fish, soy, oyster) are half the original recipe amounts and should be adjusted to taste.

Because the temperature must stay high for the stir-fry of the meat, do not cook more than 1-1/2 lbs meat at one time in a 12" fry pan.

Rating

Difficulty: easy, except a good bit of chopping. *Time:* 1 hour.

QUICK STIR-FRIED SNOW PEAS

STIRFRY-QUIK-PE – snow peas stir-fried with garlic, ginger, soy sauce, peanut oil, sesame oil
Excellent. Great flavor from toasted sesame oil and soy sauce.

Recipe by Mark Bittman, published by New York Times, April 30, 2008.

INGREDIENTS (serves 4)

deep skillet or wok
small saucepan

- 2 Tbsp *peanut oil* and another Tbsp for sauce
- 1 1/2 lb *snow peas*, baby, washed and trimmed, or *sugar snap peas*
- 1 Tbsp *minced ginger*
- 1 Tbsp *minced garlic*

1 teaspoon *dark toasted sesame oil*
1-2 Tbsp *soy sauce*

PROCEDURE

- (1) In a small pot over low heat, warm 1 tablespoon peanut oil with the teaspoon sesame oil.
- (2) Place the remaining 2 tablespoons peanut oil in a large deep skillet or wok and turn heat to high. When it begins to smoke, toss in peas and cook, stirring almost constantly, until they are glossy, bright green and begin to show a few brown spots, about 2 minutes or a bit longer. When peas are almost done, stir in ginger and garlic, and cook another minute or so. Turn off heat and remove peas to a platter.
- (4) Drizzle with heated oils and soy sauce. Taste and adjust seasoning, and serve.

NOTES

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Rating

Difficulty: ? Time: ?

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STIR-FRIED SHRIMP WITH BLACK BEANS

STIRFRY-SHRI-BB – shrimp marinated with garlic, sesame oil, soy sauce, sugar, then stir-fried with bok choy, fermented black beans, ginger, stock, aromatics

Excellent. Good basic stir-fry, with exceptional flavors added from fermented black beans and toasted sesame oil. Easily varied and adapted to what is on hand, through substitution of other seafood or meat or tofu for shrimp, and other vegetables for bok choy.

By omitting the shrimp and doubling the amount of vegetables, and using a mix of them, one has an excellent vegetable stir fry.

Recipe by Mark Bittman, published by New York Times, March 26, 2008.

INGREDIENTS (serves 4 or more)

- wok or large skillet
- small bowl, for soaking fermented black beans
- large bowl, for marinating shrimp
- warm serving plate
- wok or large skillet
- fermented black beans, sold in Asian markets
- dry sherry or white wine or water
- uncooked shrimp, in the 20 to 30 per pound size range, peeled
- sugar
- 1/2 tsp
- 1 Tbsp
- soy sauce
- garlic, sliced
- 1 clove
- 1 tsp
- dark sesame oil
- 1 tsp
- salt, can omit [lots of salt in beans and soy sauce]
- peanut or vegetable oil
- 1 Tbsp
- minced garlic
- peanut or vegetable oil
- 1 Tbsp
- fresh ginger, peeled and minced or grated
- 1 Tbsp
- bok choy or other cabbage, trimmed, washed and dried,
- 1 lb
- chicken stock or white wine or water
- 3/4 cup
- minced scallions
- 1/4 cup
- 1 tsp
- sugar
- 1 tsp
- soy sauce
- 1 Tbsp
- oyster sauce, optional
- 2 Tbsp
- dash
- sriracha or Tabasco, optional
- tomatoes, diced small, optional
- 1/2-1 cup
- 1 tsp
- dark sesame oil, or a bit more

PROCEDURE

- (1) In small bowl, soak black beans in sherry, wine or water. In large bowl, marinate shrimp in 1/2 teaspoon sugar, 1 tablespoon soy sauce, sliced garlic, 1 teaspoon sesame oil, and optionally 1 teaspoon salt [remember: lots of salt in black beans and soy sauce].
- (2) Separate bok choy leaves from stems. Chop stems into 1/2- to 1-inch pieces, and roughly chop leaves.
- (3) Preheat a wok or large skillet over medium-high heat. Add 1 tablespoon peanut oil and raise heat to high. When it begins to smoke, add minced garlic and immediately thereafter, the

shrimp and its marinade. Cook shrimp for about 2 minutes, stirring occasionally. Remove shrimp and sauce into marinating bowl, and keep warm.

- (4) Put remaining peanut oil in wok or skillet and, when it smokes, add ginger, followed immediately by bok choy stems. Cook, stirring, until bok choy is lightly browned, 3 to 5 minutes, then add leaves. Cook, stirring, for 1 minute, then add 3/4 cup water, stock or white wine, optionally add 2 tablespoons oyster sauce and a dash of sriracha or Tabasco, and let the mixture bubble away for a minute.
- (5) Return shrimp to wok or skillet and stir; add black beans and their liquid, scallions, and remaining sugar and soy sauce. Stir and cook for 1 minute or a bit longer, to meld flavors.
- (6) Remove from heat, turn out onto serving plate, distribute the tomatoes over the top of the dish, as a garnish, and drizzle remaining sesame oil on top. Serve immediately.

NOTES

Additional garnishes: broccoli florets, sliced cucumber, arranged around the dish; chopped cilantro, toasted sesame seeds, sprinkled over the dish; a dash of brandy at the end never hurts.

As noted in the introductory comments, the recipe is easily varied and adapted to what is on hand, through substitution of other seafood or meat or tofu for shrimp, and other vegetables for bok choy.

Also as noted in the introductory comments, by omitting the shrimp and doubling the amount of vegetables, and using a mix of them, one has an excellent vegetable stir fry [in this case, add the ingredients of the marinade used for the shrimp to the stir-fry at the same time as the hydrated black beans are added].

Rating

Difficulty: ? Time: ?

BASIC STIR-FRY - I

STIRFRY1 – basic stir-fry - I

Good general methodology for stir-frying. Worth some attention. Variable and adaptable recipe. Four basic stir-fry sauces are given: lemon, soy-sesame, fresh herb, and sweet & sour. Various proteins and various vegetables are suggested. All under a simple 9-step procedure.

General recipe and procedure by Pam Anderson, published in *USA WEEKEND*, September 12-14, 2003. From the source article:

To help you understand stir-fry and free you from recipes, I've developed a simple formula that will get dinner for four on the table in as little as 30 minutes. And because our home stovetops don't get as hot as restaurant woks, I'll explain my work-around method for getting food nicely seared. [Work-around unnecessary if using a 3500 watt induction cooktop or equivalent commercial-power cooktop.]

INGREDIENTS (serves 4 or more)

- 2 12-in skillet or wok
- large bowls, for marinating protein and reserving it after stir-frying
- bowls or plates for holding prepared vegetables
- small bowl, for making stir-fry sauce
- small bowl, for making glaze

- 1 lb protein (selected from list under NOTES)
- 1 Tbsp soy sauce
- 1 Tbsp dry sherry or sweet sherry
- 1 medium-large onion, peeled, cut in half, each half cut into 8 wedges
- 1 lb total two vegetables (selected from list under NOTES)
- 1 Tbsp garlic, minced
- 1 Tbsp fresh ginger, minced or grated
- ingredients for stir-fry sauce (see recipes for four sauces under NOTES)
- 2 tsp cornstarch
- 2 Tbsp chicken stock or water
- cooking oil, for stir-frying

PROCEDURE

- (1) Heat your skillet over low heat. [Unnecessary if using a 3500 watt induction cooktop or equivalent commercial-power unit.]
- (2) Prepare 1 pound of a protein selected from the list given under NOTES.
- (3) Marinate protein in 1 Tbsp each soy sauce and dry or sweet sherry. The protein doesn't need to marinate long.
- (4) Prepare produce. First cut a peeled medium-large onion in half (pole-to-pole), then cut each half into about 8 wedges. Set aside. Then select two of the vegetables from the list given under NOTES and totaling 1 pound. There are no "wrong" combinations. Cut in bite-sized pieces. They'll be added to the skillet at different times, so keep the two vegetables separated on a plate.
- (5) Prepare aromatics. Mince 1 Tbsp each of fresh garlic and ginger root.
- (6) Make a quick stir-fry sauce and a glaze. There are four stir-fry sauce recipes under NOTES. Make the glaze, which ensures a nice body and glossy sheen, by mixing 2 tsp cornstarch with 2 Tbsp chicken broth or water. A few minutes before you're ready to stir-fry, turn on the exhaust fan and turn up the heat under the skillet to high. [Unnecessary if stove has commercial

- power].
- (7) With the skillet over very high heat, add 1 Tbsp of oil, then half the protein. Stir-fry until well-browned and cooked through, 2 to 8 minutes. Transfer to a clean bowl and repeat stir-frying with remaining protein. [Cook in one batch if stove has enough power.]
- (8) Drizzle another 2 Tbsp oil into the hot skillet. Add the onion and stir-fry until browned but still crisp, about 1 minute. Add the minced garlic and ginger next so they'll have a chance to flavor the entire dish. So the garlic and ginger do not burn, immediately add the vegetable you think will take longer to cook, or just pick a vegetable and start. Stir-fry the first vegetable for a few minutes Add the second and continue to stir-fry until all vegetables are tender-crisp, 1 to 2 minutes longer.
- (9) Return protein to skillet and stir in your flavoring sauce. Make sure all the ingredients are well coated with the sauce. Finally, stir in the cornstarch mixture. Cook briefly, until juices become saucy and glossy. If the juices look too thick at this point, thin with a few tablespoons of chicken broth or water.
- (10) Serve the stir-fry immediately with noodles or steamed rice.

NOTES

PROTEINS:

- peeled raw medium shrimp
- bay or sea scallops (halve large sea scallops crosswise)
- boneless skinless chicken breasts or thighs cut into bite-size strips
- spicy sausage cut diagonally into bite-sized pieces
- firm tofu cut in 3/4-inch chunks
- red meat thinly sliced across the grain

(try pork tenderloin or loin; beef sirloin, rib-eye, tenderloin, flank or skirt steak)

VEGETABLES (available ready to use, or can prepare quickly):

- shredded carrots, diagonally sliced
- carrots
- coleslaw mix
- bite-size pineapple chunks (use only with sweet and sour stir-fry sauce)
- sliced mushrooms
- bell peppers
- stringed snow peas
- celery
- scallions
- fresh bean sprouts (avoid canned)
- bok choy, nappa cabbage
- Brussels sprouts cut in half
- broccoli florets, cauliflower florets
- haricots verts (thin French green beans)
- pencil-thin asparagus or regular asparagus cut in 1-1/2 —inch lengths
- zucchini or yellow squash cut in 1/2-inch-thick rounds
- eggplant cut into 3/4-inch cubes
- spinach, Swiss chard, lettuce, cut into strips
- drained canned water chestnuts or baby corn

STIR-FRY SAUCES:

Lemon Stir-Fry Sauce

- 1/4 cup
- 1 tsp
- 1/4 cup
- 1 Tbsp
- 2 Tbsp

lemon juice
lemon zest
chicken broth
soy sauce
sugar

Soy-Sesame Stir-Fry Sauce

- 1/4 cup
- 1/4 cup
- 2 tsp
- 2 tsp
- 1 tsp
- 1 tsp

chicken broth
soy sauce
rice wine vinegar
toasted sesame oil
hot red pepper flakes
sugar

Fresh Herb Stir-Fry Sauce

- 1/4 cup
- 1/4 cup
- 2 tsp
- 1/2 tsp
- 1/4 cup

chicken broth
soy sauce
rice wine vinegar
sugar
shredded basil leaves or minced cilantro leaves

Sweet & Sour Stir-Fry Sauce

- 1/4 cup
- 2 Tbsp
- 2 Tbsp
- 1 Tbsp
- 1/2 tsp

chicken broth
soy sauce
cider, balsamic or rice wine vinegar
brown sugar
hot red pepper flakes

COMMENTS:

Garnish:

Arrange around the dish:

vegetable pieces (raw, blanched, or separately stir-fried): *broccoli florets, sliced cucumbers, etc.*

Sprinkle over the top of the dish:

chopped herbs (cilantro, parsley, etc.), toasted sesame seeds, tomato concassé, diced mango, etc.

A dash of brandy at the end may not hurt.

Additional and optional ingredients:

Stir-fry sauces:

oyster sauce
hoisin sauce
fish sauce
sriracha or Tabasco (replacing pepper flakes)
fermented black beans or black bean sauce

Rating

Difficulty: ? Time: ?

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BASIC STIR-FRY - II

STIRFRY2 – basic stir-fry - II, a list of stir-fry vegetables
From SUNSETCHN, page 72ff.

STIR FRY VEGETABLES

The following list of vegetables that can be stir-fried gives suggestions:

- (1) for stir-fry time;
- (2) for an amount of liquid to be added, by pouring down the sides of the wok;
- (3) for the time of cooking, covered, after adding the liquid stir-fry.

The stir-fry times are for a commercial unit; they should be regarded as relative values.

The added liquid can be *chicken stock*, *wine*, *sherry*, or *water*.

Cover the wok for cooking after the liquid is added.

Asparagus. Cut in 1/4-inch slanting slices. Stir-fry for 1 minute. Add 2 tablespoons liquid, cover, and cook for 2 to 3 minutes.

[If cut in 1-inch lengths, stir-fry and cook longer.]

Bean sprouts. Leave whole. Stir-fry for 1 minute. Add a few drops liquid and toss for 1 to 2 minutes.

Bok choy. Cut stems in 1/2-inch slanting slices; cut leaves in 2-inch pieces. Stir-fry stems for 1 minute. Add leaves and stir-fry for 30 seconds. Add 1 tablespoon liquid, cover, and cook for 2 to 3 minutes.

Broccoli. Cut off florets and slash their stems. Peel thick stalks, then thinly slice or cut in matchstick pieces. Stir-fry for 1 minute. Add 2 tablespoons liquid, cover, and cook for 3 to 4 minutes.

Brussels sprouts. Cut in half. Stir-fry for 1 minute. Add 4 table-spoons liquid, cover, and cook for 5 minutes.

Cabbage (all varieties). Cut in 1/4-inch slices or 1-inch pieces. Stir-fry for 1 minute. Add 1 tablespoon liquid, cover, and cook for 2 minutes.

Carrot. Cut in 1/4-inch slanting slices. Stir-fry for 1 minute. Add 3 tablespoons liquid, cover, and cook for 3 to 4 minutes.
[Stir-fry and cook carrot julienne as above; shredded carrot, cook less.]

Cauliflower. Cut in small florets, then in 1/2-inch pieces. Stir-fry for 1 minute. Add 3 tablespoons liquid, cover, and cook for 3 to 4 minutes.

Celery. Cut in 1/4-inch slanting slices. Stir-fry for 1 minute. Add a few drops liquid and toss for 1 minute.

Eggplant. Peel, then cut in cubes or finger-size pieces. Stir-fry for 1 minute. Add 4 tablespoons liquid, cover, and cook for 5 to 6 minutes.

Green beans. Cut in 1-inch lengths. Stir-fry for 1 minute. Add 3 tablespoons liquid, cover, and cook for 4 minutes.

Lettuce. Cut in 2-inch squares or 1/2-inch strips. Stir-fry for 1 minute.

Mushrooms (fresh). Slice through stems in 1/4-inch slices. Stir-fry for 1 minute. Add 1 tablespoon liquid and toss for 2 minutes.

Onions. Cut in wedges or slice. Stir-fry for 1 to 2 minutes.

Peppers (red and green bell). Seed, cut in 1-inch pieces or 1/4-inch slices. Stir-fry for 1 minute. Add 1

tablespoon liquid and toss for 1 minute.

Snow peas. Break off ends and remove strings. Stir-fry for 1 minute. Add 1 tablespoon liquid and toss for 1 minute.

Spinach. Cut in 2-inch-wide strips. Stir-fry for 1 minute. Add a few drops liquid, cover, and cook for 1 minute.

Swiss chard. Cut in 1-inch slices. Stir-fry for 1 minute. Add 1 tablespoon liquid, cover, and cook for 2 minutes.

Tomatoes. Cut in wedges. Stir-fry for 1 to 2 minutes.

Zucchini (and all summer squash varieties). Cut in 1/4-inch slanting slices or wedges. Stir-fry for 1 minute. Add 1 tablespoon liquid, cover, and cook for 3 minutes.

BEEF STOCK PREPARED IN SLOW COOKER

STOCK-BEEF – beef stock prepared in slow cooker

A rich and clear beef stock, prepared easily with a slow cooker (crock pot).

Based on LAROU, page 935. See also: KAMMAN, page 219 (brown veal stock).

INGREDIENTS (4.5 qt stock)

- large sauté pan
- 6-7 qt slow cooker
- 5 qt or larger bowl or pot
- large strainer
- skimmer
- fat separator
- cheesecloth or dishtowel
- 2 lbs
- 2 lbs
- 1 cup
- 2
- 1
- 1
- 3
- 4
- 20
- 1-2 tsp
- 4-5 qt
- thin beef chuck steak, bone-in, well rinsed
- beef short ribs, bone-in, well rinsed
- oil
- white wine
- carrots, sliced crudely
- onion, sliced crudely
- leek, sliced crudely, green and white parts
- stalks celery, sliced crudely
- bouquet garni: generous amounts of parsley, thyme, bay leaf
- cloves
- black peppercorns
- salt
- water

PROCEDURE

- (1) In batches, brown the meat quickly on both sides, in a sauté pan with several Tbsp oil over medium or medium-high heat. After a batch of meat is browned, arrange it on bottom of slow cooker pot. When all meat has been browned, deglaze pan with 1 cup wine. Add the deglazing liquid to the slow cooker pot. Put aromatics and spices on top of the meat. Add 4 to 5 qt water, to fill pot.
- (2) Cook for 12 to 17 hours at low setting.
- (3) Place a large strainer over a 5-qt or larger bowl or pot. With a skimmer, move the solids (vegetables, meat, etc.) from the slow cooker into the strainer. Let solids drain, then rinse them with 1 to 2 cups of water. Discard solids.
- (4) Remove fat from the stock with a separator (or refrigerate and lift off the fat layer).
- (5) Line the strainer with several layers of rinsed cheesecloth or with a dishtowel. Strain the stock. It should be clear, brownish yellow, strong flavored, and rich.
- (6) If to be stored frozen, partition appropriately into plastic canisters, e.g., 2 canisters each with 2-2.5 qt.

NOTES

Alternatively, brown in a 400 F oven (KAMMAN, page 219). Arrange the meat and bones on one or more oven pans, season with salt and pepper. Roast in the middle of the oven at 400 F until top side well browned, about 45 minutes. Take care not to scorch the meat or the liquid expressed from it. When done, place meat and bones in slow cooker. Pour fat from pan and discard. Deglaze pan with white wine, and add to slow cooker.

At the straining step (3), it may be appropriate to recover the meat from the slow cooker, to reserve it for later use, by treating it separately from and before the other solids.

Cooking at low temperature results in a clear stock.

Preparation of beef and chicken stocks in the slow cooker is essentially the same, except one does not brown for a white chicken stock.

Rating

Difficulty: easy. Time: active prep time is 3/4 hour to start and 3/4 hour to finish; unattended cook time is of course long.

CHICKEN STOCK

STOCK-CHICKEN1 – white chicken stock; *fonds blanc de volaille*

Fonds blanc de volaille.

A rich chicken stock, in fact a jelly when cooled.

From LAROU, page 935, modified by sealing from 15 lbs meat and bones to 4 lbs. and by using all chicken - no veal.

INGREDIENTS (2-2.5 qt stock)

stock pot

- 4 lbs *chicken rack, trimmings*, and some *meat*, e.g., 2 breast racks with trimmings and 2 legs with meat
- 2-1/2 qt *water*

- 2 *carrot*, sliced crudely
- 1 *onion*, sliced crudely
- 1 *leek*, sliced crudely
- 2 *stalk celery*, sliced crudely
- 4 *cloves*
- 10 *peppercorns*
- bouquet garni: parsley, thyme, bay leaf*

PROCEDURE

- (1) Combine ingredients. Cover, bring to a boil, reduce heat, and simmer 3-1/2 hours at very low heat, so that bubbles only occasionally break the surface. Strain. Degrease (this easy to do by cooling in refrigerator and lifting off the fat layer).
- (2) Store frozen in 2 cup quantities.

Rating

Difficulty: easy. *Time:* 1/2 hour.

CHICKEN STOCK PREPARED IN SLOW COOKER

STOCK-CHICKEN2 – chicken stock prepared in slow cooker

A rich and clear chicken stock, prepared easily with a slow cooker (crock pot).

Based on LAROU, page 935 (for white veal stock). See also: New York Times, February 22, 2006: Ed Levine, "Soul for the Chicken Soup."

INGREDIENTS (4.5 qt stock)

- 6-7 qt slow cooker*
- 5 qt or larger bowl or pot*
- large strainer*
- skimmer*
- fat separator*
- cheesecloth or towel*

- 2 lbs *chicken wings*, well rinsed
- 2 lbs *chicken drumsticks*, well rinsed
- 2 *carrots*, sliced crudely
- 1 *onion*, sliced crudely
- 1 *leek*, sliced crudely, green and white parts
- 3 *stalks celery*, sliced crudely
- bouquet garni: generous amounts of parsley, thyme, bay leaf*
- 4 *cloves*
- 20 *black peppercorns*
- 1-2 tsp *salt*
- 4-5 qt *water*

PROCEDURE

- (1) Arrange chicken on bottom of slow cooker pot. Put aromatics and spices on top. Add 4 to 5 qt water, to fill pot.
- (2) Cook for 12 to 17 hours at low setting.
- (3) Place a large strainer over a 5-qt or larger bowl or pot. With a skimmer, move the solids (vegetables, chicken, etc.) from the slow cooker into the strainer. Let solids drain, then rinse them with 1 to 2 cups of water. Discard solids.
- (4) Remove fat from the stock with a separator (or refrigerate and lift off the fat layer).
- (5) Line the strainer with several layers of rinsed cheesecloth or with a dishtowel. Strain the stock. It should be clear, brownish yellow, strong flavored, and rich.
- (6) If to be stored frozen, partition appropriately into plastic canisters, e.g., 2 canisters each with 2-2.5 qt.

NOTES

Cooking at low temperature results in a clear stock.

Preparation of beef and chicken stocks in the slow cooker is essentially the same, except one does not brown for a white chicken stock.

Rating

Difficulty: easy. *Time:* active prep time is 1/2 hour to start and 3/4 hour to finish; unattended cook time is of course long.

STOCK SUBSTITUTES

STOCK-SUBSTITUT – substitutes for a brown stock, a white chicken stock, and a fish stock

Described below are replacements for a brown meat stock, based on canned beef bouillon, for a white chicken stock, based on canned chicken broth, and for a fish stock, based on bottled clam juice.

From JC, page 106; LAROU, page 934.

SUBSTITUTE WHITE CHICKEN STOCK - white chicken stock from canned chicken broth

From JC, page 57.

INGREDIENTS (2 cups)

saucepan

- 2 cups *canned chicken broth or strained clear chicken and vegetable soup*
- 3 Tbsp *carrots*, finely minced
- 3 Tbsp *onions*, finely minced
- 3 Tbsp *celery*, finely minced
- 1/2 cup *dry white wine* or 1/3 cup *dry white vermouth*
- 2 *sprigs parsley*
- 1/3 *bay leaf*
- 1/8 tsp *thyme*
- 2 *cloves*, optional
- 4 *black peppercorns*, optional

PROCEDURE

- (1) Simmer the chicken broth or soup with the rest of the ingredients for 30 minutes. Season to taste, strain through a fine sieve, and the stock substitute is ready to be used for a sauce.

SUBSTITUTE BROWN STOCK - brown stock from canned beef bouillon

From JC, page 67.

INGREDIENTS (2 cups)

saucepan

- 2 cups *canned beef bouillon*
- 3 Tbsp *carrots*, finely minced
- 3 Tbsp *onions*, finely minced
- 1 Tbsp *celery*, finely minced
- 1/2 cup *red wine, dry white wine, or dry white vermouth*
- 2 *sprigs parsley*
- 1/3 *bay leaf*
- 1/8 tsp *thyme*
- 2 *cloves*, optional
- 4 *black peppercorns*, optional
- 1 Tbsp *tomato paste*, optional

PROCEDURE

- (1) Simmer the canned bouillon with the rest of the ingredients for 20 to 30 minutes. Season to taste, strain through a fine sieve, and the stock substitute is ready to be used for a sauce.

SUBSTITUTE FISH STOCK - fish stock from bottled clam juice

From JC, page 115.

INGREDIENTS (2 cups)

saucepan

- 1-1/2 cups *bottled clam juice*
- 1 cup *water*
- 1 cup *dry white wine* or 2/3 cup *dry white vermouth*
- 1 *onion*, thinly sliced
- 3 Tbsp *carrots*, finely minced
- 3 Tbsp *celery*, finely minced
- 6 *parsley stems*
- 1/3 *bay leaf*
- 2 *cloves*, optional
- 4 *black peppercorns*, optional
- 1/4 cup *fresh mushroom stems*, optional

PROCEDURE

- (1) Simmer all ingredients for 30 minutes, allowing the liquid to reduce to about 2 cups. Season to taste. Strain through a fine sieve. Clam juice is salty. If the stock is very salty, use diluted.

CORN BREAD AND BROCCOLI RABE STRATA

STRATA-CRNB RD – corn bread and broccoli rabe strata, corn bread layered with fresh ricotta, roasted red peppers and sautéed broccoli rabe doused with cream and eggs, and then baked

From a recipe by Melissa Clark, *Corn Bread and Broccoli Rabe Strata*, published by *The New York Times*, November 14, 2007; <http://www.nytimes.com/2007/11/14/dining/143arex.html>
There is companion background article, also by Melissa Clark, *A GOOD APPELITE: Side Dish or Main, Depending on Who's Eating*; <http://www.nytimes.com/2007/11/14/dining/14appe.html>.

INGREDIENTS (10 main-course servings or 16 side-dish servings)

- baking dish*, 9x13 in, oiled
- large skillet*
- bowl*, for broccoli rabe sauté
- bowl*, for custard
- plastic wrap*
- 1-1/2 Tbsp *extra virgin olive oil*, more for pan
- 1 *garlic clove*, minced
- 1/4 tsp *crushed red pepper flakes*
- 1 lb *broccoli rabe*, outer leaves and thick stems removed; florets and tender stems coarsely chopped (about 3 cups)
- 1 tsp *kosher salt*, more to taste
- 1/4 cup *roasted red pepper*, chopped
- 1/4 cup *pitted calamata olives*, chopped
- 8 *large eggs*, lightly beaten
- 4 cups *half-and-half* or *whole milk*
- 1/4 tsp *ground black pepper*
- 2 lb *homemade* or *purchased corn bread*, cut into 2-in cubes (about 8 cups)
- 1 cup *fresh ricotta cheese*
- 6 oz *grated Gruyère cheese* (1-1/2 cups).

PROCEDURE

- (1) Oil a 9-by 13-in baking dish.
- (2) In a large skillet, heat remaining oil over medium heat; add garlic and red pepper flakes and cook, stirring, until fragrant, about 30 seconds. Add broccoli rabe and increase heat to medium-high. Cook, stirring occasionally, for 2 minutes. Add 1/2 tsp salt and 1/4 cup water. Reduce heat to medium, cover, and cook until broccoli rabe is very tender, about 3 minutes longer. (If mixture looks watery when rabe is done, let simmer uncovered for a minute to dry it out.) Transfer sauté to a bowl and stir in roasted pepper and olives.
- (3) Make a custard by whisking together eggs, half-and-half or milk, remaining 1/2 tsp salt and the black pepper.
- (4) Spread corn-bread cubes in prepared dish. Scatter vegetable mixture over corn bread. Dot with dollops of ricotta. Pour custard evenly over corn bread. Sprinkle with Gruyère. Cover baking dish tightly with plastic wrap and refrigerate at least 4 hours or overnight.
- (5) When ready to bake strata, remove it from refrigerator and let rest at room temperature. Pre-heat oven to 350 F.
- (6) Bake until firm and golden on top, about 45 to 55 minutes. Cool at least 20 minutes before serving. Serve hot or warm.

NOTES

Melissa Clark writes, in her companion background article to this recipe:
For something more unusual that combines the cheesy gooeyness of a casserole with the

custardy richness of a soufflé, you could give my new, over-the-top favorite a whirl.

Made from corn bread layered with fresh ricotta, roasted red peppers and sautéed broccoli rabe doused with cream and eggs, and then baked until poofy and golden, its sweet and creamy, yet deeply savory and pleasantly bitter from the garlicky rabe and peppers.

But best of all, its a dish so delectably satisfying that it will make vegetarians feel loved and looked after, and meat eaters forget, at least momentarily, about the absence of bacon things that everyone at the table can be eminently thankful for.

Rating

Difficulty: ? Time: ?

APPLE TART

TART-APPLE – apple tart, made with applesauce and apple slices, with fruit glaze
Tart aux pommes.

Elegant and very tasty.

From JC, page 635.

INGREDIENTS (8 servings)

- 2 qt mixing bowl
- baking sheet
- cake rack or serving dish
- 12 inch skillet, heavy bottomed, large enough to cook about 3 lb apples
- sieve, for apricot preserves
- small saucepan or skillet, for preparing the apricot glaze
- candy thermometer, for preparing the glaze; optional

10 inch partially baked pastry shell, made from sweet short paste, set on a baking sheet (see recipe PASTRY-SHELL)

- 4 lb
- 1 tsp
- 2 Tbsp
- 1/3 cup
- 1/4 cup
- 2/3 cup
- 3 Tbsp
- 1/2 tsp
- cooking or eating apples
- lemon juice
- granulated sugar
- apricot preserves, forced through a sieve
- Calvados, rum, or Cognac; or 1 Tbsp vanilla extract
- granulated sugar
- butter
- cinnamon and/or grated rind of 1 lemon or orange; optional

FOR FRUIT GLAZE

- 1/2 cup
- 2 Tbsp
- sieved apricot preserves or red currant jelly
- granulated sugar

PROCEDURE

- (1) Preheat oven to 375 F.
- (2) Prepare the apricot glaze. Heat the apricot preserves in a small saucepan to melt them. Rub through a sieve to remove skin pieces. Return to saucepan and add the sugar. Stir over moderately high heat (@8) for 2 to 3 minutes, or over low or moderate heat (@3-5) for longer, until thick enough to coat a spoon with a light film and the last drops are sticky as they fall from the spoon (235-240 F on a candy thermometer placed in the middle or top part of the boiling glaze). Do not boil beyond this point or the glaze will become brittle as it cools. Apply the glaze while it is warm, or reheat before using. The glaze will keep indefinitely in a screw-topped jar.
- (3) Prepare the apple decoration. Quarter, core and peel the apples. Cut enough to make 3 cups into very even 1/8-inch lengthwise slices, and toss them in a mixing bowl with the lemon juice and sugar. Reserve them for the top of the tart.
- (4) Prepare the applesauce. Cut the rest of the apples into rough slices. You should have about 8 cups. Place in the skillet and cook, covered, over low to moderate heat (@4) for 20 to 30 minutes, stirring occasionally, until apples are tender. Then beat in the other ingredients. Raise heat (@8) and boil, stirring, until applesauce is thick enough to hold in a mass in the spoon, 20 to 30 minutes.
- (5) Prepare the tart. Spread the applesauce in the pastry shell. Cover with a neat, closely overlapping layer of slice apples arranged in a spiral, in concentric circles, in an outer circle

- surrounding a more or less random center group, or whatever. Optionally, sprinkle sugar over the top. NOTE: dry the apple slices before arranging on top of tart?
- (6) Bake in the upper third of a preheated oven at 375 F for 30 to 50 minutes, or until the sliced apples on top have browned lightly and are tender.
- (7) Optionally, halfway through the baking of step 6, remove tart from oven and paint side and edge of the shell with an egg beaten with 1 tablespoon of water (*dorure*). Or apply the *dorure* to the empty tart shell.
- (8) When done, slide tart onto cake rack or serving dish. Spoon or paint on a light coating of the fruit glaze. Serve warm or cold, and if desired, with heavy cream or whipped cream.

NOTES

Apples, such as McIntosh, less tart than Granny Smiths seem to give a tastier tart. Optionally, flavor the glaze with a liqueur.

Rating

Difficulty: easy, but long and preparing and slicing the apples is a bore. *Time:* 40 minutes to prepare apples, 40 to 60 minutes to cook apples, 10 minutes to fill shell and arrange slices on top, 45 minutes to bake, and 10 minutes to glaze, for a total of about 2-1/2 hours, of which only 1 hour is actual labor, but some attention is needed during the other periods. *Verified:* fully.

CUSTARD APPLE TART

TART-APPLE-CUST – *tarte normande*, apple tart with cinnamon and brandy custard

Tart normande aux pommes. Similar to *flan de pommes à l’alsacienne*, which is described in *LAROU* and is made without the Calvados or brandy, or by replacing the Calvados or brandy with Kirsch.

Also an elegant and very tasty classic.

Best when eaten hot. It can be reheated, or eaten cold.

From JC, page 635; LAROU, page 952.

INGREDIENTS (6 servings)

- electric mixer* with wire whip head and with mixing bowl, for custard
- mixing bowl*, for coating apples
- baking sheet*
- cake rack* or *serving dish*

8 inch partially baked pastry shell, made from sweet short paste, set on a baking sheet (see recipe PASTRY-SHELL)

- 1 lb *crisp cooking* or *eating apples*
- 1/3 cup *granulated sugar*
- 1/2 tsp *cinnamon*

- 1 *egg*
- 1/3 cup *granulated sugar*
- 1/4 cup *sifted flour*
- 1/2 cup *whipping cream*
- 3 Tbsp *Calvados* or *Cognac*

powdered sugar, in a shaker

PROCEDURE

- (1) Preheat oven to 375 F.
- (2) Quarter, core and peel the apples. Cut into 1/8-inch or thicker lengthwise slices, You should have about 3 cups. Toss them in a mixing bowl with the cinnamon and sugar.
- (3) Arrange slices randomly in the pastry shell. Bake in the upper third of preheated oven at 375 F for 20 to 30 minutes, or until the apples start to color and are tender Remove from oven and let cool while preparing the custard.
- (4) Place egg and sugar in mixing bowl and beat (KAW @4) for 2 minutes or until mixture is thick, pale yellow, and falls back upon itself forming a slowing dissolving ribbon. Beat in the flour, then the cream, and finally the brandy (KAW @2), over 1 minute or a bit longer as needed. Pour the mixture over the apples. It should come almost to the top of the pastry shell.
- (5) Return to the oven for 10 to 15 minutes, or until cream begins to puff. Sprinkle heavily with powdered sugar and return to oven for 15 to 20 minutes more. Tart is done when top has browned and a knife comes out clean. Slide tart onto rack or serving dish and keep warm until served.

NOTES

For an 11 inch shell, increase proportions by half.
1/3+ cup powdered sugar too much. Be sure custard is not cooked too much.

Rating

Difficulty: straightforward. *Time*: 30 minutes for preparing apples and loading pastry shell, ready for oven; 10 minutes for preparing custard while tart bakes.

FRENCH TOAST

TOAST-FRENCH – French toast, eggy bread, *pain perdu*, *pain doré*

This recipe works. Excellent French toast, the equal of what could be found at breakfast at a top restaurant. Serve with butter and maple syrup or sugar, unfortunately a heavy calorie and sugar hit, or with confectioner’s sugar and berries, or with jelly, honey, etc.

Adapted from restaurant experiences, and from CIA, page 873, CANYON, page 348, and JOY64, page 587.

INGREDIENTS (batter for 5 large slices of bread)

griddle or skillet, preferably nonstick and large enough for 5 or 6 slices of bread
large shallow pan, for soaking bread with batter
1 qt mixing bowl

- 1 cup *liquid*, 2/3 to 3/4 cup milk and 1/3 to 1/4 cup buttermilk, sour cream, or crème fraîche
- 4 *eggs*
- 2 Tbsp *sugar*
- 5 slices *thick coarse white bread*, or a French bread, or brioche, or challah, etc. - can be stale (*perdu*)

FLAVORINGS:

- 1 Tbsp vanilla*, double strength
- grated whole nutmeg*, 12 scrapes
- ground cloves*, very small pinch, less than 1/4 tsp

PROCEDURE

- (1) Set the griddle on medium-low to medium heat, such that the one side of the battered bread will cook to light brown in about four minutes.
- (2) To make the batter, combine in a bowl the milk and cream, eggs, and sugar. Beat to mix thoroughly. Add flavorings, and again beat to mix. The batter, which is a light custard, should be fairly thin.
- (3) Lay out five thick slices of bread on a large shallow pan. Ladle batter generously onto each slice and spread it over the top. Turn the bread pieces over, and spread batter generously on the other side. Enough batter should be applied that the pan bottom ends up covered with the excess and the tops of the bread slices are very wet. There should be sufficient batter for it to soak into the bread and saturate the interior. Let stand five or ten minutes.
- (4) If necessary, butter the griddle. Place the batter-saturated bread slices on the griddle. Let cook (fry) for about five minutes, until the top bubbles and seams slightly and a check of the bottom shows light brown. Turn over and cook until the reverse side is brown.
- (5) Serve hot on hot plates, two or three slices to a plate. On the side separately serve butter and syrup, or other condiments.

NOTES

The bread slices should be nearly saturated inside with the custard batter. The taste and texture of the dish depends on the interior having absorbed the batter.

The saturated bread slices require care in moving from the soaking pan to the griddle. Use care and a large spatula.

Calories per serving (1 slice): 200, from fat 55 (28%).

Calories per serving with 1 tsp butter & 1 Tbsp syrup per slice: 283, from fat 88 (31%).

Rating

Difficulty: easy. *Time*: 15 minutes prep, 10 minutes to soak, 10 minutes to cook.

BASQUE TOMATOES

TOMATO-BASQUE – basque tomatoes, *fondue de tomates basquaise*

Side dish or garnish.

OLIVER, page 640.

INGREDIENTS (8 servings)

large sauté pan

- 1/4 lb *ham or prosciutto*, diced small
- 3 Tbsp *olive*
- 4 cloves *garlic*, peeled and smashed
- 1 *large onion*, minced
- 6 *sweet peppers*, charred, scraped, seeded, cut into julienne strips
- 2 lbs *tomatoes*, peeled, seeded, chopped
- salt & freshly ground black pepper*
- fresh thyme*, chopped
- salt & freshly ground black pepper*
- sugar*

PROCEDURE

- (1) Sauté ham in hot oil for 2-3 minutes at medium-high heat.
- (2) Add garlic, onion, sweet peppers, and tomatoes. Season lightly. Simmer covered at low heat for 25 minutes, stirring frequently. If necessary, adjust liquid volume by adding water or by reducing volume, uncovered, over medium-high heat.
- (3) Remove garlic cloves. Adjust seasoning with salt and pepper and if needed, with sugar.

NOTES

Less onion? Use unroasted peppers? Ham is base flavor? Tomatoes do not dominate.

Rating

Difficulty: ? Time: ?

NOTES

None.

Rating

Difficulty: ? Time: ?

CHOPPED TOMATOES WITH ONION

TOMATO-ONION – chopped tomatoes with onion

Ad hoc.

INGREDIENTS (4 to 6 servings)

- sauté pan*
- 5 *tomatoes*, peeled (optionally), seeded, chopped
- 1/2 cup *onion*, diced small
- 4 cloves *garlic*, chopped fine
- 1 Tbsp *butter*
- 1/2 Tbsp *dried thyme leaves*, or 1 sprig *fresh thyme*
- salt and freshly ground black pepper*
- sugar*
- parsley or cilantro*, chopped

PROCEDURE

- (1) Optionally peel the tomatoes. Seed and chop them. Reserve.
- (2) Sauté the onion with the garlic in butter until softened. Add the thyme and cook briefly.
- (3) Just before serving, add the chopped tomatoes and cook briefly, until hot. Season to taste with salt and pepper, and with sugar if needed. Toss with the chopped parsley or cilantro.

NOTES

None.

Rating

Difficulty: ? Time: ?

POACHED TOMATOES

TOMATO-POACHED – poached tomatoes

Ad hoc.

INGREDIENTS (4 servings)

- sauté pan*
- baking pan or dish*, buttered
- parchment paper*, cut to size of baking pan, and buttered
- 4 *tomatoes*
- salt and freshly ground black pepper*
- lemon halves*
- butter*
- 1 tsp *chicken stock*, per tomato half
- 1 tsp *sherry*, per tomato half
- 1 *onion*, diced small
- 1 Tbsp *butter*
- pinch *sugar*
- browned buttered bread crumbs*
- parsley or cilantro*, chopped

PROCEDURE

- (1) Oven at 350 F.
- (2) Halve the tomatoes and seed them. Place the halves in a buttered baking pan or dish. Season with salt and pepper and a squeeze of lemon. Scatter bits of butter over top. Moisten with chicken stock and sherry. 1 teaspoon each per half tomato. Cover with buttered parchment paper cut to size of pan or dish. Heat (bring to a boil) on stove top. Put in oven and bake for about 20 minutes. Do not overcook.
- (3) Sauté the onion in butter until browned. Add a pinch of sugar at the end, to caramelize.
- (4) To serve, garnish each tomato half with sautéed onion, browned bread crumbs, and chopped parsley or cilantro

NOTES

None

Rating

Difficulty: ? Time: ?

TOMATES SAUTÉES AUX FINE HERBES

TOMATO-SAUTE – *tomates sautées aux fine herbes*, tomatoes fried lightly in butter, sprinkled with parsley, bread crumbs and butter

Good as a side dish with a main course, under or beside an egg as a garnish, as a luncheon snack, etc.

From L'AROU, page 962. See also, OLIVER, page 648.

INGREDIENTS (1 serving)
sauté pan

- 1 *tomato butter salt, pepper, to taste parsley, chopped bread crumbs, if possible freshly made other herbs to taste, e.g., rosemary, tarragon, thyme, basil, chives, etc.*
- 1 Tbsp
- 1 Tbsp optional

PROCEDURE

- (1) Halve the tomato. Press the halves to extract the seeds. If the tomato is large, slice it thickly. Season with salt and pepper.
- (2) Heat butter in the sauté pan over medium-high heat. Put the tomato halves in the pan, flat side (cut side) down. Cook until lightly browned. Turn and continue to cook for a short time longer. Set the halves on a serving dish.
- (3) To garnish, first, sprinkle with parsley. Then fry a small quantity of bread crumbs in the hot cooking butter (additional butter may be needed), and sprinkle, pour or spoon butter and bread crumbs over the tomato halves.

Alternatively, garnish with parsley and bread crumbs, and sprinkle the hot cooking butter over the garnished tomatoes.

NOTES

Use olive oil and butter in the sauté for a higher heat and to obtain a golden color on the tomatoes.

Optionally, use other *finest herbs* instead of or with the parsley, or added to the bread crumbs, e.g., *rosemary, tarragon, basil, thyme, ground bay leaf, chives, etc.*

Variants:

Tomates sautées à la lyonnaise. As for the main recipe, except plate on a layer of chopped onions sautéed in butter, sprinkle the tomato halves first with chopped parsley, and then with chopped onions sautéed in butter.

Tomates sautées à la provençale. As for the main recipe, except use olive oil instead of butter, and add a little chopped garlic to the garnish.

Rating

Difficulty: easy. *Time:* 1/4 hour.

STUFFED TOMATOES

TOMATO-STUFF-PR – tomatoes stuffed with bread crumbs, herbs and garlic

Tomates à la provençale.

Goes well with most anything.

From JC, page 507.

INGREDIENTS (3 large servings)

baking dish, shallow, oiled or buttered, large enough to hold all tomatoes in one layer

- 3 *tomatoes, firm, ripe, about 3 inches in diameter salt and pepper*
- 1-2 *cloves of garlic, mashed*
- 3 Tbsp *minced shallots or green onions*
- 4 Tbsp *minced herbs: fresh basil and parsley, or parsley only*
- 1/8 tsp *thyme*
- 1/4 tsp *salt*
- big pinch *pepper*
- 1/4 cup *olive oil*
- 1/2 cup *fine, white, dry bread crumbs*

PROCEDURE

- (1) Preheat oven to 400 F.
- (2) Remove the stems from the tomatoes. Cut them in half crosswise. Gently press and shake out the juice and seeds. Sprinkle the halves lightly with salt and pepper.
- (3) Blend all ingredients of the stuffing in a mixing bowl. Correct seasoning. Fill each tomato with its proportion of the mixture (several spoonfuls). Sprinkle each tomato with a few drops of olive oil. Arrange the tomatoes in the buttered baking pan; do not crowd them. The dish may be prepared ahead to this point.

- (4) Shortly before ready to serve, place dish in the upper third of the preheated oven and bake for 20 to 30 minutes, or until the tomatoes are tender but hold their shape, and the filling has browned lightly. To brown, at the end it may be necessary to place under the broiler for a few minutes.

NOTES

The amount of stuffing per tomato is double that suggested in the original recipe. If you want to be light on the stuffing, use six tomatoes instead of three for the amount of other ingredients given.

Rating

Difficulty: easy. *Time:* 20 minutes preparation *Verified:* fully.

SAUTÉED TURNIPS

TURNIP-SAUTE – sautéed turnips, navets à la bordelaise

DAVID, page 265.

INGREDIENTS (8 servings)

large sauté pan
serving dish

2 lb turnips, diced or sliced

3 Tbsp olive oil
1 shallot, chopped

3 Tbsp bread crumbs
parsley, chopped

PROCEDURE

- (1) Blanch the diced or sliced turnips.
- (2) Sauté the blanched turnips and the shallot in olive oil, briefly.
- (3) Turn out into the serving dish, sprinkle with bread crumbs and chopped parsley.

NOTES

The bread crumbs should be crisp and the turnips soft.

Rating

Difficulty: ? Time: ?

WAFFLES AND PANCAKES

WAFFLE-PANCAKE – sweet milk waffles and pancakes

From JB, page 67.

INGREDIENTS (6 waffles, 8 to 10 pancakes)

electric mixer, equipped with beater head and large mixing bowl
bowl, to hold dry ingredients
small pan, for melting butter
electric waffle iron or for pancakes, a nonstick two-burner griddle or a large skillet
warmed plates

4 cups flour, unsifted ok
1-1/2 tsp salt
2 Tbsp double-acting baking powder

1/2 cup butter

4 eggs, at room temperature — add an extra egg for cakey texture

3 cups milk
2/3 cup sugar
1 Tbsp vanilla extract, or more to taste
1/4 tsp ground cloves, optional and to taste
20 scrapes nutmeg, optional and to taste

butter, warm maple syrup, and sugar

PROCEDURE

- (1) Sift, or just measure without sifting, the flour, salt, and baking powder into a bowl. If making waffles, oil the plates, and set heat to high and equilibrate. If using two-burner griddle for pan-cakes, set top-left heat @4 and bottom-left @3, and equilibrate. If using a large skillet for pan-cakes, try medium heat (@6), and make smaller pancakes.
- (2) Put the butter on to melt in a small pan at low heat, @1-2.
- (3) Beat the eggs until light and lemon-colored, KAB@4.
- (4) Mix the milk into the eggs, KAB@2, and then mix in the sugar, vanilla, and optionally, the spices. Gradually mix in the dry ingredients, KAB@2, and blend until smooth. Finally mix in the melted butter.
- (5) Put on the table butter, warm maple syrup, and optionally sugar.
- (6a) Heat the waffle iron at high. When hot, add 8 oz ladle of batter. Cook until delicately brown (steaming almost stopped). Serve half or quarter waffles, on heated plates.
- (6b) Similarly for pancakes, ladle portions of batter onto hot griddle or skillet, and smooth them out. Turn the pancake when bubbles form on uncooked top, and use the time for cooking first side to determine time for second side (a bit shorter). Serve half or quarter waffles, on heated plates.

Rating

Difficulty: easy. Time: 1/2 hour preparation.

stewed in oil, with/ artichauts
asparagus with melted/ asperges
/egg, chopped parsley; asperges
/, browned in the oven; asperges
and/ carbonnades de boeuf
à la flamande, slices of beef
braised with red/ chou rouge
/onion and vinegar; chou rouge
/, vinegar, and nutmeg; chou rouge
in butter, with a cream sauce,
butter, with brown butter sauce,
used with deserts crème
custard, in/ crème reversée
dipped in beaten egg/ aubergine
tomatoes and garlic, poireaux
with garlic, onions./ moules
tart shells./ pâte brisée
fresh tomato quiche/ quiche
rice Indian style, riz
/brune aux fine herbes, sauce
braised/ choucroute braisée
/onion soup, Ali-Bab's soupe
saufted turnips, navets
copyright introduction:
eggplant melanzane in
/, and nutmeg; chou rouge à l'
cold asparagus with a mayonnaise,
bread-based onion soup,
/crème, sauce parisienne, sauce
with/ choucroute braisée à l'
, fresh tomato quiche with

with deserts crème à l'
dipped in/ aubergine à la
potato rounds/ pommes de terre
pommes de terre Anna, potatoes
made by layering bread crumbs/
in thickened spiced juices/
juices with/ apple crisp, baked
slices baked with sugar and/
apple and orange cobbler,
over a filling of apples/
, sugar and cinnamon, served on
soy sauce marinade with ginger,
/tart, made with applesauce and
brandy custard tarte normande,
baked
by layering bread crumbs, butter,
pommes au beurre
/, pastry folded over a filling of
/braised with red wine, chestnuts,
/, red cabbage braised with
/red cabbage, braised with onions,
/cabbage braised with red wine,
/; red cabbage baked with onions,
fruit/ apple tart, made with
/braised with wine, stock,
/onions; red onions, braised with
bean and potato soup, with
black beans, ginger, stock,
seasoned liquid; risotto; pilaf;
artichoke hearts stewed in/
with/ artichauts à la grecque,
whole boiled

water/ carciofi alla romana,
: salt and pepper./ blanched
olive oil and balsamic; blanched
/sauce, or a vinaigrette; cold
/sauced as for green beans;
beans; asparagus stir-fried;
à la polonaise, blanched
/à la milanaise, blanched
/; asperges au gratin, blanched
/asperges à la flamande, blanched
blanched asparagus with/
/hard boiled egg, chopped parsley;
/butter, browned in the oven;
/, Parmesan, browned in the oven;
eggplant flour, dipped in/
housewife's style, sautéed/
/allemande, sauce mornay, sauce
salsa, lemon juice, salt and/
/Eyre's pancake, like a Dutch
/tomato sauce and parsley, or with
beef stew in red wine, with
apples, carrots, onions,
wine with onions, mushrooms and
wine with onions, mushrooms and
wine with onions, mushrooms and
asparagus with egg and
quiche lorraine, cheese and
quiche lorraine, cheese and
Brussels sprouts with
and tomato casserole./ Indian
spiced juices/ apple crisp,
/and orange cobbler; apple slices,
beef hash, ingredients ground and
/sugar, and vinegar; red cabbage
chicken
/à la française, basic
/renversée au caramel, custard
herb
juice, and/ candied parsnips,
quiche partly or fully
rice, tomato sauce, and/
potatoes, or baked yams
yams baked Idaho potatoes,
, baked sweet potatoes, or
/boulangerie, potatoes and onions
with seasoned bread crumbs,
spices, bread crumbs/ salmon
savory scallop soufflé,
with cream and eggs, and then
/crumbs, parsley, olive oil and
salad of lettuce with roast
/, orange-ginger-soy chicken,
brown sugar and cinnamon,/
sugar/ bananes flambée,
sugar, lime/ bananes flambée,
sauteéd in butter, with/
sauteéd in butter, with/
tomato casserole/ Indian baigan

artichokes
artichokes Roman style, cooked in
asparagus spears, simply seasoned
asparagus sauced with a /,
asparagus with a mayonnaise,/
asparagus sauced as for green/
asparagus stir-fried; asparagus/
asparagus grilled /as for green
asparagus with melted butter./
asparagus with Parmesan, melted/
asparagus with Mornay sauce,/
asparagus with hard boiled egg,/
asparagus with egg and bacon
asparagus stir-fry
asperges à la polonaise,
asperges à la milanaise,/
asperges au gratin, blanched/
asperges à la flamande, blanched/
aubergine à la anglaise,
aubergine ménagère, eggplant
aurore, sauce au cari, sauce/
avocado mashed and seasoned with
baby pancake, a puffy cross/
bacon, shallots and mushrooms
bacon, onions and mushrooms
bacon, and spices /, chestnuts
bacon /vin, chicken in red
bacon /vin, chicken in red
bacon /vin, chicken in red
bacon
bacon custard tart
bacon custard tart
bacon and onion, choux de/
baigan bartha, eggplant, onion,
baked apples, pommes bon femme
baked apple slices in thickened
baked with sugar and orange juice/
baked corned
baked with onions, apples, orange/
baked at high oven temperature
baked custard, in a mold or/
baked with soft caramel syrup
baked eggs
baked with brown sugar, orange
baked pastry shell for a tart or
baked peppers stuffed with meat,
baked Idaho potatoes, baked sweet
baked sweet potatoes, or baked
baked yams baked Idaho potatoes
baked to a brown and crusty top
baked rhubarb
baked in wine /fish covered
baked with tomatoes, onions,
baked in shallow gratin dish
baked /broccoli rabe doused
baking powder biscuits
balsamic; blanched asparagus/
balsamic onions
225 SALAD-ONION-ROA
129 MARINADE-CHICK
23 BANANA-BROILED
24 BANANA-FLAMBEE
25 BANANA-FLAMBEE2
24 BANANA-FLAMBEE
25 BANANA-FLAMBEE2
114 EGGPLANT-BANGIN

/with mozzarella and tomatoes, and with scallions, dill, parsley and red onion, vinegar, olive oil and with spices: fresh/ basic tomatoes, fondue de tomates tomates basquaise and/ chicken breasts in a light /hearts stewed in oil, with thyme, /with garlic, onions, thyme, /, braised with aromatics, thyme, au cari, sauce soubise, cream /reduction and whipped cream), /capres (with capers), choron (suprême./ white sauces: sauce aromates and herbs beef, black beef slices stir-fried with black /asparagus sauced as for green /refried beans, frijoles/ black black beans prepared from dry prepared from dry beans; refined garlic, red and green/ black juice and/ buttered green /with bok choy, fermented black , onions and mushrooms baked corned and pan fried corned /boeuf à la flamande, slices of /boeuf à la flamande, slices of herbs, sautéed or/ ground dumplings curried shrimp, chicken, curried shrimp, chicken vietnamese bean sauce, garlic, onion,/ wine, sesame oil, chili paste/ of beef and onions braised in cooker of beef and onions braised in borscht, beef soup, roasted sweet red and/or yellow /, made with red, green and yellow English muffin with/ eggs layering bread/ apple brown sautéed with butter, pommes au /of smoked salmon, sauced with a /, sugar, mustard, and spices; and pepper, and mayonnaise to and orange juice, topped with a baking powder beans; refined beans./ , garlic, red and green/ beef, beef slices stir-fried with /with bok choy, fermented in butter, with a cream sauce, à /salmon, sauced with a beurre white chicken stock; fonds seasoned: salt and pepper./ /parsley, olive oil and balsamic; /tartar sauce, or a vinaigrette; asperges à la polonaise, /; asperges à la milanaise,

165 PASTA-SUMMER
203 POTATO-SALAD-FR
224 SALAD-CORN
212 RICE-BASMATI
347 TOMATO-BASQUE
70 CHICK-FRANCESE
13 ARTICHOKE-GREC
153 MUSSEL-MARINIER
156 ONIONS-BRAIS-RO
254 SAUCE-WHITE
249 SAUCE-HOLLAND
254 SAUCE-HOLLAND
254 SAUCE-WHITE
282 SOUP-YAM-POTAT
283 SOUP-BEEF-BLKBN
322 STIRFRY-BEEF-BB
16 ASPARAGUS1
26 BEAN-BLACK
26 BEAN-BLACK
26 BEAN-BLACK
27 BEAN-BLACK-PEPP
28 BEAN-GREEN-SAUT
328 STIRFRY-SHRI-BB
34 BEEF-BOURGUIGNON
36 BEEF-CRND-HASH1
37 BEEF-CRND-HASH2
38 BEEF-FLAMANDE1
40 BEEF-FLAMANDE2
42 BEEF-HAMBURGER
44 BEEF-STEW-DUMPL
100 CURRY1
102 CURRY2
283 SOUP-BEEF-BLKBN
284 SOUP-BEEF-VIET
322 STIRFRY-BEEF-BB
323 STIRFRY-BEEF-CA
335 STOCK-BEEF
38 BEEF-FLAMANDE1
40 BEEF-FLAMANDE2
286 SOUP-BEET
286 SOUP-BEET
177 PEPPER-ROASTED
295 SOUP-GAZPACHO2
119 EGGS-BENEDICT
5 APPLE-BRN-BETTY
8 APPLE-SAUTE
230 SALMON-CLAUDE-P
52 CABBAGE-COLESLA
120 EGGS-DEVILED
7 APPLE-ORNG-COBB
48 BISCUIT-QUICK
26 BEAN-BLACK
27 BEAN-BLACK-PEPP
283 SOUP-BEEF-BLKBN
322 STIRFRY-BEEF-BB
328 STIRFRY-SHRI-BB
65 CHICK-BRST-CREA
230 SALMON-CLAUDE-P
337 STOCK-CHICKEN1
16 ASPARAGUS1
16 ASPARAGUS1
16 ASPARAGUS1
20 ASPARAGUS2
20 ASPARAGUS2

blanchéd asparagus with Mornay/
blanchéd asparagus with hard/
blending the yolks with mustard,
bo
boeuf à la flamande, slices of
boeuf à la flamande, slices of
boiled artichokes, hot or cold
boiled egg, chopped parsley./
boiled egg, mustard, oil or/
boiled chicken /, poulet au pot;
boiled, flavored with wine./
bok choy, fermented black beans./
bon femme
bonne femme leek and potato
bordelaise, sauce bourguignonne
Bordelaise, shrimp cooked in a
bordelaise
borscht, beet soup, beet
boulangeré, potatoes and onions
boubon, thick and stiff, eaten/
46 BEV-EGGNOG
236 SAUCE-BROWN
264 SAUERKRAUT-BRAS
156 ONIONS-BRAIS-RO
38 BEEF-FLAMANDE1
40 BEEF-FLAMANDE2
55 CABBAGE-RED-BR1
57 CABBAGE-RED-BR2
57 CABBAGE-RED-BR2
57 CABBAGE-RED-BR2
57 CABBAGE-RED-BR2
77 CHICK-MARENGO1
79 CHICK-MARENGO2
155 ONIONS-BRAIS-BR
156 ONIONS-BRAIS-RO
156 ONIONS-BRAIS-RO
156 ONIONS-BRAIS-RO
156 ONIONS-BRAIS-RO
160 ONIONS-BRAIS-WH
185 PORK-2WINE-BRA
187 PORK-BRAIS-CABB
197 POTATO-LEEK-BRA
219 RICE-RISOTTO
233 SALMON-TERIYAKI
264 SAUERKRAUT-BRAS
174 PEACH-GRILLED
246 SAUCE-DESSERT
345 TART-APPLE-CUST
5 APPLE-BRN-BETTY
16 ASPARAGUS1
20 ASPARAGUS2
50 BREAD-CORN
205 POTATO-VEG-SAUT
227 SALMON-BAKE-WIN
228 SALMON-BAKED
268 SHRIMP-GRILL
341 STRATA-CRNBDR
341 STRATA-CRNBDR
346 TOAST-FRENCH
351 TOMATO-SAUTE
352 TOMATO-STUFF-PR
304 SOUP-ONION2
115 EGGPLANT-BRDED
65 CHICK-BRST-CREA
68 CHICK-BRST-SAUT

blanchéd asparagus with Mornay/
blanchéd asparagus with hard/
blending the yolks with mustard,
bo
boeuf à la flamande, slices of
boeuf à la flamande, slices of
boiled artichokes, hot or cold
boiled egg, chopped parsley./
boiled egg, mustard, oil or/
boiled chicken /, poulet au pot;
boiled, flavored with wine./
bok choy, fermented black beans./
bon femme
bonne femme leek and potato
bordelaise, sauce bourguignonne
Bordelaise, shrimp cooked in a
bordelaise
borscht, beet soup, beet
boulangeré, potatoes and onions
boubon, thick and stiff, eaten/
46 BEV-EGGNOG
236 SAUCE-BROWN
264 SAUERKRAUT-BRAS
156 ONIONS-BRAIS-RO
38 BEEF-FLAMANDE1
40 BEEF-FLAMANDE2
55 CABBAGE-RED-BR1
57 CABBAGE-RED-BR2
57 CABBAGE-RED-BR2
57 CABBAGE-RED-BR2
77 CHICK-MARENGO1
79 CHICK-MARENGO2
155 ONIONS-BRAIS-BR
156 ONIONS-BRAIS-RO
156 ONIONS-BRAIS-RO
156 ONIONS-BRAIS-RO
156 ONIONS-BRAIS-RO
160 ONIONS-BRAIS-WH
185 PORK-2WINE-BRA
187 PORK-BRAIS-CABB
197 POTATO-LEEK-BRA
219 RICE-RISOTTO
233 SALMON-TERIYAKI
264 SAUERKRAUT-BRAS
174 PEACH-GRILLED
246 SAUCE-DESSERT
345 TART-APPLE-CUST
5 APPLE-BRN-BETTY
16 ASPARAGUS1
20 ASPARAGUS2
50 BREAD-CORN
205 POTATO-VEG-SAUT
227 SALMON-BAKE-WIN
228 SALMON-BAKED
268 SHRIMP-GRILL
341 STRATA-CRNBDR
341 STRATA-CRNBDR
346 TOAST-FRENCH
351 TOMATO-SAUTE
352 TOMATO-STUFF-PR
304 SOUP-ONION2
115 EGGPLANT-BRDED
65 CHICK-BRST-CREA
68 CHICK-BRST-SAUT

sautéed, with an herb/ chicken
dough for tart shells./ pâte
layered with/ corn bread and
/roasted red peppers and sautéed
, broiled, sliced thin./ London
/butter, brown sugar and cinnamon,
/ , steak seasoned with garlic,
/fried rice, rice cooked in
layering bread crumbs./ apple
/ , bananas, with melted butter,
/ , braised with onions, apples,
/braised with red wine, apples,
/ , sautéed in butter, with
, custard glazed with caramelized
candied parsnips, baked with
/ , potatoes and onions baked to a
lié, sauce diable, sauce/
stock, and a/ substitutes for a
/with Parmesan, melted butter,
/with Mornay sauce, Parmesan,
are thin potato rounds cooked and
with chicken stock and butter,
raw fried/ hash browns, hash
raw fries, or raw fried/ hash
, with brown butter sauce, à
sauce/ brown sauces: sauce
/sauce diable, sauce robert, sauce
chicken, generally/ marinades,
, generally for/ marinades,
onion, choux de Bruxelles/
roasted
with bacon and onion, choux de
caramelized brown sugar crème
/made by layering bread crumbs,
crust made with nuts, sugar,
apples sautéed with
/ : salt and pepper, lemon juice,
/ , blanched asparagus with melted
/asparagus with Parmesan, melted
broiled./ bananas, with melted
hard boiled egg, mustard, oil or
/flambée, bananas sautéed in
/breasts, suprêmes, poached in
/breasts, suprêmes, sautéed in
, sautéed in butter, with brown
/fricassee, chicken sautéed in
eggs fried in garlic
/ , onion and spices, sautéed in
mushrooms sautéed in
stewed in lemon juice and
small white onions sautéed in
/roasted red onion with thyme and
small white onions braised in
brown sugar, orange juice, and
pasta with
rounds cooked and browned in
/braised with chicken stock and
, potatoes shredded and fried in
broiled salmon with parsley
of shallots, sherry, cream and
/sauces: hard sauce, made with
/soft lemon sauce, made by cooking

breasts in a light batter,
brisée à l'oeuf, egg pastry
broccoli rabe strata, corn bread
broccoli rabe doused with cream/
broil, steak seasoned with garlic
broiled artichokes
broiled, then flamed with rum
broiled salmon with parsley
broiled, sliced thin, and served/
broth, then fried with garlic and/
brown betty, hot dessert made by
brown sugar and cinnamon, broiled
brown sugar, port wine, and/
brown sugar, and vinegar: red/
brown butter sauce, à brun
brown sugar crème brûlée
brown sugar, orange juice, and/
brown and crusty top
brown sauces: sauce brune, jus
brown stock, a white chicken
browned in the oven; asperges au/
browned in the oven; asperges à/
browned in butter in a mold /,
browned with cream /braised
browned potatoes, raw fries, or
browns, hash browned potatoes,
brun / , sautéed in butter
brune, jus lié, sauce diable,
brune aux fine herbes, sauce à/
brushes, glazes and rubs for
brushes, glazes and rubs for pork
Brussels sprouts with bacon and
Brussels sprouts
Bruxelles ménagère /sprouts
brûlée, custard glazed with
butter, apples, and spices
butter, and flour /with a crispy
butter, pommes au beurre
butter, Parmesan, bread crumbs,/
butter, bread crumbs, minced hard/
butter, browned in the oven/
butter /asparagus with
butter, brown sugar and cinnamon,
butter, with sugar, spices/
butter, with sugar, lime and/
butter, with a cream sauce, à/
butter, with brown butter sauce,/
butter sauce, à brun /suprêmes
butter, cooked in wine and stock/
butter
butter to dryness, used for/
butter mushrooms
butter, then braised in stock and/
butter; braised Vidalia onions;/
butter /stock and herbs
butter /parsnips, baked with
butter, cream and cheese sauce
butter in a mold /thin potato
butter, browned with cream
butter with onions /or roesti
butter /with a beurre blanc
butter, sugar, and flavoring;/
butter, flour, sugar and water;/
CHICK-FRANCESE
167 PASTRY-DOUGH1
341 STRATA-CRNBHD
341 STRATA-CRNBHD
319 STEAK-BROIL-LON
12 ARTICHOKE-BROI
23 BANANA-BROILED
229 SALMON-BROILED
319 STEAK-BROIL-LON
222 RICE-VIETNAMESE
5 APPLE-BRN-BETTY
23 BANANA-BROILED
57 CABBAGE-RED-BR2
57 CABBAGE-RED-BR2
68 CHICK-BRST-SAUT
107 CUSTARD-BRULEE
163 PARSNIPS-CANDIE
191 POTATO-BOULANGE
236 SAUCE-BROWN
339 STOCK-SUBSTITUT
20 ASPARAGUS2
20 ASPARAGUS2
189 POTATO-ANNA
197 POTATO-LEEK-BRA
201 POTATO-RAWFRY
201 POTATO-RAWFRY
68 CHICK-BRST-SAUT
236 SAUCE-BROWN
236 SAUCE-BROWN
129 MARINADE-CHICK
141 MARINADE-CHICK
317 SPROUT-MENAGERE
317 SPROUT-MENAGERE
107 CUSTARD-BRULEE
5 APPLE-BRN-BETTY
6 APPLE-CRISP
8 APPLE-SAUTE
16 ASPARAGUS1
20 ASPARAGUS2
20 ASPARAGUS2
20 ASPARAGUS2
23 BANANA-BROILED
24 BANANA-FLAMBEE
25 BANANA-FLAMBEE2
65 CHICK-BRST-CREA
68 CHICK-BRST-SAUT
81 CHICK-MINUTE
121 EGGS-FRIED
149 MUSHROOM-DUXELL
150 MUSHROOMS-SAUTI
152 MUSHROOMS-STEWEE
155 ONIONS-BRAIS-BR
156 ONIONS-BRAIS-RO
160 ONIONS-BRAIS-WH
163 PARSNIPS-CANDIE
164 PASTA-ALFREDO
189 POTATO-ANNA
197 POTATO-LEEK-BRA
198 POTATO-LEEK-ROS
229 SALMON-BROILED
230 SALMON-CLAUDE-P
246 SAUCE-DESSERT
246 SAUCE-DESSERT

/juice; brandy sauce, made from
hollandaise sauce, an emulsion of
, sautéed, and sauced with lemon
thin, and served with melted
with Cognac, sherry and chive
/herbes, tomatoes fried lightly in
with parsley, bread crumbs and
with lemon juice and parsley,/
favorite coleslaw, shredded
chou rouge à la limousine, red
vinegar; chou/ étuvéed red
/; chou rouge à la flammande, red
/à l'agré-doux, sweet-sour red
/ , port wine, and vinegar; red
/ , brown sugar, and vinegar; red
and herbs and braised with red
/and served with stir-fried nappa
angel food
raw potatoes, pan fried as a thin
brown sugar, orange juice,/
/cucumbers, celery, onions and
/with mustard), aux capres (with
/), dijonnaise (with mustard), aux
caramel/ crème renversée au
caramel, custard baked with soft
brûlée, custard glazed with
flamande, slices of beef and/
flanmande, slices of beef and/
Roman style, cooked in water/
/cooked with spices: fresh ginger,
/style, fried and cooked with
/mornay, sauce aurore, sauce au
herb-mustard chicken, coffee-rum
carrots sautéed and glazed,
/salmon, stuffed with duxelles and
/with red wine, chestnuts, apples,
yam,
carottes vichy
/egg pastry dough for tart shells,
/ , eggplant, onion, and tomato
cream, and Cognac/ sweet potato
/egg yolks, seasoned with salt and
salmon salad, with cucumbers,
sugar, flavored with/ crème
with sweet potatoes and Swiss
/ , sauce à l'estragon, sauce
chorizo and goat
croque monsieur, toasted ham and
pasta with butter, cream and
with stock, or finished with
quiche lorraine,
quiche lorraine,
Nancy Silverton's classic grilled
cheese sandwich, with Gruyère
cabbage braised with red wine,
juice, and/ hommos, ground
poached in butter, with a/
sautéed in butter, with/
, sautéed, with an herb and/
wine-flavored/ old-fashioned
; preparation of chicken/
/ , poulet au pot; preparation of
of chicken stock and boiled
Madeira sauce, foies de/
then braised with wine,/
butler, sugar, Cognac, egg yolks/
butler and lemon juice stabilized/
butler with parsley /floured
butler /garlic, broiled, sliced
butler /sautéed and sauced
butler, sprinkled with parsley,/
butler /in butter, sprinkled
buttered green beans, optionally
cabbage dressed with mayonnaise,/
cabbage braised with red wine,/
cabbage, braised with onion and
cabbage braised with apples,/
cabbage, braised with onions,/
cabbage braised with red wine,/
cabbage baked with onions, apples/
cabbage or sauerkraut /with salt
cabbage and miso sauce
cake
61 CAKE-ANGEL
201 POTATO-RAWFRY
163 PARSNIPS-CANDIE
226 SALAD-SALMON
249 SAUCE-HOLLAND
249 SAUCE-HOLLAND
110 CUSTARD-CARAM
110 CUSTARD-CARAM
107 CUSTARD-BRULEE
38 BEEF-FLAMANDE1
40 BEEF-FLAMANDE2
14 ARTICHOKE-ROMA
212 RICE-BASMATI
218 RICE-PAKISTANI
254 SAUCE-WHITE
129 MARINADE-CHICK
63 CARROT-VICHY
231 SALMON-PAUPIETI
313 SOUP-YAM-ORANGE
55 CABBAGE-RED-BRI
63 CARROT-VICHY
167 PASTRY-DOUGH1
114 EGGPLANT-BANGIN
204 POTATO-SWT-CASS
249 SAUCE-HOLLAND
226 SALAD-SALMON
95 CREAM-WHIPPED
98 CURRY-LENTIL-YAM
236 SAUCE-BROWN
64 CHEESE-QUESADIL
96 CROQUE-MONSIEUR
164 PASTA-ALFREDO
183 POLENTA
206 QUICHE-1LORRAIN1
207 QUICHE-LORRAIN2
235 SAND-GRILL-CHEE
235 SAND-GRILL-CHEE
55 CABBAGE-RED-BRI
112 DIP-HOMMOS
65 CHICK-BRST-CREA
68 CHICK-BRST-SAUT
70 CHICK-FRANCESE
71 CHICK-FRICAASSEE
74 CHICK-INTHE-POT
74 CHICK-INTHE-POT
74 CHICK-INTHE-POT
76 CHICK-LIVR-SAUT
77 CHICK-MARENGOI

with wine./ chicken Marengo, then braised with wine./
 with wine./ chicken Marengo, sautéed in butter, cooked in/ cooked in/ chicken fricassee, temperature
 mushrooms and/ coq au vin, mushrooms and/ coq au vin, mushrooms and/ coq au vin, roast
 dumplings
 onions and spices, with a/ curried shrimp, curried shrimp,
 /, brushes, glazes and rubs for/ for grilling: lemon-rosemary /chicken, lemon-wine-garlic /, /chicken, orange-ginger-soy /chicken, balsamic-mustard coffee-rum/ /chicken, yakitori /, yakitori chicken, herb-mustard /chicken, coffee-rum caribbean /chicken, raspberry-mustard /chicken, orange-ginger glazed /chicken, citrus-herb chicken./ /chicken, orange-ginger glazed chicken, orange-liqueur glazed /chicken, citrus-herb chicken stock and butter, browned/ chicken stock and mustard/ chicken with rice, a /chicken, various vegetables./ chicken stock, garlic, ginger and/ chicken consommé, clarified with chicken soup with coconut milk, chicken soup with coconut milk, chicken soup with coconut milk, chicken stir-fried in ginger, chicken stock: fonds blanc de chicken stock prepared in slow chicken stock, and a fish stock chili paste, ginger and green/ chilled /glacée, leek and chipotle, and curry /casserole, chive butter /steak sautéed and chops, ginger-honey-soy pork/ chops, spice rub for pork./ chops, honey-mustard glazed ham./ chops /, honey-mustard glazed chops braised with Marsala, red chops with robert sauce, pork chops sautéed with onions./ chorizo and goat cheese
 chorizo, garnished with crema and/ choron (béarnaise with tomato/ chou rouge à la linousine, red /, braised with onion and vinegar; /with apples, vinegar, and nutmeg; alsacienne, sauerkraut/ /sprouts with bacon and onion, fisherman's seafood /, sugar, then stir-fried with bok with olive oil and vinegar and red lentil soup with lemon and /melted butter, brown sugar and /poached in red wine, sugar and sweet potato casserole, with

cooked with cardamom, cloves, and tarte normande, apple tart with , orange-ginger glazed chicken, and cream meringue with/ Craig simple chicken consommé, covered with a slice of/ saumon /, fried and cooked with cardamom, bread crumbs/ grilled shrimp, /with kernels of corn cut from the sugar and/ apple and orange
 Thai chicken soup with
 Thai chicken soup with
 Thai chicken soup with
 /chicken, herb-mustard chicken, /, sugar and cream meringue with, /sautéed then braised with wine, /sautéed then braised with wine, , with cinnamon and cream, and shrimp cooked in a mirepoix, with /steak sautéed and sauced with dressed with/ favorite /, mustard, and spices; Billy's whites,/ simple chicken beef stock prepared in slow chicken stock prepared in slow : abbreviations, software, and with onions, mushrooms and/ with onions, mushrooms and/ with onions, mushrooms and/ in oil, with thyme, bay leaf, sweet /with poblano strips, potatoes, /corn cut from the cob./ fresh /corn salad, made with kernels of roasted strata, corn bread layered/ /bread and broccoli rabe strata, fried onions, tomatoes, and ground and baked chopped and pan fried potatoes/ home fried, cottage fried or home fried, cottage fried or sugar and cream meringue with/ with sugar, flavored with/ custard, used with desserts française, basic baked/ with caramelized brown sugar custard baked with soft/ /velouté, sauce suprême, sauce and potato soup with cream./ /eggnog, an egg, sugar and /dressed with mayonnaise, sour roux, mustard, Tabasco, vinegar, , poached in butter, with a /fricassee with wine-flavored onions and spices, with a vanilla crème chantilly, whipped sliced cucumbers with sour pasta with butter, beaten with garlic sauce and stock and butter, browned with casserole, with cinnamon and beurre blanc of shallots, sherry, wine and sauced with a raspberry

218 RICE-PAKISTANI
 345 TART-APPLE-CUST
 129 MARINADE-CHICK
 46 BEV-EGGNOG
 287 SOUP-CHICK-CONS
 230 SALMON-CLAUDE-P
 218 RICE-PAKISTANI
 268 SHRIMP-GRILL
 224 SALAD-CORN
 7 APPLE-ORNG-CORB
 288 SOUP-CHICKTHAI
 290 SOUP-CHICKTHAI2
 291 SOUP-CHICKTHAI3
 129 MARINADE-CHICK
 46 BEV-EGGNOG
 77 CHICK-MARENGO1
 79 CHICK-MARENGO2
 204 POTATO-SWT-CASS
 246 SAUCE-DESSERT
 266 SHRIMP-BORDELAI
 320 STEAK-DIANE
 52 CABBAGE-COLESLA
 52 CABBAGE-COLESLA
 287 SOUP-CHICK-CONS
 335 STOCK-BEEF
 338 STOCK-CHICKEN2
 1 INTRODUCTION
 84 CHICK-RED-WINE1
 86 CHICK-RED-WINE2
 89 CHICK-RED-WINE3
 13 ARTICHOKE-GREC
 50 BREAD-CORN
 200 POTATO-POBL-FIL
 224 SALAD-CORN
 224 SALAD-CORN
 292 SOUP-CORN-ROAST
 341 STRATA-CRNBDR
 341 STRATA-CRNBDR
 348 TOMATO-CORN-ONI
 36 BEEF-CRND-HASH1
 37 BEEF-CRND-HASH2
 195 POTATO-HOMEFRY
 195 POTATO-HOMEFRY
 46 BEV-EGGNOG
 95 CREAM-WHIPPED
 105 CUSTARD-ANGLAIS
 106 CUSTARD-BAKED
 107 CUSTARD-BRULEE
 110 CUSTARD-CARAM
 254 SAUCE-WHITE
 311 SOUP-VICHYSOIS
 46 BEV-EGGNOG
 52 CABBAGE-COLESLA
 52 CABBAGE-COLESLA
 65 CHICK-BRST-CREA
 71 CHICK-FRICASSEE
 93 CHICK-VANILLA
 95 CREAM-WHIPPED
 97 CUCUMBER-SOUR
 164 PASTA-ALFREDO
 193 POTATO-GARLIC
 197 POTATO-LEEK-BRA
 204 POTATO-SWT-CASS
 230 SALMON-CLAUDE-P
 231 SALMON-PAUPIETT

/, sugar, Cognac, egg yolks and /; mousseline (fold in whipped /sherry reduction and whipped /, nutmeg, flamed, sauced with Mongole /leek and potato soup with mousse of puréed spinach, eggs, /broccoli rabe doused with chorizo, garnished with /a puffy cross between pancake, thickened spiced juices/ apple /in thickened spiced juices with a cheese sandwich; croque/toasted ham and cheese sandwich; /a Dutch baby pancake, a puffy dessert made by layering bread /juice, butter, Parmesan, bread /with melted butter, bread with chopped tomatoes and bread fish covered with seasoned bread tomatoes, onions, spices, bread /with olive oil-soaked bread /sprinkled with parsley, bread tomatoes stuffed with bread /spiced juices with a crispy juice, topped with a biscuit dough for pie and onions baked to a brown and /and yellow bell peppers, onion, vinegar, and sugar sliced capers,/ salmon salad, with /; fresh ginger, cardamom pods; custard, in a mold or individual /, cardamom pods; cumin, raisins, pumpkin pie, recipe for potatoes and Swiss chard other meat other meat yet another ginger, turmeric, chipotle, and other vegetables, spiced with crème à l'anglaise, a soft /à la française, basic baked brown sugar crème brûlée, crème renversée au caramel, quiche lorraine, cheese and bacon quiche lorraine, cheese and brandy tart with cinnamon and brandy /braised in red wine; oignons Dutch baby pancake, a puffy/ in beaten egg, breaded and then /of the pan juices, white wine and /with salt and cayenne pepper; a soft custard, used with crumb/, apple brown Betty, hot with butter, sugar, and/ Grand Marnier liqueur the yolks with mustard./ /; sauce brune, jus lié, sauce sauced with Cognac./ steak /, shallots, tarragon reduction), /, garnished with scallions, /fold in whipped cream), /, egg bread, pain perdu, pain /brisée à l'oeuf, egg pastry

cream, cooked gently and mixed/ cream), béarnaise (replace lemon/ cream /sautéed with shallots cream soup with sherry /glacée cream, served chilled /cream, garlic cream and eggs, and then baked crema and salsa /and optionally crêpe, and soufflé /pancake crisp, baked apple slices in /crispy crust made with nuts,/ croque monsieur, toasted ham and croque madame croque monsieur, cross between pancake, crêpe,/ crumbs, butter, apples, and/ /hot crumbs, parsley, olive oil and/ crumbs, minced hard boiled egg./ crumbs /with ham, topped crumbs, baked in wine /or other crumbs and oil /baked with crumbs and garlic /, coated crumbs and butter /in butter crumbs, herbs and garlic crust made with nuts, sugar./ crust /with sugar and orange crusts crusty top /, potatoes cucumber and tomato, seasoned/ cucumbers with sour cream, cucumbers, celery, onions and cumin, raisins, currants, lemon/ cups /, basic baked currently-available ingredients curried lentils with sweet curried shrimp, chicken, beef or curried shrimp, chicken beef or curry sauce curry /, optionally with curry /, and optionally custard, used with desserts custard, in a mold or individual/ custard glazed with caramelized custard baked with soft caramel/ custard tart custard tart custard tarte normande, apple d'Espagne braisées, spanish/ David Eyre's pancake, like a deep fried in hot oil /, dipped demi-glace, seasoned with sugar/ derivative sauces: mousseline (/ desserts crème à l'anglaise dessert made by layering bread dessert sauces: hard sauce, made dessert soufflé flavored with deviled eggs, made by blending diable, sauce robert, sauce brune/ diane, sirloin steak sautéed and dijonnaise (with mustard), aux/ dill, parsley and basil, served/ divine (sherry reduction and/ doré French toast dough for tart shells, cases, and/

, and turnovers; and other pastry /; Billy's coleslaw, with a hot black beans prepared from /and spices, sautéed in butter to beef stew with vegetables and chicken stew with parsley David Eyre's pancake, like a mushrooms, shallot, onion and /of salmon, stuffed with /bread crumbs, minced hard boiled /asparagus with hard boiled Craig Claiborne's eggnog, an /, Tabasco, vinegar, cream and /and spices, then bound with in/ /floured, dipped in beaten asparagus with omelet, the classic pâte brisée à l'oeuf, made from butter, sugar, Cognac, /and lemon juice stabilized by /chicken consommé, clarified with meringue/ Craig Claiborne's Indian baigan bartha, sautéed/ à la anglaise,aubergine à la anglaise, sautéed/ aubergine ménagère, in agrodolce, sweet and sour ham on English muffin with/ with/ eggs Benedict, poached with mustard, Tabasco,/ deviled herb baked poached scrambled , optionally with ham and poached mousse of puréed spinach, rabe doused with cream and doré French toast, /Benedict, poached eggs and ham on /aux fine herbes, sauce à l' with onion and vinegar, chou/ pancake, a puffy cross/ David cabbage dressed with/ baked apples, pommes bon : potage parmentier; soupe bome braised with Marsala, red wine, /, then stir-fried with bok choy, flouré, sautéed, and sauced/ sole or other fish /turnovers, pastry folded over a potatoes,/ turnover or tortilla , potatoes,/ taco or turnover , onion and spices,/ duxelles /lemon juice and parsley, or with crumbs, baked/ salmon or other sauced/ filets of sole or other wine sole or other , a white chicken stock, and a /in the oven; asperges à la carbonnades de boeuf à la carbnnades de boeuf à la butter, with sugar./ bananas butter, with sugar./ bananas

171 PASTRY-DOUGH2
167 PASTRY-DOUGH1
52 CABBAGE-COLESLA
26 BEAN-BLACK
149 MUSHROOM-DUXELL
44 BEEF-STEW-DUMPL
92 CHICK-STEW-DUMPL
113 DUMPLING-PARSLE
161 PANCAKE-EYRES
149 MUSHROOM-DUXELL
231 SALMON-PAUPIETT
20 ASPARAGUS2
20 ASPARAGUS2
46 BEV-EGGNOG
52 CABBAGE-COLESLA
81 CHICK-MINUTE
115 EGGPLANT-BRDED
118 EGGS-ASP-BACON
123 EGGS-OMELET
167 PASTRY-DOUGH1
246 SAUCE-DESSERT
249 SAUCE-HOLLAND
287 SOUP-CHICK-CONS
46 BEV-EGGNOG
114 EGGPLANT-BANGIN
115 EGGPLANT-BRDED
116 EGGPLANT-MENAGE
117 EGGPLANT-SWTSOU
119 EGGS-BENEDICT
119 EGGS-BENEDICT
120 EGGS-DEVILED
121 EGGS-FRIED
122 EGGS-HERB-BAKE
125 EGGS-POACHED
127 EGGS-SCRAMBLED
279 SOUFFLE-SPINACH
316 SPINACH-MOUSSE
341 STRATA-CRNBRD
346 TOAST-FRENCH
119 EGGS-BENEDICT
236 SAUCE-BROWN
57 CABBAGE-RED-BR2
161 PANCAKE-EYRES
52 CABBAGE-COLESLA
4 APPLE-BAKED
298 SOUP-LEEK-POTAT
185 PORK-2WINE-BRA
328 STIRFRY-SHRL-BB
270 SOLE-MEUNIERE
272 SOLE-POACH-WINE
9 APPLE-TURNOVER
192 POTATO-CURI-FIL
200 POTATO-POBL-FIL
149 MUSHROOM-DUXELL
28 BEAN-GREEN-SAUT
227 SALMON-BAKE-WIN
270 SOLE-MEUNIERE
272 SOLE-POACH-WINE
339 STOCK-SUBSTITUT
293 SOUP-FISH-CHOWD
20 ASPARAGUS2
38 BEEF-FLAMANDE1
40 BEEF-FLAMANDE2
24 BANANA-FLAMBEE
25 BANANA-FLAMBEE2

dough for pie crusts
doughs /tart shells, cases
dressing of roux, mustard./
dry beans; refried beans./
duxelles, used for stuffings./
dumplings
dumplings with herb seasoning
Dutch baby pancake, a puffy cross/
duxelles, finely chopped
duxelles and carrot and leek/
egg, chopped parsley; asperges à/
egg, mustard, oil or butter
egg, sugar and cream meringue/
egg yolks /of roux, mustard
egg yolks; fricassee sauce
egg, breaded and then deep fried
egg and bacon
egg dish
egg pastry dough for tart shells./
egg yolks and cream, cooked/ /,
egg yolks, seasoned with salt and/
egg whites, variously garnished
eggnog, an egg, sugar and cream
eggplant, onion, and tomato/
eggplant flouré, dipped in/
eggplant housewife's style,
eggplant melanzane
eggs Benedict, poached eggs and
eggs and ham on English muffin
eggs, made by blending the yolks
eggs fried in garlic butter
eggs
eggs
eggs spinach soufflé
eggs cream, garlic
eggs, and then baked /broccoli
egg bread, pain perdu, pain
English muffin with hollandaise/
estragon, sauce chasseur, sauce/
euuvéed red cabbage, braised
Eyre's pancake, like a Dutch baby
favorite coleslaw, shredded
femme
femme leek and potato soup
fennel, garlic, tomato /chops
fermented black beans, ginger./
filets of sole or other fish
filets, poached in white wine
filling of apples poached in/
filling, made with onions,
filling, made with poblano strips
finely chopped mushrooms, shallot
fines herbes, or with garlic and/
fish covered with seasoned bread
fish flouré, sautéed, and
fish filets, poached in white
fish stock /for a brown stock
fisherman's seafood chowder
flamande, blanched asparagus with/
flamande, slices of beef and/
flamande, slices of beef and/
flambée, bananas sautéed in
flambée, bananas sautéed in

shallots, nutmeg./	flambée, shrimp sautéed with	267 SHRIMP-FLAMBEE	of puréed spinach, eggs, cream,	garlic	316 SPINACH-MOUSSE
sugar and cinnamon, broiled, then	flamed with rum /butter, brown	23 BANANA-BROILED	flamé broil, steak seasoned with	garlic, broiled, sliced thin, and/	319 STEAK-BROIL-LB
with sugar, lime and lemon, then	flamed with rum /in butter,	25 BANANA-FLAMBEE2	/stir-fried with black bean sauce,	garlic, onion, red pepper and/	322 STIRFRY-BEEF-BB
/sautéed with shallots, nutmeg,	flamed, sauced with cream	267 SHRIMP-FLAMBEE	oil./ snow peas stir-fried with	garlic, ginger, soy sauce, peanut	327 STIRFRY-QUICK-PE
/and vinegar, chou rouge a la	flammande, red cabbage braised/	57 CABBAGE-RED-BR2	sugar./ shrimp marinated with	garlic, sesame oil, soy sauce,	328 STIRFRY-SHRI-BB
/, made with butter, sugar, and	flavoring, strawberry sauce, made/	246 SAUCE-DESSERT	with bread crumbs, herbs and	garlic tomatoes stuffed	352 TOMATO-STUFF-PR
/, flour, sugar and water, and	flavoring with lemon juice./	246 SAUCE-DESSERT	wine sauce, honey, and Parmesan	garish /wine and sugar, with	176 PEAR-ROASTED
with nuts, sugar, butter, and	flour /a crispy crust made	6 APPLE-CRISP	/, onion, and optionally chorizo,	garished with crema and salsa	200 POTATO-POBL-FIL
/sauce, made by cooking butter,	flour, sugar and water, and/	246 SAUCE-DESSERT	/stock and mustard vinaigrette,	garished with scallions, dill./	203 POTATO-SALAD-FR
/a la anglaise, eggplant	floured, dipped in beaten egg./	115 EGGPLANT-BRDED	/with soy sauce and sugar, and	garished with green onions and/	222 RICE-VIETNAMESE
filets of sole or other fish	floured, sautéed, and sauced/	270 SOLE-MEUNIERE	with egg whites, variously	garished /consommé, clarified	287 SOUP-CHICK-CONS
/sautéed with Madeira sauce,	focaccia	51 BREAD-FOCACCIA	to dryness, used for stuffings,	garishes or sauces /in butter	149 MUSHROOM-DUXELL
white chicken stock;	foies de volaille sautées au/	76 CHICK-LIVR-SAUT	with meat, onions, peas, nuts and	garishes fried rice,	215 RICE-FRIED
basque tomatoes,	fonds blanc de volaille	337 STOCK-CHICKEN1	green and yellow/ three pepper	gaspacho soup	294 SOUP-GAZPACHO1
in a/ crème renversée à la	fondue de tomates basquaise	347 TOMATO-BASQUE	classic	gaspacho soup, made with red,	295 SOUP-GAZPACHO2
Les Halles	française, basic baked custard,	305 CUSTARD-BAKED	/tomato casserole, optionally with	gaspacho soup, from Seville	297 SOUP-GAZPACHO3
perdu, pain doré	French onion soup	306 SOUP-ONION3	/cooked with spices: fresh	ginger, turmeric, chipotle, and/	114 EGGPLANT-BANGIN
cream/ old-fashioned chicken	French toast, egg bread, pain	346 TOAST-FRENCH	with chicken stock, garlic,	ginger, cardamom pods; cumin./	212 RICE-BASMATI
butter, cooked in wine/ chicken	fricassee with wine-flavored	71 CHICK-FRICASSEE	/in soy sauce marinade with	ginger and hot peppers /steamer	221 RICE-THAI
, then bound with egg yolks;	fricassee, chicken sautéed in	81 CHICK-MINUTE	/, wine, sesame oil, chili paste,	ginger, apple juice, vinegar./	233 SALMON-TERIYAKI
hash, ingredients chopped and pan	fricassee sauce /and spices	81 CHICK-MINUTE	chicken stir-fried in	ginger and green onions, then/	323 STIRFRY-BEEF-CA
beaten egg, breaded and then deep	fried corned beef	37 BEEF-CRND-HASH2	snow peas stir-fried with garlic,	ginger, with peppers, onions./	325 STIRFRY-CHIC-GI
eggs	fried in hot oil /, dipped in	115 EGGPLANT-BRDED	bok choy, fermented black beans,	ginger, soy sauce, peanut oil/	327 STIRFRY-QUICK-PE
fried, potatoes/ home	fried in garlic butter	121 EGGS-FRIED	spice rub/ glazed pork chops,	ginger, stock, aromatics /with	328 STIRFRY-SHRI-BB
par-cooked/ home fried, cottage	fried, cottage fried or country	195 POTATO-HOMEFRY	/chops, honey-mustard glazed ham,	ginger-orange-soy pork chops	141 MARINADE-PORK
/fried, cottage fried or country	fried or country fried, potatoes	195 POTATO-HOMEFRY	/pork chops, spice rub for pork,	ginger-sherry-soy pork chops./	141 MARINADE-PORK
/, diced or sliced, then pan	fried; pommes de terre parmentier	195 POTATO-HOMEFRY	with cream./ crème vichyssoise	glacée, leek and potato soup	311 SOUP-VICHYSOIS
/or roast, potatoes shredded and	fried in butter with onions	198 POTATO-LEEK-ROS	and apple slices, with fruit	glaze /, made with applesauce	343 TART-APPLE
/potatoes, raw fries, or raw	fried potatoes, grated or/	201 POTATO-RAWFRY	sugar crème brûlée, custard	glazed, carottes vichy	63 CARROT-VICHY
/or shredded raw potatoes, pan	fried as a thin cake or patty	201 POTATO-RAWFRY	/chicken, raspberry-mustard	glazed with caramelized brown	107 CUSTARD-BRUEEE
peas, nuts and garnishes	fried rice, with meat, onions,	215 RICE-FRIED	/glazed chicken, orange-ginger	glazed chicken, orange-ginger/	129 MARINADE-CHICK
cloves./ rice Pakistani style,	fried and cooked with cardamom,	218 RICE-PAKISTANI	chicken, orange-liqueur	glazed chicken /, citrus-herb	129 MARINADE-CHICK
then fried with/ vietnamese	fried rice, rice cooked in broth,	222 RICE-VIETNAMESE	for grilling: honey-lime-tomato	glazed pork chops./ /, generally	141 MARINADE-PORK
/rice, rice cooked in broth, then	fried with garlic and onion./	222 RICE-VIETNAMESE	pork/ /pork chops, honey-mustard	glazed ham, ginger-orange-soy	141 MARINADE-PORK
with olives	fried onions, tomatoes, and corn,	348 TOMATO-CORN-ONI	generally/ marinades, brushes,	glazes and rubs for chicken,	129 MARINADE-CHICK
/aux fine herbes, tomatoes	fried lightly in butter./	351 TOMATO-SAUTE	generally/ marinades, brushes,	glazes and rubs for pork,	141 MARINADE-PORK
/, hash browned potatoes, raw	fries, or raw fried potatoes./	201 POTATO-RAWFRY	chorizo and	goat cheese quesadilla	64 CHEESE-QUESADIL
from dry beans; refried beans,	frijoles refritos /prepared	26 BEAN-BLACK	dessert soufflé flavored with	Grand marnier sauce	248 SAUCE-GRAND-MAR
/with sugared or macerated fresh	fruit; soft lemon sauce, made by/	246 SAUCE-DESSERT	/the yolks with mustard, Tabasco,	Grand Marnier liqueur	275 SOUFFLE-GRAND-M
applesauce and apple slices, with	fruit glaze /tart, made with	343 TART-APPLE	/raw fries, or raw fried potatoes,	grated onion, salt and pepper./	120 EGGS-DEVILED
/soup with coconut milk, tom kha	gai, with optionally added/	288 SOUP-CHICKTHAI1	/browned in the oven; asperges au	grated or shredded raw potatoes./	201 POTATO-RAWFRY
/soup with coconut milk, tom kha	gai, with optionally added rice	290 SOUP-CHICKTHAI2	soufflé, baked in shallow	gratin, blanched asparagus with/	20 ASPARAGUS2
, cooked in water and oil with	garlic, mint, parsley /style	14 ARTICHOKE-ROMA	Parisian onion soup, optionally	gratin dish savory scallop	277 SOUFFLE-SCALLOP
/beans, with sautéed onions,	garlic, red and green peppers./	27 BEAN-BLACK-PEPP	, Ali-Bab's soupe à l'oignon	gratinée /onion soup	302 SOUP-ONION
/, or with fines herbes, or with	garlic and parsley, or with/	28 BEAN-GREEN-SAUT	in oil, with/ artichauts à la	gratinée /onion soup	304 SOUP-ONION2
/then braised with wine, Cognac,	garlic, tomatoes and mushrooms	77 CHICK-MARENGO1	/blanched asparagus sauced as for	greque, artichoke hearts stewed	13 ARTICHOKE-GREC
/then braised with wine, Cognac,	garlic, tomatoes and mushrooms	79 CHICK-MARENGO2	sautéed onions, garlic, red and	green beans; asparagus stir-fried/	16 ASPARAGUS1
hommos, ground chick peas with	garlic, lemon juice, and olive/	112 DIP-HOMMOS	lemon juice and/ buttered	green peppers, sherry /, with	27 BEAN-BLACK-PEPP
/style, sautéed with onion,	garlic, and tomatoes	116 EGGPLANT-MENAGE	/and sugar, and garnished with	green beans, optionally with	28 BEAN-GREEN-SAUT
eggs fried in	garlic butter	121 EGGS-FRIED	/gaspacho soup, made with red,	green onions and omelet; diced or/	222 RICE-VIETNAMESE
/stewed in oil with tomatoes and	garlic, poireaux à la noix	128 LEEK-TOMATO	, garlic, onion, red pepper and	green and yellow bell peppers./	295 SOUP-GAZPACHO2
/sautéed with olive oil,	garlic, and lemon juice	151 MUSHROOMS-SAUT2	/oil, chili paste, ginger and	green pepper /black bean sauce	322 STIRFRY-BEEF-BB
/marinière, mussels steamed with	garlic, onions, thyme, bay leaf./	153 MUSSEL-MARINIER	; asparagus stir-fried; asparagus	green onions, then stir-fried and/	323 STIRFRY-BEEF-CA
stock/ /with seasonings such as	garlic and olive oil /mozzarella	165 PASTA-SUMMER	onions and herbs, sautéed or	Greystone Gruyère onion soup	306 ONION-SOUP4
with Marsala, red wine, fennel,	garlic and onions, or cooked with	183 POLENTA	brandy, lemon and sugar./	grilled /as for green beans	16 ASPARAGUS1
mashed potatoes beaten with	garlic, tomato /chops braised	185 PORK-2WINE-BRA	Nancy Silverton's classic	grilled /beef hamburgers with	42 BEEF-HAMBURGER
sautéed with ham/ potatoes,	garlic sauce and cream	193 POTATO-GARLIC	oil-soaked bread crumbs and/	grilled peaches, marinated with	174 PEACH-GRILLED
/in a steamer with chicken stock,	garlic, onions, and peppers,	205 POTATO-VEG-SAUT	/rubs for chicken, generally for	grilled cheese sandwich, with/	235 SAND-GRILL-CHEE
/cooked in broth, then fried with/	garlic, ginger and hot peppers	221 RICE-THAI	/and rubs for pork, generally for	grilled shrimp, coated with olive	268 SHRIMP-GRILL
ginger, apple juice, vinegar,	garlic /soy sauce marmade with	222 RICE-VIETNAMESE	corned beef hash, ingredients	grilling: lemon-rosemary chicken./	129 MARINADE-CHICK
olive oil-soaked bread crumbs and	garlic /shrimp, coated with	233 SALMON-TERIYAKI	onions and herbs, sautéed or/	grilling: honey-lime-tomato/	141 MARINADE-PORK
spinach quick-sautéed with	garlic, olive oil, lemon juice./	268 SHRIMP-GRILL		ground and baked	36 BEEF-CRND-HASH1
		315 SPINACH-GARLIC		ground beef hamburgers with	42 BEEF-HAMBURGER

lemon juice, and olive/ hommos,
/grilled cheese sandwich with
Greystone
liquid; risotto; pilaf; arroz
Les
croque monsieur, toasted
eggs Benedict, poached eggs and
/pork chops, honey-mustard glazed
/, and peppers, sautéed with
spinach soufflé, optionally with
pan-broiled (sautéed) steak or
sautéed or/ ground beef
/butter, bread crumbs, minced
/flamande, blanched asparagus with
sugar, and/ dessert sauces:
baked corned beef
fried corned beef
potatoes, raw fries, or raw/
or raw fried/ hash browns,
bay/ à la grecque, artichoke
a light batter, sautéed, with an
dumplings with
/chicken, yakitori chicken,
/juice and parsley, or with fines
/robert, sauce brune aux fine
tomates sautées aux fine
/beef hamburgers with onions and
butter, then braised in stock and
braised in butter, stock and
pork marinated with salt and
potato soup, with aromatics and
stuffed with bread crumbs,
blanched asparagus sauced with a
and ham on English muffin with
butter and lemon juice/
country fried, potatoes/
garlic, lemon juice, and/
wine and sugar, with wine sauce,
/for pork, generally for grilling:
, ginger-sherry-soy pork chops,
aubergine ménagère, eggplant
potatoes, or baked yams baked
onion, and tomato casserole./
rice
Indian style, riz à l'
software, and copyright
/baked with sugar and orange
/seasoned: salt and pepper, lemon
/beans, optionally with lemon
/baked with onions, apples, orange
and seasoned with salsa, lemon
chick peas with garlic, lemon
with olive oil, garlic, and lemon
mushrooms stewed in lemon
, baked with brown sugar, orange
sauce marinade with ginger, apple
/water, and flavoring with lemon
/, an emulsion of butter and lemon
/cream), béarnaise (replace lemon
/with garlic, olive oil, lemon
/apple slices in thickened spiced
/ /with a reduction of the pan
steak or/ sauces made from pan
/with duxelles and carrot and leek

112 DIP-HOMMOS
235 SAND-GRILL-CHEE
306 ONION-SOUP4
219 RICE-RISOTTO
305 SOUP-ONION3
96 CROQUE-MONSIEUR
119 EGGS-BENEDICT
141 MARINADE-PORK
205 POTATO-VEG-SAUT
279 SOUFFLE-SPINACH
252 SAUCE-STEAK
42 BEEF-HAMBURGER
20 ASPARAGUS2
20 ASPARAGUS2
246 SAUCE-DESSERT
36 BEEF-CRND-HASH1
37 BEEF-CRND-HASH2
201 POTATO-RAWFERY
201 POTATO-RAWFERY
13 ARTICHOKE-GREC
70 CHICK-FRANCESE
113 DUMPLING-PARSLE
122 EGGS-HERB-BAKE
129 MARINADE-CHICK
28 BEAN-GREEN-SAUT
236 SAUCE-BROWN
351 TOMATO-SAUTE
42 BEEF-HAMBURGER
155 ONIONS-BRAIS-BR
160 ONIONS-BRAIS-WH
187 PORK-BRAIS-CABB
282 SOUP-YAM-POTAT
352 TOMATO-STUFF-PR
16 ASPARAGUS1
119 EGGS-BENEDICT
249 SAUCE-HOLLAND
195 POTATO-HOMEFRY
112 DIP-HOMMOS
176 PEAR-ROASTED
141 MARINADE-PORK
141 MARINADE-PORK
116 EGGPLANT-MENAGE
190 POTATO-BAKED
114 EGGPLANT-BANGIN
217 RICE-INDIAN
217 RICE-INDIAN
1 INTRODUCTION
7 APPLE-ORNG-COBB
16 ASPARAGUS1
28 BEAN-GREEN-SAUT
57 CABBAGE-RED-BR2
111 DIP-AVOCADO
112 DIP-HOMMOS
151 MUSHROOMS-SAUT2
152 MUSHROOMS-STEW
163 PARSNIPS-CANDIE
233 SALMON-TERIYAKI
246 SAUCE-DESSERT
249 SAUCE-HOLLAND
249 SAUCE-HOLLAND
315 SPINACH-GARLIC
6 APPLE-CRISP
188 PORK-CHP-ROBERT
252 SAUCE-STEAK
231 SALMON-PAUPIETT

brown sauces: sauce brune,
fresh corn salad, made with
/soup with coconut milk, tom
/soup with coconut milk, tom
/soup with coconut milk, tom
various/ chicken with rice, a
/with duxelles and carrot and
parmentier; soupe bonne femme
crème vichyssoise glacée,
and garlic, poireaux à la/
and butter/ potatoes and
with thyme, bay leaf, coriander,
/simply seasoned: salt and pepper,
/in butter, with sugar, lime and
/green beans, optionally with
, sautéed, with an herb and
/mashed and seasoned with salsa,
/, ground chick peas with garlic,
with olive oil, garlic, and
mushrooms stewed in
/peaches, marinated with brandy,
pods; cumin, raisins, currants,
/or macerated fresh fruit; soft
/and water, and flavoring with
/sauce, an emulsion of butter and
/cream), béarnaise (replace
/, sautéed, and sauced with
red lentil soup with
/with garlic, olive oil,
chicken, generally for grilling:
grilling: lemon-rosemary chicken,
roast chicken stuffed with
cilantro red
Swiss chard
onions salad of
brown sauces: sauce brune, jus
/sautéed in butter, with sugar,
with red wine/ chou rouge à la
flavored with Grand Marnier
, wine, and served in the cooking
sauce, foies de/ chicken
garlic, broiled, sliced thin/
custard tart quiche
custard tart quiche
/; pommes de terre parmentier;
/sauce, made with sugared or
ham and cheese sandwich; croque
, foies de volaille sautées au
/estragon, sauce chasseur, sauce
chicken livers sautéed with
/a hollandaise, mousseline, or
braised with wine/ chicken
braised with wine/
in olive oil, then simmered/
in olive oil, then simmered in a
/, salmon braised in soy sauce
rubs for chicken, generally/
rubs for pork, generally for/
sugar, served/ grilled peaches,
braised with red cabbage/ pork
sesame oil, chili paste,/ beef
/, soy sauce, sugar,/ shrimp
garlic, onions,/ moules à la
grand

236 SAUCE-BROWN
224 SALAD-CORN
288 SOUP-CHICKTHAI1
290 SOUP-CHICKTHAI2
291 SOUP-CHICKTHAI3
213 RICE-CHICKEN
231 SALMON-PAUPIETT
298 SOUP-LEEK-POTAT
311 SOUP-VICHYSOIS
128 LEEK-TOMATO
197 POTATO-LEEK-BRA
13 ARTICHOKE-GREC
16 ASPARAGUS1
25 BANANA-FLAMBEE2
28 BEAN-GREEN-SAUT
70 CHICK-FRANCESE
111 DIP-AVOCADO
112 DIP-HOMMOS
151 MUSHROOMS-SAUT2
152 MUSHROOMS-STEW
174 PEACH-GRILLED
212 RICE-BASMA11
246 SAUCE-DESSERT
246 SAUCE-DESSERT
249 SAUCE-HOLLAND
249 SAUCE-HOLLAND
270 SOLE-MEUNIERE
308 SOUP-REDLENTIL
315 SPINACH-GARLIC
129 MARINADE-CHICK
129 MARINADE-CHICK
91 CHICK-ROAST-LEM
300 SOUP-LENTIL
308 SOUP-REDLENTIL
98 CURRY-LENTIL-YAM
225 SALAD-ONION-ROA
236 SAUCE-BROWN
25 BANANA-FLAMBEE2
55 CABBAGE-RED-BR1
275 SOUFFLE-GRAND-M
153 MUSSEL-MARINIER
76 CHICK-LIVR-SAUT
319 STEAK-BROIL-LON
206 QUICHE-LORRAIN1
207 QUICHE-LORRAIN2
195 POTATO-HOMEFRY
246 SAUCE-DESSERT
96 CROQUE-MONSIEUR
76 CHICK-LIVR-SAUT
236 SAUCE-BROWN
76 CHICK-LIVR-SAUT
16 ASPARAGUS1
77 CHICK-MARENGO1
79 CHICK-MARENGO2
269 SHRIMP-MARGRITA
269 SHRIMP-MARGRITA
233 SALMON-TERIYAKI
129 MARINADE-CHICK
141 MARINADE-CHICK
174 PEACH-GRILLED
187 PORK-BRAIS-CABB
323 STIRFRY-BEEF-CA
328 STIRFRY-SHRI-BB
153 MUSSEL-MARINIER
248 SAUCE-GRAND-MAR

jus lié, sauce diable, sauce/
kernels of corn cut from the cob./
kha gai, with optionally added/
kha gai, with optionally added/
kha gai, with optionally added/
Latin-American pilaf of chicken,
leek julienne, poached in/
leek and potato soup: potage
leek and potato soup with cream./
leeks stewed in oil with tomatoes
leeks braised with chicken stock
lemon /stewed in oil,
lemon juice, butter, Parmesan./
lemon, then flamed with rum
lemon juice and parsley, or with/
lemon wine sauce /a light batter
lemon juice, salt and pepper
lemon juice, and olive oil
lemon juice mushrooms sautéed
lemon juice and butter
lemon and sugar, served drenched/
lemon or orange zest /, cardamom
lemon sauce, made by cooking/
lemon juice; brandy sauce, made/
lemon juice stabilized by egg/
lemon juice by vinegar, shallots./
lemon butter with parsley
lemon and cilantro
lemon juice, red pepper
lemon-rosemary chicken./ /for
lemon-wine-garlic chicken./ /for
lemmons
lentil soup
lentils with lemon and
lentils with sweet potatoes and
lettuce with roast balsamic
lié, sauce diable, sauce robert./
lime and lemon, then flamed with/
limousine, red cabbage braised
liqueur dessert soufflé
liquor /, thyme, bay leaf
livers sautéed with Madeira
London broil, steak seasoned with
lorraine, cheese and bacon
lorraine, cheese and bacon
Lyonnaise potatoes; potatoes/
macerated fresh fruit; soft lemon/
madame /monsieur, toasted
madre /with Madeira sauce
madre, sauce au porto, sauce/
Madeira sauce, foies de volaille/
maltaise, or a warm vinaigrette./
Marengo, chicken sautéed then
Marengo, chicken sautéed then
margarita shrimp, shrimp sautéed
margarita sauce /shrimp sautéed
marinated with ginger, apple juice/
marinades, brushes, glazes and
marinades, brushes, glazes and
marinated with brandy, lemon and
marinated with salt and herbs and
marinated with soy sauce, wine,
marinated with garlic, sesame oil
marinière, mussels steamed with
marrier sauce

soufflé flavored with Grand
 white wine and with a dollop of
 lemon juice, salt and/ avocodo
 sauce./ /; cold asparagus with a
 /, shredded cabbage dressed with
 onion, salt and pepper, and
 , onions and capers, bound with
 style, sautéed with/ aubergine
 and onion, choux de Bruxelles
 shrimp, chicken, beef or other
 shrimp, chicken beef or other
 baked peppers stuffed with
 garnishes fried rice, with
 and omelet; diced or sliced
 /eggnog, an egg, sugar and cream
 , cooked gently and mixed with
 /, chopped parsley; asperges à la
 That chicken soup with coconut
 That chicken soup with coconut
 That chicken soup with coconut
 /with melted butter, bread crumbs,
 in water and oil with garlic,
 /Bordeaise, shrimp cooked in a
 with stir-fried nappa cabbage and
 and cream, cooked gently and
 /, basic baked custard, in a
 cooked and browned in butter in a
 sandwich; croque madame croque
 /gratin, blanched asparagus with
 can./ /, sauce allemande, sauce
 steamed with garlic, onions./
 Swiss meringue shells or
 cream, garlic
 /sauce with a hollandaise,
)/ /pepper; derivative sauces:
 /or pasta dish of rigatoni with
 /, poached eggs and ham on English
 or with bacon, shallots and
 red wine, with bacon, onions and
 cream sauce, onion, and
 , Cognac, garlic, tomatoes and
 , Cognac, garlic, tomatoes and
 /, cooked in wine and stock with
 chicken in red wine with onions,
 chicken in red wine with onions,
 chicken in red wine with onions,
 duxelles, finely chopped
 , garlic, and lemon juice
 and butter
 in ginger, with peppers, onions,
 moules à la marinière,
 asparagus with hard boiled egg,
 /, and optionally sugar, vinegar,
 /with olive oil, vinegar, sugar,
 /, with a hot dressing of roux,
 made by blending the yolks with
 , seasoned with sugar and
 /with wine, chicken stock and

Marnier liqueur dessert
 Marsala, red wine, fennel, garlic
 mascarpone /served drenched with
 mashed and seasoned with salsa,
 mashed potatoes beaten with
 mayonnaise, aioli, or tartar
 mayonnaise, sour cream, and/
 mayonnaise to bind /, grated
 mayonnaise /cucumbers, celery
 ménagère, eggplant housewife's
 ménagère /sprouts with bacon
 meat curried
 meat, rice, tomato sauce, and/
 meat, onions, peas, nuts and/
 meat may be added /green onions
 melanzane in agrodolce, sweet and
 meringue with Cognac and bourbon./
 meringue shells or mounds
 meringue /, egg yolks and cream
 milanaise, blanched asparagus/
 milk, tom kha gai, with/
 milk, tom kha gai, with/
 milk, tom kha gai, with/
 milk waffles and pancakes
 minced hard boiled egg, chopped/
 mint, parsley /style, cooked
 mirepoix, with Cognac and white/
 miso sauce /and served
 mixed with meringue /, egg yolks
 mold or individual cups
 mold /thin potato rounds
 Mongole cream soup with sherry
 monsieur, toasted ham and cheese
 Morney sauce, Parmesan, browned/
 morney, sauce aurore, sauce au
 moules à la marinière, mussels
 mounds
 mousse of puréed spinach, eggs,
 mousseline, or maitaise, or a/
 mousseline (fold in whipped cream
 mozzarella and tomatoes, and/
 muffin with hollandaise sauce
 mushrooms /sauce and parsley
 mushrooms beef stew in
 mushrooms /with wine-flavored
 mushrooms /braised with wine
 mushrooms /braised with wine
 mushrooms, onions and spices./
 mushrooms and bacon coq au vin,
 mushrooms and bacon coq au vin,
 mushrooms and bacon coq au vin,
 mushrooms, shallot, onion and/
 mushrooms sautéed in butter
 mushrooms sautéed with olive oil
 mushrooms stewed in lemon juice
 mushrooms, and sauce /stir-fried
 325 STIRFRY-CHIC-GI
 mussels steamed with garlic./
 mustard, oil or butter /blanched
 mustard and Tabasco; chopped slaw/
 mustard, and spices: Billy's/
 mustard, Tabasco, vinegar, cream/
 mustard, Tabasco, grated onion./
 mustard /wine and demi-glace
 mustard vinaigrette, garnished/
 203 POTATO-SALAD-FR

/) /reduction), dijonnaise (with
 cheese sandwich, with/
 /and served with stir-fried
 sautéed turnips,
 and garlic, poireaux à la
 quiche à la tomate, quiche
 optionally added vegetables and
 , with optionally added rice or
 cinnamon and brandy/ tarte
 /braised with apples, vinegar, and
 /, shrimp sautéed with shallots,
 /with a crispy crust made with
 rice, with meat, onions, peas,
 ; Lyonnaise potatoes; potatoes
 shells,/ pâte brisée à l'
 onion soup, Ali-Bab's soupe à l'
 /; red onions braised in red wine;
 /, artichoke hearts stewed in
 /Roman style, cooked in water and
 /, bread crumbs, parsley, olive
 with hard boiled egg, mustard,
 /chopped slaw, dressed with olive
 garlic, lemon juice, and olive
 and then deep fried in hot
 poireaux à la / leeks stewed in
 mushrooms sautéed with olive
 , and basil, and garlic and olive
 /or yellow bell peppers, in olive
 potatoes tossed with olive
 cob, red onion, vinegar, olive
 onions, spices, bread crumbs and
 /shrimp, shrimp sautéed in olive
 /and tomato, seasoned with olive
 /quick-sautéed with garlic, olive
 /with soy sauce, wine, sesame
 garlic, ginger, soy sauce, peanut
 soy sauce, peanut oil, sesame
 /marinated with garlic, sesame
 grilled shrimp, coated with olive
 /Parmesan, bread crumbs, parsley,
 /; chopped slaw, dressed with
 with garlic, lemon juice, and
 juice mushrooms sautéed with
 and basil, and garlic and
 /and/or yellow bell peppers, in
 rosemary/ potatoes tossed with
 from the cob, red onion, vinegar,
 grilled shrimp, coated with
 /shrimp, shrimp sautéed in
 /and tomato, seasoned with
 /quick-sautéed with garlic,
 tomato quiche with anchovies and
 , various vegetables, tomatoes,
 onions, tomatoes, and corn, with
 /garnished with green onions and
 la/ /red cabbage, braised with
 with wine-flavored cream sauce,
 Indian baigan bartha, eggplant,
 /housewife's style, sautéed with
 /with mustard, Tabasco, grated
 /chopped mushrooms, shallot,
 /braised in stock; roasted red
 /poblano strips, potatoes, corn,
 /broth, then fried with garlic and

249 SAUCE-HOLLAND
 235 SAND-GRILL-CHEE
 323 STIRFRY-BEEF-CA
 353 TURNIP-SAUTE
 128 LEEK-TOMATO
 209 QUICHE-NICOISE
 288 SOUP-CHICKTHAI
 290 SOUP-CHICKTHAI2
 345 TART-APPLE-CUST
 57 CABBAGE-RED-BR2
 267 SHRIMP-FLAMBEE
 6 APPLE-CRISP
 215 RICE-FRIED
 195 POTATO-HOMEFRY
 167 PASTRY-DOUGH1
 304 SOUP-ONION2
 156 ONIONS-BRAIS-RO
 13 ARTICHOKE-GREC
 14 ARTICHOKE-ROMA
 16 ASPARAGUS1
 20 ASPARAGUS2
 52 CABBAGE-COLESLA
 112 DIP-HOMMOS
 115 EGGPLANT-BRDED
 128 LEEK-TOMATO
 151 MUSHROOMS-SAUT2
 165 PASTA-SUMMER
 177 PEPPER-ROASTED
 202 POTATO-ROAST-RM
 224 SALAD-CORN
 228 SALMON-BAKED
 269 SHRIMP-MARKRITA
 295 SOUP-GAZPACHO2
 315 SPINACH-GARLIC
 323 STIRFRY-BEEF-CA
 327 STIRFRY-QUIK-PE
 327 STIRFRY-QUIK-PE
 328 STIRFRY-SHRLBB
 268 SHRIMP-GRILL
 16 ASPARAGUS1
 52 CABBAGE-COLESLA
 112 DIP-HOMMOS
 151 MUSHROOMS-SAUT2
 165 PASTA-SUMMER
 177 PEPPER-ROASTED
 202 POTATO-ROAST-RM
 224 SALAD-CORN
 268 SHRIMP-GRILL
 269 SHRIMP-MARKRITA
 295 SOUP-GAZPACHO2
 315 SPINACH-GARLIC
 209 QUICHE-NICOISE
 213 RICE-CHICKEN
 348 TOMATO-CORN-ONI
 123 EGGS-OMELET
 222 RICE-VIETNAMESE
 57 CABBAGE-RED-BR2
 71 CHICK-FRICASSEE
 114 EGGPLANT-BANGIN
 116 EGGPLANT-MENAGE
 120 EGGS-DEVILED
 149 MUSHROOM-DUXELL
 156 ONIONS-BRAIS-RO
 200 POTATO-POBL-FIL
 222 RICE-VIETNAMESE

/of corn cut from the cob, red , green and yellow bell peppers, Parisian oignon gratinée bread-based Les Halles Gruyère Greystone Gruyère	onion, vinegar, olive oil and/ onion, cucumber and tomato./ onion soup, optionally gratiné onion soup, Ali-Bab's soupe à l' onion soup onion soup onion, choux de Bruxelles/ onion, red pepper and green/ onion onions, garlic, red and green/ onions and mushrooms onions braised in beer /boeuf à la flamande, slices of beef and la flamande, slices of beef and ground beef hamburgers with wine, chestnuts, apples, carrots, wine/ /red cabbage, braised with vinegar; red cabbage baked with /in wine and stock with mushrooms, au vin, chicken in red wine with au vin, chicken in red wine with au vin, chicken in red wine with chicken sautéed with vanilla, / , mussels steamed with garlic, braised in stock/ small white onions braised in red wine;/ onions, roasted or braised: red /d'Espagne braisées, spanish /; braised Vidalia onions; red and herbs small white /seasonings such as garlic and /sauce, pork chops sautéed with terre boulangère, potatoes and or tortilla, filling, made with shredded and fried in butter with with ham./ potatoes, garlic, fried rice, with meat, braised in/ sautéed rice with sugar, and garnished with green of lettuce with roast balsamic /salad, with cucumbers, celery, salmon baked with tomatoes, , chili paste, ginger and green /in ginger, with peppers, olives fried baked with sugar and/ apple and apple slices baked with sugar and in butter, with sugar, spices, and/ /baked with onions, apples, /parsnips, baked with brown sugar, , raisins, currants, lemon or yam, carrot, and raspberry-mustard glazed chicken, / , lemon-wine-garlic chicken, /chicken, citrus-herb chicken, French toast, egg bread, pan perdu, pain doré with cardamom, cloves./ rice warm salad or pasta dish of/ hash, ingredients chopped and / , sauced with a reduction of the /par-cooked, diced or sliced, then /grated or shredded raw potatoes, sauteéd)/ sauces made from sauces made from pan juices for	224 SALAD-CORN 295 SOUP-GAZPACHO2 302 SOUP-ONION 304 SOUP-ONION2 305 SOUP-ONION3 306 ONION-SOUP4 317 SPROUT-MENAGERE 322 STIRFRY-BEEF-BB 349 TOMATO-ONION 27 BEAN-BLACK-PEPP 34 BEEF-BOURGUIGNON 38 BEEF-FLAMANDE1 40 BEEF-FLAMANDE2 42 BEEF-HAMBURGER 55 CABBAGE-RED-BR1 57 CABBAGE-RED-BR2 81 CHICK-MINUTE 84 CHICK-RED-WINE1 86 CHICK-RED-WINE2 89 CHICK-RED-WINE3 93 CHICK-VANILLA 153 MUSSEL-MARINIER 155 ONIONS-BRAIS-BR 156 ONIONS-BRAIS-RO 156 ONIONS-BRAIS-RO 156 ONIONS-BRAIS-RO 156 ONIONS-BRAIS-RO 156 ONIONS-BRAIS-RO 160 ONIONS-BRAIS-WH 183 POLENTA 188 PORK-CHP-ROBERT 191 POTATO-CUR1-FIL 192 POTATO-CURI-FIL 198 POTATO-LEEK-ROS 205 POTATO-VEG-SAUT 215 RICE-FRIED 219 RICE-RISOTTO 222 RICE-VIETNAMESE 225 SALAD-ONION-ROA 226 SALAD-SALMON 228 SALMON-BAKED 323 STIRFRY-BEEF-CA 325 STIRFRY-CHIC-GI 348 TOMATO-CORN-ONI 7 APPLE-ORNG-COBB 7 APPLE-ORNG-COBB 24 BANANA-FLAMBEE 57 CABBAGE-RED-BR2 163 PARSNIPS-CANDIE 212 RICE-BASMATI 313 SOUP-YAM-ORANGE 129 MARINADE-CHICK 129 MARINADE-CHICK 129 MARINADE-CHICK 346 TOAST-FRENCH 346 TOAST-FRENCH 218 RICE-PAKISTANI 165 PASTA-SUMMER 37 BEEF-CRND-HASH2 188 PORK-CHP-ROBERT 195 POTATO-HOMEFRI 201 POTATO-RAWFRI 252 SAUCE-STEAK 252 SAUCE-STEAK	pancake, a puffly/ David Eyre's /Eyre's pancake, like a Dutch baby /pancake, a puffy cross between sweet milk waffles and /fried or country fried, potatoes gratinée /suprême, sauce crème, sauce / , then pan fried; pommes de terre leek and potato soup: potage /and pepper, lemon juice, butter, in/ / , blanched asparagus with /asparagus with Mornay sauce, , with wine sauce, honey, and water and oil with garlic, mint, / , butter, Parmesan, bread crumbs, / , minced hard boiled egg, chopped / , optionally with lemon juice and /fines herbes, or with garlic and /parsley, or with tomato sauce and chicken stew with / , garnished with scallions, dill, broiled salmon with and sauced with lemon butter with oil and vinegar, and cilantro and /lightly in butter, sprinkled with orange juice, and/ candied cheese sauce of/ Pamela Sherri'd's summer /summer pasta, a warm salad or tomato sauce for /sauce, wine, sesame oil, chili apples/ apple turnovers, pâte brisée à l'oeuf, egg , cases, and turnovers: and other partly or fully baked , pan fried as a thin cake or with duxelles and carrot and pastry dough for tart shells./ lemon and sugar/ grilled /with garlic, ginger, soy sauce, and cinnamon, served on apple/ sugar, with wine sauce, honey/ and olive/ hommos, ground chick fried rice, with meat onions, ginger, soy sauce, peanut/ snow /spears, simply seasoned: salt and with salsa, lemon juice, salt and / , Tabasco, grated onion, salt and / , seasoned with salt and cayenne red, green and yellow/ three , olive oil, lemon juice, red bean sauce, garlic, onion, red , onion, red pepper and green onions, garlic, red and green /sweet red and/or yellow bell tomato sauce, and spices baked potatoes, garlic, onions, and stock, garlic, ginger and hot /with red, green and yellow bell /stir-fried in ginger, with /with fresh ricotta, roasted red French toast, egg bread, pain vietnamese beef soup, dough for pumpkin	pancake, like a Dutch baby pancake, a puffy cross between/ pancake, crêpe, and soufflé pancakes par-cooked, diced or sliced, then/ Parisian onion soup, optionally/ parisienne, sauce allemande./ 254 SAUCE-WHITE 195 POTATO-HOMEFRI 298 SOUP-LEEK-POTAT 16 ASPARAGUS1 20 ASPARAGUS2 20 ASPARAGUS2 176 PEAR-ROASTED 14 ARTICHOKE-ROMA 16 ASPARAGUS1 20 ASPARAGUS2 28 BEAN-GREEN-SAUT 28 BEAN-GREEN-SAUT 28 BEAN-GREEN-SAUT 92 CHICK-STEW-DUMP 203 POTATO-SALAD-FR 229 SALMON-BROILED 270 SOLE-MEUNIERE 295 SOUP-GAZPACHO2 351 TOMATO-SAUTE 163 PARSNIPS-CANDIE 164 PASTA-ALFREDO 165 PASTA-SUMMER 165 PASTA-SUMMER 251 SAUCE-PASTA 323 STIRFRY-BEEF-CA 9 APPLE-TURNOVER 167 PASTRY-DOUGHI 167 PASTRY-DOUGHI 172 PASTRY-SHELL 201 POTATO-RAWFRI 231 SALMON-PAUPIETT 167 PASTRY-DOUGHI 174 PEACH-GRILLED 327 STIRFRY-QUIK-PE 175 PEAR-RED-WINE 176 PEAR-ROASTED 112 DIP-HOMMOS 215 RICE-FRIED 327 STIRFRY-QUIK-PE 16 ASPARAGUS1 111 DIP-AVOCADO 120 EGGS-DEVILED 249 SAUCE-HOLLAND 295 SOUP-GAZPACHO2 315 SPINACH-GARLIC 322 STIRFRY-BEEF-BB 322 STIRFRY-BEEF-BB 27 BEAN-BLACK-PEPP 177 PEPPER-ROASTED 178 PEPPER-STUFFED 205 POTATO-VEG-SAUT 221 RICE-THAI 295 SOUP-GAZPACHO2 325 STIRFRY-CHIC-GI 341 STRATA-CRNBRO 346 TOAST-FRENCH 284 SOUP-BEEF-VIET 171 PASTRY-DOUGH2 180 PIE-PUMPKIN1
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currently-available/ /with rice, a Latin-American , cloves, and cinnamon; /in seasoned liquid; risotto; /folded over a filling of apples chicken breasts, suprêmes, muffin with/ eggs Benedict, cinnamon, served on/ pears /and carrot and leek julienne, soufflé, optionally with ham and	pie, recipe for plaf of chicken, various/ plaf /cooked with cardamom plaf; arroz guatemalteco poached in sugar and spices poached in butter, with a cream/ poached eggs and ham on English poached eggs poached in red wine, sugar and poached in raspberry wine and/ poached in white wine poached eggs spinach poached tomatoes poblano strips, potatoes, com./ poreaux à la niçoise /stewed polenta, optionally with polonaise, blanched asparagus pommes bon femme pommes au beurre pommes de terre Anna, potatoes pommes de terre boulangère, pork, generally for grilling:/ /; brushes, glazes and rubs for /; honey-lime-tomato glazed /pork chops, ginger-honey-soy /pork chops, spice rub for pork./ /rub for pork, ginger-sherry-soy glazed ham, ginger-orange-soy red wine, fennel, garlic./ herbs and braised with red/ pork chops sautéed with/ pork chops with robert sauce, /with onions, apples, brown sugar, /onions, apples, orange juice, /chasseur, sauce madère, sauce au with a slice of/ saumon Claude femme leek and potato soup: /Anna, potatoes Anna, are thin and cream, and Cognac or/ sweet herbs bean and soupe bonne femme leek and /vichyssoise glacée, leek and curried lentils with sweet rounds/ pommes de terre Anna, or baked yams baked Idaho baked Idaho potatoes, baked sweet pommes de terre boulangère, /filling, made with onions, and cream mashed /; cottage fried or country fried, /de terre parmentier; Lyonnaise parmentier; Lyonnaise potatoes; chicken stock and butter/ butter/ Swiss rösti or roesti, /; made with poblano strips, hash browns, hash browned /potatoes, raw fries, or raw fried /potatoes, grated or shredded raw potatoes, pan fried as a thin/ potatoes tossed with olive oil, potatoes, boiled, flavored with potatoes, garlic, onions, and poulet au pot; preparation of pumpkin pie pumpkin pie, recipe for purée) /capres (with capers	181 PIE-PUMPKIN2 213 RICE-PAKISTANI 218 RICE-PAKISTANI 219 RICE-RISOTTO 9 APPLE-TURNOVER 65 CHICK-BRST-CREA 119 EGGS-BENEDICT 125 EGGS-POACHED 175 PEAR-RED-WINE 231 SALMON-PAUPIETT 272 SOLE-POACH-WINE 350 SOUFFLE-SPINACH TOMATO-POACHED 200 TOMATO-POBL-FIL 128 LECK-TOMATO 183 POLENATA 20 ASPARAGUS2 4 APPLE-BAKED 8 APPLE-SAUTE 189 POTATO-ANNA 191 POTATO-BOULANGE 195 POTATO-HOMEFRY 141 MARINADE-PORK 141 MARINADE-PORK 141 MARINADE-PORK 141 MARINADE-PORK 141 MARINADE-PORK 141 MARINADE-PORK 141 MARINADE-PORK 185 PORK-2WINE-BRA 187 PORK-BRAIS-CABB 188 PORK-CHP-ROBERT 188 PORK-CHP-ROBERT 57 CABBAGE-RED-BR2 236 SAUCE-BROWN 230 SALMON-CLAUDE-P 298 SOUP-LEEK-POTAT 189 POTATO-ANNA 204 POTATO-SWT-CASS 282 SOUP-YAM-POTAT 298 SOUP-LEEK-POTAT 311 SOUP-VICHYSOIS 98 CURRY-LENTIL-YAM 189 POTATO-ANNA 190 POTATO-BAKED 190 POTATO-BAKED 191 POTATO-BOULANGE 192 POTATO-CURL-FIL 193 POTATO-GARLIC 195 POTATO-HOMEFRY 195 POTATO-HOMEFRY 195 POTATO-HOMEFRY 197 POTATO-LEEK-BRA 198 POTATO-LEEK-ROS 200 POTATO-POBL-FIL 201 POTATO-RAWFRY 201 POTATO-RAWFRY 201 POTATO-RAWFRY 202 POTATO-ROAST-IRM 203 POTATO-SALAD-FR 205 POTATO-VEG-SAUT 74 CHICK-IN-THE-POT 180 PIE-PUMPKINI 181 PIE-PUMPKIN2 249 SAUCE-HOLLAND	garlic mousse of chorizo and goat cheese baked pastry shell for a tart or custard tart custard tart niçoise, fresh tomato quiche/ quiche/ quiche à la tomate, /; quiche niçoise, fresh tomato oil, lemon juice, red/ spinach with/ corn bread and broccoli /red peppers and sautéed broccoli /ginger, cardamom pods; cumin, /and leek julienne, poached in raspberry wine and sauced with a /; coffee-rum caribbean chicken, /browns, hash browned potatoes, /browned potatoes, raw fries, or /potatoes, grated or shredded /; with sautéed onions, garlic, mushrooms beef stew in / chou rouge à la limousine, /; red cabbage braised with and vinegar; chou/ étuvé /; chou rouge à la flammande, /à l'agré-doux, sweet-sour /sugar, port wine, and vinegar; /vinegar: red cabbage braised with /apples, brown sugar, and vinegar; and/ coq au vin, chicken in and/ coq au vin, chicken in onions, roasted or braised: /or braised: red onions braised in /onions braised in stock; roasted butter; braised Vidalia onions; with aromatics, thyme, bay leaf, served on/ pears poached in sauce, honey./ pears roasted in in olive oil/ roasted sweet pork chops braised with Marsala, salt and herbs and braised with flavored with wine, chicken/ /kernels of corn cut from the cob, /pepper gazpacho soup, made with cilantro garlic, olive oil, lemon juice, /black bean sauce, garlic, onion, /with fresh ricotta, roasted /with onions, sauced with a /in whipped cream), divine (sherry /by vinegar, shallots, tarragon /beans prepared from dry beans; beans; refried beans, frijoles basic baked custard, in/ crème baked with soft caramel/ crème baked baked peppers stuffed with meat, spices: fresh/ basic basmati chicken, various/ chicken with nuts and garnishes fried indienne cooked with cardamom, cloves./ vegetables, braised/ sautéed chicken/ Thai-style risotto, fried with/ vietnamese fried	purée spinach, eggs, cream, quesadilla quiche partly or fully quiche lorraine, cheese and bacon quiche lorraine, cheese and bacon quiche à la tomate, quiche quiche niçoise, fresh tomato quiche with anchovies and olives quick-sautéed with garlic, olive rabe strata, corn bread layered rabe doused with cream and eggs./ raisins, currants, lemon or/ raspberry wine and sauced with a/ raspberry cream /, poached in raspberry-mustard glazed chicken./ raw fries, or raw fried potatoes./ raw fried potatoes, grated or/ raw potatoes, pan fried as a thin/ red and green peppers, sherry red wine, with bacon, onions and red cabbage braised with red wine red wine, chestnuts, apples./ red cabbage, braised with onion red cabbage braised with apples./ red cabbage braised with onions./ red cabbage braised with red wine/ red wine, apples, brown sugar./ red cabbage baked with onions./ red wine with onions, mushrooms red wine with onions, mushrooms red wine with onions, mushrooms red onions braised in red wine./ red wine; oignons d'Espagne/ red onion with thyme and butter./ red onions, braised with/ /and red wine, stock /onions, braised red wine, sugar and cinnamon, red wine and sugar, with wine red and/or yellow bell peppers, red wine, fennel, garlic, tomato red cabbage or sauerkraut /with red and white potatoes, boiled, red onion, vinegar, olive oil and/ red, green and yellow bell/ red lentil soup with lemon and red pepper /quick-sautéed with red pepper and green pepper red peppers and sautéed broccoli/ reduction of the pan juices./ reduction and whipped cream)/ reduction), dijonnaise (with/ refried beans, frijoles refritos refritos /prepared from dry renversée à la française, renversée au caramel, custard rhubarb rice, tomato sauce, and spices rice, optionally cooked with rice, a Latin-American plaf of rice, with meat, onions, peas, rice Indian style, riz à l' rice Pakistani style, fried and rice with onions and optionally rice cooked in a steamer with rice, rice cooked in broth, then	316 SPINACH-MOUSSE 64 CHEESE-QUESADIL 172 PASTRY-SHELL 206 QUICHE-LORRAIN1 207 QUICHE-LORRAIN2 209 QUICHE-NICOISE 209 QUICHE-NICOISE 209 QUICHE-NICOISE 315 SPINACH-GARLIC 341 STRATA-CRNBDR 341 STRATA-CRNBDR 212 RICE-BASMATI 231 SALMON-PAUPIETT 231 SALMON-PAUPIETT 129 MARINADE-CHICK 201 POTATO-RAWFRY 201 POTATO-RAWFRY 201 POTATO-RAWFRY 27 BEAN-BLACK-PEPP 34 BEEF-BOURGUIGNON 55 CABBAGE-RED-BR1 55 CABBAGE-RED-BR1 57 CABBAGE-RED-BR2 57 CABBAGE-RED-BR2 57 CABBAGE-RED-BR2 57 CABBAGE-RED-BR2 57 CABBAGE-RED-BR2 57 CABBAGE-RED-BR2 84 CHICK-RED-WINE1 86 CHICK-RED-WINE2 89 CHICK-RED-WINE3 156 ONIONS-BRAIS-RO 156 ONIONS-BRAIS-RO 156 ONIONS-BRAIS-RO 156 ONIONS-BRAIS-RO 175 PEAR-RED-WINE 176 PEAR-ROASTED 177 PEPPER-ROASTED 185 PORK-2WINE-BRA 187 PORK-BRAIS-CABB 203 POTATO-SALAD-FR 224 SALAD-CORN 295 SOUP-GAZPACHO2 308 SOUP-REDLENTIL 315 SPINACH-GARLIC 322 STIRFRY-BEEF-BB 341 STRATA-CRNBDR 188 PORK-CHP-ROBERT 249 SAUCE-HOLLAND 249 SAUCE-HOLLAND 26 BEAN-BLACK 26 BEAN-BLACK 106 CUSTARD-BAKED 110 CUSTARD-CARAM 211 RHUBARB-BAKED 178 PEPPER-STUFFED 212 RICE-BASMATI 213 RICE-CHICKEN 215 RICE-FRIED 217 RICE-INDIAN 218 RICE-PAKISTANI 219 RICE-RISOTTO 221 RICE-THAI 222 RICE-VIETNAMESE
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velouté, sauce suprême/ white
and braised with red cabbage or
/braisée à l'alsacienne,
sautéed, covered with a/
beurre apples
bananes flambée, bananas
lime/ bananes flambée, bananas
green/ black beans, with
hamburgers with onions and herbs,
vichy carrots
chicken breasts, suprêmes,
/breasts in a light batter,
foies de/ chicken livers
chicken Marengo, chicken
chicken Marengo, chicken
chicken fricassée, chicken
spices, with a vanilla/ chicken
/l, eggplant housewife's style,
/l, shallot, onion and spices,
mushrooms
and lemon juice mushrooms
in stock/ small white onions
/with robert sauce, pork chops
/l, garlic, onions, and peppers,
optionally vegetables,/
saumon Claude Postel, salmon
/from pan juices for pan-broiled (
flamed/ shrimp flambée, shrimp
margarita shrimp, shrimp
/of sole or other fish floured,
steak diane, sirloin steak
/ricotta, roasted red peppers and
bordelaise
Madeira sauce, foies de volaille
tomatoes fried lightly/ tomatoes
shallow garnish dish
/vinaigrette, garnished with
shallow gratin dish savory
tea
fisherman's
blanched asparagus spears, simply
salt and/ avocado mashed and
/l, white wine and demi-glace,
/optionally vegetables, braised in
salmon or other fish covered with
/juice stabilized by egg yolks,
/l, onion, cucumber and tomato,
sliced/ London broil, steak
dumplings with herb
polenta, optionally with
/marinated with soy sauce, wine,
ginger, soy sauce, peanut oil,
shrimp marinated with garlic,
classic gazpacho soup, from
/l, finely chopped mushrooms,
shallots and mushrooms /tomato
shallots, sherry, cream and/
shallots, tarragon reduction,/
/replace lemon juice by vinegar,
/flambée, shrimp sautéed with
partly or fully baked pastry
Swiss meringue
/oeuf, egg pastry dough for tart
salad or pasta dish of/ Pamela
ginger, red and green peppers,

sautes: sauce béchamel, sauce
sauerkraut /with salt and herbs
sauerkraut braised with wine,/
saumon Claude Postel, salmon
sautéed in butter, pommes au
sautéed in butter, with sugar,/
sautéed in butter, with sugar,
sautéed onions, garlic, red and
sautéed or grilled ground beef
sautéed and glazed, carrots
sautéed in butter, with brown/
sautéed, with an herb and lemon/
sautéed with Madeira sauce,
sautéed then braised with wine,/
sautéed then braised with wine,/
sautéed in butter, cooked in/
sautéed with vanilla, onions and
sautéed with onion, garlic, and/
sautéed in butter to dryness,/
sautéed in butter
sautéed with olive oil, garlic,
sautéed in butter, then braised
sautéed with onions, sauced with/
sautéed with ham, topped with/
sautéed rice with onions and
sautéed, covered with a slice of/
sautéed) steak or hamburger
sautéed with shallots, nutmeg,
sautéed in olive oil, then/
sautéed, and sauced with lemon/
sautéed and sauced with Cognac,/
sautéed broccoli rabe doused/
sautéed turnips, navets à la
sautées au madère /with
sautées aux fine herbes,
savory scallop soufflé, baked in
scallions, dill, parsley and/
scallop soufflé, baked in
scones
scrambled eggs
seafood chowder
seasoned: salt and pepper, lemon/
seasoned with salsa, lemon juice,
seasoned with sugar and mustard
seasoned liquid; risotto; pilaf/
seasoned bread crumbs, baked in/
seasoned with salt and cayenne/
seasoned with olive oil and/
seasoned with garlic, broiled,
seasoning
seasonings such as garlic and/
sesame oil, chili paste, ginger/
sesame oil /with garlic
sesame oil, soy sauce, sugar,/
Seville
shallot, onion and spices,/
shallots and mushrooms /tomato
shallots, sherry, cream and/
shallots, tarragon reduction,/
flambée, shrimp sautéed with
shell for a tart or quiche
shells or mounds
shells, cases, and turnovers; and/
Sherrid's summer pasta, a warm
sherry /with sautéed onions

with a beurre blanc of shallots,
/(fold in whipped cream), divine (
Mongole cream, soup with
sautéed and sauced with Cognac,
mayonnaise, / favorite cotolaws,
Swiss rösti or roesti, potatoes
/or raw fried potatoes, grated or
meat curried
meat curried
in a mirepoix, with Cognac/
Cognac and/ shrimp Bordelaise,
with shallots, nutmeg, flamed/
nutmeg, / shrimp flambée,
oil-soaked bread/ grilled
oil, then simmered/ margarita
then/ margarita shrimp,
sesame oil, soy sauce, sugar,/
cheese sandwich, with/ Nancy
/sautéed in olive oil, then
clarified with egg whites,/
blanched asparagus spears,
with Cognac, / steak diane,
/ mustard and Tabasco; chopped
beef stock prepared in
chicken stock prepared in
/sautéed, covered with a slice of
ginger, soy sauce, peanut oil/
crème à l'anglaise, a
au caramel, custard baked with
/sugared or macerated fresh fruit;
introduction: abbreviations,
sautéed, and sauced/ filets of
poached in white wine
aurore, sauce au cari, sauce
between pancake, crêpe, and
Marnier liqueur dessert
dish savory scallop
poached eggs spinach
bean and potato
beef, black bean, and tomato
vietnamese beef
borscht, beet
gai, with/
Thai chicken
gai, with/
Thai chicken
gai, with/
roasted com
gazpacho
yellow/ three pepper gazpacho
classic gazpacho
bonne femme leek and potato
lentil
Mongole cream
Parisian onion
oignon/ bread-based onion
Les Halles French onion
Greystone Gruyère onion
red lentil
turkey
/glacée, leek and potato
yam, carrot, and orange
zucchini
potato soup: potage parmentier;
bread-based onion soup, Ali-Bab's
/cabbage dressed with mayonnaise,
sliced cucumbers with

230 SALMON-CLAUDE-P
249 SAUCE-HOLLAND
301 SOUP-MONGOLE
320 STEAK-DIANE
52 CABBAGE-COLESLA
198 POTATO-LEEK-ROS
201 POTATO-RAWFERY
100 CURRY1
102 CURRY2
266 SHRIMP-BORDELA
266 SHRIMP-BORDELA
267 SHRIMP-FLAMBEE
267 SHRIMP-FLAMBEE
268 SHRIMP-GRILL
269 SHRIMP-MARGRITA
269 SHRIMP-MARGRITA
328 STIRFRY-SHRI-BB
235 SAND-GRILL-CHEE
269 SHRIMP-MARGRITA
287 SOUP-CHICK-CONS
16 ASPARAGUS1
320 STEAK-DIANE
52 CABBAGE-COLESLA
335 STOCK-BEEF
238 STOCK-CHICKEN2
230 SALMON-CLAUDE-P
327 STIRFRY-QUIK-PE
105 CUSTARD-ANGLAIS
110 CUSTARD-CARAM
246 SOUP-DESSERT
1 INTRODUCTION
270 SOLE-MEUNIERE
272 SOLE-POACH-WINE
254 SAUCE-WHITE
161 PANCAKE-EYRES
275 SOUFFLE-GRAND-M
277 SOUFFLE-SCALLOP
279 SOUFFLE-SPINACH
282 SOUP-YAM-POTAT
283 SOUP-BEEF-BLKBN
284 SOUP-BEEF-VIET
286 SOUP-BEET
288 SOUP-CHICKTHAI1
290 SOUP-CHICKTHAI2
291 SOUP-CHICKTHAI3
292 SOUP-CORN-ROAST
294 SOUP-GAZPACHOI
295 SOUP-GAZPACHOI
297 SOUP-GAZPACHOI
298 SOUP-LEEK-POTAT
300 SOUP-LENTIL
301 SOUP-MONGOLE
302 SOUP-ONION
304 SOUP-ONION2
305 SOUP-ONION3
306 ONION-SOUP4
308 SOUP-REDLENTIL
309 SOUP-TURKEY
311 SOUP-VICHYSOIS
313 SOUP-YAM-ORANGE
314 SOUP-ZUCCHINI
298 SOUP-LEEK-POTAT
304 SOUP-ONION2
52 CABBAGE-COLESLA
97 CUCUMBER-SOUR

melanzane in agrodolce, sweet and garlic and onion, finished with /teriyaki, salmon braised in chili/ beef marinated with /stir-fried with garlic, ginger, sesame oil, then stir-fried with garlic, sesame oil, sauce for pasta, especially /; oignons d'Espagne braisées, ginger-honey-soy pork chops, baked apple slices in thickened and optionally other vegetables, bread crumbs, butter, apples, and of apples poached in sugar and sautéed in butter, with sugar; oil, vinegar, sugar, mustard, and carrots, onions, bacon, and juice, port wine, vinegar, and /stock with mushrooms, onions and /sautéed with vanilla, onions and /mushrooms, shallot, onion and , in olive oil with salt and meat, rice, tomato sauce, and /rice, optionally cooked with vegetables, tomatoes, olives and /baked with tomatoes, onions, stock, aromatic vegetables and ham and poached eggs garlic, olive oil, lemon/ mousse of puréed , thick and stiff, eaten with a choux de Bruxelles/ Brussels roasted Brussels juices for pan-broiled (sautéed) broiled, sliced/ London broil, sautéed and sauced with/ Cognac./ steak diane, sirloin moules à la marinière, mussels /risotto, rice cooked in a onions and mushrooms beef dumplings beef chicken /à la grecque, artichoke hearts garlic, poireaux à la/ leeks mushrooms /as for green beans; asparagus garlic, onion, red/ beef slices /, ginger and green onions, then /, then stir-fried and served with peppers, onions./ chicken soy sauce, peanut/ snow peas /oil, soy sauce, sugar, then asparagus basic vegetables basic stir-fry - II, a list of au pot; preparation of chicken /in butter, cooked in wine and in butter, then braised in /, spanish onions braised in , thyme, bay leaf, red wine, white onions braised in butter, /garlic and onions, or cooked with /and leeks braised with chicken /, flavored with wine, chicken /cooked in a steamer with chicken

sour eggplant soy sauce and sugar, and/ /with soy sauce marinated with ginger./ soy sauce, wine, sesame oil, soy sauce, peanut oil, sesame oil soy sauce, sugar, then stir-fried spaghetti tomato spanish onions braised in stock;/ spice rub for pork./ /pork chops spiced juices with a crispy crust/ spiced with curry /, potatoes, spices /made by layering spices /folded over a filling spices, orange and rum /bananas spices; Billy's coleslaw, with a/ spices /wine, chestnuts, apples /onions, apples, orange spices, then bound with egg yolks/ spices, with a vanilla cream/ spices, sautéed in butter to/ spices /or yellow bell peppers spices /peppers stuffed with spices/ fresh ginger, cardamom/ spices /of chicken, various spices, bread crumbs and oil spices /braised with wine spinach soufflé, optionally with spinach quick-sautéed with spinach, eggs, cream, garlic spoon /Cognac and bourbon sprouts with bacon and onion, sprouts steak or hamburger /from pan steak seasoned with garlic, steak diane, sirloin steak steak sautéed and sauced with steamed with garlic, onions./ steamer with chicken stock./ stew in red wine, with bacon, stew with vegetables and stew with parsley dumplings stewed in oil, with thyme, bay/ stewed in oil with tomatoes and stewed in lemon juice and butter stir-fried; asparagus grilled stir-fried with black bean sauce, stir-fried and served with/ stir-fried nappa cabbage and miso/ stir-fried in ginger, with stir-fried with garlic, ginger, stir-fried with bok choy./ stir-fry stir-fry - I stir-fry - II, a list of stir-fry stir-fry vegetables /poulet stock and boiled chicken /stock with mushrooms, onions and stock and herbs /onions sautéed stock; roasted red onion with/ stock /, braised with aromatics stock and herbs small stock or finished with cheese stock and butter, browned with/ stock and mustard vinaigrette./ stock, garlic, ginger and hot/

/, sauerkraut braised with wine, turkey soup and turkey , fermented black beans, ginger, beef white chicken chicken a fish/ substitutes for a brown a brown stock, a white chicken a white chicken stock, and a fish corn bread and broccoli rabe /butter, sugar, and flavoring; roast chicken sauce, and/ baked peppers and leek/ paupiettes of salmon, and garlic tomatoes /in butter to dryness, used for a crispy crust made with nuts, /cobbler; apple slices baked with a filling of apples poached in /, with melted butter, brown bananas sautéed in butter, with bananas sautéed in butter, with Craig Claiborne's eggnog, an egg, /, sour cream, and optionally dressed with olive oil, vinegar, /with onions, apples, brown /with red wine, apples, brown /chantilly, whipped cream with with sour cream, vinegar, and glazed with caramelized brown /parsnips, baked with brown /marinated with brandy, lemon and pears poached in red wine, pears poached in red wine and demi-glaze, seasoned with /, finished with soy sauce and /; hard sauce, made with butter, /, made by cooking butter, flour, /; brandy sauce, made from butter, /; garlic, sesame oil, soy sauce, /; strawberry sauce, made with pasta dish of/ Pamela Sherrid's /béchamel, sauce velouté, sauce with a cream/ chicken breasts, with brown/ chicken breasts, curried lentils with melanzane in agrodolce, peppers, in olive oil/ roasted baked Idaho potatoes, baked cinnamon and cream, and/ /; chou rouge à l'aigre-doux, lentils with sweet potatoes and shredded and fried in butter/ , custard baked with soft caramel /sugar, vinegar, mustard and /a hot dressing of roux, mustard, /blending the yolks with mustard, with poblano strips, potatoes/ lemon juice by vinegar, shallots, /à l'oeuf, egg pastry dough for a or fully baked pastry shell for a , cheese and bacon custard

stock, aromatic vegetables and/ stock stock aromatics /with bok choy stock prepared in slow cooker stock; fonds blanc de volaille stock prepared in slow cooker stock, a white chicken stock, and stock, and a fish stock /for strata, corn bread layered with/ strawberry sauce, made with/ stuffed with lemons 91 CHICK-ROAST-LEM 178 PEPPER-STUFFED 231 SALMON-PAUPIET 352 TOMATO-STUFF-PR 149 MUSHROOM-DUXELL 6 APPLE-CRISP 7 APPLE-ORNG-COBB 9 APPLE-TURNOVER 23 BANANA-BROILED 24 BANANA-FLAMBEE 25 BANANA-FLAMBEE2 46 BEV-EGGNOG 52 CABBAGE-COLESLA 52 CABBAGE-COLESLA 57 CABBAGE-RED-BR2 57 CABBAGE-RED-BR2 95 CREAM-WHIPPED 97 CUCUMBER-SOUR 107 CUSTARD-BRULÉE 163 PARSNIPS-CANDIE 174 PEACH-GRILLED 176 PEAR-RED-WINE 175 PEAR-ROASTED 188 PORK-CHP-ROBERT 222 RICE-VIETNAMESE 246 SAUCE-DESSERT 246 SAUCE-DESSERT 328 STIRFRY-SHRI-BB 246 SAUCE-DESSERT 165 PASTA-SUMMER 254 SAUCE-WHITE 65 CHICK-BRST-CREA 68 CHICK-BRST-SAUT 50 BREAD-CORN 98 CURRY-LENTIL-YAM 117 EGGPLANT-SWTSOU 177 PEPPER-ROASTED 190 POTATO-BAKED 204 POTATO-SWT-CASS 354 WAFFLE-PANCAKE 57 CABBAGE-RED-BR2 98 CURRY-LENTIL-YAM 148 MERINGUE-SWISS 198 POTATO-LEEK-ROS 110 CUSTARD-CARAM 52 CABBAGE-COLESLA 52 CABBAGE-COLESLA 120 EGGS-DEVILED 200 POTATO-POBL-FIL 249 SAUCE-HOLLAND 167 PASTRY-DOUGH1 172 PASTRY-SHELL 206 QUICHE-LORRAIN1

coq au vin, chicken in red
coq au vin, chicken in red
coq au vin, chicken in red
/garlic, onions, thyme, bay leaf,
/ : red onions braised in red
aromatics, thyme, bay leaf, red
sugar, served drenched with white
on apple/ pears poached in red
honey./ pears roasted in red
/in red wine and sugar, with
/chops braised with Marsala, red
with/ /of the pan juices, white
/potatoes, boiled, flavored with
seasoned bread crumbs, baked in
/julienne, poached in raspberry
and/ /, sauerkraut braised with
a mirepoix, with Cognac and white
fish filets, poached in white
beef marinated with soy sauce,
and/ /chicken fricassee with
/, balsamic-mustard chicken,
, baked sweet potatoes, or baked
with/ roasted sweet red and/or
/soup, made with red, green and
/, Tabasco, vinegar, cream and egg
and spices, then bound with egg
/eggs, made by blending the
/from butter, sugar, Cognac, egg
and lemon juice stabilized by egg
/, currants, lemon or orange

wine with onions, mushrooms and/
wine with onions, mushrooms and/
wine with onions, mushrooms and/
wine, and served in the cooking/
wine; oignons d'Espagne brais  es
wine, stock /, braised with
wine and with a dollop of/ /and
wine, sugar and cinnamon, served
wine and sugar, with wine sauce,
wine sauce, honey, and Parmesan/
wine, fennel, garlic, tomato
wine and demi-glace, seasoned
wine, chicken stock and mustard/
wine /fish covered with
wine and sauced with a raspberry/
wine, stock, aromatic vegetables
wine /, shrimp cooked in
wine sole or other
wine, sesame oil, chili paste./
wine-flavored cream sauce, onion,
yakitori chicken, herb-mustard/
yam, carrot, and orange soup
yams baked Idaho potatoes
yellow bell peppers, in olive oil
yellow bell peppers, onion./
yolks /of roux, mustard
yolks; fricassee sauce /, onions
yolks with mustard, Tabasco./
yolks and cream, cooked gently/
yolks, seasoned with salt and/
zest /pods; cumin, raisins
zucchini soup

84 CHICK-RED-WINE1
86 CHICK-RED-WINE2
89 CHICK-RED-WINE3
153 MUSSEL-MARINIER
156 ONIONS-BRAIS-RO
156 ONIONS-BRAIS-RO
174 PEACH-GRILLED
175 PEAR-RED-WINE
176 PEAR-ROASTED
176 PEAR-ROASTED
185 PORK-2WINE-BRA
188 PORK-CHP-ROBERT
203 POTATO-SALAD-FR
227 SALMON-BAKE-WIN
231 SALMON-PAUPIETT
264 SAUERKRAUT-BRAS
266 SHRIMP-BORDELAI
272 SOLE-POACH-WINE
323 STIRFRY-BEEF-CA
71 CHICK-FRICASSEE
129 MARINADE-CHICK
313 SOUP-YAM-ORANGE
190 POTATO-BAKED
177 PEPPER-ROASTED
295 SOUP-GAZPACHO2
52 CABBAGE-COLESLA
81 CHICK-MINUTE
120 EGGS-DEVILED
246 SAUCE-DESSERT
249 SAUCE-HOLLAND
212 RICE-BASMATI
314 SOUP-ZUCCHINI