Bon Appétit

AMERICA'S FOOD AND ENTERTAINING MAGAZINE

MARCH 1987 $2.50

PARTIES

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WINES

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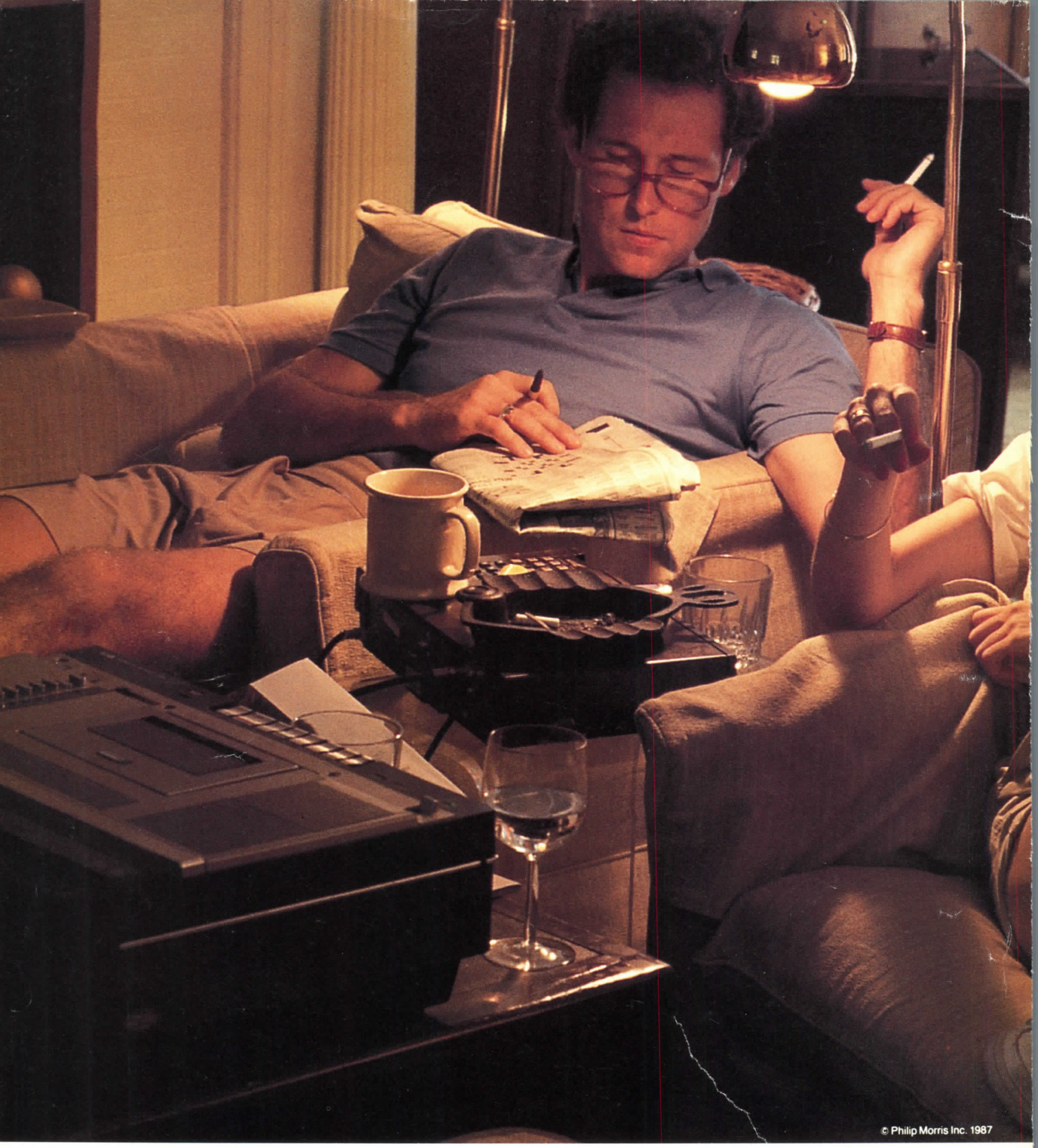
STYLE

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Seafood and Sausage Gumbo

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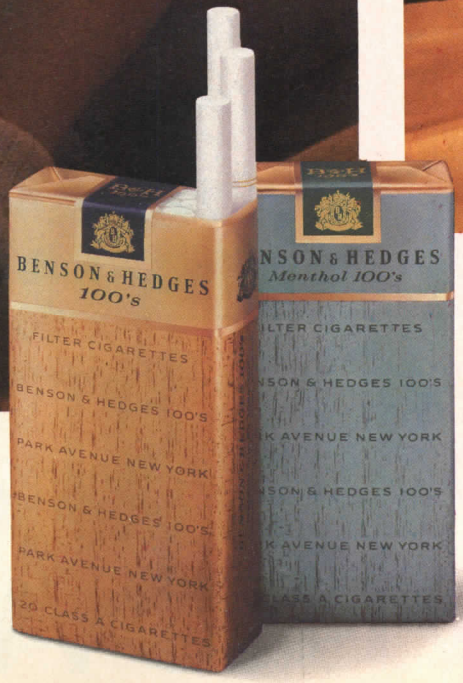
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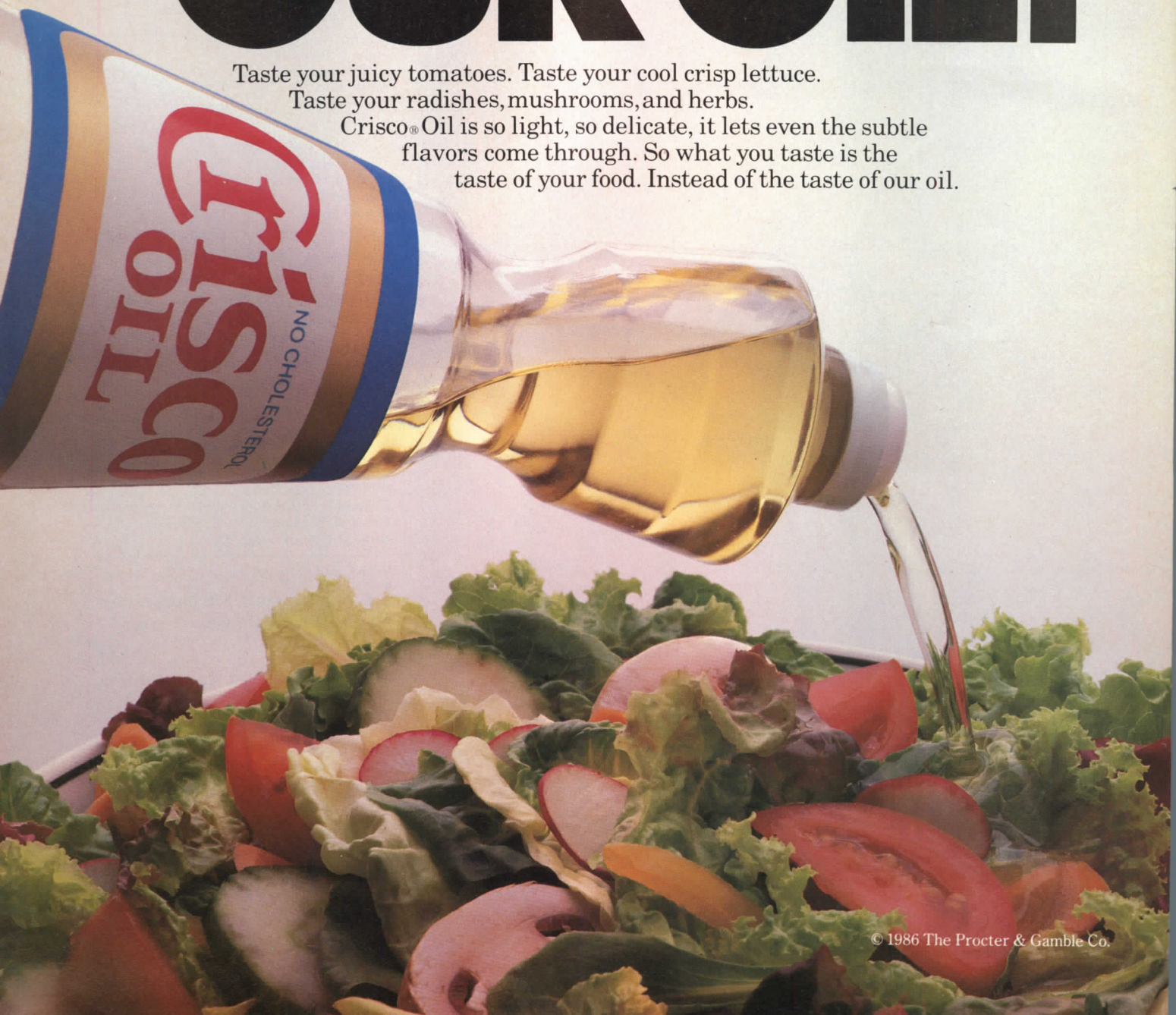
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ABOUT THE COVER: Crowd-pleasing fare—savory Seafood and Sausage Gumbo. Recipe begins on page 92. Photographed by Lynn St. John. Food stylist: Sheryl Saner.

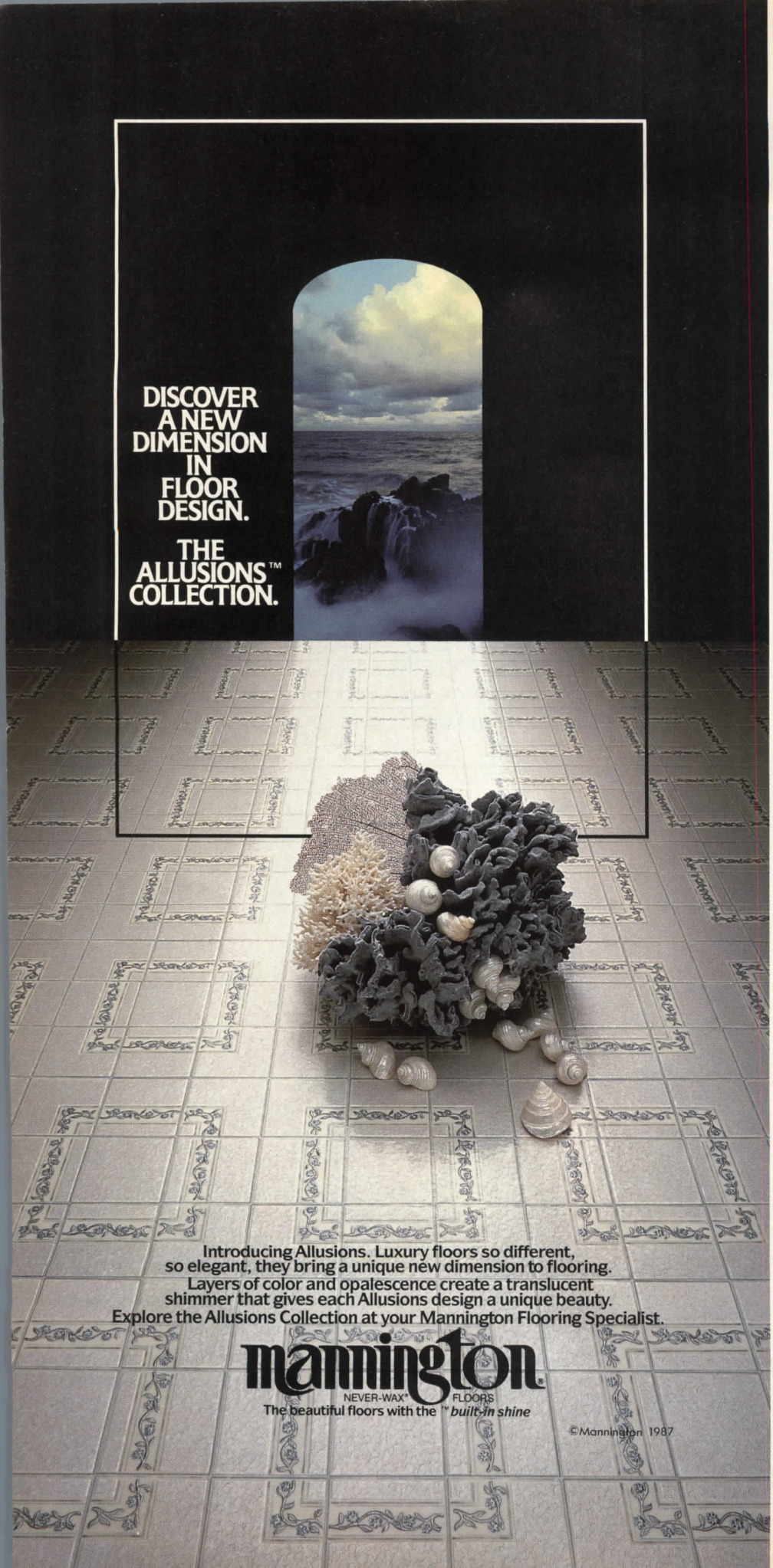
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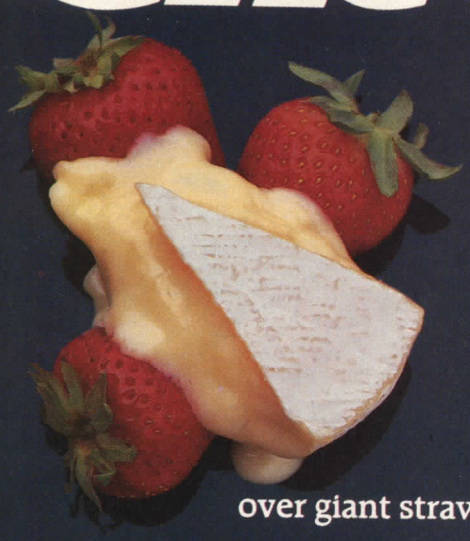
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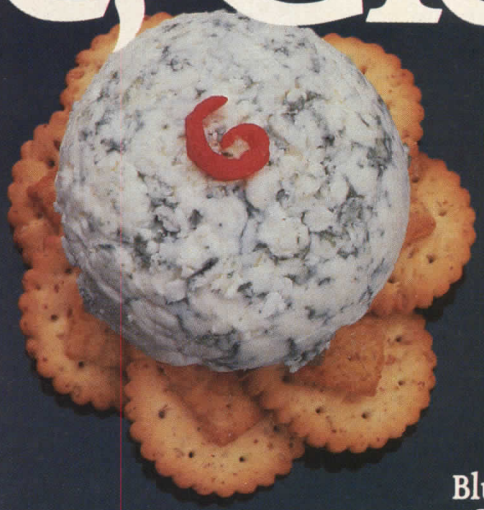


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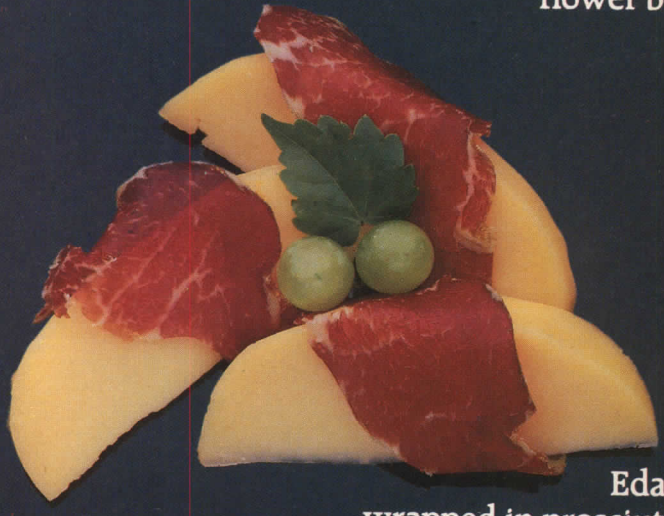
Brie
over giant strawberries



Blue Cheese
flower ball



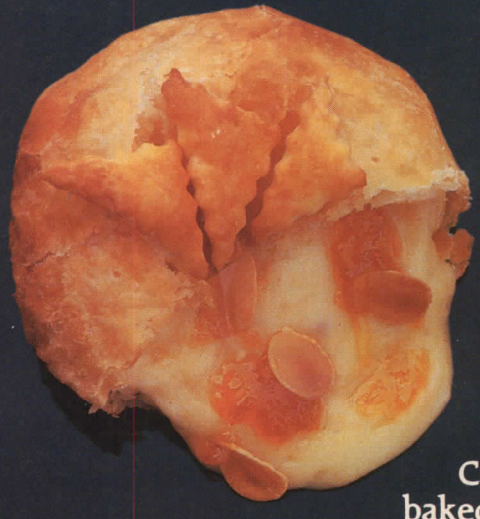
Limburger
burger



Edam
wrapped in prosciutto



Port du Salut
stuffed pecans



Camembert
baked in pastry

ious Cheese



Fontina
baked over salmon slices



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in avocado

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Muenster
cut-outs



Gouda dip



Provolone
melted over asparagus

LETTERS TO THE EDITOR

R.S.V.P.

Bon Appétit welcomes comments and will make an effort to obtain restaurant recipes on request. Please be sure to include address of restaurant in your letter. Because of the volume of mail received, we are unable to answer all inquiries; letters will be printed as space allows. Address mail to R.S.V.P., Bon Appétit, 5900 Wilshire Boulevard, Los Angeles, CA 90036.

I am always on the lookout for what I call the "perfect dish," one that combines complementary flavors and different textures, whether it be an entrée, side dish or dessert. To my delight, I recently found one, the Hazelnut Boat Torte at The Sweet Addition in Issaquah, Washington. What makes this dessert so successful?

Rhonda Byrd
Auburn, Washington

HAZELNUT BOAT TORTE

8 to 10 servings

Crust

- 1 1/2 *cups all purpose flour*
- 2 *tablespoons sugar*
- 1/2 *cup (1 stick) well-chilled unsalted butter, cut into pieces*
- 1 *egg yolk*
- 1 *teaspoon water*
- 1/2 *teaspoon vanilla*
- 1/8 *teaspoon almond extract*
- 3 *tablespoons raspberry jam*

Frangipane Cream

- 1/4 *cup almond paste*
- 2 *tablespoons (1/4 stick) unsalted butter, room temperature*
- 2 *tablespoons all purpose flour*
- 1 *tablespoon sugar*
- 1 *egg, room temperature*

Caramel Topping

- 3 *tablespoons unsalted butter*
- 2/3 *cup sugar*
- 2 *tablespoons water*
- 1/2 *cup whipping cream*
- 1 1/2 *cups hazelnuts, toasted and husked*
- 1 *ounce semisweet chocolate, coarsely chopped*

For crust: *Combine flour and sugar in medium bowl. Cut in butter until mixture resembles coarse meal. Blend yolk, water, vanilla and almond extract. Add to flour mixture and stir until dough just starts to come together. Gather dough into ball. Flatten into disc. Wrap in plastic and refrigerate at least 1 hour or overnight.*

Roll dough out onto lightly floured surface to thickness of 1/8 inch. Fit into 9-inch round tart pan with removable bottom; trim excess dough. Refrigerate 1 hour.

Preheat oven to 375°F. Line pastry with parchment or foil. Fill with dried beans or pie weights. Bake until golden brown, about 18 minutes. Remove paper and beans. Cool crust slightly. Using back of spoon, spread jam over bottom of tart. Let tart cool on rack. Retain oven temperature.

For frangipane: *Beat almond paste until smooth, using electric mixer. Add butter, flour and sugar and beat until smooth. Add egg and mix well. Using back of spoon, carefully spread frangipane over jam, covering completely. Bake until frangipane is set, about 15 minutes. Set aside.*

For topping: *Melt butter in heavy small saucepan over low heat. Add sugar and water and stir until sugar dissolves. Increase heat and boil until mixture is golden brown. Remove pan from heat and add cream; mixture may bubble. Return pan to low heat and stir until blended, about 2 minutes. Mix in hazelnuts. Pour mixture evenly over frangipane. Cool completely.*

Melt chocolate in top of double boiler over barely simmering water. Stir until smooth. Drizzle chocolate over caramel. Cool until chocolate sets. (Can be prepared 1 day ahead. Wrap in plastic and store at room temperature.) *Cut into wedges.*

• • •

My husband and I love to travel. Our last adventure took us to Salvador, a beautiful and romantic city in Brazil. The most memorable meal we had was at the St. Honore restaurant in the Meridien Salvador de Bahia hotel. The waiter recommended lamb in a creamy mint sauce, which we happily ordered—and just as happily devoured.

Terry Kelley
Amherst, Massachusetts

MEDALLIONS OF LAMB WITH MINT

4 servings

- 8 *2- to 3-ounce lamb medallions (cut from rib), trimmed*
- *Salt and freshly ground pepper*
- 1 *tablespoon unsalted butter*
- 1 *tablespoon olive oil*
- 1 *tablespoon minced shallots*
- 1 *cup dry white wine*
- 1/3 *cup crème fraîche*
- 1 *teaspoon minced fresh mint*
- *Fresh mint leaves*

Season lamb with salt and pepper. Melt butter with oil in heavy large skillet over medium heat. Add lamb and cook to desired degree of doneness, about 4 minutes per side for medium-rare. Remove lamb; tent with foil to keep warm. Drain all but thin layer of fat from skillet. Add shallots and stir over medium heat 1 minute. Add wine and boil until reduced by 1/4. Reduce heat, add crème fraîche and heat through. Stir in minced mint. Spoon sauce onto plates. Arrange 2 lamb medallions on each. Garnish with mint leaves.

• • •

I've had blue corn muffins and blue corn tortilla chips, and recently, at Casa Madrona in Sausalito, California, I had blue corn crepes. They were filled with cured salmon and topped with crème fraîche and caviar. This elegant appetizer deserves recreating.

Molly Jackson
Tucson, Arizona

BLUE CORN CREPES WITH CURED SALMON AND CAVIAR

Makes about 16

Salmon

- 1/2 *cup sugar*
- 1/4 *cup coarse salt*
- 3/4 *teaspoon freshly ground pepper*
- 1/2 *cup chopped fresh dill*
- 1 *1-pound salmon fillet with skin*

Crepes

- 1 *cup blue cornmeal**
- 1/2 *cup all purpose flour*
- 1/2 *teaspoon salt*
- 1/4 *teaspoon freshly ground pepper*
- 1 2/3 *cups milk, room temperature*
- 2 *eggs, room temperature, beaten*
- 2 *tablespoons (1/4 stick) unsalted butter, melted and cooled*
- *Melted unsalted butter*
- *Crème Fraîche***
- *Golden caviar*

For salmon: *Line large nonaluminum baking dish with double thickness of cheesecloth, allowing some excess to drape over sides. Combine sugar, salt and pepper in small bowl. Sprinkle half of seasoning mixture over center of cheesecloth. Sprinkle with 1/4 cup dill. Place salmon on dill, skin side down. Sprinkle with remaining seasoning and dill. Wrap cheesecloth tightly around fish, covering completely. Top with heavy weight (such as brick). Refrigerate 24 hours, turning fish occasionally and draining off any accumulated juices.*

For crepes: *Combine cornmeal, flour, salt and pepper in large bowl. Make well in center. Add milk and eggs to well and mix*



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continued from page 10

until smooth. Stir in 2 tablespoons melted butter. Cover and let stand 1 hour.

Unwrap fish and brush off seasoning mixture. Slice fish diagonally into 1/8-inch-thick slices. Cover with plastic and refrigerate.

Heat 5- to 6-inch nonstick skillet over medium heat. Stir batter and ladle 2 tablespoons into corner of skillet, tilting so batter just coats bottom. Cook crepe until bottom is brown, about 1 minute. Turn crepe and cook until second side is speckled brown, about 1 minute. Slide out onto plate. Repeat with remaining batter, stirring occasionally. (Can be prepared 4 hours ahead. Cool completely. Wrap crepes in foil.)

Place 1 crepe on work surface. Arrange layer of salmon slices on half of crepe. Fold other side over to cover slices. Repeat with remaining crepes. Heat heavy large skillet over medium heat. Brush lightly with melted butter. Rewarm filled crepe in skillet, turning once. Repeat with remaining crepes, brushing skillet occasionally with melted butter. Divide crepes among plates. Top with Crème Fraîche and caviar.

*Blue cornmeal is available at natural and specialty foods stores.

**Crème Fraîche

Makes about 1 cup

- *1 cup whipping cream*
- *1/2 teaspoon buttermilk*

Mix cream and buttermilk in small bowl. Cover and let stand at room temperature until slightly thickened, about 24 hours. Chill. (Can be prepared 2 days ahead.)

• • •

There is no lemon pie quite like the one served at The American Harvest Restaurant of the Vista International Hotel in Manhattan. It is not made with lemon juice, but with lemon slices, peel and all. The result is a dessert that is sweet, tart and totally unique. Can you convince pastry chef Alain Roby to tell us how it is made?

Cathy Fredrickson
Toledo, Ohio

SHAKER LEMON PIE

This recipe is part of a rich culinary legacy left by the "kitchen sisters" of the Shaker sect in Ohio. Their respect for simplicity and honesty in food preparation and presentation is characterized by this dessert.

Makes one 8-inch pie

- *3 small lemons (do not peel)*
- *2 cups sugar*
- *2 11-inch rounds pie crust dough*
- *4 eggs, room temperature*
- *1 tablespoon half and half*

Cut unpeeled lemons into paper-thin slices. Discard seeds. Toss lemons with sugar in nonaluminum bowl. Cover and let stand at least 8 hours or overnight.

Preheat oven to 450°F. Line 8-inch pie plate with one dough round; trim edges. Beat eggs to blend. Fold into lemon mixture. Pour into pie crust. Cover with second dough round; crimp edges. Brush top with half and half. Cut slits to allow steam to escape. Bake 15 minutes. Reduce oven temperature to 350°F. Continue baking until knife inserted in center comes out clean, about 30 minutes. Cool completely.

• • •

A Thyme Garden Restaurant here in Portland has a salad that teams fennel with prawns and calamari, a marvelous combination. I know your readers would enjoy this dish as much as I did.

Christine Thompson
Portland, Oregon

FENNEL SALAD WITH PRAWNS AND CALAMARI

8 servings

- *5 tablespoons fresh lemon juice*
- *1 teaspoon salt*
- *1/2 pound cleaned squid (calamari)*
- *32 uncooked prawns, peeled and deveined, tails left intact*
- *3/4 cup plus 1 tablespoon olive oil*
- *1 teaspoon minced fresh rosemary*
- *Salt and freshly ground pepper*
- *1 garlic clove*
- *2 tablespoons snipped fresh chives*
- *1 1/2 tablespoons minced fresh oregano*
- *1 pound fennel (tough outer layer discarded), strings peeled, cored, trimmed and diced*
- *1/3 pound smoked salmon, cut into 32 triangles*
- *Jerusalem Artichoke Puree**
- *8 pitted black olives*
- *1 bunch arugula***

Bring large pot of water to boil. Add 1 tablespoon lemon juice and salt. Add squid and simmer until tender, about 1 minute. Transfer to bowl using slotted spoon.

Add prawns to same water and simmer until opaque, about 2 minutes. Transfer to another bowl using slotted spoon. Combine 2 tablespoons lemon juice, 3/4 cup oil, 1/2 teaspoon rosemary, salt and pepper in small bowl. Cut squid into 1/8-inch dice. Pour half of oil mixture over squid and half over prawns; toss each well. Cover with plastic wrap and refrigerate 6 hours.

Drain squid and prawns. Rub another bowl with garlic clove; discard garlic. Whisk remaining 2 tablespoons lemon juice, 1 tablespoon oil, 1/2 teaspoon rosemary, chives and oregano in same bowl. Add fennel and squid, tossing to coat. For each serving, arrange some of fennel and squid around edge of small plate. Drape 4 salmon triangles over fennel mixture. Place 1 tablespoon puree in center. Arrange prawns in puree with tails pointing out, alternating between salmon triangles. Place olive in center. Garnish with arugula leaves.

*Jerusalem Artichoke Puree

Makes 1 1/2 cups

- *1 teaspoon distilled white vinegar*
- *4 Jerusalem artichokes (about 3/4 pound)*
- *15 whole black peppercorns*
- *3 garlic cloves*
- *2 tablespoons olive oil*
- *3 1/2 teaspoons fresh lemon juice*
- *1/2 teaspoon minced fresh rosemary*
- *1/2 teaspoon minced fresh thyme*
- *1/2 teaspoon salt*

Bring large pot of water to boil. Add vinegar. Add artichokes, cover and cook until tender, about 15 minutes. Drain, then rub off peel. Puree artichokes in processor.

Crush peppercorns and garlic in mortar with pestle. Add 1 1/2 teaspoons oil and blend to paste. Add to artichoke puree. Blend in remaining oil, lemon juice, herbs and salt and mix until smooth, about 2 minutes. Transfer to bowl. Cover and refrigerate until ready to use.

**A Mediterranean green with a peppery flavor. Available at specialty produce stores and some supermarkets.

• • •

Paola Berthoin is an outstanding pastry chef whose creations are shown off to their best advantage at CoCo La Fleur, a restaurant and gourmet takeout in the Carmel Valley. My favorite is a moist poppy seed cake layered with strawberry buttercream and glazed with *ganache*. Will she part with the secret to this divine dessert?

Donna Speirs
San Francisco, California

STRAWBERRY SURPRISE CAKE

6 to 8 servings

Poppy Seed Cake

- *1/4 cup poppy seeds*
- *1/3 cup milk*
- *Butter*
- *All purpose flour*
- *1 cup all purpose flour*
- *1 1/4 teaspoons baking powder*
- *1/4 teaspoon salt*
- *1/4 cup (1/2 stick) unsalted butter, room temperature*
- *3/4 cup sugar*
- *2 eggs, room temperature*
- *1 teaspoon grated orange peel*
- *1/2 teaspoon vanilla*

Buttercream

- *1 cup (2 sticks) unsalted butter, room temperature*

recipe continued on page 16

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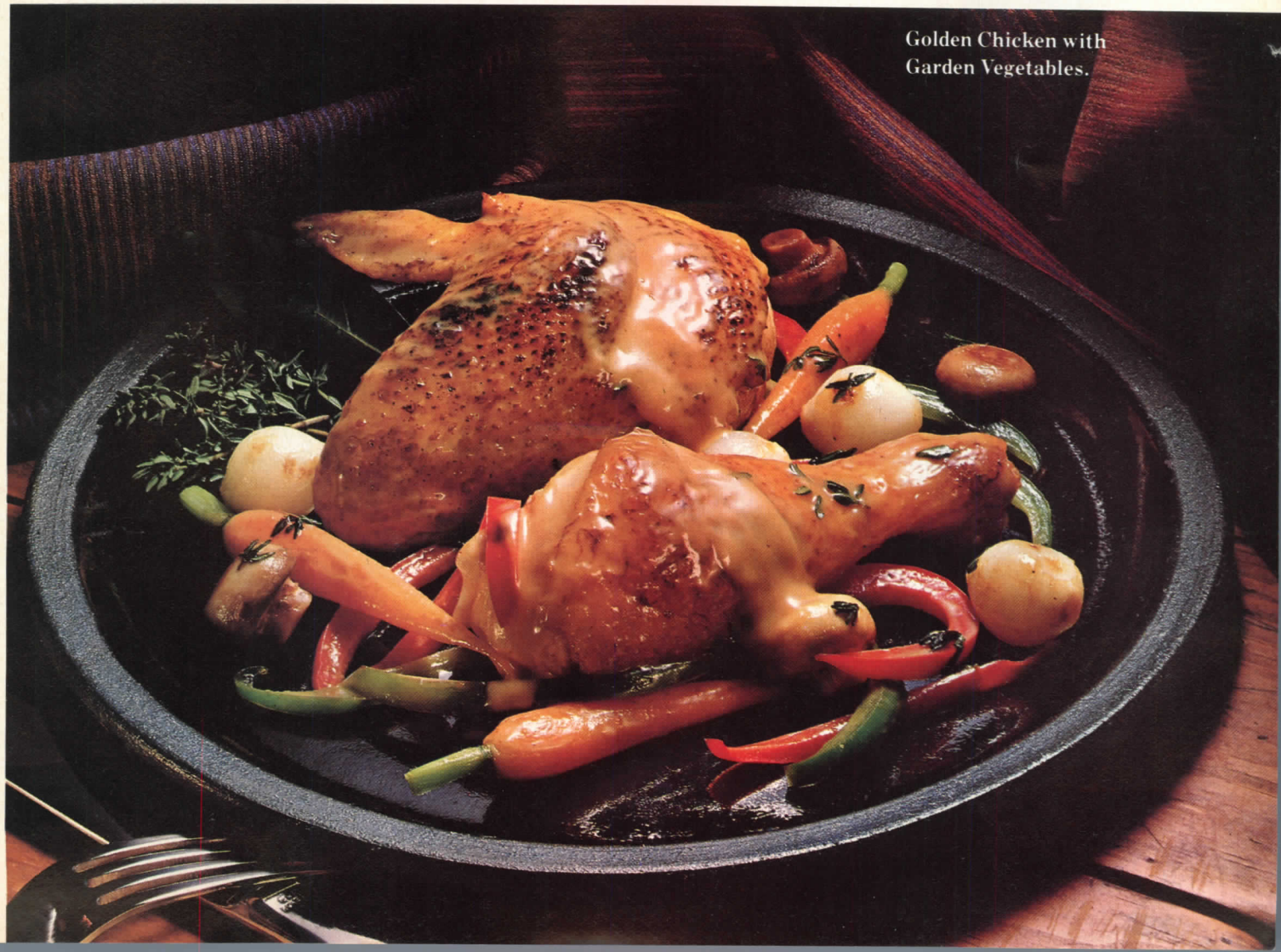
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2 Tb. vegetable oil
2½ lb. chicken cut up
salt and pepper to taste
16 baby carrots peeled or
2 lg. carrots peeled and cubed
1 med. red onion sliced or
16 pearl onions peeled
1 green bell pepper sliced
1 red bell pepper sliced
16 sm. mushrooms sliced
3/4 cup Lea & Perrins White Wine Worcestershire Sauce
1/4 cup yogurt or light cream

Heat oil in a large skillet, season chicken and brown pieces over moderately high heat until golden on all sides, about 15 minutes.
Add vegetables and turn to glaze.
Drain excess fat.
Pour White Wine Worcestershire over all.
Cook 15 minutes more, basting occasionally, until chicken and vegetables are tender.
Stir in yogurt or cream and warm through. Serves 4



Golden Chicken with Garden Vegetables.

continued from page 12

5 egg yolks, room temperature
1/2 cup sugar
1/3 cup water
1 teaspoon vanilla

8 tablespoons orange liqueur
1/2 teaspoon finely grated lemon peel
1 cup sliced strawberries, well drained

Ganache

3/4 pound semisweet chocolate, chopped
3/4 cup whipping cream

For cake: Soak poppy seeds in milk 1 hour. Position rack in center of oven and preheat to 325°F. Line 7x3-inch round cake pan with parchment; butter and flour paper. Sift together flour, baking powder and salt and set aside. Using electric mixer, cream 1/4 cup butter with 3/4 cup sugar in large bowl until light and fluffy. Beat in eggs 1 at a time. Sift flour mixture into butter in 3 batches, alternating with poppy seed mixture in 2 batches and blending well after each addition. Stir in orange peel and vanilla. Pour batter into prepared pan. Bake until cake pulls away from sides of pan and top feels springy to touch, about 65 minutes. Cool in pan on rack 30 minutes. Invert onto rack and cool completely. Slice off puffed dome in center of cake.

For buttercream: Cream butter to consistency of mayonnaise. Using electric mixer, beat yolks in large bowl until pale yellow and creamy. Heat sugar and water in heavy small saucepan over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and boil until candy thermometer registers 234°F (soft-ball stage). Add syrup to yolks in thin stream, beating at medium speed. Increase speed to high and beat until mixture is completely cool, 10 to 15 minutes. Reduce speed to low. Blend in vanilla. Gradually beat in creamed butter. Set buttercream aside.

Cut out 7-inch cardboard round. Cut cake into 3 layers using serrated knife. Reserve

Green Salad



What turns a nice green salad into "one of life's finer pleasures"?" GREY POUPON* Dijon Mustard, but of course! Of course you can spread it on a ham croissant sandwich, blend it into hollandaise sauce, ladle it over Steak Diane too!

We're serving up a whole book of other Grey Poupon recipe suggestions. Send your name, address and $1 to: Grey Poupon Recipe Book, P.O. Box 7120, Clinton, IA 52736.*



Country Dijon Salad Dressing
Combine 3/4 cup salad oil, 1/4 cup each Grey Poupon* Country Dijon Mustard and white wine vinegar, 1 minced garlic clove, 1 Tbsp. chopped onion, 1/4 tsp. sugar in blender until smooth. 1 1/4 cups.

Grey Poupon®

*Offer expires 12/31/87. Allow 6-8 weeks for shipping.

1/2 cup buttercream. Blend 2 tablespoons liqueur and lemon peel into remaining buttercream. Fold in sliced strawberries. Place 1 layer on cardboard. Brush with 3 tablespoons liqueur. Spread with half of strawberry buttercream. Top with second layer. Brush with 3 tablespoons liqueur. Spread with remaining strawberry buttercream. Top with third layer. Frost top and sides with reserved buttercream. Chill cake 10 minutes, then smooth top and sides with warm spatula. Chill.

For ganache: *Melt chocolate in double boiler over gently simmering water; stir until smooth. Warm cream in heavy medium saucepan over medium heat. Remove from heat. Stir in melted chocolate. Cool until just room temperature; do not allow to set.*

Place cake on rack over pan. Pour ganache over, tilting cake back and forth so glaze coats sides. Chill until set. Let cake stand at room temperature 1 hour before serving.

• • •

Andria's Seafood Restaurant in Santa Barbara features a unique potato soufflé that is as interesting to the eye as it is to the palate. I've had cravings for it ever since that first bite.

Adele Tollgaard
Ocean Hills, California

PARMESAN POTATO SOUFFLE

8 servings

- *2 large baking potatoes (about 2 pounds)*
- *1 3/4 cups whipping cream*
- *3/4 cup milk*
- *6 eggs*
- *2 tablespoons freshly grated Parmesan cheese*
- *1 teaspoon salt*
- *1/2 teaspoon garlic powder*
- *1/4 teaspoon freshly ground white pepper*
- *1/4 teaspoon freshly grated nutmeg*
- *1/4 teaspoon onion salt*

Preheat oven to 400°F. Butter 6x10x2-inch baking dish. Peel potatoes. Cut lengthwise into 1/16-inch-thick slices. Place in large bowl. Cover with cold water; soak 5 minutes. Drain; rinse and pat dry.

Using electric mixer, beat remaining ingredients until smooth. Pour 1 cup into prepared dish. Top with 3 to 4 layers potatoes arranged in crisscross pattern. Cover with 1 cup cream mixture. Continue layering, ending with cream. Press potatoes down to submerge. Cover with foil. Bake until knife easily pierces center, about 2 hours.

Remove foil and continue baking until golden brown, about 10 minutes. Cool 15 minutes. Run knife around edge of dish. Cut into squares and serve. □

—Compiled by Sarah Tenaglia

Wear the watch only a mint could create.



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Enlarged to show detail.

At a time when high quality "coin watches" are the ultimate in fashion jewelry for men—this watch is something *special.*

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THE CREATIVE APPROACH

FOOD PROCESSOR

BY ABBY MANDEL

Meat in a Supporting Role

ITALIAN VEGETABLE SOUP WITH MEATBALLS AND TORTELLINI

LAREDO BEANS AND GREENS BURRITOS

SPICY PORK AND VEGETABLES ON LETTUCE LEAVES

MOROCCAN COUSCOUS OF LAMB, FRUIT AND VEGETABLES

MADRAS CURRIED BEEF

EATING HABITS HAVE changed quite a bit in the past decade, but perhaps no change is more telling than the trend toward less red meat. The bounteous American table always included thick steaks, big chops, country-style hams and slabs of roast beef. Mouth-watering to be sure, but a sight seen less and less frequently these days.

This shift in our dinner fare can't be attributed to only one factor. Certainly health is a reason: Who hasn't heard about the prudence of cutting down on fatty meats? And because most people do not have a lot of time to spend in the kitchen, pot roasts are pushed aside in favor of quick-cooking chicken breasts, and rib roasts have taken on special-occasion status.

Trouble is, we all grew up on meat and many of us miss it. Chicken can be prepared in only so many interesting ways; ditto for fish. But to the question "Can we enjoy main-course dishes that have the goodness of meat, a health-minded stance and are quick and easy to prepare?" the answer is a firm, resounding "Yes!"

The first savvy tactic is to try the new beef that has less fat, fewer calories and more protein. Pork, too, has improved in the last several years and is now much leaner. Many packages at the market now sport brand names, a point of pride with producers.

The second terrific idea is to add the following great recipes to your repertoire. Each features the delicious flavor of meat, but augments it in a most appealing and sensible way by partnering it with fresh vegetables and starchy accompaniments. The idea is hardly new—many cuisines have been practicing it for centuries, so I've taken some of my cues from foreign lands. You'll find an array of ingredients and tastes designed to intrigue and tantalize. And each dish is prepared in almost no time, thanks to the help of your food processor and to straightforward cooking methods.

For starters, look to Italy for a satisfying vegetable soup with meatballs and tortellini. A light broth is loaded with beef and cheese meatballs, colorful vegetables and the little pockets of filled pasta that you can buy almost anywhere these days. The soup warms on the harshest of winter evenings.

If hot and fiery is more your fancy, try the Laredo Beans and Greens Burritos, my answer to cravings for Tex-Mex food. Chunks of pork are cooked with hominy, black beans and a handful of spinach, then topped with a thick layer of cheese and cilantro and baked. Serve this rolled up in soft flour tortillas, or as a casserole.

Spicy Pork and Vegetables on Lettuce Leaves is another zesty offering. The Chinese influence comes into play with an aromatic sauce that joins a mix of stir-fried meat, bell peppers and fresh and dried mushrooms. It is presented attractively atop a cushion of udon noodles and crisp lettuce.

Bits of tart apple, sweet dried currants, pine nuts, cinnamon and cayenne enhance the Moroccan Couscous of Lamb, Fruit and Vegetables. Lamb adds a succulent, rich flavor that's especially good with this nutty grain. Since the meat is cooked quickly, you'll want to buy a tender leg cut.

Madras Curried Beef is chock-full of cauliflower, peas and potatoes all combined with cubes of beef tenderloin. A hot chili adds zip, but that is cooled considerably by the accompanying yogurt-chutney sauce. Unlike some long-simmering curries, this one can be put together at the last minute.

TECHNIQUES YOU WILL NEED

- To grind meat, chill thoroughly. Trim excess fat and cut meat into 1-inch cubes. Place up to 2 cups meat in work bowl; process continuously until as fine as desired, 10 to 30 seconds; do not overprocess. Use Steel Knife.
- To slice vegetables, cut to fit feed tube depending on desired result. Standing ingredients such as carrots in feed tube will produce rounds; arranging them lengthwise in feed tube will produce long, wide slivers. Cut flat bottom if necessary so ingredient rests securely on slicing disc. Pressure on pusher should correspond to texture of ingredient. Use firm pressure on carrots and onions; medium pressure on zucchini; light pressure on Swiss chard, bell peppers, green onions and mushrooms. Use designated slicer.

ITALIAN VEGETABLE SOUP WITH MEATBALLS AND TORTELLINI

Makes about 10 cups

- 1 large garlic clove
- 2 ounces Parmesan cheese, cut into 2 pieces, room temperature
- 4 ounces lean boneless beef, cut into 1-inch cubes
- 4 ounces lean boneless pork, cut into 1-inch cubes
- 4 ounces lean boneless veal, cut into 1-inch cubes
- 1½ slices white bread, broken into pieces
- 1 2-ounce onion, quartered
- ⅓ cup milk
- ¼ teaspoon salt

- 2 2-ounce onions
- 2 4-ounce carrots, each cut crosswise into thirds

- 1 46-ounce can chicken broth
- 1 cup cheese-filled tortellini
- 1 tablespoon minced fresh basil or 2 teaspoons dried, crumbled
- ⅛ teaspoon dried red pepper flakes

- 2 small zucchini (5 ounces total), trimmed
- 4 red Swiss chard leaves (5 ounces total)

Salt and freshly ground pepper

Steel Knife: With machine running, drop garlic through feed tube and mince. Add Parmesan and process until minced. Add next 7 ingredients and process until meat is evenly ground, about 30 seconds; do not overprocess. Shape mixture into 1-inch meatballs.

Medium Slicer: Slice 2 onions using firm pressure. Stand carrots in feed tube and slice using firm pressure.

Transfer onions and carrots to 5-quart saucepan. Mix in broth, tortellini, basil and pepper flakes. Bring to boil. Reduce heat, add meatballs and simmer gently until tortellini are almost tender, about 11 minutes.

Medium Slicer: Stand zucchini in feed tube and slice using medium pressure. Roll up chard slightly and stand in feed tube. Slice using light pressure.



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FOOD PROCESSOR

continued from page 18

Add zucchini and chard to soup. Simmer until tortellini are tender, 3 to 4 minutes. Season with salt and pepper.

LAREDO BEANS AND GREENS BURRITOS

For a variation, simply serve this savory pork dish as a casserole.

6 to 8 servings

- 2 serrano chilies, seeded
- 1 large garlic clove
- 1 5-ounce red onion, quartered
- 8 ounces well-chilled Monterey Jack cheese, cut into 1-inch pieces
- 3/4 cup loosely packed fresh cilantro leaves
- 3 tablespoons vegetable oil
- 8 ounces lean pork loin, cut into 1/3-inch cubes
- 1 16-ounce can hominy, drained
- 1 15-ounce can black beans, drained
- 5 ounces small spinach leaves
- 6 to 8 8-inch flour tortillas
- Salsa

Position rack in center of oven and then preheat to 400°F.

Steel Knife: With machine running, drop chilies and garlic through feed tube and mince. Add onion and chop coarsely. Remove and set aside.

Steel Knife: Mince cheese and cilantro.

Heat oil in heavy 12-inch skillet over medium-high heat. Add chili mixture and pork and sauté until pork is cooked through, stirring occasionally, about 10 minutes. Rinse hominy and beans under cold water; drain. Add to pork mixture and warm through, stirring occasionally, about 4 minutes. Add spinach and stir just until wilted, about 1 minute. Transfer mixture to 10-inch oval gratin dish. Sprinkle cheese mixture evenly over top. *(Can be prepared 1 day ahead. Cover and chill. Bring to room temperature before baking.)*

Bake 10 minutes. Stack tortillas; wrap in foil. Place tortillas in oven. Continue baking pork mixture until cheese melts and begins to brown and tortillas are warm, about 10 minutes. Spoon pork mixture into warm tortillas; roll up. Top with salsa.

SPICY PORK AND VEGETABLES ON LETTUCE LEAVES

4 servings

- 1 ounce Chinese dried black mushrooms*
- 1/4 cup loosely packed fresh cilantro leaves
- 1/4 cup unsalted dry-roasted peanuts
- 4 large green onions (3 ounces total), cut into 1-inch pieces
- 1 large garlic clove
- 1 1x1-inch piece fresh ginger, peeled
- 2 6-ounce bell peppers, preferably 1 red and 1 green
- 12 ounces fresh mushrooms, trimmed
- 2 tablespoons rice vinegar
- 2 tablespoons dry Sherry
- 2 tablespoons firmly packed light brown sugar
- 1 tablespoon chili paste*
- 1 tablespoon oyster sauce*
- 1 teaspoon cornstarch
- 2 tablespoons safflower oil
- 1 tablespoon oriental sesame oil
- 8 ounces lean pork loin, cut into 1/2-inch cubes
- Salt
- 8 large or 16 medium Boston lettuce leaves
- 8 ounces dried udon noodles,* broken into thirds, freshly cooked

Soak Chinese mushrooms in hot water to cover until softened, about 30 minutes. Drain; squeeze dry. Cut off and



discard hard stems. Cut mushrooms into 1/4-inch-thick slices.

Steel Knife: Mince cilantro. Remove from work bowl and set aside. Add peanuts to work bowl and process until minced, about 30 seconds. Remove from work bowl and set aside. With machine running, drop green onions, garlic and ginger through feed tube and mince. Remove from work bowl.

Cut bell peppers into 4 pieces each, discarding cores and seeds. Cut each piece in half lengthwise.

Thick Slicer: Stand pepper pieces in feed tube, packing tightly. Slice using light pressure. Arrange 12 ounces mushrooms in feed tube, packing tightly. Slice using light pressure. Remove peppers and mushrooms from work bowl and set aside.

Steel Knife: Mix vinegar, Sherry, brown sugar, chili paste, oyster sauce and cornstarch for 5 seconds.

Heat safflower and sesame oils in wok or heavy large nonstick skillet over high heat. Add green onion mixture and pork and stir-fry 2 minutes. Add bell peppers and all mushrooms and stir-fry until peppers are tender, about 5 minutes. Add vinegar mixture and stir gently until thickened, about 1 minute. Remove from heat. Mix in cilantro and salt to taste.

Arrange 2 large or 4 medium lettuce leaves on each plate. Top with some of noodles. Spoon pork and vegetables over. Sprinkle with minced peanuts.

**Available at oriental markets.*

MOROCCAN COUSCOUS OF LAMB, FRUIT AND VEGETABLES

6 servings

- 2/3 cup quick-cooking couscous
- 2/3 cup dried currants
- 1/2 cup boiling chicken stock
- 3 large garlic cloves
- 1 6-ounce unpeeled Jonathan apple, cored and cut into 6 pieces
- 1 4-ounce red bell pepper, seeded and cut into 1-inch pieces
- 6 medium green onions (4 ounces total), cut into thirds
- 6 1-ounce slender carrots, peeled, cut into feed-tube lengths
- 10 ounces lean boneless lamb (preferably from leg), cut into 1-inch cubes, well chilled
- 1/4 cup olive oil
- Salt
- 1/4 cup pine nuts
- 2 teaspoons fresh lemon juice, or to taste
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper, or to taste

Place couscous and currants in small bowl. Pour boiling stock over. Stir with fork. Cover bowl and set aside.

Steel Knife: With machine running, drop garlic through feed tube and mince. Remove from work bowl and set aside. Add apple and bell pepper to processor and chop coarsely using about 8 on/off turns. Transfer apple mixture to small bowl.

Thick Slicer: Stand green onions in feed tube and slice using light pressure. Add onions to apple mixture.

Thin Slicer: Stand carrots in feed tube and slice using firm pressure. Remove from work bowl and set aside.

Steel Knife: Coarsely chop cubed lamb using about 6 on/off turns.

Heat oil in heavy large skillet over high heat. Mix in lamb, garlic and salt and stir 15 seconds. Reduce heat to medium. Add carrots, cover and cook until lamb is no longer pink, stirring occasionally, about 4 minutes. Add couscous mixture, apple mixture, pine nuts, lemon juice, cinnamon and cayenne, tossing gently to blend. Cover and cook just until heated through, stirring occasionally, about 3 minutes. Adjust seasoning. Serve immediately.

continued on page 148

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Three-liter bottles. Short, squat six-packs. Fat turkeys. Or small garlic cloves. At Whirlpool, we believe that virtually every kind of food should fit in your refrigerator easily and be easy to reach. So we put our minds to work refining the art of refrigerated storage.

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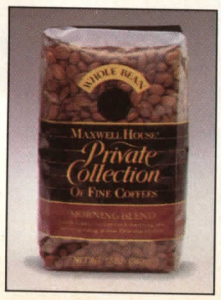
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BON VIVANT

WHO'S WHO AND WHAT'S NEW IN THE WORLD OF WINE AND FOOD • *BY ZACK HANLE*



CECILE KEEFE

Open-face Chinoise

Barbara Tropp is one of the West Coast's most knowledgeable persons in the realm of Chinese cooking, and now she brings both Western and Eastern techniques and tastes to her new China Moon Cafe in San Francisco. It is located in an old 1930s luncheonette that has been changed very little except for a coat of paint, a deco polish and modern chairs. From either the long bar or the cozy booths, you can watch some of the cooking at the front of the restaurant.

The dinner menu lists several "foods to make the wine go down," among them Szechwan cucumber fans and cold-tossed asparagus with sesame vinaigrette. Appetizers include an East–West dish of crisp spring rolls stuffed with chicken and serrano chilies. Gingery fish-ball soup with lemongrass and glass noodles is a winner, as are such entrées as hoisin-explosion spareribs nuggets in a sand pot with pine nut fried rice and pot-browned noodle pillow with hot and sour chicken. All this might be followed by a fabulous assortment of cookies of good fortune or a chocolate rum torte with kumquat ice cream. (China Moon Cafe, 639 Post St., San Francisco, CA 94109; 415/775-4789.)

High-Tech Tea

The contemporary tea drinker will appreciate the Europa teapot designed by Bodum's Carsten Jorgensen. Beautifully engineered of stainless steel and looking like a space bird perched on three feet, it is a shining example of Eurostyle aesthetics. The six-cup pot has a removable strainer and may be rinsed with boiling water in the traditional manner. By mail, it is $75 plus $6 for shipping from Conran's Mail Order, Department 4090, 45 Middlesex Avenue, Cranbury, NJ 08512. Or pick it up at Conran's Citicorp store in New York or the Conran's store in Boston.





Glad March Hare

Let the chill winds blow and set the stage for the last wild game dinner of the season. Serve it forth on the stunning Rambouillet plates designed by M. Bertholle for the award-winning French faience manufacturer Gien. Each depicts a lively creature from the Sologne region—alert hares, majestic stags, and ducks in flight. They are painted in their natural colors against woodland backgrounds. Mix and match them—to each other or to the food served. There are butter plates and service plates as well as compatible platters. The line can be purchased at many fine department stores. For a store near you, write Gien, Post Office Box 62, Norwalk, CT 06852.

Food Notes

■ March is once again time for the annual convention of the International Association of Cooking Professionals. Members gather in Los Angeles later this month for the ninth such event. *Bon Appétit* will be hosting a special chefs' showcase, a sampling of California wine and food, with dishes prepared by some of the dazzling kitchen superstars of the city.

■ Some of the smartest designer kitchens these days are black—black ranges, countertops, fridges, freezers and so on. Now Cuisinarts's food processors can blend with the trend. Both the compact model and the Superpro are available in sleek black.

■ The 12th Annual California Vintners Barrel Tasting takes place this year on April 4 at the Stanford Court Hotel in San Francisco. An unrelated but similar tasting, this one called the California Wine Perspective, will be held at Tavern on the Green on March 13 in New York, and will be codirected by Sandra MacIver and Anthony Dias Blue. For information on the event in San Francisco, write California Vintners Barrel Tasting, c/o Stanford Court Hotel, 905 California Street, San Francisco, CA 94108. For information on the New York one, write to the California Wine Perspective, P.O. Box 2555, Santa Rosa, CA 95404.

BON VIVANT

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DietWatch

• Dr. Thomas B. Turner, president of Hopkins Alcoholic Beverage Medical Research Foundation at Johns Hopkins University in Baltimore, reports that his study of 17,000 Canadians reveals that moderate wine and Champagne drinkers suffer 25 percent fewer illnesses than nondrinkers or those who drink hard liquor.

• Fitness guru Richard Simmons is back on the literary scene with *Reach for Fitness* (Warner Books, 1986, $17.95). Here the ever-popular television exercise show host guides the handicapped, medically challenged—and others—through more than 40 different routines. It is both a sensible and rewarding book, brimming with Simmons's inspiring ebullience. Done with the blessings of the Orthopaedic Hospital in Los Angeles, it also has a foreword written by actor Sylvester Stallone.

• Three recent books of note for diabetics are: *The Diabetic's Brand Name Food Exchange Handbook* by Andrea Barrett (Running Press, 1984), with a foreword by diabetes specialist Dr. Charles R. Shuman and a very comprehensive list of three thousand products—including fast foods—geared for the diabetic; *The Low Blood Sugar Handbook* and its companion, *The Low Blood Sugar Cookbook*, with over two hundred sugar-free recipes, both written by Edward and Patricia Krimmel (Franklin Publishers, 1986 and 1984, respectively).

• If your cholesterol is up, bring it down by using olive oil in place of other fats. Bertolli's Extra Light Olive Oil—a new one—is extremely light in flavor and aroma. Those who tend not to like the taste of more intense olive oils may well take kindly to this one.

• One of the neatest of the handbooks we have seen is *The All New Pocket Encyclopedia of Calories and Nutrition* by Arnold E. Bender (Fireside Books, Simon & Schuster, 1985, $4.95). It will keep you informed on good sources of protein, vitamins A to Z, iron, niacin, calcium and dietary fiber, as well as major food compositions and calorie contents. A nice little collection of recipes features a coding system that tells which are low in fat, salt and sugar plus good counsel on health foods, vegetarianism, etc. Bender is vice president of the International Union of Food Science and Technology, a member of the board of the noted International Nutrition Foundation, and formerly professor of nutrition at the University of London.



The Bar Beautiful

Svend Jensen of Denmark imports some of the most splendid barware to be found. The new Tundra pattern apparently is designed for the strong and the fit, since its weight is impressive. "He-man glasses," the double old-fashioneds might be called. The whole group is comparably hefty and includes a beer mug, about $14; highball is $10; double or single old-fashioneds are about $10; cordial is about $8; a 48-ounce pitcher is $48; and 32-ounce decanter or ice bucket each approximately $55. Rugged and handsome, crystal clear and molded to fit the hand, Tundra will withstand wear and tear. Look for them in glassware departments across the U.S.

Like Grandma Used to Make

Effie Marie's Sutton Cakes couldn't be better if you made them yourself. Meltingly delicious pound cakes in either rich chocolate or vanilla flavor, both with a rum-butter glaze, they are light and moist. The glaze serves as a natural preservative so the cakes stay fresh and remain sweetly rummy to the end. Refrigerated, they last for months. Named after the founder's grandmother, whose recipe started it all, the treat comes in two sizes, the two-pounder yielding



about ten slices ($15); the four-pounder, twice as many ($30). Available in fine food shops nationally.

Cajuned to the Gills

Down on the bayou it all began; then a Mr. Paul Prudhomme picked it up and ran. Now blackened fish is everywhere. We've seen blackened tilefish, monkfish, even blackened bluefish and sea bass. Currently it's catfish, thanks to Aquaculture Products, growers of Golden Pond farm-raised catfish in Greenwood, Mississippi. Enrobed with a



hot and herbed Cajun blend that lends a "blackened" flavor, fillets ready for broiling, baking or microwaving are being delivered to restaurants right from the freezer. The result is a light, nonoily dish high in protein and low in calories, cholesterol and fat. Golden Pond Cajun Catfish is currently available in restaurants and soon to be in markets and specialty foods stores.

continued on page 138

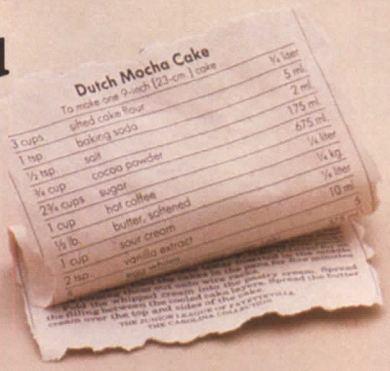


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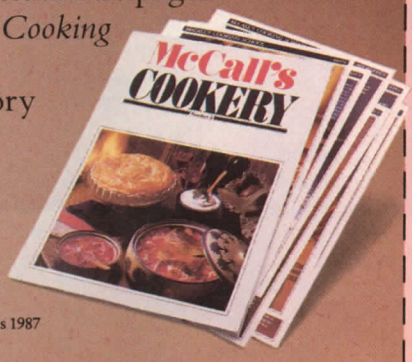
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A BUYER'S GUIDE

WINE AND SPIRITS

BY ANTHONY DIAS BLUE

Imported Vodka

THE INCREDIBLE SUCCESS of vodka on the American market has its roots, surprisingly enough, in the Russian Revolution. Before 1917, this clear, fiery spirit was essentially a regional drink, confined to Russia and Poland since medieval times. It was originally named *zhizennia voda* ("water of life"), but the Russians eventually shortened the name to *vodka*, a diminutive that means, literally, "dear little water."

For the hundred years before the Revolution, the Smirnoff family had been Russia's leading distillers. They became extremely wealthy and developed a close relationship with the czar and the royal household; the violent upheaval of 1917 changed all that, however. Only one of Peter Smirnoff's three sons managed to escape the onslaught. His name was Vladimir, and after fleeing through Turkey and Poland, he eventually settled in Paris. Although stripped of his fortune, the young Smirnoff still had the ability to make great vodka, and with the help of other Russian émigrés, he started a small distillery.

The spirit certainly didn't take the world by storm then, but it sold steadily in modest quantities. Soon after Prohibition ended in the United States, in 1933, a Smirnoff distillery was established in Connecticut. But until the end of World War II, sales languished at six thousand cases a year.

After the war, vodka began to take hold among Hollywood trendsetters. America had been a whiskey-drinking nation, but in the late 1940s, "brown goods" began to fade, and "light" white spirits moved aggressively into the picture, with vodka in the forefront.

As people realized how adaptable it was as a base for mixed drinks, its popularity grew. The real turning point came in the early 1950s with the booming success of such concoctions as the Moscow Mule, the screwdriver, the vodka martini and, most beloved of all, the Bloody Mary.

Today, vodka sits perched atop the spirits world with no challenger in sight. U.S. sales in the 1980s have reached beyond the two-hundred-million-case mark and show no sign of abating. Seven brands, headed by Smirnoff, account for nearly 50 percent of American sales, and there are an additional five hundred brands jockeying for a piece of the action.

An important submarket that has developed over the past ten years or so is the imported vodka business. Distillates from traditional sources such as the USSR, Finland, Sweden, Norway and Poland have been joined by products from Holland, Canada, England and Japan. This new segment, though small, is growing rapidly, presently accounting for around two million case sales per year.



SCOTT BALDWIN

Many of these imports are distinctively flavored, and while some mix well, the majority are best savored straight or on the rocks and accorded the same respect you might lavish on fine brandy or single malt Scotch whisky. Incidentally, these excellent products are even smoother and more appealing served directly from the freezer.

Here are the most popular imports, listed by country of origin.

Soviet Union

Considered the unofficial national drink there, vodka has been distilled in the USSR for nearly one thousand years. Many people will tell you that Russian varieties are made from potatoes, but that just isn't true. Stolichnaya, the Soviets' finest product, is formulated from wheat, unlike our domestics, which use corn or rye.

Stolichnaya is made with the pure glacial waters of Lake Ladoga, north of Leningrad. Before bottling, the vodka is filtered through both quartz and activated charcoal. This process yields a spirit that has a slightly thick texture and clean, soft, gentle flavors.

"Stoli" comes in both 80 proof (around $12 for a 750-ml bottle) and 100 proof (about $13). It is also sold in three flavored versions, Limonnaya, Okhotnichya and Pertsovka.

Limonnaya is the newest flavored Russian vodka. This 80-proof import ($12) has a smooth, soft, candied lemon taste. It is lovely on the rocks and appropriate for mixed drinks with refreshing citrus accents.

Okhotnichya, or "hunter's vodka" ($11), is a 90-proof spirit infused with ginger, tormentil, cloves, pepper, juniper, coffee beans, anise, white Port, sugar and orange peel. This method creates a spicy and herbal liqueurlike drink with a strong licorice undertone. It is particularly attractive on the rocks.

Pertsovka ($11) is the most popular of the flavored Russian products. It is dark amber and has been spiced with red, white and black peppers. A 70-proof spirit, Pertsovka is aged in wood. The rich, hot result is excellent on the rocks or in a fiery Bloody Mary.

Poland

The Poles are insistent that *their* country, not Mother Russia, was the birthplace of vodka. Evidence exists to corroborate the claims of both nations, but in any case there is a long history of vodka in Poland.

Wódka Wyborowa, a rye-based variety, has been distilled since 1489. It is soft and elegant, with lush, smooth texture and is available in both 80 proof ($13) and 100 proof ($15). Try it on the rocks or in a snifter.

Although most vodkas today are made from grain, there are still some that use potatoes as a base, following ancient practice. Luksusowa ($14) is an attractive and very smooth 80-proof spirit that is a triple distillate of potatoes. This brand is also noteworthy because it is nonallergenic for most people who are sensitive to grain.

Another famous Polish type, Zubrowka, has been banned from import to the United States. The blade of buffalo grass floating in each bottle has been found to contain coumarin, an anticoagulant that has not been approved—in this form—by the Federal Drug Administration.

Finland

This country's industry dates back to the sixteenth century, when Finnish soldiers returning from wars in other parts of Europe brought home with them the technology of distillation.

continued on page 142

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ELEGANT AND EASY

COOKING FOR FRIENDS

BY JINX AND JEFFERSON MORGAN

Irish Farmhouse Supper

MUSTARD-GLAZED CORNED BEEF BRISKET
PEPPERY SAUTEED CABBAGE AND NOODLES
DILLED CARROTS IN GUINNESS
SODA MUFFINS WITH CHEDDAR AND CHIVES
IRISH COFFEE ICE CREAM PIE WITH CHOCOLATE PECAN CRUST

LEAVE IT TO THE IRISH to make any occasion an excuse for a party. Well, in the same spirit, we've long considered St. Patrick's Day as good a reason as any to fill the house with friends. And it appears we're not alone, although enthusiasm sometimes outweighs good taste on this festive day. In Chicago, for example, they have been known to dye the river green on March 17. Others color their beer. We'd say that this is carrying things a bit far.

Having spent a great deal of time driving along the byways and back roads of Ireland and dining along the way, we confess we are not often compelled to turn to Gaelic cuisine when entertaining. It is, as they say, good simple fare, very much like the food dear to the hearts of the English—only not so spicy. Jeff thinks the Irish have a fundamental distrust of any seasoning more florid than salt and pepper. He rarely says any such thing at home, though. Jinx is Irish.

And yet, we've had some splendid meals in this green and gracious country: Salmon fresh from the stream, wonderful baked goods and lovely rich dairy products come to mind. But what about the most traditional Irish dinner of all—corned beef and cabbage? Great in a pub, we said, although not exactly dinner party fare. Does it have to be served the same old way, we wondered? After some trial and error and an ill-advised experiment with chutney and corned beef that is best forgotten, we like to think that this menu combines the best of tradition with some very tasty new ideas.

Corned beef is delicious with a mustard glaze enriched with the nutty flavor of oriental sesame oil. Cabbage needn't enter the scene dressed only in its birthday suit either: In our version it forms a very happy alliance with noodles and develops a vivid flavor when spiced with pepper. Also accompanying the meat are carrots braised in Guinness and dill.

Irish breads are homey, tasty and so easy to make that even busy farmwives bake some daily for their families. We've added chives and cheddar to the basic soda bread recipe, and made irresistible muffins.

Everyone who has savored a creamy Irish coffee will love the dessert, a confection of ice cream frozen in a chocolate crust and crowned with Irish whiskey-spiked whipped cream.

You might serve Black Velvets with this updated Irish extravaganza, though some people feel pouring equal quantities of stout and Champagne into the same glass is a hanging offense. For them we suggest saving the Champagne for another celebration and sticking with the stout.

EVEN EASIER

• All in all, this menu *is* very easy to prepare; but if you've no time for the dessert, Irish coffee, served perhaps with some cookies or chocolates, would make an excellent stand-in.

DO-AHEAD HINTS

• Begin brisket preparation two days ahead. Soak overnight, cook, then refrigerate overnight. Glaze and bake brisket just before serving.
• Pie should be prepared one day ahead in order to freeze thoroughly.

MUSTARD-GLAZED CORNED BEEF BRISKET

6 servings

- 1 4- to 5-pound corned beef brisket
- 8 whole black peppercorns
- 2 bay leaves
- 1/2 cup Dijon mustard
- 1 teaspoon dry mustard
- 1/2 cup honey
- 1/3 cup Sherry wine vinegar
- 1/3 cup firmly packed light brown sugar
- 1 tablespoon oriental sesame oil

Place brisket in large pot. Add enough water to cover. Cover pot. Refrigerate brisket at least 6 hours or overnight.

Drain brisket. Add water to cover, peppercorns and bay leaves. Bring to boil. Reduce heat, cover and simmer until tender, about 3 1/2 hours. Drain brisket. Cool. Cover and chill overnight.

Transfer brisket to heavy shallow roasting pan, fat side up. Bring brisket to room temperature.

Preheat oven to 350°F. Whisk mustards in heavy small saucepan. Stir in remaining ingredients. Simmer 5 minutes, stirring constantly. Spread glaze evenly over top of brisket. Bake until heated through, about 45 minutes.

PEPPERY SAUTEED CABBAGE AND NOODLES

We like lots of freshly ground black pepper in this dish, but you will want to vary the amount to suit yourself and the tastes of your guests.

6 servings

- 1/2 cup (1 stick) butter, melted
- 6 cups shredded cabbage
- 2 tablespoons sugar
- Salt and freshly ground pepper
- 12 ounces thin egg noodles, freshly cooked

Melt butter in heavy large skillet over medium-high heat. Add cabbage and sauté until lightly browned, about 8 minutes. Mix in sugar, salt and pepper. Add noodles and toss to combine. Reduce heat to low and stir until warmed through. Serve immediately.

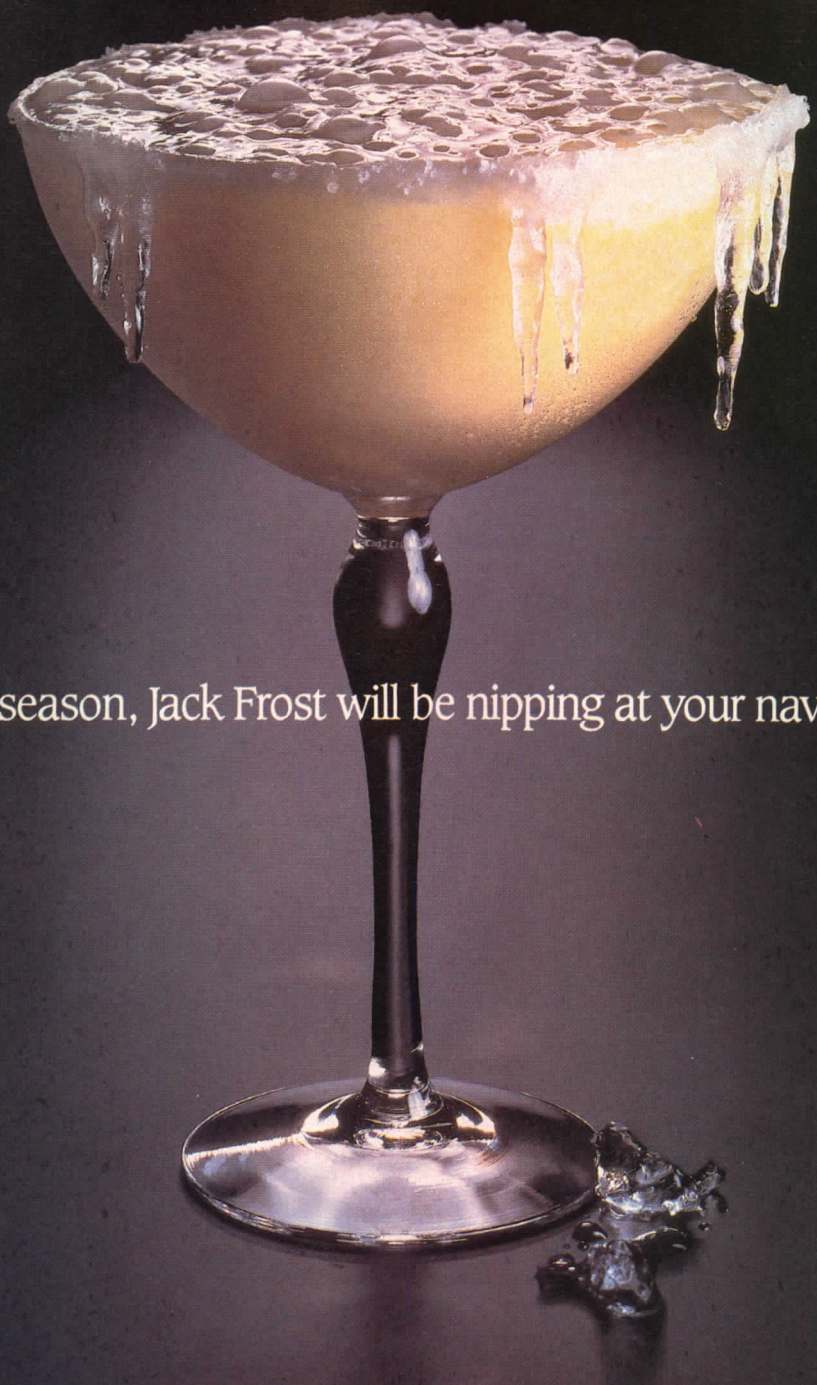
DILLED CARROTS IN GUINNESS

6 servings

- 2 tablespoons (1/4 stick) butter
- 1 3/4 pounds large carrots, peeled and sliced on diagonal
- 1 cup Guinness stout
- 1 1/2 teaspoons dried dillweed
- 1 teaspoon sugar
- Salt

Melt butter in heavy large skillet over medium heat. Add carrots and sauté until glazed, 1 to 2 minutes. Add Guinness and dillweed. Reduce heat to low, cover and cook until carrots are tender, stirring frequently, about 15 minutes. Sprinkle with sugar and salt. Increase heat to high and cook uncovered until all liquid evaporates, about 4 minutes. Serve immediately.

continued on page 144



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COMPLETE TECHNIQUE

THE BASICS

BY FAYE LEVY

Seafood Chowders

WHETHER CREAMY WHITE or tomato red, seafood chowders have long been favorites in American cooking. The most familiar kind makes use of clams, while other equally tasty versions can be made by applying the basic formula to scallops, shrimp, lobster, mussels and other shellfish. In addition to the flavorful chunks of seafood, these robust, easy-to-prepare soups generally contain potatoes and onions.

Clam and mussel chowders take advantage of the natural juices in the mollusks. The simplest way to prepare them is to steam them briefly in a small amount of water, which eliminates the task of forcing them open and at the same time produces a savory broth for the chowder. Other chowders use bottled clam juice or fish stock.

As is true with many traditional dishes, experts disagree about the precise ingredients that go into authentic New England (white) and Manhattan (red) clam chowders. Salt pork is customary in both, but nowadays it is often replaced by bacon or omitted altogether. Colorful vegetables, such as diced carrots, celery, corn or even asparagus, can enliven all seafood chowders. For a finishing touch, some cooks top each serving with a dusting of paprika or a pat of butter, while others prefer to sprinkle on fresh chives, parsley, tarragon or dill.

Chowder affords an economical way to enjoy seafood, either as a rich first course or a light main course. You will also find that it makes a perfect choice for a variety of occasions, from casual to the most elegant.

TIPS

- Be sure to use fresh seafood. Unshelled mussels and clams will keep about three days in a bowl in the refrigerator (cover loosely with damp cloth; do not store in plastic bag); shrimp and scallops will keep one or two days and should be wrapped and placed on a bed of ice; cooked lobster should be used the day it is purchased.
- Potatoes can be peeled several hours ahead and kept in bowl of cold water. Dice just before using.
- Do not puree potatoes too long in processor or they will become gluey.
- How rich to make chowder is a matter of taste. The lightest versions use all milk, while the richest use all cream. Vary proportions of milk and cream to suit individual preference.
- Season chowders well with cayenne and freshly ground pepper to avoid blandness. Use salt with discretion; chowders containing salt pork, bacon or bottled clam juice usually do not need much added salt.
- Leftover chowder can be covered and refrigerated one day. Rewarm over low heat, stirring often; do not boil.

BASIC CLAM CHOWDER

Many New Englanders will assure you that this is the *only* way to make chowder. Accompany with French bread, Italian bread or oyster crackers.

Makes about 5 cups

- 4½ pounds littleneck or cherrystone clams, well scrubbed
- ½ cup water
- 2 tablespoons (¼ stick) butter
- 1 medium onion, minced
- 1¼ pounds boiling potatoes, peeled and cut into ½-inch dice
- 1¼ to 1½ cups whipping cream
- ½ to ¾ cup milk
- 1 teaspoon fresh thyme or ¼ teaspoon dried, crumbled
- 1 teaspoon snipped fresh chives (optional)
- ½ teaspoon minced fresh tarragon or ⅛ teaspoon dried, crumbled (optional)
- Pinch of cayenne pepper
- Salt and freshly ground pepper
- Minced fresh parsley

Place clams in large saucepan; add water. Cover and cook over medium-high heat just until shells open, about 10 minutes. Remove opened clams. Cook remaining clams 2 more minutes; discard any that do not open. Drain clams, reserving cooking liquid. Remove clams from shells; chop coarsely. Strain cooking liquid through strainer lined with double layer of dampened cheesecloth; reserve clam cooking liquid.

Melt butter in heavy large saucepan over medium-low heat. Add onion and cook until softened, stirring frequently, about 10 minutes. Mix in reserved clam cooking liquid and potatoes, pushing potatoes into liquid. Cover and simmer over low heat until potatoes are just tender, stirring frequently, 10 to 12 minutes.

Transfer 1½ cups potatoes to processor using slotted spoon. Add ¾ cup potato cooking liquid and puree until smooth, about 30 seconds. Return potato mixture to saucepan. *(Can be prepared 1 day ahead. Cover potato mixture and clams separately and refrigerate.)*

Combine 1¼ cups cream and ½ cup milk. Return potato mixture to simmer, stirring occasionally. Add cream mixture and stir just until heated through; do not boil or mixture will curdle. Reduce heat to low, add clams and stir just until heated through, about 2 minutes. Thin chowder with remaining ¼ cup milk if desired and stir until heated through. If richer chowder is desired, add remaining ¼ cup cream and stir until heated through. Mix in thyme, chives, tarragon, cayenne, salt and pepper. Ladle into bowls. Garnish with parsley.

Variation

Clam chowder with salt pork or bacon: Dice 1½ ounces salt pork or 2 strips bacon. Rinse under cold water; drain and pat dry. Cook in heavy large saucepan over medium heat until crisp and lightly browned, stirring frequently, 5 to 10 minutes. Remove using slotted spoon and drain on paper towels. Measure drippings in pan. Add enough butter to equal 2 tablespoons; substitute for butter in Basic Clam Chowder. Mix salt pork or bacon into chowder when adding chopped clams.

TOMATO CLAM CHOWDER

Adding tomato to the blend makes this "Manhattan style."

Makes about 6 cups

- 1½ pounds ripe plum tomatoes, peeled and halved
- 2 tablespoons vegetable oil
- ½ cup finely chopped celery
- ½ cup finely chopped peeled carrots
- ½ teaspoon dried oregano, crumbled
- 3½ pounds littleneck or cherrystone clams, well scrubbed
- 1½ cups water
- 2 tablespoons (¼ stick) butter
- 1 medium onion, minced
- Bottled clam juice
- ½ pound boiling potatoes, peeled and cut into ½-inch dice
- 2 tablespoons tomato paste

recipe continued on page 36

YOU JUST RINSED YOUR LAST DISH.



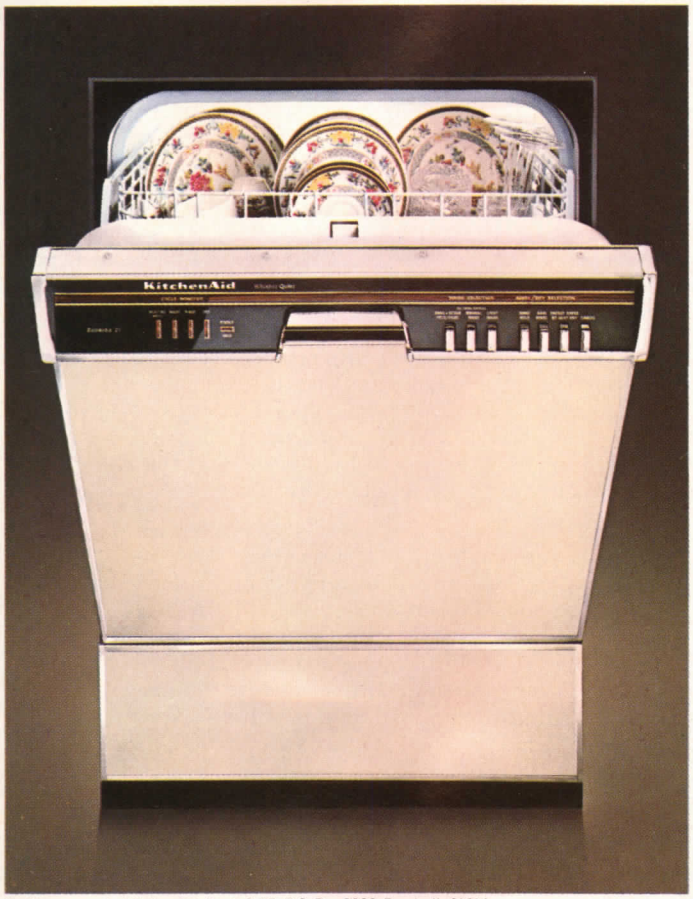
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continued from page 34

1 medium garlic clove, minced
¾ teaspoon fresh thyme or ¼ teaspoon dried, crumbled
2 tablespoons (¼ stick) butter, cut into 4 pieces
Pinch of cayenne pepper
Salt and freshly ground pepper
Minced fresh parsley

Squeeze tomato seeds into strainer set over small bowl; reserve juice. Chop tomatoes finely. Heat oil in heavy medium saucepan over low heat. Add celery and carrots and cook until softened, stirring occasionally, about 10 minutes. Mix in tomato pulp and oregano. Bring to boil. Reduce heat to low, cover and cook until vegetables are tender, stirring occasionally, about 20 minutes. Transfer tomato mixture to processor and puree. Set aside.

Place clams in large saucepan; add water. Cover and cook over medium-high heat just until shells open, about 10 minutes. Remove opened clams. Cook remaining clams 2 more minutes; discard any that do not open. Drain clams, reserving cooking liquid. Remove clams from shells; chop coarsely. Strain cooking liquid through strainer lined with double layer of dampened cheesecloth; reserve clam cooking liquid.

Melt 2 tablespoons butter in heavy large saucepan over medium-low heat. Add onion and cook until softened, stirring frequently, about 10 minutes. Add enough bottled clam juice to reserved clam cooking liquid to measure 2 cups plus 6 tablespoons. Mix 2 cups into onions. Add potatoes, pushing into liquid. Cover and simmer until potatoes are just tender, stirring frequently, 10 to 12 minutes.

Stir tomato puree into potato mixture. Strain in reserved tomato juice. Return to simmer, stirring frequently. Whisk tomato paste and remaining 6 tablespoons clam cooking liquid until smooth. Stir into chowder with garlic. Reduce heat to low, add clams and stir just until heated through, about 2 minutes. Thin chowder with bottled clam juice if desired. *(Can be prepared 1 day ahead. Cover and refrigerate. Bring to simmer, stirring frequently; do not boil.)* Remove from heat. Stir in thyme, butter, cayenne, salt and pepper. Ladle into bowls. Garnish with parsley.

LOBSTER CHOWDER WITH COLORFUL VEGETABLES

Makes about 7 cups

2½ cups Fish Stock*
½ cup diced peeled carrots
Pinch of salt
½ cup frozen corn kernels
½ cup frozen peas
12 2-inch-long asparagus tips

2 tablespoons (¼ stick) butter
1 medium onion, minced
1 pound boiling potatoes, peeled and cut into ½-inch dice

1 1-pound cooked lobster or 1 cooked lobster tail
1¾ cups whipping cream
1½ cups milk
1 teaspoon fresh thyme or ¼ teaspoon dried, crumbled
1 teaspoon snipped fresh chives (optional)
½ teaspoon minced fresh tarragon or ⅛ teaspoon dried, crumbled (optional)
Pinch of cayenne pepper
Salt and freshly ground pepper
Minced fresh parsley

Combine stock, carrots and pinch of salt in heavy medium saucepan. Bring to boil. Reduce heat and simmer until carrots are tender, about 6 minutes. Transfer carrots to small bowl using slotted spoon. Return stock to boil. Add corn and peas; return to boil. Add asparagus and cook over medium-high heat until vegetables are almost tender, about 1½ minutes. Drain vegetables thoroughly, reserving 1½ cups cooking liquid. Add to carrots.

Melt butter in heavy large saucepan over medium-low heat. Add onion and cook until softened, stirring frequently, about 10 minutes. Mix in reserved vegetable cooking liquid and potatoes, pushing potatoes into liquid. Cover and simmer over low heat until potatoes are just tender, stirring frequently, 10 to 12 minutes.

Transfer 1½ cups potatoes to processor using slotted spoon. Add ¾ cup potato cooking liquid and puree until smooth, about 30 seconds. Return potato mixture to saucepan. *(Can be prepared 1 day ahead. Cover potato mixture and vegetables separately and refrigerate.)*

Remove lobster meat from shell; cut meat into ½-inch dice. Return potato mixture to simmer, stirring frequently. Add cream and milk and stir just until heated through; do not boil or mixture will curdle. Reduce heat to low. Add lobster and vegetables and stir just until heated through, about 1 minute. Mix in thyme, chives, tarragon, cayenne, salt and pepper. Ladle chowder into bowls. Garnish with parsley. Serve immediately.

**Fish Stock*

Makes about 3½ cups

1½ pounds bones, tails and heads from nonoily fish or 1 pound fish pieces for chowder**
1 tablespoon butter
1 onion, sliced
5 parsley sprigs
1 thyme sprig or pinch of dried, crumbled
1 bay leaf
4 cups (about) water

Rinse fish bones and parts under cold running water 5 minutes; drain. Melt butter in heavy medium saucepan over medium-low heat. Add onion and cook until softened but not browned, about 10 minutes. Add fish bones and parts, parsley, thyme and bay leaf. Add enough water to just cover. Bring to boil, skimming surface occasionally. Reduce heat and simmer 20 minutes, skimming stock occasionally. Strain through fine sieve; do not press on solid ingredients. *(Fish Stock can be prepared 1 day ahead and refrigerated, or 2 months ahead and frozen.)*

***Available at fish markets.*

RICH SEAFOOD CHOWDER WITH SORREL AND LEEKS

Makes about 6 cups

1½ pounds small mussels, scrubbed and debearded
1 cup bottled clam juice

2 tablespoons (¼ stick) butter
1 10-ounce leek (white and light green parts only), minced
1 pound boiling potatoes, peeled and cut into ½-inch dice

½ pound sea scallops
1½ cups whipping cream
Milk (optional)
1 small bunch sorrel (about ¾ ounce), stemmed and cut crosswise into ¼-inch strips
2 tablespoons minced fresh parsley
Pinch of cayenne pepper
Salt and freshly ground pepper

Combine mussels and clam juice in heavy large saucepan. Cover and cook over high heat 4 minutes, shaking pan occasionally. Remove opened mussels. Cook remaining mussels 2 more minutes; discard any that do not open. Let cooking liquid stand 15 minutes so sand falls to bottom of pan. Shell mussels; discard shells and black membranes. Ladle cooking liquid through strainer lined with double layer of dampened cheesecloth; reserve liquid.

Melt butter in heavy large saucepan over medium-low heat. Add leek and cook until softened, stirring frequently, about 10 minutes. Mix in reserved mussel cooking liquid and potatoes, pushing potatoes into liquid. Cover and simmer over low heat until potatoes are just tender, stirring frequently, 10 to 12 minutes.

Transfer 1½ cups potatoes to processor using slotted spoon. Add ¾ cup

recipe continued on page 144

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TRAVELING WITH TASTE

BON VOYAGE

BY SHIRLEY SLATER

Hawaii's Kona Coast

PEOPLE WHO WOULD NEVER confuse the city of New York with the state of New York are forever confusing Oahu, where Honolulu and Waikiki are located, with the island of Hawaii. Others imagine the "Big Island" to be a mountainous, lava-covered, steep-sided island without beaches and subject to frequent volcanic eruptions.

Well, as many of the recent headlines repeatedly tell us, there are occasional volcanic flare-ups. And there are deserts and moonscapes of lava. There are also luscious golden and black sand beaches—and even one olive green one—shaded with coconut palms and soothed by gentle trade winds. There are temperate rolling hills and ranchlands under a huge sheltering blue sky that reminds you of Wyoming or Montana, and rain forests full of giant ferns and wild ginger, with its spicy-sweet fragrance. There are swaybacked ghost towns that still echo the days when sugar was king, and hillside orchards of coffee and mangoes, papayas and macadamias. There is even enough winter snow to ski atop 13,796-foot Mauna Kea. And, unlike Oahu, there are no crowds here on the Big Island, at least not yet. (Two big new hotels, the Hyatt Regency Waikoloa and the Ritz-Carlton, are due to open next year.)

But to many, the best of the island is personified by its Kona Coast.

Herb Kawainui Kane, noted Hawaiian artist and historian, who was himself declared a "Living Treasure of Hawaii" in 1984 and has his home and studio on the Kona Coast, calls it "one of the most civilized places I know." He points out that evidence of Hawaii's ancient past can be seen along this western coast. During my visit, he was completing a series of paintings about the fire goddess Pele and the myths and legends of the volcanoes for the new Jaggar Museum at the Hawaii Volcanoes National Park.

As all visitors soon learn, Pele is the unofficial ruler of the Big Island. She is said to live in Kilauea Crater, where her dramatic pyrotechnics draw a standing-room-only audience whenever she chooses to perform, which has been frequent enough during the past century to add hundreds of acres of new lava land to this still-growing young island. She is known to enjoy an occasional bottle of gin along with her favorite red *ohelo* berries, and is credited with helping the Kona Coast's local boy Kamehameha the Great make good in his campaign to conquer and consolidate all the Hawaiian islands into one kingdom. It seems she loosed a rare explosive eruption of Kilauea around 1790 to stop the advancing troops of Big Island rival chief Keoua from the Puna Coast, and Kamehameha went on to found a ruling dynasty that lasted 77 years.

Laurance Rockefeller, who could be regarded as another great chief where contemporary Hawaii is concerned, established a high standard for tourist development on the west coast when he built the Mauna Kea Beach Hotel, now The Westin Mauna Kea, in the early 1960s. When the first guests arrived in 1965, they found a low-key, luxurious resort nestled harmoniously into a sunny hillside above a white sand beach, with museum-quality arts and artifacts adorning the grounds and public areas. Now, more than 20 years later, very little has changed except for an updated culinary philosophy and a broader guest list: Once filled with older couples, it has expanded to include honeymooners and young families with children.

Some come to play the championship golf courses, some for the tennis and some for a relaxed, do-nothing vacation, but after sampling meals at five of the six hotel restaurants (I missed only the 19th Hole in the golf clubhouse), I suspect many come for the excellent cooking as well.

One of the newest places to enjoy it is the airy glass-walled Garden Pavilion, recently revamped into a showcase of Big Island produce and regional foods. I began with a delicate cream of fern soup made from tender green shoots grown in the secluded Waipio Valley, while my friend was kind enough to share his fresh baby abalone, lightly pounded and crumbed, then sautéed in butter and herbs and nestled into their own little iridescent shells. (The abalone are being farmed in a unique aquaculture experiment, at Keahole on the Kona Coast, utilizing the deep cold waters that well up where the ocean shelf drops off steeply. The Mauna Kea buys their full production.)



HARRY BASCH

Wide blue skies frame the verdant and sparsely settled northwest coast of the Big Island.

The Garden Pavilion menu also offers tempura sashimi, bits of raw fish wrapped in seaweed, dipped in batter and quickly deep fried so that the outside coating is hot and crispy while the sashimi inside remains cold and velvety. In addition, there are quenelles of *opakapaka* (pink island snapper) wrapped in small taro leaves and steamed in Pernod, and roast duck breast with a tangy *coulis* of ohelo berries. Besides dessert choices that included *lilikoi* (passion fruit) pie and guava mousse cake, each table receives toasted macadamia nuts dipped in white and pastel chocolate.

One evening in The Batik Room,



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there was an ethereal essence of abalone soup with vegetable julienne and Chinese spices, followed by a salad of Waimea tomatoes and Maui onions from Kula. Another balmy evening on Cafe Terrace, the dazzling *teppanyaki* presentations of Chef Kazo included grilled tiger prawns and local fish.

While there's plenty to do on the property, from horseback riding to aerobics, from sailing to making flower leis or taking an art tour around the grounds with a university professor for a guide, I elected to make a driving loop around the northern coast.

The cool mountain town of Waimea (also called Kamuela to distinguish it from Kauai's Waimea) makes a change from the hot, dry coast. Rather than taking along a box lunch, plan to stop at Edelweiss, where young German chef Hans-Peter Hager dishes up delicious and modestly priced meals of German and American home cooking.

Also special in Waimea: Heritage Baked Goods and Thai Food for crunchy taro chips or take-out taro puffs stuffed with chicken and vegetables; the Parker Ranch Broiler for steaks, burgers and *paniolo* (Hawaiian cowboy) beef stew from the ranch's own beef; the newly opened art gallery in the Puuopelu home of Parker Ranch owner Richard Smart, with its Dufys and Corots; the Parker Ranch itself, started here back in the mid-nineteenth century; and Albert K. Solomon's eclectic Kamuela Museum.

Take a drive up around the North Kohala loop from Waimea to little Hawi, with its Old West false-front buildings, many of them empty now; to Halawa, where the historic Tong Wo Society buildings have been restored; and then on to Kapa'au to see the original Kamehameha statue. The ship delivering it from Italy sank in 1883 near the Falkland Islands, so a hastily made copy was installed with pomp and circumstance in downtown Honolulu. Not long afterward, the original one turned up on a British salvage ship and was placed here near Kamehameha's birthplace.

The windswept hills north of Kawaihae are as golden as a California summer, and it was here that Kamehameha built his mightly *heiau*, or temple, on Pu'ukohola, "the hill of the whale," now a national historic site. A few miles north is the state historic park of Lapakahi, a six-hundred-year-old fishing village of black lava and dazzling white coral overlooking the intense blue of the sea and the cloud-shrouded mountains of Maui.

Lapakahi and Pu'ukohola made perfect preludes for my next Kona Coast lodging, the Polynesian-style Kona Village Resort. About the same time Rockefeller was developing Mauna Kea, a Texas oil driller, yachtsman and dreamer named Johnno Jackson was creating this fantasy island hideaway a few miles down the coast. A hundred romantic thatch-roof *hales* (cottages) are spread out beside the sea, perched in the midst of a centuries-old lava flow or hidden under lush jungle foliage by quiet lagoons.

One of the staff expressed it best when he said, "People come here for what we don't have—air-conditioning, room telephones, radios or TV sets." Automobiles are whisked away on arrival, and there are no room keys.

Kona Village's famous luau begins every Friday morning when a special *imu* pit is prepared with a fire of *kiawe* (mesquite) wood heaped with lava rocks. In midafternoon, when the rocks are glowing, a dressed pig is sprinkled with sea salt, then stuffed with fiery hot rocks. The whole package is then wrapped in bunches of fresh ti leaves and chicken wire, laid on a bed of banana stalks and covered with more ti leaves, wet burlap bags and canvas, then sand. By the time imu chef Pat Kauina uncovers this masterpiece at luau time, the porker has become *kalua* pig, cooked, he says, "in a combination of a 500°-plus oven and a pressure cooker."

Accompanying it are trays heaped with chunks of pineapple and coconut, papaya and banana, Tahitian-style poi, *lomilomi* salmon and *poisson cru* (lime-marinated fish), taro chips, *haupia* (coconut pudding), sushi, sashimi, *opihi* (limpet), Hawaiian poi, chunks of tiny black crab in the shell, *laulau* (seasoned pork and butterfish cooked with taro leaves in a ti leaf package), *tako poki* (octopus seasoned with soy and spices) and chicken long rice (bean threads with chicken, shiitake mushrooms and vegetables in broth), along with more familiar dishes. The evening concludes with a delightful performance of hulas, Tahiti and Maori dances and slack-key guitar selections performed by some talented resort employees.

You can immerse yourself completely in Polynesian village life—weave coconut baskets, sail an outrigger canoe, see ancient Hawaiian petroglyphs carved in lava stones and lagoon fishponds from the time of Kamehameha I—all without leaving secluded Kona Village.

The largest town on the coast, Kailua-Kona (so called to keep it straight from a larger Kailua on Oahu), was Kamehameha's home for the last seven years of his life. The fishing was, and is, so good here that royal duties were fitted in between the times the fish were running. Despite a clutch of shopping malls that have sprung up in its center, Kailua retains a village air.

Be sure to stop by the Kailua Candy Company to watch handcrafted chocolate candies being made by the Jack Smoot family from Kona Coast products: Kona coffee swirls, guava rum chocolates, macadamia nut chocolate caramels, and lovely ginger or coconut clusters with white chocolate.

An easy loop south from Kailua takes you to some special discoveries: the tiny bright blue and white church of St. Peter's set on black lava rocks beside the sea; the Royal Kona Coffee Mill and Museum; and a county beach park where you can look across Kealakekua Bay to see a monument marking the place where Captain Cook was



HARRY BASCH

Romantic, thatched-roof *hales*, minus televisions and telephones, make up Kona Village Resort.



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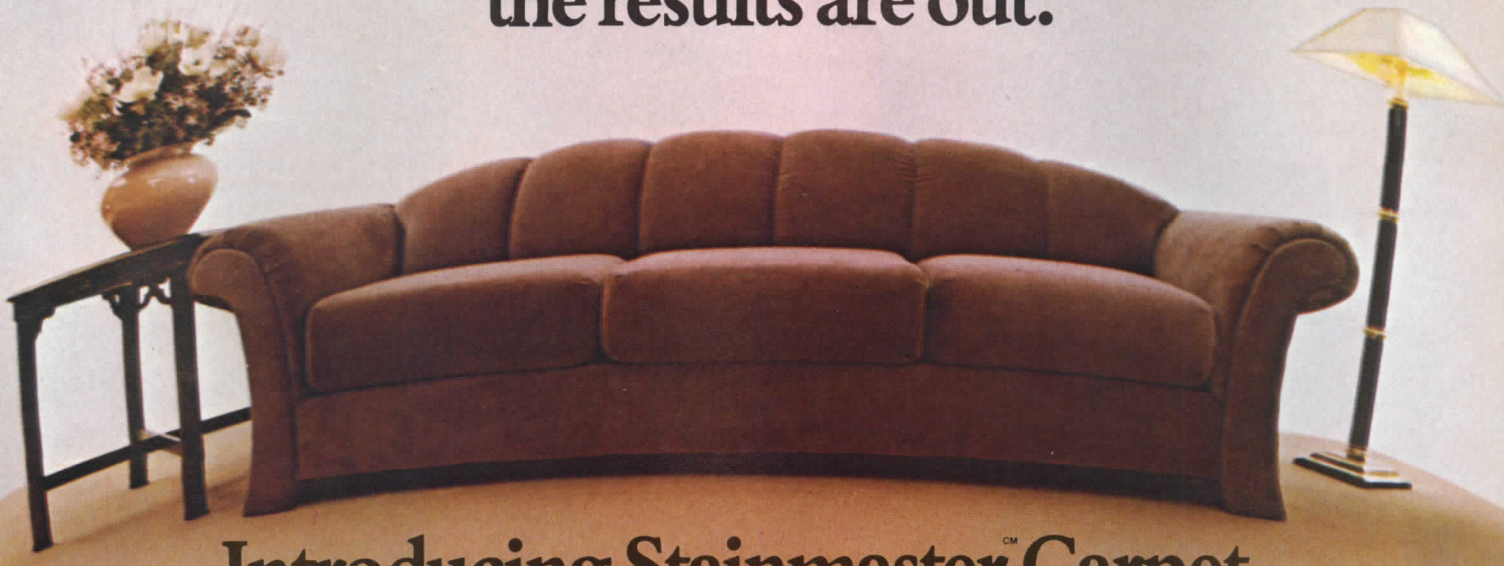
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killed in 1779 during an altercation with local chiefs about a stolen boat. If the name Kealakekua rings a bell, that's the hometown of the "little grass shack" a songwriter once wanted to go back to, as well as Chris' Bakery, which sells Hawaii's traditional hot Portuguese sugared doughnuts, called *malasadas*, from five in the morning until the supply runs out.

In tiny Kainaliu, the Aloha Cafe Theater has set up shop in the lobby of a 1930s movie house, and serves what the menu quite correctly terms "a great hamburger." And in the town of Captain Cook, the simple little Manago Hotel, run by the same family since 1917, offers Japanese-American home cooking in a no-frills lunchroom.

Perhaps the most striking of all Hawaii's national historical parks is Pu'uhonua o Honaunau, the City of Refuge, where people who broke the *kapus* (taboos) of Hawaiian society could flee and receive absolution. A restored temple is flanked by carved wooden images of ancient gods, and a massive black stone wall erected in 1550 still stands. Nearby, St. Benedict's painted church, built in the little town of Honaunau in 1902, is also worth a visit. The hillside village of Holualoa offers a cool shady retreat from the coastal sun and a chance to watch artists from the community at work in the Kona Arts Center, an old coffee mill turned gallery.

The spectacular Mauna Lani Bay Hotel arrived on the Kona Coast in 1983 and settled with easy insouciance into its dramatic surroundings of white sand beach, royal fishponds and lush green grass/black lava golf course, the latter so appealing I borrowed a golf cart just to see it. In the central atrium (called a lobby in more pedestrian properties), a glazed blue and white tiled island is surrounded by tropical flowers, full-grown palm trees and pools of golden koi.

The newest dining option at Mauna Lani is The Gallery by the tennis courts in The Racquet Club, where young chef Peter Merriman serves light and lovely "new American cuisine," using the fresh ingredients and complex cultural heritage of the islands. A Big Island Bouillabaisse ("The idea is from Marseilles, the fish from Kawaihae") was fragrant with saffron and accompanied by a gentle *rouille* of local peppers, and my companion's succulent grilled *uku* (gray snapper) arrived napped with mango butter, topped with macadamia nuts, and garnished with glazed slices of mango. For dessert there were crepes with ohelo and *poha* berries.

The Mauna Lani's executive chef Piet Wigmans took me through the huge and spotless hotel kitchens, opening walk-in refrigerators to show me the fresh tarragon and basil, baby fern shoots and fresh mushrooms the island is producing, as well as crocks of tropical fruits in mustard he makes to serve with cold meats and fish.

In the outdoor Bay Terrace, the menu concentrates on fruits and vegetables and grilled fish and meats, while classic Continental dishes characterize The Third Floor, a ground-level twin of the prestigious Honolulu eatery in the Hawaiian Regent Hotel.

One evening I went next door (about a 15-minute drive) to join friends for dinner at the Sheraton Royal Waikoloa hotel in the pretty Tiare restaurant. A harpist strummed in the background while we nibbled flaky hot cheese straws, and deft French cart service produced first a Caesar salad, then steak Diane and a lightly crumbed, herb-seasoned rack of lamb. For dessert I sampled flambéed Waimea strawberries sprinkled with Pernod and served over vanilla ice cream in a waffle cookie.

The centuries-old King's Highway, a foot trail linking the royal fishponds, burial caves, fishing villages and temples, can still be followed along sections of the Kona and Kohala Coasts. It would have been one way to travel the living land of Kamehameha the Great. But my time and energy were limited and, in the absence of any outstanding museum of Hawaiian history on the Big Island, I headed back to Honolulu, to let the Bishop Museum bring my sojourn into perspective.

This extraordinary collection, named for Princess Bernice Pauahi Bishop, a descendant of the Kamehamehas, offers an edifying journey through the life of ancient and recent Hawaii. There, for the first time, I

TRAVEL MEMO

- Getting around: A rental car is the most convenient way to see the Big Island, but it's a good idea to make specific reservations for price and model before leaving home. Most major companies have Big Island offices; I found Alamo's rates the lowest on a seven-day rental (800/327-9633). Kona Helicopters makes sightseeing pickups at all major Big Island hotels for flights over Parker Ranch, the volcanoes, Waipio Valley or the Kohala Coast, priced from $120 (808/329-0551).
- Recommended reading: For Hawaiian history, Gavan Daws's *Shoal of Time* (University of Hawaii Press, 1974); for delightful historic photographs, *Hawaiian Yesterdays*, by Ronn Ronck and Robert E. Van Dyke (Mutual Publishing of Honolulu, 1986). For guidebooks, *Updated Hawaii Access* by Richard Saul Wurman (Access Press Ltd., 1984) is easy to use and bright with graphics; *The Maverick Guide to Hawaii* by Robert W. Bone (Pelican Publishing Company, 1985) is thorough and outspoken; *Insight Guides: Hawaii* by Hans Johannes Hoefer, Leonard Lueras, Nedra Chung and Ronn Ronck (APA Productions and Prentice-Hall, 1984) is filled with beautiful pictures and good historical and cultural summaries; and *The Dolphin Guide to Hawaii* by Tom and Karen Horton (Doubleday, 1985) is knowledgeable and up to date about restaurants and hotels around the islands. The free *This Week Big Island* has simple maps locating all hotels, restaurants, shops and sightseeing; it is helpful and available everywhere. I found the University of Hawaii Press full-color topographic map of *Hawaii the Big Island* invaluable while driving on the island, especially for locating historic and archaeological sites.
- Hotels (all toll-free area code 800): The Westin Mauna Kea, 228-3000; Kona Village Resort, 367-5290; Mauna Lani Bay Hotel, 367-2323; Sheraton Royal Waikoloa, 325-3535.
- Restaurants (all area code 808): Edelweiss, Kamuela, 885-6800; Parker Ranch Broiler, Kamuela, 885-7366; Aloha Cafe Theater, Kainaliu, 322-3383; Manago Hotel dining room, 323-2642.
- Not to be missed (area code 808): Kailua Candy Company, Kaiwi Street, Kailua-Kona, 329-2522 or (800) 622-2462; Puuopelu Art Gallery, at Puuopelu near Waimea, 885-7655; Kamuela Museum, Kamuela/Waimea, 885-4724; Pu'uhonua o Honaunau, City of Refuge National Historical Park, 328-2326; Kona Arts Center, Holualoa-Kona on Highway 180; Lapakahi State Historical Park, 889-5566; Bishop Museum, Honolulu, 847-3511.
- Sightseeing: The biggest excursion on the Big Island is away from the coast, inland to the Hawaii Volcanoes National Park. Your hotel concierge can arrange a tour or you can get a map and rent an informative taped guide with detailed, mile-by-mile explanations from your hotel's activities desk for this day trip.
- For more information, contact The Hawaii Visitors Bureau, Dept. BA, 2270 Kalakaua Ave., Suite 801, Honolulu, HI 96815; (808) 923-1811.

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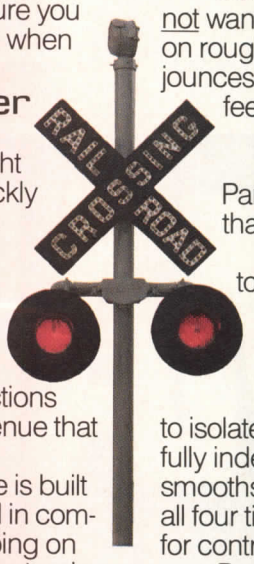
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Anyone who says he can make a traffic jam enjoyable hasn't been in one. But there are ways to make it acceptable. The Buick Park Avenue has sumptuous velour upholstery in the seating areas, air conditioning, tilt steering column, even a seek and scan Delco ETR AM-FM stereo sound system with clock. (And there are other available systems that range all the way up to mind-boggling.)

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continued from page 44

could understand the connections between the ancient farming and cooking techniques and those of today. It's really only a short hop from yesterday's royal fishponds to aquaculture 1987 style. What the islands have done is embrace each new ethnic group and cuisine that arrives and take whatever seems useful and delicious. Compared to the rest of the world, Hawaii is a rich and still-growing adolescent in a potential Garden of Eden.

TROPICAL MUSTARD FRUITS

Executive chef Piet Wigmans of the Mauna Lani Bay Hotel serves this unique, spicy condiment alongside chilled smoked meats or fish.

Makes about 6 cups

- 2 cups sugar
- 1½ cups water
- 3 tablespoons Dijon or German mustard
- ¼ teaspoon freshly ground cardamom seeds
- ¼ teaspoon aniseed
- 2 whole cloves
- 1 medium papaya, peeled, seeded and cut into 4 pieces
- 1 medium pineapple, peeled, cored and cut into 8 pieces

Combine first 6 ingredients in heavy large saucepan. Cook over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and bring to boil. Reduce heat, cover and simmer 5 minutes, skimming occasionally. Add papaya and simmer 10 minutes. Transfer papaya to medium bowl using slotted spoon. Add pineapple to syrup and simmer 10 minutes. Add mixture to papaya. Spoon fruit and syrup into hot sterilized jars; seal tightly. Refrigerate at least 4 days before using.

MACADAMIA NUT PANCAKES

Kona Village Resort offers these delicious nut-studded pancakes.

Makes 10 to 12

- 1 cup cake flour
- 1 teaspoon sugar
- ¾ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 egg
- 1 cup buttermilk
- 2 tablespoons (¼ stick) butter, melted and cooled slightly
- Butter
- 1 cup unsalted macadamia nuts, toasted and coarsely chopped

Sift flour, sugar, baking powder, baking soda and salt into medium bowl. Beat egg in another bowl until light.

Beat buttermilk into egg. Add to dry ingredients and stir only until just combined. Stir in 2 tablespoons melted butter. Let stand 2 hours.

Heat griddle or heavy large skillet over medium-low heat. Grease with butter. Spoon batter onto griddle in batches (do not crowd), using 2 tablespoons for each pancake. Sprinkle each with about 1½ teaspoons nuts. Cook until tops are bubbly, about 1 minute. Turn pancakes and cook until second sides are light golden, about 45 seconds. Serve pancakes immediately.

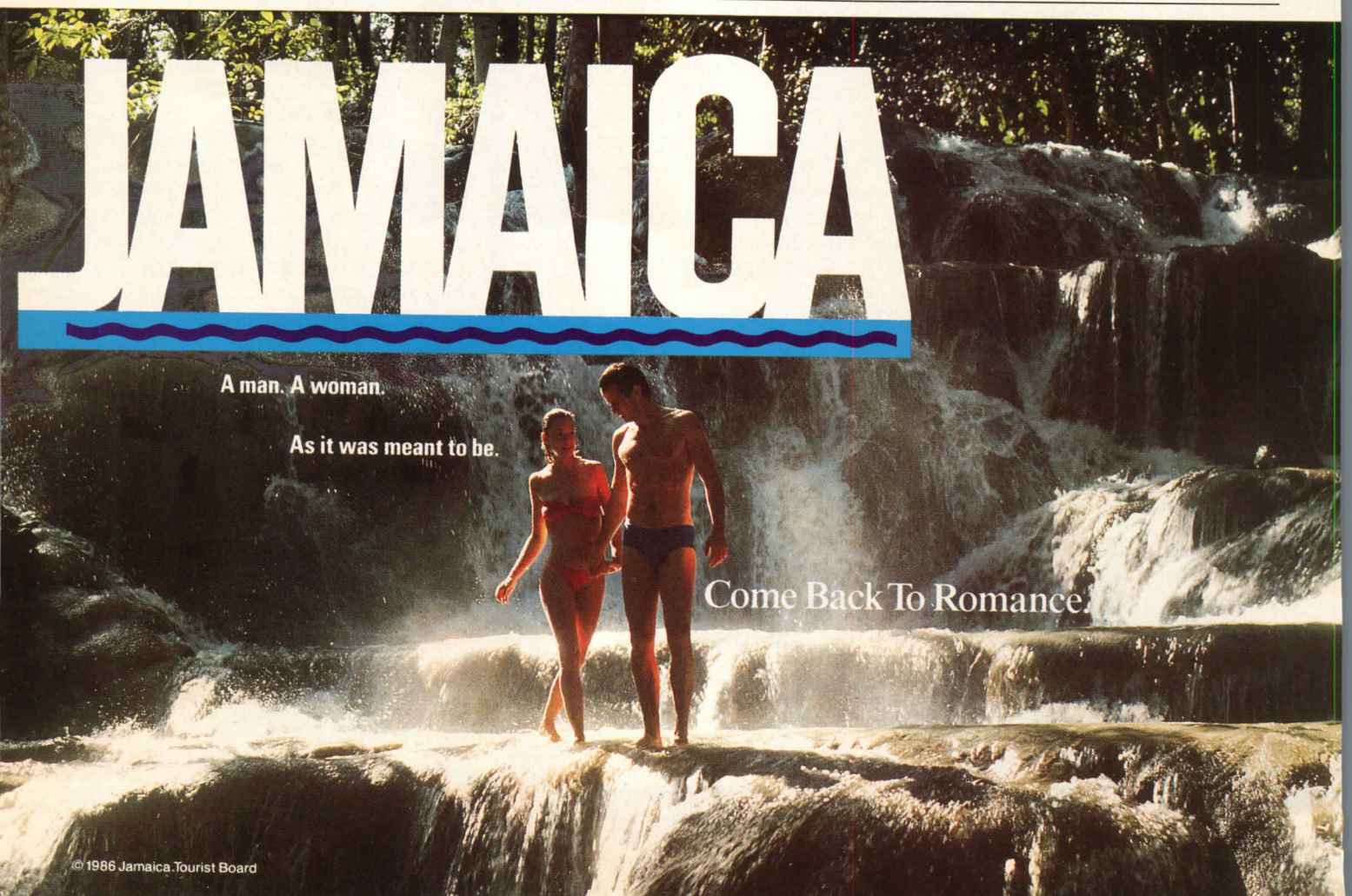
ROMAINE WITH CAMEMBERT DRESSING AND MACADAMIA NUTS

A simple-to-prepare salad from The Batik Room in The Westin Mauna Kea.

4 servings

- ¼ cup white wine vinegar
- ¼ cup dry white wine
- 2 ounces Camembert cheese, rind removed
- 1 teaspoon fresh lemon juice
- ½ teaspoon Worcestershire sauce
- 1 small garlic clove

recipe continued on page 144



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Would you like to share your time-saving recipes with *Bon Appétit*? Send three to six—tell us where they came from—with your telephone number to Too Busy to Cook, *Bon Appétit*, 5900 Wilshire Boulevard, Los Angeles, California 90036. The material becomes our property and will not be returned.

Something extra: Too Busy to Cook now features readers' special microwave recipes. If you rely on this super time-saver and would like to share some of your favorites, plus microwave tips and techniques, please send them to the address above.

Dorothy Garrison, Pauls Valley, Oklahoma. Dorothy learned the basics while she was growing up, but it was not until she was older that her culinary talents blossomed. "My first husband's mother was a whiz in the kitchen," she says. "She was Hungarian and made wonderful old-world dishes. Many of the recipes I have used for years are hers, adapted to my family's taste." Now retired, Dorothy and her current husband prepare most meals ahead and freeze them. "I spend two days in the kitchen making a week's worth of dinners," she says. "That way I ensure that my husband and I eat well-balanced meals, with a minimum of fuss."

SPECIAL ARMENIAN PIZZAS

The traditional lahamagine *recipe with a southwestern twist—a tortilla is used for each crust.*

Makes 6

- **1 pound ground lamb**
- **1 tablespoon dried minced onion**
- **1 teaspoon dried oregano, crumbled**
- **1 teaspoon freshly grated nutmeg**
- **1 teaspoon dried mint, crumbled**
- **½ teaspoon freshly ground pepper**
- **6 8-inch flour tortillas**
- **6 tablespoons crumbled feta cheese**
- **¼ cup freshly grated Parmesan cheese**
- **1 yellow bell pepper, cut julienne**

Preheat broiler. Cook lamb in medium skillet over medium heat until brown and crumbly, about 7 minutes. Drain well. Stir in next 5 ingredients. Arrange tortillas on 2 large baking sheets. Divide meat among tortillas, spreading to within ½ inch of edges. Sprinkle 1 tablespoon feta and 2 teaspoons Parmesan over each. Top each with bell pepper. Broil until cheese melts and browns, about 4 minutes. Serve immediately.



Watercress, Pear and Blue Cheese Salad

CHICKEN BUDAPEST WITH EASY HOMEMADE NOODLES

6 servings

- **1 tablespoon vegetable oil**
- **3 whole chicken breasts, skinned, boned and cut into chunks**
- **1 cup chicken broth**
- **⅓ cup minced onion**
- **2 tablespoons Hungarian sweet paprika**
- **2 tablespoons minced fresh parsley**
- **1 teaspoon garlic salt**
- **½ teaspoon Italian herb seasoning**

- **1 cup all purpose flour**
- **2 eggs, beaten to blend**

- **3 tablespoons all purpose flour**
- **1 cup sour cream**
- **1 tablespoon Hungarian hot paprika**

Heat oil in large skillet over medium-high heat. Add chicken and stir until no longer pink, about 4 minutes. Stir in broth, onion, sweet paprika, parsley, garlic salt and Italian seasoning. Reduce heat, cover and simmer chicken 20 minutes.

Meanwhile, bring large saucepan of water to boil. Beat 1 cup flour and eggs to form thick dough. Pinch off small pieces of dough and drop into boiling water 3 or 4 at a time. Boil until noodles rise to top. Remove with slotted spoon; drain well.

Using slotted spoon, transfer cooked chicken to plate. Whisk 3 tablespoons flour into skillet and cook over medium heat until thickened, about 3 minutes. Reduce heat to low. Blend in sour cream and hot paprika. Add chicken and noodles. Stir until heated through.

Carmela Meely, Walnut Creek, California. As a flight attendant, Carmela has a full and often erratic schedule, but she thrives on this element of her profession. "I'm much too busy ever to get bored," she says. "And I love to travel, meet new people and see different places." While her job often keeps her away from home for extended time periods, she also has the opportunity to spend whole days there. "I can take a class in the middle of the day, read for hours on end or spend an afternoon preparing a meal for friends or myself. I have big blocks of time that are mine to fill." One of the things Carmela likes to do when traveling is shop for culinary souvenirs. "I like to bring back local delicacies: extra-virgin olive oil from Italy, chocolate from Switzerland, spices from the Orient. The customs officials laugh when they see me coming."

WATERCRESS, PEAR AND BLUE CHEESE SALAD

4 servings

- **1 small head Boston lettuce, torn into bite-size pieces**
- **10 ounces watercress leaves**
- **2 Comice pears, cored and cut into 8 pieces each**
- **½ cup crumbled blue cheese**
- **½ cup walnut halves**
- **½ cup walnut oil**
- **2 tablespoons fresh lemon juice**
- **2 tablespoons freshly ground pepper**
- **1 large shallot, minced**
- **1 teaspoon salt**

Divide lettuce and watercress among plates. Arrange pear slices in spiral pattern over greens. Top with blue cheese and walnuts. Combine remaining ingredients in jar with tight-fitting lid and shake well. Pour dressing over salad.

CONFETTI PASTA

4 to 6 servings

- **1½ cups chopped asparagus spears**
- **¾ cup chopped crookneck squash**
- **¾ cup diced red bell peppers**
- **1 pound taglierini pasta, freshly cooked**
- **¼ cup (½ stick) butter, melted**
- **¼ cup freshly grated Parmesan cheese**
- **9 ounces prosciutto, cut into bite-size pieces**
- **Freshly grated nutmeg**
- **Freshly ground pepper**
- **Additional freshly grated Parmesan cheese**

Steam asparagus until crisp-tender, 3 to 4 minutes. Drain well. Steam squash until crisp-tender, 1 to 2 minutes. Drain well. Steam bell peppers until crisp-tender, about 1 minute. Drain well. Place pasta on large serving platter. Top with butter and ¼ cup Parmesan and toss thoroughly. Add vegetables and prosciutto and toss. Season with nutmeg and pepper. Pass additional Parmesan separately.

For accessories information, see page 148.

PHOTOGRAPH BY PETER A. HÖGG

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TOO BUSY TO COOK?

continued from page 49

CINNAMON CHICKEN

2 to 4 servings

- **4 boneless chicken breast halves**
- **¼ teaspoon cinnamon**
- **¼ teaspoon ground cloves**
- **Salt and freshly ground pepper**
- **2 tablespoons vegetable oil**
- **¾ cup chopped onions**
- **2 garlic cloves, minced**
- **¾ cup fresh orange juice**
- **2 tablespoons raisins**
- **1 tablespoon capers, drained and rinsed**

Pat chicken dry. Season with cinnamon, cloves, salt and pepper. Heat oil in heavy large skillet over medium-high heat. Add chicken skin side down and cook until browned, 3 to 4 minutes. Add onions and garlic. Turn chicken and cook until second side is brown, stirring onions and garlic frequently, 3 to 4 minutes. Pour off oil in skillet. Add orange juice, raisins and capers to skillet. Reduce heat to low. Cover and cook until juices run clear when chicken is pierced with sharp knife, about 10 minutes. Serve immediately.

CHICKEN WITH MUSTARD CREAM SAUCE

4 to 6 servings

- **⅓ cup all purpose flour**
- **Salt and freshly ground pepper**
- **6 boneless chicken breast halves, pounded flat**
- **4 tablespoons (½ stick) unsalted butter**
- **3 tablespoons chopped shallots**
- **½ cup dry white wine**
- **2 cups whipping cream**
- **½ cup Dijon mustard**
- **Fresh parsley sprigs**
- **Freshly cooked rice**

Mix flour, salt and pepper on plate. Pat chicken dry. Dredge in flour mixture. Melt 2 tablespoons butter in heavy large skillet over medium-high heat. Add chicken skin side down and cook until just springy to touch, about 3 minutes per side. Transfer chicken to platter. Keep warm.

Melt remaining butter in same skillet over medium heat. Add shallots and cook until translucent, stirring occasionally, about 1 minute. Increase heat to high. Add wine and bring to boil, scraping up any browned bits. Reduce heat to medium. Simmer until wine is reduced by half, about 4 minutes. Stir in cream. Continue simmering until sauce is reduced to 1½ cups. Stir in mustard. Pour sauce over chicken. Garnish with parsley. Serve immediately with rice.

ITALIAN CREAM WITH RASPBERRY SAUCE

4 to 6 servings

- **1 8-ounce package cream cheese, room temperature**
- **1 cup (2 sticks) butter, room temperature**
- **1 cup powdered sugar**
- **½ cup golden raisins**
- **½ cup raisins**
- **2 tablespoons fresh lemon juice**
- **1½ teaspoons vanilla**
- **1 8-ounce package frozen raspberries, thawed (undrained)**

Using electric mixer, beat cream cheese and butter until well combined. Beat in sugar, raisins, lemon juice and vanilla. Refrigerate until well chilled. Scoop onto plates. Surround with raspberries and berry juice.

LEMON-BLUEBERRY MUFFINS

Makes 12

- **2 eggs, beaten to blend**
- **½ cup sugar**
- **¾ cup vegetable oil**
- **3 tablespoons fresh lemon juice**
- **1 teaspoon grated lemon peel**
- **1¼ cups all purpose flour**
- **1 teaspoon baking soda**
- **½ teaspoon freshly grated nutmeg**
- **½ teaspoon ground ginger**
- **⅛ teaspoon salt**
- **¾ cup fresh blueberries**

Preheat oven to 350°F. Line 12-cup muffin tin with paper liners. Using electric mixer, beat eggs and sugar until pale and thick, about 2 minutes. Add oil in thin stream. Stir in lemon juice and peel. Sift together 1 cup flour, baking soda, nutmeg, ginger and salt. Mix into batter. Dredge blueberries in remaining ¼ cup flour. Fold into batter. Pour into prepared tin. Bake until lightly browned, about 25 minutes. Transfer muffins to rack. Serve warm or at room temperature.□

—BY TRICIA CALLAS

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VIRGINIA

Virginia Slims remembers when dressing for dinner took longer than dinner itself.



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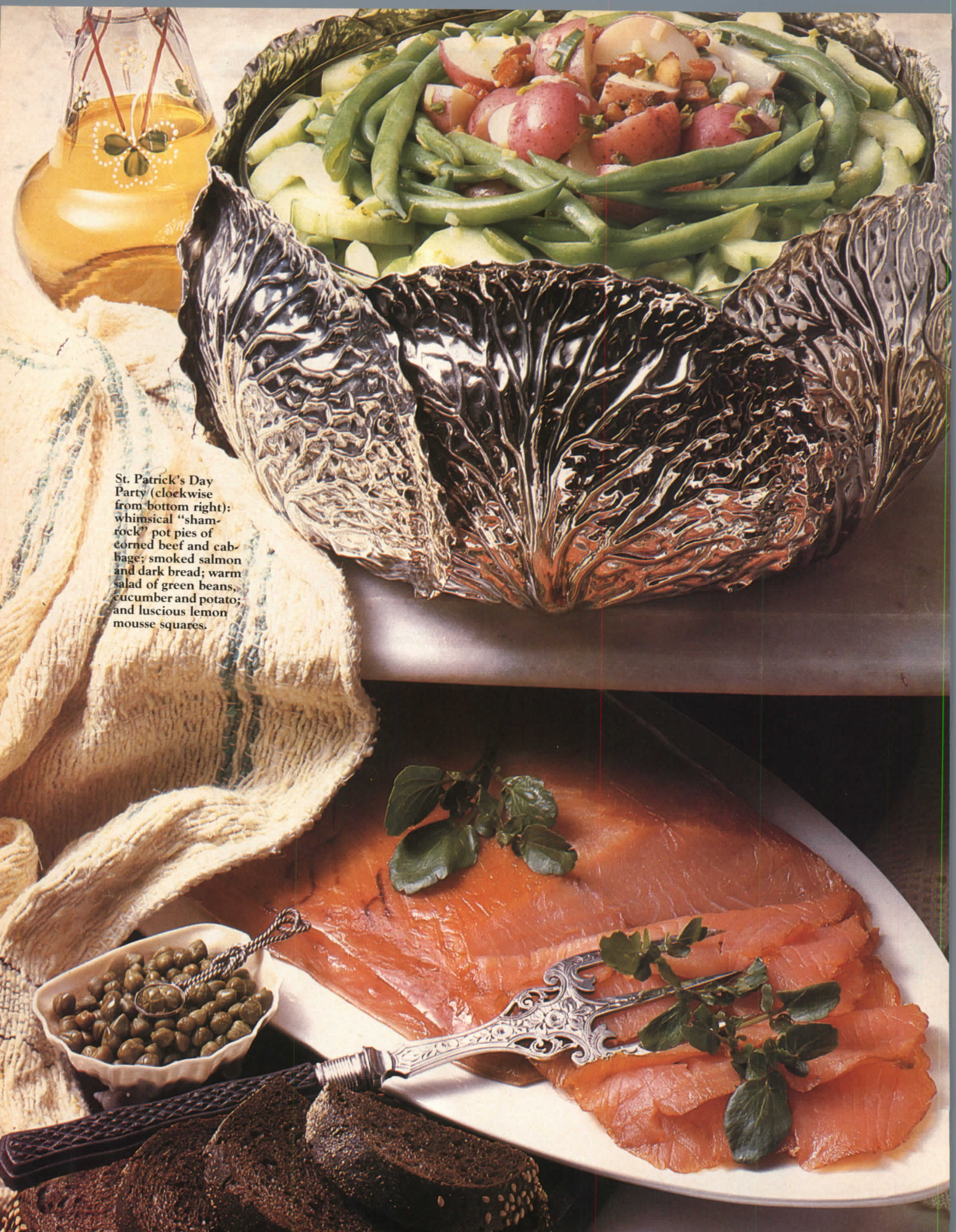
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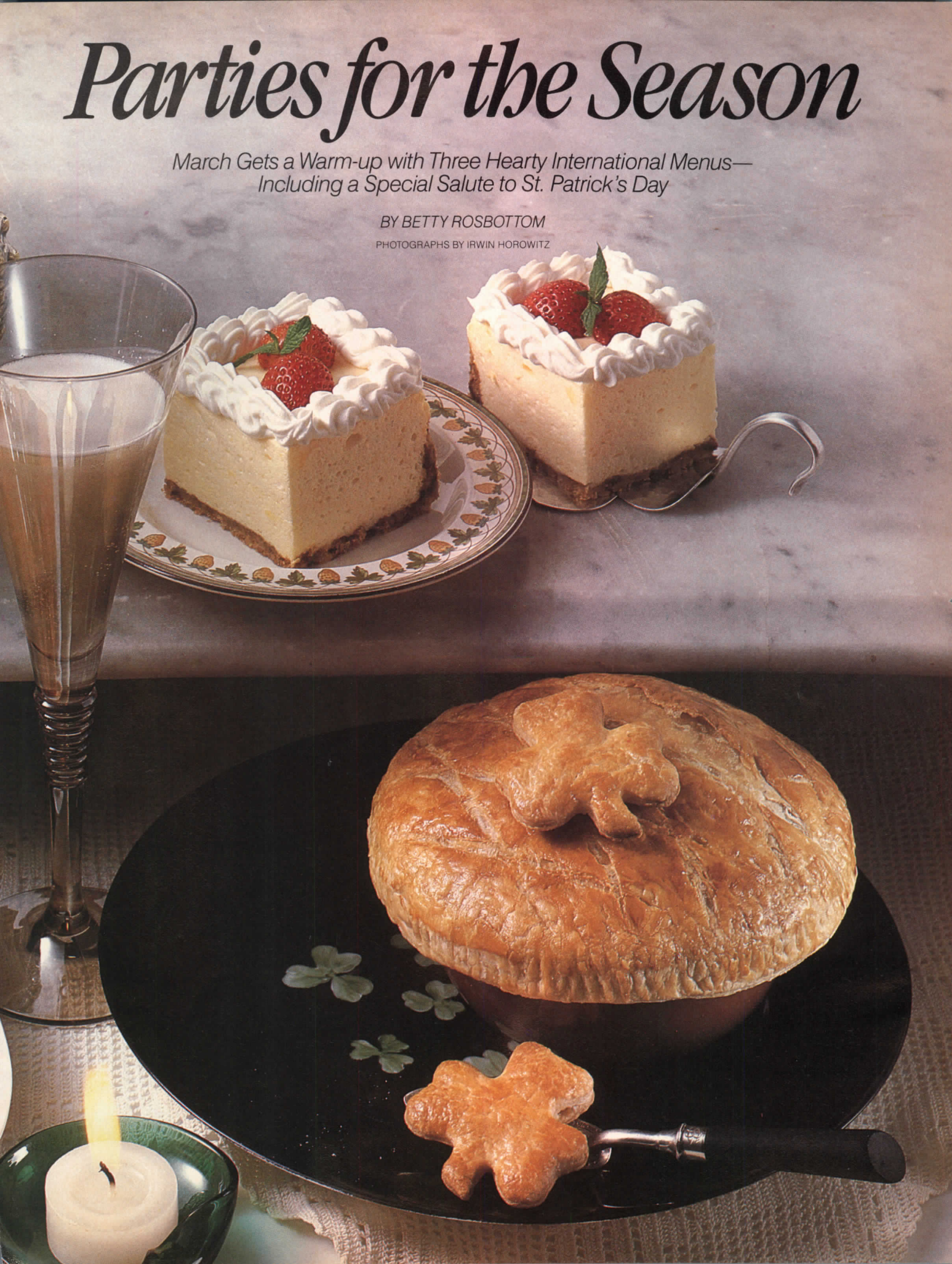
St. Patrick's Day Party (clockwise from bottom right): whimsical "shamrock" pot pies of corned beef and cabbage; smoked salmon and dark bread; warm salad of green beans, cucumber and potato; and luscious lemon mousse squares.

Parties for the Season

March Gets a Warm-up with Three Hearty International Menus—Including a Special Salute to St. Patrick's Day

BY BETTY ROSBOTTOM

PHOTOGRAPHS BY IRWIN HOROWITZ



WHAT JOYOUS FEASTING winter brings, what benign satisfaction! The senses purr with delight." James Beard and I agree about winter. As a cook, I love this season—a time when appetites increase and the cold sharpens our senses of taste and smell. At no other time of the year can you crave and savor so guiltlessly such robust dishes as thick homemade soups, steaming rib-sticking stews, crusty loaves of bread hot from the oven and extra-rich desserts. Needless to say, all these are the staples of my cold weather cooking repertoire, as the following three menus demonstrate.

To salute one of America's best-loved excuses for a party, I have put together a supper for six in honor of St. Patrick's Day. It features the traditional ingredients, but with some elegant twists. Glasses of Champagne and a platter of sliced smoked Irish salmon—garnished with watercress sprigs and served with some purchased dark bread—start the fete. Dedicated cooks could even make Irish soda bread to accompany the salmon. For the entrée, I have put some innovation into a classic: Guests break open the flaky crust on individual pot pies to reveal a hearty filling of corned beef, cabbage and cheese. In keeping with the spirit of the meal, puff pastry shamrocks top the savory baked pastries. A colorful salad of red potatoes, sautéed green beans and cucumbers makes a delicious side dish.

For a sweet finish, serve lemon squares, creamy in a date-walnut crust, along with steaming cups of Irish coffee. Most people have their own recipe for this whiskey-laced brew, but my version features a special trick that solves the sinking cream problem. For a floating topper, whip cream to the soft-peak stage. Hold a tablespoon, bowl side down, over a full cup of coffee and Irish whiskey. Ladle the cream onto the back of the spoon and gently slide it onto the surface of the coffee where it will stay put until stirred.

Another dinner, inspired by my travels, is Alsatian French in feeling and feeds six hearty appetites. It begins with a golden-hued Cream of Butternut Squash and Leek Soup. Simple to prepare, this starter can be made in advance and reheated. Just before serving, add a grating of Parmesan for a distinctive note. The centerpiece of the meal is one of my family's favorites: pork chops baked with chestnuts and mushrooms, slow-simmered in a lusty onion-laced stock until fork tender. Bring the *côtelettes* to the table



Trattoria Supper (clockwise from top right): crusty Parmesan-rosemary rolls; hearty veal ragout served on fettuccine; sautéed eggplant slices garnished with pine nuts, tomatoes and olives; and ultra-rich espresso and chocolate cheesecake in a cookie crust.



continued from page 56

on a large platter surrounding a mound of wild rice pilaf, brightened with a julienne of carrot and fennel. A warm compote of mixed fruits marinated in white wine and ginger, and crisp cardamom-spiced madeleines bring the evening to a close.

The opener for my Italian buffet for eight is an unusual salad of sliced sautéed eggplant. Garnished with cherry tomatoes, black olives and toasted pine nuts, it is best eaten at room temperature so the background flavorings of vinegar, garlic and herbs come to the fore. Rustic veal ragout, topped with parsley, green onions and lemon zest, follows up the appetizer. This superb winter stew is presented with fettuccine to soak up every bit of the sauce. A basket of hot Parmesan Rolls, generous cheese-topped rounds baked until golden and crusty, fills out the main course. For dessert, cut large wedges of espresso-chocolate cheesecake. Baked in a chocolate and almond crust, it is utterly irresistible.

My formula for successful entertaining now is simple: All you need is cold crisp weather outside, a roaring fire inside warming hearth and home, and a group of revelers ready to eat. This trio of menus ensures that you will have no shortage of friends ready, willing and able to enjoy your hospitality.

ST. PATRICK'S DAY PARTY

IRISH SMOKED SALMON WITH WATERCRESS AND DARK BREAD

Brut Champagne

CORNED BEEF AND CABBAGE POT PIES WITH PUFF PASTRY

WARM SALAD OF GREEN BEANS, CUCUMBERS AND POTATOES IN BACON VINAIGRETTE

Irish Ale, Lager or Stout

LEMON MOUSSE SQUARES WITH DATE-WALNUT CRUST

CORNED BEEF AND CABBAGE POT PIES WITH PUFF PASTRY

Precede this excellent entrée with a platter of smoked salmon and dark bread. Purchase the corned beef at a deli to make this fanciful presentation of a traditional dish as easy as possible.

6 servings

14 ounces cabbage, cored and cut into 1/2x4-inch strips
3 tablespoons unsalted butter
3 tablespoons all purpose flour
1 cup milk
1 cup grated Gruyère cheese (about 4 ounces)
1 tablespoon plus 1 1/2 teaspoons coarse-grained mustard
1/4 teaspoon freshly grated nutmeg
1/4 teaspoon dried dillweed
Cayenne pepper
8 ounces very thinly sliced cooked corned beef, cut into 1/2x4-inch strips

Quick Puff Pastry* or 2 pounds purchased puff pastry
1 egg beaten with 1 teaspoon cold water (glaze)

Cook cabbage in large pot of lightly salted boiling water until tender, 5 to 8 minutes. Drain. Squeeze dry in towel.

Melt butter in heavy large saucepan over medium heat. Add flour and stir 3 minutes. Whisk in milk. Cook until mixture is smooth and very thick, whisking constantly, 4 to 5 minutes. Gradually mix in Gruyère. Add mustard, nutmeg, dill and cayenne pepper. Stir in corned beef and cabbage. Cool.

Divide filling among six 1-cup ramekins. Cut puff pastry in half. Roll 1 piece out on lightly floured surface to thickness of 3/8 inch (refrigerate second piece). Cut out 3 rounds 2 1/4 inches larger in diameter than ramekins, using bowl as guide. Reserve scraps. Brush 1 side of round with glaze. Arrange glazed side down atop ramekin, pressing firmly against sides of ramekin and pushing up slightly at rim; do not press down on rim. Press pastry to sides of ramekin with tines of fork to seal. Trim pastry overhang to 3/4 inch. Repeat with remaining 2 pastry rounds. Roll out second piece of pastry. Cut and assemble as above. Reserve scraps. Brush tops and sides of pastries with glaze. Score tops in grid pattern; do not cut through pastry. Gather scraps. Roll out 3/8 inch thick on lightly floured surface. Cut out twelve 2-inch shamrocks. Brush with glaze. Arrange on baking sheet glaze side up. Place pies on baking sheet. Refrigerate shamrocks and ramekins at least 30 minutes. *(Can be prepared up to 6 hours ahead to this point.)*

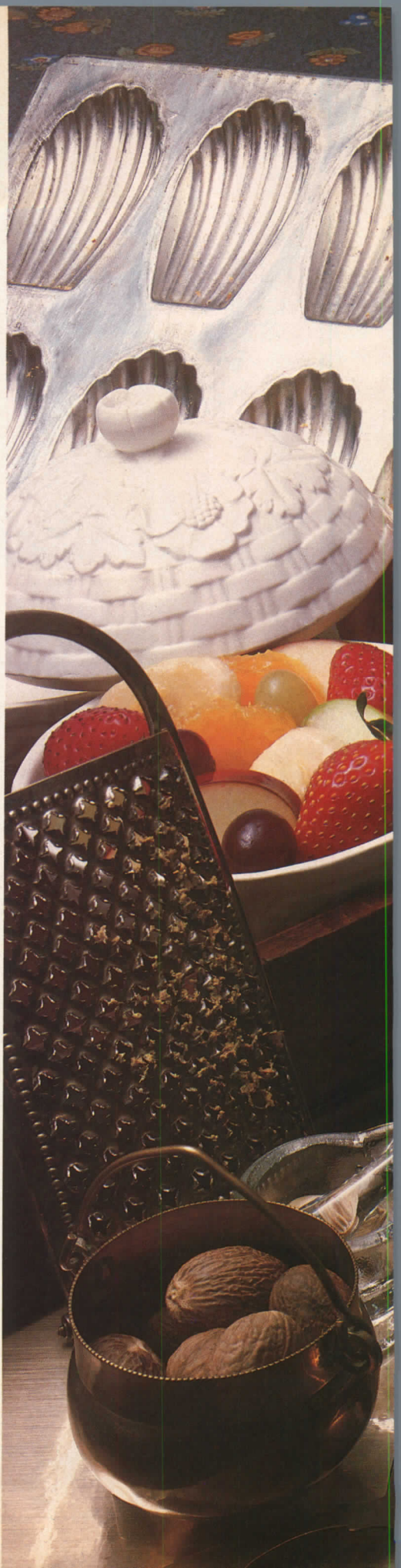
Position rack in center of oven and preheat to 400°F. Place baking sheet with pies and shamrocks in oven and bake until pastry is golden brown and filling is hot, 20 to 25 minutes. Transfer pies to plates. Arrange 1 shamrock atop each pie and 1 on each plate.

Quick Puff Pastry

Makes about 2 pounds

2 cups plus 2 tablespoons (4 1/4 sticks) unsalted butter

recipe continued on page 60



Dinner from Alsace (clockwise from top right): rustic baked pork chops with chestnuts and mushrooms on a bed of wild rice pilaf; creamy butternut squash and leek soup; wine- and ginger-laced winter fruit compote; and a panful of delicately spiced madeleines.



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2 cups unbleached all purpose flour
⅔ cup cake flour
1 teaspoon salt
¼ cup (about) ice water

Cut butter into paper-thin slices. Place on plate and freeze 15 minutes.

Combine both flours and salt in bowl of electric mixer. Top with butter. Mix until butter is well coated with flour but remains in lumps. Gradually mix in just enough water to bind dough into lumpy mass. Roll dough out on lightly floured surface to 8x18-inch rectangle; lumps of butter will show through. Fold in thirds as for business letter, using pastry scraper as aid. Turn dough so folded edge is at left, reflouring work surface. Repeat rolling and folding 3 more times. Wrap dough in plastic and refrigerate at least 40 minutes. *(Can be prepared 1 day ahead.)*

WARM SALAD OF GREEN BEANS, CUCUMBERS AND POTATOES IN BACON VINAIGRETTE

6 servings

2 medium hothouse cucumbers, peeled, halved lengthwise and seeded
1 pound green beans, trimmed
1¼ pounds 1- to 1½-inch-diameter red new potatoes

6 ounces slab bacon, cut into ¼-inch dice
⅓ cup chopped leek
½ cup Sherry vinegar
1 teaspoon Dijon mustard
½ cup olive oil
½ cup corn oil
¾ teaspoon salt
½ teaspoon coarsely ground pepper

Cut cucumbers crosswise into ¼-inch-thick slices. Cook beans in large pot of boiling salted water until just crisp-tender. Drain well. Pat dry. Cover potatoes with cold water in large saucepan and boil until just tender.

Meanwhile, cook bacon in heavy large skillet over medium heat until brown and crisp. Transfer to plate using slotted spoon. Discard all but ¼ cup drippings in skillet. Add leek to skillet and stir until tender, 2 to 3 minutes. Whisk in vinegar and mustard and heat through. Gradually whisk in olive oil and corn oil. Mix in salt and pepper. Remove from heat.

Drain potatoes and cut into quarters. Mound in center of platter. Pour ⅓ of dressing over. Set skillet with dressing over low heat. Add beans and stir until just heated through. Arrange beans around potatoes, using slotted spoon. Add cucumbers to skillet and stir until heated through. Arrange around beans, using slotted spoon. Pour remaining dressing over salad. Sprinkle with bacon. Serve warm.

LEMON MOUSSE SQUARES WITH DATE-WALNUT CRUST

Makes 16

Crust

¾ cup all purpose flour
½ cup chopped walnuts
½ cup chopped pitted dates
¼ cup firmly packed dark brown sugar
¼ cup (½ stick) unsalted butter, cut into small pieces
1 teaspoon vanilla

Mousse

5 eggs, separated, room temperature
10 tablespoons fresh lemon juice
⅔ cup sugar
2 teaspoons grated lemon peel
2 teaspoons unflavored gelatin softened in 1½ tablespoons water

1 cup chilled whipping cream

¾ cup chilled whipping cream, beaten to firm peaks
16 strawberries, halved lengthwise
Fresh mint leaves

For crust: Preheat oven to 375°F. Generously butter 8-inch square baking pan. Combine all ingredients in processor. Using on/off turns, blend until crumbly. Press into bottom and up sides of prepared pan. Bake until edges are light brown, 8 to 10 minutes. Cool.

For mousse: Stir yolks, lemon juice, ⅓ cup sugar and lemon peel in top of double boiler, mixing until sugar dissolves. Stir over simmering water until mixture thickens and leaves path on back of spoon when finger is drawn across, about 4 minutes. Remove from water. Add gelatin and stir until dissolved. Let stand until cool but not set.

Beat whites in large bowl until soft peaks form, gradually beating in ⅓ cup sugar. Fold ¼ into lemon mixture to lighten; gently fold in remaining whites. Whip 1 cup cream in another bowl until soft peaks form. Gently fold into lemon mixture. Spread mousse in crust-lined pan. Cover and refrigerate at least 5 hours. *(Can be prepared 1 day ahead to this point.)*

Just before serving, cut dessert into 16 squares. Transfer to platter. Spoon whipped cream into pastry bag fitted with small star tip. Pipe cream around top of each square. Garnish center of each with strawberries and mint.

DINNER FROM ALSACE

CREAM OF BUTTERNUT SQUASH AND LEEK SOUP
Alsatian Gewürztraminer
PORK CHOPS BAKED WITH CHESTNUTS, MUSHROOMS AND ONIONS
WILD RICE PILAF WITH CARROTS AND FENNEL
Moulin-à-Vent Beaujolais
WINE- AND GINGER-MARINATED FRUIT
SPICED MADELEINES

CREAM OF BUTTERNUT SQUASH AND LEEK SOUP

6 to 8 servings

5 tablespoons unsalted butter
1¾ cups chopped leeks (white and light green parts)
4 pounds butternut squash, peeled, seeded and cut into 1-inch pieces
6 cups chicken stock
¼ teaspoon dried thyme, crumbled
Salt

1 cup (or more) whipping cream
1 cup (or more) milk
Freshly ground white pepper
⅓ cup freshly grated Parmesan cheese
Chopped fresh chives or parsley

Melt butter in heavy large saucepan over medium-high heat. Add leeks and stir 4 minutes. Add squash and stir to coat with butter. Mix in stock, thyme and salt. Bring to boil. Reduce heat and simmer until squash is very tender, about 40 minutes.

Puree soup in batches in processor or blender. Return to saucepan. Mix in 1 cup cream and 1 cup milk. *(Can be prepared 1 day ahead and refrigerated.)* Rewarm soup over low heat, stirring constantly. Thin with more cream and milk if desired. Add pepper. Adjust seasoning. Ladle soup into bowls. Sprinkle with Parmesan. Garnish with chopped chives and serve.

PORK CHOPS BAKED WITH CHESTNUTS, MUSHROOMS AND ONIONS

6 servings

18 chestnuts*

9 tablespoons corn oil
3 medium onions, halved and cut into ¼-inch-thick slices
¼ teaspoon sugar
6 ¾-inch-thick center-cut pork chops, trimmed
Salt and freshly ground pepper
All purpose flour

recipe continued on page 62

For accessories information, see page 148.

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SWANSON®

continued from page 60

2½ cups (or more) beef stock (preferably homemade)
6 ounces mushrooms, quartered

Cut X on one side of each chestnut. Cook in medium saucepan of boiling water 4 minutes. Turn off heat. Remove 3 chestnuts at a time and peel off outer shell and inner peel. Halve chestnuts lengthwise.

Preheat oven to 350°F. Heat 5 tablespoons oil in heavy large ovenproof skillet over medium heat. Add onions and cook until beginning to brown, stirring frequently, about 15 minutes. Add sugar and cook until onions are very brown, stirring frequently, about 10 minutes. Drain on paper towels. Discard pan drippings; wipe skillet clean. Pat pork chops dry. Sprinkle with salt and pepper. Dredge in flour. Heat 4 tablespoons oil in same skillet over medium-high heat. Add pork (in batches if necessary; do not crowd) and cook until brown, about 5 minutes per side. Discard pan drippings. Return chops to skillet. Add 2½ cups stock. Distribute chestnuts, onions and mushrooms over pork chops. Bring liquid to simmer. Cover skillet with foil and lid. Bake until pork is very tender, about 45 minutes, adding more stock to skillet if all liquid evaporates. Transfer to heated platter.

**Canned unsweetened chestnuts can be substituted. Do not blanch in boiling water.*

WILD RICE PILAF WITH CARROTS AND FENNEL

Mound on a platter and surround with the pork chops and their garnish for a pretty presentation.

6 servings

2 quarts water
1½ cups wild rice

2 medium fennel bulbs, tough outer layer discarded, trimmed, halved and cored
10 tablespoons (1¼ sticks) unsalted butter
4 medium carrots, peeled and cut into 1½x¼-inch julienne
1 cup chopped onion
1 cup converted rice
1 teaspoon dried ground thyme
1 teaspoon dried tarragon, crumbled
1 teaspoon salt
4 cups beef stock
1 cup dry white wine
Minced fresh parsley

Bring water to boil in heavy large saucepan. Add wild rice and boil 10 minutes. Drain well.

Cut fennel lengthwise into ¼-inch-thick slices. Melt butter in heavy Dutch oven over medium heat. Add fennel and carrots and stir 4 minutes. Add onion and stir 3 minutes. Add wild and converted rice. Stir to coat with butter. Mix in thyme, tarragon and salt. Add stock and wine. Bring to boil. Reduce heat to low, cover and cook until rice is just tender and all liquid is absorbed, stirring occasionally, 40 minutes. Top with parsley.

WINE- AND GINGER-MARINATED FRUIT

6 servings

8 cups bite-size pieces of fruit (combination of orange sections, banana slices, red and green seedless grapes, strawberries and unpeeled Granny Smith and Red Delicious apple slices)

1½ cups water
¾ cup sugar
1 cup dry white wine
2 teaspoons grated peeled fresh ginger

Combine fruit in bowl and mix gently.

Cook water and sugar in heavy medium saucepan over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and boil 5 minutes. Add wine and ginger and cook until heated through. Pour over fruit and serve.

SPICED MADELEINES

Makes about 2½ dozen

1 cup all purpose flour
½ teaspoon baking powder
½ teaspoon cardamom seeds, crushed in mortar with pestle
½ teaspoon freshly grated nutmeg
¼ teaspoon ground allspice
3 eggs, room temperature
⅔ cup sugar
1 teaspoon vanilla
10 tablespoons (1¼ sticks) unsalted butter, melted and cooled

Position rack in center of oven and preheat to 400°F. Generously butter 36 madeleine molds. Combine first 5 ingredients in medium bowl. In top of double boiler, stir eggs over barely simmering water until just tepid. Transfer to bowl of electric mixer. Gradually beat in sugar. Continue beating until mixture is pale yellow and triples in volume. Sift half of dry ingredients over eggs and gently fold in. Repeat with remaining dry ingredients. Fold in vanilla. Gently fold in butter in 3 additions. Spoon batter into molds, filling ¾ full. Bake until cookies are golden brown, 10 to 15 minutes. Serve warm or at room temperature.

TRATTORIA SUPPER

EGGPLANT WITH HERBS AND TOASTED PINE NUTS
VEAL RAGOUT WITH RED PEPPER
PARMESAN ROLLS
Valpolicella
ESPRESSO AND CHOCOLATE CHEESECAKE

EGGPLANT WITH HERBS AND TOASTED PINE NUTS

8 servings

2 12-ounce eggplants, peeled and cut into ⅛-inch-thick rounds
Salt and freshly ground pepper
4 eggs, beaten to blend
2 cups dry breadcrumbs
Vegetable oil
5 tablespoons plus 2 teaspoons cider vinegar
4 teaspoons chopped garlic

8 cherry tomatoes
¼ cup imported black olives (preferably Niçoise)
Fresh basil sprigs
¼ cup julienne of fresh basil
2 tablespoons pine nuts, toasted
4 teaspoons finely snipped fresh chives

Sprinkle 24 largest eggplant rounds with salt and pepper on both sides. Dip each slice in eggs, then breadcrumbs, coating thoroughly. Generously cover bottom of heavy large skillet with oil. Heat over medium-high heat. Add eggplant in batches (do not crowd) and cook until golden brown, about 3 minutes per side. Drain on paper towels. Pour half of vinegar into nonaluminum pan large enough to accommodate eggplant in single layer. Top with eggplant. Sprinkle with remaining vinegar and garlic. Let stand at room temperature 2 to 4 hours.

Discard garlic from eggplant. Arrange tomatoes, olives and basil sprigs in center of platter. Arrange eggplant around tomatoes, overlapping slightly. Sprinkle eggplant with basil, pine nuts and chives. Serve at room temperature.

VEAL RAGOUT WITH RED PEPPER

A do-ahead stew with the flavors of osso bucco, the classic Italian dish made with veal shanks and vegetables.

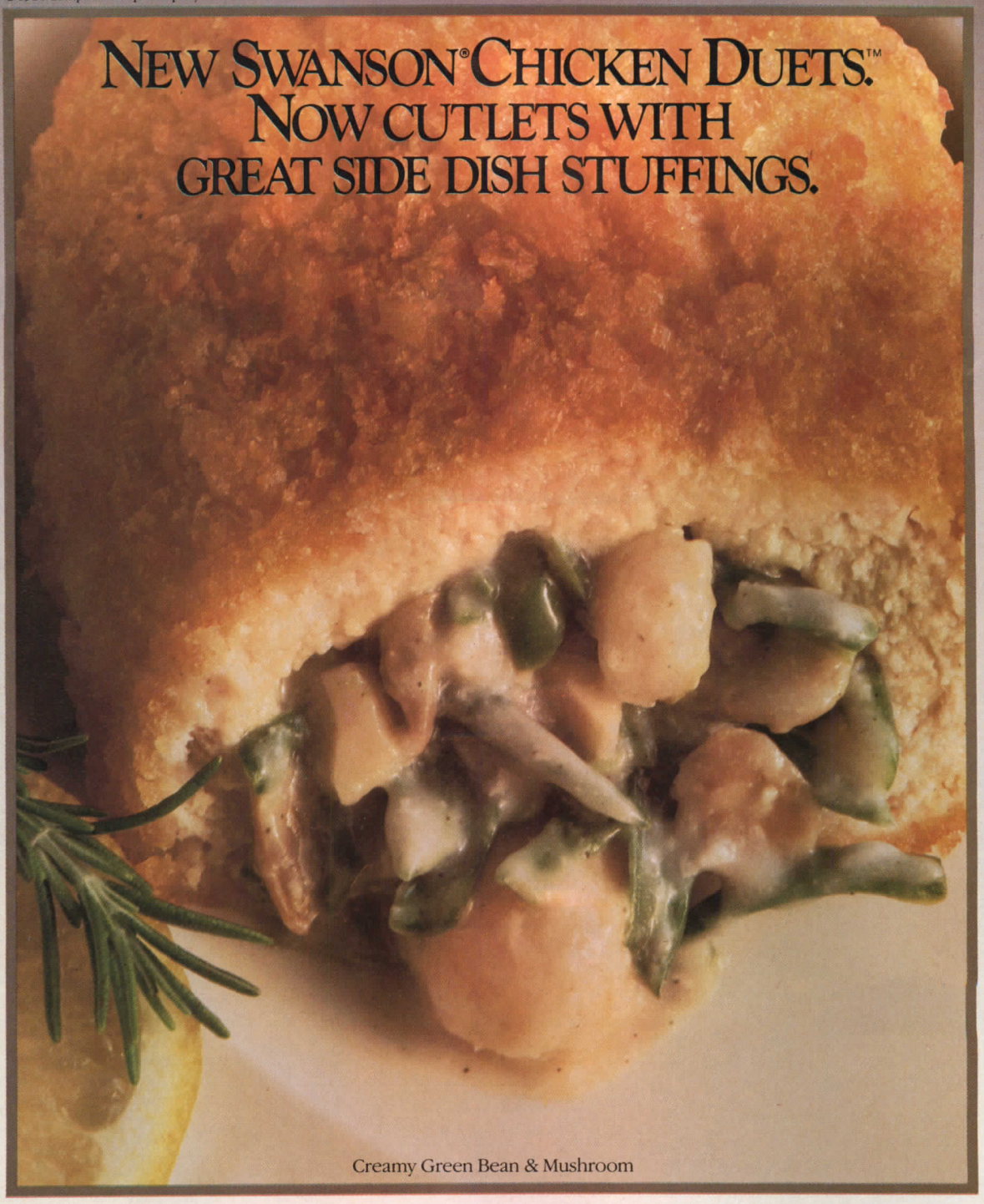
8 servings

5 tablespoons (about) olive oil
3 pounds veal stew meat, cut into 1½-inch pieces, trimmed
½ cup chopped carrots

recipe continued on page 64

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Creamy Green Bean & Mushroom

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SWANSON®

continued from page 62

- 1/2 cup chopped onion
- 1/4 cup all purpose flour
- 4 cups chicken stock
- 1 28-ounce can Italian plum tomatoes, drained
- 1 cup dry white wine
- 3 parsley sprigs
- 2 medium garlic cloves, crushed
- 1 bay leaf, crumbled
- 1 teaspoon dried thyme, crumbled
- 1/2 teaspoon dried basil, crumbled
- Salt and freshly ground pepper
- 1 large red bell pepper, seeded and cut into 1-inch squares
- 1/2 cup chopped fresh parsley
- 1/4 cup minced green onions
- 2 teaspoons minced garlic
- 2 teaspoons grated lemon peel
- 1 3/4 pounds fresh fettuccine
- 3 tablespoons butter

Heat 5 tablespoons oil in heavy Dutch oven over medium-high heat. Pat veal dry. Add to pan in batches (do not crowd) and cook until brown on all sides, adding more oil if necessary, about 10 minutes. Drain on paper towels. Add carrots and onion to pan and cook 5 minutes, stirring frequently. Return veal to pan; sprinkle with flour. Stir 3 minutes. Add stock and bring to boil, scraping up any browned bits. Mix in tomatoes, wine, parsley sprigs, crushed garlic, bay leaf, thyme, basil, salt and pepper. Bring to simmer, stirring constantly and breaking up tomatoes. Reduce heat, cover and simmer 1 hour. Uncover and simmer until veal is tender, about 20 minutes.

Add bell pepper and cook until just tender, about 10 minutes. Transfer meat and bell pepper to bowl, using slotted spoon. Discard parsley. Skim surface of cooking liquid. Boil until reduced to 2 cups, stirring occasionally, about 20 minutes. Return meat and pepper to pan. *(Can be prepared 2 days ahead. Cover and refrigerate. Rewarm over medium heat before continuing.)*

Combine chopped parsley, green onions, minced garlic and lemon peel. Cook fettuccine in large pot of boiling salted water until just tender but still firm to bite. Drain well. Return to pot and mix with butter. Arrange around outer edge of large deep platter. Spoon ragout into center of platter. Sprinkle with parsley mixture and serve.

PARMESAN ROLLS

Savory yeast rolls that can be prepared one day ahead and reheated.

Makes 8

- 1 cup warm water (105°F to 115°F)
- 1 tablespoon olive oil
- 1 teaspoon garlic salt
- 1 teaspoon sugar
- 1 teaspoon dry yeast
- 3 cups (about) unbleached all purpose flour
- Olive oil
- 1/4 cup freshly grated Parmesan cheese
- 1 1/2 teaspoons dried rosemary, crumbled

Combine water, 1 tablespoon oil, garlic salt and sugar in large bowl. Sprinkle yeast over; stir to dissolve. Gradually mix in enough flour to form moderately firm dough that pulls away from sides of bowl (dough can also be mixed in heavy-duty electric mixer). Knead on lightly floured surface until smooth and elastic, adding more flour if sticky, 8 to 10 minutes.

Grease large bowl. Add dough, turning to coat entire surface. Cover with kitchen towel. Let dough rise in warm draft-free area until doubled in volume, about 1 hour.

Grease baking sheet. Punch dough down. Knead until smooth. Divide into 8 pieces. Shape each into slightly domed 3-inch round. Place on prepared sheet, spacing 2 inches apart. Brush top of each roll with oil; sprinkle with Parmesan and rosemary. Let rolls rise in warm draft-free area until almost doubled, about 45 minutes.

Preheat oven to 400°F. Bake rolls until golden brown, about 15 minutes. Serve hot. *(Can be prepared 1 day ahead. Cool completely. Wrap tightly. Reheat in 200°F oven about 10 minutes.)*

ESPRESSO AND CHOCOLATE CHEESECAKE

Easy to make and worth every calorie.

10 servings

Crust

- 1 cup finely ground chocolate wafer cookies
- 1 cup finely ground lightly toasted almonds
- 2 tablespoons sugar
- 5 tablespoons unsalted butter, melted

Filling

- 6 tablespoons finely ground espresso coffee beans
- 1/2 cup (about) water
- 16 ounces cream cheese, room temperature
- 1 cup sugar
- 3 ounces semisweet chocolate, melted
- 1 1/4 cups sour cream
- 4 eggs, beaten to blend
- 3 ounces semisweet chocolate, chopped
- 1 cup well-chilled whipping cream
- Powdered sugar

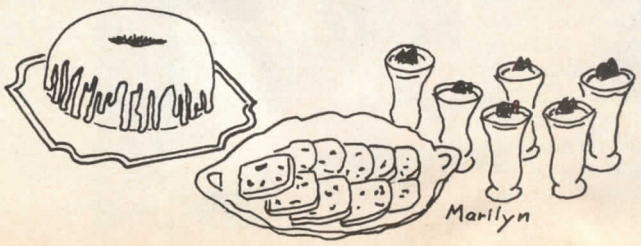
For crust: Combine cookie crumbs, almonds and sugar in 9 1/2-inch springform pan. Gradually mix in butter, using fork. Pat mixture over bottom and halfway up sides of pan. Refrigerate while preparing filling.

For filling: Preheat oven to 350°F. Brew espresso beans with 1/2 cup water. Add more water to brewed coffee if necessary to measure 1/3 cup. Using electric mixer, beat cream cheese to soften. Gradually blend in sugar and beat until smooth. Blend in coffee, then melted chocolate, mixing just until smooth. Beat in sour cream, then eggs. Pour mixture into crust-lined pan. Bake 45 minutes. Turn off heat and let cake cool 1 hour in oven with door slightly ajar. Chill at least 6 hours.

Melt 3 ounces chocolate in top of double boiler over barely simmering water. Stir until smooth. Spread in 1/8- to 1/16-inch-thick layer on baking sheet. Refrigerate until just firm, about 10 minutes. Cut out 8 to 10 decorative shapes. Refrigerate until very firm.

Whip cream until peaks form. Transfer to pastry bag fitted with large star tip. Pipe cream in decorative border around edge of cake. Garnish with chocolate shapes. Sprinkle center of cake with powdered sugar and serve. □

Betty Rosbottom is the director of La Belle Pomme cooking school at Lazarus in Columbus, Ohio. The school recently celebrated its tenth anniversary.




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PHOTOGRAPHS BY PAUL ELSON

The Exciting Flavors of Costa Rica

An Enthusiastic Teacher Presents Her Native Cuisine— Robust Country Dishes with Sophisticated Touches

BY ZACK HANLE



ONE OF THE PROUDEST citizens of the small mountain-rimmed country of Costa Rica is Isabel Campabadal, a vivacious, red-haired mother of three who has been teaching bilingual cooking classes to men and women for the past dozen years. This is her native land, a premier cultural center in Central America and a serene democracy with an abundance of natural assets. "You would not believe our climate—it's spring all year round. We have lovely national parks and beautiful beaches on both the Caribbean and Pacific Ocean," she says.

Isabel has come to New York on one of her periodic visits to guest teach, and we are looking forward to sampling the dishes of Costa Rica, noted for their unique mingling of Spanish, Indian and French influences.

The cuisine tells the history of this republic: sixteenth-century colonists from Spain and native Indians assimilated foods and cooking methods from each other. Later immigrants from such Caribbean islands as Haiti added the distinctive French accent.

We begin today's session not in the kitchen but at the market, choosing and buying the fresh, exotic ingredients necessary for the three menus she will demonstrate. First stop, at one of the Greenwich Village produce stands, is for shiny black beans that will be simmered until tender and sweet for the Black Beans and Rice.

"People from rural areas eat this combination morning, noon and night—no meal is complete without it," says Isabel. "It is so indigenous to our country that I include it with even the most sophisticated dishes."

Next, we locate large bananalike *plátanos,* or plantains, destined for a rich soufflé. "If you can't find plantains, bananas can be substituted in the soufflé, but the finished dish will be sweeter, lighter and not truly typical." Of the two, plantains are the most widely used and are a ubiquitous diet staple in Central and South America. "We enjoy them at home for lunch," Isabel continues. "They are as versatile as potatoes and tasty baked, fried or simmered in dark brown sugar syrup. They also make a lovely dessert when baked with sugar, butter, heavy cream and cinnamon."

Another purchase, a hefty tuber known as yuca or sweet cassava, will become the dough for crispy pork and vegetable empanadas. Isabel points out that potato or sweet potato can be used if yuca is unavailable.

On to the meat department: "In spite of our two coastlines, seafood is expensive in Costa Rica. The major part of each catch is exported. That's why you are more likely to find beef or pork on the table. Our beef is so good that we export it to the United States," she says. Isabel explains that the cut of meat for the Caribbean Coast Pork Leg is so named because it is prepared in the island style common on that side of the country. "The finished pork will have a sweet flavor from the honey and orange juice," she says.

As we head back to the kitchen, provisions in hand, Isabel fills us in on

ABOVE: Isabel Campabadal displays some of the traditional ingredients to be used in class. OPPOSITE TOP: A festive menu from Costa Rica (clockwise from left)—Creole red snapper accented with broccoli, shrimp and lemon; puffy pork-filled yuca empanadas with some bright bell pepper sauce; and special berry-topped coconut sweet. OPPOSITE BOTTOM: Another winning dinner (counterclockwise from top left)—thick black bean soup with poached eggs and croutons; savory meat pie; honey-glazed pork leg; and squares of an irresistible golden-brown corn dessert.


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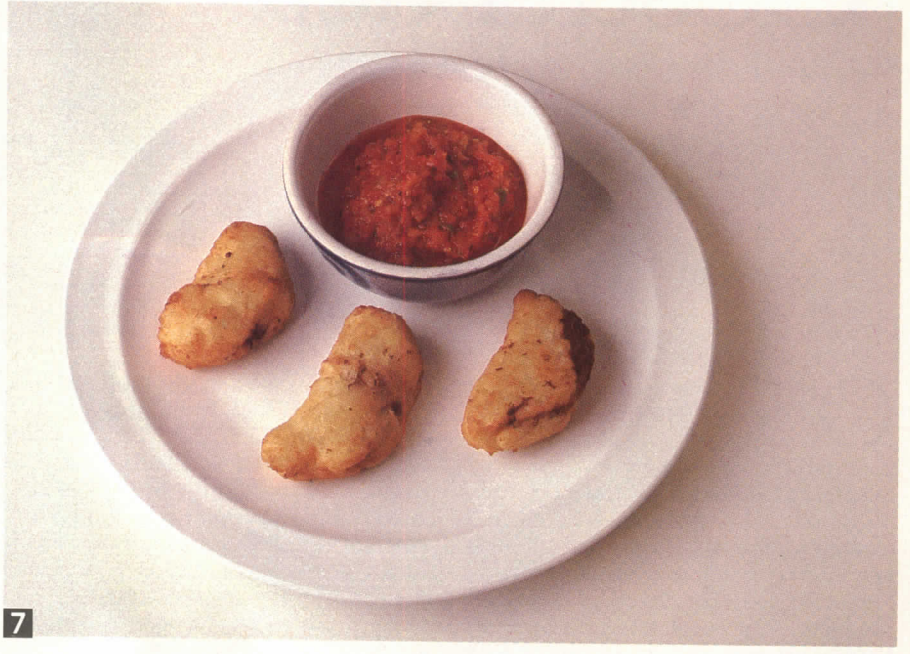

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PORK-FILLED YUCA EMPANADAS WITH RED BELL PEPPER AND SESAME SEED SAUCE

1 Cooked yuca, a large tropical tuber, is pureed with eggs for a unique dough.

2 and **3** For the filling, diced sweet pickles and hard-cooked eggs are added to a pork and vegetable mixture.

4 Dough is shaped into 3-inch discs and filling is spooned into centers.

5 Edges are pinched together to seal.

6 Empanadas are deep fried in hot oil until the outsides are crisp.

7 A tangy dipping sauce of red bell peppers, sesame seeds, cilantro and soy completes the presentation.

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her background. "I began, like so many teachers, learning from my mother at about the age of six." From there, she studied advanced cooking in Paris at La Varenne, the Cordon Bleu, with Simone Beck in Châteauneuf-de-Grasse and in Italy with Giuliano Bugialli and Marcella Hazan, among others. Her training stands her in good stead with her students, comprising businessmen, diplomats and international figures who love both French and Italian food. Her practical courses include method and technique demonstrations of these international schools as well as Spanish, Latin American and Costa Rican cooking. This ambitious teacher is also a food consultant to the Hotel Cariari and Le Coq Hardi (Costa Rica's finest French restaurant), both in San José, the capital. Additionally, she lectures on haute cuisine to various civic and social clubs. And her cookbook, *Un Menú Francés para Cada Ocasión* (A French Menu for Each Occasion) is a best-seller in her country.

Isabel sums up her basic philosophy for us. "I believe in cooking by taste. In class, of course, I give measurements. But I stress the creative part—flavor can't be measured in tablespoons but only by tongue and taste. I encourage students to discover the flavors they like and to use these in their efforts. My own favorites are green peppers, onions and cilantro."

As she efficiently moves from one task to another, pureeing yuca in the food processor for the empanadas, stirring the simmering black bean soup and browning the tenderloin for the Beef in Olive Sauce, she tells us that we can mix and match the components of today's menus according to our own buffet or dinner party needs. Several dishes are do-ahead: The pork can be completely made two days beforehand and gently reheated on the day of serving. The beef for the savory pie can be prepared a day in advance















SWEETHEART SAVORY PIE

1 White beans, sautéed beef, potatoes, garlic and spices make up the filling.

2 and 3 To form dough for the top crust, water and sour cream are stirred into masa-cheese mixture, then blended.

4 Dough is rolled out on sheet of waxed paper to thickness of ½ inch.

5 and 6 Finished dough is easily inverted over filling in baking dish.

7 The simple-to-prepare pie is served as a second course, but would also be a nice brunch or supper entrée.

(up to the final cooking), as can the filling for the yuca empanadas, which can be assembled and then quickly deep fried at party time. These crisp pastries could solo as an out-of-the-ordinary cocktail hors d'oeuvre, and the crabmeat- and avocado-stuffed tomatoes could stand in nicely for a salad or luncheon course, she notes.

Isabel turns to the Sweetheart Savory Pie in which a flaky crust tops a nicely seasoned white bean, beef and potato filling. "This is usually made only for weddings in the country, for *los novios*, the newlyweds," she says. "Actually, not many cooks at home would go to this trouble anymore. Most people would simply go to the market and buy a pound of instant *masa*, or corn flour, take it home, mix it with water and roll it out."

But Isabel's dough has some delicious additions. She deftly adds sour cream and water to the cheese-enhanced masa and blends until it just comes together. She then rolls the dough out on a sheet of waxed paper. This facilitates the next step—inverting the crust over a pan of the filling.

BEEF IN OLIVE SAUCE

1 **Well-browned beef tenderloin is simmered in mixture of broth, green olives and Dijon mustard.**

2 **Beef is sliced to reveal juicy interior; the flavorful cooking liquid will provide an easy sauce.**

3 **A sprinkling of hard-cooked egg garnishes the beef. Rounding out the meal are classic black beans and rice and tomatoes stuffed with avocado.**

The rich smells of roasting pork and simmering beef, the spicy black beans, the sweet plantain soufflé, and the piquant aroma of the Red Bell Pepper and Sesame Seed Sauce are making us very hungry . . . and thirsty.

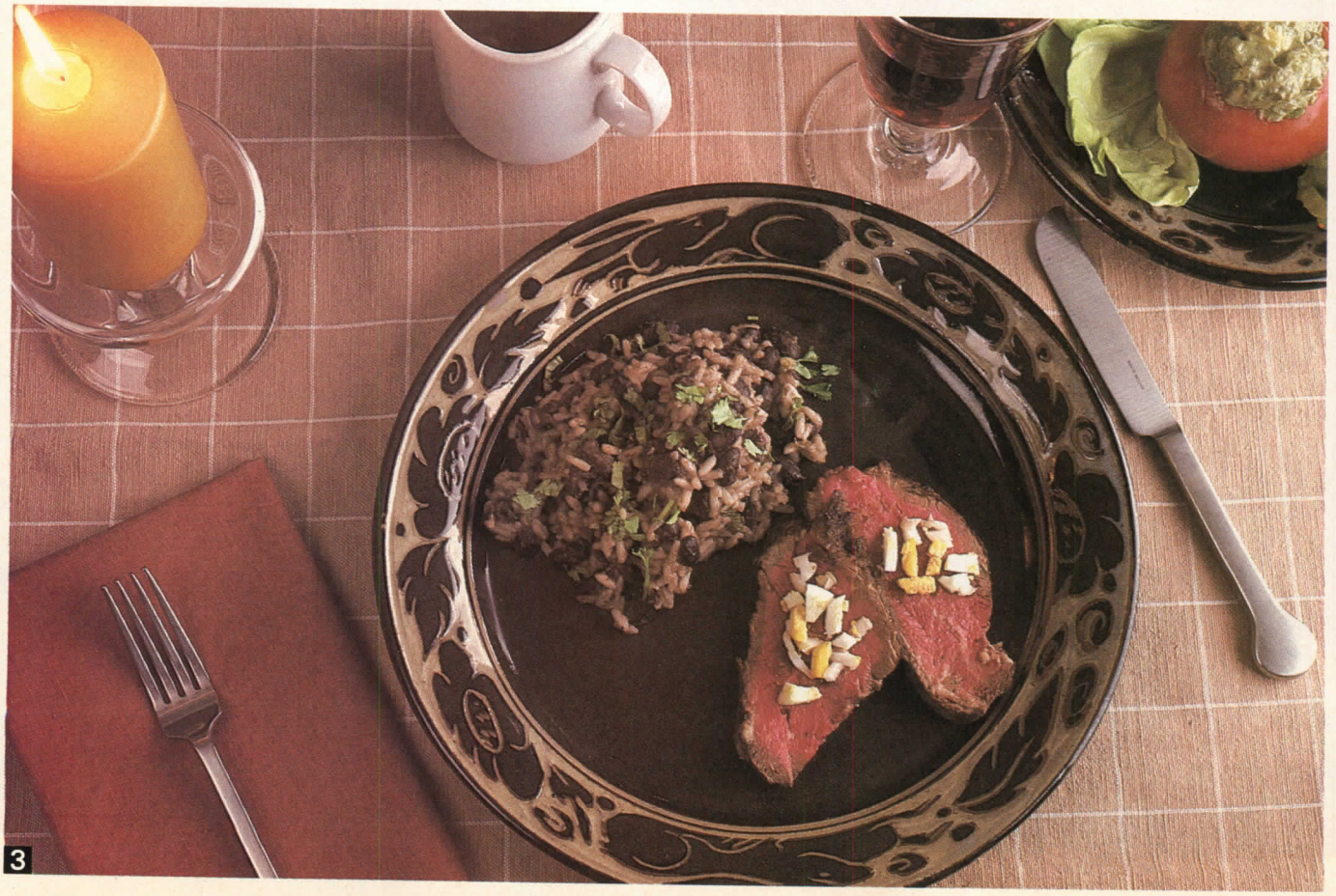
"What we really need," says Isabel, "is a drink made from the *limón dulce*, or sweet lemon. This lemon is as big as an orange, and is very different from citrus fruit here in the States. Its juice is a fantastic thirst quencher, but it must be drunk immediately after extraction or it turns bitter."

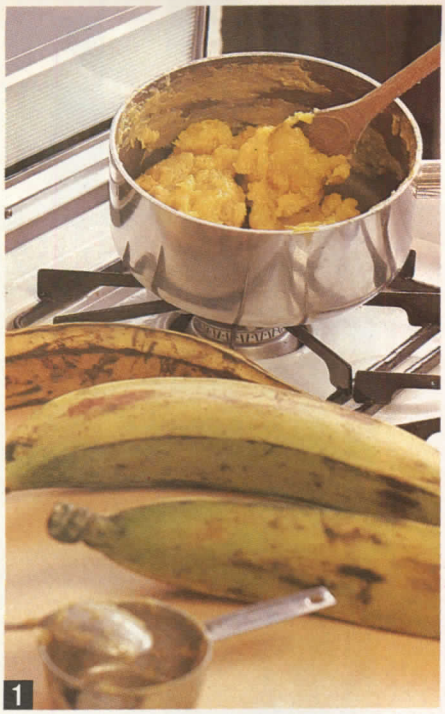
While fixing the shrimp and vegetable stuffing for the Creole Red Snapper, she tells us that this dish is a marriage of Spanish and Indian cooking. The whole fish makes an impressive presentation, served with a creamy sauce that is also accented with shrimp.

In the meantime, though, the plantain soufflé emerges from the oven with a lovely "crust" on top. "Plantains make it a heavier dessert than bananas would," says Isabel. "This rose only about an inch, while one made with bananas will be higher, fluffier and smoother on top." Unlike most soufflés, it will hold for a while before serving. This tasty dessert will be presented with cinnamon-rum sauce and rich dark coffee, freshly ground from Costa Rican beans.


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PLANTAIN SOUFFLE WITH WARM CINNAMON-RUM SAUCE

1 Plantain puree and butter are mixed into the warm base of flour, milk, sugar and egg yolks.

2 Beaten egg whites are folded in.

3 Baked to a tempting finish, the sugar-dusted soufflé is teamed with a sauce redolent of cinnamon and rum.



What to drink with the rest of these dishes? "Some of your robust red wines from California or Oregon," says Isabel. "Perfect with the beef. Mexican or Costa Rican beer is nice with the pork, black beans and rice."

That is the end of the cooking and the start of the feasting. The beautiful, hearty selection is laid out before us to taste and savor. We do just that, with a sincere *buen apetito* all around.

For more information about classes, write:
Isabel Campabadal
Cuisine Gourmet
P.O. Box 4362
San José, Costa Rica

MENU I

EGG-TOPPED BLACK BEAN SOUP
SWEETHEART SAVORY PIE
CARIBBEAN COAST PORK LEG
MIXED VEGETABLE SAUTE
Imported beer
SWEET CORN SQUARES

EGG-TOPPED BLACK BEAN SOUP (Sopa Negra)

Cilantro adds a refreshing balance to this satisfying appetizer.

12 servings

- 1/2 cup (1 stick) butter
- 2 medium onions, chopped
- 4 garlic cloves, minced
- 10 cups black bean broth (see following recipe)
- 2 cups mashed cooked black beans (see following recipe)
- 1/2 teaspoon sugar
- Salt and freshly ground pepper
- 1/2 cup chopped fresh cilantro
- 12 eggs
- 1 1/2 cups toasted bread croutons
- 6 tablespoons minced fresh parsley

Melt butter in heavy large saucepan over medium-low heat. Add onions and garlic and cook until onions are translucent, stirring occasionally, about 10 minutes. Add broth, beans, sugar and salt and pepper and simmer 20 minutes to blend flavors. Add cilantro and simmer 10 minutes to blend flavors. Adjust seasoning. *(Can be prepared 1 day ahead. Cool completely, cover and refrigerate. Bring to simmer before continuing.)* Carefully break eggs into soup and poach until white is just firm. Gently transfer egg to each bowl. Ladle soup around. Garnish with croutons and parsley. Serve immediately.

BLACK BEANS WITH BROTH

Makes about 10 cups

- 5 cups dried black beans, sorted and rinsed
- 15 cups water
- 6 teaspoons salt
- 7 garlic cloves, minced

Soak black beans in water in heavy large saucepan for 12 hours.

Add salt and garlic to beans and bring to boil. Reduce heat and simmer until beans are tender, stirring occasionally and adding more water if necessary, about 2 hours (time will vary depending on dryness of beans). Drain beans, reserving cooking liquid.

SWEETHEART SAVORY PIE (Pastel de Novios)

First-course fare that could easily be the main dish of brunch or supper if accompanied by a mixed green salad.

12 servings

Bean, Beef and Potato Filling

- 1 cup dried great northern or navy beans, sorted and rinsed
- 3 cups water
- 1 teaspoon salt
- 1 tablespoon butter
- 6 tablespoons peanut oil

recipe continued on page 74

THOUGHT

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continued from page 71

- 1 large onion, chopped
- 6 garlic cloves, minced
- 2 pounds boiling potatoes, peeled and chopped
- Vegetable-Sautéed Fillet of Beef*
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon saffron threads, crushed and dissolved in 1/4 cup warm water
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground oregano
- 1 bay leaf
- Salt and freshly ground pepper

Corn Flour and Cheese Crust

- 2 cups instant masa mix**
- 1 cup shredded mild white cheese (such as Mexican brick cheese or Monterey Jack cheese)
- 2 teaspoons salt
- 1 cup sour cream
- 1/2 cup water

For filling: Soak beans overnight in water to cover. Drain well. Combine beans with 3 cups water in saucepan. Add salt and bring to boil. Reduce heat and simmer until beans are tender, 1 to 1 1/2 hours, depending on dryness of beans. Drain beans, reserving 1 cup liquid. *(Can be prepared 3 days ahead. Cool, cover and chill.)*

Melt butter with oil in heavy large saucepan over medium-low heat. Add onion and garlic and cook until onion is translucent, stirring occasionally, about 10 minutes. Add potatoes, beef, cilantro, dissolved saffron, cumin, oregano, bay leaf and salt and pepper and cook until potatoes are tender, stirring occasionally, about 25 minutes. Add 2 cups beans (reserve remainder for another use) and reserved cooking liquid and cook 10 minutes.

Meanwhile, butter 2-quart rectangular (10x6x2-inch) ovenproof glass baking dish. Transfer filling to prepared dish and cool completely.

For crust: Preheat oven to 300°F. Cut out 10x6-inch piece of waxed paper. Combine instant masa mix, cheese and salt in large bowl. Add sour cream and water and stir until dough is evenly moistened and just comes together. Turn dough out onto paper. Roll dough out to thickness of 1/2 inch. Invert dough atop filling in dish. Remove paper. Pierce dough with fork. Bake 30 minutes. Increase oven temperature to 350°F. Continue baking until crust begins to brown, about 15 minutes. Serve pie immediately.

**Vegetable-Sautéed Fillet of Beef*

Makes about 1 1/3 cups

- 1 tablespoon butter
- 1/2 pound fillet of beef
- 1 celery stalk, chopped
- 2 tablespoons chopped onion
- 2 tablespoons chopped green bell pepper
- Salt and freshly ground pepper

Melt butter in heavy small skillet over medium heat. Add beef and brown well on both sides. Add remaining ingredients and cook until beef is tender, about 20 minutes. Transfer to processor and chop coarsely or chop by hand. *(Can be prepared 1 day ahead. Cool completely, cover and refrigerate.)*

***Available at Latin American markets and many supermarkets.*

CARIBBEAN COAST PORK LEG (Pierna de Cerdo de la Costa del Caribe)

Serve a vegetable sauté with this.

20 servings

- 1 12-pound fresh leg of pork
- 20 garlic cloves, minced
- 1/2 cup Worcestershire sauce
- 1 tablespoon salt
- 1 tablespoon freshly ground pepper
- 1 tablespoon dried oregano, crumbled
- 1 tablespoon dried thyme, crumbled
- 1 tablespoon Dijon mustard
- 6 bay leaves, crumbled
- 4 tablespoons honey
- 1/4 cup (1/2 stick) butter
- 2 cups strong brewed coffee
- 2 cups milk
- 1 cup fresh orange juice
- Salt and freshly ground pepper

Wash pork; pat dry. Set in large roasting pan. Using sharp knife, make 10 incisions in pork. Combine next 8 ingredients. Rub over pork. Cover with plastic wrap and refrigerate 2 days, turning and basting pork 3 to 4 times.

Preheat oven to 350°F. Turn pork skin side up in roasting pan. Brush with 2 tablespoons honey. Dot with butter. Roast 30 minutes. Add 1 cup coffee and 1 cup milk. Continue roasting 1 hour, basting occasionally. Turn pork over. Brush with remaining honey. Add remaining coffee and milk. Continue roasting 1 hour, basting occasionally. Add orange juice, salt and pepper and continue roasting until pork is tender, juices run yellow when meat is pierced and meat thermometer registers 170°F, about 3 hours. *(Can be prepared 2 days ahead. Cool completely, cover and refrigerate. Reheat in warm oven or serve cold with rewarmed pan juices.)*

Let pork stand 30 minutes before carving. Strain juices into bowl; degrease. Serve, passing juices separately.

SWEET CORN SQUARES (Torta de Elote)

Typical of the Costa Rican style—corn lends texture, with the condensed milk providing sweetness and body. An intriguing dessert.

12 servings

- 2 16-ounce cans whole corn kernels
- 2 14-ounce cans condensed milk
- 1 1/2 cups all purpose flour
- 1 cup (2 sticks) butter
- 6 eggs
- 2 teaspoons baking powder
- Generous pinch of salt

Preheat oven to 350°F. Butter two 8x8x5-inch ovenproof glass baking dishes. Blend all ingredients in processor until corn is finely chopped, stopping to scrape down sides of bowl. Pour mixture into prepared dishes. Bake until golden brown, about 30 minutes. Serve immediately.

MENU II

TOMATOES STUFFED WITH AVOCADO
BEEF IN OLIVE SAUCE
BLACK BEANS AND RICE
California Cabernet Sauvignon or Oregon Pinot Noir
PLANTAIN SOUFFLE WITH WARM CINNAMON-RUM SAUCE

TOMATOES STUFFED WITH AVOCADO (Ensalada de Tomates Rellenos con Aguacate)

8 servings

- 8 medium tomatoes
- Salt
- 3 medium avocados
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- Freshly ground pepper
- 6 ounces cooked fresh crabmeat
- 4 hard-cooked eggs, chopped
- 6 slices bacon, cooked crisp and crumbled
- 1/4 cup mayonnaise
- 2 tablespoons minced onion
- 2 tablespoons minced fresh parsley
- Lettuce leaves

Cut tops off tomatoes and reserve. Scoop out pulp and reserve for another use. Sprinkle tomatoes lightly with salt. Invert onto paper towels and let drain until ready to use.

Peel, seed and chop avocados. Transfer to bowl. Stir in lemon juice and oil. Season with salt and pepper. Mix in crabmeat, eggs, bacon, mayonnaise, onion and parsley. Adjust seasoning.

For accessories information, see page 148.

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continued from page 74

To serve, line platter with lettuce. Spoon crabmeat mixture into tomatoes. Arrange tomatoes on platter.

BEEF IN OLIVE SAUCE (Lomito en Salsa de Aceitunas)

8 servings

- 1 3-pound beef tenderloin fillet
- 3 tablespoons Worcestershire sauce
- 3 garlic cloves, minced
- Salt and freshly ground pepper
- 7 tablespoons butter
- 1 tablespoon peanut oil
- All purpose flour
- 1½ cups beef broth
- ½ cup pimiento-stuffed green olives, sliced
- 1 teaspoon Dijon mustard
- 1 small onion, minced
- ¼ cup dry Sherry
- 2 hard-cooked eggs, minced
- Lettuce leaves

Set beef in nonaluminum pan. Combine Worcestershire sauce, garlic and salt and pepper. Rub over beef. Cover; chill overnight, turning occasionally.

Melt 6 tablespoons butter with oil in heavy large skillet over medium-high heat. Dredge beef in flour, shaking off excess. Add beef to skillet and brown well on all sides. Add broth, olives and mustard. Simmer to desired doneness, 30 minutes for medium-rare (130°F).

Meanwhile, melt remaining 1 tablespoon butter in heavy small skillet over medium-low heat. Add onion and cook until translucent, stirring occasionally, about 10 minutes. Set aside.

Add Sherry to beef. Simmer 5 minutes. Stir in onion. Taste sauce and adjust seasoning with salt and pepper.

To serve, slice beef thinly. Arrange on platter. Sprinkle with eggs. Garnish with lettuce. Pass sauce separately.

BLACK BEANS AND RICE (Gallo Pinto)

6 to 8 servings

- ¼ cup (½ stick) butter
- 1 tablespoon peanut oil
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- 3 garlic cloves, minced
- 2 cups cooked black beans (see recipe)
- 1 cup black bean broth (see recipe)
- 2 tablespoons brewed coffee
- 2 cups cooled cooked rice
- 1 teaspoon Worcestershire sauce
- Salt and freshly ground pepper
- 2 tablespoons chopped fresh cilantro

Melt butter with oil in heavy large skillet. Add onion, bell pepper and garlic and cook until onion is translucent, stirring occasionally, about 10 minutes. Add beans, broth and coffee and simmer until slightly thickened, about 15 minutes. Add rice, Worcestershire sauce, salt and pepper and simmer 5 minutes to blend flavors. Garnish with cilantro and serve.

PLANTAIN SOUFFLE WITH WARM CINNAMON-RUM SAUCE (Soufflé de Plátano Maduro con Salsa de Ron)

You can substitute bananas if the plantains are unavailable.

6 to 8 servings

- ⅓ cup sugar
- 3 tablespoons all purpose flour
- ¾ cup milk
- 4 egg yolks, room temperature
- 1 large ripe plantain, boiled until tender and mashed (½ cup puree)
- 2 tablespoons (¼ stick) butter
- 5 egg whites, room temperature
- Pinch of salt
- Powdered sugar
- Warm Cinnamon-Rum Sauce*

Preheat oven to 375°F. Butter and sugar 6-cup soufflé dish. Combine ⅓ cup sugar and flour in medium saucepan. Gradually whisk in milk. Boil over medium-high heat until mixture thickens, stirring constantly, about 2 minutes. Remove from heat; beat 1 minute to cool slightly. Whisk in yolks 1 at a time. Beat in plantain puree and butter. *(Can be prepared 2 hours ahead. Set aside at room temperature. Stir over low heat to rewarm.)*

Beat egg whites with salt until stiff but not dry. Gently fold ⅓ into plantain mixture to loosen. Gently fold in remaining whites. Turn batter into prepared dish. Bake until soufflé is puffed and golden brown, about 20 minutes. Sprinkle with powdered sugar. Continue baking until top of soufflé is browned and skewer inserted in center comes out clean, 10 to 15 more minutes. Serve immediately with sauce.

**Warm Cinnamon-Rum Sauce*

Makes about 1¼ cups

- 1 cup firmly packed dark brown sugar
- ½ cup water
- 1 cinnamon stick
- ½ cup dark rum

Cook sugar, water and cinnamon in heavy medium saucepan over low heat until sugar dissolves, swirling pan occasionally. Bring to boil. Reduce heat and simmer until thickened, about 10 minutes. Add rum and simmer 5 minutes. Serve immediately.

MENU III

PORK-FILLED YUCA EMPANADAS
WITH RED BELL PEPPER
AND SESAME SEED SAUCE
CREOLE RED SNAPPER
Beaujolais or Sauvignon Blanc
COSTA RICAN COCONUT SWEET

PORK-FILLED YUCA EMPANADAS (Empanadas de Yuca)

No selection of Costa Rican recipes would be complete without an empanada; this one is filled with pork and colorful vegetables, and served with a delectable dipping sauce.

Makes about 24

- 2 pounds yuca (cassava),* peeled
- 2 eggs
- Salt and freshly ground pepper
- ¼ cup (½ stick) butter
- ½ pound pork tenderloin
- 1 medium onion, chopped
- ½ green bell pepper, chopped
- ¼ cup chopped celery
- 1 tomato, peeled, seeded and chopped
- 1 cup water
- 2 tablespoons minced fresh parsley
- 1 garlic clove, minced
- 2 tablespoons chopped sweet pickles
- 2 tablespoons chopped hard-cooked eggs
- Vegetable oil
- All purpose flour
- Red Bell Pepper and Sesame Seed Sauce (see recipe)

Cook yuca in boiling salted water until very tender, about 20 minutes. Drain well. Transfer to processor (in batches if necessary). Add eggs, salt and pepper and puree using on/off turns; do not overmix.

Melt butter in heavy large skillet over medium-high heat. Add pork and brown well on all sides. Add onion, bell pepper, celery, tomato, water, parsley and garlic. Season with salt and pepper. Cover and simmer gently until pork is tender, about 15 minutes. Using slotted spoon, transfer mixture to processor and chop finely. Transfer to bowl. Add pickles and eggs. Cool filling completely. Adjust seasoning. *(Can be prepared 1 day ahead.)*

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COOKING CLASS

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Heat oil in deep fryer or heavy large saucepan to 375°F. Using well-floured hands, form 1 tablespoon yuca mixture into 3-inch disc about 1/4 inch thick for each empanada. Divide filling among discs, spooning down center. Fold and pinch yuca mixture to enclose filling completely. Dough will be sticky; flour hands frequently. Fry empanadas (in batches; do not crowd) until golden brown, about 1 minute per side. Remove using slotted spoon and drain on paper towels. Serve empanadas immediately with sauce.

**Available at Latin American markets.*

RED BELL PEPPER AND SESAME SEED SAUCE (Salsa de Pimientos y Ajonjolí)

Makes about 1 2/3 cups

- 1/4 cup (1/2 stick) butter
- 2 small onions, chopped
- 1 7- or 8-ounce can or jar red bell peppers, drained and pureed
- 2 tablespoons sesame seeds, toasted
- 1 tablespoon soy sauce
- 1 tablespoon minced fresh cilantro
- Dash of hot pepper sauce
- Salt and freshly ground pepper

Melt butter in heavy small saucepan over medium-low heat. Add onions and cook until translucent, stirring occasionally, about 10 minutes. Add bell pepper puree, sesame seeds, soy sauce, cilantro and hot pepper sauce and cook until thickened, about 8 minutes. Season with salt and pepper. Serve immediately. *(Can be prepared 2 days ahead. Cool completely, cover and refrigerate. Reheat gently before serving.)*

CREOLE RED SNAPPER (Pargo Rojo a la Criolla)

8 servings

Fish

- 1 3 1/2-pound red snapper
- 1/4 cup Worcestershire sauce
- 4 garlic cloves, minced
- Salt and freshly ground pepper

Court Bouillon

- 2 cups water
- 2 cups dry white wine
- 1/4 pound carrots, sliced
- 1/4 pound celery, sliced
- 1/4 pound onion, sliced
- 5 bay leaves
- 4 thyme sprigs

Stuffing

- 2 tablespoons (1/4 stick) butter
- 2 tablespoons olive oil
- 1/2 cup minced onion
- 1/2 cup minced celery
- 5 garlic cloves, minced
- 1/2 pound uncooked small shrimp, shelled and deveined
- Salt and freshly ground pepper
- 1 cup fresh bread cubes
- 1/4 cup dry white wine
- 1 tablespoon minced fresh parsley
- Melted butter

Sauce

- 1 tablespoon all purpose flour
- 1 cup whipping cream
- 3 egg yolks
- 1 cup cooked shrimp, shelled and deveined
- Salt and freshly ground pepper

- 4 cooked jumbo shrimp
- 1 black olive
- Steamed broccoli
- Lemon slices
- Parsley sprigs

For fish: Set fish in large nonaluminum pan. Combine Worcestershire sauce, garlic and salt and pepper. Rub marinade inside and outside fish. Cover with plastic wrap and refrigerate 2 hours. Wipe marinade off fish.

For court bouillon: Combine all ingredients in large nonaluminum saucepan and bring to boil. Reduce heat and simmer 30 minutes. Do not strain.

For stuffing: Melt butter with oil in heavy large skillet over medium-low heat. Add onion, celery and garlic and cook until onion is translucent, stirring occasionally, about 10 minutes. Add shrimp and cook until pink, about 3 minutes. Season with salt and pepper. Remove from heat. Stir in bread cubes, wine and parsley. Adjust seasoning. Cool completely.

Preheat oven to 400°F. Stuff fish. Skewer closed; lace with string. Set in 12x18-inch baking dish. Add court bouillon. Brush fish with melted butter. Bake until fish is opaque, basting frequently, 20 to 25 minutes.

For sauce: Puree 2 cups court bouillon (including vegetables) in blender. Strain 1/4 cup of remaining court bouillon. Pour puree into heavy medium saucepan. Blend flour into strained 1/4 cup. Add to puree. Cook until mixture thickens; do not boil. Beat cream and yolks to blend. Whisk 1/2 cup sauce into cream mixture. Whisk back into sauce and heat through, stirring constantly; do not boil. Add 1 cup shrimp and heat through. Season with salt and pepper.

To serve, ladle sauce onto platter. Top with fish. Arrange jumbo shrimp atop fish. Set olive for eye. Garnish platter with broccoli, lemon and parsley.

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The Szechwan Difference

Superb Entrées from China's Most Intriguing Culinary Region

BY GINGER CHANG

ILLUSTRATION BY MICHELLE BURCHARD

THE MENTION OF Szechwan food always makes me think of steaming bowls of *dan dan mein*, or "street vendor's noodles." When I was growing up, that was the specialty of a little restaurant in the Hong Kong village of Diamond Hill at the foot of Lion Mountain. In those days, in a Cantonese area like Hong Kong, finding real Szechwan cooking was not easy. Consequently, this restaurant became synonymous with dan dan mein and very popular with people all over Hong Kong, even though many had to travel quite a distance to get there.

But we were lucky. We lived in Diamond Farm, a semirural community nearby, so going to the restaurant with friends was more or less a weekly event for me. We would always order the noodles and watch eagerly as the waiter brought them, piping hot and covered with chopped fried peanuts, dried shrimp, preserved vegetables and a tart, garlicky peanut butter sauce. The intense fragrance rising from our bowls made us even hungrier. I did not know then that our



humble dan dan mein exemplified the most important feature of Szechwan cooking: Unlike dishes from other parts of China, which tend to incorporate a limited number of seasonings, this style combines a host of pungent herbs and spices, especially hot chilies of the jalapeño and serrano types.

Even to the Chinese, this kind of food is exotic. Some historians believe that Buddhist monks trekking to Szechwan province from India in the first century brought chilies along. These missionaries probably taught the Szechwanese how to blend spices, something seldom done in other parts of China. They added their own local seasonings and developed a cuisine similar to Indian but distinctly Chinese.

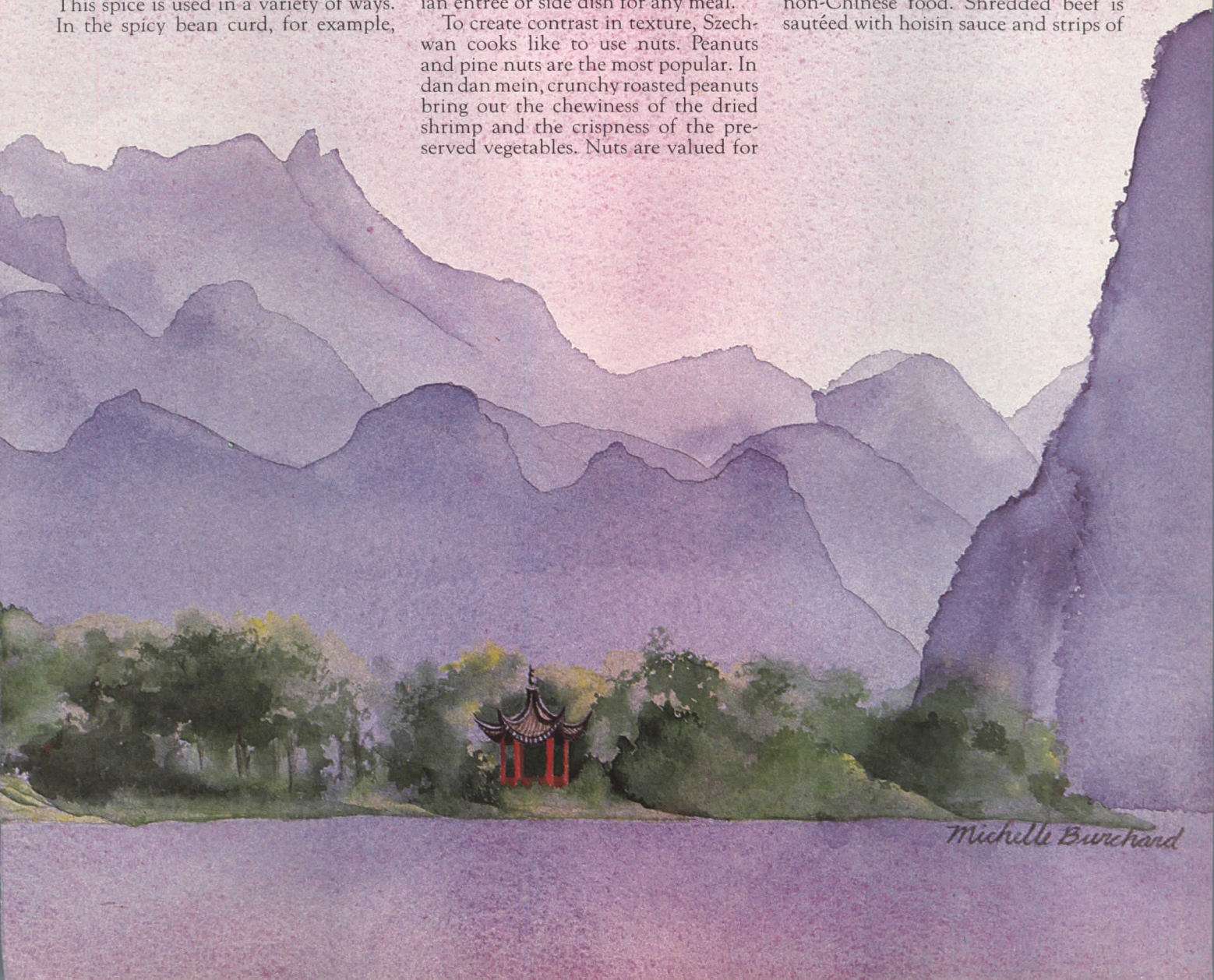
In this regional style, the most unmistakable spice is the brown peppercorn, or *fagara*. Roasted and crushed to a powder, it gives off a heady bouquet and causes a tingling in the mouth, a sensation that the Szechwanese even have a name for: *mah*. This spice is used in a variety of ways. In the spicy bean curd, for example, otherwise bland Chinese tofu is transformed by a zippy sauce of brown peppercorn powder, mashed green onions, sesame oil and hot chili sauce. For the Peppercorn Shrimp with Jalapeño and Garlic, the powder is tossed, crackling, with shrimp in a hot, dry wok. It is mixed with five-spice powder and coarse salt and used as a marinade in Szechwan Fried Chicken.

Another intriguing condiment is a sauce called "fish-fragrance." This potent concoction of vinegar, ginger, garlic, soy and hot chili sauces does not have a trace of fish in it but was originally meant to accompany fish. To the landlocked Szechwanese, who rarely can get fresh fish, the term *fish-fragrance* reflects, with a certain poignancy, both their fondness for a rare commodity and their high regard for the sauce. The Eggplant with Fish-Fragrance Sauce—tangy Japanese eggplants that come glistening out of the wok speckled with red hot peppers and green onion—makes a terrific vegetarian entrée or side dish for any meal.

To create contrast in texture, Szechwan cooks like to use nuts. Peanuts and pine nuts are the most popular. In dan dan mein, crunchy roasted peanuts bring out the chewiness of the dried shrimp and the crispness of the preserved vegetables. Nuts are valued for their taste as well. In Snapper with Pine Nut–Vegetable Sauce, panfried fillets are enhanced by the robust nut, mushrooms, peas and vinegar. With this dish, offer plenty of steamed rice to soak up the delicious sauce.

The Pork, Noodle and Vegetable Cold Plate and Fresh Ham with Garlic Chili Sauce can both be made a day ahead, then brought to room temperature. To serve the pork and noodles, drizzle the ginger–chili oil dressing over the shredded meat and vegetables and toss as for a salad. The fresh ham is even easier. Poached pork is sliced thin and topped with a delectable mixture of soy sauce, garlic and chili oil.

Red Beef Stew, slow-simmered with brown bean sauce and dried chilies, is another do-ahead entrée that needs only to be reheated before serving. This hearty stew really hits the spot when ladled over any kind of noodles or rolled in flour tortillas. A green salad rounds out the meal nicely. Star anise beef with leek also goes well with non-Chinese food. Shredded beef is sautéed with hoisin sauce and strips of



SZECHWAN
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leek and red pepper. It has a Middle Eastern feeling and makes a good supper or lunch with cumin-laced couscous or stuffed in pita bread.

To accompany Szechwan dishes, ice-cold beer is a natural choice. Try a Chinese import or dark German brew. On the other hand, if you prefer wine, go all out and meet strength with strength. A full-bodied Burgundy or *spicy* Gewürztraminer will certainly stand up to the rich and varied flavors of these interesting entrées.

SZECHWAN DAN DAN MEIN

My interpretation of one of my favorite Szechwan dishes, "street vendor's noodles." Peanut butter and hot bean sauce balance delightfully in the dressing; peanuts and preserved vegetables add a pleasant texture.

4 servings

1/4 cup dried shrimp*

1 cup shelled raw peanuts
1 teaspoon vegetable oil

5 tablespoons hot water
2 tablespoons creamy peanut butter
4 teaspoons dark soy sauce
4 teaspoons oriental sesame oil
4 teaspoons hot bean sauce*
4 teaspoons minced garlic
2 teaspoons sugar
2 teaspoons distilled white vinegar
2 teaspoons soy sauce

14 ounces dried thin Chinese-style won ton noodles*

2 cups chicken broth
4 ounces canned Szechwan Preserved Vegetables, minced**
3 tablespoons minced green onion

Soak dried shrimp in enough boiling water to cover 1 hour. Drain; rinse. Mince reconstituted shrimp.

Preheat oven to 300°F. Cook peanuts in large pot of boiling water 3 minutes. Drain. Spread on baking sheet. Toss with vegetable oil. Roast until golden brown, stirring frequently, about 20 minutes. Cool to room temperature. Crush roasted peanuts finely.

Stir hot water and peanut butter to smooth paste in small bowl. Add dark soy sauce, sesame oil, hot bean sauce, garlic, sugar, vinegar and soy sauce.

Cook won ton noodles in large pot of boiling water until just tender but still firm to bite, about 4 minutes. Drain; cut noodles twice with scissors; divide noodles among soup bowls.

Bring broth to boil. Ladle 1/2 cup into each bowl. Spoon peanut butter sauce into each. Garnish with shrimp, peanuts, vegetables and green onion.

**Available at oriental markets.*

***Also known as preserved kohlrabi or mustard. Available at oriental markets.*

PEPPERY CHICKEN

Szechwan peppercorns, white pepper, green onions and red bell pepper give this easy stir-fry a nice bite.

2 to 4 servings

3 tablespoons vegetable oil
1 tablespoon minced garlic
3 teaspoons Szechwan peppercorn powder*
2 teaspoons water
1 3/4 teaspoons cornstarch
1 3/4 teaspoons salt
1 teaspoon oriental sesame oil
1/2 teaspoon sugar
1/4 teaspoon freshly ground white pepper
2 pounds chicken breasts, skinned, boned and cut into 1/2-inch dice

1 medium red bell pepper, seeded and cut into 1/4-inch dice
3 green onions (white part only), cut into 1/4-inch strips
1 tablespoon minced ginger
2 tablespoons chicken broth
4 teaspoons hot chili oil*

Blend 1 tablespoon vegetable oil, garlic, 2 teaspoons peppercorn powder, water, 1 1/2 teaspoons cornstarch, 1 teaspoon salt, sesame oil, sugar and pepper in bowl. Add chicken and toss thoroughly to coat. Cover with plastic wrap and refrigerate 2 hours.

Combine remaining 1 teaspoon peppercorn powder, remaining 3/4 teaspoon salt, bell pepper, onions and ginger in bowl. Combine remaining 1/4 teaspoon cornstarch, chicken broth and chili oil in another bowl.

Heat remaining 2 tablespoons vegetable oil in wok over high heat 1 minute. Add bell pepper mixture and stir-fry 1 minute. Add chicken and stir-fry until white and firm, about 2 minutes. Add broth mixture and stir-fry 1 minute. Serve immediately.

**Available at oriental markets.*

RED BEEF STEW

Carrots, onions and a generous amount of ginger highlight this fiery dish, traditionally spooned over thin egg noodles in clear broth.

4 servings

2 pounds boneless beef shanks, cut into 1 1/2x2-inch pieces

1 medium onion, thinly sliced
10 large 1/8-inch-thick slices ginger
5 garlic cloves, thinly sliced
4 small dried red chilies
1 star anise*
2 tablespoons soy sauce
4 teaspoons dark soy sauce
1 tablespoon brown bean sauce*
1 teaspoon sugar
1/2 teaspoon salt

7 teaspoons hot chili oil*
3 cups water

3 large carrots, cut on diagonal into 3/4x1/2-inch pieces
1 teaspoon cornstarch
5 tablespoons minced green onions

Bring large pot of water to boil. Add beef and boil 10 seconds. Drain; rinse under running water 1 minute.

Combine onion, ginger, garlic, chilies and star anise in bowl. Blend soy sauces, brown bean sauce, sugar and salt in another bowl.

Heat hot chili oil in wok over high heat 1 minute (be careful; fumes may be intense). Add onion mixture to wok and stir-fry 2 minutes. Add beef and stir-fry 3 minutes. Transfer to saucepan. Add 2 3/4 cups water and bring to boil. Reduce heat, cover and simmer until beef is tender but not falling apart, stirring occasionally, about 1 hour and 40 minutes, adding more water if necessary.

Add carrots to beef. Cover and simmer until tender, stirring occasionally, about 20 minutes. Remove chilies, ginger and star anise. Increase heat to high. Dissolve cornstarch in remaining 1/4 cup water. Add to stew and stir 75 seconds. Transfer to platter. Garnish with green onions. Serve immediately.

**Available at oriental markets.*

PORK, NOODLE AND VEGETABLE COLD PLATE

After cutting, refrigerate the green onions in ice water until ready to use.

6 to 8 servings

8 ounces pork shoulder butt, trimmed and cut into 1/8x1-inch pieces
7 teaspoons soy sauce
5 teaspoons vegetable oil
1/2 teaspoon cornstarch
1/8 teaspoon freshly ground white pepper

7 large dried Chinese black mushrooms*

1/4 ounce dried agar-agar noodles*

3 teaspoons minced garlic

1 1/2 tablespoons hot chili oil*
1 tablespoon minced ginger
1 tablespoon water
2 teaspoons red wine vinegar

recipe continued on page 84

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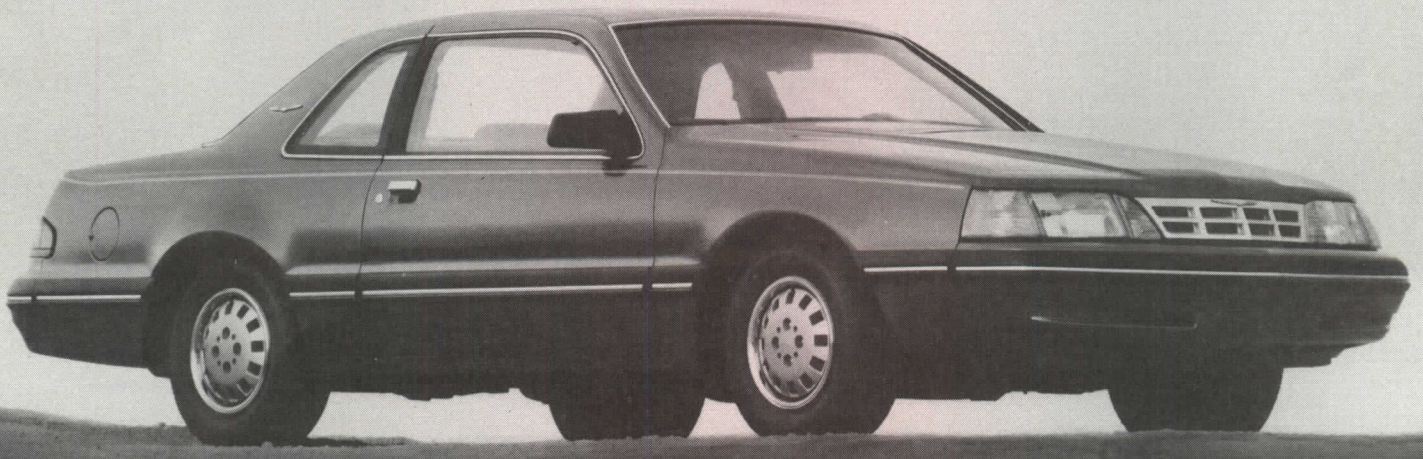
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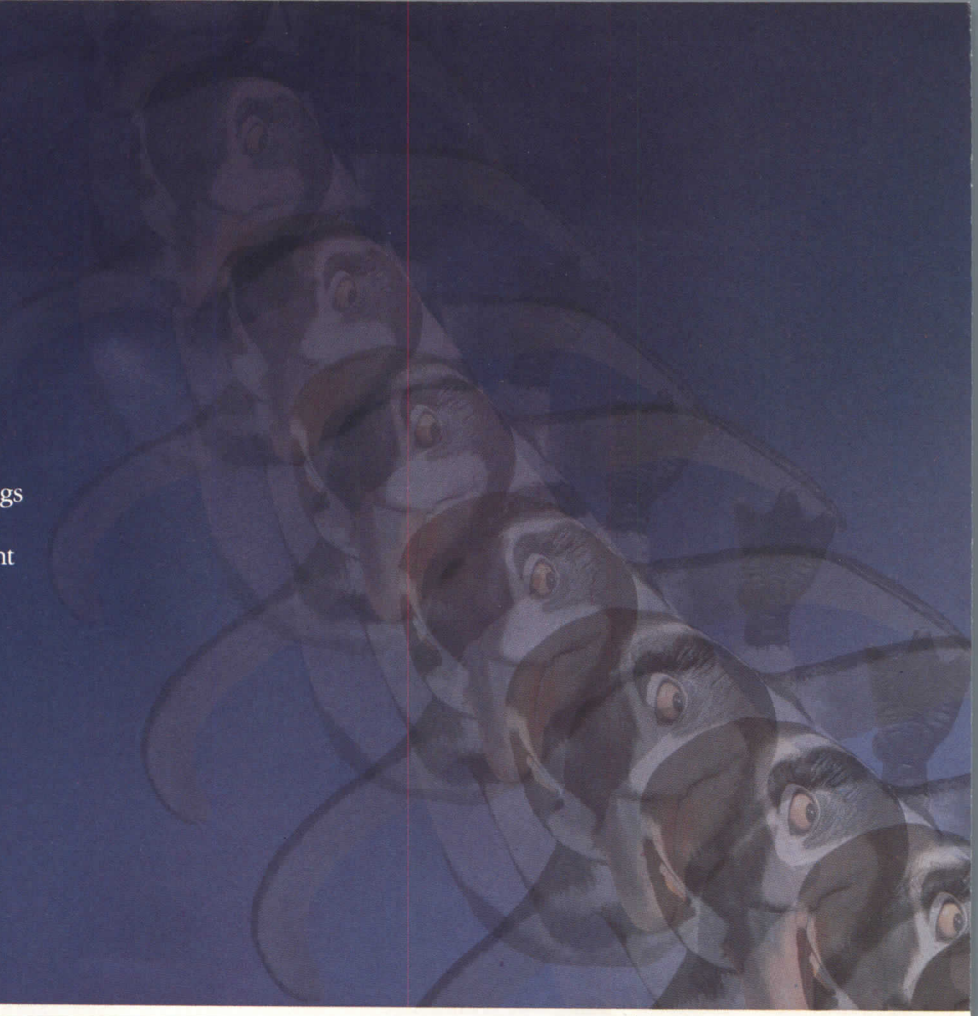
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SZECHWAN

continued from page 82

- 2 teaspoons oriental sesame oil
- 2 teaspoons dark soy sauce
- 1½ teaspoons sugar
- 1¼ teaspoons salt
- 6 ounces bean sprouts, trimmed and blanched 5 seconds
- 6 ounces snow peas, trimmed, cut into ⅛x1-inch pieces and blanched 1½ minutes
- 1 large carrot, peeled, cut into ⅛x1-inch pieces and blanched 45 seconds
- 2 green onions, trimmed, cut into ⅛x1-inch pieces

Combine pork, 2 teaspoons soy sauce, 1 teaspoon vegetable oil, cornstarch and pepper in nonaluminum bowl. Cover and refrigerate 1 hour. Bring to room temperature before continuing.

Soak mushrooms in warm water to cover 30 minutes. Drain. Cut off stems. Rinse mushrooms; squeeze dry. Cut into ⅛x1-inch pieces.

Place noodles in colander. Rinse until softened, about 1 minute. Using scissors, cut noodles into 1-inch sections.

Heat wok over high heat 45 seconds. Add 2 teaspoons vegetable oil and heat 1 minute. Add pork and stir-fry until no pink remains, about 2½ minutes. Transfer to plate. Cool to room temperature. Clean wok.

Heat wok over high heat 45 seconds. Add 2 teaspoons vegetable oil and heat 45 seconds. Add black mushrooms and 1 teaspoon garlic and stir-fry 1 minute. Transfer to plate.

Mix remaining 5 teaspoons soy sauce, 2 teaspoons garlic, hot chili oil, ginger, water, vinegar, sesame oil, dark soy sauce, sugar and salt. Arrange agar-agar, pork, mushrooms, bean sprouts, snow peas and carrots in separate rows across platter. Top with green onions. Drizzle with sauce. Toss before serving.

**Available at oriental markets.*

PEPPERCORN SHRIMP WITH JALAPENO AND GARLIC

2 to 4 servings

- 25 medium uncooked, unshelled shrimp
- ¼ cup tapioca starch* or cornstarch
- ¼ cup all purpose flour
- 1½ teaspoons salt
- ¼ teaspoon freshly ground white pepper
- 1 cup vegetable oil
- 2 teaspoons minced seeded jalapeño chili
- 2 teaspoons minced ginger
- 2 teaspoons minced garlic
- ½ teaspoon Szechwan peppercorn powder**
- 1½ cups parsley leaves
- 2 radishes, very thinly sliced

Using scissors, cut through shell and meat along back of each shrimp; devein (do not remove shell). Rinse shrimp and drain; dry well. Combine starch, flour, 1¼ teaspoons salt and pepper. Dredge shrimp in mixture.

Heat oil in wok to 350°F. Slide 5 shrimp down side of wok into oil and fry 30 seconds per side. Remove using slotted spoon and drain on paper towels. Repeat with remaining shrimp. Clean wok, reserving 1 tablespoon oil.

Heat 1 tablespoon oil in wok over high heat 1 minute. Combine jalapeño, ginger and garlic. Add to wok and stir-fry until brown and crunchy, 1 minute. Transfer to bowl. Clean wok.

Heat wok over high heat 1 minute. Add shrimp and stir-fry 15 seconds. Combine peppercorn powder and remaining ¼ teaspoon salt. Sprinkle over shrimp. Add jalapeño mixture and toss 1 minute. Mound parsley on platter. Top with shrimp. Garnish with radishes. Serve immediately.

**Available at natural foods stores.*

***Available at oriental markets.*

SZECHWAN FRIED CHICKEN

4 servings

- 1 3-pound frying chicken
- 2¾ teaspoons coarse salt
- 2½ teaspoons Szechwan peppercorn powder*
- 2 teaspoons five-spice powder*
- 3 ⅛-inch-thick slices ginger
- 2 green onions, trimmed
- 6 cups vegetable oil
- 1 cup all purpose flour
- ¼ teaspoon salt
- 6 cilantro sprigs
- 1 lime, thinly sliced
- 1 orange, thinly sliced

Pat chicken dry. Set breast side up on surface. Cover with towel. Press down on breast area until breastbone is cracked and flattened. Twist both hip/thigh sockets until joints are dislocated; do not tear skin. (Chicken should be flat and in one piece.) Mix coarse salt, 2¼ teaspoons peppercorn powder and five-spice powder. Rub half of mixture onto chicken. Rub remainder in cavity. Place ginger and green onions in cavity. Cover chicken and let stand 2 hours.

Set chicken on pie plate. Place plate on rack in steamer. Cover and steam over high heat 30 minutes. Remove green onions and ginger. Let steamed chicken cool to room temperature.

Heat oil in wok to 350°F. Drain liquid from chicken. Using cleaver, halve chicken lengthwise. Dredge in flour, shaking off excess. Slide half of chicken down side of wok into oil and fry until golden brown, about 3 minutes per side. Remove and drain on paper towels. Repeat with remaining chicken half. Cool slightly.

Separate wings from body. Cut off wing tips. Cut thighs crosswise into 4 pieces. Halve remaining chicken. Cut crosswise into 1½x2-inch pieces. Arrange on platter. Combine remaining ¼ teaspoon peppercorn powder and salt. Sprinkle over chicken. Garnish with cilantro and citrus rounds.

**Available at oriental markets.*

SNAPPER WITH PINE NUT-VEGETABLE SAUCE

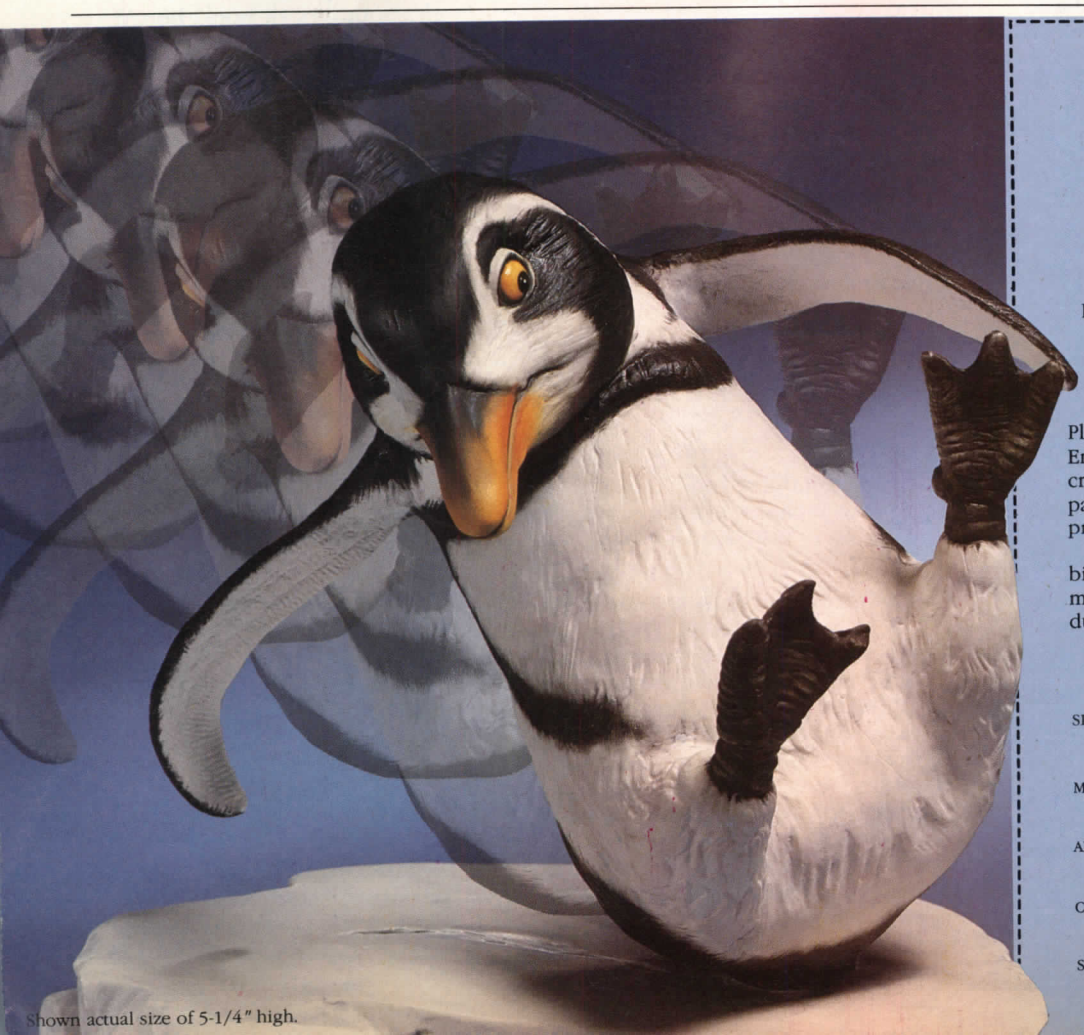
4 servings

- 2 pounds fresh snapper or cod fillets
- 1¼ teaspoons salt
- 5 dried Chinese black mushrooms*
- 7 tablespoons chicken broth
- 3 tablespoons tomato paste
- 1 tablespoon sugar
- 1 tablespoon soy sauce
- 1 tablespoon distilled white vinegar
- 2 teaspoons hot bean sauce*
- 1 teaspoon dry white wine
- ½ teaspoon cornstarch
- ¼ teaspoon oriental sesame oil
- ⅛ teaspoon freshly ground white pepper
- 4 tablespoons vegetable oil
- 2 tablespoons cornstarch
- ⅔ cup fresh or thawed frozen peas
- ½ red bell pepper, seeded and cut into ¼-inch dice
- ¼ cup pine nuts
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 2 teaspoons minced green onion

Pat fish dry. Using sharp knife, cut crisscross pattern in ½-inch intervals on both sides of fish. Rub with 1 teaspoon salt. Let stand 30 minutes.

Soak mushrooms in warm water to cover 30 minutes. Drain. Cut off stems. Rinse mushrooms; squeeze dry. Cut into ¼-inch squares.

Blend remaining ¼ teaspoon salt, broth, tomato paste, sugar, soy sauce, vinegar, hot bean sauce, wine, ½ teaspoon cornstarch, sesame oil and freshly ground white pepper. Set aside.



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SZECHWAN

continued from page 85

Heat 3 tablespoons oil in wok over high heat 45 seconds. Rub 2 tablespoons cornstarch over fish. Add to wok one fillet at a time and fry until golden brown, about 4 minutes per side. Transfer to plate. Clean wok.

Heat remaining 1 tablespoon oil in wok over high heat. Add mushrooms, peas, bell pepper, pine nuts, garlic and ginger and stir-fry 2 minutes. Add tomato paste mixture and stir-fry 1 minute. Pour over fish. Sprinkle with green onion. Serve immediately.

**Available at oriental markets.*

STAR ANISE BEEF WITH LEEK AND HOISIN-CHILI SAUCE

2 to 4 servings

10 ounces flank steak, cut into 1/8x2-inch shreds
4 tablespoons vegetable oil
1 tablespoon soy sauce
3/4 teaspoon cornstarch
1/8 teaspoon freshly ground white pepper

1 large leek cut into 1/8x1 1/2-inch pieces
1 large red bell pepper cut into 1/8x1 1/2-inch pieces
1 small fresh red chili, seeded and cut into 1/8x1 1/2-inch pieces
1/4 teaspoon salt

2 tablespoons plus 1 teaspoon hoisin sauce*
1 1/2 teaspoons hot chili sauce*
3/4 teaspoon sugar

1 star anise*
1 tablespoon minced ginger
2 large garlic cloves, very thinly sliced

Combine steak, 1 tablespoon oil, 1 tablespoon soy sauce, cornstarch and pepper in nonaluminum bowl. Cover and refrigerate for 2 hours.

Heat wok over medium-high heat 45 seconds. Add 1 tablespoon oil and heat 1 minute. Add leek and stir-fry 1 1/2 minutes. Add bell peppers, chili and salt and stir-fry 1 minute. Transfer vegetables to plate. Clean wok.

Blend hoisin, chili sauce and sugar.

Heat wok over high heat 30 seconds. Reduce heat to medium. Add 2 tablespoons oil and star anise and stir 2 minutes. Remove star anise. Increase heat to high and cook oil 30 seconds. Add ginger and garlic and stir-fry 45 seconds. Add beef and stir-fry 1 minute. Add hoisin sauce mixture and stir-fry 30 seconds. Add vegetables and stir-fry 45 seconds. Serve immediately.

**Available at oriental markets.*

FRESH HAM WITH GARLIC CHILI SAUCE

4 servings

4 small fresh red chilies
4 jalapeño chilies

10 cups water
3/4 pound pork shoulder butt, room temperature, cut into 2x3-inch chunks

5 large garlic cloves
5 teaspoons water
2 teaspoons soy sauce
2 teaspoons dark soy sauce
1 teaspoon distilled white vinegar
1 teaspoon oriental sesame oil
1 teaspoon sugar
1/2 teaspoon salt

1 teaspoon hot chili oil*

Using scissors, cut tips open on 3 red and 3 green chilies. Cut up side of each chili to 1/4 inch from stem. Repeat 6 times on each chili. Combine chilies, water to cover and 10 ice cubes in bowl. Chill until chilies open, 2 hours.

Bring 10 cups water to boil in large saucepan. Add pork. Cover and cook until pork is tender and no pink remains, about 25 minutes. Drain; rinse pork under cold water 1 minute. Drain. Cover; cool to room temperature.

Mash garlic with 3 teaspoons water to paste in mortar with pestle. Transfer to bowl. Add remaining 2 teaspoons water, soy sauces, vinegar, sesame oil, sugar and salt. Cut remaining 2 chilies crosswise into 3 pieces. Add to sauce.

Drain opened chilies. Slice pork as thinly as possible. Arrange on platter. Garnish with chilies. Drizzle chili oil into sauce. Spoon sauce over pork.

**Available at oriental markets.*

EGGPLANT WITH "FISH-FRAGRANCE" SAUCE

2 to 4 servings

2 cups vegetable oil
1 1/2 pounds Japanese eggplant, cut diagonally into 3/4x1 1/2-inch slices

4 small fresh red chilies, seeded and cut into 1/8-inch dice
2 tablespoons minced garlic
2 tablespoons minced ginger
2 tablespoons chicken broth
4 1/2 teaspoons soy sauce
4 teaspoons brown bean sauce*
1 tablespoon red wine vinegar
2 1/2 teaspoons hot chili paste* or hot bean sauce*
1 1/2 teaspoons sugar
1/2 teaspoon oriental sesame oil
1/4 teaspoon salt
1/4 teaspoon cornstarch

2 white pressed bean curd cakes,* minced
5 tablespoons minced green onions

Heat vegetable oil in wok to 350°F. Add eggplant in batches (do not crowd) and fry until crusty and brown, about 5 minutes. Remove using slotted spoon and drain on paper towels. Reserve 1 tablespoon oil. Clean wok.

Mix chilies, garlic and ginger. Blend broth, soy sauce, brown bean sauce, vinegar, chili paste, sugar, sesame oil, salt and cornstarch. Heat reserved oil in wok over high heat 1 minute. Add chili mixture and stir-fry 2 minutes. Add bean curd and stir-fry 2 minutes. Add eggplant and stir-fry gently 1 minute. Add broth mixture and stir-fry 1 minute. Adjust seasoning. Sprinkle with green onions and serve.

**Available at oriental markets.*

DEEP FRIED PORK HOCK WITH GREEN ONION AND SOY

Have the butcher bone the pork hock, keeping the meat in one piece.

2 servings

1 tablespoon Szechwan peppercorns*
2 teaspoons coarse salt
6 star anise*

1 2 1/2-pound pork hock, boned

5 cups vegetable oil
1/2 cup all purpose flour

1 medium tomato, thinly sliced
1 cup stemmed watercress
7 teaspoons water
1 tablespoon minced green onion (white part only)
1 tablespoon dark soy sauce
1 teaspoon soy sauce
1 1/2 teaspoons sugar
1 teaspoon red wine vinegar
1 teaspoon minced garlic
1 teaspoon minced ginger
1/4 teaspoon oriental sesame oil

Heat wok over medium-high heat 45 seconds. Add peppercorns, salt and star anise and stir until salt turns light brown, about 5 minutes. Transfer to bowl. Cool mixture slightly.

Rub peppercorn mixture into pork. Refrigerate 24 hours, turning once.

Place pork on pie plate. Set on rack in steamer. Cover; steam over high heat 1 hour. Cool to room temperature.

Brush peppercorns and star anise off pork. Using sharp knife, remove all but thin layer of skin and fat. Cut crosswise into three 2x5-inch pieces.

Heat vegetable oil in wok to 350°F. Dredge pork in flour, shaking off excess. Slide pork pieces down side of

recipe continued on page 150


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The Ultimate Mardi Gras Feast

Join the Fun As a New Orleans Couple Pulls Out All the Stops in a Delicious Buffet for 20

BY CARTER CHASE

SOME CALL IT a divine madness; others, a delicious decadence. For Julianne Lansing, however, Mardi Gras is a joyous excuse to show off her expert culinary talents.

As many other hosts and hostesses in New Orleans do, Julianne and her husband hold an all-day open house offering revelers a glorious buffet before the city's final two balls of the season. The Lansing home, a handsomely restored Louisiana gem with polished floors, graceful staircase, a long foyer cooled with tall green foliage in white jardinieres, and pale pink walls makes a serenely elegant setting for many forms of entertaining.

A petite, blue-eyed blond, Julianne obviously loves to give parties. "Especially with themes," she tells us as we visit her during preparations for this year's Mardi Gras celebration.

Today's masquerade is no exception—all the guests will be dressed flamboyantly, fantastically masked and costumed. After dining, everyone will attend all-night galas or watch the

TOP: Julianne and Paul Lansing, in full Carnival finery, serve doubloon punch and Gruyère-Parmesan puffs to fellow merrymakers. OPPOSITE: The bountiful "Fat Tuesday" dinner includes (from bottom left) spicy seafood and sausage gumbo; garlic-scented oysters on New Orleans French bread; and salad of tomato and hearts of palm.



PHOTOGRAPHS BY BRIAN LEATART





ABOVE LEFT: The Lansings' annual all-day open house fills the halls (and the stairwells) with friends. RIGHT: Masks, flowers, ribbons and other regalia of the season help set the appropriate holiday mood in the dining room.

parades that wind around the French Quarter. In keeping with the day, Julianne has planned a classic feast, featuring real southern gumbo and the traditional King Cake.

These festivities are all the more meaningful for the long history behind them. Mardi Gras and Carnival date back many centuries and have their own customs in other countries. The New Orleans version originated in the 1800s and has developed its own special flavor through the years. The merrymaking begins January 6, or Epiphany (known locally as Twelfth Night), and takes over the city. It peaks on "Mardi Gras"—French for "fat Tuesday"—the day before Ash Wednesday, which marks the start of the long Lenten fast.

Julianne turns to icing the golden yeast King Cake in which she has baked a small dried bean. (A tiny doll-shaped charm is also frequently used.) Originally, during the Roman Festival of Saturnalia, the master of revels was chosen by drawing beans. When this rite was incorporated into the Christian calendar as Twelfth Night, the title of king or queen fell to the person who received the piece of holiday cake with a fava bean baked inside.

In its present-day form, this seasonal pastry is served not only on Epiphany but throughout Carnival as well, and the discoverer of the bean garners various honors. At the annual Twelfth Night Ball, put on by the Twelfth Night Revelers, individual slices of cake are distributed to the young women making their debut. The one who gets the gold-colored bean is declared the queen of the ball and those who find silver-colored beans are designated her court. King Cake is often found at private parties in homes, offices and schools. The lucky bean finder gets the "honor" of bringing the next cake to a subsequent party.

As Julianne sprinkles three colored sugars on equal segments of the cake—the official colors of Mardi Gras: purple for justice, gold for power and green for faith—she improvises: "Tonight, I think we'll say whoever gets the hidden trinket is going to be the next *Bon Appétit* Great Cook!"

Now we watch Julianne finishing her savory-spicy gumbo with its flavorful mélange of vegetables, chicken, sausage and seafood. She will add the filé powder just before transferring the soup from her big copper stockpot to an oversize painted tureen shaped like a fatted ox—*"le boeuf gras"*—another favorite Mardi Gras symbol.

She moves on to a second sweet, the Praline Crunch Cake, spreading praline liqueur-flavored whipped cream over a beautifully light and airy sponge cake zesty with orange. Earlier, she had prepared the praline for the topping and now breaks it into pieces.

As she sticks the bits of candy over the sides of the cake and piles them high on top, she says: "Pralines, especially pecan ones, are a tradition here. Tourists never leave without taking some—as well as our wonderful Creole coffee with chicory—back to friends."

Julianne manages these preparty tasks well, with great efficiency and ease. Her secret is organization. "I really am a cooking engineer—I like to work out systems for my parties," she explains. She then has us sample the third dessert, Frozen Creole Cream Cheese. It is light, deliciously smooth, and tastes like a cross between English Devonshire cream and crème fraîche. "You can buy this cream cheese only in the New Orleans area, which is too bad for the rest of the country," she says with genuine sympathy. "But I

For accessories information, see page 148.

have found that blending creamed cottage cheese, half and half and whipping cream substitutes very well." Served with fig preserves or fresh fruit, this treat is eaten like ice cream.

Julianne's advance preparations are not limited to the menu: The table was set the night before with the family's best silver, napery and crystal; and flowers—chrysanthemums, delphinia, iris, lilies, ranunculi and freesias, all in keeping with the Mardi Gras colors—were arranged the previous day and placed throughout the house, creating a cheerful, fresh backdrop. Bright masks, beads, feathers and doubloons—more hallmarks of the season—festoon the tables.

BELOW: Frosting is spooned over the traditional ring-shaped king cake before cake is sprinkled with a trio of tinted sugars. BOTTOM: The spectacular dessert table, featuring the finished ring, a crunchy praline layer cake and frozen Creole cream cheese, is the Mardi Gras buffet's crowning glory.



Just before changing into her costume, Julianne makes the crisp, airy cheese puffs and puts them into the oven to keep warm. These will be served along with the Doubloon Punch, which is ready but for the last-minute addition of Champagne. The microwave oven reheats the oysters for one of the buffet offerings as well as the rice for the gumbo. The French bread, which she has baked and frozen a week ahead of time, has thawed earlier and is warming in the oven. The salad and vinaigrette are the final details to be attended to.

Julianne is dressing for Mardi Gras as Jenny Lind, a figure with whom she is particularly familiar. For the past several years at various community functions she has reenacted the singer's 1850 appearance in New Orleans. It sounds a little like Louisiana voodoo, but some people now think of Julianne as the reincarnation of Jenny Lind. Not only are her coloring and stature similar and her initials identical, but as a vocalist she is interested in the same area of classical music.

As the guests trickle in, costumed and masked, Paul Lansing greets them in his outfit. This surgeon, now transformed to a courtier, offers the early arrivals bracing Bloody Marys in hospitable Louisiana style.

When Julianne descends, a confection in pink taffeta and ribbons, her hair a mass of ringlets punctuated with bows and tiny old-fashioned flower nosegays called tuzzy-muzzies, it is a signal for the merriment, music, feasting and imbibing to begin. More guests appear and soon the contagious spirit of Mardi Gras infuses the Lansing home. This party-before-the-party is definitely a jolly success.



Pre-costume, Julianne prepares the gumbo.



continued from page 91

MARDI GRAS PARTY FOR 20

DOUBLOON PUNCH
GRUYERE-PARMESAN PUFFS
MYRIAM'S OYSTERS
NEW ORLEANS FRENCH BREAD
CREOLE TOMATO AND HEARTS OF PALM SALAD WITH BASIL
SEAFOOD AND SAUSAGE GUMBO
FROZEN CREOLE CREAM CHEESE
KING CAKE
PRALINE CRUNCH CAKE

DOUBLOON PUNCH

Doubloons are silver- and gold-colored coins thrown from floats during the Mardi Gras parades. Julianne also offers wine and beer from the buffet, besides this spicy punch.

20 servings

- **6 cups orange juice**
- **4 jalapeño chilies (or to taste), seeded and chopped**
- **2 750-ml bottles well-chilled dry Champagne**

Combine orange juice and chilies in large bowl. Cover; chill overnight.

Strain orange juice into punch bowl. Just before serving, add Champagne and mix gently. Ladle into cups.

GRUYERE-PARMESAN PUFFS

Makes about 60

- **1 cup water**
- **½ cup (1 stick) butter**
- **1 cup all purpose flour**
- **1½ teaspoons salt**
- **½ teaspoon coarsely cracked pepper**
- **4 eggs, room temperature**
- **¾ cup firmly packed grated Gruyère cheese**
- **¾ cup freshly grated Parmesan cheese**
- **Vegetable oil (for deep frying)**

Combine water and butter in heavy medium saucepan and bring to boil. Remove from heat. Add flour, salt and pepper and beat with wooden spoon until incorporated. Set over medium heat and beat until mixture pulls away from sides of pan. Transfer dough to large bowl. Using electric mixer, beat in eggs 1 at a time. Beat in cheeses. *(Can be prepared 8 hours ahead. Cover with plastic wrap and refrigerate.)*

Heat oil in deep fryer to 350°F. Drop mixture into oil by rounded teaspoonfuls (in batches; do not crowd) and fry until golden brown, 3 to 4 minutes. Remove using slotted spoon and drain on paper towels. Serve immediately.

MYRIAM'S OYSTERS

This delectable dish is based on one created by Myriam Guidroz, a respected New Orleans food writer and Julianne's first cooking teacher.

20 servings

- **1¾ cups (3½ sticks) unsalted butter**
- **1 pound mushrooms, thinly sliced**
- **2 quarts shucked oysters, drained (liquor reserved)**
- **2 cups minced fresh parsley**
- **½ cup minced garlic**
- **2 to 3 teaspoons coarsely cracked pepper**
- **1 teaspoon salt**
- **New Orleans French Bread (see recipe)**

Melt 2 tablespoons butter in heavy large skillet over medium heat. Add mushrooms and cook until just tender, stirring frequently, about 5 minutes. Remove using slotted spoon and drain on paper towels. Set aside.

Bring oyster liquor to gentle simmer in large saucepan. Add oysters and poach until edges begin to curl, about 5 minutes. Drain well; pat dry.

Melt remaining butter in heavy large skillet over medium-low heat. Add parsley, garlic, pepper and salt and cook until garlic is tender, stirring occasionally, about 10 minutes. Add mushrooms and oysters and stir to heat through. Serve immediately with New Orleans French Bread.

NEW ORLEANS FRENCH BREAD

Makes 4 loaves

- **2 envelopes dry yeast**
- **2 tablespoons sugar**
- **1 tablespoon salt**
- **2½ cups warm water (105°F to 115°F)**
- **7 cups bread flour**
- **1 egg white beaten with 1 teaspoon water (glaze)**

Sprinkle yeast, sugar and salt over water in large bowl; let stand until dissolved. Stir to blend. Let stand until foamy and proofed, about 10 minutes.

Add 5 cups flour to yeast mixture and stir to incorporate. Stir in another 1 cup flour. Turn dough out onto generously floured surface. Knead in remaining 1 cup flour. Continue kneading until dough is very smooth and elastic, about 10 minutes.

Butter large bowl. Add dough, turning to coat entire surface. Cover and let rise in warm draft-free area until doubled in volume, about 1 hour.

Punch dough down. Let stand 15 minutes at room temperature.

Generously butter four 18-inch baguette pans. Knead dough 3 to 4 times. Divide evenly into 4 pieces. Roll 1 piece into 7x15-inch oblong. Roll up as for jelly roll. Set seam side down in 1 prepared pan. Repeat with remaining pieces. Using razor blade, make three to four ⅜-inch-deep slashes atop each loaf. Brush each with glaze. Let stand in warm draft-free area until dough rises to top of pans, about 1 hour.

Preheat oven to 450°F. Bake loaves 15 minutes. Reduce oven temperature to 350°F. Continue baking until bread sounds hollow when tapped on bottom, about 30 minutes. Remove from pans. Serve immediately. *(Can be prepared 3 months ahead. Cool completely. Wrap in foil and freeze. Rewarm in 350°F oven for about 20 minutes.)*

CREOLE TOMATO AND HEARTS OF PALM SALAD WITH BASIL

20 servings

- **1 cup plus 2 tablespoons olive oil**
- **½ cup red wine vinegar**
- **2 tablespoons Dijon or Creole mustard**
- **1 teaspoon salt**
- **1 teaspoon cracked pepper**
- **2 garlic cloves, minced**
- **5 heads red leaf lettuce, torn into bite-size pieces**
- **8 large tomatoes, preferably Creole, cut into wedges**
- **4 14.4-ounce cans hearts of palm, drained, cut into thin rounds**
- **18 fresh basil leaves, snipped**
- **½ pound Roquefort cheese, crumbled**

Whisk 2 tablespoons olive oil, vinegar, mustard, salt, pepper and garlic in small bowl. Whisk in remaining 1 cup olive oil in thin stream.

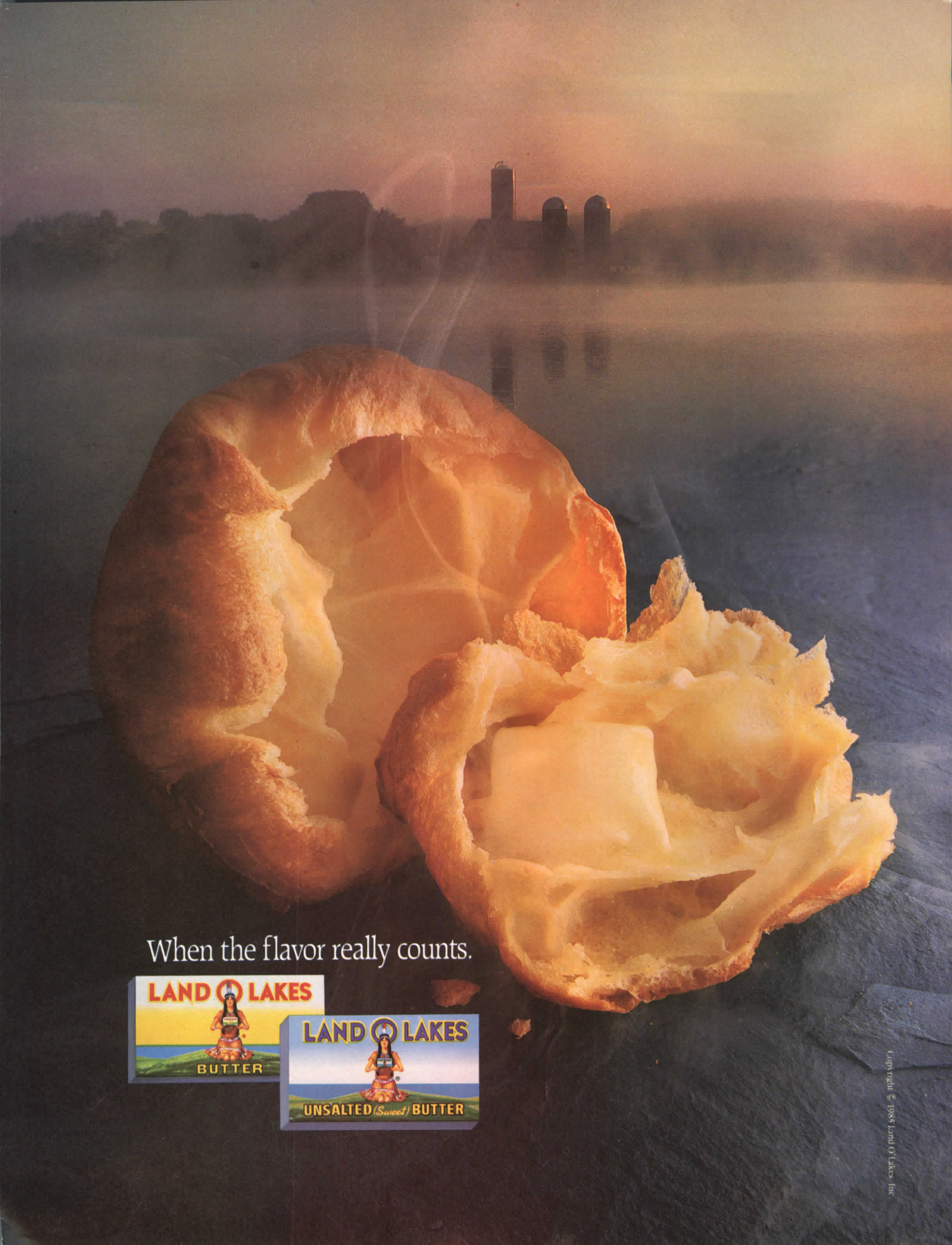
Combine lettuce, tomatoes, hearts of palm and basil in large bowl. Toss with dressing. Sprinkle with cheese.

SEAFOOD AND SAUSAGE GUMBO (Cover Recipe)

20 servings

- **1 cup vegetable oil**
- **1 cup all purpose flour**
- **3 large onions, chopped**
- **8 celery stalks, chopped**
- **1 large green bell pepper, chopped**
- **½ cup minced fresh parsley**

recipe continued on page 94



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GREAT COOK

continued from page 92

6 garlic cloves, minced

2 tablespoons solid vegetable shortening
1 pound okra, cut crosswise into 1/2-inch rounds
1 teaspoon distilled white vinegar

4 pounds uncooked unshelled medium shrimp

4 quarts chicken stock
1 pound spicy sausage (such as andouille) cut into 1/2-inch rounds and sautéed quickly on both sides
1/2 cup Worcestershire sauce
1/2 cup catsup
1 large tomato, chopped
2 tablespoons Pickapeppa Sauce*
1 tablespoon salt
1 teaspoon cayenne pepper
1 teaspoon minced fresh thyme or 1/4 teaspoon dried, crumbled
1 teaspoon minced fresh rosemary or 1/4 teaspoon dried, crumbled
1 teaspoon dried red pepper flakes
2 bay leaves

1 pound lump crabmeat
1 quart shucked oysters, drained
2 cups chopped cooked chicken
1/2 cup light brown sugar
2 tablespoons fresh lemon juice
1 tablespoon filé powder
Freshly cooked white rice

Heat oil in heavy large pot over very low heat. Gradually add flour and stir with wooden spoon until roux is nicely browned, about 30 minutes.

Increase heat to medium. Add onions, celery, bell pepper, parsley and garlic to roux and cook until vegetables are soft, stirring often, about 45 minutes.

Melt shortening in heavy large skillet over medium-low heat. Add okra and vinegar and cook until okra is no longer stringy, stirring occasionally, 25 to 30 minutes. Add to onion mixture.

Meanwhile, poach shrimp in boiling water to cover until pink. Drain, reserving liquid. Shell shrimp.

Add reserved shrimp liquid, stock, sausage, Worcestershire sauce, catsup, tomato, Pickapeppa Sauce, salt, cayenne, thyme, rosemary, pepper flakes and bay leaves to okra mixture and simmer until very thick, stirring occasionally, about 3 hours. *(Can be prepared 2 days ahead. Cool completely, cover and refrigerate. Bring to simmer before continuing with recipe.)*

Add shrimp, crabmeat, oysters and chicken to gumbo and cook until edges of oysters begin to curl, about 5 minutes. Stir in brown sugar and lemon juice. Adjust seasoning. Remove gumbo from heat. Stir in filé powder. To serve, spoon rice into soup bowls. Ladle gumbo over.

**Available at specialty foods stores.*

FROZEN CREOLE CREAM CHEESE

Serve with fresh fruit or fig preserves. This is prepared in two batches because the quantity is too large for most standard home ice cream machines.

20 servings

2 12-ounce cartons large curd creamed cottage cheese
4 cups half and half
2 cups whipping cream
1 1/2 cups sugar
3/4 cup strained fresh lemon juice
2 teaspoons vanilla

Blend 1 carton cottage cheese and 1 cup half and half in processor until smooth. Add another 1 cup half and half, 1 cup cream, 3/4 cup sugar, 6 tablespoons lemon juice and 1 teaspoon vanilla and mix until smooth. Transfer to ice cream maker and process according to manufacturer's instructions; finished texture should be light and creamy. Repeat with remaining ingredients. Serve immediately or freeze until ready to serve.



KING CAKE

No Mardi Gras feast would be complete without this classic nutmeg-accented yeast cake. Whoever gets the bean brings the cake to the next party.

20 servings

2 envelopes dry yeast
1½ cups plus 2 teaspoons sugar
½ cup warm water (105°F to 115°F)

5 egg yolks, room temperature
½ cup lukewarm milk
½ cup melted butter
1½ teaspoons salt
1 teaspoon freshly grated nutmeg
4¼ cups (about) bread flour

1 egg beaten with 2 teaspoons milk (glaze)
1 tablespoon cinnamon
1 dried bean

Green food coloring
Violet food coloring*
Yellow food coloring

¼ cup strained fresh lemon juice
3 cups powdered sugar
3 tablespoons water

Sprinkle yeast and 2 teaspoons sugar over water in heavy-duty mixer bowl. Let stand until dissolved; stir to blend. Let stand until mixture is foamy and proofed, about 10 minutes.

Whisk together yolks, milk and butter in small bowl. Stir ½ cup sugar, salt and nutmeg into yeast mixture. Stir in yolk mixture. Attach dough hook. Gradually add 4 cups flour and beat until dough starts to climb hook, about 5 minutes. (Dough can also be made by hand.) Turn dough out onto generously floured surface and knead until somewhat stiff, adding up to ¼ cup flour if dough is sticky, about 5 minutes. Butter large bowl. Add dough, turning to coat entire surface. Cover and let rise in warm draft-free area until doubled, about 1½ hours.

Butter round baking sheet. Punch dough down. Transfer to pastry cloth. Knead dough until easy to handle, about 3 minutes. Roll dough out to 9x30-inch rectangle. Using pizza cutter, cut dough into three 3x30-inch strips. Lightly brush top of each with glaze. Mix ¼ cup sugar with cinnamon. Sprinkle over strips. Braid strips. Attach ends, forming 10-inch circle. Using several spatulas, transfer to prepared sheet. Press dried bean into bottom of dough, enclosing completely. Let dough rise in warm draft-free area until doubled, about 45 minutes.

Preheat oven to 375°F. Bake cake until golden, about 25 minutes. Do not overbake; cake should be moist. Cool to room temperature. *(Can be prepared 2 days ahead. Wrap tightly.)*

Using hands, mix enough of green food coloring (about 2 drops) into ¼ cup sugar to achieve vibrant color. Repeat with remaining colorings, using ¼ cup sugar for each.

Stir lemon juice into powdered sugar in small bowl. Add water 1 tablespoon at a time, stirring until smooth. Place cake on rack over waxed paper. Frost top of cake, allowing icing to drip down sides. Immediately sprinkle top with colored sugars, alternating in wedges of green, purple and yellow. *(Can be prepared up to 1 day ahead.)* Serve cake at room temperature.

**Available at baking supplies stores.*

PRALINE CRUNCH CAKE

An old-fashioned triple layer cake filled with whipped cream and bits of caramelized pecan candy.

20 servings

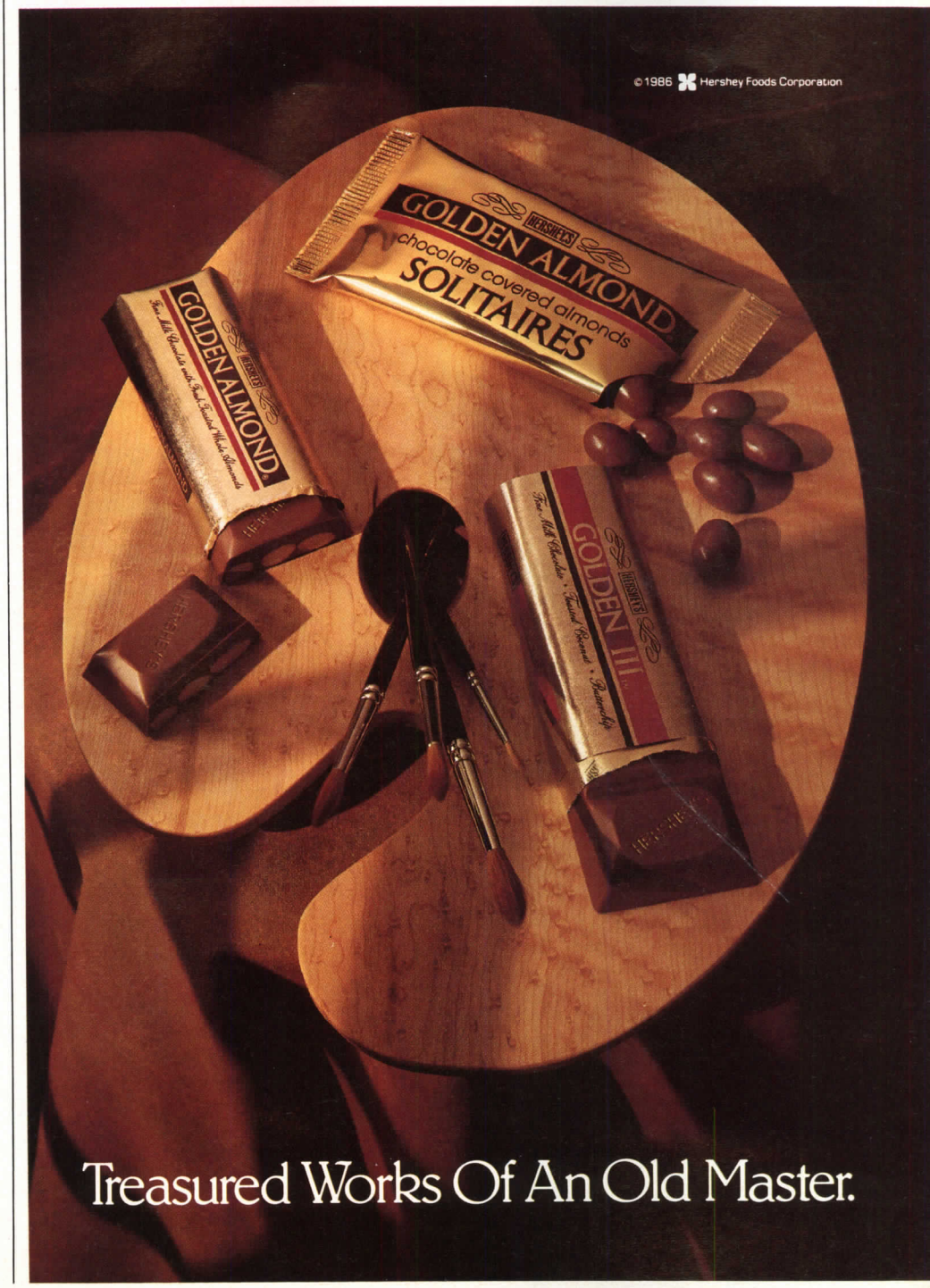
Praline

3 cups sugar
1 cup light corn syrup
½ cup Praline liqueur
1⅓ cups chopped toasted pecans
1 tablespoon sifted baking soda

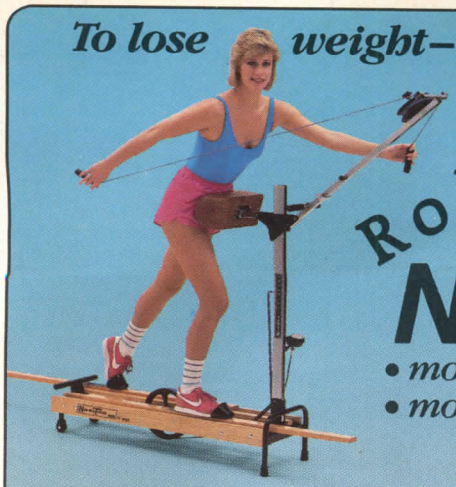
Cake

1¼ cups sifted cake flour

recipe continued on page 96



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GREAT COOK

continued from page 95

1½ cups superfine sugar
6 egg yolks, room temperature
½ cup strained fresh orange juice
1 tablespoon grated orange peel
1 tablespoon orange liqueur
Pinch of salt

8 egg whites, room temperature
⅛ teaspoon cream of tartar

Topping

4 cups whipping cream
2 tablespoons Praline liqueur

For praline: Grease baking sheet. Cook 1½ cups sugar, ½ cup corn syrup and ¼ cup liqueur in heavy medium saucepan over low heat until sugar dissolves, swirling pan occasionally. Increase heat and boil until just before candy thermometer registers 300°F (hard-crack stage). Add half of pecans. Remove from heat. Add 1½ teaspoons baking soda and stir gently to dissolve. Immediately turn out onto prepared pan, spreading evenly. Cool completely. Break into large chunks. Store in plastic bag. Repeat with remaining ingredients to make second batch of praline. *(Can be prepared 1 week ahead.)*

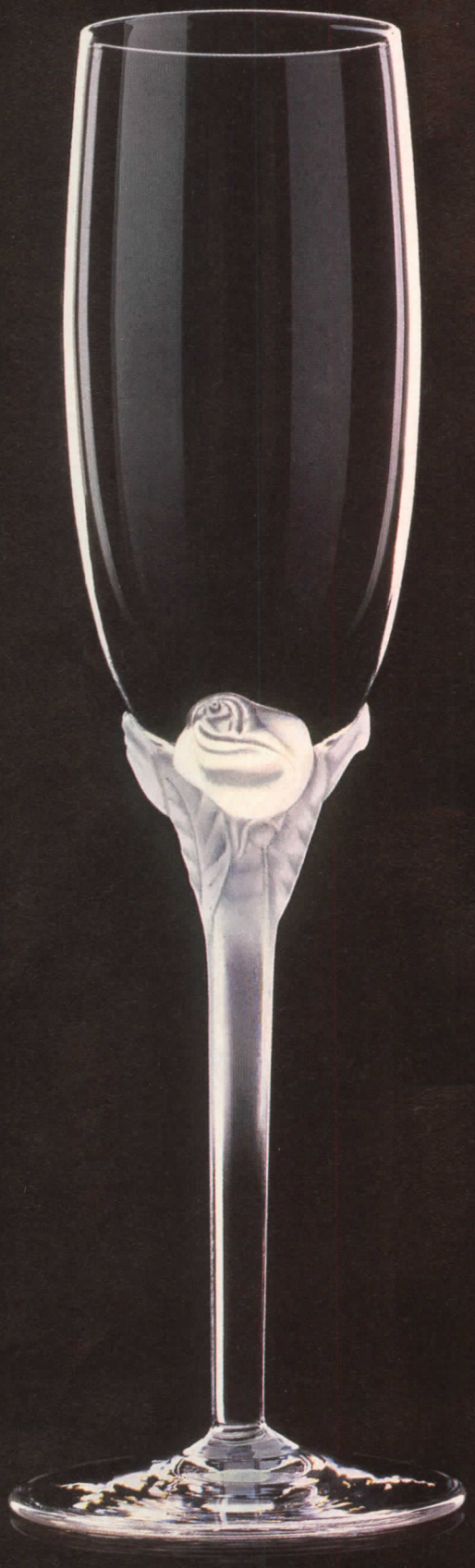
For cake: Preheat oven to 350°F. Sift flour and ½ cup sugar into large bowl. Make well in center. Add ¼ cup sugar, yolks, juice, peel, liqueur and salt. Using electric mixer, beat until slowly dissolving ribbon forms when beaters are lifted; do not overbeat.

Using clean dry beaters, beat whites with cream of tartar until soft peaks form. Gradually add remaining ¾ cup sugar and beat until stiff but not dry. Fold ⅓ of whites into batter to loosen. Fold in remaining whites. Turn into 10-inch angel-food cake pan. Using fork, break any air bubbles. Using spatula, smooth top. Bake until tester inserted in center comes out clean, 45 to 50 minutes. Invert pan and let cake cool completely in pan. *(Can be prepared 3 days ahead and refrigerated.)*

For topping: Crush half of praline to coarse crumbs. Break remaining into quarter-size pieces. Using electric mixer, beat whipping cream to stiff peaks. Fold in Praline liqueur.

To assemble: Remove cake from pan. Using long serrated knife, cut evenly into 3 layers. Set bottom layer on 10-inch cardboard round. Spread with ½-inch-thick layer of whipped cream. Sprinkle with half of praline crumbs. Top with second cake layer. Spread with ½-inch-thick layer of whipped cream. Sprinkle with remaining praline crumbs. Top with third cake layer. Spread top and sides with remaining whipped cream. Decorate with larger praline pieces. Serve immediately.□

Lenox.



Shown actual size

The Ritz Crystal Champagne Flutes

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Wines Down Under

An Intrepid Tasting Tour of Australia Yields Some Brilliant Surprises

BY ANTHONY DIAS BLUE

PHOTOGRAPH BY RUDI LEGNAME



AUSTRALIA IS A LAND of paradoxes. Its cities are as sleek and modern as any in the Northern Hemisphere; then, just a few miles away from downtown, you find yourself skidding along a one-lane gravel road and staring at a sign announcing that the next town is 40 miles away. For Americans the country still seems enormously remote (a nonstop flight to Sydney from California takes 16 hours), and yet, every weekday around midnight, the "Today" show, complete with Willard Scott's U.S. weather report, is broadcast there.



WINES DOWN UNDER

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Although most Australians trace their ethnic roots back to England, they seem to have a much greater affinity for the culture and style of America—"Crocodile" Dundee notwithstanding. Popular television shows "down under" include "The Cosby Show," "Family Ties" and "Dynasty" (pronounced "DIN-asty"). NFL football (it's called "gridiron" over there) is shown weekly, and our pop music gushes from every radio. In addition, Australians like their wines to have the same forward, ripe fruit and charm as the California wines we drink.

Aussies are hearty, outspoken and charming people—active, rugged folk. They have a swagger about them that is quite appealing, especially in contrast to what seemed to me an underlying insecurity. "Do you *really* like our country?" "Do you *really* like our wines?" are questions that are frequently asked—with wide-eyed wonder—of foreign visitors. Australians are genuinely surprised when they or their products are compared favorably with those of the rest of the world.

The fact is, Australian wines are very good. The best of them are quite comparable to the top ones produced in California's vineyards. Another bit of good news for consumers here is the fact that toward the end of last year, the Australian dollar plunged in relation to our dollar, making Aussie wines a real bargain for the time being.

Early Days

The first grapevine cuttings were brought to Australia by Captain Arthur Phillip, the first governor and the man who established the initial penal colony on the continent, in 1788. He tried planting vines in various parts of Sydney and after several failures managed to establish a vineyard in 1791.

Throughout the nineteenth century, wine production and usage grew steadily, for two reasons. First, there was encouragement from the government, which was concerned about excessive consumption of rum by the settlers: Officials thought wine would convert the populace to moderation. Second, the English saw Australia as an opportunity to develop a wine source they could control, so that they wouldn't always be at the mercy of French and Spanish producers.

The Australian wine industry continued to thrive and expand into the twentieth century. Except for pauses during the two World Wars, growth was smooth and steady. Unlike us, the Australians didn't have Prohibition to knock things off track.

Coming into the 1960s, fortified wines, such as Sherry and Port, accounted for 70 percent of all Australian wine sales, and even into the seventies red table wines outsold the white two to one. But in a reversal that was echoed in the U.S. market, the next 15 years saw white wines take a commanding lead at every price level.

The White Wines

Because they had to be accepted by the English market and because there were no native wine grape varieties, from the start, Australian wines have been made from traditional European grapes.

The most popular whites are produced from Rhine Riesling (known as Riesling in Germany, Johannisberg Riesling or White Riesling in the United States). This delicate variety does very well in Australia, making a wine with finesse and crisp fruit. Australian Rhine Rieslings are generally fresh and lean but have plenty of ripe fruitiness. Stylistically, they have the structure of German or Alsatian Rieslings but the richness and roundness of Johannisbergs from California. They gain complexity as they age, and many of them are still delicious ten years after the harvest.

The next most important premium white is Sémillon, the variety that along with Sauvignon Blanc dominates the white wine grape plantings of the Bordeaux region of France. Sémillon makes a rich, complex wine that is often oak aged. Very much like Chardonnay in style, Aussie Sémillons generally mature quite nicely.

Not surprisingly, Chardonnay is the white variety growing fastest in popularity. The great grape of Burgundy and California has been making big inroads over the past five years or so. Another comer is Sauvignon Blanc, which is slowly gaining a foothold in various areas. Other white table wines found include Traminer (Gewürztraminer in the United States), Trebbiano (Italy's leading white) and Marsanne (a primary grape of the Rhône).

. . . and the Red

Far and away the most widely planted red varietal in Australia is Shiraz. This robust grape, imported from the Rhône Valley, is known as Syrah in France and California. (Shiraz is not related to the Petite Sirah, a lesser variety planted in California that is thought to be the same as the Duriff, another Rhône Valley red.) Two other Rhône varieties, Mataro (known as Mourvèdre in France) and Grenache, are quite common also. These two are sometimes released on their own but are more often used for blending.

Cabernet Sauvignon has been planted in Australian vineyards for decades, but over the past six or eight years, it has assumed an increasingly important position. Its worldwide popularity, in contrast to the relative obscurity of Shiraz, has made this noble red of Bordeaux extremely attractive, especially to those wineries that have export aspirations.

In addition, the grapes that in France are blended with Cabernet Sauvignon are gaining in prominence in some Australian circles. Although rarely bottled on their own, Merlot, Cabernet Franc and Malbec have been very successful in lending finesse and complexity to Australian Cabernets.

Pinor Noir gives winemakers fits—no matter where it's planted, this temperamental red grape from Burgundy seems to manifest the same infuriating inconsistency. Undaunted, some courageous Aussie vintners have taken Pinot Noir on, and a few have had dramatic success with this errant grape.

Australia still produces a sizable amount of Sherry, Port and other dessert wines. For this purpose there are also substantial plantings of Palomino, Pedro Ximénez and Black Muscat.

Some Statistics

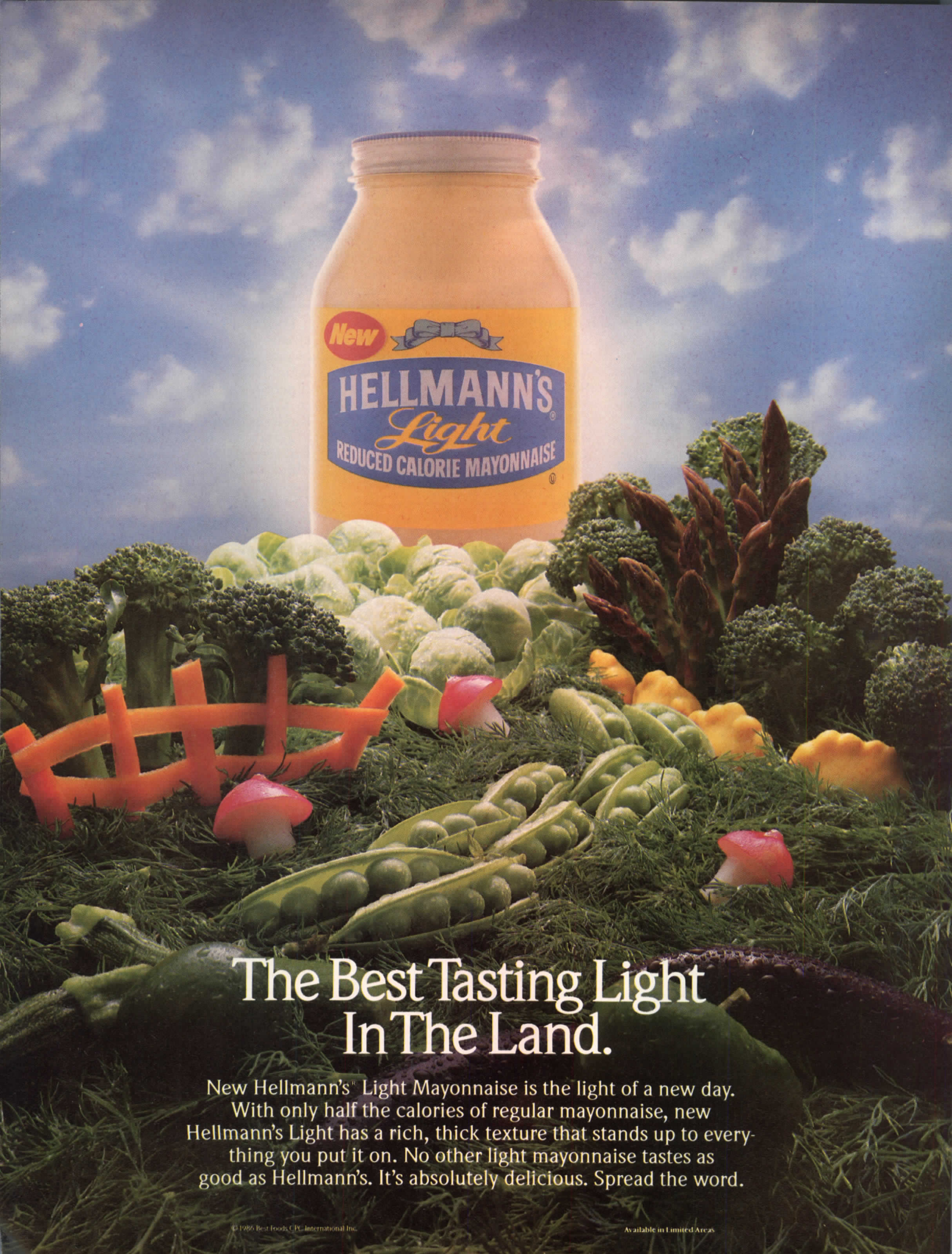
At present, there are more than four hundred wineries in Australia, a remarkable number considering that there are only a little more than 15 million people in the entire country. This population, almost half that of California, is certainly not very large for an area close to 3 million square miles (more than three-quarters the size of the United States). Their per-capita consumption of wine is approximately five gallons per year, about twice that of ours, but because of the small population base, the Aussie wine industry still needs a healthy boost from the export market to support its large, expanding production.

Defining the Boundaries

The winegrowing regions are concentrated mainly in South Australia, the area around Adelaide; New South Wales, north of Sydney; and Victoria, by Melbourne. A small amount of high-quality wine is also produced in the southern corner of Western Australia, not far from Perth. There is a similarity between the location of these vineyards to those in the Northern Hemisphere: Melbourne is close to the 38th parallel of south latitude, while the 38th parallel of north latitude runs just above San Francisco, near Napa and Sonoma.

Barossa Valley

This valley, an hour by car to the northeast of Adelaide, is Australia's largest premium wine district. About 18,000 acres of vineyards extend in a random pattern over a gently undulating terrain 22 miles long and 16 miles wide. These vines, which are almost evenly split between red and white va-



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WINES DOWN UNDER

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rieties, are tended by some 650 growers. Nearly 30 wineries spread along the valley's north-south axis.

The Barossa was settled in the mid-1800s, mainly by three shiploads of Lutheran farmers fleeing Prussian oppression in Silesia. (To this day local residents have a distinctive Germanic twinge to their accents.) Their immigration was financed by a valley landholder who needed labor for his large estates. It wasn't long before they began buying their own land and planting vineyards. In this, they were following the lead of Bavarian immigrant Johann Gramp, who planted vines in 1847 at Rowland Flat, situated in the southern part of the valley.

Other pioneer vintners included Samuel Hoffman (who also planted in 1847), English brewer Samuel Smith (1849) and J.E. Seppelt (1851). All three founded wineries that have prospered and still bear their names. Johann Gramp's original property became Orlando Wines, currently Australia's biggest volume producer.

Orlando, which sells an estimated seven million cases annually and has over one hundred brands, makes much of its cheaper, bulk wine at a facility in the Murrumbidgee Irrigation Area. The firm also buys wine and juice from Eden Valley and Coonawarra. Like Orlando, a number of wineries located in specific growing areas derive a large part of their production from grapes grown in other regions. Vintners also frequently blend two or more wines grown in different areas. For this reason, appellations of origin are much less important in Australia than in America or Europe.

Although Orlando produces prize-winning premium wines, the lion's share of their sales comes from "bag-in-box" casks. This bargain-priced packaging, which has had only modest success in the United States, represents a large part of the Australian wine market. These boxes, complete with a very handy serving spigot, are a fixture in Aussie refrigerators.

Other Important Barossa Valley Names

S. Smith & Son markets under the labels Hill-Smith Estate, Yalumba, Pewsey Vale and Heggies. This large, quality operation is still run by the descendants of Samuel Smith. Wyndham Hill-Smith, a renowned cricketeer, has recently turned management of the company over to his son Robert, a young man greatly interested in the export market. The wines are clean and well made, especially the new sparkling one, developed with Deutz, the French Champagne house.

Seppelt is an old-time firm that is now publicly owned, with two wineries in the Barossa, plus several more in other growing regions. The company has a range of products; of most interest are the "Reserve Bin" varietals, particularly the Chardonnay.

A relative newcomer, Wolf Blass, emigrated to Australia from Germany in 1961. His company, publicly traded since 1984, is now worth more than $17 million. Part of this rapid success can be attributed to Mr. Blass's impeccable winemaking skills—especially evident with Rhine Riesling and Cabernet Sauvignon—and the other part of it is a direct result of his amazing gift for showmanship and marketing.

Two talented young winemakers, Grant Burge and Ian Wilson, founded the small, quality Krondorf winery in 1978. It has become another dramatic success story. The winery produces distinctive Sauvignon Blanc, Chardonnay and Cabernet Sauvignon. It is now part of the giant Mildara Wines (about which, more later).

Clare Valley

This is a lovely spread of gentle meadows and gradually sloping vineyards, located just a few miles north of the Barossa. Grape plantings began in the Clare at about the same time as they did in the Barossa. This small region has close to six thousand acres under vines, about two-thirds of which are planted in white varieties. The most widely farmed grape is Rhine Riesling, with Shiraz just nosing out Cabernet Sauvignon among the reds.

Two of the better wineries in the Clare are Enterprise Wines and Quelltaler Estate. Enterprise is small, founded by Tim Knappstein in 1976. He is the scion of the family that used to run Stanley Leasingham, the Clare Valley's largest winery, which was subsequently sold to H.J. Heinz. Tim is especially known for his elegant, long-aging Cabernet Sauvignons.

Quelltaler is a venerable winery that has been given a new lease on life by French winemaker Michel Dietrich. He is making brilliant Sémillons, splendid Sauvignon Blancs, lovely Rhine Rieslings and stunning Sauternes-like "Noble Semillons."

Adelaide Hills

Australia is not a mountainous continent; its tallest peak is only 7,300 feet high. Adelaide, located on the eastern edge of the Great Australian Bight (the large bay under the country's southern coast), is surrounded by hills that would be quite unremarkable anywhere else but that practically qualify as a mountain range in Australia. The Barossa lies on the east side of the hills, and the Southern Vales are found to their south.

A number of wineries are located here, including a facility owned by S. Smith & Son. The most interesting is Petaluma, the 100,000-case winery founded in 1976 by winemaker Brian Croser. Along the way other partners have joined the project, including Western Australia entrepreneur Denis Horgan (see Leeuwin Estate below), wine writer Len Evans (see The Rothbury Estate below) and Bollinger, the French Champagne house.

The fastidious Mr. Croser is recognized as one of Australia's most innovative enologists. After studying in Australia, he spent 15 months at the University of California at Davis.

Petaluma produces complex and elegant Chardonnays from winery-owned vineyards planted in the Adelaide Hills. The winery also makes superb Cabernets from grapes grown in Coonawarra, and lovely Rhine Rieslings from Clare Valley fruit.

Petaluma owns a second winery, Bridgewater Mill, which has a complete line of clean and attractive varietals at moderate prices. Brian Croser and Petaluma are also involved in a sparkling-wine project in the U.S.

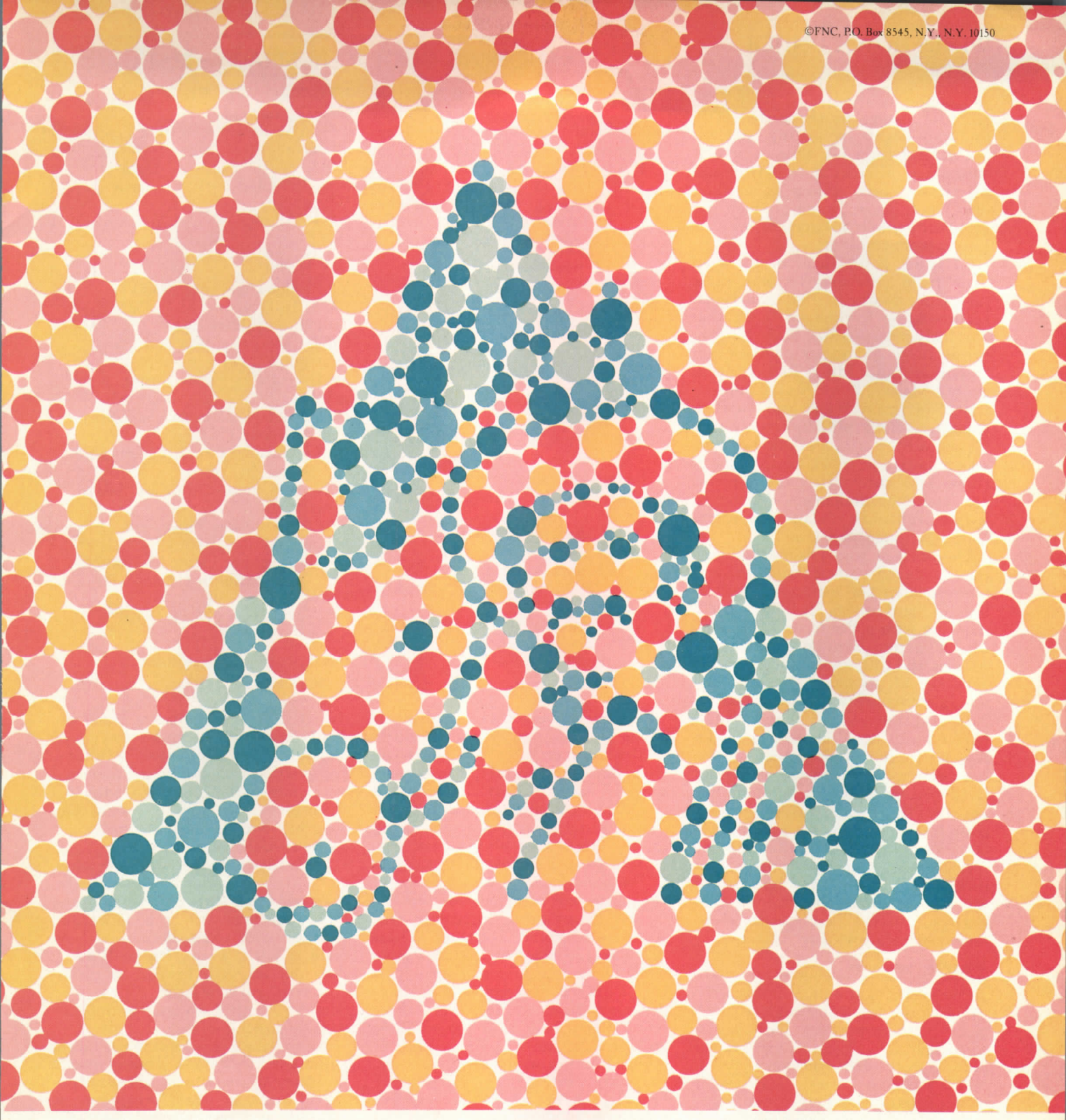
Penfolds is another big winery conglomerate. It really should be listed in the Barossa Valley section, but its very best wine—some say the best wine being made in Australia today—comes from the Adelaide Hills.

This megawinery has myriad brands, including Kaiser Stuhl and Minchinbury. But Penfolds's real claim to fame among true winelovers is the fabulous Grange Hermitage, a Shiraz grown mainly on the Magill Vineyard just outside Adelaide. Recently a bottle of the 1955 vintage of this magnificent wine, made by legendary Penfolds enologist Max Schubert, brought $400 at auction. This particular wine, which I was lucky enough to taste, is incredibly rich and leathery, with velvety texture and layers of flavor complexity. Also impressive and almost as celebrated is Penfolds Bin 707 Cabernet Sauvignon.

Coonawarra

This word means "honeysuckle" in the aborigine language, and that is about the only pretty thing about this flat, unappealing area. Located miles away from both Adelaide and Melbourne, it is reachable only by small plane or a tedious automobile ride. Yet despite its lack of charm, Coonawarra is developing the reputation as the finest region here for red wines, particularly Cabernet Sauvignon.

There was an attempt to create a wine industry in Coonawarra at the turn of the century, but it fizzled, and it wasn't until the mid-fifties that, thanks to the determination of Bill Redman, the region became accepted



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WINES DOWN UNDER

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as a source of top-quality fruit, both red and white. In the early 1900s, Redman began by selling first his grapes and then his wine to several wineries in other areas. In 1954 he and his family began selling under their own label, Rouge Homme, which was eventually sold to Lindemans, another huge winery combine.

Mildara, a producer of fortified wine from northern Victoria, came *into* Coonawarra in 1955 and began accumulating a vineyard block that currently measures 670 acres. Mildara grows large quantities of Cabernet Sauvignon and Rhine Riesling, plus Shiraz, Malbec, Pinot Noir, Chardonnay, Sauvignon Blanc and Gewürztraminer. Since Mildara's entry into Coonawarra, a stream of wineries have set up shop in its cool climate. Some of those with substantial commitments are Petaluma, Lindemans, Rosemount Estate, Penfolds, Orlando, Thomas Hardy & Sons and Wynns.

Gavin Hogg, winemaker at Mildara, has created some magnificent Coonawarra Cabernets, as well as lovely Chardonnays. He is now experimenting with a Bordeaux-style blend of Cabernet Sauvignon, Merlot, Malbec and Cabernet Franc. The 1985 version, still in barrel, was the best young red wine I tasted in Australia.

In addition to Krondorf, Mildara has recently acquired Balgownie Estate, a winery in central Victoria that has been quite successful with long-lived Cabernet Sauvignons and impressive Pinot Noirs. In 1984 the company bought Yellowglen, a firm about 80 miles northwest of Melbourne that specializes in sparkling wines. Dominique Landragin, a Champagne-trained Frenchman, is currently making some of the best *méthode champenoise* sparkling wine in Australia.

Western Australia

To me, Perth is the most isolated city in the world. It is a crisply clean, lively place built by a pretty bay opening into the Indian Ocean. A million people live in the area and don't seem to mind that the closest large city is nearly two thousand miles away.

About 180 miles south of Perth is the Margaret River region, the youngest and fastest-growing wine district in Australia. This wild spot is one of the most beautiful and unspoiled on earth. Grapes grow just a few hundred yards from long, white, virtually uninhabited beaches washed by blue-green surf. The nearly 1,500 acres of healthy new vineyards are troubled only by occasional strong winds, flocks of colorful kookaburras and magpies, and groups of hungry kangaroos.

A prime mover in Margaret River is Denis Horgan, one of the country's wealthiest men. A chance meeting with Robert Mondavi, who subsequently helped select the vineyard site, convinced him to build Leeuwin Estate winery here. Without being overly concerned about cost, Mr. Horgan created a showplace facility.

The first vineyards were planted in 1975, and the Mondavis helped the venture get off on the right foot with generous technical assistance. There are now 220 acres of Leeuwin vineyard, planted mainly to Rhine Riesling, Cabernet Sauvignon and Chardonnay, with smaller amounts of three more: Pinot Noir, Sauvignon Blanc and Gewürztraminer.

At a London tasting three years ago, the 1981 Leeuwin barrel-fermented, French oak–aged Chardonnay was picked out of a field of 70 competitors as "the world's best Chardonnay." In addition to that, the company produces exquisite Cabernet Sauvignon, Sauvignon Blanc, Gewürztraminer and a special Pinot Noir.

Hunter Valley

About one hundred miles north of Sydney lies the Hunter Valley, Australia's oldest commercial wine region. The history of wine production in this sparsely populated area goes back to the 1830s, when convicts built the roads leading into the towns of Cessnock, Pokolbin and Rothbury. Early settlers were originally interested only in providing enough wine for themselves, but soon enough they went into the business of supplying it to the residents of Sydney.

The valley is divided into two subregions, the Lower Hunter, with 34 wineries and 6,500 acres of vines; and the Upper Hunter, with 7 wineries and 3,000 acres of vines. Because the climate is fairly warm, Rhine Riesling does not do well. Instead, the most common varieties are Shiraz and Sémillon, with Cabernet and Chardonnay moving up steadily.

Among the key players in the Lower Hunter is Lindemans. This is one of the three largest winery operations in all of Australia (the aforementioned Penfolds and Orlando are the other two). The company, a wholly owned subsidiary of Philip Morris Limited, gained its fine reputation from making excellent Sémillon-based white wines and hearty Shiraz reds.

The Rothbury Estate is another important factor here. This attractive, modern facility produces 125,000 cases of premium wines, made mostly from grapes grown in estate-owned vineyards. Some of Rothbury's best fruit

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A SHOPPING GUIDE TO AUSTRALIA'S BEST

From my tasting notes, here are some selected Australian wines that I particularly enjoyed. If you are surprised to see 1986 bottlings on this list, don't forget that the harvest "down under" is held in February and March. Any of the following would be a fine introduction to a burgeoning industry.

White Wines

1984 Balgownie Chardonnay ($9)
1982 De Bortoli Wines Botrytis Semillon ($8; 375 ml)
1984 Hill-Smith Estate White ($4)
1983 Hill-Smith Estate Autumn Harvest Botrytis Semillon ($8.50; 375 ml)
1986 Krondorf Chardonnay ($7)
1985 Leeuwin Estate Oak-matured Sauvignon Blanc ($20)
1983 Leeuwin Estate Chardonnay ($28)
1985 Mildara Coonawarra Chardonnay ($9)
1982 Mitchelton Marsanne ($8)
1986 Orlando St. Hilary Chardonnay ($9)
1985 Petaluma Chardonnay ($20)
1985 Quelltaler Estate Wood-aged Semillon ($12)
1986 Rosemount Estate Roxburgh Chardonnay ($13)
1986 The Rothbury Estate Reserve Chardonnay ($8.50)
1985 Wolf Blass Colombard-Semillon-Chardonnay (Classic Dry White) ($9)
1984 Yellowglen Cuvée Victoria ($16)

Red Wines

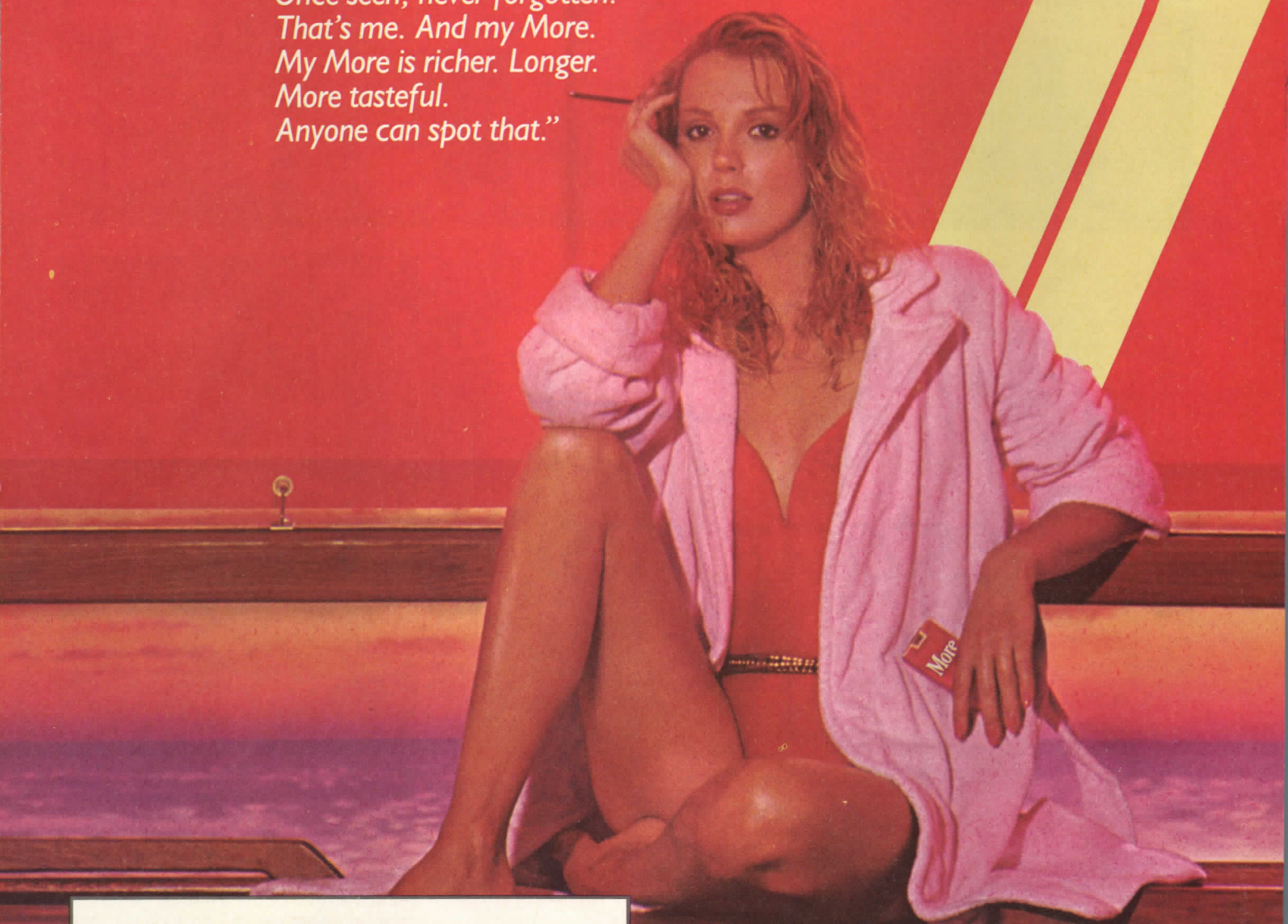
1985 Balgownie Pinot Noir ($9)
1983 Bridgewater Mill Cabernet Sauvignon ($12.50)
1984 Enterprise Wines Cabernet Sauvignon ($10)
1981 Leeuwin Estate Pinot Noir ($32)
1985 Mildara Coonawarra Cabernet Sauvignon ($8)
1984 Penfolds Bin 707 Cabernet Sauvignon ($17)
1982 Petaluma Cabernet Sauvignon ($20)
1985 The Robson Vineyard Cabernet Sauvignon ($10.50)
1984 Rosemount Estate Merlot ($8)
1983 The Rothbury Estate Pinot Noir ($8.50)
1981 Wolf Blass "Black Label" Cabernet Sauvignon ($12.50)

Listed prices are approximate.

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The Grand Hotel Restaurants of Paris



A Luxurious Quartet Where the Best Traditions of Haute Cuisine Live On

BY PATRICIA WELLS

SEASONS, FADS AND STYLES of cuisine come and go in Paris, but there is always a place in everyone's heart for the romantic luxury meal—the clink of Champagne glasses, the candlelight, tuxedoed waiters and live music.

The places I like to go are the grand hotel dining rooms, solid restaurants that offer great class, a sense of history and the assurance of a good time.

Of course, there was a day not long ago when most people steered away from the hotel restaurants, assuming that the best food was to be found in the smaller, privately owned establishments. But today, thanks to an increased effort on the part of the owners to upgrade kitchens, attract sterling chefs and place new emphasis on well-stocked wine cellars, hotel dining rooms are thoroughly back in fashion.

PHOTOGRAPHS BY PAUL ELSON

Posh hotels such as the Bristol on the rue du Faubourg Saint-Honoré, The Ritz on place Vendôme, the Crillon on place de la Concorde and the Plaza-Athénée on avenue Montaigne now boast of dining rooms that should please anyone. What's more, as Parisians themselves are discovering, these restaurants never close, are rarely booked weeks in advance, and are prepared to deal most professionally with unusual requests, special diets and the most finicky of tastes.

The Ritz

Like being thin and fit, lunch at The Ritz's restaurant, the Espadon, is something everyone should experience at least once in life. Where else in the world do they offer asparagus tongs with your first-of-the-season white asparagus? Where else does it seem only proper to lunch in a broad-brimmed hat, to linger until late in the day over one last sip of Champagne?

The Ritz has a way of elevating the theater of grand hotel dining to a very high art. The elegant pink and green dining room—which overlooks a cheery flower garden set aside for warm-weather dining—is ideal for people watching, and there is usually a bit of drama that cannot be ignored. Waiters attend but do not hover, and the sommelier happily shares with diners the joys of the vast cellar.



OPPOSITE: Chef Guy Legay and wine steward Georges Lepré welcome arriving diners to the exclusive Espadon in The Ritz. BELOW: Sous-chef Jean-Pierre Biffi in Les Ambassadeurs, the beautiful mirrored restaurant at the Crillon on place de la Concorde (right).

The famous grilled *loup de mer* (sea bass) is brought to the table gently flaming, fragrant with the aroma of dried fennel branches. The sommelier decants an old bottle of Bordeaux—today, perhaps, it is a rare 1929 Château Margaux—and everyone pauses a second to watch the scene unfold.

Chef Guy Legay, who worked at Maxim's and Ledoyen before taking charge of The Ritz kitchens in 1980, offers a menu that combines the simplest and the most classic fare.

He is fond of fish and meats that are grilled, so you can always find charcoal-roasted chicken, lamb, beef and assorted seafood on the menu. Regular guests enjoy chatting with the *grill* chef, who works in a marvelous custom-designed, glass-enclosed kitchen right off the dining room.

In summer, Legay offers chilled Cavaillon melon and smooth vichyssoise, while winter months bring bowls of onion soup gratinée as well as hearty slices of lamb served with a warming garlic puree.

"Come back in another month," he insists. "Our new kitchens will be completed. We'll be baking our own bread and aging the meat, you wait and see."

Crillon

The small, ultradeluxe dining room here—Les Ambassadeurs—is the sort









ABOVE: In the Bristol's indoor dining room, tapestried walls and fresh flowers create an inviting ambience. Chef Emile Tabourdiau prepares the innovative specialties that have given the restaurant a world-class reputation.

of place where every woman looks and feels beautiful. How could you help it, surrounded by golden-rich marble walls, a shiny black grand piano, enormous mirrors and sparkling chandeliers? And Crillon's chef, Jean-Paul Bonin, makes it all "worth the detour" (as the Michelin guide would say), offering an imaginative, creative, very contemporary sort of cuisine.

Like the Bristol's Tabourdiau, Bonin realizes that he walks a delicate line in his role as the chef of a world-famous hotel dining room.

"When people come to Crillon they come in the spirit of luxury, but it is our duty as chefs not only to offer luxurious, elegant food, but to take some responsibility for the customer's health as well," he says.

Bonin changes the menus often, trying out new dishes on his family over the weekend. He loves subtle touches (to bring out the already nutty flavor of artichokes, for example, he dresses an artichoke salad with rich walnut oil); he enjoys pungent foods (he balances the richness of lobster with the peppery spice of arugula); and he likes hearty combinations, such as rare-roasted pigeon and wintry red beans.

Desserts are equally appealing, varying from a spice-infused chocolate bavarian cake to a gratin of blackberries served warm on a bed of rhubarb.

Because Bonin has been fortunate enough to work with the same core personnel for the past ten years, Crillon's kitchen runs smoothly around the clock seven days a week.

"We're a bit like a football team—everyone knows his plays," he says of his talented staff of 36.



Bonin has to be prepared for all sorts of interruptions, requests and emergencies. If, for instance, the king of Morocco is staying at the hotel, he will bring his entire kitchen entourage along. So it is not unusual for Bonin to share his pots, pans and stove tops with a full-scale visiting *brigade*.

Meanwhile, the regular staff may be preparing a banquet for 150 at the same time they are balancing dinner for 20 in another private room.

Bonin smooths his well-trimmed mustache, exhales heartily and says, "This is a *métier* that's physically exhausting. The trick, you know, is not to exhaust the spirit."

Bristol

Without question, one of the most talented and most versatile chefs in Paris is the Bristol's Emile Tabourdiau, a 42-year-old native of the Loire.

You could easily dine weekly at the Bristol, never repeating a single dish, for Chef Tabourdiau changes the menu as often as most of us change our minds. His selections remain seasonal, featuring a mix of what the French call *produits nobles* (such as lobster, salmon, caviar and truffles) with more "common" fare (root vegetables, organ meats and lentils, for instance).

Depending on the time of year, guests dine either in an airy summer room overlooking an immaculate trellised garden, or in the interior winter room, decorated with richly colored tapestries and embellished by a frosted glass skylight. No matter the season, a pianist settles in to play favorite tunes on the baby grand set up near the bar.

The food here is in perfect keeping with the decor: A splendid sense of elegance, sobriety and celebration all seem to mingle in the air.

"I'm very optimistic about the future of haute cuisine," explains Tabourdiau. "I hope that my own cooking reflects a warmth, a blending of fresh aromas, a touch of the exotic.

"But most important of all, I have to please my clients, for a good meal must also be a celebration," says the tall, boyish chef who in 1976 was awarded the prestigious *Meilleur Ouvrier de France*, an honor he shares with the likes of Paul Bocuse and Joël Robuchon.

You may be almost startled by the sheer variety and complexity of many of the dishes here. Tabourdiau boldly arranges an assortment of quickly broiled fish—sole, salmon and red mullet—on a bed of creamy lentils, a marriage that pleases the eye as well as the palate. He combines raw oysters, salmon and freshly minced chives in a dish he calls a *tartare*. Brightly colored, brightly flavored, it arrives in a little ramekin with the scent of a sea breeze,



ABOVE: Chef Claude Barnier oversees the dining room at the sumptuous Régence-Plaza in the Plaza-Athénée, a venerated Paris hotel that is known for its fine selection of exquisitely prepared classic dishes.

PARIS HOTELS

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accompanied by rye bread canapés layered with horseradish cream.

Tabourdiau's trips to Asia and South America have stimulated an interest in different spices and tropical fruits. Dishes such as fennel- and star anise–cured salmon served with sliced papaya and lime now play a popular role in his highly personalized style.

But this chef is aware that people do not necessarily come to the Bristol in search of complexity. For those who prefer simpler fare, there is always a black truffle omelet and tossed green salad, not to mention a perfectly grilled, unadorned piece of sole—*sans sel*—for adherents of *le régime.*

Plaza-Athénée

"We prefer to remain traditional, with an eye toward the present," explains Franco Cozzo, the Plaza-Athénée's director. "Continuity is our specialty."

This means that no matter what time of year you dine at the Régence-Plaza restaurant—in the summertime there is the shaded courtyard terrace surrounded by geranium-filled window boxes; in the winter, the classic fine dining room—you will find simple, fresh food, elegantly presented.

Like most of the others, chef Claude Barnier knows the preferences of many of the regular clients, and even if their favorite dish is not on the menu that night, he will take time to prepare it the way they remember it.

"But regardless of the season, people seem to love soup, grilled meats, green salads and vegetables," says Barnier as he leads the way through his large and well-organized kitchen.

"When people go out to eat, they don't always want to have to examine the food with a magnifying glass. They like what's familiar," adds Cozzo.

So each morning Barnier prepares a batch of Garden Vegetable Soup, which will be sprinkled with herbs and freshly grated cheese just as it is served. There are live Breton lobsters in the kitchen's *vivier* ("fish tank") year round, for frequent customers keep returning for the Plaza's expensive touches: lobster soufflé, lobster bisque, scrambled eggs with lobster. And he is always sure to have on hand plenty of consommé, soothing mashed potatoes and a variety of meats, as well as all manner of sorbets and ice creams for whatever requests come along.

Dinner here is a distinctly Parisian experience: A pianist entertains the international clientele with quiet classical music; giant silver candelabra shimmer on each table. It is a fitting celebration in the City of Light.

GARDEN VEGETABLE SOUP

A wonderful soup from the Plaza-Athénée. Its success depends on good vegetables, freshly grated top-quality cheese and plenty of herbs. Do not be tempted to cook the beans and peas with the soup; because they are cooked separately and "refreshed," they remain beautifully green and crisp.

Makes about 4 quarts

3 tablespoons unsalted butter
3½ pounds boiling potatoes, peeled and cut into ¾-inch dice
3 small leeks (white and light green parts), cut into ¾-inch dice
3 medium celery stalks, cut into ¾-inch dice
3 medium carrots, peeled and cut into ¾-inch dice
3 medium turnips, peeled and cut into ¾-inch dice
2½ quarts water
Salt and freshly ground pepper

8 ounces green beans (preferably *haricots verts*), trimmed and cut into ¾-inch pieces
2 cups shelled peas (about 2 pounds in pod) or frozen peas, thawed

1 cup minced fresh herbs (chervil, tarragon, parsley and/or basil)
1 cup freshly grated Parmesan or Gruyère cheese
Toast points

Melt butter in heavy large pot over low heat. Add potatoes, leeks, celery, carrots and turnips. Cover and cook until all but potatoes are tender, stirring occasionally, about 30 minutes. Add water and salt and bring to boil. Cover and simmer until potatoes are just tender, about 20 minutes. Season with salt and freshly ground pepper.

Meanwhile, cook green beans in boiling salted water until crisp-tender, about 3 minutes. Transfer to bowl, using slotted spoon. Rinse with cold water and drain. Repeat process with peas, cooking fresh about 3 minutes and frozen about 30 seconds.

Ladle soup into heated bowls. Add beans and peas. Top with herbs and cheese. Pass toast points separately.

ARTICHOKE SALAD WITH WALNUT OIL DRESSING

Sophisticated fare from the Crillon.

4 servings

8 artichokes
1 lemon, halved
3 tablespoons water
10 tablespoons walnut oil
3 tablespoons fresh lemon juice
Pinch of salt
Freshly ground pepper
2 cups mixed salad greens (such as radicchio, curly and Belgian endive, mâche), leaves halved if large
2 medium tomatoes, cored, seeded and cut into ½x2-inch strips
1 medium carrot, cut julienne and blanched 1 minute
2 tablespoons snipped fresh chives
Fresh chervil sprigs

Break off stems of artichokes and rub exposed area with lemon. Starting from base, bend each leaf and snap off at natural break. Cut off tight cone of leaves above heart. Trim and shape heart carefully with knife until no dark green areas remain. Rub with lemon. Repeat with remaining artichokes. Arrange artichoke hearts on large sheet of foil. Sprinkle with water, 2 tablespoons oil, 1 tablespoon lemon juice and salt. Seal foil. Set on rack in steamer. Cover and steam until hearts are tender, about 30 minutes.

Pour cooking liquid from foil into large bowl. Scoop out chokes and discard. Add hearts to bowl. Blend remaining lemon juice and salt and pepper in another bowl. Whisk in remaining oil in thin stream. Pour half of dressing over hearts and toss lightly.

Slice hearts ⅛ inch thick. Toss salad greens, tomatoes and carrot *separately* with remaining dressing. Cover plates with greens. Mound carrot in center. Surround with alternating artichoke slices and tomato slices. Garnish with chives and chervil. Serve immediately.

SKATE, SPINACH AND AVOCADO SALAD

The chef at The Ritz prepares this intriguing fish appetizer.

4 servings

4 quarts water
½ cup distilled white vinegar
1¼ pounds skate wings*

2 onions, thinly sliced
2 carrots, thinly sliced
2 leeks, thinly sliced
2 celery stalks, thinly sliced
½ cup white wine vinegar
1 tablespoon salt
2 teaspoons dried thyme, crumbled
2 parsley sprigs
2 bay leaves
12 whole black peppercorns

2 tablespoons Sherry vinegar
2 tablespoons Dijon mustard
Salt and freshly ground pepper
½ cup olive oil
6 tablespoons snipped fresh chives

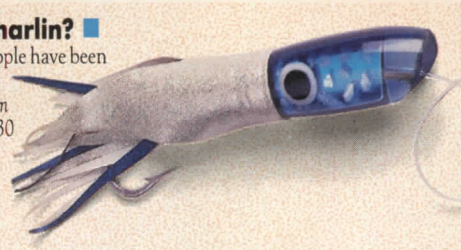
10 ounces spinach (stemmed), cut into long strips

recipe continued on page 114


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A 2,000 pound marlin?
Off the Big Island, some people have been known to tell some pretty fishy fish stories. But you *can* catch a 60 pound tuna or a 30 pound mahimahi. And that's the truth. No, really.



Go with the flow
At Volcanoes National Park on the Big Island, the lava landscape looks like a lunar landing site. But don't look for green cheese. It all melted.



HOW TO AVOID HAWAII'S 283 BEAUTIFUL BEACHES.

(PART TWO)





Not your garden variety greeting
Whether it's ginger, orchid, tuberose or pikake, the lei is a warm, fragrant expression of affection. Make one for someone you know. Or someone you'd like to know.

Learn to tell a good story With the ancient art of hula, every little gesture has its own special meaning. Learn a few new moves yourself. Or just sit back and . . . listen.





Behold the red-footed booby
Or the white-tailed tropic bird. Or the wandering albatross. Kauai is a great nest for nature lovers. There are even wild goats and buffalo. But they don't fly.

The road to heaven is paved with dirt On Maui, there's a sleepy little town known as "heavenly" Hana. But getting there takes 20 miles of devilishly twisting road. Don't plan on too many U-turns.



Just slightly west of Wimbledon There's tennis, and then there's tennis. On Maui, you can play the old-fashioned way on a plush green grass carpet. No putting allowed.



© HVB 1987



Who's got the puck? Ice skating in Hawaii? Hey, why not? After all, there's eveything else in the way of sports. From skiing to sky-diving to scuba. Don't forget your leg warmers.



Do a little flightseeing Seeing Kauai's Na Pali coast takes a little extra effort. But it's well worth it. A helicopter will show you all the ins and outs. Awesome. And then some.





Want to see our etchings? On Lanai, you can see ancient rock carvings called petroglyphs. They say a lot about how the old Hawaiians perceived their world. Draw your own conclusions.



Strike up the band Started by King Kamehameha III, the Royal Hawaiian Band has been entertaining visitors to Iolani Palace for over 150 years. Of course, some of the songs have changed.



What's for dinner? From South-of-the-border to sushi. From Peking Duck to two-finger poi. Food is the spice of life here in the islands. The unadventurous will have to settle for great steak and seafood.

A chop suey of cultures Chinese, Japanese, Filipino, Swedish, you name it. Everyone's at home in Hawaii. Which means you can see more of the world's people here than any place else on Earth. And without a passport.

Here's something you don't see every day It's called a silversword, and it grows only on the slopes of Maui's Mt. Haleakala. The islands are full of botanical wonders. It must be the weather.



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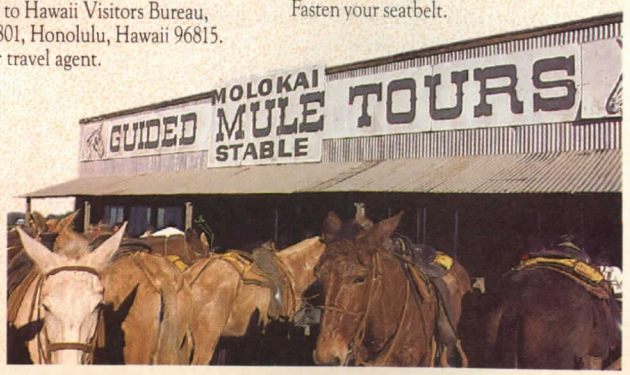
HAWAII

Want to hear more? Write to Hawaii Visitors Bureau, 2270 Kalakaua Ave., Suite 801, Honolulu, Hawaii 96815. Or call your travel agent.

Restricted to all but the most stubborn There are only two ways to visit historic Kalaupapa peninsula on Molokai. By air... or by mule. The mule offers a more leisurely view. Fasten your seatbelt.



From aloha shirts to designer skirts Hawaii's been setting fashion trends for years. So it's become something of a shopper's paradise. Better save some room in your suitcase. Or buy another.



PARIS HOTELS

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2 ripe avocados, peeled and thinly sliced
12 cherry tomatoes, halved

Combine 2 quarts water and white vinegar in large bowl. Add skate wings and soak for 3 hours.

Combine remaining 2 quarts water, onions, carrots, leeks, celery, white wine vinegar, salt, thyme, parsley and bay leaves and simmer 30 minutes. Add peppercorns and simmer 5 minutes. Strain court bouillon.

Drain skate; pat dry. Bring court bouillon to boil in pan large enough to hold skate in one layer. Reduce heat so water just shakes. Add skate and poach until opaque, about 20 minutes.

Blend Sherry vinegar, mustard and salt and pepper in bowl. Whisk in oil in thin stream. Drain skate; pat dry. Peel off skin. Cut away cartilage running along inner side of each wing. Tear skate into strips. Transfer to bowl. Add half of dressing and toss well. Adjust seasoning. Mix in 3 tablespoons snipped fresh chives.

Toss spinach, avocados and tomatoes *separately* with remaining dressing. Cover plates with spinach. Mound skate in center. Surround with avocado slices. Garnish with tomatoes. Sprinkle with chives and pepper.

**Also known as ray. Long enjoyed in Europe and Japan, this flat fish is becoming increasingly popular in the United States.*

LEMON BEEFSTEAKS WITH GRATIN OF RATATOUILLE AND ZUCCHINI

A fanciful pairing from the Plaza-Athénée. The lemon-garnished steaks are also delectable on their own.

4 servings

Gratin

7 tablespoons (about) extra-virgin olive oil
1 medium red bell pepper, seeded and cut into 3/8-inch dice
1 large zucchini, peeled and cut into 3/8-inch dice
1 1-pound eggplant, peeled and cut into 3/8-inch dice
3 small onions, cut into 3/8-inch dice
3 medium tomatoes, peeled, seeded and cut into 3/8-inch dice
3 garlic cloves, minced
1 thyme sprig
Salt and freshly ground pepper

1/4 cup whipping cream
1 medium zucchini, cut into fine julienne
1/4 cup freshly grated Parmesan cheese

Steaks

1 large lemon

4 5-ounce sirloin steaks (1 inch thick)
Olive oil
2 tablespoons (1/4 stick) butter
2 tablespoons olive oil
Salt and freshly ground pepper

1 cup dry white wine
1/3 cup whipping cream

For gratin: Heat 2 tablespoons oil in heavy medium skillet over medium-high heat. Add bell pepper and stir until crisp-tender, 3 to 4 minutes. Transfer to strainer. Repeat with 2 tablespoons oil and diced zucchini. Repeat with 2 tablespoons oil and eggplant, cooking until eggplant begins to brown and adding more oil if necessary, about 5 minutes. Transfer to strainer. Heat 1 tablespoon oil in heavy Dutch oven over medium-low heat. Add onions and cook until tender, stirring occasionally, about 8 minutes. Mix in tomatoes, bell pepper, zucchini, eggplant, garlic and thyme. Season with salt and pepper. Reduce heat to low, cover and cook until vegetables are very tender, stirring occasionally, about 15 minutes. Discard thyme. Spoon mixture into 6-cup gratin or other shallow pan.

Heat cream in heavy small saucepan over medium heat. Add zucchini julienne and simmer until just crisp-tender, stirring occasionally, about 3 minutes. Drain. Spread zucchini over eggplant mixture. Sprinkle with cheese.

For steaks: Remove peel from lemon (yellow part only). Mince peel; reserve lemon. Add peel to small pan of boiling water and return to boil. Drain. Rinse with cold water and drain well. Remove white pith from lemon. Halve lemon lengthwise. Cut between membranes of one half, removing sections. Squeeze juice from other half; reserve.

Preheat broiler. Brush one side of each steak with oil. Melt butter with 2 tablespoons oil in heavy large skillet over medium-high heat. Add steaks, oiled side down. Cook until beads of red juice appear on top, about 4 minutes. Brush top with oil; turn meat over. Cook 3 more minutes for rare.

Meanwhile, broil gratin until golden brown, 3 to 4 minutes.

Season steaks with salt and generous amount of pepper. Transfer to plate; tent with foil to keep warm. Add wine to skillet and bring to boil, scraping up any browned bits. Boil 2 minutes. Stir in cream and return to boil. Add 1 1/2 teaspoons lemon juice and 1 1/2 teaspoons lemon peel. Arrange steaks on heated plates. Garnish with lemon sections. Spoon sauce over. Serve immediately, passing gratin separately.

PANACHE OF FISH ON CREAMY LENTILS

A delicious entrée at the Bristol.

4 servings

6 tablespoons (3/4 stick) unsalted butter
5 medium shallots, minced
1 medium carrot, minced
3 cups water
1 cup dried lentils, rinsed and sorted
2 tablespoons dry white wine
Bouquet garni (parsley, thyme and bay leaf)
Salt and freshly ground pepper
1/3 cup whipping cream
2 tablespoons minced fresh parsley

16 small radishes, trimmed
12 green onions, trimmed
12 cherry tomatoes
1 tablespoon minced fresh basil

10 to 12 ounces salmon fillet, skinned, boned and cut into 4 pieces
10 to 12 ounces sole, skinned, boned and cut into 4 pieces
4 small unskinned red mullet fillets
1 tablespoon olive oil

Melt 1 tablespoon butter in heavy medium saucepan over medium-low heat. Add shallots and carrot and cook until softened, stirring occasionally, about 5 minutes. Add water, lentils, wine and bouquet garni and bring to boil. Reduce heat and simmer 10 minutes. Season with salt and pepper. Continue simmering until lentils are tender, 5 to 10 minutes (time will vary depending on dryness of lentils). Strain liquid into heavy small saucepan. Discard bouquet garni. Add cream to lentils and cook over medium heat until absorbed. Adjust seasoning. Add parsley.

Melt 1 tablespoon butter in heavy medium skillet over medium-low heat. Add radishes and onions and cook until crisp-tender, stirring occasionally, about 10 minutes. Add tomatoes and stir to heat through. Mix in basil.

Preheat broiler. Pat fish dry. Brush with oil. Season with salt and pepper. Broil until fish is opaque, about 9 minutes for every inch of thickness.

Meanwhile, boil lentil cooking liquid until reduced to 1/2 cup. Remove from heat. Whisk in 4 tablespoons butter 1 tablespoon at a time.

To serve, gently rewarm lentils. Spoon onto plates, spreading into 5-inch circle. Top with fish. Spoon sauce around. Garnish with vegetables.



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PARIS HOTELS

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ROAST PHEASANT WITH CABBAGE-WRAPPED CHESTNUTS

A rustic main course from the Crillon.

6 servings

- 3 tablespoons unsalted butter
- 1 2½-pound pheasant (reserve neck and giblets)
- 1¾ cups finely chopped onions
- ½ cup finely chopped carrots
- ½ cup finely chopped shallots
- 1 tablespoon all purpose flour
- 2½ cups chicken stock
- Bouquet garni (thyme, parsley, bay leaf)
- Salt and freshly ground pepper
- ⅓ cup ⅓x1-inch cubes slab bacon
- 8 ounces peeled cooked chestnuts
- ¾ cup whipping cream
- ⅛ teaspoon freshly ground pepper
- 6 savoy cabbage leaves, blanched 1 minute, veins trimmed
- 1 cup dry white wine
- ½ cup (1 stick) well-chilled unsalted butter, cut into tablespoons

Melt butter in heavy medium saucepan over medium heat. Add pheasant neck and giblets and stir until browned. Reduce heat to medium-low. Add onions, carrots and shallots and cook until tender, stirring occasionally, about 10 minutes. Stir in flour and cook 15 minutes. Add 2 cups stock and bouquet garni and boil until reduced to 1 cup. Strain stock.

Preheat oven to 450°F. Truss pheasant. Pat dry. Season with salt and pepper. Set on rack in roasting pan. Roast until juices run pale pink when thigh is pierced with tip of knife, basting occasionally, 20 to 25 minutes.

Meanwhile, fry bacon in heavy medium skillet over medium heat until golden brown but not crisp, about 5 minutes. Pour off fat. Add chestnuts, ½ cup cream, remaining chicken stock and pepper and simmer until liquid is reduced to 1 tablespoon, about 15 minutes. Break up chestnuts. Add remaining ¼ cup cream and simmer until thick, 5 minutes. Cool stuffing.

Pat cabbage leaves dry. Arrange on work surface. Spoon stuffing across center of leaves, forming sausage shapes. Fold ends over; fold in sides. Roll leaves up as for crepes.

Remove legs, wings and breasts from pheasant. Chop pheasant carcass into pieces. Set roasting pan over high heat. Stir in wine, scraping up browned bits, and boil until reduced by ⅔. Add stock and carcass and simmer 15 minutes. Strain into saucepan; degrease. Boil until reduced to ⅔ cup. Remove from heat. Whisk in 2 tablespoons butter. Return to low heat. Whisk in remaining butter 1 tablespoon at a time, removing pan from heat if drops of melted butter appear. Keep sauce warm in water bath or vacuum bottle.

Set cabbage rolls on rack in steamer. Cover and steam over high heat until warmed through, about 5 minutes.

Arrange pheasant pieces in buttered skillet and reheat gently. Set on plates. Spoon sauce over. Surround with cabbage rolls. Serve immediately.

LAMB CHOPS WITH GARLIC AND BASIL PUREE

At The Ritz this dish is presented with baked eggplant slices, tomatoes Provençal and sautéed mushrooms.

6 servings

- 2 large garlic heads
- 1 quart water
- 1 tablespoon crème fraîche or sour cream, room temperature
- 18 basil leaves
- Salt and freshly ground white pepper



6 thick-cut lamb chops, trimmed
1 tablespoon olive oil

Separate garlic cloves and remove peels. Halve cloves lengthwise; discard green or yellow shoots. Bring water to boil. Add garlic and boil 5 minutes. Drain. Repeat blanching process 3 times, changing water each time.

Puree garlic in processor. Add crème fraîche and blend until smooth. Add basil and mix just to incorporate. Season puree with salt and pepper.

Preheat broiler. Brush chops with oil. Season with salt and pepper. Broil to desired degree of doneness. Spread each chop with 2 tablespoons puree. Broil until puree begins to brown. Serve chops immediately.

CHOCOLATE BAVARIAN CAKE WITH ALLSPICE AND GINGER

Spices add a new dimension to this rich finale from the Crillon.

10 to 12 servings

Génoise

¼ cup all purpose flour
¼ cup unsweetened cocoa powder
3 eggs
½ cup sugar
Pinch of salt
2 tablespoons (¼ stick) unsalted butter, melted and cooled
½ teaspoon vanilla

Syrup

½ cup water
½ cup sugar
1 tablespoon whole allspice
1 1-inch unpeeled piece ginger, thinly sliced

Bavarian

1½ teaspoons unflavored gelatin
3 tablespoons water
8 ounces bittersweet (not unsweetened) imported chocolate, coarsely chopped
¼ cup (½ stick) butter
1½ cups whipping cream
1 cup milk
8 whole cloves
½ teaspoon vanilla
Pinch of freshly grated nutmeg
4 egg yolks, room temperature
⅔ cup sugar

Chocolate curls

For génoise: Preheat oven to 375°F. Grease and flour 8-inch springform pan. Sift together flour and cocoa powder. Using electric mixer, beat eggs and sugar until slowly dissolving ribbon forms when beaters are lifted. Add salt and beat until ribbon forms again and mixture almost forms peaks, 3 to 4 minutes. Gradually and gently fold in dry ingredients, then butter and vanilla. Turn batter into pan, smoothing top. Bake until cake pulls away from sides of pan, about 12 minutes. Cool completely in pan.

For syrup: Cook water, sugar and allspice in heavy small saucepan over low heat until sugar dissolves, swirling pan occasionally. Increase heat and boil until clear, about 1 minute. Remove from heat. Stir in ginger. Cover and let stand 1 hour. *(Can be prepared 2 days ahead. Cool completely, cover and chill.)*

For bavarian: Sprinkle gelatin over water in small bowl and let dissolve.

Melt chocolate in double boiler over gently simmering water; stir until smooth. Cream butter in small bowl. In another bowl, beat whipping cream until soft peaks form.

Bring milk, cloves, vanilla and nutmeg to simmer in heavy small saucepan. Strain into heavy medium saucepan. Whisk yolks and sugar in bowl. Whisk in milk. Return to saucepan and cook over low heat, stirring constantly with wooden spoon, until mixture thickens enough to leave path on back of spoon when finger is drawn across, about 8 minutes. Remove from heat. Stir in gelatin. Strain into medium bowl.

adds the crowning touch.



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Whisk in chocolate, then butter. Set pan in bowl of ice water. Stir until custard cools to room temperature; do not let set. Remove from water. Fold in whipped cream. If necessary, return to bowl of ice water and stir until bavarian just begins to thicken.

To assemble: Pierce top of génoise using toothpick. Brush with 1/4 cup syrup. Pour bavarian over, smoothing top. Cover and refrigerate overnight.

Just before serving, remove springform. Top cake with chocolate curls.

POACHED PEAR IN PASTRY WITH BLACK CURRANT COULIS

The Ritz created this showstopping dessert. Rub the pears with lemon as you work to prevent discoloration.

6 servings

Pastry Cream

- **3/4 cup milk**
- **6 tablespoons sugar**
- **3 egg yolks**
- **1 tablespoon all purpose flour**

Pears

- **3 cups water**
- **1 cup sugar**
- **6 small firm pears (preferably Bosc), peeled, halved and cored**

Coulis

- **10 ounces fresh black currants***
- **3/4 cup powdered sugar**
- **1 1/2 to 1 3/4 pounds puff pastry dough**
- **1 egg, beaten to blend**
- **6 tablespoons well-chilled whipping cream**
- **2 tablespoons pear liqueur**

For pastry cream: Bring milk and 3 tablespoons sugar to boil in heavy medium saucepan. Whisk remaining sugar, yolks and flour in small bowl. Whisk in milk. Return mixture to pan and boil until thickened, stirring constantly, about 3 minutes. Transfer to bowl. Press buttered plastic wrap on surface. Cool completely. Cover and chill. *(Can be prepared 2 days ahead.)*

For pears: Cook water and sugar in heavy medium saucepan over low heat until sugar dissolves, swirling pan occasionally. Bring to simmer. Add pears and poach until just tender when pierced with knife, about 15 minutes (time will vary depending on ripeness of pears). Cool pears in syrup. *(Can be prepared 2 days ahead. Cover and chill.)*

For coulis: Puree currants and sugar to taste in processor. Work through fine sieve to eliminate seeds. Cover and chill. *(Can be prepared 2 days ahead.)*

To assemble: Roll puff pastry dough out on lightly floured surface to thickness of 1/8 inch. Cut into six 6x4-inch rectangles. Transfer to baking sheet. Brush with egg. Chill 15 minutes.

Preheat oven to 425°F. Bake pastry until puffed and brown, about 15 minutes.

Beat whipping cream to soft peaks. Gently fold whipping cream and pear liqueur into pastry cream. Split pastry rectangles in half. Spread pastry cream in one half. Thinly slice pear half crosswise, keeping slices together. Using spatula, set pear half atop pastry cream. Cover with another pastry half. Top with pear half. Drizzle with coulis.

**If unavailable, about 1 cup black currant liqueur or crème de cassis can be substituted for prepared fresh black currant coulis.*

MANDARIN BAVARIAN WITH PISTACHIO MACAROONS

The Bristol makes this with mandarin oranges; if they are unavailable, use tangerines or regular oranges.

10 servings

Sponge Cake

- **3 eggs**
- **1/3 cup sugar**
- **1 teaspoon grated mandarin orange peel**
- **1/2 cup all purpose flour**
- **1 teaspoon sugar**
- **1 1/2 tablespoons unsalted butter, melted**

Bavarian

- **1 1/2 teaspoons gelatin**
- **3 tablespoons water**
- **5 egg yolks, room temperature**
- **6 tablespoons sugar**
- **1 cup milk**
- **2 tablespoons fresh mandarin orange juice**
- **2 tablespoons tangerine liqueur or Grand Marnier**
- **1 1/2 teaspoons grated mandarin orange peel**
- **1 cup well-chilled whipping cream**
- **2 teaspoons tangerine liqueur or Grand Marnier**
- **Powdered sugar**
- **3/4 cup well-chilled whipping cream**
- **1 tablespoon powdered sugar**
- **3 mandarin oranges**
- **Raspberry Coulis***
- **Pistachio Macaroons (see recipe)**

For cake: Preheat oven to 350°F. Generously butter 9-inch springform pan; dust with flour. Combine eggs and 1/3 cup sugar in bowl of electric mixer set over saucepan of simmering water. Whisk eggs until just warm, about 1 minute. Remove from over water. Using electric mixer, beat eggs until pale yellow and tripled in volume. Mix in mandarin peel. Sift flour and 1 teaspoon sugar onto eggs and fold in. Gently fold in butter. Pour batter into prepared pan. Bake until cake begins to pull away from sides of pan, about 17 minutes. Cool cake in pan.

For bavarian: Sprinkle gelatin over water in small bowl. Let soften. Whisk yolks and 6 tablespoons sugar in medium bowl to blend. Scald milk in heavy small saucepan. Gradually whisk into yolks; return to saucepan. Stir over low heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 10 minutes. Remove from heat. Add gelatin and stir until dissolved. Strain into medium bowl. Mix in mandarin juice, 2 tablespoons liqueur and peel. Place bowl over bowl of ice water. Stir until cooled to room temperature. Beat 1 cup cream to soft peaks. Fold into custard. Cool over ice water until beginning to thicken, stirring occasionally.

Remove cake from pan. Cut into 2 layers, using serrated knife. Return bottom layer to pan. Sprinkle with 1 teaspoon liqueur. Spoon bavarian over. Top with second cake layer, cut side down. Cover with plastic wrap and refrigerate until set, at least 2 hours.

Sprinkle top of cake with powdered sugar. Whip 3/4 cup cream until peaks form. Mix in 1 tablespoon powdered sugar and 1 teaspoon liqueur. Transfer cream to pastry bag fitted with star tip. Pipe rosettes around edge of cake and in center. Peel mandarin oranges and remove all white pith. Separate into sections. Arrange mandarin sections atop cake. Serve cake with Raspberry Coulis and Pistachio Macaroons.

**Raspberry Coulis*

Makes about 1 1/3 cups

- **2 10-ounce packages frozen raspberries in syrup, thawed**

Drain raspberry syrup into heavy small saucepan; reserve raspberries. Boil syrup until reduced by half, about 4 minutes. Cool. Puree raspberries through fine disc of food mill, discarding seeds. Mix into syrup. Chill well.

PISTACHIO MACAROONS

The Bristol teams these with the mandarin orange bavarian; they also make a nice accompaniment to tea or coffee. Serve the cookies within four hours of preparation for best texture.

Makes about 3 1/2 dozen

- **1 1/2 cups shelled unsalted raw pistachio nuts**

recipe continued on page 146

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THE EXPERTS ANSWER

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Something puzzling you about a recipe, an ingredient, an obscure kitchen tool or a culinary technique? Please send your questions to Ask Bon Appétit, *5900 Wilshire Boulevard, Los Angeles, CA 90036. The material becomes our property and will not be returned. Because of the volume of mail received, we regret we are unable to answer all inquiries personally. Letters of general interest will be printed in this column.*

I recently received a cookbook filled with wonderful fondue recipes, many of which call for good-quality dry beer. What, exactly, does this mean?

Terri Barrow-Brown
Bartow, Florida

Most of us think of dryness—or the lack of sweetness—in reference to wine tasting. When applied to beer, it means pretty much the same thing. A dry beer is one with a light, clean flavor that is not sweet, heavy or in any way overpowering. In general, this would be a lager, as opposed to one of the stronger dark beers, ales or stouts. The primary reason for this dryness is that relatively few hops, which lend flavor and bitterness, are added in the brewing process.

Finding this will pose no problem: Most American beers are lagers—and of course there are numerous imported ones on the market, many of excellent quality.

• • •

What are clementines? I saw some at the supermarket recently and thought they looked just like tangerines.

Sandee Guess
Reno, Nevada

The clementine is a member of the citrus family and is a cross between the bitter Seville orange and the Mediterranean tangerine. It was named for its discoverer, Father Pierre Clément, an Algerian priest who ran an orphanage in the small town of Misserjhin at the turn of the century.

The fruit has a loose reddish orange skin and few, if any, seeds. It is smaller than most other citrus and has a sweet-tart flavor. The clementine is grown throughout the Middle East and some parts of the United States and is being imported here from Morocco. Look for it in markets anytime from October to January.

• • •

Does a butcher block surface need any special upkeep over the years? I just installed sections of it alongside my barbecue and want to keep the wood in the best possible shape.

Karen Logan
Kailua, Hawaii

Butcher block—thin strips of maple and sometimes other woods that are glued together—will stand up to years of use, with proper care. It should be periodically rubbed down with mineral, linseed or peanut oil to reseal the wood's grain and prevent splitting. New butcher block surfaces usually come with a fresh oil seal, so you will have to be the judge as to when yours needs to be given a new coat.

Remember that water and wood do not mix, so wipe up spills immediately. Store the barbecue inside if possible, or tightly covered. Also, avoid setting very hot pans on the wood. If it becomes badly scarred, the surface can be rubbed with steel wool and re-oiled or completely sanded and refinished.

• • •

No matter how carefully I follow the recipes, my chicken and beef stocks always turn out cloudy. Is there some secret to making a clear, attractive stock?

Kathy Woelfer
Baltimore, Maryland

Fats and other substances that are released by the bones and meat cause cloudiness in stocks. Most of these rise to the surface as foam. While this is not harmful and actually contains some nutrients, it will create a muddy-looking stock if left in the pot and can also adversely affect storage time.

For a clear stock, combine bones with cold water and slowly bring to a simmer. Never let the stock fully boil as the bubbling has a tendency to reincorporate the foam. In addition, slow cooking draws out more nutrients and flavors from the bones and meat. For the first 30 to 60 minutes, skim the top of the stock frequently. Then, clean anything off the side of the pan above the water line. Add whatever vegetables and herbs are listed in the recipe. For the remainder of the cooking time, the surface needs skimming only occasionally.

After cooking, ladle the stock through a sieve lined with dampened cheesecloth. Let cool, uncovered, to room temperature. Do not refrigerate it to hasten cooling. A covered, warm stock is an ideal breeding ground for bacteria. And even if left uncovered, the stock would absorb flavors from other refrigerated foods—not to mention giving off a few of its own.

Once it is cooled, cover and refrigerate overnight. Fat will rise to the top and solidify. It forms a protective layer that should not be removed until you wish to use the stock, which will keep in the refrigerator for three to four days. However, if you intend to freeze the stock, scoop the fat off first.

At this point, the stock should be clear enough for most purposes. If you would like it to be even clearer, reheat it gently to liquefy. Line a fine mesh sieve with three or four layers of dampened cheesecloth and strain the stock several times.

If absolute clarity is required, as for aspics and consommés, further steps can be taken. For each quart of liquid, whisk two egg whites in a large bowl; reserve the shells. Stir in the crumbled shells; whisk in 1 cup cool stock. Bring the remaining stock to a simmer, then slowly whisk in the egg whites. Stir over medium heat until beginning to simmer and cloud. Reduce heat until barely simmering and stop stirring to allow the whites to rise. As the whites solidify, they will attract and trap fats and particles, bringing them to the top. Continue simmering gently 10 to 15 minutes, carefully pushing the surface particles to the side. Be sure the stock does not boil. Remove pot from heat and let stand another 10 to 15 minutes.

Line a sieve with several layers of dampened cheesecloth and carefully pour or ladle the stock through. Do not press on the solids or you may force some impurities through as well. You may use the stock immediately or cool to room temperature uncovered. Then cover and chill or freeze.

• • •

Can you explain why recipes for cakes and other desserts require that eggs be at room temperature?

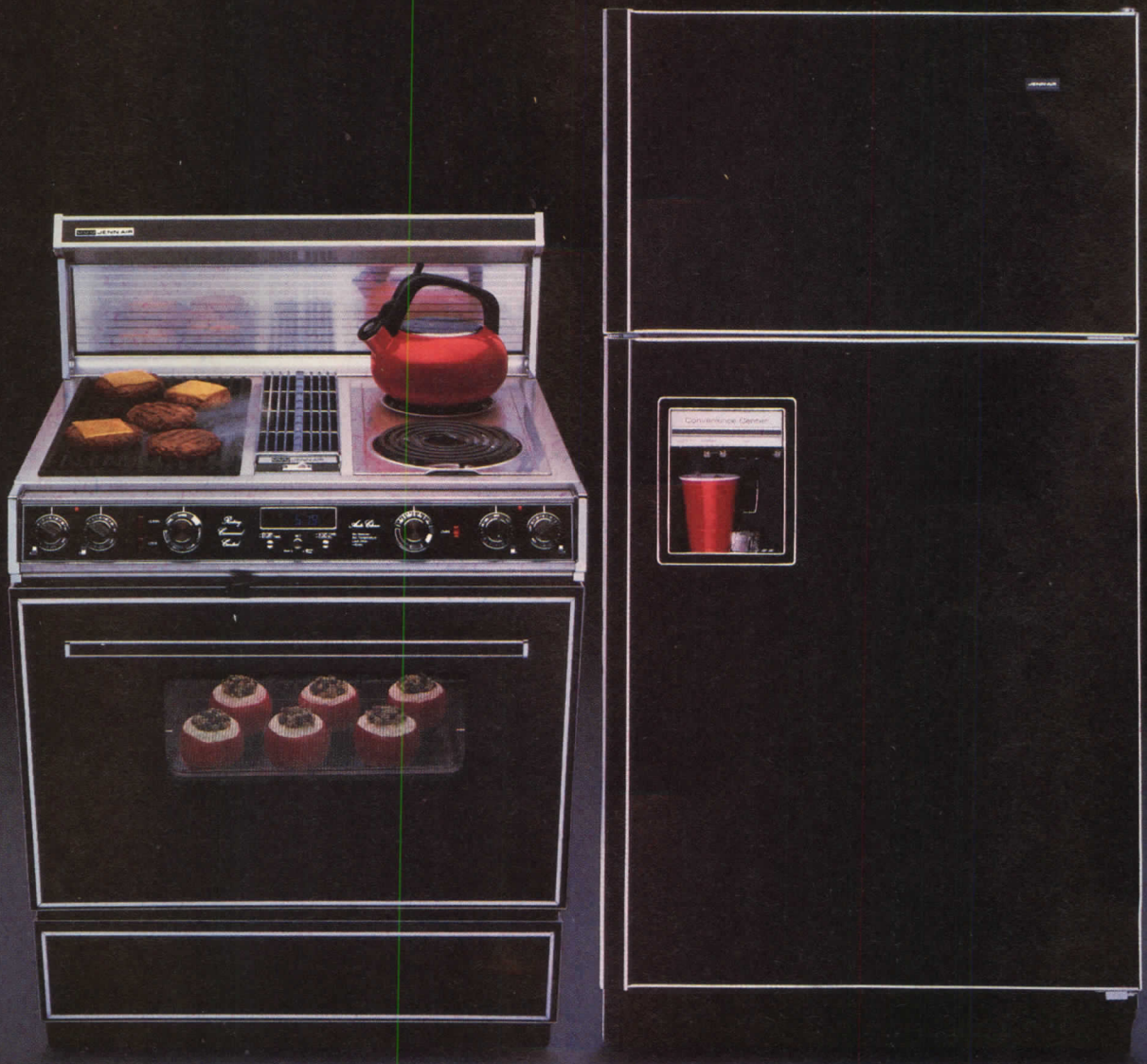
Mary Ann Orchid
Larkspur, California

For most baking recipes, it is better to remove the eggs from the refrigerator an hour or two before using them. Eggs at room temperature beat better and give you greater volume. Egg whites, especially, foam more rapidly at room temperature. In yeast baking, room-temperature eggs are preferred because they help maintain the warm temperature of the dough and so allow the yeast to grow.

To warm cold eggs quickly, place them in a bowl of lukewarm water for 15 to 30 minutes. Remove and dry thoroughly before using. In most cases you want to let them come to room temperature in their shells. The yolks can dry and harden if exposed to air. If your recipe calls for separated eggs at room temperature, separate them first (this is best accomplished with cold eggs), then cover with plastic wrap and allow them to reach room temperature. □

—By Karen Hallal

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FAST AND FRESH MENUS

THE WEEKDAY COOK

BY KAREN KAPLAN AND KRISTINE KIDD

Menu I

SAVORY SAUTEED LAMB CHOPS*
BRAISED IRISH VEGETABLE STEW*
VANILLA ICE CREAM WITH CREME DE MENTHE

Menu II

SWORDFISH WITH GRAPEFRUIT AND ROSEMARY BUTTER SAUCE*
NEW POTATO, MUSTARD GREEN AND WILD MUSHROOM SAUTE*
SEASONAL FRUIT TART

*Recipe included

TO BUY WHAT'S IN season, you have to know what's in season. And that doesn't necessarily mean knowing what's in stock in the produce section of your supermarket. Because as you probably do know, they try to maintain everything in the bins all year round. There's a big difference, for example, between tomatoes that have ripened on the vine, are picked and go straight to market, and ones that have been picked before their prime, ripen in a huge warehouse and go to market when the bins are empty.

If there's one thing you can be sure of, it's that our recipes use produce that is not only in stock but also in season. Trust us—the fact that our menus are dictated by the bounty of a particular time of year keeps our food honest and uncomplicated. We need only to enhance—not disguise—what nature provides. Here are two dinners that are perfect examples of keeping things simple by keeping them seasonal.

You don't need the luck of the Irish to be able to pull off Menu I. With a wink and nod to St. Patrick's Day, we have created dishes that possess many of the tastes and aromas of typical Gaelic grub, but without the usual long cooking it takes to get them. Instead of slow-simmering lamb stew, we offer quickly sautéed marinated shoulder chops with a sauce made from such pantry staples as red wine, beef broth, Dijon mustard and dried savory.

For a fitting accompaniment, we mix two of March's most oft-forgotten vegetables (turnips and cabbage) and two of its best-loved ones (carrots and pearl onions), and braise them in beef broth with a splash of Irish whiskey, a dash of brown sugar and a sprinkle of fresh mint. You won't want to miss a drop of the sauces in this meal, so buy a loaf of a dense home-style bread to do the duty. Dessert couldn't be easier: vanilla ice cream drizzled with crème de menthe—green, naturally.

March is a great month for grapefruit, and we couldn't think of anything that would stand up better to the juice of that distinctive citrus than a hearty, firm-fleshed swordfish steak. To bring the two together, all you need to do is panfry the fish and remove it from the skillet. For the sauce, add a little butter to the same skillet and cook up some minced shallots with a pinch of rosemary. Pour in the grapefruit juice and boil it until syrupy, then whisk in butter. Spoon over fish for a marriage made in heaven.

To complement this refreshing entrée, we propose a sauté of the perennially present spud, spring greens (such as mustard or escarole), and fresh wild mushrooms, oyster or shiitake, for example. These fungi are always available at specialty and oriental markets and are increasingly available at supermarkets. If you cannot find them, however, reconstituted dried wild mushrooms or regular mushrooms make admirable substitutes. As a festive finale, buy a tart covered with fruit. One that's in season, of course.

SAVORY SAUTEED LAMB CHOPS

2 servings; can be doubled or tripled

- 2 large 1-inch-thick lamb shoulder chops
- 1 garlic clove, crushed
- 1/4 cup olive oil
- 1 bay leaf, crumbled
- 1/2 teaspoon dried savory, crumbled
- Freshly ground pepper
- 1 1/2 teaspoons butter
- Salt
- 1 garlic clove, minced
- 1/3 cup dry red wine
- 2/3 cup unsalted beef broth
- 1/4 teaspoon Dijon mustard
- 1 tablespoon butter, cut into 3 pieces
- 1/4 teaspoon dried savory, crumbled

Pat lamb dry and score edges. Rub all over with crushed garlic. Place in small dish. Combine oil, bay leaf, 1/2 teaspoon savory and pepper. Pour over lamb. Let stand at least 30 minutes.

Melt 1 1/2 teaspoons butter in heavy medium skillet over medium-high heat. Remove lamb from marinade and sprinkle with salt. Add to skillet and cook to desired degree of doneness, about 4 1/2 minutes per side for medium-rare. Transfer to heated plate. Tent with foil to keep warm.

Pour off all but film of drippings from skillet. Add minced garlic and stir over low heat 30 seconds. Add wine, increase heat and bring to boil, scraping up any browned bits. Boil until reduced to glaze, about 1 1/2 minutes. Add broth and boil until syrupy, about 5 minutes (near end of cooking time, add any juices exuded from lamb). Whisk in mustard, then butter pieces and boil until emulsified. Mix in 1/4 teaspoon savory. Season with salt and pepper. Pour over lamb and serve.

BRAISED IRISH VEGETABLE STEW

2 servings; can be doubled or tripled

- 6 pearl onions, X cut in root ends
- 2 tablespoons (1/4 stick) butter
- 3 carrots, peeled, halved lengthwise and cut into 1 1/2-inch pieces
- 2 small turnips, peeled, halved and cut into 1/4-inch-thick slices
- Freshly ground pepper
- 1 teaspoon light brown sugar
- 1 tablespoon Irish whiskey
- 1 cup beef broth
- 1/4 small cabbage, cut crosswise into 1/2-inch-thick slices
- Salt
- 1 tablespoon chopped fresh mint

Cook onions in small pot of boiling water 1 minute. Drain; peel.

Melt butter in heavy large skillet over high heat. Add onions, carrots and turnips. Sprinkle with pepper. Cook until beginning to brown, stirring frequently, about 7 minutes. Remove skillet from heat. Mix in sugar. Cool 2 minutes. Add whiskey; stir in broth. Return skillet to high heat and bring mixture to boil, scraping up any browned bits. Reduce heat, cover and simmer until vegetables are almost tender, about 15 minutes. Add cabbage, cover and cook until just wilted, about 7 minutes. Uncover, increase heat and boil until liquid is syrupy, about 5 minutes. Season with salt and pepper. Mix in mint and serve.





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THE WEEKDAY COOK

continued from page 122

SWORDFISH WITH GRAPEFRUIT AND ROSEMARY BUTTER SAUCE

2 servings; can be doubled or tripled

- 2 6-ounce swordfish steaks, 1 to 1¼ inches thick
- Salt and freshly ground pepper
- 1 tablespoon butter
- 2 shallots, minced
- 1 teaspoon dried rosemary, crumbled
- ¾ cup fresh grapefruit juice
- 2 tablespoons (¼ stick) unsalted butter
- Fresh parsley sprigs

Season fish with salt and pepper. Melt 1 tablespoon butter in heavy medium skillet over medium heat. Add fish and cook until just opaque, about 9 minutes per inch of thickness, turning once. Transfer fish to warm platter. Tent with foil to keep warm.

Pour off all but film of butter from skillet. Add shallots and rosemary and stir over medium heat until shallots soften, about 2 minutes. Add grapefruit juice. Increase heat and bring to boil, scraping up any browned bits. Add any juices from fish platter. Boil until sauce is syrupy, 5 to 8 minutes. Remove from heat and swirl in 2 tablespoons butter 1 tablespoon at a time. Season sauce with salt and pepper. Spoon over fish. Garnish with parsley.

NEW POTATO, MUSTARD GREEN AND WILD MUSHROOM SAUTE

2 servings; can be doubled or tripled

- 2 medium-size red new potatoes, quartered
- 2 tablespoons (¼ stick) butter
- 4 ounces fresh oyster or shiitake mushrooms,* halved lengthwise, shiitake stemmed
- Salt and freshly ground pepper
- 2 cups (tightly packed) shredded mustard greens or escarole

Steam potatoes until just tender. Cool potatoes slightly, then slice.

Melt butter in heavy large skillet over medium-high heat. Add potatoes and mushrooms. Season with salt and pepper. Stir until mushrooms soften and potatoes are heated through, about 2 minutes. Add greens and stir until wilted, 1 minute. Serve immediately.

**If unavailable, 4 dried shiitake mushrooms can be substituted. Soak in warm water to cover 30 minutes. Drain and squeeze dry. Stem; halve lengthwise.* □



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LA CUCINA POVERA

Rich Home Cooking from Italy's "Poor Kitchen"

BY LYNNE ROSSETTO KASPER

MY FIRST CONTACT with *cucina povera*, literally the "poor kitchen," was over one of those simple six-course lunches so dear to the Italian heart and stomach. This particular meal was at the Ristorante al Cavallino, out on the Parma plain in the Emilia-Romagna region. The young chef, Massimo Spigaroli, was regaling us with plate after plate of irresistible specialties, few of which I had ever tasted anywhere else.

Between mouthfuls I queried the origins of this bounty. "The cucina povera," was the response. "It's the sort of food you would have found on the tables of resident farmers and fishermen years ago," explained Massimo, who is one of the prime exponents of this trend. Well, *poor* would be the last adjective I'd use to describe our rich, delicious feast, but as I ran across the cucina povera again and again during my travels, I began to understand.

With modern lifestyles and mobility taking hold in Italy, there is a strong desire to get back to the land and to rediscover traditional foods. The cucina povera is an attempt to revitalize local customs, harking back to the days when people dined on dishes composed of ingredients native to their own area, following the rhythm of the seasons. It is a backlash reaction to scanning a restaurant menu in Rome and finding risotto alla milanese, a few Tuscan preparations, some pasta from Bologna, a selection of desserts from the Piedmont—but nothing that is uniquely Roman.

This rebirth of regional cuisines and new interpretations of peasant fare heralds a return to superb home cooking, and so it's a natural for entertaining. As you scan the following recipes, you will see many fine possibilities for your own dinner parties.

One disclaimer: Since it is generally difficult to transfer European dishes intact to America (that certain "something" is always lost in the translation), the recipes are my own adaptations of local ones. I ate some of these creations in private residences, others in restaurants and pastry shops.

For a casual prelude, try antipasto

continued on page 130



ILLUSTRATION BY REBECCA AURORA

NE, SHISH-KA-BOB, LOBST
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TERS, BARBECUE, HONEY-B
HAM, C LOX, CHICKE
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LA CUCINA POVERA

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alla Castelvetro from Modena. With its trio of starters—subtly spiced pickled onions, cured Italian meats plus hot, crisp fried breads—it is ideal for a kitchen party with everyone joining in on the preparation. Our own national passion for pasta could be easily accommodated by Linguine with Ligurian Snail Sauce, a contribution from Italy's northwest coast that is delightful winter and summer. Equally satisfying would be Rollatini of Pasta Valle d'Aosta, distinguished by an unusually spiced meat filling. It's a rustic example of mountain fare from a region that is tucked high in the Alps between France and Switzerland.

If you prefer hearty one-dish dining, there are two candidates: The Veneto's Rice with Radicchio and Pinto Beans, featuring an out-of-the-ordinary usage of the now-popular Treviso chicory, and *favata*, a Sardinian slow-cooking stew of fava beans, pork and sun-dried tomatoes. A lighter main course, Sicilian Chicken with Mint and Almonds, has a sense of the sunny, exotic flavors of that glorious island.

There's no lack of desserts, either—in fact, to choose only a few of my favorites from all I savored was difficult. An all-time winner would be Tiramisù, or "pick-me-up," a sensational, easy-to-do combination of liqueur-soaked cake, zabaglione, whipped cream, fruit and sometimes chocolate. I'm not sure how traditional this sweet is, as it seems to have appeared on the food scene about five years ago. At almost every dinner I attended then, dessert was Tiramisù. That's not a complaint—I love it and have probably had ten different renditions, all of them excellent.

Squash Tart with Mostarda di Cremona is inspired by a Piedmontese treat customarily made with Italian pumpkin, a lighter, more delicate and sweeter variety than its American cousin. I have recreated the flavor successfully using butternut squash. The tart is spiked with ginger and studded with candied fruits of Cremona preserved in a lightly spiced mustard syrup. The overall effect is sublime, and if you are looking for a different dessert to impress your friends, this is it. One other note—the tart's crust, a *pasta frolla*, or short pastry, makes fabulous cookies. Just roll out the dough, cut into rounds and bake it.

Following Italian custom, I end with crunchy cookies for dipping into sweet wine. Almost every region has its own version. My choice comes from Sardinia and is speckled with aniseed, which is said to aid digestion. Considering the riches of the "poor kitchen," these are a required finale.

SICILIAN CHICKEN WITH MINT AND ALMONDS

The assertive flavors of the Middle East, which are typical of the Sicilian kitchen, shine through in this entrée.

4 servings

- 1/4 cup packed fresh mint leaves
- 1 large garlic clove
- 1 3 1/2-pound chicken, quartered
- 3 tablespoons fresh lemon juice
- 3 1/2 tablespoons olive oil
- 1/4 teaspoon freshly ground pepper
- 1 medium lemon
- Salt
- 1/3 cup whole blanched almonds
- 2 tablespoons white wine vinegar
- 1 tablespoon minced fresh mint leaves
- Fresh mint sprigs

Mince together 1/4 cup mint leaves and garlic clove. Arrange chicken pieces in shallow nonaluminum dish. Rub with mint mixture. Combine lemon juice, 1 tablespoon olive oil and freshly ground pepper in small bowl. Pour over chicken and turn to coat evenly. Cover chicken and refrigerate at least 5 hours or overnight.

Using zester or sharp knife, cut off very thin strips of peel from lemon. Boil 5 minutes and drain.

Remove chicken from dish. Scrape mint mixture off chicken and into marinade. Reserve marinade. Pat chicken dry; salt lightly. Heat remaining 2 1/2 tablespoons oil in heavy large skillet over medium heat. Add almonds and cook until golden, stirring frequently. Remove using slotted spoon. Add chicken to skillet and brown well on all sides. Stir vinegar into skillet, scraping up browned bits. Add peel and marinade. Reduce heat to low, cover and cook 15 minutes. Add almonds and 1 tablespoon mint leaves. Cover and cook until chicken is tender, turning occasionally, 10 to 15 minutes. (Add water to pan if necessary to prevent sticking.) Transfer chicken to heated platter. Pour pan juices over. Garnish with mint sprigs.

ROLLATINI OF PASTA VALLE D'AOSTA

Rolled lasagne highlighted by a spiced meat, currant and pine nut filling.

6 servings

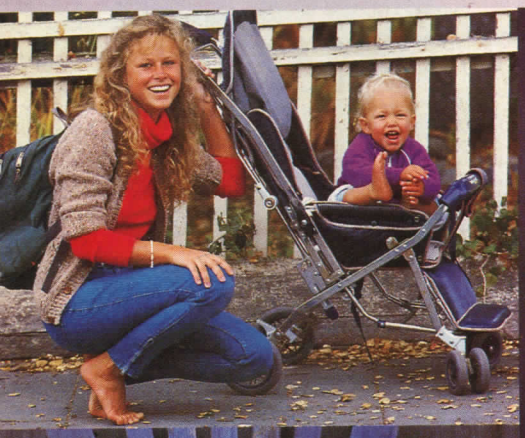
- 1/2 pound sweet Italian sausage
- 1 1/2 cups dry red wine
- 2 tablespoons olive oil
- 3 medium onions, minced
- 2 1/2 tablespoons minced carrot
- 2 bay leaves
- 1/2 pound finely ground lean pork shoulder
- 1/2 pound finely ground lean beef chuck
- 1 large garlic clove, minced
- 1/4 teaspoon dried marjoram, crumbled
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ground ginger
- Generous pinch of ground cloves
- 2 cups unsalted chicken or beef stock (preferably homemade)
- 1 tablespoon tomato paste
- 1/4 cup salted pine nuts
- 1/4 cup freshly grated Parmesan cheese
- 1 1/2 tablespoons dried currants, minced
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 12 flat (not ruffled) sheets dried lasagne pasta, freshly cooked
- 1 cup whipping cream
- 2 tablespoons shredded Fontina cheese
- 2 tablespoons freshly grated Parmesan cheese

Pierce sausage with fork. Cook in heavy medium skillet over medium heat until browned well on all sides, piercing several times to release fat, about 18 minutes. Drain fat from skillet. Add 1/2 cup wine. Cover and simmer until meat thermometer inserted in center of sausage registers 160°F, about 30 minutes. (Add water to skillet if necessary to prevent sticking.) Transfer sausage to small bowl using slotted spoon; crumble when cool. Boil liquid in skillet until reduced to 1 tablespoon. Pour over sausage.

Heat oil in heavy large skillet over medium heat. Add onions, carrot and bay leaves and cook until onions are golden, stirring occasionally, about 10 minutes. Add ground pork and beef and cook until lightly browned, stirring occasionally, about 20 minutes. Add garlic and cook 30 seconds. Stir in remaining 1 cup wine, marjoram, cinnamon, ginger and cloves, scraping up any browned bits, and simmer until wine evaporates, about 5 minutes. Add sausage mixture, 1 cup stock and tomato paste. Cover and simmer 10 minutes. Uncover and cook until almost all moisture has evaporated. Cool to room temperature. Remove bay leaves. Stir in pine nuts, 1/4 cup Parmesan and currants. Add pepper and salt. *(Can be prepared 1 day ahead. Cool completely. Cover and refrigerate.)*

Preheat oven to 350°F. Butter 2x8x12-inch baking dish. Spread 1/3 cup filling in 1/8-inch-thick layer over lasagne noodle, leaving 1/4-inch border on all edges. Starting at one short end, carefully roll up noodle to enclose filling. Arrange seam side down in prepared



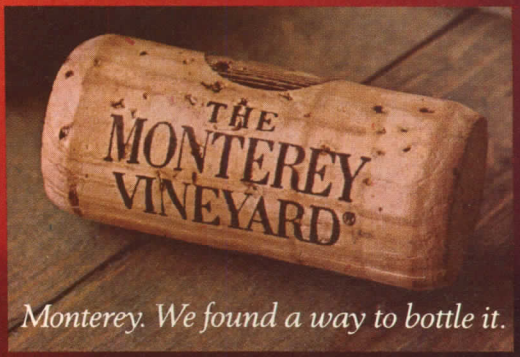








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LA CUCINA POVERA

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dish. Repeat with remaining noodles. *(Can be prepared 1 day ahead, covered tightly and refrigerated. Bring to room temperature before continuing.)*

Boil remaining 1 cup stock until reduced to 1/2 cup. Add cream. Season with salt and pepper. Pour mixture over noodles. Combine 2 tablespoons each Fontina and Parmesan cheese and sprinkle over noodles. Cover with foil and bake until knife inserted into center comes out hot, 20 to 25 minutes. Uncover and continue baking until cheese is bubbly, 10 minutes. Let stand 10 minutes before serving.

WALNUT AND CHEESE ROLLS

These savory yeast rolls are popular in the Marches region of central Italy. Begin the sponge one day in advance.

Makes 16 rolls

Sponge

2 1/2 teaspoons dry yeast
1 cup warm water (105°F to 115°F)
1 1/2 cups cool water
4 cups unbleached all purpose flour

Dough

3 cups (or more) unbleached all purpose flour
1/3 cup wheat germ
5 tablespoons olive oil
2 3/4 teaspoons salt

5 ounces pecorino or buffalo milk mozzarella cheese, cut into 1/2-inch cubes
2/3 cup chopped walnuts
1/4 teaspoon freshly ground pepper

For sponge: Sprinkle yeast over warm water in heavy-duty mixer bowl fitted with paddle and let stand until dissolved; stir to blend. Add cool water, then 4 cups flour and beat at medium speed 3 minutes. Remove paddle from mixer. Cover bowl with plastic. Let stand in warm draft-free area 18 to 24 hours. (Dough will rise and fall.)

For dough: Attach dough hook to mixer. Add 3 cups flour, wheat germ, oil and salt to sponge and knead on speed 4 until elastic and no longer sticky, adding up to 1/2 cup additional flour if necessary, about 12 minutes. (Dough can also be made by hand.)

Lightly oil another large bowl. Add dough, turning to coat entire surface. Cover with plastic wrap. Let stand in warm draft-free area until tripled in volume, about 2 hours.

Lightly grease baking sheets. Punch dough down. Shape into large rectangle. Sprinkle with cheese cubes, walnuts and pepper and knead to incorporate. Divide dough into 16 pieces. Shape each piece into round. Arrange rounds on prepared sheets. Cover with towel. Let stand in warm draft-free area until doubled, 1 to 1 1/2 hours.

Preheat oven to 400°F. Slit top of each roll. Bake 35 minutes. Turn rolls over and bake until bottoms sound hollow when tapped, 5 to 10 minutes. Serve immediately. *(Rolls can be prepared 1 day ahead. Cool completely. Wrap tightly; store at room temperature. Rewarm unwrapped in 400°F oven.)*

FAVATA

A robust Sardinian stew with fava beans, cabbage, pork and sun-dried tomatoes. Start the recipe two days ahead. I like to accompany it with *lavash*, Armenian cracker bread.

8 to 10 servings

1 2/3 cups unskinned dried fava beans

9 ounces lean salt pork, cut into 1/8x1-inch pieces
3 tablespoons olive oil
1 pound sweet Italian sausage, cut into 1/2-inch rounds
1 1/4 pounds pork butt, cut into 1/2-inch cubes

2 large onions, coarsely chopped
2 large fennel bulbs (about 1 1/4 pounds) with 3 inches stalk and leaves, cored and coarsely chopped
2 large garlic cloves, minced
2 cups water
1/2 small green cabbage (about 1 pound), cored and coarsely chopped
15 sun-dried tomatoes packed in oil, drained and coarsely chopped (about 3/4 cup)
1/2 teaspoon dried red pepper flakes
1/4 teaspoon freshly ground pepper

Salt
1/2 cup coarsely grated pecorino cheese

Cover beans with boiling water. Soak 24 hours and drain.

Slip skins off beans using fingertips. Transfer beans to heavy large saucepan. Cover beans with cold water by 3 inches and soak 24 hours.

Bring beans and soaking liquid to boil. Reduce heat, cover partially and simmer gently until almost cooked, 1 to 2 hours (cooking time will vary depending on age of fava beans).

Blanch salt pork in boiling water 5 minutes. Drain, rinse and pat dry on paper towels. Heat oil in heavy dutch oven or flameproof casserole over medium-low heat. Add salt pork and cook until golden brown, stirring occasionally, about 20 minutes. Remove using slotted spoon and drain on paper towels. Transfer to bowl. Pour off all but 3 tablespoons fat from casserole. Add sausage and brown well, stirring occasionally, about 20 minutes. Transfer to bowl using slotted spoon. Pour off all but thin film of fat from casserole. Add pork butt and cook until well browned on all sides, stirring occasionally. Remove using slotted spoon and add to sausage mixture.

Pour off all but thin film of fat from casserole. Add onions and cook until translucent, stirring occasionally, about 10 minutes. Stir in fennel and garlic and cook 30 seconds. Add 2 cups water and simmer, stirring occasionally, about 3 minutes. Add beans with cooking liquid, sausage mixture, cabbage, dried tomatoes, red pepper flakes and pepper. Add enough water to cover by 1 inch. Cover partially and simmer until meat almost falls apart and beans are a creamy puree, stirring occasionally, about 3 hours. (Add more water to casserole if necessary to prevent sticking.) *(Can be prepared 1 day ahead. Cool to room temperature. Cover and refrigerate.)*

Season favata with salt. Sprinkle with cheese. Serve immediately.

SMALL ONIONS PICKLED IN RED WINE AND SPICE

In northern Italy this dish is made with very small sweet red onions. Because boiling onions have been substituted here, it may be necessary to add more sugar to the brine. Prepare them at least three days ahead to allow flavors to develop. At the Al Castello restaurant in Castelvetro, these onions are served with torta fritta and a platter of Italian cured meats, such as coppa, salami and prosciutto, for the spectacular antipasto alla Castelvetro.

Makes 18 onions

2 cups chicken stock (preferably homemade)
1 1/2 cups dry red wine
3/4 cup red wine vinegar
1/3 cup (or more) sugar
1 teaspoon white peppercorns, crushed
1/4 teaspoon salt
6 whole allspice, crushed
6 whole cloves, crushed
4 large bay leaves, halved
18 small boiling onions, skinned and peeled to 1 1/2-inch diameter

18 long bamboo skewers

Combine first 9 ingredients in heavy large nonaluminum saucepan. Bring to boil. Reduce heat and simmer 5 minutes. Taste for sweetness, adding


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up to 3 tablespoons additional sugar if desired. Add onions and simmer gently until barely tender, about 10 minutes. Cool completely in brine.

Pack onions and their liquid into clean hot jars. Ladle enough liquid into jars to just cover onions. Seal with clean hot lids. Refrigerate 3 days. *(Can be prepared up to 3 weeks ahead.)*

Drain onions on paper towels. Thread on bamboo skewers and arrange on platter. Serve at room temperature.

LINGUINE WITH LIGURIAN SNAIL SAUCE

The coastal area of Liguria in northwest Italy has many snail specialties: This pasta is one of the best.

4 servings

- **48 canned extra-large snails, rinsed, drained and halved**
- **1 cup dry white wine**
- **3 large bay leaves**
- **1¾ ounces dried porcini mushrooms**
- **⅓ cup hot water**
- **6 tablespoons olive oil**
- **1 medium onion, minced (about 1 cup)**
- **¼ cup plus 2 tablespoons minced carrot**
- **1 tablespoon minced celery**
- **2 tablespoons minced fresh parsley**
- **1 tablespoon minced fresh basil or 1 teaspoon dried, crumbled**
- **1½ teaspoons minced garlic**
- **½ teaspoon minced fresh oregano or ⅛ teaspoon dried, crumbled**
- **1 pound tomatoes, peeled, seeded and chopped or one 16-ounce can Italian plum tomatoes, drained and chopped**
- **¼ teaspoon freshly ground pepper**
- **1 pound dried linguine pasta**
- **½ cup freshly grated pecorino cheese**
- **½ cup freshly grated Parmesan cheese**
- **12 oil-cured black olives, pitted and chopped**
- **2 teaspoons capers, rinsed**
- **Salt**
- **Olive oil**

Combine snails, white wine and bay leaves in medium bowl. Cover and refrigerate 8 hours.

Soak mushrooms in hot water to cover until softened, about 30 minutes. Drain, reserving liquid. Rinse mushrooms; pat dry and coarsely chop, discarding hard ends. Pour soaking liquid through sieve lined with several layers of dampened cheesecloth.

Heat oil in heavy large skillet over medium heat. Remove bay leaves from snails. Add bay leaves, onion, carrot and celery to skillet and cook until golden, stirring frequently, about 10 minutes. Add mushrooms and stir 1 minute. Add parsley, basil, garlic and oregano and stir 30 seconds. Stir in reserved mushroom liquid, scraping up any browned bits, and cook 2 minutes. Drain snails, adding liquid to skillet. Boil gently until thin film of liquid is left in bottom of pan, about 10 minutes. Add tomatoes and ground pepper. Simmer uncovered 5 minutes.

Cook linguine in large amount of boiling salted water until just tender but still firm to bite. Drain well. Mix cheeses. Stir snails, olives and capers into skillet with tomato mixture and heat through. Season with salt. Add pasta to skillet and toss to coat with sauce. Divide among bowls. Drizzle with oil. Serve immediately, passing mixed cheeses separately.

RICE WITH RADICCHIO AND PINTO BEANS

Hearty fare from the Veneto region, traditionally made with borlotti beans, which are not readily available here. Serve as a starter followed by grilled chicken or veal or as a main course preceded by marinated vegetables and an assortment of salami.

6 main-course or 8 appetizer servings

- **3 tablespoons olive oil**
- **1 large garlic clove, crushed**
- **1 medium onion, chopped**
- **2 ounces thinly sliced pancetta,* chopped (about ⅔ cup)**
- **1 pound radicchio, cored and coarsely chopped**
- **Salt and freshly ground pepper**
- **2½ cups Arborio rice****
- **5 cups rich chicken stock (preferably homemade)**
- **1 15-ounce can pinto beans, rinsed and drained**
- **¾ cup freshly grated Parmesan cheese (preferably imported)**

Heat oil in heavy large nonaluminum skillet over medium heat. Add garlic and stir until golden. Discard garlic. Add onion and pancetta and cook over medium heat until golden, stirring frequently, about 5 minutes. Add all but 1 cup chopped radicchio and stir until wilted, about 1 minute. *(Can be prepared 2 hours ahead to this point. Rewarm over medium-high heat.)* Season with salt and pepper. Add rice and stir 2 minutes. Mix in stock. Bring to boil over medium-high heat. Reduce heat to low, cover and simmer until rice is tender and all liquid is absorbed, 18 to 20 minutes. Add remaining radicchio and beans and heat through. Fold in cheese. Taste and adjust seasoning. Let stand 3 minutes before serving.

**Pancetta, unsmoked bacon cured in salt, is available at Italian markets.*

***Italian short-grain rice. Available at Italian markets and specialty foods stores.*

TORTA FRITTA OF EMILIA-ROMAGNA

Crisp triangles of deep-fried pastry that are reminiscent of our popular southwestern sopaipilla.

Makes 24 triangles

- **2½ cups unbleached all purpose flour**
- **1½ teaspoons dry yeast**
- **¾ teaspoon salt**
- **2 tablespoons solid vegetable shortening**
- **¾ cup milk**
- **6 cups vegetable oil (for deep frying)**

Combine flour, yeast and salt in large bowl. Cut in shortening until mixture resembles coarse meal. Add milk and stir until incorporated. Turn dough out onto lightly floured surface and knead until smooth, about 10 minutes. Butter large bowl. Add dough, turning to coat entire surface. Cover and let rise in warm draft-free area until tripled in volume, about 2½ hours.

Punch dough down. Roll out on lightly floured surface into 1/16-inch-thick square. Cover and let stand until slightly risen, about 1 hour.

Cut dough into 3½- to 4-inch-long triangles. Heat oil in deep fryer or heavy skillet to 390°F. Add triangles and fry in several batches until golden brown, turning once. Remove using slotted spoon and drain on paper towels. Sprinkle lightly with salt. Serve immediately. *(Can be prepared 1 hour ahead and kept warm in low oven.)*

SQUASH TART WITH MOSTARDA DI CREMONA

Butternut squash approximates the sweet, delicate flavor of the Italian pumpkin ordinarily used in this. Although not traditional, whipped cream is a delicious accompaniment.

6 to 8 servings

Crust

- **½ cup unbleached all purpose flour**
- **¼ cup cake flour**
- **3 tablespoons sugar**
- **1½ teaspoons grated lemon peel**
- **3½ tablespoons well-chilled unsalted butter, cut into small pieces**

recipe continued on page 136

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LA CUCINA POVERA

continued from page 134

2 tablespoons cold water

Filling

3 tablespoons butter
1¼ pounds butternut squash, peeled, seeded and thinly sliced
¾ cup plus 2 tablespoons half and half
½ cup (or more) sugar
3 tablespoons dark rum
1 egg
1 egg yolk
½ teaspoon ground ginger
¼ teaspoon ground allspice
¼ teaspoon cinnamon
¼ teaspoon almond extract
½ cup firmly packed, minced drained mostarda di Cremona* (reserve 1 tablespoon syrup)

For crust: Blend flours, sugar and peel in processor 30 seconds. Cut in butter using on/off turns until mixture resembles coarse meal. Blend in water 1 tablespoon at a time, using on/off turns, until dough just starts to come together (do not form ball). Turn dough out onto lightly floured surface. Flatten into disc. Wrap dough in plastic and refrigerate 1 hour. *(Can be prepared 1 day ahead.)*

Butter 9½-inch tart shell with removable bottom. Roll dough out on lightly floured surface to thickness of ⅛ inch. Fit into prepared tart shell; trim edges. Refrigerate for 1 hour.

Preheat oven to 400°F. Pierce shell with fork. Line shell with parchment or foil. Fill with dried beans or pie weights. Bake until pastry is set, about 10 minutes. Remove beans and foil. Bake until brown, about 10 minutes. Cool to room temperature.

For filling: Melt butter in heavy large skillet over medium-low heat. Add squash. Cover and cook until tender, stirring frequently, about 35 minutes, adding up to ¼ cup water to prevent sticking if necessary. Drain thoroughly. Cool slightly.

Position rack in center of oven and preheat to 350°F. Puree squash with half and half, ½ cup sugar, rum, egg, yolk, ginger, allspice, cinnamon and extract in processor. Transfer to bowl. Stir in mostarda di Cremona and reserved syrup. Taste for sweetness, adding up to 2 tablespoons additional sugar if necessary. Pour filling into crust. Bake until knife inserted in center comes out clean, 45 to 50 minutes. Cool completely on rack.

**Mostarda di Cremona, Italian candied fruit in spiced syrup, is available at Italian markets and specialty foods stores.*

TIRAMISU WITH RASPBERRIES

A variation on the tempting Italian dessert usually made with mascarpone, a fresh triple cream cheese.

12 servings

Zabaglione

8 egg yolks
1 cup sugar
Pinch of salt
1½ cups Marsala wine
1 pound sponge cake or pound cake, crusts trimmed
3 tablespoons crème de cassis
2 8-ounce packages plus 3 ounces cream cheese, room temperature
3 tablespoons sugar
1 teaspoon vanilla
1 cup sour cream
1 10-ounce package frozen raspberries, thawed and drained
½ cup whipping cream, beaten to soft peaks

For zabaglione: Beat yolks, sugar and salt in large metal bowl until pale yellow and thick. Gradually whisk in Marsala. Place bowl over large saucepan of hot water set over low heat. Continue whisking until egg mixture triples in volume and mounds when spooned, about 15 minutes. Transfer to another bowl. Cool to room temperature, whisking occasionally. Cover and refrigerate at least 2 or up to 8 hours. *(Zabaglione can also be made using electric mixer.)*

Cut cake into ½-inch-thick slices. Fit slices into bottom of 9x12-inch baking dish. Brush with crème de cassis.

Using electric mixer, beat cream cheese, sugar and vanilla until light and fluffy, 3 to 4 minutes. Fold in two-thirds of zabaglione and 1 cup sour cream. Spread mixture evenly over cake. Sprinkle raspberries over top. Fold remaining zabaglione into whipped cream and spread over raspberries. Cover and freeze 3 hours.

Soften tiramisù slightly in refrigerator before serving. Cut into large squares.

SARDINIAN ANISE WINE BISCUITS

Light lemon-scented cookies that go well with a glass of dry Sherry or red wine at the end of a bountiful meal.

Makes 50

1 cup unbleached all purpose flour
½ cup cake flour
2 tablespoons aniseed
½ teaspoon baking powder
Pinch of salt
6 eggs, separated, room temperature
1¼ cups sugar
1 tablespoon grated lemon peel
Pinch of cream of tartar

Position rack in center of oven and preheat to 350°F. Butter and flour 10x15-inch jelly roll pan. Mix flours, aniseed, baking powder and salt in small bowl. Using electric mixer, beat yolks, sugar and lemon peel in another bowl until slowly dissolving ribbon forms when beaters are lifted, about 5 minutes. Using clean dry beaters, beat whites and cream of tartar in another bowl until soft peaks form. Gently fold ¼ of whites into yolk mixture to lighten. Fold in remaining whites and dry ingredients alternately in 2 additions. Spread batter in prepared pan. Bake until knife inserted in center comes out clean and cake is light golden brown, about 18 minutes. Remove from oven. Reduce oven temperature to 300°F. Cut cake into 1x3-inch biscuits. Turn biscuits onto their sides. Continue baking until crisp and dry, about 35 minutes. Cool on racks. *(Can be made up to 1 month ahead. Store in airtight container.)*□

A frequent contributor to Bon Appétit, *Lynne Rossetto Kasper is a member of the select L'Accademia Italiana della Cucina, one of Italy's leading gastronomic societies.*



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BON VIVANT

continued from page 26

Aussie Inspiration

Those ingenious Australians have done it yet again: this time with a series of self-sharpening knives. A Melbourne company, McPherson's Ltd., conceived this unique patented cutlery that resharpens itself every time it is removed from its specially designed sheath. Sold here through the U.S.-based subsidiary, Wiltshire



International, Inc., the sets range from those for sportsmen to utility and kitchen types. Called the 1500 Series, these tools are forged with full tang construction, stainless steel bolsters and rivets, and tapered and hardened stainless steel blades. The housing units can be wall mounted. Available in stores and through mail-order catalogs nationally, the knives range from about $22 to $100. For additional information, write Neil Eibeler, National Sales Manager, Wiltshire International, 251 North Ave. W., Westfield, NJ 07090.

Booklets and Newsletters of Interest

Good old Mazola has produced a cookbook to celebrate its birthday. Called *75 Years of Good Eating*, it includes in its 28 pages 50 recipes from past to present and will undoubtedly be a collector's treasure in years to come. For 50 cents postage and handling, you may have a copy from Mazola Anniversary Cookbook, Dept. MA-C, Box 307, Coventry, CT 06238.

Corning's newest four-color book, *Corning Microwave Cooking*, is available for just $2. Its nearly one hundred recipes are perfect for spring menu planning. For your copy, send to Microwave Cookbook Offer, Corning Glass Works, P.O. Box 375, Big Flats, NY 14814.

Polly-O, makers of ricotta and cottage cheeses, offers the *Cooking with Cheese Cookbook*, with 80 pages of magnificent recipes by cooking teacher and author Anna Theresa Callen, edited by Wilma G. deZanger. Beautiful color illustrations by noted photographer Ari deZanger are plentifully dispersed throughout this keepsake book. It is yours for $3 from Pollio Dairy Products Corporation, Dept. Q, 120 Mineola Boulevard, Mineola, NY 11501.

American cuisine is coming into its own with such creations as deep-dish pizzas, cobblers, Boston baked beans, meat loaf (as distinguished from country pâté or terrines), wild rice dishes, and chutneys and pickles made from our native fruits and vegetables. To salute this wonderful surge of culinary patriotism, Chicago Metallic Products, Inc., maker of Bākalon professional gourmet bakeware, has interviewed chefs from each of 12 outstanding restaurants from coast to coast, and published a slim little recipe book, *A Taste of America*. Included in this sampler are Mango-Lime Filled Chocolate Macadamia Cake Roll with Chocolate Sauce from Louie's Backyard in Key West; Marinated Duck with Pecans and Prunes from The American Cafe in Washington, D.C.; Shrimp, Artichoke and Ricotta Cheese Pie from Bookbinder's Seafood House in Philadelphia; and Vegetable and Cheddar Terrine from Trumps in Los Angeles. The book is available by mailing $1 to A Taste of America, c/o Chicago Metallic Products, Inc., 800 Ela Road, Lake Zurich, IL 60047.

One of our all-time favorite newsletters, chockablock with wine and food notes that practically sparkle off the page, is written by Ruth Epstein for the Rockefeller Plaza restaurants in New York. Edited by John Harding and punctuated with sprightly illustrations by Fred Donoher, it is called *The American Festival*, a monthly now in its fourth volume. Here we can glean information about "hearth cooking, basket maker style," or try chef François Keller's Oatmeal Flapjacks with Molasses Stewed Prunes, or learn about where passion fruit originated. This delightful publication can be obtained free simply by writing The American Festival Cafe, Rockefeller Plaza, 600 Fifth Avenue, Bldg. 17, Office 8, New York, NY 10020.



Jamaica's Bounty

Organically grown teas, herbs and spices are the specialty of a company called I-Tal Herbs & Spice, Ltd., which supplies hotels and restaurants on the premier spice island of the New World, Jamaica. I-Tal is airlifting its products, within weeks of picking and drying, to Bloomingdale's in New York City and other East Coast stores. The offerings are varied, often rare, and incredibly pure and fresh. Included are cinnamon leaf and bark, bird pepper, allspice, ginger, coriander, fennel, rosemary, thyme and cocoa beans. There are teas made from sarsaparilla and chainey roots, lemongrass, search-me-heart, soursop leaf, hibiscus flower, wild thyme, sorrel and ginger. The items are also available by mail for $3 per selection plus 60 cents postage for each from I-Tal Herbs & Spice, Ltd., 246 South Union Street, Burlington, VT 05401.

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Spaghetti
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Spinach Fettuccine
(Ribbons)



Spaghetti
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Rotelle
Pronounced *"row-TELL-ee,"* the word roughly translates from Italian to mean "wheels," though this pasta actually looks more like little spirals. Delicate sauces cling to its inside curves making every bite extra tasty. And perfect for cold pasta salads.



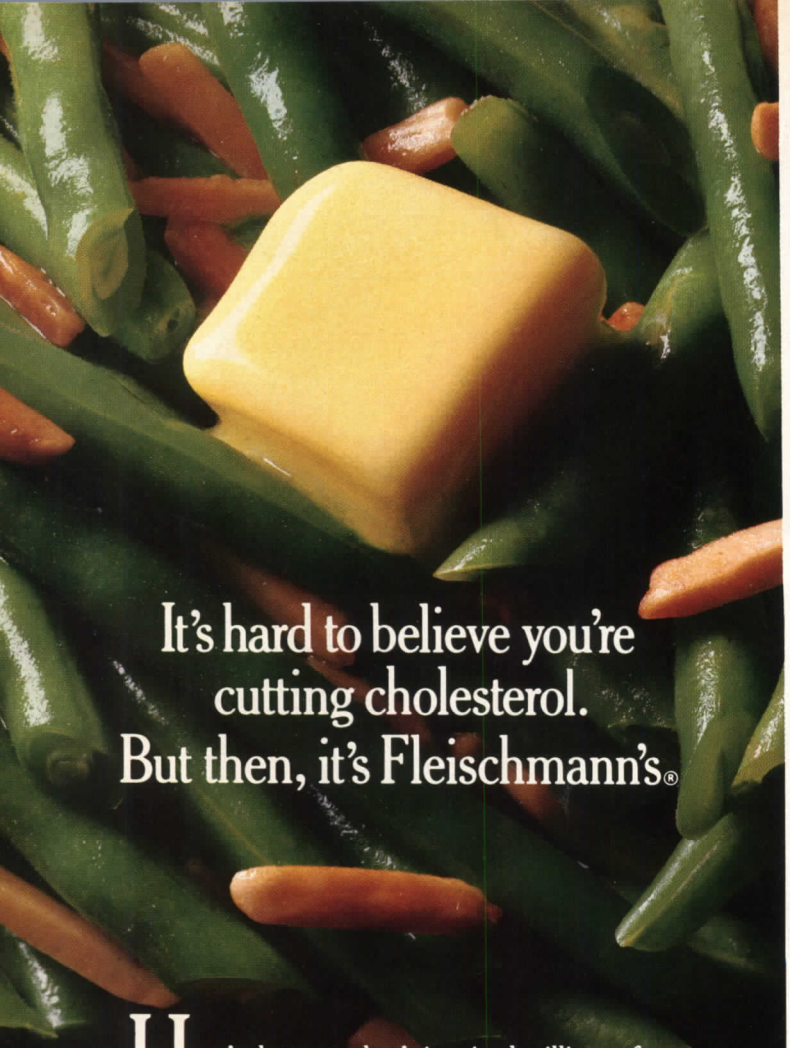
Rotelle
(Wheels)

Spinach Fettuccine
"Feh-too-CHEE-nee" comes from a word that means "ribbon" in Italian. These flat, deep green noodles are egg-based and get their color from spinach. It's traditionally served with cheese and cream sauces like Alfredo.

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BON VIVANT

continued from page 138



Instant Chocolates

The burgeoning chocoholic population should be on the lookout for a Cesar Fine Swiss Chocolate store springing up—literally—in their city soon. There will be 50 stores around the nation, all stocked with some of Switzerland's finest treats. Visiting a shop is like a trip to romantic old Geneva. And why not? Everything in it comes from there—including the building. The shops arrive prebuilt in module form and are assembled here by a Swiss team in just three days. There is one now in New York, and plans are in the works for others in New Orleans, San Francisco and Boston, with still more sprouting up soon.

A Touch of Glass

A renaissance of beautiful Italian glassware is taking place at a wonderful shop in New York City. Avventura is the name of the attractive store where reissued classics from renowned Murano firms Barovier & Toso and Venini are presently on display. There are decorative opaque vases and bowls, both boldly patterned yet softly sensuous in design, from Barovier & Toso. The pieces were originally introduced by Ercole Barovier in the 1920s' spate of art deco. There is also the playful "joined bottles" collection, which allows multicolored sections to float, seemingly unattached. It is pure Venini and was created by Tapio Wirkkala in the 1970s. View these treasures at Avventura, 463 Amsterdam Avenue, New York, NY 10024. □



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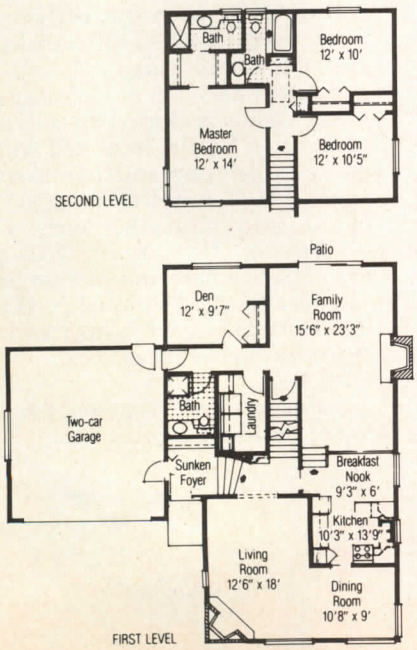
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WINE AND SPIRITS

continued from page 30

Made from high-quality native grain, Finlandia is produced in 80-proof ($14) and 100-proof ($15) versions and sold in a handsome contemporary-style bottle designed by Finnish sculptor Tapio Wirkala. This crisp, fresh, clean spirit has a lovely smooth texture. It is an excellent mixer as well as attractive on its own.

Sweden

While this Scandinavian country has distilled vodka for centuries, Absolut was created in the mid-1970s with the American market in mind. This nicely packaged, clean-flavored vodka has been the fastest growing import on the market for the past few years, and in 1985, backed by a first-rate advertising and marketing effort, it became the best-selling one. Available in 80-proof ($14) and 100-proof ($16) strengths, Absolut is lovely in mixed drinks and also quite delicious on the rocks.

A completely clear, flavored, 80-proof variation, Absolut Peppar ($20), lively from a jalapeño pepper and paprika infusion, is now being sold throughout the United States.

Norway

Heublein, the producer of Smirnoff domestically and the importer of Finlandia, has recently introduced Vikin Fjord, a congenial, smooth, 80-proof vodka distilled from potatoes. Made from "pure glacial waters," it sells for about $11 and is a fine mixer.

Holland

Krimskaya is another recent arrival, being imported by one of the Heineken group of companies. This clean and aromatic liquor is charmingly smooth with a subtle hint of herbs on the finish. Krimskaya is 80 proof and sells for $12. It is at its best when served on the rocks or chilled, straight up.

England

James Burrough, the maker of Beefeater London Dry Gin since 1820, also distills a lovely vodka that is just as painstakingly produced as the company's other white spirit. Made from choice English corn and barley, it is filtered through charcoal made from Sussex oak trees. Burrough's English Vodka (80 proof, $14) is a spicy and distinctively rich spirit, excellent when served on the rocks or neat.

Canada

Not to be outdone, giant Seagram has introduced a zesty, assertive 80-proof drink called Seagram's Imported Vodka. This product has clean, intense flavors and an attractive price—$7.75. It is a delicious mixer and quite acceptable on its own.

Japan

The Suntory company was founded in 1899 by Shinjiro Torii to make Akadama sweet wine. Today, this $3-billion megacorporation produces wine, beer, whiskey, soft drinks, soup and pharmaceuticals.

Suntory also makes a crisp and very clean vodka packaged in a beautiful squared-off bottle decorated with Japanese calligraphy and handsome artwork. The 80-proof version ($13) is elegant and smooth, with a dry, refreshing finish. In 100 proof ($15.50), it is fiery and intense but still retains a fresh, clean quality. Both are excellent in mixed drinks and quite delicious on the rocks.

Listed prices are approximate and may vary from one state to another.□

NEW WINE RELEASES: OUR TASTING PANEL PICKS

New wines are released monthly, almost faster than the *Bon Appétit* Tasting Panel can try them. We manage, though, sampling some two hundred wines a week. The intent of this list is to keep you apprised of our favorites—the new releases we like best and recommend. Look for them at your local store.

1985 Acacia Winery Chardonnay, Carneros, Napa ($15)
1985 St. Francis Vineyards & Winery Chardonnay, Estate, Sonoma ($9)
1984 Saintsbury Winery Chardonnay, Carneros ($11)
1985 White Oak Vineyards & Winery Chardonnay, Myers Limited Reserve, Alexander Valley ($14.50)
1985 Moillard Meursault-Charmes, White Burgundy, France ($30)
1983 Isole E Olena Chianti Classico, Italy ($5)
1984 Gundlach-Bundschu Winery Merlot, Estate, Sonoma ($12)
1985 Trentadue Winery Old Patch Red, Alexander Valley ($4.75)

And for the cellar:
1983 Kenwood Vineyards Artist Series Cabernet Sauvignon, Sonoma ($30); 3 to 6 years
1982 Lakespring Winery Cabernet Sauvignon, Napa ($14); 2 to 4 years





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Tips and recipes for: ORIENTAL COOKING

■ Partially freeze meat to make it easier to thinly slice.

■ To peel fresh garlic, press clove with side of wide knife, peel slips off.

■ Here's how to thicken hot sauces in Oriental dishes. Mix a little Corn Starch with cold water. While stirring, add it to the sauce, bring to boil.

■ In place of ground ginger, use minced fresh ginger root. It can be hot, so add to taste.

SPICY ORANGE BEEF

Thinly slice on the diagonal, **1 lb beef flank or round steak.** In wok or large skillet heat **2 Tbsp Mazola® corn oil** over medium-high heat. Add beef ⅓ at a time. Stir fry 3 min or until browned. Return all beef to wok. Add **¼ cup slivered orange peel, 1 minced clove of garlic,** and **½ tsp ground ginger.** Stir fry 1 min. Stir together **2 Tbsp ARGO® or KINGSFORD'S® Corn Starch, 1 cup cool beef broth, ¼ cup soy sauce, ¼ cup dry sherry, ¼ cup orange marmalade,** and **½ tsp crushed dried red pepper.** Stir into beef. Stirring constantly, bring to boil over medium heat and boil 1 min. Serve over rice. Makes 4 servings.

SPICY ORANGE CHICKEN

Spicy Orange Chicken: Use **1 lb boneless, skinless chicken breasts,** thinly sliced, and **1 cup cool chicken broth.**

For more Corn Starch recipes write to: Argo®and Kingsford's,® Box 307A, Dept. VP, Coventry, CT 06238.

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THE BASICS

continued from page 36

potato cooking liquid and puree until smooth, about 30 seconds. Return potato mixture to saucepan. *(Can be prepared 1 day ahead. Cover potato mixture and mussels separately and refrigerate.)*

Rinse scallops and pat dry. Discard small white muscle from side of each scallop. Cut into ½-inch dice. Return potato mixture to simmer, stirring occasionally. Add cream and stir just until heated through, thinning with milk if desired; do not boil or mixture will curdle. Reduce heat to low, add scallops and mussels and stir until scallops are just opaque and firm, about 2 minutes. Remove from heat. Mix in sorrel and parsley and stir just until sorrel is wilted. Add cayenne, salt and pepper. Ladle chowder into bowls. □

BON VOYAGE

continued from page 46

- 1 egg
- ¼ teaspoon salt
- Freshly ground white pepper
- 1¾ cups olive oil
- 1 head romaine lettuce
- ¼ cup chopped macadamia nuts, toasted

Mix first 9 ingredients in blender until smooth. With machine running, slowly add oil in thin, steady stream. Refrigerate dressing until well chilled.

Trim off dark green of lettuce leaves to form arrow shapes. Arrange several leaves on each plate. Spoon some of dressing over. Sprinkle with macadamia nuts. Serve immediately, passing remaining dressing separately. □

COOKING FOR FRIENDS

continued from page 32

SODA MUFFINS WITH CHEDDAR AND CHIVES

This recipe makes a big basketful of muffins, plus enough for breakfast.

Makes 24

- 4 cups all purpose flour
- 2 teaspoons baking powder
- 1½ teaspoons salt
- 1 teaspoon baking soda
- ¼ cup (½ stick) well-chilled butter, cut into pieces
- 6 ounces coarsely grated sharp cheddar cheese
- ¼ cup snipped fresh chives
- 2 cups buttermilk
- 1 egg, beaten to blend

Preheat oven to 350°F. Generously grease two 12-cup muffin tins. Sift together flour, baking powder, salt and baking soda in large bowl. Cut in butter until mixture resembles coarse meal. Stir in cheese and chives. Mix buttermilk and egg and add to dry ingredients, stirring just until blended (batter will be thick). Spoon batter into prepared muffin tins. Bake until golden, about 30 minutes. Serve warm.

IRISH COFFEE ICE CREAM PIE WITH CHOCOLATE PECAN CRUST

6 servings

- 1 8½-ounce package chocolate wafer cookies, crushed to crumbs
- ½ cup (1 stick) butter, melted
- ¼ cup finely chopped pecans
- 1 tablespoon coffee liqueur
- 1 quart coffee ice cream, softened
- 1 cup well-chilled whipping cream
- 2 tablespoons sugar
- 1 tablespoon Irish whiskey
- 1 teaspoon instant espresso powder
- Chocolate coffee bean candies

Preheat oven to 350°F. Mix crumbs, butter, pecans and liqueur. Press into 9-inch pie pan. Bake until set, about 8 minutes. Cool. Freeze 1 hour.

Spread ice cream evenly in crust. Freeze until ice cream is set.

Beat cream to soft peaks. Add remaining ingredients except candies and continue beating until stiff. Spoon into pastry bag fitted with large star tip. Pipe decoratively over ice cream. Garnish with candies. Freeze at least 8 hours or overnight. □

COOKING CLASS

continued from page 79

COSTA RICAN COCONUT SWEET (Dulce de Coco)

This easy-to-make dessert is best the same day it is baked. Decorate the top with strawberry slices.

8 servings

- **4 cups grated fresh coconut**
- **2 cups sugar**
- **1½ cups canned coconut milk**
- **4 eggs, beaten to blend**
- **¼ cup (½ stick) butter**

Cook coconut, sugar and coconut milk in heavy medium saucepan over medium heat until mixture begins to thicken, 25 to 30 minutes, stirring frequently. Remove from heat and cool slightly. Stir in eggs and butter.

Preheat oven to 350°F. Butter 8x8x5-inch square ovenproof glass dish. Add coconut mixture, spreading evenly. Bake until golden brown, 30 to 40 minutes. Serve at room temperature. □

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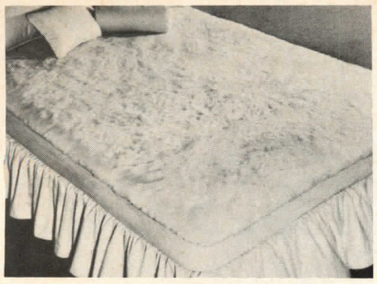
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WINES DOWN UNDER

continued from page 104

comes from the Brokenback Vineyard, a rich 270-acre planting that is kept cool and protected from the vagaries of the weather by craggy hills.

Rothbury's winemaker, an articulate young man named David Lowe, has shown considerable ability with Sémillon, Chardonnay and Pinot Noir. He has also been quite successful with developing Sauternes-style sweet wines made from Sémillon.

Murray Robson is a marvelous character whose small winery has gained a reputation for Cabernet Sauvignon, Chardonnay and Muscat. The sign at the gate of The Robson Vineyard reads: No Sweet Wines, No Cheap Wines, No Drink-Now Wines, No Single Bottle Sales, and No Buses.

The winery of Murray Tyrrell, another unique Aussie, produces everything from premium varietals to simple, charming generics. A few years ago Tyrell's 1976 Pinot Noir won a well-publicized tasting in Paris, beating out some of Burgundy's best.

The Upper Hunter, like most of Australia, is a lonely expanse of great natural beauty. Rolling hills and vast meadows are virtually deserted, except for occasional grazing kangaroos.

The most important winery here is Rosemount Estate, which has jumped into international prominence in just ten years. The winery was put together by another Australian entrepreneur, Bob Oatley, a New Guinea coffee and cocoa plantation owner. Rosemount wines are made by Philip Shaw, one of the world's most honored winemakers.

Rosemount is best known for its excellent Chardonnays, but it is also turning out lovely Rhine Rieslings, Sauvignon Blancs, Cabernets and Merlots. The company has just released a delicious sparkling wine.

One Last Look

So there you have most of the important winegrowing regions in Australia, although there are still many excellent wineries I haven't covered. The delicious and long-lived Marsannes of Mitchelton, an hour north of Melbourne; the lovely Shiraz and Caber- Sauvignon made by Taltarni in ...and the spectacular ...n from De Bortoli ...rrumbridgee Irriga- South Wales are just

PARIS HOTELS

continued from page 118

1 cup plus 3 tablespoons sugar
1/3 cup (about) egg whites

Preheat oven to 300°F. Place nuts on baking sheet and toast for 5 minutes. Cool. Maintain oven at 300°F. Squeeze each nut between thumb and forefinger to remove as much skin as possible. Grind nuts finely in processor or nut grinder; do not form paste. Combine 1/2 cup ground nuts with 6 tablespoons sugar and enough egg white (about 4 teaspoons) to make sticky paste. Reserve for filling.

Line baking sheet with parchment; butter paper. Mix remaining ground pistachios with remaining sugar and just enough whites to form dense, sticky mixture. Spoon batter onto prepared sheet by half teaspoons, spacing 1 inch apart. Bake until cookies are slightly firm but not dry, 15 to 18 minutes. Cool on rack on paper. Remove cookies from parchment. Spread 1 teaspoon filling on flat side of 1 cookie; sandwich with second cookie. Repeat with remaining filling and cookies.

GRANNY SMITH SORBET WITH CALVADOS

A refreshing treat from the Plaza-Athénée. Serve with lace cookies.

10 servings

1 cup sugar
1 cup water
3 large Granny Smith apples (about 1 1/2 pounds), peeled, cored and cut into 1-inch pieces
1/4 cup fresh lemon juice
3 tablespoons Calvados
Additional Calvados (optional)

Cook sugar and water in heavy small saucepan over low heat until sugar dissolves, swirling pan occasionally. Bring to boil. Cool syrup slightly.

Puree apples and lemon juice in processor, stopping to scrape down sides of bowl, about 2 minutes. Work through fine sieve; you should have about 2 cups. Stir in syrup. Chill well.

Blend 3 tablespoons Calvados into puree. Transfer to ice cream maker and process according to manufacturer's instructions. Puree in blender until smooth. Transfer to bowl. Freeze.



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FOOD PROCESSOR

continued from page 21

MADRAS CURRIED BEEF

4 servings

1 teaspoon cumin seeds
1/2 cup loosely packed fresh cilantro leaves
1 1x1-inch piece fresh ginger, peeled
1 medium serrano chili
1 5-ounce onion, quartered
1/4 cup (1/2 stick) unsalted butter
8 ounces lean beef tenderloin, cut into 1/2-inch cubes
Salt
4 small unpeeled boiling potatoes (8 ounces total)
1 1-pound cauliflower, broken into small florets
1 teaspoon ground coriander
3/4 teaspoon ground cumin
1/2 teaspoon turmeric
1 cup chicken stock
1 1/2 cups tiny frozen peas
Fresh Chutney Sauce*

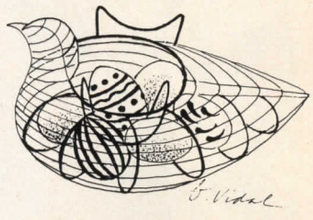
Heat heavy 12-inch skillet over medium-high heat. Add cumin seeds and cook until light brown and fragrant, shaking pan frequently, 1 minute. Crush cumin in mortar with pestle.

Steel Knife: Place cilantro in work bowl

1/4 cup loosely packed fresh mint leaves or 2 teaspoons dried, crumbled
1 medium green onion, cut into 1-inch pieces
2/3 cup plain yogurt, drained
1/8 teaspoon salt

Steel Knife: Finely mince cilantro, mint and green onion, about 15 seconds. Add yogurt and salt; mix 5 seconds.

Cover and refrigerate at least 3 hours or overnight before serving. □



ACCESSORIES IN THIS ISSUE

Page 49: Plate by **Catherine Wygant,** wood and glass tray by **David Gilbert** and fork by **Patino/Wolf** all available at **Nancy Epstein Gallery,** 9301 Wilshire Blvd., Suite 614G, Beverly Hills, CA 90210. **3 Line** linen place mat by **Pratesi** from **Pratesi,** 9024 Burton Way, Beverly Hills, CA 90211.
Pages 54/55: Sterling silver cabbage leaf bowl by **Tiffany & Co.** available at **Tiffany & Co.,** 727 Fifth Ave., New York, NY 10022. Black hand-painted Limoges porcelain shamrock dinner plate and imported French Champagne glass from **Frank McIntosh at Henri Bendel,** 10 W. 57th St., New York, NY 10019. Other

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FOOD PROCESSOR

continued from page 21

MADRAS CURRIED BEEF

4 servings

- 1 teaspoon cumin seeds
- 1/2 cup loosely packed fresh cilantro leaves
- 1 1x1-inch piece fresh ginger, peeled
- 1 medium serrano chili
- 1 5-ounce onion, quartered
- 1/4 cup (1/2 stick) unsalted butter
- 8 ounces lean beef tenderloin, cut into 1/2-inch cubes
- Salt
- 4 small unpeeled boiling potatoes (8 ounces total)
- 1 1-pound cauliflower, broken into small florets
- 1 teaspoon ground coriander
- 3/4 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1 cup chicken stock
- 1 1/2 cups tiny frozen peas
- Fresh Chutney Sauce*

Heat heavy 12-inch skillet over medium-high heat. Add cumin seeds and cook until light brown and fragrant, shaking pan frequently, 1 minute. Crush cumin in mortar with pestle.

Steel Knife: Place cilantro in work bowl. With machine running, drop ginger and chili through feed tube and mince. Remove cilantro mixture from work bowl and set aside. Add onion to work bowl and process until coarsely chopped, about 20 seconds. Remove from work bowl and set aside.

Melt butter in same skillet over high heat. Add beef and salt and stir until cooked to desired doneness, about 1 minute for rare. Remove beef using slotted spoon; set aside. Reduce heat to medium, add onion and cook until translucent, stirring often, about 3 minutes.

Medium Slicer: Stand potatoes in feed tube and slice using firm pressure.

Mix potatoes and cauliflower into skillet. Stir crushed cumin seeds, coriander, ground cumin and turmeric into stock; add to potato mixture. Cover and cook until potatoes are almost tender, stirring occasionally, 14 minutes.

Add peas, beef and salt to potato mixture and warm through, stirring occasionally, about 1 minute. Remove from heat. Add cilantro mixture and toss to blend. Serve immediately, accompanied by chutney sauce.

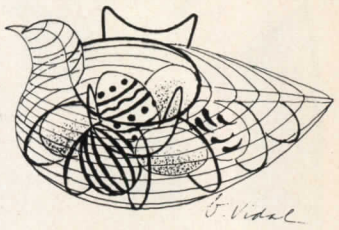
**Fresh Chutney Sauce*

Makes about 3/4 cup

- 1/3 cup loosely packed fresh cilantro leaves
- 1/4 cup loosely packed fresh mint leaves or 2 teaspoons dried, crumbled
- 1 medium green onion, cut into 1-inch pieces
- 2/3 cup plain yogurt, drained
- 1/8 teaspoon salt

Steel Knife: Finely mince cilantro, mint and green onion, about 15 seconds. Add yogurt and salt; mix 5 seconds.

Cover and refrigerate at least 3 hours or overnight before serving. □



ACCESSORIES IN THIS ISSUE

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Pages 56/57: Wine glass by **Simon Pearce,** and imported French dinner plates and candle holder, all from **Frank McIntosh at Henri Bendel.** Hand-hammered sterling silver servers by **Kalo Arts & Crafts** from **ÉVA Antiques,** Gallery 2, Manhattan Art & Antiques Center, 1050 Second Ave., New York, NY 10022. Marbleized ceramic bowl and tile from **Barneys New York,** Seventh Ave. at 17th St., New York, NY 10011. Glass canisters and tobacco leaf underplates from **Bergdorf Goodman,** 754 Fifth Ave., New York, NY 10019. All other accessories are privately owned.
Pages 58/59: White porcelain bowls with lids by **Mintons** from **J.&F. Van Brink,** Manhattan Art & Antiques Center. All other accessories are privately owned.
Page 66: Oblong porcelain platter by **Vista Allegre** and **GEAR Tone on Tone** napkins, **GEAR** terra-cotta votive candle holders by **Bennington Potters, Lone Oak** stoneware platter and **Willow** wicker tray all from **GEAR Stores,** 110 Seventh Ave., New York, NY 10011. Bowls by **Richard Batterham** from **Simon Pearce,** 385 Bleecker St., New York, NY 10014. Other accessories privately owned.
Page 67: Slatted basket from **GEAR Stores.** Other accessories privately owned.
Page 70: Black stoneware plates by **Miranda Thomas, "Hoffman"** cutlery by **David Mellor** and glassware by **Simon Pearce** all at **Simon Pearce.** Other accessories privately owned.
Page 71: Ruffled dish by **Stephen Pearce** and glassware available at **Simon Pearce.** All other accessories are privately owned.
Pages 88/90: Men's Mardi Gras costumes and Julianne Lansing's costume from **Ilaine Hartman Designs,** 135 Carondelet St., Third Floor, New Orleans, LA 70130.
Page 91: Copper stockpot from **La Cuisine Classique,** 439 Decatur St., New Orleans, LA 70130. Other accessories privately owned.



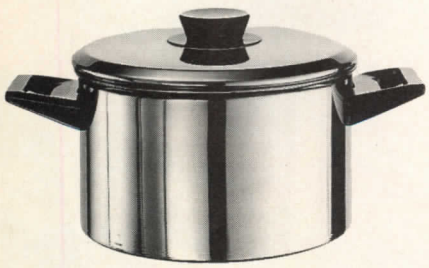
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A WORD OF EXPLANATION.

The simple fact is, we're not in the cookware business and never intended to be. Our business is producing solid heating elements for the appliance industry. Solid Elements (cast-iron discs) have been the standard in European kitchens for years and are now capturing the American market. But when we first introduced them, we needed to demonstrate their unique properties. For the best cooking performance, you need the best cookware. So we developed it.

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EGO BRIDGEPAN

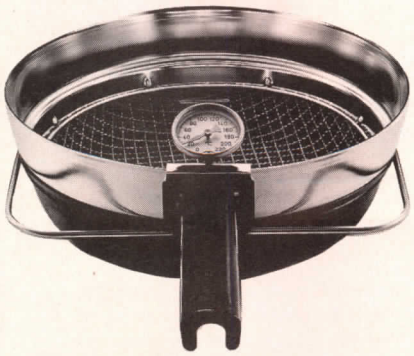
This flat-bottomed cookware was handmade from heavy-gauged chrome steel to act as a bridge between the heating element and the food to be cooked.

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SZECHWAN

continued from page 86

wok into oil and fry until light brown and crusty, about 3 minutes per side. Remove using slotted spatula and drain on paper towels. Cool slightly.

Slice pork crosswise into 1/4-inch-thick pieces. Arrange on platter. Surround with tomato and watercress. Blend water, green onion, soy sauces, sugar, vinegar, garlic, ginger and sesame oil. Spoon over pork. Serve immediately.

**Available at oriental markets.*

SPICY BEAN CURD AND MUSHROOM STIR-FRY

2 to 4 servings

2½ cups water
1 ounce dried silver ear mushrooms*
3 large dried Chinese black mushrooms**
4 cups vegetable oil
2 14- or 16-ounce cartons Chinese bean curd (dofu), drained, patted dry and cut into 1-inch cubes
4 green onions, minced
1 teaspoon roasted Szechwan peppercorn powder**
4 teaspoons oriental sesame oil
2 teaspoons oyster sauce**
10 tablespoons chicken broth
1 teaspoon cornstarch
2 teaspoons hot chili sauce**
1¼ teaspoons soy sauce
½ teaspoon sugar
8 canned straw mushrooms, rinsed**
1 ounce canned Szechwan Preserved Vegetables,* minced**
1 tablespoon minced garlic
1 tablespoon minced ginger
1 medium carrot, peeled, cut diagonally into ½x1-inch pieces and blanched 2 minutes
1 medium zucchini, peeled, cut diagonally into ½x1-inch pieces and blanched 1 minute
2 teaspoons brown bean sauce**

Bring water to boil. Pour over silver ear mushrooms and let soak 1 hour.

Meanwhile, soak black mushrooms in warm water to cover 25 minutes. Drain. Cut off stems. Rinse mushrooms; squeeze dry. Cut into 1/4-inch cubes. Set aside. Drain silver ear mushrooms. Remove hard yellow crust from bottom of mushroom. Cut mushroom into quarter-size pieces. Rinse well. Shake mushroom pieces dry.

Heat oil in wok to 375°F. Add bean curd in batches (do not crowd) and fry until pale golden, about 2 minutes. Remove using slotted spoon; drain on paper towels. Reserve 2 tablespoons oil.

Using spoon, mash green onions with peppercorn powder 45 seconds. Mix in sesame oil and oyster sauce. Stir in 4 tablespoons broth and cornstarch.

Blend remaining broth, chili sauce, soy sauce and sugar. Combine bean curd, straw mushrooms and vegetables. Heat wok over high heat 45 seconds. Add reserved oil and heat 1 minute. Add garlic and ginger and stir-fry 40 seconds. Add silver ear and black mushrooms, carrot, zucchini and brown bean sauce and stir-fry 1 minute. Stir in soy sauce mixture, then bean curd and stir-fry until liquid evaporates, about 1½ minutes. Add green onion mixture and stir-fry 1 minute.

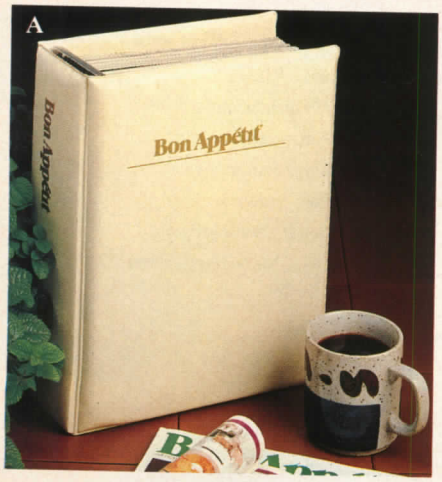
**White cloud ear mushrooms. Also known as white fungus and snow mushrooms. Available at oriental markets.*

***Available at oriental markets.*

****Also known as preserved kohlrabi or mustard. Available at oriental markets.*□

Ginger Chang is currently living in Hong Kong and working on The Chinese Food Lovers' Guide, *due out next fall from Random House of Canada.*

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FROM GRAPE TO GLASS

WINE PRESS

BY HANK RUBIN

Wine Press welcomes comments and questions. For personal reply, send self-addressed stamped envelope. Letters of general interest will be printed as space allows. Address letters to Wine Press, Bon Appétit, 5900 Wilshire Boulevard, Los Angeles, CA 90036. The material becomes our property and will not be returned.

For my birthday last year, a friend gave me a bottle of 1928 Federico Paternina Gran Reserva. I am not too familiar with Spanish wines. Would you please supply some background information on this particular bottling?

Carroll Lartigue
St. Benedict, Louisiana

Federico Paternina is one of the largest and most highly regarded wineries in the Rioja Alta region of northern Spain. Founded in 1898 by Don Federico Paternina Josue, this estate owns 618 acres of vines. In addition, Federico Paternina buys almost 80 percent of its grapes from other growers. Annual sales are approximately 790,000 cases of wine a year. It is said that the wines from the Rioja Alta have the highest acidity but also the finest flavor and structure of all Spanish wines. This acidity allows them to age almost indefinitely.

When released, your 1928 Gran Reserva bottling was a wonderful, well-balanced wine. Its present quality will depend on its storage conditions over the past 50 years. It could be glorious or way beyond its time. If the color of the wine is brown, or if the cork is soft and crumbly, the odds may be against you. Then again, luck may be on your side. Hold the bottle up to a light: If there is sediment, stand it upright for 24 hours before opening. Decant carefully.

My uncle makes his own wine the old way—by crushing grapes with his feet. He always bottles the first crush and lets it set. He then makes what he calls a "second wine" from what is left over. My uncle serves this until the original crush has had time to age. Neither wine is very good but it has made me curious. Do commercial companies release a "second wine" or is that what wine vinegar is made from?

Bruna Pieracci
Des Moines, Iowa

When grapes are gathered and put into the tanks, juice is released. This is known as "free run" juice. From that, the finest and most elegant wines are made. The remaining pulp and skins are then pressed together and a "second wine" is made. It is usually higher in tannin, coarser and harsher. Often this press juice, or "second wine," is blended back into the free-run juice in order to make the wine more intense and full-bodied. Wines made with a great amount of press juice are usually the jug or inexpensive generics labeled "Burgundy" or "red table wine." Vinegar can be made from this as well. However, I have tasted some very nice wines made with a lot of press juice. It all depends on the vintage, the grapes and the skill of the winemaker.

I am very interested in becoming a winemaker. Is there a particular university that offers courses in this field? In your opinion, is school the best way to learn about the wine business?

Holly Quintana
Sandy City, Utah

Going to school is an excellent way to learn about winemaking. If you are serious about making a career of it, there are three very good schools of enology and viticulture here: the University of California at Davis, California State University in Fresno and Cornell University in Ithaca, New York.

But academia is not the only approach. Practical experience can also be quite educational. Working at a winery is a great way to learn the proper techniques. It can also give you an idea of what to expect before you make the lengthy commitment schooling would require.

In my cellar are three bottles of 1980 Silver Oak Cabernet. Each comes from one of the winery's three different vineyards: Napa, Alexander Valley and Bonny's. Please tell me when they will be ready to drink.

Bob Schulz
Littleton, Colorado

Justin Meyer and Raymond Duncan established Silver Oak Cellars in the Napa Valley town of Oakville in 1972. Both were partners in Franciscan Vineyards. They produce only Cabernet Sauvignon, and each vintage is aged in oak and released usually five years after the harvest. While expensive, the wines are well made and have a silky elegance to them.

In my opinion, the Napa and Alexander Valley wines from 1980 are much better than the Bonny's Vineyard, which is the weakest of this vintage. I do believe the Napa and Alexander lots are tied for quality. These two bottlings will probably be best in the early 1990s. I would not hold the Bonny's Vineyard quite that long: It should be drinkable two or three years earlier. □

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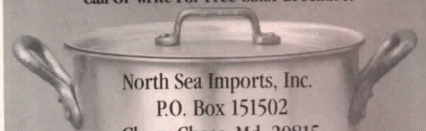
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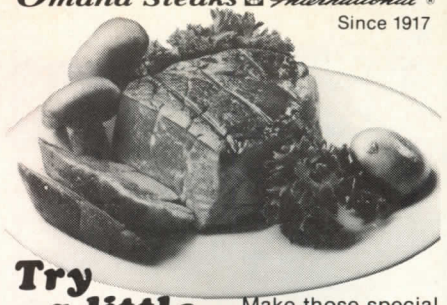
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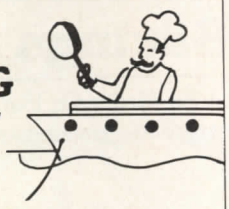
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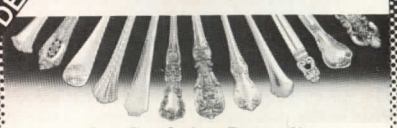
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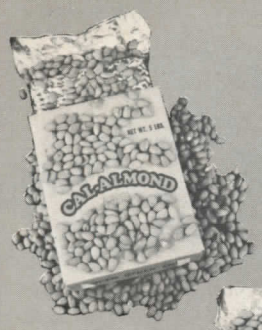
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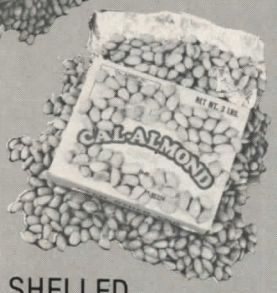
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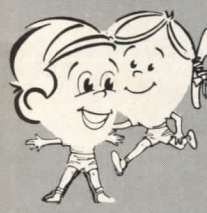


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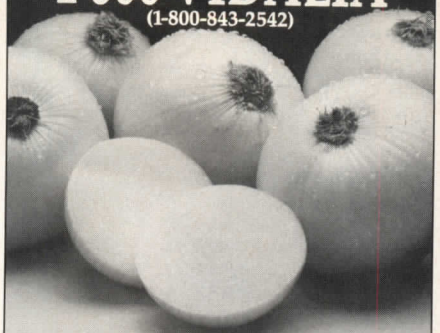
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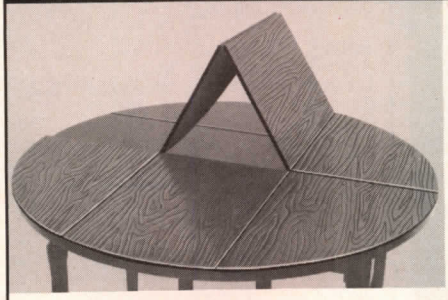
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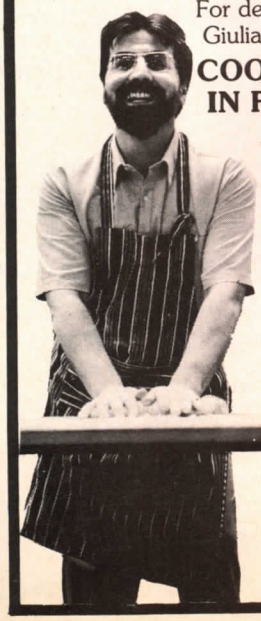
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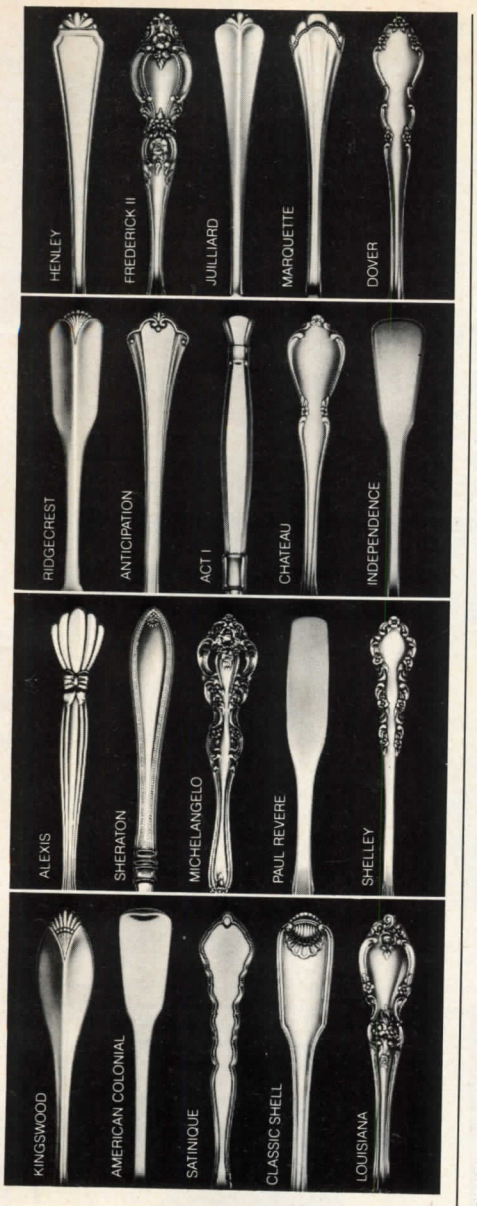
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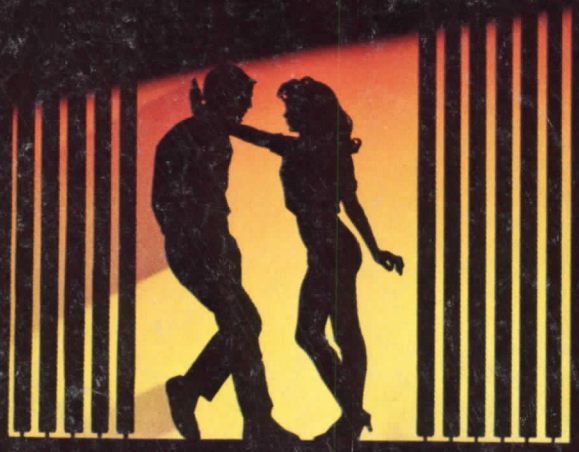
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