# Generations of Cooking



by Steven Peter Salkow and Company

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## Dedication

Dedicated to my friends, wife, children, grand children, my generations to come, those that love to cook and those that love life deeply.

The best time of the day is when we all come together to share the day. We use this time to savor life's bounty and each other company.

May we be truely thankful.

This is a work in progress so revisions may be forth coming. Comments and feedbacks are welcome. New discoveries as well.

# *Forward*

My motivation to write this cookbook was first and foremost to preserve the heritage recipes of the family. My mother Katherine Ottesen was a master chef and restaurant instructor and culinary legend to her friends. Great food was routine at our house growing up – we knew of no other. Kae and her college roommate operated a small Mexican restaurant for two years while she went to Berkeley as a young student. In her later years, she lived in Mexico where she taught cooking to the major restaurants in Puerto Vallarta. I had the good fortune to travel and grow up in Italy. I began learning to cook at twelve starting with Roman cuisine; hence, Roman food is heavily represented in this work. A trip to France at 14 introduced my sister and me to French cuisine and widened our appreciation for both haute cuisine and provincial cooking.

This is a collective of outstanding work of many people who loved to cook. The recipes presented in this book are mostly family acquired recipes. Some great recipes come from many great chefs* or my friends. A special thanks to those fed us with style all the while helping build an international knowledge base of fine cuisine. The book is intended for all cooks beginners to accomplished cooks. A great cookbook is one you pull off the shelf to read for entertainment, for great recipes or to find inspiration for tonight's menu. It should be diverse, informative, authoritative, and frugal at times, extravagant at times, help save both money and time, have both easy to prepare recipes as well as fancier affair, and explain the hows and whys. If it does these things well, it deserves space on your bookshelf.

Additional motivation came after having read "Ma Gastronomie" about the cooking of world class chef Fernand Point written by his wife quite a while after he died. The book sadly is missing many of the fabulous dishes we had at his five star "La Pyramide" in Nice, France. Fernand Point was a recognized genius in France who won the world's heart with his cuisine.

Fernand Point wrote: "Cookbooks are as alike as brothers. The best one is the one you write yourself."

It has been said: “there are no new recipes!” This is no truer than to say there is no true art. Think about all the enchiladas you have at many Mexican restaurants. They use practically the same ingredients and yet only one or two restaurants out of hundreds have a truly great enchilada – obviously they do something a little more worthwhile. This is what I seek in this book – “the Holy Grail” not the gold anointed chalice of a king but the simple cup of a carpenter with special properties.

Note: * Many recipes are from chefs or cooks who have died or the restaurant, as it was, is no longer.

## A Celebration of Cooking

A celebration of life certainly includes a celebration of friends, food and drink. Food, to some, is just a means of staying alive. What, then, is the value of art, music, and literature? Clearly, we do not live by bread alone. To be indifferent to food and drink is just like a self imposed blindness to the beauty of architecture, the splendor of the natural world, the finest paintings, and sculpture. Whereas it requires incredible skills to paint the Mona Lisa that are probably innate to the artist, the chef may achieve greatness in the kitchen by attention to detail, buying the finest ingredients, and leveraging the mastery of all of those who came before us. The wonderful thing is that becoming a great chef is easier than it might first appear.

In this cook book, I want to liberate the mind of the reader so they may achieve their own potential. In each of us, there is a set of likes and dislikes that can guide us to making better and often original choices. I am always thrilled when I am presented with a new delicious dish that uses ingredients in a new or clever way. I want the reader to be liberated from the regime of blindly following the recipe. I would hope to inspire all to seek their own center and style, keeping the good, and throwing out the contrary. At some point in time, you will become comfortable with the preparation of first, just a dish, later, whole meals, without the need to refer back to a cook book. If your epicurean journey has been a good one, you have prepared many very fine recipes from these pages and other outstanding works; you will have achieved an understanding of methods and flavors. Your friends and significant others have applauded your meals and otherwise encouraged your efforts. You are totally comfortable in the kitchen. You sometimes look at menus now but may find the meal is done and well eaten when you realized that you left something out. The realization that all is still fine is the beginning of total freedom in the kitchen. Mind you, I am not suggesting ignorance in the kitchen but its mastery. You don’t have to be a recog-

nized world class chef to be in the game. My theory is that food preparation should capture the essence of the ingredients. My experience suggests that simplification usually yields a fine result full of honest flavors.

Think of the limits of your own thinking and experience as a vessel, say, a circle with you in the middle. Your possibilities expand to fill the vessel and you have reached your own equilibrium sort of like air in a balloon. The confines of the circle are what you have allowed yourself. You push a bit and discover the circle is not a fixed entity; you may redraw the boundary line at anytime. Where, then, is the barrier to anything? Limits are only in our mind!

In the kitchen, the process of discovery will certainly take you down dead end roads. Don't worry about maintaining a tarnish free façade; failures are not predictors of our future but are the school yard of ever increasing competence.

*Best cooks are those cooking with passion. . .*

## It Is the Journey that Matters

Gastronomically, go at least once a year to a place you have never been before. As your competence builds and successes are achieved, then try to take your friends with you offering a new pleasure or tantalizing courses. After many successful journeys you become the bon vivant, a savant of culinary mastery, born out of a desire to not only grow as a chef but to live well. To deny yourself this is nothing short of criminal.

*"Life is a banquet, and most poor suckers are starving to death." - Rosalind Russell in the movie Auntie Maime*

## Don't Trust your Memory

"Education is what is left after you have forgotten everything you were taught." You must develop a habit of writing down recipes, menus, and experiences. If you choose the computer, you must have a backup plan that is iron clad but also has a future. To figure out how things will change in the next 40 years, think about what changed the last 20 years and double it. Anything you put to print for **perpetuity** needs to be on a "permanent record paper*" if it is to endure.

*All permanent records shall be created on paper which meets or exceeds the American National Standards Institute Permanence of Paper for Printed Library Materials standard (ANSI Z39.48), and the American Society for Testing and Materials Standard Specification for Book and Ledger Papers for Permanent Records (ASTM D3290) Type I, Maximum Permanence - Paper with Alkaline Filler.

## A Finger in the Pie

My first experience cooking occurred in Rome, Italy when I was just a boy. Roman food was so incredibly wonderful I would have never imagined that one would cook anything else. Later on in life, I was introduced to food from the entire world. It wasn't long before I realized that I like food from everywhere! While I'm not saying one would alter a perfect recipe many examples of which are to be found in the simple trattorias of Rome; quite the contrary, what one learns of preparing perfect dishes from proven recipes is what works and what does not work. Nevertheless I'm incensed when some restaurant has transformed perfection into some less than a perfect rendition for the sake of making a less expensive plate or even renaming because the other name sound better. Chicken Cacciatore, for instance, is chicken HUNTER STYLE (not they way his wife would cook it) – but cooked in the field with what was available which meant wild rosemary, wild garlic, and olive oil – NOTHING ELSE! As it is, the dish is wonderfully delicious and exquisitely simple. I think it's an American concept that if something is Italian then it must have tomatoes. In restaurants in the United States, this dish invariably has onions and tomatoes. The other day on the food page of the Harold Examiner a chef fondly remembers her mother cooking “cacciatore” but in her recipe carrots, tomatoes, and even green bell peppers have migrated into the mix. I don't mind really but just don't call it chicken cacciatore on the menu less a patron be confused and order it expecting perfection.

I listen to talk radio because practically nothing else holds my interest unless I am driving my car over 90 miles an hour. Representatives from the American Heritage dictionary and Webster's staff were being interviewed and were discussing the origin, meaning, and spelling of words. I was completely astounded to learn that both publishers determine both the meaning and spelling of words by polling many people to see what they think the words means and how they think a word is spelt. (This is precisely how the word “rap” became synonymous with “song”) Apparently my misguided notion of the sacrosanct meaning of words was evidence of my complete ignorance of the subject. My God, if that concept extends to cooking, then what is a patron to do when one orders “Prosciutto crostini” but, what shows up is boiled ham on pita chips. It’s inevitable that regional food will

be different. Just ‘as “Chop Suey” is an American invention for a bland mixture of over-cooked vegetables that passes for “authentic food” in less than authentic Chinese restaurants, you are going to find pizza with cheddar cheese, chicken cacciatore with peas and carrots, and apple pie made with apple sauce.

All changes are not necessarily bad. Even quoted recipes from celebrated chefs may undergo some transformation in this work; nevertheless. the fundamental recipe is as the original author intended. Using alternative ingredients could be a good idea that could produce superior results or maybe even better consistency. The French chef and owner of the five-star Pyramide restaurant in Nice hardly had a recipe that didn't include the use of truffles which may be slightly out of most people’s price range. Rest assured we can find a way to prepare the meal without them. The new French immigrants of Louisiana found many of their favored ingredients hard to find. What they did is reinvent themselves and, today, the Creole French cuisine of Louisiana stands in testament of this culinary transformation.

## Easter Egg Hunt

This book is a collection of recipes, history, and observation that come from a wide variety of sources. Some of these treasures are like Easter Eggs in spring, they are to be found where they lay. Like the hunt, I had plenty of fun hiding them where it seemed appropriate to do so. Maybe when you were young you remembered a sense of disappointment when the hunt was over. Rest assured that, in cooking, the hunt never comes to a close.

## Habitual Bliss

Some whittle wood. When I am nervously idle, I could be suddenly overcome with the urge to go into the kitchen. My nervous habit does not result in a useless pile of wood chips nor does it necessarily produce something to eat. I could, after all, be there just to put a keen edge on the Thanksgiving Day carving knife. I might be driven clean out the refrigerator. I am not necessarily hungry when a compulsion overcomes me. More likely some idea had percolated down a long corridor of concepts interspersed with memories of aromas, tastes or appearances of foods from the past. Maybe I was overcome with grief at the concept of having to hear why Oprah wanted to move her show away from the ever popular TV talk-show-format to something quite unimaginable. I could be some other wifely TV selection with the word “bridal” or wedding as an adjective. My wife could astutely point out, if I wanted to be more productive, I might just clean out “one of your junk drawers”. I protest that I am imminently familiar with

every inch of that drawer and to re-arrange it in the least manner would render me quite incapable of finding a blessed thing especially on a major holiday, when items to be found there become completely indispensable. Maybe not the complete truth, but an efficient kitchen is one in which the chef is completely comfortable and things are highly accessible. As much by accident as by design many kitchens are assembled today with no regard for efficiency in space. A bigger less organized space means you are required to move more to accomplish the same tasks. The HOLY TRINITY of the kitchen is the sink, the stove/range top, and the refrigerator. When these are close to each other efficiency is enhanced. Naturally the main work space in a kitchen is next to the sink. Now that I am here in the kitchen with no pressure to be productive; it may be a good time to practice a new dessert or a new dish. After all no one is hungrily relying of you to feed them, but, on hearing you may be rendering a dessert, your popularity may increase dramatically.

## Recipes as Blueprints for Success

Many good works require some planning and cooking is not any different. The recipe will provide a lot of insight into what is required but, unless you are fond of surprises, you would do well to read the recipe before you attempt to cook it for a whole variety of reason. Many chefs record the recipe ingredients in the order which these are used but it is a rather poor assumption. It might be more useful if these were recorded in the order that the ingredients might be purchased in the store. The ingredients or required equipment specified may require advance leg work on your part – maybe saffron is not sitting routinely on your spice shelf. Secondly, preparation time is a major factor in cooking and planning a meal. If it takes four days to thaw a frozen turkey, you're going to want to plan your week accordingly. Maybe the recipe is time critical and way too fastidious for a summer lawn party. Big hunks of meat or turkeys take a long time to cook so, unless you plan correctly, the meal may be coming out of the oven a 10 PM, which maybe fine if its Europe, but certainly not customary in the United States.

## Balancing Textures

Texture refers to the crunchiness, crispness, creaminess, tenderness of a food. In fine cooking, ingredients with similar textures are often cooked together. However, crisp and soft foods are sometimes combined in a single dish. This requires careful attention to

cooking temperatures to maintain the differences in textures. It is not uncommon for a crisper version of an ingredient to be added in the latter stage of presentation to add back texture that enhances a dish. Keep in mind, individual ingredient may be each cooked according to their best method and combined when served. One of the most successful techniques of restaurants in preparing items at a "perfection of cooked state" is to blanch an item ahead of time where a final reheating, a stint under the broiler, emersion in boiling liquid or a quick sauté is all that is required to bring the item to a proper serving temperature. When dining out, I always sample the vegetables first. If these are perfection, the rest of the meal is generally assured. This is a secret of the quick grills that love to serve pasta as it is a high speed item for the chef. The pasta has already be precooked to a state just approaching "al dente" which is the preferred state for pasta that is not mushy but has a bite to it. The pasta is quenched in cold water, washed several times of its surface starch so it will not stick together. The pasta is refrigerated in bins. A pot of water is always boiling. To bring the pasta to readiness, a simple emersion for 1 ½ minutes is all it takes. The drained pasta is then added to a sauté of the sauce and theme ingredients. While I personally do not subscribe to this pasta method, it does work commercially. Washing cooked pasta, however, removes some of the surface starch that sauces stick to. Some famous and accomplished cooks, such as Mario Batali, don't even drain all the water but retain a little in the colander to get that little extra starch. The fact is fresh pasta takes little cooking time to begin with so why not make or buy it fresh.

## Balancing Colors

Chefs are the Picassos of the kitchen. Chefs use many contrasting ingredients to add color to a dish. Garnish also contributes to the visual presentation. Visual appeal is a major force in the trendy haute cuisine. It should be a consideration in menu selection and meal preparation. Garnish and embellish at will. For me, how a plate looks is very important and if everything is the same color, then I must be nuts - what ever was I thinking!



What Five Thousand Years of Cooking Has Taught the Chinese

Indubitably the Chinese have mastered cooking that comes with 5000 years of practice. The Chinese chef would be insulted if you asked for a knife which would mean that they failed miserably to properly prepare the meal. This cuisine, more so than others, epitomizes the skillful preparation of ingredients such that the food cooks evenly, quickly and is easy to consume. The thought of hacking and hewing your way through a large lobster with an assortment of metal instruments and the accompanying of a bib is enough to put off most patrons who would rather eat their food than wear it. Large chunks of crab in the Cioppino are not diner friendly and your guest may leave it in their bowl rather than risk having a mess spread all over the table. Artful preparation on your part will be amply appreciated and rewarded. It is imperative that food is cooked evenly without being over cooked. If combining unequaled sized foods, individual cooking times must be appreciated. Not all foods cook at the same rate. Foods high in fiber generally require more cooking time and/or a lower cooking temperature. The stems of broccoli are much higher in fiber than the flowerets for instance and hence the stems are cooked first and cut into smaller dimensions.

## Roman Food

In case I haven't already mentioned Roman food is my favorite. The Roman trattorias that offer traditional Roman food are quite a delight. Just off via Del Croce is Ottelo alla Concordia a favorite haunt of my family when we lived there in the '60s. Pia is now the proprietor having inherited the restaurant from her father. Local paintings of resident artists adorn the walls including those of Amerigo Tote a famous Hungarian sculptor. He was a long time resident of Rome and ate in the trattoria everyday at the same table. Amerigo first introduced us to Ottelo’s wonderful Roman cuisine.

The restaurant's menu has both traditional and seasonal offerings that track the availability of just the finest and freshest ingredients. Roman food has taken the best that Italy has to offer so while maybe entirely Roman, other great Italian food is prevalent as well. An example is Bruschetta con lardo di Colonnata which is toasted bread with the famous fragrant herb cured pork fat the Apuane Alps. This is made exclusively from the Colonnata pigs of northern Tuscany. The resulting product is amazingly sweet and delicate. In Tuscany, they say "it dissolves in the mouth." This is a good example of an Italian tradition that dates back more than a 1000 years. I am sure it was peasant food at first but now a

delicacy fit for kings. Oddly, this cured pork fat has less fat than butter and is loaded with minerals.

Note: For further reading on Lardo see:
http://www.dolcevita.com/cuisine/lardo/lardo.htm
http://www.florencevillas.com/newsletter/nl_27.htm#lardoofcolonnata

Because Roman food epitomizes the finest Italian cuisine, this book includes many recipes that I came to adore over the years in Rome. One of the hardest things for me was to decide which recipes I would include in a book that has to have a **finite** size.

## The Open road is one that goes Everywhere.

Fear and suspicion is a good trait if some psychotic evil doctor has kidnapped you and abandoned you on some far shore in a dark damp forest emitting ominous sounds. As an approach to food, it is a boat anchor. It will keep you from new adventures. All things in the book are delicious. I am one who eats practically anything as long is it is worthy of consideration. The right sauce can make a door knob appealing!

# *In the Kitchen*

## Accoutrements of the Kitchen

Aprons, basters, bottles, bowls, choppers, colanders, dishes, food processors, forks, grater, grills, grinders, knives, ladles, a mallet, mats, mixers, molds, mortar, pans, platters, pot holders, pots, screens, sieves, spoons, spring forms, stamps, tea pots, tins, towels, whisks, to zesters, are some of what we find necessary in the kitchen except we left out a vase, an ice-cream maker, sorbet maker, a mandolin for slicing thin, a pasta machine, truffle slicer, electric thermometer, thermometer fork, refrigerator, did I mention stove? Quickly we have all that we need but lack the space to put it all. Welcome to the home kitchen.

Whatever you **DO** have, you need to take care of. In the kitchen, cleanliness is second to none. As the main chef, everyone's health (including the pets) has been entrusted to you. You need to perform flawlessly when it comes to kitchen hygienics. The alternative is not an option. You need to bring your brains, not just that great pallet you have, into the kitchen for the health of the family. Handling raw fowl should be a major focus. Procuring fish products especially shellfish is another. No gamble with these. Work surfaces should be clean and sterile. Do not use a cutting board or vessels that can't be made sterile in the dish washer. (Yea I am talking about the wood thing your fond of – it has to go, along with that wooden salad bowl, etc. Anything highly porous that can harbor bacteria should be a candidate for Good Will.) Bacteria can survive only in a narrow PH range. The base in soap, the acid in things like vinegar or lemon juice will kill bacteria by dissolving their cellular walls. Please also remember to clean your pet's dish. If cats are around, then the little darlings have left food in their dish which, left long enough, can harbor bacteria. Residues in the dog dish have the same problem. Does the cat walk on the kitchen counters dropping cat hair? Are you wiping these down before food preparation?

Transitioning between food stages is often a problem. We find we inadvertently left one of the spices we intend to rub the cut up chicken with, in the cupboard. Our hands are dripping with chicken. While we wash our hands, we have touched the water controls with icky hands. We

need to remember to use soap, wash the handles of the faucet. Good habits and a little advanced planning saves us some grief. Open the door to the dish washer and pull out the tray, gather what you need for the spice cabinet, plus out all manners of knives, pre mix your rub and place it in a bowl. Tear off a piece of tin foil to seal the chicken as needed all before you start the operation. When you're done, everything can go straight to the dish waster with you needing to touch drawer pulls and other surfaces that you'll later need to come back and sterilize.

Teflon Cooking Instruments

"Nonstick Coatings Studies by DuPont and others, using U.S. Food and Drug Administration (FDA) standard testing methods, found no detectable levels of PFOA in nonstick coatings used for cookware – including those sold under the Teflon® brand."
"At high temperatures, the quality of the coating may begin to deteriorate – it may discolor or lose its non-stick quality. This can begin to occur at temperatures above 500ºF (260°C)."
- Cookware should never be overheated.
- Low or medium heat is recommended for this cookware
- Teflon pans have a recommended maximum use temperature of 500°F (260°C).
- Empty cookware should not be left on a hot stove or in a hot oven.
- Replace if nicked, flaking or scratched
- Do not use with metal instruments

Teflon pans have a purpose but have limitations but are rather inexpensive because no one will pay a lot of money for a pan that, simply put, will not last.

The Pots and Pans

I am not fond of aluminum cookware even though it is quite affordable. Stainless steel clad copper pans are made with a thick base that are great for cooking but their excess weight is troublesome for some with reduced wrist strength. The clad pans benefit from the highly thermally conductive interior of either aluminum or copper and a highly polished stainless steel exterior and oven proof handles allowing them to go from the cook top directly into the oven. The pans are very expensive but will last generations and are actually worth handing down. Often the sets of pans go on sale which is a rare opportunity

to buy them at nearly 50% off the regular price. Stock pots, however, are almost always filled with mostly liquid. These will be heavy when moved about full anyway. The temperature of these is never much about the boil temperature of 220 F. Here a less expensive vessel will do just fine provided it has a tight fitting lid. If only buying one such pot consider getting one that is slightly larger than you think you need for everyday use. Then, when you are doing a special operation like sterilizing canning jars, or a large clam bake you have a pot which will hold the ingredients. You can store smaller pots in it.

Pots and Pans Types

Except for a party or Thanksgiving dinner, it does not take an inordinate number of cooking vessels to prepare dinner. There is only so much space in the kitchen hence there is a need to choose wisely and avoid redundancy.

Saucepan - A round pot with high straight sides and a flat bottom. A small saucepan holds 1 to 1 ½ quarts, a medium holds 2 quarts, and a large saucepan holds at 3 or more quarts. Only purchase saucepans equipped with snug fitting covers. A set of three that store concentrically in each other is efficient.

Frying Pan - A frying pan has a flat bottom with short sides that are sloped, which makes it easier to flip food but also to clean the pan. I recommend an 8” and a 12" size. They are available in depths of 1 ½” to 3" and should come with oven proof covers.

Griddle – This is a flat pan for pan cakes, hash browns, French toast, etc. I prefer this in an electric non stick variety because it is very large.

Grill – Take it outside. High heat and high smoke can make a mess out of a dinner party and set off your smoke alarm. Indoor grills are ok but need a big hood to make them effective. All this being said, these indoor units are not substitutes for a barbecue grill.

Omelet/Crepe Pan - An omelet pan is basically the same as a frying pan. Recommended is an 8” round pan with a non-stick surface. Best with a lid. (read about Teflon below)

Dutch Oven /Braiser- A heavyweight oval-shaped pan with handles and heavy domed cover. Braising pans can be used on the stovetop and in the oven and should be big enough to hold a whole roast or chicken.

If you have good pots and pans, you have probably paid good money for them. Not even cheap pans benefit from scratches on their surface. The scratching will encourage food to stick and make cleanup more difficult hence my rule, no metal instruments in any pans. Teflon

coated spoons and ladles will ensure your pans are not scratched, else just use wood or silicone spatulas. Dipping a spoon into fetch a taste is ok but don't find your self stirring your fry pan's surface with the edge of a steel spoon. I prefer wood as it is available in a plethora of shapes and is non-marring. I always run the dishwasher at its highest temperature. Despite the wood porosity and possibility of entrapping food particles that could harbor bacteria, the high temperature insures the sterilization. The high temperature is hard on wood products but these wood tools are cheap and easily replaced.

The Roasting Pan

Several times a year, if you are lucky, you are called upon to entertain a large group of friends and relatives. For me, these are some of the year's best of times. During these festive events, you will find yourself needing a large roasting pan for a whole ham, whole standing rib roast or large turkey. The basis for choosing the size of the pan depends on the refrigerator size for it will sit on the biggest shelf. I want a big roast or turkey for several reasons:

People feel more comfortable with helping themselves to seconds if it looks like there is plenty.

I don't have to cook again for days

If doing a bird, it takes a big one to hold enough dressing to last several meals.

When cooking a turkey I find the larger ones are in the range of 23~25 pounds. My roasting pan is 18 x 13 x 3.5 inches because that is what fits my refrigerator. It has handles that fold down when not in use hence take up no extra length when not in service. Enameled steel pans, stainless or aluminum are all good for service. A non stick pan is undesirable as it is less useful at producing those wonderful dark caramelized bits that stick to the pan's bottom that make such great gravy. The pan serves to hold the turkey, ham or roast as it defrosts in the refrigerator which will take days so plan ahead if thawing a "big one". Brand names for some manufactures of pans in these larger sizes are EURODIB (Homichef brand), KichenAid, and Matfer Bourgeat. The high side wall prevents excessive splatter and anything less than 3 inches is less serviceable.

Cookie Sheets

Not all of these are created equal. There are insulated cookie sheets featuring a double-walled construction with a layer of air between giving you extra insulation to keep your cookies from burning on the bottom. The extra rigidity makes these pans resist warping

and double as a bread or pizza batten.

Words about Your Cook Top

"Professional-style" gas ranges with beefy knobs; heavy cast-iron grates; thick, stainless-steel construction; and four or more cast iron burners do not insure performance.
A good unit is one that is easy to clean, durable, has an oven light, and good number of burners. Not with standing appearance, the business end of the works is how much heat comes out and how much control does the chef have over it. Typically, the high end for gas cook top burners is 17,000 British Thermal Units (BTU[1]). No other energy source offers you the cooking precision and results found with gas. My advice in looking for performance is to compare specifications. Beware of units that have no heat specifications. Electric stove tops are rates in watts with the high end near 3500 watts. Electric burners deliver 3413 BTUs of heat for every kilowatt-hour of electricity consumed. (1 kilowatt-hour = 3413 BTU). Hence 3.500 kwatts converts to approximate 12, 000 BTUs. Many modern cook tops have other features that make them worth while but none I have found would be so desirable as to make me deviate from gas. Newer higher end gas ranges have one or more super burners and some smart designs have a center burner between the four "left-right-front-back" burners that is good for a small pan allowing those with limited space to pack a lot of cook top capability into a 30 inch kitchen opening.

Note:
1.One BTU is amount of heat necessary to raise 1 pound of water by one degree Fahrenheit.

Ideally, wok cooking really benefits from very high quick heat and what is required in the heat department is in the range of double or triple what most indoor non-commercial stovetop appliances delivery. Commercial wok units in the 100,000+ BTU range are not uncommon. If a wok was all you ever cooked with, you could order an indoor unit for your kitchen but you would have to have it up to code which means a hood up to the task (1000 CFM or more). Your outdoor grill however is probably rated near 56000 BTUs if you paid handsomely for it. Removing some of the grill slats will allow your wok to sit down on the baffle plates spanning several burners. Although propane has half the heat of natural gas, the burners are typically 12000 BTU hence spanning two burners (Kenmore 5-burner LP gas grill) you should get near 24,000 + BTUs. If you have a baffle made to funnel the heat from three burners and hold the

wok, you will begin to approach the low end of a commercial wok grill.

Stand alone series cook tops in the professional series are available that also feature a wok burner but maybe wider units.

Cooking with high heat have a number of advantages as the Chinese and Asians will attest to not the least of these is it is fast. Fast cooking of room temperature meat cut to thin slices means extra tender. The scourge of the chef is meat cooking it its own juices or excessive marinade which means the meat gets essentially boiled and has a tendency to be tough. The term “stewing in your own juices” comes from this phenomenon.

Dishwasher
Most things are safe in the dishwasher but dishwashing soap is harsh and especially bad for crystal glass made with lead. In time, the phosphates will cloud the glass making them look perpetually dirty. Good glasses are best washed by hand as they are also fragile. The dishwasher is one of the best things in your house for the sterilization of objects (including canning jars) that can take heat. Almost all modern dishwashers have a “high heat” mode. Periodically, you may want to include your sponge, dobbie pad, and dish brush to disinfect these while your dishes wash.

“A messy kitchen is a happy kitchen, and this kitchen is delirious.”

Limited Kitchen Space Demands Intelligent Planning

Learn to get double duty out of the tools you select. Don’t be hesitant to ask for expert help when selecting items to buy in your kitchen. Be sure to stress to the sales person that you don’t have much room and want the kinds of thing that do double duty. For instance, a colander can be a bowl with holes or a reinforced strainer basket type. The strainer basket is somewhat more useful as it sheds water very quickly and could be used as a sieve as well. If you buy a pizza cutter you’ll still need a cleaver, but if you buy a cleaver, it will serve as a decent pizza cutter. If you buy a pasta machine and a mixer, together they take up more room than a mixer that includes a pasta attachment. It is easy to quickly run out of room in the kitchen so wise choices up front will save you both money and space.

Temperature Probes and indicators
The article "Using an Immersion Temperature Probe Thermometer" covers this topic seperately. Temperature is vital to cooking and baking food. Having the right tools to make candy, measure temperature of frying oil, the temperature of the oven, the internal temperature of item cooking is important and a key to success. Better equipment is better.

Bowls

Metal bowls don't break but they are unsuitable for the Microwave. Bowls sets are nice as they nest in each other taking up less space. Some newer style bowls have rubber coating on their exterior making them no slip and quieter to use.

Immersion Post Blenders
Immersion post blenders (also called a stick blender) is a neat tool for soups, drinks, vinaigrettes, salsa, sauces and apple sauce that takes up less room than a blender and has easy cleanup. They are generally affordable as well.

Knives
There is nothing in your kitchen worse than a dull knife. The type of knives you buy should be a consideration you give some thought to. There is easy-to-sharpen and hard-to-sharpen. The hard to sharpen probably hold their edge longer but the easy to sharpen need less work to get an edge. I prefer thin knives with non-wood handles as they are easier to maintain and last longer.

High carbon steel is actually the best performer providing more toughness and the ability sharpen easily with a minimum effort. High carbon steel is not stain resistant. It can rust and will discolor from use. Old high carbon steel kitchen knife blades will actually become dark which is purely cosmetic and does not detract from their performance. These are relatively inexpensive. (examples: Ontario Knife Company Butcher Knives)

High carbon stainless steel is a good stain resistant steel. It has a high content of carbon for hardness and still enough chromium to keep it looking great. High carbon stainless will take a sharp edge but requires a greater effort to sharpen than high carbon steel. It is the most popular steel type used in high quality kitchen cutlery. The Japanese knives use an alloy and heat treatment that produces a harder thinner blade requiring more maintenance and the European

knives produce a softer thicker blade requiring less maintenance. (Example: Henckels Professional series)

Stainless steel or surgical stainless steel has less carbon and more chromium in the alloy. It is very resistant to rust and stains but not hard enough to maintain the best possible edge. This type of steel is used often in the less expensive department store knives.

Titanium is actually a matrix of titanium and carbides. Titanium is lighter than steel and more wear resistant and can hold an edge as well as steel. Some blades of this type are steel that is coated with titanium.

Ceramic blades are so hard that they will maintain a sharp edge for years with no maintenance at all. They are brittle and require diamond sharpening tools to maintain. They are hard enough to cut the glaze on plates and cut your granite and must be used with a cutting board.

Do's and Don't of Knives

For anyone who spends hour sharpening knifes, seeing someone using a knife in a manner that dulls its' edge makes me think one of two things: someone ELSE sharpens their knives or, they just have not thought it through.

The following are good use ideas that help preserve your knives keen edge:
- Store your knife in a drawer where it is not banging into other steel objects
- Use the spine side of the knife to drag cuttings into the pan not the sharp side.
- Don't hack at heavy bones with a knife – use a cleaver better suited for this task.
- Buy a decent sharpener to touch up a blade a few strokes on each side before you use it (wipe the blade to remove metal residue.)
- A plastic cutting board surface is easy on knife edges. The plastic boards can be sanitize in the dishwasher and are priced economically. (Glass or ceramic cutting boards are too hard on the blade.)
- Hand wash your knives to avoid getting them banged around in the dishwasher net to other steel kitchenware.

Note:

1. Steel is composed of some percentage of iron, carbon, and some of trace of these elements: manganese, nickel, chromium, vanadium, molybdenum, tungsten, titanium, boron and cobalt.

# About Roasting

Roasting is a cooking method that uses dry heat.

Use high heat to sear meats, or brown vegetables or casseroles before either covering them with a lid, or with liquids, and for dishes that will cook completely before their outside incinerates. Both the food and pan should be dry of water. If trying to cook something quickly:
•place food in a single layer
•item to be cooked should have a uniform size
•do sprinkle on pepper or spices these will only burn
•Pieces should not be touching each other. If they are then you need to toss or stir these items once or more times after some period of cooking to expose all surfaces to the high heat

When opening the oven door be mindful to avoid the escaping heat by keeping your face well back.

Pre-heat well ahead of time and allow the temperature to stabilize at least 10 minutes. This allows the oven walls to store residual heat. If you are cooking a large roast, you may want to consider increasing the residual heat of the oven. I have a very heavy all metal 18" cast-iron fry pan I put on the shelf below. The extra preheated pan serves as another source of heat once the roast starts to soak up heat from the oven which would otherwise lower the oven's temperature.

Pans for high heat
Pyrex dishes and frying pans (the kind without low temperature handles) and roasting pans work well. Some chefs like to put a light coat of peanut oil on these cook wares to promote easier cleanup.

Lean roasts
Bacon if used as a topping for basting a roast should be a very thick variety. When bacon

immediately hits high heat, it wants to curl up, which will only burn its edges. If, however, it is thick and tied tightly to the roast, it will serve its purpose of basting the roast with fat as it slowly melts. Unfortunately, it's the bacon that gets crisp not the roast's surface. The process of "larding" could be used or alternatively, basting a roast periodically as it cooks. Pork fat is referred to as lard. It has less flavor than lamb or beef fat. Larding is done with pieces of pork fat as opposed to rendered lard which has no flavor at all. Small incisions are made with the tip of a knife and bits of pork fat are inserted into the roast. Alternatively, use a larding iron which is a U or V-shaped pointed blade that carries the lard (or other ingredients) into the roast and leaves it there when retracted. Practically no one uses this process any longer. I am fonder of cuts with inherently greater fat content as they are tastier than leaner cuts.

Young or small birds can be roasted at high temperatures successfully while most meats are done at temperatures of 375 F or lower. That is not to say that the initial temperature to sear the meat might not be initially higher and the temperature reduce for normal cooking.

Resting period

With roasting, the internal temperature of a roast continues to rise after removing it from the oven. Residual heat from the roast's hotter exterior is transferred with time to the cooler center as the roast rests. The hotter the roasting temperature the more pronounced is the temperature rise. Additionally, the moisture in the interior of the roast will redistribute itself into the exterior surface becoming juicier as the over all temperature starts to equalize. Allowing the roast or even grilled meats to rest before carving insures a juicy result with less moisture loss.

Fast or Slow Cooking

Muscular roasts or old birds need a longer cooking period to break down tough fibers. Slow roasting works best with large roasts like roast beef or turkey. Sliced deli roast beef is rare to medium-rare almost to the outside edge of the meat which comes from the low-temperature slow cooking that is the norm for commercial cooking. Roasting at high temperature, 400°F or more, dries the outside, overcooking it, by the time the center is medium rare. A roast cooked at 220°F is going to take twice as long as one roasted at 350°F but an immersion thermometer[1] with an alarm is a godsend for those who want a perfect roast.

Note:
1.See Using a Count Down Timer Immersion Temperature Probe Thermometer

# Baby Food

"I always wondered why babies spend so much time sucking their thumbs. Then I tasted baby food." Robert Orben

If we are what we eat, then surely feeding our infants droll baby food out of a jar makes them become dull and uninteresting. "According to Daniel Gerber, it all started in his kitchen the summer of 1927. Following the advice of a pediatrician, his wife, Dorothy Gerber had been hand-straining solid food for her seven-month-old daughter Sally. After many evenings of repeating this chore, Mrs. Gerber suggested that her husband try it. After watching him make several attempts, she pointed out that the work could be easily done at the Fremont Canning Company, where the Gerber family produced a line of canned fruits and vegetables." Well the pediatrician had the right idea except he neglected to say straining was only necessary for young infants who were yet to develop the ability to swallow. Today strained foods are used for stroke victims who also have problems swallowing. No where should it be said that infant's food needed to be a gray bland gelatinous goop which is often the case with the "off the shelf abominations."

Somehow my wife and I were exceeding lucky as someone gave us a hand operated food mill as a baby shower gift. What went into the mill, we were told, was whatever you cooked; and so it was for both our children. Of course we used some judgment when it came to exceptionally spicy food when they were very young, but basically what was before us, either cooked at home or off the plate in a restaurant could be quickly rendered suitable for our infants.

The food mills are available from a number of sources such as Kidco and cost around $12 compared to a single 5 ounce jar of baby food at $1.59 a jar. The hand operated mill features a 4 ounce serving cup, strainer, a stainless steel blade and is dishwasher safe. It is not about doing the math. It is about not killing your child's palette. Early food experiences are thought to be highly formative in infants. The parent that robs the child of an imaginative palette

would shelter them from art, literature and music and foster a legacy of dull mindless existence.

## Barbecue versus Grilling

If you have not ventured out of California, then perhaps you may possibly not experienced real barbecue. In the southern states, the people love their barbecue and it is part of their culture to the extent that it must be visited several times a week. Succulent meats are cooked very slowly (140-220$^{o}$F) indirectly from smoky coals of different kinds of wood for 5-8 hours. The resulting product (the real BBQ chefs call it product) is moist-fall-of-the-bone tender meat. The slow cooking method used by the barbecue process literally melts the tough binding tissues in less expensive cuts of meat like the ever popular 8-11 pound brisket. If the brisket were to be cooked quickly on a grill, you could not eat it with your dog's teeth. Typically, an untrimmed large brisket may cook 20 or more hours. If you are in Texas, BBQ is synonymous with beef brisket whereas other states, BBQ means a pork based product. In an excessively smoke pit, the outside of the meat may become excessively smoky, and untrimmed briskets are trimmed of much of their exterior hard shell before serving.

Grilling uses a very high heat, quickly searing the food and is characterized by its speed. Charring foods gives a distinctive appearance and improves flavor of the food. The reason it is so immensely popular is it is primordial tracing back to our caveman days of meat on a stick over fire. Grilling outside takes the cleanup fuss away, allows you and your friends to enjoy the outside, allows for scrutiny of the cooking progress that produces superior results, allows practically the whole meal to be prepared on the grill with meat, fruit, and vegetables taking their place on the grill. Ah, reminds me of summer and good bottles of wine.

*"Not necessarily uncompromising or a perfectionist, a decent chef is opinionated else he has nothing to say gastronomically*" the author.

# Cooking for Many

Planning is king.
Plan for shopping and storage
Plan a simple menu
Use of paper plates and plastic utensils requires less clean-up and won't stretch you budget buying plates for 25.
Select entrees where most of the preparation can be done ahead.
The more entrees you serve the smaller the serving size needed per entrée.
Use of the oven means large portions that:

- Require less attention
- Feed many
- Cooks a lot of food at the same time

Nothing serves more people or is easier to cook than a whole ham.

Casseroles may be prepared several days ahead. Lasagna may be frozen and baked when needed. Canneloni can also be made ahead, frozen and the baked to revive.
Buy pre-packaged washed lettuce to use as needed. The "special things" to customize the salads may be prepared a day ahead.
Have a plan for simple heating or reheating. You can't bake biscuits if the oven is already full.
Consider renting or borrowing an extra Microwave, hot plates etc.
Get help.
Consider refrigerator or freezer space for all perishables
Try to keep the drinks out of the kitchen else congestion occurs
Check that you have adequate pots and pans and storage containers. Zip lock bags work well and use less refrigerator space and are throw away.
Keep food safety in mind as you work.

Prepare food in batches

Serve foods that are already bite-sized and that don't require cutting with a knife and fork.

Larger amount of food may take longer to cook.

If the weather's nice, consider designating a guest to help grill outdoor
Grill menus might include foil-wrapped fish or chicken, ½ game hens that cook quicker than chicken, London broil, or Tri-tips steaks that feed quite a few people and are affordable, corn on the cob, kabobs, vegetable kabobs. Give the BBQ chef a knife so steak can be served right from the grill. If the grill has a side burner, place one of the casseroles or boiled corn on it.
If doing kabobs insure meat pieces are small so they cook as quickly as the veggies.

Place a large lined trash receptacle accessible. If outdoors make sure it is away from where people eat in case it draws insects. Crowds make a lot of trash.

## Digging Deeper for More Resources

At no point in history, have there been more resources available in support of your cuisinary excursions. At no point in history has it been easier to find incredible ingredients with less effort than right now. UPS, express mail or FedEx usually dropped the box of at the door, ring the doorbell and leave. If you ordered wine, it requires an adult signature. I often leave a note to UPS to have my neighbor sign. If you're buying beluga caviar or truffles via online -order then perhaps you want to be home when the product arrives for two reasons: the first is the fact that these items are refrigerated; and secondly, you wouldn't want somebody to make off with these. Alternatively, it's much less likely that someone would abscond with 12 pounds of canned tomatoes.

The internet, even if you only have access through work or perhaps a neighbor, can be an asset of immense proportions. It quite unlikely that you can't find help on practically any topic. Just for fun, I tried looking for a recipe for Chicken Lips and here was one:
http://www.kwqc.net/prntpage.cgi?recipe=498&file=2000shlf.htm

Nutrition and Health on a major concern to many and the **USDA** has wonderful resources readily available by access through the internet.

Here are some of my favorite **USDA** web pages:

- **Nutrient lists** for selected foods and nutrients. These lists are sorted either by food description or in descending order by nutrient content in terms of common household measures. See http://www.ars.usda.gov/Main/docs.htm?docid=15869
- Composition of Foods: Raw, Processed, Prepared, USDA National Nutrient Database for Standard Reference, Release 20. See: http://www.nal.usda.gov/fnic/foodcomp/Data/SR20/SR20_doc.pdf
- **Beltsville Human Nutrition Research Center -** the Beltsville Human Nutrition Research Center (BHNRC) is the largest of USDA's human nutrition research facilities and the home of the first human nutrition research conducted by USDA, dating back to the late 1890's. Its current program spans the human nutrition and health continuum, from investigating the role of nutrients and food components at the cellular level, to examining the impact of dietary interventions on health in animal and human research, to conducting mission critical surveys to find out what people are eating while supporting an expanded understanding of what's in food. See http://www.ars.usda.gov/main/site_main.htm?modecode=12350000

Here are some other online sources of interest:

http://www.theitaliangourmetshop.com
(North Beach Miami) 305-788-3093
San Marzano tomatoes, truffles, caviar, cheese from France (listed with their wine pairing), coffee, teas, Indonesia cinnamon, sugars, preserved lemons, Tahitian pure vanilla extract, and olive oils.

http://www.kingarthurflour.com/
Flours, SAF Red Instant and LA-2 Pain de Campagne yeasts, baking supplies, recipes, salts, sugars, syrups, vinegars, bread improvers, nuts, grains, vanilla, chocolates, candied and dried fruits, gadgets, and tools.
King Arthur Flour, 135 Route 5 South, Norwich, Vermont 05055, (800) 827-6836

http://heartlandmill.com/
Certified organic wheat products with all the technical information on a lot basis.
Heartland Mill, Inc. Rt 1 Box 2, Marienthal, Kansas 67863, 800 232-8533

http://www.lesaffreyeastcorp.com/

Makers of: **SAF-Instant Yeast Red Label** containing yeast as Saccharomyces cerevisiae, sorbitan monostearate (a nonionic surfactant with emulsifying, dispersing, and wetting properties which also extend life and protects against mold), and ascorbic acid (which creates an acidic environment for the yeast which helps it work better and act as a preservative deterring mold and bacterial growth.)

Lesaffre Yeast Corporation

Lesaffre Yeast Corporation, 433 E. Michigan Street, Milwaukee, WI 53202
Phone: (877) 677-7000, Fax: (414) 615-4003

**Brian Dixon** (briandixon@hotmail.com)

An authority of natural yeast starters see Sourdough Yeast Resource below

Sourdough Yeast Resources

http://www.howstuffworks.com/framed.htm?parent=sourdough.htm&url=http://www.cs.ruu.nl/wais/html/na-dir/food/sourdough/starters.html

http://www.amazon.com/gourmet/

Coffee & tea, chocolate, seafood, caviar, gourmet cheese, meat, game and pâtés, hickory farms products, Appetizers and Hors d'Oeuvres, Baking Supplies, Beans and Grains, Beverages, Bread, Candy, Caviar and Roes, Cheese, Chocolate, Coffee, Condiments, Cookies, Desserts, Dips, Fruits, Jams, Jellies and Preserves, Meat, Game and Pâtés, Mushrooms and Truffles, Oils, Vinegars and Salad Dressings, Pasta and Noodles, Prepared Meals, Rice, Salsa, Sauces, Seafood, Seasonings, Herbs and Spices, Snack Food, Soups and Stocks, Tea, Vegetables. E-mail address: grocery-feedback@amazon.com

http://www.famousfoods.com

Portuguese favorites, beverages, teas and coffee, breads and more, ethnic favorites, fine cooking oils, hometown food favorites, hot and spicy sauces and condiments, meats and seafood, sauces, dressings, jellies and more, spices, seasonings and rubs, sweets and snacks, syrups. 1.866.646.4266, FAX 1-508-997-8357, E-mail: Sales@FamousFoods.com

http://www.seafood-sales.com/
Louisiana Live Crawfish - Call for price and availability
(713) 932-6692 Toll Free (877) 624-5479 E-MAIL info@seafood-sales.com

http://www.bulkfoods.com/grain.asp
Grains and seeds.
(888) 285-5266, (419) 537-1713, E-mail: vip@bulkfoods.com

http://fromitalia.com/
Italian ingredients, wine, pasta, olive oils, vinegars, truffle and mushroom products, rice and grains, Sicilian sea salt. E-mail: Jim@fromitalia.com, (925) 838-7619.

http://www.spiceadvice.com/
Spice Island's web site, E-mail: spiceadvice@achfood.com
1-800-247-5251

http://www.cdfa.ca.gov/ahfss/ah/food_safety.htm
California Department of food in agriculture food safety web site.
California Department of Food and Agriculture, Animal Health and Food Safety Services, Animal Health Branch,1220 N Street, Room A-107,Sacramento, California 95814,Telephone: (916) 654-1447,Fax: (916) 653-2215,or send an E-mail to: ahbfeedback@cdfa.ca.gov

http://importfood.com/
Thai food groceries and cookware.
Import Foods, PO Box 2054, Issaquah, WA 98027, info@importfood.com
888-618-8424, 425-687-1708, Fax: 425-687-8413

http://www.hotpaella.com/
The Flavor of Spain, path to an authentic Spanish Paella and Puente & Talavera Ceramics.
Hot Paella, 2570 San Ramon Valley Blvd. Suite A105, San Ramon, California, 94583, 888-377-2622

http://www.tienda.com/paella
Paella Pans, Spoons and Tripods, Paella Ingredients, Paella Kits, Paella Burners, wines, Castile soap, Perfumes, and special paella rice. Williamsburg, VA 800-710 - 4304

http://www.williams-sonoma.com
Cooking gear and accoutrements.
Williams-Sonoma, Inc.,3250 Van Ness Avenue, San Francisco, CA 94109, 877.812.6235

http://www.chefswarehouse.com
Superior Italian Olive oil
Customer Service (718) 842-8700 Ext: 20104

http://www.igourmet.com
Cheese, Wine, From the Garden, Meats/Seafood, Dry Goods, Sauces/Spreads, Oil/ Vinegar, Coffee/Tea, Chocolate/Desserts, Serving Tools, Wine by Country, Wine by Price, Kosher. 1-877-igourmet (446-8763), 508 Delaware Ave. West Pittston, PA 18643

http://www.barillaus.com/
Italian pasta recipes, pasta. Barilla America, Inc.
consumerrelations@barilla-usa.com or call 1-800-922-7455

http://www.hogislandoysters.com/
Best oysters in the west.
Hog Island Oysters,415.663.9218, farm@hogislandoysters.com
20215 Highway 1, Marshall, CA 94940

http://www.prenzel.com
Vincon Wine Stock Concentrate is a unique product, in a category of its own and only available from the Prenzel Distilling Company. Winner: Most Innovative New Grocery Product 1997 “Both red and white variants are highly effective not only in hot

dishes but also in vinaigrettes, salad dressings, confits, and butter sauces. Vincon Red has particularly impressive color retention. It is not suitable as a beverage.

Vincon is a concentrated red wine stock to be used in all cooking applications which would normally use wine. The optimum way to use Vincon is by using it to flavor a dish in much the same way as soy sauce or any similar condiment is used - by adding it according to taste when the cooking has 10 minutes to finish."
Prenzel also has infused oils of distinction.
Prenzel Distilling Company, PO Box 246, Riverlands Estate, Blenheim, New Zealand,reception@prenzel.co.nz,0800-272-639

http://www.hillcrestfoodsvt.com
Bulk food products, bakery ingredients. Large quantities.
Hillcrest Foods Inc., 104 Huntville Road, Fairfax, Vermont 05454, 800-287-6586

http://www.bread-maker.net/
Bread Maker FAQs, Bread Baking Pans, resources. 1-866-598-7376,Fax 1-866-323-8256, sales@bread-maker.net

http://stason.org/TULARC/food/sourdough-starter/index.html
Making your own sourdough natural starters also http://www.faqs.org/faqs/food/sourdough/starters/

http://www.setino.it/pane.htm
A pictorgraphical display of Italian Bread Making

Are you ready to grow mushrooms?
*"Fungi Perfecti offers plug spawn of twelve hardy gourmet and medicinal mushroom species: The Ice Man Fungus, Artist Conk, Reishi, The Oregon Polypore, Maitake, The Conifer Coral, Lion's Mane, Shiitake, Pearl and Phoenix Oyster, Chicken of the Woods and Turkey Tail." See* http://www.fungi.com/plugs/index.html

Fungi Perfecti, PO Box 7634, Olympia, WA 98507, 800 780 9126, 360 426 9292, Fax: 360 426 9377, info@fungi.com

Mushrooms for Kids
http://www.fungi.com/kids/index.html

## Entertaining and the Buffet

Serving from the Side – The Art of High Low
The buffet or side serving is a culinary visual event, featuring foods, integrated with presentation, heights, shapes, and colors. Ribbons, balloons, flowers, confetti, bottles of wine, dried ears of corn, gourds, fresh fruit, tree branches, garnished vegetables, whatever may be found to add visual appeal and set the tone and character of your party. The use of different heights adds to the presentation. Smaller horderves trays are up high where these can be seen. Foil wrapped bricks or bricks in card board boxes covered with linen cloth or wrapped in festive gift wrap matched to the occasion serve as pedestals or display stands. I like to hollow out a water melon and use it like a serving bowl for fruit salad. Leave a "handle" in the middle. You can toothpick treats to be served across the arched handle, like cheese stuffed cherry tomatoes.

Look at the presentation at an Easter brunch at a fine Hotel. Take your digital camera with you. Take pictures—trust me, you'll forget otherwise. There are a lot of things to see. These are experts and they are serious about food and represent a great resource for good ideas. Take note of anything exceptional. I don't mean just look at it, I mean write it down.

Staying in Character
Well, if it's a New England style clam bake, a plastic lined galvanized bucket might be holding the local beer rather than Aunt Bertha favorite silver ice bucket with a fussy Pouilly Fuisse, and a bed of seaweed on a plastic milk crate supplants the silver platter to display a fine spiny Lobster.

Glassware

I cannot abide by drinking fine wine from a jelly jar. Some "campy" Italian restaurants serving family style dinner (usually in excess) may think that this is a good idea but when the wine list comes forward I should think that some rot gut would better stay in character with the decor. You may think that harsh of me, but I lived in Italy for seven years and the wine most often serve in such glasses fell into the category of "spruzante" which is their word for a zesty youngness that generally meant too many green grapes and a load of excessive tannins that were long on aftertaste while short on pleasant.

A fine wine needs the right glass which for my thinking is a large rimmed glass for white and even larger rimmed glass for red. Thin walled glass gives the impression of value which is a complimentary feature you hope your guest find in the wine as well. Two things you need to appreciate are:

- You need to get you nose in the glass to fully appreciate a wine
- Wine needs to breath.

I am also going to tell you that red wine tastes better from a larger rimmed glass. Fantastic or impossible you say! No! You need to try it. Pour the same fine wine into two glasses:

- One a white-wine-glass with the smaller rim
- the other a big **bowl** of a glass

Ask your guest to compare these two "different wines" without telling them which is which, I suggest you say they are different vintage years of the same wine. You'll be amazed by the experiment.

Cheaper Glassware is "Better"

It has been stated[2] "crystal has a rougher surface, on a microscopic level, than regular glass and therefore helps wine release its aromas as you drink."

Be that as it may, non crystal glasses have become much cheaper and I am content to seek out a thin walled glass of low cost. I don't want my guest worrying about breaking a crystal glass. Not only that, when I wash these by hand[1], which really is required, I am not worrying about accidentally breaking up a set. Henry David Thoreau's was right- simpler is better.

1. Leaded Glass reacts poorly to phosphorous in dishwashing soap and will eventually cloud the glassware.
2. **NewYorkMagazine.com,** 2006, Stemware

"I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived. I did not wish to live what was not life, living is so dear; nor did I wish to practice resignation, unless it was quite necessary. I wanted to live deep and suck out all the marrow of life, to live so sturdily and Spartan- like as to put to rout all that was not life, to cut a broad swath and shave close, to drive life into a corner, and reduce it to its lowest terms, and, if it proved to be mean, why then to get the whole and genuine meanness of it, and publish its meanness to the world; or if it were sublime, to know it by experience, and be able to give a true account of it in my next excursion."

"*I wanted to live deep and suck out all the marrow of life.*" What a great way to turn a phrase. We'll aspire to follow his lead and endeavor to get the most from the food, the drink, the company, and life itself.

When considering glasses, consider having an assortment that should include the following glass shapes: a red, white, beer, champagne, martini, and Brandy sniffer. The right glass is just more fun. The web site http://www.spiegelau.com has a good assortment of glass shapes in the various popular shapes. I have included a picture below of some of my favorite red wine glasses. I have included a bottle of wine for scale. You can readily see the glasses are all very large and allow ample space for one's nose –where at lot of important stuff is happening therein.

Truly fine glasses are a treat indeed. Like all things in life, make these common place and they will loose their enchantment. How much better to bring forth a truly great glass only for a great wine or occasion.



Linen, Placemats and Napkins

For many, their luxurious linens remain admired and coveted, but are rarely used. These are reserved only for a special occasion. What this means is that you probably bought the wrong linens. Places like Costplus (see http://www.worldmarket.com) sell placemats-napkin sets for about $2 to $3 a place setting. These have never been more affordable to now. There is some-

thing so very nice about having a real cloth napkin. Don't buy colors you cannot bleach or otherwise, plan on tossing these napkins once stained. It will happen. No surprise that 99.9% of the chef's apparel is white so it may be effectively bleached when washed.

Don't over look the internet as a source for folding napkin tutorials. Napkin rings makes short order of very easy folds like the Scarf Fold which starts with an ironed napkin. Grasp the napkin at its geometric center and pick it up. Shove this end through a napkin ring. Arrange folds. That is it. Use Google with the keywords "Napkin Folding" for many pictures and tutorials.

Serving Food from the Buffet
Hot food should be piping hot and on heated platters or pans on hot plates or in small batches that are replenished as guest consume them.

Cold food should be cold and on chilled serving dishes or over ice or in small batches that are replenished as guest consume them.

Food should look as good as it tastes.
Functional edible garnishes are preferred over non edible ones. Garnishes should complement what they are served with. Nasturtium flowers go well with salads. Grilled pineapple goes well with ham.

Orderly presentation of food looks better than the willy-nilly dumping of the food into the serving platter in a haphazard manner. Food may be layer neatly in rows sometimes garnished between rows. Contrasting colors work well to create left and right, top and bottom, symmetrical sections that are visually appealing. In early studies of babies, researchers found that babies spent longer looking at pictures of perfectly symmetrical faces than ones less symmetrical. My theory is that with respect to gauging health, the symmetric seems to indicate a healthier specimen. It may be ingrained in to the human species to have an affinity for things symmetrical.

Look at catering supply equipment for ideas and equipment. Telescoping and interlocking baskets, napkins, ice molds, skewers, disposables and consumable are some topics for examination

Large fowl or roasts benefit greatly by someone standing by to slice it on demand.

Stay in character if there is a theme or motif for you occasion. If it's a May Day celebration and your serving Mexican food, the guacamole is better served from a small Indian maze mortar than in crockery from Cordon Bleu.

Paper, foil, and linen doilies convey a quality image, which allows you to more effectively present appetizers, desserts, and other menu specialties. Many paper/party shops offer an extensive selection of doilies in different shapes, sizes, and textures. Hoffmaster Cambridge is a major manufacturer of lace doilie**s.**
See:

http://www.mypapershop.com/paper-doilies.html
http://www.nextag.com/paper-doilies/search-html
http://www.webstaurantstore.com/hoffmaster-cambridge-lace-doilies/753LAC.html

Distinctive toothpicks, straws and tropical drink parasols are just a few of the things that make dining an enjoyable experience. But, there are also more necessary items for food preparation, such as the skewers for shish-kabobs or colored steak markers to indicate the doneness of the piece of meat. Rimming sugars and salts may also be useful:

- Blue Raspberry (Blue)-great for adding a little punch to fruity margaritas
- Chocolate (Brown)-perfect for rimming the glass of a chocolatini or a mudslide and also great for kid's milk or hot chocolate
- Cranberry (Pink Red)-adds a splash of color and taste to a cosmopolitan or cape cod
- Lemon (Yellow)-add this flavor to both alcoholic and non-alcoholic drinks such as citrus vodka martinis, gin & tonics, long island iced tea, hard lemonade, iced tea, club soda or lemonade
- Lime (Bright Green)-instead of salt for that next margarita, add this sugar, which is also great for kamikazes, gimlets, hard lemonade or Mai Tais
- Mojito Mint (Green)-perfect for rimming mint juleps, Mojito, or chocolate mint martinis
- Orange (Bright Orange)-great for adding a citrus flavor to your drink or adding a splash or bright orange color

- Orange Peach (Orange)-rim this flavor on a glass of lemonade, a martini, or a long island iced tea and enjoy
- Raspberry (Red)-perfect for rimming a margarita or any other fruity cocktail
- Sour Apple (Bright Green)-this sugar is great for rimming appletinis, iced tea, lemonade or hard lemonade, margaritas and even apple juice
- Strawberry (Bright Red)-great for rimming the glasses of daiquiris, chi-chis, strawberry margaritas and Mai Tais
- Watermelon (Red Pink)-add this flavor to any tropical inspired cocktail to add a little spark for your taste buds.

## Garnishing Food

Making the meal or drink look better and, I think, seemingly taste better, is the goal of garnishing the table, a drink, platters, or plates being served. There are books devoted solely to the art. I do mean art.



There are tool sets for garnishing typically containing a butter curler, a channel knife, a vegetable peeler, a melon baller, an apple corer, tomato shark (toothy spoon), a lemon zester, serrated saw knives, small melon decorators, small paring knife, a v-cut knife, an asparagus Peeler, various crinkle cutters and a julienne slicer.

This tomato peel rose with mint leaves comes from the Garnishing and Food Presentation on Hormel Foods web site (http://www.hormel.com). A simple Google Search of garnishing food will reveal many excellent examples and books on the subject.

A garnish should add color or contrast and interest to an offering and maybe as simple as a twist of lemon peel in an drink, a sprig of mint atop ice cream, a dusting of powdered sugar, a stick of whole cinnamon, a grading of parmesan cheese, shaved chocolate, parsley, a rib of celery in the tomato juice, chopped chives, or even something quite elaborate. The point is that it is fun to do it and nice to look at.

One of my favorite restaurants shapes their mashed potatoes like a swan using a black sesame seeds for the eyes and a tiny carrot beak. It speaks to me. It says "we care about our food and we want you to enjoy."

If you want to further please your guests, you must consider presentation and be willing to spend a little extra time pleasing the eye as well as the pallet.

"If a parsley farmer is sued, can they garnish his wages?"

The Thai are master carvers who became that way because Thai carved wood is a national export to the world. The Thai would practice on vegetables which is a less expensive medium than wood. To see the expert knives used by the trade, click here: http://www.templeofthai.com/fruit_carving/garnishing_knife.php. Below are an examples of their work.


SUZUKI


SICASOL

## Safe Food Preparation

Please visit the Food and Drug Administration web site.
http://www.cfsan.fda.gov/~lrd/advice.html#prepare

The first rule of safe food preparation is to keep everything very clean. This takes attention to detail. I treat uncooked poultry like it was radioactive. I have all my implements and knives and two towels on the counter, the dishwasher open ready to receive contaminated instruments without my touching handles. Knives or anything that touched the poultry during the preparation stage goes directly into the dishwasher. This includes the plastic cutting board. The counter and sink are washed down with soap and toweled dry. The hands are washed with soap and dried on a "clean new towel." Pick up the old towel with the new one and take both to the washing machine bowl and drop them in. You need to cycle dishcloths and sponges frequently through the washing machine. Have on hand more than one sponge.

If doing a rub, the spices and seasoning should have been poured into a separate dish or bowl. You don't want to handle your spice containers with chicken hands or dripping from meat juices so planning ahead pays off.

When selecting a dish washer, I look for one that has a high temperature wash or sterilization cycle. Wooden tools can absorb or hold bacterial and food stuffs in their pores hence must go through a very high temperature sanitization to be safe. Inevitable the process deteriorates wood hence these need periodic replacement. Silicon kitchen tools are usually rated for 600$^{o}$F and are a suggested alternative for wood, whenever practical.

Do not put cooked meat on an unwashed plate or platter that has held raw meat.
Keep the pet out of the kitchen and off the counters.

Throw away your wooden salad bowls. The dishwasher will only ruin them or otherwise

they cannot be kept sanitized. Ditch the wooden chopping board as well. The wood is soft and food is driven into it from the chopping process. This makes the wooden chopping board practically impossible to sanitize. Even if you had one small enough for the dishwasher, the ordeal would soon ruin the wood. Two plastic cutting boards are recommended so that if one requires sanitization the other is still available. If you don't have an extra board and must re-use a dirty one, scrub well with a chlorinated Dutch cleanser, rinse several times and dry with a clean towel.

Properly cooked food is safe providing it has sustained a temperature of 160 $^{O}$F. You need a thermometer to tell. Cooking foods to a safe internal temperature destroys any bacteria that may be present.

If someone is sick, keep them out of the kitchen. If you have long hair use a chef's hat or hair net.

The chef's hands are his best tools but the finger nails should be clean and hands continuously washed with warm soapy water and dried with throw away towels or clean towels. Keep a fingernail brush in the kitchen sponge drawer.

Transfer of Uncooked Juices to Other Foods When Grilling or Frying

If everything goes on the grill at the same time, the eventual heat should destroy any bacteria that may be present. However, in commercial enterprise, or a barbecue in the back yard, food may be cooked in batches. Cross contamination may occur if one item drips on the other or if common tools are used to handle the various meats and poultry and differing degree of doneness. Attention to detail has no substitute for save food preparation. Cook the beef first then the poultry.

Marinating Food

Bacteria like a warm environment and cold retards growth. Some bacteria may produce toxins that are not destroyed by high cooking temperatures if food is left at room temperature for a protracted period of time, while rare, safe marinating moves these foods to the refrigerator. My rule of thump is if the process is longer than ½ hour, refrigerate.

Raw Eggs in Food

Don't let your children lick the beaters of any cake, cookie, or icings containing raw eggs as this carries the risk of salmonella poisoning. The risk is very small but why should you take the chance. Salmonella infections are usually present only in sick commercial raised hens. By purchasing organic free range chicken eggs the risk is mitigated. The risk is greater for those who are pregnant, elderly or very young and those with impaired immune systems.

The statistics:
- Salmonella enteritidis (SE) average of 661,633 illnesses and 331 deaths annually
- Annual U.S Production of eggs total 2004- 92.4 Billion
- Infected chickens lay an estimated 2.3 million eggs each year (1 egg out of 40,000)

I still prepare Caesar salads with raw eggs but I have no plans to make 40,000 of them. The salt and lemon in the dressing would kill the bacteria anyway as no bacteria can persist in a salty and highly acidic or base environment. The process takes 15 - 20 minutes so prepare dressing at least an hour ahead. I should guess that the prepare-at-your-table Caesar Salad routine in the upscale restaurant has lost some of its charm.

Note:

1. Lemon is part of the Rutaceae family also known as a citrus fruit. Lemons are grown in the milder regions and can be from 30 to 45 percent juice depending on type and climate. The acid produced mostly by the citrus and identified as $C_6H_8O_7$ promotes preservation. The lemon is rich in Vitamin C and much like salt removes moisture to prevent spoilage and rotting.

## Seasoning Rubs

There really is no such thing as an all purpose seasoning. Food demands its own seasoning that will harmonize with its flavor.

That being said a small amount of some not overly potent spices can be useful at times. All dry ingredients make a good rub for fowl, beef, lamb or pork. When something is to be

grilled at high heat, a risk exists that residual bits of spices on the surface are burnt and become bitter so avoid open flames directly on the meat. Salt may draw moisture from the meat and make the meat excessively dry hence keep salt out of your rub. Salt is easily added later and my recommendation is under salt the meal allowing each person, according to their own sensibilities, determine what is the correct level of salt. Put the salt shaker on the table.

There are brands of spices that are available that are salt free (that have minimized both regular salt and monosodium glutamate (MSG – for more on MSG see Sticky_Bits_and_Marinades.doc) See http://www.spiceadvice.com/foodservice/durkeeNew/aboutSeasonings.html

For 1 cup of seasoning (16 tablespoons) combine:
4 tablespoons sweet paprika
1 tablespoon ground Pasilla Chile
3 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon lemon pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon white pepper
1 tablespoon ground coriander
1/2 tablespoon dried thyme
1/2 tablespoon ground sage
1 tablespoon minced dried red bell pepper

Combine all ingredients thoroughly and store in an airtight jar or container.
Double some and remove others to tailor the purpose of the seasoning. Fish for instance could use more lemon pepper and add tarragon and subtract sage

For 1 cup of Tex Mex seasoning (16 Tablespoons) Combine:
2 tablespoons Poblano Chile
2 tablespoons sweet paprika
1 tablespoon ground Pasilla Chile
4 tablespoons garlic powder
1 tablespoon black pepper

1 tablespoon cumin
2 tablespoon onion powder
1 tablespoon cayenne pepper
1 1/2 tablespoon white pepper
1/2 tablespoon dried oregano
Jerk Rub
1 tablespoon ground bay leaves
½ teaspoon ground thyme
½ teaspoon powder ginger
2 1/2 tablespoon allspice
1 tablespoon nutmeg
2 tablespoon freshly ground pepper
1 tablespoon coriander
1 tablespoon cinnamon
2 tablespoon onion powder
1 tablespoon Lemon Grass Powder
1 tablespoon Lemon Pepper
4 tablespoons garlic powder

When cooking, baste with lemon juice, finely chopped ginger, little peanut oil.

Mustard Fish Rub

2 tablespoon onion powder
1 tablespoon Lemon Pepper
2 tablespoons garlic powder
2 tablespoon dry mustard
1 tablespoon ground coriander
1 tablespoon tarragon
½ teaspoon ground fennel
1 teaspoon paprika
1 tablespoon dill

Italian Rub

1 tablespoons sweet paprika
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon white pepper
2 tablespoon chopped fresh rosemary
1 teaspoon dried thyme
1 teaspoon dried marjoram
1/2 teaspoon ground oregano
1 teaspoon ground sage
1 tablespoon minced dried red bell pepper

## Serving Sizes and Plates

Serving Sizes – When Less is More
Often a fatal mistake of chefs serving multiple courses is to fill the plate. It is not only unnecessary, it is counterproductive. The next visit, the customers will order fewer dishes. I had an excellent professor who taught public speaking by the name of Tom Hayden. He would suggest that we "be brief, be brilliant, and be gone." If you serving multiple courses, the same thought should apply to these. I was dining at the Striped Bass in Philadelphia with my daughter, and ordered the five cheese ravioli with white truffles as an appetizer. Four exquisite al dente ravioli arrived in a heavenly sauce – very memorable. Seek excellence and perfection over quantity. If you want to show off your culinary skills in several plates, you can not overflow the vessel. We are only mortal. Soup, especially, falls into a difficult category simply because most everyone has only complete meal-size soup bowls. Consider either buying some smaller bowls or using tea cups to serve. Of course, you can't use a tablespoon in a tea cup, so you may want to match the flatware/silverware to the bowls/cups. Ah attention to detail; it is work. You can't paint a Mona Lisa with a paint roller. Being able to boil eggs and make

French toast does not make you a chef either. You have to be committed, have a high attention to detail and be willing to do a little work.

Plates – Variety is the Spice of Life
The right plate for the right dish is a terrific way to boost your presentation skills. Color and contrast – back to balance again. A favorite summertime soup of mine is cold leek potato soup (vichyssoise) which is pale white. Clearly, served in a white bowl, its yells "boring!" The same dish with a contrasting color and a little chive for garnish, "ecco la" – that's it!

A crowded plate is not as attractive as one this not crowded. It you need to serve a 16 ounce porterhouse steak and "all the fixings" consider buying some larger plates. This is not only more attractive but may also save things being pushed off a guest's plate onto your table cloth.

I am enjoying the use of Asian ceramic pieces frequently found in the upscale "yuppie" new cuisine of Asian-Pacific rim. Mainly because the serving pieces come in a huge variety of shapes, textures and color. This can add a tremendous amount of visual appeal to the presentation. Unfortunately, you need a place to store all "that" when not entertaining. I have a spot referred to by my wife as the "appliance grave yard" in the garage where we store some of these items for later use or entertaining.

## Shopping for Good Food

Shopping for good food is both an exercise in frugality and tremendous decision making. The weekly flier will show what is on sale. Things absent in you pantry may be replenished economically with non perishable sale items or items that may be frozen. Going to the market hungry will greatly affect how much you spend. There is probably is no equal weekly endeavor that will present more choices or require more attention to detail, comparative analysis of near equal items, or value assessment than a stint at the market. It takes practice and research to get good at these tasks. This awareness will set you on the

correct course. I sent my daughter Stephanie a Thanksgiving Day grocery list assembled as a composite of all the intended recipes as this was to be her first Thanksgiving meal prepared in her first new home. I even organized it by sections – broken down into dairy, vegetables, etc. Stephanie called me from the store on her cell phone no less than seven times before the job was accomplished. It is harder than you might think. Until you are good at holding both the menus and shopping list in you head, it is a good idea to have **both** lists with you. Unless the menu is fixed, if something is out of season, a menu change may be advantageous. If you're a long way from the store the penalty of not getting everything on the first go around means another trip and you probably have enough to do at this time.

A Good Shopper Is An Opportunist

In the kitchens of great restaurants, what is on the menu reflects what is at the peak of perfection in the market or simply a great bargain. If you see a better deal, by all means, **change the menu**. When making changes consider color and harmony in the menu. If your plan was to serve spinach and mashed potatoes but see great cauliflower on sale think about changing the potatoes to purple potatoes otherwise you end up with two white vegetables.

List written down by categories are easier to use than random list where it is easy to miss an item. Categories may look like these:
Produce and Fruit
Dairy/Eggs
Meat/Fish
Condiments/Spices
Cereal/Bakery
Frozen foods
Grains/pastas
Canned goods
Paper products
Cleaners/Soaps
Gadgets/tools
Storage/Plastics

So many cook books you read are concern with fancy new preparations and new recipes when

the simple fact is we have not begun to master the simplest of task associated with the simplest of recipes - buying good ingredients. All over Europe, but especially Italy, many small shops exist that specialize in meats, or pasta, or bread. Certainly it is more time consuming going store to store for the weekly groceries but some distinct differences exist between these little stores and the supermarket. The small specialty stores quality is usually higher for that specialty or the selection is better or both. If you are **NOT** going to shop this way, then the consequences are the food you prepare may be less than what you might otherwise achieve. On the other hand, there are great stores that excel in both the breath of their offerings and well as their quality. A few stores in Northern California Bay area that fall into this category are Lunardi's, Cosentino's, and Draeger's Market.

General Tips

- Costly items with the highest profit margins are generally placed on shelves at eye level.
- Often items are priced by units that ease comparing different packages sizes for cost per unit
- Stores' price scanners often make mistakes on sale items so watch for it
- Getting a preferred-shopper, frequent-shopper or club card can save you money so do it
- Baking supplies are most affordable at Holidays when the stores gear up
- Generic brands are generally cheaper but sometimes inferior – check them out.
- Practically anything at the delicatessen department or in produce may be sampled before you buy.
- Liquor or drugs may be cheaper at a liquor store or drug store.
- Read the labels on food for ingredients. Lists are in order of percent with the largest listed first.
- When looking at breads, cereals, and pasta, choose those that are made from whole grains.
- Many condiments are excessively salty or sweet – make your own.
- The perimeter of the grocery store is where the best nutrition is to be found.
- Sugar-free or fat-free does not imply low calories.
- Fruit drink does not equate to fruit juice.
- “Natural” does not equate to “100% All Natural”
- Fortified, enriched, added, often equates to nutrients, minerals and fiber have been removed and vitamins added in processing.

Fruit and Vegetables

When it comes to fruit and vegetables only the best is worth eating. Fresh fruit and vegetables are healthful eater's best friend. What the super markets have done to fruit is criminal. With a few exceptions (fruit not stores), it is not possible to get good fruit at a giant food chain supermarket. More and more, fruit is harvested green so it may easily be machine harvested while rock hard without damage. Growers are not paid for quality but for weight. Many growers have resorted to growing species that achieve heavy weight (ingest water), ripen at the same time, and are rosy in color independent of the possible impact to flavor.

When the fruit arrives at the distributor it undergoes refrigeration, controlled storage atmosphere and may also be artificially ripened with methods that may include ethylene treatment which triggers the creation of enzymes, which cause starches and acids to break down into sugar. Enzymes also break down cell walls and softening fruit. As the fruit ripens, respiration increases and the fruit will soften. High science and big business dollars go hand in hand in preserving and offering up a facsimile of fruit to the consumer. With a few exceptions, as suggested earlier, flavor and sweetness not present in the fruit when it was picked will never develop artificially.

*"Aromatic compounds are synthesized as a fruit grows riper, a bouquet of esters, alcohols, acids, and things with names like lactones and aldehydes – all of them capable of becoming gaseous or vaporous at room temperature so that they can reach the 10,000 odor receptors in the roof of my nasal passages." Jefferey Steingarten, 1997 (*The Man Who Ate Everything*)*

Peaches, apples and bananas have stored reserves of starch which under conversion will cause the fruit to become sweeter as they ripen. Really plump peaches are usually an indication of juicy fruit. Fruit grown with excess watering will be very juicy but devoid of concentrated flavors. Taste one first. Apples ripen quickly at room temperature; ten times faster than if held at 32° Fahrenheit. If you have bought perfect apples but plan to use them later in the week, refrigerate them. Color is not a gauge of ripeness in apples. You must taste these to be sure. Apples past their prime are mushy could be masquerading under a thick skin.

Pears ripen quickly at room temperature. Pears ripen from the inside out. Test the stem end for that slight "give" to tell you when the pear is ready. Pears at room temperature will be at their peak for only a single day.

Fruit that **never ripen after they are picked** include: cherries, most berries, most citrus, melons, most stone fruit and pineapple. These receive all their sugar from the parent plant and once severed are doomed to degrade and never to improve.

Just because some fruit sweeten by starch conversion does not mean that the process is akin to vine or tree ripened fruit. Unfortunately, the difference of a perfect fruit and a mushy mess can be a single day in hot weather. The spectacular flavor of a tree ripened banana, apricot, nectarine, peach, plum, Maui mango, Maui Papaya, Maui Guava, or Dole pineapple should be a life altering experience to the novice and evidence that our Creator loves us to give us some many wonderful things to eat. Those that have their own fruit trees are forever ruined and never return to store bought.

The vegetable-fruit department staff is a resource and knows what is best among their offerings (however meager that might be –thought I told you to shop at better places.) Since so very few people ever even talk to them, most are anxious for some attention and will welcome a chance to share their knowledge. I have never been turned down on a request to taste anything including a watermelon! But do I have to taste everything? The answer is no. Many fruits can be evaluated by smelling them; if no perfume is present it means: “do not bother”. Apply the smell test to peaches, apricots, papaya, mangos, nectarines, strawberries and most berries, guava, pineapples, cherries, and tomatoes (although not thought of as a fruit). You should always sample plums, oranges, tangerines, and apples. Apples can smell great but be mealy. If making applesauce, buy three varieties of apples for the best flavor.

When buying stemmed fruit such as grapes or cherries, never buy these unless the stems are attached. Un-stemmed fruit provides an easy access point for mold that will degrade it quickly. No one wants moldy fruit. When buying cherries, the ones with the greenest stems are the best but the stems should pull off readily indicating they are ripe. Sour cherries are selected for their bright color. Regular cherries

The mango crops peak in one main month and a glut of mangoes becomes available from Brazil, Florida, Mexico and Hawaii but all at different months of the year. Because of these annual sales occurs where the retail price drops to between 30 and 50 cents in the peak months. Mexican mangoes peak season begins in late March, Florida in mid summer, Haitian is spring, Brazilian’s peak comes in our winter, while the end of June for Hawaii.

Did I mention canning? Get a mango slicer dedicated to the unique shape of the mango which is indispensable if putting up a lot of mangoes with less waste.

Buying fruits out of season means that they either cold stored or from another country. That may means that they are probably no bargain or they may be inferior or both. Remember, freighting in fruit is expensive so more than likely, the fruit came by slow boat and necessarily where not picked at their optimum. Cosentino's in San Jose is one of those stores that excels in its produce so much that it worth a special trip there just to set a grounds for comparison.

Meat and Fowl

Most chicken, turkey, ham, pork, lamb and beef are plentiful and affordable. Buying these on sale is always a good idea as all of these freeze very well. The recipes herein have many tips so read up before buying ingredients. The cuts of meat called for in recipes in this book are some of the best and easiest to prepare. When looking at meat, consider the distribution of fat and the size of the fat. Large sections of fat is wasteful. Even, well-distributed marble fat means the meat will be flavorful and will not be dry. Lots on bone means the cut should be less expensive than boneless.

Fowl refers to specialty birds and most of these are available that are farm raised. Farm raised animals are less gamey and usually higher in fat. Those that are listed as organic and free range have a better chance of being more flavorful. More popular birds include pheasant, partridges, grouse, quail, pigeons, ducks, and guinea fowl. The guinea fowl is a cousin of the chicken but came originally from South Africa. The meat is darker than chicken but not as dark as pheasant and has a subtle gamey flavor but less than pheasant. It is lightly boned hence there is, pound for pound, more meat on guinea fowl than chicken and that meat is lower in cholesterol. Many butchers sell free-range guinea fowl imported from France where the bird is highly valued. More recipes for guinea fowl are stewing the bird like pheasant. The almost forgotten *quail* has to be my most treasured of game bird. Thanks to the Chinese, these may be purchase economically all plucked and cleaned in their supermarkets without having to sneak up and do all that hunting work yourself. There is a whole web site devoted to quail recipes well worth visiting if you are cooking quail – see http://www.quailrecipes.net/. For me, simply baking these with salt, pepper and a butter basting is all that is needed. Due to their size they cook quickly. Always cook extra so you may sample one for doneness.

Meat on the bone is tastier than boneless and generally 50 cents a pound cheaper. Buying boneless and skinless chicken raises the price by as much as $1.50 a pound. A whole bird is almost always cheaper than buying the parts separately. At Thanksgiving is the best buy turkey in America and may sell for 49~69 cents a pound. Buy two extras to put in the freezer. Ham is also a good buy at Thanksgiving and a shank portion, which I prefer, may go for as little as 89 cents a pound. Ham freezes reasonably well – only minor loss in quality unless highly laden with water.

Buying in family size quantities makes sense; divide these at home and repackage in freezer bags for freezing. Keep permanent markers in a drawer to properly mark these. Include the date of purchase. Making your own ground beef is almost always cheaper than buying it especially if you buy chuck roasts and London broils on sale. Combining ground pork and ground beef make a great meatloaf. Pork shoulder or picnic roast are often on sale and are the easiest thing in the world to cook. Stretching your dollar by smart shopping is wise and rewarding. The extra money you save you can spend on a treat. You have earned it.

Canned and Packaged Goods, Detergents, Paper Products

Artificial sweeteners, sugar, soda, apple sauce, juices, tuna fish, napkins, toilet paper are the kind of things that often go on sale or are to be found at discount stores such as Cosco that stretch your shopping dollar. These do not spoil so you can buy a half year supply. Buy brands you know so that you get the quality you expect. Large containers of spices do not make sense unless you can consume these in a reasonable amount of time. Most spices fade in a single year.

Various Type of Stores are Better at Some things than Others

Mexican condiments and Mexican ingredient are cheaper at a Mexican store. Many spices sold in bulk format instead of glass jars are cheaper so save the old jars and refill them.

Pepper, Mustards, and many ground grains are cheaper at an Indian market as this is part of their staple foods.

Asian markets have great buys on produce, particularly green onions, water chestnuts, mushrooms and Asian long beans. As far as many meat cuts, Asians prize other meat cuts that make the other co-products less expensive. For instance, chicken wings are highly prized but thighs and legs not so much hence these are a good buy. Asian markets do large volumes of fish, maybe 20 times as much as your corner supermarket. The prices they get from the fish mongers allow them to sell for less. Their customers get a higher grade product because of the turn around. Live crab is usually around $2.50 and live Maine lobster around $7.50.

Buy from the Producer
Many things like olive oil, nuts, chilies, fruit and artichokes are sold where grown. If you are canning artichokes and live near Watsonville California or Salinas, shopping there not only mean cheaper but the smaller sizes not normally sold in the supermarkets are better for canning. Same thing with making pickles and buying cucumbers.

At the height of the salmon season, in San Francisco, one can buy salmon right off the boat at $2 a pound. (This year we did not have a salmon season due to poor water management of major California rivers which makes it real hard for fisherman to make the payments on their boats.) Crab season usually starts around Thanksgiving or a little later. At most of the harbors, it's possible to get a deal on fresh crab.

Diesel is through the roof and virtually everything we buy comes by truck. Buying at the source cuts out the middleman and offers bargain prices

Shopping for Wine means Sampling the Current Year

Every year is different and some years are a great year at a Vineyard. You will not know it unless you have a reliable friend or tour the tasting rooms. You don't have to live in California, France or Italy either - my market below, Gene's, often runs wine tasting. Tasting rooms are abundant and many shops have knowledgeable staff.

Wine is proof that God love us.

# Spicy Food

Spicy Food is great but how **Hot** is hot?
How spicy is spicy enough is the same question. There is no pat answer. If you go to Taco Bell, you'll notice the hot sauce comes in Mild, Hot, and Fire. Clearly, those that appreciate hotter food have a different penchant for the degree of heat.

After I was discharged from the Navy, I and my wife Victoria returned from Hawaii to California. My best friend Doug of four Navy years would visit and wanting the please him greatly, we would prepare lavish and sumptuous meals for him. The first of these was rack of lamb, on another occasion was a pork roast, and dessert was strawberries. Well he did not like lamb or pork and was allergic to strawberries. The point is simple, if you want high marks on the food, ask your guest what they like. If doing real hot or spicy, consider making a milder version of the dish as well. Providing a choice shows gracious consideration. It is easy to add heat. Leave the hot sauce on the table unless you know otherwise.

The Chile plant is any of five domesticated species of Capsicum and many more wild species. Oddly enough, Chile peppers are genetically related to the tomato, potato, tobacco and eggplant. Chiles are higher in vitamin C than oranges. There seems to be increasing evidence that there are therapeutic effects of the heat-producing capsium in chilies. Chiles reduce platelet aggregation, the process by which disk-shaped structures in the blood accumulate and clog vessels in the human heart. Chiles are vasodilators in that they widen blood vessels, thereby stimulating blood circulation and warming the body. Chiles help to reduce oxidation of LDL cholesterol, a primary risk factor in heart attack and stroke. Chiles also reduce triglycerides, stored fats in blood cells. Eating chilies can help to reduce the risk of certain types of cancer. As part of your dietary intake on a regular basis, chilies provide some measure of cancer protection. With this every increasing evidence, no small wonder you may wish to frequently introduce chilies use in the kitchen.

Chile's effects are cumulative on the pallet and a person tolerance is based on their frequency of consumption. This **is** important to know. If you and the family have been eating plenty of hot food for years, your tongues ability to detect capsium is reduced. You could say you have become hot tolerant. Your guests, on the other hand, may not have this tolerance. What may be mild to your clan could scorch your guest!

The Scoville Scale
In 1912, a chemist for the Parke Davis pharmaceutical company, Wilbur Scoville established a method for measuring the heat level chili peppers. A number was assigned to each chili based on the extent to which it needed to be diluted before you could taste no heat. Rating ranged from the bell pepper at zero Scoville units to the incendiary Mexican Red Savina variety of habanero at 575,000 Scoville units. In general, red fresh peppers are two to three times hotter than the green, and dried pods are usually two to ten times hotter than the fresh ones.

## Craig's Pepper Hotness Scale

Craig's scale, (Copyright 1984-2004 by Craig C. Dremann) based how many ounces of salsa will have a detectable level of hotness when one ounce of pepper pods are added, has become another useful gage. In this book, peppers called for may be related, in heat by factor, to Craig's Pepper Hotness scale as shown below.

**TABLE 1. Hot Scale for Chilies**

| Pepper Name | Normalized Hot Scale |
|---|---|
| Bell Pepper | 0 |
| Anaheim/ Ancho | 2.5 |
| Mexican Negro | 7 |
| Serrano | 15 |
| Jalapeno Green | 70 |
| Jalapeno Red Hot | 220 |
| Arbor | 800 |
| Japan | 1600 |
| Habanero | 4000 |

| | |
|---|---|
| Tepín (seeds removed) | 5000 |

## Sticky Bits and Marinades

MSG is a flavor enhancer which has been used for nearly a century to bring out the best flavor of foods. Its principal component is an amino acid called glutamic acid or glutamate. Naturally occurring glutamates are found in foods such as meat, vegetables, poultry and milk. Glutamate is found in two forms: “bound” glutamate that are tightly bound to a protein molecules and “free” or unbound glutamate which is useful in flavor enhancing food. Foods frequently used for their flavoring qualities with naturally occurring free glutamates include tomatoes, dried shrimp, kombu seaweed, bonito flakes, grapes, oysters, soy sauce, milk, and mushrooms.

MSG Gets a Bad Wrap.
Many suspect that any ill effects the may have experience from their neighborhood Chinese restaurant attributable to the Asian excessive use of MSG. The Vogue magazine food writer Jeffrey Steingarten (author of numerous books including The Man Who Ate Everything) put the question then “why doesn't everyone in China have a headache?”
The real down side of MSG is sodium. If you are salt intolerant or on a low salt diet then there should be some concern but food flavors are enhanced and that is a fact. When I cook Pad Thai, MSG is one of the traditional ingredients. Lori, my sister, who previously claimed she was especially susceptible to “MSG stomach” was the basis of a trail by cooking. You can do that to relatives because they will usually forgive you or at least I convinced myself so. Her and her boy friend where spending the night and had asked to sample some Thai cuisine. What I made was traditional Pad Thai that includes a whooping tablespoon per portion of MSG. She loved it, and the next day, took the leftovers on the road for lunch none the wiser than she when she came. (I think there is some truth to “it’s easier to ask for forgiveness than permission.”)

Marinades

Marinades can add flavor and introduce enzymes, that, when activated through the heat of the cooking process, will help tenderize meat by breaking down connective tissue. Liquid born marinades create a wet environment causing the meat to absorb some of the marinade in an equalization process. The flavor is thus infused. Since this process is independent of temperature, the marinade is just as effective in the refrigerator. In fact, refrigeration helps prevent the growth of harmful bacteria so it is recommended. Avoid the use of sugar in the marinade as high heat may turn this quickly into an unpleasant carbon crust. Meat tenderizers whose active enzyme is papain refined from papaya leaves or the unripe fruit are commercially available including Lawry's Adolph's and similar products. The effects of treating a large piece of meat is a mushy exterior and a tough interior. Almost all of the commercially available products also include salt.

Marinades are in three parts:
- acids, such as wine, vinegar, citrus juice acting as a softening agent.
- oil, which adds flavor and moisture.
- aromatics that give the marinade its aroma and flavor.

Salt and the sugar which can be added after cooking maybe left out if needed. Salt draws moisture from meats and fish which may not be the best idea if a moist end product is needed. Additionally, as stated earlier, high eat quickly burns sugar to carbon and who needs carbon?

Marinade should not be used over as these could easily harbor harmful bacteria.

Fish and foul are not tough (at least not where I get mine) hence protracted marinades may just turn these to mush. Fish and foul need only be treated long enough to impart the flavor of the marinade 15 or 20 minutes. A herb only treatment may be left for hours.

Sticky Bits

Secrets the short order cook knows that may have slipped by you relates to sticky bits. Ever notice as you're eating the baked macaroni and cheese (hope you're baking it) that the two best parts are either at the bottom of the glass dish or the top layer? How about corned beef hash? Heat it up in the microwave and its boring; allow it to crisp up in a fry pan it is transformed into gourmet food. The French word "gratin" was derived from old French "to scrape" but today more a crust consisting of browned bits (forget the cheese – that is not a requirement

but rather a misconception of Americans sort of like assuming Steak Florentine has spinach.) The Persians are certainly aware of crispy bits as they fight over this part of a delicious Persian rice cooking method where the bottom layer of insulating potato gets stuck to the bottom of the pot. This transformation occurs in many foods including Paella where the salient reason the pan is dimensionally so wide instead of tall is to intentionally expose the ingredients to transforming process of contact with higher heat. When I talked about Teflon pans, I mentioned that a non-stick surface does nothing to help in this regard hence Teflon in not recommended if you're trying to achieve this effect. In Italy and Spain, the word "Soffritto" is the cooking aromatic vegetables such as such a carrots, celery, garlic, and onions sautéed in oil or butter similar to the mirepoix in French cuisine and is used as the base for many dishes and sauces. In the making of Paella, the Spanish seafood masterpiece, the soffritto (as does the rice later in the cooking) undergoes the "stickification process" requiring the scraping of the sticky bits from the pan's extraordinary surface area which contributes part of the mystical quality of the dish. The presence of very high temperatures may also transform regular foods into something marvelous. Various recipes in this book call for wide shallow pans or oven temperatures that are quite hot (over 500 F). You may be tempted to lower the temperature while extending the cooking time, and while this may work, it may not achieve the exact results. Many Italian pizza ovens are in the range of 550~750 degrees F and will cook a thin crust pizza in under 5 minutes. What the high temperature does to the toping may not duplicated at lower temperatures. It is pretty hard to argue with success. In certain recipes, you will be asked to only scrape the bottom after color has developed on the food. You will see this concept applied to: cooking steaks on the grill or pan frying them, you will see this on the sauté of many vegetables like carrots, celery, leeks, onions, fennel or any time we want to develop a deeper flavor like browning the meat before braising or making a stock. Constant turning or stirring will prevent this from happening. We are talking about allowing heat time to do its most important work.

Two significant examples come immediately to mind:
Pot stickers and scallops. Both of these go into the pan and remain unmoved until they have the correct color and texture. In the case of the pot sticker, they are only cooked on that first side and do indeed often stick to the pan. The scallops are turned but again remain steadfastly untouched until the magic crust has formed.

Tossing out the Teflon pan yet? Hey, they are still good for eggs and crepes.

Are we there yet? Heat and time may also transform the food from a collection of complex molecules to simple carbon reside and water vapor which is not the objective, and even my dog, Macho who is a consummate epicurean (he eats everything) would turn up his nose at the ash residue. So if you are alone minding the store, you can't go out back for a constitutional and newspaper read. If the thin crust pizza is perfect at 5 minutes, what is it a 6 ½ minutes?

As masters of the cuisine, we are constantly multi-tasking but we need to have some experience at the rate of change of food to the presence of heat. One might think that this was just temperature dependent but things are never that simple because complexity is the very essence of life let alone the kitchen. The heat source needs to be considered and these may have variables to be considered. A radiant broiler often has a curved reflector that focus most of its energy at a spot intended to be located at the shelf height. If the food has been relocated to the next shelf down, the heats concentration may be reduced by a factor of 10 or more. What this says, in effect, is you have to watch the food under the top shelf practically as soon as it's placed there, and the next shelf down, periodically with less frequency and a longer first period. Next there is the water content and sugar content. Food with a high sugar content tend to blacken quickly under high heat, hence the risks lies in the outside being nicely colored while the inside is raw. Food with high water content does not brown until the surface water has first escaped. Knowing these facts about your food will help you judge better the effects of heat.

The process of searing used in grilling, roasting, sautéing, seals the surface of the food at high temperature so that a caramelized crust forms. This method is particularly useful for (but not limited to) meat, fish, or poultry before finishing it in the oven. How this is done may vary in these recipes, but an initial first bout of heat in a two step process should be recognized for what it is. By way of example, if an oven based recipe calls for one initial temperature followed by another lower temperature, this is usually what is going on. Some bread recipes may have this two but where are not, in that case, developing a caramelized crust.
Ever watch a gourmet chef searing some chops in a frying pan and later put them in an oven to finish? You will notice he turned over the chop with thongs not a kitchen fork. (If you see them using a fork, it's time to change channel.) Puncture your nicely searched chop with the pointy end of your fork and you have created drain holes that run off the very juices you have endeavored to seal in. Think for a moment about the BBQ fork that came with the BBQ set you got last birthday. It very hard to think about a case where that fork does not end up in the

trash less you forget and end up ruining a perfect filet.

## Useful Information about Cooking

### Staying Hot

When the pan is just not hot enough, you may be finding yourself steaming or boiling your food when you thought you were frying. If your burner is not quite hot enough to "stay the course", preheat the empty pan first. Try using a pan with a heavy bottom or even one that could span two burners. If you were going to start with butter to saute, but now your pan is real hot, start with a high temperature oil first, then add butter as the pan returns to a lower temperature. The adding of the oil raises the burning temperature of the butter. If you crowd the pan or try to cook too much volume, the food may not sear but boil the food in its own juices. This is not good and cooking meat in its own juices tend to toughen the meat. Thinly cut meat "flash cooked" remains very tender is the secret of successful stir fry given to us by Chinese cuisine. Make sure if cooking meat, seafood, or fowl the ingredients are patted dry first. There is now law against cooking food in batches which applies to practically anything where two or more batches make the process more controlled or easy to perfect. Frying chicken is an example. Few of us want to heat a half gallon of oil to fry a chicken. It is not affordable and heating a half gallon of anything to 350 F takes a while. Much better to cook several pieces that don't crowd your pans in a modest amount of butter or oil. Use a oven turned on low (170F) to keep food warm between batches.

Mushrooms have a lot of liquid in them but taste the best when they have been seared in a hot pan. If your cooking chopped mushrooms you may first wrap these in a towel and twist both ends to wring dry. If cooking sliced mushrooms the key is don't crowd and start with a hot pan with a fair amount of residual heat and cook a cup at a time.

### Toasting Spices

Often recipes call out for ground spices or ground seeds. Toasting these slowly over medium heat until they become fragrant often improves their flavor or enhance their aromatic qualities. This is fairly common in Spanish, African, South American, and Asian or Indian cuisines. Use a hot dry pan but stay focused on the progress as the transition

between toasted and ruined can be sudden.

**Toasting Nuts**
Many nuts are mealy until toasted. Pine nuts, cashews and almonds are some examples. Make sure nuts are shelled and in a single layer. Use a hot dry pan or toast in the oven at 400 F. After about 4 minutes, toss to flip to the other side if using the oven or if in a pan, every two minutes. When they begin to take on color, remove from heat. The residual heat may continue to cook these, so if they are not quite there, toss and leave them in the pan, else turn them out on a cool surface or plate.

**On the Side of the Box**
Don't turn you nose up at recipes on the side or back of the box. Chances are that this is precisely where the $50,000 prize winning entry from 50,000 cooks ended up. It may have launched the company it was so well received. Bisquick and Hershey's Cocoa are examples having great recipes on their box.

**Room Temperature**
Allowing food to come to room temperature before cooking is often a good idea, I apply this to meat and poultry, any large fish or roast where the cooking process will be accelerated in that core has been allowed to rise from the refrigerator's temperature. You may notice quite often that eggs and butter both when specified for cakes or cookies often mention this specifically in their recipes. Ever try to whip ice cold butter? Then you know what I mean. The larger the cut the longer it takes. A twenty five pound turkey or 22 pound ham should rest at room temperature for a hour.

**Spreading the load over days**
To conserve your strength, you may want to consider doing what preparation work can be done a day or two ahead. Gallon size zipped lock bags are a godsend for the chef. Many dishes can be prepared up to the point where the may be cooked then stored in the refrigerator until needed for cooking. Any holiday where I am making creamed onions, the onions get peeled the day ahead.

# Using a Count-Down Timer Immersion Temperature Probe Thermometer

What the thermometer does:
Thermometer display shows internal temperature of a roast or bird, a user set temperature that will trigger an alarm when this temperature is reached, a timer that counts down on a large, easy-to-read digital LCD display. Most of these accurately handle internal temperatures from 32 Degrees F to 392 Degrees F and features a stainless steel thermometer probe with a metal wire that can plug into the electronics. I select mine that is equipped with a 43 inch cable. The set-alarm sounds when the programmed temperature is reached or the elapsed time has expired. Timer works independently of the temperature setting.

Why is this more useful than just a meat thermometer that you stick in the roast ahead of time?
The accurate electronic unit tells you how many degrees the roast changes per hour and it does this without opening the oven door which would otherwise drops the oven temperature which is already low. This is a real boon to the chef. If things are progressing a little too ahead or behind schedule, it's possible to make adjustments to the oven temperature accordingly. A glance down at the count down timer reminds you again of when the roast is coming out of the oven so it helps plan the time of side dishes.

Now that I used one of these, I'll never be without one again.

A word of caution, store the cord carefully.

# Ingredients

## Know Your Ingredients

How do you get this information? It is a process not unlike life itself and the quest never ends. There are plenty of resources: books, TV shows, friends, restaurants, and demonstration kitchens are all excellent means of learning. The internet is terrific and there are as many opinions as people. Sites selling a product typically know their own product and would like to offer many opinions and facts proving why their product is superior. These sites offer recipes and advise and are a tremendous resource. I can't cover everything (oh, there is, perhaps, a chance for a second book), but I'll try to make a lot of suggestions about kinds of things or categories of things. For instance, there are many hundreds of peppers. We will not cover all of them (not sure that is possible anyway- I digress), but we talk about some dishes and the peppers importance to the success of the flavors.

You tasted something wonderful at a new restaurant. You have a good palate and nose for pulling apart ingredients. This time you know there is something you can't quite put your finger on. What do you do?

My mother was an excellent chef. One of her secretes was to talk directly to restaurant chefs who are often eager to find a patron who loves their food so very much as to refuse to leave their kitchen without the question answered or the recipe in hand. Imitation is indeed a high form of flattery. It says "this is so good it must be preserved and reproduced so others can enjoy". It pays to be highly enthusiastic and complementary in this pursuit. Chefs are a neglected group when it comes to life. Most are eager to be called out of the kitchen to take praise.

Sometimes you must really work at prying a recipe loose. When I was first introduced to Pad Thai (Thai noodles) at The Thai House in Milpitas, California, I was absolutely crazy about it. In the course of several years, I became friends with the owner/chef. Unfortunately, he was a new immigrant to California. He did not speak English. I kept coming back for more, year after year. Try-

ing, unsuccessfully to duplicate the wonderful dish at home, I slowly learned the ingredients as he began to speak more English. I bought the ingredients directly from the restaurant so I could finally get it right. Armed with the knowledge of the correct ingredients and the confidence of having been able to create a reasonable facsimile of this favorite dish, learning to shop the Asian markets became much easier. Additional research on the internet also helped. "So is it worth all that much effort?" We'll for me it is. "Where do you get the patience", I have been asked. I respond. "I don't have patience. I just love to cook and love to please those who would share a great meal with me."

Cooking is a reflection of civilization itself. I had a friend I had met while working at Xerox in San Jose who had a copy of a turn-of-the-century Plaza Hotel in New York cookbook. As I remember, it was published around 1885. The recipe for corn chowder went something like:

> *sauté some fat back, add corn cut from the cob, add potatoes cut up, and add milk, season with black pepper.*

The recipes were all like that. The cookbook reflected the materials that were available to the Chef. The recipes reflected the tastes of the time, and, culturally, this was a book from the Americas. At that time, game meats were readily available, so bear and elk were on the menu at the Plaza Hotel.

The world of cooking then was like our world then. The "today" of cooking is built on the foundations of civilization past but now reflects the availability of practically everything from everywhere. I am trying to imagine something that is beyond the reach of online ordering from the Internet, where incredible examples are in abundance. The Louisiana Crawfish Company will ship you **live** crawfish in a "Super Ultimate Party Pack includes a Louisiana Crawfish Co. logo T-shirt, crawfish cap, apron, & mesh skimmer for the cook, and an ample supply of Mardi Gras beads & crawfish bibs to create a festive atmosphere!" [http://www.lacrawfish.com/] All you need to add is some Cajun toons and some kitchen know-how for a great party.

The availability and selection of ingredients is very important. In this book, hard to find items will have suggested alternates and or sources of where to find or buy. In general, I will try to explain the merit of what may be uncommon or "hard" to find. We live in a world where the internet plays an important role both as a source of more information but the ingredients as well. When possible, I will suggest web address to help further your research or as a source of ingredients. The experts are out there and many publish on the internet but don't let that be a

sole source. The fact that you are reading this book shows that you have above average intelligence and extraordinarily good taste in authors. I search Amazon.com for authors and new books all the time. There are fantastic chefs out there many of them writing great books.

Much of this book points to the quality of the constituent ingredients, you need only read the Cinnamon Toast recipe to get a feel for this entire work.

There was a book In Search of Excellence which became an international bestselling book written by Tom Peters who essentially was an outsider to the Electronic Industry. Several of the examples he gave in his book suggested emphatically that "great inventions" were fostered by great companies, but in fact, several of his examples were the result of dumb luck or accidents including the adhesive used for 'postits' by 3M. You will have 'accidents' that turn out great and if you don't write them down, you'll find that you'll forget.

## About Vanilla

Vanilla derives from the Spanish word "vainilla", little pod. Originally it was cultivated by pre-Columbian Mesoamerican people. Spanish conquistador Hernán Cortés introduced it to Spain in the early 1500s. Vanilla is a flavoring derived from the seed pods of orchids that exists in a symbiotic relationship between the thick green tlilxochitl[3] vine that produced the vanilla orchid and a local species of Central American bee. Vanilla is the second most expensive spice after saffron, due the extensive labor required to grow and pollinate the seed pods and a long manufacturing process. Although vanilla is a prized flavor in its own right, it is also used to enhance the flavor of other products such as chocolate, custard, caramel, coffee and more (see **Recognized Food Affinities** below).

Bourbon vanilla (*V. planifoli)* is named for the islands now known as Reunion and the Comoros in the Indian Ocean, but in the early 19th century were called the Bourbon Islands. Vanilla is the only edible fruit of the orchid family, the largest family of flowering plants in the world. Two types Bourbon and Tahitian (*V. tahitensis)* both originally came from Mexican plant stock. The

same species of vanilla beans vary in flavor and aroma due to both the climate and soil affecting their quality.

Tahitian vanilla mutated some time ago becoming its own species. It is significantly different from Bourbon and Mexican vanilla. Real Tahitian vanilla beans make up less than 5% of the market, and they have a unique aroma. That makes the beans more expensive than Madagascar (Bourbon), which makes up the bulk of world vanilla sales. For more information see http://www.vanillafromtahiti.com. Tahitian vanilla beans are the thickest of the three beans and almost black in color. They are not as flavorful as Mexican and Bourbon but are highly aromatic, with complex floral aromas.

Pure vanilla is highly complex with over two hundred and fifty organic components creating its unique flavor and aroma. It is important to both cuisine and perfume.

For the chef, the easiest form of vanilla to use is the extract. While the FDA determines the minimum ratio of seed pods to alcohol there is little that controls the quality of the beans or the actual amount of natural vanillin in the extract. Other additives are required to be on the label. Those that have a lot of additives or a high concentration of sugar may be indications of inferior product. Good vanilla is expensive and excellent vanilla even more so.

Synthetic Vanillin
Many vanilla-flavored products are made from cheap synthetic vanillin, extracted from wood. Over 95% of the world's supply of vanilla flavor is now synthetic (artificial vanilla contain containing vanillin and ethylvanillin). Some product coming from Mexico is labeled Mexican Vanilla and depending on which one, could be either real from the Mexican Vanilla or a wood extract. One problem is that some Mexican manufacturers of vanilla products[2] contain coumarin, which is banned by the FDA because it can cause liver and kidney damage

For many people, the flavor of vanilla is irresistible and becoming increasingly more popular. Recipes abound for appetizers, seafood and much more. Patricia Rain, "Queen of Vanilla" author, educator, culinary historian, and owner of The Vanilla Company[1], **"**a socially conscious, product-driven information and education site dedicated to the promotion of pure, nat-

ural vanilla, and the support of vanilla farmers worldwide", has recipes from A to Z. Additionally, Alain Senderens has a lobster with vanilla on the Worldwide Gourmet. Spago's Restaurant has a Vanilla Lobster Sauce Pasta on the menu.

Powdered Vanilla
While used just like extract in the same relative volumes, it is less common but being alcohol free, may have some advantage. That being said, it is mixed often with dextrose a form of sugar so it is not as concentrated and sugar come along for the ride. Watch what you might be buying – some is 100% ground whole dried vanilla beans. Powdered vanilla can be found in some specialty grocery stores, online or else by mail order.

**What's New?**
Vanilla paste is a relatively new product in which vanilla seeds are suspended in a vanilla-flavored gel where one teaspoon of vanilla bean paste equals one vanilla bean.

Cobra Vanilla™ Paste (see http://www.beanilla.com) is made from a blend of Bourbon and Tahitian vanilla beans to create an equal balance of flavor and aroma. The floral, fruity, cherry like notes of the Tahitensis variety blend wonderfully with the nutty-chocolate character of the Planifolia type in this rich and wonderful paste. Ingredients: Fructose Syrup, Cobra Vanilla™ Extract 5 Fold, Cobra Vanilla™ Beans Ground, Xanthan Gum, Locust Bean Gum.

**Proper Storage:**
Store vanilla beans in an airtight container in a cool, dark place up to 18 months. Store vanilla extract in the pantry up to 1 year.

**Recognized Food Affinities:**
Almonds, bananas, berries, blueberries, brandy, caramel, cherries, chestnuts, chocolate, citrus, coffee, cream, hazelnuts, honey, lobster, mangos, nectarines, peaches, pecans, cheeses, strawberries, walnut.

**You and Cooking**

Personally, I am crazy about vanilla and I am rather heavy handed it its use – preferring twice as much as many "normal" recipes may use. Could be the other cooks are just excessively frugal. I like macerate fruit with a shot of vanilla. It's to be found in good representation in my pancake mix and batter for French toast.

**Medicinal Historical View**[4]

"Vanilla is an aromatic stimulant, with a tendency towards the nervous system. It has also been regarded as an aphrodisiac. It has been employed as a remedy in hysteria, low fevers, impotency, etc. But its use as a medicine is obsolete in this country, although still sometimes employed on the Continent and elsewhere."

Notes:

1. The Vanilla Company (www.vanilla.com)
2. Mexican "Vanilla" With Coumarin: No Bargain -
   See http://www.fda.gov/consumer/updates/mexicanvanilla102908.html
   *"Tourists tempted to pick up bargains south of the border should beware of one bargain that isn't always a good buy—so-called Mexican "vanilla." This flavoring product may smell like vanilla, taste like vanilla, and be offered at a cheap price. But it's often made with coumarin, a toxic substance banned in food in the United States.*

   *In addition to being sold in Mexico and other Latin American countries, the coumarin-containing product has appeared on the shelves of some U.S. stores. The Food and Drug Administration (FDA) advises consumers not to purchase this product.*

   *Pure vanilla is made with the extract of beans from the vanilla plant, a type of orchid that grows as a vine. Mexican vanilla is frequently made with the extract of beans from the tonka tree, an entirely different plant that belongs to the pea family. Tonka bean extract contains coumarin, a compound related to warfarin, which is in some blood-thinning medications. Eating food containing coumarin may be especially risky for people taking blood-thinning drugs because the interaction of coumarin and blood thinners can increase the likelihood of bleeding."*
3. The Aztecs called vanilla tlilxochitl, and they used it with chile peppers to flavor their

drink.

4.Bentley, Robert and Henry Trimen. Medicinal Plants; being descriptions with original figures of the principal plants employed in medicine and an account of the characters, properties, and uses of their parts and products of medicinal value. London, Churchill, 1880. (WZ 295 B556m 1880)

# About Coffee

Coffee is thought to be indigenous to Kaffa province in south-western Ethiopia from which it is said to have acquired its name.[2] The cost of coffee is generally in line with how well it tastes. Better coffees, like wine, are those where attention to detail has dominated all the phases of production which are considerable. The coffee and bread in an establishment are indicators of how the management feels about their customers. Great coffee will always makes a fine impression.

Coffee is grown in the temperate zones - the portion of the earth's surface defined by relatively uniform temperature. This is generally between the Tropic of Capricorn and the Tropic of Cancer. The ideal microclimate for coffee is volcanic soil at frost-free altitudes between 3,000 and 6,000 feet with moderate rainfall and an abundance of sunshine. Never the less, coffee is still a seasonal crop that varies by region. Here are the more popular coffee regions for coffee:

- *Arabia & Africa*. Highly distinct coffees that include coffees from Kenya, Tanzania, Rwanda, Uganda, Zimbabwe and Ethiopia. Grown at the perfect altitude in rich black soil and the almost foggy evenings with hot days produce a coffee of legendary stature. The Americas: These coffees are grown in an almost perfect atmosphere bearing highly aromatic and well balanced coffees. coffees of the America's includes coffees from Colombia, Mexico, Brazil (grows roughly a third of the world's coffee), Nicaragua, El Salvador, Costa Rica, Dominican Republic, Jamaica, Panama and Guatemala.
- The Pacific: Great coffees are grown in the pacific. These include coffees from Sumatra, Java, Indonesia, Vietnam, Kona Island in Hawaii, Papua New Guinea and Sulawesi.

## Dry or Wet Husking Process

In the process of drying and husking the cherries there are two methods used: wet or dry.

The dry method is an older, primitive, and labor-intensive process of distributing the cherries in the sun, raking them several times a day, and allowing them to dry. When they have dried to the point at which they contain only 12 percent water, the beans' husks become shriveled. At this stage they are hulled, either by hand or by a machine.

In the wet method, the hulls are removed before the beans have dried. The fruit is initially processed in a pulping machine that removes most of the material. The beans then beans ferment in tanks for 18 to 36 hours after which the beans are washed, dried by exposure to hot air, and put into large mechanical stirrers called hullers where the remaining hull is removed. The huller then polishes the bean to a clean, glossy finish.

## Coffee Plant Varieties

### Arabica

Arabica coffees were traditionally named by the port from which they were exported, the two oldest being Mocha, from Yemen, and Java, from Indonesia. Arabica trees produce nearly all of the world's specialty coffee. The vast majority of coffee is either Robusta or Arabica. Most consider the flavor of Arabica coffee far superior to Robusta. Robusta trees, however, are more "robust" and are less susceptible to insect infestation and disease. Arabica trees are typically grown at high elevations where insects and disease are less prevalent. Because of the inherently steep terrain at high elevations where Arabica is generally grown, mechanical harvesting is impractical, so Arabica coffee is nearly always picked by hand. Hand picking of Arabica results in less under-ripe and over-ripe beans compared to the commonly machine harvested Robusta. If left alone, Arabica trees will grow to 40 feet high, but in most plantations the trees are pruned to less than 8 feet high for better yield and easier harvest.

There are at least a dozen variations of the Arabica tree which include: Typica, Bourbon, Caturra, Catuai, Pache Comum, Pache, Catimor, Kent, Mundo Novo, Maragogype, Amarello, and Blue Mountain. Typica is the oldest known Arabica cultivar and is the base from which others developed.

### Bourbon

Coffee produced from the Bourbon variety of the Arabica tree, was named after Bourbon

Island where it was first cultivated. Bourbon Island (also home of great vanilla) was later renamed Reunion and is located east of Madagascar. France introduced the Bourbon cultivar to Africa and Latin America. Bourbon became the second most commercialized Arabica variety after Typica. Both the Typica and Bourbon varieties of Arabica are produced in large quantities throughout the world, but are slowly being replaced by more productive and disease resistant varieties such as Caturra. The Bourbon variety is bright yellow when ripe.

**Bourbon Santos**

Bourbon Santos is a single origin coffee named after Santos, the port in Brazil where the coffee is shipped. This is the King of Brazilian coffee producing trees that is a direct descendant of the Bourbon variety of the Arabica tree.

**Caturra**

Caturra is a modern hybrid of Coffea Arabica and is becoming increasingly popular with farmers. Caturra has a greater crop yield and is less susceptible to disease than classic Arabicas (Typica and Bourbon).

**Coffea Canephora (Robusta)**

Coffea Canephora and Coffea Arabica are practically the only coffee species used to make coffee. Robusta coffee trees, like Arabica, can grow about 40 feet high, but Robusta beans tend to be smaller and more bitter. Robusta trees are “robust”, meaning they are less susceptible to pests and disease and yield more coffee crop. Because of its ability to resist pests and disease, Coffea Canephora is the dominant coffee species grown at low elevations.

**Online places I buy coffee:**

I use this as an example http://www.geishacoffee.com although there are thousands of others. See notes for address of Geisha Coffee Roaster.

Places that specialize in coffee should have a consistent way of comparing the characteristics of the varieties they offer. This is very important to be able to pick a coffee you’re going to be happy with. The trade-offs always are balanced against price. Bargains can be found if you take the time to look. I am fortunate that I get a 20% discount through my company which gives me an incentive to buy better coffee than I might otherwise choose.

This is a typical rating for a very good coffee

| | | |
|---|---|---|
| Dry Fragrance (1-5): | 4.0 | (unbrewed) |
| Wet Fragrance (1-5): | 4.0 | (brewed) |
| Acidity (1-10): | 8.0 | |
| Body (1-10): | 8.2 | |
| Flavor (1-10): | 8.0 | |
| Aftertaste (1-10): | 8.3 | |
| Correction (1-10): | +1.5 | |
| Standard: | +50 | |
| Total score from our cupping lab: **92.4**% | | (Based on 100%) |

My favorite's coffees include:

## Ethiopian

Ethiopia is the birthplace of the Arabica tree, and wild coffee cherries are still harvested by tribe's people in its mountains. In Eastern Ethiopia, coffee trees are grown at elevations between 5,000 and 6,000 feet on small plots and farms. These coffees may be called Longberry Harrar (large bean), Shortberry Harrar (smaller bean) or Mocha Harrar (peaberry or single bean). They are all cultivated simply, processed by the traditional dry method, and are no doubt organic. Ethiopian Harrar is characterized by winy and blueberry undertones, with good body and acidity. Eastern Ethiopia produces a washed coffee called Ghimbi, or Gimbi, that has the winy undertones of Harrar, but can be richer, more balanced, and has a heavier body and longer finish. Southern Ethiopia produces washed coffees with fruity acidity and intense aromas. These coffees are known by the names of the districts in which they are produced, such as Sidamo, or by terms like Ethiopian Fancies or Ethiopian Estate Grown. The most famous of these coffees is Yirgacheffe, which has a pleasant fruity acidity and elegant body.

## Peaberry Kona Coffee

Peaberry Grade Kona is the champagne of Kona coffee! Only 5% of the annual crop produces peaberry. Instead of 2 beans to a cherry, peaberry is produced when only one oval compact bean is produced. Peaberry is highly prized for its smooth, full flavor and low acid content. The perfect blend of all the six elements comprising of rich soil, proper elevation, cloud cover,

sunshine, rain and a moderate slope helping in the drainage of the roots provided by the Hawaiian islands, have ensured an ideal environment to produce the world's richest product. These beans are typically picked by hand at the peak of perfection. Therefore this type is considered to be the highest grade coffee all in the world by many connoisseurs. This coffee is very low in acid allowing me to brew it exceedingly strong while still not producing an overly bitter product – remarkable!

## Jamaican

Jamaica is home to one of the world's most expensive and richest coffee: Jamaican Blue Mountain. The best Blue Mountain coffee is characterized by a nutty aroma, bright acidity and a rich flavor. High Mountain is a term that applies to coffees of lesser quality grown at a low altitude than Blue Mountain. High Mountain and Blue Mountain coffees are produced by the wet-process. This coffee has a rather pure coffee “candy” like flavor. This is one of my favorites but tend to be expensive.

## Sumatra Mandheling

This coffee is rich full body Arabica coffee that is mellow and usually low in acid and usually affordable. This coffee has wide appeal and is not as intense or acid as some other coffees.

## Making Great Coffee at Home

A drip coffee maker is good and finely grinding freshly roasted beans certainly helps keep flavors intact. A pinch of salt to the grindings often improves the flavor of coffee. A fine mesh insert is more affordable than buying paper filters and works a little faster as well.

French Press Coffee Maker works exceptionally well for world best coffees and can make a good and strong cup of coffee from even not the greatest of coffee. The press pot was invented by the French in 1850 hence its name. The French Press lends itself nicely to a ritualistic preparation at the dining table. Great coffee deserves a bit of fanfare but since very hot water is involved, do not have any fumble fingered guest attempt its process. The anticipation and the aromas that come forth heightens the experience for me. It is sort of reminiscent of the older days of the Maître d'

and the times when service in a palace of fine dining was at its zenith and the staff would dote on their patrons ---- sigh.

A French press consists of a narrow cylindrical beaker usually made of glass. It has a lid and a tight fitting plunger having a fine wire mesh acting as a filter. Coffee is brewed by placing the coffee in the beaker, replacing the plunger, and pouring in near boiling hot water, leaving to brew for a four minutes, then gently depressing the plunger, trapping the coffee grounds on the bottom. Rich coffee is poured off the top.

A **French Press** is relatively cheap when compared to an espresso machine. Grinding the coffee finely helps with high extraction and hastens the process for those who might otherwise be a bit impatient. Thicker grind will mean less sediment. The manufacture Boden[3] makes many French presses which are simple and affordable. Very many fine establishments that serve premium coffee often serve it from a French press.

The finer the grind, the more extraction, and the more solids end up in the coffee. Finely ground coffee requires a fine filter. The proportion of coffee to water depends on how strong you like your coffee. To start with try 2 tablespoons of coffee to 6 ounces of water and adjust according to how it tastes.

## Grinding Coffee

Basically, there are two types of grinders: the burr grinder, and the blade grinder.
With the blade grinder the coffee is not really ground but pulverized and the longer period it is allowed to run, the finer the grind but the coffee is not consistent in size. This means that some of the coffee may be small enough to pass through the filter and evidence of this is sediments in the pot. The burr grinder on the other hand is a more precision instrument and coffee size is more uniform. Of course, as you might have imagined, the burr grinder type is the more expensive.

## How to Keep Coffee

Do not store coffee beans in the freezer or refrigerator as condensation can rob coffee of its flavor. Coffee's two greatest enemies are air and moisture. Coffee that is fresh yields the best flavor. Fresh-roasted coffee beans are at their peak. Vacuum packs keep the beans fresh. Ground coffee has all of its surfaces potentially exposed to air hence its better to grind your own. Stored whole beans in an opaque airtight container at room temperature to keen beans up to a month after they are roasted. The heavy foil bag the coffee often comes in is an adequate vessel for storage if you roll the top of the bag closed while forcing out the all the air, and seal the bag with a clamp or rubber band

1. Geisha Coffee Roaster, 863 N HWY 17-92 Blvd. #2, Longwood, FL 32750, 407-409-8704
2. Coffee is called 'Bunna' (boo-na) in Ethiopia, but as the plant spread out in the area and across the Red Sea people referred to it as Kaffa. Kaffa was on a trade route to Sudan and other parts of Africa and the pilgrimage route to Arabian Peninsula which perhaps explains the spread of coffee in that direction.
3. Bodum USA, Inc. 601 W 26th St. Suite 1250. New York City, NY 10001. (212)367-8844 http://www.bodumusa.com

# Saba and Balsamic

Sour is a Flavor Group
Sweet, sour, salty, bitter are of major importance to food and taste. In the sour department, citrus, and vinegar are outstanding flavors for the chef. Other sources include cream of tarter, sumac leaves, and pineapple or other tart fruits.

## Balsamic Vinegar

Sweet long aged vinegar made from Trebbiano grapes of Modena Italy stored in casks where evaporation concentrates the product in to liquid gold and one of Italy's most important culinary achievements. An eight-ounce bottle of authentic 25-year-old vinegar of a top producer in Modena may run about $150, while 12 year old may be around 40~$-$60. In contrast, the mass-produced bottles go for around $6 in American grocery stores. Only about 20,000 bottles of the

artesian product a year are produced, compared to a huge production of 30 million bottles of the commercial product. Look for the consortium logo and the words “aceto balsamico tradizionale di Modena” to assure you're getting the real thing. Heat tends to sweeten balsamic vinegar and makes it less volatile. It is good in many dishes where sweet and sour are desirable. It will darken the color of pale sauces and peak the flavor.

### Saba

Saba balsamic - has the texture of maple syrup and was a common Italian sweetener in centuries past. Saba adds flavor and sweetness in the same stroke. For chefs who want more complex flavor than what you find in simple syrups, it is still useful today. Normally, saba would be made from Trebbiano grape must. Before the mixture turns into vinegar, it is wonderfully dense, delicious syrup.

#### Acetaia Leonardi Saba Must

“Saba is made from the juice and must of trebbiano grapes that are boiled into a dense syrup. Normally this syrup is blended with aged balsamic vinegar and then placed in wood casks for aging. Without the addition of vinegar the syrup has a sweet honey-like flavor. It can be added to sauces, used to de-glaze the pan in which you sear foie gras and is a terrific addition drizzled over fresh fruit or ice cream.”

## Hams and Salumi

**What the Heck is Salumi?**

The word salumi means Italian-style cured or preserved meats which can be anything from wild boar, pork, beef, lamb and other game meats.Salami is a type of salumi but is more of a general term for encased dry-cured sausages that have been salted, usually somewhat fermented and hung to dry, sometimes smoked. The salt and drying preserves the product. Some of the more common salumi include: bresaola, capicola (coppa), cotechino, guanciale (see recipe for homemade), lardo, mortadella, pancetta, prosciutto, culatello, salami, Genoa salami, pepperoni, soppressata, Toscano salami, salame gentile, salametto

**Jamon Serrano Spanish Cured Ham**

Salt cured and mountain air dried for a minimum of six months and usually longer, the major-

ity of Serrano hams are made from black Iberian pigs and the ham is so delicious that the Romans imported the animal to Italy and that's the origin of Prosciutto

**Prosciutto or Parma ham** (from northern Italy's province of **Parma)**
Pressed, sea-salt-cured, washed and air dried for a minimum of nine months and aged up to 18 months. The special diet of chestnuts and whey (from the Parma cheese-making process) that the pigs feed on results in the superior quality of this ham.
You may shop the ham directly from Parma see: http://www.parmaitaly.com/prosciuttok.html
http://www.prosciuttodiparma.com/eng/

**"The Romans"**
*It was in the 3rd century B.C. that Cato the Elder first spoke about a tasty way of preserving pigs legs by covering them in salt and then drying and by rubbing a bit of oil on them, they could be aged without going off. From this description similarities can be seen in the processing of today's ham with that of its "ancestor". The first historical recipe on how to make good ham, goes back to his "De re rustica"." From the Parma Ham Web site see*
http://www.prosciuttodiparma.com/usa/recipes/recipes/

Parma Ham Chef's Recipes see
http://www.prosciuttodiparma.com/usa/recipes/chef/intro/

**Black Forest ham, Schwarzwälder Schinke**n, is from the Black Forest region of Germany. It is seasoned, dry cured, then smoked using regional indigenous woods and coated with beef blood to give it a black exterior.

**Westphalia** (aka westfalia) ham is created from pigs raised in the Westphalia Forest and fed acorns. The resulting meat is dry cured and then smoked over a mixture of Beachwood and Juniper branches which produces a dark brown, very dense ham with a distinctive, light smoky flavor.

**City Ham (brine-cured ham)** this is America's most popular ham, the kind that's pink, moist, and sweet. Fresh hams are soaked in brine and then boiled or lightly smoked.

**Country Ham** (Virginia ham and Smithfield ham) (dry-cured ham) are fresh hams rubbed with salt, hung to dry and may be smoked or unsmoked. Country hams tend to be salty, but gourmets often prefer them over brined hams. You cook them either by simmering them in water or frying

them. Some people soak them in water first to leech out some of the salt. Mold[1] often forms on the exterior of country hams, but it's harmless and should be scrubbed off. Country hams are common in the Southeast; elsewhere you can get them by mail order, or at Chinese markets.

**German Sausage**
**Bauerwurst** is a chunky German farmer's sausage that's often grilled and served on a bun or cooked with sauerkraut similar to the hot dog.
**Boerewors** is a spicy South African farmer's sausage, made with beef, pork, and pork fat, and seasoned with coriander.
**Bratwurst** and rostbratwurst is a sausage made from finely minced pork and beef, **Blutwurst**, or blood sausage, bregenwurst comes from lower Saxony and is made of pork, pork belly, and pig or cattle brain.
**Knackwurst**, or **knockwurst** sausages, are often all beef, short and stubby and flavored with garlic.
**Landjager** is a type of dried sausage made from beef, pork, lard, and sugar and spices. **Leberwurst**, or **liverwurst**, a spreadable sausage, is usually made from pork with some pork liver, and flavored in various ways.
**pinkelwurst** is a sausage is made with beef and/or pork, onions, oat groats, and bacon. It's often served with potatoes.
**Teewurst** is an air-dried or raw sausage (like salami and Landjagerwurst) made from pork, bacon and beef and smoked over Beachwood.
**Gelbwurst** means yellow sausage and takes its name from the saffron-colored casings used. It is mildly spiced with lemon, mace, ginger and cardamom.
**Weisswurst** is a traditional sausage of Southern Germany made with veal and bacon and flavored with parsley, onion, lemon, and cardamom.

**Other Sausage**
**Andouille** is a spicy smoked Cajun sausage that's used in jambalaya and gumbo.
**Boudin blanc** is a white sausage made of meat (pork, chicken, or veal) and rice. France produces a very delicate milk-based version, while the Cajun version includes a lot of rice as a filler, making it chewier and more flavorful.
**Mexican chorizo** is fresh pork mixed with lots of spices.
**Spanish chorizo** a dry cured sausage made from pork, and it's very hot and spicy.
**Haggis** is a large Scottish sausage is made by stuffing a sheep's stomach with the animal's heart, lungs, and liver, and then adding oatmeal, onion, fat, and seasonings.
**Kielbasa –** the smoked Polish sausage made with pork and/or beef and flavored with garlic,

pimento, and cloves.
**Kolbasz-** This Hungarian sausage is similar to Polish kielbasa, except, naturally, it also made with paprika.
**lap cheong** are Chinese dried sausages pork sausages look and feel like pepperoni, but they're much sweeter- great sausage with eggs for breakfast.
**Linguica** is a delicious spicy Portuguese smoked garlic sausage.
**Scrapple** is Pennsylvania Dutch specialty, this is a mixture of sausage and cornmeal. It's often slowly fried and served with eggs and grits. Its to be found on the menu in New Jersey and Pennsylvania.
**Toulouse** is an exquisite French sausage is usually made with pork, smoked bacon, wine, and garlic. It's a great sausage for a cassoulet and lentils.

Notes:
1.See recipe for Holiday Ham for more information on Ham, in general, and mold.

## Homemade Chili Powder

Some things are better homemade and this is definitely one of them for the following reasons:

- Known ingredients in a known combination
- Devoid of cumin hence you control flavor of the cumin separately
- Known degree of heat suits your preferences
- Complex flavors best leveraged individually

Several dried Guajillo chilies
4 dried New Mexico chilies
1 dried Serrano chilies
2 dried Pasilla Negro chilies
3 dried Anchos chilies
Habanero powder to taste (added last to kick up the heat)

When using a blender, a glass one is preferred so you can see the progress. You may want to wear disposable latex glove. Do not breathe any of the dust from the blender. Keep your head away from the blender bowl. Pull off the stems of any of the chilies. Place chilies in blender and blend until a powder. Don't overcrowd blender. Mix chilies and blend well. Taste a small sample. Correct heat with Habanero powder.

Notes:
1. Guajillo is a mildly hot chile
2. New Mexico Chiles are mildly hot and very popular in Southwest cooking
3. Pasilla Negro is a medium hot chile
4. Habanero powder is very, very hot.
5.California pods are mild and is equivalent to paprika.

## Important Cheeses

I can't cover them all but these are some of my favorites or ones I feel are more important to cooking. Cheeses are available in a delicious range of flavors - from the very mild to the quite powerful. In France especially no town can decide which is better hence each town makes their own so wondering from café to café sampling these can be a real treasure. Cheese is one of nature's most portable food. Cheeses and sausages are concentrated sources of protein that keep very well even when not refrigerated. This makes these foodstuffs of special value as survival food for the backpacker, picnicer, camper, and outdoorsman. Cheese was the original way to preserve milk for extended periods. A big block of cheese lasts very well. In general the harder the type of the cheese the more likely it is to last longer when not refrigerated. A one ounce portion of cheese typically has 6 to 8 grams of protein and is loaded with other

nutrients that will help keep you going during times of intense physical stress. A typical French picnic lunch is bread or crackers, sausage, cheese and a knife. Not only are cheeses portable but easy to prepare and are big on flavor.

Fat content is calculated in relation to the cheese's dry matter not in relation to the weight of the cheese as the water content does not count. A slice of French brie contains only 30% fat as compared to 40% for cheddar. In other words, soft cheeses contain more water so are less fattening. Premium, hence the best tasting, cheese are from artisans that have retained the traditional craft of hand made cheeses. Like olive oil you kind of get what you pay for.

The FDA and unpasteurized don't get along too well. Fortunately a cheese maker can't be told to kill off the very enzymes that contribute the character that defines the cheese or we would be all just using butter.

Cheese is perhaps one of the most regionally dependent of foods as it varies so much on how the animals are raises, what they eat, when they are milked, the length of times during the steps of processing, where the animals live, what the enzymes are that transforms the milk, the percentage of fats, the type of animals, the mix of milk types if more than one, the treatments like puncturing air holes, brines and washes, storage, and aging. Cheese are like people – mostly unique!

The United States has 440 cheese makers according to the California Milk Advisory Board. This includes more than 350 producers of specialty, artisan and farmstead cheeses. While most states have at least one cheese plant, more than two-thirds of the specialty cheese makers in the country are located in just three regions - California, Wisconsin and New England. Many cheese makers now invite visitors to stop by and sample cheese and learn more about cheese making practices. For a visitor's map to California cheese makers, visit http//www.cacheeseguild.org/artisancheesemap.html

### Reblochon, Reblochon de Savoie

Made from unpasteurized cow's milk it has a nutty, full-flavored, buttery, creamy taste with a saffron yellow rind and is somewhat stinky but one of my favorites. With its mild creaminess, Reblochon matches perfectly to crispy breakfast rolls. It is also good combined with baked pudding or other warm meals. I like it after dinner with Bosc pears.

### Beaufort d'Alpage de Savoie

Named after a small rural town in the French Alps, this giant wheel of cheese is creamier and richer than other Alpine cheeses like Emmental, Gruyere and Comté but is without the holes. This cheese ages on average 8 months the cheese is yellow, nutty, creamy and sweet. Beaufort melts well and is perfect for hot sandwiches or crostini and goes well with white wine.

### Port Salut or Saint Paulin

Port Salut made from pasteurized cow's milk is a semi-soft natural cheese that is easily recognized by its orange rind. It is mild and sweet in flavor, smooth and velvety with a lightly acidic taste. A popular cheese tray cheese.

### Raclette

Raclette is made from cow's milk in the Alps by both the French and the Swiss. The French one is softer which I prefer. Raclette is a table cheese with a soft interior and a smooth creamy taste. This is another somewhat stinky cheese. This cheese is traditionally placed near the fireplace or other heat source to melt, and as it melts, some is scraped off and served to guest or patrons atop anything from boiled potatoes, good bread, any number of other vegetables to sliced meats. Raclette is a staple of wintertime in Switzerland. Raclette is essentially melted cheese, served over small boiled potatoes with lots of ground black pepper, accompanied by small pickled onions and gherkins. Various cheese raclette appliances are available at online stores that cleverly hold a cut disk of cheese under an integrated heat source so the cheese may

be scraped into a plate below. Search for Bron Coucke Raclette for the tool. For more info see **http//www.theswissbakery.com/page.asp?id=7**
Savoie region in the alps was annexed by France on March 24, 1860 and is famous for its cows and proud of its Raclette de Savoie. The cheese dates back to Roman times and was used to barter for essential goods. Local farmers have passed the knowledge for production down through the ages.

### Brebicet

Made entirely from ewe's (female sheep) milk, Brebicet is a mild, creamy and smooth French Cheese. Its flavor is addictive and savory, with a supple melt-in-the-mouth feel. Brebicet is a great cheese for all occasions. Great served with a great piece of bread and or with fresh or dried fruits and goes well with sweeter wines and port.

### Brescianella Stagionata

Brescianella Stagionata is a delightful soft ripened, washed rind cow's milk cheese from the Lombardy region of Italy. The washed rind is a orangy with some blue molds. Crumbly when young, Brescianella becomes creamier (and stinkier) with a age. The cheese peaks at 6 months having then the perfect balance with a smooth, almost runny interior. The cheese is great on fresh crusty bread with a glass of Sangiovese. Great melted on polenta or crostini with a piece of rugola. (This is like an aged Robiola)

### Camembert Le Châtelain

French Camembert Le Châtelain comes from Normandy where it was first created and named after the village of its same name. My sister and I called this the **bear cheese** when we were children touring France. We both loved it. This cheese is famous all over the world. Camembert Le Châtelain is a perfect example of a cheese true to its original recipe. It is succulent, ripe, rich and

creamy. Only gently pasteurized at moderate temperatures, Camembert Le Châtelain retains most of the authentic flavors and qualities of the raw-milk cheese you can buy only in France. Pears and apples are perfect with Camembert and my sister and I had this for dessert at most of the Chateaus that offered it. Authentic Camembert is aromatic but less when younger!

### Cambozola

Cambozola still produced by the Bergader family in the Chiemgau region of Bavaria and was invented around 1900. It is a Camembert-type cheese with a bloomy white rind with streaks of tangy blue made from the Penicillin roqueforti mold. It has become popular all over the world. Cambozola pairs well with fruit and nuts. It has a richer creaminess than Gorgonzola.

### Stilton

Historically referred to as 'The King of Cheeses,' Stilton is a blue-mold cheese with a rich and mellow flavor and a piquant after taste. It has narrow blue-green veins and a wrinkled rind which is not edible. Stilton is milder than Roquefort or Gorgonzola and is equally excellent for crumbling over salads or as a dessert cheese served with a Port Wine. I like it with apple or pear slices. (See Stilton_Soup.doc) Stilton work well in salads where the vinegar in the vinaigrette helps cut through any cloying remnant of the cheese.

### Emmenthaler (Emmental)

Emmenthaler is a cheese from Switzerland. It is sometimes known as Swiss cheese in the United States. Most recipes for 'traditional' Swiss style fondue are a combination this cheese and Gruyere because either cheese alone would produce either a mixture that was too sharp or too bland. The cheeses are most commonly melted in a dry white wine which helps to keep the cheese from the direct heat as it melts as well as to add flavor. Emmental is a yellow, medium-hard cheese, with characteristic large holes. It has a piquant, but not excessively sharp flavor.

### Epoisses

A small-form, quite pungent, washed-rind cheese from Burgundy with a creamy interior that

becomes runny at room temperature. Its rind is rinsed with Marc de Bourgogne (marc is a heady, earthy-tasting French relative of moonshine). This is a perennial favorite of fans of strong-smelling cheese that pairs well with a nice malolatic fermented Chardonnay.

### Livarot

This aromatic pungent semi-soft, washed-rind cheese from Normandy has a pronounced flavor with a smooth, somewhat spicy flavor and a firm body. Its interior is pale yellow in color and has an edible crust that is encircled by five bright orange strips of raffia that help maintain its form.

### Vacherin Mont d'Or

For generations, people have been telling the story of how the recipe for Vacherin came to Charbonnières. What probably happened was that when they grew short of goat's milk they simply turned to cow's milk and the name changed naturally from Chevrotin to Vacherin. It makes some sense. The web site is http//www.vacherin-montdor.ch/en/produit.htm

### Gouda

The cheese is named after the city of Gouda in the Netherlands. Gouda is a semi-soft to hard natural cheese, depending on age. It is pale yellow and slightly sweet and nutty. Gouda is considered to be one of the world's great cheeses. It is both a table cheese and a dessert cheese, excellent with fruit and wine. Most frequently this cheese is packaged in bright red waxed pucks about 5 inches across making it one of the most recognizable of cheeses.

### Grana Padano

Grana Padano was created by the Cistercian monks of Chiaravalle as a means to preserve surplus milk. It has its own web site http//www.granapadano.com. It is certainly one of the most famous cheeses of Italy and claimed to be the best selling hard cheese in the world with a production area of most of the northern part of Italy spanning 32 provinces. The cheese is made with naturally semi-skimmed milk and the resulting finest of this cheese is considered by some to be as flavorful as a top Parmigiano and because it’s more available and less expensive. It out sells its prestigious

cousin.

### Farmer's and Hoop Cheeses

Farmer cheese is made from milk from cows, sheep, or goats that is slightly soured and pasteurized where most of the moisture is pressed out forming a cottage-like cheese. Farmer's cheese is made with milk, cream and salt while hoop cheese is made from milk alone. Farmer's cheese is lower in moisture than hoop cheese. Hoop cheese once a staple of American cooking is rare today. See Homemade_Farmers_Cheese_.doc

### Parmigiano Reggiano

Perhaps the king of Italian cheeses, Parmigiano is from the same recipe as Grana Padano, it too is a very hard natural cheese. A full wheel of Parmigiano Reggiano weighs 75 pounds and must be cut by a saw. Parmigiano Reggiano's flavor is unmistakably piquant and true cheese connoisseurs know when they are served an inferior imitation. Often used as a grating cheese, Parmigiano Reggiano is a great topping for soups, pasta dishes, veal, chicken, or salads. Buy this cheese as a wedge and grate it yourself so you know you are getting the real thing.

### Mozzarella di Bufala

"Buffalo" mozzarella is made in the South of Italy from unpasteurized pure water buffalo milk. Water buffalo were originally imported to Italy from Asia. (Mozzarella can also be made from cow's milk but then it would not be referred to as di Bufala) This cheese is pure white, hand-formed into small balls. It is soft and rubbery and stored in whey brine. Backslopping (using some cheese from previous batch) is widespread in the making of Mozzarella cheese (and Scamorza) whose natural microflora is complex like bread yeasts which contribute to the uniqueness of this type of cheese

It is often served with sliced tomatoes and fresh basil, drizzled with extra virgin olive oil and sprinkled with salt and pepper.



## Scamorza Cheese

Purportedly scamorza was created by accident when a dairy worker left the curd for caciocavallo (means “cheese on horseback”) cheese out too long that it soured. To avoid losing the curd, he dipped it into scalding water to get rid of the acidity so that the cheese could be eaten. The result is what we now call scamorza, a cheese tangier than caciocavallo and higher in water content. It is a pulled curd cheese having a springy elastic texture similar to mozzarella. Scamorza is close relative of mozzarella and is quite offered smoked (scamorza affumicata).

Scamorza tastes like a cross between caciocavallo and mozzarella cheese.

It is reputed to melt better in baking than mozzarella. It can be substituted for mozzarella in most dishes. If using the smoked variety, it adds a nice background flavor in replacement of mozzarella. See - Le Quattro **Stagioni** Pizza recipe.

## Caciocavallo Cheese

This cheese is shaped like a tear-drop and is similar in taste to aged provolone, with a hard edible rind. The cheese has a delicate taste that becomes sharper in the course of the maturation. Both of caciocavallo and scamorza are somewhat salty.

## Pecorino Romano





Romano cheese is named after Rome, where it has been made for over two thousand years and is mentioned by the Roman agronomist Lucius Moderatus Columella whose Latin treatise De Re Rustica contains some tips on making the cheese. “Romano” refers to the style in which the cheese is made hence cheese made this way could still be called Romano. (300,000 quintals of the cheese are produced in Italy annually but mostly on the island of Sardinia. Romano cheese is one of the oldest Italian cheeses. Today Roman cheese makers of Latium are a disappearing bred being displaced by urban sprawl, the Nationalization of the Appian Way region as a State Park and a less expensive but similar cheeses (Pecorino Sardo) from Sardinia and Sicily (Pecorino Siciliano). The lands of Rome are lushly verdant while Sardinian soil is rocky and more arid hence the cheese is different. My shepherd friends the D'angelo family who today still live behind the lock gates on Via dei Lugari off the ancient Appia Antica road, used to make the cheese every year commercially as their fathers and great ancestors did. No longer allowed to operate a commercial enterprise in a National Park, what they make is for them. There were 4 brothers and three sisters but today only Amadeo, Bruno, Luciadini, and

Lorenzo survive.

The cheese making is labor intensive and involved the whole family and a giant metal caldron warmed with grape cuttings over an open fire.

True Romano cheese is made from sheep's (pecora) milk. Pecorino Romano is sharp and tangy. Most of the Romano cheeses made in the United States are made from cow's milk and have a much milder flavor.

Pecorino Romano takes eight to 12 months to mature to grating quality (or less for table cheese), during which time it develops its characteristic flavor - salty, with a fruity tang that becomes increasingly more robust. The rind varies in color, depending on the age of the cheese and has a dense interior that is white to pale yellow. The term “Genuino” can only be applied to Romano that is made in Lazio.

This cheese is plenty salty and many Italians use this cheese in place of salt

### Ricotta

Ricotta is made from whey collected from making other cheeses and re-cooked not unlike cottage cheese. It is white, creamy and mild and is used as an ingredient in lasagna and many desserts. As made from whey, rather than milk it is not actually cheese. It is many common Italian recipes from lasagna, cannoli and other pastry confections including Easter Pie.

### Robiola

This is a generic term that applies to many small-form, soft and creamy cheeses from the Piedmont like the Stracchino family of cheeses. Many Robiola have a bloomy white rind and are made from a blend of cow and goat's milk. Robiola resembles cream cheese in color and texture and has a pleasingly tangy flavor.

### Scamorza

From Molise, Tuscany and Abruzzo, this pulled-curd cheese is available either plain or smoked (affumicato). Fresh scamorza melts better and more uniformly than the smoked. The flavor of this cheese varies greatly with region. Scamorza is made the same way as mozzarella. This cheese is only aged a few days, has a chewy, stringy texture and is drier than mozzarella. Scamorza cheeses are often used in pasta or pizza recipes –see Bruschetta_di_Arugula.doc.

### Taleggio

This semi-soft, uncooked washed-rind cheese from the Valtaleggio region in northern Italy, near Lombardy increasingly becomes more flavorful as the cheese ages. The cheese is somewhat stinky. The crust is pinkish or orangey-gray with a pale yellow interior which is soft, buttery and fruity. Taleggio is an excellent dessert cheese that goes very well with a robust wine.

### Mascarpone

This cheese originally from the Lombardy region is virtually solidified cream, mildly coagulated and whipped into a velvety consistency. Mascarpone is often served with fresh fruit or sweetened with sugar and used in deserts such as Tiramisu or Sicilian Cannoli. The flavor of this cheese varies tremendously if the cheese gets too old- it has a limited shelf life of 60 days and the fresher the better. Fortunately it is made also in the USA hence is accessible. In Italy, the best of this cheese is made from the milk of cows that have been fed special grasses filled with fresh herbs and flowers creating a unique fresh and delicious taste. Mascarpone is used throughout the world by chefs who recognize it many qualities. Whip lightly and sweeten it is used in many desserts or with fresh fruit.

### Gorgonzola Dolce

From Italy's Lombardy region comes the most imitated blue cheese in the world. Many cheeses falsely claim to be gorgonzola, but they always leave you singing the blues. Authentic Italian Gorgonzola comes in two varieties; Dolce - meaning sweet, and Mountain - the sharper and firmer version. Dating back to ancient times, this member of the Stracchino family is one of the world's classic cheeses.

Almost spreadable, Gorgonzola Dolce is supple and luxurious with an unmistakable tangy creaminess. Its pale white interior is laced with streaks of blue, giving Gorgonzola Dolce a striking appearance to match its piquant flavor. Enjoy Gorgonzola Dolce as a table cheese, spread thickly on a piece of crusty baguette, or as an ingredient in your favorite salad dressing.

### Fontina

Genuine Fontina comes from the Val d'Aosta region of Italy, in the Alps near the French and Swiss borders. One of the few cheeses imported into America that is made from raw (un-pasteurized) milk, it is a smooth, straw-colored cheese with a brown rind. Fontina has a delicate, nutty, buttery sweet flavor. Fontina is the primary ingredient in Italian fonduta and is a pristine table or dessert cheese.

### Asiago d'Allevo

Superior Asiago is made near Venice where artisan cheese makers produces Asiago using traditional methods from unpasteurized skimmed cow's milk. A light beige aged cheese peppered with small holes, Asiago d'Allevo has a slightly fruity flavor and an engaging aroma. It may be aged for up to 24 months in which case it is not unlike parmesan. It is often used in pasta, pizza and in salads. It will be found in my lasagna recipe.

### Asiago pressato

The young, un-aged version known as Asiago pressato (pressed Asiago) is one of Italy's most popular cow's milk cheeses. It is mild, uncomplex and simple but great with antipasto before a good meal. One of Italy's DOP (protected-origin) cheeses, Asiago can only be called Asiago if

made within the limited Italian areas of Trento, Vicenza, Padova and Treviso provinces.

### Chaumes

Characterized by a unique, full-bodied flavor, Chaumes is a washed-rind variety. It has a delightfully soft, springy texture and is rich and creamy. Chaumes can be spread and is excellent on crusty French bread. Hailing from the fertile meadows of the Dordogne region of France, Chaumes is a modern French classic.

### Chiantino

Allgäuland Formaggeria Chiantino is a specialty cheese from the Allgäu region of Germany that has been ripened in red wine. Hand-made using traditional methods, this delicious cheese are ripened for 100 days in young, fruity red wine. This gives Allgäuland Formaggeria Chiantino its characteristic yellow-orange color, thin rind, pungent aroma, soft texture and wholesome spice.

### Pont l'Eveque

Pont l'Eveque is one of the world's ancient cheeses. It dates back to the thirteenth century and was called d'Angelot. The cheese then took the name of the village in Normandie where it is mainly produced. Pont L'Eveque is a small square-shaped cheese of a pale yellow color and with a white-orange rind. Origin Near the coast of Normandie, Pont l'Eveque is made on small farms using rich salty and almost pasteurized cow's milk. The cheese is well known for its delicate bouquet, which is rumored to be reminiscent of the Norman countryside. Pont l'Eveque is a very rich and soft cheese with a creamy and full-bodied flavor.

### Bel Paese

Bel Paese is a creamy mild semi-soft cow's milk Italian cheese invented in 1906 by Egidio Galban. The name means "Beautiful Country." The cheese is now made in the Lombardy region of Italy and the United States.

### Asadero

A smooth, slightly yellow cheese with more “tang” than the mild Queso Quesadilla cheese. This cheese is ideal for baking because its stronger flavor adds to the appeal of a baked dish.

These Hispanic cheeses melt without separating into solids and oil. Traditionally, these cheeses were made by heating raw milk and letting the native bacteria multiply. The result was a modestly acidic cheese similar to our common Muenster cheese but with obvious shelf life limitations. Today we offer the most popular Hispanic melting cheeses with seven-month refrigerated shelf life due to our strictly sanitary make procedure.

Hispanic melting cheeses are generally mild tasting (except Queso Jalapeno) and smooth textured. They are often eaten as a snack right out of the package. Usually, as their name suggests, they are melted in hot dishes. Hispanic melting cheeses, unlike common U.S. cheeses such as cheddar, do not separate into oil and solids when they are heated. Consequently they make dishes like pizza, grilled cheese sandwiches, and cheese burgers more “cheesy” and less greasy. Of course they are invaluable in preparing Mexican dishes such as quesadillas and tacos.

Use of Hispanic melting cheeses like Queso Quesadilla or Asadero in popular dishes like quesadillas or nachos greatly increases the finished dishes' appeal. The diner is presented a plate with more cheese in the right place--on the tortilla or the chips--and less greasy oil all over the plate

## Queso Quesadilla

A major group of Hispanic cheeses are melting cheeses. These Hispanic cheeses melt without separating into solids and oil. Hispanic melting cheeses are generally mild tasting and smooth textured. They are often eaten as a snack right out of the package. Usually, as their name suggests, they are melted in hot dishes. Hispanic melting cheeses, unlike common U.S. cheeses such as cheddar, do not separate into oil and solids when they are heated. Consequently they make dishes like pizza, grilled cheese sandwiches, and cheese burgers more “cheesy” and less greasy. Of course they are invaluable in preparing Mexican dishes such as quesadillas and tacos.

Use of Hispanic melting cheeses like Queso Quesadilla or Asadero in popular dishes like quesadillas or nachos greatly increases the finished dishes' appeal. The diner is presented a plate with more cheese in the right place--on the tortilla or the chips--and less greasy oil all over the plate!

Queso Quesadilla is a smooth, soft, mild and white cheese. It is a family favorite throughout Mexico both for snacking and because it melts easily to make your favorite dishes rich and creamy.

### Classic Chevre by Vermont Butter & Cheese Company

The Vermont Butter and Cheese Company story begins with this mild goat's milk cheese. It was on a farm in Brittany where young Allison Hooper, working for room and board, learned the time-honored traditions of European artisan cheese making. Working as a dairy lab technician in Vermont a few years later, she produced a Chevre for a banquet organized by Bob Reese, then marketing director of the state agriculture department. Chevre was still largely unavailable in Vermont at the time – but not for much longer. Inspired by the response to her Chevre, Allison teamed up with Bob to found Vermont Butter & Cheese Company.

Since then, Vermont Chevre has earned an honored place among chefs and consumers alike. Distinguished by a simple, mild, fresh goat's milk favor, the cheese is highly versatile – an excellent ingredient in many dishes as well as on its own. While Chevre continues to grow in popularity, Vermont Chevre maintains its reputation for quality through superlative taste, freshness, and lower salt. This same company makes many more cheeses including Mascarpone.

### Crowley Cheese - Sharp

Crowley's cheese making history began in Healdville, Vermont, in 1824. In 1882, Winfield Crowley built a small, 30 feet by 30 feet; three-story building. Crowley Cheese continues to be made in this factory. The entire production process is completely “human” powered. Only a few hundred pounds of cheese are made each day and the process is exactly the same as when the factory was established. There is no automatic stirring equipment or other devices.

Although similar to the English-style cheddars made by other Vermont producers, Crowley Cheese is an “American Original.” There are very few cheeses that originated in the United States; most came with the various immigrant groups who settled our country. Similar to a cheddar and grouped in the cheddar family of cheeses, Crowley Cheese is officially desig-

nated by the FDA as a “Colby” even though it is not truly similar to industrial Colby and despite the fact that Crowley Cheese was made for decades before Colby cheese, named after Colby, Wisconsin, existed. Crowley Cheese is the only remaining original Vermont cheese.

Because of steps that are taken that are not done in making an English style cheddar, Crowley Cheese is neither as dry nor nearly as acidic as cheddar. It does not take nearly as long to develop a strong robust flavor; some cheddars take as much as several years to pass beyond bland or pasty. When compared with traditional cheddar, Crowley Cheese has a smoother, some say “creamier” taste. The taste difference is noticeable.
Today, after three generations of Crowley's and two generations of Smith's, Crowley Cheese continues to make one of the finest cheeses in America.

- The oldest continuously operated cheese producer in the United States.

## *Stella Fontinella*

A unique Stella recipe, Fontinella is distinctively sweet and creamy smooth, with just a hint of sharpness. This versatile cheese will enhance any recipe. Fontinella melts beautifully in sauces and casseroles, and is superb in grilled sandwiches. In fact, the name comes from the Italian word “fondere”, which means melt. Today many chefs use Fontinella as a zesty, change-of-pace flavor on pizza. The Stella Cheese company is in Wisconsin and was originally founded by two Italian cheese makers Giulio Bolognesi and Attillio Castigliano.

## *Peluso Teleme*

Teleme is a California original that has won over the hearts and palates of cheese lovers across the country. This soft, creamy white cheese has a slightly tangy, even lemony flavor and a pronounced runny quality as it ages. It is enjoyed both as a table cheese and as an ingredient cheese by California chefs, who use it as a signature cheese in such dishes as risottos and pizzas.

The Peluso family’s Teleme is very different from its namesake, which is a brined, Feta-like

cheese found in Greece and nearby countries. They call their Teleme "Rice Flour Teleme" because the naturally aged cheese has a thin dusting of rice flour on the surface to prevent mold. Peluso also changed the cheese to make it softer and creamier. When the cheese is young, it has a semi-soft texture and tastes like a fruitier version of a young Jack cheese. After several weeks of age, Teleme grows creamier and runny, eventually reaching the nearly liquid stage that delights Teleme lovers.

The Pelusos started making Teleme in 1981 in Los Banos, California. They now make their cheese in Maine. Food writer Janet Fletcher wrote "*A ripe, oozy slice of Teleme puddled on a plate is one of the most appetizing sights in the cheese world*."

## *Cream Havarti*

About 100 years ago, a farmer's wife who lived in North Zealand (one of Denmark's most romantic islands -- a trysting place for lovers) became interested in the art of cheese making. She traveled through Europe to learn the secrets of this craft. Upon her return, she began to experiment with her newly acquired techniques. She named her finest creation after her farm, "Havarthi". Today's Cream Havarti is a direct descendant. It has an ivory interior patterned with a myriad of tiny holes and is mild, creamy and mellow. We are featuring five of our favorite varieties garlic and herb, dill, jalapeno, caraway and chive.

### American Processed Cheese

More than half of all cheese consumed in the United States is processed cheese which has three technical advantages long shelf-life, resistance to separation when cooked, and the ability to reuse scraps, trimmings and runoff from other cheese-making processes.

The use of emulsifiers in processed cheese results in cheese that melts smoothly when cooked. With prolonged heating unprocessed cheese will separate into a molten protein gel and liquid fat; processed cheese will not separate in this manner. The emulsifiers (typically sodium phos-

phate, mono-potassium phosphate, tartrate, or citrate), reduce the tendency for tiny fat globules in the cheese to coalesce and pool on the surface of the molten cheese.

Because processed cheese does not separate when melted, it is used as an ingredient in a variety of dishes. It is a fairly popular condiment on hamburgers, as it does not run off, nor does it change in texture or taste as it is heated. Velveeta cheese belongs to this type.

### Gruyere

Gruyere is named after a Swiss village. It is traditional, creamery, un-pasteurized, semi-soft cheese. The natural, rusty brown rind is hard, dry and pitted with tiny holes. The cheese is darker yellow than Emmental (Emmenthaler) but the texture is more dense and compact. Slightly grainy, the cheese has a wonderful complexity of flavors - at first fruity, later becomes more earthy and nutty. Best Use Fondue, baked dishes, onion soup. Pairings Hearty breads, vegetables, apples, chicken, fruity white wines.

### Provolone

Provolone is an all-purpose cheese used for cooking, dessert purposes and even grating. It is traditional, creamery, stretched, curd cheese. This slightly piquant flavor becomes sharp and pungent and granular with age. Best Use. Sandwiches, pizza, fillings, salads. Melts easily. Pairings Pears, grapes, figs, olives, bread sticks, red wines, espresso.

### Monterey Jack

While Wisconsin remains the number one cheese producer, California is second largest and growing fast. California is, however, the home of Monterey Jack and today produces more than any other state. After Mozzarella and Cheddar, the most popular cheeses among the top five, based on consumption, are Monterey Jack, Cream Cheese (including similar types), and Swiss.

Americans consumed nearly a billion pounds of Monterey Jack in 2003. Americans now eat almost a pound more Monterey Jack each year than they did 10 years ago. Jack is descended from a simple but delicious cheese created in the California missions more than 200 years ago. It got its

name in the late 1800s from David Jacks, a California businessman who was the first to commercialize it.

This cheese is important to chefs especially in the Southwest where Mexican food is prepared because it is used heavily in Mexican cuisine. It is a nice melting cheese and does well in fondue.

Another variety called Dry Monterey Jack is considered one of the USA finest cheese. Its production is centered in Sonoma Country, where it is produced by the Vella Cheese Company (**http//www.vellacheese.com/**) and the Sonoma Cheese Factory

(**http//www.sonomacheesefactory.com/**

Also called queso de canasta because it carries the imprint of the basket in which it is molded, this is a soft, white cheese most often served as part of an appetizer or snack tray. It absorbs other flavors easily, and is sometimes coated with a garlic-and-chile paste, or wrapped in toasted avocado leaves, to be served with cocktails.

### Requesón

A loose, ricotta-like cheese used to fill enchiladas and to make cheese spreads, this variety is most often sold in the markets wrapped in fresh corn husks. A mild - not salty - ricotta can be substituted for requesón.

### Soft Mexican Cheeses

### Queso añejo

This is simply an aged version of queso fresco and, while classified as a soft cheese, can actually become quite firm and salty as it ages. It is used primarily as a garnish, crumbled or grated over a variety of dishes. Romano could be substituted for queso añejo.

### Queso oaxaca

A string cheese also known as quesillo is the most popular cheese for making quesadillas. It is

a stretched curd cheese, kneaded and twisted into ball shapes much the same as Mozzarella which can be used as a substitute.

## Semi-Soft Cheeses

### Queso asadero

This is specifically a melting cheese, used to make the Mexican fondue called queso fundido, a dish which adapts well to the inclusion of a variety of ingredients and is usually eaten as a late-night supper. Fontina and Monterrey Jack are fine substitutes.

### Queso chihuahua

Queso chihuahua is also called queso menonita, after the Mennonite communities of northern Mexico that first produced it. Unlike most Mexican cheeses, it is pale yellow rather than white, and can vary in taste from mild to a nearly cheddar-like sharpness. It is used in a wide variety of dishes, and is especially good for making queso frito (breaded fried cheese). The cheese is widely sold outside of Mexico and it is readily available.

### Queso jalapeño

A smooth, soft white cow's milk cheese with bits of jalapeño chile in it, this cheese is served as a snack or used to make quesadillas. Jalapeño Jack is a good substitute.

## Semi-Firm Mexican Cheeses

### Queso criollo

This pale yellow cheese is a specialty of the region around Taxco, Guerrero, and is so similar to Munster that the two can easily be used interchangeably.

### Queso manchego

La Mancha **manchego** is a buttery good melting yellow cheese is good for melting, or with fruit. Manchego is widely in the US. Monterrey Jack is a good substitute.

### Firm Cheeses

### Queso añejo enchilado

An aged cheese, añejo is recognized by its spicy red coating.

### Queso cotija

Named for its town or origin, cotija is a sharp crumbly goat cheese. It is usually served over beans and salads.

### Queso manchego viejo

Manchego is a hard, aged intensely flavored cheese. It is quite often shaved over "botanas" (a potpourri of goodies such as codillo enchilmole (pigs knuckles), refried beans with tortilla chips, pasta in a tomato sauce, lemoned-cucumbers, silqipec (ground pumpkin seeds), empanadas, fish ceviche, and labne (yogurt balls).)

## Olive Oil

When its priced is too low, rest assured, it is not worth buying. The good ones are expensive but worth what you pay. Taste, color and smell are the keys. Olive oil is an essential ingredient of great Mediterranean and European food.

Extra virgin oil is less that 7% acid and comes from the first pressing. The first pressing is a cold pressing. It may be filtered or not and flavor depends on many factors. Rich and easily digested, olive oil has a fruity taste and is used as a first choice by many better chefs. Air, heat, and light are the enemies of the oil so displaying your oil on the counter in a fancy clear glass container it not a good idea. The temperature you store wine is also good for olive oil just below 60 F.

Areas producing excellent olive oils are Greece, Italy, Spain, Turkey, Portugal, and California. The lighter color oils are better for frying as the have more tolerance for high heat. Do confuse this oil with one marked "LITE" as it is no longer olive oil but a combination of oils that are neither lower in calories nor as healthy as real olive oil.

I prefer only the most flavorful greenish unfiltered oil for dipping bread. If a recipe calls for olive oil, that means extra virgin olive oil unless it specifically say something else.

## Spices and Herbs

I attach great importance to the balance among the ingredients in a dish or meal. **Harmony is achieved when the pallet, nose, tongue and eye are served fully**. There should be a blending of textures, colors, aromas, flavors, shapes and value. **A meal that leaves the guest hungry in a half an hour may have been short on value even if long on everything else.**

How does each of the ingredients cook best? How do we make balance happen? Balancing amounts, flavor, sweet, salt, sour, heat (hot), heavy and light is what is required. You need not over power something delicate in flavor with something over powering. Heavy food can be followed with something light, salty with something sweet. Spices and herbs should add a layer of flavor not mask or over power. Bland general means uninteresting or undistinguished but how this

is offset generally separates the chefs from the mere cooks. Honest flavors (those derived from the food) should not be under valued. Italian cuisine, especially Northern Italian, food is cooked simply. This seems to be a disappearing trend in the fair offered at restaurants who think they must prove to the world that high complexity is synonymous with fine cuisine. Beware of the menu where everything is in a complex sauce; in this case, the chef just does not get it. The restaurant trend vertical layering to make a mountain of layers out of practically everything is imaginative to say the least, but not a substitute for traditional values. A good chef, first and foremost must be trying to achieve impeccable flavor.

## Nothing in Excess

You would not drown a favorite pet. Nor should the chef consider assassinating any food by excessively over flavoring it or over seasoning it. It the main ingredient is not good enough mostly on its own, it should not be a candidate for your menu. **The number one offender to excess by restaurants is the over use of salt.** Not only is this bad for the patrons health, it spoils the food. There is little risk of coming up short if salt and pepper shakers (or preferable grinders) are on the table.

## Herb and Spice Index

Spices and herbs are dried plant products used primarily for seasoning. I am not differentiating spices, herbs, blends and/or dehydrated vegetables. I have lumped them all together. This index is a good start of many of the popular spices and herbs used in today's diverse kitchens. Additionally, the internet provides an accessible resource with such sites as:

http://www.spiceadvice.com/usage/index.html
http://www.astaspice.org/spice/spice_07.htm
http://www.mccormickfoodservice.com/chefsreflanding.cfm

Not all of these products are equal so when necessary, I have tried to differentiate the quality or difference of the source product. At best, this is merely in short hand. A protracted discussion would consume scores of pages and be long-winded. It the text of some recipes, I may retrace some of these points simply because in that recipe there is greater relevance. For now, the herb list is a quick reference.
On the McCormick site, there is a list of substitutions which could be useful.

A concern to the chef is the freshness of ones herbs and spices. Herbs crushed in the hand should still have their "nose". If you have seen a friend or relative sniff something before its added as a seasoning, they are showing remarkably good instincts. If it should be aromatic but is not, it is time to retire it to the refuse. For powdered or ground herbs, you may need to taste a small sample. Do not under estimate the value of fresh herbs. Their prices have never been cheaper. Many fine restaurants such as, Copia and Brix in Napa and Chez Panisse Café in Berkley grow many of their own ingredients. A mixed pot of herbs in the backyard can be really handy.

**Whole Spices and Herbs:**

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| Leaves and flowers | 1 to 2 years |
| Seeds and barks | 2 to 3 years |
| Roots | 3 years |

**Ground Spices and Herbs:**

| | |
|---|---|
| Leaves | 1 year |
| Seeds and barks | 1 year |
| Roots | 2 years |

The storage method of spices and herbs greatly affects their longevity. Best storage is a low humidity cool dry spot. Ultraviolet light from sunshine will rapidly degrade spices (and the human eye) so on the counter storage dispensers may not be the best choice for a sunny kitchen or at least not ones of clear glass. Plastic containers for spices should not be used at all. Aromatics in

spices chemically could react with molecules of the plastics there by producing unwanted chemical compounds. Better brand manufacturers supply their products in glass.

**TABLE 2.** Herbs and Spices

| Name | About |
|---|---|
| Allspice | The dried, nearly ripe berries of a tropical American evergreen tree used as a spice, especially in baking, similar to Nutmeg. Jamaica is a premium source. |
| Anise | An annual, aromatic Mediterranean herb in the parsley family, cultivated for its seed like fruits and the oil obtained from them and used to flavor foods, liqueurs, and candies. Has a licorice flavor, often used in Italian cuisine including Italian sausage |
| Amchur<br>aka Aamchoor<br>(Mango) Powder | Mango Powder is made from dried slices of immature green mangoes which are then ground into a powder, the color of the ground spice is brownish-beige. The flavor is slightly acid/sweet. The powder acts as a souring agent similar to tamarind. It is particularly useful as an ingredient in marinades, having the same tenderizing qualities as lemon or lime juice. Primarily used in Indian cuisine. |
| Annatto | Annatto is a derivative of the seed of the achiote trees, when ground as a powder produces a red color and has an earthy dirt like flavor. Valued in Indian, Puerto Rican and Mexican cuisine earthy flavor and russet color. Used in moles, tamales, stews, rice dishes, and with meats and seafood. It is used in many cheeses (e.g., Cheddar, Red Leicester, Kraft's Velveeta, and Brie), margarine, mustard, ice cream, butter, rice, smoked fish and custard powder. |
| Barberry | Although there are hundreds of members in the family of these fruit, a small red one tart in nature not unlike a dried cranberry is common used in Persian cooking and can be found in rice dishes. |

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| Basil | Aromatic annual herb in the mint family, and comes in many varieties with varying flavors. Used in Thai, Asian, Italian and Mediterranean cooking. Thomas DeBaggio and Susan Belsinger's book entitled "Basil" documents what appears to be an endless list of varieties with different flavors. The Burpee seed web site has over twenty offerings: Here is a partial list: Summerlong, Spicy Saber, Pesto Perpetuo , Lime , Cinnamon, Genovese, Greek , Sweet Nufar Hybrid, Sweet Petra Dark Red, and Lemon Basil. The Thai version used in the us called "Queen of Siam" has small leaves, purple stems and a subtle licorice taste but a stronger taste than many other sweet basils. (http://www.burpee.com) |
| Bay leaves | Leaves from various types of bay Laurel trees. Used both fresh and dried. An aromatic herb that is used to flavor soups, stews, vegetables, olives, beets and meats. Three most significant supplies come from Mediterranean-Turkey(*Laurus nobilis)*, India and California. The leaf of the California bay (*Umbellularia californica)* tree is similar to the Mediterranean bay but has a stronger flavor. The very intense flavor of fresh Bay leaves will mellow and become less bitter when dried. Premium bay leave are long and slender and intact. Unless in a pouch or wraped in cheese-cloth, do not crumple the leaves. Protracted cooking does not tenderize these and small bits can get stuck in the throat. |
| Buddha's Hand | See Citron |
| Caraway | Related to the parsley family, used pastry and bread dough's, cabbage, sausage, and some kinds of cheese; and as flavoring for certain liqueurs. Dried caraway fruits are often termed caraway seeds. A good source is Egyptian or German. |
| Cardamom or cardamon | Cardamom is a sweet, exotic-tasting spice, used in desserts, jellies, sauces, and teas. Expensive, intensely aromatic fragrance and very potent. Elettaria is the commonly used spice whereas Amomum commonly known as Siamese cardamom is used mainly in Asia and Australia. The plant itself is a perennial herb. Sources: Guatemala, Southern India and Sri Lanka. Indian cardamom is slightly smaller, but more aromatic. |
| Celery seed | Seed of the celery plant are used for seasoning vegetables, stews, and fish |
| Chervil | Chervil is a member of the parsley or carrot family and is a mild fresh savory taste used to mix the French herb mixture |
| Chile pepper | All varieties are dried and ground as condiments and pepper flavor. Quite often the ground chili is offered up as a single type |

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| Chives | Member of the onion family grown for their leaves, having a delicate onion like flavor. Another variety is garlic chives with a flavor that is midway between garlic and onion. |
| Cilantro | An aromatic annual Eurasian herb in the parsley family, having parsley-like leaves. Is referred to as Chinese Parsley. Mexican food, fish, Chinese food. |
| Cinnamon | Cinnamon spice comes chiefly from the Sri Lankan cinnamon bark. The name cinnamon is correctly used to refer to Ceylon cinnamon, also known as "true cinnamon". However, the related species, Cassia (Cinnamomum aromaticum), Saigon Cinnamon (Cinnamomum loureiroi), and Cinnamomum burmannii are sometimes sold labeled as cinnamon, sometimes distinguished from true cinnamon as "Chinese cinnamon", "Vietnamese cinnamon", or "Indonesian cinnamon"; many websites, for example, describe their "cinnamon" as being cassia |
| Citron | While not a spice, this slow-growing citrus fruit's rind or peel is used to flavor dishes, Buddha's Hand is a most interesting variety Locally grown in San Diego, California, the peak season for Buddha's Hand citron is in October and November and is nearly exclusively used for the manufacture of candied peel. |
| Cloves | Unopened flower buds from an evergreen tree (Syzygium aromaticum) native to the Spice Islands (Moluccas). Highly aromatic, pickles, chutneys, desserts, ham, meats. Sources: Cloves are products of tropical areas in the West Indies and islands off east Africa such as Madagascar and Zanzibar. |
| Coriander | Seeds of the cilantro plant (Chinese Parsley), pickling, corn beef, salads, stews. |
| Cumin | Annual herb of the parsley family having an aromatic seed like fruits. The fruits resemble the related caraway and are similarly used in cooking. Cumin is an often an ingredient of curry powder. And is often found in Mexican recipes. |
| Curry | A combination of up to 20 spices, its profile is complex. Turmeric and fenugreek add earthiness; cinnamon and cardamom add sweetness; chilies and pepper add heat. |
| Dill, Dill seed | The pungent, aromatic leaves and seeds are used for pickling and for flavoring sauces, fish, meat, salads, and soups. |
| Epazote | A pungent, wild herb whose strong flavor is, like that of fresh coriander and is also called Mexican tea, and is popular in many Mexican bean dishes because it reduces gas. |

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| Fennel | The seeds are licorice-scented and are used in Italian cooking. Sweet fennel, or finocchio, is a variety with a thick, bulb-based stalk eaten like celery and has a mild licorice flavor. Common name for several perennial herbs of the parsley family, related to dill. The seeds are licorice-scented and are used (especially in Italian cooking) for flavoring, and as an ingredient to French fish stock. |
| Fenugreek | A clover like Eurasian plant having white flowers. Its mildly bitter seeds and aromatic leaves are used as flavorings. |
| Filé powder | Musty earth-like Creole seasoning primarily for thickening gumbo, and added at the last minute. It is made from ground sassafras bark. (hence the name File Gumbo) |
| Galangal | A relative of ginger, galangal (white ginger) is an important and popular ingredient in the foods of Indonesia, India and in Thailand. Ground Galangal is what usually used. The flavor is more flowery and intense than ginger. (see recipe for Thai Shrimp Soup with Rice Noodles) for more on Galangal. |
| Garlic | Pungent aromatic member of the onion family. Greens are used like scallions. Ones with small cloves are more potent. Popular variety is Italian which can be recognized by the streaky red cast of the hull. Varieties: Spanish Roja, Inchelium Red, Asian Tempest (hot, flavorful garlic), Zemo (moderately hot and spicy), Romanian Red ( hot, pungent garlic), Persian Star (mild spicy zing) see http://www.natureswisdomgarlic.com/ |
| Ginger root | Hot spicy fragrant aromatic root widely used in desserts, Chinese, Japanese and Asian cuisine. |
| Herbs De Provence | A mix of herbs from Provence, France usually including basil or mint, marjoram, sage, thyme, savory, rosemary, tarragon, lavender, and fennel. |
| Horseradish | Hot spicy aromatic root, served with meat or vegetables. Plants are "common" and "Bohemian" where the common are considered to have superior quality. Sources: California, New Jersey, Virginia, Illinois and Wisconsin. Horseradish sauce made from grated horseradish root and sour cream. |
| Juniper Berries | Pine flavor berries use in making Gin or flavoring meat dishes, especially wild game. |

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| Kaffir (Keiffer ) Lime Leaves | An Asian Citrus tree having shiny dark leaves that adds an unmistakable, refreshing taste that is essential in many Thai soups & curries. (see recipe for Thai Shrimp Soup for more on Kaffir Lime leaves) The recognisable leaf has two lobes joined in the middle. |
| Kaffir Limes | Kaffir lime is used extensively in Thai cooking. The fruit looks like wrinkled lime, big wrinkles. Thai people believed the juice is excellent hair rinse to prevent hair from falling out. The zest of the lime is an ingredient in red curry paste. The juice is rarely used in Thai cooking, but the zest is common. |
| Lavender | The Lavenders Lavandula are a genus of 39 species of flowering plants in the mint family, native to the Mediterranean, tropical Africa and southeast India. Lavender was one of the holy herbs and mentioned in the Song of Solomon. Chefs in and around Provence, France, have been incorporating this herb into their cuisine for centuries, either alone or as an ingredient of herbes de Provence. Lavender lends a floral, slightly sweet, and elegant flavour to most dishes. |
| Lemon balm | A herb with lemon-scented, mint-like leaves with a slightly tart flavor used for salads, teas, meats and fowl. |
| Lemon verbena | The long, slender leaves have an overpowering lemon-like flavor. It's used to flavor fruit salads and some sweet dishes, and for tea |
| Lemongrass | One of the most important flavorings in Thai cooking, this herb has long, thin, gray-green leaves and a scallion like base. Citral, an essential oil also found in lemon peel, gives lemon grass its sour-lemon flavor and fragrance. |
| Licorice | The root of this plant, used as a flavoring in candy, liqueurs, tobacco, and medicines. |
| Marjoram | Similar to oregano but sweeter and not as strong. Italian dishes, fish, pasta. |
| Mint | Any of various plants of the genus Mentha, characteristically having aromatic foliage, the most important species is peppermint, Used in candy, jelly, drinks, and desserts. |
| Mustard seed | Seeds of the Mustard plant may be brown, yellow, and whitish to black. Used in meat, sauces, fish, egg and salad dressings |

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| Nutmeg (and Mace) | The fruit of an evergreen tree native to the Moluccas is the source of two spices of commercial value: whole or ground nutmeg, from the inner seed; and mace, from the (seed covering that separates the seed from its thick outer husk. Used in baking, desserts, cream sauces, eggs dishes. |
| Oregano | A perennial Eurasian herb of the mint family, having aromatic leaves. Its flavor is similar to that of marjoram but slightly less sweet. The spice is fairly potent so use carefully. Use in Italian and Mexican cuisine. |
| Paprika | powder of a mild sweet pepper |
| Parsley | Mediterranean aromatic herb of the carrot family dates back to the Romans, used in cookery as a seasoning and garnish. |
| Pepper (black corns) | Pepper is the dried berry of Piper nigrum. This vine which can grow up to ten feet tall is indigenous to India and Asia. Pepper is actually berries that are picked about nine months after flowering. (This is true pepper, and should not be confused with paprika, cayenne pepper, chili pepper, red pepper, and bell pepper, which are fruits from the capiscum family.) Black Pepper, the spiciest, is berries that are picked unripe. The berries used for White Pepper are ripened on the vine and soaked so that their outer hulls are easily removed. Green Peppercorns are immature berries which are freeze-dried or packed in brine for preservation. |
| Poppy seed | Poppy seed, also called maw seed, is not narcotic; used as birdseed and for a flavoring or garnish in baking, pasta; it is also ground for flour. |
| Rosemary | An aromatic evergreen Mediterranean shrub, the best of which is the Italian variety. |
| Safflower | Safflower, or false saffron, has long been cultivated in South Asia and Egypt. Used widely in Creole French cuisine. |
| Saffron | The pestle of a Spanish flower, high aromatic and fragrant. World's most expensive spice. Used in rice dishes and sauces. |
| Sage | Any of various similar or related plants in the mint family, preferred variety has oblong leaves and is very savory. Used in stews, sausages, fowl, dressings |
| Salt | Various salts, including sea salt, kosher salt, mono-sodium glutamate. See subject SALT |
| Savory | An annual Mediterranean aromatic herb of the mint family, salad dressing, stew, cheese dishes, fowl. |

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| Sesame seed | Sesame seeds are tiny, ivory-colored seeds with a mild, nutty flavor. Black sesame seeds are also available. Both types are used most often as a garnish on sweet and savory dishes. |
| Sumac | A tangy spice made from the dried and ground red berries of the sumac plant (a non-poisonous variation that grows in Iran) having a slight sour note. Deliteful on vegetables and rice dishes. |
| Sweet cicely | Also called Anise root, may be used as a Fennel seed substitute: |
| Sweet woodruff | A fragrant perennial herb native to Eurasia and North Africa. It's most famous use is as a flavoring in may wine, a white-wine punch popular in Germany. In Germany and Austria, woodruff is also used to season sausages, candies and many cooked dishes. |
| Tamarind | The brown raisin like pasty flesh around the inside of Indonesian fruit pod. It has a pleasant sweet orange like flavor. Used in Asian and Thai recipes. Found in Steve's Steak sauce and Pad Thai. (see recipe for Pad Thai for more information) |
| Tarragon | An aromatic Eurasian herb whose leaves are used on fish, fowl, and sauces |
| Thyme | Any species of the genus Thymus, aromatic herbs or shrubby plants of the mint family. Used in meat, vegetable, fowl, and fish seasonings. Comes in may variations. |
| Turmeric | Turmeric is the root of a tropical plant related to Ginger used as a condiment and a yellow dye. It's also a primary ingredient in mustard and is what gives American-style prepared mustard its bright yellow color. It has a slightly metallic after-taste. Use sparingly. |
| Vanilla | Highly aromatic seed pod bean of a tropical American vines. The Coca-Cola is the world's largest customer of natural vanilla extract. Vanilla Is extracted from the dried beans in an alcoholic solution. Major uses include deserts, and drinks. Bourbon vanilla is the term used for vanilla coming from Indian Ocean islands such as Madagascar, Comoros, Seychelles, and Réunion, which was the name of the Bourbon island when artificial pollination was discovered. Some people regard the vanilla produced on Réunion Island as the best quality. Others regard French Polynesian vanilla as the best vanilla, particularly from the island of Tahaa, Tahiti. King Arthur sells both of these varieties of vanilla products. Mexico also grows real vanilla however some of their products which are **not** governed by US labeling laws have other artificial vanilla ingredients which have been banned as carcinogenic by the United States. Artificial vanilla is usually a byproduct of wood pulp manufacturing. |

| | |
|---|---|
| Wasabe or Wasabi | A very pungent green Japanese condiment made from the root of the herb Eutrema Wasabe, often referred to as Japanese horseradish. Wasabi is an aquatic plant grown in cool, continuously running streams, requiring much hand labor. Because of the difficulty in producing wasabi, and the demand for it, a substitute has been developed using American horseradish to which synthetic flavor compounds and the appropriate green food color have been added. Both wasabi and the substitute product (less hot than real wasabi) are available as a canned dry powder or frozen or as a fresh paste. In Japan, the fleshy plant stem are sold fresh in produce markets. Wasabe has extremely strong flavor and produces vapors that burn the nasal passages rather than the tongue. Prepared wasabi and pickled ginger are the main accompaniment to sushi and sashimi. |

# Menus

## *Festive Menu One*

Prima

Asti Spumante
Spinach dip with sourdough Bread
Gravelox Salmon Garnished with Italian Capers and Lemon wedges
Cold shrimp with horseradish seafood sauce
Ripe strawberries on the stem
Prosciutto di Parma wrapped summer cantaloupe melon

Salad

Italian Spinach Salad with Egg and Raspberry Vinaigrette Dressing
Gewürztraminer wine

Dinner

Fresh leg of rosemary and garlic roasted suckling lamb
Pomegranate Mint Sauce (reduced Lamb Stock Sauce, Madeira, Mint and Pomegranate)
Fresh Spring Vegetables
Long Grain White Saffron rice with Chervil, Dill and Pine Nuts
Wine: Zinfandel

Dessert

Vintage tawny port
Kae apricot upside down cake

## *A Tradition German Dinner Menu*

More Americans claim to have German heritage than any other national ancestry, according to the U.S. Census Bureau. Nearly 43 million Americans listed German as their primary cultural heritage in 2000. The majority of Germans in the 19th century settled in the states of Ohio Missouri, Michigan to North Dakota through Nebraska. Some traditional German meals have become dear to American whose appetites for great ethnic food is unrivaled by any country. The following hearty dinner is quite nice in the dead of winter.

Cinnamon Apple Sauce
Succulent Pork Shoulder Roast
German_Sweet_and_Sour_Red_Cabbage.doc
Sauerkraut with sautéed onions and apples in wine
Potatoes Anna (Potatoes_Anna.doc)

Dessert
Puff pastry Apple Strudel

## *A Down South American Dinner Menu*

Simple but hardly anything better, this is often a hit around home.

Smothered Chicken with Cracked Black Pepper
Sugared Baby Green Buttered Peas
Steamed Long Grain California Rice

Dessert
Deep Dish Peach or Pear pie

## *Festive Dinner Two*

Salad
Hearts of Palm with Capers and Chive Herb Dressing
Dinner
Fettuccine Alfredo
Egyptian's Rump Roast with Jalapenos and Onions
Fresh Snap Peas

Dessert
Vicki's family cheese cake

## *Graduation Night Menu*

Balsamic onions
Fire roasted Italian peppers with olive oil
Sun dried tomatoes, peppers and sautéed egg plant
Cucumber and tomato salad
Celery, carrots, onions, and broccoli with a dip
Red kidney bean salad
Marinated assorted mushrooms with basil
Parsley artichoke hearts with lemon pepper
Black olive sauce
Mayonnaise sauce
Mustard sauce
Whipped butter
Potato salad
Spinach dip
Sour dough bread and roll
Maui Tobacco Onions
Tuscany salami

Bologna mortadella, sliced
Coppa, sliced
Parma ham, sliced, and rolled
Cooked whole ham
Turkey breast

## *Ham Dinner Menu*

Good anytime.

Holiday Ham with Pineapple
Baked Red Garnet Yams
Pineapple slice from prepare ham
Steamed Broccoli
Parker House Rolls
Strawberry Jam

Salad

Shrimp Avocado Salad with Garlic Vinaigrette

## *Holiday Brunch*

Smoke Salmon
Smoke Whitefish
Fresh sliced Red onions and capers
Bagels
Assorted flavored and plain cream cheese
Scrambled eggs

Monkey bread
Blender Orange juice
Fresh Strawberries and cream

Garnish

Orange slices

Blue Mountain Coffee

## *Festive Menu Five*

My sister is a meat lover and this is one of her favorites.

Appetizer

Fresh home baked bread
Ailio, Basilica e Balsamica ala Piacere
Bruschetta_di_Arugula.doc

Main

Purple Majesty Piped Potatoes
Chateaubriand steaks with Red Wine Reduction Sauce with a Demi Glace
Steamed Summer Vegetables
Maui Tobacco Onions
Vintage White Cottage Cabernet Sauvignon

Dessert

Crème Brule

Jamaica Sangster's Wild Orange Rum

*Festive Menu Six*

Salad

Snap Peas, Prosciutto, Water chestnuts, cucumber, and Tomato Salad with Sauterne Mayonnaise Dressing

Dinner

Mushroom Farcie of Boneless Roast Leg Lamb
Balsamic Oven Roasted Onions
Sweet Baby Fresh Peas
Tuscan Potatoes with Rosemary
Brown Sugared Carrot Spears with Parsley

Dessert

Lemon Tart in Raspberry Sauce

*Festive Menu Eight*

**Soups**

Lobster and Shrimp Saffron Bisque

**Starter**

Fresh Sashimi of Ahi Tuna and wasabi and ginger
Wild Mushroom Sauté with Tobacco Onion and wilted spinach

**Main Course**

Herb and Mustard Crusted Tenderloin of Beef
Potatoes Anna
Sautéed Chanterelle Mushrooms

**Desserts**

Rosé Poached Pear and French Clotted Cream

Domaine Becquet Winery White Port

## *Festive Menu Nine*

Prima
Bib Lettuce Avocado Salad with Raspberry Yogurt Dressing

Secondi
Rice Suppli al Telefono

Main Course
Stephanie's Salmon Steaks
Chaos Corn Pudding
Hawaiian Ginger Carrots
Sweet Snap Peas

Desserts
Federico's Strawberry Cake

## *Thanksgiving or any Special Turkey Day Menu*

Oven Roasted California Turkey
Currant and Apple Sage Dressing
Mashed Idaho Potatoes
Fresh Baby Garden Peas or Garden French Cut Green Beans
Madeira Gravy
Creamed Peppered Onions
Fresh Cape Cod Cranberry Sauce
Candied Yams with Marshmallow Topping
Alpen Cellars White Riesling Wine

Desserts

Pear Pie
Pumpkin Pie
Apple Pie
English Plum Pudding Flambé with Brandied Hard Sauce

After Dinner Drinks

Port
Sangester's Jamaican Wild Orange Rum

## *Wine Lover's Menu 1*

Soup

Steve's Shrimp and Crab Bisque
Wine: Copain Viognier Broken Leg Vineyard

Starter

Sautéed Salmon Medallions Béarnaise on Toast

Wine: Gewürztraminer, Alpine Cellars, Trinity County

Main Course

Spencer Steaks on Tobacco onions
Pecan Saffron Rice with Herbs and Mushrooms
Steamed Summer Vegetables
Wine: White Cottage Ranch Howell Mountain Cabernet Franc

Dessert

Crème Brule

Dessert Wine:

2005 White Cottage Ranch "Adella" Moscato served at 60 degrees

## *German Sausage with Kraut Menu*

Good on a cold evening and quick to prepare.

German bockwurst sausage
German brockwurst sausage
Bavarian Sauerkraut
Boiled Red new potatoes with parsley butter
Steamed red cabbage

Course brown mustard with seeds

## *I Must Be Nuts Menu*

If the restaurant has just some specific items your crazy about, why not make a whole meal of just those things. The concept is becoming popular all over the country. Restaurants are springing up that just serve appetizers or sample menus, I think its great! Point Reyes Station House Café, in Point Reyes California has all these items on the menu. I am not only happy I'm ecstatic. Nothing says you can't do this menu at home.

Popovers
Hog Island fresh shucked oysters
Worcestershire sauce
Prepared horseradish
Hog wash
Balsamic Mignonette
Tabasco sauce
Kae's strawberry jam
Your favorite beer
Very cold Russian vodka and chilled glasses

## *Company 1 Menu*

First Course

Fried Calamari
Dos Equis Beer

Main Course

Steve's Spanish Chicken with Olives and Wine
Long Grain white rice
Kunde Sauvignon Blanc

Dessert

Red Currant Crepes

## *Company 2 Menu*

First Course
Figs-Salami Wraps with Tellagio Cheese
Bruschetta di Pomodori Basilica

Main Course
Fish Market Large Prawns with Garlic Butter and Pasta
2005 Pinot Gris, Alpine Cellars, Trinity County

Dessert

Katie's Apricot Upside Down Cake

## *Easy Guest Menu*

Salad
Seckel pear salad with mache lettuce

Dinner
Roasted tomato with garlic
Sautéed green beans
Purple garlic mashed potatoes
Marinated tri-tip steak

Nectarine chutney

Dessert

Assorted berries with heavy sweetened cream

# Appetizers

## *Antipasto Italiana*

Antipasto translates from Italian to "before the meal." Antipasto consists of a selection of your favorite traditional cured meats (usually procuito, salami, coppa, mortadella, marinated vegetables (usually tomatoes with basil and onions, artichokes, zucchine, eggplant, cucumbers, mushrooms, and peppers) cured, stuffed, marinated, green, black olives, and various cheeses. Cheeses are any you like such as provolone, fresh buffalo mozzarella, Bel Paese, tellagio, fontina. Other offerings could include freshly grilled anchovies or small finger herring, bruschetta, crostini. In many Italian restuarants, antipasto could mean just a simple offering like crostini made with a regional bread topped with spinach and melted scamorza cheese, figs and salami wraped with tellagio cheese or melon wrapped with procuitto (picture) (see Parma Ham with Cantaloupe). Plate the offerings in an appropriate size plate decoration with herbs or lettuces or both.

## *Big Water Grill Chanterelles in a Demi-glace and Pumpkin Risotto Croquettes*

The Big Water Grille features fine dining and unique American contemporary cuisine with a nice view of Lake Tahoe at Incline Village. They have a good wine list which includes quite a few worthwhile selections by the glass and half bottles. Since we were there with friends, half bottles where not necessary, but if you need a white and red on the same evening, this can be a life saver. I was able to peg the reduction with the exception of some phantom complexity which both eluded and taunted me. Fortunately, the waiter was good enough to ask the chef who identified the missing component as Port.

Make a reduction of Port wine, Merlot, a hint of Sherry and a beef demi glace. Set aside until

ready to serve with croquettes.

1/2 pound Chanterelles Mushrooms (Cantharellus Cibarius)
2 cups light olive oil
Salt
Black Pepper
Leftover risotto
Chopped chives
1 tablespoon Beef Demi glace
½ cup Port
¼ cup Sherry
1 cup Merlot
1 cup bread crumbs made from just the crust of sourdough
Small pumpkin
2 tablespoon Parmigiano Reggiano cheese
1 beaten egg
Unsalted sweet butter

Approximate recipe, adjust to taste.
Preheat peanut or canola oil to 360 F.
Preheat oven to 200

Finely grade ½ cup pumpkin and sauté it in butter until it is tender. Combine with 1 cup leftover risotto, chives, parmesan cheese. Combine pumpkin, risotto, 1 beaten egg, salt and pepper

Form into 4 croquettes or small dumplings. Roll in fine dried bread crumbs. Lower into hot oil, and cook 2 at a time until golden brown. Drain on paper towels. Keep warm in oven until ready to serve.

sauté Chanterelles Mushrooms (Cantharellus Cibarius) in sweet butter until just tender.

Warm the reduction and sauce the center of four small heated salad plates.
Slice a pumpkin risotto croquette on the diagonal through the middle and center over the sauce.
Adorn with mushrooms and serve.

## *Brined Barnier Picholine Royale Grande Green Olives*

The Picholine is the queen of green olives. Medium green in color - Picholines are crisp, tender and slightly salty and are brined and marinated for two or more days refrigerated with Bay leaves, wine, garlic and lemons.

1 pound un-pitted Barnier Picholine Royale Grande green olives
¼ cup unfiltered green extra virgin olive oil
10 whole garlic cloves
1 1/2 thinly sliced small Meyer lemons
1 tablespoons finely crushed coriander seeds
1 or more teaspoon white pepper
½ teaspoon or more ground cayenne pepper
10 Bay leaves
Kosher salt to taste
1 cup dry white wine
1/2 cup bottled water
White wine vinegar to taste

Combine wine, olive oil and water. Add salt and vinegar until the brine is just slightly salty and just slightly sour. Add all other ingredients. Taste to insure the brine is spicy enough. It will become more lemony in two days so taste it then and make any corrections to the seasoning. Cover and refrigerate for two to five days and serve. You may want to fetch out and discard the lemon slices.

**Notes:**
1.

**Barnier Olives** Barnier olives are among the finest and freshest olives in all of France. Produced in Languedoc by a small family business with more than 60 years of experience, the olives are hand selected and cured using local artisanal methods. The results are olives that are fresh, firm, flavorful and low in salt. The line includes Picholines, Nicoise, Lucques and Nyons, which won the gold medal at the Concours de Degustation Des Olives de Nyons.

## *Brined Marinated Andalusian Green Olives*

These large Spanish Andalusian Manzanilla green olives carry a smoky almond like flavor and are brined and marinated for two or more days refrigerated with Bay leaves, wine, garlic and lemons.

1 pound un-pitted large Spanish Andalusian Manzanilla green olives
¼ cup unfiltered green extra virgin olive oil
10 whole garlic cloves
1 1/2 thinly sliced small Meyer lemons
1 tablespoons finely crushed coriander seeds
1 or more teaspoon white pepper
½ teaspoon or more ground cayenne pepper
10 Bay leaves
Kosher salt to taste
1 cup dry white wine
1/2 cup bottled water
White wine vinegar to taste

Combine wine, olive oil and water. Add salt and vinegar until the brine is just slightly salty and just slightly sour. Add all other ingredients. Taste to insure the brine is spicy enough. It will become more lemony in two days so taste it then and make any corrections to the seasoning. Cover and refrigerate for two to five days and serve. You may want to fetch out and discard the lemon slices.

When serving olives, they may also be slightly heated or even ovened and serve hot. All is needed is a great wine and great bread.

## *Bruschetta di Arugula*

This is a nice quick appetizer. Arugula is an aromatic salad green. Also known as rocket, roquette, rugula and rucola, and is popular in Italian cuisine. Rocket has been grown as a vegetable in the Mediterranean area since Roman times, and was considered an aphrodisiac. I first had this in the little town of Todi at a local trattoria.

Tuscan Bread slices
Scamorza Cheese (see below)
Pepper
Washed and stemmed Arugula

Top each slice with a sprinkling of Arugula and top with Scamorza Cheese. Now melt in a very hot oven (500$^{o}$ F). Serve piping hot.

Notes:

Scamorza Cheese

Purportedly scamorza was created by accident when a dairy worker left the curd for caciocavallo (means "cheese on horseback") cheese out too long that it soured. To avoid losing the curd, he dipped it into scalding water to get rid of the acidity so that the cheese could be eaten. The result is what we now call scamorza, a cheese tangier than caciocavallo and higher in water content. It is a pulled curd cheese which is pulled like taffy as it is made, producing a springy elastic texture similar to mozzarella.

Scamorza tastes like a cross between caciocavallo and mozzarella cheese.

It is reputed to melt better in baking than mozzarella. It can be substituted for mozzarella in most

dishes. If using the smoked variety, it adds a nice background flavor in replacement of mozzarella. See - Le Quattro **Stagioni** Pizza recipe.

Caciocavallo Cheese

This cheese is shaped like a tear-drop and is similar in taste to aged provolone, with a hard edible rind. The cheese has a delicate taste that becomes sharper in the course of the maturation.

Both of these cheeses are somewhat salty.

## *Bruschetta di Pomodori Basilica*

Bruschetta are toasted over coals or grilled while with crostini the bread is sautéed. Either are good.

Best extra sourdough or crusty Italian bread cut thin (1/4")
1-½ tablespoons of non-filtered extra virgin olive oil and more to brush each toasted slices.
1 pound home grown vine ripen tomatoes, seeded, and chopped into small ¼ cubes
1 tablespoon fresh chopped fresh basil
1 pinch ground black pepper
Salt
3 large cloves of very finely chopped Italian red garlic
A pinch of red wine vinegar

Put chopped tomatoes, salt, and pepper, garlic, basic, olive oil and a pinch of red wine vinegar in a bowl. Toss and let stand 1 hour.

When ready to serve, toast bread slices, brush with best olive oil, spoon over and spread a table-spoonful of the tomato mixture. Serve individual plates, two slices each, garnished with finely chopped chives.

I use Early Girl tomatoes. They are GREAT!

A Spanish variation
Toast bread slices, rub surface with cut garlic cloves, rub bread slices with a cut tomato. Serve two slices each per person. All that needed is a little salt.

## *Bruschetta Smoked Salmon*

Best extra sourdough bread cut thin (1/4")
Non-filtered extra virgin olive oil a to brush each toasted slices.
Rub bread with large slices of Italian red garlic
Slices of Gravelox (see recipe)
Slices of Vidalia onion
A few capers

When ready to serve, toast bread slices, brush with best olive oil, spoon over and spread on salmon slices cut very thin. Decorate with a few slices red onion and capers. Serve individual plates, two slices each, garnished with a bit of dill or parsley.

## *Bruschetta or Crostini*

In the United States bruschetta and crostini are often used interchangeably but bruschetta are grilled over coals, often served with a drizzle of fine olive oil and the rub of a raw garlic clove, where as crostini fried or toasted.

We have wonderful bread and bruschetta or crostini showcase various breads with the addition of an endless array of great toppings.

A few Toppings

White Beans and Rosemary
Fresh chopped tomatoes, olive oil, garlic, basil leaves, salt pepper
Prosciutto and mangos
Mozzarella and red onions
Fire roasted red peppers in Olive oil
Prosciutto and white beans
Figs and Feta cheese
Chicken livers, sage leaves, and fried onion
Pate Foie Gras
Arugula and smoked trout
Smoked oysters with BBQ red peppers
Ahi tuna with tuscan white beans

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Pate De Foie Gras
Arugula and smoked trout
Smoked oysters with BBQ red peppers
Ahi tuna with tuscan white beans

## *Leslie Baribeault's Bruschetta Sun Dried Tomato and Roasted Garlic Pesto*

Best extra sourdough bread cut thin (1/4")
Top with Sun Dried Tomato and Roasted Garlic Pesto

When ready to serve, toast bread slices, top with Sun Dried Tomato and Roasted Garlic Pesto Serve individual plates, two slices each, garnished with a decorated yellow or red tomato or a couple of red radishes.

See: pesto Sun-Dried Tomato Roasted Garlic

## *Calamari with Caper Garlic Mayonnaise Sauce*

The calamari are decidedly light and the delicate sauce complements well. Just begs for a good glass of white wine and I like a buttery Chardonnay, Pinot Grigio, or Sauvignon Blanc with this. The wine should be on the dry side.
Tapioca starch is chosen as it makes the Calamari very elegantly light. You could use corn starch or even white flour.

This recipe serves 4 people. To make clean up easier, cover the bowl that will be used for dusting the squid with tin foil. Have paper towels on a plate for draining the calamari once they are cooked. Zigzag cut the lemon by plunging the tip of a small knife half way through the middle of the lemon at a 45 degree angle as if cutting the teeth on gears, one cut upward, and the next cut downward from where the last cut ended. Rotate the lemon to cut the next gear tooth. When you have gone all the way around the lemon pull the lemon apart and use it on the platter as garnish. Since the calamari is white, a platter with a contrasting color would enhance appearance.

1 pound mantels of small squid
8 tablespoons tapioca starch
8 tablespoons unseasoned bread crumbs
½ cup of canola oil
½ cup of olive oil
Pinch of red pepper
Pepper
Salt
Finely chopped scallion greens or chives for garnish
One star cut lemon for garnish

Caper Garlic Mayonnaise Sauce

8 tablespoons Best Foods Mayonnaise
3 tablespoon finely chopped red onion
3 tablespoon finely chopped Italian capers
3 tablespoon finely chopped Italian parsley
4 small or 2 large cloves finely chopped garlic
½ teaspoon of sweet paprika

2 teaspoons hot horseradish
2 teaspoons Hunt's Ketchup
White Pepper to taste

Make the sauce ahead of time or at least first. Cover and put it in the refrigerator to allow the flavors to blend. Set aside an attractive small bowl to serve the sauce.

Fine bread crumbs are made ahead of time in a blender or food processor from just the crusts of day-old sourdough bread. Just the mantels of the squid are used and they are cleaned with the outer membrane scraped off so they are all white. Slice across the squid mantels making 1/3 of an inch wide slices. Place uncooked slices on paper towels to drain excess liquid.

You can cook the squid in a small frying pan where the squid can spread out or a tall sided sauce pan where there will be less splatter but you can cook fewer pieces at a time. In either case, the oil should be allowed to come up to 360 F before the squid go it. Avoid crowding or too many pieces. Allow the pan to come back up to temperature again before the next batch go in. You can use a large frying pan but you'll need twice as much oil. Speaking of oil, we added olive oil to the mix because it has a better favor than 100% canola. In fact 100% olive oil would be even better but it cost more but take your pick – cost versus flavor. As the squid cook, turn the pieces with a slotted spoon. The calamari is cooked when all the pieces are crisp. Fish out the done pieces with a slotted spoon to a plate lined with paper towels to catch the excess oil draining off. Salt the cooked calamari pieces immediately. Let the oil come back up to temperature a few minutes, then start the next batch.

When done, place calamari on a clean platter and garnish with lemon, and chopped scallion greens or chives. Pass the caper garlic mayonnaise sauce and pour the wine.

## *Cheese Crisps*

These are easy to prepare little delightful wafers good to serve with salad or on their own. This is a good kid activity as a first baking experience.

1 cup coarsely grated hard white cheese[1]

Place thin mounds of cheese on a silicone mat. Bake at 350° in the middle of the oven for about 10-14 minutes or until golden brown. Cool slightly then transfer to plates.

**Suggested Cheeses:**
Romano, Asiago, parmesan, Cotija, Duroblando

## *Crostini*

These easy toasts can be made several days ahead if stored in an airtight container. They are also wonderful to keep on hand to serve with marinated goat cheese for unexpected guests.

1 small baguette
small amount of extra virgin olive oil

Preheat oven to 375°F. Slice bread into 1/4 inch thickness. Lightly brush with olive oil on one side and place oiled side up on a cookie sheet. Bake for 10 minutes then turn over to lightly brown the other side. Remove and cool completely before storing. Will make enough for this picnic plus leftovers.

## *Figs-Salami Wraps with Tellagio Cheese*

This is a seasonal offering when figs are in season.

Ripe Italian Black Figs
Toscano Salame cut diagonally and thin
Tellagio Cheese (see cheeses)

Cut a quarter fig, a small sliver of Tellagio cheese then wrap with salame. Set seam side down on platter. Garnish with Basil leaves. Serve with a chilled Rose of Cabernet Sauvignon wine.

## Toscano Salame

This flavor-rich pork and beef salame is coarsely ground in the traditional Tuscan-style. Salame Toscano is studded with piquant black peppercorns.

## Figs

Figs should be allowed to branch ripen. At their peak, they grow larger and begin to droop from their own weight, start to ooze honeydew from the eye at the fruit's bottom. The skins become very fragile hence snipping them off with scissors will keep them intact. For this plate, harvesting them a little earlier is ok. Store bought figs are never offered at this final state of ripeness as the fig does not last long in this state. Figs ripen sequentailly and once they begin to ripen, figs can be had continuously, day after day, over a span of three to five weeks. The main season for figs is late summer while some areas also produce a smaller crop in the spring depending on climate. Some choices for market figs:

**Bifara (Italian Purple)**
**A large sweet fig with strawberry pulp. Two crops annually.**

**Negronne**
**A small, jet black fig from Spain with very good flavor. Good for cooler climates.**

**Abebereira**
**A long black large fig, very popular in Portugal.**

**Black Jack**
**A large purple black, high quality fig**

**See more type of figs, see:**

**http://www.adrianosfigtrees.com/varieties.html**

## *Fried Calamari Fritti*

2 pounds calamari sliced into 3/8" rings (legs may be cooked as one piece)
1 1/2 cups all-purpose flour
2 cups olive oil
Salt
Pepper
Red pepper
Meyer lemons wedges



Heat a sauce pan of oil to 365$^{o}$F.

Clean squid, and remove cuttlebone and discard. Remove internal parts in mantle. Scrape off film covering and discard. Rinse and pat squid dry. Cut off legs and retain. Cut mantle into ring slices. Roll the calamari pieces in the flour shaking off excess flour. Drop into hot oil a handful at a time to insure the squid cooks quickly and does not become tough. Drain on absorbent paper towels, while still wet apply peppers and salt. Keep in warn oven until all cooked. Place on a heated serving platter, serve warm with wedges of lemon.

## *Garlic and Pine Nut Tarts*

6 slices of whole wheat bread
6 garlic cloves
3/4 cup pine nuts
2/3 stick of softened unsalted butter
2 teaspoons chopped fresh marjoram
1½ tablespoon Asiago cheese + another 2 tablespoons for filling
Kalamata olives cut into halves
Black Pepper
Basil leaves for garnish

Pre-heat oven to 400$^{o}$F.

Cut the crust from all slices of bread and reserve the crusts from 3 of the slices for the filling. Cut rounds from bread and flatten the rounds with a rolling pin. Rounds should be slightly larger than the bottom on the tart pan. The extra bread diameter will help form the lip of the tart. Press a little sprinkling of grated Asiago cheese into each round with heel of your hand.

If using not using a non stick pan, line small tart pans with parchment paper, trim as required. Press in the bread rounds cheese side down.

Filling
Put the garlic cloves, butter and some grindings of fresh black pepper in the food processor and finely chop. Now add pine nuts, fresh marjoram and the bread trimmings, 2 tablespoons of Asiago cheese, 3 Kalamata olives and chop for 4 to 5 quick bursts. Mixture should have a coarse texture. Fill tarts and top with Kalamata olive halves.

Cook 20~25 minutes or until golden brown.

## *Gravelox or Cured Fresh Salmon*

This recipe will work equally well on trout or tuna such as yellow tail. Remove the head and tail for use in fish stock or presentation aspic. Clean, thoroughly scale and fillet salmon leaving the outer skin. Remove the lateral pin bones with needle nose pliers. (Run finger along flesh to feel for bones, and then pull them out griping them tightly with pliers.)

For every 4 pounds on salmon, use

1 Bunch fresh dill (2 cups)
1 Cup Kosher Salt

2 Tablespoons granulated sugar
1 Teaspoon (1 cap full) Wright's Liquid Smoke

Garnish

Red onion
Parsley
Italian capers
Lemon slices
Whipped Philadelphia cream cheese

Pre-mixed the salt, sugar and liquid smoke in bowl thoroughly. Make shallow cross-cuts just barely through the outer skin of the salmon every 2 inches along fillets' entire length. Do both fillets. Select a shallow glass pan both wider and longer than the fillets. In the pan's center, lay down a course of salt as wide as the fillet and as long, use 1/4$^{th}$ of the salt. Set a fillet on it, skin down and press the salt into it. Add dill to the flesh side of the fillet covering entire filet. Cover this filet with another 1/4$^{th}$ of the salt. Add dill whole covering entire other fish filet also on the non skin side and salt this side using 1/4$^{th}$ of the salt. Now sandwich it on top of the bottom piece, matching shape and sides. Cover the top side skin of the fillet with the remaining 1/4$^{th}$ of the salt.

Cover the filets with a piece of folded plastic wrap that is sized to as wide as the fillets and equal in length. This allows the sides and ends to vent. Put the pan in the refrigerator for three hours.

Test the salmon after 3 hours. It should have firmed up and ample liquid in the sides of the pan give evidence that the salt has done its job. The thickest part of the fish should be tested. Push on this with your finger. It should have firmed up a bit. The thinner section will be firmer still. Too much time in the salt will make the fish salty but, if not firm enough, allow it to go no more than another hour or if necessary, you may elect to cut the fish in half at this juncture leaving the thicker portion a little longer "on the salt." By my reckoning, the fish is done with the thinner sections have amply firmed up. This is a compromise. The sooner the salmon comes off the salt the less salty the resulting product. Now wash all the salt from the salmon

and pat the fillets dry with paper towels. You may choose to sprinkle the fillets with addition dried dill for a deeper dill flavor.

When slicing the salmon, cutting the fillets in to sections four inches wide makes that task easier. You may store the salmon for up to a week in zip-lock bags in the deli-drawer of your refrigerator.

To serve, slice the fish very thinly with a very sharp knife, as one would for cold smoked salmon. Arrange slices on a platter with successive slices slightly overlapping the previous slice. Garnish with fresh red onion slices, lemon wedges, Italian capers and sprigs of parsley and a bowl of whipped Philadelphia cream cheese.

When used for a party, try a Dijon mayonnaise or chive-cucumber mayonnaise.

A similar recipe is found on the side of boxed kosher salt.

## *Guacamole Avocado Dip*

This authentic guacamole dip is simply a favorite of our guests and truly superiorly made with fresh Hass avocados. California has a large population of permanent Mexican residents and migrant workers. Because of this, there is an abundance of authentic Mexican cuisine in California available border to border. No self-respecting Mexican establishment would serve guacamole dip without cilantro and chopped tomatoes.

3 Large peeled and diced Hass avocados
1/2 Red onion, diced fine
1 Large glorious sun ripen tomato, seeded and chopped
3/4 cups finely chopped cilantro
1/2 tablespoon vinegar
juice from a lime
4 cloves finely diced crushed garlic

1/2 - 1 finely diced fresh red jalapeño pepper[1]
Correct the seasoning with pepper and salt

Chopped tomatoes into fine chunks no larger than ¼ inch cubed discarding the seeds and watery portions. Diced the onions, chopped the cilantro, crush and dice the garlic. Chopped a whole or half of a jalapeno pepper depending on how much heat you want. Peel 3 large avocados. Combine all ingredients (except salt and pepper) by coarsely hand chopping but do not overly so. The guacamole should be somewhat chunky. Correct the seasoning with pepper and SALT. Guacamole should not be salty as the chips usually are. Serve with chips of your choice.
The acid from the vinegar and lime help prevent the guacamole from turning off-color. If not serving the guacamole right away, cover it with plastic wrap and refrigerate until ready to use. The resting period will enhance the flavor of the dip and allow the garlic time to permeate the mixture.

Guacamole is useful as a garnish on any Mexican platter and is useful in burritos as a heat moderator for hot and spicy ingredients.

Note:
1. Jalapeño peppers have moderate amount of heat while Serrano peppers a lot less in case you want to tone it down.

## *Hog Island Oyster Recipes*

from http://www.hogislandoyster.com

In 1983, Hog Island began farming oysters in the tiny hamlet of Marshall on scenic coast Highway One. Today, the company grows and sells over 3 million oysters a year. Hog Island shellfish are grown using a refined technique from France. 10 miles North of Point Reyes Station, in the Old Marshall General Store, Hog Island Oyster Farm offers the ultimate oyster

experience of live, local shellfish, sustainably raised in beautiful Tomales Bay. Purchase oysters to go or stay and grill oysters at the farm. These are cold water varieties originating from seed stock from the Bordeaux region of the straights of Calais.

"Oysters are high in zinc, potassium, and vitamins A, B-12, C, and D. Oysters are also a great source of cholesterol-reducing omega-3 fatty acids. A 3 1/2 - ounce serving (about 3 small oysters) contains 69 calories, 2.5 milligrams of fat, and 0.44 milligrams of omega-3s."

Here are their 3 most popular raw bar recipes, each makes enough sauce for 3 dozen shucked oysters!

## Hog Wash - Our favorite!

¼ cup seasoned rice vinegar
¼ cup natural rice vinegar
1 large shallot, peeled & diced fine
1 large Jalapeno pepper, seeded & diced fine
½ bunch cilantro, chopped fine
juice of 1 lime

## Balsamic Mignonette

Another good one!

½ cup quality Balsamic vinegar
1 large shallot, peeled & diced fine
1 splash of sherry
cracked black pepper, to taste

## Classic French Mignonette

It's classic, it's French. Hey!

¼ cup quality red wine vinegar
¼ cup Champagne vinegar
1 larger shallot, peeled & diced fine
cracked black pepper, to taste

## Luc's Beer'd Clams

Hog Island Clams served in a bowl of fragrant broth. Great with sourdough bread, more beer and big napkins. Luc Chamberlain, our Hospitality Director recommends making his recipe with Mendocino Brewing Company Red Tail Ale or Blue Heron Pale Ale.

2 beers (two 12 oz. Bottles)
2 sticks (1/2 pound) unsalted butter
2 bulbs of fresh fennel root, coarsely chopped
1 splash of extra virgin olive oil
1 pinch of sea salt, or to taste
5 pounds of Hog Island Manila Clams

Pour beer into a Dutch oven or large covered pot. Bring beer to a simmer over medium heat. Add butter, olive oil, salt and pepper. Add chopped fennel root. Let ingredients simmer for a few minutes. Rinse the clams in fresh water and add to the pot. Heat until clams open, ladle into large bowls and serve!

## Hog Island BBQ'd Oysters

Sweetwater oysters roasted in their own shell!
Make extra, these will get eaten!

1 head of garlic, peeled & chopped
¼ cup extra virgin olive oil
¼ pound (1 stick) unsalted butter
juice of 1 large lemon
dash of Tabasco Sauce
cracked black pepper, to taste
½ bunch of Italian parsley, chopped

Sweat the garlic in a little bit of the oil. Before it browns, add the butter and everything else except the parsley. After butter melts, remove from heat. Spoon sauce onto raw, shucked oysters. Place oysters on grill, cover and cook for 5 minutes or until edges of oyster begin to curl a little. Add a pinch of chopped parsley to each oyster, cover grill again for 1 more minute. Serve hot with warm.

## *Humboldt Fog and Cambozola Cheese and Italian Crostini Crackers*

1 wedge each of Humboldt Fog and Cambozola[1] Cheese
1 package of Italian Crostini Crackers

Allow cheeses to come to room temperature and serve crackers in a decorative bowl with a doily[2] topped pedestal for the cheeses

Notes:

1. *Cambozola* is a cow's milk cheese that is made like a combination of a French soft-ripened triple cream cheese such as soft ripened Camembert and the Italian blue cheese Gorgonzola. The Cambozola combination produces a milder flavor than Gorgonzola that is moist, rich, and creamy.

## *Kae's Italian Cheese Pâté*

3 1/2 pounds ground boneless pork shoulder
2 teaspoons of fennel seeds, crushed
1 teaspoon or red pepper flakes crushed
2 cloves of minced garlic
1 teaspoon fresh ground pepper
3/4 cup fresh ground Parmesan cheese
1/4 cup chopped parsley
1/2 cup dry red wine
2 tablespoons olive oil
Butter

Garnish
Italian parsley

Thoroughly combine the above ingredients and place the mixture into a buttered loaf pan. Place loaf pan in the Dutch oven. Around the outside of the loaf pan, pour an inch of hot water. Cover

Dutch oven with a tight lid. Simmer until the pate is very firm and gray in color. Pour off any fat or juices. Allow to cool to room temperature and remove from loaf pan. Refrigerate overnight.

Heat a frying pan until it is very hot. Add a bit of olive oil and brown the loaf on all sides until nicely colored. Serve pâté on a garnished attractive platter with a few slices sliced.

## *Judy Cestra's Spinach Dip*

Judy was our good neighbor and when she had a party, no one strayed far from the spinach dip.

One round of sourdough bread, hollowed as a bowl
Baguette of sour dough bread, cut into dipping bytes
1 package (10 oz.) spinach, thawed uncooked, chopped and drained
1 can sliced water chestnuts, drained, chopped fine
1 cup mayonnaise
1 cup sour cream
1 teaspoon Salad Supreme Seasoning[1]
½ teaspoon onion powder
½ teaspoon garlic powder
1 teaspoon dill
1 teaspoon lemon juice

Place spinach in a towel, wring towel to extract excess water from spinach. Mix all ingredients and place in a sealed container. Refrigerate overnight. Serve in Sour dough "Bowl" with cut bread pieces around.

Note:

1. McCormick's Salad Supreme Seasoning

Contains: Grated Romano Cheese made from cow's milk (Part-skim milk, Cheese Culture, Salt, Enzymes), Salt, Sesame Seed, Poppy Seed, Paprika, Celery Seed, Garlic, Black Pepper, Silicon Dioxide (added to make free

flowing), and Red Pepper.

## *Kay's Chicken Liver Pate*

6-8 Chicken Livers
1 slice fresh pork fat as a topping while baking
1 slice lean fresh pork fat
2 shallots
Diced mushrooms
1 Tablespoon butter
1/2 cup of white bread crumbs (no crusts)
Parsley
Thyme
1/4 Teaspoons allspice
Lemon peel
1 Tablespoons of good brandy
1 well beaten egg

sauté shallots and mushrooms in butter. Add all ingredients and process finely in Cuisinar. Set pate in oven proof dish. Cover with fresh pork fat as a topping. Set in a bath of boiling water and bake in oven at 325 F for 1 1/2 hour.

## *Leslie Baribeault's Quick Tomato Tart*

1 pre-baked tart crust
2-3 oz. Chevre cheese
Pesto of garlic, pinenuts, basil, Asiago, and olive oil
Mozzarella cheese, grated

Olive oil
Parmesan Cheese
Sliced tomatoes

Pesto the tart crust generously, crumble Chevre cheese over pesto. Layer thin slices of tomato and fresh Mozzarella cheese alternatively in slightly overlapping circles. Drizzle with fruity olive oil and sprinkle with Parmesan. Place tart in a hot oven or under broiler until cheese is bubbly and golden. Serve warm or at room temperature.

## ***Parma Ham with Cantaloupe*** *(Prosciutto di Parma Con Melone)*

Bartolomeo Sacchi, who took the name Platina after his native town was the first prefect of the Vatican library. Nine years before America was discovered he published a collection of recipes and suggested that "well being" should encourage eating fresh fruit as a first course. Fig or melon with ham has been standard Italian fare for centuries.

Have butcher very thinly slice ham and wax paper each slice so they do not stick.
Cut slices from a succulent cantaloupe or Tuscan melon. Then cut into bite size wedges. Wrap each wedge separately with a wrap on ham wide enough to extend about a 1/4" on the ends. Secure with a tooth pick serve as a first course re-assembled on the rind of the melon.

Garnish with sprigs of mint.
Note:

1. Melons were grown and used by the Egyptians, Greeks and Romans. Melons (including cantaloupe) cannot ripen after picking - they are as good as they will ever be as picked. Ripe melons ready to be picked separate readily from their stems. To see if a melon was picked ripe, look at the stem end for an indentation.

## ***Pâté au Maison - Mock Fois Gra***

Like many things eaten cold, you want to season a pâté vigorously.

8 ounces fresh chicken livers trimmed and cut into same size pieces
2 tablespoon butter
¼ cup finely diced shallots
Flour
Salt
Pepper
Chopped thyme
Chopped sage
1 large container of whipped sweet butter
¼ cup Napoleon brandy
1 tablespoon of cream sherry
1 Teaspoon of sugar
Black truffles (if you have them)

Dredge chicken livers in flour, shake of excess. Season with salt, pepper, sage, thyme, and sauté with shallots quickly in 2 tablespoon butter about 3 minutes until just done.

Deglaze with ¼ cup Napoleon brandy and 1 tablespoon of cream sherry. Add sugar, stir then cool. Remove livers and reduce liquid by half. Cool. When at room temperature, process whipped sweet butter and all other ingredients in the food processor until finely blended into a smooth paste. Taste to correct seasoning. Add real finely sliced black truffles if you go them.

Turn into a decorative pate loaf. Chill for 8 hours. Decorate top surface with blanched vegetable in shapes then seal with clarified chicken aspic. (Chicken stock and gelatin) Serve with wheat thins or Melba toasts. (See recipe for Melba Toast)

## *Ivy's Sun Dried Tomato Pesto*

Ivy Tarr, Los Angeles. Ivy served this at the White Cottage Centennial on Howell Mountain, 1998. The pesto is solid enough not to run off the top of a whole wheel of Brie. This recipe was from her former restaurant.

Sun Dried Tomatoes in Oil, well drained.
Very good olive oil
2-3 cloves of crushed garlic
a lot of Basil, chopped (set aside the best leaf for garnish)
Grated Parmesan cheese.
Parsley (optional)

All proportions are to taste. Grind tomatoes in oil. Add cheese, basil and garlic. Process until just mixed. do not over chop. Let sit over night. Garlic will "melt" into the pesto. Serve atop a wheel of brie. Garnish with a center of fresh Basil leaf.

## *Sun Dried Tomato and Garlic Pesto*

By Leslie Beribeault, 1996

This is simply the very best of its class- rated five stars!

3 heads of roasted Garlic
1 cup of Sun Dried Tomato, softened for 20 minutes in very hot water.
1/2 cup on pine nuts
1/4 cup Grated Asiago Cheese
Olive oil
Salt
Pepper

Combine and process into a paste in the Cuisinar.

Maybe used on pasta, bread, pizza. Most excellent.

Roasting the garlic
Slice the tops off of 2 whole heads of garlic. Brush liberally with olive oil. Place in oven at 350 F. Roast for one hour. After the garlic has cooled, remove cloves by squeezing the head inverted over a dish. The cloves pop out.

## *Pam's Berry Blue Cheese Spread*

Norwalk, Ohio's Pam Hasenberger's prize winner recipe in Family Circle. The sweetness of the berries balances well with the saltiness of the blue cheese. Flavorful and surprising recipe may also be used on crisp apple slices.

1/2 cup dried blueberries or frozen berries, thawed
1 cup boiling water, if you used the dried berries
1 (8 ounce) package cream cheese, softened
6 ounces blue cheese, coarsely crumbled
2 green onions, chopped fine
1 garlic clove finely chopped
1/2 cup pecans, coarsely chopped
Cream (if spread needs thinning)
Assorted fine crackers

If using dried berries, place in a bowl and pour boiling water over them.
Let them sit for once minute, drain and set aside. If using frozen berries, thaw out and drain off moisture. In a large mixing bowl, beat cream cheese and blue cheese until nearly smooth. Add cream if still too thick. Stir in berries, garlic and green onions, until just combined. Transfer to a serving bowl, cover and refrigerate for up to 4 hours. To serve, sprinkle with pecans and serve with fine crackers.

## *Pot Stickers*

5 cloves garlic cloves
1-inch piece fresh ginger, peeled, finely minced
1/2 bunch cilantro leaves, minced
1/2 bunch green onions, minced
4 tablespoons soy
1 teaspoon each of red and white pepper
2 tablespoon brown sugar
1 tablespoon hot chile paste
1 tablespoon sesame oil
1 1/2 pounds pork butt, cubed

Wrappers

Round wonton wrappers
1 egg beaten with 1 tablespoon water, for egg wash
Peanut oil, for frying
Dipping sauce, recipe follows

In a food processor, chop pork a few pieces at a time to a medium grind. Remove to a bowl and do next batch. When pork is all ground, combine with garlic, ginger, sugar, sesame oil, chile paste, peppers, soy sauce, minced green onions. Mix ingredients with your hands until finely blended. If not moist enough, add a bit of water. Marinate several hours refrigerated.

Make the pot stickers. Separate the wonton wrappers and brush edges with egg wash. Place a generous spoonful of the filling and seal the edges, making small pleats in the rounded side (or a pot sticker press), starting from the center, and folding down each arc. Do next pot sticker until the filling is gone. Refrigerate until ready to cook.

Cook pot stickers in small batches in boiling, salted water. Drain. Heat a non-stick sauté pan

with peanut oil and sear until golden on the bottom. Remove and serve with dipping sauce.

Dipping Sauce:

1/4 cup rice wine vinegar
1/4 cup Marin
5 tablespoons Black Bean Garlic Chili Sauce (see recipe)
2 tablespoons chopped green onions

## *Ramaki*

Inspired by Don the Beachcomber's restaurant.

Skewers

3 inch bamboo skewers or toothpicks, soaked in cold water for 20 minutes
Thin slices of peeled ginger
Water chestnuts
Chicken livers
Peppered Hickory smoked bacon slices

Marinade

Rice wine vinegar
Low sodium soy
Brown sugar
Minced garlic

Assemble a bite size skewer that consists of a single thin slice of ginger, a water chestnut, a chunk of chicken liver. Wrap everything with a half a slice of bacon.

> Marinate skewers in a combination of minced garlic, low sodium soy, and brown sugar for a hour, turn over go another hour. Grill or broil with low heat taking care not to burn.

## ***Roasted Red Bell Peppers*** *(Peperoni dolci rossi arrostiti)*

Over the BBQ or hot grill, roast whole red, yellow and orange peppers. Optionally including Pimentos and California pods. (4 minutes a side in real hot grill). Use blow torch or propane torch to burn any parts not already blacken. This helps make the skins peel-able.

Place fire roasted peppers in brown paper bag, set aside to cool.

When cool, peel and discard blackened skin, lightly scraping outside with knife edge. Discard inner seeds and stems. Slice peppers into even strips, lightly salt, cover with very best olive oil. Can be put away in jars and allowed to get even better. After sealing jars of peppers, place in boiling water and boil ½ hour to sterilize for long term storage.

Can be served warm or cool. Goes well with roasted egg plant. Serve on good Ciabatta Bread.

## *Debbie's Roasted Red Pepper Garlic Dip*

Sent to me by Debbie Hess
Debbie is a friend of Dennis Johns, wine maker and owner of White Cottage Ranch Vineyard in the Howell Mountains of Napa. On the 100 year centennial of the White Cottage Ranch,

Debbie brought this dip to share with us winos and aficionados and we pronounced it great. Debbie was a professional chef in the Napa Valley. I think she was in catering.

2 red bell peppers
2 cloves garlic, minced
1 (8-ounce) package cream cheese, softened to room temperature
2 tablespoons fresh lime juice
3 tablespoons finely chopped basil
1 tablespoon finely chopped parsley
1/2 teaspoon salt
1/4 teaspoon freshly ground white pepper

Roast whole peppers by broiling approximately 6 inches from heat until blackened on all sides (turn with tongs). Let rest for 10 minutes, then drain and peel off skins. Cut in half and remove stem, seeds and ribs. Place peppers in a food processor fitted with a steel blade and add remaining ingredients. Process until creamy. Serve as a dipping sauce with crudités[1].

SERVES 8 - 10

Notes:

1. crudités - I had to look this one up as it sounded like fried insects. The American Heritage Dictionary of the English Language: Fourth Edition, Plural Noun: Cut raw vegetables, such as carrot sticks and pepper strips, served often with a dip as an appetizer. As I recall, I spooned this over a piece of sour dough bread.

## *Santa Barbara Stuffed Pismo Clams*

Picked fresh from the tide waters of Santa Claus Lane Beach, these grilled clams are flavored with garlic, fresh parsley, Parmigiano Reggiano cheese, and great olive oil. (Each Pismo clam is 4 ½ (minimum legal size) to six inches across but does not have a tremendous amount of meat. Flavor, well that is something else all together. Let's just say its worth getting wet.) The first time I ever had these, my niece Zoe turned out to be a master clammer hence inherited the Clam Gauge- By

the way the limit is 12 and you need a license unless your under 16 and she was at the time.)

Preheat the grill (broiler) to high.

2 Pismo clams[1] per person. (Can't buy these hence you just have to get wet.)
Sour dough bread crumbs not too finely chopped
Garlic cloves
Ground Parmigiano Reggiano cheese
Finely chopped fresh parsley
Salt and freshly ground black pepper
Fresh cold pressing non filtered extra virgin olive oil
1 lb. Rock Salt
Parsley sprigs for decoration

Wash clams in several rinses of cold water, then open shells, retaining the best shell halves and the liquid. Remove all the flesh and the liquid into a small mixing bowl. Chop the clams into bits. Return to bowl. Add bread crumbs, garlic, chopped parsley, salt and pepper.

Load the mixture into a clamshell, pressing the mixture firmly. Top with
Ground Parmigiano Reggiano cheese and drizzle with olive oil

Arrange a serving platter or individual plates with rock salt to receive the clams fresh off the broiler.

Place the stuffed clams, open sides up, on a baking sheet with a layer rock salt so they clams stay level. Place under the grill (broiler) and grill (broil) the clams for 5-6 minutes, or until the topping is golden brown.

Note:



1. New England's large quahogs are a good substitute. (picture)

## *Sautéed Salmon Medallions Béarnaise on Toast*

One filet of wild salmon with the skin on
Sea salt
Pepper
Pinch of tarragon
Pinch of dill
4 tablespoon clarified butter
1 teaspoon olive oil
Whole wheat bread cut into two inch rounds and toasted

Garnish
fresh chopped chives.

Cut salmon into 2 inch squares. We are looking for uniform thickness so these cook at the same rate, else, make adjustments, and use a preheated oven to keep the other pieces warm until served. Heat a frying pan until hot; add butter and a little oil. The oil will prevent the butter from burning. Add fish, sprinkle with herbs, pepper and a little sea salt. Cook fish skin side down until crisp on the bottom. Flip salmon over and just finish the top, but only if required. Do not overcook! Drain skin side down on paper towels. Serve atop rounds of toasted bread. Top with Béarnaise sauce. Garnish with fresh chopped chives.

## *Taco Salad Platter*

Finely shredded iceberg lettuce
A 32 ounce can of refried beans or homemade
Guacamole
2 Hass avocados mashed

3 cloves crushed garlic
Juice from ½ a lime
Pepper
½ Red onion, chopped fine
1 tomato chopped fine
1 small bunch chopped cilantro
1 small can diced green chilies
2 tomatoes diced
1/2 cup chopped green onions
1 cup sour cream
1 cup grated jack cheese
1 cups grated mild cheddar cheese

Salsa

1 jalapeño chopped finely (remove ribs and seeds)
½ of a red bell pepper, diced finely
½ of an onion, chopped fine
¼ cup chopped cilantro
Juice from ½ lime
2 tomatoes diced finely
Pinch of cumin
Black pepper
Pinch of salt

Mash 2 avocados and combine with 3 cloves crushed garlic, the
Juice from ½ a lime, pepper, chopped cilantro, onions and tomatoes, salt and pepper.

Make salsa.

Layer ingredients on large Mexican platter in ascending order as follows:
Shredded lettuce, beans, guacamole, diced green chilies, tomatoes, green onions, sour cream, salsa, grated cheese.

Serve with tortilla chips.

## *Terra Brava's Sautéed Portobello Mushroom*

This was so good when we visited this Napa Valley restaurants just above St. Helena that it would be worth a trip just to have it again but, alas, the restaurant and chef that created this is long gone. It is now known as Brava Terrace but it is not the same chef.

1 clove crushed chopped garlic
3 tablespoons olive oil
two squeezes of fresh lemon juice
2 tablespoon cream sherry
4 large Portobello mushroom caps, stems removed



Sea salt
Fresh ground black pepper
Ground red pepper (optional)
2 tablespoons Tarragon vinegar
1 ear baby sweet white corn
1 tablespoon chopped shallots
3 tablespoon butter
1 bunch of spinach
Pinch of nutmeg
Garnish

A few basil leaves, chopped
A few nasturtiums flowers

Rub Portobello caps with olive oil, salt and pepper, red pepper and sauté on both sides until tender. Deglaze pan with a tablespoon of sherry.
Remove caps from pan and set aside. Add 2 tablespoon butter to pan and wilt spinach with vinegar and a squeeze lemon juice using a lid to keep the initial stem in. Remove spinach and chopped

coarsely. Add corn and pinch of nutmeg to pan and just warm until hot.

Assemble presentation plates. Put a little of the corn and spinach on each plate and top with Portobello cap. Sprinkle some kernels on corn on each cap. Deglaze pan a squeeze of fresh lemon juice, and tablespoon cream sherry. Turn of heat and swirl in a table spoon of butter. Pour over mushroom caps.

Garnish with nasturtiums and chopped basil.

## *Thai Shrimp Spring Rolls with Thai Salad*

The amount of ingredients scale to the number of spring rolls made. Allow at least two per person. Spring rolls are served with a small dish of dipping sauce and some Thai salad on a decorative plate. The rice paper becomes very fragile if overly wet and it is sticky. I use a sushi bamboo rolling mat that has been soaked in water to make it damp and less sticky to the rice paper. It seems to work well for me.

Dry 6 inch round or square white rice paper spring roll wrappers[2]
Boiled deveined medium shrimp,
Thai basil, large leaves cut into strips (chiffonade)
Culantro[1] (substitute cilantro if necessary) cut into strips (chiffonade)
Red-leaf lettuce pieces, torn into 4 inch squares
Green stalks from scallions (green Onions) sliced lengthwise in fine strips
Julienned carrots
Crushed dry roasted peanuts, coarsely hand chopped
Cucumber, julienned lengthwise in fine strips
Napa cabbage, julienned lengthwise in fine strips

Clean and de-shell shrimp. Stick a skewer in the shrimp lengthwise before cooking so these

remain straight after cooking. Boil until just pink. Plunge into ice water to arrest the cooking. Pat shrimp dry then refrigerate in a covered bowl. When shrimp are very cold, remove skewers, cut shrimp into thin pieces lengthwise and retain covered in refrigerator for later assembly. The spring roll ingredients are first assembled on individual hand torn pieces of lettuce prepared ahead of time. Tearing the lettuce prevents it from wilting Prepare vegetables: wash, pat dry, and cut into strips. Place lettuce, vegetables in a bowl, and refrigerate, the rolls will be served cold and ingredients crisp so these will be taken from the refrigerator when ready to assemble and serve.






Soften the rice paper in warm water for about 3-4 seconds. Transfer rice paper immediately to a damp sushi bamboo rolling mat. Place a single piece of lettuce in the middle of the rice paper. Add mixed vegetables and a bit of sliced shrimp.

Roll like a rug. Cut of either end on the diagonal. Cut in half, on the diagonal and arrange on plate with some dressed salad. Add crushed peanuts to salad. Serve with dipping sauce.

## Thai salad

1 cup of a chiffonade of crisp lettuce
1 very firm mango, peeled, sliced lengthwise then cross cut into manageable size
1/3 English Cucumber, peeled, cut into thin strips
1/3 cup chiffonade of cilantro
¼ cup julienned carrots
Thin long slices sweet red and yellow peppers, about 1/3 cup

Garnish

Handful chopped dry roasted peanuts
Cut salad pieces into pieces so their manageable to the fork. When serving, toss with vinaigrette and garnish with chopped roasted peanuts. Adjust seasoning as required.

**Thai Vinaigrette**:

2 teaspoons tamarind sauce
1 tablespoon rice wine vinegar
1 ½ tablespoons of Marin

**Dipping Sauce**

Pinch of black pepper
2 stalk of the green onions using just green portion
2 clove garlic
2 tablespoons chopped Culantro (substitute cilantro if necessary)
1 jalapeno, seeded, and all white ribs removed
1 tablespoons tamarind sauce
1 tablespoon lime juice

Note:

1. Culantro, Culantro (Eryngium foetidum L., Apiaceae) is a biennial herb indigenous to continental tropical America and the Caribbean. Although widely used in dishes throughout the Caribbean, Latin America, and the Thailand, Malaysia, and Singapore, culantro is relatively unknown in the US. It is preferred by Vietnamese and Thai chefs as culantro is more pungent than cilantro.

2. Rice paper comes in 6 inch rounds, triangles as well as 12 inch and larger pieces. The packages vary from 10 ounces to 16 ounces or more. These store well in zip-lock bags in case you have extra. Asian stores or online is the place to get these. These are clear or white not yellow. I use the six inch rice paper as shown below. You make scrap some getting the hang of how fragile these can be especially if over wet.

## *Kae's Different Liver Pate*

8 ounces beef liver cut in small strips
Flour above slices and add salt and white pepper
Sauté the liver quickly in butter for 3 minutes until just done.

Add 2/3 cup mayonnaise and 1 tablespoon Worcestershire sauce

Add 1/3 cup of cream to sauté pan to gather juices. Do not cook.

Blend together with 1/4 cup sweet butter. Add a pinch of sugar if necessary. Chill for 8 hours. Serve with toasted sour dough bread or Melba toast.

## *Vicki's Hot Artichoke Dip*

Preheat oven to 350 F.

12 ounce can of Italian marinated artichoke hearts[1], drained
1/2 cup Best Foods mayonnaise
1/3 cup graded Reggiano Parmesan cheese

Mix all ingredients well and turn out into a greased 7 inch square oven proof glass dish. Place in center rack of oven for 30 minutes,

Garnish with a bit of paprika and dill. Serve with wheat thin crackers.

Note:

1. These invariably come in glass jars and may be more expensive than the domestic variety but worth the improved quality.

# Beverages and Drinks

## *Wine*

### Influence of Wine

Even if you never drink a drop (definitely a crying shame), cooking is improved with wine and other drink.



*"Wine is sure proof that God loves us and wants us to be happy." Benjamin Franklin*

**Top 10 Wine Producing Countries (Listed by production order, Greatest First)**

- Italy
- France
- Spain
- United States
- Argentina
- Germany
- South Africa
- Australia
- Chile
- Romania

**Decanting Wine**

Sometimes wine needs a little air to mellow and round their tannins. Decanting is the process that turns out the wine into a vessel that exposes a lot of the wines surface to air. Extraordinarily, this process can tame some young wines and seemingly add to the wibe several years of apparent aging. At a recent wedding, a few of us on the wine committee were considering some “value wines” and finally selected wines which included a 2001 Rosemount Cabernet Sauvignon from southern Australia as an affordable wine for the nearly 200 guests. It was noted that when allowed to breath, this wine rounded quite well. The wedding staff then made sure the corks were pulled well in advance of pouring the wines. White wines generally do not require decanting. Old

wines sometimes throw sediments – especially very inky wines like Sarah. The wine steward (one who is employed to serve or recommend wine, aka sommelier) at a fine restaurant may be asked to perform this task at no charge. (It is not unheard of to tip the wine steward if they have been especially helpful.)

**Getting Recommendations**

In upscale restaurant where you want to order a bottle of wine with dinner, you may be overwhelmed by or unfamiliar with the selections or the year vintage offered. One can ask the wine steward for advice. If he is worth his salt, he should know his own wine list like the back of his own hand. Not only this, he should have collaborated with the chef as to which wines are preferred by the chef with which menus. You're under no obligations to go with their suggestion but it should help. It is an unfortunate circumstance that a vintage of wine may have been outstanding one year while the same bottle of the next years vintage appalling.

A restaurant has somewhat of an advantage; they serve many bottles of the same wine. Even a poor waiter may come to know that many of his clients order a particular wine type or bottle of wine with a menu item. Unless he is catatonic he may hear comments from the clients. Your waiter is hoping to please you; after all, you could come back again some day.

While touring Tuscany and Rome, decidedly the house wine was excellent every place we went. We ate almost exclusively in small trattorias. I asked Franco the proprietor of Trattoria la Grotta in Orvietto how come his house wine was so exceptional. He replied: "So my patrons do not go elsewhere."

## Wine Grapes

There are as many varieties of grapes as there are varieties of people. The table covers most of the most **popular** varieties.

### TABLE 3. Popular Varieties

| Name of Grape | Example wines of this grape | Origin | Colors | Drink | Dominant Regions |
|---|---|---|---|---|---|
| Aglianico | Aglianico del Vulture | Greek | red | aged | Southern Italy |
| Albariño , Alvarinho | Vinho Verde | Spain | white | young | Rias Baixas Spain |
| Arneis | 2003 Cascina Val del Prete | Italian | white | young | Piedmont |
| Asyrtiko | 2002 Boutari Santorini | Greek | white | aged | Aegean Islands |
| Athiri (Theriaki ) | Tsantalis Chromitsa Mount Athos Vineyard 2003 | Greek | white | young | Aegean Islands |
| Barbera | Maraia Barbera Monfer-rato | Italian | red | aged | Piedmont |
| Brunello, Sangiovese Grosso | Brunello di Montalcino | Italian | red | aged | Montalcino |
| Cabernet Franc | Peju Province Vineyards, California | French | red | aged | Bordeaux |
| Cabernet Sauvignon | White Cottage Ranch, California | French | red | aged | Bordeaux, California |
| Carignane | Eric Ross 2001 Old Vine Carignane, Lodi | Spanish | red | aged | Midi, the Côtes de Provence and the Côtes-du-Rhône |

| | | | | | |
|---|---|---|---|---|---|
| Chardonnay | Chateau Julien, Monterey County, Sur Li Prt.Rsrv. | French | white | aged | all over |
| Cinsault | 1993 Frick Winery, Cinsault - Sonoma | French | red | young | Bordeaux, Burgundy |
| Colombard | Dry Comal Creek Vineyards | French | white | young | California |
| Dolcetto | Dolcetto d'Alba | Italian | red | young | Piedmont |
| Gamay | Beaujolais Nouveau | Italian | red | aged | Umbria, Beaujolais |
| Garganega | Soave | Italian | white | young | Venato |
| Grenache noir | Chateauneuf du Pape | Spain | red | aged | Rhône Valley |
| Grignolino | 1998 Heitz Wine Cellars, Grignolino - Napa | Italian | red | aged | Piedmont |
| Grüner Veltliner | 2000 Willi Brundlmayer Gruner Veltliner Trockenbeerenauslese | Austrian | white | aged | Weinviertel |
| Gewürztraminer | Alpen Cellars Gewürztraminer | Germany | white | young | Germany |
| Malbec | Nicolas Catena Zapata Argentina | French | red | aged | Bordeaux, Argentina |
| Malvasia Bianca | Morgan Monterey Malvasia Bianca | Greek | white | young | all over |
| Malvasia Negra | Barbeito Malvasia Madeira | Greek | red | young | all over |

| | | | | | |
|---|---|---|---|---|---|
| Marsanne | 1995 Chapoutier Hermitage Blanc Chante Alouette | French | white | young | Rhône |
| Merlot | Chateau Petrus | French | red | aged | Bordeaux |
| Montepulciano d'Abruzzo | Illuminati Montepulciano d'Abruzzo Riparosso | Italian | red | young | Abruzzi |
| Moscato | Moscato d'Asti | Italian | red | young | Piedmont |
| Mourvedre | Chateauneuf du Pape | French | red | aged | Rhone |
| Muscadelle | 1999 Castello Banfi Moscadello Di Montalcino | French | white | | Bordeaux |
| Nebbiolo | Barolo | Italian | reds | aged | Lombardy , Argentina |
| Petite Verdot | 2002 Petite Verdot; Monte Rosso Vineyard | French | red | aged | Bordeaux |
| Pignolo | Moschioni Pignolo | Italian | red | fresh | Friuli-Venezia Giulia |
| Pinot Gris, Pinot Grigio , Ruländer | Tokay of Alsace, Pinot Gris Alsace Grand Cru | Alsatian | white | young | Italy, Germany |
| Pinot Meunier | Domaine Chandon | French | used white | young | Champagne |
| Pinot Noir, Burgundy | 2000 Domaine Serene "Evenstad Reserve" | French | red | aged | Burgandy, Piedmont, Willamette Valley Oregon |
| Refosco, Mondeuse Noir | Refosco dal Peduncolo Ross0 | French | red | young | Friuli, Gavi and Trentino Italy |

| | | | | | |
|---|---|---|---|---|---|
| Riesling | White Riesling Alpine Cellars Trinity County | Germany | white | youn g | everywhere in Germany |
| Romorantin | Michel Gendrier, Domaine des Huards | France | white | youn g | Loire |
| Roussanne | Wellington Vineyards Roussanne, Russian River Valley | French | white | | Rhône |
| Sangiovese | White Cottage Ranch, Napa , La Vino Nobile di Montepulciano, Tuscany | Italian | red | aged | Piedmont, California |
| Sauvignon Blanc , Fumé Blanc | Kunde's Magnolia Lane Sauvignon Blanc | French | white | | Loire Valley or Bordeaux |
| Semillon | Château d'Yquem | French | white | youn g | Bordeaux, Graves |
| Syrah, Shiraz, Petite Shirah | Novy Cellars Syrah | Persian | red | aged | Rhone Valley |
| Tannat | Domaine Berthoumieu Madiran | French | red | aged | south-west France |
| Tempranillo, tinta roriz | 2001 Hacienda Monasterio, Ribera del Duero | Spain | red | aged | Spain, Portugal |
| Tocai Friulano | Schiopetto Collio Tocai Friulano DOC | Hungary | white | aged | Venice |
| Traminer | See Gewürztraminer | Germany | white | youn g | Tremin Alto Adige Italy |
| Trebbiano, Ugni Blanc | Antinori Toscana 2001 Tuscany | Italian | white | aged | everywhere in Italy |

| | | | | | |
|---|---|---|---|---|---|
| Verdicchio | Verdicchio dei Castelli di Jesu | Italian | white | youn g | Marche |
| Zinfandel ,Crljenak | 1996 Turley Zinfandel Tofanelli Vineyard | Croatian | red | aged | everywhere in Cali-fornia |

**When to drink a wine?**

The correct answer, not withstanding the generalization made in Table 1 above, is when they taste best. “Fresh and bold” or “old and mellow” is a personal choice which can depend as much on how your feeling now, what you eating, or your expectations. No doubt some of the wine I had took years to trim the edge off the caterpillars and god-knows-what else the auto harvesting had in the grape crush. Many careful hand crafted wine by master wine makers where so good a 9 months I wanted them right then.

**Taste a matter of Tongue and Nose**

“Researchers generally agree that humans perceive five basic taste qualities: salty, sour, sweet, bitter, and savory (umami).”[1] Taste and olfaction are closely related. They are both concerned with detecting chemicals in the environment, a useful adaptation for survival. “Compounds with sodium and hydrogen ions, respectively, are perceived as salty and sour. Carbohydrates are generally associated with sweetness, although other compounds may elicit the same sweet perception. The alkaloids caffeine and quinine are quintessential bitter compounds, but, likewise, many other compound types taste bitter.

Savory (Umami) is the savory taste frequently associated with protein-rich foods such as meat and cheese. It is exemplified by monosodium glutamate, a flavor enhancer commonly used in Asian cooking and a natural component of many foods humans eat and like.” [1]

Savory or umami is the name for the taste sensation produced by the free glutamates commonly found in fermented and aged foods, for example parmesan and Roquefort cheeses, as well as soy sauce.

Experiments have shown that not everyone is the same in the tongue department. Not all tastes

"dock" with all tongues; hence what is pleasant to one may have an after-taste or bitterness to another. Individual taste receptor cells exhibit a range of chemical sensitivities and most receptors span their response to stimuli. Among those receptors activated by salty stimuli, for example, some receptors would be much more responsive which accounts for why many fast food chains tend to use salt excessively. Most people perceive the food to be better.

Diagrammatically, some books divide up the tongue into regions, with the suggestion that tastes are zone absolute. In truth, sweet, salt, sour and bitter can be perceived anywhere on the tongue, or even on the roof of the mouth. It has been shown, however, that certain zones are better receptors to these attributes. Sweet is prevalent near the tip of the tongue, saltiness on either side of the sweet detectors, sour or acidic are along the sides of the tongue while bitter at the far back on the tongue.

Tastes may be fleeting, lingering or persistent. When wine and food mix, the persistence of one affects the other.

**Artichokes and Wine**

Many food wine pairings often depend on how the food is cooked. Grilling artichokes creates a tasty bitterness that is nicely complemented by red wines such as Merlot or Zinfandel, a savory tomato sauce goes well with Chianti, while a white sauce suggests a Sauvignon Blanc or a Chardonnay. For steamed, poached or boiled artichokes, try a very dry Chardonnay with high acidity.

Note:

1.Chemical and Engineering news, Volume 79, Number 37, CENEAR 79 37 pp. 42-46, ISSN 0009-2347

# *Bellini Cocktail Recipe*

As reported by Claudio Ponzio who was head barman at Harry's Bar for over 30 years

The summer cocktail created in 1948 by Giuseppi Cipriani, (then head bartender at Venice's famous Harry's Bar at the time). The drink was reportedly inspired by Giuseppi's father's love for peaches and the 15th-century Venetian painter Giovanni Bellini, founder of the Venetian school of painting. My mother visited Harry's in the late 50's and really enjoyed both Harry's Bar and this drink. (She came back with one of their ashtrays which she probably pinched.)

3 white peaches
a few raspberries
Prosecco, chilled

Blend 3 white peaches with a few raspberries until totally smooth. Raspberries are to make the drink a sunset pink.

Add two tablespoons peach mixture into a tall fluted glass then top with chilled Prosecco wine. Stir. (Ratio is one third fresh peach puree and two thirds chilled Prosecco.)

Prosecco is a variety of white grape grown in the Veneto region of Italy, and also gives its name to the sparkling wine made from the grape.

The grape is grown Valdobbiadene (Val-do-bi-ad-en-ay) near the town of Conegliano north of Venice. Its late ripening has led to its use in low cost refreshing aromatic dry straw colored sparkling (spumante) wine.

**Alternate Recipe when peaches not in season:**

Kern's Pear nectar
Blend a strawberry for color
Stir in Prosecco as above

## *Caesar's Palace Forum Pineapple Vodka*

I was intrigued by the sight of this in the bar at the Forum. The jars had a spigot at their bottom to dispense the content. I asked how it was made and the bar tender told me simply.

A gallon wide mouth jar with lid
2 whole peeled fresh Hawaiian ripe pineapples
3 quarts of generic brand vodka

Peel 2 fresh Hawaiian ripe pineapples and place in a gallon wide mouth jar with lid. Cover with vodka. Let sit several months. The serve over crushed iced. Very refreshing.

## *Cossack Cocktail*

1 teaspoon gomme syrup[1]
1/2 ounces Napoleon brandy
1/2 ounces lime juice
1/2 ounces vodka

Shake with ice and strain into a cocktail glass.

Note:

1.See Liqueurs of Distinction in Cooking

# *Liqueurs of Distinction in Cooking*

**Sauternes**
Sauternes is a renown dessert wine made from Sémillon, Sauvignon Blanc, and Muscadelle grapes whose water content have been reduced by the bacteria Botrytis creating a high sugar content grape that still hold onto its acidity which is necessary to produce a great wine with incredible flavor and sweetness. The term “late harvest” is often used to describe wine of this type. In California, it has become highly valued and because the yields are low, it is generally quite expensive. Late Harvest wines are being made in both red and white varieties. California sauterne is usually spelled without the final "s" of French Sauternes. The finest of the California sauternes, are golden, medium- to full-bodied, full-flavored, and have a flowerlike bouquet.

**Armagnac**
Armagnac is a distinctive kind of brandy made of mainly the same grapes as cognac and undergoing the same aging in oak barrels. Brandy and cognac are substitutres.

**Brandy**
Brandy is produced by distilling wine. Brandies are often aged in wooden casks while many are coloured with caramel colouring to imitate the effect of such aging.

**Contreau**
A fine, colorless, orange-flavored liqueur made from the dried skins of Curaçao oranges grown on the island of the same name in the Dutch West Indies. Contreau is among the best and best-known of all liqueurs.

**Curaçao**
Curaçao is a liqueur flavored with the dried peels of Larahas, a type of bitter orange grown on the island of Curaçao in the Dutch Antilles. Wild Orange rum, Contreau and Curaçao are very similar with Sangester’s Wild Orange rum leading the pack in flavor. There are two main varieties of this liqueur one a natural orange and the other colored a deep sea blue (Blue Curaçao) popular in cocktails and exotic drinks. Variations add other flavorings like coffee, rasins, chocolate, etc.

**Grand Marnier**
A highly respected, orange-flavored Cognac-based French liqueur of the Curaçao type.

**Tia Maria**
A coffee-flavored liqueur from Jamaica. Dryer than Kahlua, Tia Maria is rum-based and flavored with Jamaican spices.

**Crèmes de Cacao**
A rich, chocolate-flavored liqueur, quite sweet and syrupy, available in two colors: white and brown. Crème de cacao is very popular as an ingredient in mixed drinks of the sweeter variety.

**Drambuie**
A famous whiskey liqueur consisting of Highland malt Scotch whiskey and heather honey. The Rusty Nail is a famous and highly potent Drambuie drink.

**Crèmes de Menthe**
A mint-flavored moderately sweet liqueur that comes in either green or white. Marie Brizard makes the best and the best known.

**Limoncello**
Limoncello is a bright yellow lemon liqueur produced in Southern Italy which is made from lemon rinds, alcohol, water, and sugar.

**Galliano**
A sweetish, golden Italian liqueur with an herby, spicy taste.

**Anisette**
A sweet, clear, aniseed-flavored liqueur, the principal flavoring ingredient being aniseed. The most famous anisette, generally regarded to be best, is made by Marie Brizard.

**Chartreuse**
A famous herbal French liqueur still produced by the Carthusian monks in France from a formula dating back to the sixteenth century and containing 130 herbs and spices. This exquisite liqueur is available in two colors: green and yellow.

**Crème de Cassis**
A blackcurrant liqueur made from both infusion and maceration methods

**Kirsch**
A clear brandy distilled from black morello cherry juice and pits.

**Kümmel**

Kümmel is a sweet colorless liqueur flavored with caraway seed. Kümmel liqueur was first distilled in Holland during the late 16th century and later taken to Russia. Russia is now the principal producer and consumer of kümmel.

The Berlin-made Gilka Kümmel goes through a longer distillation process and has a smoother taste than the Russian kümmels, and it has become the accepted standard of kümmel quality for the past century. It is also popular in Germany and other northern European countries.

**Mirin**
Japanese Rice Mirin is a versatile seasoning made by a natural process, from rice (koji) and pure spring water, with a little sea salt. Mirin's mild sweetness balances soy sauce and is used to enhance sweet as well as savory sauces.

**Midori**
Midori melon liqueur. A pale-green liqueur of Japanese origin that tastes of fresh melon.

**Sake**
Sake - Sake wine make from fermenting rice and there are five major types: Junmai-shu, Honjozo-shu, Ginjo-shu, Daiginjo-shu, and Namazake based on how it’s made which is of little use to the chef as how sake will taste based on which "type" it is impossible to say. Almost all sake are magically fragrant which is their major contribution in recipes. Sweet sake is often found in sushi

rice recipes. Sake is often used in marinades.

**Peter Heering**
A famous, deep-red, cherry-flavored liqueur made in Denmark, formerly known as Cherry Heering. It is a sometime ingredient of choice in the manufacture of the Singapore Sling.

**Kahlua**
Coffee liqueur originating in Mexico and highly popular as an ingredient in many mixed drinks of the sweet variety, which are so popular today.

**World's End Sangester's Wild Orange Rum**
The rum is made from Jamaican wild oranges grown on the island of Jamaica. It is one of my all time favorites.

**Sangster's Blue Mountain Coffee Rum Cream**
The rum is made from Jamaican Blue Mountain coffee beans grown on the island of Jamaica.

**Shao Hsing wine**
(Aka Shaohsing, Shaoxing, Hsao Shing) Chinese rice wine
As defined on the /www.asiafood.org web site, the wine comes from a "*town in the northern Chekiang province of China that for more than 2,000 years has produced China's most famous rice wine of the same name. It is like a fine dry sherry. Blended from glutinous rice, millet, a special yeast and local mineral spring waters, the best Shao Hsing is aged at least 10 years and is drunk warm. Braised foods use more liberal amounts and 'drunken' dishes require lashings.*" It is readily available in its low cost form and seems to have a shelf life of close to forever. Substitute cream sherry if you don't have this but it's not quite the same.

Wines, gin, fruit brandies, brandy, scotch, rum, Applejack, bourbon are also very popular in cooking.

When using spirits for **flambé** purposes, the alcohol should be heated to 130 degrees F. before applying to the hot, not warm, food, and then ignited quickly. Otherwise, you may have diffi-

culty getting it to ignite, resulting in the spirit soaking into the food and not properly burning off, not to mention lending an often unpleasant, overpowering flavor to the food.

In general darker liquors work better with darker meats and vice versa. Scotch is excellent in oxtail and other hardy stews.

## Syrups

Orgeat Syrup - sweetened almond syrup with a little orange flower water - from the Italian word orzata which means almond.

Gomme Syrup – A highly concentrated sugar and water syrup with powdered gum arabic added as an emulsifier that prevents the sugar from crystallizing and adds a smooth texture.

Simple syrup - a basic sugar-and-water syrup is referred to by several names, including simple syrup, sugar syrup, simple sugar syrup, and bar syrup. It is used for drinks and desserts. See recipe for Simple Sugar Syrup

*Layout Punch*

2 - twelve ounce cans grapefruit juice concentrate
3 liters of Canada Dry Soda
2 cups Ronrico 151 Rum (or more)
¼ cup triple sec

Blend 2 cups of crushed ice with grapefruit juice concentrate in a blender until well mixed. Stir in soda, rum and triple sec. Add sugar if grapefruit juice concentrate is the unsweetened variety. The mixture should have a touch of sweetness but give the blended flavors oddly give the impression

of oranges.

Unless you add too much rum, this punch will seem harmless enough. The name layout punch was coined after people were found after the party asleep or laid out all over the house. At that time it was made with Canada Dry Wink and 100% medical grade ethanol pints contributed by my room mates – two med students from UCLA.

## *Mai Tai's with Pineapple*

2 ounces white rum
6 ounces Mr & Mrs. T Mai-Tai mix
1/2 ounce Triple Sec
1 ounce fresh lime juice

Garnish

1 long slice of fresh Maui pineapple

Pour over crushed ice. Garnish with a fresh slice of pineapple.

## *Wassail Bowl*

Celtic "Christmas Gower Wassail" was collected on the Gower peninsula in Wales in 1928. This carol was sung by people as they traveled door to door to wish their neighbors "wes hail" (be whole) or good health. The singers would frequently carry a branch on which would be tied ribbons and other ornaments by the residents receiving the carolers.

Enough whole cloves to cover 6 oranges
six oranges
10 2-inch pieces of cinnamon sticks
one gallon apple cider

1 1/2 cups lemon juice
2 cups of vodka
1/4 cup brandy

Insert the cloves into the oranges spaced a half-inch apart. Bake uncovered in a shallow pan for 30 minutes at 350 degrees. At the same time, heat the cider in a large kettle until bubbles appear around the edge. After the bubbles have formed, remove the cider from the heat. Add lemon juice, cinnamon sticks and oranges. Cover and heat over low heat for 30 minutes. Add the vodka and the brandy. Mix well. Pour into a large punch bowl and serve warm. Makes 36 4-ounce servings.

Half recipe:

Enough whole cloves to cover 3 oranges
3 oranges
5 Two-inch pieces of cinnamon sticks
2 quarts apple cider
3/4 cups lemon juice
1 cup of vodka
1/8 cup brandy (4 tablespoons)

## *Maya's Mango Margarita*

This is my interpretation of the San Francisco's successful Mexican restaurant's Maya's Mango Margarita.

Crushed ice
Fresh mango pulp
2 ounce Rose's lime juice
2 ounces freshly squeezed lime juice
2 1/2 ounces Torada tequila

2 ounces triple sec

Place all in blender and blend well. Serves two.

## *Curacao Orange Liqueur*

From the Jamaica Cookery Book (1893) by Caroline Sullivan

Three-quarters of a pound of dried Seville orange-peel
One and a quarter pounds of shaddock-peel[1]
Eight pints of rum or brandy
Five pounds of sugar
Three pints of water
Lime peel

Take three-quarters of a pound of dried Seville orange[2] peel and a quarter of a pound of shaddock[1]-peel. Wash well in warm water, changing the water three or four times to extract the bitterness. Dry it with a little in a cloth. Put it into a jug with eight pints of rum or brandy. Place the jug or demijohn[3] in the sun daily for a fortnight[4], shaking it well each time. Dissolve five pounds of sugar in three pints of water; boil it to a thick syrup; strain off the spirits and add to the syrup when cold. When bottling, grate a very little lime-peel into each bottle.

Notes:

1. Shaddock or pummelo is a thick-skinned citrus fruit ancestor of the grapefruit, and has lately been appearing in supermarkets more frequently. "Shaddock" are named after Captain Shaddock who brought the pomelo to the Caribbean region in the 17th Cen-

tury from the Malasia.

2. **S**eville orange (or bigarade) is a widely-known, extremely tart orange now grown throughout the Mediterranean region. It has a thick, dimpled skin and is prized for making marmalade, being higher in pectin than the sweet orange, and therefore giving a better set and a higher yield. It is also used in compotes and for orange-flavored liqueurs.



3. demijohn - A large, narrow-necked bottle made of glass or earthenware, usually encased in woven wicker or archaic wine making term for a 10 gallons carboy.
4. fortnight- a period of fourteen consecutive days.

## *Mojito*

(pronounced moh-HEE-toh)

A traditionally prepared Cuban mojito cocktail is served in a tall collins glass, garnished with both a slice of lime and sprig of mint. The combination of sweetness and refreshing citrus-mint flavor mask the underlying rum. The original version was said to be created in La Bodeguita del Medio. The Mojito became popular in the United States during the late 1980s and is served all over Miami.

A mojito is traditionally made of five ingredients:

1 or more ounces white rum
2 teaspoon sugar cane juice ("guarapo") or 1 teaspoon powdered sugar or simple sugar syrup to taste
Juice from 1 small lime
3 ounces club soda
3 sprigs of smashed fresh mint

## *Capri Peach Sunset*

This is a blender drink this is very cold and very tasty. The fact that the drink has alcohol is often overlooked by guests who easily start to "drift away" after several of these. The hotter the day on this small island off the coast of Naples, the more refreshing these seem. The hint of red of the island peaches suggested the name of the drink.

1 ripe but firm Yellow cling peach
Juice from half a lemon
2 teaspoons sugar
4 cubes of ice
1 ½ ounces of vodka

Peel and pit peach. Add peach, lemon juice, sugar and blend at high speed. Through the top of the blender, add ice cubes, one at a time until they are all blended. Add a little water, if required to get things flowing. Pour into a tall chilled glass.

## *Mango Lime Gimlet*

Use a blender to make this drink. I like this in a tall slender glass.

2 ounces Rose's lime juice
Squeeze fresh lime juice
Kern's mango nectar
2 cubes of ice
1 ½ ounces of vodka

Add Kern's mango nectar, lime juice, Rose's lime juice and blend at high speed. Through the top of the blender, add ice cubes, one at a time until they are all blended. Pour into a chilled old-fashioned glass.

## *Sara's Bloody Mary*

Sara is the wife of the owner of my favorite billiard parlor in San Ramon. When I asked her why she's so famous for this drink she said; "Well it's everything and the kitchen sink!"

Celery salt to coat the glass rim
Pinch of garlic powder
Pinch of onion powder
Some juice from marinated onion jar
Some juice from green olive jar
2 Green queen olives skewered
2 marinated onions skewered
1 tablespoon Worcestershire sauce
1 teaspoon hot horseradish
1 ½ jiggers of vodka
1 cup tomato juice
½ teaspoon Tabasco Sauce
Juice from 1 lime

Press the limes to extract the juice and retain. Wet the rim of a tall generous glass with the remains

of the lime and dip in celery salt. Combine other ingredients mix and serve over ice.

## *Scorpion Cocktail*

2 dashes gomme syrup[1]
2/3 ounces brandy
2/3 ounces dark rum
2 squeezes of lime juice
2/3 ounces orange juice
2/3 ounces orgeat syrup[1]
2/3 ounces white rum
Squeeze of lime
6 ounces of crushed ice

Garnish

Fresh pineapple wedge
Sprig of mint
Lime wedge

Add ingredients to a shaker and shake well. Pour into a tulip hurricane glass. Garnish with a lime wedge pineapple wedge and a sprig of mint. Serve with a straw.

Note:

1. gomme syrup - See liqueurs of distinction in cooking

## *Simple Sugar Syrup*

Sugar
Water to cover
A squeeze of Lemon juice per cup of sugar
A teaspoon of corn syrup per cup of sugar

Simple syrup starts by adding a quantity of sugar to a sauce pan and some water to completely cover the sugar. The water content is unimportant but the sugar must be dissolved before boiling. The more water you start with the longer the syrup will need to boil in order to thicken. Sugar syrup is formed by dissolving the sugar in water over medium heat, then evaporating until a saturated sugar solution forms. The addition of the corn syrup and lemon juice helps retard crystal formation.

Do not stir the syrup once it begins to boil. Turn the heat down. If all the water is boiled away we'll have made candy instead of syrup. When the syrup is getting thick, turn off the heat and pour the syrup from the pan into a clean dry storage container or into a measuring cup. This stops the cooking process.

# Beans

*About Beans*

For perhaps 20,000 or more years, the combination crops of corn, beans, and squash have been synergistically grown in the Americas. Beans become oxygen donors for the corn; the corn trellises the beans and the combined shade fosters better squash crops. The biodiversity contributes to the plants combined survivability as the plants are not susceptible to the same pests or the same weather requirements.

Nutritionally, a chef knows the importance of fiber in a healthy diet hence beans are high on the list of desirable foods. As far as health is concerned, the consensus of all experts is beans are needed in your diet. Beans have held a center stage position in the body-building and strength movement many years. The modern Italian diet not only considers the beans nutrition but they have a positive contribution to the weekly budget. Besides being affordable, beans contain no cholesterol, are low in fat, and rich in complex carbohydrates, protein, vitamins, minerals and soluble fiber. Beans provide heart-healthy amounts of essential folate (water-soluble B vitamin).

Beans are sometimes referred to as an “incomplete” protein since they do not provide one of the bodies essential amino. Grains such as wheat or rice (which lack a different essential amino acid) provide the amino acid missing from dry beans. This gives rise to serving bread or rice with beans to complement each other and provide a whole meal. Red Beans and Rice is such a recipe.

Leading commercial producers of dried beans are: Brazil, India, and China. In the chart, green bean varieties have the least fiber.

| Type Bean | Notes: | Fiber (g) | Carbs |
|---|---|---|---|

| | | | |
|---|---|---|---|
| Adzuki Beans | north-east Asia have a uniform red color, but white, black, gray and variously mottled varieties | 18.5 | 25 |
| Black Turtle Beans | a small, black variety of the common bean popular in Latin American cuisine | 8.5 | 23.5 |
| Black-Eyed Beans | popular in Malaysian and Indian recipes | 6.5 | 21 |
| Black Gram Beans | A type of bean grown in India that is very similar to the mung bean | 6 | 13.5 |
| Black Kidney Beans | | 5.5 | 24.5 |
| Borlotti Beans (roman beans) | This classic Italian bean is a medium large tan bean, splashed with red/black to magenta streaks. Originated in North America and very popular in Italian, Portuguese and Turkish cuisine. | 6.5 | 25 |
| Broad Beans | (many types) | 4 | 2 |
| Butter Beans (cannellini) | a variety of Lima bean | 3 | 2 |
| Garbanzo Beans or chickpeas | These beans originally from Asia are the most widely consumed legume in the world. They have a firm texture with a flavor somewhere between chestnuts and walnuts. In the United States, garbanzo beans are usually pale yellow in color. In India there are red, black, and brown chickpeas. These are used widely in Persian, India, Moroccan, Greek, Ethiopian, African cuisines. | | |
| Green Beans - fresh | | 2.5 | 2.5 |
| Fava Beans | (broad beans) | | |
| Haricot Beans | members of a large family of “white beans” (navy, great northern) | 9 | 12.5 |
| Red Kidney Beans (canned) | Red beans, chilli bean - Red kidney beans are universally used in New Orleans and much of southern Louisiana for the classic red beans and rice. The smaller, darker red beans is also used by Louisiana families with a Caribbean heritage. Small kidney beans used in La Rioja, Spain, are called Caparrones. | 6.5 | 13 |

| | | | |
|---|---|---|---|
| Red Kidney Beans - dried | | 7 | 9 |
| Lima Beans - canned | Often called a butter bean. | 5 | 15 |
| Lima Beans - dried | | 5.5 | 10 |
| Mung Beans | Seed of Vigna radiata which is native to India. Mung beans are commonly used in Chinese cuisine | 7.5 | 19 |
| Pinto Beans | This somewhat pink bean is the most common bean in the United States. Use in Mexican dishes (refried beans) | 8.5 | 25.5 |
| Purple Beans | A member of the pole beans or bunch beans and often considered a heirloom variety, discovered by Henry Fields in an Ozark garden in the 1930s and is probably of northern European origin. | 4.5 | 2.5 |
| Runner Beans | The green pods are edible whole but in some varieties (the scarlet runner) tend to become fibrous early, and only the seeds within are eaten. The seeds can be used fresh or as dried beans. Runner beans contain traces of a poisonous lectin and must be thoroughly cooked before consumption | 2.5 | 0 |
| Snake Beans | Also known as yardlong bean or Chinese long bean | 4 | 2 |

Some types of beans require several hours soaking and or cooking in order to mitigate the bean toxin lectin (Kidney beans in general but in particular, red kidney bean have the highest concentration of the toxin lectin). Some beans need to be boiled and spend a protracted amount of time at a temperature above 80 C (80 F). Use 5 or more hour of cold water soak time with a discard of the water plus boiling for at least 10 minutes. In reality, all the books recipes using dried beans cook at an elevated temperature for more than 10 minutes.

Before you panic and start throwing out your dried beans realize that we have been properly preparing and eating many foods for millenniums that benefit or are made safe by cooking. Consider that raw spinach, Swiss chard, collard greens, sorrel, and the ribs of rhubarb contains oxalates (organic acids), which may cause gastric distress in some people and, eaten in large quantities, may contribute to the formation of kidney stones. Cooking these vegetables mitigates the oxalate

content by about 5-15 percent. Some phenolic acids are responsible for sour, bitter, and astringent flavors found in some vegetable proteins. Artichoke's main plant chemicals are caffeic acid[1], caffeoylquinic acids, caryophyllene, chlorogenic acid, cyanidol glucosides, cynaragenin, cynarapicrin, cynaratriol, cynarin, cynarolide, decanal, eugenol, ferulic acid and while many of these compounds[2] are considered beneficial, uncooked artichokes are intensely bitter to taste. (Scientists still argue today over which specific artichoke's chemical or group of chemicals is responsible for which beneficial action including for treatment for high cholesterol, as well as liver, gallbladder, and digestive disorders.)

Many edible beans such as broad beans and soybeans contain a type of sugar molecule also found in cabbage that the human body normally finds indigestible hence produces flatulence[3]. Some of these sugars are water soluble hence a long soak (or even overnight) reduces these molecules.

Salt and Soaking
While not everyone agrees, many cooks subscribe to the notion that salt toughens beans and makes them take longer to cook. Since there is no downside to adding salt until the beans have demonstrated tenderness, I habitually add salt at the end. There is practical reason to keep this habit as liquid reduction not only concentrates flavor but saltiness too. Salting last insures not over salting. Soaking reduces cooking time. That being said, old beans take more time the new ones and all dried beans benefit from a slow gradual cooking period.

**Cooking Dried Beans**
The basic principles of cooking dried beans remain the same no matter which method you use. Dried beans require hydration by water or another liquid that contains water. Beans also need a protracted slow simmer. There must be enough liquid to keep the beans covered in order to cook uniformly. Beans can be thought of as sponges they pick up the flavor of their cooking fluid. If the liquid is bland, your beans will be bland. A good rich stock produces a flavorful result.

When dried beans boil, foam forms on the top of the cooking liquid. This foam comprises water-soluble proteins released from the beans and they should NOT be removed by skimming. To minimize foam, always cook dried beans with a bit of fat, butter or oil. While the beans cook, they absorb water and, while they do so, they swell so the level in the pot does not diminish that much even in the liquid seems to have greatly reduced. A single cup dry beans yields 3 cups cooked beans if they were drained.

Notes:

1. Caffeic acid is a naturally occurring phenolic compound found in many fruits, vegetables, and herbs, including coffee.
2. Documentation for the USDA Database for Flavonoids for Selected Foods: “Recent interest by the scientific community in the types and levels of flavonoids in foods centers on the varied biological properties of certain flavonoid compounds: These include antioxidative, antimicrobial, and possibly anticarcinogenic, and/or cardioprotective effects. To address these needs a database of the flavonoid content of foods was developed.” For more info: http://www.nal.usda.gov/fnic/foodcomp/Data/Flav/flav.pdf
3. Beano is a natural food enzyme dietary supplement that can promote better digestion and mitigate flatulence. See http://www.beanogas.com/)

## *Boston “Baked” Ham and Beans*

2 pounds ham[1] cut into small pieces plus ham bone shank
1 1/2 bag of small white Northern beans
Black Pepper
Pinch of ground cloves
1 pound dark brown sugar
6 ounces Low sulfur Blackstrap Molasses

Soak beans over night in water. Drain. Add enough water back into pot to cover beans by 2 inches. Add ham and all other ingredients. Bring to a boil, cover then cook slowly for four hours. Add water as necessary while cooking. The last hour of cooking, remove lid; allow beans to thicken naturally. Correct seasoning only at the end.

Note: If ham is especially salty, par boil in hot water for ten minutes. Discard water. Add back to beans. Too much salt while cooking will cause the beans to become tough on the outside.

## *Katie's Ham and Beans*

Depending on the amount of water this can be a soup you just need to add more water towards the end of the cooking cycle. (The pound of ham at our house comes from the left over ham and ham bone after having made and served a honey baked ham.)

1 pound ham cut into small pieces[1]
1 bag of small white Northern beans
10 bay leaves
Black pepper
Crushed red pepper
1 large can chopped tomatoes
Pinch of ground cloves
5 tablespoons brown sugar
1 large yellow onion, chopped coarsely

Cover beans with 5 quarts of water and soak over night.[2] Drain. Add enough water back into pot to cover beans by 1 ½ inches. Add ham and ham bone if available and all other ingredients. Bring to a boil then cook slowly for four hours. Add water as necessary. (Ham may already have enough salt that no more is needed, but correct seasoning at the end just before serving as required.)

Notes:

1. I make a variation on this recipe that substitutes two smoked ham-hocks that have been sawn by the butcher into chunks.
2. Some of the chemical compounds in beans that contribute to flatulence are water-soluble and will be partially removed when the bean soak-water is discarded. If your water is very hard (having lots of minerals) the beans would benefit from bottled water for cooking and soaking. Alternatively, filter the water through a activated carbon water filter before using. Hard water may also require extended cooking times.

## *Beans and Pasta (Cavatelli e Fagioli)*

1 pound bag dry large Great Northern beans
1 cup cavatelli, campanelle, or conchiglie pasta
1/4 pound chopped pancetta
½ cup chopped red onion
4 bay leaves
1 teaspoon black pepper
½ teaspoon crushed red pepper flakes
2 large cloves garlic, minced
A few long sprigs fresh rosemary, chopped
1 anchovy filet, finely chopped
3 quarts of home made chicken vegetable stock
2 diced garden ripe tomatoes, peeled and seeded
Salt & pepper to taste

Garnish

A hint of lemon juice
Grated Parmesan Reggiano cheese
Bunch fresh chopped parsley
Bunch fresh chopped basil
Drizzle of fruity olive oil

Clean beans in several rinses of cold water. Discard stones or off colored beans. Cover with 4 inches of cold water a let stand overnight. Drain beans and rinse once again.

In a large pot, add beans, bay leafs, pancetta and cover with two quarts of chicken vegetable stock. Cook beans covered for 2 hours on until just tender. Add all other ingredients (except garnish and 2 cups of chicken vegetable stock held in reserve) and 2 cups of chicken vegetable stock. Cook pasta until al dente. If soup is too thick add additional chicken vegetable stock held in reserve. Garnish and serve with a nice bruschetta or crostini.

## *Cowboy Beans, Kae's*

1 pound dried pinto beans
1 yellow onion chopped
1/2 cup brown sugar
16 ounce can peeled whole San Marzano tomatoes
4 cloves chopped garlic
Bones of the smoked pork chops
Country bacon as required
2 ~4 dried hot chilies

Soak pinto beans overnight in 4 quarts cold water.

Use the bones of smoked pork chops. if there's not enough fat and squares of bacon sliced 1 inch thick.

Cover Pinot beans with one large of tomatoes. Add diced onion, garlic, brown sugar to taste, dried red hot chilies simmered together for several hours until the beans are tender.

## *Frijoles Negro*

¼ pound pancetta[1]
½ diced yellow onion
1 clove garlic
2 Twelve ounces cans of organic black beans (Frijoles Negro)
3 tablespoons sweet butter
Sea salt

In a large frying pan, sauté the pancetta until crisp. Remove to towel but retain all fat. Sauté diced yellow onion when clear, add garlic and beans. Mash some of the beans with the back of a wooden spoon. Reduce liquid until beans are pasty but not dry. Chopped pancetta finely and mix in to beans. Add butter.

Top with chives and a good white Mexican cheese (Important Cheeses)

Note:
1. Pancetta is an Italian bacon that is cured with salt, pepper, and other spices, but is not smoked

## *Glen's Red Beans and Rice*

Glen, California is an agriculture area right on the Sacramento River, a good site for pheasant hunting in the winter. Plenty of birds but plenty of cold raining days also. The area grows millet, sorghum, rice and beans. Local farmers often eat simple; many eat the food they grow. Mark's wife would fix this for us after a cold day on the levees. This is one of those dishes, probably traditionally from the Old South that is simple but delicious. I ate it many cold winter afternoons while consoling myself to the fact that in 8 years pheasant hunting, the only bird I ever shot was with a camera equipped with a telephoto lens.

2 cups premium long grain white Rice.
1 pound (or so) of dried red beans,
3 Small or two large smoked ham hocks (have butcher cut these up in quarters)
10 dried bay leaves
½ ~ 1 whole tablespoon crushed red pepper
Black pepper
Beef stock granules in lieu of salt (added only if needed to correct the seasoning)
Garnish with Italian Parsley

Add ingredients in a large pot covered with cold water. Cover the first hour of cooking. Cook on low 4-5 hours until meat falls apart and beans are tender. Add water as necessary, but we want a minimum of water when we are done. We will allow the stock to reduce down the last hour.

Preheat oven to 350 F.
Bring to a boil 3 1/2 cup of unsalted water in an oven safe pot equipped with a tight fitting lid. (If lid does not fit tightly enough, use tin foil as a gasket.) Add rice, cover with a lid. Bring back up to a boil on high heat on the stove top. When the pot boils, place covered pot of rice in a 350F oven

for 45 minutes. Don't peek the first 45 minutes. (Could be left 10-15 minutes longer if needed.)

Correct seasoning of the beans with beef stock granules if more salt is needed. Ladle beans over a serving of rice. Garnish with chopped parsley or chives. Butter two slices of brown country bread. Serve atop rice plate on presentation.

## *White Beans and Rosemary*

White great northern beans (or substitute navy bean/ Yankee bean)
½ lb. Diced Salt Pork
1 yellow onion, unpeeled, quartered
3 cloves garlic, unpeeled, halved
10 bay leaves
Salt
Pepper
Chopped rosemary
Chopped Italian parsley
1 yellow onion diced
1 clove garlic diced
4 Tablespoon unfiltered flavorful olive oil

Rinse one pound of dry beans in several changes of cold water. Cover beans with four inched of water and soak over night.

Sauté Salt Pork with 1 small diced onion until onion is just clear. Add diced garlic, stir 1 minute. Set aside for later.

Rinse beans several times. In a large stock pot, add enough water to cover beans with at least 3/4 inch of water. In cheese cloth wrap, enclose the unpeeled garlic cut in halves, the unpeeled onion quartered, and the bay leaves.) Cover and simmer to almost done. Discard cheese cloth

with bay leaves. Add salt pork, onion and garlic. Cook beans until al dente. Strain and retain all liquid from beans. Return the liquid to pot and reduce to a few cups. Add back to the beans. Refrigerate to cool. When at room temperature, add olive oil and chopped fresh rosemary, chopped Italian parsley. Correct salt and pepper. Allow to marinate 15 minutes before serving.

Serve as a salad or on Bruschetta.

## *Red Kidney Bean Salad*

Red Kidney Bean Salad is as easy as falling off a log but a lot more rewarding.

5 Chopped green scallions
¼ cup fine chopped red onions
1 clove finely chopped garlic
1/2 teaspoon black pepper or more
2 tablespoons very flavorful olive oil
1 tablespoon red wine vinegar
15-16 ounce can red kidney beans
Correct the salt level last

Combine all ingredients. Taste and adjust salt and vinegar levels as required. Allow to marinate for an hour before serving.

Many variations on this salad are to be found in Italy. Lemon juice, fresh chopped mints, a chiffonade of basil, Italian parsley are all good additives. For an interesting twist, also try Thai basil with it's slightly liquorice flavor.

# Chutneys and Preserves

## *Homemade Guanciale – Salted Pork*

Italian style air-cured pork jowls, guanciale is quite popular as an ingredient in some parts of Italy, especially Lazio, where it is a star in Roman pasta sauces including spaghetti alla Carbonara and bucatini all'amatriciana. The key to curing meat is to draw out moisture while permeating salt. This inhibits the growth of micro-organisms by drawing water out of microbial cells by osmosis. Concentrations of salt up to 20% are required to kill most species of bacteria.

1 cup sugar
2 cup kosher salt
50 black peppercorns, cracked
8 sprigs of fresh chopped rosemary leaves
4 pounds hog jowls

In a large bowl, combine the sugar, salt, peppercorns and rosemary. Coat the hog jowls with the salty mixture. Rub well in. Place the jowls in a stainless steel colander inside a stainless steel bowl. Cover and refrigerate for 5 to 7 days[1]. Pour off liquid from bowl several times.
Remove the jowls from the bowl and tie a piece of butcher's twine around the middle of each jowl so it may be hung. If you have stainless steel hooks you can use those instead. Hang the jowls in a dry cool place not warmer than 60ºF for least 3 weeks. Ideally the perfect spot would be a dry-age refrigerated box equipped with ultra-violet lighting at your butcher's. Guanciale should be firm and dry, but yielding to the push. Wash off exterior of excess salt and dry with paper towels. Store frozen. Slice and use like bacon or pancetta.

Note:
1.If your are using this frozen, as many of us do not use any great quantity of salted pork at one time, it is sufficient to salt jowls for less time then simply freeze them.

## *Alton Brown's Crystallized Ginger*

Crystallized or candied ginger is both quick and easy. This is best made with fresh ginger. (Fresh ginger is tenderer and has a thinner skin.)

1 pound peeled, thinly sliced ginger
5 cups water
1 pound sugar plus extra to coat pieces

Boil water in a sauce pan. Add the ginger pieces and boil covered for 35 minutes or so until ginger is soft. Strain off liquid, reserving ¼ cup. Return ginger to pan adding an equal amount of sugar and the reserved ¼ cup liquid. Set over medium-high heat and bring to a boil, stirring frequently. Reduce the heat to medium and cook, stirring frequently, until the sugar syrup looks dry, has almost evaporated and begins to re-crystallize, approximately 20 minutes. Transfer the ginger immediately to a cooling rack covered with parchment paper. Spread to separate the individual pieces coat with additional sugar. Once completely cool, store in an airtight container. Use excess left over sugar for cookies.

## *Jalapeño Green Tomato Mango Chutney*

Chutney was an English equivalent of a Hindu word. The condiment was probably brought back to England first by the East India Trading company maybe as early as the 17th century. For the Hindu and Indians, chutneys are typically eaten on special occasions such as weddings or by the well-to-do[3]. Chutney, in this book, refers to condiments either fresh or cooked that contain fruit. My recipe was originally modeled after English Major Gray Chutney. I found that by making it spicier, the resulting chutney became a lot more interesting. This recipe is largely based on taste and, would seem, at the outset, to be very **over** spiced. In actuality, vinegar moderates everything in time and the chutney is just right after 6 months. Once canned, it will last several years. When canning anything, you must insure all equipment is sterile. A hot

jar lift and a mason jar canning funnel would be useful otherwise hold jars with oven mitts. Serve chutney with broiled or grilled fowl, steak, lamb, pork or roast. (It's good on toast!)

Although preserved chutneys are available in India, nobody there has ever heard of Crosse and Blackwell Major Grey's Chutney.

*All things chickeny and mutt'ny*
*Taste far better when served with chutney*
*This is the mystery eternal:*
*Why didn't Major Grey make Colonel?*

Crosse and Blackwell was originally founded as West and Wyatt, the company was purchased in 1830 by Edmund Crosse and Thomas Blackwell. Today the Crosse & Blackwell brand is part of The J.M. Smucker Company family of products. *"Since 1706, Crosse & Blackwell products have captured the exotic flavors, textures and aromas of the world's most interesting cuisines. Many of our savory products feature historic flavors connected to the culinary traditions of Great Britain. Our chutneys are boldly flavored condiments combining choice herbs, spices, and luscious tropical fruits and vegetables. Originally derived from Indian cuisine, its name comes from the word "chatnu," meaning "to taste."*

2 cups bottled water to start (more if needed later)
1 cup corn syrup
1 cup of Apple cider vinegar
2 cups (or more) of sugar
1 teaspoon ground cinnamon
3 teaspoons ground white pepper
1 teaspoon ground red pepper
Kosher or sea salt to taste (no iodine salt)
3 teaspoons ground coriander
3 teaspoons prepared hot mustard
1 tablespoon ground cloves (quite a lot)
½ teaspoon ground cardamom
1 ½ teaspoons ground allspice

1 teaspoon ground mace or ½ teaspoon nutmeg
A lot of fresh peeled ginger (1/3 pound) sliced thin on a mandolin.
10-15 red and green jalapeño chilies, stemmed, seeded and sliced lengthwise then in half
10 – 15 large firm mangos, peeled, coarsely chopped. (see note 2)
2 large white onions cut wedge-wise lengthwise not in slices
10-20 large green tomatoes[1], sliced length wise (squeeze out extra seeds)
1 pound golden raisins
3 tablespoon lime juice (juice from two limes)

If you don't have access to green tomatoes, you may use more mangos.

Bring water, lime juice, salt, spices, sugar, corn syrup and vinegar to a high boil. Adjust the salt, sugar, vinegar and water to get correct sweet-sour. The salt level should be a bit more salty at this point to compensate for the fact we have not added the solid ingredients. Add the solid ingredients and heat ingredients to a boil and add more water if it's needed. Cover and boil 5 minutes. Pull off heat. When the mixture is not so hot, ladle it onto sterile quart sized mason jars, and tighten to seal. Place sealed jars in a pot of boiling water with the water level about half way up the jar. Boil the jars for 20 minutes. Remove for heat and cool. Set aside in a dark cupboard for at least 6 months to mature.

Note:
1. If you don't have access to green tomatoes, you may use more mangos.
2. About Mangos: When ripe, mangoes are fully colored from green to yellow with a red tinge, feel fairly firm but yield when pushed and have a fruity aroma. Do not us soft or mushy fruit or ones that have bruises. Wash the fruit, cut off the stem about ¼ inch up so a peeled fruit will stand upright on the cutting board. Cut off the cheeks of the fruit with a large knife and use a smaller knife to trim around the woody core. Avoid slices too deep that include cutting into the tough woody core. Coarsely chop the mango pieces. If you wish to, you may use your hands to further remove some of what clings

to the mango cores over a bowl. Mango come into season around January and at peak season become inexpensive and best flavored. (January through March)

3.Chutney is expensive at around 50~95 cents an ounce. So making your own chutney is a real cost saver if mangos are in season.

## *Kae's Strawberry Jam*

The jam is made with fruit at the peak of the strawberry season when the berries are perfect. This non stir method produces a jam that is mostly whole berries in marvelous strawberry syrup. You poke a hole in a piping hot popover, send in the butter, then spoon in the jam, roll in around, it is just like heaven. We ate this on pancakes and crepes as well.

Four cups of sugar
Four cups of strawberries

Equal quantities of fresh washed stemmed dry strawberries and sugar. In a large pot combine four cups of sugar and four cups of strawberries. Turn heat on medium low. When the sugar all melts, turn heat down until the mixture just is boiling. Allow to boil for 2 minutes to cook berries. Remove from heat and ladle into sterilized wide mouth mason jars to within 1/8 inch of the tops taking care to not bang up the berries too much.

## *Giada's Onion Marmellata*

Serve over chops, pork roast or roast chicken.

1/4 cup olive oil
4 large onions, thinly sliced (about 3 pounds)
1/4 cup orange marmalade
1 tablespoon chopped fresh rosemary
1 tablespoon chopped fresh thyme

1 teaspoon kosher salt
1 teaspoon freshly ground black pepper
2 tablespoons balsamic vinegar
1 tablespoon sugar (or more to taste)

Use a large frying pan over medium-high heat. Add the olive oil and the onions. Stir to combine and cook until starting to sizzle, about 2 minutes. Add the remaining ingredients. Reduce the heat to low. Cover the pan and cook over low heat for 2 hours, stirring every 30 minutes to scrape up any brown bits. The onions should be a soft, jam-like consistency and a deep mahogany color.

To serve, spoon the onion marmellata over pork chops, chicken, or pork roast. Sprinkle with the chopped parsley. Serve immediately.

Note:
1. Giada was born Giada Pamela De Laurentiis in Rome, Italy, the eldest child of actress Veronica De Laurentiis. De Laurentiis, a self-proclaimed chocoholic, studied at Le Cordon Bleu in Paris, France with aspirations of becoming a pastry chef. After returning to the United States, she became a professional chef working in several Los Angeles restaurants, notably the Wolfgang Puck-owned Spago. She later worked as a food stylist, and was contacted by Food Network after styling a piece in Food & Wine Magazine in 2002. Her cooking program, Everyday Italian, has been broadcast on Food Network since 2003. On her Chefography (a Food Network biography program), she admitted that she never wanted to be in her "family business" of show business. She felt very uncomfortable in front of the camera when she first began hosting Everyday Italian, but has since become more relaxed and open on air. When the program first aired, Food Network received emails accusing the network of hiring a model or actress pretending to cook instead of a real chef - obviously they know little about cooking.

## *Moroccan Preserved Lemon Halves*

A must for Moroccan and other North African cuisine, these are used to flavor many dishes and must be prepared 4-6 weeks ahead of their use. Lemons preserved this way may be simple sliced or chopped in the sauce or stews for the lemon and rind flavor.

32 -40 lemons, scrubbed
Kosher salt (without iodine)
Cold water

Soak lemons for 3 days in cold water. Change the water each day.

In a large jar add 16 lemons cut in half or as many as it will hold and the juice of 16 additional lemons. Pour in 1 cup of Kosher salt. Fill remaining space with cold water. Seal jar. Rotate jar or turn up side down after a week for several weeks. Lemons done this way can be kept for a year or more.

## *Mostarda Ala Stefano (Mustard Relish)*

This recipe was inspired by a picture appearing in the Cooking of Italy of a Cremona factory Mostarda, a Lombardy relish resembling chutney. The flavor, however, was adapted from my Mango-jalapeno chutney. This is a very colorful eye-appealing mixture that can perk up a plate nicely.

Italian Mostarda is fruit with grapes preserved in syrup that gains quite a kick from a healthy jolt of powdered mustard seed, and is one of the standard condiments served with boiled meats in northern Italy. Found all over Northern Italy, the best known variation is that from Cremona (Mostarda di Cremona), which is also produced commercially. The true Mostarda is made from the grape “must” in the late fall and is characterized by the presence of candied fruit in a spicy syrup. This is somewhat different but delicious.

1 cup water
1/3 cup fine red wine vinegar
½ cup brown sugar
1/3 cup Molasses
1/3 cup Dark Karo syrup
Powdered ginger
1 tablespoon dry hot mustard

White pepper
Pinch of salt
Allspice
Ground cloves
Small pinch cinnamon
Chopped Dried apricots
Golden raisins
Black Raisins
Dried cranberries
Small boiled white onions (fork tender)
Oil cured pitted black olives (optional)
White grapes
Black grapes
Red grapes
Lemon juice for one lemon
Maraschino Cherries

Add liquid ingredients and spices to a saucepan. Bring to boil. Then cool to warm before combining with ingredients.



Toss in stainless steel bowl. Toss well. Wait ½ hour. Taste for seasonings. If not spicy, salty, hot, sweet, sour enough, correct seasoning accordingly. This need to be tossed for three or more hours and should be best served warm. If preparing a day ahead refrigerate but remove

and return to room temperature several hours before serving with main course.

Serve at the table in decorative Italian dish. Let everybody help themselves.
Goes well with paella, steak, lamb, or pork.

# Breads and Muffins

*About Bread*

## The Importance of Bread

It may be impossible to judge the quality of a restaurant until the meal is consumed but lousy bread is often in indicator of a lousy restaurant. Truly great bread can make up for a not so great restaurant especially if they have good olive oil or great butter in accompaniment. Great bread is a harbinger of superior food to come. Whoever said man does not live by bread alone was most likely not a Parisian or a Roman with his own olive trees.

This book gives over to many recipes for making bread. But even if you never bake a loaf, there is no godly reason to go through life deprived of wonderful bread. There are as many types of bread as their countries of origin. Two countries, Italy and France consistently set the world's expectations at very high levels with extraordinary varieties of superb breads.

If you are in a hurry, go buy a good loaf. A baker must have the time to do a good job - patience is a virtue. Bread making requires some planning. Read this section is when you are in the thinking-planning stage. You will need time to purchase good ingredients and time to consider what you want to accomplish.

## Backgrounder - Flour in Pizza and Bread

What could be simpler than the flour, the liquid and the yeast. Yikes! How can things get so complicated when starting with only three ingredients? (We can worry about sugar and salt later but many breads have neither.) There is selecting yeast, measuring, adding the flour, proofing, liquids, kneading, rising, resting, shaping, slashing the top, executing a wash, preparing the oven, using baking tiles, creating steam and baking. Hmmm that’s 14 things but wait what kind of flour, ash content, how much and what kind of yeast, what is wet enough? Hey where are you going? Wait, don’t loose heart. As complex as the process is in steps, man has been perfecting bread making dating back some 6000 years now. So YOU won’t be starting from scratch!

Most of the manufacturers of flour offer recipes for bread. All of these recipes are tried and true. I won't lie to you, becoming a "master baker" requires some practice and exactly the right ingredients. Fortunately, there are bread fanatics all over the internet and Jeffrey Steingarten food critic for Vogue and author of numerous books of keen wit and schooled insight such as The Man Who Ate Everything and It Must've Been Something I Ate who have done a lot of homework for us.

The three most important ingredients are yeast, flour and patience. If you're in a big hurry, chances are that you can jump in your car, head down to the supermarket, and secure a good loaf and return home in under an hour. I live in California were a profusion of great bread is available. Unless you have the good fortune the living next to a baker chances are few that you can access a loaf that is still warm from the oven unless you manage to bake it yourself. So when I bake, it is usually to form a loaf that can't be purchased locally. Like burning meat on the barbecue, there something primordial and satisfying about making bread.

Making bread is a lot easier the more you learn. I also think that most books, while serving to provide recipes for a seasoned bakers, are wholly inadequate for a novice baker. Herein lies the problem: while many recipes will turn out a adequate loaf of bread many of will not turn out any understanding. Without understanding, the baker's bound to the rigid confines of the recipes. They will have little or no understanding as to why the crust might not be perfect or too thin, how to change ingredients, how to make the bread more chewy, have a soft crust, large holes, fine-grain, or better flavored. But more importantly, without some help, one might be forced to learn only through trail and error.

With guidance, there are a lot more things that will go right than go wrong. In the quest for the perfect bread I'd done a tremendous amount of research on the Internet which is become a tremendous resource to a would-be home baker. In the section digging deeper for more resources, I have included pertinent web sites offering either ingredients or excellent articles pertaining to facets of bread making. As stated earlier, bread recipes on the Internet are abundant. In fact there are more of them than you have time to bake in a lifetime. If you're a seasoned veteran by all means jump in, if you're a novice then pay close attention and don't assume that any ingredient, step, duration, more detail is unimportant.

## Water is Water

Tap water contains chlorine and water from water softeners also includes unknown quantities of unwanted salt. Commercial yeasts are tolerant of chlorine while most natural yeasts are not so tolerant. If you boil water for 15 minutes it will help drive off the chlorine however, a new chemical, chloramines is replacing standard chlorination in many cities like San Francisco. I use bottled water. Milk may also be used but you should scald the milk to get rid of live

enzymes that may interfere with the yeast. The addition of milk contributes to the nutritional value of the bread with milk proteins. **Milk** promotes crust browning and **is not suitable for very high temperature baking** where it may brown the crust excessively before the bread is half done.

### Oil

Oils tenderize dough while increasing elasticity and producing a more tender crumb when added in moderation. Excessive fat or oil will shorten the gluten strands making the bread harder to rise and the texture crumbly. If using oil, one tablespoon oil or fat per 4 cups flour is a good proportion. I use olive oil in some of the recipes but mostly for coating the bowl used for the first rise or oiling the bread hook so the dough does to stick to it.

## Yeasts

Nothing can beat the performance of commercial yeasts for preparing a quick bread. However, **the quality of bread has little or nothing to do with quick**; in fact, the opposite seems true. The research I have done favors the use of natural yeasts for a whole bunch of reasons that I will state:

- natural fermentation produces more nourishing conversion of flour components
- the bread tastes better
- naturally fermented bread remains fresh longer
- slower fermentation improves the flavor and character of the bread

Dr. Jacques de Langre, Ph.d. and founder of the Celtic Sea Salt Company has this to say about yeasts in his article Naturally Leavened Bread:

"There are two methods for leavening bread and they differ totally in the way they act on the flour, as well as on the taste and nutritional effect of the resulting bread and, in the end, on the health of the consumer. The aim of bread fermentation is to transform the various nutrients freed by the milling of the grain and to modify them for optimum assimilation during digestion." See **http://ranprieur.com/readings/natleavbread.html**

Dr. Langre goes on to explain that commercially yeasted breads have less conversion of phytic compounds which are reported to impair the absorption of minerals and trace elements such as calcium, zinc, and iron in humans. While bread made using natural leavening, the phytic acid compounds are reduced a further 49% to safe levels.

Saccharomyces cerevisiae (S. cerevisiae), a one-celled plant that is a variety of fungus, is the main yeast in many natural sour dough yeasts followed by the Candida milleri, Candida humilis (San

Francisco fame), S. exiguous, and Issatchenkia orientalis. Strains of the yeast genus Saccharomyces have been used in bread manufacture for at least 6000 years. S. cerevisiae is also useful as a brewer's yeast to ferment sugars to alcohol in the brewing of beer. Several studies have been carried out on the micro-biology of sourdoughs in different geographical areas. Each sourdough can be considered a microhabitat in which yeasts and lactic bacteria exist together in dynamic equilibrium. The yeasts are responsible for the leavening the bread, while the lactic bacteria provide for the souring of the dough. The combined metabolic activity of the yeast and the lactic bacteria lead to the final bread flavors and characteristics and to a prolonged shelf-life. The dominant species in homemade sourdoughs can differ from each other even in kitchens on the same street let alone geographical area. The feeding and treatment of sourdough mixtures exerts a strong selective pressure on the yeasts present, thereby determining the dominance of some species over others. Never the less S. cerevisiae, C. humilis, C. milleri, I. orientalis and S. exiguus yeast are all suitable for bread-making. It has been estimated that less than 1% of yeast have actually been identified so it's entirely possible that the strains developed in your kitchen may be somewhat unique.

## Where are the yeasts? How do you make a starter?

Yeast may be found in the liquid residue produced in the olive oil extraction process, on the outside of Keffir limes, from turbid beer, from the skins of organic unwashed grapes including concord grapes, on barley and hops, skins of bananas, the husk of wheat and in many organic whole grain unbleached flours (wheat and Rye), and, most importantly, floating around your kitchen. To make a sour dough starter you either need to start with a starter packet, get some sourdough from a generous friend’s kitchen, or simply make a happy place to capture some wild yeast that will promote its growth and offer a happy home. Take ½ cup each of unbleached unbromated whole wheat or rye flour mixed with unbleached unbromated white flour and mix very well getting lots of air into the mixture in a glass or ceramic bowl with a cup of bottled water. Set this aside in your kitchen, away from the cat, dog, and preferable near a window that is high off the ground where lots of air circulates. Let the container stay uncovered for a week or so. Check it daily for bubbles and replace any lost water. When it starts to bubble, you’re in business. Raising a starter is like raising a child; it takes some nourishment and care. Once you have a “live culture”, you must feed it regularly. When you just getting it started, feeding should be every 12 hours. Discard half of the starter while adding back a half a cup of flour. Adding a little salt retards activity while adding more food, (water and flour), speeds up activity. The longer you have this, generally, the sourer it becomes. If you fail to feed it regularly, it may start producing acetone smells which means you gone too far. Once established and vibrant, the yeast starter can go into the refrigerator where it will require weekly feedings.

## Measuring potency to assess leavening capability of the starter

After feeding the yeast, set the timer on your stove for 1 hour and comeback to inspect the rise. For the yeast to be successful you'll want to get to the point with your starter that, once fed, it doubles in size in about an hour or two. When you reach this point you have a successful bread leavening batch. Brian Dixon, see suggested reading below, has a method of drying some of the yeast and freezing it for future use.

For further reading consult http://www.faqs.org/faqs/food/sourdough/starters/
where Brian Dixon (briandixon@hotmail.com), an authority of natural yeast starters, explains all.

## Recommended Yeasts

**Yeast - SAF Red Instant** (Made in Mexico by France's Lesaffre Yeast Corporation)

- An all-purpose, professional-grade brewer's instant yeast
- No need to proof, just add to flour
- Available in a vacuum-packed, 1-pound brick
- Makes about 96 loaves of bread
- Store in an airtight container in your freezer

This is the only kind of yeast used by King Arthur for **all** their artisan baking needs.

**LA-2 Pain de Campagne Starter**
Create artisan breads–crusty, chewy, and full of incredible flavor–at home with our imported French Pain de Campagne starter.

- Dry starter "produces bread with an elusive tang, bread where the rich, nutty taste of the wheat shines through."
- Contains specialized yeast, friendly bacteria, and lactose.
- Use just 1/4 teaspoon starter to make two loaves.
- Each 5g packet makes 12 loaves of bread

SAF Red Instant and LA-2 Pain de Campagne **yeasts are available from King Arthur Flour's online shop. See http://www.kingarthurflour.com/**

## Flour

Candidate flour for breads are mostly hard and soft winter wheat varieties with 11%-12% protein levels and contain no bleach, no bromate, and no chemicals of any kind. Ash count is a measure of its mineral content. The higher the ash count, the more minerals are present in the flour. In artisan baking applications, higher ash often plays a positive role interacting with yeasts and thought to enhance flavor as well with counts to 0.53 and 0.55. Candidate flours include:

**King Arthur Organic Artisan Flour**
11.3 Protein, 0.54 Ash A certified-organic, all-purpose flour produced from hard red winter & spring wheats, with a protein level of 11.3%. Ideal for European-style hearth breads

**King Arthur Sir Galahad Artisan Bread Flour**
11.7 Protein, 0.48 Ash. Enriched Milled entirely from premium hard red winter wheat to produce traditional, more flavorful baked goods, hearth breads and pizza for artisan bakers with uncompromising standards.

**King Arthur's Sir Lancelot Hi-Gluten Flour**
14.2 Protein, 0.52 Ash • Enriched The finest 100% spring wheat high-gluten flour with unmatched absorption and performance for baked goods requiring extra strength.

**King Arthur Flour's Type 6**5 (Protein 12% • Ash 0.55)
King Arthur Flour's Type 65 is milled from a wheat blend that emphasizes the flour's overall performance making this the ideal flour for quality oriented bakers. This higher ash content contributes more color to the flour and results in a higher mineral content which aids fermentation and the development of flavor. This flour, while suitable for a wide variety of hand crafted breads, will truly enhance breads using pre-ferments and/or natural leavening.

**KA Italian-Style"00" Flour**
Between 0.4 and 0.45 ash, 8.5% protein, made from soft red winter wheat, KA American clone of Italian 00 (00 means ground as fine as possible) flour is perfect for pizza, pasta, focaccia, and grissini (bread sticks). Makes an extremely

supple, extensible dough. Ideal for light-as-air, tender pizza and other flatbreads. This is a substitute for all-purpose flour. When used with milk it is often used for Piazza Bianca – white pizza.

**KA European-Style Artisan Bread Flour**

This is the style of medium-protein flour French and Italian bakers use for their signature hearth breads. Carefully milled from the finest spring and winter wheats. Enhanced with a touch of ascorbic acid and white whole wheat, for yeast growth. 11.7% protein.
**See http://www.kingarthurflour.com/**

## *Getting Started*

Making bread is a lot like life; there are some surprises, and like life, learning to deal with the situation, is part of the growing process as a chef. The remediation section below will deal with specific problems and most problems have a remediation method.

When making bread, there are several ways to begin. The most conventional is to mix regular dry yeast with warm water and sugar and when it is dissolved and has sat for 10 minutes "proofing" (showing that it is active) then add it to the flour and other ingredients in the bread recipe. This is the quickest but least desirable method if attempting bread of a superior character. There are several forms of pre-fermentation that allow the yeast to develop before being added to the other ingredients. These are the more desirable methods although they take some time.

One form is a levain, a mixture of more flour than bottled water held in a jar that is vented. The use of some whole wheat or rye flour gives the yeast more "hold." The yeast gives of $CO_2$ but requires oxygen to survive. Periodically lift the lid and stir to help drive of the $CO_2$. A levain is fed at regular intervals by more additional flour and water. A levain a week old has time to develop a complex and fairly sour flavor. If the surface is bubbling the yeasts are active otherwise add more flour and bottled water.

A Italian term biga is a stiff mixture of bottled water, flour and yeast, used as a pre-fermentation or starter and is best if 12 to 18 hours or older. It too benefits from the inclusion of some whole wheat flour. The inclusion of rye is often use in the starter as rye flour has a higher sugar content than wheat causing rye to ferment quickly.

A poolish is a more liquid pre-fermentation, composed of roughly equal amounts of flour and bottled water, with yeast added. It ferments in 4 to 8 hours but can be allowed to go longer where some formula call for 14-16 hours at 70F (longer time if 60F). It adds a nutty taste to the bread. There will be bubbles on the surface, and the poolish will be much larger in volume. The poolish is then mixed in with the rest of the ingredients, and mixed to a dough at a desired temperature of around 76F~78F.

When using the electric mixer, it is a good idea to spray or otherwise coat the mixing paddle or dough hook with a film of oil or cooking spray. Many of the recipes called for in this book have high water content which produces a better bread with chewy character. These breads are difficult to almost impossible to knead by hand. While the dough blade of your Cuisinar may be up to the task of kneading the dough and is not an ideal instrument for a number of reasons:

- it can only handle a small capacity
- secondly, the blade tends to cut through the dough rather than knead it.

So, for these reasons, I recommend a sturdy home mixer that is equipped with a dough hook. Too much flour will produce a fine grained bread with less character than an optimum ration of flour to liquid. A dough that is initially quite sticky may be come quite manageable after its first rising. The role of salt in bread making is important. In fact it seems quite extraordinary that exactly the right amount of salt to make bread taste good also is the right amount to retard yeast growth just the right amount such that glutens have time to develop while sufficient amount of yeast is still around for a proper rising. Can you see the hand of Divinity in the fact that naturally ground flour salt and water, and a little time, will produce naturally fermented bread just with the yeast to be found on wild grain. (Note: Microbiological studies{1} have been carried out on sourdoughs in different geographical areas were predominantly [80%] type strains of S. cerevisiae and that the majority of the sourdoughs was characterized by the presence of more than one strain.) That milk changes to cheese, and grapes to wine and flour to bread all by accident would be hard to believe. Commercially, bakers prefer to weigh their ingredients so as to eliminate some the variability in bread making. They, of course are dealing with large volumes of flour and water. The home chef, after several bread making occurrences, will come to understand the water balance. If you're going to make an error here, make it on the side of stickier wetter dough. “Too wet” dough is easiest to remedy.

When the bread ingredients first come together let them rest for 20 minutes before the first kneading. During this time the flour hydrates which helps promote better yeast formation as it takes a moist avenue on which yeast travel. You can simply let the bread ingredients rest in the bowl of your mixer covered with a wet towel where the first kneading will occur. This is a good approach as the flour water mixture may initially be quite sticky until such time as the

glutens and developed and done their magic. Too often home baker may be tempted to use enough flour such that the dough isn't sticky but the result would be a brick-like loaf better suited as a doorstop than something to eat. A lot is heard about “adding all the flour a dough will hold” which could be interpreted to make a cannon ball. In reality, a simple test is used while kneading the bread. If your palm pressed into the dough still sticks to the dough after being in place for ten seconds then work in a touch more flour.

## Ratios

A ratio of 3 cups of bread flour to one cup of water will produce a 1 ½ pound loaf of bread which is a fairly standard size. Dough should be on the wet side. Slightly wetter bread dough is more ductile and rises faster. After the first rising, these dough are generally more manageable. Professional bakers weigh their ingredients as the water content of flour changes. I don’t really bother any more. I start with the amount of flour I want and an approximate amount of water. Initially ALL of the dough I mix are too wet. Then I add more flour until I get the desire consistency. For the sake of recipe development I am more precise but take the amount of water on advisement. What matters is the dough should be sticky at first and after the first rising less sticky but not necessarily completely stick-free.

## First Mix Resting Period

After the ingredients are first mixed, as stated earlier, ingredients need to rest for about 20 minutes. The French have a word for this, its called *Autolyse.* This allows the water to penetrate the flour and help yeast distributed itself in the mixture. You can simply leave everything in the mixing bowl and cover the bowl with a wet towel.

## Kneading

After the resting period is over, switch to the dough hook attachment. Oil hook so the dough does not stick to it. If processing a large batch of dough, divide it into more manageable pieces and knead them separately, one at a time.

We knead bread in order to “develop the gluten” in the bread. Long strands of gluten give the bread increased surface tension that helps it hold its shape and helps the dough hold its bubbles. A bread dough is achieved that can expand as carbon dioxide is produced and expand, yet will resist stretching enough to keep the loaf from bursting or stretching too thin. So gluten is what makes bread spongy and chewy. When using a high powered mixer, the amount of kneading required is reduced due to the vigor and force of the machine. Knead with dough hook until the dough resists. While it is not very likely hand-kneading would over work the gluten, a machine can. Excessive kneading could make the bread tougher than desirable.

## Optional refrigeration time

At this stage, the dough may be refrigerated for a day. The extra time may be useful for creating character in the bread. At the temperature of the refrigerator everything grinds to snails pace. To resume, remove the dough from the refrigerator and follow the steps below for the first rise. This will take appreciably longer because the dough must return to room temperature before the yeast resumes its full activity.

## First Rise

Liberally grease the entire inside of a large bowl with olive oil. Empty the dough into the bowl and roll the dough around so as the coat the entire surface with a film of oil. Cover the bowl with a wet towel and allow the dough to rise in a warm place. This is where the patience comes to play. There is no rushing this step.

## How Many Rises Are There?

Generally, there are only two rises. After the first rise, the dough is kneaded again then left to rise to the desired size where upon it is baked. This is not always the case, several recipes called for three rises where the third rise is followed by baking. Each recipe will be specific. The roll of kneading is very important – see kneading.

## Baking

All crusty breads are baked in ovens with high humidity. The best way of getting a hot and steamy oven is to preheat a pan to put on the bottom shelf and fill it with a 2 pints of boiling water. (In a gas oven, the pan can go on the bottom of the oven.) When I want to really crunchy crust I will spray the loaf with a mist of water. Rustic crusty breads having only flour, water, salt, and yeast as ingredients are baked in very hot ovens typically 450 degrees Fahrenheit or hotter. Breads baked with milk solids, lecithin, pectin, sugar, egg additives are typically baked between 350 and 375 Fahrenheit to avoid burning the outside of the bread.

### Final Color

The color of the loaf darkens with baking time and temperature as does the moisture content. My recipe for pane casareccio di Genzano will produce a standard colored loaf at 205 F final temperature while a deep reddish brown at 220 F final temperature.

### Folding wet doughs

As the dough ferments it loosens up, thus forming flatter loaves. With a slightly extended fermentation and extra folding the loaves hold their shape better due to increase surface tension.

Use a scraper if the dough is really sticky, use your non-scraper hand to pull and shove the dough around and the scraper to fold it over on itself.

## Surface Treatments

The outside of the dough may be dusted with whole-wheat flour, ground bran or other flours for a desired effect. For a shiny bread crust, brush the top with a mixture of 1 beaten egg and 1 tablespoon of milk before baking. To glaze the tops of rolls, brush with a mixture of 1 tablespoon sugar and 1/4 cup milk before baking. For a soft, well-browned but not shiny crust, before baking brush the loaf with a tablespoon of melted butter. For a crisp, shiny crust, bake the bread for 20 minutes, then remove from the oven and brush with an egg white that has been beaten with a tablespoon of water. Return the bread to the oven to finish baking. **Caution: If high temperature (400+) baking is used, avoid milk or eggs as the surface will burn.**

## Shaping

During the final rise, breads take on the shape of the container they are in, or, if unrestrained, slump out to a large pancake. If baking a loaf in the loaf pan, the bread is allowed to rise to fill and mushroom the container for a nice vaulted loaf, or the pan loaf is filled with shape sectional pieces of dough (often cylinders or balls) that, as they rise, join, and thereby form a distinctive appearing loaf. Many commercial forms are available to the home baker. Two pound coffee cans, to pieces of tin pipe are useful to forming loaves.

*Couche* is the French word for "couch" or "resting place." In the bread baking world, a *couche* is a piece of heavy canvas that is dusted with flour and used to support freestanding loaves, such as rolls and baguettes, while they are proofing. Wetter doughs may be proofed in forms called a brotform, brotformen or banneton, these bread molds are used for the rising of the dough. The basket coils and flour dusting provide a beautiful shape and decor for a traditional hearth loaf. See http://www.fantes.com/brotforms.htm

If you suspend a floured muslin cloth in a bowl, it makes a nearly ideal couche for a round loaf without it pan caking. An inverted bowl above can serve to prevent loss of moisture while rising.

## Additives

In the following tables are various additives to bread and their typical purposes. The list is by no means exhaustive and the effects of adding these in combination may change the way the bread needs to be baked or how much water is required, the final texture of the bread and/or crust or how the dough is kneaded.

**Availability Codes for Flour:**

- AZ – Amazon - http://www.amazon.com
- KK – Kitchen Krafts - http://www.kitchenkrafts.com
- KA - *King Arthur Flour*– http://www.kingarthurflour.com
- WF – Whole Foods Markets - http://www.wholefoodsmarket.com/
- GS – Grocery Store
- HF – Health food Store

## Ingredients in Breads

| Bread Additive/ Improver | Function/ Remarks | Quantity | Availability |
|---|---|---|---|
| ammonium carbonate | Aka Baker's Ammonia. Leavening agent called for in some cream puff, cookie, and springerle recipes. Makes extra-crisp cookies or crackers. Use in old-fashioned recipes calling for it (or for hartshorn). Unlike baking powder or soda, Bakers' Ammonia (ammonium carbonate) leaves no unpleasant alkaline off-flavor in baked goods. It is not used for cakes or other large items because the ammonia gas cannot evaporate from these items. You will notice an odor of ammonia while baking, but this will quickly dissipate and the baked product will not have an odor or taste of ammonia. | Use like baking powder in cookies or crackers | KA, KK |
| Ascorbic Acid (Vitamin C) | Creates an acidic environment for the yeast which helps it work better. It also acts as a bread preservative. With just a touch of ascorbic acid, your Artisan breads, the yeast will work longer and faster. SAF-Instant Yeast Red Label already includes acidic acid. | 1/8 teaspoon per 2 pounds of flour | KA |
| barley malt syrup | improved shelf life | ~ | KA |
| buckwheat flour | a low-gluten gray flour that's great in pancakes and pastas. baked goods heavier and stronger tasting | Replaces up to half of the wheat flour in any recipe | KA, WF, GS |
| Buttermilk | Buttermilk helps the yeast work quicker. It also softens the texture of the bread. Like with any acid addition it also helps keep the bread fresher longer. Add a half to one teaspoon of baking soda to offset the tartness of the buttermilk, if desired. The tartness is reminiscent of sourdough bread. | 1/2 Cup Replace part of the liquid in the recipe. | KA |
| Cake Flour | Cake flour makes for a softer more tender bread. It also makes a good addition to pizza dough as it helps make rolling out the dough easier. | 1/4 of the flour called for in the recipe (no more). | KA |
| cheese, powdered | bread, bread sticks, crackers and pizza. | ~ | KA |
| Dough Relaxer | A combination of all-natural, gluten relaxing ingredients. It's useful so you don't have to fight the dough when it is shaped and rolled, because of its gluten strands. However, you can also just relax the dough during shaping by covering it with a towel and letting it rest for 5 - 10 minutes on your countertop. | Add a few tablespoons to your favorite recipe. | KA |

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| Dry Acid Whey | It is the essence of buttermilk with out the milk solids. It helps promote an improved environment for the yeast and also acts as a preservative deterring mold and bacterial growth. When buying Dry Acid Whey (also known as sour whey) make sure has the word “acid” otherwise most likely it is sweet whey which is not what is needed. Acid Whey is obtained during making of an acid type of cheese such as cottage cheese. . | 1 teaspoon per 2 pounds of flour | KA |
| Dry Buttermilk Powder | Adds moisture & subtle flavor to your baked goods (see buttermilk) | 1 part powder to 4 parts water. | KA |
| Dry Eggs Whites | Pasteurized (see egg whites) | ~ | KA |
| Dry Eggs Yolks | Pasteurized, for those times when it's more convenient to use dried eggs instead of fresh. (see eggs) | ~ | KA |
| Dry Milk | Not to be confused with Instant Non-fat Dry Milk Powder. Milk helps with crust browning, bread moisture, taste and nutritional value. It also helps the dough to relax for those times you want to roll it out or shape it. Dry milk or powdered milk work the same. | 1 Tablespoon per cup of flour | KA, GS |
| Eggs | Eggs add rise, color, texture and taste to bread. Also, if you use the yolk as well you get some of the effects like using lecithin. | 1 Egg may replace part of the liquid in the recipe. | ~ |
| Fats | Fats help with taste, texture and the moisture of the bread. Most French bread recipes don't contain fat as it takes away the chewiness of the bread. You don't need to be worried about the fat content of most bread. Most recipes use a tablespoon or two and that is for the whole loaf. A single slice is very low in fat. | 1 Tablespoon per cup of flour | ~ |
| Garlic | Garlic is a flavoring in larger amounts, but in smaller amounts it helps the yeast, and it make the dough easier to roll. Garlic serves as a preservative deterring mold and bacterial growth. | 1 teaspoon | ~ |
| Gelatin | Gelatin helps with bread texture and moisture. It is also of nutritional value and is good for the hair and fingernails. Make sure to use unflavored gelatin powder; do not reconstitute. | 1 teaspoon per 2 pounds of flour. Add with dry ingredients. | GS |
| Ginger | Ginger is a yeast booster it gives it a “quick-start”, and keeps it working. Because of its astringent properties it also helps keep the bread fresher longer and it deters mold and bacterial growth. It is best to used powdered ginger in your bread. | 1/4 teaspoon per 2 pounds of flour | ~ |

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| Kamut Flour | A high gluten grain flour suitable for yeasted breads used alone or in combination with wheat flour. Works well in pasta when used in combination with other flours. | ~ | KA |
| Lecithin, Granular | Assist in keeping bread fresher longer and helps make a lighter moister bread. Cuts back on use of fat but result may alter both the texture and flavor of the original recipe. Lecithin is derived from soy or egg yolks. | Use 1 to 2 tablespoons per 3 cups of flour | KA |
| Malt Powder, Diastatic | Active enzymes (mainly amylases and proteases) help yeast grow fully and efficiently throughout the fermentation period. The proteases break the proteins in the flour down into amino acids, which also spurs yeast growth, as well as improving the flavor and aroma in breads. Diastatic malt powder or barley malt extracts are often used in professional bakeries to add nutrition, improve crumb texture and appearance, and enhance the keeping quality of the finished loaves. Breads that require second rises (pumpernickel, rye and other hearth breads) can benefit from a dose. | Replace a tablespoon of sugar or sweetener in your favorite bread recipe with a half-teaspoon of diastatic malt powder, or two tablespoons of malt extract. Add 1/2 to 1 teaspoon per 3 cups of flour | ~ |
| Non-Diastatic Malt | Diastatic malt without the enzyme activity capability. | Used as a sweetener. | KA |
| oat flour | Low gluten, good in quick breads and cookies for moister, chewier, and more crumbly texture | ~ | KA |
| Pectin | Pectin adds moistness to the bread and it replaces fat in the bread. This is the same pectin used to make jams and jellies. It comes in liquid and granular form. The granules are easier to work with and store. | 1 teaspoon per 2 pounds of flour | KA |
| rice flour | Gluten-Free flour more suited for cookies or cakes | ~ | KA |
| scalded milk | Milk contributes better nutrition (extra calcium) and a tenderer crumb. Scalding the milk disables protease, an enzyme that normally slows down yeast growth | ~ | ~ |
| Sea Salt | Higher in minerals | replaces standard salt | KA, WF, AZ |
| Spelt Flour | High gluten grain flour suitable for yeasted breads used alone or in combination with wheat flour. Makes breads heavier. Also useful in pasta | ~ | WF |
| Sour Cream | Body and taste to sweet breads | ~ | ~ |

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| Sourdough Flavor | King Arthur's all-natural shortcut to sourdough-flavored bread, pancakes, biscuits which includes all-natural sourdough flavor, pumpernickel flour, and deactivated dry yeast. This product contains naturally fermented lactic acid, vinegar, citric acid, natural flavors, rye flour, corn starch, and inactive yeasts. As this is an acid-donor, baking soda and this would form a leavening agent for pancakes. | "Add by the tablespoonful to your favorite recipe to create or enhance sourdough flavor." | KA |
| Vital Wheat Gluten | Vital wheat gluten occurs naturally in all wheat and wheat derived white flours. Gluten is what makes wheat-based bread dough sticky and elastic. This helps the dough hold in the air bubbles created by the yeast so that the dough will rise. Some white flours have more or less than others. In a dry form, it is used to give the yeast a boost because it contains a high amount of gluten forming proteins. Vital wheat gluten only does one thing, it helps improve the rise and texture of bread. With out it you have a rock, door stop, paper weight.<br>Use it in your heavier breads that rise slowly, such as rye, whole grains, or ones loaded with sugar, dried fruit and nuts. Do not add it to regular bread recipes. Some people use it all the time when using a Bread Machine especially when using whole grain or all-purpose flour. Generally, if you are using white bread flour you don't need to add any. However, all-purpose or whole grain flours need Vital Wheat Gluten if bread making. | Use 1 teaspoon per cup of all-purpose or 1- 2 teaspoons per cup of bread flour; 1-1/2 to 3 teaspoons for every cup of whole grain or rye flours. | KA, GS |
| wheat germ | makes for a more nutritious bread, grainy, course flavor | use less than a ratio 1 portion to 8 portions regular flour in bread | KA, GS |
| wheat or rice bran | All forms of bran add fiber but the rough edges work against forming gluten chains hence can contribute a heavier bread that is hard to rise. Additionally, bran soaks up and retains a lot of liquid. | ~ | KA, GS |
| yellow corn flour | Contributes a lighter texture, has beta carotene (Vitamin A builder). | ~ | GS |
| Inactive Yeast and Yeast By-products | Brewer's yeast (Saccharomyces cerevisiae) is an inactive yeast, meaning the yeasts have been killed and have no leavening power. It is the yeast remaining after beer making. It is used as a nutrient supplement to increase vitamin B content.<br><br>Nutritional yeast is a primary grown food crop, which means it is cultivated specifically for use as a nutritional supplement. | | Health Food Stores |

Other Additives:

For additional sweetness or character consider: dates, apricots, blueberries, brown sugar, cherries, currants, cranberries, barberries, molasses, raisins, sugar, and honey.

For spices or flavors consider: all spice, balsamic vinegar, bell pepper, caraway seeds, cardamom, celery seeds, chopped bacon, ham, salami, chopped basil, chopped parsley, cinnamon, dried onion flakes, garlic powder, ground almonds, marjoram, onion powder, onion soup mix, oregano, red pepper, white pepper, rosemary, sage, chestnut flour, almond flour, sun dried tomatoes, thyme, and olives.

For interest, crunch and nutrition consider: mustard seeds, poppy seeds, caraway seeds, cracked wheat, flaxseed, pine nuts, sesame seeds, chestnuts, hazelnuts, walnuts, pecans, practically any seed, and various types of bran.

## Remediation Methods

Dough Does Not Rise

If the dough does not rise, make another batch of dough using double the amount of fresh yeast. (Do not get yeast or liquid hotter than 85F) When the new dough is very wet, begin adding in egg size pieces of the inactive dough. Keep the mixture wet to facilitate joining the two doughs. If the capacity of the mixer will obviously be exceeded, pour off half of the new mix into another bowl before starting to mix in the inactive dough. Mix one batch, correct the amount of flour and when it is right, empty it is a oiled bowl to rise. Start on the second half and repeat the process. Now you have twice as much bread, but it's now all active.

Dough is slumping and Will Not Form a Decent Round.

The dough has too much water. Push it down and kneed in more flour. You can't add volumes of flour without kneading well or the loaf may split or cook in layers. Reform a loaf. The additional rising will only improve its character.

Dough is Hard as a Rock or is Very Difficult to Knead

Get a warm bowl of water handy. Dip your hand in the water and knead the bread. Repeat the process until you have worked enough water into the dough that it has become supple and easy to knead.

Forgot to Bake the Bread and the Dough Has Over Risen

Push the dough down and reform the loaf. The additional rising will only improve its character.

Baked Bread exterior Seems Gummy

Put the slice back on the cut loaf and return loaf to hot oven. Bake another 10 minutes or so.

The Baked Crust Is Hard as a Rock

When the bread has cooled some but still is warm, place it in a plastic bag and seal it. Allow bread to rest in sealed bag for several hours. Crust should soften. If still quite hard, wet your hand several times and wipe inside surface of bag. Reseal bag, and leave loaf for several more hours.

Bread Tastes Flat

You forgot the salt. Use salty condiments, cheese or salumi.

Note:

1. Occurrence And Dominance of Yeast Species in Sourdough, A. Pulvirenti1, L. Solieri1, M. Gullo, L. De Vero1 and P. Giudici Dipartimento di Scienze Agrarie, Universita` degli Studi di Modena e Reggio Emilia, and 2DOFATA, sez. Tecnologie Alimentari, Catania, Italy,24 November 2003

## *Biscuits and Sawmill Gravy*

Sawmill gravy gets its name from the logging camps that sprang up in the early 1900s in the South. The days of the logging camps are gone, but this comfort dish as breakfast and the memories linger on.

1 pound bulk pork sausage
3 tablespoons flour
1 tablespoon or more of butter
1 can evaporated milk
Salt and pepper to taste
Extra melted or softened butter for biscuits

Garnish

parsley

Pre-heat oven to 450 F

Follow recipe for Bisquick biscuits on the side of the box. Prepare biscuits per recipe and place them not touching each other in a tin pan. These bake in 10 minutes so don't put them in the oven until the gravy is about ready. (See text below.)

Fry sausage in a regular pan (not a non-stick) until cooked and crumbly. Set aside. Reserve grease and sticky bit. Set sausage aside. In same pan use equal amounts of flour and drippings to make a roux. Add extra butter if needed. Cook, stirring constantly, until flour is just turning a light brown. Take pan off heat, whisk in 1 can evaporated milk and 1/4 cups of milk to start, Return to heat over medium heat. The sauce will not be its thickest until it has come to a boil. Place **biscuits in the oven.** If necessary, add additional milk to thin the gravy. Correct the seasoning adding pepper, white pepper, and salt.
Add crumbled sausage

Serve over split hot buttered biscuits. Garnish with parsley.

## *Blueberry Muffins*

2 1/4 cups unbleached all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
7 tablespoons softened unsalted butter
3/4 cup granulated sugar
2 large eggs
2 teaspoons vanilla extract
1/3~1/2 cup cream
1 1/2 cups blueberries, fresh or frozen
Turbinado sugar as a crunchy topping

Preheat the oven to 400°F. Line a muffin tin with papers.

Combine flour, baking powder, baking soda, with salt in a separate bowl. Set aside until needed.

Cream butter and sugar until light. Scrape down the bowl with a spatula occasionally. Beat in eggs one at a time. Scrape down the bowl. Add vanilla and cream. Mix in dry ingredients on low speed but only till the batter is smooth. It should be thick like mashed potatoes. If too thick, add a bit more cream.

Fold in the berries by hand trying to keep them whole. Optionally, put these in the freezer for 10 minutes ahead of time to firm them up.

Scoop the batter into the prepared muffin cups, using a heaping 1/4-cup for each muffin (2/3 full). I like using two spoons as the batter is not free flowing. Sprinkle with top of each muffin with turbinado sugar.

Place muffin pan in oven on middle rack. Reduce heat to 375 F. Bake the muffins for 22 minutes, until a toothpick inserted in the center of a muffin comes out clean and muffins are golden brown. Remove from the oven. Cool in the pan for 5 minutes, then remove the muffins from the pan to finish cooling on a rack.

## *Blueberry Corn Muffins*

Makes 12 muffins

Preheat oven to 400$^{o}$ F. Line a muffin pan with paper liners.

1 cup Kenyon's Stone-Ground yellow corn meal[1]
1 cup King Arthur's Organic Select Artisan Flour
1/3 cup cane sugar
2 teaspoons baking powder
1/2 teaspoons baking soda
1/4 teaspoons salt
1 cup buttermilk
¼ pound melted sweet butter
1 egg
1 teaspoon pure bourbon or Tahitian vanilla extract
2 cups fresh whole blueberries

Mix together the flour and baking powder. Add cornmeal, sugar, and salt to the other dry ingredients. In a mixer, beat egg, and then add buttermilk, vanilla, butter, and the dry ingredients. Beat until well combined. Batter should be reasonable thick, add more flour if necessary. Fold in the blueberries.

Fill each muffin cup two-thirds full with batter.

Bake muffins until firm and golden, 20 to 25 minutes.

Note:

1.Kenyon Grist Mill Ground Yellow Corn Meal "We've been getting the most flavorful yellow corn from a Long Island farmer, the sweet aroma released when grinding permeates the entire mill! This is perfect for a deep yellow corn bread, authentic polenta, dumplings or hush puppies." Kenyon's Grist Mill, Usquepaugh, West Kingston, RI 02892, (401) 783-4054 see: http://www.kenyonsgristmill.com

## *Cheddar Scallion Drop Biscuits*

Preheat oven to 450 degrees F.

Makes 12 biscuits

2 1/4 cups all-purpose flour
2 1/2 teaspoons baking powder
2 teaspoons sugar
1 teaspoon baking soda
1 teaspoon salt
1/2 teaspoon cream of tarter
1 teaspoon onion powder
6 tablespoons (3/4 stick) cold unsalted butter, cut into 1/2-inch cubes
6 ounces cheddar, coarsely grated (1 1/2 cups)
3 scallions, finely chopped
1 cup buttermilk

Shift flour, baking powder, sugar, onion powder, cream of tarter, baking soda, and salt in a bowl. Blend in butter with your fingertips until mixture resembles coarse meal. Stir in grated cheddar and chopped scallions. Add buttermilk and stir until just combined.
Drop dough in 12 equal mounds about 2 inches apart onto a buttered large baking sheet. Bake in middle of oven until golden, 18 to 20 minutes.

## *Cinnamon Toast*

### *About cinnamon spice and everything nice*

Cinnamon is one of the oldest spices and has been prized by man since the beginning of civilization. It is said that the emperor Nero burned a kings ransom amount of it at the funeral of his wife, Poppaea Sabina as an indication of his remorse after kicking her and their unborn to death. That's a morbid bit of news before breakfast.

"Any moron can make cinnamon toast" is probably a true statement but it takes a special moron to make it gourmet food and I am just the man for the job. If there were just one thing I was allowed say about cooking (as if I could contain myself for even one second) is that superior ingredients make superior results and if any recipe were simpler and more evident in the results than this, I would be hard pressed to think of one.

2 slices Italian Ciabatta bread[4] or sourdough bread cut thin

2 teaspoons softened European Style sweet Butter[2]

2 tablespoons Demerara sugar crystals[1]

1 teaspoon Indonesia Korintje ground cinnamon

In a small cup, add the sugar and cinnamon and stir or shake until completely mixed.

Use a toaster to very lightly toast the bread. Butter the top side of each slice and add half the cinnamon sugar. Now toast in a toaster oven but just before done, add the remainder of the cinnamon sugar. Bet you can't eat just one.

When it comes to ingredients, you can amaze yourself by doing a bit of research on the internet as to what is the better product in any category. Certainly the neighbor gourmet store has a reasonable facsimile for any of the products mentioned above. Don't use stale old ingredients. I have notice that even Macho, my discerning pedigreed boxer of exception breeding likes his ingredient fresh as possible as he will take tidbits straight from the refrigerator if it is left open long enough. He seems to prefer the solitude of the backyard for assailing the freshness of these morsels as he is yet to show a level of sophistication wherein he dines sitting at the table.

Notes:

1. Demerara sugar crystals - Demerara area of Guyana, South America, from which it originally came). These are larger crystals with some crunch to them.
2. Straus Family Creamery European Style sweet Butter fresh churned in small batches that are rich, sweet and creamy, with 85% butterfat content. Named "One of the top premium butters in America" by Food and Wine Magazine.
3. Unquestionably, the cinnamon best suited to American bakers comes from the cassia type of cinnamon. Indonesia and Vietnam supplies two types: Korintje and Vera. Korintje characteristically has a slightly more intensive color and flavor than the Vera and is rated the better type. In general, Korintje is deep reddish brown and has a sharp cinnamon flavor. If you want to go over the top here, buy the product in stick format then grind and pound it into a powder in a mortar. Vietnamese cinnamon is also excellent and now is readily available.
4. Ciabatta has quite a few holes but despite this is very tasty. For less holes use sourdough.

## *Corn Madeleines*

2 cups cornmeal
1/4 teaspoon cayenne, or to taste
1/4 teaspoon white pepper
1/2 teaspoon salt
2 teaspoons baking powder
1/2 teaspoons baking soda
2 tablespoons brown sugar
1 cup whole milk
2 eggs, beaten
4 tablespoons butter, melted plus extra for pans
1/2 cup fresh sweet corn kernels with the cob milk
All purpose flour dusting pans

Preheat the oven to 400 degrees.

Scrape corn kernels from the cobs using a tablespoon. Scrape some of the cob milk into a bowl as well.

Butter a 12-cookie madeleine pan. Dust pan with flour and knock out any excess. Stir together the cornmeal, cayenne, salt and baking powder. In a bowl, dissolve the sugar in the milk. Add the eggs and the butter to the milk, stirring to mix. Add the milk mixture and the corn kernels to the dry ingredients and stir just until mixed. If too loose, add a little more cornmeal. Use 1 slightly rounded tablespoon of batter for each corn madeleine. Bake in the preheated oven for 15 minutes, or until the bottom of each cake is golden.

Repeat with remaining batter, butter and dusting the pan for each batch.

## *Cummings Monkey Bread*

By Mary Cummings, Laneview School Collective Cookbook. Vicki was a great organizer for

the Laneview school's PTA and put together this fund-raiser that self published this Collective cook book. This is a favorite at family breakfast.

Preheat oven to 350 degrees F

For Rolling
- 1 cup white sugar
- 1 tablespoon or more of ground cinnamon
- 4 (12 ounce) cans refrigerated buttermilk biscuit dough

Topping
- 1/2 cup butter
- ½ cup dark brown sugar
- 1 tablespoon or more of ground cinnamon

Mix cinnamon and sugar together. Cut biscuits into halves, and roll each piece in the cinnamon and sugar mixture. Layer biscuits in a well grease Bundt pan.

Topping
Melt butter, and dissolve the dark brown sugar with ground cinnamon and spoon over biscuits evenly.

Bake in a preheated 350 degrees F oven for 30~35 minutes. Turn out onto a platter, and serve warm. When not too hot, pull apart to eat.

## *Focaccia Pan Bread*

The recipe makes a light, tender focaccia due to the style of flour. When you buy the KA Italian "00" flour a similar recipe is on the bag. Their recipe helped derived this one but this one has been modified to provide a compromise texture. The focaccia bakes in a pan atop parchment paper. In Italy baked focaccia is often served with any combinations of good things on hand from fresh buffalo mozzarella, anchovies, prosciutto, basil and other herbs, or fresh garden tomatoes.

3 cups King Arthur Italian "00" Flour
3/4 cup King Arthur French Style Flour
1 teaspoon Ever-Fresh (a mixture of sugar, ascorbic and citric acid)
2 tablespoons finely ground parmesan cheese
1 teaspoon garlic powder
1 teaspoon salt
1 tablespoon SAF Red instant yeast
2 tablespoons extra virgin unfiltered fruity olive oil
1 1/3 cups bottled water or more if needed (see text)

Top with
2 tablespoons olive oil
coarse Kosher or sea salt
2 sprigs finely chopped fresh rosemary

In a bowl, add 3/4 cup King Arthur French Style Flour, Ever-Fresh, yeast and ½ cup of water. Mix with a fork and let sit partially covered (leave a vent hole or two) for 1 hour.

In a mixing bowl, add all of the yeast mixture, ½ cup of additional bottled water, the salt, garlic powder, parmesan cheese, olive oil. With a little extra oil, oil the paddle and the hook of the mixer. Using the paddle first, on low speed, start adding the balance of the flour. When it's starting to get thick, switch to the hook attachment. Slowly add the rest of the flour. If it looks like it getting too thick, add more water. We want a slightly sticky dough at this point. Let the dough rest 20 minutes while you cover the mixer bowl with a wet towel.

Meanwhile, using additional oil, lightly oil the inside of a large metal or glass bowl where the dough will be able to double in size as it rises. If it not a warm day, well need to prepare a warm place for the dough to rise. A great place is the oven. Bring to a boil a large pot of water to put in the oven to make the oven warm and moist.

After 20 minutes of resting the dough, knead it with the hook for 3 minutes with the machine on low. Place dough in oiled bowl, turning it to coat the dough. Cover with a wet towel. Place in warm spot. Let it rise for an hour or until doubled. Remove it from the bowl. The dough should be soft and highly pliable. Knead the dough a few times, and let it rise again (second rising is usually twice as fast as the first.)

Place the dough onto a large shallow parchment-lined baking pan. Using your palms and fingers work the dough to a rectangular shape until the dough is reasonable flat and about a ¼ inch thick. Brush or rub the dough generously with olive oil, and sprinkle lightly with coarse Kosher or sea salt and rosemary. Cover the focaccia either with a wet towel or an identical baking pan inverted if the pan lip is tall enough not to impeded rising. Let rise in a warm place to rise for about 30 minutes.

Traditionally the chef gently dimple the dough every 2 inches or so with their fingers before baking the bread.

Place pan so it spans two burners on the stove top. Turn burners on to briefly preheat the bottom on the pan for about 30 seconds. Now bake in a preheated 425°F oven until **focaccia is** golden brown. Remove **focaccia** from the oven to cool on a wire rack to cool slightly before cutting it into squares.

## *Hush Puppies Ala Stefano*

Contrary to popular opinion, this is not instructions for your pooch. The origin of Hush Puppies is thought to stem from the South as far back as the civil war but in reality, the American Indian was frying up corn doggers in bear grease long before the civil war. Today hush puppies are thought to be a comfortable shoe having originated in 1958 unless you're from the South, where "gator bits" or catfish are plated up with a parcel of these hot crisp nuggets. In the South, these are eaten "with fish, chicken, ham, pork…" in other words, everything! The proportions of flour to corn meal varies with the recipe so does the use of white versus yellow corn meal. The die hards insist these are not the same without buttermilk, chopped onions and fried in bacon grease.

Lard or peanut oil (4 or more cups)
- 1 cup Kenyon's Stone-Ground yellow corn meal
- 2 tablespoons of all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon each of sautéed chopped shallots, red pimentos

1 tablespoon sautéed finely chopped jalapeños
1 tablespoon of chopped skinless fire roasted poblano chills
1 tablespoon finely chopped Italian parsley
2 tablespoon finely chopped chives
2 eggs, whites and yolks beaten separately (use more egg whites for lighter results)
1/2 teaspoon white pepper
Pinch of red pepper (to taste)
1/4 cup milk

Preheat lard or oil to 375 F in a steep wall sauce pot. Use a thermometer.

Preheat the oven to 170F. Keep a paper towel covered platter to hold the cooked hush puppies between batches.

Mix all ingredients in a bowl. Add in beaten egg yolks. Fold in beaten egg whites. You will form ball of the mixture with two spoons. Try to keep them the same size each time. Drop a few formed spoonfuls at a time into hot (375 F) oil. Let them pop to the surface, roll them as necessary and let them turn golden brown. Place cooked batches in oven on towel covered platter to stay warm.

Serve with a dipping sauce such as warmed red currant or Jalapeño jelly although, in the South, these may be served with whipped honey butter.

## *Kae's Garlic Bread*

Preheat oven to 350 F

1 loaf sliced sourdough bread
1 1/2 sticks of softened sweet butter
Pinch of salt
2 cloves finely minced garlic

Mince garlic very fine, sprinkle with a bit of salt and beat into a paste. Whisk garlic in the butter until very well incorporated. Butter each slice of bread and assemble back into a loaf with

each slice pressing up to the next. Wrap in tin foil and put in oven for 20 minutes until it is hot. Serve whole loaf in a bread basket in its tin foil wrapper. Let everyone help themselves.

## *Melba Toast*

Melba toast[1] is a very dry, crisp, thinly sliced toast often served with pate, soups and salads or topped with either melted cheese or pâté.

I watched a French Chef do this on one of Julia shows or was it great chefs of New York; at any rate it is easy.

Slices of sandwich bread of choice

Lightly toast slices in toaster or toaster oven. When these have cooled a bit, lay toasted slices flat. Cut crusts from slices with a very sharp knife so bread edges are not pinched down. Serrated knife works well. Place your hand atop the slice and carefully cut the toasted slice in half so it's half as thin. Sounds hard, but once the bread is toasted, it is very easy. Place toast cut-side up on a cookie sheet and place in hot (425 F) oven to crisp up a short bit more.

Note:

1. 19th Century Famous opera singer Miss Nellie Melba ever worried about her fine figure complained to the great chef Auguste Escoffier that her bread was much too thick. Escoffier returned to Melba's table with a thinly sliced piece of toasted bread, and promptly named it Melba toast in her honor. Nellie Melba's name also live on in Escoffier's famous Peach Melba.

## *Mexican Sweet Corn Cakes with Tomatillo Sauce*

Side dish or appetizer, these are simply very tasty. Inspired by an Elephant bar appetizer which is served on a decorative plate with a corn husk as a boat for two corn cakes a top a tart and tasty tomatillo sauce.

1/4 cup sweet European butter, unsalted

2 tablespoons canola

1/2 cup masa harina or corn flour
3 tablespoons buttermilk
7~8 ounces cream-style corn
3 tablespoons cornmeal
1/4 cup sugar
2 tablespoons extra heavy whipping cream
1/2 teaspoon baking powder
1/4 teaspoon salt

Garnish

Chopped Red and yellow bell peppers, cut into ¼ cubes
Swizzle with chile sauce (recipe below)

Whip butter in mixing bowl until fluffy and creamy. Add masa harina gradually and mix thoroughly. Add water gradually, mixing thoroughly. Add corn kernels and cream style corn until mixed into masa mixture. Mix cornmeal, sugar, heavy whipping cream, baking powder and salt in large bowl. Add butter-masa mixture; mix until blended. Pour mixture into 9 x 13 inch greased baking pan. Cover with foil and bake at 350 degrees until corn cake is firm, 40 to 50 minutes. (For a drier result, remove cover last 10 minutes) Allow to stand at room temperature a while before cutting into squares. Serve over tomatillo sauce (see recipe) with swizzle of chile sauce (recipe below) and garnish plate with chopped red and yellow bell peppers,

Chile Sauce

½ pureed red bell pepper
1 tablespoon heavy cream
Cayenne pepper to taste
Salt to taste

Puree ½ red bell pepper with ¼ cup of water. Reduce over low heat until thickened. Add heavy cream. Correct seasoning adding cayenne pepper to taste.

As a variation, I promise to add a whole beaten egg to the recipe and cook this uncovered to see how it comes out.

## *Pane Casareccio di Genzano (Roman homemade bread)*

This recipe may seem more like a dissertation on home bread making rather than a recipe. But once you've made this bread the only thing you will refer back to is the simple quantities. You may be inclined to skip the sponge and biga phases altogether. You could do that, but the bread would not be the same.

Living in Rome as a young man, I came to accept many wonderful things as commonplace. The family's favorite bread was chewy Casareccio, a big ground loaf reddish gray on the outside and the color ivory inside filled with holes. It was the bread of choice for bruschetta and crostini. In the summer, we would eat the sweet red onions from the fields of Rome with the sweet butter from the Appian Way (even though the Romans generally did not eat butter). To my knowledge, this bread is unavailable in the United States. So if you crave it is much as I do, you either have to go to Rome or learned to bake the bread at home. Renowned food critic and author Jeffrey Steingarten, in his book It Must Be Something I Ate in the chapter entitled "Flat Out", gives testimony that Pane Genzanese is the best bread he ever baked and when properly prepared, the best he has ever eaten. His book includes his recipe for this bread and it is a very good one. The pursuit of an exact recipe, as it turns out, is akin to a quest for the Holy Grail. The Italians describe reverently the bread is like the world derived from earth, wind, fire and water.

*"The origins of this product are rooted in the peasant culture of its zone of production. The bread, which households used to make for themselves, is baked in wood-fired ovens known as soccie. Pane Casareccio di Genzano was already known and appreciated in the 1800's for its particular aroma and fragrance which last up to seven or eight days. It was not until the 1940s, however, that the bread became extremely popular in Rome to which it was brought from Genzano at night and sold fresh the next day by local grocers and bakeries. The bread is shaped into either round loaves or long broad sticks. The area of production is the whole town district of Genzano in the province of Rome."* The Italian Trade Commission, 33 E 67th Street, New York, NY 10021

*"In 1988 a Consortium was been born for the Protection Homemade Bread of Genzano, in the aim of tutelage and promoting it on the market. The adoption of brand IGP – was approved in 1997 - for the observance of very precise rules in order to guarantee the characteristic forms, size, thickness of crust, of color, holes and consistency of the bread texture, fragrance"*

*From the pages of the Italian government (translated best I could)*
*"Pane Genzano is made from select "0" and "00" flours, natural yeasts, sea salt, and water. By tradition, the production process follows three essential steps: the preparation of the natural yeast that is renewed every day so as to obtain the characteristic smell; the growth of the yeast in containers of wood (never plastic) under the careful supervision of the baker; the baking in the furnace in order to obtain the characteristic rustic bread with thick crust (approximately 3 millimeter) and the inner part flooded with holes which has delighted the pallets of nobles, the Pope and countrymen"*

Forrest for the trees
There are many recipes on the Internet for this bread unfortunately all of them are different and most of them are not the true *Pane Genzano*. Jeffrey Steingarten's recipe seems very near the mark with stipulations. The most significant stipulation is that it may be impossible to duplicate the yeast, the water, and the firewood furnaces "soccie" of Rome.

Duplicating the Yeast
I suspect that the wood containers used to ferment the bread starter are loaded with microscopic pores that surely help harbor multiple species of naturally occurring yeasts. I am certain that even if you went to the town of Genzano no one there would give you a sample of their day-old starter. Jeffrey Steingarten's recipe calls for SAF instant yeast. My research indicates that the yeast used in this bread is a naturally occurring one. All varieties of brewer's yeast (Saccharomyces cerevisiae) fall into the "natural" category however, that being said, there are many sub-species, and the actual conditions under which these yeasts are treated (held, fed, type of wheat used) all promote geographic variations[1] in the yeast growth favoring the dominance of certain sub species over others. Even if we started with an identical yeast starter at home, and renewed it every day, it would not remain identical for long, due to conditions HERE! The yeast would become different. SAF instant yeast is an excellent substitute and produces good results each time. Nutritionally, natural leaving has been repeatedly shown to be better for one's health.

The Water of Rome
The water of Rome is highly mineralized and very hard on plumbing pipes. No doubt my sis-

ter, with her incredibly long hair, must have used some 20,000 liters of conditioner the seven years we were there. You would think that buying mineral water from Rome would mean getting water with plenty of minerals. This is not the case. The bottled water in Rome is either from springs or local well water and not withstanding carbonation; it is high devoid of heavy mineralization which is what the Roman's prefer over the heavy mineral laden tap water. Fortunately, when we get around to selecting our flour, we will favor artisan flours with certain percentages of ash as a means of compensating for our softer water. The higher the ash count, the more minerals are present in the flour. In artisan baking applications, higher ash often plays a positive role interacting with yeasts and thought to enhance flavor as well with counts to 0.53 and 0.55 percent. Additionally, the use of sea salt with its inherent additional minerals will help contribute to a more authentic replica.

The Flour:
The Pane di Genzano bread of Rome is made with two or three types of refined flour:

- 00 Highly refined and having a low protein
- 0 Less refined but higher in protein flour
- 1 Even less refined flour

EQUIPMENT

- 6 or 8 quart mixer
- Large spoon
- Paddle and hook attachment for mixer
- Large rising bowl
- 2 large towels
- Utility knife razor blade
- 16 inch baking stone or ceramic floor tile
- Double walled cookie sheet to be used as batten or a real batten
- Cook’s spray bottle with integral pump (normally for oil but filled with bottled water)
- Proofing bowl with muslin towel liner (see figure 2)

TIMELINE

- Day one
  - Make a sponge (1 cup) or
  - If natural leavening, bulk up a sourdough starter (2 cups)
- Day Two

Make a biga and if natural leavening, feed sourdough sponge needed for day three

Day Three

Make dough

Bake bread

SPONGE

1 teaspoon sea salt
2 cup water
2 cup unbleached unbromated whole wheat flour
2 teaspoon SAF Red instant yeast or
If using natural leavening, 1 cup of sourdough starter

If you already have a sourdough starter, bulk it up in preparation for making a really big loaf. You will need 2 cups of sponge. One will be used to make the biga and another will be used on the baking day to help leaven the bread. (See the time line.) Otherwise, prepare the sponge two days ahead of the baking day. Let it sit overnight on the counter in a bowl covered with plastic wrap with several holes.
Once the sponge is made, use it the next morning to make the Biga.

BIGA

¼ teaspoon sea salt
1 cup King Arthur Sir Lancelot Hi-Gluten Flour
All of the sponge above
Olive oil to coat the dough hook and the bowl for the first rising.
Water as needed

Prepare the one day ahead. Let sit 20 hours in refrigerator, bring out several hours (or more) ahead of when it is needed and allow it to come to room temperature.



Figure 1 Baker Wheat Bran (in Italian: crusca)

BREAD DOUGH (scale as needed)

The biga
1 pound King Arthur "00" Italian Flour
1 1/4 pounds of King Arthur Sir Lancelot Hi-Gluten Flour
1 tablespoon of sea salt
2 to 3 tablespoons SAF Red instant yeast [depending on the time of the year] (If using natural leavening, substitute a cup of sourdough sponge and reduce this to 1 tablespoon SAF Red instant yeast)
3 cups of water
Olive oil to coat the dough hook and the bowl for first rising
2 cups baker wheat bran (crusca, cruschello) for dusting surface
Optionally, King Arthur Instant Sourdough Flavor

King Arthur Instant Sourdough Flavor adds the sour dough flavor to breads without the long process of creating a sour yeast starter and is based on naturally fermented Lactic Acid additives. It is used in portion ¼ - 1/3 cup additive to three cups flour.

The wheat bran[6] may be further processed in a coffee grinder, a batch at a time, and then sifted to make what the Italians refer to as cruschello which means small wheat bran which is better for

this bread and what is used in Rome.

I would imagine 4 tablespoons of yeast might be what was required in the dead of a Roman winter to make the bread rise fast enough to fit the bakers time table in what would be an unheated bakery but our temperature is a lot warmer and I have found 2 tablespoons SAF Red instant yeast more than adequate. If using natural leavening, things will progress slower but the flavors will be better.

Our mixture of flour yields a protein value of 12.75 which is slightly less than many American bakeries use but closer to European breads.

Apply a bit of oil on the dough hook and set it aside until ready to use.

A 6 quart mixer is just big enough to mix the dough. Initially, we use the paddle wheel but when the dough begins to become very thick, we switch to the dough hook. When we begin the first kneading, the mixture will be split into two batches so as to be manageable. Dissolve all of the salt into all of the water. Pour the liquid into the mixing bowl of your mixer. If using commercial yeast, add it to the flour and stir it in. Spoon into the water mixer approximately 1 and a half cups of flour. Carefully turn the mixer on LOW! I said carefully because the mistake here will spread a flour-water mixture all over you, the walls, the kitchen counter, and the floor. In this next step, we will break up the biga into small pieces that can be incorporated into the water flour mixture. We take our time with this process, adding small pieces of the biga once the previous piece has been incorporated, adding additional flour as needed to prevent excessive sloshing of the mixture. Take your time. Once the Biga is all absorbed we're ready to add additional ingredients. If using natural leavening, turn the mixer off and add all of the additional sponge. Carefully turn the mixer on LOW! Start adding the additional flour. When the dough starts to become too thick, replace the paddle with the dough hook. Carefully turn the mixer on low, and slowly add flour. If the dough has reached the right consistency stop adding flour. If all the flour is added by the dough is still too wet, add additional flour as required. The dough is at the right consistency when it is still a bit sticky.

Oil a large stainless steel bowl with a bit of olive oil. Empty the dough into this bowl and cover the bowl with a wet towel. Allow the dough to rest until it at least doubles its size. Slower is better and on a cool day this could be 4 hours.

Push down the dough in the bowl and divide it into equal pieces. Each piece will be returned to the mixer to be kneaded on low until each piece has becomes shiny and elastic. (If the

dough is too sticky, you may knead in additional flour.) You may also knead the bread by hand. At this point the dough should have its glutens fully developed. To test that you have kneaded the bread sufficiently, take a small ball of dough about the size of a walnut and press it into a thin sheet. Continue pulling it gently to thin the dough to the point it becomes see-through. If the dough is smooth, elastic and does not easily tear apart, then the glutens have developed to the point where the bread will retain its airy pockets in baking.



**Figure 2 Proofing Bowl with Muslin Towel Liner**
[The proofing bowl will help maintain the loaves' shape.]

Wash the large stainless steel bowl and cover it with a large smooth muslin towel. Hold a towel in place within an elastic strap. Rub flour into the towel to prevent dough sticking to it. Push the towel down into the bowl to form a cradle. Try to smooth the towel so it is without creases. Coat the bottom of the towel liberally with the wheat bran. Form the dough into a round shape by folding the edges of the dough out from the center and roll under the loaf. Do this several times until the loaf is smooth and nicely rounded. Dust the loaf very generously with the fine wheat bran then place the loaf smooth side down onto the wheat bran in the center of the proofing bowl. Press some of the wheat Bran along the edges of the loaf. Cover the bowl with a wet towel. Allow the dough to rise until it has doubled its size meanwhile prepare the oven. Remove the extra shelf from the oven. Place the remaining shelf on the bottom rung. Place your baking stone on the bottom shelf. Preheat the oven to 500 F. Place a shallow pie pan on the bottom of the stove floor filled with boiling water to help make a humid oven which promotes a good crust and a good rising.

Allow the loaf to raise twice its size in its proofing bowl. Spritz the bottom of the loaf with a quick mist of water and dust liberally with wheat bran. The next step is a little messy. Cut a sheet of parchment paper that completely covers the batten. We will turn out the loaf by turning the loaf

over onto the lined batten or a double-bonded baking sheet used as a batten. When we do so, the excess wheat bran will spill out onto the counter which is unavoidable. Once the loaf is on the batten, use your hands to restore its shape. Remove the excess wheat bran from the batten. The use a fresh utility knife razor blade to score the top of the bread with ½ inch deep slits spaced 4~5 inches apart which will allow for expansion and prevent the loaf from cracking as it further expands while baking. (I use the intersecting square # see first picture- these cuts are about 8 inch long.) Spritz the loaf with a quick mist of water and further dust with wheat Bran, pressing it gently into the loaf's surface. Now spray the loaf but 20 mists of water all over. Trim down the parchment paper until it is just slightly larger than the loaf. Don't worry about the extra wheat bran on the parchment paper. As the bread cooks the extra wheat bran will burn a bit which helps contribute the characteristic wood-burning stove effect to the bread. Open the oven door. Hold the batten at a 25 degree angle placing the leading edge of the batten on the far side of the baking stone and shake off the loaf (with its parchment paper) moving the batten forward to deposit the loaf in the middle of the baking stone. Now spray the loaf again liberally with mist of water (avoiding the stone, the oven light and the glass window in the door of the oven.)

Set a timer for 20 minutes. At the 20 minute mark, spray the loaf again liberally with mist of water. Bake another 40 minutes or until the loaf is a reddish dark brown. The instant reading thermometer when plunged into the middle of the bread should read 205 F when the bread is done. For a crunchier crust cook the bread to 215 F.

Using your batten, remove the bread from the stone to a cooling rack where it will be allowed to cool for several hours. When cool, rub your hands over the exterior surface of the loaf to remove excess wheat Bran. When everything goes as planned you will have an exceptionally chewy thick crunchy crust with a wonderfully tasting highly aerated interior. If you bag or wrap the bread while the loaf is stiff cooling and shedding water vapor, the bread crust with soften and loose its crunchiness.

Variations on this Recipe

Basically all the steps are followed at some of the ingredients are varied to provide slightly different results. In Figure 3, the loaf included 20 percent white whole wheat flour and was dusted with red whole wheat flour instead of bran. This loaf was baked until its internal temperature reached 205 F.

As you become a seasoned bread-maker all trepidation will depart. The need to measure anything will fall to the wayside. A season bread maker can feel the dough and tell you if it has

too much water or not enough. Typically water is 65 to 69% by weight. If you need to error then do so in favor to more water. Wetter dough allows the yeast to better transform the proteins and improve the character of the results. Because salt retards of yeast activity is not the least uncommon in Italy to have breads that do not contain salt. I recommend the use of salt as it is harder to make GREAT bread without.

To see a short film on Pane Casareccio from Italy, see my web site:
http://www.bychoice.com/pane_genzano.wmv

For the Italian Speaking readers, also see

http://www.taccuinistorici.it/newsbrowser.php?news_id=1106&news_dove=2



**Figure 3 Dusted with Whole Wheat Flour instead of Bran**

Notes:

1. Occurrence and dominance of yeast species in sourdough, A. Pulvirenti2, L. Solieri2, M. Gullo3, L. De Vero2 and P. Giudici2
2. Dipartimento di Scienze Agrarie, Universita` degli Studi di Modena e Reggio Emilia, and
3. DOFATA, sez. Tecnologie Alimentari, Catania, Italy

4. References to important insight or authority on the topic of this bread include:
- http://www.atlanteparchi.it/parco.regionale.castelli.romani/pani.html
- http://www.pane.appuntidicucina.it/index.php?Art=4997
- http://www.romacastelli.it/vivavoce/vivavoce-1106/inprimopiano-1106.htm
- *http://www.naturalmenteitaliano.it/Expages/VisuSchedaProd.asp?Id_Prod=83&pageProd=1&Id_Tipo_Prod=6)*

5. "Autolyse - When water and flour are combined, gluten forms in a random, disorganized matrix that is very weak. As the dough is kneaded, the disorganized bonds are pulled apart and reattached into straight, strong, orderly sheets. This must occur in order to give bread proper structure. But excessive kneading can lead to flavor loss. The autolyse step reduces kneading time by allowing enzymes in the dough to break down disorganized bonds of gluten. Autolyse helps the gluten form a stronger, more organized network with less kneading." www.cooksillustrated.com this is an essential step as noted in many of the Italian text on the subject of this authentic bread.
6. Cruschello – In Italian means small pieces of crusca (wheat bran). Making the wheat bran into very small pieces turns out to be harder than in looks. The material is some what elusive. I tried a blender, a food processor and a coffee mill. The coffee mill works the best but it takes forever and only does a little at a time. A sieve is used and the smaller pieces fall through while the coarser pieces go back into the coffee mill. Coffee mills are intended for intermittent duty, so periodically; I needed to let the mill cool off. An alternative method is to simple sieve a large quantity of bran thereby separating the larger crusca from the smaller cruschello after all bran is very cheap. If you know someone with a stone mill your in luck.

## *Kae's Parker House Rolls*

Pre-heat oven to 400 $^{o}$F.

2 tablespoons SAF Red instant yeast
2 tablespoons sugar
1 teaspoon salt
1/2 cup boiling (unchlorinated) bottled water
1/2 cup canola oil
3 cups King Arthur Unbleached All-Purpose Flour
1 beaten egg
1/2 stick of melted butter

Combine boiling water, oil, sugar and salt in a large bowl. Stir to dissolve sugar.

Let cool to lukewarm. Add yeast and egg. Stir in enough flour to form a ball. Knead lightly on floured surface until smooth, about 5 minutes.
Grease large bowl. Add dough turning to coat surface. Sprinkle with flour. Let rise until doubled in size. Punch down, knead on floured surface until smooth, about 1 minute. Roll out to 1/4 inch thick. Cut out 2 1/2 inch rounds using a floured glass rim. Place on un-greased baking sheet 1/2 inch apart. Brush with melted butter. Fold each roll in half. Cover sheet(s) with a damp towel. Let rise until double in size.

Bake in a 400 $^{O}$F. oven 10-12 minutes until golden brown.

Note:
*1. have changed Kae's original recipe by suggesting yeast and flour types and specifying (unchlorinated) bottled water.*

## *Popovers*

Bring ingredients to room temperature. Preheat oven to 450 F. Center up the oven rack. Baking these marvels requires a popover pan. Popovers like a moist oven. Place a shallow pan of boiling water on the bottom rack.

3 1/2 cups whole milk, warmed to room temperature (75 F)
4 cups King Arthur Unbleached All-Purpose Flour
1 1/2 teaspoons salt
1 teaspoon baking powder
6 large organic brown eggs, room temperature
4 tablespoons melted sweet butter

Recipe is for twelve popovers. If you have a six cup popover pan, it great to have two pans. Popovers will be baked on bottom rack. You should brush the popover pan with melted butter even if it is a non-stick pan, and for this use a 1/4 cup clarified butter and a tablespoon of canola oil.

Milk should be just warm to the touch. Sift the flour, salt, and baking powder together in a bowl.

In a mixer using the wire-whisk, combine the eggs, warm milk, with the melted butter and process on high until well combined. Add flour mixture, a little at a time and process on low to first combine, then on high speed for 30 seconds or until just combined and is free of big lumps. Scrape

down the sides of the mixer with a spatula as required. Quickly mix again. Let batter rest for a minute to relax the glutens.

With oven up to temperature and the empty popover pan hot, quickly remove the popover pan from the oven. Quickly and liberally brush each of the popover cups with clarified butter oil mixture to prevent sticking and fill each of the popover cups ½ to ¾ of the way with the batter.

Bake for 15 minutes (no peaking) and then reduce heat to 400 F and bake for another 20 minutes or until the popovers are deep golden brown. Tumble the popovers out into a cloth lined bowl, poking each popover with tip of a knife to release the steam. Serve immediately.

Good with plenty of butter and Kae's strawberry jam.

## *Hawaiian Electric Company Portuguese Sweet Bread*

In the 60's, it would seem that many of the Hawaiian Island people were Portuguese and many of the street vendors sold Portuguese products none more prevalent the Linguisa sausage and Hot malasadas (the original malassadas with two "SS" where originally of course from Portugal.) This recipe is for the Portuguese sweet bread made with potatoes.

1 ½ tablespoons SAF Red Instant Yeast
1/2 cup warm potato water
3 tablespoons sugar
1 cup mashed potatoes
1/8 teaspoon ginger
1/2 cup milk
2 teaspoons salt
6 eggs
1 3/4 cups sugar
1/2 cup melted sweet butter
8 to 10 cups KA Italian "00" flour

Dissolve yeast in potato water. Stir in the 3 tablespoons sugar, potatoes and ginger. Cover; let rise until doubled. Scald milk; add salt and cool to lukewarm.
In small bowl of electric mixer, beat eggs; gradually beat in the 1 3/4 cups sugar. Stir into yeast mixture. Add butter and mix well. Stir in 2 cups of the flour, then milk. Add 2 more cups of the flour; beat 5 minutes. Stir in enough remaining flour to make a stiff dough. Place on lightly floured board and knead in the remaining flour until dough is smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning in grease top. Cover; let rise until doubled. Grease four 9 by 5 by 3-inch loaf pans. On a lightly floured board, divide dough into fourths. Shape each fourth into a loaf; place in prepared pans. Cover; let rise until doubled. Preheat electric oven to 325 F. Bake for 45 minutes or until done.

Makes 4 loaves.

## *Rhode Island Johnnycakes*

The johnnycake is popular for breakfast in Rhode Island with butter and maple syrup or served with stews and roasts when made without sugar.
These are served both thin and crisp or thick with a crusty outside. They may be drizzled with syrup or simply eaten plain. Variation in New England include cakes made with blueberries.

1 cup Kenyon's stone-ground yellow corn meal
1 cup boiling water
1 teaspoon salt
1 teaspoon Turbinado sugar or brown sugar
1 teaspoon baking powder
start with ½ cup whole milk or buttermilk
1 egg
2 tablespoons melted sweet butter
1 tablespoon canola oil
Pinch of ground cinnamon (when making sweet breakfast variety)

Pinch of ground cloves (when making sweet breakfast variety)
Pinch of white pepper

Combine dry ingredients in a mixer bowl. Pour boiling water over the meal mixture, whisking to prevent lumps then let the mixture sit for ten minutes. Add milk, egg, melted butter and oil and beat until smooth. The amount of milk will set the consistency of the cake. A dough that is mash potato thick for a thick and crusty result; or a thin batter, for a result more like a pan-cake.

Preheat a teflon skillet to 375 F. Butter the skillet surface. Pour on the batter and let the cakes gently sizzle on the grill for 6 to 11 minutes or until a golden brown around the rims. Turn over and repeat.

Drizzle johnnycakes with butter and serve with your favorite syrup or preserves.

*From the West Indies, Southern United States, Australia, versions made with other types of whole grains are also found. In modern versions, corn cakes made with eggs, oil, and baking powder for leavening. Not all of these are sweet. Ashcake, battercake, corn cake, cornpone, hoecake, hoe cake, journey cake, mush bread, pone, Shawnee cake, jonikin and civil war corn dodgers are variations. Fats range from butter, lard, bacon fat, and oil.*

## *Rum Butter Chestnut Biscuits*

1/4 cup Italian “00” flour
1/4 cup fine chestnut flour
½ cup sweet butter
½ teaspoon baking-soda
3 egg yolks
2 teaspoon dark rum
1/4 teaspoon salt

Place the two flours and butter in a food processor and pulse-on in very short bursts until the granules are reduced to the size of small peas. Don’t over do it.

Mix together the rum, baking-soda, salt and two egg yolks. Add to this mixture the flour

butter and mix well.

Knead lightly, then chill for 20 minutes.

Preheat the oven to 350F. Lightly grease 2-3 baking trays. Turn the dough onto a floured surface and roll out to 1/4 thickness. Cut into 2-inch rounds using a pastry cutter and transfer to the trays, spacing well apart.

Lightly beat the remaining egg yolk as a glaze. Paint the top of each biscuit. Bake in the oven for 12 minutes until golden brown. Remove to a cooking rack. Serve warm.

## *Sardinian Flat Bread*

2 cups unbleached un-promoted Kansas soft winter wheat flour (see notes)
1 cup finely ground semolina flour
1 teaspoon salt
1 cup water (more as needed)

Preheat the oven to 450° F. and if using a baking stone, place it in the oven on the bottom rack.

In the food processor, combine all ingredients and 1 cup of water. Process to blend. Add additional water until the dough ball comes together. Remove from bowl and work the dough into a ball. Place on a clean, floured work surface and knead for several minutes, adding flour as necessary so the dough is pliable no longer sticky.

Roll the dough into a cylinder and cut it into 10-12 equal pieces. Flour the work surface to prevent sticking and roll each piece of the dough into a ball with your hands first, then as thin as possible into plate sized rounds. Flat breads are meant to be irregularly shaped so don’t fret if not symmetrical.

Bake several rounds on an un-greased baking sheet or individually on a baking stone using a double walled baking sheet as a baker's peel. Bake until the top of the bread is firm and lightly

browned, about 3 to 4 minutes. Using tongs flip the bread over and bake until the other side is lightly browned, about 3 to 4 minutes more. Transfer the bread to a wire rack to cool. Repeat with the remaining rounds of dough. Nice when served just warm.

Note:
Winter wheat is a slow-growing type that is sowed in the fall, goes dormant over the winter and is harvested in mid- to late spring. In the United States, winter wheat is grown from Texas to Kansas and may be either ``hard'' or ``soft.'' (See below.)

Russian Mennonite immigrants introduced Turkey Red wheat to Kansas in 1874. This hardy variety, which could grow in Kansas' dry and cold weather, is the ancestor of all U.S. Hard Red Winter wheat.

Wheat is a grass whose seed belongs to the cereal grains group. It contains gluten, the basic structure in forming the dough system for breads, rolls and other baked goods. Other grains have gluten, but not as much as wheat.

Kansas is number one in flour milling in the United States.
In general, winter wheat flour has less protein than spring wheat flour. Many bakers say that it is more flavorful than spring wheat because of its longer growing season.

Hard Red Winter - High in protein, has strong gluten. Used for yeast breads and rolls, grown in all Kansas counties. Kansas is responsible for producing 40% of U.S. Hard Red Winter wheat.

Soft Red Winter - Used for flat breads, cakes, pastries and crackers, grown in the eastern part of the Kansas.

## *Steve's Herb Bread*

This bread is good for antipasto and is moist and flavorful. I often use this with roasted red peppers or for over roasted eggplant. The bread is "bagged" to create a moist soft crust after

20 minutes of cooling from the oven.

Bread starter (sponge - see Not in a Hurry Bread Starter)
3 pounds unbleached flour
1/4 cup fresh finely chopped sage
1/2 cup fresh finely chopped basil
1 tablespoon finely ground white pepper
1/8 cup fresh finely chopped rosemary
1 cup finely chopped chives
5 four inch sprigs of rosemary to flavor the oil
1/2 cup very tasty olive oil
Water (in general, ratio 1 cup of water to 1 ¼ cups of flour)
1 1/2 tablespoon salt to start (taste raw dough – no, you don't have to swallow)

Heat oil in pan add sprigs of rosemary. Let this "melt" or wilt into the oil on low. Do not use high heat or you'll transform both the oil and rosemary's flavor. Let cool.

In a very large bowl, add half the flour, cooled oil, herbs, salt, mix all of the starter or sponge. Add enough water to make a batter with a spoon. Now start working in the balance of the flour. At some point it too thick to use a spoon so switch to your hands. Keep working in more flour while kneading. When the dough is nearly stick free. Cover it with a wet towel and take a 20 minute break. Let water fully penetrate flour. Come back and now add more flour slowly. Dough should be kneaded, turned and worked until the dough is evenly moist and consistent. You should be able to smack your hand into the dough and hold it for ten seconds and pull away pretty much stick-free. The water content is now right.

Dump dough on the counter. Clean out bowl. Dry it and oil it. Place dough back in oiled bowl. Cover with a wet towel and cover this with tin foil tightly sealed. Place in refrigerator for eight hours to develop slowly.

Remove dough from refrigerator to counter. Begin working the dough. Beat up the dough a bit. This should be a bit difficult as the bread is cold. Let stand covered with a wet towel in a warm place (75F) for two hours to come up to temperature. When the bread is double its size, divide it into two portions. Kneed each dough in turn. Roll into a round. Set each round on parchment paper covered with course corn meal. The corn meal will give the bread's bottom a professional finish. I set a course 24' length of hemp string centered

under each loaf. The string is tied with a square knot after the last rising. As the bread cooks, the string will nick into the loaf giving this loaf a characteristic country rustic appearance. Cover with damp towel. Let rise.

Preheat oven to 375.

Tie string and cut ends 2 inch long on each loaf. Slash two chevrons on each side of the string's dividing line on each loaf. Spritz hot oven with mist of water to add moisture avoid glass, light fixture or electric coils. Cook 45 minutes.

Glaze by brushing with 1 tablespoon of water with 1 beaten egg white. Bake another ten minutes. Cool on racks 20 minutes. Then wrap in tin foil. Bag in tall plastic kitchen bags until ready to slice.

## *Steve's Not in a Hurry Bread Starter*

Bread starter helps bread have character. You may not rush the process if you want the **big** flavors. Think of yeast is like a pet, you have to feed it daily. If you don't treat your pet well he could die.

Use a (medium) bowl or a specialty container made for this purpose that will hold daily feedings of unbleached white flour and water.

Start with 2 cups warmed bottled water
1 tablespoon of SAF Red Instant yeast
2 cups rye flour

Mix well. The mixture should be like pudding so add more water if necessary.

If the lid of what your using does not have holes, cover with clear wrap, perforate a few fine holes to let out $CO_2$. Let starter set on counter for 5 or more days. A glass crock work well for

a starter jar and you can see what's happening. I drill the lid with a carborundum drill bit to vent the ja*r*. My wife not found of it and keeps moving the jar to the pantry where it harder to remember to feed the starter regularly. You might have more success in your kitchen with something more attractive and opaque.

Feed each day with a cup of flour and water. Stir and recover.

# Pizza

## *Basil and Garlic Pesto Pizza*

Leslie Beribeault of Napa, California. Leslie and Alan Beribeault repeated trips to Tuscany have ruined them for life. Pizza must be thin crust and very Italian. This is a great pizza to go with a salad.

Set pizza stone on lowest shelf of the oven, remove other rack. Preheat oven to 500 F for 1 hour. (To use your outdoor grill as an effective pizza oven, see recipe for sourdough pizza dough.)

Pesto

1 Large bunch of basil (large handful)
4-5 cloves of garlic (or more)
½ cup on pine nuts
½ cup grated Asiago cheese
½ cup Olive oil
Salt to taste
Pepper

Pizza

Pizza dough (see recipe) rolled very thin on a piece of parchment paper larger than the pizza.
Slices of provolone cheese

Combine and process pesto ingredients into a paste in the Cuisinar. If not using right away, cover and refrigerate. Spread silver dollar coin size circles of pesto on pizza dough. Leave room for several round slices of provolone cheese on the top. I leave about an inch between the round of provolone and the rounds of pesto.
Trim parchment paper to just slightly larger (1/2') than pizza as if left too long it may burn at the edges.

Transfer pizza using a double wall cookie sheet as a batten and its parchment paper to baking stone on floor of gas oven or bottom rack of an electric oven.

Bake the pizza until crisp 7~8 minutes.

## *Pizza Capriciosa*

Set pizza stone on lowest shelf of the oven, remove other rack. Preheat oven to 500 F for 1/2 hour. (To use your outdoor grill as an effective pizza oven, see recipe for sourdough pizza dough.)

1 large onions, thinly sliced
3 tablespoons olive oil
2 fire roasted red bell peppers, skinned, seeded and sliced
Sourdough pizza dough (see recipe)
1 cup pureed oven roasted tomatoes with garlic (see recipe below)
1 cup grated buffalo mozzarella cheese
6 large organic free range brown eggs
Salt
Black pepper

Garnish

Chopped chives

Oven Roasted Tomatoes with Garlic

5 plum tomatoes cut in half, and seeded.
2 cloves chopped garlic
Drizzle with olive oil

Bake in an open dish in the oven for 3 hours on 325 F.

Sauté the onions in 2 tablespoon olive oil until limp and transparent. Set aside.

Roll out 8 inch individual sized pizza using a very thin crust. Assemble each pie on an oversized piece of parchment paper. Spread 2 tablespoons tomato sauce on top of each then some of the onion. Add fire roasted red bell pepper slices. Cover with mozzarella. Season with salt and pepper and drizzle with olive oil. Cook pizzas on stones in the oven for about 13 minutes until crust very crisp.

Meanwhile fry the eggs sunny side up and keep warm. Serve on the pizzas. Garnish with chopped chives.

## *Margherita Pizza*

This pizza is the quintessential Italian pizza, a marvel of simplicity. This is a great pizza to go with a salad. Traditionally, this is an all vegetarian affair but I make mine with bits of anchovies. Ancient pizza came long before the discovery of the new world that brought us tomatoes and were simple fair topped with olive oil and herbs. Only the rich had plates, the idea of using bread as a plate came from the Greeks who ate flat round bread (plankuntos) baked with an assortment of toppings. Once you have tried pizza in Italy with its crisp thin crust, you are ruined for life.

Set pizza stone on lowest shelf of the oven, remove other rack. Preheat oven to 500 F for 1 hour. (To use your outdoor grill as an effective pizza oven, see recipe for sourdough pizza dough.)

Although pizza dough is a traditional foundation it should not keep you from being extemporaneous in making pizza. Pizza may be made with a tube of biscuit dough from the deli section of the super market in a pinch.

Pizza dough (see recipe) rolled very thin on a piece of parchment paper
1 Large bunch of fresh basil
Fresh marinara sauce (see recipe)
Grated mozzarella cheese
Thin slices of firm tomato

Drizzle of great olive oil
Anchovies optional
Salt to taste
Pepper

Because the pizza cooks so quickly, you must be frugal with the quantity of ingredients. Less is more in this case. When the crust is done the topping must also be done, hence be frugal with the quantity of toppings. Spread a tablespoon of tomato sauce on the top of the pizza. Add some Mozzarella cheese. Add a few thin slices of tomato. Add salt, grindings of pepper and drizzle with olive oil.

Trim parchment paper to just slightly larger (1") than pizza as if left too long it may burn at the edges. Transfer pizza using a double wall cookie sheet as a batten. Stick the batten under the parchment paper and transfer the pizza to baking stone on floor of gas oven or bottom rack of an electric oven.

Bake the pizza until crisp 7~8 minutes. Cut the small pizza into wedges with a cleaver or rolling cutter.

## *Pizza Marinara Napolitano*

This pizza is the quintessential pizza of Naples where pizza was born. Long pans of pizza are to be seen rushed by young boys along the back streets of Naples delivering the day's lunch. The people of Naples take their pizza serious and have formed the Verace Pizza Napoletana Association (VPN) as an international trade association, founded in 1984 in Naples, to promote the culinary tradition of the Neapolitan pizza. Mr. Pace, the founder, struggled for years to have Neapolitan pizza recognized by the Italian government as a "DOC" (d'orgine controllata) product. The DOC designation was already in place for other products such as Chianti or certain cheeses which are of regional origin.

Unquestionably, if you ask someone from Naples about pizza they would say the Neapolitans

invented it. The truth is plates were invented long after quick cooking flat breads were used to hold a few herbs and oil. No matter how you cut it, pizza is great food.

Set pizza stone on lowest shelf of the oven, remove other rack. Preheat oven to 500 F for 1 hour. (To use your outdoor grill as an effective pizza oven, see recipe for sourdough pizza dough.)

Pizza dough (see recipe) rolled very thin on a piece of parchment paper
Fresh marinara sauce (see recipe)
Slices of buffalo mozzarella cheese
Thin slices of firm San Marzano tomatoes[1]
Drizzle of great olive oil
Anchovies (optional)
Chopped oregano
Fresh Basil Leaves
Finely chopped garlic
Salt to taste
Pepper

Spread a tablespoon of tomato sauce on the top of the pizza. Add some slices of fresh buffalo mozzarella cheese. Add a few thin slices of tomato, chopped garlic, chopped anchovies, and chopped oregano. Press in basil leaves. Add salt, grindings of pepper and drizzle with olive oil.

Trim parchment paper to just slightly larger (1/2') than pizza as if left too long it may burn at the edges. Transfer pizza using a double wall cookie sheet as a batten and its parchment paper to baking stone on floor of gas oven or bottom rack of an electric oven.

Bake the pizza until crisp 7~8 minutes. Cut the small pizza into quarters with a cleaver.
Notes:

1. See Marinara Sauce recipe for more about **San Marzano Tomatoes**

## *Sourdough Pizza Dough*

Sourdough starter is sold in packets and contains sourdough culture and unbleached, white flour. It contains lactobacillus type San Francisco, the bacterium that gives San Francisco sourdough its characteristic bite. You cannot use chlorinated water for this culture. If the temperature of your kitchen is hotter than 85 degrees your results will not be as expected and you're better off using SAF Red Instant yeast. Sourdough culture must be fresh (look at date code) and optimum performance is achieved between 40 and 75 Degrees and the rate of doubling increases every 7 degrees. If you are making a sponge (note below), as the sponge becomes more acid, the yeast action becomes increasingly more retarded. Salt retards the growth hence it is omitted when making a sponge. The complex chemical and fermentation by-products produce a number of organic compounds accompanied by substantial physical and chemical changes contribute significantly to the flavor of the baked dough. The process takes time and the use of a sponge adds tremendous flavor and texture to the dough.

The perpetual sponge may have a permanent or semi-permanent home on your counter. I used to keep a glass jar with a vented lid (drilled a hole in it myself with a carbide bit) so I can keep a sponge going all the time as I may be impulsive about wanting to make dough at the drop of a hat. One day, the glass cracked so now I use a plastic jar. (It is much easier to drill holes in the plastic lid.) If you want to maintain a starter, start with the recipe for the sponge below. On a frequent if not daily basis, add ½ cup of flour and more water to feed the yeast. When the yeast is inactive, the surface of the sponge is smooth and covered by water; otherwise it is frothy with bubbles. If the jar is getting too full, empty some out.

Sponge

Use sourdough starter packet
2 tablespoons sugar in a small bowl
1/2 cup of rye flour and ½ cup King Arthur Artisan Organic All Purpose Flour
Add 1 cup bottled drinking water and mix to a runny consistency.

Leave at room temperature for 24 hours, or if room is 65 degrees or less, leave covered with

plastic wrap pricked several times with a toothpick on the counter for two nights. Carbon dioxide is forming during this process hence the toothpick holes. The following morning, allow the sponge to return to room temperature. If the surface has crusted, stir down and add water.

2 tablespoons fast acting yeast
2 tablespoons King Arthur Pizza Dough Flavor[3]
1 cups of King Arthur's Italian-Style Flour ("00" milled) (8.5% protein level)
3 cup of King Arthur Artisan Organic All Purpose Flour[2]
1 tablespoons of olive oil (optional)
1 teaspoon baking powder

Combine flours and baking soda and mix well. Early in the morning, pour the sponge (1 ½ cups of it) into your work bowl. Add two packets (tablespoons) fast acting yeast, 2 teaspoons salt, 1 cup of flour and bottled drinking water until the mix is loose. Let this stand covered with a wet cloth for several hours.

Now stir in 3 cups of flour and (optionally) olive oil with a paddle or by hand until the dough is still a little sticky. This is moisture dependent. Adding more liquid allows more flour. The flour should be added a little at a time. Add a little more 00 flour if needed

Now hand-knead the dough or mix it with a dough hook setting the speed to low for about 10 minutes, or until the dough is somewhat smooth and elastic. If doing this operation by hand, do not add too much flour. The dough should be somewhat sticky else it will be too dry. If necessary, add back gradually a little water until the consistency is just right.

Coat the insides of a clean stainless steel or glass bowl with olive oil. Now turn the dough in it to coat it all over. Now cover the bowl with plastic wrap or a wet towel and set it in a warm place to rise for an hour, or until it doubles in volume. You may place the bowl in the refrigerator overnight. The cold retards the whole operation but an extra day develops character. You pickup where you left off the previous day, once the dough has come back to room temperature.

When double in volume, punch down and knead until the dough is glossy and fully elastic[6]. Cover and let rise again to twice volume. Punch down the dough and divide it with a knife or scissors into four equal balls. Roll out pizza very thin trying to keep the thickness uniform on parchment

paper larger than pizza. You may stack the “blanks” on their parchment paper, one of top of another until ready to make pizza. Assemble pizza per recipe and trim parchment paper to just larger than the pizza. Place pizza and its parchment paper on cooking stone using a batten. Don’t have a batten you say? A double walled cookie sheet is plenty stiff and will work fine as a batten. You use the batten to retrieve the cook pizza.

## Using Your Five Burner Outdoor Grill As A Pizza Oven.

You need to have the thermometer on the grill hood working else you will be just guessing. Go down to the building supply and buy a 16 x 16 ceramic floor tile. Your pizza stone will go on top of this and this will keep it clean and somewhat help spread the heat. If you want the real Italian wood burning hearth effect also buy a steel BBQ Wood Chip Smoking Box which is an 8 or 9 inch steel box suitable for adding smoke flavor to your grill. The manufacturers Brinkmann or Outset makes such a box. Use applewood or pecan wood chips that have been soaked in water for an hour or two. Make sure your propane tank is full or have a spare on hand. Turn the grill on high and allow it to burn off any residues for 20 minutes. Place the 16 x 16 ceramic floor tile in the center of the grill. Place your pizza stone on top of this. Turn on the outer burners not immediately under the tile on high. These burners will stay on high. Turn the others to medium or medium low. Put the lid down. Allow the grill to stabilize. If it goes past 600 F turn down the middle burners to low. (It may be unwise to push you grill any hotter that 600 F unless it is made of heavy gauge metal.) If temperature too low, turn up the middle burners some. Put the smoke box on one of the grill ends that have the burners on high 15 minutes before your ready to cook pizza. If making a lot of pizza, leave the lid off on the smoke box in case you want to add more wood chips.

### My Well Used Grill with Pizza Stone on Floor Tile and Smoke Box

The prepared pizza is cooked on parchment paper[5]. After the pizza is prepared, I cut the excess paper away to just leave a border 1 inch larger than the pizza.

Pizza should be constructed thin in order to get a crisp crust. Don’t over load the toppings - less is more. Thin crust and thin topping means everything is done at the same time. Thick crust and heavy toppings have to be cooked at a lower temperature (375 F) to allow time for the heat to do its work. That being said, the character achieved at high temperature is never present in a pizza cooked low and slow. A pizza should take 4 to 9 minutes. It is fine if the top and bottom have dark spots.

### Commercial Pizza Ovens



There temperatures may go as high as 650-750 F and the pizza can cook a pizza in less than three minutes.

**Sponge**

1. Several days before you plan to make your dough, you need to make a sponge. A "sponge" is nothing more than a live bowl of warm, fermented flour batter in which the yeast has been allowed to multiply in profusion. When your sponge is bubbly, has a white froth, and it smells a little sour, it is ready to use. The longer you let the sponge sit, the sourer flavor you will get. The sour flavor comes from the build up of naturally fermented lactic acid.
2. Substitute flour alternatives:

a. King Arthur Sir Galahad Artisan Bread Flour -11.7 Proteins, 0.48 Ash. Milled entirely from premium hard red winter wheat to produce traditional, more flavorful baked goods, hearth breads and pizza for artisan bakers with uncompromising standards. Most all of KA products are available in 2 or 5 pound bags. See http://www.kingarthurflour.com. Many similar products are available from commercial suppliers but usually in 25 or 50 pound sacks. There are Gold Medal products for General Mills under than name of Harvest King (product 53722) (12.0% Protein 0.52% Ash) of 100% hard winter wheat but some bakers report it is good but not as good as KA.

b. 2 ½ cups King Arthur All purpose Flour plus ½ cup King Arthur Traditional Whole Wheat Flour

3. King Arthur (KA) Pizza Dough Flavor (product 1043) improves the flavor and aroma of the crust which features dried cheese, garlic, and natural flavors.
4. Baking stones or Pizza stones. A 14 by 16 inch is a popular size and may be had for under $30.
5. Parchment paper make it easy to get the pizza off your batten when it to be cooked. One a pizza is cooked, it's rigid and easier to handle. Do not attempt to use tin-foil as the dough will stick to it after it is cooked. Getting it off is awkward at best. To skip parchment paper altogether, use flour to roll out the dough. Lift an edge of the rolled out dough and toss more flour under the side. Repeat with other side. Check the bottom is well coated with flour BEFORE you top it. Now load it onto the batten. Now build the pizza as usually. To dislodge the uncooked pizza onto the stone, hold the batten at a 45 toward the far end of the stone. Using your wrist, jerk the pizza until it starts to move. Follow the pizza with the batten and allow it to lay down on the stone. Getting the COOKED pizza off the stone is now easy as the pizza is now rigid.
6. Dough is fully elastic when the fully developed glutens allow you to stretch a piece thin enough to see daylight through it without the dough "window" tearing. If you're not there yet, keep kneading.
7. If you don't have time for a long yeast process to produce lactic acid, you may add King Arthur Instant Sourdough Flavor or simply add a small amount of vinegar and citric acid.

# Eggs

*About Eggs*

Eggs are a valuable source of protein and are rich in calcium, iron, zinc, and vitamins A, B, D, E, and K. All of the vitamins A, E and D are in the yolk. The yolk contains all of the fat in the egg and a little less than half of the protein. Organic free range hen eggs are recommended even at their more cost over regular eggs due to the questionable effects that long term exposure to eggs from chickens fed with food laden with low-dose antibiotics. If you ever go to a bed and breakfast place that has their own chickens roaming the premises and they cook their own eggs, chances are good you have never had eggs that good before. My family had chickens at Rustic Canyon and on the Appian Way farm in Italy so I have been spoiled with the best eggs chickens can lay.

Wash and dry your eggs before cracking them. When cracking eggs, use a flat surface like a clean plate insuring no contaminants are introduced. If doing many eggs, inspect each egg on a plate then, when it is known to be defect free, add it to the rest of the eggs. Chef Alton Brown refers to this as the "quarantine method" and that is a very good description of the process.

To test eggs for freshness, break the egg onto a plate keeping the yolk intact. If the egg is fresh, the yolk stays clearly vaulted above the white, as a high plump dome, and the white will form two distinct layers:

- around the yolk it will be thick and gelatinous
- outside of that, forming a distinctly outer layer.

A stale egg has a flatter yolk, with less demarcation between the two layers of egg white.

A good natural egg is bright orangey-yellow but is no guarantee that an egg is free-range as designer-chicken-feed additives now produce a similar yolk color.

**Hard Boiled Eggs**

Extremely fresh eggs will not peel easily so buy the eggs at least week or 10 days ahead of time and refrigerate. Hard boiled eggs that are overcooked have a green edge around the yolks and are excessively dry. To boil perfect eggs, allow them to come up to room temperature by placing them in room temperature water for 20 minutes else they may crack when lowered in the boiling water. You may also pin prick the rounded (non-pointy) end with a small pin which will allow excessive air pressure to relieve itself for the side of the egg that has an air pocket. Bring a lot of salted water to a rolling boil in a covered tall sauce pan. (The salt in the water will help seal an egg should it crack.) Lower eggs into water with a basket spoon which allows several eggs at once to be lowered. Set a timer for 9 minutes, cover and cook over low heat. After 11 minutes, remove from heat. Bring sauce pan to sink and allow cold running water from the tap to bring down the temperature halting the cooking process quickly. When the water runs cool, let the eggs rest in the cold water another 10 minutes then peel them under running water after cracking shell on all sides. Eggs cooked slowly on a simmer will also be hard to peel.
If you find that it's is impossible to peel the eggs you don't have to throw them away. Crack the egg around its center with the edge of a knife. Now cut the egg in half. Use a small spoon to scope out its interior. While you don't get a perfect egg, half eggs this way are ok for a chef's salad or for making egg salad.

**Soft boiled eggs**
A perfect soft boiled egg uses very fresh eggs. Follow the same instruction as above except cook the eggs 3 1/2 minutes. Remove the eggs from the hot water and place on a towel so they don't roll around. Hold the very hot egg with a paper towel; crack the egg in the middle with the edge of a dinner knife over a bowl spilling the center. Now spoon out the remaining white interior with a teaspoon. We serve our eggs, two per person, over torn pieces of buttered toast or English Muffins dusted with a little salt and pepper.

**Poached eggs**
A perfect poached egg requires very fresh eggs, is soft set and compact in shape. Break room temperature eggs, each into their own custard cup so they can be gently turned out into the hot water.

Pour about 1 inch of water in a 12 inch frying pan and add 2 tablespoon of vinegar. This encourages the whites coagulate into a compact shape. Cover the pan and bring to boil then remove the lid and turn the temperature to simmer

We will only cook two eggs at a time so as not to crowd the pan. Have a slotted spoon to fetch the poached egg out of the hot water handy. Slide each egg into the water gently. If necessary, coax the whites into shape with a slotted spoon to improve their shape. Cover and simmer on very low heat about 4 minutes, until the white is just set, but the yolk is still soft.

Ladle eggs out onto a dinner plate. Sop up any extra water with paper towels. Transfer eggs to where they are needed with a flat spatula and do next batch.

**Separating Eggs**
Cold eggs separate easily, but eggs whip to a higher volume when at room temperature. One may simply separate the eggs when cold then let the warm to room temperature 10 or 15 minutes before use.

Quite sometime ago, before electronic means of quality control, occasional some eggs were defective. Cooks who cracked their eggs into one bowl soon quit the habit when they had to toss a whole bowl full of egg whites contaminated by one bag egg. Never the less, the good practice of separating one egg at a time, allows for better control over the end result. Separate each egg into two small bowls, one for the white and one for the yolk, and then add the white portion from the smaller to the larger bowl. This allows you to pick out any broken shells or remove any hint of yolk. Even a small amount of yolk can ruin a whole batch of egg whites.

**Scrambled eggs**
If serving from a platter, use three eggs per person else guests may feel obligated to take less than they want. My formula uses three eggs per guest and three for the platter. Beat the un-salted eggs with a little heavy cream until they are just homogeneous but no longer. Preheat the pan, use a heavy non-stick pan. Use sweet butter with no salt. Allow butter to brown a bit for added flavor before adding eggs. Add eggs and immediately lower the heat to medium. Turn egg curds in large swaths with a silicone spatula exposing new uncooked surfaces. Do not over cook. Remove eggs while they are still loose. Residual heat will continue to cook the eggs hence early removal will insure they end perfect but not over-cooked. Now add salt and white pepper and turn out onto a pre-heated plate or serving platter that is slightly warm.

**Custards**
Just like making scrambled eggs, custards should be cooked to near done and allowed to “coast” to completion from the inherent residual heat. Custards should be cooked slow and low – and the preferred method is in a bain-marie (French for “Mary’s bath) which is a shallow pan filled ½ way

up the custard dish with hot water to regulate the cooking process. (Chances are good that you have a Pyrex 9x13 baking pan that is ideal.)

**Perfect Omelet**

There is considerable disagreement among chefs on what is a perfect. My perfect omelet is cooked but not brown, is moist, light and never the least bit dry. Add salt and white pepper after it is cooked.

This is my formula for perfection.

***Filling:***

Cook this ahead of time or just before. It's practically impossible to cook anything in the eggs and have the filling simultaneously perfect. The warm filling will be added just before the omelet is folded and plated.
You may however, add a finely graded good melting cheese on top of the egg layer as the omelet cooks. Good melting cheeses include Fontina, American, Monterey Jack, white cheddar, Queso Blanco, and gruyere.

The eggs:
The eggs should be at room temperature. I use a single egg for a nine inch pan and two eggs for a 12 inch pan. This means the beaten egg is spread so thinly, when cooking, that it cooks quickly without burning the outside surface. Beat the egg(s) in a bowl. Add a little cream or sour cream - a teaspoon per egg is about the right.

***The pan***

Get a non-stick pan hot over medium heat. Add a teaspoon of sweet butter for a 9 inch pan or twice that for a 12 inch pan. Swirl the butter evenly all around and even up the edges of the pan. The butter can be allowed to take on a little browning. Add the egg and swirl in evenly all over the bottom of the pan and even a little up the edge of the pan. Add the cheese, if adding cheese. You are trying to swirl this to an even layer. If the egg is cooking too fast, lift the pan off the heat. Using a silicon spatula, run this around the out side edge of the omelet to insure the omelet is loose. Shake the pan to help loosen the omelet. When the inside of the omelet is solidified, the omelet is quickly filled on just one half. Now fold the unfilled side edge over on the filled side. Use two spatulas if it is easier. Now slide the omelet onto the plate by holding the fry pan's

handle using an under handed grip on the handle and holding the handle so the pan in 45 degrees to the plate. A few simple jerks on the handle and the omelet will slide onto the plate. Now garnish with chopped chives or chopped green scallion tops.

**Eggs as Food**

Eggs and egg protein has long been a staple of bodybuilding nutrition. Egg protein is commonly referred to as the "perfect protein". In fact in nutrition, egg proteins are the common reference to which all other proteins are compared. Two values are commonly used to measure protein quality: Protein Digestibility Corrected Amino Acid Score (PDCAA) and the biological value (BV). The biological value is the amount of protein retained when absorbed by the body. Egg protein scores 100 on the BV - all ingested egg protein is used by the body. Not only this but egg protein contains **all** the essential amino acids needed by the body. The PDCAA score measures the completeness of a protein, where a score of 1.0 is the highest measure. Egg whites have a PDCAA score of 1.0.

The egg white has more protein with almost no fat content, and no cholesterol, while the egg yolk has less protein, and all the fat and cholesterol! This has been the major reason why so many people eat egg whites and throw away the egg yolk. When my daughter makes her protein omelet, the dog always gets the yolks which helps improve his coat. One cannot make an omelet in the house without the dog camping out at your feet.

**Beating Egg Whites**

The bowl and beaters should be absolutely clean and bone dry. A little oil, butter, or grease residue in the bowl or a hint of yolk will seriously impede good results. The proteins in the whites expand better when warm, so you will get better volume by allowing eggs to come to room temperature. Smaller eggs have less water content and the white is more concentrated and less water means greater bubbles. Older eggs also whip more easily than fresh ones. Any form of acid helps stabilize the air bubbles. Use a pinch of cream of tartar or two drops of lemon juice or vinegar. You may also want to try a small pinch of salt which also helps stabilize egg proteins, A copper bowl freshly cleaned with lemon and salt then bone dried is good for getting increase egg white volume but an electric stand mixer with a whisk does a great job.

**Salmonella in Eggs**

Many people are afraid of Caesar salads, eggs over easy, and eggs benedict where the eggs are not thoroughly cooked. Let me say that the lemon juice in Caesar salad dressing creates a hostile envi-

ronment due to the lemon's low PH from citric acid that I doubt any bacteria could survive. Lemon juice and citric acid routinely is used to extend the shelf like of many prepared foods an is akin to pickling.[1] So many cake makers and egg fanciers have been eating eggs sunny side up and licking the beaters of the mixer fresh from egg laden cake batters that if there were a prevalent problem with eggs over the last 100 years you'd be hearing about it big time. On the other hand, car accident statistics indicate that at least four people involved in car accidents die every hour we are not suddenly selling our cars.

"In the past, Salmonella was associated with cracked eggs or eggs dirty with fecal matter, a problem controlled by cleaning procedures implemented in the egg industry. But the CDC reported that in the new cases, where the food source could be identified, most of the outbreaks were associated with un-cracked, disinfected Grade A eggs, or foods containing such eggs. The undamaged eggs appear to have become contaminated by a relatively new route -- from the mother hen, during ovulation, and thus were contaminated with the bacteria before the egg shell was formed."

Laid eggs are not allowed to come in contact with the ground in today's commercial egg ranching. Government regulations improved safety requires that eggs be carefully washed with special detergent and sanitized. The process replaces the hen's original protective shell coating with a thin spray coating of a tasteless, odorless, harmless, natural mineral oil. A shiny shell indicates oiling, rather than an unsafe or old egg.

In areas of the US where Salmonella is problematic which seems to be predominately the North Eastern portion of the country, the CDC scientists estimates one egg out of 20,000 could be contaminated which is equivalent to one person in 50 being exposed to a single bad egg. "If that egg is thoroughly cooked, the Salmonella organisms will be destroyed and will not make the person sick."

"A person infected with the Salmonella enteritidis bacterium usually has fever, abdominal cramps, and diarrhea beginning 12 to 72 hours after consuming a contaminated food or beverage. The illness usually lasts 4 to 7 days, and most persons recover without antibiotic treatment." Small children and elderly or those with an immune deficiency are at higher risk.

Notes:

1. Sherman, Paul W.; Billing, Jennifer. Darwinian Gastronomy: Why We Use Spices. Bioscience, Jun99, Vol. 49 Issue 6, p453.
2.

## *Basil or Spinach with Wine, Potatoes and Egg*

This makes a simple but quick Sunday breakfast while giving the appearance of a major effort.

2 large baking potatoes cooked ahead of time and allowed to cool.
Sprig Rosemary
1 Chopped crushed garlic cloves
¼ white wine
Ground black Pepper
Red pepper flakes
1/2 teaspoon paprika
Olive oil
2 tablespoon butter
1 chopped scallion
Salt
Fresh basil leaves or just the leaves from a handful of fresh washed spinach
Fresh organic extra large brown eggs

Pierce potatoes with a fork in two places. Cook potatoes in the microwave for 12 minutes on 70% power. Let rest for 15 minutes. Test for firmness. We are looking for almost done but firm. If done, allow to cool, use when ready to prepare this dish.



Slice potatoes without peeling (you may choose to use new potatoes with a thinner skin) carefully in even slices, each the same thickness about ¼ inch is ok. In a large frying pan, heat the olive oil until hot. Add paprika, red pepper flakes, chopped rosemary leaves and the butter. Cook the potatoes on medium heat allowing them to take on color, then turn them over and do the other side. When done, add chopped scallion, chopped crushed garlic cloves, whole basil or spinach leaves and white wine cover for a few minutes to cook the leaves and allow wine to be absorbed into the potatoes. Correct the seasoning. Turn out into a bowl. Arrange the leaves around the outside edge. Top with a couple of fried farm fresh eggs sunny side up. Add a few grindings of fresh black pepper. The soft yolks should run onto the potatoes for best effect.

## *Eggs in the Round*

Preheat oven to 350 F. (also see about eggs for more information)

Requires 8 individual 3 inch ramekins, custard cups or muffin cups and a shallow baking pan to hold them. No salt is called for as the bacon and cheese introduces the salt.

1/4 finely chopped parsley
1/4 finely diced chives
1 cup whole leaf spinach
½ cup young Italian Stella Fontinella cheese, graded
¼ cup Parmesan cheese
White pepper
sage leaves
2 tablespoons butter
12 strips of Bacon, 1+ strip per serving
10 eggs

Allow all cold ingredients (eggs, cheeses) to reach room temperature.

In a frying pan, quickly sauté the spinach leaves in butter then cool and chop.

Butter 8 individual 3 inch ramekins (custard cups or muffin cups)

Fry or microwave bacon to pre-cook it until almost done but flexible not stiff. Line the sides and bottom of the buttered ramekins with the bacon. The sides of each ramekin, if straight, are lined with two continuous, overlapping pieces of bacon. If ramekins are sloped, use pieces of bacon to fit the contour of the ramekins.

Break eggs on a clean flat surface individually one at a time and place into a small bowl or plate to allow them to be inspected for possible defects. Add each egg in turn to a larger bowl and lightly beat. Add chives, chopped spinach, chopped sage leaves, cheeses, and pepper. Spoon the mixture into each ramekin. Do not over fill. Place ramekins on shallow baking pan.

Bake in over 350° until done, about 15 to 20 minutes. Serve garnished with chopped parsley.

## *Farmhouse Pesto Eggs*

Mendocino Farmhouse Bed and Breakfast
Serves: 2.

5 large eggs
Olive oil
Grated Jack cheese
1 Tablespoon pesto
1 Tomato, sautéed
Italian seasoning
Parmesan cheese

This is so easy. In a bowl crack eggs and beat until blended. Heat pan on medium and add a little oil to coat. Stir in eggs. When eggs are almost done add a handful of Jack cheese and pesto. Cook until creamy and serve with sautéed tomato topped with Italian seasoning and Parmesan cheese.

Note:

1.Mendocino Farmhouse, Bed and Breakfast, P.O. Box 247, Mendocino, California 95460, (707) 937-0241, (800) 475-1536

## *Huevos Rancheros (Ranch style eggs)*

Good and easy for breakfast or brunch.

2 cups chopped peeled and seeded tomatoes
2 cloves finely chopped garlic
1 small red Jalapeno Chile
1 green Anaheim or poblano Chile
4 tablespoons olive oil
1/2 chopped red onion

Salt and pepper
Pinch crushed Mexican oregano leaves
6 corn tortillas
6 fresh organic brown eggs
Sprinkle Queso Quesadilla or Monterey jack cheese
Butter, for frying eggs

## **Garnish**:

Pinto beans partially crushed
Chopped scallions greens
Few slices of avocado
Black pepper
Coarsely chopped cilantro

Place tomatoes, garlic, and chilies in a Cuisinar and chop coarsely. Set aside.

Heat 2 tablespoons of olive oil in a frying pan and cook onions until just clear. Add chilies with tomato. Season with salt, pepper and crushed oregano. Cook over medium heat for 3 minutes. Keep mixture at a simmer. Have warm shallow bowls ready.

Fry tortillas in remaining in oil in a frying pan. Drain and place 2 fried tortillas a bit broken up in each bowl. Fry eggs in butter 2 at a time. Cover tortillas with hot pinto beans, Monterey jack cheese finely shredded, the sauce, wedges of avocado and top with two soft fried eggs. Garnish and serve immediately. Garnish with black pepper, chopped cilantro and chopped scallions greens.

## *Kae's Leek Quiche*

2 tablespoons butter
3 large leeks, julienned
1 shallot, julienned
1/4 cup hot sherry
3 tablespoons butter
3 beaten whole eggs
1 egg white, beaten with a touch of water
1 sour cream
½ cup grated Swiss or Gruyere cheese
1 light cream
Salt
¼ teaspoon white pepper
1 tablespoons minced chives
10 inch pie crust
1/3 cup grated Parmesan cheese
Nutmeg

Preheat oven to 400 degrees F.

Brush prepared 10 inch fluted pie shell with egg white, beaten with a touch of water. Cook shell until crisp to the touch but not brown. Cool shell.

In heavy sauté pan, melt butter and add chopped leeks and shallot. Sauté slowly over medium heat stirring frequently until nearly transparent. Do not let brown. Season with salt and white pepper to taste. Place leeks and shallot in the pastry shell. Make a custard with hot sherry, eggs, cream, sour cream, Swiss or Gruyere cheese, and minced chives. Pour custard into pastry shell. Dust lightly with nutmeg. Top with Parmesan cheese.

Bake 10 minutes at 400 F then reduce heat to 300F and bake another 30 minutes or until golden brown.

Pie Crust

1 ½ cup all purpose flour
½ cup cake flour
¾ teaspoon salt

2 tablespoons lard
12 tablespoons sweet butter
½ cup ice water

Place both flours and salt in the food processor. Blend well. Add lard. Pulse until incorporated. Add butter and pulse until incorporated. Add some of the water and pulse. Add additional water until a dough is just formed. Place dough in the refrigerator for an hour before using.

## *Poached Eggs with Hollandaise*

(Also see About Eggs) A perfect poached egg requires very fresh room temperature eggs, is soft set and compact in shape Break eggs, each into their own custard cup so they can be gently turned out into acidulated hot water

When assembling these for many people where preparation ahead of time is required, preheat the oven to 170 F to be used to keep things warm When poaching the eggs, plunge these into cold water briefly to arrest the further cooking When judging the eggs, slightly undercook these as the oven will continue to the cooking process as it warms the food

3/8 inch slices of Italian Ciabatta Bread
Very fresh organic free-range eggs (2 per person)
Hollandaise Sauce
Sautéed Canadian bacon slices (two per person)
Sweet Butter
2 tablespoon of vinegar

Garnish

Sweet Paprika
Finely chopped chives or tarragon

Pour about 1 inch of water in a 12 inch frying pan and add 2 tablespoon of vinegar The acid in the vinegar encourages the whites coagulate into a compact shape Cover the pan and bring to boil

Cut off and discard the outer hard rind on the bacon slices Sauté the bacon in butter Lightly toast the bread then butter it lightly Top the bread slices with the sautéed bacon

Remove the lid from the boil pan and turn the temperature to simmer
We will only cook two eggs at a time so as not to crowd the pan Have a slotted spoon to fetch the poached egg out of the hot water handy Slide each egg from its cup into the water gently If necessary, coax the whites into shape with a spoon to improve their shape Cover and simmer on very low heat about 4 minutes, until the white is just set, but the yolk is still soft

Ladle eggs out onto a small plate Sop up any extra water with paper towels Slide egg atop the bacon

Cover with Hollandaise Garnish with very fine dusting of paprika and a few finely chopped chives or chopped tarragon.

## *Scrambled Eggs and Truffles*

For 4 lucky and worthy guests

If there is a better vehicle to show case the wonderful aroma of truffles I don't know what it might be. While you're having a heart attack at $450 a pound for truffles consider that two small truffles are plenty for this dish and only cost 25 dollars. That is only $6 per guest which is not that bad for something that truly is a life experience. You cannot use canned truffles – they must either be fresh or skip them all together.

12 free range organic very fresh brown eggs (have some in reserve in case)
White pepper
Two small black truffles
¼ cup heavy whipping cream
3 tablespoons sweet butter + 1 tablespoon
Pinch of sea salt

Garnish
fresh chervil.

Crack eggs into a small bowl then transfer the egg to a larger glass bowl. In case one of the eggs is not perfect, it may be discarded. Add the eggs but do not beat them.
Slice the truffles thinly and heat in 3 tablespoons of sweet butter. Add to the buttered truffles to the uncooked eggs and refrigerate for several hours so the truffles aroma can permeate the eggs. In a very large non-stick frying pan, heat the pan; add 1 tablespoon of butter, a pinch of salt and the cream. Heat and add the eggs, cook on medium, scraping the bottom with a spatula gently as the eggs cook. Add white pepper. When the eggs are almost done but still wet, remove them from the heat and serve with buttered Melba toast (see recipe).

Garnish with a sprig of fresh chervil.

Note: The eggs continue to cook on the plate and by the time they are served they will be 100% done and perfection.

## *Spinach and Sage Sausage Mushroom Potato Pie*

2 medium Idaho potatoes, peeled, cut into thin slices.
1 bunch double washed cleaned fresh spinach
1 pound of sage pork sausage
1 tablespoon of olive oil
1/3 large cremini mushrooms, sliced

1 tablespoon sherry
1/4 cup cream
1 beaten egg yolk
Salt
White pepper
3 tablespoons butter
10 eggs lightly beaten and a pinch of salt
1 cup shredded Monterey Jack Cheese
Few thin slices of a fleshy tomato like an Early Girl lightly salted

Preheat oven to 350 degrees.
Blanch potatoes in salted, boiling water for 1-1/2 minutes; drain and pat dry. When cool, place a single layer of potatoes in a well buttered pie dish, overlapping slightly as you go. Build the bottom first then the side slopes. Using a pastry brush, coat the potatoes thoroughly with a mixture of 1 beaten egg yolk, 1/4 cup of heavy cream, salt and white pepper. Dot with bits of butter. Bake in 375 F oven about 30 minute or until they have taken on color.

Remove potatoes lined pie plate from oven. Cook sausage in a frying pan until brown all over. Remove to a plate with paper towels. Pour off all but a tablespoon of the oil. Cook the mushrooms for a few minutes. Turn over and cook other side a few minutes more, deglaze with a tablespoon of sherry. The mushrooms, like everything else will cook some more in the oven, hence no need to overcook these. Turn out the mushrooms into a large bowl. Now wilt the spinach in the same pan with the lid on. After a few minutes, turn the spinach, cook until just wilted. Coarsely chopped the spinach and add to bowl. Chop the sausage coarsely and add to bowl. Add the cheese. Toss and turn out into pie plate. Fill pie with beaten eggs a ladle at a time until just filled. Return to the oven for 15 minutes. Top with a few very thin tomatoes slices, return to oven another 10 minutes. The pie is done when a toothpick comes out clean.

Serve with Popovers and Kae's Strawberry Jam.

# Pancakes, Crepes, French Toast, and Donuts

## *Bisquick Dollar Pancakes*

Pre-heat the nonstick griddle to 400 F.

As simple as these pancakes might be they have become a required Sunday ritual when company comes over. What makes the recipe so popular is the thinness of the pancake, almost crepe like. Bisquick is an excellent product and these measurements are only meant as a guide. The actual pancakes can be made thicker or thinner, depending on how much liquid is added. The canola oil gives the mixture a pudding like consistency much the way cake mixes uses oil. Real butter is added for flavor and as a release agent.

2 cups bisquick
1/2 stick of melted sweet butter
1/3 cup canola oil
Water as required
1 cup milk
2 whole eggs
1 teaspoon Bourbon vanilla

Whisk bisquick, melted butter, oil, eggs, vanilla and milk[1] together. Once the batter has been mixed, let it stand for a while (3 minutes or more) and then add sufficient amount of water, a little at a time, to thin the mix. The mixture should be just thick enough to produce a thin pancake. Once the griddle is hot, make a test pancake. If it came out too thick then add more water to the batter. As the batter's use up, the residual batter is noticeably thicker. Add this stage; add additional water to re-thin the mix as required.

Use extra butter to grease the griddle. If griddle is not level, adjust legs with folded paper towels.

Ladle batter onto a hot griddle into silver dollar size pancakes allowing room between to later turn them over with a spatula. When bubbles form, turn the pancakes over. These should be a golden

pale brown. Use a plastic silicon turner so as to not mar the no-stick surface. Cook pancakes in batches. If serving many people, as one person receives their pancakes, another guest is nearly ready for seconds.

Serve with 4 strips of crisp bacon and your favorite syrup.

Note:
1. If camping, you may use evaporated milk.

## *Cranberry Pumpkin Bread French Toast*

From a Country Breakfast Kitchen, Essex, Connecticut
We stopped at the Inn after a painfully long visit to my wife's aunt, the hatchet murderer of Southbury. We were on a speedy dash for the border (I was not sure how fast she was on her broom but I was anxious to get out of her State. How far does a covenant extend anyway?) With some distance between us, life expectancy was returning to normal and it felt safe to stop to eat. Maybe I lied about her being a hatchet murderer; maybe it was an ax handle. Fortunately time heals all. Now, all that is remembered from that trip is this outstanding breakfast.

Two - one inch thick slices of stale pumpkin bread per person.
Cook as in French toast by softening each slice in a combination of:
1 tablespoon of sugar
4 beaten whole eggs
1 teaspoon vanilla
1/3 cup of whole milk
Pinch of salt

Sauce:

Brown Sugar
Butter
Orange juice
Fresh lightly chopped cranberries

Combine all of these and heat in a sauce pan until hot and pour over slices as a sauce.

Sauté cranberries and sugar in butter until soften, add orange juice and reduce liquid. Set aside and keep warm for topping French toast.

Cook dipped pumpkin Bread slices in melted butter until just golden brown. Top with sauce and serve.

Our impressions where that, due to the tender nature of the pumpkin bread, the thicker slices insured the finished product stayed together. Vicki pronounced it delicious.

## *Mo Beta De Kine Hot Malasadas with Turbinado Sugar*

Saturday morning in Waipahu meant we were washing the week's clothes. Nothing was more tempting than a warm Portuguese donut on a Saturday morning in Waipahu.
"Mo beta de kine" is Samoan-Hawaiian pigeon English for "the best:

1 1/2 package active dry yeast
1 tablespoon white sugar
1/4 cup warm bottled water (free of chlorine)
6 eggs
6 cups all-purpose flour
1/2 cup white sugar
1/4 cup butter, melted
1 cup evaporated milk
1 cup bottled water (free of Chlorine)
1 teaspoon salt
Canola oil for frying
2 cups "Sugar In The Raw" Premium Maui turbinado sugar

Dissolve yeast and 1 tablespoon sugar in 1/4 cup warm water; set aside.
In mixing bowl, beat eggs until thick. To the bowl, add yeast, sugar, melted butter, milk, water, salt, and a third of the flour and whisk on low until combined. Change the head of the mixer from

a whisk to a dough hook. On low gradually add the rest of the flour. Beat thoroughly to form a soft, smooth dough. Cover, let dough rise in a warm spot in the kitchen until doubled.

Heat oil to 375 degrees F. Use a candy thermometer. Never go above 375 degrees nor below 355. Form dough into cylinder shapes with two metal dough scrapers and drop dough from scrapers into oil about 1 inch close to oils surface to avoid splashes, fry until golden brown. Only do two at a time. Drain on paper towels, sprinkle on turbinado sugar while these still hot, turn with fork to coat all sides, and serve hot**.**

## *Red Currant Crepes*

An easy and pleasant quick dessert.

Prepare four 9 inch crepes.
Butter interior with melted butter.
Fill with Knott's Berry Farm Red Currant Jelly and roll.

Center a crepe on each plate.

Dust generously with powdered sugar garnish with a sprig of mint and a fan of sliced strawberry.

### Crepe Batter

2 eggs
3 tablespoons cream
2 tablespoon melted sweet butter plus extra for cooking
1 tablespoon sugar
3 tablespoons Bisquick
1 teaspoon vanilla

Beat these ingredients until smooth. Allow to rest 20 minutes refrigerated. Examine consistency; add water or milk to thin it to the consistency of light cream.

Get a no stick 7 inch pan hot. Add a patty of sweet butter. Swirl the pan to coat the bottom and edges well. Spoon in crepe batter until it covers the bottom of the pan. Turn heat to medium. When the pancake has thicken and firmed up. Shake the pan to free the pan cake. We are only cooking one side so we cook it until the crepe is done through out. Slide the crepe onto a plate and splash on some melted butter. Spoon in bits of red currant jelly over the surface except the side farthest from where you will begin to roll it. Roll it into a cylinder and center on the plate. Wipe plate of any messy butter. Place powdered sugar in a small sieve. Hold sieve above the crepe and hit the edge of the sieve with a spoon to dust the crepe. I serve each crepe to a guest as soon as each is done.

## *Rhode Island Johnnycakes*

The johnnycake is popular for breakfast in Rhode Island with butter and maple syrup or served with stews and roasts when made without sugar.
These are served both thin and crisp or thick with a crusty outside. They may be drizzled with syrup or simply eaten plain. Variation in New England include cakes made with blueberries.

1 cup Kenyon's stone-ground yellow corn meal
1 cup boiling water
1 teaspoon salt
1 teaspoon Turbinado sugar or brown sugar
1 teaspoon baking powder
start with ½ cup whole milk or buttermilk
1 egg
2 tablespoons melted sweet butter

1 tablespoon canola oil
Pinch of ground cinnamon (when making sweet breakfast variety)
Pinch of ground cloves (when making sweet breakfast variety)
Pinch of white pepper

Combine dry ingredients in a mixer bowl. Pour boiling water over the meal mixture, whisking to prevent lumps then let the mixture sit for ten minutes. Add milk, egg, melted butter and oil and beat until smooth. The amount of milk will set the consistency of the cake. A dough that is mash potato thick for a thick and crusty result; or a thin batter, for a result more like a pancake.

Preheat a teflon skillet to 375 F. Butter the skillet surface. Pour on the batter and let the cakes gently sizzle on the grill for 6 to 11 minutes or until a golden brown around the rims. Turn over and repeat.

Drizzle johnnycakes with butter and serve with your favorite syrup or preserves.

*From the West Indies, Southern United States, Australia, versions made with other types of whole grains are also found. In modern versions, corn cakes made with eggs, oil, and baking powder for leavening. Not all of these are sweet. Ashcake, battercake, corn cake, cornpone, hoecake, hoe cake, journey cake, mush bread, pone, Shawnee cake, jonikin and civil war corn dodgers are variations. Fats range from butter, lard, bacon fat, and oil.*

## *The Senator's New Orleans Beignets*

The Honorable John Breaux, United States Senator, Louisiana

*"I am pleased to provide you with copies of my family's favorite recipes. All of these recipes are considered authentic Cajun food from the Cajun country of Louisiana where I was born.*"
- Senator John Breaux

*Is this not extraordinary: A senator sharing something other than the country's deficit—outstanding! A bit of true Americana to boot.*

1 tablespoon SAF Red Instant yeast
1-1/2 cups warm bottled water (free of chlorine)
1/2 cup sugar

1 teaspoon salt
2 eggs, beaten
1 cup evaporated milk (undiluted)
7 cups King Arthur Unbleached All-Purpose Flour
1/4 cup soft shortening (as in Crisco)
Oil for frying
Confectioner's powdered sugar

In a large mixing bowl, sprinkle yeast over water, stir to dissolve. Add sugar, salt, eggs, and milk. Blend with blender. Add 4 cups flour; beat smooth. Add shortening and beat in remaining 3 cups flour. Cover with plastic wrap and chill overnight. Roll out on floured board to 1/8-inch thick. Cut into 2-1/2 inch squares. Deep fry at 360 degrees for 2 to 3 minutes until lightly browned on both sides. Drain on towel and sprinkle with powdered sugar.

Serve hot.

Yield: 5 dozen

## About Stuffing and Dressing

You dress a bird but may stuff a pork chop. Some say stuffing is cooked inside a fowl or roast while dressing is cooked separately. When cooking anything, the terminal temperature, that is the highest temperature the food reached while cooking should be consistent with health standards. The United States Department of Agriculture has an informative web site on Food Safety at http://www.fsis.usda.gov/Fact_Sheets/index.asp

> "Turkey, fresh pork, ground beef or veal can remain pink even after cooking to temperatures of 160°F and higher. The meat of smoked turkey is always pink."

Whereas I do not favor uncooked meats or foul in dressings, I insure a dressed bird cavity reaches 160°F and remains there for a minimum of 15 minutes. The surest way to ruin any food is to overcook it but, as chef, you are responsible for food safety.

### Bread Dressing

I do not use dry bread crumbs or stale bread as it's too difficult to chop in the food processor. Sour dough bread that is wrapped (either sliced or whole loaf) being a little moister makes good bread crumbs in the food processor and does not require re-hydration. This is important because guessing exactly how much moisture to add to dry ingredients is can be an imprecise exercise. Nobody likes soggy or dry dressing. Vegetables cooked in a dressing will give up some of their moisture so a somewhat dry stuffing will get juicier if laden with vegetables. It good to follow a recipe closely the first time you make a dressing. Other than that, a good dressing is anything that complements the food.

## Abruzzese Bucatini alla Amatriciana

This dish is named after Amatrice, a mountainous town on the border between Lazio and Abruzzi northeast of Rome. On the Sunday after Fer Agosto, August 15 (Market Day), Bucatini alla Ama-

triciana is the corner stone dish for local celebrations.

“Fair August” is one of the most observed Italian public holidays when practically all of Italy grinds to a halt. For some reason, unknown to me, around the coliseum in Rome is a favorite hangout at this time.

1 medium onion, finely chopped
4 ounces of guanciale (cured hog's jowl), finely diced (substitute ½ pancetta, ½ salt pork)
3 Tablespoons sweet butter
1 1/2 pounds fresh tomatoes, peeled, seeded and chopped
½ teaspoon or more crushed red peppers to taste
Salt and freshly ground black pepper
1/2 cup Romano pecorino cheese
1 pound bucatini pasta
A little chopped basil

Heat a large covered pot of lightly salted water to a boil. Taste the water to insure salt level.

Sauté the onions in melted butter until limp and nearly transparent. Add the peppers and guanciale and sauté until onion is golden about 8 to 10 minutes. Add chopped tomatoes and cook over medium-high heat stirring occasionally. Make sure sauce does not burn, about 15 minutes. Correct seasonings

Cook the bucatini in rapidly boiling water until “al dente.”

Drain pasta well, and combine with sauce. Toss well for at least a minute. Turn out on a warmed serving platter, top with cheese, garnished with fresh chopped basil.

## Beef with Black Bean Sauce Chow Fun

This recipe is for the “dry style”1 chow fun (chow fun means wide noodle). The recipe for chow fun is a varied as there are Chinese chefs but this one came from the now defunct Chinese Garden Restaurant2 in Santa Clara California where the Mandarin chef also made the best Chinese hot sauce I ever tasted. (see recipe Black Bean Hot Sauce)

You need to buy fresh chow fun rice noodles and then keep them at room temperature and cook them that day. The noodles are white in color, broad, and somewhat slippery. Their texture is elastic and a bit chewy. They come layered and should be carefully pulled apart so the may be cooked easily. Do this ahead of time. Unlike other noodles, these do not need to be boiled. They are simply heated and served so this is a quick dish but requires a very hot wok. The secret of keeping the beef tender is the speed at which it is cooked. To facilitate slicing, the beef is slightly frozen, enough to get it to begin the freeze, then it may be easily sliced very thin so it quickly cooks. Cutting the meat across it's' grain makes tougher cuts of meat seem tenderer. The best beef cut to use for stir-fry is top sirloin. (Alternatively try rump roast.)

½ pound top sirloin, cross cut into thin strips
1 tablespoon corn starch
1 tablespoon mushroom soy sauce
1 tablespoon rice wine vinegar
1 tablespoon Marin
1 teaspoon of toasted sesame seed oil
1 white onion, peeled, chopped into larger chunks
1 green bell pepper, seeded, chopped into larger chunks
1 package fresh chow fun noodles (Asian market)
3-4 tablespoons peanut oil
2~3 ounces of crushed chopped fresh ginger
2~3 cloves finely chopped garlic
¼ cup fermented black beans
1 tablespoon soy sauce
1~3 tablespoons Black Bean Hot Sauce (optional) (see recipe)
1 tablespoon crushed red pepper

Heat a cup of water in the microwave until hot. Add to the water, all of the black beans. Allow them to soak for 15 minutes. Discard all the water. Place the beans in your hands and squeeze out the excess water, and set aside for later.

Slice the meat thinly and place slices in a bowl. Sprinkle the meat with corn starch, add the soy sauce, rice wine vinegar, Marin, sesame oil, and marinate for 15 minutes or so.

Heat the wok until very hot and add 2 tablespoons oil. When the oil is smoking, add the onions and green bell pepper and cook briskly until almost cooked but a little crunchy. Turn vegetables out into a bowl. Wipe out the wok. Heat the wok again until very hot and add another two table-

spoons of oil. When the oil is very hot, add the beef. Let the beef brown for a minute then turn the beef over and repeat the other side. Stir-fry the beef until it is browned and cooked through. Stir in the black beans, the ginger and the garlic and toss. Add back in the onions and bell peppers, and add 1 tablespoon soy sauce. Toss ingredient. When hot, add some of the noodles (the package has more noodles than you need for this recipe), and toss ingredients as you go. Optionally, add in crushed red peppers and or Black Bean Hot Sauce.

Serve and garnish plate with a few sprigs of cilantro (Chinese parsley).

Notes:

1. The normal style for chow fun is in a gravy having a corn starch thickener. This is a style many enjoy, while I prefer the dry style. The same restaurant will serve the other style even if they normally serve the other one, if asked to do so.
2. Chinese Garden Restaurant is the name of tens of thousands of restaurants. Google had 3,340,000 hits for this name as of the writing of this cook book. I have personally been to over 6, and believe it or not, two of them became favorites.

## Bucatini Capri

This dish comes from Capri where we vacationed for 2 glorious summers. Capri is a small resort island off the coast of Naples and is a tourist magnet for almost every tour company on the planet. Any young man with half a brain and less than extraordinary luck would do well meeting someone enchanting on this romantic almost magical Isle. Five star Hotels abound some with spectacular views on equal footing with Hadrian's Villa of Roman times. With no beaches to speak of, tourist layout on the rocks and exit the turquoise water with the aid of steel ladders.

After dinner have a granita di café outside in the Piazzetta (small plaza), under the clock tower in the center of the city.

1 pound bucatini pasta
2 pounds peeled, seeded and chopped garden ripened tomatoes1
1 Yellow bell pepper, chopped
½ Yellow onion, chopped
30 Black olives, chopped
1 Bunch of basil
3 Tablespoons first cold-pressed un-filter best olive oil

3 crushed and chopped garlic cloves
4 Tablespoons of grated Parmesan cheese
Salt
Pepper
Crushed red pepper (optional).

Heat a large covered pot of lightly salted water to a boil. Taste the water to insure salt level.

Sauté the onions and yellow pepper until the onions are limp and clear and just begin to take on color. Add the garlic and cook one minute then add the tomatoes. Cook over low heat until the sauce has reduced and the tomatoes have begun to disintegrate. Correct the seasoning with salt and pepper. Add olives and chopped basil, toss until thoroughly warmed. Serve over bucatini paste cooked “al dente”. Garnish with Parmesan and Crushed red pepper (optional).

Bucatini is also used in making pasta alla Amatriciana. It is a long, narrow shape with a small hole though it. Bucatini is Italian for small hole.

Notes:

1. If you do not have tomatoes that smell like tomatoes, then they should be substituted with canned Italian whole peeled San Marzano tomatoes. Remove whole tomatoes from several cans. Slice each in half and squeeze out the seeds.

## Buckwheat with Pancetta, Currants, Onions, and Garlic

This recipe is not only fairly healthy when compared with the white starch grains but is pretty tasty and quick to prepare. The result is a nutty rice like dish with lots of extra flavor from the garlic, currants, and pancetta. If you want it sweeter, add more currants. If you want this more ethnic add a pinch of turmeric and a pinch of cumin with a dusting of Persian Dill. If you want this more Persian, substitute Persian barberries (generally available in Middle Eastern grocery stores in North America) presoaked in sugar water in lieu of the currants.

1 ounce of Pancetta, chopped
1 ½ tablespoons dried currants
1 tablespoon butter
1 tablespoon olive oil
½ onion, chopped

Two handfuls of buckwheat kernels
Pinch of ground cloves
1 clove of minced garlic
Salt and black pepper
1/3 cup hot water (about the same amount of water as buckwheat)

Sauté the pancetta, onion, and currants in the butter and olive oil. When the onion begins to clear, add buckwheat, garlic, pinch of cloves and water. Cover and cook on high until you see steam. Turn off the heat and let rest 10 minutes. Check for doneness. The buckwheat should be al dente – a bit crunchy is ok.

Garnish with chopped cilantro.

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Cannelloni Alla Romano

Unquestionably one of my very favorites. And although it may be prepared as a large casserole dish it is much more elegant when prepared as individual servings each in its own oval chafing dish. This is the way cannelloni would be prepared in Rome. Once assembled, the dishes may be covered with tinfoil and frozen in advanced preparation of a large dinner party. In that case, the individual chafing dishes are unwrapped of their tinfoil when needed, and go straight into the oven.

Preheat the oven to 350 degrees. Pasta will be baked on the top shelf. The bottom shelf of the oven should be provisioned with a sheet of tin foil to catch and spillage.

Roman Style Tomato Sauce
Italian White Sauce
Fettuccine al uova recipe making egg pasta in 5 inch squares

Filling:

1-2 tablespoons of olive oil
1 finely diced small red onion
1 pound ground veal
1 pound ricotta cheese
1 pound fresh spinach triple washed and stemmed
1/2 cup heavy cream

1 beaten egg
¼ cup bread crumbs made from stale Italian Bread (stabilizer)
1/4 cup graded Asiago cheese
1/4 cup graded Romano cheese
1/4 cup graded Parmesan cheese
1/2 teaspoon grated nutmeg
salt and black pepper

Cook the stemmed spinach in boiling salted water for five minutes, drain, put the spinach in a kitchen towel and wring the towel to force water from spinach then chopped well. Saute the onion in olive oil until translucent. Add the veal and cook over low heat, stirring and breaking up the bits with a wooden spoon until the meat just done. Do not overcook! Allow mixture to cool. In a large bowl, beat the egg until pale yellow. Add and mix all the other ingredients and season with nutmeg and salt and pepper. Refrigerate the mixture for several hours to make it manageable.

Very lightly brush the individual oval chaffing dish bottoms (boats) with olive oil. Spoon in two table spoons of red sauce in bottom of dish.

Assemble Cannelloni two channels per dish being careful not to over fill the individual boats.

Add filling to each wrapper and a little white sauce to the pasta sheet. Roll up so some white sauce is rolled between the pasta sheet walls. Cover the two channels with white Sauce. Then cover the white sauce with Roman Style Tomato Sauce. Top with grated Romano cheese. Drizzle over the channels a hint of good olive oil.

Bake at 350 F for about 45-60 minutes or until done. Dishes should be bubbling hot and placed on a larger round plate so they may be carried. Serve immediately.

A full bodied Italian wine is required. (Brunello, Bordolino, Brolio, Sangiovese)

Crabmeat Ravioli

1 can drained chilled crabmeat
3 shallots
1 tablespoon sweet butter
1/2 cup of ricotta cheese

1 tablespoon finely ground Parmesan cheese
2 teaspoons dried tarragon
1/2 teaspoon salt
2 tablespoons sour cream
1/8 teaspoon nutmeg
Pasta – use the French Noodle recipe

Mince the shallots and sauté them in butter until limp but not brown. Process the other ingredients in a food processor until just smooth. Incorporate the shallots.

Prepare the French noodle recipe except instead of processing into noodles make flat sheets in preparation for making the ravioli. Beat 1 egg plus 1 extra egg yolk to use as a sealant for the sheets of ravioli.

On the counter, layout a sheet of pasta as wide as the pasta machine which is usually about 4 inches. Spread a teaspoon crab filling an inch in from one edge and an inch down on the pasta sheet. Now repeat on the same row another teaspoon 2 inches over, and repeat to the end of the row. Now start a symmetric row two inches below the top row. Paint between the rows with the egg mixture. Using an identical piece of pasta, cover the bottom sheet. Push down between rows with finger tips press slightly down. Cut with a ravioli cutter and crimp the edges with the tines of a fork. Place in single layer on parchment paper lightly dusted1 with flour and cover with clean towel. Let rest for 30 minutes. When cooking, slide these into the water from a pancake turner.

Note:

1.To dust flour, use a fine sieve filled with a bit of flour. Hold sieve six inches above parchment paper. Beat edge of sieve with a spoon then move to a new are and repeat.

## Farro Risotto

2 tablespoons extra virgin olive oil
2 tablespoon butter
1/2 chopped yellow onion
2 cups farro
1/2 cups dry white wine

½ cup sherry wine
2 cups low sodium chicken stock
½ cup chopped Italian parsley
2 cups chopped Cremini mushrooms

Preheat oven to 350 F.

Heat the oil and butter in a sauce pan that has all metal handles and a tight fitting lid.
Sauté the onions until they are translucent. Stir in farro.
Once farro is lightly toasted with the butter and olive oil, add all the wine and let reduce. Stir frequently. Once the wine has reduced, add 2 cup of chicken stock, add lid, and bring to boil. Place the cover pan in center rack of the 350 degree oven. Cook for another 20 minutes.

Garnish

Add 2 cups chopped butter and sautéed mushrooms to hot farro. Add ½ cup chopped Italian parsley.

## Fettuccine al Uova

Pasta is traditionally made in Italy with Semolina a finely ground high Durham wheat flour. "Duro" is Italian for hard, which is high in protein and gluten which makes for better pasta.) Pasta made with eggs is called Pasta all'uovo. A pasta attachment for the mixer or a pasta machine is required.

1 tablespoon mildly flavored olive oil
1 teaspoon salt
3 whole eggs
2 egg yolks
2 cups of pasta Semolina (a finely ground high Durham wheat flour)
2 cups King Arthur's Italian-Style Flour ("00" milled)

Combine all ingredients into your food processor with a dough blade and processed until combined.

Place dough in the mixer with a dough hook and knead pasta dough until it is elastic. Let stand for

one hour in the refrigerator to help develop the glutens. Remove from refrigerator and let warm a half an hour then begin to roll the dough.

Using your pasta machine or pasta roller attachment, pass the pasta through the widest opening of the sheet roller. Fold over in two, and repeat several times until the dough is elastic and shiny. Now pass through again, folding the out side edges of the rectangle towards the center so the edges become more uniform. Gradually process the pasta on successively smaller settings. Cut the lengths in half, if they become too long to handle. If making noodles, when the pasta is thin enough (usually the 6 or 7 setting), change heads to the fettuccine blade and cut into strips.
Hang to dry. Hang on clean broom handle or over a towel on straight back chair rails, or on a pasta drying rack.

If making cannelloni. Cut the sheets to 5 inch squares but do not allow to thoroughly dry as the sheets need to be pliable for rolling around these are filled and will not be cooked ahead of time, so need to remain somewhat flexible so they may be handled.

Dry noodles for at least several hours before using. When cooking always noodles use salted water at a high rolling boil and remove the pasta when it is still “al dente”.

## Fettuccine Alfredo

The original owner of Rome’s Alfredo's Restaurant, Alfredo Di Lelio, is the originator of this 1914 delicious dish formulated for his pregnant wife who had to be enticed to return to eating. Alfredo has since passed away, and the recipe for both the fettuccine pasta and the sauce remain secret. In 1955, when I first went to this restaurant near Piazza Novona on Via della Scrofa, the place was already famous and relatively expensive while today, it is more affordable. As a child, I thought this was one of the best things I had ever eaten. Today, as an adult, I still love it. Fettuccine Alfredo is immensely popular all over the world and this is despite the fact that the recipes being used are not quite right!

This is my version of the famous plate. The inclusion of the beaten eggs is the secret. The egg yolks in the sauce give the fettuccine the authentic mouth feel and fabulous sense of richness found in the original dish. Because the pasta is so very hot (200+F), the eggs temperature quickly exceeds 145 degrees hence there is no risk of salmonella.

All ingredients should be at room temperature.

1 stick unsalted sweet butter (1/4 pound)
1 cup heavy whipping cream
1/2 cup fresh finely grated Parmigiano Reggiano (Parmesan cheese)
1/4 teaspoon freshly ground white pepper
1 pound freshly made egg Fettuccine
3 organic natural raised fresh farm egg yolks (These should be a very bright yellow)

Fresh egg pasta is required, and when rolled out, it should be processed on the thinnest setting of your pasta machine. Making your own pasta, has, in this case, three advantages, first it is fresh, has the prescribe number of eggs, and thirdly, it is thin enough to make this a delicate dish. (See Fettuccine al Uova recipe.)

Bring to high boil 6 quarts of lightly salted water. Sample the water with a cold spoon. The water should be only mildly salty. As the pasta cooks, it absorbs water so using salted water, one insures the salt goes where it is needed. As you see from the ingredients, even the butter, up to this point, is unsalted. The cheese has quite a bit of salt so we will wait until the last moment to correct for seasoning,

Cut the butter into 10 pieces on a small plate. This will ensure when the butter is added it melts and is incorporated quickly. Beat the yellow egg yolks in a separate bowl until very creamy. Now drop pasta in the boiling water and cook approximately three minutes, stirring to prevent sticking and sampling until the pasta is al dente (just cooked but still has a bite, not soft.) Drain pasta in a colander but note bone dry. Allow a little of the starchy water to remain with the pasta. Pour the pasta into the pot. While the pasta is still steaming hot, immediately add butter, cream and the beaten eggs. Toss immediately. Add the cheese, white pepper and toss well. Correct for seasoning. Serve immediately

Note:

1. In Cooking the Roman Way: Authentic Recipes from the Home Cooks and Trattorias of Rome by David Downie, the author claims that he has the real recipe straight from the “horse’s mouth”.

## Kae's French Noodles

These noodles are characterized as being very rich and bright yellow. To add that homemade touch, cut the noodles by hand with a sharp knife and make about half an inch wide.

1 cup of semolina
3 cups fine ground Durham flour
1 teaspoon salt
3 eggs organic brown eggs
6 egg yolks from organic brown eggs
2 tablespoons of water

Make a well in the flour and add the rest of the ingredients by combining with a fork. Finished kneading by hand by pushing the dough away with the heal of your hand. Gather into a ball in knead well. Cover with plastic wrap and left rest 15 minutes. Using a pasta machine, pinch off a fist size clump and run in repeatedly through the pasta machine on the thickest setting until completely ductile and silky. Now roll to desired thickness usually as thin as possible. Switch attachment to a fettuccine cutter and slit noodles lengthwise. Repeat until all noodles are done. Dry noodles on hanger on a broom a handle or drying racks. Allow to dry for about 2 hours before cooking.

## Fresh Whole Wheat Pasta

You'll need a pasta machine attachment to make this or, alternatively, very strong forearms and a stout rolling pin. Without a machine, this is a ton of work. With a machine it still takes over an hour but it's a lot of fun.

Makes 2 pounds fresh pasta

3 cups stone ground whole-wheat flour
1 cup unbleached all-purpose flour
5~6 extra large whole eggs
1 teaspoon of salt
3 tablespoon olive oil (absolutely required)
Extra flour for dusting layers of sheets and preventing noodles from sticking.

Combine ingredients (add five eggs at first) into the bowl of your Cuisinar. Pulse to mix. Due to varying water content in the flour, add an extra egg if ingredients are not coming together. If still dry, add ¼ cub of water a tablespoon at a time. Due to volume, it will probably not be

possible to thoroughly mix all the pasta. Turn ingredients out into a bowl. Finish mixing with your hands. Notice the rough texture on the stone ground flour. The rolling process will not only smooth this out but will make the pasta ductile and supple.

The pasta is now ready to roll. Start with you widest setting and the machine speed on medium, pass a palm size piece through. Use the back of a wooden spoon to speed up the initial pass to press dough down. Fold over the uneven end of the dough and feed through the machine again, each pass evens up the rough edges, and conditions the pasta.

Decrease the aperture on the pasta machine and repeat. We will do this many times. When the pasta is the right thickness, it then may be either cut to shape or run through a fettuccine or spaghetti cutter, depending what you need in the way of pasta.

Since I am making cannelloni, I size the pasta for the dish I am using, and then cut all sections approximately the same.



Fried Rice balls - Rice Suppli al Telefono

Suppli al Telefono are Roman fritters, rice balls with a cheese filling that strings out like telephone wires when eaten. Practically every pizzeria, every osteria or trattoria either are serving suppli or arancini. Arancini are the same thing except these are made with Risotto alla Milanese (see recipe risotto alla milanese). In my youth, in Rome on cold winter days, I would buy a few of these from street vendors hot from the oil and warm my hands and have a great breakfast. The

moisture level of the rice has to be such that the balls form when pressed together. If you having trouble add a beaten egg yolk to rice. Mix well, refrigerate for a half an hour.

Preheat oven to 250 oF for holding batches of the suppli to keep them warm.
Use a fry or a candy thermometer to insure you get the temperature right. The ingredients should be allowed to reach room temperature.

Bunch of finely diced parsley
Bunch finely diced chives
3 eggs plus 2 egg yolks
3 cups leftover Risotto alla Romano (al dente) (see recipe)
4 ounces of mozzarella cheese cut into 3/8 inch cubes
2 cups dry bread crumbs made entirely from the crust of crusty Italian bread.
4 cups of filtered olive oil (not extra virgin)

Preheat oil to 360oF – 365oF

Combine rice with parsley and chives. Beat eggs plus egg yolks in a separate bowl. Put bread crumbs in a separate bowl. Make a few suppli at a time and then place them on a plate until you have four or five ready to cook. Using your hands, form a small ball of about 1 ½ tablespoon of the rice mixture with a cube of mozzarella cheese at the center. The ball size is important because if these are too big, the outside is done before the cheese in the center has time to melt. Roll the rice ball into a round ball. Refrigerate the balls for an hour or two. When ready to cook, dip ball into egg mixture then into bread crumbs. When have dipped four or five, then fry them. The oil should not cool too much when these are cooked hence the limit on how many can be cooked at a time. If the suppli are not completely immersed in oil, then turn them with a slotted spoon as they cook. When suppli are dark golden brown, remove with a slotted spoon to a paper towel covered platter in the oven to keep warm. Serve as soon as possible.

## Gnocchi di Patate e Fungi Maitake con Vermouth

Potato gnocchi are very popular in Italy. This recipe was inspired by Farallon Restaurant in San Francisco where they served a dish entitled Nantucket Bay Scallops with Potato Gnocchi. Although the gnocchi they served were smaller and elegant, you can make you're the traditional way and even shape these on an inverted fork or gnocchi board1.

2 pounds of whole baking potatoes
1 beaten egg
2 cups Italian “00” flour
pinch of white pepper and salt
Nutmeg

Preheat oven to 450 F.

Bake the potatoes with the skin on in a 450 F oven for an hour.

Allow potatoes to cool until lukewarm then peel them being careful not to burn yourself. You can grip the potato with a clean dish towel while you peel them. Pass the potatoes through a potato ricer or food mill into a large mixing bowl. Add about three fourths of the flour, the beaten egg, a pinch of nutmeg and a good pinch of salt and white.

Mix until the dough forms a pliable ball. Add more flour until the dough is pliable and stiff enough to hold a shape. Taste dough for salt and pepper. Adjust and remix dough as required. Dust your working surface with flour. Take the dough, a piece at a time, and roll it out with your hands until you have rolls about 1/2 inch in diameter. (If you have a gnocchi board, roll the shape into the dough.) Cut the tubes of dough into pieces about an inch long. Place them separately on a parchment paper lined cookie sheet. Keep them apart so they don't touch one another or they'll stick together.

Set broiler to high

Bring a big pot of water to a boil. Hold tray over pot and give it a jerk to dislodge the gnocchi into the boiling water. Don’t try to cook more than 30 at a time. When they float to the surface they are ready. Remove them with a slotted spoon and set them in a strainer to drain off the excess water.

Add more gnocchi to the water and do as before.

Sauce and Finish
A half pound of sweet butter
2 cups finely graded Asiago cheese
Maitake mushrooms
Sweet Vermouth or Cream Sherry

Nutmeg and a dash of white pepper

Warm the chafing dishes then brush butter on the inside bottoms. Add enough gnocchi to fill but not crowd the dish in a single layer. Top gnocchi with graded Asiago cheese. Crumble on Maitake mushrooms. Add a dash of nutmeg and white pepper. Ladle over three teaspoons of melted butter in each dish. Sprinkle on a teaspoon of vermouth. Heat under a hot broiler but do not brown. Mushrooms are now highly aromatic. Garnish with finely chopped chives. Serve individual chafing dishes centered on a larger flat plate.

Note:
1. Gnocchi Boards are generally made of wood and have ridges.

## Joanna's Rice

Joanna was Kae's friend from Santa Barbara.

2 cups long grain jasmine rice
3 1/2 cup chicken broth
1 finely chopped fresh thumb of ginger
1 teaspoon curry powder
½ teaspoon turmeric
Salt
Pepper
Juice from a Meyer lemon
½ cup raisins
½ cup of currants
½ cup sour cream
1 tablespoon olive oil
Toasted blanched almond slivers

Pre-heat oven to 350 F.

Bring broth to boil in oven safe pot with lid. When both is boiling, add rice, ginger, curry powder, turmeric, and a little salt. Place lid on. Cook rice on stove top until steam starts to seep past the lid. Place pot in oven for 45 minutes. After 45 minutes, remove pot from oven being careful to avoid being burnt. Remove lid allowing remaining steam to escape. Toss in

currants and raisins. Add sour cream and a little olive oil until the mixture is moist. Finish with lemon juice to taste. Correct seasoning with pepper and any additional salt as required. Turn out on to a serving platter and sprinkle with toasted blanched almond slivers.

## Linguine Malafemmena

(Malafemmena means “lowly woman” style which is amusing as another very popular spaghetti style is also named after women of the night –see Spaghetti alla Puttanesca.) The magical flavors of the Mediterranean are captured when olives, anchovies, and capers come together in this quick and simple Italian dish.

½ cup coarsely chopped black olives
2 Tablespoons drained Italian capers
4 Cloves finely diced garlic
4 chopped anchovy filets
Crushed red pepper flakes
3 tablespoons olive oil
16 ounces linguine

Quickly sauté black olives, crushed red pepper flakes, capers, garlic and chopped anchovy fillets in a little good olive oil.

In a kettle of boiling salted water cook the linguine until it is “al dente”; drain it reserving a few tablespoons of the pasta water. In a bowl, toss the pasta for at least a minute with the sautéed sauce and some of the pasta water. Garnish with a bit of chopped basil. Serve extra crushed red pepper flakes on the table.

## Macaroni and Cheese

It is hard to think of a more satisfying comfort food than macaroni and cheese.

2 cups uncooked elbow macaroni

4 tablespoons sweet butter

1 1/2 cups graded mild cheddar cheese

1 cup graded Fontina cheese

2 tablespoons fine flour “00”

2 large egg yolks, lightly beaten

1/2 cup half and half

Pinch of sweet paprika

Pinch white pepper

Bread crumbs (optional)

Grated Parmesan cheese (optional)

Sea salt

Preheat the oven to 350°F. Grease a shallow 9 by 13 baking pan.

Bring a covered pot with 3 quarts of lightly salted water to a boil.

In a bowl, whisk egg yolks until creamy. Set aside. Make sure cheese is cold so it is easier to grate.

Melt butter in a heavy bottom pot over low heat, add flour and cook a bit but don’t brown. Whisk in whole milk and while whisking, bring to a boil. Remove from heat for several minutes. Whisk in pinch of sweet paprika and a pinch white pepper. Add grated Fontina cheese and slowly heat to melt stirring frequently. Now add half the grated cheddar cheese and slowly heat to melt stirring frequently. Turn down very low and cover.

Cook macaroni in boiling salted water, until just “al dente”. Drain very well; return to pot or large bowl. Add cheese sauce and mix well. Stir in the beaten egg yolks. Turn out mixture into greased 9 x 13 baking pan. Top with balance of grated cheddar cheese and, optionally, add a handful of bread crumbs and grated Parmesan cheese.

Bake, uncovered, for 30 minutes or until the cheese has melted and browned.

## Maria's Garlic Pasta (aglio e olio pastasciutta)

For garlic lovers, this recipe is to die for. For others, try it, it is delizioso. This was one of Maria's mamma's favorite dishes. She always made it on Friday nights.

1 whole bulb of garlic
1/3 cup of extra virgin olive oil
1/4 teaspoon of oregano
1 pound of vermicelli pasta
salt

Peel and slice garlic cloves in half and cut up into slivers using care not to cut too thin. Put oil in a small saucepan. Add garlic, and cook on very low until golden. It is very important to watch the process so your garlic does not burn.

When it is done, remove from the heat, add the oregano to it and set aside.
In another pot, cook your vermicelli and add salt if you prefer. Right before pasta is done, put garlic back on heat, and add 1 ladles of the hot pasta water.

Bring garlic to a boil, let boil 1 minute, and remove from heat. When pasta is done drain and retain 2 1/2 cups of the drained pasta water (you may need this later
because the pasta soaks up the garlic juice).

Put pasta in a large hot serving bowl or platter, and add garlic juice to it and toss. If it becomes too dry, add some of the pasta water that you saved. Top with some fresh parsley if you want.

Your ready to eat. You can top your pasta with some Pecorino Romano, or Asiago. Enjoy!

## Meyer Lemon Fettuccine

A hint of lemon is what is intended in an otherwise creamy elegant pasta dish.

1 pound fresh egg fettucine

1/4 pound sweet butter
1 Pint of heavy Cream
3 sliced Meyer lemons
1 bunch chopped Italian parsley
Fresh ground nutmeg
1 teaspoon fresh ground Tellicherry Peppercorns1
Salt

Boil water, add pasta. Melt butter in pan, add sliced Meyer Lemons and saute. Slowly add cream. Add salt, pepper and nutmeg. Drain pasta and add to cream sauce, mix all ingredients, add parsley and serve!

Note: 1. Tellicherry peppercorns are larger, more pungent, and more aromatic than regular black peppercorns. They only come from India. Try adding this intense flavor to your soups, stews, and meat dishes. You may substitute black pepper, white pepper, red pepper medley.

## Kae's Orange Rice

Especially good with fish or shellfish. Very easy to prepare.

2/3 cup very finely diced celery ribs with leaves
1 thinly sliced yellow onion
4 tablespoons of sweet butter
1 cup fresh orange juice
1 teaspoon salt
Dash of thyme
¼ teaspoon white pepper
2/3 cup water
2 tablespoons freshly grated orange jest
1 cup jasmine long grain rice

Cook celery and onions in butter over medium heat until onion is beginning to clear but not brown. Add rice, water and orange juice and bring to boil. Immediately cover and reduce heat to very low. Simmer for 15 minutes. Turn off heat and let stand 20 minutes.

Other Grains

## Quinoa

Quinoa (pronounced keen-wah) is an ancient grain that has become popular in North America in recent years. The Incas in the South American Andes originally cultivated quinoa and referred to it as the "mother grain" since it is an annual plant that bears seeds indefinitely.

Quinoa is not a true cereal grain but is technically a member of a family of herbs. The entire plant, including the leaves, stem, stalk, and seeds is edible. The plant grows from three to six feet high. Its seeds, which look like a cross between millet and sesame seed, are in large clusters at the end of the stalk.

Quinoa is considered a "super grain" because of its nutritional benefits. One cup of quinoa has more calcium than a quart of milk and has twice the protein of barley or rice. It is a good complement to legumes that are often low in the amino acid, methionine and is higher in oil than other grains. Quinoa has a delicate nutty flavor and is available as a whole grain that cooks in about 15 to 20 minutes until "al dente" usually in salted water and can be substituted for almost any grain in most recipes. It can be used in soups, risotto, salads, entrees and even desserts.
1/2 cup (dry) contains:

| calories | protein | fat | carbohy-drates | fiber | sodium |
|---|---|---|---|---|---|
| 280 | 10 g | 4 g | 50 g | 8 g | 0 mg |

See recipe below for Quinoa Risotto

## Buckwheat

Although similar in nutrient content to wheat, buckwheat is not really a grain. It is actually a cereal grass similar botanically to rhubarb.

Buckwheat is thought to be of Asian origin. It has a distinctive three-cornered tan seed and is available either roasted or un-roasted. Roasting intensifies the flavor, imparting a dark, nutty quality to the grain. Roasted buckwheat, or kasha, is a staple in Russia, and Jews from Central Europe mix bowtie noodles with kasha to make kasha varniskes. Northern Italians make a buckwheat pudding called polenta Saracen, while the Japanese make a buckwheat noodle called soba (Oki-

nawa soba noodles contain no buckwheat—they are made entirely from wheat).

Un-roasted buckwheat has an off-white color and a more delicate flavor than roasted buckwheat. It is available as groats, grits, or flour. Buckwheat grits are similar to Cream of Wheat and can be used in desserts or other delicate dishes. Buckwheat flour is often used in pancakes, breads, crackers and other baked goods. Buckwheat is relatively low in calories and is an excellent source of protein, complex carbohydrate, fiber and magnesium. Buckwheat does not have gluten and the Japanese who make noodles by hand are master craftsmen.

Trentino, in the Alto Adige region of Italy, thrives on polenta, usually made from corn but also from potatoes or buckwheat. Also, on festival occasions, they make a cake to chase away hunger call “smacafam” in dialect made from buckwheat, pork sausage, pancetta and lard.

1/2 cup of buckwheat (cooked) contains:

| calories | protein | fat | carbohydrates | fiber | sodium |
|---|---|---|---|---|---|
| 104 | 3.5 g | 1 g | 12 g | 2.5 g | 0 mg |

**Kamut**

The name kamut is derived from the ancient Egyptian word for “wheat”. Kamut, considered by some to be the great-great grandfather of grains, originated in the Fertile Crescent of the Old World many thousands of years ago. After a long period of absence, this grain was rediscovered and is an important staple in contemporary diets.

Produced mainly in the United States, the kernels of
Kamut are several times larger than wheat and look like thick, slightly flattened grains of rice. Inherently sweet, Kamut has a rich, buttery flavor and supplies 20-40 percent more protein than most wheat. Kamut is also superior in lipids, vitamins, minerals, and fiber. The level of gluten in Kamut is relatively low and therefore, is often tolerated by individuals who have wheat sensitivities.

Kamut is available as a whole grain, in flake form, or as flour. It is also used in cereals and in baked goods, such as pasta, crackers, cookies and breads. Kamut can be found on the shelves

of many natural food stores and is available year-round.

1/2 cup (cooked) contains:

| calories | protein | fat | carbohy-drates | fiber | sodium |
|---|---|---|---|---|---|
| 104 | 3.5 g | 1 g | 12 g | 2.5 g | 0 mg |

**Quinoa Risotto**

1 cup quinoa
3 tablespoons of great olive oil
4 tablespoons finely chopped salt pork
1 small chopped red onion
3 cloves garlic crushed and finely chopped
1 cup chicken stock and another ½ cup in reserve
1/2 cup pinot grigio
Handful of dried sliced porcini mushrooms,
3/4 freshly grated cup Romano and Asiago cheese

Rinse quinoa in a fine mesh strainer four or five times under running cold water or changes of water. Drain in strainer for five minutes.

Heat olive oil in a sauce pan over medium heat. Add salt pork and cook until it renders some of its fat. Add onion and cook until just limp while stirring frequently. Add garlic and stir for one minute not allowing it to burn. Add quinoa and stirring until it is well coated on high heat. Add 1 cup of good chicken stock, ½ cup white wine and the dried porcini mushrooms. Bring to a boil, and then reduce heat to low. Simmer until quinoa is "al dente", stirring occasionally, approximately 10-12 minutes. Add additional chicken stock if required.

Remove from heat and stir in cheese. Plate up risotto in bowls. Garnish with cooked garden fresh petite peas and a drizzle of tasty olive oil.

**Pad Thai**

Pad Thai is the signature dish of Thai cuisine. There are different pad Thai recipes for every cook in Thailand. This recipe was from the Thai Gardens in Milpitas California now gone. This recipe is chili and tamarind rice stick noodles with chicken, shrimp and fried tofu, Thai style.
When my friends of the Thai Gardens first started out, they had a postage sized shop on the corner in a large shopping center. Mom and dad took turns cooking. Rory Babb introduced me to Thai. He had lived in country for four years while serving in the Air Force. He ordered for us in Thai and we always got exceptional friendly service. When he ordered for me he would

say “Pad Thai pet-pet mac-mac” and the dish would arrive fragrant and incredible spicy. It was hotter, in fact, than anything I had ever eaten but was so delicious I finished every bite. Fifteen minutes later, the heat has dissipated completely. They did not speak English and when they saw me show up alone, they would say “pet-pet mac-mac” smile and ask me where Rory was. Achieving the American dream, their success lead to the launch of a full scale restaurant, then two restaurants. By now, I was welcome in the kitchen, where their Americanized son would translate ingredients into English. I find now, when I need to make this for guests, the easiest place to get the ingredients is from the store directly. The one exception is tamarind paste which I always have on hand in 4 inch bricks cakes.

If this is the first time you make Pad Thai, read the whole recipe first. There is nothing hard about it but there are many steps and quite a significant amount of preparation work. Start the noodles right away. Put the mung bean sprouts on ice water. This recipe is the work of seven years of work but never the less, you can play with it, joining the ranks of the 14,885,784 Pad Thai chefs.

**Garnish** (Per Person)
(I prepare all the plates ½ hour ahead, cover with wrap, place in cool spot in kitchen.)

1/2 cup mung bean sprouts per person, soak in ice water, pat dry
1/2 cup finely julienne Napa Cabbage per person
2-4 Slices of cucumber, per person
2-3 tablespoons finely chopped roasted peanuts[3]
2 Wedges of lime
1 Orange slice

Serve with Ajad Thai Cucumber Garnish (See recipe)

Banh pho - Thai Rice Noodles
If using dried “Rice stick noodles” soak noodles in a pot of warm water until are just firm, about 30-40 minutes. To hasten the process, pour in boiling water to raise the temperature to about the temperature of a hot bath (100 F). Taste the noodles periodically and remove to a strainer when they are still al dente, completely limp but not mushy. Use Chantaboon Rice Stick Noodle1, Size: M, 14 ounce pack (3~4 persons) or the equivalent. These are available fresh from the Asian Markets (see recipe for Beef_Tendon_Soup.doc for more on noodles)

1/4 cup bean sprouts

Topping 2 green onions, julienned
3-4 ounces of diced Chicken Thigh meat per person (some chopped fine, some course)
6~8 peeled tiger prawns per person
1 clove crushed garlic per person
1/3- 1/2 cup firm tofu diced (cut in 1/8 by 1/8 thick pieces)
1 tablespoons rice wine or Marin[4]
1 dash of fish sauce (1/2 teaspoon)
1 1/2 to 2 tablespoons Paprika
1 level tablespoons MSG
1 to 1 1/2 tablespoons liquid Thai tamarind fruit concentrate (see Tamarind Sauce)
Crushed red pepper flakes to taste. (Use 1 teaspoon to start. I use 2 tablespoons in mine.)
Chopped cilantro
1 tablespoons of sugar (some places use orange honey),
Peanut Oil
Salt - as required

**Advanced Preparation:**
Take a large brick of extra firm fried tofu. Cut away exterior surfaces and discard. Cut it into 1/8 layers and cut into stripes 1/4 wide and cross cut 1/4 inch long. Preheat frying pan with three tablespoons of peanut or canola oil. Bring oil to high heat, fry tofu until firm and it has taken on some color. (7-12 minutes) Set to drain on paper towels. Prepare medium wide (1/16$^{th}$~3/32$^{nds}$ inch) rice noodles - May be done hours ahead and refrigerated. (The noodle will take on the flavor of whatever they are cook with the hence rice noodle is superior for this purpose). There are so many ingredients, it may be a good idea to load up cups or small dishes with the: sugar, garlic, rice wine, tamarind sauce, red pepper, salt, fish sauce, paprika, MSG. (Take inventory against the recipe.) I have found that I inadvertently have left one or more ingredients out until I started doing this in a more methodical way. In a very hot wok, add peanut oil, and when it smokes, quickly cook the chicken. Repeat the process until all meat is cooked. Set aside. May be done ahead

**Individual Preparation of Each Plate**
Individually prepare each portion. In a very hot wok, add peanut oil, and when it smokes, quickly cook the shrimp, garlic, and add in the chicken. Then add paprika, msg, tamarind sauce, crushed red pepper, sugar or some honey for sweetness. Add fried tofu. Add garlic, rice wine and a few handfuls of noodles. Add in green onions and bean sprouts. Quickly heat. Add

chopped cilantro toss and turn out on a plate, top noodles with chopped peanuts, accompanied noodles with bean sprouts, very fine julienned Napa cabbage, and sliced cucumbers garnish. Serve with lime wedges and a few slices of orange.

The bright red coloring of this dish derives from the ample amount of paprika. The choice of this sweet paprika is one without a lot of flavor of its own less it over power the plate due to the quantity in which it is used.

Notes:

Tamarind Sauce

Tamarind sauce is a critical ingredient in many Thai foods, and will be found in many steak sauces including mine (see Steves_Steak_Sauce.doc). If using a package of tamarind paste, combine with hot orange juice and blend with a spoon. Sieve the sauce to remove any hard or stringy bits.

When fully ripe, the shells are brittle and easily broken. The pulp dehydrates to a sticky paste enclosed by a few coarse stands of fiber. The pods may contain from 1 to 12 large, flat, glossy brown seeds embedded in the brown edible pulp. If using fresh pods, shell pods like a peanut, pull off fiber stems along fruited seed pods and place in orange juice over a slow simmer to soften. When softened, cool, then rub paste off seeds, Discard seeds. Sieve and blend until smooth. Alternatively, you can scrape seeds with fingernail to remove raisin colored paste. Combine with orange juice, If making a large batch, and storing is desired, use lime juice and orange juice. Sieve the sauce to remove and hard parts. Store the sauce in refrigerator until ready to use.

**Tamarind:** The 3 - 8 inch long, brown, irregularly curved pods are abundant along the new branches. As the pods mature, they thicken and the pulp turns a reddish-brown. The pulp dehydrates to a sticky paste threaded by a few coarse stands of fiber. The pods contains numerous glossy brown seeds embedded in the brown edible pulp that remain viable for months and will germinate a week after planting. The pulp has a pleasing sweet-sour flavor and is high in both acid and sugar. It is also rich in vitamin B and high in calcium. There are wide differences in fruit size and flavor in varietal trees. Indian types have longer pods with 6 - 12 seeds, while the West Indian types have shorter pods containing only 3 - 6 seeds. Most tamarinds in the Americas are of the shorter type. The premium tamarind is graded “AA” and sold in a box as the pods’ brittle casings are easily broken.

Origin and Distribution

Native to tropical Africa, the tree grows wild throughout the Sudan and was so long ago introduced into and adopted in India that it has often been reported as indigenous there also, and it was apparently from this Asiatic country that it reached the Persians and the Arabs who called it “tamar hindi” (Indian date, from the date-like appearance of the dried pulp), giving rise to both its common and generic names. Unfortunately, the specific name, “indica”, also perpetuates the illusion of Indian origin. The fruit was well known to the ancient Egyptians and to the Greeks in the 4th Century B.C.

The tree has long been naturalized in the East Indies and the islands of the Pacific. One of the first tamarind trees in Hawaii was planted in 1797. The tamarind was certainly introduced into tropical America, Bermuda, the Bahamas, and the West Indies much earlier. In all tropical and near-tropical areas, including South Florida, it is grown as a shade and fruit tree, along roadsides and in dooryards and parks. Mexico has over 10,000 acres of tamarinds, mostly in the states of Chiapas, Colima, Guerrero, Jalisco, Oaxaca and Veracruz. In the lower Motagua Valley of Guatemala, there are so many large tamarind trees in one area that it is called “El Tamarindal”. There are commercial plantings in Belize and other Central American countries and in northern Brazil. In India there are extensive tamarind orchards. The pulp is marketed in northern Malaya and to some extent wherever the tree is found even if there are no plantations. The Thai make the fruit into a beverage concentrate.

Notes:

1. Import foods on line shows a picture of the package in case you get lost in the sea of noodles your oriental market shelves. See http://importfood.com/nogl4001.html
2. Fish sauce is the single, most important flavoring ingredient in Thai cooking and is available in premium and standard editions - see http://importfood.com/gourmet_fish_sauce.html for premium varieties. The common brand for this is the Tiparos brand. All of these contain a bit of sugar and salt and are made from anchovies.
3. Unless you chopped the roasted peanut by hand with a knife, you may get them too fine. I use both 1/3rd salted and 2/3rds unsalted peanuts, place them in a plastic zip lock bag and roll over them slowly with a wooden rolling pin. I then sieve the results. The fine powder falls through the sieve and is discarded.
4. Marin is Japanese sweet cooking wine. Since it is effective in masking the smell of fish, Marin is often used for cooking seafood. The highest quality Marin, referred to as 'Ajino-haha' in Japan is made from rice and should be over 15% alcohol to be a good one. Well-known Japanese brands for Marin are Takara and Mitsukan.



## Pineapple Rice with Fresh Scallions

Requires an oven proof pot.

1 pound can of crushed Dole Pineapple in light syrup
2 cups jasmine long grain rice
6 fresh scallions, chop the whites and greens separately
1 stick of butter

Salt and white pepper

Strain the pineapple and retain the juice.
To the pineapple juice add enough water to make 3 1/2 cups of liquid.

Bring liquid to a boil. Add rice without stirring, cover. Heat to a boil. When boiling, place pot in 350F oven for 40 minutes.

Remove rice from oven, remove lid, turn out rice on a cookie sheet to cool and loose some of its remaining moisture.

Heat butter in a large frying pan, add pineapple and the whites of the onions and cook until the onions begin to clear. Add rice and the chopped greens of the scallions, salt and pepper to taste. Serve with any Asian-Pacific fusion dishes or a nice piece of fish.

Kae's Polenta (Corn Porridge)

4 cups water
1 cup Corn meal
Salt

Bring to a low boil, stir for forty minutes. Taste polenta, the grains should be tender, there should be a distinct flavor of corn, and it should be the proper consistency, neither too thick nor too thin. Turn out into an oiled baking sheet and level with a spatula. (In Italy, the polenta is turned out on boards and when completely firm is cut free with a string to separate the bottom from the board.)

Place in the refrigerator to cool completely until very firm.

Once set cut into squares, rounds, or triangles. Brush each side with olive oil and sauté in a non-stick pan over medium heat, grill. Also may be topped with butter and Parmigiano Reggiano or pecorino cheese then baked in a 400 F.

## Polenta ala Romano

Baked polenta cakes with cheese are very popular all over Italy. This is peasant food humble but very satisfying. The predecessor to corn was buckwheat but by the 16th century, maize from the new world was edging it out. Today white and yellow corn are both popular. In Rome, the dish is often served in the fall and winter months. In Casperia a 1000 year old village just north of Rome, you can celebrate the polenta festival in a quaint mountain town. There is some argument if "ala Romano" includes meat or not. As far as I know, there is no law against adding a sauce and some cut up sausage.

2 extra large beaten eggs
4 cups milk
1 cup polenta
1 ¾ cups grated Romano cheese
pinch of white pepper
1 ¾ teaspoon sea salt
Pinch of nutmeg
6 tablespoon melted butter

Preheat oven to 400 F.
Butter a large baking sheet and set it aside. Beat eggs is a separate bowl.

Heat milk in a heavy sauce pan. When boiling, add salt, pepper, nutmeg, stir in polenta, a little at a time, so that mixture retains a boil, stirring constantly with a wooden spoon. Reduce heat; continue stirring until the mixture is so stiff that the spoon will remain free standing straight up. Remove polenta from heat.

Beat eggs in a separate bowl and add 1 cup of grated Romano cheese. Now stir the mixture into the polenta. Spread mixture on large buttered baking dish to about ¼ thick with a spatula. Refrigerate pan uncovered until very firm about 2 hours. Butter a shallow 9 x 14 baking dish. Cut dollar sized to 1 ½ inch rounds from the cold polenta and transfer the rounds to the baking dish, slightly overlapping the rounds in a decorative pattern. Dribble over the melted butter and sprinkle with the rest of the cheese.

Bake in center of oven until polenta is crisp and golden. For a darker color, place under the

broiler until the correct color. Serve hot. Often served with a bit of hot marinara sauce.

Kae's Portuguese Fried Rice

5 tablespoon olive oil
2 cloves minced garlic
6 cups cold cooked long grain white rice (see rice_introduction.doc for how to prepare)
Salt
Fresh ground black pepper

Heat a large frying pan to medium hot; add oil and garlic and sauté for 1 minute while stirring constantly. Add cold rice, raise heat to medium-high and fry while stirring frequently until rice becomes golden brown. Add pepper and salt to taste.

Prosciutto, Arugula, Peas, Chicory and Garlic Roasted Tomato Pasta

Cooking time for tomatoes is about three hours. The may be done a day ahead. Read the entire recipe so the pasta and vegetables are properly staged.

Preheat oven to 320 F.

Garlic Oven Roasted Tomatoes

5 sliced tomatoes, cut about a third of an inch wide
5 cloves minced garlic
4 tablespoons extra virgin olive oil

Slice tomatoes and place them flat on a lightly oiled glass oven-safe casserole dish. Combine mined garlic with oil and spoon some over each slice of tomato. Place in oven and roast 3 hours at 320 F. The tomatoes are done when most of their water is gone and they are sweet and tender.

1 pound bow tie pasta
4 tablespoons extra virgin olive oil

2 cup chopped onion
4 teaspoons minced garlic
¼ pound thinly sliced Prosciutto di Parma cut in strips
5 garlic oven roasted tomatoes
2 cup fresh baby peas, shelled
2 cups thinly sliced chicory
2 cups Arugula
Ground Black Pepper
Salt

The pasta will be cooked in boiling salted water until al dented. The dish is timed so the pasta is coming out of the strainer while everything else is ready to go. If the pasta is allowed to rest too long after it is strained it may stick together if not used right away so timing is important. When the water is at a rolling boil, it takes about 11~12 minutes for the pasta to cook. (Check the package directions just in case. In high-altitudes, cooking time is extended.)

After the pasta goes, stir and separate the pasta for the first few minutes and continue to boil on high.

Wait 4 minutes, and then place your largest frying pan over high heat. When the pan is hot, reduce heat to medium add oil and the onions. Sauté the onions, stirring frequently, until the onions are translucent but not brown. Add half the Prosciutto and the garlic. Cook 2 minutes while stirring frequently. Now add garlic-oven-roasted-tomatoes and peas. Cook on medium high stirring occasionally 3 minutes. Add the Arugula and chicory and the remaining Prosciutto cook until Arugula and chicory are wilted. Strain pasta and pour the frying pan contents over pasta tossing well for a least a minute or two.

Correct the seasoning. Serve hot.

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Ragu Genovese De la Campania

Country Braised Onion and Beef Sauce

Despite its name, this is a recipe from Naples and is used as a condiment for pasta. The origins seem to go back to the 16th century, when a group of immigrants from Genoa used to cook meat in this fashion; hence the name genovese.

2 pounds onion
1 clove garlic
1 celery stalk
1 carrot
1 ounces salt pork
1 ounces salame
1 ounces prosciutto
3 ounces olive oil
2 ounces pancetta, chopped
1 ounces tomato paste
1 lb. lean round beef
1 1/2 cup white wine
Reduced beef stock

Cut onion, garlic, celery and carrot into julienne. Coarsely chop salt pork, salame and prosciutto. Place the lot into a baking pan, adding oil and pancetta. Sauté slowly, over low heat until the vegetables are soft but not browned. Brown it all around. Add the beef and dilute the tomato paste in 1/2 cup of lukewarm wine and add to the pot together with the rest of the wine and place the roast into the oven at 350ºF. Cook for 3-4 hours, adding reduced beef stock as necessary. Salt and pepper to taste. The final result should be that of a rather dark, glazed sauce.

This condiment is good for ziti or any other type of macaroni with a large hole. The meat can be served together with the ragù or as a separate course.

## Rice and Other Grains

A variety of grains could include oats, farro, quinoa, buckwheat, millet, grits, corn, wheat berries, and tapioca.
Many of these cook at vastly differing amounts of time, hence if combining these in a dish, separate cooking may be required. This is especially true of rice in all of its variations. Our recipes dealing with these in combination will single these out for different cooking methods or time or

both.

## Wild Rice

Wild rice has been the staple food of the Sioux and Chippawa but is really not a rice but a native American grain, seeds of a water grass. They are long and dark brown with black colorings. Hand picked wild rice from Great Lakes region is the preferred choice as it is superior to cultivated varieties. A good representative source would be the Christmas Point Wild Rice Co. see http://www.christmaspoint.com/main.html

## Farro is Legion

Farro is emmer, a Paleolithic form of wheat that preceded even the grain Spelt. It was the staple diet of Roman legion. "Giacomo Santoleri grows this ancient wheat on a small farm on the hilly grounds of the Abruzzo countryside. He uses traditional methods and produces his products without the use of pesticides or chemicals. With a flavor somewhere between barley and wheat, farro makes a delicious soup and cold salad. Santoleri's farro is dense and chewy with a pronounced wheaty flavor. It is terrific in "farrotto", farro risotto."
http://www.agferrari.com/index.php/item/department/Organic/item/2380.html
Farro can be found at Italian specialty stores or health food markets and is making a come back among the health conscious.

## Callasparra Bomba Rice for Paella

The traditional Valencia rice, the one used for paella, is a round, medium-short grain rice. It's a variety that is resistant to excessive water absorption and does not easily get mushy. The best of these is mountain grown with an extended growing season. If you are making Spain's greatest of all dishes, this ancient strain of Moorish rice will help insure success. Valencia is a bit pricey but Italian arboreal rice (favored for risotto) is not quite as good in this case. See http://www.tienda.com/indepth/riceabout.html

> *"Each year a tiny amount of the very best rice in Spain is cultivated in the village of Calasparra in the neighboring region of Murcia. They grow two historic varieties -- Sollana (called Callasparra rice), and the coveted Bomba (which is the supreme strain), which was nearly extinct until gourmet chefs recently recognized its superior qualities for producing the perfect paella.*

See recipe Steve's chicken and seafood paella

## Arborio Rice for Risotto

This rice is characterized by its small polished kernels that are cooked in a manner to create a creamy consistency. It is a medium rice with a characteristic white dot at the center of the grain. This rice develops a creamy texture around a chewy center and has exceptional ability to absorb flavors. This is the rice from which Suppli (see recipe) are prepared. A leading example of Italian Arborio rice:

### *Principato di Lucedio Arborio Rice*

*"In the 15th century, Cistercian monks began growing rice in Lucedio in the Piedmont region of Northern Italy. Today, Contessa Rosetta Clara Cavali d'Olivola and her son Paolo have turned the Principate di Lucedio estate into one of Italy's finest rice growing estates. Their hand selected Arborio rice holds its shape remarkably well while creating the clingy quality that distinguishes a well-made risotto. This rice is used in dishes of northern Italy, such as the classic Risotto alla Milanese seasoned with saffron threads, or risotto with porcini mushrooms or truffles. 1.1 pounds., $4.75" see http://fromitalia.com/*

For more on Italian rice see Risotto alla Milanese recipe. For more on rice see "About Rice"

Rice - Combination Fried

3 tablespoons peanut oil
2 dried mushrooms
2 cups Jasmine rice (long grain)
2 eggs, lightly beaten
1/4 cup minced heart of celery rib
1/4 cup minced carrot
1 clove mince garlic
1/4 cup minced onion
1/4 cup diced water chestnuts
1 cup minced Chinese sausage or boiled ham
1 cup minced scallops
1/4 cup cooked bay shrimp
1/4 cup Shaoshing wine or rice wine (sake)
Pinch of crushed red pepper

2 cup chicken stock
1 1/2 cups of water
Peanut oil for wok

Garnish
Finely diced scallion greens

Preheat oven to 375 F.
In a large oven safe pot equipped with a tight fitting lid, add 3 tablespoons peanut oil and 2 cups Jasmine rice. Over high heat, fry rice, turning often, so each grain has taken on some change of color becoming translucent and each grain is distinctly separate. When rice is whitened and has flecks of golden brown, remove from heat and set aside. In a pot, heat until boiling 2 cup chicken stock and 1 1/2 cups of water, 2 dried mushrooms. Add liquid to rice then cover with a tight lid. Place in oven for 45 minutes. Remove from oven, turn out over tin foil spread out on counter, and allow steam to escape and cooking to stop. Mince cooked mushroom add back to rice.

Turn off oven. Open oven door, when the oven cools to 170 degree, place in the oven to warm a large bowl big enough to hold and serve the rice. Close oven door.

Place wok over high heat. When the wok is hot add oil, add garlic and red pepper, and stir fry sausage until aromatic and colored. Add and stir fry hearts of celery, minced carrot, minced onion, and minced scallops. Add handful of green pea's, water chestnuts, cooked bay shrimp, and the add the rice. Heat rice; add Shaoshing wine to create steam. When rice very hot, correct seasoning. Turn out into the pre-heated bowl and place back in oven while you cook the eggs.

Wipe out wok and then place wok over high heat, add additional oil, quickly stir fry two beaten eggs, chopping into pieces with wok spoon. Add and toss the cooked eggs into rice. Garnish then serve with large wooden serving spoon.

## Glen's Red Beans and Rice

Glen is an agriculture area right on the Sacramento River in Northern California. Every year the local Glenn Pheasant Association ((530) 934-3606) raise some 500 birds for local release

a few weeks before the pheasant hunting season begins. Hunters have a limited season and perhaps cull less that 10% of these birds; hence California now has more pheasants than in their original indigenous range of Nepal through Tibet, Northern Burma including northwest China. To hunt pheasant, you must possess a valid California hunting license, an upland game bird stamp, enjoy sloshing around in soaking wet attire, be good at lifting your feet cover with five or six pounds of muddy clay while negotiating precariously uneven fields caused by the wake of the harvesters way back in September. The area grows millet, sorghum, rice and beans all of which these birds love.

Local farmers eat simply, many, the food they grow themselves. This is one of those dishes, probably traditionally from the Old South. My son and I ate it many cold winter afternoons while consoling ourselves to the fact that in 8 years pheasant hunting, the only bird we ever shot was with a camera equipped with a telephoto lens.

1 pound (or so) of dried red beans
4 Smoked Ham Hocks (have butcher saw this in quarters)
Parsley or green onions as garnish
10 bay leaves
1 tablespoon crushed black pepper
Instant beef stock granules is used as salt to correct the seasoning

Add ingredients in a kettle cover with cold water. Cook on low 4-5 hours until meat falls apart and beans are tender. Add water as necessary, but allow stock to reduce down the last hour. Correct seasoning.

Cook rice the last hour the beans are cooking in an oven-proof pot equipped with a lid.

2 cups premium long grain jasmine white rice
3 3/4 cup of unsalted boiling water
Add rice, cover, and bring to a boil on high. Put the covered rice pot in 350 F oven for 45 minutes.

Ladle beans over a serving of rice. Butter two slices of rustic country bread. Serve atop rice plate on presentation.

## About Rice

Rice comes in a wide variety of form and types. Most recipes make no attempt to distinguish between types. One would well imagine that the Chinese, who don't go a day without rice on the menu, have all types of rice at their disposal. Well, not so. But they do have a number of important varieties. If cooking Chinese or Japanese cuisine, then one should know about these types of rice. Almost all rice is processes and most milled. Brown rice, to various degrees, is milled less or more, yielded variance in color and required cooking times. Generally, as a rule, the darker the rice, the longer it cooks. Brown rice retains its bran and germ and therefore, is higher in nutritive value. Polished white rice has greater eye appeal and cooks in less time. Short grain types, generally have more flavors, and tend to stick together more. Calrose is such a rice. The long grain rice is more often used in recipes. Conventional fried rice is best with a 50-50 mixture of Jasmine long grain and calrose.

American Wild rice harvested by canoe by the Northern American Indians and is really the seed of a type of wild grass. Wild rice cooks in plenty of liquid (5:1 ratio rice to liquid) in 40 minutes and should not be stirred.

### Basmati Rice Persian Style

Throughout Asia, this is the rice of choice. This is a very long grained variety. In Iran and Iraq, the rice can be as long as 1/2 inch. Rice is cooked differently in these Persian regions. Washed Basmati rice is cooked in cold water in an open pot, adding hot water as necessary (¼ of an inch above the top of the rice is the water level) until the rice is just firm, about 10 minutes once the rice has reached boiling. Then it is drained in a colander. A large pot with a tight fitting lid is used. It is oiled on the inside on its bottom and lined with 1/8 thick slices of potato. The rice is heaped in a pyramid on top the potatoes and a towel is wrapped around the outside of the rice. The lid is added. The rice is then placed on an even very low heat for an hour. The rice finishes cooking slowly. The excess liquid is absorbed by the towel.

**Basmati Rice** Persian style rice, once cooked, is then flavored in a number of ways: Adding Persian dill, sumac leaves, cooked Zabresks (Barberries) (similar to tiny Cranberries), baby lima beans are sometimes used. Additionally, saffron in dissolved in hot water until its bright yellow and poured over a bit of the cooked rice. The cooked rice immediately soaks this up taking on the bright yellow of the saffron, without undue effects of the excess moisture. The

bright yellow rice is then sprinkled over the other rice as a flavorful garnish. The Persians are particularly fond to the crisp potato layer on the bottom of the pot – many Persians consider it the best part of this dish.

An important cooking concept is indicated in this Persian recipe. The recipe makes use of a sacrificial layer. The concept may be extended or any number of cooking methods where that which is used in promotion of cooking could be discarded or selected for its separating or insulation properties.

## Italian Arborio Rice

Risi Classici or the classic rice of Italy is a very large grain variety that is often used for Risotto Milanese, the rice dish named after the city of Milan. This rice is apparently a different species, a more wooded plant. Traditional rice is grown from reed-like stalked aquatic plants. The rice is served al dente but creamy. Al dente literally means “to the tooth”. Pasta, rice, and vegetables are cooked this way. The Italians feel that “le Americane” overcook their pasta and especially their vegetables.

Cooked White or Brown Rice
The method here is the least fastidious for cooking rice, and never burns the bottom of the rice. The problem with cooking rice on the stove top is that, as the rice absorbs all the water in the last throws of cooking, the single source of heat cannot be properly spread away from the bottom of the pan without the water. The bottom becomes too hot, and the rice in contact with the bottom of the pan then burns. The stove top formula was 5 minutes on high, 5 minutes on low, five minutes off which meant you had to be diligent about the timing. This method, however, is non critical. A little extra time will not reduce the rice to mush as long as the water content is on the lien side. This recipe may be scaled as required.
2 cup of rice
3 ½ - 3 ¾ cups of water
Bring water to a full boil. Add rice without stirring, cover with a tight fitting lid. Heat to a boil. When boiling, place covered pot in 375 F oven for 45 minutes to an hour.

When making flavored rice, some or all of the water is replaced by stock, wine, etc. For examples of these rice recipes see
Steve's Pecan Saffron Rice with Herbs and Mushrooms

**Jasmine Rice** aka Thai fragrant rice, is a long-grain variety of rice that has a nutty aroma and a subtle floral fragrance. Jasmine rice has become a favorite all over the orient and is found in virtually every Asian market.

## Callasparra Bomba Paella Rice

Each year a precious amount of the very best rice in Spain is cultivated in the village of Calasparra in the neighboring region of Murcia. The producers grow two historic varieties – Sollana (called Calasparra rice), and the coveted Bomba, which was nearly extinct until gourmet chefs recently recognized its superior qualities for producing the perfect paella. Both types of rice are cultivated by hand in rice paddies along the banks of the Segura River. With little more than 1,700 acres a year, Calasparra produces just one half of 1% of Spain's rice production. The townspeople protect its quality by obeying rigorous DOC standards. Their Bomba and Sollana rice are the only ones in Spain awarded this distinction. What makes this rice special and worth the money you pay is its unique ability to remain "al dente" in the face of all that mushing around in liquid as it cooks. No other rice can take this treatment as well. The grain is much harder than any other variety in the world, thus allowing it to absorb more liquid (and thus flavor!) This rice maintains it's consistency even under extended cooking; it never becomes sticky, fluffy, or mushy.

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Rigatoni with Artichokes

This is a recipe for two people. It's simple and quick to prepare and typical of fine Roman cuisine.

¾ cup marinated artichoke hearts
1 tablespoons flavorful fruity unfiltered olive oil
2 tablespoons sweet butter
1 teaspoon crushed red pepper

1/8 teaspoon white pepper
Salt for pasta water
2 tablespoons freshly grated Parmesan cheese
12 ounces of dry rigatoni pasta
2 anchovies in olive oil (optional)
¼ cup milk (for soaking anchovies)
4 cloves minced garlic

Garnish

4 scallion green tops, finely-sliced diagonally

Cover and bring 2 quarts of salted water to boil. In a small sauce pan, add oil, butter, peppers, and minced garlic and on low, heat for 4 minutes to a low simmer. Turn off heat under garlic and let steep. Drain artichoke hearts and place in small strainer that will later be immersed in the hot pasta water to heat these. Have ready 2 tablespoons freshly grated Parmesan cheese. If adding anchovies, chop these into ¼ inch long segments and soak in milk until their needed.




When salted water is boiling, add pasta and cook until "al dente". When pasta is done, immerse the strainer of artichoke hearts into the pasta's hot water to heat these for 1 minute. Drain artichoke hearts. Drain pasta, shaking the strainer but not overly so – a little of the starchy pasta water should still cling to the pasta to help form the sauce. Place pasta back in cooking pot along with artichokes. Add garlic butter. Begin to toss the pasta with spoons. If adding optional anchovies, drain them from the milk and add along with the Parmesan cheese. Toss with spoons for two minutes.

As a variation, try using some chopped Parma ham replacing the role of anchovies in this recipe.

**Risotto alla Milanese (**Saffron Rice Milan Style)

A nice bowl of rice and crusty Tuscan bread – heaven on a cold winter or raining day. Arborio rice has a very high starch content. As the rice is cooked, this starch is released in the cooking liq-

uid to create a rich, creamy dish that is absolutely delicious. Saffron added to the rice turns it a deep yellow while adding a wonderful aromatic flavor. Bone marrow is essential for a good risotto. Have the butcher saw the bone lengthwise to facilitate access to the marrow. Bone marrow freezes well. Arborio rice is pearly white plump fat grained rice named after the town of Arborio along the Po River of northern Italy.

2 Arborio Rice (Carnaroli Rice1)
2 cup pinot grigio or another dry white wine
3 tablespoons of butter
2 cups of low salt veal, chicken, vegetable or beef stock
1inch of beef marrow
1 pinch saffron
1 medium-size white onion, diced
2 cloves chopped crushed garlic
Optional
Finely chopped slices of Prosciutto ham
¼ cup freshly shelled spring sautéed peas
¼ cup sliced sautéed mushrooms
1 tablespoon sweet butter
Finish with
3 tablespoons of butter or unfiltered extra virgin fruity olive oil
8 tablespoons of graded Parmigiano Reggiano cheese
Salt
White pepper
truffle oil.

In a separate pot, heat wine and chicken broth to a boil.
Wipe the bone of any saw chips. Dip the marrow briefly in boiling water for minute. Chop the marrow. Brown the marrow in heavy sauce pan with in 3 tablespoons of butter, and then add the onion. When the onion begins to clear but not brown, add the rice and garlic. Stir until the rice is coated and shiny and has absorbed the fat. If using Prosciutto, add it now. Add saffron, a pinch of salt and carefully pour in ½ cup of the boiling wine mixture over rice. Stir the rice occasionally and cook on medium for 15 minutes adding liquid judiciously as liquid is absorbed and as is needed. The finished rice should only be slightly moist.

In the meantime, if adding mushrooms and peas, sauté them in some extra butter now. They will be added last. Stop cooking when the peas are still a bit crunchy.

The rice is done when “al dente” – cooked through but still somewhat firm at the center. Keep in mind the rice will continue to cook even when removed from heat so remove it from the heat sooner than later. Stir in 3 tablespoons of butter and 6 tablespoons of graded Parmigiano Reggiano cheese and adjust the seasonings. The balance of the cheese is for topping each bowl of rice. Drizzle with truffle oil.

Note:

1. Carnaroli rice comes from Novara and Vercelli Italy in the Piedmont region. Carnaroli is considered one of the best Italian rices as it can absorb liquid for a long time while remaining 'al dente'. Although less well known in the U.S. than Arborio rice, Carnaroli is actually more highly valued by Italian chefs.

http://www.igourmet.com

As Argentina has a lot of Italians the rice now is also grown in the Andes mountains in the fertile valleys of central Argentina. See http://www.worldpantry.com

**Risotto alla Romano (**Roman Style)

See the recipe for risotto alla milanese for all about arborio rice. Risottos are flavored with harmonious ingredients such as chicken, shellfish, sausage, vegetables, stocks, cheese, white wine, herbs, or a combination of these. This Roman style, in its simplest form, uses tomatoes and garlic. It is this style the Romans use for suppli (see recipe rice_suppli_al_telefono_.doc)

2 Arborio Rice (Carnaroli Rice[1])
1/2 cup pinot grigio or another dry white wine
3 tablespoons of butter
3 ½ cups of low salt veal stock (if doing a sea food version reduce this to 3 cups and add to it a ½ cup of clam juice)
2 inches of beef marrow
1 Tablespoon concentrated Tomato paste
1 medium-size white onion, diced
1 8-ounce can of San Marzano Plum Tomatoes (see Marinara_Sauce.doc)
2 cloves chopped crushed garlic
Optional
Finely chopped slices of Prosciutto ham

½ pound of cockles or small manila clams
½ pound mussels
4-5 mantis shrimp (Canocchie)
1 tablespoon sweet butter

Finish with
3 tablespoons of butter or unfiltered extra virgin fruity olive oil
8 tablespoons of graded Parmigiano Reggiano cheese (skip if seafood is included)
Salt
White pepper
Chopped Italian parsley

In a separate pot, heat wine and stock to a boil and retain. The wine-veal-stock mixture will be added ½ cup at a time with a ladle. Wipe the bone of any saw chips. Boil a small pot of water. Dip the marrow briefly in the boiling water for a minute. Chop the marrow. Brown the marrow in a heavy sauce pan with in 3 tablespoons of butter, and then add the onion. When the onion begins to clear but not brown, add the rice and garlic. Stir until the rice is coated and shiny and has absorbed the fat. If using Prosciutto, add it now. Add a pinch of salt and carefully pour in ½ cup of the boiling wine-veal-stock mixture over rice. Stir the rice occasionally and cook on medium for 15 minutes adding liquid judiciously as liquid is absorbed and as is needed. The finished rice should only be slightly moist.

In the meantime, if adding seafood, sauté it in some extra butter and a splash of wine and cover. Seafood will be added last.

The rice is done when “al dente” – cooked through but still somewhat firm at the center. Keep in mind the rice will continue to cook even when removed from heat so remove it from the heat sooner than later.

If NOT adding seafood, then stir in 3 tablespoons of butter and 6 tablespoons of graded Parmigiano Reggiano cheese and adjust the seasonings. The balance of the cheese is for topping each bowl of rice. Drizzle with truffle oil.

If adding seafood, then strain the juices from the seafood in case there is sand in it, reduce a bit on the stove and then add it and the seafood to the rice.

**Roman Style Lasagna or Lasagna Romana**

While most dishes from Rome are called “Romano”, this “treasured lady” is considered feminine hence referred to as Romana. What distinguishes Lasagna Romana is its made with both red and white sauces. This recipe uses five cheeses and Elena’s sauce or Marinara Sauce 2 and Italian White Sauce with Cheese.

In campagna (the countryside), lasagna may also include some anise in the sauce which is the popular licorice flavor used in Italian sausage.

Preheat oven to 375 F.

24 ounces square dry pasta sheets
1 pound grated mozzarella cheese
16 ounces ricotta cheese
1/2 cup grated Romano cheese
1/2 cup grated Reggiano Parmigiano cheese
1/2 cup grated Asiago cheese
Resplendent freshest unfiltered cold pressed extra virgin olive oil
1/2 cup seasoned Italian bread crumbs made with olive oil, garlic and stale Italian Bread
1 quart of Elena’s Sugo de Pomodori e Guanciale - Red Tomato Sauce (Elena Rich Spicy Marinara Sauce) (substitute Marinara Sauce 2)
3 cups Italian White Sauce with Cheese
Few grinds of pepper

As we build layers, try not top overlap the pasta. Lightly oil the bottom of a large deep rectangular baking pan. Put two or three large kitchen spoonfuls of sauce on the bottom of the pan. Swirl the sauce it around evenly. Place dry pasta on top of this. As the dish cooks, the excess moisture is absorbed by the pasta; hence precooking it is not needed. Add tablespoons of ricotta cheese here and there. Add a handful of grated mozzarella cheese, and some each of the other cheeses. Add some white sauce followed by additional red sauce. Add more pasta and repeat the process. On the top layer, add red sauce, Asiago, Romano and Parmigiano followed by some bread crumbs. Add a few grindings of pepper. Drizzle with good olive oil. Bake 45 minutes until bubbly hot and slightly browned on top.

## Elena's Sugo de Pomodori e Guanciale - Sauce of tomatoes and Guanciale

This is Elena Mantini's recipe my good friend who lives with her family along the Appian Way in Quatromillo (the Quarter Mile). Elena is now in her 80's and still going strong. One of the best Italian cooks I know, Elena first taught me to cook at the age of ten. She set the bar high.

The key to a great tomato sauce is that the balance of sweet, sour and salt has to be just right. When we cook pasta, it usually is in salted water and will be topped with a salty cheese. In this recipe, the meat used as flavor is salt cured and will contribute salt. If you are using canned tomatoes, these too may include salt. San Marzano Tomatoes have just the right amount of acidity and sweetness when they are canned and D.O.P. **1** from Italy. They way to fix a sauce that comes up short is to add acid (vinegar) or sugar or both if the sauce has turned out flat. Do this at the end, after the sauce is cooked and gradually. (When judging taste, take a bit of the sauce, and correct the salt level like it will ultimately be when the cheese is added to the salted pasta before you add more vinegar or sugar because these three things need to be harmonious and salt changes they way the pallet perceives sweet sour.)

Sauce is for 16 ounces of pasta

1/2 diced onion
3 tablespoons of best olive oil
4 Tablespoons of double (or triple) strength tomato paste (usually sold in tubes)
¼ pound chopped guanciale[1] or pancetta or salt pork
3/4 pound of fresh seeded, peeled, ripe red San Marzano chopped tomatoes**1**
2 cloves of crushed garlic finely minced
Crushed red pepper
Small pinch of marjoram
Small pinch of oregano
Some chopped fresh rosemary
Season with black pepper and salt
1/2 cup white or red wine

Garnish with finely chopped parsley, a dollop of ricotta cheese and sprinkle with grated Parmigiano Reggiano cheese.

Sauté onion and crushed red pepper in olive oil with guanciale, pancetta or salt pork until onions are translucent. Add garlic and stir. After just 1 minute, add tomato paste and tablespoon water. Cook on high heat while stirring constantly to allow the sauce to become very dark before adding anything else. This gives the tomato sauce a deeper caramelized flavor. Now add tomatoes, ½ cup of wine and the rest of the spices/herbs. Cook covered thirty minutes on medium low stirring to prevent burning. Remove lid and cook on very low to reduce liquid. Correct seasoning with fresh ground black pepper.

Serve over very hot pasta and garnish.

Variation of this recipe includes using smoked ham, venison sausage, or coarsely chopped Italian sausage. Use caraway seed with venison and use finely crushed Star anise or anise seeds with Italian sausage recipe. Variations to garnish include substituting basil for parsley or a combination of both and Pecorino Romano for the Parmigiano Reggiano cheese.

Pasta choices may include spaghetti, fettuccine, vermicelli, mostaccioli, linguine, cavatelli, campanelle**,** or conchiglie. Elena always served just spaghetti.

Note:

1. San Marzano Tomatoes - See Marinara_Sauce.doc for all about these Tomatoes.
2. Guanciale has become quite popular and increasingly more available outside of Italy. Guanciale is the cured meat from the jowl (“guanciale” in Italian) of the pig or sometimes boar. The meat is cured with salt, pepper, chili pepper and sometimes sugar for a month. After hanging for another month, the Guanciale is ready to be consumed. Guanciale is a fundamental flavor for many of the dishes of the Lazio region (Roman food) especially sauces including Amatriciana, and Carbonara. Guanciale replaces pancetta in any recipe for a bolder flavor.

Food writer Josh Friedland takes us through a home cure as he makes is own guanciale.
See **http://www.themorningnews.org/archives/how_to/the_art_of_the_cure.php**

## Seafood Fettuccine

Seafood fettuccine is a simple, easy, quick dish that is favored at restaurants due to the quick preparation and how well it pleases the patrons

2 cups manila clams

1 cup artichoke hearts
12 large prawns
2 cups mussels, scraped and cleaned
4 Cloves finely diced garlic
Pinch of saffron
¾ cup un-oaked Chardonnay
Crushed red pepper flakes
3 tablespoons olive oil
3 tablespoon sweet butter
14 ounces fresh fettuccine
Sea salt
Fresh parsley

Rinse clams and mussels twice. Soak the clams and mussels in fresh water with a tablespoon corn meal undisturned for several hours. Then rinse again.

Quickly sauté artichokes, crushed red pepper flakes, manila clams, a pinch of saffron, mussels, garlic, and prawns in a little olive oil. When clams and mussels have opened, add wine and boil briskly to reduce wine to a minimum. Place pan in a warm oven.

In a pot of boiling salted water, cook the fettuccine until it is “al dente. Drain it well, then in a bowl, toss the pasta for at least a minute with some sweet butter. Drain shell fish into the bowl except the last dregs that might have some sand from the clams. Toss well. Garnish with a bit of chopped parsley. Serve extra crushed red pepper flakes on the table.

**Sour Dough Apple Current Sage Dressing**

This may be prepared the day before and considering the amount of work that goes on Turkey day, it’s a very good idea to prepare a day ahead and store in two (2) 2-1/2 gallon zip lock bags. Under salt the dressing if it’s cooking in a brined bird. This dressing may also be used on any fowl or with pork.

Enough for one 25 pound Turkey. Preparation Time: About an Hour

5 stalks fresh celery, diced
2 yellow onions, peeled, diced
6 Roma Apples, cored, peeled, diced
a 10 or 12 ounce box of currents
1 pound of golden raisins
½ ~ 1 pound of raisins
1 ½ ~ 2 loafs of extra sourdough bread[1], plastic wrapped, processed with Cuisinar to medium bread crumbs.
4~5 sticks of melted sweet butter
1 ½~2 tablespoons black pepper
Salt to taste (under salt if using a brined turkey)
3~4 tablespoons of ground sage (to taste)

Use a really giant bowl or use a stock pot. Make bread crumbs out of the sour dough bread a little at a time and process in the food processor not too fine. Peel and coarsely pre-chop onions and process in the food processor not too fine. Coarsely pre-chop the celery and process in the food processor not too fine. Peel and core apples and process in the food processor to raisin sized chunks or slightly larger. Add all other ingredients and mix well. Taste the blend. Add more sage if needed. Under salt the dressing if it's cooking in a brined bird as the brining has salt in it. Tightly pack dressing into the neck cavity and main cavity of the bird. Follow directions for roasting a dressed turkey. Do not add any form of un-cook meat to dressing. Any roasting error could prevent the internal temperature from reaching a sufficiently high temperature to kill any bacteria present. I suggest using a direct indicating thermometer stuck deep in the bird insuring that the internal temperature exceeds 160$^{o}$F for at least 20 minutes. If you are preparing the dressing the day ahead, remove the dressing from the refrigerator the same time as the turkey, allowing it to come up to room temperature, if possible.

Cook any extra dressing in the oven in a tightly cover chaffing or casserole dish for 1 hour at 350F. (Add extra salt to extra stuffing not cooked in bird, if needed, if you under salted for a brined turkey.)

Notes:
1. I do not use dry bread crumbs or stale bread as it's too difficult to chop in the food processor. Sour dough bread that is wrapped (either sliced or whole loaf) being a little moister make good bread crumbs in the food processor and does not require re-hydration.

## Spaghetti alla Carbonara (Charcoal Maker)

Spaghetti alla Carbonara is named after large flecks of coarsely freshly ground pepper that is added to the spaghetti at the last minute. The people of Rome claim they invented[1] this dish but so do the Neapolitans. In any case, it is very popular and easy to make. While guanciale (see food writer Josh Friendland's Home made guanciale in picture) is the most authentic and traditional meat ingredient, pancetta or salt pork is an acceptable substitute, as is any un-smoked bacon.

½ pound of chopped guanciale[2,4] or salt pork (or Pancetta)
1 1/2 cups Pecorino Romano cheese and or Parmigiano Reggiano cheese
5 egg yolks
3 tablespoons olive oil
Salt
Coarsely cracked black pepper
1 pound spaghetti
½ cup of the pasta water

Heat a large covered pot of lightly salted water to a boil. Taste the water to insure salt level. When the water is boiling, start the sauce. Beat egg yolks in a bowl until light yellow.

In a frying pan, cook guanciale in olive oil for 5 minutes over a **low flame** stirring occasionally. Start boiling the pasta. Continue cooking the guanciale for another four minutes until the guanciale has rendered most of its fat but is still chewy and barely browned. Remove from heat. Drain the pasta reserving ½ cup of the pasta water. Slowly whisk into the egg yolks ½ cup of the hot pasta water along with the Romano cheese. Add to the pasta and toss repeatedly for three or four minutes. The heat of the pasta cooks the eggs. Added coarsely cracked black pepper and toss again until all the cheese is blended finely.

There is no garlic, onions, cream, or bacon in this recipe – although I know of no law against it.

Notes:

1. Spaghetti alla Carbonara in Italian means "Spaghetti as made by the Charcoal Maker". Some would have you believe this originated among Rome's charcoal makers while others feel the dish derives its name from all the freshly ground pepper that resembles flecks of soot. The recipe uses pancetta or guanciale, which are similar to bacon. Another argument assumes that the Carbonara was invented by a chef who was part of the Carbonari; the group of revolutionaries who fought the Austrian occupation of northern Australia, between the end of 1700's and war of Italian independence. The last story of origin suggests that during 1945 when American GI wanted bacon and eggs, the dish originated from the Italian equivalent ingredients. If the later case is true, then most likely the Neapolitans did originate the dish.

2. See http://www.themorningnews.org/archives/how_to/the_art_of_the_cure.php for more about Josh Friendland's Home made guanciale.
3. See recipe for Homemade Guanciale (Italian style air-cured pork jowls)

## Spaghetti alla Puttanesca (Lady of the Evening)

How this pasta is named is disputed. "The way a whore would make it" or simply quick and dirty, it represents a traditional Italian recipe which thought to have originated in Napoli. The sauce is usually served with spaghetti, although it may also be used with other dry pasta types like bucatini, vermicelli or even rigatoni.

2 pounds peeled and seeded garden ripened tomatoes
3 cloves of garlic sliced
4 anchovy filets, chopped
1/2 teaspoon fresh chopped oregano (optional)
3 tablespoons olive oil
10 - 12 black olives, stoned and coarsely chopped
2 tablespoons drained capers
1 tablespoons chopped Italian parsley
1 tablespoons chopped basil
1 small chopped hot red chili
Salt
1 pound spaghetti

Heat a large covered pot of lightly salted water to a boil. Taste the water to insure salt level. When the water is boiling, start the sauce.

In a frying pan, cook tomatoes, olives, and chili over medium high heat for 5 minutes stirring occasionally. Start boiling the pasta. Continue cooking the tomatoes for another four minutes then add garlic, capers and anchovies and cook 2 minutes more on high heat. Remove from heat. Drain the pasta. Immediately toss with the sauce and garnish with chopped basil and parsley.

## Spinach Crepes

2 pounds of fresh spinach
1 1/4 cup whipping cream
2 tablespoons butter
Salt
White pepper
A pitch of nutmeg
16 crepes
1 cup of hollandaise sauce

Preheat oven to 350 F.

Wash spinach and wilt covered in a large frying pan for about 1 minute without extra added water. Drain well, then chopped finely. Heat a frying pan until hot. Add butter. Then stir in spinach with 1/4 cup cream. Cook for several minutes. Add a pinch of nutmeg. Correct seasonings with salt and pepper.

Put 2 tablespoons of spinach mixture in each crepe and roll loosely. Place in buttered casserole dish. Whip 1 cup of cream and fold it into the hollandaise sauce. Cover the crepes with the hollandaise-cream mixture. Bake at 350 degrees for 10 minutes then place under the broiler to brown the top.

Steve's Fried Combination Jasmine Rice

3 tablespoons olive oil
2 Dried Mushrooms
2 cups jasmine rice (long grain)
2 eggs
1/4 cup minced ribs of celery
1/4 cup minced carrot
1 clove mince garlic
1/4 cup minced onion
1/4 cup diced water chestnuts
1 cup minced polish sausage or ham
1 cup minced scallops
1/4 cup cooked bay shrimp
1/4 Cup Shaoshing wine or rice wine (sake)
Pinch of crushed red pepper
2 cup chicken stock
1 1/2 cups of water
Peanut oil for wok

Garnish
Finely diced scallion greens

Preheat oven to 325 F.
In a large oven safe pot equipped with a tight fitting lid, add 3 tablespoons oil and 2 cups jasmine rice. Over high heat, fry rice, turning often, so each grain has taken on some change of color and each grain is distinctly separate. When rice is whitened and has flecks of golden brown grain. Remove from heat and set aside. In a pot, heat until boiling 2 cup chicken stock and 1 1/2 cups of water, 2 dried mushrooms. Add liquid to rice then cover with a tight lid. Place in oven for 40 minutes. Remove from oven, turn out over tin foil spread out on counter, and allow steam to escape and cooking to stop. Mince cooked mushroom add back to rice.

Turn off oven. Open oven door, when it reaches 170 degree, place large bowl big enough to hold and serve rice.

Place wok over high heat, add oil, add garlic and red pepper, and stir fry sausage until aromatic

and colored. Add and stir fry celery, carrot, onion, minced scallops. Add handful of green peas, water chestnuts, cooked bay shrimp, all the rice. Heat rice; add Shaoshing wine to create steam. When rice very hot, correct seasoning. Place in pre-heated bowl.

Clean out and place wok over high heat, add a bit of oil, then quickly stir fry two eggs. Add and toss and cut into rice. Garnish with diced scallion greens then serve with large wooden serving spoon.

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Steve's Pecan Saffron Rice with Herbs and Mushrooms

2 tablespoons truffle oil
2 tablespoon sweet butter
1/2 cup pecans, chopped
1 Fresh truffle, finely sliced and cross cut.
Chives, finely chopped
1 rib of celery, finely chopped
2 Large shallots, finely chopped
Pinch of saffron
1/4 cup porcine mushrooms, dried
2 fresh brown mushrooms
2 leaves of basil, finely diced
1/4 cup finely diced parsley
1 1/2 cups long grain white rice
1/4 Cup wild rice
1 cup beef stock
3-3 1/4 cups chicken stock (low sodium)
Salt
black pepper

Wash rice in cold water in multiple rinsing until the water runs crystal clear. Drain well. Combine rice, truffle oil, saffron, chicken stock, porcine mushrooms in a pot equipped with a tight fitting lid. Cover, and bring to boil, cook for 4 minutes on medium high. Cook on low for 5 minutes. Turn off and let stand covered for 10 minutes. Check rice for consistency. Do not overcook. When rice is just done, uncover and turn out on a cookie sheet. Separate grains with a fork, allow steam to escape (excess moisture) and rice to cool off and firm up.

Cook wild rice in beef stock in an uncovered sauce pan for 40 minutes on low until just done. Strain rice, discarding liquid.

Chopped and have all ready remaining ingredients. In a very large frying pan, sauté shallots and celery in butter. Add chopped brown mushrooms (may substitute Morels) and wild rice. Sauté for 1 minute, add chopped fresh black Truffles, and pecans. Sauté for 1/2 minute, add 2/3 to 3/4 of the saffron rice. (Balance is left for another meal). Add all herbs. Heat thoroughly. Correct the seasonings. Garnish rice with very finely chopped chives.

## Sweetie Pie's Macaroni and Cheese

Sweetie Pie's is touted as the best soul food in St. Louis. The owner, Chef Robin Montgomery, is the soul food "sweetie". She was back-up singer for Ike and Tina Turner. She now shares her love of soul food and music memorabilia with customers in her pink cafeteria-style diner renown for friendly and great prices. Located at 9841 West Florissant Avenue, St. Louis, MO. If you plan to eat there, it’s CASH ONLY.

Preheat the oven to 350°F. Butter a 10 by 14 or large sized baking pan than can hold 5 pounds of food. (Judge pan size by putting uncooked cheese packages and elbow macaroni in the pan – there should be ample room for expansion.)

1 1/2 pounds elbow macaroni
16 ounces Velveeta cheese
8 ounces cheddar cheese
8 ounces shredded Colby cheese
8 shredded jack cheese
4 ounces of sour cream
1 teaspoon garlic powder
1 teaspoon paprika
¼ pound sweet butter, softened
3 whole eggs, beaten
Salt to taste
1 tablespoon white pepper
1 tablespoon sugar (see text)
Up to 1 cup of evaporated milk

Pint of cream
Top with 1 cup shredded American cheese

Cook macaroni in 4 quarts of boiling lightly salted water. When al dente, drain and rinse with cold water to arrest cooking. Combine well drained cooked macaroni, Velveeta, Colby and jack cheeses, cream, sour cream, softened butter. Add garlic powder, paprika, salt and pepper to taste and enough sugar to give a hint of sweetness, and stir well. Add the beaten eggs. Mix well. If too thick add enough evaporated milk to moisten the mixture. Place macaroni-cheese mixture in a large baking pan. Don't overfill. Add the American cheese on top. Bake 35 minutes or more until the top is golden brown.

## Wild Rice, Snap Peas with a Mushroom Confit and Andouille Sausage

This is an appealing one plate meal but also serves as a variety food platter if catering a large party. Place a large decorative serving platter in a warm oven**.**

3 Cups cooked long grain and wild rice pilaf cooked with porcini mushrooms and bay leaves prepared ahead of time.
1 pound Assorted fresh mushrooms such as Portobello, and white mushrooms
¼ cup chopped red onion
½ cup chopped green onion
25 Garden fresh snap peas (soaked in cold water then patted dry before use)
2 cloves crushed chopped garlic
3 tablespoon Olive oil
1 tablespoon sweet butter
2 pounds Andouille[1] Sausage
1 tablespoon Red wine vinegar
½ cup chopped cilantro
Pepper
Red pepper
Salt

Slice the mushrooms and sauté them along with the red onion, the whites of the green onions, a group of the garlic in the butter and olive oil adding a pinch of salt and red and black peppers. Mean while grill the Andouille Sausage on both sides until it is done and nicely colored. When the mushrooms begin to soften, add the chopped green onion, the vinegar, and the whole snap peas. When these are hot were ready to assemble the platter. In the center of the platter, lay down they even layer of the rice. Taste it and add salt if necessary to. Cover the rice with the mushroom confit. Around the outside edge of the platter, arrange the Andouille sausage cut in bite-sized diagonal slices. Garnish the platter with chopped cilantro.



Note:

1. Andouille is a spicy smoked Cajun sausage many times used in jambalaya and gumbo. Andouille is made of butt or shank meat and fat, seasoned with salt, black pepper, garlic, then smoked over pecan wood and sugar cane.

# Soup

## *About Soup*

Of all the things you can cook, soup is perhaps to most forgiving. A large number of ingredients does not mean difficult either. Soup does not need to be completely from scratch neither do the freshest of ingredient need be used. Often soup in commercial kitchens is made from leftovers. You have just made chicken soup but is seems a bit plain. You notice you have left over mashed potatoes or even potato salad. In a goes, cook a while longer, add some crushed garlic, and serve with a dusting of Romano cheese and drizzle a bit of olive oil and "echo la" – Chicken Potato Soup au Gratin.

The second thing I want to say about soup is that most of them are not very good because the cheap chain restaurants try to skimp on the ingredients especially the meat or sea food. Literally, 99.9% of the clam chowders I have sampled in my life are long on potatoes and short on clams. The quote a sixties comedian and gourmand Alan Sherman:

> *"Do not make a stingy sandwich, pile the cold cuts high.*
> *Customers like to see salami coming through the rye"*

Soup is fortified with flavors many from vegetables cooked a long time. This said, the vegetable are no longer anything but mush and mush is no fun to eat. At this point, we can make several decisions:

- Strain and serve the soup as a broth
- We can strain off everything, save the meat to cut up. Puree the vegetable as a thickener or discard them. Add fresh vegetables and cook until the added vegetable are just "al dente". Now we have a soup that is magical – seems like it was cook all-day but the vegetables are still wonderful – Hmmm, how did that happen?

Stock Pot Recommendations
If you on a budget, you don't need to buy an expensive copper bottom pot. Stock pots need to be larger than your soup pot because you usually make a larger batch of stock than you do soup but

there is no reason to buy two separate pots are the larger will serve equally for soup. Buy a pot deep straight sides and a cover and make sure its all metal. No plastic or glass parts, no coated pans. Twelve or fourteen quarts is a good size and it will serve well for canning duty.
A non-reactive surface like stainless steel is best. Expect to pay between $50 and $75 dollars unless on sale. A heat spreading bottom is desirable as stock pot sits unattended for long period of time simmering but if you need to save money, a thin walled pot will do if you use it in the oven where heat will come at the pot from all sides and at a lower temperature than a hot burner. (hence the reason for no plastic parts. No plastic parts also allow you to use it outdoors on top of the gas grill as the heat source when you need a lot more heat than your stove burner may be able to provide. (Clam bake scenario.)

Cheesecloth - a Strainer Built In.
A handy mechanism to hold all the eventual discardables like the skins from the onions, celery tops, the garlic crushed with its skins, coriander seeds, bay leaves, skins of the potatoes, junipers berries, after these have cook and given up all they had to offer, is a bag made from cheesecloth and secured with twine. Simply fetch it from the broth with tongs after several hours and toss it away avoiding the necessity of separating these manually.

Follow a few recipes to start, then venture out on your own.

Not all soups need be served warn or for that matter, cooked.

You are allowed to make soup from fruit as well – so if you were thinking of cucumber mango, I have never tried it, but it's not against the law!

Wine is good for soups. If the meat is dark, you can use dark wines, if the meat or fish is white, use white wines.

Beer is good for soups. If the meat is dark, you can use dark beers, if the meat or fish is white, use light pale beers.

Both beer and wine is good for the chef and may be inter-mixed either in the chef or in the soup without prejudice.

**Elegant Creamed Soups**
Some of my favorite soups to serve as a first course to an elegant meal are cream soups as they have a richness to them that seem to suggest fine cuisine. In practice, these are some of the

easier soups and often quick to make. There are several recipes in this book for cream soup. If you want to cut back on the calories, you can make most of them with canned evaporated milk which means that these soups can even be easily made even while camping.

Complex Soups
There is no recipes for any soup remotely as complex as the Buddha jumps over the wall from Fuzhou in Fujian province, China a complex soup of 30 or more ingredients so enticing that the vegetarian Buddha would even jump the monastic wall to get some. That being said, Nani's Ciop-pino is an extraordinary treat that will have your guest talking about your culinary know-how.

**Clarifying Stock or Soup**
Some soups are best served clear. These soups to be served clear are usually cooked very slowly, never vigorously boiled. Clarified soups should be highly concentrated and flavorful to start with so you may want to super charge them by reducing them to concentrate flavors before these are clarified. The meat, fish, or fowl is parboiled to first remove any blood that clouds soup. A slow extraction then follows- see Mock Turtle Soup recipe for example. After cooking the soup, strain the results through a fine strainer and then refrigerate overnight. The next day, remove all of the fatty crust on the soup or stock. Place the cold stock into your stock pot (tall pot rather than wide). Do not heat it yet. Beat together 1/4 cup cold water, 3 egg whites and their FINELY crushed egg-shells. (Use more egg whites and their shells if you have a lot of stock) Pour beaten whites on top of the strained de-fatted stock. Bring to a boil over low heat. Stir the egg whites into the soup, reduce the heat to the point where their is just a few bubbles are forming as the soup simmer. All stirring stops. We need the upwelling to transport new particle bits in the raft of egg white that starts to form on the top of the soup. Remove from heat; let stand for 5~10 minutes. Use a paddle strainer to remove some of the raft large enough to make a hole for your ladle. Ladle stock into a sieve lined with five layers of cheesecloth. Don't pour the stock through strainer less the impact break up the eggs whites and release solids.

## *Beef Soup with Noodles or Barley*

Starter Stock

5 pounds beef neck bones, sawn into small chunks
1 ten inch section of beef marrow bone, sawn in half length wise then cross cut
Two pigs feet, cut into eights

1 white onion, quartered
2 celery stalks, quartered
2 carrots, quartered
4 bay leaves
Teaspoon pepper corns
2 quarts of water
1 bottle of white wine
2 garlic gloves

Place meat chunks, marrow bones, pigs feet, onions, celery, and carrots in a shallow roast pan and place under a broiler on high. Turn the ingredient every 4-5 minutes until the meat and vegetables have browned.

Empty the meat and vegetables into a tall stock pot, cover with wine, water, adding pepper corns, bay leaves, and garlic cloves. Cover and simmer for three hours. Remove the lid, and cook another 2 hours, allowing some of the liquid to reduce. Allow stock to cool. When cool, strain off and retain the liquid. Place solids in a strainer and place strainer over a bowl to catch and liquid. Sort through the solids. Retain the meat, cartilage pieces, small chunk of bones that any meat still cling to. Discard all the vegetables, bay leaves, celery, carrots and garlic. Pour the catch liquid in with the other soup stock. Add the meat back to the soup and refrigerate over night or until the solidified excess fat can be collected from the top of the stock.

Finish the soup. Bring the stock to a boil and add:
1 cup chopped peeled carrots
1 cup of very finely chopped celery
1 finely chopped tomato
10 ounces of uncooked wide noodles or barley
1 clove chopped garlic
1 pinch of thyme
1 pinch of sage
¼ cup sherry
Cook the noodle until tender adding a little water in necessary. Correct the seasoning with sea salt.

## *Cafe Beaujolais Cream of Sorrel Soup (1972)*

Cafe Beaujolais was owned back in the early seventies by two retired French chefs[1] whose love of fine food drew them back to opening a very small place in their own home's living room. They served just dinner and only had four tables, but later crowded in another because of demand. They retired, but the name lives on although not a shadow of its former self.

This soup has become a favorite of my dinner guest. I confess to having to grow Sorrel in a pot so that I have ready access. I keep the snails away from this one of their favorites with a wide ring of adhesive backed copper tape which they will not cross.

4 medium Leeks, white sections, washed well
1 medium potato
salt
white pepper
fleshly ground nutmeg
1 cup good clear chicken stock
2 tablespoons sweet butter
10 Fresh Sorrel Leaves
1/2 tablespoon fresh lemon juice
1 cup Heavy Cream

Sauté the chopped white part of the leeks. Cut up and add the potato, sauté gently for ten minutes in sweet butter, add lemon and chicken stock. Cover and cook on low until the potatoes are just done (al dente) (20-25 minutes). Add sorrel, cook three minutes then Process in Cuisinar. Strain back into the pan in sorrel is old and stringy. Add pepper, cream, correct salt. Serve with a sprinkle of very finely chopped chives.

Notes:
1. Contrary to a lot of articles about Margaret Fox, she is **not** the founder of Cafe Beaujolais but acquired it in 1977. The original chefs were well in the sixties by 1972.

## *Assunta's Calabrese Bread Soup*

Assunta was our maid in Rome and this is a family favorite especially nice in the winter. She was a large lady that loved to laugh. This soup was one of her favorites and making it, for some reason, made her giddy happy. The soup made us happy too. This is my favorite tomato soup.

3 Tablespoons best fruity unfiltered olive oil + a teaspoon per bowl.
3 Cloves chopped garlic
1 Teaspoon crushed red pepper flakes
4 cups very good chicken stock
Whole Italian San Marzano tomatoes, 28 ounce can
1/2 Cup Pinot Grigio wine
10 whole dry Mexican bay leaves (milder than Bay Laurel leaves)
Sea salt as required
Black pepper
1 Loaf stale Ciabatta bread or other good bread

Garnish with fresh grated hard Italian cheese - any of the following would be good:

- Parmesan
- Grano Padano
- Romano
- Asiago

In a stock pot over medium heat, add olive oil and when the oil is hot, add chopped garlic and the crushed red pepper flakes. Cook 1 minute while stirring all the time. Add wine, chicken stock, tomatoes, and the bay leaves. Cook until the tomatoes are well softened. Correct the seasoning with salt and ground black pepper. Remove the bay leaves and discard.

Cut a piece of stale bread that generally covers most of the bottom of each bowl. Ladle the soup over the bread. Drizzle a teaspoon of olive oil in each bowl and serve. You can allow the soup to sit on the counter a few minutes as the bread softens.

## *Kae's Cheese Soup*

3 tablespoons finely chopped onion
3 tablespoons finely chopped celery

Saute onion and celery in a little butter, do not brown.
Add:
1 quart water
2 chicken bouillon cubes
1 large potato, peeled and cubed.

Simmer onion and celery and the rest of ingredients 1 hour covered.
Then add:
1/8 teaspoon. white pepper
1/8 Teaspoon paprika
1/8 teaspoon. nutmeg
Good pinch of chili powder
1/4 cup white wine
Heat but do not boil.
Add
1 cup of half & half - cream
1 cup jack cheese cut in small pieces
Heat until melted.

Serve at once with dollops of sour cream.
Garnish with chives.

## *Chanterelle Mushroom Leek Soup*

2 leeks, just white portion
½ potato, diced
½ pound chanterelle mushrooms, chopped coarsely

3 tablespoons butter
Pinch of Salt
White pepper
Pinch of tarragon
2 tablespoons Cream Sherry
½ cup cream

Cut leeks white portion vertically down the middle. Wash to remove any trace of dirt. Chop leeks into small pieces. Dice potato. In a stock pot, sauté potatoes and leeks pieces in butter with a pinch of salt until leeks take on a hint of brown. Add pepper, and mushrooms. Cook mushrooms until tender. Add Cream sherry and cream and a pinch of chopped tarragon. Using a post blender, break up some of the solids to thicken the soup. Leave the soup a bit of texture. Cook another 10 minutes and serve with good sourdough bread.

## *Chicken Stock*

Perhaps one of the most important ingredients for making any number of other preparations is the fundamental chicken stock. Incredibly easy only requires chicken and patience.

One 4 to 5 pound whole fresh fryer chicken
5-6 quarts cold water
1 cup white dry wine
3 ribs of celery, chopped very coarsely
4 bay leaves
8 black peppercorns
10 whole coriander seeds
1 1/2 onions including their skins, chopped coarsely
3 cloves of garlic and their skins, chopped coarsely
4 carrots, chopped very coarsely

Make a bag of cheese cloth. Chopped all vegetables, combine with bay leaves, peppercorns, coriander seeds and tie all in cheesecloth bag with string. Cut chicken in half straight down through the breast bone. Wash chicken several times in cold water to remove all traces of blood.

Add everything to large stock pot. Cover with cold water and simmer for 3 hours. Remove lid, cook another hour. Remove and discard cheesecloth bag. Remove chicken. Taste broth in a spoon (add a little salt to spoon). If concentrated enough, you're done, else reduce on low without a cover until concentrated enough.

Refrigerate overnight. Remove fat layer next day. (This flavored fat is good for flavoring cooked foods and it freezes well.)

A little salt is only added if needed as a preservative to extend storage or add it later at the point of the stock's eventual use. When adding salt, consider using sea salt.

*Kae's Fresh Cold Tomato Soup*

Serves 4 persons

flesh of 4 large peeled tomatoes and seeded
1 cup cream
1 heaping tablespoon of mayonnaise
8 drops of Worcestershire sauce
a few drops of Tabasco
1 teaspoon salt
2 teaspoons sugar
Juice of 1 1/2 - 2 lemons

Blend all together and refrigerate several hours. Serve in chilled bowls

Serve accompanied by peeled, chopped, seeded ripe sweet tomatoes and slices of toasted parsley butter French bread.

**Parsley Butter**
Mince parley and wring out in a cloth to remove excess moisture. Added to soft-

ened sweet butter.

## *Cioppino Reginato*

Tom Starr's father served this on Fridays at their Palo Alto Restaurant in the fifties. It was always sold out before eight o'clock.

Pre-heat oven to 400 F to be used to quickly toast the French bread as the bowls are plated. Pre-slice bread pieces so they are ready to go into the oven when needed.

Loaf good French bread
1/3 cup olive oil
1 + 4 cloves chopped garlic
3~4 ribs of celery, chopped
Whites of 2 leeks, chopped fine
½ cup chopped parsley
8 ounce can of tomato sauce
Water (see recipe)
2 whole crabs, live
2 pounds large prawns
Large sea scallops (optional)
A firm white fish (optional) (monk fish, halibut, cod)
A slice of oven toasted French bread per person (in bottom of each bowl)

Garnish

Sprigs of parsley

Cook 1 clove of garlic in 1/3 cup of olive oil in the bottom of a 12 or 16 quart stock pot. When the garlic is golden brown, remove garlic from oil with a slotted spoon and discard. Add to the pot, garlic, celery, leeks, parsley and sauté while stirring for 15 minutes over medium heat, do not over brown. Add tomato sauce and enough water to completely cover the vegetables. Cook for 45 minutes. Now add enough water to completely cover all the seafood you will be adding. Bring the pot to a high boil. When boiling, add the crabs head first so the die immediately. This prevents them from souring. Cover pot, boil. After 17 minutes add fish or scallops (optionally) and add prawns. Cook another 8 minutes. Remove lid on crab pot. Place bread slices in oven to toast.

Fetch out crabs with thongs. Under cold spray of water, break of the legs and return to pot. Now clean crab cavities: remove bottom tail flap and back shell casing, break shell in half, remove gills, and wash away gunk. Further break each crab body half in half again so there are four main body segments in all. Return cleaned crab body segments to crab pot to heat back up.

Add slices of bread to individual generous deep serving bowls. Add a crab body segment, legs, prawns, and ladle over fish, scallops and liquid to fill each bowl.

Garnish with a sprig of parsley.

## *Court Bouillon with Wine*

Court bouillon is an effective poaching medium for fish. Court bouillon means short boil. It is an acidulated (slightly acid) vegetable stock, used to poach fish. The acid firms the flesh and keeps it white. Also means using a vegetable stock to poach and flavor what is being cooked. Scale the recipe down if only poaching a few fish steaks. A poaching pan is made for this operation which makes it easy to remove the delicate fish once it's tender from cooking. The fish sits on a rack equipped with handles. Lifting the handles lifts the fish and simultaneously strains off the stock.

1 quart water
1 cup dry white wine
Juice from a lemon
1 teaspoon sea salt
½ teaspoon of white pepper and black whole peppercorns
1/4 teaspoon of whole coriander seeds

2 carrots sliced, unpeeled
1 onion peeled and sliced
2 celery ribs chopped
Some celery or chervil leaves -- chopped
3 sprigs parsley
Sprigs of tarragon
Small pinch of fennel seeds
Sprigs of thyme
4~10 each bay leaves
Lemon rind (no white)

Bring covered bouillon to a boil; simmer 20 min. Strain or use as is.

## *Cream of Broccoli Soup*

Like many cream of vegetable soups, the base is reminiscent of leek-potato called Vichyssoise and like that soup, this one may be also served warm or cold. Like all cream of vegetable soups, this one too is quite elegant and could be served as a first course in any fine meal.

1/2 large chopped red onion (or an equal amount of Shallots)
2 medium new potatoes
Salt
White pepper
Red pepper
2 cups good clear chicken stock
3 tablespoons sweet butter
1 cup tender broccoli flowerets
1 tablespoons fresh lemon juice
1 cup heavy cream

1 crushed chopped clove garlic
2 bay leaves

Sauté the onion in butter. Cut up and add the potato, white and red peppers, sauté gently for ten minutes in sweet butter, then add chicken stock. Cover and cook on low until the potatoes are done (al dente) (20-25 minutes). **Remove and discard bay leaves!** Add broccoli flowerets, lemon juice, bit of thyme, and the garlic. Cook ten minutes until the broccoli is tender. Puree until fine with a post blender. Add enough cream to achieve the degree of taste required. Taste the soup and correct the salt and white pepper. Serve with a sprinkle of very finely chopped chives

## *Cream of Tomato Soup*

This is a quick and easy tomato soup to rescue a sick friend when you need one straight away.

1 large can peeled San Marzano tomatoes, whole
1 carrot, chopped fine
1 small onion, chopped fine
2 tablespoons butter
1 cup chicken stock
1 teaspoon of triple concentrated tomato paste
¼ teaspoon white pepper
1/8$^{th}$ teaspoon garlic powder
1/8$^{th}$ teaspoon of red pepper (more if you like soup spicy)
1 tablespoon gravy flour
1/3 to ½ cup heavy cream
Juice from one half a lemon, if soup tastes too flat
Sea Salt to taste

Sauté the carrot and onion in 2 tablespoons butter on medium in a tall sauté pan until the onion is translucent. Add can peeled San Marzano tomatoes, chicken stock, tomato paste, garlic powder, white pepper, red pepper. Blend soup with a post blender until smooth. Cook for twenty minutes. Add 1 tablespoon gravy flour. Boil a few minutes to thicken. Taste. Correct seasoning by adding salt, additional pepper in needed and taste again. If too flat tasting, add lemon juice as required. Taste again. Add 1/3 to ½ cup heavy cream.

Stir and serve.

Good with a few wedges of buttered whole grain bread or toast.

## *Grape and Cucumber Cold Soup*

(White Grape Gazpacho with Toasted Almonds and Dill)
By the CIA, 2001

1 Chopped peeled cucumber
¾ pounds Thompson seedless grapes
The green stalks of five scallion onions
Two tablespoons white wine vinegar
Half and half to adjust thickness
White pepper
Salt as required

Puree all in the Cuisinar to a fine soup. Chill two hours a serve in cold bowls

Garnish

Toasted Sliced Almonds
A few peeled grapes
Chopped parsley or dill
Chopped chives

## *Hot Pot Chicken Soup*

2 breast of chicken
2 large shiitake mushrooms
½ cup Shao Hsing wine
¼ cup light soy sauce
4 cups water
1 sprig of ginseng (optional)
3 small white onions, whole
1 tablespoon seasoned rice vinegar
White pepper

Garnish with fresh cut scallions slices

Garnish with fresh cut spring onions slices. Add Water and corn starch mixture to thicken.

Wash chicken in several changes of cold water. Immerse chicken breasts in boiling water for two minutes then rinse in cold water.

In a glazed hot pot, add chicken pieces, mushrooms, Shao Hsing wine, soy sauce, vinegar, onions, and sprig of ginseng (optional). Fill with cold water. Place lid on. Simmer in 350 F oven for four hours. Remove chicken, onions, shiitake mushrooms for other use. Stir in a tablespoon of corn-starch-water mixture. Cook 3 minutes to thicken. Add white pepper and vinegar, addition soy as needed to taste. Garnish with fresh cut scallions slices.

## *Hot and Sour Soup I*

This recipe was given to me by my very good Chinese friend Shiu-Tsong Kao at Lockheed. He is a vegetarian so his version is true to character. This is a different version than many hot and sour soups.

Vegetarian ham (frozen)
Soft Tofu bean curd
Tomato
Carrot

Napa cabbage
Dried black mushroom
Dried black fungus[2]
(Frozen) vegetarian fish ball
Dried lily flower[1]
Bamboo shoot, (canned)
Preserved Chinese radish
Cilantro
Vinegar
Hot Chili sesame oil
Vegetable oil (any kind)
Sesame oil
Soy sauce
Corn starch pre-mixed with cold water
Salt (as required)

Preparation Notes**:**

If cook non-vegetarian soup, instead of choosing vegetarian ham and fish ball, you may choose ham and fish ball.
You may choose some, not all, ingredients listed in the recipe.
You may choose any amount of the ingredient you prefer.
Wash the canned ingredients.
Wash and soften the dried and frozen ingredients in warm water until soft (except Black fungus).
Cut the head of black fungus and lily flower.
Slice all ingredients finer will make the soup taste more delicious.

Steps to cook:

1. Pour some vegetable oil into pot on stove. Add some soy sauce when oil becomes hot.
2. Add black mushrooms and stir fry a bit.
3. Add vegetarian ham and fish ball, stir fry again.
4. Add bamboo shoots and Napa cabbage, stir fry.
5. Add preserved Chinese radish, stir fry.
6. Now pour an amount of water into the pot.
7. Add tomato and bean curd before the water comes to a boil.
8. Boil on medium heat about 5 minutes, then add lily flower.

9. Let water boil about 2 minutes, then add cornstarch to thicken the soup while stirring the soup.
10. Turn off the heat, and then add carrot, black fungus and cilantro.
11. Add chili with sesame oil, vinegar, and sesame oil to taste. Correct the salt as required

Notes:

1. **Dried Tiger Lily** buds (golden needles) are the unopened flowers of day lilies. This lily (Hemerocallis) has been used in China as both a food and medicine for over 2,000 years. Dried lily buds are yellow-gold in color, with a "woodsy" earthy taste. Lily buds must be soaked for 30 minutes in warm water before use. They can then be left whole or cut in half crosswise as called for in the recipe. Remove tough woody stems.
2. **Black Fungus:** *(Auricularia polytricha)* also known as cloud ear; tree ear; wood fungus, mouse ear, and jelly mushroom. It grows rapidly on a variety of different woods including mango and kapok. While practically tasteless, Wood fungus is prized in Chinese cuisine for its crunchy texture and therefore is most usually added to dishes only for the last few minutes of cooking.

## *Fragrant Thai Hot and Sour Soup*

A light fragrant soup to serve ahead of any meal that can serve this alone or with Pork Balls see recipe below.

**Stock**

2 pound pork neck bones
2 garlic cloves cut in half, with their skins on
Half an onion with its skin on, quartered
Whole or red pepper flakes
2 dried shiitake mushrooms
1 tablespoon red wine vinegar
1 tablespoon dried lily flower[1] (Optional)
6 cups cold water

**Soup**

1 stalk lemon grass bruised then cut into 2 inch pieces
1 Keffir lime leaf, chiffonade
1 bunch fresh coriander, chopped
1 scallion chopped
½ teaspoon fish sauce

Light soy sauce to taste (start with 1 teaspoon)
Coconut cream[2] added to taste as thickener ~ 3 Tablespoons
¼ cup soft silky tofu, cup into small pieces
A few canned straw mushrooms, rinsed
Lime juice added to taste (about ½ lime)
White and red pepper to taste

Garnish

Lime wedges

Place red pepper flakes, garlic, red wine vinegar, pork, onion, dried shiitake mushrooms plus cold water in an oven proof sauce pan with a lid. Bring to a boil then place covered in a 350 F oven and allow to simmer for 4 or more hours. Remove from oven, strain off all solids. Return stock to an open stock pot and reduce on high until reduced by half its volume. Now add lemon grass pieces and cook 5 minutes. Then add Keffir lime leaf. Cook another 5 minutes. Discard solids. Add a small amount of tofu and a few straw mushrooms and heat until warm. Add fresh coriander, soy sauce, and scallions. Thicken with coconut cream. Add white, red pepper and salt to taste. If not sour enough, add lime juice. Serve garnished with extra lime wedges.

Notes:

1. See Hot and Sour Soup I recipe for more information on this ingredient
2. Coconut cream differs from coconut milk in consistency. It is a thick cream that has a mild sweet taste of coconut and contains beneficial fatty acids including the lauric acid, caprylic acid and capric acid. Coconut cream is a excellent product for cooking curries, coconut rice. If you can't find coconut cream, buy coconut milk. As the product separates, pour off the top half of the can making sure not to shake it. The bottom half of the can will be more like cream and, after all, you don't need a whole can.

## Thai Fried Pork Balls

½ pound ground pork shoulder
1 tablespoon chopped Thai basil
1 clove garlic finely minced
1/2 teaspoon soy sauce
1/2 teaspoon fish sauce
¼ teaspoon white pepper
¼ teaspoon black pepper
1/2 teaspoon minced galangal (white ginger)
1 tablespoon water

2 cups peanut oil for cooking

Combine ingredients well. Roll into quarter sized balls. Refrigerate covered for several hours. Bring oil up to 350 F. Fry pork balls a few at a time until a rich brown all over. Drain on paper towels serve in soup or with Thai Cilantro Dipping Sauce.

## *Leek and Potato Soup (Vichyssoise)*

The culinary origins of Vichyssoise, if French or an American invention, is debated by chefs but generally if the soup is served cold it is referred to as Vichyssoise and warm as Cream of leek soup. No matter what it's called, it is wonderful and one of my favorites. This is also a base soup from which many cream soups may be made.

4 medium Leeks, white sections, washed well
1 medium potato, peeled
Salt
White pepper
Pinch fleshly ground nutmeg
1 cup good clear chicken stock
2 tablespoons sweet butter
1 cup Heavy Cream

Use just the white portions of the leeks and cut lengthwise in half. Wash all traces of dirt away. Sauté the chopped white part of the leeks in butter. Cut up and add the potato, sauté gently for ten minutes, then add chicken stock. Cover and cook on low until the potatoes are just done (al dente) (15-20 minutes). Process the soup to smooth with a post blender. Add white pepper, pinch of nutmeg, and cream. Correct salt level.

Serve warm or cold with a sprinkle of very finely chopped chives.

## *Maria's Beef Shank Soup*

6-8 beef shanks w/bone (the thicker cut the better).
8-10 large carrots peeled and left whole
1 large white onion
6 ribs of celery
6 beef bullion cubes
4 Bay leaves
1 large can of San Marzano peeled whole tomatoes
Salt
Pepper

Rinse beef shanks off, peel carrots, peel onion and leave whole, cut celery in half, and put all in a 12 quart stock pot. Fill the pot with water. Add beef bullion cubes and bay leaves. Bring to a boil, and skim off any foam from surface. Add can of tomatoes and salt to taste. Continue to skim off foam from top throughout cooking process until no more appears. Cook 3-4 hours or until meat is tender and falls off easily from the bone. When done, remove bones. Do not throw out the marrow from inside the bones.

Remove all vegetables and marrow from pot and put in a large bowl. In a food processor, put as much vegetables as you can get in it at a time. Pulverize them till smooth. Continue with rest of vegetables. When done add them back to pot of stock. Meat should be broken into small bite size pieces. Stir everything together well. Correct the seasoning.

In another pot scoop out some soup and bring to boil. Add a cup of alphabet pasta. Cook pasta in soup stock until its al dente. You can add more soup if required. Return cooked pasta to the soup.

Garnish the soup with fresh shredded Pecorino Romano.

## *Mock Turtle Soup with Cream Sherry*

Turtle Soup with real Turtle is quite unthinkable today but at the height of the Victorian era, when sea turtles were still abundant, it was the rage. Lewis Carroll in "Alice in Wonderland" first published in 1865 wrote the passage "Beautiful Soup, so rich and green…" Anyone who has had real turtle soup can appreciate the desire to recapture a wondrously delicious first course soup that heightens the expectation of great things to come. I first had real turtle soup in the Caribbean aboard the ship Nordic Prince and it was excellent. More authentic recipes for this "mock" soup exist than this one but most readers would be put off by its ingredients which due to my sensibility, I will not mention. If clarifying the soup, prepare the day ahead, allowing time to refrigerate the stock overnight so as the skim the fat.

2 Quarts of boiling water
1 Large onion, quartered with skins on
1 Stalk of celery, broken in half
2 Cloves garlic sliced down the middle
10 Dried bay leaves
4 Dried Shiitake mushrooms
2 Breast of chicken with skin removed
1 Pound of lean pork cut into ¾ inch cubes
Salt
White Pepper
3 packages of powered gelatin

**Finish**

Worcestershire sauce
Lemon juice
Cream Sherry
Chopped cilantro

If clarifying the soup, which is a fine idea, you will also need:

3 egg whites and their finely crushed shell
1/4 cup cold water

Preheat oven to 350.

Bring 2 quarts of water to a rolling boil. Add chicken and pork. Let simmer five minutes. Strain, then rinse meat twice with cold water. Return to stock pot with oven proof lid. Add all other ingredients and just cover with cold water. Heat on medium low to just beginning to give off steam. Add lid.

Put covered stock pot in the center rack of oven for 3 hours. Remove soup from oven, cool and strain of all solids. Reduce liquid by 1/3 on medium low heat.

At this point you may want to clarify the soup, if so see **Clarifying Stock or Soup** in **About Soup**

Pour 1 cup of soup into bowl and to this dissolve 3 packages of powered gelatin. Stir gelatin mixture into rest of the soup. Add 1 tablespoon Worcestershire sauce, a squeeze of lemon juice and cream sherry to taste. Serve with a garnish of finely chopped cilantro.

## *Nani's Cioppino or Cacciucco*

Nani, a family friend, was an Italian doctor and former paratrooper and under water demolition expert for the Allied forces in World War Two. He taught me and my sister how to snorkel and deep free dive. He was a tremendous success anytime he entered a kitchen. I first met him on the Isle of Giglio off the coast of Pisa, Italy in 1960.

This is an expensive dish and it takes a while to prepare. It is well worth it and your guest will beg you for it over and over, once they have tried it. Use this for a big crowd. Serve with two loaves of the finest sourdough bread you can find. You need a very big stock pot (12-14 quart or larger) for this dish.

In Italy, the Cioppino is made with Slipper lobster, mantis shrimp, Moscardini (little octopuses), Baby Cuttlefish, mussels, large clawed prawns and the catch of the day which could

include the varieties: branzino (striped Sea Bass), Scorfano (Scorpion fish), Orata (Gilthead Sea bream), Gallinella (tub gurnard) Triglia (Red Fish) and Monkfish. Cioppino is not unlike bouilla-baisse, a French seafood stew, but it does not include saffron or fennel. Said to have its origins from "ciuppin"- a fish stew from the Liguria region of Italy and is very similar to Cacciucco Livornese. The word Cioppino is more identified with San Francisco where the Italian fisherman introduced it.

This recipe is a thicker version than the watery offering served in many "so called" Italian fish restaurants in San Francisco, more like a sauce than a soup. If you want more liquid, do not reduce the fish stock as much, or add additional white wine and chicken stock.

1 1/2 large onions, sweet, chopped
1/2 cup finely chopped celery
1/2 cup finely chopped carrot
1/2 pound finely diced salt pork
5 or more cloves garlic, chopped
1 tube triple concentrated Italian Tomato Paste
2 large cans of whole peeled San Marzano tomatoes
1 dry whole hot red pepper
3 Tablespoons Chopped Basil
1 Tablespoon chopped rosemary
1 Tablespoon chopped thyme
1 Tablespoon chopped sage
1 Tablespoon chopped oregano
2 Cups fish stock
6 Tablespoons extra virgin Olive Oil in two portions, 3 tablespoons each
16~25 clams
16~25 black mussels
8~16 large sea scallops
8~16 large prawns
8~12 ounces monkfish, boned
8~12 ounces red snapper, boned

1/4 pound sweet butter
2~4 lobster tails, cut up
2~3 Large steamed Dungeness crabs, bodies, cut into chunks
1 ½ cups white wine
2 tablespoons sweet butter

Fish Stock

2 cups dry white wine
1 quart of unsalted chicken stock
3 pounds fish trimming (bream, halibut, hake, monkfish, mullet, perch)
1 ling cod or rock cod head (discard gills)
12 Coriander seeds
1 onion chopped coarsely,
2 ribs of celery, chopped coarsely
1 large carrot, chopped
10 dried Mexican bay leaves
10 peppercorns crushed

Garnish

Sprigs of fresh basil and chopped chives

Wash and rinse both the clams and mussels in cold water several times. Discard any dead or open clams or mussels. Cover them in a bowl with cold water, stir in a tablespoon of cornstarch. Set them on the counter for several hours untouched. The cornstarch will entice them to open, which may allow them to drop some sand and shed salt from the salted water they were raise in.

Clean the cooked crab bodies. Discard small useless small leg joints, retain large leg pieces, crack these so their easier to eat, clean and cut up the crab main bodies into 4 main chunks per crab. You can have the butcher do this for you either for free or maybe an additional small incremental fee. Clean the lobster, cut off and retain the tail and large claws (if it has claws).

Cut the lobster in half length wise. The cross cut the lobster tail meat into chunks. Remove and discard any loose shell bits. Place shellfish in the refrigerator until a half an hour before cooking. Now bring out shellfish and fish and allow them warm up some, a half an hour before the final cooking stage.

Fish Stock:
Prepare this 3-4 hours ahead of when it's needed. Combine all fish stock ingredients (discard any gills or intestine) in a large stockpot. Bring to a boil and cook on high covered for 5 minutes, remove lid, cook another 25 minutes. Cool, then strain first through a course sieve then again through a fine sieve. Discard all fish stock solids. Return all the liquid to the large stock pot, simmer on low, and reduce until half its volume. Next prepare tomato base.

Tomato Base:
Sauté onions, celery, carrots, salt pork and the red pepper in 3 tablespoons of your best olive oil on moderate heat in a sauce pan until onions are clear. Add chopped spices. Add 5 cloves of chopped garlic; cook on high 1 minute. Add tomato paste and cook on high stirring constantly until the paste darkens which helps deepens its flavor. Stir in 1 cup white wine. Stir and cook uncovered on low for five minutes, then add chopped tomatoes. Simmer uncovered for 45 minutes. Add a ladle or two of fish stock as required as sauce thickens. Pour tomato base into the fish stock pot. If you're several hours ahead, cover stock pot, turn off heat.

To Finish the Cioppino:
Bring up heat under stock pot so it comes to a low boil.

Add 3 tablespoons olive oil and butter in a hot 12" skillet and add drained washed clams and mussels. When the shellfish barely begin to open, deglaze with ½ cup white wine. Examine pan for sand from the shellfish. Strain pan to remove any sand. Taste the broth and note its salt content. If it super salty from the ocean salt water, you will need to add less salt to the cioppino later. Then add the filtered broth from the pan into the main stock pot. Bring stock pot to a boil.

Add uncooked lobster pieces and cook 8 minutes with the lid on. (If you add the lobster whole (not recommended) they will take longer to cook, may cook unevenly, and be difficult to serve

individual portions.) If you managed to find baby slipper lobsters, you may leave the tail shells on and cook them whole as long as they are 3 ounces or smaller.

(For more pronounced garlic taste, one could add more finely minced fresh garlic at this point.) Now add the crab, scallops and shrimp. Boil for exactly five minutes with the lid on then add all other fish into the liquid, boil for 4 minutes with the lid on. In the last two minutes, add back the clams and mussels pushing them into the stock. Turn off heat, leave lid on. Let the pot rest covered for five minutes. As the stock cools, fish will continue to cook. There is a lot of stored heat in the soup stock liquid. (Notice that the fish goes in whole which is ok as the process of serving and stirring the soup will break then fish up enough.)

Just before serving, check salt and add pepper to taste.

Serving individual portions in a large soup bowl and garnish with a sprig of basil and finely chopped chives.

A word about the lobster.
Pacific spiny lobsters ($$$) or slipper lobsters are preferred over all others but Maine lobsters, if bought live are ok. If you are squeamish, have the butcher tail and claw them for you. Keep them on ice (do not freeze) until ½ hour before ready to cook, then bring to room temperature. If you place too many really cold things in the pot, the temperature will drop too much. We are timing things so we avoid overcooking items hence we allow things to warm up a bit just before cooking them which is just fine.

## *Red Garnet Yam Soup*

Easy made comfort soup neither over powering nor potato like. People will ask what kind of soup it is.

1 1/2 yams
1/2 yellow onion, chopped
2 or more cups pork or chicken stock
1 small carrot, chopped fine
1 teaspoon white pepper
1 teaspoon lemon juice (to taste)
1/4 cup or more of heavy cream
½ can evaporated milk
Salt to taste
1 pinch cloves
1 pinch of thyme
1 pinch of nutmeg
1 pinch allspice

Garnish

French clotted or sour cream
A sprig of cilantro

In a large stock pot, sauté onions, carrots, in butter until onions are clear and limp. When peeling yams, peel down to where they are all bright orange. Dice into ½ chunks. Add yams and 2 cups of low sodium stock in a large pot equipped with a lid. Bring to boil over medium heat. Lower heat, cover, and simmer until the yams are tender about 20~25 minutes. Puree the soup with a post blender until somewhat smooth. The soup has a bit more character if its not 100% smooth. Add heavy cream and evaporated milk. If the soup is too thick, add additional stock, milk or cream or a combination of these. Add a pinch of ground cloves, nutmeg and allspice to taste. Correct seasoning with salt, white pepper and lemon juice to taste. The ratio of cream to milk is a personal choice more cream is richer. More milk is more provincial.

Garnish with a dollop of French clotted or sour cream and a sprig of cilantro.

## *Sicilian Pepper Soup*

Hearty winter fare, this is a super soup and need only a crusty Italian bread to go with it!

2 Cloves crushed garlic
Best most flavorful olive oil
3 yellow, red and green Bell peppers, diced 1/2 squares
Basil (pinch)
6 medium potatoes, peeled, diced into equal sized pieces approx 3/4 inch
5 bay leaves
Salt
White pepper
1 large chicken
Parmesan cheese
1 chopped sautéed onion

Rinse chicken three times in water. Cover with water in large pot. Bring to a high boil. Reduce heat, simmer on low for 3 hours or until chicken is very tender but before it completely falls off the bone. Remove chicken to a serving plate for another use. Skim stock of scum twice in first 30 minutes of cooking to keep stock clear. Sauté the onion. Add onions, diced peppers, crushed garlic, pepper, basil, potatoes. Cook until potatoes of just done but not over done. Do not over cook or soup will turn to mush! Correct seasoning and salt as necessary. Serve in large bowls over stale sour dough bread or croutons. Top with a pinch of cheese and a drizzle of olive oil per serving (1-2 teaspoons).

Serve with sour dough bread and Piacere Balsamica (see recipe Basalmic Vinegar Bread Dip).

## *Castilian Garlic Soup*

Garlic soup was a staple during the hard times in Spain. Since then it has become a favorite dish in the finest restaurants. There are many variations, and this is a simple one to which you

may add your favorite ingredients.

Croutons

Stale French bread or other coarse crusty bread, cut into ½ inch cubes
2 tablespoons olive oil
1 tablespoon Castilian smoked paprika (pimentón)
1 teaspoon very finely chopped parsley

Fry croutons in the olive oil on all sides, sprinkling a little pimentón in the oil. When cooked, toss while still wet with very finely chopped parsley.

Soup

3 cups chicken stock
4 tablespoons chopped garlic
Stale French bread or other coarse crusty bread, a slice per person,
3-4 tablespoons olive oil
2 tablespoons Castilian smoked paprika (pimentón)
4 eggs

Place 4 bowls on a lipped baking sheet pan on the oven's middle rack. (Remove other rack or place it below the middle rack.) Preheat oven to 300.

Heat chicken stock and add garlic and cook for 5 minutes. Slice 4 servings of bread and fry it in the olive oil on both sides, sprinkling a little pimentón in the oil.
Add the bread and oil to the water and simmer for another 10 minutes. Ladle soup into bowls. Put a whole egg in each bowl and allow them to poach in the oven until eggs are set.

Garnish with croutons.

## *Split Pea with Ham Soup*

This is an easy and excellent soup requiring a minimum of effort! There is a lot of salt in ham. The

ham is cooked alone in water for two hours. If the resulting broth is excessively salty, some of it will be replaced, cup for cup with fresh water until the stock is somewhat salty which will be enough salt once we add the split peas, carrots and onions. The best way and least fastidious method of blending the soup uses an immersion blender which are reasonable affordable, allowing you to avoid scalding yourself using a conventional blender and without the mess. In my family, this soup has quite a following and only needs a good bread to make a complete cold evening meal.

8-10 cups water
1 pound dry split peas
bay leaves (5-10)
Leftover ham bone with 1 pound meat (no more)
peppercorns
1 Yellow onion diced
Two carrots diced

Cover ham bone with water in pot with lid. Add bay leaves, peppercorns and cook for two hours. Taste the broth for salt and if too salty, remove and replace a cup of stock with fresh water, Repeat until just slightly salty. Remove bones and bay leaves separating and retaining any meat bits. Add onions, carrot, and split peas to the stock and cook covered on high for twenty minutes or so until the peas are just done.

Blend soup chunks with a immersion blender until almost completely smooth. As the peas blend up, the soup will thicken.

Correct seasoning.

**Steve's Shrimp and Crab Bisque**

6~8 servings  A full flavored soup that combines crab and shrimp with addition of white wine and lemon. Garnish with plenty of chopped chives.

Chicken/Fish Stock
5 bay leaves
2 cups no salt reduced double concentrated chicken broth
2 bottles clam juice
1~1/2 pound fish trimmings or fish heads (substitute 1 pound chopped salmon)

1/8th teaspoon of cayenne pepper
½ teaspoon ground coriander
1/4tr teaspoon of white pepper
1/4tr teaspoon of black pepper
1 teaspoon paprika
11/2 cup Chardonnay wine or another dry white wine

In a wide stock pot, cook covered for 1 hours. Cool sieve, and skim. Return to pot reduce to two cups. (A wide stock pot helps hasten the reduction process.)

Bisque

Touch of lemon juice or lemon zest (add last for just a hint of lemon)
¾ stick sweet butter
3 ~4 large chopped whites of leeks or 11/2 cup chopped shallots
1 1/2 large potatoes, diced small cubes
ground white pepper
2 cup reduced chicken/fish stock
1 tablespoon fish sauce
¾ ~ 1 pint heavy cream
3/4 pound bay shrimp - peeled and deveined
3/4 pound crabmeat
1 teaspoon double strength Italian tomato paste (*optional for color)
1/2 cup Chardonnay wine
Salt

In a steep saucepan, melt butter, sauté shallots or leeks until shallots or leeks are limp and clearing but not brown, Add potatoes. Cook stirring occasionally, 10 more minutes. Add 1 cup of the stock as prepared above. Cook covered until potato is just almost soft to a fork. Cool and process in a blender or food processors until smooth. If using a blender and content are still hot, cover blender bowl with a kitchen towel. Hold down lid firmly.

Return to saucepan, Add tomato paste for color, add remaining stock, reduce stirring occasionally until almost thick again. Add shrimp and crab meat. If crab and shrimp are pre-cooked, just stir a bit to incorporate else cook over medium to low heat, stirring occasionally for four minutes. Add cream... Add white pepper, correct seasoning. Add lemon or a bit of lemon zest to taste. Garnish with plenty of chopped chives. Serve hot.

If Bisque is a main course, serve with three large butter sautéed butterfly prawns standing upright in each bowl. Leave tail shell on tips of tails. Season the prawns with paprika, garlic salt, and Cayenne pepper separately during the preparation.

## *Stilton Soup*

Like many cream of vegetable soups, the base is reminiscent of leek-potato called Vichyssoise and like that soup, this one may be also served warm or cold. Like all cream of vegetable soups, this one too is quite elegant and could be served as a first course in any fine meal.

4 chopped shallots
1 medium russet potato, peeled and cut up
Salt
1 teaspoon white pepper
2 cups good clear chicken stock
3 tablespoons sweet butter
1 cup tender broccoli flowerets
3 tablespoons stilton cheese
1 cup heavy cream
Hint of nutmeg or mace

Sauté the shallots in butter. Cut up and add the potato, white pepper, sauté on medium for 10 minutes stirring frequently- nothing should take on brown color. Add chicken stock. Cover and cook on low until the potatoes are done (al dente) (20 minutes). Add broccoli flowerets. Cook ten minutes until the broccoli is tender. Puree until fine with a post blender. Add enough cream to achieve the degree of taste required. Taste the soup and correct the salt and white pepper. Add the stilton and blend a bit. Serve (with a hint) fine grading of whole nutmeg or use mace.

## ***Fragrant Thai Fish Soup***

A light fragrant soup that makes an excellent meal that can either be made with your own

home made fish stock and a good low salt commercial variety. Recipe is for two (2).

Start with flavoring the stock (this will be strained and solids discarded)
- 5 cups low sodium fish stock, cold
- 2 stalks lemon grass bruised then cut into 2 inch pieces
- 2 Keffir lime leaves, chiffonade
- 1 teaspoon fish sauce
- 1 tablespoon seasoned rice vinegar
- 1 tablespoon Marin
- Light soy sauce to taste (start with 1 teaspoon)
- A few slice mushrooms
- Lime juice added to taste (1 ~2 tablespoons)

Finish with
- A handful of very small whole mushrooms, washed
- 2 scallions chopped
- 1/3 cup bean sprouts
- 1/3 cup chopped tender leaves Chinese (Napa) cabbage
- A handful of very small whole mushrooms, washed
- A handful of crisp sweet snap peas, chopped coarsely
- 4 ounces of dried medium oriental egg noodles (2 oz per person)
- ½ pound of white fish fillet like red snapper, stripped bass or cod, de-boned
- ½ small can coconut-cream or bottom half of equal sized coconut milk.
- White and red pepper to taste

Garnish
- Lime wedges
- Optional (chopped cilantro)

Wash and prepare vegetables. Cut of tops and heavy root base of lemongrass and discard. Bruised lemongrass with the back of a cleaver and cut into 2 inch pieces. Chiffonade the Keffir lime leaves. Wash mushrooms. Remove any pin bones from fish filet with needle nosed pliers.

Place cold stock in an open pot and add bruised lemongrass pieces, Keffir lime leaves, Marin, fish sauce, seasoned rice vinegar, soy sauce. Bring to a boil then simmer another 12 minutes. Discard solids. Bring back to a boil then add noodles, whole small mushrooms and fish. (If you can't find small button mushrooms, then use sliced small mushrooms but add them later with the snap peas

and cabbage.) When the noodles begin to soften, stir a few times gently (avoid overly breaking up the fish) so noodles will not stick together. When the noodles are almost tender, add scallions, chopped cabbage, chopped snap peas, bean sprouts, (sliced mushrooms if you did not already add whole small mushrooms) and the coconut cream. When hot, add white pepper, red pepper, extra fish sauce, and extra soy to taste. If not sour enough, add extra lime juice and or extra vinegar. Serve in large Chinese bowls. Using thongs divide noodles into the bottom of the bowls equally then fill each bowl with the balance of the soup. The bowl edge is garnished with a lime wedge. Optionally add a dusting of chopped cilantro to top of soup.

## *Thai Shrimp Soup with Rice Noodles (Tom Yum Goong)*

This recipe is for two large bowls.

Tom Yum Goong is a very popular Thai soup flavored with fresh lemon grass, Keffir lime leaves and shrimps. This soup is wonderfully aromatic with a vibrant fresh flavor making it one of my favorite Thai soups. The Thai chili, when put in whole, will not contribute much heat unless a guest breaks these up with their spoon on the side of the bowl to release more heat. The nam prik pao (hot sauce) may also be placed on the table so guest can add their own heat. Thai restaurants will often substitute sliced red jalapeños for the Thai chilies when the Thai chilies are not available. When preparing this dish, there are quite a few ingredients. It is handy, to pre-measure these and group them in little bowls in the order in which the go in so one does not inadvertently forget one or more of these

4 2/3 cups of water
3 stalks fresh lemon grass.
4 fresh Keffir lime leafs[1] (or chopped zest from 1 1/2 limes – not quite the same)
1 Tablespoons tamarind paste
1 pound of whole medium shrimps
1 Tablespoons fish sauce

1 tablespoon Marin

1 teaspoon sugar

3 thin slices fresh galangal[2] or ginger root about thumb size (1 ½ inch long) chopped very fine

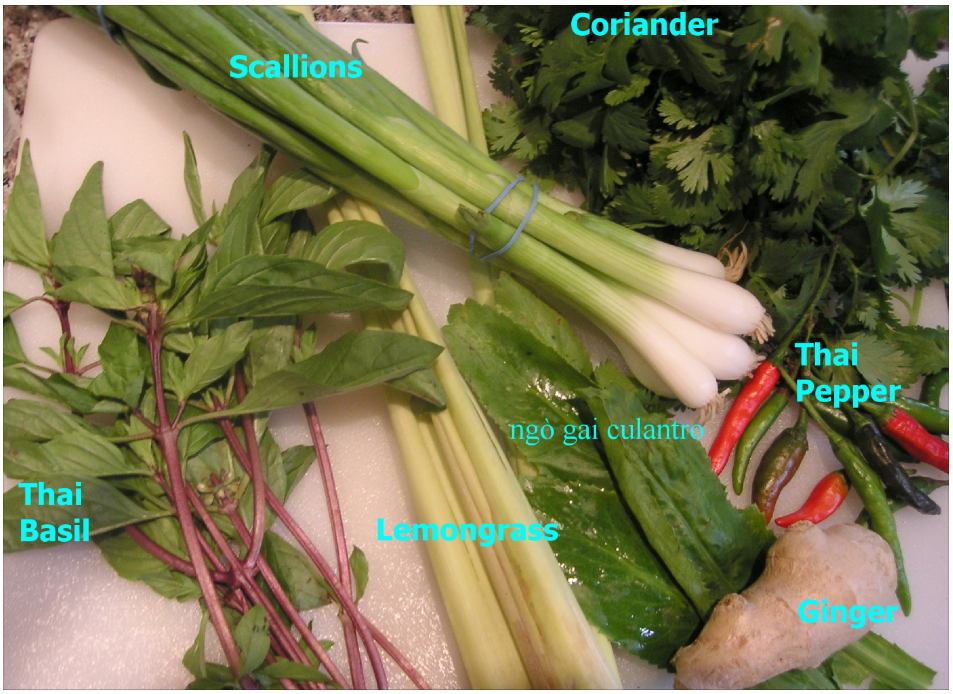
8 fresh Red and Green Thai chili peppers, whole (more for Garnish)

1/3 small white onion, cut 1/4 inch slices

2 Tablespoons Thai Chile Sauce optional (nam prik pao)

See recipe: Thai Chile Sauce

6~8 ounce can straw mushrooms, drained and rinsed




12 Cherry tomatoes, sweet and ripe, cut in halves

¼ cup sliced scallion greens

Few sprigs of Thai Basil

Few sprigs of cilantro

Several sprigs ngò gai culantro

Juice from a lime

½ teaspoon white pepper

Sea Salt

1 pound fresh rice stick noodles

On a per bowl basis:

Several sprigs fresh cilantro
Several sprigs Thai basil
Several sprigs ngò gai culantro

Prepare in advance 6 quarts of unsalted water for heating the noodles. Cover pot and set on stove to boil. As the noodles are done in mere seconds, these will be done last.

Cut of heads and peel shrimp reserving heads and shells for building the initial shrimp stock. Use a very sharp small knife to make a shallow cut along the backs of the shrimps about 1/3 of the way up from the tail toward the thick end of the shrimp. Remove the black vein to be found there.

Trim off and discard tough root ends of the lemongrass. Hold all three lemongrass stalks and crush them somewhat with the spine of a cleaver or mallet; cut into 4 inch pieces, and half these with a sharp knife. Put these with shrimp shells.

Boil 4 2/3 cups of water in a sauce pan. Add lemon grass pieces, tamarind paste, bruise two of the Keffir lime leaves (or add half the Lime zest), and all of the shrimp trimmings to the pot and boil 5~6 minutes.

Sieve stock into a bowl pushing down on pulp with a wooden spoon to extract all the juices and discard pulp. Return stock to pot and bring to a boil.

When stock boiling again, add minced ginger, balance of the Keffir lime leaves (or the remaining half of the Lime zest), fish sauce, Marin, a teaspoon of sugar and the shrimp.

Cook 3 minutes. Add the sliced onion, straw mushrooms, and, optionally, to add heat, add nam prik pao.

Boil for another 4 minutes until the shrimp is cooked through. Add the Thai chile peppers, scallion greens, a little Thai basil, cilantro, ngò gai culantro, and tomatoes. Cook 1 minute. Turn off the heat. Add the lime juice.

Taste to adjust the seasonings with sea salt and white pepper. Place lid on soup until ready to prepare bowls.

Open vacuum bag of fresh noodles. Drop noodles in 4 quarts of boiling water for 5~ 10 **seconds** until they are just right. (As the soup is boiling, and the guest will take a while to gather to the table, the noodles can be firm going into the bowls.) Using a pasta hook, fetch some noodles allowing them to drain a bit then place the noodles at the bottom of each bowl.

Bowl the soup.
Add soup to bowls. Try to split shrimp evenly, and add several sprigs fresh cilantro per bowl, sprigs of ngò gai culantro, and sprigs of Thai basil. Cut a wedge of lime. Put a diagonal slice across the inside middle of the lime wedge to create a slit. Stick lime slice on bowl edge using slit created. (See picture)

On the side, provide a garnish with a small dish of nam prik pao and some chopped Thai chilies marinating in a bit of fish sauce. Provide additional Thai basil, cilantro and ngò gai culantro on a central plate so all can reach.

Note:

1. **Keffir Lime Leaves** are often hard to find. These are not expensive ($3) and may be purchased and flown out by air delivery in 2 days from the http://grocerythai.com/

GroceryThai.com, 10929 Vanowen St. Suite 143, North Hollywood, CA 91605
Phone (818) 469 9407, Fax (310) 424 2914
Mon-Fri 9.00 to 16.00, Pacific Time

2. **galangal** – white ginger - The flavor is more flowery and intense than regular ginger. The branched pieces of rhizome are from 1 1/2 to 3 inches in length, and seldom more than 3/4 inch thick. Use small amounts when starting out. Its flavor combines well with lemon grass, peppers and garlic in Thai cooking for seasoning fish, meat or poultry

## *Turkey Minestrone Soup*

2 quarts of turkey stock
1 medium yellow squash, quarter length wise, then cross slice 1/4 thick
1 medium zucchini, quarter length wise, then cross slice 1/4 thick
1 large tomato, coarsely chopped
1 cup very finely chopped cabbage leaves (remove heavy stems first)
1 clove garlic, chopped
1 peeled medium onion, coarsely chopped
1 medium carrot, peeled quarter length wise, then cross slice 1/4 thick
8 ounces fresh green beans cut in 1 inch long sections
1 15-ounce can red kidney beans
1 package of frozen lima beans
8 ounces of Orecchiette pasta, (little ears)

Garnish

Olive oil
Fresh ground pepper
Graded Parmesan cheese
Warm Ciabatta bread

Prepared all vegetables as noted above. In a large stock pot, bring turkey stock to high boil. Add tomato, squash, zucchini, garlic, carrots, onions, kidney beans, lima beans and cook for 15 minutes. Now add fresh cut green beans, cabbage and pasta. When the pasta is tender, the Minestrone is ready. Correct the salt level as required.

Garnish with a grind of pepper in each bowl followed by a sprinkling of Parmesan and a drizzle of exceptional olive oil. Serve with warm Ciabatta bread.

## *Turkey Stock from Scratch*

This is use to make a number of other soups, including Turkey Minestrone Soup. The vegetables and turkey parts are first broiled in oven to add flavor.

1 quarts of cold water
1 bottle of dry white cooking wine
1 teaspoon sage leaves
1 tablespoon parsley leaves
1 tablespoon coriander seeds
1 teaspoon black peppercorns, whole
3 Turkey wings or necks or a combination of these
Bay leaves (4)
3 carrots, chopped into one or two inch pieces
3 ribs of celery, chopped into one or two inch pieces
2 yellow onions with skins on, chopped in quarters
Pinch Red crushed pepper
4 cloves crushed garlic, coarsely chopped
1 tablespoon sugar

Broil meat and carrots, onions, celery in a broiler pan until meat has some color, turn over pieces with thongs to brown the other sides. Allow to cool. If re-using turkey meat, put vegetables and all other ingredients in cheese cloth for easy separation. Place ingredients in a large tall stock pot. Cover with cold water and a bottle of cooking wine. Covered for three hours, uncover, cook another hour. Cool. Retain meat if desired. Discard cheese cloth wrapped vegetables. Cool over-night in refrigerator. Skim of all fat. Use as basis for turkey soup, minestrone or turkey-barley soup. If meat is retained, separate bones, coarsely chop and add back to stock.

## *Vicki's Clam Chowder*

4 slices bacon, chopped
1 cup onion, chopped
1 rib of celery, finely chopped
1 medium garlic clove, minced
4 cans clams (6-1/2 ounces), reserve clam juice
2 cans evaporated milk
1/4 teaspoon white pepper
2 large peeled potatoes, diced
1 teaspoon tarragon
1 tablespoon cream of tarter as an acidifier

Drain clams and set aside, reserving the juice.

In a heavy-bottomed, sauce pan equipped with a lid, sauté chopped bacon over low heat. Do not allow to burn. When brown, remove but retain fat. Sauté onions and celery in bacon fat. When onions are translucent, add clams. Stir one minute then add potatoes and evaporated milk, tarragon, cream of tarter, white pepper. Bring to a boil then reduce heat and simmer 20 minutes adding clam juice if needed to replace lost liquid. Let stand several hours. Slowly reheat to serving temperature. Do not allow to boil, as this toughens the clams.

# Salads

## *Arugula Rocket Salad*

2/3 pound fresh washed and stemmed Arugula
10 vine ripened sweet cherry tomatoes, quartered
3 tablespoons extra virgin olive oil
1 tablespoons balsamic vinegar or juice of a Meyer lemon
3 tablespoons Parmigiano-Reggiano cheese shavings
Sea salt
Freshly ground black pepper

Combine Arugula, tomatoes, salt, pepper, balsamic and oil. Toss. Top each portion with shaved Parmigiano-Reggiano cheese and serve immediately.

## *Bean Salad with Seafood Recipes*

This recipe is a series of recipes that combine fresh produce, beans, and seafood. There are no rules other than it should taste good. Don't like seafood? Try the salad with some favorite cheeses like fresh buffalo mozzarella.

Beans

As you very the ingredients, the number of combinations are almost endless. Cannellini, a very popular Italian heirloom bean, first appeared in America in the early 1800s that often finds their way into Italian salads. Flageolet, large navy, fava, European Soldier, appaloosa, any variety of Kidney bean, “Borlotto Lingua di Fuoco” (tongue of fire) beans, are just a few other candidates to give you a few ideas. Bean salad certainly is not limited to dry type beans but may be done with pole, bush or any variety of green beans or a combination of many these types.

Seafood

Anchovies, tuna, cooked shrimp, cooked squid or octopus, cooked baby clams or cockles, mussels, and smoked salmon are good candidates.

Fresh produce

Chopped red onions, chopped ripe tomatoes, chopped basil, chopped cilantro, chopped Italian parsley, roasted peppers, chicory (radicchio, etc.), Arugula, chopped oregano, chopped green onions, chopped mint, chopped chives.

Alternate Ingredients

Olives, peperoncinos, chopped salami, roasted eggplant, capers.

Bean and Tuna Salad

1/2 a red onion, chopped
12 ounces of canned Italian tuna in olive oil, drained
3/4 cup chopped Italian parsley
1 tablespoon of imported Italian capers
very best extra virgin unfiltered olive oil
Red wine vinegar
2 scallions, sliced on the diagonal
One ripe tomato, seeded, then chopped

Combine and toss all the ingredients except the tuna. Using the tines of a fork, break up the tuna but not overly so and combine it with the rest of the ingredients. Correct the seasoning with salt-and-pepper.

## *Bib Lettuce Avocado Salad with Raspberry Yogurt Dressing*

This recipe was prepared for me by my buddy John Shepard who used to help with the soccer tournament in town. John used to have his own restaurant in Seattle.

Baby bib lettuce
Slices of Hass avocado
Wedges of Mandarin oranges

Raspberry Yogurt Dressing

2 Hass avocado
1 14 ounce can of Mandarin oranges in medium syrup
1 cup raspberry yogurt
1 tablespoon raspberry vinegar
1/2 cups mashed seeded raspberries
White pepper
Salt
Add a bit of the syrup of the oranges to add sweetness

Taste then adjust seasoning as required.

Soak berries in vinegar for 1/2 hour. Crush with ladle through a fine sieve to remove seeds which otherwise might add bitterness.

Line each plate with one or two presentation leafs from the outside of the Bib lettuce. Tear tender inner piece into pieces as one might do for a Caesar salad, fork size pieces. Fan in wedges of avocado. Garnish with orange wedges.

## *Caesar Salad*

The original the recipe from 1924 from the Cardini's Tijuana restaurant did not have either mustard or anchovy fillets. The flavor of anchovy came entirely from ample Worcestershire sauce. Today the inclusion of anchovy is more often the rule than an exception while mustard is much less included. I would suggest you try making it both ways to see which way you like the best.

Some people are concerned about the safety of any dressing with raw eggs due to the risk of infection of the salmonella bacteria. I feel the pH level is acidic enough to kill those bacteria. I never met anyone who got ill from a Ceasar salad.

Romaine lettuce, washed and dried well, torn into bite sized pieces[1]
Home made croutons made from sourdough bread, olive oil, garlic
Finely graded and or shaved Reggiano Parmesan cheese

Dressing

4 cloves of finely chopped garlic
2 eggs at room temperature
1/2 cup light olive oil
2 tablespoons freshly squeezed Meyer lemons (more in reserve)
2 whole crushed Anchovy fillets
teaspoon Worcestershire sauce
Optionally 1 teaspoon or more Dijon Mustard
Coarse black pepper to taste
Salt to taste

The salad and dressing can each be made ahead of time but only tossed with the croutons, cheese and dressing just before serving.

Prepare the dressing in a food processor or blendor. Add garlic, anchovy fillets, Worcestershire sauce, 2 tablespoons lemon juice to start with, a pinch each of pepper, salt, and 2 whole eggs. Blend briefly. Add oil in a stream, Stop when dressing is emulsified. Taste the sauce, add salt and pepper and optionally add in more lemon juice, Dijon Mustard and Worcestershire sauce to taste. Refrigerate until ready to use.

Notes:

1. Cardini′s daughter Rosa would serve spears of small Romaine lettuce that could be picked up like finger food.

## *Chef's Salad*

The reason for tearing lettuce rather than cutting it is that cutting causes the lettuce to wilt rather quickly, where as torn lettuce brakes along cell boundaries and remains fresher longer. As to the ingredients in a chef's salad, there are no rules.

The dish requires a large oval or round platter.

Two 12-ounce cans of albacore tuna in oil, well drained
Iceberg lettuce, torn into pieces
Butter bib lettuce as "liner leaves" for the bottom of plate
Assorted mixed Italian greens (if using Romaine, tear leaves)
6 hard-boiled free range organic large eggs
Cherry tomatoes
Cream Cheese
A few capers
Decorated ice-chilled red radishes
Mandarin orange slices 12-ounce can
4 ounces of julienne ham
6 ounces graded Monterey jack cheese
Shredded carrot
Finely diced celery
Red onion sliced and disassembled into individual rings
4 Chopped scallions
Whole chives
2 cups of parsley, chopped very fine (optional garnish)
1 egg white, beaten with a little water (optional garnish)
Pinch of paprika
Fresh ground pepper

Prepare radishes for garnish
Perform a box cut ¾'s of the way through the sides of each radish. Cut off the green stem flush. Cut the top of the face of each radish box center to reveal white top. Put the radishes in iced water for an hour to open the cut petals.

Natural eggs are the easiest to peel provided they are at least a week old. Their yolks are also brighter. Eggs are boiled for 16 minutes. Rinse in a steady stream of cold water. Allow to sit in the cold water. When the water has warmed, replace it anew with cold. To shell hard-boiled eggs first roll them with the palm of your hand on a hard surface to break up the shell. Peel the eggs under a stream of running water which helps lubricate the process.

Start to assemble the salad only shortly before serving so everything is crisp. You can do this earlier but you will need room to put the platter covered with plastic wrap in the refrigerator. Wash all the lettuce, drain well. The large leaves of the butter lettuce should be patted dry with paper

towels. They need to be very dry on their edges. With a small paint brush, paint the outer edges of the largest leaves of the butter lettuce with the egg white mixture. Dip the edges of the butter lettuce into the finely chopped parley to rim each of the leaves. These leaves will form the floor of the presentation, hence cover the outer edges of the platter so the parsley decorated edge of the butter lettuce leaves hang off the platter by about an inch all around. Fill the center of the platter with the inner unadorned leaves of the butter lettuce. Break up and tear into bites the entire head iceberg lettuce into a bowl using your hands. Discard any non crisp outer leaves. Toss with the assorted mixed Italian greens. Arrange lettuce on the platter with the center, the highest. Spread on shredded carrots threads, the chopped celery, and the scallions. Arrange the ham perpendicular to the edges of the platter in four intersecting ribbons across the lettuce from side to side. Artfully repeat the process with four ribbons of shredded Monterey Jack cheese along one edge of the ham from side to side following the same line as the ham along side. The goal is to make four symmetrical sections that appeal to the eye. Run a ring around the entire circumference of the salad with wedges of orange paying attention so that these all face curve side out toward the salad edge. Cut the eggs in half and place three half in the center of the four sections of the salad. Place cherry tomatoes and radishes in a symmetric fashion about the salad. Pinch a little paprika over each egg for color. Distribute the largest of the red onion rings around the eggs, the smaller ones around the salad until their red color punctuates the salad. Garnish by placing 4 chives, criss-cross, in each section of the salad and dot with red cherry tomato flowers with a cream cheese ball center doted in the center with a single caper (see instructions below.)

Top the salad with the drained tuna. Drizzle with some good olive oil. Sprinkle tuna with a few chopped chives, and a few grinding of pepper. Serve with good oil and vinegar dressing on the side.

Red Cherry Tomato Flowers
Using a very sharp paring knife make a cut from the top of the cherry tomato through the sides but not through the bottom. Turn the tomato 90 degrees and make an orthogonal cut (perpendicular to the first cut) from the top of the cherry tomato through the sides but not through the bottom. Now open the 4 peddles of the tomato. Use the knife to remove the seeds and pulps of each peddle. Roll some cream cheese into a 3/8 inch ball. Use a toothpick to make a small hole in the top of the cheese ball to insert a caper so it is half buried in the cheese. Press the cheese ball into the center of the tomato flower.

Additional garnishes might include a large rose made from the continuous slice of a tomato skin then rolled back into a rose. Yellow and red bell pepper might be sliced in thin slices or

into star shapes and patterned across the lettuce. Strips of whole anchovies are adored by Italians. Various whole or stuffed olives could be used.

## *Chinese 5 Spice Vinaigrette*

2 tablespoons Marin
2 tablespoons red wine vinegar
1/2 cup rice wine vinegar
2 tablespoons soy sauce
1/4 cup honey
Ground mustard
Chinese 5 spice
2 cups peanut oil

Chinese 5 Spice is an aromatic blend of cloves, black pepper, fennel seed, cinnamon and anise.

Combine vinegar, soy sauce, honey, mustard and Chinese 5 spice in a blender or food processor. Blend until smooth. Gradually add peanut oil, continuing to blend.

Refrigerate until ready to use. Serve over Chinese Chicken Salad.

## *Chinese Chicken Salad*

Crisp fried Wontons wrappers, salted
peanut oil
Fresh finely minced Garlic
Finely shredded Napa cabbage and red cabbage
Chopped cilantro
Shredded cooked chicken
1 julienne carrot

Julienne red onion
Bean sprouts
Slices of candied ginger

Cut wrappers into 1/4 strips. Fry wrappers in 350 F peanut oil until crisp. Drain on paper towels. Lightly salt while wet. Do next batch. Combine all ingredient and toss with dressing server immediately.

## *Eight Pepper Salad*

Another original recipe developed for visually appeal and to tempt my mother who gets a big bang out of something she had never had before. In the recipe, all the ingredients are cut to the same width and length which helps contribute to its visual appeal. Start to prepare the salad two hours ahead as the soaked peppers can pickup a bit of the extra sweetness from their soaking bath.

1 each red, yellow, green, purple and orange bell peppers
1 sweet red onion
2 cups cold water
1 cup of sugar
Pinch of salt
Vinaigrette dressing made with white, red and black pepper
2 tablespoons very finely chopped chives
2 tablespoon very finely chopped parley
1 teaspoon very finely chopped garlic

Cut the curved end off the tops and bottoms of the bell peppers and discard them. Remove any white ribs or seeds from the bell peppers. Slice the top and bottom off of the onion so it is the same length as the peppers. Slice the peppers length wise into strips approximately 1/8 of an inch wide. Place all the bell pepper slices in cold water. Add a cup of sugar and a bit of salt to the water. Place bowl in refrigerator until ready to assemble the salad. Slice the onion's outer layers and discard the curved or too small inner ribs. Place onion in a plastic bag and place in the refrigerator. Finely chop the garlic, parley, and garlic. Place in a small cup, cover with wrap or a lid. Place in the refrigerator.

Remove all ingredients from the refrigerator. Drain and pat dry the peppers. Add the peppers and all the other ingredients to a bowl. Toss with vinaigrette dressing, let stand 10 minutes then serve.

## *Farallon Restaurant Warm Bloomsdale Spinach Salad*

Farallon, nominated as one of the best new restaurants in the country in 1997, is a jewel in San Francisco that produces amazing dishes to delight the palate. This is certainly one of them. This salad is made with oranges slices, dates, tobacco onions, a Madeira reduction, toasted pine nuts, butter and sweetbreads. The combination is somewhat magical. This rendition is my interpretation. Read the whole recipe first as the preparation spans 24 hours. The onions take quite a long time as well. The ingredients are broken down by steps. The onions may be done ahead of time.

3 Red onions
1 orange
4 dates (pitted and chopped coarsely)
1 cup of Madeira
2 tablespoons tawny port
½ teaspoon double concentrated tomato paste
1 oz. toasted pine nuts
3 cups fresh washed baby Bloomsdale spinach[1] leaves
5 tablespoons unsalted sweet butter
1 clove very finely chopped garlic
2 tablespoons raspberry vinegar
White pepper
Salt

Blanch sweetbreads in several quarts of boiling water for 5 minutes. Drain well. Place in a bowl who's bottom is lined with ten paper towels, cover with plastic wrap, weigh down with a plate and a brick. Refrigerate overnight.

**Tobacco Onions**

Slice three whole red onions into uniform slices each $1/8^{th}$ of an inch thick. Throw away top and bottom slices of all onions. It is important to get uniform results that the thickness is uniform; hence these will cook very evenly. Heat your largest frying pan with some olive oil. Add all the

onions reduce heat to very low. Turn frequently maybe ever five minutes. These are not browned but are caramelized after about 90 minutes.

**Orange Wedges**
Peel an orange with a knife, cut off the top and bottom, taking the outside membrane off as you peel it. Cut the orange wedge segments free of their membrane. Repeat for each wedge. Retain orange wedges for later.

Preheat oven to low.

**Madeira reduction**
In a frying pan reduce 1 cup of Madeira, 2 tablespoons Tawny Port, tomato paste and the vinegar by three fourths until it has thickened. Keep hot.

**Sweetbreads**
2 cups peanut oil
6 3-ounce pieces veal sweetbreads
1 cup Japanese panko bread crumbs
Salt and pepper to taste

Season the panko bread crumbs. Liberally coat the sweetbreads with bread crumbs. Deep fry the sweetbreads in a large steep walled pot by pre-heating the peanut oil to 350$^{o}$ F. Fry the sweetbreads until golden brown. Remove from the heat using a slotted spoon; transfer the sweetbreads to a paper towel-lined dish to drain. Place sweetbreads in oven to stay warm.

In a separate large frying pan, melt butter, add spinach and turn constantly over high heat. Add a little white pepper and the garlic. Toss 1 minute. Then add the orange wedges, the dates, the Madeira reduction and the tobacco onions. When hot correct the seasoning.

Remove sweetbreads from the warming oven. Arrange an individual portion of sweetbreads in the center of a plate. Top with spinach and onion reduction. Sprinkle with toasted pine nuts.

Serve.

Notes:

1. Bloomsdale spinach is a delicious home garden variety having a buttery taste with large heavy crinkled leaves that grow erect keeping them free of soil. This spinach is dark glossy green and withstands heat and cold. Bloomsdale spinach was originally released by D. Landreth & Company in the 19th century. “Bloomsdale” was the name of their farm in Bristol,

Pennsylvania which they moved to in 1847. This delicious dark green variety is king of the true "fully savoyed" or wrinkled spinach. Savoyed winter spinach are slower growing and subsequently slower bolting, making them a good choice for late spring plantings maturing in 45 days.

## *Feta and Pepper Salad*

3 peppers - 1 of each thickly sliced
1 large onion thickly sliced
1 packet of feta cheese - broken crumbled

Dressing:
2 tablespoons of extra virgin olive oil
1 tablespoons balsamic vinegar
1 or 2 tablespoons of lemon juice
1/2 teaspoon sugar
1/2 teaspoon garlic paste
1/2 teaspoon mustard
1/2 teaspoon mixed herbs
Salt and pepper

Mix the dressing ingredients and put in a deep bowl. Grill peppers and onion on high for 5 minutes or until sides start blackening. Turn over and repeat. Remove, while still warm, add to dressing in bowl and mix and leave for 10 minutes. Add feta cubes. Serve on bed of rocket or mixed green salad leaves. Decorate with basil leaves and Kalamata Olives. Eat with Ciabatta bread.

## *Black Figs, Radicchio, Prosciutto with Mint*

This recipe is for four appetizers. No Italian summer[1] would close without the requisite figs and mint plate. Always buy more Prosciutto that you think you'll need. A piece make break or split and the smell may drive you to a frenzy that needs to be immediately satiated or insanity may set in.

8 fresh tree ripen figs, stemmed, peeled and halved
4 generous slices Bel Paese cheese
drizzle green fruity unfiltered olive oil
Drizzle aged balsamic vinegar
Fresh ground black pepper
8 mint leaves, thinly sliced
8 Radicchio leaves, cut white stem sections away
4 thinly sliced Prosciutto for wrapping

Figs ideally should be purchased the day you use them and should be soft to the touch. Peel the tedious bit of tin foil from the cheese ahead of time so you're not in a rush when the cheese is needed. Put cheese on parchment paper and cover with a sturdy plastic wrap. Wash radicchio; remove heavy white base section off four perfect leaves. Pat dry with paper towel. Chop the mint coarsely and retain. Preheat a non-stick pancake grill or fry pan to medium. Lightly oil the grill. Place radicchio leaves on grill, topped with a nice slug of cheese. Press figs cut face side down on grill. Allows figs and cheese to warm. Lay out the prosciutto slices to receive the leaves. When the cheese begins to run transfer the leaves on top of one end of the prosciutto slices. Use thongs and place warmed fig haves atop the cheese. Grind some fresh pepper and sprinkle each leaf with chopped mint. Drizzle the figs with olive oil and a splash of balsamic vinegar. Now roll the prosciutto loosely. Garnish the plate with a little more mint. Serve immediately.

Notes:

1.The fig crop ripens in August and September.

## ***Garlic Basil Balsamic Dip (****Ailio, Basilica e Balsamica ala Piacere)*

This recipe is based on the dip served originally at the Piacere Restaurant in San Carlos, California. This bread dip was the brainchild of the Kurd owner. It was so immensely popular, patrons would literally fill up on bread hence the restaurant soon discontinued serving it.

¼ cup very finest fruity olive oil
18 Cloves coarsely chopped garlic
1 Cup of freshly chopped basil
1 Cup of very good Modena balsamic vinegar

Heat frying pan until hot, then add and heat oil until it begins to glaze. Add all the garlic. Cook exactly 1 minute while stirring constantly. Add basil. Cook 20 seconds. Add vinegar. Store in jars in refrigerator but serve at room temperature for dipping bread.

## *Kae's Greek Celery Hearts*

This is similar to celery victor originally invented by Chef Victor Hirtzler of the San Francisco Saint Francis Hotel. Unlike celery victor, this is cooked in water, has no mustard, and may be served warm or cold. This recipe came from Andros Island (not too far from Athens) Kae visited by boat.

Preheat oven to 350 F.

2 heads celery, trimmed and quartered
½ Bay leaf
4 allspice berries
½ teaspoon brown mustard seeds
3 tablespoons olive oil
1/4 teaspoon thyme
1/4 teaspoon salt
1/2 teaspoon lemon zest, minced
1/2 tablespoon lemon juice
1/4 teaspoon pepper
Water per recipe

Garnish

2 tablespoon minced parsley

Trim the tops off two heads of celery. (Save these for soup or salad) Quarter celery length wise. Place in Pyrex dish. Bring water level half way up on the celery; add other ingredients save the parsley which will be used for garnish. Bake in center rack for 30 to 40 minutes until tender. Baste several times while cooking. Arrange celery on a serving platter. Reduce the liquid stock to just enough to pour over celery. Strain stock and pour over celery. Garnish with minced parsley. Serve warm or cold.

## *Cakebread Cellars Green Bean Salad with Prosciutto, Sungold tomatoes and Basil*

1 pound green beans
4 slices Prosciutto, cut in julienne
1 small red onion sliced thin
1 pint Santa Cruz Sungold tomatoes cut in half.
8 Basil leaves, roughly chopped

Balsamic Vinaigrette

1/4 Cup Balsamic vinegar
2 cloves of smashed Garlic
3/4 cup of extra virgin olive oil
Salt and pepper

Trim the green beans and cook in salted boiling water 3 minutes or until tender. Strain and immerse in ice water bath to terminate cooking, Drain and toss with enough vinaigrette to lightly coat. Add the rest of the ingredients and toss to distribute. Check for seasoning and serve.

For the vinaigrette, place the balsamic vinegar and garlic cloves in a stainless bowl and allow the garlic to infuse the vinegar for at least 1/2 hour. Discard the garlic and whisk in the oil to emulsify. Season with salt and pepper.

Cake Bread Cellars is at 8300 St. Helena Highway, Rutherford, California 94573-0216.

## *Hot Avocado Sauce*

Wash and dry avocados. Halve.

Fill centers with the following hot sauce:

Brown Sugar
Lots of Worcestershire sauce
hot melted butter
lemon juice

Can warm slightly in the oven with the heat of the light or pilot. May serve hot sauce in cold avocado on a bed of sliced lettuce.

## *Hearts of Palm with Capers and Chive Herb Dressing*

1/3 cups olive oil
2 teaspoons red wine vinegar
1 teaspoon water
2 teaspoon finely diced chervil
1 bunch of chives, chopped small
1/4 teaspoon sea salt
1/4 teaspoon pepper
2 cans hearts of palm, drained and chopped coarsely
12 Sun Gold tomatoes, halved
5 torn leaves of radicchio
3 tablespoon Italian capers, drained

In large bowl whisk vinegar, water, sea salt and pepper while streaming in olive oil. Add hearts of palm, tomatoes, radicchio, chervil, chives, and capers. Toss well to coat.

Serve on chilled plates with chilled forks.

## *Insalata Caprese*

1 cup small fresh mozzarella balls
1 clove very finely minced garlic
Olive oil
Red wine vinegar
1 cup vine-ripe cherry tomatoes, sliced
Torn basil leaves
Torn butter lettuce leaves
Fresh ground pepper

Chill serving plates; cover each plate with torn butter lettuce leaves. Toss olive oil, torn basil, vine-ripe slices of cherry tomatoes, garlic and mozzarella balls. Turn out on lettuce and serve with a grinding of fresh pepper.

## *Italian Agretti Salad*

(*Agretti* - roscana, barba di fratte, also known as monk's beard - See page )

This is very popular in Italy mainly in mainly in Rome and Umbria and has become the latest in vegetable in fancy Italian restaurants. When mature (50 or so days) the plants are a 12 wide, 24 tall bush that looks like a huge chive. Braise washed and chopped agretti in some olive oil with garlic and serve as a side dish with fish, shellfish or chopped and tossed in a salad. The plant has a mild slightly bitter flavoured not unlike endive! The same dressing used for Puntarelle Chicory Salad would work for Agretti.

## *Kae's Lebanese Potato Salad*

Served along side sweet BBQ to help cut through the sweetness, this is a nice alternative to German potato salad.

3 pounds boiled russet potatoes
1/3 cup fresh chopped parsley
1/3 cup fresh chopped mint
1/3 cup chopped green scallions
1/3 cup Meyer lemon juice
4 tablespoons unfiltered green olive oil
Sea salt
Freshly ground pepper

Garnish
Additional fresh chopped mint

Boil whole cleaned potatoes in lightly salted water until fork tender 30~40 minutes. Drain pot and fill with cold water to stop cooking and speed cooling. After 10 minutes, drain well. Peel and discard skins and dice potatoes into bite sized chunks and put in a large bowl. Mix lemon juice, olive oil, salt and pepper and pour over potatoes. Toss to coat. Add in greens. Wait 20 minutes then taste and correct seasoning. Refrigerate for several hours.

To brighten the flavor, add additional fresh mint just before serving

## *Mango Pears and Hearts of Palm Salad with Lime Vinaigrette*

Lime Vinaigrette
1/4 cup fresh lime juice

3 teaspoons Dijon mustard
1 tablespoons olive oil
1 tablespoon white wine
Pinch sea salt
Pinch freshly ground black pepper

Salad

1 large mango, peeled, cut into wedges
1 large Bosc pear, peeled, cut into wedges
1/3 small red onion, sliced length wise into fine slices
2 tablespoons cilantro, chopped
1 can hearts of palm, drained, halved lengthwise, and cut into pieces
1 head Boston bib lettuce, washed and patted dry

Garnish

Edible flowers
Finely julienned candied ginger (optional)

Combine ingredient for vinaigrette in a shake bottle and shake vigorously. Taste. Correct seasoning with salt pepper extra mustard as required.

Lay out four plates and cover with the bib lettuce outer leaves evenly between the plates. Combine salad ingredients in a bowl. Toss with shaken vinaigrette until nicely coated, plate atop bib lettuce and garnish with edible flowers.

## *Panzanella Bread Salad*

This is a recipe that appeals to the Italian chef's frugality and was invented to make use of stale bread. It simply is a salad made with onions, tomatoes, basil, olive oil, vinegar and chunks of soaked stale bread. The traditional recipe call for soaking the stale bread in water and then squeezing the water out while variations suggest browning the bread in olive oil before adding it to the salad which, of course, is completely different- Ha! If your bread is NOT Stale? Well do what you please.

1 pound Tuscan[1] sliced bread
Sliced sweet red Italian or Red Burgermaster onion
4 Good tasting ripe seeded tomatoes
8 Basil leaves washed and pat dry
1 large cucumber
A few chopped rinsed anchovy fillets (optional)
1 teaspoon red wine vinegar
3 tablespoons good unfiltered olive oil
Fresh ground black pepper
Sea Salt

If using anchovy fillets soak them in milk for a hour, rinse twice with water and chop fine.

Put the slices of stale bread in a bowl, fill with water and make the slices soaking in the water for 15 minutes. Slice the onion in ¼ slices the cross cut into four sections. Chop and seed tomatoes. Peel the cucumber and score its length on all sides with the tines of a dinner fork. Cut the cucumber in thin slices about 1/16$^{th}$ inch thick. Lay slices flat on paper towels and lightly salt them and then turn them over salt side down. Leave to cucumber to drain 10 minutes then wash in several rinses of cold water and drain well. Wring out the bread slices with your hands trying to not break the slices excessively. Put bread in the salad bowl. Add the cucumbers, tomatoes, onion. Bunch then tear the leaves of basil into small pieces. Dress salad with a good red wine vinegar and your finest olive oil. Add sea salt and fresh ground black pepper. Toss well and let rest 10~15 minutes or so before serving.

Notes:

1. For those of us who have sampled the unsalted Tuscan bread, the lack of salt may seem a cultural shock considering the hype normally associated with this bread. I, for one, have not forgotten where the olive oil is and how well it makes the salt stick to the bread. What you need to understand is both the cheeses and salumi (pork products of the region) are heavy with salt and most Italians I have met don't eat bread unadorned. It is either heaped with treats or dragged through something succulent. The one exception might be bread salt and bitter lettuces or endive. In any case, the traditional lack of salt make no difference to this recipe as we add salt to taste.

## *Persian Shiraz Salad*

Often the simple things in life are a delight.

Chopped cucumber, tomatoes and onions dressed with lemon juice, olive oil, salt and pepper.

## *Puglia Sardine Zucchini Salad*

4 tablespoons extra virgin olive oil
1 1/2 tablespoons lemon juice
Sea Salt
Pepper
3 small zucchini at room temperature
Handful basil leaves or mint, chiffonade
3 tablespoons finely diced shallots
2 tablespoons toasted pinenuts or course toasted bread crumbs
8 ounces Italian salted sardines, rinsed, boned and shredded into large chunks

Dressing
Mix lemon juice, oil, salt, and pepper.

Slice zucchini lengthwise thinly then cut to a uniform length. Dress the zucchini and diced shallots in a bowl and toss thoroughly. Let stand for 10 minutes or so to let the dressing absorb. Toss in the basil or mint leaves along with sardines. Add more dressing if needed. Plate and top with toasted nuts or bread crumbs.

## *Catalogna Puntarelle Chicory Salad*

Puntarelle are the inner hearts of cicoria catalogna, a kind of chicory and one of the greatest treats in Rome. The shoots have the crisp, satisfying crunch similar to celery with a flavor which is a cross of chicory and endive. The hearts are trimmed out of the large heads and cut

into thin shreds that curl up when immersed in ice water. In Italy, Puntarelle is available most of the year except early spring when the stalks are not yet developed. The stalks of the puntarelle make a crisp refreshing salad. This variety of chicory has a slightly bitter undertone but when served with this potent dressing seem quite sweet. The seeds may be purchased on line.
There are several varieties all good for salads:

- Catalogna Puntarelle (Puntarelle a Foglia Stretta)
- Catalogna Chicory A Foglie Frastagliate
- Catalogna Chicory Brindinsina
- Catalogna Chicory Veneto

1 untrimmed head Catalogna puntarelle
2 cloves garlic, mashed
1 tablespoon white wine vinegar
1 teaspoon anchovy paste (or 1 anchovy, minced)
1 teaspoon mustard, preferably Dijon
1/4 cup fruity olive oil
Salt and pepper to taste

Trim off any outer green leaves of puntarelle. Slice the hollow stalks lengthwise into narrow strips (about 1/4”). Cut the strips into pieces 2 to 3 inches long. Soak the pieces in ice water for an hour. Most will curl up.
Whisk remaining ingredients together to make the dressing.
To serve, drain puntarelle pieces and pat dry. Toss with dressing.

Trattoria Otello (06 878-1178) alla Concordia on Via Della Croce 81, Rome serves this salad. This is my favorite trattoria. The owner Pia is a treasure. Be sure to ask for the Italian menu. Better to struggle through explanations than miss a rare opportunity for real Roman food.

## *Red Potato and Roasted Pepper Salad with Mustard and Caper Vinaigrette*

8 small red creamer potatoes, quartered

1/4 small red onion, diced
3 tablespoons capers, drained
1 red bell pepper, roasted, peeled and chopped
4 tablespoons chopped fresh Italian parsley
2 tablespoons chopped fresh basil leaves
2 tablespoons coarse grained Dijon mustard
1 tablespoon sugar
1 tablespoon champagne vinegar
2 tablespoons lemon juice
Zest of one lemon
3/4 teaspoon. salt
Freshly ground black pepper to taste
1/4 Cup plus 2 tablespoons best olive oil

Place potatoes in a pan to boil. Meanwhile place red onion, capers, bell pepper and parsley into a medium size bowl. Place all remaining ingredients except olive oil and capers in the bowl of a food processor.

Turn machine on to blend ingredients. While machine is running, slowly add the oil until all is incorporated. Stop machine. When potatoes are tender, drain, and then place in the bowl with the onion mixture. Pour the dressing over the potatoes and toss gently until completely mixed. Refrigerate.

## *Roasted Piquillo Pepper, Capers, Anchovy and Basil Salad*

This recipe features a combination of dominant flavors in the uniquely Spanish style.

20 wood fire-roasted Piquillo Peppers[1]
1 very small red union, peeled and cut into rings
1 jar of anchovies, dry and cut into thin strips
1 tablespoon chopped garlic
1 teaspoon sherry Vinegar

1/3 cup flavorful olive oil
2 tablespoon Italian capers, rinsed
20 fresh Thai basil leaves

Toss all the ingredients together. Leave salad to marinade for at least 30 minutes or up to 2 days.

Serve with fresh bread.

Note

1. Pure Piquillo Peppers are imported to the US from the Ribera Del Ebro region of Northern Spain. Piquillo means “little beak” for the peppers distinctive pointy shape. Slow roasting over open wood-fires gives these unique peppers a complex, rich, smoky and sweet flavor. You may substitute red fire-roasted California pimentos.

## *Seckel Pear Salad with Mache Lettuce*

An 18th-century Pennsylvania farmer (for whom it was named) is credited with introducing the Seckel pear. It's a small, seckled rosy fruit with a sweet, spicy flavor. The Seckel's firm flesh makes it excellent for both cooking and canning. It's available late August through December. It is often called the sugar pear.

2 Seckel Pears[2] per person, sliced just before serving
Camembert or Brie cheese slices
Dried cranberries
Finely chopped chives
Mache Lamb's Lettuce[1]
Few toasted nut slices (slivered almonds are good)
Top with raspberry vinaigrette

Camembert when properly aged, is a bit salty. If using another cheese it may be necessary to adjust the salt content of the vinaigrette accordingly. My policy is to under salt but have it on the table.

Soak dried cranberries in ¼ cup sweetened warm water for an hour before use.

Raspberry vinaigrette consists of one part raspberry vinegar, scant pinch of black pepper, pinch of salt, and three parts of fresh best olive oil.

Notes

1. Mâche is a European salad green becoming an upscale item in the United States. It grows in small tender rosette-shaped bunches that has a distinctly sweet taste. Wash this green gently in very cold water. Substitute baby spinach if needed.
2. Substitute Bosc Pears if needed.
3. Grower: Stillwater Orchards, David J. Elliot & Sons, P.O. Box E, Courtland, Calif. 95615. (916) 775-1027

## *Spinach Salad with Feta, Red Onion and Raspberry Honey Dijon Dressing*

1 pound fresh spinach, stemmed
4 Red onion slices
2 slices crisp bacon, fried, crumbled
1 Tablespoon orange clover honey
1 Tablespoon water
1 Tablespoon Dijon Mustard
2 Teaspoons raspberry vinegar
6 ounces feta cheese
1 Tablespoon dried cranberries, soaked 1 hour in warm water

Triple wash spinach and pat dry.

Arrange spinach and stems on a plate. Sprinkle with feta cheese and cranberries. Combine Dijon mustard, honey, vinegar, and little water. Add red onion slices and crumbled bacon. Drizzle dressing over salad and serve.

## *Shrimp Avocado Salad with Garlic Vinaigrette*

Salad ingredients are per person:

Bib lettuce to cover plate
The outer rings of a sliced red onion
A fan made with half an avocado
Handful of small bay shrimp
Chives, finely chopped

Garlic Vinaigrette

2 cloves crushed garlic, minced finely
1 teaspoon of sweet paprika
2 tablespoons red wine vinegar
1 tablespoon water
6 tablespoon olive oil
Salt and pepper to taste

Cover chilled pates with bib lettuce sections. Fan out half a sliced avocado. Top with shrimp and a few slices of onion. Spoon over the Garlic Vinaigrette and sprinkle with fresh finely chopped chives.

## *Spinach Salad with Pinenuts and Raspberry Dressing*

A German restaurant in Mammoth California served this and Vicki and I make it a regular menu item in our home.

Fresh twice washed spinach
Toasted pinenuts
Slices of Hass avocado
Diced applewood smoked bacon.

Raspberry Dressing.

1/3 cup raspberry vinegar
1 whole egg
1 1/2 cups mashed seeded raspberries
1/3 cup olive oil
1/3 cup grape seed oil
White pepper
Salt
Touch of sugar

Soak berries in vinegar for 1/2 hour. Crush with ladle through a fine sieve to remove seeds which otherwise might add bitterness. Process all ingredients save oil in blender on high. Add oil a little at a time. Correct seasoning as required. Chill before serving.

## *Stilton Endive Boats with Pecans*

A potent buttery Stilton is featured in this rich appetizer. Use just the center of the cheese without the rind. Make the creamed mixture a day ahead to allow it time to become firm.

1/4 pound Stilton, rind removed, crumbled
1/4 cup shelled Pecans, plus extra Pecans to center each boat
3 Belgian endives separated into their petals
3 tablespoons Orange Clover honey
3 tablespoons of heavy cream, plus more if needed
Fresh ground black pepper to taste

Small ramekin dish of a Sweet Gold 100 tomatoes or cherry tomatoes to garnish the center of the plate or use red radishes.

In a food processor, process the Stilton, ¼ cup Pecan halves, 3 tablespoons of cream (to start), and pepper until the mixture is just smooth. Add more cream if needed. The mixture should be thick like jam. Taste and add more pepper, if needed. Refrigerate a day.
Separated endives into their petals, and wash in cold water. Shake off excess water, store in a

gallon size Ziploc plastic bag and refrigerate until just ready to fill. Dry each petal prior to filling.

Arrange the endive spears on a round platter with the tips facing outward. Use a large enough plate so that a small ramekin dish of contrasting color can garnish the center of the presentation. Fill a pastry bag with mixture. Pipe a rosette at the base of each petal. Crown the rosette with a Pecan half. Lightly drizzle each boat with the Orange Clover honey and serve immediately.

## *Sugar Snap Pea Greens Salad*

What to offer company is usually decided early the morning of a dinner while shopping for the best and freshest offerings at the Farmer's Outdoor Market. While browsing the greens at an Oriental grocer, I came across fresh Sugar Snap Pea Greens with their small white flowers and crunchy sweet stems that resemble water cress except these taper to curly tendrils. Their flavor is sweet and somewhat "meaty" like Arugula crossed with spinach. The resulting salad is both pleasant to the eye as well as diverse in distinguishable flavors. Because both the olives and the Feta cheese are rich in salt, the dressing intentionally has none.

Feta Cheese
Snap pea greens (substitute watercress and celery greens)
5 Snap peas per person
Nasturtium flowers for garnish
Fresh chives (garnish)
Fresh Red Radish, stemmed, "peddled" for a Garnish in Ice water.
Prosciutto roll with Provolone cheese. (Lay 1 long strip of Prosciutto on the cutting board cover with a equal slice of very thin provolone. Cover with prosciutto slice and another strip of cheese. Then roll into a tube. Trim ends. Make a 1/4 thick (wheel) slice per person.
Smoke Edam Cheese (one slice)
One cherry tomato, pierced in three equal slices with smoked Edam cheese, then trimmed to the round shape of the tomato with small scissors. The tomato will stand alone with band of red highlighted with three yellow "stripes"
4 per person Kalamata greek olives (unpitted is fine).
Three strips of fire roasted red bell pepper prepared in olive oil

One small brown mushroom (portabella) roasted in toaster oven with a brushing of olive oil at 375 for 10-15 minutes.
One outer ring band from slices of a large red sweet onion per person. Use best two rings per slice. The idea here, is to surround some of the other ingredients with a color band.
One eight (1/8) of a Zultano or Haas Avocado, peeled a partially sliced so it can be fanned on the plate
Vinaigrette garlic dressing
Use a light olive oil, water, garlic red wine vinegar, pinch of white pepper, fresh grinds of mustard seed and coriander seed, and black pepper, all to taste. One clove of finely minced garlic. Oil is 2/3 in proportion to vinegar and water. Water is 1/4 in proportion to vinegar. Let dressing sit all day at room temperature.

Starting with snap pea greens, fill four quadrants of a regular salad plate, artfully filling in the quadrant spaces with avocado, tomato, ham roll, radish. Center up mushroom. In each quadrant put a olive and a snap pea. Wrap the slice pepper around the outside edge of the mushroom, ham roll and tomato. Put onion slice in center around mushroom. Sprinkle with crumbled Feta cheese. Add Nasturtium flower. Crisscross three long chive whole, intersecting around the mushroom. Serve with vinaigrette on the side. This salad deserves both a good salad wine in accompaniment and a sourdough crusty bread.

## *Tuna Salad with Roasted Piquillo Peppers*

This simple Spanish salad is made special by the addition of smoked piquillo peppers and Spanish capers and is from the website devoted to Spanish cuisine where most of the special ingredients are available. See http://www.tienda.com/recipes/

1 jar “Atún Claro” yellow-fin tuna in olive oil
1/4 cup of Best Foods mayonnaise
1/2 teaspoon Pimenton smoked paprika
Extra virgin olive oil

Sherry vinegar
1 head of green lettuce, torn into small pieces
8 piquillo peppers from Lodosa
2 tablespoons capers
2 tablespoons chopped parsley
Salt and pepper

Gently mix the tuna and capers in a bowl to preserve the tuna's flakiness. Arrange the lettuce on each plate and place a few piquillo pimentos in the center. Place a large spoonful of the tuna salad on the pimentos. Drizzle the salad with oil and vinegar. Sprinkle some pimentón (paprika) on top. Garnish with parsley.

Serve with fresh bread.

# Sauces, Butters, Oils, Gravy, Marinade and Batter

## *About Butter*

Butter is called for in multiple dimensions. To scale recipes, use this convenient reference.

| Volume | Sticks | US Weight: | | Volume | Sticks | US Weight: |
|---|---|---|---|---|---|---|
| 1 Tbsp | 1/8 | 1/2 oz | | 17 Tbsp | 1-1/8 | 8-1/2 oz |
| 2 Tbsp | 1/4 | 1 oz | | 18 Tbsp | 1-1/4 | 9 oz |
| 3 Tbsp | 3/8 | 1-1/2 oz | | 19 Tbsp | 1-3/8 | 9-1/2 oz |
| 1/4 cup | 1/2 | 2 oz | | 1-1/4 cups | 1-1 | 10 oz |
| 5 Tbsp | 5/8 | 2-1/2 oz | | 21 Tbsp | 1-5/8 | 10-1/2 oz |
| 6 Tbsp | 3/4 | 3 oz | | 22 Tbsp | 1-3/4 | 11 oz |
| 7 Tbsp | 7/8 | 3/1/2 oz | | 23 Tbsp | 1-7/8 | 11-1/2 oz |
| 1/2 cup | 1 | 1/4 pound | | 1-1/2 cups | 3 | 3/4 pound |
| 9 Tbsp | 1-1/8 | 4-1/2 oz | | 25 Tbsp | 1-1/8 | 12-1/2 oz |
| 10 Tbsp | 1-1/4 | 5 oz | | 26 Tbsp | 1-1/4 | 13 oz |
| 11 Tbsp | 1-3/8 | 5-1/2 oz | | 27 Tbsp | 1-3/8 | 13-1/2 oz |
| 3/4 cup | 1-1/2 | 6 oz | | 1-3/4 cups | 1-1 | 14 oz |
| 13 Tbsp | 1-5/8 | 6-1/2 oz | | 29 Tbsp | 1-5/8 | 14-1/2 oz |
| 14 Tbsp | 1-3/4 | 7 oz | | 30 Tbsp | 1-3/4 | 15 oz |
| 15 Tbsp | 1-7/8 | 7-1/2 oz | | 31 Tbsp | 1-7/8 | 15-1/2 oz |
| 1 cup | 2 | 1/2 pound | | 2 cups | 4 | 1 pound |

Butter role in cooking is wide and varied. It could be the subject of an entire book. Butter had a bad rap as “animal fat” but in fact, turned out to be a lot better for you than trans- fats that attempted to replace butter.

I am highly in favor of butter not only for its magical mouth feel and flavor but for its ability to thicken and shine up sauces when swirled in the pan. I recommend the use of sweet (unsalted) which is reflected in these recipes. It much easier to control the salt levels in food when the chef is completely in charge of it.
While butter is lower in its ability to withstand high heat, a little added oil will stretch its duty to many frying and sautéing where 100% butter would burn. Here, however, the milk solids are the major culprit. Clarified butter, having these milk solids removed, does better at higher temperatures. In India, clarified butter is referred to as ghee (in Hindi ghi).

To make clarified butter quickly, melt butter in a microwave safe measuring cup, using a medium-low power setting. The goal is to melt not cook it. Let the butter rest a minute and draw the clarified butter that floats at the top.

For more readings, there are various sauces based on butter in this cookbook include:

- Beurre blanc
- Beurre Noisette
- Meuniere Butter
- Garlic Butter
- Hollandaise sauce
- Béarnaise Sauce

Even in Rome Italy where olive oil is king, there is still room for butter. Often chefs will add a tablespoon or two to the freshly hot drained pasta for additional flavor just before the sauce goes on. In Rome, perhaps the more famous use of butter is Alfredo sauce where butter has a feature role.

At the height of summer, slices of sweet red onions would be eaten with sweet butter on slices of one of the best breads in all of Italy called pane Casareccio from Genzano. The butter of this type was the European version which is richer and creamer than common American butter. The best European butter typically contains 85% butterfat and comes in salted and unsalted varieties.

Danish Lurpak Butter
This butter make claims to be a lactic butter with a slightly more acid and milder tasting butter with a less greasy appearance and pale appearance. From my experience this is a delicious premium brand that is worth its extra price when you want some luxury.

Butter in Cookies
Butter melts before shortening melt due to its high melting temperature. Shortening based cookie recipes hold their shape longer in the oven, allowing the flour and eggs to set before the cookie collapses and spreads. The lower temperature of butter based dough produces a cookie that spreads out more often making delicate rims like the recipe- Lemon_Drop_Cookies.doc.

Butter in Pie Crusts
It is the water content of butter that produces flakiness in a baked pie crust. The butterfat produces tenderness so a traditional crust made with a European butter might be slightly less flaky and a bit tenderer. This is akin to a crust made with part shortening and part butter.

Butter is always king of flavor.
A primary reason to make homemade cookies is that you can make a cookie that tastes a lot better than store-bought. Vegetable shortening has no flavor at all hence contributes nothing to a cookie's taste. Butter is always king of flavor.

"A great chef is one who dines out regularly."

## *About Sauces and Gravy*

Sauces are to cuisine as color is to painting. Sauces bring variety to mundane, moisture to dry, flavor to bland, another interest layer to flat, color in contrast, and variety to the menu. One of my all time favorite restaurants was Jacks on Sacramento Street in San Francisco. As it turns out, it was also a favorite of my father's in the 1940's. Had my grand father been from the region, it could have been a favorite of his, as Jack's was founded before the turn of the century. Absolutely the greatest free form menu I had ever seen. They are no longer around as the original restaurant much to my regret but the Ala Carte menu was incredible. A patron could assemble a menu right down to the sauces. The following is a list of some of my favorite sauces on their ample daily menu:

Brown Sauce (Espanole)
White Sauce (Bechamel)
Hollandaise sauce
Demi glace
Roberts Sauce

Madeira sauce
Mornay Sauce
Marrow Sauce
Béarnaise sauce
Piquant Sauce
Mousseline Sauce
Bordelaise Sauce (Marrow Wine Sauce)
Marchand de vin (Mushroom Wine Sauce)
Lemon or Mustard Beurre Blanc

I grouped the first four of these together as "mother sauces" that are launching sauces of many other variations not mentioned here.

## Is gravy a sauce?

I would have to say it is. To make an argument to the contrary, one would have to find an easy way to differentiate gravy making from sauce making which could be a daunting task. In making gravy, the desired color and consistency are important factors in determining the approach to how it is made.

Lighter gravies may be a clarified stock that in simply reduced to concentrate it flavor. Reduction is a key to concentrating the flavors rendered into a liquid be it water, milk, wine, or a stock. To accelerate the process, use a frying pan or a wide Dutch oven where steam can readily be expunged.

Brown gravies are often improved by browned or caramelized ingredients. This is where meats and vegetable are pre-browned by broiling, roasting and frying to deepen both their flavors and color. This is an extra step, and, if you don't have the time for this step, there are several things that can be done:

- Use a demi-glace to increase the flavor
- Start with a stock or broth instead of water
- Add flavored brandies, wines, sherries, ports
- Use a coloring agent like caramel color, dark soy, or Kitchen Bouquet
- Include flavorful ingredient like dried porcini or other mushrooms
- Add fish sauce or even mashed anchovies
- Some combination of these things

Kitchen Bouquet, a brand name product, for browning and seasoning sauce for meats, gravies, and stews who's ingredients include caramel coloring, mixed vegetable stock, salt and parsley. Mushroom soy also is very dark and adds pungent soy flavor.

## Demi Glace

When a stock is reduced to the mere essence of itself, what is left over is a few tablespoons of intensely flavored and rich stock. Today's purveyor of fine foods now routinely sell a whole variety of these for the serious chef including classic reduced veal and beef stock, venison stock, roasted lamb stock, roasted chicken demi-glace, classic roasted duck and chicken stock, rendered duck fat, and roasted vegetable demi-glace to name but some of the most popular offerings. These are fabulous time savers and allow the busy chef easy access to incredible flavor enhancing methods. In practical use, a tablespoon or two is generally all that is required for a stew, sauce, reduction, risotto, or gravy. For more information see http://www.morethangourmet.com/
If making demi-glace at home, do not salt your stock. Patience is the order of the day. The process must be low and slow. Demi-glace may NOT be made from fish stock alone. You must add gelatin to a fish stock. If a quart is to reduce to four tablespoons, then 1 packet of gelatin is plenty. A demi-glace made from fish stock should be used within a few days as it is best fresh.

### White Sauce (Bechamel)

The easily prepared sauce is purportedly named after the bon vivant 17th century Louis de Bechameil then the economic advisor and honorary chief steward to King Louis 14th most likely as a form of flattery by Louis' court chef Francois Pierre de la Varenne. As you might well imagine, the Italians, who "invented fine cuisine" and taught the French the meaning of cooking, claim that the sauce originated in the kitchens of Catherine de Medici and became imported to the French court when she married the French Duke of Orleans, in an arranged marriage, who later ruled as King Henri II.

In a stock pot, add:

- 1 cup of milk
- ½ cup heavy cream
- 5 cloves
- pinch of white pepper
- ½ chopped onion,
- 5 dried bay leaves

Simmer for ten minutes. Strain and reserve liquid. Over medium heat melt three tablespoons of unsalted butter to which is added 3 tablespoons of flour, stir constantly with a wooden spoon or

whisk. When the mixture just begins to color a pale brown, remove from heat, briefly allow to cool a minute, add the warm flavored milk, and heat with out boiling until the sauce thickens. Correct for salt. Add more white pepper if necessary and optionally flavor the sauce with one or more of any the following depending on what the sauce is being served with:

Finely chopped chives
Finely chopped Tarragon
Finely chopped Marjoram
Finely chopped Chervil
Finely chopped Sage
Finely chopped parsley
Nutmeg or Mace
Ground Cloves
Ground Coriander
Ground Ginger
Ground dried onions
Tomato Paste
Lemon juice
Mustard
Chile Powder
Sherry
Port
Marasala wine
Dry white wine
Meat or fish stock demi glace
Your brother's old socks (hey you are paying attention)

White Sauce is the basis for many cheese sauces. A veloute sauce starts just like the white sauce except, instead of all milk or cream, it uses a clear stock from veal, fish, chicken or vegetables which may or may not also include wine, sherry, Madeira, or champagne. A veloute sauce may or may not also include cream. To deepen the flavor of the veloute, I often use a chicken or veal demi-glace and that will take that sauce down the corner and around the block. The ratio of butter/flour to liquid determines the sauce's thickness. The following ratios are good starting points:

**Thick Sauce** consists of 3-butter/flour per unit of liquid
**Medium Sauce** consists of 2-butter/flour per unit of liquid
**Thin Sauce** consists of 1-butter/flour per unit of liquid

The addition of cheese to a white sauce will thicken it so start with a medium sauce if making

a cheese sauce. If it is still too thick, add more liquid. Most starch-thickened-sauces reach their thickest after they begin to boil. After the heat has been removed, the residual heat may continue to thicken the sauce. A sauce that sits on a stove top may form a thin "crust". You may "float" some milk or other liquid on top of the sauce to help prevent a crust. A sure method for achieving consistent results in a white sauce is to strain it with a wire basket just before its use. If the sauce is thick, use the back of a spoon to help press it through the strainer.

White sauce and veloute find their way into many uses including pastas, casseroles, fish, fowl, shell fish, and vegetable dishes. Harmonization of a veloute sauce often calls from the juice run off of the cooking process or the broth the vegetables cooked in.

## Thickeners

Forms of starch are particularly suited as thickening agents. Popular choices are flour, flour-butter mixtures, corn or potato starch, arrowroot, bread. Some non-starch thickeners include filè, egg yolks, cream, butter, ground nuts, and puree of vegetables.
For more information on starch see section: Starch_our_Friendly_Carbohydrate.doc

## Dressing Up is a matter of Diversity

As any woman can attest, two different black shoes, one dress and two scarfs can be a whole wardrobe when arranged in all the combinations. Likewise, dressing various sauces with wines, herbs, and other ingredients – the combination are endless.

Let's consider these just ingredients:

sherry, Madeira, shallots, tarragon, sage, merlot, port, butter, flour, bread, vinegar, mustard

The numbers of ways we can combine these into a sauce by using just three selections are 120. While may be the selections might not make sense in every single case, it should explain why your sauce of choice can be quite original.
Combinations without repetition from a list of 10 items, where just three are used are listed below:

| | | | | | |
|---|---|---|---|---|---|
| 1 | {sherry, Madeira, shallots} | 41 | {Madeira, shallots, butter} | 81 | {shallots, port, flour} |
| 2 | {sherry, Madeira, tarragon} | 42 | {Madeira, shallots, flour} | 82 | {shallots, port, bread} |
| 3 | {sherry, Madeira, sage} | 43 | {Madeira, shallots, bread} | 83 | {shallots, butter, flour} |
| 4 | {sherry, Madeira, merlot} | 44 | {Madeira, tarragon, sage} | 84 | {shallots, butter, bread} |

| | | | | | |
|---|---|---|---|---|---|
| 5 | {sherry, Madeira, port} | 45 | {Madeira, tarragon, merlot} | 85 | {shallots, flour, bread} |
| 6 | {sherry, Madeira, butter} | 46 | {Madeira, tarragon, port} | 86 | {tarragon, sage, merlot} |
| 7 | {sherry, Madeira, flour} | 47 | {Madeira, tarragon, butter} | 87 | {tarragon, sage, port} |
| 8 | {sherry, Madeira, bread} | 48 | {Madeira, tarragon, flour} | 88 | {tarragon, sage, butter} |
| 9 | {sherry, shallots, tarragon} | 49 | {Madeira, tarragon, bread} | 89 | {tarragon, sage, flour} |
| 10 | {sherry, shallots, sage} | 50 | {Madeira, sage, merlot} | 90 | {tarragon, sage, bread} |
| 11 | {sherry, shallots, merlot} | 51 | {Madeira, sage, port} | 91 | {tarragon, merlot, port} |
| 12 | {sherry, shallots, port} | 52 | {Madeira, sage, butter} | 92 | {tarragon, merlot, butter} |
| 13 | {sherry, shallots, butter} | 53 | {Madeira, sage, flour} | 93 | {tarragon, merlot, flour} |
| 14 | {sherry, shallots, flour} | 54 | {Madeira, sage, bread} | 94 | {tarragon, merlot, bread} |
| 15 | {sherry, shallots, bread} | 55 | {Madeira, merlot, port} | 95 | {tarragon, port, butter} |
| 16 | {sherry, tarragon, sage} | 56 | {Madeira, merlot, butter} | 96 | {tarragon, port, flour} |
| 17 | {sherry, tarragon, merlot} | 57 | {Madeira, merlot, flour} | 97 | {tarragon, port, bread} |
| 18 | {sherry, tarragon, port} | 58 | {Madeira, merlot, bread} | 98 | {tarragon, butter, flour} |
| 19 | {sherry, tarragon, butter} | 59 | {Madeira, port, butter} | 99 | {tarragon, butter, bread} |
| 20 | {sherry, tarragon, flour} | 60 | {Madeira, port, flour} | 100 | {tarragon, flour, bread} |
| 21 | {sherry, tarragon, bread} | 61 | {Madeira, port, bread} | 101 | {sage, merlot, port} |
| 22 | {sherry, sage, merlot} | 62 | {Madeira, butter, flour} | 102 | {sage, merlot, butter} |
| 23 | {sherry, sage, port} | 63 | {Madeira, butter, bread} | 103 | {sage, merlot, flour} |
| 24 | {sherry, sage, butter} | 64 | {Madeira, flour, bread} | 104 | {sage, merlot, bread} |
| 25 | {sherry, sage, flour} | 65 | {shallots, tarragon, sage} | 105 | {sage, port, butter} |
| 26 | {sherry, sage, bread} | 66 | {shallots, tarragon, merlot} | 106 | {sage, port, flour} |
| 27 | {sherry, merlot, port} | 67 | {shallots, tarragon, port} | 107 | {sage, port, bread} |
| 28 | {sherry, merlot, butter} | 68 | {shallots, tarragon, butter} | 108 | {sage, butter, flour} |
| 29 | {sherry, merlot, flour} | 69 | {shallots, tarragon, flour} | 109 | {sage, butter, bread} |
| 30 | {sherry, merlot, bread} | 70 | {shallots, tarragon, bread} | 110 | {sage, flour, bread} |

| | | | | | |
|---|---|---|---|---|---|
| 31 | {sherry, port, butter} | 71 | {shallots, sage, merlot} | 111 | {merlot, port, butter} |
| 32 | {sherry, port, flour} | 72 | {shallots, sage, port} | 112 | {merlot, port, flour} |
| 33 | {sherry, port, bread} | 73 | {shallots, sage, butter} | 113 | {merlot, port, bread} |
| 34 | {sherry, butter, flour} | 74 | {shallots, sage, flour} | 114 | {merlot, butter, flour} |
| 35 | {sherry, butter, bread} | 75 | {shallots, sage, bread} | 115 | {merlot, butter, bread} |
| 36 | {sherry, flour, bread} | 76 | {shallots, merlot, port} | 116 | {merlot, flour, bread} |
| 37 | {Madeira, shallots, tarragon} | 77 | {shallots, merlot, butter} | 117 | {port, butter, flour} |
| 38 | {Madeira, shallots, sage} | 78 | {shallots, merlot, flour} | 118 | {port, butter, bread} |
| 39 | {Madeira, shallots, merlot} | 79 | {shallots, merlot, bread} | 119 | {port, flour, bread} |
| 40 | {Madeira, shallots, port} | 80 | {shallots, port, butter} | 120 | {butter, flour, bread} |

Some of these sound excellent:

{shallots, merlot, butter} might be good on steak
{sage, butter, bread} might be good on fettucine
{Madeira, tarragon, butter} might be good on fish

With a new list of 16 items, below, taken 4 at a time we get **1820** new possibilities

garlic, cream, Madeira, shallots, tarragon, sage, merlot, port, butter, flour, bread, vinegar, mustard, rosemary, parsley, thyme

Here are a few results:

{garlic, tarragon, butter, mustard}
{cream, Madeira, sage, port}
{shallots, sage, port, butter}
{sage, butter, flour, parsley}

*Is not life grand?*

## *Asian Satay Peanut Sauce*

A peanut sauce for BBQ Satay. There are as many versions of this sauce as chefs. Most restau-

rants serve a mild peanut sauce that is medium thick, slightly sweet, having a distinct citrus and chili flavor.

4 ounces of roasted (unsalted) peanuts
3-4 cloves garlic, chopped
1 ounce chopped onion
1-2 tablespoon massaman curry paste
1 teaspoon fish sauce
8 tablespoons coconut milk
4-6 teaspoons lime juice (to taste).
2-3 teaspoons palm sugar (substitute brown sugar)

First grind or crush the peanuts to a fairly fine powder. Then combine them with the remaining ingredients (except the lime juice), to form a smooth sauce. If the sauce is too thick, you can thin it with a little chicken stock or water. Now add the lime juice, tasting as you progress to check the balance of flavors is correct.

Note:

1. Massaman - paste derives its name from the Muslim traders who brought spices to Thailand. It has a rich warm flavor and is medium to hot. There are plenty of recipes on the internet in case you wish to make your own. Typical ingredients usually include most of these: cardamom, cinnamon, cloves, coriander, cumin seed, garlic, ginger or galangal, Keffir lime leaves, lemongrass, nutmeg, red peppers, salt, shallots, shrimp paste, turmeric, white pepper.

## *Balsamic Mignonette*

From Hog Island Oyster Company.
(Mignonette Sauce, a sauce of vinegar and shallots, typically used for oyster)

With incredible dedication to quality, the Hog Island family continues to produce the some of the best oysters in the West.

1/2 cup quality Balsamic vinegar
1 large shallot, peeled and finely diced
1 splash of sherry

cracked black pepper to taste

## *Bribeault Dried Tomato Mayonnaise*

Leslie Bribeault's recipe is traditional of the Italian cuisine they enjoy in their elegant kitchen in the wine country.

Mayonnaise
Lemon Juice
Fresh chives
Sun dried tomatoes - crumbled
Pepper

All to taste.
Blend well and refrigerate.

## *Basil Avocado Chutney*

2 cups packed basil leaves
3 ounces of toasted slivered almonds
2 cloves garlic
2 teaspoons of fresh juice from the Meyer lemon
1 Hass avocado
¼ cup chopped cilantro
Salt
Black pepper

In a food processor, blend together the basil, almonds, the garlic, with the lemon juice, pulsing a few brief times until the ingredients are just chopped fine. Pit the avocado and spoon flesh into the processor bowl, and add cilantro. Pulse food processor to blend the mixture. Turn out into a glass or stainless bowl. Correct salt and pepper which should be folded in by hand. (Taste for correctness.) Serve the chutney with grilled meats and fish.

Makes about 1 1/2 cups.

## *Basil Flavored Oil*

From a TV broadcast Great Chef's of the World

2 Cups of grape seed oil (no flavor oil).
Cup of blanched basil (1 or two large clumps)

Refrigerate oil. Refrigerate bowl of blender.

Wash basil twice. Blanch in boiling water until it is just cooked. 2 ½ to 3 minutes. Drain, wring in cloth towel and set in covered bowl in the refrigerator for an hour.

In the blender bowl, add a cup of oil. Coarsely hand chop the basil and add it. Process a bit to get the process started. Add the remainder of the oil; chop on medium for 45 seconds. Basil should be just flecks in the oil. Set in the refrigerator overnight for the flavor to thief out from the basil.

Strain the oil when cold. Maybe store as is. Use for aioli or where ever the taste of basil may be needed. Do over-heat, as the flavor will change and be lost at too high a temperature.

Maybe when adding this oil for flavor, consider adding it last.

## *Béarnaise Sauce*

A popular French sauce, Béarnaise is an emulsion of butter and tarragon flavored vinegar using egg yolks. It is a traditional sauce for lean steak or vegetables.

Béarnaise requires merely the avoidance of excessive heat that might curdle the eggs. Properly made, the sauce is smooth and creamy. The amount of kick is controlled by more or less vinegar and seasonings. It is served warm, not hot. Traditionally, it is made by hand whisking over a double boiler but this is faster and fool proof.

4 egg yolks
4 tablespoons chopped shallots
2 tablespoons chopped fresh tarragon
2 tablespoon of tarragon vinegar
½ cup dry white wine
1/4 teaspoon salt
Pinch of cayenne pepper
1/2 cup (1/4 pound) sweet butter + some for shallots (see text)

Sauté shallots with a patty of butter until soft. Combine vinegar and white wine and reduce by half until just ¼ of a cup. Put egg yolks, reduced mixture, salt and cayenne in blender jar. Heat the butter a Pyrex measuring cup equipped with a spout in the microwave until bubbly. Place lid on blender bowl and pulse on high speed for 2 seconds. Turn off. Remove center section filler hole in blender's lid. Turn the blender on high-speed, pour in hot butter gradually in a thin, steady stream. Stop when butter all incorporated and emulsified. Use right away.

## *Bordelaise Sauce*

Bordelaise (literally from Bordeaux) sauce is a classic French sauce named for the region of origin. The sauce consists of a red Bordeaux wine reduction using bone marrow, shallots, pepper and demi-glace.

8 inch section of beef marrow bone sawn in half length wise
2 cups dry Bordeaux red wine
1 tablespoon sweet butter
2 finely chopped shallots
1 small carrot, finely chopped
½ rib finely chopped celery
2 tablespoon port
Small a handful dried porcini mushrooms

1.5 ounces homemade demi glace or Demi Glace Gold
1 Tablespoon cream sherry
Arrowroot as a thickener a little at a time
Sea salt
Fresh grinding of black pepper

For poaching marrow

1 cup lightly salted beef bullion

Rinse marrow bones and rub off any bone chips. Remove marrow from bone sections. Soak covered in warm water 30 minutes to remove any excess blood. Cut marrow into 1/8 inch thick pieces. Bring a lightly salted beef bullion to a very low boil, turn it down, poach marrow slowly for 8 minutes. Remove to a plate. Retain enriched beef bullion.

Heat a frying pan over medium heat, sauté shallots, celery, carrots in a little butter until shallots are soft. Add 2 tablespoons of the enriched beef bullion, the wine, port, mushrooms, sherry and demi glace. Reduce to sauce to half the volume. Strain and discard solids. Add poached marrow and whisk in a little arrowroot as a thickener. Add sea salt and pepper to taste.

## *Brandied Hard Sauce*

2 cubes of sweet white butter to 2 cups of powdered sugar
1 teaspoon salt
1 tablespoon vanilla
(Scale the recipe to size of the mold.)

Cream together until very smooth. Add Brandy to taste. When it tastes strong enough, add all the whipping cream it will hold without curdling. Mold into a decorative mold and chill in the refrigerator for at least 4 hours. De-mold by heating the mold in very hot water, then invert on a plate. Garnish with mint leaves.

Good with Mincemeat Pie or English Plum Pudding.

## *Beurre Blanc*

There are many version of this sauce, some that use cream as a stabilizer but not the classic version which relies the strong acidity to keep the butter suspended. Many strain the sauce for a more elegant presentation. In this sauce, the shallots are minced very finely and like provincial French or Italian cooking serve without fanfare. Most fish is best served plainly with a sauce like this not masked by heavy sauces or strong flavors as most fish is delicate. This sauce promotes the flavor of the fish with its harmonious lemony undertones. To perfect the timing, reduce the wine and lemon but do not finish the sauce until the fish is cook. Now return pan to high heat and when hot, finish. The recipe is for two portions so scale the ingredients accordingly.

3 tablespoons finely minced shallots
1/3 cup white wine (Muscadet or Chardonnay) (optional add a bit of vinegar)
Juice from 2 Meyer lemons
6 tablespoons cold sweet butter cut into 6 patties
Salt to taste
White pepper to taste

Garnish

Chervil or parsley chopped fine.

Use a non reactive frying pan like stainless or Teflon over medium heat and combine shallots, lemon juice and wine. Reduce until most of the liquid has evaporated. Set aside until the fish is cooked. Now return pan to high heat and when hot, remove pan from heat, add patties of cold butter and swirl the pan. Add salt and white pepper to taste.

Do not attempt to reheat this sauce or it will break. Serve immediately. May garnish with finely chopped chervil[1] or parsley.

Note:

1. Chervil has a subtle and delicate flavor that is part anise and part parsley flavor and is a classic herb in French Cooking.

## *Beurre Noisette*

Beurre noisette is French for hazelnut butter or sometimes called "brown butter"
Unsalted butter is melted over low heat and just as the milk solids begin to brown into a toasty hazelnut color, the pan is removed from the heat.

## *Café de Paris Butter*

The salt helps preserve the butter. The French would call this a *compound butter*, simply a highly seasoned butter to top a freshly grilled piece of meat, fish or chicken. There are as many variations of this recipe as there are chefs.

¼ pound of sweet softened butter
1 teaspoon chopped parsley
1 teaspoon Dijon mustard
1 teaspoon tomato ketchup
1 teaspoon finely chopped garlic
1 teaspoon finely chopped shallots
1 teaspoon paprika
Splash of Worcestershire sauce
Splash of Tabasco sauce
Cayenne pepper
Sea salt and pepper to taste

Combine in a small food processor and store in the refrigeration until ready to use.
Use this to top fish.

## *Caper Anchovy Butter*

Because of the dill in the recipe, this seasoned butter is intended for fish. If you want to tailor the butter for pork, use sage leaves, for fowl, use tarragon leaves.

4 garlic cloves
3 anchovy fillets
2 tablespoons drained capers

1 tablespoon fresh lime juice
1 tablespoon Napoleon Brandy
1 tablespoon chopped fresh dill
1/2 teaspoon ground white pepper
1/2 cup (1 stick) sweet butter
Correct seasoning with Sea salt

Drain anchovy fillets of their oil. Soak anchovy fillets briefly in milk to remove some of their salt. Discard milk. Combine and process all of the ingredients in a food processor except the butter which will be added gradually. Add butter a few patties at a time and process until well blended. Season to taste with salt. With a spatula turn out the contents of the work bowl to a sheet of plastic wrap and roll the plastic into a one inch diameter log. Twist the ends of the plastic and fold these over toward the middle forming a sausage shape. Freeze until firm, about 1 hour. Seasoned butter can be prepared well in advanced and kept frozen. If frozen, unwrap the roll, cut off a chunk and let butter soften before using. Re-wrap the rest and return this to the freezer.

## *Chili Garlic Black Bean Hot Sauce*

The recipe came from Chinese Garden Restaurant in Santa Clara California. I had been dining there for lunch for near 18 years. I would order the pot sticker just to have a good excuse to eat the hot sauce. Unsuccessful at gaining access to the recipe not matter what I tried, I finally succeeded only when the Mandarin chef and his wife retired and sold the restaurant. The recipe sounds very simple (because it is) but the sauce gets increasingly more complex and more delicious as it ages. My Chinese friends are as crazy about this sauce as I am.

1 cup peanut oil
1 cup crushed red pepper[1]
6 ounces of chopped fresh crushed ginger
8 cloves crushed chopped garlic
1/3 cup fermented black beans, chopped a bit

Heat oil until hot. Drop in all the crushed red pepper. (Avoid putting your face too close to the sauce pan as a breath of this could knock you flat out and require paramedics.) Heat to very hot again. Add all other ingredient. Stir once. Ladle into sterile jars and seal lid tight. Allow to age for

a minimum of three months. Once open, keep refrigerated. Keeps at least a year. Especially great on pot stickers.

Note:

How hot do you like your hot sauce? crushed red pepper could be a combination or New Mexico Pods (mild), California pods (very mild) and arbor peppers (very hot)

## *Champagne Sauce*

2 tablespoon sweet butter
2 tablespoons of fine flour
1 cup Champagne
½ cup heavy cream
Pinch of white pepper
Pinch of red cayenne pepper (optional)
Sea salt

Place a large frying pan over high heat, and butter and flour. Whisk while cooking to a pale brown. Remove from heat. Slowly add the champagne and whisk in well. Return to high heat and whisk as thickens. Add cream, a pinch of salt and white pepper. Reduce well and serve per recipe over prepared dish.

Optional additives:
White grapes, or tarragon, or Italian capers.

## *Cranberry Sauce*

This is the recipe essentially on every package of cranberries. Scale if you need more.

1 cup white sugar
1 cup water
12 ounces (1 package) fresh or frozen cranberries

Wash and pick over cranberries for defective berries, drain.
In a saucepan, bring to a boil water and sugar. Stir to dissolve sugar. Add cranberries, return to a boil. Reduce heat, simmer for 10 minutes or until cranberries burst.

Remove from heat. Cool completely at room temperature and then chill in refrigerator. Cranberry sauce will thicken as it cools.

## *Creole Mustard Sauce I*

(from Chef Frank Brigtsen of Brigtsen's Restaurant, New Orleans)

3/4 cup heavy whipping cream
3/4 cup Creole mustard
1/4 cup sour cream

In a small saucepan, bring the cream to a low boil over medium heat. Whisk in the mustard and sour cream and simmer for 5
minutes. Hold warm.

Chef Brigtsen prepared this delicious sauce for, among other things, one of my very favorite appetizers in his restaurant: rabbit tenderloin, served on a tasso-parmesan grits cake with sautéed spinach in a pool of this sauce. Heaven.

## *Creole Mustard Sauce II*

(from Chef Bob Roth of The Steak Knife, New Orleans)

1/2 cup mayonnaise
1/2 cup Creole mustard
1/2 teaspoon prepared horseradish
1 teaspoon Worcestershire sauce
Juice of 1 lemon

Whisk all of the ingredients together until thoroughly blended. Serve as a sauce for fried soft-shell crabs or crawfish, or any fried shellfish.

## *Creole Mustard Sauce III*

This is more like a classical sauce, rather than the above nouvelle New Orleans-style Creole mustard sauces:

2 ounces shallots, minced
1 ounce cider vinegar
1/2 teaspoon black peppercorns, cracked
1 small dry bay leaf
1/2 cup dry white wine
1/2 cup heavy cream
8 ounces unsalted butter, softened
1/4 cup Creole mustard
2 tablespoons Dijon mustard
2 tablespoons Gulden's Spicy Brown Mustard

Combine the shallots, vinegar, peppercorns, bay leaf, and wine. Reduce the mixture to about 6 ounces. Add the cream and reduce by half. Strain the sauce and return to the heat. Whisk in the butter gradually over low heat. Add the mustards.

## *Elena's Sugo de Pomodori e Guanciale - Sauce of tomatoes and Guanciale*

This is Elena Mantini's recipe my good friend who lives with her family along the Appian Way in Quaromiglio (the Quarter Mile). Now in her 80's and still going strong. One of the

best Italian cooks I know, Elena first taught me to cook at the age of ten. She set the bar high.

Sauce is for 16 ounces of pasta

1/2 diced onion
3 tablespoons of best olive oil
4 Tablespoons of double strength tomato paste
¼ pound chopped guanciale[1] or pancetta or salt pork
3/4 pound of fresh seeded, peeled, ripe red San Marzano chopped tomatoes[1]
2 cloves of crushed garlic finely minced
Crushed red pepper
Small pinch of marjoram
Season with black pepper and salt

Garnish with finely chopped parsley, a dollop of ricotta cheese and sprinkle with grated Parmigiano Reggiano cheese.

Sauté onion and crushed red pepper in olive oil with pancetta until onions are translucent. Add garlic and stir. After just 1 minute, add tomato paste and a tablespoon water. Cook on high heat while stirring constantly to allow the sauce to become very dark before adding anything else. This gives the tomato sauce a deeper caramelized flavor. Now add tomatoes and the rest of the spices. Cook covered thirty minutes on medium low stirring to prevent burning. Remove lid and cook on very low to reduce liquid. Correct seasoning with fresh ground black pepper.

Serve over very hot pasta and garnish.

Variation of this recipe includes using smoked ham, venison sausage, or coarsely chopped Italian sausage. Use caraway seed with venison and use finely crushed Star anise or anise seeds with Italian sausage recipe. Variations to garnish include substituting basil for parsley or a combination of both and Pecorino Romano for the Parmigiano Reggiano cheese.

Pasta choices may include spaghetti, fettuccine, vermicelli, mostaccioli, linguine, cavatelli, campanelle**,** or conchiglie. Elena always served just spaghetti.

Note:

1. San Marzano Tomatoes - See Marinara Sauce for all about these.
2. Guanciale has become quite popular and increasingly more available outside of Italy. Guanciale is the cured meat from the jowl ("guancia" in Italian) of the pig or sometimes boar. The meat is cured with salt, pepper, chili pepper and sometimes sugar for a month. After hanging for another month, the Guanciale is ready to be consumed. Guanciale is a fundamental flavor for many of the dishes of the Lazio region (Roman food) especially sauces including Amatriciana, and Carbonara. Guanciale replaces pancetta in any recipe for a bolder flavor.

Food writer Josh Friedland takes us through a home cure as he makes is own guanciale. See **http://www.themorningnews.org/archives/how_to/the_art_of_the_cure.php**

## *Garlic Batter*

2 eggs, beaten separately
2 1/2 tablespoons flour,
Salt,
White pepper,
1/4 cup Garlic butter
Pinch each of onion powder
Nutmeg,
Thyme

Beat eggs yolks well. Then combine all other ingredients. Fold in stiff egg whites.

Use to deep fry onion rings, smelts, slivers of eggplant, flowerets of Broccoli, thin slice s of squash.

## *Garlic Butter*

Once made, this can keep in the refrigerator for some time. May be used for garlic bread.

20 cloves Italian garlic
Sea salt
½ pound sweet butter

Blanch cloves of garlic in boiling water for 2 1/2 minutes. Immediately immerse in ice water

to stop cooking. Drain and dry cloves. Combine butter, salt and garlic in a food processor and process until well blended.

Use for garlic bread, as a topping on grilled steaks or grilled fish. Maybe used to saute vegetables, fresh fish or shellfish. Excellent for grilling shrimp but add a tablespoon of olive oil to the pan to prevent the butter from burning.

## *Garlic Flavored Oil*

2 1/2 Cups of filtered mild olive oil (not extra virgin, the cheaper oil).
The cloves from the heads of 2 garlic, peeled.

Cover garlic with oil in deep sauce pan. Cook over lowest possible flame for an hour. Garlic at this point will be soft and spreadable on bread or crossini. Refrigerate cooked garlic for future use

Strain off oil when it cools- refrigerate. Use for making crossini and aioli.

## *Grilled Mango Avocado Salsa for Fish or Shrimp*

Make this about two or three hours ahead for brightest flavor, do not refrigerate.
Use as bedding when serving grilled shrimp, fish or grilled scallops. This adds colors, texture and flavors to simple seafood flavors.

The juice from a lime
One avocado, just ripe, not too soft, diced into ¼ cubes (do this just before serving)
One red bell pepper or sweet red pimento
One ripe red tomato, seeded, and diced into ¼ cubes
2 tablespoon finest cold pressed unfiltered aromatic olive oil
One half of a sweet red onion
Two tablespoons coarsely chopped cilantro (Chinese parsley)
1/2 clove finely chopped garlic
2 scallions cut on a 45 degree bias, reserve green end until adding the avocado, just before serving.

One mango, peeled, slice large slices from major sides, set aside for grilling, chopped up other pieces into course ¼ chunks
¼ English Cucumber, diced into ¼ cubes (optionally use smallest fresh zucchini, but slightly smaller slices, chopped)
Salt
Finely ground black pepper
Pinch Cayenne pepper

When chopping ingredients, try to stay in size. Add all ingredients to a stainless steel or glass bowl, add half the lime juice and half the olive oil. Toss ingredients, adding pepper but not salt. Set aside but do not refrigerate.

Combine in a separate shallow bowl, the other half of the lime and olive oil. Add in slices of mango to marinate. Season with pepper and ground coriander seed. When grilling the fish, shrimp or scallops, grill the mango to give it grill marks and heat it. Turn over, do other side. Set aside.

Final Preparation
Cut avocado into two halves, remove pit. Criss cross the avocado halves with the point of a knife, then, using a spoon, scoop out cubes into the bowl of the other ingredients. Dice the grilled mango slices into slightly larger slices to show off grill marks, Combine with greens from the tops of the scallions. Toss gently with other ingredient. Correct for salt. Do not over season. Too much salt will over power the delicate flavors. Add more lime juice, if necessary, for taste.

## *Hog's Breath Barber Shop Christmas Tamale Sauce*

This is Joe Chavez's recipe and it is made for the Hog's Breath Barber Shop Christmas party to accompany some of the best tamales I have ever tasted. The slightly sweet slightly sour spicy sauce is a knock out. By the way, they give a great haircut too. So if you're visiting Dublin, California, stop by and say hello.

1 heaping teaspoon of corn starch

1 teaspoon red raspberry vinegar
½ teaspoon crushed red pepper
½ cup water to start with
1 tablespoon of sugar
Pinch of white pepper
Pinch of cayenne pepper
1 small clove on finely chopped garlic
1 tablespoon finely chopped sweet red onion
1/8 teaspoon Chili powder (If homemade chili powder is used then add a scant pinch of Cumin)
½ teaspoon of chicken extract powder (more flavorful than salt.)

When properly cooked, the sauce will clarify. The consistency we are looking for is that of maple syrup. The cooking will be done over medium low heat and the sauce is quick to prepare so it may be done 15 minutes just before it is needed or prepared earlier and reheated. (Add water to adjust consistency.)

In a small sauce pan, add corn starch. Then add water, and stir until dissolved. Heat over low heat. Add all other ingredients. If too thick, add more water as this cooks. Stir often. After 3 minutes, remove sauce from heat and let the sauce stand for 3 minutes. Taste and correct the sweet-sour-salt relationship by adding more sugar, vinegar, water and or salt. If not spicy enough, add more cayenne pepper. If adding more cayenne pepper, reheat for a minute and let stand an additional 3 minutes. The consistency we are looking for is that of maple syrup. The sauce, when sampled alone, should be quite hot, as when served with the mass of the tamales, will seem just right.

## *Hollandaise Sauce*

A French sauce, hollandaise is an emulsion of butter and lemon juice using egg yolks. Hollandaise sauce is most famous as the prominent ingredient of Eggs Benedict.

Hollandaise requires merely the avoidance of excessive heat that might curdle the eggs. Properly made, the sauce is smooth and creamy. The amount of kick is controlled by more or less lemon juice and seasonings. It is served warm, not hot. Traditionally, it is made by hand whisking over a double boiler but this is faster and fool proof.

4 egg yolks
2 tablespoon juice from Meyer lemon
2 teaspoons water
1/4 teaspoon salt
Pinch of cayenne pepper
1/2 cup (1/4 pound) sweet butter

Put egg yolks, lemon juice, salt and cayenne in blender jar. Heat the butter a Pyrex measuring cup equipped with a spout in the microwave until bubbly. Place lid on blender bowl and pulse on high speed for 2 seconds. Turn off. Remove center section filler hole in blender's lid. Turn the blender on high speed, pour in hot butter gradually in a thin, steady stream. Stop when butter all incorporated and emulsified. Use right away.

## *Home Made Applesauce*

An apple peeler corer will prove invaluable and because slices will be uniform, help make the cooking of large patches of apples easier. They are usually about $30 and can be purchase, like most any item, online and delivered to your door step.
If you're buying apples, the fall harvest is the best time to buy them. Choose ripe firm apples with bright color. Avoid apples that feel soft or are blemished. Taste the apple for texture. Tart is ok but mealy is not ok. If you getting your apples from your friend's tree, you may need to pare a few imperfections away but these are easy to deal with once the apple is peeled. Making applesauce is a good activity to do with children who show an interest in the kitchen. A word of caution: the apple peeler is very attractive and fun because it so ingenious. It has, however, many sharp parts that can easily injure young hands. Allow children turn the handle but not to mount or dismount apples. Additionally, boiling water and children don't mix. For this reason the canning operation is strictly an adult activity.

Canning supplies include a large tall soup pot with lid big enough to hold four to five quart mason jars, jar thongs for lifting hot jars, a canning funnel (metal is best as weight hold it in place), a large ladle, a large spoon, a large kettle for cooking the apples equipped with a lid, a stout post blender for turning the cooked apples into sauce.

Apples

Water
Ascorbic acid
1 teaspoon lemon zest
Bulk Splenda sweetener or sugar
Cinnamon
Salt

Bring a sterilization pot filled ¼ way up its side with water to a boil with its cover on. When this is boiling, turn the heat down until actually sterilizing the jars which will be a final step.

Core and peel apples. Cut away imperfections or off color spots or any extra seeds if corer was misaligned. Place apples in kettle until it is ¾ full and break up the whole apples with a sharp knife. Sprinkle with 1 tablespoon powdered ascorbic acid to keep the color bright and help preserved the fruit. Add lemon zest. Add a cup of water and heat on high with lid on. Have additional water standing by in case it's needed. Stir the apples every four minutes or so to help promote even cooking. Add additional water if it looks too dry as the steam is required to promote the cooking process. When they apples are soft turn off the heat and remove the kettle to a work surface. Using a post blender, process the apples into applesauce by repeatedly plunging the post blender through the apples all away to the bottom of the kettle. Repeat this process into the sauce is smooth. Don't worry about an occasional lump and this characterizes homemade applesauce. When the sauce is smooth return the kettle to stove and place on medium heat. Add additional water, Splenda, cinnamon, and salt to taste. Meanwhile, turn heat up on sterilization pot to high. When the applesauce is very hot remove it for immediate canning. Using a canning funnel and a ladle, transfer the sauce into one quart mason jars filling them to near capacity. Add lids on the jars but leave the lids loose.

Transfer mason jars to sterilization pot. Boil covered four or five jars at times for 15 minutes. Remove the jars while hot using canning jar thongs. Using a couple of dry dish towels or pot holders, tighten the lids on the jars. As the jars cool you may hear a popping sound when the vacuum formed in the jars deforms the lids. This is completely normal. When the jars are cool transfer them to the cupboard or pantry for long-term storage.

## *Homemade Mustard*

For other variations (Tarragon Mustard, Honey Mustard, Traditional Mustard, and Creole Mus-

tard) read notes below.

*"The most famous of the great Dijon mustard firms was founded in 1777. Monsieur Grey, who had developed a secret recipe for a strong mustard made with white wine, formed a partnership with Monsieur Poupon, who supplied the financial backing to manufacture the product.."*

Requiring only patience and non-reactive tools and vessels (glass, stainless steel or ceramic), homemade mustard may be made that fits your degree of desired heat and taste. A well ventilated kitchen with open windows is advisable. See warning below about fumes.

For grainy mustards, soak the seeds in a liquid for 3 hours or overnight before use. Buying ingredients: Mustard seeds may be offered as either seeds or pre-ground as mustard flour. Look at the list of ingredients on the packages offered for sale. Yellow mustard may label but the list of ingredients could be a whole lot of things like garlic powder, preservatives and turmeric or simply ground mustard seeds. A good source of mustard is Indian spice companies or Indian markets. Two types are offered white (the yellow fellow) and black (the brown spicier one). The bright yellow color found in commercial mustards comes from either artificial color and or the addition of the spice turmeric. Turmeric has a very strong flavor so use it sparingly at first.

According to master chef and TV personality Alton Brown, the final hotness of the mustard is dependent on when the acid component (vinegar in this case) is introduced. In Brown's TV series "Good Eats", he explains that the critical peak occurs at 15 minutes for maximum heat. For the lowest heat, vinegar is added at the time the seeds are ground.

1/4 Cup brown mustard seeds[1]
1/4 Cup yellow mustard seeds[1]
As required ground yellow or brown mustard (or a mix of both)
1/2 Cup dry white wine
1/2 Cup white wine vinegar
2 Tablespoon lemon juice or 2 teaspoon citric acid or use Ascorbic Acid[4]
1 Teaspoon onion powder
1 Teaspoon garlic powder
1 Teaspoon white pepper
1 Teaspoon salt

Combine seeds and wine, cover with plastic wrap and refrigerated 3 hours or overnight to soak. Transfer soaked seeds to a blender. Have vinegar and lemon juice mixture ready in a measuring cup with a spout for pouring. Add other ingredients except vinegar and ground mustard. Process seeds and spices until mustard has almost obtained the desired texture, adding more ground mustard until thickened to a mud consistency. Take the grinding to the point where the texture is either near done: course with chunks of seeds or smooth. **DO NOT PUT YOUR FACE ANYWHERE NEAR THE OPEN BOWL AS FUMES CAN BE HARMFUL!** Wait 1 minute (mild) to 15 minutes (hot) before adding vinegar and lemon juice (or citric acid). Pour vinegar and lemon juice through the lid's pour hole and blend to final consistency. If too loose, add a bit more ground mustard.

Store refrigerated in airtight glass mason jars for 4~5 days before use. Adjust salt to taste. If too harsh add a little sugar or brown sugar.

Notes:

1. If using pre-ground mustard flour, there is no need to soak overnight
2. Citric acid is a weak organic acid. It is a natural preservative and is also used to add an acidic, or sour, taste to foods and soft drinks. Citric acid can be added to ice cream to keep fat globules separate, and can be added to recipes in place of fresh lemon juice as well.
3. Alternate Types of Mustards by adding additional ingredients:

a) Tarragon Mustard 2~4 Teaspoons tarragon leaves

b) Honey Mustardhoney to taste to aged mustard

c) Traditional Mustard2 Teaspoons turmeric

d) Creole Mustard4 tablespoons prepared horseradish & 1 tablespoon cayenne

e) Country Mustard3 tablespoons brown sugar to taste to aged mustard

4. Ascorbic Acid is a preservative that will make mustard last like commercial mustard

## *Italian White Sauce with Cheese*

This sauce is especially used for Cannelloni or lasagna but may be used on vegetables.

9 tablespoons of unsalted butter
9 tablespoons of Italian "00" flour
1 cup heavy cream
1 cup on onion stock (see recipe below)
1 cups chicken stock

3/4 cup grated Parmesan cheese
White pepper
Salt

Quick Onion Stock
Add one whole onion, cut up and one whole bay leaf to 2 ½ cups of cold water. Boil until onion is tender. Strain. Use this clear onion stock for this recipe.

Melt over low heat unsalted butter add and blend over low heat for 3 - 5 minutes flour. Slowly add cream, onion stock, chicken stock. Cook and whisk the sauce until it thickens. Season with white pepper. Add grated Parmesan cheese. Correct the seasoning. If the sauce has to stand for an extended period, it may be re-heated and strained through a medium strainer.

## *Japanese Dipping Sauces*

These sauces may be used for lettuce wraps, tempura, and spring rolls.

**Japanese Dipping Sauce I**

3 tablespoons Marin
1 tablespoons fish sauce
1 tablespoons seasoned rice wine vinegar
1 teaspoon sesame chili oil
1 ½ tablespoons Mushroom soy sauce
Cayenne pepper to taste
1 tablespoon finely chopped green scallions

**Japanese Dipping Sauce II**

2 tablespoons Dashi
2 tablespoons Marin
1 tablespoons seasoned rice wine vinegar
1/2 teaspoon minced ginger
1/2 teaspoon minced garlic

2 tablespoons Shrimp soy sauce
1 tablespoon finely chopped green scallions

Notes:

1. Add a half teaspoon of Hon Dashi, Bonito Fish Soup Stock to a half cup of boiling water to make a half cup of Dashi.

## *Jamaican Jerk Marinade*

3 tablespoon brown sugar
Juice from 2 limes
1 ½ tablespoon light soy sauce
1 tablespoon light molasses
1/2 teaspoon allspice
¼ teaspoon cinnamon
1 teaspoon ground cumin
1/4 teaspoon thyme
1 tablespoon vinegar
1 teaspoon white pepper
1 teaspoon black pepper
1 teaspoon or more cayenne pepper[2]
3 tablespoon dark rum

Combine ingredients and marinate meat or chicken several hours, turning frequently as the scant liquid needs to be redistributed often.

Traditional jerk sauce is done with Scotch bonnet peppers and often garlic. By all means turn it on with the fiery peppers if you can handle HOT and as far as garlic, sometime a different flavor is something I crave. I leave it out of the marinade.

Jamaican Red Stripe beer or a Cuban Mojito, fresh papaya and mango slices in lime, along with some fried plantains are good with this.

## *Jamaican Jerk Sauce*

When I first mention to my young kids we were having Jerk Chicken my son said "Which one is he?" Jerk is the process of spicing and grilling meats, poultry, and even vegetables, although the most popular island offering is either jerk pork and jerk chicken. The term jerk is said to come from the word charqui, a Spanish term for jerked or dried meat, which eventually became jerky in English. The origins of jerk pork can be traced back to the pre-slavery days of the Coromantee hunters of West Africa through the Maroons, who were Jamaican slaves that escaped from the British during the invasion of 1655.

¼ teaspoon ground allspice
1 teaspoon Kitchen Bouquet
1 tablespoon dark molasses
1 ½ tablespoon olive oil
1/2 cup brown sugar
8 garlic cloves
1 Scotch bonnet (habanero) pepper, chopped fine
1/2 teaspoon ground thyme
½ cup shallots
¼ teaspoon cinnamon
¼ teaspoon nutmeg
¼ cup Myers rum
2 tablespoon cider or wine vinegar
1/3 cup water
Salt, white pepper, pepper to taste

Sauté shallots in olive oil until translucent and limp. Add chopped Scotch bonnet. Sauté another three minutes. Add garlic sauté for a minute. Add other ingredients and simmer 10-15 minutes on low heat.

## *Kae's Pineapple Pepper Sauce*

Jalapeño jelly

Fresh ginger
1 bell pepper cut to perfect 1/2 squares.
Same volume of cut up fresh pineapple in perfect 1/2 squares.

Stir fry each separately in a little oil. Throw out oil. Add melted jalapeño jelly with slivered fresh ginger.

## *La Milpa Restaurants Enchiladas Sauce*

Milpitas, California
After being a patron for 35 years they shared this with me.

4-5 dried Ancho[1] (Pasilla) chili pods
1 cups low sodium chicken stock
1 cups of evaporated milk
Sour cream as required when making toping sauce for Enchiladas
2 or more cloves chopped garlic
2 tablespoons cold water
2 tablespoons white flour

Soak 4-5 dried Pasilla chilies pods in hot water until soft, (20 minutes). Cut open and discard all seeds, inner webs and stems. Place in blender with 1 cup each evaporated milk and low sodium chicken stock and 2 (or more) large cloves of garlic. Process until finely blended. Reduce on stove until half of the liquid has evaporated. Combine 2 tablespoons cold water with 2 tablespoons white flour. Stir into a paste. Add paste as a thickener to sauce and bring to a low boil until thickened.

Adjust salt and correct seasoning by adding cayenne pepper if more heat is required.
(Adjust quantity of sauce to quantity of enchiladas, making sauce more as required.)

Enchiladas
Flour tortillas
Oil
Sautéed onions
Grated Monterey Jack cheese
La Milpa Restaurants Enchiladas Sauce

Add sour cream to the sauce, by taste, until the harshness of the sauce is moderated and creamy. Dip flour tortilla in heated sauce and soften in a heated large frying pan with a bit of oil. Fill with cheese and sautéed onions, along with shredded chicken, pork or beef as desired. Pour remainder of the sauce over enchiladas and bake 325 F until done (40 minutes.)

Note:

1. This pepper has three names: Poblano (fresh), Ancho and Mulato (dried). This pepper is used in chile on carne, adoboados, and commercial chile powders.

## *Marinade for Egyptian Chicken*

2 tablespoons paprika
1 tablespoon Kitchen Bouquet
1/2 teaspoon red pepper (or more)
2 tablespoons cornstarch
4 cloves chopped garlic
3/4 white onion
1/4- 1/2 cup water (substitute beef stock or red wine)
1 tablespoon chicken stock granules
1 red jalapeño
2 tablespoons lime juice
1/2 teaspoon of hickory liquid smoke
1 tablespoons black pepper

Process in food processor until finely chopped.

## *Marinara Sauce*

This sauce is one that stretches back into southern Italian history where tradition holds that the sauce was originally a sauce for pizza and first referred to in writing around 1000 A.D. between Rome and Naples. “Marinaro” is seaman in Italian but this sauce has nothing to do

with sea food but rather was thought to have originated from the quick cooking time of the sauce due to the ravenous appetite of the sailor who may have not eaten for days and whose patience was thread bare. The original sauce probably consisted of not more than garlic, oil, onions and chopped tomatoes. The variations of this sauce today are as plentiful as we have cooks but most recipes are meatless.

In the tradition of the simple sauce, this Marinara Sauce 1 is very quick to prepare and is cooked in a large frying pan where liquid from the tomatoes evaporates quickly. Marinara Sauce 2 only takes marginally longer.

**Marinara Sauce 1**

3 Tablespoons delicious olive oil
1 Small onion, chopped fine
4 Cloves of garlic chopped fine
2 Pounds of fresh San Marzano Tomatoes[1], peeled, seeded and chopped
3 Basil leaves, chopped
3 Oregano leaves, chopped
1 small chopped sprig of rosemary
Salt
Pepper

Sauté onions in a hot fry pan in olive oil. When they begin to clear, add garlic and stir for one minute. Add fresh tomatoes, peeled, seeded and chopped. Add basil, oregano, rosemary, sugar, and pepper. Cook the sauce for twelve minutes or until it is thick enough.

If you don't want to go to the trouble of peeling and seeding the tomatoes, to may chop them ahead of time in the Cuisinar. The skins all but disappear. If you substitute something else instead of San Marzano tomatoes you may need to add a teaspoon of sugar. If the sauce is a bit bland due to a lack of acidity in the tomatoes, you may correct with a teaspoon of vinegar. Seeding tomatoes removes some of the bitterness that seeds contribute. Cutting a tomato in half and squeezing it in the sink will loose some of the pulp but most of the seeds. It is worth the trouble to reduce seeds.

**Marinara Sauce 2**

3 tablespoons olive oil
4 ounces chopped guanciale or salt port
1 small onion, chopped fine
4 cloves of garlic chopped fine
2 pounds of fresh San Marzano Tomatoes[1], peeled, seeded and chopped
3 basil leaves, chopped
1 Tablespoon of double strength tomato paste
Parsley, chopped
3 oregano leaves, chopped
1 small chopped sprig of rosemary
Pepper
Crushed red pepper

Sauté guanciale or salt port and crushed red pepper in a hot fry pan in olive oil. When near done, add onions. When onions begin to clear, add garlic and stir for one minute. Add tomato paste and just enough water or wine to allow the paste to minimally spread. Cook for three to four minutes on medium high while stirring constantly. This process deepens the flavor. Add fresh tomatoes, peeled, seeded and chopped. Add fresh herbs and spices. Cook the sauce until done and it is thick enough. There should already be ample salt from the cured pork hence no extra is needed. Always taste before correcting seasonings. Note: If using in a recipe like pizza, lasagna, canneloni where extra cheese is being added, consider that the cheese too is salty.

Notes:

1. "The San Marzano tomato is Italy's most famous plum tomato, grown in Campania, the home of pizza -- since the middle ages. The tomato is prized for its tart flavor, firm pulp, red color, low seed-count and easily removed skin. It is widely used in both pizza and pasta, though recently it has become famous around the world as the base for Vera Pizza Napoletana. It's interesting to note that Naples lays claim not only as the home of pizza, but also tomato-based pasta dishes -- both enjoyed by local royalty in the 17th century." "The San Marzano tomato is now protected by tight rules, like many wines, cheeses and even Pizza Napoletana, obtaining the DOP (Denominazione d' Origine Protetta) label in 1996 from the European Union for the processed product." To make sure you get the real thing, the D.O.P. products are marked. The canned San Marzano tomato is better than most fresh supermarket varieties. If these are not readily available near where you live, you can buy canned San Marzano tomatoes on line at Amazon.com although they are not cheap. The Italians claim that it's not just the tomato but where it's grown (volcanic soil) that contribute the high character in this tomato. You may grow your own; vines start bearing later in the summer. There is little doubt in this authors mind that these tomatoes make a superior sauce.

## *Melba Sauce*

Created by the famous French chef Auguste Escoffier for Australian opera singer Nellie Melba, this sauce was originally made with a combination of pureed and strained fresh raspberries, red currant jelly, sugar and cornstarch. It's classically used to adorn the dessert Peach Melba but can also top ice cream, fruit, crepes, pound cakes and puddings

1 package fresh raspberries
1 package fresh blackberries
1 tablespoon of corn syrup
¼ cup dark rum
¼ cup white wine
1/3 cup sugar
Juice from a ½ lemon

Place rum and wine and raspberries in a blender. Chop. Add black berries and chop. Sieve to remove seeds using wooden spoon to accelerate the process.

Turn out into a frying or sauté pan; add sugar, lemon, and corn syrup. Heat sauce on low until thickened. Cool and serve over fruit.

## *Meuniere Butter (Parsley Lemon Sauce)*

The quintessential sauce for fish, meuniere (French for “in the style of a miller's wife”) butter is simply a brown butter sauce with lemon and parley. Recipe is enough for four guests. The sauce cannot be rushed but other than allowing the butter to develop its flavor slowly, the sauce is fall out of the chair easy.

1/4 pound (8 tablespoons) sweet butter
Juice from a Meyer lemon
Sea salt
Freshly ground black pepper to taste

Flour for dredging
5 tablespoons fresh chopped parsley
Pinch of sweet paprika for color (optional)

Place a heavy frying pan over low heat and heat butter until it turns light brown and has developed a nutty flavor. Be patient. Swirl the pan periodically to prevent the butter burning.

Swirl in the juice from a lemon. Add chopped parsley, salt and several grinding of black pepper. If you want, add a pinch of sweet paprika just for a bit of color.

## *Mornay Sauce*

This is a multipurpose sauce which is often used on vegetables and sea food dishes. This sauce has as many variations as the chefs that prepare it. If topping an elegant lobster crepe some truffle shavings would be excellent.

Makes about 2 cups

1 1/2 cup half and half
2 Tablespoon sweet butter
2 Tablespoon Italian “00” flour
1/2 teaspoon salt
½ teaspoon of onion powder
1/2 teaspoon white pepper
Pinch nutmeg
1 Tablespoon cream sherry (optional)
1/3 Cup grated Gruyere cheese
¼ Cup freshly grated Asiago cheese

Melt the butter in a saucepan over medium heat. Whisk in the flour and allow flour to cook until it has a hint of color. Add the half and half, white pepper, onion powder and whisk until

sauce is thick. Optionally whisk in cream sherry for additional flavor. Whisk in the cheeses and cook a while longer, add more half and half if too thick. Add nutmeg. Correct the seasoning adding salt as required.

## *New Orleans Brown Sauce*

Chopped parsley
Paprika
Salt and pepper to taste (at the end)
4 chopped green onions
10 chopped mushrooms
1/2 chopped onion
2 cloves chopped garlic
1 stalk of chopped celery
3 tablespoons of flour
1/2 cup of burgundy (red wine.)
2 cups beef stock or beef bouillon
4 tablespoons butter
1 tablespoon tomato paste

Sauté all vegetables in the butter except green onions and garlic in butter until onions are clear. Add garlic. Sauté 1 minute. Add green onions. Sauté 1 minute, then add flour, tomato paste, stir then add wine. Stir and smooth. Then add beef stock. Heat on medium high, stirring constantly to allow thickening. Adjust salt and pepper to taste. Add finely chopped parsley and serve.

## *Newburg Sauce*

2 tablespoons sweet butter
2 tablespoons shallots
1 tablespoon sweet paprika
1/2 cup cream sherry
1 1/2 tablespoons 3x concentrated tomato paste
2 cups white sauce (Bechamel) (see About Sauces for recipe)
1/8 teaspoon thyme

¼ teaspoon cayenne pepper
White pepper
Salt

Saute shallots in butter on medium heat they begin to clear but do not brown. Add the sweet paprika and tomato paste and stir constantly for two minutes. Add the white sauce, sherry, thyme, and cayenne. Whisk and cook until thicken. Correct the seasoning adding salt as required.

## *Orange Sauce Bigarade*

Bigarade (French for "bitter orange) is a classic brown sauce for roasted fowl. Bigarade sauce usually combines an enriched stock, drippings, orange and lemon juice, blanched orange peel, and Curaçao, Grand Marnier, triple sec, or Contreau.

Juice from 1 orange
Jest of 1 orange, finely chopped
1 cup veal, chicken or duck stock[1] reduced to ¼ cup
2 tablespoons brown sugar
1 tablespoon lemon or red wine vinegar
Jigger of triple sec or Curaçao
1 teaspoon crème sherry
Add drippings from the roasting pan or duck stock or a tablespoon veal demi-glace.

Combine ingredients in a sauce pan and reduce to a sauce over medium low. Stir as necessary. Paint on fowl after it has roasted and the skin is crispy. You can coat the birds the last ten minutes of cooking but do not cook at a high temperature as the sugar in the sauce may burn.

Note:
1. Substitute 1 tablespoon chicken or veal demi-glace.

## *Peggy's Bourbon Barbecue Sauce*

1 tablespoon butter
1 tablespoon olive oil
2 cups finely chopped onion
2 cloves garlic, crushed
1/2 cup molasses
1 cup ketchup
1/4 cup red wine vinegar
1 teaspoon dry mustard
1/4 teaspoon freshly ground black pepper
2 tablespoons lemon juice
1/2 teaspoon grated lemon zest
1 tablespoon soy sauce
1 tablespoon Hungarian paprika
1/3 cup bourbon whiskey

In a large, heavy saucepan, melt the butter with the oil. Sauté the onions until tender. Add the garlic and cook 2 minutes longer.

Combine the molasses, ketchup, vinegar, mustard, pepper, lemon juice, zest, soy sauce, paprika, and bourbon. Stir into onion mixture.

Bring to a boil, reduce heat, and simmer for 30 minutes, stirring occasionally. Cool and refrigerate in a covered container.

## *Piacere Restaurant's Garlic Basil Basalmic*

served as a Bread Dip (Piacere San Carlos California)

1/3 cup Basalmic-Vinegar
3 Tablespoons of best flavor olive oil, first cold pressing
½ cup chopped fresh basil leaves
6-8 large cloves of Red Italian Garlic, crushed then coarsely chopped.

Preheat small frying pan until hot. Add oil then garlic. Stir constantly for 1 minute. Add basil leaves, stir in for 20 seconds, cool mixture with Basalmic vinegar. Remove from heat. Let sit several hours before using. Mixture will keep for a quite a while. But is best if less than a week old.

Serve with a good Italian crusty bread.

## *Red Wine Reduction Sauce with a Demi Glace*

In general, if you are serving a wine with dinner, the type of wine, if not the exact brand, is used for the reduction. This is the most harmonious approach while I will completely understand a reluctance to use a very expensive bottle of wine.

1 carrot
1 stalk of celery
1 half of medium onion
½ bottle of good red wine (Merlot, Cabernet, and Zinfandel)
¼ oz dried morel mushroom
¼ oz dried porcine mushrooms
1 tablespoon double concentrated Italian Tomato paste (tube)
1 ½ teaspoon beef Demi-glace (ask butcher where this is in the store)
1 cup or so low sodium beef stock
2 tablespoons sweet butter
10 Juniper berries
3 patties of sweet butter to finish sauce.

Soak mushrooms in wine.

Sauté finely chopped carrot, celery, and onion in sweet butter on medium heat, stirring so not to brown until limp and the onions are clearing. Add tomato paste and beef stock. Cook and reduce by half. Add wine and mushrooms. Reduce by half. Strain off all solids and wring all liquid from solids. Discard solids. Return liquid to a frying pan, add demi-glace and reduce to near thick. Set aside until needed then finish as follows:

On high heat, reduce sauce until in begins to coat the pan heavily. Remove from heat. Correct salt and pepper as needed. Drop in 3 patties of sweet butter and swirl pan to finish sauce to a high shine. Serve over hot fine steak or tenderloin.

## *Roasted Garlic Aioli Mayonnaise*

Roasted garlic aioli is milder than regular aioli made with fresh garlic hence will not over power certain foods.

2 heads of roasted garlic
1 tablespoon of Meyer lemon juice
2 egg yolks
White pepper
Pinch of paprika
Salt
1 cup mild olive oil

Add garlic and a pinch of salt to a mini-food processor and chop fine. Add two egg yolks, lemon juice, white pepper, and pinch of paprika. Turn processor on and slowly drizzle in olive oil to make a thick mayonnaise. Correct the seasoning with extra salt, pepper and extra lemon juice as required and process again. Cool in refrigerator for two hours before using.

If the sauce breaks while making, for any reason, add an additional egg yolk and reprocess until thick.

## *Robert's Chicken Magic Marinade*

Not to be bragging, but the culinary inclination runs in the family. This is my son's creation that is as imaginative as it is tasty.

Bullseye mesquite BBQ sauce
Lemon pepper
Garlic powder
Dash of onion pepper
Worcestershire sauce
Paul Prudhomme[1] blacken steak magic
Italian herb seasoning
A1 sauce
Soy sauce
Lawry's steak seasoning salt
Mesquite marinade sauce with Lime
Honey

Note:
1. Paul Prudhomme is a famous New Orlean's chef. He is someone who's immense size commands total respect.

## *Sambal Sauce*

Sambal is a popular part of Indonesian cuisine where every region has their own way to make it.

6 Large fresh red jalapenos or other hot chilies, seeded, white ribs removed
1 Large onion, peeled, quartered
6 cloves garlic, minced
8 walnuts nuts
3 tablespoons peanut oil
1/2 teaspoon powdered galangal

1 tablespoon dried shrimp, powdered
3 tablespoons tamarind paste
2 tablespoons water or orange juice
2 stalks bruised lemongrass, cut into pieces to fit sauce pan
2 tablespoons brown sugar

Chop the jalapenos and onion in a food processor. In a small frying pan, sauté this mixture in oil until well-cooked. Do not brown. Add garlic. Cook another minute. Now add galangal, dried shrimp, tamarind paste, water or orange juice, brown sugar, lemongrass stalks and on low, simmer 10 minutes to combine flavors. Taste and correct salt.

Remove lemongrass before serving.

To extend refrigerated storage life, add in a tablespoon vinegar and 1 teaspoon of ascorbic acid in the last minute of cooking.

## *Satay Sauce*

1 chopped onion
2 tablespoons peanut oil
1/4 cup roasted peanuts
1/2 teaspoon chili powder
1/3 cup warm water
Pinch white pepper
1 tablespoon brown sugar
2 tablespoons soy sauce
Juice of 1/2 lime

Sauté onion in peanut oil then add it to the food processor along with roasted peanuts, sugar, soy sauce, lemon juice, water, chili powder and process until smooth. Heat ingredients in a frying pan until warm, 3-5 minutes. Serve with any Satay.

## *Parsley (or Cilantro) Sauce*

3 Tablespoons sweet butter
2 Tablespoons flour
1 cup heavy cream
Pinch of Salt
White Pepper
2 Tablespoons very finely chopped parsley (cilantro)

Make a white sauce starting with melted butter over medium heat. Stir in flour whisk until lightly browned. Add cream, whisk and simmer 3-5 minutes. Strain in bowl, add parsley and serve.

Parley sauce may be used over pork or fish, potatoes, dumplings, or fried bread.

## *Sweet and Sour Sauce*

2 tablespoons corn starch
1/2 cup sugar
4 tablespoons red wine vinegar
White pepper
2 tablespoons red chilies sauce
4 tablespoons catsup
3 tablespoons low sodium soy
1/3 cup chicken stock
2 tablespoons sherry
3 tablespoons pineapple juice
Red food coloring is optional
Salt as required

In a sauce pan, add corn starch followed by sugar, and vinegar and heat on high. Stir until smooth. Add all other ingredients. Correct vinegar-sugar-soy (salt) balance. Add chicken

stock to moderate strength. As sauce thickens, add extra pineapple juice as necessary to keep the required consistency.

## *Simplified Turkey Gravy*

This is a reduced steps quick turkey gravy. Additional reading refer to About Sauces and Gravy. A more extensive recipe is Steve's Turkey Giblet Madeira Gravy.

Things you need include:

A fat separator, large colander, measuring spoons, a bowl to catch and retain turkey stock, and a large glass measuring cup (you need to see into it), a tall stock pot, large tall saucepan, a bulb baster and a whisk.

1 large onion, skin on, sliced in quarters
2 large carrots cut into 1~2 inch pieces
2 ribs of celery and celery leaves cut into 1~2 inch pieces
1 turkey neck and turkey giblets[1] (comes with the turkey)
3 cloves of unpeeled garlic crushed and a rough chop
Any left over chicken stock from ejecting the bird
Pinch of red pepper
3 bay leaves
1 quart of low sodium chicken stock
4 tablespoons of white flour
2 cup of white wine
½ cup Madeira or Cream Sherry
¼ cup port
Pinch of ground thyme
Pinch of white pepper
Pinch of ground sage
Kitchen Bouquet[5] (optional used to darken the gravy as required)
1 teaspoon ~1 tablespoon sugar if needed to peak the flavor at the end

Place the turkey neck, giblets and vegetables in to a tall stock pot. Add any left over chicken stock, a pinch of red pepper, bay leaves, 2 cups of wine, 1 quart of low sodium chicken stock and the giblets from the turkey. Cover and bring to a boil, and reduce to medium heat and cook for 3 hours. Cool and strain stock through a large colander into a large bowl. After "strainings" have cooled, separate giblets and neck meat. Remove meat from bones dice the meat and giblets very finely. Place meat in the same bowl with the drained stock and retain.

After the turkey has cooked for five hours, open the oven, and remove 2 cups of liquid from the turkey's roasting pan with a bulb-baster into a glass measuring cup. Let the cup stand 5 minutes so that the fat rises to the top of the measuring cup. Separate 4 tablespoons of the turkey rendered fat from the top layer in the measuring cup to use to make a roux.

To make the roux, add 4 tablespoons of the turkey rendered fat in a large tall sauce pan over medium heat; add 4 tablespoons of flour and brown while stirring with a whisk continuously until the flour has turned a nutty brown. Be careful. You need the nutty brown color to add color and flavor but go a little too long, the butter will burn and the whole roux will turn very dark brown and bitter. If that happens start the roux over with fresh ingredients. Remove sauce pan from heat, let cool a minute then whisk in about two cups of the stock. When whisked in, add all the remained stock with the chopped meat. Now add:

1/2 cup of Madeira and ¼ cup sherry

Return sauce pan to stove top and cook on low to reduce and concentrate the flavor. This should take 35 to 45 minutes. If still a little too watery, add another 10 minutes to reduction time. When the sauce has reduced, add a pinch of ground thyme, white pepper and ground sage. When the gravy is thickened to the desired consistency turn off the heat. Wait until the turkey is finished cooking.

The turkey, at this point, is out of the oven and resting in its pan. The last things that go into the gravy are the juices and the dark pan scrapings. These help darken the gravy's color while

adding flavor and character. Unless you have a Teflon pan, your roasting pan bottom should look something like the one in the picture. Elevate one end of the roasting pan with towels to help collect the juices from the pan. Caution: It may be hot. Collect all of the juices from the roasting pan using a bulb-baster. Separate the juices from the fat using a fat separator[2] which is a handy kitchen tool. Add the juices to the gravy not the fat. Use a spoon for the scrapings[4]. Set the gravy back over medium heat until further reduced to the desired consistency. (If you added a lot of juice from the pan, this may take 30 minutes.) Finally check the seasoning by tasting the gravy. Add a little salt only if needed. Added extra pepper or seasonings as required. Add 1 teaspoon ~1 tablespoon sugar if needed to peak the flavor at the end to add a hint of sweetness.

Note:

1. Giblets - the gizzard, liver, heart of the turkey. These are in a pouch and usually stuffed in the neck cavity of the turkey.
2. If you don't have a fat separator, you can use a bulb-baster and a large clear measuring cup. Either skim off the fat from the top or pull out just the dark juices from the bottom of a large measuring cup to another cup.
3. The turkey wings help create a rich turkey stock, if you scaling back the recipe, maybe the turkey neck is enough. This is especially true if you choose to use a low salt chicken stock replacing some of the water of the stock. If turkey wings are not available look for turkey necks, or even drumsticks (legs.)
4. Scrapings – the precious dark caramelized bits from the roasting pan may not occur in Teflon coated pans – see picture.
5. Kitchen Bouquet is a bottled condiment sauce used as an ingredient in cooking, rather than as a table condiment. It is mostly used for its ability to add a dark brown color. It's generically referred to as a "browning agent." The ingredients listed are: caramel, vegetable base (water, carrots, onion, celery, parsnips, turnips, salt, parsley, and spices), sodium benzoate (less than 0.01 or 1% to preserve freshness) and sulfating agents.

## *Taco Sauce*

Seasonings are totally to taste so start with less and add more. The acid in the sauce peaks the flavors and helps the sauce extend its refrigerated life.

½ small onion coarsely chopped
1 tablespoon canola oil
1 large can peeled seeded San Marzano tomatoes
1 teaspoon ground cumin
1 teaspoon garlic powder
½ teaspoon coriander

1 teaspoon chili powder or use Homemade Chili Powder
1 tablespoon lime juice
½ tablespoon vinegar
1/8 teaspoon dried oregano
1/2 small can (7 ounces) Chipotle peppers in adobo sauce
Cayenne pepper to taste
White Pepper to taste
Black Pepper to taste
Salt to taste

Saute onions in oil until limp and clear. Add tomatoes, lime juice, vinegar, cumin, coriander, chili powder, garlic powder, oregano, 1/2 small can Chipotle peppers and cook over low for ½ hour adding water as required. Allow sauce to cool 10 minutes then using a post blender, blend until fairly smooth. Now taste to correct the seasoning by adding additional red, white, black peppers and salt. If not hot enough add additional Chipotle peppers and reblend as required. Add additional water if too thick.

## *Tamarind Chipotle Recado Sauce*

2 tablespoons corn oil
6 dried chipotle chiles[2]
1 cup chicken stock
1 chopped white onion
10 garlic cloves, unpeeled
4 early girl tomatoes or best hot house tomato (should smell great)
1 cup tamarind paste[3]
1 tablespoon sugar
Pinch of achiote powder[1]
Correct seasoning with sea salt

Prepare the dried chipotle chilies by removing the stems, discarding the seeds, cut open and scrape away the veins, It's the veins that carry most of the heat so if you like your peppers hot,

leave the veins in. Preheat oven to 350F.

Heat fry pan, add oil; fry chipotles, tossing them as you go. When they swell and just begin to brown, remove them quickly from the pan to paper towels to drain. The heating process wakes us the flavors. Burnt chilies will produce a bitter sauce. Pour off excess oil from fry pan, add the chopped onions, whole unpeeled garlic cloves, and tomatoes cut in half and squeezed to remove excessive seeds. Place the pan in a preheated oven at 350 for 30 minutes.

Meanwhile, heat chicken broth in a microwave safe bowl until just boiling. Add chipotles, and soak chilies weighed down with several teaspoons to keep these submerged until soft, about 20 minutes. Drain chilies but retain the chicken broth.

Remove the roasted onion, garlic cloves, and tomatoes and let these cool so as to be handled. Discard garlic skins. Add onions, tomatoes, garlic, tamarind pulp, half a cup of the chicken broth to a food processor and process until fine. Place sauce back in the fry pan, and add sugar and a pinch of achiote powder. Let steep to blend flavors, add more to the reserved chicken broth if the sauce thickens excessively.

Smoky sweet with a citrus orange tang from the tamarind, this recado is basted on roasts of pork, beef, or lamb imparting a south of the border flavor.

Notes:

1. This is made from the deep red powder of crushed annatto seeds.
2. Chipotles peppers are smoked jalapeno chili peppers and are also known as chili ahumado. These chilies are usually a dull tan to coffee color and measure approximately 2 to 4 inches in length and about an inch wide. As much as one fifth of the Mexican jalapeno crop is processed into chipotles.
3. Tamarind paste is available in brick form from most Asian markets. See Pad Thai for more on Tamarind.

## *Tempura Batter*

Tempura is a classic Japanese dish of deep fried battered vegetables or seafood. Use this batter to deep fry vegetables or fish – one of my favorites is fresh squash flowers. Pieces to be fried a few at a time and should be at room temperature and cut small so as to cook quickly. Fish, shrimp should be patted with paper towels so the flour will stick to them.

2 cups very cold ice water

2 cups sifted self rising low gluten flour[1]
1 teaspoon baking soda
Salt
White pepper

Preheat 1 quart of canola oil to 365F.

Prepare batter just before frying. Sift flour into a bowl of very cold water. Stir with chop sticks to mix slightly, ignore lumps. Dip fish, shrimp, and vegetables into flour, then into batter a few pieces at a time. Cook quickly then drain on paper towels. Allow oil to return to temperature before next batch goes in. (Scope out residual bits from previous batches so they don't burn and spoil the oil.) Serve immediately with tempura dipping sauce.

Note:

1.Specially formulated tempura flour is available in Japanese supermarkets.

## *Teriyaki Sauce Marinade*

Use this marinade for chicken, duck, and pork ribs cut Chinese style, Mongolian style beef ribs, or English short ribs.

1 cup soy sauce, low sodium (light)
1 cup water
1 tablespoon lemon juice
1 tablespoon vinegar
Brown sugar or sugar and dark molasses
Ground ginger or finely minced fresh ginger
1 clove chopped garlic

Combine equal parts of water and soy. Add lemon and vinegar. Start with a cup or cup and a half of sugar to start with. Taste for degree of sweetness. The sauce should be sweet but not overly so. Add ginger and garlic. Pour over meat, marinate 24 hours. Turn meat once after 6 hours. Use enough marinate to at least completely cover one side of the meat. Reserve mari-

nade.

Preheat grill to 300. Preheat oven to 300.
Barbecue meat on grill until well colored. Turn often avoid burning sugar. Place in large oiled baking dish. Take a cup of the reserved marinade. Heat reserved marinade in Pyrex then microwave sauce until it is boiling. Pour over meat. Cover with tin foil and place in center of the oven. Chicken cooks an hour. Ribs cook 2-3 hours.

Meat may be glazed with Teriyaki Glaze upon serving. Garnish serving dish with fresh chopped cilantro.

## *Toasted Thai Chile Sauce – "Nam prik pao"*

Commercially this is a roasted chile paste containing red chili, garlic, onion, palm sugar, oil, tamarind, salt and sometimes dried shrimp and fish sauce. These commercially preparations can be very hot.

As I often want a toasted chile flavor but want to control the proportion of other flavors, my version is made only with just whole chiles. In this recipe, New Mexico pods are much milder than arbor chiles so if you want a milder sauce use less arbor and more of these. Ancho chiles are added for flavor and are relatively mild.

2 package of dried arbor chiles
1 package of dried New Mexico pods
1 package of dried ancho chiles

**If you don't have an outside grill with a side burner, I would recommend you buy this instead.** The **fumes are serious** and having these fumes inside the house is not a good idea unless you have a great hood that you can run on high. When roasting any chiles, the fumes can permanent damage your eyes so keep your head away from the pan – don't "take in" the aroma up close. Also, it may be useful to wear latex disposable gloves when handling this volume of peppers.

Break the stems off all the chiles, jiggle pods to discard as much of the seeds as possible. Crumple these in a bowl. Heat a large stainless steel or cast iron frying pan over high heat. Add chiles and toast these until fragrant, stirring contents frequently. Turn off heat. Allow chiles to cool somewhat. While pan is still somewhat warm, add a cup of warm water. Cover and let soak for an hour. Using a post blender, blend chiles into a paste. Add more water if too thick. Store paste in a jar in refrigerator for up to six months.

Mae Pranom Brand

Chilli Paste in oil from Mae Pranom, known as “Nam prik pao”, one of the premium quality from Thailand. Added to hot and sour soup to enhance the flavor.

## *Thai Cilantro Dipping Sauce*

The ingredients are approximate; you may choose to favor one over the other. Culantro is stronger than cilantro.

1 tablespoon culantro or cilantro leaves
1 tablespoon Thai basil leaves
1 tablespoon fresh mint leaves
1 clove garlic
1 tablespoons fresh lime juice
1/2 teaspoon white-wine vinegar
1 tablespoon Best Food Mayonnaise

Seasonings:

Pinch paprika
Sugar to taste
White pepper
Cayenne pepper
Salt if necessary

Chop cilantro, basil, mint leaves with 1 clove garlic. Add lime juice, white-wine vinegar and mayonnaise. Add seasonings to taste. Let the sauce meld covered in refrigerator for an hour.

## *Tomatillo Sauce*

This is a basic green sauce for use on just about any sort of Mexican food with a rather tart flavor. Add more jalapenos if you like it hotter and some sugar if you want it less tart. This sauce will keep in the refrigerator for at least a week, and will keep in the freezer for a longer period of time. If preserving more, add 1/2 teaspoon of ascorbic acid and offset the tartness with a little added sugar.

2 cups chopped husked tomatillo[1]
1 jalapenos, seeded and white ribs removed
1/2 chopped yellow onion
4 cloves garlic chopped
1 tablespoon olive oil
1/4 cup cilantro, chopped
1 tablespoon chicken demi-glace
Salt
Pepper

Husked tomatillos and wash well, rub off any sticky bits, chopped coarsely. Chop half an onion, seeded and remove white ribs from jalapeno, then chopped coarsely.

In a frying pan, cook tomatillos, jalapeños, and onion in oil over medium heat, for about 5 minutes. When onions begin to clear, add garlic. Cook while stirring another minute. Remove from heat and cool ten minutes. Place cooked ingredients in a food processor. Keep frying pan as is, it will be used again. Add cilantro and puree until smooth. Pour puree back into pan; add chicken demi-glace and cook, stirring constantly over high heat until sauce thickens. Correct seasonings.

Note:
Select fresh green tomatillos that are firm with tight-fitting, papery green skins.

## *Whipped Cream*

Whipped cream is useful in many desserts or sauces that benefit from the lighten effect of the incorporated air and smooth texture. A mousse often combines egg whites with sweetened whipped cream. A classic old English dessert called a Fool combines whipped cream with macerated[1] fruit puree that is attractively swirled into the cream and served in a Champagne glass.

**Simple Whip cream**

1 pint of whipping cream or heavy cream if adding liquid additions like pureed fruit or coffee that has some water
1~2 tablespoon shifted powdered sugar
1 ~2 teaspoon vanilla as needed for flavor
Optional tiny pinch of salt

Whip cream on high until just foamy if making additions below else whip to soft peaks.
For flavored whip cream, add any one of these:

**Chocolate Flavored**:

Add 2 tablespoons cocoa with an additional 2 tablespoons of granulated sugar
Finish whipping to soft peaks

**Coffee Flavored**

Start with heavy cream, whip until frothy, add a few tablespoons of strongly brewed coffee an additional 2 tablespoons of granulated sugar and whip until soft peaks.

**Strawberries or seed pureed raspberries**

Start with heavy cream, whip until frothy, add a few tablespoons of pureed fruit and an additional tablespoon of powdered sugar and whip until soft peaks.

**Stabilized Whipped Cream**

This is a whipped cream that has less tendency to weep as might be used to frost a cake or for a buffet table in the absence of refrigeration.

1 pint of heavy whipping cream
1 tablespoon corn starch or use 1 teaspoon gelatin soaked in a small bowl using 2 tablespoons cold water
1~2 tablespoon shifted powdered sugar
Flavorings-any one of these:
1 ~2 teaspoon Liquor (bourbon, scotch, brandy, Contreau, kirsch, etc.)
1 ~2 teaspoon vanilla
1 teaspoon extracts (lemon, orange, banana, mint, or almond)

If using gelatin, prepare it ahead of time. This makes the gelatin easy to incorporate. Heat small bowl of soften gelatin over boiling water allowing the steam to heat the bowl of gelatin while stirring. When the gelatin is completely clear remove from heat, cool, and use when luke warm.

Whip cream on high until slightly frothy, then add either the warm softened gelatin or the corn starch along with powder sugar, flavorings, and whip on high to soft or slightly stiff peaks. Go too far, you will get butter.

Note:

1. Macerated fruit – steep whole or chopped fruit with sugar and optionally add any of these: wine, liquor, vinegar or citrus juice. Let set 10 minutes to overnight as required.

## *Worcestershire Sauce*

This sauce is easy to make but must rest several months before its best. As worcestershire sauce is expensive to buy and relatively cheap to make, consider doubling the recipe and make more at one time.

1 small can anchovy fillets in oil (drained and washed)
½ teaspoon liquid mesquite smoke

2 tablespoons red wine vinegar
3 cloves crushed garlic
¼ cup dark corn syrup
3 chopped shallots
½ teaspoon onion powder
½ teaspoon ground coriander
2 tablespoon of tamarind paste
1 tablespoon low sulfur black strap molasses
1 1/4 cup of water

Combine all ingredients. Bring to boil then simmer on low until slightly reduced. If salt is needed add it last. Blend with a hand blender. Fill a sterile jar to full. Attach lid tightly. Let rest a couple on months in a dark cupboard. Refrigerate after opening.

# Main Course

## *About Braising*

Braising is one of my favorite ways to cook which involves long, slow, moist heat. The method renders tough meat tender. Additionally, this is a way of stretching the food dollar. The cheaper cuts are often those that require some talent of the chef to make good fare.

To braise means to cook food very slowly in liquid in a covered container. Successful braising usually is cooking with a low temperatures and long times. You can braise on top of the stove but I prefer to braise in a slow, 250° oven. The oven's "all-over" heat gives a deeper, richer flavor and even cooking. Since only low heat surrounds the cooking vessel, cooking this way will not burn the meat and stirring is never required. If using the stovetop, make sure to use a Dutch Oven with an especially thick bottom to insure a spread of the heat, else a hot spot could occur that can burn.

Don't drown the food in liquid but use enough to cook in a moist environment. You can braise nearly anything including vegetables such as endive, leeks, and radicchio. The cooking liquid can be water, wine, stock, port, sherry, Marsala, Scotch, Bourbon, Applejack or a combination of these.

The way to achieve intensely flavored results is to caramelize the ingredients. Brown the meat all over. You can brown the aromatic vegetables as well. The use of a rich stock and red wine as the braising liquid also deepens the flavor.

The best cuts of meat for braising are lean, tough cuts such as shanks. Don't drown the meat else that would be boiling or stewing.

Check for doneness with a fork. When the meat is done, it will pull away from the bone with no resistance. Let the braised meat cool in the braising liquid. As meat cooks, it relaxes and releases its juices. If it remains in the braising liquid as it cools, the juices will stay in the meat.

Note: A Dutch Oven does not have wooden or plastic handles so it is ideally suited to go in the oven.

## *About Roasting*

Roasting is a cooking method that uses dry heat and often some fat for basting. Bring all ingredients or roast to room temperature.

Use high heat to sear meats, or brown vegetables or casseroles before either covering them with a lid, or with liquids, and for dishes that will cook completely before their outside incinerates. Both the food and pan should be dry. If trying to cook something quickly:

- place food in a single layer
- items to be cooked should have a uniform size
- do not sprinkle on pepper or spices these will only burn (salt is ok)
- Pieces should not be touching each other. If they are then you need to toss or stir these items once or more times after some period of cooking to expose all surfaces to the high heat

If using high heat, when opening the oven door, be mindful to avoid the escaping heat by keeping your face well back.

Pre-heat well ahead of time and allow the temperature to stabilize (at least 10 minutes). This allows the oven walls to store residual heat. If you are cooking a large roast, you may want to consider increasing the residual heat of the oven. I have a very heavy all metal 18" cast-iron fry pan I put on the shelf below. The extra preheated pan serves as another source of heat once the roast starts to soak up heat from the oven which would otherwise lower the oven's temperature.

Pans for high heat
Pyrex dishes and frying pans (the kind without low temperature handles) and roasting pans work well. Some chefs like to put a light coat of peanut oil on these cook wares to promote easier cleanup. When roasting, make sure the size of the pan is large enough that spatters end up mostly in the pan else you have a smoky kitchen.

Lean roasts
Lean roast benefit from searing to keep the juices in. Basting is highly recommended. Bacon if used as a topping for basting a roast should be a very thick variety. When bacon immediately hits high heat, it wants to curl up, which will only burn its edges. If, however, it is thick and tied tightly to the roast, it will serve its purpose of basting the roast with fat as it slowly melts. Unfortunately, it's the bacon that gets crisp not the roast's surface. The process of "larding" could be used or alternatively, basting a roast periodically as it cooks. Pork fat is referred to as "lard". It has less flavor than lamb or beef fat. Larding is done with pieces of

pork fat as opposed to rendered lard which has no flavor at all. Small incisions are made with the tip of a knife and bits of pork fat are inserted into the roast. Alternatively, use a larding iron which is a U or V-shaped pointed blade that carries the lard (or other ingredients) into the roast and leaves it there when retracted. Practically no one uses this process any longer. I am fonder of cuts with inherently greater fat content as they are tastier than leaner cuts.

Young or small birds can be roasted at high temperatures successfully while most meats are done at temperatures of 375 F or lower. That is not to say that the initial temperature to sear the meat might not be initially higher and then reduced for normal cooking.

Resting period
With roasting, the internal temperature of a roast continues to rise after removing it from the oven. Residual heat from the roast's hotter exterior is transferred, with time, to the cooler center as the roast rests. The hotter the roasting temperature the more pronounced is the temperature rise. Additionally, the moisture in the interior of the roast will redistribute itself into the exterior surface becoming juicier as the over all temperature starts to equalize. Allowing the roast or even grilled meats to rest before carving insures a juicy result with less moisture loss.

Fast or Slow Cooking
Muscular roasts or old birds need a longer cooking period to break down tough fibers.
Slow roasting works best with large roasts like roast beef or turkey. Sliced deli roast beef is rare to medium-rare almost to the outside edge of the meat which comes from the low-temperature slow cooking that is the norm for commercial cooking. Roasting at high temperature, 400°F or more, dries the outside, overcooking it, by the time the center is medium rare. A roast cooked at 220°F is going to take twice as long as one roasted at 350°F but an immersion thermometer[1] with an alarm is a godsend for those who want a perfect roast.

Note:
1. See Using a Count Down Timer Immersion Temperature Probe Thermometer

## *Ahi Tuna, Blackened*

Sea Watch, Makena, Maui, 1997

Slice 4 medallions of tuna into 1/2 inch slices.
Seasoning for blackened fish
1 ½ tablespoons butter

Sauce:
1/3 cup cream
1 tablespoon Sherry
Garnish:
diced scallions
black sesame seeds

Season tuna in blackened fish seasonings. Saute tuna in frying pan in melted butter a few minutes per side until it just changes color.
Remove tuna to a warm plate. Place plate in warm oven. In the frying pan, Deglaze pan with sherry. Add cream and reduce on high to ½. Add to plate. Transfer the tuna.

Garnish with finely chopped scallions and black sesame seeds.

## *Apple Shrimp Jambalaya*

Jambalaya is regional fare of Louisiana and is a catch all dish and could have been made with smoked pork, chicken, crawfish, polish or andouille sausage, and more green bell pepper than in this recipe. When I first tasted traditional Jambalaya, I felt the green bell pepper's strong flavor stole the whole show, hence in this recipe. its use is cut way back. The apples in the recipe is also non traditional but perks up the dish with some sweetness.

1 cup coarsely chopped yellow onion
4 garlic cloves chopped
1/4 cup chopped sweet green pepper, finely chopped
1/4 cup finely diced celery
3 tablespoons minced parsley
2 Louisiana hot link sausage, chopped
5 tablespoons butter
4 apples peeled and cored, chopped
1/2 teaspoons crumbled leaf thyme
1 teaspoon crushed red pepper
1 teaspoon of file (optional[1])
Sea salt to taste
2 large tomatoes, peeled, seeded and chopped
1 8-ounce can tomato sauce
2 pounds large shrimp, raw, shelled, deveined

Sauté the onion, green pepper, apples and celery in butter until the onions are transparent. Add the garlic, parsley, file, thyme, red pepper, tomatoes, and sausage. Sauté, stirring often, for 5 to 6 minutes. Add the tomato sauce. Simmer uncovered, for 10 minutes. Add the shrimp and cook 5 minutes until the shrimp are done. Taste the jambalaya and correct the seasonings.

Serves over rice. Garnish with diced scallions.

Other variations might include fried chicken wings, raisins, crawfish.

Note:
1. File powder is the powdered leaves of the sassafras tree.

## *Apricot Chicken*

1 Free Range Chicken, Whole
Fresh Herbs, finely chopped
Balsamic Vinegar
Apricot Preserves
Fresh chopped Parsley- garnish
2 cloves very finely chopped garlic
4 -5 shallots, very finely chopped
Salt and Pepper

Cut up free range bird into pieces; add pepper and BBQ on low until well colored. Remove and enclose in Dutch oven or a foil covered roasting pan, sealed for cooking. Bake on slow (325) for two hours. Remove cover. Fetch pieces to heated platter. Using an oil separator, pour off and retain all of the broth and 1 tablespoon of the oil. Using one tablespoon of retained oil, sauté over low heat, the herbs, garlic, and shallots. Add broth then bring broth to a high rolling boil in a frying pan, add apricot preserves, and balsamic vinegar to taste, reduce and thicken into a heavy sauce, correct the seasoning. Coat the chicken with the sauce.
Serve with fresh chopped Parsley.

## *Baked Rosemary Duck with Apricot Preserves and Vermouth*

Re-combine dried Apricot, Apple and Peach compote with water and sherry for at least three hours.

Half a whole duck into two equal flanks with a sharp serrated knife. If a wild duck, see Treating Wild Fowl. Marinate duck in garlic, rosemary and port wine, and Balsamic vinegar for 2 hours.

Dry duck pieces. Prick the duck's skin all over with a sharp knife. The small holes help the fat escape. Brush the non skin side with a very thin coat of olive. Now apply salt to both sides.

Roast in the oven in a flat pan on a roasting rack skin side up at 500$^{o}$C for 40-55 minutes or until golden brown. Discarding excess fat from pan, de-glaze with vermouth, add preserves, soaked compote, seasoning, a few grindings of pepper. When thoroughly heated serve immediately.

## *Baked Stuffed Bass*

Kae's recipe. Other than de-boning the fish, the recipe is fairly simple even though it has many steps. When properly garnished and served on a nice platter, a simple bass is elevated to grand cuisine. Stripe bass, black bass, or freshwater large mouth bass are all good fish to use for this recipe. If you prefer, ask the butcher to debone the fish. Fish is a delicate flavor and must not be over powered by spices. Less is more.

4 pound whole fresh bass, cleaned and backbone removed (retain trimmings)
1 tablespoon olive oil
Salt and pepper
2 tablespoons of melted butter

Stuffing

- 1 cup chopped mushrooms
- 1/4 cup cream
- 1/4 cup chopped onion
- 2-3 tablespoon butter
- 1/2 cup chopped wilted spinach
- 4 cups fresh sourdough bread crumbs
- 1 tablespoon chopped fresh savory
- 1 teaspoon fresh chopped thyme
- 1 whole egg, beaten
- 1 teaspoon white pepper
- 1/2 teaspoon salt

Reduction Sauce

Retained fish trimmings
The liquid from the baking pan
2 teaspoons vinegar
2 teaspoons white wine
1 cup heavy cream
4 tablespoons sweet butter, chopped up
2 egg yolks, beaten
1 small chopped sprig of tarragon

Garnish:
A proper garnish for the fish could be a vegetable that will be served with the fish or some greens like uncooked curly endive with the visual appeal of its contrasting texture and variegated colors of white, yellow, and greens. Gingered glazed carrots with parsley work well as border around a baked fish. The important thing is a contrasting color sets off the fish hence a white vegetable does not work. See recipe for Purple Majesty Piped Potatoes which might be alternated with carrots. Add some bagged lemon halves in lemon wraps[1] with their green ties as well as a bit of chopped chives.

Scale bass, remove fins on bottom of fish with scissors. Remove blood line that runs along the spine from fish cavity and rinse well. Carefully remove backbone with a boning knife. (You can have your fish monger do this for you.) Dry fish; sprinkle inside with a little salt and pepper. Butter a glass baking pan.

In a large frying pan, sauté the onions until they just begin to clear. Empty the sautéed onions into a bowl. Now wilt the spinach in the same pan turning the leaves to even the heat. When wilted, chop the spinach. Combine the onions, chopped mushrooms, chopped spinach, freshly chopped herbs, and the freshly prepared sourdough bread crumbs. Add 1 beaten egg, salt, and white pepper. Mix the mixture adding cream, as required, to slightly moisten the stuffing. Don't make the mixture excessively wet as liquid from the fish is rendered during the cooking process. The stuffing is moist but thick enough to retain its shape if pressed into a ball.

Supporting the body and head, carefully transfer bass to a buttered glass baking pan.
Stuff fish loosely and brush outside with melted butter. Bake at 330° for 45 minutes to an hour, or until the internal temperature of the fish cavity reaches 140 F. At this point, the flesh is opaque, flakes easily. Remove the fish from the oven. Turn off oven. Take a microwave safe serving platter and wet its underside. Have handy a oven proof serving platter. Now that the fish has cooled for a few moments, use two large flat spatulas, one in each hand, and carefully transfer the fish to the preheated serving platter. Place platter in warm oven to stay hot. Place a 12 inch frying pan on

high heat. Pour the fish liquid from the baking pan into the frying pan. Add the fish trimmings. Allow this to reduce a bit and then add vinegar, the wine, and a cup of heavy cream. Allow this to cook for five minutes and then strain into a bowl. Wipe out the frying pan. Transfer sauce back into frying pan and when hot, turn off the heat. Whisk in 2 beaten egg yolks. When a yolk is thoroughly incorporated, add butter and swirl it in the pan until the sauce is thickened and glossy. Remove fish on its platter from oven. Garnish the fish. Now cover with the reduction sauce and sprinkle with chives. Use a slice of pimento-stuffed green-olive to cover the cooked eye for improved presentation.

Boning a Fish
To bone a fish, it takes a bit of patience. Don't be in a hurry. Place bass flat on a cutting board. Using sharp shears or scissors cut off fins on bottom of fish. Leave the gill fin and spinal fin that runs down the fishes back. Since you'll be using a very sharp knife, it is a good idea that your other hand be "upstream of the knife's direction". Using a very sharp knife, (the sharper the better), cut straight down into the bass, just behind the gill fin, which is allowed to remain, until the blade touches the backbone and then rotate the knife so that the blade is laying flat against the backbone, parallel to the cutting surface. Take care that the tip of the knife does not pierce the top of the bass in this next step. With the sharp edge facing toward the tail, use a gentle sawing motion allowing the sharp knife to do its work, cut along the top of the backbone down the fish to the tail but do not cut through the skin at the tail. Turn the fish over but support the head and body when doing so and repeat the same operation on this side. Now the backbone is free and must be cut through both at the tail and head so it may be removed. Use shears. At this point, the head and body are only connected by skin so be careful not to sever the head of the fish. The rib cage bones along the bottom of the fillet need to be removed next. Cut the rib cage bones away from the fillet by slicing between them and the meat of the fillet. Remove the tiny central pin bones by pulling them out with a pair of needle-nose pliers or tweezers. Feel for the tips of the pin bones with your fingers. While it's nice to have a completely boneless fish it may not be practical if the fish is to have an attractive presentation on the platter.

Note:

1. **Lemon Wraps** These lemon wraps are approximately 9 inches in diameter. They are yellow in color, and have the texture of a coarse piece of cheese cloth. They come with a green ribbon to tie up the lemon wedge. Lemon wraps are used so when you squeeze the lemon, only the juice comes out." See http://www.lemonwraps.com/products.html Similar product may be found on Amazon.com

## *Beef and Bok Choy Hot Pot*

1/2 cup Shao-Hsing wine or sherry

1 cup water
1 can low sodium beef broth (about 2 cups)
1/3 cup seasoned rice vinegar
¼ cup Marin
2 tablespoons mushroom soy sauce
1 tablespoons sugar or brown sugar
2 tablespoon olive oil
1 pound boneless beef short ribs (Lady Fingers)
6 stalks chopped green scallions (separate the whites and greens)
2 garlic cloves, chopped
1 tablespoon chopped white or regular fresh ginger
2 bunches thinly sliced bok choy stems and leaves
1/2 pound fresh medium rice noodles
Pepper
Red pepper

Garnish
Chopped Cilantro or Italian Parsley

Pre-heat oven to 350 F.
Chop scallions. Separate the scallions whites to be cooked with the meat, reserve green tops for later. Cut beef into bite sized pieces. Heat oil in a Dutch oven over high heat. Brown beef on all sides. Discard excess oil from pot. Add Shao-Hsing wine, beef broth, seasoned rice vinegar, Marin, mushroom soy sauce, chopped garlic, whites of scallions, and chopped ginger. Bring to a boil. Cover, reduce heat, and place in oven for 1 hour and 30 minutes or until beef is near tender. Return Dutch oven to top of stove and set over medium heat. Add sugar and pepper, red pepper to taste. If more salt is needed add regular soy sauce.
Separate bok choy stems and leaves. Add bok choy stems and cook 3 minutes. Add bok choy leaves and the greens of the scallions and cook two more minutes. Place some noodles in each serving bowl. Ladle over beef mixture and its broth. Let bowls sit covered long enough to cook noodles (usually 3~4 minutes – read package instructions on noodles) Garnish with freshly chopped cilantro.

## *Beef Stroganoff*

I have made many versions of Stroganoff and they all seem to be crowd pleasers. If making this

with chicken then use the chicken stock.

2 tablespoons olive oil
2 tablespoons sweet butter
1 pound rump roast or New York steak slices cut thin
(If using chicken strips, reduce the cooking time by half)
½ Cup Marasala wine or Madeira wine or cream sherry
1 cup strong beef stock or chicken stock
1 tablespoon of demi-glace (optional, veal when cooking beef or vegetable or chicken demi-glace for chicken Stroganoff)
All purpose flour
Pinch of ground sage
1 small clove of fine chopped garlic
Pinch of thyme
1 Cups of Sour Cream (or Naturally Yours[1] non-fat Sour Cream in a black and white container)
1 pound of Cremini (brown) mushrooms[2], sliced
Black pepper to taste
Salt to taste
16 ounces egg noodles

Pound both sides of thin slices of rump roast with a mallet to tenderize the beef. Flour well then slice into 1-inch strips. (You may choose to add salt and pepper to the flour before hand as a seasoned flour. Keep in mind if the stock has salt in it and it reduces tremendously, the salt level become more concentrated so I always correct the seasoning last.)

Heat pan to 350 and then add oil and butter. (Excessive oil can be drained off later.) Add slices of beef in one layer. Brown the beef strips on each side and remove, set aside and proceed until all strips are browned. Scrape out and retain extra brown bits from the bottom of the pan if these are in risk of turning excessively brown. Once all the meat is browned and removed from pan, then drain off excessive oil, reserving all the browned bits in bottom of pan. Add wine and with wooden spoon loosen bits on the bottom of the pan. Add back the meat then add stock to meat. Add garlic, spices and demi-glace.

Place a pot of lightly salted water with a cover to boil.

Cover the Stroganoff partially and simmer until meat is tender, approximately ½ Hour. Check

while cooking that liquid level has not reduced too much. Add additional stock as required. Scrap the bottom with a turner a few times to insure nothing is sticking.

Begin cooking the egg noodles in boiling salted water until al dente.

Add sliced mushrooms and cook Stroganoff now completely covered with a tight lid another 10 minutes. When the mushrooms are done, turn heat to low while stirring in the sour cream. Remove pan from heat but leave on lid to retain heat.

Drain the egg noodles in a colander.

Add some of the sauce from the pan to the noodles and stir it in. Then serve Stroganoff over egg noodles. Garnish with finely chopped parsley, or finely chopped chives or a sprig of thyme.

Notes:

1. The Morningstar Group, a Delaware corporation is the producer of specialty food products that includes: Naturally Yours fat-free sour cream. It introduced nationally during 1993 following a test market in the last half of 1992. Naturally Yours contains 67% less calories than full fat sour cream while delivering similar taste and texture characteristics. I have found this to be so superior to other contenders it must be mentioned.
2. Dried sliced mushrooms work here but go in sooner and require a touch more liquid. The affordable sliced dried shiitake mushrooms found in Asian markets work well. For a more pungent dish, also add a few dried porcini mushrooms as well.
3. Mom's recipe sautés onions, has 1 teaspoon mustard, 1 tablespoon of Worcestershire sauce, 3 tablespoons brandy and 1 tablespoon tomato paste. She also uses top sirloin for the meat. She suggest serving over rice.

## *Blackened Ahi Tuna*

Sea Watch, Makena, Maui, 1997

3/4 pound fresh Ahi tuna
Slice medallions of tuna into 1/2 inch slices.

Add seasoning for blackened fish (don't over do it).

Saute in butter.

Sauce:
Heavy cream

Cream sherry

Garnish:
diced scallions
black sesame seeds

Deglaze with sherry, add and reduce cream.
Garnish with scallions and black sesame seeds.

## *Braised Pot Roast*

There is some magic going on in a recipe that can turn a plain brisket into a gourmet meal. These meats tend to be higher in connective tissue or come from areas with developed muscle. Actually any cut of beef that benefits from slow cooking could be used. A fresh brisket will have a consistency just like corn beef but without the nitrates. The pot roast here is a classic approach that reduces the cooking liquid in order to intensify the beef flavor into robust gravy. The second round of vegetables is to provide additional flavor along with serviceable vegetable that have not cooked to oblivion. Like corned beef, the meat should be cut cross grain in generous slices with a very sharp knife. The sauce and vegetables cover the slices. Braised endive or boiled shredded red and green cabbage with rosemary new potatoes goes well with this pot roast. The pot roast could be browned under the broiler first to enhance its appearance and flavor but this roast is so flavorful, it really is not necessary.

5 pound of fresh brisket with the fat mostly on
1 Tablespoon of Herbs Provencal (a mix of Marjoram, Savory, Basil, Rosemary, and Thyme)
10 bay leaves
20 coriander seeds
20 black pepper corns
2 cups white wine
1 cup scotch
1 cup port
Crushed red pepper
4 cloves of crushed chopped garlic
3 whole onions
20 cremini mushrooms, sliced

3 stalks of celery
2 cups of chopped carrots.
3 tablespoons gravy flour
3 tablespoon (1.5 oz) veal Demi-glace (or reduced Classic Brown Sauce)[1]
1 tablespoon Kitchen Bouquet
1 teaspoon sugar
Sea salt
Garnish with chopped Italian parsley

The sliced mushrooms, 1 cup of chopped carrots, 1 chopped onion, and 2 cloves of crushed chopped garlic will be added in a finishing stage of cooking.

The first step is useful to help rid the roast of blood components. Bring several quarts of water to a boil in a large stock pot equipped with a lid. Cut the brisket in half and immerse the meat in the boiling water for five minutes. Remove the meat. Drain off all the water, clean the pot.
Add two cups of cold water (preferable not chlorinated), scotch, white wine, port, 1 cup carrots, and stalks of celery. Cut up and add two of the onions including the skins, bay leaves, coriander seeds, black peppercorns, crushed red pepper, 2 cloves of the chopped garlic, and the Herbs Provencal

Bring to a boil on the stove top with the lid on. Preheat oven to 360 F. When the pot is boiling well, place it on the bottom rack of the oven for 2 ½ hours. Remove from oven. Remove meat pieces from pot with a fork to a platter. Stain off and retain all liquid. If you have a decorative Dutch oven crock, transfer the meat to this; else clean your stock pot and return the meat and two cups of liquid to the crock pot or stock pot. Chopped the remaining onion adding it and the retained cup of chopped carrots to the sides around the meat. Add a pinch of sea salt. Cover and put this back in oven. Raise the oven temperature to 425F. Cook for 25 minutes.

While the vegetables are happily cooking with the meat, take the remaining liquid and reduce it on high in a frying pan. You will be making the reduction in preparation for the gravy. Reduce to a third of its previous volume on high heat. Now, to three tablespoons of fine gravy flour in a small bowl, add and stir in 4 tablespoons of the stock. When all lumps are gone, stir this into the back into the reduced stock.
Now add 3 tablespoon veal Demi-glace or reduced brown sauce, 1 tablespoon Kitchen Bouquet, and 1 teaspoon sugar. Allow it to boil to thicken. Now add sea salt a little at a time stirring and tasting until just perfect but not too salty. Simmer until pot roast is finished.

Now add the mushrooms and 2 cloves of crushed chopped garlic. Cover and cook another 15 minutes. Remove from oven. Remove lid. Pour sauce over roast. Allow to cool. Garnish with chopped

Italian parsley.

Notes:

1. Demi-glace or classic brown sauce made be home made or purchased ready to go from your meat market. The web site More Than Gourmet http://www.morethangourmet.com sells either of these in 1.5 Oz for about $6. I have used their products and they are very good.

## *Braised Short Ribs with Ginger*

This Asian recipe is served over steamed white rice. A nice bowl of this is a whole meal. This dish has what the Japanese refer to as "umami" – the taste sensation of rich meatiness heightened by soy, and the dried shiitakes in this recipe.

3 1/2 pounds short ribs with bone in
1 1/2 cups Shao Hsing (Shaoxing) wine
¼ cup rice wine vinegar
1 cup beef broth
1 teaspoon crushed red pepper
1 teaspoon white pepper
4 cloves of crushed chopped garlic
2 tablespoons chopped fresh ginger
1 white onion, peeled and quartered
2 tablespoons olive oil
5 ounces dried shiitake mushrooms
2 tablespoon soy sauce
¾ pound thawed frozen pearl onions
6 fresh cremini mushrooms, sliced

Garnish
Chopped scallion greens

Use a large stock pot with a lid, heat until hot, then add olive oil and brown the meat pieces on high heat, turn until browned on each side. Remove the meat pieces and deglaze the pan with Shao Hsing wine. Scrap the bottom of the pan to get the great sticky bits. Add back the meat, then add soy sauce, vinegar, red and white pepper, dried shiitake mushrooms, the white onion, beef broth. Place on a tight fitting lid or add a sheet of tinfoil then the lid to make a better seal.

Reduce heat to low and cook for 3 1/2 hours. (At the three hour mark, start making the rice) After 3 ½ hours, add the pearl onions and the sliced fresh cremini mushrooms. Stir these in. Cover the pot again, and simmer over low heat another ½ hour. Correct the seasoning. Add brown sugar to have a hint of sweetness if not already sweet enough.

Put the large spoonfuls of rice in a generous bowl. Cover with three pieces of short ribs and some of the vegetables and some of the liquid from the pot. Garnish top of the bowl with diagonal cut green scallion tops.

## *Cotoletta alla Milanese Breaded Veal Cutlet*

An Italian recipe from Milan, similar to Wiener schnitzel from Vienna, this breaded veal is certainly tasty.

Bread crumbs from Tuscan bread
Italian "00" flour[1] seasoned with a little salt and white pepper
4 beaten whole eggs
4 thin cut veal cutlets with bone attached
Olive oil for frying

Heat oil to 360 F. Preheat oven to low to keep chops warm while others cook. Also preheat individual plates

Only cook two chops at a time or pan cools excessively. Dredge cutlets in flour. Shake of excess. Coat cutlets with egg batter. Wiggle off excess. Dip cutlets in bread crumbs. Cutlets should be fried on each side for a few minutes until golden brown. When cooked add to oven platter with paper towels to drain. Repeat. If you over cook veal it will become tough. Serve veal chops on heated plates with a side like buttered noodles or rice.

Note:

1. use a soft flour or all purpose

## *Buttermilk Kentucky Fried Chicken*

This is a crunchy heavy crusted crispy chicken that is a crowd pleaser.

Preheat oven to 170 F to keep chicken warm, if necessary, or doing a lot of chicken.

1 whole frying chicken, cut in pieces or favorite chicken sections
1 quart canola oil

Rub

2 tablespoons garlic powder
1/2 teaspoon salt
1 tablespoons onion powder
1 tablespoons paprika
1 teaspoon red pepper
1 tablespoons black pepper

Coating

2 pints of butter milk
2 cups of flour mixed with
½ cup white corn meal
5 beaten whole large eggs

Read safety tips below.

Rub chicken with rub ingredients and let rest refrigerated for an hour. (remove chicken from refrigerator. Allow it to warm up for 30 minutes. Add oil to a steep walled tall pot about 1/3 full thus allowing room for the expansion that occurs when steam escapes from the cooking food. The amount of oil determines how many pieces of chicken may be cooked at the same time. Ideally the oil should be at least 3 inches deep. Preheat canola oil to 365$^{o}$ F. Use a candy thermometer. If the thermometer dips below 285 F use fewer pieces of chicken or more oil. It is important that on the initial immersion, the residual heat of the oil seals the chicken so excessive oil is not absorbed.

Combine flour and corn meal, and put in a shallow dish for rolling the chicken pieces. (For easy cleanup, coven plate with tin foil.) Beat the eggs and add to it the buttermilk. Roll chicken in flour mixture shake off the extra, then dip in buttermilk, then in flour again, shake off the extra, and cook a few pieces at a time in hot oil at 350 F to 365 F. Cook the pieces to golden brown and very crisp.

Drain on paper towels. Salt batches as soon as they come out when still wet from oil so the salt sticks. Allow the oil to return to the starting temperature before starting next batch. Keep previous batches warm in the oven until all chicken is cooked.

Frying Safety Tips

- Never leave oil unattended while heating or frying.
- Use only dry, heavy tongs of a proper size.
- Fill pan no more than 1/3 full with oil.
- Keep pan handle turned away from edge of range.
- Never cover pan while heating oil.
- Heat oil over medium heat to gradually bring to temperature.
- Maintain recommended temperatures for frying (about 375°F) at all times. DO NOT OVERHEAT! All cooking oils are safe when properly used, but fire may occur if oil is severely overheated beyond the point of smoking. IF OIL SMOKES, REMOVE FROM HEAT.
- Do not pour hot oil into anything. (wait until it has cooled to room temperature.)
- Keep all liquids away from hot oil
- Never try to put out an oil fire with water. Never try to move the pot.
- If you have a fire, and its safe to do so, turn off the heat. If the fire is in the pot, wet and wring out a towel. Place it over the pot and back away. Wait until the pan has completely cooled down before approaching

## *Chateaubriand Steaks*

Chateaubriand steaks are a cut from the center and thickest part of the beef tenderloin usually about 6 to 8 inches in length. Platter the steaks in the refrigerator two days uncovered. Turn over on second day. The added dry aging will improve both the flavor and texture of the meat. Do not buy wet marinated steaks for this purpose. Wash steaks and pat dry prior to marinating. Add marinade and allow the steaks to sit in the marinade for two hours, one hour each side. You may do these the first hour in the refrigerator but allow the steaks to do the second hour on the counter to be a room temperature. Do not add salt or pepper until finished cooking. Do not use a fork on the steak as puncture holes allow vital juice to run out of the meat. Use thongs that do not puncture the meat.

2 Chateaubriand steaks
4 Crushed garlic cloves
2 sprigs chopped rosemary
4 tablespoon oil
8 tablespoons full bodied red wine like Cabernet, Pinot Noir or Zinfandel wine
4 patties of softened sweet butter

Heat the grill on high for 15 minutes until hot. Barbecue over a medium heat one side for five minutes, cover the grill with its lid. After five minutes then turn over the steaks and cook another 5 minutes. Repeat this process every five minutes. To judge doneness, press down on meat with the flats of your thongs. The meat will firm up as it cooks and will be much firmer when done. Cook medium rare. As the steak will be cut into slices as it is served and the pieces are quite large, it is ok to cut one of the steaks all the way through, top to bottom, when you think that there are done. If not done, cook the steaks longer. You may test the uncut remaining steak in the same manner as the final proof. It you must use a meat thermometer the steak is done at 130-135F. The steaks' temperature will continue to rise off the grill another 5 degrees or so on the platter so error on the lower temperature side.

Place the steaks in one layer on a large platter. Add a patty of butter to each steak.

Correct the seasoning with pepper and sea salt. Allow steaks to rest a 3~4 minutes, slice into 1 inch thick slices before serving.

## *Chateaubriand Tips and Summer Vegetables Kebabs*

Marinade

1 1/2 tablespoons kitchen bouquet
6 tablespoons Worcestershire sauce
Seven cloves of crushed garlic
1/2 chopped yellow onion
Four sprigs of fresh rosemary, chopped
1/2 cup of canola oil
Pepper
Kebabs
Four pounds Chateaubriand tips
1 red bell pepper
1 green bell pepper
One large yellow onion quartered
3/4 pound of cremini mushrooms
1 cup cherry tomatoes

Garnish

Italian parsley

Marinate the meat in the refrigerator for four hours before cooking. Assemble the kebabs on metal skewers alternating meat and vegetables. Grill on high heat seven or eight minutes per side or until done. Do not overcook.

## *Chicken Drumettes Hunan Style*

1 pounds chicken drummetes
3 hot red peppers, seeded and sliced
8 garlic cloves, peeled and sliced
2 tablespoon soy sauce
2 tablespoon corn starch
1 tablespoon rice wine
1/2 tablespoon rice wine vinegar
1/2 teaspoon sesame oil
2 cups peanut oil

Use a sharp paring knife. At the skinny end of each drummetes, make an incision all around the bone about ¼ inch down from the knuckle end. Push the meat down to the fat end exposing clean bone (*frenched)*[1]. Use a sharp cleaver, trim off the knuckle end. Do all drummetes.

Put cornstarch in a bowl, add soy sauce and stir. Add chicken and marinate for 20 minutes. Drain before cooking.

Remove the seeds from hot red peppers. Cut into slices. Peel and slice the garlic.

In a steep walled pot, heat oil to 400 F. Fry the drummetes a batch at a time until cooked well. Drain on paper towels.

In a frying pan or wok, use 2 tablespoons of the frying oil to stir-fry garlic and red peppers. Add drummetes, stir-fry for 30 seconds. Add rice wine, rice wine vinegar, sesame oil. Serve immediately.

Note:

1. When a piece of *bone*-in meat or fowl is trimmed to expose the *bone*, it is also said to have been *frenched*.

## *Chicken, Egyptian BBQ*

This is a recipe I got from the chef and proprietor of an unlikely restaurant called "Pizza and More" in Santa Clara California. I had to have it, after I tasted it. I was introduced to the place by an Egyptian friend. Subsequently, I was lured forever more by their fresh Mediterranean dishes skillfully prepared. Alas, the restaurant and the chef have disappeared.

Marinade overnight:

2 Chopped onions
8 cloves fresh crushed garlic
Salt
Pepper
Lemon or lime juice
Fresh chopped jalapeños
Blend and marinate for 24 hours

BBQ the chicken, preferably with smoky wood chips, until it has taken on character and color and is partially cooked. Transfer to a large pan, sprinkle with chopped fresh parsley, chopped onions, chopped jalapeños and dot here and there with lemon slices.

Bake covered 30-45 minutes at 650 $^{o}$F. (I find it better to cook longer and slower, at 325$^{o}$ F for 1 1/2 - 2 hours tightly wrapped in tin foil. Besides, my oven will not go that high.)

## *BBQ Chicken with Apricot Preserves and Balsamic Vinegar*

1 chicken, cut up
Fresh herbs, finely chopped
Balsamic vinegar
Apricot preserves
Fresh chopped parsley for garnish
2 cloves very finely diced garlic
4 -5 shallots, very finely chopped
Salt and pepper

Cut up bird into pieces. BBQ on low until well colored. Remove chicken from grill, pepper generously and enclose in Dutch oven or foil cover roasting pan, sealed while cooking. Bake on slow ($325^{o}$ F) for two hours. Turn off oven. Remove cover over chicken. Transfer pieces to a heat proof platter with thongs. Place platter back in turned-off oven to stay warm. Using an oil separator, separate and retain all of the broth. Use a spoon to transfer 1 tablespoon of the oil to a frying pan. Sauté the herbs, garlic, shallots in this oil. Add the retained broth and bring pan to a high rolling boil. After juices have reduced, add apricot preserves, and balsamic vinegar to taste. Reduce heat to medium and thicken into a heavy sauce. Correct the seasoning. Pour sauce over chicken. Garnish with fresh chopped parsley.

## *Chicken, Ottaviana's Oven Fried*

This is a wonderful recipe from Kae's friend, and is easy to prepare. You use chicken parts like legs, wings, or a cut up whole chicken.

1 chicken parts
1-2 sticks butter
Romano cheese
Garlic powder or garlic juice
About 2 cups of bread crumbs (unseasoned)
1 teaspoon oregano
1/2 teaspoon Italian seasoning
1 teaspoon salt

Melt butter in a small sauté pan. Add about 1 1/2 teaspoons of garlic powder to the melted butter. Stir well to mix, and remove from heat. In a dinner plate, or in a plastic bag, put bread crumbs, 1/4 cup of Romano cheese, oregano, and Italian seasoning and a teaspoon of salt. Add a pinch of garlic powder to the bread crumb mixture too. Mix everything well.

Dip chicken in butter, and then roll to coat it in the bread crumbs. Place chicken on a lined baking sheet skin side up. Bake uncovered at 375 degrees for about 60-65 minutes, depending on the cuts of chicken. (Do not turn chicken during cooking process).

## *Chicken Rosemary in wine and Onions, Mariann's*

This recipe from our good friend Mariann McAbee is almost too good to be true. Simple dishes like this take me back to Italy in a heartbeat. Mariann serves this with fresh vegetables from her garden along with a nice fresh pesto rigatoni.

Skinless breast, thighs and legs of chicken
Seasoned flour as required
1 ½ sliced onions
1 1/2 cup Chardonnay
White pepper
Black pepper
Fresh rosemary
1 clove crushed garlic
Olive oil as required

Wash and pat dry chicken. Roll chicken pieces in season flour. Sauté on both sides until golden in olive oil. Set pieces of chicken aside, cook onions, then drain off and discard oil. Deglaze pan with ½ of Chardonnay scraping loose bits from bottom of pan. Add chicken, balance of wine, add garlic and rosemary. Cover and simmer slowly for an hour. Turn pieces ½ way through cooking period. Add more wine if sauce thickens too early. The last 10 minutes of cooking may need to be uncovered to allow the sauce to thicken.

## *Chiles Rellenos Burritos*

This burrito is based on the Guadalajara Market Special burrito that is renown in San Jose for an extraordinarily good burrito. The perfect chili is the Poblano. It is a shiny dark green triangular shaped chile 3" to 4" long that varies in their hotness from mild to somewhat hot. These are always roasted and stuffed with their seeds and stems **intact**. The stem is only pulled off when assembling the burrito. The seeds and what cling to them have most of the heat and some more of the flavor. Pre-roasting the chilies insures a deep toasty flavor. This recipe also relies on Mexican rice, and refried pinto beans. (See recipes)

Rellenos

2 Poblano green chilies per person, roasted, peeled
A brick of Monterey jack (a 3/8 slice cross the brick per relleno[1])

1 cup flour
Pinch salt
Pinch garlic powder
Pinch ground red pepper
Canola oil, to coat skillet
1 room temperature egg per relleno, beaten until super frothy

Turn broiler on high.

Line a shallow roasting pan with tin foil. Place Poblano chilies on their flattest side to broil and, later, turn once to cook the other side. This usually takes 5~10 minutes per side depending on:

- The height from the pan to the broiler head
- The BTU output of the broiler

After roasting Poblano chilies until they are black on both sides, remove from broiler and cover the chilies with newspaper or place this in a brown paper bag to retain the heat. After 20 to 30 minutes you can start peeling away the black heavy paper like skin. Try to remove most of it. If needed, use a small paring knife to lift the edge of the skins. Don't worry about the blacken surface; it's fine. This chile is naturally dark to begin with and it will darken when roasted.

Turn on oven to bake at 300 F. The oven is used to keep batches of cooked rellenos warm as they are batch fried 3 or 4 at a time.

Using some tin foil and cover a dinner plate to make cleanup easy. Put a cup of flour spread out on the tin-foiled-plate for dredging the chilies. Make a small slit in each chili and fill the chilies with a slug of cheese. Don't worry if the cheese is a hump in the middle – it's going to melt and fill the chilli's cavity. Dredge each chili in the flour on both sides until well covered. Add room temperature eggs to a mixer with a pinch each of salt, red pepper, and garlic powder and beat eggs until super frothy and very pale.

Place a large frying pan on high heat. When the pan is hot (350 F) add a few tablespoons of oil. Using your hand, dip each floured chili into the egg batter to cover it well then carefully lower it to the hot pan surface. Use a spatula to move some of the egg mixture back over the edges of the chilies. When rellenos are well browned on one side, turn gently over to brown the other side. Rellenos should be golden brown when done with the cheese well melted. Place rellenos on a platter and put them in the oven while finishing the next batch of chilies. When done, assemble the burritos with 2 rellenos per burrito. Pull off rellenos's stems when assembling burritos.

Burrito ingredients per person

2 rellenos, while still warm
2 tablespoons refried beans per burrito, hot
2 tablespoons Mexican rice, hot
1 tablespoon finely grated Monterey jack cheese
1 tablespoon fresh tomatoes
1 tablespoon chopped cilantro
1 tablespoon chopped green onions
1 tablespoons Guacamole
1 tablespoons hot sauce
1 large flour super burritos-size (13~14 inch) hot tortilla

The beans and rice are hot when you assemble the burritos. The flour tortillas may be heated in a direct flame on the stove top turning frequently until very warm on both sides. Alternatively, heat each tortilla in the microwave on high for 25~30 seconds one at a time as they are needed.

Note:

1. Equivalent 2 Tablespoon Monterey jack per person (slice a 3/8 thick chunk across the brick of cheese)

## *Christmas Day Menu*

Main

Oven Roasted Turkey
Apple Sage Currant Dressing
Honey Baked with Pineapple Glaze
Yams with Marshmallows topping
Sage Currant and Apple Dressing
Mashed Potatoes with Sour Cream
Fresh Baby Peas
Fresh French Cut Green Beans
Madeira Giblet Turkey Gravy
Creamed Peppered Onions
Fresh Cranberry Sauce

Dinner Rolls

Drink
- Wine
- Wasal Bowl
- Coke
- Diet Coke
- Seven Up
- Port
- Napoleon Brandy
- Ballentines Blended Scotch Whiskey
- Stolichnaya Vodka
- Dickel Sour Mash Rye Whiskey
- Bacardi Rum
- Tequila
- Mai Tai Mix
- Margarita Mix

Desserts
- Pear Pie
- Apple Pie
- English Plum Pudding Flambé with Brandied Hard Sauce
- Cheese Cake

Horderves
- Spinach Dip
- Hot Wings
- Fresh Vegetables
- Brie with Tomato Pesto
- Roasted Italian Bell Peppers
- Olive Bar

## *Chuck Taggarts Stuffed Crabs*

When I stopped being a stupid little kid ("I hated seafood!") and saw "The Light", this quickly became one of my favorite dishes. My grandma made the greatest stuffed crabs.

Usually the way to do it is not to pick meat out of boiled crabs, but to buy the lump crabmeat separately, get some washed crab shells from the seafood market (left over after the crabs had been cleaned to use for gumbo), then mix the dressing and stuff them into the crabs.

The best way to get these is in real crab shells, but you never see these in restaurants these days (nor in seafood markets that sell prepared dishes), due to a few unscrupulous restaurateurs way back when who would try to reuse the crab shells after they'd already been stuffed, heated, and served to customers. Yuck. (A recipe for food poisoning, that.) When you do see stuffed crabs nowadays, you see them in pseudo-crab shells made of thick aluminum foil, and roughly crab-shaped. Not as good. The only way to get 'em the real way (i.e., in crab shells) is to get 'em homemade.

The secret to this recipe is to moisten the bread used to make the dressing with crab or shrimp stock. If you use chicken stock, it won't taste nearly as much of seafood. If you use water, it'll taste like... blah. You can take a little bit of crabmeat and make it go a long way with some crab stock you make from a few leftover shells.

1 pound lump crabmeat (worth the splurge)
Two sticks (16 tablespoons) unsalted butter
1 large yellow onion, finely chopped
1/2 rib celery, finely chopped
1 bunch green onions (including the green part), finely chopped
4 tablespoons finely minced flat-leaf Italian parsley
1 tablespoon finely chopped garlic
1 teaspoon salt, or to taste
1/4 teaspoon freshly ground black pepper, or to taste
A dash or two of Tabasco or Crystal Hot Sauce, to taste
1/2 loaf stale French bread, cubed (about 3 cups)
1 cup homemade French bread crumbs (not from a can)
2 cups homemade crab stock or shrimp stock
A dozen or so reserved crab shells, washed thoroughly, or you may substitute aluminum crab forms if you can get them

Heat your oven to 400°F.
Heat 1-1/2 sticks (12 tablespoons) of the butter and heat in a heavy skillet. When the butter is sizzling, sauté the onions and the celery until the onions begin to brown (be careful, make sure you brown them and not burn them). Add the green onions, garlic, salt and pepper and continue to cook until the vegetables are tender. Add the parsley and cook one minute. Season to taste with the Tabasco or Crystal (just a little, don't overdo it here).

Add the crab stock, mix well, then bring to a boil. Add the bread cubes and bread crumbs, and mix very thoroughly. Taste and adjust seasonings if necessary, then let the mixture cool.

Take 2-1/2 to 3 cups of the bread mixture and place in a large bowl, breaking it up with your fingers. Add the crabmeat (which has been picked over for cartilage and shell bits) and use your hands to combine it with the bread mixture, very carefully. You pay a premium for lump crabmeat, so don't break it up; leave some lumps!

Stuff each crab shell or aluminum crab form with a generous amount of the stuffing. Melt the remaining 4 tablespoons of butter and drizzle over each mount of stuffing. Bake for about 10 minutes, and if you like turn on the broiler for the last 30-60 seconds, so that the bread crumbs will toast slightly (be VERY careful if you do this, and watch constantly).

Makes about one dozen stuffed crabs. These make great appetizers (you can serve as they are or drizzle with hollandaise), as a side dish, or serve three crabs as a main dish with a vegetable.

## *Clams in Garlic Wine Sauce*

3 pounds clams
1/3 cup good olive oil
½ cup sauterne
3 garlic cloves
Freshly ground black pepper
1/4 cup Italian parsley, finely chopped

Start by rinsing the clams in water. Discard those that are open (dead) or broken shells. Then let clams stand covered in a bowl water for two hours to which you add a tablespoon of corn meal. Do not touch the bowl or the clams will “clam up”. You want them to open and drop any excess sand they might have, and additionally, they may be full of salt water which otherwise will make the dish too salty. Do not skip this step. After two, hour rise with cold water twice.
Preheat the oven to 170 F and put your serving platter in it.

Heat a large heavy-bottomed pot with plenty of surface area. Add and heat the oil, when smoking add the clams and the garlic. Season generously with pepper (Use some red pepper too, if it pleases you.) Flip, then cover, and cook until all the shells steam open. (Discard any that stay closed.) Remove the clams with a slotted spoon to a heated serving platter. Stick in warm oven to stay warm. Filter the broth through a very fine strainer (need to be able to filter sand) and pour the strained liquid back into the pot. Add the wine, and reduce liquid on high to concentrate the flavor. Taste and correct seasoning. Pour sauce over the clams and sprinkle with parsley.

## *Corn Beef Hash*

Corned beef hash is a popular comfort food best made using leftover corned beef. I serve this for any meal: breakfast lunch or dinner. It is wonderful topped with poached or over easy eggs.

2 medium red potatoes, peeled, cut into small chunks
1 tablespoon olive oil
3 tablespoon rendered beef suet fat or 3 tablespoons butter
1/2 cups white wine
5 cups cooked corn beef, coarsely chopped
1 red onion, chopped
2 tablespoon brown mustard
1 teaspoon brown sugar
1 clove chopped garlic
1 pinch ground coriander
1 pinch ground thyme
½ teaspoon sweet paprika
2 tablespoons of water
Pepper, red pepper to taste
Garnish
chopped chives

Render some beef suet to get 3 tablespoon rendered beef suet fat or use 3 tablespoons butter in a frying pan equipped with a lid. Add olive oil and cook chopped red potatoes for about 10

minutes on high tossing frequently. Add chopped onions. Continue to cook and toss until potatoes have some color on all sides. Add wine and cover. Simmer for 10 minutes or until tender. Meanwhile, chop up the cooked corn beef.
Add the corn beef to the fry pan and cook until everything is very hot. Add mustard, garlic, thyme, paprika, coriander, sugar and 2 tablespoons of water. Toss several times. Cover and simmer on low 5 minutes. Correct seasoning with pepper, red pepper as required.

You can serve this topped with poached or over easy eggs. Garnish with chopped chives.

Try making this into a toasted roll sandwich with or without the egg.

## *Crayfish New Orleans (Doodahs or crawdads)*

By Bob and Dhoug Kong

Served with pot boiled red potatoes, good crusty bread, and lots of hot garlic butter prepared ahead.
Bob and his family were in the Louisiana shrimp business for many years. Part of that business was harvesting crawfish (called doodahs locally.*)* Bob eventually served a stint in the Air Force and settled in California with his Thai wife after his military service. He still loved crawfish and he taught me how to fish for them in the rice fields of Merced California.

Crawfish are muddy by nature and need to be kept alive for five days, or more, to clean out. If you don't do this they taste muddy. Commercially available crawfish that are sold dead, in my opinion, are usually no worth eating. I got several plates with the muddy taste in New Orleans but this recipe is different. Crawfish can be kept even months, but they would loose body mass. Keep damp in a large cooler propped up with a brick on one end and the drain open. Don't crowd crayfish too deep, three inches deep or less is ideal. If deeper, ones on the bottom die sooner.

Crawfish are boiled in five minutes. Cook no more that your pot will hold without loosing a good boil, 50 ~60 at a time is good for a large lobster pot.
Dip out crawfish into a bowl or tray. Just before you cook the crawfish, toss on a handful of salt. This helps clean them out.

Fill large pot with water ¾'s of the way full. When boiling, add potatoes at the bottom, 3 lemon grass stalks, one crab boil pouch, and ½ cup of oil, 2 tablespoons cayenne pepper (yes that is right!). Allow potatoes to boil until just done then start adding a bunch of crawfish, cooking them in bunches for 5~6 minutes.

Cover a butcher-block table with newspaper and white meat wrapping paper. Serve Doodahs in a small galvanized bucket and a bowl of steaming potatoes with hot garlic butter and sour-dough bread. Everyone for themselves. Pass the napkins please!

## *Crispy Flounder*

2 tablespoons skim milk
1 tablespoon low-sodium soy sauce
1/4 teaspoon garlic powder
1 egg white, lightly beaten
4 (4-ounce) skinned flounder fillets
1/3 cup fine, dry bread crumbs
1/4 cup grated Parmesan cheese
1 teaspoon vegetable oil
divided lemon wedges

Stir milk, soy, garlic powder, beaten egg white and pour into shallow dish. Add fish, turning to coat. Marinate in refrigerator 15 minutes, turning fish once. Remove fish from marinade; discard marinade.

Combine the bread crumbs and cheese in a large sealable plastic bag. Add fish fillets; seal the bag and gentle shake to coat. Remove fish from bag. discard remaining bread crumbs and bag.

Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat until hot. Add 2 pieces fish, and cook 2 1/2 minutes on each side or until fish flakes easily with a fork.

Place cooked fillets on a serving platter. Repeat procedure with remaining oil and fish. Serve garnished with lemon wedges.

## *Crown Roast of Lamb*

Preheat to 500 $^{o}$F.

2 Tablespoons salt

1 Teaspoon fresh pepper
Prepared mustard
Crushed garlic
2 Tablespoons fresh chopped rosemary
Crown Roast of Lamb - 2 chops per person (4 1/2 - 5) pounds

Preparation: (Best done by butcher) Stem individual chops, exposing end bones. Notch saw the roast at key segmentations to facilitate carving. Brush off and remove any bone chips.

Marinate: Marinate in milk for 24 hours. Then rinse in water twice.

Allow lamb to come completely to room temperature before cooking to promote even cooking. Wipe with damp cloth. Press seasonings firmly into lamb's entire surface.

Protect end of bones with aluminum foil. Place meat in center rack of oven. Reduce heat to 350 F after 10 minutes. Cook 1 hour. Remove from oven and stuff the center with pre-warmed bread dressing[1]. Return to oven. Remove aluminum foil from bone ends. Cook another 40 minutes or until meat thermometer reads pressed into thickest part of roast reaches 160-165. Remove roast and rest 10-15 minutes before carving. Cover chop end with colored paper frills. (This is a presentation piece hence serving and carving could be done at the table.)

Serve with mint sauce or red currant jelly.

Note:

1. Dressing must not have raw ingredients, especially any meats. They would not reach a proper temperature to kill bacteria. Sourdough apple sage dressing works well here.

## *Dynasty Chinese Crispy Fish*

Along Castro street in Mountain View California where many Chinese immigrant settled in the 60's, the Dynasty was one of those Asian restaurants with the daily fare scribed vertically in large scrolls hanging from the walls. All the restaurants's patrons where Chinese. As the city grew up, the process of discovery showed the "round eye" where the authentic food was to be found. One of Dynasty's finest dishes was a whole crispy cod fish. If you have dined with the Chinese, you have learned that the cheeks of the fish are the very best part. This fish is so crisp you eat the fins like potato chips. The fish is best served standing up lengthwise in a scant but delectable sauce garnished with fresh cut scallions. Regrettably, the fine restaurant is no longer so when I want this dish, I have to prepare it myself.

1 whole rock cod (2 pounds)
1 cup cornstarch
Freshly ground black pepper
1 1/2 quart of peanut oil
1 tablespoon light olive oil
1/4 cup minced shallots
1 tablespoon chopped garlic
½ teaspoon minced fresh ginger
1/2 cups chicken stock
Sugar (optional)
¼ cup Marin[1]
1 tablespoon rice wine vinegar
2 tablespoons of soy sauce

Preheat the oil in an oval Dutch oven to 370 F.
Scale, gut and remove gills from the fish but leave the fins, tail and head intact. Rinse well and pat-dry the whole fish.
Prepare the sauce first. Sauté the minced shallots in a little olive oil. When the shallots begin to clear, add garlic and ginger, and stir 1 minute. Now add the Marin, chicken stock, soy sauce, and rice wine vinegar. Now taste for balance. If additional sweetness is needed, add some sugar. If you need more sour add more rice wine vinegar, saltier add more soy. Boil for a minute. The pour into an oval serving plate that has some depth to it and is big enough for the whole fish.
Season the cornstarch with pepper. Dredge the fish in the seasoned cornstarch, all over, including inside. Shake off any excess. Put four criss-cross toothpicks to hold open the fish's cavity to promote cooking
Carefully lower the fish with tongs very gently into the very hot oil. It may splatter. Fry until dark golden brown and crisp all over. Remove from the oil and drain on paper towels. Season immediately with a little salt and pepper.
To assemble, place the fried fish on top the oval serving plate. Garnish with chopped scallion greens. May be accompanied by steamed white rice. Serve immediately.

Notes:

1. Marin is Japanese sweet cooking wine. See recipe for Pad Thai (padthai.doc) for more about Marin.

## *Egyptian BBQ Chicken*

This is a recipe I got from the chef and proprietor of an unlikely restaurant called "Pizza and More" in Santa Clara California. I had to have it, after I tasted it. I was introduced to the place by an Egyptian friend and a was lured forever by fresh Mediterranean dishes skillfully prepared. Unfortunately the place is no more.

Marinade overnight:

(Can use Mesquite Lime Marinade as well.)
Chopped Onion
Fresh crushed Garlic
Salt
Pepper
Lemon or Lime Juice
Fresh chopped jalapeños

Blend and marinate for 24 hours

BBQ the chicken, preferably smoky with wood chips, until it has taken on character and color and is partially cooked.

Place in pan, sprinkle with chopped fresh parsley. Bake covered 30-45 Minutes at 650$^{o}$F! (I find it better to cook longer and slower, at 300F for 1 1/2 - 2 hours tightly wrapped in tin foil. Besides, my oven will only go to 550.)

## *Fandango's Basques Scampi*

In 1983, Walter Georis converted a charming old house in Pacific Grove into the restaurant Fandango. It has a warm atmosphere and good food. This recipe is from Chef Pedro De La Cruz:

This is their most popular dish. The recipe of their sauce has been in Pedro's family for generations. The Basques crisscross the Pyrennees, moving between the French and Spanish cultures with ease as they cling to their own traditions.

20 Large prawns shelled, deveined
½ cup chopped shallots
1/2 cup chopped scallions

A large tomato diced
1 teaspoon chopped garlic
1 bunch wilted spinach leaves
¼ cup white wine
Squeeze of lemon,
Dash of raspberry vinegar
5 tablespoons butter
1 tablespoon olive oil
Salt, pepper and cayenne to taste
¾ pounds of vermicelli pasta

Cut off roots off a bunch of spinach, rinse spinach in several changes of water. Drain well and wilt damp spinach in a large frying pan. Turn leaves as you go with thongs until all spinach is wilted. Turn off heat, sprinkle with a dash of raspberry vinegar and add 1 tablespoon of butter. Cover spinach with a lid.

Bring a lightly salted pot with 2 quarts of water to a boil for the pasta.

Sauté shallots in butter. When clear add tomato, cayenne, and garlic and allow this to cook while stirring and eventually scraping the pan as this reduces to a soffritto.
Put pasta into the boiling water; stir a few times, as it cooks, so the pasta does not stick. Turn up heat under spinach to low, allow it to gentle heat back up.

Turn up heat under soffritto, add shrimp, wine, stir a bit and when it begins to bubble reduce heat, cover with lid, and cook five minutes. When pasta is “al-dente”, drain well, add 1 tablespoon olive oil, 1 tablespoon butter, using thongs, squeeze out any liquid in spinach, and add to pasta. Add half of the scallions and toss pasta well. Use thongs to remove prawns from the pan to a plate. Add sauce from pan to the pasta. Toss pasta well. Serve a portion of pasta topped with five of the prawns. Garnish plates with the rest of the scallions and a wedge of lemon.

## *Fish Market Large Prawns with Garlic Butter and Pasta*

½ pound butter
1 pound of large prawns
Salt

Pepper
Red pepper
5 cloves of garlic smashed and chopped very fine.

In a large fry pan melt ½ pound of butter. Cook the prawns' shells to flavor the butter for 5 minute on medium. Strain and retain butter back in frying pan. Bring heat and butter back up to medium heat. Add prawns. Turn heat to high cook 2 ½ minutes on a side, turn prawns. Cook until no sign of transparency. Add salt and pepper(s) to taste. Add garlic. Cook one more minute tossing prawns and making sure to cook the majority of the garlic this last minute. Serve with pasta

1 Pound fettuccine
3 quarts Boiling salted water
Two tablespoons of cream optional
Butter and Olive oil

Add pasta to boiling water. Stir to make sure pasta is not sticky. Bring to a boil. Stir again briefly and lift separate pasta. Cook about 8-10 minutes until pasta is soften but still has a bite (al-dente as they say in Italian)

Drain. Add butter and a little good olive oil. (Two tablespoons of cream optional)

## *Fresh Corn Tamales (Kay's)*

several packages of cork husks, soak in water for an hour
6 large ears of fresh corn
1 1/2 cups grated jack cheese
1 4-ounce can chopped green chilies
Salt and pepper

Masa
3 1/2 cups Quaker masa harina
2 cups warm water
3/4 cup of lard
2 teaspoons of salt

Combine masa, warm stock, and salt to taste. In a mix master, beat best lard until light and fluffy, add masa, and beat a long time. A small sample dropped in cold water should float, if not add more lard.

Score rows of corn, scrape off. Mix with cheese and chilies.

Spread masa on the insides of two cork husks. Place together, one cork husk points to the top and one cork husk points to the bottom. Cover lower middle section of the husks. Put a spoonful of corn mixture on the masa. Fold sides over to cover, and then carefully fold the filled section up over rest of husk. They are open ended. Steam with fold at the bottom in layers in a covered pot for 50 minutes.

## *Greek Lemon Chicken*

Lime Mesquite Marinade
Pinch Crushed red pepper
2 tablespoons cornstarch dissolved in 2 tablespoons of water
4 tablespoons dark corn syrup
4 cloves chopped garlic
1/2 White onion
3 tablespoon lime juice (juice from three limes)
2 tablespoon red wine vinegar
1 tablespoons of Mesquite Liquid Smoke
2 tablespoons paprika
½ cup water
Salt
Pepper

Process all the marinade ingredients in food processor until finely chopped. Put on low heat, and heat until thickened. Cool ½ hour. Pour over chicken and marinate for 2 hours.

Pre-heat grill to 350F. Preheat oven to 325F.

8 Chicken thigh-leg joints
1 onion halved and then sliced for slices.
2 cloves crushed garlic chopped finely

Four Meyer lemons, sliced to 1/16" slices
Salt
Pepper

Grill chicken section until they take on color and have dark brown spots. Turn chicken several times during the grilling process. Remove to an oven safe glass rectangular cooking dish. Salt and pepper well. Cover with onions, garlic then lastly, two slices of lemon on each piece of chicken. Bake uncover for ½ hour at 325° F. Cover with tinfoil. Increase heat to 350° F and cook another ½ hour. Remove from oven, uncover and let sit for 5 minutes before serving. When serving, slide a spatula under the chicken so as to keep the lemon and onions on top as it was cooked. Garnish with chopped chives.

Suggestion: Serve with Stuffed Japanese Eggplant.

## *Grillades and Grits*

A hearty breakfast or brunch in New Orleans, is made from an inexpensive, tough cut of meat. Well cooked creamy grits they take on the flavor of the sauce.

2 pounds round steak
2 teaspoons sea salt
¼ teaspoon red pepper
½ cup flour, seasoned
2 tablespoons Creole seasoning
3 tablespoons olive oil
3 tablespoons unsalted butter
2 medium onions, julienned
1 red bell pepper, julienned
2 ribs celery, julienned
3 cloves garlic, chopped
2 cups beef stock
3 tablespoons Worcestershire sauce
2 cups tomatoes, peeled, seeded, and chopped
2 bay leaves

1 tablespoons red wine vinegar
Red pepper to taste
1 tablespoon corn starch (whisked together with 1 tablespoon water)
1/4 cup Italian parsley, chopped
1/2 cup green onions, thinly sliced diagonally
Pepper to taste
1 recipe of grits made according to the package instructions

Pound the round steak on both sides to about ½ inch thickness, then cut into 4 inch squares. Season the grillades with the sea salt & red pepper.

Combine the flour and creole seasoning, dip the grillades one at a time into the seasoned flour and shake off any excess.

In a cast iron Dutch oven, heat the vegetable oil over medium heat until very hot, but not smoking. Brown the grillades well on both sides without burning. Transfer the grillades to a plate. Drain off the olive oil and melt the butter over medium heat.

Add the onions, bell pepper, celery, and garlic and, stirring frequently, cook until the vegetables are soft but not brown. Stir in the beef stock, Worcestershire, tomatoes, and bay leaves; bring the mixture to a boil. Reduce the heat to medium-low. Return the grillades and the accumulated juice from the plate back to the pot.

Submerge the grillades in the sauce and simmer for about 1 ½ hours or until they're very tender. When the grillades are tender remove them to a plate and bring the sauce to a boil. Add the corn starch mixture and whisk until the sauce is slightly thickened. Stir in the parsley, 1/4 cup of the green onions, red wine vinegar, hot sauce, and correct the seasoning. Mound the grits on 4 heated plates and divide the steaks on top of the grits. Pour the sauce over the grillades and grits, top with the remaining green onions and serve immediately.

## *Grilled Pecan Smoked Chicken*

As easy as pie and scalable. Need to feed more people, double everything except the wood chips!

Rub

1 tablespoon of garlic powder
2 tablespoons sweet paprika
1 teaspoon of ground coriander
1 teaspoon of onion powder
1/2 teaspoon salt
2 tablespoon olive oil (in a mister)
1 tablespoon lemon pepper
1/8 teaspoon cayenne pepper
1 tablespoon Mr. Dash's seasoning
1 tablespoon Salad Supreme Seasoning

Main

2 cups soaked pecan wood chips
2 fryers cut in half
Garnish
Italian Parsley

Cut the frying chickens in half through the sternum and back. Wash and dry very well with paper towels. Rub chickens well with the prepared spices. Store chickens refrigerated until ready to use. Preheat the outdoor grill to 350 F. Place a small smoker box directly over one of the burners. Load in a third of a cup of pecan wood chips. Spray fryers with a fine mist of olive oil and place fryers on the grill's top rack well away from direct heat. Close grill top allowing chicken to smoke between 350 and 400 degrees. Periodically check and replace pecan wood chips as necessary until all the chips are gone. During this time, turn the chicken pieces over once. Cooking time should be between 45 minutes and an hour.

Cover with tin foil and place chicken in a 250 F oven until ready to eat. Cut up to serving-size pieces with poultry shears. Garnish with parsley.

## *Grilled Salmon Patties with Champagne Sauce and Capers*

From a boneless 1/2 thick filet, cut patties 2" square, lightly dust with flour, grill[1] on a hot oiled grill. Don't over cook. Cover with hot Champagne Sauce to which has been added a number of Fancy Italian Large Capers.

Serve with Potatoes Anna and fresh trimmed steamed baby asparagus.

Note:
Grill on the barbecue using a oiled fish mesh (grill) which may be purchased at a barbecue store or a hardware store.

## *Hawaiian Electric Company Shrimp Canton*

Living on Oahu, Hawaii, it was good to finally get something good from the electric company to offset the fact that we had to ponder if we would buy gas for the car that month or pay the electric bill.

2 pounds shrimp
Deep fat for frying
2 eggs, slightly beaten
1 cup water
1 cup flour
1/2 teaspoon salt
1 fresh Dole pineapple cut into chunks, cover with ¼ cup each of sugar and water
1/2 cup vinegar
1/4 cup catsup
1/2 cup sugar
2 teaspoons salt
1 teaspoon soy sauce
1 teaspoon monosodium glutamate
Dash of hot pepper sauce
2 tablespoons cornstarch
2 tablespoons water
1 teaspoon toasted sesame seeds

Shell and clean shrimp. Heat deep fat to 360 degrees F.

Combine eggs and the one cup water. Add flour and the 1/2 teaspoon salt; mix lightly. Dip shrimp into batter; drop into fat and fry. Drain pineapple; add water to syrup to make one cup. Combine syrup, vinegar, catsup, sugar, the two teaspoons salt, soy sauce, monosodium glutamate and hot pepper sauce in saucepan; bring to a boil. Mix cornstarch and the two table-

spoons water; stir into hot mixture. Cook two more minutes, stirring constantly. Add pineapple and cook until pineapple is warmed, then pour over shrimp. Sprinkle with sesame seed.

Makes six servings.

## *Holiday Ham*

According to the 1938 culinary encyclopedia Larousse Gastronomique, the finest hams in Europe were produced by the Gaul's, who cured pork by burying the carcass in brine for half a year. It is also argued the Chinese cured hams from domesticated animals centuries before the ham was even known in Europe.

Compart Duroc Premium Pork, a producer of premium American hams, highly tout the Duroc breed as a sire of choice to the American farmer. For more information see **http://www.compart-duroc.com/**

Hams may be fresh, cured, or cured-and-smoked. Ham is the cured hind leg of the hog. Fresh ham is uncured pork. Fresh ham will bear the term "fresh" as part of the product name indicating is not cured. Check the "sell by" or "use by" date. If it's expired, don't buy it.

Cured ham is deep rose or pink. An uncured fresh ham looks like a fresh pork roast and is pale in color. Country hams dry cured and range from pink to a mahogany color. Cured hams have been brined. The hams can be soaked 4 to 12 hours or longer in cold water in the refrigerator or in a bucket replenished periodically with ice to reduce the ham's salt content before cooking but only after they have been washed and scrubbed to remove any mold. Mold is not uncommon on country cured ham and relatively harmless but some molds can produce mycotoxins. According to the USDA[1] "*molds grow on hams during the long curing and drying process because the high salt and low temperatures do not inhibit these robust organisms. DO NOT DISCARD the ham. Wash it with hot water and scrub off the mold with a stiff vegetable brush*."

Dry Curing
In dry curing, the process used to make country hams; fresh meat is rubbed with a dry-cure mixture of salt and other ingredients. Dry curing produces a salty product. This type of ham includes prosciutto.

Wet Curing or Brine Cure
Brine curing is the most popular and cheapest way of making hams. A wet cure uses fresh meat that is injected with a curing solution before cooking. Brining ingredients are a combination of

salt, sugar, nitrites, nitrates, phosphates, water and added flavorings such as liquid smoke.

Smoked Hams
After curing, some hams are smoked. Lightly smoked with applewood is my preference. Smoking is a process by which ham is allowed to absorb smoke from smoldering wood chips which adds flavor, color and extends shelf life. We are looking for a bright reddish pink color, firm ham with a high percentage of intramuscular fat (marbling) which are attributes that translate into a tenderer, juicy and flavorful product. If a ham is soft to the touch it has too much water which dilutes the flavor. You don't want to be paying for water by the pound.

Hams are either ready to eat or not and the USDA label will have cooking instructions for hams that are not ready to eat. "Cook-before-eating" hams or fresh hams must reach 160 °F to be safely cooked before serving.

A whole bone-in-ham weight runs between 10 to 14 pounds and a half ham weights half of this; a shank or butt portion with the bone in, depending on the offering, may be 3~5 pounds. A small ham (3 pounds) is more difficult to cook as it won't stay upright in the pan which promotes its best cooking. If this is the case, you can stick fork in the ham to hold it up right. What is upright you say? When the ham cooks, you want the side with the most fat on top to baste the ham as it cooks. This means the bone is more or less parallel to the pans bottom (actually it is at an angle.) A larger ham will leave leftovers for other meals which is good. Ham is, on the whole, an economy food and budget stretcher. The number of things one can do with a ham bone (besides pleasing your dog) is almost endless. (See recipes for beans or split pea soup.)

If not buying a whole ham, I prefer the shank ham as it is a slightly sweeter despite it is more difficult to carve around the bone than other cuts.

Allow ½ pound of ham per person when buying ham. This recipe is for cured smoked ham and is cooked slowly in a 300F oven to an internal temperature of 125 °F as measured with a food thermometer. While a spiral cut ham may be more convenient, it dries out too quickly and does not lend itself well to soaking to remove excess salt. The ham heats from the outside-in, so unless you preparing to eat the whole thing, you don't have to heat it all the way through (after all the ham is already cooked). If on the other hand, you expect most of the ham to be consumed, lower the cooking temperature (300F) and cook the ham longer. Place your thermometer accordingly. As a rule, expect 9 minutes per pound but take the ham out when it reaches the correct temperature. Ham can "coast" to stay warm when left in the oven at a low temperature (160F).

1 Cured lightly smoked premium ham (half shank portion or whole ham)
Whole Cloves or ground cloves

1 cup light brown sugar
3 cans of Dole pineapple slices in heavy syrup
Fresh ground pepper

Start this process the day ahead.

Find a pot that will hold the ham but still fits in the refrigerator. Else, use a five gallon bucket and use frequent additions of ice to keep the water cold. Remove and discard the plastic wrap from the ham and the plastic plug at the end of the bone. Wash the ham with a stream of hot water. Scrub the exterior of the ham with a vegetable brush then wash again. Use a sharp knife and remove heavy skin on the aft end of the ham or cut in back leaving a decorative ring of curves or zig-zags. Wash the ham with a stream of cold water. Place in pot or bucket, fill vessel with cold water, and add ice cubes. Soak for 4 hours. Change water and repeat. Soak 8 hours, change water and repeat. Wash ham with cold water. Pat dry with paper towels. Store ham in refrigerator until ready to cook. Wipe down your counters with mild soapy water to remove any trace of mold.

Remove ham from refrigerator and place the ham in a glass baking pan or metal roasting pan several inches around larger than ham. Using a sharp knife, diamond cut the fat layer on the top of the ham to a depth of 1/8 of an inch in 1 inch rows, change the direction to the diagonal, and cut parallel rows to form diamonds segments. This will help shed excess fat as well as give your ham a decorative look as it turns golden brown in the cooking process. Into all of the diamonds, place a whole clove stem in the diamond's centers and press them flush to the hams surface. Cloves help hold onto the brown sugar in place. Place the knife you used in the dishwasher.

Preheat oven to 300F.

Place pineapple slices and the liquid along the sides of the ham in the pan. Press the brown sugar on the top of the ham. The excess sugar that does not stick will fall into the pan – this is fine. Optionally, sprinkle the slices of pineapple in the pan with a bit of extra brown sugar. Cook the ham to an internal temperature of 125 °F as measured with a food thermometer. About half way through cooking, you can begin to baste the ham with the juice from the pan. The top of the ham should be golden brown when done. Remove the ham from the oven, and baste with the juices. Cover with tin foil and allow ham to rest for at least 10~15 minutes before carving into it. The last thing to do is to slice the ham as it's served. Serve slices with a little pan juice and fetch out a pineapple slice on top as a garnish.

Serve with roasted red garnet yams (see Roasted Red Garnet Yams)

## *Holiday Roast Turkey*

Read this entire recipe 2 weeks before you need to cook the bird and once again the day before! This allows you to preview the required equipment, see the need for a defrosted bird; can get any additional equipment needed. The recipe calls for dressing. Prepare dressing a day ahead as "Turkey day" begins early because of the extended cooking time of the bird. If you plan a turkey over 22 pounds, you probably need to order one two or three weeks ahead of time.

*A lady was picking through the frozen turkeys at the grocery store but she couldn't find one big enough for her family.*

> *She asked a stock boy, "Do these turkeys get any bigger?"*
> *The stock boy replied, "No ma'am, they're dead."*

**Equipment for a dressed turkey**

Set of metal turkey skewers (kit)
Kitchen string
Small pair of scissors
Heavy tin-foil
18- by 13 by 3 ½ inch roasting pan[1]
Dial thermometer (6~8 inches long)
An oven thermometer (check the oven temperature)
A fat separator
A bulb baster with an injector needle or hypo-syringe and needle
Hand towels
Paper towels
Large microwave-safe Pyrex measuring cup (melting butter)
Ample supply of dish and hand-soap

It is a good idea to do an inventory the week before, to see if you need to buy anything you have misplaced from last year. One item I often overlook is the metal turkey skewers which I buy in quantity once very five years; I could be running out again.

If your oven temperature is not accurate, the bird will either cook too quickly or take too long. You need to check your oven temperature with a quality oven thermometer. With some expe-

rience, you can adjust the cooking time, speeding up or slowing the process, as required, by raising or lowering the oven temperature by plus or minus 30 degrees.

The best part of a roast turkey certainly isn't just the turkey. It's all the wonderful dishes that lubricate and complement a succulent bird. By the time the turkey is carved and nestled amongst the cranberries, whipped potatoes, giblet gravy, candied sweet potatoes, savory creamed onions, and the rest of the fixings, dinner becomes indistinguishable from gourmet cuisine. Practically nothing you do can be more catastrophic then overcooking in a turkey. The result will be dry and the meat will disintegrate off the bones. No recipe is foolproof because fools are so ingenious. Close attention to detail is an asset in the kitchen. Nothing is quite as appreciated as a finely cooked bird and many struggle for years before they manage to get it right. Follow these instructions carefully and you will have success your **first** crack at it. Cooking the turkey to perfection is practically impossible as the rate at which the white meat and dark meats cook is not exactly the same hence, it this recipe, we do a few things to compensate but the turkey legs may be slightly less than perfect while the rest is perfect. I think this is a good compromise. The breast of the turkey remains perfectly moist and succulent while the legs are slightly chewier at (170F) than if they had been cooked to 185$^{o}$ F. The thigh meat is further down in the pan which seems to cook it slower than the legs.

**Planning is Important**
You will need to plan your turkey day. Nominally a 25 pound bird will cook for 8 hours and 20 minutes and the bird needs 30 minutes to rest after it comes from the oven. (The formula is 20 minutes per pound.) If you plan to eat at 5 in the afternoon, the bird needs to be in the oven by 9:00 AM. This means the dressing needs to be ready by 8:30 AM when you start assembling the bird, but the bird needs to be removed from the refrigerator and allowed to come up to room temperature, about an hour. Now we are at 7:30AM. How about that first cup of coffee? So make the dressing the day before and put it in 2 two-gallon zip lock bags so it’s ready to go turkey morning. When you take the bird from the refrigerator also remove the dressing. (It takes about an hour to make the dressing if you have a food processor, longer if the bread crumbs are being made with a blender or longer if you only have small bowls.) Cooking time on the bag the turkey comes in may not be correct. See my chart below.

**Birds, birds, birds**
Natural turkeys, free-range turkeys, organic turkeys, processed turkeys all mean slightly different things. You need to know what you’re looking for. In the United States, the USDA web site defines the requirements necessary for a turkey to have certain designations. In the notes below, there is a link to their web site which is applicable reading. Kosher and Halal designations are not part of USDA program but are products that undergo the rigors of religious over-site by Rabbinical or Muslin supervision. Kosher turkeys and most commercially available turkeys are usually brined or have been processed with salt. Adding any additional salt will make the bird excessively

salty. Read the label on the turkey! If you are on a low-salt diet, you will need to either buy a turkey not brined or soak the brined turkey for at least 24 hours in water to draw off some of the salt. It is great if you have a sink or a five gallon clean paint bucket in a cold garage. **Brining makes for a better-tasting bird.** Fresh turkeys are more convenient than frozen but a lot more expensive. Typically only the smaller birds are available fresh. The Butterball and other brands may be purchased pre-basted (injected) with chicken stock, margarine, salt and who knows what else. I don't recommend a pre-basted turkey. When you baste your own bird you have total control over ingredient quality which is important. The toms birds are the biggest ones which is what I buy. The chicken stock could just as easily be turkey stock and home made. If making home made stock, omit any salt in the recipe. The sweet butter, likewise, has no salt. It you buy a frozen bird, it may take more than a week to defrost in the refrigerator. If you have less time, place the bird in two brown paper bags and leave it out two days in a cold place like you garage away from a hungry dog. This will jump start the defrost process. Bag the bird in several kitchen size trash bags so it will not leak and the bird can now go into the refrigerator another two days to finish.

**Be mindful of Sanitation**

Don't forget to wash your hands. Clear a large section of counter space. As with handling any poultry, anything that comes in contact with the uncooked bird must be sterilized or removed to the dishwasher after its use. During the process of stuffing the bird, you may have occasion to wipe your hands on a towel. Be mindful what you have touched. Get out the dressing, melt the butter; basting needles and syringe get out the kitchen string, roasting pan, have hand-towels and paper towels handy, small pair of scissors, a dial thermometer, and the trussing kit with the metal skewers. Have the tin foil sections already out and cut to length and available on the counter. Put everything needed for preparation at easy reach. You don't want to have turkey hands and start handling cabinet handles, drawer pulls, or have to open the refrigerator. Now proceed. When the bird is ready to go into the oven, have someone open the oven door so you don't have to do it with dirty hands else wash your hands first. After placing bird in the oven, put your hand towel(s) into the clothes washer, Wipe down the faucet, the handle to the dish washer, disinfect the kitchen counters, put the sponge you just used into the dishwasher. Wash your hands. Break out a fresh towel.

Pre heat oven to 325 F. Remove all oven racks but the lowest one.
Ingredients

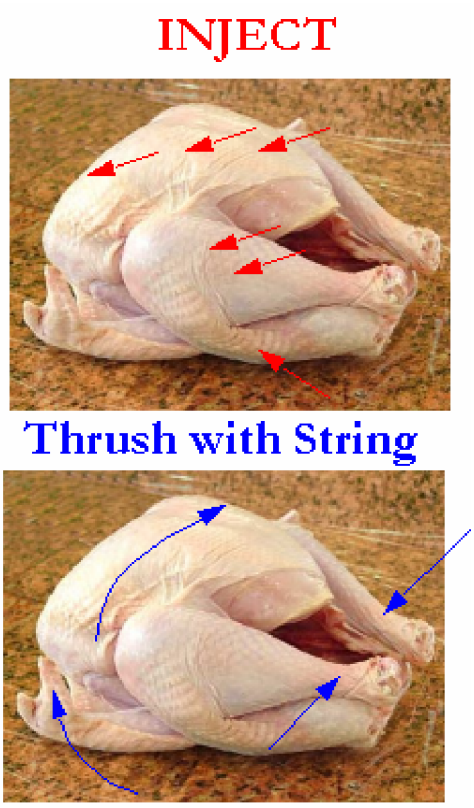
- One 25 pound turkey (see notes for cooking time)
- 3 sticks of melted sweet butter (reduce to 1 ½ cups if turkey is pre-basted)
- 3 cups of low salt chicken stock (not needed if turkey is pre-basted)

Cooking syringe
A bulb baster

Cooking (trussing) thread[7]
Heavy tin foil
Large roasting pan (see text)
If making gravy, a fat separator is handy
Thermometer (see text)
Plenty of paper towels
Trussing kit[7]

The turkey comes in a plastic bag. The bag is full of juices so open it the sink. Remove the giblet and neck from the cavities inside the bird. Thoroughly wash turkey with cold water inside and out rinsing until no sign of red shows in the rinse water. If the bird was supplied with a plastic insert to hold the legs together, remove and discard it. Remove and throw away any large clumps of turkey fat clinging to the skin near the rear or front openings. Keep the tail even if loose – for some this is a favorite part. If a few quills are sticking out of the bird, remove them with needle-nose pliers. The loose neck skin is needed to hold the dressing the front of the bird so make sure you leave the neck skin flap intact. Place the turkey in a large flat roasting pan[1] at least three inches on each side larger than bird with sides at least three inches high. Dry the bird inside and out thoroughly with paper towels. Dry the bottom of the roasting pan of any residual liquids.

Set giblets and turkey neck aside for making the turkey stock for the gravy.
(See Steve's Turkey Giblet Madeira Gravy recipe)




Tightly pack (see recipe for Sour Dough Apple Current Sage Dressing) dressing into neck and cavity of bird. Pin the skin of the neck area back on to the under side of the bird with the pins from a turkey trussing kit[7] in 4~6 places. Try to insure that the pins avoid piercing into the main cavity of the bird else you may run your hand into one of these while fitting the dressing in the main cavity. Coat the bottom of the pan by brushing it with melted butter. Move turkey over the middle of pan. Fill the rest of the bird by tightly packing dressing into the main cavity. Press the initial handfuls back towards the neck opening and down into the back ribs. When the main cavity is almost filled, truss the legs by tying these tightly together with string toward the very end of the legs (1/2 inch back). After the legs are trussed (see picture), add more dressing between then until the main cavity is filled. Brush entire exposed outside of turkey with butter especially the neck flap area. Fold a piece of tin foil to a square to cover the neck flap area (fold of skin in the front) where the dressing is, as this easily get done quicker and will otherwise burn. See top panel of long picture. Butter this foil then place butter side firmly against the turkey. Trussing keeps the turkey together, which makes it cook more uniformly, rather than having the wings and legs dangle and become dry when finished. Make a loop of butcher string to tie the wings up and to each other. (Same loop is used for legs as wing shown in middle panel picture.) This will insure they stay close to the bird's body. (see upper panel picture – note the string for the wings crosses straight across the front section of the bird.) Using the rest of the butter, inject it at a shallow angle into the bird's breast, drummette (wings), thigh and leg areas. Come back and repeat with the chicken stock. The injected liquid should run out as the bird cooks so a course needle is preferred. These injections should be shallow and avoid going into the dressing cavity. Now tie the leg end tightly together. Cut off any extra string. If the tail is dangling, make a loop in another piece of butcher string, place loop around middle of tail section. Push it up, towards the legs. Tie the tail piece string to the leg string. Cut off any extra string. Make an open sized tin-foil "plug" for between the leg to cover dressing opening. Push it in. (See bottom panel picture)



Cover breast and top of bird with heavy tin foil. I fold a much larger piece in half and then make ½ side seems by folding these over on themselves, this make the foil heavier-still and allows you to more readily shape the foil to fit the contour of the bird's topside. The foil will be placed over the top of turkey and down to the turkey legs but not tightly. You will repeatedly remove the tin foil to baste the bird so a more rigid piece is handier. The tin foil top will be discarded the last hour of roasting to allow the bird to further brown. I suggest using a direct indicating thermometer stuck deep in the bird insuring that the internal temperature exceeds 160$^{o}$F for at least 20 minutes. If you don't have this type of thermometer, use an instant reading thermometer. You don't have to worry about the bird's temperature until the last hour or so of cooking when testing for doness occurs.

Roast at 325 oven 20 minutes per pound for the best results. If you must shorten the cooking time, raise the temperature, to 350 F but only after the first two hours. (See notes for cooking time.)

Basting while Cooking

Basting a bird is a ritualistic enterprise at best. It allows the chef the opportunity to confirm the fact that he was diligent to turn ON the oven **this time!** The site of a roasting bird seems to have a calming effect which may counteract the anxiety of having Aunt Martha over who will describe in excruciating detail every ailment she has had for the last 22 years. So if basting a bird, cook the turkey for two hours then begin basting. (You could just tell Aunt Martha your coming to baste the bird while actually refilling your egg nog.) Baste bird every thirty minutes with juices from the pan. If the color of the bird **the last hour** of cooking is too pale, increase oven temperature to 375. If the turkey is already looking a bit dark leave tin foil

on until last half hour of cooking.

After cooking, let the turkey stand ½ hour before carving. (smaller turkeys less time) Cut off the strings to carve. Put several pot holders under the narrow edge far side of the roasting pan so the juices all run to the near edge. This will allow the run-off to be easily collected toward finishing the gravy.

So Turkey day is finally here
Dad's a basting and drinking beer
Bird's in the oven, roasting fine
Friends are over drinking wine
No one can find the cat
Patty's wearing a funny hat
Dog awaiting for what might drop
Children running, they never stop
Pie's are made and properly plated
Casey's asleep well satiated

**Fixing Problems:**
Sometimes the tail is not attached any longer as it became dislodged during processing. Soak a wooden skewer in water for 20 minutes, then spear the side of the turkey near the tail area, through the detached tail and through the far side taking great care that the extremely point end does not **also** pierce your hand!

**About Dressings:**
Any dressings that includes uncooked meat, seafood or fowl are potentially risky. It is really not a big deal to sauté the uncooked meat, seafood or fowl in some butter and onions before assembling the dressing which virtually eliminates any potential risk associated with cooking a dressed bird. I don't think it in anyway compromises the quality of the dressing.

Notes:

1. **Roasting pan recommendations exclude a tin foil pan!** First mistake with a baster will pour hot butter all over the hot interior of your oven immediately resulting in a major conflagration which may require a visit from the local fire department to quench. If you're lucky the house will remain. A good roasting pan is NOT teflon coated. The nice caramelized bits do not form on teflon pans so if gravy is more important than clean up find a metal pan. The ideal roasting pan should have a dimension of 18 x 13 by 3 ½ inches, with vertical or with folding handles. Much larger and it will not fit in most refrigerators. Smaller sizes promote splatter while basting.

2. **Slow Thawing Turkey:** Slow and 100% safe thawing may be done in the refrigerator but requires at least 24 hours for every 4 pounds of weight which is about a week for a 25 pound bird. Once thawed in the refrigerator, it can remain refrigerated for several days before cooking. Place the bird in a plastic garbage bag to insure it does not leak all over other food.)
3. **HEN or TOM TURKEY –** The sex designation of "hen" (female) or "tom" (male) turkey is used as an indication of size rather than tenderness.
4. **KOSHER –** "Kosher" may be used only on the labels of turkeys that are prepared under Rabbinical supervision. Likewise Halal is the equivalent Muslim designation.
5. **NATURAL –** Turkey containing no artificial flavor or flavoring, coloring ingredient, chemical preservative, or any other artificial or synthetic ingredient and is minimally processed.
6. **for the USDA Web Site see:** http://www.fsis.usda.gov/Fact_Sheets/Turkey_from_Farm_to_Freezer/index.asp
7. **Trussing Thread, kitchen thread, butcher's string –** a white sanitized string, usually cotton, for trussing fowl and tieing roasts. Sometime a short piece is included in a trussing kit which also includes a set of heavy wire skewers about 4 ½ inches long for securing the bird's neck cavity.
8. **Approximate Cooking Time Chart for 325F (based on 20 min. per pound for a dressed bird):** (1/3 hour is 20 minutes, 2/3 hour is 40 minutes)

| Pounds | Hours | Pounds | Hours |
|---|---|---|---|
| 10 | 3 1/3 | 19 | 6 1/3 |
| 11 | 3 2/3 | 20 | 6 2/3 |
| 12 | 4 | 21 | 7 |
| 13 | 4 1/3 | 22 | 7 1/3 |
| 14 | 4 2/3 | 23 | 7 2/3 |
| 15 | 5 | 24 | 8 |
| 16 | 5 1/3 | 25 | 8 1/3 |
| 17 | 5 2/3 | 26 | 8 2/3 |
| 18 | 6 | 27 | 9 |

Regardless of the chart, the bird is done when the internal temperature of the bird reaches 160 F for 20 minutes. At this point, the bird has already somewhat turned a golden brown on top even if you have inadvertently have left the tin foil on. It will be golden brown to some extent when it's at the right temperature. If the bird is at 170 F take it from the oven – it is done – avoid over cooking!

## *Italian Sausage*

1 pound of fresh pork butt
1/2 pound beef suet
1 pound of fresh sirloin
1 cup finely diced onions
4 cloves of fresh chopped red Italian garlic
Chopped fresh basil
Sea salt
Pepper
White pepper
Crushed red pepper
Fresh oregano, chopped
Fresh thyme, chopped
1 tablespoon or more of sugar
Onion powder
1 ground star anise seed
2 tablespoon of olive oil
1/4 cup of water

Grind coarsely, fresh pork, beef suet and sirloin. Add finely diced sautéed onions. Add all other ingredients, mix well. Let stand 24 hours. Fry up a small tasting portion, correct the seasoning as required.

Form into sausage or meat balls. Fry in a little olive oil and serve.

## *Kae's American Spareribs*

2 slabs of pork ribs
1/2 cup wine
3 Garlic cloves, minced
Ground cloves
Ground allspice

Cut pork ribs into serving sizes sections.

Steam one hour in 325$^{o}$ F oven covered in aluminum foil wrap along with 1/2 cup water or wine, garlic, a little cloves and allspice. Skim off fat and save run off juice for sauce.

Barbecue Sauce
1/3 cup water
3/4 cup vinegar
1/3 cup butter
1/3 cup chili sauce
3 tablespoons horseradish
3 tablespoons Worcestershire
1/2 teaspoon salt
Cayenne pepper
Run off juice.

Rack ribs in a shallow pan. Baste with sauce. Cook in a 375 F oven. Baste with sauce every ten minute interval. Turn over sections. Baste twice again every ten minutes. Bake another 15 minutes.

## *Kae's Cantonese Leg of lamb*

Preheat oven to 450 F.
young leg of lamb
fresh ground pepper
honey
soy sauce
water
cornstarch

Trim all the fat off a young leg of lamb.

Rub with the leg of lamb fresh ground pepper and lavishly coat with honey. Place in a roasting pan with three-quarters (3/4) of a inch of water. Bake uncovered in 450 oven. In the first half an hour baste with half a bottle (3 ounces) of soy sauce. At the end of the first 15 minutes, reduced the heat to 350 F. Baste every 15 minutes there after. On the second basting, use the other half of the bottle of soy sauce. Bake a half an hour per pound or until the internal temperature indicates the degree of doneness. To thicken the sauce, use two tablespoons cornstarch mixed with water and add to the heated pan juices. When thickened properly, place in a gravy boat. The lamb will be very dark and the juices black but the roast will be delicious and succulent.

## *Kae's Chicken and Avocado Tostados*

3 1/2 chicken breasts cooked (about 1 1/2 pounds)
3 cups finely shredded lettuce.
2 green onions thinly slices
4 radishes
2 tablespoons chopped cilantro
2 ½ tablespoons bottled Italian salad dressing
12 corn tortillas fried in deep oil 350-375$^{o}$ F formed around a Pyrex cup to make a bowl.

Spicy re-fried beans
2 Avocados sliced
1 1/2 c shredded cheddar cheese.
Garnish: Tomato wedges, carrot curls, radish roses.

Shred chicken with fingers, remove skin and bones. Make some strips long. Spread tortillas with beans. Top with mound of lettuce mixture. Place long strips of chicken and avocado over lettuce. Sprinkle each with 2 tablespoons cheese. Garnish.

Spicy Re-Fried Beans
Remove casing and crumble 6 ounces chorizo[1] sausage in a frying pan. Cook and stir until brown. Spoon off excess fat. Stir in a small chopped onion. Cook until golden brown. Mix in one can (1 pound) re-fried beans. Heat thoroughly. Stir in 1/2 cup shredded jack cheese until melted.

1. chorizo is very spicy pork sausage seasoned especially with garlic. [Spanish.]

## *Kae's Chicken Satay*

Satay is an Indonesian/Thai specialty served as a snack or appetizer. It consists of marinated meat, fish or poultry that is threaded on skewers, grilled or broiled, and served with a spicy peanut sauce. (see Satay Sauce recipe)

4 Boneless skinless chicken breasts
4-3 Tablespoons sesame oil

2 Tablespoons soy sauce
2 Tablespoons lemon juice
2 Teaspoons minced ginger root
2 Teaspoons honey
3 Cloves garlic, minced
1 Teaspoon ground coriander
1 Teaspoon ground cumin
Pinch hot pepper flakes

Cut chicken lengthwise into thin strips; thread onto soaked wooden skewers. Place in glass baking dish. Whisk together oil, soy sauce, lemon juice, ginger, honey, garlic, coriander, cumin and hot pepper flakes; pour over chicken, turning to coat well. Cover and refrigerate for 1 hour. Reserving marinade, cook chicken on greased grill over high heat or broil, basting with marinade, for 5 to 6 minutes per side or until no longer pink inside.

Serve with Satay sauce.

## *Kae's Deviled Beef Bones*

Preheat to 450$^{o}$ F
6 tablespoons soft butter
1 Teaspoon Worcestershire
1 Teaspoon dry English Mustard
1 Teaspoon curry powder
1/4 Teaspoon cayenne pepper
1/2 Teaspoons salt
Flour
2 1/2 - 3 pounds lean short ribs

Butter roasting pan. Make 1/4 crisscrossing cuts on the meaty side of the ribs. Dust in flour, shake off excess. Add salt and pepper. Roast ten minutes. Use pastry Brush. Coat evenly. Reduce heat to 400 F and roast 1 hour 15 minutes.

## *Kae's Enchiladas Suiza (Swiss)*

1 frying chicken, cut up (2 1/2 pounds)
2 ripe tomatoes peeled seeded and chopped
1/2 cup water
1 medium onion, chopped
1 minced clove garlic
1 1/2 teaspoon salt
1/4 teaspoon each cumin and coriander
Combine above ingredients and simmer covered for 1 1/2 hours:

2 cans chopped green chiles
1 cup whipped cream
12 corn tortillas
2 cups shredded Jack cheese
1/2 cup sour cream thinned with 2 tablespoons cream or half and half
1/4 cup sliced ripe olives
2 green onions thinly sliced.
Boil cooking liquid until reduced to 1 1/2 cups.

Stir in green chiles and spread in 13 x 9 glass baking pan. Heat cream in small frying pan. Dip tortillas in cream until limp. Fill tortillas with shredded chicken, roll up and set side by side.

Pour on remaining cream. Sprinkle with cheese. Bake 375$^{O}$F for 20-25 minutes until cheese melted and a little brown. Sprinkle with olives and green onions. Can substitute boiled thin ham for chicken.

## *Kae's Fresh Corn Tomales*

Cover top quality dried corn husks with warm water and soak overnight. Drain and keep moist. (Substitute fresh corn husks.)

6 Large ears of corn
1 1/2 Cups grated Jack cheese
1 4 Ounce can of chopped Chiles
Salt
Pepper

Husk corn. Don't split husks. Discard Silk. Clip off curved thick ends of husks.

Score rows of corn with a fork. Scrape off corn kernels using a spoon. Mix with cheese and chiles.

3 1/2 cups Quaker Masa Harina
2 cups warm water
3/4 cups of lard (there is no substitute)
2 teaspoon of salt

Combine masa water and salt. Place lard in bowl. Beat until fluffy. Add masa and beat very well for quite a while. Cover with a damp towel. Keep cool until used. Can test constancy. Place a bit in cold water. If it floats, there is enough lard.

Spread masa on inside of 2 corn husks and place face together. One husk pointing up the other down. Cover lower middle section with another bit o husk. Place a spoon full of corm mixture on the masa. Fold sides over to cover, then carefully fold the filled section up over the rest of husk. They are open ended. Steam with fold at the bottom in a pot with a cover in a batch. Steam 50 minutes.

## *Kae's Ham ala Cream*

Combine the roasting pan drippings with 3/4 cup of rich stock, 1 jigger of Madeira, 6 chopped mushrooms, bouquet Garni. Bring to boil then reduce one third.

Add 1/2 cup heavy cream. Correct seasoning with salt and pepper. Simmer 6 minutes until sauce thickens and strain. Pour over thin slices of heated left over ham.

## *Kae's Ham Loaf*

Preheat oven to 350$^{o}$F.

2 eggs
2 cups ground boiled ham
1/2 Teaspoon baking powder
1/2 Teaspoon Worcestershire
1/2 cup white bread crumbs or white soda crackers

1/2 cup sour cream
1 small onion, grated
4 Tablespoons minced parsley
1/8 Teaspoons pepper
butter

Butter loaf pan well.
Mix and add ingredients to pan.
Bake at 350 for 45 minutes.
Turn out on hot platter.

Pineapple Pepper Sauce
jalapeño jelly
fresh ginger.
1 bell pepper cut to perfect 1/2 squares.
Same volume of cut up fresh pineapple in perfect 1/2 squares.

Stir fry each separately in a little oil. Throw out oil. Add melted jalapeño jelly with slivered fresh ginger.

## *Kae's Osso Buco*

Serves 6-8 persons
Use casserole with tight fitting lid, large enough to hold meat standing vertically in one layer

6-7 pounds meaty part of the beef or veal foreleg sawed in 3 inch pieces with marrow bone in center.
1/2 cup butter
1 1/2 cups chopped onions
1/2 cups chopped celery
1/2 cups chopped carrots
1/2 Teaspoons salt
1 Teaspoons minced garlic
Flour

Sauté vegetables and seasonings until lightly colored.

Tie string around the circumference of meat shanks, lightly flour both sides. Use skillet on moderate heat with 2 to 3 tablespoons of good olive oil each time. Brown 4-5 pieces both sides. Transfer to casserole, standing vertically, fitted tightly so as to not fall over.
Discard most of the fat from the skillet. Boil 1 cup white wine to reduce by half. Add:

3/4 cup chicken broth
1/2 Teaspoons thyme
1/2 Teaspoons oregano
1/2 Teaspoons rosemary
1/2 Teaspoons sage
2 Bay leaves
3 cups chopped canned whole tomatoes.

Bring to a boil then pour over meat. Liquid should come half way up the meat else add more broth. Add three cloves crushed garlic.

Bring to a boil then simmer until very soft, three hours or more.

Serve with 1 teaspoons grated lemon peel, 1 tablespoons finely minced garlic, 3 tablespoons minced parsley over top. Serve with plain polenta. Should be very aromatic.

## *Kae's Perfection Roast Chicken and Potatoes*

Chicken is a staple in many house holds. If you eat chicken twice a week for sixty years, you may end up cooking 6240 birds and you will have spent more than 260 twenty-four hour days cooking them. You might as well learn how to do it simply and achieve a **PERFECT BIRD** where the wing tips crunch like potatoes chip, the skin is a dark brown and crackling crisp, and the whole bird is succulently juicy especially the breast and the whole bird extremely flavorful. The magic of the recipe is the heat of the oven. The bird will cook at 500 degrees for 1 hour. The potatoes will have absorbed some of the juices of the chicken. This is a meal fit for kings. I rate this recipe with 5 stars! Boy could my mother cook a chicken!

The regime of very high temperature cooking requires being aware that it is rather easy to burn ingredients if they are not suitable to this heat. We don't pre-pepper the bird or the potatoes as it will just burn. Do not substitute margarine for butter as it too will just burn. Do not use a seasoned salt as ingredient in it will burn.

1 free range frying chicken (3 1/2~ 4 1/2 pounds)

3~4 Idaho potatoes, peeled and cut into wedge shaped slices not too large
1 stick of melted unsalted butter
1 tablespoon olive oil
Salt
Pepper (after the bird is cooked)

Pre-heat the oven to 500$^{o}$F. (That not a mistake - 500!)

Wash chicken well and dry it thoroughly inside and out with paper towels. Remove any excess fat from the cavity flaps. If the cavity opening is too closed down, remove some of the flaps with a sharp knife. The cavity opening should be larger than a quarter to allow heat to enter. This is vital to correct cooking.

Wipe the bottom of a glass roasting pan with olive oil. (Do NOT line the pan with tin foil.) Cover the bottom of the pan with cut up potatoes wedges. Salt these.

Place the whole chicken on top of the potatoes in the center of the pan. Pour the melted butter over the chicken and the potatoes. Salt the chicken. Roast in center oven rack for one hour until the bird is a dark golden brown.

Remove the bird to a platter and arrange the potatoes around it. Using a spoon, pour some of the juices over the bird and the potatoes. Now pepper the bird and the potatoes. Garnish with a few sprigs of rosemary. Serve on the table using kitchen shears, a sharp knife and thongs. Let stand 8 minutes before carving.

If you have more guests, double the recipe but for best results, use two pans. You may split the chicken down the breastbone and through the back and cook the haves atop the potatoes wing tip up. Then each serving is a half a chicken per person and no further carving is required.

Don't mess with the heat although, the first time, you will be tempted to turn the oven down, it would be a mistake. Don't try to stuff the bird either. You may think that a single 4 pound bird is plenty to go around but everyone will want seconds!

## *Kae's Roast Leg of Lamb*

Preheat to 500$^{o}$ F.

2 tablespoons salt

1 teaspoon fresh pepper
Prepared mustard
2 teaspoon fresh cut rosemary
5-6 pound leg of lamb. Leave on fell (the Parchment like skin)

Press seasonings firmly into lamb entire surface. Insert roasting thermometer in the thickest portion of roast but should not contact the bone.

Place roast fat side up on a rack in a shallow roasting pan for 20 minutes at 500$^{o}$ F Reduce heat to 375 $^{o}$ F another 40-60 minutes. Select final temperature: 130-140 for rare, 140-150 for medium, 150-160 for well done. Remove roast and rest 15 minutes before carving.

## *Kae's Spareribs II*

Rub ribs with soy. Pressure cook a short time in water with garlic, a little cloves and allspice. Cut pork ribs into serving sizes sections. Rack ribs in a shallow pan. Baste with sauce. Cook in a 375 $^{o}$F oven. Baste with sauce every ten minute interval. Turn over sections. Baste twice again every ten minutes. Bake another 15 minutes.

Barbecue Sauce II

1/2 cup salad oil
Salt
Fresh ground pepper
Cayenne pepper
Minced garlic
1/2 cup vinegar
1/4 cup sherry
1/2 cup chili powder
2 tablespoons Worcestershire
Tabasco
1/2 cup catsup
1 tablespoon. dry mustard.
1 teaspoon or more Hickory smoked salt or liquid smoke and salt
1/2 cup water

Brown sugar

## *Kae's Steak and Kidney Suet Pudding*

1 1/2 pound Sirloin Steak
1 pound beef kidney, remove all core
1 teaspoon mixed herbs
salt and pepper
seasoned flour
cold water

Cut meat into 1" squares, roll lightly in seasoned flour. Layer with herbs.

Basin (Tureen) Dough
1 cup of flour
1/4 teaspoon baking powder
1/4 teaspoon salt
1/2 cup chopped suet
Cold water to mix, approximately 1/2 cup

Add suet to flour and salt. Rub in lightly with fingertips. Mix to a light and spongy dough. Dough will line a heat proof well greased basin. Roll out 2/3 of dough to a round 1 inch thick, dust with flour, fold in two. Pull ends to shape a bag. Line the basin without folds. (Don't forget, basin must be well greased.) Add meat. Add cold water to 3/4 full. Roll rest of dough 1/2' to cover basin with 1/2 inch over rim. Press down the edges well and then trim. Tie a scalded floured cloth over and set in a large pan of boiling water. Boil steadily 3 hours, adding boiling water when necessary.

Serve with a jug of boiling water. When first portion is cut, lift up top and add a small quantity of water before serving.

Serve with ground mustard prepared with water and a pinch of salt.

## *Kae's Tamales*

3 1/2 cups Quaker masa harina
2 cups chicken broth
3/4 cup of lard
Cooked pork or chicken, shredded
Whole black olives, one or two per tamale

Combine masa, warm stock, and salt to taste. In a mix master, beat best lard until light and fluffy, add masa, and beat a long time. A small sample dropped in cold water should float, if not add more lard.

Sauce:

1/8 pound dried Pasilla chilies
1/8 pound dried Ancho (California) chilies
1 clove garlic
1 medium onion
1 tablespoon lard
1 cup chicken stock
1 teaspoon vinegar
1/2 teaspoon salt

Toast dried chilies on a griddle. Cool. Discard stems, seeds, pithy parts, and wash them. Cover with one cup of cold water, soak two hours. Blend until smooth. Add water to make one cup. Mince onion and sauté in lard until soft. Combine ingredients and cook until thick. Taste for salt.

Fill tamales with masa, meat and one or two olives. Wrap in top quality dried corn husks soaked in warm water and let stand overnight. Tie corn husks with strips of husk. Steam in layers in a covered pot 50 minutes.

## *Kay's Chicken Liver Pate*

6-8 Chicken Livers
1 slice fresh pork fat as a topping while baking
1 slice lean fresh pork fat
2 shallots

Diced mushrooms
1 Tablespoon butter
1/2 cup of white bread crumbs (no crusts)
Parsley
Thyme
1/4 Teaspoons allspice
Lemon peel
1 Tablespoons of good brandy
1 well beaten egg

Sauté shallots and mushrooms in butter. Add all ingredients and process finely in Cuisinar. Set pate in bakeable dish. Cover with fresh pork fat as a topping. Set in a bath of boiling water and bake in oven at 325 F for 1 1/2 hour.

## *Kay's Different Liver Pate*

8 ounces beef liver cut in small strips
Flour above slices and add salt and pepper. Sauté quickly in butter 3 minutes until just done.

Deglaze with

1 Tablespoon Worcestershire
1/3 Cream

Do not cook.

Blend together with 1/4 cup sweet butter, and 2/3 cup mayonnaise. Add a pinch of sugar if necessary. Chill for 8 hours. Serve with toasted Sour Dough Bread.

## *Kay's Mousaka*

Pre-heat to 350 $^{o}$F

2/3 pound hamburger
1 eggplant

1 small onion.

Diced onion and lightly browned in a little oil. Remove and set aside. Brown Meat.
Then add:

1 Teaspoon oregano
1 3/4 cup water
1/2 package taco mix
1 1/2 Teaspoons rosemary
3 minced garlic cloves
1 dried hot red Chilies
2 Teaspoons Gebhardt's chili powder
Salt to taste
2 plum tomatoes, blended
3 Teaspoons tomato paste
1 Teaspoon sugar

Simmer two hours. Should be slightly spicy.

Peel and cube eggplant 1/2 inch cubes. Add 1 cup at a time to smoking oil in a wok. Drain and dry with paper towels.

In a casserole, layer eggplant then grated cheddar cheese, the sauce. Repeat, ending last, in sauce.

Bake at 350 $^{o}$F oven for 35 to 45 minutes.

## *La Milpa Enchiladas*

The same family has run this restaurant since we moved to Northern California from Los Angeles. We have been eating there for over thirty years. Their enchiladas remain the best we can find in the area and among the best we have had if you include all of California, Arizona, and Texas.

Enchiladas Sauce. (Scale the quantity of sauce to quantity of Enchiladas)

1 Dried Pasilla Chili (2 Chilies for a stronger flavored sauce)
2 ½ cups chicken stock
2 large cloves of garlic
1 tablespoon of corn starch

1 tablespoon of water
1 cup of sour cream
Salt

Soak 1 dried pasilla chili pod in hot water for 20 minutes until soft. Cut open and discard all the seeds, inner webs and stems. Place in blender with 2 ½ cups chicken stock and 2 large cloves of garlic. Process until finely blended. The harshness of the sauce is later moderated below with sour cream. Cook on stove 20 minutes. Thicken with 1 tablespoon of corn starch pre-dissolved in a tablespoon of water. Correct salt. (Adjust quantity of sauce to quantity of Enchiladas.)

Add 1 cup of sour cream or so to the sauce, by taste, until the harshness of the sauce is moderated and creamy.

Enchiladas
Heat flour or corn tortilla over a direct flame or on a heated large dry frying pan until soft and pliable. Dip tortilla in sauce, fill very generously with shredded jack cheese and sautéed onions, along with shredded chicken, pork or beef as desired, a little extra sauce. Roll into a tube starting with the meat filling but capturing some of the cheese onion sauce in the outer layers. Arrange enchiladas in a nice neat row. Cover with more jack cheese, pour the remainder of the sauce over enchiladas, top with more jack cheese and bake 325F until done (40 minutes.)

## *Lamb Riblets with Curry*

As a starving student, breast of lamb was often as low as ten cents a pound. You can imagine I worked on ways to make my meager funds fed me. I confess I even poached deer in the hills of Malibu, ate the local rabbits despite warning from the health department. Inexpensive lamb was a real treat.

2-3 pounds lamb riblets
1 Large yellow onion
1 carrot
1 stalk of celery
1 small can tomato paste
1 cup sherry
½ teaspoon curry powder
1/8 teaspoon cumin

3 cloves of crushed garlic
Pinch of dry parsley
½ teaspoon ground coriander
Bay Leaves
2 cups beef stock (Chicken Stock)

Bring a large pot of water to a high boil. Boil riblets for 4 minutes to remove excess fat. Drain and pat dry. Broil riblets 10 minutes with cut up vegetables turning as necessary to give color and flavor the meat. Process the vegetables in a food processor. Add to stock pot along with lamb riblets, beef stock, sherry, tomato paste, bay leaves, pepper, coriander, cumin, curry powder and garlic. Cover and cook 1 hour on low. Remove lid; cook another hour until almost fall off the bone tender. Spoon out meat with a slotted spoon. Spoon off excess oil on top. Bring to high heat to thicken stirring to prevent burning. (Optional thickened with flour.) Taste and correct seasoning. Fish out and discard bay leaves. Serve over wide noodles.

## *Honey Lemon Lamb Riblets with Cilantro Jalapeno Dipping Sauce*

I developed the recipe as an appetizer and was first presented at the Gourmet Club dinner in Livermore

4 pounds lamb riblets or enough to “feed the flock”
4 ~ 5 lemons
Juice from one orange
1 cup chopped fresh mint
½ cup chopped fresh rosemary
Salt
Pepper
1 half a large onion cut into large full length chucks
1 green bell pepper cut into large full-length chucks
4 cloves of chopped garlic
2 tablespoons olive oil

Honey Sauce
Juice from a lemon
1/3 cup of clover or orange honey

1/8 cup cold water
chopped mint
pinch of cardamom
pinch of cumin
pinch of salt
Heat until well blended and mint is “fried”. Set aside

Cilantro Sauce
Chop very finely 1 cup of fresh cilantro
2 mild or one hot fresh green Jalapeno chili
4 cloves of garlic
2 tablespoons water
1 teaspoon lemon juice

Garnish
Kalamato Olives
Cilantro
BBQ Lemon chunks -(reserved from BBQ)

Marinate ribs for three to four hours with the juice of four lemons, juice of one orange, salt, pepper, chopped mint, chopped rosemary, chopped garlic, chopped remains of lemons in into large chunks.

Get the Barbecue grill hot. Skewer the onions and bell peppers and cook like kabobs for ten minutes. Cook ribs and lemon chucks until well colored from grill. Remove from grill and bake just ribs covered in a 375 preheated oven until tender. When ready to serve, reheat ribs, onion, bell pepper and lemon chunks in microwave. Reheat Honey Sauce. Toss with ribs and other ingredients. Garnish with Kalamata Olives and Cilantro. Serve with dipping sauce.

Suggested wine pairing:
A white wine slightly sweet to not clash but contrast the lemon undertone of this recipe
Candidates include Johannesburg Riesling, White Riesling and or Gewurtztraminer.

## *Lobster Thermidor*

Lobster Thermidor is a French dish consisting of a creamy mustard cheese cream sauce with mushrooms, cooked lobster, and brandy, sherry, stuffed into lobster shell, and oven-browned cheese crust. Lobster Thermidor was created in 1894 by Marie's, a Paris restaurant near the theatre Comédie Française, to honour the opening of the play Thermidor by Victorien Sardou. Vicki and I used to order this when we were first dating at Branding Room Steak House in Santa Monica in the ‘60s.

Court bouillon as needed (see recipe)
2 live large California rock lobsters
1/3 pound sliced fresh cremini mushrooms
1 tablespoon sweet butter
1 teaspoon lemon juice
Pinch salt
Pinch or two cayenne pepper
3 tablespoons brandy
2 tablespoons cream sherry
4 tablespoons butter
4 tablespoons flour
1 cup or more sweet heavy whipping cream
1 tablespoon fresh or dried tarragon
1 teaspoon dry mustard
1 teaspoon sugar
1 teaspoon or more white pepper
1/2 cup finely grated Parmesan cheese

Plunge the lobsters, head first in a large stock pot filled 2/3 full with boiling court bouillon. Boil for 15 minutes. Remove lobsters with thongs to a colander to drain. When lobsters have cooled sufficiently, slit each of the lobster through their bodies perfectly in half with a very sharp chef’s knife. Be careful not to mangle the shells as the lobster in its sauce will be returned to the split shells for baking. Remove the lobster tail meat and cut into ¾ inch chunks and place in bowl.

Saute cremini mushrooms in a hot pan with a tablespoon sweet butter. When cooked add a bit of lemon juice and salt to taste. Add the mushrooms to the cooked lobster.

Preheat oven to 400F.

Create a bechamel sauce using 4 tablespoons butter, 4 tablespoons flour in a sauce pan. Stir flour for three minutes on high, do not let it brown. Remove pan from heat. Using a whisk, whisk in pinch of salt, mustard and cayenne pepper, brandy, sherry and ¼ cup of the court bouillon the lobsters were cooked in. Return pan to heat. Whisk in 1 cup of heavy whipping cream. Add tarragon, white pepper and bring to a boil while whisking all the while. Add finely grated Parmesan cheese. Taste and correct the seasoning. If the sauce is too thick, Whisk in additional cream and or court bouillon. Pour ¾ of the sauce over the lobster meat and mushrooms. Stir well then fill the split lobster shells. Fill any voids with the remain cream. Place filled lobsters on a flat baking pan. Bake ten to 15 minutes until the are bubbling hot and golden brown. Garnish with finely chopped chives.

## *Louisiana Stuffed Crabs*

1/2 cup butter
1 onion, finely chopped
1 rib celery, chopped
1 pound crab meat
1 Tablespoon sweet paprika
3 Tablespoons minced green onion, whites only
2 Tablespoons minced parsley
Salt and white pepper to taste
2 teaspoons lemon juice
1 teaspoon Worcestershire sauce
1/2 teaspoon Louisiana hot saucy
1 egg beaten with
1/4 cup milk
3/4 cup home made sourdough bread crumbs from fresh bread

Preheat oven to 400 degrees F.

Melt butter in frying pan over low heat. Add onions, celery and cook slowly until tender. Add crab meat, green onions, and parsley, and simmer about 10 minutes. Add salt, pepper, lemon juice, Worcestershire sauce, Tabasco and egg-milk mixture. Set aside to cool slightly. Add approximately 3/4 cup bread crumbs to obtain stuffing consistency. Stuff crab shells and top with buttered bread crumbs. Bake 15 minutes, or until lightly browned.

## *Maria's Tripe in Tomato Sauce*

Recorded by Katherine Ottesen

1-2 packages of honey comb beef tripe
5 8 ounce cans of tomato sauce
1/2 Teaspoons dried oregano
1/2 Teaspoons dried basil
1 small onion, sliced thinly
3 cloves of garlic minced
1 Tablespoons fresh parsley or 1/2 tablespoons of dried.
2-3 stalks of celery sliced up thin
2 small white potatoes cut up. (Optional)

Cut fat off of tripe, and cut into one inch squares. This can be done either before or after you boil the tripe, but I always do it before. Put in medium size 4 quart sauce pan, and fill pot with water. Bring to boil and cook 1to 1 1/2 hours. In the meantime, make the sauce. Sauté onions and garlic in olive oil and add tomato sauce, oregano, and basil. Bring to boil and reduce to simmer.

Drain and rinse tripe well. Add tripe to sauce and cook for 2-3 hours, or until tender. Last 1/2 hour of cooking, add the cut up celery, potatoes. Cook until tender.

Now get a loaf of French bread, and enjoy a new experience.

## *Mary Ponsart's Italian Meat Balls*

(Mary is my aunt.)

2/3 pound ground round
cooked white rice
parmesan cheese
1 large diced onion
Bay leave
diced crushed garlic
oregano
rosemary
fresh basil

4 ounces tomato paste
12 ounce can peeled tomatoes or puree
salt
pepper

Combine rice, meat, and cheese. Roll into small balls. Brown in olive oil.
Add other ingredients and simmer slowly so the balls do not break up.
Add chopped fresh mushrooms or dried Italian mushrooms the last 15 to 20 minutes.

## *Maya Lobster and Shrimp*

Maya in San Francisco is the second restaurant of its kind launched by Richard Sandoval, "the father of Modern Mexican cuisine". "The restaurant re-interprets Mexican cuisine in a contemporary, yet authentic way. Coupling indigenous Mexican ingredients with European technique and sensibility, Sandoval succeeds in elevating timeless recipes to new heights. The results have changed our perception of Mexican cuisine in this country."

This is my interpretation of this wonderful dish. Because there are quite a few ingredients one would do well to read the recipe it its entirety ahead of time.

This is a description of the dish.
Grilled lobster and shrimp marinated in achiote paste sitting on top of roasted corn puree adorned with a salad of watercress, small bits of avocado, and a tomatoes in a chile de arbol[2] (arbor peppers) vinaigrette[3] with a chile habanero-chive rouille (thick roasted red pepper sauce made from garlic, oil, bread crumbs and in this case, habanero peppers and chives.)

The roasted corn puree gives this a slight sweet flavor and is left slightly chunky to give both some smoothness and some underlying texture. The corn is done ahead of time and will be reheated when the dish comes together. The shellfish is marinated in an Achiote - Yucatan-style red sauce prepared several hours ahead. The Rouille and the Vinaigrette are prepared ahead of time. The water cress is washed, and the tomato is peeled, seeded, chopped but the avocado must be combined in the salad just before assembly as it will otherwise discolor.

Rouille

1 or more seeded and de-ribbed fresh habanero[2] pepper
2 cloves garlic
¼ cup finely chopped chives

1/2 cup olive
Handful of bread
½ tablespoon rock salt

Trim, de-seed and remove all traces of white ribs and finely chop habanero pepper(s). (If you have latex gloves you may want to wear them other wise remember to wash your hand very well with lots of soap after handling habanero peppers. In a mortar, crush the pepper(s), garlic, rock salt and olive oil together to obtain a thick paste. You can make this in a small food processor. Avoid getting your eyes near any vapors. Crumble the bread, moisten it with hot water and press it into a tight lump, squeezing out the water. Add the bread lump to the paste and beat, adding olive oil, until you've made a smooth sauce.. If the sauce separates, add another lump of bread and beat vigorously. Now added finely chopped chives. Place rouille in a squeeze bottle for easy application.

Roasted Corn Puree:

Shuck 2 ears of fresh yellow corn, wash well and dry with paper towels. Place directly in a very hot barbecue or hot grill. Turn ears constantly to prevent ears from burning. If you have a second tier shelf in the grill, place ears on it and close the lid. Inspect constantly. A few black specks are ok, but don't burn these. Check with you finger nail, kernels are soft when fully cooked but better these are under done than burnt. Allow ear to cool. Cut kernels loose by placing the ears in a large bowl allowing room for your hands. Use a sharp knife but stay shallow and cut away the kernels from the ears. Now take a spoon and scrape the ears of its milk. Transfer kernels to a small food processor bowl, add a little salt and pepper, and 1 tablespoon sweet butter and pulse until about 90 percent smooth but leave some texture. Turn out the mixture into a microwave safe bowl for later reheating.

Vinaigrette

1 tablespoon olive
2 tablespoons lemon juice
3 tablespoons low-sodium chicken broth (remove fat)
½ teaspoon or less of ground arbol (aka arbor) peppers
pepper to taste
salt to taste

Salad

One large seeded and peeled fresh firm hot house or garden raised tomato, chopped
½ cup baby watercress, well washed

½ finely chopped ripe avocado. (firm but not unripe)

Achiote - Yucatan-style Red Sauce
Achiote is made with ground annatto seeds, spices and tomatoes. Delicious achiote, also known as "Recado Rojo" and is readily available online or in a Mexican grocer.

1 ounce of Achiote paste
1/4 cup of vinegar
1/4 cup lime juice

Cut lobster pieces same size as the shrimp so every thing cooks at the same rate. Marinate lobster pieces and shrimp in this mixture in a bowl. Refrigerate for several hours. Before grilling, skewer pieces so they are easy to grill.

An hour before serving, take salad ingredients from the refrigerator, along with the vinaigrette, the marinated shell fish. Have the avocado handy. Turn on the grill.

Grilled lobster and shrimp on each side for 3~4 minutes until done. Heat the corn mixture in microwave until hot. Line individual bowls with a thin coating of hot corn puree. Chop half an avocado and add to tomatoes and water cress. Add vinaigrette – toss well and top the corn mixture with the salad mixture. Squeeze out circle swirls of the rouille and top off with the grilled shellfish. Serve hot.

Note:

1. chile de arbol ("are-bowl") are a fairly hot pepper usually available dried and remain bright red even after drying. The fresh peppers goes by the same name. The word "Arbol" means "tree-like" in Spanish, which the chile resembles in its woody stems and upright properties. Arbol chiles add a smoky, earthy flavor to any dish. Heat is 6-7 out of 10 on the Scoville heat scale so use in moderation.

2. Habanero peppers are near the top of the scale for hot and by comparison may be 18 times hotter than a red Jalapeno. If you don't want all that heat, use red Jalapeno. When they smoke red Jalapeno they are called chipotle chilies which would make a good substitute here adding lots of smoky flavor.

## *Medallions of Pork Loin with Prune Cabernet Sauce*

Pork loin center cut cutlets (two per person) cut 1/2 inch
Four large pitted California Prunes per person
Soak prunes overnight in cabernet sauvignon

(1 cup for 10 prunes)
Cinnamon
Ground cloves
Salt
White pepper
Heavy Cream
Olive Oil

Pre-heat oven to warm. (170 $^{o}$F)

Dredge individual cutlets in a mixture of cinnamon and ground cloves. Bring pan to 375 F and brown cutlets in olive oil. When all browned. Remove and pour off oil. De-glaze with all of the reserved cabernet sauvignon wine and scrub pan of precious cooking bits. Add back cutlets, cover tightly and simmer for an hour. During the last 10 minutes add in prunes.
Remove prunes and cutlets to a warm oven. Bring heat to high and reduce liquid to half. Add in 1/2 cup very heavy cream, heat until thickened. Serve sauce over cutlets and four prunes around per person. The color of the dish is mauve. Bright orange ginger carrots and dark green sautéed spinach would look well against this color.

## *Miso Tiger Prawns*

Sea Watch, Makena, Maui, 1997

6 Tiger Prawns cooked in butter

Serve with 5-spice Balsamic Demi-glace
Balsamic Vinegar
Pinch of 5 Spice
Touch of cream
Miso
Few crushed fermented Black Beans (Soak in milk to remove salt. Discard milk.)
Reduce sauce to half its volume.

## *Mushroom Farcie[1] of Boneless Roast Leg of Lamb*

5 pound butter flied leg of lamb prepared by your butcher
3 tablespoons butter
1/3 cups dried apricots chopped soaked 20 minutes in hot ¼ cup white wine
4 clove chopped garlic
3 shallots, chopped
2 cups bread crumbs made from double wrapped sourdough bread
½ cup chopped mint
1 sprig of tender young rosemary chopped fine
1 teaspoon ground sage
1/2 cup of chopped cremini mushrooms
1/2 cup of chopped chanterelle mushrooms
2 tablespoons prepared mustard (water and dry mustard combined to a loose paste)
Salt and pepper
Garnish
Sprigs of mint

Soak apricots in hot wine (retain wine). Make bread crumbs in food processor – cut bread into chunks and process in pulses to make course bread crumbs. Sauté shallots in butter in a frying pan for several minutes over high heat. Add mushrooms and garlic, turn down heat. When mushrooms begin to soften turn off heat. Combine mushrooms, shallots, mint, sage, rosemary, bread crumbs, and softened chopped apricots in a bowl and toss well. If not moist enough, add a little of the retained white wine.

Rub interior surface of lamb with prepared mustard. Sprinkle with salt and pepper. Stuff lamb by laying in a thick row of stuffing along the center inner surface on the lamb. Roll meat around mixture. Roll the roast so the seam is down on the counter –this helps it hold together while your get it tied. Tie roast together with butcher's string every two inches; just snug tight but not overly compressing the roast. Salt and pepper the exterior of the roast. Now, rub olive oil over the exterior of the roast. Roast at 375 degree oven for 1 1/2 hours until meat thermometer reaches 155 degrees. Remove to counter allow roast to rest 15 minutes before carving.

Garnish plates with a sprig of mint

Notes:

*1.French, Stuffed, especially with finely ground meat or mushrooms farci.*

## *Duck al'orange*

Have the butcher prepare the duck by cutting off the breast into two boneless breasts, scoring their skins in a diamond pattern spaced ½ inch apart. Have him chop the rest of the duck carcass to make a rich duck stock.

One large Long Island duck
Salt
Pepper
1 onion coarsely chopped
1 small carrot, chopped
1 rib of celery, chopped
1 bay leaf
1 peeled clove garlic cut in half
Pinch of ground thyme
Pinch ground sage

Garnish

1 Orange, cut into decorative halves or slices
Bunch of watercress

Season the breasts on both sides with salt and pepper. Place these covered on a plate in the refrigerator until needed.

Chop carrot, onion and celery. Chop carcass of the duck. Combine carcass and chopped vegetables on a roasting pan and broil under a hot broiler. Turn the pieces until they have are roasted and have some color. Place the broiled fowl and vegetables in a stock pan and cover with cold water. Add a bay leaf, thyme, sage and garlic. Bring to a low boil, Skim off and scum. Cook for three hour, strain off solids. Return to a smaller sauce pan and reduce stock until thick.

When the stock has reduced use it to make Orange Sauce Bigarade (see recipe). Retain a ¼ cup of stock to deglaze the pan.

As the duck skin already has so much fat, start breast in a dry pan. Heat a large frying pan over

medium heat and sauté the duck breasts, skin side down, 8 to 10 minutes. Turn the breasts over, adjust the heat to high, and cook for 1 minute. Place breasts on plate in a warm oven. Place the plates we'll serve the duck on in the oven to heat.

Pour the fat out of the pan. Deglaze pan with ¼ cup of duck stock and reduce on high. Add Orange Sauce Bigarade we made earlier. When sauce is hot and thick, slice the breasts cross-wise on the bias. Arrange the slices in the middle of the heated plates, and spoon the sauce over the breasts.

Garnish the plates with a bunch of fresh watercress with decorative orange slices and serve immediately.

## *Ottaviana's Leg of Lamb*

Ottaviana was a friend of Kae's. This leg of lamb is very delicious, and must be served hot. To make lamb really great, it must be cooked with a lot of garlic. The garlic must be inserted into the lamb prior to cooking.

1 leg of lamb (preferably spring lamb, not mutton).
1 whole bulb of garlic
Salt
Pepper

Use a sharp knife, and make deep slits in the lamb all over. Take a peel garlic and cut cloves into slivers. Stuff each hole in the lamb with a sliver of garlic. Keep doing till you have the leg stuffed all over.

Place lamb on rack in baking pan, and roast at 325 degrees. If you have a meat thermometer, insert through thickest part of meat. Roast 30-35 minutes per pound, or until thermometer reaches 175 degrees (medium) or 182 degrees (well done).

Do not baste, cover, or add water.

Serve with potatoes.
Peel four white potatoes, and quarter. In a bowl, place potatoes, 3 tablespoons of olive oil, salt, and pepper.

Toss well to mix. Arrange potato's around lamb and roast with lamb. If potato's finish sooner

than lamb, remove and place in a bowl and cover.

Serve lamb on hot platter with potatoes. Serve with apple sauce, or if you prefer mint jelly.

## *Steve's Chicken and Seafood Paella - Serves 8*

Paella is a traditional dish of Valencia Spain. Authentic "arroz en paella" calls for the right pan and a thin blanket of special rice which develops a crispy coating in contact with an enlarged cooking surface. To the natives of Spain, the most salient feature is what happens to the rice – **the star of the show**. As more mouths appear, the pan grows in girth rather than height. This is to preserve that contact surface. The larger the pan, the more attention is needed while cooking this (and the more heat). For pans over 26 inches, the usual heat source is a fire pit with a ring that holds the pan, and the pan is continuously tended until it is done.

This dish is as much a visual work of art as food. Taking the time to make this for your guest will leave them with a life memory they will never forget.

If you have never made paella, read the whole recipe to get an idea of the flow. The preparation time for this dish is considerable but the results are extraordinary. If you looking for an inexpensive dish, this is not it! Despite the preparation time, the dish is really easy to make if you pay attention. Most likely, you will need to span two burners on your stove and in doing so, you will need to move the pan around and rotate it as it cooks. Traditionally, paella pans are very thin to quickly transfer the heat which makes them quick to burn if you're not paying attention. I use a very heavy cast iron skillet which means I need to turn it less often but it retains a lot of heat so I anticipate temperature rise. The use of gas allows me to turn off and on the heat source as required.



You'll need a large roll of heavy tin foil to make a cover for the 14 inch pan, use four large identical square pieces. Fold all pieces along one edge twice to join and form a middle seam. Prepare this ahead of time so when you need to cover the pan, it will be ready. When the cover is put on, you need two glove-type pot holders to get an effective seal. Be careful not to dip your pot holder into the stock while doing this or you may bet a nasty steam burn.

Fish Stock
Fish heads, shells from shrimp, yellow onion chopped coarsely, two stalks celery, 1 whole carrot chopped, and 10 cups of reduced homemade chicken stock, 2 cup dry white wine, 10 bay leaves, and Cook 1 hour. Finely strain. Reduce to 8 cups. Let stand. Skim off any film forming on the surface. Absorb excess oil with paper towels dipped on top. For best results, make chicken stock yourself with little or no salt. Correct seasoning only after everything is reduced!

Main Ingredients

22 mussels in their shells.
22 small manila or littleneck clams or 30~40 large cockles
20 large shrimp or mantis shrimp
6 scampi whole and intact (see picture)
20 scallops
1 pacific lobster tail, cut up
Linguisa or Louisiana hot link sausage (if you have non meat eaters cook these separate and served on the side or skip it)
2 pounds. Chicken wings and legs or some of both
1 1/2 large onion, chopped
1 cup sliced Scallions (green onions) (separate whites and greens. Cook whites with the other diced onions)
1 pound small squid, skinned, cleaned, discard tentacles/ sacs, remove cuttlebones, and cut into rings about ¼ inch wide
Two blue crabs for décor
8 cloves garlic, finely chopped
3 chopped fire roasted red pimentos or fire roasted red bell peppers
3 cups Callasparra Bomba rice[1]
1/4 teaspoon powdered saffron
1~2 teaspoon pimentón (smoked paprika)
Salt and pepper
6~8 cups fish-chicken stock (see recipe) – Extra as required
5 tomatoes, peeled, seeded, and chopped
Olive oil
4 red Jalapeno peppers (for color on top)

Garnish

Chopped Cilantro
Scallion (green onions) tops from above main ingredients
Lemon wedges
Spanish Aioli Mayonnaise (see recipe)

Preparation

Heat barbecue. Pierce pimientos or red peppers with a fork. Roast peppers 4 minutes on a side until skins are black. (You can use a plumber torch to touch us spots that did not roast which will

make them easier to peel.) Place cooked peppers in brown paper bag and set aside to cool. When cool, using your hands, rub off skins discarding all black skins. Discard seeds and inner white parts. Slice pimientos into ¼ strips. Cross slice pimientos to half length. Set aside for later. Place a large pot of water to boil.

Scrub the clams and mussels well to remove beards and barnacles. Discard any with broken shells or those that do not close when tapped (just use live ones). Leave the mussels and clams to soak in cold unsalted water with a handful of flour or cornmeal for 30 minutes. Change water and cornmeal and repeat 30 minutes, drain, rinse, in cold water. Remove the heads and legs from the shrimp, but leave on the tip of the tail shells. Scald crabs in boiling hot water for two minutes if live. Remove crabs from pot with tongs retaining pot of boiling water for the sausage. Bring stock to a low simmer. Cover stock for later use.

Preheat oven to 220 to maintain components needing to “keep warm” during assembly.

Slice sausage length-wise. Drop sliced sausage in a pot filled with boiling with water. Bring to a boil and then simmer for 5 minutes. Drain and pat dry. Cut into slice one inch thick. Fry in pan with a little oil. Remove to paper towels to drain. Keep warm.

In a 14-inch paella pan, heat the oil on high. Pat dry the chicken and season it with salt and pepper. Add the chicken to the skillet, cook it for 10-15 minutes on each side, or until it is golden. Remove to paper towels to drain. Keep warm. Pour out excess oil. Retain 3 tablespoon.

Meanwhile, pat dry the shrimp and scallops and calamari rings. When the oil is hot, sauté the shrimp, calamari and scallops until almost cooked through, about 2 min. Season with salt, pepper, and paprika. Remove to paper towels to drain. Keep warm.

Bring the prepared stock back to a low boil. Pour out all but 1 tablespoon of oil from the pan. Reduce the heat to medium and sauté the onion until the onion softens and clears, about 5 min. Add garlic and the tomato, season with salt, a little more pimentón and sauté until the mixture, called the sofrito, has darkened and is a thick purée, 10 to 15 min. Stir frequently to insure mixture does not burn.

When the tomato-onion sofrito is ready, add the rice to the pan. Sauté until the rice loses its opaqueness, about 2 minutes. Increase the heat to medium-high. Add saffron. Pour in 4 1/2 cups of the simmering broth (reserving the balance). Stir or shake the pan to evenly distribute the rice in the pan.

As the liquid comes to a boil, arrange the mussels, chicken, sausage and clams in the pan, submerging them as much as possible below the level of the liquid. Add red pimentos or red bell

peppers on top. Arrange the shrimp and scallops, and calamari in the pan. Center small crab(s) on top in middle. Add peppers on top. From this point on, do not stir the rice.
Cook the paella on medium-high, rotating and moving the pan over two burners to distribute the heat. Use tongs to examine the rice by pealing back an edge of the tin foil. When the rice begins to appear above the liquid, after 8 to 10 min., reduce the heat to medium low. Continue to simmer, rotating the pan as necessary, until the liquid has been absorbed, about 10 min. more. Taste a grain of rice just below the top layer; it should be "al dente". If the rice is not done but all the liquid has been absorbed, ladle a bit of hot stock around the pan and cook a few minutes more.

Sprinkle chopped green onions tops on top of the paella. Cover pan with tin foil lid prepared ahead of time. Using glove pot holders, squeeze tin foil to edge to form some what of a seal. A 100% seal in not required. Cook gently for another 3 min. to help ensure that the top layer of rice is evenly cooked. With the foil still in place, increase the heat to medium-high and, rotating the pan, cook for about 2 min., until the bottom layer of rice starts to caramelize, creating the socarrat, a caramelized layer. The rice may crackle somewhat, but if it starts burning, remove the pan from the heat immediately. (Getting the caramelized layer exactly right comes with considerable experience. You have to stay right on top on it checking often. It is far better to be under cooked than burnt!)

Let the paella rest off the heat, still covered, for 5 min. Sit everyone down at a round or square table. Keep your face away when you remove the foil as considerable steam could be emitted. Serve the paella in its pan garnished with cilantro and lemon wedges.

Serve Spanish aioli (see recipe) on the side along with a Lombardy Mostarda relish. (See Mostarda ala stefano)

Purchase ingredients the previous day to save wear and tear on the chef.
Prep Time: Allow 3 hours, Cooking Time: allow 1 hour 15 minutes

Pan Sizes
1 cup = 14.44 cubic inches

For a 14-inch pan (27 cups), cups all based on 2/12 height.
For a 16-inch pan (34.8 cups), multiply the recipe amounts by 1 1/4
For an 18-inch pan (44 cups), multiply the recipe amounts by 1 1/2
For a 22-inch pan (65 cups), multiply the recipe amounts by 2
For a 26 -inch pan (92 cups)-, multiply the recipe amounts by 3

For Paella supplies see http://www.tienda.com/paella/paella.html All the best ingredients to make authentic paella - you can also get pre-assembled kits with many of the things you may

need.



**Figure 1 Mantis (Left) and Scampi (right) Shrimp**

Note:

1. See Rice Introduction
2. Fresh Scampi are kept on ice and handy until near the end. Take care not to knock off their claws
3. Buying seafood: Unless money is no object, shopping at the Asian market for the seafood can save you a lot of money. The Asians are sticklers for fresh or live product and carry a wide assortment of shellfish.

## *Poached Fish*

Select a large enough pot with a lid, to immerse the fish being cooked. Fish cooked in this method is very delicate, hence in doing a whole fish, use a poaching pan with a removable inner tray with collapsible handles to retrieve a cook fished whole. Else the whole fish will fall apart as it is removed. Also when doing a whole fish, heat must be applied to the cooking vessel but should be enough only to maintain the hot temperature, it should not boil as this may lift the skin off.

Fill pot with enough Court Bouillon (see recipe: court_bouillon_with_wine.doc) to completely cover the fish. The Court Bouillon is always heated to a boil before the fish is introduced. Turn off the heat. Using a spatula or wire basket spoon, lower fillets (or fish tray if doing a whole fish) into liquid. One inch thick fillets will cook in 7 to 8 minutes submerged in a still Court Bouillon. Place cover on pot to retain heat. Set a time for seven minutes, (shorter time if fillets are thinner) Go about the business of meal preparation as the fish gentle reaches perfection. A whole fish will take longer but be patient slow and low equates to delicate and

moist.

Fish may be served with a scant **Sauce Beurre Blanc.**

## *Pork Clay Pot*

Clay pot cooking is a technique of cooking using an unglazed clay pot which has been soaked in water so as to release steam during the cooking process. Clay pots are well suited for slow-cooked food. Clay pot is traditionally served with steamed white jasmine rice as is recommended here.

1 1/2 pound pork leg shanks and stew pork, cut into cubes
1 1/2 cup cold water
2 tablespoon Shao-Hsing rice wine, or dry sherry
1 tablespoon rice wine vinegar
1 tablespoon Marin
1 tablespoon dark mushroom or shrimp soy sauce
1 tablespoon fresh minced ginger
3 pieces orange peel
1/2 teaspoon toasted sesame oil
½ cup dried shiitake mushrooms
3 tablespoon peanut oil
1 small can chopped water chestnuts
1 teaspoon crushed red pepper (optional)
White pepper
1 ½ tablespoons tapioca starch and 2 tablespoon water mixture (paste)
Cilantro
Green scallions
1 cup bean sprouts

Garnish

Chopped cilantro
½ cup chopped scallion greens
Lime wedges
1/4 cup bean sprouts per person

Marinade

4 tablespoon Shao-Hsing rice wine
2 teaspoons light soy sauce
2 cloves chopped garlic
1 teaspoon 5-spice powder
1 teaspoon rice wine vinegar
1 tablespoon Marin

Combine marinade and pork in a large bowl and marinate at room temperature for 1 hour.
Drain pork, taking care to remove pieces of garlic else they may burn. Pre heat a wok until it's very hot. Add oil and fry pork cubes, a few at a time, to get a brown color on the meat but do not cook any more than this. Drain meat on paper towel.
Preheat oven to 375 F. Add pork to clay pot along with some dried mushrooms. In a separate pot, combine water, dark soy, minced ginger, orange peel, and Shao-Hsing rice wine, Marin, rice wine vinegar, and a splash of toasted sesame oil and optionally some crushed red pepper. Bring the liquid to a high boil and pour into clay pot. Place clay pot in oven for 1 1/2 hours or more or until the meat is tender.
When pork is perfectly tender, add water chestnuts and the whites of the scallions, and white pepper. Add more hot water if needed. Correct the seasoning. Return to oven and cook 10 more minutes. To thicken, move clay pot to a burner on medium low. Temporarily, remove some of the meat to a plate. Dribble in tapioca mixture while stirring to make light gravy. Return meat to clay pot. Place covered clay pot on heat proof platter and place on table with a pot holder on lid. Make sure platter is big enough to also hold the lid so people may serve them selves. Serve with steamed white jasmine rice.
Prior to serving, garnish with cilantro, some snap pea greens and the greens portions of the scallions. On the side, serve lime wedges and a handful of fresh bean sprouts per person.

## *Pork Cutlets Greek Style*

This has a lemony Mediterranean flavor which explodes in your mouth. It is easy to prepare. The loin pork chops dry out easily if over cooked hence are cook until the just take on a little color then they finish in the sauce that forms so they remain moist and delicious.

1 cup Andalusian-Style Marinated Green Olives (see **Brine Marinated Andalusian Green Olives**)
1 1/2 cups marinated brined Italian artichoke hearts

12 very thin boneless pork loin cutlets
3 tablespoons butter
1 tablespoon green unfiltered olive oil
1 tablespoon red wine vinegar
1 ½ teaspoon brown mustard
1/4 cup pinot noir wine
2 tablespoons large Italian capers
1/4 cup white wine
½ cup fine grained "00" flour + some more as a thickener as required
Black pepper
Salt
1 tablespoon ground coriander seeds
The green portion of two scallions
Bay leaves as required

Drain the olives and artichokes and combine and retain the marinade. Taste the marinade. If not flavorful enough reduce the liquid in a fry pan with added Bay leaves. Strain and retain the liquid.

Chop green onion greens on the diagonal as a garnish and retain for later use.

Heat butter and olive oil in large frying pan. Combine flour, black pepper, some salt, ground coriander and dust each chop. Sauté chops on medium until lightly brown on each side. Add olives, artichoke hearts, red wine vinegar, red and white wine, the reduced marinade and the mustard. Increase the high to high. Turn chops several times. Reduce the sauce. Add the capers and green onions when near done. Add a dusting of retained flour to thicken as required.

Serve with Purple Potatoes.

## *Prime Time for Steak*

When I was going to college, I worked for a Malibu market that got their meat from Luther Hines Meats in West Los Angeles. It was clear to me, once I cooked one of their Spencer steaks[1] that something special was going on. Turns out, Luther not only dealt with just USDA Prime cuts but also hung the meat in a meat locker under ultraviolet and controlled humidity for two months. He

explained that the beef looses some of it water content which concentrates its beefy flavor while enzymes in the meat tenderize it from the inside out. Today this is called Dry-aged beef. Wet aged beef is also available but should be punishable by not more that 60 days of hard labor breaking rocks. For real USDA Prime steak expect to pay $38 or more per pound.

There is something you can do at home that makes a very good steak and is a lot more affordable. That's the good news. The bad news it that it takes a sizeable portion of your refrigerator for up to two weeks – the meat drawer to be precise. It you drawer has a temperature slider for meat/vegetables make sure it set for meat. Clean the drawer out thoroughly with hot soapy water and then thoroughly dry it well. If you like, line the drawer with tin foil covered with plastic wrap. Age you meat in this drawer. Unfortunately, there is no continuous stream of air past the meat and the humidity may go higher than optimum. You could open the drawer twice a day or talk your teenagers into doing it (there must be something they want from you.)

We going to make frenched bone-in Rib Eye steaks from the small end of several USDA Choice Standing rib roasts. Go to the butcher and order two USDA Choice Standing rib roast small ends with three bones each that are **not** **completely** trimmed. A full prime rib roast is seven ribs or close to 25~28 pounds in its untrimmed state. The small end are ribs 10-12 which are leaner and gives you more meat for your dollar. As we are going to have a bone in steak, the small end will be trimmed down to three steaks. (The chuck end of the rib roast is bigger and tougher and is sometimes referred to as a half standing rib roast or large end rib roast.)The cowboy rib-eye steaks cut uses the bone as a "would be handle" and after trimming will look like the above picture. Remove the butcher paper and place the two roasts in the meat drawer where it will rest uncovered for two weeks. Don't worry about anything growing on it as the outside of it will be washed, and trimmed. During the two weeks the outside will discolor as the meat gives up water content. During this time enzymes found naturally in the meat will begin to break down the meat making it tenderer. Remove meat from drawers and wash it thoroughly. Pat dry with paper towels. While it's still cold, trim the outside of each roast of all dark spots. Don't rim off excess fat just yet. Periodically, you want to sharpen your knife through this process. Using a sharp knife, cut through the rib bones making individual chops. Now trim each steak to desired shape trimming off excess fat. Toward the end of the bone, make a cut 1 ½ inch from the end, all around the steal all the way to the bone. Scrape off excess meat with knife to expose a "chop handle."



If you have an upscale market that sells aged beef, they may be glad to hang your beef purchase for you and even trim it providing you pay for it ahead of time. This would be the ideal case as the humidity temperature is assured and they have ultraviolet light they use to minimize surface growth. It always best to age untrimmed beef and clean it up in the butchering process. You can expect that starting with 18 pounds of meat will produce about 4 pounds of loss from aging weight loss and trimming. (At $10 a pound for USDA Choice that is $40) while producing 6 cowboy steaks 24~30 ounce each at around $30 a person. By removing the bone altogether, smaller and easier to cook steaks can be made that easily serve 12. Niman Ranch sells dry aged center cut 12 ounce rib steaks for $22 a piece as a point of reference.

Marinate steaks as usual allowing steaks to come to room temperature before cooking. Cook on a preheated BBQ or grill. Add salt and pepper while the steaks rest 4 minutes or so after cooking. Then serve.

Note:

1. J Luther Hines Prime Meat, 1059 Broxton Ave Los Angeles, CA (310) 208-5050.
2. Spencer steak = Ribeye, Delmonico Steak, Market Steak
3. Marinade: Oil, garlic, rosemary, Worcestershire Sauce

## *Purple Majesty Piped Potatoes*

***"****Purple Majesty potatoes were developed by Farm Fresh Direct, a group of third and fourth-generation potato growers in the San Luis Valley of Colorado. Using classical breeding techniques, The Purple Majesty is a cross between a white-fleshed cold chipper and an All Blue potato. The result is a uniformly purple potato with low reducing sugars and intense purple pigments."*

This potato contains unusually high levels of healthy antioxidants and offers an unusual pleasant purple color when cooked and have a buttery flavor and creamy texture. For a dinner party and added elegance use a pastry bag with large star tube to pipe these onto the dinner plate. When selecting these potatoes make sure they have no soft spots are solid and firm.

8 medium Purple Majesty potatoes
4 cloves blanched garlic[1] cloves

5 tablespoons of butter
¼ cup cream
Milk as necessary
Sea salt
White pepper

Finely mince the blanched garlic. Sprinkle it with sea salt and, with the side of a cleaver, beat the garlic into a fine paste. Melt the butter in a sauce pan. When it is just hot, add the garlic. Take the sauce pan of garlic butter off the heat until needed.

Wash and rinse potatoes, cut into equal sized wedges. Cover with water and bring to boil with the skins on until fork tender (10 to 15 minutes) – do not overcook. Drain potatoes. Peel away skins with a knife. Pass potatoes thorough a ricer or mash potatoes with a potato masher. Beat in mixer until smooth. Stir in garlic butter and cream. Add additional milk, a little at a time, if necessary; beat until fluffy. Season to taste with salt and white pepper.
Use a pastry bag with large star tube to pipe the potatoes onto the dinner plate.

Note:
1. Blanching softens the harsh edge of the garlic. Immerse the garlic into boiling water for 1 minute, and then plunge the cloves into ice water to stop the cooking.

## *Rack of Lamb with Rosemary Mustard and Garlic*

A flavorful rack of lamb is expensive but very easy to cook and quick to prepare. This is for two so scale it for more people as required. Because of growing concern that harmful bacteria may be present in the internal portions of meat, it is now recommended that whole lamb cuts be cooked to an internal temperature (after the resting period) of not less than 145°F. However, medium-rare (pink inside) requires you cook to 130 F and the resting period will take it another 5 degrees to 135 F. Nothing ruins lamb quicker than to overcook it.

4 long sprigs of fresh rosemary
5 cloves garlic
½ teaspoon dry mustard
4 tablespoons olive oil

Salt
Pepper
1 rack of lamb
3 tablespoons cream sherry
1 tablespoon of port
1 tablespoon mint jelly
2 patties of butter

Rub the out side of meat with a scant ½ teaspoon dry mustard. Marinate lamb in garlic, chopped rosemary, pepper and 2 tablespoons olive oil for at least one hour in a glass pan.

Pre-heat oven to 450° F.

Scrape the outside of meat to remove the garlic and rosemary from the lamb as it will just burn. Reserve this as it will be used later. Preheat a large skillet, when very hot, add 2 tablespoons of olive oil. Quickly brown the meat on each side by cooking for about 3-4 minutes per side until a nice color is formed. Use tongs to stand the rack up in the pan to brown the opposite edge. Now move skillet to the preheated oven. Cook for 10-12 minutes or until the meat reaches an internal temperature of about 130° F. Set meat on a preheated platter and salt both sides of the rack. Pour out excessive oil from pan and remove any blackened rosemary or garlic bits as these are bitter. Deglaze pan with sherry and a splash of port, scraping any brown bits stuck to the pan and then add a tablespoon of mint jelly and some of the reserved garlic and rosemary. Reduce the liquid my half and turn off heat. Allow meat to rest 10 minutes before carving. Pour any run off juices from the platter to pan. Add a few shakes of salt. Reheat the sauce in the pan and thicken the sauce, strain off all solids, pour back in the pan. Remove pan from heat and swirl in 2 patties of butter. Spoon over cut chops that have been sliced between bones.



## *Roast Lamb Abbacchio al Forno*

In Rome or anywhere on the planet, this is practically the best thing you can eat and one of my favorites.

Cooking time is 2 hours. Pre-heat oven to 350 F.

½ Lamb (kid)
Olive Oil
Garlic cloves
Rosemary
Salt
Pepper
1 cup of white wine

Abbacchio-young milk-fed lamb (kid), animals that are 20-30 days old at the time of butchering and weigh between 10 and 20 pounds. The Romans call this kind of lamb abbacchio. To serve 8-10 people, you'll need half of the kid, weighing 9-11 pounds, chopped into portion-size pieces. Take an oven-proof pan big enough to hold the meat. Sliver several cloves of garlic into shallow cavities in each piece of meat punctured with a small knife point. Salt and pepper the pieces. Rub generously with olive oil and cover the leaves from a 6-inch sprig of rosemary.

Add 1 cup of wine to bottom of pan. Cover with foil. Set it to roast for an hour. Turn pieces and again cover with foil. Cook another 35 minutes. Remove foil allowing pieces to brown. Turn pieces after 15 minutes and brown another 5 minutes.

Traditionally, Abbacchio al Forno is served with Roman Rosemary potatoes. See recipe.

Wine recommendation:

**Italian**:
Vino Nobile di Montepulciano or Sangiovese (Brunello di Montalcino)

**Californian**:
White Cottage Ranch Howell Mountain Sangiovese

## *Roast Pork Chops*

Pre-heat oven to 375F.

Pork chops can be easily dry and leather-like so it is important to cook them right. To do this we must not dry out all their juices and one on the best ways to do this is to coat the pork chops with a dusting of flour and roast them in a 350 F oven.

You can use any chop cut, but the rib chop is best. Blade chops are juicy and well flavored but tend to be tougher but a cheaper. I don't recommend chops with no bone or other cuts.

8 Rib pork chops
½ cup all purpose flour
Salt
Pepper
Ground sage
Paprika
Garlic powder
Onion powder
Olive oil

Combine all spices to create a rub and rub the chops well. Cover a plate with tin foil for quick clean up. Cover plate with flour. Push each chop into the flour. Push flour up onto the edges. Turn chop, repeat process, knock off excess flour. When all chops are well dusted, place in an oiled glass baking dish, overlapping as little as possible. Optionally, drizzle with a little extra olive oil

Place pan in oven and reduce heat to 350 F. Bake for 50 minutes or until just golden brown. Do not over cook.

## *Roasted Bounty of the Sea (L'arrosto del Misto di Mare)*

Oven roasted vegetables with shrimp and squid is simple but elegant in the eating. Serve with a Pinot Grigio, Sauvignon Blanc.

8 -10 small onions, peeled and halved
2 zucchini cut in slices about ¼ thick
Quartered canned artichoke hearts
10-12 small red potatoes cut in half
5 cloves of garlic cut into slices
2 sprigs of rosemary, chopped
2~3 tablespoon fresh chopped Italian Parsley
½ cup white wine like a Pinot Grigio
¼ cup or more cold-pressed unfiltered extra virgin olive oil
6 cleaned squid mantels cut into ¼ wide rings
¾ pound large fresh shrimp
2 large seeded tomato cut into eights
1 whole lemon cut in eights wedges
Fresh round black pepper
Sea salt

Garnish

Fresh Parsley, 2 whole sprigs of rosemary

Preheat oven to 450 F.

In a shallow roasting pan, toss onion halves, artichoke hearts, zucchini slices, potatoes, lemon wedges, garlic slices, chopped rosemary, chopped Italian parsley, a little pepper, and salt and enough olive oil to coat everything. Roast vegetables with lemons for 70 minutes until the potatoes are tender. Douse with a little white wine and return to oven for 10 more minutes. Add shrimp, tomatoes, and squid with the vegetable and a top with a little more oil. Roast for 12 minutes, toss once and roast until again until things take on browning around the edges for the fullest flavor. Perhaps another 12 minutes.

Garnish with sprigs of whole fresh parsley and 2 whole sprigs of rosemary.

## *Roasted Pasilla Chicken*

4~5 pound fryer chicken
1 cup of chicken stock
½ chopped white onion
2 cloves of minced garlic
Salt and pepper

Soak a Pasilla chili in 1 cup of chicken stock for two hours. Remove stem and seeds, then process into a fine chili paste in the Cuisinar. Add ½ chopped white onion and 2 cloves of minced garlic. Bring to slow boil in a shallow frying pan then reduce on a slow simmer for twenty minutes.

Cut one 4~5 pound fryer chicken through the breast bone and flatten in large glass cooking dish. Baste the bone side with some of the chili paste. Turn over. Lay flat, coat the outside of the chicken with all of the remaining sauce. Salt and pepper

Add

2-3 fresh Pasilla chilies
1 ½ sliced onions
a few jalapenos.
Bake 1 ½ to 2 hours at 375 F until done.
Salt and pepper

Baste once the last ½ hour from the juices in the pan.

Serve with salad, white corn tortillas and Frijoles Negro toped with enchilado cheese. Garnish with a fan of avocado and chopped green scallions.

## *Salmon with Orange Honey Mustard Sauce*

Very quick to prepare. Preheat oven to 180 F.

8 ounces filet of wild salmon

2 tablespoons butter plus two or three patties (see text)
1 teaspoon Dijon mustard
1 teaspoon orange honey
¼ cup white wine
¼ cup chicken stock
Flour to dredge salmon
Sea Salt and white pepper
Fresh tarragon as a garnish

Cut the filet salmon in 1.5 "squares. Dust with flour and saute in butter until almost done. Add sea salt and white pepper. Turn pieces out on a platter. The salmon will coast from here as its residual heat continues to cook the fish. Set platter in oven to keep warm.

In pan make sauce, add teaspoon mustard, teaspoon honey, white and 1/4 cup chicken stock. Reduce over high heat. When reduced to just a few tablespoons, remove from heat, a two or three patties of cold butter, swirl pan. Spoon sauce over salmon. Garnish with fresh tarragon.

## *Saltfish Cakes Jamaica Stamp n Go*

1 pound salted cod fish
½ cup all-purpose flour
1 teaspoon baking powder
1/8 teaspoon salt
1 tablespoon best food mayonnaise
1 beaten egg
1/3 cup whole milk
½ finely sliced onion
1 small bunch cilantro, chopped
1 Green stalks of scallion, chopped
½ teaspoon annatto oil[1]
2 cups peanut oil

Put the codfish in a bowl, cover with warm water and soak for 2 hours or longer, according to the saltiness and hardness of the fish.

Drain fish and rinse well in cold water and place in a large frying pan. Cover fish with boiling water. Simmer gently, covered, until fish is tender, about 15 minutes. Drain, remove skin and bones, and shred fish. Sift flour, baking powder and salt together. Combine egg, milk, mayonnaise and annatto oil and stir in dry mixture. Add fish, onion, green onions, cilantro and pepper and mix well. If too dry add more milk, if too wet add more flour. Drop by tablespoonful into hot oil, 365 F, and fry until golden brown. Drain on paper towels and serve hot with a hot sauce.

Note:

1. Annatto Oil – simmer Annatto (Achiote) seeds in hot peanut oil stirring constantly until the oil becomes a bright orange-red color, about 5 minutes. Remove, strain off seeds, cool. Refrigerate until ready to use.

## *Santo Domingo Stew Sancocho de Siete Carnes*

Sancocho is to the Dominican Republic as paella is to Spain. This traditional stew is normally a fairly rustic dish but reaches its culmination in this seven meat (siete carnes) version which is said to represents the seven islands of the Canary Islands where the dish originated. Sancocho recipes vary as much as paella recipes – every cook has their own. This recipe is for 10 or more people. This take a very large pot. Ones with a heavy bottom are best to spread the heat.

1 pound goat or lamb neckbones or use sawn shanks
1 pound Longaniza pork sausage
1 pound pork shoulder
2 pounds chuck 7-bone pot roast
1 1/2 pound chicken pieces (thighs and wings)
2 pounds of pork ribs, sawn
2 small smoked ham hocks
4 lemons, halved
4 cloves garlic
4 tablespoons of olive oil
2 large bell peppers (one red, one green), coarsely chopped
1/2 pound of cassava root[1] cut into 1-inch thick pieces
2 large yellow onions, chopped
1/2 pound of yam[2], peeled cut into fork sized chunks

1/2 pound of eddoes or malanga root or, peeled cut into fork sized chunks
1/2 pound of peeled Yukon potatoes peeled cut into fork sized chunks
3 green plantains, 2 are cut peeled cut into fork sized chunks, 1 is shredded
2 cups beef, vegetable or chicken stock
1/2 teaspoon of Mexican oregano
1/2 teaspoon of thyme
1 tablespoon of Spanish smoked paprika (pimentón)
1/2 teaspoon of sage
1/2 teaspoon of ground coriander
1 tablespoon of red wine vinegar
1 tablespoon of lime juice
1 tablespoon grated orange rind
1 tablespoon crushed red pepper
4 fresh tomatoes, seeded and chopped coarsely

Garnish
Chopped cilantro
Sliced avocados

Remove all blood from beef, lamb, goat, pork meat by washing and drying it. Rub meat with fresh cut lemons. Cut the larger segments meat into smaller chunks.
Turn on broiler on high. To a large sheet pan, add beef, chicken, neckbones, and pork shoulder. Toss with some of the oil. Broil meat on high while periodically turning pieces with thongs until all sides have browned. Turn out meat into large Dutch oven or pot. Add sawn pork ribs and sausage to sheet pan and now broil these until they are brown all over while periodically turning pieces with thongs. Turn these out into pot. Score ham hocks with a sharp knife all over then add them to pot. Add garlic, onions, bell peppers, oregano, paprika, thyme, sage, coriander, vinegar, lime juice, crushed red pepper, 2 cups of stock, 1 quart of water. Simmer for 1 1/2 hours with lid on. When meats are near tender, add the root vegetables and the chopped and grated plantains. Add more water when necessary. Let all ingredients simmer until tender.

Now thicken the stew by separating out some on the root vegetables. Purée these then added the puree back to the stew. Now add chopped tomatoes and grated orange rind. Simmer until the stew is thick. Correct the seasonings.

Garnish with chopped cilantro, slices of avocados and a generous portion of steamed white jasmine long grain rice.

Notes:

1. The cassava root (Yuca) is long and tapered with a firm flesh with a rough brown outer rind similar to a potato. Yuca is a popular starch in the Caribbean and is an important ingredient for sancocho. Tapioca is made from cassava.
2. Yams here refer to tropical South American white yams not the larger African variety which is huge. The tuber is roughly cylindrical in shape, the skin is smooth and brown and the flesh usually white and firm. A large number of white yam varieties exist with slightly different characteristics.
3. Spanish smoked paprika or pimentón is one of the essential ingredients in Spanish cooking and add depth to this dish..

## *Linguisa - Portuguese Sausage*

4 pounds boneless pork butt
1 pound pork fat
2 1/2 to 3 1/2 tablespoons salt
10 cloves garlic, minced or pressed
6 small dried hot chili peppers crushed
1 tablespoon coriander
4 tablespoon sweet Portuguese paprika
1 teaspoon cinnamon
1 teaspoon ground cloves
1 teaspoon allspice
½ teaspoon white pepper
1/4 cup cider vinegar
1/2 cup cold water
1 teaspoon liquid smoke

Cut pork into cubes, separating lean meat and fat. There should be equal parts meat to fat. Use extra fat, if necessary. Coarsely grind the fat and meat separately. Combine meat and fat in large bowl with the remaining ingredients mixing well. Cover and refrigerate overnight. Shape into patties or links. Can make into patties and freeze for two months.

## *Scampi ala St. Helena*

In celebration of a favorite California spot.

1 pound of large shelled butterflied giant prawns with tails left on.

Seasoned Flour consisting of:
- Flour
- Salt
- Fresh ground black pepper
- White pepper
- 1 tablespoon of paprika
- 1/4 teaspoon sugar
- Taste flour to see if its correctly seasoned.

Other ingredients:
- 1 clove crushed garlic
- Finely chopped chives and Parley as garnish
- 2 Shallots very finely diced.
- Olive oil
- Sweet butter
- 1 cup of Merrivale or other good St. Helena Chardonnay
- Zest from half a lemon.

Sauté shallots in butter and oil. Dredge 1 pound of large shelled butterflied giant prawns in shifted seasoned flour, cook quickly on high heat about five minutes. During the last minute add garlic and lemon zest. Preheat the wine in the microwave to boiling and then add to pan. Remove prawns to avoid over cooking. Bring to highest heat, reducing the liquid. When reduced by half, add back prawns, turn and glaze as sauce thickens.

Garnish with chives and parsley, serve immediately.

## *Scottish Meat Pie (Forfar Bridie)*

This authentic Scottish recipe comes from www.clans.org.uk

James Matthew Barrie, the author of Peter Pan, was born in Kirriemuir, Scotland in Forfarshire and wrote about Forfar Bridies. Meat, onions, and spices, wrapped up in a horseshoe shaped pastry; the Forfar Bridie has been a legendary staple of Scotland.

1 1/2 pounds of boneless lean rump steak
2 ounces beef suet or butter (2 tablespoons)
2 finely chopped onions
1 teaspoon dry mustard powder.
1/4 cup rich beef stock (or Demi glace and a little water).
Salt and pepper to taste
Pinch of thyme
1 1/2 pounds flaky pastry (home made or packet mix)

Pre-heated oven to 450F

Remove fat or gristle from the meat and beat with a meat hammer or rolling pin. Cut into half-inch pieces. Place pieces in a medium bowl (some cooks brown them in the suet first). Add salt, pepper, mustard, onion, suet or butter and stock then mix well.
Divide the pastry into six equal portions. Divide the meat mixture into six equal portions.
Roll each pastry portion to a six inch circle about quarter inch thick. Place a portion of the meat mixture in the centre of the pastry circle. Leave an edge of pastry showing all around. Brush the outer edge of the pastry circle with water and fold up to the top.
Crimp the edges together well. The crimped edges should be at the top of each Bridie.
Make a small slit in the top to let out any steam. Place the birdies on a square baking tray brushed with oil. Place in a pre-heated oven at to 450F for 15 minutes. Then reduce the temperature to 350F and cook for another 45 minutes.

The Bridies should be golden brown. If they are getting too dark, cover with foil.

## *Shrimp and Summer Vegetables Kebobs*

Sauce

1 tablespoon of garlic powder
1 clove crushed chopped garlic
Juice from a lime
Zest from a lime, chopped
1 chopped sprig fresh rosemary
1 teaspoon of ground coriander
1 teaspoon of onion powder
1 tablespoon of lemon pepper
Half a teaspoon of tarragon
4 tablespoons of Marin
3 tablespoons of season rice wine vinegar
4 tablespoons of cream sherry
1 tablespoon of selling supreme
Half a teaspoon of dry mustard
One-third of the cup dry white wine

Sauce Brush

Tie a bunch rosemary sprigs by the stock-end so as to secure a rosemary sauce brush. I allow one or more of the stems to be very long to serve as the handle.

Garnish

Lime wedges
Sprigs of fresh cilantro

Kebobs

1 1/2 pounds of wild large prawns
1/2 pound of cremini mushrooms
One red bell pepper
One green bell pepper
A handful of cherry tomatoes
One yellow onion, peeled and quartered

Prepare the sauce ahead of time and let stand at room temperature for at least a couple of hours.

Prepare pepper and onion as needed to skewer-sized pieces. Alternate vegetables and shrimp on 10 skewers. Skewers enter the middle of the backs of the shrimps and exit belly, reenter the belly and exit the back. This insures the shrimp will:

- remained flat
- not fall off

Refrigerate the kabobs until ready use. Before grilling, baste liberally with the sauce. Liberally applying basting as the kabobs cook. Grill on high, about two to three minutes a side until the vegetables and shrimp are done. Turn over the skewers with 2 mitten pot holders, and cook on that side. Garnish with lime wedges.

## *Shrimp Hunan*

This is a "*Chinafication*" of a Hawaiian shrimp recipe.

2 pounds shrimp
Deep fat for frying
2 eggs, slightly beaten
1 cup water
1 cup flour
1/2 teaspoon salt
Chopped green onion (scallions)

Garnish

Small Bunch chopped cilantro

Sauce

1/4 cup seasoned rice wine vinegar
1/4 cup Marin

1/4 cup sugar
A little soy sauce
Pinch ginger
1 tablespoon crushed hot red chili
2 tablespoons cornstarch
2 tablespoons water

Shell and clean the shrimp. Heat deep fat to 360 degrees F.

Combine eggs and the one cup water. Add flour and the 1/2 teaspoon salt; mix lightly. Dip shrimp into batter; drop into fat and fry.

Heat seasoned rice wine vinegar, Marin, sugar, soy sauce, ginger, chili in saucepan; bring to a boil. Mix cornstarch and the two tablespoons water; stir into hot mixture. Cook two more minutes, stirring constantly until thicken. Add additional water as needed to thin the sauce.

Pour sauce over shrimp and chopped scallions. Garnish with a few sprigs of a cilantro.

## *Slanted Door Barbecued Pork Spare Ribs*

The Slanted Door is a very popular contemporary Vietnamese restaurant in San Francisco right next door to my daughter's apartment. We ate there whenever we could. They are a relatively new restaurant that open its doors in 1995 in the Embarcadero with a spectacular view of the Bay Bridge. The restaurant features California -Vietnamese new age fusion cuisine. Chef/owner Charles Phan and Sous Chef Sam Fox have posted this recipe on the Niman Ranch site. The French pressed coffee and spring rolls are a must.

3 racks Niman Ranch Saint Louis-Style pork spare ribs

Marinade

½ cup Vietnamese fish sauce
½ cup Sugar
5 cloves minced garlic
3 minced Thai chili's
1 stalk minced lemongrass

Sauce Dry Ingredients:
- ½ cup honey
- ½ cup brown sugar
- 4 cloves minced garlic
- 5 minced Thai chili's
- 1 bulb minced fresh ginger
- ½ cup diced shallots
- ½ cup chopped cilantro

Wet Ingredients:
- ½ cup hoisin sauce
- ½ cup catsup
- ½ cup light soy sauce
- ½ cup dark soy sauce
- ½ cup rice wine
- ½ cup brewed coffee
- 1/8 cup oyster sauce

Combine all the ingredients in the marinade. Marinate pork spare ribs for 4 hours at room temperature. Bake the ribs in a 500°F oven for approximately 40 minutes or until well browned. Finish the ribs on a hot grill. For the sauce: Combine all the wet ingredients and set aside. Combine the honey and sugar and bring to a boil. Add in the dry ingredients and let mixture cook for 5 minutes. Pour in the wet ingredients and cook mixture until it is reduced by 1/4. Emulsify in a blender until smooth and strain.
When ribs are cooked, cut into 5 portions. Arrange on a platter and spoon sauce lightly over the ribs. Garnish with green onions and chopped cilantro.

## *Smothered Pork Chops with Potatoes*

- 6 thick pork chops
- 2 tablespoons olive oil
- 1 cup dry white wine
- 4 potatoes, thinly sliced on a mandolin
- 2 large onions, thinly sliced

1 teaspoon dried leaf thyme
1/4 cup (4 tablespoons) minced fresh parsley, divided
2 cups beef stock
1/2 cup soft bread crumbs, tossed with 2 tablespoons butter, melted
1/4 teaspoon dried leaf thyme

Brown pork chops in oil. Increase heat and add wine, scraping up browned bits. Place pork chops in baking pan. Saute onions in pan then add on top of the pork chops and the pan juices. Add the sliced potatoes in an even layer. Sprinkle a teaspoon thyme, and 3 tablespoons of the parsley. Pour beef stock around sides. Cover tightly with foil and bake at 350° for 30 to 40 minutes.

Take out of the oven and sprinkle with buttered bread crumbs and remaining parsley and a little more thyme. Bake casserole until crumbs are lightly browned (10~15 minutes).

## *Southern Smothered Fried Chicken*

Gussy's recipe was one of Gussy and Ethan's favorites. They were from the deep south and took care of the family children in our early youth. Gussy was the cook but this was Ethan favorite meal.

Truly the flavor of the deep south. This is a family favorite. Katherine browned the pieces in a fry pan then transferred all to a oven proof casserole with lid. Turn the chicken once half way through the cooking cycle. Thicken sauce at the end with additional flour with the casserole on a burner. (I use a Dutch oven pan for both operations and less mess.)

Pre-heat oven to 375 F.

1 Free range chicken, whole, cut up (4 ½ pounds)
¼ pound butter (1 stick)
Flour

Salt
Pepper
Whole milk
1 cap full of Kitchen Bouquet (optional) to darken gravy

Cut up bird into pieces, dust each piece in flour, sauté at 350 in butter in a large skillet or Dutch oven equipped with a lid until each side is lightly colored. Add pepper and a little salt. Cover chicken at least 1/2 way up with milk and scrape bottom of pan to loosen bits. Reduce heat to simmer. Cover and bring to a boil. Once boiling, transfer pan or Dutch-oven to a hot oven to bake. After 30 minutes remove chicken, turn chicken pieces over, scrape bottom of pan to prevent sticking. Recover and bake another 30 minutes until chicken is done. Place pan on a burner, remove lid, thicken gravy with additional flour as needed over medium heat (you may want to remove a few pieces of the chicken to a platter while you do this.) The sauce with be thickest once the additional flour has cooked a bit. Test the salt level and correct if needed. If you want to darken the sauce a bit use a half cap full of Kitchen Bouquet (1/4 teaspoon).

Serve over plain steamed rice with fresh green peas.

## *Spanish Chicken with Olives and Wine*

This dish was modified from an original recipe that was acquired by Katherine Ottesen, my mother while on vacation in Spain. She barged into the kitchen and refused to leave unless they shared the recipe. It is bursting with solid Mediterranean flavors. It is a whole meal, easy to prepare and cooks in one hour. All that is needed is good bread to make the meal complete although we usually serve it over steamed white or brown jasmine rice.

1 Chicken, cut up or legs, thighs, and wings (4 pounds)
1 large can of pitted black Californian olives (may also want to consider half and half with green olives as a variation.)
4 Vine ripened large tomatoes, quartered in wedges
2 Green bell peppers, sectioned into 1/2 slices, seeded and stemmed.
(or 1 green bell pepper and 1 yellow bell pepper, etc.)

1 Cup of dry white wine
2 Cloves of crushed garlic
1 Large yellow onion, peeled, coarsely sliced
2 tablespoons best cold pressed olive oil (i.e. best virgin olive oil rich in flavor)
1 tablespoon sweet butter
Salt and pepper to taste

Cut up chicken into pieces, sauté at 350 (medium) in butter and oil in a large skillet (equipped with a lid) until lightly golden brown. Add pepper and a little salt. Add wine, garlic, then cover the chicken with **all** the other ingredients. Reduce heat to simmer, cover and cook one hour. Toward the end of the hour look at the liquid level. Partially crack the lid to allow the sauces to thicken somewhat – not absolutely necessary but a thicker sauce will help concentrate the flavors. When done, taste the sauce and correct the salt as required. (You may choose to remove the vegetables and chicken from the pan so you may turn up the heat to thicken the sauce by driving away excess moisture; in this case, platter the chicken and vegetables and pour over the thickened sauce.) Serve either with fresh Italian Bread or steamed rice or both.

**Oven Works Well Too**
If you are doubling the recipe for more people, or you want to make sure that things don't burn, the dish may be prepared in a Dutch-oven equipped with a lid or even a metal turkey roasting pan where the cover is fashioned from two layers of heavy tin foil. (Two layers of foil holds its shape well and will yield an excellent seal). Pre-heat the oven to 375 F. Start the chicken as above with the Dutch oven or roasting span spanning two burners. At the point where the recipe calls to: "Reduce heat to simmer, cover and cook one hour." Move the covered Dutch oven or tin foil sealed roasting pan to the oven. After 45 minutes, crack the lid a bit or poke holes in the tin foil with a long handle fork – careful of the steam. When done, taste the sauce and correct the salt as required as before.

If simmering (i.e. steaming) rice, 375 F is also an ideal temperature for it to finish cooking in an oven-proof pot or casserole dish in the same oven as the chicken. (See recipe for rice.)

## *Spencer Steak with Rosemary and Cabernet Sauvignon*

By my way of reckoning, this is one of the tastiest of all the steaks and I prefer this cut to all other steaks. The Spencer steak is the same as the Delmonico or market steak.

4 Spencer steaks, 14 ounces is a good size
4 Patties of sweet butter
Salt
Pepper

No salt or pepper is added up front. This will come after the meat has been grilled.
Marinade

5 Sprigs of rosemary
4 Cloves chopped garlic
½ Cup of canola oil
1 Cup Cabernet Sauvignon

Put steaks in a glass baking dish. Top with chopped garlic and chopped rosemary. Pour over a cup of Cabernet Sauvignon and ½ cup of oil. Cover with plastic wrap and let rest in the refrigerator for an hour. Remove from the refrigerator an hour before these need to cook, turn steaks over. Recover with plastic wrap and allow the steaks to come to room temperature.

Preheat the grill until very hot. Do not use a fork! Use thongs as these do not perforate the meat which would allow vital juices to flow out.

Grill on high; turn over when done on one side. Do not over cook. When done, put the meat on a clean platter, salt and pepper each steak and top each steak with a dollop of butter.

## *Spicy Ginger Beef with Black Bean Sauce*

The best beef cut to use for stir-fry is top sirloin or London broil. (Alternatively try rump roast.)

1/3~1/2 pound top sirloin, cross cut into thin strips
1 tablespoon corn starch
2 tablespoon soy sauce

1 white onion, peeled, chopped into larger chunks
3/4 of a package Thai medium rice noodles
3-4 tablespoons peanut oil
1 tablespoon crushed chopped fresh ginger
1 tablespoon finely chopped garlic
1 tablespoon fermented black beans, soaked in water for 20 minutes
2 tablespoon Shao Hsing wine
1 teaspoon sugar
1 teaspoon Accent (monosodium glutamate)
1 tablespoon crushed red pepper
¾ cup bean sprouts
The greens from the tops of three scallions, sliced in 1 inch length.

Garnish
Fresh chopped cilantro

Rinse the black beans in water several times. Allow to rest covered in water for 20 minutes. Drain and discard all the water and set aside for later. Peel onion and cut into wedges length wise. Set aside. Chop garlic, prepare chopped ginger, and add crushed hot pepper, set aside. In a small dish, pre-measure the accent and sugar in a small dish. Set aside. Chop cilantro and slice scallions; place each in a small dish so their handy when needed.

Place meat in freezer for 40 minutes to aid slicing. Slice the cold almost frozen meat thinly and place slices in a bowl. Sprinkle the meat with corn starch, add one tablespoon each of soy sauce and Shao Hsing wine. Marinate for 25 minutes or so.

Put a covered pot of water on to boil for the noodles.

Heat the wok until very hot and add 3 tablespoons oil. When the oil is smoking, add the beef. Let the beef brown for a minute then stir beef to expose uncooked surfaces. Stir-fry the beef until it is browned and cooked through. Remove lid from boil pot and drop rice noodles in water. Stir a few times as the noodle separate.

With the wok on high, add onions and cook several minutes before adding the ginger, garlic, black beans and red pepper. Cook 1 minute then add 1 tablespoon soy sauce, 2 tablespoon Shao Hsing wine, sugar and accent. Toss ingredients, cook 1 minute, add green scallion tops

and bean sprouts. When the noodles are al dente, drain them in a colander. Toss colander constantly for a few shakes to remove excess water and pour drained noodles into wok. (Keeping the noodles moving prevents them from sticking together. Mix ingredients with noodles. Mix in a handful of chopped cilantro. Later, add more chopped cilantro to garnish each final plate.

This dish goes well with Tsingtao beer[1].

Note:

1. China's largest brewery, 'Tsing tao' pronounced 'Ching-dow' was founded in 1903 by German settlers. Tsingtao Beer was introduced to the United States in 1972, and is the top-selling Chinese beer in the United States. It is sweet, malty, light and well flavored. Tsingtao beer contains a proportion of rice in the mash which makes it slightly aromatic.

## *Stephanie's Salmon Steaks*

Incredibly easy and delicious. Preheat oven to 350 F.

Best foods' mayonnaise
Light brown sugar
Soy sauce
Salmon steaks

Set Broiler on High.

Lightly coat one side of each cleaned de-scaled salmon steaks with a little mayonnaise. Sprinkle with a bit of brown sugar. Add to each steak a few dashes of soy sauce. Broil until nicely colored and then let sit on bottom preheated oven to finish cooking another three to five minutes.

Garnish with chopped chives and parley and a wedge of lemon.

## *Steve's Island Salmon Filet*

This is an Asian Pacific Rim inspired recipe.

4 Best filet of wild salmon[1] or salmon steaks.
garlic powder
paprika
ground pepper
ground mustard seed
ground coriander seed,
white pepper
sea salt
finely chopped onions
1/3 cup dry white wine
Lemon juice
½ cup tamarind sauce
Good olive oil

If filets of salmon are used, try to use only pieces with uniform thickness for consistent results.

Pre-heat oven to 350 F.

Oil the bottom of a shallow glass or corning dish for baking.

Paint all sides of fish with Tamarind Drink mix concentrate or tamarind sauce. Season the bottom and top of the salmon with a combination of garlic powder, paprika, ground pepper, ground mustard seed, ground coriander seed, white pepper and a little salt. Cover top of salmon with a finely chopped onions. Over the top, drizzle a little lemon juice and 1/3 cup dry white wine.

Cook in center rack until just done. Salmon continues to cook after it is removed from oven. It is much better to have the salmon a little red than to overcook it.

Serve with pineapple rice with fresh scallions.

Note:

1. Wild salmon is best from very cold waters. The best comes from Nova Scotia. Farm raised salmon is not that good and tends to be mushy and without great flavor.
2. Tamarind Drink mix concentrate substitutes well for tamarind sauce (This may be purchased in a Thai food supply. See recipe for Pad Thai for more about tamarind.)

## *Steve's Oxtail Stew in Scotch Broth or Elephant Stew in the Jungle*

Some where over the course of raising my children, this dish took on the name elephant stew. I had submitted several recipes in the Laneview School Favorites Cookbook published to raise money for school field trips in the 1970's. One of the recipes was for Elephant Stew which went like this:

*1 Elephant, Chopped*
*72 gallons prepared Gravy*
*2 rabbits (optional.)*

*Cut elephant into bite size chucks. Cover with gravy and slowly simmer two weeks. Serves 4600. If expecting more people, add the rabbits. A word of caution, however, since some are rather put off to find an unexpected hare in their stew.*

Now I can not remember where the Elephant Stew recipe came from. I am sure I read it somewhere. My daughter, who was only 4 at the time, overheard her brother say "his teacher especially liked the recipe for Elephant Stew." Since one of her favorites was this oxtail stew, she made the leap that this must be the one. Here it is for your pleasure: Elephant Stew in the Jungle. As your guests query "but where is the elephant?" of course you answer in the Jungle.

3-5 Pounds of oxtails (Have these quartered in the butcher's saw.)
1 Large diced yellow onion
3 Cloves garlic
Beef bullion granules as required (see text)
2 Finely diced small carrots
1 Stalk of celery, finely diced
3 Tablespoons olive oil
Crushed red pepper flakes
1 Small can of tomato paste
White pepper

Black pepper
6 Bay leaves
1 1/2 cups of water
1 Cup of white wine
1/2 cup of brandy
1 Cup scotch
1 Tablespoon sugar
Ground coriander
Fresh thyme
Fresh sage
A few sprigs of Italian parsley
Greens from 2 scallions
1 Tablespoon of minced fresh orange zest

When broiling, the meat needs to be close to the heat source but this means that it can brown quickly so pay attention else you could easily burn the meat. Broil oxtails on high until nicely brown, turn and repeat for the other side.
In large stock pot, add onions, chopped celery, chopped carrots and sauté until the onions begin to clear. Add browned oxtails. Add all other ingredients except scallions and parsley is set aside for the garnish. The stew will be cook until tender about 3 hours. Cook with a lid for the first hour. The remove the lid. It is desirable to reduce the liquid to enhance the gravy. Caution needs to be exercised as a low liquid level could mean burning. The stew should be monitored closely as the liquid evaporates and stirred. If the bottom of the pot is thin walled, the risk of burner is higher hence you will need to stir more often. When the liquid has reduced sufficiently, add back the lid and place the pot in the oven at 350 F to finish cooking. The meat is done when it can be easily forked off the bone. Correct the seasoning. Salt will be added last in the form of granules of beef bouillon. Thicken the remaining liquid with flour shaken through a sieve (or use gravy flour) and stirred in. The gravy will not attain its thickest until it begins to boil so add the flour in stages and bring to a boil each time. I optionally add 1 tablespoon of minced fresh orange zest. Serve over wide noodles.

Garnish with chopped Italian parsley and chopped scallion greens sections cut diagonally into diamonds.

Note:
The cartilage in the tail meat contributes to the unctious mouth feel and smoothness of the dish. There really is not substitute.

## Succulent Pork Shoulder Roast

A touch of juicy pink inside is the right color for a pork roast. According to the CDC, in 1986, commercial pork products accounted for only 3 isolated cases of trichinosis for the entire United States. The other cases of trichinosis caused by pork included wild boar or pork purchased directly from a farm. The CDC recommends cooking pork to an internal temperature of 170 F but none of them are chefs. If this is in fact a "loaded gun", then I have been pulling the trigger a whole life time along with all the Hawaiians and Chinese who know how to make pork taste great. While you are pondering if 160 °F is an adequate temperature, consider that most dishwashers sterilization cycle uses hot water at 140°F. Cooking pork beyond 160 F is criminal as it drives all the moisture from the roast making it hard and unpalatable.

1 pork butt roast (about 5 pounds)
Ground black pepper
Ground Thyme
Ground sage
Garlic powder
1/2 teaspoon salt
1 tablespoon olive oil

Preheat the oven to 400°F. Place the rack in the center of the oven.

Oil bottom of pan and place the roast on it. Rub roast with spices and salt

Place the roast in the oven and immediately turn the heat down to 350°F. Roast until a meat thermometer registers a medium internal temperature of 155 °F. Remove the roast from oven and let it rest for 10 minutes. The temperature will increase another 5 degrees and the internal juices driven away from the outside of the roast by the heat will redistribute.

## *Sweet and Sour Pork*

1 pound chopped pork shoulder
1 Green bell pepper
1 whole large onion
1 can of Dole pineapple chunks
Canola oil

Soy sauce
3 tablespoons sherry
1 clove chopped garlic
2 Tablespoons chopped ginger
2 Tablespoons catsup
1 cup of good chicken stock
2 Tablespoons sugar
6 Tablespoons vinegar
2 Tablespoons corn starch
1 - 2 Tablespoons of ground California pod chiles

Marinate chopped pork in refrigerator over night in sherry, chopped garlic, crushed ginger and 2 tablespoons of soy sauce. Remove meat and set to drain then pat dry.

When at room temperature:

Heat 3 cups of oil to 375$^{o}$ F in a deep pot. Roll meat in corn starch. Cook five to eight pieces of meat at a time until brown and crisp. Remove with slotted spoon, drain on paper towels. Repeat until all meat cooked. Cover with a towel.

In a 2 quart sauce pan, combine 2 tablespoons of corn starch with 6 tablespoons of vinegar. Stir then add 1 cup of good chicken stock and 6 tablespoons of sugar, 2 tablespoons of soy, 2 tablespoons catsup, 1 - 2 tablespoons of ground California Pod Chiles, a pinch or two of cayenne pepper or white pepper to taste. Cook stirring until thick. Set aside.

In your very hot wok, add 1 tablespoons of peanut oil, Stir fry onions and green peppers, a few thin wide diagonal slices of carrot. Add pineapple, hot sweet-sour sauce and all of the meat. Heat and serve on a oval plate.

Goes well with plain rice.

## *Szechuan Bear Paw Tofu*

As bear paw is illegal pork is substituted. Chinese **Szechuan** is a style of Chinese cooking that

is both spicy and hot.

1 package of firm tofu (12 ounces)
4 ounces lean sliced pork
2 ounces cooked bamboo shoots
8 pieces Chinese black mushrooms (see note 1)
4 scallions
2 tablespoons peanut oil
1 thumb size chunk of sliced ginger
1/3 cup good chicken Stock
3 tablespoons low sodium Soy Sauce
1 tablespoon Shao Hsing wine
1/8 teaspoon ground red Szechuan peppercorns (optional) (see note 3)
1/2 teaspoon white pepper
1/2 teaspoon toasted sesame oil
½ teaspoon fine sugar (optional)
Cornstarch thickener made from 1 teaspoon cornstarch +2 tablespoon water

In a small bowl, add 1 teaspoon cornstarch and 2 tablespoon water. Mix and retain as a thickener.

Cut the tofu into 1/3 inch thick chunks. Fry tofu in hot oil until golden and drain on paper towels. Slice the pork into thin short slices. Cut bamboo shoots into thin slices. Soak the black mushrooms, remove stalks and cut into small slices (see note 1). Slice ginger into thin slices. Cut the scallions into 2 inch long sections.

Heat wok and when it's really hot add 2 tablespoons of oil. Stir fry pork quickly. Now add ginger, bamboo shoots, black mushrooms and scallions. When these are cooked, add chicken stock and boiled a few minutes.

Add tofu. Add soy sauce, wine, a bit of toasted sesame oil, pepper, optionally ground red Szechuan pepper and optionally a pinch of sugar. (Taste sauce and make adjustments as necessary) Stir fry for 1 minute then add thickener. Allow sauce to thicken then serve. Garnish with chopped cilantro.

Note:

1. When it comes to Chinese black mushrooms use dried mushrooms, as they have a stronger flavor than fresh. Soak in warm water for 30 minutes then remove the stems. Strain them through a sieve to remove any sand or dirt.
2. Alternate spellings: Sichuan, Szechuan, Szechwan
3. The Szechuan pepper (not related to pepper in any way) has a pronounced spicy-woody aroma with citrus overtones and a numbing taste. Szechuan pepper will smoke if it gets too hot so it usually added last. The Szechuan peppers first hits your tongue with moderate heat followed by a numbing coolness as it takes affect which in turn is followed by the bright flavor of citrus.

## *Tender Teriyaki Breasts of Chicken*

Very quick cooking insure the chicken remain succulent. White meat cooks very fast and will continue to cook while idling on the plate.. Chicken breasts should be cooked to 160° F and no more. They will go up in temperature by about 5 degrees after being removed from a 400 F oven.

Marinate 4 skinless breast of chicken in:
4 cups of teriyaki marinade
1 cup Madeira
White pepper
Pinch Ground Mustard

Rub breast with a combination of
1 tablespoon of olive oil
1 tablespoon melted butter

Basting
Commercial teriyaki glaze

Pre-heat oven to 400F.
When the oven hot, turn on the Broiler on HIGH.

Broil on each side 8 minutes. Do not over cook.

Baste with glaze. Broil 2 minutes. Turn over. Baste with glaze.
Broil 2 minutes. Baste again and serve immediately.

Good with aromatic jasmine white rice.

## *Thai Green Curry*

Curry is a favorite dish in Thai restaurants throughout the world. This highly aromatic favorite is loaded with herbs and fresh flavors quite unlike Western cuisines. There are as many versions of curry as chefs but Thai versions are among my favorites. The Thai usually use more cumin than this recipe but cumin is a very powerful flavor and tends to dominate a dish if too heavy handed.

2 stalk lemongrass[4], chop the tender bottoms, and retain upper halves
3 cloves peeled garlic
3 tablespoon peanut oil
1 green Serrano chili, chopped
1 teaspoon Thai chili sauce (optional –taste sauce first)
2 shallots chopped (substitute 1/3 cup chopped onion)
1 1/2 teaspoons ground coriander
1/8 teaspoon cumin
2 tablespoons fish sauce
1 teaspoon shrimp paste[1] (potent ingredient you may start with less to taste)
1 tablespoon brown sugar (adjusts level of sweetness, add more if you prefer)
1 thumb-size piece peeled white ginger (galangal), chopped
2 Keffir lime leaves, stemmed, and chopped
Zest from 1 lime
½ cup fresh cilantro[3]
1 teaspoon dark mushroom soy sauce or 1 tablespoon regular soy sauce
1 cup coconut cream
Half a chicken chopped into pieces
1 each red and green bell peppers cut into bite size pieces
Juice from 1 lime

3 green scallion whites cut diagonally
1 teaspoon white pepper

Garnish
Fresh Thai basil leaves
Fresh cilantro leaves
3 green scallion tops cut diagonally

Prepare the lemon grass by removing the tough outer leaves, the tough bulbs and cut off any dried out ends. Thinly slice the tenderer lower half of the stalks and put in the food processor bowl. Bruise the upper halves with back of cleaver and cut into long segments and set aside. These will be simmered with the chicken to add more flavor.

Add to the food processor bowl: the garlic, Serrano chili, the chili sauce[5], shallots, coriander, cumin, fish sauce, shrimp paste, sugar, galangal, Keffir lime leaf strips, and fresh coriander with their stems, soy sauce, and 1 cup coconut cream. Pulse process into a very fine green curry paste. Set aside. After 10 minutes, taste and adjust salt, spiciness, pepper and sugar. Make adjustments as required: use soy for salt if you like, add more Serrano chili if not spicy enough.

Pre-heat oven to 350 F.

Heat a Dutch oven[2] equipped with a lid until very hot over high heat. Add oil. When smoking, add chicken pieces a few at a time. Turn with thongs as these cook. When the have some color, remove to paper towel to drain. Add next pieces and repeat until all chicken has cooked. Pour out and discard excess oil. Reduce heat to medium. Add curry paste. Add back chicken pieces. Add the whole upper stalks of the lemongrass and two additional whole Keffir lime leaves. Add additional coconut cream if needed but keep in mind the chicken releases broth as it cooks. Stir with a spoon. When boiling, add lid and cook in oven for 40 minutes.

Return **very hot pot** to stove top with pot holders. Set flame to low. Remove and discard lemongrass stalk sections and whole Keffir lime leaves. Add chopped bell peppers and sliced scallion whites. Stir vegetables well into rest of the ingredients. Cover, return to oven and cook for additional 20 minutes.

Correct seasoning. Add juice from 1 lime.

Plate into bowls. Garnish with fresh Thai basil, chopped scallion tops and chopped cilantro. Optionally add a few slices of red chilies on top.

Serve with aromatic Thai jasmine rice.

Note:

1. Shrimp Paste (kapee in Thai) is made from ground preserved tiny shrimps usually in jars. In Thailand, there is a wide range of pastes varying in strength, color and quality. Typically one uses a tiny bit to enhance the flavor of a dish. If you can't find this, just leave it out.
2. If you don't have a Dutch oven, fry chicken in frying pan. The transfer chicken to a chafing dish or hot pot equipped with a tight fitting lid. If your lid is a poor fit, help get a better seal with two thicknesses of tin-foil.
3. To make this greener, add more cilantro when making the green curry paste.
4. If the outer leaves are woody such that only the very inner leaves are soft enough to make the curry paste, you can use an additional stock so that the paste is made only with tender pieces.
5. If you like, use more Serrano chili instead of chile sauce.

## *Treating Wild Fowl*

Like all wild game, birds need to be cleaned as quickly as practical, the sooner the better.

Refrigerate all game birds, ducks for a minimum of 48 hours. Use gallon size Ziploc bags.

A certain times of the year, wild birds are more strongly flavored or excessively gamey. These birds are improved by soaking the cleaned birds for a minimum of 2 to 3 hours in strong salted water with a teaspoon of baking soda. If the birds smell after this, soak them further two days in salted milk. Rinse them several times in fresh water. The first rinse, allow birds to rest in cold water to give up residual salt. Pat them dry. Fill cavities with chopped onions and rosemary for a day. Discard onion and rosemary before cooking.

The juices of a wild duck runs red to pink. If you overcook it, it only gets more gamey and less appetizing. Inspect the duck carefully removing any pin feathers that may have been missed.

## *Ukulele Grill Crab Cakes with Jalapeños*

Ukulele Grill is in Kihei, Maui.

1 pound fresh cooked crab
3 tablespoons Best food Mayonnaise
1/2 cup fine white bread-crumbs
2 beaten whole eggs
Sautéed shallots in butter then cool
Minced parsley
1 teaspoon lemon juice
1 tablespoon very finely chopped celery
Pinch paprika
Pinch salt
Pepper
1/2 cup fine bread-crumbs made from crust of sour dough bread

Combine sautéed shallots, mayonnaise, crab, celery, parsley, lemon juice, paprika, pepper, pinch of salt, 1/2 cup fine white bread, with 2 well beaten whole eggs. Form into patties. Place patties on wax paper and refrigerate for two – three hours. When ready to cook, dip both sides of patties in crust-bread crumbs and sauté in butter until browned on each side. Garnish with Hawaiian Coulee and Crème Fraiche, then serve.

Garnish:
French Clotted Cream (Crème Fraiche) and Hawaiian Coulee

Hawaiian Coulee
¼ cup chopped seeded tomato
¼ cup chopped sweet Maui onion
½ cup chopped papaya
2 chopped green scallion greens
1 teaspoon black sesame seeds

## *Veal Chops ala Milanese (Cotolette)*

4 Boneless veal chops pounded to 1/3 inch thick
2 pints milk
2 eggs, beaten frothy
½ cup fine 00 Italian flour
1 cup bread crumbs ground from crust of Italian bread
1 tablespoon olive oil
3 tablespoons sweet butter
salt
pepper

Marinate veal chops in a mixture of milk and salt for 30 minutes. Remove chops at pat dry with paper towels. Dredge both sides in flour and shake off excess. Dip chops in the beaten egg and bread them, pressing the crumbs onto the chops.

Preheat a large frying pan until hot. Add olive oil then the butter pan and sauté the breaded chops on each side until golden brown over a medium heat turning only once. Do not over cook as the meat should be pink.

Salt and pepper to taste.

Garnish with parsley.

## *Vicki's Meatloaf*

A basic meatloaf, that is wonderfully moist and succulent. This is proof that meatloaf can be, at the same time, both American and "gourmet all the way".

3 pound hamburger[1] meat
2/3 cup milk
1/2 cup Quaker's instant oatmeal
1/4 cup Heinz ketchup
1/2 cup finely chopped onion
1 teaspoon salt
1 teaspoon parsley flakes
1/4 teaspoon black pepper

1 egg, slightly beaten
1/2 teaspoon dill weed
1/2 teaspoon garlic powder
1/4 teaspoon onion powder
1 teaspoon Worcestershire sauce

Combine all the ingredients except the ketchup, and mix well. Form into a loaf and place in a loaf pan. Vault the center of the loaf by pushing down the sides making a place for oil runoff to go. Top the meatloaf with the ketchup and bake at 350 F for 75 minutes until done. Serve with mashed potatoes.
Note:

1. Hamburger meat is 30% fat content. A lot of this renders during cooking and the excess fat may be poured off.

## *White Chicken Sausage with Mushrooms (Boudins Blancs aux champignons)*

In France, the sausage is a Christmas favorite. This is an ageless light delicate sausage usually made from pork, chicken, or veal in many different versions all around Europe. The sausage is flavored with Armagnac, spices, and mushrooms or truffles. In New Orleans, the sausage is transformed by Louisiana frugality and their sensibilities. Kae's recipe is more like a true French one. The tomatoes sauce, sausages can be made ahead of time. Double the recipe for more people. Substantial preparation time.

2 ounces of chicken fat
1/2 cup chopped onions
1 whole chicken breast, boned, skinned, coarsely chopped
3 ounces veal coarsely chopped
1/3 cup milk
1/3 cup fresh bread crumbs of firm textured bread
1 tablespoon chopped parsley
2 egg whites
2 tablespoons heavy whipping cream
1 tablespoons Armagnac (Cognac or brandy)
1/4 teaspoon salt

1/8 teaspoon white pepper
1/8 teaspoon allspice
1/8 teaspoon nutmeg
¼ cup chopped cremini mushrooms

Fresh Tomato Sauce
2 small ripe tomatoes, chopped finely
1 clove chopped garlic
½ yellow onion, chopped
A strip of orange peel
Pinch of sugar
Pinch of salt
Pinch of white pepper
3 tablespoons fresh chopped parsley

Finish the sausages with:
3 tablespoons melted butter
Bread crumbs
Garnish sprig tarragon

Melt one ounce of chicken fat and sauté the onions, mushrooms until they are tender. Do not brown. Cool.

In a food processor, add onions, mushrooms, the other 1 ounce of chicken fat, chicken, veal, and grind until just fine but not pasty.

In a saucepan, combine milk and 1/3 cup of bread crumbs. Bring mixture to a boil until thick and milk is absorbed. To the food processor, add bread crumbs mixture, parsley, seasonings and blend well. With food processor running, add the egg whites, cream, Armagnac, and mix well. It's now necessary to check to check seasonings. Take a small sample and sauté it a bit and then taste. Correcting seasonings as required. Refrigerate the mixture overnight.

Cut four squares of plastic wrap each 9 by 9 inches. Divide the sausage mixture into four sections.

Spoon into each piece of plastic wrap section, a 6 inch strip of the mixture at least 1 1/2 inches from the edge. Fold plastic wrap over the mixture from each end, thereby squeezing out any bubbles. Continue wrapping to form a sausage shape. Security ends with string or small rubber-bands. Place plastic wrapped sausages in an unheated large skillet. Cover these ¾ way up with boiling water. With the skillet on a low simmer, cook the sausage uncovered for 20 to 25 minutes, turning occasionally. Remove from heat and cool. When completely cold, carefully remove sausages from their plastic wrap.

Preheat broiler.

Make a quick tomato-garlic sauce in a frying pan. Sauté garlic, onions, fresh finely chopped tomatoes, a strip of orange peel, sugar, salt and fresh chopped parsley for ten minutes or so until thickened. Taste sauce and correct seasoning.

In a frying pan, add a bit of the melted butter. Roll sausages with bread crumbs, drizzle with additional butter, and broil, turning and basting every 3 minutes until all sides of the sausage are browned. Deglaze pan with ½ tablespoon of Armagnac. Plate a sausage per guest and dollop with fresh tomato sauce.

## *Zarela's Baked creamy Mexican rice with Corn and Poblano Chilies*

Arroz con crema y Poblanos

Rice

2 cups rice
3 ½ cups water
Pinch of salt
1 tablespoon butter

Casserole

2 cups sour cream
1/2 cup chopped onion

1/4 cup chopped cilantro
1 minced garlic clove
2 tablespoons rendered pork fat
2 poblano chilies, roasted, seeded, peeled and chop
1/2 cup chopped onion
1 garlic clove
1/2 pound sweet petite corn, unfrozen
1/2 pound grated Monterey jack cheese or Munster cheese

Preheat oven to 350 F.
Roast poblano chilies over an open flame or BBQ until black on the outside (4 minutes.) Place in brown paper sack and let sit for 20 minutes to sweat. Peeled, seed and chop chilies.

Bring water to a boil and add butter and salt. When the butter is melted, add the rice, cover and bring back to a boil. Place in oven for 30 minutes on 350F.

Roast poblano chilies over an open flame or BBQ until back on the outside (4 minutes.) Place in brown sack let sit for 20 minutes to sweat. Peeled, seed and chop chilies.

Take rice out of oven. Remove lid with pot holder. Turn out rice onto a cookie sheet to allow to cool.

Heat the pork fat in a frying pan on low and render the fat. Discard fat solid piece. Sauté the onion until clear. Then add the garlic and the chopped poblano. Sauté for one minute. Let cool and combine with the rice. Mix in the corn, sour cream and grated cheese. Place in uncovered casserole dish. Bake for 30 minutes at 350 F. Garnish with fresh chopped cilantro.

# 1Sandwiches and Burritos

## *Apple Chicken Salad Sandwich*

3 room-temperature Grilled chicken thighs
1 peeled chopped Fuji apple
2 pikes of chopped apple smoked bacon (optional)
1 teaspoon lime juice
Pinch of paprika
3 tablespoon Best Foods Mayonnaise
½ cup finely chopped celery
¼ cup finely chopped red onion
Pinch of sugar
Pepper
Toast whole wheat bread.

Peel apples, sprinkle with lime juice and sprinkle with a little sugar. Toss well.

Discard skin and bone and chop grilled chicken. Combine all ingredients, mixing well. Serve on toasted bread. Cut sandwiches in half and toothpick each halve.

Serve with slice apples.

## *Baja-style Fish Tacos*

Soft fish tacos need the freshes white corn tortillas that should be fragrant and very warm when served.

Best white corn 5 inch tortillas use two per taco
Grilled Mango Avocado Salsa (see recipe)
Corn flour
Flounder
White pepper

Paprika
Juliened napa cabbage stems
Lightly flavored olive oil or peanut oil

Sauce

4 tablespoons Best Foods mayonnaise
1 teaspoon wine vinegar
1 teaspoon finely ground chipoltle

Garnish

Lime wedges

Prepare taco suace and put in squeeze bottle or have on the table. Prepare mango avocado salsa ahead of time. When spooning in the mango avocado salsa into each taco, use a slotted spoon to drain off excess liquids. Turn on oven to its lowest temperature. Juliened napa cabbage using just the bottom white portion of the stems. Cut this evenly into very thin strips.

Corn flour is used to dust the fish just before it is fried crispy in oil a few pieces at a time. Drain on paper towels. Keep warm in oven.

Assemble each taco with two warmed outer wrappers. A piece of fish, juliened cabbage mango avocado salsa. Serve three fish taco per adult and one or two for a child..

## *Carne Asada Chili Rellenos Sandwich*

Entertaining? Try ths recipe for a summer sandwich which will standout from others. Recipe is for four people.

1 Loaf French bread
4 prepared Chili Rellenos
4-8 thin slices of London broil beefsteak (see text)
1 large handful fresh cilantro, chopped
Sweet butter, softened
4 tablespoons roasted garlic aioli (Roasted_Garlic_Aioli_Mayonnaise.doc)

Salt

Marinade
2 garlic cloves, minced
Pinch of Cumin
1 teaspoon of ground New Mexico Chilies
¼ teaspoon cayenne pepper
White pepper
juice from 1 lime
1/4 cup olive oil
1 teaspoon red wine vinegar

Garnish
Pickled whole Jalapenos
Mango Pico de Gallo (see recipe )
Nasturtium blossoms

Prepare marinade. Slice London broil cross grain into thin slices. Depending on how tall the steak is use 4 pieces if resulting slices are 3 inch wide, else cut 8 slices. Toss the slices and marinate the steak for ½ hour. Pre-heat oven to very low to serve as a warmer to keep Rellenos warm after they are cooked. Prepare 4 Chili Rellenos. Drain on paper towels. Place in warm oven to stay warm.

Pre-heat grill. Cut the loaf of French bread on a long diagonal into half inch slices so that the slices are as long (or slightly longer) as the chili rellenos are long. (For a softer sandwich, cut of the crust from the bread.) Butter one side of the bread slices. Chopped cilantro and retain. Grill the steak briefly on each side. Medium rare if possible. Heat one or more large frying pans, grill the bread on their buttered side.
When the steak is done, remove from grill to platter. Add a patty or two of butter to steak strips. When the bread is golden brown, assemble sandwich in this order. Sandwich bread pieces are butter side out. Quickly apply a thin coat of aioli to the non-butter side of the bread. Add a Chili Relleno, one or more steak strips, shake of salt, some cilantro, and the top bread piece. Cut in half. Tooth pick haves
Garnish the plate with a whole jalapenos, a heaping tablesppon or two of Mango Pico de Gallo and a few strategic Nasturtium blossoms.

## *Chile Relleno Burritos*

Prepared Chile Rellenos
Refried beans
Mexican rice
Cilantro
Hot sauce, heated
Finely chopped green onions
Finely sliced iceburg lettuce
Finely chopped tomatoes
Grated Monterey Pepper Jack
14 inch flour giant burrito wrappers

Prepare chile rellenos ahead of time. Drain on paper towels, keep warm in a warmed oven.

Heat wrapper directly over a hot flame moving them constantly until the shell is very hot. Fill with ingredients, wrap tightly, and serve,

## *Corn Beef Hash Sandwich with Egg*

see Corn Beef Hash

## *Granny's Toasted Ham Sandwich*

2~3 medium thick slices of homemade Holiday ham per French roll
Granny Smith apples peeled sliced
Handful brown sugar
Pinch of cinnamon
Brown country mustard
Best Foods mayonnaise
3 tablespoons butter
Pepper to taste
Salt
6 slices pepperjack cheese
6 Sweet French rolls split, buttered and toasted

Peel Granny Smith apples and cut into thin slices. Sauté apples slice in butter with some brown sugar. Add a touch of cinnamon, salt and pepper. Cook until slices soft and colored on both sides. Set aside. Clean out pan. Warm ham in microwave on a glass plate on low power until the ham is warm.

Rolls are done two at a time in a frying pan or use two frying pans.

Butter inside surfaces of split French rolls and toast these butter side down in frying pan. When inner surface is toasted brown, add a little mayonnaise and mustard, top with two slices of cheese, ham slices, followed by apple slices. Pin sandwich roll together with toothpicks. Add cover and leave sandwiches on low until cheese melts a bit. Serve immediately. Do next batch of rolls.

## *Hot Tuscan Salami with Roasted Red Peppers*

Ciabatta bread slices
Hot Tuscan salami
Roasted Red Peppers
Bets food mayonnaise
Fresh ground pepper

Slice bread on the diagonal to make long attractive slices about ½ inch thick. Apply mayonnaise to the bread, cover with salami and roasted red peppers. Grind on a few twist from the pepper mill

## *Penguin Drive-Inn's Pimento Grilled Cheese Sandwich*

Charlotte North Caroline's Penguin[1] Drive-In made famous by their buttermilk soaked battered deep-fried dill pickle chips has won the hearts of many workmen's with a southern favorite, the *Pimento Grilled Cheese Sandwich*.

1 cups mild cheddar cheese

2/3 cups jalapeno jack cheese
1 4-ounce jar (1/3 cup) chopped pimentos with their liquid
½ cup Best Food's mayonnaise
1/2 teaspoon black pepper
¼ teaspoon or more cayenne pepper
½ teaspoon garlic powder
Sliced bread
Sweet butter, softened

Grate the cheese when very cold. Combine cold cheeses, pimentos and their juices, mayonnaise, and spices. Make a sandwich with cheese mixture, butter one side of the sandwich. Fry on grill. Butter the tops of each sandwich while their on the grill on grill. Fry bottoms until golden, turn over and repeat.

Serve with battered deep-fried dill pickle chips.

Note:

1. The Penguin Drive, (704) 375-6959, 1921 Commonwealth Ave, Charlotte, NC 28205 near downtown.

## *Roast Leg of Lamb Sandwich*

This is normally made from left over leg of lamb, but if you having a party no reason you can't cook a leg of lamb for sandwiches.

Cold roast leg of lamb cut thin
Iceburg lettuce segments
1 tablespoon Best Food mayonaise
Thin slice of red onion
One slice of roasted red bell pepper
Thin slices of English cucumber
Lightly toasted whole wheat sandwich bread

Garnish plates with sprig of mint

Lightly toasted whole wheat sandwich bread and when somewhat cooled but still warm, spread on Best Food mayonaise on each slice. Cover bottom slice with slices of cucumber, a

slice of roasted red bell pepper, some segments of crisp cold iceburg lettuce, thin slices of roast Leg of lamb, a slice of red onion. Cover with other bread slice. Cut sandwitch in half. Garnish plate with sprig of mint.

## *Toasted Egg Salad Sandwich*

Simple but good.

6 Hard boiled week old eggs so they are easy to peel
2 ribs of celery, chopped finely
¼ red onion, fine chopped
3 tablespoon Best Foods Mayonnaise
Optional few chopped Italian capers
Pinch of paprika
Pepper
Whole wheat bread, toasted
Finely shredded head lettuce

Boil eggs 15 minutes. Immerse cooked eggs in cold water for 10 minutes and then peel under running water. Chop eggs in a round bottom bowl with a pastry blender. Add chopped celery, chopped onions, a little pepper, a pinch of paprika and mayonnaise. Stir until just mixed.

Toasted bread slices, top with a bit of finely shredded head lettuce, a very generous dollop of egg salad mixture. Cut into two diagonals, pin with decorative toothpicks and serve.

# Cookies and Candy

## *Baking Biscotti*

Twice cooked cookies. These instructions are more for process preparation than for recipe.

Cookies are to be cooked on parchment paper on a doubled walled cookie sheet. (The double wall prevents burning and gives even results.)

To get consistent results, pipe lines of dough in even rows, successive rows adjacently touching each other. Use full circle pipe nozzle. Allow for expansion between rows as well at the ends. The rows may be 4 -6 pipes wide necessary to make a biscotti 3-4 inches wide.

Even though baked twice, the initial baking should be thorough. Once baked to a golden brown or to the point that a toothpick inserted comes back dry and clean. Allow cookies to cool. Slice into 3/4 inch cookies with a sharp serrated knife. Separate to allow even baking and re-bake cut side down to drive out remaining moisture. Cool and store in air tight container.

Typical recipe for 100 cookies

- 1 cup sweet butter
- 5 eggs
- 4 cups flour
- 1 tablespoon of baking powder
- 1 tablespoon baking soda ( help over come acid of lime juice)
- 2 teaspoons vanilla
- 2 cups chopped blanched almonds
- 2 cups Sugar
- Zest of lime
- 1 cup fresh squeezed lime juice
- Salt
- 1 cup Candied Ginger, chopped finely

Bake 375 for 20 minutes. Second baking, cut side down, 375 10-15 minutes.

## *Fundamental Drop Cookies*

Drop cookies are made from soft dough that is dropped by spoonfuls onto the baking sheet. During baking, the mounds of dough spread and flatten. Chocolate chip cookies, oatmeal cookies are prominent members of drop cookie family. The basic cookie recipe includes flour, shortening (often lard), baking powder or soda, milk (buttermilk or sweet milk) and sugar. Lard has a high temperature and spreads less than butter. Substitute four parts lard for every five parts butter called for in a recipe for a flakier result. Butter has a better flavor. You can mix butter and lard for a balanced result.

1/2 cup butter
1/3 cup plus and extra 1 tablespoon granulated sugar
1/3 cup brown sugar, light or dark, firmly packed
1/2 teaspoon baking powder
2 teaspoon bourbon vanilla
1/4 teaspoon baking soda
1 large egg
1 1/2 cups King Arthur Unbleached All-Purpose Flour
2 tablespoons whole milk, optional
2 cups chips, nuts, and/or dried fruit, optional

Optional Flavoring Agents
Powdered or finely ground ginger
White pepper
Red pepper
Extracts (1 teaspoon of any of these: almond, lemon, orange, brandy, rum extracts)

Preheat the oven to 375°F. Lightly grease two baking sheets, or line with parchment.

In the mixer, cream butter, sugars, vanilla, salt, baking powder, and baking soda until well combined. (If adding optional flavor agents, add them now.)

Add the egg. Beat until smooth. Scrape down the sides of the mixing bowl, and beat again until smooth.

Reduce speed to low, add the flour and mix it in completely.

If adding chips, nuts, etc, beat in the milk to loosen the batter else skip it. Now add additional ingredients.

Let dough rest 10 minutes, Drop the cookies by tablespoonfuls on greased baking sheets, spacing them about 2" apart to allow for expansion. Bake for 14 to 16 minutes to a light golden brown. Use slightly less time for a more chewy cookie.

Remove racks form oven. Cool cookies on baking sheets for several minutes then transfer to a cooling rack.

## *Lemon Drop Cookies*

These prize winning thin yellow wafers automatically produce a crunchy heavenly golden brown thin rim.

1 cup sweet butter
2/3 to 1 cup sugar
2 whole eggs
4 teaspoons bourbon vanilla,
2-3 teaspoon of fresh graded orange rind
2-4 teaspoon of lemon extract
1 1/2 cups shifted flour

Cream butter then add sugar. Add eggs one egg at a time. Add vanilla and orange rind. Add ½ of the lemon extract to start with. Beat on medium and add shifted flour 1 spoonful at a time. Taste batter. Add more lemon extract to the desired degree of tartness.

Drop from two spoons, a quarter sized drop, onto cookie sheets, well apart, leaving room for expansion.

Bake 375 for 7-8 minutes until the thin brown rim forms. Immediately, remove from sheet with

the sharpest and thinnest spatula you have. If cookies are too thin, add and beat in a bit more flour. It is the thinest of this cookie that produces the best rim. Cool on wire racks. Best served while still warm. The cookies will not last long - they are eaten faster than they can be cooked.

*"A balanced diet is a cookie in each hand."*

## *Peanut Brittle*

This is something fun to do with kids although constant and careful supervision is required. You need to explain that the mixture is very hot. I leave the sink running with cold water and right next to the sink is where the kids work. If the get any on their hands have them immediately place hands under cold running water. I pour out the mixture and let my grand-daughter spread it with a long spatula. You can make this with any nut but cashews and peanuts are real crowd pleasers.

Butter a shallow lipped sheet pan so it's ready to receive the brittle. Pre-measure the vanilla and baking soda. Load a spoon with the butter and set aside until needed.

1/2 cup water
2 cups sugar
2/3 cups white Karo corn syrup
2 cups roasted peanuts
1/2 teaspoon salt
1 teaspoon sweet butter
1 teaspoon baking soda[1]
1 teaspoon good vanilla

In a sauce pan combine sugar, water, and corn syrup. Cook over low heat and boil without stirring to a temperature between 295-310°F (168°C) on a candy thermometer (hard crack stage).

Add peanuts and cook until syrup is golden. Add butter, baking soda, and vanilla stirring slightly.

Turn out brittle onto greased sheet pan. Spread it out quickly. It helps if someone holds the pan. When doing this alone, I squeeze the pan between one hand and my belly but wearing a thick apron has proven to be invaluable.

Cool sheet and break brittle into pieces. Never mind storing it. It never hangs around long enough to need storage.

Note:

1. The addition of baking soda makes the brittle more friable – less rock like.

## *Orange Vanilla Shortbread Cookies*

Preheat oven to 325. Cookies will be cooked slowly, so as not to excessively brown. The cookie dough is easy to prepare in a mixer using the paddle attachment. These are traditional shortbread butter cookies. It is very easy to get great results. Variation to this recipe includes other flavored extracts like orange, lemon, or almond.

2 sticks Danish unsalted sweet butter
1/2 cup extra fine sugar + more for dusting top
1 ½~2 teaspoons bourbon vanilla (see about vanilla)
1 tablespoon of zest orange rind, minced fine
1/2 teaspoon of salt
1 1/2 cup of King Arthur all purpose flour, shifted
1 tablespoon cornstarch

Cut butter into patties to speed up softening. When butter is slightly soft process on low until creamy then gradually add in the sugar. Increase speed to medium in well incorporated. Beat well in the orange jest, and vanilla. Combine flour, tablespoon cornstarch and salt and sift the mixture. Once sifted, turn mixer to low, and add 1 tablespoon of dry ingredients at a time until all of it has been incorporated. Scrape down sides of bowl then increase speed to medium and beat several minutes. Feel the dough. If too sticky, beat in an additional tablespoon of flour. Press dough into a ball. Press dough in a sheet pan lined with parchment paper. Cover dough with another sheet of parchment paper. Roll the dough to about ¼ thick and evenly as possible so it cooks uniformly. Pull off top sheet of parchment paper back on itself at a sharp angle but slowly so it does not lift the dough. Smooth any ragged edges push these back on to the rest of the dough. Try to keep the cookie dough from the edge of the pan as the dough will expand slightly as it cooks. Prick cookie

dough with a fork in diagonals or decorative patterns. Score dough into bars with a sharp knife. Sprinkle top of dough with a little extra granulated sugar.

Place sheet pan in center of oven, reduce oven heat to 300 F and bake for 45~55 minutes or until light brown all over. Re-cut cookies along score lines with a sharp knife while hot from oven. Cool 10 minutes in pan and while still warm separate on score boundaries with a knife. Separate and cook on cookie racks. Best served while still slightly warm.

## *Scandinavian Almond Cookie*

Delicate buttery light almond flavored shortbread like cookies that melts in your mouth.

1 3/4 cups of KA[1] all-purpose or Italian "00" flour
2 tablespoons cornstarch
2 teaspoon Bourbon vanilla (see about vanilla)
1 teaspoon of KA almond emulsion or KA bitter almond oil or almond oil extract or substitute 2 teaspoon Amaretto (for a stonger flavor, double these almond portions,)
8 ounces (1 cup) Danish sweet butter softened or cut into patties if cold
1/2 teaspoon salt
2/3 cup sugar
almond halves, blanched or unblanched 1 per cookie

Preheat oven to 300 F. Prepare baking sheets by lining with parchment paper or simply use silicon mats. Combine the flour, cornstarch, salt and shift together. In your mixer, using the paddle attachment, cream the butter, and then add sugar on low at first, increase speed and cream until thoroughly combined. Scrape down sides of bowl with a spatula then stir in vanilla and almond flavoring on low. Now add the flour mixture a spoonful at a time while mixing on low. Scrape down sides of bowl the beat another minute on high. Form the dough with your palms into small balls to keep cookies small. If too sticky, beat in a little more flour. With your finger, press down rounds and pat into round flats on prepared baking sheets or silicon mats. Gently press an almond on top of each cookie. Bake 25~40 minutes or until just slightly brown.

Note:
1. KA = King Arthur

## *Stephanie's Holly Cookies*

(From Stephanie's Kindergarten Class Recipe Cookbook)

1 Stick butter
1 teaspoon Cook's Bourbon vanilla
3 cups large marshmallows
2 teaspoon green food coloring
4 1/2 cups Corn Flakes
Red hot candies

Melt butter and marshmallows in saucepan. Add vanilla and food coloring. Mix well. Add corn flakes and coat well. Drop by spoonfuls on was paper. Add candies for holly berries.

## *Sugar Cookies*

1 cup sweet unsalted butter, softened
1 1/4 cups white sugar
1 egg
2 teaspoons vanilla extract
1 teaspoon lemon extract
1 teaspoon orange extract
2 1/2 cups King Arthur all-purpose flour
1 teaspoon baking soda

Preheat oven to 375 degrees F.

Premix dry ingredient in a bowl: flour, baking soda, and baking powder.

In the mixer, on medium-high speed using the whisk, cream together the butter and sugar until smooth. Beat in egg, lemon and orange extracts and vanilla. Switch beater to the paddle and gradually beat in the premixed dry ingredients. Push down side of the bowl with a spatula. Mix another few rounds until well blended. Refrigerate before rolling dough on a mat for cookie cutting desired shapes.

Transfer cutout cookies to an ungreased cookie sheet using a pancake turner.




Bake 8 to 10 minutes until golden. Remove sheets from oven and let cookies stand on cookie sheet two minutes before removing to cool on wire racks.

## Cali's Butter Icing for Sugar Cookies

1 1/2 cups confectioners' sugar
3 tablespoons butter, softened
1 tablespoon vanilla extract
1 tablespoon milk or more as required for consistency
Assorted food coloring
Colored decorator sugar as required

In a mixer using the whisk, combine confectioners' sugar, butter, vanilla and milk, beating until creamy. Add more drops of milk as necessary for spreading consistency. Stir in optional food colorings. Spread frosting over cooled cookies and decorate with colored sugar.

# Desserts and Pastry

# Vegetables

# Appendix

## Useful Conversions

(also see http://www.google.com/intl/en/help/features.html#calculator )

1 Tablespoon = 3/4 ounce
1 US teaspoon = 0.16667 US fluid ounces
1 US tablespoon = 0.0625 US cups
1 US cups = 16 US tablespoons
1 US quarts = 4 US cups
1 US quart = 2 US pints
1 US quart = 0.94635 liters
1 liter = 1.0567 US quarts
1/2 US cup = 24 US teaspoons
1 US cup = 16 US tablespoons
1 US fluid ounces = 2 US tablespoons
1 US fluid ounces = 6 US teaspoons
1 liter = 33.814 US fluid ounces

Pound, cups, tablespoon and teaspoon
(conversions assume the base weight-volume of water)
1 pound = 2 cups
1 ounce = 2 tablespoons
1 tablespoon = 3 teaspoons = 0.5 oz = 15 grams
1 teaspoon = 0.17 oz = 5 grams
pinch is less than 1/8 teaspoon
dl = deciliter = 1/10 of a liter = 1/2 cup

Weight-volume of:

Flour: 1 pound = 3 1/2 cups
Sugar: 1 pound = 2 1/4 cups

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