

RUPLEY FAMILY COOKBOOK

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INTRODUCTION

INTRODUCTION – introduction: abbreviations, software, and copyright

ABBREVIATIONS FOR COOKBOOK SOURCES

ACTUEL *Cuisine Actuelle*, by Victor Geilisse, Taylor, Dallas, 1992.

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.

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.

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

GOURM1 *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, Louisette 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.
- 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.
- 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.

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.)

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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.

BOILED ARTICHOKEs

ARTICHOKE-BOIL – whole boiled artichokes, hot or cold

From JC, page 424

INGREDIENTS (6 servings)

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

6 *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 table-spoon vinegar per qt. The acid prevents discoloration.
- (2) Boil the salted water. Drop in the artichokes. To prevent discoloration, cover with double thickness of cheesecloth. Bring water back to boil quickly. Boil slowly, uncovered, for 35 to 55 minutes. The artichokes are done when the leaves pull out easily and the bottoms are tender when pierced with a knife.
- (3) Remove artichokes from kettle with skimmer and drain upside down in the colander.

NOTES

Artichokes may be served hot, warm, or cold.

Sauces for hot artichokes: melted butter, lemon butter, hollandaise.

Sauces for cold artichokes: vinaigrette, ravigote, moutarde, alsacienne, mayonnaise.

Rating

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

BANANES FLAMBÉE

BANANA-FLAMBEE – bananes 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

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 filaments. 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, coat the banana halves with light batter (flour, beaten egg, flour), sauté, sprinkle with sugar, and flame with kirsch or rum (DIAT, page 544).

Rating

Difficulty: easy. Time: 30 minutes.

BLACK BEANS WITH PEPPERS

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

Possibly better if made from scratch with dried black beans, rather than canned.

From JANOS, page 198, modified.

INGREDIENTS (4-6 servings as a main dish)

*12 inch sauté pan
strainer*

1	<i>large onion, medium dice</i>
5 Tbsp	<i>garlic, chopped</i>
1-1/2	<i>large green bell pepper, or 3 anaheim peppers, small dice</i>
2	<i>large red bell pepper, small dice</i>
2	<i>green Jalapeño peppers, fine dice</i>
3 Tbsp	<i>olive oil, for taste as well as for sauté</i>
4 cans	<i>black beans (Progresso brand works well)</i>
1-2 cups	<i>sherry, Madeira, or other heavy sweet wine or aperitif wine</i>
1-2 tsp	<i>salt, to taste; heavy salt may here be better pepper, to taste</i>

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. It is better if the vegetables remain crisp.
- (2) Reduce heat to medium (@5). Add the black beans, thoroughly drained of liquid in a strainer. Add the salt and pepper. Add the sherry or other wine. Reduce the liquid to where the dish is not watery, being careful not to cook so long as to make the beans mushy. Carefully stir or move the mixture to avoid sticking.
- (3) Adjust seasonings, and serve.

NOTES

Can use canned diced green chiles, Jalapeños, and pimientos in place of the fresh peppers, but not as pleasing as the fresh.

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 to 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 *hot, blanched green beans
salt and pepper*

6 to 8 Tbsp *softened butter, cut into 4 pieces*

2 to 3 tsp *lemon juice*

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 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 *hot, blanched green beans
salt and pepper*

6 to 8 Tbsp *softened butter, cut into 4 pieces*

3 Tbsp *fines herbes, minced*

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

Rating

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

BUTTERED GREEN BEANS, PROVENÇALE*Haricots vert à la provençale*

Preparation and Blanching, as above.

Seasoning and Saucing

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

3 lb *hot, blanched green beans
salt and pepper*

6 to 8 Tbsp *softened butter, cut into 4 pieces*

3 *garlic cloves, minced*

3 Tbsp *parsley, minced*

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

Rating

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

BUTTERED GREEN BEANS, WITH TOMATOES*Haricots vert à la tomate*

Preparation and Blanching, as above.

Seasoning and Saucing

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

3 lb *hot, blanched green beans
salt and pepper*

6 to 8 Tbsp *softened butter, cut into 4 pieces*

6 Tbsp *well-seasoned tomato sauce*

3 Tbsp *parsley, minced*

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

Rating

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

BUTTERED GREEN BEANS, WITH BACON, SHALLOTS, AND MUSHROOMS

Preparation and Blanching, as above.

Seasoning and Saucing

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

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

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

Rating

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

BOEUF À LA BOURGUIGNONNE

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

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

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

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

INGREDIENTS (6-8 servings)

6 qt	<i>casserole</i> <i>bowl</i> , for marinating meat; optional <i>skillet</i> , for browning meat <i>pot</i> , for blanching bacon
3 lb	<i>lean stewing beef</i> , rump pot roast, top round, etc., with fat removed, cut in 2-inch cubes or 2 x 1-1/2-inch pieces
1	<i>bay leaf</i>
1	<i>onion</i> , stuck with 2 cloves
1	<i>clove garlic</i> <i>red wine</i> , full bodied, such as a barbera, enough to nearly cover meat
10 oz	<i>chunk of bacon</i> , cut into lardons, 1/4 x 1-1/2-inch, or if sliced bacon, 1 x 1-1/2-inch rectangles
2 Tbsp	<i>butter</i>
2 Tbsp	<i>cooking oil</i> , for browning beef pieces
1	<i>carrot</i>
1	<i>onion</i>
2 Tbsp	<i>butter</i>
optional:	
1	<i>leek</i>
1	<i>stalk celery</i>
1 tsp	<i>salt</i> (omit if use canned beef consommé)
1/4 tsp	<i>white pepper</i>
4 Tbsp	<i>flour</i>
4 Tbsp	<i>Cognac</i> or <i>calvados</i>
3 cups	<i>marinade</i> and more <i>red wine</i> if needed to make 3 cups <i>canned beef consommé</i> with <i>gelatin</i> or <i>beef stock</i> , as needed to just cover meat and vegetables
2 cloves	<i>garlic</i> , crushed
1 Tbsp	<i>tomato paste</i> <i>bouquet garni</i> (1 tsp ground thyme, 2 bay leaves, several sprigs parsley) <i>bacon rind</i> , from bacon chunk, if available; optional
optional:	
2	<i>cloves</i>
pinch	<i>marjoram</i>
8	<i>black peppercorns</i>
20	<i>small white onions</i> , or more

20 *mushroom caps, or more*

beurre manié

parsley sprigs, to decorate

PROCEDURE

- (1) Heat oven to 450 F.
- (2) Optionally, marinate beef in red wine with bay leaf, onions, cloves, and garlic, for several hours.
- (3) Simmer bacon lardons, and rind if available, for 10 minutes in 1-1/2 qt boiling water. Drain and dry with paper towels.
- (4) In skillet, sauté lardons in butter at medium heat, @6, for 5-10 minutes, until lightly browned. Remove lardons with slotted spoon and set aside.
- (5) Remove meat from marinade and dry with paper towels. Reserve marinade. In skillet, add cooking oil, and at high heat, @8+, brown beef a few pieces at a time. Set aside with bacon.
- (6) Slice coarsely the carrot, onion, and optionally the leek and celery. In casserole, brown the vegetables in butter at medium high heat, @7-8, about 20 minutes. When done, remove vegetables from the casserole and set aside, and pour out the oil.
- (7) Return browned beef to the casserole. Sprinkle on the salt and pepper, sprinkle on the flour, and toss to cover. In 450 F oven, brown 4 minutes, toss again, brown another 4 minutes. Remove casserole. Reduce heat to 325 F.
- (8) Pour Cognac or calvados over meat and ignite.
- (9) Return vegetables and bacon to the casserole. Return the marinade (if used) to the casserole and add wine to 3 cups total. Add beef broth or stock to just cover meat and vegetables. Add spices. Stir. Bring to simmer on top of stove. Place in lower third of 325 F oven. Adjust heat for slow simmer (275 F). Cook until meat is done when a fork pierces it easily (from 1 hour for tender meat to 4 hours for a poorer cut).
- (10) While dish is cooking, prepare the white onions, brown-braised in stock (ONIONS-BRAIS-BR), and the mushroom caps, sautéed in butter (MUSHROOMS-SAUTE).
- (11) When meat done, remove meat and bacon to a bowl. Strain and degrease the braising liquid. In a sauce pan, bring the sauce to a simmer. If it is too thin, reduce it until it coats a spoon lightly, or whisk in portions of *beurre manié*. If the sauce is too thick, add stock. There should be at least 2-1/2 cups of sauce. Adjust seasoning.
- (12) Clean the casserole, if necessary. Return meat to it, and distribute onions and mushrooms over the meat. Pour the sauce over meat and garnish. Simmer for several minutes, on the stove, to heat the meat and vegetables. Baste as necessary.
- (13) Serve in the casserole, or arrange on a platter with potatoes (or rice or noodles). Decorate with parsley sprigs. Serve a goodly portion of the sauce separately in a boat.

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

NOTES

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

Rating

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

CORNERED BEEF HASH - I

BEEF-CRND-HASH1 – cornered 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	<i>cooked cornered beef, about 2 cups</i>
3 to 4	<i>cooked medium potatoes, about 3 cups</i>
1	<i>small onion</i>
1/2	<i>large green pepper</i>
1	<i>small stalk celery</i>
1 or 2	<i>sprigs parsley</i>
1/2 tsp	<i>salt</i>
1/2 tsp	<i>pepper</i>
pinch	<i>ginger, optional</i>
pinch	<i>allspice, optional</i>

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.*

CORNEB BEEF HASH - II

BEEF-CRND-HASH2 – corneb 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 corneb 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 corneb 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 corneb 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, parslid potatoes, etc.

From JC, page 317.

INGREDIENTS (6 servings)

fireproof casserole, 9 to 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 to 3 Tbsp *fat*, good cooking oil or rendered fresh pork fat

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

4 *garlic cloves*, mashed

1 cup *strong beef stock* or canned beef bouillon

2 to 3 cups *light Pilsner beer*

2 Tbsp *light brown sugar*

1 *large herb bouquet*: 6 parsley sprigs, 1 bay leaf, and 1/2 tsp thyme tied in cheesecloth

1-1/2 Tbsp *arrowroot or cornstarch*

2 Tbsp *wine vinegar*

parsley sprigs

hot serving platter

PROCEDURE

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

noodles or potatoes, and decorate with parsley sprigs.

NOTES

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

Rating

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

CARBONNADES DE BOEUF À LA FLAMANDE - II

BEEF-FLAMANDE2 – *carbonnades de boeuf à la flamande*, slices of beef and onions braised in beer

A Belgian dish deserving its fame, here perhaps close to the *Nord-Pas-de-Calais* standard.

A slow-cooking dish.

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

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

INGREDIENTS (8 servings)

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

PROCEDURE

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

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

NOTES

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

Rating

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

GROUND BEEF HAMBURGERS

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

Bifteck haché à la lyonnaise.

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

Garnish with onion rings, mushrooms, etc.

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

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

INGREDIENTS (6 hamburgers)

- 1 or 2 *heavy skillets*, large enough to hold the patties easily in one layer
- mixing bowl* and *wooden spoon* or *spatula*
- hot serving platter*
- 1-1/2 lb *leanest ground beef* (chuck, neck, shank, flank, etc.)
- 2 Tbsp *fat*, OPTIONAL; softened butter, ground beef suet, beef marrow, or fresh pork fat; omit fat if beef not essentially fat free
- 3/4 tsp *salt*, or much less for IIa
- 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 to 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.
- (5) 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-STEWDUMPL – beef stew with vegetables and dumplings

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

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

INGREDIENTS (6 servings, 3 quarts)

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

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

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

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

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

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

salt and pepper
thin flour-water paste
water

OPTIONAL

dumpling batter, made as in recipe DUMPLING-PARSLE

PROCEDURE

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

- (6) About 1-1/2 hour before the stew is done, add string beans and carrots, and stir. About 45 minutes before the stew is done, add potatoes and turnips, and stir.
- (7) Skim off grease if necessary. Adjust seasoning to taste with salt and pepper. Check cooking liquid for thickness. Add water if too thick, or thicken by stirring in flour-water paste (beware!).
- (8) OPTIONAL. Form dumplings with a spoon to desired size and add them so that they stay on top of stew. The dumplings should be spaced 2 to 3 inches apart, since they swell as they cook. Add the dumplings 20 minutes before the stew is done, and do not lift the cover until then.

There may be advantage in preparing the dumplings in a separate pan, particularly if the stew pot is nearly full.
- (9) The stew should be served in the casserole soon after the dumplings are done. If no dumplings, then the dish holds well in a warming oven or with reheating on stove top.

NOTES

To reduce to cooking time of the vegetables, blanch them, or pre-cook them and add just before serving.

Be careful to watch the stew and not let it get above a low simmer.

Dish reheats well, except for the (optional) dumplings. The stew could be brought to the point of adding the vegetables and then stored, to be finished by bringing to a simmer and then completing steps 7-9 just before the meal.

The sauce is best, IMHO, if not too thick. Thus, beware of adding flour-water paste to thicken.

The 45 minutes cooking time for the vegetables is a minimum, giving crisp vegetables.

Other selections of vegetables are possible. Be careful not to add so many vegetables that the meat is lost. The amount of potatoes plus turnips is the maximum recommended and may be reduced for a more meaty dish.

The turnip flavor is strong. If not to taste, reduce amount of turnips to half or eliminate turnips entirely.

Additional spices might be added at the start of the simmer: 2 cloves garlic, 1 teaspoon thyme, basil, some sprigs of parsley, a stalk of celery, etc.

Rating

Difficulty: some judgement 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.

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

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 dab of orange marmalade.

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

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

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

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

Rating

Difficulty: ? Time: ?

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	<i>all-purpose flour</i>
2 Tbsp	<i>sugar</i>
1/2 tsp	<i>salt</i>
4 tsp	<i>baking powder</i>
1/3 cup	<i>butter</i>
1	<i>egg</i> , beaten
2/3 cup	<i>milk</i> , 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: ?

BRAISED RED CABBAGE

CABBAGE-RED-BRA – braised red cabbage with red wine and chestnuts

Chou rouge à la limousine.

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, sauteed potatoes, etc.

From JC, page 496.

INGREDIENTS (6 servings)

5- to 6-qt covered fireproof casserole

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

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.

ANGEL FOOD CAKE

CAKE-ANGEL – angel food cake

There can be no better cake! Some recommend slices of it, toasted. No fat.

From JZR, modified following JB.

INGREDIENTS (6-8 servings)

	<i>10-inch tube pan</i> , shiny aluminum, clean of grease
	<i>electric mixer</i> , with whip and large mixing bowl, clean of grease
	<i>sifter</i> ,
several	<i>bowls</i> , to hold ingredients during sifting
	<i>large rubber spatula</i> , clean of grease
1-1/3 cup	<i>flour</i> , all-purpose or cake
2 cups	<i>granulated sugar</i> , regular or superfine
2 cups	<i>egg whites</i> , from 12-13 jumbo eggs, warmed or at room temperature
1-1/2 tsp	<i>cream of tartar</i>
1/4 tsp	<i>salt</i>
2 tsp	<i>vanilla</i>

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 egg 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.

Rating

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

2 Tbsp *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'écossaise*

cut following vegetables into neat 1/16th inch cubes, making 2/3 to 3/4 cup in all:
 1 medium carrot, 1 to 2 tender celery stalks, 1 medium white onion

1/8 tsp *salt*
 5 Tbsp *butter*
 4 suprêmes and the sauce ingredients as in master recipe

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

CHICKEN BREASTS WITH MUSHROOMS AND CREAM*Suprêmes de volaille aux champignons*

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

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

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 (@8) until the butter has turned a very light golden brown (a minute or two). Immediately remove from heat, stir in parsley and lemon juice. Season with a pinch of salt and pepper, and taste for seasoning. Pour over the *suprêmes* and serve immediately.

NOTES

Variations are given on the following page.

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

Rating

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

BROWN DEGLAZING SAUCE WITH WINE

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

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

CHICKEN BREASTS ROLLED IN PARMESAN AND FRESH BREAD CRUMBS

Suprêmes de volaille à la milanaise.

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

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

CHICKEN FRANCESE

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

Easy, fast, and remarkably tasty.

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

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

INGREDIENTS (3 servings)

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

1.5 lb *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 lense, 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

Fricasée 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 *split chicken breasts, with bone and skin*

1 each *thinly sliced onion, carrot, and celery stalk*

4 Tbsp *butter*

1/2 tsp *salt*

1/8 tsp *white pepper*

3 Tbsp *flour*

3 cups *boiling white chicken stock, or white stock, or canned chicken bouillon*

1 cup *dry white wine, or 2/3 cup dry white vermouth*

small herb bouquet: 2 parsley sprigs, 1/3 bay leaf, 1/8 tsp thyme tied in washed cheesecloth

16 to 20 *onions, about 1-1/4 lb, white braised (see recipe ONIONS-BRAIS-WH)*

1/2 lb *mushrooms, stewed in butter, lemon juice, and water (see recipe MUSHROOMS-STEWE)*

2 *egg yolks*

1/2 cup *whipping cream*

salt and pepper

lemon juice to taste

nutmeg, a pinch

1 to 2 Tbsp

softened butter

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

NOTES

Many steps and time-consuming, but worth it.

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

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

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

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

parsley into the finished sauce.

Rating

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

GINGER CHICKEN

CHICK-GINGER – chicken stir-fried in ginger, with peppers, onions, mushrooms, and sauce

Gai pad khing.

Simple, quick, delicious. Can be made with pork or beef, or with shrimp.

From Makan Time web site, about Singapore, under Thai cooking: <http://www.sintercom.org/makan/>;
the source references Muoi Khuntlanont.

INGREDIENTS (serves 2)

large sauté pan or wok

1 cup	<i>chicken</i> , about 2/3 lb, cut into bite-sized pieces (1.5"x.5")
1 Tbsp	<i>garlic</i> , chopped
3 Tbsp	<i>peanut oil</i>
1 Tbsp	<i>fish sauce</i>
1 Tbsp	<i>dark soy sauce</i>
1 Tbsp	<i>oyster sauce</i>
1 cup	<i>mushrooms</i> , (4 oz), sliced
3 Tbsp	<i>fresh ginger</i> , grated or finely chopped
3 Tbsp	<i>onion</i> , chopped
2-3	<i>red chillis (prik ki nu)</i> , slivered; or replace by 1-1/2 serrano and 1/2 anaheim
1/2	<i>red bell pepper (prik chi fa)</i> , slivered; OPTIONAL
3 Tbsp	<i>scallion/green onion</i> , cut into 1" pieces
	<i>ground black pepper (prik thai)</i>
pinch	<i>sugar</i>
3-4	<i>bulbs of scallions</i>
	<i>cilantro leaves</i>

PROCEDURE

- (1) Mix fish, soy, and oyster 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 stir 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.

CHICKEN MARENGO - I

CHICK-MARENGO1 – chicken *marengo*, chicken sautéed then braised with wine, cognac, garlic, tomatoes and mushrooms

Poulet sautée 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)

	<i>3-1/2 qt heavy casserole</i>
	<i>large heavy skillet</i>
	<i>hot serving platter</i>
	<i>strainer and bowls, for preparing diced tomatoes with juice but no seeds</i>
3 lb	<i>roasting chicken, cut into pieces, or chicken breasts, quartered if large</i>
1/2 cup	<i>flour</i>
1 tsp	<i>salt, or less according to taste</i>
1/2 tsp	<i>freshly ground black pepper</i>
1 tsp	<i>dried tarragon</i>
	<i>olive oil and butter, 2 Tbsp each</i>
1 cup	<i>dry white wine</i>
1 jigger	<i>cognac</i>
2 cups	<i>canned tomatoes or 2 large fresh tomatoes, peeled and diced, with juice strained to remove seeds</i>
2 cloves	<i>garlic, mashed and finely chopped</i>
8	<i>mushrooms, whole, or optionally sliced</i>
16	<i>jumbo black olives, sliced; optional</i>
6	<i>eggs, fried at low heat (@3) in 6 Tbsp butter and 2 cloves garlic, mashed and chopped; optional chopped parsley</i>

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 sauté 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)

	<i>3 qt heavy casserole</i>
	<i>large heavy skillet, which if deep enough can replace the casserole</i>
	<i>hot serving platter</i>
	<i>strainer and bowls, for preparing diced tomatoes with juice but no seeds</i>
3 lb	<i>roasting chicken, cut into pieces, or chicken breasts, if large divided into cutlets, pounded to equalize, and trimmed</i>
8	<i>mushrooms, more if small (about 1/2 lb), thickly sliced</i>
18	<i>31-40 shrimp, peeled and cleaned</i>
2 Tbsp	<i>olive oil, used in small portions</i>
	<i>salt, pepper to taste</i>
2 Tbsp	<i>butter</i>
2 Tbsp	<i>flour</i>
1 cup	<i>dry white wine</i>
1 jigger	<i>cognac</i>
2 cups	<i>canned tomatoes or 2 large fresh tomatoes, peeled, seeded and diced, with juice strained to remove seeds</i>
1-1/2 oz	<i>glace de viande, dissolved in 1/2 cup hot water, or 1/2 cup veal gravy</i>
2 cloves	<i>garlic, mashed and finely chopped</i>
1 tsp	<i>dried tarragon</i>
	<i>salt, pepper to taste</i>
16	<i>jumbo black olives, sliced</i>
6	<i>eggs, fried at low heat (@3) in 6 Tbsp butter and 2 cloves garlic, mashed and chopped</i>
	<i>parsley, chopped</i>

PROCEDURE

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

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

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

NOTES

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

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

Rating

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

QUICK CHICKEN FRICASSEE

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

Fricassée de poulet à la minute

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

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

INGREDIENTS (?)

- large sauté pan or small casserole*
hot serving platter
- | | |
|----------|---|
| 1 | <i>large boneless chicken breast, about 1.5 lb, cut up into cutlets, pounded to equalize, and trimmed</i> |
| 3-6 Tbsp | <i>butter</i> |
| 2 Tbsp | <i>flour</i> |
| 1/2 cup | <i>white wine</i> |
| 1 cup | <i>chicken stock</i> |
| 6 | <i>small onions, blanched, or 1 medium onion, diced</i> |
| | <i>bouquet garni: parsley, bay leaf, thyme, celery stalk</i> |
| pinch | <i>nutmeg</i> |
| | <i>salt, pepper, to taste</i> |
| 1/2 lb | <i>mushrooms, sliced thickly, 1/3 inch</i> |
| 3 | <i>egg yolks</i> |
| | <i>juice of 1/2 lemon</i> |
| 1 | <i>orange, for garnish as zest, slivers of rind, or orange slices</i> |

PROCEDURE

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

Rating

Difficulty: easy Time: 1.5 hour.

OVEN-BROILED CHICKEN

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

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

From FF, page 229.

INGREDIENTS (4 servings)

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

PROCEDURE

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

	<i>fireproof casserole, 10 inch</i>
	<i>skillet, 12 inch, for sautéing bacon and chicken</i>
	<i>3-qt saucepan, for blanching bacon</i>
	<i>small bowl, rubber spatula, and wire whip, for making beurre manié</i>
	<i>hot serving dish</i>
12 to 24	<i>brown-braised onions, see recipe ONIONS-BRAIS-BR</i>
1/2 lb	<i>sautéed mushrooms, see recipe MUSHROOMS-SAUTE</i>
4 oz	<i>lean bacon, cut into lardons, 1/4x1 inch rectangles</i>
2 Tbsp	<i>butter</i>
3 lb	<i>frying chicken, cut up, or chicken breasts, split (boned and skinned breasts may be ok, but are difficult to sauté nicely)</i>
	<i>butter or good cooking oil</i>
1/2 tsp	<i>salt</i>
1/8 tsp	<i>pepper</i>
1/4 cup	<i>cognac</i>
2 cups	<i>red wine, young and full-bodied</i>
1 to 2 cups	<i>brown chicken stock, brown stock, or canned beef bouillon</i>
1/2 Tbsp	<i>tomato paste</i>
2 cloves	<i>garlic, mashed</i>
	<i>bouquet garni: 2 stalks celery with leaves, 2 sprigs parsley, and 1 bay leaf, tied into a bundle</i>
1/4 tsp	<i>thyme</i>
	<i>salt and pepper</i>
3 Tbsp	<i>flour</i>
2 Tbsp	<i>softened butter</i>
	<i>sprigs of fresh parsley</i>

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.
- (9) In a small bowl blend with a spatula the butter and flour into a smooth paste, *beurre manié*. Beat the paste into the hot liquid with a wire whip. Bring to the simmer, stirring, and simmer for a minute or two. The sauce should be thick enough to coat a spoon lightly.
- (10) Arrange the chicken in the casserole with the onions and mushrooms around it, pour the sauce back into the casserole. Bring to the simmer, basting the chicken with sauce, cover, and simmer slowly until the chicken is hot through. Serve from the casserole or arrange on a hot serving platter. Decorate with sprigs of parsley.

NOTES

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

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

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

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

Rating

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

COQ AU VIN - II

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

Coq au vin.

Classic and popular dish.

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

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

INGREDIENTS (4 to 6 servings)

- fireproof casserole*, 3 quart; if one of the skillets is deep enough, then the casserole is not needed
- 2 *skillets*, 12 inch: one for sautéing the onions; the other for the salt pork or bacon, chicken and mushrooms, and if deep enough, to be used in place of the casserole for cooking the dish
- 3-qt saucepan*, for blanching salt pork or bacon
- small bowl*, *rubber spatula*, and *wire whip*, for *beurre manié*
- hot serving dish*
- 12 to 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
- 2 Tbsp *butter*
- 1 Tbsp *good cooking oil*
- salt*, *pepper* to taste
- 4 oz *salt pork*, cut into medium dice, or *bacon* cut into *lardons*, 1/4x1 inch rectangles
- 2 Tbsp *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
- 2 Tbsp *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 to 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
- 1/2 tsp *salt*
- 1/8 tsp *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.

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)

roasting pan

roasting rack, optional

3-4 lb *chicken, fryer or roaster*

2 *lemons*

salt, freshly ground black pepper, in generous amounts

PROCEDURE

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

Rating

Difficulty: easy. Time: 20 minutes preparation.

CHICKEN STEW WITH PARSLEY DUMPLINGS

CHICK-STEWE-DUMP – chicken stew with parsley dumplings

From NYT, page 205.

INGREDIENTS (6 servings)

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

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

4 lb	<i>stewing fowl or chicken breasts, cut into serving pieces</i>
	<i>water to cover</i>
1 tsp	<i>salt</i>
1/4 tsp	<i>white pepper</i>
10	<i>black peppercorns</i>
1	<i>stalk celery, with leaves</i>
1	<i>medium carrot, scraped</i>
1	<i>medium onion, peeled</i>
1	<i>bay leaf</i>
3 Tbsp	<i>flour, or more as needed, dissolved in water</i>

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

PROCEDURE

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

Rating

Difficulty: easy Time: 1 hour

GREEN ONION BEEF WITH NAPPA CABBAGE

CHN-BEEF-CABB – beef marinated with soy sauce, wine, sesame oil, chili paste, ginger and green onions, then stir fried and served with stir-fried nappa cabbage and miso sauce

From Wintermute Photo Gallery, posted January 22, 1999: <http://mute.starweb.net/recipes.shtml>.

INGREDIENTS (4 servings)

large wok or fry pan
dish 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.

STIR-FRIED BEEF WITH BLACK BEAN SAUCE

CHN-BLKBN-BEEF – 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.

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

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.

CRÈME BRÛLÉE

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

An elegant desert.

Serve with fresh berries.

From NYT, page 594.

INGREDIENTS (6 to 8 servings)

baking dish or dishes, large enough to hold 1 qt custard, which fills an area of 40 sq. in. to a 1-1/2 inch depth of custard
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 *light brown sugar*, fresh and moist, 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 into the baking dish or dishes, filling them to a level of 1 to 1-1/2 inch. Set the dishes in a pan and surround them with 1 inch of boiling water. Set the pan in the slow oven. Bake for 35 minutes, 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 light brown sugar and dot with bits of butter (which melts and serves as a flux for melting of the sugar). Set the dish in a pan of cracked ice. Put the pan and dish under the broiler until the sugar is brown and melted, perhaps about 5 minutes. Or use a propane torch. Serve immediately, or chill again, and serve cold.

NOTES

Old dry brown sugar does not melt well, even if powdered.

Instead of the broiler, use a propane blowtorch to melt and burn the sugar.

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.

CROQUE MONSIEUR

CROQUE-MONSIEUR – *croque monsieur*, toasted ham and cheese sandwich; *croque madame*

Croque madame is a *croque monsieur* topped with a fried egg; or, in Britain and America, 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 | <i>bread</i> , large (6 inch on a side) and thick
<i>butter</i> |
| 2 slices | <i>emmental cheese</i> , large enough to cover the bread slice |
| 1 slice | <i>ham</i> , also large enough to cover the bread slice; better, several thin slices than can be overlapped |
| 2 | <i>eggs</i> , for a <i>croque madame</i> ; OPTIONAL |

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 pasty sheet, then 4 minutes at lowest level in oven, and 4 minutes at highest level.
- (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 JZR.

INGREDIENTS (4-6 servings)

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

- 2 *large cucumbers*

- 1 cup *sour cream, more if needed*

PROCEDURE

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

Rating

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

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 Wimila 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</i> , medium dice
5 cloves	<i>garlic</i> , chopped
6	<i>bay leaves</i>
2 Tbsp	<i>curry</i> , or much more, to taste
1	<i>green pepper</i> , large, in medium or large dice
	<i>juice of a half lemon</i>
2	<i>apples</i> , peeled, cored, and medium diced; optional
1 cup	<i>tomato ketchup</i> , 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>
	<i>salt</i> , to taste
	<i>curry</i> , to taste

PROCEDURE

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

NOTES

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

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

It also freezes well.

Rating

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

CURRY - II

CURRY2 – curried shrimp, chicken beef or other meat

Another flexible curry recipe.

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

INGREDIENTS (serves 2)

sauté pan

- | | |
|--------|---|
| 8 oz | <i>chicken, lamb, beef, vegetables, etc., cubed or in serving pieces</i> |
| 1 | <i>medium onion, diced</i> |
| 2 Tbsp | <i>oil or butter</i> |
| 2 oz | <i>garam masala curry paste, 1/5 of small jar of Patak's, or 2 Tbsp of curry powder</i> |
| 4 oz | <i>canned tomatoes, crushed or chopped</i> |
| 6 oz | <i>chicken stock, coconut milk, cream or water</i> |
| | <i>beurre manié, as needed to thicken sauce</i> |
| | <i>salt, pepper, to taste</i> |
| | <i>lemon juice, to taste; allow as much as that from 1 lemon</i> |

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.

CURRY - III

CURRY3 – yet another curry sauce

Sauce au currie 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)

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

PROCEDURE

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

NOTES

If the meat is chicken or beef, it should be sautéed with the onions and ham in step 1 and removed from the pan to the casserole just before the sauce is strained in step 3.

If one wants a cream sauce, replace 1 cup of the chicken stock by heavy cream, or *crème fraîche*.

Rating

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

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

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.

HOMMOS

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

As much a spread as a dip.

From Trial and Error.

INGREDIENTS (serves 4)

mixing bowl
rubber spatula

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

PROCEDURE

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

Rating

Difficulty: easy. Time: 10 minutes.

PARSLEY DUMPLINGS

DUMPLING-PARSLE – dumplings with herb seasoning

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

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 fricassée, 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.

FRIED BREADED EGGPLANT

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

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

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

From DIAT, page 364.

INGREDIENTS (One eggplant serves 3-4)

- | | |
|-------|--|
| | <i>sauté or sauce pan, for deep frying</i> |
| 3 | <i>plates or pans to hold the breading materials"</i> |
| 1 | <i>eggplant</i> |
| 1 cup | <i>flour, optionally seasoned with 2 tsp salt, 1/2 tsp pepper, 1/2 tsp ground thyme, 1/2 tsp ground bay leaf</i> |
| 2 | <i>eggs, lightly beaten and mixed with 4 Tbsp milk, 2 tsp oil, 1/2 tsp salt</i> |
| 1 cup | <i>fine unseasoned bread crumbs</i> |

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 egged 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.

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

	<i>fresh eggs</i> , number as needed, warmed to room temperature
4 Tbsp	<i>butter</i>
1 clove	<i>garlic</i> , mashed and chopped; optional
	<i>salt</i> and <i>pepper</i>

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.

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.

INGREDIENTS (cook the number needed)

skillet, 8 to 12 inches diameter, depending on number of eggs to be cooked

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. (JB suggests water to cover, approximately 1/2 inch (not enough!).) Add 1 tablespoon vinegar per quart of water. Bring to the simmer. Or bring to the boil, then take off heat.
- (2) Break an egg into a saucer. With the edge of the saucer just below the level of the water, slide the egg carefully into 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. If done off heat, after a few seconds return to the heat. Maintain the water at a 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. For a harder yolk, continue the poaching. When egg is done, place 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.
- (4) To reheat the eggs, trim off with scissors trailing bits of white, place in hot salted water for 30 seconds. Remove them with a slotted spoon. Holding a towel under the spoon, roll the egg back and forth, to drain it. Serve immediately.

NOTES

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 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.

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

Marinade and brush.

From GRILL, page 101

INGREDIENTS (4-6 servings)

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

1/3 cup *sherry*

3 Tbsp *soy sauce*

3 Tbsp *sesame oil*

2 Tbsp *fresh ginger*, minced

salt, pepper, to taste

mushrooms, eggplant, grilled as garnish

PROCEDURE

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

HERB-MUSTARD CHICKEN - chicken marinated with white wine, oil, vinegar, herbs, garlic and mustard, then grilled

Marinade 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.compucook.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.

Up the quantities of sauce by 2x and of the rub 3x.

Perhaps sauté chicken in sauce? Or heat it in sauce after grilling?

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

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

From recipe for glazed turkey tenderloins.

From GRILL, page 111.

INGREDIENTS (3-4 servings)

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

1/2 cup *seedless raspberry jam*

6 Tbsp *raspberry vinegar*

1/4 cup *Dijon mustard*

1 tsp *grated orange zest*

1/2 tsp *fresh or dried thyme*

salt,pepper, to taste

PROCEDURE

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

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

Brush only.

From GRILL, page 88.

INGREDIENTS (3-4 servings)

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

1/3 cup *orange marmalade*

2 Tbsp *soy sauce*

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

1 Tbsp *minced onion*

salt,pepper, to taste

PROCEDURE

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

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 crosswise*

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.

Marinade and brush.

From GRILL, page 206.

INGREDIENTS (4 servings)

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

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

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

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

salt,pepper, to taste

PROCEDURE

- (1) Combine the meat and marinade ingredients in a plastic bag. Rotate to distribute marinade. Refrigerate for at least 1 hour or until next day, turning the meat occasionally.
- (2) Remove meat from marinade. Reserve marinade.
- (3) Grill meat, turning once and brushing with the marinade.
- (4) Optionally, season with salt and pepper. Serve.

NOTES

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

Mild flavor, but tasty.

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

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

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

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

INGREDIENTS (for 3 lbs pork)

1-1/2 tsp	<i>salt</i>
1 tsp	<i>freshly ground pepper</i>
2 tsp	<i>ground thyme or sage</i>
1 tsp	<i>ground bay leaf</i>
1/2 tsp	<i>allspice</i>
4	<i>cloves garlic, chopped and mashed</i>
1 Tbsp	<i>dried rosemary</i>
1 tsp	<i>ground oregano</i>

PROCEDURE

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

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

Marinade 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.

HONEY-MUSTARD GLAZED HAM - ham slice brushed during grilling with a sauce of honey, mustard, vinegar and pepper

Brush only.

From GRILL, page 59

INGREDIENTS (serves 4)

1 lb	<i>center-cut ham slice</i>
2 Tbsp	each of <i>honey</i> and <i>Dijon mustard</i>
2 Tbsp	<i>cider vinegar</i>
1/4 tsp	<i>coarsely ground black pepper</i>
16	<i>small ripe figs, or 8 large, stems trimmed, halved if large; or 16 small dried figs</i>
	<i>salt,pepper, to taste</i>

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-SWIS – swiss meringue shells or mounds

From NYT, page 606.

INGREDIENTS (12 shells or mounds)

- 2 *large baking sheets*
electric mixer, with wire whip beater and with mixing bowl
buttered sheets of wax paper, to cover baking sheets
- 8 *egg whites, at room temperature.*
- 1/4 tsp *salt*
- 1/4 tsp *cream of tartar*
- 2 cups *granulated sugar*
- 1-1/2 tsp *vanilla extract*

PROCEDURE

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

NOTES

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

Good with fresh raspberries and whipped cream.

Meringue mounds are tasty in themselves as desert.

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.

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

May be used as the base for a sauce.

Rating

Difficulty: easy. Time: 20 minutes.

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 to 2 Tbsp

minced shallots or green onions; optional

1 to 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 will 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	<i>fresh mushrooms</i>
1/3 cup	<i>water</i>
1/8 tsp	<i>salt</i>
1/2 Tbsp	<i>lemon juice, to help keep mushrooms white</i>
1 Tbsp	<i>butter</i>

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.

MOULES À LA MARINIÈRE

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

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

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

INGREDIENTS (serves 2 (4 as an appetizer))

stock pot, large enough to comfortably steam 1-2 quarts of mussels

40	<i>mussels</i> , about 1-1/2 quart
1 clove	<i>garlic</i> , crushed
1/2	<i>large onion</i> , thinly sliced
2-3 sprigs	<i>parsley</i> , or twice the number of parsley stems
1 sprig	<i>thyme</i> , optional
1	<i>bay leaf</i> , optional
2 Tbsp	<i>butter</i>
1/2 tsp	<i>salt</i>
1/2 tsp	<i>pepper</i>
1 cup	<i>good white wine</i>
2 Tbsp	<i>butter</i>
1/8 tsp	<i>tabasco sauce</i>
1/2	<i>lemon</i> , juiced
1/4 cup	<i>parsley</i> , chopped

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.
- (2) Add the aromatics, butter and seasonings to the stock pot. Add the cleaned mussels on top. Moisten with the cup of white wine; if one wishes a more generous amount of cooking liquor to sop and spoon up, use two cups of wine.
- (3) Steam, covered, over high heat, until the mussels have opened, about 5 minutes. Remove the mussels and keep them warm.
- (4) Remove the bay leaf, parsley sprigs or stems, and thyme from the cooking liquor. Optionally, strain to remove the garlic and onion. Add the additional butter, and the tabasco, lemon juice, and chopped parsley to the cooking liquor. Simmer briefly.
- (5) Plate the mussels, pour the broth over them, and serve immediately. Have French bread on the table to sop up the broth. Have a bowl on the table for the shells as the mussels are eaten.

NOTES

A serving of 20 mussels, French bread, a salad following, then a desert makes a very good informal meal.

A serving of 10 mussels is an ample appetizer.

Rating

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

BROWN-BRAISED ONIONS

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

Oignons glacés à brun.

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

From JC, page 483.

INGREDIENTS (4 servings)

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

18 to 24 *peeled white onions, 1 inch in diameter, about 1-1/4 lb*

1-1/2 Tbsp *butter*

1-1/2 Tbsp *good cooking oil*

2 Tbsp *sugar*

1/2 cup *brown stock, canned beef broth, dry white wine, red wine, or water (more may be needed if skillet is large)*

salt and pepper, to taste

medium herb bouquet: 4 parsley sprigs, 1/4 tsp thyme, and 1/2 bay leaf tied in washed cheese-cloth

PROCEDURE

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

Alternatively:

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

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

NOTES

Dish may be cooked in advance and reheated for serving.

Rating

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

WHITE-BRAISED ONIONS - GLAZED ONIONS

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

Oignons glacés à blanc.

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

From JC, page 481.

INGREDIENTS (4 servings)

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

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

PROCEDURE

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

NOTES

Dish may be cooked in advance and reheated for serving.

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

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

Rating

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

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)

	<i>buttered baking dish</i>
6	<i>parsnips, peeled</i>
1/2 cup	<i>brown sugar, firmly packed</i>
1 tsp	<i>salt</i>
1/2 cup	<i>orange juice (reconstituted frozen ok)</i>
1 tsp	<i>grated orange rind</i>
1/3 cup	<i>butter</i>
	<i>hot serving platter</i>

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	<i>fettucine</i> , freshly cooked, drained, and hot
1/4 lb	<i>butter</i> , soft or melted
1 cup	<i>heavy cream</i> , warmed
3/4 cup	<i>Gruyère</i> or <i>Parmesan</i> cheese, grated
1/4 tsp	<i>freshly ground pepper</i>
	<i>salt</i> , 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.

TART PASTRY DOUGH

PASTRY-DOUGH1 – *pâte brisée à l'oeuf*, egg pastry dough for tart shells, cases, and turnovers; and other pastry doughs

This recipe produces after baking a buttery, crisp, strong shell, with a crumbly rather than a flaky consistency. The egg and butter give the strength to hold a filling unsupported.

Tart pastry dough can be used for a pie shell. However, for a flaky consistency, it is better to use basic pie pastry, with vegetable shortening as the principal fat.

From JC, page 139; JC2, page 104; LAROU, page 354.

INGREDIENTS (3 10-inch shells)

electric mixer, with flat beater head and mixing bowl
wax paper, large piece, 16 inches
plastic bag, for storage
measuring cup

3-1/2 cups *all purpose flour*, 1 lb, measured as leveled dry-measure cups of scooped unsifted flour, Preferably instant blending
 8 oz *chilled butter*, unsalted, 2 sticks
 3 oz *chilled crisco or other white vegetable shortening*, 6 Tbsp
 1 *egg*, with *ice water* to make 1 cup
 2 tsp *salt*
 1/4 tsp *sugar*
additional ice water, as needed

PROCEDURE

- (1) Sift flour into the mixing bowl. Put the egg into the measuring cup, add ice water to 1 cup volume, add salt and sugar, and blend with a fork. Chill the mixing bowl and flour, the beater head, and the measuring cup with the egg and other ingredients, for a short time in the freezer or longer in the refrigerator.
- (1) Place chilled (or frozen) butter on the waxed paper and rapidly cut each stick into 4 lengthwise strips, then cut strips into 1/4-inch pieces.
- (2) Add the butter pieces to the mixing bowl containing the flour. Add the chilled shortening, cut up into bits. Mix (KAB @stir to 2) for several minutes to cut in the butter and shortening, until the mixture looks like a very coarse meal. The butter should be in pieces less than 1/16th inch size, each coated with flour. The butter must not melt. If the butter starts to soften, refrigerate bowl, beater and mixture for 30 minutes, then continue.
- (3) With mixing (KAB @stir) pour the liquid into the flour-butter mixture over about 10 seconds. Continue beating just until the dough has absorbed the liquid and clogs the blade.
- (4) Turn the massed dough onto the waxed paper. Poke remnants off the interstices of the blade. Sprinkle iced water on any unmassed bits and press with a rubber spatula onto the rest of the dough. With lightly floured hands, press dough rapidly into a roughly-shaped cushion. Or, divide the dough into amounts suitable for the shells to be made, and form each part into a small cushion.
- (5) Wrap in wax paper, place in plastic bag, and refrigerate or freeze. The dough will keep in the refrigerator for several days, and in the freezer for several months.

NOTES

JC2 has, on pages 108-110 and reproduced on the following pages, a list of pastry dough formulas for shells and cases, to be used for entrées, sweet pastries, and pâtés.

The dough should be refrigerated for 2 hours before rolling out. The rest relaxes the gluten, so the dough will roll easily. The chilling firms the butter, giving the dough enough body for rolling. It must be kept

cold when worked, so the butter does not melt. The dough is not as sensitive to over-handling as basic pie pastry.

Rating

Difficulty: easy. *Time:* 5 minutes to accumulate the ingredients and set up for chilling. 20 minutes from start of mixing to completion of refrigeration and a bit of clean up. *Verified:* fully.

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

DESCRIPTION	USES	FORMULA
ENTRÉE PASTRIES		
1) <i>Pâte brisée ordinaire</i> Regular pastry dough with less butter than the following, therefore easier to roll and form	for general pie crusts, plain quiches, turnovers, meat mixtures	3-1/2 cups (1 lb) flour 9 oz butter 2-1/2 oz shortening 2 tsp salt 1/4 tsp sugar 1 cup iced water
2) <i>Pâte brisée fine</i> Finest pastry dough --- delicate texture, fine flavor, fragile (JC, page 139)	For fancy appetizers and tartlets, rich quiches, and the best quality of pre-baked shells	3-1/2 cups (1 lb) flour 11 oz butter 3 oz shortening 2 tsp salt 1/4 tsp sugar 1 cup iced water
3) <i>Pâte brisée à l'oeuf</i> A light, crisp dough	Especially for shells and cases molded and baked on upside-down forms, or for turnovers	3-1/2 cups (1 lb) flour 9 oz butter 2-1/2 oz shortening 2 tsp salt 1/4 tsp sugar 1 eggs plus ice water to 1 cup
SWEET PASTRIES		
1-3) <i>Pâte sucrée ordinaire, fine, and à l'oeuf</i> Any of the previous dough formulas	For the same uses	Same formulas, except use 1/8 tsp salt and 5 Tbsp sugar
4) <i>Pâte sucrée aux jaunes d'oeuf</i> Less rich than #2, finer texture than #1 and #3	For baked tarts and tartlets, and pre-baked shells	3-1/2 cups (1 lb) flour 9 oz butter 2-1/2 oz shortening 1/8 tsp salt 5 Tbsp sugar 2 egg yolks plus ice water to 1 cup
5) <i>Pâte sablée --- pâte sèche</i>		

Sweet cookie dough, crisp and buttery; the more sugar you add, the more difficult the dough is to handle

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

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 iced 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 croûte*

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 to 1-1/4 cup

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-DOUGH1

flour, for lightly coating board and dough while rolling

iced water, for effecting repairs

butter, for brushing on mold

PROCEDURE

- (1) Preheat oven to 400 F.
- (2) Butter the inside of the mold, bottom and inside sides, or of the *flan* ring and the baking pan below it.
- (3) Place the dough on the lightly floured board or marble. If the dough is hard, beat it with the rolling pin to soften it. Knead it into a fairly flat circle. It should be just malleable enough so that it can be rolled without cracking.
- (4) Lightly flour the top of the dough. Place rolling pin across center and roll pin back and forth with firm but gentle pressure to start the dough moving. Then, with a firm but even stroke, and always rolling away from you, start just below the center of the dough and roll to within an inch of the far edge. Roll it again. Lift and turn the dough. Roll several times. Continue lifting, turning, and rolling. As necessary sprinkle flour very lightly on the board and top of the dough. Roll dough into a circle 1/8th inch thick and about 2 inches larger than the diameter of the mold.

If circle is uneven, cut off a too-large portion, moisten the edge of the too-small region, press pieces of pastry together and smooth with rolling pin.

Use the dough as soon as it has been rolled out, so it will not soften.

- (5) Either roll the dough up around the rolling pin, then unroll it over the mold; or fold the dough in half and in half again, lay it over the mold and unfold it.

Press the dough lightly onto the bottom of the mold. Lift the edges of the dough and wiggle it gently into the mold, so the dough without stretching can be pressed against the bottom of the mold up to where it meets the side.

Work about 3/8 inch of the dough above the top of the mold down along the sides, to thicken and strengthen the side of the shell.

Trim off excess dough by rolling the pin over the top of the mold.

With thumbs, push dough 1/8 inch above the edge of the mold, to make an even rounded rim of dough around the *inside* circumference of the mold.

Press a decorative edge around the rim of the pastry with the dull edge of a knife.

- (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.

PEARS IN RED WINE

PEAR-RED-WINE – pears poached in red wine, sugar and cinnamon, served on apple sauce

Poires des vigneron.

A delightful formal desert.

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 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 | <i>sweet red and/or yellow bell peppers</i> |
| 4 | <i>cloves garlic</i> , mashed just enough to peel them (they are discarded after the marinating) |
| 3 Tbsp | <i>capers</i> , drained |
| | <i>salt</i> , <i>freshly ground black pepper</i> , to taste |
| | <i>oregano</i> , dried |
| | <i>olive oil</i> |
| 16 | <i>large anchovy fillets</i> , 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.

PUMPKIN PIE

PIE-PUMPKIN – 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.

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

OPTIONAL SEASONINGS:

1/2 tsp	<i>pepper</i> , or to taste
2 Tbsp	<i>butter</i>
3 oz	<i>grated Parmesan cheese</i>
2 Tbsp	<i>shallots or onions</i> , minced
1 Tbsp	<i>garlic</i> , 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.

PORK BRAISED WITH CABBAGE

PORK-BRAIS-CABB – pork marinated with salt and herbs and braised with red cabbage or sauerkraut

Porc braisé aux chou rouges.

Porc braisé 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)

	<i>pyrex dish, large enough to hold the marinating pork</i>
	<i>casserole of braising cabbage</i>
	<i>heavy large skillet</i>
	<i>hot serving platter</i>
	INGREDIENTS for salt marinade with herbs and spices, <i>marinade sèche</i> . For 3 lb pork.
3 tsp	<i>salt</i>
1/2 tsp	<i>freshly ground pepper</i>
1 tsp	<i>ground thyme or sage</i>
1/2 tsp	<i>ground bay leaf</i>
1/4 tsp	<i>allspice</i>
2	<i>cloves mashed garlic (optional)</i>
3 lb	<i>boneless roast of pork or 1 inch thick pork chops</i>

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	<i>pork chops</i> , trimmed of excess fat, and marinated with a dry rub
2 Tbsp	<i>butter</i>
1 Tbsp	<i>good cooking oil</i>
1/2 cup	<i>onions</i> , diced small
2 Tbsp	<i>butter</i>
2 Tbsp	<i>flour</i>
1 cup	<i>white</i>
1-1/2 cup	<i>brown stock</i>
1 Tbsp	<i>lemon juice</i>
1 Tbsp	<i>tomato purée</i>
1/4 tsp	<i>sugar</i>
2 Tbsp	<i>mustard</i>

salt, pepper, to taste

PROCEDURE

- (1) Season the pork chops, e.g., with a dry rub containing thyme, bay leaf, allspice, garlic, rosemary, oregano, salt and pepper. After marinating, scrape off the rub.
- (2) Over high heat, melt the butter and oil in the sauté pan, add the chops, and brown both sides. When browned, remove the chops to a 350 F oven and cook until done, about another 8 minutes for a thin chop and 15 minutes for a thick chop. Discard the cooking fat left in the pan.
- (3) Over medium-high heat, melt a fresh 2 Tbsp butter in the pan. Add the diced onions and sauté until golden. Add the flour and cook lightly for a roux.
- (4) Add the wine and reduce until nearly dry.
- (5) Add the stock and reduce until the sauce naps a spoon nicely. Instead of stock, one may add *glace de viand* (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.

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: ?

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 to 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 to 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:* ?

SAUTÉED POTATOES AND VEGETABLES

POTATO-VEG-SAUT – potatos, 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	<i>potatoes</i> , cooked and cold, diced medium or large
2 Tbsp	<i>olive oil</i>
1/2	<i>red bell pepper</i> , diced large
1/2	<i>green bell pepper</i> , diced large
1/2	<i>onion</i> , diced medium
3	<i>cloves garlic</i> , chopped
1/4 lb	<i>ham</i> , or more, diced medium
	<i>salt, pepper</i> , to taste
2	<i>tomatoes</i> , diced small
1/2 cup	<i>bread crumbs</i> , or more, depending on the surface area of the pan
	<i>spices</i> : 1/4 tsp <i>ground thyme</i> , 1/2 tsp <i>ground bay</i> , 1 Tbsp <i>chopped parsley</i>
	<i>olive oil</i> , 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-LORRAINE – *quiche lorraine*, cream and bacon quiche

Elegant 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 to 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 to 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, GOURM1, 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 À LA TOMATE, NIÇOISE

QUICHE-NICOISE – *quiche à la tomate, niçoise*, fresh tomato quiche with anchovies and olives

From JC. page 148.

INGREDIENTS (4 to 6 servings)

medium skillet, for cooking onions, tomatoes, and seasonings

electric mixer, with flat beater head and with mixing bowl

baking sheet

8 to 10 inch partially baked pastry shell (see recipe PASTRY-SHELL)

1/4 cup *minced onions*

2 Tbsp *olive oil*

2 lb *firm, ripe, red tomatoes*. peeled, seeded and juiced, then roughly chopped

1 *large clove garlic*, mashed

1/2 tsp *oregano, basil, or thyme*

1/2 tsp *salt* (perhaps omit, in view of the salt from the anchovies)

1/8 tsp *pepper*

1 *egg*

3 *egg yolks*

8 *chopped anchovy filets*

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 hurry, since this is the rate-limiting step, set skillet over a layer of ice cubes.
- (4) With the electric mixer (KAB@4 for 2 minutes) beat the egg and egg yolks for 2 minutes. Then add the chopped anchovies, oil, herbs and seasonings and continue beating (KAB@4) for 1 minute.
- (5) Gradually fold in (KAB@stir) the cooked tomato mixture. Check seasoning.
- (6) Spread tomato-egg mixture in pastry shell. Place olives over the top in a decorative design. Spread on the cheese. Dribble the tablespoon of oil over it.
- (7) Bake in upper third of preheated oven at 375 F for 25 to 30 minutes, or until the *quiche* has puffed and browned on top. Remove from oven and slip onto serving dish.

NOTES

Odd flavor, perhaps from the heavy dose of anchovies. Salty. Best use as an hors d'oeuvre, in very small servings with cocktails.

Rating

Difficulty: not uncomplicated, with more operations than for standard quiche, but each step easy. *Time:* 45 minutes.

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	<i>casserole</i>
12 inch	<i>skillet</i> , for browning chicken and sautéing rice
3-1/2 lb	<i>chicken</i> , cut into 10-12 serving pieces; breast meat only works well
	<i>salt and pepper</i> , to taste
2 tsp	<i>ground cumin</i>
1 tsp	<i>ground oregano</i>
	<i>flour</i> optional
2 Tbsp	<i>olive oil</i> , more as needed
1/2 cup	<i>onions</i> , finely chopped
1 Tbsp	<i>garlic</i> , finely chopped
1 large	<i>green pepper</i> , cored, seeded, and cut into 1-inch pieces
1/4 lb	<i>smoked ham</i> , in 1/4-inch cubes
1-1/2 cups	<i>canned crushed tomatoes</i>
4	<i>ripe plum tomatoes</i> , peeled, cut into small cubes; or 3 regular tomatoes, peeled, about 2-1/2 cups
1/2 tsp	<i>saffron threads</i>
1	<i>bay leaf</i>
3 cups	<i>chicken broth</i>
3 cups	<i>rice</i>
1 Tbsp	<i>capers</i> , drained
12	<i>green olives</i> , stuffed with pimientos
10-oz pkg	<i>frozen peas</i> , thawed
1/2 cup	<i>Parmesan cheese</i> , grated
6-1/2 oz	<i>fancy pimientos</i> , canned, cut into 8 long strips
6 oz	<i>sherry</i>
4 Tbsp	<i>fresh coriander</i> , 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	<i>casserole</i>
12 inch	<i>skillet</i>
6 inch	<i>skillet,</i> <i>bowl, to hold the rice</i>
4 cups	<i>cooked rice</i>
2 Tbsp	<i>good cooking oil</i>
2 cloves	<i>garlic, finely chopped</i>
1 cup	<i>cooked ham, chicken, barbecued pork, shrimp,, or other leftover meat</i>
1/2 cup	<i>green peas, thawed frozen</i>
1 bunch	<i>green onions, thinly sliced, or 1/2 cup onion, small dice</i>
1/2 cup	<i>cashews, sliced almonds, or piñon nuts, lightly toasted</i>
1 Tbsp	<i>good cooking oil</i>
3	<i>eggs</i>
	<i>salt and pepper</i>
1 Tbsp	<i>good cooking oil</i>
	<i>salt, to taste</i>
1 Tbsp	<i>grated lemon rind</i>
1 Tbsp	<i>parsley, chopped</i>

PROCEDURE

- (1) Rub the cooked rice with wet hands, so the grains are well separated.
- (2) In the large skillet over medium-high heat (@7), heat the oil, add the garlic and cook 30 seconds, add the ham or other meat, the vegetables and the nuts. Stir-fry until heated through, about 3 minutes. Take off heat and reserve.
- (3) In the small skillet over medium heat (@6), heat the oil. Beat the eggs. When the oil is hot, add the eggs, stir until curds begin to form, then cook until curds are firm. Take off heat and let pancake set. When cool, slice pancake into 1/3 x 1-inch lengths, and reserve.
- (4) In the casserole over medium-high heat (@7), heat the oil for the rice. When the oil is hot, add the rice, and stir-fry until heated through (perhaps some burning on the pan bottom).
- (5) Add to the casserole the ham, vegetables and nuts, from the large skillet. Mix with the rice. Add the pieces of egg pancake. Season with salt to taste. Add the grated lemon rind. Mix. Sprinkle the chopped parsley on top. Serve, with soy sauce to be passed at the table.

NOTES

Proportions can be varied, especially of the meat.

The *sautfP* may be done in the casserole, and the rice added to it.

The meat may be added with the rice, if one does not want to *sautfP* it.

Other vegetables may be used in the sauté:

1/2 lb *mushrooms, sliced*

1 *red or green bell pepper*, small dice

1 stalk *celery*, small dice

1/2 cup *water chestnuts*, canned

1/2 cup *chinese cabbage*, canned

or at the final addition with the cooked egg:

green chile, canned, diced

fresh tomatoes, diced small

Rating

Difficulty: complex but straightforward. *Time*: 1 hour preparation, 1/2 hour cooking.

RICE INDIAN STYLE

RICE-INDIAN – rice Indian style, *riz à l'indienne*

Serve with curry.

From DIAT, page 463; OLIVER, page 659.

INGREDIENTS (4 servings)

stock pot

colander

baking tray

napkin or kitchen towel

1 cup *rice*, washed thoroughly
 salted boiling water, large volume

PROCEDURE

- (1) Sprinkle the washed rice into the boiling water, cook for 15 minutes, stirring occasionally, drain in a colander, rinse with cold water.
- (2) Spread a napkin or kitchen towel on the tray, put rice on it, and wrap up. Cook in a preheated 350 F oven for 15 minutes.

Rating

Difficulty: ? Time: ?

RISOTTO - BRAISED RICE

RICE-RISOTTO – sautéed rice with 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 (or 1 Tbsp chopped parsley), 1/3 bay leaf (or 1/2 tsp ground), 1/8 tsp thyme

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. As soon as the liquid maintains itself at a very slow boil, reduce heat to 300-325 F (325 F too high). The boil should be regulated so the liquid has been absorbed by the rice in 18-20 minutes. Do not touch the rice for a total of 18 minutes. Then uncover. Tilt the casserole and lift rice with a fork to see if all liquid at bottom of casserole has evaporated. If not, 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, keep warm over boiling water, or reheat over boiling water.

NOTES

Dish goes well with most anything. Good flavor but does not dominate fish or chicken.

For the *arroz guatemalteco*, use chicken stock as the liquid, and do not sauté the onions and other vegetables, but add them uncooked to the rice and stock.

This is not an Italian risotto. A pilaf, perhaps.

Rating

Difficulty: touchy in sautéing of rice. *Time*: 10 minutes preparation time, plus 10 minutes close attention to sautéing, plus 20 to 40 minutes unattended cooking and standing time. *Verified*: fully.

THAI-STYLE RISOTTO

RICE-THAI – Thai-style risotto, rice cooked in a steamer with chicken stock, garlic, ginger and hot peppers

Excellent. Can be spicy hot, depending on choice of peppers.

From Makan Time web site, about Singapore, under Thai cooking: <http://www.sintercom.org/makan/>; the source references Muoi Khuntilanont.

INGREDIENTS (about 7 cups rice)

electric rice cooker

sauté pan

4 cups *jasmine rice*, Thai style

ca. 4 cups *good chicken stock*, enough to make up the volume needed for cooking the rice

2 Tbsp *garlic*, 4 large cloves, finely chopped

2 Tbsp *ground ginger* or 1/4 cup *fresh ginger*, finely chopped

2 Tbsp *shallots* (2 shallots) or *purple onion*, finely chopped

2 Tbsp *red prik ki nu* (birdseye or dynamite chilis), finely diced

2 Tbsp *green prik ki nu*, finely diced

1 Tbsp *cooking oil*

salt to taste, especially if the chicken stock is not salty; OPTIONAL

freshly ground black pepper to taste; OPTIONAL

pinch *saffron* or *tumeric*, for yellow color; OPTIONAL

PROCEDURE

- (1) Wash the rice, drain it, and put it in the cooker.
- (2) Stir fry the other ingredients (except the chicken stock, of course) on high heat (@10). You may want to increase the amounts of pepper and onion/shallot.
- (3) Add the stir fry to the cooker, add the stock to the mark appropriate for the rice, add the saffron or tumeric if you want to color the rice yellow, salt and pepper to taste, and turn on the cooker.
- (4) After cooking complete, let stand a few minutes, fluff up, and serve.

NOTES

If hot red peppers are not available, use red bell pepper for the color, and Jalapeño or serrano for the green.

For a cooler dish, use a red bell and an anaheim for the green.

Think about adding more pepper and onion/shallot.

Rating

Difficulty: easy. *Time:* 30 minutes.

VIETNAMESE FRIED RICE

RICE-VIETNAMESE – vietnamese fried rice, rice cooked in broth, then fried with garlic and onion, finished with soy sauce and sugar, and garnished with green onions and omelet; diced or sliced meat may be added

Possibly the best of the fried rice recipes. Simple, tasty, and adaptable.

From Makan Time web site, about Singapore, under Vietnamese cooking: <http://www.sinter-com.org/makan/>; the source references Sam Waring.

INGREDIENTS (serves 4-6)

- large sauté pan*, 12 inch or large enough to hold the rice
- small sauté pan*, for making the omelets
- 3 cups *rice*, preferably Thai; optionally washed
- 3 cups *chicken broth*, or the amount required by the rice cooker
- 3 *eggs*, lightly beaten
- 3 *scallions* or *green onions*, thinly sliced
- 1/2 *medium onion*, diced small
- 3 cloves *garlic*, finely minced
- 2 Tbsp *good cooking oil*
- 2 Tbsp *soy sauce*
- 1 Tbsp *sugar*
- 3 *green onions*, sliced on the bias in 1" sections
- OPTIONAL:
- 1/2 *green bell pepper*, diced small
- 1/2 *red bell pepper*, diced small
- OPTIONAL:
- 1-1/2 cup *meat (chicken, pork, ham)*, diced medium

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. Add the garlic and onion, and optionally the diced peppers. Cook briefly until the onion is translucent and the vegetables have softened.
- (4) Add the cold cooked rice, and mix continuously until the rice is hot. Optionally, add the diced or sliced meat at this step.
- (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.

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.

SALMON SALAD

SALAD-SALMON – salmon salad, with cucumbers, celery, onions and capers, bound with mayonnaise

Good dish for use of leftover salmon or chicken.

Can be used to stuff tomatoes, etc.

From JBAM, page 66.

INGREDIENTS (serves 4)

2 cups *flaked cold salmon*, poached or otherwise prepared; or chicken
1 cup *cucumbers*, peeled, seeded, and sliced
1/2 cup *celery*, finely cut
1/2 cup *green onions*, finely cut
1 tsp *capers*
1/4 cup *each of onions, red pepper, anaheim pepper*, or a selection of these; optional
salt, pepper to taste

ca 1 cup *mayonnaise*, the least amount needed to bind

greens, to arrange on salad plate

juice 1/2 lemon

mayonnaise, additional; as garnish

hard-boiled eggs, sliced; as garnish

ripe olives, halved and sliced; as garnish

PROCEDURE

- (1) Toss ingredients well with the mayonnaise.
- (2) Arrange salad on individual plates or on serving plate with greens. Sprinkle with lemon juice. Top with more mayonnaise. Garnish with egg and olive slices.

NOTES

Works well with chicken.

Use as filling for tomatoes.

Rating

Difficulty: easy. Time: 30 minutes.

SALMON BAKED IN WINE

SALMON-BAKE-WIN – salmon or other fish covered with seasoned bread crumbs, baked in wine

From NYT, 242.

INGREDIENTS (3 servings)

buttered baking dish, large enough to hold the steaks
mixing bowl, for the seasonings
small skillet, for tossing bread crumbs in butter
hot serving plate

2 Tbsp	<i>chopped red pepper</i>
2 Tbsp	<i>chopped onion</i>
3/4 cup	<i>sliced mushrooms</i>
2 Tbsp	<i>bread crumbs</i>
1 Tbsp	<i>butter</i>
1/2 tsp	<i>salt</i>
	<i>freshly ground black pepper</i> , to taste
3	<i>salmon steaks</i> , about 1-1/2 lb
1 cup	<i>chicken stock</i> or <i>canned chicken bouillon</i>
1/4 cup	<i>dry red</i> or <i>white wine</i>

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 crème* or *sauce suprême* (see recipe SAUCE-WHITE)

NOTES

This recipe should be useful for most any fish. The NYT cookbook is for pompano, split.

If the cooking liquid is to be made into a white sauce, optionally add before poaching, about the fish, the ingredients for making substitute white chicken stock (finely chopped carrots, onions and celery, and an herb bouquet; see recipe SAUCE-STOCK-SUB).

Rating

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

BAKED SALMON

SALMON-BAKED – salmon baked with tomatoes, onions, spices, bread crumbs and oil

Verly quick and tasty.

The flavors meld well. Although the onions dominate, the salmon taste yet manages to come through.

From <http://www.geocities.com/Yosemite/9758/osal01.htm>.

INGREDIENTS (4 servings)

shallow baking dish

1.6 lb	<i>salmon filet, skin on</i>
2 cloves	<i>garlic, chopped</i>
1 tsp	<i>dried oregano</i>
	<i>salt, pepper to taste</i>
1	<i>tomato, thinly sliced</i>
1	<i>small onion, thinly sliced</i>
2 Tbsp	<i>parsley, chopped</i>
1/4 cup	<i>dried bread crumbs</i>
1 Tbsp	<i>olive oil</i>

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

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

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 covered with a slice of smoked salmon, sautéed, and served with a *beurre blanc* sauce of shallots, sherry, cream and butter

Claude Postel is a Montreal chef, with an eponymously-named 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 Bernatchez, of the Gaspé, Quebec.

INGREDIENTS (4 servings)

	<i>sauté pan with cover</i>
	<i>sauce pan</i>
4	<i>shallots, chopped</i>
1 glass	<i>sherry, about 8 ounces</i>
1/3 lb	<i>sweet butter, 150 grams</i>
1/4 cup	<i>cream, 50 grams</i>
	<i>juice of 1/2 lemon,</i>
	<i>salt, pepper, to taste</i>
4 slices	<i>fresh Atlantic salmon, not too thick</i>
4 slices	<i>smoked salmon, thin</i>
	<i>salt, pepper, to taste</i>
	<i>butter</i>
2 tsp	<i>parsley, finely chopped</i>

PROCEDURE

- (1) In the saucepan, cook the chopped shallots 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. 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.

Additional garnishes: lemon slice, capers....

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 sautéed on the other side until done. The smoked salmon should not have direct contact with heat, which would change its flavor.

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.geocieties.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, soy sauce marinade with ginger, apple juice, vinegar and onions

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

- | | |
|-----------|--|
| 1-1/2 lb | <i>salmon steaks or salmon filets</i> |
| 1/2 cup | <i>low-sodium soy sauce</i> |
| 2 Tbsp | <i>rice vinegar or white vinegar</i> |
| 2 Tbsp | <i>garlic, chopped</i> |
| 1/4 cup | <i>fresh ginger, finely chopped, or 1 Tbsp ground ginger</i> |
| 1-1/2 cup | <i>thawed apple juice concentrate</i> |
| 1/2 cup | <i>green onions, finely chopped</i> |

PROCEDURE

- (1) Combine and blend the liquid ingredients and the garlic and ginger. This amount of marinade is generous, and can be used for a larger amount of salmon if the baking dish is not too large. After blending, stir in the green onions.
- (2) Divide the salmon into 4 6-ounce portions, of about the same height and shape (or for those with small appetites, 6 4-ounce portions).
- (3) Pour the marinade over the salmon arranged in the baking dish, and let marinate for at least 1 hour at room temperature, or up to 8 hours in refrigerator, depending on flavor desired. Turn salmon occasionally to distribute marinade evenly.
- (4) Preheat oven to 350 F, or 400 F if heavy baking dish or much liquid; when put dish in oven reduce temperature to 350 F if preheated at 400 F. Bake salmon in marinade for 8-10 minutes until the fish flakes easily. Large amounts of salmon and marinade and a heavy dish take longer, perhaps 20 minutes.

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.

- (5) Spoon some marinade over each serving. Garnish with lemon wedges or slices. Accompany with rice or a risotto, and follow with a salad.

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.

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 *saucés madère*, *au porto*, *borde laise*, 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 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 | <i>minced shallots or green onions</i> |
| 1 Tbsp | <i>butter or cooking fat</i> |
| 1 cup | <i>dry white wine or 2/3 cup dry white vermouth</i> |
| 2 cups | <i>brown sauce"</i> |
| | <i>black pepper</i> |
| | <i>Cayenne pepper</i> |
| 1 to 3 Tbsp | |
| | <i>softened butter</i> |
| 2 to 3 Tbsp | |
| | <i>fresh minced parsley or mixed green herbs</i> |

PROCEDURE

- (1) Cook the shallots or green onions slowly (@3) with the butter or cooking fat for 2 minutes without browning. Then add the wine and boil it down rapidly until reduced to 3 or 4 table-spoons.
- (2) Pour in the brown sauce and simmer for 2 minutes. Season with enough pepper to give a spicy taste.
- (3) Off heat, and just before serving, swirl butter into sauce a bit at a time.

NOTES

For *sauce piquant*, just before removing the sauce from the heat in step 2, stir in 2 tablespoons each of capers and finely chopped pickles. Simmer a moment, then off heat blend in butter and herbs.

For: roast or braised pork, pork chops, boiled or braised tongue, boiled beef, hot meat leftovers.

SAUCE ROBERT - brown mustard sauce

For: broiled chicken, or turkey, roast or braised pork, pork chops, boiled beef, hot meat leftovers, 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 to 4 Tbsp *Dijon-type prepared mustard*
- 2 to 3 Tbsp *softened butter*
- 1/8 tsp *sugar*

- 2 to 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 to 3 Tbsp
softened butter

2 to 3 Tbsp
fresh minced parsley or mixed green herbs, or tarragon

PROCEDURE

- (1) Place the wine, shallots or green onions, and the herbs in the small saucepan and boil slowly for 10 minutes, reducing the wine to 2 or 3 tablespoons. This is now an herb essence.
- (2) Strain the herb essence into the brown sauce in the large saucepan, pressing the juices out of the herbs, and simmer for 1 minutes.
- (3) Off heat, and just before serving, beat the butter into the sauce by bits, then beat in the herbs.

SAUCE CHASSEUR - brown mushroom sauce with fresh tomatoes, garlic, and herbs

For: broiled or sautéed chicken, veal, rabbit, or for egg dishes, hot meat leftovers, or pastas.

From JC, pages 75 and 368.

INGREDIENTS (2 cups)

10 to 12 inch skillet, large enough to hold all the ingredients

10 inch skillet, for sautéing the mushrooms

1/4 cup *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 corn-starch 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*

2 cups *brown sauce*

1 to 2 Tbsp *meat glaze, optional*

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

2 to 3 Tbsp
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.*

1 cup *red wine*

big pinch *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,*

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 | <i>minced shallots or green onions</i> |
| 2 Tbsp | <i>butter</i> |
| 2 cups | <i>red wine</i> |
| | <i>bouquet garni: 3 parsley sprigs, 1/2 bay leaf, 1/4 tsp thyme</i> |
| 1 | <i>clove garlic, mashed</i> |
| pinch | <i>cayenne pepper</i> |
| pinch | <i>pepper</i> |
| 2 cups | <i>brown sauce or brown stock or canned beef bouillon</i> |
| 1-1/2 Tbsp | <i>softened butter</i> |
| 1 Tbsp | <i>red currant jelly, optional</i> |
| | <i>salt and pepper</i> |
| 1 to 2 Tbsp | <i>softened butter</i> |

PROCEDURE

- (1) Sauté 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 tablespoons of butter.

GRAND MARNIER SAUCE

SAUCE-GRAND-MAR – grand marnier sauce

For soufflés and other deserts.

From NYT, page 615.

INGREDIENTS (2-1/2 cups)

saucepan

electric beater with wire whip beater and with with mixing bowl

1/2 cup	<i>milk</i>
1/2 cup	<i>heavy cream</i>
1 tsp	<i>vanilla extract or 1-inch piece of vanilla bean</i>
2	<i>egg yolks</i>
1/4 cup	<i>sugar</i>
1/2 tsp	<i>cornstarch</i>
1/2 cup	<i>heavy cream, whipped</i>
2 to 4 oz	<i>Grand Marnier</i>

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.

TOMATO SAUCE FOR PASTA

SAUCE-PASTA – tomato sauce for pasta, especially spaghetti

An easy-to-make tomato sauce, excellent for spaghetti.

Freezes well.

From HAZAN, page 154, with modifications à la Lina Careri.

INGREDIENTS (2 quarts; 12 servings)

*3 qt sauce pan
blender or food processor*

1 cup	<i>onions, chopped</i>
1/4 cup	<i>olive oil</i>
1 cup	<i>carrots, chopped</i>
1 cup	<i>celery, chopped</i>
1 qt	<i>canned tomatoes with juice, e.g., large can Progresso brand, or 2 lb fresh tomatoes, diced</i>
1 qt	<i>tomato purée, e.g., Parmalat brand Pomi (do not use paste concentrate, e.g., Contadina)</i>
1 tsp	<i>salt, and perhaps more, for enough to salt a plate of pasta per portion of sauce</i>
2 tsp	<i>ground basil, or 16 leaves fresh basil (add leaves before run through blender)</i>
1 tsp	<i>ground bay leaf</i>
1/2 tsp	<i>ground thyme</i>

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.
- (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 liquid to sauce pan. Continue cooking uncovered over low heat (@2) to blend flavors and reduce volume. 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.
- (5) During the reduction of step 4, add a goodly amount of salt and the basil (if ground) and the other spices.
- (6) Expect to use about 2 cups of sauce per 1 to 1-1/2 lbs 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 to 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 to 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 to 6 Tbsp
 softened butter
 salt and pepper to taste
- 2 to 3 Tbsp
 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 to 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 parisienne*, *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 poulette* and the sauces for fish and shellfish, *normande*, *cardinal*, *Nantua*, *Joinville*.

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	<i>canned chicken broth</i> or <i>strained clear chicken and vegetable soup</i>
3 Tbsp	<i>carrots</i> , finely minced
3 Tbsp	<i>onions</i> , finely minced
3 Tbsp	<i>celery</i> , finely minced
1/2 cup	<i>dry white wine</i> or 1/3 cup <i>dry white vermouth</i>
2	<i>sprigs parsley</i>
1/3	<i>bay leaf</i>
1/8 tsp	<i>thyme</i>

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 *gratinée* dish, 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 to 8 Tbsp

butter (1 to 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 to 2 Tbsp

softened butter, except no butter is sauce is to be used for a *gratinéed* dish

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 *gratinée*. 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 *gratinée* dish.

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 if necessary

1 to 2 Tbsp

softened butter optional

PROCEDURE

- (1) Bring the *béchamel* sauce to the simmer in the saucepan.
- (2) Add the egg yolks to the mixing bowl, beat (KAW @4) for 2 minutes. Blend in cream (KAW @2), then blend in hot liquid slowly over 1 minute. Pour mixture back into saucepan.
- (3) Bring to the boil over moderately high heat (@8), stirring constantly with a wooden spoon, reaching all over bottom of pan. Boil and stir for 1 minute.
- (4) Strain the sauce through a fine sieve to remove coagulated bits of egg white which always cling to the yolk. Rinse out the saucepan and return the sauce to it. Simmer over low heat (@1-2). Check seasoning, adding salt, pepper and drops of lemon juice to taste. If sauce is too thick, beat in more cream by the tablespoon.
- (5) If the sauce is not used immediately, clean off sides of pan, float a thin film of cream or stock over the surface. Sauce will thicken and look custardy as it cools. It will smooth out when reheated. Sauce may be frozen.
- (5) Off heat, just before serving, stir in the optional butter by bits.

SAUCE MORNAY - *béchamel* or *velouté* with cheese

For: eggs, fish, poultry, veal, vegetables, pastas, and hot hors d'oeuvres.

If the sauce is to be use in a *gratinée*, use the minimum amount of cheese land 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 | <i>medium béchamel</i> or <i>velouté</i> (3 Tbsp flour, 2-1/2 Tbsp butter, 2 cups liquid) |
| 1/4-1/2 cup | <i>coarsely grated Swiss cheese</i> , or a combination of <i>coarsely grated Swiss</i> and <i>finely grated Parmesan</i> |
| | <i>salt and pepper</i> |
| pinch | <i>nutmeg</i> |
| pinch | <i>cayenne pepper</i> , optional |
| 1 to 2 Tbsp | <i>softened butter</i> , 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 to 6 Tbsp

cooked fresh tomato purée or *tomato paste*

1 to 2 Tbsp

softened butter

1 to 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 to 3 Tbsp

curry powder

4 Tbsp *flour*

2 cups *boiling milk, white stock, or fish stock*

4 to 6 Tbsp

whipping cream

salt and pepper

lemon juice

1 to 2 Tbsp

softened butter

2 to 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 are 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 to
 salt and pepper

pinch nutmeg

1 to 2 Tbsp
 softened butter, except no butter if dish is 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 pur'e 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 to 2 Tbsp

lemon juice

4 to 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 fat or butter in the casserole at medium heat, browning it. Add the carrots and onions, and cook slowly (@3) in the casserole, covered, for 10 minutes without browning.
- (5) 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-BORDELAI – 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	<i>butter</i>
1	<i>carrot, finely chopped</i>
1	<i>onion, finely chopped</i>
2	<i>shallots, finely chopped</i>
1 sprig	<i>parsley</i>
1 clove	<i>garlic, crushed</i>
pinch	<i>ground thyme</i>
1/4 tsp	<i>ground bay leaf</i>

2 lbs	<i>shrimp with shells, or 1-1/2 lbs shelled shrimp, tail on ok</i>
1/4 cup	<i>cognac</i>
1/2 cup	<i>white wine</i>
	<i>salt, black pepper, cayenne pepper, to taste (perhaps 1/2 tsp salt, and large pinches of the peppers)</i>

beurre manié, 1 tsp each of butter and flour; or a liason 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 liason 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-FLAMBEE – 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*
 salt, white pepper, to taste
dash *nutmeg*; optional

1/2 cup *crème fraîche*
1 Tbsp *parsley*, chopped; optional

PROCEDURE

- (1) Sauté in the olive oil and butter, first the shallots, if used, then add the shrimp and cook briefly, until they turn color.
- (2) Sprinkle with the Armagnac and flame.
- (3) Season with the salt, white pepper, and optionally the nutmeg. Simmer over the lowest possible heat until shrimp just cooked; this is only a few moments.
- (4) Sprinkle with the crème fraîche, bring to the boil, and cook over high heat for a few moments, shaking the pan to blend the juices.
- (5) Add the parsley to the pan, mix, and serve immediately, accompanied by white rice or a risotto.

NOTES

For a thicker sauce, before step 5, reserve the shrimp warm, reduce the sauce to the desired thickness, then either return the shrimp to the pan and finish, or plate the shrimp and coat with the finished sauce.

Crème fraîche 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) 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.

Rating

Difficulty: easy. Time: 45 minutes.

MARGARITA SHRIMP

SHRIMP-MARGRITA – margarita shrimp, shrimp sautéed in olive oil, then simmered in a margarita sauce

Jonathan's Tucson Cork's Margarita Shrimp.

Different, even odd. Also quick, once the sauce base has been made.

From Tucson Citizen, 5/20/1998, Taste section.

INGREDIENTS (2-3 servings)

sauté pan

25	<i>31-40 shrimp, about 3/4 pound shelled and cleaned, tail on ok</i>
1 Tbsp	<i>shallots, chopped</i>
1/2 Tbsp	<i>olive oil</i>
3/4 cup	<i>sauce base</i>
3/4 cup	<i>tequila</i>
dash	<i>pepper</i>
	<i>salt, if not served in salt-rimmed glass</i>
1 tsp	<i>parsley, chopped</i>
1/2 Tbsp	<i>cornstarch in 1 Tbsp water</i>

SAUCE BASE

1/4 cup	<i>carmelized sugar</i>
1/3 cup	<i>triple sec</i>
1/4 cup	<i>Cointreau</i>
1/c cup	<i>lime juice</i>

PROCEDURE

- (1) Prepare the sauce base: combine the hot carmelized 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 | <i>large heavy skillets</i> , sufficient to hold all the filets |
| 1 | <i>small skillet or saucepan</i> , to prepare the brown or black butter |
| 2 | <i>large dishes</i> , for flouring the filets |
| | <i>piece of wax paper</i> , for holding the floured filets |
| | <i>hot serving platter</i> |
| 4 or more | <i>filets</i> , 1-1/4 to 1-1/2 lb of fish; trim the edges as needed |
| 1/2 cup | <i>milk</i> |
| 1 cup | <i>flour</i> |
| 1 tsp | <i>salt</i> |
| 1/4 tsp | <i>white pepper</i> |
| 1/4 tsp | <i>thyme</i> |
| 8 Tbsp | <i>oil</i> (clarified butter, good cooking oil, or half butter and half oil); use less oil if filets nearly fill skillet |
| 4 Tbsp | <i>butter or clarified butter</i> |
| 1 Tbsp | <i>lemon juice</i> |
| 2 Tbsp | <i>minced parsley</i> |
| pinch | <i>salt and pepper</i> |

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 overcook. The fish should *not* be dry and flaky.
- (4) Place a cover over the dish and drain out all cooking liquid into saucepan. Be careful not to break apart the filets. The fish may be kept warm for a few minutes over hot but not simmering water. Or, set it aside, covered with its wax paper, and reheat later for a few minutes over simmering water. Be sure fish does not overcook as it reheats. Before saucing, drain off any liquid which may have accumulated in the dish.

NOTES

Saucing recipes are given on following pages, for:

filets de poisson Bercy aux champignons

filets de poisson gratinés, 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 gratinés, 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 dribbles of the hot sauce until a cup has been added. Beat in the rest in a thin stream. Return the sauce to the pan. Set over moderately high heat (@8). Stir with a wooden spoon, reaching all over the bottom of the pan, until the sauce comes to the boil. Boil and stir for 1 minute. Thin out with additional spoonfuls of cream, until the sauce coats the spoon nicely. Season carefully to taste with salt, pepper, and drops of lemon juice. Strain.
- (5) Spoon the sauce over the fish. Sprinkle with cheese. Dot with butter. If not to be served immediately, set aside.
- (6) Just before serving, reheat slowly almost to simmer on stove top. Run under hot broiler to brown the top of sauce.

SOUFFLÉ AU GRAND MARNIER

SOUFFLE-GRAND-M – desert 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 | <i>soufflé mold</i> |
| | <i>electric mixer</i> , with whip mixing head and separate mixing bowls for yolks and whites |
| | <i>wire balloon whip</i> |
| | <i>wide rubber spatula</i> , for folding in egg whites |
| 6 | <i>eggs</i> , at room temperature. |
| 3 Tbsp | <i>butter</i> |
| 3 Tbsp | <i>flour</i> |
| 3/4 cup | <i>milk</i> |
| 3 Tbsp | <i>orange marmalade</i> |
| | <i>butter</i> and <i>granulated sugar</i> , for preparation of soufflé mold |
| pinch | <i>salt</i> |
| 1/4 tsp | <i>cream of tartar</i> |
| 1 Tbsp | <i>granulated sugar</i> |
| 6 | <i>egg whites</i> , beaten until stiff with salt, sugar, and cream of tartar added |
| 4 | <i>egg yolks</i> , lightly beaten |
| 1/4 cup | <i>Grand Marnier</i> |
| | <i>powdered sugar</i> |

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.

Rating

Difficulty: Care required, but success nearly certain. *Time:* 30 minutes preparation time. *Verified:* fully.

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*

1/2 tsp *salt*

1/4 tsp *pepper*

1-1/2 Tbsp *minced shallots or green onions*

1 Tbsp *butter*

1-1/4 cup *chopped blanched spinach or chopped frozen spinach, which takes several minutes more cooking*

1/2 tsp *salt*

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) 6 egg whites into one beater mixing bowl, 4 yolks into another, and 2 yolks to where ever.
- (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. Fold 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 the cored of 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 1-1/4 cup of cooked vegetables, finely diced or puréed, such as mushrooms, broccoli, artichoke hearts, or asparagus tips.

GAZPACHO SOUP - I

SOUP-GAZPACHO1 – gazpacho soup

A cold soup, thick enough to be the main element of a light meal, fresh enough to be particularly suitable for hot summer weather.

From JZR.

INGREDIENTS (4 servings)

blender or food processor

1	<i>clove garlic</i>
1/2	<i>small onion, diced</i>
1/2	<i>green pepper, seeded and sliced</i>
3	<i>ripe tomatoes, quartered</i>
1	<i>small cucumber, peeled and seeded</i>
1 tsp	<i>salt</i>
1/4 tsp	<i>pepper</i>
2 Tbsp	<i>olive oil</i>
3 Tbsp	<i>wine vinegar</i>
1/2 cup	<i>ice water</i>

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	<i>garlic</i>
1	<i>green bell pepper, seeded and cut in 1 inch pieces</i>
2	<i>red bell pepper, seeded and cut in 1 inch pieces</i>
1	<i>yellow bell pepper, seeded and cut in 1 inch pieces</i>
2	<i>cucumbers, halved, seeded and cut in 1 inch pieces</i>
5	<i>tomatoes, halved, seeded, and cut in 1 inch pieces</i>

1 cup	<i>V-8 juice</i>
1/3 cup	<i>olive oil</i>
1/3 cup	<i>rice wine vinegar</i>

1/2 tsp	<i>pepper, or to taste</i>
1/8 tsp	<i>salt, or to taste</i>
1/3 cup	<i>cilantro, chopped</i>
2 Tbsp	<i>parsley, chopped</i>

GARNISHES:

2 cups	<i>croutons, optionally seasoned with ground clove or other spice</i>
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3 Tbsp	<i>chives, about 1/4 cup in 1/2-inch sections, and several spears per serving.</i> <i>each of red bell pepper, green bell pepper, red onion; all diced brunoise</i>
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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 desert.

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.

LEEK AND POTATO SOUP

SOUP-LEEK-POTAT – leek and potato soup

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 to 4 cups *potatoes, or 1 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 Tbsp *salt*

4 to 6 Tbsp
 whipping cream or 2 to 3 Tbsp softened butter

2 to 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. 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, peas, string beans, okra, or zucchini.

To be heated in the soup just before serving:

diced, cooked leftovers of any of above vegetables;
tomatoes, peeled, seeded, juiced, and diced.

Rating

Difficulty: easy. Time: 30 minutes.

LENTIL SOUP

SOUP-LENTIL – lentil soup

A heavy, rich soup, suitable for a dinner main course, as well as for a luncheon or supper.

Optionally, garnish with ketchup, passed at the table.

From JZR.

INGREDIENTS (8 servings)

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 10-16 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. 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.

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.

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.

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	<i>heavy-bottomed saucepan or casserole</i> <i>soup tureen</i> ; optional and in any case not needed if soup cooked in a casserole
2 or 3	<i>sweet onions</i> , thinly sliced, at least 2-1/2 cups, 4 cups better
3 Tbsp	<i>butter</i>
1/2 tsp	<i>salt</i> (omit if use canned beef consommé with high salt content)
3 Tbsp	<i>sugar</i> , to help caramelize the onions
3 Tbsp	<i>flour</i>
1-1/2 qt	<i>beef consommé with gelatin or brown stock</i>
1 cup	<i>dry white wine or dry white vermouth</i> <i>salt and pepper</i> to taste
2 Tbsp	<i>Cognac or calvados</i>
6-8 slices	<i>French bread</i> , 3/4 to 1-inch slices toasted, or <i>rye bread</i> , sliced thin and toasted <i>olive oil</i>
1 cup	<i>Parmesan or Swiss cheese</i> , grated
2 oz	<i>Swiss cheese</i> , cut in very thin slivers; optional
1 Tbsp	<i>grated raw onion</i> ; optional

PROCEDURE

- (1) Cook onions slowly with the butter, @4, covered, for 15 minutes.
- (2) Uncover, turn heat to moderate, @5, add salt and sugar. Cook for 30-40 minutes, stirring often, until onions are an even, deep, golden brown.
- (3) Sprinkle in the flour and stir for 3 minutes.
- (4) Turn heat down, to @2-3, stir in the boiling beef consommé or stock and the wine, and season to taste. Simmer partially covered for 30 minutes or longer, skimming if necessary. Correct seasoning. At this point the soup can be set aside until ready to serve, at which time reheat to the simmer.
- (5) Before serving, add the Cognac or calvados.
- (6a) Pour soup into the tureen or directly into soup cups over the rounds of bread, the *croûtes*. Pass the cheese separately.
- (6b) For *croûtes au fromage*: spread the toasted rounds with grated cheese and sprinkle with olive oil; brown under a hot broiler; then pour soup into the tureen or directly into soup cups over the rounds of bread.
- (6c) For *soupe à l'oignon gratinée*: heat the oven to 325 F; with the soup at the boil, stir in the slivered cheese and grated onion; pour soup into tureen or soup pots; float rounds of toast on top of the soup, spread grated cheese over them, sprinkle with oil or butter, and bake for 20 minutes at 325 F; set for several minutes under broiler to brown the top slightly; serve immediately.

NOTES

To make the toasted rounds, place the bread in a pan and bake in a 325 F pre-heated oven for about 30 minutes, until dry and lightly browned. Halfway through the baking, baste each side with olive oil. Rub each piece with garlic after baking.

Rating

Difficulty: easy. *Time:* 2-1/2 hours, much of time with only partial attention to the simmering.

VICHYSSOISE

SOUP-VICHYSSOIS – *vichyssoise*, 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

3 cups *potatoes, peeled and sliced*

3 cups *white of leeks, sliced*

1-1/2 qt *white stock, chicken stock or canned chicken broth*
salt to taste

1/2-1 cup *whipping cream*
salt and white pepper

2 to 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: ?

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.

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. Preheat the broiler. When broiler hot, preheat the broiler rack.
- (3) Grease the hot broiler rack with oil. Place the steak on the rack and brush top with oil. Broil on one side for 5 minutes. Turn the meat. Brush top with oil. Broil second side for 5 minutes. If unsure of doneness, test by making a small deep cut. If not done, cook a bit more on each side. This is not recommended. It is better to turn steak only once.
- (4) Slice steak thinly, diagonally across the grain (knife blade almost level with the top of the meat). This cuts the across the tough fibers and makes the flank steak seem tender. Serve sauced with melted butter.

NOTES

For a well-done piece of sirloin steak, do not just cook a thick steak longer, because the top will char. Better to use a thinner cut to start.

Instead of melted butter, use another sauce: bearnaise, robert, bordelaise, madeira, 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: ?

CHICKEN STOCK

STOCK-CHICKEN – white chicken stock

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 (1-1.5 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>
1-3/4 qt	<i>water</i>
1	<i>carrot, sliced crudely</i>
1/2	<i>onion, sliced crudely</i>
1	<i>leek, sliced crudely</i>
1	<i>stalk celery, sliced crudely</i>
	<i>bouquet garni: parsley, thyme, bay leaf</i>

PROCEDURE

- (1) Combine ingredients. Simmer 3-1/2 hours. 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.

STOCK SUBSTITUTES

STOCK-SUBSTITUT – substitutes for a brown stock, a white chicken stock, and a fish stock

Described below are replacements for a brown meat stock, based on canned beef bouillon, for a white chicken stock, based on canned chicken broth, and for a fish stock, based on bottled clam juice.

From JC, page 106; LAROU, page 934.

SUBSTITUTE BROWN STOCK - brown stock from canned beef bouillon

From JC, page 67.

INGREDIENTS (2 cups)

saucepan

2 cups	<i>canned beef bouillon</i>
3 Tbsp	<i>carrots, finely minced</i>
3 Tbsp	<i>onions, finely minced</i>
1 Tbsp	<i>celery, finely minced</i>
1/2 cup	<i>red wine, dry white wine, or dry white vermouth</i>
2	<i>sprigs parsley</i>
1/3	<i>bay leaf</i>
1/8 tsp	<i>thyme</i>
2	<i>cloves, optional</i>
4	<i>black peppercorns, optional</i>
1 Tbsp	<i>tomato paste, optional</i>

PROCEDURE

- (1) Simmer the canned bouillon with the rest of the ingredients for 20 to 30 minutes. Season to taste, strain through a fine sieve, and the stock substitute is ready to be used for a sauce.

SUBSTITUTE WHITE CHICKEN STOCK - white chicken stock from canned chicken broth

From JC, page 57.

INGREDIENTS (2 cups)*saucepan*

2 cups	<i>canned chicken broth or strained clear chicken and vegetable soup</i>
3 Tbsp	<i>carrots, finely minced</i>
3 Tbsp	<i>onions, finely minced</i>
3 Tbsp	<i>celery, finely minced</i>
1/2 cup	<i>dry white wine or 1/3 cup dry white vermouth</i>
2	<i>sprigs parsley</i>
1/3	<i>bay leaf</i>
1/8 tsp	<i>thyme</i>
2	<i>cloves, optional</i>
4	<i>black peppercorns, optional</i>

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	<i>bottled clam juice</i>
1 cup	<i>water</i>
1 cup	<i>dry white wine or 2/3 cup dry white vermouth</i>
1	<i>onion, thinly sliced</i>
3 Tbsp	<i>carrots, finely minced</i>
3 Tbsp	<i>celery, finely minced</i>
6	<i>parsley stems</i>
1/3	<i>bay leaf</i>
2	<i>cloves, optional</i>
4	<i>black peppercorns, optional</i>
1/4 cup	<i>fresh mushroom stems, optional</i>

PROCEDURE

- (1) Simmer all ingredients for 30 minutes, allowing the liquid to reduce to about 2 cups. Season to taste. Strain through a fine sieve. Clam juice is salty. If the stock is very salty, use diluted.

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.

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, or if large, slice it thickly. Press the halves to extract the seeds. Season with salt and pepper.
- (2) Heat butter in the sauté pan over medium-high heat. Cook the tomato halves until the top is slightly soft. 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 *finer 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 | <i>tomatoes, firm, ripe, about 3 inches in diameter</i> |
| | <i>salt and pepper</i> |
| 1 to 2 | <i>cloves of garlic, mashed</i> |
| 3 Tbsp | <i>minced shallots or green onions</i> |
| 4 Tbsp | <i>minced herbs: fresh basil and parsley, or parsley only</i> |
| 1/8 tsp | <i>thyme</i> |
| 1/4 tsp | <i>salt</i> |
| big pinch | <i>pepper</i> |
| 1/4 cup | <i>olive oil</i> |
| 1/2 cup | <i>fine, white, dry bread crumbs</i> |

PROCEDURE

- (1) Preheat oven to 400 F.
- (2) Remove the stems from the tomatoes. Cut them in half crosswise. Gently press and shake out the juice and seeds. Sprinkle the halves lightly with salt and pepper.
- (3) Blend all ingredients of the stuffing in a mixing bowl. Correct seasoning. Fill each tomato with its proportion of the mixture (several spoonfuls). Sprinkle each tomato with a few drops of olive oil. Arrange the tomatoes in the buttered baking pan; do not crowd them. The dish may be prepared ahead to this point.
- (4) Shortly before ready to serve, place dish in the upper third of the preheated oven and bake for 20 to 30 minutes, or until the tomatoes are tender but hold their shape, and the filling has browned lightly. To brown, at the end it may be necessary to place under the broiler for a few minutes.

NOTES

The amount of stuffing per tomato is double that suggested in the original recipe. If you want to be light on the stuffing, use six tomatoes instead of three for the amount of other ingredients given.

Rating

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

WAFFLES AND PANCAKES

WAFFLE-PANCAKE – sweet milk waffles and pancakes

From JB, page 67.

INGREDIENTS (recipe makes 3 waffles)

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 *pancake griddle* or *sauté pan*

2 cups *sifted flour* (or use 2 cups unsifted)

3/4 tsp *salt*

2-1/2 tsp *double-acting baking powder*

1/4 cup *butter*

2 *eggs*, at room temperature

1-1/2 cups *milk*

1/3 cup *sugar*

1 tsp *vanilla extract*

butter, *warm maple syrup*, and *sugar*

PROCEDURE

- (1) Sift, or just measure without sifting, the flour, salt, and baking powder into a bowl.
- (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 with the eggs, KAB@2, the milk, and then the sugar and vanilla.
- (5) Gradually mix in the dry ingredients, KAB@2, and blend until smooth. Finally mix in the melted butter.
- (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. Have butter, warm maple syrup, and sugar on table.
- (6b) Similarly for pancakes. Heat pan over medium-high heat (@7.5) for quick cooking of pancake, or use slightly lower heat (@6) to ensure lighter color of pancake.

Rating

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

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1	INTRODUCTION - introduction: abbreviations, software, and copyright	INTRODUCTION
3	BOILED ARTICHOKEs - whole boiled artichokes, hot or cold	ARTICHOKE-BOIL
4	BANANES FLAMBÉE - bananes flambée, bananas sautéed in butter, with sugar, spices, orange and rum	BANANA-FLAMBEE
5	BLACK BEANS WITH PEPPERS - black beans, with sautéed onions, garlic, and red and green peppers, and sherry	BEAN-BLACK-PEPP
6	GREEN BEANS - buttered green beans, optionally with lemon juice and parsley, or with <i>fines herbes</i> , or with garlic and parsley, or with tomato sauce and parsley, or with bacon, shallots and mushrooms	BEAN-GREEN-SAUT
12	BOEUF À LA BOURGUIGNONNE - beef stew in red wine, with bacon, onions and mushrooms	BEEF-BOURGUIGNON
14	CORNED BEEF HASH - I - corned beef hash, ingredients ground and baked	BEEF-CRND-HASH1
15	CORNED BEEF HASH - II - corned beef hash, ingredients chopped and pan fried	BEEF-CRND-HASH2
16	CARBONNADES DE BOEUF À LA FLAMANDE - I - <i>carbonnades de boeuf à la flamande</i> , slices of beef and onions braised in beer	BEEF-FLAMANDE1
18	CARBONNADES DE BOEUF À LA FLAMANDE - II - <i>carbonnades de boeuf à la flamande</i> , slices of beef and onions braised in beer	BEEF-FLAMANDE2
20	GROUND BEEF HAMBURGERS - ground beef hamburgers with onions and herbs, sautéed or grilled	BEEF-HAMBURGER
22	BEEF STEW WITH VEGETABLES AND DUMPLINGS - beef stew with vegetables and dumplings	BEEF-STEW-DUMPL
24	BAKING POWDER BISCUITS - baking powder biscuits	BISCUIT-QUICK
25	TEA SCONES - tea scones	BISCUIT-SCONE
26	BRAISED RED CABBAGE - braised red cabbage with red wine and chestnuts	CABBAGE-RED-BRA
28	ANGEL FOOD CAKE - angel food cake	CAKE-ANGEL
29	BREAST OF CHICKEN WITH CREAM - chicken breasts, <i>suprêmes</i> , poached in butter, with a cream sauce, <i>à blanc</i>	CHICK-BRST-CREA
32	CHICKEN BREASTS SAUTÉED IN BUTTER - chicken breasts, <i>suprêmes</i> , sautéed in butter, with brown butter sauce, <i>à brun</i>	CHICK-BRST-SAUT

34	CHICKEN FRANCESE - chicken breasts in a light batter, sautéed, with an herb and lemon wine sauce	CHICK-FRANCESE
35	CHICKEN FRICASSEE - old-fashioned chicken fricassee with wine-flavored cream sauce, onion, and mushrooms	CHICK-FRICASSEE
38	GINGER CHICKEN - chicken stir-fried in ginger, with peppers, onions, mushrooms, and sauce	CHICK-GINGER
39	CHICKEN MARENGO - I - chicken <i>marengo</i> , chicken sautéed then braised with wine, cognac, garlic, tomatoes and mushrooms	CHICK-MARENGO1
41	CHICKEN MARENGO - II - chicken Marengo, chicken sautéed then braised with wine, cognac, garlic, tomatoes and mushrooms	CHICK-MARENGO2
43	QUICK CHICKEN FRICASSEE - chicken fricassee; chicken sautéed in butter, cooked in wine and stock with mushrooms, onions and spices, then bound with egg yolks	CHICK-MINUTE
44	OVEN-BROILED CHICKEN - chicken baked at high oven temperature	CHICK-OVEN-BROI
45	COQ AU VIN - I - <i>coq au vin</i> , chicken in red wine with onions, mushrooms and bacon	CHICK-RED-WINE1
47	COQ AU VIN - II - <i>coq au vin</i> , chicken in red wine with onions, mushrooms and bacon	CHICK-RED-WINE2
50	COQ AU VIN - III - <i>coq au vin</i> , chicken in red wine with onions, mushrooms and bacon	CHICK-RED-WINE3
52	ROAST CHICKEN WITH LEMONS - roast chicken stuffed with lemons	CHICK-ROAST-LEM
53	CHICKEN STEW WITH PARSLEY DUMPLINGS - chicken stew with parsley dumplings	CHICK-STEWE-DUMP
54	CHICKEN SAUTÉED WITH VANILLA - chicken sautéed with vanilla, onions and spices, with a vanilla cream sauce	CHICK-VANILLA
55	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	CHN-BEEF-CABB
57	STIR-FRIED BEEF WITH BLACK BEAN SAUCE - beef slices stir-fried with black bean sauce, garlic, onion, red pepper and green pepper	CHN-BLKBN-BEEF
58	CRÈME CHANTILLY - <i>crème chantilly</i> , whipped cream with sugar, flavored with vanilla	CREAM-WHIPPED
59	CRÈME BRÛLÉE - <i>crème brûlée</i> , custard glazed with caramelized brown sugar	CREME-BRULEE
60	CROQUE MONSIEUR	CROQUE-MONSIEUR

	- <i>croque monsieur</i> , toasted ham and cheese sandwich; <i>croque madame</i>	
61	SOUR CREAM CUCUMBERS - sliced cucumbers with sour cream, vinegar, and sugar	CUCUMBER-SOUR
62	CURRY - I - curried shrimp, chicken, beef or other meat	CURRY1
64	CURRY - II - curried shrimp, chicken beef or other meat	CURRY2
65	CURRY - III - yet another curry sauce	CURRY3
67	AVOCADO DIP - avocado mashed and seasoned with salsa, lemon juice, salt and pepper	DIP-AVOCADO
68	HOMMOS - hommos, ground chick peas with garlic, lemon juice, and olive oil	DIP-HOMMOS
69	PARSLEY DUMPLINGS - dumplings with herb seasoning	DUMPLING-PARSLE
70	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
71	FRIED EGGS - eggs fried in garlic butter	EGGS-FRIED
72	POACHED EGGS - poached eggs	EGGS-POACHED
73	SCRAMBLED EGGS - scrambled eggs	EGGS-SCRAMBLED
74	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
86	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
93	SWISS MERINGUES - swiss meringue shells or mounds	MERINGUE-SWIS
94	DUXELLES - <i>duxelles</i> , finely chopped mushrooms, shallot, onion and spices, sautéed in butter to dryness, used for stuffings, garnishes or sauces	MUSHROOM-DUXELL
95	SAUTÉED MUSHROOMS - I	MUSHROOMS-SAUT1

	- mushrooms sautéed in butter	
96	SAUTÉED MUSHROOMS - II - mushrooms sautéed with olive oil, garlic, and lemon juice	MUSHROOMS-SAUT2
97	STEWED MUSHROOMS - mushrooms stewed in lemon juice and butter	MUSHROOMS-STEW
98	MOULES À LA MARINIÈRE - moules à la marinière, mussels steamed with garlic, onions and parsley, and served in the cooking liquor	MUSSEL-MARINIER
99	BROWN-BRAISED ONIONS - small white onions sautéed in butter, then braised in stock and herbs	ONIONS-BRAIS-BR
100	WHITE-BRAISED ONIONS - GLAZED ONIONS - small white onions braised in butter, stock and herbs	ONIONS-BRAIS-WH
101	CANDIED PARSNIPS - candied parsnips, baked with brown sugar, orange juice, and butter	PARSNIPS-CANDIE
102	FETTUCINE ALFREDO - pasta with butter, cream and cheese sauce	PASTA-ALFREDO
103	TART PASTRY DOUGH - <i>pâte brisée à l'oeuf</i> , egg pastry dough for tart shells, cases, and turnovers; and other pastry doughs	PASTRY-DOUGH1
107	PIE DOUGH - dough for pie crusts	PASTRY-DOUGH2
108	PASTRY SHELL FOR TARTS - partly or fully baked pastry shell for a tart or <i>quiche</i>	PASTRY-SHELL
110	PEARS IN RED WINE - pears poached in red wine, sugar and cinnamon, served on apple sauce	PEAR-RED-WINE
111	ROASTED BELL PEPPERS - roasted sweet red and/or yellow bell peppers, in olive oil with salt and spices	PEPPER-ROASTED
112	PUMPKIN PIE - pumpkin pie	PIE-PUMPKIN
113	POLENTA - polenta, optionally with seasonings such as garlic and onions, or cooked with stock, or finished with cheese	POLENTA
115	PORK BRAISED WITH CABBAGE - pork marinated with salt and herbs and braised with red cabbage or sauerkraut	PORK-BRAIS-CABB
116	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
117	BAKED POTATOES - baked Idaho potatoes, baked sweet potatoes, or baked yams	POTATO-BAKED

118	GARLIC MASHED POTATOES - mashed potatoes beaten with garlic sauce and cream	POTATO-GARLIC
120	SAUTÉED POTATOES AND VEGETABLES - potatos, garlic, onions, and peppers, sautéed with ham, topped with chopped tomatoes and bread crumbs	POTATO-VEG-SAUT
121	QUICHE LORRAINE - <i>quiche lorraine</i> , cream and bacon quiche	QUICHE-LORRAINE
122	QUICHE À LA TOMATE, NIÇOISE - <i>quiche à la tomate, niçoise</i> , fresh tomato quiche with anchovies and olives	QUICHE-NICOISE
124	ARROZ CON POLLO - chicken with rice, a Latin-American pilaf of chicken, various vegetables, tomatoes, olives and spices	RICE-CHICKEN
126	FRIED RICE - fried rice, with meat, onions, peas, nuts and garnishes	RICE-FRIED
128	RICE INDIAN STYLE - rice Indian style, <i>riz à l'indienne</i>	RICE-INDIAN
129	RISOTTO - BRAISED RICE - sautéed rice with vegetables, braised in seasoned liquid; risotto; pilaf; <i>arroz guatemalteco</i>	RICE-RISOTTO
131	THAI-STYLE RISOTTO - Thai-style risotto, rice cooked in a steamer with chicken stock, garlic, ginger and hot peppers	RICE-THAI
132	VIETNAMESE FRIED RICE - vietnamese fried rice, rice cooked in broth, then fried with garlic and onion, finished with soy sauce and sugar, and garnished with green onions and omelet; diced or sliced meat may be added	RICE-VIETNAMESE
134	SALMON SALAD - salmon salad, with cucumbers, celery, onions and capers, bound with mayonnaise	SALAD-SALMON
135	SALMON BAKED IN WINE - salmon or other fish covered with seasoned bread crumbs, baked in wine	SALMON-BAKE-WIN
136	BAKED SALMON - salmon baked with tomatoes, onions, spices, bread crumbs and oil	SALMON-BAKED
137	BROILED SALMON - broiled salmon with parsley butter	SALMON-BROILED
138	SALMON CLAUDE POSTEL - <i>saumon Claude Postel</i> , salmon covered with a slice of smoked salmon, sautéed, and served with a <i>beurre blanc</i> sauce of shallots, sherry, cream and butter	SALMON-CLAUDE-P
139	PAUPIETTES OF SALMON - paupiettes of salmon, stuffed with duxelles and carrot and leek julienne, poached in raspberry wine and sauced with a raspberry cream	SALMON-PAUPIETT
141	SALMON TERIYAKI - salmon teriyaki, soy sauce marinade with ginger, apple juice, vinegar and onions	SALMON-TERIYAKI

142	VARIOUS BROWN SAUCES - brown sauces: <i>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</i>	SAUCE-BROWN
152	GRAND MARNIER SAUCE - grand marnier sauce	SAUCE-GRAND-MAR
153	TOMATO SAUCE FOR PASTA - tomato sauce for pasta, especially spaghetti	SAUCE-PASTA
154	SAUCES FOR STEAK OR HAMBURGER - sauces made from pan juices for pan-broiled (sautéed) steak or hamburger	SAUCE-STEAK
156	VARIOUS WHITE SAUCES - white sauces: <i>sauce béchamel, sauce velouté, sauce suprême, sauce parisienne, sauce mornay, sauce aurore, sauce au cari, sauce soubise, sauce bâtarde</i>	SAUCE-WHITE
166	CHOUCROUTE BRAISÉE À L'ALSACIENNE - <i>choucroute braisée à l'alsacienne</i> , sauerkraut braised with wine, stock, aromatic vegetables and spices	SAUERKRAUT-BRAS
168	SHRIMP BORDELAISE - shrimp bordelaise, shrimp cooked in a <i>mirepoix</i> , with cognac and white wine	SHRIMP-BORDELA
169	SHRIMP FLAMBÉE - shrimp flambée, shrimp sautéed with shallots, nutmeg, flamed, sauced with cream	SHRIMP-FLAMBEE
170	GRILLED SHRIMP - grilled shrimp, coated with olive oil-soaked bread crumbs and garlic	SHRIMP-GRILL
171	MARGARITA SHRIMP - margarita shrimp, shrimp sautéed in olive oil, then simmered in a margarita sauce	SHRIMP-MARGRITA
172	FILETS OF SOLE À LA MEUNIÈRE - filets of sole or other fish floured, sautéed, and sauced with lemon butter with parsley	SOLE-MEUNIERE
174	FISH FILETS POACHED IN WHITE WINE - sole or other fish filets, poached in white wine	SOLE-POACH-WINE
177	SOUFFLÉ AU GRAND MARNIER - desert soufflé flavored with Grand Marnier liqueur	SOUFFLE-GRAND-M
179	SPINACH SOUFFLÉ - spinach soufflé, optionally with ham and poached eggs	SOUFFLE-SPINACH
182	GAZPACHO SOUP - I - gazpacho soup	SOUP-GAZPACHO1
183	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
185	LEEK AND POTATO SOUP - leek and potato soup	SOUP-LEEK-POTAT

186	LENTIL SOUP - lentil soup	SOUP-LENTIL
187	MONGOLE SOUP - mongole cream soup with sherry	SOUP-MONGOLE
188	SOUPE À L'OIGNON - Parisian onion soup, optionally <i>gratinée</i>	SOUP-ONION
190	VICHYSOISE - <i>vichyssoise</i> , leek and potato soup with cream, served chilled	SOUP-VICHYSOIS
191	ZUCCHINI SOUP - zucchini soup	SOUP-ZUCCHINI
192	LONDON BROIL STEAK - London broil, steak seasoned with garlic, broiled, sliced thin, and served with melted butter	STEAK-BROIL-LON
193	STEAK DIANE - steak diane, sirloin steak sautéed and sauced with cognac, sherry and chive butter	STEAK-DIANE
194	CHICKEN STOCK - white chicken stock	STOCK-CHICKEN
195	STOCK SUBSTITUTES - substitutes for a brown stock, a white chicken stock, and a fish stock	STOCK-SUBSTITUT
197	APPLE TART - apple tart, made with applesauce and apple slices, with fruit glaze	TART-APPLE
199	CUSTARD APPLE TART - <i>tarte normande</i> , apple tart with cinnamon and brandy custard	TART-APPLE-CUST
200	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
201	STUFFED TOMATOES - tomatoes stuffed with bread crumbs, herbs and garlic	TOMATO-STUFF-PR
202	WAFFLES AND PANCAKES - sweet milk waffles and pancakes	WAFFLE-PANCAKE

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copyright introduction:
 ; diced or sliced meat may be
 with/ choucroute braisée à l'
 , fresh tomato quiche with
 dipped in/ aubergine à la
 , sugar and cinnamon, served on
 /, soy sauce marinade with ginger,
 and apple slices, with fruit/
 /tart, made with applesauce and
 brandy custard tarte normande,
 fruit/ apple tart, made with
 /braised with wine, stock,
 seasoned liquid; risotto; pilaf;
 whole boiled
 eggplant floured, dipped in/
 /parisienne, sauce mornay, sauce
 salsa, lemon juice, salt and/
 /tomato sauce and parsley, or with
 beef stew in red wine, with
 wine with onions, mushrooms and
 wine with onions, mushrooms and
 wine with onions, mushrooms and
 quiche lorraine, cream and
 beef hash, ingredients ground and
 chicken
 juice, and/ candied parsnips,
 quiche partly or fully
 potatoes, or baked yams
 yams baked Idaho potatoes,
 , baked sweet potatoes, or
 with seasoned bread crumbs,
 spices, bread crumbs/ salmon
 /, orange-ginger-soy chicken,
 sugar,/ bananes flambée,
 sautéed in butter, with/
 and/ chicken breasts in a light
 au cari, sauce soubise, sauce
 suprême,/ white sauces: sauce
 beef slices stir-fried with black
 garlic, and red and/ black
 juice and/ buttered green
 , onions and mushrooms
 baked corned
 and pan fried corned
 /boeuf à la flamande, slices of
 /boeuf à la flamande, slices of
 herbs, sautéed or/ ground
 dumplings
 wine, sesame oil, chili paste/
 bean sauce, garlic, onion,
 curried shrimp, chicken,
 curried shrimp, chicken
 of beef and onions braised in
 of beef and onions braised in
 roasted sweet red and/or yellow
 /, made with red, green and yellow
 /, sautéed, and served with a
 baking powder
 , garlic, and red and green/
 beef slices stir-fried with
 in butter, with a cream sauce, à
 /, and served with a beurre
 beef and onions/ carbonnades de
 abbreviations, software, and
 added /green onions and omelet
 alsacienne, sauerkraut braised
 anchovies and olives /, niçoise
 angel food cake
 anglaise, eggplant floured,
 apple sauce /poached in red wine
 apple juice, vinegar and onions
 apple tart, made with applesauce
 apple slices, with fruit glaze
 apple tart with cinnamon and
 applesauce and apple slices, with
 aromatic vegetables and spices
 arroz guatemalteco /, braised in
 artichokes, hot or cold
 aubergine à la anglaise,
 aurore, sauce au cari, sauce/
 avocado mashed and seasoned with
 bacon, shallots and mushrooms
 bacon, onions and mushrooms
 bacon /vin, chicken in red
 bacon /vin, chicken in red
 bacon /vin, chicken in red
 bacon quiche
 baked corned
 baked at high oven temperature
 baked with brown sugar, orange
 baked pastry shell for a tart or
 baked Idaho potatoes, baked sweet
 baked sweet potatoes, or baked
 baked yams baked Idaho potatoes
 baked in wine /fish covered
 baked with tomatoes, onions,
 baking powder biscuits
 balsamic-mustard chicken,/
 bananas sautéed in butter, with
 bananes flambée, bananas
 batter, sautéed, with an herb
 bâtarde /, sauce aurore, sauce
 béchamel, sauce velouté, sauce
 bean sauce, garlic, onion, red/
 beans, with sautéed onions,
 beans, optionally with lemon
 beef stew in red wine, with bacon
 beef hash, ingredients ground and
 beef hash, ingredients chopped
 beef and onions braised in beer
 beef and onions braised in beer
 beef hamburgers with onions and
 beef stew with vegetables and
 beef marinated with soy sauce,
 beef slices stir-fried with black
 beef or other meat
 beef or other meat
 beer /à la flamande, slices
 beer /à la flamande, slices
 bell peppers, in olive oil with/
 bell peppers, onion, cucumber and/
 beurre blanc sauce of shallots,/
 biscuits
 black beans, with sautéed onions
 black bean sauce, garlic, onion,/
 blanc /suprêmes, poached
 blanc sauce of shallots, sherry,/
 boeuf à la flamande, slices of

1 INTRODUCTION
 132 RICE-VIETNAMESE
 166 SAUERKRAUT-BRAS
 122 QUICHE-NICOISE
 28 CAKE-ANGEL
 70 EGGPLANT-BRDED
 110 PEAR-RED-WINE
 141 SALMON-TERIYAKI
 197 TART-APPLE
 197 TART-APPLE
 199 TART-APPLE-CUST
 197 TART-APPLE
 166 SAUERKRAUT-BRAS
 129 RICE-RISOTTO
 3 ARTICHOKE-BOIL
 70 EGGPLANT-BRDED
 156 SAUCE-WHITE
 67 DIP-AVOCADO
 6 BEAN-GREEN-SAUT
 12 BEEF-BOURGUIGNON
 45 CHICK-RED-WINE1
 47 CHICK-RED-WINE2
 50 CHICK-RED-WINE3
 121 QUICHE-LORRAINE
 14 BEEF-CRND-HASH1
 44 CHICK-OVEN-BROI
 101 PARSNIPS-CANDIE
 108 PASTRY-SHELL
 117 POTATO-BAKED
 117 POTATO-BAKED
 117 POTATO-BAKED
 135 SALMON-BAKE-WIN
 136 SALMON-BAKED
 24 BISCUIT-QUICK
 74 MARINADE-CHICK
 4 BANANA-FLAMBEE
 4 BANANA-FLAMBEE
 34 CHICK-FRANCESE
 156 SAUCE-WHITE
 156 SAUCE-WHITE
 57 CHN-BLKBN-BEEF
 5 BEAN-BLACK-PEPP
 6 BEAN-GREEN-SAUT
 12 BEEF-BOURGUIGNON
 14 BEEF-CRND-HASH1
 15 BEEF-CRND-HASH2
 16 BEEF-FLAMANDE1
 18 BEEF-FLAMANDE2
 20 BEEF-HAMBURGER
 22 BEEF-STEW-DUMPL
 55 CHN-BEEF-CABB
 57 CHN-BLKBN-BEEF
 62 CURRY1
 64 CURRY2
 16 BEEF-FLAMANDE1
 18 BEEF-FLAMANDE2
 111 PEPPER-ROASTED
 183 SOUP-GAZPACHO2
 138 SALMON-CLAUDE-P
 24 BISCUIT-QUICK
 5 BEAN-BLACK-PEPP
 57 CHN-BLKBN-BEEF
 29 CHICK-BRST-CREA
 138 SALMON-CLAUDE-P
 16 BEEF-FLAMANDE1

- beef and onions/ carbonnades de whole
 /madère, sauce au porto, sauce mirepoix, with cognac/ shrimp
 , onions and spices, then , celery, onions and capers, au porto, sauce bordelaise, sauce sauerkraut braised/ choucroute
 , slices of beef and onions , slices of beef and onions and chestnuts
 /marengo, chicken sautéed then /Marengo, chicken sautéed then /onions sautéed in butter, then herbs small white onions
 /marinated with salt and herbs and sautéed rice with vegetables, /à l'alsacienne, sauerkraut , apple tart with cinnamon and topped with chopped tomatoes and other fish covered with seasoned with tomatoes, onions, spices, , coated with olive oil-soaked butter, sprinkled with parsley, tomatoes stuffed with /floured, dipped in beaten egg, butter, with a cream/ chicken butter, with brown/ chicken sautéed, with an herb/ chicken dough for tart shells,/ pâte , broiled, sliced thin,/ London butter
 /, steak seasoned with garlic, /fried rice, rice cooked in /, sautéed in butter, with , custard glazed with caramelized candied parsnips, baked with lié, sauce diable, sauce/ stock, and a/ substitutes for a , with brown butter sauce, à sauce/ brown sauces: sauce /sauce diable, sauce robert, sauce chicken, generally/ marinades, , generally for/ marinades, caramelized brown sugar crème /flambée, bananas sautéed in /breasts, suprêmes, poached in /breasts, suprêmes, sautéed in , sautéed in butter, with brown /fricassee; chicken sautéed in eggs fried in garlic /, onion and spices, sautéed in mushrooms sautéed in stewed in lemon juice and small white onions sautéed in small white onions braised in brown sugar, orange juice, and pasta with broiled salmon with parsley of shallots, sherry, cream and , sautéed, and sauced with lemon thin, and served with melted with cognac, sherry and chive /herbes, tomatoes fried lightly in with parsley, bread crumbs and
- boeuf à la flamande, slices of
 boiled artichokes, hot or cold
 bordelaise, sauce bourguignonne
 bordelaise, shrimp cooked in a bound with egg yolks /mushrooms bound with mayonnaise /cucumbers bourguignonne /madère, sauce braisée à l'alsacienne, braised in beer /à la flamande braised in beer /à la flamande braised red cabbage with red wine braised with wine, cognac, garlic/ braised with wine, cognac, garlic/ braised in stock and herbs braised in butter, stock and braised with red cabbage or/ braised in seasoned liquid;/ braised with wine, stock,/ brandy custard tarte normande bread crumbs /sautéed with ham, bread crumbs, baked in wine /or bread crumbs and oil /baked bread crumbs and garlic /shrimp bread crumbs and butter /in bread crumbs, herbs and garlic breaded and then deep fried in/ breasts, suprêmes, poached in breasts, suprêmes, sautéed in breasts in a light batter, brisée à l'oeuf, egg pastry broil, steak seasoned with garlic broiled salmon with parsley broiled, sliced thin, and served/ broth, then fried with garlic and/ brown butter sauce, à brun brown sugar crème brûlée brown sugar, orange juice, and/ brown sauces: sauce brune, jus brown stock, a white chicken 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 brûlée, custard glazed with butter, with sugar, spices,/ 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 butter mushrooms butter, then braised in stock and/ butter, stock and herbs butter /parsnips, baked with butter, cream and cheese sauce butter butter /a beurre blanc sauce butter with parsley /floured butter /garlic, broiled, sliced butter /sautéed and sauced butter, sprinkled with parsley,/ butter /in butter, sprinkled
- 18 BEEF-FLAMANDE2
 3 ARTICHOKE-BOIL
 142 SAUCE-BROWN
 168 SHRIMP-BORDELAI
 43 CHICK-MINUTE
 134 SALAD-SALMON
 142 SAUCE-BROWN
 166 SAUERKRAUT-BRAS
 16 BEEF-FLAMANDE1
 18 BEEF-FLAMANDE2
 26 CABBAGE-RED-BRA
 39 CHICK-MARENGO1
 41 CHICK-MARENGO2
 99 ONIONS-BRAIS-BR
 100 ONIONS-BRAIS-WH
 115 PORK-BRAIS-CABB
 129 RICE-RISOTTO
 166 SAUERKRAUT-BRAS
 199 TART-APPLE-CUST
 120 POTATO-VEG-SAUT
 135 SALMON-BAKE-WIN
 136 SALMON-BAKED
 170 SHRIMP-GRILL
 200 TOMATO-SAUTE
 201 TOMATO-STUFF-PR
 70 EGGPLANT-BRDED
 29 CHICK-BRST-CREA
 32 CHICK-BRST-SAUT
 34 CHICK-FRANCESE
 103 PASTRY-DOUGH1
 192 STEAK-BROIL-LON
 137 SALMON-BROILED
 192 STEAK-BROIL-LON
 132 RICE-VIETNAMESE
 32 CHICK-BRST-SAUT
 59 CREME-BRULEE
 101 PARSNIPS-CANDIE
 142 SAUCE-BROWN
 195 STOCK-SUBSTITUT
 32 CHICK-BRST-SAUT
 142 SAUCE-BROWN
 142 SAUCE-BROWN
 74 MARINADE-CHICK
 86 MARINADE-PORK
 59 CREME-BRULEE
 4 BANANA-FLAMBEE
 29 CHICK-BRST-CREA
 32 CHICK-BRST-SAUT
 32 CHICK-BRST-SAUT
 43 CHICK-MINUTE
 71 EGGS-FRIED
 94 MUSHROOM-DUXELL
 95 MUSHROOMS-SAUT1
 97 MUSHROOMS-STEW
 99 ONIONS-BRAIS-BR
 100 ONIONS-BRAIS-WH
 101 PARSNIPS-CANDIE
 102 PASTA-ALFREDO
 137 SALMON-BROILED
 138 SALMON-CLAUDE-P
 172 SOLE-MEUNIERE
 192 STEAK-BROIL-LON
 193 STEAK-DIANE
 200 TOMATO-SAUTE
 200 TOMATO-SAUTE

with lemon juice and parsley,
 chestnuts braised red
 and served with stir-fried nappa
 and herbs and braised with red
 angel food
 brown sugar, orange juice,
 /cucumbers, celery, onions and
 flamande, slices of beef and/
 flamande, slices of beef and/
 /mornay, sauce aurore, sauce au
 herb-mustard chicken, coffee-rum
 brûlée, custard glazed with
 /salmon, stuffed with duxelles and
 /egg pastry dough for tart shells,
 salmon salad, with cucumbers,
 sugar, flavored with/ crème
 /, sauce à l'estragon, sauce
 croque monsieur, toasted ham and
 pasta with butter, cream and
 with stock, or finished with
 red cabbage with red wine and
 juice, and/ hommos, ground
 poached in butter, with a/
 sautéed in butter, with/
 , sautéed, with an herb and/
 wine-flavored/ old-fashioned
 with peppers, onions,
 then braised with wine,
 with wine,/ chicken marengo,
 then braised with wine,
 with wine,/ chicken Marengo,
 sautéed in butter, cooked in/
 cooked in/ chicken fricassee;
 temperature
 mushrooms and/ coq au vin,
 mushrooms and/ coq au vin,
 mushrooms and/ coq au vin,
 roast
 dumplings
 onions and spices, with a/
 curried shrimp,
 curried shrimp,
 /, brushes, glazes and rubs for
 /for grilling: lemon-rosemary
 /chicken, lemon-wine-garlic
 ,/ /chicken, orange-ginger-soy
 /chicken, balsamic-mustard
 coffee-rum/ /chicken, yakitori
 /, yakitori chicken, herb-mustard
 /chicken, coffee-rum caribbean
 /, raspberry-mustard glazed
 /chicken, orange-ginger glazed
 /glazed chicken, citrus-herb
 chicken, orange-liqueur glazed
 Latin-American pilaf of/
 /rice, a Latin-American pilaf of
 /, rice cooked in a steamer with
 white
 /for a brown stock, a white
 /with soy sauce, wine, sesame oil,
 potato soup with cream, served
 sauced with cognac, sherry and
 /: honey-lime-tomato glazed pork
 /pork chops, ginger-honey-soy pork
 /for pork, ginger-sherry-soy pork
 buttered green beans, optionally
 cabbage with red wine and
 cabbage and miso sauce /fried
 cabbage or sauerkraut /with salt
 cake
 candied parsnips, baked with
 capers, bound with mayonnaise
 carbonnades de boeuf à la
 carbonnades de boeuf à la
 cari, sauce soubise, sauce/
 caribbean chicken,/ /chicken,
 caramelized brown sugar crème
 carrot and leek julienne, poached/
 cases, and turnovers; and other/
 celery, onions and capers, bound/
 chantilly, whipped cream with
 chasseur, sauce madère, sauce au/
 cheese sandwich; croque madame
 cheese sauce
 cheese /and onions, or cooked
 chestnuts braised
 chick peas with garlic, lemon
 chicken breasts, suprêmes,
 chicken breasts, suprêmes,
 chicken breasts in a light batter
 chicken fricassee with
 chicken stir-fried in ginger,
 chicken marengo, chicken sautéed
 chicken sautéed then braised
 chicken Marengo, chicken sautéed
 chicken sautéed then braised
 chicken fricassee; chicken
 chicken sautéed in butter,
 chicken baked at high oven
 chicken in red wine with onions,
 chicken in red wine with onions,
 chicken in red wine with onions,
 chicken stuffed with lemons
 chicken stew with parsley
 chicken sautéed with vanilla,
 chicken, beef or other meat
 chicken beef or other meat
 chicken, generally for grilling:/
 chicken, lemon-wine-garlic/
 chicken, orange-ginger-soy/
 chicken, balsamic-mustard chicken
 chicken, yakitori chicken,/
 chicken, herb-mustard chicken,
 chicken, coffee-rum caribbean/
 chicken, raspberry-mustard/
 chicken, orange-ginger glazed/
 chicken, citrus-herb chicken,/
 chicken, orange-liqueur glazed/
 chicken /chicken, citrus-herb
 chicken with rice, a
 chicken, various vegetables,/
 chicken stock, garlic, ginger and/
 chicken stock
 chicken stock, and a fish stock
 chili paste, ginger and green/
 chilled vichyssoise, leek and
 chive butter /steak sautéed and
 chops, ginger-honey-soy pork/
 chops, spice rub for pork,/
 chops, honey-mustard glazed ham,/

6 BEAN-GREEN-SAUT
 26 CABBAGE-RED-BRA
 55 CHN-BEEF-CABB
 115 PORK-BRAIS-CABB
 28 CAKE-ANGEL
 101 PARSNIPS-CANDIE
 134 SALAD-SALMON
 16 BEEF-FLAMANDE1
 18 BEEF-FLAMANDE2
 156 SAUCE-WHITE
 74 MARINADE-CHICK
 59 CREME-BRULEE
 139 SALMON-PAUPIETT
 103 PASTRY-DOUGH1
 134 SALAD-SALMON
 58 CREAM-WHIPPED
 142 SAUCE-BROWN
 60 CROQUE-MONSIEUR
 102 PASTA-ALFREDO
 113 POLENTA
 26 CABBAGE-RED-BRA
 68 DIP-HOMMOS
 29 CHICK-BRST-CREA
 32 CHICK-BRST-SAUT
 34 CHICK-FRANCESE
 35 CHICK-FRICASSEE
 38 CHICK-GINGER
 39 CHICK-MARENGO1
 39 CHICK-MARENGO1
 41 CHICK-MARENGO2
 41 CHICK-MARENGO2
 43 CHICK-MINUTE
 43 CHICK-MINUTE
 44 CHICK-OVEN-BROI
 45 CHICK-RED-WINE1
 47 CHICK-RED-WINE2
 50 CHICK-RED-WINE3
 52 CHICK-ROAST-LEM
 53 CHICK-STEW-DUMP
 54 CHICK-VANILLA
 62 CURRY1
 64 CURRY2
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 124 RICE-CHICKEN
 124 RICE-CHICKEN
 131 RICE-THAI
 194 STOCK-CHICKEN
 195 STOCK-SUBSTITUT
 55 CHN-BEEF-CABB
 190 SOUP-VICHYSOIS
 193 STEAK-DIANE
 86 MARINADE-PORK
 86 MARINADE-PORK
 86 MARINADE-PORK

ham, ginger-orange-soy pork
 chops sautéed with/ pork
 /chops with robert sauce, pork
 alsacienne, sauerkraut/
 with olive oil and vinegar, and
 /poached in red wine, sugar and
 tarte normande, apple tart with
 , orange-ginger glazed chicken,
 with a slice of smoked/ saumon
 bread crumbs/ grilled shrimp,
 /chicken, herb-mustard chicken,
 /sautéed then braised with wine,
 /sautéed then braised with wine,
 shrimp cooked in a mirepoix, with
 /steak sautéed and sauced with
 : abbreviations, software, and
 with onions, mushrooms and/
 with onions, mushrooms and/
 with onions, mushrooms and/
 ground and baked
 chopped and pan fried
 , poached in butter, with a
 /fricassee with wine-flavored
 onions and spices, with a vanilla
 crème chantilly, whipped
 sliced cucumbers with sour
 pasta with butter,
 beaten with garlic sauce and
 quiche lorraine,
 blanc sauce of shallots, sherry,
 wine and sauced with a raspberry
 , nutmeg, flamed, sauced with
 mongole
 /, leek and potato soup with
 with sugar, flavored with/
 with caramelized brown sugar
 cheese sandwich; croque/
 toasted ham and cheese sandwich;
 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
 dough for pie
 /and yellow bell peppers, onion,
 vinegar, and sugar sliced
 capers,/ salmon salad, with
 other meat
 other meat
 yet another
 brown sugar crème brûlée,
 tart with cinnamon and brandy
 in beaten egg, breaded and then
 /of the pan juices, white wine and
 Grand Marnier liqueur
 /: sauce brune, jus lié, sauce
 sauced with cognac,/ steak
 /with green onions and omelet;
 /à la anglaise, eggplant floured,
 /brisée à l'oeuf, egg pastry
 , and turnovers; and other pastry
 /and spices, sautéed in butter to
 beef stew with vegetables and
 chops /, honey-mustard glazed
 chops with robert sauce, pork
 chops sautéed with onions,/
 choucroute braisée à l'
 cilantro and parsley /, seasoned
 cinnamon, served on apple sauce
 cinnamon and brandy custard
 citrus-herb chicken,/ /chicken
 Claude Postel, salmon covered
 coated with olive oil-soaked
 coffee-rum caribbean chicken,/
 cognac, garlic, tomatoes and/
 cognac, garlic, tomatoes and/
 cognac and white wine /,
 cognac, sherry and chive butter
 copyright introduction
 coq au vin, chicken in red wine
 coq au vin, chicken in red wine
 coq au vin, chicken in red wine
 corned beef hash, ingredients
 corned beef hash, ingredients
 cream sauce, à 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 and bacon quiche
 cream and butter /with a beurre
 cream /poached in raspberry
 cream /sautéed with shallots
 cream soup with sherry
 cream, served chilled
 crème chantilly, whipped cream
 crème brûlée, custard glazed
 croque monsieur, toasted ham and
 croque madame croque monsieur,
 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
 crusts
 cucumber and tomato, seasoned/
 cucumbers with sour cream,
 cucumbers, celery, onions and
 curried shrimp, chicken, beef or
 curried shrimp, chicken beef or
 curry sauce
 custard glazed with caramelized
 custard tarte normande, apple
 deep fried in hot oil /, dipped
 demi-glace, seasoned with sugar/
 desert soufflé flavored with
 diable, sauce robert, sauce brune/
 diane, sirloin steak sautéed and
 diced or sliced meat may be added
 dipped in beaten egg, breaded and/
 dough for tart shells, cases, and/
 dough for pie crusts
 doughs /tart shells, cases
 dryness, used for stuffings,/
 dumplings

86 MARINADE-PORK
 116 PORK-CHP-ROBERT
 116 PORK-CHP-ROBERT
 166 SAUERKRAUT-BRAS
 183 SOUP-GAZPACHO2
 110 PEAR-RED-WINE
 199 TART-APPLE-CUST
 74 MARINADE-CHICK
 138 SALMON-CLAUDE-P
 170 SHRIMP-GRILL
 74 MARINADE-CHICK
 39 CHICK-MARENGO1
 41 CHICK-MARENGO2
 168 SHRIMP-BORDELAI
 193 STEAK-DIANE
 1 INTRODUCTION
 45 CHICK-RED-WINE1
 47 CHICK-RED-WINE2
 50 CHICK-RED-WINE3
 14 BEEF-CRND-HASH1
 15 BEEF-CRND-HASH2
 29 CHICK-BRST-CREA
 35 CHICK-FRICASSEE
 54 CHICK-VANILLA
 58 CREAM-WHIPPED
 61 CUCUMBER-SOUR
 102 PASTA-ALFREDO
 118 POTATO-GARLIC
 121 QUICHE-LORRAINE
 138 SALMON-CLAUDE-P
 139 SALMON-PAUPIETT
 169 SHRIMP-FLAMBEE
 187 SOUP-MONGOLE
 190 SOUP-VICHYSOIS
 58 CREAM-WHIPPED
 59 CREME-BRULEE
 60 CROQUE-MONSIEUR
 60 CROQUE-MONSIEUR
 120 POTATO-VEG-SAUT
 135 SALMON-BAKE-WIN
 136 SALMON-BAKED
 170 SHRIMP-GRILL
 200 TOMATO-SAUTE
 201 TOMATO-STUFF-PR
 107 PASTRY-DOUGH2
 183 SOUP-GAZPACHO2
 61 CUCUMBER-SOUR
 134 SALAD-SALMON
 62 CURRY1
 64 CURRY2
 65 CURRY3
 59 CREME-BRULEE
 199 TART-APPLE-CUST
 70 EGGPLANT-BRDED
 116 PORK-CHP-ROBERT
 177 SOUFFLE-GRAND-M
 142 SAUCE-BROWN
 193 STEAK-DIANE
 132 RICE-VIETNAMESE
 70 EGGPLANT-BRDED
 103 PASTRY-DOUGH1
 107 PASTRY-DOUGH2
 103 PASTRY-DOUGH1
 94 MUSHROOM-DUXELL
 22 BEEF-STEW-DUMPL

chicken stew with parsley
 mushrooms, shallot, onion and/
 /of salmon, stuffed with
 and spices, then bound with
 in/ /floured, dipped in beaten
 pâte brisée à l'oeuf,
 aubergine à la anglaise,
 poached
 scrambled
 , optionally with ham and poached
 tomato sauce for pasta,
 /aux fine herbes, sauce à l'
 floured, sautéed, and sauced/
 sole or other fish
 , onion and spices,/ duxelles,
 /lemon juice and parsley, or with
 onions, or cooked with stock, or
 /then fried with garlic and onion,
 crumbs, baked/ salmon or other
 sauced/ filets of sole or other
 wine sole or other
 , a white chicken stock, and a
 carbonnades de boeuf à la
 carbonnades de boeuf à la
 butter, with sugar,/ bananes
 shallots, nutmeg,/ shrimp
 /sautéed with shallots, nutmeg,
 /à la anglaise, eggplant
 filets of sole or other fish
 quiche à la tomate, niçoise,
 cream/ old-fashioned chicken
 butter, cooked in wine/ chicken
 hash, ingredients chopped and pan
 /and green onions, then stir
 beaten egg, breaded and then deep
 eggs
 peas, nuts and garnishes
 then fried with/ vietnamese
 /rice, rice cooked in broth, then
 /aux fine herbes, tomatoes
 applesauce and apple slices, with
 ,/ /beans, with sautéed onions,
 /, or with fines herbes, or with
 /then braised with wine, cognac,
 /then braised with wine, cognac,
 /stir-fried with black bean sauce,
 hommos, ground chick peas with
 eggs fried in
 /sautéed with olive oil,
 /marinière, mussels steamed with
 stock,/ /with seasonings such as
 mashed potatoes beaten with
 sautéed with ham,/ potatos,
 /in a steamer with chicken stock,
 /cooked in broth, then fried with
 olive oil-soaked bread crumbs and
 London broil, steak seasoned with
 with bread crumbs, herbs and
 /with soy sauce and sugar, and
 to dryness, used for stuffings,
 with meat, onions, peas, nuts and
 green and yellow/ three pepper

dumplings
 dumplings with herb seasoning
 duxelles, finely chopped
 duxelles and carrot and leek/
 egg yolks /mushrooms, onions
 egg, breaded and then deep fried
 egg pastry dough for tart shells,
 eggplant floured, dipped in/
 eggs fried in garlic butter
 eggs
 eggs
 eggs spinach soufflé
 especially spaghetti
 estragon, sauce chasseur, sauce/
 filets of sole or other fish
 filets, poached in white wine
 finely chopped mushrooms, shallot
 fines herbes, or with garlic and/
 finished with cheese /garlic and
 finished with soy sauce and sugar/
 fish covered with seasoned bread
 fish floured, sautéed, and
 fish filets, poached in white
 fish stock /for a brown stock
 flamande, slices of beef and/
 flamande, slices of beef and/
 flambée, bananas sautéed in
 flambée, shrimp sautéed with
 flamed, sauced with cream
 floured, dipped in beaten egg,/br/>
 floured, sautéed, and sauced/
 fresh tomato quiche with/
 fricassee with wine-flavored
 fricassee; chicken sautéed in
 fried corned beef
 fried and served with stir-fried/
 fried in hot oil /, dipped in
 fried in garlic butter
 fried rice, with meat, onions,
 fried rice, rice cooked in broth,
 fried with garlic and onion,/br/>
 fried lightly in butter,/br/>
 fruit glaze /tart, made with
 garlic, and red and green peppers
 garlic and parsley, or with/
 garlic, tomatoes and mushrooms
 garlic, tomatoes and mushrooms
 garlic, onion, red pepper and/
 garlic, lemon juice, and olive/
 garlic butter
 garlic, and lemon juice
 garlic, onions and parsley, and/
 garlic and onions, or cooked with
 garlic sauce and cream
 garlic, onions, and peppers,
 garlic, ginger and hot peppers
 garlic and onion, finished with/
 garlic /shrimp, coated with
 garlic, broiled, sliced thin, and/
 garlic tomatoes stuffed
 garnished with green onions and/
 garnishes or sauces /in butter
 garnishes fried rice,
 gazpacho soup
 gazpacho soup, made with red,

53 CHICK-STEW-DUMP
 69 DUMPLING-PARSLE
 94 MUSHROOM-DUXELL
 139 SALMON-PAUPIETT
 43 CHICK-MINUTE
 70 EGGPLANT-BRDED
 103 PASTRY-DOUGH1
 70 EGGPLANT-BRDED
 71 EGGS-FRIED
 72 EGGS-POACHED
 73 EGGS-SCRAMBLED
 179 SOUFFLE-SPINACH
 153 SAUCE-PASTA
 142 SAUCE-BROWN
 172 SOLE-MEUNIERE
 174 SOLE-POACH-WINE
 94 MUSHROOM-DUXELL
 6 BEAN-GREEN-SAUT
 113 POLENTA
 132 RICE-VIETNAMESE
 135 SALMON-BAKE-WIN
 172 SOLE-MEUNIERE
 174 SOLE-POACH-WINE
 195 STOCK-SUBSTITUT
 16 BEEF-FLAMANDE1
 18 BEEF-FLAMANDE2
 4 BANANA-FLAMBEE
 169 SHRIMP-FLAMBEE
 169 SHRIMP-FLAMBEE
 70 EGGPLANT-BRDED
 172 SOLE-MEUNIERE
 122 QUICHE-NICOISE
 35 CHICK-FRICASSEE
 43 CHICK-MINUTE
 15 BEEF-CRND-HASH2
 55 CHN-BEEF-CABB
 70 EGGPLANT-BRDED
 71 EGGS-FRIED
 126 RICE-FRIED
 132 RICE-VIETNAMESE
 132 RICE-VIETNAMESE
 200 TOMATO-SAUTE
 197 TART-APPLE
 5 BEAN-BLACK-PEPP
 6 BEAN-GREEN-SAUT
 39 CHICK-MARENGO1
 41 CHICK-MARENGO2
 57 CHN-BLKBN-BEEF
 68 DIP-HOMMOS
 71 EGGS-FRIED
 96 MUSHROOMS-SAUT2
 98 MUSSEL-MARINIER
 113 POLENTA
 118 POTATO-GARLIC
 120 POTATO-VEG-SAUT
 131 RICE-THAI
 132 RICE-VIETNAMESE
 170 SHRIMP-GRILL
 192 STEAK-BROIL-LON
 201 TOMATO-STUFF-PR
 132 RICE-VIETNAMESE
 94 MUSHROOM-DUXELL
 126 RICE-FRIED
 182 SOUP-GAZPACHO1
 183 SOUP-GAZPACHO2

, glazes and rubs for chicken,
 , glazes and rubs for pork,
 chicken stir-fried in
 /, wine, sesame oil, chili paste,
 with chicken stock, garlic,
 /teriyaki, soy sauce marinade with
 spice rub/ /glazed pork chops,
 /chops, honey-mustard glazed ham,
 /pork chops, spice rub for pork,
 and apple slices, with fruit
 sugar crème brûlée, custard
 /chicken, raspberry-mustard
 /glazed chicken, orange-ginger
 chicken, orange-liqueur
 for grilling: honey-lime-tomato
 pork/ /pork chops, honey-mustard
 generally/ marinades, brushes,
 generally/ marinades, brushes,
 desert soufflé flavored with
 Parisian onion soup, optionally
 /onions, garlic, and red and
 lemon juice and/ buttered
 /oil, chili paste, ginger and
 , garlic, onion, red pepper and
 /and sugar, and garnished with
 /gazpacho soup, made with red,
 onions and herbs, sautéed or
 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/
 lemon juice, and olive/ hommos,
 liquid; risotto; pilaf; arroz
 croque monsieur, toasted
 /pork chops, honey-mustard glazed
 /, and peppers, sautéed with
 spinach soufflé, optionally with
 pan-broiled (sautéed) steak or
 sautéed or/ ground beef
 baked corned beef
 fried corned beef
 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
 stuffed with bread crumbs,
 garlic, lemon juice, and/
 /for pork, generally for grilling:
 , ginger-sherry-soy pork chops,
 potatoes, or baked yams baked
 rice
 rice Indian style, riz à l'
 software, and copyright
 /beans, optionally with lemon
 and seasoned with salsa, lemon
 chick peas with garlic, lemon
 with olive oil, garlic, and lemon
 generally for grilling:/ /brushes
 generally for grilling:/ /brushes
 ginger, with peppers, onions,
 ginger and green onions, then/
 ginger and hot peppers /steamer
 ginger, apple juice, vinegar and/
 ginger-honey-soy pork chops,
 ginger-orange-soy pork chops
 ginger-sherry-soy pork chops,/
 glaze /, made with applesauce
 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,
 grand marnier sauce
 Grand Marnier liqueur
 gratinée
 green peppers, and sherry
 green beans, optionally with
 green onions, then stir fried and/
 green pepper /black bean sauce
 green onions and omelet; diced or/
 green and yellow bell peppers,/
 grilled /beef hamburgers with
 grilled shrimp, coated with olive
 grilling: lemon-rosemary chicken,/
 grilling: honey-lime-tomato/
 ground and baked
 ground beef hamburgers with
 ground chick peas with garlic,
 guatemalteco /in seasoned
 ham and cheese sandwich; croque/
 ham, ginger-orange-soy pork chops
 ham, topped with chopped tomatoes/
 ham and poached eggs
 hamburger /from pan juices for
 hamburgers with onions and herbs,
 hash, ingredients ground and
 hash, ingredients chopped and pan
 herb and lemon wine sauce /in
 herb seasoning
 herb-mustard chicken, coffee-rum/
 herbes, or with garlic and/
 herbes, sauce à l'estragon,
 herbes, tomatoes fried lightly in/
 herbes, sautéed or grilled
 herbes /onions sautéed in
 herbes small white onions
 herbes and braised with red/
 herbes and garlic tomatoes
 hommos, ground chick peas with
 honey-lime-tomato glazed pork/
 honey-mustard glazed ham,/ /pork
 Idaho potatoes, baked sweet
 Indian style, riz à l'indienne
 indienne
 introduction: abbreviations,
 juice and parsley, or with fines/
 juice, salt and pepper /mashed
 juice, and olive oil /, ground
 juice mushrooms sautéed

74 MARINADE-CHICK
 86 MARINADE-PORK
 38 CHICK-GINGER
 55 CHN-BEEF-CABB
 131 RICE-THAI
 141 SALMON-TERIYAKI
 86 MARINADE-PORK
 86 MARINADE-PORK
 86 MARINADE-PORK
 197 TART-APPLE
 59 CREME-BRULEE
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 86 MARINADE-PORK
 86 MARINADE-PORK
 74 MARINADE-CHICK
 86 MARINADE-PORK
 152 SAUCE-GRAND-MAR
 177 SOUFFLE-GRAND-M
 188 SOUP-ONION
 5 BEAN-BLACK-PEPP
 6 BEAN-GREEN-SAUT
 55 CHN-BEEF-CABB
 57 CHN-BLKBN-BEEF
 132 RICE-VIETNAMESE
 183 SOUP-GAZPACHO2
 20 BEEF-HAMBURGER
 170 SHRIMP-GRILL
 74 MARINADE-CHICK
 86 MARINADE-PORK
 14 BEEF-CRND-HASH1
 20 BEEF-HAMBURGER
 68 DIP-HOMMOS
 129 RICE-RISOTTO
 60 CROQUE-MONSIEUR
 86 MARINADE-PORK
 120 POTATO-VEG-SAUT
 179 SOUFFLE-SPINACH
 154 SAUCE-STEAK
 20 BEEF-HAMBURGER
 14 BEEF-CRND-HASH1
 15 BEEF-CRND-HASH2
 34 CHICK-FRANCESE
 69 DUMPLING-PARSLE
 74 MARINADE-CHICK
 6 BEAN-GREEN-SAUT
 142 SAUCE-BROWN
 200 TOMATO-SAUTE
 20 BEEF-HAMBURGER
 99 ONIONS-BRAIS-BR
 100 ONIONS-BRAIS-WH
 115 PORK-BRAIS-CABB
 201 TOMATO-STUFF-PR
 68 DIP-HOMMOS
 86 MARINADE-PORK
 86 MARINADE-PORK
 117 POTATO-BAKED
 128 RICE-INDIAN
 128 RICE-INDIAN
 1 INTRODUCTION
 6 BEAN-GREEN-SAUT
 67 DIP-AVOCADO
 68 DIP-HOMMOS
 96 MUSHROOMS-SAUT2

mushrooms stewed in lemon
 , baked with brown sugar, orange
 sauce marinade with ginger, apple
 ,/ /with a reduction of the pan
 steak or/ sauces made from pan
 /with duxelles and carrot and leek
 brown sauces: sauce brune,
 various/ chicken with rice, a
 /with duxelles and carrot and

 served chilled vichyssoise,
 /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
 /, sautéed, and sauced with
 chicken, generally for grilling:
 grilling: lemon-rosemary chicken,
 roast chicken stuffed with

 brown sauces: sauce brune, jus
 /aux fine herbes, tomatoes fried
 flavored with Grand Marnier
 , and served in the cooking
 garlic, broiled, sliced thin,/
 quiche
 ham and cheese sandwich; croque
 /estragon, sauce chasseur, sauce
 braised with wine,/ chicken
 braised with wine,/ chicken
 in olive oil, then simmered/
 in olive oil, then simmered in a
 ,/ salmon teriyaki, soy sauce
 rubs for chicken, generally/
 rubs for pork, generally for/
 sesame oil, chili paste,/ beef
 braised with red cabbage/ pork
 garlic, onions/ moules à la
 grand
 soufflé flavored with Grand
 lemon juice, salt and/ avocado
 garlic sauce and cream
 , onions and capers, bound with
 shrimp, chicken, beef or other
 shrimp, chicken beef or other
 garnishes fried rice, with
 and omelet; diced or sliced
 swiss
 sweet
 /bordelaise, shrimp cooked in a
 with stir-fried nappa cabbage and

 sandwich; croque madame croque
 /suprême, sauce parisienne, sauce
 steamed with garlic, onions/
 swiss meringue shells or
 , or with bacon, shallots and
 red wine, with bacon, onions and
 cream sauce, onion, and
 in ginger, with peppers, onions,
 , cognac, garlic, tomatoes and
 , cognac, garlic, tomatoes and
 /, cooked in wine and stock with
 juice and butter
 juice, and butter /parsnips
 juice, vinegar and onions /, soy
 juices, white wine and demi-glace
 juices for pan-broiled (sautéed)
 julienne, poached in raspberry/
 jus lié, sauce diable, sauce/
 Latin-American pilaf of chicken,
 leek julienne, poached in/
 leek and potato soup
 leek and potato soup with cream,
 lemon juice and parsley, or with/
 lemon wine sauce /a light batter
 lemon juice, salt and pepper
 lemon juice, and olive oil
 lemon juice mushrooms sautéed
 lemon juice and butter
 lemon butter with parsley
 lemon-rosemary chicken,/ /for
 lemon-wine-garlic chicken,/ /for
 lemons
 lentil soup
 lié, sauce diable, sauce robert,/
 lightly in butter, sprinkled with/
 liqueur desert soufflé
 liquor /, onions and parsley
 London broil, steak seasoned with
 lorraine, cream and bacon quiche
 madame /monsieur, toasted
 madère, sauce au porto, sauce/
 marengo, chicken sautéed then
 Marengo, chicken sautéed then
 margarita shrimp, shrimp sautéed
 margarita sauce /shrimp sautéed
 marinade with ginger, apple juice
 marinades, brushes, glazes and
 marinades, brushes, glazes and
 marinated with soy sauce, wine,
 marinated with salt and herbs and
 marinère, mussels steamed with
 marnier sauce
 Marnier liqueur desert
 mashed and seasoned with salsa,
 mashed potatoes beaten with
 mayonnaise /cucumbers, celery
 meat curried
 meat curried
 meat, onions, peas, nuts and
 meat may be added /green onions
 meringue shells or mounds
 milk waffles and pancakes
 mirepoix, with cognac and white/
 miso sauce /fried and served
 mongole cream soup with sherry
 monsieur, toasted ham and cheese
 mornay, sauce aurore, sauce au/
 moules à la marinère, mussels
 mounds
 mushrooms /sauce and parsley
 mushrooms beef stew in
 mushrooms /with wine-flavored
 mushrooms, and sauce /stir-fried
 mushrooms /braised with wine
 mushrooms /braised with wine
 mushrooms, onions and spices,/

97 MUSHROOMS-STEWED
 101 PARSNIPS-CANDIE
 141 SALMON-TERIYAKI
 116 PORK-CHP-ROBERT
 154 SAUCE-STEAK
 139 SALMON-PAUPIETT
 142 SAUCE-BROWN
 124 RICE-CHICKEN
 139 SALMON-PAUPIETT
 185 SOUP-LEEK-POTAT
 190 SOUP-VICHYSOIS
 6 BEAN-GREEN-SAUT
 34 CHICK-FRANCESE
 67 DIP-AVOCADO
 68 DIP-HOMMOS
 96 MUSHROOMS-SAUT2
 97 MUSHROOMS-STEWED
 172 SOLE-MEUNIERE
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 52 CHICK-ROAST-LEM
 186 SOUP-LENTIL
 142 SAUCE-BROWN
 200 TOMATO-SAUTE
 177 SOUFFLE-GRAND-M
 98 MUSSEL-MARINIER
 192 STEAK-BROIL-LON
 121 QUICHE-LORRAINE
 60 CROQUE-MONSIEUR
 142 SAUCE-BROWN
 39 CHICK-MARENGO1
 41 CHICK-MARENGO2
 171 SHRIMP-MARGRITA
 171 SHRIMP-MARGRITA
 141 SALMON-TERIYAKI
 74 MARINADE-CHICK
 86 MARINADE-PORK
 55 CHN-BEEF-CABB
 115 PORK-BRAIS-CABB
 98 MUSSEL-MARINIER
 152 SAUCE-GRAND-MAR
 177 SOUFFLE-GRAND-M
 67 DIP-AVOCADO
 118 POTATO-GARLIC
 134 SALAD-SALMON
 62 CURRY1
 64 CURRY2
 126 RICE-FRIED
 132 RICE-VIETNAMESE
 93 MERINGUE-SWIS
 202 WAFFLE-PANCAKE
 168 SHRIMP-BORDELAI
 55 CHN-BEEF-CABB
 187 SOUP-MONGOLE
 60 CROQUE-MONSIEUR
 156 SAUCE-WHITE
 98 MUSSEL-MARINIER
 93 MERINGUE-SWIS
 6 BEAN-GREEN-SAUT
 12 BEEF-BOURGUIGNON
 35 CHICK-FRICASSEE
 38 CHICK-GINGER
 39 CHICK-MARENGO1
 41 CHICK-MARENGO2
 43 CHICK-MINUTE

chicken in red wine with onions,
 chicken in red wine with onions,
 chicken in red wine with onions,
 duxelles, finely chopped
 , garlic, and lemon juice
 and butter
 moules à la marinière,
 , seasoned with sugar and
 /fried and served with stir-fried
 with/ quiche à la tomate,
 cinnamon and brandy/ tarte
 /, shrimp sautéed with shallots,
 rice, with meat, onions, peas,
 shells,/ pâte brisée à l'
 /with soy sauce, wine, sesame
 garlic, lemon juice, and olive
 and then deep fried in hot
 mushrooms sautéed with olive
 /or yellow bell peppers, in olive
 onions, spices, bread crumbs and
 /shrimp, shrimp sautéed in olive
 /and tomato, seasoned with olive
 grilled shrimp, coated with olive
 with wine-flavored cream/
 with garlic, lemon juice, and
 juice mushrooms sautéed with
 /and/or yellow bell peppers, in
 grilled shrimp, coated with
 /shrimp, shrimp sautéed in
 /and tomato, seasoned with
 tomato quiche with anchovies and
 , various vegetables, tomatoes,
 /garnished with green onions and
 with wine-flavored cream sauce,
 /with black bean sauce, garlic,
 /chopped mushrooms, shallot,
 /broth, then fried with garlic and
 , green and yellow bell peppers,
 Parisian
 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
 /in ginger, with peppers,
 /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,
 , chili paste, ginger and green
 /, mussels steamed with garlic,
 braised in stock/ small white
 and herbs small white
 /seasonings such as garlic and
 /sauce, pork chops sautéed with
 with ham,/ potatos, garlic,
 fried rice, with meat,
 sugar, and garnished with green
 /salad, with cucumbers, celery,
 salmon baked with tomatoes,
 ginger, apple juice, vinegar and
 in butter, with sugar, spices,
 /parsnips, baked with brown sugar,
 mushrooms and bacon coq au vin,
 mushrooms and bacon coq au vin,
 mushrooms and bacon coq au vin,
 mushrooms, shallot, onion and/
 mushrooms sautéed in butter
 mushrooms sautéed with olive oil
 mushrooms stewed in lemon juice
 mussels steamed with garlic,/
 mustard /wine and demi-glace
 nappa cabbage and miso sauce
 niçoise, fresh tomato quiche
 normande, apple tart with
 nutmeg, flamed, sauced with cream
 nuts and garnishes fried
 oeuf, egg pastry dough for tart
 oil, chili paste, ginger and/
 oil /ground chick peas with
 oil /in beaten egg, breaded
 oil, garlic, and lemon juice
 oil with salt and spices /and
 oil /baked with tomatoes,
 oil, then simmered in a margarita/
 oil and vinegar, and cilantro and/
 oil-soaked bread crumbs and/
 old-fashioned chicken fricassee
 olive oil /, ground chick peas
 olive oil, garlic, and lemon
 olive oil with salt and spices
 olive oil-soaked bread crumbs and/
 olive oil, then simmered in a/
 olive oil and vinegar, and/
 olives /, niçoise, fresh
 olives and spices /of chicken
 omelet; diced or sliced meat may/
 onion, and mushrooms /fricassee
 onion, red pepper and green/
 onion and spices, sautéed in/
 onion, finished with soy sauce/
 onion, cucumber and tomato,/ /red
 onion soup, optionally gratinée
 onions, garlic, and red and green/
 onions and mushrooms beef
 onions braised in beer /boeuf à
 onions braised in beer /boeuf à
 onions and herbs, sautéed or/
 onions, mushrooms, and sauce
 onions and spices, then bound/
 onions, mushrooms and bacon coq
 onions, mushrooms and bacon coq
 onions, mushrooms and bacon coq
 onions and spices, with a vanilla/
 onions, then stir fried and/ /oil
 onions and parsley, and served in/
 onions sautéed in butter, then
 onions braised in butter, stock
 onions, or cooked with stock, or/
 onions, sauced with a reduction/
 onions, and peppers, sautéed
 onions, peas, nuts and garnishes
 onions and omelet; diced or/ /and
 onions and capers, bound with/
 onions, spices, bread crumbs and/
 onions /sauce marinade with
 orange and rum /bananas sautéed
 orange juice, and butter

45 CHICK-RED-WINE1
 47 CHICK-RED-WINE2
 50 CHICK-RED-WINE3
 94 MUSHROOM-DUXELL
 95 MUSHROOMS-SAUT1
 96 MUSHROOMS-SAUT2
 97 MUSHROOMS-STEW
 98 MUSSEL-MARINIER
 116 PORK-CHP-ROBERT
 55 CHN-BEEF-CABB
 122 QUICHE-NICOISE
 199 TART-APPLE-CUST
 169 SHRIMP-FLAMBEE
 126 RICE-FRIED
 103 PASTRY-DOUGH1
 55 CHN-BEEF-CABB
 68 DIP-HOMMOS
 70 EGGPLANT-BRDED
 96 MUSHROOMS-SAUT2
 111 PEPPER-ROASTED
 136 SALMON-BAKED
 171 SHRIMP-MARGRITA
 183 SOUP-GAZPACHO2
 170 SHRIMP-GRILL
 35 CHICK-FRICASSEE
 68 DIP-HOMMOS
 96 MUSHROOMS-SAUT2
 111 PEPPER-ROASTED
 170 SHRIMP-GRILL
 171 SHRIMP-MARGRITA
 183 SOUP-GAZPACHO2
 122 QUICHE-NICOISE
 124 RICE-CHICKEN
 132 RICE-VIETNAMESE
 35 CHICK-FRICASSEE
 57 CHN-BLKBN-BEEF
 94 MUSHROOM-DUXELL
 132 RICE-VIETNAMESE
 183 SOUP-GAZPACHO2
 188 SOUP-ONION
 5 BEAN-BLACK-PEPP
 12 BEEF-BOURGUIGNON
 16 BEEF-FLAMANDE1
 18 BEEF-FLAMANDE2
 20 BEEF-HAMBURGER
 38 CHICK-GINGER
 43 CHICK-MINUTE
 45 CHICK-RED-WINE1
 47 CHICK-RED-WINE2
 50 CHICK-RED-WINE3
 54 CHICK-VANILLA
 55 CHN-BEEF-CABB
 98 MUSSEL-MARINIER
 99 ONIONS-BRAIS-BR
 100 ONIONS-BRAIS-WH
 113 POLENTA
 116 PORK-CHP-ROBERT
 120 POTATO-VEG-SAUT
 126 RICE-FRIED
 132 RICE-VIETNAMESE
 134 SALAD-SALMON
 136 SALMON-BAKED
 141 SALMON-TERIYAKI
 4 BANANA-FLAMBEE
 101 PARSNIPS-CANDIE

raspberry-mustard glazed chicken,
 /, lemon-wine-garlic chicken,
 /chicken, citrus-herb chicken,
 hash, ingredients chopped and
 /, sauced with a reduction of the
 sautéed)/ sauces made from
 sauces made from pan juices for
 sweet milk waffles and
 gratinée
 /velouté, sauce suprême, sauce
 /, optionally with lemon juice and
 /fines herbes, or with garlic and
 /parsley, or with tomato sauce and
 chicken stew with
 /steamed with garlic, onions and
 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
 tomato sauce for
 /sauce, wine, sesame oil, chili
 pâte brisée à l'oeuf, egg
 , cases, and turnovers; and other
 partly or fully baked
 with duxelles and carrot and/
 pastry dough for tart shells,
 and cinnamon, served on apple/
 and olive/ hommos, ground chick
 fried rice, with meat, onions,
 bean sauce, garlic, onion, red
 , onion, red pepper and green
 with salsa, lemon juice, salt and
 red, green and yellow/ three
 onions, garlic, and red and green
 /stir-fried in ginger, with
 /sweet red and/or yellow bell
 potatos, garlic, onions, and
 stock, garlic, ginger and hot
 /with red, green and yellow bell
 dough for
 pumpkin
 /with rice, a Latin-American
 /in seasoned liquid; risotto;
 chicken breasts, suprêmes,

 cinnamon, served on/ pears
 /and carrot and leek julienne,
 sole or other fish filets,
 soufflé, optionally with ham and
 seasonings such as garlic and/
 /, 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
 herbs and braised with red/
 pork chops sautéed with/
 pork chops with robert sauce,
 /chasseur, sauce madère, sauce au
 slice of smoked/ saumon Claude
 leek and
 chilled vichyssoise, leek and
 orange-ginger glazed chicken,/ /,
 orange-ginger-soy chicken,/ /,
 orange-liqueur glazed chicken
 pan fried corned beef
 pan juices, white wine and/
 pan juices for pan-broiled (
 pan-broiled (sautéed) steak or/
 pancakes
 Parisian onion soup, optionally
 parisienne, sauce mornay, sauce/
 parsley, or with fines herbes, or/
 parsley, or with tomato sauce and/
 parsley, or with bacon, shallots/
 parsley dumplings
 parsley, and served in the/
 parsley butter
 parsley /floured, sautéed,
 parsley /seasoned with olive
 parsley, bread crumbs and butter
 parsnips, baked with brown sugar,
 pasta with butter, cream and
 pasta, especially spaghetti
 paste, ginger and green onions,
 pastry dough for tart shells,
 pastry doughs /for tart shells
 pastry shell for a tart or quiche
 paupiettes of salmon, stuffed
 pâte brisée à l'oeuf, egg
 pears poached in red wine, sugar
 peas with garlic, lemon juice,
 peas, nuts and garnishes
 pepper and green pepper /black
 pepper /black bean sauce, garlic
 pepper /mashed and seasoned
 pepper gazpacho soup, made with
 peppers, and sherry /sautéed
 peppers, onions, mushrooms, and/
 peppers, in olive oil with salt/
 peppers, sautéed with ham,/
 peppers /a steamer with chicken
 peppers, onion, cucumber and/
 pie crusts
 pie
 pilaf of chicken, various/
 pilaf; arroz guatemalteco
 poached in butter, with a cream/
 poached eggs
 poached in red wine, sugar and
 poached in raspberry wine and/
 poached in white wine
 poached eggs spinach
 polenta, optionally with
 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 marinated with salt and
 pork chops with robert sauce,
 pork chops sautéed with onions,/
 porto, sauce bordelaise, sauce/
 Postel, salmon covered with a
 potato soup
 potato soup with cream, served

74 MARINADE-CHICK
 74 MARINADE-CHICK
 74 MARINADE-CHICK
 15 BEEF-CRND-HASH2
 116 PORK-CHP-ROBERT
 154 SAUCE-STEAK
 154 SAUCE-STEAK
 202 WAFFLE-PANCAKE
 188 SOUP-ONION
 156 SAUCE-WHITE
 6 BEAN-GREEN-SAUT
 6 BEAN-GREEN-SAUT
 6 BEAN-GREEN-SAUT
 53 CHICK-STEW-DUMP
 98 MUSSEL-MARINIER
 137 SALMON-BROILED
 172 SOLE-MEUNIER
 183 SOUP-GAZPACHO2
 200 TOMATO-SAUTE
 101 PARSNIPS-CANDIE
 102 PASTA-ALFREDO
 153 SAUCE-PASTA
 55 CHN-BEEF-CABB
 103 PASTRY-DOUGH1
 103 PASTRY-DOUGH1
 108 PASTRY-SHELL
 139 SALMON-PAUPIETT
 103 PASTRY-DOUGH1
 110 PEAR-RED-WINE
 68 DIP-HOMMOS
 126 RICE-FRIED
 57 CHN-BLKBN-BEEF
 57 CHN-BLKBN-BEEF
 67 DIP-AVOCADO
 183 SOUP-GAZPACHO2
 5 BEAN-BLACK-PEPP
 38 CHICK-GINGER
 111 PEPPER-ROASTED
 120 POTATO-VEG-SAUT
 131 RICE-THAI
 183 SOUP-GAZPACHO2
 107 PASTRY-DOUGH2
 112 PIE-PUMPKIN
 124 RICE-CHICKEN
 129 RICE-RISOTTO
 29 CHICK-BRST-CREA
 72 EGGS-POACHED
 110 PEAR-RED-WINE
 139 SALMON-PAUPIETT
 174 SOLE-POACH-WINE
 179 SOUFFLE-SPINACH
 113 POLENTA
 86 MARINADE-PORK
 86 MARINADE-PORK
 86 MARINADE-PORK
 86 MARINADE-PORK
 86 MARINADE-PORK
 86 MARINADE-PORK
 115 PORK-BRAIS-CABB
 116 PORK-CHP-ROBERT
 116 PORK-CHP-ROBERT
 142 SAUCE-BROWN
 138 SALMON-CLAUDE-P
 185 SOUP-LEEK-POTAT
 190 SOUP-VICHYSOIS

or baked yams baked Idaho
 baked Idaho potatoes, baked sweet
 and cream mashed
 peppers, sautéed with ham,/
 baking

baked pastry shell for a tart or
 quiche
 quiche lorraine, cream and bacon
 fresh tomato quiche with/
 /la tomate, niçoise, fresh tomato
 /and leek julienne, poached in
 raspberry wine and sauced with a
 /, coffee-rum caribbean chicken,
 /with sautéed onions, garlic, and
 mushrooms beef stew in
 chestnuts braised
 braised red cabbage with
 and/ coq au vin, chicken in
 and/ coq au vin, chicken in
 and/ coq au vin, chicken in
 /black bean sauce, garlic, onion,
 served on/ pears poached in
 in olive oil/ roasted sweet
 salt and herbs and braised with
 /pepper gazpacho soup, made with
 /with onions, sauced with a
 chicken, various/ chicken with
 nuts and garnishes fried
 indienne
 seasoned liquid;/ sautéed
 chicken/ Thai-style risotto,
 fried with/ vietnamese fried
 with/ vietnamese fried rice,
 /, braised in seasoned liquid;
 with chicken stock,/ Thai-style
 rice Indian style,

bell peppers, in olive oil/
 with onions,/ pork chops with
 /, jus lié, sauce diable, sauce
 pork chops,/ /pork chops, spice
 marinades, brushes, glazes and
 marinades, brushes, glazes and
 , with sugar, spices, orange and
 onions and capers,/ salmon
 celery, onions and capers,/
 seasoned bread crumbs, baked/
 onions, spices, bread crumbs/
 broiled

smoked/ saumon Claude Postel,
 /covered with a slice of smoked
 carrot and leek/ paupiettes of
 marinade with ginger, apple/
 avocado mashed and seasoned with
 seasoned with salsa, lemon juice,
 bell peppers, in olive oil with
 red/ pork marinated with
 monsieur, toasted ham and cheese
 /and parsley, or with tomato
 , poached in butter, with a cream
 in butter, with brown butter
 , with an herb and lemon wine
 /with wine-flavored cream
 peppers, onions, mushrooms, and

potatoes, baked sweet potatoes,
 potatoes, or baked yams
 potatoes beaten with garlic sauce
 potatos, garlic, onions, and
 powder biscuits
 pumpkin pie
 quiche partly or fully
 quiche lorraine, cream and bacon
 quiche
 quiche à la tomate, niçoise,
 quiche with anchovies and olives
 raspberry wine and sauced with a/
 raspberry cream /, poached in
 raspberry-mustard glazed chicken,/
 red and green peppers, and sherry
 red wine, with bacon, onions and
 red cabbage with red wine and
 red wine and chestnuts
 red wine with onions, mushrooms
 red wine with onions, mushrooms
 red wine with onions, mushrooms
 red pepper and green pepper
 red wine, sugar and cinnamon,
 red and/or yellow bell peppers,
 red cabbage or sauerkraut /with
 red, green and yellow bell/
 reduction of the pan juices,/
 rice, a Latin-American pilaf of
 rice, with meat, onions, peas,
 rice Indian style, riz à l'
 rice with vegetables, braised in
 rice cooked in a steamer with
 rice, rice cooked in broth, then
 rice cooked in broth, then fried
 risotto; pilaf; arroz/
 risotto, rice cooked in a steamer
 riz à l'indienne
 roast chicken stuffed with lemons
 roasted sweet red and/or yellow
 robert sauce, pork chops sautéed
 robert, sauce brune aux fine/
 rub for pork, ginger-sherry-soy
 rubs for chicken, generally for/
 rubs for pork, generally for/
 rum /sautéed in butter
 salad, with cucumbers, celery,
 salmon salad, with cucumbers,
 salmon or other fish covered with
 salmon baked with tomatoes,
 salmon with parsley butter
 salmon covered with a slice of
 salmon, sautéed, and served with/
 salmon, stuffed with duxelles and
 salmon teriyaki, soy sauce
 salsa, lemon juice, salt and/
 salt and pepper /mashed and
 salt and spices /and/or yellow
 salt and herbs and braised with
 sandwich; croque madame croque
 sauce and parsley, or with bacon,/
 sauce, à blanc /, suprêmes
 sauce, à brun /, sautéed
 sauce /a light batter, sautéed
 sauce, onion, and mushrooms
 sauce /in ginger, with

117 POTATO-BAKED
 117 POTATO-BAKED
 118 POTATO-GARLIC
 120 POTATO-VEG-SAUT
 24 BISCUIT-QUICK
 112 PIE-PUMPKIN
 108 PASTRY-SHELL
 121 QUICHE-LORRAINE
 121 QUICHE-LORRAINE
 122 QUICHE-NICOISE
 122 QUICHE-NICOISE
 139 SALMON-PAUPIETT
 139 SALMON-PAUPIETT
 74 MARINADE-CHICK
 5 BEAN-BLACK-PEPP
 12 BEEF-BOURGUIGNON
 26 CABBAGE-RED-BRA
 26 CABBAGE-RED-BRA
 45 CHICK-RED-WINE1
 47 CHICK-RED-WINE2
 50 CHICK-RED-WINE3
 57 CHN-BLKBN-BEEF
 110 PEAR-RED-WINE
 111 PEPPER-ROASTED
 115 PORK-BRAIS-CABB
 183 SOUP-GAZPACHO2
 116 PORK-CHP-ROBERT
 124 RICE-CHICKEN
 126 RICE-FRIED
 128 RICE-INDIAN
 129 RICE-RISOTTO
 131 RICE-THAI
 132 RICE-VIETNAMESE
 132 RICE-VIETNAMESE
 129 RICE-RISOTTO
 131 RICE-THAI
 128 RICE-INDIAN
 52 CHICK-ROAST-LEM
 111 PEPPER-ROASTED
 116 PORK-CHP-ROBERT
 142 SAUCE-BROWN
 86 MARINADE-PORK
 74 MARINADE-CHICK
 86 MARINADE-PORK
 4 BANANA-FLAMBEE
 134 SALAD-SALMON
 134 SALAD-SALMON
 135 SALMON-BAKE-WIN
 136 SALMON-BAKED
 137 SALMON-BROILED
 138 SALMON-CLAUDE-P
 138 SALMON-CLAUDE-P
 139 SALMON-PAUPIETT
 141 SALMON-TERIYAKI
 67 DIP-AVOCADO
 67 DIP-AVOCADO
 111 PEPPER-ROASTED
 115 PORK-BRAIS-CABB
 60 CROQUE-MONSIEUR
 6 BEAN-GREEN-SAUT
 29 CHICK-BRST-CREA
 32 CHICK-BRST-SAUT
 34 CHICK-FRANCESE
 35 CHICK-FRICASSEE
 38 CHICK-GINGER

and spices, with a vanilla cream
paste,/ beef marinated with soy
stir-fried nappa cabbage and miso
/slices stir-fried with black bean
yet another curry
with butter, cream and cheese
and cinnamon, served on apple
onions,/ pork chops with robert
potatoes beaten with garlic
/and onion, finished with soy
/, and served with a beurre blanc
juice,/ salmon teriyaki, soy
diable, sauce/ brown sauces:
/sauces: sauce brune, jus lié,
/brune, jus lié, sauce diable,
/lié, sauce diable, sauce robert,
/, sauce brune aux fine herbes,
/herbes, sauce à l'estragon,
/à l'estragon, sauce chasseur,
/, sauce chasseur, sauce madère,
/, sauce madère, sauce au porto,
sauce au porto, sauce bordelaise,
grand marnier
spaghetti tomato
sauce suprême,/ white sauces:
white sauces: sauce béchamel,
/sauce béchamel, sauce velouté,
/, sauce velouté, sauce suprême,
/sauce suprême, sauce parisienne,
/, sauce parisienne, sauce mornay,
/, sauce mornay, sauce aurore,
/, sauce aurore, sauce au cari,
/, sauce au cari, sauce soubise,
oil, then simmered in a margarita
/pork chops sautéed with onions,
/, poached in raspberry wine and
with shallots, nutmeg, flamed,
/other fish floured, sautéed, and
/diane, sirloin steak sautéed and
used for stuffings, garnishes or
sauce diable, sauce/ brown
pan-broiled (sautéed) steak/
velouté, sauce suprême/ white
and braised with red cabbage or
/braisée à l'alsacienne,
covered with a slice of/
bananes flambée, bananas
and green/ black beans, with
hamburgers with onions and herbs,
chicken breasts, suprêmes,
/breasts in a light batter,
chicken marengo, chicken
chicken Marengo, chicken
chicken fricassée; chicken
spices, with a vanilla/ chicken
/, shallot, onion and spices,
mushrooms
and lemon juice mushrooms
in stock/ small white onions
/with robert sauce, pork chops
/, garlic, onions, and peppers,
braised in seasoned liquid;/
/with a slice of smoked salmon,
/from pan juices for pan-broiled (
flamed/ shrimp flambée, shrimp
sauce /with vanilla, onions
sauce, wine, sesame oil, chili
sauce /and served with
sauce, garlic, onion, red pepper/
sauce
sauce pasta
sauce /in red wine, sugar
sauce, pork chops sautéed with
sauce and cream mashed
sauce and sugar, and garnished/
sauce of shallots, sherry, cream/
sauce marinade with ginger, apple
sauce brune, jus lié, sauce
sauce diable, sauce robert, sauce/
sauce robert, sauce brune aux/
sauce brune aux fine herbes,/
sauce à l'estragon, sauce/
sauce chasseur, sauce madère,/
sauce madère, sauce au porto,/
sauce au porto, sauce bordelaise,/
sauce bordelaise, sauce/
sauce bourguignonne /madère,
sauce
sauce for pasta, especially
sauce béchamel, sauce velouté,
sauce velouté, sauce suprême,/
sauce suprême, sauce parisienne,/
sauce parisienne, sauce mornay,/
sauce mornay, sauce aurore, sauce/
sauce aurore, sauce au cari,/
sauce au cari, sauce soubise,/
sauce soubise, sauce bâtarde
sauce bâtarde /, sauce aurore
sauce /sautéed in olive
sauced with a reduction of the/
sauced with a raspberry cream
sauced with cream /sautéed
sauced with lemon butter with/
sauced with cognac, sherry and/
sauces /butter to dryness,
sauces: sauce brune, jus lié,
sauces made from pan juices for
sauces: sauce béchamel, sauce
sauerkraut /with salt and herbs
sauerkraut braised with wine,/
saumon Claude Postel, salmon
sautéed in butter, with sugar,/
sautéed onions, garlic, and red
sautéed or grilled ground beef
sautéed in butter, with brown/
sautéed, with an herb and lemon/
sautéed then braised with wine,/
sautéed then braised with wine,/
sautéed in butter, cooked in/
sautéed with vanilla, onions 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 vegetables,
sautéed, and served with a/
sautéed) steak or hamburger
sautéed with shallots, nutmeg,

54 CHICK-VANILLA
55 CHN-BEEF-CABB
55 CHN-BEEF-CABB
57 CHN-BLKBN-BEEF
65 CURRY3
102 PASTA-ALFREDO
110 PEAR-RED-WINE
116 PORK-CHP-ROBERT
118 POTATO-GARLIC
132 RICE-VIETNAMESE
138 SALMON-CLAUDE-P
141 SALMON-TERIYAKI
142 SAUCE-BROWN
142 SAUCE-BROWN
142 SAUCE-BROWN
142 SAUCE-BROWN
142 SAUCE-BROWN
142 SAUCE-BROWN
142 SAUCE-BROWN
142 SAUCE-BROWN
142 SAUCE-BROWN
142 SAUCE-BROWN
142 SAUCE-BROWN
152 SAUCE-GRAND-MAR
153 SAUCE-PASTA
156 SAUCE-WHITE
156 SAUCE-WHITE
156 SAUCE-WHITE
156 SAUCE-WHITE
156 SAUCE-WHITE
156 SAUCE-WHITE
156 SAUCE-WHITE
156 SAUCE-WHITE
156 SAUCE-WHITE
156 SAUCE-WHITE
171 SHRIMP-MARGRITA
116 PORK-CHP-ROBERT
139 SALMON-PAUPIETT
169 SHRIMP-FLAMBEE
172 SOLE-MEUNIERE
193 STEAK-DIANE
94 MUSHROOM-DUXELL
142 SAUCE-BROWN
154 SAUCE-STEAK
156 SAUCE-WHITE
115 PORK-BRAIS-CABB
166 SAUERKRAUT-BRAS
138 SALMON-CLAUDE-P
4 BANANA-FLAMBEE
5 BEAN-BLACK-PEPP
20 BEEF-HAMBURGER
32 CHICK-BRST-SAUT
34 CHICK-FRANCESE
39 CHICK-MARENGO1
41 CHICK-MARENGO2
43 CHICK-MINUTE
54 CHICK-VANILLA
94 MUSHROOM-DUXELL
95 MUSHROOMS-SAUT1
96 MUSHROOMS-SAUT2
99 ONIONS-BRAIS-BR
116 PORK-CHP-ROBERT
120 POTATO-VEG-SAUT
129 RICE-RISOTTO
138 SALMON-CLAUDE-P
154 SAUCE-STEAK
169 SHRIMP-FLAMBEE

margarita shrimp, shrimp
 /of sole or other fish floured,
 steak Diane, sirloin steak
 tomatoes fried lightly/ tomatoes
 tea
 salt and/ avocado mashed and
 /, white wine and demi-glace,
 /rice with vegetables, braised in
 salmon or other fish covered with
 /, onion, cucumber and tomato,
 sliced/ London broil, steak
 dumplings with herb
 polenta, optionally with
 /marinated with soy sauce, wine,
 /, finely chopped mushrooms,
 sauce and parsley, or with bacon,
 /with a beurre blanc sauce of
 /flambée, shrimp sautéed with
 partly or fully baked pastry
 swiss meringue
 /oeuf, egg pastry dough for tart
 , and red and green peppers, and
 a beurre blanc sauce of shallots,
 mongole cream soup with
 sautéed and sauced with cognac,
 meat curried
 meat curried
 in a mirepoix, with cognac/
 cognac and/ shrimp bordelaise,
 with shallots, nutmeg, flamed/
 nutmeg,/ shrimp flambée,
 oil-soaked bread/ grilled
 oil, then simmered/ margarita
 then/ margarita shrimp,
 /sautéed in olive oil, then
 with cognac,/ steak Diane,
 /Postel, salmon covered with a
 vinegar, and sugar
 green onions and omelet; diced or
 /seasoned with garlic, broiled,
 in/ /de boeuf à la flamande,
 in/ /de boeuf à la flamande,
 sauce, garlic, onion, red/ beef
 , made with applesauce and apple
 /, salmon covered with a slice of
 introduction: abbreviations,
 sautéed, and sauced/ filets of
 poached in white wine
 aurore, sauce au cari, sauce
 Marnier liqueur desert
 poached eggs spinach
 gazpacho
 yellow/ three pepper gazpacho
 leek and potato
 lentil
 mongole cream
 Parisian onion
 vichyssoise, leek and potato
 zucchini
 sliced cucumbers with
 chili/ beef marinated with
 garlic and onion, finished with
 apple juice,/ salmon teriyaki,
 sauce for pasta, especially
 sautéed in olive oil, then/
 sautéed, and sauced with lemon/
 sautéed and sauced with cognac,/
 sautées aux fines herbes,
 scones
 scrambled eggs
 seasoned with salsa, lemon juice,
 seasoned with sugar and mustard
 seasoned liquid; risotto; pilaf;/
 seasoned bread crumbs, baked in/
 seasoned with olive oil and/
 seasoned with garlic, broiled,
 seasoning
 seasonings such as garlic and/
 sesame oil, chili paste, ginger/
 shallot, onion and spices,/
 shallots and mushrooms /tomato
 shallots, sherry, cream and/
 shallots, nutmeg, flamed, sauced/
 shell for a tart or quiche
 shells or mounds
 shells, cases, and turnovers; and/
 sherry /onions, garlic
 sherry, cream and butter /with
 sherry
 sherry and chive butter /steak
 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,
 simmered in a margarita sauce
 sirloin steak sautéed and sauced
 slice of smoked salmon, sautéed,/
 sliced cucumbers with sour cream,
 sliced meat may be added /with
 sliced thin, and served with/
 slices of beef and onions braised
 slices of beef and onions braised
 slices stir-fried with black bean
 slices, with fruit glaze /tart
 smoked salmon, sautéed, and/
 software, and copyright
 sole or other fish floured,
 sole or other fish filets,
 soubise, sauce bâtarde /, sauce
 soufflé flavored with Grand
 soufflé, optionally with ham and
 soup
 soup, made with red, green and
 soup
 soup
 soup with sherry
 soup, optionally gratinée
 soup with cream, served chilled
 soup
 sour cream, vinegar, and sugar
 soy sauce, wine, sesame oil,
 soy sauce and sugar, and/ /with
 soy sauce marinade with ginger,
 spaghetti tomato

171 SHRIMP-MARGRITA
 172 SOLE-MEUNIERE
 193 STEAK-DIANE
 200 TOMATO-SAUTE
 25 BISCUIT-SCONE
 73 EGGS-SCRAMBLED
 67 DIP-AVOCADO
 116 PORK-CHP-ROBERT
 129 RICE-RISOTTO
 135 SALMON-BAKE-WIN
 183 SOUP-GAZPACHO2
 192 STEAK-BROIL-LON
 69 DUMPLING-PARSLE
 113 POLENTA
 55 CHN-BEEF-CABB
 94 MUSHROOM-DUXELL
 6 BEAN-GREEN-SAUT
 138 SALMON-CLAUDE-P
 169 SHRIMP-FLAMBEE
 108 PASTRY-SHELL
 93 MERINGUE-SWIS
 103 PASTRY-DOUGH1
 5 BEAN-BLACK-PEPP
 138 SALMON-CLAUDE-P
 187 SOUP-MONGOLE
 193 STEAK-DIANE
 62 CURRY1
 64 CURRY2
 168 SHRIMP-BORDELAI
 168 SHRIMP-BORDELAI
 169 SHRIMP-FLAMBEE
 169 SHRIMP-FLAMBEE
 170 SHRIMP-GRILL
 171 SHRIMP-MARGRITA
 171 SHRIMP-MARGRITA
 171 SHRIMP-MARGRITA
 193 STEAK-DIANE
 138 SALMON-CLAUDE-P
 61 CUCUMBER-SOUR
 132 RICE-VIETNAMESE
 192 STEAK-BROIL-LON
 16 BEEF-FLAMANDE1
 18 BEEF-FLAMANDE2
 57 CHN-BLKBN-BEEF
 197 TART-APPLE
 138 SALMON-CLAUDE-P
 1 INTRODUCTION
 172 SOLE-MEUNIERE
 174 SOLE-POACH-WINE
 156 SAUCE-WHITE
 177 SOUFFLE-GRAND-M
 179 SOUFFLE-SPINACH
 182 SOUP-GAZPACHO1
 183 SOUP-GAZPACHO2
 185 SOUP-LEEK-POTAT
 186 SOUP-LENTIL
 187 SOUP-MONGOLE
 188 SOUP-ONION
 190 SOUP-VICHYSOIS
 191 SOUP-ZUCCHINI
 61 CUCUMBER-SOUR
 55 CHN-BEEF-CABB
 132 RICE-VIETNAMESE
 141 SALMON-TERIYAKI
 153 SAUCE-PASTA

, ginger-honey-soy pork chops,
sautéed in butter, with sugar,
/stock with mushrooms, onions and
/sautéed with vanilla, onions and
/mushrooms, shallot, onion and
, in olive oil with salt and
vegetables, tomatoes, olives and
/baked with tomatoes, onions,
, stock, aromatic vegetables and
ham and poached eggs
tomatoes fried lightly in butter,
juices for pan-broiled (sautéed)
broiled, sliced/ London broil,
sautéed and sauced with/
cognac,/ steak diane, sirloin
moules à la marinière, mussels
/risotto, rice cooked in a
onions and mushrooms beef
dumplings beef
chicken
mushrooms
, ginger and green onions, then
peppers, onions,/ chicken
, then stir fried and served with
garlic, onion, red/ beef slices
/in butter, cooked in wine and
in butter, then braised in
white onions braised in butter,
/garlic and onions, or cooked with
/cooked in a steamer with chicken
, sauerkraut braised with wine,
white chicken
a fish/ substitutes for a brown
a brown stock, a white chicken
a white chicken stock, and a fish
roast chicken
and leek/ paupiettes of salmon,
and garlic tomatoes
/in butter to dryness, used for
rice Indian
white chicken stock, and a/
bananas sautéed in butter, with
/chantilly, whipped cream with
glazed with caramelized brown
with sour cream, vinegar, and
/parsnips, baked with brown
pears poached in red wine,
and demi-glace, seasoned with
, finished with soy sauce and
/béchamel, sauce velouté, sauce
with a cream/ chicken breasts,
with brown/ chicken breasts,
peppers, in olive oil/ roasted
baked Idaho potatoes, baked

/à l'oeuf, egg pastry dough for
or fully baked pastry shell for a
apple slices, with fruit/ apple
custard tarte normande, apple
cinnamon and brandy custard

ginger, apple juice,/ salmon
in a steamer with chicken/
/with garlic, broiled, sliced
spice rub for pork,/ /pork chops
spices, orange and rum /bananas
spices, then bound with egg yolks
spices, with a vanilla cream/
spices, sautéed in butter to/
spices //or yellow bell peppers
spices /of chicken, various
spices, bread crumbs and oil
spices /braised with wine
spinach soufflé, optionally with
sprinkled with parsley, bread/ /,
steak or hamburger /from pan
steak seasoned with garlic,
steak diane, sirloin steak
steak sautéed and sauced with
steamed with garlic, onions and/
steamer with chicken stock,/
stew in red wine, with bacon,
stew with vegetables and
stew with parsley dumplings
stewed in lemon juice and butter
stir fried and served with/
stir-fried in ginger, with
stir-fried nappa cabbage and miso/
stir-fried with black bean sauce,
stock with mushrooms, onions and/
stock and herbs /onions sautéed
stock and herbs small
stock, or finished with cheese
stock, garlic, ginger and hot/
stock, aromatic vegetables and/
stock
stock, a white chicken stock, and
stock, and a fish stock /for
stock /for a brown stock,
stuffed with lemons
stuffed with duxelles and carrot
stuffed with bread crumbs, herbs
stuffings, garnishes or sauces
style, riz à l'indienne
substitutes for a brown stock, a
sugar, spices, orange and rum /,
sugar, flavored with vanilla
sugar crème brûlée, custard
sugar sliced cucumbers
sugar, orange juice, and butter
sugar and cinnamon, served on/
sugar and mustard /, white wine
sugar, and garnished with green/
suprême, sauce parisienne, sauce/
suprêmes, poached in butter,
suprêmes, sautéed in butter,
sweet red and/or yellow bell
sweet potatoes, or baked yams
sweet milk waffles and pancakes
swiss meringue shells or mounds
tart shells, cases, and turnovers/
tart or quiche partly
tart, made with applesauce and
tart with cinnamon and brandy
tarte normande, apple tart with
tea scones
teriyaki, soy sauce marinade with
Thai-style risotto, rice cooked
thin, and served with melted/

86 MARINADE-PORK
4 BANANA-FLAMBEE
43 CHICK-MINUTE
54 CHICK-VANILLA
94 MUSHROOM-DUXELL
111 PEPPER-ROASTED
124 RICE-CHICKEN
136 SALMON-BAKED
166 SAUERKRAUT-BRAS
179 SOUFFLE-SPINACH
200 TOMATO-SAUTE
154 SAUCE-STEAK
192 STEAK-BROIL-LON
193 STEAK-DIANE
193 STEAK-DIANE
98 MUSSEL-MARINIER
131 RICE-THAI
12 BEEF-BOURGUIGNON
22 BEEF-STEW-DUMPL
53 CHICK-STEW-DUMP
97 MUSHROOMS-STEW
55 CHN-BEEF-CABB
38 CHICK-GINGER
55 CHN-BEEF-CABB
57 CHN-BLKBN-BEEF
43 CHICK-MINUTE
99 ONIONS-BRAIS-BR
100 ONIONS-BRAIS-WH
113 POLENTA
131 RICE-THAI
166 SAUERKRAUT-BRAS
194 STOCK-CHICKEN
195 STOCK-SUBSTITUT
195 STOCK-SUBSTITUT
195 STOCK-SUBSTITUT
52 CHICK-ROAST-LEM
139 SALMON-PAUPIETT
201 TOMATO-STUFF-PR
94 MUSHROOM-DUXELL
128 RICE-INDIAN
195 STOCK-SUBSTITUT
4 BANANA-FLAMBEE
58 CREAM-WHIPPED
59 CREME-BRULEE
61 CUCUMBER-SOUR
101 PARSNIPS-CANDIE
110 PEAR-RED-WINE
116 PORK-CHP-ROBERT
132 RICE-VIETNAMESE
156 SAUCE-WHITE
29 CHICK-BRST-CREA
32 CHICK-BRST-SAUT
111 PEPPER-ROASTED
117 POTATO-BAKED
202 WAFFLE-PANCAKE
93 MERINGUE-SWIS
103 PASTRY-DOUGH1
108 PASTRY-SHELL
197 TART-APPLE
199 TART-APPLE-CUST
199 TART-APPLE-CUST
25 BISCUIT-SCONE
141 SALMON-TERIYAKI
131 RICE-THAI
192 STEAK-BROIL-LON

- croque madame croque monsieur,
quiche with/ quiche à la
tomatoes fried lightly in/
/with garlic and parsley, or with
/à la tomate, niçoise, fresh
especially spaghetti
/bell peppers, onion, cucumber and
with wine, cognac, garlic,
with wine, cognac, garlic,
/with ham, topped with chopped
/of chicken, various vegetables,
crumbs and/ salmon baked with
tomates sautées aux fine herbes,
crumbs, herbs and garlic
/, and peppers, sautéed with ham,
/dough for tart shells, cases, and
a/ chicken sautéed with
, onions and spices, with a
cream with sugar, flavored with
beef stew with
/pilaf of chicken, various
liquid;/ sautéed rice with
with wine, stock, aromatic
/sauces: sauce béchamel, sauce
with cream, served chilled
cooked in broth, then fried/
onions, mushrooms and/ coq au
onions, mushrooms and/ coq au
onions, mushrooms and/ coq au
sliced cucumbers with sour cream,
with ginger, apple juice,
/, seasoned with olive oil and
sweet milk
flavored/ crème chantilly,
then braised in stock/ small
stock and herbs small
a reduction of the pan juices,
sauce velouté, sauce/
in a mirepoix, with cognac and
or other fish filets, poached in
- substitutes for a brown stock, a
mushrooms beef stew in red
braised red cabbage with red
sautéed, with an herb and lemon
and/ /sautéed then braised with
and/ /sautéed then braised with
/sautéed in butter, cooked in
coq au vin, chicken in red
coq au vin, chicken in red
coq au vin, chicken in red
beef marinated with soy sauce,
on apple/ pears poached in red
with/ /of the pan juices, white
seasoned bread crumbs, baked in
/julienne, poached in raspberry
and/ /, sauerkraut braised with
a mirepoix, with cognac and white
fish filets, poached in white
and/ /chicken fricassee with
/, balsamic-mustard chicken,
, baked sweet potatoes, or baked
with/ roasted sweet red and/or
/soup, made with red, green and
- toasted ham and cheese sandwich;
tomate, niçoise, fresh tomato
tomates sautées aux fine herbes,
tomato sauce and parsley, or with/
tomato quiche with anchovies and/
tomato sauce for pasta,
tomato, seasoned with olive oil/
tomatoes and mushrooms /braised
tomatoes and mushrooms /braised
tomatoes and bread crumbs
tomatoes, olives and spices
tomatoes, onions, spices, bread
tomatoes fried lightly in butter,/
tomatoes stuffed with bread
topped with chopped tomatoes and/
turnovers; and other pastry/
vanilla, onions and spices, with
vanilla cream sauce /vanilla
vanilla /chantilly, whipped
vegetables and dumplings
vegetables, tomatoes, olives and/
vegetables, braised in seasoned
vegetables and spices /braised
velouté, sauce suprême, sauce/
vichyssoise, leek and potato soup
vietnamese fried rice, rice
vin, chicken in red wine with
vin, chicken in red wine with
vin, chicken in red wine with
vinegar, and sugar
vinegar and onions /marinade
vinegar, and cilantro and parsley
waffles and pancakes
whipped cream with sugar,
white onions sautéed in butter,
white onions braised in butter,
white wine and demi-glace,/ /with
white sauces: sauce béchamel,
white wine /, shrimp cooked
white wine sole
white chicken stock
white chicken stock, and a fish/
wine, with bacon, onions and
wine and chestnuts
wine sauce /in a light batter,
wine, cognac, garlic, tomatoes
wine, cognac, garlic, tomatoes
wine and stock with mushrooms,/
wine with onions, mushrooms and/
wine with onions, mushrooms and/
wine with onions, mushrooms and/
wine, sesame oil, chili paste,/
wine, sugar and cinnamon, served
wine and demi-glace, seasoned
wine /fish covered with
wine and sauced with a raspberry/
wine, stock, aromatic vegetables
wine /, shrimp cooked in
wine sole or other
wine-flavored cream sauce, onion,
yakitori chicken, herb-mustard/
yams baked Idaho potatoes
yellow bell peppers, in olive oil
yellow bell peppers, onion,/
yet another curry sauce
- 60 CROQUE-MONSIEUR
122 QUICHE-NICOISE
200 TOMATO-SAUTE
6 BEAN-GREEN-SAUT
122 QUICHE-NICOISE
153 SAUCE-PASTA
183 SOUP-GAZPACHO2
39 CHICK-MARENGO1
41 CHICK-MARENGO2
120 POTATO-VEG-SAUT
124 RICE-CHICKEN
136 SALMON-BAKED
200 TOMATO-SAUTE
201 TOMATO-STUFF-PR
120 POTATO-VEG-SAUT
103 PASTRY-DOUGH1
54 CHICK-VANILLA
54 CHICK-VANILLA
58 CREAM-WHIPPED
22 BEEF-STEW-DUMPL
124 RICE-CHICKEN
129 RICE-RISOTTO
166 SAUERKRAUT-BRAS
156 SAUCE-WHITE
190 SOUP-VICHYSOIS
132 RICE-VIETNAMESE
45 CHICK-RED-WINE1
47 CHICK-RED-WINE2
50 CHICK-RED-WINE3
61 CUCUMBER-SOUR
141 SALMON-TERIYAKI
183 SOUP-GAZPACHO2
202 WAFFLE-PANCAKE
58 CREAM-WHIPPED
99 ONIONS-BRAIS-BR
100 ONIONS-BRAIS-WH
116 PORK-CHP-ROBERT
156 SAUCE-WHITE
168 SHRIMP-BORDELAI
174 SOLE-POACH-WINE
194 STOCK-CHICKEN
195 STOCK-SUBSTITUT
12 BEEF-BOURGUIGNON
26 CABBAGE-RED-BRA
34 CHICK-FRANCESE
39 CHICK-MARENGO1
41 CHICK-MARENGO2
43 CHICK-MINUTE
45 CHICK-RED-WINE1
47 CHICK-RED-WINE2
50 CHICK-RED-WINE3
55 CHN-BEEF-CABB
110 PEAR-RED-WINE
116 PORK-CHP-ROBERT
135 SALMON-BAKE-WIN
139 SALMON-PAUPIETT
166 SAUERKRAUT-BRAS
168 SHRIMP-BORDELAI
174 SOLE-POACH-WINE
35 CHICK-FRICASSEE
74 MARINADE-CHICK
117 POTATO-BAKED
111 PEPPER-ROASTED
183 SOUP-GAZPACHO2
65 CURRY3

and spices, then bound with egg yolks /mushrooms, onions
zucchini soup

43 CHICK-MINUTE
191 SOUP-ZUCCHINI