

WHAT WE ATE

PONITUR HIC BICOLOR SINCERAE BACA MINERVAE
CONDITAQUE IN LIQUIDA CORNA AUTUMNALIA FAECE
INTIBAQUE ET RADIX ET LACTIS MASSA COACTI
OVAQUE NON ACRI LEVITER VERSATA FAVILLA,
OMNIA FICTILIBUS. POST HAEC CAELATUS EODEM
SISTITUR ARGENTO CRATER FABRICATAQUE FAGO
POCULA, QUA CAVA SUNT, FLAVENTIBUS INLITA CERIS.
PARVA MORA EST, EPULASQUE FOCI MISERE CAENTES,
NEC LONGAE RURSUS REFERUNTUR VINA SENECTAE
DANTQUE LOCUM MENSIS PAULUM SEDUCTA SECUNDIS:
HIC NUX, HIC MIXTA EST RUGOSIS CARICA PALMIS
PRUNAQUE ET IN PATULIS REDOLENTIA MALA CANISTRIS
ET DE PURPUREIS COLLECTAE VITIBUS UVAE,
CANDIDUS IN MEDIO FAVUS EST. SUPER OMNIA VULTUS
ACCESSERE BONI NEC INERS PAUPERQUE VOLUNTAS.

- OVID, *BAUCIS AND PHILEMON*



THE KITCHEN OF ANITA SPERTUS

JANUARY 2015



OCTOBER †

WHAT WE ATE

TABLE OF CONTENTS



‡ DINNER COURSES

Bœuf Bourguignon	9
Pasta Shells w/ Bacon, Peas, & Ricotta	12
Sautéed Veal Scaloppini w/ Marsala.....	13
Italian Meatballs.....	14
Mom's Famous Pizza.....	15
Farfelle w/ Hot Sausage Sauce.....	16
Linguine w/ White Clam Sauce	17
Lemon Chicken	18
Roast Chicken Breasts w/ Pine Shoots.....	19
Turkey w/ Stuffing	21
Daging Balado.....	23
Sambal Goreng Udang	24
Opor Ayam.....	25
Filets Mignons w/ Shallots.....	26
Flank Steak Orientale.....	27
Hanger Steak w/ Shallots	28
Sautéed Chicken Breasts w/ Lemon.....	29
Slow-Cooked Lamb Shanks.....	30
Hamburgers.....	31
Duck à la Jojo.....	32
Delicate Grey Sole	34
Eggplant Parmigiana.....	35
Cajun Chicken.....	36
Spicy Creole Mustard Andouille.....	37
Sara's Lamb.....	38
Chello Kebab.....	39
Salmon in Cardamom Broth.....	40
Saumon en Papillote	41
Shrimp in Fragrant Broth	42
Tofu Squares w/ Savory Tamarind Sauce	43
Broiled Scallops w/ Hot Lime	44
Steamed Mussels w/ Tomato, Saffron & Pernod.....	45
Braised Short Ribs	46
Broiled Chilean Sea Bass w/ Lemon-Mustard	47
Cumi Cumi Semur.....	48
Magret à la d'Artagnan	49



Swordfish Baked in Foil.....	50
Chicken Marbella	51
Chicken Parsnip Stir-Fry.....	52
Lobsters	53
Mussels Beach Bake.....	54
Rosemary Lemon Lamb Chops.....	55
Mussels w/ Tomato Sauce.....	56
Finnan Haddie	57
Sumac Chicken.....	58
Summer Stir-Fry w/ Peekytoe Crab & Greens.....	59
Meatballs, Middle East Style	60
Braised Short Ribs.....	61
Pork Loin w/ Grapes	62
Duck Breast w/ Berries	63
Halibut w/ arugula, beets & horseradish	64
Oven-crisped Chicken w/ Fragrant Spices	66
Juicy Hanger Steak.....	67

✠ SIDE DISHES

Candied Sweet Potatoes	69
Peppery Green Beans	70
Braised Leeks w/ Parmesan Cheese	71
Simmered Carrots w/ Cumin & Orange.....	72
Carrots Vichy	73
Concombres au Beurre	74
Basmati Rice	75
Caramelized Beets & Turnips	76
Roasted Potatoes	77
Roasted Vegetables	78
Baked Winter Squash.....	79
Grilled Yellow Wax Beans	80
Stir-Fry w/ Kale & Almonds.....	81
Lemon-Glazed Zucchini & Cherry Tomatoes.....	82



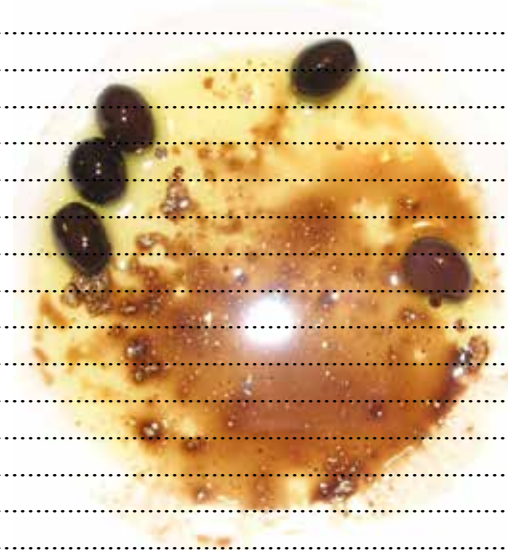
✠ SOUPS

Wild Mushroom Soup.....	84
Cream Of Sorrel Soup.....	85
Soupe à l'Oignon	86
Potage Crécy	87
Minestrone w/ Pesto.....	88
Roasted Pumpkin Soup	89
Instant Chicken Watercress Egg-Drop Soup.....	90
Parsnip Soup.....	91
Gazpacho Andaluz de Gonzalo Cordoba	92

Hearty squash and apple soup	93
------------------------------------	----

✠ SALADS & DRESSINGS

Balsamic Vinaigrette	95
Atjar	96
Coleslaw	96
Lemon-Egg Yolk Dressing	97
Honey-Garlic Vinaigrette	97
Half-Sour Pickles	98
Fennel & Apple Salad w/ Juniper	99
Overnight Pickles	100
Granny's Endive Salad	101
Tabbouleh	101
Lentil & Walnut Salad	102
Potato Salad	103
Frisée Salad	103
Avocado & Grapefruit Salad	104
Seviche	105
Marinated Goat Cheese	105
Moroccan Salads	106
Blood Orange, Olive, Onion, & Fennel Salad	106
Gado-Gado	107
Super-fast Pickled Pears	108
Sweet Shitake Pickle	108
Russian Salad	109
Beet, apricot, gherkin and goat cheese salad	110



✠ BREADS


Castine Inn Biscuits	112
----------------------------	-----

✠ PRESERVES

Meamsey's Grape Marmalade	114
Rose Hip Jam	115
Rhubarb Leather	116

✠ DESSERTS

Decadent Chocolate Cake	118
Chocolate Hazelnut Cake	120
Buttermilk Lemon Cake	122
Pumpkin Pie	123
Annie's Chocolate Chip Cookies	124

Tarte Aux Fruits	125
Basic Pie Pastry, 2-Crust.....	127
Cranberry-Pear Pie	128
Lemon Meringue Pie.....	129
Blueberry Pie.....	131
Cherry Pie.....	131
	
Rhubarb Pie.....	131
Summer Stone-fruit Pie.....	131
Key Lime Pie.....	132
Warm, Soft Chocolate Cake.....	133
Chocolate Soufflé.....	134
Kate's Brownies.....	135
Kate's Truffles	136
Molded Chocolate.....	137
English Toffee.....	138
Enstrom's Almond Toffee.....	139
Cheesecake.....	140
Anjou Pear Roasted w/ Balsamic & Honey	141
Ginger Shortbread	142
Strawberry Granita	143
Blackberry Sorbet.....	143
Peach & Lemon Sorbet	143
Melon Sorbet.....	144
Tangerine Sorbet	144
Pear Sorbet	144
Chocolate Gelato.....	145

✦ BREAKFASTS

Blueberry Pancakes	147
French Toast.....	148
Grapefruit Sections.....	149
Waffles	150
Baked Apples	151
Scrambled Eggs.....	152
Biju Rao's Masala Omelet.....	152
Basic Omelet	153
Apple Cake.....	154



✦ PLAYFUL ASIDES

Playdough.....	156
Papier Mâché.....	156

‡ APPENDICES

I. Favorite Cheeses	156
II. Favorite Olives	156
III. Favorites for the Edible Garden (Herbs & Vegetables, Nuts & Berries, Orchard).....	156
IV. Favorite Sandwiches	156
V. Philemon & Baucis.....	156

✦

DINNER COURSES

✦



BŒUF BOURGUIGNON

- 1 6-ounce chunk of bacon
- 1 9- to 10-inch fireproof
casserole, 3 inches deep*
- 1 tablespoon olive oil or
cooking oil
- 1 slotted spoon
- 3 pounds lean stewing beef*
cut into 1½-2 inch cubes
- 3 cups of a full-bodied, young
red wine or a Chianti
- 2 to 3 cups brown beef stock
or canned beef bouillon
- 1 tablespoon tomato paste
- 1 sliced carrot
- 1 sliced onion
- 2 cloves mashed garlic
- ½ teaspoon thyme
- 1 crumbled bay leaf
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons flour
- parsley sprigs
- 25 to 35 small white onions,
brown-braised in stock
(recipe follows)
- 1 pound quartered fresh
mushrooms sautéed in
butter (recipe follows)



4 hours plus overnight, for 6 people

Remove rind, and cut bacon into lardons (sticks, ¼ inch thick and 1½ inches long).

Simmer rind and bacon for 10 minutes in 1½ quarts of water. Drain and dry.

Preheat oven to 450°F. Sauté the bacon in the oil over moderate heat for 5 or 6 minutes to brown lightly. Remove to a side dish with a slotted spoon. Set casserole aside. Reheat until fat is almost smoking before you sauté the beef.

Dry the beef in paper towels; it will not brown if it is damp. Sauté it, a few pieces at a time, in the hot oil and bacon fat until nicely browned on all sides. Be sure to leave space between the pieces so that they sear not steam. Set aside. In the same fat, brown the sliced vegetables. Pour out the sautéing fat, or swab it out with a paper towel propelled by a long fork or spoon.

Return the beef to the casserole, omitting the liquid that collected at the bottom of the bowl. Add bacon, and toss with the salt and pepper. Then sprinkle in the flour and toss again to coat the beef lightly. Set the casserole uncovered in the middle position of preheated oven for 4 minutes. Toss the meat and return to the oven for 4 minutes more. (This browns the flour and covers the meat with a light crust.) Remove casserole, and turn oven down to 325°F.

Stir in the wine, and enough stock or bouillon so that the meat is barely covered. Add the tomato paste, garlic, herbs, and bacon rind. Bring to simmer on top of the stove. Then cover the casserole and set in lower third of preheated oven. Regulate heat so liquid simmers very slowly for 3 to 4 hours. The meat is done when a fork pierces it easily.

While the beef is cooking, prepare the onions and mushrooms. Set them aside until needed. When the meat is tender, pour the contents of the casserole into a sieve set over a saucepan. Wash out the casserole and return the beef and bacon to it. Distribute the cooked onions and mushrooms over the meat.

[I usually simplify the previous and following steps as follows since the amount of sauce is usually just right: when the meat is tender, I remove the casserole from the stove to cool uncovered for a few minutes so that the fat rises to the top. I rest a paper towel momentarily on the glossy surface then discard it, repeating once again with a fresh towel if necessary. Then I gently mix in the onions and mushrooms, allow the dish to cool thoroughly, cover and refrigerate it for a day or two.]

Skim fat off the sauce. Simmer sauce for a minute or two, skimming off additional fat as it rises. You should have about 2½ cups of sauce thick enough to coat a spoon lightly. If too thin, boil it down rapidly. If too thick,

mix in a few tablespoons of stock or canned bouillon. Taste carefully for seasoning. Pour the sauce over the meat and vegetables. Recipe may be completed in advance to this point.

FOR IMMEDIATE SERVING: Cover the casserole and simmer for 2 to 3 minutes, basting the meat and vegetables with the sauce several times. Serve in its casserole, or arrange the stew on a platter surrounded with potatoes, noodles, or rice, and decorated with parsley.

FOR LATER SERVING, MUCH SUPERIOR!!: When cold, cover and refrigerate. About 15 to 20 minutes before serving, bring to the simmer, cover, and simmer very slowly for approximately 10 minutes, occasionally basting the meat and vegetables with the sauce.

**I prefer to use a 9-inch-diameter, 6-inch-high pot to curtail the splattering. Julia says the best choice for the cut of meat is chuck pot roast. Also acceptable are: sirloin tip, top round, bottom round.*



BROWN-BRAISED ONIONS

25 to 35 peeled white onions
about 1 inch in diameter
1 large enameled or steel skillet
1½ tablespoons butter
1½ tablespoons oil
salt & pepper

½ cup brown stock, canned
beef bouillon, dry white
wine, red wine, or water
4 parsley sprigs, ½ bay leaf,
& ¼ teaspoon thyme
tied in cheesecloth

Drop the onions in boiling water for a minute, drain, and rub off the skins.

When the butter and oil are bubbling in the skillet, add the onions and sauté over moderate heat for about 10 minutes, rolling the onions about so they will brown as evenly as possible. Be careful not to break their skins. You cannot expect to brown them uniformly. Then braise as follows:

Pour in the liquid, season to taste, and add the herb bouquet. Cover and simmer slowly for 40 to 50 minutes until the onions are perfectly tender but retain their shape, and the liquid had evaporated. Remove herb bouquet, and serve or use in bœuf bourguignon.

SAUTÉED MUSHROOMS

1 10-inch enameled skillet
1 tablespoon oil
2 tablespoons butter
salt & pepper

½ pound fresh mushrooms,
wiped clean with a damp cloth,
left whole if small, sliced or
quartered if large

Place the skillet over high heat with the butter and oil. As soon as you see that 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 their 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 lightly, remove from heat.



Many frozen containers of bœuf, balado, and hot sausage pasta sauce, expressed from home, fueled weeks of all-nighters as Will wrote Gowrie's Shakespearean tale, his Harvard thesis.



MARCELLA HAZAN

PASTA SHELLS W/ BACON, PEAS, & RICOTTA

$\frac{2}{3}$ pound lean bacon
1 10-ounce package frozen tiny
peas, thawed
 $\frac{1}{2}$ pound ricotta
 $\frac{4}{5}$ of a pound of imported Italian
pasta shells (*conchiglie*)

1 tablespoon butter
 $\frac{1}{3}$ cup freshly grated
Parmesan cheese
freshly ground black pepper
salt

25 minutes, for 4 to 5 people

Cut the bacon into narrow strips. Put it into a black frying pan or saucepan, and turn on the heat to medium. Cook the bacon until it becomes very lightly browned, and the fat melts. Do not let it become as crispy as you might be having it for breakfast. (I do.) Tip the pan and spoon out all but two tablespoons fat.

Meanwhile, bring four to five quarts water to a boil, add salt, and when the water has returned to a boil pour in the pasta.

Put the thawed peas into the pan. Cook them for a minute or so, stirring them, so they absorb some of the bacon flavor. Turn off the heat.

Place the ricotta into the bowl from which the pasta will be served, and crumble it with a fork. Add the butter, cut into bits.

When pasta is tender but firm to the bite, drain it well, and put it into the serving bowl. Toss two or three times with ricotta.

Rapidly heat up the bacon and peas, and pour the entire contents of the pan over the pasta. Toss thoroughly. Add the grated cheese, one or two grindings of pepper, toss once more, and serve at once.

SAUTÉED VEAL SCALOPPINI W/ MARSALA

3 tablespoons vegetable oil
1 pound veal scaloppini, very
thinly sliced & pounded flat
 $\frac{3}{4}$ cup all-purpose flour,
spread on a dinner plate

$\frac{1}{2}$ teaspoon salt
freshly ground pepper,
5 to 6 twists of the mill
 $\frac{1}{2}$ cup dry Marsala
3 tablespoons butter

20 minutes, for 4 people

Heat the oil over medium-high heat in a heavy skillet.

Dip the veal scaloppini in flour, coating them on both sides and shaking off any excess. When the oil is quite hot slip the scaloppini into the pan and quickly brown them on both sides, which should take less than a minute for each side if the oil is hot enough. (If you can't get all of them into the skillet at once, cook them a few at a time but dip them in flour only as you are ready to brown them, lest the flour become soggy and the scaloppini not crust properly.) Transfer the browned meat to a warm platter and season with salt and pepper.

Tip the skillet and draw off most of the fat with a spoon. Turn the heat to high, add the Marsala and boil briskly for less than a minute, scraping up and loosening any cooking residue stuck to the pan. Add the butter and any juices that may have been thrown off by the scaloppini in the platter. When the sauce thickens, turn the heat down to low and add the scaloppini, turning them and basting them with sauce once or twice. Transfer meat and sauce to a warm platter and serve immediately.

ITALIAN MEATBALLS

1/3 cup milk	3 tablespoons freshly grated Parmesan cheese
1 slice firm, fine-quality white bread, crust removed	1/2 nutmeg, grated
1 pound lean beef, preferably from the neck, ground	freshly ground pepper, 3 to 4 twists of the mill
1 tablespoon finely chopped yellow onion	fine, dry unflavored bread crumbs
1 tablespoon chopped parsley	vegetable oil
1 egg	28 or 35 oz. can of Italian tomatoes, hand crushed, with their juice*
1 teaspoon salt	

1 hour, for 4 people

Put the milk and the bread in a saucepan and bring to a boil. Mash the bread with a fork and blend it uniformly into the milk. Set aside and let cool before proceeding with the next step.

In a mixing bowl put the chopped meat, onion, parsley, egg, nutmeg, grated Parmesan, 1 tablespoon of oil, the bread and milk mush, 1 teaspoon of salt, and the pepper. Mix everything thoroughly but gently by hand.

Gently, without squeezing, shape the mixture into small round balls about 1 inch in diameter. Roll the meatballs lightly in the bread crumbs.

Choose a skillet, large enough to hold all the meatballs in a single layer, with a cover. Pour in oil to 1/4 inch depth. Set heat to medium high, and when the oil is quite hot slip in the meatballs (gingerly, so that they don't splatter hot oil over you and the kitchen floor.) Brown the meatballs on all sides, turning them carefully lest they break up or stick to the pan. A large kitchen spoon allows more deft manipulation than a spatula.

When well browned, turn off the heat, tip the pan slightly, and remove as much of the fat as you can with a spoon. Set heat to medium, add the crushed tomatoes with their juice and 1/4 teaspoon of salt, and turn the meatballs over once or twice with care, so that they don't break up. Cover the skillet and cook until the tomato has thickened into sauce, about 25 minutes. While cooking, turn the meatballs over from time to time, and taste for salt.



**If one's preference is for more sauce, use 35 oz. can and all but about 1/2 cup of juice. Crush the tomatoes by hand until smooth, picking out and discarding bits of skin and stringy cores.*

MOM'S FAMOUS PIZZA

1½ packages active dry yeast
1½ cups lukewarm water
3½ cups all-purpose flour
5½ tablespoons olive oil
salt and freshly ground pepper
2 teaspoons oregano
1 teaspoon basil
28 oz. can San Marzano Italian
plum tomatoes w/ its juices,
hand crushed

1 cup grated mozzarella or, better
yet, thinly sliced buffalo mozzarella
hot *sopresata* sausage, cut in tiny slices
onions, thinly sliced
red bell peppers, thinly sliced
garlic, minced
⅓ cup grated *Parmigiano-Reggiano*
1 teaspoon anise seeds
(Italian gorgonzola)
1 clove garlic

2 hours, for 4 people

Soften the yeast in the water and stir.

Place the flour in a large bowl and make a hole in the center. Add 1½ tablespoons of oil together with salt to taste. Start adding yeast, mixing in the flour with a wooden spoon. Continue working the flour and yeast until all the liquid is used. Dough should be soft but not sticky. Add a little more water or flour if necessary to achieve proper consistency.

Turn the dough out onto a floured surface and knead until very smooth and elastic.

Place dough in a greased bowl. Turn it over to grease the entire surface, cover with a towel, and let rise in a warm place (80 to 85°F) until double in bulk, about one and one-half hours.

Meanwhile, heat three tablespoons of oil and add the tomatoes, half the oregano, salt, and pepper to taste. Simmer about half an hour.

Preheat the oven to 500°F.

Brush two pizza screens with the remaining tablespoon of oil.

Turn the dough out of the bowl onto a floured surface and shape it into a ball. Divide in half. Roll and coax the dough from the center outward in all directions with a rolling pin until about ⅛ inch thick. Wrap it loosely around the rolling pin, then unroll immediately onto a screen pan lightly brushed with oil.

Spoon half the tomato sauce evenly over the dough. Add a liberal layer of grated mozzarella, sliced onions, red and green peppers, and thinly shaved slices of hot *sopresata* sausage. Fresh ricotta is also nice. Sprinkle with the remaining oregano, anise, basil, finely chopped garlic, and grated *Parmigiano*.

Bake the pizza on the lower shelf of the oven until brown, 15 minutes. Serve it damn hot.



FARFELLE W/ HOT SAUSAGE SAUCE

6 hot Italian sausages (or sweet, see note*)
 ¼ cup fine-quality olive oil
 ¾ cup chopped onion
 ¾ cups dry white wine or Calvados
 2 28-ounce cans imported San Marzano
 Italian plum tomatoes
 pinch dried oregano and basil
 salt & freshly ground black pepper
 to taste
 1 pound farfelle
 2 or more tablespoons grated Pecorino
 Romano cheese

1 hour, for 4 to 6 people

Remove casing from sausages and break meat up into chunks. Set aside.

Heat oil in a large sauté pan over medium-high heat. Add onions and sauté for 3 minutes or until just translucent. Stir in sausage meat and sauté for about 5 minutes or until lightly browned.

Tilt pan and spoon off excess fat. Add wine and stir to combine. Raise heat and bring to a boil. Boil for about 3 minutes or until liquid has reduced slightly.

Drain off juice from tomatoes and pour them into a large bowl. Crush by hand until smooth, picking out and discarding bits of skin and stringy cores.

Add tomatoes and salt. Return to a boil, then lower heat and simmer for about 20 minutes or until sauce has thickened slightly. Stir in basil, oregano, and pepper. Taste and, if necessary, adjust seasoning with salt and pepper.

While sauce is simmering, cook the farfalle in a large, deep pot in rapidly boiling salted water until al dente.

Drain farfalle and return it to the pot. Over medium-high heat, stir in ½ cup sausage sauce. Using a wooden spoon, toss together for 1 minute. Remove from heat and pour into a large serving platter or bowl. Spoon remaining sauce over the top. Sprinkle with 2 tablespoons of Pecorino Romano cheese. Pass additional cheese, if desired.

**Having only sweet Italian sausages available one day engendered a deeply flavorful variant: prepare as above with Calvados, but add to the broken-up sausage meat of the first step a teaspoon of dried hot chilis (seeds removed, cut into little pieces) and a teaspoon of the elegant smoked paprika of Spain known as Pimentón de la Vera.*

LINGUINE W/ WHITE CLAM SAUCE

3 dozen small cherrystone clams
 ¼ cup dry white wine (or Pernod)
 pinch of dried oregano
 10 sprigs chopped parsley
 leaves

1 clove of garlic, peeled &
 crushed
 1 cup reserved clam broth
 1 pound linguine
 ⅓ cup olive oil

25 minutes, for 4 to 6 people

Scrub and wash clams under cold water. Place 2 dozen clams in pot with ¼ cup water. Cover and bring to a boil; simmer until shells open. Remove clams (reserving 1 cup of broth) and chop.

In a saucepan, sauté garlic in olive oil. When garlic begins to turn golden, add 1 dozen whole clams, along with the cup of clam broth and the white wine. Cover, and continue cooking, checking occasionally until clams open.

Meanwhile, cook linguine in a large, deep pot in rapidly boiling salted water until al dente. Drain linguine.

When all the clams are open, uncover the saucepan and add chopped clams, oregano, and parsley. Cook 1 minute, to heat through.

Return drained linguine to the large pot over medium-high heat, and stir in the clam sauce. Using a wooden spoon, toss together for 1 minute. Remove from heat and serve immediately. Serve with a crusty baguette to sop up extra sauce.



LEMON CHICKEN

1 2½ to 3-pound broiling
chickens, halved
lemon sauce (follows)

¼ cup chopped Italian
parsley

1 hour, for 3 people

To attain maximum heat, preheat broiler for at least 15 minutes before using.

Broil chicken halves, turning once, for about 30 minutes or until skin is golden-brown and juices run clear when bird is pierced with a fork (less if the bird is small.)

Remove chicken from broiler, but leave the broiler on. Using a very sharp knife, cut each half into about 6 pieces (leg, thigh, wing, 3 small breast pieces).

Swab the fat out of the broiling pan with paper toweling manipulated with a pronged fork, and arrange chicken pieces in one layer. Pour Lemon Sauce over the chicken and toss to coat well.

Return to broiler and cook for 3 minutes. Turn each piece and broil for an additional minute.

Remove from heat and portion each chicken onto each of 3 warm serving plates.

Pour sauce into a heavy saucepan. Stir in parsley and place over high heat for 1 minute. Pour an equal amount of sauce over each chicken and serve with lots of crusty bread to absorb the sauce.

LEMON SAUCE

1 cup fresh lemon juice
salt & pepper
½ tablespoon red wine vinegar

¾ teaspoon minced garlic
¼ teaspoon dried oregano
¼ - ½ cup olive oil

Whisk together juice, oil, vinegar, garlic, oregano, salt and pepper. Cover and refrigerate until ready to use. Whisk or shake vigorously before using.

JEAN-GEORGES

ROAST CHICKEN BREASTS W/ PINE SHOOTS

4 chicken breast halves,
bone out, skin on*
1 tablespoon very finely minced
pine shoot needles or rosemary
leaves
½ cup chicken stock (follows),
or canned broth

3 tablespoons canola, grape-
seed, or other natural-
flavored oil
about ½ teaspoon coarse salt
2 tablespoons very finely
minced hazelnuts
salt & pepper

20 minutes, for 4 people



Preheat oven to 500°F. Sprinkle the chicken on both sides with salt and pepper. Place the oil in a large skillet over high heat. When it begins to smoke, add the chicken, skin side down. Cook for about 3 minutes, until nicely browned, then turn the chicken over and put the skillet in the oven for another 3 minutes or so, until done.

While the chicken is cooking, mix the pine shoots or rosemary leaves with the coarse salt and the hazelnuts. Put one-fourth of this mixture on each of 4 plates.

When the chicken is done, place a piece on each of the plates. Add the stock to the skillet and cook over high heat, stirring, for just a minute, until reduced by half. Spoon a little of this juice over each breast and serve. Nice with mashed potatoes or rice.

**Select small ones. If large, cut in half and separate off the muscular inner section, otherwise breasts won't cook through quickly and thoroughly.*

RICH CHICKEN STOCK

1 medium onion, peeled
6 cloves
3 garlic cloves, cut in half
1 celery stalk
1 leek, trimmed and washed

2 pounds chicken wings
1 carrot peeled
1 bay leaf
3 or 4 thyme sprigs

Stud the onion with the cloves, then combine all the ingredients in a large saucepan or small stockpot with 10 cups water. Turn the heat to medium-high and bring to a boil. As soon as bubbles start coming to the surface, adjust the heat so that the mixture cooks at a steady simmer, but not a rapid boil.

Cook for about 1½ hours, stirring occasionally. Cool slightly, then strain, pressing lightly on the solids to extract some of their liquid (don't press too hard or you will cloud the mixture unnecessarily). Use immediately, or refrigerate for up to 3 days, or freeze for up to 3 months.





MRS. GARVY (1948)

TURKEY W/ STUFFING

turkey of appropriate size
Crisco
stuffing (see below)

cotton cheese cloth
roasting pan w/ V-shaped wire rack

About 3 hours for a 14 lb. Bird, stuffed*

Preheat oven to 450°F degrees.

Remove turkey from refrigerator when you begin to make the stuffing, so that it warms to room temperature before it goes into the oven. Remove the neck, packet of giblets and other lingering bits from within the bird. Dispense with the tail and the yellow globs of fat that may lurk on the cavity walls nearby it. Wash the bird inside and out, and dry thoroughly.

Fill the large cavity lightly with stuffing (which expands as it cooks). Truss it closed by tying the ends of the drumsticks tightly together with a cotton string. Excess stuffing may be tucked into the small compartment where the neck previously resided, or cooked in a separate covered dish.

Place the turkey breast-side-up on a raised wire rack in a roasting pan. Drape a single layer of cheese cloth over the entire top, and smear with Crisco. Place in preheated oven, and reduce heat immediately to 350°F. Baste frequently with pan drippings and additional Crisco, cooking until tender. Allow about 25 minutes per pound for small birds, 20 per pound if larger than 6 pounds. Figure 5 minutes less per pound if not stuffed. To check for doneness, prick the thigh skin; the released juices should run clear.

Allow the turkey to rest on the cutting board for 5 to 10 minutes before carving. Scoop out the stuffing and serve it separately.

**Recent articles suggest less roasting time because today's turks are younger and more tender. Check about half an hour before suggested times below:*



Stuffed Turkey (lbs)	Time to Cook (hrs)
8 to 12	2 to 3
12 to 14	3 to 3½
14 to 18	3½ to 4
18 to 20	4 to 4½

...takes...



STUFFING

4 cups bread cubes
(see below)
2 tablespoons of butter
3 stalks celery, peeled
of strings and sliced
3 carrots, peeled and
sliced
2 onions, chopped

handful of parsley, chopped
3 juice oranges, tangerines or
temple oranges
2 eggs
3 tart apples
freshly ground pepper
lemon thyme, leaves stripped
off the stem (optional)

Melt the butter in a large frying pan and sauté the celery, carrots and onion until soft and fragrant, but not brown, 5 or 10 minutes. Add the parsley and sauté a minute more. Remove from heat.

If using good bakery bread, French or Italian, it should be about a day old. If too soft and fresh, the stuffing will be mushy. Cut off the hard crust, and cut the rest into ½ inch cubes. If buying packaged bread cube stuffing, choose “unseasoned.”

Wash the oranges. Carefully remove the zest with a small grater or zester, chop and set aside. Juice the oranges, there should be about a cup. Pare, seed and chop the apples. Combine the fruit, cooked vegetables, bread crumbs, zest, juice and eggs in a large mixing bowl. If too dry, add more juice. Season to taste. The mixture should be moist enough to hold together, but not drippy.

Stuff the turkey immediately or refrigerate. Do not prepare it more than a few hours in advance, because uncooked stuffing is infamous for abetting unwelcome organisms.

DAGING BALADO

½ lemon, squeezed	1 medium onion, chopped
¼ cup water	corn or peanut oil
1½ teaspoons salt	1½-2½ tablespoons or more <i>sambal</i>
a large hanger steak or skirt steak	<i>oelek</i> *, or 4 fresh hot red peppers, seeds removed
1 large, or 2 small, red bell peppers	1 tablespoon tomato paste
2 large garlic cloves, or 4 small	

1 hour, for 4 people

Combine lemon juice, water, and 1 teaspoon of salt in a glass pie dish, or low non-reactive pan. Cut the meat across the grain into thin diagonal slices on the bias, ¼ inch thick. Dip these into the lemon mixture, and stack upright in the dish to marinate about ten minutes.

Slice the red peppers and combine with peeled garlic cloves (and hot peppers if using them) in the bowl of a Cuisinart. Grind to a loose paste.

Heat six tablespoons of oil in a saucepan, add onions together with ½ teaspoon salt to help brown them evenly. Cook until the onions are translucent yellow, about 6 or 7 minutes.

Heat oil in a black iron frying pan to a depth of ¼ inch until quite hot. Sauté the meat one layer at a time, leaving a little space between slices so that they sear rather than steam, until they are well browned. Flip to brown on the other side, then remove with a slotted spoon. Repeat until all the pieces are nicely cooked. The first batch takes a while, but subsequent ones proceed more quickly. Best to use a splatter screen because the oil sputters a great deal.

Meanwhile, add the Cuisinart mixture to the cooked onions. Stir in *sambal oelek* to taste, and tomato paste. Cook on a low fire for 10 more minutes.

Lastly, add the cooked meat to the onion-pepper mixture while both are still warm. Balado may be served immediately with basmati rice and atjar pickles, or kept in the refrigerator a day or two and reheated slightly.

**Sambal Oelek is an Indonesian hot chili paste. I use the one manufactured by Huy Fong Foods, 5001 Earle Avenue, Rosemead, California 91770, which is available in many regular grocery and Asian speciality stores.*

SAMBAL GORENG UDANG

2 large kitchen spoons of corn
or peanut oil
1 medium onion, chopped
2 large cloves of garlic
1 sweet red bell pepper
a cake or two of firm tofu

2 *daun salam* (Indonesian bay leaves)
2 slices *laos* (a Thai root)
1 teaspoon *sambal oelek*
1 can unsweetened coconut milk
1 pound small shrimp

40 minutes, for 4 people

Grind garlic and pepper in Cuisinart, and set aside. Heat $\frac{1}{8}$ inch of oil with $\frac{1}{2}$ teaspoon of salt, and fry the onions until they begin to yellow. Add the *laos*, *daun salam*, and pepper garlic mixture. Stir together and cook for five minutes. Add the coconut milk, mix thoroughly, and heat for about 10 minutes.

Fry the tofu in a little oil until golden on both sides. Drain on a paper towel and slice. Add to the sauce.

Meanwhile, peel the shell off the back of the shrimp, but leave it attached on the tail. Devein. When ready to eat, reheat the sauce almost to boiling, add the shrimp and cook just until they lose their rawness, about 5 minutes. Serve immediately.



OPOR AYAM

- | | |
|---|--|
| 1 2½ -3 pound chicken,
cut in pieces | 6 <i>kemiri</i> nuts* |
| 1 slice <i>laos</i> * as big as a half
dollar, peeled and chopped | 1 can unsweetened coconut milk |
| 1 medium onion, roughly chopped | 1 teaspoon coriander powder |
| 1 clove of garlic, chopped | 4 <i>daun salam</i> (Indonesian bay leaves)* |
| 1 bulb of lemon grass with leaves,
cut in 2-3 inch lengths and split | ½ teaspoon of white pepper |
| | 1 teaspoon salt |
| | 1 teaspoon sugar |
| | 1 large kitchen spoon peanut or corn oil |

90 minutes, for 4 people

Grind laos, kemiri nuts, onion and garlic in Cuisinart.

Heat oil in a large saucepan. Add the Cuisinart mixture together with the white pepper, lemon grass, *daun salam* and coriander. When spices become aromatic, pour in the coconut milk, salt and sugar. Bring to a boil, add chicken pieces, and simmer for ¾ hour.

**Available in an Asian grocery that stocks Thai and Indonesian ingredients.*



(cat)



(cook)

CRAIG CLAIBORNE

FILETS MIGNONS W/ SHALLOTS

4 filets mignons, 1½ inch thick
2 tablespoons butter
several large shallots or a medium
onion, finely chopped

2 tablespoons or more balsamic vinegar
½ teaspoon chopped parsley

10 minutes, for 4 people

Bind each filet tightly around its circumference with string. Heat 1 tablespoon of butter in a black iron skillet. When quite hot add the filets, taking care to leave space between them so that they sear not steam. Cook several minutes until nicely browned. Flip and brown on the other side. You can make a little exploratory knife incision in one to check the degree of doneness. Best rare inside! Remove filets to a warm platter.

Add the onions or shallots to the fat in the pan and sauté a minute or two until softened and fragrant. Add the balsamic vinegar, stirring quickly to pick up browned bits and deglaze the pan. Then remove from heat, and stir in remaining tablespoon of butter.

Pour the sauce over the filets and sprinkle with chopped parsley.

JAMES BEARD

FLANK STEAK ORIENTALE

3 lb. flank steak
½ cup soy sauce
¾ cup Tanqueray gin
3 cloves of garlic, finely chopped

1½ inch length of fresh ginger, peeled
and finely chopped
a handful of parsley, chopped

24 hours, for 6 people



With a sharp knife, remove any fat and tough exterior membranes from the flank steak, else it will curl under high heat.

Combine the soy sauce, gin, garlic, ginger and parsley in a non-reactive pan (Pyrex, porcelain, stainless steel) large enough to accommodate the meat flat. Add the meat, turning it so that both sides are doused. Cover with plastic wrap, and continue to marinate overnight, turning occasionally. Leave the meat refrigerated until the last moment. Because flank steak is so thin, a nicely browned outside and pink inside can only be achieved if the meat comes to the fire very cold.

Pre-heat broiler to hot, and set rack as close to the flame as the broiling pan allows. Pour off the liquid portion of the marinade, place the meat on the broiling pan, and heap with the flavored garlic, ginger and parsley. Cook about 5 minutes on each side, checking doneness with a small exploratory cut. The center should be red-pink.

Remove the meat to a carving board. With a very sharp knife held at an angle almost flat to the meat, slice diagonally across the grain through to the bottom. This cuts across the tough fibers of the flank. The slices should be very thin and the meat should be rare inside, otherwise it will be tough. Serve with a jug of Pomméry mustard. Leftovers taste wonderful cold, in a sandwich or salad.

HANGER STEAK W/ SHALLOTS

1 tablespoon vegetable oil
6 hanger steaks, 6 to 7
ounces each*
2 tablespoons unsalted butter
freshly ground pepper
salt

8 medium shallots, peeled
and sliced thin
2 tablespoons red wine vinegar
½ cup dry red wine
2 tablespoons finely chopped flat-leaf parsley

30 minutes, for 6 people

Place a large heavy skillet over high heat. Add oil. Season steaks with salt and pepper and sear, turning once, to desired degree of doneness, about 6 minutes for medium-rare. You may not be able to cook all steaks at once. Transfer to warm serving dish.

Lower heat to medium and add one tablespoon of butter. Add shallots and cook, stirring, 3 minutes, until soft but not brown. Add vinegar and cook until it evaporates; then add wine. Boil until reduced by half. Remove pan from heat and swirl in remaining butter; then stir in parsley.

Slice steaks and serve with sauce poured over.

**Skirt steak works nicely too. Cut into 4-inch lengths to cook. They puff up in the pan. Slice across the grain to serve. I get one skirt for 4 people, but make the same amount of sauce.*

SAUTÉED CHICKEN BREASTS W/ LEMON

1 tablespoon vegetable oil
5 tablespoons butter
3 boneless chicken breasts
1 lemon, thinly sliced

juice of 1 lemon
black pepper, 4 twists of the mill
3 tablespoons chopped parsley
salt

15 minutes, for 4 to 5 people

Filet the chicken breast into delicate, quick cooking slices as follows: separate the muscles of the chicken breast by sliding a finger between them. You will have a small tapered piece and a larger, flatter, somewhat triangular piece. Remove the white tendon from the former by grasping it firmly and pushing the flesh away with a sharp knife, until the tendon pulls free. Lay the larger piece on a cutting board. Holding it flat with the palm of one hand, carefully slice the breast with the knife blade moving parallel to the cutting board. Two even slices result, each half the original thickness. Take care while cutting to make the slices evenly thick. Each half breast, therefore, yields three tender fillets, perfect for cooking.

Heat the oil and 3 tablespoons of the butter in a skillet over medium-high heat. When the butter foam begins to subside, sauté the chicken filets on both sides very briefly. (They will be cooked in 2 minutes at most.)

Remove the filets to a warm platter and add salt and pepper.

Pour the lemon juice into the skillet and turn on the heat to medium. Loosen all the cooking residue from the bottom of the pan, adding 1 or 2 tablespoons of water if necessary. Add the parsley and the remaining 2 tablespoons butter to the cooking juices. Stir three to four times. Lower the heat to a minimum and return the cooked chicken filets to the pan, turning them over quickly in the sauce once or twice.

Transfer the filets to a warm serving platter and pour the cooking juices from the skillet over them. Serve garnished with lemon slices.

A nice variation substitutes lime juice and sorrel for lemon and parsley.



ROGERS & GRAY OF RIVER CAFE

SLOW-COOKED LAMB SHANKS

- | | |
|--|---|
| 6 small lamb shanks | 1 handful fresh rosemary leaves, peeled from stems and chopped or scissor snipped |
| flour for dusting | 4 garlic cloves, peeled and chopped |
| sea salt and freshly ground pepper | ¼ cup balsamic vinegar |
| 2 tablespoons olive oil | 1¼ cups (plus a little more) red wine |
| 6 large shallots, peeled and finely sliced | |

3½ hours plus overnight, for 6 people

Reheat the oven to 350°F (or you can cook on top of the stove).

Dust the lamb shanks with seasoned flour.

In a large, heavy-bottomed saucepan with a lid, heat the oil and brown the shanks on all sides, then remove. Lower the heat, add the onions, and cook for about 10 to 15 minutes, until light brown. Add the rosemary and garlic and cook for two minutes more. Raise the heat and add balsamic vinegar and wine. Reduce for a couple of minutes.

Return the shanks to the pan, reduce the heat, and cover. Cook in the oven for about 2 to 2½ hours or more, until the meat almost falls off the bone.

Check the shanks from time to time, basting with the juices or adding more wine if they look too dry. Best if left to absorb its fragrant liquid for a day or two, refrigerated. Reheat, and serve each shank whole, with the juices. I make the full amount of sauce, even if fewer shanks.



HAMBURGERS

1½ lbs. sirloin, ground only once
1 large onion, finely chopped

Kikkomen soy sauce
kosher salt

15 minutes, for 4 people

Combine the beef, chopped onions and 5 or 6 shakes of soy sauce in a large mixing bowl, and mix gently with your hands. Form lightly into 5 or 6 burgers.

Scatter a tablespoon or so of kosher salt into a large black iron frying pan. Place over a high fire and, when hot, add the burgers. Be sure to leave interstices between them, so that they sear not steam. When nicely browned, flip and cook until done. You can peek inside through a small incision to check the progress. Best when pink to rare inside! Marvelous on an outdoor grill as well.

DUCK À LA JOJO

3 teaspoons grape-seed oil	2 tablespoons maple syrup
1 lb. duck bones: wing and leg tips, necks, breastbones, and scraps*	2 tablespoons honey
1 cinnamon stick	¼ cup sherry vinegar
1 tablespoon coriander seeds	¼ cup orange juice
1 tablespoon mace pieces or ground mace	2 tablespoons lemon juice
1 tablespoon ground ginger	2 cups chicken stock, or water, or a combination thereof
1 medium onion, roughly chopped	4 boneless duck breast halves with their skin on, about 6 oz. each*
1 celery stalk, roughly chopped	salt and freshly ground black pepper
1 carrot, peeled and roughly chopped	1 tablespoon butter
	1 tablespoon lime juice

3 hours, for 4 people

Preheat the oven to 500°F. Place a heavy ovenproof skillet over high heat for a minute, then add 2 teaspoons of oil and the bones. Transfer immediately to the oven. Brown the bones, turning the pieces occasionally, until very brown and crisp, about 30 minutes.

Meanwhile, toast the cinnamon stick, coriander seeds, and mace pieces (do not toast the ground mace) in a dry skillet over medium heat, shaking the pan occasionally for about a minute, or until it becomes aromatic. Add the ground ginger and, if you're using it, the ground mace. Remove from the heat and let cool. Break up the cinnamon stick, then grind the spices to a powder in a mortar and pestle.

When the bones are well browned, add the onion, celery, and carrot to them and stir. Sprinkle with one teaspoon of the spice mixture and return to the oven until the vegetables begin to brown, about 5 minutes.

Place the bone and vegetable mixture in a sieve and drain out and discard the fat. Return the bone mixture to the skillet and add maple syrup and honey. Return the skillet to the oven for 7 or 8 minutes, until the vegetables are nicely browned. Everything will be sticking to the pan, but don't worry about it. Do not turn off the oven.

Add the sherry vinegar, orange juice, and lemon juice to the skillet and stir. Then add the stock and/or water; it should be just enough to almost cover the bones. Cook over medium high heat; the mixture should be bubbling, but not furiously. As it cooks, the liquid will darken and thicken slightly as a result of the spices.

Simmer for 30 to 40 minutes, or until reduced by a little more than half; you want to end up with about a cup of liquid. Strain. (You may prepare the recipe in advance up to this point; refrigerate the broth in a covered container for up to 2 days.)

Season the duck breasts with salt and more of the spice mixture, about ¼ teaspoon per side of each breast; press the spices into the skin a bit.

Place the remaining 1 teaspoon of oil in a large, heavy over-proof skillet and turn the heat to medium-high. Add the duck, skin side down. After a minute, when it begins to brown, place it in the still hot oven. Cook until the skin is very brown and the duck firm, 7 to 10 minutes.

Remove the skillet from the oven, turn the duck over and place the skillet on a burner over high heat for just a minute or two, until the bird cooks to medium-rare.

When the duck is ready, let it rest while you finish the sauce. Add salt and pepper to the broth, along with butter and lime juice. Taste and correct the seasoning. Slice the duck and serve it with a bit of the sauce spooned over. Garnish with a tiny sprinkling of the spice mixture.

**I used a whole fresh duck—the breasts for this dish, the legs for another, all the rest for the broth above. But if you do this, you'd need to buy extra breasts in addition.*



SEPTEMBER †

DELICATE GREY SOLE

4 fresh fillets of gray sole
½ cup flour
1 egg, beaten
¾ cup fine bread crumbs

4 or 5 tablespoons butter
1 tablespoon corn oil
juice of one lemon
1 tablespoon minced parsley

15 minutes, for 4 people

Set out three wide soup bowls, one for flour, the next for egg, the last bread crumbs. Coat each filet with a thin layer of flour on both sides, then dip both sides in egg, then in bread crumbs. Set aside until all four are prepared.

Heat 3 tablespoons of butter together with the oil in a heavy non-reactive skillet wide enough to hold the filets. When the butter foam starts to subside (but before it begins to brown) add the filets. When one side cooks to a nice golden brown, flip it and brown the other. They cook quickly, perhaps 3 or 4 minutes total. Remove to a platter. Pour lemon juice into the skillet and loosen the brown crumbs quickly with a spatula. Stir in a tablespoon of butter. Pour the lemon scented butter over the filets, sprinkle with parsley, and serve at once.

EGGPLANT PARMIGIANA

2 medium eggplants* (about 2½ pounds)	¾ tsp salt
vegetable oil	1 whole-milk mozzarella,** coarsely grated
28 oz. can Italian tomatoes	2½ teaspoons oregano
4 to 5 tablespoons freshly grated Parmesan	butter

1½ hours, for 4 people

Peel the eggplants and cut them lengthwise into slices about $\frac{3}{8}$ inch thick. Sprinkle both sides of the slices with salt, and stand them upright in a colander to drain for at least 30 minutes. Drain the tomatoes (San Marzano are best), squeeze out the seeds, and chop coarsely. Measure and set aside in separate little bowls the oregano, salt and Parmesan, and ready the grated mozzarella.

Preheat oven to 400°F. Add ½ inch oil to a 10 inch skillet. (Don't skimp on the half inch; the original directions call for 1 inch! I tried ¼ inch but it's not sufficient.) Set heat at high. Take sufficient slices to fit in one layer in the skillet and dry well on both sides with paper towels. When the oil is hot (test it with one of the slices: it should sizzle), slide in the eggplant. Fry to a nice golden brown on both sides, then transfer to a plate lined with paper towels to drain. Press a paper towel on top of the cooked slices too to wick up excess oil. Continue drying and frying until all slices are done. (If the eggplant seems to be browning too rapidly, lower the heat.) Any perfumed oil left at the end may be re-used later for cooking or salad dressing.

Butter a deep bake-and-serve dish about 10 inches in diameter, and line the bottom with a single layer of fried eggplant slices. Top this layer with chopped tomatoes. Add a large pinch of salt, a handful of grated mozzarella, a tablespoon of Parmesan, and ½ teaspoon of oregano. Repeat the layers, ending with a layer of eggplant. Sprinkle the remaining Parmesan over it and dot with 2 tablespoons of butter (optional). Place in preheated oven. Meanwhile, set a large pot to boil for pasta (vermicelli or spaghetti are nice.)

After 20 minutes remove the pan. Press the surface with the back of a large spoon to check whether there is an excess of liquid. If so, draw it off with a large spoon. Return the pan to the oven for another 15 minutes. Allow the dish to settle and partially cool before serving. It should not be piping hot.

Eggplant parmigiana can be prepared entirely ahead of time, refrigerated when cool, and warmed up several days later. It will still be good, although not quite as fragrant as the day you prepared it.

**Light purple "Neon" eggplants are best, not at all bitter.*

***Oddly, supermarket-packaged mozzarella shreds and melts more successfully than fresh.*

CAJUN CHICKEN

2 boneless chicken breasts
Chef Prudhomme's blackened
redfish magic seasoning

3 or 4 tablespoons butter
1 tablespoon corn oil

15 minutes, for 4 people

Prudhomme's blackened redfish magic is a prepared mixture of herbs and spices often sold in supermarkets. If unavailable, it can be prepared at home as follows: 1 tablespoon sweet paprika, 1 teaspoon salt, 1 teaspoon onion powder, 1 teaspoon garlic powder, 1 teaspoon ground cayenne pepper, $\frac{3}{4}$ teaspoon ground white pepper, $\frac{3}{4}$ teaspoon ground black pepper, $\frac{1}{2}$ teaspoon dried thyme leaves, $\frac{1}{2}$ teaspoon dried oregano leaves.

Prepare the chicken breasts as per Sautéed Chicken Breasts w/ Lemon above. Pour ample spice mixture onto a plate, and dredge each filet in it on both sides. Heat butter and oil in a large skillet over a medium high flame. Sauté the filets briefly, on each side. (They need several minutes only.)

Note: The same procedure works well with fish filets such as catfish or tile fish, as long as the filets or slices are no more than $\frac{3}{8}$ inch thick.



AIDELL'S

SPICY CREOLE MUSTARD ANDOUILLE

- | | |
|---|---|
| 1 pound Cajun-style Andouille sausage,
cut into ½ inch rounds | 1 tablespoon minced garlic |
| 1 red onion cut into 1 inch chunks | 1½ tablespoons Pomméry mustard |
| 1 green bell pepper, in 1 inch chunks | 1 teaspoon Worcestershire sauce |
| ½ teaspoon Tabasco sauce | 6 to 8 tablespoons of unsalted butter |
| 1 pound large shrimp, peeled and
de-veined with tails left on (optional) | 1 red bell pepper, cut into 1 inch chunks |
| | 1/6 cup lemon juice |
| | salt and pepper to taste |

45 minutes, for 4 to 6 people

Skewer the ingredients on 6 inch bamboo splints pre-soaked in water (nice for hors d'oeuvres), or on regular metal skewers. Pierce sausage rounds through the casing so that the cut sausage edge parallels the skewer.

Melt butter and whisk in all the flavorings. The Creole mustard butter can be used at this point, or chilled to re-melt later. Brush the skewers generously with the flavored butter, and grill over a hot charcoal fire for 2 to 3 minutes per side. Dribble a little melted sauce over the finished skewers and rice. Alternately, if using a hot kitchen broiler, spoon off and save any sauce left in the pan when the kabobs are done, and dribble it over the rice and skewers on each plate. The original recipe calls for half a pound of butter! Apparently the flavored sauce freezes well, and is good to mix up and keep on hand for other grilled fish, chicken or meat.

I often skip the shrimp, and swap pineapple chunks for the tomatoes.



GRANDMA SARA

SARA'S LAMB

6-7 pound leg of lamb, boned and butterflied	2 teaspoons Dijon mustard
large clove of garlic, crushed	1½ teaspoons salt
¾ cup tasty olive oil	½ teaspoon crushed oregano
¼ cup good quality red wine vinegar	½ teaspoon basil
½ cup onion, chopped	⅛ teaspoon freshly ground black pepper
	1 bay leaf, crushed

Overnight, for 6-8 people

Place the lamb fat side down in a shallow enamel or steel broiling pan (i.e., non reactive). Mix the other ingredients together in a small bowl, and pour over the meat. Cover the pan tightly and refrigerate overnight, turning the meat at least once. Remove the dish from the refrigerator about an hour before cooking.

Preheat the broiler for 10 minutes. Place the meat with marinade fat-side up in the pan and broil 3 to 4 inches from the heat for ten to fifteen minutes. Turn, baste and broil another ten minutes. Make a small test incision to check whether the interior remains nice and red pink (if it becomes brown inside it will be leathery!). If too rare, lower temperature to 425°F and roast in the oven for a few minutes, checking again. Remember, the meat will continue to cook even after it's removed from the oven, and butterflied meat has thin and thick parts that cook through differently. Slice thinly across the grain. Serve marinade on the side as a delicious sauce. Even if you make only a half leg of meat, always mix the full recipe of marinade. It serves nicely too to flavor chunks of lamb for kebabs.

CHELLO KEBAB

3 to 4 pounds leg or shoulder of lamb	1 cup butter, at room temperature
2 cups yoghurt	8 cups cooked chello (Persian rice, see below)
2 medium onions, grated	8 raw egg yolks
1 tablespoon saffron	powdered sumac (from a Persian specialty market)
salt	chopped green onions
freshly ground pepper	pickled turnips (Persian specialty, optional)

Overnight plus 30 minutes, for 8 people

Cut the lamb across the grain into strips one and a half inches wide, five inches long, and one half inch thick. Marinate the strips overnight in the yoghurt mixed with onions and saffron. Thread the strips on skewers and season with salt and pepper. Broil over charcoal for fifteen to twenty minutes, turning several times.

Mound chello on each plate, and top with part of the golden crust. Work in some softened butter and an egg yolk, mixing thoroughly with a fork. Surround with pieces of lamb, and sprinkle the whole liberally with sumac. Serve with yoghurt, green onions and turnip pickles.

CHELLO (PERSIAN RICE)

2½ cups uncooked long grained rice	½ cup butter, melted
3½ tablespoons salt	

Overnight plus 90 minutes, for 4 people

Rinse the rice three times in lukewarm water and put it in cold water to cover, to which one and a half tablespoons of salt have been added. Soak the rice overnight.

Boil two quarts of water to which two tablespoons of salt have been added. Drain the rice and add it to the boiling water. Boil for ten minutes, stirring occasionally to keep the grains from sticking together. Pour the rice and water into a strainer and rinse with lukewarm water.

Pour one third of the melted butter into the bottom of the pan in which the rice cooked. Add two tablespoons water to the butter in the pan. Drop a spoonful of rice at a time into the pan, distributing it evenly. Allow it to mound within the pot into a cone shape. Pour the rest of the melted butter over the rice, distributing it evenly.

Place several paper towels over the pan. Cover and place two or three dish towels on the lid. Cook over medium heat for ten to fifteen minutes. Lower the heat and cook for thirty-five to forty minutes longer. If cooked at the perfect temperature, the rice will form a delicious crust at the bottom of the pot, which will become crisp and turn golden brown, while the rest of the rice remains white.

Note: Place the pan in a basin filled with cold water for a few minutes before serving to ease removal of the crust.

SALMON IN CARDAMOM BROTH

4 cups “Jacqueline Broth” (below)	4 6-ounce salmon filets
1 tablespoon cardamom seeds	salt and cayenne
1 cup peeled baby turnips or 2 medium turnips, peeled and cut into 1 inch chunks	2 tablespoons extra virgin olive oil
4 cups arugula, washed, dried, and roughly chopped if leaves are large	3 tablespoons butter
	2 medium sized ripe tomatoes, peeled, seeded, and cut into 1-inch dice, or the equivalent in cherry tomatoes

90 minutes (including Jacquelin), for 4 people

Bring the “Jacqueline” broth to a fast boil and reduce by about one quarter, so that there are about 3 cups of liquid. Add the cardamom and let sit over low heat for 10 minutes. Strain out the seeds. Meanwhile, blanch the turnips in boiling salted water until tender; plunge them into ice water to stop the cooking, drain, and set aside. Preheat the oven to 500°.

Return the stock to the pot over medium-low heat. Divide the arugula among 4 bowls. Season the salmon with salt and cayenne.

Place an ovenproof skillet over high heat for 2 or 3 minutes. Add the oil, then the salmon, skin side down. Cook for 1 minute, then place in the oven. Roast for about 5 minutes, a little longer if the pieces are thick or you like your salmon well done. While the salmon roasts, season the broth with salt and cayenne. Add the butter; when it melts, add the turnips and tomatoes.

Place the salmon on arugula, skin side up. Spoon the vegetables and broth around, not over, the salmon. Serve immediately.

“JACQUELINE” BROTH

2 tablespoons butter	2 medium carrots, roughly chopped
1 large onion, roughly chopped	salt
3 celery stalks, roughly chopped	4 cups dry white wine (or nice floral orvietta)
1 leek, white part only, trimmed, washed, and roughly chopped	4 cups chicken stock

Melt the butter in a deep saucepan over medium-high heat. Add the vegetables and a pinch of salt and cook, stirring, until the vegetables are tender, about 10 minutes; adjust the heat as necessary so they do not brown.

Add the wine and reduce over medium-high heat until there are 2 cups of liquid remaining, about 10 to 15 minutes. Add the stock and bring to a boil over high heat, reduce heat to medium-high, and reduce broth by about one third, to about 4 cups.

Strain broth through a fine sieve, pushing down on the vegetables to extract as much juice as possible. Use immediately, or refrigerate up to 3 days, or freeze for up to 3 months.

SAUMON EN PAILLOTE

½ small white or savoy cabbage cored and separated into leaves	⅔ cup whole mint leaves
2 salmon steaks, about 1 inch thick	⅔ cup whole cilantro leaves
4 ounces shitake mushrooms, stems removed and discarded, caps roughly chopped	3 tablespoons <i>nam pla</i> or <i>nuoc mam</i> (Asian fish sauce)
box of cherry tomatoes (or two large tomatoes in season), peeled, seeded* and roughly chopped	3 tablespoons lime juice
	2 tablespoons butter
	freshly ground pepper
	coarse salt

30 minutes, for 4 people

Blanch cabbage in boiling salted water to cover for about 2 minutes, until just tender. Rinse under cold water to stop the cooking, then drain.

Select a large glass or ceramic pie plate or non-metallic low casserole that can fit and rotate within your microwave oven. Arrange cabbage leaves on the bottom, and fish, pepper, mushrooms, and tomato above. Dot with bits of butter. Scatter mint, cilantro, *nam pla*, and lime juice on top.

Cover with saran wrap. Allow the film to rise generously over the mound, but pat it tightly around the dish at bottom. A second wrap, crosswise, may be necessary to cover the whole and prevent steam from escaping. Microwave on high for 8 or 9 minutes. Open the wrap carefully to avoid scalding. Check for doneness. Top with coarse salt and serve.

Jean-Georges describes a true papillote cooking method with foil, but microwave is definitely less muss less fuss, and tastes the same.

**The easy way to peel tomatoes is to drop them in boiling water for one minute. The skins slip right off. Squeeze cherry tomatoes lightly to shoot out the seeds, or cut large tomatoes in half and squeeze.*

SHRIMP IN FRAGRANT BROTH

2 tablespoons butter	½ cup off-dry or sweet wine (I used Calvados)
1 leek, white part only, split, well washed, and roughly chopped	½ cup chicken stock
1 medium carrot, roughly chopped	¼ pound button mushrooms
1 shallot, roughly chopped	¼ pound scallions
1 celery stalk, roughly chopped	¼ pound baby or larger turnips
¼ teaspoon cumin seeds	¼ pound baby or larger carrots
¼ teaspoon fenugreek seeds	1½ pounds medium shrimp, peeled
1 tablespoon coriander seeds, lightly cracked in a mortar and pestle	1 tablespoon lemon juice
1 thyme sprig	1 tablespoon or more fresh tarragon roughly chopped
zest of one orange	2 tablespoons fresh chervil, roughly chopped
pinch of cayenne	2 tablespoons parsley leaves, roughly chopped
	coarse salt

60 minutes, for 4 people

Place 1 tablespoon of butter in a deep skillet or large saucepan and turn the heat to high. Add the leek, carrot, shallot, and celery and a sprinkling of salt, along with the cumin, fenugreek, coriander, thyme, orange zest, and cayenne. Cook stirring for 1 minute, then add the wine, stock, and 1 cup of water. Remove the stems from the mushrooms and throw them in as well. Bring to a boil, reduce heat to medium, and simmer for 30 minutes. The mixture should be bubbling, but not boiling rapidly.

Trim the scallions, turnips and carrots, and cut into bite-sized pieces if necessary. Blanch one vegetable type at a time in boiling water to cover until just tender, 3 or 4 minutes, and set aside. Cut the mushroom caps in half if they're small, in thick slices if they are large.

In another saucepan, combine the mushroom caps, shrimp, and blanched vegetables. Strain the broth over them, and add the remaining 1 tablespoon of butter. If the liquid seems scant, add a little more chicken broth. Increase the heat to high and cook until the shrimp are pink and opaque, about 4 minutes. Remove the shrimp and vegetables and place them in 4 bowls.

Return the broth to the heat and taste; add salt and cayenne if necessary, along with the lemon juice. Stir in the fresh herbs, and spoon the broth over the shrimp. Finish with a sprinkling of coarse salt and serve.



TOFU SQUARES W/ SAVORY TAMARIND SAUCE

4½ tablespoons water	¼ cup thinly sliced garlic (about 12 cloves)
4 tablespoons coconut-palm sugar	⅔ cup thinly sliced shallots (about 5 or 6)
4 tablespoons liquid tamarind concentrate	12 ounces firm tofu, cut into cubes about 1¼ inches square, then patted dry on paper towels
2 tablespoons Thai soy sauce with mushroom (<i>see-eu khao het hom</i>), or a Chinese brand	2 plump scallions, including the green tops, finely sliced
½ teaspoon whole white pepper, crushed	sprigs of cilantro
vegetable or peanut oil for frying	

45 minutes, for 4 people

Combine the sugar and water in a small saucepan and set over medium heat. Stir until the sugar is dissolved and blended, and bring the mixture to the boil. Add the tamarind sauce, soy sauce, and white pepper, stirring after each addition. Boil gently, stirring occasionally, until slightly thickened, about 3 to 4 minutes. Cover and set aside.

Pour oil into a large, deep skillet to the depth of about ¼ or ⅜ inch, and set over medium-high heat. When hot, add the garlic and cook until golden brown, stirring occasionally, about one minute. Remove with a wire skimmer or slotted spoon, and drain on paper towels. Next, fry the shallots, stirring frequently, until crisp and brown, about two minutes. Remove and drain on paper towels. Add a little oil if necessary, heat, and fry the tofu squares. Turn them after about a minute on each side, when the cubes are puffy and golden brown all over, about 6 minutes total.

Transfer the fried tofu to a serving platter. Quickly re-warm the sauce, if necessary, and pour it over the tofu. Sprinkle the scallions, fried garlic, and crispy shallot rings over the tofu. Tear sprigs of cilantro over the dish and serve at once.

BROILED SCALLOPS W/ HOT LIME

1½ pounds very fresh sea scallops (ask the fish monger for “dry” ones, i.e., not soaked in preservative)	a tablespoon of olive oil a tablespoon of vegetable oil finely chopped cilantro sambal oelek (Indonesian hot pepper sauce) to taste 3 or 4 tablespoons butter
juice of one lime finely chopped shallot or piece of Spanish onion	

20 minutes, for 4 people

Reheat the broiler to hot. Place the butter in a low, broiler-proof pan large enough to hold all the scallops in a single layer without crowding. Heat the pan in the oven for a few moments, just until the butter melts, then remove. One by one, dip one side of each scallop in butter, then turn and rub the bottom with butter. Continue until all are lightly coated and arranged on the pan.

Mix the remaining ingredients in a small bowl. Spoon a little of the hot and sour over each scallop, retaining most of the sauce for later. Broil for just a minute or two, so that the top whitens, but the center and bottom remain sushi-like (or cook through if preferred). Remove from broiler, and spoon the remaining sauce over each scallop. Serve with a baked sweet potato or a little Basmati rice.

STEAMED MUSSELS W/ TOMATO, SAFFRON & PERNOD

4 lbs. small very fresh mussels*	¾ cup ripe red cherry tomatoes, or canned San Marzano Italian tomatoes, drained and chopped
3-4 tablespoons butter, plus 1 for couscous	½-¾ cup Pernod or white wine, just sufficient liquid to steam the mussels till they open and spill their own liquor
shallots or medium onion, finely chopped	7 or 8 strands of saffron
2 cloves garlic, minced	½ bottle of capers, (ones marinated in balsamic vinegar are delicious)
2 scallions, sliced	pickled green peppercorns (optional)
a celery stalk, finely chopped	cup of Israeli (aka pearled) couscous
large handful of pine nuts	
large handful of golden raisins	

30 minutes, for 4 people

Scrub and de-beard the mussels.

Melt a tablespoon of butter in a small saucepan with lid. Add the couscous, tossing it a moment to coat the pearls, then add two cups of water and bring to a boil. Reduce the heat to very low, cover, and cook for 10-15 minutes more, or until the pearls swell and soften, adding a tad more water if necessary.

Melt the remaining butter in a large pot with lid, and sauté the onion, garlic, scallions, and celery until softened and the pine nuts aromatic. Add tomatoes, raisins, capers, saffron and Pernod or white wine. Cover, raising the heat to high until the pot fills with steam. Tumble in the mussels, and cover again tightly. Cook over high heat, shaking occasionally, until the mussels swing open, about 5 minutes. A glass lid optimizes observation; otherwise peek.

To serve, spoon couscous into individual, somewhat concave plates. Remove the mussels with a slotted spoon, and array them on top. Ladle broth and vegetables over all. Provide soup spoons, a large bowl for spent shells, and buttered toasts of baguette or ciabatta to sop up every last bit of scented broth. Or savor the remaining broth directly, one half mussel shell full at a time, tipped to the lips.

If guests are coming, or drinks and appetizers are in order, the recipe may be prepared ahead of time through sautéing the vegetables and tossing in all the remaining ingredients, save the mussels. When ready to eat, set heat to high, let the covered kettle steam, and resume. The couscous will be rewarmed in the plates by the broth.

This recipe was inspired by the memory of a delicious version at Gennaro's restaurant in Manhattan.

**Though gathering one's own mussels off beds on the beach is atmospheric and satisfying, those characters tend to be full of pearls and bits of stone, dangerous to one's choppers. If you go that route, avoid transferring any of the debris that accumulates at the bottom of the cooking pot, and take extra care as you eat. Commercial mussels are raised on ropes that dangle above the sea bed, and therefore obviate the problem.*

BRAISED SHORT RIBS

3 rib piece of short ribs (about 2½ pounds), sawed in half	1 tablespoon black peppercorns
3 tablespoons plus ¼ cup olive oil	3 anchovy fillets
2 ribs celery, roughly chopped	1 whole head of garlic, cut in half longitudinally
1 carrot, roughly chopped	1½ cups red wine*
1 large onion, roughly chopped	¾ cup white wine*
¾ cup tomato paste	1½ cups beef stock*
1 bay leaf	1½ cups chicken stock*
	⅓ cup white vinegar
	½ teaspoon sugar

4½ hours, for 4 people

Preheat oven to 325°.

Cut each half rib between the bones into three pieces. Dry them thoroughly with paper towels, else they won't brown nicely. Heat ¼ cup of oil in a casserole** until almost smoking. Brown the pieces, three at a time, on all sides. When both are done, set them aside.

Pour fat from the casserole, and reduce the heat. Add three tablespoons of oil and sauté the celery, carrot and onion until soft, about 5 minutes. Add tomato paste and cook 1-2 minutes. Add herbs, anchovies and garlic, and cook another 2-3 minutes. Add the wine(s) and/or stock together with vinegar and sugar. Bring to a simmer. Add the rib pieces, bone up, so that the meaty side submerges. Add liquid if necessary to just cover.

Cover the pan and cook in preheated oven for 1 hour. Uncover and continue to heat for 3 more hours, or until the meat is very soft when pierced by a long tined fork and the sauce is thickened.

Remove the pot from the oven. Let sit for a few minutes for the fat to rise to the surface. Place an absorbent paper towel on the top, gently coaxing it down to the liquid with a long tined fork to wick the surface. Repeat two or three times if necessary, until the glistening has been reduced. All braises taste best if they soak in their sauce overnight refrigerated. But this happens to taste delicious immediately too. Nice with Israeli couscous, a caviar-sized spherical pasta.

**These are the proportions of stock and wine the chef suggested. Any mix of wine and/or stock would taste fine as long as the volume totals about 5¼ cups.*

***I prefer to use a pot with 6 inch sides to curtail spattering.*

BROILED CHILEAN SEA BASS W/ LEMON-MUSTARD

2 pounds Chilean sea bass filet
of even thickness
juice of one large lemon

½-1 teaspoon Pomméry (whole grained) mustard
1-2 tablespoons olive oil

20 minutes, for 4 people



*Pre*heat broiler to high.

If the fish filet is very thick (i.e. not from the tail section), carefully slice it in half parallel to the surface. If more than about an inch thick, the exterior gets tough before the inside cooks.

Oil the broiling pan very lightly so that the fish skin doesn't stick. Alternately, because this spatters a great deal, cover the broiling pan with aluminum foil and lightly oil that. Place the fish in the pan, skin side down. Drizzle the lemon-mustard-oil mixture over the surface. Broil until it flakes easily with a fork, 10-15 minutes. A delicious, buttery rich fish.

CUMI CUMI SEMUR

2 pounds fresh squid, cut in pieces or whole if very small	½ teaspoon pepper
6 tablespoons peanut or corn oil	⅛ teaspoon nutmeg
¼ cup sliced onion	3 tablespoons sweet soy sauce
3 cloves garlic, sliced	½ ripe tomato, cubed (or tomato paste)
7 whole cloves	1 teaspoon of salt
	¼ cup of water

40 minutes, for 8 people

Pat the squid very dry with paper towels.

Fry the squid in a quarter cup of oil for five minutes in a wok or large frying pan, pouring off several times the extra moisture that is released, so that the squid sautés rather than boils. Drain squid, and set aside. Discard the oil.

Wipe the wok with a paper towel, add the two remaining tablespoons of oil, and fry the onions and garlic for three minutes, or until light brown. Add the squid and all other ingredients – cloves, pepper, nutmeg, sweet soy sauce, tomato, salt, and water. Cook for ten minutes more, or until the flavors have been distributed and the sauce has thickened slightly. Serve with rice and a nice atjar.

SWEET SOY SAUCE (KECAP MANIS)

2½ cups sugar	½ teaspoon star anise pods
1 bottle Chinese dark soy sauce (21 ounces, equals about 2¾ cups)	2 <i>daun salam</i> leaves (or substitute bay)
3 cloves garlic, cracked	2 pieces of <i>laos</i>
	½ cup water

30 minutes

Carmelize the sugar in a saucepan over low heat, stirring frequently. When the sugar has melted, add the soy sauce and all the other ingredients. Bring to a boil, and stir until the sugar has dissolved completely. Cook over low heat for ten minutes.

Allow this somewhat thickened syrup to cool, and pour into one or more bottles, unstrained. Sweet soy sauce keeps for several months refrigerated. Sweet soy sauce can also be purchased commercially, but this home made brew has more depth of flavor.

No exotics in the pantry just now? A quick and dirty abbreviated version tastes fine too: cook up a mini portion of kecap manis with ¼ c of sugar and ¼ c Kikkoman soy, 1 garlic clove, 1 bay leaf, a tbl or two of water. Substitute a tad of sambal oelek (Indonesian hot chili paste) in place of toms.



D'ARTAGNAN

MAGRET À LA D'ARTAGNAN

2 Magret* duck breasts (1 pound each),
patted dry front and back
1 shallot, finely chopped

1 cup Madiran or other red wine
2 tablespoons demi-glace
salt and pepper to taste

20 minutes, for 4 people

With a knife, score the fat of the duck breast deeply, making squares as small as possible without cutting into the meat. Season with salt and pepper on both sides.

Place in a hot skillet, skin side down, over medium heat. Cook for about 8 minutes, while continuously draining off the rendered fat. Flip over, lower the heat to medium, and cook for 4 minutes. Cover the Magret with foil to keep warm and set aside.

Drain all but a tablespoon of fat from the pan. Sauté shallots in duck fat until they are translucent. Add wine and reduce by half. Add demi-glace and again reduce by half. Season with salt and pepper.

Slice duck on the bias into half inch slices, and arrange on a warm plates in a fan. Drizzle with sauce. D'Artagnan suggests adding chopped fruits or berries, or herbs, or peppercorns, or truffle butter as variations. Or try port.

**Magret is the breast of a foie gras duck.*

SWORDFISH BAKED IN FOIL

1 cup sliced mushrooms	½ teaspoon dill seed
1 medium onion, sliced	1½ pounds swordfish steak, cut into 4 servings
2 tablespoons sliced green pepper	4 small pieces bay leaf and/or fresh basil
2 tablespoons lemon juice	4 thick slices tomato
2 tablespoons olive oil	
salt and freshly ground pepper	

20 minutes to an hour, for 4 people

Reheat oven to hot (425°).*

Mix the mushrooms, onion, green pepper, lemon juice, oil, salt, pepper and dill. Line a baking pan with aluminum foil, spread half the seasoning mixture over the bottom and add the swordfish steaks. Sprinkle the fish with salt and pepper, place a piece of bay leaf and a slice of tomato on each steak, and cover with remaining seasoning mixture. Cover the pan with foil and bake until the fish flakes easily when tested with a fork, about forty-five minutes.

To serve, remove cover and set the pan of fish on a tray or platter. Serve juices and vegetables in the pan as a sauce for the fish.

A variant: thinly sliced fennel, red onion, ½ inch bits of rhubarb, 3 or 4 tablespoons fine tequila, 2 tablespoons butter dotted on top.

**I arrange the fish and accoutrements in a Pyrex pie plate, cover with plastic wrap, and microwave for seven or eight minutes, until the fish is just tender.*

CHICKEN MARBELLA

2½ pound chicken, quartered	4+ tablespoons pitted Spanish or fat Sicilian green olives
¼ head of garlic, peeled & chopped	2 tablespoons capers with a bit of juice
1 tablespoon dried oregano	2 bay leaves
coarse salt & freshly ground pepper	¼ cup brown sugar
2 tablespoons red vinegar	¼ cup white wine
½ cup or more pitted prunes, preferably the luscious ones from Agen in SW France, pruneaux d’Agen	1 tablespoon parsley or fresh coriander, finely chopped
	2 tablespoons olive oil

Overnight plus 1 hour & 15 minutes, for 4 people

In a large bowl or non-reactive roasting pan, combine chicken quarters, garlic, oregano, pepper and coarse salt to taste, vinegar, olive oil, prunes, olives, capers and juice, and bay leaves. Cover and let marinate, refrigerated, overnight.

Preheat oven to 350°. Arrange chicken in a single layer in a shallow baking pan and spoon marinade over it evenly. Sprinkle the chicken pieces with brown sugar and pour white wine around them. Bake for 50 minutes to an hour, basting frequently with pan juices. Chicken is done when thigh pieces, pricked with a fork at their thickest, yield clear yellow (rather than pink) juice.

With a slotted spoon transfer chicken, prunes, olives and capers to a serving platter. Moisten with a few spoonfuls of pan juices and sprinkle generously with parsley or cilantro. Pass remaining pan juices in a sauceboat.

To serve Chicken Marbella cold, cool to room temperature in cooking juices before transferring to a serving platter. If chicken has been refrigerated, allow it to return to room temperature before serving. Spoon some of the reserved juice over chicken.



CHICKEN PARSNIP STIR-FRY

parsnip, cut in 1/8 inch slices, then roughly chopped 1/2 inch x 1/4 inch	firm tofu, cut into 3/4 inch cubes
one garlic clove, sliced	arrowroot
1/2 inch of ginger, sliced	kale, cut in 1 inch lengths
boneless chicken breast, cut into 1/4 inch slices	2 tablespoons demi-glace
	Kikkomen soy sauce
	corn oil

15 minutes, for 2 people

Dust the chicken slices lightly with arrowroot. Heat 3 to 4 tablespoons of corn oil in a wok. Lightly sauté the parsnips, garlic and ginger. Add tofu and chicken slices. Stir until the chicken is just done, add the kale, and sauté a minute more. Add demi-glace and some kikkomen. Heat a minute more to combine the flavors.



CORINNA & DAVIS HAMMOND

LOBSTERS

1½ pound lobsters*
Ocean salt water
Melted butter

“Turkey fryer” pot and propane tank
Claw crackers and picks

20 minutes, for 1 to 8 lobsters

An outdoor cooking assembly called “turkey fryer” is essential to this fabulous method of lobster preparation. It consists of a metal pot 11” in diameter x 15” high with lid (and small vent hole), set on a trivet, and fueled by a small (17 lb.) propane tank. Apparently in the South this gizmo is used to fry whole turkeys in oil (keeps them moist, they say; they inject a little bourbon under the skin beforehand.)

If possible, leave the lobsters overboard (in the ocean) until the last moment. Relax them in the dewy evening grass before cooking: extend and spread their tails and claws, and remove the bands from the claws (why taste boiled rubber?) Fill the pot with sea (salt!) water one-third to two-thirds full, depending on the number of lobsters. Cover the pot and ignite the propane burner. When the salt water reaches a rolling boil, drop the creatures in. Cover and return (as fast as possible, on highest heat) to a rolling boil. Cook eight minutes longer (not more than ten minutes total cooking time). It is essential to constantly monitor and adjust (reduce) the propane flow and slightly open the cover so that the lobsters steam in bubbly froth but the water doesn’t overflow and put out the flame. Serve with melted butter, and claw crackers and picks to access the meat.

**To our minds “soft shell” lobsters, those recently molted, are the greatest treat—sweetest meat and easy to crack exterior.*



JEFF FROM JACK BROWN

MUSSELS BEACH BAKE

Mussels galore
Firewood (lots)

Seaweed galore

3-4 hours, for a crowd

Consult a tide calendar, and select a day when an incoming high tide will inundate & extinguish a bonfire on the beach, located 10-15 feet below the high tide line, an hour or two after cooking. Gain the consent of the local fire chief to build the bonfire.

Collect as many mussels as you wish; you can feed many mouths. Young, relatively petite mussels taste best. If feasible, rinse the mussels overboard (in the ocean) in a car for as long as a week, to wash out sand and grit and thoroughly flush the intestinal canals. Do not remove the mussels from the ocean until you are ready to cook them!

Collect a big pile of broad-leaf seaweed near the bonfire site. It is easiest to find fresh seaweed at the high tide mark after a storm or a windy day when waves pound the beach. The seaweed *must* be fresh, and preferably kept moist until the last moment, because water released by the seaweed is what steams the mussels. If necessary, collect the seaweed off underwater rocks from a rowboat – fill the rowboat with seaweed!

In advance, pile a large amount of firewood near the bonfire site (above high tide). Typically, you will require much more wood than you might imagine. Better too much fuel than too little! Cover the firewood with a tarp if you anticipate rain.

Start the fire about 2-3 hours before you plan to cook. You want a *big* fire (not barbecue-size) – 5-6 feet x 5-6 feet at the base, and 3 feet high after it has burned for several hours and produced a substratum of coals. Much better a fire that is too big than too small. Disregard bystanders and second-guessers who are likely to say that the fire is “too big” or “too hot.” In course of cooking, the fire will be largely drowned, so there *must* be enough intensity and depth in the coals at the base to withstand a real soaking.

When the mature fire is roaring, cover it entirely with a *thick* layer of seaweed – about half your total supply. Scatter the mussels evenly on this seaweed bed, and then cover the mussels with the rest of your seaweed (really bury them). Work quickly and efficiently – because the fire is getting drenched.

An immense amount of steam should ensue. Monitor the condition of the mussels by peeking occasionally. When they open, serve immediately. No condiments required! The nutty taste is unimaginable, but once you’ve experienced it, unforgettable – and impossible to even approximate by any other cooking method.



MOI

ROSEMARY LEMON LAMB CHOPS

4 lamb chops, 1½ inches thick
delicious olive oil
2 inch branch of fresh rosemary
2 cloves of garlic, crushed

half a juicy lemon, squeezed
sea salt
freshly ground pepper

30 minutes, for 4 people

Strip the rosemary leaves from the stem, and bruise them in a mortar and pestle to accentuate their fragrance. Combine with the other marinade ingredients and rub on to both sides of the chops. Grill over a hot fire, but mind to keep the interior of the meat nice and pink.

MUSSELS W/ TOMATO SAUCE

a large onion, sliced	several dried (or one fresh) hot red peppers, seeded
several garlic cloves, sliced	oregano
a carrot, thinly sliced	basil
a green or red bell, sliced	salt and freshly ground black pepper
28 ounce can of Italian plum tomatoes	4 or 5 dozen small mussels
olive oil	linguini (black is nice)

45 minutes, for 4 people

Select a large frying pan (not iron) or pot with a tight fitting, preferably glass, lid. Sauté the onions, garlic, carrot, and peppers in olive oil until softened and fragrant. Hand crush the tomatoes (San Marzano are best), removing the cores and stringy parts, and add to the pan, together with the herbs and seasonings. Simmer until quite reduced but not dry; the mussels will spill out their juices and thin it again.

Have a large pot of water at the boil. Set the linguini to cook. Place the mussels atop the tomato sauce, cover, and steam on high just until the shells swing open. Distribute the drained linguine among the dinner plates, and spoon mussels and sauce over it. Large bowls rather than plates make it easier to enjoy the thinned sauce as scented broth to douse up with Italian bread or sip directly using half mussel shells as spoons.

Best when the mussels are foraged right from one's own beach when the tide is low. Choose young, relatively petite mussels, and if feasible, rinse them overboard (in the ocean) in a car for as long as a week, to wash out sand and grit and thoroughly flush the intestinal canals. Even so, bite carefully because there are pearls and bits of stone.

FINNAN HADDIE

Finnan Haddie (smoked cod)
butter

milk
white or light grain bread, toasted

15 minutes

Cut the Finnan Haddie filet across the grain into ¼ inch slices, and arrange in a stainless steel or enameled frying pan. Add sufficient milk nearly to cover, together with a tablespoon or two of butter. Heat just below the simmer for about 5 minutes. Because the fish is already cured, the intent in cooking is just to warm and infuse.

Spoon over buttered toast, allowing the warm, smoky milk/butter to drench the bread. A comfort food. Jack loved it for Sunday dinner. Nice for lunch too.

SUMAC CHICKEN

3 lb. chicken, cut into 8 servings
powdered sumac (from a Persian
specialty market)

olive oil
lime juice

20 minutes, for 4 people

*P*at the chicken dry. Rub the skin generously all over with sumac. Drizzle with a little oil and lime juice. Grill over hardwood charcoal. Serve with *chello* (Persian rice.)

SUMMER STIR-FRY W/ PEEKYTOE CRAB & GREENS

1 inch length of ginger, peeled &
finely minced
2 cloves of garlic, peeled & finely
minced
corn oil
firm tofu, cut in 1-inch cubes

mixed stir-fry greens such as broccolini &
Chinese cabbage
peeled, toasted, salted Marcona almonds from Spain
sweet, local Peekytoe crab meat from Maine
Kikkomen soy sauce
Tanqueray gin

20 minutes

Sauté ginger and garlic in corn oil until softened and fragrant. Dry the tofu cubes well on paper towels, then add to the stir-fry, cooking and turning until light golden. Add the greens cut into bite size pieces, and stir-fry a minute until limp. Stir in the Peekytoe crab, heating for a few more moments to warm the meat. Splash with soy sauce and gin to taste, and serve with rice.

MEATBALLS, MIDDLE EAST STYLE

1 to 1½ lbs. ground lamb	¼ to ½ cup pignoli (pine nuts), chopped
2 cloves garlic, minced	½ cup chopped Italian parsley
1 egg, lightly beaten	fine, dried unflavored bread crumbs
1 teaspoon salt	olive oil
¼ teaspoon freshly ground black pepper	corn, canola or grape seed oil
¼ to ½ teaspoon allspice, crushed	

20 minutes, for 4 people

Mix the meat gently with the remaining ingredients except the olive oil, then add about a tablespoon of oil to moisten the mixture. Form into balls about an inch in diameter. Roll the balls lightly in the bread crumbs and set aside on a plate.

Heat ¼ to ⅛ inch light vegetable oil until a trial morsel sizzles. Cook and turn the meatballs until browned on the outside but still pink in the middle, about five minutes. Serve with rice, a little yoghurt, a sautéed green like baby bokchoi, and something hot and spicy like kimchee.

DAVID CHANG (NY TIMES 4/5/06)

BRAISED SHORT RIBS

1½ cups pear or apple juice	4 to 5 pounds short ribs
1 cup sake	1 pound carrots, peeled and cut into chunks
1 cup mirin	2 large onions, peeled and roughly chopped
salt and freshly ground pepper	2 tablespoons butter
2 tablespoons chopped garlic	8 to 12 small potatoes, preferably fingerlings, sliced lengthwise
10 cloves crushed garlic	½ cup chopped scallions
1 tablespoon sesame oil	4 cups of cooked white rice
2 tablespoons corn or grapeseed oil	

5 hours or overnight, for 4 to 6 people

Preheat oven to 350°. In a saucepan, combine juice, sake, mirin, soya sauce, about 20 grinds of pepper, both forms of garlic, sesame oil, and 1½ cups water. Bring to a simmer.

Place oil in a large ovenproof braising pan or casserole over medium high heat and add ribs, seasoning them liberally with salt and pepper. Brown well. Turn, add onions and half the carrots, and brown the other side, stirring the vegetables occasionally.

Carefully pour braising liquid over the meat and bake uncovered, bone-side up and submerged in liquid (add water or juice if necessary) for 3 to 4 hours, until meat falls from the bones. Pour the braising liquid temporarily into a side dish. When it cools a bit, lay a paper towel lightly on the surface, to sop up and discard extra fat, repeating with fresh towels several times. Better yet, slip the bowl of liquid into the freezer for a bit, and lift off and discard the hardened fat. Pour the remaining liquid back on to the meat and refrigerate overnight, to allow its flavor to permeate nicely. Reheat to simmer, and reduce the liquid until syrupy, or thin a bit with water if too thick.

About half an hour before serving, put butter in a skillet, and add potatoes and remaining carrots. Season with salt and pepper and cook, stirring occasionally, until browned and nearly tender, about 20 minutes. Add to the meat, garnish with scallions, and serve on rice. Delicious with his Super-Fast Pickled Pears and Sweet Shitake Pickle (see below).

This dish can be too rich if the fat isn't lifted and discarded. Try serving it with white horseradish, or adding minced ginger or star anise to the cooking liquid to provide point.

PORK LOIN W/ GRAPES

1 3-pound boneless center-cut pork loin	kosher salt
1 tablespoon finely chopped thyme, plus 6 whole sprigs	freshly ground black pepper
1 tablespoon finely chopped parsley	6 tablespoons unsalted butter, cut into ½-inch pieces
1½ teaspoons finely chopped rosemary, plus 3 whole sprigs	1 pound fingerling or new potatoes, in ½ inch slices lengthwise
1½ teaspoons finely chopped sage, plus 3 whole sprigs	6 shallots, peeled and halved through the root
½ cup Dijon mustard	1 pound red seedless grapes, snipped into 6 small bunches
6 tablespoons olive oil	½ cup port
	½ cup chicken stock

6 ½ hours, for 6 people

Tie the pork loin with kitchen twine at 1-inch intervals. In a shallow dish large enough to hold the pork, whisk together the chopped herbs, mustard, 2 tablespoons of olive oil, ½ teaspoon salt and ⅛ teaspoon pepper. Add the pork and coat with marinade. Cover and refrigerate for at least 4 hours. One hour before cooking, bring the meat to room temperature. Scrape off and reserve the marinade, then season with salt and pepper.

Place a roasting pan in the oven and heat to 325°. Set a large black skillet over a high flame. Add to it two tablespoons of oil and heat until smoking, then sear the pork about 4 minutes per side, until well browned. Set the skillet aside and transfer meat fat side down to the roasting pan. Spread reserved marinade over the top together with half the butter and the herb sprigs. Return the pan to the oven and roast for 75 minutes, or until meat registers 125° at center.

Meanwhile, in a large bowl, toss the potatoes, shallots and grapes with the remaining 2 tablespoons of oil, and season with salt and pepper. When the pork has cooked for 15 minutes, arrange the potatoes cut side down around it, and the grapes and shallots over the potatoes.

Drain the sauté pan of fat and return to medium-high flame. When hot, add the port and bring to a boil, scraping the bottom of the pan. When nearly evaporated, add the chicken stock and return to the boil. Whisk in remaining butter and season with salt and pepper. Strain through a fine-meshed sieve set over a serving bowl. Cover and keep warm. (I found this sauce a little tasteless. Either begin with a larger quantity of port, or reduce the amount of stock, or both.)

When the pork is done, transfer it to a cutting board and let rest at least 10 minutes before slicing. Serve on a platter over the grapes, potatoes and shallots, and accompanied by the sauce

**The author credits this dish as loosely adapted from Suzanne Goin, Sunday Suppers at Lucques*

DUCK BREAST W/ BERRIES

2 duck breasts, not too thick	freshly ground pepper
1 tablespoon sunflower or corn oil	a cinnamon stick
3 or 4 tablespoons fine balsamic vinegar	5 or 6 tablespoons whole cranberries or blueberries, frozen if unavailable fresh
sea salt	

25 minutes, for 4 people

With a knife, score the duck fat deeply, making squares as small as possible without cutting into the meat. Season with salt and pepper on both sides.

Place in a hot skillet, skin side down, over medium heat. Cook for about 8 minutes, while continuously draining off the rendered fat. Flip the duck breast over and lower the heat to medium. Add all the remaining ingredients, cover the pan, and continue to cook over medium low heat for 4 or 5 minutes until the duck is nearly cooked and the berries have melted into a sauce. (Make exploratory cut to catch the flesh while it's still rare, not well done grey-tough.) Slice along the bias into $\frac{1}{8}$ inch thick strips, leaving the thin strip of cooked fat attached, to be consumed or not according to taste.

According to Claudia Roden's *Mediterranean Cookery*, this recipe is Mantuan in origin.

SUNDAY SUPPERS AT LUCQUES

HALIBUT W/ ARUGULA, BEETS & HORSERADISH

1½ pounds halibut, either as a filet of even thickness, or individual steaks	2 tablespoons fine olive oil
1 lemon, zested	4 ounces arugula, washed and dried
1 tablespoon thyme leaves	roasted beets w/ horseradish sauce (see below)
2 tablespoons coarsely chopped Italian parsley	sea salt
	freshly ground pepper

5 hours, for 4 people

Season the fish with lemon zest, thyme, and parsley. Cover and refrigerate at least 4 hours or overnight. Remove the fish from the refrigerator 15 minutes to regain room temperature.

Heat a large sauté pan over high heat for 2 minutes. (Depending on the size of your pan, you may need to cook the fish in batches or in two pans.) Season the fish on both sides with salt and pepper. Swirl the olive oil into the pan and wait 1 minute. Carefully lay the fish in the pan, and cook 3 to 4 minutes, until it's lightly browned. Turn the fish over, lower the heat to medium-low, and cook a few more minutes, until it's almost cooked through. Be careful not to overcook the fish. When it's done, the fish will begin to flake and separate a little, and the center will still be slightly translucent. Remember, the halibut will continue to cook for a bit once you take it out of the pan.

Scatter half of the arugula over a large platter. Arrange the beets on top, and drizzle with half the horseradish cream. Tuck the rest of the arugula among the beets, so you can see the beets peeking through. Nestle the fish in the salad, and spoon a little horseradish cream over each piece. Add a big squeeze of lemon if desired.

ROASTED BEETS W/ HORSERADISH CRÈME FRAÎCHE

4 bunches small beets (cut in half)	1 tablespoon plus 1 teaspoon balsamic vinegar
½ cup plus 2 tablespoons fine olive oil	½ cup crème fraîche
1 tablespoon diced shallots, plus ¼ cup sliced shallots	1 to 3 tablespoons prepared white horseradish, to taste
2 tablespoons red wine vinegar	¼ cup heavy cream or milk
2½ teaspoons lemon juice	sea salt and freshly ground black pepper

Preheat the oven to 400°. Cut off the beet greens. Leaving ½ inch of stem still attached. (Save the leaves for sautéing later—they're delicious!) Clean the beets well, toss with 2 tablespoons olive oil and a teaspoon (or less) of salt.

Place beets in a roasting pan with ¼ inch of water in the bottom, and roast for about 40 minutes, until tender when pierced. Let cool, and cut into ½ inch thick wedges.

While beets are cooking, combine diced shallots, both vinegars, 2 teaspoons lemon juice, and $\frac{1}{4}$ teaspoon salt in a small bowl, and let sit five minutes. Whisk in the half cup olive oil. Taste for balance and seasoning.

Whisk the crème fraîche and horseradish together in a small bowl. Stir in the cream or milk, remaining $\frac{1}{2}$ teaspoon lemon juice, $\frac{1}{8}$ teaspoon salt, and a pinch of pepper.

Toss the beets and sliced shallots with the vinaigrette. Season with $\frac{1}{4}$ teaspoon salt and a pinch of freshly ground black pepper, and toss well. Taste for balance and seasoning.

Note: If you season the fish with lemon zest and herbs, roast the beets, and make the vinaigrette and horseradish cream in advance, all that remains at dinner time is to quickly sauté the fish and dress the beets.

OVEN-CRISPED CHICKEN W/ FRAGRANT SPICES

1 tablespoon cumin seeds	½ tablespoon cloves
1 whole nutmeg	½ teaspoon freshly ground black pepper
1 tablespoon coriander seeds, removed from pods	3 to 4 pound chicken, boned
1 tablespoon star anise	salt
	2 tablespoons grape seed or corn oil

45 minutes, for 4 people

Combine all the spices in a dry skillet over medium high heat. Cook, shaking the skillet occasionally, until the mixture is fragrant, 1 to 2 minutes. Grind everything to a coarse powder with mortar and pestle. (Excess spice mixture will keep in a tight container for up to a year.)

Pre-heat oven to 500°. Trim the chicken of excess fat and discard the wingtips (or freeze them to add to the soup pot on another occasion.) Score the dark meat a little with a sharp knife so that it will cook as quickly as the white. Sprinkle each side of the chicken with salt and about a teaspoon of spice mixture. Heat the oil in a large black iron skillet on high. When the oil is hot, add the chicken, pressing it flat.

When the chicken begins to brown 3 or 4 minutes later, place it in the oven. Cook about 8 minutes, or until the bottom is crisp, then turn the chicken over and return the skillet to the oven for approximately 5 minutes more, until the chicken is crisp. Turn once more and cook for another minute. Check for doneness—there should be no traces of pink—and serve.



MOI

JUICY HANGER STEAK

1½ pound (more or less) hanger steak
5 to 6 tablespoons good olive oil

sea salt to taste
a tablespoon or two of minced garlic

10 minutes plus overnight, for 4 people

Cut the hanger steak in half lengthwise, if necessary, to remove the rib of gristle down the center. Mix the remaining ingredients in a non-reactive over-proof pan large enough to accommodate the meat in one layer. Cover closely and refrigerate overnight, turning once in the morning.

Remove to room temperature an hour before cooking. Preheat broiler for 10 minutes, then cook 2 or 3 inches from the flame for 4 minutes on a side. Slice on the bias. The little oil bath renders the meat surprisingly succulent.

❖
SIDE DISHES
❖





NY TIMES GREEN

CANDIED SWEET POTATOES

4 to 6 sweet potatoes
1 cup dark brown sugar
1 teaspoon salt
2 tablespoons butter

$\frac{1}{4}$ cup water
 $\frac{1}{4}$ teaspoon ground cinnamon
 $\frac{1}{8}$ teaspoon grated nutmeg

Reheat oven to moderate 350°F.

Parboil the sweet potatoes for 15 minutes; peel and slice them. Arrange them in a buttered baking dish.

Make a syrup by combining sugar, salt, butter, water, and spices and boiling for 3 minutes. Pour syrup over potatoes.

Bake for $1\frac{1}{4}$ hours, basting frequently.



JEAN-GEORGES

PEPPERY GREEN BEANS

1 tablespoon canola, grape seed,
or neutral flavored oil
½ cup red bell pepper, seeded
and minced
1 medium onion, sliced

1 pound green beans
¼ cup soy sauce
½ teaspoon or more freshly
cracked black pepper

25 minutes, for 4 people

Place the oil in a large skillet and turn the heat to medium. Add the red pepper and onion and cook, stirring occasionally, until the onion is soft, 3 to 5 minutes. Reduce the heat to medium-low and cook until the onion is very tender, another 5 minutes or so.

Add the beans and return to high heat; cook for 1 minute. Add the soy sauce and ½ cup of water, (or omit the water and hike the soy for more intense flavor.) Cook at a lively boil for a few minutes, until most of the liquid has evaporated and the beans are green and crisp-tender. (Add a little more water or soy if necessary.)

Sprinkle in the black pepper and continue to cook until there are only about 2 tablespoons of liquid left in the pan. Taste and adjust seasoning, then serve hot or at room temperature.

MARCELLA HAZAN

BRAISED LEEKS W/ PARMESAN CHEESE

4 good thick leeks, or six medium ones
3 tablespoons of butter

3 tablespoons grated *Parmigiano-Reggiano*
salt

30 minutes, for 4 people



Remove from the leeks any leaves that may be yellowed or withered. Cut off the roots from the bulbous end. Do not cut off or discard the green tops. Cut each leek almost in half lengthwise, leaving them just attached at the bulb for ease of washing. Plunge the leeks in water and cleanse thoroughly, spreading the tops with your hands to make sure any hidden bits of grit are washed away.

Finish halving them and place the leeks into a shallow casserole or sauté pan. A long, narrow shape is ideal, but it doesn't matter too much, as long as the leeks lie flat and straight.

Add the butter and $\frac{1}{3}$ cup of water (adding more water if there is not sufficient to cover), cover the pan, and set the heat to medium low. Cook for 15 to 25 minutes, depending on the freshness and thickness of the leeks, until they are tender at the prick of a fork. Turn them from time to time.

When done, uncover the pan, turn up the heat, and boil away all the liquid. The leeks should become lightly browned in the process. Before removing from heat, add the grated cheese, mixing it in with the leeks. Transfer to a warm platter and serve at once.

Marcella loves these particularly with veal.

SIMMERED CARROTS W/ CUMIN & ORANGE

1 pound carrots, about ¾ inch by 6 to 8 inches	4 tablespoons extra virgin olive oil
1 teaspoon cumin seeds	pinch of salt
1 teaspoon grated or minced orange zest	¼ teaspoon of sugar
1 teaspoon minced garlic	1 teaspoon lime juice
	1 cup freshly squeezed orange juice*
	2 tablespoons chopped cilantro (optional)

45 minutes, for 4 people

Trim and peel the carrots. Leave them whole or, if larger than recommended, peel and chunk or halve lengthwise. Select a saucepan large enough to hold them, and place the cumin, orange zest, garlic, oil, salt, sugar, and orange juice in it. Turn the heat to medium and bring to the boil, stirring.

Add the carrots, cover, and turn the heat to low. The mixture should be bubbling gently, not vigorously, whenever you remove the cover. Cook undisturbed 15-30 minutes, or until the carrots are very tender but not yet falling apart. (Jean-Georges suggest 1½hours!)

Gently stir the lime juice into the carrots. Sprinkle with cilantro, stir once and serve.

Can be made days in advance, refrigerated, and reheated in a microwave. But if so, add lime juice and cilantro at the last minute. Can serve as a side or as a sauce with steamed fish or sautéed chicken breasts.

**Choose Florida juice oranges or temple oranges if possible. California navel oranges or clementines are too sweet, lack tang. Tropicana type carton orange juice passes in a pinch.*

ELIZABETH DAVID

CARROTS VICHY

a bunch of carrots, peeled
and thickly sliced
a lump of butter

$\frac{1}{2}$ teaspoon sugar
 $\frac{1}{4}$ teaspoon salt

15 minutes, for 4 people

Combine all of the ingredients in a small saucepan, together with enough water just to cover the carrots. Bring to a boil, and simmer uncovered until the liquid nearly evaporates and the carrots are succulently tender. Mind that the water doesn't disappear completely and ruin the dish by scorching.

CONCOMBRES AU BEURRE

8 kirbies*

2 tablespoons red wine vinegar

1½ teaspoons salt

⅛ teaspoon sugar

3 tablespoons melted butter

½ teaspoon dill or basil

3 or 4 tablespoons minced green onions

⅛ teaspoon pepper

1 hour and 45 minutes, for 6 people

Peel the cucumbers. Cut in half lengthwise; scoop out the seeds with a spoon. Cut into lengthwise strips about ⅜ inch wide.

Toss the cucumbers in a bowl with the vinegar, salt, and sugar. Let stand for at least 30 minutes or for several hours. Drain. Pat dry in a towel.

Preheat oven to 375°F.

Toss the cucumbers in a baking dish, 12 inches by 1½ inches deep, together with the butter, herbs, onions and pepper. Set uncovered in the middle level of the preheated oven for about 1 hour, tossing two or three times, until the cucumbers are tender but still have a suggestion of crispness and texture. They will barely color during the cooking.

If not serving immediately, set aside uncovered. Reheat before serving, and garnish with a little minced parsley.

**This is a good way to use up even kirbies that have bolted to large, because their flesh usually remains flavorful and the noxious oversize seeds are scooped away. Julia actually specifies regular 8 inch cukes.*



MOI

BASMATI RICE

1 cup Basmati rice from India, or
Persian rice*

2 tablespoons butter

20 minutes, for 4 people

*W*ash the rice in several rinses of water to remove dirt, but more important, to remove rice dust which sticks the grains together like glue.

Melt the butter in a saucepan over medium high heat. Add the drained rice and sauté for 2 or 3 minutes, stirring occasionally. Add two cups of water, cover and bring to a boil. Reduce heat so that the rice just simmers. Cook about 15 minutes until all the water is absorbed. Do not stir. The rice can hold, covered, for another 15 minutes or half an hour. Leave the lid very slightly ajar so that vacuum doesn't seal it closed

For a nice, richer variation use chicken broth in place of water, adding some pine nuts to the initial butter sauté.

**Note: American Basmati rice is inferior.*

CARAMELIZED BEETS & TURNIPS

8 to 10 ounces small beets
8 to 10 ounces small turnips

2 tablespoons butter
salt

30 minutes, for 4 people

Peel and trim the beets and turnips; quarter them if they are large. Place each in its own saucepan with a pinch of salt and water to come about halfway up their height. Divide the butter between the two pans, cover each, and turn the heat to medium-high.

Simmer until the vegetables are nearly tender, about 20 minutes. Uncover; much of the water will have evaporated. Continue to cook until the vegetables are shiny and glazed with their juices. Add more salt, if necessary, and serve hot.



JEAN MARKS

ROASTED POTATOES

2 pounds new red, Yellow Finn,
or fingerling potatoes

8 tablespoons of butter
1 teaspoons salt

75 minutes, for 4 people

Preheat oven to 400°F.

Scrub the potatoes and cut them into 1 inch cubes. (If larger potatoes are used, you may wish to peel them.) Place them in a Pyrex pie pan or large low baking pan. Pour in enough boiling water to reach one quarter the height of the potatoes. Cut the butter into small chunks and distribute them evenly. Sprinkle with salt. With a large spoon, combine the potatoes, butter, salt and water. Bake for one hour, or until the water has evaporated and the potatoes are lightly roasted.

Nice too (and lighter) drizzled with a little olive oil and rosemary instead of butter.

ROASTED VEGETABLES

carrots	parsnips
young zucchini	new potatoes
young yellow squash	sweet potatoes
onions, golf ball sized	bell peppers, red and green
eggplant	fennel
broccoli	beets
baby turnips	celery
asparagus	vegetable oil
broccoli rabe heads	minced garlic
green beans	herbs

2 hours, for 4 people

Preheat the oven to 350° F. Line a baking pan or two with aluminum foil (to facilitate clean up). If two pans, be sure they fit side by side in the oven. Peel the onions and sweet potatoes. Cut the vegetables so that they will cook evenly and are pleasantly varied in shape, e.g. onions, beans, asparagus, baby carrots, baby beets whole, squash, eggplant, parsnips and fennel in $\frac{3}{4}$ inch slices, bell peppers a couple inches square, potatoes whole or quartered depending on size, broccoli in florets. Add the veggies, dribble a little oil on top, and toss. They should be very lightly lustrous with oil. Sprinkle with sea salt and herbs (such as sprigs of fresh thyme). Bake for an hour, tossing occasionally. Increase oven temperature to 450°. Roast for a final 10 minutes to brown.

BAKED WINTER SQUASH

2 Delicata (superior!) or acorn squash ground cinnamon, nutmeg, and or clove
1/3 cup melted butter salt
1/4 cup dark brown sugar

1 hour, for 4 people

Preheat the oven to 400° F. Halve the squash lengthwise, and scoop out seeds and stringy elements. Brush the cut edge with butter, sprinkle with salt, and place side by side, cut edge down, in a baking pan. Cover the pan bottom with 1/4 inch of boiling water, and bake for 30 minutes. Remove the pan from the oven, flip the squash, and brush and partly fill the upper face and cavity with butter, sugar and spices. Bake another 10 to 20 minutes until tender, basting occasionally if you wish.

TEI CARPENTER

GRILLED YELLOW WAX BEANS

Yellow wax beans
Delicious olive oil

Sea salt
Freshly ground pepper

10 minutes, for 4 people

Drizzle the beans with a little olive oil, and sprinkle with salt and pepper. Grill over a hot fire.



STIR-FRY W/ KALE & ALMONDS

kale, coarse stems removed	garlic scapes
peeled, roasted, salted Marcona almonds from Spain	olive oil
	lemon

10 minutes

Cut the kale into 1 to 2 inch lengths, and stir-fry together with the garlic scapes in a little olive oil until softened but still nice and green. Unlike other greens, kale retains its fluffy texture rather than wilting. Add the Marcona almonds, cook another few moments just to warm, squeeze on a bit of lemon juice, and serve.

GRANDMA SARA

LEMON-GLAZED ZUCCHINI & CHERRY TOMATOES

1 tablespoon butter
4 young zucchini*
a dozen cherry tomatoes

lemon juice to taste
salt

10 minutes, for 4 people

Slice the zucchini into rounds about 3/8 inch thick. Melt the butter in a skillet, and sauté until golden on the outside and custardy within, turning once. Add the cherry tomatoes and sauté a minute or two more, just until the skins burst. Season with lemon juice to taste, and a little salt.

**The most beautiful and tasty zucchini are the ribbed Italian heirlooms like Costata Romanesca which I grow. Not only are they succulent and sweet, but sliced they morph into lovely stars.*



✦
SOUPS
✦

WILD MUSHROOM SOUP

2 ounces dried cepes, morels,
or chanterelles
¾ cup Madeira wine (or Calvados)
8 tablespoons (1 stick)
sweet butter

2 cups finely chopped yellow onions
2 pounds fresh mushrooms
salt and freshly ground black pepper
4 cups chicken broth
1 pint heavy cream (optional)

90 minutes, for 6-8 people

*R*inse the dried mushrooms well in a sieve under cold running water and soak them in the Madeira for 1 hour, stirring occasionally.

Melt the butter in a soup pot. Add the onions and cook, covered, over low heat until they are tender and lightly colored, about 15 minutes, stirring occasionally.

Trim stems from the fresh mushrooms and save for another use. Wipe the caps with a damp cloth and slice thin. Add caps to the soup pot, season to taste with salt and pepper, and cook over low heat, uncovered, stirring frequently, for 15 minutes.

Carefully lift mushrooms from the bowl with a slotted spoon and transfer to a soup pot, leaving sediment behind.

Add the chicken stock and bring to a boil. Reduce heat, cover, and simmer for 45 minutes, or until the dried mushrooms are very tender.

(Strain the soup and transfer the solids to the bowl of a food processor fitted with a steel blade. Add 1 cup of the liquid and purée until very smooth. [I prefer the soup elements chunky and identifiable, so I skip this step. If one wanted more blended flavors, perhaps processing only half the solids would provide a good compromise.]

Return purée to the soup pot along with remaining liquid and set over medium heat. Taste, correct seasoning, and thin the soup slightly with heavy cream if it seems too thick. Heat until steaming and serve immediately.

CREAM OF SORREL SOUP

½ cup minced green onions or yellow onions	3 tablespoons flour
3 tablespoons butter	5½ cups boiling chicken broth
a heavy-bottomed, 2 ½-quart saucepan	2 egg yolks
3 to 4 packed cups of fresh sorrel leaves, washed, dried, and cut in shreds	½ cup whipping cream
	½ teaspoon salt
	a 3-quart mixing bowl
	1 to 2 tablespoons softened butter

40 minutes, for 6 people

Cook the onions slowly in the butter in a covered saucepan for 5 to 10 minutes, until tender and translucent but not browned.

Set chicken stock to boil in a separate pot.

Stir the sorrel and salt into the translucent onions, cover, and cook slowly for about 5 minutes or until the leaves are tender and wilted. Sprinkle in the flour and stir over moderate heat for 3 minutes.

Off heat, beat in the boiling stock. Simmer for 5 minutes.

Blend the yolks and cream in the mixing bowl. Beat a cupful of hot soup into them by driblets. Gradually beat in the rest of the soup in a thin stream. Return soup to saucepan and stir over moderate heat for a minute or two to poach the egg yolks, but do not bring the soup to the simmer. Off heat, stir in the enrichment butter a tablespoon at a time.

Julia offers variations with watercress or spinach. A visiting Russian friend followed an almost identical procedure recreating her traditional “schav” for me, but with sour cream rather than heavy cream.

SOUPE À L'OIGNON

2 to 2½ lbs., or about 7 cups, of
thinly sliced yellow onions
4 or 5 tablespoons of butter
1 tablespoon of oil
a heavy-bottomed, 4-quart
covered saucepan
1 teaspoon salt
½ teaspoon sugar (helps the
onions to brown)

3 tablespoons of flour
2 quarts boiling beef broth
½ cup dry white wine or dry vermouth
salt & pepper
3 tablespoons cognac, or even better Calvados
12 to 16 slices of French bread
cut ¾ to 1 inch thick
a cut clove of garlic
1 to 2 cups grated Swiss or Parmesan cheese

2½ hours, for 6 to 8 people



Cook the onions slowly with the butter and oil in the covered saucepan for 15 minutes. Uncover, raise heat to moderate, and stir in the salt and sugar. Cook for 30 to 40 minutes stirring frequently, until the onions have turned an even, deep, golden brown. Sprinkle in the flour and stir for 3 minutes.

Off heat, blend in the boiling liquid. Add the wine, and season to taste. Simmer partially covered for 30 to 40 minutes or more, skimming occasionally. Correct seasoning. Set aside uncovered until ready to serve.

Place the slices of bread in one layer in a roasting pan and bake at 325° for about half an hour, until thoroughly dried and lightly browned. Halfway through the baking, baste each side with a teaspoon of olive oil. After baking, rub each piece with cut garlic. (Works just as well with slices popped in the toaster, or cut from day old baguettes.)

Just before serving, reheat the soup and stir in the cognac. Pour into a soup tureen or soup cups over the rounds of bread, and pass the cheese separately.

ELIZABETH DAVID

POTAGE CRÉCY

¾ lb. carrots
1 large potato
1 shallot, or half
a small onion

2 tablespoons of butter
1 pint chicken stock
seasonings
parsley and chervil

40 minutes, for 3 people

Scrape the carrots, shred them on a coarse grater or in a food processor. Put them together with the chopped shallot and the peeled and diced potato in a thick pan with the melted butter. Season with salt, pepper, a scrap of sugar. Cover the pan, and leave over a very low flame for about 15 minutes, until the carrots have almost melted to a purée. Pour in the stock, and simmer another 15 minutes. Mash to a rough puree, taste that the seasoning is correct, add a little chopped parsley and some leaves of chervil.

Sometimes boiled rice is served separately with Crécy soup, which makes it pretty substantial. Fried breadcrumbs or small dice of fried potatoes are alternatives.

Nice too with juice of a small orange, a lime, a lemon.

MINISTRONE W/ PESTO

Pesto:	½ teaspoon dried oregano
2 cups tightly packed basil leaves, stems removed and reserved	2 cloves
4 to 5 tablespoons olive oil	1 to 2 tablespoons olive oil
1 teaspoon minced garlic	1 large onion, diced
1½ inches of ginger, peeled and chopped	2 carrots, diced
1-2 teaspoons coarse salt	2 celery stalks, diced
Bouquet Garni*:	½ lb. celery root, diced (1 cup)
1 leek, white part with 1 inch of green, chopped	2 quarts water or beef stock
2 fresh hot chile peppers or 12 black peppercorns, crushed	1 can cooked white hominy (exploded corn, “mote blanco”)
1 bay leaf	1 can cooked chick peas, drained and rinsed
	coarse salt
	pepper
	½ cup freshly grated Parmesan cheese

1 hour, for 6 people

First make the pesto. Chop the basil leaves and place in a blender or food processor with 4 tablespoons of the olive oil, the garlic, ginger and salt. Process until you have a thoroughly integrated, smooth, thick mixture. Add another tablespoon of oil if necessary. Scrape the pesto into a little bowl, cover and refrigerate.

If using water rather than stock, prepare a bouquet garni, putting the leek, reserved basil stems, hot peppers or peppercorns, bay leaf, oregano and cloves on an 8 inch square of cheesecloth and tying it securely. (I usually use stock, but add the bouquet garni also, minus leeks and peppers.)

In a large skillet or saucepan, heat the olive oil and stir the onion over moderate heat for about 5 minutes, or until it is translucent. Add the carrots, celery, and celery root, and sauté all the vegetables together for 2 or 3 minutes. Pour in the water and bouquet garni, or the beef stock without a bouquet garni. Bring to a boil, reduce heat and simmer, partly covered, for 30 minutes, or until the vegetables are tender.

Remove the bouquet garni, first squeezing it over the pot to extract all its goodness. Add the drained hominy and chick-peas to the soup and cook only long enough to heat through. Stir in half the pesto and correct the seasoning with salt and pepper.

To serve, ladle the soup into plates and drop dollops of the remaining pesto in small mounds in the center of each serving. Sprinkle with Parmesan cheese and serve with crusty Italian bread.

When storing left over soup, skim the pesto off the top surface and reserve before reheating (so that basil doesn't discolor and alter flavor). Reintroduce it once the soup is hot and ready to eat.



CHEZ PANISSE VEGETABLES

ROASTED PUMPKIN SOUP

1 sugar pumpkin or butternut squash
(about 3 pounds)
olive oil
salt and pepper
2 sprigs thyme

4 cloves garlic
1 quart chicken stock
unsalted butter
1 tablespoon or more minced fresh ginger
toasted croutons (optional)

1 hour, for 4 people

Preheat the oven to 350°.

Split the pumpkin in half horizontally or the butternut squash in half vertically, scrape out the seeds and pith, rub the cut surfaces with olive oil, and season generously with salt and pepper. Place the halves cut side down on a baking sheet, with a sprig of thyme and 2 unpeeled cloves of garlic tucked underneath each seed cavity. Roast in the oven for 45 minutes, or until completely tender. When the pumpkin or squash is cool enough to handle, scoop out the flesh (or peel off the skin) and add the pulp to a soup pot along with the roasted garlic, squeezed out of its skin. Mash them together with a wooden spoon or potato masher, add the chicken stock and optional ginger, and heat to a simmer. Taste to correct the seasonings. Add a little butter for richness. Serve with croutons if desired.

INSTANT CHICKEN WATERCRESS EGG-DROP SOUP

2 cups chicken broth (1 can College Inn
chicken broth serves just fine) 1 egg
juice of half a lemon
½ bunch watercress

10 minutes, for 1 or 2 people

Heat the chicken broth to a simmer. Meanwhile, wash the watercress and, holding it still in a mass, tear off and discard the tough stems in one motion. Beat the egg in a little saucer with a fork. Juice the lemon. When the soup is hot, drop in the watercress. Dribble in the beaten egg, leaving it undisturbed to solidify into thin threads. After thirty seconds or so, stir in the lemon juice, and serve.

SOUP, BEAUTIFUL SOUP

PARSNIP SOUP

1½ pounds parsnips
3 stalks of celery
4 tablespoons of butter
1 medium onion, chopped
1 clove garlic, minced
1 bay leaf
1 small nutmeg, grated

5 or 6 sprigs of fresh thyme
1 quart chicken broth
2 cups water (omit if you prefer a richer soup)
1-2 teaspoons coarse salt
¼ teaspoon white pepper, crushed
2 tablespoons chopped dill (optional)

1 hour, for 4 people

*P*are and chop the parsnips into ¼ inch dice, about 4 cups. Scrape and chop the celery.

In a large heavy saucepan, heat the butter and sauté the onion and garlic for 5 minutes, or until the onion begins to soften. Add the celery and sauté a few minutes longer. Add the bay leaf, nutmeg and thyme. Toss in the parsnips and stir for 2 minutes before you pour in the broth, water and salt. Bring to a boil, lower the heat, and simmer until the parsnips are very tender. Season with pepper and salt to taste. If desired, garnish with dill.



GAZPACHO ANDALUZ DE GONZALO CORDOBA

- | | |
|--|---|
| 2 ½ pounds very flavorful tomatoes
(heirloom Brandywine or Pruden's
Purple are divine) | 1 medium red bell pepper, plus more for optional.
garnish, finely chopped |
| 2 garlic cloves, coarsely chopped | 2- 4 tablespoons good Spanish sherry
vinegar, preferable Jerez |
| 2 inch bread cube cut from firm
Italian or French bread, crusts
removed | 2 teaspoons sea salt
½ teaspoon ground cumin, optional
½ cup good olive oil |

15 minutes, for 6 people

Cut the pepper and half the tomatoes into chunks, and whirl in the bowl of a food processor together with bread, sherry, garlic and salt until smooth. (My Cuisineart is too small to accommodate all ingredients at once, hence the two stages.) Empty contents into a bowl, and process the remaining tomato and oil to the preferred texture, either smooth or still slightly chunky, and add to the original batch. Taste, and add more vinegar if desired, and optional cumin. Chill. Spaniards often enjoy gazpacho in glasses with every summer meal, or in a bowl with roughly chopped cucumber, fresh bread cubes, and chopped red or green peppers on the side.



APPLE VENDER AT LOCAL FARMER'S MARKET

HEARTY SQUASH AND APPLE SOUP

Calabaza, butternut squash, or medium pumpkin, (about 3-4 lbs)	an inch of ginger, peeled and finely chopped
3 or 4 tart apples, quartered, cored, then sliced crosswise	a quart of chicken broth
3 medium onions, sliced	sea salt to taste
several tablespoons of butter	freshly ground pepper
	juice of half a lemon, half a lime

1 hour, for 4 people

Set the squash in a pan with sides lest its juices leak on to the oven floor, and bake at 400° until a two-pronged fork easily pierces the flesh through to the center, perhaps 40 minutes. Remove from oven, and let cool.

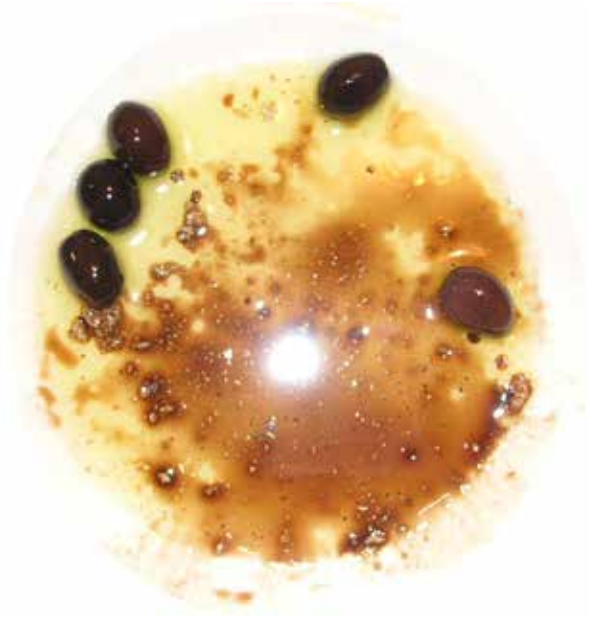
Meanwhile, sauté apples and onions in butter until soft, fragrant, and golden in color. Spoon half the pan's contents into the container of a food processor, and pulse quickly to blend. Transfer this to a soup pot, together with the remaining uncrushed apples and onions, chicken broth, and ginger. Split the cooled squash in half. Remove seeds and fiber from its cavity and discard them (or wash the seeds clean of fiber, and roast them in the oven with salt to nibble separately.) Spoon the soft flesh of the squash from its skin, and add it to the soup. Blend with a spoon, heat, season to taste, and enjoy.

✦

SALADS & DRESSINGS

✦





SILVER PALETTE

BALSAMIC VINAIGRETTE

1 small clove garlic, peeled
and cut in half
½ teaspoon Dijon mustard

6 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
salt and freshly ground pepper

2 minutes, for 4 people

Whisk ingredients together with a fork in a small glass.

Silver Palette's description of balsamic vinegar: This extraordinary wine-based vinegar is still made in the northern part of Italy just as it has been for centuries. It is a mellow, sweet-and-sour vinegar with a heady fragrance. It must, by law, be aged for a decade in a variety of kegs made of particular kinds of wood; some batches are aged much longer. The vinegar is transferred from red oak kegs to chestnut, mulberry and juniper in turn, mellowing at each stage. Eventually, a warm, red-brown color and incredible fragrance are achieved. The vinegar can be used in salads, sprinkled on cold meats or over hot vegetables, to deglaze a pan, or even to douse desert fruits. Since Silver Palette was published in 1979, balsamic vinegar has become ubiquitous. The 3 to 4 dollar variety sold in supermarkets is just red vinegar gussied up with spices. Locate the real stuff.

ATJAR

4 or 5 small cucumbers
1 small onion
1 clove of garlic, finely minced
salt

1½ teaspoons sugar
¾ cup white vinegar
1 small hot red pepper, cut
into fine circles (optional)

10 minutes, for 4 people

Peel the cucumbers and slice thinly. If you must use large cucumbers, scoop out the seeds and cut the flesh into thin match-like strips. Place in a bowl.

Peel the onion and slice it as thinly as possible. Add to the cucumber, then add the garlic and remaining ingredients. Mix and chill until ready to serve.



MOI

COLESLAW

cabbage, green or red,
finely shredded
carrots, finely shredded
(optional)
salt

lemon juice
caraway seeds
celery seed (optional)
Hellmann's mayonnaise

20 minutes

Add sufficient mayonnaise to moisten the shredded cabbage and carrots, and enough lemon juice to cut the richness of the mayonnaise and create a sweet and sour balance. The caraway seeds add important character.

MOI

LEMON-EGG YOLK DRESSING

1 egg yolk
2 tablespoons lemon juice
5 tablespoons olive oil

1 minced shallot
1/8 teaspoon Dijon mustard
salt & pepper

5 minutes

Beat the egg yolk with a fork. Add all the remaining ingredients and whisk again. Adjust to taste, sour to mild. Best with sharp greens like watercress and arugula because this is a rich sauce.



JEAN-GEORGES

HONEY-GARLIC VINAIGRETTE

2 tablespoons balsamic vinegar
1/2 tablespoon honey
1/4 teaspoon very finely minced garlic

1/4 cup extra virgin olive oil
freshly ground pepper
salt

2 minutes, for 4 people

Combine the ingredients in a small glass and whisk briskly with a fork.

HALF-SOUR PICKLES

12 pickling cucumbers
2 large cloves of garlic
10 to 12 fresh sprigs of dill
2 fresh seed heads of dill,
or ½ teaspoon dill seeds

2 teaspoon whole pickling spices
6 tablespoons kosher salt
6 tablespoons white vinegar
2½ quarts water

2 or 3 days

Thoroughly clean the cucumbers. Halve them. Flatten the unpeeled garlic with the back of a knife. Wash the dill. If the dill does not have flower heads, add the dill seeds. (If you have no fresh dill use 1 teaspoon dill seeds.)

Place the cucumbers, garlic, dill, dill seeds, and pickling spices in a crock, glass jar, or bowl large enough to allow at least 2 inches of space between the pickles and the top of the container. Bring the salt, vinegar, and the water to a boil and boil 2 minutes. Pour the brine over the cucumbers and weigh down with a plate and some heavy cups or cans on top. The brine should be at least 1 inch above the cucumbers. Keep at room temperature overnight, or until sour to taste, then refrigerate either in the crock, covered, or in jars filled with brine. This recipe is for current consumption, not long storage.



JEAN-GEORGES

FENNEL & APPLE SALAD W/ JUNIPER

1 fennel bulb (about 12 ounces)
1 Granny Smith apple
juice of 1 lemon

2 tablespoons extra virgin olive oil
salt and freshly ground black pepper
15 juniper berries

20 minutes, for 4 people

Trim the fennel, but keep some of the top feathery fronds for garnish. Cut the apple into quarters and core but leave the peel intact.

Cut the fennel against the grain with a mandoline into the thinnest possible slices. Sheer the apple likewise. Toss the slices together with the lemon juice, olive oil, salt and pepper.

Crush the juniper berries with the side of a knife or with a mortar and pestle, and then mince. Stir them into the salad, toss, and let sit for five minutes before serving. Alternately, the dish can be refrigerated, covered, for up to a day, then brought to room temperature before serving.

Just before serving, garnish with the minced feathery fennel tops.





NY TIMES VIA BOB

OVERNIGHT PICKLES

11 small cukes, scrubbed
1 small onion, peeled
3 tablespoons chopped fresh dill
1 teaspoon dill seeds
½ teaspoon red pepper flakes

1 small hot red pepper, cored, seeded and julienned
1 cup distilled white vinegar
¾ cup sugar
1 tablespoon kosher salt

15 minutes, for 6 people

Slice the cukes about half an inch thick. Place in a large glass bowl. Cut the onions into quarters and slice crosswise slightly more thinly than the cukes. Add to the bowl together with the pepper, dill, dill seeds, and pepper flakes. Toss until thoroughly combined.

Add vinegar, sugar and salt, and mix well. Cover with plastic wrap and refrigerate overnight.

Fresh dill weed and seed heads from the garden provide vastly superior results to the pallid dill leaves sold in markets (which I suspect are really fennel!)

NICOLE ALBY

GRANNY'S ENDIVE SALAD

5 or 6 heads of endives	1 tasty apple
24 walnut meats, coarsely chopped	salt & pepper
1 teaspoon mustard, (Dijon please)	1 tablespoon red wine vinegar
3 tablespoons olive oil	

10 minutes, for 4 people

Separate the endive leaves, and strew with chopped walnuts. Wait to core and slice the apple thinly until just before serving so that it doesn't brown.

Dissolve the mustard in vinegar. Beat in the oil (more if too sharp) plus salt and pepper to taste, and pour over the assembled salad.



NY TIMES INTERNATIONAL

TABBOULEH

1 cup fine (no. 1) or medium burghul (cracked) wheat	½-1 teaspoon salt
¾ cup finely chopped onion	½ cup finely chopped fresh mint leaves
½ cup finely chopped scallion, green part and all	1½ cups finely chopped Italian parsley
¼ teaspoon freshly ground, black pepper	½-¾ cup olive oil
	½ cup lemon juice
	2 tomatoes, skinned and cut in wedges or chopped

1 hour, for 6 people

Cover the burghul with cold water and allow to stand one hour. Drain and squeeze out the extra water.

Add the remaining ingredients except the tomatoes and mix well with a large spoon. Adjust salt, lemon and oil to taste. Pile into a dish and garnish with the tomatoes.

For a refreshing and unusual citric variation, segment half a small pink grapefruit and juice the remaining half. Adjust the above ingredients to ¼ cup lemon juice, ¼ cup grapefruit juice and ½ cup olive oil, and garnish with grapefruit segments instead of tomatoes. (A tip for easy segmenting appears in 'Grapefruit Sections' in the 'Breakfasts' section of this cookbook.)

LENTIL & WALNUT SALAD

2½ cups dried lentils (little dark green French ones)	⅓ cup white wine vinegar
3 carrots or parsnips, peeled and quartered	3 garlic cloves, peeled
1 medium yellow onion, peeled	½ cup walnut oil
3 whole cloves	salt
1½ quarts chicken stock or canned broth	freshly ground black pepper
1 bay leaf	1 cup thinly sliced scallions, including green tops
2 teaspoons dried thyme	1 cup shelled walnut halves
	chopped Italian parsley

45 minutes or overnight, for 6 to 8 people

Rinse the lentils and sort through them carefully, discarding any pebbles you may find.

Transfer lentils to a large pot and add the carrots or parsnips, the onion stuck with cloves, chicken stock, bay leaf and thyme. Set over moderate heat and bring to a boil. Reduce to a simmer, skim any foam that may appear, cover, and cook for about 25 minutes (lentil cooking time varies widely), or until lentils are tender but still hold their shape. Do not overcook.

While lentils are cooking, mash garlic through a garlic press. Mix well with vinegar and walnut oil. Set aside.

When lentils are done, drain them (can swig the liquid hot as a fortifying drink!), retaining the carrots or parsnips and onion. Transfer them to a mixing bowl. Re-whisk the dressing and pour it over the still-hot lentils. Toss gently, season generously with salt and pepper, and let salad cool to room temperature. Toss again, cover and refrigerate overnight.

Just before serving, add scallions and walnuts. Add an additional tablespoon or two of vinegar or walnut oil if you prefer more tang (I do), and toss gently. Sprinkle heavily with chopped parsley and serve, accompanied by a peppermill.



POTATO SALAD

new potatoes or fingerlings,
boiled and peeled
green and red pepper, chopped
red onion, finely chopped
red wine vinegar
olive oil

¼ teaspoon Dijon mustard
Italian parsley, minced
salt
freshly ground pepper
black mustard seeds

30 minutes, for 4 people

Briskly mix oil, vinegar and Dijon mustard (3 parts oil to 1 part vinegar), and pour over still warm potatoes. Add other ingredients to taste, and mix gently with a large spoon, taking care not to crumble the potatoes.



GENNARO

FRISÉE SALAD

Italian frisée
red onion sliced very thin
on a mandolin
broken walnut meats

thinly sliced mild Pecorino Romano
thinly sliced bosc pear
truffle oil
champaigne vinaigrette

15 minutes people

Toss vegetables, nuts, fruits and cheese with champaigne vinaigrette, arrange on serving plates, drizzle with truffle oil. Mix gently and serve.

For a nice variation, use kiwis, and the delicious Spanish Marcona almonds, skinless and lightly toasted in oil.



NEW YORK TIMES GREEN

AVOCADO & GRAPEFRUIT SALAD

1 large ripe avocado	¼ cup olive oil
1 large white grapefruit	1 shallot, finely chopped
Boston, romaine or Bibb lettuce leaves	½ teaspoon finely minced garlic
1 tablespoon lemon juice	salt and freshly ground pepper
¼ teaspoon Dijon mustard	

20 minutes, for 2-4 people

Peel the grapefruit and section carefully, discarding membranes and pits.* Arrange gracefully atop the washed lettuce leaves on four plates.

Combine lemon juice, mustard, oil, shallot and garlic, and blend well, beating with a small fork. Season to taste.

When ready to serve, peel and pit the avocado, and arrange slices among the grapefruit segments. Spoon dressing immediately over the salads lest the avocado discolor.

Craig Claiborne suggests this as a fine accompaniment to highly spiced main dishes.

*For a very easy method for sectioning citrus, see the entrée among 'Breakfasts' listed below.

SEVICHE

1½ pounds sea scallops
¾ cup Spanish onion, finely chopped
2½ teaspoons salt
2 large cloves garlic, mashed
1 cup fresh lime juice
1 cup scallions, thinly sliced
¾ pound tomatoes, peeled and chopped

6 to 7 tablespoons vegetable and/or olive oil
1 or 2 hot peppers, finely chopped, with
seeds removed, or *sambal oelek*
(Indonesian hot pepper sauce) to taste
salt
chopped cilantro

Half an hour plus overnight, for 6-8 people

*R*inse and dry the scallops. Cut them across the grain into half inch slices. Place them in a non-reactive bowl, along with the onions, garlic, salt, and enough lime juice to cover the mixture. Seal with plastic wrap, and marinate in the refrigerator at least two hours, preferably overnight.

Prepare the scallions, tomatoes and hot peppers, but keep the hot peppers separate. Place the scallops in a strainer to drain off the lime juice. Add scallions and tomatoes. Add the oil; you may use some olive oil, but too much will be too strong a flavor for the delicate scallops. Mix well, but gently. Taste for salt. Add hot peppers or *sambal* to taste.



MOI

MARINATED GOAT CHEESE

fresh goat cheese crotin
tasty virgin olive oil

pink peppercorns
sprigs of fresh thyme

5 minutes

*M*arinate for a few minutes, or keep in the refrigerator for up to a week. Serve on bread or crackers (Jacobs Cream Crackers are my favorite.)

MOROCCAN SALADS

Red radishes, grated or thinly sliced, mixed with diced oranges, seasoned with sugar, salt, pepper, cinnamon, lemon.

Carrots cut in quarters lengthwise, cooked in water with garlic. Served cold, drained, seasoned with vinegar, salt, cayenne pepper, paprika, powdered cumin, chopped parsley, and coriander leaves.

Tomatoes and thick fleshed sweet peppers, peeled, seeded, sliced; mixed with chopped parsley, powdered cumin, olive oil, vinegar, salt and pepper.

Cucumbers sliced very thin, seasoned with powdered sugar, salt, pepper, crumbled thyme leaves, and caraway.

Chopped heart of lettuce and orange slices with orange-blossom water, powdered cinnamon, salt, pepper, sugar, oil, and vinegar.



GENNARO

BLOOD ORANGE, OLIVE, ONION, & FENNEL SALAD

blood oranges, thinly sliced
red onions, thinly sliced
a fennel bulb, thinly sliced
Calamata olives
good olive oil

champagne vinegar
½ teaspoon of minced shallot
a touch of Dijon mustard
sea salt
freshly ground pepper

10 minutes, for 4 people

Arrange blood oranges atop fennel slices, add red onions and olives, and pour the aromatic mixture of the rest over all. Lively to the eye and taste buds.



MOI

GADO-GADO

small new potatoes, boiled & sliced
cabbage sliced into thin strips
bean sprouts
small cucumbers, peeled & thinly sliced
string beans, steamed till crisp green

eggs, hard boiled & quartered
firm tofu, cut into $\frac{3}{4}$ inch slices
corn or peanut oil
Bumbu Gado-Gado
finely chopped shallots, fried until crisp (optional)

30 minutes

Steam the bean sprouts and then the cabbage quickly in boiling water, just to remove the edge of rawness. Fry tofu slices in a little oil until golden on both sides, drain on paper towels and slice. Arrange all the foodstuffs on a platter and sprinkle with crisped shallots. Soften the peanut brick to a thick, pourable liquid with boiling water, and serve on the side.

* *Bumbu Gado-Gado*: a prepackaged rectangular solid of ground peanuts, onions & spices, imported from Indonesia, available in groceries selling Thai and Indonesian products.

DAVID CHANG (NY TIMES 4/5/06)

SUPER-FAST PICKLED PEARS

2 Asian pears or Bosc pears or apples, or 1 pound radishes (daikon), or celery root	1 tablespoon sugar 1 teaspoon salt 1 teaspoon black pepper
1 tablespoon rice wine vinegar	

15 minutes, for 4 people

Peel fruit or vegetables and cut into thick slices. In a bowl, combine vinegar, sugar, salt and pepper with a cup or so of water. Add fruit or vegetables, and water to cover. Taste. Pickle should be sweet, sour, and salty. Add more sugar, vinegar or salt as necessary. Eat right away or refrigerate for up to 2 days.

DAVID CHANG (NY TIMES 4/5/06)

SWEET SHITAKE PICKLE

10 fresh or dried shitake mushrooms	1 tablespoon minced ginger
2 tablespoons sugar	1 teaspoon salt
1 tablespoon soya sauce	1 tablespoon sherry vinegar
1 small chili, minced	

15 minutes plus overnight, for 4 people

If using fresh shitakes, remove stems, slice caps, and sauté or roast with a little oil until tender. If dried mushrooms, steep in boiling water to reconstitute. When tender, drain, remove stems, and slice caps.

Combine shitakes with remaining ingredients, taste, and adjust seasonings. The pickle should be fairly sweet. Refrigerate overnight before serving.

RUSSIAN SALAD

Small cucumbers (kerbies), sliced
Scallions, white part and green, sliced
into small rounds

Radishes, thinly sliced
Sour cream
Salt

5 minutes

Combine all of the above in proportions to suit, and enjoy. My father grew up in Russia, and this remained his favorite hot summer's day lunch, which he nicknamed 'Farmer's Chop Suey'.

BEET, APRICOT, GHERKIN AND GOAT CHEESE SALAD

thinly sliced cooked beets
dried apricots, cut in ¼ inch slices
gherkins, in ½ inch rounds
crumbled goat cheese

mixed, delicate salad greens
balsamic vinegar
fine olive oil

5 minutes

*P*re-cooked beets from France, vacuum packed in cello, are easily available, and store for months in the refrigerator, making this a snap to prepare spontaneously. (Better yet, use roasted beets, almost effortless to make and have around for any salad or snack. For directions, see halibut and roasted beet recipe above.)



BREADS



CASTINE INN BISCUITS

4½ cups cake flour, preferably
Soft as Silk
1½ teaspoons salt
¼ cup sugar
¼ teaspoon nutmeg
2½ tablespoons baking powder

1 cup Crisco
1 cup buttermilk
2 eggs (at room temperature)
7 tablespoons of water
1 egg beaten with a little milk

45 minutes, for 7 people

Sift dry ingredients together in a large bowl. Cut in the shortening using a pastry cutter or working lightly with your fingers. Whisk the eggs and stir in the buttermilk and water. Make a well in the dry ingredients and add liquid all at once. Work lightly by hand with a fluffing motion until dry ingredients are just moist. Don't overwork. Turn out on a floured surface and spread gently to 1½ inches thick. (When combining dry and wet ingredients, and when spreading the dough, remember that it's the air in the dough that makes the biscuits light. Never knead, overwork or compress as this removes the air.) Cut with a 2 inch biscuit cutter or the rim of a glass, and place on a baking pan. Beat together the egg and milk, and brush some lightly over the biscuit tops. Bake at 400° for about 15-18 minutes, or until nicely browned.

Makes about 18 biscuits.



PRESERVES





CORINNA HAMMOND

MEAMSEY'S GRAPE MARMALADE

grapes

sugar

1 hour

Use fragrant autumn grapes: Concord or, better yet, a mixture of local grapes. A mélange of six or eight varieties growing by our barn yielded fabulous flavor.

Pick over, wash, drain, and stem the grapes. Separate the pulp from the skins, retaining both. Place the pulp in a kettle, heat to boiling, and cook slowly until the seeds separate from pulp. Press through a strainer. Return the seedless pulp to the kettle together with the skins. Add equal amounts of sugar and cook slowly for 30 minutes. Stir to prevent burning. Pour into sterile jars. Use two pots if processing more than 5 pounds.

<u>Pounds of Grapes</u>		<u>8-oz. Jars</u>
<u>3</u>		<u>4+</u>
<u>4</u>		<u>7+</u>
<u>5</u>	<i>...yield...</i>	<u>10</u>
<u>8+</u>		<u>15</u>
<u>10</u>		<u>17</u>

IDA HASKELL

ROSE HIP JAM

4 cups rose hips, halved and seeded
2 cups crushed pineapple

1 lemon, juice and grated rind
dash of salt

1 hour

Cook rose hips until soft. Measure. Add equal amounts sugar, and cook to jam consistency (a little in a cool dish will harden when done.)

Our beautiful Maine rose hips, the size of golf balls, are the perfect ones to use. Ida mentioned that she'd found the recipe in a 1969 Portland paper.

JEFF CRAWFORD

RHUBARB LEATHER

6 cups rhubarb
1½ cups water

¼ cup honey

4-5 hours, 2 fourteen inch sheets

Cut the rhubarb into ¾ inch segments. Steam together with the honey and water until soft. Mash the mixture through a sieve or food mill. Very lightly smear the plastic drying sheets of an electric warm-air desiccating unit with a paper towel moistened with corn oil. Spread the rhubarb mush to a thickness of about ¼ inch on the drier sheets, and process till firm but still succulent and pliable.



DESSERTS





SILVER PALATE

DECADENT CHOCOLATE CAKE

1 cup boiling water
3 ounces unsweetened chocolate
1 stick sweet butter
1½ cups granulated sugar
1 teaspoon vanilla extract
2 eggs, separated

1 teaspoon baking soda
½ cup dairy sour cream
2 cups minus 2 tablespoons flour, sifted
1 teaspoon baking powder
chocolate frosting (follows)

2 hours, for 12 people

Preheat oven to 350°F. Grease and flour a 10-inch tube pan. Knock out excess flour.

Pour boiling water over chocolate and butter; let stand until melted. (I often help this along by putting the [non-metallic] bowl in the microwave for a minute.) Stir in vanilla and sugar, then whisk in egg yolks, one at a time, blending well after each addition.

Mix baking soda and sour cream and whisk into chocolate mixture. Sift flour and baking powder together and add to batter, mixing thoroughly.

Beat egg whites until stiff but not dry. Stir a quarter of the egg whites thoroughly into the batter. Scoop remaining egg whites on top of the batter and gently fold together.

Pour batter into the prepared pan. Set on the middle rack of the oven and bake for 40 to 50 minutes, or until the edges have pulled away from the sides of the pan and a cake tester inserted into the center comes out clean. Cool in pan for 10 minutes; un-mold and cool completely before frosting.

CHOCOLATE FROSTING

$\frac{3}{4}$ cup semi-sweet chocolate chips
6 tablespoons heavy cream
1 teaspoon vanilla extract

2 tablespoons sweet butter
 $1\frac{1}{4}$ cups confectioners' sugar,
sifted

Place all ingredients in a heavy saucepan over low heat and whisk until smooth. (Be sure to sift the confectioners' sugar, to avoid unsightly lumpiness.) Cool slightly. Add more sugar if necessary to achieve a manageable consistency. Spread on cake while frosting is still warm.

Nice with a wild carmine rose in the center of the cake and wild raspberries (or tame) imbedded on top, or with red carnations sticking up goofily on the top, or with tiny edible silver balls spelling out a name or greeting.



CHOCOLATE HAZELNUT CAKE

4 eggs, separated	1 cup plus 1 tablespoon cake
1 cup granulated sugar	flour
4 oz. unsweetened chocolate	¼ teaspoon salt
12 tablespoons (1½ sticks) sweet butter	3 tablespoons very finely ground, skinned hazelnuts
hazelnut buttercream, (recipe follows)	8 whole hazelnuts (garnish) chocolate icing (recipe follows)

3 hours, for 8 people

Beat egg yolks and sugar together until mixture is thick and pale yellow.

Meanwhile, in the top part of a double boiler set over simmering water, melt the chocolate with the butter, whisking constantly until smooth; cool slightly.

Preheat oven to 350°F. Grease an 8-inch spring-form pan. Line the bottom with a circle of wax paper. Grease the paper and lightly flour lining and sides of pan.

Pour chocolate-butter mixture into egg mixture and stir just to blend. Fold in flour, salt and ground hazelnuts.

Whip egg whites until stiff, and fold gently into batter.

Pour the cake batter into prepared pan and rap the pan lightly on a work surface to eliminate any air bubbles.

Set on the middle rack of the oven and bake for 35 to 40 minutes, or until edges are firm and inside is set but still somewhat soft. Do not worry if top cracks slightly. Cool in the pan and set on a rack for 1 hour. Remove sides of pan and cool cake at room temperature.

When cake is cool, invert it onto a serving plate and spread top and sides with hazelnut buttercream. Refrigerate cake for 30 minutes.

Remove cake from refrigerator and spread top and sides with warm chocolate icing. Work quickly, as icing sets.

Decorate the top with 8 whole hazelnuts. Refrigerate the cake for at least 1 hour before cutting and serving.

HAZELNUT BUTTERCREAM

1¼ cups shelled hazelnuts	5 tablespoons corn syrup
2 tablespoons brandy	4 tablespoons sweet butter, softened
1 cup confectioners' sugar, sifted	

Toast hazelnuts on a baking sheet in a 350°F oven for 10 to 15 minutes, or until their skins have loosened. Remove from the oven and rub between towels to remove skins.

Transfer to the bowl of a food processor fitted with a steel blade, and run machine until nuts begin to form a paste, like peanut butter in texture.

Scrape paste into a bowl and stir in corn syrup and brandy. Let sit for 20 minutes. (Can be prepared in advance and refrigerated. Allow to return to room temperature before proceeding with recipe.)

Cream confectioners' sugar and butter together until light and fluffy. Add hazelnut paste and mix thoroughly.

CHOCOLATE ICING

4 tablespoons sweet butter
4 ounces semisweet chocolate
3 tablespoons cream

$\frac{2}{3}$ cup sifted confectioners' sugar,
approximately
1 teaspoon vanilla extract

*M*elt butter and chocolate together in the top part of a double boiler over simmering water, whisking constantly.

Remove pan from heat and beat in cream. Sift in confectioners' sugar and vanilla. Icing should be very smooth. Spread while warm.

Remember Hurricane Bob and the fall of Communist Russia, us (Grandpa Herman, Jeff, Kate, Will, Juliette, Emma, and me) huddled in the parlor of our new old farm house not knowing what to think as the trees heeled over and power failed, lit candles, Grand Marnier, this cake, talking of the Wandering Jew.

BUTTERMILK LEMON CAKE

finely grated rind of 2 lemons
3 cups sifted flour
½ teaspoon salt
2⅞ cups sugar
1 cup buttermilk

3 tablespoons lemon juice
½ teaspoon baking soda
½ lb. (1 cup) butter
5 eggs
glaze (recipe follows)

2 hours, for 12 people

Adjust rack ⅓ up from the bottom of the oven. Preheat oven to 325°F. Butter a 10 x 4 inch tube pan. Dust all over with dry bread crumbs, shaking out the excess.

Mix lemon rind and juice and set aside. Sift together flour, baking soda, and salt, and set aside.

In the large bowl of a electric mixer cream the butter. Gradually add the sugar and beat for 2 to 3 minutes, scraping the bowl occasionally with a rubber spatula. Add the eggs one at a time, beating after each addition at medium-high speed until each is thoroughly incorporated. Beat for an additional 2 to 3 minutes after the last has been added. On lowest speed, alternately add the sifted dry ingredients in 3 additions and the buttermilk in 2 additions, scraping the bowl with a rubber spatula and beating only until smooth after each addition.

Remove from mixer. Stir in lemon rind and juice. Turn into prepared pan. Rotate briskly back and forth several times to level batter.

Bake 1 hour or until cake tester comes out dry. Glaze should be made as soon as cake is put in the oven.

Note: Mini cupcakes bake ½ hour. Dip tops in glaze. Makes 2 tins.

LEMON GLAZE

½ cup lemon juice
confectioners' sugar

3-4 tablespoons granulated sugar (optional)

Mix lemon juice and granulated sugar and let stand, stirring occasionally while cake is baking.

When cake is done, remove it from the oven and let stand in the pan for only 5 minutes. Cover with a rack and invert on a large piece of aluminum foil or wax paper. Remove pan and paper leaving the cake upside down.

With pastry brush, paint the glaze all over the hot cake until absorbed. If you prefer a tarter taste, omit the granulated sugar. Let stand until cool and dry.

Sprinkle generously with confectioners' sugar through a fine strainer.

Using a small cookie tin as spatula transfer cake to cake plate.



NANA

PUMPKIN PIE

baked graham cracker (below) or
gingersnap crumb crust
2 cups canned pumpkin
½ teaspoon salt
1½ cups evaporated milk
3 eggs

⅔ cup dark brown sugar
½ cup granulated sugar
1¼ teaspoon cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
¼ teaspoon cloves

1¼ hours, for 6 to 8 people

Preheat oven to 450°F.

Combine all of the filling ingredients and beat until smooth. Pour into the prepared pie shell, and bake for 15 minutes. Reduce oven temperature to 350°F and bake for another 40 minutes, or until done. Cool before cutting. Serve with sweetened whipped cream.

GRAHAM CRACKER CRUST

graham crackers
6 tablespoons melted butter

1 teaspoon cinnamon

20 minutes

Preheat oven to 300°F. Place several graham crackers between two sheets of wax paper, and crush with a rolling pin. Continue until there are 1½ cups of crumbs. Combine the crumbs, butter and cinnamon in the pie pan, and press evenly along the bottom and sides. Bake for 10 or 15 minutes to set. Mind that the crust doesn't burn.

If substituting gingersnaps, omit the cinnamon.



ANNIE FONTANY

ANNIE'S CHOCOLATE CHIP COOKIES

1 stick of butter
 2 sticks of margarine
 1 box dark brown sugar
 1½ teaspoons salt
 2 eggs
 ¾ cups sour cream

1 rounded teaspoon baking soda
 6 cups of flour
 2 teaspoons vanilla
 1 large package of chocolate chips
 1 cup pecans, chopped
 confectioners' sugar for dusting

1 hour, about 60 small or 36 large sized cookies

Preheat oven to 375°F.

Have the butter and margarine at room temperature, and cream together in the large bowl of a Mixmaster (or quietly by hand as I do.) Add sugar and salt. Add eggs one at a time, and beat to incorporate. Beat in the vanilla.

Separately, combine the soda and sour cream and allow to rise. Add one third of the flour to the butter-egg mixture and beat, then half the sour cream, continuing to alternate until all is incorporated. Stir just until the flour is blended, so that gluten doesn't develop and toughen the cookies. Stir in the chocolate chips and chopped nutmeats by hand.

Arrange on an un-greased cookie sheet by largish spoonfuls. Bake until top surface barely starts to brown (i.e. the center is still soft). Remove immediately to a wire rack and cool somewhat. Dust lightly with confectioners' sugar while still warm (the sugar doesn't adhere if the cookies are cold). A little strainer full of sugar that's pressed through with the back of a spoon works just fine. Cool thoroughly before storing in a tin.

Annie cooked by feel rather than measurement. I had to stop her hand on the way to the mixing bowl in order to quantify the ingredients when I recorded this in '65. Her version called for 7 cups of flour!





NY TIMES MAGAZINE 9/16/84

TARTE AUX FRUITS

1 baked tart shell (see recipe below)
2¼ cups pastry cream (see below)
¼ cup apricot, strawberry or other
preserve, optional

2 tablespoons water, optional
2 to 3 pints of berries, or 2 to 3 cups
fresh fruit, peeled or stoned as necessary

6 to 8 people

Bake the tart shell and let it cool. If a removable bottom pan was used, remove the shell from the rim in which it was baked.

Fill the tart shell with pastry cream and smooth over the top.

Garnish the top of the pastry cream, placing berries or cut fruit close together or overlapping to completely cover the cream. The tart may be served as is or it may be glazed.

For glaze, combine the preserves and water in a small saucepan. Bring to the boil, stirring. It is best to use apricot preserves as glaze for clear fruit such as peaches, berry preserves for berries. Press the mixture through a sieve to remove seeds. Dip a pastry brush into the glaze and brush the tops of the berries or fruits with it.

BAKED TARTE SHELL

2 cups flour
¼ teaspoon salt
2 tablespoons sugar

12 tablespoons very cold butter
2 egg yolks
2 to 4 tablespoons ice water

1 baked 10 inch tart shell

Place the flour salt and sugar in the container of a food processor. Cut the butter into small pieces and add it. Add the yolks. Blend briefly and gradually add the water. Add only enough water until the dough pulls away from the sides of the container.

Or make the pastry by hand as I do. Put the flour, salt and sugar in a mixing bowl. Cut the butter into small pieces and add it. Continue to slice the mixture with a pastry blender until it has the texture of coarse corn meal. Beat the yolks and two tablespoons of water together and add, stirring quickly with a 2-pronged fork. Add more water if necessary to make a dough that will hold together and can be shaped into a ball.

Gather the dough into a ball, wrap in wax paper and chill for one hour. It may also be frozen for later use.

Meanwhile, preheat the oven to 400°F.

Roll out the dough and use it to line a 10 inch pie or tart shell, preferably with a removable bottom. [I use a 10 inch spring form pan.] Line the dough with waxed paper and add enough dried beans, small pebbles, or specially made aluminum pellets to prevent the shell from buckling in the oven heat.

Place the pastry shell on a baking sheet and bake for 20 minutes. (I put the spring form unaccompanied in the oven.) Remove the dried beans or pellets and wax paper. Reduce the heat to 375°F.

Continue to bake for 15 minutes or until the tart shell is golden brown on the bottom. Remove and let cool.

CRÈME PATISSIÈRE

1½ cups milk
½ cup heavy cream
4 egg yolks

½ cup sugar
3 tablespoons cornstarch
1 teaspoon vanilla extract

About 2¼ cups

Blend 1 cup of milk and the cream in a saucepan and bring to the boil.

As the mixture is heated, put the egg yolks and sugar into a mixing bowl and beat until pale yellow. Add the cornstarch to the yolk mixture and beat well. Add the remaining ½ cup of milk and beat until blended.

When the milk and cream mixture is at the boil, remove from the stove. Add the yolk mixture, beating rapidly with a wire whisk.

Return to the heat and bring to a boil, stirring constantly with the whisk. When thickened and at the boil, remove from the heat. Add the vanilla and let cool, stirring occasionally.

BASIC PIE PASTRY, 2-CRUST

2 cups flour
1 teaspoon salt

$\frac{2}{3}$ cup Crisco
 $\frac{1}{3}$ cup cold water, approximately

10 minutes, pastry for 9 inch pie or 6 tarts

Combine flour and salt. Using a pastry blender, chop in shortening until mixture resembles coarse cornmeal. Sprinkle with the cold water, and combine lightly and quickly with a 2-tined fork. Press the dough together lightly but firmly. It should adhere into a ball. If not, add a bit more water. Divide into 2 portions, one slightly larger than the other.

Place the large ball on a lightly floured plastic sheet (the flexible kind used as cutting boards.) Pat to flatten, then roll from the center out in all directions with a floured rolling pin. Stop once or twice to loosen, re-flour lightly and flip the pastry. Roll into a round $\frac{1}{8}$ inch thick and 2 inches larger than the top of the pie pan.

Roll the pastry lightly up onto the rolling pin, then unroll it into the pie pan. Press it gently into place, without stretching it. Trim the edge slightly larger than the rim of the pan. Repair any gaps or holes with patches of rolled dough, pressing lightly to join them. Keep the pan chilled in the refrigerator until ready to use.

Pile the pastry trimmings on the remaining ball of dough, and roll out a circle slightly bigger than the pie pan top. If a lattice top is planned, cut the dough with a pinking wheel into $\frac{1}{2}$ inch strips. Store the plastic rolling sheet with the strips still in place on it in the refrigerator until ready to use.

For a single crust pie, make only half the recipe!

For a baked pie shell, prick the pastry in the pan all over the sides and bottom with the tines of the fork, lest steam without escape cause the pastry to billow in the oven. Bake in a preheated 450°F oven for 12 to 15 minutes, or until golden. Cool before adding desired filling.

I use a Pyrex pie pan even though it cooks more slowly than black metal because I can see when the bottom and sides brown.



NY TIMES GREEN

CRANBERRY-PEAR PIE

an unbaked pie pastry, 2 crust
3 cups fresh cranberries
 $\frac{1}{3}$ cup water
4 tablespoons quick-cooking tapioca

1 cup sugar
 $\frac{1}{4}$ teaspoon salt
3 cups diced pears, preferably Bosc
2 tablespoons butter

60 minutes, for 6 to 8 people

Reheat oven to hot (450°F).

Line a nine inch pie plate with half the pastry.

Place the cranberries and water in a saucepan. Cover and cook for 6 to 8 minutes. until the skins pop. Add the tapioca, sugar, salt and pears. Mix well and cool. Turn into the prepared pie plate.

Cut the remaining pastry into strips and weave a lattice top, squeezing each end to adhere to the bottom crust. Trim the dough a little above the rim. Flute its upper edge, by placing thumb and index finger of one hand at the inside of the crust and gently pressing the dough between them with a finger of the other hand. Dot bits of butter into each lattice opening.

Bake the pie for 10 minutes. Reduce the heat to moderate (350°F) and cook for 30 minutes longer, until browned. Cool.



JOY

LEMON MERINGUE PIE

a baked pie pastry, single crust
 ½ cup sugar
 5 tablespoons of cornstarch
 ⅛ teaspoon salt
 2 cups milk
 ⅓ cup lemon juice

4 beaten egg yolks (reserve whites
 for meringue)
 3 tablespoons butter, cut into bits
 3 tablespoons grated lemon rind
 meringue (see below)

60 minutes, for 6 to 8 people

Prepare a baked pie shell.

Fill the base of a stainless steel double boiler with water high enough to just dampen the bottom of the liner. Bring the water to a bubbling boil.

Combine sugar, cornstarch and salt in the top of the double boiler. Add milk very gradually, starting with only a little and mixing the solids to form a loose paste, before slowly diluting with the remainder. Stir and cook these ingredients over (not in) the hot water for about 8 to 12 minutes or until the mixture thickens. Constant gentle stirring prevents lumps and holds the starch particles in suspension until they become gelatinized and the mixture thickens.

Cover and cook for 10 minutes more, stirring occasionally.

Remove the mixture from the heat. Pour a little of it over the beaten egg yolks. Beat this and return to the mixture in the double boiler. Return to the fire, cook and stir very gently, still over boiling water, for 5 minutes more.

Remove from heat. Beat in butter, lemon juice and lemon rind. If a more lemony flavor is desired, add more grated rind not juice which would thin the filling.

Place the top of the double boiler on a cooling rack. Stir very gently from time to time lest trapped steam condense within the mixture and thin it. Pour the filling cool into the cold baked pie shell. Cover with meringue (below) and bake until perfectly beautiful.

MERINGUE

4 egg whites
3 tablespoons sugar
½ teaspoon cream of tartar
½ teaspoon vanilla

20 minutes for one pie

Preheat oven to 325°-350°F.

Whip the egg whites until they are frothy. Add the cream of tartar. Whip again until they are stiff, but not dry, until they stand up in peaks that lean over slightly when the beater is removed. Beat in gradually 3 tablespoons sugar. Do not over-beat! Add vanilla.

Spread with a spatula such that the meringue covers the filling completely and touches pie crust all around. Swirl the top beautifully, rising slightly to a central peak. Bake until swirl ridges become light golden brown, approximately 15 minutes.



BLUEBERRY PIE

unbaked pie pastry, 2 crust
 5 cups fresh berries, preferably tiny
 wild Maine blueberries
 $\frac{2}{3}$ cup sugar

$3\frac{1}{4}$ tablespoons quick-cooking
 tapioca
 2 tablespoons butter

70 minutes, for 6 to 8 people

Preheat oven to 450°F. Line a Pyrex pie pan with unbaked pie pastry. Pick over and hull the berries, discarding any stinkers. Combine the berries, tapioca and sugar in a mixing bowl, and pour into the prepared shell. Top with a woven lattice crust, trimming and crimping the edges neatly. Tuck bits of butter within each of the interstices of the lattice to melt into a glaze.

Bake at 450°F for 10 minutes. Reduce the heat to 350°F and bake an additional 30 to 40 minutes, until the crust is golden. Cool to lukewarm before serving so that the berries have a chance to gel.

Luscious variant: $2\frac{1}{2}$ cups blueberries, $2\frac{1}{2}$ cups mixed black plum and nectarine.

CHERRY PIE

Follow the berry pie recipe above. Use fresh, pitted sour cherries. Adjust the sugar to about 1 cup. Add 2 drops of almond extract.

RHUBARB PIE

Follow the berry pie recipe above. Cut the fresh stalks into one inch segments. 6 cups fruit, $3\frac{1}{2}$ tablespoons tapioca, slightly less than 1 cup sugar.

Classic variant: 4 cups rhubarb, 2 cups strawberries, $\frac{7}{8}$ cups sugar, $3\frac{1}{2}$ tablespoons tapioca.

SUMMER STONE-FRUIT PIE

Follow the berry pie recipe above. Use half nectarines, half black plums. Slice or chunk the fruit, leaving the skin on for tang and complexity.

KEY LIME PIE

1 cup plus 2½ tablespoons graham-
cracker crumbs*
5 tablespoons unsalted butter, melted
⅓ cup sugar
3 egg yolks

grated zest of two limes
1 14-ounce can sweetened condensed milk
⅔ cup fresh Key lime juice
1 cup heavy cream
3 tablespoons confectioners' sugar

45 minutes plus refrigeration, for 8 people

Preheat oven to 350°. In a large mixing bowl, combine graham crackers, butter and sugar. Press mixture into the bottom and sides of a buttered 9-inch pie pan, forming a neat border around edge. Bake crust until set and golden, about 5 minutes.

Using an electric mixer with a whisk attachment, beat egg yolks and lime zest at high speed until very shiny, about 5 minutes. Gradually add condensed milk, and continue to beat until thick, about 3 to 4 minutes. Reduce speed of mixer to low. Add lime juice, and mix until just combined.

Pour lime mixture into crust. Bake until filling has just set, about 10 minutes. Cool to room temperature, then refrigerate.

To serve: Place pie in freezer for 15 to 20 minutes before serving. With an electric or hand mixer, whip the combined cream and confectioners' sugar until nearly stiff. Cut pie into wedges; serve very cold, each wedge topped with a large dollop of whipped cream.

According to the Times article, Key limes (*Citrus aurantifolia*) were grown commercially in the Keys since 1835, and in the West Indies since the 1700's. (They were consumed in quantity by generations of British sailors after a naval surgeon Lind discovered in 1752 that their juice fended off scurvy; hence "limeys" for Englishmen.) The story goes that Key lime found its life partner in Key West, the southernmost city in the United States, around the turn of the century. No fresh milk was available there until the arrival of tank trucks with the opening of the Overseas Highway in 1930, so local cooks had to rely on canned condensed milk, which had been invented by Gail Borden in 1856. Too cloying to drink, it made a perfect foil for the bold pungency of the Key lime. The present recipe was adapted from Joe's Stone Crab, Miami Beach.

**An easy way to prepare the crumbs is to crush the graham crackers between two sheets of waxed paper with a rolling pin.*

Of course, one can make this pie from fresh Key limes in season late Fall, and I do. But the limes are the size of ping pong balls, exude just a bit of juice apiece, and the process takes forever. So, though delectable. . .

WARM, SOFT CHOCOLATE CAKE

½ cup butter, plus some for
buttering the molds
4 ounces fine bittersweet chocolate,
preferably one with 70% cacao
like Maragda from Spain,
or one from Venezuela

2 eggs
2 egg yolks
¼ cup sugar
2 teaspoons flour, plus more
for dusting

30 minutes, for 4 people

In the top of a double broiler over simmering water, or in a fine heavy saucepan over very low heat, heat the butter and chocolate together until the chocolate is almost completely melted. While that's heating, beat together the eggs, yolks, and sugar with a whisk or electric beater until light and thick.

Beat together the melted chocolate and butter; it should be quite warm. Pour in the egg mixture, then quickly beat in the flour, just until combined.

Carefully butter and lightly flour four 4-ounce molds, custard cups, or ramekins. (Heavily tinned, fluted, brioche-shaped molds look prettiest and function beautifully. Other containers may need a timing adjustment due to their more massive shape or non-metallic composition.) Strike the molds smartly upside down to remove all the excess flour which otherwise imparts an unsightly, mottled surface to the cakes when they are un-molded.

Divide the batter among the molds. (At this point you can refrigerate the desserts until you are ready to eat, for up to several hours; bring them back to room temperature before baking.)

Preheat the oven to 450°F. Bake the molds on a tray for 6 or 7 minutes; the center will be quite soft, but the sides will be set.

Invert each mold onto a plate and let sit for about 10 seconds. Un-mold by lifting up one corner of the tin; the cake will fall out onto the plate. Serve immediately, with a scoop of vanilla or caramel ice cream to the side.



CHOCOLATE SOUFFLÉ

6 ounces bittersweet chocolate,
chopped
¼ cup sugar, plus some for the
molds

4 eggs, separated
⅛ teaspoon lemon juice
confectioners' sugar
butter

30 minutes, for 4 people

Gently melt the chocolate in a small saucepan over extremely low heat or gently simmering water; cool.

Rub each of 4 ramekins, about 3 inches wide by 2 inches high, with a little butter, then sprinkle them with granulated sugar; tap out the excess sugar. Preheat oven to 400°F.

Beat the whites until foamy, then add the lemon juice. As the egg whites rise, add the ¼ cup sugar, a little at a time. Beat until they are stiff but not dry.

Stir the yolks into the cool chocolate. Whisk in about a quarter of the whites, then pour the mixture back into the whites and fold it in gently but thoroughly.

Spoon the mixture into the molds, then tap each of them against the counter. Run your thumb along the inside of each, wiping the rim and top ⅛ inch clean so the mixture will move toward the center a bit. At this point they can sit, refrigerated, for up to an hour. Or you can chill them and serve them as chocolate mousse.

Bake for about 10 minutes, or until puffed up and dry on the top; the inside should remain quite moist. Sprinkle with confectioners' sugar and serve immediately.

KATE'S BROWNIES

½ cup butter
4 ounces unsweetened chocolate
4 eggs
½ teaspoon salt
2 cups sugar

1 teaspoon vanilla (plus a little
for good luck!)
1 cup flour
1 cup pecan meats, broken

45 minutes

Preheat oven to 350°F. Melt the butter and chocolate in a double boiler or heavy pan over very low heat. Cool to room temperature!

Have eggs at room temperature and beat until light in color and foamy. Add salt. Add sugar gradually and vanilla. Continue beating until well creamed.

Combine the cooled chocolate mixture into the eggs and sugar with a few quick strokes by hand (not with a mixer). Add flour. Before the mixture is uniformly colored, stir in pecans gently.

Bake in a 9 x 13 inch pan for about 25 minutes. Don't cook until completely dry. Make sure that there is a bit of goop left on the cake tester. Cut when cool. Serve with whipped cream or ice cream and a smile!

KATE'S TRUFFLES

¼ cup heavy cream
2 tablespoons Grand Marnier
powdered unsweetened cocoa

4 tablespoons sweet butter, softened
6 ounces German's sweet chocolate,
broken up

1 hour, 24 truffles

Boil cream in a small heavy pan until reduced to 2 tablespoons. Remove from heat, stir in Grand Marnier and chocolate, and return to low heat; stir until chocolate melts.

Whisk in softened butter. When mixture is smooth, pour into a Pyrex pie plate or shallow bowl and refrigerate until firm, about 40 minutes.

Scoop chocolate up with a teaspoon and shape into rough 1 inch balls. Roll the truffle balls in the unsweetened cocoa.

Store truffle, covered, in the refrigerator. Let truffles stand at room temperature for 30 minutes before serving.

Variations: Substitute dark rum, Cognac, Kahlua, Framboise, Crème de Menthe, or Amaretto for the Grand Marnier.

MOLDED CHOCOLATE

fine chocolate sold in large chunks,
bittersweet, milk or white
a 1 inch wide, springy steel spatula

charming old or traditional tinned
chocolate molds, fitted with
clips

1 hour

There is no prettier and more festive presentation of chocolates than those shaped in quaint and amusing molds.

Choose a cool, non-humid day. Melt sufficient chocolate for the molds you have in hand, using a heavy pan and a very low flame. Stir often, and remove from heat when just melted. Take care that not a drop of water enter the melting chocolate. Pour onto a smooth, cool surface such as a marble slab or Formica countertop. Smear and squeeze the chocolate pool back onto itself repeatedly to reintegrate the cocoa butter and solids. There is a special flat, offset springy spatula made for the purpose. When the chocolate cools sufficiently that a drop on the inside of the wrist doesn't feel too hot, scrape and pour the chocolate into the readied molds (they should be securely clipped closed along the sides, open end upright; you might need to prop some in jelly glasses to position them straight up.) If you wish the resultant chocolate shapes to be hollow, swirl the warm chocolate thickly enough within the metal form such that the figures will not break when released from the mold later. Pour out any excess. If you wish them solid (more easily successful) fill up the molds. Prop in the same upright position until cool. I sometimes put them in the refrigerator for five minutes.

The trick is in the un-molding. I usually run my hand over the entire mold rather slowly to warm the surface slightly with body heat. Slide off the clips. The first metal half lifts right off because you have the other half to pull against. If your mold has a face or preferred front, lift that side first. Sometimes the second half behaves nicely, if the hand warming technique worked just right. Otherwise you'll have to hand warm it a bit more, or resort to prying it out (try not to scratch the tinning.)

Bittersweet and white chocolate present a lovely hard, shiny surface; milk chocolate imparts a soft matte finish.

Be sure to dry the tinned molds quickly after washing, lest they rust.

ENGLISH TOFFEE

2 sticks unsalted butter
1½ cups sugar
3 tablespoons light corn syrup
a candy thermometer*

2 cups (8 ounces) unsalted, toasted
almonds, finely chopped (divided
in half)
12 ounces semisweet chocolate

1 hour, yields 3 tooth-on-edge pounds

Line a 12 x 18 inch cookie pan with foil (overlapping slightly at the join) and butter carefully. Have ready two large cutting boards or cardboard pieces covered with parchment or waxed paper taped in place.

Melt the butter in a saucepan. Remove from heat, and stir in sugar, corn syrup and 3 tablespoons of water. Cook stirring occasionally, until mixture reaches 300 degrees on a candy thermometer. Remove from heat, stir in one cup of chopped nuts, and pour into foil lined pan.

When candy is just firm enough to handle, turn out onto one parchment covered surface; peel off foil. Allow to cool completely.

Wipe top of candy with damp paper towel to remove excess butter, and allow to dry. Slide a spatula under the candy to loosen its hold to the parchment surface below.

Carefully melt the chocolate, pour it onto a cool surface, and temper as per directions for Molded Chocolate above. Use the same springy, offset spatula to spread half the chocolate quickly over the candy. Scatter half the remaining nuts over the chocolate. Cover with the second parchment covered board, and flip the candy over. Remove the top board and paper, and quickly spread the candy with the remaining chocolate and scatter on the remaining nuts. No matter if the candy cracks in the flip; it will be broken into pieces anon. Refrigerate 20 minutes to set the chocolate.

Break the candy into pieces of roughly two inches, and pack into a tin with a tight fitting cap; use parchment or waxed paper to separate the layers. Candy will keep at cool room temperature for up to one week.

**Note: The best thermometer is long and flat like a ruler, with a tube of mercury down the center and little legs at the bottom to keep the mercury bulb above the bottom of the pan.*

GRANDMOTHER ENSTROM VIA GRAMMY ELAINE

ENSTROM'S ALMOND TOFFEE

2 heaping cups sugar
1 cup water
1 pound butter

1 pound whole raw almonds
2 (7 ounce) bars Hershey milk chocolate

45 minutes

Line a jelly roll pan with heavy duty foil and grease lightly with butter. Grind 2 ounces of the almonds and set aside. Put sugar and water in a large, heavy saucepan and cover with a glass lid. Bring to boil and cook on high heat until the mixture reaches hard crack stage (the lid on top washes down the sugar crystals.) As soon as it reaches hard crack, add 1 stick butter while stirring vigorously. When butter melts, add the next stick. When all the butter melts, gradually add almonds and keep stirring. It will go through several stages – looking light and foamy, then separating, then blending again. It will turn a light caramel color and the almonds will start popping. Pour into the prepared pan and spread evenly. Do not overwork. Let cool slightly and distribute broken candy bars on the top. As soon as they melt, spread them with a spatula, and sprinkle with ground almonds. When completely cooled, break into small pieces. Keep refrigerated, or freeze for long term storage.

Although I've not actually made this toffee yet, its heirloom source compelled including it. The elder Enstrom told Elaine that this is the way her family made their famous commercial product in their own kitchen. Elaine mentioned that it's best to have 4 hands available to pour and mix.

CHEESECAKE

¼ cup bread crumbs	1¼ cups of sugar
1 pound fresh ricotta cheese	2 teaspoons pure vanilla extract
1 pound fresh cream cheese, without gum if possible	1 teaspoon freshly grated lemon
6 large eggs	2 cups of sour cream

2 hours, for 8 people

Preheat oven to 350°F.

Lightly butter a 9-inch spring form pan and coat it with breadcrumbs, shaking out any excess.

Combine ricotta and cream cheese in the large bowl of an electric mixer. Beat, on medium speed, for five minutes or until very smooth. Add eggs, one at a time, and beat until well incorporated. Add one cup of sugar, 1½ teaspoons of vanilla, and lemon zest. Beat three minutes more, or until very light and smooth.

Pour into prepared pan. Bake in preheated oven for one hour or until the cake is set in the center. If edges begin to brown, lower heat to 300°F and add about 15 minutes of baking time. Remove from the oven, but leave heat on.

Beat together the sour cream, remaining sugar, and vanilla. When well blended, generously coat the top of cake. Return to oven and bake for 10 minutes.

Remove from the oven and cool on a wire rack.

When cool, release the spring form sides, and transfer to a serving plate. If not to be eaten soon, refrigerate. Nice topped with lacerated, slightly sweetened strawberries.



A

ANJOU PEAR ROASTED W/ BALSAMIC & HONEY

1 Anjou pear, slightly under ripe
½ teaspoon butter

3-4 tablespoons good balsamic vinegar
½ teaspoon honey (optional)

40 minutes, for 2 people

Preheat oven to 350°. Halve the pear lengthwise, and excise the core and stem. Place half the balsamic vinegar, butter, and an optional spot of honey in each of two small oval ramekins. Add the pear halves, cut side down, and spoon some of the mixture over the skin. Bake for 20 to 30 minutes, just until a two-tined fork pierces the flesh easily. Remove from the oven, and spoon syrup over the top of the pears again. Let cool slightly or completely.

We had this dish as an appetizer at A (after New York City's "A" train), a funky, key-hole sized restaurant at Columbus and 106th Street. The roasted pear is nice too for breakfast, or a snack, or for dessert with a scoop of vanilla ice cream.

BROWN BAG COOKIE COMPANY

GINGER SHORTBREAD

½ cup butter
¼ cup light brown sugar (packed)
¾ teaspoon ginger

1 cup flour (unsifted)
1 tablespoon cornstarch
crystallized ginger, finely chopped

1 hour, for 4 people

Cream the butter, then add the sugar and ginger, and combine until well incorporated. Work in flour and cornstarch. Knead the dough on an unfloured board until smooth. Spray the shortbread pan (traditionally, a prettily patterned, incised stoneware one) very lightly with non-stick vegetable oil spray. (I brush it daintily with oil, taking care to touch each recess, then barely blot away any excess.) Firmly press the dough into all the pattern lines of the pan. Prick the entire dough surface with a fork, and bake at 325° for about 30-35 minutes, or until very lightly browned.

Allow shortbread to cool in its pan for about 10 minutes before you loosen the edges with a knife and flip the pan over onto a wooden cutting board. If the shortbread does not come right out, tap one edge of the pan. Cut the shortbread into serving portions while it is still warm.

Allow the carved stoneware pan to cool before washing.



ITALIAN EASY: LONDON RIVER CAFE

STRAWBERRY GRANITA

1½ pound strawberries
1 cup sugar
1 tablespoon balsamic vinegar*
½ lemon
4 tablespoons water

1 to 1½ hours, 8 people

Make a sugar syrup with the water and ¾ cup sugar. Cool and add the vinegar. Squeeze the lemon. With a potato masher or pastry blender, smash the strawberries with the remaining sugar. Add lemon juice and mix into the syrup. Freeze in a shallow container, stirring three times, every 30 minutes or so, or churn in an ice cream machine.

**The authors note that it is only worth making this granita if you have a sweet and thick, aged balsamic vinegar. They're right. The outcome is completely fabulous. The vinegar adds exquisite point and depth, but is in no way jarring.*

BLACKBERRY SORBET

1½ pound blackberries
1½ - 1¾ cups sugar
⅔ cup water
½ lemon

1 to 1½ hours, 8 people

Combine sugar and water and cook to reduce to a thick syrup. Squeeze the lemon. Pulse the blackberries in a food processor. Add the syrup and lemon juice. Freeze as above, (I divide that quantity into two batches in order not to overwhelm my machine.)

PEACH & LEMON SORBET

6 ripe yellow peaches
1 lemon
1 cup sugar

1 to 1½ hours, 8 people

Peel, pit, and chop the peaches. I have the pleasure of using Red Haven peaches from my own trees—lusciously ripe and fragrant. Further macerate the flesh with a potato masher or pastry blender. Finely grate the lemon peel and squeeze the juice. Combine these with the sugar, and let stand for thirty minutes. Freeze as above

MELON SORBET

1½ pounds ripe honeydew flesh
4 tablespoons water

¾ cup sugar
1 lemon, juiced

1 to 1½ hours, 8 people

Make a sugar syrup with the water and ¾ cup sugar. Cool.

Select a very fragrant, fully ripe melon with melting flesh. Discard the seeds, and scoop the flesh in chunks into a large bowl. Half a large melon yields approximately the requisite fruit. Crush with a potato masher or pastry blender. Add sugar syrup and lemon. Freeze as above.

TANGERINE SORBET

6-8 flavorful tangerines
⅛ – ¼ cup sugar

1 egg white, lightly beaten
½ lemon, juiced

45 minutes, for 4 people

Wash one of the tangerines carefully, and scrape off the zest with a grating plane. Juice all the tangerines, straining out the pits. Combine all ingredients in a small saucepan. Start with ⅛ cup of sugar and adjust to taste. Heat to make a light syrup, stirring constantly. Strain, cool, and freeze as above.

PEAR SORBET

1½ pounds meltingly ripe pears (preferably Harry and David's divine holiday ones)
4 tablespoons water
¾ cup sugar

1 lemon, juiced
crystallized ginger (optional)

45 minutes, 6 people

Make a sugar syrup with the water and ¾ cup sugar. Cool. Core, peel and chop the pears. Macerate with a potato masher or pastry blender. Slight remaining lumps add nice texture. Add sugar syrup and lemon. Freeze as above. Just before sorbet thoroughly thickens, blend in minced ginger if desired.

CHOCOLATE GELATO

5½ ounces (150 grams) bittersweet
chocolate
2 cups milk

3 egg yolks
⅞ cup (180 grams) sugar
chocolate covered espresso beans (optional)

1 hour, for 6 people

Melt chocolate in a double boiler. Heat milk in a saucepan almost to boil, and remove from heat. Cover, and set aside a few minutes. Drop egg yolks into a small mixing bowl, and beat sugar into them. Whisk a little of the warm milk into the yolks and sugar, before stirring the egg mixture into the pan of milk. Stir constantly until the mixture just begins to boil. Remove immediately from the heat, continuing to stir to prevent eggs from curdling. Whisk in melted chocolate. Strain and cool to at least room temperature. Pour into the pre-chilled ice machine, and freeze for approximately 20 minutes. As the mixture begins to stiffen and retain volume, add some chocolate coffee beans. Makes about ¾ quart.

✦
BREAKFASTS
✦





JOY

BLUEBERRY PANCAKES

1½ cups flour
1 teaspoon salt
3 tablespoons sugar
1¾ teaspoons baking powder

2 eggs, separated
3 tablespoons melted butter
1½ to 1¾ cups milk
blueberries, optional

20 minutes, for 4 people

Combine flour, salt, sugar and baking powder in a mixing bowl. Beat together the egg yolks, milk and melted butter (I combine them right in the 2 cup measuring cup, agitating with a fork). Mix the wet ingredients into the dry, stirring with quick strokes until barely moistened. Ignore the lumps.

Beat egg whites until stiff but not dry. Fold into the blended batter.

Heat a Teflon griddle. Test heat with a drop or two of cold water. If water bounces and sputters, griddle is ready to use. If water sits and boils, it's not hot enough. If water vanishes, it's too hot.

Smear a little butter on the griddle with a spatula. Spoon pancakes on to the surface, leaving a little space between them. If adding blueberries, press them gently into the wet surface now. When bubbles begin to appear on the upper surface, it's time to flip. The second side cooks twice as quickly as the first. Be sure to grease the griddle with a swipe of butter between each batch.

Serve immediately with maple syrup, or sour cream and berries, or yogurt.



MOI

FRENCH TOAST

sliced *challah*, a day or two old
(i.e., slightly stale), sliced $\frac{1}{2}$ "-
 $\frac{3}{4}$ " thick
 $\frac{1}{4}$ teaspoon salt
2 eggs
 $\frac{2}{3}$ cup milk

10 minutes, for 4 people



Mix the milk, eggs, and salt in a Pyrex pie pan. Soak several slices about $\frac{1}{2}$ to $\frac{3}{4}$ inch thick until somewhat soggy, turning once. Pan fry on buttered griddle until golden, turning once. Serve immediately with butter and maple syrup, or sprinkled with cinnamon sugar and sliced strawberries.



GRAPEFRUIT SECTIONS

5 minutes

The secret for effortlessly sectioning grapefruit came from observing our cateress Emma at my mother's parties. With a sharp knife, peel away the skin together with the membrane of the grapefruit, exposing the entire juicy surface. Remove all bits of white pith and exterior membrane. (Emma achieved this with one continuous peel, which she then fashioned into beautiful 'roses' used to decorate the platters.)

Cut each grapefruit in two, following the direction of the interior membranes rather than bisecting them. Excise a V-shaped segment where the interior membranes converge along the central axis of the fruit. Once that inner connection is removed, the membranes separating the grapefruit segments lift off easily, revealing perfect segments.





NY TIMES BLUE

WAFFLES

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar

2 eggs, separated
1½ cups milk
6 tablespoons melted butter

20 minutes, for 4 people

Combine the flour, baking powder, salt and sugar.

Beat the egg yolks; add milk and melted butter. Pour into flour mixture and stir just enough to moisten dry ingredients. Fold in egg whites which have been beaten stiff but not dry.

Heat an electric waffle iron until the light indicates it's ready. Brush a little melted butter over the bumps and valleys on the top and bottom of the griddle before cooking the first waffle only. Fill the oven about $\frac{2}{3}$ to $\frac{3}{4}$ full, so that it doesn't overflow as the batter expands. When the escaping steam nearly ceases, check for doneness. They should be light golden brown, about 4 minutes.

Serve immediately with maple syrup, or sour cream and berries, or yogurt.

BAKED APPLES

4 Rome Beauty or Northern Spy apples
dark brown sugar
4 cinnamon sticks

approximately $\frac{1}{2}$ to $\frac{3}{4}$ cup orange juice,
preferably freshly squeezed

45 minutes, for 4 people

Preheat the oven to 350°F.

Remove the stems, tough central membranes, and seeds from the apples with a coring tool, taking care not to pierce through the blossom end. Pack the resultant cavity with brown sugar, and stand a cinnamon stick in the center, tilting it at a jaunty angle.

Place the apples in a Pyrex pie pan. Pour orange juice into the sugar stuffed cavities, allowing it to overflow into the pan to a depth of about half an inch. Bake until the apples are fragrant, the skins begin to split, and an exploratory poke through the flesh with a knife blade or skewer encounters no resistance. Best served warm, but nice cold too. Some like to gild the lily with a little heavy cream.

Alternately, in place of orange juice, try cognac and a little water, or Madeira rainwater, together with four or five whole cloves instead of each cinnamon stick.



SCRAMBLED EGGS

a little milk, perhaps 1 teaspoon
2 eggs

a dab of butter
salt & pepper

2 minutes, for 1 person

Beat the eggs and milk together quickly in a small bowl with a fork. Melt the butter in a small non-stick skillet over moderate heat. Pour in the eggs mixture. As it begins to congeal, gently scrape the bottom layer aside with a plastic spatula, breaking up the mass and allowing the egg liquid to flow underneath. Soon you'll be flipping whole sections to allow the wet to be in contact with the hot pan surface. Cook only until all the egg solidifies, just a minute or two. Remove immediately. Season with salt and pepper.



JULIETTE

BIJU RAO'S MASALA OMELET

2 or 3 eggs
½ medium onion, chopped
1 teaspoon fresh green chili pepper,
seeded and chopped

1 cup fresh cilantro, stems removed, chopped
½ teaspoon salt
1 teaspoon vegetable oil

15 minutes, for 1 person

Mix eggs, onion, chili, cilantro, and salt in a medium bowl until eggs are well blended. Let mixture sit for 5 minutes. Heat oil on a non-stick skillet or omelet pan over medium-high heat. Pour egg mixture into skillet and cook, without stirring, until bottom is firm, about 2 minutes. Slip a plastic spatula around the edges and flip omelet over. Cook until other side is just set, about 15 to 30 seconds (depending on how soft you like your eggs). Serve immediately.



MOI

BASIC OMELET

a little milk, perhaps 1 teaspoon
2 eggs

a dab of butter

2 minutes, for 1 person

Beat the eggs and milk together quickly in a small bowl with a fork. Melt the butter in a small non-stick skillet over moderate heat. Pour in the eggs mixture. As it begins to congeal, gently lift the edges of the cooked mass to allow the egg mixture to flow under and into contact with the hot pan, but don't break up the whole. Continue to lift the edges and tilt the pan until all the liquid seeps underneath to be cooked. The intent is to create a light, multi-layered effect in lieu of a tough flat pancake.

Place desired filling on half of the surface, fold and serve. If *sopracetta* or salami are the toppings of choice, it's nice to cut them into slivers and sauté them lightly beforehand. If using grated cheese, add it just before the omelet is done so that it can melt for a moment; it will continue cooking after the omelet is folded and before it reaches the mouth. Mushrooms, onions or peppers want to be sautéed ahead of time.



JULIETTE

APPLE CAKE

1½ cups flour
1 teaspoon baking soda
1 teaspoon cinnamon
⅝ cup sugar

2 eggs
½ cup vegetable oil
1½ teaspoons vanilla
2 cups tart apples, peeled, cored, and cut into ¾ inch chunks

1 hour 15 minutes, for 8 people

Preheat oven to 350° and grease a 10 inch pan. In a medium bowl, combine flour, baking soda, cinnamon, and sugar. In a separate bowl, beat eggs until frothy, and mix in oil and vanilla. Add egg mixture to dry ingredients, stirring until just mixed. Blend in the apples, and pour into prepared pan.

Bake until the cake begins to pull away from the sides of its pan and a knife inserted comes out clean. Check first after 30 minutes, but expect that this can take up to an hour. Let the cake cool in its pan for 10 minutes before turning it out on a rack. Nice warm, with vanilla ice cream. Comforting, more like a muffin or tea cake than a gooey dessert.



PLAYFUL ASIDES



CYNTHIA WILLET

PLAYDOUGH

2 cups flour
1 cup salt
4 teaspoons cream of tartar

2 tablespoons cooking oil
2 cups water

15 minutes

Mix dry ingredients together and add oil and water. Cook at low heat for 2 minutes or more, stirring until the mass begins to dry.

Add a few drop of vegetable coloring and knead through.

Store in a closed plastic bag.

ALTERNATELY

3 cups flour
1 cup salt
3 tablespoons cream of tartar

3 tablespoons oil
3 cups water
food coloring

Mix all the dry ingredients. Add food coloring to water, and colored oil and water to dry ingredients. Stir, stir, stir. Put mixture in a saucepan over very low heat. Stir constantly until you are exhausted and playdough is too hard to stir anymore. Sprinkle flour on a smooth surface. Roll out dough and knead until smooth.



CYNTHIA WILLETT

PAPIER MÂCHÉ

¼ cup wheat paste

1 cup water

10 minutes

Mix wheat paste slowly into warm water by hand until paste is dissolved.

Tear strips of paper towels, or newspaper and dip into wet mixture. Apply one layer to form. Allow to dry. Apply about 3 layers in all. (If the form is a balloon, coat it with something nonstick like a very thin film of cooking oil or glycerin, to be sponged off the interior papier maché later.)



APPENDICES



‡ APPENDIX 1: FAVORITE CHEESES ‡

NEW YORK

Azeitao: *melting Portuguese cheese curdled with thistle rather than rennet, piney and buttery*

Boerenkaas: *nutty, very aged gouda*

Brebious: *soft sheep*

Brebirousse d'Argental: *delicious runny sheep cheese from Lyon*

Brie de Meaux: *mushroomy rich full flavor*

Buffalo mozzarella: *from Italy*

Bulgarian sheep or French goat feta

Bulgarian kashkavir (or cashkaval): *grainy, great w/ middle eastern salads, à la Karnig Tashjian*

Burrata: *Fresh Italian mozzarella filled w/ heavy cream, bound into a fat pyramid by long fresh green leaves*

Cashel Blue: *Irish*

Crottin Montchevre: *my default modest American (Belmont, WI) goat for salads and omelets*

Délice de Pommard: *(Fromagerie Alain Hess) Bourgogne triple cream rolled in marinated mustard seeds*

Desport Fleur Vert: *French goat topped w/ fresh herbs*

Edel de Clairon: *French soft ripened*

Etorki: *nutty sheep from Pyrenees*

Fontina d'Aosta: *Fontinadaosta CW: a special estate, richly flavored fontina*

Florette: *goat brie*

Gruyère Rolf Beeler: *cave aged, lushly flavored*

Pepato: *unusual sheep's milk from Sicily, rich w/ black peppercorns and saffron*

Serpa DOP: *yet another delicious Portuguese raw ewe cheese curdled with thistles*

Sottocenere: *incredibly fragrant, tasty Italian w/ black truffles. rolled in ash mixed with nutmeg, clove, coriander, cinnamon, licorice, and fennel as preservative.*

Serra Estrella: *Portuguese ewe's milk cheese curdled by thistles rather than rennet, fragrant, grassy, v fresh*

Victor's Armenian String-Cheese: *braided Armenian with black nigela seeds, to be unknotted and tweezed into long thin strands when served*

MAINE

Appleton Creamery Marinated Goat, Sheep's Milk Yoghurt, Sheep Camembert

Silvery Moon Creamery Camembert: *(Smiling Hill Farm, Westbrook, ME @ Good Tern Coop, Rockland)*

Beth's Farm Heavy Cream: *delectable on berries, or in tea, or moistening a cobbler, or whipped*

‡ APPENDIX 2: FAVORITE OLIVES ‡

FAIRWAY

Catalan green: *great spiced marinade*

French roasted black olives w/ cumin

Gaeta: *small black*

Italian greens stuffed w/ sun-dried tomatoes

Italian greens stuffed w/ almonds

Niçoise: *small black*

Uncured Italian green olives

Sundried Italian tomatoes marinated in oil: *not olives, obviously, but sold in Fairway's olive section, and absolutely fabulous in sandwiches, salads, and omelets*

‡ APPENDIX 3: FAVORITES FOR THE EDIBLE GARDEN ‡

HERBS & VEGETABLES

ASPARAGUS

Properly planted, asparagus produce and give pleasure for a generation. Dig an 8 inch deep trench. Mix in lots of rotted manure, lime (they like slightly sweet soil) and rock phosphate. Set crowns 12 inches apart, and cover with 2-4 inches of soil. As the spears grow and expand to fern, gradually refill the trench (takes about 6 weeks). In Spring of succeeding years, cut the old ferns to the ground, remove weeds, side dress with well-rotted manure, and broadcast a little lime. One can harvest fat spears the first year for about 7 to 10 days (stop when they get spindly), second year about 4 weeks, third for the full season of about 8 weeks. Cut the stalks with a sharp knife at soil level.

Jersey King: *hugely productive, largely male, tasty*

Martha Washington: *old timer, but spindly and slow by comparison with the new hybrids*



BEANS

As the bush bean plants get large and want to topple, I pound a 2 foot stake at each end of the row and stretch taut string or wire between them, one on each side of the plants, repeating at 4 to 5 inch intervals up the pole, as needed. Replant beans at 2 week intervals for a continuing supply.

Fagiolo Rampicante (Franchi Italia): *curled yellow pole beans*

Indy Gold: *yellow wax bush beans*

Jade: *slender bush beans, hold well, keep producing*

Maxibel: *slender filet bush beans*

Northeast: *long flat pole bean, needs poles or tall strings to climb*

Roma II: *flat Italian romano bush bean*

BEETS

Cylindra: *remain tender even late season*

Detroit Dark Red: *pick small, greens delicious too*

BELL PEPPERS

Start inside early or buy large from a nursery and plant outside after danger of frost in June. Alternately, place small plants outside in May in wells-of-water (nifty little plastic teepees with water cell walls that retain sunlight heat to warm the seedling overnight). Mulch with a thick ring of fresh seaweed from the beach.

King of the North

Red Beauty

Red Knight

BROCCOLI

Broccoli Blend: *mixed varieties to span the season*

BROCCOLI RAAB

Quarantina

CARROTS

Mokum

CORN

Golden Bantam: *old corn taste, but passes to starch quickly (85 days)*

Honey and Cream: *bicolor (77 days)*

Seneca horizon: *early yellow (65 days)*

Silver Queen: *the classic white, but alas very late (96 days)*

Spring Treat: *early yellow (71 days)*

Sundance: *early yellow (69 days)*

CUCUMBERS

In order for the cukes to hang down clean and visible from their climbing vines, pound six 6 foot stakes angling outward at a 45° from a soil base about 1½ feet in diameter. Plant five or six seeds within the soil circle at the base, heavily enriched with well rotted manure. As the vines begin to extend, tie a continuous circle of string about 6 inches off the ground, wrapping each wood upright in turn once to keep the string taut. Repeat at 6 inch intervals up the poles as needed, guiding the vines to climb neatly.

Fancipak: *prolific, slender, straight picklers, non bitter and remaining green even when morphed to blimps at end of season*



FLOWERS

Lilies: *'Regale' and 'Rubrum' spill divine scent and beauty into the garden, and are nice to have in excess to give away*

Nasturtium: *'Jewel Mix', blossoms add lovely peppery taste and elegance to a salad. Be sure to suck the 'honey' from the tail of the flower.*

Sweet Peas: *'Cupani', oldest and sweetest smelling of the sweet peas. found wild in Sicily in 1698, maroon and blue bicolor. ahhhhhhh! Needs a fence to climb. I always perfume the vegetable garden with sweet peas and lilies.*

HERBS

Chervil

Chives: *perennial*

Dill: *'Mammoth' for seeds and pickles, 'Bouquet' for delicate weed; once introduced, these seed themselves year after year.*

Garlic Chives (a.k.a. Chinese Leeks): *good in stir-fry or salad; perennial*

Italian parsley: *flat leaved, much more flavorful than the curly type*

Lemon thyme: *can't start from seed. get hold of a division; we're lucky to have a large inherited clump by the Shore House poolroom window*

Mint: *still unsure whether spearmint or peppermint or common mint is best. a ferocious spreader, so isolate from the main garden*

Rosemary: *buy from a nursery each year, not winter hardy*

Sweet Basil: *starts slowly. direct seed late spring or buy it*

Tarragon: *perennial*

Thyme: *perennial*

KALE

Nero di Toscana: *upright, nubby, quite unkale looking, absolutely delicious sautéed in butter*

KOHLRABI

Early White Vienna: *delicious sliced very thin and sautéed in butter*

LETTUCE

I start them in a little “nursery” area of the garden 2 to 3 feet square, then transplant them to rows 8 to 10 inches apart. Replant seeds end June for a continuing supply.

Arugula: *delicious tang, but hard to grow in summer heat*

Buttercrunch: *classic butterhead, creamy texture*

Forellenschluss: *dainty speckled romaine leaves*

Grandpa Admire's: *speckled romaine*

Pirat: *beautiful bronzed butterhead with delicious taste*

Radicchio Indigo: *has trouble in the heat, but very pleasing when it works*

Sangria: *luscious red tipped butterhead*

ONIONS

Onions are best from seed, but have to be started in January! Can be started on a sill or in a greenhouse, or nursery bought. Alternately, plant onion “sets” (little bulbs) in May. Scallions and pearl onions can be started outside, but I always lose them in the weeds. Better to start them on a sill and transplant, then they're easily distinguishable. For leeks: Start inside or buy as 7 to 8 inch high packs of plants. Carefully separate and drop each into a dibbled hole about 7 inches deep (this burying blanches the head.) Don't repack the holes with soil, but water well, and they'll refill themselves.

Copra: *yellow onions*

Crystal White Wax Onions: *baby pearls*

Evergreen Hardy White Scallions: *extras left in the ground are supposed to over-winter, ready to eat or divide in spring*

Greek Salad: *red onions*

Lincoln Leeks

PEAS

Sprinkle a little lime or ashes along the row when planting (peas like soil sweet), and some legume inoculant if available. Support bush peas as described above for bush beans. Replant at intervals for continuous supply, but peas generally have trouble in hot weather.

Little Marvel: *bush sweet pea*

Petit Pois Precoville: *tiny sweet peas*

Sugarsnap: *needs to climb a nylon or galvanized mesh fence, but superior to bush variety*

POTATOES

Dig long, shovel-wide furrows 8 inches deep, 32-36 inches apart. Space seed potatoes 8 to 12 inches apart, eyes mostly up. If individuals are much larger than a hen's egg, cut them in two or three, making sure there are several sprouting eyes in each. Cover with 2 to 4 inches of soil. Continue refilling soil as the leaves emerge and rise (but don't bury the leaves!). Keep a keen eye for potato bugs (red when juvenile, beige and black striped when adult). Pick them off and squash them mercilessly underfoot outside the garden. Also examine the underside of the leaves for tiny bright orange masses of eggs, and squash those stinkers too in the bud.

Dark Red Norland: *red exterior, white inside. rob them young*

French fingerlings: *pink outside, waxy interior*

Kerr's Pink: *pink exterior, white inside. the secret in cooking this Irish favorite is to boil them part way, then steam till done. yields a tasty, flaky interior as soft as a baked potato*

Red Bliss: *red exterior, white inside*

Red Gold: *red exterior, yellow inside, early*

Yellow Finn: *yellow exterior, buttery yellow inside*

RADISHES

French Breakfast: *pretty scarlet and white. pick as a babies, otherwise woody*

SORREL

Vigorous perennial, clumps last for years. Prune away flower stalks, and tall old leaves repeatedly as the season progresses to encourage a continuous supply of tender young leaves.

Broad-Leaved Sorrel: *delicious for soup, vigorous perennial*

SPINACH

Bloomsdale Long Standing: *tolerates heat better than most*

SUMMER SQUASH

One hill of two or three plants suffices.

Costata Romanesca: *Italian heirloom zucchini with ribbed exterior, tender and not seedy even when beyond baby size.*

Sunburst: *a lovely baby yellow patty pan if a flood of zucchini isn't squash enough*

TOMATOES

I grow them on 8 foot wooden stakes, Godfather style, trimmed to a single leader, removing all side shoots that emerge at the angle of leader to leaf, and at the base of the plant. Plants have to be started indoors February or March, preferably in a greenhouse or on a very sunny windowsill. I put little plants out in the garden in late April in "wells-of-water" (see pepper notes above). Alternately, dig in large potted plants from a nursery in June after danger of frost is past: prune away all the side shoots, remove the bottom few leaves, and plant them 2 to 3 inches deeper than nursery level (they'll grow extra roots from the stem). Add a little rock phosphate to the hole (but not manure, nitrogen encourages leaves not fruit). Mulch with a thick ring of fresh seaweed from the beach, and stake, tying main leader to the pole with soft string at intervals as necessary.

Brandywine: *fabulous Amish heirloom beefsteak, alas at the end of season*

Pruden's Purple: *equally fabulous heirloom beefsteak, 2 weeks earlier than Brandywine*

Sun Cherry: *modern red cherry, flavor/sweetness just right*

Sungold: *modern golden cherry tomato, as delicious as a plum, v profuse, irresistible for grazing*

NUTS & BERRIES

BLUEBERRIES

Coville

Elliot

Northland: *best taste*

CRANBERRIES

A beautiful large colony preexists from the old days in our bog beside the Farm House. Most of the berries conform to the familiar roundish type, but one section has elegant, old fashioned, oval ones. In early spring the rest of the bog transforms to a sea of blue iris.

CURRENTS

Ben Sarek: *a black current, cassis flavor*

Red current: *ours is an inherited, highly productive old bush, probably Red Lake, by the Shore House compost pile. delicious for jelly or Corinna's cream pie.*

White Imperial: *a white current, far less luscious and distinctive than the red*

GOOSEBERRIES

Hinnonmaki Red: *delicious big red berries from Finland*

GRAPES

An eccentric array of red, amber, blue and black, eating and wine grapes, that are nifty to eye and taste, and make a wonderful jelly ensemble. Their leaves enable luscious dolmas.

Buffalo: *very productive black table grape*

Canadice: *seedless red, best eating, v productive, mid season (late September in Maine)*

Fredonia: *large blue slipskin, 2 weeks earlier than Concord*

Golden Muscot: *amber table grape, late*

Himrod: *seedless gold*

Kay Gray: *early white slipskin*

Prairie Star: *mid season white wine grape*

Reliance: *red seedless table grape*

Seneca: *white table grape*

Steuben: *blue, productive Concord type, table or wine, mid season*

Worden: *early Concord type blue*

JUNIPER BERRIES

These arrive uninvited on myriad wild junipers ranging all over the arid places on our property. I use both green and the ripe black fruits interchangeably as essential flavoring in fennel and apple salad. A Swedish friend relayed that the tradition there is to drop juniper berries together with all the other small fruits that flush in summer – raspberries, currents, gooseberries, elderberries, wild strawberries, etcetera-- into a bottles of aquavit, to present to friends at Christmas.

NUT TREES

We've planted nuts all over the property – in the Nuttery by the Double Ponds, beside the Cranberry Bog,, west of the Farm House, along Route 1 in the Quarry Meadow and New Meadow, within the glen west of the Shore Pond, in the Maze, and scattered through the woods. Nut trees are slow to reach bearing age, but some chestnuts and heartnuts have already begun to fruit!

American Chestnut

American & European Hazelnuts

Black Walnut

Butternut

Carpathian (Persian, or Common or English) Walnut

Heartnut

Northern Pecan

Shagbark Hickory

Shellbark Hickory

RASPBERRIES

Summer bearers fruit on one year old wood: cut away the stalks that have berried at the end of the season, and prune what remains to 8 to 10 strong canes per running foot. Everbearers fruit on new wood: cut to the ground in spring (no stubs); they'll bear heavily in the fall till frost. Prune purple and black raspberries to 4 to 6 fresh healthy canes per hill; pinch back tall stalks to 5 to 6 feet, and lateral shoots to 10 to 15 inches. All raspberries should be supported on trellises (consult www.noursefarms.com planting guide).

Bristol: *black*

Caroline: *everbearing red (Caroline far tastier than Heritage, the old standard)*

Kilarney: *early-mid season summer bearing red*

Kiwigold: *late golden yellow*

Royalty: *late season purple*

Taylor: *late summer bearing red*

STRAWBERRIES

The old wisdom was to tear out the whole patch every three years, and start afresh due to overcrowding and weeds. Nowadays renovation keeps the June bearing strawberries productive for a good five years: as soon as all the berries have been harvested, mow off the leaves, with lawn mower set at highest setting, taking care not to cut or injure the crowns; rototill the edges of the beds to narrow bed width to 18 inches; remove excess plants allowing 3 to 5 inches to remain around each plant. (In fact, I never catch them fast enough to mow before the new runners and leaves extend themselves. So in July, I thin the plants by hand to the strongest individuals, about 5 inches apart, allowing only one or two daughters for each plant to fill in underpopulated areas, and sprinkle with fine, well-rotted manure. Day neutral strawberries, that bear repeatedly into the Fall, should not be 'renovated', but side dressed with manure in July and again in August. They remain productive about two years, so replant one row one year and the other the next.

Earlyglow: *delicious flavor, early*

Honeyoye: *delicious big berries, early mid season*

Jewel: *big luscious berries, late mid season*

Ozark Beauty: *everbearer, big berries*

Raritan: *early mid season, said to have old fashioned taste*

Tristar: *everbearer, small intensely flavored berries like wild ones*

ORCHARD

APPLES

Scores of old apple trees remain scattered about the property. One delight of a Fall stroll is taking a bite from each fruiting tree at hand—one sweet, one tart, one must have been for cider, one russet, one mealy.

Suncrisp: *delicious child of Cox's Orange Pippin (best English apple) and Golden Delicious*
Fuji: *crisp and flavorful*

CHERRIES

Home grown cherries, especially pie cherries which are no longer available to purchase, gladden the heart. Water the trees well as the fruits enlarge. Birds, but especially raccoons, comprise the major scourge at harvest time

Hartland: *sweet cherry*

Lapins: *sweet black cherry*

Montmorency: *delicious pie cherry, my favorite*

Rainier: *golden sweet cherry with red blush*

Windsor: *sweet dark cherry*

PEACHES

I grow beautiful, flavorful peaches in the lea of the tool shed, protected from the north wind and warmed by the shingled south facing wall.

Red Haven: *the peach standard for taste*

PEARS

Tall wild pears, excellent pollinators, dot the property. We've augmented those in the orchard with several favorites.

Bartlett

Clapp's Favorite

Harrow Delight

PLUMS

Our best plums remain the golf ball sized red, yellow or purple ones preexistent from the old days near the Farm House orchard. We've added a few named varieties.

Golden Gage

Shiro

RHUBARB

Best are our old heirloom stands that have been on the farm for 100 years, greenish tart stalks and vigorously perennial. Goose them up from time to time with well-rotted manure.

Macdonald: *a modern red strain*

My main seed source is Fedco, an excellent co-op in Maine with great varieties, politics, prices, and classy old catalogue illustrations (www.fedcoseeds.com.) Stokes, Vesey, Johnny's, Seed Savers, Sandhill Preservation, Pine Tree Seeds, and Scheepers often have whatever's missing. For berries and asparagus, Nourse Farms in Massachusetts. For fruit and nut trees, St

Lawrence Nursery and Miller Nursery in upstate NY, Adams County Nursery in Pennsylvania, and Oikos in Michigan.

‡ APPENDIX 4: FAVORITE SANDWICHES ‡

Ham, Cheese, & Artichoke: imported *Westphalian ham* (sliced tissue thin), *Sottocenare*, *marinated artichoke bottoms* (halved horizontally) *Pommery mustard*, *peppery greens*— on *Italian bread*.

Ham & Pear: *ham*, *camembert*, *thinly sliced dried pear*, *pear mustard*— on *onion focaccia*.

Turkey & Pesto: *turkey*, *pesto*, *heirloom tomato*, *Swiss*— on *onion focaccia*. (*Pesto*: quick *Cuisineart swirl of basil leaves, garlic, pine nuts, salt, parmesan, olive oil.*)



Ham, Cheese, & Spiced Crab Apple Mustard: *Florette* (goat brie), imported *Westphalian ham* (sliced tissue thin), *thin latitudinal slices of apple* (with star shaped core excised), *crabapple mustard*, *Belgian endive* — on *Amy's semolina-fennel-raisin bread*

Chicken Breast, Pesto & Cheese: *quickly sauté a thin slice of chicken breast in a tad of oil and butter. add homemade pesto, thin slices of Sottocenare or goat brie, and lettuce*

Smoked Turkey, Cheese and Winter Juicy Element: *tomatoes aren't fit to eat in the winter. a basic sandwich like this with turkey, possibly bacon, a tasty cheese such as Bulgarian kashkavir, and pear or crabapple mustard needs a nice juicy element. try thin slices of orange (blood or regular), or of ripe plum (yes, amazingly, they're available off season), or ripe pear or quickly sautéed lengthwise slices of zucchini.*

‡ APPENDIX 5: PHILEMON & BAUCIS ‡

Power of heaven is immense, has no bounds:
whatever gods want is accomplished; this will show you:
in Phrygian hills, oak borders linden, surrounded
by a mid-sized wall: I've seen the place myself:
Pittheus sent me to the country where his father, Pelops,
once reigned; not far off is marsh,
once habitable, now crowded with coots & swamp birds;
Jupiter comes here in mortal shape with son,
Mercury, carrying wand but wings off;
they go to a thousand houses seeking rest:
bolts lock a thousand houses: but one
receives them: small, roofed with thatch & swamp reeds,
but good old Baucis & Philemon, the same age,
married in that cottage in youth, aged there
together; they admit poverty, bear it level-headedly,
& thus lighten it; no matter if you ask there
for master or servant, the whole house is just two:
those ordering serve

so, heaven-tenants come to tiny dwelling,
duck heads entering low doorway;
the old man brings chairs, tells them to relax;
Baucis throws rough cloth over seats,
stirs warm embers on the hearth, revives yesterday's
fire, feeds it leaves & dry bark & old
woman's breath to produce flames; takes down
branch twigs & dry brushwood from roof,
breaks them up to put under the little pot;
husband brings vegetables from well-watered garden;
she cuts off leaves; with fork fetches
smoked bacon hanging from blackened beam, cuts
off a thin piece from the back, long-guarded,
softens it in boiling water

meanwhile, to keep from noticing
delay, they fill time with talk; a beechwood basin
hung from nail by handle is filled with warm water
for them to wash in; they shake out a couch
of soft sedge (legs & frame willow) & cover it
with cloths they use only on holidays (& even then

old & cheap – but not inappropriate for willow couch):
the gods recline; the old woman, sleeves rolled,
puts table down shakily; the third leg
uneven, she evens it with a tile; slope fixed,
she wipes level table with green mint, puts down
double-colored berries of pure Minerva, autumn
cherries preserved in wine dregs, endive & radishes,
a wedge of cheese, eggs lightly turned in ashes
not hot; all in clay dishes; then
the wine bowl (engraved of course in silver
like everything else!) & beechwood cups,
their hollows inlaid with yellow wax;
shortly, hot food is served, & wine
not very old brought back again;
then put away to make room for dessert:
nuts, a mixture of figs & wrinkled dates, plums,
small baskets of fragrant apples, grapes gathered
from purple vines; a bright honeycomb in the middle;
& above all, glad faces & good will
neither poor nor cheap

meanwhile, they notice
the wine bowl, empty, refilling itself
strangely; astonished, scared, Baucis & Philemon hold
out their hands timidly & pray, beg pardon
for the meal: no time to prepare! they prepare to sacrifice
to god-visitors their one goose, guardian
of the tiny cottage, but he's quick-winged & long
eludes slow owners; tires them out, old;
he seems to run toward gods themselves
& gods forbid his being killed: 'We're gods,
& this wicked neighborhood will get punishment deserved:
you two are given immunity from trouble:
leave your home now, follow our footsteps
up the mountain: go!'

both obey; they lean on staffs, struggle to follow
up steep hill; an arrow-shot away
from the top, they look back, see others
drowned in swamp, only their own house remaining;
while watching in amazement, weeping fate of neighbors,
that old house, small even for two,
turns temple; props become columns; straw
yellows, seems golden roof; doors engraved
& ground covered with marble; then Saturn's son
says serenely: 'Speak, honest man,

& woman so deserving your honest husband:
what's your wish?

Philemon talks it over a little with Baucis,
then he tells gods their joint decision:
'We want to be your priests & watch your shrines;
& since we lived our years together, that our last
moment carries us both away: I never
seeing my wife's grave, nor buried by her'

their prayers answered; made temple custodians for life;
then, broken by age & years, standing by chance
before the sacred steps, talking about events of that place:
Baucis sees Philemon turn leafy, & old
Philemon sees Baucis turn leafy too:
tree-tops grow over both faces; they speak
together while they can: 'Good-bye, spouse!'
said together; together, bushiness covers their mouths;
Bithynian locals still point out there
two trees, side by side, once bodies

old men – not foolish – told me this,
& had no reason to deceive; indeed, I saw
garlands hanging on the branches; I put fresh ones on
& said, 'You are gods if gods like you,
& those who worship shall be worshipped!'

Naso, Publius Ovidius. "The Metamorphoses." Book VIII, lines 606-709. Trans. Charles Boer.
Spring Publication: Dallas, 1989. 172-175.

*This poem cast a special radiance read out loud one family evening in North Haven—we, sated,
fifteen at table, from Grandpa Herman at almost a hundred down to John's little Danny at two.*



**DESIGN/PHOTOGRAPHY:
W. HOLMGREN FECIT**

SOURCE

TITLE

Food
Food
Food
Food
Food

Food
Food
Food
Food
Food

X minutes, for 4 people

Word

SOURCE

TITLE

Food
Food
Food
Food
Food

Food
Food
Food
Food
Food

X minutes, for 4 people

Word

SOURCE

TITLE

Food
Food
Food
Food
Food

Food
Food
Food
Food
Food

X minutes, for 4 people

Word

WHAT WE ATE II



Et dès que j'eus reconnu le goût du morceau de madeleine trempé dans le tilleul que me donnait ma tante (quoique je ne susse pas encore et dusse remettre à bien plus tard de découvrir pourquoi ce souvenir me rendait si heureux), aussitôt la vieille maison grise sur la rue, où était sa chambre, vint comme un décor de théâtre s'appliquer au petit pavillon, donnant sur le jardin, qu'on avait construit pour mes parents sur ses derrières (ce pan tronqué que seul j'avais revu jusque-là); et avec la maison, la ville, la Place où on m'envoyait avant déjeuner, les rues où j'allais faire des courses depuis le matin jusqu'au soir et par tous les temps, les chemins qu'on prenait si le temps était beau. Et comme dans ce jeu où les Japonais s'amuse à tremper dans un bol de porcelaine rempli d'eau, de petits morceaux de papier jusque-là indistincts qui, à peine y sont-ils plongés s'étirent, se contournent, se colorent, se différencient, deviennent des fleurs, des maisons, des personnages consistants et reconnaissables, de même maintenant toutes les fleurs de notre jardin et celles du parc de M. Swann, et les nymphéas de la Vivonne, et les bonnes gens du village et leurs petits logis et l'église et tout Combray et ses environs, tout cela que prend forme et solidité, est sorti, ville et jardins, de ma tasse de thé.

– Marcel Proust, *A la recherche du temps perdu*

THE KITCHEN OF ANITA SPERTUS

MAY 2015



newly plucked from the sea

WHAT WE ATE II

TABLE OF CONTENTS



‡APPETIZERS

White Pine Mussels.....	7
Chèvre w/ Basil, Pine Nuts & Pink Peppercorns.....	8
Blistered Shishito Peppers	9

‡SOUPS

Borscht	11
Quince Soup.....	12
Red Lentil Soup w/ Lemon.....	13
Tomato Dill Soup.....	14
Lobster Corn Chowder for a Crowd	16
The Best Way to Cook Lobsters	17
Chicken Drumsticks w/ Preserved Lemons	18
Delectable Scallops in a Trice (1).....	19
Delectable Scallops in a Trice (2).....	19
Pasta w/ Mushrooms and Sage	20
Roast Chicken	21
Korean Bo Ssäm	22
Marinated Hanger Steak Ssäm.....	25
Lobster Bohemienne	26
Sautéed Sea Bass w/ Fragrant Vegetables	27
Roberta's Pizza Dough	28
Cod w/ Clams and Parsley Sauce.....	32
Poulet Rôti	33
Roast Chicken Salad w/ Mustard Vinaigrette.....	34
Crispy Roast Chicken w/ Spicy Honey Sauce	35
Richly Spiced Moroccan Baked Fish.....	36
Lamb Chops w/ Root Vegetables & Horseradish	37
Grey Sole w/ Sautéed Green Garlic	38
Meatballs.....	39

‡SIDE DISHES

Roasted Baby White Turnips w/ Greens.....	42
Swiss Chard Braised in Shiitake Butter.....	43
Roasted Artichokes w/ Tarragon-Basil Sauce.....	44
Freekeh.....	45
Caramelized Hen-of-the-Woods Mushrooms.....	46

‡SALADS & DRESSINGS

Golden Beet, Pistachio & Orange Salad.....	48
Scallop Salad w/ Meyer Lemons, Pomegranates.....	49
Watermelon, Feta & Mint Salad.....	50
Tomato Towers w/ Basil.....	51
Quick Winter Salads.....	52
Beet and Ginger Salad.....	53
Orange and Olive Salad.....	54
Asparagus Salad w/ Soy Vinaigrette and Hollandaise.....	55
Apple, Burrata, Sorrel and Honey.....	57
Wild Rice Salad.....	58

‡BREADS

Corinna's Divine No-Knead Bread.....	60
Naan.....	61
Focaccia.....	62
Scuttlebutt, A Spirited Sandwich.....	63

‡PRESERVES

Emma's Preserved Lemons.....	67
Spicy Sweet & Sour Cucumber Slices.....	68
Spiced Quinces.....	69

‡DESSERTS

Vanilla Gelato.....	71
Coffee Toffee Crunch Gelato.....	71
Rum Raisin Gelato.....	71
Chocolate Gelato w/ Nuts & Grand Marnier.....	72
Strawberry Granita.....	73
Fresh Fruit Popsicles.....	73
Peach Sorbet.....	74

Silver-Tipped Lemon Sandcastle Bundt Cake.....	76
Almond Pound Cake w/ Strawberries & Cream.....	77
North Haven Apple Cake.....	78
Yoghurt Cake.....	79
Lacquered Peaches.....	80
Ginger Ice Cream.....	81
Black Current Sorbet.....	82

‡BEVERAGES

Dandelion Wine.....	84
A Distillation of Summer.....	85
A Distillation of Summer (II).....	86

‡BREAKFASTS

Robert’s Marvelous Corned Beef Hash.....	88
Soft-Scrambled Eggs.....	89
Spanish Asparagus Revuelto.....	90

‡APPENDICES

Appendix 1: Staples for an Extended Stay.....	92
Appendix 2: La Petite Madeleine.....	93
Appendix 3: A Well-Used Recipe From First Edition.....	94



APPETIZERS



WHITE PINE MUSSELS

White Pine needles
very fresh baby mussels

lime juice
butter

5 minutes

Eastern White Pine needles extend two or three inches long, grow in bundles of five, look exceedingly handsome, and are our default Maine variety. (These conifers were the towering giants claimed by the King of England as masts for the Royal Navy.) Any local pine needles, however, freshly picked (and unsprayed!) serve well for this dish.

You may tie the needles, if you wish, with a bit of cotton cord so the bunch doesn't splay. Heat the bundle in a dry, cast iron frying pan until the cluster begin to color and loose a rich smoky fragrance. Add the baby mussels to the hot pan. Almost immediately they will open and spill their liqueur. Cook a minute or two until done. Swirl in a little butter and lime juice. Presto! Utterly simple, absolutely delicious, each taste element a player, with the White Pine as bass note.

Inspired by chef Brian Hill's dish at Francine's in Camden, Maine.



CHÈVRE W/ BASIL, PINE NUTS & PINK PEPPERCORNS

a fresh goat cheese crotin, not too hard
but not so creamy as to be gummy
tasty olive oil
pine nuts

fragrant fresh basil leaves, chopped
pink peppercorns
sea salt

5 minutes

Place the crotin in a small serving bowl or saucer, and fork it apart a bit. Pour on sufficient oil to add succulence, not merely to shine the surface. Begin with less and add to taste. Sprinkle in pine nuts, pink peppercorns, basil and a little salt, and turn the ingredients lightly with a fork to mix. Adjust the oil if the melange seems dry rather than rich. Serve on crackers.

This pretty, festive looking dish – asparkle in green, red and white-- is always a crowd pleaser, and a breeze to make. The luscious taste of olive in the oil is essential though, so choose a good one.



BLISTERED SHISHITO PEPPERS

fresh green Shishito peppers (once they've turned red, they're too hot) tasty olive oil
sea salt

5 minutes, for however many people

Ⓐdd a tad of oil to a cast iron pan or baking sheet, turning the peppers in it so that all sides become glossy, and the peppers lie in one layer. Place the pan under a hot broiler for 2 minutes until the peppers blister on one side. Turn them over and broil a minute more, blistering the other side. Remove from heat, sprinkle with a little sea salt. Serve as finger food, with the stem serving as handle.

Also delicious flash deep-fried in neutral oil à la Ippudo ramen restaurant in New York.





❖
SOUPS
❖

BORSCHT

2 small or one large onion, grated
3 beets (with about an inch of stub,
if still fresh)
water

3 lemons, juiced
1 tablespoon of salt
¼ cup sugar

1 hour, for 4 people

Wash the beets and cut them into small pieces. Add the grated onion and sufficient water to make soup for four. Bring to a boil uncovered, then reduce heat to simmer, skimming away any scum so that it's clear. Cook for an additional ½ hour, then skim again.

Add the strained juice of three lemons, one tablespoon of salt, and ¼ cup sugar. Cook about 10 minutes longer.

Serve cold with a dollop of sour cream, chopped cucumbers, and a chopped hard boiled egg.



This delicious soup, sweet/tart and colored like rich wine, was a family favorite constant, which dear Annie made for us often during the summers of the 1940s, 50s, and 60s.

QUINCE SOUP

a large fresh quince, in season
half a fennel bulb
a large shallot
a celery rib

3 to 4 cups of rich chicken broth
sea salt
white pepper

30 minutes, for 3 to 4 people

Fruit soups offer their fragrant, bright tang at special seasons. During the height of summer, for a week or two, one thinks Hungarian sour cherry soup. Late autumn, it's the perfume of quince that makes one salivate, when fresh, unblemished specimens beckon at farmers' markets.

Remove the core, leaf nubs, and seeds from a quince. No need to peel if it's fresh and fine. Chop the quince, half a fennel bulb, a large shallot, and a rib of celery (for depth) into a quarter inch dice. Place the vegetables in a saucepan with 3 cups of rich chicken broth, some sea salt and a little crushed white pepper. Simmer together for about 20 minutes, until soft and fragrant. Fuse the ingredients somewhat with a potato masher. A certain lumpiness imparts homey pleasure. Of course if that doesn't suit you, you may press the mixture through a food mill or whirl it in a food processor. Serve with a soup spoon or two of yoghurt mixed into each bowl, a tad of Dijon mustard, and a tiny frond of fennel leaf as décor.

This version emerges quite thick, almost like a succulent porridge. If a more soup-like outcome is preferable, add broth. Serves 3 thick, 4 if lengthened with an additional cup of broth. Soup tastes equally good served hot, or lukewarm for lunch.

RED LENTIL SOUP W/ LEMON

3 tablespoons olive oil	1 quart chicken broth
1 large onion, chopped	2 cups water
2 garlic cloves, minced	1 cup red lentils
2 tablespoon tomato paste	1 large carrot, peeled and diced
1 teaspoon ground cumin	juice of ½ lemon, or more to taste
a pinch or more of cayenne or Spanish smoked pimentón de la vera	3 tablespoons chopped fresh cilantro, optional
	¼ teaspoon kosher salt, more to taste



1 hour, for 4 people

In a large pot, heat 3 tablespoons oil over high heat until hot and shimmering. Add garlic and onion, and sauté until golden, about 4 minutes. Stir in tomato paste, cumin, salt, black pepper, and cayenne or Spanish pimentón, and sauté for 2 minutes longer. Add broth, water, lentils and carrot. Bring to a simmer, then partially cover pot and reduce heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.

Remove and purée half the soup, then return it to the pot. Soup should be somewhat chunky. Reheat if necessary, then stir in lemon juice and optional cilantro if desired.

Often lentil soup is very heavy, sandbags one. This version presents a lighter, tangy flavor.

TOMATO DILL SOUP

8 tablespoons (1 stick) sweet butter	3 pounds fresh heirloom tomatoes, or Italian plum tomatoes, drained and seeded and hand crushed
3 cups yellow onions, peeled and sliced	1 teaspoon ground allspice
2 garlic cloves, peeled and minced	pinch of sugar
1 bunch fresh dill, finely chopped, plus dill springs for garnish*	grated zest of 1 small orange
salt and freshly ground pepper, to taste	1 cup dairy sour cream (garnish)
2 quarts chicken stock, preferably home made	

2 hours, for 8 people

Melt butter in a soup pot. Add onions and cook over low heat, covered, until tender, about 20 minutes. Add garlic and cook for another 5 minutes. Add half of the dill, season to taste with sea salt and pepper, and cook covered for another 15 minutes.

Pour in chicken stock, tomatoes, allspice and pinch of sugar. Bring to a boil, reduce heat, cover, and simmer for 45 minutes. Add orange zest, remove from heat, and cool slightly. Add remaining dill, and simmer for 5 minutes more. Serve immediately, or cool and refrigerate overnight.

Taste and correct seasoning. Garnish soup, hot or cold, with a dollop of sour cream and a sprig of dill.

**The authors advise to use only fresh dill, that dried stuff won't do. To my mind, "bouquet dill" with its long, tendrilly fennel-like leaves, which is typically grown and sold for its thread like leaves, has almost no taste. I use real dill, the plant that sets seeds for dill pickles, even though its dainty leaf component is minimal. I yank a whole plant from my garden, mince a few of the feathery leaves, and cut the stems into little bits to drench the brew with real dill taste. I include a flower head too, for additional flavor. Easy to pick it out by its long stem and discard after it's suffused the soup with perfume.*

If using fresh garden tomatoes instead of canned Italian San Marzano ones: core each, cut a little "X" in the bottom (flower end), drop into boiling water for 30 seconds, remove from its hot bath and slip off the skin, cut in half horizontally and squeeze out seeds/juice (quaff that sweet liquor if you wish), then roughly chop or hand crush the meat.

✦

DINNER COURSES

✦



fixens for lobster corn chowder

LOBSTER CORN CHOWDER FOR A CROWD

8 1¼-1½ pound live lobsters, preferably sweet soft-shell ‘shedders’ if you’re lucky enough to live by the sea	the captured liquid that spills from the cooked lobster claws and knuckles when they’re cracked, plus sufficient retained cooking liquid to total 2 cups
8 ears fresh sweet corn	6 tablespoons butter
2 medium onions, chopped	3 cups heavy cream
3 big leeks, white portion only, chopped	2 cups milk
2 Idaho potatoes, organic if possible, peeled and each cut into 4 or 5 pieces	¾ cup yoghurt
rinsed tail shells from 2 or 3 lobsters	½ cup white wine
	sea salt to taste

45 minutes, for 8 people

Boil the potatoes till soft, shuck the corn, and shear kernels off the cobs.

Cook the lobsters. By far *the best cooking method*, passed on to us by our Maine neighbors Corinna and Davis Hammond, is outdoors over a ferocious LP gas flame, as described on the following page. If confined to kitchen stoves, choose a very large pot with tight fitting lid, bring 5 or 6 cups of sea (or salted) water to boil, drop in the live lobsters (you’ll probably have to do them in two shifts to allow the water to return to a rapid boil quickly), and cook on high heat for about 10 to 12 minutes, until the shells turn red and you can jiggle the feelers.

Retain a cup or two of the cooking water. When the creatures are cool enough to handle, break off the lobsters’ tails, uncurl each in your hand, insert a fork along the inner side of the curl, tilt it toward you slightly to catch the meat, and pull. The whole section of tail meat will emerge intact. Discard the green tomalley, and rinse away its residue. Lift off the little flap at the outside of the broad end of the tail, which will expose the “vein”, which is in fact the digestive track. Retain the “flap” meat. Discard the black line of waste.

Crack the claws and knuckles over the same bowl that holds the cleaned tail and “flap” meat, taking care to catch all the clear liquor that spills from them. Use a pick to pull the flesh from tight areas. Cut the lobster meat into bite size pieces. Retain some of the small walking legs to toss into the chowder. (You might like to nibble on the rest while you work. You coax out the bits of sweet meat they contain by starting with a gentle bite midway along the leg, then proceeding sequentially outwards to the open end so that the flesh pops out into your mouth.)

Melt 2 tablespoons of butter in a large stock pot, add a tad of sea salt, and sauté the onions and leeks over a medium flame until translucent and fragrant. Add corn kernels, potatoes, cream, milk, yoghurt, retained cooking liquid, remaining butter, the tail shells and little legs, plus sea salt to taste, and bring to just below simmer for a few minutes. Add cut-up lobster and wine. Heat gently just below simmer for several minutes more, then remove to heat. Best to let the chowder rest overnight in the refrigerator so that the flavors may meld. Before serving, allow

time for the chowder to return naturally to room temperature, then rewarm over low heat or in the microwave. Don't allow it actually to simmer, which would toughen the meat.

THE BEST WAY TO COOK LOBSTERS

An outdoor cooking assembly called a "turkey fryer" is essential to this fabulous method of lobster preparation. It consists of a metal pot 11" in diameter x 15" high with lid (and small vent hole), set on a trivet above a gas burner fueled by a small (17 lb.) propane tank. Apparently, in the South this gizmo is used to fry whole turkeys in oil (keeps them moist, they say; they inject a little bourbon under the skin beforehand.)

If possible, leave the lobsters overboard (in the ocean) until the last moment. Relax them in the dewy evening grass before cooking: extend and spread their tails and claws, and remove the rubber bands from their claws (boiled rubber tastes terrible.) Fill the pot with sea water one-quarter full (or a bit less), independent of the number of lobsters. Cover the pot and ignite the propane burner. When the salt water reaches a roiling rolling boil, drop the creatures in. Cover and return to a rolling boil as fast as possible, on highest heat. Cook 8 minutes longer (not more than 10 minutes total cooking time). It is essential to constantly monitor and adjust (reduce) the propane flow, and to open the lid to a greater or lesser degree so that the lobsters steam in bubbly froth that reaches the top of the pot but does not overflow and put out the flame.



NY Times 12/16/12

CHICKEN DRUMSTICKS W/ PRESERVED LEMONS

8 petite drumsticks	salt and freshly ground pepper
4 preserved lemons	4 tablespoons unsalted butter
1 tablespoon ground cumin	1 teaspoon honey

half an hour, for 2 to 4 people

Cut the lemons into quarters and separate rinds from flesh, reserving both. Slip several strips of lemon rind between the skin and meat of each leg. Rub the exterior skin with the lemon flesh, and sprinkle with ground cumin, salt and pepper.

Melt half the butter in a heavy frying pan (I use my 10½ inch stalwart of cast iron), and cook the legs over medium to medium high heat until nicely browned on all sides. Best to array the wide fleshy ends toward the center of the skillet, so that they benefit from maximum flame. Cooking time varies with leg size. I prefer very small legs, which cook through almost as soon as the exteriors are richly colored. But whether petite or a mite larger, the envelope of exterior skin plus the bone at center help impart a tender succulent character to the flesh. Make a small exploratory cut to determine whether the meat is done. Its interior shouldn't be red, but dark meat has a juicy rosiness. Lower the heat, and continue cooking if necessary. Dribble a tad of honey atop each drumstick.

Tasty served either hot or at room temperature, so it's nice for a picnic or an easy peezy meal made well ahead of time to enjoy effortlessly whenever.

Adapted from the recipe created by Marc Bittman and Sam Sifton for a whole roasted chicken.



DELECTABLE SCALLOPS IN A TRICE (1)

5 or 6 freshest possible sea scallops*	6 to 8 grape or cherry tomatoes,
butter	halved
tasty olive oil	a small handful of Italian parsley,
half a lemon, juiced	coarsely chopped
half a lime, juiced	basil, either fresh and coarsely chopped,
pinch of sea salt	or several pinches of dried

10 minutes, for 1 person, scalable

Scallops can present a challenge. Sauté or broil them a tad too long, and they morph to leathery and dry. The broken gas line to my stove, however, provoked an effortless, perfect alternative – my here-to-for rarely used microwave. Pour enough fine olive oil to film the bottom of a Pyrex pie plate, add some butter for richness, lime and lemon juice, parsley, some grape tomatoes, and basil fresh or dry (which oddly delivers more punch.) Turn the scallops once to coat, add a bit of salt, and voilà, all set for an almost instant dinner.

Cover the pie plate with saran wrap, or with one of those inexpensive plastic domes made for microwaving with its vent open a bit. My one-person version took only a minute or minute and a half to soften and render fragrant the vegetables, and to produce perfect succulent scallop morsels. Perhaps scaled to two or four, the spell in the microwave would require a minute or two more. Check carefully while in process your first time, lest they overcook. Spill the sweet/tart herbal cooking juices over rice, or sop them up with bread.

DELECTABLE SCALLOPS IN A TRICE (2)

freshest bay scallops when in season	a small handful of Italian parsley, chopped
(very sweet), or sea scallops*	capers
butter	freshly squeezed lemon juiced

5 minutes, for 1 person, scalable

Stove fixed, my default quickie method is to pat the scallops dry on paper toweling, heat 2 or 3 tablespoons butter in a black iron skillet till it just begins to brown, toss in the scallops, sauté till they color on one face, then flip and sauté on the other – usually only a minute or so *in toto*. Make a small exploratory cut in one if you wish to check whether they're done to taste. I prefer a slightly sushi-like center. Remove scallops to a side plate. Wilt the parsley along with some capers in the pan, adding a tad more butter if necessary. Swirl in a little lemon juice to deglaze, scrape the fragrant vegetables, juices and caramelized bits from the pan, and distribute atop the scallops.

**Be sure to buy “Diver” or “Day” scallops, i.e., those not soaking in a preservative bath.*

TOM JAFFE

PASTA W/ MUSHROOMS AND SAGE

mushrooms, 3 or 4 ounces per person sea salt
tasty olive oil linguini
fresh sage, a spray or two per person, Pecorino Romano cheese, grated
each leaf torn in several pieces if large

15 minutes, scalable

Set salted water to boil in a large pot, and cook the pasta al dente.

Meanwhile, whichever mushrooms you select, slice them to retain a sense of their form, either lengthwise through cap and stem or, as in the case of hen-of-the-woods (*maitake*) which I prefer, cutting their fullness into two or three integral 'bouquets' slim enough to sauté. Choose a skillet sufficiently large to hold the mushrooms in more or less a single layer, heat the oil, and sauté them until they are succulent but not crisp, adding in the sage to soften during the last minute. Sprinkle with sea salt and remove from heat. There should be enough now fragrant oil to lubricate the servings of drained pasta. If not, add a bit to the frying pan, stir and scrape any remaining bits off the bottom, and spill that too on the pasta. Serve immediately with grated Pecorino at hand.

ROAST CHICKEN

3 to 3½ pound chicken
tasty olive oil
a lemon

sea salt
a large sprig or two of rosemary
several sprigs of Italian parsley

1½ hours, for 2 to 3 people

Smear a little olive oil in a roasting pan. Remove the giblets and other enclosed parts, and either reserve them for another use or discard. Wash the bird's interior, pat dry inside and out. Prick the lemon a bit with a knife or fork, and shove it inside the chicken together with a sprig of rosemary, some parsley, or whichever herbs you prefer. Truss the ankles together with a string and the wings to the body, and set the chicken in the pan, breast side up. Rub olive oil all over the surface, sprinkle with salt, tuck another rosemary sprig jauntily in the crease between leg and body.

Set to roast in a pre-heated oven at 400° for an hour plus 15 to 20 minutes (20 minutes per pound + 20 minutes over is the usual, but test it. The exterior should be nicely browned.) You can baste with pan juices halfway through, or more often if you like.

‘And Bob’s your uncle’, as they say in England, though I have no idea why.

This recipe, simplicity itself, produces a perfect chicken -- crisp skin, fragrant, succulent, meat falling off the bone.

KOREAN BO SSÄM

1 whole 8-10 pound pork shoulder (<i>bone-in, skin on</i> is important!) often labeled ‘Boston butt’ or ‘picnic ham’ in markets	1 cup good quality cabbage <i>kimchi</i> , plus one cup puréed, (purchased) or substitute quickly made cucumber <i>kimchi</i> (see below)
1 cup sugar	<i>ssäm</i> sauce (see below)
1 cup plus 1 tablespoon kosher salt	2 cups Basmati or Japanese short grain white rice
7 tablespoons light brown sugar	3 to 4 heads Bibb lettuce, leaves separated, well washed, and spun dry
a dozen or more fresh oysters, optional	Maldon or other high-quality coarse sea salt
1 cup ginger scallion sauce (see below)	[for Korean ingredients sources, see note below]

Overnight plus half a day, for 6-10 people

This is a fabulous, informal party dish, “A meal that can be picked apart by a table of friends armed only with chopsticks and lettuce”, as Sam Sifton remarked when he reprinted the recipe in the NY Times 1/15/12, “A tight and salty caramel crust sits on top of the moist, fragrant collapse of meat, and juices run thick to pool beneath it, a kind of syrup, delicious in its intensity. It is pork as *pommes soufflé*.”

Rinse the pork shoulder, dry it with paper towels, and place it in a large, shallow bowl. Prepare a dry rub of sugar plus 1 cup of the salt, and press the mixture all over the meat to begin the cure. Discard any excess salt-and-sugar mixture. Cover the pan with plastic wrap and refrigerate for at least 6 hours, or overnight.

When ready to cook, heat the oven to 300°. Remove the pork from the refrigerator and discard any juices that have accumulated. Transfer it to a roasting pan, set it into the oven, and baste hourly with pan juices. Cook approximately 6 hours, or until the meat collapses, and yields easily to the tines of a fork. At this point, you may remove the meat from the oven and allow it to rest for up to an hour.

Ahead of time, or while the meat was cooking, prepare the sauces, and place each into a separate serving bowl. Cook the rice, wash and dry the lettuce, shuck the oysters. The *bo ssäm* will be presented á table whole and hot, surrounded by the accompaniments.

When ready to serve, turn the oven to 500°. Stir together the remaining 1 tablespoon of salt and the brown sugar, and rub the mixture all over the pork. Place in the blazing oven for approximately 10 to 15 minutes, or until a dark caramel crust has developed on the meat. Chang cautions, “You want to watch carefully. You’re not looking for a color so much as for the moment when fat and skin begin to fluff up a little. It’s not so much about the sugar caramelizing as it is about the fat starting to bubble.”

“When that happens — Chang calls it the soufflé effect — you are ready to go. The meat should look roughly like a deflated and yet strangely attractive football. Let it rest a little while longer while you gather together a quorum to eat.

“Now take a piece of lettuce to show others the way. Place into it a torn string of meat, a dab of rice, some hot sauce or kimchi or pickles. Fold and bite, fold and bite. Try it with a scissored shard of the candied pigskin. Or with an oyster. Or both. Repeat.” (Sifton)



SSÄM SAUCE

2 tablespoons *ssämjang*
(fermented bean and chili paste)
1 tablespoon *kochujang* (chile paste)

half a cup sherry vinegar
half a cup grapeseed or other neutral oil

5 minutes, yields 1 cup

Ssämjang, a spicy fermented bean paste sold in Korean markets and online, is a traditional accompaniment to grilled meats. Chang speaks of it as a lovechild of two Korean sauces: *denjang* (Korea’s funkier answer to Japanese *miso*) and *kochujang*.

Rather than merely thinning the *ssämjang* with oil or water as is most commonly done, he allies *ssämjang* with extra *kochujang*, and adds vinegar to the mix to bring up the acidity of the sauce.

Combine all the ingredients, and stir until evenly mixed. *Ssäm* sauce will keep in the refrigerator for weeks.



GINGER SCALLION SAUCE

2½ cups thinly sliced scallions, both green and white parts (1 to 2 large bunches)
½ cup finely minced, peeled, fresh ginger
¼ cup grapeseed or other neutral oil
1½ teaspoons *usukuchi* (light soy sauce)
1 scant teaspoon sherry vinegar
½ teaspoon kosher salt, or to taste

10 minutes, yields about 3 cups

Combine all the ingredients in a bowl, mixing well. Taste, and add salt if needed. Though it's best after 15 or 20 minutes of sitting, ginger scallion sauce is good from the moment it's stirred together up to a day or two in the refrigerator.



CUCUMBER KIMCHI

1 pound Kirby cucumbers, halved lengthwise and cut into ½" wide spears	1 tablespoon <i>usukuchi</i> (light soy sauce)
2½ tablespoons sugar	1½ tablespoons <i>kochujang</i> (Korean chile paste)*
1½ teaspoons kosher salt	[1½ tablespoons <i>kochukaru</i> (Korean chile powder)*]
1½ tablespoons thinly sliced strips of peeled fresh ginger	[½ teaspoon jarred salted shrimp, optional*]
4 garlic cloves, thinly sliced	1 small carrot, cut into 2-inch matchsticks
1 tablespoon fish sauce	1 scallion, green and white parts, cut into 2" matchsticks
	¼ small onion, thinly sliced

25 minutes, yields about a quart

Chang remarks that this recipe (aka *oi kimchi*) “is at the intersection of the ease of quick pickling and the full-on flavor of a long-fermented kimchi. It’s best in the summer, when Kirby cucumbers, flavorful and sturdy, are in season and there are hot dogs around to put them on.”

Toss the cucumbers with 1½ teaspoons of sugar and ¼ teaspoon of salt in a bowl. Let stand for 10 minutes, until they’ve given up some of their juice and softened lightly. Drain.

Combine the remaining 2 tablespoons sugar and 1¼ teaspoons of salt with the *kochujang* [instead of *kochukaru*], ginger, garlic, fish sauce, and soy sauce in a medium bowl [I omitted the dried shrimp.] Toss in the carrot, scallion, onion, and drained cucumbers. Mix well and let sit 15 minutes, then serve or store. Cucumber *kimchi* keeps in the refrigerator for up to a couple of weeks, getting a little softer and stinkier with each passing day.

** I altered this recipe slightly according to the ingredients I had at hand when making it as an accompaniment to bo ssäm. I omitted the salted shrimp, and substituted 1½ tablespoons kochujang for kochukaru, and it tasted just fine.*

The best Korean ingredient source for Manhattanites is Han An Reum, 25 West 32nd Street, between Fifth Avenue and Broadway (“Koreatown”) --supermarket sized, friendly helpful staff, they carry all the needful plus many fresh home made delicacies. In other large cities, where Koreans run many local fruit and vegetable stores, ask the owners as I did where their mothers buy their Korean spices and staples! Of course, there’s also the internet.

MARINATED HANGER STEAK SSÄM

2 cups apple juice	1 cup good quality cabbage <i>kimchi</i> , plus one cup puréed
½ cup <i>usukuchi</i> (light soy sauce)	(purchased), or substitute quickly made cucumber <i>kimchi</i>
½ yellow onion, thinly sliced	(see above)
5 to 6 garlic cloves, thinly sliced	<i>ssäm</i> sauce (see above)
1 teaspoon Asian sesame oil	2 cups Basmati or Japanese short grain white rice
1 teaspoon freshly ground black pepper	3 to 4 heads Bibb lettuce, leaves separated,
4 8-ounce hanger steaks	well washed, and spun dry
1 cup ginger scallion sauce (see <i>bo ssäm</i>	Maldon or other high-quality coarse sea salt
accompaniments above)	

45 minutes and overnight, for 4 to 6 people

*M*ake the marinade: combine apple juice, soy, onion, garlic, sesame oil, and pepper in a large freezer bag (or in another container that will snugly accommodate the steaks and marinade), and seal and shake (or stir and whisk) to combine. Add the steaks, seal or cover tightly, and marinate in the refrigerator for 24 hours.

Light a good hot fire in the grill.

Remove the steaks from the marinade, and discard the liquid. Grill them for 6 to 8 minutes total for medium-rare, taking care to first char the two flattest sides of the steaks, which should take 2 minutes per side. Monitor the doneness closely after that—depending how hot your fire is, they could be cooked in 6 to 8 minutes. When they're done to taste, remove the steaks to a platter and let them rest for a least 5 minutes. More resting time won't hurt; you can't over-rest steak.

When ready to serve – sauces are made, lettuce washed, etc – slice the steaks in pieces ¼” thick, holding the knife blade at a slight bias (i.e., at a 15- to 30- degree angle to the cutting board.) Serve the platter of meat flanked by its accompaniments. As with the procedure for eating *bo ssäm* described in the previous recipe, tuck a slice of beef, together with rice and condiments into a lettuce leaf, fold over the edges, and carry it to the mouth like a little sandwich.

Chang prefers hanger steak, the inexpensive cut favored in French bistros, for this dish, because of its earthy succulent texture, and rich flavor. He charmingly remarks that the marinade conforms almost exactly to the one his mom uses when she makes kalbi (marinated short ribs), so, like her, he always uses Mott's apple juice.

LOBSTER BOHEMIENNE

1¼ to 1½ pound lobster, preferably soft shell	2 to 3 tablespoons unsalted butter
a neutral oil, such as grapeseed	½ cup cream
2 to 3 tablespoons minced shallots	sea salt
¼ cup white wine	pinch of cayenne
¼ cup cognac	a tablespoon of minced parsley
wedge of lemon	squeeze of lemon juice, to taste

40 minutes, for 1 person

*Par*cook a whole live lobster for 8-10 minutes in boiling salted water, just until it turns bright red (tastiest to use water straight from the sea, if possible.) When the lobster cools, separate claws and tail from the body. Split or crush the shell if you like, for ease in eating when served.

Sauté the lobster parts, including body, in a very hot skillet with a little bit of oil and the minced shallots. Add white wine and cognac to the pan, cover and simmer until the lobster is hot. Remove lobster from pan and reserve (discarding the body if you don't like to eat it.) Simmer the liquid until reduced by half. Add butter, and stir to melt over low heat. Add cream and simmer, seasoning with salt and a pinch of cayenne. Remove from heat when cream is slightly thickened, and add the minced parsley and a squeeze of lemon, to taste. Pour sauce over lobster and serve sprinkled with more parsley and with a wedge of lemon.

This delectable dish was the centerpiece of Will and Mara's rehearsal dinner banquet on our Maine island. Chef Hallowell adapted it from a classic French preparation noted in "Ma Gastronomie" by Ferrand Point.

SAUTÉED SEA BASS W/ FRAGRANT VEGETABLES

4 small, very fresh sea bass filets,
about a pound total
half a small red bell pepper, sliced
half a small green bell pepper, sliced,
or better yet, green Shoshito peppers
when in season, halved and seeded
a small onion, sliced

an inch of ginger root, peeled and minced
a clove or two of garlic, minced
a couple one-inch white Japanese turnips, sliced, optional
butter
dry vermouth or Pernod
juice of half a lemon and half a lime
¼ teaspoon sambal oelek* (Indonesian chili paste, optional)

15 minutes, for 2 people



Sauté the vegetables over medium flame in 2 to 3 tablespoons of butter until softened and fragrant, turning frequently so that they don't scorch.

Push them to the side of the skillet, add a little more butter to re-slick the open area of the pan, then sauté the filets there side by side for a minute or two. Flip and sauté the other sides until done, usually but a minute or two more. Remove the fish to dinner plates, and mound the vegetables atop them.

Pour in sufficient dry vermouth or Pernod to cover and deglaze the bottom of the skillet. Use a spatula to scrape up the browned bits that stuck to the pan. The liquid will reduce very quickly. Be sure to leave enough to provide a nice sauce. Swirl in a tablespoon or two of enrichment butter, remove the pan from heat, and pour the flavored essence over the vegetable heaped fish.

Sea bass is a deliciously sweet and tender fish vended locally in NY farmers' markets during the winter. Often a few tiny bones remain, though, when it's filleted, so take care. I use the excellent sambal oelek prepared in California by Huy Fong Foods, which may be found in Asian specialty stores, many urban supermarkets, and on line.

ROBERTA'S PIZZA DOUGH

153 grams 00 flour, finely milled Italian semolina flour (1 cup + 1 tablespoon)
153 grams all-purpose flour (1 cup plus 1 tablespoon and two teaspoons)
8 grams fine sea salt (1 teaspoon)
2 grams active dry yeast ($\frac{3}{4}$ teaspoon)
4 grams extra virgin olive oil (1 teaspoon)

20 minutes plus at least 3 hours rising, for two people

In a large bowl, mix together flours and salt with your fingers. In a small bowl, stir together 200 grams (about 1 cup) lukewarm water, the yeast and the olive oil, then pour into the flour mixture. Mix with your fingers just until combined, then cover with a towel, and let rest about 15 minutes. Knead the rested dough for about 3 minutes until silky smooth. Cut into two equal pieces and shape each into a ball. Place on a heavily floured surface, cover with a dampened cloth, and let rest and rise for 3 to 4 hours at room temperature, or for 8 to 24 hours in the refrigerator. (If you refrigerate the dough, remove it 30-45 minutes before you begin to shape it for pizza.)

When ready to cook, place each dough ball on a heavily floured surface and use your fingers to stretch it, then your hands to shape it into 12" rounds. To fully appreciate the subtlety and ease of making the dough, and benefit by the the chef's excellent tips, definitely read the extended description in this NY Times article, and watch the video, at least your first time:

http://www.nytimes.com/2014/04/09/dining/a-little-pizza-homework.html?_r=0

Adapted from a demonstration by chef Anthony Falco of Roberta's, a marvelous pizzeria in the Bushwick neighborhood of Brooklyn. He quotes measurements by weight rather than volume in the European manner for greater accuracy. Old Stone Oven makes an excellent pizza stone, available on line.



To make the pizzas, place a quality pizza stone on the middle rack of your oven, and turn the temperature to its highest setting to preheat for about an hour. Be sparing with the toppings, overloading produces a soggy pie. Versions of several Roberta's favorites follow:

CHEESES PIE

1 12-inch round of pizza dough, stretched
4 teaspoons heavy cream
2 ounces fresh mozzarella
1½ ounces fresh taleggio
ground black pepper
1 ounce Parmesan

Drizzle cream over the stretched dough. Break mozzarella and taleggio into large pieces and gently place on the dough. Grind an exceptional amount of black pepper onto the pie, 8 to 10 grinds.

Test that the loaded pizza slides easily on extra flour or corn meal. Using a pizza peel, slide the pie onto the heated stone. Bake until the crust is golden brown and the cheese is bubbling, 4 to 6 minutes.

Scatter Parmesan over the pizza and serve immediately.



PIZZA MARGHERITA

1 12-inch round of pizza dough, stretched	2¾ ounces fresh mozzarella
3 tablespoons tomato sauce (see note)	4 to 5 basil leaves, roughly torn
extra virgin olive oil	1 ounce Parmesan

Put sauce in center of stretched dough and use the back of a large spoon to spread it spiraling evenly, stopping within half an inch from the edges. Drizzle a little olive oil over the pie. Place thin slices of cheese gently on the sauce. Scatter basil leaves over the top. Using a pizza peel, slide the pie onto the heated stone. Bake until the crust is golden brown and the cheese is bubbling, 4 to 6 minutes.

Note: Use a food processor to whiz together a whole drained can of San Marzano tomatoes, a splash of olive oil and a sprinkle of salt. Refrigerate leftover sauce.



THE GREEN AND WHITE

1 12-inch round of pizza dough, stretched
2¾ ounces fresh mozzarella
extra virgin olive oil
kosher salt

½ ounce Parmesan, finely grated
2 handfuls baby arugula
half a lemon, juiced

Slice mozzarella thinly and place gently on stretched dough. Drizzle lightly with olive oil and a pinch of salt, and scatter Parmesan cheese over the top. Using a pizza peel, slide the pie onto the heated stone. Bake until the crust is golden brown and the cheese is bubbling, 4 to 6 minutes.

Meanwhile, put the arugula in a large bowl and dress it lightly with a splash of the olive oil, the lemon juice, and salt to taste. When the pizza is done, put the dressed greens on top of the pie and serve immediately.



THE BEE STING

1 12-inch round of pizza dough, stretched
3 tablespoons tomato sauce (see above)
2¾ ounces fresh mozzarella
Parmesan, finely grated

hot sopressata sausage
4 to 5 basil leaves, roughly torn
red pepper flakes
a drizzle of honey

Put sauce in center of stretched dough and use the back of a large spoon to spread it spiraling evenly, stopping within half an inch from the edges. Place thin slices of cheese and slices of sopressata cut small gently on the sauce. Strew with basil leaves, sprinkle generously with hot pepper flakes, and drizzle with a little honey. Using a pizza peel, slide the pie onto the heated stone. Bake until the crust is golden brown and the cheese is bubbling, 4 to 6 minutes.



THE LUPO

1 12-inch round of pizza dough, stretched	80 grams (2¾ ounces) fresh mozzarella
2 stalks spring garlic (white and tender parts only), finely chopped, or 1 garlic clove, peeled and minced	30 grams (2 tablespoons) fresh ricotta
35 grams (2½ tablespoons) pesto	45 grams (1½ ounces) prosciutto cotto (or other delicate ham), thinly sliced
	freshly ground black pepper

Scatter the garlic over the dough in an even layer. Place spoonfuls of the pesto around the dough and spread them out with the back of the spoon. Break the mozzarella into small pieces and distribute them over the pizza. Follow them with dollops of the ricotta. Tear the prosciutto slices into smaller pieces if they are large, and layer them over the pizza. Bake the pizza until the crust is golden and bubbly. Finish it with a couple grinds of black pepper.

For the Pesto

2 big handfuls basil leaves	a big pinch of salt
30 grams (2 tablespoons) pine nuts	a couple grinds of black pepper
30 grams (1 ounce) Parmigiano, grated	
80 grams (⅓ cup plus 2 tablespoons) tasty olive oil	

In a food processor or blender, whirl the basil, pine nuts, and Parmigiano for about 30 seconds, until a paste forms. While continuing to blend, slowly add the olive oil. Add salt and pepper and adjust seasoning to taste.

This recipe yields about ¾ cup of sauce, more than necessary for the pizza. But it will keep in the refrigerator for up to a week and a half, or in the freezer for up to 6 months. Delicious tossed with pasta, served as a condiment with grilled fish or meat, or perfuming a sandwich.

COD W/ CLAMS AND PARSLEY SAUCE

1 cup dry white wine	1/3 cup grapeseed or other neutral-flavored oil
1 tablespoon butter	4 scallions, slivered the long way, or 1/2 cup chives cut in 1-inch pieces
1 shallot, minced	1/2 teaspoon freshly ground pepper
1 garlic clove, minced	4 fillets of skinless cod or other fish, each about 6 ounces, or 1 or 2 larger pieces
24 littleneck (hardshell) clams, each about 1 1/2 to 2" in diameter, rinsed	1/4 teaspoon cayenne
4 ounces parsley leaves, about 2 cups loosely packed	olive oil or butter as needed
salt	

45 minutes, for 4 people

Combine the wine, butter, shallot, and garlic in a large saucepan over high heat. When the mixture boils, add the clams. Cover and cook, shaking the pan occasionally, until the clams open, about 10 minutes. Cool slightly, then strain the liquid and reserve 2 cups (discard the rest.) Preheat oven to 500°.

While the clams are cooking, wash the parsley well and leave it wet. Place parsley, oil and 1/2 teaspoon salt in a blender. Add two tablespoons water and purée, adding a little more water if necessary to enable the machine to work. When the mixture is smooth, set it aside.

Remove the clams from their shells and chop them into 3 or 4 pieces each. Place them in a small saucepan with the reserved clam broth, scallions or chives, and the black pepper. Turn the heat to medium.

Heat a large, nonstick ovenproof skillet over high heat; sprinkle the pieces of fish with some salt and cayenne. Film the bottom of the skillet with a little olive oil or butter; pour out the excess. Add the fish and cook for one minute, then transfer the pan to the oven.

Stir the parsley purée into the simmering broth and keep warm. Flip the fish after 3 or 4 minutes, when it is brown on the first side. Roast for another 2 to 4 minutes, until it's cooked through (a thin-bladed knife inserted into its middle will meet little resistance.)

Place a piece of fish in each of 4 bowls, then spoon in a portion of the broth, with the clams and scallions or chives. Serve immediately.

POULET RÔTI

1 tablespoon fennel seeds
1 tablespoon Herbes de Provence
1 tablespoon coarse salt

one 3- to 4-pound chicken, patted dry
with paper towels (be sure to choose one
that's been 'air cooled' rather than 'water
cooled' so it's not bloated with extra liquid)

2½ hours, for 4 people

Using a mortar and pestle, coarsely grind the fennel seeds, Herbes de Provence, and salt. Evenly season the chicken with the mixture, inside and out, really massaging it into all the crevices. Let the chicken sit for at least an hour at room temperature, or in a sealed plastic bag in the refrigerator for up to 3 days.

When you are ready to cook the bird, preheat the oven to 425°, place the chicken in a skillet or roasting pan – anything, really – and set it in the oven. Roast until the thigh registers 165°, or alternately, until the juices at the bottom of the thigh drip clear not rosy when pricked by the point of a knife, about 1 hour for a three-pounder.

This moist, fragrant bird tastes wonderful carved into traditional serving pieces as main entrée, but makes a delectable basis too, when torn into large-ish pieces while still warm, for the richly composed roast chicken salad below.



ROAST CHICKEN SALAD W/ MUSTARD VINAIGRETTE

8 small waxy potatoes	freshly ground black pepper
coarse sea salt	½ cup vinaigrette (see below)
¾ pound haricots verts (about 2 large handfuls), stem ends trimmed	1 tablespoon Dijon mustard
4 large handfuls lovely salad greens (a mix of butter lettuce, endive and watercress is nice)	1 tablespoon Pommery mustard
	Buvette's Roast Chicken scented w/ Herbes de Provence, still warm
	2 radishes, thinly sliced

45 minutes, for 4 people

Place the potatoes in a saucepan, cover with cold water, and add a spoonful of salt. Bring to a boil and cook until the potatoes are tender, about 20 minutes. Using a slotted spoon, remove the potatoes from the cooking water and set them aside to cool; keep the cooking water at a boil. When cool enough to handle, peel the potatoes, break them in half, and set them aside.

Meanwhile, add the haricots verts to the cooking water and boil until just tender, about 5 minutes. Drain them and transfer to a plate or bowl to cool.

Arrange the greens on a large platter and sprinkle them with salt and pepper. Whisk together the vinaigrette and mustards, and drizzle the greens with one-third of the dressing. Toss the potatoes and green beans with another third of the dressing, and lay them on top of the dressed greens. Tear all of the meat and skin from the chicken in large-ish pieces, and scatter them over the vegetables. Drizzle the the whole melange with the remaining dressing, scatter radishes over the top, and serve immediately.



VINAIGRETTE

2 large shallots, peeled and finely diced	½ cup extra-virgin olive oil
1 teaspoon fresh thyme, finely chopped	1 tablespoon water
1 small garlic clove, finely minced	pinch of sugar
3 tablespoons aged sherry vinegar, (from Jerez is best), more to taste	½ teaspoon coarse sea salt
	a few turns of freshly ground pepper

10 minutes, makes 1 cup

Whisk all of the ingredients together. For mustard vinaigrette, whisk in a tablespoon smooth Dijon and a tablespoon of whole-grain Pommery. Keeps in the refrigerator for up to a month.



CRISPY ROAST CHICKEN W/ SPICY HONEY SAUCE

4 small chicken thighs and drumsticks, about a pound in total (“air cooled” not “water cooled”)	sea salt
$\frac{2}{3}$ cup <i>aryan</i> (drinkable plain yoghurt)	whole wheat flour
$\frac{1}{4}$ cup milk	hazelnut oil for frying
1 tablespoon of <i>sambal oelek</i> *	$1\frac{1}{2}$ tablespoons honey
or drops of Tabasco sauce to taste	additional <i>sambal oelek</i> or drops of Tabasco for the sauce
	a teaspoon of sesame seeds

overnight plus 20 minutes, for 2 people

Specify small chicken parts so that they not be too thick to saut rather than deep fry, and those brought to market air cooled rather than water cooled lest they remain sodden and ooze. If drinkable yoghurt proves difficult to find, dilute plain yoghurt with a little milk till it's rather runny in texture, instead of clumpy. I like the pronounced flavor of a tablespoon of *sambal oelek* in the marinade, though the source recipe calls for only 2-3 drops of Tabasco. Proceed in increments blending hot sauce with the yogurt, adjusting to suit your taste. Pour the mixture over the chicken in a flat bowl, turning the pieces to coat them thoroughly, and marinate overnight.

Heat $\frac{1}{4}$ inch of oil in a skillet just large enough to hold the chicken parts. Remove the pieces from the marinade to a plate, and either sprinkle one side and then the other with flour, or roll them in flour and shake off the excess. Cook rather slowly over medium low heat so that the exterior becomes a lovely golden brown rather than charred, and the interior just cooks through.

Meanwhile mix the dipping sauce of honey, *sambal oelek* or Tabasco, and sesame seeds in proportions to taste. Thin the honey as necessary with a tad of hot water.

Chef Şenol's fresh talent has created the tastiest café in Istanbul, Locanta Maya.

*I prefer the Indonesian chili paste *sambal oelek*, which has round sweet heat rather than the unnuanced bolt of Tabasco. The excellent brand prepared in California by Huy Fong Foods may be found in Asian specialty stores, many urban supermarkets, and on line.

RICHLY SPICED MOROCCAN BAKED FISH



- | | |
|--|--|
| 1½ pounds sea bass, halibut, or snapper cut in 6 4-ounce portions of equal thickness | 2 tablespoons paprika or pimentón (smoked Spanish paprika) |
| sea salt and freshly ground black pepper | ½ cup plus 2 tablespoons olive oil |
| 2 bunches cilantro | 3 tablespoons lime juice |
| 2 garlic cloves, smashed to a paste | 2 tablespoons butter |
| 1 serrano chile, very finely chopped | 3 large onions, sliced ¼-inch thick (about 4 cups) |
| 1 teaspoon cumin seeds, toasted and coarsely ground | ½ teaspoon turmeric |
| 1 teaspoon coriander seeds, toasted and ground, ½ teaspoon whole seeds | pinch of cayenne |
| | 1 preserved lemon, finely diced |
| | 1 cup tasty green and/or black olives, with pits |

90 minutes, for 6 people

Season fish fillets lightly with salt and pepper, and set aside. Wash cilantro and pat dry. Reserve a few cilantro sprigs for garnish, then roughly chop leaves and tender stems, and put in a medium bowl. Add ½ teaspoon salt, the garlic, the chile, ½ teaspoon ground cumin, ½ teaspoon ground coriander, the paprika, ½ cup olive oil and the lime juice. Stir the mixture together.

Pour the cilantro sauce over the fish fillets, reserving 4 tablespoons of sauce for serving. Coat both sides of the fish with the mixture. Cover and leave at room temperature for one hour, or refrigerate for up to several hours.

Meanwhile, place butter and remaining 2 tablespoons olive oil in a wide skillet over high heat. Add onions and season generously with salt and pepper. Add remaining ground cumin and ground coriander, ½ teaspoon whole coriander seeds, the turmeric, and cayenne. Stir to coat. When onions begin to soften, reduce heat to medium. Continue cooking, stirring occasionally, for about 15 minutes, until onions soften and begin to brown. Stir in the preserved lemon and olives. Cool to room temperature.

Pre-heat the oven to 400°. Spread onions in a low baking dish. Arrange the marinated fish fillets over the onions in a single layer. Bake on the top rack until the fish is just done, 10 to 15 minutes. To serve, smear a little reserved cilantro sauce over each fillet, and give each guest a large spoonful of onions. Garnish with cilantro sprigs.

LAMB CHOPS W/ ROOT VEGETABLES & HORSERADISH

8 scallions, trimmed	8 small single rib lamb chops, French cut
4 to 6 small turnips, trimmed and peeled	(the extending bone cut clean of fat and gristle)
2 small leeks, white part only, well washed	Freshly ground black pepper
4 celery stalks, trimmed	extra virgin olive oil
3 medium carrots	2 cloves garlic, lightly crushed
2 parsnips	4 thyme sprigs
2 tablespoons butter	2 tablespoons freshly grated or prepared (white) horseradish
2 cups chicken stock	cayenne
salt	2 tablespoons lemon juice

one hour, for 4 people

You can cut the vegetables by hand, on a mandolin, or with the shredding disk of a food processor. In any case, you want the pieces small and thin.

Place the butter in a large skillet over medium-high heat. When it starts to melt, add the vegetables, a couple pinches of salt, and 2 tablespoons water. Stir once and cover. Cook, stirring occasionally, until the vegetables soften, but retain a bit of crunch, about 7 minutes. Remove to a side dish with a slotted spoon.

Add stock to the pan and reduce it over high heat by about one-third. This will take about 10 minutes. Then reduce the heat to low.

Sprinkle the lamb chops with salt and pepper. If the chops have not already been ‘French cut’, scrape the extending rib bone free of fat. Slick a large cast iron skillet with a little olive oil, and place over medium high heat. Add the chops, along with the garlic and thyme, and cook for about 2 minutes, or until nicely browned. Flip them and brown the other side. Cooking will be very quick because these chops are thin, and you don’t want them to morph to brown leather.

While the meat cooks, stir the horseradish, salt, cayenne to taste, and lemon juice into the stock, along with the cooked vegetables. Taste and adjust the seasoning.

To serve, place 2 lamb chops on each plate and top with the sauce and vegetables.

**Except in specialty butcher shops, American lamb is usually slaughtered quite large, so-called ‘spring lamb’ is allowed to fatten until autumn. Some markets, though, such as Whole Foods or Shaw’s, bring in tiny, fresh, grass-fed lamb from New Zealand or Iceland. Favor these tender, non-fatty chops for this recipe.*

GREY SOLE W/ SAUTÉED GREEN GARLIC

6 small, very fresh grey sole fillets
4 stalks green spring garlic, both the
white parts and some green,
sliced in ¼-inch rounds

3 tablespoons butter, plus more
for the sauce
½ lemon, juiced
sea salt

10 minutes, for 2 people



Vladimir Horowitz, they say, used to sup on grey sole every night. With reason! It exemplifies elegant purity in texture and taste. Our northeast coast farmers' markets in both urban areas and small towns deliver it up dewy fresh and enticing. Add to that the seasonal excitement of each vegetable's new appearance, now in May green garlic, and a delicately melting, subtly perfumed, instant dinner presents itself.

Pat the fillets dry between two sheets of paper toweling. Melt 3 tablespoons butter in a large skillet over medium-high heat, and sauté the green garlic with a little sea salt until softened and fragrant. Remove it to a side plate. Arrange the sole fillets within the pan in one layer. Cook until the bottom firms a bit and turns opaque. Flip and sauté the other side. Total cooking of these very thin fishes a mere 2 or 3 minutes. Remove carefully to dinner plates, the tender fish will be fragile.

Turn off the heat. Deglaze the still hot pan with lemon juice, then quickly swirl in a tablespoon or two of butter to capture the flavors as a sauce. Add back the sautéed garlic, toss together, and spoon atop the fillets.

MEATBALLS

4 slices of bread (2 packed cups' worth)	¼ cup pine nuts
2 pounds ground beef (90% lean is best)	1½ teaspoons fine sea salt
3 cloves garlic, minced	15 turns of white pepper
¼ cup grated Pecorino Romano, plus about one cup for serving	4 large eggs
¼ cup golden raisins	½ cup dried bread crumbs
	2 quarts tasty tomato sauce

an hour and a quarter, for 6 people

Preheat oven to 325°. Place the fresh bread in a bowl, cover it with water, and let soak for a minute or so. Pour off the water, wring out the bread, then tear it into tiny pieces.

Combine the bread with all the remaining ingredients except the tomato sauce in a medium mixing bowl, adding them in the order they are listed. Add the dried breadcrumbs last to adjust for wetness: the mixture should be moist, not sloppy wet.

Shape the mixture into handball-sized meatballs, and space them evenly on a baking sheet. Bake for 25 to 30 minutes. The meatballs will be firm but still juicy and gently yielding when they're cooked through. (At this point, you can cool the meatballs and hold them in the refrigerator for as long as a couple of days or freeze them for the future.)

Meanwhile, heat the tomato sauce in a sauté pan large enough to accommodate the meatballs comfortably.

Dump the meatballs into the pan of sauce and nudge the heat up ever so slightly. Simmer them for half an hour or so (this isn't one of those cases where longer is better) so they can soak up some sauce. Then the fire, but keep the meatballs in their warm bath until it's time to eat.

Serve the meatballs 3 to a person in a healthy helping of the red sauce, and hit everybody's portion -- never the pan -- with a fluffy mountain of grated cheese. Reserve the leftover tomato sauce (it will be super-extra-delicious) and use it anywhere tomato sauce is called for.

Frankies cookbook includes a recipe for tomato sauce, which they suggest making in large quantity so that it can be stored for successive raids, and which requires a 4 hours simmer. In the end, though, it didn't blow me away. So feel free to use whatever tasty tomato sauce is your steady, pre-made or home made, the meatballs will shine regardless. My favorite local sauce (and pasta) source in is the tiny, old fashioned Piemonte Ravioli shop, established in 1920 at 190 Grand Street in NY's Little Italy.



from the back porch



SIDE DISHES



ROASTED BABY WHITE TURNIPS W/ GREENS

1 to 2 bunches baby white Japanese
salad turnips (large marble sized),
greens intact

tasty olive oil
sea salt

half an hour, for 4 people

Preheat oven to 350°. Arrange the turnips with their greens in a baking dish, in a single layer if possible. Drizzle with a little olive oil, and sprinkle with sea salt. Bake until the turnips take on a lightly tawny color and the greens are crisp, turning once.

Inspired by a dish created by chef Amanda Hollowell at Nebo Lodge, North Haven, Maine.



SWISS CHARD BRAISED IN SHIITAKE BUTTER

9 ounces Swiss chard, very thinly sliced
crosswise (about 8 cups)
4 tablespoons unsalted butter
a teaspoon fresh thyme leaves

8 fresh *shiitake** mushroom caps,
sliced ¼-inch thick
kosher salt and freshly ground pepper

20 minutes, for 4 people



In a large bowl, cover the chard with cold water. Swish it around to remove all of the grit, then lift it out into a colander. Repeat if the chard is very dirty. (Don't spin it dry – you want the water clinging to the leaves.)

Heat 2 tablespoons of the butter in a large skillet over medium heat. Before the butter completely melts, add the shiitake and thyme. Season with a little salt and cook just until fragrant, about 1 minute.

Reduce the heat to low and add the chard. Cook, gently stirring occasionally, until just tender and wilted, about 4 minutes. Raise the heat to high and cook, stirring occasionally, until the greens are very tender and almost all of the liquid has evaporated, about 3 minutes. (Fresh baby chard doesn't need this last step.)

Add the remaining 2 tablespoons butter and cook, stirring, until the butter melts and the greens are glazed, a couple minutes longer. Season to taste with salt and pepper, and serve immediately.

**This dish tastes wonderful when made with shaggy, earthy Hen-of-the-Woods (Maitake) mushrooms in place of shiitake. Cut them to retain the pronged shape of the 'florets', rather than chopping them crosswise.*

ROASTED ARTICHOKE W/ TARRAGON-BASIL SAUCE

poaching liquid:

- 3 or 4 four-inch, very fresh artichokes
- s 1 cup sour cream
- 3 quarts water
- 2 cups white wine
- ¼ cup freshly squeezed lemon juice
- 1 small onion, diced
- 1 or 2 bay leaves
- 5 black peppercorns
- 3 coriander seeds
- 3 cloves garlic

dipping sauce:

- ⅓ cup mayonnaise
- 1 teaspoon freshly squeezed lemon juice
- 5 or 6 large sprigs of fresh tarragon,
leaves finely chopped
- sea salt
- freshly ground black pepper
- several leafy sprigs of fresh basil,
leaves finely chopped
- 1 small clove of garlic, minced
- 2 tablespoons olive oil

final roast:

- 3 or 4 small lemons, halved
- 2 tablespoons butter

- 2 tablespoons olive oil
- salt and freshly ground black pepper

1 hour plus 20 minutes, for 6 to 8 people

Cut off the top inch of each artichoke, then snip any pointy ends off the remaining leaves. Trim stalks to one inch. Bring the poaching ingredients to a boil, add the artichokes, return to a boil, then reduce heat to simmer till the artichokes are tender at the heart, 30 to 45 minutes (gentle poke them with a long tined fork to test doneness.) Remove them to a rack or colander to drain upside down until cool. Slice each in half from top to bottom, then scoop out and discard the feathery chokes. Preparation may be done to this point up to 24 hours ahead.

Meanwhile, mix the ingredients for the dipping sauce in a small bowl, adjusting the quantity of tarragon and basil to taste. Cover and refrigerate until needed

About 20 minutes before serving, preheat the oven to 500°. Heat 2 tablespoons of olive oil and butter in a large ovenproof sauté pan until hot. Add the lemons, cut side down, and the artichokes cut side up, and cook 1 minute, rotating the artichokes in the pan to coat their outer leaves nicely with oil. Season with salt and pepper. Flip the artichokes over and cook until golden brown, about 2 to 3 minutes. Place the pan in the oven to roast for 8 to 10 minutes, until the artichokes caramelize. Have your guests squeeze the roasted lemon over their artichokes, and serve with individual ramekins of dipping sauce.

Leftover dipping sauce makes a nice binder for tuna salad or egg salad.

Cynthia Richards noted this delicious recipe while eating at the well known Marin County restaurant Cindy's Backstreet Kitchen. It's printed in one of chef Pawlcyn's new cookbooks.

FREEKEH

½ cup freekeh*
2 tablespoons butter
pine nuts

golden raisins
a little orange juice, fresh or from a carton

45 minutes, for 2 people

Rinse the freekeh and drain. Melt butter in a small sauce pan, add the freekeh, pine nuts and golden raisins, and sauté for a minute or two. Pour in a cup of water, cover and bring to a boil, then reduce heat to very low and simmer until the water is almost completely absorbed, about 30 to 40 minutes. Add a little orange juice, and continue to cook until the grains are plump and tender.



**Freekeh is a form of the ancient grain “spelt”. The spelt is harvested while still young, wet and ‘green’. It is slow roasted while still in the hulls over hot coals, then de-hulled, resulting in a beautiful green spelt berry, perfumed with a whiff akin to smoked green tea. I buy mine from Cayuga Pure Organics either at our local NY farmers’ market, or online: (<http://www.cporganics.com/store/organic-whole-grains-organic-freekeh>)*

CARAMELIZED HEN-OF-THE-WOODS MUSHROOMS

tasty olive oil	kosher salt
250 grams (9 ounces) Hen-of-the-Woods* mushrooms, trimmed and wiped clean, then sliced vertically to retain their pretty fan shape	30 grams (2 tablespoons) salted butter aged sherry vinegar from Jerez 2 sprigs of thyme, leaves picked from the stem sea salt, preferably Maldon

15 minutes, for 2 people

Coat the bottom of a large sauté pan or iron skillet with olive oil, and place it over almost high heat. When the oil is hot, add the mushrooms and a pinch of kosher salt. Let the mushrooms start to caramelize, 3 to 4 minutes, then flip them individually. After another few minutes, add the butter, toss to coat, and remove the pan from the heat. Add a good splash of sherry vinegar, the thyme leaves, and big pinch of sea salt. Serve.

**If Hen-of the Woods (Maitake) mushrooms are unavailable, oyster mushrooms or black trumpets serve perfectly well.*

✦

SALADS & DRESSINGS



GOLDEN BEET, PISTACHIO & ORANGE SALAD

arugula, preferably the dainty wild type
with small, deeply indented leaves
golden beets, small young ones are best
red radishes
pistachios

Cara Cara or blood oranges, rind and pith cut away
fresh ricotta
tasty olive oil
good vinegar, Bordeaux or Champagne
Dijon mustard

half an hour, scalable to any number of mouths

Preheat oven to 450°. Wash the beets and halve or quarter them, no need to peel. Set aside the greens for another use, or discard. For ease of clean up, place the beet segments on a sheet of aluminum foil set in an oven proof pan. Sprinkle with a bit of olive oil, tossing them with your fingers to coat them lightly. Add a tad of water, fold the foil sides up to cover loosely, and bake for 20 to 30 minutes, until fork tender. Remove from the oven and let cool.

Meanwhile, distribute a handful of arugula onto each salad plate. Shell the pistachios (hint: insert a half shell from one pistachio into the slightly open seam of the next, give a quarter twist, and presto – opened effortlessly!) Slice the radishes thinly with a mandoline or by hand. Cut the oranges into small chunks, discarding any seeds. Scatter the vegetables, fruit, nuts and small dollops of cheese atop the arugula.

Dress the salads at the last minute with sufficient vinaigrette for the number in play. The usual proportion is 3 parts oil, to 1 part vinegar, plus a little Dijon mustard. Whisk these together quickly with a fork, and adjust to taste.



DAVID TANIS, NY TIMES, 12/5/12

SCALLOP SALAD W/ MEYER LEMONS, POMEGRANATES

1 Meyer lemon*, peel on, diced very small, about half a cup	a small head of radicchio or treviso, torn into large pieces
1 large shallot, finely diced	2 small Belgian endives, red or white, leaves separated
1 tablespoon white wine vinegar	a handful of arugula or watercress, optional
tasty olive oil	¼ cup pomegranate seeds
8 large sea scallops * (about ¾ pound)	
sea salt and freshly ground pepper	

25 minutes, for 4 people

Prepare the vinaigrette: Put lemon and shallot in a small bowl, and season with salt and pepper. Add vinegar, 3 tablespoons olive oil, mix well to dissolve the salt, and set aside.

Season the sea scallops on both sides with salt and pepper. Drizzle with 2 teaspoons olive oil.

Place a wide cast iron skillet over medium-high heat. Add two tablespoons olive oil, and swirl to coat the bottom of pan. When the oil looks wavy, place scallops carefully in the skillet without crowding. Adjust heat to allow scallops to sizzle briefly. Do not move them for a least 2 minutes so that a crisp skin can form.

After 2 minutes, check to see how the scallops are browning. Adjust heat if necessary (too high will cause the scallops to blacken.) It should take 3 to 4 minutes to achieve a well-browned surface. Flip the scallops with tongs or a small metal spatula, and cook a couple minutes more, until the surface firms yet the interior remains succulent. Remove them to a plate lined with a paper towel, keeping the scallops browned-side up.

Divide radicchio, endive and arugula among 4 large salad plates. Place 2 warm scallops at the center of each plate. Stir the vinaigrette vigorously, and spoon about a teaspoonful on each scallop. Drizzle remaining vinaigrette evenly over each salad. Sprinkle with pomegranate seeds, and serve immediately.

**Best to choose young Meyer lemon(s) with tender skin, if possible. And be sure that the scallops are 'Diver' scallops or 'Day Boat' scallops, i.e., freshly gathered not drenched in preservative liquid. This makes a lovely first course.*

ELENA

WATERMELON, FETA & MINT SALAD

chunks of fresh, sweet watermelon
chunks of Bulgarian sheep feta

fresh, fragrant spearmint leaves torn into small pieces

5 minutes, expandable

Combine and enjoy, a Bulgarian favorite salad, the essence of summer.



TOMATO TOWERS W/ BASIL

4 large heirloom tomatoes
sea salt and freshly ground pepper
sherry vinegar

about 2 cups tender, fragrant fresh basil
½ cup extra virgin olive oil

25 minutes, for 4 people

Bring a pot of water to boil. Core the tomatoes, then make a small “X” on the bottom (flower) ends. Drop them into the boiling water and remove when their skins begin to loosen, about 30 seconds later. Drain, then immediately submerge the tomatoes into a large bowl of ice water. When cool, slip off the skins, then cut each horizontally into 4 or 5 thick slices. Remove the slim bottom slice of each tomato (nibble it yourself) to provide a flat base, but keep the other slices in order; they’re going to be restacked. Sprinkle each slice with sea salt, pepper, and a few drops of sherry vinegar.

Drop one cup of the basil leaves into boiling water for 10 seconds, then remove and rinse in cold water immediately. Drain, then place them in a blender with its motor running, drizzle in the olive oil.

On individual plates, reassemble the tomatoes, flat side down, putting a basil leaf or two between each layer. Surround with a little basil oil, then sprinkle the whole thing with sea salt, and garnish with a little more basil.

QUICK WINTER SALADS

SALAD I

radicchio leaves, torn in half if large
boiled or roasted beets, cooked
 ahead of time
fresh goat cheese, chunked
Kalamata olives
Italian parsley, snipped into leaflets
fresh tarragon leaves, chopped coarsely

for the dressing:
3 tablespoons tasty olive oil
1 tablespoon good balsamic vinegar
¼ teaspoon Dijon mustard
half a shallot, finely chopped
sea salt

15 minutes, for 2 people



SALAD II

Belgian endive, separated into leaves
watercress, cut to bite sized lengths,
 tough stems removed
radicchio leaves, torn
blood oranges, sliced
Kalamata olives

¼ cup tasty olive oil
a tablespoon lemon juice
¼ teaspoon Dijon mustard
a shallot, finely chopped
½ teaspoon finely minced garlic
salt and freshly ground pepper

15 minutes, for 2 people



SALAD III

Belgian endive, separated into leaves
watercress, tough stems removed
grape tomatoes, if decent
a ripe Haas avocado, optional

3 tablespoons tasty olive oil
1 tablespoon good balsamic vinegar
¼ teaspoon Dijon mustard

10 minutes, for 2 people

BEET AND GINGER SALAD

4 medium beets, halved, about 1 pound 2 teaspoons minced ginger
1½ tablespoons canola, grapeseed, or salt and freshly ground black pepper
 other neutral-flavored oil 3 or 4 chives, cut into 2-inch sections
2 tablespoons good sherry vinegar

1½ hours (less if beets were roasted beforehand), 4 small or 2 large servings

To bake beets, preheat the oven to 350°. Wash them, leave them wet, and wrap individually in foil. Place them in a roasting pan or on a baking sheet and bake for 45-60 minutes, or until they're nice and tender (poke a thin bladed knife right through the foil to test.) Let cool in the foil.

Slip the peels off the beets and cut the bulb into disks, cubes, or thin strips. Blend together in a bowl the oil, vinegar, ginger, and salt and pepper to taste, then toss with the beets. Allow to rest about 30 minutes before serving, if time allows. (This recipe keeps well for up to a day; refrigerate in a covered container and bring to room temperature before serving.)

Garnish with chives, and serve.



JANE GRIGSON'S FRUIT BOOK

ORANGE AND OLIVE SALAD

4 Temple oranges
3 tablespoons extra virgin olive oil
 $\frac{3}{4}$ tablespoon wine vinegar
9 fat Alfonso olives

half a head of frisée lettuce (choose one
with a large blanched center)
sea salt
freshly ground black pepper

20 minutes, for 2 people

Grate zest from one of the oranges, and mix it with the oil, vinegar and a bit of salt.

Peel all of the oranges, removing all trace of pith. Slice into $\frac{1}{8}$ -inch disks across the core, discarding the seeds, then break each disk into 4 quarters. Separate the bits of olive flesh from the pits.

Rinse the frisée leaves and shake or pat them to dry thoroughly. Tear each leaf into bite size pieces and divide onto two salad plates. Scatter the orange slices and bits of olive on top, and drizzle dressing all over.

Temple oranges are the glory of late winter. They have a distinctive rich sweet/tart flavor and very tender lobes of juice. Patrick Farrell presented a version of Ms. Grigson's recipe in the NY Times of 25 January 2012, which is further adapted here.

JEAN-GEORGES

ASPARAGUS SALAD W/ SOY VINAIGRETTE AND HOLLANDAISE

2 tablespoons truffle juice,* (or substitute black truffle oil, as per below)	2 tablespoons butter, softened
2 tablespoons soy sauce	1 ripe avocado, cut into four, then peeled, and sliced thinly
2 tablespoons plus 1 tablespoon fresh lemon juice	4 large button mushrooms, stemmed, peeled, and roughly chopped
6 tablespoons extra virgin olive oil	12 large asparagus (about 1 pound), bottoms broken off (and discarded), peeled
¼ teaspoon freshly ground black pepper	minced chives
8 cups mesclun or other salad greens	salt
2 large or extra large egg yolks	

To make the soy vinaigrette, combine the truffle juice, soy sauce, 2 tablespoons lemon juice, the oil, and black pepper. Whisk until smooth; set aside (this dressing will keep well covered and refrigerated for days.)

Bring a shallow pot of salted water to boil. Divide the mesclun among 4 plates.

To make the hollandaise, place the yolks in a small saucepan or top of a double boiler and add 2 tablespoons water and a pinch of salt; place over hot water or extremely low heat, whisking constantly, until light, foamy, and slightly thickened. (If at any point during this process the yolks begin to curdle, immediately remove the pot from the heat and continue to whisk for a minute before returning the pot to the stove.) Remove from the heat and stir in the butter. Return to the heat and continue to whisk until mixture is thick and bright yellow. Add 1

teaspoon lemon juice. Keep this in a warm place – on the side of the stove, or over some very hot water—and whisk it occasionally while you prepare the rest of the salad.

Top the mesclun with the avocado and mushrooms and sprinkle with salt. Place the asparagus in the boiling water and cook until tender but still bright green, about 5 minutes. While it is cooking, spoon the soy dressing over the salads.

When the asparagus is tender, drain it immediately and lay it over the mushrooms. Top with the hollandaise, garnish with chives, and serve.

**If using truffle juice rather than expensive, hard-to-find truffle oil, re-adjust the liquid proportions as follows: 3 tablespoons lemon juice, 3 tablespoons soy sauce, 5 tablespoons extra virgin olive oil, 1 tablespoon truffle oil.*

Though the preparation of this salad sounds difficult, it's actually rather quick and simple. The hollandaise takes only about five minutes; the rest is basically assembly. Jean-Georges remarks that the contrast of cold salad against hot asparagus and hollandaise adds a particular and subtle delight. Best keep the meal's main course light, though, this salad is rich.

APPLE, BURRATA, SORREL AND HONEY

2 apples, such as Winesap, Pink Lady, or Empire*, washed and chilled	freshly ground black pepper
100 grams (3½ ounces) Italian burrata, in its liquid	honey, to taste
kosher salt	a handful of fresh sorrel (choose vibrant green leaves with non-woody, still pliable stems, for brightest flavor)

10 minutes, for 2 people

☞ If your apples haven't been in the refrigerator, put them there for at least half an hour before you move on to the next step.

Cut each apple vertically, stem to blossom end, and excise the core. Cut the sections into medium-sized chunks of non-uniform shape. Place the apples in a medium bowl. Add the burrata torn into chunks, some of its liquid, and a pinch of salt, tossing it all together. The apple chunks should be well coated with the cheese and liquid.

Divide the dressed apples between two plates and give each plate a grind of black pepper. Drizzle with a little honey, and garnish generously with torn sorrel leaves, which add not just looks, but distinctive lemony flavor.

**For this dish, choose extremely crisp, tart but not too tart apples, in perfect condition.*

Sorrel is a delight to keep in one's own garden. It arrives perennially early spring and, if old leaves are sheared to the ground from time to time, continues through autumn. Makes a marvelous soup as well.

WILD RICE SALAD

1 cup wild rice, preferably hand collected in the wild rather than farmed	half a large yellow bell pepper, diced
1½ cups chicken stock, optional	5 scallions, both white parts and green, washed well and cut into ½-inch lengths
1 cup walnuts, broken into large pieces	2 tablespoons of walnut oil
1 cup dried cranberries (try for ones that are still succulent, not leathery)	fine aged sherry vinegar from Jerez
half a large red bell pepper, diced	sea salt and freshly ground black pepper, to taste

1 hour, serves 6 or 8 people

Bring 3 cups of liquid to boil in a large pot, either half stock half water or water alone. Add the wild rice, cover, and adjust the heat to maintain a lively simmer. The grain usually cooks in about 45 minutes, but take a taste as the time grows near. The kernels should be tender, but still offer a bit of resistance, and many will have burst open along their ‘seams.’ Turn off the heat. If there’s still excess liquid left in the pot, dump the whole mass into a sieve set above a little bowl and drink the broth that drips through, a delicious earthy brew. Return the moist hot rice to the cooking pot. Stir in the cranberries, and let the two plump together for a few minutes.

Pour walnut oil into a large skillet, set heat to medium hot, and gently sauté the diced peppers and scallion segments sprinkled with a little salt, just until they soften and become fragrant.

Combine the rice and cranberries, nuts, and sautéed vegetables in a large serving bowl. Sprinkle in a tad of sherry vinegar. This adds lovely depth and complexity, but can easily become too assertive. Best to proceed in increments, to taste. Adjust the salt and pepper.



If this healthful, jewel-like dish doesn't disappear at once, it will hold perfectly well in the refrigerator for a week.



BREADS



CORINNA'S DIVINE NO-KNEAD BREAD

4 cups King Arthur bread flour	a vitamin C tablet, crumbled, optional
¼ teaspoon instant yeast	(ascorbic acid is said to help dough rise)
2 teaspoons salt (even 3! she says)	corn meal to dust the surface
2 cups warm water	a cast oven covered pot (5½ quarts)
a little wheat germ, optional	

21 hours, yields one large fragrant loaf

Mix the dry ingredients together in a bowl. Add water, and shmoosh them together quickly by hand or wooden spoon until they just meld into a dough. Cover the bowl with a towel and let rise 18 hours.

Dump the risen dough onto a lightly floured surface (it will have a stringy texture, the gluten forming), and let it rest covered by the bowl for 20 minutes. With floured hands, pat it gently, fold one edge and then the other over the center, then repeat with the remaining two edges, as demonstrated in the video noted below. Lightly spread the surface of an old pillowslip (with no nap to shed) with fine corn meal. Place the dough on it, seam side down, and sprinkle additional corn meal on top. Slide the dough and its pillowslip onto a cookie sheet for ease in moving it out of the way during the ensuing wait. Cover it again with the inverted bowl, and let rise 2 hours more.

About an hour to an hour and a half into the rise (the dough is still resting), set the oven to 475°, and place an empty cast iron covered pot (5½ quarts) to heat within it. The pot should sit in the 475° oven for at least 20 minutes to ensure that it is hot, hot, hot.

At the 2 hour mark, remove the pot from the oven. Bring the cookie sheet to the stove, slide your hand under the pillow case and flip the dough upside down into the searing hot pot, so that the seam faces upward (to open for the crust.) Replace the cover, set the pot back into the oven, and bake 30 minutes.

When the timer rings, remove the cover, and cook an additional 18 to 20 minutes to allow the steam within the bread to migrate outwards, and the exterior to firm. The crust will color to a lovely caramel brown. Its glorious rich aroma pervades the house. Turn out the loaf onto a rack and let cool. Ahhhhhh!

This is a version of Jim Lahey's recipe demonstrated on u-tube "Making No-Knead Bread" (<http://www.youtube.com/watch?v=13Ah9ES2yTU>) Mr. Leahy is chef and owner of Sullivan Street Bakery (now fittingly located in the Hell's Kitchen district, west Manhattan), which bakes the best bread in town.

NAAN

2 cups all purpose flour, plus more for dusting	½ teaspoon baking powder
¾ cup whole grain spelt flour	1½ cups buttermilk
1 teaspoon kosher salt	extra virgin olive oil for frying

20 minutes plus at least one hour for dough to rest, for 4 people

In a large bowl, whisk together both flours, the salt and baking powder. Add the buttermilk and stir it into the flour with a wooden spoon. When the dough becomes too stiff to mix with a spoon, dust your hands with flour and knead the dough in the bowl until dry and wet ingredients are thoroughly incorporated. Cover the bowl with plastic wrap or store in a plastic container with a tight fitting lid. Refrigerate dough for at least 1 hour or up to 2 days.

When you're ready to cook, remove the dough from the refrigerator, dust your work surface liberally with flour, and portion the naan dough into 3½ to 4 ounce balls (use a scale, or alternately, make balls that are roughly 3½ inches in diameter.) This dough will be very sticky. Don't be afraid to use a lot of flour to handle it. Roll out each ball of dough into a circle about 7 inches in diameter.

Heat a dry cast iron skillet over high heat until smoking. Drizzle one tablespoon olive oil around the skillet. Pick up a naan circle, stretch it out a bit more all around, shake off any excess flour, and place it in the skillet. When the naan starts to bubble, after about 1 minute, drizzle another 1 tablespoons of olive oil over the surface and use tongs or a metal spatula to flip it. The first side should be deep brown, even charred. Cook until there is no visible raw flour and the surface is speckled brown, 1 to 2 minutes longer. Transfer to a plate and keep warm in a low oven while you fry the rest of the naan.

Serve warm. Wrap any leftover naan in plastic wrap for up to 2 days. Reheat in a 350° oven until warm.

This is a marvelous, super quick bread. Just as beer with still live yeast has a particular zing, the buttermilk and mere 2 or 3 minutes of cooking impart a special, chewy texture with active personality. I use the the pliant French cooking mat 'Silpat' to roll the dough, which completely obviates sticking.

FOCACCIA

6½ cups all-purpose flour
 2 tablespoons kosher salt
 1 teaspoon active dry yeast
 3½ cups warm water

¼ cup extra virgin olive oil, plus more
 for greasing and drizzling
 Coarse sea salt

quick prep, overnight in fridge, 1½ hours re-rise & bake, for 8-10 sandwiches

In a large bowl, whisk together the flour, salt and yeast. Add the warm water to the flour mixture and stir with a wooden spoon until all the flour is incorporated and a sticky dough forms (no kneading required.) Pour ¼ cup olive oil into a 6-quart plastic food container with a tight fitting lid (or into a big mixing bowl to be covered later with plastic wrap.) Transfer focaccia dough to the large container, turn to coat, and cover tightly. Place in the refrigerator to rise for at least 8 hours, or up to 2 days.

When you're ready to bake, oil an 18 x 13-baking sheet. Remove the focaccia dough from the refrigerator and transfer to the prepared pan. Using your hands, spread the dough out on the prepared pan as much as possible, adding oil to the dough as needed to keep it from sticking. Place the dough in a warm place and let it rise until doubled in bulk. The rising time will vary considerably depending on the season. (In summer, it may take only 20 minutes for the dough to warm up and rise; winter it can take an hour or more.) When the dough is ready, it should be room temperature, spread out on the sheet, and fluffy feeling.

Preheat the oven to 450°. Pat down the focaccia to an even thickness of about 1-inch on the baking sheet tray and begin to make indentations in the dough with your fingertips. Dimple the entire dough, and then drizzle the whole thing again with olive oil. Sprinkle the entire surface of the focaccia evenly with sea salt.

Bake, rotating once front to back, until the top is uniformly golden brown, about 15 minutes. Transfer to a wire rack to cool, then slide out of the pan.

Unfortunately, focaccia suffers a rapid and significant deterioration in quality after the first day. It is also impossible to make bread crumbs from focaccia. Ideally, bake and eat the loaf the same day. If there is some left over, cut it into sandwich sized squares to be slit horizontally through the middle later, place them in a heavy zip-lock plastic storage bag, squeeze out most of the excess air, zip it closed, and store the bag in the freezer. A quick defrost in the microwave, and it's moist and ready.

Saltie is a terrific sandwich shop in Williamsburg, Brooklyn. The recipe for its most famous sandwich follows.

SCUTTLEBUTT, A SPIRITED SANDWICH

1 sandwich-size piece of focaccia	¼ cup fresh herb mix (see below)
2 tablespoons pimentón aioli (see below)	2 tablespoons chopped pickles, ideally
1 large hard-boiled egg, peeled and sliced	pickled beets (see below)
1 tablespoon pitted oil-cured olives, chopped	1 radish, thinly sliced
½ tablespoon capers	extra virgin olive oil
	1 ounce sheep's milk feta

10 minutes, for 1 person

Cut the focaccia in half horizontally and place on a plate, cut-sides up. Spread both cut sides with aioli. Arrange the egg slices evenly on the bottom half of the bread. Set aside.

In a bowl, toss the olives, capers, herbs, pickles, and radish with just enough olive oil to coat lightly. Mound the salad on top of the egg. If you can, slice the feta and arrange on top of the salad. If you can't get a nice even slice of feta, you can either crumble it on top of the salad (although it will tend to roll off the top of the pile), or you can toss the feta with the salad. Quickly replace the top of the bread before the sandwich falls apart, pressing gently to help hold it together, and serve right away.



FRESH HERB MIX

half a bunch fresh Italian parsley, tiny leaved if possible	half a small bunch cilantro, optional
half a bunch young leaves of fresh mint	half a bunch slender scallions, both white and tender green parts, thinly sliced on the diagonal
half a bunch fresh dill	

10 minutes, makes about 3 cups

Carefully pluck the leaves off their stems. Rinse and dry thoroughly. If the dill is large and feathery, cut it down a bit, but keep the other leaves whole, or at least no more torn than what happened when you removed them from the stems.

Combine all the greens in a bowl, and toss to mix well. Store in a plastic container in the refrigerator for up to 2 days.

Use this mixture of herbs to add bright freshness to salads, grains, beans, soups, or to make salsa verde.



PIMENTÓN AIOLI

1 large garlic clove	½ tablespoon plus 1½ teaspoon aged sherry vinegar
½ teaspoon sea salt	from Jerez
1 egg yolk	1 cup tasty virgin olive oil
¾ teaspoon pimentón (smoked Spanish paprika)	2 tablespoons water, or as needed
	kosher salt

15 minutes, makes about a cup

Pound garlic and sea salt into a paste with mortar and pestle. Or simulate same by repeatedly mincing the garlic on a cutting board, sprinkling with it sea salt, and smashing the two components together with the flat of a knife, until they morph to paste.

Transfer the garlic paste to a food processor. Add egg yolks, pimentón and vinegar, and pulse to mix. With machine running, begin to add olive oil in a slow, steady stream. After adding about a third of the oil, the mixture will start to come together. Add a tablespoons of water to thin the aioli and prevent it from breaking.

Continue to add oil. As the mixture thickens up again, add remaining water a little at a time, just as need to correct the consistency. Once all the oil has been incorporated, turn off the machine and and taste. If necessary, add a tad more salt.

The aioli will keep, covered tightly in the refrigerator, for up to a week.



PICKLED BEETS

a bunch of beets (about 10 beets or 5 pounds total weight), scrubbed and trimmed	1 cup sugar
¼ cup olive oil	½ tablespoon kosher salt
1 tablespoon kosher salt	1 tablespoon whole black peppercorns
2 cups red wine vinegar	1 tablespoon coriander seeds
2 cups water	1 tablespoon mustard seeds
	2 whole star anise, broken up
	8 whole allspice berries

an hour and a half plus overnight, makes 2 quarts

Preheat oven to 400°.

Place the beets in a roasting pan. Add just enough water to the pan to cover the bottom evenly. Salt the beets and drizzle with olive oil. Cover with aluminum foil and roast until tender when pierced with a knife, about an hour, depending on size. Let cool until you can handle them, then peel the beets, slipping the skins off with your fingers or a kitchen towel, and using a paring knife where they stick. Cut into slices ¼-inch thick and put them in a large, heatproof bowl.

In a saucepan, combine the vinegar, water, sugar, salt, and spices and bring to a boil over medium-high heat, stirring to dissolve the sugar and salt, then pour the melded pickling solution over the beets.

Let the pickles cool at room temperature, then move them to a plastic or glass container, cover and refrigerate. The pickled beets will be ready to eat next day and will keep for up to 2 months.

As a tasty variation, try Pickled Red Onions. Follow the main recipe, but substitute 4 large red onions, thickly sliced, for the beets.



✦
PRESERVES
✦



EMMA'S PRESERVED LEMONS

8-10 Meyer lemons*, scrubbed
very clean
½ cup kosher salt

extra freshly squeezed lemon juice, if necessary
a sterilized quart canning jar

30 minutes, plus 3 weeks

Place 2 tablespoons of salt in the bottom of a sterilized jar. Remove any protruding stems from the lemons, and shave ¼-inch off the tip of each fruit. Cut the lemons twice at right angles lengthwise, starting from the tip, but do not cut all the way through. The quarters should remain attached at the base. Pry the lemons open, and sprinkle generously with salt, inside and out.

Pack the prepared fruits tightly in the jar, squashing them down so that juice rises to the top of the jar. Add lemon juice if necessary, liquid should cover the fruits completely. Top with 2 additional tablespoons of salt.

Carefully seal the jar, and allow it to sit at room temperature for a couple of days, turning it upside down occasionally. Refrigerate, and continue unpending the jar from time to time for at least 3 weeks, until the lemon rinds soften. The pickled fruits may be kept in the refrigerator for up to 6 months.

To use, remove a lemon from the jar, rinse it thoroughly to rid excess salt, and discard the seeds.

**Meyer lemons make a specially sweet, flavorful pickle, with very tender thin skin, but of course are limited in season. Emma is lucky enough to have a beautiful, bountiful Meyer lemon tree behind her Oakland home. If pickling regular lemons, select small young ones, with minimally leathery rinds.*



SPICY SWEET & SOUR CUCUMBER SLICES

4 or 5 kirbies or small lemon cucumbers ½ teaspoon honey
3 tablespoons rice vinegar ¼ teaspoon sea salt
1 tablespoon sesame oil hot pepper flakes, to taste
1 minced garlic clove

10 minutes, for 4 people

Slice the small pickling cucumbers very thin (easiest if using a mandoline such as the inexpensive one made by Benriner, a favorite of most restaurateurs as well as home cooks.) No need to peel them if the cucumbers are fresh and tender.

Place all the remaining ingredients in a small separate bowl, whisk them together with a fork, and adjust the harmony of flavors as you wish. Pour the marinade over the cucumber slices, and toss to coat. May be eaten immediately, or left to steep for hours or overnight.

Inspired by a preparation by the famous Bartlett's farm on Nantucket.



SPICED QUINCES

2 pounds quince (or pears)
2 cups white vinegar
1 cup water
3 cups sugar (a little less)

2 sticks cinnamon
1 tablespoon whole cloves
few pieces of ginger root

30 minutes, for 2 pints

Core the quinces. Cut them into slices, cover with boiling water and cook until almost tender when pierced with a knife. Drain.

Boil together for five minutes the vinegar, water, sugar, cinnamon, cloves and ginger root, stirring until sugar is dissolved. Add quinces and cook until clear and tender.

Fill hot sterile jars with the fruit and cover to the brim with boiling syrup. Seal immediately. (I usually omit the last step, and treat this as a spicy compote to enjoy unpreserved with a cookie or a dollop of ice cream, or as a sweet and sour condiment with roast chicken. It keeps just fine in the refrigerator for a week or so.)

Craig Claiborne offers as variant spiced pears: Substitute hard pears for quinces. If a softer variety of pear – such as underripe Bartletts – is used, omit cooking in water and add the fruit directly to the syrup.

✦
DESSERTS
✦



VANILLA GELATO

2 cups milk
2/3 cup heavy cream
1 whole vanilla bean

3 egg yolks
2/3 cup sugar
2 teaspoons vanilla extra

1 1/2 hours, yields 3/4 quart

Combine milk, cream and vanilla bean in a saucepan. Bring liquids almost to a boil, and remove from heat. Cover and set aside for a few minutes. Drop egg yolks into a small mixing bowl, and beat the sugar into them. Remove the vanilla bean from the liquids. Whisk a little of the warm mixture into the yolk and sugar mixture, before adding the egg mixture to the pan of liquids. Return to heat, stirring constantly until the mixture just begins to boil.

Remove immediately from heat, strain the contents into a medium sized mixing bowl (to quicken the cooling process absent the hot pot), and continue to stir to prevent the eggs from curdling. Cool at least to room temperature, and stir in vanilla extract. The mixture may be poured into the ice cream machine immediately, or covered with plastic wrap and set in the refrigerator, to be churned later when convenient.



WILL, MARA & MOI

COFFEE TOFFEE CRUNCH GELATO

As above, but add 6 tablespoons very strong freshly brewed espresso, and let the combined ingredients cool. Toward the end of the churning process, when the mixture begins to thicken, drop in six heath bars cut into small bits. That way, the the little chunks distribute themselves evenly through the resultant ice cream, rather than falling immediately to the churn's bottom when the contents are still liquid, and staying there.

RUM RAISIN GELATO

As vanilla gelato above, but add 2/3 cup golden raisins, previously-soaked in 1/3 cup rum. Feel free to chop the raisins if a subtler texture is desired in lieu of large frozen bullets of flavor.

CHOCOLATE GELATO W/ NUTS & GRAND MARNIER

5½ ounces (150 grams) bittersweet chocolate	⅞ cup (180 grams) sugar
2 cups milk	⅓ cup walnuts, chopped
3 egg yolks	⅓ cup Grand Marnier

1 hour, for 6 people

Melt the chocolate in a double boiler. Heat milk in a saucepan almost to boil, and remove from heat. Cover, and set aside a few minutes. Drop egg yolks into a small mixing bowl, and beat sugar into them. Whisk a little of the warm milk into the yolks and sugar, before stirring the egg mixture into the pan of milk. Stir constantly until the mixture just begins to boil. Remove immediately from the heat, continuing to stir to prevent eggs from curdling. Whisk in melted chocolate. Strain and cool to at least room temperature.

Pour into the pre-chilled ice machine, and freeze for approximately 20 minutes. As the mixture begins to stiffen and retain volume, add the walnuts and liquor. Makes about $\frac{3}{4}$ quart.

The underlying chocolate gelato recipe thanks to Williams Sonoma.

STRAWBERRY GRANITA

1½ pound strawberries
1 cup sugar
1 tablespoon balsamic vinegar*

½ lemon
4 tablespoons water

1 to 1½ hours, 8 people

*M*ake a sugar syrup with the water and ¾ cup sugar. Cool and add the vinegar. Squeeze the lemon. With a potato masher or pastry blender, smash the strawberries with the remaining sugar. Add lemon juice and mix into the syrup. Freeze in a shallow container, stirring three times, every 30 minutes or so, or churn in an ice cream machine.

**The authors note that it is only worth making this granita if you have a sweet and thick, aged balsamic vinegar. They're right. The outcome is completely fabulous. The vinegar adds exquisite point and depth, but is in no way jarring.*

FRESH FRUIT POPSICLES

*T*o adapt the above granita recipe to make fresh fruit popsicles, start with the same proportions of fruit to sugar, tart, and water as above, adjusted to the weight of whatever fruit you have in hand. To make a nectarine batch, for instance, the flesh of one big fruit was about 8 ounces, so I cut everything by about a third. I added a little extra lemon and balsamic to taste, and perhaps a tad more water to loosen the mix so it wouldn't just come across as slabs of frozen fruit, but rather have a little icy freshness between the bits. You may wish to lessen the sugar further, the popsicles did come out quite sweet. Obviously, any tart will do as counter balance -- lemon, lime, grapefruit. But the bit of balsamic did seem to chip in an interesting depth of flavor. No need to bother cooking up a sugar syrup. Sufficient to dump all the ingredients in a food processor, and whir them together. You can mold different flavors at once.

I served each popsicle in its own glass, wooden handle upright, so that one could set it down between bites, and drink any melty remainder rather than having it drip on one's lap.

I use the Progressive Frozen Pop Maker as my mold, which makes ten pops at a pop. Its plastic forms can be pesky to wrench from their metal frame, particularly when any moisture has seeped between the plastic rims and the metal support when it first goes in to freeze (which often happens.) Whacking the flat side of the form near its round end with your hand sometimes helps, or wiggling it back and forth. Otherwise, because I like to remove the popsicles from their forms anyway once they're frozen, just pass each popsicle (sides and end) under warm water while it's still in the metal tray. As it slides out of its plastic form, swath it tightly in plastic wrap, then gather all the pops into a big zip-lock bag for easy access of various flavors later, and store the bag back in the freezer. It's easy to separate empty forms from metal tray afterwards with a little hot water, and the frames and molds are all set to make more.

PEACH SORBET

6 large, succulently ripe peaches,
preferably Red Havens*
1 cup sugar

½ teaspoon lemon juice
½ teaspoon balsamic vinegar
4 tablespoons water

1 to 1½ hours, 6 people

Make a sugar syrup with the water and ¾ cup sugar. Cool and add the vinegar. Squeeze the lemon.

Remove the peel from peaches by gently rubbing the skin with the back of a kitchen knife. Like magic, it slips right off. With a potato masher or pastry blender, smash the peaches with the remaining sugar. Add lemon juice and mix into the syrup. Freeze in a shallow container, stirring three times, every 30 minutes or so, or churn in an ice cream machine.

**Red Havens are the great American old time peach. They have a beautiful red blush, and the juice from ripe ones runs down your chin (and elbow!) They don't travel well, though, so rarely appear in commerce. Your best chance to find them would be at your local farmers' market. Better yet, nurture your own of these vigorous stalwarts in your yard, as I do. Cast an eye on the following article written just when they were first being bred.*



Redhaven Peach, Developed In Michigan, May Result in Many Changes in This Area

New Variety Has Bright Red Color Even When Green; Handles Better

By JOE E. WELLS

Benton Harbor, Mich., Aug. 21.—A new variety of peach, which may revolutionize the early peach industry in the Spartanburg and Ridge sections of South Carolina as it promises to do in Southwestern Michigan where it was originated, is being watched with interest by the horticultural world.

The new peach is the Redhaven, of which only 14 trees are in existence today. A half-bushel of Redhavens, constituting the first commercial sale of the variety brought \$30 early this month on the Benton Harbor fruit market.

Bright Red

The peach gives promise of being a heavy bearer of U. S. No. 1 fruit of 2-inch minimum size, the accepted standard in the fruit world. The variety differs from others in that it is a brilliant red even when immature. In flesh and flavor it closely resembles the J. H. Hale variety to which it is related. In its blood line are also the Halehaven and the Kalhaven.

The Redhaven was originated by Stanley Johnson at the Michigan state experiment station at South Haven. Johnson is probably America's No. 1 peach authority today and has to his credit the origination of many outstanding varieties including the famous South Haven and the Halehaven. The latter variety is being extensively planted through the South as well as the Middle West.

Oddly enough the first commercial Redhaven peaches were picked from a tree than stands 20 feet from where a tree that bore the initial Halehavens. Both trees are at the Skyline Orchards of William H. Teichman, near Eau Claire, Berrien county, Michigan.

Teichman, a progressive peach grower, for several years has cooperated with Mr. Johnson in trying out new varieties originated at the experiment station at South Haven which showed possibilities of developing into winners.

First Halehavens

From the first Halehaven tree on the Teichman farm were cut buds for more than 150,000 other trees. Some trees growing in South Carolina trace their ancestry directly back to the Halehaven at Skyline Orchards. Within the past two



If not at your grocers, write Dairy Products Co., Birmingham, Ala.

ESH | ARMOUR'S

weeks Teichman has cut Redhaven bud sticks for a nursery in Muskegon, from which will be developed many Redhaven trees.

The Redhaven is seen by many Southwestern Michigan peach growers as a possible answer to their marketing problem on early varieties. Michigan is one of the larger peach producing states and also the latest. This year's crop will amount to 2,580,000 bushels according to the U. S. bureau of agricultural economics. About 75 percent of its crop is made up of Elbertas and a few minor late sorts.

Early varieties are profitable during those years when the crop is light in Georgia, Tennessee, Arkansas and Illinois. When Elberta peaches are a heavy crop in those regions, Michigan's early peaches suffer because few of the early varieties have sufficient color. Examples of this are the Oriole and Golden Jubilee varieties which usually prove no threat to Illinois and southern Elbertas.

The Redhaven, however, is of brilliant color, and is expected to run larger in size than any of the existing early Michigan varieties excepting the Halehaven. The Halehaven stands competition well from

the Elbertas of earlier producing states.

Better Color

The Redhaven is similar in many respects to the Halehaven, but has much more color and its hue is a lighter and brighter red than the Halehaven.

Because it is bright red even when its freestone flesh is as firm as stone, it can be taken from the trees earlier and shipped to outlying markets. This is not the case with most of the other early sorts which have a tinge of green even when "firm ripe".

A caller at Teichman's Skyline Orchards recently saw the Redhaven tree with its brilliant fruit hanging amid an abundance of leaves.

"You surely didn't get those peaches off early enough, did you, Bill? They're too ripe to ship now," said the visitor.

Invited to pick one, the visitor was surprised to find the peach as hard as the proverbial rock although the color indicated the fruit to be dead ripe. A week later Teichman picked the peaches and they still were only approaching the firm ripe stage.

Buyers at the Benton Harbor fruit market, where 1939's offering of a million bushels will be duplicated again this year, are favoring toward the Redhaven. They believe the housewife will buy a 2-inch Redhaven from Michigan in preference to a 2-inch Elberta from an earlier rival producing region because of the superior color. Consumers buy with their eyes and not through a knowledge of varietal superiority. When a peach comes along that has superior flavor and texture and ex-

tremely high color, that is the fruit the housewife will buy, local brokers believe.

At the present time operators on the Benton Harbor market are choosing peaches out of a daily offering that runs between 50 and 100 carloads a day.

Halehavens Now Favored

They are selecting the highly colored Halehavens and are paying from 90 cents to \$1.25 a bushel on 2-inch minimum size and up, because the fruit can meet competition from the Elbertas shipped from the Illinois peach areas around Anna and Centralia. Michigan Halehavens and Illinois Elbertas this year conflict on such markets as Chicago, Detroit, Cincinnati, St. Louis, Kansas City, Des Moines, Milwaukee, St. Paul, Minneapolis, and other points.

At Benton Harbor buyers give the South Haven peach second choice, although it has excellent flavor and is ideal for home canning. The only objection against it is that it is not quite as highly colored as the Halehaven. When Redhavens come into commercial production here, the Halehavens, despite its many fine qualities, will probably come second with the purchasers of early Michigan peach varieties.

High color and size are what sell peaches, and the trend here along both lines within recent years leads one to believe that the ultimate goal of peach breeders (at least in their slumbers) is a peach as red as a tom turkey's wattles and as big as a youngster's toy balloon.

Engles are said to have attained an age of 100 years.

<p>ROSE ROYAL FLOUR 24 lb. bag 79c</p> <p>OLEO Home Brand 2 lbs. 27c</p> <p>WHEATIES 2 Pkgs. 21c</p> <p>MACARONI 3 7-oz. pkgs. 10c</p>	<p>FOOD AT GREAT SA</p> <p>CORN MEAL Pk. 23c</p> <p>RICH IN VITAMINS MEAT</p> <p>CENTER CUTS PORK CHOPS</p> <p>NICE AND TENDER VEAL CHOPS</p> <p>FAT AND TENDER DRESSED FRYERS</p> <p>PORK SAUSAGE</p> <p>Sliced CURED HAM</p>
--	--

THE SPARTANBURG HERALD, SPARTANBURG, S. C.,

FRIDAY MORNING, AUGUST 22, 1941

NORDIC WARE RECIPE

SILVER-TIPPED LEMON SANDCASTLE BUNDT CAKE

½ pound unsalted butter (2 sticks)	2 tablespoons lemon juice
2 cups sugar	2 tablespoons grated lemon zest
3 eggs	3 tablespoons pure vanilla extract
3 cups flour	¼ cup confectioner's sugar, for dusting the cake
½ teaspoon baking soda	Nordic Ware Sandcastle Bundt pan
½ teaspoon salt	light brown sugar for 'sand' on the platter
1 cup buttermilk	

an hour and a half, serves 12 people

Preheat oven to 325°. Grease the Sandcastle Bundt pan. (For best results, use a nonstick spray that includes flour.)

In the bowl of a mixer set on medium-high speed, beat together the butter and sugar until light and fluffy. Beat in the eggs one at a time, mixing well after each addition. In a separate bowl, stir together the flour, baking soda and salt. With the mixer on medium speed, add the dry ingredients to the egg mixture alternately with the buttermilk, ending with the dry ingredients. Stir in the lemon zest, lemon juice and vanilla. Pour batter into prepared pan, shaking it to level.

Bake for an hour or until a wooden skewer inserted into the center of the cake comes out clean. Cool the cake in the pan on a rack for 10 minutes. Remove cake from pan and cool completely. Before serving, dust it lightly with confectioner's sugar. Sprinkle a thick layer of light brown sugar on the platter surrounding the castle, to simulate sand, strew a few shells around it if you wish, and make some paper banners on toothpicks to fly from the turrets.

These cakes were the delight of the "Mussels" parties our kids threw with their young friends summer after island summer on the shore.



ALMOND POUND CAKE W/ STRAWBERRIES & CREAM

2 sticks (½ pound) unsalted butter at room temperature, plus more for pan and parchment	1 cup all-purpose flour
7 ounces almond paste, at room temperature	½ teaspoon vanilla extract, plus 1 teaspoon for the whipped cream
1 cup granulated sugar, plus ¼ cup for the berries	½ teaspoon baking powder
4 large eggs, lightly beaten, at room temperature	⅛ teaspoon table salt
	2 pounds tasty fresh strawberries
	2 cups heavy cream
	¼ cup confectioners' sugar
	parchment paper

90 minutes, for 6 people

Preheat oven to 350°. Butter a 9-inch cake pan; line with parchment paper. Butter the paper and set aside.

In the bowl of an electric mixer with paddle attachment (or using a hand held mixer), beat the two sticks of butter and almond paste on medium speed until light and fluffy, about 4 minutes. Add 1 cup of granulated sugar, and beat to combine. Add eggs and ½ teaspoon of vanilla, and continue to beat until combined, about 2 more minutes.

In a separate small bowl, whisk together flour, baking powder, and salt. Reduce mixer speed to low, and add the dry ingredients to the almond mixture, continuing to mix on low until just combined. Pour batter into the prepared pan, and spread with a rubber spatula until even. Tap the pan firmly on a counter to prevent bubbles. Transfer to the oven and bake until golden brown and fragrant, 30 to 35 minutes. Place the pan on to a wire rack to cool for 20 minutes. Remove cake from the pan, remove parchment, and return the cake to the rack to cool, top side up.

While the cake is baking, stem and slice the strawberries. Toss with the remaining ¼ cup of granulated sugar, and let macerate in the refrigerator or at room temperature for at least 30 minutes. Meanwhile, place the heavy cream, confectioners' sugar, and remaining teaspoon of vanilla in a cold metal bowl, and whip until soft peaks form.

To serve, slice the cake into 8 to 10 pieces, spoon strawberries and syrup over the surface, and top with dollops of whipped cream.

This almond confection was the delicious enticement for Will and Mara's wedding cake at their marriage feast under a high vaulted tent by our island shore.

HOPE HARE, VIA CORINNA HAMMOND

NORTH HAVEN APPLE CAKE

¾ cup all purpose flour	3 tablespoons dark rum
¾ teaspoon baking powder	½ teaspoon vanilla extract
½ teaspoon salt	8 tablespoons (1 stick) unsalted butter, melted & cooled
4 large apples, preferably of differing tastes	heavy cream whipped in a chilled bowl with a little confectioners' sugar, optional
2 large eggs	
¾ cup sugar	

one and a half hours, for 4 people

Center a rack in the oven & preheat the oven to 375°. Generously butter an 8" spring-form pan. Line a baking sheet with a silicone baking mat or parchment paper, and set the spring-form pan on it. Whisk the flour, baking soda and salt together in a small bowl. Core and peel the apples, cut them in half, chunk them into 1" to 2" pieces, and set them aside. In a medium bowl, beat the eggs until foamy, beat in the sugar, then the rum and vanilla.

Whisk in half of the flour, then half of the melted butter followed by the remaining flour and butter. Mix gently so that you have a smooth thick batter. With a rubber spatula, fold in the apples. Scrape the mixture into the spring-form pan, and poke around so that it seems evenish. Sprinkle with cinnamon sugar if you wish.

Slide the baking sheet with spring-form pan into the oven, and bake 50-60 minutes or until the cake is golden brown and a knife comes out clean. Allow the cake to cool to room temperature. Serve with dollops of whipped cream if you wish.

YOGHURT CAKE

½ cup unsalted butter, plus a little more to coat the pan	2 teaspoons baking powder
1 cup sugar	¼ teaspoon salt
2 eggs	1 cup yoghurt
1⅔ cups flour	1 teaspoon baking soda
	1 tablespoon vanilla or brandy

1 hour, 12 servings

Preheat the oven to 350°. Lightly butter a 9-inch tube pan or square cake pan. Beat half cup butter in the large bowl of an electric mixer at high speed until fluffy. Add sugar and beat for 5 minutes more. Reduce speed to medium and beat in the eggs, one at a time. Sift together the flour, baking powder and salt. Mix the yoghurt with the baking soda. Reduce mixer speed to low, and beat in flour and yoghurt mixtures alternately. Increase speed to high, add vanilla or brandy, and beat for one minute.

Turn the batter into the prepared pan. Bake until the cake is golden and springs back to the touch, 35 to 40 minutes. Cool in the pan on a rack for 5 minutes, then invert onto the rack. While still warm, sprinkle the top surface with powdered sugar. Cool completely. Transfer to a platter, and sift powdered sugar atop it again.

This produces a lovely pound cake that stays moist for days. Delicious for tea, or heaped with berries as the base for shortcake.

LACQUERED PEACHES

6 fresh apricots, about ½ pound, pitted,
or 6 dried Turkish apricots plumped
in warm water ahead of time
1 vanilla bean, split lengthwise
1 cup sugar
4 large, perfect peaches (preferably Red Havens)
Juice of one lime
Ginger ice cream, optional

an hour and a half, for 4 people

Combine the apricots with 2 cups water, the vanilla bean, and ½ cup sugar in a small saucepan. Boil until very tender, at least 15 minutes. Cool. Preheat the oven to 350°

Meanwhile, bring a pot of water to boil and submerge the peaches (one or two at a time) in the water until their skins loosen, about 30 seconds, Drop into a bowl of ice water, and peel when cooled down.

Place the apricots in a blender with about ¼ cup of their poaching liquid. Process until the mixture is very smooth, adding a little more liquid, if necessary, to allow the machine to work.

Place the remaining ½ cup sugar in a heavy-bottomed saucepan and turn heat to high. Cook, shaking the pan occasionally, until the sugar melts and just turns golden. Reduce heat to low, stand back to avoid spatters, and pour in the apricot purée. Add lime juice and cook, stirring until the ingredients blend.

Place the peaches on a large rimmed nonstick baking sheet, or one lined with a nonstick Silpat pliable sheet. Spoon all of the glaze over them and place in the oven. Bake for 10 minutes, then baste with the juice; most of it will already have formed a glaze. Bake for 5 minutes more, then serve, spooning any remaining sauce over the peaches. Present it, if you like, with Ginger Ice Cream (following recipe.)



GINGER ICE CREAM

2 cups milk
2 vanilla beans, split, seeds scraped out
and pods reserved for another use
4-inch knob of ginger, peeled and
roughly chopped

6 egg yolks
½ cup sugar

an hour and a quarter, makes one pint

*R*inse a medium saucepan and leave it wet. Add the milk, vanilla seeds and ginger. Turn the heat to medium-high and bring just to a boil, stirring. Cover and let sit for about 10 minutes.

Beat egg yolks and sugar together until thick and slightly lightened in color. Strain the milk, then stir about ½ cup of it into the yolk mixtures and beat. Stir the warmed egg mixture back into the milk. Heat, stirring constantly, until thick. The mixture is ready when it thickly coats the back of a spoon, and a line drawn with your finger remains intact. Cool and strain through a fine sieve.

Chill, then freeze in an ice cream machine according to the manufacturer's directions.



BLACK CURRENT SORBET

1 kilo ripe black currents, washed
and stalks removed

500 grams caster sugar

half hour more or less, depending on mode of freezing, for 4 people



Photo by David Loftus for The Telegraph, London

Put the black currents and sugar in a medium pan over low heat. Stir until the currents are just bursting, about five minutes, and remove from heat immediately. It's crucial that you do not 'cook' the black currents, but take them off the heat the moment they start to burst. Push them through a sieve into a bowl, using a wooden spoon or ladle.

Pour this juice into an ice-cream machine and churn until frozen, or freeze in flat trays in your freezer, mashing the sorbet with a fork every 10-15 minutes to break up the crystals until it solidifies to a creamy consistency. Scrape the sorbet into a tightly covered container to store it until you are ready to serve.

Black current bushes are extremely productive. And the best part is that when they flower and again when they fruit, they cast the most beguiling perfume wide into the air. An unsuspecting passer-by, or biker, or even one in a vehicle is immediately aware and enchanted. And because the berries barely cook on their way to becoming sorbet, nor are they adulterated with milk or extra flavors, the resultant flavor is intense, delicious and addictive.



BEVERAGES



DANDELION WINE

1 gallon chopped dandelion blossoms, picked early morning	3 oranges, peeled and sliced
1 gallon boiling water	4 pounds of sugar
juice of one lemon	1 cake of yeast, or 2 teaspoons dry yeast

30 minutes, then 24 hours, then 2 months, for 4 people

Combine water and blooms in a crock, and let stand 24 hours, then strain, and add the rest of the ingredients. Let stand 3 weeks, then bottle. Age bottles for 2 months minimum.

We received a gift of delicious homemade dandelion wine some 20-25 years ago from one of the old timers on North Haven, Stanley Quinn. He passed away shortly thereafter, and we've always wished we'd asked his recipe. None of his relatives seem to have it. Recently, however, his good friend and ours, Sherman Baird, passed on this recipe from another old North Haven native, Alton (Tonny) Sherman Calderwood, which he believes might have been their mutual source. I've not had a chance yet to test this recipe yet, because it wants the young, fresh blossoms of early spring, but I recall that Stan's wine too drew on ripe oranges, so this seems an authentic place to start.

A DISTILLATION OF SUMMER

a fresh bottle of fine aquavit, or
eau de vie

berries and fruits of the season

a few minutes periodically, scalable

The Swedes have a lovely custom. Throughout the season, as cherries, currents, gooseberries, lingonberries, juniper berries, and whatever ripen in woods, garden, and field, they pluck unblemished specimens and drop them into a bottle of aquavit. By Christmas, aromas and flavors have mingled and matured, to provide a tasty nostalgic gift of terroir for family and friends.



A DISTILLATION OF SUMMER (II)

ripe, unblemished fruit
brandy, vodka or gin

sugar

20-30 minutes to start, several months to mull

My English friend Dinah Glazier passed on her locale's variant on how to transmute summer fruit's glory into an exquisite aperitif or dessert quaff (plus luscious preserved fruits to enjoy), as described by a favorite down-to-earth cookery writer.

For soft fruit such as cherries and plums, prick them with a darning needle before packing them into the jar, right up to the neck. Pour in sugar to come one third of the way up to the fruit. Fill with brandy, gin or vodka. Raspberries and black currants can be preserved likewise, adding in a few leaves if you wish. The sugar gradually desolves. You can help it along by turning the jar upside down, or giving it an occasional shake.

For firm fruits, such as peaches, nectarines, apricots, pears, and wild service berries, convert the sugar into a syrup. Dissolve two mugfuls of sugar with one of water over low heat, stirring. Once the liquid boils, stop stirring and simmer until you have an oily-looking syrup, about 5 minutes. Cool before adding to the jar. With large fruits such as peach or pear, more fit in a jar if you halve them. Leave the skins and the core of pears. Crack peach, nectarine, and apricot stones, and add the kernels to the jar. Pour in syrup to come one third of the way up the fruit, top up with alcohol, and close.





BREAKFASTS



ROBERT OF OPPENHEIMER'S MEATS

ROBERT'S MARVELOUS CORNED BEEF HASH

the fatty end of a brisket
pickling spices
kosher salt

sugar
an Idaho potato
a whole onion, skin intact

Approximately 3½ hours, for 8 to 10 portions

Buy a brisket that's not the 'first cut', but the fatty end, the 'nose', the piece with the 'dekkel.' Otherwise the meat is too lean, dries out and toughens as it simmers. Resist trimming away even a bit of the fat.

Cut the flesh into thirds so that it fits conveniently into a large pot. Add a gallon of water, a palm-full of pickling spices, a palm-full of sugar, a palm-full of salt. Bring the pot to the barest simmer. About 35 to 40 minutes before the meat reaches fork tender, could be 3 hours or so, add to the pot an unpeeled Idaho potato and a whole onion with skin intact. Continue to cook at a bare simmer until the meat just reaches fork tender. Kill the flame, and leave the meat and vegetables bathing in the liquid to finish as the pot cools.

Remove the peel from the onion and from the potato. Chop a third of the meat by hand, for texture. Force the remaining pieces of meat through a grinder with coarse holes (¼-inch) together with pieces of potato and onion, so that the components blend thoroughly. Gently mix the chopped and ground portions together. Hash may be frozen in convenient quantities for later use, or sautéed immediately.

For the classic brunch delicacy, fry a half inch layer of hash in a buttered cast iron pan until fragrant and colored, flip and crisp the other side, then serve out individual portions topped with poached eggs.

SOFT-SCRAMBLED EGGS

1 teaspoon unsalted butter sea salt
2 large eggs

5 minutes, for 1 person

*M*elt the butter in a non-stick skillet over medium heat. Break the eggs into the pan when it is warm, but not yet hot. Sprinkle the eggs lightly with salt.

Let the pan heat up, and don't move the eggs until the egg whites begin to set. Using a rubber spatula, move the whites around the pan to help them cook through, while keeping the yolk unbroken. When the whites fluff up and are almost completely set, remove from the heat and fold yolks into whites. The residual heat should cook the whites through and leave the yolks soft. This is kind of like scrambling an over easy egg.

To emphasize: Be careful not to overcook the eggs. Err on the side of runny rather than dry.

Nice with a tad of grated pecorino or gruyere sprinkled on top, or some sautéed tomato or radicchio on the side.

DAVID TANIS, NY TIMES 4/16/14



SPANISH ASPARAGUS REVUELTO

Olive oil, full flavored and fruity	1 bunch thin asparagus, about 1½ pounds,
2 peeled garlic cloves, plus ½ tsp minced	cut in 1- to 2-inch lengths
2 cups bread cubes, made from day-old	1 bunch green onions, chopped
bread cut in ½-inch cubes	8 large eggs, beaten
salt and pepper	½ teaspoon pimentón (smoked Spanish paprika)
2 ounces Italian hot sopressata sausage	2 tablespoons roughly chopped Italian parsley

30 minutes, for 4-6 people as brunch or a light supper

Put 3 tablespoons olive oil in a cast iron skillet over medium high heat. Add peeled garlic cloves, let them sizzle until lightly browned, then remove. Add bread crumbs to the pan, season with salt and pepper, lower heat to medium and gently fry until lightly browned and crisp, about 2 minutes. Remove bread and set aside to cool.

Add diced sausage and fry lightly. Add asparagus, season with salt and pepper, and stir-fry until cooked through but firm, 3 to 4 minutes. Add green onions and minced garlic, cook a minute more.

Season beaten eggs with salt, pepper and pimentón. Pour into pan and cook, stirring with a wooden spoon, just until soft and creamy, a minute or two (careful, a mini version can set and dry up in a flash!). Sprinkle with parsley and serve immediately, topped with fried bread cubes.



APPENDICES



APPENDIX 1: STAPLES FOR AN EXTENDED STAY

We remove to an island off the coast of Maine for five or six months at a time. There are lovely greens available from our own garden and farmers' markets, marvelous seafood, good local cheeses now, and passable meat. But there are particular favorites picky me misses terribly if we don't bring up from our New York larder and sources:

A 10 lb. bag of fine Indian Basmati rice, such as Tilda or Indian Star Platinum brands
Freekeh, the ancient grain spelt, picked green and smoked
Sa fregula sarda, nutty toasted pasta pearls from Sardinia
Bags of Italian semolina flour #00 (*a must component for best pizza dough*)
Frantoia or Frankies 457 delicious extra virgin olive oils from Sicily
Fairway extra virgin olive oil, for routine use
Black truffle oil
Pomegranate molasses
Sumac
Delouis Champagne vinegar
Delouis Bordeaux vinegar
A good aged sherry vinegar from Jerez
Pommery mustard, multiple pots
Casa Forcello pear and crabapple mustards
Casa Forcello Sicilian dessert wine and smoked plum/green tea jellies
Pimentón de la vera (*Spanish smoked paprika*)
Victor's Armenian string cheese made in Long Island City, NY.
(tightly vacuum sealed at the factory, these keep for several months)
A few other favorite cheeses such as Sottocenere (*Venetian with truffles*), Torta
Mascarpone and Gorgonzola with pesto and pine nuts (*Milan*), Pleasant Ridge
(*rich cheddar from the Midwest*), Boerenkaas (*nutty, very aged Gouda*)
Champignon (*German mushroom brie*), Moliterno with Truffles (*Sardinia*), and
Ovelha Amanteigado (Portuguese ewe's milk cultured with thistles rather than
animal rennet), Brebrousse d'Argental (runny sheep cheese w huge flavor from Lyons)
Korean condiments and ingredients
kimchi
ssämjang (*fermented bean and chile paste*)
kochujang (*chile paste*)
usukuchi (*light soy sauce*)
Asian sesame oil
Indonesian needful
kemiri nuts
laos root, also known as galangal (can pre-cut into ¼" slices, and freeze in an airtight baggie)
keffir lime leaves
bumbu gado-gado (*pre-packaged bricks of the needful spices for gado-gado salad*)
daun salam (*Indonesian bay leaves*)
sambal oelek (*fresh chili paste*, I use the brand made by Huy Fong Foods, Rosemead, Ca.)
Piemonte marinara sauce (made fresh by the superlative, century old Piemonte Ravioli Co,
190 Grand St, NY. I bring up several plastic containers to freeze, and enjoy on impulse.)
Manner Hazelnut Cream Filled Cookies, a carton or two

APPENDIX 2: LA PETITE MADELEINE

And as soon as I had recognized the taste of the piece of madeleine soaked in her decoction of lime-blossom which my aunt used to give me (although I did not yet know and must long postpone the discovery of why this memory made me so happy) immediately the old grey house upon the street, where her room was, rose up like a stage set to attach itself to the little pavilion opening on to the garden which had been built out behind it for my parents (the isolated segment which until that moment had been all that I could see); and with the house the town, from morning to night and in all weathers, the Square where I used to be sent before lunch, the streets along which I used to run errands, the country roads we took when it was fine. And as in the game wherein the Japanese amuse themselves by filling a porcelain bowl with water and steeping in it little pieces of paper which until then are without character or form, but, the moment they become wet, stretch and twist and take on colour and distinctive shape, become flowers or houses or people, solid and recognizable, so in that moment all the flowers in our garden and in M. Swann's park, and the water-lilies on the Vivonne and the good folk of the village and their little dwellings and the parish church and the whole of Combray and its surroundings, taking shape and solidity, sprang into being, town and gardens alike, from my cup of tea.


Cover quote from Marcel Proust: “À la recherche du temps perdu.”

Du côté de chez Swann (1913), Part One: Combray.

Trans. C.K. Scott Moncrieff (1922)

APPENDIX 3: A WELL USED RECIPE FROM LAST ROUND

RAO



FARFELLE W/ HOT SAUSAGE SAUCE

3/18/11
MAD

- 6 hot Italian sausages (or sweet, see note*)
- ¼ cup fine-quality olive oil
- ¼ cup chopped onion
- ¾ cups dry white wine or Calvados
- 2 28-ounce cans imported San Marzano Italian plum tomatoes
- pinch dried oregano and basil
- salt & freshly ground black pepper to taste
- 1 pound farfelle ← whole wheat is vt
- 2 or more tablespoons grated Pecorino Romano cheese

5/2/10
win
sauce
binder

1 hour, for 4 to 6 people

Remove casing from sausages and break meat up into chunks. Set aside.

Heat oil in a large sauté pan over medium-high heat. Add onions and sauté for 3 minutes or until just translucent. Stir in sausage meat and sauté for about 5 minutes or until lightly browned.

Tilt pan and spoon off excess fat. Add wine and stir to combine. Raise heat and bring to a boil. Boil for about 3 minutes or until liquid has reduced slightly.

Drain off juice from tomatoes and pour them into a large bowl. Crush by hand until smooth, picking out and discarding bits of skin and stringy cores.

Add tomatoes and salt. Return to a boil, then lower heat and simmer for about 20 minutes or until sauce has thickened slightly. Stir in basil, oregano, and pepper. Taste and, if necessary, adjust seasoning with salt and pepper.

While sauce is simmering, cook the farfalle in a large, deep pot in rapidly boiling salted water until al dente.

Drain farfalle and return it to the pot. Over medium-high heat, stir in ½ cup sausage sauce. Using a wooden spoon, toss together for 1 minute. Remove from heat and pour into a large serving platter or bowl. Spoon remaining sauce over the top. Sprinkle with 2 tablespoons of Pecorino Romano cheese. Pass additional cheese, if desired.

**Having only sweet Italian sausages available one day engendered a deeply flavorful variant: prepare as above with Calvados, but add to the broken-up sausage meat of the first step a teaspoon of dried hot chillis (seeds removed, cut into little pieces) and a teaspoon of the elegant smoked paprika of Spain known as Pimentón de la Vera.*

happy
Mama's
2/26/15
244

15



**DESIGN:
W. HOLMGREN FECIT**