Bon Appétit

AMERICA'S FOOD AND ENTERTAINING MAGAZINE

NOVEMBER 1985 $2.50

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Do-ahead menus & parties



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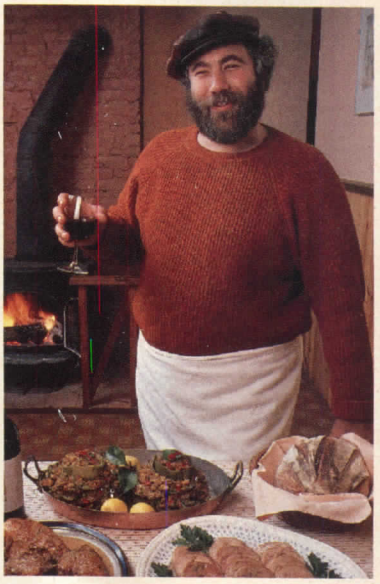
Bon Appétit®

NOVEMBER 1985 VOL. 30 NO. 11

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A FRESH LOOK AT THANKSGIVING **60**
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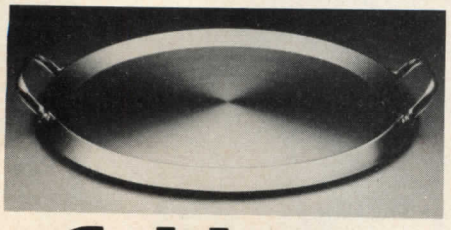
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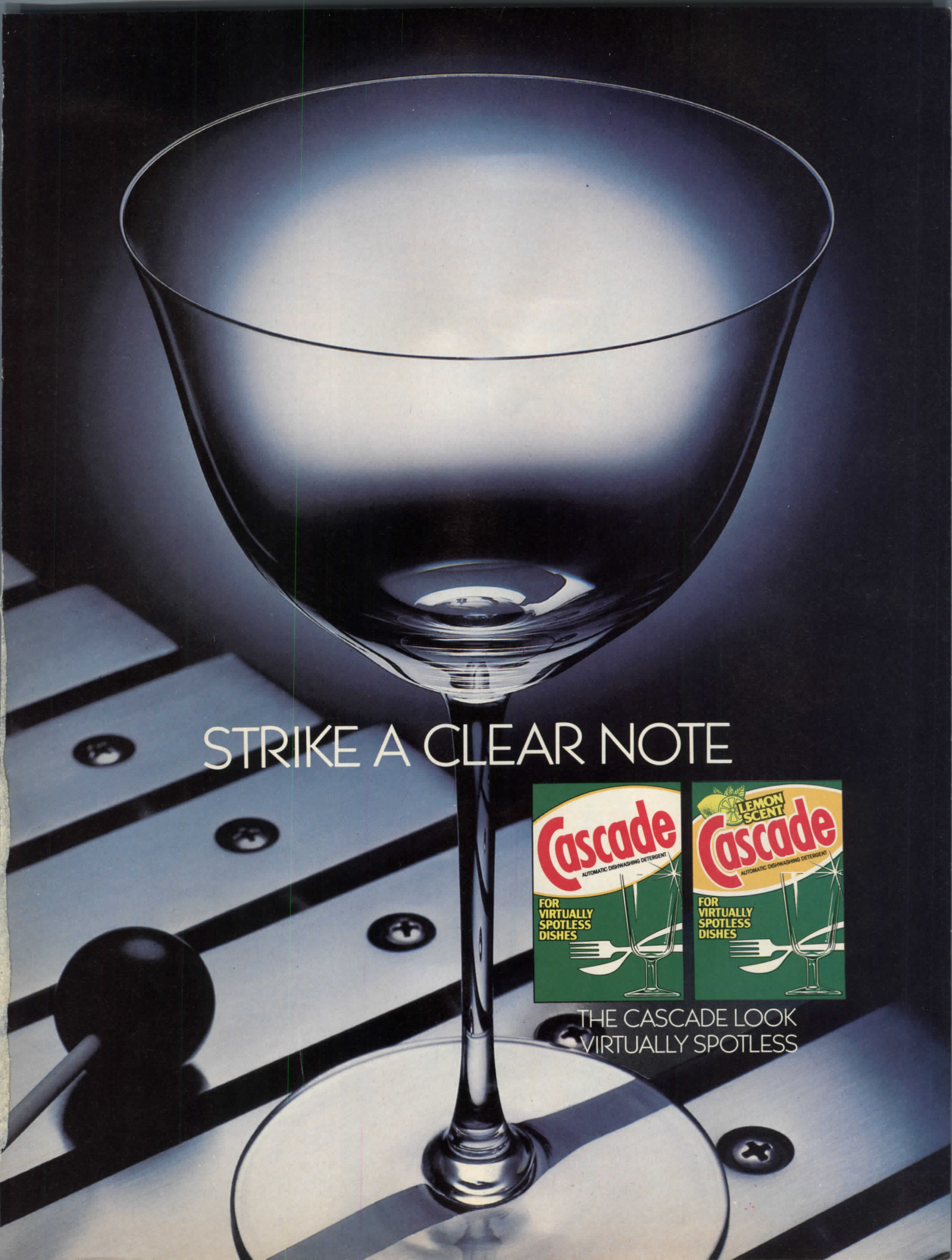
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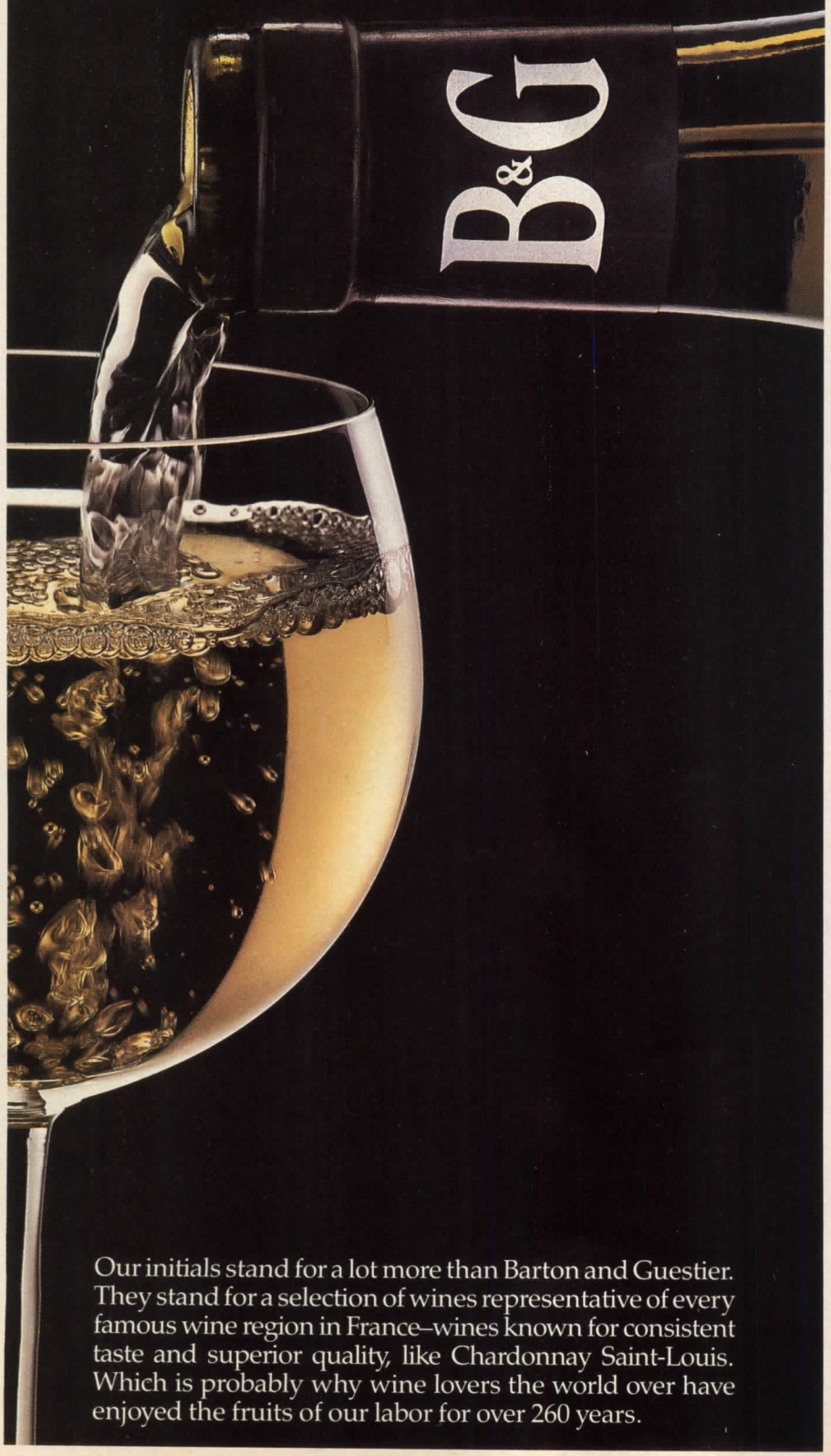
ABOUT THE COVER:
The ultimate holiday temptation—fruit- and nut-filled Chocolate Apricot Pecan Torte, richly glazed and decorated with delicate apricot roses and chocolate leaves. Recipe page 136.
Photographed by Irwin Horowitz.
Food stylist: Dora Jonassen.

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The man who invented the chocolate bar.

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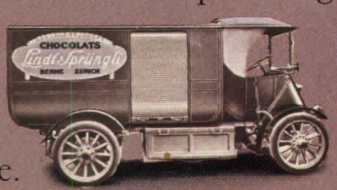


But in his little workshop in Bern, Switzerland, Rodolphe Lindt originated an ingenious machine, shaped like a large seashell, which he called the conche.

This conche warmed the chocolate liquid at the same time as it stirred it in a slow, intensive process, smoothing it to an incredible richness. It revealed for the first time how truly exquisite chocolate could be.

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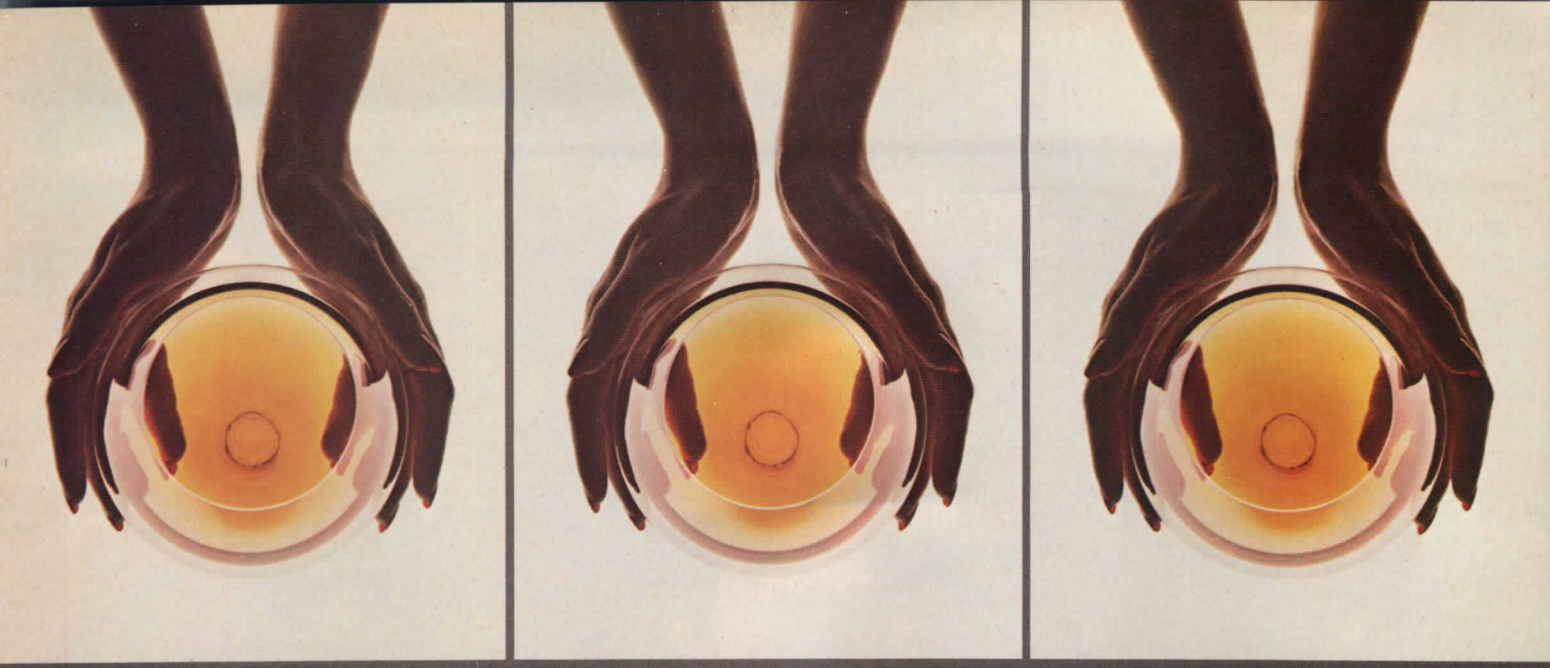
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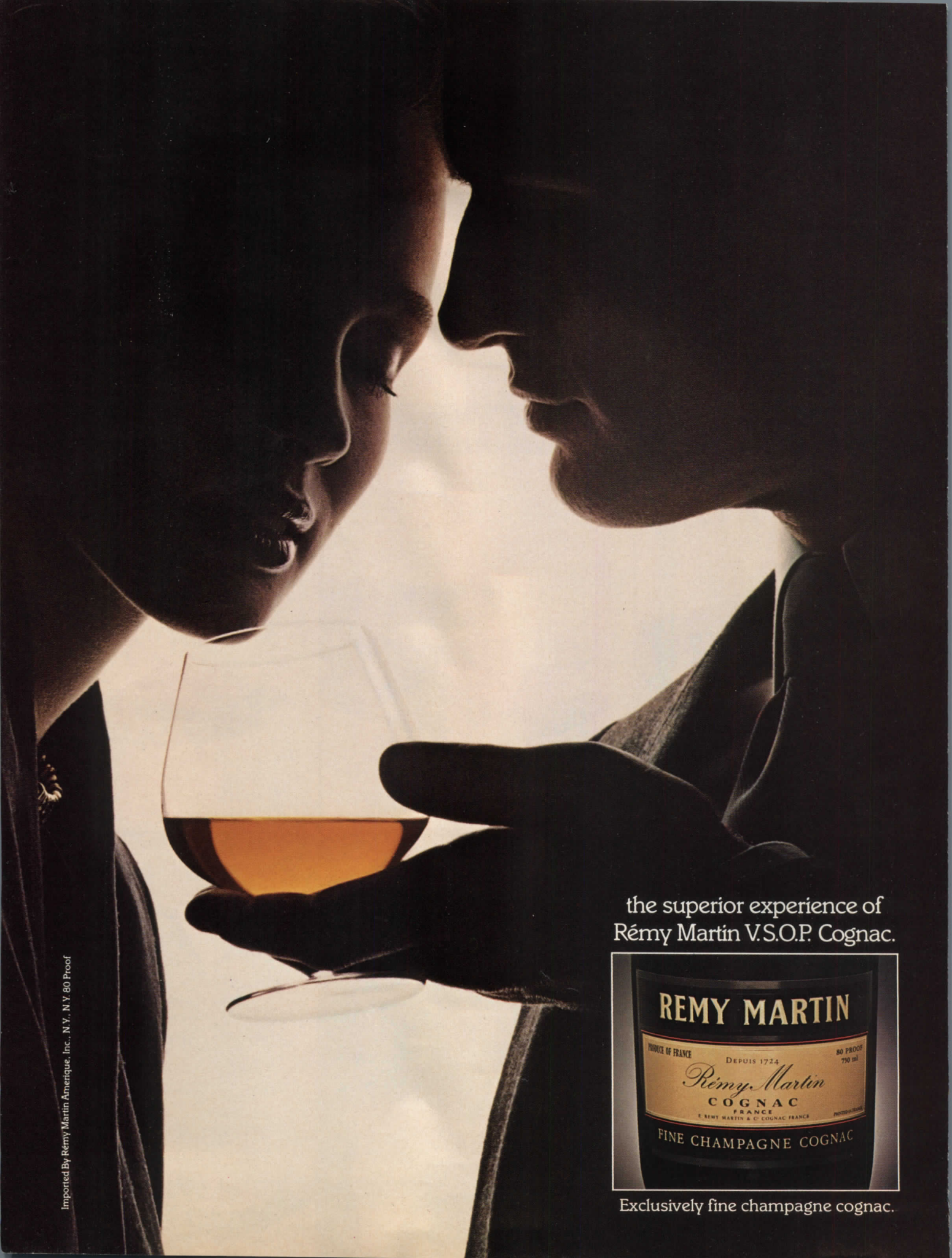


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R.S.V.P. LETTERS TO THE EDITOR

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.

Having recently moved to London, I cherish *Bon Appétit* for the touch of home it brings me each month. Certain that your influence extends to England, I am hoping you will help me. I tasted a molded Jerusalem artichoke soufflé with a velvety butter sauce at a restaurant here called Daphne's. I would be ecstatic if you could tell me how to make what the menu lists as Royale de Topinambours.

Melinda McLean
London, England

ROYALE DE TOPINAMBOURS (Jerusalem Artichoke Soufflé)

4 servings

- 1 1/4 *pounds Jerusalem artichokes, peeled*
- 1 *cup whipping cream*
- 1 *teaspoon salt*
- *Pinch of freshly ground pepper*
- 2 *eggs, room temperature*
- 1/2 *cup dry vermouth*
- 10 *tablespoons (1 1/4 sticks) well-chilled unsalted butter, cut into tablespoon-size pieces*
- 1 1/2 *tablespoons fresh lemon juice*

Preheat oven to 400°F. Boil artichokes until very tender. Drain. Puree in processor or blender. Transfer to heavy medium saucepan. Add cream, salt and pepper. Cook over medium heat until mixture thickens, stirring frequently, about 15 minutes. Remove from heat. Stir in eggs. Divide mixture among four 3/4-cup ramekins. Arrange in baking dish. Add enough simmering water to dish to come halfway up sides of ramekins. Bake until puffed and firm (covering with foil if tops brown too quickly), about 30 minutes.

Meanwhile, boil vermouth in heavy small saucepan until reduced by half. Remove from heat and whisk in 2 tablespoons butter. Return to low heat and whisk in remaining butter 1 tablespoon at a time. (If sauce breaks down at any time, remove from heat and whisk in 2 tablespoons cold butter.) Whisk in lemon juice. Keep sauce warm in water bath or vacuum bottle.

Run thin knife around ramekins. Invert onto plates. Spoon sauce over and serve.

• • •

The All Steak! restaurant in Cullman, Alabama, is famous for its Orange Rolls. I would like to know how these yeasty sweet buns are made.

Patti Bennett
Lacey, Washington

ORANGE ROLLS

Makes 4 dozen

Dough

- 4 *1-ounce yeast cakes*
- 1 1/3 *cups warm water (105°F to 115°F)*
- 1/4 *cup sugar*
- 1/4 *cup melted solid vegetable shortening*
- 1 *egg, room temperature*
- 1 *teaspoon salt*
- 3 1/4 *cups all purpose flour*

Filling

- 1 *cup (2 sticks) margarine, room temperature*
- 1 *cup sugar*
- 1 *tablespoon grated orange peel*

For dough: Crumble yeast into large bowl. Stir in water and sugar. Let stand until foamy, about 10 minutes.

Stir shortening, egg and salt into yeast mixture. Add flour 1/4 cup at a time, stirring until mixture is smooth. Grease bowl. Add dough, turning to coat entire surface. Cover and let rise in warm draft-free area until doubled in volume, about 1 1/2 hours.

For filling: Beat margarine and sugar to blend well. Stir in orange peel.

To assemble: Roll dough out on generously floured surface to thickness of 3/16 inch. Spread filling evenly over dough. Roll dough up into cylinder, as for jelly roll. Cut into 1 1/2-inch-thick slices. Set each slice in paper muffin liner. Arrange on baking sheet. Cover with towel and let rise in warm draft-free area 30 minutes.

Preheat oven to 400°F. Bake rolls until lightly browned on top, about 12 minutes.

A winter dinner at the Green Mountain Inn in Stowe, Vermont, started with a creamy squash soup that staved off the cold all night long. I look forward to a steaming bowlful on one of our chilly New York evenings.

Anna Carlino
Brooklyn, New York

CREAM OF ACORN SQUASH SOUP

6 servings

- 1/4 *cup (1/2 stick) butter*
- 2 *medium onions, thinly sliced*
- 1 *large acorn squash, peeled, seeded and cut into small pieces*
- 3 *cups chicken stock (preferably homemade)*
- 1 *cup unsweetened apple cider*
- 1 *cup whipping cream*
- *Pinch of curry powder*
- *Salt and freshly ground pepper*
- *Minced fresh parsley*

Melt butter in heavy large saucepan over medium heat. Add onions and cook until lightly browned, stirring occasionally, about 5 minutes. Add squash, chicken stock and apple cider and simmer until squash is tender, about 20 minutes.

Puree mixture in processor or blender. Strain into another large saucepan. Place over medium heat. Stir in cream and heat through; do not boil. Add curry powder. Season with salt and pepper. Ladle soup into bowls. Garnish with parsley.

• • •

Everyone I know likes chocolate ice cream, and I'm no exception. In fact, I guess you could call me a fanatic. The richest and creamiest I have ever tasted was at Chez Raphael in Detroit. It was, in a word, unforgettable.

Lynne Tamor
Huntington Woods, Michigan

CHOCOLATE GANACHE ICE CREAM

Makes 1 quart

- 2 1/2 *cups whipping cream*
- 8 *ounces semisweet chocolate, coarsely chopped*
- 3 *tablespoons sugar*
- 1 *vanilla bean, split*
- 1/2 *cup milk*
- 1 *egg yolk*

Bring 1 cup cream to boil in heavy small saucepan. Remove from heat. Add chocolate; stir until smooth. Set ganache aside.

Combine remaining cream, 2 tablespoons sugar and vanilla bean in another heavy small saucepan and bring to simmer.

Meanwhile, whisk remaining sugar, milk

continued from page 11

and yolk in bowl until frothy. Whisk in 2 tablespoons of simmering cream mixture. Whisk back into saucepan and simmer until thick enough to coat back of spoon, about 5 minutes. Add ganache and whisk until smooth. Cool. Transfer to ice cream maker and freeze according to manufacturer's instructions. Serve immediately or freeze.

• • •

I am always on the lookout for interesting dishes using sun-dried tomatoes. On a trip to Cambridge, Massachusetts, I found a new one at the Off the Wall cafe. I need the recipe so I can recreate their unique pasta salad.

Susan Jacobs
East Brunswick, New Jersey

DAVID'S PASTA SALAD

8 servings

- *1/2 pound sun-dried tomatoes packed in oil*
- *1/3 cup olive oil*
- *1 tablespoon fresh lemon juice*
- *2 garlic cloves, pressed*
- *1 teaspoon freshly ground pepper*
- *1/2 teaspoon salt*
- *1/2 pound marinated artichoke hearts, drained and quartered*
- *1/4 pound whole raw cashews*
- *1 pound egg or spinach tortellini, cooked and cooled*

Drain tomatoes, reserving 1 tablespoon oil. Chop tomatoes. Combine reserved oil, olive oil, lemon juice, garlic, pepper and salt in large bowl. Stir in tomatoes, artichoke hearts and cashews. Stir in tortellini. Let stand at room temperature 1 hour.

• • •

No trip to Italy would be complete without sampling at least one bowlful of classic Tuscan Bean Soup. The Sheraton Hotel in Rome does a wonderful job with this *minestre*. I imagine it would taste as good from my kitchen.

Kathleen Sadler
Pittsburgh, Pennsylvania

TUSCAN BEAN SOUP

Borlotti (dried pink beans) and ditalini (small tube-shaped pasta) are both available at Italian markets and many specialty foods stores.

8 servings

- *2 3/4 cups borlotti or pinto beans*
- *2 celery stalks, chopped*
- *2 garlic cloves, minced*
- *1/2 bay leaf*
- *4 tablespoons olive oil*
- *1/2 cup chopped ham fat*
- *1 boiling potato, peeled and diced*
- *1 small onion, chopped*
- *1 14 1/2-ounce can tomatoes (undrained)*
- *2 cups ditalini or any small pasta*
- *1/2 pound bacon, diced*
- *1 sage sprig*
- *Salt and freshly ground pepper*

Soak beans in cold water to cover overnight.

Drain beans; rinse under cold water. Combine beans in heavy large saucepan with enough cold water to cover. Add half of celery, 1 garlic clove and bay leaf and simmer until beans are tender, about 1 hour. (Time will vary depending on dryness of beans.)

Meanwhile, heat 2 tablespoons oil in heavy medium skillet over medium-high heat. Add remaining celery, ham fat, potato and onion and cook until lightly browned, stirring frequently, about 5 minutes. Add tomatoes with liquid and cook until mixture thickens, stirring occasionally, 10 minutes.

Strain vegetable mixture through sieve into cooked beans, pressing on solids to extract as much liquid as possible. Boil several minutes to blend flavors, adding more water if thinner consistency is desired. Add pasta and boil until cooked through.

Meanwhile, heat remaining oil in heavy small skillet over medium heat. Add remaining garlic, bacon and sage and stir until browned. Add to beans and stir 2 minutes. Season with salt and freshly ground pepper. Serve hot or lukewarm.

• • •

While touring the Ardennes region of Belgium, I stayed for two nights at the lovely Auberge de Bouvignes near the city of Dinant. The owners, Monsieur and Madame Furnémont-De Kemel, provide not only comfortable rooms, but excellent meals as well. Their recipe for turbot in a cream sauce laced with Port and sprinkled with chives would be a great souvenir of my trip.

Joan E. Wood
New York, New York

TURBOT WITH CHIVES
(Turbot à la Ciboulette)

4 servings

- *1 cup ruby Port*
- *1/2 cup dry white wine*
- *2 1/2 medium tomatoes, peeled and coarsely chopped*
- *3 medium mushrooms, thinly sliced*
- *2 shallots, minced*
- *2 tablespoons (1/4 stick) butter*
- *1 2/3 cups crème fraîche*
- *Salt and freshly ground pepper*
- *4 turbot fillets*
- *Snipped fresh chives*

Combine Port, wine, tomatoes, mushrooms and shallots in heavy medium saucepan and boil until liquid is reduced to glaze, stirring occasionally to prevent scorching, about 20 minutes. Remove from heat. Whisk in butter. Add crème fraîche and simmer until thickened to saucelike consistency. Strain through fine sieve into another saucepan, pressing on solids to extract as much liquid as possible. Season with salt and pepper. Keep sauce warm over very low heat or in water bath.

Meanwhile, steam turbot fillets until opaque, about 9 minutes per 1-inch thickness of fish. Arrange 1 fillet on each plate. Spoon sauce over. Sprinkle with chives.

• • •

New Orleans is a food lover's paradise. Just one of the many wonderful specialties we sampled there was the hot upside-down apple and pecan pie served at the Algiers Landing restaurant. This is one dessert recipe that I cannot wait to add to my collection.

Marilyn Scheller
Sonora, California

APPLE-PECAN UPSIDE-DOWN PIE

8 servings

Crust

- *3 cups all purpose flour, sifted*
- *1 teaspoon salt*
- *3/4 cup (1 1/2 sticks) butter*
- *6 tablespoons (about) cold water*

Topping

- *3/4 cup chopped pecans (about 3 ounces)*
- *1/2 cup firmly packed light brown sugar*
- *1/4 cup (1/2 stick) butter, melted*

Filling

- *1/2 cup sugar*
- *3 tablespoons all purpose flour*
- *2 tablespoons cinnamon*
- *Pinch of salt*
- *Pinch of freshly grated nutmeg*
- *1/4 cup (1/2 stick) butter, melted*
- *4 large tart green apples (about 2 pounds), peeled, cored and cut into 1-inch chunks*

For crust: *Combine flour and salt in large bowl. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse meal. Stir in enough water so dough comes together. Gather into ball. Wrap in plastic and refrigerate at least 1 hour or overnight.*

Divide dough into 2 pieces, 1 slightly larger than the other. Roll each piece out on lightly floured surface to thickness of 3/16 inch.

For topping: *Combine pecans and sugar in medium bowl. Add butter and stir until mixture is crumbly. Sprinkle over bottom of 10-inch deep-dish pie pan. Fit larger dough circle into pan, leaving 1-inch overhang.*

For filling: *Preheat oven to 350°F. Combine sugar, flour, cinnamon, salt and nutmeg in another large bowl. Stir in butter. Add apples and toss to coat thoroughly.*

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continued from page 12

Mound apples in prepared pan. Cover with smaller dough circle. Trim, seal and flute edges. Cut 4 vents in top to allow steam to escape. Bake pie until golden brown, about 1¼ hours.

Cool pie completely in pan. To remove, run knife around edge to loosen. Place pan on hot griddle 5 minutes to soften topping. Invert pie onto platter, removing pan slowly.

• • •

My family cannot stop talking about the chicken rolls filled with shrimp mousse and wild rice that we had at Restaurant Dubrovnik in Winnipeg, Manitoba. They would be grateful if you could get the recipe.

Dorothy Eckert
Wakpeton, North Dakota

CHICKEN GOJKO

This dish is named after the restaurant's chef, Gojko Bodiroga.

6 servings

Chicken Rolls

- *3 ounces wild rice*
- *1 lime*
- *1 pound uncooked shrimp, peeled and deveined*
- *6 egg whites, room temperature*
- *1 teaspoon freshly ground pepper*
- *¾ teaspoon salt*
- *½ teaspoon freshly grated nutmeg*
- *1 tablespoon snipped fresh chives*
- *½ cup well-chilled whipping cream*
- *3 whole chicken breasts, skinned, boned, halved and pounded to thickness of ¼ inch*
- *All purpose flour*

Dijon Butter Sauce

- *1 cup water*
- *⅓ cup thinly sliced shallots*
- *¼ cup fresh lemon juice*
- *1 tablespoon dry vermouth*
- *¾ teaspoon salt*
- *½ teaspoon freshly ground pepper*
- *2 tablespoons whipping cream*
- *1½ cups (3 sticks) well-chilled unsalted butter, cut into 24 pieces*
- *1 teaspoon Dijon mustard*
- *2 tablespoons (¼ stick) unsalted butter*

For rolls: *Soak rice in cold water to cover in medium saucepan overnight.*

Remove peel from lime (colored part only). Boil peel 2 minutes. Drain; rinse under cold water and drain again. Mince peel.

Puree shrimp to paste in processor using on/off turns. Mix in 2 whites. Transfer to chilled metal bowl. Set in larger bowl filled with ice. Stir in remaining whites. Blend in pepper, salt and nutmeg. Mix in minced peel and chives. Gradually stir in cream. Cover and chill filling at least 30 minutes.

Drain rice. Cover with cold water and bring to boil. Simmer 20 minutes.

Preheat oven to 400°F. Drain rice; stir into filling. Spread on chicken breast halves, leaving small borders. Fold in long edges. Starting at short ends, roll up into cylinders. Dredge in flour, shaking off excess. Cover and refrigerate at least 30 minutes.

Meanwhile, prepare sauce: *Boil water, shallots, lemon juice, vermouth, salt and pepper in heavy medium nonaluminum saucepan until liquid is reduced to about ⅓ cup. Strain through fine sieve into another saucepan, pressing on shallots to extract as much liquid as possible. Whisk in cream and 2 pieces butter. Set pan over low heat and whisk in remaining butter 1 piece at a time, removing pan from heat briefly if drops of melted butter appear. Whisk in mustard. Keep warm in water bath.*

Preheat oven to 400°F. Melt 2 tablespoons butter in heavy large ovenproof skillet over medium heat. Add chicken and brown well on all sides. Transfer to oven and bake until tender, about 10 minutes. Set 1 roll on each plate. Spoon sauce over. Serve immediately.

• • •

Selaya's Parlor and Diggin's in Nevada City, California, serves a lentil soup with knockwurst and potatoes that is unlike any I have tried. Can you get the recipe from owner Berniece Selaya?

Virginia Janowiec
Bodega Bay, California

GERMAN LENTIL SOUP

6 to 8 servings

- *½ cup (1 stick) butter*
- *¾ cup all purpose flour*
- *12 cups beef stock*
- *8 ounces dried lentils*
- *5 celery stalks, diced*
- *3 carrots, diced*
- *1 large onion, diced*
- *1 small tomato, diced*
- *½ pound knockwurst, diced*
- *3 tablespoons dry red wine*
- *¼ teaspoon freshly ground white pepper*
- *2 pounds boiling potatoes, peeled and diced*
- *¼ cup red wine vinegar*

Melt butter in heavy small saucepan over low heat. Whisk in flour and stir mixture 3 minutes. Set roux aside.

Bring stock to boil in heavy large saucepan. Add lentils and boil until tender, 1½ hours.

Add celery, carrots and onion to lentils and boil until tender, about 15 minutes. Add tomato. Reduce heat to low. Whisk in roux. Add diced knockwurst, red wine and white pepper and cook 30 minutes.

Increase heat to high. Add potatoes to soup and boil until tender, stirring frequently. Stir in vinegar. Serve immediately.

• • •

The highlight of a dinner at Le Bistro, a fine French restaurant in Mendota, Illinois, was not French at all, but rather an old-fashioned American dessert. I know their raspberry-cinnamon bread pudding would win over other *Bon Appétit* readers too.

Esther Ortega
Temple, Texas

RASPBERRY-CINNAMON BREAD PUDDING WITH VANILLA SAUCE AND CHANTILLY CREAM

8 to 10 servings

Pudding

- *1½ pounds day-old French bread with crust, torn into small pieces*
- *2 quarts milk*
- *½ cup (1 stick) butter, melted*
- *2 10-ounce packages frozen sweetened raspberries, thawed (undrained)*
- *2 cups sugar*
- *1 tablespoon vanilla*
- *1 tablespoon cinnamon*
- *1½ teaspoons mace*
- *4 eggs, well beaten*

Sauce

- *1 cup sugar*
- *½ cup half and half*
- *½ cup (1 stick) butter*
- *1½ teaspoons vanilla*

Chantilly

- *1 cup whipping cream*
- *1½ teaspoons Grand Marnier*
- *1½ teaspoons vanilla*
- *1 teaspoon brandy*
- *½ cup sugar*
- *3 tablespoons sour cream*

For pudding: *Combine bread and milk. Let stand 15 minutes, stirring often.*

Preheat oven to 350°F. Generously brush 9x13-inch baking pan with some of melted butter. Stir remaining butter, undrained raspberries, sugar, vanilla, cinnamon and mace into bread mixture. Fold in beaten eggs. Pour into prepared pan. Bake until firm and lightly browned, 50 to 60 minutes. Cool pudding to lukewarm.

For sauce: *Beat all ingredients in double boiler over simmering water until sugar dissolves and mixture thickens slightly.*

For Chantilly: *Using electric mixer, beat cream, Grand Marnier, vanilla and brandy 1 minute. Add sugar and sour cream and beat until soft peaks form.*

To serve, spoon onto plates. Top each with 3 tablespoons sauce and Chantilly. □

—Compiled by Karen Kaplan



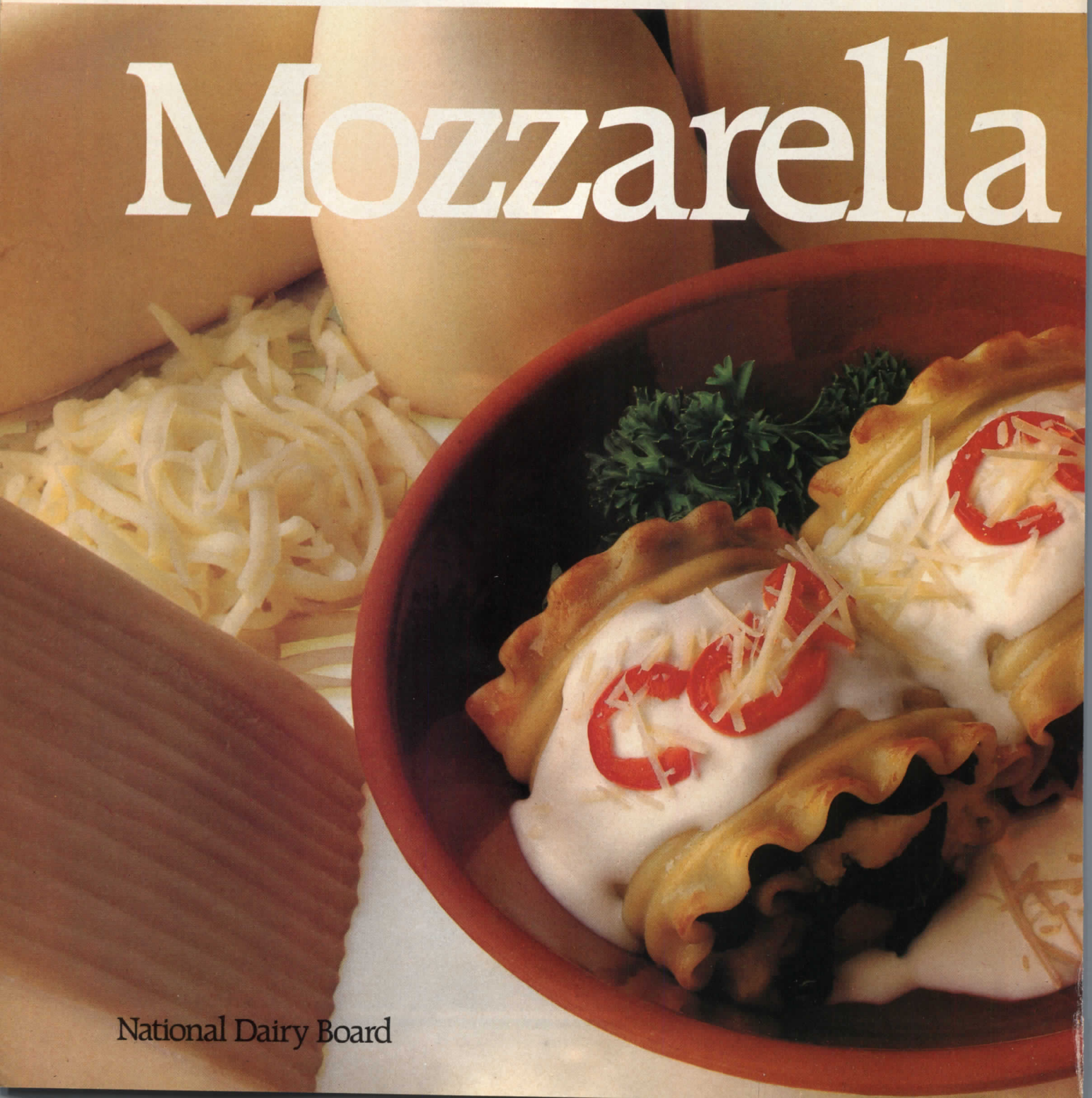
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Make your meals sing with Mozzarella



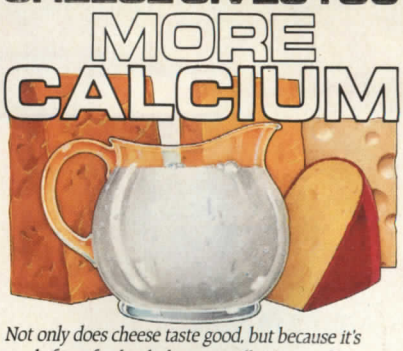
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Florentine Lasagna Roll-Ups

6 servings

- *12 fluted lasagna noodles*
- *2 tablespoons butter*
- *¾ cup chopped onion*
- *2 packages (10 oz. each) frozen chopped spinach, thawed and well-drained*
- *1½ cups (6 oz.) shredded Mozzarella cheese*
- *½ cup dairy sour cream*
- *1 egg, slightly beaten*
- *¼ cup (½ stick) butter*
- *¼ cup all-purpose flour*
- *1½ teaspoon instant chicken bouillon*
- *⅛ teaspoon pepper*
- *1 cup light cream OR half and half*
- *1 cup milk*
- *½ cup grated Parmesan cheese*

Preheat oven to 350°. Cook lasagna noodles according to package directions. Cool in large bowl of cold water; set aside. Saute onions in 2 tablespoons butter until tender, about 5 minutes. Combine spinach, onions, Mozzarella cheese, sour cream and egg; set aside. Melt ¼ cup butter in a saucepan. Stir in flour, instant bouillon and pepper. Stir in milk and cream. Bring to boil, stirring constantly. Boil and stir one minute. Remove noodles from water. Pat dry with paper towels. Spread about ¼ cup spinach mixture over each noodle. Roll up jelly roll fashion starting at short end. Spread a small amount of sauce on bottom of buttered 2-quart rectangular baking dish. Place rolls in dish. Spoon remaining sauce over roll-ups. Sprinkle with Parmesan cheese. Bake 30 to 35 minutes, or until hot and bubbly.

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FOOD PROCESSOR THE CREATIVE APPROACH

BY ABBY MANDEL

Breakfast at Campton Place

COCONUT GRANOLA
YOGURT-PUMPKIN HOTCAKES
HONEY PECAN BUTTER
FRESH SALMON HASH WITH POACHED EGGS
ORANGE HOLLANDAISE
COUNTRY PORK SAUSAGE PATTIES
FRUIT COMPOTE WITH SWEET VANILLA CREAM

WHEN I ASKED FRIENDS where to eat in San Francisco, everyone said that breakfast at Campton Place was an absolute must. Such enthusiastic suggestions sometimes open up the possibility of disappointment, but this hotel and restaurant across from Union Square soared far beyond my expectations. I dined there with food writer Marion Cunningham, and it was not just breakfast—it was an event. To call it simply breakfast would be doing it a disservice: It was, in fact, the most exciting, spontaneous and immensely pleasant morning meal I have had. The menu is every bit as creative and imaginative as the dinner one—not just an afterthought or amenity extended to guests staying at the hotel, but a strongly stated tour de force of executive chef Bradley Ogden.

A native of Traverse City, Michigan, this talented and inspired cook is one of the new breed of Americans who are helping us develop a taste and style in cuisine previously associated only with the finest European chefs. Instead of turning his back on his native roots, Bradley fused them with classical training acquired at the Culinary Institute of America in Hyde Park, New York, to produce a repertoire that is uniquely his own.

He scouts the entire country, not just California, for ingredients. Armed with the freshest and best the market basket has to offer, he expediently uses those products in straightforward, uncomplicated combinations. And those inventive combinations were particularly evident at that special breakfast, which I have recreated here. While I grant that there are many more dishes than I normally eat at that time, each is too good to pass up. In its entirety, the menu is a hearty repast and perfect for weekend entertaining.

Along with just-squeezed juice, a bowl of Coconut Granola greeted us as we sat down. Far and away the best I have tried, this version is most definitely not a holdover from the 1970s: A crisp, crunchy blend of mixed nuts, freshly grated coconut and wholesome grain flakes is sweetened with maple syrup, brown sugar and orange peel.

Next to arrive were Yogurt-Pumpkin Hotcakes. These light and airy treats are a harvest favorite, full of pureed pumpkin and delicately flavored with vanilla and nutmeg. They are delicious slathered with the quick-to-make Honey Pecan Butter.

Third to come from the kitchen was a huge white platter brimming with salmon hash, which was topped with poached eggs drizzled with a smooth Orange Hollandaise. A side dish of golden-brown sausage patties joined this magnificent array.

The salmon hash is exemplary. It boasts chunks of salmon, potatoes, red and green bell peppers, onion and celery. The mixture is lightly bound together with cream and shaped into patties, which are then quickly sautéed so they are crisp on the outside and moist and rich within.

Pork sausage is simply fresh pork, herbs and a goodly amount of hot red pepper flakes. The sausage is made fresh at Campton Place, a job that is just as easily accomplished at home. Food processor chopping gives exactly the right medium-coarse texture to the country-style sausage and also lets you control the amount of fat.

Fruit Compote with Sweet Vanilla Cream finished the meal. It features a lovely spiced citrus syrup that delicately flavors myriad fall fruits. A dollop of thick vanilla cream and sprigs of fresh mint are perfect garnishes.

While you may not wish to duplicate the entire menu, any one of these treasures will perk up a breakfast or brunch you have planned. There are also a number of permutations for smaller-scale meals. For example, the Country Pork Sausage Patties pair off superbly with the Yogurt-Pumpkin Hotcakes. Salmon hash can go solo, without the eggs, or try poached eggs and Orange Hollandaise atop Missouri-cured ham or asparagus spears.

TECHNIQUES YOU WILL NEED

- To flake fresh coconut, peel coconut and cut into feed-tube widths. Fit pieces into feed tube and shred using firm pressure. Use Fine Shredder.
- To make citrus-flavored sugar for the granola, or as a topping for yogurt, pancakes, waffles or fresh fruit, remove colored part of peel using swivel-bladed vegetable peeler. Process peel with 1/2 to 1 cup sugar until finely minced. Use Steel Knife.
- To fold yogurt into a batter, as in Yogurt-Pumpkin Hotcakes, spoon dry ingredients onto batter, then spoon yogurt on top. Process just until combined, using 5 to 6 on/off turns. Do not overprocess. Use Steel Knife.
- To make hollandaise, process yolks with hot water until thick and light. With machine running, slowly pour hot melted butter through feed tube, adding butter only as quickly as it is absorbed into yolks, 1 to 2 minutes. Add remaining ingredients; process just to blend. Use Steel Knife.

COCONUT GRANOLA

6 servings

- 1 medium coconut
- 4 1/2 teaspoons grated orange peel
- 1/2 cup firmly packed dark brown sugar (4 ounces)
- 3/4 cup (1 1/2 sticks) unsalted butter, melted
- 1/4 cup pure maple syrup
- 1 teaspoon cinnamon
- 1/4 teaspoon freshly grated nutmeg
- 1 1/3 cups rolled oats (about 4 ounces)
- 4 ounces wheat flakes*
- 4 ounces barley flakes*
- 4 ounces rye flakes*
- 1/2 cup blanched whole almonds
- 1/2 cup dry roasted cashews

Preheat oven to 400°F. Pierce holes through coconut at 3 soft spots on one end, using hammer and nail. Drain liquid. Bake coconut until shell cracks, about 20 minutes. Cool slightly. Wrap in towel. Sharply pound center of coconut with hammer to crack open. Separate meat from shell. Remove brown skin using vegetable peeler. Cut coconut into feed-tube widths.

Fine Shredder: Arrange coconut in feed tube and shred using firm pressure. Transfer 2/3 cup coconut to 2 1/2-quart bowl. *(Remainder can be frozen 6 months. Thaw at room temperature.)*

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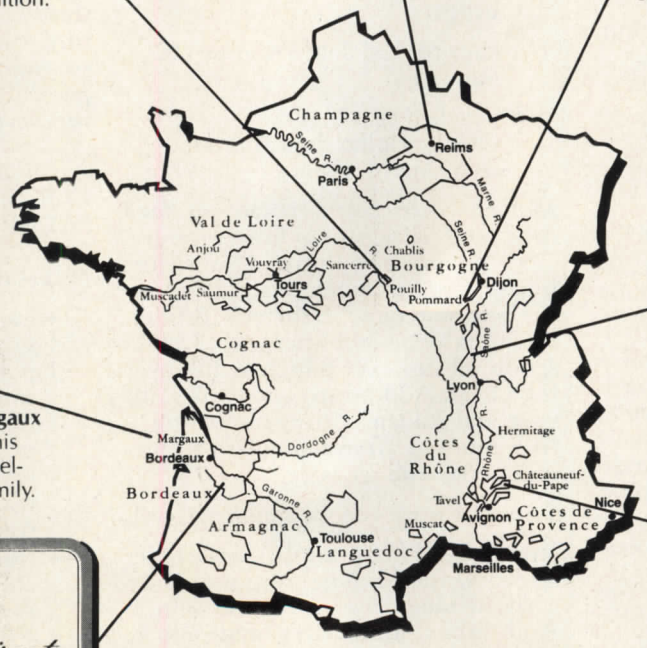
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Position rack in center of oven. Reduce temperature to 300°F. Line 2 jelly roll pans with aluminum foil.

Steel Knife: Mince orange peel with sugar, about 1 minute. Add butter, maple syrup, cinnamon and nutmeg and blend 5 seconds. Add peel mixture to coconut with all remaining ingredients; toss thoroughly. Transfer to prepared pans, spreading evenly. Bake until dry, stirring every 10 minutes, about 45 minutes. Cool completely before serving. *(Can be prepared 2 weeks ahead. Store in airtight container.)*

**Available at natural foods stores.*

YOGURT-PUMPKIN HOTCAKES

6 servings

- 1 cup cake flour (4 ounces)
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1/8 teaspoon freshly grated nutmeg
- 2 eggs
- 3 tablespoons unsalted butter, melted
- 1 cup canned solid pack pumpkin (8 ounces)
- 2 tablespoons sugar
- 2 teaspoons fresh lemon juice
- 2 teaspoons vanilla
- 1/2 cup plain yogurt
- Unsalted butter
- Honey Pecan Butter (see recipe)

Sift flour, baking powder, baking soda, salt and nutmeg into medium bowl. Set dry ingredients aside.

Steel Knife: Blend eggs and 3 tablespoons hot butter until light, about 10 seconds. Add pumpkin, sugar, lemon juice and vanilla and process until combined, about 5 seconds. Spoon dry ingredients atop batter. Top with yogurt. Blend until just combined, using 5 to 6 on/off turns; do not overprocess.

Heat griddle over medium-high heat. Grease with butter. Spoon batter onto griddle in batches (do not crowd), using scant 1/4 cup for each hotcake. Cook until bubbles appear on surface. Turn hotcakes and cook until second sides are brown. Serve immediately with Honey Pecan Butter.

HONEY PECAN BUTTER

At Campton Place, this is also paired with warm cranberry muffins.

Makes about 3/4 cup

- 1/2 cup (1 stick) well-chilled unsalted butter, cut into 4 pieces
- 1/4 cup honey
- 1/3 cup pecans (1 1/3 ounces), toasted

Steel Knife: Blend butter, honey and pecans until smooth, stopping as necessary to scrape down sides of bowl. *(Can be prepared 1 week ahead. Cover and chill.)* Serve at room temperature.

FRESH SALMON HASH WITH POACHED EGGS

6 servings

- 1 medium russet or Idaho potato (8 ounces), peeled
- 3 tablespoons unsalted butter
- 2 tablespoons safflower oil
- 1/4 cup fresh parsley leaves
- 1 large garlic clove
- 1 small onion (2 ounces), peeled and quartered
- 1 small celery stalk (1 1/2 ounces), strings removed, cut into 1-inch pieces
- 2 tablespoons diced red bell pepper (1/2-inch dice)
- 2 tablespoons diced green bell pepper (1/2-inch dice)
- 6 tablespoons whipping cream
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground white pepper
- 1 1/2 cups cooked flaked salmon (10 ounces)
- 6 poached eggs
- Orange Hollandaise (optional; see recipe)

Medium Slicer: Stand potato in feed tube and slice using firm pressure. Cook potato in boiling water until just tender, 5 to 6 minutes. Drain; rinse under cold water and drain well. Pat dry. Melt 1 tablespoon butter with 1 tablespoon oil in heavy 8-inch skillet over high heat. Add potato and cook until crisp and golden, stirring frequently, 2 to 3 minutes. Transfer potato to medium bowl and set aside.

Wipe out work bowl with paper towel.

Steel Knife: Finely mince parsley; set aside. With machine running, drop garlic through feed tube and mince. Add onion and celery and mince. Melt 1 tablespoon butter in same skillet over medium-low heat. Add onion mixture and bell peppers and cook until soft, stirring occasionally, about 6 minutes. Add to potato. Stir in cream, salt and pepper. Set mixture aside to cool to room temperature.

Mix salmon and reserved parsley into potato. Adjust seasoning. Shape mixture into 6 patties, pressing firmly; mixture may be crumbly. *(Can be prepared 1 day ahead. Cover and refrigerate.)*

Melt remaining 1 tablespoon butter with 1 tablespoon oil in large griddle or heavy large skillet (preferably nonstick) over medium heat. Add patties and cook until crisp and golden, about 2 minutes per side, reshaping after turning if necessary. Gently transfer to plates. Top each with poached egg. Drizzle with Orange Hollandaise if desired. Serve immediately.

ORANGE HOLLANDAISE

Makes about 1 1/8 cups

- 2/3 cup fresh orange juice
- 1 1/2 teaspoons distilled white vinegar
- 4 teaspoons grated orange peel
- 1 teaspoon grated lemon peel
- 3 egg yolks
- 1 tablespoon hot water
- 3/4 cup (1 1/2 sticks) unsalted butter, melted and sizzling hot
- 1/4 teaspoon salt
- Dash of hot pepper sauce

Boil orange juice, vinegar and peels in small nonaluminum saucepan until reduced to 3 tablespoons, about 8 minutes. Set mixture aside.

Steel Knife: Blend yolks and hot water until thick and pale, about 1 minute. With machine running, slowly drizzle hot butter through feed tube in thin, steady stream. Add orange juice mixture, salt and pepper sauce and blend 5 seconds. Adjust seasoning. *(Can be prepared 2 to 3 hours ahead. Keep warm in vacuum bottle.)* Serve warm.

COUNTRY PORK SAUSAGE PATTIES

Makes 6

- 1/4 cup fresh parsley leaves
- 1 medium garlic clove
- 1 pound trimmed pork butt, cut into 1-inch pieces
- 2 ounces well-chilled pork fat, cut into 1-inch pieces
- 3/4 teaspoon salt
- 1/2 teaspoon dried red pepper flakes
- 1/4 teaspoon dried thyme, crumbled
- 1/4 teaspoon dried oregano, crumbled
- Freshly ground pepper

Steel Knife: Finely mince parsley. With machine running, drop garlic through feed tube and mince. Add remaining ingredients and process until finely chopped, about 30 seconds. Shape sausage into six patties, 2 1/2 inches in diameter. *(Can be prepared 2 days ahead and refrigerated or 1 month ahead, wrapped individually and frozen. Thaw frozen patties in refrigerator overnight.)*

Heat heavy large skillet or griddle over medium heat. Cook patties until brown and cooked through, 7 to 10 minutes per side. Serve immediately.

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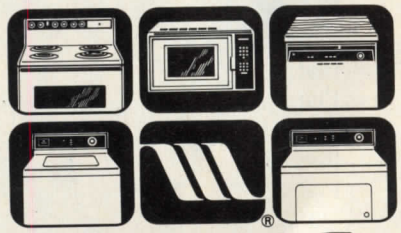
1 a) being without company;
b) being unneeded;
2. sad from being alone.



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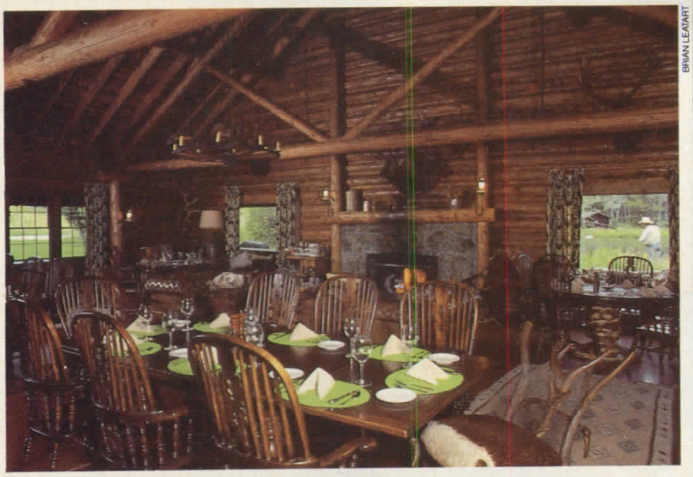


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BON VIVANT

WHO'S WHO AND WHAT'S NEW IN THE WORLD OF WINE AND FOOD

BY ZACK HANLE



BRIAN LEATART

Roughing It Easy in Wyoming

The countryside is straight out of a John Wayne movie—miles of sky, jagged peaks, lush meadows. The immediate urge is to be as rugged as the scenery: to jump into jeans and boots and ride out into the wilderness; to pull on waders and fish the streams. But this is vacation time too, when a little pampering is appropriate. Crescent H Ranch, just outside the town of Jackson Hole, offers sublime measures of both ways of life.

You will stay in a log cabin, which with its cozy bed, comfortable chairs and fireplace is not exactly roughing it. By day, you can fish for trout for your breakfast in the stocked pond just outside the main lodge (the kitchen will prepare it for you), or go on a jaunt to hidden creeks, where wily old fish are wise to the cleverest flies. You can take a mild amble by horseback, or try an all-day trip through splendid mountain scenery. By night, you can join in the planned activities—or just relax by the fire.

Whatever way of life suits your mood, you will enjoy three hearty meals every day. Breakfast alone includes eggs served with the chef's special sauce, blueberry pancakes, hot rolls and bread, seasonal fruit, bacon, ham, sausage—and your self-caught trout. At cocktail hour there is an open bar, and wine is poured throughout dinner. All this occurs in the main lodge, built of immense logs in the 1920s. There are two fireplaces, leather couches, and family-style dining tables with comfortable Windsor chairs. Best of all, the hosts and staff will make you feel that you are among friends. (For more information, contact the Crescent H Ranch-Rivermeadows, Inc., P.O. Box 347, Wilson, WY 83014; 307/733-3674.)

Dessert Twist

Looking for a new topping for ice cream? Try Crème de Pruneaux d'Agen, a French import packed by Coufidou that is a smooth, sweet (but not too sweet) cream of prune. Try it, too, to enhance warm bread pudding or creamy rice pudding. This rich, softly textured confection is made from the famous semidried prunes of Agen, and is packaged in 15.87-ounce jars for $2.90 each plus shipping at Dean & DeLuca, 121 Prince St., New York, NY 10012; 800/221-7710.

France: A Deluxe Hideaway

As the road curves through the small town of Saulieu about an hour's drive from Beaune, it is easy to whiz by a quaint, unprepossessing building on the edge of town. Those smart enough to slow down, though, are in for a treat: This is no ordinary country *auberge*, but the elegant Hôtel de la Côte-d'Or, where owner Bernard Loiseau and his wife Chantal preside over 24 beautifully decorated rooms—and where Bernard shows his mastery in the kitchen at lunch and dinner.



He is well respected by his colleagues and the critics in France who count. The hotel is a Relais et Châteaux affiliate; *Guide Michelin* has awarded Bernard two stars, and *Gault-Millau* a whopping 18 out of 20 and three toques for the excellence of the cuisine. And it is easy to see why.

A recent *dégustation* lunch began with perfectly cooked *langoustine* with spinach and a fresh tomato *coulis*, segued into fried *jambonettes* of frog legs with garlic cream and parsley sauce, shrimp soup with fried lemon peel julienne, and lobster wrapped in cabbage leaves in red bell pepper sauce. These seafood samplers were followed by a warm main-course salad of duck liver, pigeon, grilled potatoes and *cèpes*. Cooling fruit sorbets cleared the way for two sensational desserts, hot apple tart and a terrine of chocolate with whole orange slices in the center.

The 15-table dining room of soft green trimmed in pale pink, punctuated by beamed ceilings, arches, bright flowers and a colorful tile floor is a cozy setting for Bernard's memorable cooking.

The Hôtel de la Côte-d'Or is well worth a visit, either as a base for touring the countryside and the nearby Burgundy area or as a relaxing overnight outing from Paris. (For more information, contact the Hôtel de la Côte-d'Or, Saulieu, 21210, France.)

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Food Notes

■ One of the most stellar gastronomic events of the year was staged recently in New York's Hotel Pierre. A 250-member delegation from the Rhône-Alpes region of southeast France feasted on a dinner prepared in the Pierre's kitchens by seven of the region's most celebrated chefs: *crêpe Parmentier* with caviar, by Georges Blanc; a Maine lobster salad with *suprêmes* of squab, from Alain Chapel; Pierre Troisgros's salmon with sorrel; *filet de boeuf Beaujolaise*, by Paul Bocuse; a plump whole fresh truffle in flaky pastry, from Jacques Pic; and Fernand Point's *marjolaine*, made by Mado Point and Charlyne Bise.

■ Some flour, sugar and good butter—that is all it takes to make the best Scottish shortbread. But the proportions have to be just right and the butter must be plenteous. No time to make it yourself? Try Crabtree & Evelyn's delicately shaped, melt-in-the-mouth, crisp Petticoat Tails, the perfect accompaniment to tea and coffee or sorbets and ice cream. Said to have been invented by Mary Queen of Scots and called *Petits Galettes*, they were later dubbed Petticoat Tails by the Scots. A gift tin, picturing Robert Burns in the Highlands, is about $11.

■ Celebrating its 150th anniversary, Romanoff Caviar is offering an informative leaflet describing the different kinds of caviar, how to store it and the 25 most-requested caviar ideas and recipes. Send for *Best of the Best*, Department NS150, Romanoff Caviar, Stamford, CT 06905. Include a self-addressed stamped business-size envelope with your request.



A Kit for Chocolate Cooks

Professional bakers have long used Van Leer Family cocoa and chocolates. Now the home cook can obtain these same products in a kit containing a bar each of bittersweet, semisweet, unsweetened and milk chocolate, plus one designed for fondue making and topping bases. Also included is a tin of the Van Leer Family American Cocoa and a collection of ten recipes. The beauty of this fine blending chocolate is that it melts without lumps, holds its smooth texture, is easy to handle and is never gritty, grainy or waxy. Look for the kit in specialty foods stores.

Sweet-tooth Temptation

Scarlett's Secret English Toffee is self-indulgence at its best. Each all-butter, nut-crunchy piece is coated in first-rate chocolate and dusted liberally with chopped pecans. It is made from an old family recipe—truly a secret—and a gingham-circled 12-ounce gift jar is $9.50; a 12-ounce mailing box is $8.50. Add $2.75 for postage and contact Juneau, Inc., P.O. Box 138044, Chicago, IL 60613.



BILLY CUNNINGHAM

High-tech Cast Iron

The Dutch oven of yore goes French in a new glossy white enamel guise—part of a line called Blanc de Blanc Contemporaire. The designers in France say that this elegant cookware "complements the white laminate cabinetry, natural wood trims and general streamlining" of American kitchens today. This collection of eminently durable, shock-resistant cast-iron pieces, each with a fired enamel finish, includes round as well as oval French ovens, round and oval gratins, covered saucepans and a skillet. Ovens and gratin dishes have comfortable and attractive pommel handles. Lids from the round ovens also fit the round gratins. At fine cookware shops and department stores, a six-piece boxed set is about $160 (includes 3½-quart round oven, 9-inch round gratin, 1¼-quart saucepan and 12-inch skillet). The 8-piece set is about $225 (includes a 2¼-quart round oven, 5-quart oval oven, 11½-inch oval gratin, 1¼-quart covered saucepan and 12-inch skillet). □





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WINE AND SPIRITS A BUYER'S GUIDE

BY ANTHONY DIAS BLUE

Canadian Beer

BEER MAKING HAS been a part of Canadian history since the earliest days. The first beers were made from spruce trees because the usual grains were unavailable. While not especially good tasting, this strange brew did contain certain medicinal properties that helped save the lives of Jacques Cartier's scurvy-stricken crew when they staggered ashore in 1534, taking possession of what they called "New France" for King François I.

By this time, France had become one of the most active brewing countries in Europe, and these first French settlers brought their knowledge of the subject with them. With their arrival, brewing began in earnest. Crops were planted, and in 1620 Denis Jamet, one of the Récollet friars who had established themselves on the St. Charles River, wrote: "We hope that in two years we will be able to sustain twelve persons without anything asked from France, because we will have sufficient grain to make bread and beer."

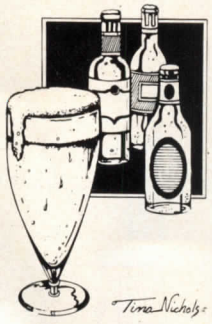
The most important name in colonial Canadian brewing was Louis Hébert, who had come from France with Samuel de Champlain. Seventy-four years after Cartier, Champlain established a settlement that became known as Québec. M. Hébert had managed to stow a large brewing kettle in the personal effects he had brought with him. He immediately set up shop as a brewer, a job that brought him fame and commercial success. His main competition proved to be the town's Jesuit fathers, who were busy establishing their own breweries.

In 1636, Father Paul Le Jeune, the Canadian Jesuit leader, wrote France, describing the diet of a typical farmer: In addition to their rations of flour, lard, oil, vinegar and codfish, "they are given a chopine [pint] of cider a day, or a quart of beer."

Some years after that, beer became an instrument of temperance. Jean Talon, who was in charge of colonial justice, police, trade, commerce and finance, became concerned about the money the colonists were spending on imported spirits and wine, and alarmed by the rowdy behavior that accompanied their consumption. In 1666, he wrote Colbert, chief minister to Louis XIV, asking for funding to build a brewery. Colbert agreed, and within a few years, the King's Brewery, an impressive structure located at the bottom of Ste.-Geneviève Hill in Québec, became one of Canada's first manmade landmarks.

A Change of Style

Almost a century later, after the defeat of the Marquis de Montcalm by General James Wolfe on the Plains of



Abraham—one of the most famous battles in North American history—the victorious English took control of Canada. They brought with them their unique style of beer manufacture. Eventually, Canadians came to prefer these heavier, top-fermented ales, as opposed to lighter, German-style, bottom-fermented lager beer.

The brewing of both lager and ale begins the same way. Barley is sprouted (malted) and then kiln-dried, roasted and combined with water. The resulting liquid, called the "wort," is combined with hops and boiled, then cooled, and yeast is added, at which point the two brews go their separate ways. Lager yeast settles to the bottom and ferments the wort slowly and at a cool temperature. Ale yeast—the same kind used for bread—rises to the top and causes a warmer, speedier fermentation. Beer is placed in pressurized vats and aged for several weeks to several months, depending on the type of beer being produced: This is called "lagering," from the German verb *lagern*, meaning "to store." Ale is generally higher in alcohol than lager beer, and it has a more pronounced bitter and hoppy flavor.

Today, most Canadian brewers make both ales and lagers. The lagers tend to be lighter than their European counterparts, but they are fuller and offer a bit more flavor than most beers made in the United States. The Canadian version also has slightly more alcohol than American brews.

Molson

The modern Canadian brewing business began in 1782 with the arrival of John Molson in Québec. He was 19 years old, an orphan who had been raised by his maternal grandfather in England. He traveled on to Montreal and, with some of the inheritance from his father's estate in Lincolnshire, bought a partnership in a small brewery with a fellow Englishman named Thomas Loid. In 1785, Molson bought out Loid's share, and the following year the first Molson's Ale was produced in the location that is, even now, the firm's Montreal facility. Molson is the oldest continuously operating brewery in North America.

John Molson also invested in farms, lumber, banking, shipping and railroads. His descendants shared his entrepreneurial talents and extended their enormous conglomerate into retail hardware stores, chemicals, office equipment and appliances. But brewing is still the Molsons' first business, and their ales and beers are now produced in ten different plants.

Molson is the second most popular imported beer in the United States (after Holland's Heineken). The most widely available Molson products are Molson Ale (now marketed as Export Ale), Molson Golden Ale, Molson's Canadian Lager Beer and Molson Brador Malt Liquor. Molson Ale is a beautifully rich, malty, balanced and intensely flavored brew; Molson Golden is a smoother, milder blend of ale and lager; Molson Lager is light, creamy and subtle; and the malt liquor is full-bodied, with a sweet-hop flavor and 6.2 percent alcohol.

Carling and O'Keefe

In 1840, Thomas Carling began his brewery in what was then known as Upper Canada, and eventually became Ontario. The Carlings quickly established themselves as one of Canada's most powerful families. Sir John Carling, Tom's son, represented London, Ontario, in the Canadian Parliament and became a major political figure. The Carlings, like the Molsons, gradually built a diversified empire.

Along the way, Carling acquired the O'Keefe brewery of Toronto, a company that started producing beer

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COOKING FOR FRIENDS ELEGANT AND EASY

BY JINX AND JEFFERSON MORGAN

Harvest Dinner

FRESH SALMON TARTARE
RED BELL PEPPER, BRUSSELS SPROUT AND JACK CHEESE SALAD
PORK AND PRUNE STEW IN MAPLE-BAKED ACORN SQUASH
FENNEL HERB BREAD
CARAMEL APPLES IN PHYLLO

YOU MAY HAVE noticed a change in the title of this little exercise. Although we have altered only one word, it sums up a whole world of difference.

It was in September of 1978—in normal terms just over seven years back, but by the way we reckon time, 86 columns ago—that the first "Cooking for Two" appeared in this space under our names. By our shaky calculations that adds up to about 450 recipes designed for couples.

Two, however, is no longer the number we feed at home. Almost three years ago we made a move that rather suddenly modified our old cooking patterns, and we think it is about time these pages reflect the current state of our kitchen affairs.

Through a series of circumstances too wacky to be believed, we became the proprietors of an inn and restaurant in the restored ruins of a 300-year-old sugar mill on the island of Tortola in the British Virgins. As you might guess, we haven't much time anymore for cozy meals *à deux*; in fact there's been hardly a minute for coffee alone together. Our concerns have shifted to entertaining much larger numbers, and our days are now spent organizing breakfasts, lunches, cocktail parties and dinners for scores of people at a time. That is, when we're not sweating out deliveries via inter-island schooners, trying to fix broken water pumps or accusing each other of being the one who forgot to order bottled gas for the kitchen.

And we find we are not the only people who have changed. Seven years ago we wrote that first column on Jeff's prewar Underwood and could barely spell computer. Now, even on our tropical island, we compose on two beloved and brilliant machines that can do everything but make zabaglione (they can spell it, which is more than we can say). Life everywhere has been rollicking along at an ever-accelerating pace. Yet it is precisely because we all have less and less time, not in spite of it, that we feel the need to share our few rare unhurried moments with good friends, for, as Norman Cousins once said, friendship is the oldest and most precious of the arts.

Planning what amounts to a dinner party every night has honed skills that can help other busy souls who have frantic schedules but still want to entertain with style. We have learned that fast does not necessarily mean "fast food," and that "do ahead" need not be a euphemism for leftovers of dubious heritage. We are proving our point this month with a dinner for 12 that is so easy to organize and prepare you will find it not much more taxing than cooking for two.

Contemporary America has finally wised up to something that Europeans have known since the Middle Ages—some foods are best left to the professionals. A lot of atavistic satisfaction can be gained from making baguettes, croissants or pastries from scratch, but few can do it as well or as inexpensively as a good bakery. Specialty shops offering everything from homemade pastas to pâtés are becoming common everywhere, and are a boon to hosts strapped for time. In this new column we will offer suggestions for streamlined party giving, from shopping ideas and do-ahead guidance to hints for what to do with what's left.

As always, we will follow the seasons. This month's menu for a harvest dinner, for example, takes advantage of autumn's treasures.

What to pour? We like a dry white wine with a brisk spiciness. Try a Gewürztraminer, such as that made by Rutherford Hill in California, or one from Dopff & Irion of Alsace in France. Either would be appropriate throughout this menu. If you prefer a sweeter wine with dessert, we might suggest a California Muscat or a bottle of Italian Asti Spumante.

EVEN EASIER

If at the last minute you find that you have three reports due the day of the party or a case to present in court that morning, you can simplify things by substituting certain items purchased from specialty foods stores.

- Instead of the salmon tartare, you might serve a first course of fresh oysters on the half shell.
- Rather than making your own bread, stop by a good bakery and pick up some fresh rye rolls.
- For dessert, you could arrange a pretty platter of fruit and cheese, including apples, grapes, walnuts and, in keeping with the American theme, a Vermont cheddar or Tillamook from Oregon, a California Camembert and a soft, creamy Sonoma Jack.

DO-AHEAD HINTS

- Brussels sprouts for salad can be cooked in the morning. Cover and refrigerate. Bell peppers can be charred, peeled, seeded and cut julienne several hours ahead. Cover and refrigerate.
- Pork stew can be prepared two days ahead, covered and refrigerated. Reheat just before spooning into squash.
- Bread can be baked ahead, wrapped tightly in plastic and frozen.
- Caramel Apples in Phyllo can be prepared two hours ahead. Set aside at room temperature. Reheat briefly just before garnishing and serving.

FRESH SALMON TARTARE

Makes 3 cups

- 2 pounds fresh salmon fillet, cut into chunks
- 1/4 cup minced fresh parsley
- 3 tablespoons capers, rinsed and drained
- 2 tablespoons snipped fresh chives
- 1/2 cup olive oil
- 3 tablespoons fresh lemon juice
- 2 teaspoons Dijon mustard
- Dash of hot pepper sauce
- Salt and freshly ground pepper
- Sliced pumpernickel, black rye or black bread, or toasted baguettes

Coarsely chop salmon in processor or by hand; do not puree. Transfer to medium bowl. Add parsley, capers and chives and toss lightly. Mix oil, lemon juice, mustard and hot pepper sauce in small bowl. Add to salmon and toss lightly with fork; do not mash. Season to taste with salt and pepper. Refrigerate 2 hours. Using slotted spoon, divide salmon among six 1/2-cup ramekins. Serve chilled with bread.

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RED BELL PEPPER, BRUSSELS SPROUT AND JACK CHEESE SALAD

12 servings

- 4 pounds brussels sprouts, trimmed and halved lengthwise
- 4 red bell peppers
- 1 cup olive oil
- 1/4 cup white wine vinegar
- 1/4 cup grated dry Monterey Jack cheese*
- 3 tablespoons fresh lemon juice
- 2 tablespoons fresh chervil or parsley, minced
- 1 tablespoon finely grated lemon peel
- 1 garlic clove, minced
- Salt and freshly ground pepper
- Lettuce leaves

Cook brussels sprouts in large pot of boiling salted water until crisp-tender, 7 to 10 minutes. Drain; rinse under cold water. Drain again. Set aside.

Char bell peppers over gas flame or in broiler until blackened on all sides. Wrap in paper bag and let stand 10 minutes to steam. Peel and seed. Rinse if necessary; pat dry. Cut bell peppers into julienne strips. Set aside.

Combine oil, vinegar, cheese, lemon juice, chervil, peel and garlic in small bowl. Season with salt and pepper. Combine brussels sprouts and bell pepper strips in large bowl. Add dressing and toss to coat well. Line plates with lettuce. Spoon salad atop lettuce.

**If unavailable, freshly grated Parmesan cheese can be substituted.*

PORK AND PRUNE STEW IN MAPLE-BAKED ACORN SQUASH

We love this recipe: It is the easiest, most delicious and most attractive stew you will ever make. No tedious browning of the meat; no careful watching of the pot—simple as can be.

12 servings

- 4 medium onions (unpeeled)
- 6 pounds boneless pork shoulder, trimmed and cut into 1 1/2-inch cubes
- 1/2 cup fresh orange juice
- 1/2 cup soy sauce
- 1/4 cup dry Sherry
- 3 tablespoons minced fresh ginger
- 2 tablespoons cornstarch dissolved in 2 tablespoons water
- 2 cups pitted prunes
- Maple-baked Acorn Squash*

Preheat oven to 325°F. Set 2 onions in center of each of 2 jelly roll pans. Add pork in single layer. Bake 1 hour, stirring pork occasionally.

Cool onions slightly. Peel; quarter lengthwise. Transfer to large baking pan. Add pork. Gently mix in orange juice, soy sauce, Sherry and ginger. Continue baking until pork is tender when pierced with knife, 1 hour.

Degrease juices in pan. Pour into heavy large saucepan. Place over medium heat. Add cornstarch mixture and stir until sauce boils and thickens, about 3 minutes. Stir in pork, onions and prunes and cook just until heated through. Divide stew evenly among Maple-baked Acorn Squash halves.

**Maple-baked Acorn Squash*

12 servings

- 6 large Golden Acorn or other acorn squash, halved lengthwise and seeded
- Salt
- 1/3 cup butter, room temperature
- 1/2 cup maple syrup

Preheat oven to 325°F. Sprinkle cut sides of squash with salt. Arrange cut sides down in baking dish. Bake until tender when easily pierced with sharp knife, 45 to 60 minutes.

Run fork over cut sides of squash. Spread with butter. Drizzle with maple syrup. Continue baking 3 minutes.

FENNEL HERB BREAD

Crusty and flavorful—a satisfying loaf that is good with almost any meal.

Makes 2 loaves

- 1 1/2 envelopes dry yeast
- 2 cups warm water (105°F to 115°F)
- 5 cups (or more) all purpose flour
- 3 tablespoons cornmeal
- 2 tablespoons fennel seed
- 1 tablespoon salt
- Cornmeal
- 1 egg white beaten with 1 tablespoon cold water

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

Mix 5 cups flour, 3 tablespoons cornmeal, fennel and salt. Add to yeast mixture 1 cup at a time until stiff dough forms. Transfer to lightly floured surface. Knead until no longer sticky, about 10 minutes, adding more flour if necessary. Butter another large bowl. Add dough, turning to coat entire surface. Cover bowl. Let dough rise in warm draft-free area until doubled in volume, 1 to 1 1/2 hours.

Sprinkle ungreased baking sheet with cornmeal. Punch dough down. Divide in half; shape into 2 rounds. Transfer to prepared sheet, spacing 4 inches apart. Slash tops diagonally. Brush with egg white mixture. Transfer to cold oven. Turn temperature to 400°F. Bake until loaves are golden and sound hollow when tapped on bottom, about 35 minutes. Serve warm.

CARAMEL APPLES IN PHYLLO

12 servings

- 6 tablespoons (3/4 stick) butter
- 1 cup sugar
- 1 cup water
- 6 firm tart apples, peeled, cored and halved lengthwise
- 12 phyllo pastry sheets
- 1/4 cup (1/2 stick) butter or margarine, melted
- Cinnamon
- Sweetened whipped cream

Melt 6 tablespoons butter in heavy large skillet over medium heat. Add sugar and water and bring to boil. Reduce heat and simmer, stirring constantly, until sugar dissolves. Add apples and cook until tender, turning often, 20 to 30 minutes. Remove apples, allowing excess syrup to drip back into pan. Transfer to rack to cool. Reserve syrup in skillet.

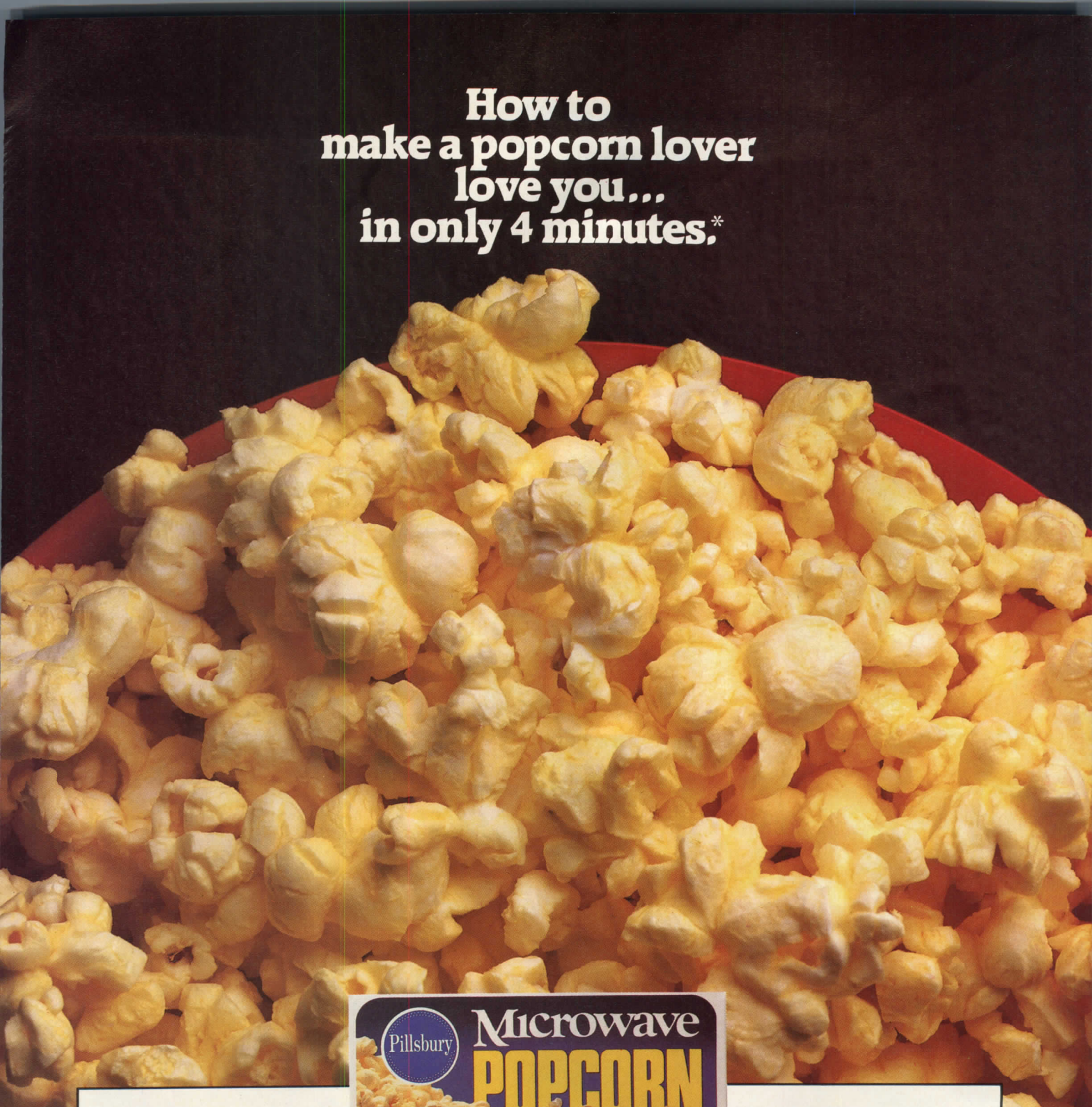
Preheat oven to 350°F. Place 1 phyllo sheet on surface (keep remainder covered to prevent drying) and brush with melted butter. Fold in half crosswise. Brush with butter. Arrange 1 apple half cut side down at 1 short side. Fold long sides over apple, then roll up, enclosing apple. Arrange seam side down on baking sheet. Repeat with remaining phyllo and apples.

Brush phyllo with remaining melted butter. Bake until golden brown and crisp, about 15 minutes.

Boil reserved syrup over medium-high heat until slightly thickened and amber in color. Spoon syrup over phyllo. Sprinkle with cinnamon. Garnish with whipped cream and serve.□



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The following are but a few of the ways you will enjoy Kahlúa. Experiment for yourself. And discover why Kahlúa is like no other liqueur in the world.

Kahlúa Glazed Turkey*

12-14 lb. turkey
Dressing
1/3 cup apricot jam
1/3 cup Kahlúa

A magnificent recipe you will invariably serve with pride: using your favorite dressing, stuff and truss turkey as you ordinarily would. For the glaze, strain the jam or smooth it in a blender. Add Kahlúa and mix well. Use it as your baste throughout roasting period. Make gravy as usual. Serves 6-8.

*This recipe is eqully superb with goose, duck or any other poultry.

Kahlúa Candied Yams

4 medium-size yams
1/4 cup butter or margarine
1/3 cup brown sugar
1/4 cup Kahlúa

A traditional favorite which Kahlúa makes all the more memorable: boil yams until tender but still firm. Peel and halve lengthwise. In a heavy frying pan, melt butter and sugar. Add Kahlúa, stir and cook for 1 minute. Add yams and turn until brown on all sides. Cover, reduce heat and cook about 15 minutes. Turn yams once more before serving. Serves 4-6.

Kahlúa & Coffee

Perfect after-dinner drink: add 1-1/2 oz. of Kahlúa to a cup of steaming black coffee. A dollop of whipped cream adds an extra festive touch.

Kahlúa Black Russian

An excellent cocktail or nightcap: in an old-fashioned glass, pour 1 oz. of Kahlúa and 1-1/2 oz. of vodka over ice. Mmmm.

Kahlúa Pecan Pie

Pastry Crust
1/4 cup butter
3/4 cup sugar
1 tsp. vanilla
2 tbs. flour
3 eggs
1/2 cup Kahlúa
1/2 cup dark corn syrup
3/4 cup evaporated milk
1 cup whole or chopped pecans
1/2 cup heavy cream, whipped
Pecan halves

We honestly feel you've never tasted a pecan pie quite this good! Line a 9-inch pie plate with your favorite pastry recipe. Chill. Set oven at 400°. Cream together: butter, sugar, vanilla, flour. Mix well. Beat in eggs, one at a time. Stir in Kahlúa, corn syrup, evaporated milk, pecans. Mix well, pour into pie pan. Bake for 10 minutes. Then reduce heat to 325° and bake until firm (about 40 minutes). Chill. When ready to serve, garnish with cream and pecan halves. Serves 8-10.

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BON VOYAGE TRAVELING WITH TASTE

BY RICHARD JOHN PIETSCHMANN

Waikiki

I DON'T KNOW about you, but I'm a sucker for symbolism. It was just before sunset, and a day-ending swim in Waikiki's warm waters seemed like the right move. Then, just as my toes touched the foamy fringe of the sea, music began. And what music! Behind me, on the broad beachfront *lanai* (that's terrace or patio in Hawaiian) of the graceful new Halekulani hotel, a band was playing brass-heavy tunes from an earlier, more melodic era.

That was magic enough for one sunset, I suppose, but as I slowly paddled backwards, propelled in part by the huge grin on my face, watching the rusty glow of the setting sun ignite the waterfront buildings and listening to "I've Got My Love to Keep Me Warm," a rainbow grew just inland. Arching majestically, it embraced the entire length of Waikiki, right at sunset, in the middle of a concert out of a time vault. It was then that I smiled to myself and sang along to words I wasn't even sure I knew. And it was then that I realized why I liked Waikiki. Where else could these unlikely events occur simultaneously, if at all?

Say about Waikiki what you will, but I steadfastly maintain that there is not a better city beach anywhere in the world. It is, of course, the beachfront strip of Honolulu, and therefore has lots of people, lots of traffic and not always lots of tranquillity. There are vendors and hawkers, soaring high-rises and tacky souvenir stores—ills common to big cities everywhere. But where else on a fine beach is the food so good, the symphony so near, the language so English? Where else is the sea perfumed with the haunting scent of *lipoa*, the special Hawaiian seaweed? Waikiki is some place, if you ask me.

The story of this famous beach begins modestly enough. The majority of modern Waikiki rose from a swamp, which is what the half-mile-wide, 2½-mile-long peninsula was—with a fringe of sandy beach—until the Ala Wai Canal was dredged in the 1920s to drain an area where bananas, taro and mosquitoes grew in profusion.

Yet despite the bordering swamp, Waikiki—the name means "spouting water"—had long been a special spot to Hawaiians who fished the big bay for *moana* (goatfish) and *opakapaka* (pink snapper). The central portion of Waikiki was a sacred place: Hawaiian royalty gathered there, around a *heiau*, a stone religious shrine. The revered Kamehameha line of kings and queens kept a beach cottage on Waikiki in the 1880s, on the site of what is now the Royal Hawaiian hotel.

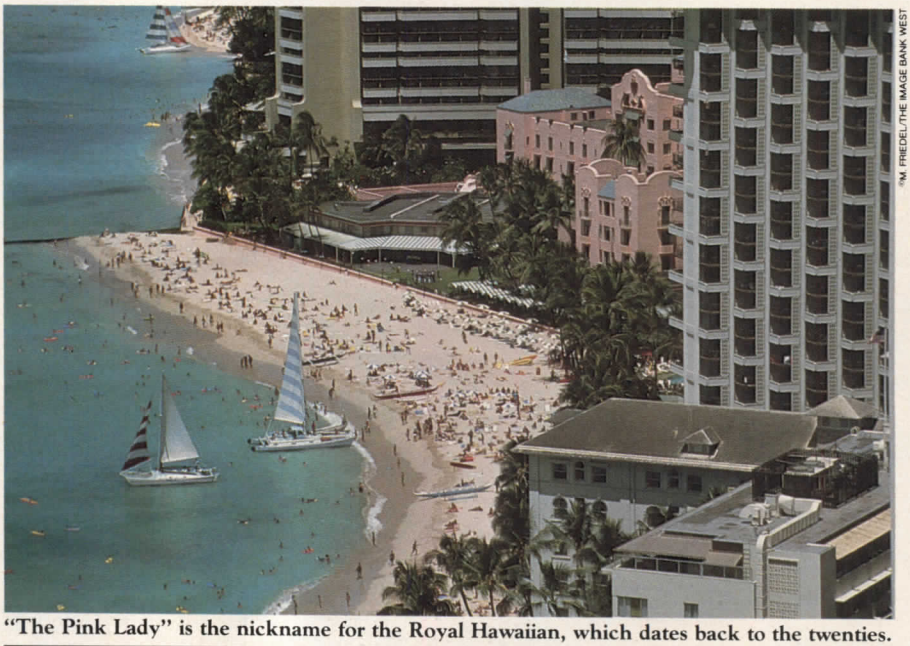
Hawaii became a U.S. Territory in 1900, and just a year later, the Moana, Waikiki's first real hotel, was built. It was connected to Honolulu by a tram that ran precariously over the swampland. There were also boarding houses, small cottage-style hotels, vacation homes and some shanties, but little else of style to rival the daring, four-story Moana until the canal was completed in 1927—the same year the Royal Hawaiian hotel was opened and Waikiki began to attract carriage trade vacationers from the mainland.

Still, Waikiki grew at a glacial pace, nearly ignored by Hawaiians and frequented only by those mainlanders with the time and money to afford the long sea voyage aboard the legendary Matson liners from San Francisco. Pan Am's flying boat service began in the 1930s, but the expense and the 20-hour flight ruled out even the most seminal of mass tourism. Honolulu itself developed with rather more vigor. The city had its symphony by 1900, its community theater arrived in 1915 and the Honolulu Academy of Arts opened its doors in 1927.

It took World War II and the advent of jet travel in the early 1960s to really spur Waikiki's growth. GIs saw Hawaii on their way to war, and many returned to inject new energy and enthusiasm into what had always been a slumbering economy and insular outlook. And the jet plane brought the first regular mass tourism.

New hotels began sprouting in the middle 1960s, crowding out the shantytown ambience of the area. The Moana and Royal Hawaiian remained, but the other old hotels slowly disappeared—to be replaced by the Hilton Hawaiian Village (1955), the Ilikai (1964), the Sheraton-Waikiki (1971), the Hawaiian Regent (1972) and the Hyatt Regency Waikiki (1976). Today, Waikiki has more than 33,000 rooms in 133 hotels and condominiums. The only low-rise left is the 135-room Waikikian, which languishes in the mighty shadow of the Ilikai, and both the Moana and the Royal Hawaiian offer more in the way of nostalgia than accommodations to compare with the best of the newer hotels.

The high-rising of Waikiki is what has prompted surly comparisons with other reputedly cement-jungle resort cities. And Waikiki does have its slab-sided behemoths, to be sure, and thousand-room-plus counts in several of



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"The Pink Lady" is the nickname for the Royal Hawaiian, which dates back to the twenties.



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them. But good big hotels do exist (the Hyatt Regency Waikiki is one), and Waikiki's newest, the Halekulani, is a gem. Completed in 1983, it is a 456-room wonder of graceful design, careful amenities and plain good taste. Instead of building one large structure on the five-acre site of the original Halekulani, a beach cottage affair first opened in 1917, the designers of the hotel decreed instead five buildings ranging in height from two to sixteen stories. They retained and restored the historic beachfront main building to house restaurants and lounges, and even preserved the spirit of the beloved House Without a Key, a famous open-air spot where food, drinks and sunset music are served.

Locals fervently believe that the Halekulani is the fulcrum on which the upgrading of Waikiki rests. Along with this fine new hotel, the other top-flight ones are investing millions in renovations. But still, it is not on hotels that the immediate future reputation of Waikiki will be made. Not many new hotels can be wedged into the narrow confines of the peninsula, and there is *no* more room right on the beach. Instead, local government is concentrating on widening streets and sidewalks, planting trees and other vegetation, and cracking down on sidewalk hawkers and vendors.

But possibly the most startling transformation in recent years—especially the last three or four—is the dramatic increase in the quality of the food served in restaurants. For years, Waikiki was known among the chefs of the world as the place where the elder members of the profession went to retire in comfort. The food, frankly, was predictable and boring. Surf and turf dinners reigned supreme along Kalakaua Avenue, the main drag. Nearly all raw materials arrived boxed, canned or frozen from the mainland. *Mahimahi,* Hawaii's most familiar fish, often came from Japan or Alaska.

Now, however, the Hawaiian fishing industry has rebounded. An early morning visit to the daily fish auction at United Fishing Agency reveals a huge variety of seafood. One morning there were dozens of large tuna, including *ahi* (yellowfin) and *menpachi* (big eye), numerous varieties of snapper, among them *ehu,* opakapaka, *onaga, uku,* and Kona crabs. Even mahimahi. And local entrepreneurs raise prawns and other shellfish in aquaculture programs. Recently, a new species of shrimp has been located in the cold, deep waters nearby, and it is now being gathered and supplied to local markets and restaurants.

Farming is showing a similar comeback. Not long ago it was difficult for local restaurants to obtain ripened papaya and pineapple, since most was either picked unripe for shipment to the mainland or canned. Now, Hawaiian produce is widely available, and the onions from Maui, lettuce from Manoa and watermelons from Kahuku are gaining international fame. Small farmers are getting into the game by raising specialty vegetables lusted after by the new crop of young chefs that predominate in the better restaurants. Grant Schule, a Molokai farmer, now grows basil, parsley, baby corn, small sweet melons, tiny eggplant, *haricots verts,* mini-squashes and countless other exotic items.

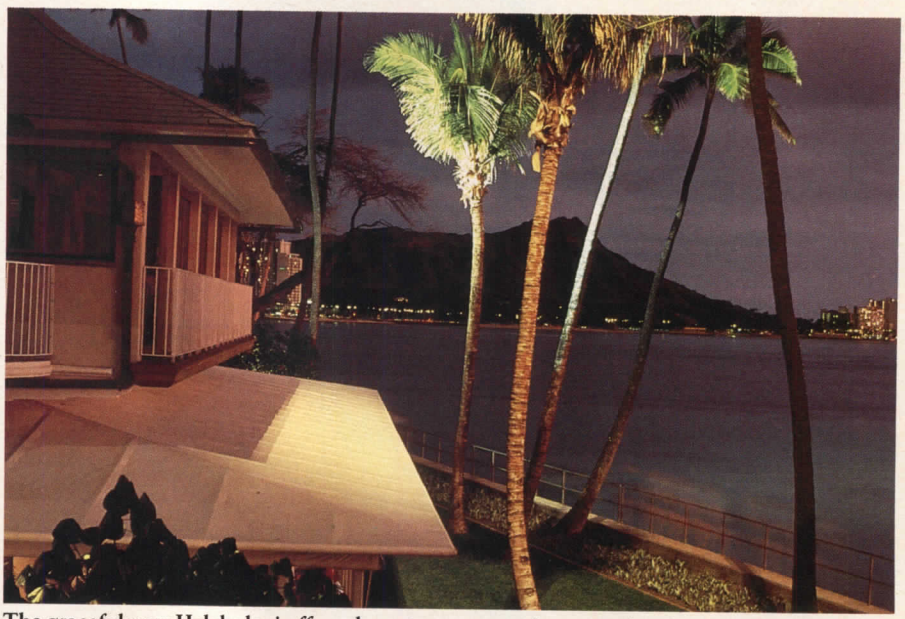
The chefs at nearly all Waikiki's—and Honolulu's—best restaurants are young, creative and eager to experiment with indigenous products. "We try to keep in touch with the good things that are available locally," says transplanted Austrian Andreas Knapp, 29, who heads the kitchen at the Kahala Hilton's superb Maile Restaurant. Knapp is joined by his similarly aged colleagues at Bagwells 2424 (Englishman Graham Smith), Bon Appétit (Frenchman Guy Banal), The Willows (Sri Lankan Kusuma Cooray) and La Mer (Laotian Khamtan Tanhchaleun). This is a bunch that simply will not stand for dried herbs, frozen seafood, the usual vegetables or the conventional bill of fare.

For example, at Maile Restaurant, long considered one of Hawaii's best, Chef Knapp prepares a fantastic seafood potpourri. One of the most popular dishes on his big menu, it includes two local fishes, opakapaka and mahimahi, in addition to salmon, Hawaiian prawns, scallops and lobster. He likes a challenge, so when asked for a mushroom dish, he concocted a lovely stir-fry of chanterelle, oyster and cauliflower mushrooms.

The Willows, a very good Honolulu restaurant, is a rambling indoor-outdoor sort of place that often seems more garden than anything else. It opened in 1944, was purchased by Randy and Sunny Lee in 1980 and is a big favorite with Hawaiians for both its atmosphere and food. It is virtually hidden in an unlikely neighborhood just behind the beach, but the search is more than worthwhile.

There is a wide-ranging menu—Hawaiian curries, wok-prepared dishes—offered downstairs, but upstairs in the small Kama'aina Suite Chef Cooray presents a "tasting menu" of six courses that changes monthly. The evening I was there, dinner began with a small, Brie-filled brioche, continued with huge Hawaiian prawns in lime butter sauce, which were accompanied by pineapple-stuffed roasted island peppers. Other dishes included poached salmon with apple-horseradish beurre blanc; fillet of beef rolled with spinach, mushrooms and ham; minty pineapple sorbet served in a lemon shell; breast of island duck marinated in cumin and honey; fennel salad; and papaya ring for dessert.

Guy Banal, who opened his Bon Appétit restaurant five years ago, offers a nightly four-course special menu (it changes weekly) in addition to the regular *carte.* One evening I enjoyed a lovely, rich shrimp soup with fish dumplings, endive salad, roasted rack of lamb with fresh herbs and papaya-guava snow eggs. Everything was so good as to be startling, particularly to someone who still remembers the rock-bottom days of cuisine in Hawaii.



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Chef Banal, who is from Lyon, drives his motor scooter every day to market for produce, meat and fish. His bistro, so far undiscovered by tourists, is frequented by Honolulu cognoscenti.

The Halekulani has an excellent ground-floor restaurant in its Orchids, which looks out on the beachfront walk, but La Mer is its pampered pearl. Situated on the second floor and open to the Pacific just below, La Mer has a menu devised by consulting chef Philippe Chavent (of Tour Rose and Le Comptoir du Boeuf restaurants in Lyon), who visits four times a year. The prix-fixe dinner begins with a glass of Champagne, which sets the precise tone for the exemplary feast to follow. The meal, mightily expensive by any standard, proved once and for all that haute cuisine, with a Hawaiian touch, had arrived in the Islands.

Joining Maile Restaurant, The Willows, Bon Appétit and La Mer at the very top of any dining list are Bagwells 2424, in the Hyatt Regency Waikiki, and The Third Floor, in the Hawaiian Regent Hotel. Also noteworthy are Chez Michel (go at night when the French chef is there), Michel's at the Colony Surf Hotel ("Magnum, P.I." fans might catch Tom Selleck breakfasting here), Il Fresco (very interesting "California-Italian" food), Canlis (the favorite of local businesspersons) and John Dominis (a fish restaurant with high prices, huge portions and possibly the most enchanting ambience in town).

Worth exploring in and around the beach area are such locals-only establishments as Keo's (hugely popular for Thai food), Plaza Manila, Restaurant Suntory, J.R.'s Upstairs, Ryan's Parkplace and the Garden Cafe at the Academy of Arts. For a superb sushi bar, try Hatsuhana, which is next to the Hilton Hawaiian Village.

The point to all this is that Waikiki has arrived, at least in the considered opinion of many of us, as more than a cacophonous place in the sun. Sure it's in a big city. So is Rio's Copacabana. Sure the beach can get crowded with sunbathers and the sidewalks with strollers. But this has its attractive elements, too. Besides the great beach with the fine hotels, there are the diversions of a metropolis—concerts, opera, theater, art, shopping and more.

Waikiki is for many people what Hawaii is all about, which in a few select words is sun, surf and fun. Add to that good food, and you have all the makings for a memorable vacation.

TRAVEL MEMO

- Recommended reading: New this month from two well-respected travel writers is *The Dolphin Guide to Hawaii* by Tom and Karen Horton (Doubleday, 1985). Current and complete, it is worth seeking out.
- Diversions: The daily (except Sunday) fish auction begins at about 6:00 A.M. at United Fishing Agency, Ltd., reached on Ahui Street off Ala Moana just past the Kewalo Basin anchorage. Simply walk in and look around. For a glimpse of the variety of vegetables and fruit now available in Honolulu, stop by the newly renovated and reopened Oahu Market, at the back end of Chinatown at Kekaulake. This historic market, which first operated in 1904, opens about 7:00 A.M. Look for wing beans, pumpkin blossoms, Maui persimmons, Kahuku watermelons, Kula onions, Lahaina eggplant, bitter melon, tamarind seed and other delicacies.
- Hotels (all 808 area code unless otherwise specified): For the absolute best in Waikiki, book a stay at the Halekulani (923-2311 or 800/367-2343). If what you have in mind is a big, very active home base, try the Hilton Hawaiian Village (949-4321). The Hyatt Regency Waikiki (922-9292 or 800/228-9000) can be recommended for its central location, the Colony Surf (923-5751) for its quiet and secluded situation. And for those who would like to sample a slice of the old Hawaii, check in at either the Moana (922-3111 or 800/325-3535) or Royal Hawaiian (923-7311).
- Restaurants (all 808 area code): Bagwells 2424 (922-9292); Bon Appétit (942-3837); Canlis (923-2324); Chez Michel (955-7866); the Garden Cafe (531-8865); Hatsuhana (946-8287); Il Fresco (523-5191); John Dominis (523-0955); J.R.'s Upstairs (735-2204); Keo's Thai Cuisine (737-8240); La Mer (923-2311); Maile Restaurant (734-2211); Michel's at the Colony Surf (923-6552); Plaza Manila (942-1887); Restaurant Suntory (922-5511); Ryan's Parkplace (523-9132); The Third Floor (922-6611); and The Willows (946-4808).
- For additional information, including travel brochures and maps, contact the Hawaiian Visitors Bureau, Department BA, 2270 Kalakaua Avenue, Honolulu, HI 96815; 808/923-1811.

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BROILED PRAWNS WITH HONEY LIME BUTTER

An appetizer served at The Willows.

4 servings

Honey Lime Butter

- 1/2 cup (1 stick) butter, melted
- 1/2 cup dry white wine
- 1/4 cup fresh lime juice
- 1 tablespoon honey
- 1/2 teaspoon garlic puree
- 1/2 teaspoon minced shallot
- 1/4 teaspoon paprika

- 8 large Hawaiian prawns with tails
- Cilantro sprigs
- Lime wedges

For butter: Blend first 7 ingredients in processor until smooth. Transfer to heavy small saucepan. Stir over low heat 3 minutes to blend flavors.

Using sharp knife, cut down back of each prawn. Devein and rinse; pat dry. Deepen cut in each prawn almost all the way through. Open prawns and press with flat side of large knife to flatten. Arrange butterflied prawns shell sides down on broiler pan.

Preheat broiler. Brush prawns with some of lime butter. Broil 4 inches from heat until just opaque, basting once, about 4 minutes. Transfer to heated plates. Brush with remaining lime butter. Garnish with cilantro and lime wedges. Serve immediately.

THE WILLOWS PINEAPPLE-STUFFED ROAST PEPPERS

4 servings

- 2 Hawaiian or other long green peppers, halved lengthwise and seeded (do not remove stems)
- 1 tablespoon vegetable oil

- 1 1/2 cups diced fresh pineapple
- 1 tablespoon honey
- 1 teaspoon fresh lime juice
- 1/2 teaspoon minced shallot
- 1 tablespoon minced fresh cilantro

Preheat broiler. Arrange peppers cut side down on broiler pan. Brush with oil. Broil until blackened. Wrap peppers in paper bag and let stand 10 minutes to steam. Peel peppers and seed. Rinse if necessary; pat dry.

Simmer pineapple, honey, lime juice and shallot in heavy nonaluminum saucepan 15 minutes, stirring occasionally. Stuff mixture into peppers, using slotted spoon. Sprinkle with minced cilantro and serve.

LILIKOI MOUSSE CAKE

Lilikoi is the Hawaiian word for passion fruit. This mousse-filled cake is served at the Halekulani's La Mer restaurant.

6 to 8 servings

Sponge Cake

- 4 eggs
- 2/3 cup sugar
- 1 cup all purpose flour
- 1 tablespoon butter, melted

Passion Fruit Mousse

- 1 envelope unflavored gelatin
- 2 tablespoons cold water
- 1/2 cup unsweetened passion fruit juice
- 5 tablespoons sugar
- 1 cup plus 2 tablespoons well-chilled whipping cream

Glaze

- 1/4 cup unsweetened passion fruit juice
- 2 tablespoons sugar
- 1 1/2 teaspoons cornstarch dissolved in 2 tablespoons water

For cake: Preheat oven to 350°F. Grease 8-inch springform pan. Stir eggs and sugar in double boiler over barely simmering water until just warm and sugar melts. Transfer to

recipe continued on page 220



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To commission this lovely doll for your collection, you need send no payment at this time. But since it will take considerable time to craft your doll, please be sure to return the enclosed commissioning authorization no later than November 30, 1985.

---------- *Please mail by November 30, 1985.* ----------

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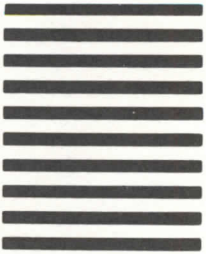
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TOO BUSY TO COOK?

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.

Louise Wright, Philadelphia, Pennsylvania. Louise is a firm believer in the old maxim "Variety is the spice of life," and she follows it enthusiastically—especially in the kitchen. "I like to experiment with all cuisines and types of dishes," she says. "If I had to choose, I would say that main courses are my favorites—stews, pasta and stir-fry dishes with plenty of rice." But Louise is willing to try almost any recipe, provided it meets two criteria. "First: It is different. Why bother fixing the usual fare every day just because it is quick?" she asks. "Often, I can prepare something a little different, even exotic, in the same amount of time. Second: It is a treat. Do not cook anything you would not serve to guests. By observing these principles, I find that dinner at home can be interesting and fun."

CHINESE PORK STIR-FRY

4 servings

- **1 tablespoon oriental sesame oil**
- **1 pound ¼-inch-thick pork cutlets, cut into 3x¼-inch strips**
- **5 green onions, cut on diagonal into 1-inch pieces**
- **3 large garlic cloves, pressed**
- **2 tablespoons fermented black beans***
- **1 teaspoon shredded fresh ginger**
- **1 teaspoon sugar**
- **¼ cup chicken broth**
- **2 tablespoons dry Sherry**
- **2 tablespoons soy sauce**
- **2 teaspoons cornstarch**
- **4 cups freshly cooked rice**

Heat oil in wok or large skillet over high heat. Add pork and stir-fry until no longer pink, about 1 minute. Push to sides of wok. Add green onions, garlic, beans, ginger and sugar. Stir 2 minutes. Combine broth, Sherry, soy sauce and cornstarch. Add to wok. Reduce heat to low. Stir pork into center of wok and heat until just cooked through and sauce thickens, 1 to 2 minutes. Arrange rice on platter. Top with pork mixture. Serve hot.

**Available at oriental markets and specialty foods stores.*



Chicken Noodle Soup with Pesto

SPICY CHICKEN WITH OLIVES AND ANCHOVIES

4 to 6 servings

- **2 tablespoons (¼ stick) margarine**
- **1 tablespoon olive oil**
- **6 rolled anchovy fillets with capers (reserve 2 teaspoons oil from can)**
- **3 large garlic cloves, pressed**
- **½ teaspoon dried red pepper flakes**
- **1 pound boneless chicken breasts, skinned and cut into 1-inch chunks**
- **¾ cup dry white wine**
- **½ cup small black pitted olives, drained**
- **½ teaspoon dried oregano, crumbled**
- **½ pound freshly cooked spaghetti**
- **Chopped tomatoes**

Melt margarine with olive and anchovy oils in heavy large skillet over medium-high heat. Add garlic and pepper flakes and cook 1 minute. Add chicken and sauté until lightly browned on all sides, about 5 minutes. Reduce heat to medium. Push chicken to sides of skillet. Place anchovies and capers in center of skillet and mash with back of wooden spoon to make paste. Increase heat to medium-high. Add wine, olives and oregano and stir until chicken is just cooked through, 2 to 3 minutes. Arrange spaghetti on platter and spoon chicken over. Garnish with chopped tomatoes. Serve immediately.

Diana Cavey, Westminster, Maryland. Five years ago, Diana decided to enroll in a few cooking classes to improve her basic skills. "I was a newlywed," she says, "and I realized that having my husband's immediate family over for a birthday party could mean making dinner for close to 25 people. Just the thought of preparing a meal for so many relatives sent me in pursuit of some formal training." Since then, Diana has gained enough confidence to start a catering service and to dream of opening a restaurant someday. "Now, cooking is not only tremendously satisfying for me but profitable, too. My business has expanded to the point that I can plan parties for up to a hundred guests. I really feel 'the sky's the limit' when it comes to what I could do."

SPINACH PESTO

Diana uses this pesto in her chicken noodle soup and chicken salad. It would also be delicious tossed with pasta or on pizza.

Makes about 2 cups

- **4 medium garlic cloves**
- **1 10-ounce package frozen spinach, thawed and squeezed dry**
- **1 cup chopped fresh parsley**
- **½ cup pine nuts**
- **3 ounces freshly grated Parmesan cheese**
- **2 tablespoons dried basil, crumbled**
- **1 teaspoon salt**
- **1 cup (or more) olive oil**

Mince garlic finely in processor. Add spinach, parsley, pine nuts, cheese, basil and salt and process until well blended. With machine running, pour 1 cup oil through feed tube in thin stream. Process just until well mixed, adding more oil if thinner consistency is desired. Cover and refrigerate up to 1 week or freeze up to 3 months. To serve, bring pesto to room temperature and stir well.

CHICKEN NOODLE SOUP WITH PESTO

8 servings

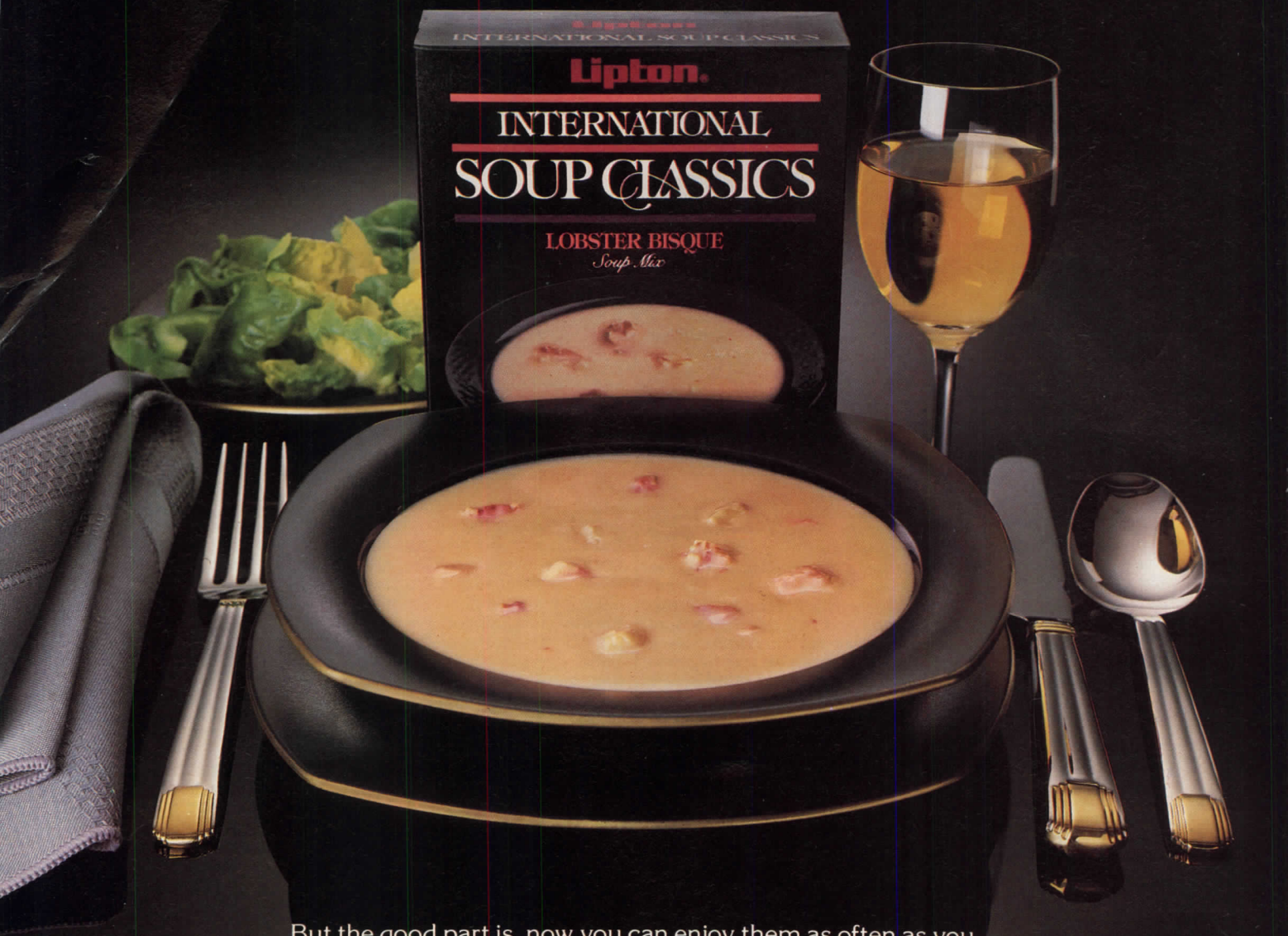
- **8 cups chicken broth**
- **1 cup sliced zucchini**
- **¼ cup tomato paste**
- **3 ounces fine egg noodles**
- **¾ cup cubed cooked chicken**
- **3 tablespoons pesto**
- **Salt and freshly ground pepper**
- **Additional pesto**
- **Chopped fresh parsley**

Combine broth, zucchini and tomato paste in Dutch oven and bring to boil. Stir in noodles and cook until tender but firm to bite, 5 to 7 minutes. Add chicken and 3 tablespoons pesto. Season with salt and pepper. Divide among bowls and serve immediately, passing additional pesto separately to stir into chicken soup. Garnish with chopped fresh parsley.

For accessories information, see page 222.

PHOTOGRAPH BY DICK SHARPE

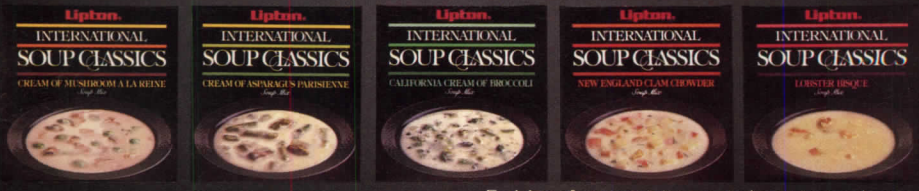
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TOO BUSY TO COOK?

continued from page 50

CHICKEN SALAD WITH PESTO DRESSING

4 to 6 servings

- **1 tablespoon olive oil**
- **¼ cup pine nuts**
- **1 small garlic clove, finely minced**
- **¼ teaspoon salt**
- **1 cup mayonnaise**
- **1 tablespoon (or more) pesto**
- **2 cups cubed cooked chicken**
- **1 cup spinach julienne**
- **2 tablespoons chopped black olives**

Heat oil in heavy small skillet over medium heat. Add nuts, garlic and salt and sauté just until nuts turn golden, being careful not to burn. Cool.

Combine mayonnaise and 1 tablespoon pesto in large bowl. Add chicken, spinach, olives and nuts and toss well. Stir in additional pesto if desired. Serve at room temperature.

STEAMED BUNS WITH TERIYAKI STEAK FILLING

Makes 16

- **¼ cup teriyaki sauce**
- **1 tablespoon chopped onion**
- **1 garlic clove, minced**
- **½ teaspoon finely chopped fresh ginger**
- **Freshly ground pepper**
- **1 pound sirloin tip, sliced into 2x¼-inch strips**
- **2 tablespoons vegetable oil**
- **2 cups chopped broccoli florets**
- **¾ cup shredded carrot**
- **¾ cup boiling water**
- **4 teaspoons soy sauce**
- **1 tablespoon dry vermouth**
- **1 teaspoon crumbled beef bouillon cubes**
- **2 tablespoons cornstarch**
- **2 8-ounce packages refrigerator crescent dinner rolls**

Combine first 5 ingredients in large bowl. Add meat to marinade and stir to coat well. Cover and refrigerate overnight.

Heat oil in wok or large skillet over medium-high heat. Add meat with marinade and stir until just browned, 1 to 2 minutes. Remove meat using slotted spoon; set aside. Add broccoli and carrot to wok and stir until broccoli is crisp-tender, about 2 minutes. Add boiling water, soy sauce, vermouth and bouillon. Return to boil. Add cornstarch and stir until sauce begins to thicken. Return meat to wok and cook until heated through. Remove from heat. *(Can be prepared 1 day ahead, covered and refrigerated. Bring to room temperature before using.)*

Open dough flat on lightly floured surface. Cut each rectangle in half crosswise, forming 8 squares. Roll squares out to thickness of ⅛ inch. Place about 3 tablespoons meat mixture in center of each. Fold points of square into center to enclose filling; pinch seams to seal. Place each bun on small piece of waxed paper, seam side down. In batches, arrange several buns about 1 inch apart in bamboo steamer set over boiling water. Cover and steam 10 minutes. Carefully remove from steamer. Peel off waxed paper. Serve immediately.

Elaine Colgan, Carson City, Nevada. "My training as a painter and in textile art has opened many doors for me over the years," says Elaine. "Currently I create all the props and sets used by a local stage production company—a job that enables me to practice my craft and learn a few things about show business, too." Elaine makes the most of her talents during her free time also, when she is a volunteer art teacher. At home, she always has a wall hanging or quilting project in progress. And her background has been handy in the kitchen. "When I got married, I didn't know the first thing about cooking," she says. "But I approached it as just another medium to master. Between cookbooks and friends' advice, I learned that all it takes to turn out a nice meal is a little time and effort."

SHRIMP HURRY CURRY

4 servings

- **¼ cup (½ stick) butter**
- **¾ cup finely chopped onion**
- **2 garlic cloves, minced**
- **3 tablespoons all purpose flour**
- **2 tablespoons curry powder**
- **½ teaspoon ground ginger**
- **1 cup chicken broth**
- **1 cup whipping cream**
- **1 pound cooked medium shrimp**
- **2 tablespoons fresh lemon juice**
- **Freshly cooked rice**
- **Chopped peanuts**
- **Toasted shredded coconut**
- **Dried currants**
- **Chutney**

Melt butter in large skillet over medium heat. Add onion and garlic and sauté until soft and translucent. Stir in flour, curry powder and ginger and cook 3 minutes. Slowly add broth and cream. Stir until thickened, about 5 minutes. Add shrimp and lemon juice and cook until heated through, about 2 minutes. Serve shrimp over rice, passing remaining ingredients separately to garnish.

APPLESAUCE PANCAKES WITH APPLE SYRUP

8 servings

- **2 cups buttermilk baking mix**
- **1 cup milk**
- **2 eggs, beaten to blend**
- **1 cup applesauce**
- **1 tablespoon (or more) butter**
- **Apple Syrup***

Combine first 4 ingredients in large bowl and mix well. Melt 1 tablespoon butter in large skillet or griddle over high heat. Add batter to skillet ¼ cup at a time. Cook pancakes until browned, turning once, about 1 minute per side. Repeat with remaining batter, adding more butter if necessary. Serve immediately, passing syrup separately.

**Apple Syrup*

Makes about 1 cup

- **½ 10-ounce jar apple jelly**
- **½ cup applesauce**
- **¼ teaspoon cinnamon**
- **Pinch of ground cloves**

Melt jelly in saucepan over low heat. Add remaining ingredients. Stir until heated through.

QUICK TORTONI

12 servings

- **1 quart vanilla ice cream, slightly softened**
- **½ cup dry macaroon crumbs**
- **¼ cup chopped candied cherries**
- **¼ cup mini semisweet chocolate chips**
- **1 tablespoon brandy**
- **½ cup whipping cream, whipped**

Place paper liners in muffin tin. Combine first 4 ingredients in large bowl. Stir brandy into whipped cream, then fold into ice cream mixture. Divide mixture among muffin cups. Freeze until firm, at least 15 minutes.

Jeri Otteson, Oakland, California. Although Jeri has a rural background, she has come to appreciate the faster pace of her new urban surroundings. Still, she welcomes a chance to get away for the weekend, and California's wine country is often her destination. "My mother works for one of the big wineries in the Napa Valley and lives in a charming little house nearby," she says. "Every so often I drive up, stay with her and spend a couple of days visiting, tasting wine and just taking in the beautiful scenery. It's a great escape from the pressures of city living." Jeri often returns with a few special wines to share with friends. "I enjoy hosting small dinner parties," she says. "I make one or two favorite dishes and treat everyone to the discoveries I made on my most recent excursion to the local vineyards."

TORTELLINI SALAD WITH FETA CHEESE

6 servings

- **½ cup olive oil**
- **¼ cup white wine vinegar**
- **¼ cup chopped green onion**
- **3 garlic cloves, chopped**
- **1 tablespoon dried basil, crumbled**
- **1 teaspoon dried dillweed, crumbled**
- **2 12-ounce packages frozen stuffed tortellini,* cooked according to package instructions**
- **1 8½-ounce can water-packed artichoke hearts, drained and quartered**
- **1 large tomato, chopped**
- **½ cup crumbled feta cheese**
- **½ cup chopped black olives**
- **½ cup chopped walnuts**

Whisk oil and vinegar in small bowl. Add onion, garlic, basil and dillweed and mix well. Combine remaining ingredients in large bowl. Pour dressing over and toss gently. Refrigerate overnight before serving.

**Available at Italian markets and specialty foods stores.*

VEAL WITH MUSHROOMS AND ARTICHOKES

4 servings

- **¼ cup all purpose flour**
- **½ teaspoon salt**

recipe continued on page 56

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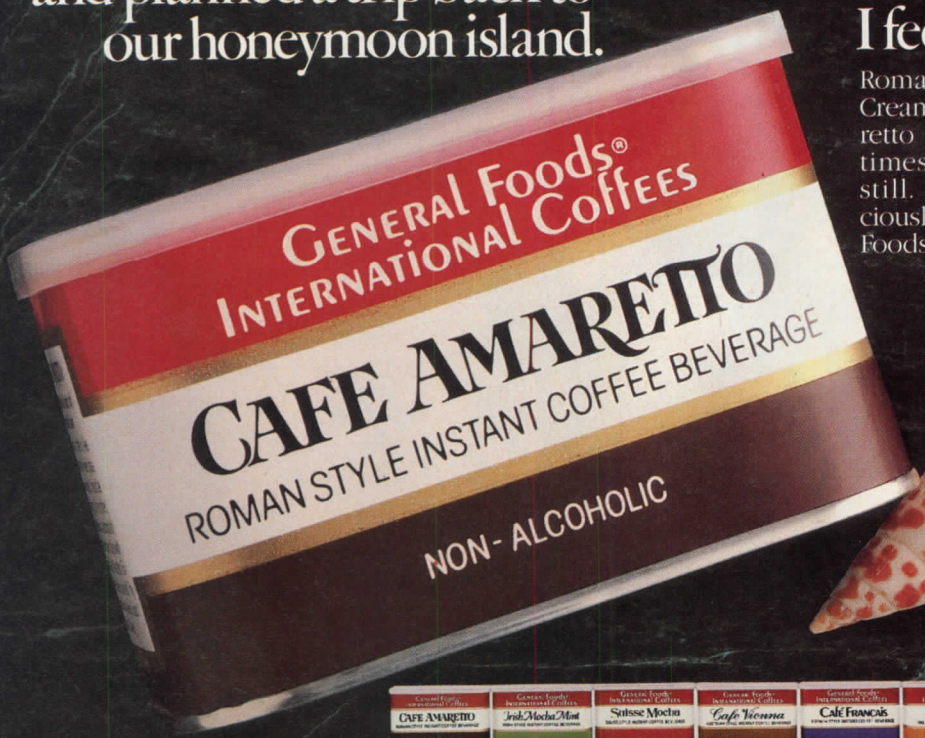
Last night, John and I watched the snow fall,

sipped Cafe Amaretto and planned a trip back to our honeymoon island.

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TOO BUSY TO COOK?

continued from page 52

Freshly ground pepper
1 pound veal scallops, pounded
2 tablespoons (¼ stick) butter
1 tablespoon olive oil

½ cup dry white wine
½ cup sliced mushrooms
1 cup drained water-packed canned artichoke hearts
1 cup whipping cream
2 tablespoons Dijon mustard
3 cups freshly cooked white rice

Mix flour, salt and pepper in small dish. Dredge veal in flour. Melt 1 tablespoon butter with oil in heavy large skillet over medium heat. Add veal and sauté until golden brown, 2 to 3 minutes per side. Transfer to heated platter; keep warm.

Stir wine into skillet, scraping up browned bits. Add remaining 1 tablespoon butter to skillet. Add mushrooms and sauté until tender, 3 to 4 minutes. Blend in artichokes, cream and mustard and cook until heated through. Pour over veal. Serve with rice.

SALSA CHICKEN

4 servings

⅔ cup all purpose flour
½ 1¼-ounce package taco seasoning mix
2 eggs
1 tablespoon water
4 large chicken breast halves, skinned, boned and pounded to thickness of ¼ inch
1 cup cornmeal

2 tablespoons (¼ stick) butter
1 tablespoon vegetable oil
½ pound Monterey Jack cheese, cut into 8 slices
½ cup green chili salsa
Chopped cilantro

Combine flour and seasoning mix in small bowl. Beat eggs with water in another small bowl. Dip each chicken piece in flour. Coat with egg, then cornmeal. Refrigerate 30 minutes.

Preheat broiler. Melt butter with oil in large skillet over medium-high heat. Add chicken and fry until juices run clear when pierced with tip of sharp knife, about 3 minutes per side. Transfer to baking pan. Top each chicken piece with 2 slices cheese and 2 tablespoons salsa. Broil until cheese melts, 1 to 2 minutes. Garnish with cilantro and serve.

MEXICAN RICE

This is a tasty accompaniment to Jeri's Salsa Chicken.

4 servings

2 cups cooked white rice
1 cup shredded Monterey Jack cheese
1 cup sour cream
½ cup diced green chilies

Preheat oven to 350°F. Butter 1-quart baking dish. Mix all ingredients in bowl. Turn into dish. Cover and bake until cheese melts and rice is heated through, about 20 minutes.

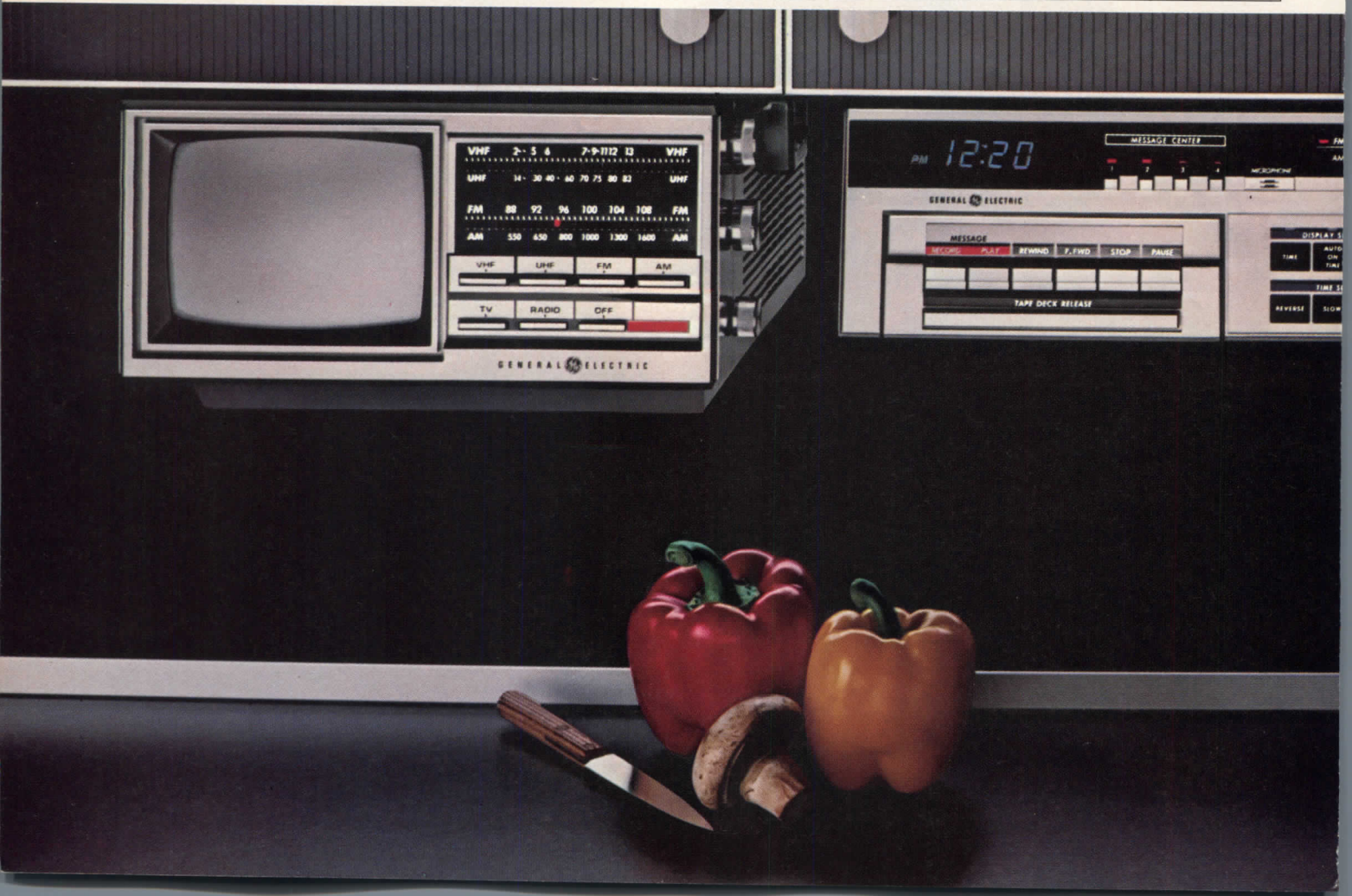
Sharon Perlman, Albuquerque, New Mexico. Sharon moved to Albuquerque from Southern California several years ago when her husband accepted a position at the University of New Mexico. And now, after settling in, they have enthusiastically adopted their new hometown. "I like it here," says Sharon, "because it's big enough to offer variety but small enough to enable us to know almost everyone. Of course, not everything is as accessible as it used to be. For instance, if I wanted an Indonesian meal in Los Angeles, there were maybe 10 different restaurants to choose from. Here, I would be lucky to find just one." But Sharon's extensive cooking background helps her fill in some of the gaps, particularly in oriental cuisines. "Chinese food has always been my favorite," she says. "In fact, now that I've mastered the basic dishes, I'm determined to learn Chinese and then visit the country someday."

MUSSELS VINAIGRETTE

4 servings

¼ cup dry white wine
2 garlic cloves
1 pound mussels, scrubbed and debearded

¾ cup vegetable oil
¼ cup red wine vinegar
2 teaspoons Dijon mustard
Salt and freshly ground pepper
Butter lettuce leaves
1 avocado, chopped
1 tomato, seeded and chopped
1 bunch green onions, chopped



Combine wine and garlic in large pot or Dutch oven. Set steamer in pot. Add enough water to come just below steamer and bring to boil. Place mussels in steamer, cover and steam 3 minutes. Remove opened mussels. Cook remaining mussels 3 more minutes; discard any that do not open. Transfer mussels to bowl. Cover and chill overnight.

Whisk oil, vinegar, mustard, salt and pepper in small bowl. Line plates with lettuce. Top with mussels. Sprinkle with avocado, tomato and onions. Pour vinaigrette over and serve.

SEAFOOD JAMBALAYA

4 to 6 servings

- **2 tablespoons (¼ stick) butter**
- **2 large yellow onions, chopped**
- **2 garlic cloves, chopped**
- **2 28-ounce cans Italian *plum tomatoes*, drained (½ cup liquid reserved)**
- **2½ cups chicken broth**
- **1 medium green bell pepper, seeded and chopped**
- **½ teaspoon dried thyme, crumbled**
- **½ teaspoon dried red pepper flakes, crushed**
- **1 bay leaf**
- **Salt and freshly ground pepper**
- **2 cups uncooked rice**
- **1 pound large shrimp, peeled and deveined**
- **1 pound sea scallops**

Melt butter in Dutch oven over low heat. Add onions and garlic and stir until translucent, about 3 minutes. Add tomatoes with reserved liquid, broth, bell pepper, thyme, pepper flakes, bay leaf, salt and pepper. Bring to boil. Stir in rice. Cover and simmer until liquid is absorbed, about 30 minutes.

Add shrimp and scallops to rice mixture. Continue cooking until seafood is just opaque, about 2 minutes. Discard bay leaf. Taste and adjust seasoning. Serve immediately.

Velia Rosati, Watertown, Massachusetts. As a young woman, Velia immigrated to this country from her small hometown in Italy, and she still enjoys trips to the Italian neighborhoods of nearby Boston. "I can chat with the shopkeepers I know and buy many of the ingredients I need for traditional dishes," she says. "Of course, I can't always find the exact item I might have purchased back home. For instance, the durum flour used in Italy gives baked goods a texture very different from that of breads and such made with American flours. But over the years, I've learned to compensate and substitute so that my favorite recipes taste as good as ever." She shares many of these with her colleagues at work, who are great admirers of her cakes and cookies.

CINNAMON SUGAR APPLE CAKE

16 servings

- **4 eggs, beaten to blend**
- **1½ cups all purpose flour**
- **1 cup sugar**
- **½ cup vegetable oil**
- **2 teaspoons baking powder**
- **Pinch of salt**
- **¾ pound Granny Smith apples, peeled, cored and chopped**
- **1 teaspoon cinnamon**
- **1 teaspoon sugar**

Preheat oven to 350°F. Butter 8- or 9-inch square baking pan. Combine first 6 ingredients in large bowl. Beat with fork until well blended. Add apples and mix thoroughly. Spoon into prepared pan. Mix cinnamon and sugar and sprinkle over top. Bake until cake is browned and tester inserted in center comes out clean, about 45 minutes. Serve cake immediately.

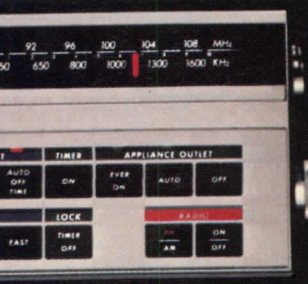
RASPBERRY JELLY ROLL

8 to 10 servings

- **1 cup all purpose flour**
- **1 cup sugar**
- **3 eggs, beaten to blend**
- **3 tablespoons water**
- **1 teaspoon baking powder**
- **Pinch of salt**
- **Powdered sugar**
- **1 cup raspberry preserves**

Preheat oven to 375°F. Line bottom of 10x15-inch jelly roll pan with waxed paper. Combine first 6 ingredients in large bowl. Using electric mixer, beat batter until light and airy, about 5 minutes. Using spatula, spread batter in prepared pan. Bake until toothpick inserted in center comes out clean, 8 to 10 minutes. Cool on rack 3 minutes. Arrange large sheet of foil on work surface and sprinkle lightly with powdered sugar. Invert cake onto foil. Carefully remove waxed paper. Spread preserves over top of cake. Roll up, starting at 1 long edge and using foil as aid. Transfer to platter, seam side down. Sprinkle with powdered sugar. Serve jelly roll at room temperature. □

—BY KAREN HALLAL



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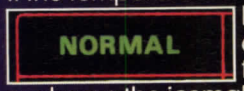
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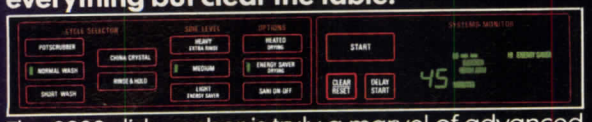


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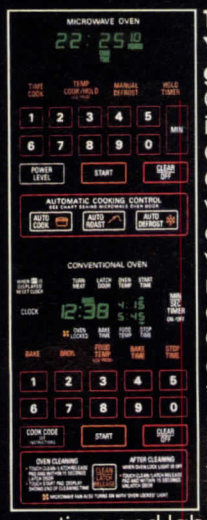
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The impressive main course (clockwise from center): roast turkey with whole wheat, leek and parsley stuffing accompanied by "sophisticated" succotash; orange butter; white wine-herb pan sauce; wild rice dressing with pears and chestnuts; and anadama rolls.



A Fresh Look at Thanksgiving

Brand-new Twists on Classic Flavors Highlight a Sumptuous Feast for Ten

BY MICHAEL McLAUGHLIN

PHOTOGRAPHS BY VICTOR SCOCOZZA





A trio of superb starters (clockwise from top): consommé with yam dumplings and spinach julienne; crisp walnut-Roquefort shortbread; and phyllo triangles with sausage and mustard filling.

FOR MANY YEARS Thanksgiving was the most traditional of holidays for me. Certainly while I lived at home, and afterward when I visited from college, the day and the menu never changed. I drove there, November after November, over snowy Colorado highways, packed into a rattling automobile with an angry cat and a month's supply of laundry for my patient mother. Between washloads she turned out the sumptuous meal I had come to cherish for its equal parts of abundance and predictability. In an uncertain world, Thanksgiving was something I could count on.

Eventually, of course, growing up and moving away meant a change in that comfortable familiarity. My first Thanksgiving away from home was traumatic and extraordinary—a gathering of dancers, actors, writers, artists and other talented flotsam and jetsam. It was a communal dinner, and every individual there used food as a medium of expression. Among the heady culinary triumphs my apple pie stood out, and, I suspect, led to my choice of cooking as a career. Certainly I had never gotten those kinds of rave reviews when I was an actor.

In the following years my feasts became less and less conventional as the occasion became something more—a celebration of warmth and food and companionship wherever I happened to be. And at times that covered some pretty interesting territory.

Once, marooned in a nameless city by a traitorous fuel pump, the festivities consisted of Cornish game hens and an unexpected performance by topless dancers. Another time, shortly after arriving fairly penniless in New York, I had roast duck—and not much else—eaten with thrift shop silverware while I sat on the floor. And last year, only a few days after opening my long-dreamed-about restaurant, I was too tired even to think of preparing anything. The restaurant was closed, and while I was catching up on paperwork, a neighboring restaurateur brought a last-minute gift: a steaming bowl of turkey *korma*, fragrant with Indian spices, rich with ground nuts, cream and turkey broth and served over a raisin-studded pilaf. To wash it down there was a spicy California Gewürztraminer. The dish was remarkable, and as true to the real spirit of the season as it is possible to get.

Thanksgiving 1985, though, will be different. For the first time, instead of yearning for my family's traditions, I am eager to establish my own. The menu I have created uses the customary ingredients, but presents them in a contemporary fashion, beginning with crisp Walnut-Roquefort Shortbread and flaky triangles of phyllo filled with mustard-spiked sausage. A chicken consommé with delicate yam dumplings is the first course at table, followed by the main event: turkey filled with whole wheat bread, leek and parsley stuffing and served with the wine- and herb-accented pan juices. A colorful mélange of broccoli, carrots, red bell peppers, yellow squash and lima beans—which I have dubbed Sophisticated Succotash—accompanies the entrée, along with anadama rolls and orange butter.

Turkey is one food that seems to perplex wine aficionados. For this interpretation, I would opt for a clean red, perhaps a California Pinot Noir, which would marry nicely with the flavors of the stuffing and herbed pan juices. But if you are a confirmed white wine drinker, try a California Chenin Blanc that has a hint of fruit.

Befitting the occasion, the desserts are real showstoppers: pumpkin cheesecake laced with hazelnut liqueur and topped with sour cream, and a pretty Cranberry-Apple Tart.

To make things as easy as possible, I have provided a complete countdown that will enable you to organize the meal in stages so the cook can enjoy the party, too. And each recipe carries notations regarding do-ahead steps. So enjoy these reworkings of favorite ingredients, paired with a surprise or two, and celebrate with me—maybe we will set a few traditions of our own.

A FEAST FOR TEN

WALNUT-ROQUEFORT SHORTBREAD
PHYLLO TRIANGLES WITH SAUSAGE AND MUSTARD
CONSOMME WITH YAM DUMPLINGS
ROAST TURKEY WITH WHITE WINE-HERB PAN SAUCE
WHOLE WHEAT, LEEK AND PARSLEY STUFFING
WILD RICE DRESSING WITH PEARS AND CHESTNUTS
SOPHISTICATED SUCCOTASH
ANADAMA ROLLS WITH ORANGE BUTTER
PUMPKIN CHEESECAKE WITH FRANGELICO
CRANBERRY-APPLE TART WITH PECAN STREUSEL

WALNUT-ROQUEFORT SHORTBREAD

These savory cookies are best eaten the same day they are baked, but the dough can be made ahead and frozen.

Makes about 3 dozen

1½ cups unbleached all purpose flour
1 cup walnut pieces

recipe continued on page 64

continued from page 63

½ pound Roquefort cheese, chilled and crumbled
½ cup (1 stick) well-chilled unsalted butter, cut into small pieces
2 egg yolks
1 tablespoon freshly ground pepper

Blend all ingredients in processor until dough forms. Divide dough in half. On lightly floured surface, form each piece into 1½-inch-diameter cylinder. Wrap and chill until firm, at least 4 hours. (*Can be prepared ahead and refrigerated 3 days or frozen 1 month.*)

Preheat oven to 425°F. Cut dough into ⅓-inch-thick rounds. Place on ungreased baking sheets, spacing ½ inch apart. (*Let frozen dough soften at room temperature 20 minutes before baking.*) Bake until edges are golden brown, reversing position of baking sheets once, about 10 minutes. Transfer to paper towels. Serve shortbread warm or at room temperature.

PHYLLO TRIANGLES WITH SAUSAGE AND MUSTARD

Wonderful appetizers that can be made one month ahead and frozen.

Makes about 25

1 pound sweet Italian sausage, removed from casing and crumbled
1 cup whipping cream
¼ cup Dijon mustard
½ teaspoon freshly grated nutmeg

10 phyllo pastry sheets
1 cup (2 sticks) unsalted butter, melted

Cook sausage in heavy medium skillet over medium heat until no longer pink and fat is rendered, stirring frequently with fork, about 15 minutes. Strain through fine sieve, pressing to extract as much moisture as possible. Drain on paper towels. Wipe out skillet. Return sausage to skillet. Stir in cream, mustard and nutmeg. Simmer until sausage absorbs cream and mixture mounds on spoon, stirring frequently, about 15 minutes. Cool.

Butter 2 baking sheets. Place 1 phyllo sheet on work surface (keep remainder covered with damp towel to prevent drying). Brush with melted butter. Place another sheet atop first and brush with butter. Cut crosswise into 5 strips. Place heaping teaspoon of sausage mixture at bottom of 1 strip. Fold corner of phyllo over sausage and brush lightly with butter. Continue folding down entire length of strip, creating triangle, brushing lightly with butter after each fold. Repeat with remaining strips. Arrange on prepared sheets, spacing 1 inch apart. Brush with butter. Repeat with remaining phyllo and filling. (*Can be prepared 1 day ahead and refrigerated.**)

Preheat oven to 350°F. Bake pastries until golden brown and crisp, 20 to 25 minutes. Drain on paper towels. Serve phyllo triangles hot or warm.

**Can also be prepared 1 month ahead. Freeze on unbuttered sheets until firm. Wrap tightly and return to freezer. To bake, arrange unthawed on buttered sheets. Bake in 325°F oven until golden brown and crisp, 40 to 50 minutes.*

CONSOMME WITH YAM DUMPLINGS

An elegant starter for a holiday meal.

10 servings

Consommé

¼ cup vegetable oil
3 pounds chicken wings, backs and/or necks
2 medium onions, chopped
2 large leeks (white part only), chopped
5 large carrots, chopped
3 quarts chicken stock
Stems from 1 large bunch parsley
2 bay leaves
1 tablespoon dried thyme, crumbled

2 egg whites

Dumplings

1½ pounds yams
½ cup unbleached all purpose flour
2 eggs
¼ teaspoon freshly grated nutmeg
¼ teaspoon salt
⅛ teaspoon cayenne pepper

6 cups water
1 teaspoon salt

½ cup amontillado Sherry
Freshly ground pepper
4 ounces spinach leaves, cut into julienne

For consommé: Heat oil in heavy large pot over medium-high heat. Pat chicken dry. Add to pot and cook until brown, stirring frequently, about 15

COUNTDOWN

One month ahead
Prepare dough for Walnut-Roquefort Shortbread; wrap and freeze.
Make Phyllo Triangles with Sausage and Mustard and freeze.

Four days ahead
Make stock for Consommé with Yam Dumplings; refrigerate.

Three days ahead
Prepare crust for Pumpkin Cheesecake with Frangelico and freeze.
Prepare Orange Butter for Anadama Rolls; refrigerate.
Make dough for crust and filling for Cranberry-Apple Tart with Pecan Streusel; wrap and refrigerate.

Two days ahead
Make cheesecake and refrigerate.

One day ahead
Make Anadama Rolls. Cool and wrap tightly.
Cut up vegetables and blanch broccoli for Sophisticated Succotash; wrap tightly and refrigerate.
Clarify consommé; refrigerate.
Make yam dumpling batter; cover and refrigerate.
Prepare Whole Wheat, Leek and Parsley Stuffing and refrigerate.
Make Wild Rice Dressing with Pears and Chestnuts; refrigerate.

Morning of dinner
Bring stuffing to room temperature.
Bring tart filling to room temperature.
Roll and bake crust for tart. Prepare streusel. Fill and bake tart.
Cut spinach into julienne for consommé. Wrap and refrigerate.
Garnish cheesecake with hazelnuts.
Cook carrots for succotash.

Five hours before serving main course
Stuff turkey and begin roasting.

Two hours before serving main course
Slice shortbread dough and arrange on baking sheets. Let stand 20 minutes to thaw. Bake.
Whip cream for tart and refrigerate.
Let Orange Butter stand at room temperature to soften.
Let wild rice dressing stand at room temperature.

One and one-half hours before serving main course
Bake frozen phyllo triangles.

When guests arrive
Pass the shortbread and the phyllo triangles.
Remove turkey from oven.
Prepare pan sauce for turkey.
Reheat wild rice.

Just before serving soup
Cook yam dumplings and finish consommé.

After soup course
Finish succotash.
Warm rolls.
Remove cheesecake from the refrigerator.



Festive endings: Frangelico-spiked pumpkin cheesecake in gingersnap crust, and cranberry-apple tart topped with sweet pecan streusel and whipped cream.

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minutes. Reduce heat to medium. Add onions, leeks and carrots. Cook until vegetables begin to brown, stirring frequently, about 15 minutes. Mix in stock, parsley, bay leaves and thyme. Add enough water to cover. Bring to boil, skimming surface. Reduce heat, cover partially and simmer briskly 2 hours. Cool slightly.

Strain stock, pressing to extract as much liquid as possible. Return to pot and simmer until reduced to 2 quarts if necessary. (*Can be prepared 4 days ahead. Cover tightly and refrigerate.*)

To clarify consommé: Discard fat from surface of stock. Bring stock to room temperature. Whisk 1 cup stock with whites in large bowl. Bring remaining stock to boil in large saucepan. Slowly whisk into whites. Return to pan. Bring to simmer, stirring constantly. Reduce heat to lowest setting. Cook 20 minutes; *do not stir.* Gently ladle consommé through strainer lined with several layers of dampened cheesecloth. (*Can be prepared 1 day ahead. Cover and refrigerate.*)

For dumplings: Preheat oven to 400°F. Pierce yams with fork. Bake until very tender, about 1 hour. Cool slightly. Peel, then work through fine blade of food mill or strainer. Transfer 1½ cups puree to bowl. Mix in flour, eggs, nutmeg, ¼ teaspoon salt and cayenne pepper. (*Batter can be prepared 1 day ahead. Cover and refrigerate.*)

Bring 6 cups water and 1 teaspoon salt to simmer in large saucepan. Roll rounded teaspoons of batter between floured palms to form dumplings. Drop into water in batches. After dumplings rise to surface, cook 5 minutes. Remove with slotted spoon.

Bring consommé to simmer. Stir in Sherry, salt and pepper. Add dumplings and simmer until heated through, about 5 minutes. Place spinach in bowls. Ladle soup over spinach and serve immediately.

ROAST TURKEY WITH WHITE WINE-HERB PAN SAUCE

10 servings

Whole Wheat, Leek and Parsley Stuffing (see recipe)
1 16-pound turkey, giblets reserved, room temperature
1 medium onion, coarsely chopped
2 medium carrots, peeled and coarsely chopped
¼ cup (½ stick) unsalted butter, room temperature
Salt and freshly ground pepper

½ cup chicken stock
½ cup (1 stick) unsalted butter
¼ cup vegetable oil

3 cups chicken stock
3 cups dry white wine
¼ cup minced mixed fresh herbs (such as 2 tablespoons thyme, 1½ tablespoons oregano and ½ tablespoon rosemary)

Preheat oven to 325°F. Spoon stuffing into turkey. Truss turkey or skewer cavity closed. Arrange breast side up in shallow roasting pan just large enough to accommodate turkey. Place giblets, onion and carrots around turkey. Rub breast with ¼ cup butter. Sprinkle with salt and freshly ground pepper. Moisten 10x20-inch piece of cheesecloth. Fold cheesecloth in half and drape over turkey breast.

Heat ½ cup stock, ½ cup butter and ¼ cup vegetable oil in small saucepan over low heat until butter melts.

Roast turkey 30 minutes. Baste through cheesecloth with half of butter mixture. Roast 30 minutes longer and baste again, using remaining butter mixture. Continue cooking until juices run yellow when thigh is pierced with fork or thermometer inserted in thickest part of thigh registers 175°F, about 2¾ hours; baste every 20 minutes with pan juices and remove cheesecloth during last 15 minutes.

Transfer turkey to heated platter and tent with foil. Degrease pan juices. Set roasting pan with juices over medium heat. Stir until vegetables are brown, about 10 minutes. Add 3 cups stock and wine. Boil until reduced by half, scraping up any browned bits, about 25 minutes. Strain into small saucepan, pressing to extract as much liquid as possible. Degrease sauce. Bring to simmer. Add herbs and simmer 5 minutes. Adjust seasoning. Carve and serve turkey, passing sauce separately.

WHOLE WHEAT, LEEK AND PARSLEY STUFFING

Makes about 2 quarts

¾ cup (1½ sticks) unsalted butter
6 large leeks (white part only), coarsely chopped

1½ pounds day-old whole wheat bread, crusts trimmed, broken into ½-inch pieces
1½ cups chicken stock or broth
3 eggs, beaten to blend
2¼ cups minced fresh Italian parsley
2¼ teaspoons salt
Freshly ground pepper

Melt butter in heavy large skillet over low heat. Mix in leeks. Cover and cook until very tender, stirring occasionally, about 15 minutes. Transfer to large bowl and let cool.

Add bread to leeks. Mix stock and eggs and pour over bread. Stir in parsley, salt and generous amount of pepper. (*Can be prepared 1 day ahead. Cover tightly and refrigerate. Bring stuffing to room temperature before using.*)

WILD RICE DRESSING WITH PEARS AND CHESTNUTS

This side dish may also be used as an accompaniment to chicken or duck.

10 servings

½ cup (1 stick) unsalted butter
2 medium onions, chopped
2 bay leaves
1½ teaspoons dried thyme, crumbled
4½ cups chicken stock
3 cups (about 1 pound) wild rice, rinsed
1½ teaspoons salt

½ cup (1 stick) unsalted butter
3 large, ripe, firm pears, peeled, cored and cut into 16 slices each
24 vacuum-packed chestnuts
Freshly ground pepper

Preheat oven to 350°F. Melt ½ cup butter in heavy large saucepan over low heat. Add onions, bay leaves and thyme. Cover and cook until onions are very tender, stirring occasionally, about 20 minutes. Add stock, rice and salt. Bring to boil. Cover and bake 30 minutes. Uncover and bake until most of liquid is absorbed, 25 minutes.

Meanwhile, melt ½ cup butter in heavy large skillet over medium heat. Add pears and chestnuts. Stir 5 minutes. Mix into rice. Bake until all liquid is absorbed, about 5 minutes. Season with pepper. Discard bay leaves. (*Can be prepared 1 day ahead and refrigerated. Bring to room temperature. Reheat, covered, in 350°F oven, about 35 minutes.*)

SOPHISTICATED SUCCOTASH

When a menu calls for color and crunch, this dish fills the bill. Year-round availability of ingredients makes it too good to limit to Thanksgiving. The vegetables can be cut the day before, so only a quick sauté is needed before serving.

10 servings

12 ounces broccoli, trimmed and cut into florets

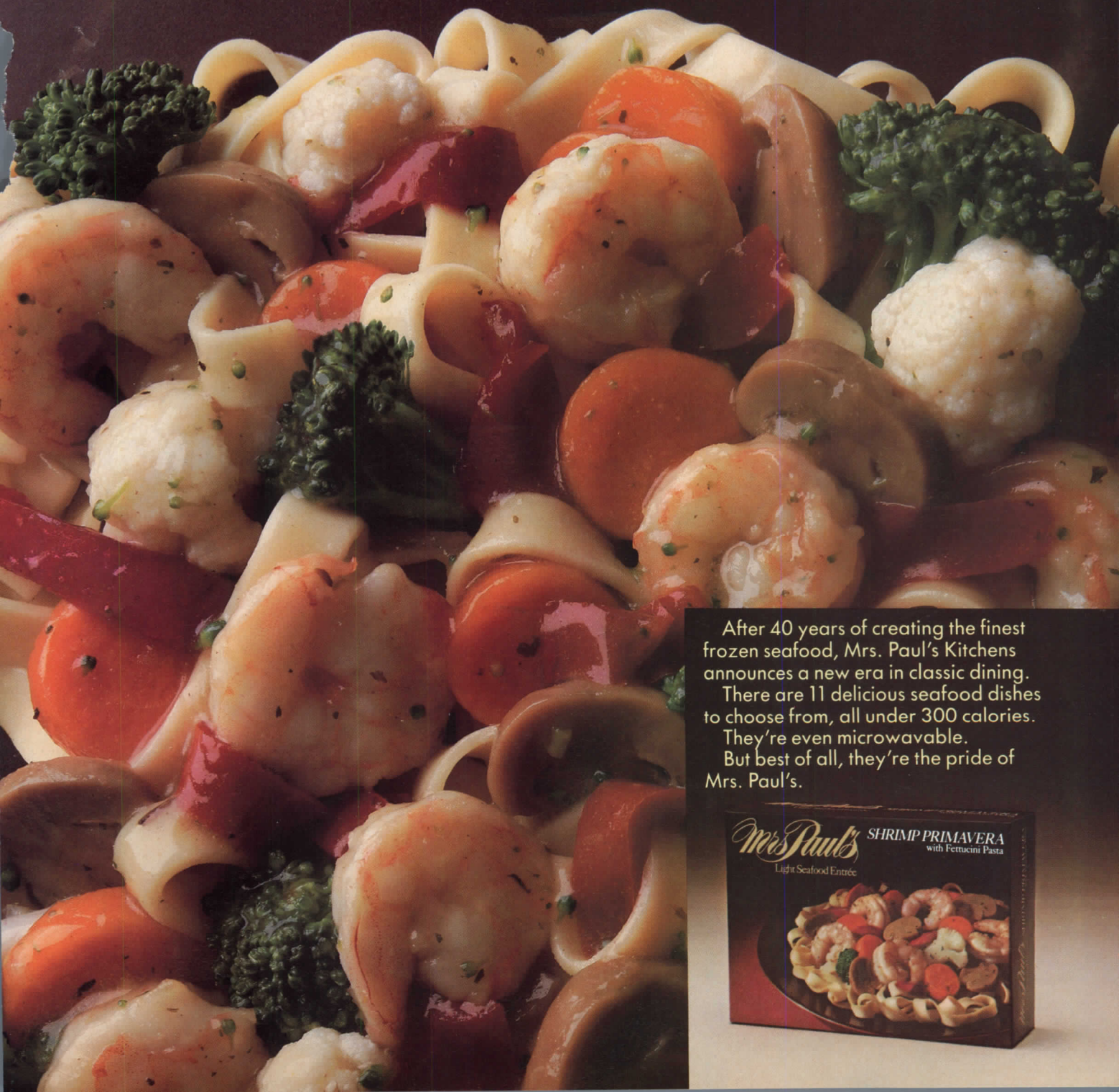
10 tablespoons (1¼ sticks) unsalted butter
1 pound carrots, peeled and cut diagonally into ¼-inch-thick slices
2 medium-size red bell peppers, seeded and cut into ¼-inch-thick strips

recipe continued on page 70

For accessories information, see page 222

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continued from page 66

2 medium-size yellow crookneck squash, cut into 1/4-inch-thick slices
1 10-ounce package frozen baby lima beans, thawed and drained
Salt
Freshly ground pepper

Blanch broccoli florets in large pot of boiling salted water until just crisp-tender, about 2 minutes. Drain. Immediately place in bowl of ice water. Let stand until cold. Drain and pat dry. (*Can be prepared 1 day ahead. Wrap tightly and refrigerate.*)

Melt butter in heavy large skillet over medium-low heat. Add carrots. Cover and cook until crisp-tender, stirring occasionally, about 15 minutes. (*Can be prepared 6 hours ahead. Cover and let stand at room temperature.*) Increase heat to medium-high, add peppers and stir 5 minutes. Add squash and stir 1 minute. Add lima beans, broccoli and salt. Cover and cook until heated through, stirring occasionally, about 4 minutes. Season generously with pepper and serve immediately.

ANADAMA ROLLS WITH ORANGE BUTTER

As the folklore goes, "Anna, damn her," was apparently quite a baker. This variation on an early American bread produces delicious light rolls.

Makes 16 rolls

2 cups milk
1/2 cup yellow cornmeal
1/3 cup unsulphured molasses

1 envelope dry yeast
1 cup whole wheat flour
2 teaspoons salt
2 1/2 cups (about) unbleached all purpose flour

2 tablespoons (1/4 stick) unsalted butter, room temperature

1/4 cup cornmeal

1 egg, beaten to blend
Orange Butter*

Slowly whisk milk into 1/2 cup cornmeal in heavy small saucepan. Bring to boil over low heat, stirring constantly. Transfer to medium bowl. Stir in molasses. Cool to 105°F to 115°F.

Stir yeast into cornmeal mixture. Let stand 5 minutes. Add whole wheat flour and salt. Mix in enough all purpose flour 1/2 cup at a time to form sticky but kneadable dough. Knead on floured surface until soft, elastic and slightly sticky, adding all purpose flour if very sticky, about 10 minutes.

Grease large bowl with 2 tablespoons butter. Add dough, turning to coat entire surface. Cover bowl with towel. Let dough rise in warm draft-free area until doubled, about 2 hours.

Punch dough down. Knead on lightly floured surface until smooth. Return to bowl. Cover and let rise again until doubled in volume, about 2 hours.

Sprinkle baking sheet with 1/4 cup cornmeal. Punch dough down. Cut into 16 pieces. Form each into ball. Transfer to prepared sheet, spacing 1 1/2 inches apart. Cover rolls with towel. Let rise until almost doubled in volume, about 30 minutes.

Position rack in center of oven and preheat to 375°F. Brush top of rolls with egg. Bake until brown and crisp, about 20 minutes. Cool on rack. (*Can be prepared 1 day ahead. Wrap tightly. Reheat in 325°F oven about 5 minutes if desired.*) Serve rolls warm or at room temperature. Pass butter separately.

**Orange Butter*

Makes about 1 cup

1 cup (2 sticks) unsalted butter, softened slightly
2 tablespoons grated orange peel

Blend butter and peel in processor until smooth. Transfer to crock or small bowl. (*Can be prepared 3 days ahead. Cover tightly and refrigerate. Bring to room temperature before serving.*)

PUMPKIN CHEESECAKE WITH FRANGELICO

10 servings

Gingersnap Crust

24 gingersnaps
3 tablespoons sugar
1/4 cup (1/2 stick) unsalted butter, melted

Pumpkin Filling

16 ounces cream cheese, room temperature
1 16-ounce can unsweetened solid pack pumpkin
5 eggs
3/4 cup firmly packed brown sugar
1/2 cup Frangelico (hazelnut liqueur)
1 teaspoon cinnamon
1 teaspoon vanilla
1/2 teaspoon ground ginger
1/4 teaspoon freshly grated nutmeg
1/4 teaspoon ground cloves

Sour Cream Topping

16 ounces sour cream
1/4 cup sugar
1/4 cup Frangelico (hazelnut liqueur)

10 whole hazelnuts

For crust: Grind gingersnaps and sugar in processor to fine crumbs. With machine running, slowly add butter. Press mixture into bottom of 9-inch springform pan. Freeze for 15 minutes. (*Can be prepared 3 days ahead.*)

For filling: Position rack in center of oven and preheat to 350°F. Blend all ingredients in processor until smooth, stopping once to scrape down sides of work bowl. Pour filling into crust-lined pan. Bake until edges of cake begin to pull away from sides of pan and cake begins to brown, about 45 minutes; center will not be firm.

For topping: Whisk together sour cream, sugar and Frangelico.

Without removing cake from oven, pour topping evenly over hot cake starting at edges. Spread evenly. Continue baking cake until edges begin to bubble, about 10 minutes. Cool on rack. Refrigerate at least 12 hours. (*Can be prepared 2 days ahead.*) Lightly press hazelnuts into top edge of cake. Let stand at room temperature for 30 minutes before serving.

CRANBERRY-APPLE TART WITH PECAN STREUSEL

Make the filling at least one day before baking the colorful tart.

10 servings

Crust

2 cups unbleached all purpose flour
Pinch of salt
6 tablespoons (3/4 stick) well-chilled unsalted butter, cut into small pieces
1/4 cup well-chilled solid vegetable shortening, cut into small pieces
4 to 5 tablespoons ice water

Cranberry-Apple Filling

1 1/4 cups unsweetened apple cider or apple juice
1 1/3 cups sugar
4 medium tart apples (such as Granny Smith), peeled, cored and cut into 1/2-inch chunks
12 ounces cranberries

Pecan Streusel

1/2 cup pecans, finely chopped
1/2 cup all purpose flour
1/3 cup firmly packed dark brown sugar
6 tablespoons (3/4 stick) unsalted butter, melted

Whipped cream

For crust: Combine flour and salt in large bowl. Cut in butter and shortening until coarse meal forms. Mix in enough water to form ball. Turn dough out on lightly floured surface. With heel of hand, smear dough a little at a time across surface. Gather into

recipe continued on page 222



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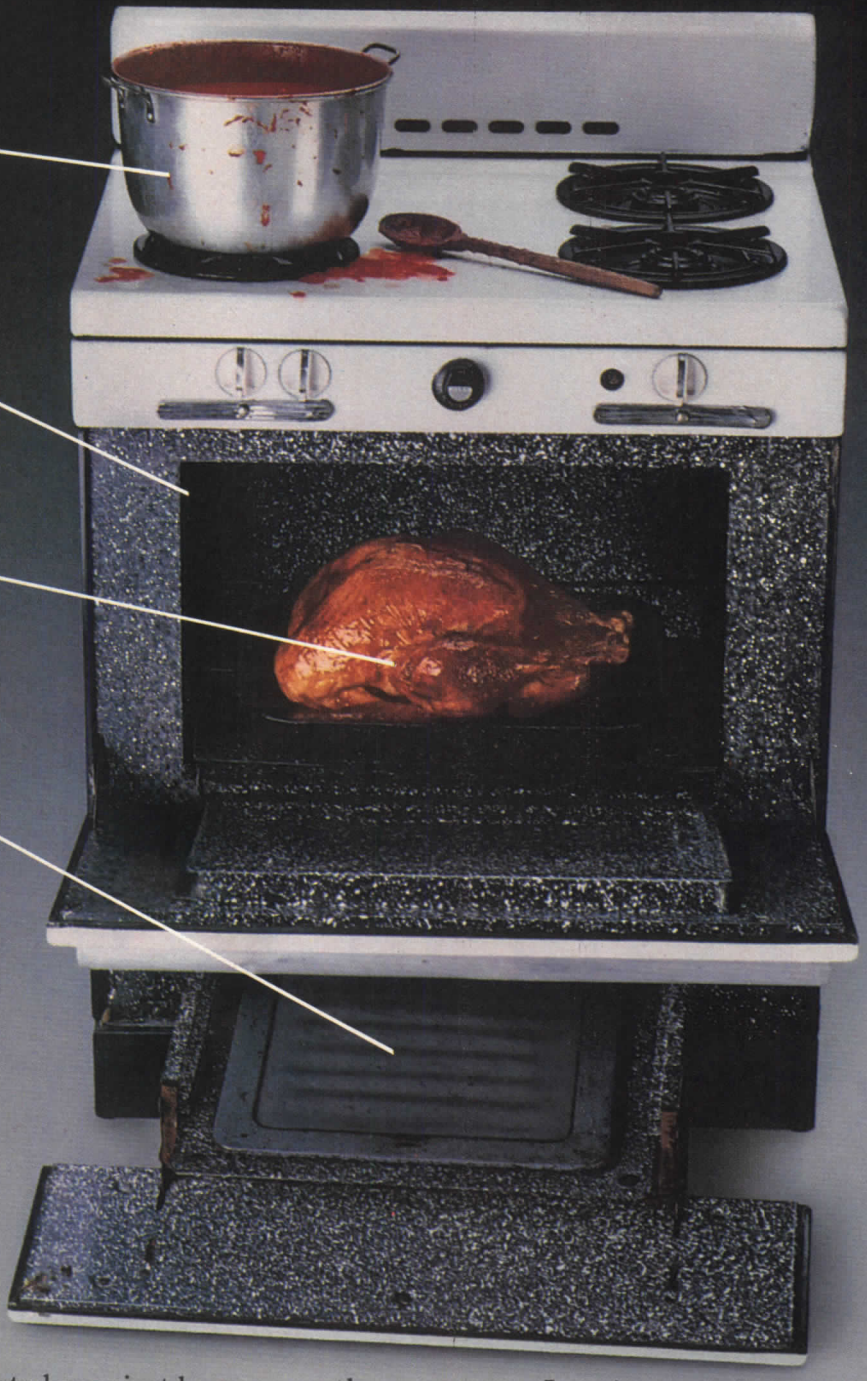
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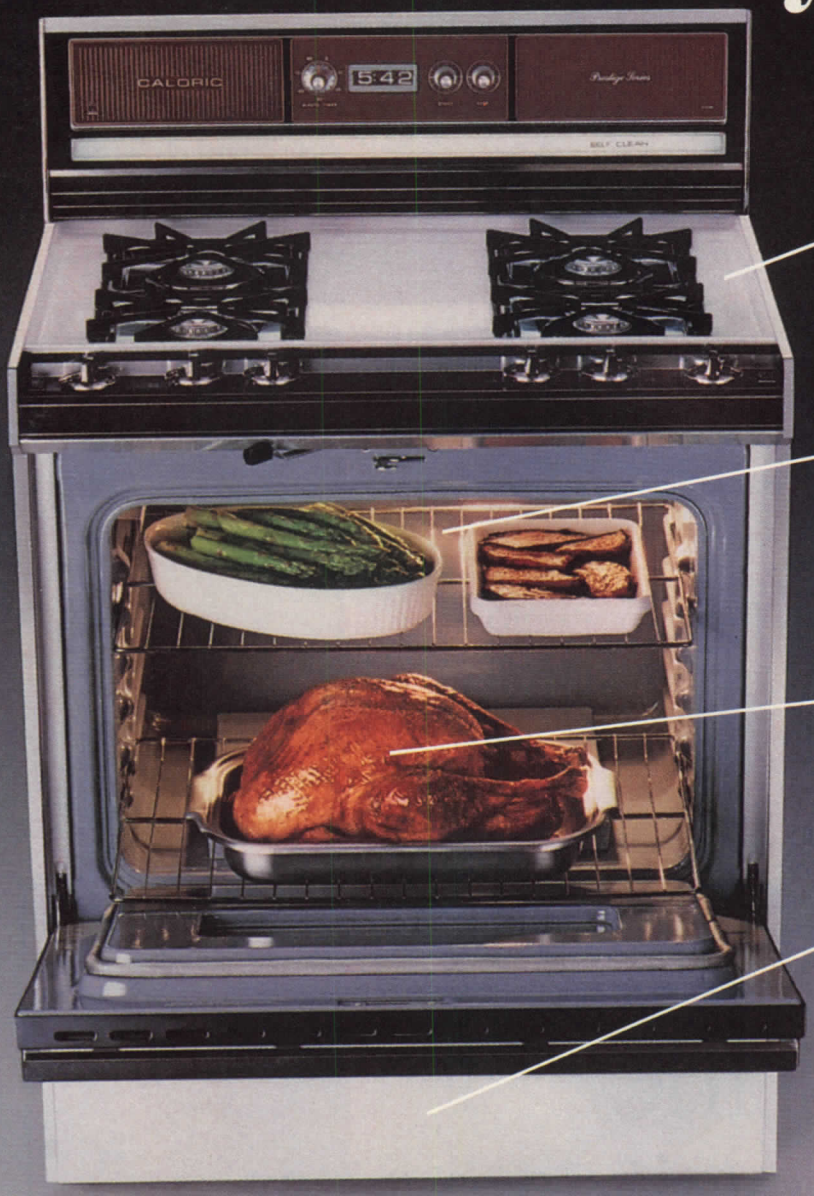
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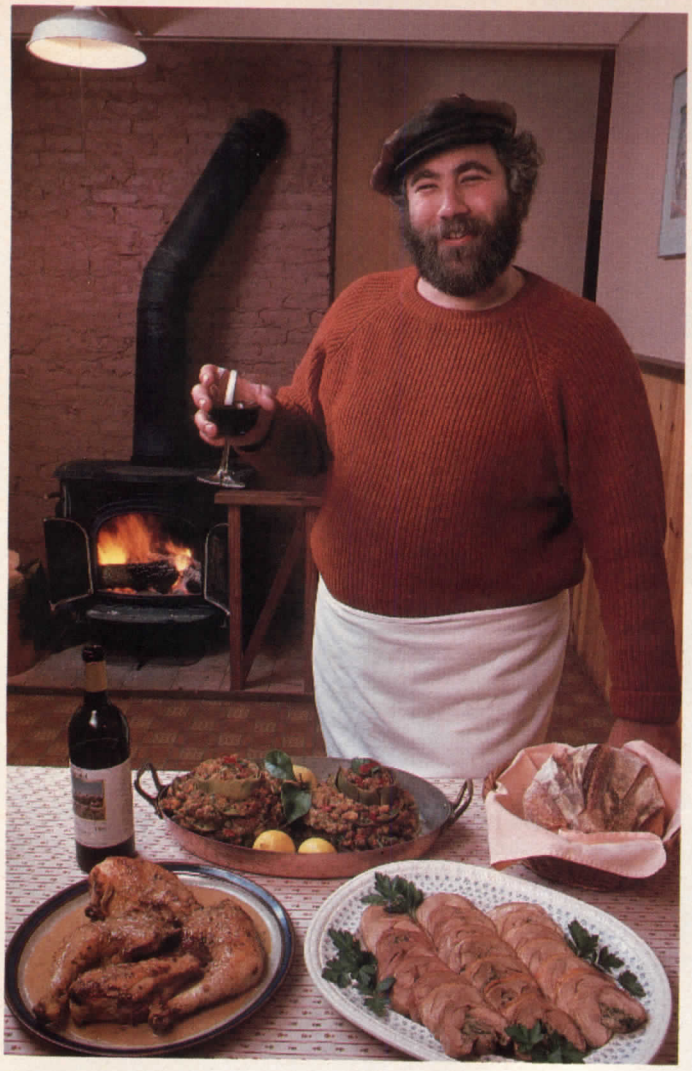
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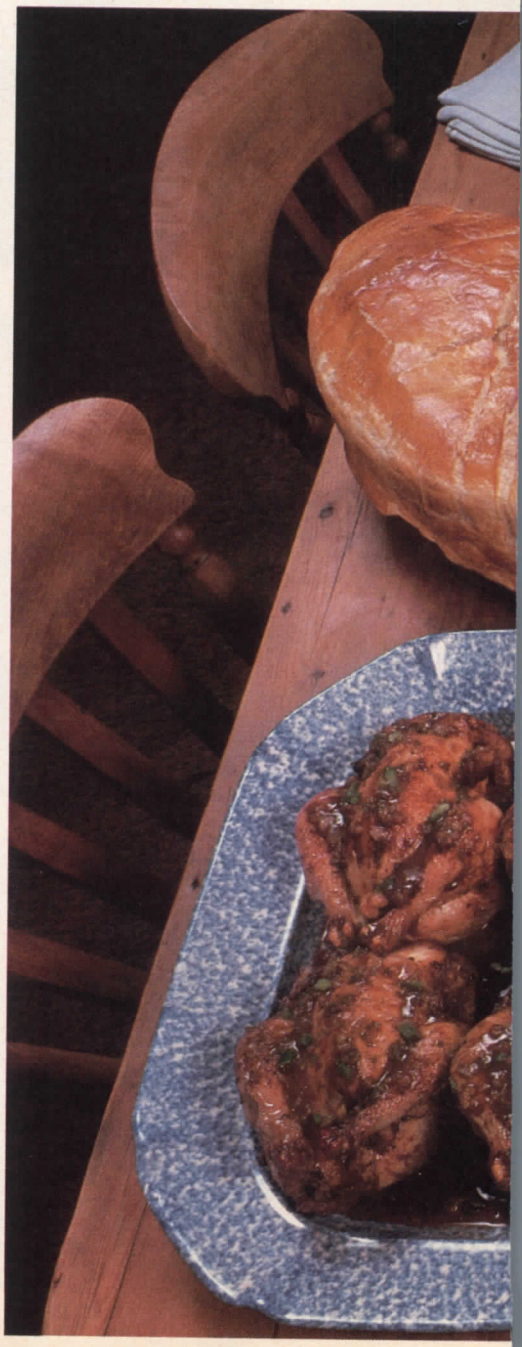
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LEFT: Bruce Aidells presents three of his specialties — chicken with Irish whiskey and cream, artichokes stuffed with duck sausage, and elegant sliced rolled turkey thighs. BELOW: Stylish and satisfying fare (clockwise from right) — marinated roast duck with dried figs and red wine; fabulous ballottine of goose; game hens with cornbread-oyster stuffing and creole gravy; deep-dish pheasant pie; and chicken with tomato, sweet fennel sausage and polenta.



Step by Step to Terrific Party Entrées

A Master Teacher Shares Spectacular Centerpiece Dishes Ideal for the Holidays

BY CAROL FIELD

THE FILTERED LIGHT of a Northern California autumn is filling the skylit kitchen of the Regent Street Cooking School in Berkeley. And as students for today's class with master *charcutier* Bruce Aidells file into the room, they notice something else filling the room: The delicious aromas of stocks, sausages, herbs, spices and the other ingredients that this knowledgeable and high-spirited teacher will use to create an array of poultry dishes perfect for any occasion.

The centerpiece of the session is a *ballottine* of goose, an elegant boned and stuffed extravaganza filled with the goose breast fillets, Canadian bacon, pistachio nuts and a savory mix-

ture of ground pork, ham, onion and chicken livers seasoned with Madeira, green peppercorns and fennel. The participants look somewhat apprehensive about the challenge but Bruce reassures them. "Look at it this way," he says. "This is really just a glorified sausage, where the boned bird becomes the casing and the meat mixture is used to fill the inside as usual."

He wastes no time in getting started. "If you are going to spend time boning a bird," Bruce says, "you might as well do one large goose rather than four chickens." The job takes this pro about 30 minutes and it is fascinating to watch. Bruce works carefully with a curved boning knife, part of a set that he carries wherever he goes. Noticing the reaction of a few people, he explains: "Just try to picture the bone structure as if it were a tube; you want to free the outer shell, the meat, from the tube, the bones. The key to it is the sharp knife. But it is also absolutely essential to get your hands in there—they are even a better tool than the knife. If you're squeamish," he says, "then you're out of luck."

He carves the hip end of the thigh joint free and removes the last two joints at the end, leaving the boned goose looking as flat as a balloon with all the air let out of it. "Try not to tear the skin," he says, "or the filling will come through." Fortunately, though, even this is not a problem. "You can actually just sew up any holes with some twine and no one will ever know."

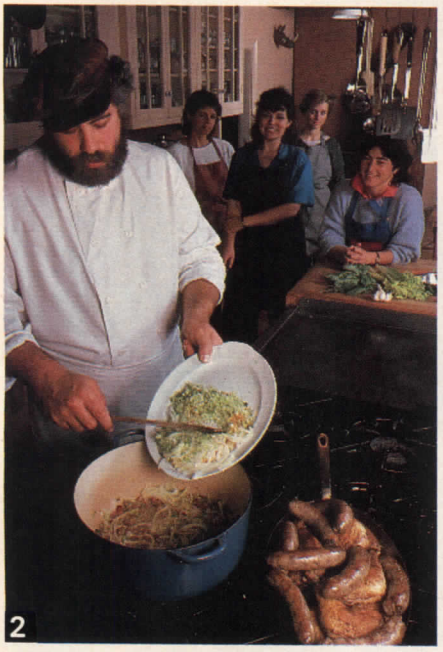
For all his freewheeling wisecracks and jokes, Bruce is a careful and well-organized cook. He is meticulous about refrigerating the poultry and stuffings, and sautéing all the fillings before tasting them for seasoning. "We don't want anyone eating uncooked pork," he tells the students. And then he calls, "Fire up the ovens!" over his shoulder like a fry cook. He takes a forkful of spicy goose filling from the skillet, tastes it, smiles his approval, and is ready to begin the assembly.

He spreads half the stuffing inside the boned goose, then uses chicken and goose livers, strips of ham and bright green pistachios to form a geometric pattern down the center. It will



PHOTOGRAPHS BY BRIAN LEATART









CHICKEN WITH TOMATO, SWEET FENNEL SAUSAGE AND POLENTA

1 Sweet fennel-studded Italian sausages are pierced with fork to prevent bursting during browning.

2 and 3 Sliced onion, *leek*, *carrot*, celery, porcini mushrooms, tomatoes, spices and red wine are combined with coppa—dried, cured pork shoulder—for the thick, robust sauce.

4 Creamy polenta is slowly simmered, then butter is stirred in. At serving time, it will be topped with chicken, sausages and sauce.

look like a mosaic when the goose is sliced. He spreads most of the remaining stuffing over that layer. "Fold the goose over to see if it will close," he says. When it does, he knows it is time to stitch up the bird. "I'm not much of a seamstress," he jokes. "Skewers will help. It's just like sewing. Make a good fat knot at the end of the string and stitch the sides together in the center."

Finally he places the ballottine in a high-sided roasting pan. "If your pan isn't exactly the right size, fill in any spaces along the sides with crushed foil. That will keep the goose from sliding around and losing its shape."

With that completed, Bruce turns to the rest of the agenda. Students are deployed to peel and chop, to make duck sausage that will fill whole artichokes for a great entrée, and to prepare the veal-spinach stuffing for turkey thighs that will be sliced into bite-size pieces for an hors d'oeuvre or main course. Any man that considers a ballottine simply a large-scale sausage has got to be an aficionado of same, and Bruce frequently adds sausages to recipes.

"I never knew I was a fanatic until I went to London on a fellowship to do medical research. In England all I could find were those inedible bangers. I think they are the worst sausages made on the face of the earth. I had to do something," he continues, "so I looked up Julia Child's recipe. It seemed simple enough—I bought 20 pounds of meat and made six different kinds of filling. But when I started to stuff the casings, I had no idea that the process could actually take so long: I was up from ten at night until five in the morning, pushing everything through the electric meat grinder. It was a long time before I did it again."

But not too long. Returning to the States, Bruce continued his medical research, but sausage—and cooking in general—held its fascination and eventually won. He began teaching more than ten years ago and also worked at several Bay Area restaurants. In 1979 he helped start Poulet Restaurant/Charcuterie in Berkeley, where he was also executive chef. Today he is concentrating on another business venture, Aidells Sausage Company, turning out 11 kinds of sausage and smoked meat products, including Cajun specialties, for local restaurants, markets and delicatessens.

These poultry recipes reflect Bruce's affinity for robust flavors and ample portions: No one ever leaves his table hungry. New Orleans cooking is a particular attraction (besides the duck sausage-stuffed artichoke today, there are Cornish Game Hens with Cornbread-Oyster Stuffing and Creole Gravy), but the Deep-Dish Pheasant Pie, with its fancy puff-pastry dome, is French in inspiration. Students also note an original invention, the stuffed turkey thighs, but Duck with Dried Figs and Red Wine comes from techniques of California cuisine and a dish at Chez Panisse. "This certainly is eclectic," someone says. "I thought you'd never notice," says Bruce.

Naturally, chicken is also prominently featured in his repertoire. The version in Irish whiskey and cream is an easy main dish: A cut-up chicken is rubbed with a zesty blend of paprika and thyme, browned and then flamed with the whiskey. It is served with a simple sauce of cream, mushrooms, shallots, wine, herbs and spices. "Add a salad and some rice to this," Bruce tells the class, "and you have a great supper for cold weather."

Porcini mushrooms, sweet sausage, coppa (cured pork shoulder) and polenta lend an Italian accent to another easy-to-make chicken entrée. "Use a dry full-bodied Chianti in the dish and then enjoy some of the same wine along with it," Bruce says.

Only one step remains in this ambitious program—coating the chilled ballottine with aspic. It is a decorative touch that gives the goose an appealing deep caramel shine. The trick, says Bruce, is to continuously filter the aspic through cheesecloth until it is as clear as possible. "Start with one cheesecloth-lined strainer, then switch to another one after the first one drains. The essence of aspics and sauces is their stocks, so be sure that you make rich, full-flavored ones.

"I wrote the recipes so you could recreate these dishes correctly at home," he adds. "But remember that when you cook, ingredients will always vary, especially in things that are salted. So use your own sense of taste to determine what's best for you."

And so saying, Bruce begins arranging poultry dishes on the buffet for all to enjoy. The luxurious ballottine with its glossy aspic covering garlands

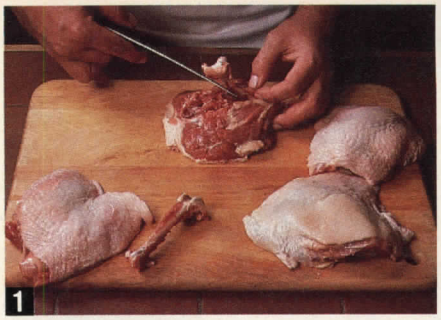
ROLLED TURKEY THIGHS STUFFED WITH VEAL AND SPINACH

1 **Turkey thighs are boned, then pocket is cut in each for stuffing.**

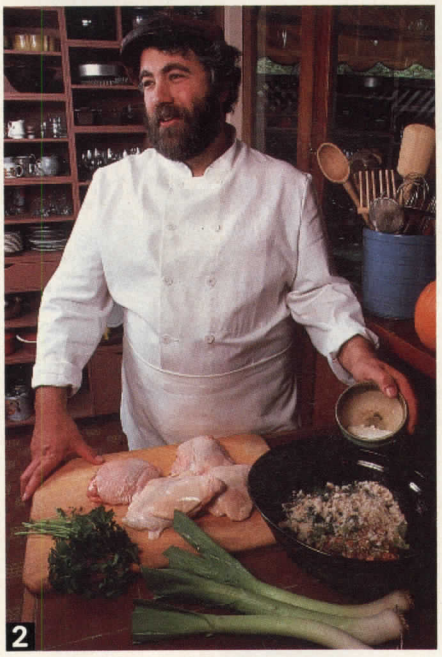
2 **Flavorful stuffing combines Parmesan, spinach, veal and breadcrumbs with sautéed shallots, leek and garlic.**

3 **and** **4** **Stuffing is spooned into turkey, which is wrapped tightly in buttered foil before baking.**

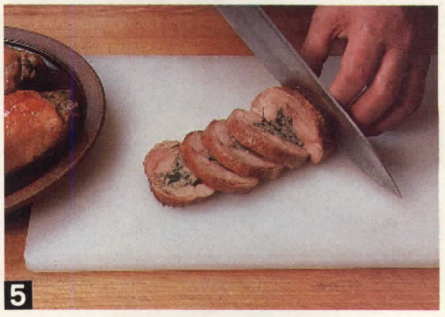
5 **Turkey is sliced to reveal pattern of stuffing. Pan juices are a tasty accent.**


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of green onions and flowers of red radishes tastes every bit as delectable as it looks, with the crunch of pistachio and chunks of meat balanced by the smooth filling. Platters keep arriving at the table and students plunge right in. We join their enthusiastic sampling: It seems that there is food enough for many celebrations, and there are ideas enough to keep cooks going for months of good feasting.

For more information about classes, write:
Bruce Aidells
618 Coventry Road
Kensington, CA 94707

A POULTRY EXTRAVAGANZA

DEEP-DISH PHEASANT PIE
GAME HENS WITH CORNBREAD-OYSTER STUFFING AND CREOLE GRAVY
ARTICHOKES STUFFED WITH DUCK SAUSAGE
CHICKEN WITH TOMATO, SWEET FENNEL SAUSAGE AND POLENTA
CHICKEN WITH IRISH WHISKEY AND CREAM
ROLLED TURKEY THIGHS STUFFED WITH VEAL AND SPINACH
MARINATED ROAST DUCK WITH DRIED FIGS AND RED WINE
BALLOTTINE OF GOOSE

DEEP-DISH PHEASANT PIE

A richly flavored main course. Chicken or Cornish game hens can be used instead of the pheasant.

6 to 8 servings

½ ounce dried morels, rinsed
2 cups boiling water
2 2-pound pheasants (gizzards, hearts, livers and necks reserved)

Pheasant Stock

4 cups rich chicken stock
Trimmings from 1 leek
Trimmings from 1 celery stalk
½ medium onion, unpeeled
½ medium carrot
1 bay leaf
½ teaspoon dried thyme, crumbled

Braised Pheasant

6 tablespoons (¾ stick) unsalted butter
Salt and freshly ground pepper
½ cup all purpose flour
2 ounces mild dry coppa* or prosciutto, cut into ¼-inch pieces
1 leek (white part only), finely chopped
1 medium carrot, finely chopped
1 medium celery stalk, finely chopped
6 medium shallots, finely chopped
6 medium garlic cloves, minced
1 cup dry white wine
½ cup crème fraîche
1¼ pounds well-chilled puff pastry
1 egg blended with 1 tablespoon whipping cream (glaze)

Cover morels with boiling water. Let stand until softened, about 45 minutes. Cut legs with thighs attached off each pheasant. Cut down each side of backbone and remove backbone. Cut off wing tips. Cut each double breast into 3 pieces, 2 with wings attached and 1 central piece. Cut out central breastbone. Reserve all trimmings for stock. Refrigerate leg and breast pieces.

For stock: Place pheasant backs, wing tips, necks, gizzards, hearts and trimmings in large saucepan. Add all remaining ingredients. Simmer 1½ hours, skimming occasionally. Strain stock, pressing to extract as much liquid as possible. Return to saucepan.

Strain morel soaking liquid through double thickness of dampened cheesecloth. Add to pheasant stock, reserving morels. Simmer stock until reduced to 2 cups, about 25 minutes. *(Can be prepared 1 day ahead. Refrigerate stock and morels separately.)*

For pheasants: Melt butter in heavy large skillet over medium heat. Sprinkle pheasant pieces with salt and pepper. Dredge in flour. Add to skillet and cook until light brown, about 7 minutes on each side. Transfer pheasant to plate. Pour off all but 3 tablespoons drippings from skillet. Chop pheasant livers into ¼-inch pieces and add to skillet with coppa. Cook 2 minutes over low heat, stirring occasionally. Add leek, carrot, celery, shallots and garlic. Cook until soft, stirring occasionally, about 10 minutes. Rinse







ARTICHOKES STUFFED WITH DUCK SAUSAGE

1 **For sausage, duck meat and bacon are chopped coarsely in processor, then Drambuie and spices are added.**

2 **Artichokes are trimmed before being cooked in garlic-scented water.**

3 **Sausage mixture fills artichokes, which will then be baked.**

morels and cut into 1/4-inch pieces, discarding any tough stems. Add to skillet; mix in pheasant stock and wine. Bring to boil, scraping up any browned bits. Return pheasant to skillet, arranging in single layer. Reduce heat, cover and simmer 20 minutes. Uncover and simmer until pheasant is tender, about 25 minutes longer.

Transfer pheasant to plate. Boil mixture in skillet until reduced to 2 cups. Mix in crème fraîche. Adjust seasoning. Return pheasant to sauce. Refrigerate until well chilled.

Roll pastry out on lightly floured surface to thickness of 1/4 inch. Transfer to baking sheet. Cover and refrigerate for at least 30 minutes.

Spoon pheasant mixture into 3-quart soufflé dish or casserole with 3 1/2-inch sides. Trim pastry to cover dish with 2-inch overhang. Brush glaze over top 2 inches of outside of dish. Arrange pastry atop dish, gently pressing to sides. *(Can be prepared 1 day ahead. Cover tightly and refrigerate.)*

Preheat oven to 425°F. Brush pastry with glaze. Bake 10 minutes. Reduce temperature to 375°F and bake until pastry is golden brown, about 30 minutes. Serve immediately.

**Coppa is dried, cured pork shoulder, available at Italian markets.*

GAME HENS WITH CORNBREAD-OYSTER STUFFING AND CREOLE GRAVY

4 servings

Oyster Stuffing

- 4 cups coarse cornbread crumbs*
- 1 10-ounce jar small oysters (undrained)
- 1 cup chicken stock
- 1/2 cup (1 stick) butter
- 1 medium onion, finely chopped
- 1/2 cup finely chopped celery
- 3/4 cup minced green onion
- 1/3 cup chopped green bell pepper
- 1/3 cup chopped red bell pepper
- 3 garlic cloves, minced
- 1 teaspoon Hungarian sweet paprika
- 1/2 teaspoon dried thyme, crumbled
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground sage
- 1/4 teaspoon dried oregano, crumbled
- 1/4 teaspoon freshly ground pepper
- Salt

Game Hens

- 4 16- to 20-ounce Cornish game hens
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon Hungarian sweet paprika
- 1/4 teaspoon dried thyme, crumbled
- 1/4 teaspoon ground sage
- 1/8 teaspoon cayenne pepper
- 1/4 cup (1/2 stick) unsalted butter, melted

Creole Gravy

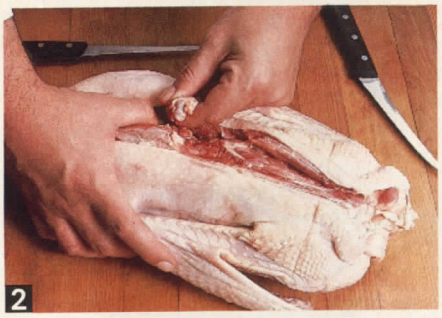
- 2 tablespoons all purpose flour
- 2 cups rich chicken stock
- 1/2 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1/4 cup finely chopped celery
- 1/4 teaspoon Worcestershire sauce
- 6 to 10 drops hot pepper sauce
- Pinch of dried thyme, crumbled
- Pinch of ground sage
- Pinch of cayenne pepper
- Chopped green onions

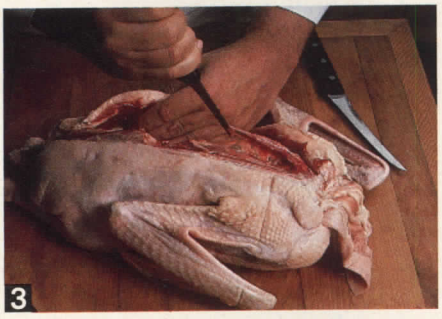
For stuffing: Preheat oven to 300°F. Spread cornbread on baking sheet. Bake until dry, about 30 minutes.

Combine oysters with their liquor and stock. Let stand 30 minutes.

Melt butter in heavy 12-inch skillet over medium heat. Add onion and cook until brown, stirring frequently, about 10 minutes. Add celery and cook 5 minutes. Add green onion, bell peppers and garlic and cook until softened, stirring frequently, about 10 minutes. Drain oysters, reserving soaking liquid. Add half of liquid to skillet and cook 5 minutes. Cut oysters into 3/4-inch pieces. Add to skillet and cook until beginning to curl, about 2 minutes. Remove pan from heat. Mix in cornbread and all remaining ingredients. Add enough oyster soaking liquid to stuffing to make moist but not wet. Cool completely.

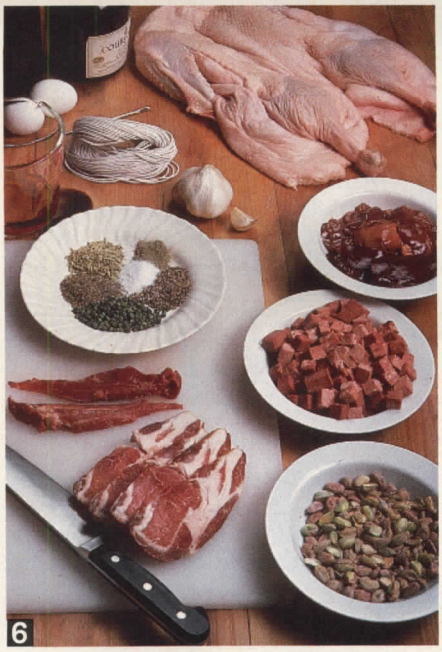

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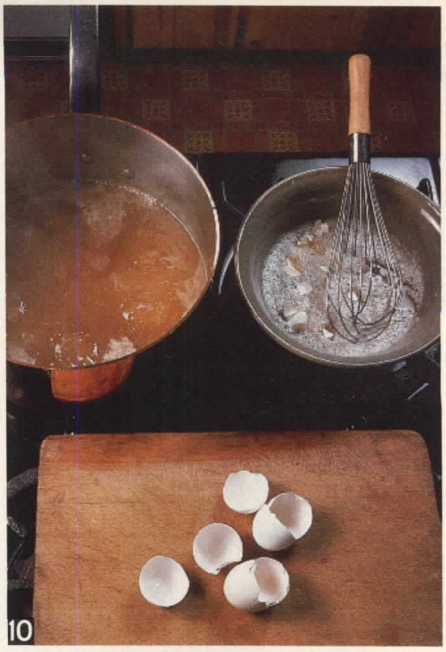

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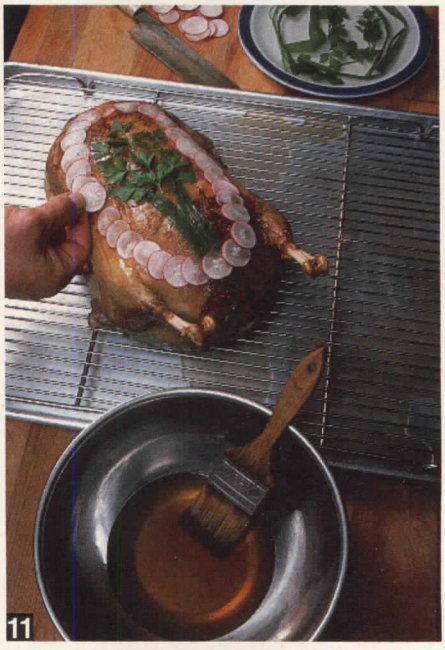

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BALLOTTINE OF GOOSE

1 To bone goose, long, deep cut is first made along length of back.

2 Goose is carefully cut through the wing and hip-thigh joints.

3 and **4** Meat is scraped from bone, beginning on one side of backbone and continuing around to second side.

5 After carcass is cut away, goose is boneless except for drumsticks and wings, which will help retain shape.

6 For the filling, Bruce assembles spices, chicken livers, diced smoked tongue, pistachios, strips of smoked ham and the goose fillets.

7 A brandy-laced ham stuffing is also prepared, then layered with other ingredients atop goose.

8 and **9** Sides are folded in around stuffing; twine and trussing needle are used to sew bird closed before roasting.

10 For aspic, cooking juices are heated with Madeira, broth and gelatin. Egg whites and shells will clarify mixture.

11 Chilled ballottine is glazed with aspic and adorned with fanciful radish, green onion and Italian parsley design.

COOKING CLASS

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For hens: Butter 6-cup casserole. Pat hens dry. Spoon 1/2 cup stuffing into each hen. Seal openings with small skewers. Add remaining oyster soaking liquid to remaining stuffing. Spoon into prepared casserole.

Preheat oven to 375°F. Mix salt, pepper, paprika, thyme, sage and cayenne in small bowl. Rub over hens. Brush with butter. Arrange hens breast side up on rack in roasting pan. Cook 20 minutes. Baste with drippings. Cook until hens are brown and thermometer inserted in stuffing registers 160°F, 25 to 30 minutes. Remove skewers from hens. Transfer hens to heated platter and tent with foil. Reduce oven temperature to 350°F. Place casserole of stuffing in oven and bake until hot while preparing gravy.

For gravy: Spoon 2 tablespoons of fat from roasting pan into heavy medium saucepan. Heat over low heat. Add flour and stir until roux is light brown, about 4 minutes. Degrease pan drippings. Add stock to roasting pan with drippings and bring to boil, scraping up any browned bits. Set aside. Add vegetables to roux and cook until tender, stirring occasionally, about 10 minutes. Whisk in pan drippings and all remaining ingredients except green onions. Cook over low heat until thickened to consistency of whipping cream, stirring occasionally, about 20 minutes. Spoon some gravy over game hens. Garnish with green onions. Serve, passing gravy and stuffing casserole separately.

**Packaged cornbread stuffing can be substituted. Do not dry in oven.*

ARTICHOKES STUFFED WITH DUCK SAUSAGE

This elegant luncheon dish is a wonderful use for leftover duck legs and thighs. Save the loose fat in the duck cavities to use in the sausage.

4 servings

- **4 small or 2 large artichokes, stems removed**
- **4 quarts water**
- **1/4 cup fresh lemon juice**
- **1/4 cup olive oil**
- **6 garlic cloves, unpeeled**
- **1 tablespoon salt**
- **1 teaspoon dried basil, crumbled**
- **1 teaspoon dried oregano, crumbled**
- **1/2 teaspoon freshly ground pepper**

Stuffing

- **2 tablespoons (1/4 stick) butter**
- **Duck Sausage***
- **6 green onions, finely chopped**
- **1/2 cup finely chopped onion**
- **1/4 cup finely chopped celery**
- **1/4 cup finely chopped red or green bell pepper**
- **2 tablespoons minced garlic**
- **1 tablespoon fresh lemon juice**
- **1/4 teaspoon dried thyme, crumbled**
- **1/4 teaspoon dried oregano, crumbled**
- **2 cups dry breadcrumbs (preferably homemade)**
- **1/4 cup freshly grated Parmesan cheese**
- **1 egg**
- **Hot pepper sauce**
- **Salt and freshly ground pepper**
- **1/4 cup olive oil**
- **Red bell pepper strips**

Break tough outer leaves off artichokes and discard. Cut off leaf tips, using scissors. Combine artichokes in large pot with next 8 ingredients. Set plate atop artichokes to keep submerged. Boil until leaves are pliable, about 10 minutes. Drain, reserving 1/4 cup cooking liquid for stuffing. Cool.

For stuffing: Melt butter in heavy large skillet over medium heat. Add sausage and cook until no longer pink, breaking up with fork, about 10 minutes. Add green onions, onion, celery, chopped bell pepper and garlic. Cook until vegetables are soft, stirring frequently, about 10 minutes. Mix in lemon juice, thyme and oregano. Transfer to large bowl. Mix in breadcrumbs, cheese and egg. Season with hot pepper sauce, salt and pepper. Add enough of reserved artichoke cooking liquid to bind together.

Gently open each artichoke. Pull out cone of light green leaves. Scrape out choke, using teaspoon. Spoon some stuffing into center of each. Place 1 1/2 teaspoons stuffing between each leaf. Brush outside of artichokes with olive oil. Arrange in baking pan. *(Can be prepared 1 day ahead and refrigerated.)*

Preheat oven to 350°F. Pour enough water into pan with artichokes to come 1 inch up sides. Cover with foil. Bake until bases of artichokes are tender, about 45 minutes. Remove foil from pan and bake until stuffing on top is crisp, about 5 minutes. Garnish with bell pepper strips and serve.

**Duck Sausage*

Makes about 1 pound

- **4 chilled duck legs and thighs, skinned and boned**
- **1/4 pound duck fat, partially frozen**
- **1/4 pound smoked bacon, partially frozen**
- **1/4 cup Drambuie liqueur**
- **1/4 cup ice water**
- **2 teaspoons coarsely ground pepper**
- **1 teaspoon coarse kosher salt**
- **1 teaspoon minced garlic**
- **1 teaspoon Hungarian sweet paprika**
- **1 teaspoon sugar**
- **1/2 teaspoon dried thyme, crumbled**
- **1/2 teaspoon cayenne pepper**
- **1/4 teaspoon ground sage**
- **1/4 teaspoon dried savory, crumbled**
- **Pinch of ground allspice**

Cut duck meat, fat and bacon into 3/4-inch pieces. Combine in bowl. Transfer 1/3 of mixture to processor. Chop into 3/8-inch pieces, using on/off turns. Transfer to another bowl. Repeat with remaining mixture in 2 batches. (Can also be done in meat grinder fitted with 3/8-inch disc.) Add all remaining ingredients. Knead until just mixed. Refrigerate overnight.

CHICKEN WITH TOMATO, SWEET FENNEL SAUSAGE AND POLENTA

8 servings

- **1 cup boiling water**
- **1 ounce dried porcini mushrooms**
- **4 pounds chicken legs and thighs**
- **Salt and freshly ground pepper**
- **2 tablespoons (1/4 stick) unsalted butter**
- **2 tablespoons olive oil**
- **8 sweet Italian sausages (about 2 pounds)**
- **1/4 pound mild coppa,* cut into 1/4-inch dice**
- **3 medium leeks (white part only), finely chopped**
- **1 large onion, thinly sliced**
- **1 medium carrot, finely chopped**
- **1 medium celery stalk, finely chopped**
- **4 medium garlic cloves, minced**
- **3/4 cup dry Italian red wine (such as Chianti)**
- **2 28-ounce cans Italian plum tomatoes, drained**
- **1 1/2 cups rich chicken or beef stock**
- **1/3 cup tomato paste**
- **2 tablespoons minced fresh basil or 2 teaspoons dried, crumbled**
- **2 teaspoons minced fresh oregano or 1/2 teaspoon dried, crumbled**
- **Classic Polenta (see recipe)**
- **1 tablespoon minced fresh basil or parsley**

Pour water over mushrooms in small bowl. Cover and soak until soft, about 30 minutes. Strain soaking liquid through fine sieve, reserving soaking liquid. Rinse mushrooms; cut out any tough stems and discard.

Pat chicken dry. Sprinkle with salt and pepper. Melt butter with oil in heavy Dutch oven over medium-high heat. Add chicken and brown on all sides. Transfer to plate. Pierce sausages with fork. Add to Dutch oven. Reduce heat



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to medium and cook until brown on all sides. Add to chicken.

Add coppa to Dutch oven and stir 2 minutes. Add leeks, onion, carrot and celery. Reduce heat to low and cook until vegetables soften, stirring occasionally, about 15 minutes. Add garlic and cook 2 minutes, stirring occasionally. Add wine. Increase heat and boil until almost evaporated. Add mushrooms and soaking liquid, tomatoes, stock and tomato paste. Bring to boil. Add 2 tablespoons basil and oregano. Reduce heat and simmer 15 minutes. Return chicken and sausages to Dutch oven. Simmer until chicken is tender and sausages are cooked through, about 25 minutes. Transfer chicken and sausages to heated plate. Tent with aluminum foil to keep warm.

Boil sauce until thick enough to coat spoon; stirring frequently, about 20 minutes. Season with salt and pepper. Degrease sauce. Spoon polenta onto large platter. Top with chicken and sausage. Spoon some sauce over. Garnish with 1 tablespoon basil. Serve, passing remaining sauce separately.

**Coppa is dried, cured pork shoulder, available at Italian markets.*

CLASSIC POLENTA

Although Bruce uses this traditional Italian starter or accompaniment with chicken, it is also good with veal or lamb.

8 servings

- **2 quarts chicken stock**
- **1/2 teaspoon salt or to taste**
- **1 pound Italian polenta or medium grind cornmeal (about 3 cups)**
- **2 tablespoons (1/4 stick) butter**

Bring stock and salt to boil in heavy 4-quart saucepan. Add polenta in very thin stream, stirring constantly. Reduce heat and simmer until polenta is consistency of thick oatmeal, stirring frequently, about 30 minutes. Mix in butter. Serve immediately.

CHICKEN WITH IRISH WHISKEY AND CREAM

Serve buttered rice with this dish to absorb the superb sauce.

4 servings

Cream Sauce

- **2 tablespoons (1/4 stick) butter**
- **1/4 pound mushrooms, finely chopped**
- **4 medium shallots, finely chopped**
- **1 medium garlic clove, minced**
- **Pinch of salt**
- **Freshly ground pepper**
- **1/2 cup dry white wine**
- **2 cups chicken stock**
- **1 cup whipping cream**
- **1/2 teaspoon Hungarian sweet paprika**
- **Pinch of freshly grated nutmeg**
- **Pinch of ground sage**

Chicken

- **1 4-pound chicken, quartered, backbone discarded**
- **3 tablespoons fresh lemon juice**
- **1/2 teaspoon salt**
- **1/2 teaspoon freshly ground pepper**
- **1/2 teaspoon Hungarian sweet paprika**
- **1/2 teaspoon dried thyme, crumbled**
- **3 tablespoons clarified butter**
- **1/4 cup Irish whiskey**

For sauce: Melt butter in heavy nonaluminum saucepan over medium heat. Add mushrooms, shallots, garlic, salt and pepper. Cook until vegetables are soft, stirring occasionally, about 10 minutes. Add wine and simmer 5 minutes. Add all remaining ingredients. Boil over medium heat until reduced by half, about 40 minutes.

For chicken: Pat chicken dry. Sprinkle with lemon juice. Mix salt, pepper, paprika and thyme in small bowl. Rub all over chicken. Heat butter in heavy 12-inch skillet over medium-high heat. Add chicken skin side down and brown, about 5 minutes. Turn and cook 5 minutes longer. Reduce heat to low and add whiskey. Ignite with match. Shake pan until flames subside. Cover pan and simmer until chicken is tender, 20 to 25 minutes. Transfer chicken to plate. Degrease pan juices. Strain in cream sauce. Simmer until thickened and reduced to consistency of whipping cream, about 15 minutes. Return chicken to skillet and heat. Serve immediately.

ROLLED TURKEY THIGHS STUFFED WITH VEAL AND SPINACH

Any leftover turkey is excellent served cold with homemade mayonnaise.

6 to 8 servings

Veal and Spinach Stuffing

- **1 pound spinach, stemmed**
- **1/4 cup (1/2 stick) unsalted butter**
- **1 cup finely chopped leek**
- **2 medium shallots, finely chopped**
- **2 medium garlic cloves, minced**
- **1 pound ground veal**
- **1/2 cup coarse breadcrumbs made from day-old bread**
- **1/4 cup freshly grated Parmesan cheese**
- **1 egg**
- **1 tablespoon minced fresh Italian parsley or curly-leaf parsley**
- **1 teaspoon salt**
- **1 teaspoon freshly ground pepper**
- **1 teaspoon fennel seed**
- **1/2 teaspoon dried thyme, crumbled**
- **1/4 teaspoon dried tarragon, crumbled**

Turkey

- **4 14-ounce turkey thighs**
- **Salt and freshly ground pepper**
- **Butter**
- **2 tablespoons (1/4 stick) unsalted butter, melted**
- **Italian parsley sprigs**

For stuffing: Rinse spinach. Place in heavy Dutch oven. Cover and cook over high heat until wilted, stirring occasionally, about 2 minutes. Chop coarsely and squeeze dry.

Melt butter in heavy 12-inch skillet over medium heat. Add leek, shallots and garlic. Cook until soft, stirring frequently, about 10 minutes. Transfer to large bowl. Add spinach and all remaining ingredients to bowl. Knead until thoroughly combined. Refrigerate while preparing turkey. *(Stuffing can be prepared 1 day ahead.)*

For turkey: Pat turkey dry. Place 1 thigh skin side down on work surface. Cut between bone and meat, using small sharp knife. Remove bone. Cut out 1/2-inch layer of meat to enlarge pocket left by bone; reserve for another use. Spoon 1/4 of stuffing into pocket. Season turkey with salt and pepper. Butter sheet of heavy-duty foil. Arrange stuffed thigh skin side down on foil. Wrap turkey, sealing edges. Repeat with remaining turkey. Arrange packages seam side down in roasting pan.

Preheat oven to 350°F. Roast turkey 45 minutes. Open foil and brush turkey with melted butter. Continue cooking until thermometer inserted in center registers 160°F, about 30 minutes. Transfer turkey to plate and let stand 10 minutes. Degrease pan juices. Slice turkey crosswise. Garnish with parsley. Pass pan juices separately.

MARINATED ROAST DUCK WITH DRIED FIGS AND RED WINE

A beautiful rich sauce coats the crisply cooked duck breasts. Save the duck carcasses and wing tips to make stock and the legs and thighs for the Artichokes Stuffed with Duck Sausage.

4 servings

Fig Sauce

- **2 cups dry red wine**
- **1 cup rich duck or chicken stock**

recipe continued on page 84

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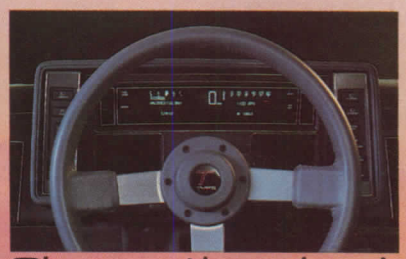
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COOKING CLASS

continued from page 82

- 1/2 cup sugar
- 1 4-inch strip orange peel
- 1 4-inch strip lemon peel
- 2 medium garlic cloves, minced
- 1 thyme sprig or 1/2 teaspoon dried, crumbled
- 2 whole cloves
- 1/2 pound dried figs

- 4 4 1/2-pound ducks

Marinade

- 2 medium garlic cloves, minced
- 1 medium shallot, minced
- 1 tablespoon honey
- 1/2 cup raspberry vinegar
- 1/2 teaspoon dried thyme, crumbled
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon salt
- 1/4 teaspoon ground sage
- 1/4 teaspoon dried marjoram, crumbled

- Mustard greens

For sauce: Combine first 8 ingredients in heavy 4-quart saucepan. Boil 5 minutes. Add figs. Reduce heat and simmer until figs are tender, about 1 hour. Transfer 6 figs to processor and puree until smooth. Return to sauce. *(Can be prepared 1 day ahead and refrigerated.)*

Cut legs and thighs off ducks and reserve for another use. Cut off last 2 joints from each wing. Arrange 1 duck breast side down on work surface. Cut down full length of backbone, using small sharp knife. Working on 1 side of backbone, hold blade of knife against bones and cut flesh from carcass with small cuts, gently pulling flesh from carcass with fingers. Cut through wing joint. Continue around carcass to ridge of breast. Repeat on second side of backbone. Lift carcass from flesh and cut against ridge of breastbone to free breast in one piece. Repeat with remaining ducks. Place duck breasts in nonaluminum bowl.

For marinade: Combine garlic, shallot and honey in small bowl. Add vinegar, stirring until honey dissolves. Thoroughly mix in all remaining ingredients except mustard greens.

Pour marinade over duck; rub into flesh. Marinate at room temperature 2 hours or in refrigerator overnight.

Preheat oven to 400°F. Remove duck from marinade and arrange skin side up on rack in roasting pan; reserve marinade. Pierce skin and roast 20 minutes. Baste with some of marinade. Continue cooking to desired doneness, 20 minutes for medium-rare.

Meanwhile, add any remaining marinade to sauce. Simmer until just thick enough to coat spoon, about 5 minutes. Strain sauce, reserving figs. Line platter with mustard greens. Top with duck. Surround with reserved figs. Top with sauce and serve immediately.

BALLOTTINE OF GOOSE

This challenging dish makes a spectacular focus for a buffet. It can be prepared several days in advance.

15 to 20 servings

- 1/4 pound bacon rind or skin from fresh ham

- 1 8- to 10-pound goose, excess fat, gizzard, heart and liver reserved

- 1/4 cup water

Stuffing

- 2 large onions, cut into 1/2-inch slices
- 4 shallots, coarsely chopped
- 1/2 teaspoon salt
- Pinch of freshly ground pepper

- 2 pounds pork butt, cut into 3/4-inch dice
- 1/2 pound chicken livers
- 1/2 pound salt pork, rind discarded, rinsed thoroughly and cut into 3/4-inch dice
- 1/2 pound smoked ham or Canadian bacon, cut into 3/4-inch dice
- 1/2 pound pork fat, cut into 3/4-inch dice

- 2 eggs
- 1/4 cup brandy
- 1/4 cup Madeira
- 1/4 cup drained green peppercorns in brine or 2 tablespoons dried
- 1 tablespoon fennel seed
- 2 garlic cloves, minced
- 2 teaspoons freshly ground pepper
- 1 1/2 teaspoons salt
- 1 teaspoon Quatre Epices*
- 1 teaspoon dried thyme, crumbled
- 1/2 teaspoon ground sage
- 1 pound smoked tongue, cut into 1/2-inch dice

- 1 pound smoked ham or Canadian bacon, cut into 1/2-inch strips
- 1/4 pound chicken, duck or goose liver
- 1 cup roasted unsalted pistachio nuts

- Madeira Aspic (see recipe)

- 2 green onion tops
- 6 coriander or Italian parsley sprigs
- 2 radishes, thinly sliced

- 2 watercress bunches

Cover bacon rind with cold water in small saucepan. Cover and simmer until tender, about 1 1/2 hours. Drain; rinse under cold water and drain again. Refrigerate until well chilled.

To bone goose: Arrange goose breast side down on work surface. Cut down back all the way through to bone from neck to tail, using small sharp knife. Cut through wing and hip-thigh joints. Working on one side of backbone, hold blade of knife against bones and scrape meat from carcass with small cuts, gently pulling flesh from carcass with fingers and being careful to free oyster from carcass; do not pierce skin. Continue around carcass to ridge of breast. Repeat on second side of backbone. Lift carcass from flesh and cut against ridge of breastbone to free carcass in one piece. Remove last 2 joints of wings. Cut around thigh bones to separate from meat, gently scraping meat from bone. Cut through leg and thigh joints, removing thigh bones. Cut out 1/4 pound of thigh meat and reserve. Gently remove breast fillets. Cut tendons from fillets; reserve fillets. Use twine to sew closed any tears in skin. Cover and refrigerate the boned goose while preparing stuffing.

Cut goose fat into 1/4-inch pieces. Combine with 1/4 cup water in small heavy saucepan. Cook over low heat until fat renders and water evaporates, about 20 minutes. Strain fat.

For stuffing: Heat 1/4 cup rendered goose fat in heavy large skillet over low heat. Mix in onions, shallots, 1/2 teaspoon salt and pinch of pepper. Cover and cook until vegetables are very soft, stirring occasionally, about 30 minutes. Cool completely.

Cut goose gizzard and heart into 1/4-inch pieces. Cut reserved thigh meat into 3/4-inch pieces. Using processor or meat grinder fitted with finest blade grind pork butt to fine paste. Transfer to bowl of heavy-duty mixer. One at a time, grind chicken liver, salt pork, bacon rind, 1/2 pound diced smoked ham, pork fat, diced goose thigh meat, goose gizzard and heart and onion mixture. Add to ground pork.

Add eggs, brandy, Madeira, green peppercorns, fennel, garlic, 2 teaspoons pepper, 1 1/2 teaspoons salt, Quatre Epices, thyme and sage to ground meats. Beat with paddle attachment until homogenous, about 5 minutes. (Can also be mixed by hand, kneading and squeezing until homogenous.) Fry small piece of mixture until cooked through. Taste, then adjust seasoning of uncooked portion. Mix in tongue.

Arrange goose skin side down on work surface. Spread 1/2-inch layer of stuffing over goose. Arrange goose breast fillets and smoked ham strips lengthwise over top. Arrange 1/4 pound liver and reserved goose liver in row down center. Fill in spaces with pistachios. Cover with remaining stuffing.

Fold goose in around stuffing. Sew closed, using twine and trussing needle. Turn breast side up and pat gently



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continued from page 84

to reshape. Arrange goose breast side up in roasting pan with 4-inch high sides (pan should be just large enough to accommodate goose tightly to help hold shape). If pan is too large, place balls of foil in spaces to prevent goose from sliding. Cover goose with foil.

Preheat oven to 300°F. Bake ballottine 2½ hours. Remove foil and continue cooking until thermometer inserted in center registers 160°F, occasionally removing fat from pan with baster, about 1 hour. Cool. Refrigerate overnight. *(Can be prepared 5 days ahead.)*

To unmold goose, run knife between fat and edge of pan. Dip pan in hot water 15 seconds; invert onto another baking pan. Scrape juices from goose into medium saucepan and remove all fat. Reserve juices for Madeira Aspic (see recipe). Wipe all fat off goose, using paper towels. Arrange goose breast side up on rack set on baking sheet. Refrigerate while preparing aspic.

Divide aspic among 3 bowls. (If aspic solidifies at any time, stir over low heat until melted.) Set one bowl of aspic in large bowl filled with ice. Let stand until syrupy, stirring occasionally. Ladle aspic over goose. Refrigerate goose until aspic is firm, about 10 minutes.

Cut green onion tops down entire length and open flat. Bring saucepan of salted water to boil. Add green onions and blanch 30 seconds. Remove with slotted spoon and rinse under cold water. Drain, then pat dry. Repeat with coriander and radishes. Arrange in design on work surface. Dip each piece of design into liquid aspic and arrange atop goose. Refrigerate until firm, about 5 minutes.

Set second bowl of aspic in large bowl filled with ice. Let stand until syrupy, stirring occasionally. Ladle over goose. Refrigerate until firm.

Set last bowl of aspic in large bowl filled with ice. Let stand until almost syrupy. Using pastry brush, apply aspic evenly over goose. Refrigerate until aspic is firm, at least 30 minutes. *(Can be prepared 1 day ahead.)*

Let ballottine stand at room temperature 1 hour before serving. Garnish with watercress bunches.

Quatre Epices

Makes about 2½ teaspoons

1¾ teaspoons freshly ground pepper
¼ teaspoon freshly grated nutmeg
¼ teaspoon ground ginger
¼ teaspoon ground cloves

Mix all ingredients. Store in jar.

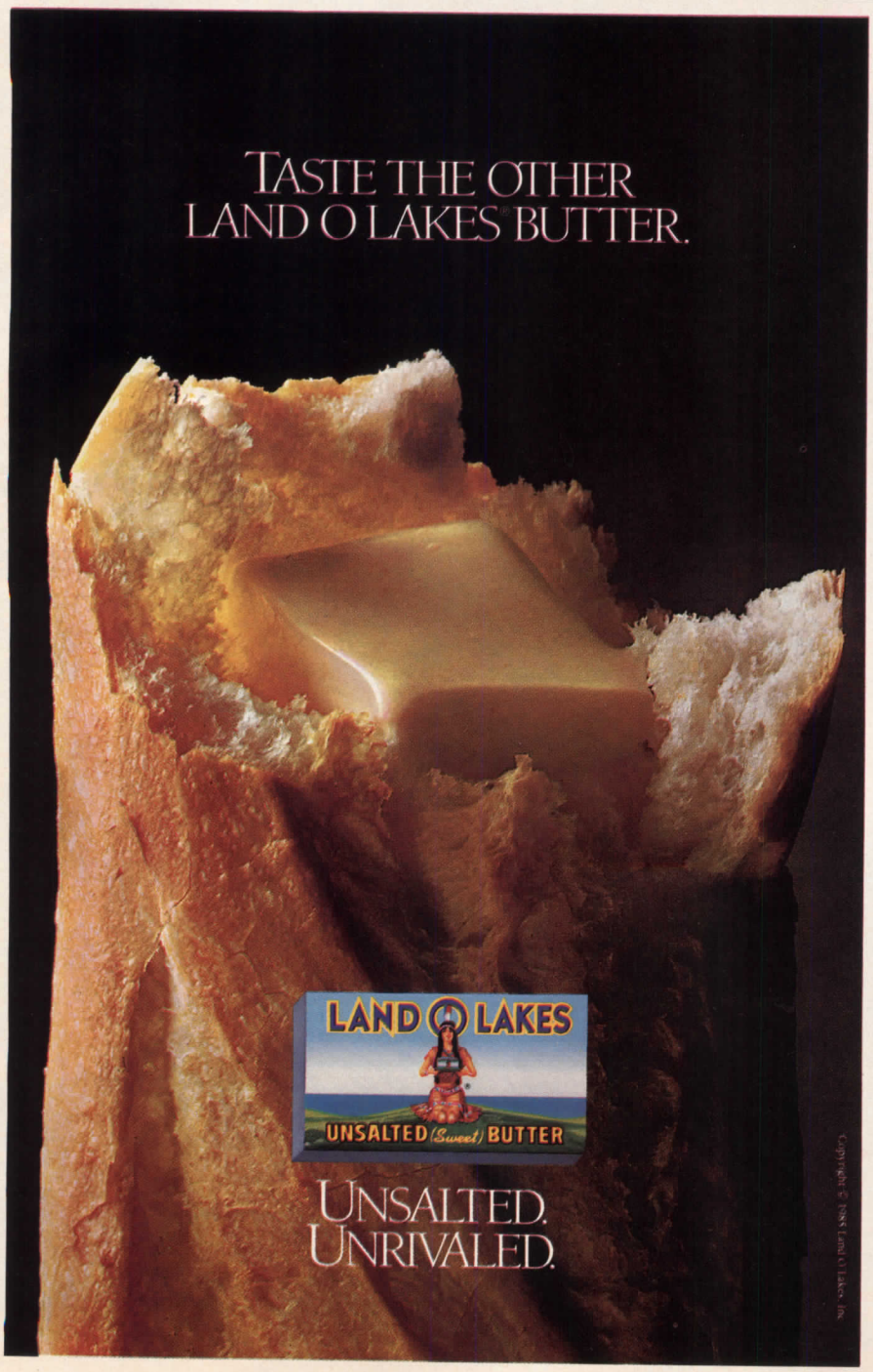
MADEIRA ASPIC

Makes about 4 cups

3 packages unflavored gelatin
¼ cup Madeira
Cooking juices reserved from Ballottine of Goose (see recipe)
2⅓ cups (about) chicken or beef broth
2 egg whites
2 egg shells, crushed

For aspic: Sprinkle gelatin over Madeira in medium bowl and let stand for 5 minutes to soften. Add to cooking juices from goose. Heat over low heat until gelatin dissolves, stirring occasionally. Strain through several layers of dampened cheesecloth into measuring cup. Add enough broth to measure 3½ cups. Return to saucepan. Whisk whites and egg shells in medium bowl. Gradually whisk in 1 cup cooking juices. Bring remaining juices to boil. Gradually whisk into egg mixture. Return to saucepan. Bring to simmer, stirring gently. Reduce heat to lowest setting and cook 15 minutes. Carefully ladle aspic through several layers of dampened cheesecloth. Repeat straining until aspic is clear, using fresh cheesecloth each time.□

Carol Field's newest book is The Italian Baker, *published by Harper & Row.*





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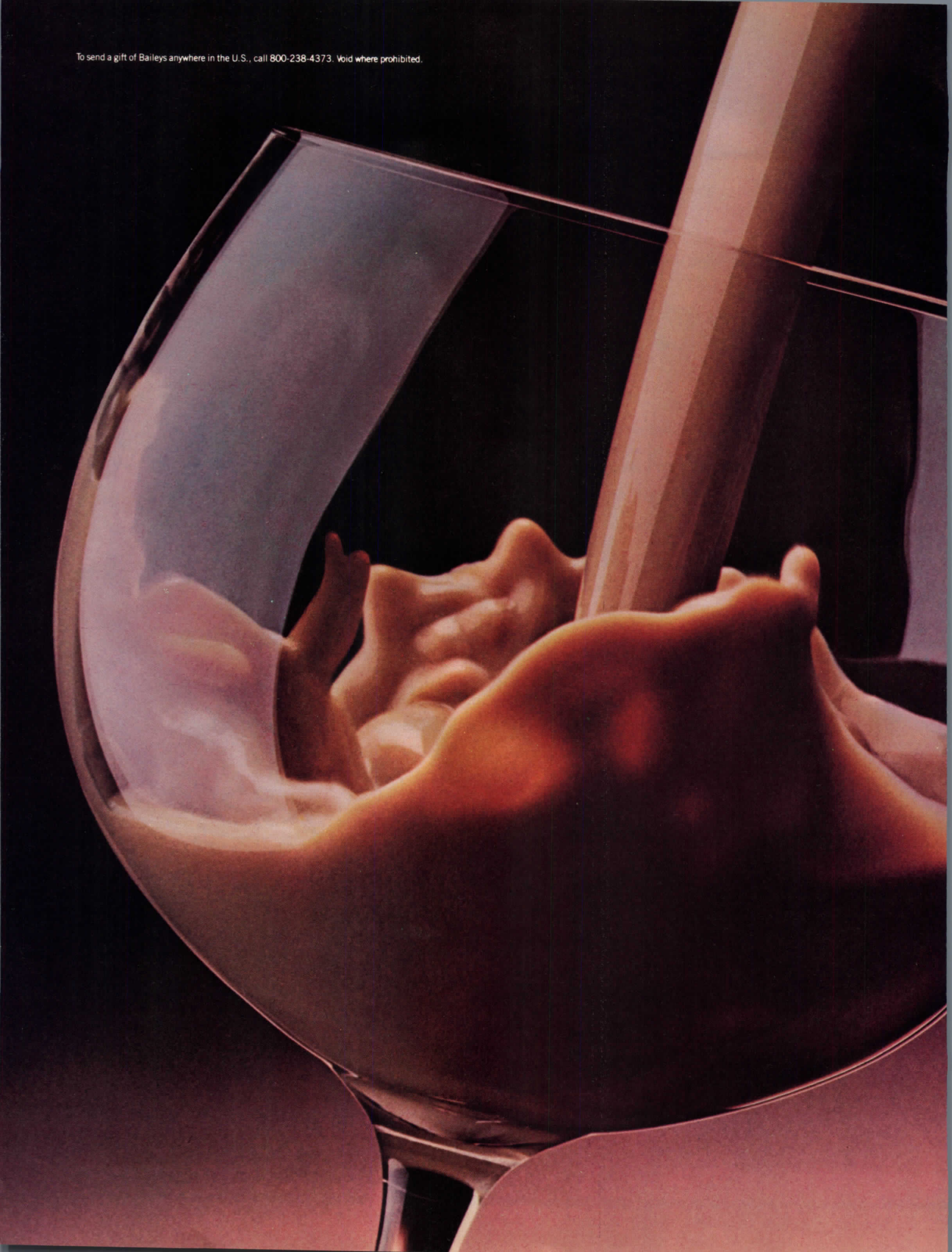
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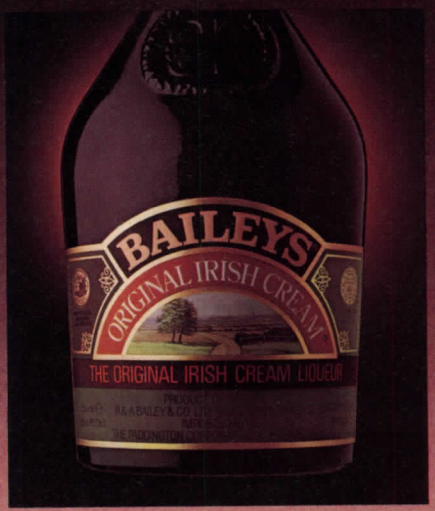
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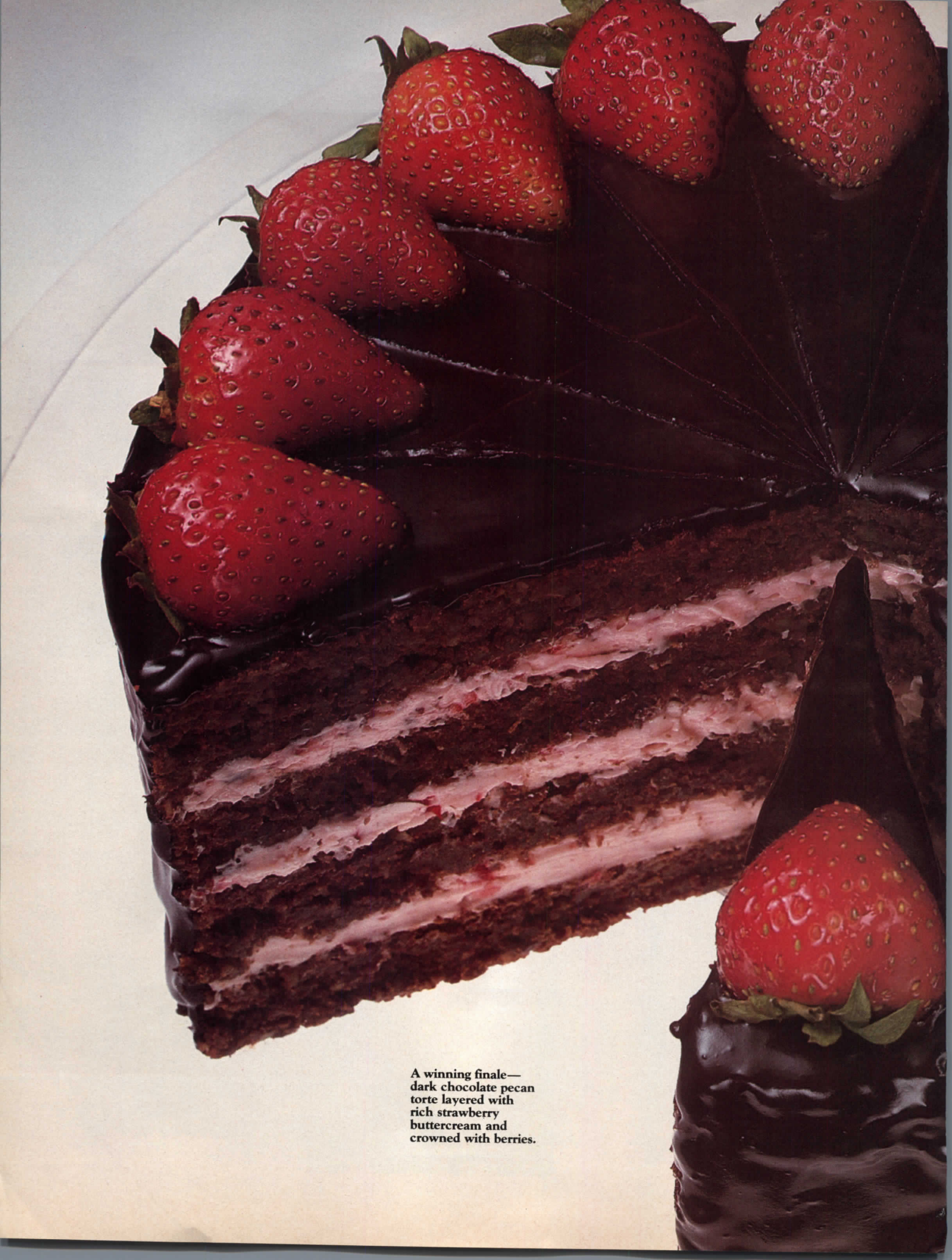


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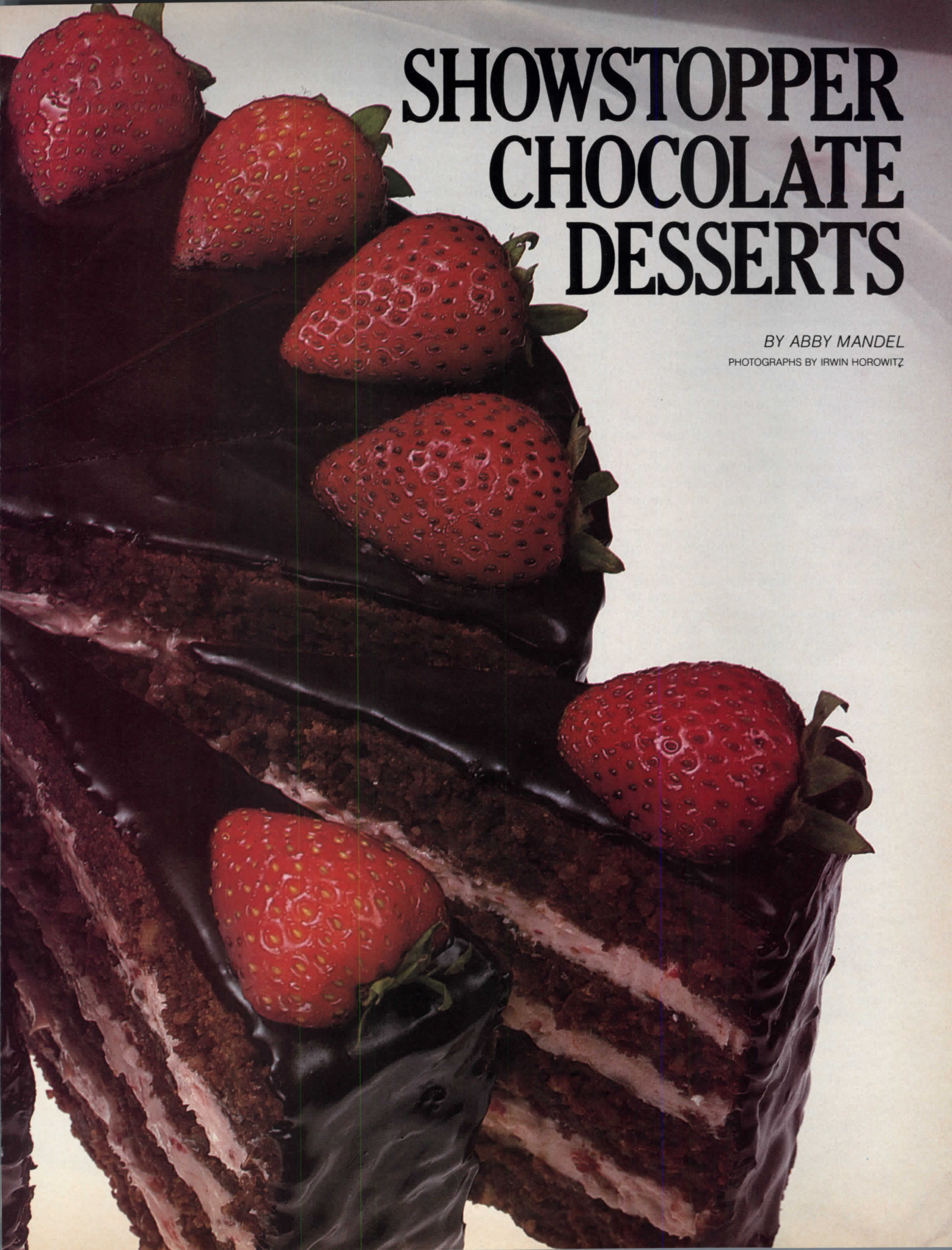


A winning finale—dark chocolate pecan torte layered with rich strawberry buttercream and crowned with berries.

SHOWSTOPPER CHOCOLATE DESSERTS

BY ABBY MANDEL

PHOTOGRAPHS BY IRWIN HOROWITZ



SANDRA BOYNTON OF greeting card, calendar and cookbook fame probably said it best when she called chocolate a *consuming* passion. That is how I feel about it, and I can take comfort in numbers since I am certainly not alone. From munching on a 35-cent candy bar to enjoying an entire weekend at a chocolate festival, Americans everywhere are appeasing their collective chocolate cravings in any way, shape or form. Unabashedly. Extravagantly. Zealously.

In the last decade, our consumption of chocolate has roughly doubled to a yearly average of 10 pounds per person. And there is no sign that we are slowing down, either. Perhaps we will soon match or better the Swiss rate of 22 pounds annually per person.

With that new goal in mind and the spirit of holiday abandon to urge me onward, I devised the nine chocolate recipes that follow. They all showcase chocolate's finest features: its smoothness, finesse and deep, dark, satisfying flavor. These offerings are the epitome of chocolate indulgence, from simple to sublime to downright sinful.

Memories of childhood treats stay with us well into our adult years, and for me the Frozen Rocky Road Mousse is filled with nostalgia: The crunchy mixed nuts and chewy nuggets of sweet marshmallows that dotted my favorite ice cream are now folded into a creamy milk chocolate mousse for a contemporary interpretation. And if your blissful reminiscences include an ice cream cone with a crackly chocolate exterior, try the chocolate "shell." Poured over ice cream or fruit sherbet, this terrific sauce will harden instantly into a thick coating. Depending on your whim, any sweetened chocolate can be used. Contrast extra-bittersweet against strawberry ice cream, for instance, or enjoy a double play by using milk chocolate over chocolate chocolate chip ice cream.

Steamed Coconut Fudge Pudding relies on an old-fashioned and very easy cooking method to produce an incredibly light, cakelike dessert. The lovely tastes of coconut milk and macadamia nuts are the surprise elements. A barely sweetened sauce of whipped cream and *crème fraîche* balances them perfectly. Cake lovers will also delight in a rum fudge version with a superb moist texture.

I have found that fresh fruit can add a sophisticated nuance to chocolate. The slight hint of tartness can enhance chocolate's depth, as two of the recipes illustrate. Pear Tartlettes with Chocolate Caramel Sauce comprises buttery-rich pears poached in caramel syrup and spiraled across flaky rounds of Quick Puff Pastry. The sensational Chocolate Caramel Sauce is made by reducing the poaching syrup to an intense essence, then blending it with unsweetened chocolate. A pretty strawberry buttercream fills the chocolate pecan torte, glossed with chocolate and decorated with strawberries.

Mocha is another winning variation on the chocolate theme, with the coffee undertones displayed to perfection in the mocha praline crepes in this collection. The delicate crepes surround coffee ice cream that is flecked with almond praline candy. A drizzle of hot fudge adds to the appeal.

Rounding out the selection are two more grand finales: an easy-to-make hot cinnamon-chocolate soufflé with Kahlúa-spiked *crème anglaise*, and a fabulous Double Fudge Tart.

Many of these recipes require you to melt chocolate, a process that can be temperamental at times. Chocolate needs to be melted gently or it may scorch, become grainy or even tighten up into a dense mass. The method that works best for me is to use a double boiler with several inches of water in the bottom. Place the chocolate in the top—coarsely chop it first for more uniform melting. The water in the bottom pan should not touch the pan holding the chocolate. Set the double boiler over very gentle heat and stir occasionally until the chocolate is melted and completely smooth. Do not let the water boil at any time. (If you have no double boiler, simply fashion one from an unbreakable bowl and large saucepan.) You will see that not all chocolates melt in the same way: Unsweetened is the most liquid, while milk chocolate will be rather thick and viscous.

I recommend that for these festive creations you purchase either imported or fine-quality domestic chocolates. Along with our consuming passion has come a consuming interest, and excellent chocolates—once found only in specialty foods stores or through mail order—are now available in many supermarkets. Look for them when you shop, and savor the distinctive difference they make in these delicious new desserts.

FROZEN ROCKY ROAD MOUSSE

A delightful new guise for a classic.

8 servings

3 ounces milk chocolate, coarsely chopped

recipe continued on page 94



An array of irresistible desserts (clockwise from top right): Mexican chocolate soufflé accompanied by Kahlúa-spiked custard sauce; crunchy mocha praline crepe with ice cream in hot fudge sauce; pear tartlette with luscious chocolate caramel sauce; and rum fudge cake glazed with white chocolate.



CHOCOLATE DESSERTS

continued from page 92

3 ounces semisweet chocolate, coarsely chopped
1 tablespoon unsalted butter
1¼ cups miniature marshmallows
¼ cup toasted walnuts, coarsely chopped
¼ cup toasted pecans, coarsely chopped
2 egg yolks, beaten to blend

1 cup well-chilled whipping cream

¼ cup water
¼ cup sugar

4 egg whites
Pinch of salt
Pinch of cream of tartar
Chocolate curls

Melt milk chocolate, semisweet chocolate and butter in top of double boiler over barely simmering water. Stir until smooth. Remove from over water. Mix in marshmallows, walnuts and pecans. Blend yolks into chocolate. Cool.

Beat cream in large bowl until soft peaks form. Fold ¼ of cream into chocolate. Gently fold chocolate into remaining whipped cream.

Heat water and sugar in heavy small saucepan over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and boil until candy thermometer registers 240°F.

Meanwhile, beat whites with salt and cream of tartar using electric mixer until mixture begins to hold shape. Add syrup in slow, steady stream, beating constantly until bottom of bowl is cool to touch, about 5 minutes. Fold ¼ of meringue into chocolate mixture. Gently fold in remaining meringue. Spoon mousse into 8 dessert goblets or 1-cup soufflé dishes. Cover and freeze until firm. *(Can be prepared 5 days ahead.)* Let mousse soften in refrigerator 45 minutes before serving. Garnish with chocolate curls.

MOCHA PRALINE CREPES WITH HOT FUDGE SAUCE

The crepes, ice cream and sauce can all be prepared several days ahead.

Makes 6

Mocha Crepes

⅔ cup unbleached all purpose flour
2 eggs
½ cup water
⅓ cup milk
1½ tablespoons unsalted butter, room temperature
4½ teaspoons sugar
2 teaspoons instant coffee crystals, dissolved in 2 teaspoons hot water
1 teaspoon vanilla
¾ teaspoon unsweetened cocoa powder
¼ teaspoon salt

Butter

Praline Ice Cream

½ cup Classic Praline*
1½ pints coffee ice cream, softened slightly

Hot Fudge Sauce

3 ounces unsweetened chocolate, coarsely chopped
½ cup light corn syrup
⅓ cup sugar
¼ cup (½ stick) unsalted butter
2 tablespoons milk
1 tablespoon vanilla

6 tablespoons Classic Praline

For crepes: Blend first 10 ingredients in processor or blender until smooth. Let batter stand 30 minutes.

Lightly butter 8-inch crepe pan. Heat over medium-high heat. Remove pan from heat. Stir batter and ladle 2 tablespoons around edge of pan, tilting so batter just coats bottom. Return excess to bowl. Cook crepe until bottom is set, about 45 seconds, loosening edges with knife. Turn crepe and cook until second side is speckled brown. Slide out onto plate. Repeat with remaining batter, stirring occasionally. (Adjust heat and add more butter to pan as necessary.) Stack crepes between sheets of parchment or waxed paper. Wrap 6 crepes in foil. Wrap any remaining crepes in foil and reserve for another use. *(Can be prepared ahead and refrigerated up to 5 days or frozen 3 months. Thaw frozen crepes in wrapper.)*

For ice cream: Stir ½ cup praline into ice cream. Spoon ½ cup ice cream onto sheet of plastic wrap. Fold one end of plastic over ice cream. Working through plastic, shape ice cream into 7-inch cylinder. Roll up plastic to enclose ice cream. Place in freezer. Repeat with remaining ice cream, making total of 6 cylinders. Freeze until firm. *(Can be prepared 1 week ahead.)*

For sauce: Heat chocolate, corn syrup, sugar and butter in top of double boiler over barely simmering water until chocolate melts, stirring until smooth. Remove from heat and mix in milk and vanilla. *(Can be prepared 2 weeks ahead and refrigerated. Reheat in double boiler over barely simmering water.)*

Preheat oven to 350°F. Heat 6 foil-wrapped crepes for 10 minutes.

Spoon 2 to 3 tablespoons hot fudge sauce over each plate. Unwrap ice cream cylinders and roll each in warm crepe. Arrange 1 in center of each plate, seam side down. Drizzle each with 1 tablespoon sauce and sprinkle with 1 tablespoon praline.

**Classic Praline*

Makes about 1 cup

½ cup whole almonds with skins
½ cup sugar
2 tablespoons water

Lightly oil underside of baking sheet. Cluster almonds in center. Heat sugar and water in heavy 1-quart saucepan over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and boil until deep caramel color, 4 to 5 minutes. Immediately pour over almonds. Let stand until hard.

Break praline into 1-inch pieces. Grind finely in processor or blender. *(Can be prepared 1 month ahead. Store in airtight container in refrigerator.)*

STEAMED COCONUT FUDGE PUDDING

Delicious do-ahead dessert fare.

8 to 10 servings

4 ounces semisweet chocolate, coarsely chopped
¼ cup (½ stick) unsalted butter
½ cup unsweetened canned cream of coconut or frozen Hawaiian coconut milk, thawed, excess water drained
3 eggs, separated
1 tablespoon vanilla
22 chocolate wafer cookies, very finely crumbled
¾ cup unsalted macadamia nuts, finely minced
¾ cup flaked coconut
½ cup firmly packed dark brown sugar
¼ cup unbleached all purpose flour
1 teaspoon baking powder
⅛ teaspoon salt
Pinch of cream of tartar
2 tablespoons sugar

¼ cup flaked coconut
Special Cream Topping*

Butter 10-cup steamed pudding mold or kugelhopf pan. Melt chocolate and ¼ cup butter in top of double boiler over barely simmering water. Remove from heat and whisk in cream of coconut, yolks and vanilla. Combine cookie crumbs, nuts, ¾ cup coconut, brown sugar, flour, baking powder and salt in large bowl. Stir in chocolate mixture. In another bowl, beat whites with cream of tartar until beginning to hold shape. Add 2 tablespoons sugar 1 tablespoon at a time, beating until soft peaks form. Fold ¼ of whites into chocolate mixture; gently fold in remaining whites. Transfer batter to prepared mold. Cover tightly with lid or heavy-duty foil. (If using foil, tie string tightly around pan to secure.)



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continued from page 94

Bring 3 inches of water to boil in large pot. Add mold. Adjust heat so water simmers; cover and steam until tester inserted in center of pudding comes out clean, about 2 hours. Remove pan from water. Uncover; cool pudding 5 minutes. *(Can be prepared 3 days ahead. Cool completely. Cover and refrigerate. Reheat, covered, in large pot with 3 inches of simmering water for about 30 minutes.)* Invert pudding onto platter. Garnish top with 1/4 cup coconut. Serve hot with Special Cream Topping.

***Special Cream Topping*

Makes about 1 cup

3/4 cup well-chilled whipping cream
3 tablespoons powdered sugar, sifted
3 tablespoons crème fraîche or sour cream
1 1/2 teaspoons vanilla

Whip cream and sugar until soft peaks form. Using rubber spatula, fold in crème fraîche and vanilla. *(Can be prepared 8 hours ahead and chilled.)*

PEAR TARTLETTES WITH CHOCOLATE CARAMEL SAUCE

Perfect for an elegant dinner party.

3/4 recipe Quick Puff Pastry* (about 7 1/2 ounces)

3/4 cup sugar
2 1/4 cups water
4 firm Bosc pears, peeled (stems attached)

Chocolate Caramel Sauce

2 ounces unsweetened chocolate, coarsely chopped
1/2 cup powdered sugar, sifted
1/4 cup (or more) whipping cream

8 small mint leaves

Divide pastry into 4 pieces. Roll 1 piece out on lightly floured surface as thinly as possible (about 1/32 inch thick). Cut out 5-inch-diameter round. Brush off any flour. Repeat with remaining pastry. Transfer pastry rounds to baking sheet. Pierce each round several times with knife tip. Freeze until firm. *(Can be prepared 1 month ahead. Stack between sheets of waxed paper and wrap tightly.)*

Stir sugar in heavy 2-quart saucepan over medium-low heat until melted and caramel color. Add water (be careful; mixture will bubble). Stir until sugar dissolves. Add pears. Adjust heat so liquid barely shimmers; cover and cook until pears are just tender, turning occasionally, 20 to 35 minutes, depending on ripeness of pears. Transfer pears to bowl, using slotted spoon. Strain cooking liquid and return to saucepan. Boil until reduced to 3/4 cup syrup, about 10 minutes. *(Can be prepared 3 days ahead. Cover pears and caramel syrup separately and refrigerate.)*

For sauce: Melt chocolate and 1/2 cup caramel syrup in top of double boiler over barely simmering water. Remove from over water. Add sugar and 1/4 cup cream and stir until smooth. *(Can be prepared 3 days ahead and refrigerated.)*

Position rack in center of oven and preheat to 450°F. Halve each pear lengthwise, leaving stem attached to one half. Remove cores, using melon baller. Arrange pear halves with stems attached cut side down on work surface. (Reserve remaining pear halves for another use.) Starting 1/3 inch below stem, make 8 to 9 lengthwise cuts. Gently fan slices in one direction. Arrange frozen pastry rounds on large ungreased baking sheet, spacing 1 1/2 inches apart. Transfer each pear half to center of pastry round, using spatula. Bake until crust is light brown, about 15 minutes, piercing pastry with tip of sharp knife if air pockets appear during first 5 minutes.

Meanwhile, reheat chocolate sauce in top of double boiler over gently simmering water, thinning with more cream if neccessary. Reheat remaining 1/4 cup caramel syrup and brush over pears. Spread 3 tablespoons sauce in 6-inch circle in center of each plate. Top with warm tart. Place leaf on each side of each stem. Serve tarts immediately, passing remaining sauce separately.

***Quick Puff Pastry*

Makes about 10 ounces

1/2 cup unbleached all purpose flour
6 tablespoons cake flour
1/2 cup (1 stick) well-chilled unsalted butter, cut into 1/8-inch-thick slices

Pinch of salt
1/4 cup plus 1 1/2 teaspoons ice water

Combine both flours and freeze at least 4 hours. Freeze butter 15 minutes.

Place flours and salt in processor. Cut in butter until coarsely chopped, about 4 seconds. With machine running, pour water through feed tube in slow steady stream and process until dough begins to gather together.

Roll dough out on lightly floured surface to 4x6-inch rectangle. Fold dough in thirds as for business letter (this is a single turn). Rotate dough 90°, so it opens like a book. Brush off any loose flour. Roll out to 4x7-inch rectangle. Fold short edges to meet in center, then fold in half (this is a double turn). Rotate dough 90°. Make a second double turn. Rotate dough again and make a third double turn. (If dough becomes soft or elastic, wrap tightly and refrigerate 30 minutes before making third double turn.) Wrap dough and refrigerate at least 2 hours before using. *(Can be prepared ahead and refrigerated 2 days or frozen 1 month. Thaw frozen dough in refrigerator.)*

ICE CREAM WITH CHOCOLATE SHELL

This sauce forms a brittle shell when spooned atop ice cream. Be sure to use pure coconut oil for best results. Experiment with different flavors of ice cream—chocolate chocolate chip, rum-raisin, pistachio, coffee or strawberry, for instance—to suit your own particular taste preference.

Makes about 1 3/4 cups sauce

8 ounces imported bittersweet or semisweet chocolate, coarsely chopped
1/2 cup powdered sugar
1/2 cup unsweetened cocoa powder
1/2 cup (or more) pure coconut oil*
1/4 cup very finely minced toasted husked hazelnuts

Vanilla ice cream or raspberry sherbet

Melt chocolate with sugar, cocoa and 1/2 cup oil in top of double boiler over barely simmering water. Stir until smooth. Remove from heat and mix in hazelnuts. *(Can be prepared 3 weeks ahead and refrigerated. Reheat in top of double boiler over barely simmering water. Thin to spooning consistency with 2 to 3 teaspoons coconut oil if necessary.)*

Scoop ice cream onto plates. Spoon hot chocolate sauce over.

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MEXICAN CHOCOLATE SOUFFLE WITH KAHLUA CUSTARD SAUCE

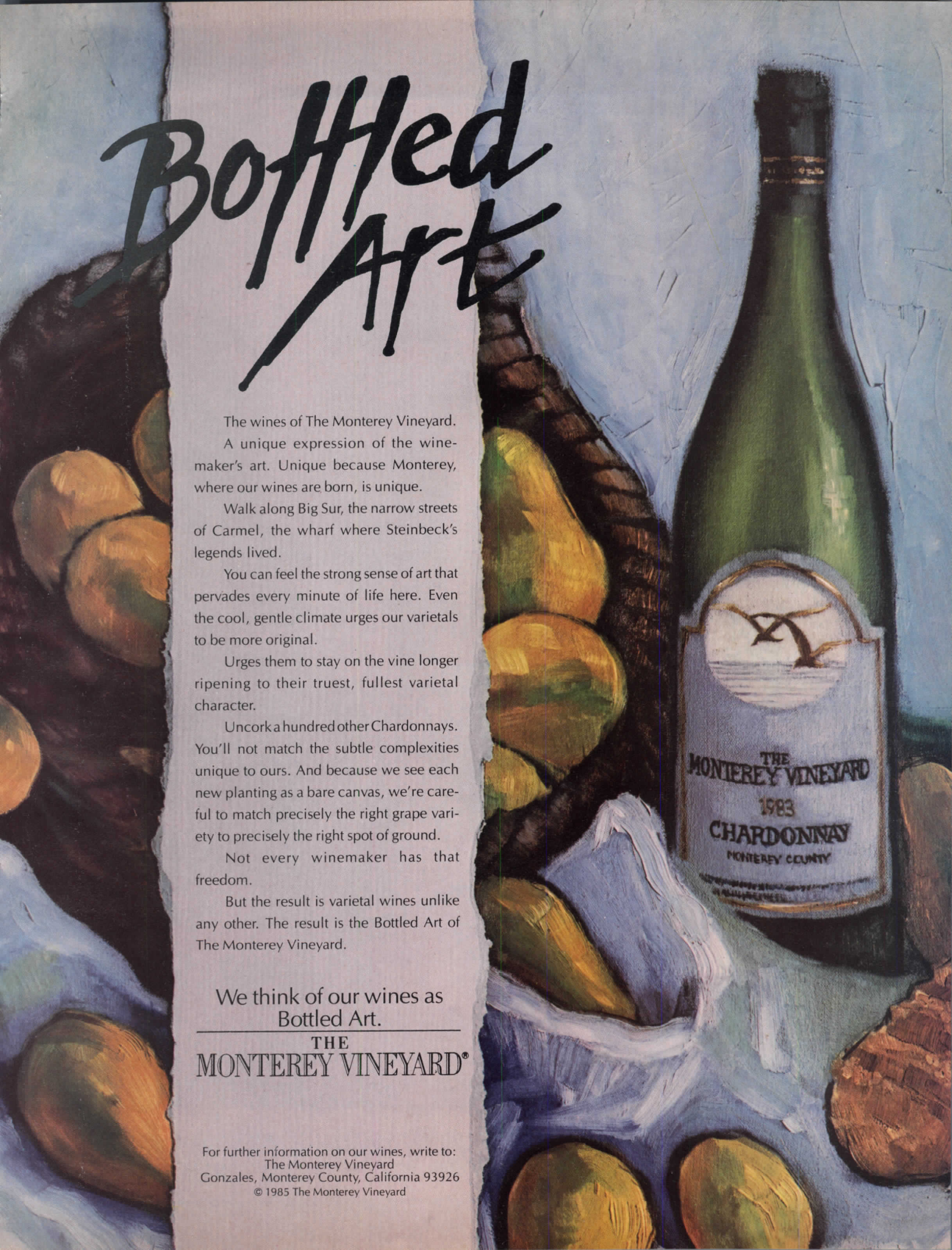
6 servings

Butter
2 tablespoons (1/4 stick) unsalted butter
2 tablespoons cornstarch
1/2 cup milk
4 ounces semisweet chocolate, coarsely chopped
3/4 teaspoon cinnamon
1 tablespoon Kahlúa or other coffee liqueur
3 egg yolks

6 egg whites
Pinch of salt
1/3 cup sugar
Kahlúa Custard Sauce*

Position rack in lower third of oven and preheat to 350°F. Generously butter 2-quart soufflé dish. Melt 2 table-

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continued from page 96

spoons butter in top of double boiler over gently simmering water. Add cornstarch and stir until smooth, about 2 minutes. Add milk, chocolate and cinnamon. Stir until smooth. Mix in Kahlúa. Transfer to 3-quart bowl. Beat yolks to blend in small bowl. Stir in 2 tablespoons hot chocolate mixture, then stir yolks back into remaining chocolate. *(Can be prepared 2 hours ahead. Place plastic on surface and let stand at room temperature.)*

Using electric mixer, beat whites with salt until mixture begins to hold shape. Add sugar 1 tablespoon at a time, beating until whites are glossy and hold soft peaks. Fold 1/4 of whites into chocolate mixture, then fold in remaining whites. Carefully turn into prepared dish, using rubber spatula. Bake until toothpick comes out clean when inserted into outer edge and moist when inserted into center, about 30 minutes. Serve immediately, passing Kahlúa sauce separately.

Kahlúa Custard Sauce

Makes about 1 cup

3/4 cup milk
3 egg yolks
3 tablespoons sugar
2 tablespoons Kahlúa or other coffee liqueur
1 tablespoon vanilla

Scald milk in heavy 1-quart saucepan. Whisk yolks and sugar in small bowl until thick and light yellow. Whisk in several tablespoons hot milk. Stir yolks back into remaining milk. Stir over medium-low heat until thick enough to coat wooden spoon; do not boil. Immediately strain into bowl. Stir in Kahlúa and vanilla. Refrigerate until well chilled. *(Kahlúa sauce can be prepared up to 3 days ahead.)*

RUM FUDGE CAKE WITH WHITE CHOCOLATE GLAZE

12 servings

Unsweetened cocoa powder
1 1/2 cups plus 2 tablespoons cake flour
1 1/2 teaspoons baking powder
3/4 teaspoon baking soda
3/4 teaspoon salt
4 ounces unsweetened chocolate, coarsely chopped
1/2 cup boiling water
3 tablespoons unsweetened cocoa powder

1 cup (2 sticks) unsalted butter, room temperature
1 1/2 cups sugar
3 egg yolks
3/4 cup whipping cream
2 tablespoons dark rum
5 egg whites
1/8 teaspoon cream of tartar
1/4 cup sugar

White Chocolate Glaze*

Position rack in center of oven and preheat to 350°F. Generously butter 12-cup bundt pan; dust with cocoa powder. Sift flour, baking powder, baking soda and salt together. Melt chocolate in top of double boiler over barely simmering water. Pour boiling water and 3 tablespoons cocoa powder into small bowl. Whisk in chocolate. Cool chocolate mixture slightly.

Using electric mixer, cream butter and 1 1/2 cups sugar until light and fluffy. Add yolks and mix until fluffy, about 2 minutes. Using rubber spatula, fold in chocolate mixture, then cream and rum. Fold in dry ingredients. Beat whites and cream of tartar until mixture begins to hold shape. Add 1/4 cup sugar 1 tablespoon at a time and beat until whites are glossy and hold soft peaks. Fold 1/4 of whites into batter; gently fold in remaining whites. Pour into prepared pan. Bake until tester inserted in center comes out clean, about 55 minutes. Cool in pan on rack 10 minutes (cake will fall slightly). Invert onto rack and cool completely.

Place rack with cake over large baking sheet. Spoon glaze over top, allowing some to drip down sides. Serve cake at room temperature. *(Can be prepared 1 day ahead. Wrap tightly.)*

White Chocolate Glaze

Makes about 1 cup

4 ounces imported white chocolate, coarsely chopped
1 cup powdered sugar, sifted
1/4 cup sour cream
4 1/2 teaspoons dark rum
1 tablespoon unsalted butter, room temperature
Pinch of salt

Melt chocolate in top of double boiler over barely simmering water. Transfer to 2-quart bowl and cool slightly. Add sugar and stir until smooth. Mix in sour cream, rum, butter and salt.

CHOCOLATE PECAN TORTE WITH STRAWBERRY BUTTERCREAM

Brownielike layers are filled with a wonderful buttercream and glazed.

14 to 16 servings

Butter
3/4 cup (1 1/2 sticks) unsalted butter, room temperature
2 cups sugar
8 eggs
2 tablespoons vanilla
1/4 teaspoon salt
12 ounces imported bittersweet or semisweet chocolate, melted
3 1/2 cups pecan halves, very finely ground

Strawberry Buttercream*

Easy Chocolate Glaze**
7 to 8 medium strawberries (unhulled), halved lengthwise

Preheat oven to 375°F. Butter four 9-inch round cake pans. Line bottoms with parchment; butter parchment. Using electric mixer, cream 3/4 cup butter until light. Add sugar and beat until light and fluffy. Beat in eggs one at a time. Add vanilla and salt. Using rubber spatula, stir in chocolate, then pecans. Divide batter among prepared pans. Bake until tester inserted in center comes out fudgy but not wet, about 22 minutes (top may crack). Cool in pans on racks 5 minutes. Run knife around edge of cakes. Invert onto racks. Discard parchment. Cool layers completely. *(Can be prepared up to 2 days ahead. Wrap each layer separately with plastic and refrigerate.)*

Arrange one cake layer bottom side up on platter. Slide strips of waxed paper under cake (this will keep platter neat during glazing). Spread 2/3 cup Strawberry Buttercream over layer. Repeat with remaining layers and buttercream, ending with cake bottom side



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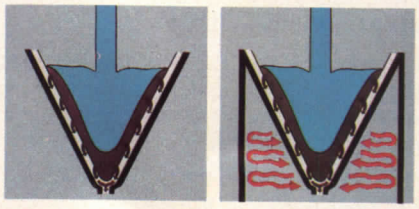
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CHOCOLATE DESSERTS

continued from page 99

up. Pat layers to even. Cover and refrigerate torte for at least 6 hours.

Cut edges of cake with serrated knife to even if necessary. Pour glaze over cake; smooth over sides and top. Discard waxed paper. *(Can be prepared 1 day ahead and refrigerated.)* Arrange strawberries around top edge of torte, cut side down. Let stand at room temperature 1 hour before serving.

**Strawberry Buttercream*

Makes about 2½ cups

1¼ cups (2½ sticks) unsalted butter, cut into tablespoons and softened slightly
2 cups powdered sugar, sifted
4 egg yolks
½ cup pureed fresh strawberries
3 tablespoons strawberry preserves

Using electric mixer, cream butter and sugar until light and fluffy. Mix in yolks, then pureed berries and preserves. Cover tightly and refrigerate until set. *(Can be prepared 2 days ahead.)* Soften buttercream at room temperature until spreadable.

***Easy Chocolate Glaze*

Makes about 2 cups

3 ounces semisweet chocolate, coarsely chopped
½ cup water
6 tablespoons (¾ stick) unsalted butter
3 tablespoons safflower oil
¾ cup unsweetened cocoa powder
½ cup plus 2 tablespoons sugar

Heat chocolate, water, butter and oil in top of double boiler over gently simmering water until chocolate melts. Remove from heat. Add cocoa powder and sugar and stir until sugar dissolves and glaze is smooth. Let cool until thickened slightly but still pourable.

DOUBLE FUDGE TART

The distinctive fudge curd adds a special flavor to this sensational dessert.

10 to 12 servings

Fudge Curd

1 cup (2 sticks) unsalted butter
6 ounces imported bittersweet or semisweet chocolate, coarsely chopped
10 egg yolks
1⅓ cups sugar
Pinch of salt
2 teaspoons vanilla

1¾ cups well-chilled whipping cream, beaten to soft peaks
1 baked 11-inch Chocolate Pastry Crust*

For curd: Melt butter and chocolate in top of double boiler over barely simmering water. Using electric mixer, beat yolks, sugar and salt until light and fluffy. Add chocolate mixture and beat until smooth. Transfer to heavy large saucepan. Stir over medium heat until mixture thickens and thermometer registers 130°F, about 4 minutes. Remove from heat. Stir in vanilla. Cool to room temperature, stirring occasionally. Refrigerate until well chilled. *(Can be prepared 1 week ahead.)*

Let fudge curd stand at room temperature for 30 minutes to soften.

Blend half of curd and 1/3 cup whipped cream in processor. Spread in crust. Blend remaining curd and 1/2 cup whipped cream in processor. Fold into remaining whipped cream. Transfer mixture to pastry bag fitted with medium star tip. Starting at outer edge, pipe stars over entire surface of tart. Cover tart tightly and refrigerate until set. *(Can be prepared 2 days ahead.)* Let stand at room temperature 30 minutes before serving.

Chocolate Pastry Crust

Makes one 11-inch crust

1 cup plus 3 tablespoons unbleached all purpose flour
1/3 cup sugar
1/4 cup unsweetened cocoa powder
1/2 teaspoon salt
3/4 cup (1 1/2 sticks) well-chilled unsalted butter
1 teaspoon vanilla
1 to 3 tablespoons cold water

Combine flour, sugar, cocoa and salt in large bowl. Cut in butter until coarse meal forms. Add vanilla and enough cold water to just bind dough. Gather dough into ball; flatten into disc. Wrap and refrigerate 2 hours. *(Can be prepared 1 month ahead and frozen. Thaw in refrigerator.)*

Roll dough out between sheets of waxed paper to 1/16- to 1/8-inch-thick round. Transfer to 11-inch quiche pan with removable bottom. Trim dough, leaving 1-inch overhang (reserve trimmings). Fold in overhang to form double edge. Work dough to 1/3 inch above pan sides. Crimp edges decoratively. Pierce bottom and sides of pastry with fork. Refrigerate 1 hour.

Position rack in center of oven and preheat to 425°F. Line pastry with foil or parchment. Fill with dried beans or pie weights. Bake until pastry is set, about 12 minutes. Reduce temperature to 400°F. Remove foil and beans. Pierce pastry again. Patch any cracks with reserved dough. Bake until edges are crisp, 12 minutes; cool on rack. □

Abby Mandel has a new food processor cookbook from the Cuisinart Cooking Club.

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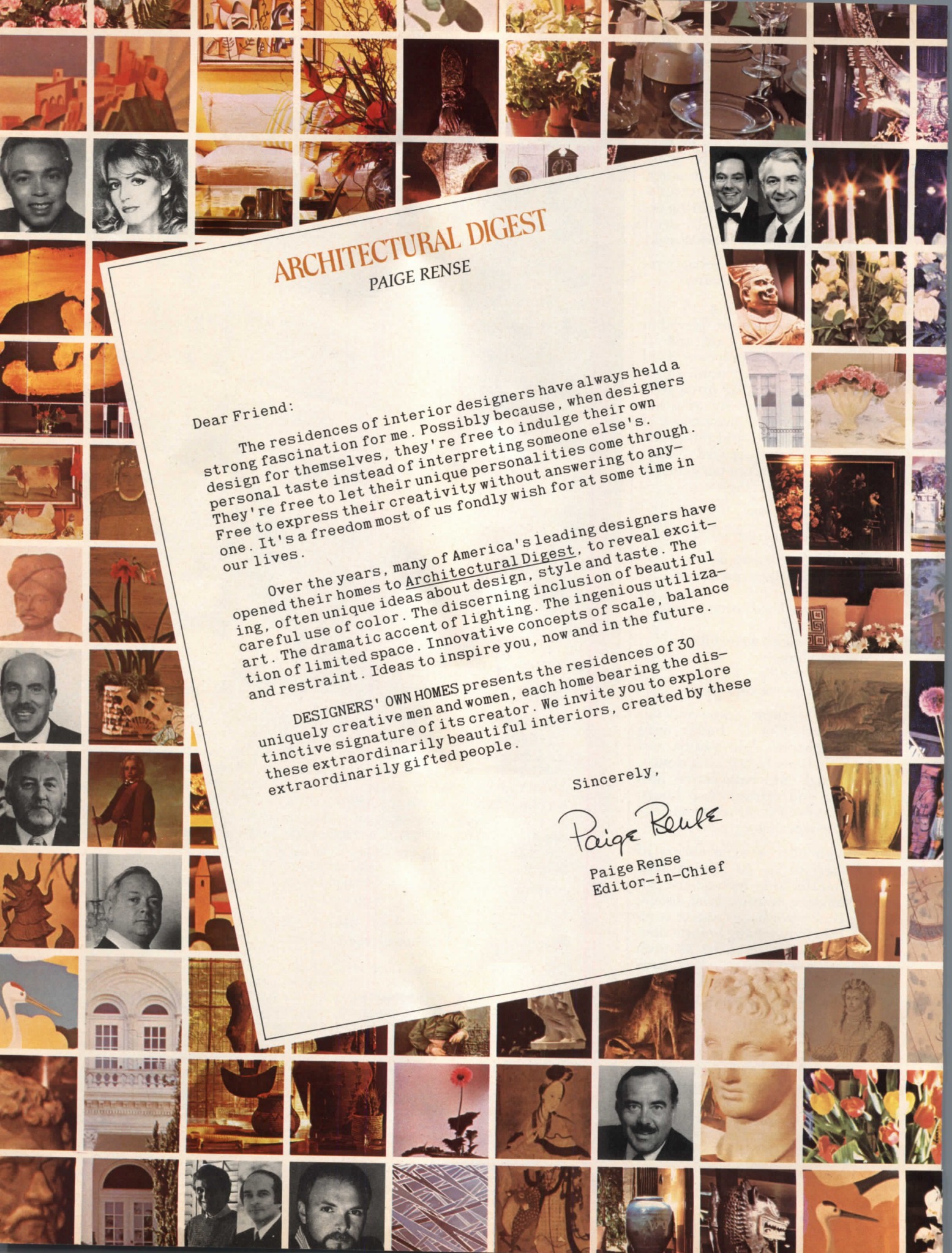
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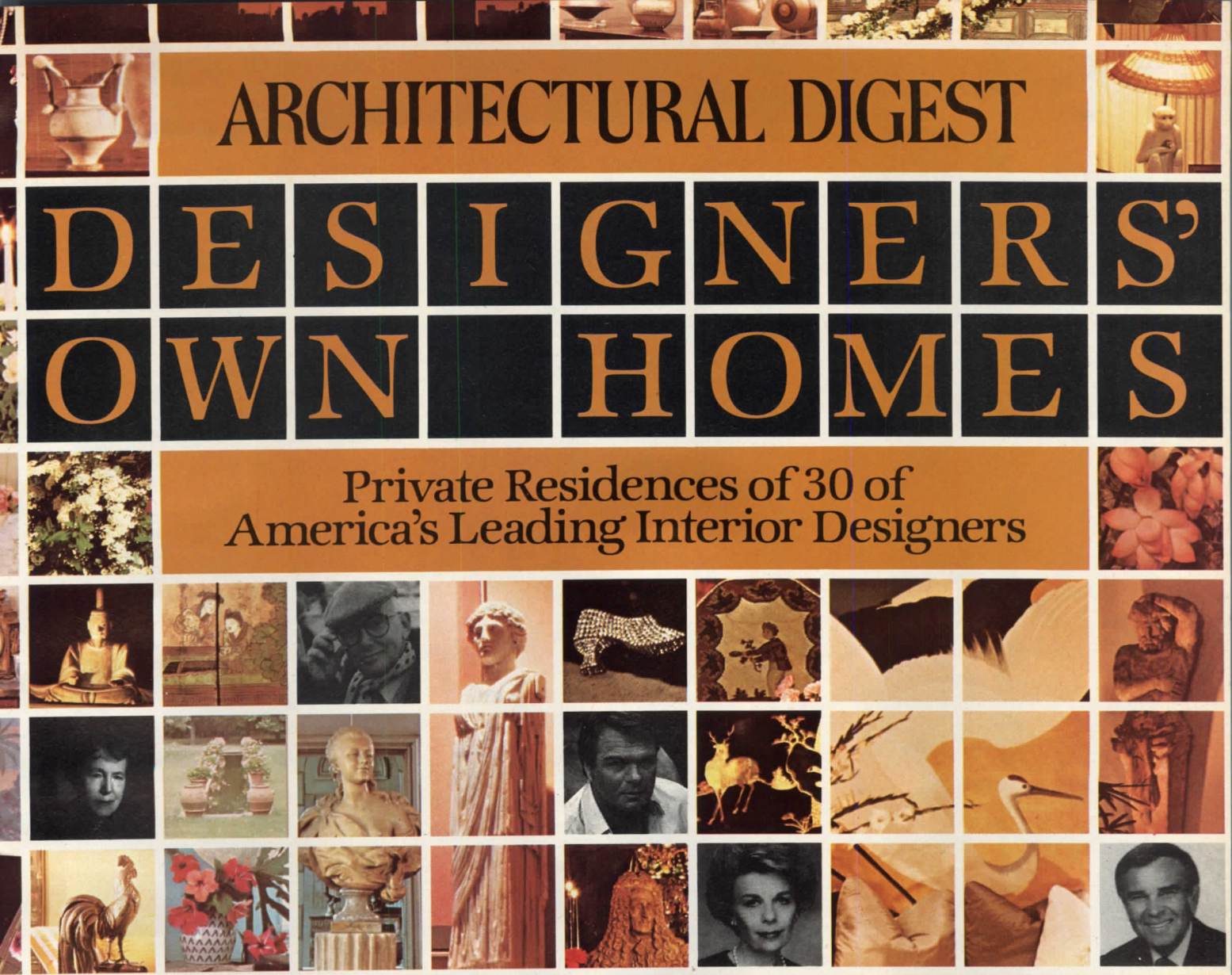
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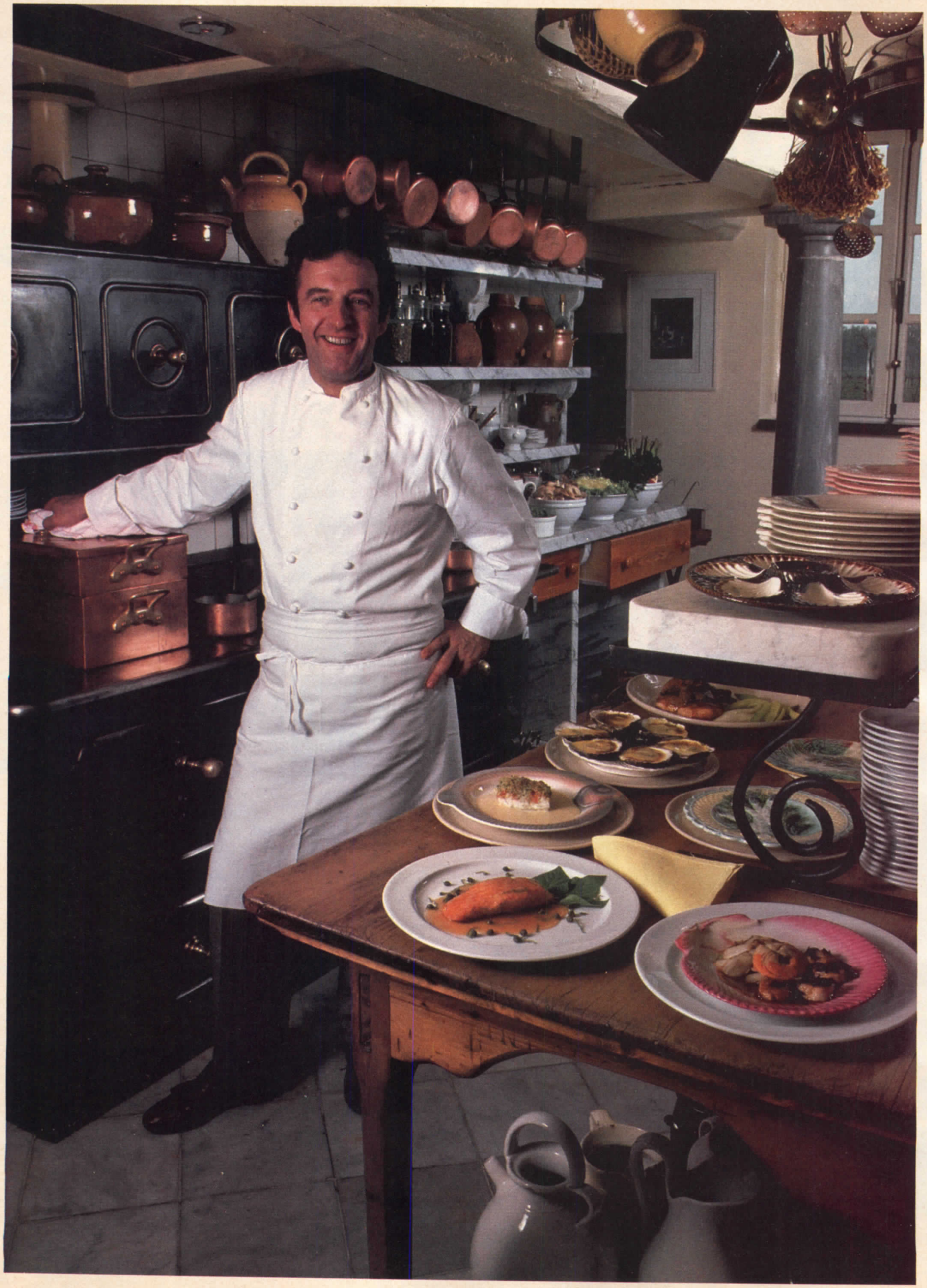
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PHOTOGRAPHS BY BRIAN LEATART

THE BEST RESTAURANTS OF BELGIUM

Four Innovative Chefs Present an Exciting Cuisine



AFTER SEVERAL YEARS of living in Belgium and sampling the pleasures of the cooking, my late-night culinary fantasies keep returning to a quartet of restaurants. Although little known on the American side of the Atlantic, these four are constantly popping up when food-loving Belgians gather to talk about serious eating (which is almost constantly). In Belgium, where dieting is a closet activity and meals past, present and future are prime dinner party topics, good food isn't a vague interest—it's a way of life. For a restaurant to thrive here is a real tribute to any chef.

My chosen favorites are by no means the only fine ones but they do express the range of sophisticated cooking in Belgium today. All four are chef-owned, by coincidence each holds two Michelin stars and the chefs share the traditional European training—beginning at age 14 with a long apprenticeship in classic cuisine.

Although their food would collectively be labeled "French-inspired haute cuisine," each chef has developed his own distinctive style. Roger Souvereyns, showman par excellence, creates gastronomic theater, cooking in full view of all the patrons. Pierre Fonteyne works in a cozy farmhouse on an ancient canal near the sea, where he deftly incorporates French, Flemish and oriental influences into light, imaginative dishes. Then there is the dramatic contrast between Brussels's consummate classicist, Claude Dupont, with his intricately constructed fare, and the city's free-stylist, Eddie Van Maele, whom I call the Matisse of the dinner plate.

To best illustrate their individuality, I am presenting a sampling of specialties from each restaurant; all can

OPPOSITE: Roger Souvereyns, the talented director of Scholteshof Manor, displays some great dishes from his repertoire in the restaurant's splendid open kitchen. ABOVE: The antique-filled dining room—overseen by the attentive staff—is an attractive setting for the delicious fare.

BY LYNNE KASPER

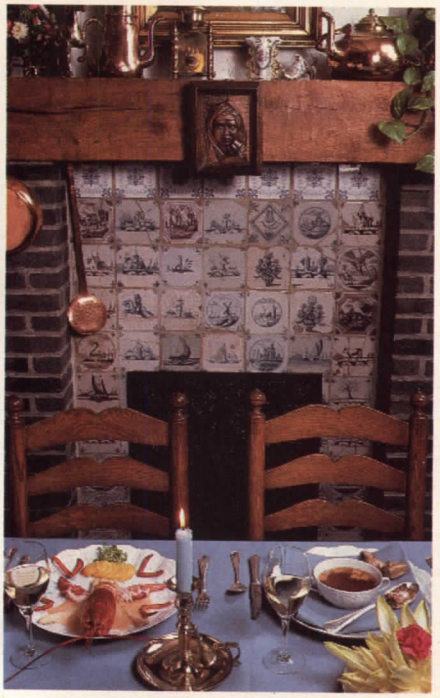
easily be recreated by the home cook. This is sophisticated cooking—you will want to use good veal and chicken stock and it may be necessary to order certain items in advance. But the reward will be some memorable dining.

Roger Souvereyns
Scholteshof Manor

Roger Souvereyns, the culinary showman, has created a showplace setting for his country restaurant and hotel in Hasselt, about an hour east of Brussels. Scholteshof Manor is an antique- and food-lover's delight. The decor echoes the cuisine: elegant with rustic touches. This is Flemish farm country, where portions are generous to match discriminating but robust appetites.

Roger talks of transparent sauces, flavorful yet light enough to enhance rather than dominate a dish. This is







TOP LEFT AND RIGHT: Outside and in, the atmosphere at The Bruegel in Damme reflects a cozy village mood. ABOVE: The menu, inspiration of chef-owner Pierre Fonteyne (shown with his wife), features classic cuisine updated with Fonteyne's own imaginative contemporary twists.

achieved in a number of ways. First, he does not work as much with rich demi-glace for sauces as he does with a light consommé. Second, many sauce bases are simmered combinations of light stocks, wines, vinegars, and fresh herbs from his extensive gardens. Body might be given to a sauce by a last-minute addition of butter or a little of the *beurre blanc* that sits by the stove.

Stuffed Rack of Lamb exemplifies his approach. The lamb is filled with a sauté of shallot, lamb kidney, tomato, herbs and Parmesan cheese. The extra stuffing is presented as a garnish. With the lamb he serves a fondant of cabbage simmered in stock and cream, and the result is country food moved "uptown." Saucing is restrained, and an ideal backdrop to all the flavors.

From the dessert cart is an opulent recipe, Chocolate Cream Cake. A







TOP: A sampler of the sparkling desserts at Brussels's Restaurant Claude Dupont. ABOVE LEFT: Chef and Madame Dupont in the handsome foyer of the restaurant. ABOVE RIGHT: The dining area is a quietly elegant backdrop for a few representative dishes from Dupont's impressive menu.

blending of melted chocolate and whipped cream flavored with Irish whiskey is encased in a thin sponge cake. This rich sweet is served with a creamy sauce scented with orgeat syrup and pistachio nuts.

All this has evolved from humble beginnings. Roger's first commercial venture was a *friture*, a ubiquitous Belgian institution that roughly translates as "snack bar," specializing in fried potatoes and kebabs. From there he has designed, created and made successful nine restaurants. And he has also honed a unique style of cooking that appeals to all the senses.

Pierre Fonteyne
The Bruegel

At first sight of The Bruegel you would expect to feast on Flemish country fare. The setting on a bucolic canal in Damme, the interior glowing with polished copper, flowers and old delft tiles all add up to "country." But what you get adds up to all-out elegance.

Pierre Fonteyne's *cuisine is firmly* set on a foundation of classical tradition. In the kitchen, where just about everything comes from The Bruegel's garden or local farms, you will find pots of stocks, demi-glace, hollandaise and lobster bisque for many of his complex dishes. Along with these are dozens of preparations that are incredibly simple, plus Pierre's own touches that make the difference between good and superb. For instance, his court bouillon, used to poach seafood, goes beyond the usual combination of aromatic vegetables, bay leaves and thyme with the addition of fresh seaweed and a dash of cayenne pepper.

There is always whipped cream at hand to fold lightly into hollandaise and other sauces for an airy result. And his consommé, which I have included here, is a masterpiece of subtle and complex seasoning, with tomato paste, curry and generous amounts of herbs adding a special Fonteyne nuance, along with little "croutons" of foie gras and slivers of fresh ginger.

Lobster "Earth and Fire" comes from Pierre's classical repertoire. Lobster is poached in court bouillon and sauced with a combination of hollandaise and the reduced juice of blood oranges. It is a stunning dish. The dessert recipe bows to local farmhouse tradition. Poached pears are flavored with the sweet and pungent spices that have been a regional mainstay since the Middle Ages when nearby Brugge was northern Europe's spice center. The pears are then arranged in a flaky





ABOVE: Proprietors Eddie and Claudine Van Maele showcase some of their intriguing house specialties. RIGHT: The restaurant boasts a formidable wine cellar. OPPOSITE: An array of Van Maele signature desserts.


Eddie Van Maele

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tart crust, napped with lemon cream and glazed under the broiler.

Claude Dupont
Restaurant Claude Dupont

"No flour is used in my sauces, but here we still respect the classics and do things in the traditional way," says Claude Dupont, a man dedicated to maintaining the standards of fine cuisine. Stocky, masterful, looking more like a retired football player than a cook, Dupont at his stoves takes on all the grace of a dancer.

During lunch or dinner there is a constant blur of action. Pheasants, beef filets, lamb racks and more slide in and out of ovens, repeatedly basted and nurtured. All manner of fish are moved from pan, grill or steamer instantaneously to plates; sauces appear from pots that were not there a moment ago; and shiny aspic-topped terrines are conjured in what seems only moments. In the center of it all is Claude, knowing when just a few drops of wine will bring a sauce into ideal balance, sensing the need for only one more second of grilling for scallops, and seeing the exact moment the fillets of rabbit in pâté are done.

To dine at his Brussels restaurant is to savor classics lightened to modern tastes. Grilled scallops on a bed of parsley puree with beurre blanc is superb, as is pheasant roasted only with a basting of butter and herbs. One of his desserts, a Frozen Soufflé of Marzipan and Candied Fruit, proves that wonderful food can be done in a twinkling with absolutely sublime results.

Finesse and subtlety are two hallmarks of Claude's cuisine, and those elements are carried into the dining room. All is soft beige and blue, lighting is subdued and the silver glows. Madame Dupont has the uncanny knack of discerning after a few moments of conversation the exact dishes that will totally satisfy the mood of the moment. There is little in the way of trendiness and much to suggest that the days of leisurely dining, polished service and good taste are not over.

Eddie Van Maele
Restaurant Eddie Van Maele

About six years ago Eddie Van Maele almost quit the food business. He had invested all his savings in a small restaurant out in the Brussels suburbs, served up traditional dishes and everyone flocked to eat and enjoy. Suddenly Eddie stopped. "I couldn't go on doing the food I'd been trained to cook. It was killing me; it had nothing to do with what was important."

He gambled, with the fervent backing of his wife. The restaurant closed for several months, and every day Eddie cooked—but only for himself. He did the sorts of things few cooks had done, sometimes daring, sometimes stunning and sometimes just not working. Gradually his style evolved, not at all precious, but often unique in its presentation and concept.

Eddie is visual. He paints. Talk to him about a new dish and he immediately grabs a pad and starts sketching it. At times there are primary flavors, untampered with or tempered. At other times flavors melt into each other, forming happy marriages.

Behind all this is simplicity, but that word in cooking is misleading. It really means to be masterful—it is easy to combine 20 ingredients in a pot and make something edible. Work with only three elements and see how tricky it can be. This is Eddie's gift: His food is simple, beautiful and terrific.

One example is his salad of shrimp and curly endive. Eddie takes several ordinary elements and combines them with great success: Cream is lightly reduced with saffron, stock and lemon juice. After chilling it is pooled on salad plates, and a few drops of tomato puree are swirled into the cream. The salad of greens, fresh herbs and vinaigrette is mounded in the center and garnished with large shrimp. Similar concepts work in the Sauté of Veal with Fresh Figs, presented with wine-sautéed radishes and caramelized green onions as well as the figs, and a dessert of walnut pastry cups filled with sorbet, ice cream and oranges set in pepper-spiced orange syrup.

FROM ROGER SOUVEREYNS

INFUSION DE POISSON AU THYM
(Broth of Seafood Scented with Thyme)

Chicken and veal stock are used instead of fish fumet to lend fuller body to this innovative soup.

6 servings

- 1 small carrot, peeled and diced
- 1 small boiling potato, peeled and diced
- 1/3 cup frozen baby peas, room temperature
- 36 chervil or Italian parsley leaves
- 24 fresh tarragon leaves or 1/8 teaspoon dried, crumbled
- 1/8 teaspoon fresh thyme leaves or pinch of dried, crumbled
- 6 uncooked medium scallops, sliced into thin rounds, room temperature
- 6 uncooked medium shrimp, shelled, deveined and sliced into thin rounds, room temperature
- 1 uncooked 3-ounce fillet of trout, sole or sea bass, cut into thin, small bite-size pieces, room temperature
- Salt and freshly ground pepper
- 4 cups rich chicken stock
- 4 cups rich veal stock
- 2 tablespoons dry Sherry

Blanch carrot and potato separately in boiling water until crisp-tender, about 2 minutes. Drain. Refresh under cold water and drain again.

Divide vegetables, herbs, shellfish and fish among 6 soup bowls. Season with salt and pepper. Combine stocks and Sherry and bring to boil. Ladle into bowls. Serve immediately.

CARRE D'AGNEAU FARCI
(Stuffed Rack of Lamb)

The Cabbage with Cream and Stock makes a delicious accompaniment.

6 servings

Stuffing

- 3 1/2 tablespoons butter
- 1 3- to 4-ounce lamb kidney (fatty center removed), chopped
- 6 large shallots, minced
- 1/2 pound mushrooms, thinly sliced
- 2 teaspoons chopped fresh tarragon or 1/2 teaspoon dried, crumbled
- 4 canned Italian plum tomatoes, drained
- 3 tablespoons dry white wine
- 1 teaspoon tomato paste
- 1 small thyme sprig or pinch of dried, crumbled
- 1 bay leaf
- Pinch of allspice
- Salt and freshly ground pepper
- 1/2 slice white bread
- 3 tablespoons water
- 2 tablespoons freshly grated Parmesan cheese

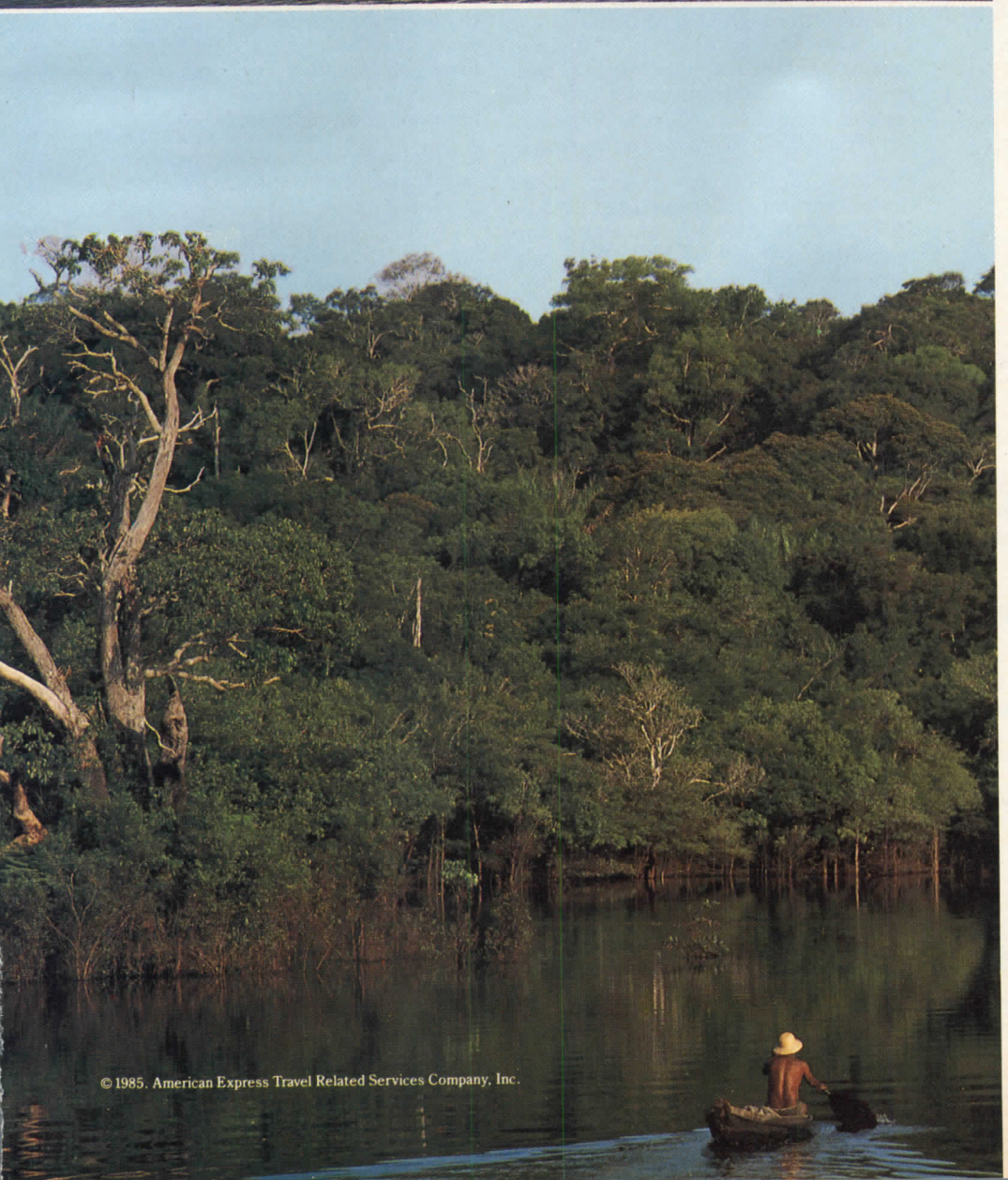
Lamb

- 3 large racks of lamb (6 ribs each), chine bones removed; do not trim off fat
- 4 tablespoons clarified butter
- 3 thyme sprigs or 1/2 teaspoon dried, crumbled
- Salt and freshly ground pepper
- Herbed Butter Sauce (see recipe)

For stuffing: Melt butter in heavy large skillet over medium-high heat. Add kidney and toss just until no pink remains, about 1 minute. Transfer to large bowl. Reduce heat to medium-low. Add shallots to same skillet and cook until softened, stirring occasionally, about 5 minutes. Increase heat to medium-high. Add mushrooms and tarragon and cook until softened, stirring frequently, about 5 minutes. Add tomatoes, wine, tomato paste, thyme,

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continued from page 110

bay leaf, allspice, salt and pepper and cook until thickened, stirring frequently, about 15 minutes. Add stuffing to kidney and cool completely.

Soak bread in water several seconds; squeeze dry. Spoon 1/3 of stuffing into another bowl. Stir in bread and Parmesan. Cover both and refrigerate.

For lamb: Using tip of sharp knife, make small incision in center of meaty part of each rack. Using a knife-sharpening steel or wooden spoon handle, hollow incision through to other side to form 1/2-inch opening. Fill each with cheese-flavored stuffing.

Preheat oven to 325°F. Pat lamb dry. Heat butter in heavy large skillet over medium heat. Add lamb, sprinkle with thyme, salt and pepper and brown lightly on all sides. Transfer to oven and roast until instant-reading thermometer registers 130°F for rare, about 20 minutes. Meanwhile, transfer remaining stuffing to baking dish and bake until heated through.

Trim fat from lamb. Separate chops. Arrange 3 chops on each plate. Mound stuffing to side. Spoon some of sauce over. Pass remaining sauce separately.

HERBED BUTTER SAUCE

6 servings

2 tablespoons clarified butter
1 medium onion, sliced
1 medium carrot, thinly sliced
1 small leek (white part only), thinly sliced
3 tablespoons snipped fresh chives or minced green onion tops
2 tablespoons chopped fresh mint or 2 teaspoons dried, crumbled
1 tablespoon chopped fresh lemon balm or 1 teaspoon dried, crumbled
1 tablespoon chopped fresh basil leaves or 1 teaspoon dried, crumbled
1 tablespoon chopped fresh tarragon leaves or 1 teaspoon dried, crumbled
1/2 teaspoon chopped fresh dill or pinch of dried, crumbled
4 thyme sprigs or 1/2 teaspoon dried, crumbled
3 cups veal stock, boiled until reduced to 1 1/2 cups
2 cups chicken stock, boiled until reduced to 1 cup
1 teaspoon cracked black pepper
1/4 cup (1/2 stick) butter, room temperature, cut into 4 pieces
Salt and freshly ground pepper

Heat clarified butter in heavy large saucepan over medium heat. Add onion, carrot and leek and cook until browned, stirring frequently, about 20 minutes. Stir in herbs, stock and cracked pepper and simmer until reduced by half. Strain through fine sieve into another saucepan. Degrease. *(Can be prepared 1 day ahead. Cool completely, cover and refrigerate.)* Return sauce to gentle simmer. Whisk in butter 1 piece at a time. Season with salt and pepper. Serve immediately.

CHOU FONDANT
(Cabbage with Cream and Stock)

6 servings

1/2 small green cabbage
1/3 cup whipping cream
1 1/2 cups chicken stock, boiled until reduced to 1/2 cup
Pinch of freshly grated nutmeg
Salt and freshly ground pepper

Core cabbage. Separate leaves. Cut each leaf in half vertically, removing ribs. Pile leaf halves. Cut leaves on angles to form rough 1 1/2- to 2-inch triangles; you should have 7 to 8 cups. Steam or boil cabbage until crisp-tender; drain. Refresh under cold water and drain again. *(Can be prepared 1 day ahead. Cool. Wrap and refrigerate.)*

Simmer cream in heavy large nonaluminum skillet until reduced by 2/3. Stir in stock and nutmeg and simmer until reduced by half. Add cabbage, salt and pepper and serve.

GATEAU DE CREME AU CHOCOLAT
(Chocolate Cream Cake)

6 to 8 servings

Custard

1 cup half and half
1 vanilla bean, split
2 eggs, room temperature
2 1/2 tablespoons sugar
1/2 cup orgeat syrup*

Cake

2 eggs, room temperature
1/2 cup sugar
1/2 teaspoon vanilla
1/2 cup sifted cake flour
1/4 teaspoon baking powder
Pinch of salt

Chocolate Cream

4 tablespoons Irish whiskey
9 ounces bittersweet or semisweet chocolate, coarsely chopped
3 tablespoons milk
1 cup well-chilled whipping cream
3 tablespoons sugar
1/4 cup chopped pistachio nuts

For custard: Scald half and half with vanilla bean in saucepan. Cool slightly.

Beat eggs and sugar until pale and thick. Gradually whisk in half and half. Return to saucepan and stir over medium-low heat until mixture thickens enough to leave path when finger is drawn across spoon, about 10 minutes; do not boil. Strain into bowl. Cool to room temperature. Stir in orgeat syrup. Refrigerate until ready to use. *(Can be prepared 2 days ahead.)*

For cake: Preheat oven to 400°F. Grease jelly roll pan. Line with waxed paper; grease and flour paper. Using electric mixer, beat eggs, sugar and vanilla until tripled in volume, about 10 minutes. Sift dry ingredients into egg mixture and fold gently. Spread batter evenly in prepared pan. Bake until tester inserted in center comes out clean and cake shrinks in from sides slightly, about 8 minutes. Invert cake onto towel; remove pan. Cool cake completely. *(Can be prepared 1 day ahead. Wrap; store at room temperature.)*

Remove waxed paper from bottom of cake. Trim cake edges. Cut cake into 2 long pieces to fit 8 3/4x3 1/4x3-inch loaf pan. Line bottom of pan with 1 piece. Set remaining piece aside.

For cream: Boil whiskey in heavy small saucepan until reduced by half. Remove from heat. Stir in 1/4 of chocolate and all of milk. Add remaining chocolate and stir until melted and smooth, placing pan over low heat if necessary. Cool to room temperature, stirring mixture once or twice.

Beat cream with sugar in large bowl until soft peaks form. Gently but thoroughly fold in chocolate mixture. Spoon chocolate cream into cake-lined pan, spreading evenly. Top with second piece of cake, pressing gently. Chill at least 8 and up to 24 hours.

To serve, invert cake onto platter. Using moistened carving knife, cut into thin slices. Cover plates with custard. Top with cake. Sprinkle with nuts.

**Also known as almond milk and sirop d'orgeat. Available at specialty foods stores and many liquor stores.*

FROM PIERRE FONTEYNE

CONSOMME AU GINGEMBRE ET RAMEQUINS D'ENDIVE ET FOIE DE CANARD
(Ginger Consommé with Belgian Endive and Duck Liver Ramekins)

4 servings

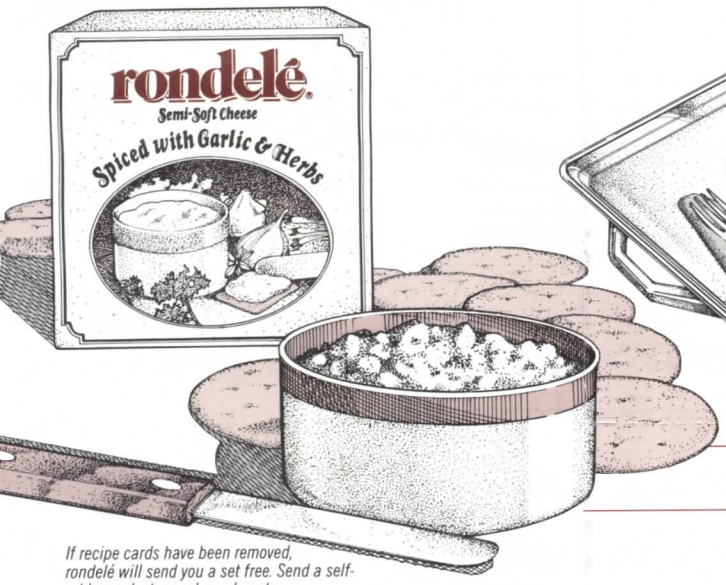
Consommé

8 egg whites, room temperature

recipe continued on page 114

Try rondelé à la card.

For a meal that's always the specialty of the house, add rich, creamy rondelé to the menu. Give an omelette or a baked potato a little savoir faire. Or try these other sumptuous and simple recipes. Magnifique!

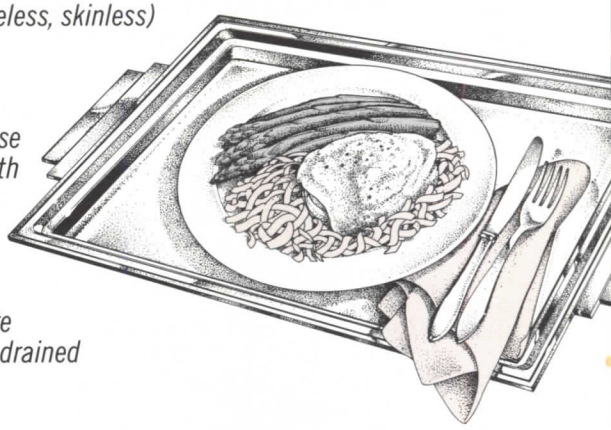


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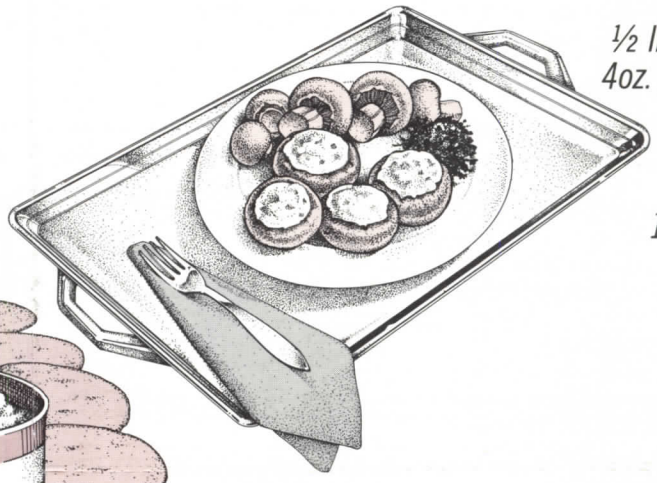
chicken cordon rondelé



4 chicken breasts (boneless, skinless)
6 tbsp. vegetable oil
½ cup flour
2 eggs
6 tbsp. parmesan cheese
4 oz. rondelé Spiced with Garlic & Herb
¼ lb. butter
2 scallions, minced
1 clove garlic, minced
Salt and pepper to taste
12 oz. cooked noodles, drained

Continued on back side

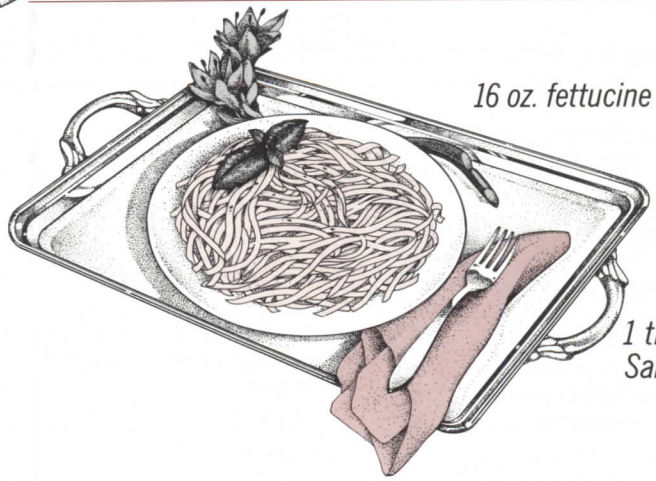
rondelé mushroom hors d'oeuvre



½ lb. fresh mushrooms
4oz. pkg. rondelé Spiced with Garlic & Herb
¼ cup fresh crab meat
1 tbsp. fresh parsley
2 tbsp. dry sherry

Continued on back side

fettucine rondelé



16 oz. fettucine (cooked and drained)
3 tbsp. butter
3 tbsp. flour
2 cups hot water
1½ cups hot milk
4 oz. rondelé Spiced with Garlic & Herb
1 tbsp. parsley, chopped
Salt and pepper to taste

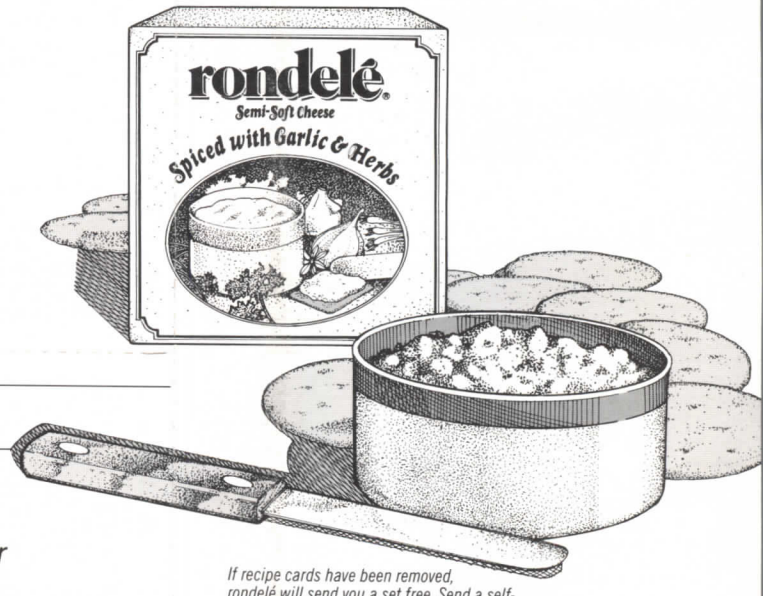
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Try rondelé à la card.

Pound chicken breasts to ¼" thickness. Place 2 tbsp. rondelé cheese in center of breast and roll. Dredge with flour. Mix eggs with parmesan cheese to make a batter. Dip flour-coated chicken in cheese and egg mixture. Heat vegetable oil in skillet and sauté chicken at medium heat until golden brown. Place chicken breasts in a baking dish over buttered noodles. Melt butter in skillet after draining vegetable oil. Add garlic and scallions. Mix and pour over chicken breasts and noodles. Bake 30 minutes at 375°.

For a meal that's always the specialty of the house, add rich, creamy rondelé to the menu. Give an omelette or a baked potato a little savoir faire. Or try these other sumptuous and simple recipes. Magnifique!

Wash carefully and remove stems from mushrooms. Combine remaining ingredients in small mixing bowl. Fill mushroom caps with stuffing mixture. Broil until tops are browned, 5-8 minutes.



Melt butter in pan over medium heat. Add flour gradually. Stir and cook for 2 minutes. Add hot water gradually, stirring with a whisk. Add hot milk and stir again. Season with salt and pepper. Reduce heat. Add cheese and blend. Place cooked fettucine in pan with sauce. Toss lightly until pasta is coated. Sprinkle with parsley and serve.

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continued from page 112

9 cups rich veal stock, heated
12 ounces very lean ground beef
1/4 cup tomato paste
2 small leeks (white part only), minced
1 small onion, minced
1 small carrot, peeled and minced
1 small celery stalk with leaves, minced
1/2 teaspoon freshly ground pepper
1/4 teaspoon curry powder
1/8 teaspoon dried thyme, crumbled
Pinch of cayenne pepper
2 bay leaves, crumbled
1 small garlic clove, peeled and halved

Ramekins

2 teaspoons butter
1 head Belgian endive
1/8 teaspoon fresh lemon juice
Pinch of sugar
Salt and freshly ground pepper
1/2 cup water

3 ounces well-chilled fresh duck liver, trimmed
3 tablespoons medium-dry Sherry

2 tablespoons whipping cream, whipped to stiff peaks and chilled

12 paper-thin slices peeled fresh ginger

For consommé: Beat whites in heavy 5-quart nonaluminum saucepan until frothy. Mix in remaining ingredients and bring to simmer over medium heat, stirring frequently to prevent whites from sticking. Reduce heat to lowest setting and cook until egg white mixture solidifies on surface and has absorbed all particles clouding broth, about 2 hours, adjusting heat so broth shakes but never simmers; *do not stir.*

Using ladle, gently part egg white mixture; liquid underneath should be clear. Gently ladle consommé through cheesecloth-lined sieve into bowl; do not press on solids in cheesecloth and do not disturb egg white mixture. If any particles clog cheesecloth, remove them and continue ladling. *(Can be prepared 4 days ahead. Cool completely, cover tightly and refrigerate.)*

For ramekins: Melt butter in heavy small skillet over medium heat. Add endive and sear lightly on all sides. Add lemon juice, sugar, salt and pepper. Add water and bring to simmer. Cover and cook until endive is tender when center is pierced with knife and most of liquid has evaporated, turning occasionally, about 15 minutes. Remove from pan. Cool to room temperature. *(Can be prepared 1 day ahead.)*

Thinly slice endive. Spoon 2 to 3 teaspoons into each of four 1/4-cup ramekins; there may be leftover endive. Cut off 4 thin slices of liver to fit ramekins. Cut remaining liver into about twenty 3/8-inch cubes. Arrange liver slices on plate. Sprinkle with salt, pepper and half of Sherry. Arrange liver cubes on another plate. Sprinkle with salt, pepper and remaining Sherry.

Bring consommé to simmer. Preheat broiler. Pat liver slices dry. Set 1 in each ramekin. Top with whipped cream. Season with salt and pepper. Arrange on baking sheet. Broil as close to heat source as possible until cream turns deep brown, 1 to 2 minutes.

Meanwhile, divide liver cubes and ginger among 4 small bowls. Ladle consommé into bowls. Set on plates. Serve immediately with liver ramekins.

LE HOMARD "TERRE ET FEU" (Lobster "Earth and Fire")

White lobster meat arranged on bright green broccoli and surrounded by a vermilion-colored sauce makes for a dynamic visual display.

4 servings

Lobster Court Bouillon

3 1/2 cups water
1/2 cup dry white wine
1 tablespoon fresh lemon juice
1/2 carrot, chopped
3 shallots, chopped
1 bay leaf
1 thyme sprig

Curried Orange Hollandaise

3 egg yolks, room temperature
1 tablespoon water
1 cup (2 sticks) unsalted butter, clarified

1 cup blood orange juice*
Generous pinch of curry powder

Salt and freshly ground pepper

4 large unshelled lobster tails

1 tablespoon butter
8 large broccoli stalks, peeled, trimmed and steamed to crisp-tender

For court bouillon: Combine all ingredients in large saucepan and bring to boil. Reduce heat, cover partially and simmer for 30 minutes.

For hollandaise: Whisk yolks and water in heavy small nonaluminum saucepan over low heat until double in volume. Remove from heat. Whisk in butter a drop at a time, adding butter faster as sauce starts to thicken. Set in tepid water bath until ready to use.

Boil orange juice in another heavy small saucepan until reduced to 1/2 cup. Add curry powder and boil until reduced to 1/4 cup. Cool slightly.

Whisk juice into yolk mixture in thin stream. Season sauce with salt and pepper. Keep sauce warm in water bath.

Run wooden skewers through centers of lobster tails to prevent curling during cooking. Add to simmering court bouillon and poach until shells are just bright red, about 8 minutes.

Meanwhile, melt 1 tablespoon butter in heavy skillet over medium-low heat. Add broccoli and heat through.

Drain lobster. Cut off shells and remove skewers. Trim lobster meat. Slice diagonally into medallions. Arrange 2 broccoli stalks in center of heated dinner plate. Spoon some of sauce around broccoli. Fan lobster slices over broccoli. Spoon some of sauce down center of lobster. Pass remaining sauce.

**Juice from sweet-tart oranges whose centers are bright red. If unavailable, 3/4 cup fresh orange juice plus 1/4 cup fresh lemon juice can be substituted. Before reducing for hollandaise, heat 1 teaspoon sugar in small saucepan until caramelized but not burned, then add juice mixture.*

TARTE CARAMELIZEE DE POIRES ET CREME DE CITRON (Caramelized Pear and Lemon Cream Tart)

6 servings

Pears

3 cups water
1/3 cup sugar
1/3 cup firmly packed light brown sugar
1 teaspoon whole coriander seed, crushed
1/4 teaspoon whole black peppercorns, crushed
1/4 teaspoon whole white peppercorns, crushed
1/4 teaspoon cinnamon
4 whole cloves
Pinch of freshly grated nutmeg
2 slightly underripe pears, peeled, halved and cored

Crust

8 ounces well-chilled puff pastry, preferably homemade

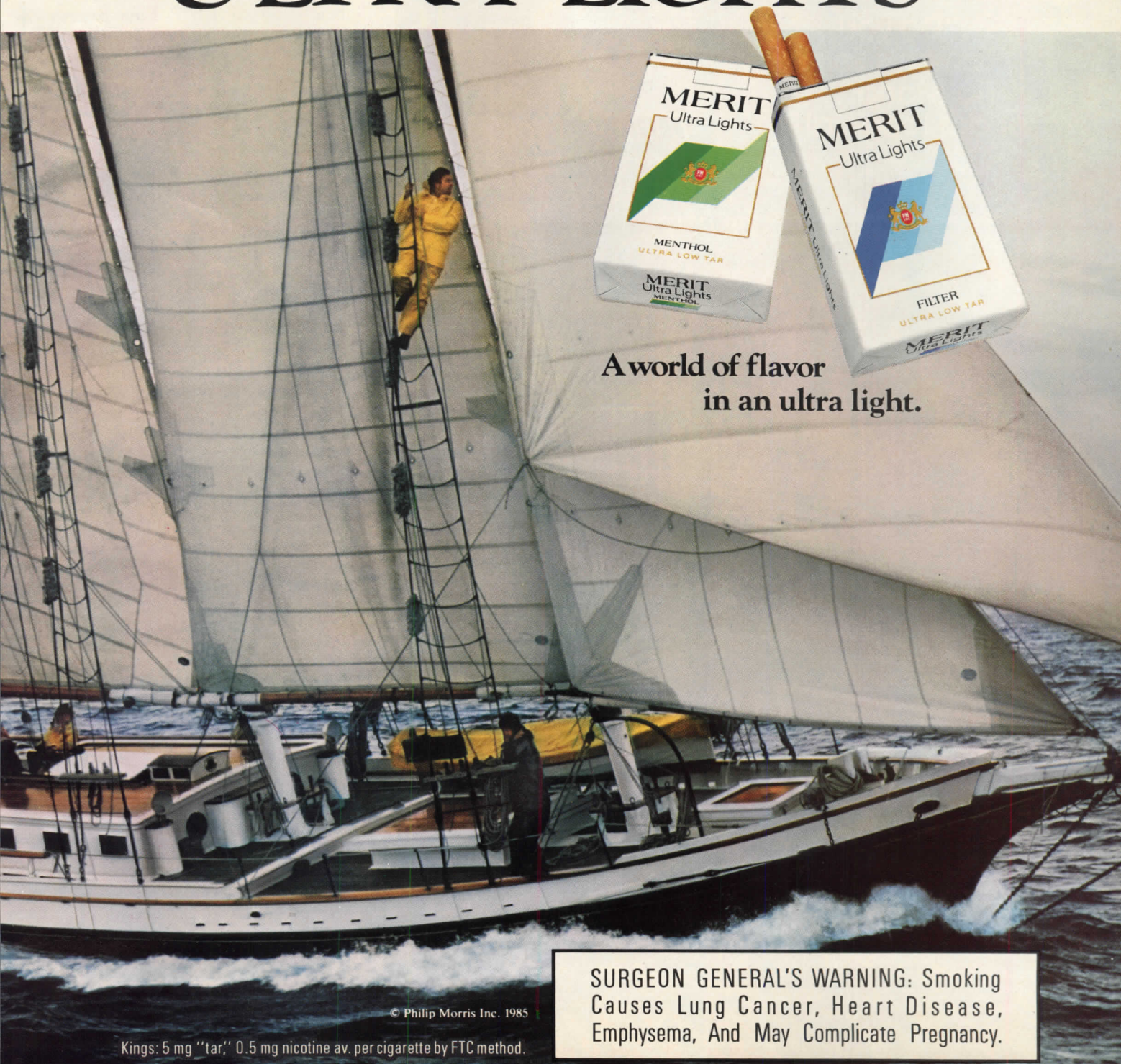
Lemon Cream

4 egg yolks, room temperature
1/2 cup sugar
7 tablespoons fresh lemon juice
1 teaspoon grated lemon peel, boiled 5 minutes and drained
6 tablespoons (3/4 stick) butter

3 to 4 tablespoons firmly packed light brown sugar

For pears: Cook all ingredients except pears in heavy large saucepan over low heat until sugar dissolves, swirling pan occasionally. Bring to boil. Reduce

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THE WORLD'S FINEST COFFEE LIQUEUR

Tia Maria

RESTAURANTS

continued from page 114

heat and simmer 5 minutes. Add pears and simmer until just tender, about 10 minutes (time will vary depending on ripeness of pears). Cool completely in liquid. *(Can be prepared 1 day ahead and refrigerated in cooking liquid.)*

For crust: Butter 9-inch tart pan with removable bottom. Roll out puff pastry on lightly floured surface into 11-inch circle about 1/8 to 1/16 inch thick. Fit into pan; trim edges. Pierce with fork. Freeze pastry for 1 hour.

Preheat oven to 425°F. Line pastry with parchment paper or foil; fill with pie weights or dried beans. Bake until pastry is set and edges are beginning to color, about 15 minutes. Remove paper and weights. Pierce crust again. Continue baking until golden brown, 5 to 8 minutes. Cool completely.

For cream: Using electric mixer, beat yolks and sugar until slowly dissolving ribbon forms when beaters are lifted. Beat in lemon juice. Transfer to heavy medium saucepan and whisk over medium heat until mixture is thick and beginning to firm, 8 to 10 minutes; do not boil. Turn mixture into bowl. Stir in lemon peel. Cool to lukewarm. Whisk in butter 1 tablespoon at a time.

To assemble: Preheat broiler. Drain pears; pat dry. Cut each pear half lengthwise into 4 slices. Spread thin layer of cream on crust. Arrange pears in sunburst pattern on cream. Spoon remaining cream over pears. Sprinkle with brown sugar. Set tart on baking sheet. Broil 6 inches from heat source until sugar is caramelized, 3 to 4 minutes, watching carefully. Cool completely. Chill before serving. *(Tart can be prepared 1 day ahead.)*

FROM CLAUDE DUPONT

TERRINE DE SAUMON, CERFEUIL, POIVRONS DOUX ET GRAINS DE POIVRES EN GELEE (Terrine of Salmon, Chervil, Bell Pepper and Peppercorns in Aspic)

Prepare this unusual and colorful loaf one day ahead for maximum flavor.

8 servings

Terrine

- 1 pound boned salmon fillets, cut across grain into 2x3/4-inch pieces
- 1 cup dry white wine
- 1 cup fish stock
- 2 shallots, sliced
- 3 parsley stems
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground white pepper

1 tablespoon plus 2 teaspoons unflavored gelatin

4 cups loosely packed fresh chervil leaves, finely chopped*
1 cup snipped fresh chives or green onion tops
3 tablespoons minced fresh parsley
3 tablespoons vinegar-packed green peppercorns, drained
1 tablespoon minced fresh tarragon
3 eggs, boiled 10 minutes, cooled and shelled
5 medium lemons, peeled
1/2 large red bell pepper, finely diced
1/2 large green bell pepper, finely diced

Sauce

4 ounces cream cheese, room temperature
7 1/2 tablespoons whipping cream
4 1/2 tablespoons plain yogurt
4 to 6 tablespoons water
1 teaspoon fresh lemon juice
6 tablespoons snipped fresh chives or green onion tops
2 teaspoons fresh tarragon leaves

3 large tomatoes, peeled, pulp and juice discarded, shells diced

For terrine: Combine salmon, wine, stock, shallots, parsley, salt and pepper in heavy medium skillet. Let marinate at room temperature 1 hour.

Rinse 5- to 6-cup long narrow loaf pan or terrine mold under cold water. Freeze mold for 20 minutes.

Place gelatin in bowl. Set salmon mixture over medium-high heat and bring to simmer. Immediately remove from heat. Using slotted spatula, transfer salmon to plate. Pour marinade over gelatin through sieve lined with double thickness of cheesecloth. Set bowl in pan of simmering water and stir until gelatin dissolves. Let mixture cool to consistency of olive oil; do not allow to set. Season with salt and pepper.

Cover bottom of prepared mold with 1/4-inch-thick layer of gelatin mixture. Chill until aspic is firm, 10 minutes.

Meanwhile, mix chervil, chives, parsley, peppercorns and tarragon in bowl. Separate egg whites and yolks. Chop each. Divide lemons into sections; dice. Combine bell peppers.

Spoon half of chervil mixture over aspic. Sprinkle with half of egg whites, then half of lemon peel, then half of egg yolks. Season with salt and pepper. Cover with half of bell peppers. Arrange half of salmon strips lengthwise over peppers. Pour in enough of remaining aspic to barely cover ingredients. Refrigerate until firm, about 30 minutes. Repeat layering with remaining ingredients. Cover with plastic. Chill at least 12 and up to 24 hours.

For sauce: Puree cream cheese, cream and yogurt in blender or food processor. Mix in enough water to obtain consistency of light cream. Blend in lemon juice. Add chives and tarragon and chop finely. Season with salt and pepper. *(Can be prepared 1 day ahead.)*

Dip bottom of mold briefly in hot water. Unmold terrine onto cutting surface. Slice thinly using thin sharp knife and metal spatula for support. Spread several tablespoons sauce on chilled salad plate. Top each with terrine slice. Garnish with diced tomato shells.

**If unavailable, a combination of watercress, Italian parsley, parsley and Boston lettuce can be substituted.*

BOUDIN DE PATE DE LAPEREAU FARCI A LA KRIEK-LAMBIC
(Stuffed Rabbit Sausages with Kriek-Lambic Beer Sauce)

Kriek-Lambic is made in the Brussels area. This spontaneously fermented beer is steeped in tart cherries and aged for two to three years.

8 servings

Rabbit

2 3-pound rabbits

recipe continued on page 118

Every woman can use a new wild secret.

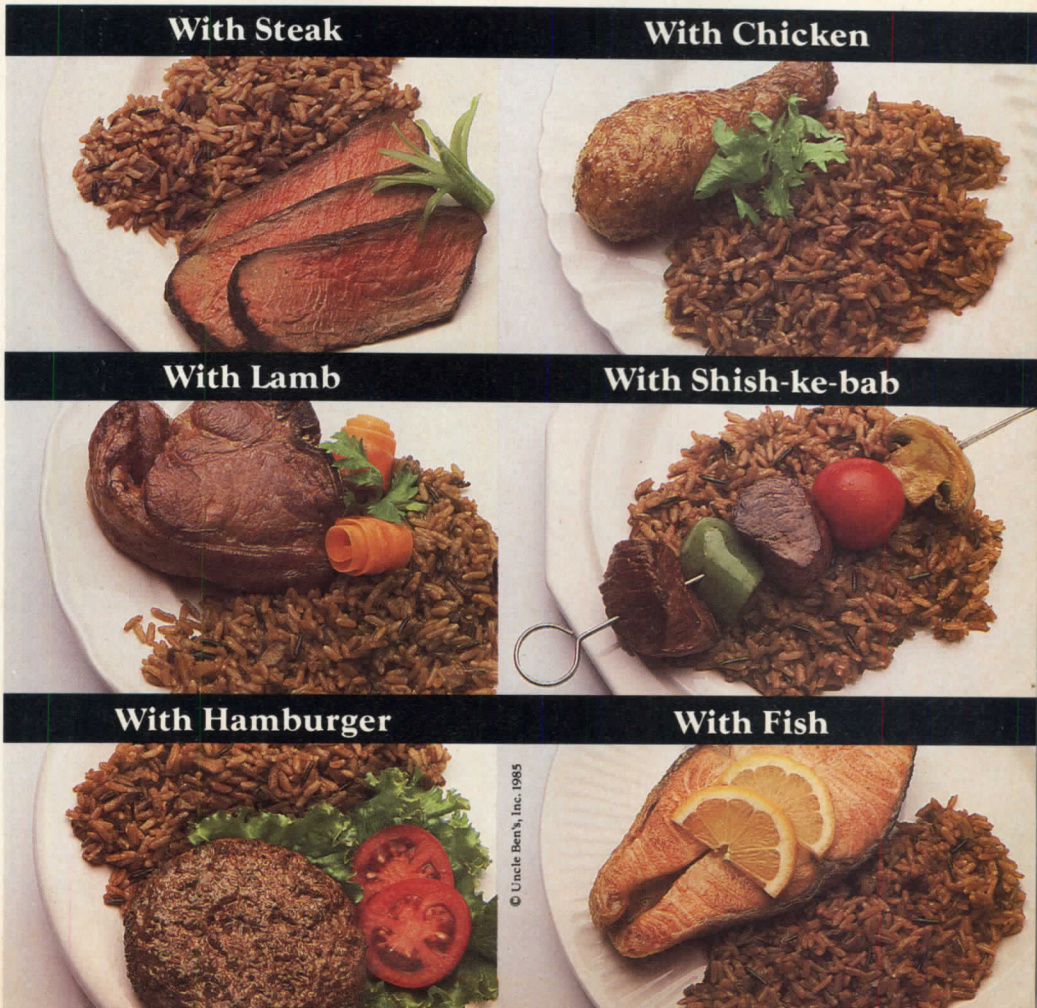
And her new wild secret should be Uncle Ben's® Brown & Wild Rice. A unique blend of the finest rices mixed in with delicious herbs and seasonings.

What's more, now our Brown & Wild cooks up in just 25 minutes, creating a savory taste sensation that's a new secret to making any meal more special.

So go a little wild. Try all three Uncle Ben's Wild Rice specialties and share the wild secret of great cooks.



Uncle Ben's®
Brown & Wild Rice



- 2 medium onions, coarsely chopped
- 1 medium carrot, coarsely chopped
- 2 thyme sprigs or 1/4 teaspoon dried, crumbled
- 2 bay leaves, crumbled
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 4 cups Kriek-Lambic beer*

Sauce

- 1/4 cup clarified butter
- 1 medium onion, minced
- 1 medium carrot, minced
- 2 cups Kriek-Lambic beer
- 1 large bay leaf, crumbled
- 1 thyme sprig or 1/8 teaspoon dried, crumbled
- 2 cups rich veal stock
- 2 cups whipping cream

Sausages

- 1 1/4 pounds lean salt pork, chopped and blanched 6 minutes, or bacon
- 4 egg whites, room temperature
- Salt and freshly ground pepper
- 2 12-inch squares of pork fatback
- 6 tablespoons (3/4 stick) butter

For rabbit: Remove long loin piece on each side of backbone by cutting between bone and meat with sharp knife. Set aside. Cut off remaining meat from bones. Reserve all bones. Place rabbit meat in large bowl. Add next 7 ingredients. Marinate in refrigerator at least 8 and up to 12 hours.

For sauce: Coarsely chop reserved bones. Heat butter in heavy large saucepan over medium heat. Add bones, onion and carrot and brown well, stirring frequently. Stir in beer, bay leaf and thyme, scraping up browned bits. Bring to simmer. Continue simmering until liquid is reduced to 1/2 cup. Add stock, cover partially and simmer gently until reduced to 1 1/4 cups, skimming fat from surface. Add cream and simmer until reduced to 2 1/4 cups. Strain sauce, pressing on solids to extract as much liquid as possible. *(Can be prepared 1 day ahead. Cool, cover and refrigerate.)*

For sausages: Puree salt pork in processor to paste. Work through medium sieve or puree through food mill fitted with medium blade. Place in bowl. Remove rabbit meat from marinade, reserving marinade. Pat meat dry. Set aside loin strips. Puree remaining meat in processor (in batches if necessary). Work through large sieve or puree through food mill fitted with medium blade. Add to salt pork. Beat in egg whites. Season with salt and pepper. Fry tablespoonful of mixture. Taste; adjust seasoning of uncooked portion. Using mallet, pound fatback as thinly as possible between sheets of waxed paper. Set one sheet of fatback on work surface. Form 1/6 of puree into 9x3-inch mound on lower third of sheet. Top with one loin strip. Cover with 1/6 of puree. Top with loin strip. Cover with another 1/6 of puree, enclosing loin strips completely. Roll sheet up into cylinder, tucking in edges to seal. Tie at 1-inch intervals with kitchen twine. Repeat with remaining fatback, puree and loin strips.

Preheat oven to 375°F. Melt 2 tablespoons butter in roasting pan over medium heat. Add sausages and brown lightly on all sides. Pour off fat from pan. Roast sausages 20 minutes.

Meanwhile, strain marinade into saucepan and boil until reduced by 3/4. Add marinade to sauce.

Pour off fat from pan. Baste sausages with 1/4 cup sauce. Continue roasting until thermometer registers 155°F when inserted in center of sausages, basting occasionally, about 25 minutes.

Degrease juices in pan; add to sauce. Bring sauce to simmer. Whisk in remaining butter 1 tablespoon at a time.

Transfer sausages to cutting surface. Remove strings. Unwrap fatback. Cut sausages into 1/4- to 1/2-inch slices. Arrange on platter. Spoon some of sauce over. Pass remaining sauce separately.

**If unavailable, any full-bodied Belgian or Dutch pilsner-style beer can be substituted.*



NOUGAT GLACE
(Frozen Soufflé of Marzipan and Candied Fruit)

Garnish this tempting iced soufflé with any fresh seasonal fruit.

8 servings

Nougat

- 2 ounces almond paste
- 11 tablespoons whipping cream
- 4 egg whites, room temperature
- 3 tablespoons sugar
- 2 ounces mixed candied fruits, finely chopped

Raspberry Puree

- 1 12-ounce bag unsweetened frozen raspberries, thawed
- Sugar
- 2 kiwis, peeled and thinly sliced
- 6 large strawberries, quartered
- 2 navel oranges, peeled and sectioned
- 12 large seedless grapes, halved

For nougat: Lightly oil eight 1/2-cup ramekins. Mash almond paste with 3 tablespoons cream until smooth. Beat remaining cream to stiff peaks. Refrigerate. Using electric mixer, beat whites

To reach Unjha, one must be willing to brave the 125 degree heat of the Great Indian Desert. That's why Unjha's only visitors are nomads and our spice buyers.



When the wind blows in Unjha, it's as if someone fanned a raging fire. The sky disappears behind a swirling mass of sand. And, in places, the land actually cracks from the searing heat.



Some find it merely oppressive. Others, hell on earth. In spite of the heat and blinding dust, here is where you'll find some of the most flavorful spices known to man. 2,000 years ago, camel caravans traveled whole countries for the cumin, dill and fennel seed this otherwise barren land produced. The trip took months, but those who made it found spices so rich, so full that to own them was as good as owning the world.

Not much has changed since then. Today, Unjha still produces spices so superior that to select them, a few are willing to travel the globe. Those few are the spice buyers from McCormick/Schilling.

Unlike the others, we don't simply call some middleman and place our order, sight unseen. We go where the most flavorful spices are grown. Then we pick the very best of those spices.

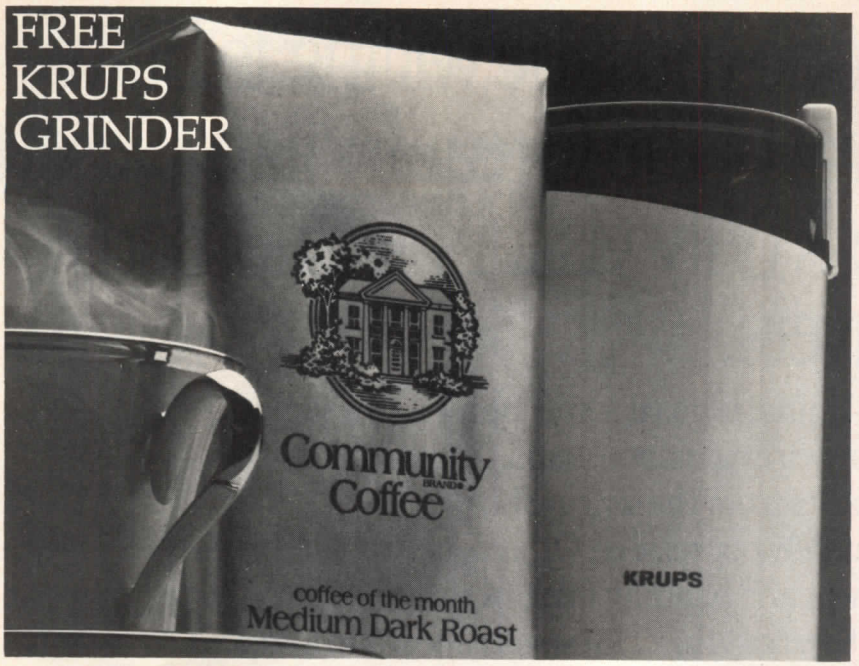


The fact is, our gourmet spices actually make your meals taste richer, make the flavor fuller. That's why we go to the ends of the earth for them.



McCormick®/Schilling® Gourmet. Quite simply, the best spices on earth.

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Community Kitchens®

continued from page 118

until soft peaks form. Gradually add sugar and beat until stiff but not dry. Stir almond paste mixture and candied fruit into whipped cream. Gently fold mixture into whites. Spoon into molds, smoothing tops. Cover with plastic wrap and freeze until firm. *(Can be prepared 1 week ahead.)*

For puree: Puree raspberries in processor or blender. Add sugar to taste. Strain through fine sieve. Cover and refrigerate until ready to use. *(Can be prepared 2 days ahead.)*

Cover dessert plate with thin layer of raspberry puree. Dip bottom of ramekin briefly in hot water. Unmold nougat onto center of puree. Arrange kiwi slices at top of plate. Set cluster of strawberry quarters at bottom. Fan orange segments on one side of plate and grapes on other. Serve immediately.

FROM EDDIE VAN MAELE

SALADE CHAUDE ET FROIDE DE CREVETTES ET FRISEE (Warm and Chilled Salad of Shrimp and Curly Endive)

A simple yet sophisticated appetizer.

4 servings

- 1½ cups whipping cream
- Pinch of saffron powder
- ¼ cup rich fish or chicken stock
- 6 teaspoons fresh lemon juice
- Salt and freshly ground white pepper
- 2 tablespoons tomato puree
- 1½ ounces curly endive, torn into bite-size pieces (1½ cups)
- 1½ ounces oak or red leaf lettuce, torn into bite-size pieces (1½ cups)
- 12 French green beans (haricots verts),* steamed to crisp-tender and cut into 1-inch pieces
- 1 large tomato, peeled, pulp and juice discarded, shell diced
- 10 chervil or Italian parsley sprigs
- 10 cilantro leaves
- 1 tablespoon raspberry vinegar
- 5 tablespoons olive oil
- 12 uncooked jumbo shrimp, shelled and deveined
- 20 fresh chives

Simmer cream and saffron in heavy small saucepan until reduced by ⅔, about 25 minutes. Remove from heat. Add stock and 2 teaspoons lemon juice. Season with salt and pepper. Cool. Refrigerate sauce overnight.

Cover each of 4 large plates with thin layer of sauce. Spoon ½ teaspoon tomato puree in each corner of each

plate about 1/2 inch in from edge of sauce. Using fork tines, swirl puree into sauce to form marbleized pattern.

Mix endive, lettuce, green beans, tomato, chervil and cilantro in large bowl. Sprinkle with vinegar and 2 teaspoons lemon juice. Add olive oil and toss well. Season with salt and pepper.

Season shrimp with salt and pepper. Sprinkle with remaining 2 teaspoons lemon juice. Steam shrimp until firm, about 3 minutes; do not overcook. Mound salad in center of each plate. Lean 3 shrimp against salad. Place 2 to 3 chives across salad. Snip remaining chives into 1-inch lengths. Arrange in crisscross pattern over sauce.

**Available at specialty produce markets.*

SAUTE DE VEAU AUX FIGUES FRAICHES (Sauté of Veal with Figs)

Serve with the Potato Galettes for a hearty yet elegant entrée.

4 servings

24 radish roses
2 teaspoons butter
9 1/2 tablespoons dry white wine
Salt and freshly ground pepper

24 green onions, trimmed and cut decoratively
11 tablespoons butter
2 tablespoons water
1/2 teaspoon sugar

1 1/2 cups rich brown veal stock
1 whole canned tomato, seeded

1 1 3/4-pound boneless veal rib eye
3 thyme sprigs or 1/4 teaspoon dried, crumbled

4 large ripe figs,* peeled and quartered

2 teaspoons honey
1 tablespoon raspberry vinegar

Combine radishes, 2 teaspoons butter and 5 1/2 tablespoons wine in heavy medium saucepan and bring to boil. Reduce heat and simmer until almost all liquid has evaporated, about 15 minutes. Season with salt and pepper. *(Can be prepared 2 hours ahead.)*

Combine green onions, 2 tablespoons butter, water and sugar in heavy medium saucepan over medium heat and bring to boil. Reduce heat and simmer until almost all liquid has evaporated, turning occasionally, about 3 minutes. *(Can be prepared 2 hours ahead.)*

Simmer stock with tomato in heavy medium saucepan until liquid is reduced to 1/3 cup. Strain, pressing on tomato to extract liquid.

Preheat oven to 300°F. Pat veal dry. Melt 3 tablespoons butter in heavy



Tips and recipes for:

Holiday Gravy and Sauces



■ Corn Starch makes smooth, lump-free gravies and sauces with a light, non-pasty taste.

■ To substitute Corn Starch for flour, use half as much Corn Starch.

■ For gravies, use 1 Tbsp fat and 1 Tbsp Corn Starch for each cup of liquid.

■ To enhance gravy flavor, use part wine, fruit juice or cream.

HERB TURKEY GRAVY

In **¼ cup turkey fat drippings** in roasting pan, sauté **1 cup chopped onion** and **1 cup sliced mushrooms** 5 min. Stir in **3½ cups turkey or chicken broth, 1 Tbsp chopped parsley, ¼ tsp salt** and **¼ tsp dried thyme leaves.** Remove from heat. Mix **¼ cup ARGO® or KINGSFORD'S® Corn Starch** and **½ cup cool broth** until smooth; stir into pan. Stirring constantly, bring to boil over medium heat and boil 1 min. Makes 4½ cups.

CRANBERRY-ORANGE SAUCE

In saucepan, mix **3 cups cranberries, 1 tsp grated orange rind, 1 cup orange juice** and **¾ cup sugar.** Bring to boil; reduce heat and simmer 5 min. or until cranberry skins pop. Mix **2 Tbsp ARGO® or KINGSFORD'S® Corn Starch** and **2 Tbsp water.** Stir into cranberries. Stirring constantly, bring to boil over medium heat and boil 1 min. Stir in **1 cup orange sections, halved.** Chill. Makes 4 cups.

For more Corn Starch recipes write to:
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Best Foods, CPC International Inc. 1985



RESTAURANTS

continued from page 121

large skillet over medium heat. Add veal and thyme and brown very slowly on all sides, about 10 minutes.

Transfer veal to ovenproof platter. Do not wash skillet. Arrange figs, radishes and onions on platter; dot figs with 2 tablespoons butter. Roast until meat cooks through, about 15 minutes.

Pour off all but thin glaze of fat from skillet. Set over medium heat. Stir in honey and cook until caramelized, about 2 minutes; do not burn. Stir in vinegar and cook until reduced to glaze. Add remaining 4 tablespoons white wine and cook until reduced to glaze. Stir in strained stock and bring to simmer. Remove from heat. Whisk in remaining 4 tablespoons butter. Season with salt and pepper. Cover each of 4 plates with thin layer of sauce. Cut veal into 1- to 1½-inch-thick slices. Arrange slices in center of plates. Set 3 green onions on each side. Alternate radishes and figs around veal.

**If unavailable, canned kadota figs or poached pears can be substituted.*

GALETTES DE POMME DE TERRE (Potato Galettes)

A twist on the classic Pommes Anna.

Makes 4

- **2 tablespoons clarified butter**
- **4 teaspoons hazelnut oil**
- **6 medium boiling potatoes, peeled and sliced paper-thin**
- **3 tablespoons minced green onion, white part only**
- **1 small red bell pepper, cored, seeded and diced**
- **4 large basil leaves, torn or 4 pinches of dried, crumbled**
- **Salt and freshly ground pepper**

Preheat oven to 400°F. Divide butter and oil among four 7-inch crepe pans with ovenproof handles. (Galette can also be cooked in 1 heavy large skillet.) Heat over medium heat several seconds. Remove from heat. Arrange ⅛ of potato slices in overlapping spiral pattern in bottom of each pan. Sprinkle with ¼ of onion and bell pepper and 1 basil leaf. Season with salt and pepper. Cover with ⅛ of potato slices in overlapping spiral pattern. Set pans over medium heat and cook until bottom of galette is crisp and browned, about 10 minutes (check for browning by lifting edges of galette with tip of narrow metal spatula). Transfer pans to oven and bake until potatoes are cooked through, 15 to 20 minutes. Invert galettes onto plates and serve.

GALETTES RENVERSEES AUX NOIX AVEC ORANGES POCHEES (Walnut Pastry Cups with Poached Oranges)

Delicate cookies filled with lemon sorbet and almond ice cream.

4 servings

Oranges

- **4 small navel oranges**
- **2 quarts water**
- **½ cup sugar**
- **3 tablespoons whole black peppercorns**
- **1 vanilla bean, split**

Pastry Cups

- **1 egg white**
- **¼ cup sugar**
- **2 tablespoons cake flour**
- **Pinch of salt**
- **2 tablespoons (¼ stick) unsalted butter, melted and cooled**
- **¼ teaspoon vanilla**
- **3 tablespoons ground walnuts**
- **⅔ cup lemon sorbet**
- **⅔ cup almond, orange or banana ice cream**

For oranges: Remove peel from 1 orange (colored part only). Cut into fine julienne. Boil 4 minutes. Drain and set aside. Remove peel from remaining oranges (colored part only) and reserve. Discard white pith from all oranges.

Cook water, sugar, peppercorns and vanilla bean in heavy large nonaluminum saucepan until sugar dissolves, swirling pan occasionally. Increase heat and bring to simmer. Add *nonjulienned* orange peels and boil until liquid is syrupy but not too thick, about 35 minutes.

Strain syrup into bowl. Add orange peel julienne and oranges. Cover and refrigerate until ready to serve.

For pastry cups: Position rack in center of oven and preheat to 425°F. Butter and flour baking sheet. Trace four 5-inch rounds on sheet. Whisk white, sugar, flour and salt in small bowl until smooth. Whisk in butter and vanilla. Stir in walnuts. Spread approximately 1½ tablespoons batter in each round. Bake until pale golden and browned around edges, turning sheet once for even baking, 6 to 7 minutes. Let stand 1½ to 2 minutes on sheet. Remove immediately and mold over inverted jars to form pastry cups.

Cover dessert plates with orange syrup. Set pastry cups in center. Fill with 1 scoop sorbet and 1 scoop ice cream. Top with orange. Sprinkle with candied orange peel julienne.□

Free-lance food writer Lynne Kasper is a frequent contributor to Bon Appétit.

'79

IN 1979
AMERICA'S
CHOCOLATIER
IMMORTALIZED
THE ALMOND.



'83

THE PECAN.



'85

BITE-SIZE
IMMORTALITY.



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Glorious Gifts

Get a Head Start on the Holidays with 94 Great Ideas for the Kitchen, the Table and Under the Tree

COORDINATED BY JONNA VEITCH CARLS



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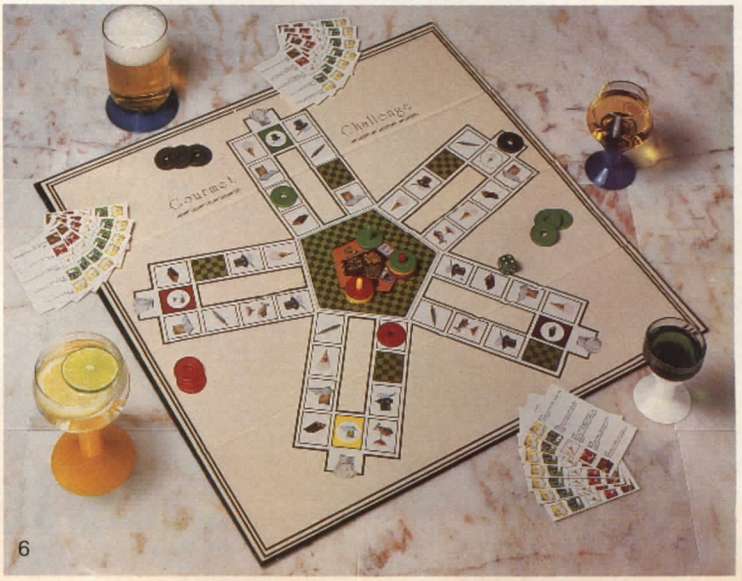
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PHOTOGRAPHS BY BRIAN LEATART



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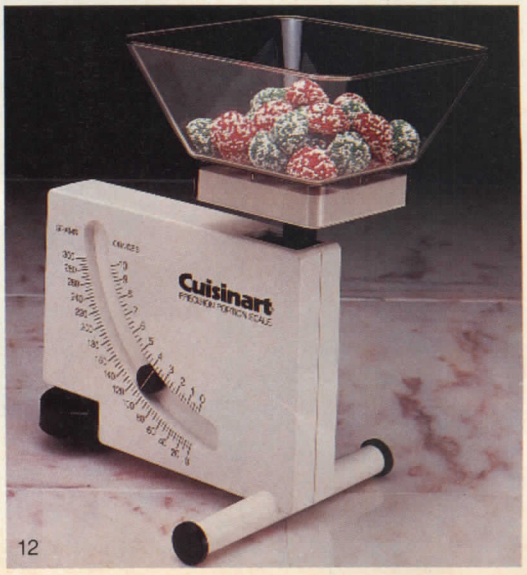
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1. Gingerbread House Bake Set from Fox Run Craftsmen.

2. "Twelve Days of Christmas" by Johnson Bros., of the Wedgwood Group.

3. Assorted teapots by Hall China Co.

4. The Italian Baker, *a new book by Carol Field; Oven Baked Fresh bread bag by Lofty Designs; Pandoro mold and Rehrücken molds, Italian cocoa, scoop, pastry and durum wheat pasta flours, and breadboard, all available from Williams-Sonoma.*

5. Southern tea cookies made by Lulabelle's Gourmet Cookies Inc.

6. The Gourmet Challenge board game; glassware by Bodum, Inc.

7. Holland Handicrafts chocolate molds; couverture by Cacao Barry.

8. "Teatime," an automatic tea maker with electronic steeping control by Krups.

9. Stelton stainless steel watering can distributed by Royal Copenhagen Porcelain; flowerpots from The Great American Stoneware Factory; Museum of Modern Art cast-aluminum-alloy garden tools; packages of seeds from The Cook's Garden and Smith & Hawken.

10. Popcorn on the Cob from The El Paso Chile Co.

11. Glass bottles, perfect for homemade vinegar, from Williams-Sonoma; Fowl Play & Co. crates; decorative labels from Phyllis Joffé Designs.

12. Cuisinart Precision Portion Scale.

For sources and prices on all merchandise, see page 224.


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Glorious Gifts



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1. "Double Happiness" 24-piece tableware set, large bamboo steamer and bamboo ginger grater, all from the Canton Express Collection by Boston Warehouse Trading Corp.

2. "Symphony" stainless steel platter with alder cutting board and carving set from Serafino Zani for Comex International.

3. "Ducale" glassware with matching decanter and new "Trottola" decanter from Ricci Italian Silversmiths.

4. Faema Contessa combination coffee bean grinder and coffee maker.

5. Colorful aprons, square hot pads and quilted oven mitts from Domus/Chase Bag Company.

6. Stelton stainless steel fondue with forks, distributed by Royal Copenhagen Porcelain.

7. Eisenhower Candies' delicious chocolate-covered toffee.

8. "Karen" stainless steel cookware from Serafino Zani for Comex International.

9. Water kettle designed by Michael Graves for Alessi.

10. "Thermax" quart bottle with adjustable black and white strap from Kälor.

11. Dustpan and brush set from Bodum, Inc.

12. Calphalon colander by Commercial Aluminum Cookware Company.

For sources and prices on all merchandise, see page 224.

Glorious Gifts

1. Hand-painted majolica glazed terracotta dinnerware, crystal goblets, unbleached beeswax candle and linen napkin, all from Victoria and Richard MacKenzie-Childs; butter knife, life casting of asparagus in pewter by Walter White; pearl-handled flatware available at Foster-Ingersoll.

2. Heart-shaped vine basket by D.A.K. Originals.

3. Part of the Ontanio line, the "Arena" bowl from Vietri Incorporated.

4. Carton of Bonnat Chocolate Eggs from Gourmet Vendome.

5. The Wine Caddy from NCI.

6. Whimsical woven place mats by Import Specialists Inc.

7. Menus from Phyllis Joffé Designs; sleek gold pen from Gump's.

8. Quality stoneware by Lindt/Stymeist.

9. Hartstone's shortbread mold, wafer iron shortbread and wooden boards.

10. An assortment of goat cheese from Laura Chenel's company, California Chèvre; cheese tray by Palecek; billy goat from Beau Sejour.

11. Hand-crafted gourmet French earthenware cookware by Emile Henry.

12. Ice cream group from Straight Lines.


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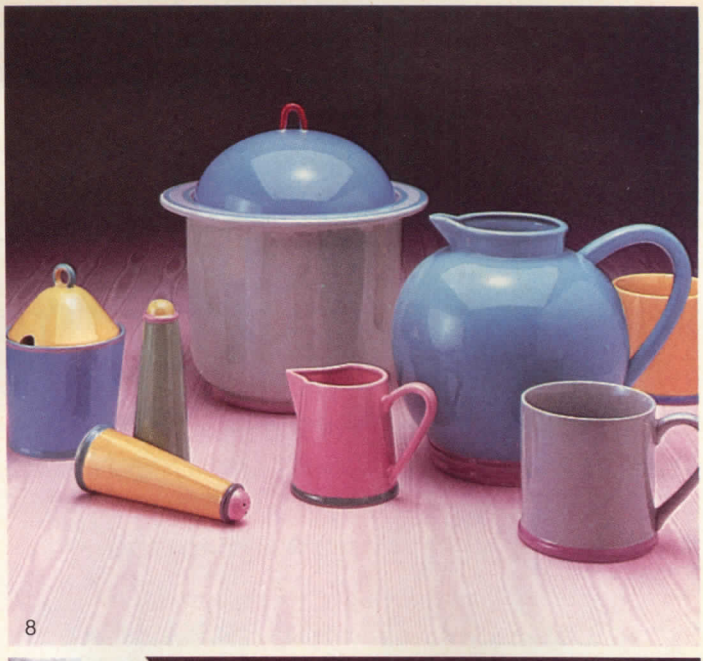

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For sources and prices on all merchandise, see page 224.


Menu
MENU
Caviar & Champagne
Pumpkin Soup
Roast Turkey
with Cornbread Stuffing
Candied Carrots
Whipped Potatoes
Green Salad
Plum Pudding
with Hard Sauce
7


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DELICIOUS DO-AHEAD MENUS

Three Celebration Dinners Designed for Today's Cooks

BY BETTY ROSBOTTOM

THIS IS THE season when conviviality and warmth prevail—a time for family reunions and big parties with friends. As an enthusiastic cook and teacher, I welcome the chance to cook for others now, when a good meal becomes a gift in itself. I enjoy good food and I enjoy sharing it, and that is why I look forward so very much to the coming weeks.

Every year on my class schedule I include a course in entertaining menus for the holidays, and it is always a success. Students are eager to learn tricks and tips for festive dinners, particularly since I like to focus on ideas and recipes that will fit into today's busy lifestyle. So I have managed over the years to adapt my favorites to accommodate contemporary realities: We may not have a lot of time to spend in the kitchen, but we still want to impress when the dinner bell rings.

I am especially pleased with the three menus I devised for this year. Each centers around satisfying but untraditional main courses: Pork, lamb and veal are the main attractions, rather than turkey or ham. And each one begins with an elegant appetizer and finishes with a dazzling dessert.

The first menu is for eight, and starts with a creamy carrot and apple soup flavored with a hint of caraway. It is an excellent starter but would work equally well offered as a main course along with a salad for an informal tree-trimming supper. The main event here, however, is a distinctive crown roast of pork. It is studded with thin slivers of garlic before cooking and then basted with a combination of Dijon mustard, herbs and sesame oil during baking. After the pork has cooked to a rich mahogany brown, it is served with a piquant sauce made by combining crème fraîche with some of the remaining mustard glaze. A delicious and easy-to-prepare barley pilaf with leeks and celery and a simple sauté of broccoli and turnips are robust and assertive accompaniments to the roast. Conclude with the sensational Chocolate Apricot Pecan Torte with its rich chocolate icing, decorated with chocolate leaves and some unique "roses" fashioned from dried apricots.

A crisp salad of fresh green beans, sliced onion and toasted pine nuts leads off the next party, for six. It is followed by a boned, rolled rack of veal, which is a real star. Filled with thin slices of prosciutto and a parsley-lemon stuffing, it is then rolled, tied and roasted. When sliced, the meat reveals a beautiful pattern of the white veal, pink prosciutto and green filling. Rounds of Red Wine Shallot Butter top the veal and melt to form the sauce. Braised Fennel, Carrots and Snow Peas add crunch, flavor and color to the plate. Pass a basket of warm French bread along with it. Smooth coconut caramel custard garnished with almonds and candied orange peel is the perfect dessert choice.

Spinach Chèvre Walnut Tart introduces the third bill of fare, which is another one for eight. This rustic pie has a crust of butter-rich puff pastry. Just as the soup in the first menu, this tart could stand well on its own.

Nothing could be simpler to prepare than the leg of lamb, which is the focal point here. Have your butcher cut the lamb French-style so the shank bone is tapered to a slender point. The meat is marinated in soy sauce, red wine and olive oil and then rubbed with a coating of crushed black peppercorns and softened butter. This peppery "crust" keeps the lamb moist and tender. To go with it there is a colorful stir-fry of



Menu I: succulent crown roast of pork filled with barley pilaf and accompanied by pan juices; sauté of broccoli and turnips; creamy apple-caraway soup; and chocolate apricot pecan torte topped with dainty apricot roses.

PHOTOGRAPHS BY IRWIN HOROWITZ







Menu II: tender stuffed roast veal with rounds of red wine shallot butter; braised fennel, carrots and snow peas; crisp Italian green bean salad; and smooth coconut caramel flan decorated with pretty almond "flowers" and sugar-glazed orange peel.





DO-AHEAD MENUS

continued from page 130

cherry tomatoes, zucchini and yellow squash. Boiled new potatoes with butter, lemon and thyme would be a nice addition. Pears poached in red wine with blueberry-cassis sauce provide a light and sophisticated ending.

For all these celebrations, I have included as many do-ahead directions as possible. The main courses can be completely assembled early in the day and then cooked according to your own schedule. For the side dishes, the vegetables can be cleaned and cut and the pans in which they are to be cooked selected. All you need to do is some quick, final cooking. Each of the desserts can be prepared in advance; the torte needs no last-minute fussing and the pears and the custard require only minimal garnishing.

To help take the confusion out of the sea of bottles at the local wine shop, I have also listed my suggestions for vintages to pour with each dinner. Use these recommendations as a guide to wine type, then confer with your merchant if necessary regarding specific labels or vineyards.

Like me, you have probably already made up the guest lists. I hope you will include one of these ideas in your plans. There is, in my opinion, no nicer way to enjoy an evening than with good food and wine and the company of special friends.

MENU I

CREAM OF APPLE, CARROT AND CARAWAY SOUP

Alsatian Pinot Blanc

CROWN ROAST OF PORK WITH MUSTARD HERB BUTTER

BARLEY PILAF

SAUTE OF BROCCOLI AND TURNIPS

California Chardonnay

CHOCOLATE APRICOT PECAN TORTE

CREAM OF APPLE, CARROT AND CARAWAY SOUP

A savory first course.

8 servings

- 1 8-ounce slab bacon, rind removed, cut into 1/4-inch dice
- 2 tablespoons vegetable oil (optional)
- 1 1/2 cups chopped leek (white part only)
- 1 pound Granny Smith apples, peeled and coarsely chopped
- 1 pound carrots, peeled and coarsely chopped
- 6 cups (or more) chicken stock
- 2 cups whipping cream
- 2 tablespoons caraway seeds
- Salt and freshly ground pepper
- 1 cup boiling water
- 1/2 teaspoon salt
- Pinch of sugar
- 3 tablespoons carrot julienne
- 3 tablespoons unsalted butter
- 6 tablespoons peeled Granny Smith apple julienne

Cook bacon in heavy Dutch oven over medium-high heat until light brown, adding oil if necessary to prevent sticking. Add leek and cook until beginning to soften, stirring frequently, 3 to 4 minutes. Mix in chopped apples and carrots. Stir 3 minutes. Add 6 cups stock. Simmer until apples and carrots are very tender, 35 to 40 minutes.

Puree soup in batches in blender until smooth. Strain puree through fine sieve. Return to Dutch oven.

Boil cream and caraway seeds in heavy small saucepan until reduced by half. Strain through fine sieve; add cream to soup. Thin soup to desired consistency with more stock. Season with salt and freshly ground pepper. *(Can be prepared 1 day ahead and refrigerated.)*

Bring water to boil with 1/2 teaspoon salt and sugar in small saucepan. Add carrot julienne and cook until just tender, 5 to 6 minutes. Drain. Melt butter in heavy medium skillet over medium heat. Add apple julienne and stir 2 minutes. Add carrots and stir until heated through. Reheat soup over medium heat, stirring frequently. Ladle into bowls. Garnish with sautéed carrot and apple and serve.

CROWN ROAST OF PORK WITH MUSTARD HERB BUTTER

A spectacular main course. Ask the butcher to trim off meat between tops of ribs for an attractive presentation.

8 servings

Mustard-Herb Butter

- 3/4 cup (1 1/2 sticks) unsalted butter, room temperature
- 6 tablespoons Dijon mustard
- 1 1/4 teaspoons dried rosemary, crushed in mortar
- 1 1/4 teaspoons dried thyme, crumbled
- 1/2 teaspoon (scant) salt
- Freshly ground pepper
- 3 tablespoons oriental sesame oil
- 1 crown roast of pork with 16 ribs (about 7 pounds)
- 4 large garlic cloves, slivered

recipe continued on page 136

Menu III: marinated roast leg of lamb with zippy pepper coating; boiled new potatoes; bright stir-fry of zucchini, yellow squash and cherry tomatoes; robust spinach chèvre walnut tart; and pears poached in wine napped with a delectable blueberry-cassis sauce.

DO-AHEAD MENUS

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1/3 cup Crème Fraîche*
1/2 cup chicken stock

Barley Pilaf (see recipe)
Fresh herb sprigs

For mustard butter: Cream butter using electric mixer. Beat in mustard. Mix in rosemary, thyme, salt and generous amount of pepper. Blend in sesame oil. Divide between 2 bowls. Cover 1 bowl and refrigerate while preparing roast.

Preheat oven to 350°F. Make small slits over entire roast. Insert garlic into slits. Stand roast on rack in roasting pan. Brush 1/3 of room temperature mustard butter over meat. Cover bone tips with foil. Place soufflé dish or ramekin with same diameter as opening in roast in center of roast to hold shape. Roast pork 17 minutes per pound, about 2 hours for 7-pound roast, brushing with room temperature mustard butter every 30 minutes. Transfer roast to heated platter. Tent with foil and let stand 20 minutes.

Meanwhile, beat chilled mustard butter with electric mixer until smooth and creamy. Mix in Crème Fraîche until just incorporated. Degrease pan juices. Add stock to juices in roasting pan and bring to boil, scraping up any browned bits. Transfer to sauceboat.

Remove soufflé dish from center of roast and discard foil and string. Spoon Barley Pilaf into center. Garnish with herbs. Top each serving with pan juices and mustard butter.

**Crème Fraîche*

Makes about 1 1/3 cups

1 cup whipping cream
1/3 cup sour cream

Whisk cream into sour cream in small bowl. Let stand at room temperature until thickened, 6 to 8 hours. *(Can be prepared 1 week ahead and refrigerated.)*

BARLEY PILAF

8 servings

6 tablespoons (3/4 stick) butter
1 1/2 cups chopped leek (white part only)
1 cup thinly sliced celery
2 cups pearl barley (about 16 ounces)
2 bay leaves
1 teaspoon dried thyme, crumbled
1 teaspoon salt
Freshly ground pepper
3 1/2 cups beef stock
1/2 cup dry red wine
1/2 cup minced fresh parsley
1/4 cup snipped fresh chives

Preheat oven to 350°F. Melt butter in heavy ovenproof casserole over medium-low heat. Add leek and celery and cook until soft, stirring occasionally, about 6 minutes. Add barley and stir 3 minutes. Add bay leaves, thyme, salt and generous amount of pepper. Mix in stock and wine. Bring to boil. Cover tightly and bake until liquid is absorbed, 35 to 40 minutes. Stir in parsley and chives. Serve immediately.

SAUTE OF BROCCOLI AND TURNIPS

8 servings

2 1/2 pounds broccoli, stems peeled and trimmed
2 quarts water
1/2 teaspoon salt
2 teaspoons sugar
1 3/4 pounds turnips, peeled and cut into 3/4-inch wedges

1/2 cup (1 stick) unsalted butter
2 teaspoons sugar
Freshly ground pepper

Cut florets from broccoli stems. Cut stems diagonally into 1/4-inch-thick slices. Bring water to boil with 1/2 teaspoon salt. Add broccoli stems and cook 3 minutes. Add florets and cook until just crisp-tender, about 2 minutes. Remove broccoli using slotted spoon. Rinse with cold water and drain. Add 2 teaspoons sugar to water and return to boil. Add turnips and cook until just tender, about 4 minutes. Drain. Pat turnips and broccoli dry. *(Can be prepared 4 hours ahead. Let stand at room temperature.)*

Melt butter in heavy large skillet over medium-high heat. Add 2 teaspoons sugar and stir to dissolve. Add turnips and stir until lightly browned. Add broccoli and toss until vegetables are heated through. Season with salt and pepper. Arrange broccoli florets around edge of heated platter. Mound remaining vegetables in center.

CHOCOLATE APRICOT PECAN TORTE (Cover Recipe)

A great do-ahead dessert. The pretty apricot roses are easy to make.

14 to 16 servings

Chocolate-Apricot Cake

1/3 cup Cognac
1 1/4 cups dried apricots (about 6 ounces), cut into 1/4-inch pieces

1 tablespoon butter, room temperature
3 tablespoons dry breadcrumbs
3/4 cup (1 1/2 sticks) unsalted butter, room temperature
1 cup sugar
5 eggs, room temperature
6 ounces semisweet chocolate, melted and cooled
1 1/2 teaspoons vanilla
2/3 cup dry breadcrumbs
1 1/2 cups coarsely chopped pecans
1 tablespoon all purpose flour

Chocolate Icing

1/2 cup unsweetened cocoa powder
1/2 cup sugar
1/2 cup whipping cream
1/4 cup (1/2 stick) unsalted butter, cut into small pieces

Apricot Glaze

2 tablespoons (about) Cognac
1/2 cup apricot jam

1/2 cup pecan halves (optional)

Apricot Roses*
Chocolate Leaves**

For cake: Heat Cognac in medium saucepan until just hot. Remove from heat and mix in apricots. Let soak 15 minutes. Strain apricots, reserving any soaking liquid for glaze.

Preheat oven to 375°F. Butter 8 1/2-inch springform pan with 1 tablespoon butter. Dust with 3 tablespoons breadcrumbs. Using electric mixer, cream butter until light and fluffy. Gradually beat in sugar. Beat in eggs one at a time (mixture may look curdled). Add chocolate and vanilla. Mix in 2/3 cup breadcrumbs. Combine pecans and flour and blend into batter. Fold in apricots. Spoon batter into prepared pan. Bake until tester inserted in center comes out clean, about 50 minutes. Cool in pan on rack.

Run knife around edge of cake. Invert onto platter. Slide sheets of waxed paper under edges of cake.

For icing: Stir all ingredients in top of double boiler over simmering water until mixture is shiny and smooth, about 5 minutes. Cool icing for 5 minutes, stirring occasionally.

Pour icing over cake, tilting cake to cover evenly. Using thin flat spatula, spread icing over top and sides of cake. Refrigerate until icing is firm.

For glaze: Add enough Cognac to soaking liquid reserved from apricots to measure 2 tablespoons. Combine with jam in heavy small saucepan. Stir over medium-low heat until melted. Strain through fine sieve into small bowl. Cool until tepid, about 5 minutes.

Pour glaze over top of cake. Using thin metal spatula, spread evenly (do not let any drip down sides). Arrange pecans around upper edge of cake, ends touching. Discard paper. Refrigerate cake until glaze is set. *(Cake can be prepared up to 1 day ahead.)*

Arrange Apricot Roses in center of torte. Place large chocolate leaf between each flower. Place smaller leaf

For accessories information, see page 222.

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DO-AHEAD MENUS

continued from page 136

between each large leaf. Let stand at room temperature 1 hour before serving.

**Apricot Roses*

Makes 3

12 moist dried apricots

Roll each apricot out, sticky side down, between 2 sheets of waxed paper to thickness of 1/16 inch. Roll one up tightly, sticky side in, to form tight center bud of rose. Wrap another apricot around bud, sticky side in, pressing gently to adhere. Repeat with 2 more apricots, overlapping half of each previous one. Gently bend top of outer 3 apricots outward to form petals. Place toothpick horizontally through base of rose. Cut off apricot below toothpick to form flat base. Repeat with remaining apricots. Place roses on plate and freeze 30 minutes. *(Can be prepared 3 days ahead. Cover tightly and refrigerate.)* Discard toothpicks before arranging roses on cake.

***Chocolate Leaves*

Makes 6

3 ounces semisweet chocolate, melted
3 large rose leaves with stems
3 medium rose leaves with stems

Spread chocolate over veined side of each leaf, being careful not to drip on edges. Place on plate chocolate side up. Freeze until just firm, about 10 minutes. Starting at stem end, gently peel leaf away from chocolate, freezing briefly if too soft to work. *(Chocolate Leaves can be prepared 1 week ahead and refrigerated. Wrap tightly.)*

MENU II

ITALIAN GREEN BEAN SALAD
ROAST STUFFED VEAL WITH RED WINE SHALLOT BUTTER
FRENCH BREAD
BRAISED FENNEL, CARROTS AND SNOW PEAS
Grand Cru Beaujolais
COCONUT CARAMEL FLAN WITH ALMONDS, COCONUT AND ORANGE PEEL
Barsac

ITALIAN GREEN BEAN SALAD

Pine nuts add a nice crunch to this colorful opening course.

6 servings

2 pounds green beans, trimmed

Mustard Vinaigrette

3 tablespoons balsamic vinegar
1 tablespoon stone-ground mustard
1 teaspoon salt
9 tablespoons olive oil

1 large red onion, peeled, halved and thinly sliced
1 cup pine nuts, toasted
Salt and freshly ground pepper

1 large head radicchio
1 large head Bibb lettuce

Cook beans in 2 quarts boiling salted water until crisp-tender, about 7 minutes. Drain. Rinse under cold water and drain well. Pat dry.

For vinaigrette: Combine vinegar, mustard and salt in medium bowl. Slowly whisk in oil in thin stream.

Combine beans, onion and 1/2 cup pine nuts in large bowl. Mix in vinaigrette. Season with salt and pepper. Let marinate 15 to 30 minutes.

Alternate radicchio and Bibb lettuce leaves over large platter. Mound bean mixture in center. Sprinkle with remaining 1/2 cup pine nuts and serve.

ROAST STUFFED VEAL WITH RED WINE SHALLOT BUTTER

A beautiful centerpiece for an elegant dinner. The reserved flank portion of the veal makes excellent ground meat for use at another time.

6 servings

Herbed Stuffing

4 cups loosely packed fresh breadcrumbs
4 cups loosely packed minced fresh parsley
8 medium garlic cloves, minced
4 green onions (white part and 2 inches of green part), minced
2 eggs, beaten to blend
3 tablespoons snipped fresh chives
2 teaspoons grated lemon peel

1 7- to 8-pound rack of veal, boned and trimmed, ribs reserved and separated
Freshly ground pepper
24 thin slices prosciutto
3 tablespoons unsalted butter, room temperature

1 cup dry white wine
1 cup chicken stock

Red Wine Shallot Butter*

For stuffing: Combine first 7 ingredients in large bowl. Set aside.

Cut off top fatty layer of meat (flank portion) and reserve for another use. Trim all fat from roast. Using sharp knife, cut away long cylindrical piece of meat (rib eye) along long side of roast. Trim off any remaining fat. Arrange larger piece of meat on work surface, boned side up. Sprinkle with pepper. Overlap half of prosciutto atop meat. Spread stuffing evenly over prosciutto. Top with remaining prosciutto. Place rib eye section along one long edge of roast. Roll up jelly roll fashion. Tie with string at 1-inch intervals to hold shape. Rub surface of roast with butter. *(Can be prepared 6 hours ahead and refrigerated.)*

Preheat oven to 375°. Set veal on rack in large roasting pan. Place rib bones around edge of pan. Pour wine and stock over roast. Cook until meat is tender and thermometer inserted in thickest part of roast registers 150°F, basting with pan juices every 20 minutes, about 80 minutes.

Let roast stand 20 minutes. Cut into 1/2- to 3/4-inch-thick slices. Arrange on warm platter. Top with Red Wine Shallot Butter, surround with roasted ribs if desired and serve.

**Red Wine Shallot Butter*

Makes about 12 ounces

1 tablespoon unsalted butter
6 tablespoons chopped shallots
1 teaspoon minced garlic
1/2 cup dry red wine

1/8 teaspoon salt or to taste
3/4 cup (1 1/2 sticks) unsalted butter, room temperature

Melt 1 tablespoon butter in heavy medium skillet over medium-high heat. Add shallots and stir until soft, 2 to 3 minutes. Add garlic and stir 1 minute. Add wine and boil until all liquid is absorbed, stirring frequently, about 5 minutes. Cool completely.

Using rubber spatula, work shallot mixture and salt into butter. Shape butter into 1 1/2-inch-diameter log. Wrap in foil and refrigerate until firm. *(Can be prepared 2 days ahead.)* Cut butter into 1/4-inch-thick rounds. Let stand at room temperature 10 to 15 minutes before serving.

BRAISED FENNEL, CARROTS AND SNOW PEAS

Cut the vegetables and blanch the snow peas one day ahead; only a quick cooking is left for just before serving.

6 servings

3 medium fennel bulbs, tough outer layer discarded, strings peeled, trimmed
4 medium carrots (8 ounces total), peeled
1/4 pound snow peas, stringed and halved

1/4 cup (1/2 stick) unsalted butter
1/2 to 3/4 cup chicken stock
Salt and freshly ground pepper

Halve fennel lengthwise and discard



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core. Cut crosswise into 1/4-inch-thick slices. Cut carrots diagonally into 1/4-inch-thick slices. Blanch snow peas in large pot of boiling salted water until just tender, about 2 minutes. Drain and pat dry. *(Can be prepared 1 day ahead. Wrap vegetables in damp towel and plastic bag and refrigerate.)*

Melt butter in heavy large skillet over medium-high heat. Add fennel and carrots and stir until coated with butter. Add 1/2 cup stock and bring to simmer. Reduce heat to low. Cover and cook until vegetables are tender, stirring occasionally and adding remaining 1/4 cup stock if all liquid evaporates, 10 to 12 minutes. Uncover and boil to evaporate liquid if necessary. Add snow peas and stir until heated through, about 1 minute. Season with salt and pepper. Serve immediately.

COCONUT CARAMEL FLAN WITH ALMONDS, COCONUT AND ORANGE PEEL

This velvety custard provides a satisfying finale to the meal.

6 servings

1 1/2 cups sugar
1/2 cup water

2 1/4 cups whipping cream
3/4 cup well-stirred cream of coconut
3 eggs
3 egg yolks
3/4 cup sweetened flaked coconut
1 teaspoon almond extract

24 pieces sliced almonds, toasted
1/4 cup sweetened flaked coconut, toasted
3 tablespoons Glazed Orange Peel*

Preheat oven to 350°F. Heat sugar and water in heavy medium saucepan over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and boil until caramelized, 7 to 10 minutes. Immediately pour caramel into 8-cup soufflé dish, tilting and swirling dish to coat bottom and sides.

Scald cream and cream of coconut in heavy large saucepan. Using electric mixer, beat eggs and yolks until thick and light in color. Gradually mix in scalded cream. Gently fold in 3/4 cup flaked coconut and almond extract. Pour into caramel-lined dish. Place dish in large baking pan. Pour enough water into baking pan to come halfway up sides of soufflé dish. Bake flan until knife inserted in center comes out clean, about 55 minutes. Cool to room temperature. Cover and refrigerate until well chilled. *(Coconut flan can be prepared up to 1 day ahead.)*

Just before serving, invert flan onto rimmed platter. Arrange almonds in 8 fleur-de-lis patterns around upper edge of flan, using 3 slices for each. Sprinkle toasted coconut between almonds. Top with orange peel.

**Glazed Orange Peel*

Makes about 1/4 cup

1 large thick-skinned orange

1 cup water
1/4 cup sugar

Using vegetable peeler, cut peel from orange in 1-inch-wide strips. Cut out any white membrane. Cut peel into 2x1/8-inch julienne. Blanch in small saucepan of boiling water 1 minute. Drain. Rinse under cold water. Repeat blanching and rinsing 2 more times.

Heat 1 cup water and sugar in heavy 8-inch skillet over low heat, swirling pan occasionally, until sugar dissolves. Increase heat to medium and bring to simmer. Add orange peel and simmer until glazed and most of liquid evaporates, swirling pan occasionally, about 20 minutes. Cool on plate.

MENU III

SPINACH CHEVRE WALNUT TART
MARINATED ROAST LEG OF LAMB WITH PEPPER COATING
STIR-FRY OF ZUCCHINI, YELLOW SQUASH AND CHERRY TOMATOES
BOILED NEW POTATOES
California Zinfandel
RED WINE-POACHED PEARS WITH BLUEBERRY-CASSIS SAUCE
Champagne

SPINACH CHEVRE WALNUT TART

8 servings

Quick Puff Pastry Crust

1 1/2 cups unbleached all purpose flour
1/2 cup cake flour
1 3/4 cups (3 1/4 sticks) well-chilled unsalted butter, thinly sliced

1/2 teaspoon salt
1/4 to 1/2 cup ice water

Spinach and Chèvre Filling

3/4 cup whipping cream
5 ounces creamy goat cheese, such as Montrachet, crumbled

10 ounces fresh spinach, stemmed
1 cup boiling water

2 tablespoons (1/4 stick) unsalted butter
1/4 cup minced shallots
1 teaspoon minced garlic
1/2 cup chopped walnuts
Salt
Freshly grated nutmeg
Cayenne pepper
2 eggs

2 tablespoons fresh breadcrumbs
1 tablespoon unsalted butter

For crust: Refrigerate both flours 4 hours. Refrigerate butter 15 minutes.

Combine both flours and salt in bowl of electric mixer. Top with butter. Using paddle attachment, beat until butter is broken into pea-size pieces and well coated with flour. Gradually mix in just enough water to bind dough (butter will still be lumpy).

Roll dough out on well-floured surface to 12x8-inch rectangle, sprinkling with flour if very sticky. Lightly sprinkle dough with flour. Fold in thirds as for business letter, using dough scraper as aid. Give dough quarter turn so it opens like book, lifting with scraper and flouring surface. If at any time dough contracts and becomes difficult to roll, refrigerate 30 minutes or longer as necessary. Repeat rolling, folding and turning dough 3 more times. Cover with plastic and refrigerate 1 hour.

Roll, fold and turn dough 2 more times. Wrap in plastic and refrigerate at least 20 minutes. *(Quick puff pastry can be prepared 2 days ahead.)*

Sprinkle rimless baking sheet with water. Roll dough out on floured surface to 1/8-inch-thick round. Transfer to prepared baking sheet. Press bottom of 9 1/2-inch springform pan into center of dough, leaving indentation in dough. Remove pan. Trim dough to 1 3/4 inches beyond indentation. Roll edge of dough up onto indentation. Squeeze edge with fingers to form 1 1/4-inch-high sides. Pierce bottom of pastry with fork. Place extended sides of 9 1/2-inch springform pan around pastry, carefully closing sides to encase. Gently press pastry against pan sides. Refrigerate at least 30 minutes to firm. *(Can be prepared up to 1 day ahead. Cover tightly with plastic wrap.)*

For filling: Stir cream and cheese in saucepan over low heat until smooth.

Reserve 8 spinach leaves for garnish. Cook remainder in saucepan of 1 cup boiling water until just wilted. Drain spinach. Squeeze dry and chop.

Melt 2 tablespoons butter in heavy small skillet over medium heat. Add shallots and garlic and cook until soft, stirring occasionally, 3 minutes. Add walnuts and stir 1 minute. Add spinach. Season with salt, nutmeg and cayenne pepper. Mix eggs into cheese mixture. Blend in spinach. *(Can be prepared 1 day ahead and refrigerated.)*

Position rack in lower third of oven and preheat to 375°F. Pour filling into

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DO-AHEAD MENUS

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cold pastry shell. Sprinkle with breadcrumbs. Dot with 1 tablespoon butter. Bake 10 minutes. Reduce temperature to 350°F and bake 10 more minutes. Remove pan edges. Continue baking tart until crust is golden brown and filling is firm to touch, covering with foil if browning too quickly, 25 to 35 minutes. Cool tart 10 minutes. Cut into 8 pieces. Place 1 reserved spinach leaf on each plate. Top with tart.

MARINATED ROAST LEG OF LAMB WITH PEPPER COATING

Crushed pepper makes a spicy counterpoint to the succulent lamb in this easy-to-prepare entrée.

8 servings

1/2 cup olive oil
1/2 cup dry red wine
1/2 cup soy sauce
2 large garlic cloves, crushed
2 bay leaves, halved
1 6-pound leg of lamb, trimmed of all but thin coating of fat

2 1/2 tablespoons peppercorns, coarsely crushed
1 tablespoon unsalted butter
Bay leaves or evergreen branches

Combine first 5 ingredients in large nonaluminum baking dish. Add lamb, turning to coat. Refrigerate 24 hours, turning occasionally.

Bring lamb to room temperature.

Preheat oven to 450°F. Remove lamb from marinade and pat dry. Combine peppercorns and butter in small bowl. Rub over entire surface of lamb. Place lamb on rack in roasting pan. Cook 15 minutes. Reduce temperature to 350°F and continue roasting until thermometer inserted in thickest part of meat registers 130°F for medium-rare, 45 to 60 minutes. Let stand 20 minutes. Garnish with evergreens and serve.

STIR-FRY OF ZUCCHINI, YELLOW SQUASH AND CHERRY TOMATOES

8 servings

4 medium zucchini, trimmed
4 small yellow squash, trimmed

1/3 cup olive oil
1 cup cherry tomatoes
4 1/2 teaspoons minced fresh basil or 1 1/2 teaspoons dried, crumbled
Salt and freshly ground pepper

Using small sharp knife, peel 1/2-inch-wide lengthwise strips from zucchini and yellow squash to create striped appearance. Cut zucchini and squash crosswise into 3/4-inch-wide rounds. Steam over boiling water until crisp-tender, about 4 minutes. Rinse under cold water. Drain and pat dry. *(Can be prepared 1 day ahead and refrigerated.)*

Heat oil in wok or heavy large skillet over medium-high heat. Add zucchini and squash and stir until heated through, about 4 minutes. Add tomatoes and basil and toss 1 minute. Season with salt and pepper and serve.

RED WINE-POACHED PEARS WITH BLUEBERRY-CASSIS SAUCE

A colorful and light holiday dessert. For best flavor, poach the pears one day before serving. The sauce can also be made one day ahead.

8 servings

Wine-poached Pears

6 cups dry red wine
3 cups sugar
6 tablespoons fresh lemon juice
2 teaspoons grated lemon peel
8 large firm Bosc pears, peeled, stems left on

Blueberry-Cassis Sauce

1/2 cup water
1/2 cup crème de cassis
3 tablespoons fresh lemon juice
2 tablespoons cornstarch
2 cups frozen unsweetened blueberries, thawed

2 to 3 tablespoons sugar (optional)

1 cup whipping cream, beaten to firm peaks
Mint sprigs

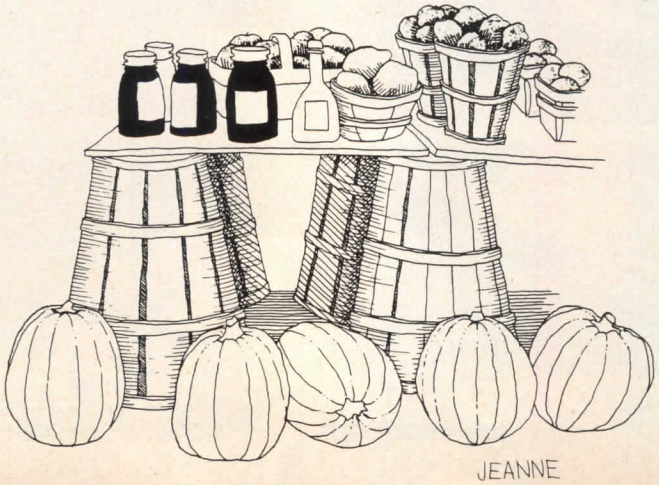
For pears: Heat wine, sugar, lemon juice and peel in heavy 3- to 4-quart saucepan over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and bring to simmer. Cut slice off bottom of each pear to flatten. Add pears to wine mixture. Adjust heat so liquid barely shimmers and cook until pears are just tender when pierced with knife, 30 to 50 minutes, depending on ripeness of pears. Transfer pears to large bowl, using slotted spoon. Cool pears and poaching liquid separately. Pour cool poaching liquid over pears. Cover and refrigerate overnight.

For sauce: Combine first 4 ingredients in heavy 3-quart saucepan. Stir over low heat until cornstarch dissolves. Add blueberries. Increase heat to medium and stir until sauce thickens and coats spoon, about 5 minutes.

Puree sauce in processor or blender until smooth. Strain through fine sieve. Taste and add sugar if desired. *(Can be prepared 1 day ahead and chilled.)*

Drain pears. If necessary, stir sauce over low heat until thin enough to pour. Ladle 2 tablespoons onto each plate, swirling plate to coat evenly. Stand one pear on each plate. Nap each with some sauce. Spoon whipped cream into pastry bag fitted with star tip. Pipe swirl of cream around stem of each pear. Garnish with mint and serve immediately. Pass any remaining blueberry sauce separately. □

Betty Rosbottom is the director of La Belle Pomme Cooking School at Lazarus in Columbus, Ohio. Her cooking class was featured in the December 1984 Bon Appétit.





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RIGHT: Arlene and Lou Sarappo relax with an aperitif in the living room of their New Jersey home. BELOW: The hearty centerpiece dishes—homemade red wine sausages with broccoli di rape and beans, peppery cheese bread and a salad of fennel and bell peppers.



Casual Italian Supper

The Fun Starts in the Kitchen When a Cooking Couple Prepares Special Heritage Recipes

BY RICHARD SAX

AS YOU ENTER the front door of Arlene and Lou Sarappo's comfortable Ridgewood, New Jersey, home, you are immediately whisked through the living room, past a well-lit nook housing a wet bar, and into a glorious open kitchen. Warmed by hanging copper cookware, French terra-cotta floor tiles and nutmeg-hued cabinets, the beautifully designed cooking area is dominated by a six-burner professional range hooded in brushed stainless steel trimmed with copper. The entire kitchen and adjacent dining area open onto a lushly shaded patio and yard.

Unlike many of the professionally equipped "dream kitchens" you see these days, this one is cheerful and inviting, and is actually used—constantly. Arlene, a free-lance educational writer and consultant, and Lou, who heads an electrical equipment firm, are enthusiastic cooks, skilled in many cuisines, and they frequently

PHOTOGRAPHS BY PAUL ELSON

prepare meals together. In the kitchen and out, it's a very happy marriage.

"Arlene usually does most of the cooking and bread baking," Lou says. "All I do is the homemade pasta and sausages, and pick out the wines."

Closest to their hearts is Italian food, not surprising when you consider that they both grew up in Italian families where eating well was taken for granted. "All four of our grandparents were Italian," Lou says. "I was exposed to Mediterranean-style cooking from near Naples, and to many fish dishes from the Adriatic coast."

"My mother's grandmother cooked mainly pasta," explains Arlene, "with lots of fresh vegetables, and home-baked bread. One of my father's parents was from northern Italy, and his mother cooked all sorts of game, and polenta. Her food was completely foreign to me, so I rarely ate it—but I wish I had those recipes now."





ABOVE: The kitchen doubles as an entertaining area where guests sample the hors d'oeuvres, pine nut-stuffed mushrooms and herbed stuffed eggs. LEFT: Seasonal favorites combine superbly in the pumpkin soup.

The spirit of family was, in fact, a guiding force behind the Sarappos' new kitchen, completed less than two years ago. "When I was growing up," Lou says, "the kitchen was the focal point in our home. My grandparents lived with us, and after everyone would go in different directions all day long, you'd always feel special at the end of the day when the whole family got together. We worked on this space with a terrific designer, Robert Nelson. We discussed all the details with him, right down to the size of every drawer. And now that the kitchen is finished, we have exactly what we were hoping for. We feel special here."

"We entertain a lot," says Arlene, "and pretty casually. The idea of the kitchen was that there would be enough space for friends to be comfortable here with us, without our having to run off to another room to finish something for the dinner.

"We don't make restaurant 'cuisine.' I want people to enjoy hearty, home-style food," she adds. "Many of our friends work in New York City, and they don't have time to cook when they get home. So we like doing homey meals for them. That's the thing I've enjoyed most about our trips to Italy—the way the Italians seem to make the best of simple ingredients."

Tonight's holiday menu is a good example of the Sarappos' exuberant but relaxed style. While the dinner has a definite Italian accent, many of the dishes are the couple's own creations, based on foods they have tasted on trips to Europe, or in cooking classes both here and abroad. Others were inspired by family traditions.

As usual, Lou and Arlene have worked together on this meal, and they are incredibly well organized. As much as possible has been prepared in advance, so they are free to enjoy a quick vermouth before the party, and to relax with their guests as they put the finishing touches on each course.

As people begin to arrive, Lou offers each a glass of 1982 Pinot Bianco Trentino. They gather around the kitchen's central work island, and one friend jokes that the reason Lou and Arlene enjoy entertaining in the kitchen is so that everyone will be close by when it comes time to wash the dishes and pots. Arlene is at the range frying the two savory appetizers, crumb-crusted pine nut-stuffed mushrooms and hard-cooked eggs filled with fresh parsley and sage. The eggs are an adaptation of an old Piedmontese specialty: For a local museum, Arlene recently arranged a series of cooking classes based on the cuisines of various immigrant groups, and one of the teachers gave the recipe to her.

Gathering everyone at the table, Arlene ladles out generous helpings of a silky pumpkin soup accented with Marsala, freshly grated Parmesan, and thin slivers of prosciutto. "This is similar to one we enjoyed in a little restaurant in Verona," she explains.

For the main course, Arlene and Lou have come up with a rustic dish that combines three simple ingredients: broccoli di rape (also called broccoli rabe or rape) blanched to a bright jade green, fresh cranberry beans and Lou's homemade red wine pork sausages. The greens and beans are tossed

with olive oil and plenty of garlic in a wide, shallow pan. The browned sausages are arranged on top, and the ingredients then simmer briefly. Each component of this dish is simple, but, as Arlene explains, "When it all comes together—the oil, the vegetables and the sausages—that's Italian soul food.

"When I was little," she adds, "I was a picky eater, but broccoli di rape was my favorite. I'd eat it every day—hot, cold, on a sandwich, all sorts of foolish ways. My mother laughed when she heard tonight's menu. 'All your cookbooks and those cooking classes,' she said, 'and you still cook what you liked as a kid!' " A confirmed starch lover, Lou is no less enthusiastic about this lusty main dish. "And you should try the cranberry beans cooked with pasta," he says. "That's for me—with lots of bread on the side."

Lou enjoys serving Italian dishes with appropriate regional wines. Since beans are a staple of Tuscan cooking, he has chosen a robust 1977 Monsanto Chianti Classico to accompany the entrée. Arlene's Peppery Cheese Bread is another "house specialty" on the agenda tonight, superb with both the main course and the Insalata Tricolore, an appealing combination of roasted red and yellow peppers and fresh fennel, all tossed with fruity olive oil. This palate refresher is a twist on a family custom. "At the end of a meal, we always had a dish of cut-up fresh fennel on the table, as a digestive. Sometimes radishes, too. You would dip it in a bowl of olive oil."

For dessert, Arlene has devised a luscious *semifreddo* (literally translated as "half-cold"), which is half ice cream, half mousse, and thoroughly delicious. It is flavored with *croccante*, the Italian version of praline, which Arlene makes with hazelnuts, "just because I love them." For Christmas, she will make the same mixture into attractive wreaths to be given as gifts.

As a finale, Arlene and Lou offer a classic pairing: light, buttery, cakelike pinwheels, served with Vin Santo. This is a nutty amber dessert wine made with grapes that have been allowed to dry on straw mats in the sun before being crushed. Arlene based the pinwheels on a recipe she saw demonstrated by a pastry chef in Bologna. She fills the dough with four different types of jam—sour cherry, fig, strawberry and quince—all homemade.

"The Vin Santo is a favorite in Italy," Lou explains to the guests as they sip the rich after-dinner wine. "In fact, *many* winemakers save it for themselves." "And this kind of cookie is so typically Italian," adds Arlene.

And just as typically Italian is the warmth and generosity with which Arlene and Lou Sarappo share their love of good food with their friends.



Arlene carefully shells fresh cranberry beans, a special addition to the home-style entrée.

ITALIAN HERITAGE DINNER FOR EIGHT

PINE NUT-STUFFED MUSHROOMS
HERBED STUFFED EGGS
Zeni Pinot Bianco Trentino '82
PUMPKIN SOUP WITH MARSALA
HOMEMADE RED WINE SAUSAGES WITH BROCCOLI DI RAPE AND BEANS
INSALATA TRICOLORE
PEPPERY CHEESE BREAD
Monsanto Chianti Classico '77
BOLOGNESE PINWHEELS
HAZELNUT SEMIFREDDO
Vin Santo Santa Cristina '79

PINE NUT-STUFFED MUSHROOMS

8 servings

2⅔ cups fresh breadcrumbs
3 tablespoons butter
3 tablespoons minced shallot
16 medium mushrooms, stems separated and finely chopped
Salt and freshly ground pepper
3 tablespoons plus 1½ teaspoons chopped toasted pine nuts
Freshly grated nutmeg
⅓ cup minced fresh Italian parsley
⅔ cup all purpose flour
2 eggs, beaten to blend
Vegetable oil (for deep frying)

Preheat oven to 300°F. Spread breadcrumbs on baking sheet. Bake crumbs for about 10 minutes to dry.

Melt butter in heavy small skillet over low heat. Add shallot and cook until soft, sirring occasionally, about 6 minutes. Add mushroom stems, salt and pepper. Increase heat to medium and cook until mushrooms are brown, stirring frequently, about 8 minutes. Add pine nuts and stir 1 minute. Add nutmeg. Cool slightly. Press filling into mushroom caps, leveling tops.

Combine breadcrumbs and parsley in shallow bowl. Dip each mushroom in flour, then egg; roll in breadcrumbs, coating thoroughly. Refrigerate uncovered at least 20 minutes. *(Can be prepared 6 hours ahead.)*

Heat oil in deep fryer to 360°F. Fry



1 **Parmesan-enhanced dough is fashioned into a large braid.**



2 **The easy-to-make loaf bakes to an attractive golden finish.**

PEPPERY CHEESE BREAD

mushrooms in batches (do not crowd) until brown, turning occasionally, 3 to 4 minutes. Drain on paper towels. Sprinkle with salt and serve.

HERBED STUFFED EGGS

8 servings

- 1⅓ cups fresh breadcrumbs
- 3 tablespoons butter
- ¼ cup minced fresh herbs (parsley with sage, rosemary or basil)
- 8 hard-cooked small or medium eggs, peeled, halved and separated
- Salt and freshly ground pepper
- ⅔ cup grated Parmesan cheese
- ⅔ cup all purpose flour
- 2 eggs, beaten to blend
- Vegetable oil (for deep frying)

Preheat oven to 300°F. Spread breadcrumbs on baking sheet. Bake crumbs for about 10 minutes to dry.

Melt butter in heavy small skillet over low heat. Add herbs and stir until wilted, about 1 minute. Cool slightly. Mash yolks in small bowl. Stir in herb mixture. Season with salt and generous amount of pepper. Spoon herbed yolk mixture into egg whites.

Combine breadcrumbs and Parmesan in shallow bowl. Dip stuffed eggs in flour, then beaten egg; roll in breadcrumbs, coating thoroughly. Refrigerate uncovered at least 20 minutes. *(Can be prepared 6 hours ahead.)*

Heat oil in deep fryer to 360°F. Fry eggs in batches (do not crowd) until golden brown, turning occasionally, 3 to 4 minutes. Drain on paper towels. Sprinkle with salt and serve.


1

PUMPKIN SOUP WITH MARSALA

8 servings

- 1 2-pound pumpkin, peeled, seeded and cut into ½-inch pieces
- 1 8-ounce baking potato, peeled and cut into ½-inch pieces

recipe continued on page 148

HAZELNUT SEMIFREDDO

1 For praline, sugar syrup is mixed with nuts and left to cool and harden.

2 Praline is crushed and then folded into liqueur-laced whipped cream and egg yolks. Mixture is frozen for serving.

3 Sugar-coated grapes and fresh mint sprigs are the finishing touches.

4 Jam-filled Bolognese pinwheels, cups of espresso and a sweet dessert wine complete the presentation.


2


3


4



As everyone gathers at the country-style dining table, Lou begins pouring the appropriate bottling to complete the Italian mood of the celebration—a stellar and assertive Chianti Classico.

- 1 medium onion, coarsely chopped
- 3 cups chicken stock (preferably homemade)
- 1 cup water
- 1 rosemary sprig
- Salt to taste
- 6 tablespoons freshly grated Parmesan cheese (preferably imported)
- 3 tablespoons dry Marsala
- 1/4 teaspoon freshly ground white pepper
- 1/4 teaspoon freshly grated nutmeg
- 2 thin prosciutto slices, slivered
- Minced fresh parsley

Bring pumpkin, potato, onion, stock, water, rosemary and salt to boil in heavy large saucepan. Reduce heat, cover and simmer until pumpkin and potato are tender, about 30 minutes. Discard rosemary. Puree soup in blender until smooth. *(Can be prepared 1 day ahead and refrigerated.)*

Return soup to saucepan. Bring to simmer. Stir in Parmesan, Marsala, pepper and nutmeg. Adjust seasoning. Ladle into bowls. Garnish with prosciutto and parsley and serve.

HOMEMADE RED WINE SAUSAGES WITH BROCCOLI DI RAPE AND BEANS

8 servings

- 2 pounds fresh cranberry beans, shelled or 1 cup dried cannellini or Great Northern beans
- 2 pounds 12 ounces broccoli di rape,* large tough leaves and bottom 2 inches of thick stalks discarded
- 4 teaspoons vegetable oil
- 16 uncooked Homemade Red Wine Sausages (see recipe)
- 1/2 cup olive oil
- 4 teaspoons minced garlic
- 1/8 teaspoon dried red pepper flakes
- Salt and freshly ground pepper

Place dried beans in large bowl. Cover with water and soak overnight.

Rinse beans. Place in medium saucepan. Add enough cold water to cover by 2 inches. Bring to boil. Reduce heat, cover and simmer until just tender, about 25 minutes for fresh or up to 1 1/2 hours for dried. Cool. *(Can be prepared 1 day ahead and refrigerated.)*

Cut leaves and tender stalks of broccoli di rape into 1 1/2-inch pieces. Leave flowers whole. Blanch leaves, stalks and flowers in large saucepan of boiling salted water until wilted, about 1 1/2 minutes. Drain, reserving 1/2 cup cooking liquid. Rinse with cold water and drain. *(Can be prepared 4 hours ahead.)*

Heat vegetable oil in heavy large skillet over medium heat. Add sausages to skillet and brown on all sides.

Drain beans. Heat olive oil in heavy 10-inch skillet or Dutch oven over low heat. Add garlic and cook 2 minutes, stirring occasionally. Mix in pepper flakes, then beans, broccoli di rape and 1/4 cup reserved broccoli di rape cooking liquid. Season with salt and pepper. Top with sausages. Cover and simmer gently until sausages are just springy to touch, stirring occasionally, 15 to 20 minutes, adding remaining 1/4 cup broccoli di rape cooking liquid if dry. Adjust seasoning. Drain off any excess liquid. Serve immediately.

**Escarole can be substituted. Cut into 1 1/2-inch pieces. Cook as for broccoli di rape.*

HOMEMADE RED WINE SAUSAGES

Zesty sausages redolent of garlic. They can be grilled and served alone or used in the preceding recipe.

Makes about 18

- 9 feet sausage casings*
- 3 pounds pork butt, cut into 1 1/2-inch cubes
- 3/4 cup Italian dry red wine
- 3 tablespoons minced fresh Italian parsley
- 4 teaspoons minced garlic
- 3 1/2 teaspoons salt
- 1 1/8 teaspoons freshly ground pepper

Rinse casings under cold water. Soak in cold water to cover 1 hour, changing water occasionally.

Mix all remaining ingredients.

Rinse casings. Slip one end of casing over faucet and run cold water through. Clip out or tie any sections with holes. Blot dry. Fit meat grinder with coarse blade. Attach stuffing horn to grinder. Place one end of casing over horn. Gradually push casing onto horn, leaving 1-inch overhang. Tie knot in end, with fine string. With right hand feed sausage mixture through meat grinder while anchoring casing to horn with left thumb, allowing casing to unroll as mixture is extruded. Twist and tie with string at 4-inch intervals. Remove from horn and tie knot in end of casing. Cut sausage into links. *(Can be prepared ahead and refrigerated 2 days or frozen 1 month. Thaw sausage before cooking.)*

Prepare hot fire in barbecue or preheat indoor grill to high. Pierce sausage with fork. Grill until cooked through, turning occasionally, about 10 minutes. Serve sausages hot.

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INSALATA TRICOLORE

8 servings

- 4 large red bell peppers
- 4 large yellow bell peppers
- 2 1 1/4-pound fennel bulbs, tops and tough outer layer discarded, cored and trimmed
- 1/3 cup olive oil (preferably extra-virgin)
- 2 tablespoons minced fresh parsley
- Salt and freshly ground pepper

Char peppers over gas flame or under broiler until blackened on all sides.

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continued from page 148

Wrap in paper bag and let stand 10 minutes to steam. Peel and seed. Rinse; pat dry. Cut into 1/2-inch strips.

Cut fennel lengthwise into 1/2-inch-thick strips. Rinse and pat dry.

Toss peppers and fennel with oil, parsley, salt and generous amount of pepper in large bowl. Serve immediately.

PEPPERY CHEESE BREAD

This handsome loaf is a perfect accompaniment to the entrée. Serve it on the same day it is baked.

Makes 1 loaf

1 envelope dry yeast
1 cup warm water (105°F to 115°F)
2 cups (or more) unbleached all purpose flour
1 cup cake flour
1 teaspoon salt
2 tablespoons olive oil
1/2 cup grated cheese (6 tablespoons Parmesan and 2 tablespoons pecorino or 8 tablespoons Parmesan)
1 teaspoon coarsely ground pepper

Sprinkle yeast over water in small bowl; stir to soften. Let stand until dissolved, about 5 minutes.

Combine 2 cups all purpose flour, cake flour and salt in large bowl. Stir in yeast mixture and oil. Knead on floured surface until smooth and resilient dough forms, about 10 minutes, adding more flour if dough is sticky. Grease large bowl. Add dough, turning to coat entire surface. Cover bowl with plastic. Let dough rise in warm draft-free area until doubled in volume, about 1 1/2 hours.

Line baking sheet with parchment. Punch dough down. Knead in cheese and pepper on lightly floured surface. Divide dough into 3 equal pieces. Roll between hands and surface into 14-inch ropes. Working on prepared sheet, braid ropes together beginning in center and working toward each end. Tuck ends under and pinch to seal. Cover with towel. Let dough rise in warm draft-free area until almost doubled in volume, about 1 hour.

Position rack in lower third of oven and line with baking tiles.* Preheat oven to 400°F for 30 minutes. Brush loaf with cold water. Slide loaf and parchment onto baking tiles. Bake 10 minutes. Mist oven with cold water, using spray bottle. Bake 10 minutes longer. Mist again. Continue baking until loaf is golden brown and sounds hollow when tapped on bottom, about 25 minutes. Cool on rack.

**If unavailable, bake bread on parchment paper-lined baking sheet.*

BOLOGNESE PINWHEELS

This recipe makes four rolls that are then sliced into pinwheels. Arlene fills each with a different type of jam. The recipe can be halved.

Makes about 40

1 cup (2 sticks) unsalted butter, room temperature
1 cup plus 2 tablespoons sugar
2 extra-large eggs
2 1/2 cups unbleached all purpose flour
2 1/2 teaspoons baking powder
Pinch of salt
1 cup thick fruit jam (sour cherry, fig, strawberry, quince or apricot)
1 egg yolk beaten with 2 teaspoons milk (glaze)

Using electric mixer, cream butter with sugar until fluffy. Beat in eggs 1 at a time. Sift in flour, baking powder and salt. Mix on low speed until just incorporated. Form dough into ball. Wrap in waxed paper and flatten into disc. Refrigerate 1 hour.

Position racks in center and upper third of oven and preheat to 375°F. Line 2 baking sheets with parchment. Cut off 1/4 of dough; return remainder to refrigerator. Dust piece of dough with flour. Roll out between sheets of waxed paper to 10x6-inch rectangle. Free top sheet of waxed paper from dough and then replace lightly. Turn dough over and remove top sheet of paper. Spread scant 1/4 cup jam over surface of dough, leaving 1/2-inch border. Roll up jelly roll fashion, starting at one short side. Pinch seams to seal; fold ends under. Place on prepared sheet. Repeat with remaining dough and jam, spacing rolls 5 inches apart.

Brush rolls with glaze. Bake 15 minutes. Rotate sheets and continue baking until rolls are golden brown, about 15 minutes; rolls will spread. Transfer to racks and cool completely. *(Can be prepared 3 days ahead. Store in airtight container.)* Shortly before serving, cut each roll into 3/4-inch-thick slices.

HAZELNUT SEMIFREDDO

Use leftover praline in other desserts.

8 servings

Hazelnut Praline

1/2 cup sugar

recipe continued on page 152

What do you call a single or double built-in oven that lets you bake, broil, microwave, probe roast, microwave/bake, and microwave/broil–and can cook a 20-pound turkey in 1 hour 40 minutes?



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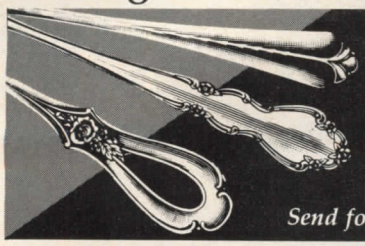


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GREAT COOK

continued from page 150

2 tablespoons water
1/2 cup hazelnuts, toasted and husked

Semifreddo

2 2/3 cups well-chilled whipping cream
2 tablespoons plus 2 teaspoons hazelnut or amaretto liqueur
8 egg yolks, room temperature
10 tablespoons sugar

Red seedless grapes
1 egg white, beaten to blend
Sugar

Fresh mint sprigs

For praline: Grease baking sheet. Heat sugar and water in heavy small saucepan over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and boil until light brown. Stir in hazelnuts. Return mixture to boil. Immediately pour onto prepared sheet, spreading thinly. Cool completely. Pulverize in processor or blender.

For semifreddo: Beat cream in large chilled bowl until beginning to thicken. Add liqueur and beat just until peaks form. Beat yolks with 10 tablespoons sugar in another large bowl until pale yellow and slowly dissolving ribbon forms when beaters are lifted. Gently fold in whipped cream and 1/3 cup praline. Spoon into serving glasses. Freeze at least 2 hours. *(Can be prepared 1 day ahead.)*

Dip grapes in egg white, then sugar, coating well. Let dry 30 minutes.

If semifreddo is frozen solid, let soften in refrigerator 30 minutes before serving. Garnish with grapes and mint. □

Manhattan resident Richard Sax is working on a new book on farmers' markets, to be published by Harper & Row.



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The New Pioneers of Wine

BY ANTHONY DIAS BLUE

PHOTOGRAPHS BY BRIAN LEATART

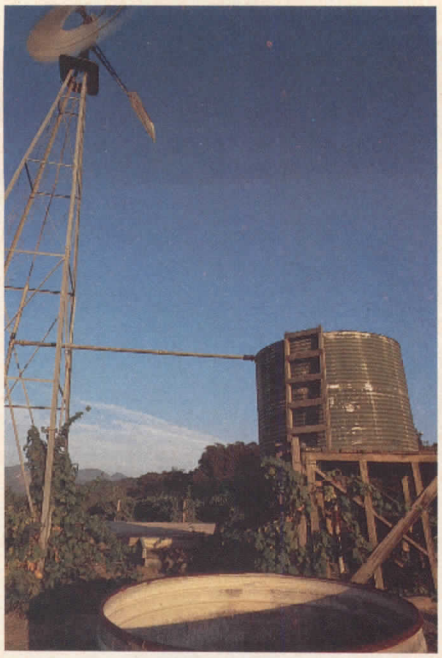
CALIFORNIA'S MOST rapidly developing new wine region is nowhere near the Napa Valley. It is, in fact, almost 300 miles away—in the *southern* part of the Golden State. From Santa Barbara to Paso Robles, the wines and vines are burgeoning.

Now, it is common knowledge that wine grapes grow best in cool climates. There are even parts of Napa and Sonoma that are too warm for certain premium varieties. It would seem, then, that the sometimes torrid weather of Southern California would make it difficult to grow a decent crop.

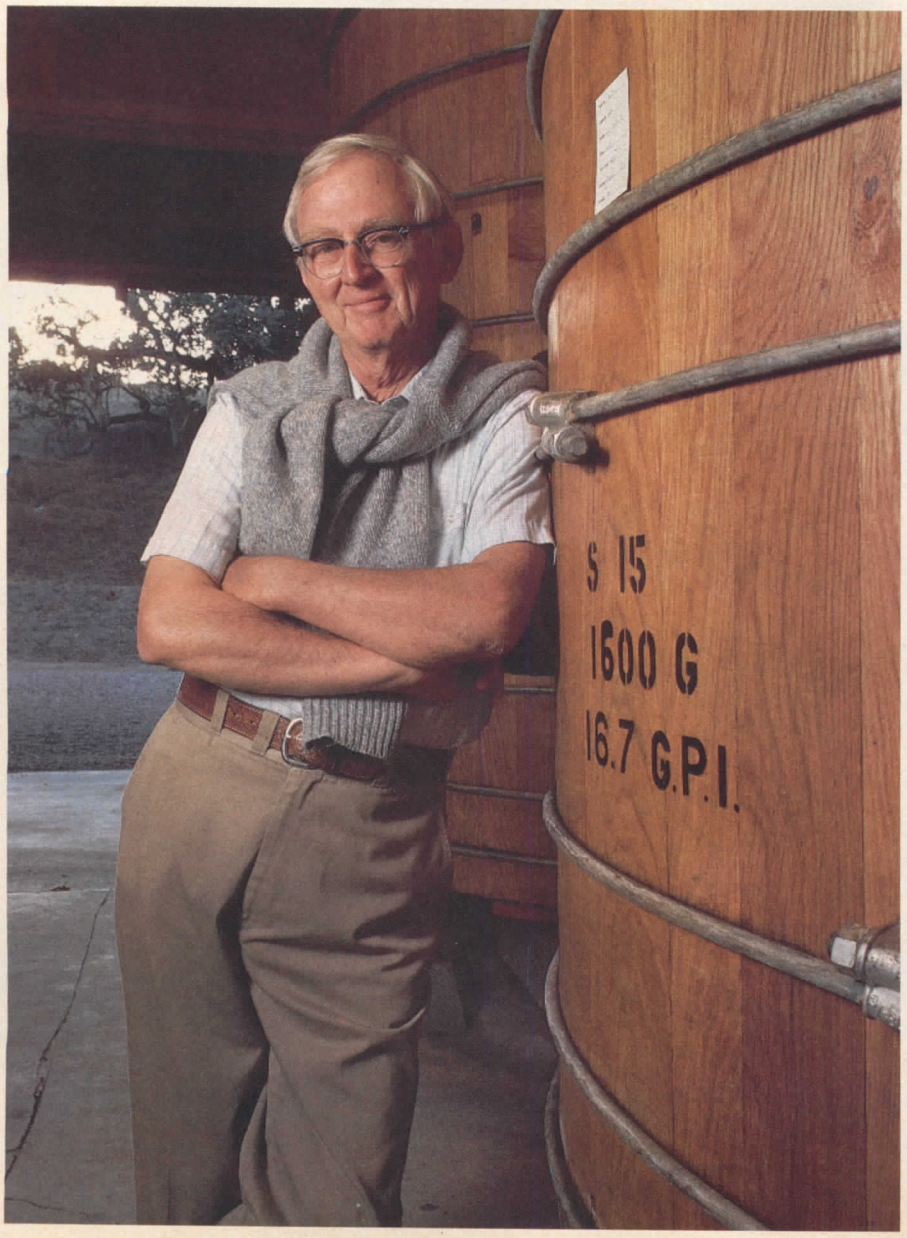
Actually, almost all of California would probably be too warm for quality viticulture if it were not for fog. All summer long, from Santa Barbara up to Mendocino and beyond, the thick, frothy mist builds up along the coast. In the late afternoon, as the sun's power begins to fade, the moisture seeps quietly over the hills into the coastal valleys, providing the perfect nighttime environment for the vines



Brooks Firestone proudly surveys the 275-acre vineyard that bears his name, while winemaker Alison Green (inset) shows off the winery's wooden casks.



BELOW: Zaca Mesa Winery owner Marshall Ream takes time out in the cellar of his successful establishment in the Santa Ynez Valley. RIGHT: Processing tanks and a windmill frame a small section of the vineyard.



until the sun comes back the next morning to burn it off.

"Microclimate" is one of the buzzwords of the contemporary American wine industry. It designates an area that has a special weather pattern because of its unusual topography. Many wineries get their best grapes from vineyards that are situated in regions that produce an ideal temperature for grape growing because of certain air currents and strategically located mountains. This happens to be particularly true for California's "south central coast," as this region is called.

It is basically a unique collection of diverse microclimates. The coolest areas are, curiously, the ones located furthest south: the Santa Ynez and Santa Maria Valleys in Santa Barbara County. To the north in San Luis Obispo County is the Edna Valley, another cool microclimate that has proven itself to be ideal. Still further north, just below the Monterey County border, is Paso Robles, a small city encircled by ranches, orchards, vineyards and shiny new wineries.

Meet the Pacesetters

In the past, before Prohibition, the south central coast did have vineyards and a few wineries—particularly in the Templeton area of northern San Luis Obispo County where Zinfandel has been grown for decades. But it has been only in the last 15 years that a serious industry has developed.

"I guess I'm something of a maverick," says Cliff Giacobine, a biological chemistry graduate of Penn State who planted his first vineyards just outside of Paso Robles in 1972. "I wanted to raise cattle and grow some barley, but I found that there is no money in that. So I decided to try wine grapes."

By the 1977 harvest, Giacobine's dramatic Estrella River Winery was built, perched on a hillside just east of town. "We have found that Cabernet Sauvignon and Chardonnay do particularly well here. Muscat is good and so is Johannisberg Riesling."

Winemaker Cary Gott of nearby Corbett Canyon Vineyards arrived recently after making wine for some years in the mountains of Amador County. "First of all, I was a typical Northern California chauvinist," he admits. "I turned up my nose at this upstart area. When I arrived here, I was amazed at the thousands of acres of grapes. After working with the fruit for two vintages, a bad one in 1983 and a super one in 1984, I'm very impressed. There are some varieties that really show well here. In fact, some of the finest grapes I have ever seen are the ones in the Edna Valley."

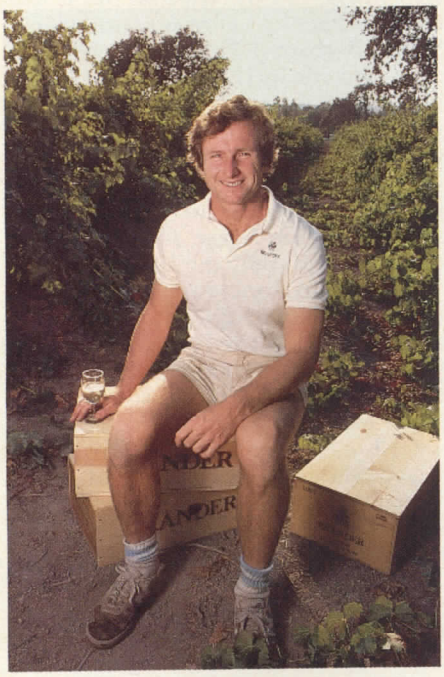
Apparently, Richard Graff and Phil Woodward of the renowned Chalone Vineyard got the same impression.

Back in 1980 they established Edna Valley Vineyard in partnership with the Paragon Vineyard, a 600-acre spread. The two of them have already produced many medal-winning wines.

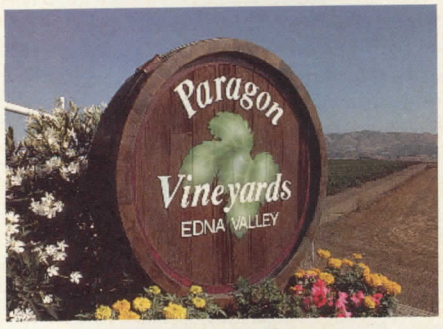
The newly established wine community in San Luis Obispo finds this region a delightful place to live as well as work. "Compared to the Sierra Foothills, this is quite a bit more cosmopolitan," Gott explains. "There is a definite Los Angeles influence here but it is tempered by the easygoing country life. There is also some growth, probably because the beach is not very far away. In the mountains it was farmers and truckers and beer; here it's college kids from Cal Poly and gentleman farmers from Los Angeles."

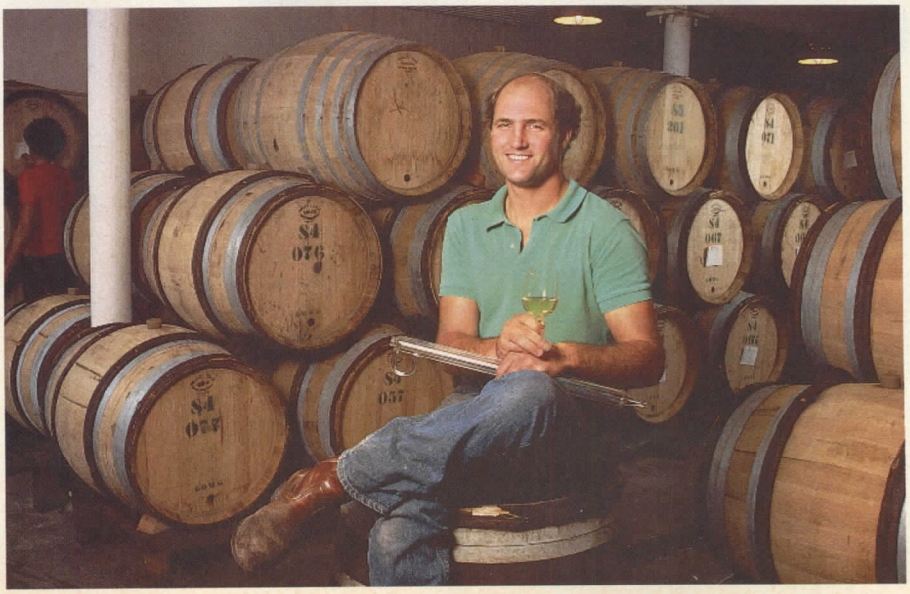
Two Booming Valleys

Only 34 miles north of Santa Barbara is the Santa Ynez Valley. Running east





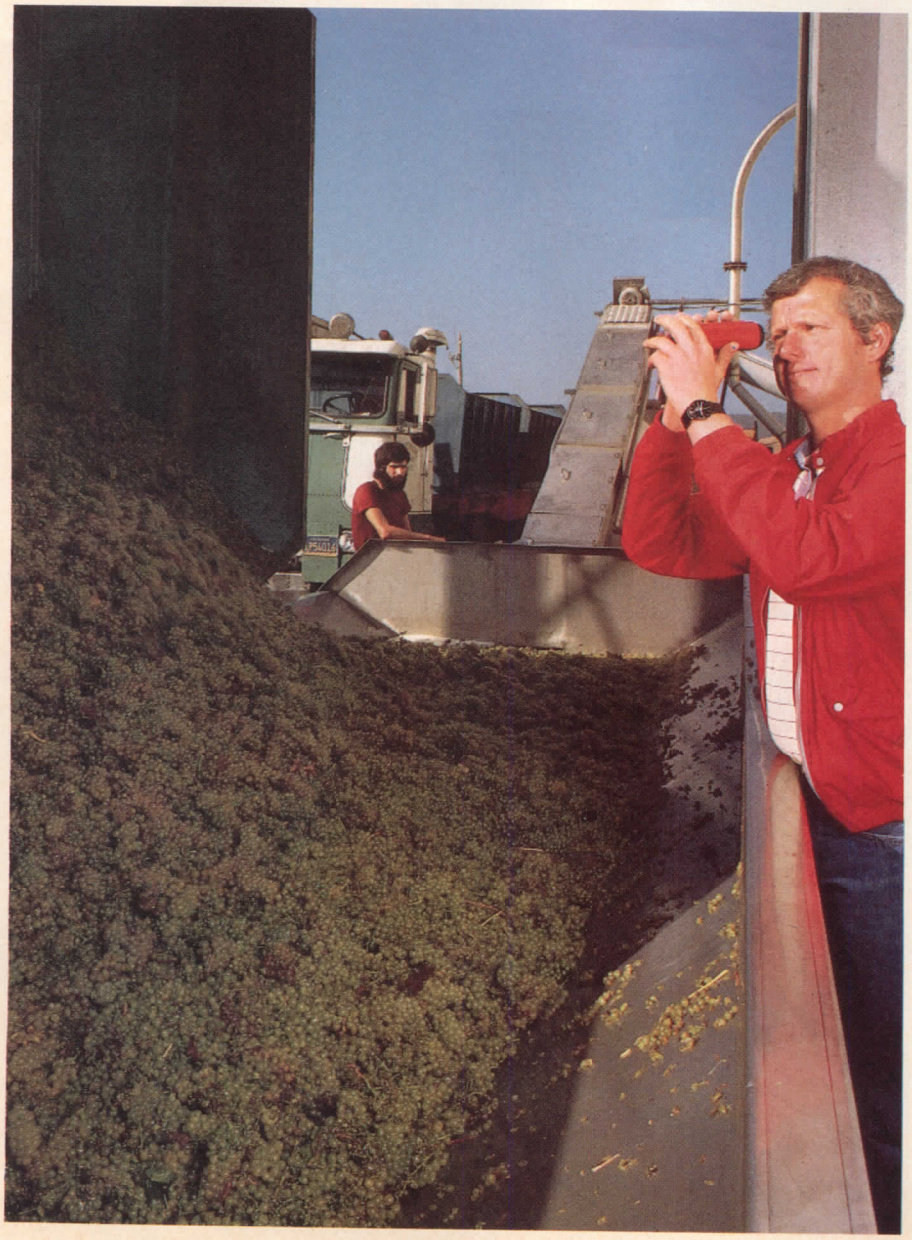




TOP LEFT: Fred Brander samples his harvest. TOP RIGHT: Thekla and Richard Sanford enjoy Pinot Noir outside their Buellton winery. ABOVE: A wine barrel greets visitors to the Paragon Vineyard. RIGHT: Edna Valley Vineyard's Gary Mosby tests a vintage.



RIGHT: Mission bell on winery sign evokes the region's Spanish history. BELOW: Winemaker Cary Gott inspects grapes during pressing at the Corbett Canyon Vineyards.



to west (instead of the more usual north to south) it is perhaps California's most beautiful coastal valley. Sandwiched between the Santa Ynez and San Rafael mountains, this pastoral area radiates an otherworldly calm.

"I have lived all over the country," says former Atlantic Richfield executive Marshall Ream, whose Zaca Mesa Winery is one of the central coast's most successful producers. "But this place is very different. The Santa Ynez Valley definitely has a mixed focus. We are the center of the western Arabian horse industry, we have cattle, we have chic Santa Barbara. I suppose I would prefer more of a wine focus. We need to catch up to the Napa Valley."

A Connecticut native who lived for many years in Philadelphia, Ream is fascinated by the social dynamics of the Santa Ynez Valley. "This is a charming, beautiful place that is relatively close to Los Angeles, but is still outside that city's contamination ring. Santa Barbara is careful to control development in this area so we won't be washed over like Orange County was. There are very distinct social groups: the cattle community; the wine industry, which is very cohesive; the horse people, who keep to themselves; weekend types; and the Danish community in Solvang."

Brooks Firestone was working at the family tire company in London when a large parcel in the Santa Ynez Valley was offered to his father. Jumping at the chance, the tall, patrician Firestone and his charming English-born wife, Kate, moved to Los Olivos and began planting vineyards. Two years later, in 1974, Suntory of Japan came in as a partner, and construction subsequently began on a modern winery.

Firestone is an avid horseman, and he can often be found cantering through the 275-acre vineyard. "The Riesling is exceptional," he points out. "It's very fragrant and has a sort of dry sweetness. Pinot Noir is also good."

Today The Firestone Vineyard is one of California's more successful wineries, and Brooks Firestone still loves being in the Santa Ynez Valley. "It's super to live here," he says with enthusiasm. "It's not for everybody. Many people in the executive life look at us and say, 'That's for me.' Then they get here and discover there's not much to do. This is small-town life."

Fred Brander, youthful owner of The Brander Vineyard and partner in Santa Ynez Valley Winery, was just such a casualty. "I grew up in Santa Barbara," he explains, "and then I moved to the Santa Ynez Valley. There wasn't anything to do. It's very difficult for a bachelor to entertain because there are so few restaurants. Santa Barbara has much more to offer, so I moved back. Another problem in



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PIONEERS OF WINE

continued from page 158

the valley is the high cost of land. Vineyards have to compete with horse ranches for land, which has driven the price of an acre to $25,000."

But the quality of the grapes makes up for everything. "The Sauvignon Blanc here is magnificent," Brander says. "It's varietal without being too aggressive. The fruit is clean and I think it is of superior quality."

Marshall Ream has vineyards in Santa Ynez near the Zaca Mesa Winery as well as a vineyard estate in the Santa Maria Valley, just 15 miles away. "Santa Maria is cooler than Santa Ynez. We get lovely Chardonnay, Riesling and Sauvignon Blanc there. We get much better results near the winery with Cabernet Sauvignon. But we are still trying our legs. After all, we've had only seven or eight vintages. As the vines mature we are getting greater complexity and finesse."

Also in the Santa Ynez Valley is the famous Tepusquet Vineyard, a large operation that supplies grapes to many Northern California wineries, including Bargetto, Felton-Empire and ZD.

A Great Future

The south central coast is an emerging American wine region with enormous potential. The wines being produced there—particularly Sauvignon Blanc, Chardonnay, Pinot Noir and Zinfandel—are already comparable in quality to the products of older, better-known regions. And often, because the area is not widely known, wine prices can be very reasonable indeed.

The fresh-faced, casual style of the south central coast is mirrored in its fine wines. They are, like the people who make them, friendly, outgoing and extremely likable.□

A SOUTH CENTRAL COAST SAMPLER

There are other notable wineries in this fast-growing region. Here they are, with a selection of their best.

Adelaida Cellars (Paso Robles)	Cabernet Sauvignon and Chardonnay	Martin Brothers Winery (Paso Robles)	Chardonnay and Zinfandel
Ballard Canyon Winery (Solvang)	Johannisberg Riesling and Sauvignon Blanc	Ranchita Oaks Winery (San Miguel)	Zinfandel
Belli & Sauret (San Miguel)	Sauvignon Blanc and Zinfandel	Sanford Winery (Buellton)	Chardonnay, Pinot Noir, Sauvignon Blanc and Pinot Noir-Vin Gris
J. Carey Cellars (Solvang)	Merlot and Sauvignon Blanc	Santa Barbara Winery (Santa Barbara)	Chenin Blanc and Zinfandel
HMR, Ltd. (Paso Robles)	Chenin Blanc, Cabernet Sauvignon, Chardonnay and Pinot Noir	Santa Ynez Valley Winery (Santa Ynez)	Blanc de Cabernet, Chardonnay and Sauvignon Blanc
Los Viñeros Winery (Santa Maria)	Chardonnay and Sauvignon Blanc	Tobias Vineyards (Paso Robles)	Zinfandel





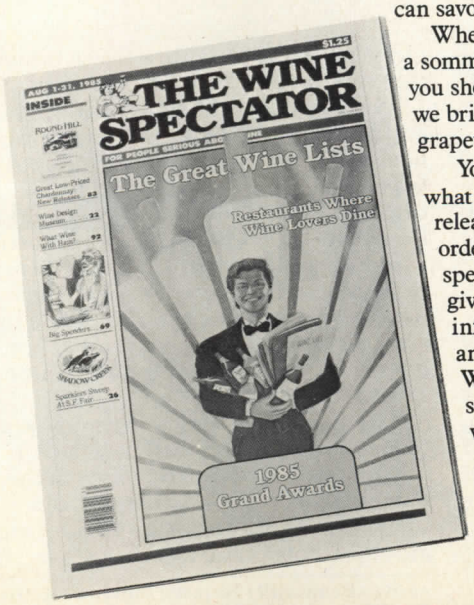
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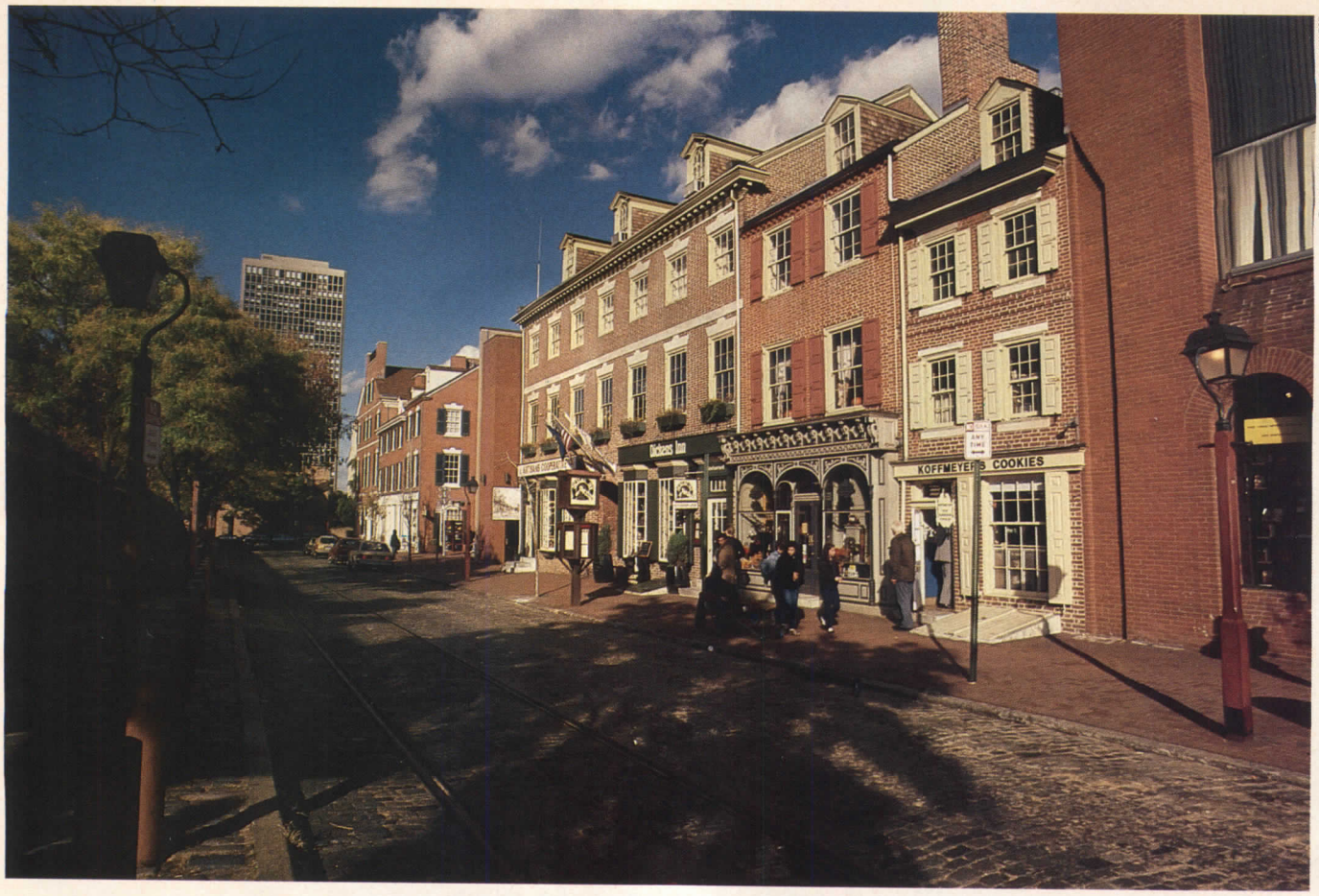
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A TASTE OF PHILADELPHIA

Lively Restaurants and Deluxe Hotels Lead the Renaissance of a Historic City

BY ZACK HANLE AND E.C.K. READ

IN THE LOBBY OF the born-again Bellevue Stratford stands a silver epergne in the form of an all-but-naked lady hurrying forward with trays of sweetmeats. She appears at teatime.

"Classic beauty. Resurgent hospitality. An old-time elegance restored." So a visiting pekoe-seeker described it. "Is this not Philadelphia incarnate?"

His less lyrical companions suggested that he might better grasp the essence of the city by poking his nose out the Broad Street entrance and looking around. To his left he would see the City Hall, crowned by the 37-foot statue of William Penn and richly populated inside and out with other sculpture by Alexander Milne Calder, grandfather of the Calder of mobile fame. To his right would be the Academy of Music, home of the Philadelphia Orchestra and Opera. Across the street he would find a sidewalk cafe that fronts for Apropos, a young and handsome restaurant/bakery/*charcuterie* open from breakfast until après-Academy in the evening.

The City Hall statuary, with Claes Oldenburg's famous 45-foot *Clothespin* a close neighbor, exemplifies Philadelphia's extraordinary dedication to the arts. It was the first city to hatch a One Percent Program whereby, since 1959, that portion of the cost of every city-funded building project has by law been set aside for public art. In 1984—the same year that William Penn was accorded honorary U.S. citizenship, rarely bestowed by Congress—one of the city's latest open-air works was lofted in memory of Philadelphia's other patron saint, Benjamin Franklin. Commissioned by the Fairmount Park Art Association, wellspring of much municipal art and architecture, it is Isamu Noguchi's 102-foot *Bolt of Lightning* at the Delaware River bridge that is also named for Mr. Franklin.

The Academy of Music at Broad and Locust is the cornerstone of a musical tradition that is ever renewed from such schools as the Curtis Institute of Music, alma mater of Leonard Bernstein and Gian Carlo Menotti. The academy is modeled after La Scala in Milan, and its superlative acoustics have been exploited in full measure by a succession of great symphonic conductors: Stokowski, Ormandy and, since 1980, Riccardo Muti.

The liveliest of the performing arts today, however, may well be what's going on at Apropos and elsewhere—namely, cooking. A baker's dozen or so years ago, anyone wandering around Center City after sunset faced

ABOVE: Beautifully restored buildings house NewMarket at Head House Square, a quaint shopping and dining complex on Society Hill.

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PHILADELPHIA

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possible starvation unless he or she belonged to a club or knew the locus of a few ancient oases. Today there is a restaurant around nearly every corner: lavish, lively, ethnic, eccentric, simple, sophisticated or what you will.

What's new in Philadelphia is not necessarily everyone's dish of tea. New zoning, for example, has its detractors: It will permit a grove of skyscrapers north of Market Street, which will be higher than William Penn on City Hall, the traditional height limit. Some of the new art has also been the subject of some lively commentary. But nobody here is unhappy with the blossoming of creative cuisine.

The restaurant explosion has been echoed by an impressive flowering of hotels—more than 5,000 rooms new or renovated in the last five years—often with chefs who need tip a toque to no one. Two of the hotels, the reconstituted Palace and the newborn Four Seasons, look out on Logan Circle and offer a vista that says "Philadelphia" as well as anything a Bellevue tea-fancier might see on Broad Street.

Logan "Circle" is in fact one of the five squares spotted into Philadelphia's street grid by Penn's surveyor, Thomas Holme. (The center one is occupied by City Hall; the other three, clockwise, are Franklin at the end of the Franklin Bridge, Washington near Independence Hall, and Rittenhouse.) Logan's centerpiece is the Swann Memorial Fountain, with figures representing the Delaware and Schuylkill rivers and Wissahickon Creek. The work is by Alexander Stirling Calder and, from it, one can look southeast along Benjamin Franklin Parkway and see his father's William Penn on City Hall, or northwest, along the same parkway, toward the Museum of Art where his son's mobiles are.

Diners strolling forth from lunch at the Palace's Cafe Royal or the Four Season's Fountain Restaurant can look across the Indian and the maidens reclining at Calder's pool to the Free Library and its sister court building beyond. Just as the parkway is modeled after the Champs-Elysées, these buildings mirror the twin palaces on the Place de la Concorde. Also within easy reach are the Franklin Institute Science Museum—full of contrivances that, at your behest, give genial demonstrations of scientific principles—and the Rodin Museum where *The Thinker* and *The Gates of Hell* are sentinels for the largest collection of Rodin's work outside of France.

Anchoring the northwest end of the Benjamin Franklin Parkway is the Museum of Art, a Greco-Roman building that commands the entire sweep of the parkway toward City Hall from an eminence Penn called "Faire Mount." If you slip across the Schuylkill here onto the West River Drive or the Expressway, you will see more temples—a charming if presumptuous row of little ones on the riverbank *below* Faire Mount's *grande dame*. These comprise early waterworks, which pumped Schuylkill water up the Mount for gravity distribution to the citizenry.

Just upstream, where the enormous sweep of Fairmount Park begins in earnest, is Boathouse Row, from where oarsmen set forth in shells as soon as the ice is off the river. By day or night, when they are profiled to the gables by strings of lights, these Victorian boat clubs are so endearing as to drive even landlubbers into the rowing game.

In Penn's plan, the Schuylkill was the western edge of the city. But then the city swam across and spawned West Philadelphia. The eastern edge, however, stands firm at the Delaware. Here, near the river, is Philadelphia's, and the Republic's, pièce de résistance—Independence National Park, properly billed as "the most historic square mile in America." Here are the Liberty Bell, Independence Hall where the Declaration of Independence was adopted and the Constitution was written, Congress Hall where Congress met in the decade when Philadelphia



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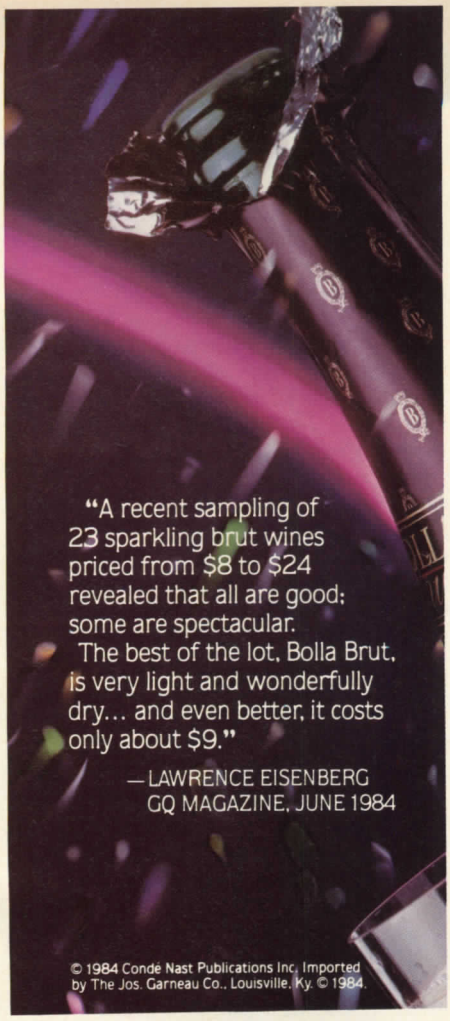
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was the capital, the First Bank of the United States, Carpenters' Hall: the byways where greatness walked.

A few steps south is Society Hill, a splendid neighborhood of eighteenth- and nineteenth-century homes that was reclaimed in the 1960s from near ruin. NewMarket on Head House Square is the old/new shopping center on this hill-no-more which was named for The Free Society of Traders, a company formed to promote commerce under a grant from Penn. We stopped at the Dickens Inn NewMarket for a casual, very nicely done lunch before heading north to Elfreth's Alley, the oldest continuously occupied residential lane in America. It is a reminder that Penn's grid system of streets imposed an order that merely challenged Philadelphians to devise anomalies. Alleys, mews, courts and cul-de-sacs, cobbled and tiled, invite the stroller to enter and explore at every hand.

As everyone says, Philadelphia is a walking city. If you want to use the best restaurants as a guide from river to river, there are only 23 blocks between Jeannine Mermet and Leslie Smith's elegant La Truffe on Front Street and Alphonse and Anita Pignataro's convivial Morgan's near the Schuylkill on 24th. The abundance of other restaurants along the way reflects the new Philadelphia that has evolved rapidly since the sixties. It is a melting pot of tastes, and the new culinary chemistry has two catalysts: its Restaurant School which, under the aegis of director Joanna Smyth and culinary director Andrew Schloss, turns out 200 would-be chefs and owner/managers a year, and CAP, the efficiently organized Center City Association of Proprietors that annually, under the direction of Meryl Levitz, puts on a gastronomic gala to show off the talents of several dozen of the city's best chefs and restaurateurs.

There are boutique-style eateries

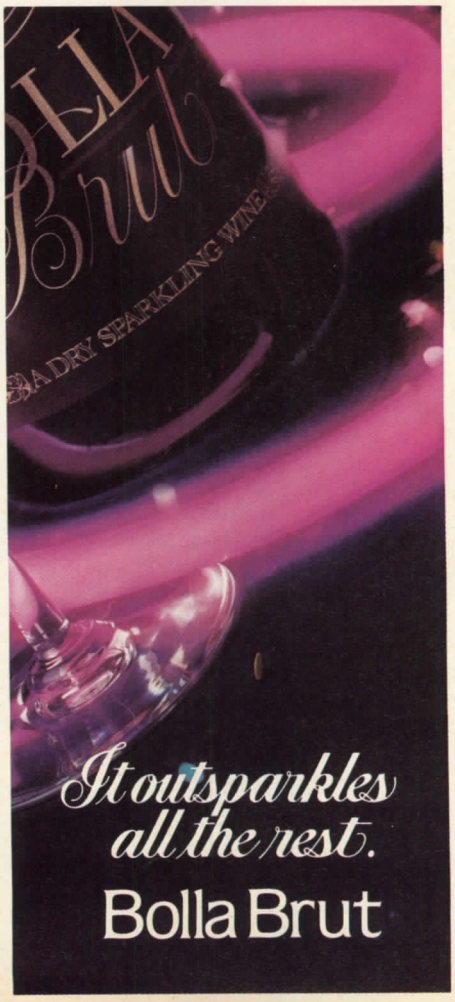


and gloriously grand restaurants thriving in colonial row houses, in town houses and converted storefronts, in indoor gardens and outdoor cafes, and in the new and newly restored great hotels. We found this revival to be unrivaled by any city in the country.

So there is much to choose from in this embarrassment of culinary delights. Even at the aforementioned Apropos, a relative newcomer on the site of Philadelphia's old Horn & Hardart cafeteria (with only the marble floors to testify to the former tenant), you will want to sample and savor a dozen temptations. The Israeli-born owners, Shimon and Koby Bokovza, have arranged their handsome eatery to show off their talents, with the mesquite grill open for all to see. The rest of the layout is on two levels, with square dividers of black lacquer and settees and chairs in soft lavender with white polka dots.

They offer only fresh vegetables in the superb salads and vegetable mélanges, using the new minivegetables that are so popular—pattypan squash, baby eggplants, green beans as skinny as shoelaces, and corn and carrots so small they must surely be grown by Lilliputians on minuscule farms. This combination bistro-cafe also has a shop stocked with such irresistible cookies as pecan tassies, Aspen rocks and Russian teaballs, and Clementine oranges preserved in brandy.

If you yearn for the seafood for which Philadelphia has always been famous, you will immediately search out Bookbinder's, the original family-owned fish house that is as old as our grandparents. Maine lobsters, steamers, Chincoteague oysters, Sherried snapper soup and oyster stew have never varied from the original formulas and the Spartan, no-nonsense place welcomes serious eaters. This is the South 15th Street restaurant. The



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"other" Bookbinder's, on Walnut Street, is owned by a different family today and aficionados stand firm in their loyalty to the original.

Other seafood reliables include DiNardo's at Third and Race or Walt's on Second and Catherine. And for an exotic, withal delectable, presentation of fish and seafood, tuck into The Thai Royal Barge down near the water at 23rd and Sansom streets. The rest of the menu in this small place offers authentic Thai dishes from mild and flavorful to spicy and peppery hot.

Not too far from here is that *coin du Paris*, the romantic, flower-filled La Truffe. It is a caviar-and-truffles menu. And chanterelles and morels. And silken foie gras and the best *gigot* in the city. It is classic and classy both in bill of fare and service. The distinctly superior dining experience here is well worth the pricey tab.

The emphasis is on simple preparation—but with careful attention to details of taste and presentation—at Kathleen Mulhern's highly respected The Garden. She may well be the doyenne of the city's restaurateurs, and few visitors to the city leave without having dined here at least once. Should you turn into an habitué, you will find the entrées so varied that you can scarcely eat the same meal twice.

There is indeed a garden for warm-weather dining. This is the old Music Academy building, and there is a front room called The Oyster Bar and a maze of other small rooms that offer quiet dining at its best. Newest is the Swan Room, replete with antique swan decoys tucked into the niches. Part of the ambience of this popular spot is the careful "Old Philadelphia" charm underscored by its period decoration. Here the pure delight of poached bass or turbot or a delicate Dover sole done *à point* and napped with a light sorrel sauce is heightened by perfectly cooked vegetables, fresh and in season. Roast lamb or, again in season, white truffles with homemade pasta are both high spots on the menu. Reservations are absolutely mandatory.

Onward and upward the path led to ever more elegant meals. Déjà-Vu has an interior that vies with the menu for richness and virtuosity. In Center City on narrow and historic Pine Street, this tiny restaurant is the proud bastion of owner-chef Salomon Montezinos who will unabashedly take full credit for Philadelphia's culinary renaissance. His wine cellar alone is one of the most impressive in the city. The pastry chef, a French import named Alain Tricou, is a master of sweet intricacies that would charm even the most ascetic dieter. He creates, for instance, a chocolate terrine with three chocolates and three rums, a swan-shaped meringue with a duet of exotically flavored sorbets, or a nougat soufflé flavored with Tia Maria liqueur and served in a pretty nougat basket.

Another great chef/owner, Georges Perrier, may have been the advance courier of cuisine *haute* and mighty in Philadelphia with his celebrated Le Bec-Fin, located in all its mauve and rose damask splendor in Center City. This dedicated maestro mixes *nouvelle* with classic and comes up with the airiest *quenelles*, juiciest duck and pheasant, meltingly tender calf's liver sauced in raspberry vinegar, and caviar-dressed sole and plump fresh oysters poached in herbs to make them more silken than nature intended.

"There are boutique-style eateries and gloriously grand restaurants thriving in colonial row houses, in town houses and converted storefronts, in indoor gardens and outdoor cafes...."

Before continuing your gastronomic tour, take time out to inspect the refurbished Reading Terminal Market, supplier of much of the restaurateur's provender. Nostalgia reigns in many corners: There are old favorites such as Philadelphia scrapple, pepper pot soup with its tender tripe snippets, snapper soup (you provide the Sherry), the original Philadelphia (and other) cream cheese, and Bassett's ice cream, available at a booth where a fifth-generation Bassett has been known to scoop your oh-so-smooth chocolate cone. In the fall, there are plump Muscovy ducks (a Déjà-Vu favorite) in from Lancaster, Pennsylvania, and big mushrooms from Kennett Square.

Hard by are such dearly loved landmarks and shoppers' havens as the John Wanamaker department store with its bronze eagle guarding the great hall and offering a meeting place for friends. Across the way is Strawbridge & Clothier, with a shiny new Food Hall not unlike Harrods in Knightsbridge (in miniature). It has a guardian bronze pig, cast from Pietro Tacca's Il Porcellino in Florence. Farther downtown, a third great store, Lits Brothers, stands forlorn and waiting for the restoration of its facade.

Another resource for the city's chefs—both amateur and professional—is the Italian Market that runs between Federal and Christian streets on Ninth. It is worth a visit by you, too, for experiencing the bustling, noisy crowd bent on unbelievable food bargains—a sackful of fresh peppercorns for $2 in the spice shop, all manner of cheeses, pastas and meats, thumb-thick fresh asparagus for less than a dollar a pound, glorious grapes and other fruit—even wedding cakes at Litto Pastry Shop. A less ambitious expedition will take you to South Street, a dozen blocks of food, art and fashion, shops and galleries, boutiques, bookstores and antiques.

And in this five-star city of firsts—first convention, World's Fair, medical college, cookbook, zoo, bank, volunteer fire company, daily newspaper, printing press and yes, ice cream soda and more, much more—they are breaking new ground in the hotel as well as the restaurant business. Examples are the posh Four Seasons Hotel at One Logan Square complete with spa, beautifully decorated rooms and splendid dining rooms. At the Palace Hotel across the way it is all suites, not merely "rooms," and grandly elegant. Both are located near the Benjamin Franklin Parkway and within easy walking to the center of the city.

Back on the restaurant circuit, you might have tea at the Bellevue Stratford or cocktails at Harry's Bar & Grill where yuppies meet yummies in an English clublike atmosphere with pub-grub types of tarts and savories. (This is another enterprise of Kathleen Mulhern of The Garden.) Go on to dinner at the boutique-style Morgan's, where Alphonse and Anita Pignataro specialize in largely French but also Northern Italian and sundry Mediterranean cuisines. The menus are all collectors' items with their gentle, appealing graphics representing the food of the moment—a leafy cabbage, bundle of asparagus, partridge, quail, perhaps lamb, hare and dove. The menu and the drawings change with the season.

This innovative young couple are among those who have elevated the dining standards of Philadelphia, constantly searching for new ideas and always demanding quality. The stylish decor features high-backed booths and tables of blond woods and sleek, mostly unadorned walls. The food's the thing here, particularly fine game dishes such as saddle of venison spiked with rosemary and Merlot, or a warm salad of rabbit or duck on young let-



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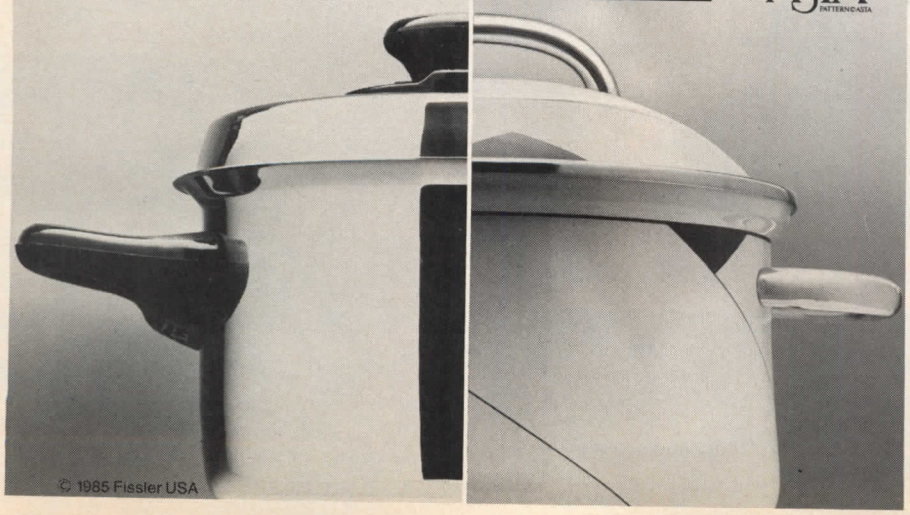
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PHILADELPHIA

continued from page 166

tuces. Try one of their dessert spectaculars—perhaps the rich *marjolaine* layered with hazelnut meringue.

You might have your final fling at the popular Frög, owned and managed by Steve Poses, another pioneer in this culinary revolution. It is one of his five restaurants, the others being The Commissary, the USA Cafe (upstairs), the 16th Street Bar & Grill, and City Bites located in Society Hill.

Frög's meander of rooms all adds up to comfort. Comfortable chairs, comfortable food—something for the no-frills diner and something for the more adventurous: roast duck, crispy and crackly; savory braised beef with a double rich gravy; deep-dish chicken and mushroom pie with a flaky top crust; roast pheasant without a hint of dryness; or fillet of sole poached and served with a julienne of crisp vegetables and *beurre rouge*. Pleasant and nicely priced, this spot has no rude surprises. It is amiable and the service is notable, best summed up by Steve himself: "You should hire people who complement you—not clones."

Our last walk included a stroll to Washington Square. In the lobby of the old Curtis Publishing Company building we saw the glass mosaic after Maxfield Parrish in the lobby: *The Dream Garden* by Louis C. Tiffany, depicting trees, mountains and waterfalls in 260 colors. Nearby is the Norman Rockwell Museum. You should also see the English Village between Walnut and Locust streets, off 18th. Or you might visit especially to see the uniquely feathered and costumed Mummers Parade, a fantasia of string bands that rehearse all year for a one-day performance in January—creating a kind of Mardi Gras mood in the city.

Here we have just tapped the surface of this great city's origins, its history, its renascence. And we have only barely sampled the joy of dining in Philadelphia. On our next trip we are confident that there will be yet another baker's dozen of new restaurants to explore, and old ones—ever tooling their menus to stay in tune with tastes and the times—to rediscover.

For further information, write the Philadelphia Convention and Visitors Bureau, Three Penn Center Plaza, Suite 2020, Dept. BA, Philadelphia, PA 19102.

SOUPE DE COQUILLES SAINT-JACQUES (Scallop Soup)

Le Bec-Fin offers this elegant starter.

6 servings

1½ pounds bay scallops

1 tablespoon butter
2 tablespoons olive oil
2 medium carrots, chopped
1 medium onion, chopped
1 medium tomato, chopped
1 celery stalk, top included, chopped
2 tablespoons minced fresh parsley
4 cups rich fish stock

1/4 pound wild mushrooms (such as chanterelles, porcini or shiitake)

2 cups (or more) whipping cream
Salt and freshly ground white pepper
Snipped fresh chives

Set aside 24 scallops. Melt butter with 1 tablespoon oil in heavy large saucepan over medium-high heat. Add remaining scallops, carrots, onion, tomato, celery and parsley and cook 5 minutes, stirring frequently. Add fish stock and bring to boil. Reduce heat and simmer 20 minutes.

Meanwhile, heat 1 tablespoon oil in heavy small saucepan over medium-high heat. Add mushrooms and cook until just tender and golden, stirring frequently, about 5 minutes. Set aside.

Puree soup in blender until very smooth. Sieve through fine strainer into another saucepan. Add 2 cups cream (or more if thinner consistency is desired). Season with salt and pepper. Bring to boil. Add reserved scallops and cook until just opaque, about 1 minute. Stir in mushrooms. Ladle soup into bowls. Garnish with chives.

BAKED GOAT CHEESE AND LENTIL SALAD

A new twist on a French classic from Apropos. Serve with crusty bread.

6 servings

1 tablespoon olive oil
6 ounces bacon, sliced 1/4 inch thick and cut into 1/4-inch cubes
2 cups lentils, sorted and rinsed
2 tablespoons minced shallot
2 tablespoons minced garlic
3 cups rich chicken stock
7 ounces tomato puree
3 fresh thyme sprigs or 1 teaspoon dried, crumbled
Salt and freshly ground pepper

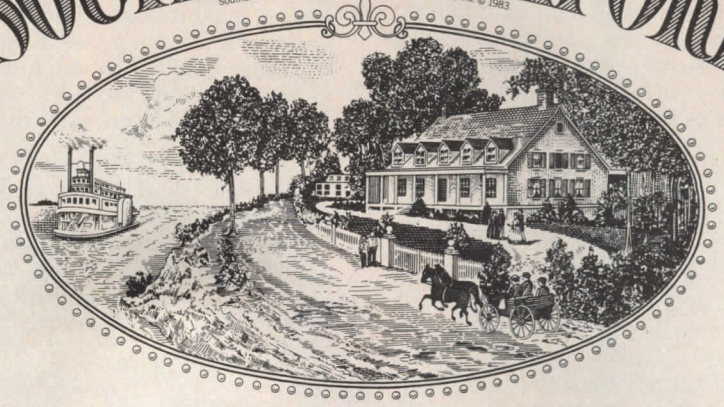
18 ounces California goat cheese, cut into 6 slices
Olive oil

1/4 cup balsamic vinegar
3/4 cup olive oil
Mixed lettuces (such as radicchio, arugula, red leaf, Boston)
Italian parsley sprigs

Heat 1 tablespoon oil in heavy large skillet over medium heat. Add bacon and cook until beginning to brown,

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COMFORT EGGNOG
6 eggs. 3/4 cup sugar. 2 cups whipped cream. 1 cup cream. 1 cup milk. 2 cups Southern Comfort. Ground nutmeg. Chill the eggs and liquid ingredients. Separate egg whites from yolks. Beat yolks. Continue beating and add sugar. Stir in whipped cream, cream, milk and Southern Comfort. Beat egg whites and fold in. Dust with nutmeg and chill. Makes 10 5-oz. servings.

To make Easy Comfort Eggnog, chill a cup of Southern Comfort and a quart of dairy eggnog. Beat together in a punch bowl and dust with nutmeg. Serves 10. For a single serving, combine 1 oz. of chilled Southern Comfort with 4 oz. of dairy eggnog in a short glass. Dust with nutmeg.

For a free copy of Southern Comfort's newest recipe guide, please write to: Southern Comfort Recipe Booklet, Dept. AD, Post Office Box 1080, Louisville, KY 40201.

PHILADELPHIA

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stirring frequently, about 5 minutes. Add lentils, shallot and garlic and stir 1 minute. Add stock, tomato puree and thyme and simmer until lentils are tender and liquid is absorbed, about 1 hour. Season with salt and pepper. Cool to room temperature.

Preheat oven to 350°F. Arrange goat cheese on baking sheet. Sprinkle with salt and pepper. Drizzle with oil. Bake until just beginning to melt, about 5 minutes, watching carefully.

Meanwhile, blend vinegar, salt and pepper. Whisk in ¾ cup oil in thin stream. Toss with lettuces. Mound salad on plates. Spoon lentil mixture into center. Top with goat cheese. Garnish with parsley. Serve immediately.

SPINACH CUTLET IN HAZELNUT BRIE SAUCE

A rich vegetarian main course, with an interesting contrast of flavors and textures, from the menu at Frög.

6 servings

Cutlets

2 pounds stemmed spinach
¼ cup clarified butter
1 cup chopped cabbage
½ cup chopped leeks
2 teaspoons minced garlic
⅔ cup chopped broccoli florets
½ cup freshly grated Parmesan cheese
1 cup Béchamel Sauce*
1 egg
½ cup chopped green onions
Salt and freshly ground pepper

Sauce

2 cups dry white wine
2 tablespoons minced shallots
½ cup whipping cream
¼ pound Brie cheese, peeled
2 tablespoons bleu cheese
2 teaspoons Dijon mustard
25 hazelnuts, toasted, husked and coarsely chopped
1 tablespoon minced fresh parsley

All purpose flour
¼ cup clarified butter

For cutlets: Blanch spinach in boiling water 1 minute. Drain; wring dry in towel. Chop finely. Set aside.

Heat butter in heavy large skillet over medium-low heat. Add cabbage, leeks and garlic and cook until vegetables are tender, stirring occasionally, about 10 minutes. Stir in spinach, broccoli and Parmesan. Blend in Béchamel Sauce and egg. Mix in onions. Season with salt and pepper. Let mixture stand until firm, about 1 hour.

Meanwhile, prepare sauce: Boil wine and shallots in heavy small saucepan until liquid is reduced to ¼ cup, about 15 minutes. Add cream, Brie, bleu cheese and mustard and boil 5 minutes to thicken and blend, stirring constantly. Strain sauce through fine sieve into another saucepan. Stir in hazelnuts and parsley. Keep warm over low heat.

Divide vegetable mixture into 12 cutlets. Dust with flour, shaking off excess. Heat ¼ cup butter in heavy large skillet over medium-high heat. Add cutlets in batches (do not crowd) and cook on both sides until crisp. Serve immediately with sauce.

**Béchamel Sauce*

Makes about 1 cup

½ cup butter
1 cup all purpose flour
1 cup half and half

Melt butter in heavy small saucepan over medium-low heat. Whisk in flour and stir until just beginning to color, about 5 minutes. Whisk in half and half and bring to boil; Béchamel Sauce will thicken immediately.

LOBSTER AND LILLET NAVARIN

Morgan's serves this colorful shellfish and vegetable stew, subtly flavored with Lillet, the French aperitif.

4 servings

3 1-pound lobsters
6 tablespoons (¾ stick) butter
1 carrot, minced
2 shallots, minced
¼ cup Lillet
4 cups rich fish stock or clam juice
1 cup dry white wine
1 tablespoon tomato paste
Bouquet garni (bay leaf, thyme, parsley stem)
½ cup whipping cream
Salt and freshly ground pepper
6 red-skinned potatoes, cooked until tender and sliced into rounds
½ cup 2-inch cooked carrot sticks
½ cup 2-inch cooked turnip sticks
½ cup 2-inch cooked green bean pieces
½ cup cooked fresh green peas

Cook lobsters in boiling salted water until bright red, 6 to 8 minutes. Immediately plunge into ice water. When cool enough to touch, remove shells. Set claw meat aside. Slice tail meat into medallions. Rinse shells; chop finely by hand or in processor.

Melt 3 tablespoons butter in heavy large skillet over medium-low heat. Add carrot and shallots and cook until softened, stirring occasionally, about 10 minutes. Stir in shells. Pour in Lillet. Tilt pan; heat and ignite. When flames subside, add stock, wine, tomato paste and bouquet garni and bring to boil. Reduce heat and simmer until reduced to about 2 cups. Strain liquid into another large skillet (you should have about 1 cup). Add cream and boil until reduced to about ¾ cup. Remove from heat. Whisk in remaining 3 tablespoons butter 1 tablespoon at a time. Season with salt and pepper. Mix in lobster and vegetables and reheat gently. Serve immediately.

FISH BAKED WITH FAVA BEANS AND CABBAGE

Lima beans are also good in this dish from Morgan's restaurant.

6 servings

12 medium savoy or Chinese cabbage leaves, center veins removed
1½ pounds fresh fava beans, shelled
6 tablespoons (¾ stick) butter, room temperature
Salt and freshly ground pepper

3 pounds black bass, sea bass or grouper, filleted
¼ cup dry white wine

Blanch cabbage in boiling salted water 2 minutes. Remove using slotted spoon; rinse under cold water. Pat dry with paper towels. Add beans to boiling water and cook until tender, about 5 minutes. Drain; rinse under cold water. Remove skins from beans. Mix cabbage, beans and butter. Season with salt and freshly ground pepper.

Preheat oven to 400°F. Spread vegetable mixture in bottom of shallow roasting pan. Arrange fish skin side up atop vegetables. Sprinkle with salt and pepper. Add wine to pan. Cover with foil. Bake until fish is just opaque and firm, about 15 to 18 minutes.

VEAL LOIN WITH GINGER

From The Garden restaurant, a simple yet sophisticated entrée sparked by a touch of the Orient.

6 servings

2½ cups rich chicken stock
2 cups rich veal stock
2 tablespoons minced shallot

1½ pounds veal loin, trimmed and cut into ¼-inch slices
Salt and freshly ground pepper

½ cup clarified butter

recipe continued on page 172

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PHILADELPHIA

continued from page 170

6 ounces ginger, peeled and cut into paper-thin slices
2 tablespoons (1/4 stick) unsalted butter, cut into 4 pieces
1/4 cup minced fresh parsley

Boil stocks and 1 tablespoon shallot until reduced by half.

Pat veal dry. Pound between sheets of waxed paper to flatten slightly. Season with salt and freshly ground pepper.

Heat clarified butter in heavy large skillet over medium heat. Add ginger and fry until crisp and light brown. Remove using slotted spoon and drain on paper towels. Pour off half of butter from skillet. Add remaining shallot and stir 1 minute. Add veal in batches (do not crowd) and brown lightly on both sides. Remove from skillet. Pour off fat from skillet. Set skillet over high heat. Add reduced stock mixture, stirring to scrape up browned bits, and boil until thickened to saucelike consistency. Remove from heat and whisk in butter 1 piece at a time. Stir in parsley. Season with salt and pepper. Arrange veal on plates. Top with ginger. Spoon sauce over. Serve immediately.

CHOCOLATE IRISH WHISKEY CAKE

Pecans and raisins add an interesting texture to this rich liquor-laced cake from Dickens Inn NewMarket.

8 to 10 servings

Cake

3/4 cup (1 1/2 sticks) unsalted butter
1 cup sugar
6 eggs, separated, room temperature
5 ounces imported bittersweet or semisweet chocolate, melted
1/2 cup Irish whiskey
2 1/2 cups ground pecans
1 cup raisins
1/4 cup all purpose flour, sifted

Glaze

2 1/2 cups powdered sugar
1/4 cup water
1/2 cup (1 stick) unsalted butter
1/2 cup whipping cream
2 cups (scant) unsweetened cocoa powder, sifted
1/2 cup (about) light corn syrup
Pecan halves

For cake: Preheat oven to 325°F. Butter and flour 9-inch round cake pan. Using electric mixer, cream butter and 3/4 cup sugar. Beat in yolks. Stir in chocolate and whiskey. Fold in pecans, raisins and flour. Using clean, dry beaters, beat whites until soft peaks form. Gradually add remaining sugar and beat until stiff but not dry. Gently fold 1/4 of whites into chocolate mixture to lighten. Fold in remaining whites. Turn batter into prepared pan. Reduce oven temperature to 300°F. Bake cake until puffed and firm, about 1 hour; top may crack. Cool in pan 10 minutes. Remove from pan and cool completely on wire rack.

For glaze: In heavy medium saucepan, dissolve sugar in enough water to form smooth paste. Add butter and cream. Bring to boil over very low heat. Remove from heat. Add cocoa powder and whisk until smooth. Add enough corn syrup to thin to coating consistency. Pour glaze over cake, smoothing surfaces. Decorate with pecans. Serve cake at room temperature.

HOT AND COLD PEAR

A spectacular dessert from Déjà-Vu. For the best results, prepare the tulip batter one day ahead.

6 servings

Tulips

3/4 cup all purpose flour
1/2 cup sugar
3 egg whites, room temperature
1/4 cup melted butter, cooled

Pears

4 cups water
1 1/4 cups sugar
6 tablespoons fresh lemon juice
6 Anjou pears, peeled

3/4 cup fresh pineapple julienne

Champagne Sabayon

3 egg yolks, room temperature
2/3 cup Champagne
1 tablespoon sugar
1 teaspoon grated lemon peel

Rich vanilla ice cream
Mint leaves

For tulips: Combine flour and sugar in large bowl. Using wooden spoon, gently stir in whites. Mix in butter in thin stream. Press plastic wrap on surface of batter. Refrigerate overnight.

For pears: Cook water and sugar in heavy large saucepan over low heat until sugar dissolves, swirling pan occasionally. Bring to boil. Reduce heat and simmer 5 minutes. Blend in lemon juice. Add pears and poach until tender when pierced with tip of sharp knife, about 10 minutes (time will vary depending on ripeness of pears). Cool completely in liquid. Refrigerate until chilled. *(Can be prepared 1 day ahead.)*

Preheat oven to 450°F. Butter baking

recipe continued on page 220



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GENERAL FOODS

ASK BON APPETIT THE EXPERTS ANSWER

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.*

My home state of Hawaii may have more than its fair share of macadamia nuts and exotic fruits, but it does not have many of the specialty food items I see listed in your recipes. Three things I especially need are instant espresso powder, unsweetened chestnut puree and praline paste. Could you suggest a company that mail orders all of these?

Gloria Wong
Ewa Beach, Hawaii

Specialty foods are what Maison Glass, at 52 East 58th Street, New York, NY 10022, does best. They carry the three items you mentioned among hundreds of fresh and packaged delicacies from around the world. Regular or decaffeinated instant espresso powder is available in 5-ounce jars for about $7 to $8, or as a package of 10 single servings for $2.50 to $3. A 15¾-ounce tin of unsweetened chestnut puree sells for about $2.75. Praline paste comes in a 14-ounce jar for approximately $8.95.

Write the company to inquire about shipping and handling charges.

• • •

While visiting the Caribbean, I enjoyed a local specialty called farine pie. One of the ingredients, I discovered, is farine flour, which I cannot seem to find anywhere. Do you know if it is available in this country?

Ellen Little
Vista, California

Farine is the word the residents of the French West Indies use for the meal that is made from the cassava, a starchy tropical root vegetable found in Africa, Asia and Latin America. The tuber also goes by a number of other names, among them manioc, mandioca and yuca.

Cassava meal is, not surprisingly, also known by a handful of names, most often farinha de mandioca, farine de manioc *or manioc meal. To obtain the meal or flour that is used for making pies, cakes and breads, the vegetable is washed, peeled and grated. The juice is pressed out and the pulp is left to dry. It is then sifted to achieve a fine texture. (By the way, the moist cassava meal when pressed through a sieve to form round pellets is tapioca.)*

Look for cassava meal in Latin American markets and some specialty foods stores. H. Roth & Son (1577 First Avenue, P.O. Box F, New York, NY 10028) sells it by mail under the name farina de mandioca. A one-pound bag costs about $1.50.

In addition to its use in baked goods, cassava meal is mixed with water and stirred into soups as a thickener. It is made into a table condiment called farofa *that Brazilians add to beans and other foods to absorb moisture and add a toasty flavor. The Brazilians also mix the meal with hot water and serve it like oatmeal for breakfast. On St. Vincent in the British West Indies, cassava meal is used in fried dumplings.*

• • •

My husband does not like the taste of cornstarch, so I have been using arrowroot instead; sometimes, however, it will cause a sauce to become too thin. Am I doing something wrong?

Susan B. Davis
Moorestown, New Jersey

Arrowroot, the finely ground root of certain tropical plants, is often preferred over cornstarch to thicken sauces, pie fillings and glazes. It thickens at a comparatively low temperature while producing sauces that are clear and satiny. As you have discovered, such a sauce will break down and thin considerably if cooked at too high a temperature or for too long a time. Arrowroot has slightly more thickening power than cornstarch, so use a little less. Also remember that because it is flavorless, you do not have to cook arrowroot as you do other starches to remove the raw taste.

• • •

What causes the "skin" that covers a sauce after it has been sitting a short time? Is there any way to prevent this?

Lil Flynn
Seattle, Washington

This is usually caused by one of two different ingredients. Milk is often the culprit: When it is heated, the water evaporates and the casein proteins coagulate, leaving a dry "skin" of casein on the surface. To help slow the evaporation, try covering the pan or whisking the sauce frequently. (Just in case you were wondering, the same does not occur if whipping cream is used because of its high percentage of butterfats.)

Flour is the other likely offender. Its proteins also coagulate on the surface. Avoid the high-protein flours—whole wheat, semolina, bread, unbleached all purpose—and instead use those that are lower in protein and high in starch, such as cake and pastry flour and bleached all purpose.

If you do not plan to serve a sauce or gravy immediately, cover it tightly with plastic wrap or place a piece of buttered waxed paper directly on the surface so no air can reach the sauce. You can also try dotting the top with softened butter.

• • •

I had always thought that citron was just a generic term for any kind of citrus peel. Now I see that I must be wrong because the plum pudding recipe in your December 1984 issue calls for candied lemon and orange peel in addition to citron. So what exactly is it?

Cindy Mahan
Sperryville, Virginia

Citron is a large, football-shaped fruit that is related to lemon, orange and other citrus. You will rarely see it fresh, though, because it is grown almost entirely for its thick, fragrant peel, which is candied and sold in large or small dice for adding to fruitcakes and other desserts and confections. It is often used in cannoli, *the filled Sicilian pastries, and is mixed with currants and blended into the batter for hot cross buns.*

In Europe and the Middle East, citron is made into a liqueur, and citron preserves can sometimes be found in Greek markets.

• • •

Last year I planted some angelica, and now it is producing healthy stalks. I understand that it is used to decorate pastries and cakes, but that is the extent of my knowledge. Wouldn't it need to be cooked or candied? And are there any other uses for this herb?

Hilary Bennett
Duncan, British Columbia

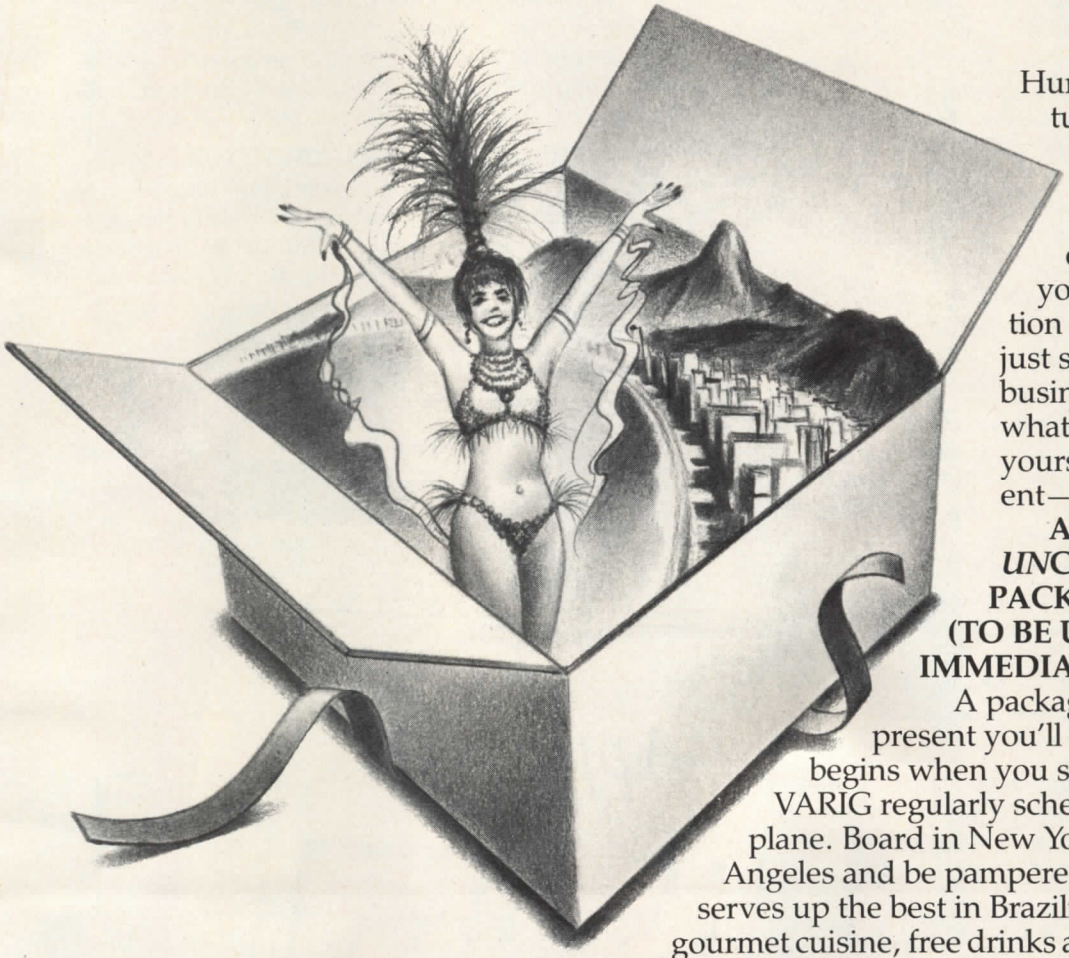
Angelica, the aromatic herb native to Scandinavia and other northern European regions, is, as you mention, most commonly seen as a dessert garnish. Its hollow stems are candied, a simple enough procedure that involves boiling them until they are bright green and transparent, then cooking them in a thick sugar syrup.

Fresh angelica stalks can also be added to salads, cooked as a vegetable—as the Scandinavians do—or combined with rhubarb and made into marmalade. You may see the herb brewed for tea, too. Spirit makers use it to flavor gin and liqueurs. □

—By Robin G. Richardson

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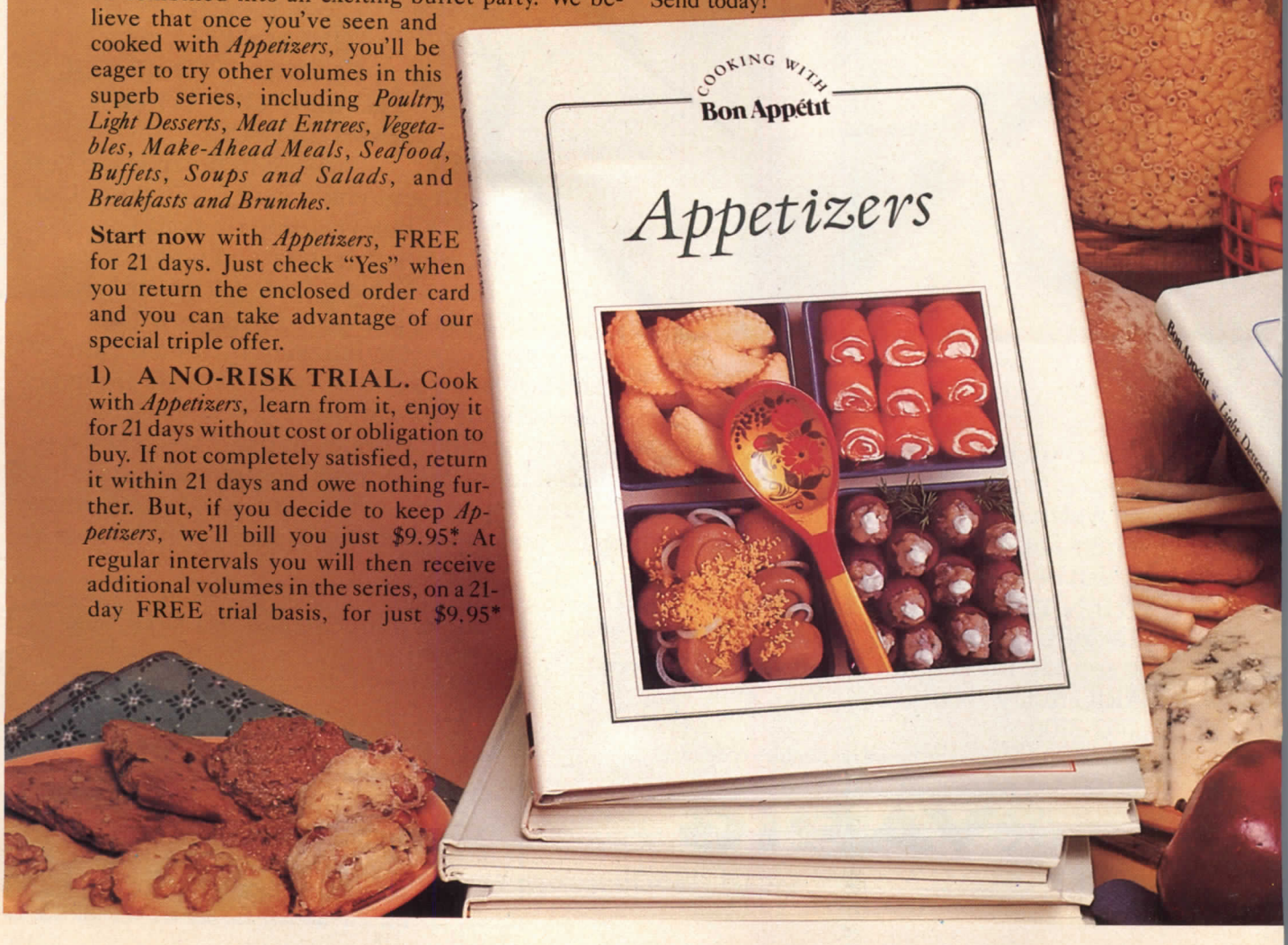
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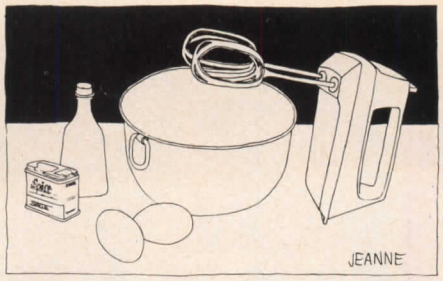
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Sweet and Savory Muffins

Eleven Easy Recipes for Delicious Treats

BY PATRICIA CONNELL

MUFFINS HAVE BEEN a favorite on the American table for centuries, and for good reasons: They are sensationally versatile, simple to prepare and, not least, very inexpensive. Some will satisfy the most implacable sweet tooth; others, flavored with herbs, garlic or even meat, are savory and satisfying.

This collection of new muffin recipes features some of each kind. Rich, chocolaty Double Fudge Muffins are terrific for dessert, especially when halved and topped with vanilla ice cream. Not quite as decadent, the Rum-Raisin, Lotta Lemon, Banana Bran and Chunky Pecan versions are pleasantly sweet touches at breakfast or brunch. For unusual savory flavors try the Pizza ones, Caraway Cheddar or Smokehouse Muffins—all novel accompaniments to a light meal, and much faster to fix than a yeast bread.

Generally, all muffins are made according to a standard technique: The wet and dry ingredients are mixed separately, then incorporated using a very few quick strokes. (If the batter is overmixed, the muffins will be tough, rubbery and riddled with tunnels.) The best tool for the job is a wide wooden spoon or spatula; use a part-stirring, part-folding motion to blend the ingredients with as little agitation as possible. Don't be concerned by any lumps—in fact, it is safe to say that if the batter is smooth, it is overbeaten.

Muffin pans have varying capacities. In the standard-size tins used for these recipes, each cup holds about four tablespoons batter, but tins holding six tablespoons are also common. Particularly dainty morsels can be baked in old-fashioned minimuffin or "gem" pans, with a capacity of about three tablespoons. Naturally, yields and baking times will vary depending on the size of the pan, with larger muffins taking about five minutes longer in the oven and smaller ones proportionately less. Whatever the pan size, pour a bit of water into any unused depressions to prevent scorching.

The tins should either be greased generously or lined with paper or foil cups. Paper works well in most cases, but foil is best for very moist muffins, since it can be peeled away with less risk of pulling the muffin apart. Straight from the oven, most muffins are very fragile. These recipes advise waiting five minutes before turning them out of the pans; after this brief cooling time they will be much less likely to tear or crumble.

One more tip: For maximum rise, be sure to have the oven thoroughly preheated, since too cool a temperature will result in a nearly flat muffin. Cookbooks often advise filling the tins two-thirds full, but I find the muffins' rounded tops more attractive and professional-looking if the cups are at least three-quarters full of batter. If you want the huge mushroom-cap tops often sported by bakery muffins, grease the entire pan heavily (including the surface areas between depressions) and fill the cups to the brim. If the muffins run together on top, simply cut them apart into squares; they will have a new look to match this assortment's sprightly new flavors.

DOUBLE FUDGE MUFFINS

Dense and rich, for brownie lovers.

Makes about 16

5 ounces semisweet chocolate, coarsely chopped
2 ounces unsweetened chocolate, coarsely chopped
1/3 cup butter

3/4 cup sour cream
2/3 cup firmly packed brown sugar
1/4 cup light corn syrup
1 egg, room temperature
1 1/4 teaspoons vanilla
1 1/2 cups all purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
5 ounces semisweet chocolate, cut into 1/3-inch pieces or 1 cup semisweet chocolate chips

Preheat oven to 400°F. Generously grease 2 1/2-inch muffin cups or line with foil baking cups. Melt first 3 ingredients in medium bowl set over saucepan of barely simmering water. Stir until smooth. Cool slightly.

Whisk sour cream, sugar, corn syrup, egg and vanilla into chocolate. Mix flour, baking soda and salt in large bowl. Mix in 1 cup chopped chocolate. Make well in center of dry ingredients. Add chocolate mixture to well; stir into dry ingredients until just blended (batter will be lumpy). Spoon batter into prepared cups, filling each 3/4 full. Bake muffins until tester inserted in center comes out moist and almost clean, about 20 minutes. Cool 5 minutes. Turn out of pan. Serve warm.

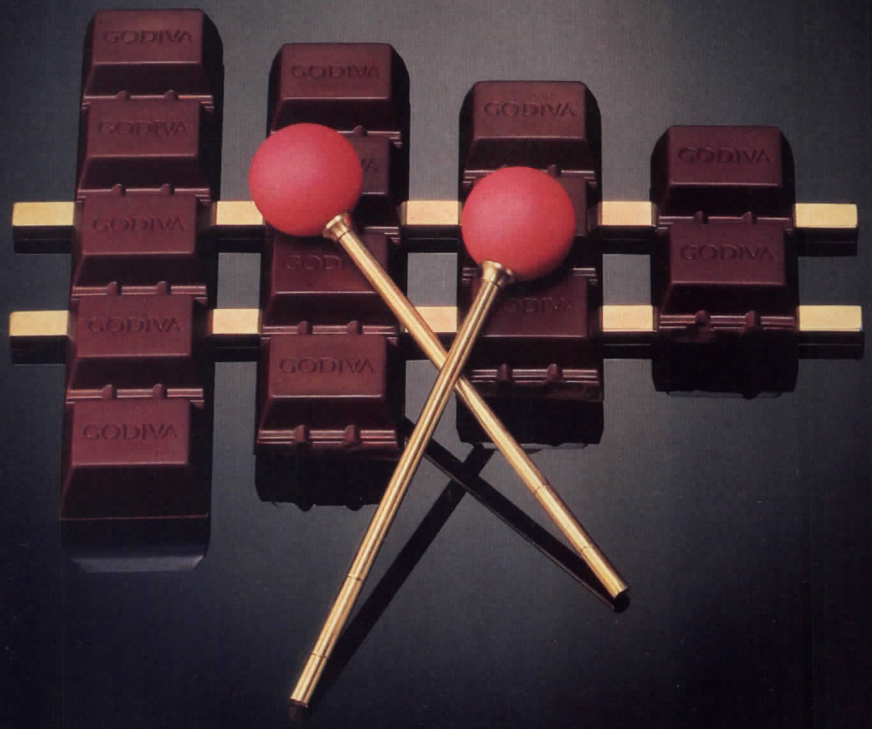
PIZZA MUFFINS

Serve with unsalted butter and a mild mozzarella or provolone cheese.

Makes about 12

2 cups all purpose flour
1/4 cup grated Parmesan cheese
1 tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon cayenne pepper
1/4 cup chopped pimiento-stuffed green olives
1/4 cup minced oil-packed sun-dried tomatoes, drained
1 1/4 teaspoons fennel seed
1 medium garlic clove
1/4 teaspoon dried oregano, crumbled

recipe continued on page 180



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MUFFINS

continued from page 178

- 2 eggs, room temperature
- 1/2 cup olive oil
- 1/3 cup milk
- 1/3 cup sour cream

Preheat oven to 400°F. Generously grease 2 1/2-inch muffin cups or line with paper baking cups. Mix first 6 ingredients in large bowl. Stir in olives and tomatoes. Crush fennel in mortar with pestle. Add garlic and oregano and crush to paste. Transfer to medium bowl. Whisk in eggs, then oil, milk and sour cream. Make well in center of dry ingredients. Add milk mixture to well; stir into dry ingredients until just blended (batter will be lumpy). Spoon batter into prepared cups, filling each 3/4 full. Bake until muffins are golden brown, 20 to 25 minutes. Cool 5 minutes. Turn out of pan. Serve Pizza Muffins warm.

HERBED BELL PEPPER MUFFINS

These basil- and tarragon-scented muffins are studded with green onion and two kinds of bell pepper.

Makes about 10

- 1/2 cup (1 stick) butter
- 1/3 cup chopped green onion
- 1/3 cup finely chopped red bell pepper
- 1/4 cup finely chopped green bell pepper
- 2/3 cup sour cream
- 2 eggs, room temperature
- 1 1/2 cups all purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon dried basil, crumbled
- 1/4 teaspoon dried tarragon, crumbled

Preheat oven to 400°F. Generously grease 2 1/2-inch muffin cups or line with paper baking cups. Melt butter in heavy 10-inch skillet over medium heat. Add onion and peppers and cook until tender and beginning to color, stirring frequently, about 7 minutes. Cool to lukewarm.

Whisk sour cream and eggs in medium bowl. Stir in onion mixture. Combine flour, sugar, baking powder, salt, baking soda and herbs in large bowl; make well in center. Add sour cream mixture to well; stir into dry ingredients until just blended (batter will be lumpy). Spoon batter into prepared cups, filling each 3/4 full. Bake until muffins are golden brown and tester inserted in center comes out clean, 20 to 25 minutes. Cool for 5 minutes. Turn muffins out of pan. Serve warm or at room temperature.

CHUNKY PECAN MUFFINS

Cakelike muffins flavored with maple.

Makes about 12

- 1 1/2 cups all purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- Generous pinch of allspice
- 1 3/4 cups coarsely broken toasted pecans
- 1/2 cup firmly packed dark brown sugar
- 1/2 cup (1 stick) butter, melted
- 1/3 cup milk
- 1/4 cup maple syrup
- 1 egg, room temperature
- 1 teaspoon vanilla

Preheat oven to 400°F. Generously grease 2 1/2-inch muffin cups or line with paper baking cups. Mix flour, baking powder, salt and allspice in large bowl. Stir in pecans. Whisk sugar, butter, milk, syrup, egg and vanilla in medium bowl. Make well in center of dry ingredients. Add butter mixture to well; stir into dry ingredients until just blended (batter will be lumpy). Spoon batter into prepared cups, filling each 3/4 full. Bake until



muffins are brown and tester inserted in center comes out clean, about 20 minutes. Cool 5 minutes. Turn out of pan. Serve muffins warm.

LOTTA LEMON MUFFINS

Doubly delicious: lemon muffins topped with a tangy lemon glaze.

Makes about 12

1 3/4 cups all purpose flour
3/4 cup sugar
1 tablespoon grated lemon peel
1 teaspoon baking powder
3/4 teaspoon baking soda
1/4 teaspoon salt
1 8-ounce container lemon yogurt
6 tablespoons (3/4 stick) butter, melted and cooled
1 egg, room temperature
1 tablespoon fresh lemon juice

Glaze

1/3 cup fresh lemon juice
1/4 cup sugar
2 teaspoons grated lemon peel

Preheat oven to 400°F. Line 2 1/2-inch muffin cups with paper baking cups. Mix first 6 ingredients in large bowl; make well in center. Whisk yogurt, butter, egg and lemon juice in another bowl. Add to well; stir into dry ingredients until just blended (batter will be lumpy). Spoon batter into prepared cups, filling each 3/4 full. Bake until muffins are golden brown and tester inserted in center comes out clean, about 20 minutes. Cool muffins for 5 minutes in pan.

Meanwhile, prepare glaze: Cook all ingredients in small nonaluminum saucepan over low heat, swirling pan frequently, until sugar dissolves.

Remove muffins from pan. Transfer to rack set over baking sheet. Pierce 6 to 8 holes in each, using wooden skewer. Drizzle hot glaze over, coating tops well. Serve at room temperature.

GOLDEN FRUIT AND VEGETABLE MUFFINS

These moist muffins are reminiscent of a light fruitcake. They will keep for several days in an airtight container.

Makes 10 to 12

1 1/2 cups all purpose flour
2/3 cup sugar
1 teaspoon ground coriander
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon freshly grated nutmeg
2/3 cup grated yellow straightneck squash
2/3 cup finely grated peeled carrot
1/3 cup finely chopped apricots
1/3 cup chopped golden raisins
2 eggs, room temperature
1/2 cup (1 stick) butter, melted and cooled
1/2 teaspoon vanilla

Preheat oven to 375°F. Generously grease 2 1/2-inch muffin cups or line with paper baking cups. Mix first 7 ingredients in large bowl. Stir in squash, carrot, apricots and raisins. Whisk eggs in small bowl to blend. Whisk in butter and vanilla. Make well in center of dry ingredients. Add egg mixture to well; stir into dry ingredients until just blended (batter will be lumpy). Spoon batter into prepared cups, filling each 3/4 full. Bake until muffins are golden brown and tester inserted in center comes out clean, about 30 minutes. Cool 5 minutes. Turn out of pan. Serve warm or at room temperature.

CARAWAY CHEDDAR MUFFINS

Makes about 12

1 1/2 cups all purpose flour
1/2 cup rye flour
3 tablespoons sugar
2 teaspoons baking powder
1 teaspoon caraway seed, ground
1/2 teaspoon baking soda
1/2 teaspoon salt

recipe continued on page 182



MUFFINS

continued from page 181

1⅔ cups finely shredded extra-sharp cheddar cheese
6 tablespoons vegetable oil
⅔ cup sour cream
½ cup milk
1 egg, room temperature
1 teaspoon Worcestershire sauce

Preheat oven to 400°F. Generously grease 2½-inch muffin cups or line with foil baking cups. Mix first 7 ingredients in large bowl. Stir in cheese. Whisk oil, sour cream, milk, egg and Worcestershire in medium bowl until smooth. Make well in center of dry ingredients. Add sour cream mixture to well; stir into dry ingredients until just blended (batter will be thick). Spoon batter into prepared cups, filling each ¾ full. Bake until muffins are golden brown and tester inserted in center comes out clean, 25 to 30 minutes. Cool 5 minutes. Turn out of pan. Serve cheddar muffins warm.

SMOKEHOUSE MUFFINS

Nice with soups or salads.

Makes 12 to 14

1⅔ cups all purpose flour
⅓ cup white cornmeal
¼ cup sugar
2 teaspoons dry mustard
1½ teaspoons baking powder
¾ teaspoon salt
½ teaspoon baking soda
⅛ teaspoon freshly ground pepper
⅛ teaspoon ground cloves
1 to 1¼ cups finely chopped smoked ham such as Smithfield, Westphalian or Black Forest (about 6 ounces)
2 eggs, room temperature
1 cup buttermilk
⅓ cup vegetable oil
3 tablespoons Dijon mustard

Preheat oven to 400°F. Generously grease 2½-inch muffin cups or line with paper baking cups. Mix first 9 ingredients in large bowl. Stir in ham. Whisk eggs in medium bowl to blend. Whisk in buttermilk, oil and Dijon mustard. Make well in center of dry ingredients. Add buttermilk mixture to well; stir into dry ingredients until just blended (batter will be lumpy). Spoon batter into prepared cups, filling each ¾ full. Bake until muffins are golden, about 25 minutes. Cool 5 minutes. Turn out of pan. Serve warm.

BANANA BRAN MUFFINS

Makes about 14

1⅓ cups All-Bran cereal
1 cup mashed banana
6 tablespoons vegetable oil
⅓ cup honey
¼ cup molasses
1 egg, room temperature
1 teaspoon fresh lemon juice
1 cup plus 2 tablespoons all purpose flour
1¼ teaspoons baking powder
½ teaspoon (scant) cinnamon
½ teaspoon baking soda
½ teaspoon salt
½ cup chopped dates

Preheat oven to 400°F. Generously grease 2½-inch muffin cups or line with paper baking cups. Mix first 7 ingredients in medium bowl. Combine flour, baking powder, cinnamon, baking soda and salt in large bowl. Stir in dates. Make well in center of dry ingredients. Add banana mixture to well; stir into dry ingredients until just blended (batter will be lumpy). Spoon batter into prepared cups filling each ¾ full. Bake until muffins are brown and tester inserted in center comes out moist but clean, 20 to 25 minutes. Cool 5 minutes. Turn out of pan. Serve Banana Bran Muffins warm.

RUM-RAISIN MUFFINS

Rum-soaked raisins and currants dot these delicate muffins.

Makes about 16

½ cup golden raisins
½ cup dried currants
½ cup (about) dark rum

2 cups all purpose flour
¾ cup sugar
1½ teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon salt
¼ teaspoon freshly grated nutmeg
6 tablespoons (¾ stick) butter, room temperature
1 cup sour cream
1 egg, room temperature
¾ teaspoon vanilla

Glaze

⅓ cup powdered sugar, sifted
Several drops of fresh lemon juice

Soak raisins and currants in rum to cover overnight, stirring occasionally.

Preheat oven to 400°F. Generously grease 2½-inch muffin cups or line with paper baking cups. Drain fruit, reserving rum. Mix flour, sugar, baking powder, baking soda, salt and nutmeg in large bowl. Cut in butter until coarse meal forms. Mix in fruit. Whisk sour cream, egg, vanilla and 2 tablespoons reserved rum in medium bowl until smooth. Make well in center of dry ingredients. Add sour cream mixture to well; stir into dry ingredients until just blended (batter will be lumpy). Spoon batter into prepared cups, filling each ¾ full. Bake until muffins are golden brown and tester inserted in center comes out clean, 20 minutes. Cool 5 minutes in pan.

Meanwhile, prepare glaze: Combine sugar, lemon juice and enough reserved rum (about 1 tablespoon) to make medium-thin glaze.

Remove muffins from pan. Spread glaze over top. Serve warm.

WHOLE WHEAT GINGER-ORANGE MUFFINS

Makes about 12

¾ cup all purpose flour
¾ cup whole wheat flour
⅔ cup sugar
2 teaspoons ground ginger
2 teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon salt
¼ cup minced crystallized ginger
1 tablespoon grated orange peel
7 tablespoons butter, melted and cooled to lukewarm
⅓ cup sour cream
⅓ cup fresh orange juice
2 eggs, room temperature

Preheat oven to 400°F. Generously grease 2½-inch muffin cups or line with paper baking cups. Mix first 7 ingredients in large bowl. Stir in crystallized ginger and orange peel. Whisk butter, sour cream, orange juice and eggs in medium bowl. Make well in center of dry ingredients. Add butter mixture to well; stir until just blended (batter will be lumpy). Spoon batter into prepared cups, filling each ¾ full. Bake until muffins are golden brown and tester inserted in center comes out clean, 20 to 25 minutes. Cool 5 minutes. Turn out of pan. Serve warm.□

Patricia Connell is a writer and editor based in the Los Angeles area.



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WALNUT CHICKEN

5 Tbs. Crisco Oil, divided
5 tsp. soy sauce, divided
3 tsp. cornstarch, divided
2 whole boneless chicken breasts, skinned, cut into 1" pieces
½ cup chicken broth
½ tsp. ground ginger
½ tsp. dried red pepper
1 med. onion, cut into 1" pieces
1 clove of garlic, minced
½ lb. broccoli, cut into 1" pieces
1 red bell pepper, cut into 1" pieces (optional)
½ cup chopped walnuts
Hot cooked rice

Mix 1 Tbs. Crisco Oil, 2 tsp. soy sauce, and 1 tsp. cornstarch in small bowl. Stir in chicken to coat. Cover and refrigerate 30 min.

Meanwhile, mix chicken broth, ginger, remaining 3 tsp. soy sauce and 2 tsp. cornstarch. Set aside.

Heat remaining Crisco Oil in large skillet. Stir fry refrigerated chicken mixture and dried red pepper over med. high heat till chicken is no longer pink. Remove chicken from skillet. Stir fry onion, garlic and red bell pepper in skillet until onion is tender. Add broccoli, stir fry until tender. Add chicken and broth. Cook, stirring constantly, until thickened. Stir in walnuts. Serve with rice.

4 servings.



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REMARKABLY LIGHT TO LET REAL TASTE SHINE THROUGH

New Books for Cooks

BY CARTER CHASE

FOR FRIENDS AND relatives who love to putter in the kitchen, give parties where food is the star, or who avowedly "prefer to read a cookbook instead of a novel," this year's crop of culinary tomes offers many goodies, large and small, pricey or affordable, with which to gift every taste bud. We have spotlighted several dozen of the best. And we have grouped our selections by category for easy reference and to speed your shopping spree.

Americana

Authentic and lovingly written, *Bill Neal's Southern Cooking* (The University of North Carolina Press, $15.95) does much to untangle the mystique and complexity of this outstanding American cuisine. Showing how the cultures of western Europe, Africa and native America are blended in this unique cookery, he offers 117 recipes that include all the old favorites—spoon bread, oyster pie, corn pudding, beaten biscuits, country ham, and grits galore. There are also delicious new-to-us dishes such as muddle (an Outer Banks bouillabaisse), crisp fried cymlings (petticoat squash), philpy (rice bread) and okra and ham purloo (with rice and broth). These are all gathered from deep in the heart of his home, from mother and grandmothers, and from his experience as a restaurateur. Along with the recipes, the reader gets a generous helping of history, food lore and literary asides.

With its customary artistic skill, Peter Pauper Press has put together choice original recipes used by early American cooks at historic sites throughout the country. Compiled and edited by Evelyn L. Beilenson, *Early American Cooking* ($9.95) includes recipes adapted from hearth cooking to gas and electric stoves, tapping such stellar landmarks as Monticello, Mark Twain House, Winterthur, Van Cortlandt Manor, Williamsburg and Sturbridge kitchens and Mystic Seaport homes. Nicely decorated with "blueprint blue" engravings and woodcuts, it is a lovely little offering.

For those who enjoy breadbaking, there is a treasure trove of 325 recipes in *America's Bread Book* (William Morrow & Company, $22.50), collected by the author, Mary Gubser, on a 65,000-mile journey through all 50 United States. An accomplished cook, she made her first loaf of bread in 1946 during a bakery strike and has not stopped since. This is a fantastic mix of ethnic, regional and classic loaves, from Portuguese on Martha's Vineyard and Oahu, Bohemian in South Dakota, Russian in Alaska and Amish in Ohio and Pennsylvania to Scottish in New England and Navajo in the Sunbelt. And the recipes, all faithfully tested, have come from housewives and bakeshops, farmers and millers, chefs, cooks and friends and relatives.

Swinging along with the trend to discover the origins of our native cuisine is Joan Nathan's *An American Folklife Cookbook* (Schocken Books, $18.95). Here are some 200 "hand-me-down" recipes for those who like a little history with their cooking. The grass-roots recipes are from kitchens across the country, as wide and diverse as those prepared on a woodstove in Appalachia or hearty chow from a firehouse in Chicago. The information covers solid American regional cooking and ethnic cookery, such as that of the Norwegians in Minnesota and the Italians in Providence, Rhode Island. To read it is to learn ever more about our culinary heritage.

That "First Lady of Desserts, Maida Heatter, comes aboard the bandwagon with a blockbuster of 400 recipes for all our classic favorites—from the greatest of apple pies and Indian pudding to the ever-growing repertoire of *nouvelle* American desserts, including wild rice pudding and broiled peppered fresh pears. It's a glorious galaxy of sweets the lady offers in *Maida Heatter's Book of Great American Desserts* (Alfred A. Knopf, $25), with drawings by Toni Evins.

The American Table by Ronald Johnson (William Morrow & Company, $19.95) checks in with the most recipes in the American cookery roundup—450. A poet and a cook, Mr. Johnson gives us Emily Dickinson's rye and Indian bread, Thomas Jefferson's *pilau*, his own mother's orange peel cake and his version of persimmon pudding, an American classic. Our favorite chapter is titled "Meals in a Bowl," which includes the celebrated Senate bean soup along with John F. Kennedy's fa-



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NEW BOOKS FOR COOKS

continued from page 184

vorite fish chowder. The old and the new are combined in an orderly way, the whole indexed for easy reference. The quilt-design dust jacket makes this a handsome presentation book.

Superdeluxe

Some cooks' books are for cooking; some are for looking. Among the latter, unless your Chinese is fluent, *Authentic Chinese Cuisine*, published in Japan in nine volumes, is a library in itself to admire. Not many recipes here, but a glorious exhibition of Chinese artistry in food presentation. These books are true collectors' treasures, as they should be at $550 per set (Kitchen Arts & Letters, Inc., 1435 Lexington Avenue, New York, NY 10128). Page after page of such multicolored dishes as flying Chinese phoenix, gold fish and water lily, butterflies and flower basket, swallows welcoming spring, squirrels and grapes, or a wildly feathered rooster dazzle the eye. Color photographs show the sources of ingredients used in the four major styles of Chinese regional cooking—Beijing, Shanghai, Guangdong and Szechwan—and we are given a survey of their cuisines, history and cooking techniques. And if the recipient of these lush tomes has a smattering of Chinese cooking knowledge, there are ways to decipher the photographs and duplicate the recipes. In all, some 953 hot and cold dishes are presented by China's leading chefs, portraying the essence of Chinese cookery that has been developed through 5,000 years of the country's history.

Next best to traveling in China is the handsome photographic trek of *China's Food* (Friendly Press, Inc., $40) by award-winning photographer Reinhart Wolf and well-known anthropologist Lionel Tiger, with recipes contributed by Eileen Yin-Fei Lo. This glorious book with its 232 full-color pages is a verbal and pictorial celebration of China's total commitment to food as both philosophy and nourishment. We follow the camera's eye through markets, to the misty predawn views of the cormorant fishermen, to scenes of wheat fields and rivers. We see still-life photographs of ingredients and in every scene we are aware of China's respect for food, somewhere between obsession and veneration. A beautiful book.

Presentation of food in the United States is given a ceremonious nod in a superglossy book titled *The Perfect Setting* by Peri Wolfman and Charles Gold (Abrams, $35). Its 160 handsome color plates delineate settings for every occasion from breakfast and brunch through teatime and dinner to special

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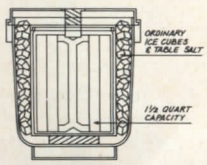


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NEW BOOKS FOR COOKS

continued from page 186

occasions. Many of these creative tabletops have been designed by celebrities, and what keeps this from being more than a voyeur's show is the valuable directory of stores and catalogs that enable you to purchase items for duplicating these "perfect settings." A nice gift for those interested in design or simply in having a pretty table.

For those who have seen it all, there is a very esoteric publication—a handcrafted book that is one philanthropic gentleman's special collection of his wife's favorite recipes. Done with loving hands and considerable artistic skill, *Cooking with Harriette* from The Private Press of Robert Orbach offers approximately 21 favorite recipes, boxed, in beautiful Caslon type that has been handset on handmade rag paper. Size is approximately 11x14 inches overall. With one recipe per page and in a very limited edition, this chef d'oeuvre is available for $100 (plus $5 for postage) from the Oklahoma Museum of Art, Attn: Barbara Kennedy, 7316 Nichols Road, Oklahoma City, OK 73116. All profits and proceeds will go to the museum.

Special Interests

Other than those on preparing chicken, the largest number of books on a single subject this year celebrate ice cream. No longer a summer romance but a year-rounder, ice cream is America's favorite dessert, from brunch to midnight snacking. Best of the pack in our opinion is Matthew Klein's *The Joy of Ice Cream* (Barron's, $14.95). Mr. Klein's photographs brighten this attractive presentation and his research into what produces the perfect result will help any readers to creative flights on their own. The basics are all here in some 65 recipes, but then there are also such ice cream exotica as Chestnut Cream, Baklava Parfait, Green Tea Ice Cream and Chocolate Marzipan Swirl.

Another not-to-be-missed on the subject is by Hilary Walden (Fireside Book by Simon & Schuster, $12.95), with some 400 variations on the theme from simple to spectacular in a big 9x12-inch format and forthrightly titled *Ice Cream*. Just looking at the luscious life-size servings of these cool delights could add a spate of calories.

And for those who yearn for somewhat less complicated recipes from the good old days, try *Victorian Ices and Ice Creams* (Scribner's/The Metropolitan Museum of Art, $9.95). Good reading, this is from Agnes B. Marshall's original book of ices published in London in 1885 and now updated for the modern kitchen—all 117 recipes. Wonderful engravings of antique molds and daguerreotypes of people enjoying ice cream generously dot the text.

Stocking Stuffers

Chef, teacher and food editor Elizabeth Alston gives us *Muffins* (Clarkson N. Potter, $8.95) with 60 plain and fancy versions of traditional favorites and fanciful new ones, and inviting illustrations done by Sally Sturman. This handy compact reference might arrive in a Christmas stocking or be wrapped along with a set of muffin tins. Hot on its heels is a smaller, soft-cover book on the same theme by Barbara Albright and Leslie Weiner, *Mostly Muffins* (St. Martin's Press, $4.95). Here are 75 "quick and easy recipes" for savory and sweet muffins, plus a chapter on spreads, which the Alston book also includes.

And one more mini, *The Great American Peanut Butter Book* by Larry and Honey Zisman (St. Martin's Press, $4.95) in the same soft-cover, 5½x5½-inch format, boasts 150 ways to enjoy what has been dubbed "America's favorite food," comprising all the trivia about it you could ever hope for.

Oenophiles' Choice

Surely a winner, *American Wine* by Anthony Dias Blue (Doubleday, $29.95) reviews some 900 wineries and almost 6,000 wines. A monumental

continued on page 212



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4 tbsp. sugar
Chocolate Glaze

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Beat egg whites until foamy throughout. Gradually beat in sugar; continue beating until soft peaks will form. Gently fold chocolate mixture into egg whites, blending thoroughly.

Pour into greased and floured 8-in. layer pan. Bake at 350° for about 20 min., or until cake tester inserted in center comes out clean. Cool in pan 10 min. (cake will settle slightly). Finish cooling, upside down, on rack. Spread top and sides with Chocolate Glaze. Garnish as desired.

GENERAL FOODS

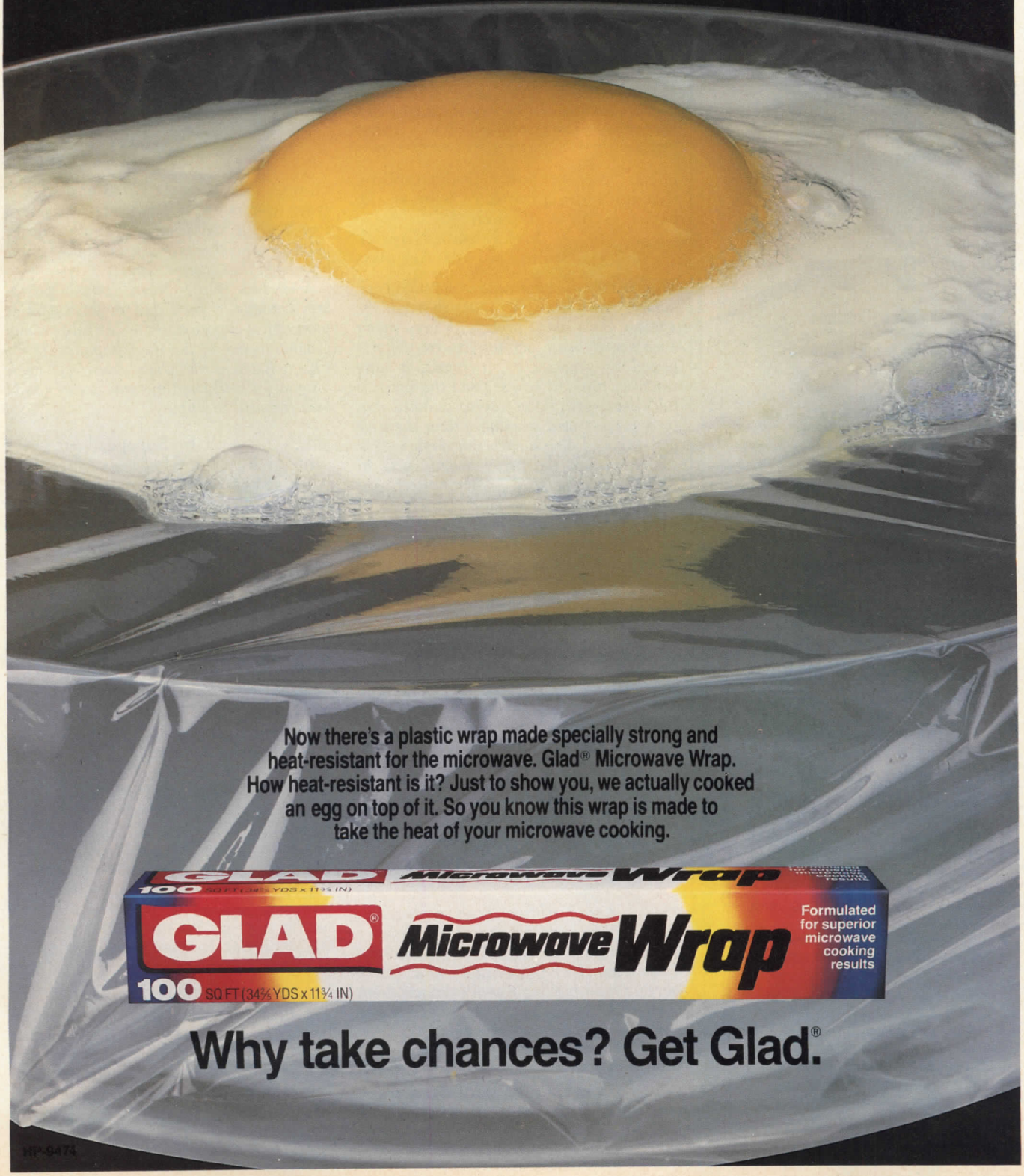
Chocolate Glaze: Melt 1 pkg. (4-oz.) BAKER'S® GERMAN'S® Sweet Chocolate, in pieces, and 3 tbsp. water over low heat, stirring constantly. Remove from heat; stir in 3 tbsp. butter. Cool to thicken if necessary.

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WINE PRESS
FROM GRAPE TO GLASS

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.

It has long been my understanding that the older a bottle of wine is, the better. Is this at all true?

Mrs. Edward Norwick
Holiday Island, Arkansas

That axiom does not necessarily hold true, though there are generalities that can be applied to the aging process. A very young wine is often harsh and unpleasant. After a period of gradual improvement, it may reach its peak, at which point the flavor is fully developed. After having retained that peak for a limited amount of time, the wine will decline, losing elements of quality.

Other than that very broad cycle of events, it is difficult to predict how a wine will age. It depends on many variables: the vintage, the winemaker, the varietal and the bottle's storage conditions. Furthermore, people differ on how old they like their wines. I happen to enjoy red Bordeaux when they are well aged, but am fond of many white wines when they are very young. It is a matter of individual taste.

Last Christmas I was given a bottle of 1982 Quinta da Bacalhoa Cabernet Sauvignon. The label on the back gives a detailed history of this Portuguese winery. It seems that the owners have gone to great lengths to establish a respectable pedigree for the wine. Have you tasted it, or do you know anything of its reputation?

Robert S. Gregory
Dallas, Texas

I have not tried the Bacalhoa Cabernet, but I do hear very good things about it. The winery is owned by a reputable English family. Their wines are 100 percent varietal, meaning that your bottling is made entirely from Cabernet Sauvignon grapes. It should make for very interesting tasting.

Friends of ours brought us a beautiful bottle of Cognac as a gift from China. It is encased in a satin-lined box with a lock and key. The blue porcelain bottle has a chain around its neck bearing the name Otard Extra Cognac. On the bottom of the bottle is written "Veritable Porcelaine de France série limitée réservée No. 329H." Please tell us what you know about this Cognac.

SaSa Kirkpatrick
Bellevue, Washington

Otard is located on the banks of the Charente river north of Bordeaux in western France. It is housed in a fifteenth-century château, and the setting is one of the most historic in the Cognac region.

Very little of the Otard Extra in porcelain bottles has been sold in this country; most of it is exported to the Far East, where Cognac is one of the most popular spirits. Otard Extra is the firm's oldest and finest Cognac, a lovely bottling you can certainly look forward to sipping.

While on tour in Europe, I was presented with several bottles of sparkling wine, each labeled "Crémant." I am not familiar with the term and hope you might shed some light on its meaning.

Doris Beam
Willingboro, New Jersey

Crémant is a sparkling white wine with slightly less carbon dioxide gas than Champagne. It is preferred by some people who find Champagne too bubbly, particularly when served with food. Crémant is made using the bulk process, which means that fermentation takes place in a large tank. In the Champagne method, fermentation occurs exclusively in the bottle.

To celebrate our future wedding anniversaries, my husband and I would like to purchase several bottles of a 1978 red wine from Bordeaux. Would you recommend one that will be enjoyable on our tenth anniversary in 1988 and will also last until our fiftieth? Since we do not have a cellar, can you also suggest a way to store these bottles?

Susan Moore
San Diego, California

The 1978 vintage was a very fine one for Bordeaux. Many red wines were made that year with tremendous aging potential. One that I am certain will be as good on your golden anniversary as it will in 1988 is Château Latour, Pauillac. It presently sells for $65 to $75. There are also a host of other wines at lower prices that you may

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WINE PRESS

continued from page 190

want to consider. Ask your local wine merchant about the classified growths (wines from the châteaux honored in the famous classification of 1855) from the communes of Pauillac, Saint-Julien and Saint-Estèphe.

I would suggest that you store your bottles in an empty wine case. Lay them on their sides so that the corks are kept moist. In addition, wrap each in newspaper to a thickness of about one inch and tape them well. Write the identifying information on the outside. Place the case in a closet until you are ready to open one of the bottles. For your fiftieth anniversary, I would recommend you have two bottles of the same wine on hand just in case one spoils.

I have just found out that I am allergic to yeast. Is it correct that yeast is used in the making of all wines?

Maureen Scott
Winnetka, Illinois

Wine is, essentially, fermented grape juice, and yeasts are the agents of fermentation; however, by the time it reaches you as wine, the yeast cells have died.

The fermentation process occurs naturally: Ripe grapes contain natural sugar, which is converted into alcohol and carbon dioxide gas through decomposition. Yeasts, microscopic plants found in the air and on the skin of the grapes, contain the enzymes that decompose the sugar. Some winemakers use the natural yeast of the grapes; others suppress it and add a pure cultured strain of yeast. Either way, without its presence, grape juice would never become wine.

My patience is running low. In my cellar I have two bottles of 1980 Jordan Cabernet Sauvignon, which I am anxious to try. I hear, though, that this vintage is not quite ready to drink. How much longer should I wait?

Tracy G. Thurber
Providence, Rhode Island

I last tasted the 1980 Jordan Cabernet about nine months ago. It seemed young then, and I got the impression it could use at least another year of bottle age, possibly three. I would advise you to keep it cellared for three more years, at which time it should be fully mature. I imagine it will hold for an additional five years after that.

Are you familiar with the 1975 Beau Velours Pinot Noir from Beaulieu Vineyard? I have a case of it and was wondering when the wine should be opened and what its value might be.

Ed Gisler
Charlottesville, Virginia

Beaulieu makes three Pinot Noirs, and of the three, the Beau Velours is the least expensive, with bottles costing about $10 each. The wine is blended with Petite Sirah and is meant to be enjoyed young. I would suggest you drink it within the year. ☐

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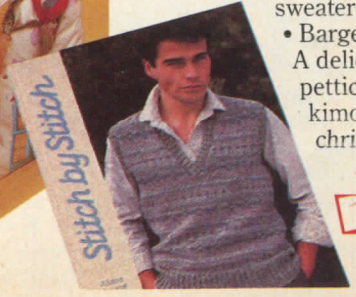
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BY FAYE LEVY

Creamy Scrambled Eggs

AS FAR AS the French are concerned, scrambling is unquestionably the finest method by which eggs can be cooked. Once you have tasted their moist and creamy *oeufs brouillés*, cooked slowly so they resemble a rich thick sauce with very tiny curds, you may well find yourself agreeing with them. Not just a breakfast dish, eggs cooked by this method can be found in the best restaurants in France, where they are usually served as a first course. Creamy scrambled eggs are ideal for brunch, lunch or supper, too.

Fortunately, this delicacy is easy to prepare. Unlike the omelet, it does not demand any practiced technical skill. All that is needed is patience.

The eggs are stirred continuously in a saucepan over low heat: This ensures smoothness and creaminess and prevents dry curds. Gentle heat enables the eggs to cook uniformly. If the flame is too high, the eggs will coagulate and become lumpy. As an extra precaution, some people make the egg mixture in a water bath instead of over direct heat. Once the eggs are the desired texture, they are immediately removed from the heat and sometimes enriched with butter, which also helps stop the cooking process.

A good-quality saucepan with a flat, heavy bottom will heat gradually and evenly, which is essential here. The reason for using a saucepan to produce moist eggs is simple: The large surface area of a skillet makes it difficult to stir fast enough to prevent a portion of the eggs from drying out.

Creamy scrambled eggs are quite soft. For the French taste, they should be just firm enough to be eaten with a fork. They can be cooked slightly longer, of course, if preferred. It is important not to overcook them, though, or they will become dry.

Because of the soft consistency, the eggs are served in a deep dish, a shallow bowl or in individual ramekins, but not on a flat platter. Before serving, the dish or ramekins are warmed only briefly so the eggs will not continue to cook from the heat. A festive way to present these scrambled eggs is in puff pastry cases, in tartlets or inside small hollowed-out rolls or brioches. They can also be served on toast, on slices of sautéed eggplant or inside vegetables, such as large broiled mushroom caps or scooped-out baked tomatoes or potato halves.

The French pair these eggs with the most luxurious of ingredients, including black truffles, smoked salmon and wild mushrooms. Yet the eggs are just as delicious with simple additions, such as a sprinkling of chopped fresh herbs or grated cheese. Other excellent possibilities are steamed mussels, sautéed quartered chicken livers, strips of smoked meat and sautéed white mushrooms. Blanched or sautéed vegetables, especially artichoke hearts, peas, green beans and onions are also popular choices, as are mixtures of vegetables such as cubes of eggplant, zucchini, bell peppers and tomatoes.

To preserve an added ingredient's shape, it is best to cook it separately and mix it in after the eggs are cooked, so it will not be crushed from too much stirring. A few pieces of cooked vegetable or shellfish can be reserved for an attractive decoration.

This type of egg dish is not easy to find on restaurant menus in America. The best and often the only way to enjoy creamy scrambled eggs is to prepare your own at home.

TIPS

- Before cooking, whisk eggs with seasoning just until blended and uniform in color. They should not be frothy.
- A relatively shallow saucepan of medium height and diameter facilitates stirring and slow, even cooking. If preparing a smaller amount of eggs, use a smaller saucepan. (For 5 eggs, use a 1½- to 2-quart saucepan.)
- Eggs should be removed from heat and served as soon as possible. When left to stand, eggs will overcook from heat retained by the saucepan.
- If eggs are inadvertently overcooked, stir in a few tablespoon-size pieces of cold butter or an egg yolk to soften.
- To heat serving dish, rinse under very hot water, then dry well.
- When eggs must be kept warm before serving, transfer them to shallow dish and place in warm water bath.
- If serving eggs in tartlets or pastry cases, warm cases in oven first.
- Allow 2½ to 3 eggs per person as a main course for brunch, or 1½ to 2 eggs per person as a first course.

BASIC CREAMY SCRAMBLED EGGS

3 to 4 servings

- 10 eggs
- ¼ cup whipping cream
- Salt and freshly ground white pepper
- 2 tablespoons (¼ stick) unsalted butter
- 1 to 2 tablespoons unsalted butter, cut into 2 to 4 pieces, room temperature (optional)

Whisk eggs with cream, salt and pepper in large bowl until blended. Melt 2 tablespoons butter in heavy 3-quart saucepan over low heat. Add eggs and cook, stirring constantly with wooden spoon or whisk and scraping eggs from bottom and sides of pan, until eggs begin to thicken and tiny curds form, 20 to 25 minutes. Eggs should be soft and creamy, slightly thicker than a sauce and slightly firmer than creamed cottage cheese; do not overcook. If firmer consistency is desired, continue stirring until cooked to desired doneness.

Remove from heat and stir in butter if desired for enrichment. Adjust seasoning. Spoon eggs into deep dish, shallow bowl or ramekins and serve.

CREAMY SCRAMBLED EGGS WITH SMOKED TURKEY, DILL BUTTER AND PEAS

4 servings

Dill Butter

- ¼ cup (½ stick) unsalted butter, room temperature
- 1 tablespoon snipped fresh dill
- Freshly ground pepper
- Basic Creamy Scrambled Eggs (see recipe), without optional butter
- ⅔ cup cooked peas
- 2 ounces thinly sliced smoked turkey, cut into 1¾x½-inch strips

For butter: Cream butter until smooth. Add dill and pepper and beat until well blended. Cover and refrigerate at least 30 minutes to blend flavors. (*Can be prepared 2 days ahead and chilled. Bring to room temperature before using.*)



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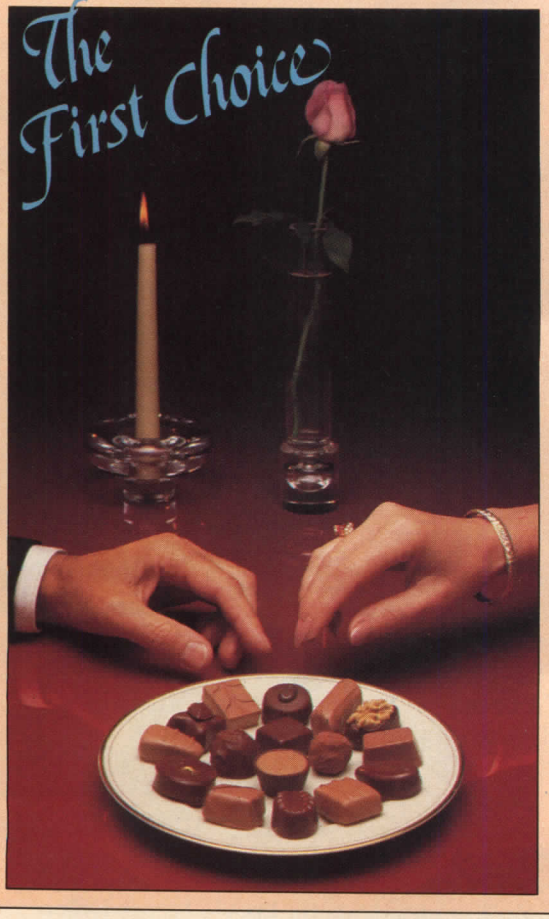
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THE BASICS

continued from page 194

Prepare Basic Creamy Scrambled Eggs. After removing eggs from heat, stir in 2 tablespoons dill butter. Spoon eggs into shallow bowl. Set bowl in warm water bath to keep eggs hot.

Melt remaining dill butter in heavy medium skillet over low heat. Add peas and stir until heated through, about 2 minutes. Add turkey and stir until heated through, about 30 seconds. Gently blend pea mixture into eggs. Adjust seasoning and serve.

SOUTHWESTERN-STYLE SCRAMBLED EGGS WITH SHRIMP AND CORN

4 servings

- Basic Creamy Scrambled Eggs (see recipe), without optional butter
- 6 ounces small uncooked shrimp, shelled and deveined
- 2 tablespoons (¼ stick) unsalted butter
- 1 small garlic clove, minced
- ½ jalapeño chili, seeded and minced
- Salt
- ½ cup cooked corn
- ½ cup grated Monterey Jack cheese
- 1 tablespoon chopped cilantro

Prepare Basic Creamy Scrambled Eggs. Spoon eggs into shallow bowl. Set in warm water bath to keep eggs hot.

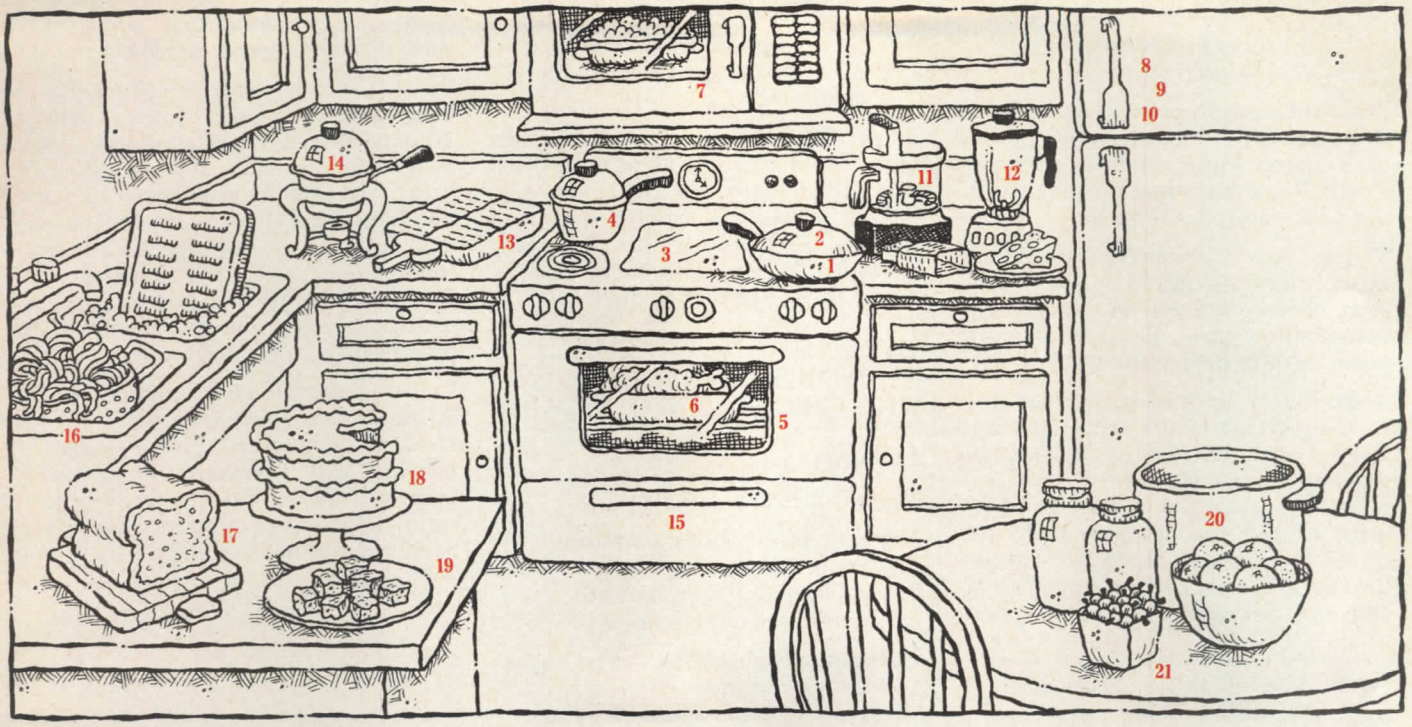
Set aside 8 shrimp for garnish. Chop remaining shrimp. Melt butter in heavy medium skillet over medium heat. Add whole and chopped shrimp, garlic, jalapeño and salt and sauté until shrimp are opaque, about 1½ minutes. Remove whole shrimp; set aside. Add corn to skillet and stir until heated through. Blend cheese into eggs. Gently stir shrimp mixture and cilantro into eggs. Adjust seasoning. Garnish with reserved shrimp.

CREAMY SCRAMBLED EGGS WITH ASPARAGUS, GOAT CHEESE AND PROSCIUTTO

4 servings

- 12 medium asparagus spears, peeled and cut into ½-inch pieces
- Basic Creamy Scrambled Eggs (see recipe), without optional butter
- ½ cup diced goat cheese (preferably Montrachet)
- 1 tablespoon minced fresh chives
- 2 tablespoons (¼ stick) unsalted butter

recipe continued on page 198



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continued from page 196

2 thin slices prosciutto, cut into 2½x1½-inch strips

Boil asparagus in enough salted water to cover until just tender when pierced with sharp knife, about 2 minutes. Drain. Rinse asparagus thoroughly under cold water; drain again.

Prepare Basic Creamy Scrambled Eggs. After removing eggs from heat, mix in goat cheese and chives. Spoon eggs into shallow bowl. Set bowl in warm water bath to keep eggs hot.

Melt butter in medium skillet over medium heat. Add asparagus and sauté 1 minute. Remove 8 asparagus tips and reserve for garnish. Add prosciutto to asparagus in skillet and stir until heated through, about 15 seconds. Gently stir asparagus mixture into eggs. Garnish with reserved asparagus tips. Serve immediately.

AVOCADO-TOMATO-BACON SCRAMBLED EGGS

4 servings

Basic Creamy Scrambled Eggs (see recipe), with optional butter
1 small avocado, halved, peeled and pitted
1 large tomato, halved, seeded and diced
1 tablespoon chopped fresh basil or 1 teaspoon dried, crumbled
8 slices bacon, cooked crisp and quartered

Prepare Basic Creamy Scrambled Eggs. Dice half of avocado. Gently stir diced avocado, tomato and basil into eggs. Adjust seasoning. Spoon eggs into shallow bowl. Thinly slice remaining avocado. Top eggs with bacon and avocado slices. Serve immediately.

GRUYERE SCRAMBLED EGGS WITH CHICKEN AND MUSTARD

4 servings

Mustard Butter

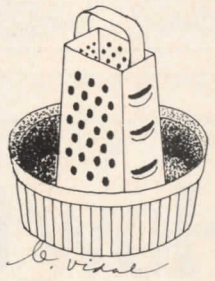
3 tablespoons unsalted butter, room temperature
1 tablespoon Dijon mustard
Salt and freshly ground pepper

2 medium boneless chicken breast halves, skinned
Basic Creamy Scrambled Eggs (see recipe), without optional butter
½ cup grated Gruyère cheese
2 tablespoons minced fresh parsley
1 teaspoon Dijon mustard

For butter: Cream butter until smooth. Add mustard, salt and pepper and beat until well blended. (*Can be prepared 2 days ahead and refrigerated. Bring to room temperature before using.*)

Position broiler pan 4 inches from heat source. Preheat broiler. Lightly oil pan. Spread 1 tablespoon mustard butter on one side of each chicken breast. Transfer to pan buttered sides up. Broil 3 minutes. Turn chicken using tongs and quickly spread 1½ teaspoons mustard butter over second side of each. Broil until chicken is springy to touch, about 3 minutes. Cut into ¾-inch cubes. Keep warm.

Prepare Basic Creamy Scrambled Eggs. After removing eggs from heat, stir in remaining mustard butter, cheese, parsley and 1 teaspoon mustard. Gently blend in chicken. Adjust seasoning. Spoon eggs into shallow bowl. Serve eggs immediately.□



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In the Southwestern Style

Sensational Dishes—Starters and Main Courses—from the New Wave of American Chefs

BY ANNE LINDSAY GREER AND ELLEN BROWN

GRILLING, SMOKING and barbecuing—the three oldest cooking methods—have left the realm of backyard hamburger flipping and entered America's most sophisticated restaurant kitchens. The current popularity of cooking with woods reflects today's move toward healthier dining, as chefs devise new ways of imparting more complex flavors to dishes without resorting to heavy saucing. Many cooks are finding that aromatic smoke enhances the inherent flavors of meat, fish, poultry and game and allows them to retain their texture and taste in a way braising or sautéing cannot.

The updating of the grill—and personalizing of it—is particularly evident among the self-classified practitioners of the "New American Cuisine," such as Lawrence Forgione at An American Place in New York City, Bradley Ogden of Campton Place Hotel in San Francisco, and Patrick O'Connell at The Inn at Little Washington in the foothills of Virginia's Shenandoah Mountains. And lighting a grill is essential to the brigade of chefs in Texas who are crafting that region's traditional specialties into exciting contemporary creations.

"Grilling is an integral part of Southwestern cuisine because our flavors are, for the most part, very complex and assertive," says Stephan Pyles of The Routh Street Cafe in Dallas. "The woods we use, such as mesquite, lend a strong smokiness that stands up to the hearty flavors of other ingredients, and various chilies and spices."

Mesquite is the trendy wood of choice. It grows wild in Texas, where it is treated as a weed. It is compact, capable of giving off a large amount of heat for a relatively long time. Although it is now the most popular, many chefs, even in Texas, are experimenting with different combinations of nut and fruit woods for the barbecue.

"I'm getting away from mesquite now that it is becoming so widely used," says Dean Fearing, chef at The Mansion on Turtle Creek, also in Dallas. "I'm now using apple, pear and cherry because I think they go with delicate foods—fish, for example."

Amy Ferguson, formerly chef at Charley's 517 in Houston (now at the Kona Village Resort in Hawaii), uses a mixture of woods for almost all her cooking, starting with a base of mesquite, adding other types, and then smoking the food. The experiments have paid off. "I found grapevines were too overpowering for rabbit, so now I use them only for boar," she says.

Another trend in modern restaurant kitchens is the use of marinades, either dry herb and spice combinations or liquid ones mixing the seasonings with wines and oils. Most chefs find marinating particularly important for keeping game moist.

While Avner Samuel, chef at the soon-to-open Crescent Court in Dallas, prefers dry marinades—merely rubbing meat with a mixture and allowing it to sit in the refrigerator overnight or at room temperature for a few hours—Patrick O'Connell favors the liquid type. "We want to enhance the moisture content of the grilled foods, and wet marinades restore moisture that heat from the grill takes away," he says.

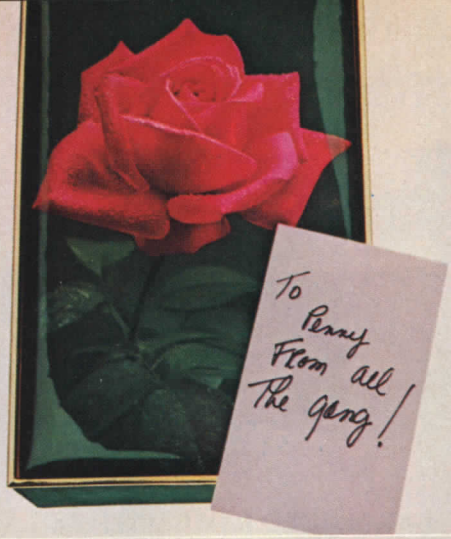
Another benefit of adding oil to a marinade, according to Bradley Ogden, is "keeping food from sticking to the grill. If I use wine in it, I find that the acid will help tenderize the meat."

Fire-cooked foods are also personalized by the sauces and relishes that accompany them. Amy Ferguson will complement grilled meats with simple Southwestern standards like corn relish and pickled okra. At the Nana Grill at Loews Anatole Hotel, chef Jerry House naps a salmon fillet with a tomatillo butter sauce and a veal chop with a smooth puree of fresh papaya.

Patrick O'Connell is fond of using relishes that reinforce the flavor imparted by the marinades, such as a raspberry and mint garnish for a mesquite-grilled duck breast. Stephan Pyles likes pairing sauces to contrast

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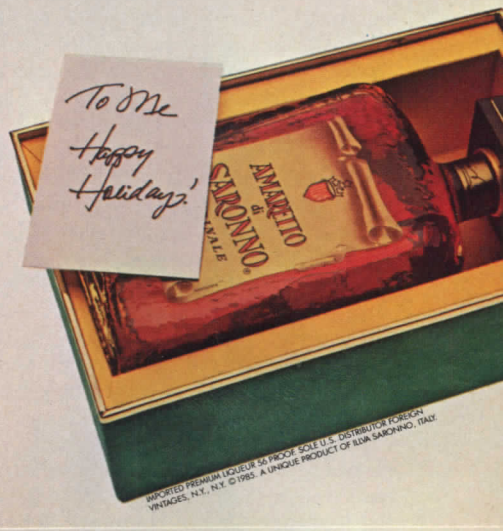




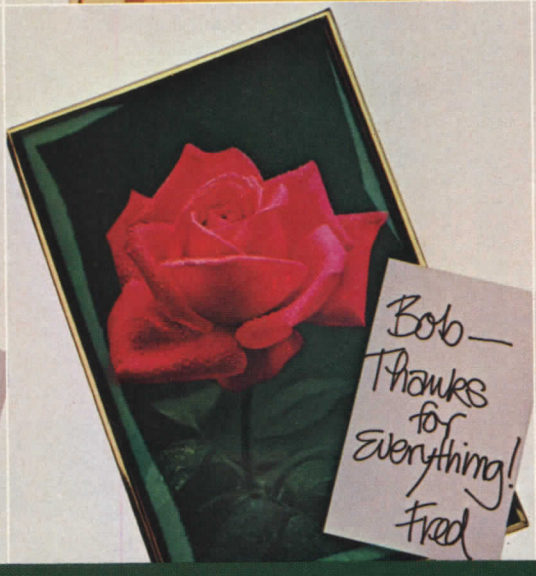














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A M A R E T T O D I S A R O N N O

SOUTHWESTERN DISHES

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colors and flavors: perhaps a yellow-orange saffron sauce with a pale green lime one on smoked scallops.

While we think of these cooking techniques as uniquely American, Gabino Sotelino, chef at Ambria Restaurant in Chicago, is quick to point out they are not. "I learned how to cook with grapevines in Italy 40 years ago, and mixed grills are part of many European cuisines," he says. "It's only that they fell out of fashion when rich sauces and sautéing became more important to restaurants. Today we are just going back to them."

"It's funny that people think barbecuing began yesterday," says Dean Fearing. "It has been a part of cooking in America for centuries. I remember my grandfather in Kentucky doing what we called barbecue, which was pork marinated in vinegar and sugar and then grilled. It's not like the tomato sauces they use down here."

The recipes we have gathered for this collection showcase the best from this new breed of chefs: They cover the nation from east to west, with a little bit of Texas in between. You will find reworkings of down-home classics such as the chicken with black beans, grits and tomato relish, and more sophisticated treatments—duck with raspberry relish and Dover sole in an oriental-inspired herbed fennel sauce, for instance. All of them are delicious representatives of a special approach to barbecue and grilling that has changed menus across the country in the past several years.

MESQUITE- AND HICKORY-SMOKED SHRIMP WITH POBLANO-TOMATILLO SAUCE

Chef Amy Ferguson serves this simple yet elegant entrée with pickled okra, grilled corn and homemade biscuits.

4 servings

½ pound tomatillos, husked
2 large poblano chilies, roasted and peeled
½ cup whipping cream
1 large shallot, minced
¼ cup (½ stick) chilled unsalted butter, cut into tablespoons
Salt

Mesquite charcoal
Hickory chunks, soaked and drained
24 unshelled jumbo shrimp or prawns

Puree tomatillos and chilies in blender. Transfer to heavy small skillet. Add cream and shallot and simmer over medium-high heat until thickened, about 4 minutes. Strain sauce. Whisk in butter 1 tablespoon at a time over low heat. Season with salt. Keep warm in tepid water bath.

Heat mesquite charcoal and hickory chunks in barbecue until coals are very white. Add more hickory chunks. As soon as smoke rises, push coals and chunks to one side of barbecue. Oil grill. Arrange shrimp on side of grill not over heat source. Cover and smoke until opaque, 6 to 8 minutes.

Spoon sauce onto plates. Arrange 6 shrimp on each plate and serve.

BARBECUED LAMB WITH RHUBARB AND DANDELIONS

Marinating the lamb overnight ensures maximum flavor in this innovative main course from Lawrence Forgione of An American Place.

4 servings

1 shoulder of lamb, boned and slightly flattened (3 pounds after boning)
1 cup rich chicken stock
¼ cup coarse-grained mustard
¼ cup soy sauce
2 tablespoons fresh lemon juice
2 tablespoons fresh thyme leaves
6 green onions, minced
2 dashes hot pepper sauce
1 garlic clove, minced

2 cups water
¼ cup sugar
½ pound rhubarb, peeled and cut into 2x⅛-inch sticks

Vegetable oil
Salt and freshly ground pepper

1 cup vegetable oil
¼ cup red wine vinegar

2 to 3 bunches small dandelion greens*
2 tablespoons toasted sliced almonds

Place lamb in nonaluminum pan. Combine next 8 ingredients. Pour over lamb. Marinate overnight in refrigerator, turning occasionally.

Cook water and sugar in heavy medium saucepan over low heat until sugar dissolves, swirling pan occasionally. Bring to boil. Add rhubarb and simmer 2 minutes. Let cool in liquid.

Prepare barbecue with very hot coals. Drain lamb marinade into heavy small saucepan. Rub lamb with oil, salt and pepper. Grill until crisp outside but still pink inside, 15 minutes per side.

Meanwhile, bring marinade to boil, skimming surface; strain. Whisk in 1 cup oil and red wine vinegar.

Drain rhubarb. Arrange dandelion greens and rhubarb around each plate. Thinly slice lamb. Arrange in center of plate. Top with sauce. Sprinkle with pepper. Garnish with almonds.

**If unavailable, use curly endive.*

SMOKED SCALLOPS WITH SAFFRON AND LIME SAUCES

Brilliant sauces make this festive appetizer from chef Stephan Pyles of The Routh Street Cafe a showstopper.

4 servings

Scallops

¼ cup coarse kosher salt
2 tablespoons sugar
⅛ teaspoon saffron, crushed
4 cups warm water
1 large shallot, minced
24 sea scallops

Saffron Sauce

¼ cup dry white wine
1 small shallot, minced
⅛ teaspoon saffron, crushed

1 cup rich fish stock
1 cup whipping cream
2 tablespoons (¼ stick) butter, room temperature
Salt and freshly ground pepper

Hardwood charcoal
Mesquite or hickory chunks, soaked and drained

Lime Butter Sauce

1 cup dry white wine
3 tablespoons white wine or Champagne vinegar
3 shallots, minced
1 cup (2 sticks) well-chilled unsalted butter, cut into tablespoons
2 tablespoons strained lime juice
1 teaspoon grated lime peel
Salt and freshly ground pepper

For scallops: Dissolve salt, sugar and saffron in warm water in bowl. Stir in shallot. Add scallops and soak 1 hour.

Drain scallops. Rinse under cold water. Let stand 1 hour to dry.

For saffron sauce: Bring wine and shallot to boil in heavy small saucepan. Add saffron and stir to dissolve. Let stand 15 minutes to blend flavors.

Add stock and cream to wine mixture and boil until reduced by half. Strain into clean saucepan. Return to medium heat. Whisk in butter. Season with salt and pepper. Keep warm in water bath or vacuum bottle. *(Sauce can be prepared several hours ahead and reheated gently before serving.)*

Arrange charcoal in bottom of smoker. Light fire. About 20 minutes after flames subside, add mesquite or hickory chunks. Place top of smoker over fire. Oil grill. Arrange scallops on

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SOUTHWESTERN DISHES

continued from page 202

grill. Smoke at 250°F to 275°F 20 minutes. *(Scallops can also be smoked in covered barbecue if desired.)*

For lime butter sauce: Boil wine, vinegar and shallots in heavy small saucepan until reduced to 2 tablespoons. Remove from heat and whisk in 2 tablespoons butter. Return to low heat and whisk in remaining butter 1 tablespoon at a time. (If sauce breaks down at any time, remove from heat and whisk in 2 tablespoons cold butter.) Blend in lime juice and peel. Season with salt and freshly ground pepper.

To serve, ladle each sauce onto 1 side of each plate. Top with scallops.

GRILLED DOVER SOLE MA FACON CHINOIS

From Ambria Restaurant in Chicago, chef Gabino Sotelino combines the best flavors of east and west.

6 servings

Fish

- ¼ cup olive oil
- ¼ cup fresh lemon juice
- 1 tablespoon minced fresh basil
- 1 teaspoon minced fresh rosemary
- 1 teaspoon salt
- ¼ teaspoon freshly ground pepper
- 12 4½-ounce sole, flounder or orange roughy fillets

Apple, mesquite and cherry wood chips, soaked and drained

Sauce

- 2 tablespoons oriental sesame oil
- 2 tablespoons vegetable oil
- ¼ pound fresh fennel, tough outer layer discarded, strings peeled, cored, trimmed and cut into julienne
- 2 shallots, slivered
- 1 fresh jalapeño chili, stemmed, seeded and finely diced
- 1 tablespoon slivered peeled ginger
- 1 garlic clove, slivered
- 4 large ripe tomatoes, peeled, seeded and coarsely chopped
- 4 fresh tarragon sprigs, chopped
- 4 fresh basil leaves, chopped
- ½ teaspoon dried marjoram, crumbled

Salt and freshly ground pepper

- 1 teaspoon (about) honey

Arugula or watercress leaves

For fish: Combine first 6 ingredients. Rub over both sides of fish. Let stand 30 minutes at room temperature.

Prepare barbecue with medium-hot coals. Add wood chips. Oil grill. Arrange fish on grill and cook on both sides until opaque, about 9 minutes per 1-inch thickness of fish, making ¼ turn when half cooked to create grill markings; do not overcook.

Meanwhile, prepare sauce: Heat oils in heavy medium skillet over medium heat. Add fennel, shallots, jalapeño, ginger and garlic and stir until golden, about 3 minutes. Add tomatoes and simmer until liquid has evaporated but tomatoes are still firm, about 5 minutes. Add herbs. Season with salt and pepper. Stir in honey to taste.

Spoon sauce onto plates. Arrange 2 fish fillets in V shape atop sauce. Place arugula within V. Serve immediately.

GRILLED QUAIL WITH SWEET POTATOES AND BRAISED CHARD

For best results in this inspired entrée prepared by Bradley Ogden of the Campton Place Hotel in San Francisco, marinate the quail and soak the sweet potatoes overnight.

4 servings

- 2 large sweet potatoes, peeled and cut into julienne

Quail

- 8 2-ounce or four 4-ounce quail, boned except for legs, wing tips removed
- ⅓ cup Dijon mustard
- ½ cup olive oil
- ½ cup dry white wine
- ½ cup Madeira
- 2 teaspoons cracked pepper
- 1 teaspoon coarse kosher salt
- 6 fresh thyme sprigs or ½ teaspoon dried, crumbled
- 3 fresh rosemary sprigs or ½ teaspoon dried, crumbled
- 3 parsley sprigs
- 2 garlic cloves, crushed
- 1 bay leaf

Swiss Chard

- 2 ounces bacon, diced
- ½ large onion, chopped
- 2 bunches Swiss chard, stemmed and cut into 3x½-inch strips
- 1 cup fresh orange juice
- 1 cup duck or chicken stock
- ½ cup red wine vinegar
- ¼ cup sugar
- 3 tablespoons grated peeled ginger
- 3 tablespoons grated orange peel
- 1 teaspoon coarse kosher salt
- ½ teaspoon freshly ground pepper

- 5 ounces smoked bacon, cut into 3-inch lengths

Peanut oil (for deep frying)

Watercress

Soak sweet potato julienne in salted ice water to cover overnight.



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SOUTHWESTERN DISHES

continued from page 204

For quail: Rub quail with mustard. Arrange in nonaluminum pan. Mix remaining ingredients. Pour over quail. Chill overnight, turning occasionally.

For chard: Fry diced bacon in heavy large skillet over medium heat until barely crisp. Add onion and stir until just softened, about 7 minutes. Add chard, juice, stock, vinegar, sugar, ginger and peel. Cover and simmer briskly until chard is tender and liquid is absorbed, about 15 minutes. Add salt and freshly ground pepper.

Fry smoked bacon in heavy small skillet over medium heat until crisp. Remove using slotted spoon and drain on paper towels. Reserve drippings.

Drain sweet potatoes; pat dry. Heat oil in deep fryer or heavy large saucepan to 375°F. Add sweet potatoes and fry until crisp. Remove using slotted spoon and drain on paper towels.

Prepare barbecue grill with very hot coals. Brush quail with reserved bacon drippings. Grill on both sides until skin is crisp, 6 to 8 minutes (time will vary depending on size of quail).

To serve, mound potatoes on each plate. Top with 2 small or 1 large quail. Spoon chard to side. Sprinkle with smoked bacon. Garnish with watercress. Serve immediately.

GRILLED CHICKEN IN ARTICHOKE-LIME SAUCE

For this unusual main course, chef Dean Fearing suggests that you soak the cucumber garnish overnight.

6 servings

2 large cucumbers, peeled, halved and seeded
6 large artichokes, trimmed
2½ cups rich chicken stock
2 shallots, chopped
2½ cups whipping cream
1 tablespoon (about) fresh lime juice
Salt and freshly ground pepper
6 whole chicken breasts, skinned, boned and halved
Vegetable oil
Salt and freshly ground pepper
1 tablespoon oriental sesame oil
1 tablespoon tarragon vinegar

Cut cucumbers into 1½-inch segments. Slice lengthwise as thinly as possible. Soak in ice water overnight.

Set aside 18 artichoke leaves for garnish. Boil artichokes until tender, about 45 minutes. Drain; cool completely. Cut off leaves and save for another use. Scoop out chokes and discard. Set artichoke hearts aside.

Boil chicken stock with shallots in heavy medium saucepan until reduced to 1¼ cups, about 15 minutes. Strain into clean saucepan. Add cream and boil until reduced by ⅓, 10 minutes.

Puree artichoke hearts in blender. Mix in enough stock-cream mixture to make smooth sauce. Season to taste with lime juice, salt and pepper. Transfer sauce to saucepan. Keep warm.

Prepare barbecue grill with very hot coals. Rub chicken with oil. Season with salt and pepper. Grill chicken on both sides until firm to touch, about 10 minutes, giving chicken ¼ turn when half cooked to create grill marks.

Drain cucumbers thoroughly. Sauté in skillet (preferably nonstick) to warm. Stir in oil, vinegar and pinch of salt.

To serve, spoon sauce onto plates. Top each with 2 chicken breast halves. Garnish with 3 reserved artichoke leaves. Mound cucumbers to side.

MESQUITE-GRILLED DUCK WITH RASPBERRY RELISH

Steamed asparagus and sautéed chanterelles are served with a dish created by Patrick O'Connell of The Inn at Little Washington in Virginia.

6 servings

Duck

6 whole duck breasts, skinned
1 cup olive oil
⅓ cup raspberry vinegar
½ cup raspberries, chopped
1 small onion, chopped
1 tablespoon crushed whole black peppercorns
1 teaspoon salt
3 garlic cloves, minced
2 bay leaves
3 fresh thyme sprigs

Relish

2 cups raspberries
4 medium Vidalia onions,* finely chopped
4 teaspoons raspberry vinegar
2 teaspoons fresh lemon juice
3 mint sprigs, minced
Freshly ground pepper
Raspberry liqueur (optional)
Mesquite chips (do not soak)
Mint sprigs

For duck: Arrange duck breasts in nonaluminum pan. Combine remaining ingredients. Pour over duck. Marinate 2 hours, turning occasionally.

For relish: Set aside 12 raspberries. Chop remaining berries. Mix onions,

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SOUTHWESTERN DISHES

continued from page 206

vinegar, lemon juice and mint. Season with pepper. Add liqueur if desired.

Prepare barbecue with very hot coals. Add mesquite chips. Oil grill. Remove duck breasts from marinade. Grill until medium-rare, turning once, about 7 minutes. Let stand 10 minutes.

Set 1 duck breast on each plate. Garnish with 2 raspberries and mint sprig. Pass raspberry relish separately.

**If unavailable, 1 red onion can be substituted. Sauté onion in vegetable oil until slightly softened before using.*

VEAL CHOPS WITH PEPPER-PAPAYA RELISH

This zesty combination is on the menu of the Nana Grill at Loews Anatole.

6 servings

Veal

- 6 veal chops (about 1 inch thick), trimmed
- 12 large shallots, blanched and peeled
- 1 cup safflower oil
- 1/4 cup fresh lime juice
- 1 tablespoon Worcestershire sauce
- 2 jalapeño chilies, chopped
- 3 fresh basil leaves, coarsely chopped
- 2 garlic cloves, crushed

Relish

- 1 tablespoon vegetable oil
- 2 tablespoons minced onion
- 2 red bell peppers, roasted, peeled, seeded and cut into 1/4-inch dice
- 1 large poblano chili, roasted, peeled, seeded and cut into 1/4-inch dice
- 1 tablespoon white wine vinegar
- 1 lime, halved
- Pinch of sugar
- Salt and freshly ground pepper
- 1 large ripe papaya, peeled and cut into 1/4-inch dice
- Watercress

For veal: Arrange veal chops and shallots in nonaluminum pan. Combine oil, lime juice, Worcestershire, chilies, basil and garlic. Pour over veal and shallots. Marinate 1 hour at room temperature, turning occasionally.

Meanwhile, prepare relish: Heat oil in heavy small skillet over medium heat. Add onion and stir until slightly softened, about 7 minutes. Cool completely.

Add bell peppers, chili and vinegar to onions. Squeeze in juice of 1/2 lime. Add sugar, salt and pepper. Gently stir in papaya. Adjust seasoning with lime, sugar, salt and pepper.

Prepare barbecue with very hot coals. Remove veal and shallots from marinade, allowing excess to drip off. Grill shallots until tender, about 10 minutes. Grill veal until firm, basting with marinade and seasoning with salt and pepper, about 5 minutes per side.

Set veal chop on each plate. Spoon relish on 1 side. Set 2 shallots on other. Garnish with watercress and serve.

GRILLED CHICKEN WITH BLACK BEANS, GRITS AND RELISH

Chef Robert Del Grande of Cafe Annie in Houston uses an assortment of quail, squab, duck and pheasant in a sophisticated yet down-home entrée. The beans, grits and relish can all be prepared one day ahead.

8 servings

Beans

- 1 pound black beans
- 4 strips smoked bacon
- 2 garlic cloves, crushed

Grits

- 4 ears white corn, husked

recipe continued on page 210



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SOUTHWESTERN DISHES

continued from page 208

- 4 cups water
- 1¼ teaspoons salt
- 1 cup white cornmeal
- Freshly ground pepper

Relish

- 1 pound tomatoes, coarsely chopped
- ⅓ cup fresh cilantro, minced
- ⅓ cup minced red onion
- ¼ cup Southwestern Marinade*
- 3 pounds boned chicken thighs and breasts
- 1¾ cups (about) Southwestern Marinade
- 4 red bell peppers, seeded and quartered
- ⅓ cup rendered bacon drippings or vegetable oil
- ⅓ cup minced red onion
- ½ cup grated Muenster or Monterey Jack cheese
- 1 bunch cilantro

For beans: Combine beans with water to cover in heavy large saucepan. Add bacon and garlic and bring to boil. Reduce heat, cover partially and simmer until beans are tender, about 2 hours. Let cool in cooking liquid.

Drain beans, reserving ½ cup water. Puree half of beans, adding enough water to make smooth puree. *(Can be prepared 1 day ahead and refrigerated.)*

For grits: Cut corn from cobs. Bring water and salt to boil in heavy large saucepan. Add corn kernels. Slowly stir in cornmeal. Reduce heat and simmer until grits are thick, about 20 minutes. Season with salt and pepper. *(Can be prepared 1 day ahead. Cool completely, cover and refrigerate.)*

For relish: Combine all ingredients. Season with salt and pepper. Cover and refrigerate until ready to serve. *(Can be prepared 1 day ahead.)*

Arrange chicken in nonaluminum pan. Pour marinade over. Let stand 30 minutes, turning occasionally.

Prepare barbecue grill with very hot coals. Grill chicken on both sides until firm to touch, brushing with marinade, about 10 minutes for white meat and 15 minutes for dark, making ¼ turn after about 5 minutes to create grill marks. Grill red bell peppers until tender, about 10 minutes.

Heat drippings in heavy medium skillet over medium heat. Add onion and stir until softened, about 5 minutes. Add pureed beans and mash well to incorporate drippings. Add remaining beans and heat through. Season with salt and freshly ground pepper.

Reheat grits, adding water if necessary to prevent scorching. Spoon grits down 1 side of each plate and beans down other. Arrange chicken in between. Sprinkle cheese over grits. Garnish with red bell peppers and cilantro. Pass relish separately.

**Southwestern Marinade*

Makes about 2 cups

- 1 cup olive oil or peanut oil
- ⅓ cup chopped red bell pepper
- 3 tablespoons honey
- 2 tablespoons fresh lime juice
- 1 tablespoon red wine vinegar
- 1 tablespoon red currant jelly
- 1 tablespoon fresh thyme leaves
- 1 tablespoon fresh cilantro leaves
- 1 ancho chili, roasted, seeded and soaked in warm water to soften
- 1 teaspoon salt
- 1 teaspoon cracked pepper
- 1 garlic clove, minced

Puree all ingredients in blender. Refrigerate in airtight jar. □

Anne Lindsay Greer's newest cookbook is Creative Mexican Cooking: Recipes from Great Texas Chefs *(Texas Monthly Press, 1985). Ellen Brown is the author of* Cooking with the New American Chefs *(Harper & Row, 1985).*



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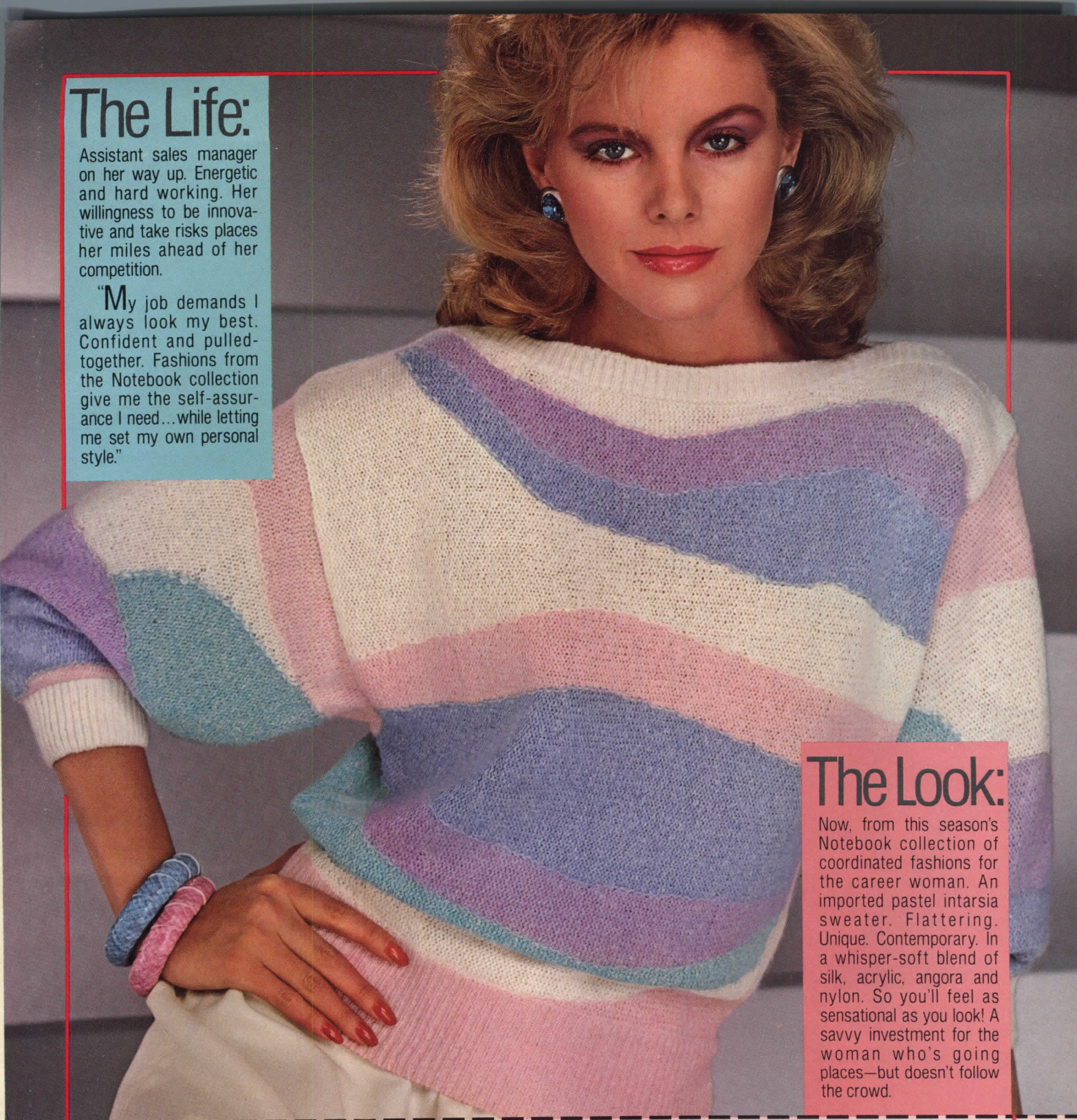
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NEW BOOKS FOR COOKS

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undertaking for our own wine editor and the popular CBS radio commentator, this is the most nearly complete and comprehensive volume on the subject to date. There is not only a description of every winery, but also ratings of each wine on a four-star system—plus lists of good-value whites and reds and the best varietals. Also handy for checking out tours of wineries around the country as well as the best buys at the various vineyards. This impressive work may be the definitive one on the subject for years to come and is without doubt the perfect gift for that wine-buff friend.

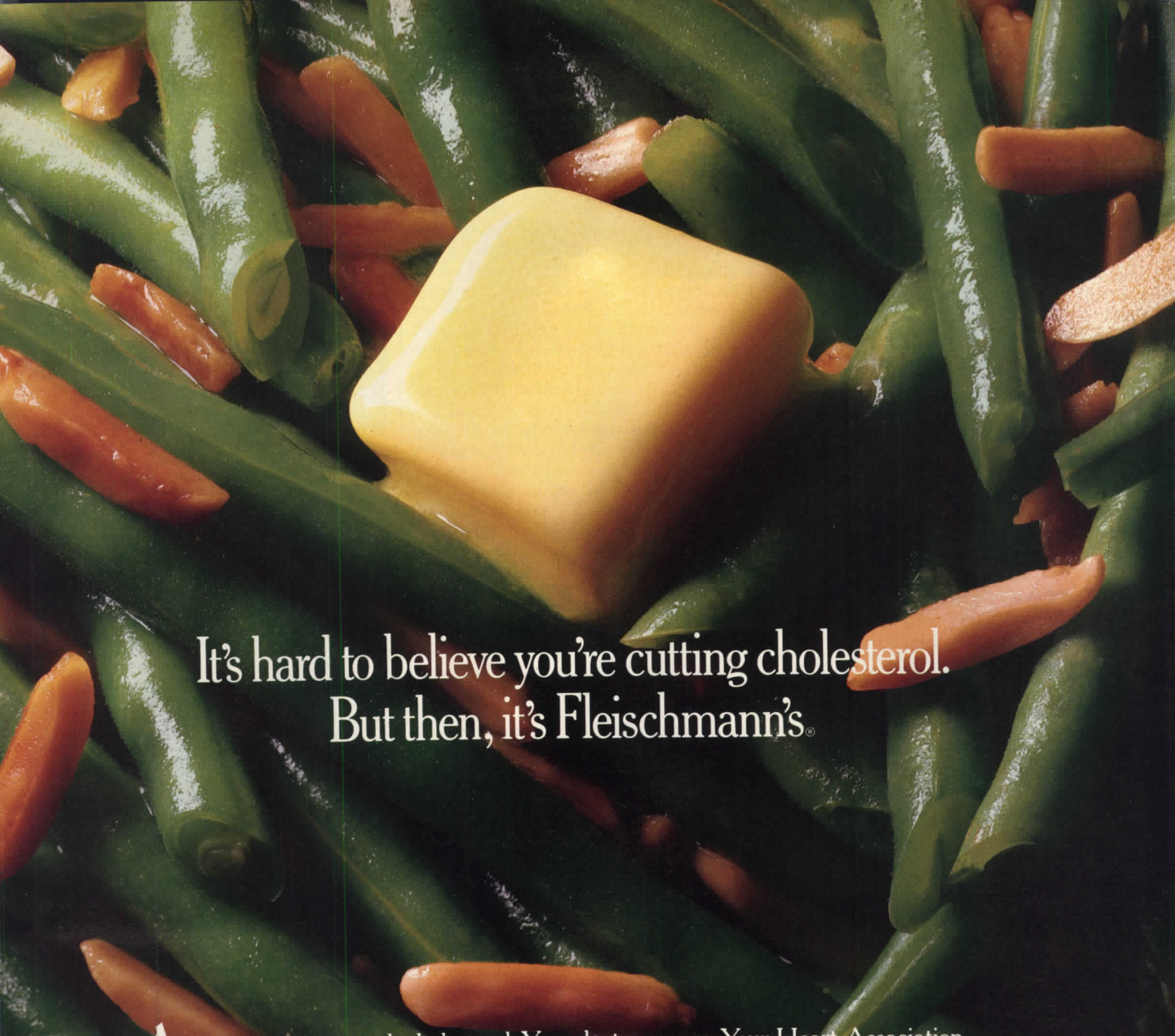
In a handy form, *The Pocket Guide to Wine* (Putnam, $7.95) by wine journalist Barbara Ensrud has been updated in a revised third edition. Its slim format and soft covers make it the reference to carry while traveling to various vineyards around the world.

Good to Read

Those who especially enjoy reading about food have much to savor this season. Two old friends have been reissued for a new generation. The duo bears rereading again and again, both as flavorful literature and for the insights afforded into the tastes of the literati. The first, printed more than 30 years ago, is *Blue Trout and Black Truffles* (Academy Chicago Publishers, $8.95) by the late *bec fin* Joseph Wechsberg. That delightful writer knew better than almost anyone during his lifetime how and where to eat well. There is much to be learned from what is really his autobiography as a dedicated gastronome and from his "peregrinations as an epicure."

The second in a new guise—paperback this time around—is Linda Wolfe's *The Literary Gourmet* (Harmony Books, $10.95), now 24 years since its first appearance. A grand-scale potpourri of great food scenes in literature from biblical times to the present, it includes recipes for such memorables as Proust's madeleines, Charles Dickens's Christmas goose, and chowder from Moby Dick's time.

Another great one this season is *An Omelette and a Glass of Wine* (Viking, $18.95) by Elizabeth David. She is to English gastronomic letters what M.F.K. Fisher is to American. She is also credited with having changed English eating habits and revolutionizing conventional cookery in her native country through her crusade for good kitchen equipment. The recipes are uniquely written in a style all her own, and her vast repertoire has roused many a dull palate to a glory of taste sensations. The book is a fine collection of her writings from numerous



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LORD BYRON'S DILEMMA

(or, the lady or the Sambuca Romana)

Once a reputation reaches legendary proportions, fact and fiction tend to blur. In the case of George Gordon Noel Byron, a great deal is known but details are shadowy. He did move to Venice permanently in 1817. He was young and lame and handsome, and already notorious. The details of his infatuation with Sambuca Romana are harder to pin down.

It is said he first encountered this suave and elegant liqueur on an earlier visit to Rome, where it was, and still is, concocted from the berries of the wild elderbush. Smooth and mellow, with a fiery heart and an undercurrent of wildness, it soon became a passion. A passion equal to or surpassing an earlier love for coffee. If these things are so, we can be certain he indulged both pleasures while in Venice. The opportunities were there.

The story is told that it was in a Venetian cafe, early for a rendezvous, that he first ordered the two drinks at one time. His coffee arrived and, just as he saw his contessa stepping from her gondola, the liqueur. As he started to his feet, somehow jostling the waiter, the Sambuca Romana spilled, into the coffee. There was time for only one sip. He sipped, considered a moment, then sat down to finish the cup at his leisure.

It was plain the lady would have to wait. The attraction of this sensuous new taste was greater even than hers.

For the rest, we know Byron left Italy soon afterwards for Greece and his ultimate destiny. As for Sambuca Romana and coffee, the taste is history.

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NEW BOOKS FOR COOKS

continued from page 212

publications through more than three decades, together with provocative jottings and tempting recipes.

Among Our Own

In addition to our wine editor Anthony Dias Blue, several others in our family of writers have produced books in time for gift giving. Cooking teacher Christopher Horan, new to our shores when we featured his pub grub last year, shines with *English Country Cooking* (St. Martin's Press, $12.95). A slim volume withal charming in its picaresque study of classic English recipes from homes and pubs. Horan's asides on the origins of dishes and the history of their locales are an especially entertaining bonus.

Jean Anderson's *Green Thumb Preserving Guide* (Quill, $7.95) is a classic now in paperback. It belongs in every good all-round cook's library. It concisely and simply sets forth "the best and the safest" ways to can, freeze, dry, store, pickle and preserve.

The prolific Ms. Anderson is also showcased in *The New Doubleday Cookbook*. This impressive book—nearly 1,000 pages—is completely revised and updated to include information about convection and microwave cooking, vegetarian dishes, pasta and the latest produce. Elaine Hanna is co-author.

New Ideas for Casseroles (HP Books, $7.95) is straight from the Minnesota kitchen of our Finnish-American friend and correspondent Beatrice Ojakangas. She brings us attractive casseroles for every course and every meal of the day, presented with great clarity and dozens of step-by-step photographs to further ensure against doubt or error. This could be a winner for those newlyweds on your list.

A favorite team—actually brother and sister, Joe Famularo and Louise Imperiale—with customary creative skill and artistry offers *Vegetables: The New Main Course Cookbook* (Barron's, $15.95). This noble paean to vegetables begins with a glossary from artichokes to zucchini and then sweeps us through some highly agreeable and imaginative dishes, interspersed with fine color portraits of the finished products. A handsome book, splendid for vegetarians, dieters, and for those who just love to try new recipes.

Anna Teresa Callen's Menus for Pasta (Crown, $12.95) stars her subject in beautifully engineered four-course meals. She knows well whereof she writes and her more than 200 classic Italian recipes are brought forth from the heart and the palate. Each of the 53 menus is complete with suggested wines. If one more book on pasta was needed, this is it. □



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continued from page 30

in 1862. The full name of the firm is now Carling O'Keefe, Ltd.

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Labatt

In 1847, Irishman John Labatt and brewer Samuel Eccles purchased a London, Ontario, brewery. Eccles retired and left the firm six years later. Labatt's, public since 1945, has become an immense company, controlling 14 breweries, a flour mill and a large California winery (La Mont). Labatt acquired Keith's Nova Scotia Brewery, and in 1971 the company purchased Oland's Breweries, Ltd., a large facility in Halifax, Nova Scotia.

Labatt products exported to the United States include John Labatt's Extra Stock Malt Liquor, Alexander Keith's India Pale Ale, Labatt's 50 Ale, Labatt's Pilsener Blue and Oland Export Ale. The malt liquor is complex, rich and mouth-filling, and contains 6.5 percent alcohol. It is one of North America's finest brews. Keith's is a malty ale with a touch of hoppy flavor and lots of finesse. Labatt's ale is rich and ripe, with a hoppy flavor and a delicate finish. The Pilsener, made in the light American style, is fresh and clean. Oland ale is balanced in flavor and quite light in body.

Moosehead

Susannah Culverwell Oland and her husband John came to Halifax from England in the early 1860s. While John was involved with the railroads, Susannah established a brewery with her sons. S. Oland & Sons & Company continued as a successful operation until the 1930s, when a family rift developed over a property dispute. Susannah's grandson George (not unlike Napa's Robert Mondavi) left the business and established his own brewery in Saint John, New Brunswick.

Labatt bought out the original brewery, but George's son and grandsons now run his renegade operation, which is called Moosehead Breweries, Ltd. The company is still entirely family-owned. Moosehead Canadian Lager Beer and Moosehead Pale Ale are exported to the States. The beer is mellow and balanced, with lovely flavors and a fresh finish. The ale is yeasty and hoppy, with assertive flavors.

Other Brewers

Still more quality Canadian brews include: Pacific Gold Beer, Coy International Canadian Lager Beer, Yukon Gold Premium Pilsner, Yukon Gold Canadian Lager Beer and Iron Horse Malt Liquor, all made by The Old Fort Brewing Co., Ltd., in Prince George, British Columbia; and Grizzly Beer Canadian Lager and Henninger Export Beer, both made by Amstel, a subsidiary of Heineken, in Hamilton, Ontario. Most of the major companies also produce special beers, among them bock, porter and stout.

Because Canada adjoins the United States, many Americans tend to think of that vast country as just an extension of theirs. This simply isn't the case. Canada has a government system, a topography, a culture, a people and a style all its own; and this special character extends to all aspects of Canadian life, including its beer industry. Canadian beers are different and quite delightful. They *fit* very neatly between the somewhat bland-tasting American brews and the intensely flavored European beers. For many people, the beers of Canada are the perfect compromise.□

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FOOD PROCESSOR

continued from page 20

FRUIT COMPOTE WITH SWEET VANILLA CREAM

6 servings

- 1 cup water
- 1 cup sugar (7 ounces)
- 1/2 cup fresh orange juice
- 1 navel orange (unpeeled), quartered
- 2 lemons (unpeeled), quartered
- 2 2-inch cinnamon sticks
- 8 whole cloves
- 1 tablespoon vanilla
- 1/4 teaspoon freshly grated nutmeg
- 2 ripe but firm red Bartlett pears (14 ounces total), cored and sliced
- 3 large navel oranges (1 pound 12 ounces total), peeled and sliced
- 1 cup strawberries, sliced
- 1/2 cup Muscat or other green grapes, halved and seeded
- 1/2 cup Concord or other purple grapes, halved and seeded
- 1/2 cup red seedless grapes
- Sweet Vanilla Cream*
- Fresh mint leaves (optional)

Combine first 9 ingredients in nonaluminum 4-quart saucepan. Cook over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and boil 5 minutes. Place pear slices in large bowl. Strain hot syrup over pears. Cool to room temperature.

Gently stir sliced oranges, strawberries and grapes into pears. Let stand at room temperature at least 1 hour. *(Can be prepared 2 days ahead, covered and refrigerated. Bring compote to room temperature before serving.)*

Spoon compote into bowls. Top each with dollop of Sweet Vanilla Cream. Garnish with mint and serve.

**Sweet Vanilla Cream*

Makes about 1 1/3 cups

- 3 ounces cream cheese, room temperature, cut into 3 pieces
- 3 tablespoons sugar
- 3/4 teaspoon vanilla
- 1 1-inch piece vanilla bean (optional), split lengthwise
- 2/3 cup whipping cream

Steel Knife: Combine cream cheese, sugar and vanilla in work bowl. Scrape in seeds from vanilla bean. Puree until smooth, about 10 seconds. With machine running, pour cream through feed tube and process until smooth, about 10 seconds. *(Can be prepared 3 days ahead and refrigerated.)* ☐

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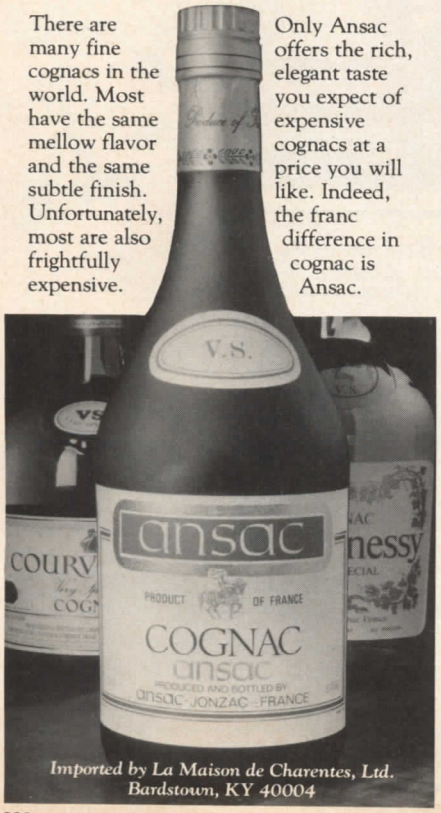
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BON VOYAGE

continued from page 46

large bowl. Using electric mixer, beat until tripled in volume. Sift flour onto eggs and fold together. Gently fold in butter. Pour batter into prepared pan. Bake until tester inserted in center comes out clean, 25 to 30 minutes. Cool in pan on rack 15 minutes. Invert cake onto rack and cool.

For mousse: Sprinkle gelatin over water in medium bowl. Heat juice and sugar in heavy small saucepan over low heat, swirling pan occasionally, until sugar dissolves. Bring to boil. Add to gelatin and stir until dissolved. Place bowl in large bowl filled with ice water. Let stand until passion fruit mixture is cool but not thickened, stirring frequently. Whip cream to soft peaks. Gently fold into passion fruit mousse.

Cut cake into 2 layers. Place 1 layer in clean 8-inch springform pan. Spread with half of mousse. Top with second layer. Spread with remaining mousse, smoothing top. Freeze cake overnight.

For glaze: Heat juice and sugar in heavy small saucepan over low heat, swirling pan occasionally, until sugar dissolves. Blend in cornstarch mixture. Increase heat and bring to boil, stirring. Cool slightly, stirring frequently.

Pour glaze over cake; smooth top. Refrigerate for 12 hours. Serve mousse cake at room temperature.☐

PHILADELPHIA

continued from page 172

sheets. Flour lightly, shaking off excess. Trace 8-inch circles on prepared sheets. Spoon about 1½ tablespoons tulip batter onto prepared circles and spread to edges, using back of spoon. Bake until just beginning to brown around edges, 4 to 4½ minutes. Remove using spatula and mold over inverted greased small bowl.

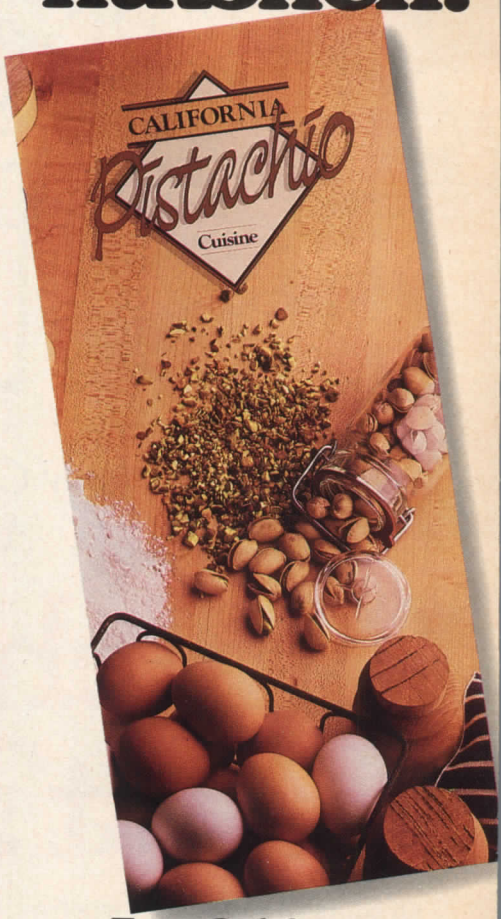
Remove cores from pears. Spoon pineapple into hollows. Set aside.

For sabayon: Whisk yolks, Champagne and sugar in double boiler over gently simmering water until frothy and slowly dissolving ribbon almost forms when whisk is lifted, about 15 minutes. Fold in grated lemon peel.

To assemble: Arrange tulips on plates. Spoon ice cream into center of each. Top each with pear. Spoon sabayon over. Garnish with mint leaves.☐

E.C.K. Read is a New York-based freelance food and travel writer. Zack Hanle is Bon Appétit*'s New York editor.*

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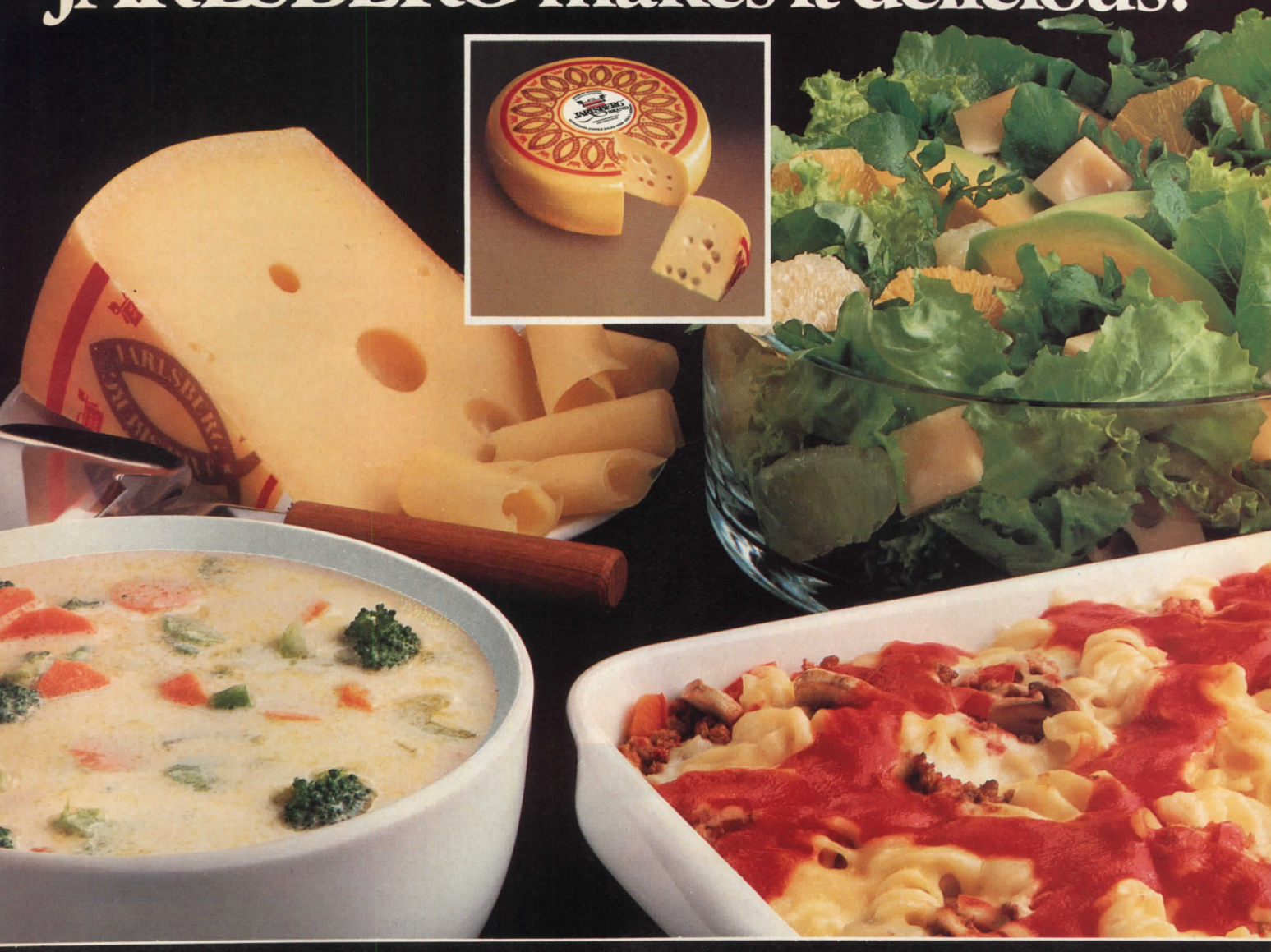
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4 cups assorted torn greens (such as Green leaf lettuce, Romaine, Boston, Bibb and Chicory)
1 cup watercress
3 navel oranges, peeled and sliced
2 grapefruit, peeled and sectioned
1 medium avocado, peeled, seeded and sliced
2 cups cubed Jarlsberg Cheese
½ cup salad oil
3 Tbsp. red wine vinegar
3 Tbsp. chopped parsley
1 small clove garlic, minced
¼ tsp. tarragon, crushed

In large bowl, combine first 6 ingredients. In measuring cup, combine remaining ingredients. Blend well. Pour over salad. Toss to blend. Makes 6 servings.

OSLO MACARONI BAKE

1 lb. ground round
2 Tbsp. butter
1 cup sliced mushrooms
1 medium onion, chopped
½ cup chopped red pepper
1 tsp. salt
⅛ tsp. pepper
¼ cup butter
¼ cup flour
2½ cups milk
2 cups shredded Jarlsberg Cheese
1 can-16 oz. tomatoes, chopped
3 cups cooked rotelle pasta
1 can-8 oz. tomato sauce

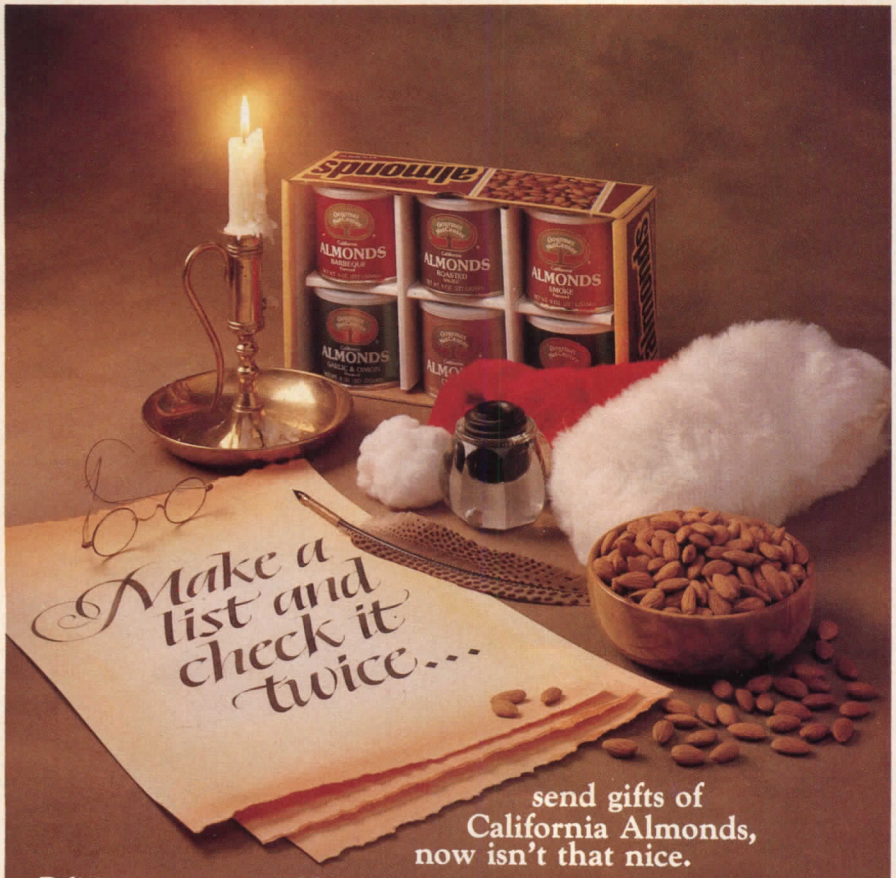
In skillet, brown beef in butter. Add next 5 ingredients. Cook, till tender; stir often. Set aside. In saucepan, melt remaining ¼ cup butter. Add flour and cook, stirring, several minutes. Remove from heat. Gradually blend in milk; cook, stirring, until thickened and smooth. Stir in 1½ cups cheese. Blend tomatoes into meat mixture. Blend pasta into sauce. Alternate layers of pasta and meat mixtures in buttered 2 qt. baking dish. Top with tomato sauce. Bake at 350°F./35 min. Top with remaining cheese. Bake 5 min. longer. Makes 6 to 8 servings.

JARLSBERG VEGETABLE BISQUE

3 Tbsp. butter
3 Tbsp. flour
4 cups chicken broth
2 cups coarsely chopped broccoli
¾ cup chopped carrots
½ cup chopped celery
1 small onion, chopped
1 small clove garlic, minced
¼ tsp. thyme, crushed
½ tsp. salt
⅛ tsp. pepper
1 cup heavy cream
1 egg yolk
1½ cups shredded Jarlsberg Cheese

In large heavy saucepan, melt butter. Add flour and cook several minutes, stirring. Remove from heat. Gradually blend in broth. Bring to boil, stirring. Add next 8 ingredients. Cover; simmer 8 min. till vegetables are tender. Blend cream and egg. Gradually blend in several tablespoons soup. Return to soup and cook; stirring, till thickened. Blend in cheese. Serve. Makes 6 to 8 servings.

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THANKSGIVING

continued from page 70

ball, then flatten into disc. Wrap dough and refrigerate at least 1 hour. *(Can be prepared 3 days ahead.)*

For filling: Heat cider and sugar in heavy large saucepan over low heat, stirring until sugar dissolves. Increase heat and bring to boil. Reduce heat and simmer 2 minutes. Stir in apples and cranberries. Return to boil. Reduce heat and simmer until cranberries burst and apples are tender, stirring frequently, 8 to 10 minutes. Transfer to bowl and cool. Wrap tightly and refrigerate overnight. *(Can be prepared 3 days ahead.)*

Bring filling to room temperature.

Roll dough out on lightly floured surface to 1/8-inch-thick round. Transfer to 10-inch tart pan with removable fluted sides. Trim and finish edges. Refrigerate 30 minutes.

Position rack in center of oven and preheat to 400°F. Pierce crust lightly with fork. Line with foil or parchment and fill with dried beans or pie weights. Bake 15 minutes. Remove beans and foil. Continue baking until crust is light brown, about 10 minutes. Cool to room temperature on rack. Reduce oven temperature to 375°F.

For streusel: Mix all ingredients in large bowl until blended and crumbly.

Place baking sheet in oven on center rack and heat 5 minutes. Spoon filling into crust. Sprinkle streusel evenly over filling. Place tart on hot baking sheet and cook until top is brown and filling bubbles, 30 to 35 minutes. Cool on rack. Serve with whipped cream.□

Michael McLaughlin is the chef and co-owner of The Manhattan Chili Co. and co-author of The Silver Palate Cookbook.

ACCESSORIES IN THIS ISSUE

Page 50: Bowl and plate available at **Faire La Cuisine,** 3835 Cross Creek Rd., Malibu, CA 90265. **"Hammersmith"** spoon by **Towle** available at **Gump's,** 9560 Wilshire Blvd., Beverly Hills, CA 90212.
Pages 60/61: "Maxim's de Paris" china and glassware designed by **Pierre Cardin** for **Hutschenreuther** available at major department stores. Tray from **Oneida Silversmiths** available at major department stores. All other accessories privately owned.
Pages 62/63: "Plateaus" platter and soup bowl by **Mikasa** available at fine department stores. **"Coburg"** wine glasses by **Villeroy & Boch** available at fine department stores. Tongs from **Ricci Italian Silversmiths** at fine stores.
Page 65: "Hana" cake platter, plates and cordials and **"Regency"** server from **Sasaki** available at **Bloomingdale's,** 1000 Third Ave., New York, NY 10022. **"St. Honoré"** coffee pot, cups and saucers designed by **Karl Lagerfeld** for **Hutschenreuther** available at major department stores. **"Libretto"** crystal-handled dessert forks from **Oneida Silversmiths** available at major department stores.
Pages 130/131: Platter, jug, decanter and carving set available at **Bergdorf Goodman,** 754 Fifth Ave., New York, NY 10019.
Pages 132/133: Hand-engraved silver maple-leaf dishes, silver tray and serving pieces from **Buccellati,** 46 E. 57th St., New York, NY 10022.
Pages 134/135: All accessories privately owned.

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Glorious Gifts

continued from page 129

SOURCES AND PRICES

Pages 124 and 125

1. Gingerbread bake set available at gourmet and specialty stores; approximately $10.
2. Porcelain dishes available at fine specialty stores; approximately $60 for 12-piece set.
3. Available at fine department stores: (clockwise, beginning with double-spouted teapot) Teataster is $25; Airflow teapot, $25; Rhythm teapot, $25; Teaball teapot, $25; Tea for Two, $25; Solo Tea Set, $15.
4. Available at Kitchen Arts & Letters, 1435 Lexington Ave., New York, NY 10128, as well as other fine bookstores; $19.95. To order bread bag, write: Lofty Designs, P.O. Box 24658, Minneapolis, MN 55424; $9.95 includes shipping and handling. Remaining items available at Williams-Sonoma stores nationwide: Pandoro mold is $10; Rehrücken molds, $3.50 for the larger and $3 for the smaller; cocoa, $7; scoop, $1; flours, $2.25 a bag; breadboard, $19.
5. For availability write: Lulabelle's Gourmet Cookies Inc., P.O. Box 550002, Atlanta, GA 30355, or call (404) 436-6671. Pecan Lace, Shortbread, Butter Crisps, Cinnamon Nutties or Lane Cookies, 1 dozen, prepackaged, are approximately $3.25 plus additional charges for shipping and handling.
6. Game available at The Yellow Door, 735 Deep Valley Dr., Rolling Hills Estates, CA 90274 and other gourmet specialty stores; $40. Glasses available at Macy's, Herald Square, 151 W. 34th St., New York, NY 10001: (clockwise from top left) beer glass, Cognac glass, Sherry glass and white wine glass; all are $7.20 for a set of 3.
7. For more information on molds, send a self-addressed stamped envelope to Holland Handicrafts, P.O. Box 792, Davis, CA 95616, or call (916) 756-3023. The Santa Claus is $19; rocking horse, $20; Christmas tree, $21. For availability of couverture, write: Gourmet France Inc., 9373 Remick Ave., Pacoima, CA 91331, or call (818) 768-4300; 5½ pounds semisweet, approximately $18; 5½ pounds coffee, about $24 (shipping and handling extra).
8. Available at major department stores; $200.
9. Watering can available at D. F. Sanders, 386 W. Broadway, New York, NY 10012; $79. Flowerpots available at fine stores: smallest, approximately $6.50; double pot, approximately $11.95; larger pot, approximately $7.95. Tools may be ordered from The Museum of Modern Art, Publications Sales and Service, 11 W. 53rd St., New York, NY 10019, or call (212) 708-9888, credit card orders accepted; $10 plus shipping and handling. For a free catalog from The Cook's Garden, write: The Cook's Garden, P.O. Box 65075, Londonderry, VT 05148. For a free catalog from Smith & Hawken, write: Smith & Hawken, 25 Corte Madera Ave., Mill Valley, CA 94941.
10. To order, write: The El Paso Chile Company, 100 Ruhlin Court, El Paso, TX 79922, or call (915) 544-3434; $13.50 a jar, which includes shipping.
11. Bottles available at Williams-Sonoma stores nationwide; $3 each. Crates available at Presents... to give or keep, Courthouse Square, Hanford, CA 93230; $14.95 each. Labels at Jenny B. Goode, 11 E. 10th St., New York, NY 10003; $2 a package.
12. Available at major department and specialty stores; approximately $20.

Pages 126 and 127

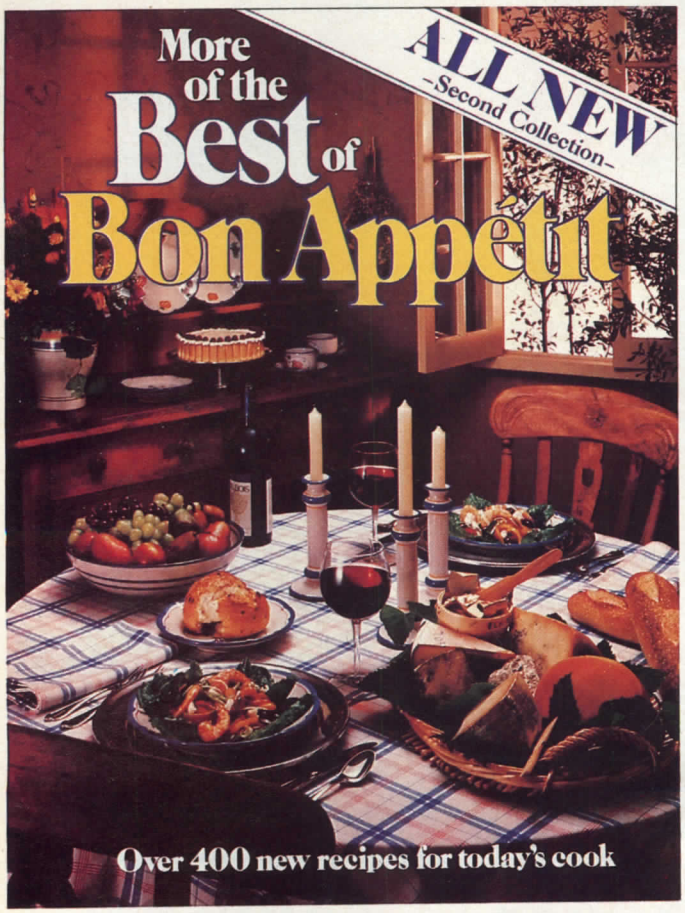
1. Collection available at major department and gift stores. The 24-piece set is $36; steamer, $20; grater, $4. All prices are approximate.
2. Available at Bloomingdale's, 1000 Third Ave., New York, NY 10022, as well as other fine stores. The platter with carving board is $139; carving set, $110.
3. Available at Richard-Ginori, 9555 Santa Monica Blvd., Beverly Hills, CA 90210: (from left to right) water glass is $38; long drink glass, $40; decanter, $110; wine glass, $38; decanter, $120.
4. Available at By Design, 131 N. La Cienega Blvd., Los Angeles, CA 90048; $800.
5. Available at fine stores: aprons, $12; hot pads, $2.50; oven mitts, $4.25. All prices are approximate.
6. Available at Royal Copenhagen Porcelain, 683 Madison Ave., New York, NY 10021. The pot is $59; fondue forks are $18 for a set of 6.
7. Available at Nuts About You, 327 Hayes St., San Francisco, CA 94102. Individually wrapped in gift bag (left) ¼ pound, $4.25; or ½ pound, $7.75. In gift box, ½ pound is $6.50. When sold in bulk, ½ pound is $5.75; or 1 pound, $10.50. Individually packaged squares are $.55 each.
8. Available at Neiman-Marcus; $310 for 8-piece set.
9. Available at Adesso, The Mall at Chestnut Hill, Chestnut Hill, MA 02167, and other fine stores; $70.
10. Available at department stores; about $10.
11. Send direct orders to The Museum of Modern Art, Publications Sales and Service, 11 W. 53rd St., New York, NY 10019, or call (212) 708-9888, credit card orders accepted; also available at fine stores; $7.50 plus shipping and handling.
12. Available at specialty cookware shops and select department stores; approximately $51.

Pages 128 and 129

1. For availability, write: Victoria and Richard MacKenzie-Childs Ltd. Studios, Aurora, NY 13026, or call (315) 364-7156. The fish platter is $96; sugar caster, $48; vase, $48; covered butter dish, $88; bread and butter plate, $18; column candlestick, $34; napkin ring, $10; dinner plate, $39; cereal bowl, $36; goblet, $33; smaller goblet, $28; candles, $17 for a gift box of 6; napkin, $12. Butter knife available at Elaine Potter Gallery, 336 Hayes St., San Francisco, CA 94102; $25. Flatware available at Foster-Ingersoll, 805 N. La Cienega Blvd., Los Angeles, CA 90069. The salad fork is $80; dinner fork, $100; knife, $85; spoon, $90.
2. Available at Something Extra, 3728 The Barnyard, Carmel, CA 93923; approximately $65.
3. For availability, write: Vietri Inc., Suite 18C, Stratford Hills, Chapel Hill, NC 27514, or call (919) 929-8184; approximately $100 plus shipping.
4. Available at gourmet and specialty stores across the nation; approximately $18 for 6.
5. For availability, write: NCI, 12900 Lake Ave., Suite 1602, Cleveland, OH 44107, or call toll free (800) 421-WINE; approximately $130.
6. Available at The Antique Guild, 8800 Venice Blvd., Los Angeles, CA 90034; $5 each.
7. Menus available at Jenny B. Goode, 11 E. 10th St., New York, NY 10003; $6 for 6. Pen at Gump's, 9560 Wilshire Blvd., Beverly Hills, CA 90212; $198.
8. Available at Emporium Capwell, 835 Market St., Dept. 675, San Francisco, CA 94103. The cookie jar is $40; pitcher, $20; mugs, $5.50 each; sugar and creamer set, $15; salt and pepper set, $12.
9. For availability, write: Hartstone Inc., P.O. Box 2626, Zanesville, OH 43701, or call (614) 452-9000. The heart shortbread mold is $20; wafer iron, $16; single heart board, $16; double heart board, $20.
10. For availability of cheeses, write: California Chèvre, 1550 Ridley Ave., Santa Rosa, CA 95401, or call (707) 575-8888: (clockwise from top left) pyramide, $5.50; log, $5.50; taupinière, $6; tome (aged goat cheese), $8 per pound; log, $5.50; disc with herbs, $4. Also available but not shown: fromage blanc, $8 per pound; chabis, $4; cabécou, $5 for jar of 3; calistogan, $2.50 each; crottin, $2.50 each. Prices do not include shipping and handling. Tray available at fine stores; approximately $15. Goat available at Beau Sejour, 8817 Beverly Blvd., Los Angeles, CA 90048; approximately $140.
11. Available at fine department and specialty stores, or write: Emile Henry, 1452 Second St., Santa Monica, CA 90401. The loaf pan is $14; Dutch oven, $24; brioche mold, $20; large soufflé, $16; ramekins (set of 4), $14; cookpot with handle and lid, $24 (shipping and handling extra).
12. Available at I. Magnin, Union Square, San Francisco, CA 94108, as well as other fine department stores: (clockwise from left) Ice Cream Soda, $8 for set of 4; Icebreaker, $15.50 for set of 4; Screwball Shake, $17 for set of 4; Ice Screamer, $10 for set of 4; High Liner, $3.50 each; scoops, $3 each. □



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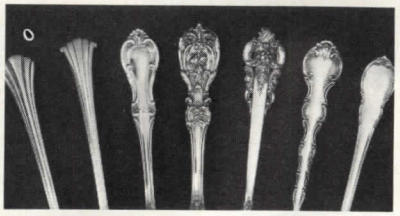
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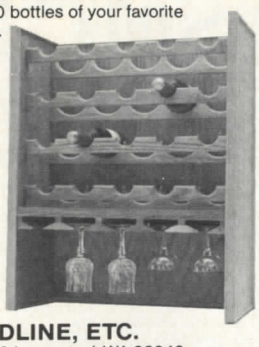


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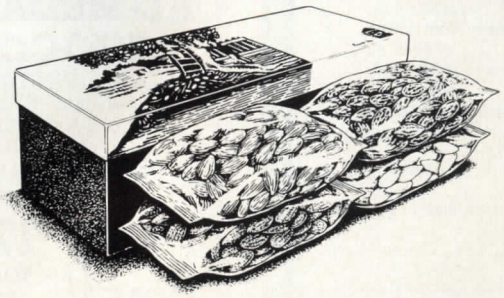
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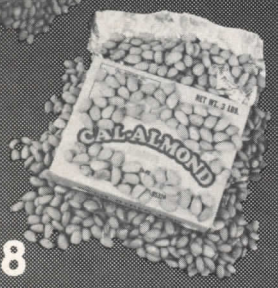
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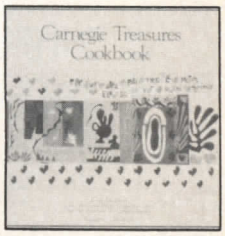
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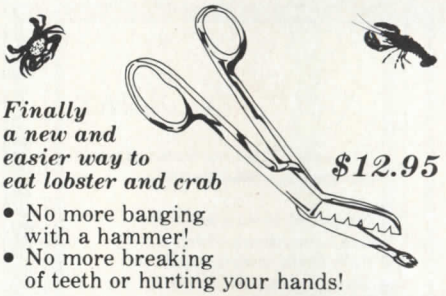
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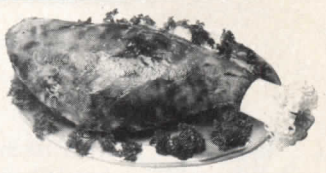
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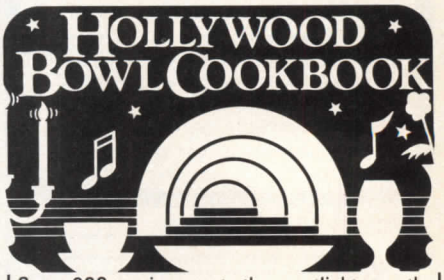


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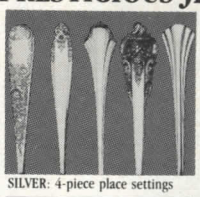
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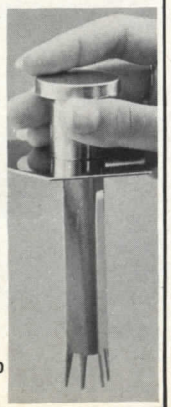
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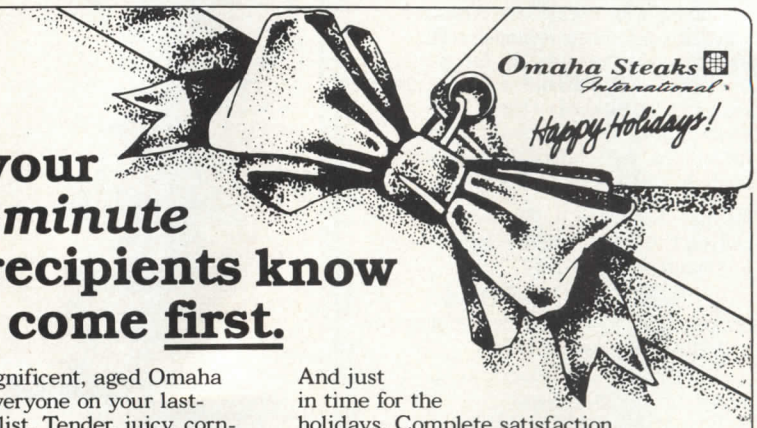


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