

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	34	BLACK BEANS - black beans prepared from dry beans; refried beans, <i>frijoles refritos</i>
4	BAKED APPLES - baked apples, <i>pommes bon femme</i>	APPLE-BAKED	36	BLACK BEANS WITH PEPPERS, ONIONS - black beans, with sautéed onions, garlic, red and green peppers, sherry
5	APPLE BROWN BETTY - apple brown betty, hot dessert made by layering bread crumbs, butter, apples, and spices	APPLE-BRN-BETTY	38	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
7	APPLE CRISP - apple crisp, baked apple slices in thickened spiced juices with a crispy crust made with nuts, sugar, butter, and flour	APPLE-CRISP	45	BOEUF À LA BOURGUIGNONNE - beef stew in red wine, with bacon, onions and mushrooms
9	APPLE AND ORANGE COBBLER - apple and orange cobbler, apple slices baked with sugar and orange juice, topped with a biscuit crust	APPLE-ORNG-COBB	48	CORNED BEEF HASH - I - corned beef hash, ingredients ground and baked
11	SAUTÉED APPLES - apples sautéed with butter, <i>pommes au beurre</i>	APPLE-SAUTE	49	CORNED BEEF HASH - II - corned beef hash, ingredients chopped and pan fried
12	APPLE TURNOVERS - apple turnovers, pastry folded over a filling of apples poached in sugar and spices	APPLE-TURNOVER	51	CARBONNADES DE BOEUF À LA FLAMANDE - I - <i>carbonnades de boeuf à la flamande</i> , slices of beef and onions braised in beer
14	BOILED ARTICHOKEs - whole boiled artichokes, hot or cold	ARTICHOKE-BOIL	53	CARBONNADES DE BOEUF À LA FLAMANDE - II - <i>carbonnades de boeuf à la flamande</i> , slices of beef and onions braised in beer
15	BROILED ARTICHOKEs - broiled artichokes	ARTICHOKE-BROI	56	GROUND BEEF HAMBURGERS - ground beef hamburgers with onions and herbs, sautéed or grilled
16	ARTICHOKE HEARTS STEWED IN OIL - <i>artichauts à la grecque</i> , artichoke hearts stewed in oil, with thyme, bay leaf, coriander, lemon	ARTICHOKE-GREC	58	BEEF STEW WITH VEGETABLES AND DUMPLINGS - beef stew with vegetables and dumplings
17	ARTICHOKEs ROMAN STYLE - <i>carciofi alla romana</i> , artichokes Roman style, cooked in water and oil with garlic, mint, parsley	ARTICHOKE-ROMA	61	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
19	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	ASPARAGUS I	63	BAKING POWDER BISCUITS - baking powder biscuits
25	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	65	TEA SCONES - tea scones
30	BROILED BANANAS - bananas, with melted butter, brown sugar and cinnamon, broiled, then flamed with rum	BANANA-BROILED	66	SWEET CORN BREAD - sweet corn bread
31	BANANES FLAMBÉE - bananas flambée, bananas sautéed in butter, with sugar, spices, orange and rum	BANANA-FLAMBEE	67	FOCACCIA - focaccia
33	BANANES FLAMBÉE - II - bananas flambée, bananas sautéed in butter, with sugar, lime and lemon, then flamed with rum	BANANA-FLAMBEE2	69	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
			72	BRAISED RED CABBAGE - <i>chou rouge à la limousine</i> , red cabbage braised with red wine, chestnuts, apples, carrots, onions, bacon,

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and spices				
74	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			
79	ANGEL FOOD CAKE - angel food cake	CAKE-ANGEL		
81	SAUTÉED CARROTS - carrots sautéed and glazed, <i>carottes vichy</i>	CARROT-VICHY		
82	CHORIZO AND GOAT CHEESE QUESADILLA - chorizo and goat cheese quesadilla	CHEESE-QUESADIL		
83	BREAST OF CHICKEN WITH CREAM - chicken breasts, <i>suprêmes</i> , poached in butter, with a cream sauce, <i>à blanc</i>	CHICK-BRST-CREA		
87	CHICKEN BREASTS SAUTÉED IN BUTTER - chicken breasts, <i>suprêmes</i> , sautéed in butter, with brown butter sauce, <i>à brun</i>	CHICK-BRST-SAUT		
90	CHICKEN FRANCESE - chicken breasts in a light batter, sautéed, with an herb and lemon wine sauce	CHICK-FRANCESE		
92	CHICKEN FRICASSEE - old-fashioned chicken fricassee with wine-flavored cream sauce, onion, and mushrooms	CHICK-FRICASSEE		
95	CHICKEN IN THE POT - chicken in the pot, <i>poulet au pot</i> ; preparation of chicken stock and boiled chicken	CHICK-INTHE-POT		
97	SAUTÉED CHICKEN LIVERS WITH MADEIRA SAUCE - chicken livers sautéed with Madeira sauce, <i>foies de volaille sautées au madère</i>	CHICK-LIVR-SAUT		
99	CHICKEN MARENGO - I - chicken Marengo, chicken sautéed then braised with wine, Cognac, garlic, tomatoes and mushrooms	CHICK-MARENGO1		
101	CHICKEN MARENGO - II - chicken Marengo, chicken sautéed then braised with wine, Cognac, garlic, tomatoes and mushrooms	CHICK-MARENGO2		
104	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		
107	OVEN-BROILED CHICKEN - chicken baked at high oven temperature	CHICK-OVEN-BROI		
108	COQ AU VIN - I - <i>coq au vin</i> , chicken in red wine with onions, mushrooms and bacon	CHICK-RED-WINE1		
111	COQ AU VIN - II - <i>coq au vin</i> , chicken in red wine with onions, mushrooms and bacon	CHICK-RED-WINE2		
114	COQ AU VIN - III - <i>coq au vin</i> , chicken in red wine with onions, mushrooms and bacon			CHICK-RED-WINE3
116	ROAST CHICKEN WITH LEMONS - roast chicken stuffed with lemons			CHICK-ROAST-LEM
117	CHICKEN STEW WITH PARSLEY DUMPLINGS - chicken stew with parsley dumplings			CHICK-STEWE-DUMP
119	CHICKEN SAUTÉED WITH VANILLA - chicken sautéed with vanilla, onions and spices, with a vanilla cream sauce			CHICK-VANILLA
121	CRÈME CHANTILLY - <i>crème chantilly</i> , whipped cream with sugar, flavored with vanilla			CREAM-WHIPPED
122	CROQUE MONSIEUR - <i>croque monsieur</i> , toasted ham and cheese sandwich; <i>croque madame</i>			CROQUE-MONSIEUR
123	SOUR CREAM CUCUMBERS - sliced cucumbers with sour cream, vinegar, and sugar			CUCUMBER-SOUR
124	CURRIED LENTILS, SWEET POTATOES, SWISS CHARD - curried lentils with sweet potatoes and Swiss chard			CURRY-LENTL-YAM
126	CURRY - I - curried shrimp, chicken, beef or other meat			CURRY1
128	CURRY - II - curried shrimp, chicken beef or other meat			CURRY2
129	CURRY - III - yet another curry sauce			CURRY3
131	CRÈME À L'ANGLAISE - <i>crème à l'anglaise</i> , a soft custard, used with deserts			CUSTARD-ANGLAIS
133	BAKED CUSTARD - <i>crème renversée à la française</i> , basic baked custard, in a mold or individual cups			CUSTARD-BAKED
135	CRÈME BRÛLÉE - <i>crème brûlée</i> , custard glazed with caramelized brown sugar			CUSTARD-BRULEE
139	CARAMEL CUSTARD - <i>crème renversée au caramel</i> , custard baked with soft caramel syrup			CUSTARD-CARAM
141	AVOCADO DIP - avocado mashed and seasoned with salsa, lemon juice, salt and pepper			DIP-AVOCADO
142	HOMMOS - hommos, ground chick peas with garlic, lemon juice, and olive oil			DIP-HOMMOS
143	PARSLEY DUMPLINGS - dumplings with herb seasoning			DUMPLING-PARSLE
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145	EGGPLANT BANGIN' BART - Indian <i>baigan bartha</i> , eggplant, onion, and tomato casserole, optionally with ginger, turmeric, chipotle, and curry	EGGPLANT-BANGIN	185	DUXELLES - <i>duxelles</i> , finely chopped mushrooms, shallot, onion and spices, sautéed in butter to dryness, used for stuffings, garnishes or sauces
147	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	187	SAUTÉED MUSHROOMS - I - mushrooms sautéed in butter
149	EGGPLANT MÉNAGÈRE - <i>aubergine ménagère</i> , eggplant housewife's style, sautéed with onion, garlic, and tomatoes	EGGPLANT-MENAGE	188	SAUTÉED MUSHROOMS - II - mushrooms sautéed with olive oil, garlic, and lemon juice
150	SWEET AND SOUR EGGPLANT - <i>melanzane in agrodolce</i> , sweet and sour eggplant	EGGPLANT-SWTSOU	189	STEWED MUSHROOMS - mushrooms stewed in lemon juice and butter
151	ASPARAGUS WITH EGG AND BACON - asparagus with egg and bacon	EGGS-ASP-BACON	190	MOULES À LA MARINIÈRE - moules à la marinière, mussels steamed with garlic, onions, thyme, bay leaf, wine, and served in the cooking liquor
152	EGGS BENEDICT - eggs Benedict, poached eggs and ham on English muffin with hollandaise sauce	EGGS-BENEDICT	192	BROWN-BRAISED ONIONS - small white onions sautéed in butter, then braised in stock and herbs
153	DEVILED EGGS - deviled eggs, made by blending the yolks with mustard, Tabasco, grated onion, salt and pepper, and mayonnaise to bind	EGGS-DEVILED	194	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
154	FRIED EGGS - eggs fried in garlic butter	EGGS-FRIED	199	WHITE-BRAISED ONIONS - GLAZED ONIONS - small white onions braised in butter, stock and herbs
155	HERB BAKED EGGS - herb baked eggs	EGGS-HERB-BAKE	200	DAVID EYRE'S PANCAKE - David Eyre's pancake, like a Dutch baby pancake, a puffy cross between pancake, crêpe, and soufflé
157	OMELET - omelet, the classic egg dish	EGGS-OMELET	202	CANDIED PARSNIPS - candied parsnips, baked with brown sugar, orange juice, and butter
159	POACHED EGGS - poached eggs	EGGS-POACHED	203	FETTUCINE ALFREDO - pasta with butter, cream and cheese sauce
161	SCRAMBLED EGGS - scrambled eggs	EGGS-SCRAMBLED	204	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
162	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	206	TART PASTRY DOUGH - <i>pâte brisée à l'oeuf</i> , egg pastry dough for tart shells, cases, and turnovers; and other pastry doughs
163	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	210	PIE DOUGH - dough for pie crusts
177	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	212	PASTRY SHELL FOR TARTS - partly or fully baked pastry shell for a tart or <i>quiche</i>
184	SWISS MERINGUES - Swiss meringue shells or mounds	MERINGUE-SWISS	214	GRILLED PEACHES WITH MASCARPONE - grilled peaches, marinated with brandy, lemon and sugar, served drenched with white wine and with a dollop of mascarpone

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216	PEARS IN RED WINE - pears poached in red wine, sugar and cinnamon, served on apple sauce	PEAR-RED-WINE	247	POTATO LEEK RÖSTI - Swiss <i>rösti</i> or <i>roesti</i> , potatoes shredded and fried in butter with onions
217	ROASTED PEARS - pears roasted in red wine and sugar, with wine sauce, honey, and Parmesan gamish	PEAR-ROASTED	249	POTATO & POBLANO PEPPER FILLING - taco or turnover filling, made with poblano strips, potatoes, corn, onion, and optionally chorizo, garnished with crema and salsa
218	ROASTED BELL PEPPERS - roasted sweet red and/or yellow bell peppers, in olive oil with salt and spices	PEPPER-ROASTED	251	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
219	STUFFED PEPPERS - baked peppers stuffed with meat, rice, tomato sauce, and spices	PEPPER-STUFFED	253	ROASTED ROSEMARY POTATOES - potatoes tossed with olive oil, sprinkled with rosemary and salt, and oven roasted
221	PUMPKIN PIE - I - pumpkin pie	PIE-PUMPKINI	254	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
223	PUMPKIN PIE - II - pumpkin pie, recipe for currently-available ingredients	PIE-PUMPKIN2	256	SWEET POTATO CASSEROLE - sweet potato casserole, with cinnamon and cream, and Cognac or rum
225	POLENTA - polenta, optionally with seasonings such as garlic and onions, or cooked with stock, or finished with cheese	POLENTA	257	SAUTÉED POTATOES AND VEGETABLES - potatoes, garlic, onions, and peppers, sautéed with ham, topped with chopped tomatoes and bread crumbs
227	BRAISED PORK CHOPS WITH TWO WINES - pork chops braised with Marsala, red wine, fennel, garlic, tomato	PORK-2WINE-BRA	259	QUICHE LORRAINE - <i>quiche lorraine</i> , cheese and bacon custard tart
230	PORK BRAISED WITH CABBAGE - pork marinated with salt and herbs and braised with red cabbage or sauerkraut	PORK-BRAIS-CABB	261	QUICHE LORRAINE - <i>quiche lorraine</i> , cheese and bacon custard tart
232	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	264	QUICHE À LA TOMATE, NIÇOISE - <i>quiche à la tomate</i> , <i>quiche niçoise</i> , fresh tomato quiche with anchovies and olives
234	POTATOES ANNA - <i>pommes de terre Anna</i> , potatoes Anna, are thin potato rounds cooked and browned in butter in a mold	POTATO-ANNA	266	BAKED RHUBARB - baked rhubarb
236	BAKED POTATOES - baked Idaho potatoes, baked sweet potatoes, or baked yams	POTATO-BAKED	267	BASMATI RICE - basic basmati rice, optionally cooked with spices: fresh ginger, cardamom pods; cumin, raisins, currants, lemon or orange zest
237	POTATOES BOULANGÈRE - <i>pommes de terre boulangère</i> , potatoes and onions baked to a brown and crusty top	POTATO-BOULANGE	269	ARROZ CON POLLO - chicken with rice, a Latin-American pilaf of chicken, various vegetables, tomatoes, olives and spices
240	POTATO CURRY FILLING - turnover or tortilla filling, made with onions, potatoes, and optionally other vegetables, spiced with curry	POTATO-CURI-FIL	271	FRIED RICE - fried rice, with meat, onions, peas, nuts and garnishes
242	GARLIC MASHED POTATOES - mashed potatoes beaten with garlic sauce and cream	POTATO-GARLIC	273	RICE INDIAN STYLE - rice Indian style, <i>riz à l'indienne</i>
244	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	274	RICE PAKISTANI STYLE - rice Pakistani style, fried and cooked with cardamom, cloves, and cinnamon; risotto, pilaf
245	POTATO & LEEK BRAISE - potatoes and leeks braised with chicken stock and butter, browned with cream	POTATO-LEEK-BRA	275	RISOTTO - BRAISED RICE

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- sautéed rice with onions and optionally vegetables, braised in seasoned liquid; risotto; pilaf; <i>arroz guatemalteco</i> 277 THAI-STYLE RISOTTO - Thai-style risotto, rice cooked in a steamer with chicken stock, garlic, ginger and hot peppers 279 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 281 FRESH CORN SALAD - fresh corn salad, made with kernels of corn cut from the cob, red onion, vinegar, olive oil and basil 282 SALAD OF LETTUCE WITH ROAST BALSAMIC ONIONS - salad of lettuce with roast balsamic onions 283 SALMON SALAD - salmon salad, with cucumbers, celery, onions and capers, bound with mayonnaise 284 SALMON BAKED IN WINE - salmon or other fish covered with seasoned bread crumbs, baked in wine 286 BAKED SALMON - salmon baked with tomatoes, onions, spices, bread crumbs and oil 287 BROILED SALMON - broiled salmon with parsley butter 288 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 290 PAUPIETTES OF SALMON - paupiettes of salmon, stuffed with duxelles and carrot and leek julienne, poached in raspberry wine and sauced with a raspberry cream 292 SALMON TERIYAKI - salmon teriyaki, salmon braised in soy sauce marinade with ginger, apple juice, vinegar, garlic 294 CLASSIC GRILLED CHEESE SANDWICH - Nancy Silvertown's classic grilled cheese sandwich, with Gruyère cheese and tomatoes 296 VARIOUS BROWN SAUCES - brown sauces: <i>sauce brune, jus lié, sauce diable, sauce robert, sauce brune aux fines herbes, sauce à l'extragon, sauce chasseur, sauce mère, sauce au porto, sauce bordelaise, sauce bourguignonne</i> 307 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 310 GRAND MARNIER SAUCE - grand marnier sauce	311 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) 313 TOMATO SAUCE FOR PASTA - tomato sauce for pasta, especially spaghetti 315 SAUCES FOR STEAK OR HAMBURGER - sauces made from pan juices for pan-broiled (sautéed) steak or hamburger 317 VARIOUS WHITE SAUCES - white sauces: <i>sauce béchamel, sauce velouté, sauce suprême, sauce crème, sauce parisienne, sauce allemande, sauce mornay, sauce aurore, sauce au cari, sauce soboise, sauce bâtarde</i> 331 CHOUCROUTE BRAISÉE À L'ALSACIENNE - <i>choucroute braisée à l'alsacienne</i>, sauerkraut braised with wine, stock, aromatic vegetables and spices 333 SHRIMP BORDELAISE - shrimp Bordelaise, shrimp cooked in a <i>mirepoix</i>, with Cognac and white wine 335 SHRIMP FLAMBÉE - shrimp flambée, shrimp sautéed with shallots, nutmeg, flamed, sauced with cream 337 GRILLED SHRIMP - grilled shrimp, coated with olive oil-soaked bread crumbs and garlic 339 MARGARITA SHRIMP - margarita shrimp, shrimp sautéed in olive oil, then simmered in a margarita sauce 341 FILETS OF SOLE À LA MEUNIÈRE - filets of sole or other fish floured, sautéed, and sauced with lemon butter with parsley 343 FISH FILETS POACHED IN WHITE WINE - sole or other fish filets, poached in white wine 349 SOUFFLÉ AU GRAND MARNIER - dessert soufflé flavored with Grand Marnier liqueur 352 SAVORY SCALLOP SOUFFLÉ - savory scallop soufflé, baked in shallow gratin dish 355 SPINACH SOUFFLÉ - spinach soufflé, optionally with ham and poached eggs 359 BEAN AND POTATO SOUP - bean and potato soup, with aromatics and herbs 360 BEEF, BLACK BEAN, AND TOMATO SOUP - beef, black bean, and tomato soup 361 VIETNAMESE BEEF SOUP, PHO BO - vietnamese beef soup, <i>pho bo</i>	SAUCE-HOLLAND SAUCE-STEAK SAUCE-WHITE SAUERKRAUT-BRAS SHRIMP-BORDELAI SHRIMP-FLAMBEE SHRIMP-GRILL SHRIMP-MARGRITA SOLE-MEUNIERE SOLE-POACH-WINE SOUFFLE-GRAND-M SOUFFLE-SCALLOP SOUFFLE-SPINACH SOUP-YAM-POTAT SOUP-BEEF-BLKBN SOUP-BEEF-VIET	19 Jul 2008 ix	19 Jul 2008 x

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363	BORSCHT — BEET VICHYSOISE - borscht, beet soup, beet <i>vichyssoise</i>	SOUP-BEET	396	TURKEY SOUP AND TURKEY STOCK - turkey soup and turkey stock
364	SIMPLE CHICKEN CONSOMMÉ - simple chicken consommé, clarified with egg whites, variously garnished	SOUP-CHICK-CONS	398	VICHYSOISE - <i>crème vichyssoise glacée</i> , leek and potato soup with cream, served chilled
365	THAI TOM KHA GAI SOUP - Thai chicken soup with coconut milk, <i>tom kha gai</i> , with optionally added vegetables and noodles	SOUP-CHICKTHAI1	400	YAM, CARROT, AND ORANGE SOUP - yam, carrot, and orange soup
367	THAI TOM KHA GAI SOUP - Thai chicken soup with coconut milk, <i>tom kha gai</i> , with optionally added rice or noodles	SOUP-CHICKTHAI2	402	ZUCCHINI SOUP - zucchini soup
369	THAI TOM KHA GAI SOUP - Thai chicken soup with coconut milk, <i>tom kha gai</i> , with optionally added rice	SOUP-CHICKTHAI3	403	SPINACH QUICK-SAUTÉED WITH GARLIC - spinach quick-sautéed with garlic, olive oil, lemon juice, red pepper
371	ROASTED CORN SOUP - roasted com soup	SOUP-CORN-ROAST	405	SPINACH MOUSSE - mousse of puréed spinach, eggs, cream, garlic
373	FISHERMAN’S SEAFOOD CHOWDER - fisherman’s seafood chowder	SOUP-FISH-CHOWD	407	BRUSSELS SPROUTS WITH BACON AND ONION - Brussels sprouts with bacon and onion, <i>choux de Bruxelles ménagère</i>
375	GAZPACHO SOUP - I - gazpacho soup	SOUP-GAZPACHO1	408	ROASTED BRUSSELS SPROUTS - roasted Brussels sprouts
376	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	409	LONDON BROIL STEAK - London broil, steak seasoned with garlic, broiled, sliced thin, and served with melted butter
378	CLASSIC GAZPACHO SOUP - classic gazpacho soup, from Seville	SOUP-GAZPACHO3	410	STEAK DIANE - steak diane, sirloin steak sautéed and sauced with Cognac, sherry and chive butter
380	LEEK AND POTATO SOUP - leek and potato soup: <i>potage parmentier</i> ; <i>soupe bonne femme</i>	SOUP-LEEK-POTAT	411	ASPARAGUS STIR-FRY - asparagus stir-fry
383	LENTIL SOUP - lentil soup	SOUP-LENTIL	413	STIR-FRIED BEEF WITH BLACK BEAN SAUCE - beef slices stir-fried with black bean sauce, garlic, onion, red pepper and green pepper
385	MONGOLE SOUP - Mongole cream soup with sherry	SOUP-MONGOLE	414	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
386	SOUPE À L’OIGNON - Parisian onion soup, optionally <i>gratinée</i>	SOUP-ONION	416	GINGER CHICKEN - chicken stir-fried in ginger, with peppers, onions, mushrooms, and sauce
388	BREAD-BASED ONION SOUP - bread-based onion soup, Ali-Bab’s <i>soupe à l’oignon gratinée</i>	SOUP-ONION2	418	QUICK STIR-FRIED SNOW PEAS - snow peas stir-fried with garlic, ginger, soy sauce, peanut oil, sesame oil
390	LES HALLES FRENCH ONION SOUP - Les Halles French onion soup	SOUP-ONION3	419	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
391	GREYSTONE GRUYÈRE ONION SOUP - Greystone Gruyère onion soup	ONION-SOUP4	421	BASIC STIR-FRY - I - basic stir-fry - I
394	RED LENTIL SOUP WITH LEMON - red lentil soup with lemon and cilantro	SOUP-REDLENTIL	426	BASIC STIR-FRY - II

	- basic stir-fry - II, a list of stir-fry vegetables		
428	BEEF STOCK PREPARED IN SLOW COOKER - beef stock prepared in slow cooker	STOCK-BEEF	
430	CHICKEN STOCK - white chicken stock; <i>fonds blanc de volaille</i>	STOCK-CHICKEN1	
431	CHICKEN STOCK PREPARED IN SLOW COOKER - chicken stock prepared in slow cooker	STOCK-CHICKEN2	
433	STOCK SUBSTITUTES - substitutes for a brown stock, a white chicken stock, and a fish stock	STOCK-SUBSTITUT	
437	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	
439	APPLE TART - apple tart, made with applesauce and apple slices, with fruit glaze	TART-APPLE	
441	CUSTARD APPLE TART - <i>tarte normande</i> , apple tart with cinnamon and brandy custard	TART-APPLE-CUST	
443	FRENCH TOAST - French toast, egggy bread, <i>pain perdu</i> , <i>pain doré</i>	TOAST-FRENCH	
445	BASQUE TOMATOES - basque tomatoes, <i>fondue de tomates basquaise</i>	TOMATO-BASQUE	
446	FRIED ONIONS, TOMATOES, AND CORN, WITH OLIVES - fried onions, tomatoes, and corn, with olives	TOMATO-CORN-ONI	
448	CHOPPED TOMATOES WITH ONION - chopped tomatoes with onion	TOMATO-ONION	
449	POACHED TOMATOES - poached tomatoes	TOMATO-POACHED	
450	TOMATES SAUTÉES AUX FINE HERBES - <i>tomates sautées aux fine herbes</i> , tomatoes fried lightly in butter, sprinkled with parsley, bread crumbs and butter	TOMATO-Saute	
452	STUFFED TOMATOES - tomatoes stuffed with bread crumbs, herbs and garlic	TOMATO-STUFF-PR	
454	SAUTÉED TURNIPS - sautéed turnips, <i>navets à la bordelaise</i>	TURNIP-Saute	
455	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 *Cuisine Actuelle*, by Victor Geillisse, Taylor, Dallas, 1992.

BOCUSE *Paul Bocuse's Regional French Cooking*, by Paul Bocuse, Flammarion, Paris-New York, 1997.

CANYON *Canyon Ranch Cooking : Bringing the Spa Home*, by Jeanne Jones, William Morrow Cookbooks, Harper Collins, New York, 1998.

CIA *The New Professional Chef: The Culinary Institute of America*, edited by Mary Deirdre Donovan, 6th edition, Wiley, New York, 1996.

CORDQUICK *Le Cordon Bleu Quick Classics*, by Jeni Wright and Le Cordon Bleu Chefs, Cassell, London, 1998.

DAVID *French Provincial Cooking*, by Elizabeth David, Penguin, New York, 1999 (1st Ed. 1960).

DELIN *The Delineator Cookbook*, Revised by Delineator Home Institute, under direction of Mildred Maddocks Bentley, Butterick, London, 1928.

DIAT *Gourmet's Basic French Cookbook: Techniques of French Cuisine*, by Louis Diat, Gourmet, New York, 1961.

ESCOF *The Escoffier Cook Book*, translation of *Le Guide Culinaire*, by Auguste Escoffier, Crown, New York, 1989.

ESCOFREPR *Le Répertoire de La Cuisine*, by Louis Saulnier, translated by E. Brunet, Leon Jaeggi, London, 1961.

FF *The Fanny Farmer Cookbook*, by Marion Cunningham, 13th edition, Knopf, New York, 1990.

GISSLLEN *Professional Cooking*, by Wayne Gisslen, 3rd edition, Wiley, New York, 1995.

GOURMI *The Gourmet Cookbook, Volume I*, compiled, edited, and published by Gourmet, New York, 1950.

GRILL *Great American Grilling*, compiled and edited by Sunset Books and Weber-Stephen Products, published by Sunset Publishing, Menlo Park, 1996.

HAZAN *Essentials of Classic Italian Cooking*, by Marcella Hazan, Knopf, New York, 1996.

IER Recipe cards of Ila Eloise Rupley.

JAN *Janos. Recipes and tales from a Southwest restaurant*, by Janos Wilder, Ten Speed Press, Berkeley, Calif., 1989.

JB *The James Beard Cookbook*, by James Beard, Dell, New York, 1974.

JBAM *James Beard's American Cookery*, by James Beard, Little Brown, Boston, 1972.

JBNEW *The New James Beard*, by James Beard, Knopf, New York, 1981.

JC *Mastering the Art of French Cooking*, by Julia Child, Louise Bertholle, and Simone Beck, Knopf, New York, 1966.

JC2 *Mastering the Art of French Cooking, Volume Two*, by Julia Child and Simone Beck, Knopf, New York, 1970.

JOY44 *Joy of Cooking*, by Irma S. Rombauer, Bobbs-Merrill, New York, 1944?.

JOY64 *Joy of Cooking*, by Irma S. Rombauer and Marion Rombauer Becker, reprint of 1964 Bobbs-Merrill edition, Plume, New York, 1973.

JULJAC *Julia and Jacques cooking at home*, by Julia Child and Jacques Pépin with David Nussbaum, Knopf, New York, 1999.

JZR Recipe cards of Juliette Zanker Rupley.

KAMMAN *The New Making of a Cook: The Art, Techniques, and Science of Good Cooking*, by Madeleine Kamman, Morrow, New York, 1997.

LAROU *Larousse Gastronomique*, 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.

MFKF *The Art of Eating*, by M. F. K. Fisher, Macmillan, New York, 1990.

NYT *The New York Times Cookbook*, edited by Craig Claiborne, Harper and Row, New York, 1961.

- OLIVER *La Cuisine*, by Raymond Oliver, Tudor, New York, 1969.
- PEPIN *Jacques Pépin's Complete Techniques*, by Jacques Pépin, Black Dog & Leventhal, New York, 2001.
- PF *Pierre Franey's Cooking in America*, by Pierre Franey and Fichard Flaste, Knopf, New York, 1992.
- PF60M *The New York Times More 60-Minute Gourmet*, by Pierre Franey, Fawcett Columbine, New York, 1981.
- SOKCAN *The Cook's Canon : 101 Classic Recipes Everyone Should Know*, by Raymond Sokolov, Morrow, New York, 2003.
- STEVENS *All About Braising: The Art of Uncomplicated Cooking*, by Molly Stevens, Norton, New York, 2004.
- SUNSETCHN *Sunset Chinese Cookbook*, by Editors of Sunset Books and Sunset Magazine, Lane Publishing, Menlo Park, Calif., 1979.

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.)

SOFTWARE SOURCES AND COPYRIGHTS

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Typesetting is done with the UNIX *troff*(1) formatter and with the *man*(5) macros and special recipe macros part of the alt.gourmand USENET software.

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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.

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APPLE BROWN BETTY

APPLE-BRN-BETTY – apple brown betty, hot dessert made by layering bread crumbs, butter, apples, and spices

Classic hot dessert, somewhere between an apple crisp and a pudding.

Recipe from JZR.

INGREDIENTS (4 to 6 servings)

- 2 qt *baking dish*, with cover
 skillet
- 1/4 cup *melted butter*
- 2 cups *coarse bread crumbs*
- 2 cups *sliced apples*
- 1 *lemon*, zest and juice
- 1/2 cup *sugar*
- cinnamon*

1/2 cup *fruit juice*, or *water-molasses* mixture

PROCEDURE

- (1) Preheat oven at 275F (slow oven, 200-300F). Butter baking dish. Mix bread crumbs with melted butter in skillet and brown. Mix lemon zest and juice with the sliced apples.
- (2) Arrange layers of buttered crumbs and sliced apples in baking dish. Sprinkle each layer with sugar and a little cinnamon. Finish with layer of buttered crumbs. Aim for at least three layers. Pour fruit juice or water-molasses mixture over the top.
- (3) Bake covered in slow oven for 30 minutes. Remove cover and bake 45 minutes longer.
- (4) Serve hot, with heavy cream or with lemon sauce.

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APPLE BROWN BETTY - apple brown betty, in another guise
Recipe from JBAM, page 723.

INGREDIENTS (6 servings)

- 2 qt *baking dish*
- 3 cups *coarse breadcrumbs*
- 1/2 cup *butter*, cut into small pieces
- 3 *large apples*, peeled, cored, and sliced thinly

- 1-1/4 cups *sugar*
- 1/2 tsp *cinnamon*
- 1/2 tsp *nutmeg*

PROCEDURE

- (1) Preheat oven at 375F. Butter baking dish. Combine sugar and spices. Divide crumbs into 3 parts, butter into 4 parts, apples into 2 parts, and the sugar and spices into 3 parts.
- (2) Arrange layers in baking dish, in order: crumbs, butter, apples, sugar-spices, butter, crumbs, butter, apples, sugar-spices, crumbs, butter, spices.
- (3) Bake 30 minutes at 375F, or until apples are done and crumb topping well-browned.
- (4) Serve hot, with heavy cream or lemon sauce.

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 JZR.

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.

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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 JZR.

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.

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- (7) Best served hot or warm, with cream on the side.

SAUTÉÉD 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.

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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.

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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

sugar

stick cinnamon

water

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 *doriure*, 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.

Rating

Difficulty: ? Time: ?

BOILED ARTICHOKE

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 artichokes
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 tablespoon 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.

BROILED ARTICHOKE

ARTICHOKE-BROI – broiled artichokes

Recipe by Alton Brown, published by Television Food Network, 2003, Epsisode#: EA1F02.

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

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

NOTES

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

Rating

Difficulty: ? Time: ?

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

PROCEDURE

- (1) 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.
- (2) 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.
- (2) 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.

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ARTICHOKE'S 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
- 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.

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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 char-grilled, 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 al dente 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)

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

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
6 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

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

INGREDIENTS (4-6 servings)

- 4

large warm serving dish, if serving at the table

warm plates
- 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 of the following warm sauces:**

2 cups

hollandaise

2 cups

mousseline, hollandaise enriched with about an equal volume of whipped cream

2 cups

maitaise, hollandaise enriched with the juice of two blood oranges and 1 tsp zest

1 cup

vinaigrette aux fines herbes, optionally with a hard boiled egg, finely chopped
- Escoffier writes that *sauce maitaise* is the finest for asparagus.

A vinaigrette does work with hot asparagus.

PROCEDURE

- Serve at the table, with the sauce provided on the side.
- Or serve individual platings, with some sauce decorating the asparagus, and more served on the side.

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

INGREDIENTS (4-6 servings)

- 4

large serving dish, if serving at the table

plates
- 2 lb

asparagus, 30-35 medium-sized spears, prepared and blanched as above, cooled and then refrigerated
- one of the following cold sauces:**

2 cups

mayonnaise, optionally enriched by folding into 1 cup of *mayonnaise*, 2 Tbsp whipped *heavy cream* or whipped *crème fraîche* and 1 *lightly beaten egg white*

2 cups

aioli, seasoned with mustard (not garlic)

2 cups

tartar sauce,
- 1 cup

vinaigrette aux fines herbes, optionally with a hard boiled egg, finely chopped

soy-wasabi dressing (CORDQUICK, page 143)

2 in

fresh ginger, peeled and grated

4 Tbsp

soy sauce

1

lemon, juiced

1 tsp

wasabi, or to taste

6 Tbsp

soy bean oil or other *vegetable oil*

5

green onions, sliced small on the diagonal

2 Tbsp

toasted sesame seeds, optional, as garnish
- PROCEDURE**
- Serve at the table, with the sauce provided on the side.

Or serve individual platings, with some sauce decorating the asparagus, and more served on the side.

Obviously, one can build a salad with cold asparagus: lettuce chiffonade, asparagus spears, quartered hard boiled eggs, tomato wedges, a chutney, a dressing, whatever...
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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: ?

ASPARAGUS2(V)	Rupley Family Cookbook (6/27/08)	ASPARAGUS2(V)	ASPARAGUS2(V)
3/4 cup 6 Tbsp	<i>grated Parmesan cheese or grated Gruyère cheese</i> <i>melted butter</i> , cooked until lightly browned		
OPTIONAL GARNISH			
4-6	<i>eggs</i> , fried in oil at high heat		
PROCEDURE			
(1)	Preheat the broiler. Optionally, fry the eggs for the garnish in the skillet, reserve and keep warm. In the skillet, melt the butter and cook until lightly brown.		
(2)	Prepare, cook, and drain well 2 lb asparagus. Generously butter the large or individual gratins. Sprinkle with grated Parmesan or Gruyère cheese. Arrange the asparagus spears in the large gratin in overlapping rows (or distribute between individual gratins). Sprinkle with salt and pepper. Sprinkle with more grated cheese around the heads of each row and in the middle of the top row. Sprinkle the cheese-covered parts copiously with the hot browned butter.		
(3)	Brown lightly under the broiler. Optionally garnish with 1 fried egg per diner. Serve immediately.		
ASPARAGUS2(V)	Rupley Family Cookbook (6/27/08)	ASPARAGUS2(V)	ASPARAGUS2(V)
ASPERGES AU GRATIN - blanched asparagus with Mornay sauce, Parmesan, browned in the oven			
INGREDIENTS (4-6 servings)			
	<i>large ovenproof serving dish or gratin</i> , if serving at the table, or 4 <i>individual gratins</i>		
4	<i>warm plates</i>		
2 lb	<i>asparagus</i> , 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 1/2 cup	<i>kosher salt & freshly ground pepper, to taste</i> <i>Mornay sauce</i> <i>grated Parmesan cheese or grated Gruyère cheese</i>		
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.		
ASPERGES À LA FLAMANDE	- blanched asparagus with hard boiled egg, mustard, oil or butter		
INGREDIENTS (4-6 servings)			
4	<i>large warm serving dish</i> , if serving at the table <i>warm plates</i> <i>saucepan</i> , for preparing hard-boiled eggs <i>small skillet</i> , for melting butter <i>sauce boats</i> , as needed		
2 lb	<i>asparagus</i> , 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	<i>hot hard-boiled eggs</i> , one per diner, cut in half <i>kosher salt & freshly ground pepper, to taste</i>		
6 Tbsp	<i>melted butter or olive oil</i>		

6 Tbsp

Dijon mustard

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

BANANA-FLAMBEE – bananas flambée, bananas sautéed in butter, with sugar, spices, orange and rum

A spicing up of a traditional dish. Includes vanilla, of course.

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

INGREDIENTS (serves 4)

large sauté pan

- 4 *large bananas* or 8 small, as appropriate for 4 servings; bananas must not be ripe
- 2 Tbsp *butter*
- 1/2 cup *brown sugar*
- small glass *orange juice*, perhaps 4-6 ounces, or use 1/3 the amount (2 oz) of frozen concentrate
- juice from half a lemon*
- pinch *ground cinnamon*
- pinch *ground nutmeg*
- large dash *vanilla extract*
- 4 oz *dark rum*

PROCEDURE

- (1) Mix together the orange juice, lemon juice, cinnamon, nutmeg, vanilla, and sugar.
- (2) The bananas should be hard, even with a tinge of green; ripe bananas will fall apart during cooking. Peel the bananas, taking care to remove the flaments. Cut them in half lengthwise if large, and quarter them if very large. Sauté them in the butter and oil over medium heat (@5), for about 3 minutes per side, or until golden. Do the flat side first, if bananas were halved lengthwise. Take care that they do not stick to the pan.
- (3) Add the juice and spice mixture and reduce a bit.
- (4) Add the rum and flame. Serve as is or with vanilla ice cream.

NOTES

Alternatively, peel and halve 6 bananas lengthwise, sprinkle with sugar, coat with light batter (flour, beaten egg, flour), sauté in butter until lightly browned on both sides. The bananas should be soft but not mushy. Arrange side by side on warm serving platter, sprinkle with sugar, flame with 3 oz warm kirsch or rum, and serve blazing (DIAT, page 544).

Rating

Difficulty: easy. Time: 30 minutes.

BANANES FLAMBÉE - II

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

A version of bananes 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: ?

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BLACK BEANS

BEAN-BLACK – black beans prepared from dry beans; refried beans,*frijoles refritos*

Basic preparation of black beans. Use hot as a garnish or side dish, as filling for a burrito, as a main dish with rice, or cold in a salad, or as an ingredient in another recipe. An excellent dish. It reheats nicely.

For refried beans, *frijoles refritos*, drain beans, purée them, then sauté with a small amount of olive oil in a nonstick pan, until water evaporated and mass clings together and moves as a unit; serve with tortillas and sour cream, butter, salt and pepper, or as a garnish.

Adapted from JAN, page 198. See also CANYON, page 170.

INGREDIENTS (for 1 quart)

4 qt pot
small skillet

- 2 cups beans (1 pkg), picked over and rinsed
- 6 cups water, unsalted (3 x volume of beans)
- 1-2 Tbsp olive or vegetable oil
- 1 medium yellow onion, medium dice
- 1-2 Tbsp garlic (4 cloves), minced
- 2 Anaheim chiles, roasted and peeled, seeded, medium dice
- salt and pepper, to taste (2 tsp salt, 20 grinds black pepper)

OPTIONALLY, for smoky flavor replace Anaheim chiles with
2 oz canned chipotle chile, minced

OPTIONALLY, for a meaty flavor add
1 ham hock or end piece of a country ham

PROCEDURE

- (1) Soak beans overnight in 3x their volume of water.
- (2) Optionally, add the ham hock. Simmer covered until just soft, about 3 hours. They should not be mushy. Add water if beans appear dry. After about 2 hours, if there is excess water, uncover and continue to simmer, monitoring the water, until done.
- (3) While the beans are simmering, sauté the onion and garlic until the onion is translucent or browned slightly. Add the chiles (the Anaheim or optionally, the chipotle) and cook briefly.
- (4) Combine the sauté with the beans about 1/2 hour before the beans are done. Discard the ham hock if it was added. Season with salt and freshly ground black pepper.

NOTES

Ok to reduce the soaking time to several hours, avoiding prior-day planning, but requiring longer cooking and resulting in a slightly different texture.

Ok to add the onion, garlic and chile without the sauté, shortening prep time at some sacrifice of flavor.

For more heat, increase the amount of chile.

Important to monitor the water level while simmering the beans - watch so that they not go dry, especially if cooking uncovered.

Rating

Difficulty: easy. Time: 45 min. or less active preparation, plus lots of unattended soaking and cooking.

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.

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 LEMON JUICE AND PARSLEY

Haricots vert à la maitre d'hotel

Preparation and Blanching, as above.

Seasoning and Saucing

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

- | | |
|----------|--|
| 3 lb | <i>hot, blanched green beans</i> |
| | <i>salt and pepper</i> |
| 6-8 Tbsp | <i>softened butter</i> , cut into 4 pieces |
| 2-3 tsp | <i>lemon juice</i> |
| 3 Tbsp | <i>parsley</i> , 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 a piece of butter. Add the rest of the butter gradually while tossing the beans. Alternate with drops of lemon juice. 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 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 | <i>hot, blanched green beans</i> |
| | <i>salt and pepper</i> |
| 6-8 Tbsp | <i>softened butter</i> , cut into 4 pieces |
| 3 Tbsp | <i>fines herbes</i> , 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*
- 6-8 Tbsp *salt and pepper*
- 6 Tbsp *softened butter, cut into 4 pieces*
- 3 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 MUSH-ROOMS

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*

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- (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

- 1 *bay leaf*
- 1 *onion*, stuck with 2 cloves
- 1 *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

2 Tbsp *butter*

2 Tbsp *cooking oil*, for browning beef pieces

- 1 *carrot*
- 1 *onion*
- 2 Tbsp *butter*
- optional:
- leek*
- 1 *stalk celery*

1 tsp *salt* (omit if use canned beef consommé)

1/4 tsp *white pepper*

4 Tbsp *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:

- 2 *cloves*
- pinch *marjoram*
- 8 *black peppercorns*
- 20 *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 (MUSH-ROOMS-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.

CORNEDED BEEF HASH - I

BEEF-CRND-HASHI – 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-FLAMANDE1 – *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)
- 4 *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, parslied 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 rgagnaux@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)

olive oil

dark brown sugar

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

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.

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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 lla
- 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*
- 1/2 cup

beef stock, canned beef bouillon, dry white wine or vermouth, red wine, or 1/4 cup water
- dash

Cognac, or more; OPTIONAL
- 2-3 Tbsp

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-STEW-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 length-wise, 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.

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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/23food-t.html>

INGREDIENTS (40 punch-cup servings)

electric mixer

3 *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 Tabor 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-9413H/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 pimienta 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.

TEA SCONES

BISCUIT-SCONE – tea scones

From NYT, page 478.

INGREDIENTS (16 scones)

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

- 2 cups *all-purpose flour*
- 2 Tbsp *sugar*
- 1/2 tsp *salt*
- 4 tsp *baking powder*
- 1/3 cup *butter*
- 1 *egg*, beaten
- 2/3 cup *milk*, with more if needed to obtain a soft dough

PROCEDURE

- (1) Preheat oven to 450 F. All ingredients and mixing bowl and beater should be chilled, so the butter does not melt.
- (2) Sift flour, sugar, salt, and baking powder into bowl. Chill it bowl with ingredients and the beater. Cut butter (frozen) into small pieces (1/4 inch size) and drop into bowl. Cut in fat (KAB @stir-2), about 1 minute. Stop and scrape bowl. Add beaten egg and milk all at once and mix (KAB @stir) until dough clings to beater. Add more milk if needed to make a soft dough. Avoid overbeating.
- (3) Turn dough onto lightly floured board and knead for 1/2 minute, until smooth. Cut the dough in half. Make two 1/2 inch thick cushions, then cut each cushion into 8 wedges, like a pie. Or cut 1/2 inch thick dough into 2 inch rounds or squares. Place each piece on greased baking sheet, separated from other pieces. Optionally, glaze with lightly beaten egg.
- (4) Bake at 425 F for 12 minutes, or until deep golden brown and done.

Rating

Difficulty: ? Time: ?

FOCACCCIA

BREAD-FOCACCCIA – focaccia

Very good; works well.

Food Network recipe, Michael Chiarello, episode#: MO0405, 2003.

INGREDIENTS (11 x 17 inch flat loaf)

11 by 17-inch baking sheet
electric mixer with dough hook and work bowl
4 qt bowl

- 2 envelopes active dry yeast
- 2 cups whole milk, heated to lukewarm
- 1 tsp sugar
- 5 cups all-purpose flour, plus more for the work surface
- 1/3 cup extra-virgin olive oil, plus more for brushing
- 1-1/2 tsp kosher salt
- 2 Tbsp finely chopped fresh rosemary leaves

OPTIONALLY, for topping

- 1-1/2 cups blue cheese, crumbled
- 2 Tbsp honey, to drizzle

PROCEDURE

- (1) Oven at 400 F.
- (2) In the work bowl of an electric mixer dissolve yeast in the milk. Add sugar and 1 cup of the flour. Mix well and let stand in a warm place about 15 minutes for the yeast to activate.
- (3) Mix another 2-1/2 cups flour into the yeast mixture with the dough hook attachment until smooth. With the machine running, add 1 cup flour and knead for 6 minutes.
- (4) Turn out onto a board and lightly knead in remaining 1/2 cup flour. The dough should remain rather wet to ensure a soft and light bread.
- (5) Shape the dough into a ball and put it in an oiled bowl. Cover with a damp towel and allow to rise in a warm place until doubled in bulk about 20 minutes.
- (6) Turn dough out onto a lightly floured work surface. Press dough with fingers to gently stretch dough to fit in 11 by 17-inch pan, and then use a rolling pin to lightly flatten.
- (7) Oil an 11 by 17-inch baking sheet with 1/3 cup olive oil. Transfer the dough to the baking sheet. Using your fingertips, nudge the dough into a rectangle. Cover and let rise again until doubled, 30 to 40 minutes.

- (8) Make indentations all over the dough by pressing with your fingertips being careful not to puncture all the way through the dough. Brush olive oil over the top, filling in the wells. Sprinkle the salt and rosemary over the surface.
- (9) Bake until crisp on the bottom and golden brown on top, about 30 to 35 minutes.
- (10) Cut into wedges, top with crumbled blue cheese and drizzle with honey.

NOTES

None.

Rating

Difficulty: medium. Time: mostly waiting during proofing and baking.

COLESRAW

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

FAVORITE COESLAW - 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 mellow.

BILLY’S COLESLAW - 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 *medium head cabbage*, outer leaves removed, quartered, cored, ribs removed, shredded very thinly

- 1/2 cup *olive oil*
2 Tbsp *flour*
1/2 tsp *salt*
2 tsp *dry mustard*
dash *Tabasco or sriracha*
6 Tbsp *sugar*
1/2 cup *wine vinegar*,

- 1 cup *heavy cream*
2 *egg yolks*

PROCEDURE

- (1) Mix the heavy cream with the egg yolks.
(2) 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.
(3) 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.
- (7) Stir in apples, garlic, spices, wine and stock or bouillon. The liquid should nearly cover the cabbage. Bring to the simmer on top of stove, @>3. Cover casserole and place in middle level of preheated oven. Regulate heat (275 F) so cabbage simmers slowly for 3-1/2 hours. Occasionally check that the liquid level in the casserole is at half level or more. Too high heat can dry the casserole.
- (8) Add chestnuts, cover and return to oven for 1-1/2 hours more.
- (9) At the end of the braising, most of the liquid should have been absorbed. Taste and adjust seasoning. Turn onto a hot serving dish or heap around the meat, spoon sauce over cabbage, and decorate with parsley sprigs.

NOTES

Dish can be prepared beforehand. Good if not better when reheated slowly in oven or to a simmer (@2).

If meat is to be braised with the cabbage, brown it and add it at an appropriate time before the dish is to be finished, i.e., about 1 hour for thick pork chops, or 1-1/2 to 2 hours for a pork roast.

A large casserole is needed to hold the volume of uncooked sliced cabbage leaves, which drops markedly during cooking.

Fresh chestnuts are infinitely more tasty.

Rating

Difficulty: easy. Time: 1 to 1-1/2 hours to placing in oven. Verified: fully.

BRAISED RED CABBAGE - II

CABBAGE-RED-BR2 – etuvéé red cabbage, braised with onion and vinegar; *chou rouge à la flammante*, 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 flammante*, 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.

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

From ESCOF, page 665.

INGREDIENTS (4 servings)

large covered casserole

- 1 head red cabbage, outer leaves removed, quartered, cored, ribs removed, shredded
- scrapes of nutmeg, to taste
- salt and freshly ground pepper
- 2 Tbsp cider vinegar
- 4 apples, cored, peeled and quartered
- 1 Tbsp brown sugar or powdered sugar

PROCEDURE

- (1) Preheat oven to 325F
- (2) Put shredded red cabbage into the casserole, season with salt, pepper, and nutmeg, sprinkle with vinegar. Cover and cook in a moderate oven.
- (3) When the cooking is three-quarters done, add the four quartered apples and the Tbsp of sugar.

NOTES

Take note that the cooking must be gentle from start to finish, and that the only moistening should be the vinegar.

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

From DAVID, page 252.

INGREDIENTS (4 servings)

large deep ovenproof pot, with tight cover

- 1 head red cabbage, about 2 lb, outer leaves removed, quartered, cored, ribs removed, shredded
- 2 medium onions, sliced
- 4 small apples, cored, peeled, and sliced
- 2 Tbsp brown sugar or powdered sugar
- salt and freshly ground pepper

faggot: parsley, thyme, bay leaf

- 2 Tbsp *port* or other *desert wine*
- 2 Tbsp *wine vinegar*

PROCEDURE

- (1) Preheat oven to 310F.
- (2) Arrange in the deep pot a layer of shredded cabbage, then a layer of sliced onions and sliced apples, repeating until all ingredients are in the pot. Season as you go with sugar, salt and pepper. Put the faggot in the middle. Pour over the wine and vinegar. Cover and cook about 3 hours in a low oven, about 310F.

NOTES

Calories per dish: 822, from fat 39 (5%).

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, shredded
- 4 Tbsp *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.

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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 JZR (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,

several

bowls, to hold ingredients during sifting
large rubber spatula, clean of grease

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 JZR 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
- 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 *suprêmes* (boned and skinless breasts) from 2 fryers.

1/2 tsp lemon juice

1/4 tsp salt

big pinch white pepper

4 Tbsp butter

1/4 cup white stock, brown stock, or canned beef bouillon

1/4 cup port, Madeira, dry white vermouth, white wine, brandy, whiskey, ...

1 cup whipping cream

salt and pepper

lemon juice

fresh minced parsley

PROCEDURE

- (1) Preheat oven to 400 F.
- (2) Rub the *suprêmes* with drops of lemon juice and sprinkle lightly with salt and pepper.
- (3) 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.
- (4) 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.

- (5) 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.

- (6) 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'écoissaise

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

- (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

- (2) stir in the mushrooms and sauté lightly for a minute or two without browning. Sprinkle with salt.
- 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.

CHICKEN BREASTS SAUTÉED 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 meunière*.

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

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.

(@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.

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.

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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 *chicken breasts*
- 1 cup *flour*
- 2 *eggs, lightly beaten*
- 1 tsp *olive oil*
- 1 *lemon*
- 1/2 cup *white wine*
- 1/3 cup *onion, finely diced*
- 1 Tbsp *chopped oregano*
- 1 Tbsp *chopped parsley*
- salt, pepper to taste*

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

PROCEDURE

- (1) 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.
- (2) 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.
- (3) To make sauce, deglaze pan with white wine, reduce by half, squeeze lemon into pan, add herbs and onion, add salt and pepper.
- (4) If desired, beat in the 2 Tbsp or more of butter, in small portions off heat, to make a white wine butter sauce.
- (5) 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.

CHICKEN FRICASSEE

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

Fricassée de poulet à l’ancienne.

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

1 each

4 Tbsp
- split chicken breasts, with bone and skin

thinly sliced onion, carrot, and celery stalk

butter
- 1/2 tsp

1/8 tsp

3 Tbsp
- salt

white pepper

flour
- 3 cups

1 cup
- boiling white chicken stock, or white stock, or canned chicken bouillon

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

1/2 cup
- egg yolks

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 MUSHROOMS-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.
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- (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
- 4-1/2 qt white stock or water or a combination of white stock and water
- 1 Tbsp salt
- 20 black peppercorns
- 1 carrot
- 2 leeks
- 1 onion, cut in half, stuck with several cloves
- 3 stalks celery
- 3 sprigs parsley
- 2 bay leaves, crushed
- 1 sprig thyme
- 3 or 4 carrots, peeled, cut into uniform largish pieces
- 3 leeks, cleaned, white and light-green parts only, cut into uniform largish pieces
- 4 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 glaze & 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.

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; GOURM1, 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

3 lb *roasting chicken*, cut into pieces, or *chicken breasts*, quartered if large
1/2 cup *flour*

1 tsp *salt*, or less according to taste

1/2 tsp *freshly ground black pepper*

1 tsp *dried tarragon*

olive oil and butter, 2 Tbsp each

1 cup *dry white wine*

1 jigger *Cognac*

2 cups *canned tomatoes* or 2 *large fresh tomatoes*, peeled and diced, with juice strained to remove seeds

2 cloves *garlic*, mashed and finely chopped

8 *mushrooms*, whole, or optionally sliced

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

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 unattended cooking. *Verified:* fully.

CHICKEN MARENGO - II

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

Poulet sautée 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.

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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 trimmed
- 3-6 Tbsp *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

- (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 garnished rice or a risotto or with buttered egg noodles.

Rating

Difficulty: easy Time: 1.5 hour.

the cooking liquid. Warm the sauce but do not let it boil. Add the lemon juice. Adjust the seasonings.

QUICK FRICASSEE SAUCE - fricassee sauce, onions and mushrooms simmered in wine and chicken stock, thickened with roux, bound with egg yolks, seasoned with nutmeg and lemon

Use as sauce for reheating leftovers, for hard-boiled eggs, etc.

Based upon above recipe (CHICK-MINUTE), from LAROU, page 252, by Plumeret.

In effect, one starts at step 3 of the above recipe.

INGREDIENTS (about 3 cups of sauce and garnishes)

same ingredients as previous recipe, less the chicken

PROCEDURE

- (1) Put pan over medium-low heat. Add 2 Tbsp butter, 6 small onions (or medium onion diced), 1/2 cup white wine, 1 cup chicken stock, the *bouquet garni*, and a pinch of nutmeg. Simmer gently for about 30 minutes, until onions are softened slightly.
- (2) Add the mushrooms, and continue to cook for another 10 minutes. Discard the faggot. Remove the mushrooms and onions, and reserve. Reserve the liquid. Clean and dry the pan.
- (3) Put the pan over medium or medium-high heat. Add 2 Tbsp butter, heat to bubbling, add 2 Tbsp flour, whisk briefly to make a roux. Add the reserved liquid from the braise of the onions and mushrooms. Cook to thicken.
- (4) Beat the yolks of three eggs. Temper with the sauce. Mix the tempered egg yolks into the sauce. Add the juice of 1/2 lemon. Return the reserved onions and mushrooms to the sauce.
- (5) Keep the sauce and included garnishes warm until use (for reheating leftovers, for saucing eggs, etc.) — do not let the sauce boil after adding the yolks.

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 crisper 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.

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 parslid 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
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 table-
spoons 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.

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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 parslied potatoes, and if one wishes, also with buttered pears.

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

1/2 lb *mushrooms*, sliced thickly and browned in butter and oil; see recipe MUSHROOMS-SAUTE

butter

good cooking oil

salt, pepper to taste

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

butter

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 cloves *garlic*, chopped and mashed
2 *shallots* or *half an onion* finely chopped
3 Tbsp *flour*

1/4 cup *Cognac*

2 cups *red wine*, young and full-bodied
1-2 cups *brown chicken stock*, or if not available, *brown stock*
1/2 Tbsp *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
salt
pepper

beurre manié: 3 Tbsp *flour* and 2 Tbsp *softened butter*

croutons: toasted bread triangles with *olive oil* or *butter*; 2 or 3 per serving
sprigs of fresh parsley

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 *button 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.
- (5) Deglaze with the red wine. Reduce under medium-high heat (@7.5) to half volume.
- (6) Add the stock and the seasonings. Add the reserved chicken and any juices. Add the pearl onions or onion slices. Adjust heat to maintain a simmer (<@3). Cook for perhaps 40 minutes or until the chicken is done.
- (7) Remove the chicken and the onions and keep warm. Discard the *bouquet garni*. Degrease if necessary. Adjust the thickness of the sauce so that it coats a spoon lightly, by adding water if too thick or if too thin, either by reduction under medium-high heat or by beating in *beurre manié* and cooking briefly. Add back the mushrooms and bacon and reheat. Correct the seasonings. Add back the chicken and onions and reheat.
- (8) Plate the chicken with its garnishes, or arrange on a serving platter. Sprinkle with parsley.

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)

- 3-4 lb
2
- chicken, fryer or roaster
lemons
salt, freshly ground black pepper, in generous amounts
- roasting pan
roasting rack, optional

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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-STEWS-DUMPS – 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-PARSLEY

- 4 lb stewing fowl or chicken breasts, cut into serving pieces
- 1 tsp water to cover
- 1/4 tsp salt
- 10 white pepper
- 1 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 fricasee 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
2
2 tsp
6

1/2 tsp
1/2 tsp
1
2 glasses

4/5 cup
4/5 cup
2

pinch
- boneless chicken breasts*, or a 3 lb *whole chicken*
large onions, thinly sliced
olive oil, use more if needed
garlic cloves
salt, pepper to taste
dried thyme
tumeric
vanilla bean, or two, if beans are small; cut beans in half lengthwise;
or use 2 or more tsp *vanilla extract*
water (wine?)

crème fraîche or substitute heavy whipping cream
white wine
vanilla beans, or more if beans are small; cut beans in half lengthwise;
or use 2 or more tsp *vanilla extract*
sugar, to taste
salt & freshly ground white pepper, to taste

PROCEDURE

- (1)
- (2)
- (3)
- (4)
- 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.
- 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.
- Add the garlic, salt and pepper, and the thyme and tumeric. Cook for 2 minutes.
- 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)
- (6)
- 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.
- 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

vanilla extract

or

brandy, rum, or sweet liqueur

2 Tbsp

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.

CROQUE MONSIEUR

CROQUE-MONSIEUR – *croque monsieur*, toasted ham and cheese sandwich; *croque madame* *ica*, substitute chicken for the ham (no sign of an egg).

From rec.food.cooking posting: sackv@uni-duesseldorf.de (Victor Sack), 08 Jun 1998.
Also, http://antioche.lip6.fr/portier/0605.html#Entrées_Divers_Croque_madame

INGREDIENTS (1 serving)

2 slices *bread*, large (6 inch on a side) and thick
butter

2 slices *Emmental cheese*, large enough to cover the bread slice

1 slice *ham*, also large enough to cover the bread slice;better, several thin slices
than can be overlapped

OPTIONAL, for a *croque madame*
2 *eggs*

PROCEDURE

(1) Butter both slices of bread. Assemble the sandwich: bread slice (butter inside), cheese, ham, cheese, bread slice (butter inside).

(2) Toast in 410 degree F oven until golden, about 8 minutes. If toasting is done on a cookie sheet, then 4 minutes at lowest level in oven, and 4 minutes at highest level. If toasting done in a skillet, then 4 minutes/side @4, with cover or with grill press plate.

(3) For a *croque madame*, fry two eggs, salt and pepper them, and put them on the toasted sandwich.

Rating

Difficulty: easy. *Time*: 15 minutes

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 IZR.

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
- 1-1/2 tsp *garam masala*
- 1-1/2 tsp *curry powder*
- 1 *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

1.5 lb	<i>lean meat:</i> peeled shrimp, medium-large diced chicken, browned beef in 1 to 2 inch cubes, etc.
2 Tbsp	<i>curry</i>

3 Tbsp	<i>butter</i>
2	<i>onions, medium dice</i>
5 cloves	<i>garlic, chopped</i>
6	<i>bay leaves</i>
2 Tbsp	<i>curry, or much more.</i>

- 1 *green pepper*, large, in medium or large dice
- 2 *juice of a half lemon*

1 cup *tomato ketchup*, or rich tomato sauce; optional

1 cup	<i>coconut milk</i> , or more; optional
1 cup	<i>broth</i> , chicken or beef, depending on meat
	<i>water</i>

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).

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*
- butter*
- cooking oil*
- 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 overcook 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.

Rating

Difficulty: more complicated than the other curries. *Time:* 1.5 hours.

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: ?

BAKED CUSTARD

CUSTARD-BAKED — *crème renversée à la française*, basic baked custard, in a mold or individual cups

A classic desert, unfailingly good.

Recipe from JBAM, page 728. See also DIAT, page 536.

INGREDIENTS (serves 6)

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

2-1/2 cups *milk*

5	<i>egg yolks</i>
1/2 cup	<i>sugar</i>
1 tsp	<i>vanilla</i>
1/8 tsp	<i>salt</i>

whole nutmeg

PROCEDURE

- (1) Preheat oven to 350F. Scald the milk. Butter the custard cups or the baking mold, and arrange them in the roasting pan.

(2) 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.

(3) 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. Refrigerate, at least 2 hours or better overnight, if intending to unmold.

(4) 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, 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) 173, from fat 67 (39%).

Rating

Difficulty: ? Time: ?

- (5) Garnish with fresh fruit, especially berries or a fruit purée, some mint leaves, possibly whipped cream.

CRÈME BRÛLÉE

CUSTARD-BRULÉE – *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.

CRÈME BRÛLÉE - *crème brûlée*, custard glazed with caramelized brown sugar

Another recipe for *crème brûlée*, by Julia Child and Jacques Pépin, from JULIAC, page 383. The authors write:

The pleasure of this deliciously rich desert lies in its contrast of textures, the soft and creamy custard hidden under a brittle sheet of caramelized brown sugar. The custard is baked and served in small ramekins ... You don't *have* to crust them, since the cooked and chilled custards can be served simply as *pots de crème*.

INGREDIENTS (serves 8)

- 8 4-oz *ramekins*
- 6-cup *saucepan*
- wire *whisk* and *mixing bowl*,
- strainer*
- 1-qt *measuring cup*
- baking pan* with 2-in sides, large enough to hold all the ramekins
- propane torch*, optional
- 3 cups *heavy cream*
- 2 tsp *vanilla extract* or 1 *vanilla bean*
- 6 *grated zest of large orange*
- 1/2 cup *large egg yolks*
- 1/2 cup *granulated sugar*
- 1/2 cup *light brown sugar*, or more if needed

PROCEDURE

Making the custards

- (1) Preheat the oven to 350F.
- (2) Pour the cream into a 6-cup saucepan, stir in the vanilla bean or vanilla extract and the orange zest, and bring to the simmer. Remove from heat, cover the pan, and let steep for 5 minutes.
- (3) Whisk the egg yolks and sugar in the mixing bowl for several minutes until the yolks are thick, pale yellow, and form a fat, slowly dissolving ribbon when dropped from the whisk back into the bowl.
- (4) Remove the vanilla bean from the hot cream. So as not to scramble the egg yolks, stir by dribbles half a cup of the hot cream into the yolks, stirring (not beating, you do not want to form bubbles). Adding it in a slow stream, stir in the rest of the cream. Set the sieve over the quart measure and strain the custard mixture through it to eliminate any coagulated bits of egg and the orange rind. Skim off any bubbles from the surface of the custard.

- (5) Arrange the ramekins in the baking pan and pour or ladle 1/2 cup of custard into each, leaving 1/4 inch at the top for the glaze. Set the baking pan in the oven and pour in enough hot water to come halfway up the ramekins.
- (6) Bake the custards for 30-35 minutes, until the tops are set but the custard in the center is still quite soft to the touch. Carefully remove the baking pan from the oven, and lift the ramekins from the hot water. Let them cool briefly then chill thoroughly in the refrigerator, at least 4 hours. Either serve them as *pots de crème*, or glaze them as follows.

Forming the brown-sugar crust

- (1) Loosen the brown sugar if packed and break up any lumps with your fingers. Sprinkle a tablespoon or so over each custard and smooth it gently with the back of a spoon, forming an even layer of sugar that completely covers the surface.
- (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.

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*

1/2 cup *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

- (6) 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: ?

AVOCADO DIP

DIP-AVOCADO – avocado mashed and seasoned with salsa, lemon juice, salt and pepper

More of a spread than a dip.

From Trial and Error.

INGREDIENTS (4-6 servings)

mixing bowl
rubber spatula

- 2 ripe avocados
- 2 Tbsp Desert Rose salsa, or equivalent
- 1 Tbsp lemon juice
- 1/4 tsp salt
- 10 grinds black pepper
- dash olive oil, optional

PROCEDURE

- (1) Add all ingredients to a mixing bowl, and mash to a relatively homogeneous paste with the spatula. Adjust seasonings, including the salsa and lemon juice. Serve with crackers or very thin bread slices. A knife may be needed to spread the paste.

NOTES

If a thinner paste is required, add mayonnaise.

The dash of olive oil adds flavor.

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)

large skillet or casserole

- 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 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-BRDEED – *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)

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

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Rating

Difficulty: ? Time: ?

SWEET AND SOUR EGGPLANT

EGGPLANT-SWTSOU – *melanzane in agrodolce*, sweet and sour eggplant

Excellent side dish or appetizer.

Recipe by Mario Batali, 2000, published by Television Food Network, Episode#: MB2A14.

INGREDIENTS (6 servings)

large saucepan or casserole, 10 in or greater diameter

sheet tray

large skillet, 12 in or greater diameter

large bowl, for marinating eggplant (or wipe clean and use large saucepan/casserole above)

2 cups *olive oil* for frying, plus 2 Tbsp

2 *medium eggplants*, about 2 lb, sliced into 1/2-in medallions

2 *medium red onions*, medium dice (1/2 in)

3 *ribs celery*, cut into 1/2-in pieces on the bias

1 cup *white wine vinegar*

3 Tbsp *sugar*

salt and freshly ground black pepper, to taste

PROCEDURE

- (1)Place large saucepan over medium-high or high heat. Add 2 cups olive oil and heat to almost smoking. Carefully add eggplant medallions, working in batches to avoid overcrowding the pan and lowering heat of the oil. Cook eggplant until golden brown on both sides. Remove and set aside pieces as they are finished, on a sheet tray lined with paper towels.
- (2)Place large skillet over medium-high or high heat. Add 2 Tbsp olive oil and heat to almost smoking. Add the onions and celery and sauté until light golden brown. Remove from heat, add the vinegar, sugar, and salt and pepper to taste.
- (3)Place the cooled eggplant slices in a large bowl, cover with the onion-celery-vinegar-sugar mixture, let sit for 1 hour.
- (4)Serve dish at room temperature.

NOTES

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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: ?

EGGS BENEDICT

EGGS-BENEDICT – eggs Benedict, poached eggs and ham on English muffin with hollandaise sauce

Rich elegant breakfast or luncheon dish.

INGREDIENTS (2 servings)

2 English muffin halves
2 thin slices Canadian bacon or ham, cut to size of a muffin half
2 poached eggs, kept warm or reheated; see recipe EGGS-POACHED
4 oz hollandaise sauce, freshly made and kept warm; see recipe SAUCE-HOLLAND
LAND

finely chopped parsley or other herbs (chives, chervil, etc.), as garnish

PROCEDURE

- (1) Lightly fry or broil the ham slices, and keep warm. Toast the English muffin halves, and keep warm. Reheat if necessary the poached eggs.
- (2) On a serving plate, place a toasted muffin half, topped by a slice of ham, topped in turn by a poached egg, carefully patted dry or drained of water. Sauce generously with several Tbsp of hollandaise sauce. Garnish with chopped herbs. Serve immediately.

NOTES

Can garnish more heavily, e.g., with diced or sautéed tomatoes, fried shallots, fried potatoes, etc.

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*
- 12 *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*
- 1/2 tsp *black pepper*, freshly ground
- 4 tsp *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: ?

FRIED EGGS

EGGS-FRIED – eggs fried in garlic butter

From JB, page 110; JOY, page 195; NYT, page 302.

INGREDIENTS (cook the number needed)

heavy skillet

fresh eggs, number as needed, warmed to room temperature

butter

garlic, mashed and chopped; optional

salt and *pepper*

PROCEDURE

- (1) If the eggs are not at room temperature, heat them in a bowl with hot tap water.
- (2) Melt butter in skillet over low to moderate heat (@3-4). Optionally add the garlic.
- (3) Break eggs into a saucer and slip into skillet one at a time. Optionally, as it sets, gather white about the yolk with a wooden spoon. Cook, basting the eggs with the butter, until they are done (for a runny egg, 4 minutes, for hard, 10 minutes). When done, with firm whites and a film on the yolks, season with salt and pepper to taste. For eggs over, turn with a pancake spatula and cook for a brief minute. Drain well.

NOTES

Optionally, serve with *beurre noire*, clarified butter cooked over moderate heat to dark brown, with chopped parsley and 1:10 lemon juice or vinegar.

Rating

Difficulty: easy. Time: 5 minutes to heat the butter, and 4-10 minutes cooking for the eggs. *Verified: fully.*

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 tablespoon of butter in each dish and place under the broiler for about 3 minutes, until hot and bubbly.
- (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.)
- 0 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.

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.

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.

NOTES

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Rating

Difficulty: ? Time: ?

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

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

A simple marinade and brush. Excellent flavor.

From GRILL, page 90.

INGREDIENTS (4-6 servings)

3-1/2 lb whole chicken, cut up, or 2-1/2 lb boneless chicken breast cut up into cutlets, pounded to equalize, and trimmed

- 3 large lemons
- 1/4 cup olive oil
- 3 Tbsp dried rosemary or 1/2 cup fresh rosemary
- 6 cloves garlic, chopped and mashed
- salt, pepper, to taste

rosemary sprigs or chopped parsley or cilantro leaves, as garnish
lemon wedges, as garnish

PROCEDURE

- (1) Juice the lemons. Prepare the chicken.
- (2) Combine the lemon juice, lemon shells, chicken, and the other ingredients of the marinade in a plastic bag. Rotate bag to distribute marinade. Refrigerate for at least 4 hours or until the next day, turning the chicken occasionally.
- (3) Remove chicken from marinade. Reserve marinade.
- (4) Grill chicken, brushing occasionally with the marinade.
- (5) Serve garnished with lemon wedges and with rosemary sprigs or chopped parsley or cilantro, and seasoned well with salt and pepper.

LEMON-WINE-GARLIC CHICKEN - chicken marinated with lemon, wine, bay leaf, garlic and olive oil, then grilled

Excellent and simple marinade and brush.

From a recipe for chicken grilled on skewers, served with couscous and a yogurt sauce.

From GRILL, page 103. Modified slightly for chicken cutlets.

INGREDIENTS (4-6 servings)

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

- 2/3 cup lemon juice
- 2/3 cup olive oil
- 1/2 cup white wine
- 12 cloves garlic, chopped and mashed
- 4 bay leaves, crumbled, or 1 tsp ground bay leaf
- salt, pepper, to taste

chopped parsley or cilantro leaves, as garnish
lemon wedges, as garnish

PROCEDURE

- (1) Combine the chicken and marinade ingredients in a plastic bag. Rotate to distribute marinade. Refrigerate for at least 15 minutes or up to 4 hours, turning chicken occasionally.
- (2) Remove chicken from marinade. Reserve marinade.
- (3) Grill chicken, brushing occasionally with the marinade.
- (4) Serve garnished with lemon wedges and with chopped parsley or cilantro, and seasoned well with salt and pepper.

NOTES

The original recipe had the chicken breasts cut into 3/4 inch cubes and grilled on skewers, then served over a couscous pilaf, with a yogurt sauce flavored with cumin, cilantro and garlic. Not a bad idea, but here we leave all possibilities open.

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

Marinade and brush.

This is part of a recipe for chicken grilled on skewers with pineapple and red bell peppers, done in a Chinese (Americanized?) style.

From GRILL, page 104.

INGREDIENTS (4-6 servings)

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

- 2 tsp *orange zest*
- 2/3 cup *orange juice*
- 6 Tbsp *packed brown sugar*
- 4 Tbsp *soy sauce*
- 2 Tbsp *sesame oil* or other good oil
- 1 tsp *ground coriander*
- 3 Tbsp *fresh ginger*, minced
- 3 Tbsp *wine vinegar*

salt, pepper, to taste

pineapple chunks, grilled as garnish
pieces of red bell pepper, grilled as garnish

PROCEDURE

- (1) Combine the chicken and marinade ingredients in a plastic bag. Rotate to distribute marinade. Refrigerate for at least 30 minutes or up to 8 hours, 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. Garnish possibly, with grilled pineapple chunks and pieces of grilled red bell pepper, à la the original recipe, grilled along with the chicken, even if not on skewers.

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 cornish 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

Marinate 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.

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

1/2 cup *white wine*
1/2 cup *salad oil*
6 Tbsp *wine vinegar*
2 Tbsp *chopped onion*
1/4 tsp **each** of *dried basil, dried marjoram, dried oregano and dried thyme*
2 cloves *garlic*, chopped and mashed
1/2 tsp *freshly ground black pepper*
1/4 cup *spicy brown mustard*

salt, pepper; 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.

Marinade, 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.com-pucook.com/>.

INGREDIENTS (3-4 servings)

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

RUB

2 large *cloves garlic*, chopped and mashed
1 tsp *olive oil*
1/2 tsp *salt*
1/8 tsp *freshly ground black pepper*

SAUCE

1/3 cup *brown sugar*
2 Tbsp *catsup*
2 Tbsp *dark rum*
2 Tbsp *instant coffee*, dissolved in water
1 *lime*, juiced
1 tsp *butter*
1 tsp *fresh ginger*, minced
1/8 tsp *allspice*

salt,pepper, 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.

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.

CITRUS-HERB CHICKEN - chicken marinated with brandy, orange, lemon, mustard, olive oil, garlic and herbs, then grilled

Marinade and brush.

From recipe for grilled duck.

From GRILL, page 130.

INGREDIENTS (4-6 servings)

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

- 1/2 cup *brandy or chicken broth*
- 1 tsp **each** of *grated orange zest* and *grated lemon zest*
- 1/4 cup **each** of *orange juice* and *lemon juice*
- 3 Tbsp **each** of *Dijon mustard* and *olive oil*
- 2 cloves *garlic*, chopped and mashed
- 1/2 tsp *ground pepper*
- 1 tsp **each** of *dried sage*, *crumbled dried rosemary*, *dried thyme* and *dried savory*,
or 1 Tbsp of the fresh herb

- 1 or 2 *oranges*, peeled and the white membrane cut away, then thinly sliced cross-wise
- 2 *limes*, cut into wedges
- salt,pepper*, to taste

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.
- (2) Remove chicken from marinade. Reserve marinade.
- (3) Grill chicken, brushing occasionally with the marinade.
- (4) Season well with salt and pepper. Serve garnished with slices of orange and lime wedges.

ORANGE-LIQUEUR GLAZED CHICKEN - chicken brushed during grilling and sauced with a glaze of orange, mustard, currant and brandy

Brush and sauce.

Adapted from recipe for grilled pheasants.

From GRILL, page 132.

INGREDIENTS (4-6 servings)

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

- 2 *oranges*
- 1-1/2 cups *orange juice*
- 1/2 cup *orange-flavored liqueur*
- 3 Tbsp *sugar*
- 2 Tbsp *Dijon mustard*
- 1 Tbsp *currant or raspberry jelly*
- 1 Tbsp *brandy*
- 2 tsp *butter*
- 3-4 cups *stemmed, seedless green grapes*
- salt,pepper*, to taste

PROCEDURE

- (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) 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) 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 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*

HONEY-LIME-TOMATO GLAZED PORK CHOPS - *pork chops brushed during grilling with sauce of catsup, honey, lime and cayenne pepper*

Brush only.

Serve with grilled corn, onion and bell peppers.

From GRILL, page 200.

INGREDIENTS (4-6 servings)

- 6 *center-cut pork chops*, 1 inch thick (about 2-1/2 lbs), trimmed of fat
- 2/3 cup *hot-seasoned catsup*
- 3 Tbsp **each** of *honey* and *lime juice*, or more to taste
- 1/2 tsp *cayenne pepper*
- salt, pepper*, to taste

2 *large lemons*, cut into wedges

PROCEDURE

- (1) In a small bowl, combine catsup, honey, lime juice and cayenne pepper.
- (2) Brush tops of chops thickly with sauce. Grill chops, turning once halfway through and brushing tops thickly with sauce.
- (3) Optionally, season with salt and pepper. Serve with lemon wedges.

NOTES

Upped the amounts of sauce ingredients by ca 2 fold over original recipe.

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

Marinate 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 dis-tribute 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, rose-mary 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 *freshly ground pepper*
- 2 tsp *ground thyme or sage*
- 1 tsp *ground bay leaf*
- 1/2 tsp *allspice*
- 4 *cloves garlic*, chopped and mashed
- 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 mari-nade and dry the meat before browning.

GINGER-SHERRY-SOY PORK CHOPS- pork chops marinated with ginger, sherry, garlic, soy sauce, oil and sugar, then grilled

Marinate and brush.

From GRILL, page 58.

INGREDIENTS (4 servings)

4 pork shoulder chops, 3/4 inch thick (1-1/2 lbs)

- 1/4 cup fresh ginger, minced
- 3/4 cup dry sherry
- 2 cloves garlic, chopped and mashed
- 3 Tbsp soy sauce
- 2 Tbsp salad oil
- 1 Tbsp sugar

2-1/2 lb napa cabbage

salt,pepper, to taste

PROCEDURE

- (1) Combine the meat and marinade ingredients in a plastic bag. Rotate to distribute marinade. Refrigerate for at least 4 hours or until next day, turning the meat occasionally.
- (2) Meanwhile, cut cabbage lengthwise into quarters, place on a rack over steaming water, cover, and steam just enough until barely wilted (4-5 minutes). If made ahead, let cool and refrigerate.
- (3) Remove meat from marinade. Reserve marinade.
- (5) Grill meat, turning once and brushing with the marinade. At the same time, grill cabbage until it is hot.
- (4) Optionally, season meat and cabbage with salt and pepper. Serve.

Brush only.

From GRILL, page 59

INGREDIENTS (serves 4)

1 lb center-cut ham slice

- 2 Tbsp each of honey and Dijon mustard
- 2 Tbsp cider vinegar
- 1/4 tsp coarsely ground black pepper

16 small ripe figs, or 8 large, stems trimmed, halved if large; or 16 small dried figs

salt,pepper, to taste

PROCEDURE

- (1) Combine honey, mustard, vinegar and pepper in a small bowl. Thread figs on each of 4 skewers.
- (2) Grill the meat, brushing it with the honey mixture at the start of grilling, and halfway through, when the meat is turned. At the same time grill the figs until they are hot.
- (3) Optionally season the meat, then serve meat with the figs arranged around it.

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.

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 tar-tar. 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 min-utes. 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.

DUXELLES

MUSHROOM-DUXELL – *duxelles*, finely chopped mushrooms, shallot, onion and spices, sautéed in butter to dryness, used for stuffings, garnishes or sauces

"A kind of mushroom hash. According to some experts, the name duxelles comes from *Uxel*, a small town of the Côtes-du-Nord. Others believe, with better reason, that this dish was so-called because it was created by La Varenne, an official of the household of the Marquis d'Uxelles." From LAROU, page 364.

The classic recipe: LAROU, page 364; see also DIAT, page 473, or almost any other cooking reference.

INGREDIENTS (about 1 cup)

sauté pan
food processor, optional

LAROU RECIPE:

- 4 Tbsp *butter*
 - 1/2 *onion*, finely chopped
 - 2 *shallots*, finely chopped
 - 1/4 lb *mushrooms*, finely chopped
 - salt, pepper, nutmeg* to taste
- DIAT RECIPE:
- 4 Tbsp *butter*
 - 1/2 lb *mushrooms*, finely chopped
 - 1 *shallot* or 2 Tbsp *onion*, finely chopped
 - 1/2 tsp *salt*
 - 2 tsp *parsley*, finely chopped

PROCEDURE

(1a) LAROU recipe. "Thoroughly clean and trim 1/4 pound of mushrooms (or peelings and stalks) and chop them finely. Put them in a cloth and twist tightly to extract all liquid as thoroughly as possible. Lightly brown in butter half an onion, chopped. Add 2 chopped shallots, salt, pepper, nutmeg and the mushrooms, chopped and squeezed. Stir over a lively flame so that any surplus moisture left in the mushrooms is evaporated while at the same time the mushrooms are thoroughly cooked. Leave to get quite cold and keep in a cold place, covered with buttered paper."

(1b) DIAT recipe. "Wash, drain, and chop very fine 1/2 pound mushrooms or mushroom stems and peelings. Melt 4 tablespoons butter, add the mushrooms and a finely chopped shallot or 2 tablespoons chopped onion, and cook, stirring, until the moisture has evaporated. Add 1/2 teaspoon salt and 2 teaspoons finely chopped parsley. Use for stuffings or for sauces, or to fill tomato shells or artichoke bottoms for *garnitures composées*, elaborate garnishes."

NOTES

The two recipes, from LAROU and DIAT, differ strongly in the ratio of mushrooms to onions and shallots. The DIAT recipe with relatively more mushroom is more typical of today's usage.

Add other chopped fresh herbs, according to use: basil, tarragon, thyme, *herbes de provence*, etc.

May be moistened with heavy cream or stretched with bread crumbs.

May be used as the base for a sauce.

Rating

Difficulty: easy. *Time*: 15 minutes prep, 15 minutes cooking.

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 cheesecloth

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.

ONIONS, ROASTED OR BRAISED

ONIONS-BRAIS-RO – onions, roasted or braised: red onions braised in red wine; *oignons d’Espagne brais  es*, 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 brais  es*, 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 *red onions*, peeled but left whole, root and tip ends sliced off.
- 2 cups *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.

BRAISED SPANISH ONIONS - *oignons d’Espagne brais  es*, spanish onions braised in stock

Recipe from DIAT, page 371.

INGREDIENTS (serves 6)

baking pan, with cover
warm serving dish

- 1 *small yellow onion*, peeled and cut into 6 thin slices
- about 2 oz *fat salt pork*, cut into 6 thin slices, or use *good bacon* or *pancetta*
- 6 *Spanish onions*, peeled, root and tip ends sliced off
- 1 cup *stock* or *meat gravy*

1/3 cup *sherry*

PROCEDURE

- (1) Preheat oven to 250F.
- (2) In the baking pan, arrange the 6 slices of yellow onion, place a slice of salt pork on each, and on each of these, place a Spanish onion. Add the cup of stock or gravy, cover the pan, bring the liquid to a boil on the stovetop, cover the pan closely, place in 350F oven.
- (3) Braise for 30 to 40 minutes, or until onions are tender but still crisp. Remove pork slices. Continue to cook in the oven, uncovered, basting, until the onions are golden brown.
- (3) Remove the onions to a serving dish and keep warm. Add 1/3 cup sherry to the pan. Heat the sherry and pan juices on the stovetop, strain it over the onions, and serve.

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

Recipe by Jamie Oliver, published by Television Food Network, 2006, Episode#: NC1A01

INGREDIENTS (serves 6)

baking dish

- 6 *medium to large red onions*, peeled with one or several layers of underskin removed, the root end sliced off

fresh thyme leaves, chopped or pounded
kosher salt
butter

sea salt, optional

PROCEDURE

- (1) Preheat oven to 400F.
- (2) Cut a cross shape in the top of the onion, cutting deeply but less than half-way down the onion. Push into these gaps some thyme leaves, a good pinch of salt, and then a little knob of butter.
- (3) Place the 6 seasoned onions in the baking pan, preferably on a thin layer of sea salt, or put them in a roasting pan with meat and other vegetables. Bake for 30 to 35 minutes.
- (4) Serve with a hearty meat dish, such as a roast.

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

3/4 cup

1/4 cup

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*
- 4 oz *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*
- 1 cup *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 cheesecloth

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.

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 *buttered baking dish*
- 1/2 cup *parsnips, peeled*
- 1 tsp *brown sugar, firmly packed*
- 1/2 cup *salt*
- 1 tsp *orange juice (reconstituted frozen ok)*
- 1/3 cup *grated orange rind*
- 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.

FETTUCINE ALFREDO

PASTA-ALFREDO – pasta with butter, cream and cheese sauce
A classic dish. Serve as a first course or as a main course.

From FF, page 328; JB, page 329; NYT, page 328.

INGREDIENTS (4 main-dish servings)

- 1 lb *fettucine, freshly cooked, drained, and hot*
- 1/4 lb *butter, soft or melted*
- 1 cup *heavy cream, warmed*
- 3/4 cup *Gruyère or Parmesan cheese, grated*
- 1/4 tsp *freshly ground pepper*
- salt, to taste*

PROCEDURE

- (1) Boil the noodles in salted water, drain, and immediately return to pot, or put into a pre-warmed bowl or casserole.
- (2) Quickly add the butter, cream, grated cheese, pepper and salt. Toss to mix and coat noodles. Serve immediately.

Rating

Difficulty: easy. *Time:* 10 minutes preparation, 15 minutes cooking.

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.

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.

- (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.

TABLE OF PASTRY DOUGH FORMULAS
(From JC, pages 108-110)

DESCRIPTION	USES	FORMULA
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ENTRÉE PASTRIES

1) *Pâte brisée ordinaire*

Regular pastry dough with less butter than the following, therefore easier to roll and form

5) *Pâte sablée --- pâte sèche*
Sweet cookie dough, crisp and buttery; the more sugar you add, the more difficult the dough is to handle

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

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) *Pâte brisée fine*

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

PÂTÉ DOUGHS

1) *Pâte à croustade --- pâte à pâté*

An excellent *pâté* dough that is also good to eat

For *pâtés* and meat pies that are molded in raw dough either in the spring-form *pâté* 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 ice water
1 cup

3) *Pâte brisée à l'oeuf*

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

1) *Pâte à croustade à l'envers*

A *pâté* dough that will hold its shape and is also good to eat.

For *pâté* cases that are partially baked on upside-down forms before being filled with meat mixtures and baked; also for free-form *pâtés en croulôte*

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
1-1/4 cup

SWEET PASTRIES

1-3) *Pâte sucrée ordinaire, fine, and à l'oeuf*

Any of the previous dough formulas

For the same uses

Same formulas, except use 1/8 tsp salt and 5 Tbsp sugar

4) *Pâte sucrée aux jaunes d'oeuf*

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.

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-DOUGH*
- 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.

- (6) Prick the bottom of pastry with a fork at 1/2-inch intervals. Line the pastry with buttered lightweight foil or wax paper. Press it well against the bottom and sides. Fill with dried beans or rice, to hold the pastry against the mold while baking.

- (7) Bake immediately in 400 F preheated oven.

For a partially cooked shell bake at the middle level of the oven for 20 minutes until pastry is set. Then, out of the oven, remove foil and beans, and prick bottom with a fork again. Return to oven until the shell starts to turn color and just begins to shrink from the sides of the mold. This takes perhaps 5 minutes, depending on the thickness of the shell. These times are longish, and likely reflect the particulars of mold and oven.

For a fully cooked shell bake 7 to 10 minutes more, or until the shell is very lightly browned.

- (8) When the shell is done, remove from the oven, unmold, and slip onto a rack to cool. Circulation of air around the shell prevents it from getting soggy. To remove shell from a false-bottomed mold, place mold over a jar and pull side of mold down. Then with a long spatula slip shell off false bottom and onto rack.

- (9) Optionally, after the shell has cooled, paint outside and top rim of the side of the shell with an egg beaten with 1 tablespoon of water (*dorure*).

Rating

Difficulty: some attention to detail when rolling and especially when lining the mold.
Time: 20 minutes. *Verified:* fully.

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*
- 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.

ROASTED BELL PEPPERS

PEPPER-ROASTED – roasted sweet red and/or yellow bell peppers, in olive oil with salt and spices

An excellent appetizer or garnish.

From HAZAN, page 53.

INGREDIENTS (8 servings)

serving dish, large enough to hold the peppers

8 *sweet red and/or yellow bell peppers*

4 *cloves garlic*, mashed just enough to peel them (they are discarded after the marinating)

3 Tbsp *capers*, drained
 salt, freshly ground black pepper, to taste
 oregano, dried
 olive oil

16 *large anchovy fillets*, optional

PROCEDURE

- (1) Roast the peppers over a grill, turning them, until the skin is blackened all over. Cook as briefly as possible to keep the flesh firm. When done, put them in a pot and cover tightly, or in a plastic bag and twist tightly shut. When the peppers are cool enough to handle, pull off the charred skin with your fingers. Do not ever rinse the peppers.
- (2) Cut the peppers into strips about 2 inches wide. Discard all seeds and pulpy core. Pat strips dry with paper towels.
- (3) Line the bottom of the serving dish with a layer of pepper strips. If the anchovies are used, add a layer of them. Sprinkle a pinch of salt, a liberal grinding of black pepper, a light amount of oregano, a few capers and 1 garlic clove. Repeat procedure until all ingredients have been used. Cover with olive oil.
- (4) Let marinate at room temperature for at least 2 hours. If not to be served the same day, cover tightly with plastic film and store in the refrigerator. Bring to room temperature before serving. Remove the garlic cloves after one day, if the dish is kept longer.

NOTES

The peppers marinated only in salt and olive oil are a splendid dish.

Rating

Difficulty: straightforward. *Time*: 2 hours.

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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 *Tabasco*, 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 JZR.

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.

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

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

- 1 cup *coarse-grained yellow cornmeal*, preferably Italian; approximately 6 oz
- 4 cups *boiling water* or *chicken stock* or *vegetable stock*
- 1 tsp *salt*, or to taste; no salt if stock is salted

OPTIONAL SEASONINGS:

- 1/2 tsp *pepper*, or to taste
- 2 Tbsp *butter*
- 3 oz *grated Parmesan cheese*
- 2 Tbsp *shallots* or *onions*, minced
- 1 Tbsp *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.

Rating

Difficulty: regular attention required during cooking of polenta. *Time*: 10 minutes preparation, 50 minutes to cook.

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 *olive oil, and more as needed*
- 4 *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 *finely chopped garlic, or to taste*
- 1 Tbsp *flour, optionally used for a roux to thicken the sauce*
- 2 Tbsp *tomato paste, or to taste*
- 1/2 cup *dry Marsala*
- 1/2 cup *dry red wine*
- 1/2 cup *chicken stock*
- kosher salt & freshly ground black pepper*
- 1/2 tsp *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 ("dis-solve" it).
- (2) Choose a casserole or sauté pan that can contain all the chops without over-lapping. 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: ?

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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.

salt
3 tsp
freshly ground pepper
1/2 tsp
ground thyme or sage
1 tsp
ground bay leaf
1/2 tsp
allspice
1/4 tsp
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 LAROU, 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, all-spice, 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 Dugléré 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 à 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 sautéing). 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: ?

BAKED POTATOES

POTATO-BAKED – baked Idaho potatoes, baked sweet potatoes, or baked yams
From JB, page 490; JOY, page 292; NYT, page 393.

INGREDIENTS (1 serving)

- 1 Idaho potato, sweet potato, or yam
butter or cooking oil

PROCEDURE

- (1) Preheat oven to 425 F.
- (2) Thoroughly wash and scrub the potato. Cut a small 1/2 inch slit in `top` of potato, to let steam escape; for a sweet potato or yam, cut a small slice from each end. A very large potato may be cut in half. Grease lightly by painting with oil or butter. Bake for 40 minutes to 1 hour, or longer for a large potato (1-1/2 hours for a yam would be reasonable), until soft when tested with a fork. Bake longer for a crisp skin. To serve, split open the top or cut in half, and top with butter or other condiment.

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 ovenproof 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 JC, 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 everywhere.

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., *sazon seasoning salt*, a *jerk-* or *cajun-style spice mix*, *onion* or *garlic 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 developed. 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: ?

POTATOES PARMENTIER - *pommes de terre parmentier*

The French analog of American home-fried potatoes, i.e., par-cooked potatoes, diced small or medium, then pan fried, seasoned with salt and pepper, garnished with chopped parsley.

Frills on the basic recipe: during cooking of the potatoes, add several cloves of garlic, minced or smashed, a half onion, chopped, and a bouquet of sprigs of thyme or rosemary; after the potatoes are done, add a squeeze of lemon juice and toss with bread-crumbs.

The basic recipe following is from DIAT, page 342.

INGREDIENTS (6 servings)

*as for home-fried potatoes, see above
except, potatoes are raw*

PROCEDURE

- (1) Peel 2 lbs potatoes, cut into small or medium dice. Parboil for 3 to 4 minutes, drain.
- (2) Heat 4 Tbsp butter in a skillet, add potatoes. Cook on top of stove or in a hot oven (400F) until they are golden brown, stirring occasionally with a spatula without crushing them.
- (3) Season with salt and pepper. Sprinkle with finely chopped parsley.

NOTES

The parboil can be omitted, i.e., the diced raw potatoes are browned (not too heavily) on the stovetop at high heat, then finished in the oven at 400F, for about 30 minutes or until done (a nicely soft and floury interior encased in a delicately browned crust). Potatoes cooked this way are excellent — just a bit more touchy in reaching the proper level of stovetop browning and timing the oven for a floury interior.

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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 grain 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*
- coarse salt & *freshly ground black pepper*
- 1-1/4 cups *chicken stock*, heated to near boiling
- 2 Tbsp *unsalted butter*, cut into 1/2-?? pieces
- 1/4-1/3 cup *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: ?

POTATO LEEK RÖSTI

POTATO-LEEK-ROS – Swiss *rösti* 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!

Rating

Difficulty: ? Time: ?

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/din-](http://www.nytimes.com/2008/04/23/dining/231mrex.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 paillardsson*; 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: ?

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FRENCH POTATO SALAD

POTATO-SALAD-FR – red and white potatoes, boiled, flavored with wine, chicken stock and mustard vinaigrette, garnished with scallions, dill, parsley and basil, served warm

Excellent flavor and texture.

Recipe by Ina Garten, "The Barefoot Contessa Cookbook", Clarkson Potter, 1999, as modified by Alex Witchel and published in the *New York Times*, December 26, 2007:

Recipe: French Potato Salad
<http://www.nytimes.com/2007/12/26/dining/261frefx.html?ref=dining>

INGREDIENTS (6 servings)

- pot*, to boil potatoes
- colander*
- bowl*, large enough to mix potatoes, flavoring liquids, and garnish
- small bowl*, to mix vinaigrette
- kosher salt*
- 1 lb *small white boiling potatoes*
- 1 lb *small red boiling potatoes*
- 2 Tbsp *good dry white wine*
- 2 Tbsp *chicken stock*
- 3 Tbsp *Champagne vinegar*
- 1/2 tsp *Dijon mustard*
- 3/4 tsp *freshly ground black pepper*
- 1/2+ cup *extra virgin olive oil*
- 1/4 cup *minced scallions (white and green parts)*
- 2 Tbsp *minced fresh dill*
- 2 Tbsp *minced flat leaf parsley*
- 2 Tbsp *chiffonade fresh basil leaves*

PROCEDURE

- (1) Fill a large pot three-quarters full of water and add 1 Tbsp salt. Bring to a boil. Add white potatoes and red potatoes and boil until they are just cooked through, 20 to 30 minutes. Drain in a colander and place a towel over potatoes to allow them to steam for 10 more minutes. As soon as you can handle them, cut in half (or quarters, if potatoes are large) and place in a medium bowl. Add wine and chicken stock, and toss gently. Keep warm and allow to rest for 10 minutes.
- (2) In a small bowl, combine vinegars, mustard, 1/2 tsp salt and 1/4 tsp pepper. Slowly drizzle in the olive oil while whisking vigorously to make an emulsion.
- (3) Add about half the vinaigrette to warm potatoes. As potatoes absorb vinaigrette, add more to taste. Add scallions, dill, parsley, basil, 1-1/2 tsp salt and 1/2 tsp pepper. Toss gently to mix.

NOTES

Do not overdo the herbs and mix them in gradually, else they may clump.

Rating

Difficulty: ? Time: ?

- (4) Serve warm or at room temperature.

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: ?

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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-LORRAIN1 – *quiche lorraine*, cheese and bacon custard tart

Elegant as main course, as hot appetizer or as cold snack.

From JC, page 147; NYT, page 27; JB, page 76-77; LAROU, page 797; DIAT, page 505; GOURM1, 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*
- pinch *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.

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 Bocusé'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 Bocusé.

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*

1 Tbsp

1-1/2 cup

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: ?

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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
2 Tbsp

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*
3 Tbsp *olive oil*, including oil from anchovy can
3 Tbsp *tomato paste*
3 Tbsp *chopped parsley*
1 tsp *paprika*
pinch *cayenne pepper*

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

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

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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.

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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: ?

RICE-BASMATI(V)	Rupley Family Cookbook (6/25/08)	RICE-BASMATI(V)	Rupley Family Cookbook (6/25/08)	RICE-BASMATI(V)
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	1/4 cup	golden raisins	
3 cups	water	2 Tbsp	currants	
2 tsp	butter, or a bit more	1 tsp	lemon zest or orange zest (from about 1/2 of the fruit)	
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				
<i>Difficulty: ? Time: ?</i>				
GINGERED RICE - rice cooked with fresh ginger and cardamom pods				
Recipe by Tyler Florence, published by Television Food Network, 2003, Episode #: FO1E29.				
INGREDIENTS (6 servings)				
<i>as for basic recipe above, with addition of the following:</i>				
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)				
<i>as for basic recipe above, with addition of the following:</i>				
1 tsp	cumin seeds			
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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 casseroleskillet, for browning chicken and sautéing rice
- 12 inch
- 3- 1/2 lb chicken, cut into 10-12 serving pieces; breast meat only works well
- salt and pepper, to taste
- 2 tsp ground cumin
- 1 tsp ground oregano
- flour optional
- 2 Tbsp olive oil, more as needed
- 1/2 cup onions, finely chopped
- 1 Tbsp garlic, finely chopped
- 1 large green pepper, cored, seeded, and cut into 1-inch pieces
- 1/4 lb smoked ham, in 1/4-inch cubes
- 1-1/2 cups canned crushed tomatoes
- 4 ripe plum tomatoes, peeled, cut into small cubes; or 3 regular tomatoes, peeled, about 2- 1/2 cups
- 1/2 tsp saffron threads
- 1 bay leaf
- 3 cups chicken broth
- 3 cups rice
- 1 Tbsp capers, drained
- 12 green olives, stuffed with pimientos
- 10-oz pkg frozen peas, thawed
- 1/2 cup Parmesan cheese, grated
- 6- 1/2 oz fancy pimientos, canned, cut into 8 long strips
- 6 oz sherry
- 4 Tbsp 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
- 1 Tbsp

salt and pepper
- 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).

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

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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

1/4 cup finely minced onions
3/4 cup various minced vegetables: carrots, celery, red peppers, peas, etc.;

OPTIONAL

4 Tbsp 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.sinter-com.org/makan/>;
the source references Muoi Khuntilanont.

INGREDIENTS (about 7 cups rice)

electric rice cooker
sauté pan

- 4 cupsca. 4 cups2 Tbsp2 Tbsp2 Tbsp2 Tbsp2 Tbsp1 Tbsp
- jasmínice, Thai stylegood chicken stock, or enough to make up the volume needed for cooking the rice, plus 2 Tbsp
- garlic, 4 large cloves, finely choppedground ginger or 1/4 cup fresh ginger, finely choppedshallots (2 shallots) or purple onion, finely choppedred prik ki nu (birdseye or dynamite chilies), finely dicedgreen prik ki nu, finely dicedcooking oil
- salt to taste, especially if the chicken stock is not salty; OPTIONALfreshly ground black pepper to taste; OPTIONALsaffron or tumeric, for yellow color; OPTIONAL

PROCEDURE

- (1)(2)(3)(4)
- Wash the rice, drain it, and put it in the cooker.
- 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.
- 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.
- 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.

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.sintercom.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.
- (6) Turn out into a serving bowl, and garnish with the reserved sliced omelet and the green onion sections. Serve immediately, with additional soy sauce on the table.

NOTES

If one has little time, omit the omelet garnish.

The sugar and the soy sauce are necessary, or the dish is flat.

Rating

Difficulty: easy. *Time*: rice, 10 minutes plus unattended cooking and cooling time; omelets, 30 minutes; final sauté, 15 minutes preparation and 10 minutes cooking.

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

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Rating

Difficulty: ? Time: ?

SALAD OF LETTUCE WITH ROAST BALSAMIC ONIONS

SALAD-ONION-ROA – salad of lettuce with roast balsamic onions

Very good.

Recipe by Ina Garten, *The Barefoot Contessa*, published by Food Television Network, 2003, Episode #: IG1B04.

INGREDIENTS (serves 6)

sheet tray, for roasting onions
small bowl, for mixing dressing
large bowl, for tossing lettuce and dressing
salad spinner

- 3 small red onions
- 1/4 cup good balsamic vinegar, plus 2 Tbsp
- 1 cup good olive oil
- 1 1/2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 6 Tbsp minced shallots (2 large)
- 2 tsp Dijon mustard
- 1/4 cup good red wine vinegar

2 heads red-leaf lettuce, washed, spun dry, and torn into pieces.

PROCEDURE

(1) Preheat the oven to 375 degrees F.

(2) Cut the onions in half and slice 1/4-inch thick, place on a baking sheet and toss with: 1/4 cup balsamic vinegar, 1/4 cup olive oil, 1 teaspoon salt and 1/2 teaspoon pepper.

(3) Bake for 12 to 15 minutes, until the onions are tender. Remove from oven and toss with 2 more tablespoons balsamic vinegar and cool to room temperature.

(4) Whisk together the shallots, mustard, red wine vinegar, 1/2 teaspoon salt and 1/2 teaspoon pepper in a small bowl. While whisking, add 3/4 cup olive oil until emulsified.

(5) To assemble, toss enough lettuce for 6 people with dressing, to taste [less than the full amount prepared]. Place the lettuce on 6 plates and arrange the onions on top. Sprinkle with salt and pepper and serve.

NOTES

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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.

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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 cr me* or *sauce supr me* (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/osa01.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.

BROILED SALMON

SALMON-BROILED – broiled salmon with parsley butter

From NYT, page 245.

INGREDIENTS (4 servings)

preheated broiler pan and rack
hot serving platter

- 4 *good cooking oil*
- 1 tsp *salmon steaks*, or about 2 lb
- 1/4 tsp *salt*
- 1/2 cup *freshly ground black pepper*
- melted butter*
- finely chopped parsley*
- lemon slices*

PROCEDURE

- (1) Sprinkle both sides of each steak with salt and pepper and let stand for about ten minutes to absorb the salt.
- (2) Arrange broiler rack so top of steaks will be 2 inches from heating element. Preheat the broiler and the broiler rack.
- (3) Brush rack with cooking oil. Put steaks on rack. Brush steaks with about 2 tablespoons of the butter. Broil 3 to 5 minutes. Turn steaks, brush with 2 tablespoons of butter, and broil 3 to 5 minutes.
- (4) Transfer steaks to hot serving platter. Decorate with the minced parsley. Pour the remaining hot butter over the steaks. Garnish with lemon slices, optionally dipped in minced parsley.

NOTES

If the butter burns in the broiler, substitute with olive oil or good cooking oil.

Rating

Difficulty: easy. *Time:* 15 minutes.

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, Quebec.

INGREDIENTS (4 servings)

- sauté pan with cover*
- sauce pan*
- 4 *shallots*, chopped
- 1 glass *sherry*, about 8 ounces
- 1/4 cup *fresh basil leaves*, or a bit more, optional
- 1/3 lb *sweet butter*, 150 grams
- 1/4 cup *cream*, 50 grams
- juice of 1/2 lemon*,
- salt, pepper*; to taste
- sherry*, to taste
- 4 slices *fresh Atlantic salmon*, not too thick
- 4 slices *smoked salmon*, thin
- salt, pepper*, to taste
- butter*

2 tsp *parsley*, finely chopped

PROCEDURE

- (1) 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.
- (2) 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.)
- (3) 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.

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
chinois
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 chinois. 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

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*
- 1-1/2 lb *salmon steaks or salmon filets, or enough for 4 servings*
- 1/2 cup *low-sodium soy sauce*
- 2 Tbsp *rice vinegar or white vinegar*
- 2 Tbsp *garlic, chopped, about 4 cloves*
- 1/4 cup *fresh ginger, finely chopped, or 1 Tbsp ground ginger*
- 1-1/2 cup *thawed apple juice concentrate*
- 1/2 cup *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.

Rating

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.

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 medium tomatoes, sliced about 1/4-inch thick, core end discarded
- 1 Tbsp extra-virgin olive oil
- kosher salt to taste
- 6 Tbsp butter, melted
- 8 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: ?

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 *saucex 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.

SAUCE BRUNE - flour-based brown sauce

Relatively quickly made (about 2 hours). Approaches the traditional *demi-glace*. May be refrigerated for several days and frozen for several weeks.

From JC, page 67.

INGREDIENTS (1 quart)

- 2 heavy-bottomed 2 qt saucepans
- wooden spatula or spoon
- wire whip
- 1/3 cup carrots, finely diced
- 1/3 cup onions, finely diced
- 1/3 cup celery, finely diced
- 3 Tbsp boiled ham, diced, or lean bacon, blanched 10 minutes, rinsed, drained, and then diced
- 6 Tbsp clarified butter, rendered fresh pork fat, or good cooking oil
- 4 Tbsp flour
- 6 cups boiling brown stock (see recipe SAUCE-STOCK-SUB) or canned beef bouillon
- 1 cup red wine or white wine, replacing 1 cup of stock, optional
- 2 Tbsp tomato paste
- medium herb bouquet: 3 parsley sprigs, 1/2 bay leaf, 1/4 tsp thyme, tied in cheesecloth
- salt and pepper

PROCEDURE

- (1) Set the 6 cups of stock on to boil.
- (2) In the other saucepan, cook the vegetables and the ham or bacon in the butter, fat or oil for 10 minutes (@2-3).
- (3) Blend in the flour and the vegetables and stir continuously over moderately low heat (@3-4) for 8 to 10 minutes, until the flour slowly turns a golden nut brown. It is important that this *roux* (flour cooked together with fat) be prepared carefully. If the flour is burned, it will not thicken the sauce as it should and will impart an unpleasant taste.
- (4) Remove from heat. Immediately blend in all the boiling liquid at once. Beat in the tomato paste. Add the herb bouquet.
- (5) Simmer slowly for 2 hours or more, skimming off fat and scum. Add more liquid if sauce thickens too much. You should end up with 4 cups of sauce, thick enough to coat a spoon lightly.
- (6) Correct seasoning. Strain, pressing juice out of vegetables. Degrease thoroughly. The sauce is ready to use. If not used immediately, clean off sides

of pan and float a film of stock over the top of sauce to prevent a skin from forming, then when cold, cover and refrigerate.

NOTES

- A cup of red or white wine may be added, replacing a cup of the boiling stock.
- Optionally, add 1/2 cup mushroom stems and peelings or pieces in step 4, and add 1/3 cup Madeira or sherry at the last moment in step 5.
- If the sauce is to be served with meat, raw or cooked trimmings may be browned with the vegetables and fat in the first step, then removed and subsequently added back for the long simmering. This is a *sauce ragoût*.

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-BROWN(S)	Rupley Family Cookbook (11/9/95)	SAUCE-BROWN(S)	Rupley Family Cookbook (11/9/95)	SAUCE-BROWN(S)
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 tablespoons.			
(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 <i>sauce piquant</i> , just before removing the sauce from the heat in step 2, stir in 2 table- spoons 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-BROWN(S)	Rupley Family Cookbook (11/9/95)	SAUCE-BROWN(S)	Rupley Family Cookbook (11/9/95)	SAUCE-BROWN(S)
SAUCE ROBERT - brown mustard sauce				
For: broiled chicken, or turkey, roast or braised pork, pork chops, boiled beef, hot meat leftovers, hamburger.				
From JC, page 72.				
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.			

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)

- 2 to 3-cup saucepan
- 6 to 8-cup saucepan

- 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 table-spoons. 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 minced shallots or green onions
- 1 Tbsp butter
- 1 Tbsp cooking oil
- 3/4 lb firm, ripe, red tomatoes, peeled, seeded, juiced, and chopped, about 1 cup of pulp
- 1/2 clove garlic, mashed
- 1/4 tsp salt
- pinch pepper
- 1/2 tsp basil or tarragon

- 1/2 cup white wine or 1/3 cup dry white vermouth
- 1/2 cup brown sauce, or 1/2 cup brown stock or canned beef bouillon plus 1 Tbsp arrowroot or cornstarch blended with 1 Tbsp water

- 1/2 lb sliced fresh mushrooms
- 2 Tbsp butter
- 1 Tbsp 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 MADÈRE or SAUCE AU PORTO - brown Madeira or port wine sauce

For: *filet* of beef, or of ham, veal, chicken livers, and egg dishes, or to sauce a garniture for *vol-au-vents*.

From JC, page 75.

INGREDIENTS (2 cups)

6-cup saucepan

1/2 cup *Madeira* or port

Madeira or port

2 cups *brown sauce*

brown sauce

1-2 Tbsp *meat glaze, optional*

meat glaze, optional

3-4 Tbsp *Madeira* or *port*, if necessary

Madeira or port, if necessary

2-3 Tbsp softened butter

softened butter

PROCEDURE

- (1) Boil the wine in the saucepan until it has reduced to about 3 tablespoons.
- (2) Add the brown sauce and simmer for a minute or two. Taste and adjust for seasoning, and for strength by adding meat glaze if available (substitute, English meat concentrate). If more wine is needed, add it by tablespoons, simmering briefly to evaporate the alcohol.
- (3) Just before serving, beat in the butter by bits.

SAUCE BORDELAISE - brown sauce with red wine and shallots, and with beef marrow

For: steaks or hamburgers.

From JC, page 420.

INGREDIENTS (2 cups)

6-cup saucepan, or better, the pan in which the meat dish was prepared

4 Tbsp *minced shallots or green onions.*

minced shallots or green onions.

1 cup *red wine*

red wine

big pinch
thyme, pepper, powdered bay leaf

thyme, pepper, powdered bay leaf

2 cups brown sauce or canned beef bouillon with 2 Tbsp arrowroot or cornstarch

salt and pepper

2/3 cup *diced beef marrow,*

diced beef marrow,

PROCEDURE

- (1) Cook the shallots or green onions and the red wine, boiling until reduced by half.
- (2) Pour in the brown sauce or bouillon and starch, simmer for 3 to 4 minutes until lightly thickened. Correct seasoning.
- (3) Fold in the marrow.

NOTES

If the beef marrow is omitted, one may have *sauce marchand de vins*.

SAUCE BOURGUIGNONNE - brown sauce with red wine, shallots, and herbs, thickened with flour and butter

For: steaks, hamburgers, chicken, and egg dishes.

Sauce bourguignonne should be prepared in the pan in which the meat for which it is intended was prepared. For some dishes, such as beef *bourguignonne* or *coq au vin*, 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)

6-cup saucepan or better, the pan in which the meat dish was prepared
wire whip

2 Tbsp minced shallots or green onions
2 Tbsp butter

2 cups red wine
bouquet garni: 3 parsley sprigs, 1/2 bay leaf, 1/4 tsp thyme
1 clove garlic, mashed
pinch cayenne pepper
pinch pepper

2 cups brown sauce or brown stock or canned beef bouillon

1-1/2 Tbsp softened butter
1 Tbsp red currant jelly, optional
salt and pepper

1-2 Tbsp softened butter

PROCEDURE

- (1) Saut  for several minutes the shallots or green onions in the butter.
- (2) Add the wine, *bouquet garni* and seasonings, and reduce by 2/3.
- (3) Add the brown sauce, and reduce to 2 cups total volume. Remove *bouquet garni*.
- (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 table-
spoons of butter.

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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 artfully-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.

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 with mixing bowl*
- 1/2 cup *milk*
- 1/2 cup *heavy cream*
- 1 tsp *vanilla extract or 1-inch piece of vanilla bean*

- 2 *egg yolks*
- 1/4 cup *sugar*
- 1/2 tsp *cornstarch*

- 1/2 cup *heavy cream, whipped*
- 2-4 oz *Grand 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.

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 cup1/4 cuponions, choppedolive oil
- 1 cup1 cup1carrots, choppedcelery, choppedbay leaf
- 1 qt1handfulcanned tomatoes with juice, e.g., large can Progresso brand, or 2 lb fresh tomatoes, dicedfresh basil leaves, about 40 leaves.
- 1 qt1/2 tsp1 tsp1tomato purée, e.g., Parmalat brand Pomi (do not use paste concentrate, e.g., Contadina)salt, and perhaps more to taste, to salt a plate of pasta per portion of saucefreshly ground pepper, to taste1 tspdried 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: ?

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*

salt and pepper

pinch *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.

BERCY

1 Tbsp *butter*

3 Tbsp *minced shallots or green onions*

1/2 cup *dry white wine or dry white vermouth*

4-6 Tbsp *softened butter*

salt and pepper to taste

minced parsley

- (1) Degrease the cooking juices. Add the 1 tablespoon of butter. Stir in the shallots or onions and cook slowly for 1 minute. Add the wine or vermouth. Boil it down rapidly, scraping up coagulated pan juices, until it has reduced almost to a syrup. Season to taste with salt, pepper, nutmeg and drops of lemon juice. Off heat, beat in the butter by half-tablespoons until it is absorbed. Beat in the salt and pepper to taste, then the parsley.

MARCHAND DE VINS and À LA BORDELAISE

- (1) For *marchand de vins*, as for *bercy*, but substitute red wine for white. For *à la bordelaise*, also fold in 2 to 3 tablespoons of diced poached beef marrow, after beating in the seasonings and parsley.

SAUTÉED MUSHROOMS

1/2 lb *fresh mushrooms, washed, well dried, left whole if small, sliced or quartered if large*

1-2 Tbsp *minced shallots or green onions*

other ingredients, as used in a sauce above

- (1) Place the skillet with fat and cooking juices from the sautéing of the meat over high heat (@8-9). Add the mushrooms and toss and shake the pan for 5 minutes. As soon as they have browned lightly, remove from the heat.
- (2) Toss the shallots or green onions with the mushrooms over moderate heat (@5) for 2 minutes. Heap the mixture over the meat on the warmed serving dish.
- (3) Use the pan juices as in one of the above sauce recipes, and pour over the meat.

Verified: fully.

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 poulet* 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.

SAUCE BÉCHAMEL or SAUCE VELOUTÉ - basic white sauces, made from white *roux* and white stock or milk

Traditional basic white sauces.
The amount of flour controls the thickness of the sauce.
From JC, page 57.

- INGREDIENTS (2 cups)**
heavy-bottomed 6-cup saucepan
small saucepan
wooden spatula
wire whip or spoon

- 2 Tbsp *butter*
3 Tbsp *flour*, for a medium sauce; use 4 Tbsp flour and 3 Tbsp butter for a thick sauce

2 cups *milk* with 1/4 tsp *salt* heated to the boil in a small saucepan
or
boiling white stock

salt and pepper

- PROCEDURE**
- (1) Put the milk and salt or the stock into the small saucepan, and over moderate heat (@4-5) bring to the boil.
 - (2) In the large saucepan, melt the butter over low heat (@2-3). Blend in the flour, and cook slowly (@2-3), stirring, until the butter and flour froth together for 2 minutes without coloring. This is now a white *roux*.
 - (3) Remove *roux* from the heat.
 - (4) As soon as the *roux* has stopped bubbling, pour in all the hot liquid at once. Immediately beat vigorously with wire whip to blend liquid and *roux*, gathering in all bits of *roux* from the inside edges of the pan.

- (5) Set saucepan over moderately high heat (@5) and stir with the wire whip until the sauce comes to the boil. Boil 1 minute, stirring.
- (6) Remove from heat. Beat in salt and pepper to taste. Sauce is now ready for final flavorings or additions. If not used immediately, clean sauce off inside edges of pan with a rubber scraper. To prevent a skin from forming, float a thin film of milk, stock or melted butter on top. Set aside uncovered, keep hot over simmering water, refrigerate, or freeze.

NOTES
Remedial measures:

Sauce is lumpy If the *roux* was hot and the liquid near the boil, you should not have

gotten lumps. If there are, force liquid through a very fine sieve or use electric blender. Then simmer for 5 minutes.

Sauce is too thick Bring to the simmer. Thin out with milk, cream, or stock, beaten in by the tablespoon.

Sauce is too thin Either boil down over moderately high heat (@8), stirring continually with a wooden spoon, until sauce has reduced to the correct consistency, or, blend half a tablespoon of butter into a paste with half a tablespoon of flour (*beurre manié*). Off heat, beat the paste into the sauce with wire whip. Boil for 1 minute, stirring.

Verified: fully, for *béchamel*.

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 butter (1-2 Tbsp is the usual amount)
- 2 cups béchamel or velouté

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.

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 if sauce 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

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*
- 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 JC, page 62.

INGREDIENTS (2 cups)

- 2 cups *medium béchamel* or *velouté* (3 Tbsp flour, 2-1/2 Tbsp butter, 2 cups liquid)
- or *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.

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 JC, page 63.

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.

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
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.

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 cups)

- heavy-bottomed 8-cup saucepan
- electric mixer, with wire whip beater and 8-cup mixing bowl
- rubber scraper
- wire whip

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

1/3 cup *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) more simply, simmer uncovered on the stove top (@2-4) for 45 minutes; degrease after 15 minutes; cover when the liquid level has reduced to about half its original volume. The latter procedure appears preferable.

(8) Monitor the dish occasionally, to ensure that the liquid has not evaporated or been absorbed completely. At the end of the braising, all the liquid should have been absorbed if the oven method is used, with the long braising time. However, the liquid makes a tasty sauce; with this in mind, it may be appropriate to add more liquid (wine, and stock, in the same mix as above) as needed during braising, to end with perhaps half the original volume of liquid.

(9) Taste carefully for seasoning. Turn out on a hot platter, if appropriate surrounding or as a base for the meat.

NOTES

If meat is to be braised with the cabbage, brown it and add it at an appropriate time before the dish is to be finished, i.e., about 1 hour for thick pork chops, or 1-1/2 to 2 hours for a pork roast.

If the shorter stove-top braising method is used, sauté the meat until it is nearly cooked and add to the cabbage at half completion of the braising (after 20 minutes).

The braising liquid is a tasty sauce, and one might want to add enough at the start or during cooking so that not all is absorbed.

Rating

Difficulty: easy. *Time*: 1 hour 20 minutes preparation for the oven; another 20 minutes for browning the meat. *Verified*: fully.

SHRIMP BORDELAISE

SHRIMP-BORDELAISE – 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
- 1 sprig *parsley*
- 1 clove *garlic*, crushed
- pinch *ground thyme*
- 1/4 tsp *ground bay leaf*

- 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 peppers)
- 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: ?

SHRIMP FLAMBÉE

SHRIMP-FLAMBÉE – shrimp flambée, shrimp sautéed with shallots, nutmeg, flamed, sauced with cream

Very quick and very good. Scalable for a dinner party.

From OLIVER, page 380, a crayfish recipe, modified for shrimp.

INGREDIENTS (serves 2)

sauté pan

- 3/4 lb shrimp, shelled, uncooked, tail on ok
- 1 shallot, chopped; optional
- 2 Tbsp olive oil
- 3 Tbsp butter
- 1/4 cup Armagnac, Cognac, or Calvados, or for a different twist, Pernod
- scrapes salt, white pepper, to taste
- nutmeg; optional
- 1/2 cup crème fraîche or a blend of 2 Tbsp sour cream and 6 Tsp heavy cream
- 1 Tbsp parsley, chopped; optional

PROCEDURE

- (1) Heat the olive oil and butter in the pan over medium-high heat. Optionally sauté the shallots. Then add the shrimp and sauté briefly, until they turn color.
- (2) Sprinkle with the warmed Armagnac and flame.
- (3) Season with the salt, white pepper, and optionally the nutmeg. Simmer over the lowest possible heat until shrimp just cooked, which takes only a very few moments.
- (4) Sprinkle with the crème fraîche, bring to the boil, and and cook over high heat for a few moments, shaking the pan, to heat the crème fraîche and to blend the juices and the flavors. [For a thicker sauce, see NOTES below.]
- (5) Adjust seasoning. Add the parsley to the pan, mix, and serve immediately, accompanied by white rice or a risotto, or over noodles, or over toast, etc.

NOTES

For a thicker sauce, at step 4 remove the shrimp and reserve warm (one does not want overcooked shrimp), add the crème fraîche to the pan, and reduce the sauce (olive oil, butter, spirits, crème fraîche, seasonings) to the desired thickness. Either return the shrimp to the pan and finish, or plate the shrimp and coat with the finished sauce.

When adjusting the seasonings in step 5, consider adding a pinch of sugar.

Crème fraîche also can be substituted by straight heavy cream, or by 1 cup heavy cream with 1 Tbsp buttermilk added and allowed to thicken warm (60 to 85 F, i.e., at room

temperature), about 6 hours.
Rating
Difficulty: easy. Time: 30 minutes.

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.

Difficulty: easy. Time: 45 minutes.

Rating

MARGARITA SHRIMP

SHRIMP-MARGRITA – margarita shrimp, shrimp sautéed in olive oil, then simmered in a mar-
garita 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 saucepan*, 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*
- 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. Serve immediately.

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 JC, 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.*

salt and pepper

1-1/2 Tbsp *butter, cut into bits*

1-1/2 cups *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 over-cook. 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 *butter*
- 4 Tbsp *flour*
- 3/4 cup *milk*

- 2 *egg yolks*
- 1/2 cup *whipping cream*
- more cream as needed*
- salt and white pepper*
- lemon juice*

- 2 Tbsp *grated Swiss cheese, to help brown top of sauce*
- 1 Tbsp *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 dribblets 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.

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
- 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.

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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
- cream of tartar
- 1/4 tsp
- 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.
- (4) Prepare the béchamel. Melt butter in saucepan over medium heat. Add flour, whisk a few seconds to make white roux, pour in the milk, whisking. Bring sauce to a boil, whisking. Reduce heat, season with salt, pepper, and nutmeg, continue cooking and whisking until sauce thickens. Take sauce off heat and let cool.
- (5) Add a pinch of salt to the egg whites. Beat them at high. When foamy, add the cream of tartar. Continue beating to stiff peaks.
- (5) Finish the soufflé mixture. Beat egg yolks at medium speed until they turn yellow. Add the cool (or at least not hot) béchamel and mix at stir speed. Remove from the mixer. Stir in about 1/3 of the beaten egg whites. Then fold in the remaining egg whites, using a large spatula, at the same time sprinkling in the grated cheese, until the mixture is relatively evenly blended (do not overmix, i.e., do not deflate beaten whites).
- (6) Turn out the batter over the scallops in the gratin dish. Smooth the top with the spatula. With a knife mark diagonal lines in a crisscross pattern. Sprinkle bread crumbs evenly. Arrange the thinly-cut cheese slices in the center and around the edges.
- (7) Put gratin on a cookie sheet in the center of the 400F oven. Reduce heat to 375F. Bake for about 30 minutes, until soufflé is puffy and nicely browned.
- (8) Serve immediately, lifting off a portion of the soufflé topping onto each plate, and spooning out scallops alongside.

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: ?

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SPINACH SOUFFLÉ

SOUFFLE-SPINACH – spinach soufflé, optionally with ham and poached eggs
Soufflé aux épinards.

From JC, 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 moisture as possible from the spinach. Remove from the heat.
- (5) Separate carefully (no trace of yolk in the whites) 8 egg whites into one beater mixing bowl, 6 yolks into another, and 2 yolks to wherever.
- (6) 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. Continue beating until whites are stiff. Set bowl aside.
- (7) 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 spinach and onions. Stir for another 30 seconds. Correct seasoning.
- (8) Fold in eggs whites by hand, with a wide rubber spatula. Stir in a fourth of the whites. Stir in all but a tablespoon of the cheese. Fold in the rest of the whites. 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.
- (9) Pour the soufflé mixture into the prepared mold. There should be 1-1/4 inches between surface of mixture and top of mold. Sprinkle top with remaining tablespoon of cheese.
- (10) Place soufflé in middle level of preheated 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.
- (11) Serve immediately. When serving, open the crust by separating it using a fork with the serving spoon.

NOTES

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, spinach, and *béchamel*) without the whites added can be stored for longer, in which case the base sauce should be warmed to tepid and the whites should be beaten just before being folded in.

Rating

Difficulty: ? Time: ?

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.

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

- 1/2 cup salt & pepper, to taste
- 6 Tbsp sour cream
- 1/2 cup 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: ?

BEEF, BLACK BEAN, AND TOMATO SOUP

SOUP-BEEF-BLKBN – beef, black bean, and tomato soup

Reverse engineered from dish served at a faux Spanish restaurant in Canmore, BC, summer 2005.

INGREDIENTS (3 quarts)

pot, 4-qt or larger

- 1-1/2 qt beef stock (recipe STOCK-BEEF), with more in reserve if needed to thin soup
- 1 qt black beans (recipe BEAN-BLACK), drained and rinsed lightly
- 3/4 lb cooked beef, pulled or cut into small pieces, e.g., use meat recovered from prep of beef stock and picked over to remove fat and residual connective tissue

- 2 Tbsp olive oil
- 2 Tbsp butter
- 2 cup onions, small dice
- 1 cup celery, small dice
- 1 cup carrots, small dice
- 4 cloves garlic, smashed

- 6 oz tomato paste (1 small can Contadina)
- 1 Tbsp sugar
- 2 Tbsp Worcestershire sauce
- salt & pepper, to taste

- 4 tomatoes concassée, small dice
- 1 cup cilantro, lightly chopped

PROCEDURE

- (1) Add olive oil, butter, root vegetables and garlic to pot, and brown at medium-high heat.
- (2) Add 1-1/2 quart beef stock to pot, bring to boil, reduce heat, and simmer until carrots tender (about 10 minutes).
- (3) Add tomato paste, sugar, and Worcestershire sauce to pot. Season with salt and pepper to taste. Simmer briefly to meld flavors.
- (4) Finish by adding diced tomatoes and cilantro. Serve immediately.

NOTES

?

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.vietworld-kitchen.com/bookshelf/articles/pho_SIM.htm.

INGREDIENTS (6 servings)

- 6

saucepan, for cooking noodles
colander, for draining noodles
saucepan, for cooking broth
serving dishes, for condiments
soup bowls
- 6 cups

rich beef stock
spices, for giving viet flavor to beef stock (1" ginger root sliced thinly, cin-
namon stick, star anise, clove, 1 tsp fennel seeds, 1 Tbsp nuoc man)
- 1 lb

rice vermicelli, or *bean thread vermicelli*, etc.
- 1 lb
3

raw sirloin, very thinly sliced against the grain (when meat nearly frozen)
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 immedi-
ately, 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 (SOK-
CAN, 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
chinoise
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 chinoise 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: ?

NOTES

?

Rating

Difficulty: ? Time: ?

SIMPLE CHICKEN CONSOMMÉ

SOUP-CHICK-CONS – simple chicken consommé, clarified with egg whites, variously garnished

Recipe from DIAT, page 43.

INGREDIENTS (3 quarts)

pot, 6 qt or larger
small bowl, for tempering egg whites
strainer
cheesecloth
thermometer

- 3 qt *chicken stock*, prepared as in recipe CHICK-IN-THE-POT
- 1-1/2 lb *chicken meat*, coarsely chopped, fat free, e.g., *boneless and skinless breast meat*
- 1 *small carrot*, washed and coarsely chopped
- 2 *leeks*, white and light-green parts only, cleaned and coarsely chopped
- 2 *stalks celery*, washed and coarsely chopped
- 6 *chicken feet*, if available, cleaned and skinned
- whites of 2 eggs*

PROCEDURE

- (1) To pot with 3 quarts of chicken stock, add the coarsely chopped meat and aromatics and the chicken feet if available. Raise temperature quickly to 180 F, stirring lethargically. Temper egg whites with stock, add to pot, stirring vigorously. Slowly increase temperature, bringing nearly to a boil, not too quickly, stirring constantly, taking care that egg white not coagulate at the pot bottom. Just before a boil is reached, when one sees that the egg white is coagulating, stop stirring, cover kettle, reduce heat, and simmer slowly for one hour.
- (2) During one-hour low simmer, remove and discard any matter that floats to surface.
- (3) After one hour, strain through several thicknesses of cheesecloth. Discard solids. Use consommé, or refrigerate or freeze it, as appropriate.
- (4) Serve hot, without garnish, or garnish variously: brunoise vegetables (carrots, celery, leeks); julienne vegetables (carrots, leeks); thin noodles cut short; one or several ravioli; a sprinkling of fresh chopped herbs, etc.

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-CHICKTHAI2 – 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*
- 4 *large soup bowls*, warmed
- 1 lb *chicken breasts*, about 3 boneless & skinless, cut into 2-1/2 by 1/4-inch strips
- 3 Tbsp *fish sauce, nam pla or nuoc mam*
- 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
- 1 inch *fresh ginger*, peeled and cut into thirds or thinly sliced crosswise
- 1-3/4 cups *unsweetened coconut milk* (15-ounce can)
- 2 *red serrano peppers*, seeds and ribs removed, thinly sliced crosswise
- 3 Tbsp *cilantro*, chopped
- 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-CHICKTHAI3 – 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 Khuntilanont's Thai Kitchen", http://www.chetbacon.com/thai-html/Tom_kha_kai.htm.

INGREDIENTS (4 servings)

- 4

heavy-bottomed pot, 2 qt or larger
large soup bowls, warmed
- 16 oz

chicken stock or *water*
- 2

kaffir lime leaves, rolled to crack them to release the flavor, but otherwise intact
- 2 inch

piece lemon grass, bruised to release flavor
- 1 inch

cube galangal ("*kha*"), sliced thinly.
- 4 Tbsp

fish sauce (or to taste)
- 2 Tbsp

lime juice (or to taste)
- 4 oz

chicken breast, cut into smallish bite sized pieces
- 5 oz

coconut milk
- ?

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 *sriracha* (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

Rating

juice.

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
- corn, roasted
- 2 Tbsp
- unsalted butter
- 1 Tbsp
- olive oil
- 1
- Spanish onion, finely diced
- 1 Tbsp
- minced garlic
- 1 cup
- dry white wine
- 5 cups
- vegetable stock
- 1 cup
- heavy cream

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

Rating

degrees.

Difficulty: ? Time: ?

FISHERMAN'S SEAFOOD CHOWDER

SOUP-FISH-CHOWD – fisherman's seafood chowder

From the former La Villa restaurant at Westin La Paloma Resort and Spa; recipe printed in the "Tucson Citizen" , August 13, 1986.

INGREDIENTS (1-1/2 quart)

- pot, 3 qt
- pot, 2 qt
- saucepan, small
- 4 Tbsp unsalted butter
- 1 clove garlic, peeled, smashed
- 3 oz leeks, fine dice
- 3 oz onion, fine dice
- 3 oz carrots, fine dice
- 3 oz celery, fine dice

- 1 Tbsp fresh thyme
- 2 bay leaves, crushed
- 2 Tbsp flour
- 3 cups hot white fish stock, or if unavailable, one or more of clam juice, vegetable stock, wine, or possibly chicken stock
- 1/2 lb fish, one or more of scallops, salmon, white fish, clams, mussels, shrimp, etc.
- 1/2 cup potatoes, medium dice
- 1/4 cup heavy cream
- 1/4 cup sour cream
- butter

OPTIONAL

- 1 Tbsp fresh dill, chopped lightly
- salt & pepper, to taste
- Tabasco or sriracha or small amount chipotle
- parsley, chopped

PROCEDURE

- (1) Heat fish stock in 2-quart pot. Reduce heavy cream and sour cream by half in saucepan.
- (2) In 3-quart pot, sauté in butter without browning the garlic and root vegetables (leeks, onion, carrots, celery).
- (3) Add bay leaves and thyme, stir and cook briefly. Sprinkle flour over sauté, stir and cook briefly. Add pre-heated fish stock, simmer for 10 to 15

- minutes.
- (4) Add fish and potatoes, simmer about 5 minutes. Remove bay leaves.
- (5) Add cream. Add additional butter, if needed. Optionally add the dill. Sea-son to taste with salt and pepper and with a small amount of Tabasco or sriracha or chipotle.
- (6) Plate and garnish with parsley.

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 IZR.

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*

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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.

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; JZR; 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:

2 cups 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

3 Tbsp

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 Drozdoski, 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=F30A11F734540C708EDDAE0894DE40482>

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: ?

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.

LEEK AND POTATO SOUP - leek and potato soup

Soupe bonne femme.

Recipe makes two to three quarts of soup.

From DIAT, page 29. A soup made by Diat's mother.

INGREDIENTS (6 to 8 servings)

3 to 4 qt saucepan

1-1/2 cups *leeks*, about 4, cleaned well and cut in 1/3-in dice, including the tender

green,

or use 2 *medium onions*

1/2 cup *onion*, diced, from about 1 medium onion

1 Tbsp *butter*

3 cups *potatoes*, about 4-5 medium, peeled and in 1/2-in dice

4 cups *hot water*

1 tsp *salt*

2 cups *hot milk*

1 Tbsp *softened butter*

salt & freshly ground white pepper, to taste

PROCEDURE

- (1) Melt 1 Tbsp butter in saucepan over medium-low heat, add leeks and onion, cook them slowly, covered, for a few minutes, or until they are soft but not brown, stirring occasionally.
- (2) Add the potatoes, hot water, and salt to the saucepan. Simmer, covered, for 30-40 minutes, until the potatoes are soft.
- (3) Add the hot milk and butter. Correct seasoning.

NOTES

- Ok to use chicken stock in place of water.
- Ok to force through sieve (*purée*, food mill, blender and strain, etc.).
- Ok to add other vegetables for variation in color, taste, etc.

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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

frankfurters, 1/4 to 1/2 inch slices, as needed to supplement meat from the hocks; optional

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.

MONGOLE SOUP

SOUP-MONGOLE – Mongole cream soup with sherry

An elegant but quick and easy first course. A fad between the wars. Created as a mix of canned soups, not an original "from scratch" soup copied with canned soups.

From JZR.

INGREDIENTS (4 servings)

- 1 can *condensed tomato soup*, 10-1/2 oz.
- 1 can *condensed pea soup*, 10-1/2 oz.
- 3/4 cup *water*
- 1 tsp *sugar*
- 1 cup *light cream*
- 2 tsp *Worcestershire sauce*
- 5 Tbsp *sherry*

PROCEDURE

- (1) Heat slowly the tomato soup, pea soup and water.
- (2) When hot, add the sugar, cream and Worcestershire sauce.
- (3) Remove from heat, stir in the sherry, and serve.

Rating

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

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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 saucepan 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
Parmesan or Swiss cheese, grated
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.

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 Babinski, 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: ?

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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 Soufflé; 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*
- 6
- 2 Tbsp
- 3
- 2 tsp
- 1/4 cup
- 8 cups
- 1
- 2 tsp
- 1 Tbsp
- 1 Tbsp
- 6 slices
- 4 Tbsp
- 4 Tbsp
- 1-1/2 cups
- 1-1/2 cups
- pinch
- 2 Tbsp
- 1 tsp
- 1/2 tsp
- 6
- 1/4 cup
- 6

- olive oil*
 - large yellow onions, very thinly sliced*
 - freshly ground black pepper*
 - kosher salt*
 - white wine*
 - chicken broth or chicken stock*
 - dried bay leaf*
 - fresh thyme leaves*
 - sugar*
 - fresh lemon juice*
 - thin, soft, white bread*
 - unsalted butter*
 - all-purpose flour*
 - whole milk or part-skim milk*
 - grated Gruyère cheese*
 - cayenne pepper*
 - white wine*
 - fresh lemon juice*
 - kosher salt*
 - large egg whites, at room temperature*
 - grated Parmesan cheese*
 - thin slices Gruyère cheese*
- Preheat oven to 350 F.
 - 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.
 - 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.
 - 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 sealable plastic bag at room temperature.
 - 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 minutes. 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.
 - 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.
 - 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, folding the mixture until completely combined.
 - 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 minutes.

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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/091arex.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 olive oil, more for drizzling
1 large onion, chopped
2 garlic cloves, minced
- 1 Tbsp tomato paste
1 tsp ground cumin
1/4 tsp kosher salt, more to taste
1/4 tsp ground black pepper
Pinch ground chili powder or cayenne, more to taste
- 1 qt chicken broth or vegetable broth
2 cups water
1 cup red lentils
1 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.

NOTES

?

Rating

Difficulty: ? Time: ?

- (6) Plate soup. Drizzle with good olive oil and dust lightly with chili powder if desired.

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 (peppercorns, salt, bay leaves, cloves). Add water to cover, at least 4 quarts.

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)

- chilled soup cups*
- 3 to 4 qt saucepan*
- food mill and fine sieve or electric blender*
- potatoes, peeled and sliced*
- white of leeks, sliced*
- white stock, chicken stock or canned chicken broth*
- 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: ?

VICHYSOISE - *crème vichyssoise glacée*, leek and potato soup with cream, served chilled
From DIAT, page 59, and DAVID, page 175.

Diat writes about his invention of the soup:

Of the many specialties I created for the old Ritz-Carlton, none has gained the wide and lasting acclaim of *crème vichyssoise glacée*, the chilled cream of leek and potato soup now served in restaurants everywhere. I suspect that some of the *fin becs* who order it would be much surprised to learn of its humble origins as my mother's simple leek and potato soup. Casting about one day for a new cold soup, I remembered how *maman* used to cool our breakfast soup on a warm morning, by adding cold milk to it. A cup of cream, an extra straining, and a sprinkle of chives, *et voilà*, I had my new soup. I named my version of *maman's* soup after Vichy, the famous spa located not twenty miles from our Bourbonnais home, as a tribute to the fine cooking of the region.

INGREDIENTS (6 to 8 servings)

3 to 4 qt saucepan

1-1/2 cups *leeks*, about 4, cleaned well, sliced finely, including the tender green,
or use *2 medium onions*

1/2 cup *onion*, sliced finely, from about 1 medium onion
1 Tbsp *butter*

3 cups *potatoes*, about 4-5 medium, peeled, sliced finely.
4 cups *hot water or chicken stock*
1 tsp *salt*

1 cup *heavy cream*
salt & freshly ground white pepper, to taste

PROCEDURE

- (1) Melt 1 Tbsp butter in saucepan over medium-low heat, add leeks and onion, cook them slowly, covered, for a few minutes, or until they are soft and browned very slightly, stirring occasionally.
- (2) Add the potatoes, hot water or chicken stock, and salt to the saucepan. Simmer, covered, for 30-40 minutes, until the potatoes are soft.
- (3) Purée the soup (crush and sieve, food mill, blender, etc.) and strain
- (4) When the soup is cold, add 1 cup of heavy cream. Correct seasoning. Chill thoroughly.
- (5) At serving, sprinkle with finely chopped chives.

NOTES

Crème vichyssoise à la Ritz: add 1 part of tomato juice to 3 parts of *crème vichyssoise* and chill.

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: ?

ZUCCHINI SOUP

SOUP-ZUCCHINI – zucchini soup

A cold vegetable soup, recommended as a decent way to get rid of those zucchini languishing in the recesses of one's refrigerator.

From JZR.

INGREDIENTS (6 servings)

- 5 or 6 *medium zucchini*, 1/4 inch slices
- 1 *medium onion*, chopped
- 1-1/2 tsp *curry powder*
- 3 cups *chicken broth*, canned acceptable
- 1 cup *heavy cream*
- 1/2 cup *milk*

salt
pepper

chives, chopped

PROCEDURE

- (1) Put zucchini and onion in a soup pot, sprinkle on the curry, add the chicken broth, simmer for 3/4 hour.
- (2) Put all in a blender and purée.
- (3) Stir in milk and cream. Season to taste.
- (4) Chill and serve in chilled bowls. Garnish each serving with chopped chives.

Rating

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

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SPINACH QUICK-SAUTÉED WITH GARLIC

SPINACH-GARLIC – spinach quick-sautéed with garlic, olive oil, lemon juice, red pepper flakes; the mix of olive oil and lemon juice; and of course the taste and texture of the barely cooked spinach>

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)

- large deep pan, about 8 qt, to hold comfortably the large volume of raw spinach
- tongs, to mix and stir the spinach
- warm serving plates
- extra virgin olive oil
- spinach, trimmed, well washed, and dried (or use canisters or bags of pre-pared spinach from the supermarket)
- garlic, peeled and very thinly slivered (not minced)
- lemon, juiced, or more, to taste
- 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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SPINACH MOUSSE

SPINACH-MOUSSE – mousse of puréed spinach, eggs, cream, garlic

Excellent.

Recipe from JANOS, page 192.

For the prettiest effect, use bright green spinach. We have had the best results from puréeing the raw, cleaned leaves, draining them, and letting them cook in the custard. For this recipe you will need four-ounce or eight-ounce molds, depending on whether you intend to serve the mousse as a first course or a side dish.

INGREDIENTS (4-8 servings)

food processor or blender
skillet, for drying the puréed spinach, or alternatively, *cheesecloth*, for squeezing out the water from the purée
roasting pan, for use as a water bath
8-oz molds, or *8 4-oz molds*

4

butter, for greasing molds

12 oz
1 tsp
fresh spinach leaves, washed and stems removed
garlic, chopped

2
1 cup
large eggs
heavy cream
salt & freshly ground pepper, to taste

nutmeg, about 15 scrapes

PROCEDURE

- (1) Preheat oven to 375F. Butter molds: 4 x 8-oz if dish to be first course; 8 x 4-oz for a side dish.
- (2) Purée spinach leaves and garlic in a food processor until quite smooth. Strain excess liquid from purée by squeezing it through cheesecloth. Alternatively, dry the purée by heating it in a skillet. The removal of liquid is important for the texture of the mousse.
- (3) Return purée to food processor. With motor running, add eggs and, when incorporated, add cream in a steady stream. Season with salt and pepper and optionally add the scrapes of nutmeg
- (4) Fill buttered molds and place in a water bath. Cover with foil. Place water bath in 375F oven and bake until mousse firmly set, about 15 minutes for small molds, 25 minutes for larger. Remove from oven. Allow to sit for a few minutes.
- (5) To unmold, run a knife around the edge and invert.

NOTES

Pay attention to the amounts of the ingredients.

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 *flank or sirloin steak*, about 1-1/2 inches thick"
- 2 *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. Pre-heat 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: ?

STEAK DIANE

STEAK-DIANE – steak diane, sirloin steak sautéed and sauced with Cognac, sherry and chive butter

From NYT, page 91.

INGREDIENTS (1 serving)

chafing dish
hot serving platter

- 10 oz *sirloin steak*, trimmed well and pounded very thin with a mallet
- 1 Tbsp *sweet butter*
- 1 tsp *chopped chives*
- 1-1/2 Tbsp *butter*

- 1 Tbsp *Cognac*
- 2 Tbsp *sherry*

PROCEDURE

- (1) Trim and flatten the meat. Cream the tablespoon of sweet butter and beat in the chives.
- (2) Heat 1-1/2 tablespoons of butter in the chafing dish. Add the steak and cook quickly, turning once.
- (3) Add the Cognac and flame.
- (4) Add the sherry and the chive butter. Place the steak on a hot platter and serve immediately.

NOTES

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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*
- 1 tsp *cornstarch*
- 2 Tbsp *fermented black beans* or *black bean sauce*
- 1 *clove garlic*, peeled and smashed
- 1 in *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: ?

STIR-FRIED BEEF WITH BLACK BEAN SAUCE

STIRFRY-BEEF-BB – beef slices stir-fried with black bean sauce, garlic, onion, red pepper and green pepper

From Lee Kum Kee Co., Ltd., Hong Kong, web site: <http://www.lkk.com>

INGREDIENTS (2-3 servings)

large wok or fry pan

10 oz beef steak, trimmed, then thinly sliced against the grain and on the bias

Marinade:

1 Tbsp good cooking oil
1 tsp corn starch

1 Tbsp garlic, minced

2 Tbsp LEE KUM KEE Black Bean Sauce

1/2 onion, cut into pieces

1/2 red bell pepper, cut into pieces

1/2 green bell pepper, cut into pieces

Sauce mix:

2 Tbsp water or soy sauce, (the latter is recommended for a richer sauce)
1 tsp corn starch
1 tsp sugar
1/4 tsp salt, if water added above

PROCEDURE

- (1) Mix beef with the marinade.
- (2) On high heat, sauté the minced garlic and the black bean sauce in 2 Tbsp oil, until fragrant.
- (3) Add beef and onion, stir-fry until half-done.
- (4) Add green pepper and red pepper, stir-fry for about 1 minute.
- (5) Add sauce mix and heat through.
- (6) Serve accompanied by white rice.

NOTES

Perhaps try with chicken.

Rating

Difficulty: easy. Time: 3/4 hour, mostly spent in preparation.

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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.star-web.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 king.

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.sinter.com.org/makan/>;
the source references Muoi Khuntlanont.

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)

pinch *sugar*

pinch *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 tea-
spoon 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, stir-
ring 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

?

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

- 1 1/2 lb uncooked shrimp, in the 20 to 30 per pound size range, peeled
- 1/2 tsp sugar
- 1 Tbsp soy sauce
- 1 clove garlic, sliced
- 1 tsp dark sesame oil
- 1 tsp salt, can omit [lots of salt in beans and soy sauce]

- 1 Tbsp peanut or vegetable oil
- 1 Tbsp minced garlic

- 1 Tbsp peanut or vegetable oil
- 1 Tbsp fresh ginger, peeled and minced or grated
- 1 lb bok choy or other cabbage, trimmed, washed and dried,
- 3/4 cup chicken stock or white wine or water

- 1/4 cup minced scallions
- 1 tsp sugar
- 1 Tbsp soy sauce
- 2 Tbsp oyster sauce, optional
- dash sriracha or Tabasco, optional

- 1/2-1 cup tomatoes, diced small, optional
- 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 table-spoons 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)

12-in skillet or wok

2 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)

cornstarch

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

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 thin beef chuck steak, bone-in, well rinsed
- 2 lbs beef short ribs, bone-in, well rinsed
- oil
- 1 cup white wine
- 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) 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).

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 scaling 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	<i>chicken rack, trimmings, and some meat, e.g., 2 breast racks with trimmings and 2 legs with meat</i>	THIS PAGE
2-1/2 qt	<i>water</i>	IS
2	<i>carrot, sliced crudely</i>	INTENTIONALLY BLANK
1	<i>onion, sliced crudely</i>	
1	<i>leek, sliced crudely</i>	
2	<i>stalk celery, sliced crudely</i>	
4	<i>cloves</i>	
10	<i>peppercorns</i>	
	<i>bouquet garni: parsley, thyme, bay leaf</i>	

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

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 dish-towel. 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; untended cook time is of course long.

STOCK SUBSTITUTES

STOCK-SUBSTITUTUT – 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 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 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 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

CORN BREAD AND BROCCOLI RABE STRATA

STRATA-CRNBDRD – 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 APPEITTE: 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. Preheat 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 cooking or eating apples
- 1 tsp lemon juice
- 2 Tbsp granulated sugar
- 1/3 cup apricot preserves, forced through a sieve
- 1/4 cup Calvados, rum, or Cognac; or 1 Tbsp vanilla extract
- 2/3 cup granulated sugar
- 3 Tbsp butter
- 1/2 tsp cinnamon and/or grated rind of 1 lemon or orange; optional

FOR FRUIT GLAZE

- 1/2 cup sieved apricot preserves or red currant jelly
- 2 Tbsp 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, egg 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 steams 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

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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: ?

FRIED ONIONS, TOMATOES, AND CORN, WITH OLIVES

TOMATO-CORN-ONI – fried onions, tomatoes, and corn, with olives

Tasty side dish. Southwest flavor.

JBAM, page 551.

INGREDIENTS (? servings)

large sauté pan

- 3 large onions, peeled and thinly sliced
- 4 Tbsp butter
- 4 Tbsp bacon fat or oil
- OPTIONAL
- 4 cloves garlic, chopped
- 4 large tomatoes, peeled, seeded, chopped
- 1-1/2 tsp salt
- 1 tsp freshly ground black pepper
- 1-1/2 cups freshly cut corn or canned whole kernel corn
- 1 cup pitted ripe olives
- OPTIONAL
- 1-2 Tbsp chile powder or chipotle pepper, canned
- 1 red bell pepper, diced small
- 1 green bell pepper, diced small
- salt & freshly ground black pepper
- sugar
- 1/4 cup fresh cilantro, chopped

PROCEDURE

- (1) Sauté the onions and garlic in the butter and the bacon fat or oil until just soft, over medium-high heat.
- (2) Turn the heat to low. Add the tomatoes and season with salt and pepper. Simmer for 25 minutes, until thoroughly blended.
- (3) Add the corn and olives and optionally, the chile powder or chipotle, and the diced red and green bell peppers. Heat through for 10 minutes. Cook longer if necessary to reduce volume.
- (4) Correct the seasoning with salt and pepper. If necessary, adjust flavor with a pinch of sugar. Add the cilantro.

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: ?

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 LAROU, page 962. See also, OLIVER, page 648.

INGREDIENTS (1 serving)

sauté pan

- 1 *tomato*
- butter*
- salt, pepper*; to taste
- 1 Tbsp *parsley*, chopped
- 1 Tbsp *bread crumbs*, if possible freshly made
- optional *other herbs* to taste, e.g., *rosemary, tarragon, thyme, basil, chives, etc.*

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 herbes* 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*

Rating

Difficulty: easy. Time: 20 minutes preparation Verified: fully.

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.

SAUTÉÉD 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: ?

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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 pancakes, set top-left heat @4 and bottom-left @3, and equilibrate. If using a large skillet for pancakes, 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
 and/ carottes, 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 renversée
 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
 sautéed 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,
 and apple slices, with fruit/
 /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
 /, or a warm vinaigrette; cold
 /sauce, or a vinaigrette; blanched
 /sauce as for green beans;
 beans; asparagus stir-fried;
 74 CABBAGE-RED-BR2
 74 CABBAGE-RED-BR2
 83 CHICK-BRST-CREA
 87 CHICK-BRST-SAUT
 131 CUSTARD-ANGLAIS
 133 CUSTARD-BAKED
 147 EGGPLANT-BRDED
 162 LEEK-TOMATO
 164 NIÇOISE
 190 MUSSEL-MARINIER
 206 PASTRY-DOUGH1
 264 QUICHE-NICOISE
 273 RICE-INDIAN
 296 SAUCE-BROWN
 331 SAUERKRAUT-BRAS
 388 SOUP-ONION2
 454 TOUNIP-SAUTE
 1 INTRODUCTION
 150 EGGPLANT-SWTSOU
 74 CABBAGE-RED-BR2
 19 ASPARAGUS1
 388 SOUP-ONION2
 317 SAUCE-WHITE
 331 SAUERKRAUT-BRAS
 264 QUICHE-NICOISE
 79 CAKE-ANGEL
 131 CUSTARD-ANGLAIS
 147 EGGPLANT-BRDED
 234 POTATO-ANNA
 234 POTATO-ANNA
 5 APPLE-BRN-BETTY
 7 APPLE-CRISP
 7 APPLE-CRISP
 9 APPLE-ORNG-COBB
 9 APPLE-ORNG-COBB
 12 APPLE-TURNOVER
 216 PEAR-RED-WINE
 292 SALMON-TERIYAKI
 439 TART-APPLE
 439 TART-APPLE
 441 TART-APPLE-CUST
 4 APPLE-BAKED
 5 APPLE-BRN-BETTY
 11 APPLE-SAUTE
 12 APPLE-TURNOVER
 72 CABBAGE-RED-BR1
 74 CABBAGE-RED-BR2
 74 CABBAGE-RED-BR2
 74 CABBAGE-RED-BR2
 74 CABBAGE-RED-BR2
 439 TART-APPLE
 331 SAUERKRAUT-BRAS
 194 ONIONS-BRAS-RO
 359 SOUP-YAM-POTAT
 419 STIRFRY-SHRI-BB
 475 RICE-RISOTTO
 16 ARTICHOKE-GREC
 16 ARTICHOKE-GREC
 14 ARTICHOKE-BOIL

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
 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-/ bananas flambee,
 sugar, lime/ bananas flambee,
 sautéed in butter, with/
 sautéed in butter, with/
 tomato casserole/ Indian baigan

15 ARTICHOKE-BROI
 17 ARTICHOKE-ROMA
 19 ASPARAGUS1
 19 ASPARAGUS1
 19 ASPARAGUS1
 19 ASPARAGUS1
 19 ASPARAGUS1
 19 ASPARAGUS1
 25 ASPARAGUS2
 25 ASPARAGUS2
 25 ASPARAGUS2
 25 ASPARAGUS2
 151 EGGS-ASP-BACON
 411 STIRFRY-ASPARAG
 25 ASPARAGUS2
 25 ASPARAGUS2
 25 ASPARAGUS2
 25 ASPARAGUS2
 147 EGGPLANT-BRDED
 149 EGGPLANT-MENAGE
 317 SAUCE-WHITE
 141 DIP-AVOCADO
 200 PANCAKE-EYRES
 38 BEAN-GREEN-SAUT
 45 BEEF-BOURGUIGNON
 72 CABBAGE-RED-BR1
 108 CHICK-RED-WINE1
 111 CHICK-RED-WINE2
 114 CHICK-RED-WINE3
 151 EGGS-ASP-BACON
 259 QUICHE-LORRAIN1
 261 QUICHE-LORRAIN2
 407 SPROUT-MENAGERE
 145 EGGPLANT-BANGIN
 4 APPLE-BAKED
 7 APPLE-CRISP
 9 APPLE-ORNG-COBB
 48 BEEF-CRND-HASH1
 74 CABBAGE-RED-BR2
 107 CHICK-OVEN-BROI
 133 CUSTARD-BAKED
 139 CUSTARD-CARAM
 155 EGGS-HERB-BAKE
 202 PARSNIPS-CANDIE
 212 PASTRY-SHELL
 219 PEPPER-STUFFED
 236 POTATO-BAKED
 236 POTATO-BAKED
 236 POTATO-BAKED
 237 POTATO-BOULANGE
 266 RHUBARB-BAKED
 284 SALMON-BAKE-WIN
 286 SALMON-BAKED
 352 SOUFFLE-SCALLOP
 437 STRATA-CRNBDR
 63 BISCUIT-QUICK
 19 ASPARAGUS1
 282 SALAD-ONION-ROA
 163 MARINADE-CHICK
 30 BANANA-BROILED
 31 BANANA-FLAMBEE
 31 BANANA-FLAMBEE2
 31 BANANA-FLAMBEE2
 33 BANANA-FLAMBEE2
 145 EGGPLANT-BANGIN

sautéed, with an herb/ dough for tart shells./ layered with/ corn bread /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 hard boiled egg, mustard, oil or broiled./ bananas, with melted /flambée, bananas sautéed in /braests, 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./	/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 /herbs, 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'aire-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/ flamande, 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./	butter, sugar, Cognac, egg yolks/ butter and lemon juice stabilized/ butter with parsley /floured butter /garlic, broiled, sliced butter /sautéed and sauced/ butter, sprinkled with parsley./ butter /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 cake or patty /or shredded candied parsnips, baked with capers, bound with mayonnaise capers), choron (béarnaise with/ capres (with capers), choron (/) caramel, custard baked with soft caramel syrup /renversee au caramelized brown sugar à la carbonnades de boeuf à la carbonnades de boeuf à la carciofi alla romana, artichokes cardamom pods; cumin, raisins./ cardamon, cloves, and cinnamon./ cart, sauce soubise, sauce/ caribbean chicken./ /chicken, carottes vichy carrot and leek julienne, poached/ carrot, and orange soup carrots, onions, bacon, and/ carrots sautéed and glazed, cases, and turnovers; and other/ casserole, optionally with ginger/ casserole, with cinnamon and cayenne pepper; derivative sauces/ celery, onions and capers, bound/ chantilly, whipped cream with chard curried lentils chasseur, sauce madère, sauce au/ cheese quesadilla cheese sandwich; croque madame cheese sauce cheese /and onions, or cooked cheese and bacon custard tart cheese and bacon custard tart cheese sandwich, with Gruyère/ cheese and tomatoes /grilled chestnuts, apples, carrots, / red chick peas with garlic, lemon chicken breasts, suprêmes, chicken breasts, suprêmes, chicken breasts in a light batter chicken fricassee with chicken in the pot, poulet au pot chicken stock and boiled chicken chicken /au pot; preparation chicken livers sautéed with chicken Marengo, chicken sautéed	307 SAUCE-DESSERT 311 SAUCE-HOLLAND 341 SOLE-MEUNIERE 409 STEAK-BROIL-LON 410 STEAK-DIANE 450 TOMATO-SAUTE 450 TOMATO-SAUTE 38 BEAN-GREEN-SAUT 69 CABBAGE-COLESALA 72 CABBAGE-RED-BRI 74 CABBAGE-RED-BR2 74 CABBAGE-RED-BR2 74 CABBAGE-RED-BR2 74 CABBAGE-RED-BR2 74 CABBAGE-RED-BR2 230 PORK-BRAIS-CABB 414 STIRFRY-BEEF-CA 79 CAKE-ANGEL 251 POTATO-RAWFRY 202 PARSNIPS-CANDIE 283 SALAD-SALMON 311 SAUCE-HOLLAND 311 SAUCE-HOLLAND 139 CUSTARD-CARAM 139 CUSTARD-CARAM 135 CUSTARD-BRULEE 51 BEEF-FLAMANDE1 53 BEEF-FLAMANDE2 17 ARTICHOKE-ROMA 267 RICE-BASMATI 274 RICE-PAKISTANI 317 SAUCE-WHITE 63 MARINADE-CHICK 81 CARROT-VICHY 290 SALMON-PAUPIETT 400 SOUP-YAM-ORANGE 72 CARROT-RED-BRI 81 CARROT-VICHY 206 PASTRY-DOUGHI 145 EGGPLANT-BANGIN 256 POTATO-SWT-CASS 311 SAUCE-HOLLAND 121 CREAM-WHIPPED 124 CUPRY-LENTIL-YAM 296 SAUCE-BROWN 82 CHEESE-QUESADIL 122 CROQUE-MONSEIUR 203 PASTA-ALFREDO 225 POLENTA 259 QUICHE-LORRAIN1 261 QUICHE-LORRAIN2 294 SAND-GRILL-CHEE 294 SAND-GRILL-CHEE 72 CABBAGE-RED-BRI 142 DIP-HOMMOS 83 CHICK-BRST-CREA 87 CHICK-BRST-SAUT 90 CHICK-FRANCSESE 92 CHICK-FRICASSEE 95 CHICK-INTHE-POT 95 CHICK-INTHE-POT 95 CHICK-INTHE-POT 97 CHICK-LIVR-SAUT 99 CHICK-MARENGO1
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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 chicken, yakitori chicken, herb-mustard chicken, coffee-rum caribbean/ /chicken, raspberry-mustard chicken, orange-ginger glazed/ chicken, citrus-herb chicken./ chicken, orange-liqueur glazed/ chicken, /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 quesadilla /, corn, onion, and optionally /, aux capres (with capers), cabbage braised with red wine/ /, braised with onion and vinegar; /with apples, vinegar, and nutmeg; alsacienne, sauerkraut/ /sprouts with bacon and onion, fisherman's seafood choy, then stir-fried with bok with olive oil and vinegar, and cilantro soup with lemon and /melted butter, brown sugar and /poached in red wine, sugar and sweet potato casserole, with

99 CHICK-MARENGO1
 101 CHICK-MARENGO2
 101 CHICK-MARENGO2
 104 CHICK-MINUTE
 104 CHICK-MINUTE
 107 CHICK-OVEN-BRO1
 108 CHICK-RED-WINE1
 111 CHICK-RED-WINE2
 114 CHICK-RED-WINE3
 116 CHICK-ROAST-LEM
 117 CHICK-STEW-DUMP
 119 CHICK-VANILLA
 126 CURRY1
 128 CURRY2
 163 MARINADE-CHICK
 163 MARINADE-CHICK
 163 MARINADE-CHICK
 163 MARINADE-CHICK
 163 MARINADE-CHICK
 163 MARINADE-CHICK
 163 MARINADE-CHICK
 163 MARINADE-CHICK
 163 MARINADE-CHICK
 163 MARINADE-CHICK
 245 POTATO-LEEK-BRA
 254 POTATO-SALAD-FR
 269 RICE-CHICKEN
 269 RICE-CHICKEN
 277 RICE-THAI
 364 SOUP-CHICK-CONS
 365 SOUP-CHICKTHAI1
 367 SOUP-CHICKTHAI2
 367 SOUP-CHICKTHAI2
 369 SOUP-CHICKTHAI3
 416 STIRFRY-CHIC-GI
 430 STOCK-CHICKEN1
 431 STOCK-CHICKEN2
 433 STOCK-SUBSTITUT
 414 STIRFRY-BEEF-CA
 398 SOUP-VICHYSOIS
 145 EGGPLANT-BANGIN
 410 STEAK-DIANE
 177 MARINADE-PORK
 177 MARINADE-PORK
 177 MARINADE-PORK
 227 PORK-2WINE-BRA
 232 PORK-CHP-ROBERT
 232 PORK-CHP-ROBERT
 82 CHEESE-QUESADIL
 249 POTATO-POBL-FIL
 311 SAUCE-HOLLAND
 72 CABBAGE-RED-BR1
 74 CABBAGE-RED-BR2
 74 CABBAGE-RED-BR2
 331 SAUERKRAUT-BRAS
 407 SPOUT-MENAGERE
 373 SOUP-FISH-CHOWD
 419 STIRFRY-SHRI-BB
 376 SOUP-GAZPACHO2
 394 SOUP-REDLENTIL
 30 BANANA-BROILED
 216 PEAR-RED-WINE
 256 POTATO-SWT-CASS

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 /sauce, made from butter, sugar, shrimp cooked in a mirepoix, with /steak sautéed and sauced with dressed with/ favorite 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, home fried, cottage fried or sugar and cream meringue with/ with sugar, flavored with/ custard, used with deserts française, basic baked/ with caramelized brown sugar custard baked with soft/ /velouté, sauce suprême, sauce /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

274 RICE-PAKISTANI
 441 TART-APPLE-CUST
 163 MARINADE-CHICK
 61 BEV-EGGNOG
 364 SOUP-CHICK-CONS
 288 SALMON-CLAUDE-P
 274 RICE-PAKISTANI
 337 SHRIMP-GRILL
 281 SALAD-CORN
 9 APPLE-ORNG-COBB
 365 SOUP-CHICKTHAI1
 367 SOUP-CHICKTHAI2
 369 SOUP-CHICKTHAI3
 163 MARINADE-CHICK
 61 BEV-EGGNOG
 99 CHICK-MARENGO1
 101 CHICK-MARENGO2
 256 POTATO-SWT-CASS
 307 SAUCE-DESSERT
 333 SHRIMP-BORDELAI
 410 STEAK-DIANE
 69 CABBAGE-COLESLA
 69 CABBAGE-COLESLA
 364 SOUP-CHICK-CONS
 428 STOCK-BEEF
 431 STOCK-CHICKEN2
 1 INTRODUCTION
 108 CHICK-RED-WINE1
 111 CHICK-RED-WINE2
 114 CHICK-RED-WINE3
 16 ARTICHOKE-GREC
 66 BREAD-CORN
 249 POTATO-POBL-FIL
 281 SALAD-CORN
 281 SALAD-CORN
 371 SOUP-CORN-ROAST
 437 STRATA-CRNB RD
 437 STRATA-CRNB RD
 446 TOMATO-CORN-ONI
 48 BEEF-CRND-HASH1
 49 BEEF-CRND-HASH2
 242 POTATO-HOMEFRY
 242 POTATO-HOMEFRY
 61 BEV-EGGNOG
 121 CREAM-WHIPPED
 131 CUSTARD-ANGLAIS
 133 CUSTARD-BAKED
 135 CUSTARD-BRULEE
 139 CUSTARD-CARAM
 317 SAUCE-WHITE
 398 SOUP-VICHYSOIS
 61 BEV-EGGNOG
 69 CABBAGE-COLESLA
 69 CABBAGE-COLESLA
 83 CHICK-BRST-CREA
 92 CHICK-FRICASSEE
 119 CHICK-VANILLA
 121 CREAM-WHIPPED
 123 CUCUMBER-SOUR
 203 PASTA-ALFREDO
 240 POTATO-GARLIC
 245 POTATO-LEEK-BRA
 256 POTATO-SWT-CASS
 288 SALMON-CLAUDE-P
 290 SALMON-PAUPIETT

cinnamon; risotto, pilaf /and cinnamon and brandy custard citrus-herb chicken./ /chicken Claiborne's eggnog, an egg, sugar clarified with egg whites./ Claude Postel, salmon sautéed, cloves, and cinnamon; risotto./ coated with olive oil-soaked cob, red onion, vinegar, olive/ cobbler, apple slices baked with coconut milk, tom kha gai, with/ coconut milk, tom kha gai, with/ coconut milk, tom kha gai, with/ coffee-rum caribbean chicken./ Cognac, garlic, tomatoes and/ Cognac, garlic, tomatoes and/ Cognac or rum /potato casserole Cognac, egg yolks and cream./ Cognac and white wine /, Cognac, sherry and chive butter coleslaw, shredded cabbage coleslaw, with a hot dressing of/ consommé, clarified with egg cooker copyright introduction coq au vin, chicken in red wine coq au vin, chicken in red wine coq au vin, chicken in red wine coriander, lemon /hearts stewed corn bread corn, onion, and optionally/ corn salad, made with kernels of corn cut from the cob, red onion./ corn soup corn bread layered with fresh/ corn bread layered with fresh/ corned beef hash, ingredients corned beef hash, ingredients cottage fried or country fried, country fried, potatoes/ Craig Claiborne's eggnog, an egg, crème chantilly, whipped cream crème à l'anglaise, a soft crème renversée à la crème brûlée, custard glazed crème renversée au caramel, crème, sauce parisienne, sauce/ crème vichyssoise glacée, leek cream meringue with Cognac and/ cream, and optionally sugar./ cream and egg yolks /dressing of cream sauce, a blanc /suprêmes cream sauce, onion, and mushrooms cream sauce /with vanilla, cream with sugar, flavored with/ cream, vinegar, and sugar cream and cheese sauce cream mashed potatoes cream /braised with chicken cream, and Cognac or rum /potato cream and butter /sauced with a cream /poached in raspberry

/, sugar, Cognac, egg yolks and
/; mousse (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,
/in thickened spiced juices/ apple
cheese sandwich; croque/
toasted ham and cheese sandwich;
/a Dutch baby pancake, a puffy
dessert made by layering bread
/juice, butter, Parnesan, 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 biscuit
juice, topped with a puffy
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 bacon
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
crumbs, / 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

307 SAUCE-DESSERT
311 SAUCE-HOLLAND
335 SHRIMP-FLAMBEE
385 SOUP-MONGOLE
398 SOUP-VICHYSOIS
405 SPINACH-MOUSSE
437 STRATA-CRNB RD
249 POTATO-POBL-FIL
200 PANCAKE-EYRES
7 APPLE-CRISP
122 CROQUE-MONSEUR
122 CROQUE-MONSEUR
200 PANCAKE-EYRES
5 APPLE-BRN-BETTY
19 ASPARAGUS1
25 ASPARAGUS2
257 POTATO-VEG-SAUT
284 SALMON-BAKE-WIN
286 SALMON-BAKED
337 SHRIMP-GRILL
450 TOMATO-SAUITE
452 TOMATO-STUFF-PR
7 APPLE-CRISP
9 APPLE-ORNG-COBB
210 PASTRY-DOUGH2
237 POTATO-BOULANGE
376 SOUP-GAZPACHO2
123 CUCUMBER-SOUR
283 SALAD-SALMON
267 RICE-BASMATI
133 CUSTARD-BAKED
267 RICE-BASMATI
223 PIE-PUMPKIN2
124 CURRY-LENTIL-YAM
126 CURRY1
128 CURRY2
129 CURRY3
145 EGGPLANT-BANGIN
238 POTATO-CURI-FIL
131 CUSTARD-ANGLAIS
133 CUSTARD-BAKED
135 CUSTARD-BRULEE
139 CUSTARD-CARAM
259 QUICHE-LORRAIN1
261 QUICHE-LORRAIN2
441 TART-APPLE-CUST
194 ONIONS-BRAIS-RO
200 PANCAKE-EYRES
147 EGGPLANT-BRED
232 PORK-CHP-ROBERT
311 SAUCE-HOLLAND
131 CUSTARD-ANGLAIS
5 APPLE-BRN-BETTY
307 SAUCE-DESSERT
349 SOUFFLE-GRAND-M
153 EGGS-DEVILED
296 SAUCE-BROWN
410 STEAK-DIANE
311 SAUCE-HOLLAND
254 POTATO-SALAD-FR
311 SAUCE-HOLLAND
443 TOAST-FRENCH
206 PASTRY-DOUGH1
cream, cooked gently and mixed/
(cream), divine (sherry reduction/
cream), béarnaise (replace lemon/
cream /sautéed with shallots
cream soup with sherry /glacé
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 sugar, 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
currants, lemon or orange zest
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
tarte normande, apple
d'Espagne braisées, spanish/
David Eyre's pancake, like a
deep fried in hot oil /; dipped
demi-glaze, seasoned with sugar/
derivative sauces: mousseline (/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/
dough for pie crusts
doughs /tart shells, cases
dressing of roux, mustard, /
dry beans; refried beans, /
dryness, 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 flouréd, 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 herb-bake
eggs poached
eggs spinach soufflé
eggs, cream, garlic
eggs, and then baked /broccoli
eggy bread, pain perdu, pain
English muffin with hollandaise/
estragon, sauce chasseur, sauce/
euvéed 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, /
fermented 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 flouréd, 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

210 PASTRY-DOUGH2
206 PASTRY-DOUGH1
69 CABBAGE-COLESLA
34 BEAN-BLACK
185 MUSHROOM-DUXELL
58 BEEF-STEW-DUMPL
117 CHICK-STEW-DUMPL
143 DUMPLING-PARSLE
200 PANCAKE-EYRES
185 MUSHROOM-DUXELL
290 SALMON-PAUPIETT
25 ASPARAGUS2
25 ASPARAGUS2
61 BEV-EGGNOG
69 CABBAGE-COLESLA
104 CHICK-MINUTE
147 EGGPLANT-BRDED
151 EGGS-ASP-BACON
157 EGGS-OMELET
206 PASTRY-DOUGH1
307 SAUCE-DESSERT
311 SAUCE-HOLLAND
364 SOUP-CHICK-CONS
61 BEV-EGGNOG
145 EGGPLANT-BANGIN
147 EGGPLANT-BRDED
149 EGGPLANT-MENAGE
150 EGGPLANT-SWT-SOU
152 EGGS-BENEDICT
152 EGGS-BENEDICT
153 EGGS-DEVILED
154 EGGS-FRIED
155 EGGS-HERB-BAKE
159 EGGS-POACHED
161 EGGS-SCRAMBLED
355 SOUFFLE-SPINACH
405 SPINACH-MOUSSE
437 STRATA-CRNB RD
443 TOAST-FRENCH
152 EGGS-BENEDICT
296 SAUCE-BROWN
74 CABBAGE-RED-BR2
200 PANCAKE-EYRES
69 CABBAGE-COLESLA
4 APPLE-BAKED
380 SOUP-LEEK-POTAT
227 PORK-2WINE-BRA
419 STIRFRY-SHRI-BB
341 SOLE-MEUNIERE
343 SOLE-POACH-WINE
12 APPLE-TURNOVER
238 POTATO-CURI-FIL
249 POTATO-POBL-FIL
185 MUSHROOM-DUXELL
38 BEAN-GREEN-SAUT
284 SALMON-BAKE-WIN
341 SOLE-MEUNIERE
343 SOLE-POACH-WINE
433 STOCK-SUBSTITUT
373 SOUP-FISH-CHOWD
25 ASPARAGUS2
51 BEEF-FLAMANDE1
53 BEEF-FLAMANDE2
31 BANANA-FLAMBEE
33 BANANA-FLAMBEE2

shallots, nutmeg,/ shrimp sugar and cinnamon, broiled, then with sugar, lime and lemon, then /sautéed with shallots, nutmeg, /and vinegar; chou rouge à la /, made with butter, sugar, and /, flour, sugar and water, and with nuts, sugar, butter, and /sauce, made by cooking butter, /à la anglaise, eggplant filets of sole or other fish /sautéed with Madeira sauce, white chicken stock; basque tomatoes, in a/ crème renversée à la Les Halles perdu, pain doré cream/ old-fashioned chicken butter, cooked in wine/ chicken then bound with egg yolks; hash, ingredients chopped and pan beaten egg, breaded and then deep fried, potatoes/ home par-cooked/ home fried, cottage /fried, cottage fried or country -/ /, diced or sliced, then pan /or roesti, potatoes shredded and /potatoes, raw fries, or raw /or shredded raw potatoes, pan peas, nuts and garnishes cloves,/ rice Pakistani style, then fried with/ vietnamese /rice, rice cooked in broth, then /aux fine herbes, tomatoes /, hash browned potatoes, raw from dry beans; refried beans, /with sugared or macerated fresh applesauce and apple slices, with /soup with coconut milk, tom kha /soup with coconut milk, tom kha /, cooked in water and oil with /beans, with sautéed onions, /, or with fines herbes, or with /then braised with wine, Cognac, /then braised with wine, Cognac, hommos, ground chick peas with /style, sautéed with onion, eggs fried in /stewed in oil with tomatoes and /sautéed with olive oil /marinière, mussels steamed with and tomatoes, and basil, and stock/, with seasonings such as with Marsala, red wine, fennel, mashed potatoes beaten with sautéed with ham/, potatoes, /in a steamer with chicken stock, /cooked in broth, then fried with ginger, apple juice, vinegar, olive oil-soaked bread crumbs and spinach quick-sautéed with	flambée, shrimp sautéed with flamed with rum /butter, brown flamed, sauced with cream flammande, red cabbage braised/ flavoring; strawberry sauce, made/ flavoring with lemon juice;/ flour /a crispy crust made flour, sugar and water, and/ floured, dipped in beaten egg/ floured, sautéed, and sauced/ focaccia foies de volaille sautéés au/ fonds blanc de volaille fondue de tomates basquaise française, basic baked custard, French onion soup French toast, egggy bread, pain fricassee with wine-flavored fricassee, chicken sautéed in fricassee sauce /and spices fried / corned beef fried in hot oil /, dipped in fried in garlic butter fried, cottage fried or country fried or country fried, potatoes fried, potatoes par-cooked, diced/ fried, pommes de terre parmentier fried in butter with onions fried potatoes, grated or/ fried as a thin cake or patty fried rice, with meat, onions, fried and cooked with cardamom, fried rice, rice cooked in broth, fried with garlic and onion,/ fried onions, tomatoes, and corn, fried lightly in butter,/ fries, or raw fried potatoes,/ frijoles refritos /prepared fruit; soft lemon sauce, made by/ fruit glaze /tart, made with gai, with optionally added/ gai, with optionally added rice/ gai, with optionally added rice garlic, mint, parsley /style garlic, red and green peppers,/ garlic and parsley, or with/ garlic, tomatoes and mushrooms garlic, tomatoes and mushrooms garlic, lemon juice, and olive/ garlic, and tomatoes garlic butter garlic, poireaux à la nicoise garlic, and lemon juice garlic, onions, thyme, bay leaf,/ garlic and olive oil /mozzarella garlic and onions, or cooked with garlic, tomato /chops braised garlic sauce and cream garlic, onions, and peppers, garlic, ginger and hot peppers garlic and onion, finished with/ garlic /soy sauce marmade with garlic /shrimp, coated with garlic, olive oil, lemon juice,/ spinach quick-sautéed with	of puréed spinach, eggs, cream, London broil, steak seasoned with /stir-fried with black bean sauce, oil,/ snow peas stir-fried with sugar,/ shrimp marinated with with bread crumbs, herbs and wine sauce, honey, and Parmesan /, onion, and optionally chorizo, /stock and mustard vinaigrette, /with soy sauce and sugar, and with egg whites, variously to dryness, used for stuffings, with meat, onions, peas, nuts and green and yellow/ three pepper classic /tomato casserole, optionally with /cooked with spices: fresh with chicken stock, garlic, /in soy sauce marinade with /, wine, sesame oil, chili paste, chicken stir-fried in snow peas stir-fried with garlic, bok choy, fermented black beans, spice rub/ /glazed pork chops, /chops, honey-mustard glazed ham, /pork chops, spice rub for pork, with cream,/ crème vichyssoise and apple slices, with fruit carrots sautéed and sugar crème brûlée, custard /chicken, raspberry-mustard /glazed chicken, orange-ginger chicken, orange-liqueur for grilling: honey-lime-tomato pork/ /pork chops, honey-mushes generally/ marinades, brushes, generally/ marinades, brushes, chorizo and dessert soufflé flavored with /the yolks with mustard, Tabasco, /raw fries, or raw fried potatoes, /browned in the oven; asperges au soufflé, baked in shallow Parisian onion soup, optionally /Ali-Bab's soupe à l'oignon in oil, with/ artichauts à la /blanched asparagus sauced as for sautéed onions, garlic, red and lemon juice and/ buttered /and sugar, and garnished with /gaspacho soup, made with red, garlic, onion, red pepper and /oil, chili paste, ginger and ; asparagus stir-fried; asparagus onions and herbs, sautéed or brandy, lemon and sugar/ Nancy Silverton's classic oil-soaked bread crumbs and/ /rubs for chicken, generally for /and rubs for pork, generally for corned beef hash, ingredients onions and herbs, sautéed or	garlic mousse garlic, broiled, sliced thin, and/ garlic, onion, red pepper and/ garlic, ginger, soy sauce, peanut garlic, sesame oil, soy sauce, garlic tomatoes stuffed garnish /wine and sugar, with garnished with crema and salsa garnished with scallions, dill,/ garnished with green onions and/ garnished /consommé, clarified garnishes or sauces /in butter garnishes fried rice, gaspacho soup gaspacho soup, made with red, gaspacho soup, from Seville ginger, turmeric, chipotle, and/ ginger, cardamom pods; cumin,/ ginger and hot peppers /steamer ginger, apple juice, vinegar/ ginger and green onions, then/ ginger, with peppers, onions,/ ginger, soy sauce, peanut oil/ ginger, stock, aromatics /with ginger-honey-soy pork chops, ginger-orange-soy pork chops ginger-sherry-soy pork chops,/ glacée, leek and potato soup glacé /, made with applesauce glazed, carottes vichy glazed with caramelized brown glazed chicken, orange-ginger/ glazed chicken, citrus-herb/ glazed chicken /, citrus-herb glazed pork chops, /, generally glazed ham, ginger-orange-soy glazes and rubs for chicken, glazes and rubs for pork, goat cheese quesadilla grand marnier sauce Grand Marnier liqueur grated onion, salt and pepper,/ grated or shredded raw potatoes,/ gratin, blanched asparagus with/ gratin dish savory scallop gratinée /onion soup gratinée /onion soup grecque, artichoke hearts stewed green beans; asparagus stir-fried/ green peppers, sherry /, with green beans, optionally with green onions and omelet; diced or/ green and yellow bell peppers,/ green pepper /black bean sauce green onions, then stir-fried and/ Greystone Gruyère onion soup grilled /as for green beans grilled /beef hamburgers with grilled peaches, marinated with grilled cheese sandwich, with/ grilled shrimp, coated with olive grilling: lemon-rosemary chicken,/ grilling: honey-lime-tomato/ ground and baked ground beef hamburgers with	405 SPINACH-MOUSSE 409 STEAK-BROIL-LON 413 STIRFRY-BEEF-BB 418 STIRFRY-QUIK-PE 419 STIRFRY-SHRI-BB 452 TOMATO-STUFF-PR 217 PEAR-ROASTED 249 POTATO-POBL-FIL 254 POTATO-SALAD-FR 279 RICE-VIETNAMESE 364 SOUP-CHICK-CONS 185 MUSHROOM-DUXELL 271 RICE-FRIED 375 SOUP-GAZPACHO1 376 SOUP-GAZPACHO2 378 SOUP-GAZPACHO3 145 EGGPLANT-BANGIN 267 RICE-BASMATI 277 RICE-THAI 292 SALMON-TERIYAKI 414 STIRFRY-BEEF-CA 416 STIRFRY-CHIC-GI 418 STIRFRY-QUIK-PE 419 STIRFRY-SHRI-BB 177 MARINADE-PORK 177 MARINADE-PORK 177 MARINADE-PORK 398 SOUP-VICHYSOIS 439 TART-APPLE 81 CARROT-VICHY 135 CUSTARD-BRULEE 163 MARINADE-CHICK 163 MARINADE-CHICK 163 MARINADE-CHICK 177 MARINADE-PORK 177 MARINADE-PORK 163 MARINADE-CHICK 177 MARINADE-PORK 82 CHEESE-QUESADIL 310 SAUCE-GRAND-MAR 349 SOUFFLE-GRAND-M 153 EGGS-DEVILED 251 POTATO-RAWFERY 25 ASPARAGUS2 352 SOUFFLE-SCALLOP 386 SOUP-ONION 388 SOUP-ONION2 16 ARTICHOKE-GREC 19 ASPARAGUS1 36 BEAN-BLACK-PEPP 38 BEAN-GREEN-SAUT 279 RICE-VIETNAMESE 376 SOUP-GAZPACHO2 413 STIRFRY-BEEF-BB 414 STIRFRY-BEEF-CA 391 ONION-SOUP4 19 ASPARAGUS1 56 BEEF-HAMBURGER 214 PEACH-GRILLED 294 SAND-GRILL-CHEE 337 SHRIMP-GRILL 163 MARINADE-CHICK 177 MARINADE-PORK 48 BEEF-CRND-HASH1 56 BEEF-HAMBURGER
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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
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

142 DIP-HOMMOS
294 SAND-GRILL-CHEE
391 ONION-SOUP4
275 RICE-RISOTTO
390 SOUP-ONION3
122 CROQUE-MONSIEUR
152 EGGS-BENEDICT
177 MARINADE-PORK
257 POTATO-VEG-SAUT
355 SOUFLE-SPINACH
315 SAUCE-STEAK
56 BEEF-HAMBURGER
25 ASPARAGUS2
25 ASPARAGUS2
307 SAUCE-DESSERT
48 BEEF-CRND-HASH1
49 BEEF-CRND-HASH2
251 POTATO-RAWFRY
251 POTATO-RAWFRY
16 ARTICHOKE-GREC
90 CHICK-FRANCESE
143 DUMPLING-PARSLE
155 EGGS-HERB-BAKE
163 MARINADE-CHICK
38 BEAN-GREEN-SAUT
296 SAUCE-BROWN
450 TOMATO-SAUTE
56 BEEF-HAMBURGER
192 ONIONS-BRAIS-BR
199 ONIONS-BRAIS-WH
230 PORK-BRAIS-CABB
359 SOUP-YAM-POTAT
452 TOMATO-STUFF-PR
19 ASPARAGUS1
152 EGGS-BENEDICT
311 SAUCE-HOLLAND
242 POTATO-HOMEFRY
142 DIP-HOMMOS
217 PEAR-ROASTED
177 MARINADE-PORK
177 MARINADE-PORK
149 EGGPLANT-MENAGE
236 POTATO-BAKED
145 EGGPLANT-BANGIN
273 RICE-INDIAN
273 RICE-INDIAN
1 INTRODUCTION
9 APPLE-ORNG-COBB
19 ASPARAGUS1
38 BEAN-GREEN-SAUT
74 CABBAGE-RED-BR2
141 DIP-AVOCADO
142 DIP-HOMMOS
188 MUSHROOMS-SAUT2
189 MUSHROOMS-STEWED
202 PARSNIPS-CANDIE
292 SALMON-TERIYAKI
307 SAUCE-DESSERT
311 SAUCE-HOLLAND
311 SAUCE-HOLLAND
403 SPINACH-GARLIC
232 APPLE-CRISP
315 SAUCE-STEAK
290 SALMON-PAUPIETT

brown sauces: sauce brune,
fresh corn salad, 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 curried
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
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

296 SAUCE-BROWN
281 SALAD-CORN
365 SOUP-CHICKTHAI1
367 SOUP-CHICKTHAI2
369 SOUP-CHICKTHAI3
269 RICE-CHICKEN
290 SALMON-PAUPIETT
380 SOUP-LEEK-POTAT
398 SOUP-VICHYSOIS
162 LEEK-TOMATO
245 POTATO-LEEK-BRA
16 ARTICHOKE-GREC
33 BANANA-FLAMBEE2
33 BANANA-FLAMBEE2
38 BEAN-GREEN-SAUT
90 CHICK-FRANCESE
141 DIP-AVOCADO
142 DIP-HOMMOS
188 MUSHROOMS-SAUT2
189 MUSHROOMS-STEWED
214 PEACH-GRILLED
267 RICE-BASMAI1
307 SAUCE-DESSERT
307 SAUCE-DESSERT
311 SAUCE-HOLLAND
311 SAUCE-HOLLAND
341 SOLE-MEUNIERE
394 SOUP-REDLENTIL
403 SPINACH-GARLIC
163 MARINADE-CHICK
163 MARINADE-CHICK
116 CHICK-ROAST-LEM
383 SOUP-LENTIL
394 SOUP-REDLENTIL
124 CURRY-LENTIL-YAM
282 SALAD-ONION-ROA
296 SAUCE-BROWN
33 BANANA-FLAMBEE2
72 CABBAGE-RED-BR1
349 SOUFFLE-GRAND-M
190 MUSSEL-MARINIER
97 CHICK-LIVR-SAUT
409 STEAK-BROIL-LON
259 QUICHE-LORRAIN1
261 QUICHE-LORRAIN2
242 POTATO-HOMEFRY
307 SAUCE-DESSERT
122 CROQUE-MONSEIUR
97 CHICK-LIVR-SAUT
296 SAUCE-BROWN
97 CHICK-LIVR-SAUT
19 ASPARAGUS1
99 CHICK-MARENGO1
101 CHICK-MARENGO2
339 SHRIMP-MARGRITA
339 SHRIMP-MARGRITA
292 SALMON-TERIYAKI
163 MARINADE-CHICK
177 MARINADE-PORK
214 PEACH-GRILLED
230 PORK-BRAIS-CABB
414 STIRFRY-BEEF-CA
419 STIRFRY-SHRI-BB
190 MUSSEL-MARINIER
310 SAUCE-GRAND-MAR

/of corn cut from the cob, red
 , green and yellow bell peppers,
 Parisian
 oignon gratinée bread-based
 Les Halles French
 Greystone Gruyère
 Brussels sprouts with bacon and
 /with black bean sauce, garlic,
 chopped tomatoes with
 black beans, with sautéed
 stew in red wine, with bacon,
 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;/
 /d'Espagne braisées, spanish
 /thyme and butter; braised Vidalia
 /; 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
 and/ /baked with sugar, spices,
 /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,
 toast, egg bread, pain perdu,
 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,
 sautéed/ sauces made from
 sauces made from pan juices for

281 SALAD-CORN
 376 SOUP-GAZPACHO2
 386 SOUP-ONION
 388 SOUP-ONION2
 390 SOUP-ONION3
 391 ONION-SOUP4
 407 SPROUT-MENAGERE
 413 STIRFRY-BEEF-BB
 448 TOMATO-ONION
 36 BEAN-BLACK-PEPP
 45 BEEF-BOURGUIGNON
 51 BEEF-FLAMANDE1
 53 BEEF-FLAMANDE2
 56 BEEF-HAMBURGER
 72 CABBAGE-RED-BR1
 74 CABBAGE-RED-BR2
 74 CABBAGE-RED-BR2
 104 CHICK-MINUTE
 108 CHICK-RED-WINE1
 111 CHICK-RED-WINE2
 114 CHICK-RED-WINE3
 119 CHICK-VANILLA
 190 MUSSEL-MARINIER
 192 ONIONS-BRAIS-BR
 194 ONIONS-BRAIS-RO
 194 ONIONS-BRAIS-RO
 194 ONIONS-BRAIS-RO
 194 ONIONS-BRAIS-RO
 199 ONIONS-BRAIS-WH
 225 POLENTA
 232 PORK-CHP-ROBERT
 238 POTATO-BOULANGE
 237 POTATO-CURI-FIL
 247 POTATO-LEEK-ROS
 271 POTATO-VEG-SAUT
 271 RICE-FRIED
 275 RICE-RISOTTO
 279 RICE-VIETNAMESE
 282 SALAD-ONION-ROA
 283 SALAD-SALMON
 286 SALMON-BAKED
 414 STIRFRY-BEEF-CA
 416 STIRFRY-CHIC-GI
 446 TOMATO-CORN-ONI
 9 APPLE-ORNG-COBB
 9 APPLE-ORNG-COBB
 31 BANANA-FLAMBEE
 74 CABBAGE-RED-BR2
 202 PARSNIPS-CANDIE
 267 RICE-BASMATI
 400 SOUP-YAM-ORANGE
 163 MARINADE-CHICK
 163 MARINADE-CHICK
 163 MARINADE-CHICK
 443 TOAST-FRENCH
 274 RICE-PAKISTANI
 204 PASTA-SUMMER
 49 BEEF-CRND-HASH2
 232 PORK-CHP-ROBERT
 242 POTATO-HOMEFRY
 251 POTATO-RAWFRY
 315 SAUCE-STEAK
 315 SAUCE-STEAK

pancake, a puffy/ David Eyre's
 /Eyre's pancake, like a Dutch baby
 /pancake, a puffy cross between
 /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 Momay 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,/br/>
 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,
 pho bo
 pie crusts
 pie

200 PANCAKE-EYRES
 200 PANCAKE-EYRES
 200 PANCAKE-EYRES
 455 WAFFLE-PANCAKE
 242 POTATO-HOMEFRY
 386 SOUP-ONION
 317 SAUCE-WHITE
 242 POTATO-HOMEFRY
 380 SOUP-LEEK-POTAT
 19 ASPARAGUS1
 25 ASPARAGUS2
 25 ASPARAGUS2
 217 PEAR-ROASTED
 17 ARTICHOKE-ROMA
 19 ASPARAGUS1
 25 ASPARAGUS2
 38 BEAN-GREEN-SAUT
 38 BEAN-GREEN-SAUT
 38 BEAN-GREEN-SAUT
 117 CHICK-STEW-DUMP
 254 POTATO-SALAD-FR
 287 SALMON-BROILED
 341 SOLE-MEUNIERE
 376 SOUP-GAZPACHO2
 450 TOMATO-SAUTE
 202 PARSNIPS-CANDIE
 203 PASTA-ALFREDO
 204 PASTA-SUMMER
 204 PASTA-SUMMER
 313 SAUCE-PASTA
 414 STIRFRY-BEEF-CA
 12 APPLE-TURNOVER
 206 PASTRY-DOUGHI
 206 PASTRY-DOUGHI
 212 PASTRY-SHELL
 251 POTATO-RAWFRY
 290 SALMON-PAUPIETT
 206 PASTRY-DOUGHI
 214 PEACH-GRILLED
 418 STIRFRY-QUIK-PE
 216 PEAR-RED-WINE
 217 PEAR-ROASTED
 142 DIP-HOMMOS
 271 RICE-FRIED
 418 STIRFRY-QUIK-PE
 19 ASPARAGUS1
 141 DIP-AVOCADO
 153 EGGS-DEVILED
 311 SAUCE-HOLLAND
 376 SOUP-GAZPACHO2
 403 SPINACH-GARLIC
 413 STIRFRY-BEEF-BB
 413 STIRFRY-BEEF-BB
 36 BEAN-BLACK-PEPP
 218 PEPPER-ROASTED
 219 PEPPER-STEVED
 257 POTATO-VEG-SAUT
 277 RICE-THAI
 376 SOUP-GAZPACHO2
 416 STIRFRY-CHIC-GI
 437 STRATA-CRNBIRD
 443 TOAST-FRENCH
 361 SOUP-BEEF-VIET
 210 PASTRY-DOUGH2
 221 PIE-PUMPKIN1

currently-available/ pumpkin
/with rice, a Latin-American
, cloves, and cinnamon; risotto;
/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,
sole or other fish filets,
soufflé, optionally with ham and

/or turnover filling, made with
in oil with tomatoes and garlic,
seasonings such as garlic and
with melted/ asperges à la
baked apples,
apples sautéed with butter,
Anna. are thin potato rounds/
potatoes and onions baked to/
diced or sliced, then pan fried;
/, brushes, glazes and rubs for
/: honey-lime-tomato glazed
/pork chops, ginger-honey-soy
/pork chops, spice rub for
/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
sprinkled with rosemary and
wine, chicken/ red and white
peppers, sautéed with ham/
chicken/ chicken in the pot,
currently-available/
(, choron (béarnaise with tomato
purée) /capres (with capers

pie, recipe for
pilaf of chicken, various/
pilaf /cooked with cardamom
pilaf; 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, corn;/
poireaux 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,
pommes de terre parmentier;/ /,
pork, generally for grilling;/
pork chops, ginger-honey-soy pork/
pork chops, spice rub for pork;/
pork, ginger-sherry-soy pork/
pork chops, honey-mustard glazed/
pork chops /chops, honey-mustard
pork chops braised with Marsala,
pork marinated with salt and
pork chops with robert sauce,
pork chops sautéed with onions,/
port wine, and vinegar; red/
port wine, vinegar, and spices
porto, sauce bordelaise, sauce/
Postel, salmon sautéed, covered
potage parmentier; soupe bonne
potato rounds cooked and browned/
potato casserole, with cinnamon
potato soup, with aromatics and
potato soup; potage parmentier;
potato soup with cream, served/
potatoes and Swiss chard
potatoes Anna, are thin potato
potatoes, baked sweet potatoes,
potatoes, or baked yams
potatoes and onions baked to a/
potatoes, and optionally other/
potatoes beaten with garlic sauce
potatoes par-cooked, diced or/
potatoes; potatoes O'Brien;
potatoes O'Brien; /de terre
potatoes and leeks braised with
potatoes shredded and fried in
potatoes, corn, onion, and/
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

puréed 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 pilaf 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

SPINACH-MOUSSE 405
CHEESE-QUESADIL 82
PASTRY-SHELL 212
QUICHE-LORRAINI 259
QUICHE-LORRAIN2 261
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QUICHE-NICOISE 264
QUICHE-NICOISE 403
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STRATA-CRNB RD 437
STRATA-CRNB RD 437
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SALMON-PAUPIETT 290
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POTATO-RAWFRY 251
POTATO-RAWFRY 251
POTATO-RAWFRY 251
BEAN-BLACK-PEPP 36
BEEF-BOURGUIGNON 45
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CABBAGE-RED-BR1 72
CABBAGE-RED-BR2 74
CABBAGE-RED-BR2 74
CABBAGE-RED-BR2 74
CABBAGE-RED-BR2 74
CABBAGE-RED-BR2 74
CABBAGE-RED-BR2 74
CHICK-RED-WINE1 108
CHICK-RED-WINE2 111
CHICK-RED-WINE3 114
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ONIONS-BRAIS-RO 194
ONIONS-BRAIS-RO 194
ONIONS-BRAIS-RO 194
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PEAR-ROASTED 217
PEPPER-ROASTED 218
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POTATO-SALAD-FR 254
SALAD-CORN 281
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SOUP-REDLENTIL 394
SPINACH-GARLIC 403
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STRATA-CRNB RD 437
PORK-CHP-ROBERT 232
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SAUCE-HOLLAND 311
BEAN-BLACK 34
BEAN-BLACK 133
CUSTARD-BAKED 139
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PEPPER-STUFFED 219
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RICE-CHICKEN 269
RICE-FRIED 271
RICE-INDIAN 273
RICE-PAKISTANI 274
RICE-RISOTTO 275
RICE-THAI 277
RICE-VIETNAMESE 279

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
/eggplant housewife's style,
/, shallot, onion and spices,
mushrooms
and lemon juice mushrooms
in stock/ small white onions
/with robert sauce, pork chops
/, 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 gratin dish
/vinaigrette, garnished with
shallow gratin dish savory
tea
fisherman's
blanched asparagus spears, simply
salt and/ avocado mashed and
/, white wine and demi-glace,
/optionally vegetables, braised in
salmon or other fish covered with
/juice stabilized by egg yolks,
/, 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
/, finely chopped mushrooms,
sauce and parsley, or with bacon,
/sauced with a beurre blanc of
/replace lemon juice by vinegar,
/flambée, shrimp sautéed with
party or fully baked pastry
Swiss meringue
/oeuf, egg pastry dough for tart
salad or pasta dish of/ Pamela
/, garlic, red and green peppers,

sautes: sauce béchamel, sauce
sauerkraut /with salt and herbs
sauerkraut braised with wine./
saumon Claude Postel, salmon
sautéed with 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
sautés au madère /with
sautés aux fines herbes,
savory scallop soufflé, baked in
scalloons, 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,
seasonings
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),/
shallots, nutmeg, flamed, sauced/
shell for a tart or quiche
shells or mounds
shells, cases, and turnovers; and/
Sherid's summer pasta, a warm
sherry /with sautéed onions

with a beurre blanc of shallots,
/(fold in whipped cream), divine (/
Mongole cream soup and whipped/
sherry
sherry and chive butter /steak
shredded cabbage dressed with
shredded and fried in butter with/
shredded raw potatoes, pan fried/
shrimp, chicken, beef or other
shrimp, chicken beef or other
shrimp Bordelaise, shrimp cooked
shrimp cooked in a mirepoix, with
shrimp flambée, shrimp sautéed
shrimp sautéed with shallots,
shrimp, coated with olive
shrimp, shrimp sautéed in olive
shrimp sautéed in olive oil,
shrimp marinated with garlic,
Silverton's classic grilled
simmered in a margarita sauce
simple chicken consommé,
simply seasoned: salt and pepper./
sirloin steak sautéed and sauced
/, 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, crépe, and
Marmier 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 corn
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

sherry, cream and butter /sauced
sherry reduction and whipped/
sherry
sherry and chive butter /steak
shredded cabbage dressed with
shredded and fried in butter with/
shredded raw potatoes, pan fried/
shrimp, chicken, beef or other
shrimp, chicken beef or other
shrimp Bordelaise, shrimp cooked
shrimp cooked in a mirepoix, with
shrimp flambée, shrimp sautéed
shrimp sautéed with shallots,
shrimp, coated with olive
shrimp, shrimp sautéed in olive
shrimp sautéed in olive oil,
shrimp marinated with garlic,
Silverton's classic grilled
simmered in a margarita sauce
simple chicken consommé,
simply seasoned: salt and pepper./
sirloin steak sautéed and sauced
/, 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, crépe, and
Marmier 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 corn
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

288 SALMON-CLAUDE-P
311 SAUCE-HOLLAND
385 SOUP-MONGOLE
410 STEAK-DIANE
69 CABBAGE-COLESLA
247 POTATO-LEEK-ROS
251 POTATO-RAWFERY
126 CURRY1
128 CURRY2
333 SHRIMP-BORDELA
333 SHRIMP-BORDELA
335 SHRIMP-FLAMBEE
335 SHRIMP-FLAMBEE
337 SHRIMP-GRILL
339 SHRIMP-MARGRITA
339 SHRIMP-MARGRITA
419 STIRFRY-SHRI-BB
294 SAND-GRILL-CHEE
339 SHRIMP-MARGRITA
364 SOUP-CHICK-CONS
19 ASPARAGUS1
410 STEAK-DIANE
69 CABBAGE-COLESLA
428 STOCK-BEEF
431 STOCK-CHICKEN2
288 SALMON-CLAUDE-P
418 STIRFRY-QUIK-PE
131 CUSTARD-ANGLAIS
139 CUSTARD-CARAM
307 SAUCE-DESSERT
1 INTRODUCTION
341 SOLE-MEUNIERE
343 SOLE-POACH-WINE
317 SAUCE-WHITE
200 PANCAKE-EYRES
349 SOUFFLE-GRAND-M
352 SOUFFLE-SCALLOP
355 SOUFFLE-SPINACH
359 SOUP-YAM-POTAT
360 SOUP-BEEF-BLKBN
361 SOUP-BEEF-VIET
363 SOUP-BEET
365 SOUP-CHICKTHAI1
367 SOUP-CHICKTHAI2
369 SOUP-CHICKTHAI3
371 SOUP-CORN-ROAST
375 SOUP-GAZPACHOI
376 SOUP-GAZPACHOI2
378 SOUP-GAZPACHOI3
380 SOUP-LEEK-POTAT
383 SOUP-LENTIL
385 SOUP-MONGOLE
386 SOUP-ONION
388 SOUP-ONION2
390 SOUP-ONION3
391 ONION-SOUP4
394 SOUP-REDLENTIL
396 SOUP-TURKEY
398 SOUP-VICHYSSOIS
400 SOUP-YAM-ORANGE
402 SOUP-ZUCCHINI
380 SOUP-LEEK-POTAT
388 SOUP-ONION2
69 CABBAGE-COLESLA
123 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, with/ 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 /oil, vinegär, 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 moutles à la marinère, 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

150 EGGPLANT-SWTSOU
279 RICE-VIETNAMESE
292 SALMON-TERIYAKI
414 STIRFRY-BEEF-CA
418 STIRFRY-QUICK-PE
419 STIRFRY-SHRI-BB
313 SAUCE-PASTA
194 ONIONS-BRAIS-RO
177 MARINADE-PORK
7 APPLE-CRISP
238 POTATO-CURI-FIL
5 APPLE-BRN-BETTY
12 APPLE-TURNOVER
31 BANANA-FLAMBEE
69 CABBAGE-COLESLA
72 CABBAGE-RED-BRI
74 CABBAGE-RED-BR2
104 CHICK-MINUTE
119 CHICK-VANILLA
185 MUSHROOM-DUXELL
218 PEPPER-ROASTED
219 PEPPER-STUFFED
267 RICE-BASMATI
269 RICE-CHICKEN
286 SALMON-BAKED
331 SAUERKRAUT-BRAS
355 SOUFFLE-SPINACH
403 SPINACH-GARLIC
405 SPINACH-MOUSSE
61 BEV-EGGNOG
407 SPROUT-MENAGERE
408 SPROUT-ROAST
315 SAUCE-STEAK
409 STEAK-BROIL-LON
410 STEAK-DIANE
410 STEAK-DIANE
190 MUSSEL-MARINIER
277 RICE-THAI
43 BEEF-BOURGUIGNON
58 BEEF-STEW-DUMPL
117 CHICK-STEW-DUMP
16 ARTICHOKE-GREC
162 LEEK-TOMATO
189 MUSHROOMS-STEW
19 ASPARAGUSI
413 STIRFRY-BEEF-BB
414 STIRFRY-BEEF-CA
414 STIRFRY-BEEF-CA
416 STIRFRY-CHIC-GI
418 STIRFRY-QUICK-PE
419 STIRFRY-SHRI-BB
411 STIRFRY-ASPARAG
421 STIRFRY1
426 STIRFRY2
426 STIRFRY2
95 CHICK-IN-THIE-POT
104 CHICK-MINUTE
192 ONIONS-BRAIS-BR
194 ONIONS-BRAIS-RO
194 ONIONS-BRAIS-RO
199 ONIONS-BRAIS-WH
225 POLENTA
245 POTATO-LEEK-BRA
254 POTATO-SALAD-FR
277 RICE-THAI

/, sauerkraut braised with wine, turkey soup and ginger, fermented black beans, turkey, white chicken beef 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, and 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 tart shells, cases, and turnovers/ or fully baked pastry shell for a , cheese and bacon custard tart

331 SAUERKRAUT-BRAS
396 SOUP-TURKEY
419 STIRFRY-SHRI-BB
428 STOCK-BEEF
430 STOCK-CHICKEN1
431 STOCK-CHICKEN2
433 STOCK-SUBSTITUT
433 STOCK-SUBSTITUT
433 STOCK-SUBSTITUT
437 STRATA-CRNBIRD
307 SAUCE-DESSERT
116 CHICK-ROAST-LEM
219 PEPPER-STUFFED
290 SALMON-PAUPIET
452 TOMATO-STUFF-PR
185 MUSHROOM-DUXELL
7 APPLE-CRISP
9 APPLE-ORNG-COBB
12 APPLE-TURNOVER
30 BANANA-BROILED
31 BANANA-FLAMBEE
61 BEV-EGGNOG
69 CABBAGE-COLESLA
69 CABBAGE-COLESLA
74 CABBAGE-RED-BR2
74 CABBAGE-RED-BR2
121 CREAM-WHIPPED
123 CUCUMBER-SOUR
135 CUSTARD-BRULÉE
204 PARSNIPS-CANDIE
214 PEACH-GRILLED
216 PEAR-ROASTED
217 PEAR-ROASTED
232 PORK-CHP-ROBERT
279 RICE-VIETNAMESE
307 SAUCE-DESSERT
307 SAUCE-DESSERT
307 SAUCE-DESSERT
307 SAUCE-DESSERT
204 PASTA-SUMMER
317 SAUCE-WHITE
83 CHICK-BRST-CREA
87 CHICK-BRST-SAUT
66 BREAD-CORN
124 CURRY-LENTIL-YAM
150 EGGPLANT-SWTSOU
218 PEPPER-ROASTED
236 POTATO-BAKED
256 POTATO-SWT-CASS
455 WAFFLE-PANCAKE
74 CABBAGE-RED-BR2
124 CURRY-LENTIL-YAM
184 MERINGUE-SWISS
247 POTATO-LEEK-ROS
139 CUSTARD-CARAM
69 CABBAGE-COLESLA
69 CABBAGE-COLESLA
153 EGGS-DEVILED
249 POTATO-POBL-FIL
311 SAUCE-HOLLAND
206 PASTRY-DOUGH1
212 PASTRY-SHELL
259 QUICHE-LORRAINI

, cheese and bacon custard
apple slices, with fruit/ apple
custard tarte normande, apple
/with a mayonnaise, aioli, or
cinnamon and brandy custard

sauce marinade with/ salmon
thin potato rounds/ pommes de
onions baked to a/ pommes de
sliced, then pan fried; pommes de

teriyaki, salmon braised in soy
terre Anna, potatoes Anna, are
terre boulangère, potatoes and
terre parmentier: Lyonaise/ /or
Thai chicken soup with coconut
milk, tom kha gai, with/
milk, tom kha gai, with/
milk, tom kha gai, with/
in a steamer with chicken/
/hearts stewed in oil, with
/steamed with garlic, onions,
/in stock; roasted red onion with
/onions, braised with aromatics,
pain doré French
croque madame croque monsieur
/chicken soup with coconut milk,
/chicken soup with coconut milk,
/chicken soup with coconut milk,
tomato quiche/ quiche à la
basque tomates, fondue de
tomatoes fried lightly in/
/with garlic and parsley, or with
/bartha, eggplant, onion, and
peppers stuffed with meat, rice,
red wine, fennel, garlic,
/la tomate, quiche niçoise, fresh
capers), choron (béarnaise with
especially spaghetti
beef, black bean, and
/bell peppers, onion, cucumber and
with wine, Cognac, garlic,
with wine, Cognac, garlic,
sauteed with onion, garlic, and
/of rigatoni with mozzarella and
/with ham, topped with chopped
/of chicken, various vegetables,
crumbs and/ salmon baked with
, with Gruyère cheese and
basquaise basque
Fried onions,
chopped
poached
tomates sautées aux fine herbes,
crumbs, herbs and garlic
baked to a brown and crusty
/with sugar and orange juice,
/and peppers, sautéed with ham,
onions, potatoes/ turnover or
with rosemary and/ potatoes

turkey soup and
/optionally with ginger,
sauteed
made with onions, potatoes,/
poblano strips/ taco or
turnover filling, made with
turnovers; pastry folded over a
turnovers; and other pastry/
vanilla, onions and spices, with
vanilla cream sauce /vanilla

261 QUICHE-LORRAIN2
439 TART-APPLE
441 TART-APPLE-CUST
19 ASPARAGUS1
441 TART-APPLE-CUST
65 BISCUIT-SCONE
292 SALMON-TERIYAKI
234 POTATO-ANNA
237 POTATO-BOULANGE
242 POTATO-HOMEFRY
365 SOUP-CHICKTHAI1
367 SOUP-CHICKTHAI2
369 SOUP-CHICKTHAI3
277 RICE-THAI
16 ARTICHOKE-GREC
190 MUSSEL-MARINIER
194 ONIONS-BRAIS-RO
194 ONIONS-BRAIS-RO
443 TOAST-FRENCH
122 CROQUE-MONSEUR
365 SOUP-CHICKTHAI1
367 SOUP-CHICKTHAI2
369 SOUP-CHICKTHAI3
264 QUICHE-NICOISE
445 TOMATO-BASQUE
450 TOMATO-SAUTE
38 BEAN-GREEN-SAUT
145 EGGPLANT-BANGIN
219 PEPPER-STUFFED
227 PORK-2WINE-BRA
264 QUICHE-NICOISE
311 SAUCE-HOLLAND
313 SAUCE-PASTA
360 SOUP-BEEF-BLKBN
376 SOUP-GAZPACHO2
99 CHICK-MARENGO1
101 CHICK-MARENGO2
149 EGGPLANT-MENAGE
162 LEEK-TOMATO
204 PASTA-SUMMER
257 POTATO-VEG-SAUT
269 RICE-CHICKEN
286 SALMON-BAKED
294 SAND-GRILL-CHEE
445 TOMATO-BASQUE
446 TOMATO-CORN-ONI
448 TOMATO-ONION
449 TOMATO-POACHED
450 TOMATO-SAUTE
452 TOMATO-STUFF-PR
237 POTATO-BOULANGE
9 APPLE-ORNG-COBB
257 POTATO-VEG-SAUT
238 POTATO-CURI-FIL
253 POTATO-ROAST-RM
396 SOUP-TURKEY
396 SOUP-TURKEY
145 EGGPLANT-BANGIN
454 TURNIP-SAUTE
238 POTATO-CURI-FIL
249 POTATO-POBL-FIL
12 APPLE-TURNOVER
206 PASTRY-DOUGH1
119 CHICK-VANILLA
119 CHICK-VANILLA

cream with sugar, flavored with
beef stew with
/potatoes, and optionally other
/pilaf of chicken, various
/rice with onions and optionally
with wine, stock, aromatic
kha gai, with optionally added
stir-fry - II, a list of stir-fry
/sauces: sauce béchamel, sauce
sauteed and glazed, carrots
borscht, beet soup, beet
potato soup with cream./ crème
/with thyme and butter; braised
cooked in broth, then fried/
onions, mushrooms and/ coq au
onions, mushrooms and/ coq au
onions, mushrooms and/ coq au
a/ /, or maltaise, or a warm
/wine, chicken stock and mustard
sour cream, and optionally sugar,
/slaw, dressed with olive oil,
/of roux, mustard, Tabasco,
cabbage, braised with onion and
/red cabbage braised with apples,
/brown sugar, port wine, and
/wine, apples, brown sugar, and
apples, orange juice, port wine,
sliced cucumbers with sour cream,
corn cut from the cob, red onion,
with ginger, apple juice,
/replace lemon juice by
/seasoned with olive oil and
/with Madeira sauce, foies de
chicken stock; fonds blanc de
sweet milk
/mousseline, or maltaise, or a
Pamela Sherrid's summer pasta, a
warm salad or pasta dish of/
dill, parsley and basil, served
/artichokes Roman style, cooked in
/cooking butter, flour, sugar and
flavored/ crème chantilly,
/sauces: mousseline (fold in
), divine (sherry reduction and
then braised in stock/ small
stock and herbs small
/and sugar, served drenched with
a reduction of the pan juices,
with wine, chicken/ red and
sauce velouté, sauce/
in a mirepoix, with Cognac and
or other fish filets, poached in
de volaille
substitutes for a brown stock, a
/consonné, clarified with egg
mushrooms beef stew in red
/red cabbage braised with red
/onions, apples, brown sugar, port
/; red cabbage braised with red
/apples, orange juice, port
sauteed, with an herb and lemon
and/ /sauteed then braised with
and/ /sauteed then braised with
/sauteed in butter, cooked in

121 CREAM-WHIPPED
58 BEEF-STEW-DUMPL
238 POTATO-CURI-FIL
269 RICE-CHICKEN
331 SAUERKRAUT-BRAS
365 SOUP-CHICKTHAI
426 STIRFRY2
317 SAUCE-WHITE
81 CARROT-VICHY
363 SOUP-BEET
398 SOUP-VICHYSSOIS
194 ONIONS-BRAIS-RO
279 RICE-VIETNAMESE
361 SOUP-BEEF-VIET
108 CHICK-RED-WINE1
111 CHICK-RED-WINE2
114 CHICK-RED-WINE3
19 ASPARAGUS1
254 POTATO-SALAD-FR
69 CABBAGE-COLESLA
194 CABBAGE-COLESLA
69 CABBAGE-COLESLA
74 CABBAGE-RED-BR2
74 CABBAGE-RED-BR2
74 CABBAGE-RED-BR2
74 CABBAGE-RED-BR2
74 CABBAGE-RED-BR2
123 CUCUMBER-SOUR
281 SALAD-CORN
292 SALMON-TERIYAKI
311 SAUCE-HOLLAND
376 SOUP-GAZPACHO2
97 CHICK-LIVR-SAUT
430 STOCK-CHICKEN1
455 WAFFLE-PANCAKE
19 ASPARAGUS1
204 PASTA-SUMMER
254 POTATO-SALAD-FR
17 ARTICHOKE-ROMA
307 SAUCE-DESSERT
121 CREAM-WHIPPED
311 SAUCE-HOLLAND
311 SAUCE-HOLLAND
192 ONIONS-BRAIS-BR
199 ONIONS-BRAIS-WH
214 PEACH-GRILLED
232 PORK-CHP-ROBERT
254 POTATO-SALAD-FR
317 SAUCE-WHITE
333 SHRIMP-BORDELA
343 SOLE-POACH-WINE
430 STOCK-CHICKEN1
433 STOCK-SUBSTITUT
364 SOUP-CHICK-CONS
45 BEEF-BOURGIGNON
72 CABBAGE-RED-BR1
74 CABBAGE-RED-BR2
74 CABBAGE-RED-BR2
74 CABBAGE-RED-BR2
90 CHICK-FRANCESE
99 CHICK-MARENGO1
101 CHICK-MARENGO2
104 CHICK-MINUTE

vanilla /chantilly, whipped
vegetables and dumplings
vegetables, spiced with curry
vegetables, tomatoes, olives and/
vegetables, braised in seasoned/
vegetables and spices /braised
vegetables and noodles /, tom
vegetables basic
velouté, sauce suprême, sauce/
vichy carrots
vichyssoise
vichyssoise glacée, leek and
Vidalia onions; red onions./
vietnamese fried rice, rice,
vietnamese beef soup, pho bo
vin, chicken in red wine with
vin, chicken in red wine with
vin, chicken in red wine with
vin, chicken in red wine with
vinaigrette; cold asparagus with
vinaigrette; blanched asparagus/
vinaigrette, garnished with/
vinegar, mustard and Tabasco./
vinegar, sugar, mustard, and/
vinegar, cream and egg yolks
vinegar; chou rouge à la/ /red
vinegar, and nutmeg; chou rouge/
vinegar; red cabbage braised with/
vinegar; red cabbage baked with/
vinegar, and spices /onions,
vinegar, and sugar
vinegar, olive oil and basil /of
vinegar, garlic /sauce marinade
vinegar, shallots, tarragon/
vinegar, and cilantro and parsley
volaille sautées au madère
volaille white
waffles and pancakes
warm vinaigrette; cold asparagus/
warm salad or pasta dish of/
warm /with scallops
water and oil with garlic, mint./
water, and flavoring with lemon/
whipped cream with sugar,
whipped cream), divine (sherry/
whipped cream), béarnaise (/white
onions sautéed in butter, white
onions braised in butter, white
wine and with a dollop of/
white wine and demi-glace./ /with
white potatoes, boiled, flavored
white sauces: sauce béchamel,
white wine /, shrimp cooked
white wine sole
white chicken stock; fonds blanc
white chicken stock, and a fish/
whites, variously garnished
wine, with bacon, onions and
wine, chestnuts, apples, carrots./
wine, and vinegar; red cabbage/
wine, apples, brown sugar, and/
wine, vinegar, and spices
wine sauce /in a light batter,
wine, Cognac, garlic, tomatoes
wine, Cognac, garlic, tomatoes
wine and stock with mushrooms./

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

108 CHICK-RED-WINE1
111 CHICK-RED-WINE2
114 CHICK-RED-WINE3
190 MUSSEL-MARINIER
194 ONIONS-BRAIS-RO
194 ONIONS-BRAIS-RO
214 PEACH-GRILLED
216 PEAR-RED-WINE
217 PEAR-ROASTED
217 PEAR-ROASTED
227 PORK-2WINE-BRA
232 PORK-CHP-ROBERT
254 POTATO-SALAD-FR
284 SALMON-BAKE-WIN
290 SALMON-PAUPIETT
331 SAUERKRAUT-BRAS
333 SHRIMP-BORDELA
343 SOLE-POACH-WINE
414 STIRFRY-BEEF-CA
92 CHICK-FRICASSEE
163 MARINADE-CHICK
400 SOUP-YAM-ORANGE
236 POTATO-BAKED
218 PEPPER-ROASTED
376 SOUP-GAZPACHO2
69 CABBAGE-COLESLA
104 CHICK-MINUTE
153 EGGS-DEVILED
307 SAUCE-DESSERT
311 SAUCE-HOLLAND
267 RICE-BASMATI
402 SOUP-ZUCCHINI