

Bon Appétit

AMERICA'S FOOD AND ENTERTAINING MAGAZINE

AUGUST 1988 \$2.50

SUNDAES

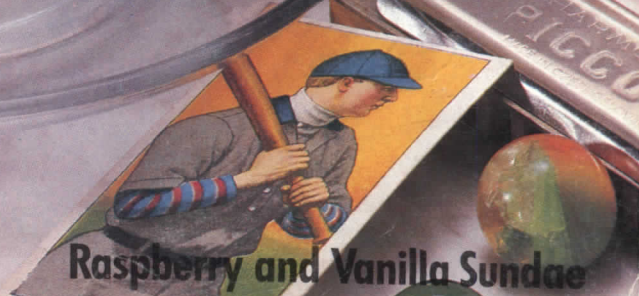
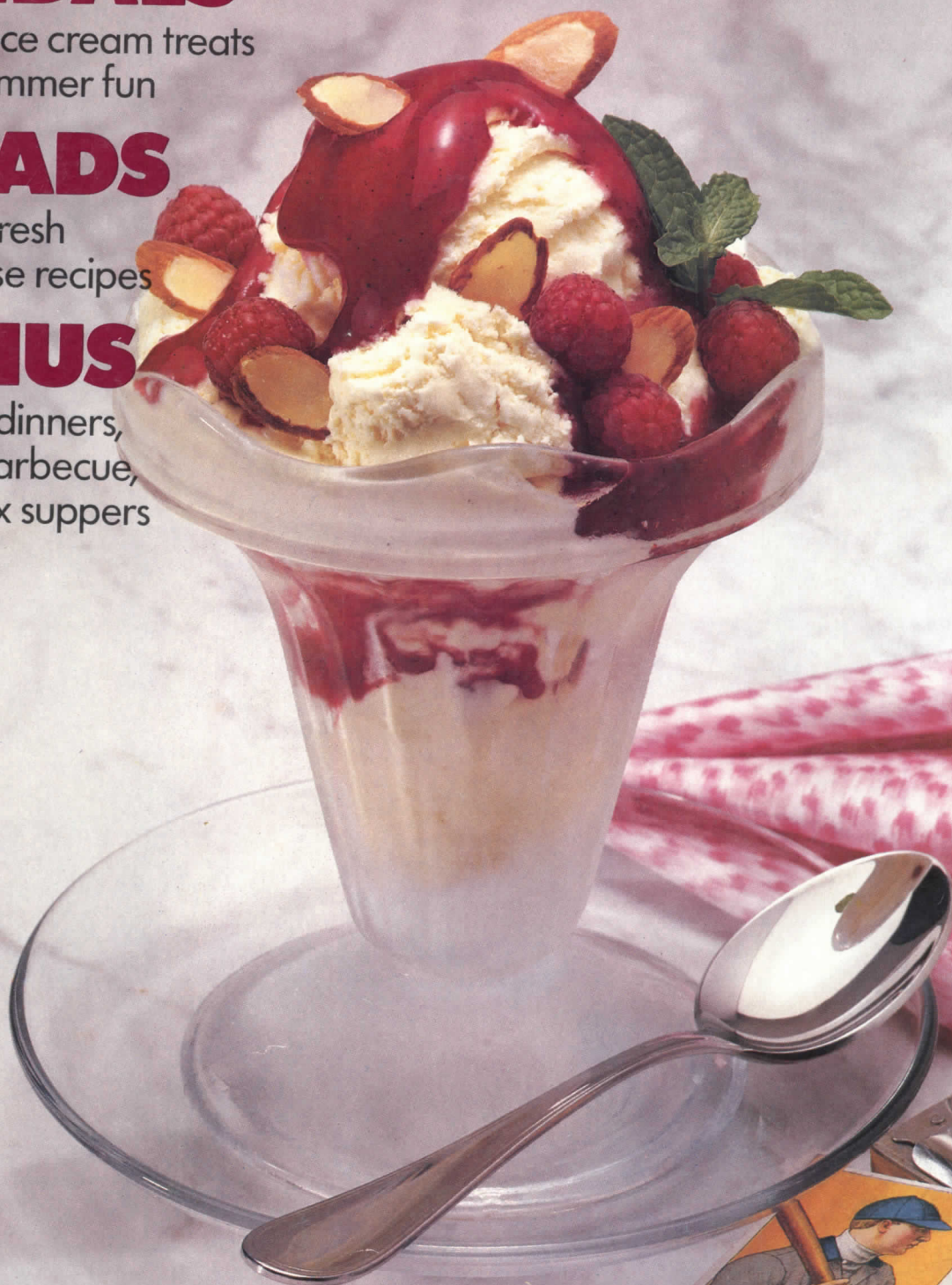
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main-course recipes

MENUS

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Mexican barbecue,
elegant box suppers



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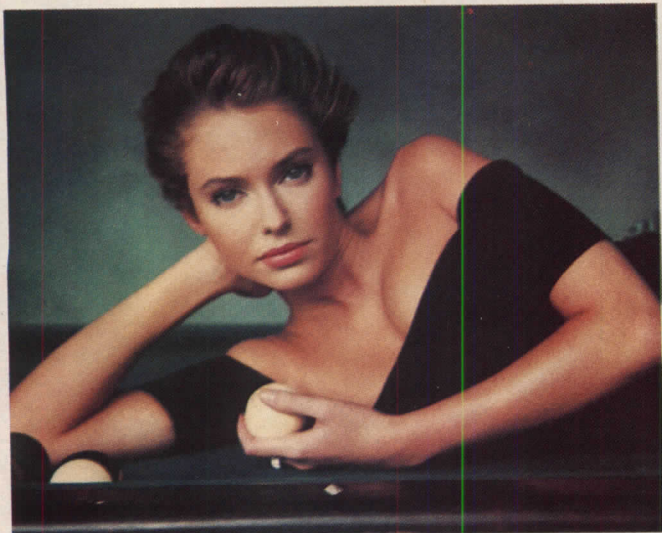
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3 tbs. Kahlúa

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Bon Appétit®

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About the Cover:

The sundae grows up: vanilla ice cream spiked with a rich raspberry—red wine sauce. See page 50. Photographed by Brian Leatart. Food stylist: Karen Gillingham.

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Bon Appétit

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NATIONAL DIRECT RESPONSE:

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LETTERS TO THE EDITOR

R.S.V.P.

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

While exploring some of the many inns of Vermont, we discovered a charming place called The Inn at South Newfane in the town of the same name. Although we did not spend the night, we had a lovely meal there. The menu that evening featured a succulent breast of veal filled with a dried fruit and herb stuffing. It was delicious, and I am hoping you might ask them how it is prepared.

Jenny Franson
Detroit, Michigan

BREAST OF VEAL STUFFED WITH DRIED FRUIT AND HERBS

Have the butcher bone, trim and butterfly the veal breast for you.

6 servings

- 1 14-pound veal breast, boned, trimmed and butterflied
- Salt and freshly ground white pepper

Stuffing

- 2/3 cup dried pitted prunes
- 2/3 cup dried apricots
- 2/3 cup raisins
- 1 cup sweet Sherry
- 3 tablespoons unsalted butter
- 2 medium carrots, peeled and diced
- 2 celery stalks, diced
- 1 large onion, diced
- 3/4 pound mushrooms, minced
- 2 bay leaves
- 1/2 teaspoon minced fresh thyme or pinch of dried, crumbled
- 3 medium garlic cloves, pressed
- 1/2 teaspoon minced fresh rosemary or pinch of dried, crumbled
- 1/2 teaspoon minced fresh tarragon or pinch of dried, crumbled
- 1/2 teaspoon minced fresh marjoram or pinch of dried, crumbled
- Salt and freshly ground pepper

Using mallet or rolling pin, pound veal to thickness of 1/3 inch. Season with salt and white pepper. Cover with plastic and refrigerate while preparing stuffing.

For stuffing: Soak fruit in Sherry in small bowl until softened, about 15 minutes. Drain fruit, reserving Sherry. Coarsely chop fruit and place in large bowl.

Melt 2 tablespoons butter in heavy large skillet over medium heat. Add carrots, celery and onion and cook until vegetables are tender, stirring frequently, about 10 minutes. Add to fruit. Melt remaining 1 tablespoon butter in same skillet over medium heat. Add mushrooms, bay leaves and thyme and cook 10 minutes, stirring frequently. Increase heat to high. Add reserved Sherry and stir until almost all liquid evaporates, about 5 minutes. Add to vegetables in bowl. Mix in garlic and remaining herbs. Season with salt and pepper. (Can be prepared 1 day ahead; chill.)

Arrange veal boned side up on work surface. Spread stuffing over, leaving 1-inch border on each long side. Starting at one short end, roll veal jelly roll style. Tie with string to secure. Place in large roasting pan seam side down. Refrigerate 1 hour.

Preheat oven to 350°F. Roast veal until tender, about 2 1/2 hours. Place on platter; let stand 20 minutes. Degrease pan juices.

Cut veal into 1-inch-thick slices. Transfer to plates. Spoon pan juices over and serve.

• • •

The Newport Harbor Art Museum recently sponsored a special dinner at the Four Seasons Hotel in Newport Beach, California. One of the guest chefs, Jimmy Schmidt, from the Rattlesnake Club in Denver, prepared fried polenta flavored with sweet potatoes. Could you get the recipe?

Phil Dagort
Los Angeles, California

SWEET POTATO POLENTA

10 servings

- 1 1/2 pounds sweet potatoes or yams
- 1 1/4 cups milk
- 1 1/2 cups chicken stock or canned broth
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon freshly grated nutmeg
- 1 3/4 cups yellow cornmeal
- 10 tablespoons (1 1/4 sticks) unsalted butter

Position rack in lowest third of oven and preheat to 400°F. Place sweet potatoes on small baking sheet. Bake until knife pierces

centers easily, about 1 hour. Cool sweet potatoes slightly. Peel. Puree potatoes in processor. Add 2 tablespoons of milk and puree until smooth. Set aside.

Bring remaining milk, stock, salt, pepper and nutmeg to simmer in heavy medium saucepan over medium-high heat. Gradually stir in cornmeal. Cook until mixture thickens to consistency of mashed potatoes, stirring constantly, about 10 minutes. Mix in potato puree and 4 tablespoons butter.

Line baking pan with waxed paper. Spoon polenta into prepared pan, spreading to thickness of 1 inch; smooth top with moistened spatula. Cover with plastic wrap and refrigerate until firm, about 4 hours.

Line large baking sheet with waxed paper. Peel plastic off polenta. Cut polenta into assorted shapes (stars, diamonds, crescents, triangles) using 2- to 3-inch cookie cutters dipped in water. Transfer to prepared sheet using spatula. Cover and refrigerate polenta shapes until ready to cook. (Can be prepared 1 day ahead.)

Melt 2 tablespoons butter in heavy large nonstick skillet over high heat. Add 1/3 of polenta shapes and cook until golden brown, about 2 minutes per side. Repeat with remaining butter and polenta in 2 batches. Transfer to plates and serve.

• • •

On a trip to Stockton, California, I attended a business luncheon prepared by The Alder Market & Catering Company. The first course, a creamy pear and celery soup, was quite unusual—and surprisingly good.

Lela Jansen
White Plains, New York

CREAM OF PEAR AND CELERY SOUP

6 servings

- 1/2 cup (1 stick) unsalted butter
- 2 medium onions, coarsely chopped
- 1 bunch celery, coarsely chopped (about 3 1/2 cups)
- 6 cups unsalted chicken broth
- 1 1/2 pounds pears, halved, cored, peeled and chopped
- 1/2 cup whipping cream
- Salt and freshly ground pepper
- Minced fresh parsley

Melt butter in heavy large saucepan over low heat. Add onions and cook until translucent, stirring frequently, about 15 minutes. Add celery. Cover and cook until celery is tender, stirring occasionally, about 15 minutes. Add broth. Increase heat to medium and bring to boil. Cover and cook 30 minutes, stirring occasionally. Add pears, reduce heat and simmer until pears are tender, stirring occasionally, about 25 minutes. Cool soup slightly.



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Puree soup in batches in blender or processor. Strain into heavy medium saucepan. (Can be prepared 1 day ahead. Cool, cover and refrigerate.) Add cream and bring to simmer over low heat, stirring frequently. Season with salt and pepper. Ladle into bowls. Sprinkle with parsley.

• • •

My friend and I enjoyed a delicious lunch at Cafe Carmon here in town. This restaurant serves a spectacular won ton salad. The dressing—with some exotic oriental flavors—is what makes it so delectable. Would it be possible for you to obtain the recipe?

Sandra Thivener
Jacksonville, Florida

WON TON SALAD

6 servings

Dressing

- 1 green onion (white part and 2 inches of green), coarsely chopped
- 1 large garlic clove, quartered
- 1/4 cup white wine vinegar
- 1/4 cup soy sauce
- 2 tablespoons sugar
- 1 teaspoon dry mustard
- 3/4 teaspoon minced peeled fresh ginger
- 1/2 teaspoon Worcestershire sauce
- 3/4 cup peanut oil
- 2 tablespoons oriental sesame oil
- 1/4 cup sesame seeds, toasted
- 3/4 pound cooked chicken breast meat, cut into 1-inch pieces
- 3/4 pound smoked ham, cut julienne
- 1 1/2 cups drained canned sliced water chestnuts
- 1 small head red leaf lettuce, torn into bite-size pieces
- 1 small head romaine lettuce, torn into bite-size pieces
- 1 pound fresh spinach, torn into bite-size pieces
- 1/2 cup bean sprouts
- Fried Won Ton Strips*

For dressing: Mince onion and garlic in processor. Blend in vinegar, soy sauce, sugar, mustard, ginger and Worcestershire. With machine running, gradually add peanut oil, sesame oil, then sesame seeds.

Combine chicken, ham, water chestnuts, lettuce and spinach in large bowl. Toss with enough dressing to coat. Top with bean sprouts, then won ton strips. Serve, passing remaining dressing separately.

*Fried Won Ton Strips

6 servings

- Vegetable oil (for deep frying)
- 20 won ton wrappers (about 4 ounces), cut into 1/2-inch-wide strips

Heat oil in deep fryer or heavy deep skillet to 375°F. Add won ton wrappers in batches and cook until golden brown, about 1 minute. Drain on paper towels. (Can be prepared 1 day ahead. Cool completely. Store in airtight container.)

• • •

One of the most memorable meals I've ever had was at the Wequasset Inn in Chatham, Massachusetts, on Cape Cod. The entrée, a swordfish steak served in a rich mustard sauce, was great. How do they do it?

Janice Jones
Oklahoma City, Oklahoma

BROILED SWORDFISH WITH MUSTARD SAUCE

4 servings

- 1/4 cup dry white wine
- 2 tablespoons minced shallots
- 1/4 cup whipping cream
- 1 cup (2 sticks) chilled unsalted butter, cut into tablespoon-size pieces
- 1/4 cup fresh lemon juice
- 2 tablespoons coarse-grained mustard
- Salt and freshly ground white pepper
- 4 8-ounce swordfish steaks (1 inch thick)
- 2 tablespoons olive oil
- 2 tablespoons minced fresh basil, parsley and/or tarragon
- 4 fresh basil sprigs

Boil wine and shallots in heavy small saucepan until liquid is reduced to 3 tablespoons, about 3 minutes. Add cream and boil until liquid is reduced by half, about 3 minutes. Remove from heat and whisk in 2 tablespoons butter. Set pan over low heat and whisk in remaining butter 1 tablespoon at a time, removing pan from heat briefly if drops of melted butter appear. (If sauce breaks down at any time, remove from heat and whisk in 2 tablespoons cold butter.) Whisk in lemon juice and mustard. Season with salt and pepper. Keep sauce warm in water bath or vacuum bottle.

Preheat broiler. Place fish in large dish. Drizzle with oil; sprinkle with herbs. Turn to coat. Let stand 5 minutes.

Broil fish about 3 minutes per side for medium-rare. Divide sauce among plates. Top with fish. Garnish with basil.

• • •

I am always looking for new ways to cook pasta, and I think I found one at The Kitchen in Great Neck, New York. Their house specialty—a baked cheese and vegetable pasta pie—is terrific. It has a simple, down-home appeal; I know my family will love it.

Liza Vernon
Chicago, Illinois

VEGETABLE, PASTA AND CHEESE PIE

8 servings

- 1 frozen 9-inch deep-dish pie shell
- 1/2 pound ziti pasta
- 5 tablespoons olive oil
- 2 medium carrots, peeled, cut julienne and blanched in boiling water until crisp-tender
- 3/4 cup broccoli florets, blanched in boiling water until crisp-tender
- 1 large zucchini, cut julienne
- 1 tablespoon minced garlic
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1/4 cup dry white wine
- 1 cup whole milk ricotta cheese, drained, if necessary
- 1/4 cup freshly grated Romano cheese
- Basic Tomato Sauce*
- 1 egg, beaten to blend
- 2 tablespoons minced fresh parsley
- 1 tablespoon minced fresh basil
- Salt and freshly ground pepper
- 3/4 pound mozzarella cheese, sliced

Preheat oven to 375°F. Pierce bottom and sides of pie shell with fork. Bake until light golden brown, about 7 minutes. Transfer to rack and cool completely.

Cook pasta in large pot of boiling salted water until just tender but still firm to bite. Drain well. Toss with 2 tablespoons oil.

Heat remaining 3 tablespoons oil in heavy large skillet over high heat. Add carrots, broccoli, zucchini, garlic, 1/4 teaspoon salt and 1/8 teaspoon pepper and stir 3 minutes. Transfer vegetables to bowl. Add wine to skillet and boil until reduced by half, about 3 minutes. Pour wine over vegetables; toss well. Cool mixture completely.

Preheat oven to 350°F. Blend ricotta, Romano cheese, 1/4 cup tomato sauce, egg, parsley and basil in large bowl. Season with salt and pepper. Mix in pasta and vegetables. Spoon filling into prepared crust. Cover filling with mozzarella. Set pie on baking sheet. Bake until golden brown, about 35 minutes. Serve hot, passing remaining tomato sauce separately.

*Basic Tomato Sauce

Makes about 1 1/4 cups

- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1 16-ounce can crushed tomatoes in puree
- 2 tablespoons minced fresh basil
- 1 tablespoon minced fresh parsley
- 1/4 teaspoon freshly ground pepper
- Salt

Heat oil in heavy large saucepan over high heat. Add garlic and stir 1 minute. Add next 4 ingredients and bring to boil, stirring constantly. Reduce heat and simmer until sauce thickens, stirring occasionally, about

*What if there were five seasons,
instead of four? And two moons, instead
of just one. Suppose a prehistoric
rain had come in March*

*instead of April? There may never
have been a town called Vergeze,
or a spring called Perrier. But luckily,
everything happened just right.*



© 1988 Perrier

It's perfect, it's Perrier.



RSVP

continued from page 14

15 minutes. Season with salt. (Can be prepared 2 days ahead. Cool completely; refrigerate. Rewarm before serving.)

• • •

I have been searching for a sophisticated dessert to serve at a dinner party, and think I have found just the ticket at Hazie's in Steamboat Springs, Colorado. They make a wonderfully crisp brandy snap and fill it with sliced peaches and whipped cream. Could *Bon Appétit* ask for the exact recipe?

Sylvia Naley
Boulder, Colorado

BRANDY SNAPS WITH FRESH PEACHES

6 servings

- Unsalted butter
- 2 tablespoons (1/4 stick) unsalted butter
- 2 tablespoons sugar
- 2 tablespoons light unsulfured molasses
- 1/2 teaspoon ground ginger
- Pinch of salt
- 1/4 cup sifted all purpose flour
- 1 teaspoon brandy
- 3 large peaches, peeled, pitted and sliced
- 3 tablespoons sugar
- 1 1/2 tablespoons brandy
- 1/2 cup chilled whipping cream

Preheat oven to 325°F. Butter 2 heavy large nonstick baking sheets. Stir next 5 ingredients in heavy small saucepan over medium-low heat until sugar dissolves, about 3 minutes; do not boil. Remove from heat. Stir in flour and 1 teaspoon brandy. Working quickly, spoon mixture by tablespoons onto prepared sheets, spacing 4 inches apart. Immediately spread each into 2 1/2-inch round using back of spoon. Bake until bubbles form and pop and edges begin to darken, about 12 minutes.

Cool cookies on sheets until firm enough to mold, about 2 minutes. Loosen edges of cookies with metal spatula. Wrap each cookie around 1-inch-thick broom handle or long wooden dowel. (If cookies become too firm to mold, return briefly to oven to soften.) Cool completely. Slide cookies off handle. (Can be prepared 1 day ahead. Store in airtight container between layers of waxed paper.)

Mix peaches with 3 tablespoons sugar and 1 1/2 tablespoons brandy in small bowl. Whip cream to soft peaks. Spoon cream into pastry bag fitted with star tip. Gently stuff peaches into cookies. Pipe cream into cookies. Pipe rosette of cream at each end.

• • •

While dining at The Brandywine Inn in Monroe, Ohio, I had a marvelous cream cheese tart decorated with fresh

strawberries and kiwi. The waiter presented it whole, then cut it into wedges. Besides being almost too pretty to eat, it was absolutely delicious. I think I could repeat it in my kitchen but need a few more details.

Mrs. J.E. Brasier
Kettering, Ohio

CREAM CHEESE TART WITH FRESH FRUIT

The inn was initially constructed in 1850 as a hotel and tavern. It served as the halfway point for stagecoach travel between Cincinnati and Dayton.

8 servings

Crust

- 1 cup all purpose flour
- 1/4 cup ground blanched almonds (about 1/2 ounce)
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 6 tablespoons (3/4 stick) unsalted butter, room temperature
- 1/3 cup powdered sugar
- 1 egg (about), beaten to blend

Filling

- 2 8-ounce packages cream cheese, room temperature
- 1/2 cup powdered sugar
- 2 tablespoons sour cream
- 1 tablespoon grated orange peel
- 1 teaspoon vanilla
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon ground mace

Glaze

- 2 tablespoons sugar
- 1 1/2 teaspoons cornstarch
- 1/4 cup water
- 1 1/2 teaspoons Grand Marnier or other orange liqueur
- 1 basket strawberries, sliced
- 4 kiwis, peeled and sliced into thin rounds

For crust: Sift first 4 ingredients into small bowl. Using electric mixer, beat butter and sugar in large bowl until fluffy. Blend in dry ingredients. Mix in enough egg so dough just holds together. Gather dough into ball; flatten into disc. Wrap in plastic and refrigerate at least 1 hour. (Dough can be prepared 1 day ahead.)

Preheat oven to 350°F. Roll dough out on lightly floured surface to 1/8-inch-thick round. Fit into 9-inch tart pan with removable sides; trim edges. Line tart with waxed paper. Fill with dried beans or pie weights. Bake 15 minutes. Remove paper and weights. Pierce bottom with fork. Bake until bottom and sides are golden brown, about 20 minutes. Cool tart shell on rack.

For filling: Using electric mixer, beat first 3 ingredients in large bowl until smooth. Blend in remaining filling ingredients.

Spoon filling into tart shell. Cover and refrigerate at least 4 hours. (Filling can be prepared 1 day ahead.)

For glaze: Combine sugar and cornstarch in heavy small saucepan. Gradually mix in water. Bring to boil, stirring constantly. Remove pan from heat. Add Grand Marnier. Cool to room temperature.

Remove pan sides from tart. Set tart on plate. Arrange strawberries and kiwis decoratively atop filling. Stir glaze and lightly brush over fruit. (Can be prepared 2 hours ahead and refrigerated.)

• • •

My husband, son and I stayed at the Crab Apple Inn in Plymouth, New Hampshire, while visiting some of the area's prep schools. We had a great breakfast there, which included some outstanding apple nut cinnamon muffins. I have sampled all kinds of muffins and feel this one is special. Please encourage the owners to reveal the recipe so we can enjoy these at home.

Nancy Rozen
Swampscott, Massachusetts

APPLE NUT CINNAMON MUFFINS

Makes 12

- 1 3/4 cups raisin bran cereal
- 1 1/4 cups all purpose flour
- 3/4 cup sugar
- 1 1/4 teaspoons baking soda
- 1/4 teaspoon salt
- 3/4 cup buttermilk
- 1/4 cup vegetable oil
- 1 large egg
- 1/2 cup peeled, finely chopped apple
- 1/2 cup chopped walnuts (about 2 ounces)
- 2 tablespoons (1/4 stick) unsalted butter, melted
- 1 1/2 tablespoons sugar
- 1/2 teaspoon cinnamon

Preheat oven to 400°F. Grease twelve 1/2-cup muffin cups. Mix first 5 ingredients in large bowl. Whisk buttermilk, oil and egg in small bowl. Add to dry ingredients and stir just until blended. Let stand 15 minutes at room temperature. (Batter can be prepared 2 days ahead; refrigerate.)

Mix remaining ingredients in small bowl. Spoon 2 tablespoons batter into bottom of each prepared cup. Cover evenly with apple mixture. Spoon remaining batter over. Bake until tester inserted in centers comes out clean, about 23 minutes. Cool muffins in cups on rack 3 minutes. (Can be prepared 1 month ahead. Cool completely. Wrap each muffin in foil and freeze. Rewarm in 350°F oven before serving.) Serve muffins hot. □

—Compiled by Sarah Tenaglia

ELEGANT AND EASY COOKING FOR FRIENDS

BY JINX AND JEFFERSON MORGAN

Box Suppers for Summer Outings

CHICKEN LIVER PATE WITH APPLE
SEAFOOD SALAD
CROISSANT SANDWICHES
CRISP RAW VEGETABLES
CHEESES AND GRAPES
CHOCOLATE PRALINE TRUFFLES
Champagne, Sauvignon Blanc or lemonade

HAS THE STRUGGLE between good and evil ever been as clear as it was when the church social or hoedown was an occasion for high drama? Trouble began when the sweet schoolmarm's box supper, filled with her special fried chicken and lovingly tied with a blue satin ribbon to attract the handsome but shy hero, came up for bid. Some smarmy character with shifty eyes and deep pockets, the corporate raider of his time, usually played by Victor Jory or some such, always outbid the poor but proud stalwart, leaving the ingénue to walk off into the twilight, her reputation precariously hanging in the balance, but with the perfect opportunity to launch into another Rodgers and Hammerstein song.

Box suppers now seem quaint and nostalgic, like Sen-Sen and hoop skirts and Harold Strassen, but if you think about it they can be the solution for many modern culinary dilemmas.

Say you've got tickets for a concert at the Hollywood Bowl or in Central Park or at Wolf Trap or any other outdoor venue and there's no time for everyone to get home from work, change and go out to eat before the event. What could be better than a box supper? It's much more sensible than a group picnic, which can be pretty awkward in tight quarters. Each diner can sit politely with box on lap and delve in as the spirit dictates, secure in the knowledge that no one will outreach him for the last deviled egg.

And entertainment events are not the only occasion when a boxed meal makes sense. Anyone who has ever eaten in an airplane will instantly grasp another possibility for this

menu. Take a box lunch with you on your flight and wave away the cabin attendant with that tray of vulcanized gristle. Or bow to the pressure of your famished seatmate and sell off your treasure for the approximate price of a round-trip ticket, first class.

And don't dismiss too lightly the idea of the box supper auction. Everyone, it seems, is always looking for new ideas for fund-raising events. While this one is far from new, it's been away from the public eye for long enough that it could be taken out, shined up with some fresh packaging and made to seem more inviting than yet another 10K marathon.

Speaking of sports, a box supper may be just the thing for any major-league athletic event that is likely to drag on while the officials take interminable time-outs to allow the networks to sell deodorant. Although there are a few exceptions, most stadia throughout the country rank only slightly behind airlines and prison camps when it comes to cuisine.

A box supper should look like a gift waiting to be opened. We usually depend on our local bakery to provide pretty boxes of the appropriate size. We line these with bright tissue and then add the goodies, each wrapped in clear plastic and tied with ribbon. The final flourish is a big satin bow and a sprig or two of fresh flowers.

On the practical side, we always pack extra paper napkins in addition to cloth ones—the jumbo size for covering laps. Small votive candles can romanticize even bleacher seats.

Our favorite beverage with this menu would be a wonderful Champagne or sparkling wine. A light, crisp white wine, such as Sauvignon Blanc, would also be a good choice. If the location of your picnic happens to be a public area in which the local municipality has a corner on anything with alcohol in it (a disgusting form of monopoly which is not unknown), a tart, fresh lemonade would be nice.

EVEN EASIER

- A purchased pâté could fill in for the homemade one here.
- If time is too short to make the truf-

fles, buy long-stemmed strawberries, dip them into melted chocolate and chill. Of course, truffles from a fine chocolate emporium would do.

DO-AHEAD HINTS

- Pâté can be prepared two days ahead and refrigerated or two weeks ahead and frozen. Wrap airtight.
- Truffles can be prepared one week ahead and refrigerated or two weeks ahead and frozen. Wrap airtight.

CHICKEN LIVER PATE WITH APPLE

6 servings

- 8 tablespoons (1 stick) butter
- $\frac{2}{3}$ cup minced onions
- 1 small green apple, peeled, cored and chopped
- 1 pound chicken livers, patted dry
- $\frac{1}{4}$ cup Port
- 2 tablespoons whipping cream
- $\frac{3}{4}$ cup ($1\frac{1}{2}$ sticks) butter, room temperature
- 1 teaspoon fresh lemon juice
- Pinch of cayenne pepper
- Salt and freshly ground pepper
- 6 green apples

Melt 4 tablespoons butter in heavy large skillet over medium heat. Add onions and sauté until soft, about 5 minutes. Add chopped apple and sauté until soft, about 4 minutes. Transfer to processor or blender.

Melt 4 tablespoons butter in same skillet over medium-high heat. Add livers and sauté until brown on outside but still slightly pink in center, turning occasionally, about 6 minutes. Add livers to onions in processor or blender. Add Port to skillet and boil over high heat until reduced to 2 tablespoons, scraping up any browned bits, about 2 minutes. Add Port and cream to livers and puree until smooth. Cool.

Beat $\frac{3}{4}$ cup butter in bowl until smooth. Beat in liver mixture 1 tablespoon at a time. Stir in lemon juice. Season with cayenne, salt and pepper. Divide pâté among 6 small crocks or ramekins. Cover with plastic and refrigerate until chilled. Pack apple with each crock. To serve, slice apple and spread with some of pâté.

SEAFOOD SALAD CROISSANT SANDWICHES

Makes 6

- $1\frac{3}{4}$ pounds chopped cooked lobster meat, crabmeat or bay shrimp or any combination

recipe continued on page 114

SHORTCUTS WITH STYLE

BY ABBY MANDEL

Easy Main-Course Salads

CREAMY SHRIMP AND
SUCCOTASH SALAD
CHICKEN AND ARTICHOKE SALAD
WITH SUN-DRIED TOMATOES
SWEET AND SOUR HAM SALAD
WITH BLACK-EYED PEAS
SOUTHWESTERN RICE SALAD
WITH CHEESE AND AVOCADO
NICOISE POTATO SALAD

WHAT'S LIKELY TO inspire a great salad? Certainly produce bins full of vegetables, summer appetites in need of a pickup, or a prospective picnic on a warm August day. No season seems more suited for salads than summer, and no other time of year proffers the raw materials so generously. Ingredients meet inspiration in a partnership that has all the makings of greatness.

The five main-course salads that follow focus on two key aspects of warm-weather cooking: the abundance and variety of seasonal produce and the scaled-down pace of our kitchen activity. Each dish here is vibrant, fresh tasting and light—just the ticket for simplified menus. And in keeping with the special needs of the season, each travels beautifully to that sunny patio, terrace or beach.

TECHNIQUES

Food Processor

- To chop vegetables use on/off turns for best control. Check texture frequently. Use Steel Knife.
- To slice vegetables into rounds, cut into feed-tube lengths. Stand vegetables in feed tube; pack tightly so they do not tip. Use designated slicer.

Microwave

- All the instructions here have been developed for a 650-watt microwave. If yours has a lower wattage, allow slightly longer cooking times.
- Cooking time will be affected by the temperature and amount of food, the size of the dish and the power of the microwave. When recipe specifies a time range, always check at the shortest time to prevent overcooking.

- To cook vegetables, wrap in airtight packets of plastic wrap. Place on paper plate. Cook on High as recipe directs. To test for doneness, pierce vegetables with sharp knife through plastic. Unwrap carefully; mixture will steam.
- Cooking bacon in the microwave is a snap and also makes for easy cleanup.
- Cooking potatoes in the microwave means you don't have to bring a pot of water to boil—a time and energy saver.

CREAMY SHRIMP AND SUCCOTASH SALAD

Succotash, the thoroughly American dish of corn and lima beans, is updated with shrimp and a dill dressing.

4 servings

- 1 1/2 cups shelled fresh baby lima beans or one 10-ounce box frozen
- 3 ears corn or 1 1/2 cups cooked corn kernels
- 2 ounces slab bacon, cut into 1/4-inch dice
- 1/2 medium red onion, halved
- 1/2 cup Fresh Mayonnaise (see recipe)
- 1/4 cup fresh orange juice
- 3 tablespoons minced fresh dill or 2 teaspoons dried dillweed
- 2 tablespoons whipping cream
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper
- 1 1/4 pounds large shrimp, cooked, peeled and deveined
- Fresh dill sprigs

Cook lima beans in large pot of boiling water until tender, 5 to 10 minutes. Drain thoroughly. (**Or to microwave:** Wrap lima beans in plastic. Place on paper plate. Cook on High until tender, 4 to 6 minutes. Pierce plastic to release steam; unwrap.)

Remove husks and silk from corn. Cook ears in large pot of boiling water until tender, about 8 minutes. (**Or to microwave:** Wrap corn ears individually in plastic. Arrange in circle

around edge of paper plate. Cook on High 4 minutes. Turn corn over. Cook on High until tender, 2 to 4 more minutes. Pierce plastic to release steam; unwrap.) Cut off kernels; use 1 1/2 cups (save any remainder for another use).

Cook bacon in heavy medium skillet over medium-low heat until crisp. Drain on paper towels. (**Or to microwave:** Place bacon on paper towel-lined paper plate. Cover with another paper towel. Cook bacon on High until crisp, 2 to 3 minutes.)

Steel Knife: Coarsely chop onion using on/off turns. Transfer to large bowl.

Steel Knife: Mix mayonnaise, orange juice, 3 tablespoons dill, cream, lemon juice, salt and pepper 5 seconds.

Reserve 4 shrimp for garnish. Cut remaining shrimp crosswise into thirds. Add shrimp, lima beans, corn, bacon and dressing to onion and toss gently. (*Can be prepared 8 hours ahead. Cover and refrigerate.*) Adjust seasoning. Mound salad on plates. Garnish each with whole shrimp and dill sprigs.

CHICKEN AND ARTICHOKE SALAD WITH SUN-DRIED TOMATOES

There's a decidedly Italian flavor to this recipe inspired by Convito Italiano, a Chicago restaurant and carry-out shop. Artichokes, sun-dried tomatoes, bell pepper and ham add zip to big, moist pieces of chicken.

4 servings

Salad

- 1 3 1/2-pound chicken, quartered
- Salt and freshly ground pepper
- 1 14-ounce can artichoke hearts, rinsed and drained
- 1/2 medium green bell pepper, cut into 1 1/2 x 1/8-inch strips
- 2 ounces thinly sliced smoked ham, cut into 1/2-inch squares

Dressing

- 10 dry-packed sun-dried tomatoes*
- 3/4 cup Fresh Mayonnaise (see recipe)
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper

For salad: Position rack in center of oven and preheat to 425°F. Place chicken in shallow pan just large enough to accommodate. Season with salt and pepper. Cover tightly with foil. Bake until juices run clear when thighs are pierced in thickest part, about 30 minutes. (**Or to microwave:**

recipe continued on page 22

RECIPE#3: Tailgate Picnic

"Dijon and Herb Marinade"

½ cup white wine vinegar

1 bottle champagne

¼ cup GREY POUPON®

Country Dijon Mustard

1 clove garlic, mashed

1 polo match

2 Tbsp. minced

fresh onion

1 rules book

1 tailgate to Rolls

¼ tsp. crushed rosemary

Combine Grey Poupon Country Dijon Mustard with other ingredients. *Set out appropriate polo clothing.* Marinate chicken 45 minutes.

Arrive fashionably early for the polo match

nearest you. Grill chicken until golden brown, bringing out full flavor of Grey Poupon Dijon and Herb Marinade.

Take one last look at polo rules book. Pop cork on champagne. This properly signifies the opening of any important tailgate picnic. *Make it clear that you'd rather be playing than watching.*

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HIDDEN VALLEY RANCH STYLE FAJITAS

2 lbs. flank or skirt steak
½ cup vegetable oil ½ cup lime juice
2 pkgs. Hidden Valley Ranch® Milk Recipe
Original Ranch® Salad Dressing Mix
1 tsp. ground cumin
½ tsp. black pepper
6 flour tortillas, warmed

Toppings: guacamole, sour cream, picante sauce

Pierce steak all over with fork. Combine oil, lime juice, Hidden Valley Ranch Mix, cumin and pepper; pour over steak. Cover & refrigerate overnight. Grill or broil steak, using marinade to baste. Slice diagonally across grain into thin slices.

Roll in tortillas; serve with toppings.
Serves 6.

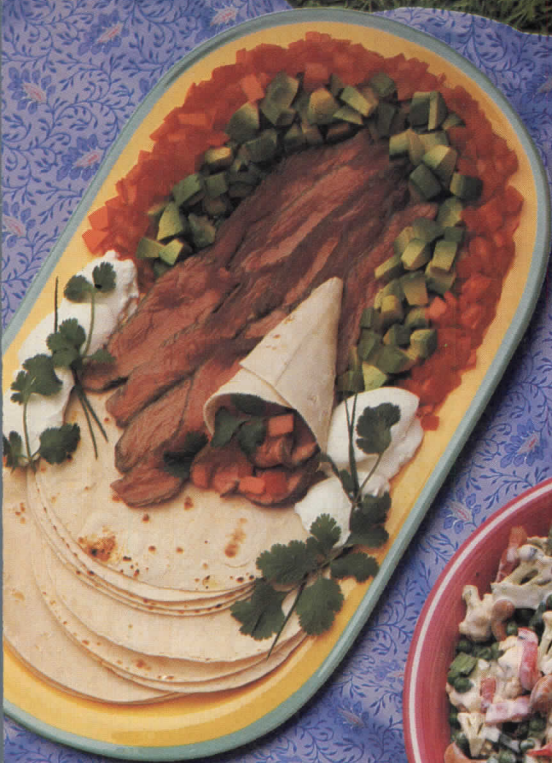


HIDDEN VALLEY RANCH FIESTA SALAD TOSS

4 cups lettuce, shredded
1½ cups jicama or cucumber, peeled & cut in strips
1 cup tomato wedges
One 4 oz. can sliced green or red chilies
1½ cups cheddar cheese, cubed 2 cups sour cream
1 pkg. Hidden Valley Ranch® Milk Recipe
Original Ranch® Salad Dressing Mix
1 Tbs. lime juice 1 tsp. chili powder 1 Tbs. taco sauce
1 avocado, sliced
2 cups tortilla chips, half coarsely crushed

Line salad bowl with the lettuce, fill center with jicama, tomato, chilies and cheese; chill. Whisk together Hidden Valley Ranch Mix, sour cream, lime juice, chili powder and taco sauce; chill. Just before serving, toss salad with crushed chips and 1 cup or more of dressing. Garnish with avocado and whole chips. Serves 4-6.





HIDDEN VALLEY RANCH CRUNCHY GREEN PEA SALAD

10 oz. fresh or frozen peas
1 cup sliced celery
1 cup chopped fresh cauliflower flowerettes
 $\frac{1}{4}$ cup diced green onion
2 Tbs. sliced pimento
1 cup roasted cashews, macadamia nuts
or sunflower seeds
 $\frac{1}{4}$ cup crisp-cooked crumbled bacon
 $\frac{1}{2}$ cup sour cream
1 cup prepared Hidden Valley Ranch[®]
Milk Recipe Original Ranch[®] Salad Dressing
 $\frac{1}{2}$ tsp. Dijon style mustard 1 sm. clove garlic, minced

Rinse peas in hot water (steam, if fresh); drain.
Combine vegetables, nuts and bacon with sour
cream. Mix prepared dressing, mustard
and garlic together; pour over salad.
Toss gently; chill. Serves 4.



HIDDEN VALLEY RANCH HERB CHEESE

16 oz. cream cheese,
softened
4 oz. butter, softened
1 pkg. Hidden Valley Ranch[®]
Milk Recipe Original Ranch[®]
Salad Dressing Mix
1 Tbs. Dijon-style mustard
1 tsp. garlic, minced

Use electric mixer to blend all ingredients. Spoon
into serving bowl, cover and refrigerate
overnight (or up to 4 days). Remove
30 minutes before serving.
Serves 8.



SHORTCUTS WITH STYLE

continued from page 18

Arrange chicken in shallow 10-inch-diameter microwave dish, meaty parts pointing toward edge. Cover tightly with plastic. Cook on High 10 minutes. Turn chicken pieces over. Cover and cook until breasts are springy to touch, about 5 minutes; remove breasts from microwave. Cook thigh and leg portions until juices run clear when thighs are pierced in thickest part, about 5 more minutes.) Cool slightly. Skin and bone chicken. Cut meat into 1-inch pieces. Transfer chicken pieces to large bowl.

Gently squeeze water from artichokes. Quarter each lengthwise. Add to chicken. Mix in bell pepper and ham.

For dressing: Place tomatoes in small dish. Add enough boiling water to cover. Soak 5 minutes. Squeeze dry; cut tomatoes into quarters.

Steel Knife: Coarsely chop tomatoes with mayonnaise, lemon juice, salt and pepper using on/off turns, then process continuously until minced.

Add dressing to chicken salad and toss gently. (*Can be prepared 2 days ahead. Cover and refrigerate.*) Mix well; adjust seasoning before serving.

**If unavailable, use low-salt oil-packed sun-dried tomatoes. Drain tomatoes, pat dry and quarter. Do not soak.*

SWEET AND SOUR HAM SALAD WITH BLACK-EYED PEAS

This tangy combination takes its inspiration from southern cooking. Bits of apple lend crunch, while plenty of black pepper counters the sweet dressing and adds a nice bite.

4 to 6 servings

- 1/3 cup safflower oil
- 3 tablespoons cider vinegar
- 1 tablespoon Dijon mustard
- 2 teaspoons sugar
- 2 teaspoons coarsely ground black pepper
- 1/2 teaspoon salt
- 1 large unpeeled Granny Smith apple, cored and cut into 1-inch pieces
- 1 large red bell pepper
- 6 green onions, trimmed and cut into thirds
- 1 1/4 pounds smoked ham, sliced 1/2 inch thick and cut into 1/2-inch cubes
- 1 15-ounce can black-eyed peas, rinsed and drained

Steel Knife: Mix oil, vinegar, mustard, sugar, pepper and salt 5 seconds. Add

apple to work bowl and chop coarsely using about 10 on/off turns. Transfer apple mixture to large bowl.

Cut bell pepper lengthwise into 4 pieces, discarding core and seeds. Cut each piece lengthwise in half.

Thick Slicer: Stand pepper pieces and green onions in feed tube, packing tightly. Slice using light pressure.

Add bell pepper mixture, ham and black-eyed peas to apple mixture and toss gently. (*Can be prepared 6 hours ahead. Cover and refrigerate.*) Mix well and adjust seasoning before serving.

SALADS WITH STYLE

"Dressing" a salad takes more than just a perfectly balanced vinaigrette. Crisp lettuce leaves, colorful garnishes and fresh herbs make all the difference in visual and taste impact. Here's how:

- Present salads on a bed of lettuce, leaving a ring of green peeking out around the edge. Try a mix of different lettuces, or add some sliced red cabbage for color.
- Decorate the platter with attractive garnishes such as cherry tomatoes and bell peppers, or use melon wedges and strawberries. If you can find untreated chive blossoms, nasturtiums or pansies, use them too.
- Chopped fresh parsley is a great salad enhancer and is easy to fix in the processor. Wash and dry parsley. Twist off the leaves and place in work bowl fitted with Steel Knife. Chop using on/off turns. Other fresh herbs—mint, tarragon, oregano and chives—can be chopped along with the parsley or used to add flavor of their own.

SOUTHWESTERN RICE SALAD WITH CHEESE AND AVOCADO

Meatless salads are always welcome additions to warm-weather menus. Here creamy Jack cheese, avocado, crunchy jicama and rice are seasoned in the Tex-Mex style, with cumin, fresh cilantro and flecks of hot chili.

4 servings

- 1 jalapeño or serrano* chili
- 2 medium garlic cloves
- 6 tablespoons olive oil (preferably extra-virgin)
- 1/4 cup fresh lemon juice
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon salt
- 1 medium tomato, cored, quartered and seeded

- 1/2 medium yellow bell pepper, cut into 1-inch pieces
- 5 green onions, trimmed and cut into 1-inch pieces
- 1/2 small jicama (about 10 ounces), peeled and cut into 1-inch pieces
- 1/2 cup loosely packed fresh cilantro leaves
- 2 1/2 cups cold cooked rice (about 1 cup uncooked)
- 2 ripe avocados
- 8 ounces Monterey Jack cheese, cut into 1/2-inch cubes
- Fresh cilantro sprigs

Steel Knife: With machine running, drop chili and garlic through feed tube and mince. Add oil, lemon juice, cumin and salt and mix 5 seconds, stopping once to scrape down sides of work bowl. Leave in work bowl.

Steel Knife: Add tomato, bell pepper and green onions to work bowl; chop coarsely using about 10 on/off turns. Transfer tomato mixture to large bowl. Add jicama and 1/2 cup cilantro to work bowl and chop coarsely using on/off turns. Add jicama mixture and rice to tomato mixture and toss to combine. (*Can be prepared 1 day ahead. Cover and refrigerate.*)

Up to 2 hours before serving, peel avocados and cut into 1/2-inch cubes. Mix avocados and cheese into salad. Adjust seasoning. Garnish rice salad with fresh cilantro sprigs.

**A serrano is a very hot, small fresh green chili available at Latin American markets and some supermarkets.*

NICOISE POTATO SALAD

The classic *salade niçoise* always contains some potatoes. But here they star as the main ingredient, bolstered by all the usual delicious components—green beans, bell pepper, tuna, olives, tomatoes and hard-cooked eggs.

4 servings

Dressing

- 1/2 cup olive oil (preferably extra-virgin)
- 1/4 cup fresh lemon juice
- 2 tablespoons red wine vinegar
- 3 anchovies, rinsed and patted dry
- 3 tablespoons minced fresh tarragon or 1 1/2 teaspoons dried, crumbled
- 1/8 teaspoon salt, or to taste
- Freshly ground pepper

Salad

- 1 1/2 pounds unpeeled tiny red new potatoes
- 1/4 pound green beans, trimmed and cut into 1-inch pieces

recipe continued on page 113



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A BUYER'S GUIDE WINE AND SPIRITS

BY ANTHONY DIAS BLUE

White Zinfandel

WHITE ZINFANDEL IS a marketing masterpiece and a monument to American ingenuity. Just when things looked bleakest for that most "American" of grape varieties, a group of canny California vintners turned certain economic disaster into a resounding triumph. This phenomenon should be a case study in every graduate school of business across the land.

Let me set the scene: In the early years of the California wine boom, the emphasis was on red wines. The European immigrants who pioneered the American wine industry (many of them Italian) preferred reds—dark, hearty wines made in a style that would have been familiar to their fathers and their fathers' fathers. In keeping with this tradition, vintners in the period following World War II planted their acreage to assertive red varieties, specifically Cabernet Sauvignon, Petite Sirah and Zinfandel.

The Favorite Takes to California

Cabernet and Petite Sirah, two French varieties, did well in California soil, and often were made into ripe, husky Italianate wines. But the favorite variety was Zinfandel, which was characteristically much more Italian in style. There may be a good reason for this: Some viticulturists at the University of California at Davis believe the mysterious Zinfandel is the Primitivo di Gioia, a grape from southern Italy.

In the 1950s and 1960s, Zinfandel became the most widely planted variety in California. This healthy grape thrived throughout the state. It flourished in cool coastal valleys from Sonoma to Templeton, in the foothills of the Sierras and even in the warm San Joaquin Valley, especially in the vicinity of Lodi. Occasionally it was made into wines labeled as "Zinfandel," but most of the time it was bottled as "Burgundy" or some other generic title.

A Funny Thing Happened

California vintners made an enormous commitment to Zinfandel. Thousands of acres were given over to

the variety, and winemakers smiled, certain they had finally found the ideal crop. But a funny thing happened in the 1970s: Americans developed a passion for white wine.

This trend was not completely unexpected, but the extent and depth of it was. Americans were moving into the "me" generation, which spawned new interest in health and exercise. The watchword was "light," and it was applied to anything and everything you might want to eat or drink.

One of the first casualties of this new national fixation were dark-colored spirits—"brown goods," as



they're called in the industry. Whiskey sales plummeted while vodka and white rum surged ahead. Hearty "meat 'n' potatoes" food was "out"; quiche and green salads were "in."

Hard Hit by a Trend

Wine did not escape this movement: Robust reds were "out"; white wines were "in." From a commanding position in the marketplace, red wines tumbled to one-third of all wine sold. And the hardest hit red was Zinfandel.

Some growers took immediate action, ripping out their Zinfandel and planting Chardonnay. Unfortunately, this solution left the farmer staring at three to four years of no crop at all. Many growers grafted their "Zin" to other varieties by "T-budding," a grafting method that shortened the waiting period to about two years.

But there were some who decided to stick it out. If white wine is so popular, they reasoned, "then why not make a

white wine out of Zinfandel?" An interesting concept, but how was this alchemy to be achieved? The pigment that gives red wine its color is contained entirely in the skin of the grape. During normal fermentation, the skins of red grapes are kept in the tank with the juice to color the wine.

White Wine from Red Grapes?

To make a white wine from red grapes, theoretically you would just remove the skins during the winemaking process immediately after crushing. This should yield a completely white wine.

What actually happens is that a small amount of the pigment gets into the grape juice during crushing. The resulting wine is still lightly tinted with red. But this didn't faze vintners. Determined to make a white wine, they dubbed their new pink creation "White Zinfandel" anyway.

These new "blush" wines solved yet another problem. Even before the demise of the popularity of red wines, rosé wines had fallen out of favor. Once accounting for as much as a fourth of all wines sold, rosés were heading for oblivion. Over the years they had gotten a reputation for being frivolous and outdated.

The new blush wines had many of the same flavor qualities as rosés but they were lighter in color. In a scenario similar to the story of the emperor's new clothes, they gained acceptance because they were called "white."

Clever, but Not Original

The idea of making a white wine out of red grapes did not originate with clever California enologists. It's been done in France for generations. In the Champagne district, Blanc de Noirs (white from red, or "black") sparkling wines customarily are made with red Pinot Noir as the main grape variety. And most Champagnes, except Blanc de Blancs, which is produced entirely from Chardonnay, contain a percentage of Pinot Noir grapes. There is also a still Blanc de Noirs made in Lorraine. It is called Vin Gris (gray wine), and it usually has a definite pink cast.

There are very good Blanc de Noirs wines made in the United States from varieties other than Zinfandel. The next most popular one is Pinot Noir, followed by Cabernet Sauvignon, Merlot and Petite Sirah. But Zinfandel, with its crisp flavors of raspberry and strawberry, is the ideal grape for making a Blanc de Noirs.

As the popularity of white Zin skyrocketed, more and more wineries jumped into the market. Unlike Cabernet Sauvignon or even Chardonnay, both of which require considerable skill and some years of aging,

continued on page 112

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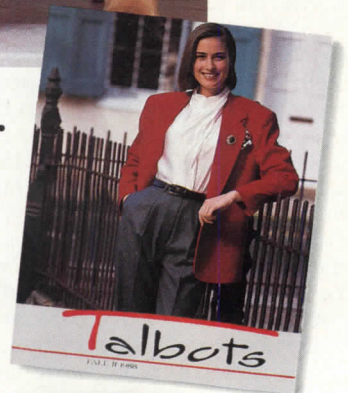
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FOR CONTEMPORARY LIVING

COOKING HEALTHY

BY RICHARD SAX AND MARIE SIMMONS

Long-Life Mediterranean Cooking

WINE-STEAMED MUSSELS WITH
OREGANO AND ORANGE
PASTA WITH TOMATOES, CHEESE
AND FRESH HERBS
WHOLE WHEAT PIZZA WITH
RED ONION AND BALSAMIC VINEGAR
GRILLED EGGPLANT, RED
BELL PEPPER AND
MOZZARELLA "SANDWICHES"

LATE SUMMER IS one of our favorite times of the year to cook. What could be bad when you've got ripe tomatoes, herbs, eggplant, bell peppers and fresh fruits, all at their seasonal peak? Give us pasta, pizza and a good tomato, and all is right with the world.

It's our good fortune that these foods are as healthy as they are delicious. We've talked before of olive oil's benefits to health: Like other monounsaturated oils, olive oil can not only help lower blood cholesterol levels, but it can actually increase the level of HDL (high-density lipoproteins, the "good" cholesterol) as well.

Some of the recent findings about olive oil and cholesterol date back to the Seven Countries Study begun in 1958. *The University of California, Berkeley, Wellness Letter*, an interesting, health-oriented newsletter, points out that by studying connections between diet and heart disease in some 12,000 healthy, middle-aged men in seven countries (Finland, the Netherlands, the United States, Japan, Italy, Greece and Yugoslavia), researchers found that those living in the Mediterranean area—in whose diet olive oil is the chief fat—have, by comparison, a particularly low rate of heart disease.

In earlier columns, we've cited the book *The Mediterranean Diet* (W.W. Norton & Co., 1987, \$16.95), in which authors Carol and Malcolm McConnell note the low incidence of heart disease in the Mediterranean, as well as a low cancer rate and long life expectancy. They attribute this to a diet of grain (chiefly pasta), olives (particularly olive oil) and grapes (wine).

Some people, however, interpreted these findings either erroneously or excessively. Learning that olive oil is good for us, some advocated eating a lot more of it—even starting the day with a spoonful, straight from the bottle. But let's face it: Fat is fat. Olive oil and butter have a similar amount of calories (120 and 100 calories per tablespoon, respectively). And avoiding excess fat in general is, of course, a cornerstone of any good diet.

Further, some overlooked the fact that Mediterranean people have a lower rate of heart attacks not only because of olive oil, but also because they eat more fruit and vegetables (rich in beneficial vitamins and fiber) and less meat than we do. It's important to keep things in perspective.

Speaking of perspective, most of us grew up thinking of pasta as filling and fattening. We now realize that that just isn't true. As with baked potatoes, it's the butter and cream that add pounds, not the pasta itself.

Pasta is not fattening (about two hundred calories per one cup cooked serving) and is also a good source of protein, thiamin, riboflavin, niacin and iron. We'll have more to say about pasta next month, but for now, note that in the pasta here, we've combined it with lowfat cheese, plus tomatoes and herbs, for a quick, light dish.

Both tomatoes and eggplant, used throughout this menu, are considered by some experts to lower the risk of cancer. And pizza, which so many of us consider a forbidden indulgence, can actually be good for us, especially when made with a (quick) whole wheat crust for fiber, a bit of olive oil and a vegetable topping.

We've concocted this sampler of modern-day Mediterranean cooking with versatility in mind. Prepare any or all of these dishes, which are as suitable for a quick family supper as they are for casual entertaining. Enjoy summer's healthful produce while you can.

WINE-STEAMED MUSSELS WITH OREGANO AND ORANGE

We sometimes add a cup of chopped tomatoes at the end of this recipe with the *gremolata*, a traditional seasoning mix of parsley, citrus peel and garlic.

2 servings

1/2 cup packed Italian parsley leaves
and stems

recipe continued on page 28

GOOD READS FOR GOOD HEALTH

• *The Food of Southern Italy* by Carlo Middione (William Morrow and Company, 1987, \$25). Middione's authentic recipes, the beautiful layout and color photos and the warm, inviting tone make this a must-have for your cookbook collection. Those who consider southern Italy's cooking "unsophisticated" miss the point entirely—it's earthy, exuberant and just happens to be incredibly healthy. And at summer's height, you can really enjoy Calabrian roasted tomatoes on garlic bread—and much more. This won the 1987 IACP/Seagram Award for best book on international cooking.

• *Modern Italian Cooking* by Biba Caggiano (Simon and Schuster, 1987, \$17.95). What's special about this book is that it sensibly explores how today's Italian wife/mother/cook interprets traditional fare to fit contemporary lifestyles, with light, flavorful dishes that are easy

to prepare. And there's a nice tone that seems to say, "You can do this."

• *Recipes & Escapades—from a Countrywoman's Journal* by Gladys Manyan (available for \$9.95 postpaid from Mrs. Manyan, Pussywillow Farm, Franklin, NH 03235). A wonderfully quirky book of recipes and chat that describe the author's life in the country. What's valuable here is her reworking of traditional recipes for better nutrition, using whole grains and lowfat dairy products. Good, down-home recipes.

• *Grain Gastronomy: A Cook's Guide to Great Grains from Couscous to Polenta* by Janet Fletcher (Aris Books, 1988, \$9.95 paperback). This little book offers a look at eight grains, including barley, cracked wheat, couscous, millet and grits. For each there are just a few well-crafted recipes: cracked wheat-walnut bread; garlic cheddar cheese grits; and a dessert couscous with apricots.



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THE EDGE

COOKING HEALTHY

continued from page 26

- 2 garlic cloves
- 3 3x1/2-inch strips orange peel
- 1 tablespoon olive oil
- 2 cups chopped onions
- 2 tablespoons chopped fresh oregano or 1 teaspoon dried, crumbled
- 1 garlic clove, minced
- 1 cup dry white wine
- 2 pounds mussels, scrubbed and debearded
- 1 orange, peeled, seeded, white pith removed, cut into 1/4-inch dice
- Fresh oregano sprigs

Chop together parsley, garlic cloves and 2 strips orange peel.

Heat oil in heavy large deep skillet over low heat. Add onions and stir until crisp-tender but not brown, about 3 minutes. Add chopped oregano, minced garlic and 1 strip orange peel. Sauté 30 seconds. Add wine. Increase heat and bring to boil. Add mussels. Reduce heat to medium, cover tightly and steam 5 minutes. Transfer opened mussels to large bowl or deep platter; cover with foil. Cook remaining mussels 5 more minutes; discard any that do not open. Transfer to bowl with other mussels. Stir parsley mixture into mussel cooking liquid and bring to boil. Stir in diced orange. Ladle sauce over mussels. Garnish with oregano sprigs. Serve immediately.

PASTA WITH TOMATOES, CHEESE AND FRESH HERBS

The secret here: Dice the tomatoes and cheese to about the same size as the pasta you are using. Ricotta *salata*, a slightly dry, mildly salty cheese, works well in this dish. Mozzarella is a fine substitute. Both are mild enough not to overpower the tomatoes and herbs.

4 servings

- 3 cups diced cored tomatoes (about 1 1/4 pounds)
- 2 green onions, chopped (white and light green parts)
- 1/2 cup chopped fresh basil
- 1 tablespoon chopped fresh mint
- 2 tablespoons olive oil
- 2 teaspoons finely chopped drained anchovy fillets (optional)
- Salt and freshly ground pepper
- 2 cups small pasta, such as shells, ditalini or tubetti
- 8 ounces dry ricotta cheese (ricotta *salata*)* or part-skim mozzarella cheese, diced

Combine tomatoes, green onions, ba-

sil and mint in large bowl. Mix in oil and anchovies. Add salt and pepper.

Cook pasta in large pot of boiling salted water until just tender but still firm to bite. Drain; rinse under cold water. Drain well. Add pasta and cheese to tomato mixture and toss gently. Taste and adjust seasoning.

**Available at cheese shops, some Italian markets and some specialty foods stores.*

WHOLE WHEAT PIZZA WITH RED ONION AND BALSAMIC VINEGAR

A tasty addition would be a handful of chopped pitted Niçoise or Kalamata olives scattered over the top just before baking. The balsamic vinegar lends a distinctive, sweetly smoky flavor; if unavailable, you could use a good aged red wine vinegar.

Makes one 12- to 14-inch pizza

Whole Wheat Dough

- 1 cup warm water (105°F to 115°F)
- 1 tablespoon honey
- 2 teaspoons dry yeast
- 1 1/2 to 2 cups unbleached all purpose flour
- 1/2 cup whole wheat flour
- 1/4 teaspoon salt
- Olive oil

Topping

- 2 tablespoons olive oil
- 1 large red onion, thinly sliced into rings, separated
- 1 tablespoon balsamic vinegar or 2 teaspoons red wine vinegar
- 2 teaspoons chopped fresh thyme or 1/2 teaspoon dried, crumbled
- Cornmeal
- Coarse salt or sea salt
- Coarsely ground pepper
- Fresh thyme sprigs

For dough: Combine water and honey in processor. Sprinkle yeast over. Mix 5 seconds using on/off turns. Cover and let stand 10 minutes.

Add 1 cup all purpose flour, whole wheat flour and salt to processor and mix until combined, about 10 seconds. Add enough of remaining all purpose flour to form soft, slightly moist dough. Process until dough pulls away from sides and forms ball, about 15 seconds. Turn dough out onto floured surface and knead until smooth, about 5 minutes (dough will be sticky). Lightly coat bowl with olive oil; add dough, turning to coat entire surface. Cover with plastic and let stand in warm draft-free area until doubled in volume, about 1 hour.

For topping: Heat 1 tablespoon oil in heavy medium skillet over medium

heat. Add onion rings and sauté until crisp-tender, about 3 minutes. Sprinkle with vinegar and stir to mix. Add chopped thyme. Transfer to plate; cool topping completely.

Position rack in lowest third of oven and preheat oven to 450°F. Lightly sprinkle heavy 12- to 14-inch round baking pan with cornmeal. Punch dough down and place on pan. Gently stretch dough to fit pan, building up edges slightly. Spread topping over dough, leaving 1-inch border around edge. Sprinkle with coarse salt and pepper. Drizzle with remaining 1 tablespoon oil. Bake until well browned, 12 to 15 minutes. Garnish with thyme sprigs. Serve immediately.

GRILLED EGGPLANT, RED BELL PEPPER AND MOZZARELLA "SANDWICHES"

Makes 8

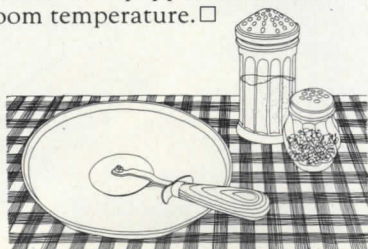
- 3 tablespoons olive oil
- 1 garlic clove, minced
- 2 large red bell peppers
- 1 1- to 1 1/4-pound eggplant, trimmed, cut into 16 1/4- to 1/3-inch-thick slices
- Salt and freshly ground pepper
- 8 fresh basil leaves
- 8 thin slices part-skim mozzarella cheese

Prepare barbecue grill or preheat broiler. Combine olive oil and garlic in small bowl; set aside.

Grill or broil bell peppers until blistered and blackened on all sides, turning occasionally. Wrap in paper bag and let stand 10 minutes to steam. Peel and seed. Rinse if necessary; pat dry. Quarter peppers lengthwise. Set aside.

Lightly brush eggplant slices with garlic oil. Grill or broil until lightly browned, about 5 minutes per side. Transfer to platter; sprinkle with salt and freshly ground pepper.

Place 1 bell pepper quarter on each of 8 eggplant slices, trimming pepper to fit. Top each with basil leaf and cheese slice. Top with remaining eggplant slices. Grill or broil sandwiches until cheese begins to soften. Carefully turn and grill until cheese begins to melt. Sprinkle with pepper. Serve warm or at room temperature. □



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TRAVELING WITH TASTE

BON VOYAGE

BY SHIRLEY SLATER

The Great Smokies

IN THE TIMELESS HILLS of western North Carolina and eastern Tennessee—known collectively as the Great Smoky Mountains—old courtesies, old customs and Elizabethan speech patterns still survive. They lend a grace and charm to even the simplest encounter with the good and honest country folk of the region.

It had been a while since the last visit to my childhood home. But things haven't changed much, it turns out. Remnants of yesterday remain carefully tucked away and preserved in hidden byways everywhere. And, in more than a few places, I could still find remembered dishes of my southern youth—crumbly hot biscuits and salty country ham with red-eye gravy, fried apples, sourwood honey, watermelon rind pickles, crunchy fried chicken and buttermilk pie. But I also found sophisticated country inns and skillful, creative young chefs from the “better mousetrap” school, who have settled quietly into the scenery of their choice to let the rest of the world beat a path to their doors.

At Home in a Blue Ridge Inn

Because the route was planned around country inns and southern cuisine, both old and new, my trip began at the Glendale Springs Inn & Restaurant in the tiny town of Glendale Springs, North Carolina, off the Blue Ridge Parkway. Here, a dynamic former New York theatrical producer named Gayle Winston has come home to operate an 1895 establishment listed on the National Register of Historic Places.

Each of the inn's five rooms has its own private bath and is furnished in country antiques; all the beds are covered with quilts “made by my mother or great-grandmother or Aunt Allie.” Floors are wide yellow pine planks, walls are paneled in chestnut, and wide verandas invite indolent afternoons on the old-fashioned wooden porch swings. To one side of the rolling, grass-carpeted front lawn is a brick walkway lined with herbs.

On her farm a few miles away, Winston and her associates are producing specialty vegetables such as sun-dried tomatoes and *shiitake* mushrooms, which she and chef Joe Trull have incorporated creatively into the menu. I

sampled linguine with an intensely flavored sauce of sun-dried tomatoes and shitake, followed by grilled shrimp with dill-lemon butter, a Bibb lettuce salad with homegrown cherry tomatoes and pungent nasturtiums, accompanied by hot French rolls. And a rich plum ice cream “made from the plums in the back” was delightful.

Side-Trip Surprises

The next morning I drove south along the Blue Ridge Parkway, detouring into the beguiling, flower-filled town of Blowing Rock. I stopped for lunch in the glass-walled Garden Restaurant

of the new Meadowbrook Inn, a handsome European-style country lodge with copper mansard roof and four-poster beds. While the blackboard dinner menu promised endless temptations, I settled happily for their “Eifel” sandwich heaped with rare roast beef, sliced mushrooms, grated horseradish and paper-thin rings of onion.

A few minutes beyond Blowing Rock is the striking new Linn Cove Viaduct. The long-delayed final link of the 53-year-old Blue Ridge Parkway, this precast concrete bridge appears to float lightly around venerable Grandfather Mountain, as if suspended in midair. An excursion into the privately owned 1,200-acre Grandfather Mountain park offers the best chance to see the local wildlife—bears, deer and cougars—in their natural habitats. You can also take a thrilling walk across a mile-high swinging bridge.

My out-of-the-way dinner destination was the famous Nu-Wray Inn in Burnsville, lauded for years for its



Off a beaten path in the national park, a mossy stream appears carved out of the forest.

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bountiful spread of traditional mountain food. I can only say that I was quite disappointed with both the quality of the food and the perfunctory service under the current management; the diners who filed in on command promptly at six o'clock to fill the family-style dining room had finished eating shortly after six-thirty!

But the Penland School in nearby Penland makes the detour worthwhile. Here, in dormitories and mountain cabins, resident artists and artisans create outstanding glass, pottery, jewelry, weavings and baskets, some of them offered for sale in a simple log shop. Free guided tours are available during the summer. There are also two crafts centers along the parkway itself—Parkway Craft Center and Folk Art Center—with beautiful (but expensive) quilts, handwoven mohair sweaters, willow and white oak baskets, rag-rug tote bags, lamps, furniture and corn-husk dolls.

Some American Classics

The city of Asheville, in the throes of extensive historic renovation, always makes me think first of native son Thomas Wolfe and then of F. Scott Fitzgerald, whose wife, Zelda, spent her



SHIRLEY SLATER

An old, rough-hewn cabin stands sentry along one of many trails in the region's backwoods.

last years in a hospital near here. Wolfe's boyhood home—transformed into the fictional Dixieland boarding-house in *Look Homeward, Angel*—is open for guided tours daily; a pertinent passage from the book is posted at the entrance to each room.

I visited the ghost of Scott Fitzgerald at The Grove Park Inn and Country

Club, certainly one of the premier resort hotels of the South, after its recent remodeling. The old bedrooms in the main building have been meticulously returned to their original look with handcrafted wooden furniture and Roycroft lamps. In the Country Club's Fox & Hound restaurant, chef Jean-Pierre Zuberbuhler offers an

"ON THE VERANDA"

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amalgam of Continental and down-home dishes, including pork tenderloin with Roquefort, shrimp Florentine and Blue Ridge mountain trout.

If there's time, you might want to spend a lighthearted evening downtown at Bill Stanley's Barbecue and Bluegrass, where the portions are hearty, the hush puppies yummy and the bluegrass and clog dancing loud and lively. And by all means visit the 250-room Biltmore House, the largest private home in the United States, now a museum. Commissioned by George W. Vanderbilt in 1895, it is familiar as the mansion used in the Peter Sellers film *Being There*.

A Hilltop Lodge

Another night I spent at the Fryemont Inn in Bryson City, not far from the entrance to the Great Smoky Mountains National Park. This sprawling, rough-sawn 1923 hilltop lodge has a porchful of rocking chairs and inviting living and dining rooms with huge stone fireplaces. After falling in love with the inn several years ago, frequent guests Sue and George Brown, an ebullient Atlanta couple, finally bought the 36-room establishment.

My dinner began with a tangy salmon mousse garnished with dill, followed by cheddar cheese soup sprinkled with toasted almonds. Wa-

termelon rind pickle adorned the salad bar, and an onion, herb and cheese bread was delicious both hot, then cold—with slabs of Ashe County cheddar in my box-lunch picnic the next day. From the range of main courses, I chose southern fried chicken, which came with a mushroom casserole, carrot soufflé and stir-fried garden vegetables. Without much urging, I sampled three desserts—a silken sweet buttermilk pie, an "Almond Joy" cake with chocolate, almonds and coconut, and a fresh peach praline pie with crunchy pecan butter and brown sugar topping.

Indian Lore and Mountain Paths

After a hearty breakfast of eggs, grits, biscuits and country ham, I set out toward the national park. Despite the touristy aspects of the gateway town of Cherokee, there is much of genuine value. Don't miss the fine Museum of the Cherokee Indian, which gives a poignant picture of the forced migration along the "Trail of Tears" to Oklahoma; the Qualla Arts and Crafts Mutual shop, with its handmade white oak picnic baskets and carved wooden animal masks; and the Oconaluftee Indian Village, a replica of Cherokee community life circa 1750, where craftsmen turn out arrowheads, pottery and colorful beadwork.

Inside the park, the main Newfound Gap Road from Cherokee to Gatlinburg is the most traveled. But you can follow any of the "Quiet Walkways" signs to an easy and enchanting streamside or woodland stroll. Exploring the side roads leads to special pleasures: A detour to Clingmans Dome winds past the Indian Gap Trailhead, with its ruts well worn from the countless horse-drawn vehicles that labored along this former toll road during the nineteenth century. Off the 11-mile Cades Cove loop, I found Little River Road, leading to the 1882 Little Greenbrier School, its blackboard painted on a wall, its wooden desks carved with initials from years gone by.

I escaped the commercial tumult of Gatlinburg, Tennessee, by taking a serene drive on the Roaring Fork Motor Nature Trail a scant four miles out of town. Then at Cades Cove, once a bucolic farming community, I avoided the sightseers by driving the verdant Parsons Branch Road along a mossy creek and back into North Carolina.

Good Country Food

At The Jarrett House, a restaurant and hotel in Dillsboro, I found in generous measure what I had hoped for and missed at the Nu-Wray Inn: hearty country food prepared by local women who have worked there for genera-



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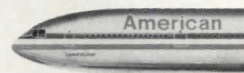


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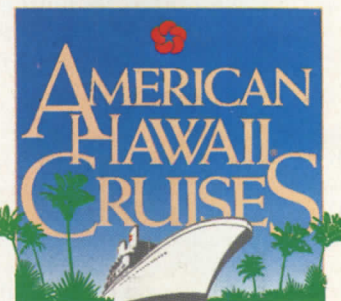


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tions. The traditional dinner, served throughout the evening at individual tables rather than family style, includes a choice of southern fried chicken, baked ham, country ham or rainbow trout. A beaming waitress first arrived with hot biscuits and honey, later with bowls of coleslaw, green beans cooked with bacon, potatoes swimming in butter, and candied apples. Dessert, the famous Jarrett House vinegar pie, was as sweet and creamy as a chess tart. The equally bountiful breakfast array included orange juice, country ham, spicy sausage patties, bacon, scrambled eggs, grits and hot biscuits with cream gravy.

Jim and Jean Hartbarger have been running the comfortably old-fashioned hotel for 14 years. She's a retired schoolteacher; he's a former college basketball coach. Their maintenance on the 1884 building is continual. "As soon as the painter gets to the front door, I send him right around to the back to start all over again," Jim says.

Dining by the Old Millstream

Near the pretty mountain town of Highlands, I dined at a whimsical and romantic little restaurant called the Frog and Owl Café. Housed in an 1880 mill with its own millstream and creaking wooden wheel, it has been run for 16 years by Florida-born Jerri Fifer. "Until three years ago, people had to drive out here on a narrow dirt road," she says. "I used to tell them, 'When you are certain you're completely lost, just go on for a few more miles and you'll find us.'"

With my companions I tried a thick, rich seafood bisque; giant shrimp sautéed in butter with feta cheese and tomato coulis; boned poussin (baby chicken) stuffed with mushroom custard, then sliced and arranged on a pool of roasted garlic beurre blanc; and a delicate rainbow trout—from the trout farm across the road—*au bleu* with brown butter. We finished with a raspberry tart and a light cappuccino cake with chocolate buttercream.

In Grand Southern Style

In Highlands, Rip and Pat Benton have created the exquisite Old Edwards Inn and its adjoining Central House restaurant. This most elegant of all the area's country inns boasts 21 rooms with brass beds and canopied four-posters, country-Colonial fabrics, hand-stenciled wall decorations and one-of-a-kind folk art pieces. At their Central House Restaurant, chef Susan Anderson serves homemade breads and muffins for breakfast; soft-shell crab sandwiches or pecan chicken

salad for lunch; and steaks, crabmeat-stuffed mountain trout, snapper provençal and bread pudding with rum sauce for dinner. There's a good California wine list as well.

In addition, the Bentons have just opened The Home Place, a stunning, chestnut-paneled 70-year-old manor with just three guest rooms. Located on a dirt road six miles out of town, it's ideal for visitors seeking a quiet stay in

the country. The inn delivers a lavish Continental breakfast every morning, featuring fresh fruits and chef Susan's excellent homemade breads.

Rustic Retreats

In nearby Cashiers, a family resort called the High Hampton Inn and Country Club attracts frequent repeat guests, some of whom stay all summer.

continued on page 110

TRAVEL MEMO: THE GREAT SMOKIES

• **Getting there:** North Carolina-based Piedmont Airlines flies to Charlotte, Winston-Salem and Asheville from many convenient North American gateways.

• **Getting around:** The only feasible way is to drive. Alamo Rent a Car in Charlotte offers about the lowest unlimited mileage price.

• **Recommended reading:** *Mountain Roads and Quiet Places* by Jerry DeLaughter (Great Smoky Mountains Natural History Association, \$5.95; available at the Blue Ridge Parkway crafts shops) is a guide to the roads of the Great Smoky Mountains National Park. *Strangers in High Places* by Michael Frome (Great Smoky Mountains Natural History Association, \$8.50) is the story of the Great Smokies and their inhabitants through history. *Just over the Next Ridge* by Carson Brewer (Knoxville News-Sentinel, \$6.95; available at the parkway crafts shops) covers little-known and out-of-the-way places. All three can also be ordered from Great Smoky Mountains Natural History Association, Gatlinburg, TN 37738; (615) 436-7318. Thomas Wolfe's classic *Look Homeward, Angel* (Charles Scribner's Sons, 1957) provides a thinly disguised portrait of the city of Asheville during the early twentieth century.

• **A tip on alcoholic beverages:** North Carolina and Tennessee have local liquor-control laws governed by the city, county or community. If you are accustomed to having wine with dinner, it's a good idea to inquire about the dining room's policy before you go.

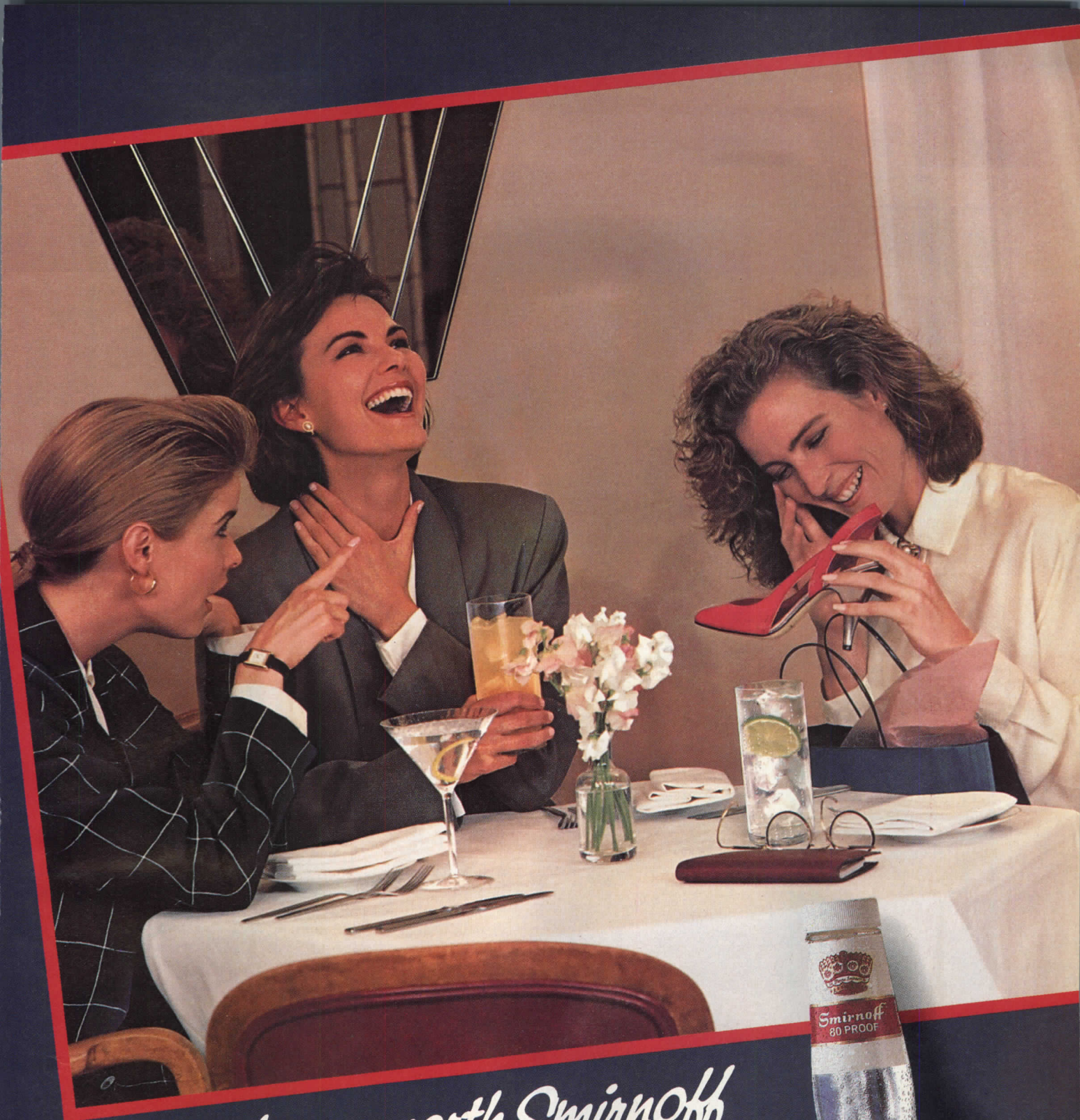
• **Inns and restaurants** (all 704 area code unless otherwise specified): Bill Stanley's Barbecue and Bluegrass, 20 South Spruce Street, Asheville, NC 28801, 253-4871; Frog and Owl Café, Buck Creek Road, Highlands, NC 28741, 526-5500; Fryemont Inn, P.O. Box 459, Bryson City, NC 28713, 488-2159; Glendale Springs Inn, Glendale Springs, NC 28629, (919) 982-2102;

The Grove Park Inn and Country Club, 290 Macon Avenue, Asheville, NC 28804, 252-2711, (800) 438-5000 or, in North Carolina, (800) 222-9793; High Hampton Inn and Country Club, Cashiers, NC 28717, 743-2411; The Jarrett House, P.O. Box 219, Dillsboro, NC 28725, 586-9964; Meadowbrook Inn, P.O. Box 2005, Main Street, Blowing Rock, NC 28605, 295-9341; Nu-Way Inn, P.O. Box 156, Burnsville, NC 28714, 682-2329; The Old Edwards Inn, Central House Restaurant and The Home Place, Main Street, Highlands, NC 28741, 526-5036; Pine Crest Inn, P.O. Box 1030, Tryon, NC 28782, 859-9135.

• **Sight-seeing:** Blue Ridge Mountain frescoes, in Holy Trinity Church, Glendale Springs; Grandfather Mountain, one mile from intersection of Highway 221 and Blue Ridge Parkway, (704) 733-2013; Thomas Wolfe Memorial, (704) 253-8304; Biltmore House and Gardens, three blocks north of exit 50 on I-40 in Asheville, (704) 274-1776; Museum of the Cherokee Indian, P.O. Box 770-A, Cherokee, NC 28719, phone (704) 497-3481; Oconaluftee Indian Village, P.O. Box 398, Cherokee, NC 28719, telephone (704) 497-2315.

• **Shopping for mountain crafts:** Penland School, Penland, NC, (704) 765-6211; Parkway Craft Center, Moses H. Cone Memorial Park, Milepost 294, Blue Ridge Parkway, Blowing Rock, NC 28605, (704) 295-7938; Folk Art Center, Southern Highland Handicraft Guild, Milepost 382, Blue Ridge Parkway, Asheville, NC 28815, (704) 298-7928; Qualla Arts and Crafts Mutual, Highway 441 North, Cherokee, NC 28719, telephone number (704) 497-3103.

• **For more information:** Contact the North Carolina Travel and Tourism Division, Department of Commerce, Department BA, 430 North Salisbury Street, Raleigh, NC 27611, telephone (800) 847-4862 or (919) 733-4171.



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BON VIVANT

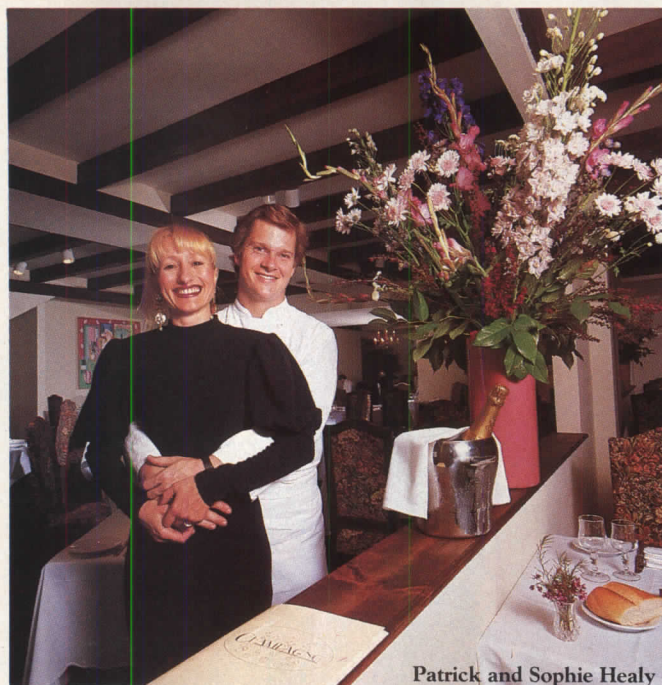
WHO'S WHO AND WHAT'S NEW IN THE WORLD OF WINE AND FOOD • BY ZACK HANLE

L.A. Chef Moves

When executive chef Patrick Healy left Colette in Beverly Hills to open his own restaurant, Champagne, on Los Angeles's Westside, Christopher Blobaum took over and the transition couldn't have been smoother. In the intimate Parisian-style dining room, he offers light and sophisticated California-American dishes, scarcely skipping a beat with Colette's clientele.

Meanwhile, over at Champagne, Healy is still dazzling the crowd. His delicious French fare is served in a charming and unpretentious dining room, which is run like clockwork by his wife, Sophie.

The menu is divided into six sections: contemporary, classic, rustic, spa, gastronomic and nightly specials. What seems complicated is not; it's a



Patrick and Sophie Healy

brilliant way for Healy to share his multifaceted talent with us. (Colette, The Beverly Pavillion Hotel, 9360 Wilshire Boulevard,

Beverly Hills, CA 90212, 213/273-1151; Champagne, 10506 Little Santa Monica, Los Angeles, CA 90025, 213/470-8446.)

Paris is a formidable school, designed to challenge Le Cordon Bleu and La Varenne. Usher is a disciple of nouvelle cuisine chef Michel Guérard. For details, contact the school at 38 rue Cambon, Paris, 75001; 42.60.38.30.

■ How often are we warned to avoid heavy food on long-haul flights? Well, Cathay Pacific Airways has a solution. On many flights to Asia, including Hong Kong, it is now possible to request light, Asian-style meals, such as vegetable curry, and lobster with black bean sauce. The flavors are a fitting introduction to the Orient.



A Place in the Sun

Sal Montezinos, erstwhile chef/owner of Déjà-Vu in Philadelphia, has packed whisks, toque and talent to open a new Palm Beach restaurant, Montezinos. This stunning place features

an eclectic menu, with such clever innovations as oyster pasta, Texas boar fillet and herb and flower sorbets. (Montezinos, 331 South Country Road, Palm Beach, FL 33480; 305/665-1720.)

Table Talk

■ If you like pasta, then head for Providence on September 10 for the Fifth Annual Pasta Challenge, which lasts from noon to 5 P.M. There's a five-dollar fee to enter Old Stone Park, where you can sample the creations of 25 chefs.

■ A one-of-a-kind, 15-day gastronomic tour to Spain and France is offered by The Annemarie Victory Organization. This grand trip, which leaves on September 15, begins in Madrid at the Ritz and finishes at Paris's Hôtel Le Bristol. For details, contact the organization at 136 E. 64th St., New York, NY 10021; (212) 486-0353.

■ Directed by American Gregory Usher, the Ecole de Gastronomie Française Ritz-Escoffier at the Ritz in



Windowbox Herbs

Solly's Choice, a purveyor of garden seeds for herbs, vegetables and edible flowers, makes charmingly packaged window herb gardens. These nice self-contained planters come complete with soil, three different seed varieties and directions, and are available for about \$11.50 at kitchen and garden shops or by mail. Contact Solly's Choice, 2600 West Commodore Way, Seattle, WA 98199; (800) 521-0714, extension 684.



Deco Revived

Tosca, the first new stemware pattern to be released by Lalique in ten years, is not really new. Rather, it is a revived and refined design, one of René Lalique's first, originally called Hagueneau. Formerly

made of glass instead of crystal (as it is today), this elegant stemware graced the banquet table at the Sèvres Pavilion at Paris's celebrated 1925 Exposition Internationale des Arts Décoratifs, from which the

art deco movement acquired its name and fame. Prices range from \$105 to \$140 for stemware; the

decanter and pitcher cost \$350 each. Available in fine department stores nationwide.

From the Manor Born

Raymond Blanc, the French proprietor of Le Manoir aux Quat'Saisons (a bucolic retreat in Great Milton, England), is considered by many to be England's finest

chef. Now he has opened a less formal place, Le Petit Blanc, in nearby Oxford. Housed in an eighteenth-century glass conservatory, the domed dining room



The Mermaid by Louis Comfort Tiffany Actual size 10" x 17"

Tiffany Mermaid In Stained Glass

by Edward Olsen/Curator, Field Museum of Natural History, Chicago

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replicates an English garden with tables surrounding towering ficus trees, beneath a bower of hanging plants. The fine French menu is the work of resident chef Bruno Loubet, who calls his cuisine

"old dishes made contemporary. The food here," he says, "is less complex than at the Manoir." (Le Petit Blanc, 61a Banbury Road, Oxford, England OX2 6PE; 0865/53540.58346.)

Fruits by Mail

A basket of fruit can be sensational if it's one of Frieda's Finest's exotic collections. Depending on the season, cherimoyas, Asian pears, kiwanos, baby pineapples, crab apples, passion fruit or feijoas might be part of the package. Also included are recipes and information about the individual items.

The baskets are available in two sizes: the premier basket holds 15 pounds and costs \$85 plus \$14.95 for shipping; the exotic basket has 8 pounds of fruit and costs \$45 plus \$12.75 for shipping. Contact Frieda's by Mail, P.O. Box 58488, Los Angeles, CA 90058; (800) 421-9477 or, in California, (213) 627-2981.



Midsummer Reads

Looking for some poolside entertainment? The following books might be just the ticket. Michael Roberts, chef and co-owner of Los Angeles's celebrated Trumps restaurant, has written *Secret Ingredients* (Bantam Books, 1988), a thought-provoking book with tips and tricks of his trade. Abbie Zabar's nicely written and illustrated *The Potted Herb* (Stewart, Tabori & Chang, 1988) shows us how topiary turns simple gardening into an art.

Two more on food lore

and history are *Much Depends on Dinner* (Grove Press, 1988) and *The Best of De Gustibus* (Simon and Schuster, 1988). The former, the result of intensive research by author Margaret Visser, is a critical and social history of our daily bread, in the guise of one seemingly ordinary meal. The latter, by *New York Times* food columnist Marian Burros, is a collection of her piquant essays on such topics as food faddists and guests who insist on helping.

DietWatch

• The Waltham Weston Hospital & Medical Center in Waltham, Massachusetts, has taken a giant step toward changing the image of hospital cuisine. Chefs from the Boston area have been contributing menus that are low in cholesterol, salt, fat and sugar. Such interesting dishes as tarragon turkey steak and Mediterranean fish soup are offered at no extra charge.

• A most welcome book by Merle Schell is *The Italian Salt-free Diet Cookbook* (New American Library, 1987), with all the wonderful favorites of classic Italian cuisine—minus the salt. The same author also gave us Mexican and Chinese salt-free cookbooks. What's next?

• Those who still crave beef but are on restricted diets will welcome Dakota Lean Meats. Bred for leanness and raised in an additive-free environment, the cattle produce beef

much lower in saturated fat, cholesterol and calories than regular beef. For details, call (800) 843-1300, extension LEAN.

• Still the best drink in the world, water is not always as pure as it can be. The Donvier Pure Water Maker is a clever device to bring your tap water up to par or better. It uses a purifying charcoal filter that for the average user should be replaced monthly. Price is about \$30 plus \$7.95 for each filter cartridge. Any fluorides, by the way, will not be filtered out.

• According to researchers at the Massachusetts Institute of Technology, among the best sources of heart-protecting omega-3 fatty acids in fish are salmon, sardines and now canned solid white (albacore) tuna. The water-packed variety is best: It has about the same omega-3 content and less than half the calories of oil-packed.

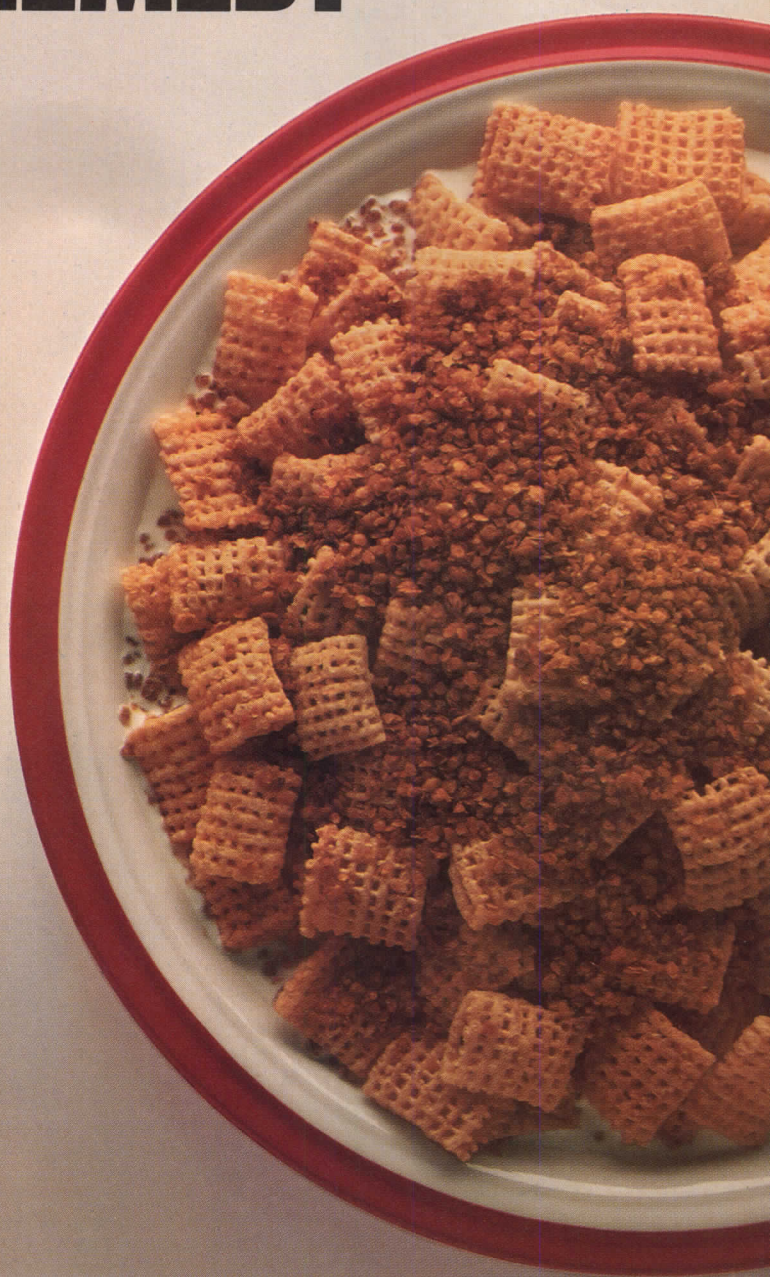
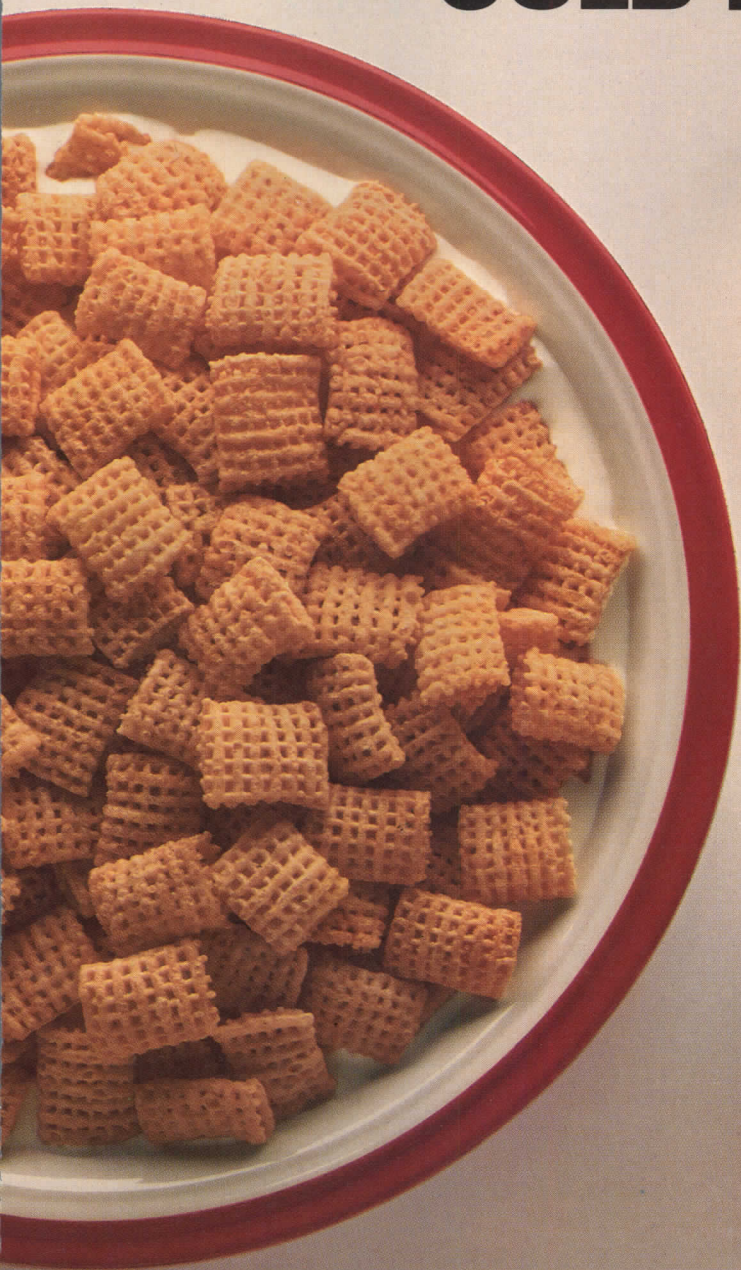
The Big Cheesebread

A rich yeast loaf made with whole eggs and butter and stuffed with Fontina cheese, Baltimore Cheesebread weighs three pounds and cuts to around ten slices. Delicious warm or at room temperature, it makes for a knockout luncheon when served with soup or salad.

The ten-inch braided ring costs about \$11 and is available for direct delivery on the East Coast only. Orders of four loaves can be shipped via UPS throughout the country. Contact Ms. Desserts, 4103 Amos Ave., Baltimore, MD 21215; (301) 358-9090. □



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See jar for cooking with Kretschmer Ideas. ©1988 The Quaker Oats Co.

Car and Driver calls it one of the
ten best cars in the world.



We simply call

The experts have been saying a lot about the Ford Taurus. But then, there's a lot to be said for an automobile that offers world-class style and performance as well as world-renowned value.

It's driven *Car and Driver* magazine to name it one of the ten best cars in the world three years straight. It moved *Road & Track* to select it as the best value in the world over

Honda Accord, Mazda 626, and Nissan Maxima (among sedans priced between \$12,500 and \$17,500, sold in the U.S.). And as *Motor Trend* simply put it: "We should all stand up and applaud."

People, like *Road & Track*, are impressed by its available V-6 power (in a choice of 3.0L or its new 3.8L engine) and its sophisticated 4-wheel independent suspension.

Buckle up—together we can save lives.

Road & Track calls it one of the
ten best values in the world.



it Ford Taurus.

So many people, in fact, that Taurus outsold every single car the competition made in 1987 (based on calendar year manufacturers' reported retail deliveries). Proof that its celebrated design has impressed more than just automotive editors.

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on and on. And so, we imagine, will the experts' praise.

Ford Taurus

Have you driven a Ford...lately?



Would you like to share your time-saving recipes, and any special microwave tips or techniques, with *Bon Appétit*? Send three to six recipes (please tell us where they came from) with your telephone number to Too Busy to Cook?, *Bon Appétit*, 5900 Wilshire Boulevard, Los Angeles, CA 90036. The material becomes our property and will not be returned.

Gary Selden, West Hartford, Connecticut. "I spent five years as a professional in the baking trade; now I'm a word processor working standard office hours, as opposed to the 5:00 A.M. shifts I was used to. I'm still interested in breads and cakes, and my culinary enthusiasms are widening to include the savory branches of cookery. But I simply don't have the time or the money for very lengthy or luxurious preparations. Nevertheless, I love to cook for my relatives and friends, and I'm always trying new ideas while keeping an eye on reasonable time and ease of preparation, as well as on the cost of a dish. While none of the concepts presented here are new, the specific recipes are my own. I like pronounced seasoning in my food; please feel free to adjust the flavorings to suit your own taste."

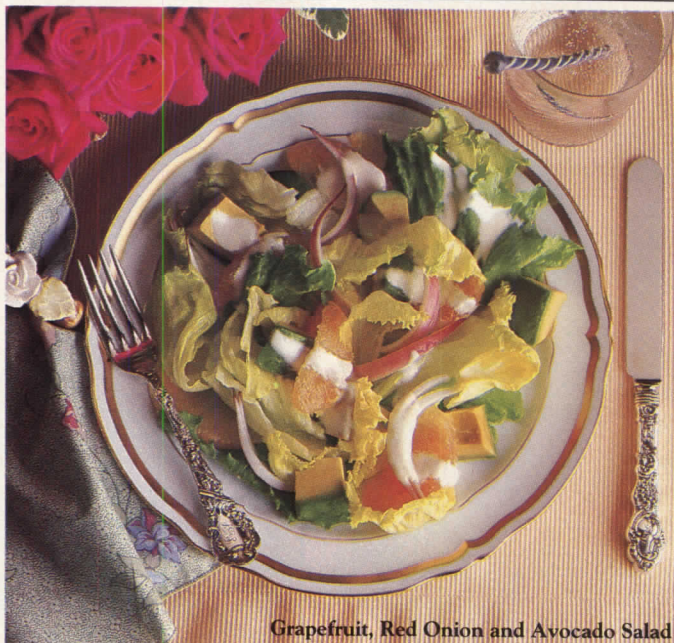
CREAMED CRAB ON TOAST

4 servings

- 1/4 cup (1/2 stick) butter
- 1 large celery stalk, minced
- 1/4 onion, minced
- 1/2 pound mushrooms, sliced
- 1/4 cup all purpose flour
- 1 8-ounce bottle clam juice
- 1 cup whipping cream
- 1/2 teaspoon dry mustard
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon cayenne pepper
- 1 pound cooked flaked crabmeat
- 2 1/2 tablespoons dry Sherry
- 1 1/2 tablespoons white wine
- Worcestershire sauce
- Salt and freshly ground pepper
- 4 1-inch-thick slices French bread, toasted
- Chopped fresh parsley
- Chopped green onions

Melt butter in heavy large saucepan over medium heat. Add celery and onion and cook until translucent, stirring occasionally, about 8 minutes. Stir in mushrooms and cook until softened, about 6 minutes. Add flour and cook until light brown, stirring often, about 5 minutes.

TOO BUSY TO COOK?



Grapefruit, Red Onion and Avocado Salad

Whisk together clam juice, cream, mustard, nutmeg and cayenne pepper in medium bowl. Stir into celery mixture. Cook until sauce boils and thickens, stirring frequently, about 4 minutes. Reduce heat and cook 2 minutes. (Can be prepared 1 day ahead, covered and chilled. Rewarm before continuing.)

Stir crab, Sherry and Worcestershire sauce into sauce. Season with salt and pepper. Cook until warmed through. Place toast on plates. Spoon crab mixture over. Top with parsley and onions.

SAUSAGE RISOTTO

4 servings

- 1 cup water
- 1 cup dry white wine
- 1 pound sweet Italian sausages
- 1/4 cup (1/2 stick) butter
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 medium green or red bell pepper, seeded and chopped
- 1 garlic clove, minced
- 1 cup rice
- 2 14 1/2-ounce cans chicken broth

- 1 teaspoon fennel seeds, crushed
- 1 teaspoon dried sage, crumbled
- Salt and freshly ground pepper
- Chopped fresh parsley

Bring water and wine to boil in medium saucepan. Reduce heat. Add sausages and simmer until just cooked through but still juicy, about 12 minutes. Drain. Place sausages on plate and cut into 1/2-inch-thick slices; reserve sausage juices exuded on plate.

Melt butter with oil in heavy large saucepan over medium heat. Stir in onion and bell pepper. Cover and cook 6 minutes. Mix in garlic. Cover and cook until vegetables are soft, 4 minutes.

Add rice to vegetables and cook over medium heat until rice is golden, stirring occasionally, about 5 minutes. Add 1 cup broth to rice. Adjust heat so liquid barely simmers and cook until broth is absorbed, stirring occasionally. Continue adding broth 1 cup at a time, adding sausage juices, fennel and sage with last addition and cooking until rice is just tender, about 20 minutes. Stir in sausages. Season with salt and pepper. Sprinkle with parsley and serve.

GRAPEFRUIT, RED ONION AND AVOCADO SALAD

Gary serves this as a first course.

4 servings

- 1 1-pound can grapefruit sections, drained, juice reserved
- 2 medium avocados, peeled, pitted and chopped
- 1/4 cup mayonnaise
- 2 teaspoons fresh lemon juice
- Salt and freshly ground pepper
- 1 small head iceberg lettuce
- 1/2 medium red onion, thinly sliced

Cut grapefruit sections into 3 pieces. Toss avocados with all but 2 tablespoons reserved juice from grapefruit. Whisk together mayonnaise, remaining 2 tablespoons grapefruit juice and lemon juice. Season with salt and pepper. Line 4 plates with lettuce. Drain avocados and toss with grapefruit. Divide grapefruit mixture among plates. Top with onion. Drizzle with dressing and serve.

EASY BEEF STROGANOFF

Canned gravy makes this one-dish supper a snap to prepare.

4 servings

- 2 tablespoons (1/4 stick) butter
- 2 tablespoons vegetable oil
- 1 1/2 pounds beef fillet or sirloin, cut into 1/2-inch-thick strips
- 1 medium onion, chopped
- 1/2 pound mushrooms, sliced
- 1 10-ounce can beef gravy
- 1/2 cup dry red wine
- 1 8-ounce carton sour cream
- 2 teaspoons paprika
- 1/8 teaspoon ground nutmeg
- Salt and freshly ground pepper
- 2 tablespoons dry Sherry
- Freshly cooked egg noodles
- Chopped fresh parsley

Melt butter with oil in heavy large skillet over medium-high heat. Add beef (in batches if necessary; do not crowd) and cook until well browned, turning occasionally, about 5 minutes. Remove beef from skillet.

Add onion to same skillet, reduce heat to medium and stir 5 minutes. Add mushrooms and cook until vegetables are soft, about 5 more minutes. Stir in

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TOO BUSY TO COOK?

continued from page 42

gravy and wine. (Can be prepared 4 hours ahead. Cover sauce and chill; wrap beef separately and chill. Rewarm sauce before continuing.)

Mix sour cream, paprika and nutmeg into sauce. Season with salt and pepper. Stir in Sherry and beef and heat through. Place noodles on platter. Spoon stroganoff over. Top with parsley. Serve immediately.

Anita Eakins, Stilwell, Kansas. "As a stay-at-home mom with four kids, I'm busy, believe me. But since my days aren't structured or scheduled, I'm able to do things that people who work in offices would never be able to do. I can join my fifth-grader on a field trip, do some needlepoint, read to my four-year-old or try a new recipe for dinner, simply because I'm my own boss. So even though I work hard, I also get to spend a lot of time doing the things I enjoy most. Cooking is one of my greatest pleasures. I read cookbooks like other people read novels, constantly looking for new recipes that I can try the next day. Some afternoons I retreat to the kitchen and create a new and wonderful dish. Not only is it fun for me, it's also a treat for the whole family."

CREAMY BROCCOLI SOUP

4 servings

- 1½ pounds broccoli, cut into small florets
- ¼ cup (½ stick) butter
- 1 medium onion, chopped
- 2 tablespoons all purpose flour
- 2 cups (about) canned chicken broth
- 1 cup milk
- 1 cup half and half
- 1½ teaspoons Worcestershire sauce
- 1½ teaspoons hot pepper sauce
- Salt and freshly ground pepper
- 1 cup grated cheese, such as Parmesan, Swiss or cheddar

Cook broccoli in large saucepan of boiling salted water until just tender, about 4 minutes. Drain.

Melt butter in heavy large saucepan over medium heat. Add onion and cook until soft, stirring occasionally, about 8 minutes. Add flour and stir 2 minutes. Gradually stir in 2 cups broth. Slowly bring to boil, stirring frequently. Mix in broccoli, milk, half and half, Worcestershire sauce and hot pepper sauce. Return to boil. Thin with more broth if desired. Season with salt and pepper. Ladle soup into bowls. Top with some of cheese. Serve, passing remaining cheese separately.

PASTA SHELLS WITH TUNA AND LEMON SAUCE

6 servings

- ½ cup (1 stick) butter
- 2 garlic cloves, minced
- 1 teaspoon grated lemon peel
- 1 teaspoon dried basil, crumbled
- 1 teaspoon dried parsley, crumbled
- ¼ cup dry white wine
- 2 teaspoons all purpose flour
- Salt and freshly ground pepper
- 2 6½-ounce cans oil-packed tuna, well drained and flaked
- 1 pound medium pasta shells, freshly cooked
- Grated Parmesan cheese
- Chopped fresh parsley

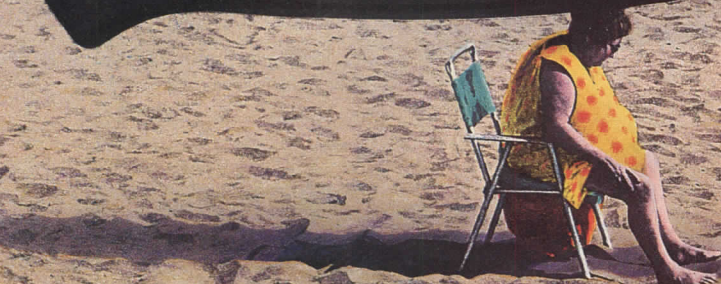
Melt butter in heavy large skillet over medium heat. Add garlic, lemon peel, basil and dried parsley. Cook until aromatic, stirring occasionally, about 5 minutes. Gradually mix wine into flour and add to butter mixture. Season with salt and pepper. Stir until sauce thickens, about 1 minute. Mix in tuna. Place shells in serving bowl. Pour sauce over and toss. Sprinkle with Parmesan and fresh parsley. Serve hot.

OATMEAL BLUEBERRY MUFFINS

Makes 12

- 1¼ cups oatmeal
- 1¼ cups all purpose flour
- ⅓ cup sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup milk
- ¼ cup vegetable oil
- 1 egg, beaten to blend
- ¾ cup frozen blueberries
- 2 tablespoons sugar
- 2 teaspoons cinnamon

Preheat oven to 425°F. Lightly grease 12 muffin cups. Combine first 5 ingredients in large



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bowl. Mix milk, oil and egg in another bowl. Add to oatmeal mixture and stir until just moistened. Fold in blueberries. Divide batter among muffin cups. Combine 2 tablespoons sugar and cinnamon. Sprinkle over muffins. Bake until tester inserted in centers comes out clean, about 15 minutes. Remove from cups. *(Can be prepared 1 day ahead. Store in airtight container.)* Serve warm or at room temperature.

FRUIT SALAD WITH WARM ORANGE DRESSING

Adjust the amount of sugar to suit the sweetness of the orange juice.

6 servings

- 2 medium oranges, peeled and divided into sections, each section halved
- 2 red apples, cored and cut into 1/2-inch cubes
- 2 bananas, peeled and sliced
- 1 cup orange juice
- 1/3 cup (or more) sugar
- 2 teaspoons cornstarch

Combine fruits in serving bowl.

Combine orange juice, 1/3 cup sugar and cornstarch in small saucepan. Stir over medium-low

heat until dressing thickens, about 1 minute. Add more sugar if desired. Pour over fruit and toss. Serve immediately.



TERRY'S CHERRY COBBLER

This is Anita's husband's favorite.

6 servings

- 2 16 1/2-ounce cans pitted sweet cherries, drained
- 1/2 cup sugar
- 3 tablespoons all purpose flour
- 1 cup all purpose flour
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3 tablespoons solid vegetable shortening
- 1/3 cup milk

Preheat oven to 450°F. Combine cherries, 1/2 cup sugar and

3 tablespoons flour in 8-inch square baking dish.

Mix together 1 cup flour, 1/4 cup sugar, baking powder and salt in bowl. Add shortening and cut in until mixture resembles coarse meal. Stir in milk. Roll dough out on lightly floured surface to 8-inch square. Place on top of cherries. Bake until crust is light brown, about 15 minutes. Serve cherry cobbler warm.

DELUXE MOCHA BROWNIES

Makes about 16

- 1/2 cup (1 stick) butter
- 2 ounces unsweetened chocolate
- 1 cup firmly packed dark brown sugar
- 1/2 cup all purpose flour
- 1/2 cup chopped pecans
- 2 eggs, beaten to blend
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1/4 cup (1/2 stick) butter, room temperature
- 2 cups powdered sugar
- 2 tablespoons strong brewed coffee
- 1/2 teaspoon vanilla

Preheat oven to 325°F. Grease 8-inch square baking dish. Melt 1/2 cup butter with chocolate in heavy medium saucepan over

low heat. Remove from heat and mix in brown sugar, flour, pecans, eggs, vanilla and salt. Transfer to prepared dish. Bake until brownies are firm to the touch, about 15 minutes. Cool.

Meanwhile, cream 1/4 cup butter with powdered sugar. Stir in coffee and vanilla. Spread over cooled brownies. Cut into squares or bars. *(Brownies can be prepared 1 day ahead. Store in airtight container.)*

Kerry Ann Crovello, Albuquerque, New Mexico. "I teach preschoolers, ages three to six, at a nearby day-care center. Our main goal there is that the children learn and grow at their own rates, and we try to have classroom and playground activities reflect that goal. We use a lot of educational toys, such as puzzles, blocks, paints and crayons; and playtime encourages coordination and muscle development. Also, there's a story time every day, as well as books they can pick up on their own. Cooking is another terrific hands-on way for children to use various skills. For example, they learn about math as they measure ingredients, and chemistry when they see what happens to food as a result of heat or refrigeration. The whole experience keeps their minds very active,

TOO BUSY TO COOK?

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and it's a great way to encourage sound nutritional habits. These recipes have been made and enjoyed by my students."

NUTTY NUT SANDWICHES

These are easy enough for kids to make for their own lunchboxes. They are also good grilled.

Makes 8

- 1 cup grated cheddar cheese
- 1/2 cup shredded zucchini
- 1 Granny Smith apple, cored and chopped
- 1 3-ounce package cream cheese, room temperature
- 1/4 cup unsalted peanuts, chopped
- 2 tablespoons honey
- 16 whole wheat bread slices

Combine first 6 ingredients in medium bowl. Spread cheese mixture on 8 bread slices. Top with remaining 8 bread slices. (Can be prepared 8 hours ahead. Wrap and refrigerate.)

HUEVOS RANCHEROS, KIDS' STYLE

6 servings

- 1 pound cheddar cheese, grated
- 2 4-ounce cans diced green chilies, drained, liquid reserved
- 12 eggs, beaten to blend
- Salt and freshly ground pepper
- Corn tortillas
- Salsa

Preheat oven to 350°F. Butter 9x13-inch glass baking dish. Spread cheese over bottom of prepared dish. Sprinkle with chilies. Blend liquid reserved from chilies into eggs. Season with salt and pepper. Pour over cheese and chilies. Bake until eggs are set, about 40 minutes. Cut into squares. Serve immediately with tortillas and salsa.

Heidi Waldstein, Needham, Massachusetts. "As a junior high school teacher, wife, and mother of a toddler daughter, I

don't have time for complicated menus. For me, 'too busy to cook' means too busy to shop and clean up, too. That's why I like main-course salads and one-dish meals—everything goes into one bowl or pot with hardly any fuss or mess. Whenever I cook, I avoid using a lot of pans and chop everything in the processor. I also try to buy my staples for the freezer and the cupboard in bulk. That way, I only stand in line at the big stores once a month. For day-to-day things, I walk to a nearby farm stand where there is fresh produce, pleasant service and no wait. And since I rarely plan a menu, it's good place to find inspiration for supper."

PIZZA CHICKEN

2 servings

- 3 tablespoons vegetable oil
- 3 cups sliced mushrooms
- 1/4 pound dry salami, cut julienne
- 4 boneless chicken breast halves, skinned, patted dry
- All purpose flour
- 1/2 cup dry Sherry
- 1/4 cup sliced black olives
- 1/2 cup shredded mozzarella cheese

Heat 2 tablespoons oil in wok or

heavy large skillet over medium-high heat. Add mushrooms and salami and cook until mushrooms are softened, stirring occasionally, about 5 minutes. Remove from wok. Set aside.

Dredge chicken in flour. Heat remaining 1 tablespoon oil in wok over medium-high heat. Add chicken and cook until browned, 1 to 2 minutes per side. Mix in Sherry and olives. Cover and cook until chicken is opaque, about 5 minutes. Stir in mushrooms and salami. Sprinkle with cheese. Cover and cook until cheese melts, 1 to 2 minutes.

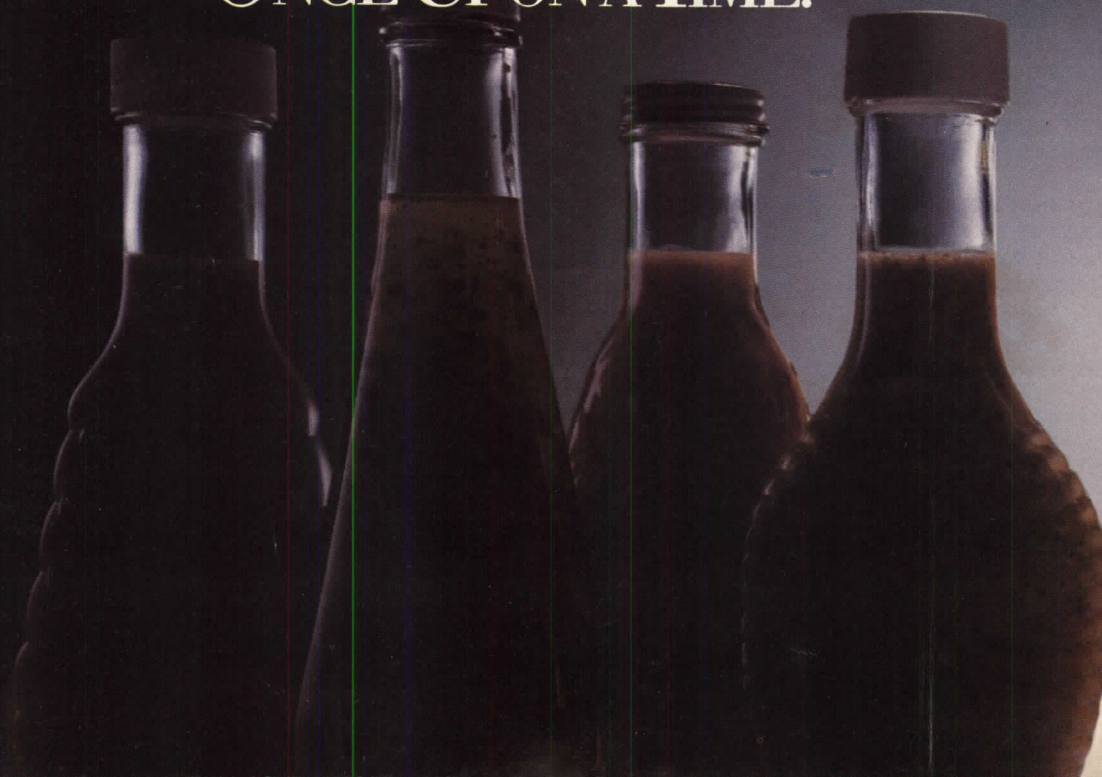
ORZO-FETA SALAD

4 to 6 servings

- 1/2 cup olive oil
- 1/4 cup white wine vinegar
- 2 tablespoons snipped fresh chives
- Salt and freshly ground pepper
- 1 cup orzo (rice-shaped pasta)
- 2 medium zucchini, thinly sliced
- 3/4 cup crumbled feta cheese
- 1/2 cup toasted pine nuts
- Tomato wedges

Combine first 3 ingredients in glass jar with tight-fitting lid.

FRESH.
ONCE UPON A TIME.



Season with salt and pepper. Seal and shake until well combined. *(Can be prepared 1 day ahead and refrigerated. Shake dressing before using.)*

Cook orzo in large saucepan of boiling salted water until just tender but still firm to bite, about 7 minutes. Add zucchini and cook until just crisp-tender, about 1 minute. Drain. Rinse under cold water. Drain completely. Combine orzo, zucchini, cheese and nuts in serving bowl. Pour dressing over and toss gently to coat. Garnish salad with tomato wedges.

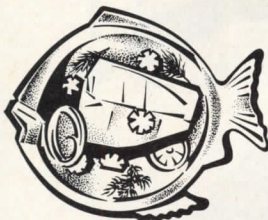
CHICKEN-VEGETABLE SALAD WITH HERBED CHEESE DRESSING

4 to 6 servings

- 1 5-ounce package garlic and herb semisoft cheese, room temperature
- 1/2 cup plain yogurt
- 2 teaspoons dillweed
- Salt and freshly ground pepper
- 2 cups broccoli florets
- 4 cups diced cooked chicken
- 3 cups peeled, seeded and diced cucumber
- 4 to 6 lettuce leaves

Puree first 3 ingredients in blender or processor until smooth. Season with salt and pepper. *(Can be prepared 1 day ahead. Cover and refrigerate. Stir dressing before using.)*

Cook broccoli in large saucepan of boiling water until just crisp-tender, about 3 minutes. Drain. Rinse under cold water. Drain completely. Combine broccoli, chicken and cucumber in large bowl. Pour dressing over and toss to coat. Line plates with lettuce. Spoon salad onto lettuce.



CHINESE NOODLE AND CRAB SALAD

4 to 6 servings

- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 1/4 cup chopped fresh cilantro
- Salt and freshly ground pepper
- 2 cups snow peas, strings removed

- 1 cup sliced carrots
- 1 pound chow mein noodles
- 1/2 pound fresh crabmeat, flaked
- 1 cucumber, peeled, seeded and diced
- 1/3 cup chopped green onions

Combine first 3 ingredients in jar with tight-fitting lid. Season with salt and pepper. Seal and shake until well combined. *(Can be prepared 1 day ahead and refrigerated. Shake before using.)*

Cook snow peas and carrots in large saucepan of boiling water until crisp-tender, about 2 minutes. Add noodles and cook until just tender but still firm to bite, about 1 minute. Drain. Rinse under cold water. Drain completely. Transfer to serving bowl. Mix in crab, cucumber and onions. Pour dressing over and toss to coat. Refrigerate salad until completely chilled, at least 30 minutes. *(Salad can be prepared 2 hours ahead.)*

TOFU-BROCCOLI SALAD

A colorful luncheon entrée.

4 to 6 servings

- 5 tablespoons vegetable oil

- 5 tablespoons soy sauce
- 3 tablespoons creamy peanut butter
- 2 tablespoons rice vinegar
- 2 tablespoons dry Sherry
- 1 garlic clove, minced
- 3/4 teaspoon minced peeled fresh ginger

- 8 cups broccoli florets
- 1 pound tofu, cut into 1/2-inch cubes
- 1 8-ounce can sliced water chestnuts, drained
- 1/2 cup chopped green onions
- 4 to 6 large lettuce leaves
- 2 cups halved cherry tomatoes
- 1/2 cup toasted unsalted sunflower seeds

Puree first 7 ingredients in blender or processor until smooth. *(Can be prepared 1 day ahead. Refrigerate in airtight container. Stir before using.)*

Cook broccoli in large saucepan of boiling water until just crisp-tender, about 3 minutes. Drain. Rinse under cold water. Drain completely. Combine broccoli, tofu, water chestnuts and green onions in medium bowl. Pour dressing over and toss gently to coat. Line plates with lettuce leaves. Spoon salad onto plates. Garnish with cherry tomatoes and sunflower seeds. □

—BY TRICIA CALLAS

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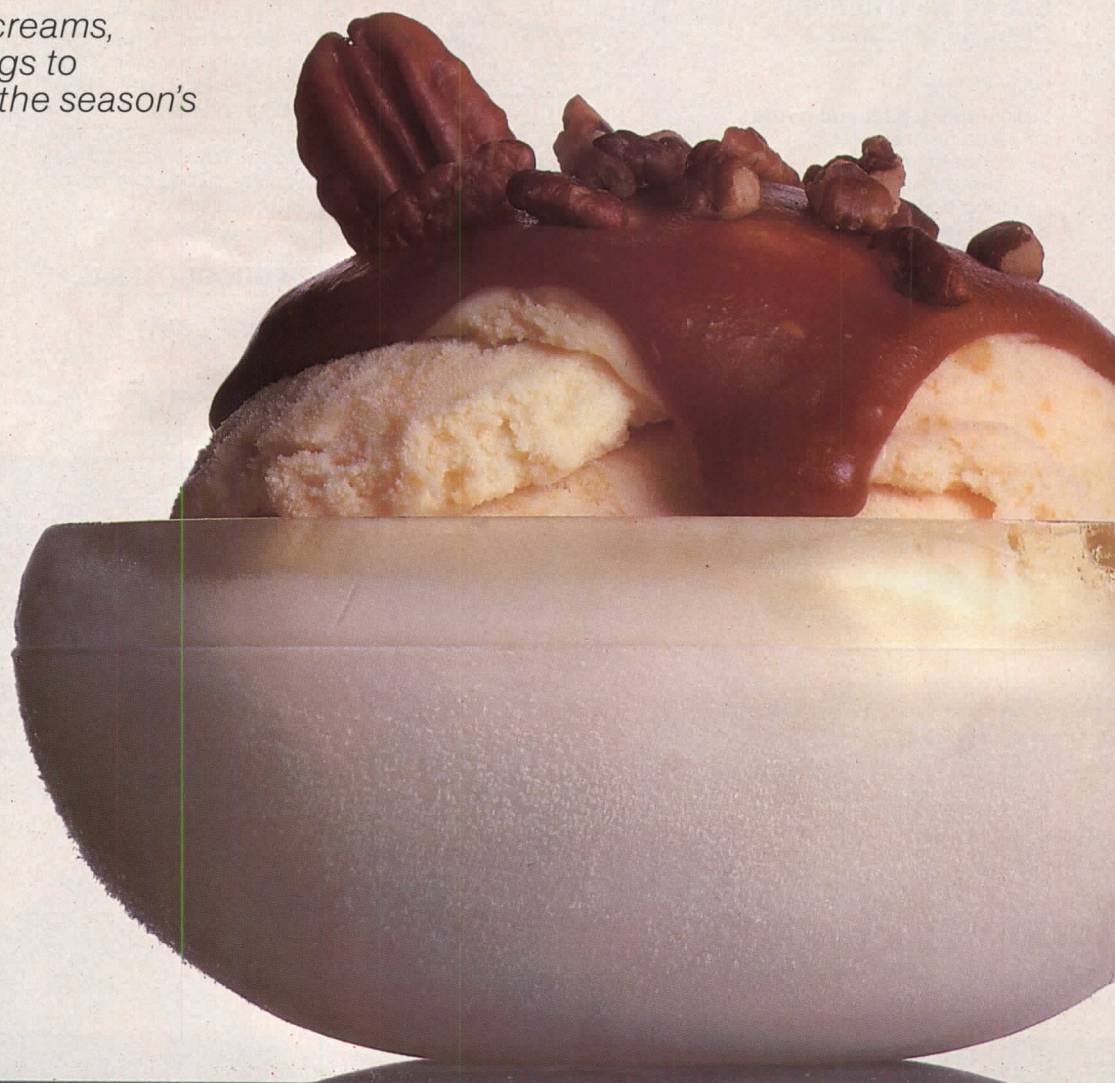


Super Sundaes!

*Fast and easy ice creams,
sauces and toppings to
mix and match for the season's
coolest desserts*

BY KRISTINE KIDD

PHOTOGRAPHS BY RUDI LEGNAME





Luscious flavors team up in a peach pecan ice cream sundae with warm butterscotch sauce (left) and pretty berry and mango sundae with brown sugar and lime sauce (right).

My friends lined up at my door when I started testing the recipes for this story. Which was just fine, since there are few things more dangerous than an evening alone at home with several pints of ice cream. And besides, it made me realize just how much everyone loves it. Start with something so popular, and whatever you make of it—whether it's elegant, like the raspberry-vanilla sundae, or backyard-barbecue fun, like the chocolate-banana one—you'll be sure to please yourself and guests alike.

These sundaes are easy to prepare. They are also easy to serve, because the ice creams and most of the sauces can be made ahead of time. Another plus is their adaptability: You can mix and match toppings and ice creams; you can buy the ice cream and make the sauce (or vice versa); or you can indulge in a few scoops straight up.

For the ultimate summer party, consider a sundae "bar," and let your guests come up with their own concoctions. Set out a few different ice creams (purchased or homemade) with some complementary sauces and bowls of chopped nuts, fruit, chocolate chips and the like. I guarantee there'll be a line outside your door in no time.

RASPBERRY AND VANILLA SUNDAE (Cover Recipe)

A sophisticated ending to any dinner party. There isn't a topping in this story that wouldn't taste good over a scoop of this vanilla ice cream. Don't forget that vanilla beans can be rinsed and reused. If using Tahitian vanilla beans, which are intensely flavored, use half the amount called for.

6 servings

Vanilla Bean-Cognac Ice Cream

- 4 cups half and half
- 2 6-inch vanilla beans, split lengthwise
- 6 egg yolks
- 1 cup sugar
- 3 tablespoons Cognac or brandy (optional)

Raspberry-Zinfandel Sauce

- 3 cups red Zinfandel wine
- 1½ cups frozen unsweetened raspberries
- 1 cup sugar
- 1 6-inch and 1 3-inch piece vanilla bean, split lengthwise
- 3 cups fresh raspberries
- Toasted sliced almonds
- Fresh mint sprigs

For ice cream: Place half and half in heavy medium saucepan. Scrape in seeds from vanilla beans; add pods.

Scald half and half. Remove from heat and let steep 15 minutes.

Whisk yolks and sugar to blend in medium bowl. Reheat half and half. Gradually whisk 2 cups into yolks. Return to saucepan. Stir over medium-low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 7 minutes; do not boil. Strain into medium bowl. Whisk 1 minute to cool. Stir in Cognac. Refrigerate custard until well chilled (or chill over bowl of ice water, whisking occasionally).

Transfer custard to ice cream maker and process according to manufacturer's instructions. Freeze in covered container several hours. (*Ice cream can be prepared 4 days ahead.*)

For sauce: Bring Zinfandel, frozen berries, sugar and vanilla beans to boil in heavy medium saucepan, stirring until sugar dissolves. Reduce heat and simmer 5 minutes. Increase heat and boil until reduced to 1½ cups, stirring occasionally, about 10 minutes. Strain into bowl, pressing on berries to extract as much pulp as possible. Cool to room temperature. (*Can be prepared 3 days ahead. Cover and refrigerate. Bring to room temperature before using.*)

Scoop ice cream into sundae dishes. Spoon sauce over. Top with fresh raspberries. Sprinkle with almonds. Garnish with mint sprigs and serve.

PEACHES, SOUR CREAM AND BROWN SUGAR SUNDAE

To make this simpler still, top the ice cream with sliced fresh peaches.

6 servings

Sour Cream-Brown Sugar Ice Cream

- 2 cups whipping cream
- 2 cups sour cream
- 6 egg yolks
- 1 cup plus 2 tablespoons firmly packed light brown sugar
- ¾ teaspoon vanilla

Peach Topping

- 2 pounds peaches, peeled and sliced
- 6 tablespoons sugar
- 1½ teaspoon finely crushed cardamom seeds

Whipped cream

Toasted sliced almonds

For ice cream: Scald whipping cream in heavy medium saucepan. Whisk sour cream, yolks and sugar in medium bowl. Gradually whisk in cream. Return to saucepan. Stir over medium-low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 3 min-

utes; do not boil. Strain into medium bowl. Whisk 1 minute to cool. Stir in vanilla. Refrigerate custard until well chilled (or chill over bowl of ice water, whisking occasionally).

Transfer custard to ice cream maker and process according to manufacturer's instructions. Freeze in covered container several hours. (*Ice cream can be prepared 4 days ahead.*)

For topping: Combine first 3 ingredients and let stand until syrupy, stirring occasionally, at least 20 minutes. (*Can be prepared 1 hour ahead.*)

Scoop ice cream into sundae dishes. Spoon peaches over. Top with dollop of whipped cream. Sprinkle almonds over and serve immediately.

APRICOT-ORANGE MUSCAT SUNDAE

6 servings

Essensia Ice Cream

- 1 cup half and half
- ⅔ cup sugar
- 6 egg yolks
- 2 cups whipping cream
- 1½ cups Essensia or other orange Muscat wine

Apricot Topping

- 2¼ cups water
- ¾ cup sugar
- 3 1¼-inch-thick orange slices
- 1½ cinnamon stick
- 1½ pounds apricots, peeled, pitted and quartered
- ¼ cup Essensia or other orange Muscat wine

Amaretti* cookies or almond macaroons, crushed

For ice cream: Scald half and half with sugar in heavy medium saucepan, stirring until sugar dissolves. Whisk yolks in medium bowl to blend. Gradually whisk in half and half mixture. Return to saucepan. Stir over medium-low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 3 minutes; do not boil. Strain into large bowl. Whisk in whipping cream, then Essensia. Refrigerate custard until well chilled (or chill over ice water, whisking occasionally).

Transfer custard to ice cream maker and process according to manufacturer's instructions. Freeze in covered container several hours. (*Ice cream can be prepared 4 days ahead.*)

For topping: Cook first 4 ingredients in heavy medium saucepan over low

A summer showstopper—delicious cappuccino sundaes pairs a rich homemade chocolate ice cream with coffee-caramel sauce, chocolate curls and softly whipped cream.





SUPER SUNDAES

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heat, stirring until sugar dissolves. Increase heat and simmer 10 minutes. Add apricots. Adjust heat so liquid barely simmers and cook until apricots are just tender, about 1 minute. Transfer apricots to bowl using slotted spoon. Boil syrup, orange slices and cinnamon until liquid is reduced to 1 cup, returning juices that accumulate in apricot bowl, about 15 minutes. Cool slightly. Add Essensia to syrup and pour over apricots with orange and cinnamon. Cover and refrigerate until well chilled. (*Topping can be prepared up to 2 days ahead.*)

Scoop ice cream into sundae dishes. Spoon apricot topping over, discarding orange and cinnamon. Sprinkle with amaretti and serve.

**Italian macaroons available at Italian markets and some supermarkets.*

PLUM-HAZELNUT PRALINE SUNDAE

This plum topping would also be delicious over the blackberry ice cream in the three-berry sundae. Try the praline ice cream here with the butter-scotch sauce in the peach pecan sundae.

6 servings

Praline Ice Cream

- 4 cups half and half
- 2 6-inch vanilla beans, split lengthwise

- 6 egg yolks
- $\frac{2}{3}$ cup sugar

- $\frac{1}{4}$ cups Hazelnut Praline (see recipe)

Plum Topping

- $\frac{3}{4}$ cup water
- 6 tablespoons crème de cassis
- 5 tablespoons sugar
- 2 lemon slices
- $\frac{1}{2}$ pounds purple-fleshed plums, cut into $\frac{1}{3}$ -inch-thick slices

- Whipped cream
- 6 plum slices
- Additional Hazelnut Praline

For ice cream: Place half and half in heavy medium saucepan. Scrape in seeds from vanilla beans; add pods. Scald half and half. Remove from heat and let steep 15 minutes.

Whisk yolks and sugar to blend in medium bowl. Reheat half and half. Gradually whisk half into yolks. Return to saucepan. Stir over medium-

A big scoop of ginger-spiked chocolate chunk ice cream, drizzled with chocolate sauce and brightened with strawberries, makes for another irresistible dessert.

low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 5 minutes; do not boil. Strain into medium bowl. Whisk 1 minute to cool. Refrigerate custard until well chilled (or chill over ice water, whisking occasionally).

Transfer custard to ice cream maker and process according to manufacturer's instructions, adding $\frac{1}{4}$ cups praline when ice cream is almost set. Freeze in covered container several hours. (*Can be prepared 4 days ahead.*)

For topping: Simmer water, cassis, sugar and lemon slices in heavy medium saucepan 5 minutes, stirring until sugar dissolves. Add $\frac{1}{2}$ pounds plums and simmer until almost tender, stirring occasionally, about 3 minutes. Transfer plums to bowl using slotted spoon. Simmer sauce until thickened and syrupy. Pour over plums. Cool to lukewarm. Discard lemon slices. (*Can be prepared 1 day ahead. Cover and refrigerate. Rewarm before serving.*)

Scoop ice cream into sundae dishes. Spoon lukewarm topping over. Top with dollop of whipped cream. Place plum slice atop cream. Sprinkle with praline and serve immediately.

HAZELNUT PRALINE

Makes $\frac{1}{2}$ cups

- $\frac{1}{2}$ cup sugar
- 3 tablespoons water
- $\frac{3}{4}$ cup hazelnuts, toasted and husked (about 4 ounces)

Lightly oil baking sheet. Cook sugar and water in heavy small saucepan over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and boil until mixture begins to color, brushing down any sugar crystals on sides of pan with wet pastry brush. Continue cooking, swirling pan gently, just until mixture turns rich caramel color. Add hazelnuts and stir over low heat until well coated, about 1 minute. Immediately pour onto prepared sheet. Cool completely.

Break praline into 1-inch pieces. Chop medium finely in processor, using on/off turns. (*Can be prepared 1 month ahead. Refrigerate in airtight container.*)

MAPLE AND SPICE SUNDAE

6 servings

Nutmeg Ice Cream

- 4 cups half and half
- 1 5-inch vanilla bean, split lengthwise
- 6 egg yolks
- 1 cup sugar

- 1 teaspoon freshly grated nutmeg

Maple Sauce

- $\frac{1}{2}$ cups pure maple syrup
- $\frac{1}{2}$ teaspoons grated lemon peel
- $\frac{1}{2}$ teaspoons freshly grated nutmeg
- 3 tablespoons butter

Whipped cream (optional) Coarsely chopped walnuts

For ice cream: Place half and half in heavy medium saucepan. Scrape in seeds from vanilla bean; add pod. Scald half and half. Remove from heat and let steep 20 minutes.

Whisk yolks and sugar to blend in medium bowl. Reheat half and half. Gradually whisk into yolks. Return to saucepan. Stir over medium-low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 3 minutes; do not boil. Strain into medium bowl. Whisk 1 minute to cool. Stir in nutmeg. Refrigerate custard until well chilled (or chill over ice water, whisking occasionally).

Transfer custard to ice cream maker and process according to manufacturer's instructions. Freeze in covered container several hours. (*Ice cream can be prepared 4 days ahead.*)

For sauce: Cook syrup, lemon peel and nutmeg in heavy small saucepan until very hot; do not boil. Remove from heat and whisk in butter. Cool.

Scoop ice cream into sundae dishes. Whisk sauce to blend and spoon over ice cream. Top with dollop of whipped cream. Sprinkle walnuts over.

THREE-BERRY SUNDAE

6 servings

Blackberry Ice Cream

- 2 $\frac{1}{2}$ -pint baskets fresh blackberries
- $\frac{1}{2}$ cups whipping cream
- $\frac{3}{4}$ cup sugar
- 4 egg yolks

Boysenberry Sauce

- 1 12-ounce bag frozen unsweetened boysenberries, thawed
- $\frac{1}{2}$ cup sugar
- Pinch of salt
- $\frac{1}{4}$ cup crème de cassis
- 3 cups blueberries
- Whipped cream
- 3 $\frac{1}{6}$ -ounce packages chocolate-covered English toffee (such as Heath bars), chopped (optional)

For ice cream: Puree berries in processor. Strain into small bowl, pressing to extract as much pulp as possible. Scald cream with sugar in heavy medium saucepan, stirring until sugar dissolves.

SUPER SUNDAES

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Whisk yolks in small bowl. Gradually whisk in half of hot cream. Return to saucepan. Stir over medium-low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 3 minutes; do not boil. Strain into medium bowl. Whisk 1 minute to cool. Stir in blackberry puree. Refrigerate custard until well chilled (or chill over bowl of ice water, whisking occasionally).

Transfer custard to ice cream maker and process according to manufacturer's instructions. Freeze in covered container several hours. (*Ice cream can be prepared 4 days ahead.*)

For sauce: Puree boysenberries in processor. Strain through fine sieve into heavy small saucepan, pressing to extract as much pulp as possible. Mix in sugar and salt. Boil until reduced to 1 cup plus 2 tablespoons, stirring until sugar dissolves, about 5 minutes. Cool slightly. Stir in cassis. Cool completely. (*Can be prepared 1 day ahead. Cover and refrigerate.*)

Scoop ice cream into sundae dishes. Spoon sauce over. Top with blueberries and dollop of whipped cream. Sprinkle with toffee and serve.

BANANA AND TOBLERONE SUNDAE

The flavors of a banana split in a delicious sundae. Rather than make the ice cream, you could buy some honey-vanilla and stir in toasted almonds.

6 servings

Honey-Almond Ice Cream

- 4 cups half and half
- 6 egg yolks
- $\frac{3}{4}$ cup honey

- 1 cup unblanched whole almonds, toasted and coarsely chopped (about 6 ounces)

Toblerone Sauce

- 6 3.5-ounce Toblerone milk chocolate bars, chopped
- 1 cup whipping cream
- 6 large bananas, sliced
- Whipped cream
- Toasted chopped almonds

For ice cream: Scald half and half in heavy medium saucepan. Whisk yolks in medium bowl. Gradually whisk in half and half. Return to saucepan and stir over medium-low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 6 minutes; do not boil. Strain into medium bowl. Mix in honey.

Whisk 1 minute to cool. Refrigerate custard until well chilled (or chill over ice water, whisking occasionally).

Transfer custard to ice cream maker and process according to manufacturer's instructions, adding almonds when ice cream is almost set. Freeze in covered container several hours. (*Can be prepared 4 days ahead.*)

For sauce: Cook chocolate with 1 cup cream in heavy medium saucepan over low heat, stirring until smooth.

Scoop ice cream into sundae dishes. Top with bananas. Spoon warm sauce over. Top with whipped cream. Sprinkle almonds over and serve.

PEACH PECAN SUNDAE WITH BUTTERSCOTCH SAUCE

Fold finely chopped peaches and a little peach schnapps into vanilla ice cream as a stand-in for homemade.

6 servings

Peach Ice Cream

- 4 cups finely chopped peeled peaches (about 2 pounds)
- $\frac{3}{4}$ cup peach schnapps
- $\frac{1}{4}$ cup sugar
- 1 cup whipping cream
- 1 cup half and half
- $\frac{1}{2}$ cup sugar
- 6 egg yolks
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{4}$ cup peach schnapps

Butterscotch Sauce

- 1 cup sugar
- 6 tablespoons water
- $\frac{1}{2}$ cup whipping cream
- $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter
- 2 tablespoons peach schnapps (optional)

Toasted pecan halves

For ice cream: Cook peaches with $\frac{3}{4}$ cup peach schnapps and $\frac{1}{4}$ cup sugar in heavy medium saucepan over medium-high heat until almost all liquid evaporates, stirring frequently near end, about 8 minutes. Transfer to bowl; do not clean saucepan.

Add cream, half and half and $\frac{1}{2}$ cup sugar to same saucepan and scald. Beat yolks in medium bowl to blend. Gradually whisk in hot cream mixture. Return to saucepan. Stir over medium-low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 3 minutes; do not boil. Strain into medium bowl. Whisk 1 minute to cool. Stir in vanilla and peach mixture. Cool slightly. Mix in $\frac{1}{4}$ cup peach schnapps. Refrigerate custard until well chilled (or chill over ice water, whisking occasionally).

Transfer custard to ice cream maker and process according to manufacturer's instructions. Freeze in covered container several hours. (*Ice cream can be prepared 4 days ahead.*)

For sauce: Cook sugar and water in heavy medium saucepan over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and boil until mixture begins to color, brushing down any sugar crystals on sides of pan with wet pastry brush, about 12 minutes. Continue cooking, swirling pan gently until mixture turns rich caramel color. Cool 15 seconds. Add cream and butter (mixture will bubble vigorously) and stir until caramel melts and sauce is smooth. Return to heat and bring to boil. Cool slightly. Mix in peach schnapps. Cool to warm. (*Can be prepared 1 day ahead. Cover and refrigerate. Rewarm sauce over low heat before using, stirring frequently.*)

Scoop ice cream into sundae dishes. Spoon warm sauce over. Sprinkle with pecans and serve immediately.

BERRY AND MANGO SUNDAE WITH BROWN SUGAR AND LIME SAUCE

If you're running short on time, skip the sauce and top with just the berries.

6 servings

Mango Ice Cream

- 3 pounds very ripe mangoes, peeled and cubed (you will need $2\frac{1}{2}$ cups puree)
- $2\frac{1}{4}$ cups half and half
- 12 egg yolks
- 1 cup plus 5 tablespoons sugar
- 2 tablespoons strained fresh lime juice

Sauce

- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup firmly packed light brown sugar
- 6 tablespoons water
- $\frac{1}{4}$ cup strained fresh lime juice
- 3 tablespoons butter
- 2 lime slices
- 1 cup blueberries
- 1 cup blackberries
- 1 cup sliced strawberries
- Sliced peeled fresh mangoes

For ice cream: Puree mangoes in processor. Strain through fine sieve. Scald half and half in heavy medium saucepan. Whisk yolks and sugar in medium bowl. Gradually whisk in half and half. Return to saucepan. Stir over medium-low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 3 minutes; do not boil. Strain into medium bowl. Whisk 1 minute to cool.

This may be the first time you've ever seen natural vanilla.



Vanilla Planifolia

A species of tropical climbing orchid, grown chiefly in Madagascar. Natural vanilla flavoring is derived from the long capsular fruit known as the vanilla bean.

This may be the first time you've ever really tasted it.



MADE THE BREYERS WAY. NATURALLY.



SUPER SUNDAES

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Stir in 2½ cups mango puree (reserve any remainder for another use) and lime juice. Refrigerate custard until well chilled (or chill over ice water, whisking occasionally).

Transfer custard to ice cream maker and process according to manufacturer's instructions. Freeze in covered container several hours. (*Ice cream can be prepared 4 days ahead.*)

For sauce: Stir first 6 ingredients in heavy medium saucepan over medium heat until sugar dissolves. Continue cooking until reduced to 1 cup, stirring frequently, about 10 minutes. Cool to lukewarm. Discard lime slices. (*Can be prepared 1 day ahead. Cover and let stand at room temperature. Rewarm over low heat, stirring constantly.*)

Combine berries in large bowl. Scoop ice cream into bowls. Spoon lukewarm sauce over. Top with berries and sliced mangoes and serve immediately.

LEMON AND HONEY SUNDAE

Using a mildly flavored orange honey will scent the ice cream delicately.

6 servings

Ice Cream

- 2 cups whipping cream
- 2 cups half and half
- 6 egg yolks
- 1 cup plus 2 tablespoons honey
- 3 tablespoons grated lemon peel
- ¾ cup fresh lemon juice
- ¼ teaspoon vanilla

Sauce

- ¾ cup honey
- ¼ cup fresh lemon juice
- 3 tablespoons orange marmalade, melted
- ¼ teaspoon (scant) ground cloves
- Lightly toasted slivered almonds
- Candied violets* (optional)

For ice cream: Scald cream and half and half in heavy medium saucepan. Whisk yolks in medium bowl to blend. Gradually whisk in hot cream mixture. Return to saucepan and stir over medium-low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 3 minutes; do not boil. Strain into medium bowl. Mix in honey and lemon peel. Let steep 10 minutes. Mix in lemon juice and vanilla. Refrigerate until custard is well chilled (or chill over ice water, whisking occasionally).

Transfer custard to ice cream maker and process according to manufacturer's instructions. Freeze in covered

container several hours. (*Ice cream can be prepared 4 days ahead.*)

For sauce: Blend honey, lemon juice, marmalade and cloves in bowl.

Scoop ice cream into sundae dishes. Top with sauce, then nuts. Garnish with candied violets and serve.

*Available at specialty foods stores.

CAPPUCCINO SUNDAE

The rich, chocolaty ice cream is terrific even without the coffee sauce.

6 servings

Chocolate-Cinnamon Ice Cream

- 3 cups half and half
- 3 3-inch cinnamon sticks
- 12 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
- 2 ounces unsweetened chocolate, chopped
- 1 cup whipping cream
- 1 teaspoon ground cinnamon
- 6 egg yolks
- 1 cup firmly packed light brown sugar
- 6 tablespoons Kahlúa or other coffee liqueur
- Pinch of salt

Coffee-Caramel Sauce

- 1 cup sugar
- 3 tablespoons water
- ¾ cup whipping cream
- 4 teaspoons instant espresso powder dissolved in ¼ cup boiling water
- 1 teaspoon vanilla

Whipped cream

Chocolate curls made from mocha chocolate or bittersweet (not unsweetened) chocolate

For ice cream: Scald half and half with cinnamon sticks in heavy medium saucepan. Remove from heat and let mixture steep 15 minutes.

Melt both chocolates with whipping cream and 1 teaspoon ground cinnamon in another heavy medium saucepan over low heat, stirring until smooth. Remove from heat. Whisk yolks and sugar in medium bowl to blend. Reheat half and half. Gradually whisk into yolks. Return to saucepan. Stir over medium-low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 3 minutes; do not boil. Strain into chocolate mixture and whisk to blend. Mix in Kahlúa and salt. Refrigerate custard until well chilled (or chill over bowl of ice water, whisking occasionally).

Transfer custard to ice cream maker

and process according to manufacturer's instructions. Freeze in covered container several hours. (*Ice cream can be prepared 4 days ahead.*)

For sauce: Cook sugar and water in heavy medium saucepan over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and boil until mixture begins to color, brushing down any sugar crystals on sides of pan with wet pastry brush, about 4 minutes. Continue cooking, swirling pan gently just until mixture turns rich caramel color. Remove from heat and add cream (mixture will bubble vigorously). Stir until caramel dissolves. Add espresso. Boil 1 minute. Add vanilla. Cool to lukewarm. (*Can be prepared 3 days ahead. Cover and refrigerate. Reheat to lukewarm over low heat, stirring frequently.*)

Scoop ice cream into sundae dishes. Spoon lukewarm sauce over. Top with dollop of whipped cream. Garnish with chocolate curls and serve.

GINGER AND CHOCOLATE CHUNK SUNDAE WITH STRAWBERRIES

You could approximate this ice cream by stirring preserved ginger and chopped bittersweet chocolate into some rich vanilla ice cream.

6 servings

Ginger-Chocolate Chunk Ice Cream

- 4 cups half and half
- 1 cup sugar
- 6 egg yolks
- ⅓ cup minced drained preserved ginger in syrup
- 2 tablespoons syrup from preserved ginger
- 1½ teaspoons vanilla
- 6 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped into ¼-inch pieces

Chocolate Sauce

- 6 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
- ¾ cup water
- ¼ cup sugar
- 4 quarter-size slices drained preserved ginger in syrup
- 3 tablespoons butter
- ½ teaspoon instant espresso powder
- 3 cups strawberries, sliced
- 6 strawberries, sliced and fanned
- Whipped cream

For ice cream: Scald half and half with sugar in heavy medium saucepan, stirring until sugar dissolves. Whisk yolks

recipe continued on page 114

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A Strategy for Easy Summer Parties

Great grill entrées and do-ahead accompaniments showcased in three stylish menus from a New York caterer

BY MICHAEL McLAUGHLIN

Hot and hazy New York City is only 20 miles behind us but feels a world away. For every mile out of the city the temperature seems to drop another degree, and by the time we turn into the gate and head up the sweeping gravel drive to the big white house, our spirits—and our appetites—are on the rise.

We've come to the right place. Manhattan caterer Pamela Morgan has borrowed the country home of one of her clients to demonstrate for us and the readers of *Bon Appétit* the secrets of easy, stylish, summer entertaining. As we pull up, she's standing on the porch in her tailored kitchen whites, waving a welcome with one hand and tending a smoking grill with the other.

We all move into the old-fashioned kitchen, a hive of well-orchestrated hubbub as Pam and her crew ready ingredients for three do-ahead menus with a summer twist: The main course of each is grilled—finished, actually, on the grill—briefly before serving. With only a couple of exceptions, the accompaniments are either done in advance or they go on the grill at the last minute with the main course. It's a strategy that really works for casual warm-weather parties.

One look and you know this woman is organized. "I make lists," she says. "Without them"—she brandishes a fistful pertaining to today's class—"I'd be lost." Actually, Pam is something of a master juggler, a talent that serves her well in business as well as at home.

OPPOSITE TOP: ELEGANT GRILL DINNER, served poolside (clockwise from center)—basket of lobster and shrimp with tomato-basil sauce; peach daiquiris; chive-accented potato skins; and squash filled with spinach mousse. **OPPOSITE BELOW: Perfect food for a CASUAL SUMMER SUPPER** (clockwise from right)—smoked chicken with goat cheese and herbs, paired with garlicky French bread slices; arugula salad; and corn and barley casserole. **RIGHT: Pamela Morgan** demonstrates her carefree cooking method.





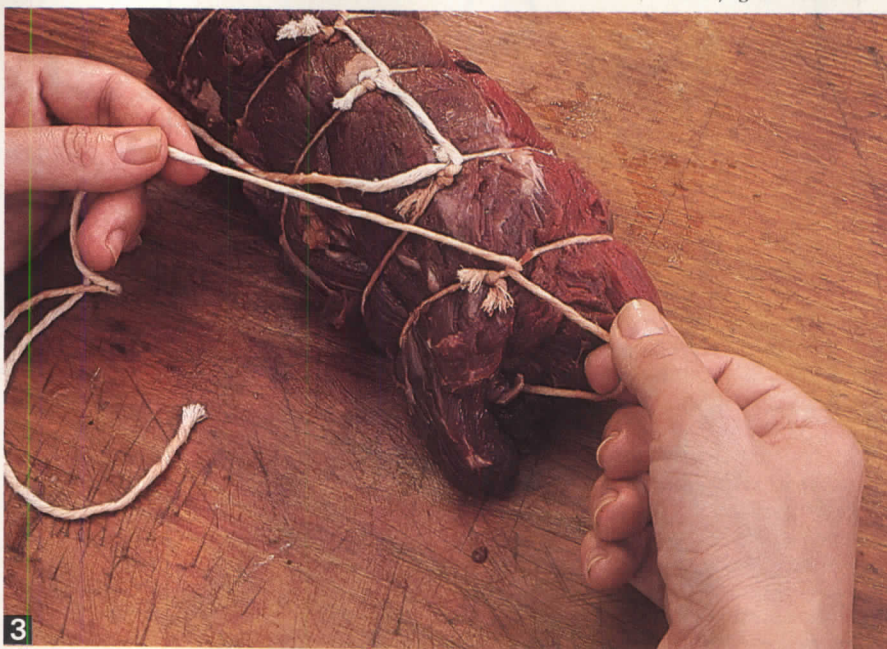
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SMOKED FILLET OF BEEF WITH CURRY BUTTER

- 1 Curry butter is shaped into log.
- 2 Pocket made in beef fillet is filled with buttery sautéed mushrooms.
- 3 Beef is tied before marinating and smoking. It is served with curry butter.



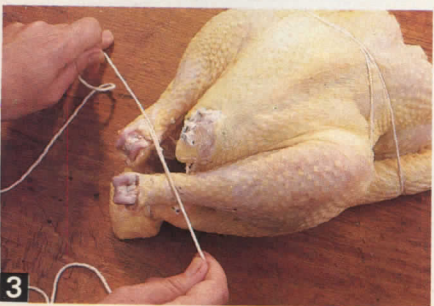
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SMOKED CHICKEN WITH GOAT CHEESE AND HERBS

- 1 For filling, goat cheese is mixed with roasted garlic, thyme and other herbs.
- 2 Goat cheese mixture is then spread evenly under skin of chicken.
- 3 Chicken is trussed to hold shape, sprinkled with olive oil and roasted.
- 4 Herb-flecked chicken is smoked briefly over hickory chips to finish.

OPPOSITE: Saffron-scented mussels and crusty bread open this BEEF BARBECUE. The main attraction features tender sliced smoked beef with curry butter; rice pancakes; and sugar snap peas with yogurt and mint.





WILD AND BROWN RICE PANCAKES

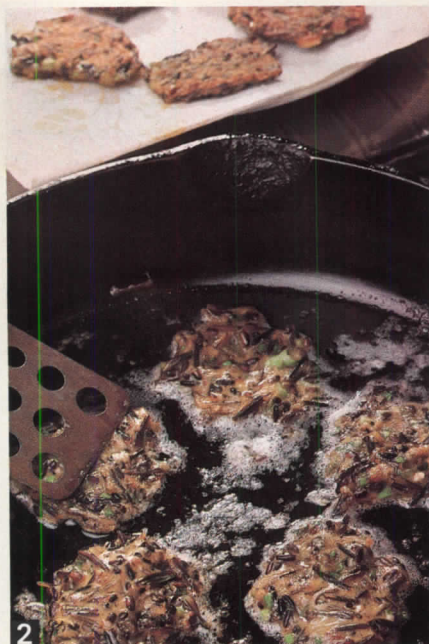
1 Batter mixes two kinds of rice—wild and brown basmati—with chopped green onions, eggs and milk.

2 Pancakes are flattened into rounds and cooked on each side until crisp.

She is a mother (son Zach is three), a wife (husband Mitchell Maxwell is a busy film and theatrical producer) and a successful caterer in one of the most competitive cities in the land. And what she knows about balancing all three roles comes in handy when she's balancing menus of complex and simple dishes, last-minute and do-ahead preparations for her parties.

"To survive as a caterer," she says, "you have to think and plan. A lot of the work can be gotten out of the way before the guests get there. The secret is to make everything look and taste fresh-cooked while simplifying what's done behind the scenes."

Another of Pam's secrets is to offer dishes that taste good at any temperature. "Most of this food is just as good



warm or cool as it is hot off the grill," she says. "When my family and I visit our weekend place we want meals that are satisfying and summery; but if time slips away while we're swimming or playing softball or napping, nothing will be the worse for waiting."

We're beginning to understand: straightforward main courses that combine do-ahead steps with a last few minutes on the barbecue, and side dishes that either follow suit, are fully completed or are so easy that very little is involved in getting them to the table. But what about dessert? At home Pam takes a vacation from the extravagant endings expected of her as a caterer. "I let nature do the work," she says. "What could be better than chilled slices of melon, sweet black

cherries on ice or a bowl of perfect berries with cream and sugar? If I want to get elaborate I might pair liqueur-drizzled fruit with store-bought ice cream or sorbet, but honestly, that's it. I'm embarrassed to say there are days when I'm too tired to whip cream."

We empathize, and watch as she turns her attention to the chicken for the first menu. Deftly she separates the skin from the breasts and legs and stuffs the pockets with a savory goat cheese and herb mixture, noting in a practical aside that today's particular combination of rosemary, thyme and parsley, boosted with a sprinkle of herbes de Provence, is only one of the possibilities. "Pick an assortment of the freshest herbs you find in the market, and feel free to experiment," says Pam, slipping the chicken into the oven for a preliminary baking.

"These menus are meant to be unstructured and unfussy," she says, which doesn't sound much like a caterer talking. "That's the only way a day of cooking can still feel like a day off. Ordinarily, we caterers work under an enormous amount of pressure."

The word *pressure* seems to be an understatement when we hear Pam describe her catering company's (called Flavors) participation in Liberty Weekend. "Three parties in one day for 1,200 people each: It was tremendously exciting," she says. And just how she got to that level of expertise is a good story in itself.

Pam admits that when she left Wichita Falls, Texas, and came to New York seeking a career in show business, she knew little about food. "My mom is a great cook and a great hostess—that's a Texas tradition. The table was always set, there were always roses from her garden as centerpieces, and she put up her own preserves and pickles. But I arrived in Manhattan never having eaten authentic Chinese food. I had never had really good veal, never tasted cappuccino."

That didn't last long, and Pam found herself turning down a chance to tour with a Broadway musical in order to stay and pursue her new interest. A cooking class in a small French restaurant in Greenwich Village altered things for good. "To be in that



SUMMER SQUASH FILLED WITH SPINACH MOUSSE

1 For mousse, spinach is first cooked over high heat until wilted. Parmesan cheese and cream will lend richness.

2 Melon baller is used to scoop out pulp from crookneck squash halves.

3 After steaming, squash are filled with spinach mousse and baked.



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We bring good things to life.

professional kitchen actually cooking the food instead of just enjoying it out there in the dining room—that was a real thrill for me,” she says.

Pam went on to take classes at The New School in New York, followed by instruction from Madeleine Kamman. Harold McGee’s book, *On Food and Cooking*, provided the culinary chemistry and physics know-how. A stint at The Silver Palate pulled it all together, and Pam was in business for herself.

Moving to the next menu, Pam whips up a batch of frozen peach daiquiris. Garnishing each icy glass with a sprig of fresh mint, she makes a point about eye appeal. “Delicious food is beautiful food,” she says. “That’s probably the main thing clients expect of a caterer. When I design a dish I start with flavor, but I think visually, too. The nice thing about summer food is that it’s so beautiful it practically garnishes itself.”

Sensing that the natives are getting restless—and hungry—Pam leads us to a second smoking grill. A mound of marinated and precooked seafood is quickly finished over pungent mesquite wood. The tomato-basil sauce, quickly cooked and finished up in seconds in the blender, adds a richness to the smoky seafood; and the accompaniments—grilled potato skins and spinach-stuffed summer squash—are appropriately light. We sip our daiquiris and dive into our lunch by the pool.

Some time passes. And while we’ve been snoozing in the shade, Pam has been working on the third of these grill menus. The entrée is a showstopper: a fillet of beef stuffed with wild mushrooms. True to her catering background, Pam has built plenty of do-ahead steps into this dish. The fillet is stuffed, then tied with string (“This helps retain its shape, which makes for easier and prettier slicing”) before being marinated overnight. The nippy curry butter that’s served with it is whirled together in the processor, then formed into a small log and refrigerated up to three days. “And except for the grilling itself, the main course is done,” says Pam.

The combination of curry and mustard that flavors the butter reminds Pam of another piece of inside information: “More and more people today are adventurous about what they eat,” she says. “Catering used to be a rather conservative business, but exciting restaurants and new cuisines and more available ingredients have even the most old-fashioned diners looking for what I think of as big tastes—ginger, hot chilies, chutneys, garlic, mustards, herbs, that kind of thing.”

The late summer sun is beginning to set behind the house, and the view is hazy from savory wood smoke. Cicadas buzz in the trees. For the first time in a long day of cooking, Pam Morgan drops into a lawn chair with a satisfied sigh. “There are still those who dismiss grilling as a trend,” she laughs. “I couldn’t disagree more. It’s our oldest cooking method, after all. And on a summer evening like this, what could be more appropriate and perfect?”

For more information about classes, write:

Pamela Morgan
Flavors
230 East 18th Street
New York, NY 10003

CASUAL SUMMER SUPPER

SMOKED CHICKEN WITH
GOAT CHEESE AND HERBS
GRILLED FRENCH BREAD WITH
GARLIC-CAYENNE BUTTER
CORN AND BARLEY CASSEROLE
ARUGULA, ONION AND TOMATO
SALAD
COLD MELON SLICES
White Bando or French Rosé

SMOKED CHICKEN WITH GOAT CHEESE AND HERBS

Accompany the chicken with the grilled garlic bread, the do-ahead barley casserole and sliced onion and tomato on a bed of arugula. Fresh melon slices are a nice dessert.

6 servings

- 2 garlic cloves (unpeeled)
Olive oil
- 1/2 cup goat cheese, such as
Montrachet, room temperature
- 1/2 cup minced fresh parsley
- 2 tablespoons (1/4 stick) unsalted
butter, room temperature
- 1 shallot, minced
- 1 1/2 teaspoons minced fresh rosemary
- 1 1/2 teaspoons minced fresh thyme
- 1 1/4 teaspoons herbes de Provence*
Salt and freshly ground pepper
- 1 5 1/2- to 6-pound chicken, excess
fat trimmed
- 2 rosemary sprigs
- 2 thyme sprigs
- 1 garlic clove, peeled
- 1 tablespoon extra-virgin olive oil
- 4 cups hickory chips, soaked in
water to cover 1 hour and
drained
- 1 cup chicken stock or unsalted
canned broth
- Kale leaves (optional)

Preheat oven to 350°F. Rub unpeeled garlic with olive oil. Place on sheet of foil and roast 20 minutes. Maintain oven temperature at 350°F.

Peel roasted garlic and mash in small bowl. Mix in goat cheese, parsley, butter, shallot, 1/2 teaspoon rosemary, 1/2 teaspoon thyme and 1/4 teaspoon herbes de Provence. Season with salt and freshly ground pepper.

Line shallow roasting pan with foil. Pat chicken dry. Season cavity with salt and pepper. Loosen skin over breast meat and top of legs by sliding hand between skin and meat. Spread goat cheese mixture under skin over breast meat and top of legs. Place any remaining mixture in cavity. Add rosemary and thyme sprigs to cavity. Rub garlic clove over skin of chicken; add garlic to cavity. Truss to hold shape. Sprinkle chicken with salt and pepper. Rub with remaining 1 teaspoon rosemary, 1 teaspoon thyme and 1 teaspoon herbes de Provence. Place in prepared pan. Sprinkle with extra-virgin olive oil. Roast 1 hour.

Meanwhile, prepare barbecue grill (high heat). Add hickory chips to fire; cover until smoky, about 5 minutes.

Place chicken on grill rack, reserving pan juices. Cover and smoke until chicken juices run clear when thigh is pierced, about 15 minutes.

Meanwhile, degrease pan juices. Combine with stock in small saucepan. Boil until reduced to 2/3 cup.

Line platter with kale. Transfer chicken to prepared platter. Serve, passing pan juices separately.

*A dried herb mix available at specialty foods stores and some supermarkets. Basil and/or marjoram can be substituted.

GRILLED FRENCH BREAD WITH GARLIC-CAYENNE BUTTER

6 servings

- 1/2 cup (1 stick) unsalted butter,
room temperature
- 2 tablespoons minced fresh parsley
- 1 teaspoon cayenne pepper
- 1 garlic clove
- 1 French bread baguette, sliced 1/2
inch thick

Puree first 4 ingredients in processor until smooth. Transfer to bowl. (Can be prepared 1 day ahead. Cover and refrigerate. Bring flavored butter to room temperature before continuing.)

Prepare barbecue grill (high heat). Spread one side of each bread slice thinly with flavored butter. Arrange buttered side down on grill rack. Cook until crusty, about 1 minute.

CORN AND BARLEY CASSEROLE

Prepare this creamy side dish one day ahead, then bake just before serving.

6 servings

- 6 ears corn, husked
- 1 cup barley
- 2 red bell peppers
- 1 pound sliced bacon
- 1 jalapeño chili, seeded and minced
- 1 teaspoon ground cumin
- 3 cups whipping cream
- 1/2 teaspoon salt
- Freshly ground pepper

Cook corn in large pot of boiling salted water until just tender, about 5 minutes. Remove corn. Add barley to water and cook 30 minutes, skimming surface occasionally. Drain. Rinse under cold water and drain well. Transfer to large bowl. Cut kernels off corn cobs. Add to barley.

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. Chop 1 pepper; add to barley mixture. Thinly slice second pepper and set aside for garnish.

Cook bacon in heavy large skillet over

medium heat until crisp. Drain on paper towels. Break into small pieces. Add half of bacon to barley mixture. Mix in half of jalapeño and 1/2 teaspoon cumin. Combine cream, 1/2 teaspoon salt, pepper and remaining bacon, jalapeño and 1/2 teaspoon cumin in heavy small saucepan. Boil until reduced by half, about 15 minutes. Blend into barley mixture. Adjust seasoning. Transfer mixture to 10-cup casserole. Cover with foil. (*Can be prepared 1 day ahead. Refrigerate barley and sliced pepper separately. Bring to room temperature before continuing.*)

Preheat oven to 350°F. Bake casserole until heated through, about 25 minutes. Garnish with bell pepper slices.

ELEGANT GRILL DINNER FOR SIX

FROZEN PEACH DAIQUIRIS
GRILLED LOBSTER AND SHRIMP
WITH TOMATO-BASIL SAUCE
GRILLED POTATO SKINS
SUMMER SQUASH FILLED WITH
SPINACH MOUSSE
LIQUEUR-MARINATED FRUIT
WITH ICE CREAM

Champagne or dry white wine

FROZEN PEACH DAIQUIRIS

This refreshing summer drink has a terrific peach flavor.

6 servings

- 1 1/4 pounds very ripe peaches, pitted and cut into 1-inch pieces
- 2 cups ice cubes
- 7 1/2 tablespoons light rum
- 1/4 cup fresh lemon juice
- 3 tablespoons peach schnapps
- 2 1/2 tablespoons sugar
- Fresh mint sprigs

Puree all ingredients except mint in blender to slushy consistency. Divide among glasses. Garnish with mint.

GRILLED LOBSTER AND SHRIMP WITH TOMATO-BASIL SAUCE

The spicy marinade and grilling bring out the best in the shellfish. Prepare the shrimp, potato skins and squash ahead of time. Then grill the meal while guests join in the fun. Liqueur-marinated fruit over ice cream would round out this menu perfectly.

6 servings

- 5 tablespoons red wine vinegar

recipe continued on page 66



From the makers of
Jack Daniel's...

COOKING CLASS

continued from page 65

- 1/4 cup dry white wine
- 1 medium tomato, seeded and diced
- 2 tablespoons olive oil
- 1 tablespoon dark brown sugar
- 1 tablespoon fresh lemon juice
- 1 teaspoon chopped garlic
- 1/4 teaspoon dried red pepper flakes
- 1/4 teaspoon salt
- Freshly ground pepper
- 1/4 cup chopped fresh basil
- 1 tablespoon chopped fresh Italian parsley
- 18 jumbo shrimp (unpeeled)
- 18 wooden skewers
- 2 cups dry white wine
- 2 lemon slices
- 3 1 1/2-pound lobsters
- 1 1/2 cups mesquite chips, soaked in water to cover 20 minutes and drained

6 lemon halves, cut decoratively Tomato-Basil Sauce (see recipe)

Simmer first 10 ingredients in nonaluminum saucepan 5 minutes. Add basil and parsley and cool. Place shrimp in shallow nonaluminum pan. Pour marinade over; turn shrimp to coat. Refrigerate at least 4 hours or overnight.

Soak skewers in water to cover 1 hour.

Prepare barbecue grill (high heat). Drain shrimp, reserving marinade. Thread on skewers. Place marinade in base of steamer. Add 2 cups wine and lemon slices. Set aside 1/4 cup mixture for Tomato-Basil Sauce. Bring remainder to boil. Place lobsters on steamer rack. Cover and steam until bright red-orange, about 10 minutes.

Meanwhile, sprinkle mesquite chips over fire and cover until smoky.

Place lobsters on grill rack, cover and smoke until cooked through, about 7 minutes. Transfer to platter. Place shrimp on grill rack and cook until just opaque, about 3 minutes per side. Split lobsters lengthwise. Garnish lobsters and shrimp with lemon halves. Pass warm sauce separately.

TOMATO-BASIL SAUCE

Makes about 1 1/2 cups

- 1 cup (2 sticks) unsalted butter, cut into tablespoons, room temperature
- 1/4 cup minced shallots
- 1/2 cup diced seeded tomato
- 1/4 cup red wine vinegar
- 1/4 cup steaming liquid reserved from Grilled Lobster and Shrimp (see recipe) or 1/4 cup fish stock
- 1/4 cup whipping cream

Salt

- 1/4 cup shredded fresh basil
- Fresh basil sprig

Melt 1 tablespoon butter in heavy small saucepan over medium heat. Add shallots and stir until softened, about 2 minutes. Add tomato, vinegar and steaming liquid and boil until reduced by half, about 3 minutes. Add cream and boil until reduced by half, stirring occasionally, about 3 minutes. Puree in blender. With machine running, add remaining butter 1 tablespoon at a time, incorporating each before adding next. Season with salt. Mix in shredded basil. *(Can be prepared 45 minutes ahead and kept warm in vacuum bottle or in top of double boiler over warm water.)* Garnish tomato sauce with basil sprig before serving.

GRILLED POTATO SKINS

An easy-to-prepare accompaniment to the shellfish. Save the potato pulp for potato pancakes or mashed potatoes.

6 servings

6 large russet potatoes

- 1/4 cup (1/2 stick) unsalted butter
- 1 tablespoon snipped fresh chives
- Salt and freshly ground pepper

Preheat oven to 400°F. Rinse potatoes; pat dry. Pierce with fork. Bake until tender, about 1 1/4 hours.

Melt butter in heavy small saucepan over low heat. Add chives. Remove from heat. Halve potatoes lengthwise and scoop out pulp, leaving 1/4-inch shell (reserve pulp for another use). Halve each shell lengthwise again. Brush with chive butter; season with salt and pepper. *(Can be prepared 8 hours ahead and refrigerated.)*

Prepare barbecue grill (high heat). Grill potato skins until crisp, about 4 minutes per side. Serve immediately.

SUMMER SQUASH FILLED WITH SPINACH MOUSSE

6 servings

- 3 tablespoons unsalted butter
- 3 large bunches spinach, stemmed (3 pounds)
- 1 tablespoon fresh lemon juice
- 5 tablespoons freshly grated Parmesan cheese
- 2 tablespoons chopped onion
- 1/2 cup whipping cream
- Salt and freshly ground pepper
- 3 large yellow crookneck squash, halved lengthwise
- Melted butter
- 1 yellow bell pepper, diced

Melt 3 tablespoons butter in heavy large skillet over high heat. Add spinach. Cover and cook until wilted, stirring occasionally, about 5 minutes. Add lemon juice and stir 1 minute. Drain spinach; squeeze dry. Transfer to processor. Add Parmesan and onion and puree until smooth. Using electric mixer, whip cream until soft peaks form. Fold into spinach. Season with salt and pepper. *(Can be prepared 1 day ahead and refrigerated.)*

Using melon baller, scoop out squash pulp below neck, leaving 1/3-inch-thick shell. Bring water to boil in steamer. Place squash on steamer rack, cover and steam until almost tender, about 6 minutes. Drain skin side up on paper towels. *(Can be prepared 1 day ahead and refrigerated.)*

Preheat oven to 350°F. Brush squash with melted butter. Fill with spinach mousse. Top with bell pepper. Bake until heated through, 25 minutes.

BEEF BARBECUE

MUSSELS WITH LEEKS AND SAFFRON
SMOKED FILLET OF BEEF
WITH CURRY BUTTER
WILD AND BROWN RICE PANCAKES
SUGAR SNAP PEAS WITH
YOGURT AND MINT
BERRIES WITH CREAM AND SUGAR
California Red Zinfandel

MUSSELS WITH LEEKS AND SAFFRON

Serve with plenty of crusty bread to soak up the flavorful sauce.

6 servings

- 3 tablespoons unsalted butter
- 1 cup chopped leeks (white part only)
- 3 garlic cloves, chopped
- 3/4 cup dry white wine
- 1/2 cup whipping cream
- 1 tablespoon chopped fresh parsley
- 1 tablespoon fresh lemon juice
- 1 teaspoon saffron threads
- Salt and freshly ground pepper
- 2 pounds mussels, well scrubbed and debearded
- Crusty Italian bread (preferably whole wheat)

Melt butter in heavy large saucepan over medium heat. Add leeks and garlic and cook until leeks begin to soften, stirring occasionally, about 4 minutes. Add wine, increase heat and boil until reduced by half, about 5 minutes. Add cream, parsley, lemon juice and saffron and boil 1 minute. Season with salt and pepper. Add

mussels. Cover and cook until mussels open, shaking pan occasionally, about 5 minutes. Transfer opened mussels to large heated bowl. Cover pot and steam 5 minutes longer. Discard any unopened mussels. Add remaining mussels and cooking liquid to bowl. Serve, passing bread separately.

SMOKED FILLET OF BEEF WITH CURRY BUTTER

All-American beef with a curry kick. Have the butcher cut a pocket down the center of the fillet to accommodate the fresh mushroom stuffing. The wild rice pancakes and sugar snap peas are delicious side dishes. Finish simply—berries with cream and sugar.

6 servings

- 1/4 cup (1/2 stick) unsalted butter
- 1/2 pound fresh mushrooms such as shiitake, chanterelles, oyster and/or button, sliced
- Salt and freshly ground pepper
- 1 2-pound beef fillet, pocket cut down center (do not butterfly) and fat trimmed
- 1 cup dry red wine
- 2 tablespoons chopped fresh parsley
- 1 tablespoon brown sugar

- 1/4 teaspoon salt
- 1 tablespoon coarsely ground pepper
- 1 tablespoon peanut oil
- 1/4 cup chopped onion
- 2 teaspoons curry powder
- 2 cups applewood chips, soaked in water to cover 20 minutes and drained

Curry Butter with Honey Mustard (see recipe)

Melt butter in heavy large skillet over medium-high heat. Add mushrooms and cook until beginning to soften, stirring occasionally, about 5 minutes. Season with salt and pepper. Cool mushrooms completely.

Spoon mushrooms into pocket in fillet. Tie fillet at 2-inch intervals to hold shape. Combine wine, parsley, brown sugar and salt in shallow nonaluminum baking dish. Add fillet, turning to coat. Rub with 1 tablespoon coarse pepper. Heat oil in heavy small skillet over medium heat. Add onion and curry powder and stir until aromatic, about 4 minutes. Cool. Rub over fillet. Cover and refrigerate overnight, turning beef fillet occasionally.

Bring fillet to room temperature.

Prepare barbecue grill (high heat). Sprinkle applewood chips over. Drain

fillet, reserving marinade. Place fillet on grill rack. Cover and cook until thermometer inserted in center registers 120°F for rare, turning and basting with marinade occasionally, about 30 minutes. Transfer beef fillet to platter and let rest 10 minutes.

Slice fillet and arrange on heated plates. Top with curried butter.

CURRY BUTTER WITH HONEY MUSTARD

Use any leftovers on baked ham, chicken or pork chops.

Makes about 1/2 cup

- 6 tablespoons (3/4 stick) unsalted butter, room temperature
- 1 tablespoon curry powder
- 1 tablespoon honey mustard* or Dijon mustard
- 1 teaspoon chopped fresh parsley
- 1/4 teaspoon salt

Puree all ingredients in processor until smooth. Transfer to 8-inch square of waxed paper. Roll into cylinder. Freeze 1 hour, then refrigerate. (Can be prepared 3 days ahead.) Slice thinly.

*Honey mustard is available at specialty foods stores and some supermarkets.

continued on page 114

To the drinkers of Jack Daniel's.

Our very own, very special recipe for sippin' Jack Daniel's in the summertime.

JACK DANIEL'S LYNCHBURG LEMONADE

- 1 Part Jack Daniel's
- 1 Part Sweet & Sour Mix
- 1 Part Triple Sec
- 4 Parts Sprite®
- Add ice and stir.
- Garnish with lemon slices and cherries.

JACK DANIEL'S
LYNCHBURG
LEMONADE



THE GREAT ETHNIC RESTAURANTS OF TORONTO

Eating your way around the world in Canada's most cosmopolitan city

BY NAO HAUSER

Plain-Jane, clean, safe Toronto knows the singsong of Caribbean food stalls, the crush of shoppers in Chinese markets, the perfume of spices in an Indian kitchen. The North American skyline is a front for the gingered sauces of East Africa, the *tajines* of Morocco, Polish blintzes, Dalmatian seafood and Italian breads. Scratch the city's well-scrubbed surface and find an ethnic Toronto that cooks as good as it looks.

Thus two cities greet visitors. First there is the hearty handshake of downtown Toronto: parks along Lake Ontario, skyscrapers gleaming in the sun, spacious streets, an orderly prosperity. Then come the neighborhoods, which, in a mesh of tidy yards and family routines, hold the largest Italian community outside Italy, the largest Chinese community in Canada, and more than 30 percent of the population that claims a language other than English or French as its mother tongue. Linked by an efficient subway and bus system, the two cities become one; and its restaurants showcase Canada's splendid ingredients as seen through the many kitchens of the world.

Not the least of the joys of checking into the King Edward Hotel downtown is the realization that one



glimpse of the lobby bridges continents. There, beneath marble columns and arches and skylights and palms reminiscent of a Moorish palace, sit genteel Torontonians sipping tea and eating buttered scones. The hotel was built in 1903, and its pampered old age restores something to the soul in this boomtown filled with bank towers. Its charming Italian-named restaurant, Chiaro's, features French cuisine.

First Stop: The Markets

Make your first excursion on foot the few blocks to the St. Lawrence Market, a brick behemoth built as Toronto's first city hall in 1844 and now filled with dozens of fish, meat, cheese and dry goods purveyors. A newer pavilion across the street overflows on Saturdays with fresh produce, flowers, herbs and other harvests from Ontario farms. The fish sold here is flawlessly fresh, the poultry free range, the breads more varied and delicious than you're likely to find anywhere else on

the continent. You'll want to sample the wild blueberries, taste the Canadian bacon and many kinds of sausages, and buy one of each type of cheese, from fresh goat, feta and *kajmak* (a Serbian specialty) to buttery Canadian Brie and cheddars.

Unlike the St. Lawrence Market, the Kensington Market occupies not a hall but a network of colorful shops and sidewalk stands along a few narrow blocks off Spadina Avenue around Baldwin Street. It began with carts set up by Jew-

ish immigrants early in the twentieth century; today it is an "edible record" of the successive claims to the neighborhood made by Portuguese, Caribbean, Latin American, Indian, Chinese and, most recently, the immigrants from Southeast Asia.

Perhaps the city's most exquisite delicacy is the perfectly spiced West Indian *roti*, a pancake-wrapped packet of curried goat or other meat and potatoes, sold at the Kensington Patty Palace. Don't fail to stop also for a corned beef sandwich and a potato knish in the salami-scented luncheonette called Switzer's Deli-City. You can also fill a sack with Portuguese breads and egg custard tarts at Iberica Bakeries and retire across Augusta Avenue to the Lisbon Plate tavern for an espresso.

Chinatown

You have about a one-block calorie walk-off between the Kensington Market and Chinatown, which covers an ever-widening area east of Spadina

Welcome to the city of ethnic eclectic. Robert and Lucia Martella offer Italy-to-go at Grano, their restaurant and bakery (opposite), while just a few blocks away, Chinatown lures shoppers with its bright patchwork of produce stands (above).



Joso Spralja and sister Elena at Joso's, their bohemian retreat...



...where guests can sample a host of Yugoslavian specialties.



The homespun Boulevard Café introduces patrons to the riches of Andean cuisine.



From cheeses to breads and more, the Kensington Market...



...provides an "edible record" of the city's cultural diversity.

“The North American skyline is a front for the gingered sauces of East Africa, the *tajines* of Morocco, Polish blintzes, Dalmatian seafood and Italian breads.”

Avenue and south of the market. One of the city's most popular and tantalizing Chinese restaurants, Lee Garden, is right on Spadina, but it doesn't open until 4:00, which might be long after you've finished your shopping. It is well worth returning to Lee Garden for huge portions of seafood with ginger, green onion or black bean sauce; great spareribs; chicken with cellophane noodles; and all the other dishes that fill the plain room with irresistible fragrances and hordes of patrons. The ways to assuage hunger by day, on a stroll among the produce stands on Dundas Street, include dim sum at the Treasure Restaurant, barbecued pork at the five-table cranny called King of King's BBQ Restaurant, and a marvelous assortment of sweet and savory Chinese pastries with tea at the Kim Moon Bakery.

A Great Lakes City

Fill up and enjoy, because there is a lot more pavement to pound. Indeed, no matter what culinary territory you come upon in Toronto, you are always aware of being in a Great Lakes city because of the broad, uncluttered spaces. The geography accounts for the odd sensation provoked by a walk west on St. Clair Avenue from Dufferin Street to Lansdowne Avenue: You feel like you're walking toward the prairie on a midwestern Main Street while surrounded by the chatter and shopping imperatives of a small town in Italy. The wide sidewalks seem

just made for outdoor cafes; every other storefront specializes in veal-and-pepper sandwiches, *gelato* and ices, or olive oil and bread. There are no great restaurants here, but there is every opportunity to nurse a cappuccino in the sun while young Italian women parade their bambinos.

Along a similarly wide, flat expanse of Danforth Avenue east of Broadview Avenue, in the neighborhood always referred to as “The Danforth,” there are also numerous sidewalk cafes, but here the language is Greek. The street is lined with shops selling all the goods an immigrant needs to set up house-keeping. Stands of sun-bright produce warm the welcome. And anyone can feel at home immediately here with a supply of the Pallas Bakery's luscious bittersweet chocolate and nougat confection called Almond Truemans.

You might think it strange that the outstanding restaurant on the Danforth is not Greek but Indian. However, such juxtapositions typify Toronto, where cultures mingle in every area and all dining rooms. So it's not the location of Sher-E-Punjab but its very existence that surprises. Chef-owner Malkit Singh came from the Punjab in 1970 and opened the restaurant in 1975 “because my husband always praised my cooking.” She adds, “I still prepare things exactly the way I do for my family. I just never expected to be as successful as we are.”

But therein lies the secret of her success. Starting early in the afternoon,

Mrs. Singh grinds all the spices, chops all the garlic and onions and mixes the doughs for the breads that will be served that evening. “By five o'clock everything is fresh and ready for me to cook to order,” she explains in her incredibly fragrant, spotless kitchen. So when you do order, the dinner comes slowly, especially if the 30 tables are filled, but the food is wonderful.

From the Indies, West and East

Other courageous amateurs tender quite different invitations. Winfield Rolle was a policeman in the Bahamas and then a color technician in Toronto before he turned his hobby into the Bahamian Kitchen restaurant. You can sit on the tiny terrace and imagine yourself beneath an umbrella of palms, for Rolle serves food unmediated by latitude: spicy conch chowder with a hint of coconut; grilled seafood in sauces that seduce with lemongrass, coriander, ginger and thyme; and the addictive Bahamian bread called johnnycake that the chef kneads by hand “the same way I've been doing it all my life.”

At Rasa Sayang Restaurant, adjacent to the market on Kensington Avenue, Harry Seow and his wife, Kanokwan, invite you into a small room where their baby plays while they prepare dinner. He cooks the Malaysian dishes of his homeland; she does superb Thai food—curries seasoned with freshly ground spice pastes, lamb with basil and the green mango



Winfield Rolle (above) brought the flavors of the West Indies (right) north when he opened the Bahamian Kitchen.



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salad all had an authenticity rarely tasted in North American restaurants.

Even more offbeat is The Boulevard Café, an Andean restaurant on Harbord Street not far west of the Kensington Market. It's a lovely spot for a terrace lunch. Although the menu does include salads and fruit tarts, the cooking is primarily Peruvian. Initiates can study the sophistication of this cuisine in cilantro-flecked ceviche, the charbroiled brochettes called *anticuchos*, flaky chicken or beef empanadas and garlicky seafood. Those who know something of the riches of the Andes will relish the classic aji chili-spiced *huancaína* sauce and home bottlings of purple corn liquor.

Exotic and Familiar

No doubt the most exotic cuisine in town is on Dundas Street West at the Blue Bay Cafe, which claims to be the only Mauritian restaurant in North America. The food will make you wish there were more, for it is a Creole tour de force. Consult your atlas and look up the island of Mauritius, an independent republic off the east coast of Africa, and you will glean some notion of its dynamic: abundant seafood, tropical fruits and vegetables, French techniques and all the spices of India and Asia that sailed into port on ancient trade routes. The storefront's white half-curtains are reminiscent of France, its turquoise cloths and tropical wall hangings suggestive of a sunny island, and its crisp *samosas* (vegetable turnovers) delicious.

It is less rare but far from common to find a restaurant specializing in the Yugoslavian cooking of the Dalmatian coast. And nowhere else will you find a milieu quite like that of Joso's, a posh yet bohemian retreat on Davenport Avenue near Avenue Road. The seafood specialties are similar to those of Venice, just across the Adriatic Sea—risotto blackened with cuttlefish ink; the freshest whole fish grilled over an open fire; and shellfish, squid and octopus steamed with garlic or sautéed in olive oil. They are irresistible under any circumstances, but when served in comically generous portions in Joso Spralja's red-walled gallery of erotic art, they take on a brio that can only make you feel fortunate and happy.

Some of the finest food in Toronto is as familiar as old memories. The United Bakers Dairy Restaurant continues to serve cheese blintzes and split pea and barley soups that mock nouvelle anything. Two years ago the kosher dairy restaurant moved from its landmark setting in the Kensington Market, where it had been a meeting place for Jewish refugees since 1912.

Today you'll find it in a shopping mall at Lawrence Avenue and Bathurst Street, where the decor is plastic but the gefilte fish sublime. The third generation of Ladovskys, brother and sister Philip and Ruthie, still welcome new immigrants—nowadays from the Soviet Union and Israel—as well as daily legions of old friends.

Italian in Abundance

The pots that hold Italian families to the ritual of four-hour Sunday dinners simmer at Mastro, on Wilson Avenue near Dufferin Street, a *ristorante* recreated from an Abruzzi model. Livio and Rina Camarra preside with more good humor than you'd think possible with hundreds of people clamoring nightly for umpteen courses of carpaccio and prosciutto, soup, pasta, meats and dessert—just like the best times in Italy. The Camarras, however, are used to laughing. Thirty years ago, Livio, who had been a baker in the Abruzzi, started a take-out pizza business that became so wildly successful that he had to sell the phone number to save his sanity. He and Rina then opened Mastro, where they admit to a poorly kept secret: If you call well in advance, Livio will still bake you a pizza—a thick saucer with fresh rosemary or garden tomatoes, seafood or pepperoni and mushrooms. It's not easy to go from this first course to *agnolotti* filled with spinach, to say nothing of the sautéed veal or shrimp and the hazelnut cake. But then, who knows when you'll be in Italy again!

You can, however, get a mouth-watering sampler of Italy-to-go at Grano, an Italian bakery restaurant on Yonge Street. Here, Robert Dante Martella, a first-generation Canadian, and his wife, Lucia, who as a child came here from Italy, aim to restore to the Toronto area's Italian community, which numbers over 400,000, the culinary heritage diminished by post-World War II poverty, migration and, later, standardization. They feature many Italian wines by the glass, olive oils and other imported ingredients.

But the crux of their business is bread—in the forms of gorgeous loaves sprinkled with rosemary or studded with raisins; fresh crisp pizzas; sandwiches layered thin on flat rounds; and calzone filled with ricotta and pesto. It's all baked in the homey kitchen beneath the small, *moderne* shop-restaurant, and it all tastes great. "Bread is something we could rediscover, something of our background that we could repossess," Robert says, and all you can do is nod and commit yourself to the cause of his calzone.

Quick Bites

Be assured that there is still more. If you're in the mood for a Middle East-

ern dip smoky with roasted eggplant, delicious hummus and crisp falafel, you should aim straight for Jerusalem Restaurant, a large, plain storefront on Eglinton Avenue West. Or, the sight of the fish in the St. Lawrence Market might make you hungry for the impeccably fresh sashimi and sushi at Sasaya, a thoroughly pleasant yet unpretentious Japanese restaurant also on Eglinton Avenue West. A shopping excursion to the Yorkville area will land you close to Saigon Star, on Collier Street, for a snack of crisp, flavorful Vietnamese spring rolls or steamed rice pancakes filled with meat.

And if you want to take home one mental snapshot to displace stereotypes of staid Toronto, make your way up the darkened stairs into The Sultan's Tent, a Moroccan outpost on Bay Street in Yorkville. The dining room has been spared no hokiness: You sink into rug-covered banquettes, bend over round brass tables and choose a fixed-price dinner from a menu decorated with camels. But the mood is congenial and the food quite commendable. Try the *brik*, a crisp, fried pastry that oozes egg, tuna and capers when you bite into it, and the *b'stilla*, a phyllo pie of Cornish hen with almonds and cinnamon. The cucumber soup with cumin, chicken with pickled lemons and olives, dessert pastries and mint tea are also absolutely sensational. But what you can't help remembering later, with the pleasure of it all, is that here in the midst of English-built Toronto the belly dancers put on a wonderful show.

MALAYSIAN FRIED NOODLES WITH PORK AND SHRIMP (Mee Goreng)

Potato adds a new twist to a noodle dish from Rasa Sayang Restaurant.

2 servings

- 1/2 small boiling potato, peeled
- 1 8-ounce package soba noodles*
- 6 tablespoons vegetable oil
- 2 tablespoons chopped onion
- 1 teaspoon minced garlic
- 4 ounces boneless pork butt, cut into thin strips
- 2 ounces uncooked small shrimp, peeled and deveined
- 1 small tomato, diced
- 1 jalapeño chili, seeded and sliced
- 2 ounces fried bean curd cake,* sliced
- 1 teaspoon salt
- 1 teaspoon light soy sauce
- 1/2 teaspoon curry powder
- 1/2 teaspoon sugar
- 1 egg

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PRINCESS CRUISES
T H E L O V E B O A T

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- 3 tablespoons catsup
- 3/4 cup bean sprouts
- 1/4 cup 1 1/2-inch chive pieces
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped green onion
- Soy sauce

Cook potato in boiling water until tender. Drain. Cool slightly. Slice thinly. Cook noodles in large pot of boiling salted water until just tender but still firm to bite. Drain well. Toss with 1 tablespoon vegetable oil.

Heat 4 tablespoons oil in wok or heavy large skillet over medium-high heat. Add onion and garlic and stir-fry until garlic is light brown, about 2 minutes. Increase heat to high. Add pork and stir-fry 1 minute. Add shrimp and stir-fry 1 minute. Add potato, tomato, chili and bean cake and stir-fry 1 minute. Add noodles, salt, 1 teaspoon soy sauce, curry powder and sugar. Stir-fry until heated through.

Make well in center of noodle mixture. Pour remaining tablespoon oil into well and heat until hot. Break egg into oil; cook 1 minute. Quickly mix egg into noodle mixture. Continue stirring until egg clings to noodles and looks dry. Stir in catsup. Add bean sprouts and chives and cook 2 minutes. Divide between plates. Sprinkle with lemon juice and green onion. Serve, passing soy sauce separately.

*Available at oriental markets.

ROAST CORNISH HEN WITH SHERRY AND SPICES

An appealingly simple main-course dish from the Saigon Star restaurant.

2 servings

- 1 Cornish game hen (about 1 1/2 pounds)
- 1/2 cup beer
- 1/2 cup water
- 2 teaspoons soy sauce
- 1 teaspoon dry Sherry
- 1 teaspoon sugar
- 1 garlic clove, minced
- 3/4 teaspoon salt
- 1/4 teaspoon ground star anise
- 1/4 teaspoon ground ginger
- Pinch of cinnamon
- Pinch of ground cloves

To split hen, cut down each side of backbone; discard bone. Cut in half down breastbone. Combine all remaining ingredients in nonaluminum pan. Add hen and turn to coat. Chill overnight, turning occasionally.

Preheat oven to 400°F. Place hen skin side up in baking dish. Pour marinade

over. Bake until golden brown and thermometer inserted in thickest part of thigh registers 160°F, basting frequently, about 30 minutes. Serve.

CURRIED LAMB WITH SPINACH AND TOMATOES (Lamb Saag)

A favorite at the Sher-E-Punjab restaurant. Serve over rice to best enjoy the rich, savory sauce.

8 servings

- 1 bunch spinach (8 to 10 ounces), stemmed
- 1 cup water
- 2 tablespoons (1/4 stick) butter
- 4 large onions, chopped
- 4 garlic cloves, finely chopped
- 3 1/2 tablespoons finely chopped fresh ginger
- 2 large tomatoes, chopped
- 1 tablespoon garam masala*
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground coriander
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons turmeric
- 1 1/2 teaspoons freshly ground pepper
- 1 1/2 teaspoons cayenne pepper
- 3 pounds boneless lamb shoulder, leg or stew meat, cut into 3/4-inch cubes
- 1 cup water

Combine spinach and 1 cup water in heavy large skillet over high heat. Stir until spinach is completely wilted, about 5 minutes. Puree spinach with cooking water in blender.

Melt butter in heavy large saucepan over medium heat. Add onions, garlic and ginger and cook until onions are brown, stirring occasionally, about 10 minutes. Add tomatoes and next 7 ingredients. Cover and cook 10 minutes. Uncover and cook until consistency of thick paste, stirring frequently, about 10 minutes. Mix in spinach puree, lamb and 1 cup water. Reduce heat to medium-low, cover and cook until lamb is tender, about 1 3/4 hours. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat.)

*Garam masala is an Indian spice mixture available at Indian markets.

CHILLED CUCUMBER SOUP (Laghiar)

Cumin and thyme accent this refreshing starter from The Sultan's Tent.

4 servings

- 2 large cucumbers
- 8 to 9 tablespoons cold water
- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar

- 1 tablespoon minced fresh parsley
- 3/4 teaspoon ground cumin
- 1/2 teaspoon dried thyme or oregano, crumbled
- Salt
- Chopped fresh mint (optional)

Peel cucumbers leaving 1/2-inch-wide lengthwise strip of peel on each. Halve lengthwise; scrape out seeds. Cut cucumbers into 1-inch pieces. Puree in processor, adding water 1 tablespoon at a time, to make light puree. Transfer cucumber puree to large bowl.

Mix oil and all remaining ingredients except mint in small bowl. Whisk into cucumber puree. Refrigerate until well chilled. Garnish with chopped fresh mint if desired and serve.

CHICKEN AND PEPPERS WITH FRAGRANT SPICES (Chicken Jalfarazi)

A mildly spicy entrée from the Sher-E-Punjab restaurant that would be delicious over basmati rice.

4 to 6 servings

- 1 tablespoon vegetable oil
- 3 medium garlic cloves, minced
- 2 tablespoons minced fresh ginger
- 1 teaspoon whole cumin seeds
- 1 1/2 teaspoons salt
- 1 teaspoon turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon garam masala*
- 1/2 teaspoon cayenne pepper
- 2 green bell peppers, seeded, cut into 1 1/2-inch pieces
- 2 medium onions, cut into 1 1/2-inch pieces
- 1/4 cup fresh lime juice
- 2 tablespoons white wine vinegar
- 4 whole boneless chicken breasts (about 2 pounds), skinned and cut into 1 1/2-inch pieces
- 3 medium tomatoes, peeled, seeded and chopped

Heat oil in heavy large skillet over medium heat. Stir in garlic, ginger and cumin seeds. Cook until garlic is light brown, stirring constantly, about 2 minutes. Add salt and next 6 ingredients and cook until spices become aromatic, stirring constantly, about 1 minute (do not burn).

Add peppers, onions, lime juice and white wine vinegar to skillet and stir well. Cover and cook over medium heat until vegetables begin to soften, about 7 minutes. Reduce heat. Stir in chicken and tomatoes. Simmer uncovered until chicken is springy to touch, about 7 minutes. Serve immediately.

*Garam masala is an Indian spice mixture available at Indian markets.



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DALMATIAN-STYLE PICKLED FISH

Joso's serves this both as an appetizer and as a main course.

6 first-course servings

Olive oil

- 1 pound monkfish, membrane removed, boned and cut into 3-inch pieces
- Salt

3/4 cup (about) olive oil

3/4 cup (about) vegetable oil

3 tablespoons red wine vinegar

1/2 medium onion, thinly sliced

15 whole black peppercorns

4 bay leaves

1 teaspoon minced fresh rosemary

Preheat oven to 350°F. Grease nonaluminum baking pan with olive oil. Sprinkle fish with salt and place in pan. Bake until fish is just opaque, about 12 minutes. Cool.

Combine 1/2 cup olive oil and 1/2 cup vegetable oil with vinegar, onion, peppercorns, bay leaves and rosemary in bowl or ceramic baking dish just large enough to accommodate fish in single layer. Add fish. Pour in enough of remaining oils to cover fish completely. Cover and refrigerate at least 8 hours. (Can be prepared 2 days ahead.) Serve pickled fish well chilled.

BEER-BRAISED LAMB STEW (Seco de Cordero)

Rice or crusty bread are good go-withs for this hearty Peruvian entrée from the menu of The Boulevard Café.

6 servings

12 ounces beer

- 1 bunch fresh cilantro (about 3 ounces), stemmed and minced

2 1/2 to 3 pounds boneless leg of lamb, cut into 1-inch cubes

2 teaspoons dried red pepper flakes

1/2 teaspoon ground cumin

Salt and freshly ground pepper

1/3 cup vegetable oil

1 medium onion, chopped

5 garlic cloves, minced

2 cups chicken stock

6 small boiling potatoes, peeled and quartered

4 medium carrots, peeled, cut into 1 1/2-inch-long pieces

1/2 cup frozen peas

Freshly cooked rice

Combine beer and cilantro in medium bowl. Let stand while preparing stew.

Combine lamb with red pepper flakes

and cumin. Season with salt and pepper. Heat oil in heavy large saucepan over medium heat. Add onion and garlic and sauté until onion is translucent, about 8 minutes. Increase heat to high, add lamb and brown well on all sides, about 15 minutes. Add stock, beer and cilantro. Reduce heat, cover and simmer until lamb is tender, 12 to 14 minutes. Add potatoes and carrots. Cover and simmer until tender, about 15 minutes. Degrease. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat before continuing.) Add peas and simmer for 5 more minutes. Serve stew over rice.

PHYLLO ROLLS WITH PISTACHIOS AND ALMONDS (M'hansha)

The Sultan's Tent finishes a meal with a plate of these irresistible pastries.

Makes about 30

- 1/2 pound blanched pistachios, finely chopped

- 1/4 pound blanched almonds, toasted and finely chopped

1/4 cup powdered sugar

- 1 tablespoon orange flower water* or orange liqueur, such as Grand Marnier

1 teaspoon cinnamon

1/4 teaspoon freshly grated nutmeg

15 (about) phyllo pastry sheets

1 1/4 cups (2 1/2 sticks) unsalted butter, melted

1 egg white, beaten to blend

Powdered sugar

Cinnamon

Preheat oven to 350°F. Butter rimmed baking sheet. Mix first 6 ingredients in large bowl. Halve one phyllo sheet; cover remaining sheets with damp cloth. Brush half sheet with melted butter. Mound heaping tablespoon nut mixture along one short edge of phyllo. Fold in long sides of phyllo, then roll up jelly roll fashion, starting at short end with nuts and brushing other end with egg white to seal. Arrange seam side down on prepared sheet. Brush with butter. Repeat process with remaining phyllo sheets, nut mixture and butter.

Bake pastries until golden brown, turning as needed to brown evenly, about 30 minutes. Cool slightly. (Can be prepared 1 day ahead. Cool completely. Wrap and refrigerate. Rewarm in 300°F oven about 10 minutes before continuing.) Sprinkle pastries with powdered sugar and cinnamon. Serve warm.

*Orange flower water is available at liquor stores and Middle Eastern markets. □

Nao Hauser is a food and travel writer and consultant based in Pennsylvania.



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LOW-CALORIE ENTREES DELICIOUSLY LIGHT

BY ABBY MANDEL

PHOTOGRAPH BY IRWIN HOROWITZ



Dieting never looked—or tasted—so good (top to bottom): lemon-peppered turkey with tomato relish; grilled tuna with pineapple salsa; curried duck with spaghetti squash; and Indian shrimp on mixed greens.

Diets and New Year's resolutions used to be practically synonymous. A diet was something you did in January, then probably forgot about until December 31 rolled around again. Well, that's old-school thinking. Nowadays, since the tie-in between good, sensible eating habits and longevity has been irrefutably established, health- and body-conscious Americans—myself included—are adopting year-round regimes that incorporate healthy eating into a lifestyle. You might even say the diet has become pretty much a way of life.

But we need a new word, because diet is dismal. People think of it as an end to the good life, a prolonged state of deprivation. Maybe it once was, when you consider the dull, spartan food devoid of imagination that it used to be associated with. Having had my fill of lackluster diet meals, I knew there had to be a better way. Surely dieting and good eating can coexist.

The good news is that they can—and do—in these 12 light and fresh main courses. Nothing about them suggests “diet.” They're vibrant, well flavored and satisfying; they just happen to have fewer calories than you might expect. I've borrowed ideas from ethnic cuisines and contemporary restaurant menus to create them. Fats are used judiciously and I replaced other, more caloric ingredients with low-calorie alternatives. They're easy to prepare and the perfect way to add some style to summer dining, whether you're watching your weight or not. In a manner of speaking, these recipes let you have your cake and eat it, too.

Calorie counts are approximate.

BELL PEPPER GAZPACHO WITH SHRIMP

A classic summer soup. Three different types of peppers are used—some roasted, some not, so they add crunch. The addition of shrimp makes this an excellent, satisfying main course.

6 servings; 180 calories per serving

- 2 large red bell peppers
- 1 large poblano chili*
- 1 46-ounce can tomato juice
- 1 1/2 cups fresh cilantro leaves, minced
- 3 medium tomatoes, seeded and cut into 1/4-inch dice
- 1 large yellow bell pepper, seeded and cut into 1/4-inch dice
- 2 large celery stalks, cut into 1/4-inch dice
- 3 jalapeño chilies, seeded and minced
- 1/2 cup catsup
- 2 tablespoons red wine vinegar
- 1 large garlic clove, minced
- 1/2 teaspoon salt

- 1 medium red onion, cut into 1/4-inch dice
- 2/3 cup (about) cold water
- 36 cooked medium peeled and deveined shrimp

Char red bell peppers and poblano chili 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. Cut peppers and chili into 1/4-inch dice. Transfer to large bowl. Mix in tomato juice and next 9 ingredients. Refrigerate until well chilled. (Can be prepared 4 days ahead.)

Mix onion into soup. Add water if thinner consistency is desired. Ladle soup into bowls. Add shrimp.

*A fresh chili available at Latin American markets and some supermarkets.

SCALLOPS WITH TOMATILLO SAUCE

The sweetness of the scallops and red bell pepper contrasts with the tartness of the tomatillos and herbal pungency of the cilantro. This is a great way to satisfy summertime appetites.

4 servings; 195 calories per serving

Tomatillo Sauce

- 1 small onion, halved
- 1 large garlic clove
- 1 teaspoon olive oil
- 1 medium green bell pepper, seeded and coarsely chopped
- 3 tomatillos,* husked and coarsely chopped
- 1 serrano** or jalapeño chili, seeded and chopped
- 1 cup (or more) chicken stock or canned broth

- 1/2 cup fresh cilantro leaves
- 1 tomatillo,* husked and quartered

Scallops

- 1 large red bell pepper
- 2 teaspoons olive oil
- 1 pound bay scallops, connective tissue removed
- 10 large green onions, thinly sliced
- Salt
- Fresh cilantro sprigs

For sauce: Mince onion and garlic in processor. Heat oil in heavy 1-quart nonaluminum saucepan over medium-low heat. Mix in onion and garlic. Stir 2 minutes. Mince green bell pepper, 3 tomatillos and chili in processor. Add to saucepan. Add 1 cup stock. Cook over medium-high heat until vegetables are very soft, stirring occasionally, about 15 minutes.

Mince cilantro and quartered tomatillo in processor. Add vegetable mixture and puree, stopping occasion-

ally to scrape down sides of bowl. Thin with more stock if desired. Cover and refrigerate until well chilled. (Can be prepared 1 day ahead.)

For scallops: Char pepper 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. Cut into 1/4-inch dice.

Heat oil in heavy large skillet over high heat. Add scallops and half of green onions and stir until scallops are just opaque, about 1 minute. Transfer to bowl. Mix in red pepper and remaining green onions. Season with salt. Cover and refrigerate until well chilled. (Can be prepared 6 hours ahead.)

Spoon tomatillo sauce onto plates, spreading with back of spoon. Mound scallops in center. Garnish with cilantro sprigs and serve.

*A tomatillo resembles a green tomato with a paper-thin husk. Available at Latin American markets and many supermarkets.

**A serrano is a very hot, small fresh green chili available at Latin American markets and some supermarkets.

CURRIED DUCK WITH SPAGHETTI SQUASH

Some markets and many specialty foods stores now carry boneless duck breasts, a terrific value in terms of price and time. (Or, two whole ducks could be purchased and the leg-thigh pieces reserved for another use.) This winning match partners the duck with spaghetti squash, bits of apple, dried currants and exotic spices.

4 servings; 265 calories per serving

- 1 3-pound spaghetti squash
- 1 tablespoon dried currants
- 2 teaspoons ground coriander
- 3/4 teaspoon salt
- 1/2 teaspoon dried red pepper flakes
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground turmeric
- 4 boneless duck breast halves, skinned
- 1 1/2 teaspoons safflower oil
- 1 medium red apple, diced (unpeeled)
- 4 large shallots, thinly sliced
- 1 1/2-inch piece peeled fresh ginger, minced
- 1 1/4 cups chicken stock or canned unsalted broth
- 2 tablespoons balsamic vinegar or red wine vinegar
- 2 teaspoons unsalted butter

Cook squash whole in large pot of boiling water until soft, about 30 minutes. Drain and halve lengthwise; discard seeds and fibers. Using fork,

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LOW-CALORIE ENTREES

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"rake" squash into strands. Transfer 4 cups to large bowl (reserve any remainder for another use). Mix in currants. Cover and keep warm.

Mix coriander and next 4 ingredients in small bowl. Rub $\frac{1}{4}$ teaspoon spice mixture over each duck breast. Heat oil in heavy 8-inch nonstick skillet over high heat. Add duck and cook 4 minutes per side for rare. Transfer to plate. Tent with foil to keep warm.

Add apple, shallots and ginger to same skillet. Mix in stock, vinegar and remaining spice mixture. Cook until liquid is reduced by half, stirring occasionally, 5 minutes. Whisk in butter.

Toss apple mixture with squash. Taste and adjust seasoning. Cut duck diagonally into $\frac{1}{4}$ -inch-thick slices. Divide squash mixture among plates, mounding in center. Arrange duck slices around, ends pointing outward. Serve hot or at room temperature.

INDIAN SHRIMP ON MIXED GREENS

Shrimp get the exotic treatment here, accented with a fragrant blend of Indian spices. The "heat" is countered with sweet citrus-spiked onions and briefly cooked mixed greens. This could be served as a first course, too.

4 servings; 225 calories per serving

- 1 pound uncooked large shrimp
- 2 teaspoons cider vinegar
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground turmeric
- 2 tablespoons safflower oil
- $1\frac{1}{2}$ teaspoons oriental sesame oil
- 2 medium onions, thinly sliced
- 10 tablespoons fresh orange juice
- 1 pound spinach, stemmed and rinsed
- 2 cups arugula (about 4 bunches) or spinach leaves, rinsed
- Orange slices

Peel and devein shrimp, leaving tails intact. Transfer to plastic bag. Mix vinegar and next 4 ingredients to smooth paste in small bowl. Add to shrimp. Seal bag; toss shrimp to coat. Marinate while preparing onions.

Heat safflower oil and 1 teaspoon sesame oil in heavy large nonstick skillet over medium heat. Add onions and cook until light brown, stirring occasionally, about 10 minutes. Increase heat to high. Add shrimp with seasonings and 6 tablespoons orange juice and cook until shrimp are just

opaque, turning occasionally, about 3 minutes. Keep warm.

Cook spinach and arugula with water clinging to leaves in heavy medium nonaluminum skillet over high heat until just wilted, about $1\frac{1}{2}$ minutes. Drain; toss with remaining 4 tablespoons orange juice and remaining $\frac{1}{2}$ teaspoon sesame oil. Season with salt. Divide greens among plates. Top with shrimp mixture. Garnish with orange slices and serve immediately.

GRILLED MIDDLE EASTERN LAMB WITH WHITE BEANS

Lamb is so rich and succulent that we don't often think of it as "diet" food. But the loin meat is low in calories. In this recipe the skewered meat tops a colorful bed of beans and vegetables.

4 servings; 240 calories per serving

- 1 tablespoon tomato paste
- 1 tablespoon fresh lemon juice
- 1 tablespoon chicken stock or canned broth
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon salt
- 12 ounces lamb loin, trimmed and cut into $\frac{3}{4}$ -inch cubes
- $\frac{2}{3}$ cup plus 2 tablespoons chicken stock or canned unsalted broth
- 1 medium leek (white and pale green part only), coarsely chopped
- 2 medium garlic cloves, minced
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon dried oregano, crumbled
- 8 small mushrooms, quartered
- 1 teaspoon unsalted butter
- $\frac{3}{4}$ cup canned Great Northern beans, rinsed and drained
- 2 plum tomatoes, seeded and cut into $\frac{1}{4}$ -inch dice
- Mesquite chips, soaked in water to cover 30 minutes and drained (optional)
- 2 teaspoons tomato paste
- $\frac{1}{2}$ cup fresh cilantro leaves
- $\frac{1}{4}$ cup fresh mint leaves
- 4 6-inch wooden skewers, soaked in water 1 hour

Freshly ground pepper

Mix first 5 ingredients in small bowl until smooth. Transfer to plastic bag. Add lamb. Seal bag tightly. Turn to coat lamb in marinade. Chill at least 6 hours. (Can be prepared 1 day ahead.)

Cook $\frac{2}{3}$ cup stock, leek, garlic, paprika, salt and oregano in heavy 8-inch skillet over medium-high heat until almost all liquid evaporates, stirring frequently, about 9 minutes. Add mushrooms and sauté until softened, about 2 minutes. Remove pan from

heat. Stir in butter, then beans and tomatoes. (Can be prepared 1 day ahead. Cool, cover and refrigerate.)

Prepare barbecue (high heat), preferably with mix of charcoal and mesquite chips, or preheat broiler. Mix 2 teaspoons tomato paste and remaining 2 tablespoons stock in small bowl until smooth. Mince cilantro with mint. Thread lamb on skewers. Rewarm bean mixture over low heat, stirring constantly. Grill lamb about $2\frac{1}{2}$ minutes per side for medium-rare.

Add minced herbs to beans. Divide bean mixture among plates. Top with lamb skewers. Brush lamb with tomato paste mixture. Season with pepper. Serve hot or at room temperature.

TURKEY FRICASSEE WITH RED BELL PEPPERS

Turkey breast is a boon to the cook: good dollar value, a low fat and calorie content, short prep time and delicious flavor. Here it's prepared with a bright medley of vegetables that cook in under half an hour in one pan. Very little extra fat is used—just enough to brown the turkey. Serve with rice if desired, but you will need to add another 100 calories per $\frac{1}{2}$ cup.

6 servings; 220 calories per serving

- 1 $1\frac{1}{2}$ -pound boneless turkey breast half, skinned
- $\frac{3}{4}$ teaspoon grated orange peel
- $\frac{3}{4}$ teaspoon dried rosemary, crumbled
- 1 tablespoon unbleached all purpose flour
- Salt
- 1 tablespoon olive oil
- 2 small red onions, cut into $\frac{1}{2}$ -inch-thick rounds
- 1 large leek (white and pale green parts only), cut into $\frac{1}{2}$ -inch-thick rounds
- 2 medium garlic cloves, minced
- $1\frac{1}{4}$ cups (about) chicken stock or canned broth
- 3 medium red bell peppers, cut into $\frac{1}{2}$ -inch-wide slices
- 1 cup fresh orange juice
- Freshly ground pepper
- Fresh rosemary sprigs
- Lemon wedges

Separate small fillet from turkey breast. Using meat mallet or rolling pin, pound large piece of turkey between sheets of waxed paper until center is $\frac{3}{4}$ inch thick. Mix half of orange peel with dried rosemary in small bowl. Mix in flour. Season with salt. Rub half of seasoning mixture over skinned side of turkey and small fillet.

Heat oil in heavy 12-inch skillet over

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LOW-CALORIE ENTREES

continued from page 82

high heat. Add turkey breast and fillet. Sprinkle with remaining half of seasoning. Brown on both sides, turning once. Transfer meat to plate.

Add onions, leek, garlic and 2 tablespoons stock to same skillet. Cook over medium heat until onions soften, stirring frequently, about 5 minutes. Add bell peppers, orange juice, remaining orange peel and all but 1/4 cup remaining stock. Increase heat to medium-high and bring to boil. Add turkey breast and fillet. Cover and cook until meat thermometer inserted in thickest part of turkey registers 155°F, turning occasionally, about 8 minutes for fillet and 18 minutes for breast.

Remove skillet from heat. Remove turkey pieces from vegetables and wrap in foil. Let turkey stand 20 minutes.

Starting at one long side, cut turkey diagonally into 1/4-inch-thick slices. Bring vegetable mixture to boil, stirring constantly. Thin sauce with remaining 1/4 cup stock if desired. Spoon half of vegetables onto warm platter. Arrange turkey over. Top with remaining vegetables and sauce. Season with pepper. Garnish with rosemary and lemon wedges and serve.

GRILLED TUNA WITH PINEAPPLE SALSA

Light and refreshing. The contrast of the fruity salsa with the seasoned tuna is terrific, whether the dish is served hot or at room temperature.

4 servings; 275 calories per serving

Salsa

- 1/2 medium pineapple, peeled, cored and cut into 1/2-inch dice, juices reserved
- 1 small red bell pepper, cut into 1/2-inch dice
- 3 medium green onions, minced
- 1 serrano chili,* seeded and minced
- 1 1/2-inch piece fresh ginger, peeled and minced
- 1 tablespoon fresh lime juice
- 1/8 teaspoon salt

Fish

- 1/3 cup seasoned rice vinegar**
- 3 medium green onions, minced
- 1 1-inch piece fresh ginger, peeled and minced
- 1 teaspoon Dijon mustard
- 4 5- to 6-ounce tuna steaks (3/4 inch thick), patted dry

Mesquite chips, soaked in water to cover 30 minutes and drained (optional)

3/4 cup fresh cilantro leaves, minced
Fresh cilantro sprigs

For salsa: Mix all ingredients including reserved pineapple juices in medium bowl. Cover and let stand at least 1 hour at room temperature. (Can be prepared 1 day ahead and refrigerated. Bring to room temperature before serving.)

For fish: Mix first 4 ingredients in large plastic bag. Add fish. Seal bag tightly. Let marinate at least 30 minutes or up to 1 hour at room temperature.

Meanwhile, prepare barbecue (high heat), preferably with mixture of charcoal and mesquite chips.

Mix cilantro leaves into salsa. Taste and adjust seasoning. Remove fish from bag; do not scrape off marinade. Grill fish about 2 1/2 minutes per side for medium. Transfer to plates. Spoon salsa over fish. Garnish with fresh cilantro sprigs and serve immediately.

*A serrano is a very hot, small fresh green chili available at Latin American markets and some supermarkets.

**Also known as sushi vinegar, available at oriental markets and some supermarkets.

CHICKEN IN BROTH WITH COUSCOUS AND VEGETABLES

Lemongrass and cilantro add a zesty accent to this colorful main course.

4 servings; 290 calories per serving

- 2 stalks lemongrass,* trimmed to white center or 1 teaspoon grated lemon peel
- 3 cups chicken stock or canned broth
- 2 small onions, thinly sliced
- 2 jalapeño chilies, partially seeded and minced
- 1 large garlic clove, minced
- 4 boneless chicken breast halves (about 1 1/4 pounds), skinned and cut into 1-inch pieces
- 16 4-inch asparagus spears
- 2 small plum tomatoes, seeded and cut into 1/2-inch dice
- 2 tablespoons (1/4 stick) unsalted butter
- Salt and freshly ground pepper
- 1/4 cup quick-cooking couscous, cooked according to package instructions
- 1 cup fresh cilantro leaves

Mince lemongrass in processor. Wrap in cheesecloth. Combine stock, lemongrass, onions, chilies and garlic in 2 1/2-quart saucepan. Bring to boil. Reduce heat and simmer 10 minutes. Remove lemongrass. Add chicken and asparagus and cook until chicken is tender, about 3 minutes. Add tomatoes. Whisk in butter. Season with salt and freshly ground pepper.

Divide couscous among shallow soup bowls, mounding in center. Arrange asparagus spears around couscous. Ladle chicken, vegetables and broth over. Top with cilantro and serve.

*Available at Southeast Asian markets and some supermarkets.

SWORDFISH BURGERS

A lowfat, low-calorie, juicy burger made with swordfish. It's every bit as good, if not better, than its beef counterpart. The tomato relish from the recipe for Lemon Pepper Turkey goes nicely with this.

4 servings; 180 calories per serving

- 1 small onion, halved
- 2 slices white bread (about 2 ounces), cut into 1-inch pieces
- 3 tablespoons unsalted butter, room temperature
- 2 tablespoons whipping cream
- 2 teaspoons Dijon mustard
- 1/2 teaspoon hot paprika
- 1/2 teaspoon salt
- 14 ounces swordfish, cut into 1-inch cubes
- All purpose flour

Mesquite chips, soaked in water to cover 30 minutes and drained (optional)

Mince onion in processor. Add next 6 ingredients and blend until smooth. Add fish and puree to thick paste using on/off turns. Dust hands with flour. Shape mixture into four 3/4-inch-thick patties. (Can be prepared 1 day ahead. Cover and refrigerate.)

Prepare barbecue (high heat), preferably with mixture of charcoal and mesquite chips, or preheat broiler. Grill patties until cooked through, turning once, about 5 minutes per side.

MOROCCAN VEAL STEW

Veal and fresh vegetables in a thick orange- and cumin-scented sauce.

8 servings; 225 calories per serving

- 1 tablespoon unbleached all purpose flour
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground oregano
- 3/4 teaspoon salt
- 1/2 teaspoon ground allspice
- 1/8 teaspoon cayenne pepper
- 1 1/2 pounds 3/4-inch pieces veal stew meat
- 3 teaspoons unsalted butter
- 1 1/2 teaspoons safflower oil
- 1 large onion, coarsely chopped
- 8 small carrots, peeled and cut into 1/4-inch-thick rounds

recipe continued on page 116



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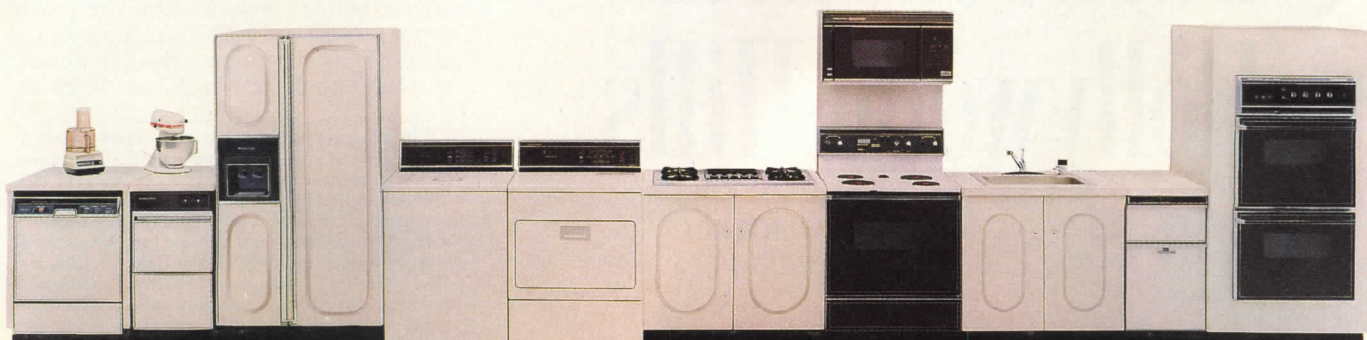
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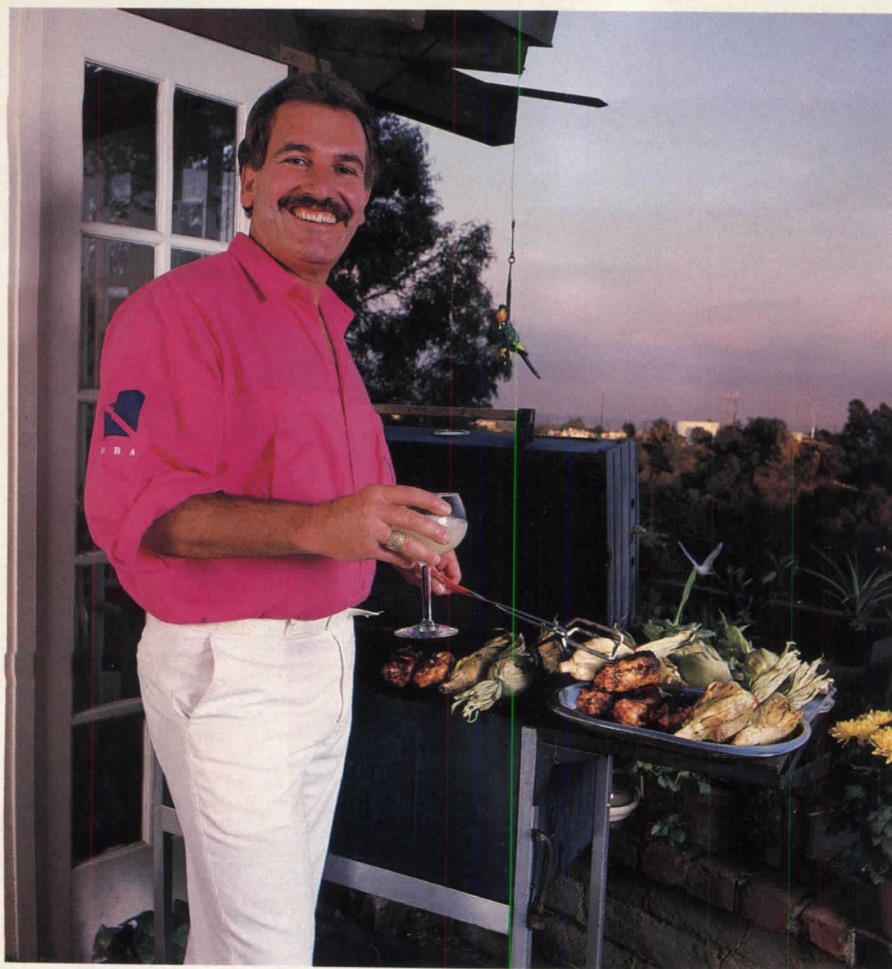
*Come on up for a casual feast of
terrific Cal-Mex specialties*

BY JUNE R. GADER

In the hills of Los Angeles, there is an area where the roads wind and climb and sometimes turn into trails and where getting lost is a feature of arrival at any stated address. The benefits of living in such remoteness? Incredible views—of the city, of the sea—and wildlife, such as deer that graze on your roses and raccoons that gambol about your trash cans the night before pickup. On one such street, in an aerie 68 steps up from a dirt road that tends to dissolve during the occasional rains, Chip Wickett,

Chip Wickett uses simple ingredients—good food, cold drinks and close friends—to make a warm summer evening special. ABOVE: His hillside patio is the ideal setting for the quintessential Southern California dinner party. OPPOSITE: Delicious Cal-Mex fare helps set a casual tone (clockwise from right)—tamale-like “chipitos” with sour cream; guacamole salad and fresh chili and pea salsa; barbecued chicken in red chili sauce; barbecued pork with green chilies; and chilled beer.





ABOVE: Chip lets the barbecue do all the work for the chipitos and the chicken. RIGHT: The sherbet-filled oranges and accompanying shots of tequila close out the fiesta on just the right note.

formally known as Charles M. Wickett, Jr.—third-generation Californian, great-grandson of the Charles C. Chapman who made California Valencia oranges famous, founded Chapman College and helped A.P. Giannini establish The Bank of America—has rebuilt a little dream house in which to entertain his friends.

The house was a living room, bedroom and bathroom surrounded by patios when Chip found it. One of his first chores was to turn one patio into a country-style kitchen, complete with used-brick floor, beamed ceilings, handmade cabinets and French doors opening to the view—mostly hand built by Chip himself. “I lived in Germany for two years when I was in the army,” he says, “and I got the feeling for the sort of kitchen where friends naturally congregate and watch you cook. Truthfully, I like to do most of my cooking *before* a party, but I love

the idea of everybody sitting around the big table, smelling the food and seeing it being served.”

That cooking runs the gamut from Italian, German, Chinese and Polynesian to haute French. But a favorite of Chip's is what might be called native California peasant style—which is to say, Mexican. “It goes back to my childhood,” Chip says. “The family had a weekly ritual: My parents, grandparents, aunt, uncle and all of us kids got together every Thursday night, and we'd go to a place where family-style Mexican food was served. We'd just walk in and sit down and they'd bring the food. I never saw a menu. That's stayed in my mind all these years; it's a way to cook and a way to bring people close together.”

Tonight's dinner is a sparkling example of this style of entertaining, one that has become Chip's signature. There is a festive mood even before the guests arrive, as he stirs up the first batch of Margaritas (a traditional Wickett cocktail—Champagne is the alternate favorite) and sets out the chili- and cumin-spiced *chili con queso* dip that he's famous for. The table is decorated with hot-colored zinnias and red peppers, and red, yellow and lilac napkins, all of which will be intensified when the main courses, with their joyously bright garnishes, are served. Chip is an artist by profession,



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and certainly, as today's menu attests, an artist in the kitchen. He always considers eye appeal as well as taste, and the aromas coming from the barbecue and the massive range are no small part of the temptations.

"Barbecuing outdoors is absolutely the most perfect way to entertain," he says. "You can prepare most of the dishes ahead of time, and it doesn't get too hot in the kitchen to be uncomfortable when we eat there." So it's no surprise that today's menu features main dishes that have been grilled outdoors: chicken in red chili sauce, sprinkled with cheese, black olives and green onions for a zap of both color and taste; and pork with green chilies, spiked with red bell peppers and served with a red and green salsa.

The eponymous "chipitos," tamale-like stuffed corn husks served with the same salsa plus sour cream, are also barbecued, and are loosely based on both Mexican and Hawaiian favorites that Chip has enjoyed on his travels. "I never can just *follow* a recipe, because I always find myself changing things or adding things," he says. "I'm happiest when I try to recreate something I've tasted that I've really liked. But I play with herbs and spices and garnishes and sauces and make a version that's really my own. The only thing I don't improvise on is baked goods. I bake all my own bread, for instance, and you really do have to go by the book for that."

Tall, dark and handsome in the Tom Selleck tradition, Chip has an

engaging grin and an ebullient personality, both very much evident when he is entertaining—which is one of his favorite pastimes. "I'm very California casual now," he says. "I used to think dinner parties had to be fancy and formal and—big! I mean, that was when I was just getting my feet wet. Now I'm past the stage of the parties where you just stand at the door and say hello and good-bye because you're so busy

"I'm very California casual now," says Chip, even though he "used to think dinner parties had to be fancy and formal...." Obviously, the new style works.





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in the kitchen. I prefer six to eight people, ten tops, and everything very comfortable. Sometimes I'll just serve soup or stew with homemade bread."

A former television art director, Chip, along with a German friend, pioneered the art of making larger-than-life character figures from lightweight foam rubber; today he sculpts many of the Disney characters you see on TV and on visits to Disneyland and Disney World. He also does some Hallmark characters and the mascot for the Portland Trail Blazers. He first attended the University of Southern California, then developed his talents at the Art Center School of Design.

"I started cooking as a hobby when I was in school—it wasn't something that I learned at my mother's knee. My first dinner party was hamburgers with bacon, and I thought that was real fancy. But when I started working in advertising and then TV, I found cooking terrific therapy. I'd come home dead tired and start chopping and I'd liven up. The more I cooked, the better I felt. I finally realized it was one of the two things that relaxed me. The other is working with wood."

A recently completed, tall, glass-fronted étagère that holds a sparkling collection of crystal is evidence of the latter hobby. So is the dining room/garden room, where beamed ceilings are entwined with the bougainvillea that climbed what was originally an outside wall. "I put in skylights so it would bloom in here," Chip says, "and the hot tub creates a nice humid atmosphere for plants." French doors lead to the Chip-built wooden deck with its city and canyon views.

Now that deck frames the twilight as friends begin to arrive. They provide a wonderful summer party ambience: the men mostly in white, the women in bright yellows and blues and greens; there are shrieks—not just squeals but shrieks—of laughter. Someone starts up the player piano, and vampy thirties songs fill the air. Chip is everywhere, passing the Margaritas and dip, checking the barbecue, but mostly laughing with friends and having a great time. One person remarks, "I never have as much fun anywhere as I do at Chip's parties," which seems a natural comment: The house is electric in its conviviality. The brilliant L.A. sunset is a reflection of the colorful mélange gathered in the kitchen and on the patio. The food is served, and after a few moments of appreciative silence, the noise rises. A rousing party ensues . . . Chip Wickett is at it again.

MEXICAN BARBECUE FOR SIX

Margaritas and Mexican beer
CHILI CON QUESO DIP
TORTILLA CHIPS
BARBECUED CHICKEN IN RED CHILI SAUCE
BARBECUED PORK WITH GREEN CHILIES
FRESH CHILI AND PEA SALSA
CHIPITOS ROJOS
CHIPITOS VERDES
GUACAMOLE SALAD
TEQUILA SUNSETS

CHILI CON QUESO DIP

Serve with frosty Margaritas and/or Mexican beer to get the party going.

Makes 4 cups

- 2 bacon slices, cut into strips
- 3 tablespoons chopped green onion
- 1 large tomato, peeled and chopped
- 1/2 cup chopped canned green chilies
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano, crumbled
- 8 ounces sharp cheddar cheese, grated (2 cups)
- 8 ounces American cheese, grated (2 cups)
- 3 tablespoons tomato juice (optional)
- Minced fresh cilantro
- Tortilla Chips (see recipe)

Fry bacon in flameproof serving dish over medium heat until crisp. Add onion and tomato and cook until onion softens, stirring occasionally, about 5 minutes. Stir in next 4 ingredients. Reduce heat to low. Gradually add cheeses, stirring until melted and bubbling. Thin with tomato juice if desired. Garnish with cilantro. Serve immediately with Tortilla Chips.

TORTILLA CHIPS

6 servings

- Vegetable oil (for deep frying)
- 11/2 dozen 6-inch corn tortillas, cut into 6 wedges each

Line bottom of brown paper bag with several layers of paper towels. Heat oil in deep fryer or heavy large saucepan to 375°F. Add tortilla wedges in batches of 12 and fry until crisp, turning with spoon, about 1 1/2 minutes. Using slotted spoon, transfer to prepared bag. Serve chips in basket.

BARBECUED CHICKEN IN RED CHILI SAUCE

Start marinating the chicken one day ahead for this easy-to-make entrée.

6 servings

- 6 whole boneless chicken breasts, trimmed
- Red Chili Sauce (see recipe), cooled
- 6 ounces cheddar cheese, grated
- 4 ounces pitted black olives, chopped
- 6 green onions, chopped

Arrange chicken in baking dish. Pour sauce over. Refrigerate overnight.

Prepare barbecue (high heat). Remove chicken from sauce; reserve sauce. Arrange chicken skin side down on grill and cook until golden and firm to touch, turning occasionally and basting frequently with sauce, 25 minutes.

Preheat oven to 350°F. Arrange chicken on ovenproof platter. Pour reserved sauce over. Garnish with cheese, olives and onions. Bake until cheese melts. Serve immediately.

RED CHILI SAUCE

Makes 2 cups

- 1 1/2 cups water
- 1 teaspoon salt
- 8 dried red California or New Mexico chilies, washed, deveined, seeded and broken into pieces
- 2 tablespoons cornstarch
- 1 tablespoon olive oil
- 1 small onion, chopped
- 8 mushrooms, sliced
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano, crumbled
- 1 1/2 cups canned chicken broth

Blend water and salt in bowl. Add chili pieces. Let stand at least 1 hour.

Drain chilies. Transfer to blender. Add cornstarch and puree.

Heat oil in heavy medium saucepan over medium-low heat. Add onion and cook until softened, stirring occasionally, about 5 minutes. Add mushrooms and cook until tender, stirring occasionally, about 5 minutes. Stir in cilantro, cumin and oregano. Add chili puree and broth and bring to boil. Reduce heat and simmer gently 30 minutes to thicken. (Can be prepared 2 days ahead. Cool and chill.)



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BARBECUED PORK WITH GREEN CHILIES

Begin marinating the pork one day in advance. Serve with flour tortillas.

6 servings

- 1 12-ounce can or bottle Mexican beer
- 6 green Anaheim chilies, roasted, peeled, seeded and sliced
- 2 green poblano chilies,* roasted, peeled, seeded and sliced
- 1 large red bell pepper, sliced
- 1 medium onion, sliced
- 2 large garlic cloves, crushed
- 2 tablespoons red chili powder
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 3 1/2-pound pork shoulder, trimmed
- Cilantro sprigs
- Fresh Chili and Pea Salsa (see recipe)

Combine first 11 ingredients in large bowl. Add pork. Refrigerate overnight.

Remove pork from marinade. Transfer marinade to heavy medium saucepan. Simmer until onion and bell pepper are tender, stirring occasionally, about 10 minutes. Set aside.

Prepare barbecue (high heat). Grill pork, turning occasionally and basting frequently with liquid from marinade, about 1 1/2 hours for medium.

Slice pork thinly. Arrange on platter. Spoon marinade over. Garnish with cilantro sprigs. Serve with salsa.

*A fresh green chili available at Latin American markets and some supermarkets.

FRESH CHILI AND PEA SALSA

Peas lend an interesting texture and vibrant color to this delicious salsa.

Makes about 3 1/2 cups

- 2 cups chopped tomatoes
- 8 green onions, chopped
- 6 green Anaheim chilies, roasted, peeled, seeded and chopped
- 1/2 cup thawed frozen peas
- 1/4 cup chopped fresh cilantro
- 2 tablespoons red wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 2 garlic cloves, minced

Combine all ingredients in bowl. Cover and refrigerate at least 1 day.

CHIPITOS ROJOS

Red bell pepper brightens these tamale-like, sausage-filled corn husks—Chip's creation, which he named for himself. Accompany with salsa.

6 servings

- 6 large ears corn in husk
- 10 ounces chorizo sausage
- 10 green onions, chopped
- 1 medium red bell pepper, chopped
- 1 teaspoon salt
- 1/2 cup instant masa mix*
- Fresh Chili and Pea Salsa (see recipe)

Discard outer layer of leaves from each corn cob. Peel remaining leaves back, leaving attached to bottom of cob. Sever cob from leaves. Soak husk packets in cold water. Clean silk from corn. Slice kernels off cobs. Transfer kernels to processor and coarsely grind using on/off turns; do not puree.

Crumble chorizo into skillet set over medium heat and fry until fat is rendered. Add onions and bell pepper and cook until tender, stirring frequently, about 10 minutes. Add corn and sauté 2 minutes. Mix in salt. Gradually stir instant masa mix into chorizo filling, forming thick paste.

Drain husk packets; pat dry. Set on work surface. Spoon 1/6 of filling in center of each. Fold in ends and sides; tie with string to secure.

Prepare barbecue (high heat). Arrange chipitos on edge of grill. Cook until filling is almost set, turning and spraying with water occasionally, 45 to 60 minutes. Serve immediately with salsa.

*Available at Latin American markets and many supermarkets.

CHIPITOS VERDES

Chilies and cheddar cheese accent the second version of this clever dish.

6 servings

- 6 large ears corn in husk
- 1/2 cup cornmeal
- 1/3 cup milk
- 2 tablespoons (1/4 stick) butter
- 1 tablespoon instant masa mix*
- 1 tablespoon sugar
- 1 teaspoon salt
- 6 green Anaheim chilies, roasted, peeled and seeded
- 12 3/4-inch cubes sharp cheddar cheese (about 5 ounces)
- Sour cream
- Fresh Chili and Pea Salsa (see recipe)

Discard outer layer of leaves from each corn cob. Peel remaining leaves back, leaving attached to bottom of cob. Sever cob from leaves. Soak husk packets in cold water. Clean silk from corn. Slice kernels off cobs. Transfer kernels to processor and coarsely grind using on/off turns; do not puree. Transfer corn to bowl.

Bring next 6 ingredients to simmer in heavy medium saucepan. Cool completely. Add to corn.

Cut each chili into 2 long strips. Wrap each cheese cube with chili strip.

Drain husk packets; pat dry. Set on work surface. Alternate corn mixture, chili-wrapped cheese, corn mixture, chili-wrapped cheese and corn mixture down center of each. Fold in ends and sides; tie with string to secure.

Prepare barbecue (high heat). Arrange chipitos on edge of grill. Cook until filling is almost set, turning and spraying with water occasionally, 45 to 60 minutes. Serve immediately with sour cream and chili and pea salsa.

*Available at Latin American markets and many supermarkets.

GUACAMOLE SALAD

Fried tortilla strips add texture and beet julienne adds color to a salad inspired by this classic avocado specialty.

6 servings

- Vegetable oil (for deep frying)
- 6 corn tortillas, cut into strips
- 4 large ripe avocados
- 1/2 cup diced canned green chilies
- 2 tablespoons minced onion
- 1 tablespoon fresh lemon juice
- 1 garlic clove, minced
- 1 teaspoon cracked black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- Hot pepper sauce
- 6 red leaf lettuce leaves
- 1 head iceberg lettuce, shredded
- 2 large tomatoes, cut into wedges
- 1 cup beet julienne

Heat oil in heavy skillet or deep fryer to 375°F. Add tortilla strips in batches and cook until crisp, turning occasionally, about 1 1/2 minutes. Drain on paper towels. Set aside.

Peel and pit 3 avocados. Transfer flesh to bowl and mash well. Mix in next 8 ingredients. Season with hot pepper sauce to taste. Peel and pit remaining avocado. Cut flesh into cubes. Fold into mashed avocado mixture.

Line each plate with red lettuce leaf.

recipe continued on page 118



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India's Secret Ingredient

Versatile yogurt is the key to this collection of main dishes, breads, vegetables and desserts

BY SUNEETA VASWANI

Yogurt may be the closest thing we have to a perfect food. It has been valued in the Middle East, the Balkans and the Indian subcontinent for centuries, not only as a staple but also as a health aid. Many attribute their longevity to its daily

consumption. In the West, yogurt has made its mark as a healthful snack. It is low in fat and calories, high in such nutrients as protein, calcium and riboflavin and is easily digested, even for those who are ordinarily unable to tolerate other dairy products.

But its perfection is most apparent in its culinary versatility. The possibilities are limitless: Yogurt can be substituted for sour cream or mayonnaise in dips and dressings, for crème fraîche or cream cheese in baked goods and desserts, even for cream in soups and in main dishes made with fish or meat.

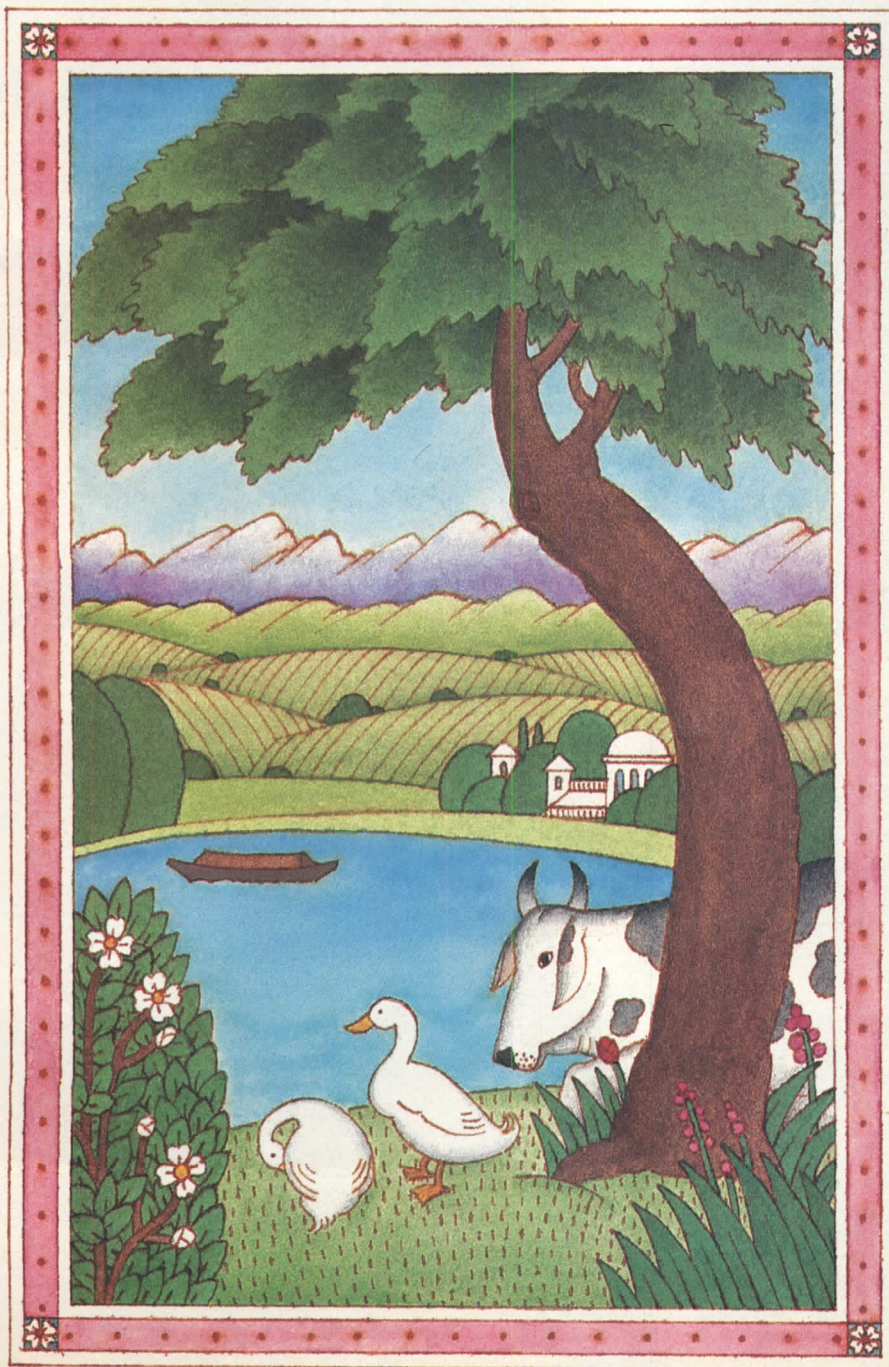
The Indian recipes I feature here provide a good example of yogurt's fundamental adaptability. It has been part of our diets for a very long time and is one of the few foods common to all of the diverse regional cuisines of my native land. It appears on both nonvegetarian and vegetarian menus (and is often eaten in combination with lentils and beans, providing the complete protein so important for India's many non-meat eaters).

Most Indian families make their own yogurt at least once daily. The basic method is to add bacterial culture, known as the starter, to milk that has been heated to the boiling point and then cooled to about 110°F. Most experienced makers can tell the proper temperature just by testing a drop on the inner wrist. This mixture is then kept warm for four to five hours to allow fermentation. Typically, buffalo milk is used because it has a higher fat content than cow's milk, thus yielding a thicker, sweeter and richer-tasting result compared to the Western lowfat version, which has a thinner consistency and a pronounced tangy flavor. The American whole-milk variety is much closer to the Indian type and can be used in any of these recipes.

This indispensable food is enjoyed by itself as *dahi* or in fresh vegetable salads as *raita*. Blended, sweetened or spiced, and combined with crushed ice, yogurt becomes *lassi*, a refreshing drink enjoyed year round in the mostly tropical climate of India. It partners well with rice, too.

Yogurt is also used to flavor, tenderize and moisten meat, fish and poultry dishes. It is frequently combined with ginger root, as in the veal shank stew known as *gosht dabalroti*, in which the pieces of meat are braised in this fragrant blend, along with tomato, onion, garlic and various spices.

Incorporate it into dough and yogurt takes on the role of leavening agent. It gives *bhatura*, a deep-fried bread, its characteristic moistness and





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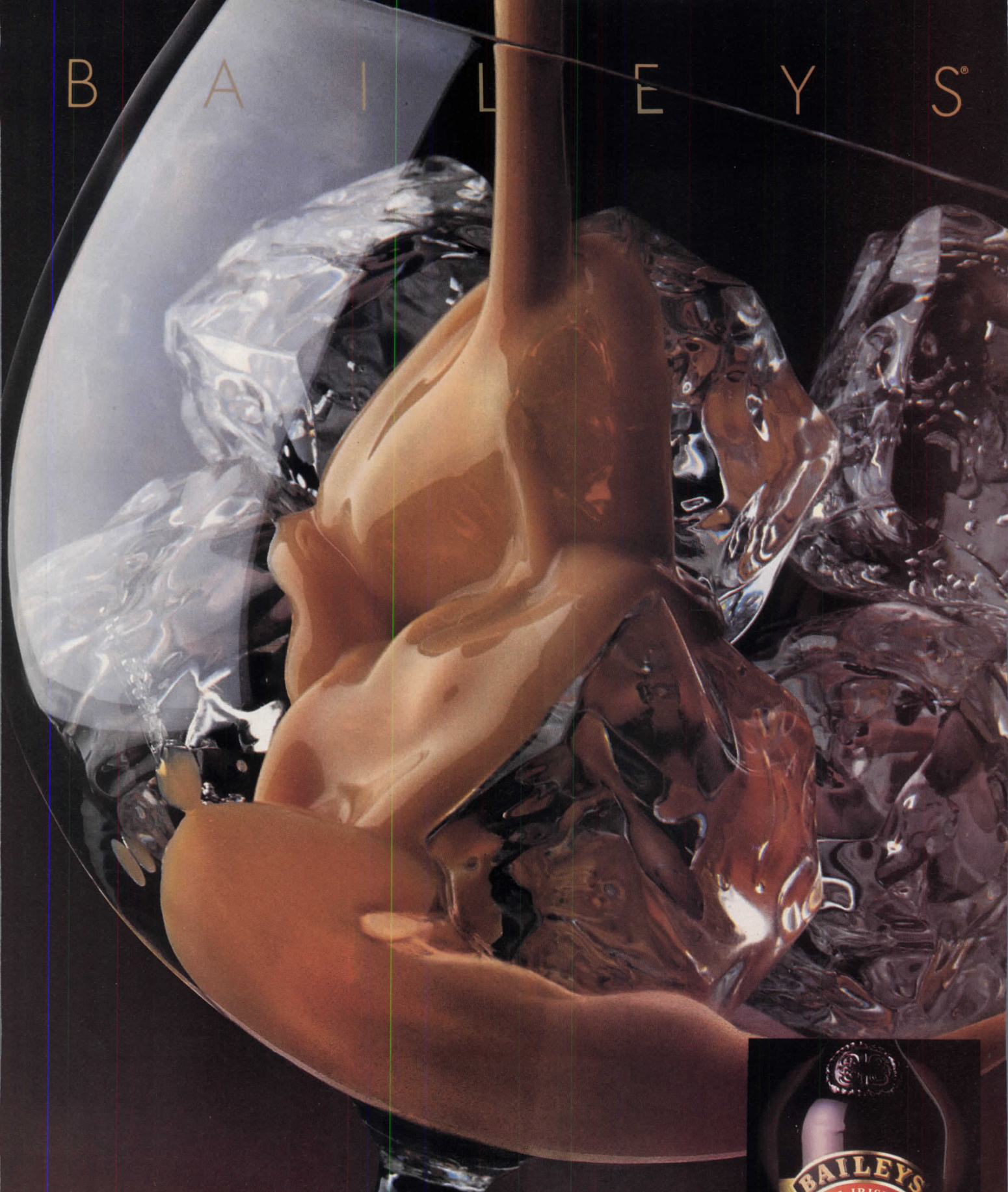


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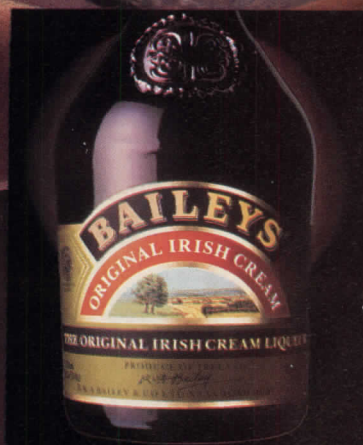
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soft, pleasantly spongy texture. In sauces, its distinctive presence imparts both flavor and body. I have included a zesty variation on mint chutney that can be used either as a dip or a sandwich spread, depending on the amount of yogurt in the mixture. It is also delicious in its traditional use as an accompaniment to kebabs and grilled meats. Desserts have not been overlooked; in one of my favorites, yogurt adds richness to fresh oranges.

As this selection of recipes demonstrates, yogurt is the magical ingredient of Indian cuisine. But don't stop here—experiment and find out firsthand how the taste and versatility of this “perfect” food can transform your own cooking, whatever its origin.

DEEP-FRIED YOGURT BREAD

Great with soups and stews, or top with butter and jam or chutney.

Makes about 12

- 3 cups self-rising flour
- 1/2 teaspoon salt
- 2/3 cup plain yogurt mixed with 1/3 cup water

Vegetable oil (for deep frying)

Combine flour and salt in large bowl. Add yogurt mixture and stir until smooth. Turn dough out onto lightly floured surface and knead until smooth and elastic, about 10 minutes.

Grease bowl. Add dough, turning to coat entire surface. Cover and let rise in warm draft-free area 3 hours; dough will not rise significantly.

Heat oil in deep fryer or heavy large skillet to 375°F. Punch dough down. Turn out onto lightly floured surface and knead 2 minutes. Divide into 2-inch rounds. Using palm of hand, flatten 1 round (keep remainder covered to prevent drying). Roll to thickness of 1/8 inch. Add to oil. Cook until puffy and golden brown, spooning oil over, about 2 minutes per side. Remove using slotted spoon and drain on paper towels. Repeat with remaining dough.

YOGURT MINT CHUTNEY

This saucelike condiment is delicious with Indian bread, samosas or kebabs.

Makes 1 cup

- 1 cup plain yogurt
- 1/4 cup fresh mint leaves
- 1 small hot green chili, chopped

Puree 1/4 cup yogurt, mint and chili in blender. Stir remaining yogurt until creamy. Fold in mint-chili mixture. Cover and refrigerate 2 hours. (Can be prepared 6 days ahead.)

SPICED RICE WITH GREEN PEPPERS AND CASHEWS

A side dish or vegetarian entrée.

2 to 4 servings

- 1/4 cup vegetable oil
- 1 teaspoon mustard seeds
- 1 teaspoon minced fresh ginger
- 3/4 cup chopped green bell pepper
- 1 1/2 cups cooked basmati rice
- 1/2 teaspoon turmeric
- 1/2 teaspoon Indian chili powder*
- Salt
- 1 8-ounce container plain yogurt, beaten
- 1/4 cup raw cashews
- 2 tablespoons minced cilantro

Heat oil in heavy large skillet over medium-high heat. Add mustard seeds and cover. When seeds stop popping, stir in ginger. Add bell pepper and stir 2 minutes. Reduce heat to medium. Add rice, turmeric and chili powder. Season with salt. Cover and cook until heated through, about 5 minutes. Fold in yogurt, cashews and cilantro.

*Available at Indian markets. If unavailable, substitute cayenne pepper.

YOGURT BAKED FISH

4 to 6 servings

- 2 1-pound firm-fleshed white fish fillets (such as snapper, flounder, scrod, halibut, etc.)
- 1/2 lemon or lime
- Salt
- 1 large onion, minced
- 2 serrano chilies, seeded, minced
- 4 garlic cloves, minced
- 2 teaspoons ground coriander
- 1 1x1/2-inch piece ginger, minced
- 1/4 cup vegetable oil
- 2 cups plain yogurt
- 2 teaspoons sugar
- 1 teaspoon salt
- 2 tablespoons coarsely chopped raisins
- 2 tablespoons coarsely chopped almonds

Pat fish dry. Dip lemon in salt. Rub over fish. Let fish stand 15 minutes.

Mix onion, chilies, garlic, coriander and ginger in bowl. Heat oil in heavy medium skillet over medium-high heat. Add onion mixture and stir until golden, about 10 minutes.

Blend yogurt, sugar and 1 teaspoon salt. Add to skillet and cook until thick enough to coat fish, stirring frequently, about 30 minutes.

Preheat oven to 375°F. Line jelly roll pan with foil. Set fish on prepared pan. Spread yogurt mixture over fish.

Sprinkle with raisins and almonds. Bake 9 minutes for every 1-inch thickness of fish. Serve immediately.

SPICY VEAL SHANKS IN YOGURT-TOMATO SAUCE

An easy-to-make main course.

8 servings

- 3 pounds veal shanks
- 1/2 cup vegetable oil
- 2 large onions, minced
- 8 garlic cloves, minced
- 2 serrano chilies, seeded, minced
- 1 1 1/2-inch piece ginger, minced
- 4 teaspoons (generous) ground coriander
- 2 teaspoons ground cumin
- 3/4 teaspoon ground turmeric
- 1/2 teaspoon Indian chili powder*
- Salt
- 2 16-ounce cans tomatoes, drained and pureed, liquid reserved
- 1 cup plain yogurt
- 1 teaspoon garam masala**
- 1/4 cup chopped fresh cilantro
- 1 loaf crusty French bread, sliced 1 inch thick
- Additional chopped cilantro
- Sliced green onions
- 1 lemon, halved

Remove veal from bones. Cut veal into 1 1/2-inch pieces; reserve bones.

Heat oil in heavy large pot over medium heat. Add onions and cook until browned, stirring frequently, about 30 minutes; do not burn.

Add garlic, chilies and ginger and stir until aromatic, about 3 minutes. Increase heat to high. Pat veal dry. Add to pot and sauté until veal and onions are dark brown, 10 to 15 minutes, watching carefully. Reduce heat to medium. Add coriander, cumin, turmeric and chili powder and stir until aromatic, about 3 minutes. Season with salt. Add reserved bones. Add pureed tomatoes and bring to boil. Stir yogurt until smooth. Blend with reserved tomato liquid. Add to pot and bring to boil. Reduce heat, cover and simmer until veal is tender, 1 hour.

Remove bones from pot. Sprinkle stew with garam masala, then 1/4 cup cilantro. Arrange bread on platter. Spoon stew over. Let stand 10 minutes. Garnish with additional cilantro and green onions. Squeeze lemon over.

*Available at Indian markets. If unavailable, substitute cayenne pepper.

**An Indian spice mixture available at Indian markets or by mail order from Dean & DeLuca, Mail Order Department, 110 Greene Street, Suite 304, New York, NY 10012; (800) 221-7714.

INDIAN RECIPES

continued from page 97

STUFFED POTATOES IN FRAGRANT SAUCE

8 servings

- 12 2-inch boiling potatoes
- 25 raisins, chopped
- 12 blanched almonds, chopped
- Vegetable oil (for deep frying)

- 1½ cups finely chopped onions
- 1 1-inch piece ginger, minced
- 4 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon turmeric
- 1 teaspoon garam masala*
- ¾ teaspoon Indian chili powder**
- 1 16-ounce can tomatoes, pureed with liquid or 2 cups finely chopped tomatoes
- ¾ cup plain yogurt
- Salt
- 2/3 cup whipping cream

Using fork, pierce potatoes in several places. Cut off 1/3 of each potato to use as cap. Using sharp knife or vegetable peeler, cut hole in center of each potato; do not cut through base. Mix raisins and almonds. Spoon some of mixture into each potato. Replace caps; secure with toothpicks.

Heat oil to 350°F in deep fryer or heavy large skillet. Add potatoes (in batches; do not crowd) and fry until crusty and a few brown spots appear, about 10 minutes. Remove using slotted spoon and drain on paper towels.

Pour off all but 6 tablespoons oil from skillet. Add onions and fry until deep brown, stirring constantly, about 15 minutes. Add ginger and stir 1 minute. Stir in coriander, cumin, turmeric, garam masala and chili powder. Add tomatoes, yogurt and salt. Add potatoes in single layer and bring to boil. Reduce heat, cover and simmer until potatoes are tender, stirring occasionally, 20 to 30 minutes. (Sauce should be thick enough to coat potatoes. If too thin, boil to reduce. If too thick, add a few tablespoons water.) Add cream and heat through.

*An Indian spice mixture available at Indian markets or by mail order from Dean & DeLuca, Mail Order Department, 110 Greene Street, Suite 304, New York, NY 10012; (800) 221-7714.

**Available at Indian markets. If unavailable, substitute cayenne pepper.

SPICY INDIAN BEEF STEW

4 servings

- 2 pounds beef chuck, trimmed, cut into 2-inch squares

2½ tablespoons minced ginger

- 2 tablespoons coriander seeds
- 2 tablespoons cumin seeds
- 5 small dried red chilies, halved and seeded
- 4 green cardamom pods
- 4 whole cloves
- 1 teaspoon whole mace
- ½ teaspoon whole black peppercorns
- 20 garlic cloves, mashed
- 1 cup plain yogurt
- Salt
- ¾ pound onions, cut into thin rings
- Vegetable oil
- 1 pound onions, finely sliced lengthwise

Combine meat and ginger. Let stand 30 minutes at room temperature.

Toast coriander and cumin seeds in heavy small skillet over medium heat until lightly browned, shaking skillet frequently, 3 to 4 minutes. Transfer to spice grinder or blender. Add chilies, cardamom, cloves, mace and peppercorns and grind finely. With processor running, drop garlic cloves through feed tube and mix to paste. Add ground spice mixture to processor and blend. Scrape into bowl. Stir in yogurt. Season with salt. Mix ¼ of yogurt mixture with ¾ pound onions. Rub remaining yogurt mixture into meat.

Heat 1 inch oil in heavy 10-inch skillet over medium-high heat. Add half of remaining 1 pound onions and fry until dark brown, stirring frequently, about 10 minutes. Remove using slotted spoon and drain on paper towels. Repeat with remaining onions. Cool. Reserve oil. Crush onions coarsely.

Arrange half of meat in heavy 4-quart saucepan. Cover with half of yogurt-onion mixture. Top with half of fried onions. Repeat with remaining meat, yogurt-onion mixture and fried onions. Pour 1/3 cup reserved oil over. Cover and bring to boil. Reduce heat and simmer until meat is fork tender, about 1 hour, stirring occasionally.

KASHMIRI CHICKEN

Yogurt, almonds and Indian seasonings flavor this one-dish meal.

8 servings

- ½ cup vegetable oil
- 8 whole cardamom pods, split but not separated
- 3 cinnamon sticks
- ¼ to ¾ teaspoon asafetida*
- 2 3- to 3½-pound chickens, skinned, cut into serving pieces
- 6 cups plain yogurt
- 1 tablespoon fresh lemon or lime juice

1 3-inch piece ginger, minced
Salt

- 1 tablespoon ground coriander
- 2 teaspoons Indian chili powder**
- 1½ teaspoons ground cumin

Vegetable oil

5 medium boiling potatoes, cooked until tender, peeled and halved

- 1½ teaspoons garam masala***
- ¼ cup blanched slivered almonds
- Minced fresh parsley

Heat ½ cup oil in heavy large pot over medium heat. Add cardamom and cinnamon and stir 1 minute. Add asafetida and stir until mixture turns gray, about 30 seconds. Pat chicken dry. Add to pot in batches and brown well.

Stir yogurt until smooth. Mix in juice and ginger. Season with salt. Add to chicken. Cover and cook 10 minutes.

Add coriander, chili powder and cumin to chicken. Cover and cook until chicken is tender, about 20 minutes.

Meanwhile, heat thin layer of oil in heavy large skillet over medium heat. Add potatoes and sauté until brown.

Transfer chicken and potatoes to platter. Boil chicken cooking liquid until slightly thickened. Sprinkle with garam masala. Spoon over chicken and potatoes. Let stand 10 minutes. Garnish with almonds and parsley.

*A combination of dried gum resins from plant roots. Available at Indian markets.

**Available at Indian markets. If unavailable, substitute cayenne pepper.

***An Indian spice mixture available at Indian markets or by mail order from Dean & DeLuca, Mail Order Department, 110 Greene Street, Suite 304, New York, NY 10012; (800) 221-7714.

SAFFRON YOGURT WITH ORANGES

A distinctive light dessert.

2 to 4 servings

- ½ teaspoon saffron threads, crushed
- ½ cup boiling water
- 2 cups plain yogurt
- ¼ cup sugar
- 2 teaspoons fresh lemon juice
- 2 oranges, peeled and sectioned

Dissolve saffron in boiling water. Let mixture stand for 10 minutes.

Stir yogurt, sugar and lemon juice in bowl until creamy. Strain in saffron soaking liquid and blend well. Mix in orange. Refrigerate until well chilled. □

Suneeta Vaswani, a Houston-based cooking teacher, grew up in Bombay. She returns to India often to collect new recipes.

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FAST AND FRESH MENUS

THE WEEKDAY COOK

BY KAREN KAPLAN AND KRISTINE KIDD

Menu I

BLUE CHEESE BURGERS*
GRILLED ZUCCHINI*
WATERMELON

Menu II

CHICKEN SALAD WITH
ROASTED WALNUTS*
FRENCH BREAD
PLUMS WITH CREAM
AND BRANDY SAUCE*

*Recipe included

COME HOT WEATHER, our thoughts turn to fresh fruits and vegetables and grilled goods, prepared simply but with a touch of class. No surprise then that those thoughts send us to the produce section of the local supermarket and the backyard barbecue with astounding regularity. The results include some of our all-time favorite creations, and you'll find four of them in these easy August menus.

It's taken two years, but we've done it: In Menu I we finally offer a hamburger recipe. And we think it was worth the wait. The meat is seasoned with salt and pepper and simply grilled. Nothing fancy here. It's the sauce that's something special—a blue cheese one spiced up with green onion, mustard and Worcestershire sauce. Put the burger on a bun or on French bread dressed with lettuce, tomato and onion if you so desire, then spoon on the sauce. Or, if you're watching calories, omit the bread and eat the meat with just a whisper of sauce. The leftover won't go to waste, because it's great on baked potatoes, as a salad dressing or as a dip for crudités.

We serve this classic American sandwich with that prolific summer vegetable, zucchini. If you know someone with a garden, see if they'll give you two of the excess squash they're bound to have. Then you won't need to buy another thing for this preparation; you should have everything in your pantry. Just mix together a little oil, soy sauce, garlic and pepper, add the zucchini strips, marinate them for a

spell, then throw them on the grill. Finish up the meal with one of the best no-cook summer desserts we know, fresh watermelon. And don't forget ice-cold beer or a bottle of Beaujolais.

In Menu II we present one of our most beloved main-course salads, a toss of Boston lettuce, store-bought barbecued chicken, goat cheese and sliced radishes sprinkled with roasted walnuts, for which we offer a recipe. Sure, you can make this salad with regular walnuts, or even pecans, and it's almost as delicious. But we know you'll love—in fact, become addicted to—these sweet and spicy nuts. They take only minutes to prepare and are super with cocktails, as snacks, as gifts or in a salad of your own invention.

Serve the salad with crusty French bread spread with butter or with any extra goat cheese you might have on hand. As a complementary beverage, try a fruity white wine such as Chenin Blanc or Vouvray, white wine spritzers, sparkling cider or mineral water. For dessert, we suggest you choose the ripest plums and let them marinate in sugar, lemon peel and brandy while you're making the salad. We like to use slivovitz, the Yugoslavian plum brandy, but you can use whatever Cognac or brandy you have on hand. Spoon the fruit into a goblet and top with a silken-textured and richly flavored sauce of whipped cream, egg yolk, vanilla and the plum marinade.

If anyone ever tells you "there ain't no cure for the summertime blues," you now have evidence to the contrary.

BLUE CHEESE BURGERS

There is enough sauce for four servings, but any extra is great as a dressing for potato or other salads, or can be used as a vegetable dip, or spooned on baked potatoes. Serve these burgers as is, on a bun or on French bread, adding the usual lettuce, tomato and onion if you like.

2 servings; can be doubled or tripled

1 green onion, cut into 1-inch pieces (white and light green parts)

1/4 cup mayonnaise
1/4 cup sour cream
1/2 teaspoon Dijon mustard
1/4 teaspoon Worcestershire sauce
1/4 cup crumbled blue cheese
Salt and freshly ground pepper

2/3 to 1 pound ground beef

Chop green onion in processor. Add mayonnaise, sour cream, mustard and Worcestershire sauce and blend. Add cheese and mix well. Season with salt and pepper. (Can be prepared 3 days ahead. Cover and refrigerate. Bring to room temperature before serving.)

Prepare barbecue grill (medium-high heat). Form beef into two 1-inch-thick patties. Season with salt and pepper. Grill to desired doneness, about 4 minutes per side for rare. Transfer to plates. Spoon sauce over and serve.

GRILLED ZUCCHINI

2 servings; can be doubled or tripled

3 tablespoons olive oil
2 garlic cloves, minced
2 teaspoons soy sauce
Freshly ground pepper
2 zucchini, trimmed and cut lengthwise into 1/2-inch-thick strips

Salt

Combine first 4 ingredients in glass baking dish. Add zucchini and turn to coat. Let stand until ready to cook.

Prepare barbecue grill (medium-high heat). Cook zucchini until browned and tender, about 4 minutes per side. Season with salt and pepper. Transfer zucchini to plates and serve.

CHICKEN SALAD WITH ROASTED WALNUTS

Based on a purchased barbecued chicken, this salad takes minutes to make. The Roasted Walnuts add a special touch; for an even easier version, just use plain walnuts.

2 servings; can be doubled or tripled

1 egg yolk
1 1/2 tablespoons fresh lemon juice
3/4 teaspoon Dijon mustard
6 tablespoons olive oil
Salt and freshly ground pepper
1 Boston lettuce head, torn into large bite-size pieces
1 1 1/2-pound barbecued chicken, skinned, boned and shredded into bite-size pieces
3 ounces soft goat cheese, such as Montrachet or Bûcheron, crumbled

recipe continued on page 118



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COMPLETE TECHNIQUE

THE BASICS

BY FAYE LEVY

Savory Crepes

COOKS THROUGHOUT the world, from the Orient through Europe and to the Americas, have discovered that crepes make delicious and very convenient wrappings for almost any food. The batter takes only a minute to make, and can be done in a food processor, blender, or in a bowl with a whisk. With a stack of these thin pancakes on hand in the refrigerator or freezer, the busy cook can easily prepare a festive treat for a light meal or a snack anytime. Crepes can be presented as an elegant first course or luncheon entrée or enjoyed as a casual supper.

Many versions are prepared today by cooks of the most diverse origins. Hearty buckwheat crepes enhanced with butter are simple and savory, whereas those made with all purpose flour pair well with delicate fillings. Whole wheat and rye flours also make good-tasting crepes, especially with vegetables, as in the eggplant and feta or sesame mushroom versions here.

A great variety of fillings can be used, from a classic combination of seafood or mushrooms in cream sauce to an oriental-style medley of sautéed vegetables flavored with ginger and garlic. The stuffing can be as plain as a piece of grilled sausage or as luxurious as lobster in a *velouté*, or a mixture of caviar, sour cream and minced chives.

One of the most glamorous ways to dress up leftovers is to use them in crepes. Basically any cooked vegetable, fish or meat will work, according to the imagination of the cook and what is available. The only rules are that ingredients should be tender, in bite-size pieces, and they should harmonize well. For example, roast chicken can be diced and accented with a touch of sautéed shallots, spices or fresh herbs. All fillings should be moistened, either with melted butter, a fragrant oil such as olive or sesame, or with a little sauce, whether smooth or chunky tomato, cream, cheese or brown sauce.

Rolling is the most common way to shape the crepes, but they can also be folded in half or in fourths, particularly if something as uncomplicated as grated cheese is put inside. Some restaurant chefs spoon the filling into the center of the crepe, then gather up the edges to form a little bundle. A pretty ribbon of blanched

leek greens or green onion is the "tie." Crepes can also be cut into strips and used as a garnish for soup.

You can cook the batter in a skillet, but a crepe pan is preferable because its low sides make turning the crepes easy. These traditional pans made of cast iron or heavy steel hold the heat well and cook crepes more efficiently. The results are lacier, moister and attractively browned. The classic skillets need to be "seasoned," or heated with oil, before they are used the first time, to avoid sticking. You can also purchase Teflon- and Silverstone-coated ones that do not require buttering.

You can master the cooking technique quite easily after making just a few. The key is regulating the heat and thickness of the batter. To save time when preparing large quantities, have two pans going simultaneously.

One popular way to enjoy a crepe is to prepare it as outdoor vendors do in France. The crepe is first quickly heated on a griddle or in a skillet with a pat of butter. Next it is topped with Gruyère cheese, strips of ham, beaten egg—or any combination of these—and heated until the filling is warm and the egg lightly cooked. Finally the crepe is folded in four and wrapped in a paper cone for easy holding. My own favorite at some Parisian *crêperies* is done with Roquefort cheese, chopped walnuts and plenty of butter. It is the finest "fast food" imaginable.

TIPS

- To season a new cast-iron or heavy steel crepe pan, brush with oil and place in 200°F oven for 3 hours.
- Do not wash cast iron or heavy steel pans after use. To clean, rub well with paper towels while still warm.
- Before cooking the batter, have all the utensils at hand, including a plate for stacking, a spatula for turning and a 1/4-cup measure for pouring batter.
- If batter is too thin, sift 2 or 3 tablespoons all purpose flour into another bowl and gradually stir batter into it.
- Lacy crepes will have a few small holes. If large holes appear, the pan is probably too hot; reduce heat slightly.
- If using a 7 1/2- to 8-inch pan, measure 3 tablespoons batter for each crepe.
- Batter may become lumpy on stand-up as melted butter in it cools.

- Any sauce used in a filling should be just thick enough to bind ingredients; if too thin, filling will fall out.
- Fillings with assertive flavors, such as Roquefort cheese or smoked fish, can be mixed with cream sauce to mellow.
- Filling should be spread on the less attractive side of a crepe, which is the side that was cooked second.
- Brush filled crepes evenly with vegetable oil or melted butter before baking to prevent drying out in oven. Another check to prevent dry crepes is to bake only until filling is hot.

BASIC CREPES

Makes about 20

- 3 eggs
- 1 1/4 cups (or more) milk
- 3/4 cup all purpose flour
- 3/4 teaspoon salt

- 5 tablespoons unsalted butter, melted

Food processor method: Mix eggs, 1/4 cup milk, flour and salt using on/off turns. (Batter will be lumpy.) Scrape sides and bottom of bowl. With machine running, pour 1 cup milk through feed tube and process 15 seconds. Scrape sides and bottom of bowl again. Blend batter until smooth, about 15 seconds.

Blender method: Blend eggs, 1 1/4 cups milk, flour and salt on high speed until batter is smooth, about 1 minute.

Whisk method: Sift flour into medium bowl. Make well in center. Whisk eggs, salt and 1/4 cup milk in small bowl to blend. Pour into well. Gradually incorporate flour, whisking until smooth. Add 1 cup milk in slow stream, whisking until smooth.

Strain batter if necessary. Cover. (Can be prepared 1 day ahead to this point and refrigerated.) Let crepe batter stand at room temperature 1 hour.

Gradually whisk in 3 tablespoons butter (batter should be consistency of whipping cream). Clarify remaining butter by pouring into small cup, discarding water and solids at bottom and skimming off foam. If batter is too thick, whisk in additional milk 1 teaspoon at a time until desired texture.

Heat 6 1/2-inch crepe pan or heavy skillet over medium-high heat until water sizzles when dropped onto surface. Brush pan with clarified butter. Working quickly, ladle 2 tablespoons batter into pan, tilting so batter just coats bottom. Immediately return excess batter to bowl. Cook crepe until bottom is brown, about 45 seconds. Loosen edges with spatula, discarding any pieces that cling to sides of pan.

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C14

Turn crepe and cook until second side is speckled brown, about 20 seconds.

Slide crepe out onto plate and cover with waxed paper. Repeat with remaining batter, stirring occasionally. (If batter thickens on standing, gradually whisk in additional milk 1 teaspoon at a time.) Adjust heat and add more butter to pan as necessary. *(Crepes can be prepared ahead, cooled completely, wrapped tightly and refrigerated 3 days or frozen 1 month. Bring to room temperature before using.)* Reheat crepes 1 at a time in hot skillet brushed with clarified butter, if necessary.

Variations

Whole wheat crepes: Replace all purpose flour with 1/2 cup whole wheat flour sifted with 1/4 cup all purpose flour.

Buckwheat crepes: Replace all purpose flour with 1/2 cup buckwheat flour sifted with 1/4 cup all purpose flour.

Rye crepes: Replace the 3/4 cup all purpose flour with 1/2 cup rye flour sifted with 1/4 cup of all purpose flour.

SEAFOOD AND MOREL CREPES

4 servings

- 1/2 ounce dried morel mushrooms
- 1 1/2 cups Fish Stock*
- 3/4 pound medium shrimp, shelled, deveined and halved crosswise
- 1/4 teaspoon salt
- 1 teaspoon fresh lemon juice
- 3 tablespoons unsalted butter
- 3 tablespoons all purpose flour
- 3/4 cup whipping cream
- 1 cup crabmeat
- 4 teaspoons snipped fresh chives
- 1/4 teaspoon freshly ground pepper
- 8 crepes (see Basic Crepes recipe), room temperature
- 1 tablespoon melted unsalted butter

Soak morels in hot water until softened, about 30 minutes.

Bring stock to simmer in medium saucepan. Add shrimp and salt. Reduce heat to low, cover and poach until shrimp are pink, about 2 minutes. Remove shrimp using slotted spoon. Drain morels; squeeze dry. Chop finely. Add to shrimp cooking liquid. Stir in 1/2 teaspoon lemon juice. Cover and cook over low heat 10 minutes. Transfer morels to small bowl using slotted spoon. Reserve cooking liquid.

Melt 3 tablespoons butter in medium saucepan over low heat. Whisk in flour and stir constantly until mixture is very light brown, about 2 minutes.

Remove from heat. Gradually whisk in shrimp cooking liquid. Set over medium-high heat and bring to boil. Whisk in cream. Return to boil. Add morels. Reduce heat and simmer, stirring frequently, until sauce coats back of spoon heavily, about 7 minutes. Reserve 1 cup sauce; transfer remainder to medium bowl. Add 16 shrimp halves to 1 cup sauce. Stir remaining shrimp, crabmeat, 2 teaspoons chives and pepper into sauce in bowl. Taste and adjust seasoning.

Preheat oven to 425°F. Butter 8x14-inch baking dish. Spoon 3 tablespoons shrimp-crab mixture onto one edge of crepe. Roll up into cigar shape beginning at filled edge. Arrange seam side down in baking dish. Brush with melted butter. Repeat with remaining crepes. *(Can be prepared 1 day ahead. Refrigerate filled crepes and reserved sauce separately. Bring crepes to room temperature before baking.)* Bake crepes until hot, about 10 minutes.

Meanwhile, bring reserved sauce to boil in small saucepan. Remove from heat. Stir in remaining 1/2 teaspoon lemon juice and 2 teaspoons snipped chives. Taste and adjust seasoning.

Transfer crepes to plates. Top each with spoonful of sauce. Pass remaining sauce.

*Fish Stock

Makes about 4 cups

- 1 1/2 pounds fish bones, tails and heads of nonoily fish or 1 pound fish pieces for chowder
- 1 tablespoon unsalted butter
- 1 medium onion, sliced
- 5 parsley sprigs
- 1 fresh thyme sprig or pinch of dried, crumbled
- 1 bay leaf
- 5 cups (about) water

Rinse bones under cold water; drain. Melt butter in heavy large saucepan over low heat. Add onion and cook until soft, stirring frequently, about 10 minutes. Add fish bones, parsley, thyme and bay leaf. Pour in just enough water to cover. Bring to boil, skimming occasionally. Reduce heat and simmer 20 minutes, skimming occasionally. Strain through fine sieve; do not press solid ingredients. *(Can be prepared 1 day ahead and refrigerated or 2 months ahead and frozen.)*

EGGPLANT AND FETA CREPES

6 servings

- 2 medium eggplants, peeled and cut crosswise into 3/8-inch-thick slices
- Salt
- 3/4 cup (about) olive oil

- 4 medium garlic cloves, minced
- 1 1/4 cups finely crumbled feta cheese
- 1/2 cup ricotta cheese
- 6 tablespoons minced green onion
- 3/4 teaspoon dried oregano, crumbled
- Freshly ground pepper
- 12 whole wheat crepes (see Basic Crepes recipe), room temperature
- 2 tablespoons (1/4 stick) unsalted butter, melted
- 1 tablespoon plus 2 teaspoons freshly grated Parmesan cheese

Arrange eggplant in strainers. Sprinkle with salt. Drain for 30 minutes. Invert and continue draining 30 minutes. Pat eggplant dry.

Heat 3 tablespoons oil in heavy large skillet over medium heat. Add eggplant in batches (do not crowd) and sauté until just tender when pierced with fork, about 2 1/2 minutes on each side, adding more oil as necessary. Transfer eggplant to paper towels and drain. Add garlic to skillet and cook 5 seconds. Transfer garlic to large bowl. Chop eggplant and add to garlic. Mix in feta, ricotta, green onion, oregano and pepper. Adjust seasoning.

Preheat oven to 425°F. Butter 8x14-inch baking dish. Spoon 3 tablespoons filling on one edge of crepe. Roll up into cigar shape beginning at filled edge. Arrange seam side down in baking dish. Repeat with remaining crepes and filling. Brush crepes with melted butter. Sprinkle with Parmesan. *(Can be prepared 1 day ahead and refrigerated. Bring crepes to room temperature before baking.)* Bake crepes until hot, about 10 minutes. Serve immediately.

SESAME MUSHROOM CREPES

6 servings

- 1 ounce dried shiitake mushrooms
- 2 tablespoons (1/4 stick) unsalted butter
- 1 1/2 pounds leeks, halved lengthwise and cut into 1/4-inch slices
- Salt and freshly ground pepper
- 2 tablespoons vegetable oil
- 1/2 pound button mushrooms, sliced
- 4 teaspoons oriental sesame oil
- 4 medium garlic cloves, minced
- 1 tablespoon minced fresh ginger
- 1/4 cup dry white wine
- 12 rye or whole wheat crepes (see Basic Crepes recipe), room temperature
- 2 tablespoons oriental sesame oil
- 2 tablespoons sesame seeds, toasted

Soak shiitake mushrooms in hot water until softened, about 30 minutes.

recipe continued on page 118

ASK BON APPÉTIT

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.

Mustard and Catsup Storage

Back in the October 1987 "Ask Bon Appétit," you said that prepared mustards should be refrigerated after opening, yet I have never seen that caveat on any mustard label. Are you sure you weren't mistaken? Also, what about catsup? Those labels don't say anything about refrigeration either.

L.T. Bright
Buena Park, California

While it is true that most store-bought mustards do not need immediate refrigeration after being opened, at room temperature they will stay at peak condition for only about a month. Refrigeration will extend the product's shelf life—up to one year.

As for catsup, opened bottles can also be stored a month in the pantry, but again, refrigeration will prolong its usage time.

Some people have been known to keep mustard and catsup refrigerated even longer. While this is not dangerous, the flavors and colors of the condiments will start to deteriorate after a year's time.

Chocolate: Not Just Bittersweet

Recently, Bon Appétit has run a number of recipes that specify using "bittersweet (not unsweetened) or semisweet chocolate." I find this confusing because I always thought bittersweet was unsweetened baking chocolate.

Thomas J. Marx
Prattsville, New York

The reason Bon Appétit lists bittersweet chocolate this way is that many people make the same assumption you do. Desserts have been ruined because unsweetened chocolate was used in place of bittersweet, and as a result they didn't contain enough sugar. In fact, the terms bittersweet and semisweet mean pretty much the same thing: slightly sweetened. "Unsweetened" contains no added sweetener at all.

Part of the problem is that there are so

many brands available, each with a different formula for their bittersweet or semisweet chocolates. Technically, semisweet chocolate should have more sugar than bittersweet, but the lines have blurred, and some brands of semisweet are more bitter than most bittersweet ones.

It is helpful to note that the domestic brands are usually called semisweet, while the imported labels often say bittersweet. Bon Appétit usually calls for bittersweet chocolate because we prefer the imported chocolates, which are generally of higher quality than the domestics. Of course, there are exceptions to this, and many domestic companies are trying to cut into the import market by developing their own lines of high-quality chocolates. To help decide which type to use in your desserts, take into account both price (the imports are more expensive) and flavor. Try different brands and then decide which you like best.

Crumblly Streusel

What is the secret to a good streusel topping? I follow my recipe very carefully but the mixture never separates into crumbs. The ingredients are 1/2 cup each of sugar and flour, the grated rind of one lemon, 1/2 teaspoon vanilla and 1/2 cup melted butter.

Connie Abbott
Boca Raton, Florida

The recipe you describe seems to be too moist to crumble well. The ratio of butter to flour and sugar is too high. While your recipe has two parts sugar and flour to one part butter, most other streusels in cookbooks suggest using two or three times that amount of dry ingredients.

Depending on how much streusel you want, you could either decrease the butter or increase the dry ingredients. Maybe start with 1/3 cup butter, add the remaining ingredients as listed in your recipe and then keep adding flour and sugar until you reach the desired consistency. You might also try adding some chopped nuts for additional crunch and flavor. Just remember to write down the proportions you use.

Retinning Copper Cookware

Several of my copper pans have worn tin linings. I would like to get the pans retinned but can't find a store in my

area that does this. Do you know of anyone who might? Also, I have some very old French unlined copper molds that I would like to start using. Should they be lined as well?

Marion G. Harcourt
Indianapolis, Indiana

As you know, it is dangerous to cook in copper pots and pans when the lining begins to wear out. Exposed copper will react with elements such as salt and acid in certain foods to create toxins. For that reason, it is probably best to have the molds lined in addition to having the pans retinned. (The only exceptions to this are copper bowls for beating egg whites and copper saucepans for making caramel.) Unfortunately, very few companies in the United States do retin cookware. Several years ago, Bon Appétit mentioned some of these; now, here is a revised list. Be sure to write or call first to inquire about costs and shipping.

West: Cedergren Retinning
1845 East 41st Place
Los Angeles, CA 90058

East: Retinning & Copper Repair
525 West 26th Street
New York, NY 10001

Midwest: House of Williams
37 South Wabash
Chicago, IL 60603

If cookware needs only spot retinning, there is a do-it-yourself kit on the market called Tin Lizzie. It is available for \$12, including shipping, from Aux Cuisines, 43 Saddle Ranch Lane, Hillsdale, NJ 07642; telephone (201) 664-8775.

Sweet Rice

The other day I came across a recipe that called for sweet rice. Even with all my years of cooking experience, I can't think what kind of rice this might be. Do you have any idea?

Pat Cochoit
Manhattan Beach, California

Sweet rice is an Asian variety that is also known as glutinous, or sticky, rice. Although it is used to make sweet dishes, as the name would imply, it is also widely used to make any number of oriental savories, including rice balls and stuffings. This short-grain rice is neither sweet nor does it contain any gluten, but it is quite sticky because of a high starch level and a very low level of amylose, a starch component that separates the cooked grains. While most long-grain rices have a 25-percent amylose content, sweet rice has almost none.

There are many different recipes for cooking plain sweet rice, but most agree on several points: Before cooking, the rice must be soaked and rinsed until the water runs clear. They also usually suggest that instead of being boiled, the rice be steamed in a cheesecloth-lined steamer. □

—By Karen Hallal

READERS' BEST RECIPES

THE COOK'S EXCHANGE

Do you have an interesting, challenging recipe that you would like to share with other Bon Appetit readers? It could be a heritage recipe from your family files, a new variation on an old favorite, or a showstopper you have developed. Send one or more to The Cook's Exchange, 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 cannot respond to all submissions.

Since I started tending bar at the Detroit Yacht Club, I've been learning about various liqueurs and beverages. My favorite way to unwind after a hectic stint of mixing drinks at work is by devising and baking new recipes. As an outgrowth of my profession I often use liqueurs in the recipes I create. This cheesecake, for example, was inspired by a cocktail at the club. I think it qualifies as a "showstopper."

Cheryl A. Brozovic
Wyandotte, Michigan

AMARETTO-IRISH CREAM CHEESECAKE

12 servings

Crust

- 1 1/2 cups vanilla wafer cookie crumbs
- 1/2 cup toasted whole almonds, finely chopped
- 1/4 cup (1/2 stick) butter, melted
- 2 tablespoons sugar
- 1 tablespoon amaretto liqueur

Filling

- 3 8-ounce packages cream cheese, room temperature
- 1 cup sugar
- 4 eggs
- 1/3 cup whipping cream
- 1/3 cup blanched almonds, ground
- 1/4 cup Baileys Original Irish Cream
- 1/4 cup amaretto liqueur

Topping

- 1 1/2 cups sour cream
- 1 tablespoon sugar
- 1/2 teaspoon vanilla
- 1/3 cup sliced almonds, lightly toasted

For crust: Position rack in center of oven and preheat to 375°F. Lightly grease 9-inch springform pan. Mix all ingredients in large bowl until well blended. Press mixture

into bottom of prepared pan. Bake until edges brown, about 7 minutes. Cool on rack. Reduce oven temperature to 350°F.

For filling: Using electric mixer, beat cream cheese and sugar until light and fluffy. Add eggs 1 at a time, beating well after each addition. Add remaining 4 ingredients and beat until well blended. Pour filling into prepared crust. Bake until edges are light brown and center is almost set, about 1 hour. Turn oven off. Cool cake in oven with door open until center is completely set, about 30 minutes.

For topping: Remove cake from oven. Preheat oven to 350°F. Blend sour cream, sugar and vanilla in small bowl until smooth. Spread over cooled cake. Bake 10 minutes. Sprinkle with almonds. Cool completely on rack. Cover with plastic and refrigerate overnight before serving.

• • •

This terrific-tasting chicken dish really lends itself to parties. It is so easy to make that I recently prepared over a hundred portions for a church function. When I serve it at home to a more manageable crowd, my *pollo verde* is ready in less than 30 minutes. Chilies and cayenne pepper give the dish its zip, and the guacamole, cheese and bacon add more great flavor.

Kim O'Kelley
Tucson, Arizona

KIM'S POLLO VERDE

8 servings

- 4 medium avocados, peeled and pitted
- 1/4 cup fresh lemon juice
- 1/2 teaspoon garlic salt
- 1/2 teaspoon cayenne pepper
- Freshly ground pepper
- 2 tablespoons (1/4 stick) butter
- 8 whole boneless chicken breasts, skinned
- 4 1/2 teaspoons minced fresh dill or 1 1/4 teaspoons dried dillweed
- 8 tomato slices
- 8 1/4-inch-thick slices longhorn cheese
- 3 tablespoons diced canned green chilies
- Crumbled cooked bacon

Combine avocados, lemon juice, garlic salt and cayenne in bowl. Mash with fork until slightly chunky. Season with pepper.

Preheat broiler. Melt butter in heavy large skillet over medium heat. Add chicken (in batches if necessary; do not crowd). Sprinkle with dill. Cook until springy to touch, about 3 minutes per side. Transfer chicken breasts to broilerproof baking dish.

Mound avocado mixture atop chicken. Top each with tomato slice. Cover each with cheese slice, trimming to fit. Sprinkle with chilies. Broil just until cheese melts. Sprinkle with bacon and serve.

• • •

I adapted this down-home dessert from a magazine recipe I found while visiting family in Argentina. With five grandchildren for inspiration, I made a few changes to the basic batter and added chocolate chips. I always try to have a plateful of these goodies waiting for the kids when they stop by.

Faye Wieselmann
Los Angeles, California

CHOCOLATE CHIP DATE-NUT SQUARES

Makes about 40

- 1 1/4 cups chopped pitted dates
- 1 cup boiling water
- 1 teaspoon baking soda
- 1 3/4 cups sifted all purpose flour
- 2 tablespoons unsweetened cocoa powder
- 1/2 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, room temperature
- 1/2 cup solid vegetable shortening
- 1 cup sugar
- 2 eggs
- 1 1/4 teaspoons vanilla
- 1 cup chopped walnuts (4 ounces)
- 3/4 cup semisweet chocolate chips

Place dates in bowl. Combine boiling water and baking soda and pour over. Let stand at room temperature until cool.

Position rack in center of oven and preheat to 350°F. Grease and flour 15 1/2 x 10 1/2-inch jelly roll pan. Sift 1 3/4 cups flour, cocoa and salt together. Using electric mixer, cream butter and shortening with sugar in large bowl until light and fluffy. Beat in eggs 1 at a time, then vanilla. Mix in dry ingredients and date mixture alternately in 3 batches, beginning with dry ingredients.

Spread batter evenly in prepared pan. Sprinkle walnuts and chocolate chips over top. Bake until tester inserted in center comes out clean and cake pulls away from sides of pan, about 35 minutes. Cool completely. Cut into 2-inch squares. □

—Compiled by Sandra Liaw

How to appraise a pickle.

A pair of hands, adorned with several diamond and emerald rings, holds a single, large, yellow pickle. The pickle has a soft, almost translucent appearance, suggesting it is cooked and has been stored on warm shelves.

This pickle doesn't make the cut. Note the dull color, the soft texture. It's been cooked and stored on grocers' warm shelves.

A pair of hands, adorned with several diamond and emerald rings, holds two triangular slices of a pickle. The slices are bright yellow and appear very crisp, with visible texture and some liquid dripping from them, suggesting they are fresh and have been stored in a refrigerated case.

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FROM GRAPE TO GLASS

WINE PRESS

BY HANK RUBIN

Wine Press welcomes comments and questions. For personal reply, send self-addressed stamped envelope. Letters of general interest will be printed as space allows. Address letters to Wine Press, Bon Appétit, 5900 Wilshire Boulevard, Los Angeles, CA 90036. The material becomes our property and will not be returned.

Grand Liqueur

I purchased a bottle of Grand Marnier Cordon Jaune in the duty-free shop at the Frankfurt airport. Can you tell me how it differs from the Grand Marnier Cordon Rouge we have here in the United States? The Cordon Rouge was also available in Frankfurt, but at a higher price than the one I bought.

Colleen O'Connell
Hudson, Wisconsin

Grand Marnier is probably the most respected orange liqueur. Cordon Jaune and Cordon Rouge are made in France, but only the Rouge is sold in this country.

Both versions are prepared by mixing brandy with the dried peel of a bitter orange, called Curaçao, from the Caribbean. That is distilled and blended with sugar, water and secret herbs. Yet Cordon Rouge is superior in quality to Cordon Jaune, as reflected by the prices you noticed.

The big difference between the two Grand Marniers is that only the Cordon Rouge is based exclusively on Cognac, the best brandy in the world. Cordon Jaune is made from a less distinctive brandy and is of lower alcoholic strength.

A Noble Hermitage

Since the early thirties I have had a bottle of 1929 La Chapelle Hermitage in my cupboard. After all these years I'm curious to know just what I have and if it has any value.

Mrs. William Urban
Pompano Beach, Florida

Hermitage is a hilly region rising above the village of Tain-l'Hermitage in France's Rhône valley. The slopes are covered with small terraced vineyards, which are divided by stone walls. La Chapelle is a vineyard near the summit. Legend has it that Saint Patrick planted vines at the top of the hills on his first trip to Gaul.

The appellation "Hermitage" has its origins in the thirteenth century. A knight of the Crusades named Gaspard de Stérinberg decided to leave fighting behind and spend the rest of his days in these hills, dividing his time between religious medita-

tion and cultivating the vineyard. He was never in complete solitude, though, because this generous hermit offered all his wine to his many visitors. His fame and the name Hermitage spread widely.

Hermitage is a somewhat rare and expensive wine for two reasons: The vines are susceptible to a certain disease that causes the flowers or fruit to drop or not develop at all. Also, once bottled, Hermitage is often enjoyed when young, making mature bottles rather hard to come by.

Your wine is a potentially excellent red made mostly from the Syrah grape. Although Hermitage is good when young, it can be a long-lasting wine. Its quality would depend on the cork being sound and the bottle having a minimum of ullage (amount of evaporation). If the storage has been satisfactory and the label is in good condition, it could be worth as much as \$150. If it were mine, I'd serve it soon but have a backup bottle on hand just in case.

Rating Mosel

Could you please tell me the value of a 1962 Mosel wine called Moselblümchen? I have 20 bottles and am thinking now of selling them.

Cass Denoto
Racine, Wisconsin

The Mosel region of Germany is known for its fine Rieslings. It also produces some low-priced popular wines, of which Moselblümchen is one. It is not a Riesling but what is called a Müller-Thurgau.

Moselblümchen wines are ready to drink when they are released to market. Their attractiveness is in their fresh, fruity quality and generally sweet character. With further aging they begin to go downhill. I am afraid your bottles are long past their prime and would have no value to a collector.

Saké to Me

In 1982, while I was in college, I had a chance to visit Japan. I purchased a bottle of saké, which has not yet been opened. Assuming it's drinkable, how should it be served? I'd like to know more about this drink in general.

Victore J. Evaro
Fort Knox, Kentucky

The word saké is Japanese for "the essence of the spirit of rice." Contrary to what most people think, saké is neither a spirit nor a wine. It is actually a specialized form of beer, since it's brewed from fermented grain. Saké's rice base makes this drink very

different from the malted barley beer that most of us are used to. It is almost colorless and not carbonated. The taste is strong—slightly sweet at first with a dry finish.

Saké has its origins in ancient Japan. Even today the Japanese serve saké with ceremony. It is customary to offer the drink warm in small ceramic bottles called tokkuri. It is then poured into tiny porcelain bowls called sakazuki and sipped. You can try saké warm by heating the opened bottle in a pot of boiling water, but it is also fine at room temperature and can be served in a standard glass.

This drink, like beer, is best when young, though there are a few who have a taste for aged saké. You should try it now and see what you think; there is no reason to keep your bottle any longer.

Investment Guide

I read a letter in your column from someone just starting a wine collection. I am slightly farther along in that I know what I like, but don't know what determines a wine to be of investment quality. Also, once you have a valuable collection, how can it be sold?

Gladys H. Johnsen
Milford, Connecticut

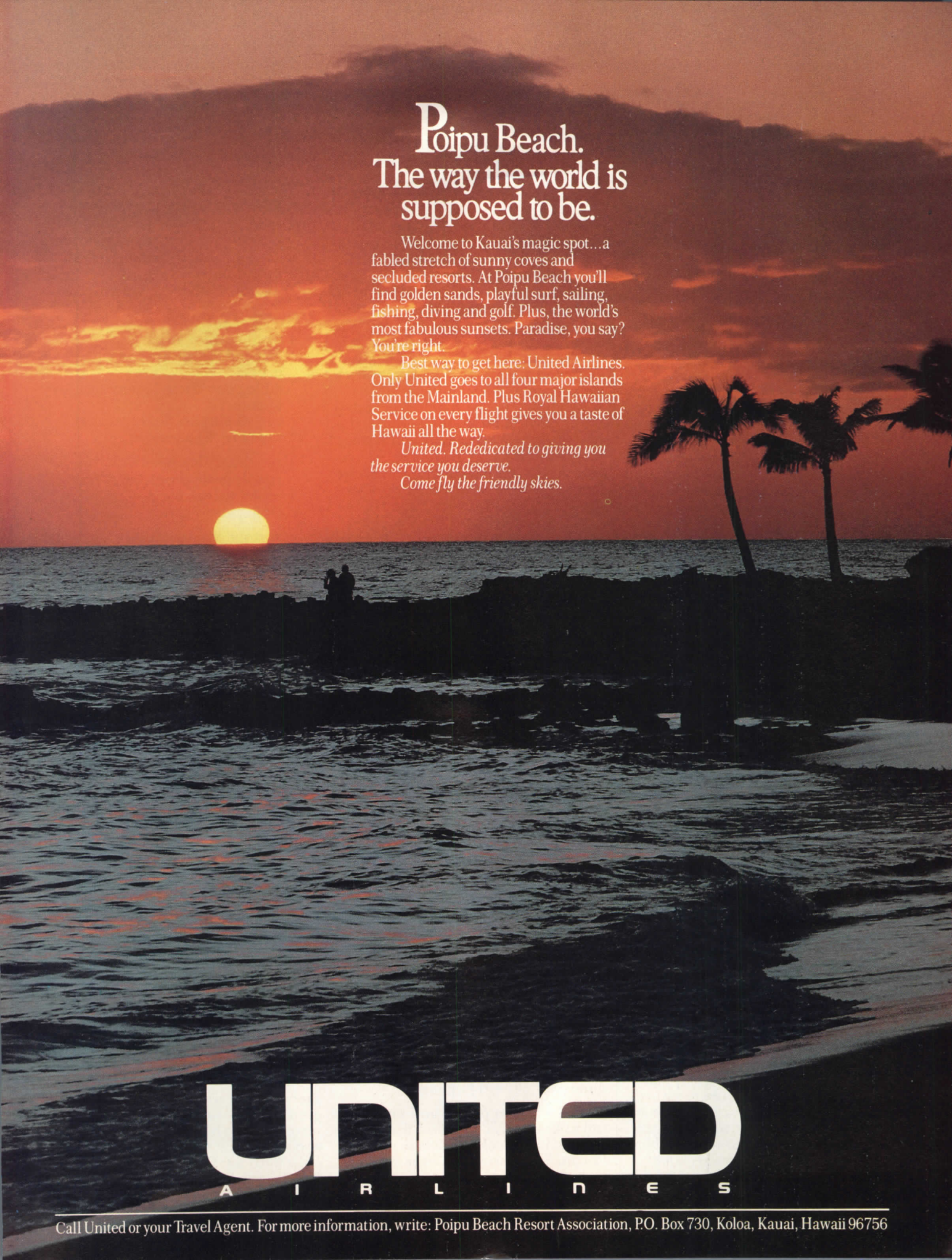
I can answer your question only in general terms because investing in wine is highly speculative. In order to be considered an investment, a wine should meet all of the following requirements:

1. It should have the potential to keep and improve in the bottle, usually for more than 5 and often for more than 10 or even 15 years.
2. It should have a name that is attractive to a broad enough clique of wine collectors: Château Lafite-Rothschild, for instance, does; Château Unknown does not.
3. It should have a provable provenance. This means that you must be able to show where it was purchased, how it was handled prior to the purchase, how it was transported and the cellaring conditions.
4. It should come from a vintage with a strong reputation for excellent, long-keeping wines.

Once your wine has met all these criteria, you'll need to hope for a sound cork, a minimum of ullage (amount of evaporation), an unscratched label, low availability of the wine when you want to sell and a bullish economic situation at the moment of selling.

Although this advice doesn't sound very encouraging, it is realistic. When it's done correctly, however, investing in wine can be profitable. (At least you can pleasurably dispose of the bottles you cannot sell.)

When you are ready to sell the wine, there are several ways to go. You could advertise in a publication such as The Wine



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Trader (offices in Redwood City, California), or look into wine auctions such as those held at Christie's in New York or The Chicago Wine Company in Niles, Illinois. First, though, be sure to check state laws on selling wine without a license.

Deux Bordeaux

Last Christmas, my husband and I received several bottles of French wine, and we are unfamiliar with two of them. What can you tell us about a 1979 Château Victoria, Cru Bourgeois, Haut-Médoc, and a 1982 Domaine de la Solitude, Graves?

Mrs. James N. Watts
Ocean City, Maryland

The estate of Château Victoria is located in the Haut-Médoc district north of the city of Bordeaux. It is owned by Mlle Monique Barbe. From its 37 acres, six thousand cases of red wine are produced yearly. The vineyards are located within three subdistricts: Vertheuil, Cissac and Saint-Estèphe.

The 1979 vintage was a good one for Bordeaux. Your bottle should be almost ready to drink, but I would advise you to wait another year if possible.

Domaine de la Solitude is owned by the Sisterhood of the Sainted Family. It is situated in the Matillac district of Graves, just west of the city of Bordeaux. It releases about 7,200 cases of red wine annually, and nearly two thousand cases of white. If your bottling is a white wine, it is ready to enjoy. If it is red, then I would wait until 1990.

A Fine Catalanian

I have a 1966 Gran Coronas Reserva. Since the label is in Spanish, I can only make out the name Miguel Torres and some indication that the wine comes from Barcelona. Is it still drinkable?

Bill Congdon
Tallahassee, Florida

Torres Gran Coronas comes from an area of Spain along the Mediterranean called Catalonia; Barcelona is one of its major cities. Torres Winery is a long-established firm, founded in 1870. In the past decade, Miguel Torres, his son Miguel, daughter Marimar and the rest of the Torres family have led the way to significant development in Catalanian wines. They have improved regional bottlings through careful growing and fermentation, modified oak aging and creative blending.

The Torres Gran Coronas Reserva, often known as Black Label, is a long-maturing red wine that has been compared to the finest Bordeaux. It is a reserva, meaning that it has been aged at least three years before being released. The wine is a blend of Monastrell and Tempranillo grapes.

The 1966 vintage should be quite delicious. It is fully mature now, and I suggest that you enjoy it very soon. □

The lodges and cottages here are all faced with strips of rough-textured, bark-covered chestnut cut on the property during the thirties.

By now I was beginning to feel like an expert on polished rusticity (not to mention the virtually extinct American chestnut tree), so I felt confident in giving high marks to the log accommodations at the Pine Crest Inn in Tryon. Here, however, I found a color television set—a fixture I hadn't seen in more than a week. My dinner also contributed to a gradual reentry into the urban world: It began with a dusky, aromatic steak soup and hot dinner rolls, followed by a crisp green salad and a plate of Wiener schnitzel with capers and lemon slices.

I had just enough time the next day for a whirlwind tour of Charlotte: the new Discovery Place hands-on science museum, lunch at an indoor gazebo restaurant called Dikadees Front Porch, then the Mint Museum, where the traveling exhibition "Ramses the Great: The Pharaoh and His Time" will be on view this October through January 1989. On my flight home, I settled back contentedly and polished off the remnants of chef Susan's breakfast-basket fruit and cheese.

ROAST VEAL WITH GREEN PEPPERCORNS

A sophisticated entrée from the historic Glendale Springs Inn.

8 servings

- 1 3-pound boneless veal roast (cut from leg)
- Salt and freshly ground pepper
- 6 bacon slices

- Chicken stock or canned chicken broth
- 1/2 cup Scotch whisky
- 2 tablespoons green peppercorns, drained
- 3 cups whipping cream

Preheat oven to 350°F. Sprinkle veal lightly with salt and pepper. Wrap with bacon, overlapping bacon slightly and tucking ends under veal. Place on rack in roasting pan just large enough to accommodate veal. Bake until thermometer inserted in thickest part of meat registers 140°F for medium-rare, about 1 3/4 hours.

Transfer veal to platter and tent with foil to keep warm. Degrease pan juices. Add enough stock to juices to measure 1/2 cup. Set roasting pan over medium-high heat. Add whisky and peppercorns and bring to boil, scraping up any browned bits. Boil until reduced

to glaze, about 5 minutes. Add cream and boil until reduced to sauce consistency. Season with salt and pepper.

Cut veal into thin slices. Arrange on platter, overlapping slightly. Spoon some of sauce down center of veal. Serve, passing remaining sauce.

BLUE RIDGE MOUNTAIN BROOK TROUT

A southern classic from chef Jean-Pierre Zuberbuhler at the Grove Park Inn's Fox & Hound restaurant.

4 servings

- 4 8-ounce trout fillets
- Salt and freshly ground white pepper
- 2 tablespoons fresh lemon juice, or to taste
- 1/4 cup all purpose flour
- 1/2 cup (1 stick) butter
- 2/3 cup sliced almonds
- Freshly ground pepper
- 4 lemon halves, cut decoratively
- Fresh parsley sprigs

Season trout with salt and white pepper. Sprinkle with 1 tablespoon lemon juice. Dip into flour; shake off excess. Melt butter in heavy large skillet over medium-high heat. Add trout in batches and cook until light brown, about 1 1/2 minutes per side. Transfer to heated platter using slotted spatula. Tent with foil to keep warm.

Reduce heat to medium. Add almonds to same skillet and cook until golden brown, stirring frequently. Mix in remaining 1 tablespoon lemon juice. Season with pepper. Spoon almond mixture over fish. Garnish platter with lemon halves and parsley.

JARRETT HOUSE VINEGAR PIE

Much sweeter than its name would imply, this ultra-easy dessert is the inn's often-requested house specialty.

Makes one 9-inch pie

- 1 1/2 cups sugar
- 1/2 cup (1 stick) butter or margarine, melted and cooled
- 3 eggs, beaten to blend
- 2 tablespoons all purpose flour
- 2 tablespoons cider vinegar
- 1 tablespoon vanilla extract
- 1 unbaked 9-inch pie shell

Preheat oven to 300°F. Beat first 6 ingredients in large bowl of electric mixer on high speed until smooth, about 1 minute. Pour into pie shell. Bake until top forms pale golden crust (inside will be slightly liquid), about 50 minutes. Cool completely. Serve pie at room temperature. □



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WINE AND SPIRITS

continued from page 24

white Zinfandel is relatively easy to make and is best when young and fresh. So it doesn't take long for a winery to add one to their line. As a result, there are scores of these pinkish-colored wines available now.

The Good, the Bad and the Dull

But, as we learned at the *Bon Appétit* Wine Tasting Panel, all white Zinfandels are not created equal. Although this charming and simple wine might seem easy to make, there are obvious pitfalls. The best white Zins are extremely fresh and clean, with bright fruity flavors and a good balance between crisp acidity and sweetness. There are many on the market, however, that lack these characteristics because sometime during the winemaking process the fruit was allowed to oxidize and lose its freshness. There are also some that have too much sweetness and not enough acidity; instead of being snappy and crisp, they're flabby and dull.

I discovered a surprising thing during the panel's white Zinfandel tastings: You can tell about the quality of these wines just by looking at their color. This may seem overly simplistic, but it worked every time. The wines that ranked high in the tastings always turned out to be vivid pink with a slightly blue cast. The ones that verged toward shades of orange were generally poor and overly sweet.

A Wine for Parties and Picnics

White Zin is delicious as a party wine, a picnic wine, a poolside wine. It goes well with lighter food—chicken, shellfish and salads. I also found that it makes a good match with spicy oriental cuisines. I was in a Cambodian restaurant recently and, not being in the mood for beer, asked if they had any wine. A bottle of white Zinfandel was delivered to the table, and it was terrific with the spicy and diverse food.

Some wine "experts" dismiss white Zinfandel as a trivial wine not worthy of attention. I disagree. At its best, white Zin is charming, delicious and, with some foods, the perfect wine.

The Panel's Picks

Here are the best of the many white Zinfandels currently on the market.

1987 Bel Arbres (Fetzer Vineyards), California (\$5)
1987 Buehler Vineyards, Napa (\$5.50)
1987 De Loach Vineyards, Russian River Valley (\$6.25)
NV Franzia Winery, California (\$3)
1987 Grand Cru Vineyards, California (\$6)

NEW WINE RELEASES: YOUR BEST BETS

The following are wines recently sampled by the *Bon Appétit* Wine Tasting Panel and highly recommended. Look for them at your local wine shop or liquor store.

1985 Berri Estates Shiraz, South Australia (\$9.25)
1986 Chateau Souverain Sauvignon Blanc, Sonoma (\$5)
1986 Monticello Cellars Chardonnay, Jefferson Ranch, Napa (\$10.75)
1985 Mount Pleasant Vineyard Port, Augusta, Missouri (\$15)
1986 Mount Veeder Winery Chardonnay, Napa (\$14)
1986 Reverdy-Ducroux Sancerre, Clos des Perriers, Loire, France (\$10)
NV Trefethen Vineyards Eshcol White, Napa (\$5.50)

And for the cellar:

1986 Barons Edmond Benjamin de Rothschild Haut-Médoc, Bordeaux, France (\$23; kosher); 2 to 3 years
1985 Louis Jadot Clos des Ursules, Beaune, Burgundy, France (\$30); 1 to 2 years
1985 Sequoia Grove Vineyards Cabernet Sauvignon, Estate Bottled, Napa (\$31); 1 to 2 years

1987 Granite Springs Winery, El Dorado County (\$5)

1987 McDowell Valley Vineyards Zinfandel Blanc, Estate Bottled, McDowell Valley (\$5)

1987 Mendocino Estate (Tyland Vineyards), Estate Bottled, Mendocino (\$4.50)

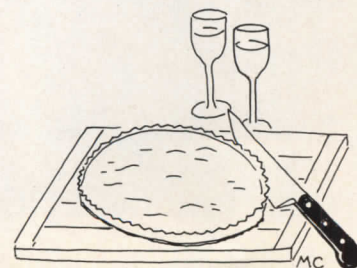
1987 The Monterey Vineyard, Monterey (\$4.50)

1987 Santa Barbara Winery, Central Coast (\$6)

1987 William Wheeler Winery, Young Vines, Sonoma (\$6)

Other wineries that have had success with this wine include Karly Wines, Kenwood Vineyards, J. Lohr Winery, Martin Brothers Winery, J. Pedroncelli Winery, Shenandoah Vineyards and two kosher ones, Baron Jaquab De Herzog and Weinstock Cellars.

Listed prices are approximate and may vary from one state to another. □



SHORTCUTS WITH STYLE

continued from page 22

- 2 medium celery stalks, cut crosswise into thirds
- 1 large red bell pepper, quartered
- 1/2 medium red onion, halved
- 1 1/2 tablespoons Dijon mustard
- 1 6 1/2-ounce can tuna packed in olive oil* (preferably Italian), drained
- 10 oil-cured black olives, halved and pitted
- 8 cherry tomatoes, halved
- 3 hard-cooked eggs, peeled and cut into wedges
- Minced fresh tarragon or freshly snipped chives

For dressing: Insert *Steel Knife*. Mix all ingredients until smooth, about 30 seconds. Transfer to small bowl; do not clean work bowl. (Can be prepared 3 days ahead. Cover and refrigerate.)

For salad: Insert *Medium Slicer*. Arrange potatoes in feed tube and then slice using very firm pressure.

Cook potatoes in large pot of boiling water until just tender, about 4 minutes. (Or to microwave: Mound potatoes in circle around edge of shallow 10-inch-diameter microwave dish, leaving center empty. Add 1/4 cup water. Cover with plastic. Pierce once to

allow steam to escape. Cook on High until just tender, 10 to 11 minutes, stirring every 3 minutes and rearranging potatoes in circle.) Drain potatoes; rinse under cold water and drain again. Pat dry. Place in large bowl. Add dressing and toss gently.

Cook green beans in boiling water until just tender, about 2 minutes. (Or to microwave: Wrap green beans in airtight packet of plastic. Place on paper plate. Cook on High until just tender, about 2 minutes. Pierce plastic; unwrap carefully.) Drain; rinse under cold water and drain again.

Thick Slicer: Stand celery and bell pepper in feed tube, packing tightly. Slice using medium pressure. Arrange onion half in feed tube and then slice using medium pressure.

Add celery mixture and mustard to potatoes and toss well. (Can be prepared 1 day ahead. Wrap green beans and potato mixture separately and refrigerate. Bring to room temperature.)

Just before serving, add tuna and green beans to potato mixture and toss gently. Adjust seasoning. Mound salad on platter. Garnish with olives, cherry tomatoes and eggs. Sprinkle with tarragon or chives.

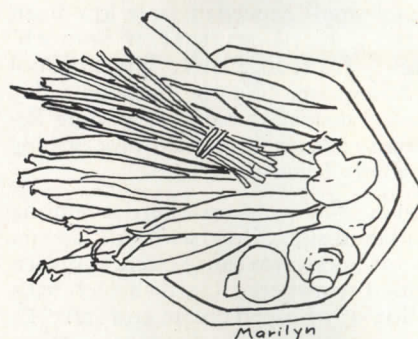
*Available at Italian markets, specialty foods stores and some supermarkets.

FRESH MAYONNAISE

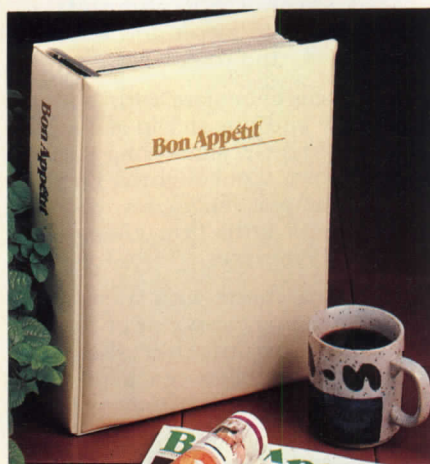
Makes about 1 3/4 cups

- 1 large egg
- 1 teaspoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- Freshly ground pepper
- 12 tablespoons light olive oil
- 3/4 cup safflower oil

Steel Knife: Combine egg, vinegar, mustard, salt and pepper in work bowl. Add 3 tablespoons olive oil and mix 1 minute. With machine running, add remaining olive oil and safflower oil through feed tube in thin steady stream (once mayonnaise has thickened, oil can be added more quickly). Adjust seasoning. (Can be prepared 1 week ahead. Cover and refrigerate.) □



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SUPER SUNDAES

continued from page 56

in medium bowl to blend. Gradually whisk in half and half mixture. Return to saucepan. Stir over medium-low heat until mixture thickens and leaves path on back of spoon when finger is drawn across, about 3 minutes; do not boil. Strain into large bowl. Whisk 1 minute to cool. Mix in minced ginger, ginger syrup and vanilla. Refrigerate custard until well chilled (or chill over ice water, whisking occasionally).

Transfer custard to ice cream maker and process according to manufacturer's instructions, adding chocolate when ice cream is almost set. Freeze in covered container several hours. (Can be prepared 4 days ahead.)

For sauce: Cook first 6 ingredients in heavy small saucepan over low heat, stirring until mixture is smooth. Strain, discarding sliced ginger. Cool to lukewarm. (Can be prepared 1 day ahead. Let stand at room temperature. Re-warm to lukewarm over low heat, stirring constantly, before using.)

Divide 3 cups sliced berries among sundae dishes. Top with ice cream. Spoon lukewarm sauce over. Top with fanned strawberry. Garnish each with dollop of whipped cream and serve. □

Kristine Kidd is the food editor and a monthly columnist for Bon Appétit.

COOKING CLASS

continued from page 67

WILD AND BROWN RICE PANCAKES

For a breakfast treat, re-fry any leftover pancakes and serve with fried eggs.

Makes about 24

- 1/3 cup wehani* or brown rice
- 1/3 cup wild rice
- 4 cups water
- 2 teaspoons salt

- 1/2 cup all purpose flour
- 1/2 teaspoon baking soda
- 1/2 cup finely chopped green onions
- 3 eggs, beaten to blend
- 2 tablespoons milk
- Butter
- Peanut oil

Rinse wehani rice; drain and place in small saucepan. Rinse wild rice; drain and place in another small saucepan. Add 2 cups water and 1/2 teaspoon salt to each. Bring to boil. Cover, reduce heat to low and cook until water is absorbed, about 40 minutes for wehani rice and 50 minutes for wild rice. Combine in large bowl and cool.

Sift flour, baking soda and 1 teaspoon

salt into rice. Mix in green onions, eggs and milk. Melt butter with oil in heavy large skillet over medium heat. Add batter by tablespoons, flattening with back of spoon to 2-inch rounds. Cook until pancakes are brown and crisp, about 2 minutes per side. Transfer to paper towel-lined plate. Repeat with remaining batter, adding more butter and oil to skillet as needed. Serve pancakes immediately.

*Wehani rice, brown basmati rice, is available at natural foods stores.

SUGAR SNAP PEAS WITH YOGURT AND MINT

A cooling dish to serve with the beef.

6 servings

- 18 ounces sugar snap peas or snow peas, strings and stems removed
- 1 cup sour cream
- 1/2 cup chopped red onion
- 1/4 cup plain yogurt
- 2 tablespoons minced fresh mint
- 1/4 teaspoon ground cumin
- 1/8 teaspoon salt

Blanch peas in large pot of boiling salted water 5 seconds. Drain. Combine all remaining ingredients in large bowl. Mix in peas. Cover and refrigerate at least 1 hour. (Can be prepared 1 day ahead.) Let stand at room temperature 10 minutes before serving. □

Michael McLaughlin's latest book is The Manhattan Chili Co. Southwest-American Cookbook from Crown Publishers. He is currently at work on a new book about casual entertaining.



COOKING FOR FRIENDS

continued from page 17

- 1/2 cup diced fennel or celery
- 1/2 cup diced red bell pepper
- 3/4 cup sour cream
- 1/4 cup mayonnaise
- 1/4 cup minced red onion
- 3 tablespoons minced fresh parsley
- 1 1/2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- Salt and freshly ground pepper
- 6 croissants or six 6-inch pieces French bread baguette, split, buttered and toasted

Combine seafood, fennel and bell pepper in large bowl. Combine sour

cream and next 5 ingredients in small bowl. Season with salt and pepper. Add sour cream mixture to seafood and mix well. Cover and refrigerate.

Pack croissants and seafood mixture separately. Fill croissants with seafood mixture just before serving.

CHOCOLATE PRALINE TRUFFLES

We put these in pretty paper cups (available at candy shops), freeze them and then pack frozen. By dessert, they are just the right temperature. (Alternatively, thaw them in the refrigerator for 24 hours; let stand five minutes at room temperature before serving.)

Makes about 35

- 1/2 cup unblanched whole almonds
- 1/2 cup sugar
- 8 ounces bittersweet (not unsweetened) or semisweet chocolate, finely chopped
- 1/4 cup (1/2 stick) unsalted butter, chopped
- 2 tablespoons strong brewed coffee
- 1 1/2 tablespoons whipping cream
- 1 teaspoon light rum
- 2 to 3 tablespoons unsweetened cocoa powder

Oil baking sheet. Combine almonds and sugar in heavy small skillet. Cook over low heat until sugar melts, shaking pan often. Continue cooking until mixture is rich dark brown but not burned. Immediately pour onto prepared sheet. Cool completely. Break praline into pieces and transfer to processor. Grind to powder.

Melt 6 ounces chocolate with butter, coffee, cream and rum in top of double boiler over gently simmering water. Pour into bowl. Cool slightly. Gently stir in praline powder. Cover mixture and refrigerate until firm enough to roll, about 45 minutes.

Line 2 baking sheets with waxed paper. Place heaping teaspoons of chocolate mixture on another sheet of waxed paper. Roll between hand and paper, forming balls. Transfer to one of prepared sheets. Refrigerate until firm.

Melt remaining 2 ounces chocolate in top of double boiler over gently simmering water. Roll truffle in melted chocolate. Remove with fork; tap against side of pan to remove excess chocolate. Transfer to second prepared sheet. Repeat with remaining truffles. Refrigerate until firm. Sprinkle cocoa onto plate; roll cooled truffles in cocoa, using just enough to dust lightly. Transfer to container, arranging between layers of waxed paper. Cover container and refrigerate up to 1 week or freeze up to 2 weeks. □

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LOW-CALORIE ENTREES

continued from page 84

- 8 small shallots
- 32 small mushrooms
- 3 large garlic cloves, minced
- 3/4 cup water
- 1/4 cup tomato paste
- 1/4 cup grated orange peel
- 2 tablespoons red wine vinegar
- 1 1/2 tablespoons light brown sugar

Position rack in center of oven and preheat to 350°F. Mix first 6 ingredients in plastic bag. Add veal. Seal bag tightly; shake to coat veal. Melt 2 teaspoons butter with oil in 3-quart Dutch oven over high heat. Add meat in batches and brown on all sides (spices may darken). Transfer veal to bowl using slotted spoon.

Melt remaining 1 teaspoon butter in same Dutch oven over high heat. Add onion, carrots, shallots, mushrooms and garlic and stir until onions are transparent, about 5 minutes. Add water, tomato paste, orange peel, vinegar and sugar and bring to boil, scraping up any browned bits. Mix in veal. Cover and bake until veal is tender, about 1 hour 10 minutes. (Can be prepared 3 days ahead. Cool, cover and refrigerate. Rewarm in 350°F oven until heated through, thinning with water if necessary, about 30 minutes.) Serve hot.

FIVE-SPICE BEEF WITH JADE VEGETABLES

Crisp Chinese vegetables and an oriental marinade highlight this entrée. Tenderloin is the best choice here, for both its low calorie count and its quick-cooking tenderness.

4 servings; 250 calories per serving

- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce*
- 1 tablespoon dry Sherry
- 1 tablespoon water
- 2 medium garlic cloves, minced
- 1 1x1/4-inch piece fresh ginger, peeled and minced
- 1 teaspoon cornstarch
- 1 teaspoon dark brown sugar
- 1/8 teaspoon five-spice powder*
- 1 pound lean beef tenderloin, cut into 1/2-inch cubes
- 6 ounces snow peas, strings removed
- 1 1 1/2-pound Napa cabbage, cored and cut into 1/2-inch-wide strips
- 6 medium green onions, cut diagonally into 1-inch pieces
- 1 tablespoon seasoned rice vinegar**
- 1/2 teaspoon (or more) chili oil*
- 1/2 teaspoon salt
- 2 teaspoons peanut oil

2 teaspoons (or more) seasoned rice vinegar**

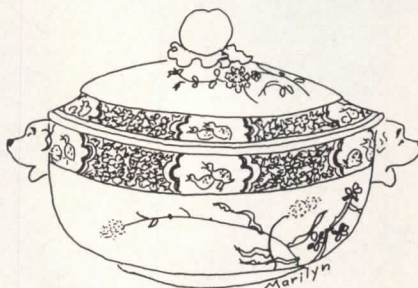
Mix first 9 ingredients in bowl. Mix in beef. Let stand 15 minutes.

Place snow peas in top of steamer over boiling water. Top with cabbage. Cover and steam until vegetables are crisp-tender, about 2 minutes. Add green onions and steam 1 minute. Transfer vegetables to bowl. Mix in 1 tablespoon vinegar, 1/2 teaspoon chili oil and salt. Set aside.

Heat 2 teaspoons oil in wok or heavy large nonstick skillet over high heat. Add meat with seasonings and stir-fry just until cooked, about 2 minutes. Remove from heat. Add 2 teaspoons vinegar. Season with salt. Add vegetables and toss to coat. Add more vinegar and/or chili oil if desired. Divide mixture among plates and serve.

*Available at oriental markets, specialty foods stores and some supermarkets.

**Also known as sushi vinegar, available at oriental markets and some supermarkets.



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6 servings; 210 calories per serving

Relish

- 2 teaspoons olive oil
- 2 small onions, minced
- 2 medium garlic cloves, minced
- 6 medium tomatoes, seeded and chopped
- 1 teaspoon salt
- 1/2 teaspoon sugar
- Freshly ground pepper

Turkey

- 1 large garlic clove, minced
- 1 teaspoon dried rosemary, crumbled
- 1 teaspoon rubbed sage
- 3/4 teaspoon salt
- 3/4 teaspoon cracked black peppercorns
- 1 1 3/4-pound boneless turkey breast half, skinned
- 2 teaspoons fresh lemon juice
- 2 tablespoons minced fresh basil

Fresh lemon wedges
Fresh rosemary sprigs

For relish: Heat oil in heavy medium nonaluminum saucepan over medium-low heat. Add onions and garlic and cook until onions soften, stirring occasionally, about 8 minutes. Add tomatoes, salt, sugar and pepper. Increase heat to medium and cook until almost no liquid remains in pan, stirring occasionally, about 35 minutes. Cool, cover and refrigerate until well chilled. (Can be prepared 4 days ahead.)

For turkey: Position rack in center of oven and preheat to 500°F. Mix first 5 ingredients in small bowl. Rub over turkey. Wrap turkey in foil, leaving small space between turkey and foil. Place in roasting pan and bake until meat thermometer inserted in thickest part of turkey registers 160°F, about 35 minutes. Cool slightly. Remove foil and place turkey with its juices in plastic bag. Add lemon juice. Seal tightly. Refrigerate until well chilled. (Can be prepared 2 days ahead.)

Remove turkey from juices. Strain juices; reserve. Slice turkey thinly; divide among plates. Spoon juices over if desired. Mix basil into relish. Spoon 2 tablespoons over each serving. Garnish with lemon and rosemary. □

Abby Mandel has been a Bon Appétit columnist for over ten years. Her fourth book, *More Taste Than Time*, is due out this fall from Simon and Schuster.

ACCESSORIES IN THIS ISSUE

Cover: "Byron" stainless steel spoon by Ricci available at The Prince's Table, 257 N. Robertson Blvd., Beverly Hills, CA 90211. Napkin available at Geary's, 351 N. Beverly Drive, Beverly Hills, CA 90210. Vintage 1910 marbles available at The White Elephant, 3422 Magnolia Blvd., Burbank, CA 91505. "Miller" baseball card from World Series Cards, Inc., 17638 Sherman Way, Van Nuys, CA 91406. All other accessories privately owned.

Page 42: Flowers by Menagerie, Los Angeles. "Marie Antoinette" plate by Ceralene, "Faile" place mat, porcelain napkin ring and napkin available at Geary's (see address above). "Marie Antoinette" antique silver flatware by Gorham available at Foster Ingersoll, 805 N. La Cienega Blvd., Los Angeles, CA 90069. All other accessories privately owned.

Page 51: "Sugahara" frosted glass compote by Erika available at Fillamento, 2185 Fillmore St., San Francisco, CA 94115. All other accessories are privately owned.

Page 58, top: Glass bowl from Chelsea Passage at Barneys New York, Seventh Avenue and 17th Street, New York, NY 10011. Pink and green "sponge" plates available at O'Suzanna, 118 Main St., Westhampton Beach, NY 11978.

Bottom: Yellow platter from Chelsea Passage at Barneys New York (see address above).

Page 61: "Cluny" lobster forks by Christoffe available at Pavillon Christoffe, 680 Madison Ave., New York, NY 10022. All other accessories are privately owned.

Pages 78/79: Hand-painted Limoges dinner plates from Chelsea Passage exclusively for Barneys New York (see address above).

Hot food news (or cold)—Maggie knows how to dish it up.



THE BASICS

continued from page 104

Drain, squeezing to extract water. Cut off and discard stems. Cut shiitake lengthwise into 1/8-inch slices.

Melt butter in heavy medium saucepan over medium heat. Add leeks, salt and pepper and cook until leeks are translucent, stirring occasionally, about 10 minutes. Heat vegetable oil in another heavy medium skillet over medium-high heat. Add button mushrooms, salt and pepper and sauté until mushrooms are brown and liquid is evaporated, stirring frequently, about 6 minutes. Add shiitake mushrooms and stir until heated through, about 1 minute. Mix in 1 teaspoon sesame oil, garlic and ginger and sauté 30 seconds. Add wine and boil until evaporated. Add to leeks. Mix in remaining 3 teaspoons sesame oil. Adjust seasoning.

Preheat oven to 400°F. Lightly oil 8x14-inch baking dish. Spoon 3 tablespoons filling on one edge of crepe. Roll up into cigar shape beginning at filled edge. Arrange seam side down in baking dish. Repeat with remaining crepes and filling. Brush crepes with sesame oil. Sprinkle with sesame seeds. *(Can be prepared 1 day ahead; refrigerate. Bring crepes to room temperature before baking.)* Bake crepes until hot, about 12 minutes. Serve immediately.

CABBAGE AND PROSCIUTTO CREPES

4 servings

- 7 tablespoons unsalted butter
- 1 large onion, minced
- 4 1/4 ounces thinly sliced prosciutto, diced
- 1 1/4 pounds cabbage, shredded
- Salt and freshly ground pepper
- 3/4 cup sour cream, room temperature
- 8 buckwheat or rye crepes (see Basic Crepes recipe), room temperature
- 1 tablespoon unsalted butter, melted
- Sour cream

Melt 4 tablespoons butter in heavy large skillet over low heat. Add onion and cook, stirring occasionally, until translucent, about 15 minutes. Reserve 1/2 cup prosciutto for garnish. Stir remaining prosciutto into onion.

Melt remaining 3 tablespoons butter in another heavy large skillet over medium heat. Add cabbage, salt and pepper and cook, stirring occasionally, until tender, about 15 minutes. Stir cabbage into onion mixture. Cool to room temperature. Stir in 3/4 cup sour cream.

Preheat oven to 425°F. Butter 8x14-inch baking dish. Spoon 3 tablespoons filling on one edge of crepe. Roll up into cigar shape beginning at filled edge. Arrange seam side down in baking dish. Brush crepe with melted butter. Repeat with remaining crepes and filling. *(Can be prepared 1 day ahead and refrigerated. Bring crepes to room temperature before baking.)* Bake crepes until hot, about 10 minutes. To serve, spoon dollop of sour cream onto each crepe. Top with reserved prosciutto. □

GREAT COOK

continued from page 94

Cover with shredded lettuce. Top with guacamole. Garnish with tomatoes and beets. Sprinkle with fried tortillas. Serve salad immediately.

TEQUILA SUNSETS

Chip sets these sherbet-filled oranges on a bed of ice in goblets. He serves shots of tequila on the side.

6 servings

- 10 large juice oranges
- 1 large lemon
- 1 cup sugar
- 1/2 cup tequila
- 1/2 cup whipping cream
- 1/4 cup Cointreau

Shredded coconut

Grenadine

6 fresh mint sprigs

Cut top third off each orange. Squeeze juice from both parts of oranges; you should have about 1 quart. Pour juice into shallow metal pan. Reserve 6 best hollowed-out orange bottoms. Squeeze juice from lemon. Add to pan. Freeze juice until solid. Using fork, break up into chunks. Transfer to blender. Add next 4 ingredients and mix well. Return to pan; freeze sherbet until firm.

Scoop sherbet into hollowed-out oranges. Garnish with shredded coconut. Freeze until firm.

Set each orange in dessert cup. Drizzle with grenadine. Garnish with mint sprig. Serve immediately. □

June R. Gader is a free-lance writer and author of LA Live: Profiles of a City.



THE WEEKDAY COOK

continued from page 100

- 1 bunch radishes, trimmed and sliced
- Roasted Walnuts (see recipe)

Mix yolk, lemon juice and mustard in small bowl. Gradually whisk in oil. Season with salt and pepper.

Combine lettuce, chicken, goat cheese and radishes in large bowl. Add enough dressing to coat. Sprinkle with walnuts. Serve salad, passing any remaining dressing separately.

ROASTED WALNUTS

Use these in salads or pass them with drinks before dinner.

Makes about 3/4 cup; can be doubled or tripled

- 3/4 cup walnuts
- 1 teaspoon vegetable oil
- 2 teaspoons sugar
- 1/4 teaspoon salt
- 1/8 teaspoon ground cumin
- Pinch of dried red pepper flakes

Preheat oven to 450°F. Place walnuts in small bowl. Add oil and mix to coat. Add all remaining ingredients and toss to coat. Transfer to small cake pan. Bake until brown, stirring occasionally, about 8 minutes. Serve warm or at room temperature.

PLUMS WITH CREAM AND BRANDY SAUCE

Try this sauce over any seasonal fruit. Serve with cookies for crunch.

2 servings; can be doubled or tripled

- 3 plums, pitted and sliced
- 3 tablespoons slivovitz or other brandy
- 3 tablespoons sugar
- 1/4 teaspoon grated lemon peel
- 1/2 cup well-chilled whipping cream
- 1 egg yolk
- 3/4 teaspoon vanilla extract

Combine first 4 ingredients in medium bowl. Stir to blend. Let stand at least 30 minutes (or up to 2 hours), stirring occasionally. Drain plums, reserving liquid. Set aside.

Using electric mixer, beat cream until peaks form. Mix in yolk and vanilla. Beat in plum liquid and continue beating until sauce mounds in spoon. *(Can be prepared 1 hour ahead. Cover and refrigerate plums and sauce separately. Gently mix sauce before using.)*

Divide most of plums between 2 large stemmed glasses. Spoon sauce over. Top with remaining plums. □



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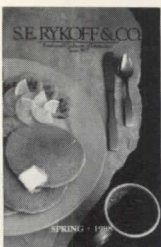
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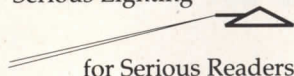
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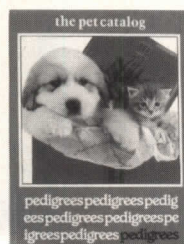
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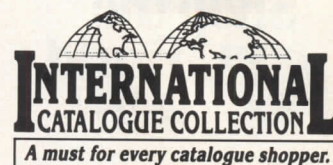
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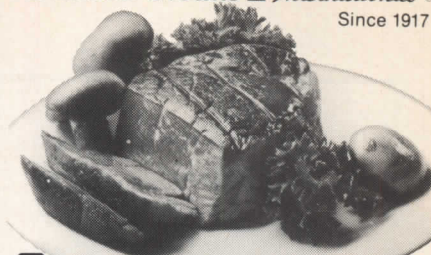
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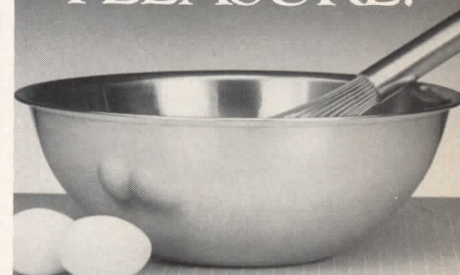
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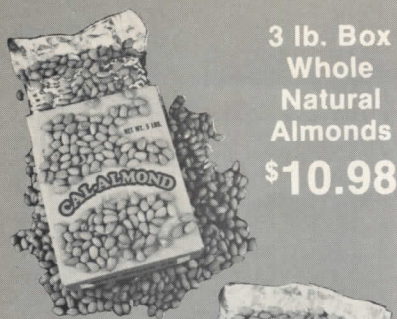


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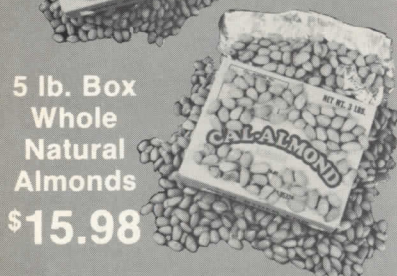
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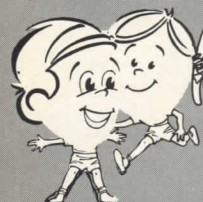


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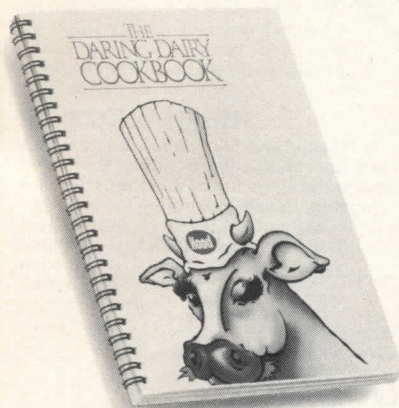
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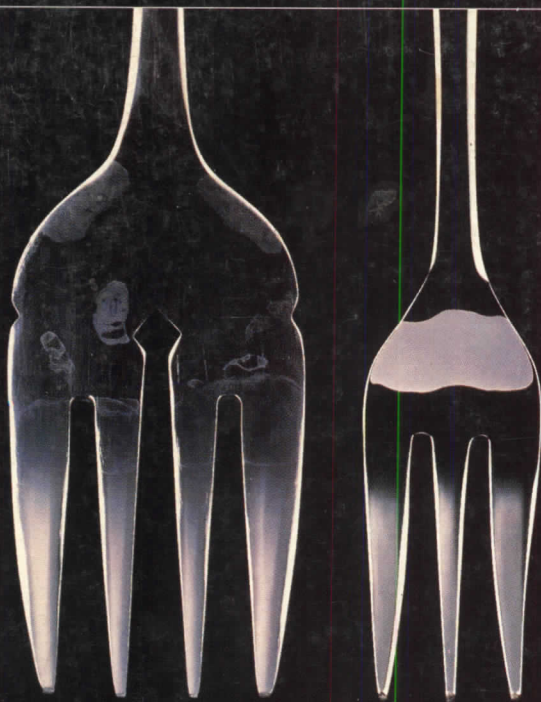


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