

Bon Appétit

AMERICA'S FOOD AND ENTERTAINING MAGAZINE

APRIL 1990 \$2.50

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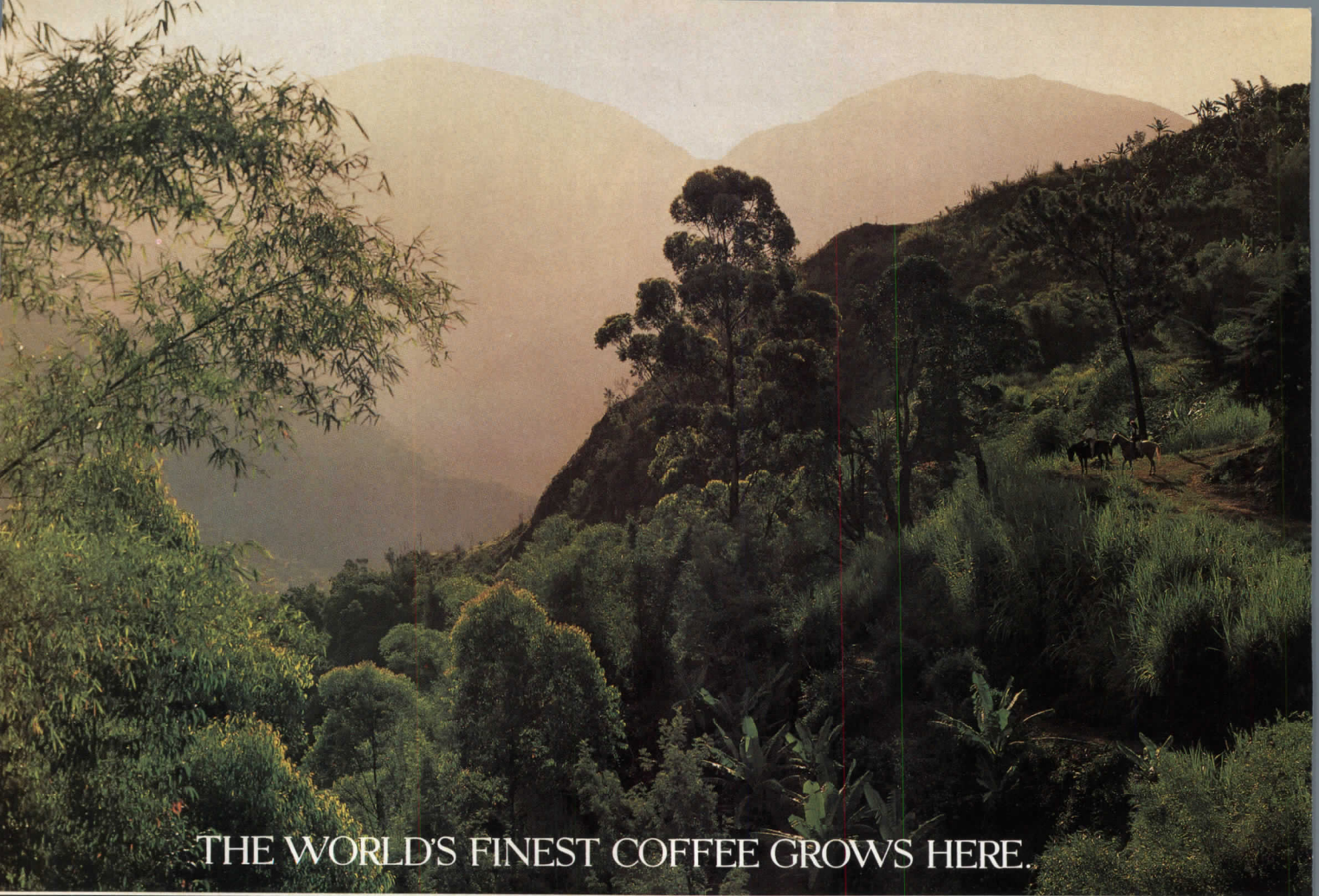
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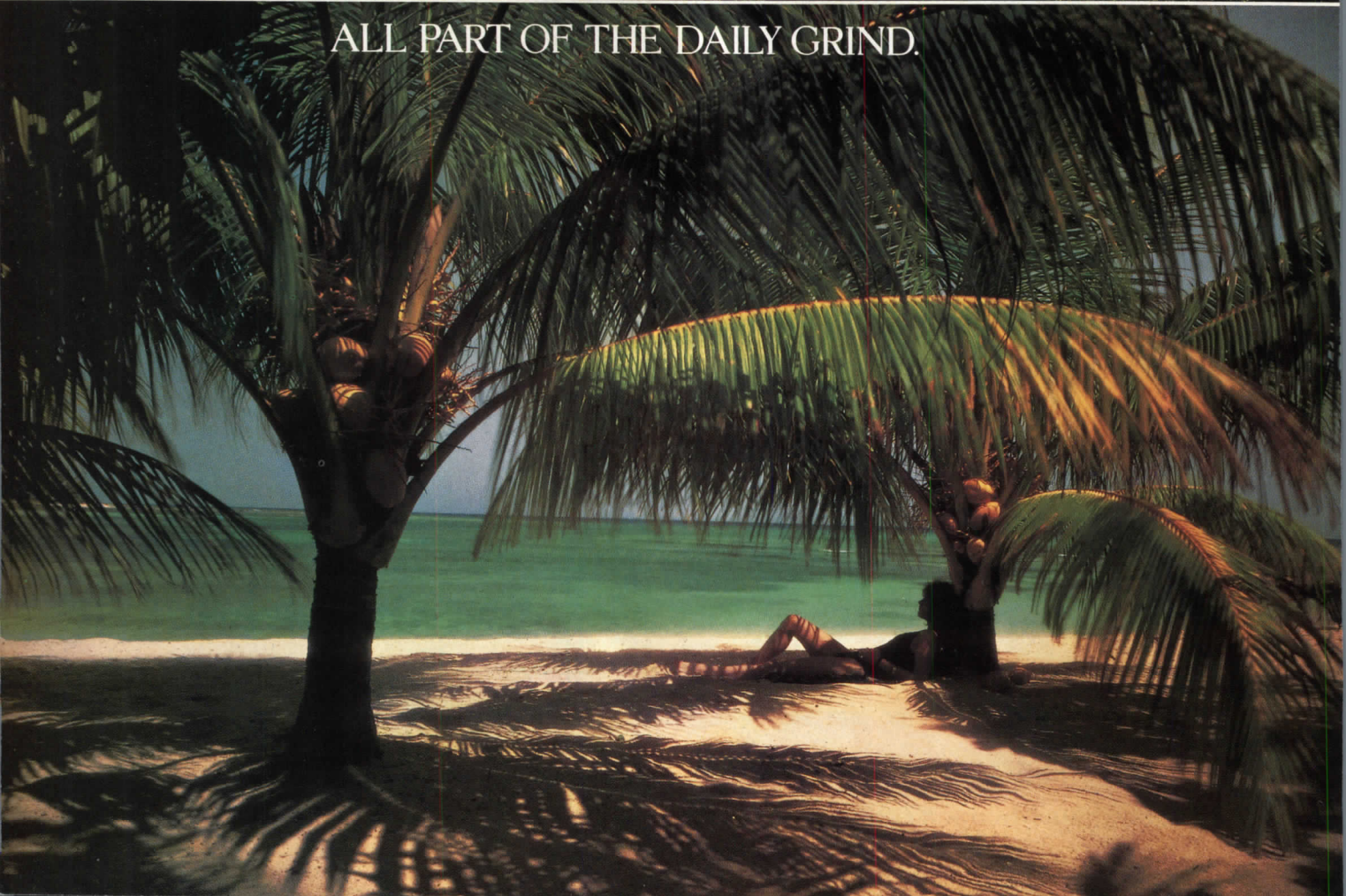
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"Coffee!" Clement called, pointing to some rather tall bushes with red, yellow and green berries clustered along the branches. "We've been growing it here since 1728."

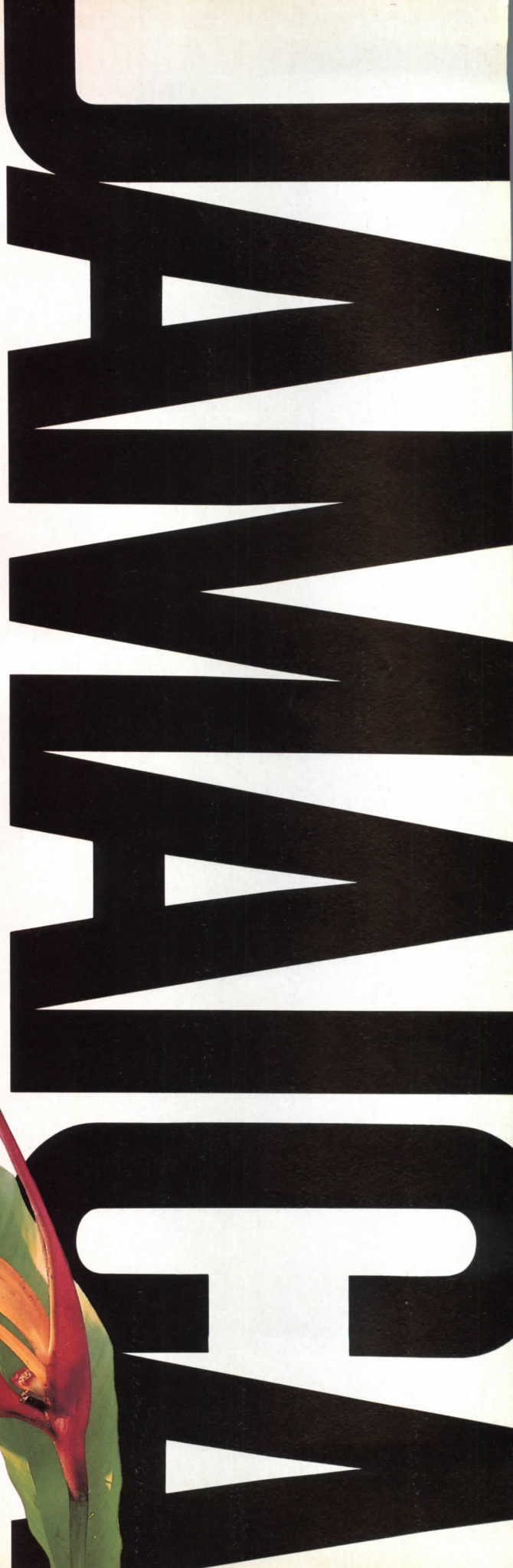
"\$17.28," said Sally, "that's about the price for just a pound of it in the States. Blue Mountain coffee is one of the most expensive in the world."

I could see she was wondering how to get the next crop into her suitcase.

"That's because it's the finest, Ma'am," smiled Clement, not the least impressed with the cost of things. Just proud.



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Bon Appétit

APRIL 1990

VOL. 35 NO. 4



FEATURES

66 EASTER CELEBRATIONS

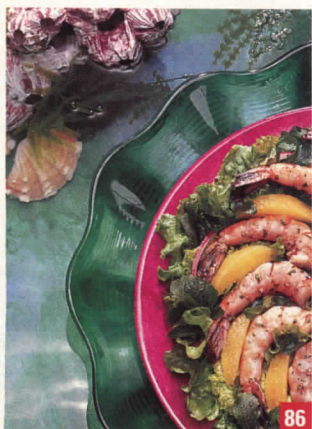
A festive brunch and sophisticated dinner—easy to make and full of flair.
by Betty Rosbottom

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Six new creations perfect for the holiday table.
by Jane Spector Davis

86 LIGHT AND FRESH SEAFOOD SALADS

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Tradition takes a casual turn for an afternoon of food, friends and fun.
by Stephanie Young

104 COOKING CLASS: CREME BRULEE NAPOLEON

Chef Michel Richard with an exciting new twist on a delicious pastry classic.

108 KITCHENS: KITCHEN WITH A VIEW

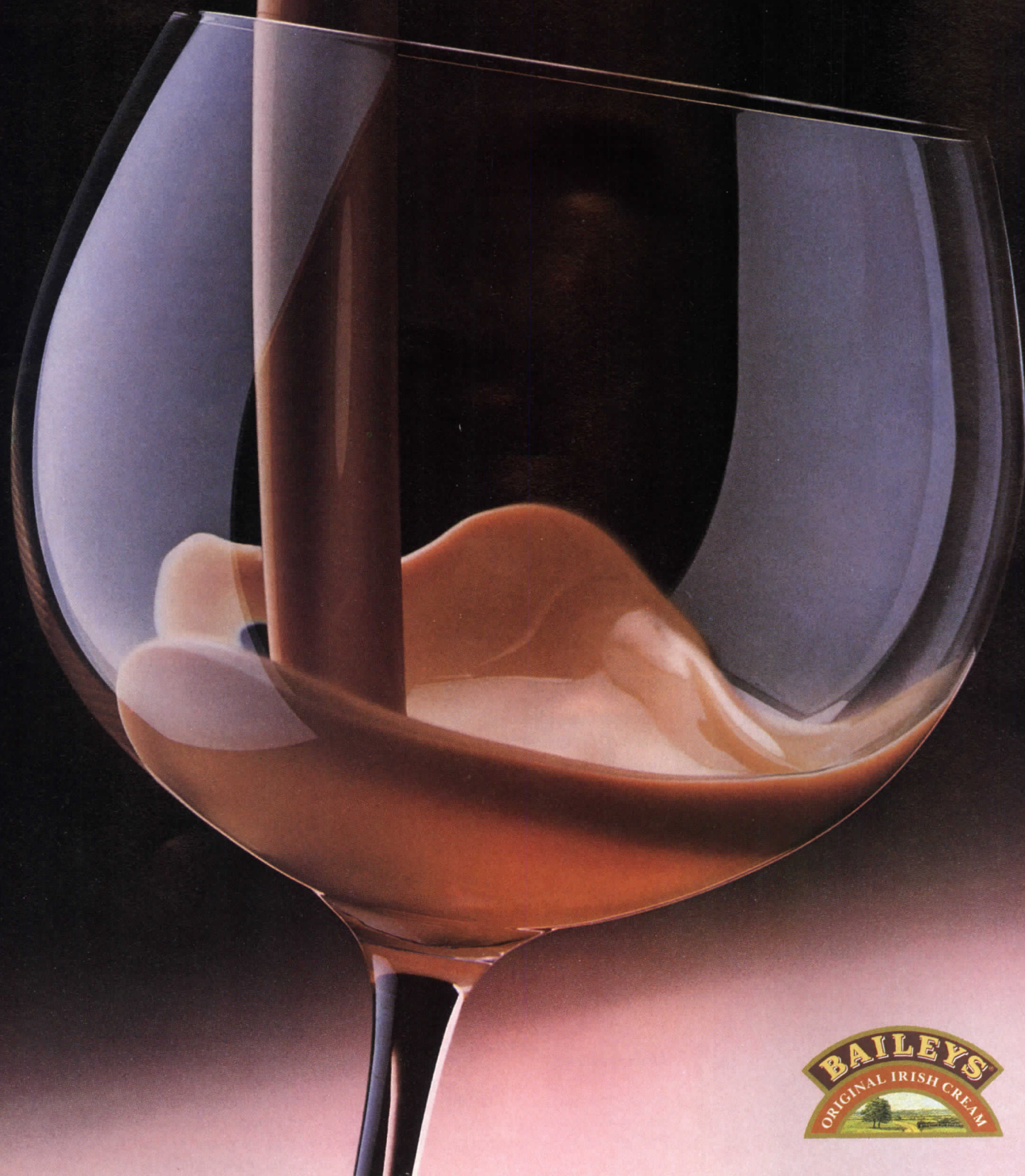
This streamlined deckside space brings the outside in.
by Tricia Callas

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Salt and pepper sets to spice up any table.
by Jonna Veitch Carls



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Bon Appétit

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RESTAURANT: CHARLIE TROTTER'S

An American chef brings modern, French-inspired cuisine to the heart of Chicago.

by Karen Kaplan



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TRAVEL: SOUTH CAROLINA'S ISLAND RESORTS

Unexpected hideaways rich in history—and blissfully luxurious.

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About the Cover:

A sunny garden gazebo is the setting for two luscious finales to a special tea party. Recipes on pages 102 and 152. Photography and styling by Burke/Triolo Studios.

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Don't Miss . . .

Any of this month's ideas for easy entertaining, whatever the occasion. Make an Easter brunch (page 66), a Passover dessert (page 76), an April Fools' party (page 32), a delicious weeknight supper (page 58)—or a charming afternoon tea (page 94).

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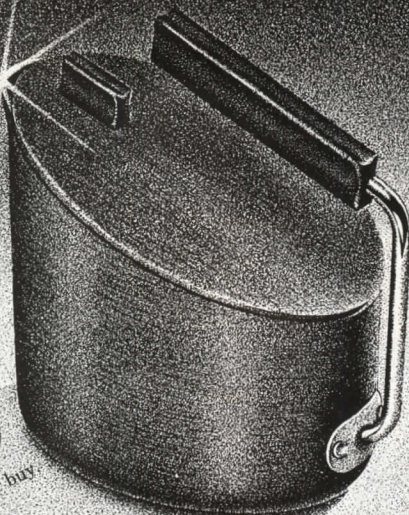
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Paul Bocuse, internationally recognized as one of the greatest living chefs, addresses the issue of the critical shortage of qualified professionals in the foodservice industry.

Chef extraordinaire, culinary consultant, involved with restaurants and cooking schools from Japan to Disneyland, the much decorated Frenchman is concerned about the next generation of culinary artists. "The secret to all great kitchens is finding and keeping talented and well-trained cooks."



Paul Bocuse

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Bon Appétit

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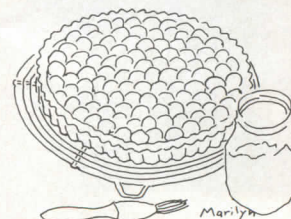
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LETTER FROM THE EDITOR

SPRING FANCIES



First the bad news: April is income tax month, and the IRS hasn't received the message about being kinder and gentler . . .

Now the good news: If you can forget about taxes, April is full of occasions for celebration, from the solemn to the downright silly. The month begins with a cheerful pratfall known as April Fools' Day. This is a good time to steer clear of all practical jokers, unless you enjoy public humiliation. (When you've seen, or heard, one whoopee cushion, you've heard 'em all.)

From this ridiculous opening the month moves on to the sublime: the traditions of Easter and Passover. Both as religious observances and as family holidays, each has an importance that is second to none, and each is rich with the symbolism and ritual of spring.

And it is the coming of spring, perhaps, that is the greatest cause for celebration this month. That is surely why poets and songwriters always come back to April—despite the fact that they can't find a word to rhyme with it.

At *Bon Appétit*, we celebrate April in our own way, with great food and great entertaining ideas for enjoying all the occasions this month offers.

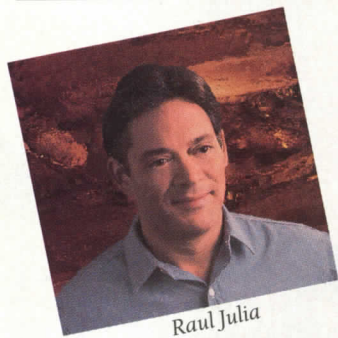
For Easter, we present two lively menus beginning on page 66. One is an easy brunch to reward the valiant hunters of the elusive Easter egg. The second is an elegant dinner with spring lamb, fresh fennel and "Easter basket" desserts. (You can supply the marshmallow chicks and chocolate bunnies.)

For Passover, Jane Spector Davis has created six delicious desserts that satisfy both the dietary rules of the holiday and the sweet-tooth standards of our demanding testing panel (page 76). You might even try them with one of the sophisticated new kosher wines reviewed this month on page 36.

Other spring specialties include a stylish tea party (sans Mad Hatter, page 94), a collection of main-course seafood salads (page 86) and a spectacular new version of a classic dessert, the strawberry napoleon (page 104). And we have not forgotten April Fools' Day: Jinx and Jefferson Morgan's whimsical party on page 32 provides good laughs along with the good food.

Just do your best to avoid Uncle Ernie and his exploding cigars . . .

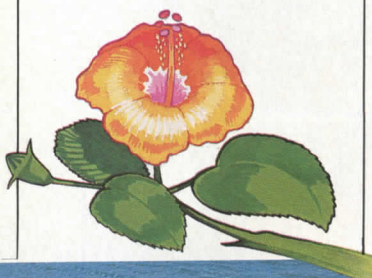
—William J. Garry



Raul Julia

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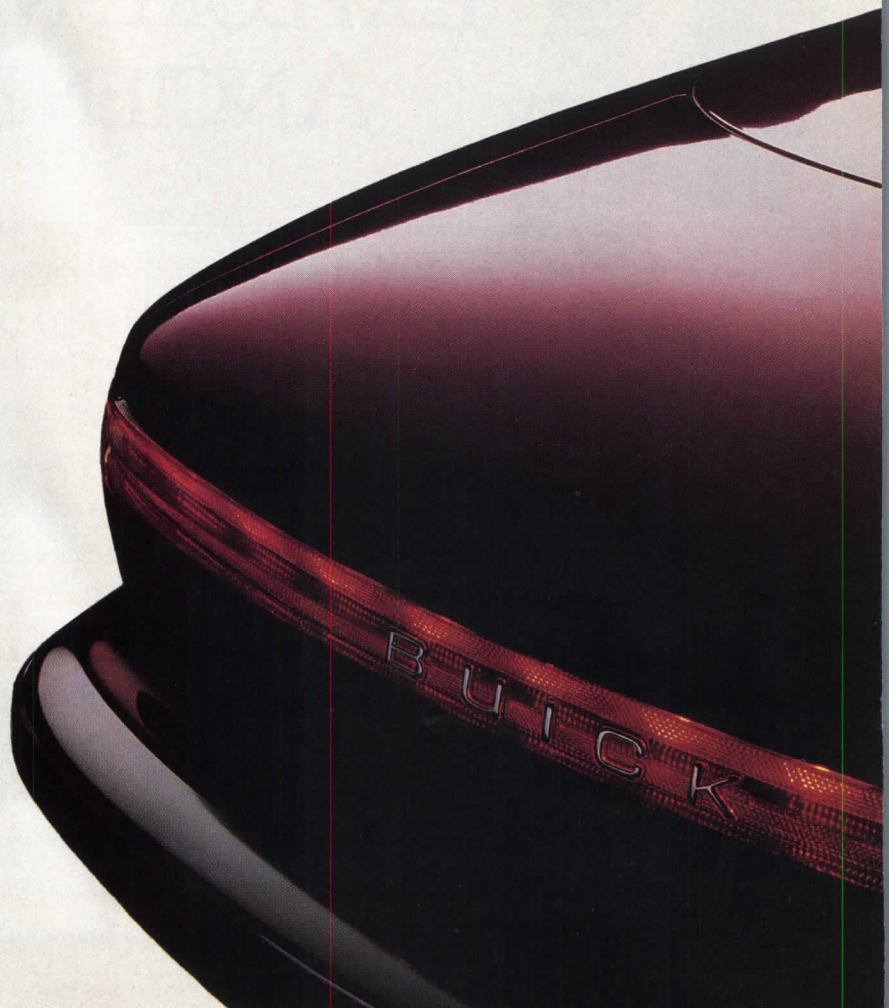


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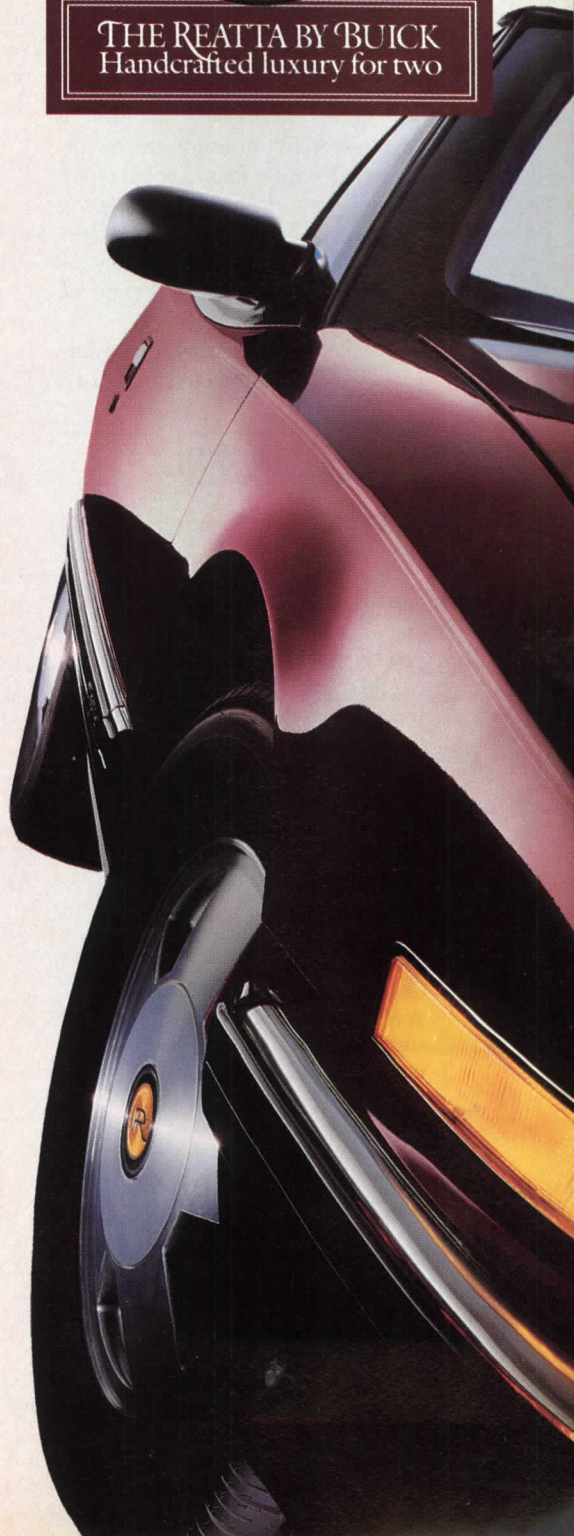
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FAVORITE RESTAURANT RECIPES

R.S.V.P.

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

I'm interested in obtaining the recipe for peanut butter pie from a local place called the Daisy Flour Mill. It's got a graham cracker crust, a peanut butter filling and a luscious chocolate topping. This rich pie is just the type of dessert my family would love.

Stephanie Walden
Rochester, New York

PEANUT BUTTER PIE WITH FUDGE TOPPING

8 servings

Crust

- 1 cup graham cracker crumbs
- ¼ cup sugar
- ¼ cup (½ stick) unsalted butter, cut into pieces, room temperature

Filling

- 8 ounces cream cheese, room temperature
- 1 cup creamy peanut butter (do not use old-fashioned style or freshly ground)
- 1 cup plus 2 tablespoons powdered sugar
- 2 tablespoons (¼ stick) unsalted butter, room temperature
- ½ cup chilled whipping cream
- 1 tablespoon vanilla extract

Topping

- ½ cup whipping cream
- 6 ounces semisweet chocolate, chopped

For crust: Generously butter 9-inch-diameter pie plate. Mix all ingredients in medium bowl. Press mixture evenly in prepared pan. Refrigerate 1 hour.

For filling: Using electric mixer, beat cream cheese and peanut butter in

large bowl until well blended. Add 1 cup powdered sugar and butter and beat until fluffy. Beat cream in medium bowl until soft peaks form. Gradually add remaining 2 tablespoons sugar and vanilla and beat to stiff peaks. Fold ⅓ of cream into peanut butter mixture to lighten. Gently fold in remaining cream. Spoon into crust. Refrigerate until firm, about 3 hours.

For topping: Bring cream to simmer in heavy small saucepan over low heat. Add chocolate and stir until smooth. Cool to lukewarm. Spread topping over pie. Refrigerate until firm, about 3 hours. (Can be prepared 1 day ahead. Cover.) Cut into wedges and serve.

A favorite gathering spot for many of my friends and me is a place in West Hollywood called Hugo's. Their menu is so varied that I can always find something new to order. At our last get-together, I had a wonderful pasta with chicken and wild mushrooms in a rich sauce. I'd like to add this recipe to my collection. Can Bon Appétit help out?

Laurie Rose
Beverly Hills, California

FETTUCCINE WITH CHICKEN AND WILD MUSHROOM SAUCE

4 servings

- 3 tablespoons unsalted butter
- 2 garlic cloves, minced
- 3 boneless chicken breast halves, skinned, cut into 1-inch pieces
- 5 ounces fresh shiitake mushrooms, stemmed and sliced or 5 ounces fresh oyster mushrooms, sliced
- 3 tablespoons chopped green onions
- 3 tablespoons dry Madeira
- 1¼ cups whipping cream
- 3½ ounces goat cheese, crumbled
- Salt and freshly ground pepper

12 ounces fettuccine

Melt butter in heavy large skillet over medium-high heat. Add garlic and sau-

té 30 seconds. Add chicken, mushrooms and green onions and sauté 5 minutes. Add Madeira and stir 1 minute. Mix in cream and goat cheese and cook until sauce thickens slightly and chicken is cooked through, about 4 minutes. Season with salt and pepper.

Meanwhile, cook fettuccine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain well. Transfer to large bowl. Add sauce and toss well.

When we visit my daughter and her family in Minneapolis, we usually have dinner at Kincaid's Steak, Chop & Fish House. I always order the grilled flank steak with bell peppers and onions. Could you ask them exactly how they prepare this excellent dish?

Charlotte Katz
Needham, Massachusetts

BEEF PEPERONATA

At the restaurant, they use veal flank steak. Beef makes an equally delicious and more readily available substitute. Peperonata is a classic Italian dish, often made with tomatoes as well as peppers.

4 servings

Beef

- ½ cup olive oil
- ¼ cup red wine vinegar
- 1 tablespoon fresh lemon juice
- ¾ pound flank steak

Peperonata

- ¼ cup olive oil
- 1 large red bell pepper, cut julienne
- 1 large yellow bell pepper, cut julienne
- 1 small onion, thinly sliced
- 3 tablespoons capers with juices
- Salt and freshly ground pepper
- 1 tablespoon red wine vinegar

- 1½ teaspoons Cajun blackened meat seasoning mix
- ¼ teaspoon salt

recipe continued on page 26



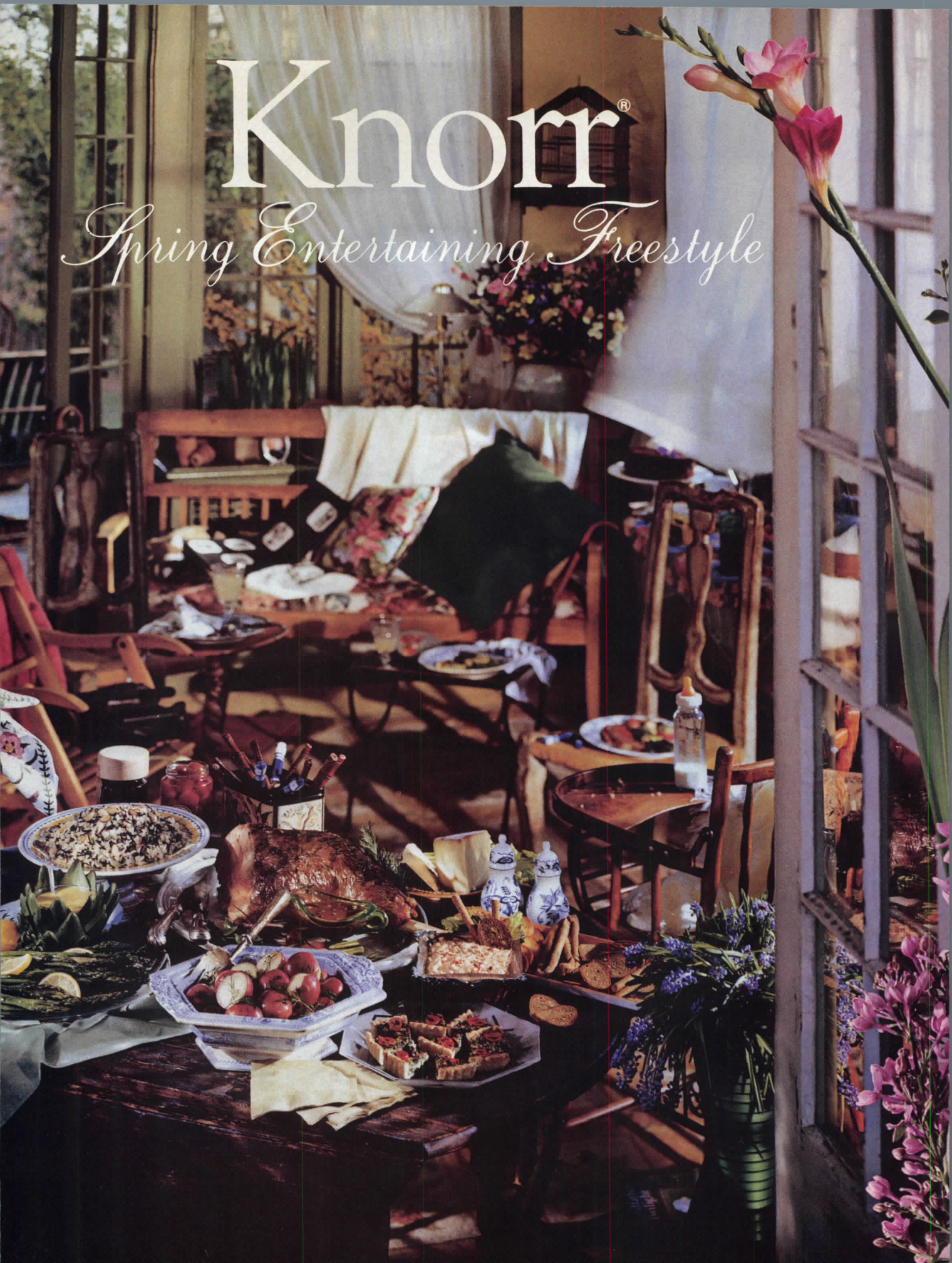
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Vegetable Cheese Tart

3 eggs, beaten
 2 c. half-and-half
 2 c. shredded swiss cheese
 1 pkg. Knorr Vegetable Soup and Recipe Mix
 1 pkg. (10 oz.) frozen spinach, thawed, well drained
 1 unbaked (9 inch) pie shell or 1 prebaked (11 inch) tart shell

In a large bowl stir first 5 ingredients until blended. Spoon into pie or tart shell.
 Bake in 375°F oven 45 minutes or until knife inserted halfway between center and edge comes out clean.

New Potatoes simmered in Bouillon

A fresh, new approach to new potatoes—simmer them in a Knorr Chicken Bouillon Cube dissolved in water.

Leg of Lamb with Green Peppercorn Sauce

Nothing says Spring like tender leg of lamb. And nothing makes it more memorable than Knorr Pepper Sauce.

Roasted Pepper Dip

Stir 1 package Knorr Tomato with Basil Soup and Recipe Mix, 1½ cups sour cream, ½ cup mayonnaise. Stir in ½ cup chopped roasted red peppers. Cover; chill 2 hours. Makes 2½ cups.

Asparagus & Artichokes Hollandaise

Brighten up any vegetable with smooth, lemony Knorr Hollandaise Sauce.

Rice Rustico

Prepare Knorr Alfredo Sauce Mix according to package directions. Stir prepared sauce and 2 thinly sliced green onions into 3 cups cooked brown and wild rice or 3 cups cooked white rice. Sprinkle with toasted sliced almonds. Makes 6 servings.

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R. S. V. P.

¼ teaspoon freshly ground pepper
1 teaspoon minced fresh parsley

For beef: Mix oil, vinegar and lemon juice in small bowl. Place beef in large shallow baking dish. Pour marinade over. Cover with plastic wrap and refrigerate at least 4 hours or overnight.

For peperonata: Heat oil in heavy large deep skillet over medium-high heat. Add peppers, onion and capers with juices. Season with salt and pepper. Cook until vegetables are just tender, stirring frequently, about 8 minutes. Add vinegar and bring to boil. Remove skillet from heat.

Prepare barbecue (medium-high heat) or preheat broiler. Remove beef from marinade; reserve marinade. Sprinkle Cajun seasoning, ¼ teaspoon salt and ¼ teaspoon pepper over beef. Grill about 4 minutes per side for medium-rare, brushing occasionally with marinade. Transfer to cutting board. Let stand 2 minutes. Cut meat across grain into thin diagonal slices. Fan slices on plates. Rewarm peperonata over medium heat. Mix in parsley. Spoon peperonata onto plates.

A few months ago, I attended a special business luncheon at the Loews Santa Monica Beach Hotel in Santa Monica, California. I particularly enjoyed a side dish of asparagus tossed in a flavorful butter sauce and sprinkled with chopped pistachios. Do you think chef Joe Cochran would share this simple and appealing recipe?

Helen Mason
Seattle, Washington

ASPARAGUS WITH TOMATOES, SHALLOTS AND PISTACHIOS

4 servings

¼ cup (½ stick) unsalted butter
2 tablespoons minced shallots
1 large tomato, seeded, chopped
1 tablespoon chopped fresh parsley
1 teaspoon fresh lemon juice
Salt and freshly ground pepper
1 pound fresh asparagus, trimmed

¼ cup chopped shelled roasted pistachios (about 1 ounce shelled)

Melt butter in heavy large skillet over medium heat. Add shallots and sauté 2 minutes. Add tomato, parsley and lemon juice and stir to heat through. Season with salt and pepper.

Meanwhile, cook asparagus in large pot of boiling salted water until crisp-tender, about 2 minutes. Drain well.

Divide asparagus among plates. Spoon sauce over. Sprinkle with nuts.

Whenver I'm in Southern California's Newport Beach area, I stop for lunch at the Bouzy Rouge Cafe. Their signature salad made with lentils and celery root is a winner. I'd love to know how to make this dish myself.

Carrie Hunter
Chicago, Illinois

FRENCH COUNTRY LENTIL AND CELERY ROOT SALADS

You can serve these two salads side by side, or just toss them together.

4 servings

Lentil Salad

1 cup dried lentils
5 cups water
3 tablespoons red wine vinegar
1 tablespoon Dijon mustard
½ cup canola or other vegetable oil
1 teaspoon salt
1 teaspoon freshly ground pepper
1 large tomato, peeled, seeded, chopped
½ cup olive oil
½ small onion, finely chopped
1 celery stalk, finely chopped

Celery Root Salad

1 large celery root, peeled, cut julienne
½ lemon
¼ cup white wine vinegar
½ cup mayonnaise
2 tablespoons fresh lemon juice
2 tablespoons chopped fresh parsley
1 teaspoon freshly ground pepper

For lentil salad: Combine lentils and 5 cups water in heavy large saucepan. Bring to boil. Reduce heat and simmer until lentils are just tender but not mushy, stirring occasionally, about 20 minutes. Drain. Refresh under cold water and drain again. Cool completely.

Whisk vinegar and mustard in small bowl. Gradually whisk in canola oil. Add salt and pepper. Pour over lentils. Add tomatoes, olive oil, onion and celery and mix well. (*Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before serving.*)

For celery root salad: Place celery root in large bowl. Cover with water. Squeeze in juice from ½ lemon. Bring large pot of water to boil. Drain celery root. Add to boiling water and blanch 1 minute. Drain. Refresh under cold water and drain again. Toss with vinegar in large bowl and let stand 5 minutes. Drain and return celery root to bowl. Add mayonnaise, 2 tablespoons lemon juice, parsley and pepper; toss. Serve salads side by side or toss together.

Visiting relatives in New Orleans is something I look forward to every year. We usually spend most of our time shopping and eating out. One of the most delicious things I ever tasted on one of our restaurant forays was the garlic soup from The Bistro at the Hotel Maison de Ville. It had a creamy texture and a deep rich flavor.

Nadine Hayes
Boston, Massachusetts

GARLIC SOUP

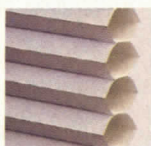
From chef Susan Spicer, who runs an all-female kitchen. For an even more intense garlic flavor, make the soup one day ahead.

4 to 6 servings

1 tablespoon unsalted butter
1 tablespoon olive oil
1 pound onions, coarsely chopped
28 medium garlic cloves, peeled (about 2 heads)
3 cups (or more) chicken stock or canned unsalted broth

recipe continued on page 30

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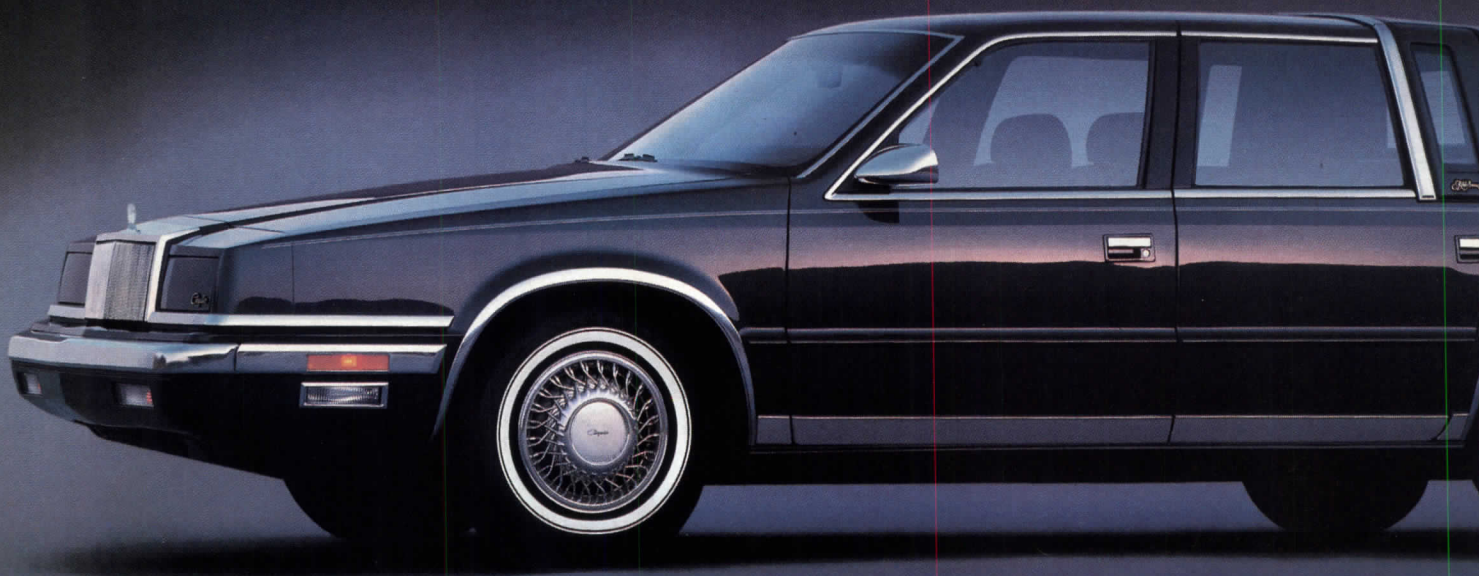
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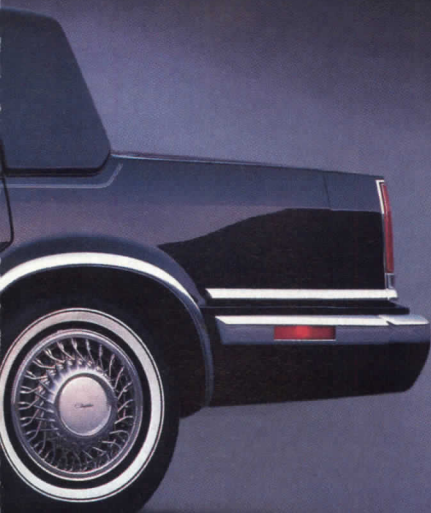
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ROLLS ROYCE CORNICHE	3 YEARS/UNLIMITED	3 YEARS/UNLIMITED	NONE	3 YEARS/UNLIMITED	3 YEARS/UNLIMITED
MERCEDES BENZ 560 SEL	4 YEARS/50,000 MILES	4 YEARS/50,000 MILES	NONE	4 YEARS/50,000 MILES	4 YEARS/50,000 MILES
CADILLAC SEDAN DEVILLE	4 YEARS/50,000 MILES	4 YEARS/50,000 MILES	\$100 AFTER 1 YR./12,000 MILES	4 YEARS/50,000 MILES	6 YEARS/100,000 MILES
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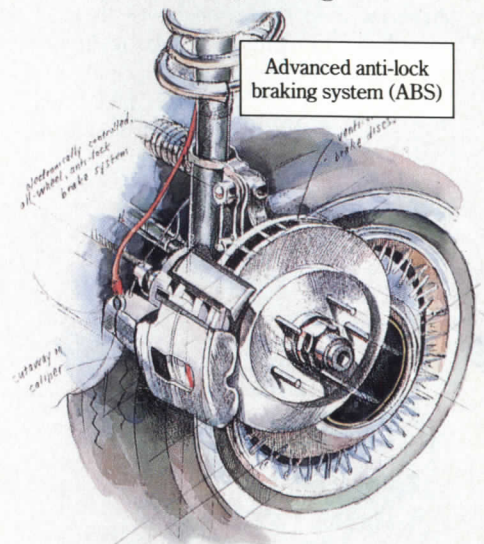
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There Is No Luxury Without Engineering.

- 3 ounces French bread, torn into pieces**
- 1 bouquet garni (5 parsley sprigs, 3 thyme sprigs and ½ bay leaf)**
- 1 cup whipping cream or half and half**
- Salt and freshly ground pepper**

Melt butter with oil in heavy large deep skillet over low heat. Add onions and garlic and cook until onions are tender and golden brown, stirring frequently, about 30 minutes.

Add 3 cups chicken stock, bread and bouquet garni to skillet and bring to boil. Reduce heat and simmer 15 minutes. Remove bouquet garni. Puree mixture in batches in blender. Transfer puree to heavy large saucepan. Mix in cream. (*Can be prepared 1 day ahead. Cover and refrigerate.*) Stir over low heat until heated through. Thin soup with additional stock if desired. Season with salt and pepper and serve.

One of the reasons I love living in Manhattan is that there are so many great places to eat. About once a month, I make reservations for brunch at my favorite restaurant—Café des Artistes. The last time I was there, I sampled a terrific short-rib hash. Do you know how they make it?

Jack Steel
New York, New York

SHORT-RIB HASH

At the restaurant, they top each serving of this hash with a fried egg.

6 servings

- 1 3-pound piece beef short ribs, bones attached, fat trimmed**
- 2 large carrots, sliced**
- 1½ tablespoons coarse salt**
- 2 russet potatoes**
- ½ cup plus 1½ tablespoons vegetable oil**
- 2 medium onions, chopped**
- ½ cup dry white breadcrumbs**
- ½ cup minced fresh Italian parsley**
- ½ teaspoon freshly ground pepper**

Place short ribs, carrots and 1 tablespoon salt in heavy large pot. Add enough cold water to cover and bring

to boil. Reduce heat and simmer until meat is tender, about 1 hour 30 minutes. Cover and refrigerate short ribs in cooking liquid overnight.

Remove short ribs from cooking liquid. Cut between bones to separate into individual ribs. Cut meat off bones in large pieces (do not remove any visible fat); discard bones. Cut meat into ¼-inch pieces. Set aside.

Preheat oven to 375°F. Bake potatoes until tender, about 1 hour. Cool completely. Peel and chop finely.

Heat ½ cup oil in heavy large skillet over medium heat. Add onions and sauté until brown on edges, about 10 minutes. Add beef, potatoes, bread-crumbs, parsley, pepper and remaining ½ tablespoon salt. Stir until ingredients are well blended, about 5 minutes. (*Can be prepared 2 days ahead. Transfer to bowl. Cover and refrigerate. Bring to room temperature before continuing.*)

Preheat oven to 250°F. Heat ½ tablespoon oil in heavy large nonstick skillet over medium-high heat. Spoon generous 1 cup hash into half of skillet. Press mixture with spatula to flatten slightly. Repeat with another cup of hash in other half of skillet. Cook hash until both sides are brown, about 5 minutes per side. Transfer hash to plate. Place in oven to keep warm. Repeat with remaining hash and oil in 2 more batches. Serve hot.

Occasionally some of my business associates and I meet for after-work cocktails at Baby Routh here in Dallas. Their list of special drinks is intriguing. I particularly like the Mexican Driver—a blend of freshly squeezed orange juice, tequila and Midori. Would you ask them what amount of each is used in this delightful drink?

Kathryn Knox
Dallas, Texas

MEXICAN DRIVER

6 servings

- 3 cups fresh orange juice**
- ½ cup plus 1 tablespoon honeydew melon liqueur**

- 6 tablespoons tequila**
- 3 tablespoons triple sec**
- Ice cubes**
- 6 orange slices**

Mix first 4 ingredients in large pitcher. Fill tall glasses with ice; pour orange juice mixture over. Garnish drinks with orange slices and serve.

I recently had a lovely dinner at Ma Maison restaurant at the Ma Maison Sofitel hotel here in town. For dessert, I ordered a fabulous chocolate-orange sorbet. It was rich and delicious—more like ice cream. I asked if cream or egg yolks were used in the preparation and was told they were not. It would be great to serve to my friends who are watching their cholesterol.

Jennifer Holmes
Beverly Hills, California

CHOCOLATE-ORANGE SORBET

This recipe is best made with Dutch-process cocoa powder, which has been processed with alkali, making it less bitter and easier to mix into liquids.

Makes about 2½ cups

- ¾ cup plus 2 tablespoons sugar**
- ¾ cup unsweetened cocoa powder (preferably Dutch process)**
- 1½ cups water**
- 1 ounce bittersweet (not unsweetened) or semisweet chocolate, chopped**
- ¼ cup fresh orange juice**
- 1 tablespoon grated orange peel**

Combine sugar and cocoa powder in heavy medium saucepan. Gradually mix in water, then chocolate. Cook over low heat until chocolate melts and sugar dissolves. Increase heat to medium-high and boil 1 minute, stirring constantly. Pour into bowl. Mix in orange juice and orange peel. Refrigerate mixture until well chilled.

Transfer chocolate mixture to ice cream maker and process according to manufacturer's instructions. Transfer to container. Cover and freeze overnight to allow flavors to mellow. (*Can be prepared 3 days ahead.*) □

—Compiled by Sarah Tenaglia

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SERIOUS FUN FOR APRIL FOOLS



No joke, this party is a treat any time of year.

PARTY FOR EIGHT

Counterfeit Caviar
Spurious Spaghetti with
Sausage Meatballs
Mixed Green Salad
Bread
Beaujolais
Rhubarb Fool

To tell the truth, we're not much for practical jokes. They always seem like adolescent attempts at humor and usually end up with some poor bozo wiping raw egg off the top of his head or trying to explain to a parade of pizza delivery boys that he hadn't ordered anything—with or without anchovies. To our mind, that sort of thing is best enjoyed within the confines of the Delta house or at the annual convention of whoopee cushion salesmen.

So it was with some trepidation that we approached the subject of April Fools' Day. It was such a slender thread from which to weave the theme of a party. Yet we sensed it did have possibilities. Soon we began to view the first day of April in a brand new light, as a hitherto-neglected holiday with some potential for a little innocent fun.

Although we recall pranks on April 1 from our intemperate youth, it was not

until we moved to a little corner of the British West Indies that we were confronted with the full force of April Fools' Day rituals. Our initial first of April here was a confusion of false messages and phony errands that made us wonder whether we had any authority at all with our otherwise responsible and polite restaurant staff. We soon got into the spirit of the day, however; and after they got their paychecks printed on small bar napkins, the staff summarily retired the holiday for good.

Like so many traditions, this bit of madness came to us down through the generations from the Brits. They didn't invent April Fools' Day, but refined it to a high art and exported it to places like North America and the Caribbean. Some of the Scots we know still call the custom "hunting the gowk" and call their victims "April gowks." To us, this all sounds suspiciously like the highland version of a snipe hunt. (Gowk is Scottish for cuckoo.)

Actually, the practice of April foolery has been found in many diverse cultures, including Hindu India, and is generally associated with the festivals surrounding the vernal equinox. In northern Europe, after a long winter, people tend to be a little balmy anyway, which makes spring a time of great merriment and bizarre activities.

Enough history. Back to the business at hand. At first we thought we might come up with a menu featuring food that wasn't really food. We soon decided that would be tedious and maybe even dangerous, so we decided instead on dishes made from unconventional ingredients. Thus the caviar featured this month has never seen the inside of a sturgeon, and the spaghetti contains neither flour nor eggs, but comes from the garden. With this menu we serve a green salad, bread and Beaujolais. In contrast to the rest of the menu, they are definitely the real thing.

The fruit in the fool (no joke, it's really dessert) is technically a vegetable. However, rhubarb is regarded as the first fresh "fruit" of spring in many northern countries, underappreciated as it may be in the United States. No one is quite sure why the British call this creamy preparation a fool, although some believe it comes from the French *fol*, which means "mad," because the fruit is all mixed up.

Even though the menu is something of a ruse, we think you'll find the dishes delicious. But it's probably just as well



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COOKING FOR FRIENDS

continued from page 32

that April Fool follies are limited to only one day a year. American writer Elbert Hubbard had some excellent advice about the wisdom of moderation when it comes to this sort of nonsense: "Every man is a damn fool for at least five minutes every day; wisdom consists in not exceeding the limit."

COUNTERFEIT CAVIAR

A garlicky roasted eggplant puree is the faux roe here. Offer with toast points, crackers or pita bread cut into triangles.

Makes about 2½ cups

- 1 medium eggplant (about 1½ pounds), halved lengthwise
- ⅓ cup olive oil
- 1 large red onion, chopped
- 2 garlic cloves, minced
- 2 tomatoes (about 12 ounces), peeled, seeded, finely chopped
- 2 tablespoons fresh lemon juice
- ⅛ teaspoon cayenne pepper
- Salt and freshly ground pepper
- ¼ cup minced fresh parsley

Position rack in lowest third of oven and preheat to 400°F. Lightly oil baking sheet. Place eggplant cut side down on prepared sheet. Bake until very soft, about 45 minutes. Cool slightly. When cool enough to handle, peel and chop.

Heat ⅓ cup olive oil in heavy large skillet over medium heat. Add onion and garlic and cook until soft, stirring occasionally, about 10 minutes. Mix in eggplant, tomatoes, lemon juice and cayenne. Season with salt and pepper. Cook over low heat until thickened to spreading consistency, stirring frequently, about 10 minutes. Cover and refrigerate until well chilled. (Can be prepared 2 days ahead.) Transfer to serving bowl. Sprinkle with parsley.

SPURIOUS SPAGHETTI WITH SAUSAGE MEATBALLS

Spaghetti squash is a pasta impersonator in this hearty dish. Serve with a tossed salad of mixed spring greens.

8 servings

Meatballs

- 2 slices firm white bread
- ½ cup milk

- 1 pound hot Italian sausage, casings removed
- 1 medium onion, finely chopped
- ¼ cup minced fresh parsley
- 1 large egg, beaten to blend
- 1 teaspoon dried thyme, crumbled
- Salt and freshly ground pepper

Spaghetti

- 2 medium spaghetti squashes (about 5 pounds total), halved lengthwise
- 6 tablespoons (¾ stick) unsalted butter
- 2 medium carrots, finely chopped

- 1 large onion, chopped
- ½ pound mushrooms, sliced
- 6 ounces thinly sliced prosciutto or ham, chopped
- 1 teaspoon dried thyme, crumbled
- 2 tablespoons Madeira
- 1½ cups whipping cream
- 3 medium zucchini, cut into ½-inch pieces
- 1 cup cooked peas
- ⅓ cup freshly grated Parmesan cheese
- Salt and freshly ground pepper
- Additional freshly grated Parmesan cheese



For meatballs: Place bread in large bowl. Pour milk over and let stand 5 minutes. Gently squeeze out excess milk. Return soaked bread to bowl and mash with fork. Add sausage, onion, parsley, egg and thyme. Season with salt and pepper. Stir vigorously until well combined. Shape mixture into 1-inch balls. (Can be prepared 1 day ahead. Cover and refrigerate.)

For spaghetti: Position rack in lowest third of oven and preheat to 350°F. Scrape out seeds from squash and discard. Place squash cut side down on baking sheet. Bake until tender, about

1 hour. Cool slightly. Pull fork through squash to separate from skin into spaghetti-like strands. (Can be prepared 1 day ahead. Cover and refrigerate.)

Melt 2 tablespoons butter in heavy large skillet over medium-high heat. Add half of meatballs and cook until brown on all sides, about 6 minutes. Remove with slotted spoon and drain on paper towels. Keep warm. Repeat with remaining meatballs.

Melt remaining 4 tablespoons butter in same skillet over medium heat. Add carrots, onion, mushrooms, prosciutto

and thyme. Sauté until mushrooms brown, about 10 minutes. Add Madeira and cook until wine evaporates, about 2 minutes. Stir in cream and zucchini and cook 10 minutes. Add spaghetti squash and peas; toss to combine. Cook just until heated through. Stir in 1/3 cup cheese. Season with salt and pepper. Transfer to serving bowl. Top with meatballs. Serve, passing additional cheese separately.

The dress was chiffon, the stockings were silk, and a martini was the height of fashion.

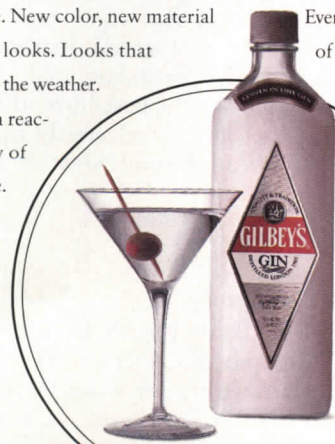
There's never been a time when fashion was invisible. Yet never a time was it so obvious as the 1920's. In fact, to the elegant Parisian or New Yorker fashion was considered vital.

These were the early days of great designers who still influence the fashion industry today. Their bold interpretations of the art deco style set the world on fire. New color, new material all brought out new looks. Looks that changed as quickly as the weather.

Perhaps it was a reaction to the drab gray of war. To the sacrifice. The sorrow. Whatever the reason, it seemed everyone was intent on outshining their friends and acquaintances.

But whether or not a dress was a designer original was just part of the story. Everything that was "in fashion" became part of one's own personal style. Viewing the latest portrait from Tamara de Lempicka, driving your Bugatti out on Long Island or listening to jazz on a gramophone were all fashion statements unto themselves.

Even ordering the right cocktail was part of fashion. And in the 1920's nothing was more fashionable than the martini. Today fashion is just as obvious. And though the times may call for a Patrick Kelly instead of a Paul Poiret, the martini is still made the same way. Gilbey's. Good taste never goes out of style.



Gilbey's. The Authentic Gin.

EVEN EASIER

- Invite six close friends over for dinner and then, an hour before party time, creep out to dinner at a restaurant, leaving them free to be welcomed by a locked and darkened front door with a note on it reading, "April Fool!" Of course, this sort of thing is viable only if you have an inexhaustible supply of close friends.

DO-AHEAD HINTS

- The caviar can be made up to three days in advance. Store airtight in the refrigerator.
- Prepare the spaghetti and meatballs one day ahead. Cover and refrigerate separately.
- The rhubarb puree for the fool can be done one day ahead. Cover and refrigerate.

RHUBARB FOOL

8 servings

- 2 pounds rhubarb, trimmed, cut into 1-inch pieces
- 1 cup golden brown sugar
- 2/3 cup apple juice
- 1 cup chilled whipping cream

Place rhubarb, sugar and juice in heavy large saucepan. Bring to boil. Reduce heat, cover and simmer until tender, stirring occasionally, about 15 minutes. Cool slightly. Place half of rhubarb mixture in blender or processor. Puree until smooth. Cover and refrigerate remaining rhubarb mixture and puree separately until well chilled. (Can be prepared 1 day ahead.)

Beat cream in medium bowl to soft peaks. Fold puree into cream. Fill 8 parfait glasses with alternating layers of puree-cream mixture and rhubarb, beginning and ending with cream. □

WINE & SPIRITS

A BUYER'S GUIDE

SURPRISING NEW KOSHER WINES

BY ANTHONY DIAS BLUE



Sophisticated kosher wines make an ideal addition to the spring table.

It used to be that those who wanted to drink kosher wine were most definitely out of luck. They had their pick of several sugary Concord grape wines packaged in now-familiar squat, squared-off bottles, and that was about it. The sticky liquid, which even sweet-wine aficionados found too much, did very little to enhance food.

But a few years ago a number of people in the wine industry concluded that while kosher laws stated clearly how kosher wines should be made (under strict rabbinical supervision by observant Jews, with no foreign ingredients used in the winemaking process), they didn't state that they had to be sweet or that they had to be produced from Concord grapes. In fact, kosher wines can be made in any style and from any

kind of grape, including the popular Chardonnay and Cabernet Sauvignon. The result of this revelation is that there is an ever-expanding selection of domestic and imported bottlings that should appeal to wine lovers regardless of their religious affiliations.

One of the key players in this remarkable renaissance has been Peter Stern, a serious young man with an international wine-consulting business specializing in kosher wines. Former winemaker at Mirassou Vineyards and J. Lohr Winery in California, he now supervises the production of California wines for the Herzog family, owners of Kedem Royal Wine Corporation.

Kedem had been a well-known winery in Czechoslovakia since the mid-1800s. Eugene Herzog and his family

were forced into hiding during World War II, and when they emerged they found Eastern Europe in a shambles. Rather than try to rebuild in a wrecked economy, they emigrated to the United States. In a relatively short time they have built an enormous business, making traditional sweet kosher wines in New York State and importing European kosher wines, some of which, especially those from France, deserve attention from serious wine buffs. The new releases from Barons Edmund and Benjamin de Rothschild in particular show considerable promise.

When the Herzogs decided to add a line of "modern" California wines, they turned to Peter Stern for guidance. The outcome of this partnership is the Baron Jaquab de Herzog line—moderately priced, good-quality varietal wines that also happen to be kosher.

Peter Stern has a similar supervisory role at Golan Galil Wineries (Golan Heights Wineries), a joint venture of nine vineyard-owning kibbutzim, started in 1983. Their 230 acres are located from 800 to 1,800 feet above sea level in the area annexed by Israel in the 1967 war. With Stern's help, they produce over 100,000 cases a year of fresh and clean varietals under three different labels—Gamla, Golan and Yarden. The wines are made from traditional European grape varieties planted at the suggestion of Cornelius Ough of the University of California at Davis.

Back in California, three wineries devoted to producing new-style kosher wines have emerged. In Napa there's Ernie Weir's ten-year-old Hagafen Cellars, which has established an excellent reputation in the general wine community for its Cabernet Sauvignon and Johannisberg Riesling. Then there are also the younger Weinstock Cellars and Gan Eden in Sonoma.

Here are the best currently available kosher wines as selected by the *Bon Ap  tit* Wine Tasting Panel.

WHITE

Chardonnay

1987 Baron Jaquab de Herzog, Special Reserve, Sonoma (\$15). Crisp and smooth; ripe fruit and silky texture.
1987 Gamla Vineyards, Galil, Israel (\$10). Lovely honey and toast, fresh fruit with a lively finish.
1987 Gan Eden, Alexander Valley (\$12). Soft and buttery, with a core of

Nobody has the Carlton Combination.

1.
Lowest tar.
Lowest
nicotine.



2.
"The taste
that's right"

1 mg. tar
0.1 mg. nic.



U.S. Gov't. Test Method confirms of all king soft packs:

Carlton is lowest.

King Size Soft Pack: 1 mg. "tar", 0.1 mg.
nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Cigarette
Smoke Contains Carbon Monoxide.

WINE & SPIRITS

A BUYER'S GUIDE

bright acidity and firm structure; gobs of apple and pear fruit.

1988 Hagafen Cellars, Reserve, Napa (\$17). Smoky and lush, with toasty oak, honey and butterscotch flavors.

Sauvignon Blanc

1988 Baron Jaquab de Herzog, Sonoma (\$8). Rich, fresh and lively.

1988 Château de la Grave, Bordeaux, France (\$8). Crisp, with good balance and fresh apple and lemon fruit.

1987 Golan Vineyards, Galil, Israel (\$7.50). Floral and snappy, with fresh flavors and a crisp finish.

Other Whites

1988 Baron Jaquab de Herzog, Chenin Blanc, California (\$6). Bright, with spicy varietal fruit and a clean finish.

1988 Baron Jaquab de Herzog, Gewürztraminer, Sonoma (\$8). Spicy, with nice balance and a tangy finish.

1988 Gamla Vineyards, Muscato d'Gamla, Israel (\$8). Gingery, with sweet pear fruit and snappy acidity.

1988 Gamla Vineyards, Semi-dry White Table Wine, Israel (\$7.50). Soft and grapy, simple but appealing.

1988 Hagafen Cellars, Johannisberg Riesling, Napa (\$8). Peachy and clean, with lovely balance and snappy acidity.

Late Harvest Wines

1987 Château Piada, Sauternes, France (\$35); 9.9% residual sugar. Smoky and candied, with buttery texture and a crisp finish.

1988 Herzog Wine Cellars, Johannisberg Riesling, Napa (\$7.50, 375 ml); 10.7% residual sugar. Complex, spicy, lively and smooth, with deep and lush nectarine and peach flavors.

BLANC DE NOIR AND ROSE

1988 Baron Jaquab de Herzog, White Gamay, California (\$5.50). Bright strawberry fruit, lovely crisp acidity and a fresh tangy finish.

1988 Baron Jaquab de Herzog, White Zinfandel, California (\$6.50). Lively and clean, with fresh varietal character.

1987 Château Clarke, Rosé, Edmond Rothschild, Bordeaux, France (\$19). Dry. Good acidity, crisp fruit and good balance. A very clean wine.

1988 Golan Vineyards, Rosé of Cabernet, Golan Heights, Israel (\$7.50). Purple-pink color; crisp and clean.

1988 Hagafen Cellars, Pinot Noir Blanc, Napa (\$6). Bright, with good cherry fruit and varietal character.

1988 Weinstock Cellars, White Zin-

fandel, Sonoma (\$5). Lively, rich and varietal, with deep fruit flavors.

RED

Cabernet Sauvignon, Merlot and other Bordeaux Varieties

1986 Baron Jaquab de Herzog, Special Reserve Cabernet Sauvignon, Sonoma (\$14.50). Cherry fruit and silky texture, with crisp acidity and a soft finish.

1986 Barons Edmond & Benjamin de Rothschild, Haut-Médoc, Bordeaux,

continued on page 153

BEST BETS

FROM OUR WINE TASTING PANEL

The following are newly released nonkosher wines recently sampled by the *Bon Appétit* Wine Tasting Panel and highly recommended.

1986 Carneros Creek Winery, Pinot Noir, Carneros (\$15.50). Cherry flavors; spicy, with a woody finish.

1987 Congress Springs Vineyards, Zinfandel, Santa Cruz Mountains (\$12). Lush; vanilla and ripe cherry fruit. Complex and superb.

1987 Domaine Méo-Camuzet, Vosne-Romanée, Burgundy, France (\$35). Toasty and rich; spicy caramel and lush cherry fruit, lovely texture, complex and long finish.

1984 Jaboulet Ainé, Côtes du Rhône, Parallèle "45," Rhône, France (\$6.50). Peppery and spicy, with smoky flavors; lots of fruit.

1986 La Jota Vineyard, Cabernet Sauvignon, Howell Mountain, Napa (\$21). Rich and deep, with intense smoky black currant fruit.

1987 Lupé-Cholet, Puligny-Montrachet, Les Chalueaux, Burgundy, France (\$46). Bright, with rich Chardonnay fruit and complex oak.

1987 Robert Mondavi Winery, Reserve Chardonnay, Napa (\$26). Smoky and toasty with rich and lush varietal fruit flavor.

1987 The Monterey Vineyard, Classic Red, Monterey (\$4). Lush and plummy, with herbal flavors.

1982 Poggio Antico, Brunello di Montalcino, Italy (\$24.50). Ripe with raspberry and cassis fruit; balanced and elegant.

1988 Prince Michel Vineyards, Chardonnay, Virginia (\$9). Soft and lush, with ripe, round pear fruit and a very silky texture.

1986 St. Clement Vineyards, Merlot, Napa (\$15). Crisp with mellow fruit, smooth texture and balance.

1986 Sebastiani Winery, Zinfandel, Sonoma (\$6). Woody, lots of concentrated fruit; lush and intense.

1988 Vichon Winery, Chardonnay, Napa (\$17). Rich and smoky, with lots of toasty oak and butterscotch amid the ripe fruit flavors.

1988 ZD Wines, Chardonnay, California (\$20). Luscious, crisp pineapple and apple flavors and a lovely vanilla texture. A real stunner.

AND FOR THE CELLAR

1986 Château Lalonde-Borie, St-Julien, Bordeaux, France (\$17). Herbal and lively; clean and supple, with a velvety finish; 1 to 3 years

1985 Dominus Estate, Dominus, Napa (\$45). A dense and earthy wine with deep fruit flavors and firm structure; 4 to 8 years

1986 St. Francis Vineyards & Winery, Reserve Merlot, Sonoma (\$20). Rich and smooth, with lush vanilla and plum. May be the best Merlot of the vintage; 1 to 2 years

1987 Straus Vineyards, Merlot, Napa (\$12). Plummy and lush, with excellent balance and quite a supple texture; 1 to 3 years

Listed prices are approximate and may vary from one state to another.



“ Fresh seafood is my one big weakness. So naturally our hotel had a chef who made miracles with snapper, bass, shrimp and lobster. And, Mexican people are all so friendly, I just couldn't say no. Oh well, I worked off the calories doing lots of shopping. But now I'm hungry again...for more México. Good thing it's right next door. ”

Come. Feel the WARMTH of México.



How Lands' End took the tug, the slip, the bind (and the blush) out of Women's Swimsuits

News Flash!
Lands' End now
has lots more
Petite clothing
for women. Call
for details.

Maybe it's our natural preference for function over fashion. Or our native Wisconsin modesty. (*There are, as yet, no nude beaches here in Dodgeville.*)

But when we first began to think about women's swimwear, we didn't for a moment consider offering the kind of smoldering suits that appear each Spring on the covers of sports magazines.

No. We figured we ought to offer swimsuits that our women customers would feel comfortable in at the beach. That they wouldn't have to tug at. That they could actually swim in, vigorously, without swimming out of. That they wouldn't wrap a towel around when they walked to the hot dog stand.

The question was, how to go about developing such suits?

We sent for help.

No swimwear experts, we. So we called a summit conference with one of America's foremost swimwear manufacturers. (From out in California, where they have all the beaches.)

Working together with our common sense doctrine, we determined that our kind of swimwear could come only from very special fabrics,

very special designs, very extensive fit testing.

First, "4-way stretch."

For most of our suits, we selected an amazing nylon/spandex fabric that stretches not just two ways, like conventional swimwear fabrics, but every which way. Through the torso, for long-waisted women. Through the chest, for big-busted women. Through the hips and derriere too—in all the places where a woman needs a little strategic stretch.

Just imagine: instead of riding up, binding or bunching, this fabric stretches to cover just what it should. A lifesaver!

In the meantime, we'd developed a basic pattern we thought would accommodate the various sizes and shapes of our Lands' End customers, young and not-so-young. With a longer-than-normal cut, moderately (*not high*) cut legs, a little extra fabric in the seat area.

So far, so good. But would the suits fit real people?

Only one way to find out. With our first suits in hand, we embarked on our very first fit-testing session, using not lithe swimwear models, but our own employees in

Dodgeville. (Nilda, Ruth and Marijean, to credit three.)

Clad in our sample suits, they bent, stretched, jumped, over and over again. And (*to our relief*) liked the comfort they felt.

But some adjustments had to be made. If a suit rode up, or a strap slid down, we drew lines on their skin to mark the slippage. We took photos, and sent them to our manufacturer, so suits could be recut.

This first fit test was just the beginning. Such sessions have become an ongoing part of our attempt to develop comfortable swimwear. Our first basic pattern, good as it was, has improved from year to year, as the letters and returns of our customers told us we needed changes.

(*Yes, like everything else we sell, our swimwear is GUARANTEED. PERIOD.* and fully returnable at any time.*)

Now we use this "perfected" pattern for every suit

we make. Even use it from one year to the next, so a woman can always come back to us for that same consistent (and comfortable) fit. And, we always present a wide array of colors, designs, silhouettes.

Much more than swimwear.

Our approach to swimwear typifies our approach to everything we offer at Lands' End. Give people clothing and soft luggage they'll feel comfortable with, at prices that represent real rock-solid value, with service that stops at nothing to satisfy.

Our present customers have responded enthusiastically to this way of doing business. We think you will too. Especially if you're one of those women who wears a beach towel to the hot dog stand.

Please send free catalog.
Lands' End Dept. X-28
Dodgeville, WI 53595

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Address _____
City _____
State _____ Zip _____

Or call Toll-free: X-28
1-800-356-4444



SHORTCUTS WITH STYLE

THE CHOICE IS CHICKEN



Warm wild rice and chicken salad is a delicious and light entrée.

RECIPES

Warm Wild Rice and
Chicken Salad

Leek-stuffed Chicken Breasts with
Walnut Cream Sauce

Garlic-roasted Chicken

Spicy Southwestern
Oven-fried Chicken

Sometimes I'm amazed at the continued popularity of chicken. It seems to appear on our tables so often, yet we never grow tired of it. We always want more.

And with good reason. Chicken can be (depending on the preparation) low in fat and calories, inexpensive and easy to cook. The list of virtues goes on. Yet all these benefits present us amateur chefs with a problem: finding different ways to prepare the bird. Most of us will admit that we never have enough recipes to keep chicken's recurring dinner role as interesting as we'd like. With that in mind, I created four dishes to meet a range of dining needs, from informal to festive to healthful.

The microwave can cook chicken breast halves to succulent perfection in minutes. Even when they are prepared stove-top, there's no complaint about the speed of their cooking. As usual, the food processor quickly and effi-

ciently minces, chops and slices the necessary ingredients. These two pieces of equipment are a great team where chicken is concerned.

Of course, that's not surprising, either. Just as chicken adapts to almost any seasoning, it does well with almost any equipment or cooking method. Now, where did I put that Crockpot...

WARM WILD RICE AND CHICKEN SALAD

A light chicken salad with interesting textures makes a pleasing lunch or Sunday-night supper. Count on the microwave to warm this up if it's made ahead.

4 servings

Wild Rice

- $\frac{3}{4}$ cup wild rice
- 2 cups water
- $\frac{1}{4}$ teaspoon salt

Chicken

- 3 large boneless chicken breast halves, skinned
- Salt and freshly ground pepper
- $\frac{1}{2}$ cup chicken stock or canned broth

Salad

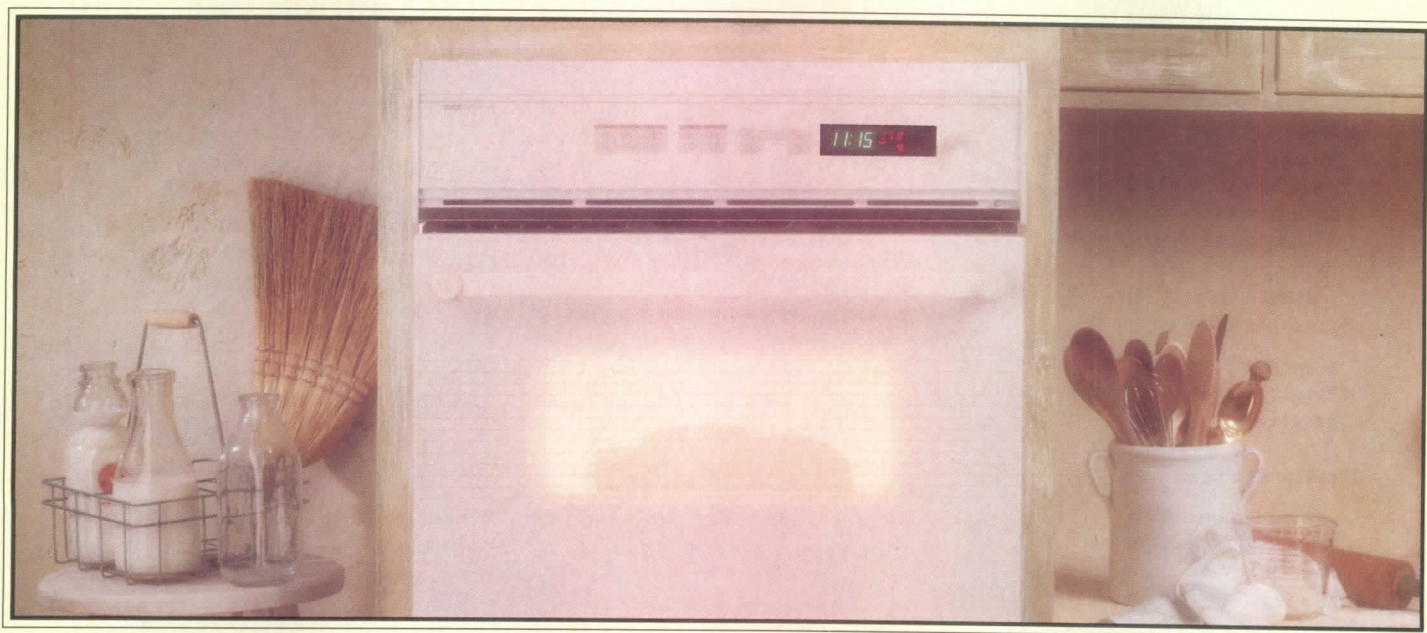
- 1 large tart apple (unpeeled), cored, cut into 1-inch chunks
- $\frac{1}{8}$ small red onion, halved
- $\frac{1}{2}$ large red bell pepper, diced
- $\frac{1}{2}$ cup dried currants
- $\frac{1}{2}$ cup toasted pecan pieces
- 2 tablespoons balsamic vinegar* or $1\frac{1}{2}$ tablespoons red wine vinegar
- 2 tablespoons olive oil
- $\frac{1}{2}$ teaspoon salt
- Freshly ground pepper
- Red leaf lettuce leaves

For rice: Rinse rice. Place in small saucepan with water and salt. Bring to boil. Reduce heat, cover and simmer until rice is just tender, about 35 minutes. Transfer rice to large bowl. (Can be prepared 1 day ahead. Cool, cover tightly and refrigerate.)

For chicken: Season both sides of chicken with salt and pepper. Place in medium skillet. Add stock. Cook over medium-high heat until springy to touch, about 4 minutes per side. (Or to **microwave:** Place seasoned chicken breasts in 9-inch microwave-safe dish. Add stock. Cook covered on High 3 minutes. Turn and cook covered until almost completely opaque, about $1\frac{1}{2}$



If the world's finest
restaurants use convection ovens,
why shouldn't you?



Walk back into the kitchen of any five star restaurant and you're sure to find one thing in common. A convection oven. Convection insures the kind of cooking performance you simply can't get from an ordinary oven.

And with a Jenn-Air Selective Use™ convection/radiant oven you can enjoy this same delicious perfection. Every night. Right in your own kitchen. Because of its constantly circulating hot air, convection cooks more evenly and

up to one-third faster. Meats come out brown and juicy. Soufflés puff up higher. Baked goods are lighter, crisper. What's more, Jenn-Air Selective Use™

ovens switch to conventional radiant cooking with the turn of a dial, are self-cleaning, and roomy enough for a 24 pound turkey. To find out more,

see your Jenn-Air dealer. (He's in the Yellow Pages).

After all, if the world's master chefs are cooking with convection, why shouldn't you?



SHORTCUTS WITH STYLE

continued from page 42

minutes. Let stand 5 minutes. Uncover and pierce with knife to be sure juices run clear.) (Can be prepared 1 day ahead. Cover and chill.) Cut chicken into 1-inch chunks and add to rice.

For salad: Insert Steel Knife. Coarsely chop apple and onion using on/off turns. Add to chicken. Mix in bell pepper, currants, pecans, vinegar, oil and salt. Season with pepper. Adjust seasonings. (Can be prepared 4 hours ahead. Cover and refrigerate. Reheat covered in Microwave on High for 3 minutes.) Arrange lettuce on 4 dinner plates or 1 platter. Top with portions of warm salad and serve.

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

LEEK-STUFFED CHICKEN BREASTS WITH WALNUT CREAM SAUCE

Toasted walnuts provide a contrasting crunch and a complementary flavor to the lightly sauced chicken.

4 servings

2 large leeks (about 1 pound), top greens trimmed, split lengthwise, cut into 2-inch pieces

3 tablespoons unsalted butter

3 tablespoons whipping cream

1 tablespoon water

¼ teaspoon (scant) salt

Freshly ground pepper

4 large boneless chicken breast halves, skinned (about 5 ounces each)

Salt

2 teaspoons peanut oil

¾ cup whipping cream

3 tablespoons chicken stock or canned broth

¼ cup toasted walnuts

All Purpose Slicer: Stand leeks in feed tube and slice, using light pressure. Melt butter in heavy medium skillet (preferably nonstick) over medium heat. Add leeks and cook until beginning to soften, stirring occasionally, about 5 minutes. Do not brown. Add 3 tablespoons cream, water and salt. Season with pepper. Cook until leeks are soft and liquid evaporates, stirring occasionally, about 15 minutes. Cover and refrigerate until well chilled. (Leeks can be prepared 1 day ahead.)

Position rack in center of oven and preheat to 400°F. Place chicken breasts between sheets of waxed paper. Flatten to thickness of ¼ inch using meat mallet or rolling pin. Season with salt and pepper. Spread 1 rounded tablespoon leek mixture over each breast. Fold in short sides of chicken, then roll up tightly jelly roll fashion, starting at one long side. Secure with string. Reserve extra leek mixture for sauce. Brush chicken lightly with oil. (Can be prepared 6 hours ahead. Cover chicken and leek mixture separately with plastic wrap and refrigerate. Bring to room temperature before continuing.)

Arrange chicken seam side down in ovenproof skillet. Bake until light

brown and just firm when pressed, about 25 minutes. Transfer to platter, cut strings and remove. Do not wash skillet. Cover chicken with foil.

Add ⅔ cup cream, chicken stock and reserved leek mixture to same skillet. Boil until reduced to ⅔ cup, about 5 minutes. Stir in walnuts, reserving several pieces for garnish. Taste sauce; adjust seasoning with salt and pepper.

Place 1 tablespoon sauce on each plate. Cut each breast crosswise into 5 slices. Overlap slices atop sauce. Spoon remaining sauce over chicken. Garnish with reserved walnuts and serve.

continued on page 46

TECHNIQUES

Food Processor

- To chop onions and apples coarsely, cut them into 1-inch pieces or, if they are small, in half. To control texture, chop up to 1 cup per batch and pulse ingredients using on/off turns. Use Steel Knife.
- To make fresh breadcrumbs, cut or tear up to 4 slices of bread into 1-inch pieces. Process continuously until they become fine crumbs, at least 1 minute. Other ingredients, such as garlic, shallot, onion, herbs, cheese, nuts and seasonings, can be added as desired and minced with the bread. Use Steel Knife.
- To slice leeks, split, wash and cut into feed-tube lengths. Stand in feed tube so they fit compactly and do not fall over. Slice using light

pressure. Use All Purpose Slicer.

- To slice garlic, peel and place in feed tube. Slice garlic using light pressure. Use Thin Slicer.

Microwave

- All instructions here have been developed for a 650-watt microwave. If yours has a lower wattage, allow for longer cooking times.
- To cook boneless, skinless chicken breast halves, place in single layer in 9-inch-diameter microwave-safe dish. Add stock or water and seasonings. Cover and cook on High for 3 minutes. Turn, season lightly and cook, covered, until opaque, about 1½ minutes. Remove from oven. Let stand 5 minutes. Pierce with knife to be sure juices run clear.

TIPS

Here is some basic information on the care and cooking of chicken.

- Keep all chicken refrigerated until it is ready to be cooked.
- Wash chicken with cool water and then pat dry with paper towels. Use warm, soapy water to wash off work surfaces, knife and hands after preparing the chicken.
- To remove skin from cut-up chicken, dry each piece very well so it doesn't slip out of your grasp. It's not necessary to use a knife to remove the skin; just pull it off with

your hands, using a paper towel for a tighter grip if necessary. Trim any remaining fat with a knife.

- Whether chicken is cooked stove-top, in the microwave or baked in the oven, always make sure it is fully cooked but still moist. Do not overcook. To check for doneness, pierce the thigh meat with the tip of a knife. The juices should run clear rather than pink. Individual pieces are done when springy to touch. Keep in mind that dark meat takes longer to cook than white meat.
- To avoid spoilage, thaw frozen chicken in the refrigerator.

Stouffer's® just made watching
your cholesterol this appetizing.

With new
Right Course entrees,
you love eating right.

Come taste our flavorful Sesame Chicken. Tenderloins accented with snap peas, water chestnuts and red pepper strips. Tossed in a sesame seed sauce and nestled on a bed of Oriental noodles.

That's just one of the eleven exciting new Right Course entrees. So look for the helpful dietary guidelines chart on the front of each package.

Your cholesterol just got a lot easier to control. And your appetite a little harder.

SESAME CHICKEN DAILY DIETARY GUIDELINES FOR HEALTHY ADULTS

50 mg CHOLESTEROL LESS THAN 300 mg

590 mg SODIUM LESS THAN 3000 mg

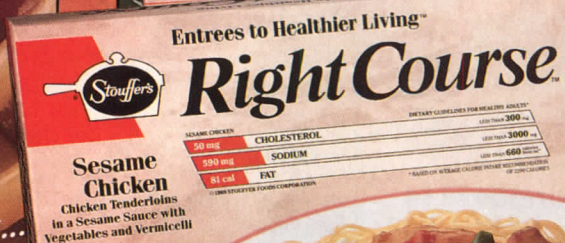
81 cal FAT LESS THAN 660 calories from fat*

*BASED ON AVERAGE CALORIE INTAKE RECOMMENDATION OF 2,300 CALORIES

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Right Course™—one taste tells you Stouffer's® got it...

All Right!!



SHORTCUTS WITH STYLE

GARLIC-ROASTED CHICKEN

One of life's most simple pleasures is often roast chicken. In this recipe it's a garlic-enhanced one. The thin slicing disk of the food processor slices garlic perfectly.

4 servings

- 1½ tablespoons Dijon mustard
- 1½ tablespoons peanut oil
- ½ teaspoon ground dried thyme

6 large garlic cloves

1 4-pound chicken
Salt and freshly ground pepper

Combine mustard, oil and thyme in small bowl. Set mixture aside.

Thin Slicer: Place garlic in feed tube and slice using light pressure.

Pat chicken dry. Using fingers, carefully separate skin from meat, starting

at top of breast and working down to thigh area. Rub half of mustard mixture and place half of garlic slices over meat under loosened skin. Season cavity with salt and pepper. Place remaining garlic in cavity. Tuck in wings. Tie legs together to hold shape. Spread remaining mustard mixture over chicken. Season with salt and pepper. Tent with foil and refrigerate overnight.

Position rack in center of oven and preheat to 450°F. Line roasting pan with foil. Place chicken breast side up in pan. Bake uncovered until juices run clear when thigh is pierced, about 55 minutes. Cut string from legs. Let chicken stand 10 minutes, then serve.

Good Health News about Jarlsberg® Cheese

Low cholesterol, low sodium and less fat make mild, delicious Jarlsberg more than a pleasure.

In 25 years, great tasting Jarlsberg has grown to be America's favorite brand of imported cheese. Today, health-conscious cheese lovers are finding new reasons to enjoy it. Here's why:

If you're eating smarter today, compare Norwegian Jarlsberg to other cheeses. For snacking, entertaining, salads and sauces—and lots of good

reasons besides taste—Jarlsberg belongs at the top of your shopping list.



Jarlsberg is part-skim milk cheese. So while it's high in calcium, vitamins and protein, it's lower in cholesterol than most popular cheeses.

Per one oz. serving	Cholesterol	Total Fat	Sodium	Calories
JARLSBERG	18 mg	7 g	135 mg	97
Gouda	32 mg	8 g	232 mg	101
Havarti	31 mg	11 g	200 mg	118
Cheddar	30 mg	9 g	176 mg	114
Brie	28 mg	8 g	178 mg	95
American	27 mg	9 g	406 mg	106
Swiss	26 mg	8 g	74 mg	107
Diet Swiss	20 mg	7 g	35 mg	100

Sources Available On Request

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Anytime...Jarlsberg makes it special.

SPICY SOUTHWESTERN OVEN-FRIED CHICKEN

This oil-free, lowfat "fried" chicken is oven-baked for a crisp crust.

4 servings

- 3 soft white bread slices, cut into 1-inch pieces
- 3 tablespoons fresh cilantro leaves
- 2 tablespoons yellow cornmeal
- 2 tablespoons pine nuts
- 2 large garlic cloves
- 1½ teaspoons ground cumin
- ½ teaspoon dried oregano, crumbled
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- Pinch of ground cloves
- 2 teaspoons egg white
- 2 tablespoons Dijon mustard
- 1 tablespoon water
- 2 teaspoons honey
- 4 chicken thighs, skin and fat removed
- 4 chicken drumsticks, skin and fat removed
- Salt and freshly ground pepper

Position rack in center of oven and preheat to 400°F. Grease jelly roll pan.

Steel Knife: Place first 10 ingredients in work bowl. Process until fine crumbs form. Add egg white and mix until crumbs are moist. Transfer crumb mixture to small shallow plate.

Mix mustard, water and honey in small bowl. Brush mixture over chicken pieces. Season lightly with salt and pepper. Dip chicken into crumb mixture to coat with thin layer. Gently pat crumbs in place. Transfer chicken to prepared pan. Bake until crisp and brown, about 40 minutes. Serve hot. □

TOMATOES SHOW THEIR LIGHTER SIDE.



In salads. On kabobs. Over pasta. Tomatoes are low in calories, a good source of fiber, and they're a nutritious addition to your favorite dishes.

Or an inspiration for some

spectacular new ones.

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Tomato Recipes



Collection contains nine new tomato recipes, complete with nutritional analysis, on handy 3 X 5" cards.

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You can watch the Queen's Life Guards, astride their steeds, march in precise files down The Mall.



Mary Queen of Scots reigns in Edinburgh's Portrait Gallery.



Lords and commoners hold forth in the Houses of Parliament.

Stately spectacles of royal and noble Britain are on display throughout the land for all to see and enjoy.

Come face to face with Queens, Dukes, Earls and Lords on Pan Am Holidays.

In Britain, "pomp and circumstance" is not simply a tune that's played at school graduation.

It's a web of heraldry and tradition that has held the nation together for over a thousand years.

In London, you can see the Queen reviewing line after line of immaculately turned-out redcoats during the "Trooping the Colour" ceremony each June. Or riding in her carriage down The Mall welcoming a visiting head of state. Of course, every day mid-April to mid-August there's the Changing of the Guard at Buckingham Palace.

All across the countryside there are scores of beautiful country "homes" and castles, which are open to the public, and where you can get a close look at how their titled owners live to this day.

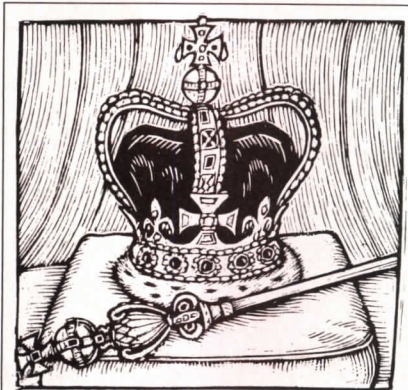
You can even sit in on a debate at the lavishly decorated House of Lords when Parliament is in session.

TAKE PAN AM HOLIDAYS AND TAKE \$100 OFF.

Thanks to Pan Am Holidays, you can experience these noble traditions for a lot less than you might expect. If you send in the special Savings Certificate on this page, you can save an extra \$100 per person off the published price of any of seven value-packed Pan Am Holidays vacations in Britain.

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Center Stage." Save \$100 off the \$959 to \$1349 price of this regal theatre lover's vacation. You get round-trip airfare, choice of hotels with private bath for six nights, Continental breakfasts, tickets for three evenings of London's finest theatre, unlimited 4-day London Trans-



Marvel at the Crown Jewels, including St. Edward's crown, which Queen Elizabeth II wore at her coronation, all on display in the Tower of London.

port Pass, sightseeing tours, discounts at many of London's top attractions and restaurants, and more.

Or take Pan Am Holidays "London and Edinburgh" tour and take \$100 off the \$1199 to \$1439 price of this fabulous vacation in the capital cities of England and Scotland. In addition to round-trip airfare you get 6 nights' accommodations at a first-class hotel with private bath, all breakfasts, sightseeing in both cities, round-trip rail tickets between London and Edinburgh, an evening of theatre in London, 3-day

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B O N V O Y A G E

KNIGHTSBRIDGE: LONDON AT ITS BEST

BY HEIDI YORKSHIRE

After one war or another, the story goes, a German field marshal visited London for a peace conference. As he gazed out at the city from the cupola of St. Paul's Cathedral, he said (and one can imagine him heaving a long, regretful sigh), "What a place to plunder!"

We modern visitors tend to do our plundering with credit cards and checkbooks rather than cold steel sabers. And no single part of London provides greater temptation to today's invaders than Knightsbridge.

Once a squalid village outside London's gates and notable only for slaughterhouses, taverns and highway robbers, Knightsbridge developed into

a fashionable section of the city during the nineteenth century. Prospering with it was grocer Henry Charles Harrod, who in 1849 bought a small shop on what is now Brompton Road. Less than 20 years later his son, Charles Digby Harrod, was doing £1,000 of business a week. By the turn of the century, the turreted red-brick palace that we know today as Harrods had become the heart of Knightsbridge.

Internationally famed shopping and some excellent restaurants are undeniably Knightsbridge's biggest lures, but there are others. The best, perhaps, is Hyde Park, which forms the district's northern border. When you see a column of cavalymen in full regalia trot-

ting by in perfect step, a group of schoolchildren playing tag under the trees or an old man holding out a handful of birdseed as pigeons peck gently from his palm, you'll know that this glossy neighborhood is London, too.

WHAT TO DO

Harrods's motto is neatly all-encompassing: *Omnia, Omnibus, Ubique*, meaning "All things, for all people, everywhere." By the time I'd spent a few hours roaming its 20 acres of selling space, I was convinced: The place was filled with hordes of customers speaking most likely every known human language, wearing everything from bur-noose to kilt, examining merchandise ranging from postcards of the royal family to Jacuzzi tubs bigger than most

Serious shoppers could spend the entire day browsing through the vast ground-floor Food Halls at Harrods.



BAUM/MONKMEYER PRESS

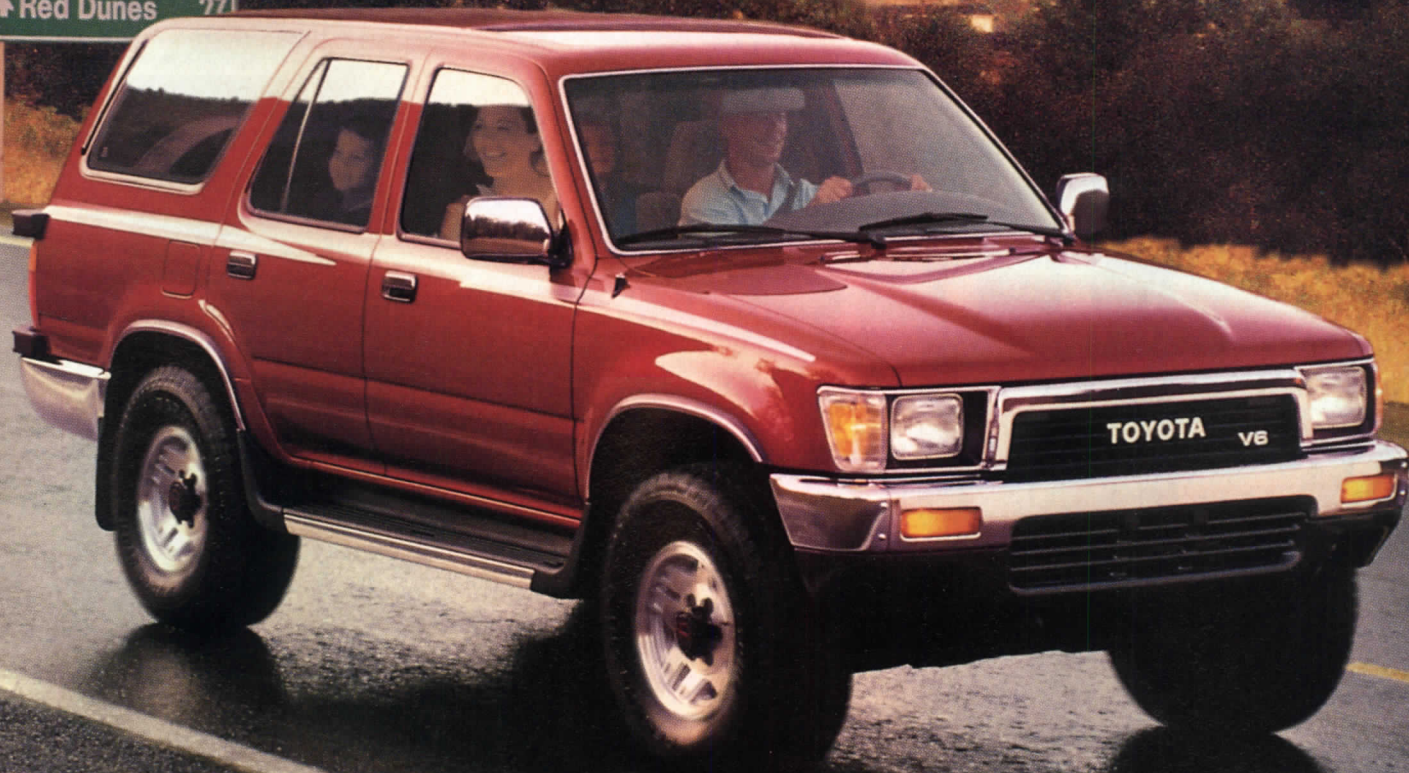
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B O N V O Y A G E



P. ROBERT GARNEY/STOCK MARKET

London hotel rooms. The directories posted on the walls are in six languages. From them you can conveniently learn the words for cashmere sweater or Burberry raincoat in German, Arabic, Italian, Spanish, French and Japanese.

Nothing at Harrods seems bigger than its ground-floor Food Halls, a vast supermarket decorated in art-nouveau tile and filled with premium goods. Butchers in aprons and straw boaters trim Welsh lamb beneath medieval hunting scenes, and the game counter offers young and mature grouse, gray and red partridge, wild duck and wild boar sausages. Gentlemen in white coats hand out samples of Duddleswell and Sussex Slipcote, English sheep's milk cheeses. And there's a whole room of chocolates, Cornish pasties, even good old American Häagen-Dazs, which I was told is quite the rage among trendy Londoners.

LEFT: Londoners enjoy the quiet beauty of sunset over the waters of Hyde Park's Serpentine.



JOE STANDART/STOCK MARKET

RIGHT: Formerly used as stables, mews houses are now highly coveted dwellings.

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BON VOYAGE

continued from page 52

A serious shopaholic could spend an entire day at Harrods, lunching at one of several snack bars tucked into corners of the Food Halls and collapsing at four o'clock at the all-you-can-eat tea (which happens to be a darned good value) in the Terrace Bar upstairs.

Also recommended by Londoners are the classy department store Harvey Nichols and Emporio Armani, Giorgio Armani's so-called "budget" boutique, both just down from Harrods.

Only steps off rumbling Brompton Road, Knightsbridge takes on a surprisingly quiet, village feeling. In the triangle between Brompton Road and Hyde Park, a maze of squares and tiny streets lined with mews-houses invites a wander. Mews, once stables for the well-to-do, are now prized dwellings. In this high-rent district they are wonderfully well kept, painted in pastel colors, with flower boxes and vest-pocket gardens usually in bloom. Twisting alleyways open onto several landmark Georgian-era squares, which are surrounded by pleasantly symmetrical white houses with wide, inviting balconies.

"Omnia, Omnibus, Ubique" could easily be the slogan of the Victoria and Albert Museum as well. It's so huge that just walking around the place, you're bound to run into some masterpiece or other. Accidentally coming upon a gallery of miniatures, I discovered Elizabethan artist Nicholas Hilliard's self-portrait as a love-struck youth, hand on his heart, surrounded by white roses detailed down to their tiny thorns. Not to be missed: the three opulent ground-floor rooms, originally the museum cafe, filled with distinctive designs by nineteenth-century decorative artists William Morris, James Gamble and Edward J. Poynter.

WHERE TO STAY

The Hyde Park Hotel, an Edwardian fantasy of turrets and cupolas, began life in 1892 as a block of "residential chambers for gentlemen." But when the building changed ownership and reopened in 1908 as a hotel, it quickly became a watering place for the titled and famous. It hosted high-society debutante balls, held dancing classes where the little princesses Elizabeth

and Margaret were instructed, and collected signatures like Winston Churchill and Evelyn Waugh in its register.

A thorough renovation has recently restored much of the Hyde Park Hotel's splendor, especially the lobby, which is decorated in eight colors of marble. Rooms are sizable compared to many similarly priced hotels, and a big plus is the Park Room, a restaurant as cheery as a country-house drawing room. Tea in the Park Room, with its sweeping view of Hyde Park, is one of London's most pleasant, and the dinner menu features up-to-date Mediterranean-style cuisine. In the more traditional Grill Room, you don't have to speak French to know what *côte de boeuf rôti avec Yorkshire pudding* is.

On a quiet street just behind Harrods is the small, luxurious Capital hotel, which last fall became the first London member of the prestigious Relais & Châteaux chain. If a jaunty greeting from a top-hatted doorman or a fabulously rich pot of morning coffee and hot milk, served in bed, is your idea of comfort, you'll like The Capital as much as I did. Rooms have surprise touches—cozy armchairs, reading lights in the right places, beds hand-

made by the furniture maker for the Savoy, grand marble bathrooms—and all are dramatically decorated with Ralph Lauren fabrics from New York.

Another bonus is The Capital's restaurant, considered one of London's best. Its ceiling-high windows are perfect for observing shopgirls on their lunch break from Harrods and satisfied consumers lugging masses of bags. The restaurant had a Michelin star in the past, and new chef Philip Britten is well on the way to earning one again with his original, French-influenced cooking. Typical was a lunchtime flan of codling and carrots: The silky custard enveloped chunks of fish, surrounded by paper-thin carrot slices and a tangle of bright green alfalfa sprouts. Creamed split pea soup was enriched with a melting cube of foie gras. At dinner, choices included breast of Barbary duck glazed with Calvados, and *mille-feuille* of foie gras and celery on a butter sauce flavored with wild *girolle* mushrooms. One of Britten's inspirations is a variation on the theme of *confit d'oie*—Scotch beef cooked rare in goose fat with crisp sautéed potatoes.

Take advantage of The Capital's strategic location and impeccable management at lower rates by staying next door at L'Hôtel, a simpler establishment with 12 sunny rooms in the French provincial style. Be sure to make reservations well in advance.

WHERE TO EAT

When I walked into St. Quentin, I thought I was in Paris for a moment—but this style of bistro, with its mirrored columns, plaster curlicues and briskly charming waiters in black vests, barely exists in France any more. The menu, too, is like a trip back in time, featuring French specialties that are practically endangered species: cream of watercress soup; *lapin chasseur* (rabbit "hunter's style," with a rich brown sauce); and a tender, creamy *blanquette de veau* (a classic veal stew). A stand-out starter is fritters of eggplant mousse, crisply brown outside, meltingly light within, served with a fresh-tasting tomato sauce. Main courses come with a platter of perfectly sautéed potatoes, the sort made by any adept French housewife. Prices are reasonable, especially the set menu at lunch.

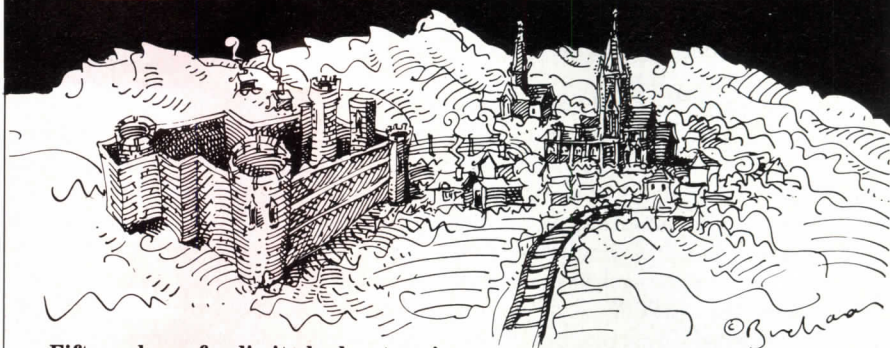
Just around the corner, in a quiet mews, is Columbus, the newest favor-

ite of the affluent in crowd. The name might tip you off about the food, which is American—actually California cuisine, including Spago-style pizzas. A citrus-marinated chicken breast was tender and suffused with flavor, complemented by a well-balanced tomatillo salsa and crisp-edged corn blinis. Grilled flank steak and Caesar salad should be this good in the U.S. Though it's located in a basement, Columbus is bright and airy, decorated in shades of sand and green. Book well in advance to see the upper crust at play.

When Sir Terence Conran, founder

of Habitat and Conran's (furniture and design emporiums), bought the London Michelin Building about five years ago, it was only a shadow of the flamboyant structure that was the pride of French tire tycoons Edouard and André Michelin when it opened in 1911. But it's been returned to landmark glory, and now includes a Conran's, a street-level Oyster Bar and one of London's most talked-about restaurants, Bibendum, named for the bulbous Michelin man. The restaurant design is a miraculous combination of the elegant and the whimsical—etched-

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glass mirrors and polished natural wood somehow merge with brilliantly colored stained-glass windows showing the jovial Bibendum himself.

Chef Simon Hopkinson brings classical expertise to dishes like roast wild-geon (wild duck) with cider cream sauce and caramelized apples, and personalizes newer ideas, such as rare grilled tuna with a zesty relish of fennel, black olives and onion. Dishes such as salt cod fishcakes with aioli don't shy away from their hearty origins, while a risotto with fresh white truffles (at about \$35 per serving!) is just as refined as you'd expect. Desserts can be accompanied by—or replaced with—a lovely glass of a dessert wine from an extraordinary selection that's especially strong on excellent Sauternes.

DON'T MISS: BEAUCHAMP PLACE

Want to follow in the footsteps of Princess Diana? Don't go near Buckingham Palace. Instead, head for Beauchamp (pronounced beech-um) Place, a block-long lane where the royal family's champion shopper is often spotted picking up a nice bauble or two at a lineup of unusual shops.

Start at Janet Reger, where the expression "a little nothing" takes on a whole new meaning. Reger's pure silk and satin lingerie is scrumptious: Haven't you always wanted a lavender silk peignoir and a spaghetti-strap gown trimmed with black lace—even if it does cost about \$900?

The Emanuel Shop, practically next door, is the ready-to-wear outlet for the designers who made the Princess of Wales's wedding gown, and many of her other costumes. Don't miss the back room, full of Cinderella gowns with strapless bodices and huge petticoated skirts. Another of Di's favorite designers, Bruce Oldfield, known for exquisitely tailored wool jerseys and cashmeres, is down the block.

While Di probably doesn't shop at the Reject China Shop (she's got good china in the family), commoners are attracted by this chain's collection of

seconds and discontinued tableware from top British manufacturers. And be sure to venture down the slightly rickety stairway into Julie Loughnan's tiny premises, where she sells English-made Julip model horses, marvelously lifelike beasts in molded rubber with bendable legs. It's worth a visit just to see the walls, papered with painstaking drawings of horses and heartfelt poems by little girls at that horse-loving age. Loughnan also sells toy soldiers and cashmere teddy bears, who are quite smartly dressed in vests or jackets.



After an ever-so-exhausting morning of shopping on Beauchamp Place, royals and pals often pop into the basement restaurant Ménége à Trois for lunch. Owner-chef Antony Worrall-Thompson impishly describes his menu as "mainly before and afters," and indeed, the restaurant is a grazer's delight, offering a tempting menu of imaginative small plates.

Though its detractors call Ménége à Trois a "restaurant for anorexics" (you get only a few bites of anything), reading the menu stimulates the appetite: poached pear filled with Roquefort mousse; lasagne of leek, mozzarella and porcini mushrooms; grilled quail on a potato griddle cake with sage-butter sauce. Among the "puddings," my favorite, titled Chocoholics Anonymous, was an amazing plate containing mousses of dark, milk and white choco-

late, a chocolate truffle, dark and white chocolate ice creams and an intensely flavored chocolate sorbet.

FOR YOUR INFORMATION

GETTING THERE: British Airways is a justifiable source of national pride, with excellent schedules to London from all over the United States. If a splurge is in order, go first class. The service boasts excellent food, a Hugh Johnson selection of vintage wines and stretch-out sleeper seats; Club (business) class provides plenty of tender loving care as well. Movies, fine wines and premium brands of liquor are offered free in Economy. In any class, British Airways has a commitment to security that travelers appreciate, and landing at Heathrow Airport's convenient Terminal Four is another plus.

HOTELS: The Capital, (071) 589-5171 or, in the U.S., (800) 223-5695; Hyde Park Hotel, (071) 235-2000 or, in the U.S., (800) 225-5843; L'Hôtel, telephone (071) 589-6286.

RESTAURANTS (all area code 071): Bibendum, 581-5817; Columbus, 589-8287; Ménége à Trois, 589-4252; St. Quentin, 581-5131. **TIP TIP:** When paying restaurant bills in London, do not automatically add a tip to your credit card receipt. First check the menu or ask if service is included. Many restaurants (even nice ones) leave the total open, hoping that Americans, who are accustomed to adding a tip, will do so—even if a service charge is already included.

SHOPPING SAVER: If you spend \$50 or more in one shop, ask for a Value Added Tax, or VAT, refund form, which you turn in at the airport. It's simple, and you can subtract as much as 15 percent from your cost. (That \$900 peignoir set could cost just \$765.)

TOURIST INFORMATION: In the U.S., contact the British Tourist Authority, Dept. BA, 350 S. Figueroa, Suite 450, Los Angeles, CA 90071; (213) 628-3525. Once you arrive, the London Tourist and Convention Bureau has a number of locations, including the Arrivals Concourse in Terminal 2 at Heathrow, the Heathrow Central Underground Station (also at the airport) and the fourth floor of Harrods. □

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THE WEEKDAY COOK



Steak-filled soft tacos spice up an easy southwestern supper.

MENU I

Spicy Steak and Corn Soft Tacos*
Baked Pineapple with Brown Sugar
and Kahlúa*

MENU II

Broiled Salmon with
Tarragon Butter*
New Potato and Asparagus Salad*
Fresh Strawberries
*Recipe included

BY KAREN KAPLAN
AND KRISTINE KIDD

At a recent food conference, the perfect recipe for today's cook was defined as one that comprises six ingredients, takes ten minutes to make, is low in calories, fat and cholesterol, and tastes better than anything grandma used to make. That makes it kind of like the perfect man—impossible to find.

Our recipes may not be perfect according to the above definition—or any definition, for that matter—but we think they come pretty close. With each column we strive to dish up quick, light and delicious recipes that will inspire you to cook. That's because we know how important time, health and taste are to you—as important as they are to us. We're at it again this month.

We head southwest in Menu I. We've always thought of that region's preparations—such as burritos and soft tacos—as dishes that lend themselves to creative quick cooking. And we prove it

here. A sauté of steak, onion, bell pepper, corn and spices is rolled in a tortilla and garnished with extra goodies. It's really a meal in one. As a fitting finale, we bake pineapple with Kahlúa, brown sugar, butter and cinnamon.

In Menu II, we celebrate the arrival of spring with a meal that combines all our favorite seasonal ingredients. We brush salmon fillets with a melted lemon butter, then broil them. The ultimate plate partner is an irresistible toss of new potatoes and asparagus in a mustard-chive vinaigrette. And for dessert? Fresh strawberries, of course.

And if you're counting, three out of the four recipes check in at six ingredients, give or take a little salt and pepper. The tacos have more. But then again, we never said we were perfect.

SPICY STEAK AND CORN SOFT TACOS

2 servings; can be doubled or tripled

- 2 tablespoons olive oil
- 1 medium red onion, sliced
- 1 red bell pepper, sliced
- ½ pound round, flank or skirt steak, cut into ¼-inch-thick, long narrow strips
- ¾ cup frozen whole kernel corn, cooked according to package directions, drained
- 1 jalapeño chili, minced with seeds
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- Salt and freshly ground pepper
- 1½ tablespoons minced fresh cilantro

Corn or flour tortillas
Grated cheddar cheese
Chopped fresh tomatoes
Sour cream

Heat oil in heavy large skillet over medium heat. Add onion and bell pepper and sauté until tender, about 10 minutes. Transfer to plate. Add steak to skillet and stir until no longer pink, about 1 minute. Return onion and pepper to skillet. Add corn, jalapeño, cumin and chili powder and stir until heated through. Season with salt and freshly ground pepper. Remove from heat and mix in cilantro. Transfer steak mixture to heated bowl and keep warm.

Cook tortillas over gas flame or electric burner until they just begin to color. Transfer to napkin-lined basket.

continued on page 60

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In Lucca, Italy, where we make Bertolli olive oil, three simple, traditional rules play a large part in everyone's life.

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of cholesterol, known as HDL, that is good for you.

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And since a long life should be enjoyed, we have rule number three.



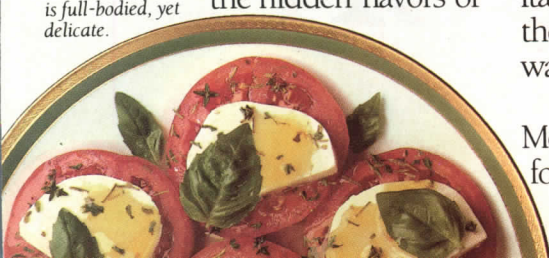
Be Happy.

When three or more generations gather for dinner, it is a heartwarming experience, indeed.

And when you bring a meal prepared with Bertolli olive oil to the table, you can do so with a smile.

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Serve tortillas, steak mixture, cheese, tomatoes and sour cream separately, so diners can assemble tacos at the table.

BAKED PINEAPPLE WITH BROWN SUGAR AND KAHKUA

2 servings; can be doubled or tripled

**½ small pineapple, peeled, cored,
cut lengthwise into ½-inch-
thick spears**

**3 tablespoons brown sugar
1½ tablespoons butter
¼ teaspoon cinnamon
3 tablespoons Kahlúa or other
coffee liqueur**

Vanilla ice cream

Preheat oven to 400°F. Arrange pineapple in single layer in baking dish. Sprinkle with brown sugar. Dot with butter and sprinkle with cinnamon. Drizzle Kahlúa over. Bake until pineapple juices bubble, 25 minutes.

If necessary, transfer juices to small saucepan and boil until thickened to

sauce consistency. Arrange pineapple on plates. Top with ice cream. Spoon sauce over and serve hot.

BROILED SALMON WITH TARRAGON BUTTER

Offer some fresh strawberries for dessert.

2 servings; can be doubled or tripled

**3 tablespoons butter
1½ tablespoons fresh lemon juice
Freshly ground pepper
2 1-inch-thick salmon fillets
Salt**

White Meat



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Creamy Dijon Tarragon Sauce

Sauté 1 cup sliced mushrooms in 1 Tbsp. margarine; set aside. In saucepan, whisk together 1 cup heavy cream, ½ cup Grey Poupon Dijon Mustard, 2 eggs, 1 Tbsp. white wine vinegar, and ¼ tsp. dried or 1 tsp. fresh tarragon leaves. Cook and stir over low heat until mixture thickens; stir in mushrooms. Serve over chicken, meat or vegetables. Makes 1¾ cups.

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**1½ tablespoons minced fresh tarragon
or 1 teaspoon dried, crumbled**

Preheat broiler. Melt butter with lemon juice in small saucepan over low heat. Remove from heat and add generous amount of pepper. Arrange salmon

on skin side down on broilerproof pan. Brush with half of butter mixture. Season with salt. Broil without turning until just cooked through. Transfer to plates. Add tarragon to remaining butter. Spoon over salmon and serve.

SHOPPER'S CHECKLIST

MENU I

At the Market

1 red onion
1 red bell pepper
1 jalapeño chili
Fresh cilantro
2 tomatoes
½ small pineapple
½ pound round, flank or skirt steak
1 package frozen whole kernel corn
Corn or flour tortillas
Cheddar cheese
Sour cream
Vanilla ice cream

On Hand

Olive oil	Butter
Ground cumin	Cinnamon
Chili powder	Kahlúa or other
Salt and pepper	coffee liqueur
Brown sugar	

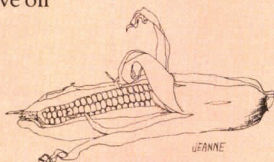
MENU II

At the Market

1 lemon
Fresh tarragon
3 medium red new potatoes
1 pound asparagus
Fresh chives
Strawberries
2 1-inch-thick salmon fillets

On Hand

Butter
Salt and pepper
Dijon mustard
Olive oil



NEW POTATO AND ASPARAGUS SALAD

2 servings; can be doubled or tripled

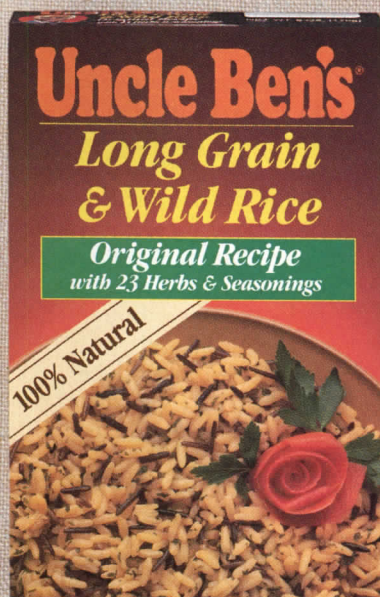
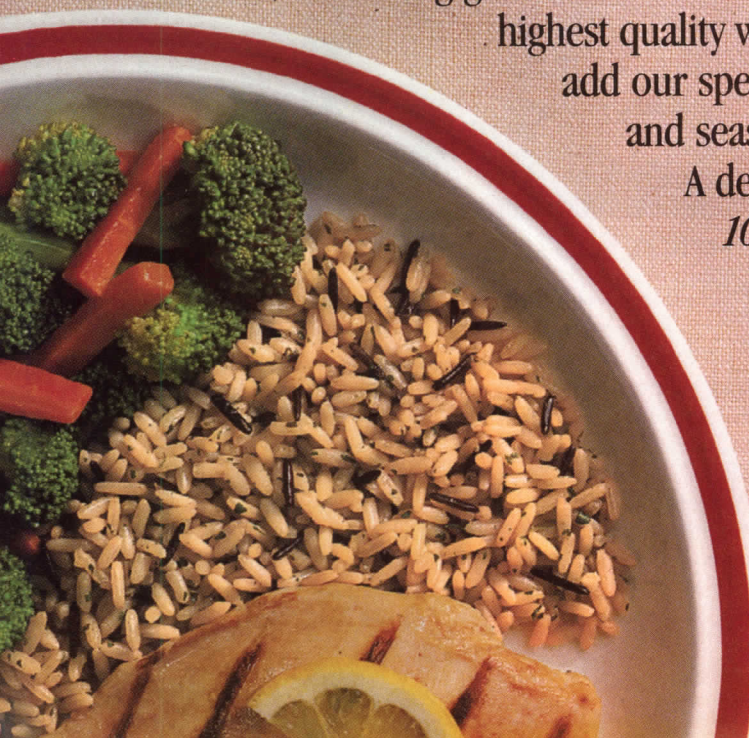
- 3 medium red new potatoes (about 17 ounces), halved lengthwise**
- 1 pound asparagus, trimmed**
- 1 tablespoon Dijon mustard**
- 1 tablespoon fresh lemon juice**
- ¼ cup olive oil**
- 2 tablespoons minced fresh chives**
- Salt and freshly ground pepper**

Cook potatoes in large pot of boiling water until just tender, about 20 minutes. Drain and cool slightly. Cook asparagus in large pot of boiling salted water until just crisp-tender, about 8 minutes. Drain. Refresh under cold water. Cut potatoes into wedges. Cut asparagus into 1½-inch pieces. Toss vegetables together in large bowl.

Combine mustard and lemon juice in small bowl. Gradually whisk in oil. Pour over vegetables. Add chives and toss to coat. Season with salt and freshly ground pepper. Serve salad warm or at room temperature. □

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

BY ZACK HANLE

B O N

NUTTY CANDY

Long a favorite all over Europe, Ferrero's Mon Cheri candy, a whole hazelnut or almond encased in smooth milk chocolate, is now joined in popularity by a brand-new praline confection, Ferrero Rocher. A glamorously wrapped treat made of the finest hazelnuts, it has a smooth chocolate cream and whole nut center and a crisp wafer shell that is dipped in chocolate. These luxe sweets are 89 cents for a pack of four Mon Cheri



and about \$2.29 for eight of the Rocher. Find them in department and specialty foods stores, or telephone (212) 683-8282.

KITCHEN GARDENING

If garden space is at a minimum, treat your kitchen to its own culinary garden. Manhattan Farms in British Columbia has terrific seed collections for herbs, edible flowers and baby vegetables that can be grown in pots indoors. All seeds are free of chemicals and guaranteed to produce. Packed with a 32-page guide to small plot and container gardening, the Special Collections Kit contains five seed packets



and a pamphlet on the growing and uses of them. It costs \$8.95 in gift and gardening supply shops. For a catalog or store near you, contact them at their U.S. address: Manhattan Farms, 264 H Street, Suite 8110-323, Blaine, WA 98230; (604) 253-0916.

BLACKENED CRACKERS

The fashionable new cracker is basic black—a rice cracker made with whole black unhulled sesame seeds, whole brown rice and soy sauce. Crisp and flavorful, they are the perfect foil for chèvre and other white cheeses, making a very sophisticated appetizer. A 3½-ounce package costs about \$2 at natural and specialty foods stores. For a shop in your area, call (800) 222-3390 or, in California, (415) 821-4041.

EAST MEETS WEST DOWN SOUTH

Tokyo Rose, a Japanese restaurant unlike any other you've ever visited, is a recent fashionable addition to Miami's newly cosmopolitan dining scene. "We're not really a Japanese restaurant," says owner Masa Yamazaki. "But Japan is our point of departure." Traditional dishes of the country come with Western twists—sushi with lox and cream cheese, filet mignon with shiitake mushrooms, and sushi classics served on bagels. Sleek marble tables and halogen lamps highlight a dining room



remarkable for its high tech neon chic. Other attractions include live jazz every night and service until 2:00 A.M. (Tokyo Rose, 13488 Biscayne Boulevard, North Miami, FL 33181; 305-945-7782.)



CHINA BLUES

The ancient swimming fish design from the Orient has been updated by Villeroy & Boch in its contemporary "Pescara" porcelain. The playful blue fish swim from the edges of the plate to the well, making a different scene on each piece. They're a lovely way to present fish and stir-fry

dishes. The pattern is available in dinner plates, soup bowls, serving platters and bowl. A set of six dinner plates costs about \$165 at department stores nationwide. For one in your vicinity, contact Villeroy & Boch, 41 Madison Avenue, New York, NY 10010; (800) 228-1404 or, in New York, (212) 535-2500.

V I V A N T

TABLE TALK

■ Kenny's, the only authentic Cajun-Creole bar and restaurant in London, has become an instant hit. Owner Kenneth F. Miller is such a success that he has been made an honorary citizen of New Orleans, and there are broad hints about a chain of Cajun eateries to come to the U.K.

■ Boston chef Jasper White has a new cookbook that is a real winner. Filled with over three hundred recipes, *Cooking From New England* (Harper & Row, 1989) is the perfect basic for the home cook who yearns for the hearty dishes of old and new New England.

■ Looking for a new and interesting sauce or an old favorite that's been eluding you in the stores? Le Saucier offers a handy catalog of more than four hundred wonderful sauces—including vinaigrettes, marinades, chutneys and salsas—that can be mail-ordered. Just call (800) 328-7282 for your own free copy.

■ America's oldest winery, Brotherhood Winery of Washingtonville, New York, has achieved a first in its 150th year. They have introduced Genghis Khan Ginseng Wine, both here and in Taiwan. The ginseng root, a staple among Asians, is popular in the U.S.A., but its use as an extract in wine is new.



YANKEE SALSAS

Mexican foods are quickly becoming a favorite in American kitchens—they have even made their way into Yankee hearts. San Angel Auténticos Products Mexicanos in Vermont is a delicious example. Using a variety of chilies grown in Mexico and New Mexico, the company produces four terrific salsas available by mail. Spice intensity ranges from mild to hot. A sample pack of three nine-ounce jars costs \$13.50. Contact San Angel, RR #2, Box 1390, Stowe, VT 05672; (802) 253-8117.

A BUBBLY GAME

What better way to celebrate the arrival of spring than with a giddy game called "Champagne Adventure"? Made by Buffalo Games, it involves "high-class strategy and international travel." The set includes a



map-of-the-world game board, Champagne Adventure traveler's checks, plastic Champagne glasses and more. Present it with a bottle of bubbly to your holiday hostess, or keep it on hand for your own spirited after-dinner pursuits. Find it across the country at department and toy stores for about \$15, or call (800) 832-2331 for a location in your area.

NEW BOOKS

Many fine books have debuted recently, and here are a few of our favorites. The most attractive one—*Michael's Cookbook* (Macmillan Publishing, 1989) by Michael McCarty—is a winner, with 100 color photos of the restaurateur's

beautifully presented dishes, plus 22 pictures of the modern art that hangs in his restaurant, Michael's, in Santa Monica. McCarty is credited with being one of the creators of California cuisine and the book shows us why and how.

Fresh! (Panache Press/Random, 1989) by Carol E. Schneider is also lovely, with a galaxy of stunning color close-ups of the best fruits and vegetables in the produce market.

For sandwich lovers there's *The Sophisticated Sandwich* (Aris Books, 1989) by Janet Hazen; for chocoholics there's *Best Kept Secrets of Chocolate Drinks & Life* (Starbud Press, 1988) by Antoinette Trainer; and for fans of handheld snacks, there's *Finger Foods* (HPBooks, 1989) by Mable Hoffman.



Let go in The Keys.

Time seems to run on the serene schedule of another era. Escape to an unhurried, unharried state-of-mind that exists only on these eccentric islands. Peruse history and art; pursue elusive gamefish; plunge among incredible reefs; or partake of that unique Keysian escargot—the conch.

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A FINE PATINA

Most everyone knows that Melrose Avenue is Los Angeles's restaurant central. Despite what may seem like a glut, there's a new kid on the block for which it's worth fighting the traffic and trendy crowds. Called Patina, it glows with

B O N V I V A N T

outstanding food and a rare sense of style.

The key to its success is chef-owner Joachim Splichal, a transplanted Frenchman who has been a moving constant on the local dining scene for a long time. In his own place he has the freedom to experiment with the new and to dazzle with updated classics, both of which he does superbly. The tailored, sophisticated setting is accented in comforting tones of white, gray and the warmth of bleached pine. There's also a cozy bar, and two rooms available for private dining. Splichal's charming wife, Christine, greets everyone at the door with a smile. (Patina, 5955 Melrose Ave., Los Angeles, CA 90038; 213-467-1108.)

EASY EASTER ENTREE

Serve it hot, cold or at room temperature and dinner is a snap. The Princess Anne Brand spiral-sliced honey-glazed ham even relieves you of most carving chores. It comes from V.W. Joyner & Co., the oldest commercial smokehouse in continuous operation in the country. A



whole fully cooked 12- to 14-pound ham costs \$59.95 plus \$6 shipping. Contact The Smithfield Collection, P.O. Box 487, Smithfield, VA 23430; (804) 357-2121.



SERIOUS CHOCOLATE

Beyond truffles, cookies and brownies, Boomer's Oogies are chocolate morsels that defy analysis or description, but we'll try. Rich, dense and nutty, they are moist on the inside and crumbly on the outside. A package of three dozen costs \$19.99 from Boomer's Oogies, P.O. Box 2744, Pittsfield, MA 01202; (413) 443-4857.

TRAVELING BLENDER

If you often find yourself desk bound, the VitaMinder portable blender could be just your cup of tea—or rather your glass of health drink. Frequent travelers will also find this gadget helpful. Powered to mix powdered drinks quickly and quietly, it is a compact take-along. Find it in drug and health food stores, or get it by mail for \$6.95, plus \$1.50 shipping. Contact Drink Mixer, VitaMinder Company, 27722 El Lazo Road, Laguna Niguel, CA 92656; (714) 643-2277.



DIET WATCH

GOLDEN GOOSE Instead of the traditional Easter ham for the holiday feast, try something different. The American-bred goose, the White Embden, is surprisingly low in cholesterol and leaner and larger than imported geese. To be sure you purchase a good goose, look for the USDA Grade A shield. Find the healthful birds in your local supermarkets and meat shops.

DIETER'S FIND Jim Fobel's *Diet Feasts: An Inspired New Cuisine* (Doubleday, 1990) is a new joy for dieters. Weight-conscious himself and easily bored with routine menus, Fobel has devised low-calorie recipes for such temptations as cannelloni, vegetarian chili, crabmeat-basil lasagne, chocolate flan and zabaglione.

HEALTHFUL COOKIES Frookie, an all-natural cookie sweetened with fruit juice and low in sodium and saturated fat, may be just the snack to pack in your child's (or your own) lunchbox. Available in eight flavors: oat bran muffin, oatmeal raisin, seven-grain oatmeal, apple cinnamon oat bran, mandarin chocolate chip, ginger spice and chocolate chip. Look for R.W. Frookie Cookies at your local supermarket.



HOME-STYLE PIZZA

Everything you need to set up a pizzeria in your own kitchen is contained in the Pizza Pro pizza-making kit. There's even a dough mix, along with a seasoned hardwood pizza peel, four baking tiles, aluminum serving tray, stainless steel cutter and recipe booklet. Make thick or thin crusts, add classic toppings or your favorite innovations. It costs \$39.95 from Home Kitchen Pizza Pro, 67 Glen Cove Road, Suite 110, Glen Cove, NY 11548; (800) 333-6633. □

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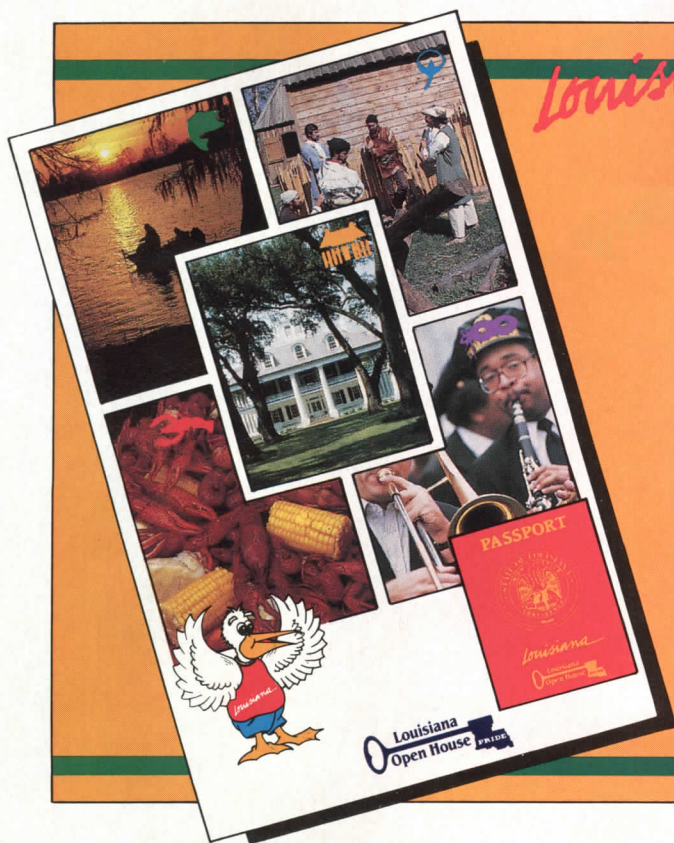
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EASTER *Celebrations*

A festive brunch and a sophisticated dinner—easy to make and full of flair

BY BETTY ROSBOTTOM

Here in Ohio, Easter signals the end of a long, cold winter. The weather is finally starting to warm up; the days are a little longer and, most important to me, the food in the markets is beginning to look a lot like spring.

All this is great inspiration for entertaining at home, so for more than two decades now, I've invited friends and family to share an Easter meal.

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After the morning festivities, sit down to this delicious EASTER EGG HUNT BRUNCH FOR EIGHT: savory ham biscuits with orange marmalade; fresh-tasting endive and snow pea salad; a cheese-accented egg casserole with leeks and tarragon; and hazelnut butter cookies.





Put on your Sunday best and celebrate the holiday with an **ELEGANT EASTER DINNER FOR EIGHT**: Fontina-crusted fennel soup; spectacular crown roast of lamb with spring vegetables; saffron rice with chives; nice phyllo baskets with tangy lemon curd and fresh strawberries.

EASTER CELEBRATIONS

continued from page 67

Like others, I have found that either a brunch after church or a dinner later in the day works best. My favorite menu for each occasion is featured here.

Both menus are filled with traditional Easter ingredients, so take your pick. There is a delicious baked egg casserole

and crisp biscuits with ham and orange marmalade for the brunch party—which at my house usually includes an Easter egg hunt for the kids. The dinner centers around a beautiful (and surprisingly easy to make) crown roast of lamb, filled with and surrounded by a garland of the season's best vegetables. Since this is always a busy day, most all the recipes can, at least in part, be made ahead; not one of them is overly complex or time-consuming.

So if spring brings out the entertainer in you, consider Easter Sunday a wonderful excuse to plan a special party—with these menus to keep the holiday mood *hopping* along nicely. (Sorry, but I just couldn't resist.)

EASTER EGG HUNT BRUNCH FOR EIGHT

*Belgian Endive and
Snow Pea Salad*

*Eggs Baked with Leeks
and Tarragon*

*Crisp Biscuits with Ham and
Orange Marmalade*

*California Chardonnay or
Sauvignon Blanc*

Hazelnut Butter Cookies
Coffee

BELGIAN ENDIVE AND SNOW PEA SALAD

A light and refreshing starter.

8 servings

3 tablespoons red wine vinegar

2 tablespoons Dijon mustard

½ teaspoon salt

½ cup plus 1 tablespoon olive oil

3 tablespoons chopped shallots

Freshly ground pepper

**1 pound snow peas, ends trimmed
diagonally, strings removed**

6 heads Belgian endive

Whisk vinegar, mustard and salt in small bowl. Gradually whisk in oil. Mix in shallots. Season with pepper. (Can be prepared 8 hours ahead. Let stand at room temperature. Whisk before using.)

Blanch snow peas in large pot of boiling salted water 30 seconds. Drain. Refresh under cold water. Drain and pat dry. Transfer to large bowl.

Peel off outer leaves from Belgian endive and arrange in spoke fashion on large platter. Cut remaining endive into julienne. Add to snow peas. Add enough dressing to season to taste and toss well. Mound salad in center of endive-lined platter and serve.

EGGS BAKED WITH LEEKS AND TARRAGON

Save the hard-boiled eggs from the Easter egg hunt for another use. This recipe bakes fresh eggs into a rich main-course casserole. You can sauté the leeks and grate the cheeses ahead of time. Offer a



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chilled California Chardonnay or Sauvignon Blanc, with orange juice and/or milk for the kids at the party.

8 servings

- 4 tablespoons (½ stick) unsalted butter**
- 3 large leeks (white and pale green parts only), coarsely chopped**
- 1½ cups grated Gruyère cheese (about 6 ounces)**
- ½ cup freshly grated Parmesan cheese (about 2 ounces)**
- 8 large eggs**
- 2 cups whipping cream**
- 2 tablespoons plus 2 teaspoons chopped fresh tarragon or 1½ teaspoons dried, crumbled**
- ½ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- Fresh tarragon sprigs**

Preheat oven to 375°F. Butter 9x13-inch glass baking dish with 1 tablespoon butter. Melt remaining 3 tablespoons butter in heavy large skillet over medium-high heat. Add leeks and sauté until tender, about 5 minutes. Spread in bottom of prepared dish. (Can be prepared 1 day ahead. Cover with plastic wrap and refrigerate.)

Combine cheeses in bowl. Spread all but ½ cup cheese over leeks in dish. Whisk eggs, cream, chopped tarragon, salt and pepper in large bowl to blend. Pour into dish. Bake casserole until top is golden brown and center is set, about 30 minutes. Sprinkle remaining ½ cup cheese over. Bake until cheese melts, about 5 more minutes. Garnish with tarragon sprigs and serve.

CRISP BISCUITS WITH HAM AND ORANGE MARMALADE

These buttermilk biscuits are baked until the bottoms are crisp. Filled with ham and marmalade, they are a great accompaniment to the baked egg casserole.

Makes about 24

- 2 cups all purpose flour**
- 1 tablespoon sugar**
- 2 teaspoons baking powder**
- ½ teaspoon baking soda**
- ½ teaspoon salt**
- ¼ cup chilled solid vegetable shortening, cut into small pieces**
- 2 tablespoons (¼ stick) chilled unsalted butter, cut into small pieces**
- ¾ cup (about) buttermilk**

1 egg yolk

3 tablespoons unsalted butter, melted

½ pound cooked ham, such as honey baked, thinly sliced

¼ cup orange marmalade

Preheat oven to 425°F. Mix first 5 ingredients in large bowl. Add shortening and chilled butter and cut in until mixture resembles coarse meal. Make well in center. Add ½ cup buttermilk and egg yolk to well and stir until dough begins to come together, adding more buttermilk by tablespoons as necessary to form soft dough. Gather dough into ball. Turn dough out onto lightly floured surface and gently knead 30 seconds. Roll dough out to ¾-inch-thick round. Cut into 2-inch rounds using cookie cutter. Gather scraps and reroll. Cut out additional rounds. Transfer to 2 heavy large cookie sheets. Bake until tops are golden brown and bottoms are crisp, about 15 minutes.

Cool biscuits slightly. Split in half horizontally. Brush insides with melted butter. Arrange ham over bottom halves, trimming to fit. Spread with marmalade. Assemble and serve.

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EASTER CELEBRATIONS

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HAZELNUT BUTTER COOKIES

These delicate and delicious cookies will keep up to one week stored in an airtight container. Serve with coffee.

Makes about 3 dozen

- 2 cups all purpose flour**
- ¼ teaspoon baking soda**
- Pinch of salt**
- 1 cup (2 sticks) unsalted butter, room temperature**
- 1 cup hazelnuts, toasted, husked, coarsely ground**
- ½ cup sugar**
- 1 egg yolk**
- 2½ teaspoons vanilla extract**
- 2 cups powdered sugar**

Position rack in center of oven and preheat to 350°F. Combine flour, baking soda and salt in large bowl. Add butter and cut in until mixture resembles coarse meal. Add nuts, ½ cup sugar, egg yolk and vanilla and mix until smooth dough forms. Shape dough into 1-inch balls. Place on heavy large cookie sheets, spacing evenly. Press balls with back of fork in crisscross pattern to form ¼-inch-thick cookies.

Bake cookies until tops begin to color and bottoms are pale golden brown, about 20 minutes. Spread 1 cup powdered sugar in large shallow dish. Transfer cookies to dish. Spoon remaining powdered sugar over cookies. Cool. Roll cookies in powdered sugar in dish. (Can be prepared 1 week ahead. Store cookies in airtight container. Reroll in more sugar before serving if desired.)

ELEGANT EASTER DINNER FOR EIGHT

Fontina-crusted Fennel Soup
Marinated Crown Roast of Lamb
Garland of Spring Vegetables
Saffron Rice
California Zinfandel or
Cabernet Sauvignon
Phyllo Easter Baskets
with Lemon Curd
and Strawberries

FONTINA-CRUSTED FENNEL SOUP

A hearty, satisfying first-course soup with a cheese topping. You can make it a day ahead, then run it under the broiler for a few minutes just before serving.

8 servings

- 6 tablespoons olive oil**
- 4½ pounds fennel bulbs, trimmed, cored and coarsely chopped (about 4 cups)**
- 2 large leeks (white part only), coarsely chopped**
- 5 cups chicken stock or canned broth**
- ½ cup half and half**
- ½ teaspoon fennel seeds, crushed**
- Salt and freshly ground pepper**
- 1 cup grated Fontina cheese (about 4 ounces)**
- ¼ cup freshly grated Parmesan cheese (about 1 ounce)**

Heat oil in heavy 5-quart saucepan over medium heat. Add chopped fennel and leeks and sauté until beginning to soften, about 10 minutes. Add stock and bring to boil. Reduce heat and simmer until vegetables are tender, stirring occasionally, about 30 minutes.

Cool soup slightly. Puree in blender in batches. Return puree to saucepan. Mix in half and half and fennel seeds. Season with salt and pepper. (Can be prepared 1 day ahead; chill.)

Preheat broiler. Bring soup to simmer, stirring frequently. Ladle into 8 heatproof soup crocks. Sprinkle Fontina and Parmesan over. Broil until cheese bubbles and browns in spots, watching carefully, about 2 minutes.

MARINATED CROWN ROAST OF LAMB

Ask your butcher to prepare a crown roast for you from three lamb racks. Pour a California Zinfandel or Cabernet Sauvignon with this impressive dish.

8 servings

- 1 cup olive oil**
- ½ cup red wine vinegar**
- 3 tablespoons Dijon mustard**
- 4 garlic cloves, pressed**
- 1 teaspoon minced fresh thyme or ¼ teaspoon dried, crumbled**
- 1 teaspoon minced fresh rosemary or ¼ teaspoon dried, crumbled**
- 1 teaspoon salt**
- 1 teaspoon freshly ground pepper**

1 3-rack crown roast of lamb

Salt and freshly ground pepper

Garland of Spring Vegetables (see recipe)

3 bunches watercress

Whisk first 8 ingredients in large bowl. Add lamb, bones facing up. Spoon marinade over. Cover and refrigerate at least 6 hours or overnight.

Preheat oven to 450°F. Remove lamb from marinade; pat lamb dry with paper towels. Season generously with salt and pepper. Place roast on rack set in roasting pan. Place small ovenproof bowl in center of crown roast (this will help lamb hold its shape during cooking). Roast lamb until meat thermometer inserted in center of lamb registers 130°F for medium-rare, about 25 minutes. Transfer lamb to platter. Tent with foil. Let stand 10 minutes.

Spoon some of vegetables in center of lamb. Arrange remaining vegetables around base of lamb, forming garland. Garnish with watercress and serve.

GARLAND OF SPRING VEGETABLES

A colorful array of vegetables to accompany the lamb. Blanch them a day ahead, then sauté them before dinner.

8 servings

- 1 pound asparagus, trimmed, stems and tips cut into 1-inch-long pieces**
- ½ pound snow peas, ends trimmed diagonally**
- 1½ pounds fresh peas, shelled or one 10-ounce package frozen peas, thawed and drained**
- ½ pound carrots, peeled and cut diagonally into ¼-inch-thick pieces**
- ¼ cup (½ stick) unsalted butter**
- 1 teaspoon minced fresh thyme or ¼ teaspoon dried, crumbled**
- 1 teaspoon minced fresh rosemary or ¼ teaspoon dried, crumbled**
- Salt and freshly ground pepper**

Blanch asparagus stems in large pot of boiling salted water until almost crisp-tender, about 2 minutes. Add tips and cook 1 minute. Transfer to bowl filled with ice and water using slotted spoon. Return water to boil. Add snow peas and cook until crisp-tender, about 30 seconds. Transfer to bowl with as-

continued on page 74



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EASTER CELEBRATIONS

continued from page 72

paragus and cool. Return water to boil. If using fresh peas, add to water and cook 1 minute. Transfer to bowl with vegetables using slotted spoon. Return water to boil. Add carrots and cook until just tender, about 8 minutes. Drain well. Place in bowl with vegetables and cool. Drain vegetables well. Pat dry with paper towels. (Can be prepared 1 day ahead. Cover and refrigerate.)

Melt butter in heavy large skillet over medium-high heat. Add blanched vegetables and frozen peas, if using, and sauté until heated through, about 4 minutes. Mix in herbs. Season with salt and pepper and serve.

SAFFRON RICE

A colorful dish to round out the menu.

8 servings

- 3 tablespoons unsalted butter**
- 3 tablespoons olive oil**
- 1 cup chopped onion**
- 2 cups long-grain rice**
- ¼ teaspoon saffron threads, crushed**
- 5 cups chicken stock or canned broth**
- Salt and freshly ground pepper**
- ½ cup snipped fresh chives**

Melt butter with oil in heavy large saucepan over medium-high heat. Add onion and sauté until golden brown, about 5 minutes. Mix in rice and saffron. Add stock and bring to boil. Reduce heat to low. Cover and simmer until all liquid is absorbed, about 35 minutes. Season with salt and pepper. Mix in chives and serve.

PHYLLO EASTER BASKETS WITH LEMON CURD AND STRAWBERRIES

Crisp pastry baskets filled with zesty lemon curd and fresh strawberries. The pastry is placed in every other cup of the buttered muffin tins because the pastry corners will expand during baking. All the components can be prepared ahead, leaving just a quick final assembly.

Makes 12

Baskets

- 4 frozen phyllo dough sheets, thawed**
- ¼ cup (½ stick) unsalted butter, melted**

6 teaspoons dry white breadcrumbs

Lemon Curd

- 1 cup sugar**
- 3 large eggs**
- 1 egg yolk**
- ½ cup (1 stick) unsalted butter,**
cut into pieces
- 6 tablespoons fresh lemon juice**
- 2 tablespoons grated lemon peel**
- 1 1-pint basket strawberries,**
hulled and sliced
- Fresh mint sprigs**

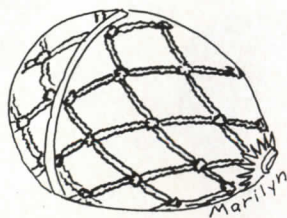
For baskets: Preheat oven to 350°F. Place 1 phyllo sheet on work surface. Brush with butter. Sprinkle 2 teaspoons breadcrumbs over. Top with second phyllo sheet. Brush with butter. Sprinkle 2 teaspoons breadcrumbs over. Top with third phyllo sheet. Brush with butter. Sprinkle remaining breadcrumbs over. Top with fourth phyllo sheet. Brush with butter. Cut out twelve 4-inch squares from phyllo.

Brush every other cup of two twelve ½-cup muffin tins with melted butter. Place 1 phyllo square in each buttered cup, pressing pastry down in center and around edges to mold to cup (pastry corners should stick up). Bake until just golden brown and crisp, about 10 minutes. Remove pastry from tins and cool completely. (Pastry baskets can be prepared 2 days ahead. Store in single layer in airtight container.)

For curd: Whisk first 6 ingredients in heavy medium saucepan over low heat until butter melts. Cook until mixture thickens to consistency of lightly whipped cream, whisking constantly, about 5 minutes. Pour into bowl. Cover and refrigerate until cold, about 4 hours. (Can be prepared 2 days ahead.)

Spoon some berries into bottom of each phyllo basket. Top each with 2½ tablespoons lemon curd. Arrange remaining berries in petal fashion atop curd. Garnish with mint sprigs. □

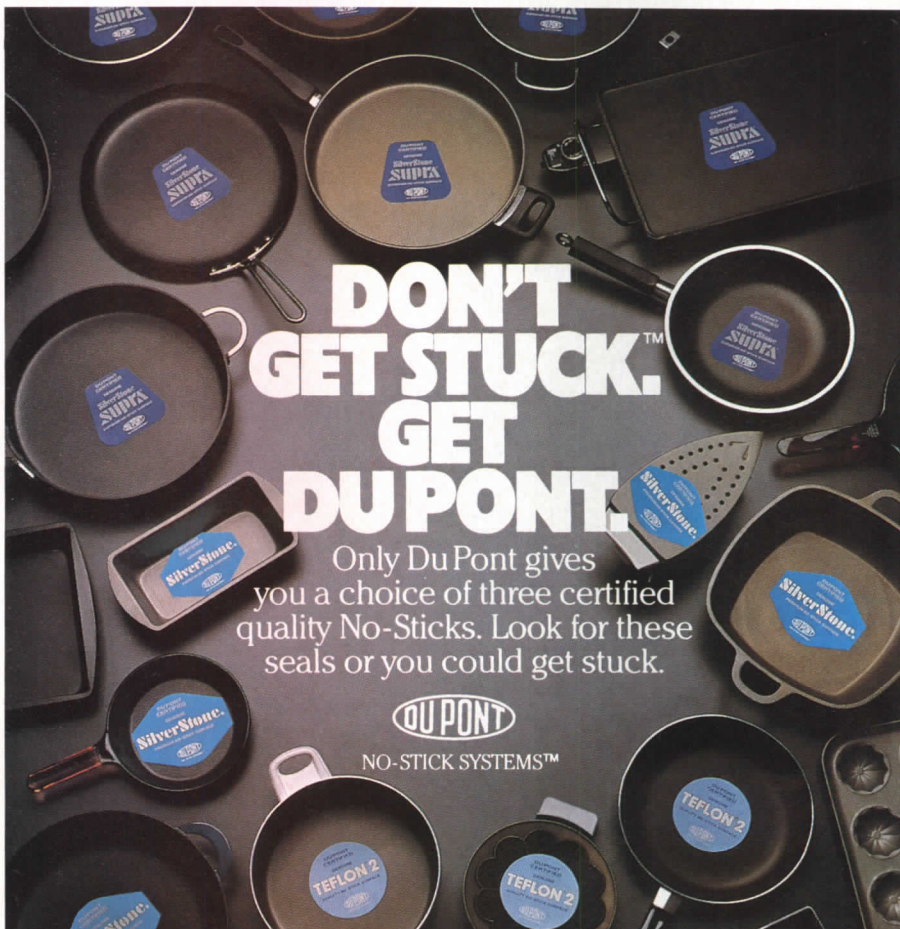
Betty Rosbottom is the director of La Belle Pomme cooking school at Lazarus in Columbus, Ohio. She commutes from her home in Amherst, Massachusetts.



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BY JANE SPECTOR DAVIS

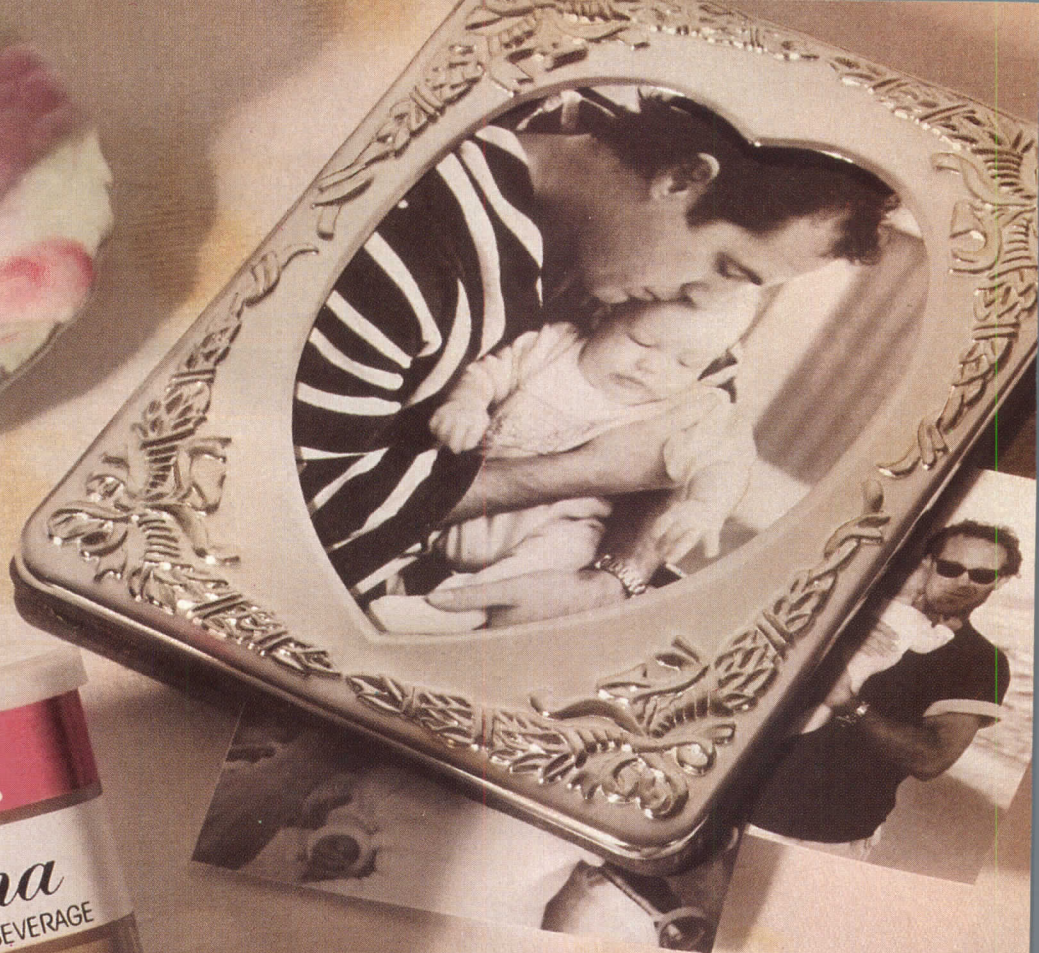
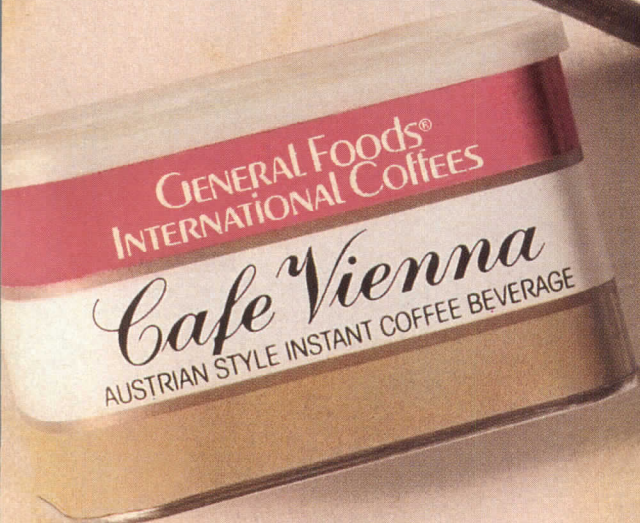


PHOTOGRAPH BY IRWIN HOROWITZ

Contemporary desserts inspired by tradition (clockwise from top right): orange mocha roulade; pretty fruit tart with almond-based crust; rich and chocolaty raspberry ganache marjolaine; beautiful three-layer citrus chiffon cake.



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of Cafe Vienna,



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At the Passover seder, every person learns that when Moses led his people out of Egypt to escape persecution, there was no time for them to bake bread the customary way: by using leavening and letting the dough rise. Instead, they made unleavened bread, called matzo. Since that time, foods served the week of Passover must be prepared without leavening or flour, as a symbolic reminder of the Jews' historic flight to freedom.

But this presents a real challenge to the Passover baker, since the seder is an elaborate holiday dinner as well as a religious celebration. How do you bake something special for a crowd without using flour and baking powder? This challenge is one that marvelous home bakers have been meeting for years, with delectable desserts that children remember long after they've grown up.

Jewish bakers all over the world have always been imaginative with the ingredients at hand. They use eggs and egg whites for volume and leavening. Chocolate serves as a binding ingredient, and, along with citrus fruits, adds flavor and contrast to the sweetness of sugar and the blandness of matzo. Nuts, potato starch and matzo meal can be replacements for flour.

Flourless baking, which often depends on egg whites and ground nuts, took place during Passover long before its current popularity. The desserts here all take advantage of this technique.

The treat I remember from my parents' seders is the carrot almond cake, now lighter and spicier than they remember. The fruit tart updates the centuries-old honey, nut and spice tradition of European Jewish baking; and the typical European nut torte is enlivened here with chocolate and raisins.

Sponge cakes are a venerable Passover tradition. If the ones you recall were dry, be sure to try the citrus chiffon cake. I grew up in Arizona orange orchard country, and we always added orange juice and peel to our sponge cake, making it just as moist as can be.

Since guests and family members of all ages come to the seder, the wise baker makes something for everyone: a traditional, plain dessert; a slightly exotic one for those adventurous eaters; and a sweet treat to satisfy anyone's sweet tooth. These desserts, which are within dietary restrictions and elegant as well, will be as welcome at many occasions throughout the year as they will be during the Passover week.

CITRUS CHIFFON CAKE

Sponge cakes are a characteristic Passover tradition—but they don't have to be dry. This one isn't, thanks to fresh orange and lemon juice. Serve plain or with fruit.

8 servings

Citrus Curd

- 5 egg yolks
- $\frac{1}{2}$ cup plus 2 tablespoons sugar
- 6 tablespoons fresh orange juice
- 2 tablespoons fresh lemon juice
- $1\frac{1}{2}$ tablespoons grated orange peel
- $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) unsalted margarine, cut into 4 pieces, room temperature

Cake

- $\frac{1}{2}$ cup almonds (about 3 ounces)
- $1\frac{1}{4}$ cups potato starch
- 7 large egg yolks
- $1\frac{1}{4}$ cups sugar
- 2 tablespoons freshly grated orange peel
- $\frac{1}{4}$ cup fresh orange juice
- $\frac{1}{4}$ cup fresh lemon juice
- $\frac{1}{2}$ cup (1 stick) unsalted margarine, melted, room temperature
- 9 large egg whites
- $\frac{1}{4}$ teaspoon salt
- 1 1-pint basket strawberries, thinly sliced
- Nondairy topping
- 5 strawberries with stems

For curd: Whisk yolks, sugar, juices and orange peel together in top of double boiler. Cook over boiling water until curd thickens to consistency of yogurt, stirring frequently, about 15 minutes. Add margarine 1 piece at a time and whisk until melted and curd is smooth. Pour mixture into medium bowl. Press plastic wrap onto surface of curd to prevent skin from forming. Refrigerate overnight. (Curd can be prepared up to 3 days ahead.)

For cake: Preheat oven to 350°F. Coarsely grind nuts in processor. Combine with potato starch in small bowl. Using electric mixer, beat yolks and 1 cup sugar in large bowl until pale yellow and slowly dissolving ribbon forms when beaters are lifted. Add orange peel. Fold in nut mixture alternately with juices, beginning and ending with nut mixture. Fold in margarine.

Using clean dry beaters, beat egg whites and salt in large bowl until soft peaks form. Gradually add remaining $\frac{1}{4}$ cup sugar and continue beating until stiff but not dry. Fold $\frac{1}{4}$ of whites into

yolk mixture to lighten. Gently fold remaining whites into yolk mixture.

Pour batter into ungreased 10-inch-diameter tube pan. Bake until cake is golden brown and toothpick inserted near center comes out clean, about 40 minutes. Cool in pan inverted onto rack. (Can be prepared 6 hours ahead.)

Remove pan. Cut cake horizontally into 3 layers using serrated knife. Place bottom cake layer on platter and spread with $\frac{1}{2}$ of citrus curd. Arrange $\frac{1}{2}$ of sliced strawberries over curd. Top with second cake layer, then remaining curd, remaining strawberry slices and final cake layer. (Can be prepared 2 hours ahead.) Pipe 5 rosettes of nondairy topping around top of cake. Place whole strawberry atop each rosette.

RASPBERRY GANACHE MARJOLAINE

Passover bakers have long depended on ground nuts, egg whites and chocolate. This sophisticated dessert uses all three. Because of dairy ingredients, serve the marjolaine at a meatless meal.

8 servings

Raspberry Ganache

- $2\frac{1}{4}$ cups whipping cream
- 21 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
- $\frac{1}{2}$ cup raspberry preserves
- 2 tablespoons ($\frac{1}{4}$ stick) unsalted butter, room temperature
- 2 tablespoons kosher Concord grape wine

Meringue

- 2 cups hazelnuts (about 8 ounces), toasted and husked
- $\frac{3}{4}$ cup plus 2 tablespoons sugar
- 1 tablespoon potato starch
- 4 large egg whites
- $\frac{1}{2}$ teaspoon fresh lemon juice
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon almond extract
- $\frac{1}{4}$ teaspoon salt
- 1 $\frac{1}{2}$ -pint basket raspberries

For ganache: Bring cream to boil in heavy medium saucepan. Remove from heat and add chocolate. Stir until melted and smooth. Stir in preserves, butter and wine. Cover and refrigerate overnight. (Can be prepared 2 days ahead.)

For meringue: Preheat oven to 275°F. Draw five 4x10-inch rectangles on 2 parchment sheets. Invert parch-

PASSOVER DESSERTS

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ment onto 2 cookie sheets. Coarsely grind 1 cup hazelnuts in processor. Combine with $\frac{1}{2}$ cup sugar and potato starch in medium bowl.

Using electric mixer fitted with clean dry beaters, beat whites in large bowl until foamy. Add lemon juice, vanilla and almond extracts and salt and continue beating until soft peaks form. Gradually add remaining $\frac{1}{4}$ cup plus 2 tablespoons sugar and beat until whites are stiff and glossy. Gently fold in hazelnut-sugar mixture.

Place 1 cup meringue on parchment in center of 1 rectangle. Spread with small spatula to fill in rectangle. Repeat with remaining meringue. Bake until meringues are golden brown and just dry to touch, about 25 minutes. Cool on cookie sheets. Carefully peel off paper (meringues will deflate slightly).

Place 1 meringue rectangle on 4x10-inch cardboard rectangle. Spread with $\frac{1}{2}$ cup ganache. Repeat layering with 3 more rectangles and $1\frac{1}{2}$ cups ganache. Top with remaining meringue rectangle. Spread top and sides of marjolaine with $\frac{3}{4}$ cup ganache. Refrigerate marjolaine until firm, about 1 hour.

Rewarm remaining ganache in heavy medium saucepan over very low heat, stirring constantly. Cool to room temperature, about 20 minutes. Set marjolaine on wire rack set over cookie sheet. Spoon some ganache over sides of marjolaine. Pour remaining ganache over top. Smooth with spatula if necessary. Let stand at room temperature until glaze is set, about 30 minutes.

Chop remaining 1 cup hazelnuts. Gently press hazelnuts onto sides of marjolaine. Decorate top with raspberries. Refrigerate 1 hour. (*Can be prepared 3 hours ahead.*) Slice and serve.

PASSOVER FRUIT TART

This tart is a new twist on the centuries-old honey-nut-spice combination typical of European Jewish cooking. There is enough pastry to make two dozen crisp spice cookies in addition to the tart crust.

8 servings

$1\frac{1}{2}$ cups firmly packed light brown sugar

1 cup (2 sticks) unsalted margarine, room temperature
2 tablespoons solid vegetable shortening
 $\frac{1}{3}$ cup almond paste (about 3 ounces), crumbled into small pieces
1 egg
 $\frac{1}{2}$ cup honey
1 tablespoon kosher Concord grape wine
1 tablespoon cinnamon
1 teaspoon ground ginger
 $\frac{1}{4}$ teaspoon salt
 $3\frac{1}{2}$ cups matzo meal
 $\frac{1}{2}$ cup potato starch
 $1\frac{1}{2}$ cups (about) almonds, lightly toasted and ground

$\frac{1}{2}$ cup raspberry preserves

$\frac{1}{2}$ cup apricot preserves

2 tablespoons kosher Concord grape wine
Fresh fruit, such as strawberries, raspberries, kiwi, grapes, plum and peach slices

In large bowl, beat brown sugar, margarine, shortening and almond paste until fluffy. Beat in egg. Add honey, 1 tablespoon wine, spices and salt. Stir in matzo meal and potato starch. Divide dough into thirds; flatten into disks. Wrap separately in plastic and chill until firm, about 2 hours. (*Can be prepared 1 day ahead.*)

Preheat oven to 350°F. Sprinkle work surface with $\frac{1}{4}$ cup ground almonds. Place 1 dough piece atop nuts and sprinkle more almonds over. Roll dough out to $\frac{1}{4}$ -inch-thick round, using more almonds as necessary to prevent sticking. Roll dough up on rolling pin and transfer to 9-inch-diameter tart pan with removable bottom. Trim and crimp edges. Spread raspberry preserves evenly in pastry. Bake until crust is golden brown, about 30 minutes. Cool tart on wire rack.

Meanwhile, lightly grease 2 large cookie sheets. Sprinkle work surface with $\frac{1}{4}$ cup ground almonds. Place dough piece atop nuts and sprinkle with more ground almonds. Roll out dough to thickness of $\frac{1}{4}$ inch, using more almonds as necessary to prevent sticking. Cut out 2-inch Stars of David and other shapes using cookie cutters. Transfer cookies to prepared cookie sheets. Bake until golden brown, about 15 minutes. Transfer to rack and cool. Repeat with remaining dough piece and ground almonds. (*Tart and cookies*

can be prepared 1 day ahead. Cover and store at room temperature.)

Melt apricot preserves with 2 tablespoons wine in small saucepan over medium heat. Strain into small bowl and cool slightly. Arrange fruit decoratively atop raspberry preserves. Brush tart with apricot glaze. Place 4 or 5 cookie stars decoratively atop tart. (*Fruit can be prepared 6 hours ahead.*) Cut tart into wedges and serve. Pass cookies separately. (*Store remaining spice cookies in airtight container.*)

CHOCOLATE WALNUT TORTE

Chopped walnuts and matzo meal replace the flour in this deliciously dense chocolate torte. Offer it as a finale to a meatless menu, since this dessert contains butter and cream.

10 servings

Torte

$\frac{1}{3}$ cup plus 1 tablespoon raisins
 $\frac{1}{2}$ cup plus 2 tablespoons kosher brandy

1 cup (2 sticks) unsalted butter, cut into pieces

8 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped

5 large eggs, room temperature
2 egg yolks

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

2 cups chopped lightly toasted walnuts

$\frac{1}{2}$ cup matzo meal

Glaze

10 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped

1 cup whipping cream, hot

For torte: Soak raisins in 2 tablespoons brandy for at least 3 hours or overnight. Drain thoroughly.

Preheat oven to 375°F. Butter bottom and sides of 9-inch-diameter cake pan with 2-inch-high sides. Line bottom with parchment paper. Melt butter and chocolate in top of double boiler over simmering water. Cool to just barely warm, about 20 minutes.

Using electric mixer, beat eggs, egg yolks and sugar in large bowl until pale yellow and slowly dissolving ribbon forms when beaters are lifted, about 4 minutes. Beat in chocolate mixture

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and remaining $\frac{1}{2}$ cup brandy. Fold in 1 cup walnuts, matzo meal and raisins. Pour batter into prepared pan. Bake until top of cake is dry and edges are set (toothpick inserted into center will not come out clean), about 35 minutes. Cool in pan on rack 1 hour. Turn cake out onto rack and cool completely.

For glaze: Melt chocolate in top of double boiler over simmering water. Gradually add cream, whisking until smooth. Cool to lukewarm.

Place torte on 9-inch-diameter cardboard round. Place on rack set over cookie sheet. Spoon some glaze over sides of torte. Pour remaining glaze over top. Smooth with spatula if necessary. Refrigerate 1 hour to set glaze. Press remaining 1 cup walnuts onto sides of cake. (*Can be made 1 day ahead. Cover and refrigerate. Bring cake to room temperature before serving.*)

CARROT AND ALMOND CHIFFON CAKE

When I was growing up, this light and spicy cake was served with a fruit compote my father made. He mixed drained canned berries, plums and cherries and soaked them in kosher sweet wine.

8 servings

$2\frac{1}{2}$ cups blanched almonds, lightly toasted

1 cup matzo meal

$\frac{1}{2}$ cup potato starch

$1\frac{1}{2}$ teaspoons cinnamon

$\frac{1}{4}$ teaspoon ground ginger

10 large eggs, separated

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

$\frac{1}{4}$ cup vegetable oil

$\frac{1}{4}$ cup fresh orange juice

$1\frac{1}{2}$ cups finely grated carrots (about 2 large)

2 tablespoons grated orange peel

1 teaspoon fresh lemon juice

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

Blackberries or boysenberries

Preheat oven to 350°F. Lightly oil 10-inch-diameter tube pan. Grind almonds in food processor. Coat bottom and sides of pan with $\frac{1}{2}$ cup ground almonds. Mix $1\frac{1}{2}$ cups ground almonds with matzo meal, potato starch and spices in medium bowl.

Using electric mixer, beat egg yolks

and 1 cup sugar in large bowl until pale yellow and doubled in volume, about 3 minutes. Beat in oil. Mix in dry ingredients alternately with orange juice. Mix in carrots and orange peel.

Using electric mixer fitted with clean dry beaters, beat egg whites, lemon juice and salt in another large bowl until soft peaks form. Gradually beat in remaining $\frac{1}{2}$ cup sugar and continue beating until stiff but not dry. Fold $\frac{1}{3}$ of egg whites into batter to lighten mixture. Gently fold in remaining egg whites. Pour batter into prepared pan. Sprinkle remaining almonds over top of cake. Bake until toothpick inserted into center of cake comes out clean, about 45 minutes. Cool in pan on rack. Turn cake out onto plate. (*Can be prepared 4 hours ahead. Store at room temperature.*) Garnish with berries.

ORANGE MOCHA ROULADE

This elegant chocolate roll is rich but not too sweet. If including cream in the filling, serve the dessert at a meatless meal.

12 servings

Oranges

5 navel oranges

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

2 cups water

1 tablespoon honey

$\frac{1}{4}$ cup Grand Marnier or other orange liqueur*

Cake

5 ounces bittersweet chocolate (not unsweetened) or semisweet chocolate, chopped

7 large eggs, separated

$\frac{3}{4}$ cup sugar

2 tablespoons potato starch, sifted

1 tablespoon grated orange peel

2 tablespoons strong coffee

1 teaspoon fresh lemon juice

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

Filling

2 cups chilled whipping cream, whipped to stiff peaks or 4 cups nondairy topping

2 tablespoons sugar

2 tablespoons Grand Marnier or other orange liqueur

For oranges: Remove peel (orange part only) from oranges using vegetable peeler. Cut peel into julienne. Remove white pith from oranges. Cut oranges into $\frac{1}{3}$ -inch-thick rounds.

Quarter rounds. Place in medium bowl. Bring 2 cups sugar, water and honey to boil in heavy medium saucepan, stirring until sugar dissolves. Add orange peel and Grand Marnier to syrup and simmer until peel is tender, about 25 minutes. Remove from heat and let stand 10 minutes.

Remove peel from syrup using slotted spoon and drain on paper towels. Pour syrup over orange pieces. Cover and refrigerate. Place remaining $\frac{1}{2}$ cup sugar in small bowl. Add orange peel and toss to coat. (*Can be prepared 4 days ahead. Cover peel and refrigerate.*)

For cake: Preheat oven to 350°F. Grease bottom and sides of 11x16-inch jelly roll pan with 1-inch-high sides. Line pan with parchment. Lightly grease parchment. Melt chocolate in top of double boiler over simmering water, stirring until smooth. Cool to room temperature, about 20 minutes.

Using electric mixer, beat egg yolks with $\frac{1}{2}$ cup sugar in large bowl until pale yellow and slowly dissolving ribbons form when beaters are lifted, about 3 minutes. Beat in potato starch and grated orange peel. Slowly beat in chocolate and coffee.

Using electric mixer fitted with clean dry beaters, beat egg whites with lemon juice and salt in another large bowl until soft peaks form. Gradually beat in remaining $\frac{1}{4}$ cup sugar and continue beating until stiff but not dry. Beat $\frac{1}{3}$ of egg whites into chocolate mixture. Gently fold in remaining whites.

Spread batter evenly in prepared pan. Bake until toothpick inserted into center comes out clean, about 25 minutes. Run small sharp knife around pan sides to loosen cake if necessary. Turn cake out onto damp towel and peel off parchment. Slide cake on towel onto rack and cool completely. Gently roll cake in towel jelly roll fashion, starting at one long side. (*Cake can be prepared up to 6 hours ahead.*)

For filling: Fold sugar into whipped cream. (If nondairy topping is sweetened, omit sugar.) Gently fold in Grand Marnier and $\frac{1}{2}$ cup candied orange peel. Spoon 1 cup filling into pastry bag fitted with large star tip; refrigerate. Carefully unroll cake. Spread remaining filling over cake. Starting at one long side and using towel as aid, roll cake up jelly roll fashion. Arrange

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light & fresh
**SEAFOOD
SALADS**

BY ABBY MANDEL
PHOTOGRAPH BY ALISON DUKE



Spring-perfect:
shrimp and orange
salad with orzo.

Seafood has become something for all seasons, but it's a special pleasure in spring salads, where its fresh, sweet taste and quick-cooking qualities are so welcome. Here, seafood of all kinds—from swordfish to crab, from tuna to shrimp—stars in eight sensational main-course salads. They're colorful, delicious and easy to make, hard to beat for light, stylish dining. Use the freshest fish and produce you can find, add some good bread, a chilled bottle of wine (and a cluster of spring flowers for the table) and you're all set for a most delightful April dinner.

ITALIAN SHRIMP SALAD WITH ORANGES AND HERBED ORZO

4 servings

Dressing

- 1 cup fresh orange juice
- ½ cup plus 2 tablespoons olive oil
- 1 tablespoon plus 1 teaspoon balsamic vinegar* or 1 tablespoon red wine vinegar
- ¾ teaspoon salt
- ½ teaspoon cayenne pepper
- Freshly ground pepper

Salad

- 3 large navel oranges
- 2½ tablespoons minced fresh herbs such as basil, mint and/or oregano
- 3 cups cooked orzo (rice-shaped pasta) (about 1 cup uncooked)
- 2 tablespoons olive oil
- 2 pounds uncooked large shrimp, peeled and deveined (tails left intact)
- Pinch of cayenne pepper
- Salt
- 2 heads green leaf lettuce, torn into large pieces
- 5 small bunches arugula, stems trimmed
- ½ cup minced fresh herbs such as basil, mint and/or oregano
- ¼ medium-size red onion, thinly sliced

For dressing: Whisk together orange juice, oil, vinegar, salt, cayenne and pepper in small bowl. (Can be prepared 1 day ahead. Cover and refrigerate.)

For salad: Cut peel and white pith from oranges. Working over bowl to catch juices, cut between membranes of oranges with small sharp knife to release segments. Squeeze membrane to

extract all juice. Add orange segments to juice. (Can be prepared 1 day ahead. Cover and refrigerate.)

Mix 2½ tablespoons minced fresh herbs into dressing. Toss orzo with 1 tablespoon dressing. (Can be prepared 3 hours ahead. Cover and refrigerate.)

Heat 1 tablespoon oil in heavy large skillet over medium-high heat. Add half of shrimp, season with cayenne and salt and stir until just opaque, about 1 minute. Transfer shrimp to medium bowl. Repeat with remaining oil and shrimp. Add ¼ cup dressing to shrimp. Let marinate 20 minutes.

Combine lettuce, arugula, ½ cup herbs and onion in large bowl. Toss with all but 4 teaspoons dressing. Adjust seasoning. Divide lettuce mixture among 4 large plates. Press ¾ cup orzo into small dish. Turn out onto lettuce. Repeat with remaining salads.

Drain orange segments; reserve ¼ cup juice. Arrange shrimp and orange segments decoratively around orzo. Drizzle 1 teaspoon dressing over each serving of orzo. Sprinkle 1 tablespoon reserved orange juice over each salad.

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

CAJUN CRAB SALAD WITH HONEYDEW AND CANTALOUPE

A zesty Cajun mayonnaise accents the slightly sweet crabmeat and aromatic melons. This would also be good with chopped cooked shrimp instead of crab.

4 servings

Cajun Mayonnaise

- 1 medium garlic clove
- 1 cup mayonnaise
- 2 tablespoons fresh Italian parsley leaves
- 1 tablespoon catsup
- 2 teaspoons drained capers
- 2 teaspoons hot spicy mustard
- 2 teaspoons drained prepared horseradish
- 1½ teaspoons fresh tarragon leaves or ½ teaspoon dried, crumbled
- ½ teaspoon ground dried oregano
- ¼ teaspoon Worcestershire sauce
- ⅛ teaspoon cayenne pepper
- Salt

Salad

- 1 pound fresh lump crabmeat or frozen, thawed

- 1 large plum tomato, halved, seeded, cut into ¼-inch dice
- ½ cup diced celery
- 4 green onions, cut into ¼-inch pieces
- ¼ large green bell pepper, cut into ¼-inch dice
- 2 tablespoons fresh lime juice
- 8 large Boston or butter lettuce leaves
- 1 small cantaloupe, halved, seeded, cut into 8 wedges and peeled
- 1 medium honeydew melon, halved, seeded, cut into 12 wedges and peeled
- 2 limes, quartered

For mayonnaise: Mince garlic in blender or processor. Add remaining ingredients and blend until thoroughly combined and herbs are minced. Adjust seasoning. (Can be prepared 2 days ahead. Cover and refrigerate.)

For salad: Combine crabmeat, tomato, celery, green onions and bell pepper in large bowl. (Can be prepared 3 hours ahead. Cover and refrigerate.) Mix in lime juice and ¼ cup mayonnaise.

Arrange 2 lettuce leaves off-center on each plate. Mound crab salad in center of lettuce. Spoon generous tablespoon of mayonnaise on each plate. Garnish each serving with 2 cantaloupe wedges, 3 honeydew wedges and 2 lime wedges. Serve, passing remaining mayonnaise separately.

SWORDFISH CAESAR SALAD

I've substituted sour cream for the egg that's classic in Caesar dressings.

4 servings

Dressing

- 1 large garlic clove
- ½ cup olive oil
- ¼ cup fresh lemon juice
- 3 tablespoons sour cream
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 teaspoon anchovy paste
- ½ teaspoon salt
- ¼ teaspoon coarsely ground pepper

Salad

- 2 ¾-inch-thick swordfish steaks (about 8 ounces each)
- Salt and freshly ground pepper

recipe continued on page 90

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- 3 small heads romaine lettuce, torn into bite-size pieces
- 1½ cups freshly grated Parmesan cheese (about 4½ ounces)
- Coarsely ground pepper

For dressing: Mince garlic in blender or processor. Add all remaining ingredients and blend well. (Can be prepared 1 day ahead. Cover and refrigerate.)

For salad: Prepare barbecue grill (high heat) or preheat broiler. Brush 1 tablespoon dressing over one side of each steak. Season with salt and pepper. Grill fish seasoned side down 3 minutes. Brush top with 1 tablespoon dressing; season with salt and pepper. Turn and cook until just cooked through, about 3 minutes. Transfer to plate. Tent with foil to keep warm.

Place lettuce in large bowl. Mix in remaining dressing, 1 cup cheese and coarsely ground pepper. Taste and adjust seasoning. Divide salad among plates. Cut each fish steak into 4 pieces. Arrange 2 pieces in center of each salad. Sprinkle 2 tablespoons Parmesan and coarsely ground pepper over each salad. Serve immediately.

ORIENTAL CABBAGE SLAW WITH CATFISH

4 servings

Oriental Dressing

- ½ cup fresh cilantro leaves
- ¼ cup fresh mint leaves
- 1 ½x1-inch piece peeled fresh ginger
- 1 large garlic clove
- ½ cup safflower oil
- 5 tablespoons rice vinegar
- 3 tablespoons fresh orange juice
- ¾ teaspoon oriental sesame oil
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon dried red pepper flakes

Coleslaw

- 1 large head Napa cabbage (about 1½ pounds), cored
- 1½ cups ½-inch dice red cabbage (about 5 ounces)
- 6 green onions (white and light green parts only), cut into ¼-inch pieces
- 2 carrots, peeled, finely shredded
- 1 pound catfish, halibut or monkfish fillets, cut into 1-inch cubes

- Salt
- Dried red pepper flakes

- Fresh cilantro sprigs
- Fresh mint sprigs

For dressing: Mince first 4 ingredients in blender or processor. Add safflower oil, vinegar, orange juice and sesame oil and blend until smooth. Mix in salt, sugar and red pepper flakes. (Dressing can be prepared 1 day ahead. Cover and refrigerate.)

For coleslaw: Remove thick white center from Napa cabbage leaves. Cut leaves into ¼-inch-thick strips. Mix with red cabbage, green onions and carrots in bowl. (Can be prepared 1 day ahead. Cover and refrigerate.)

Heat 2 tablespoons dressing in heavy large skillet (preferably non-stick) over medium-high heat. Season fish with salt and red pepper flakes. Add ½ of fish to skillet and stir until just cooked through, about 45 seconds. Transfer fish and juices to bowl. Repeat with 2 more tablespoons dressing and remaining fish. (Can be prepared 3 hours ahead. Cover and refrigerate.)

Gently add remaining dressing to chilled vegetables and toss. Mix in fish and 2 tablespoons fish cooking juices. Adjust seasoning. Divide salad among 4 chilled shallow soup dishes. Garnish with cilantro and mint and serve.

SANTA FE SALMON SALAD

A colorful salad that features the spicy-sweet flavors of the Southwest. Although the salmon can be served hot or at room temperature, I prefer it straight from the grill, when it offers even more contrast to the chilled greens in the salad.

4 servings

Dressing

- 1 medium garlic clove
- 1 jalapeño chili, stemmed
- ½ cup fresh lime juice
- ½ cup fresh orange juice
- ½ cup olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon salt
- ¾ teaspoon ground cumin
- ¾ teaspoon sugar

Salsa

- 4 large green onions, cut into ¼-inch pieces
- 2 fresh tomatillos,* husks removed, minced

- 1 large plum tomato, halved, seeded, cut into ¼-inch pieces

Salad

- 2 large bunches watercress, stems trimmed
- 1 small head romaine lettuce
- ½ cup fresh cilantro, stems trimmed
- 4 ¾-inch-thick salmon fillets (about 5 ounces each), halved
- ½ large red bell pepper, pressed flat
- ½ large green bell pepper, pressed flat
- Salt and freshly ground pepper
- 1 jicama (about 1 pound), peeled, cut into 2-inch julienne
- 2 medium-size ripe avocados, peeled, seeded, cut into 8 wedges each

For dressing: Mince garlic and jalapeño in blender or processor. Add lime and orange juices, olive oil and mustard and blend until smooth. Mix in salt, cumin and sugar. (Can be prepared 1 day ahead. Cover and refrigerate.)

For salsa: Combine green onions, tomatillos and tomato in medium bowl. Mix in ¼ cup dressing.

For salad: Tear watercress and romaine into bite-size pieces. Combine with cilantro in large bowl. (Salsa and salad can be prepared 4 hours ahead. Cover separately and refrigerate.)

Place salmon in plastic bag with ¼ cup dressing. Marinate 20 minutes.

Prepare barbecue (medium-high heat) or preheat broiler. Char skin side of peppers until blackened, about 8 minutes. Wrap in paper bag and let stand 10 minutes to steam. Peel and cut into ¼-inch pieces. Add to salsa. Drain salmon and discard marinade. Season with salt and pepper. Grill until cooked through, 2 minutes per side.

Add jicama and remaining dressing to greens and toss to coat. Adjust seasoning. Divide among 4 chilled plates. Garnish each plate with 4 avocado wedges. Remove skin from salmon. Place 2 salmon pieces atop greens on each plate. Spoon salsa over salmon and avocado. Serve immediately.

*A green tomatolike vegetable with a paper-thin husk. Available at Latin American markets, specialty foods stores and some supermarkets.

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Hey Bob, if you're whipping up stuffed cornish game hens, I'd recommend grilled eggplant with tomato and garlic on the side.

Well Dave, grilled eggplant is certainly a good idea, but don't you think it'd be better with, say, roast lemon pork loin?

Roast lemon pork loin? Bob, sometimes I think you're not cooking with a full tank of propane. Why not grilled eggplant with rack of lamb? Or marinated swordfish steaks?

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SEAFOOD SALADS

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GAZPACHO SCALLOP SALAD

4 servings

Dressing

- ¼ small onion
- 1 large garlic clove
- ½ cup tomato juice
- 3 tablespoons red wine vinegar
- 2 tablespoons catsup
- 2 tablespoons safflower oil
- 2 tablespoons olive oil
- 1 teaspoon prepared horseradish
- ¼ teaspoon salt
- Hot pepper sauce (such as Tabasco)
- Freshly ground pepper

Salad

- ½ large yellow bell pepper
- ½ large red bell pepper
- 1 pound fresh sea scallops, connective muscles removed
- Salt and freshly ground pepper
- 3 large tomatoes, halved, seeded, cut into ½-inch dice
- 10 green onions (white and light green parts only), cut into ½-inch pieces
- 1 large pickling cucumber (unpeeled), cut into ½-inch dice
- ¾ cup diced celery
- ½ avocado, peeled, cut into ½-inch dice
- 2 tablespoons minced fresh basil
- 2 tablespoons minced fresh Italian parsley
- 12 large Boston lettuce leaves

For dressing: Mince onion and garlic in blender or processor. Add next 7 ingredients and blend until smooth. Season with hot pepper sauce and pepper.

For salad: Char skin side of bell peppers over gas flame or in broiler until blackened. Wrap in paper bag and let stand 10 minutes to steam. Peel peppers; rinse if necessary. Cut into ½-inch dice. (Dressing and peppers can be prepared 1 day ahead. Cover separately and refrigerate until ready to use.)

Heat 2 tablespoons dressing in heavy large skillet over medium-high heat. Add half of scallops to skillet, season lightly with salt and pepper and cook until just opaque, turning occasionally, about 1 minute. Remove from skillet. Repeat procedure with 2 more tablespoons dressing and remaining scallops. Cool. Slice scallops into ¼-

inch-thick medallions. Chill. (Can be prepared 2 hours ahead.)

Toss bell peppers, tomatoes, green onions, cucumber, celery and avocado with ¾ cup dressing in large bowl. Cover and refrigerate 30 minutes.

Mix basil and parsley in small bowl. Add all but 1 tablespoon herbs to vegetable mixture and toss. Adjust seasoning. Arrange lettuce leaves on plates. Divide vegetable mixture among plates. Arrange scallop slices around vegetables. Sprinkle with remaining 1 tablespoon herbs. Serve, passing remaining dressing separately.



MEDITERRANEAN FRESH TUNA SALAD

The fish can be served hot or room temperature. Partnered with a wedge of cheese, a crusty baguette and a light red wine, this is a perfect light meal.

4 servings

Dressing

- 1¼ cups minced red onion
- 3 tablespoons red wine vinegar
- 6 tablespoons olive oil
- ¼ cup walnut oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

Salad

- 5 ounces fresh green beans, trimmed
- 5 ounces fresh yellow wax beans, trimmed
- 1 large fennel bulb, trimmed, cored, cut into 2-inch julienne
- 3 large bunches watercress, stems trimmed
- 1 small head radicchio, torn into bite-size pieces
- 20 Kalamata olives,* halved lengthwise, pitted
- 2 ¾-inch-thick tuna steaks (about 8 ounces each)
- Salt and freshly ground pepper
- 2 tablespoons chopped fresh chives

For dressing: Place onion and vinegar in small bowl. Gradually whisk in both

oils in thin steady stream. Add salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring dressing to room temperature before using.)

For salad: Cook all beans in large pot of boiling salted water until crisp-tender, about 4 minutes. Drain. Refresh with cold water; drain and pat dry. (Can be prepared up to 1 day ahead. Cover beans and refrigerate.)

Prepare barbecue (high heat) or pre-heat broiler. Combine beans, fennel, watercress, radicchio and olives in large bowl. Brush 2 tablespoons dressing over one side of tuna steaks. Season with salt and pepper. Grill seasoned side down 2 minutes. Brush fish with 2 more tablespoons dressing; season with salt and pepper. Turn steaks and cook to desired doneness, 2 minutes for medium-rare. Cut into fourths.

Add remaining dressing to salad and toss. Adjust seasoning. Divide among 4 large plates. Top each with 2 tuna pieces. Garnish with chives and serve.

*Black brine-cured Kalamata olives are available at Greek and Italian markets and some supermarkets.

MUSSEL AND CORN CHOWDER SALAD

All the colorful ingredients that make an utterly delectable chowder are mixed with an herbed creamy dressing and transformed into a most successful corn and mussel salad. If you have leftover corn on the cob, this is a nice use for it.

4 servings

Dressing

- ½ jalapeño chili
- ¼ small onion
- 5 tablespoons coarsely chopped fresh dill
- 1 teaspoon fresh thyme leaves or ¼ teaspoon dried, crumbled
- 6 tablespoons safflower oil
- 3 tablespoons cider vinegar
- 3 tablespoons sour cream
- 3 tablespoons mayonnaise
- ½ teaspoon salt
- Freshly ground pepper

Salad

- 2 pounds mussels, scrubbed and debearded
- 1 teaspoon salt
- 4 small red new potatoes
- 4 thick-cut bacon slices

- 2½ cups fresh corn kernels from 3 ears cooked corn, or frozen, cooked**
1 large red bell pepper, cut into ½-inch pieces
3 large green onions, cut into ½-inch pieces
4 large Bibb lettuce leaves
8 cherry tomatoes, green tops intact
Fresh dill and/or thyme sprigs

For dressing: Mince jalapeño, onion, dill and thyme in processor or blender. Add oil, vinegar, sour cream and mayonnaise and blend until smooth. Add salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate.)

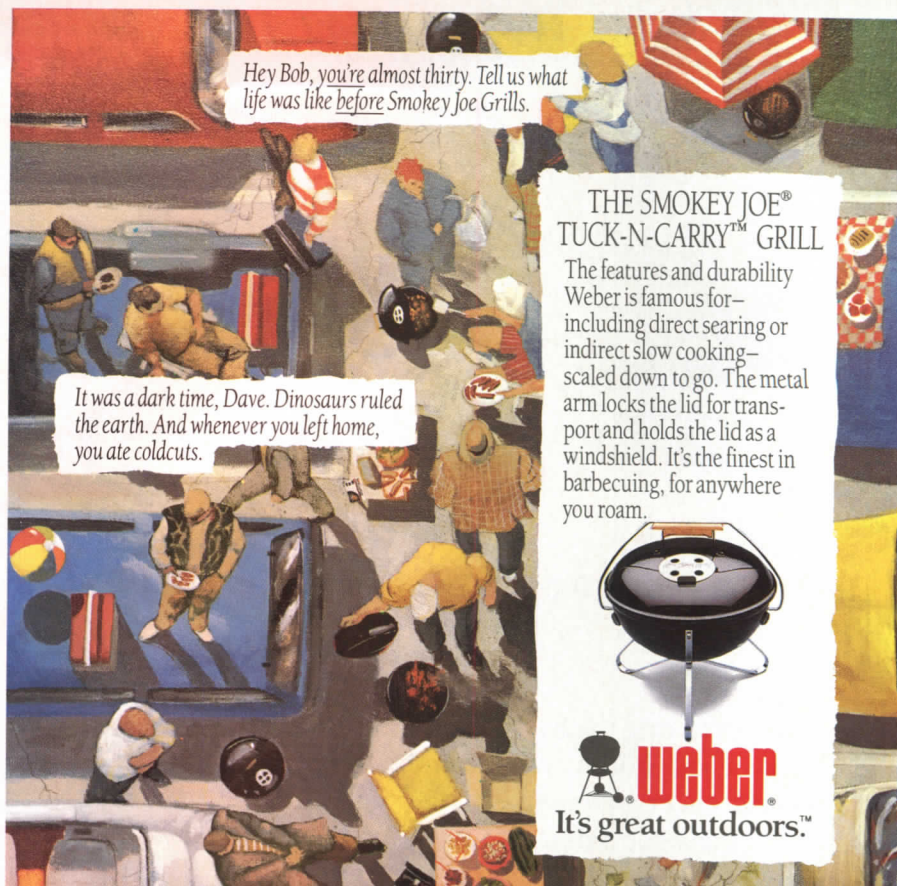
For salad: Place mussels in large saucepan. Cover with cold water. Add 1 teaspoon salt and soak 30 minutes.

Drain mussels. Rinse well. Discard any opened mussels. Return remaining mussels to saucepan. Cover and cook over high heat until shells open, about 5 minutes. Transfer opened mussels to large bowl. Cover remaining mussels and cook 5 minutes. Discard any that do not open. Cool mussels; reserve cooking liquid. Remove mussels from shells. Strain cooking liquid. Combine with mussels in small bowl and refrigerate. Discard all but 4 half shells.

Cook potatoes in small pot of boiling water until tender, about 15 minutes. Drain and cut into eighths. Transfer to large bowl. Cook bacon in heavy medium skillet until crisp. Drain on paper towels. Coarsely crumble bacon, reserving 2 tablespoons. Add remaining bacon, corn, red pepper and green onions to potatoes and toss with ½ of dressing. (Can be prepared 1 day ahead. Cover and refrigerate.)

Place 1 Bibb lettuce leaf on each of 4 large plates. Drain mussels, reserving liquid. Reserve 4 mussels. Add remaining mussels and 2 tablespoons of their cooking liquid to salad. Toss gently. Divide among plates, mounding in center. Sprinkle with reserved bacon. Place 1 reserved mussel in each reserved shell. Place atop each chowder salad. Garnish with tomatoes and fresh herb sprigs. Serve, passing remaining dressing separately. □

Abby Mandel is currently working on a midwestern foods cookbook. Her most recent title is *More Taste Than Time* (Simon and Schuster, 1988).



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Great Cook/Great Party

High Tea, High Style

A decidedly unstuffy afternoon of food, fun and friends

BY STEPHANIE YOUNG

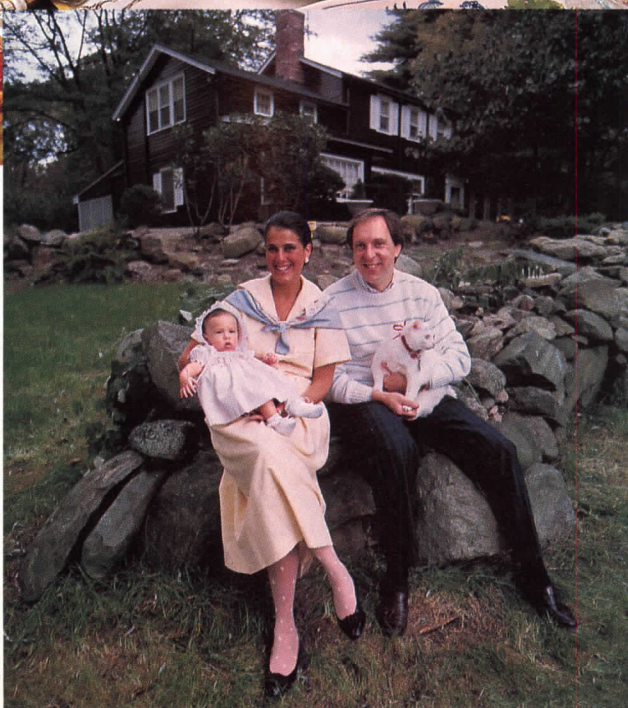
You're about to ring the front doorbell when, from the back of the house, you hear the boisterous shouts and cheers rising like a siren call. Somebody's having a good time. Not wanting to miss a minute of it, you follow the gravel drive round back. There, on the lush manicured lawn of this

Stamford, Connecticut, home, half a dozen people are engaged in what looks to be a game of croquet. (Barely controlled pandemonium is closer to the truth.) With a sweep of a sweated arm, a tall, sandy-haired chap beckons you to join in. "We're using international rules," explains the man—





High tea doesn't have to mean high anxiety: Cynthia Chaplin (with scarf) enjoys her party and the day, whether chatting with a friend (opposite), making



sure guests help themselves at the buffet (above), or sharing a private moment outside with husband Stephen and baby daughter, Elizabeth Victoria (left).

"Tea is a pleasant surprise from the predictable invitations. And to let you in on a trade secret, it's easier than any other party."



It's hard to resist the sweet (and savory) temptations of afternoon tea—so why try? Included in the selection (left to right): a lovely fresh fruit tart, assorted sandwiches, chocolate decadence cake, currant scones and a bowl of berries.

who turns out to be the host. "Whatever country you're from, play by those rules." Just then, a ball whizzes by.

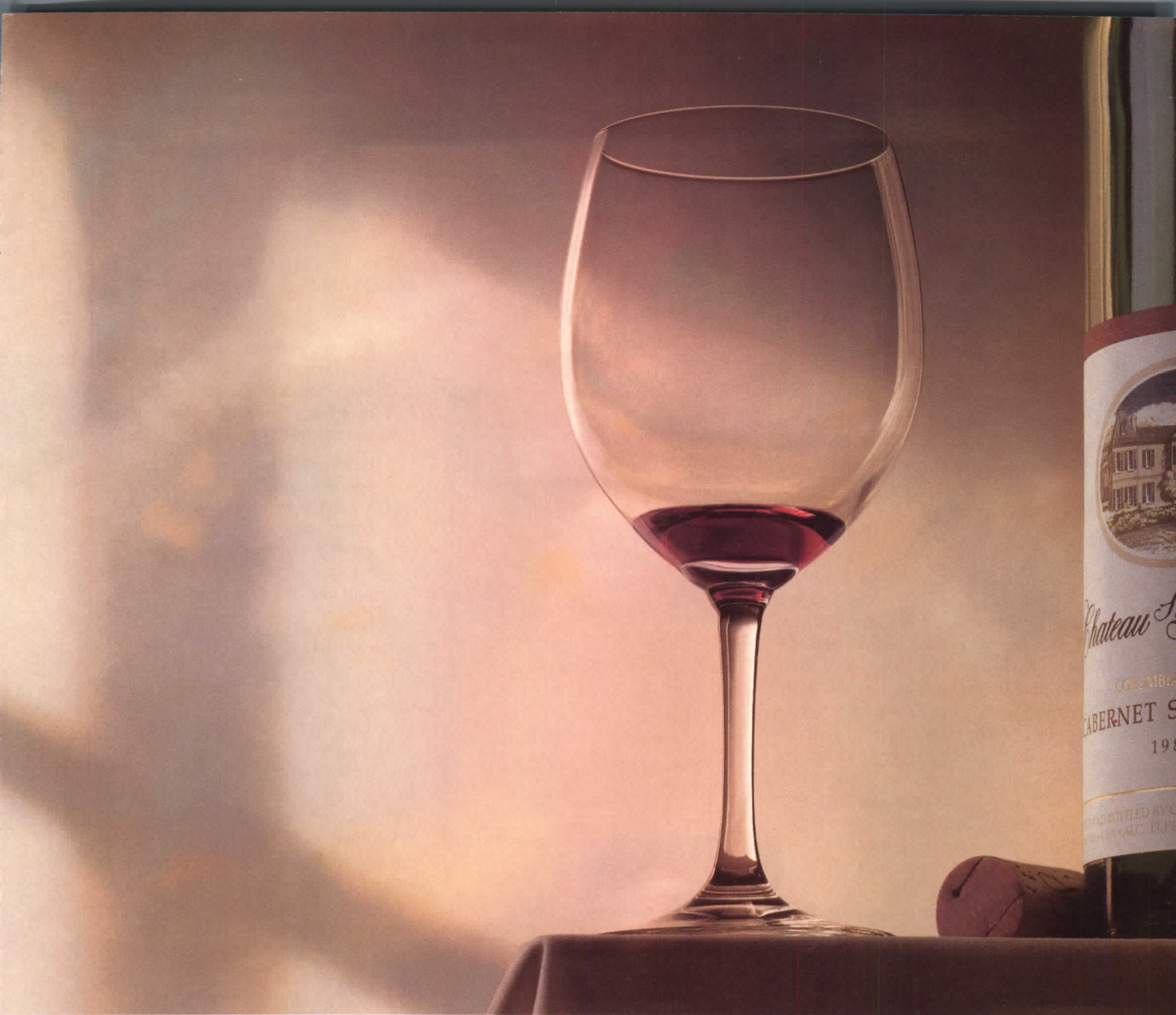
Welcome to Stephen and Cynthia Chaplin's tea party, with the emphasis on *party*, if you please. These two are determined to knock the stuffiness and fussiness right out of the whole notion of "tea." Oh, all the trappings are there—the beribboned oval table inside features a spectacular German tea service, Victorian crystal, an art deco tea strainer, sterling candlesticks and assorted fine bone china, and the menu is authentic down to the cucumber finger sandwiches, crumpets, scones and Devonshire cream. There's even a true Brit—Stephen, a transplanted

Londoner who oversees the U.S. distribution of Louis Latour wines.

But the atmosphere is far from fuddy-duddy—it's out-and-out free-for-all fun. Part of it is Stephen's penchant for games. When it comes to activities, he's a combination ringleader/camp counselor (stay tuned for more antics). The other part bursts out of the back door. "It's teatime, gang!" calls raven-haired Cynthia, all smiles, infectious enthusiasm and nonstop energy. Mallets and wickets are put aside and the players troop in, reuniting with family, friends and other guests.

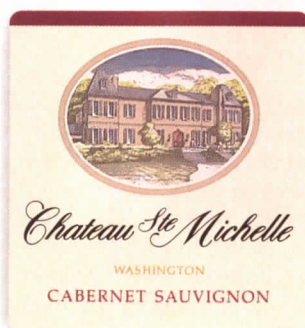
Cynthia sets up shop at one end of the dining-cum-tea table, pouring cup after cup. And Stephen works the

For accessories information, see page 153.



Pity. It could have been a great long-term investment.

The Merlot or Cabernet you just acquired can be an immediate delight, true. But more time in the cellar develops these fine wines, adding softness, complexity, elegance. The question: Enjoy them now or enjoy them later?



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crowd, urging one and all to partake of goodies—which no one needs much encouragement to do—clowning as he goes: tossing strawberries into the air and then catching them in his mouth, much to the delight of the youngsters assembled.

"I have to admit that I shared the typical American idea of what tea was—all prim and proper, white gloves and your best manners," says Cynthia, a native New Yorker. But after meeting Stephen (according to him, "in a bar"; according to her, "on a blind date that just happened to end up in a bar"), marrying him and spending time in England, Cynthia revised her notions of the midafternoon ritual. "Over there, tea is very social, a whole-family affair and not at all formal," she says.

And that's when she had a flash of good ol' American ingenuity—why not entertain this way back home? "Tea is a pleasant surprise from the predictable invitations," she says, moving to cut the dense chocolate cake and fruit-crowned tart into wedges. "And to let you in on a trade secret, it's easier than any other party. It's not as elaborate or as time-consuming as a luncheon or dinner, and it's not as much work as a brunch or cocktails."

"Besides," Stephen says, "we can get away with it because I'm English."

All kidding aside, as Cynthia outlines her party plan, you begin to see the logic. Just about everything—from the sandwiches to the cake and scones—can be readied early in the morning. Even the table can be decorated and set in advance. The only last-minute details include making the tea (for pointers, see the box), garnishing the serving dishes (for that purpose, "bouquets" of watercress and parsley sprigs in jars of water fill her refrigerator) and, best of all, enjoying her guests. "It's such a nice, relaxing way to spend time with people. And isn't that the point of entertaining?" she asks.

But Cynthia's not allowed to wax poetic for long. Stephen has organized yet another diversion on the sun porch—a round of Balderdash, in which the object is to invent a phony definition for a real word and convince the others it's legitimate. Sounds of the game in full tilt—"blatteroon," "ca-noodle," "zori," punctuated by groans

and triumphant giggles—drift toward Cynthia. She picks up her cup and a tray of scones to provision the players. "Best of all," she adds, "it's a movable feast." And one that has obviously helped brew a new crowd of tea lovers.

AN AFTERNOON TEA FOR 12

.....
Earl Grey Tea
Cucumber Sandwiches
Cream Cheese and Chive Sandwiches
Smoked Salmon Sandwiches
Egg, Chopped Tomato and Arugula Sandwiches
Crumpets
Currant Scones
Cynthia's Devonshire Cream
Black Currant Jam
Orange Marmalade
Bowls of Fresh Raspberries, Strawberries and/or Blueberries
Chocolate Decadence Cake
Fresh Fruit Tart

CUCUMBER SANDWICHES

Makes about 36

- 2 cucumbers, peeled, sliced paper thin**
- 1 teaspoon white wine vinegar**
- Salt**
- Unsalted butter, room temperature**
- 24 slices whole wheat bread, crusts trimmed**
- 2 tablespoons minced green onion**
- Freshly ground white pepper**
- 1 cucumber (unpeeled), sliced paper thin, quartered**
- Fresh dill sprigs**

Arrange cucumber slices on plate. Sprinkle vinegar and salt over. Let mixture stand for 30 minutes.

Drain cucumbers and pat dry. Lightly butter one side of each bread slice. Overlap cucumbers in 2 layers atop 12 bread slices. Sprinkle green onion over. Season with pepper. Top each with slice of buttered bread, buttered side down. Cut sandwiches into rounds using 1½-inch round cookie cutter.

(Can be prepared 6 hours ahead. Cover sandwiches with slightly damp kitchen towel and refrigerate.) Garnish each sandwich with 3 quartered cucumber slices and dill sprigs before serving.

CREAM CHEESE AND CHIVE SANDWICHES

Makes 48

- 1 8-ounce package cream cheese, room temperature**
- 2 teaspoons whipping cream**
- 1 teaspoon prepared horseradish**
- ¼ cup chopped fresh chives**
- Unsalted butter, room temperature**
- 24 slices whole wheat bread, crusts trimmed**
- 2 small bunches watercress, hard stems trimmed**
- Salt and freshly ground pepper**

Mash cream cheese with cream and horseradish in bowl. Mix in chives.

Lightly butter one side of each bread slice. Spread cream cheese mixture over 12 bread slices. Place watercress along edges of 12 bread slices, allowing leaves to extend ½ inch over edge. Season with salt and pepper. Top each with slice of buttered bread, buttered side down. Cut each sandwich diagonally into fourths, forming triangles. (Can be prepared 6 hours ahead. Cover cream cheese sandwiches with slightly damp kitchen towel and refrigerate.)

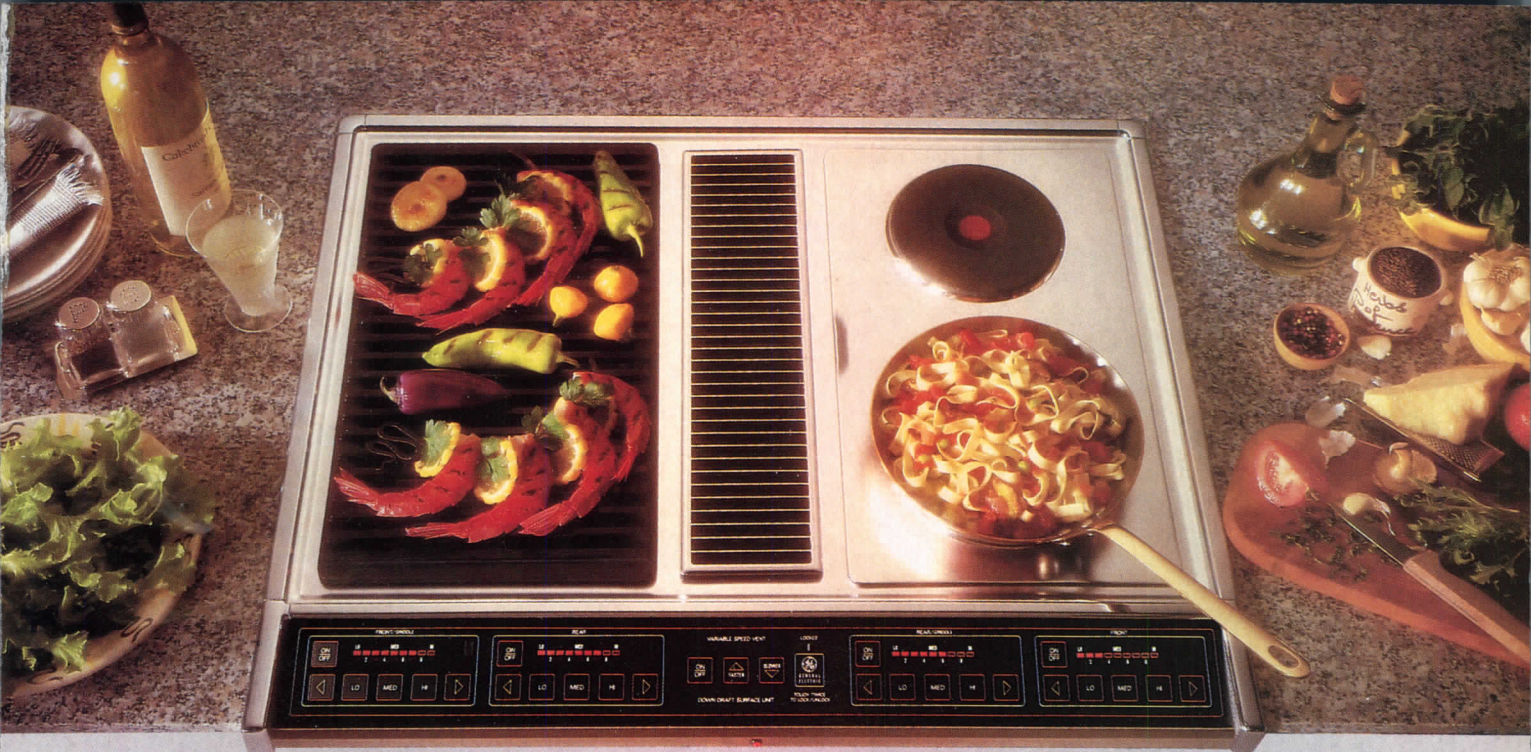
SMOKED SALMON SANDWICHES

Makes about 24

- 6 ounces thinly sliced smoked salmon**
- ½ lemon**
- Unsalted butter, room temperature**
- 12 slices white or rye bread, crusts trimmed**
- Chopped fresh dill**
- 1 tablespoon grated lemon peel**
- Capers**

Arrange salmon slices on plate. Squeeze juice from lemon over fish.

Lightly butter one side of each bread slice. Arrange salmon over 6 bread slices. Sprinkle chopped dill and lemon peel over. Top each with slice of buttered bread, buttered side down. Cut sandwiches into fish shapes using fish-shaped cookie cutter. (Can be prepared 6 hours ahead. Cover sandwiches



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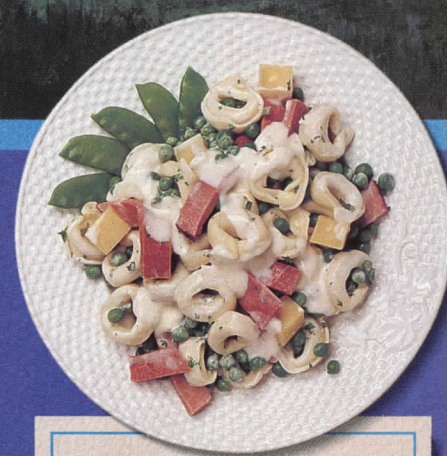
HIDDEN VALLEY RANCH PARTY PINWHEELS

2 (8 oz.) pkg. cream cheese,
softened
1 pkg. Hidden Valley Ranch®
Milk Recipe Original Ranch®
Salad Dressing Mix
2 green onions, minced
4 (12-inch) flour tortillas
½ cup diced red pepper
½ cup diced celery
1 can sliced black olives, drained
Mix first 3 ingredients. Spread on
tortillas. Sprinkle on remaining
ingredients. Then, roll and wrap
tightly. Chill 2 hours. Cut off roll
ends. Cut rolls into 1-inch slices.
Makes 3 dozen.



HIDDEN VALLEY RANCH CHICKEN BREASTS

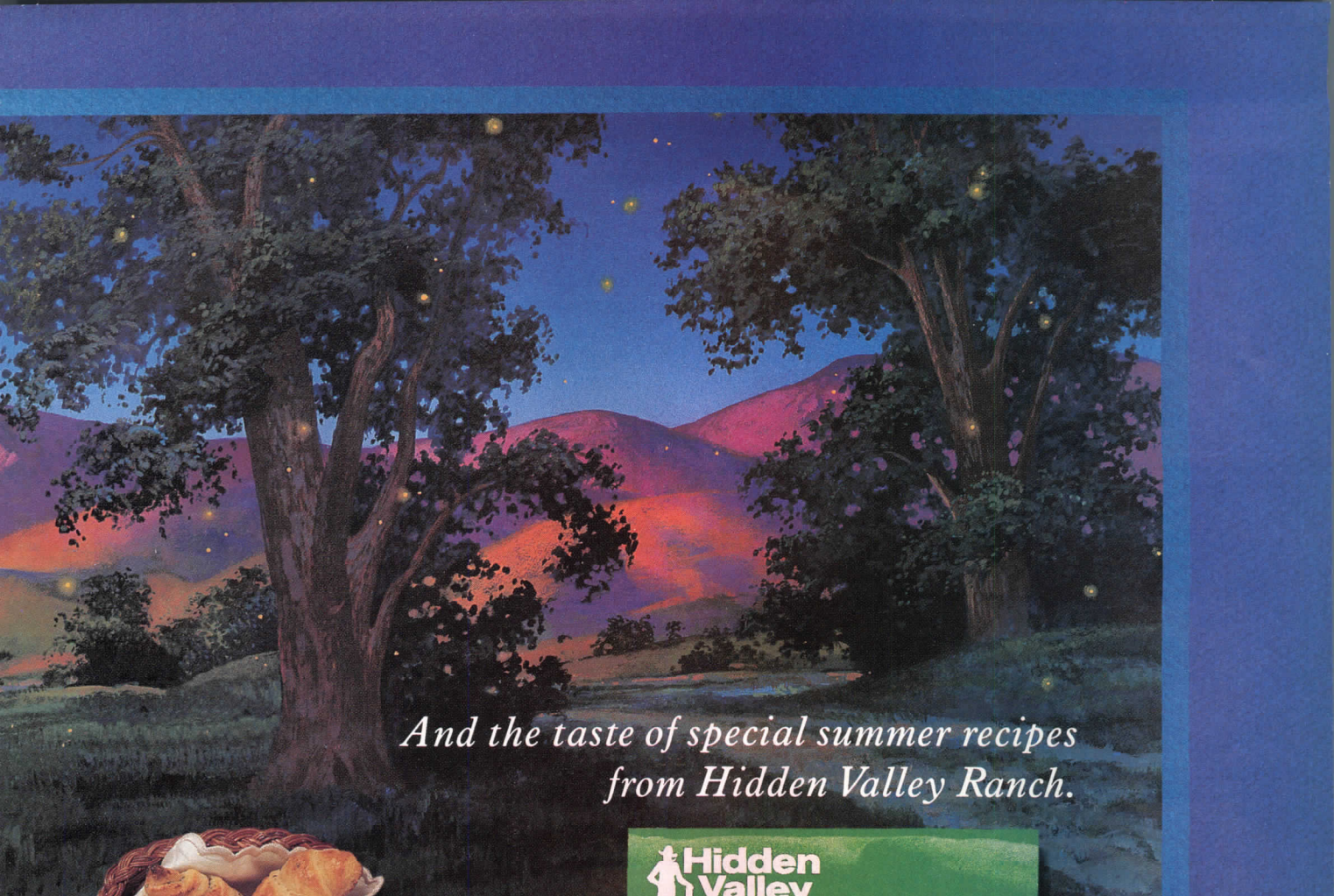
2 ½ cups pineapple juice
2 pkg. Hidden Valley Ranch®
Milk Recipe Original Ranch®
Salad Dressing Mix
4 chicken breast halves (1 lb.)
2 teaspoons cornstarch
2 tablespoons water
Whisk juice and dressing mix
together. Marinate breasts in
½ juice mixture for 2-24 hours.
Bake at 350°F for 45-50 minutes.
Combine cornstarch, water and
remaining juice mixture in
saucepan. Heat to thicken. Brush
chicken with sauce. Serves 4.



HIDDEN VALLEY RANCH TORTELLINI SALAD

9 ounces cheese tortellini,
cooked and cooled
1 cup julienned ham
¾ cup frozen baby peas, thawed
½ cup Swiss cheese cubes
2 tablespoons minced
green onions
1 tablespoon minced parsley
2 cups prepared Hidden Valley
Ranch® Milk Recipe Original
Ranch® Salad Dressing

Toss all ingredients together in a
bowl. Chill until ready to serve.
Serves 4-6.



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HIDDEN VALLEY RANCH CRESCENT ROLLS

1 tube (8 oz.) refrigerated
crescent roll dough
1 pkg. Hidden Valley Ranch®
Milk Recipe Original Ranch®
Salad Dressing Mix
1 egg yolk
1 teaspoon water

Separate dough. Cut in half
lengthwise to make 16 crescents.
Beat yolk with water. Brush on
dough. Sprinkle with dressing
mix. Roll up in crescent shape.
Brush with egg mixture. Bake on
greased cookie sheet in preheated
375°F oven for 11-13 minutes,
or until brown. Makes 16.



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GREAT COOK/GREAT PARTY

continued from page 98

with slightly damp kitchen towel and refrigerator.) Place caper "eye" on top of each sandwich and serve.

EGG, CHOPPED TOMATO AND ARUGULA SANDWICHES

Makes about 18

- 10 medium hard-boiled eggs, peeled
- 3 tablespoons mayonnaise
- 2 tablespoons Dijon mustard
- 2 tomatoes, peeled, seeded and chopped
- 1 small bunch arugula, chopped
- Salt and freshly ground pepper
- Unsalted butter, room temperature
- 18 white bread slices
- Whipped cream cheese
- Fresh Italian parsley leaves

Coarsely chop eggs. Place in large bowl. Add mayonnaise and mustard and stir to combine. Mix in tomatoes and arugula. Add salt and pepper.

Lightly butter one side of each bread slice. Spread generous $\frac{1}{4}$ cup filling over each of 9 bread slices. Top each with slice of buttered bread, buttered side down. Cut into hearts using heart-shaped cookie cutter. (Can be prepared 6 hours ahead. Cover with slightly damp kitchen towel and refrigerate.)

Spoon cream cheese into small pastry bag fitted with small star tip. Pipe star of cream cheese onto center of each sandwich. Garnish with parsley.

CURRANT SCONES

Offer the Devonshire cream here, with assorted jams for the scones and crumpets. Crumpets can be purchased in the refrigerator section of some supermarkets. They're also available by mail from Wolferman's, P.O. Box 15913, Lenexa, KS 66215; (800) 999-1910.

Makes about 24

- 3 cups self-rising flour
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup firmly packed light brown sugar
- $\frac{1}{2}$ cup dried currants
- $\frac{1}{2}$ cup (1 stick) chilled unsalted butter, cut into pieces
- 1 cup (about) whipping cream

Preheat oven to 400°F. Butter 2

heavy large cookie sheets. Sift flour into bowl. Mix in both sugars and currants. Add butter and rub in with fingertips until mixture resembles coarse meal. Stir in enough cream to form soft, slightly sticky dough. Turn dough out onto lightly floured surface and knead until just combined. Gather dough into ball; flatten into disk. Roll out to thickness of $\frac{3}{4}$ inch. Cut out rounds using 2-inch round cookie cutter. Gather scraps and reroll on floured surface. Cut out additional rounds.

Transfer rounds to prepared sheets, spacing evenly. (Can be prepared 4 hours ahead. Cover and refrigerate.) Bake scones until puffed and golden brown, about 12 minutes. Cool on rack. (Can be prepared 6 hours ahead. Store airtight. Wrap in foil and reheat in 350°F oven before serving.)

CYNTHIA'S DEVONSHIRE CREAM

Serve the sweetened sour cream with scones and big bowls of berries.

Makes about 2 cups

- 2 cups sour cream
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla extract

Mix all ingredients in bowl. (Can be prepared 2 days ahead; refrigerate.)

CHOCOLATE DECADENCE CAKE (Cover Recipe)

12 servings

- 6 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped

- 2 ounces unsweetened chocolate, chopped
- $\frac{1}{2}$ cup freshly brewed espresso coffee
- 1 cup (2 sticks) unsalted butter
- 1 tablespoon vanilla extract
- 6 large eggs, separated, room temperature
- 1 cup firmly packed dark brown sugar
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup sifted all purpose flour
- Powdered sugar

Position rack in center of oven and preheat to 350°F. Butter 10-inch-diameter springform pan with 2-inch-high sides. Melt both chocolates with coffee and butter in heavy medium saucepan over medium-low heat, stirring until smooth. Pour into large bowl. Cool. Mix in vanilla extract.

Using electric mixer, beat yolks with both sugars in medium bowl until slowly dissolving ribbon forms when beaters are lifted. Fold yolk mixture into chocolate mixture. Fold in flour.

Using electric mixer fitted with clean, dry beaters, beat whites in another large bowl until almost stiff. Fold $\frac{1}{4}$ of whites into chocolate mixture to lighten. Gently fold in remaining whites. Gently pour batter into prepared pan. Bake until toothpick inserted in center comes out with moist crumbs still attached, about 45 minutes. Transfer to rack and cool (cake will fall). (Can be prepared 1 day ahead. Cover cake in pan with plastic wrap and let stand at room temperature.)

Run small knife around cake pan

continued on page 152

BREWING THE PERFECT POT

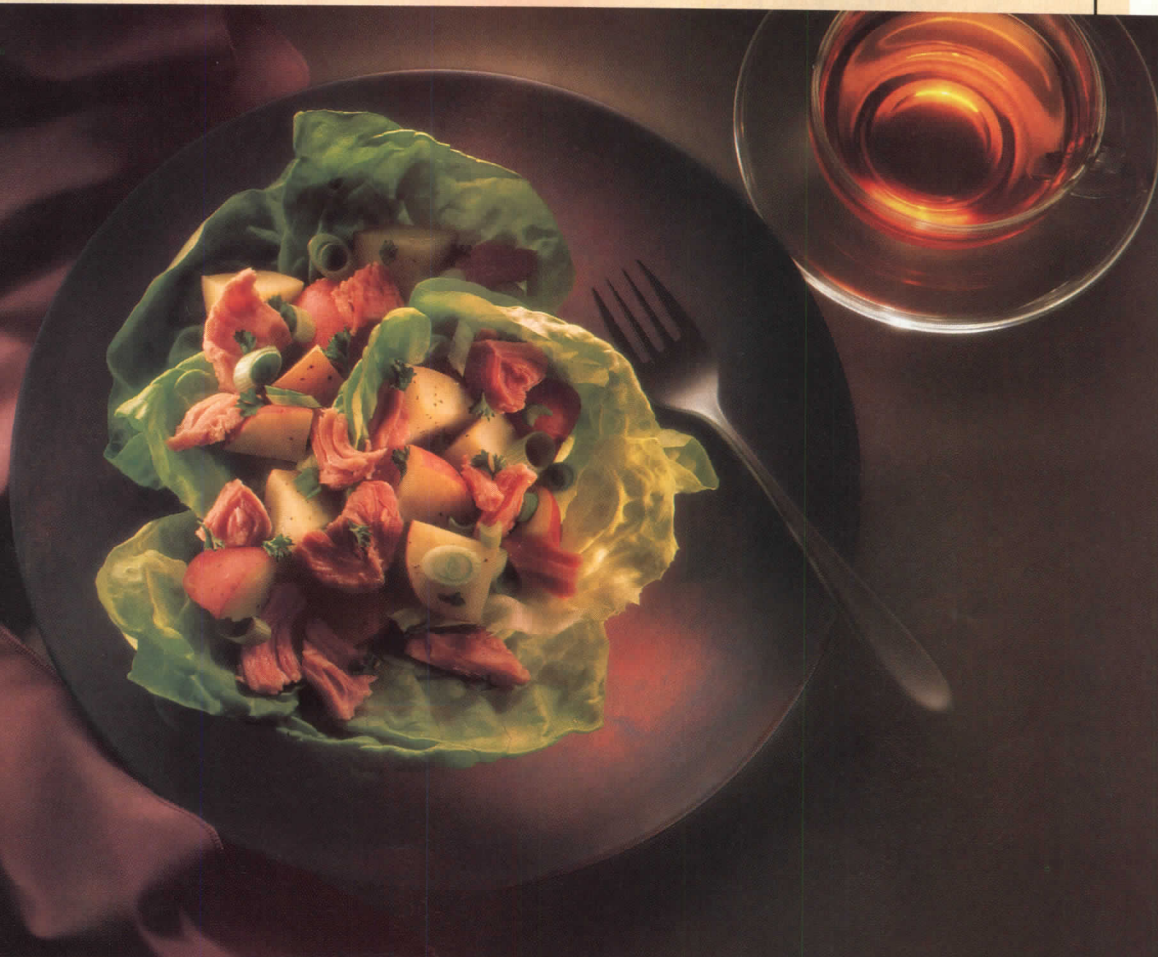
Tea answers to twin masters when it comes to taste: good-quality leaves is one; proper brewing is the other. Here are Cynthia's tips for success.

- Start with a warmed teapot. Boiling water cools too quickly when it is poured into an unwarmed pot, causing the tea to lose its "bloom." Swirl very hot water around in the pot for about a minute. Discard the water.
- Add the tea leaves. Use about one teaspoon per person and one more teaspoon for the pot.
- Pour the water over the tea leaves.

Use water that is not quite boiling. Boiling water muddies the brew.

- Steep tea for three to six minutes. Do this even if you prefer weaker tea. If desired, you can dilute the finished brew with hot water. This will retain the rich, full flavor.
- Stir the tea just before serving to distribute the leaves around the pot. Pour through a strainer into cups.

Hormel helps you create a labor of love
without the labor.



It seems to be an inescapable rule of cooking that the more elegant the meal, the more time is spent in the preparation. Fortunately, this truism does have a loophole. In fact, it has four: Hormel Chunk Ham, Chicken, Turkey, and Salmon. Using these extraordinary cooking tools, you can make meals that are perfectly simple, yet simply perfect.



Warm Potato Salad With Ham

4 cups cubed, scrubbed red potatoes
3/4 cup water
1/4 cup finely chopped onion
1 tsp. Dijon-style mustard
1/8 tsp. black pepper

3 tsp. cider vinegar
One 6-3/4 ounce can Hormel
Chunk Ham
2 tbsp. chopped parsley

Mix first five ingredients together in a saucepan. Cover and heat to a boil. Simmer 15 minutes. Meanwhile, drain ham, saving broth. Break ham into chunks. Stir ham broth and vinegar into potatoes. Continue simmering, uncovered, 10 minutes. Remove from heat and stir in ham chunks and parsley. Cover; let stand 10 minutes. (For creamy salad, stir in 1/2 cup sour cream with ham.)



Crème Brûlée Napoleon with Fresh Strawberries

Napoleons are right up there with eclairs when it comes to the classics of French pastry. Leave it to Michel Richard—the creative force behind Los Angeles's popular Citrus restaurant—to take the napoleon and make it new again. How? By layering crisp phyllo with a creamy custard and berries and serving it all in a pool of strawberry sauce.



B O N A P P E T I T C O O K I N G C L A S S



1



2

1 For the custard, cream, milk and vanilla beans steep 30 minutes. The vanilla beans are removed and the seeds scraped with a small sharp knife back into the cream mixture. A custard is made with the cream mixture, yolks and sugar. It is baked, cooled and refrigerated.

2 To prepare the phyllo, one sheet of pastry is brushed with melted butter and sprinkled with a nut mixture. The process is repeated to form a stack of four phyllo layers.



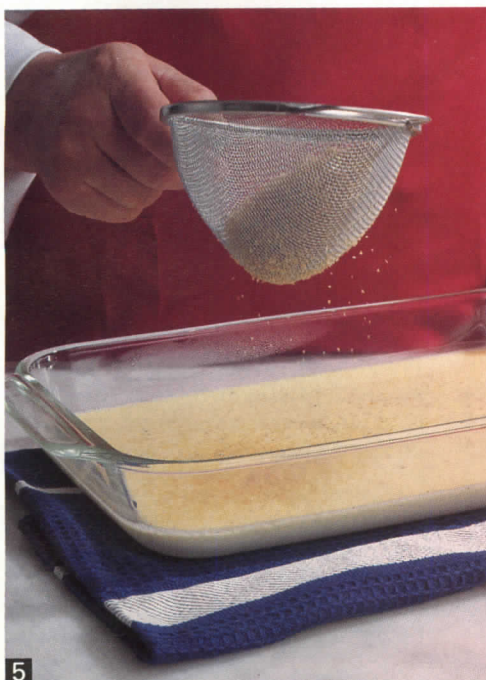
3



4

3 Chef Michel Richard gently presses down on the stacked phyllo sheets to make sure they adhere.

4 Next, the phyllo is cut into 3½-inch squares; they are transferred to parchment-lined cookie sheets. Squares are brushed with more butter and sprinkled with granulated sugar before being baked until golden brown. Finally, powdered sugar is sifted over the squares, which are then broiled until the sugar turns golden brown.



5



6

5 Brown sugar is sifted over the chilled custard, which is broiled until the sugar melts and bubbles. Next, the custard—now called crème brûlée—is refrigerated for one hour.

6 Six pastry squares are transferred to parchment-lined cookie sheets. The crème brûlée is cut into three-inch squares. One crème brûlée square is placed atop each pastry.

B O N A P P E T I T C O O K I N G C L A S S

7 Sliced strawberries are placed atop the layered pastry and crème brûlée. The layering is repeated.

8 The desserts are transferred to plates. Strawberry sauce is spooned around each. Crème fraîche is dropped onto the sauce by $\frac{1}{4}$ teaspoonfuls.

9 The tip of a knife is run through the crème fraîche rounds to create fanciful hearts that link in a circle.



CREME BRULEE NAPOLEON WITH FRESH STRAWBERRIES

A delightful modern twist on the traditional napoleon: Layers of rich custard alternate with layers of crisp phyllo and sliced berries, surrounded by a strawberry sauce swirled with crème fraîche.

6 servings

Custard

- 3 cups whipping cream**
- $\frac{3}{4}$ cup milk (do not use lowfat or nonfat)**
- 2 vanilla beans, split lengthwise**
- 14 large egg yolks**
- $\frac{3}{4}$ cup sugar**

Bring cream, milk and vanilla beans to boil in heavy large saucepan. Remove from heat. Cover with lid and let mixture steep for 30 minutes.

Preheat oven to 300°F. Remove vanilla beans; scrape seeds from vanilla beans into cream mixture. Whisk yolks and sugar in large bowl to blend. Gradually whisk in cream mixture. Strain.

Divide custard evenly between two 11 $\frac{3}{4}$ x7 $\frac{1}{2}$ -inch glass baking dishes. Place each dish in large baking pan. Add enough hot water to pans to come halfway up sides of dishes. Bake until knife inserted in center of custards comes out clean, about 1 hour. Cool. Cover and chill until firm, about 4 hours. (Can be prepared 2 days ahead.)

Strawberry Sauce

Makes about 2 cups

- 2 10-ounce packages frozen sweetened strawberries, thawed**

Puree berries in blender or proces-

sor. Strain through sieve set over bowl to remove seeds. Cover and refrigerate until well chilled, about 1 hour. (Can be prepared 2 days ahead.)

Pastry

- $\frac{1}{2}$ cup plus 2 tablespoons sugar**
- $\frac{1}{2}$ cup ground toasted almonds (about 2 $\frac{1}{4}$ ounces)**
- 8 sheets frozen phyllo dough, thawed**
- $\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) unsalted butter, melted**
- $\frac{1}{4}$ cup powdered sugar**

Preheat oven to 350°F. Line 3 large cookie sheets with parchment. Mix $\frac{1}{2}$ cup sugar and almonds in small bowl. Place 1 phyllo sheet on work surface (keep remainder covered with kitchen towel). Generously brush phyllo with butter. Sprinkle with 2 tablespoons nut mixture. Top with second phyllo sheet. Gently press down on phyllo so layers adhere. Generously brush phyllo with butter. Sprinkle with 2 tablespoons nut mixture. Top with third phyllo sheet. Gently press down on pastry. Generously brush phyllo with butter. Sprinkle with 2 tablespoons nut mixture. Top with fourth phyllo sheet. Gently press down on phyllo. Trim and cut stacked phyllo into nine 3 $\frac{1}{2}$ -inch squares. Place squares on prepared cookie sheets, spacing evenly.

Repeat layering and cutting with remaining phyllo, butter and nut mixture. Brush top of pastry squares with melted butter. Sprinkle remaining 2 tablespoons sugar over. Bake until light brown, about 7 minutes.

Preheat broiler. Lightly sift pow-

dered sugar over pastry squares. Broil until golden brown, watching carefully, about 20 seconds. Cool pastry on parchment. (Can be made 6 hours ahead; store airtight between sheets of parchment at room temperature.)

Assembly

½ cup firmly packed golden brown sugar

2 1-pint baskets strawberries, hulled and thinly sliced

Crème Fraîche* or sour cream, room temperature

Preheat broiler. Sieve sugar over custards, pressing through strainer with back of spoon if necessary. Broil at least 6 inches from heat source until sugar melts and begins to bubble, about 1 minute. Refrigerate 1 hour.

Run small sharp knife around sides of custards to loosen. Cut each crème brûlée into six 3-inch squares; reserve remainder for another use.

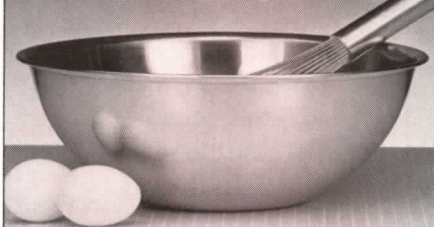
Line heavy large cookie sheet with parchment. Place 6 pastry squares on prepared sheet, spacing evenly. Top each with 1 crème brûlée square using metal spatula as aid. Arrange some strawberries in single layer over each. Top each with pastry square. Top with another crème brûlée square. Arrange strawberries in single layer over each. Place 1 pastry square atop each.

Transfer desserts to large plates. Spoon sauce around each. Stir crème fraîche until smooth and slightly runny. Spoon ¼ teaspoon onto sauce on one plate, forming small round. Repeat 11 more times, forming 12 crème fraîche rounds, spaced evenly around napoleon. Run tip of knife through center of each crème fraîche round to create hearts that link in a circle. Repeat with remaining desserts.

*Available at specialty foods stores and some supermarkets. □



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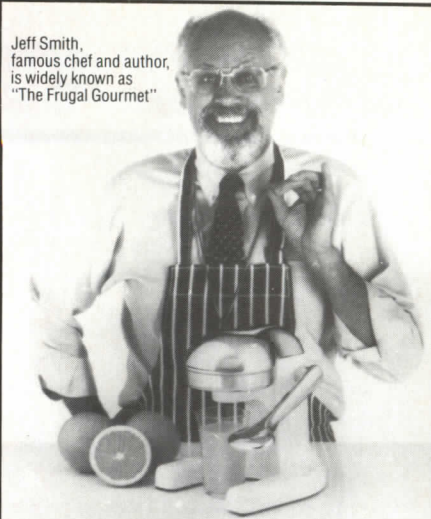
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WITH A VIEW

Karen Keatinge's kitchen was small. And dark. And cluttered. It wasn't the kind of kitchen she wanted. She longed for a room that was streamlined and subtle, practical and peaceful. One that would complement the lovely architecture of her circa-1905 home in Berkeley.

So she enlisted the help of architect Heidi Richardson. Their idea was to remove the wall between the kitchen and an adjoining porch. The porch was turned into a sun-room with windows all around. Since Karen had always wanted to take advantage of her view of San Francisco Bay, a deck was built off the sun-room. Even though the kitchen has only one window, the area is flooded with natural light.

As for the kitchen itself, every inch of space was

used to the fullest. Counters and upper and lower cabinets wrap around almost the entire U of the galley. Lights were installed overhead and beneath the upper cabinets to keep the room extra bright.

Karen insisted on clean and uniform lines of design. The mostly white look certainly helps, as does the

matching Gaggenau oven and dishwasher. The knobs on the custom cabinets look similar to the Gaggenau hardware.

After all that work, Karen Keatinge's kitchen is still small. But now it's bright, and it's simple. Better doesn't have to be big. □

—By Tricia Callas





ABOVE: Karen Keatinge's small kitchen benefits from a long stretch of white Corian countertop and plenty of custom cabinets. Gaggenau gas cooktop and electric oven are at far end. Kroin sink and faucet are near window; Gaggenau dishwasher is below. Across is Amana

refrigerator. Lightolier track lighting is above. **OPPOSITE TOP:** Kitchen leads into bright sun-room with oak floor. Table was built by project contractor David Baty. **OPPOSITE BOTTOM:** Sun-room opens onto cozy deck with view of the Berkeley hills and San Francisco Bay.



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SHAKERS with STYLE

Salt and pepper sets for every table

BY JONNA VEITCH CARLS



1. Meridional salt and pepper set from Lucy Zahran.
2. Alessi set available at Tesoro.
3. Silver-plate salt and pepper set by Michael Feinberg.
4. Oval gold-plated set by Dutch Pro.
5. Lucy Zahran's Prestige saltshaker and pepper mill.
6. Pyramid salt and pepper set from Tesoro.
7. Dutch Pro's Domino set.
8. Tesoro's metal salt and pepper set.
9. Sterling shakers from Foster-Ingersoll.
10. Black set from Tesoro.
- 11 and 12. Crystal set, silver set from Foster-Ingersoll.
- 13 and 14. Saltshaker, pepper mill and silver-plate birds by Michael Feinberg.
15. Christofle set from Lucy Zahran.
16. Foster-Ingersoll's salt and pepper set.
- 17 and 18. Crystal set, sterling set of four by Cartier from Lucy Zahran.
- Italian chess set from The LS Collection.

For sources and prices see page 153.

CHICAGO SMART CHARLIE TROTTER'S

When Charlie Trotter graduated from the University of Wisconsin in Madison, he didn't know what to do—not an uncommon predicament for a young man with a degree in political science. Naturally, he decided to go into the food business.

"I never had an intense desire to be a chef," he says. "But during college, when I took a year off and worked as a waiter, I remember watching the flames leap up from behind the kitchen line and thinking something very mysterious was going on. I was fascinated that someone could transform food from the raw to the cooked state."

That someone was soon to be Charlie. He got a junior-level job at Sinclair's (owned by Gordon Sinclair of Chicago's Gordon restau-

continued on page 114



ABOVE: Understated elegance defines the downstairs dining room. **OPPOSITE:** Chef-owner Charlie Trotter takes a break at the small bar and "wine library" in the reception area.



CHARLIE TROTTER'S

*Roulade of Salmon with
Roasted Garlic*

*Stuffed Beef Tenderloin
with Balsamic Vinegar Sauce*

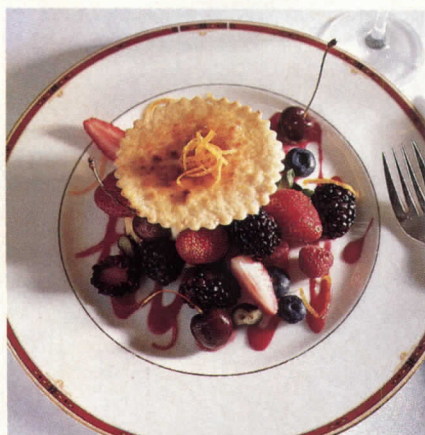
*Shiitake Mushroom and
Potato Galette*

*Lemon Sablés with Berries
and Strawberry Sauce*

Charlie Trotter



ABOVE: A view of the upstairs dining room from the bar. BELOW: One of Trotter's exquisite desserts. OPPOSITE: Pretty plates of the salmon roulade and stuffed beef tenderloin.



rant) in Lake Forest, Illinois. In the kitchen, everyone was talking about a culinary revolution going on in Northern California. Charlie, determined to be a part of it, moved to San Francisco.

There he attended the California Culinary Academy while he apprenticed in several hotel kitchens. "I really appreciated the school. For the first time, I was exposed to the basics of classical cuisine," he says. "But after six months, I realized I was learning more from working than from being in the classroom. So I quit."

He also got a new job—in the restaurant at the Campton Place Hotel. "It was great to work with Bradley Ogden, who was the chef at the time," he says. "The whole crew was excited, exhilarated, energized. We were totally committed. I lived in an apartment with no furniture. I spent every penny on cookbooks, ingredients and eating out. I must have gone to the cafe at Chez Panisse at least once a week."

He eventually went back to work for Gordon at Sinclair's American Grill in Jupiter, Florida. There he hooked up with Norman Van Aken (now at

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CHARLIE TROTTER'S

continued from page 114

Louie's Backyard in Key West), who would become his mentor and friend.

"My time in Florida was very productive—very experimental," Charlie says. "Norman let me do whatever I wanted. I turned everything on the spice rack and in the produce bin into a new pasta dish. I put every possible ingredient into a smoker."

Then he went to Europe to visit a college friend, Lisa, the woman who would become his wife. "She was studying law at the Sorbonne, so I used Paris as my base," he says. "Then I ate my way through Europe. Everything had such a huge impact on me. I was very influenced by Joël Robuchon [of Jamin in Paris], Roger Vergé [of Le Moulin de Mougins in the south of France], Fredy Girardet [of Girardet in Crissier, Switzerland] and Raymond Blanc [of Le Manoir aux Quat' Saisons in Great Milton near Oxford]."

By the time Lisa and Charlie returned to Chicago, they felt ready to open their own place. After they found a location in the Lincoln Park-De Paul area on Chicago's north side, it took almost a year to transform it into the restaurant they envisioned, simply named "Charlie Trotter's." In the interim, Charlie catered private dinner parties, refining his recipes and building a faithful clientele.

"By the time we opened, hundreds of people were familiar with us," Charlie says. "We were lucky. We took off immediately. I turned away business in the beginning to give us a chance to get our act together. Three months went by before I let us hit capacity."

Now they do 80 to 90 dinners on a weeknight and 110 on the weekend—with 12 people working in the kitchen. "We need that many," Charlie says, "because we do one plate at a time. Presentation is very important here."

But to Charlie food is much more than just another pretty plate. "We make everything from scratch," he says. "We don't use frozen, processed or canned foods. And we've cut way, way back on our use of cream and butter—except in desserts. I use reductions and infused oils instead."

How does Charlie define his cuisine? "I call it Americanized Modern French," he says. "Americanized because I'm American, as is our crew and our clientele, and French because I'm

devoted to French cuisine. It's the only one that can encompass all the others and still keep its identity."

Charlie figures he'll be cooking his highly personal cuisine in his exquisite eatery for a while. "This is my first and last restaurant," he says. "It's a huge responsibility and a philosophical challenge—and I take it seriously. I'm inspired by these French guys who have had the same restaurant for years and just keep working on making it better."

Charlie is also committed to working on making this world a better place. "So many chefs care about whether their vegetables are organic and their chickens are free range. But they don't care about where their plastic and bottles end up." Charlie has started a recycling program and is trying to get other chefs involved. "We have to take responsibility," he says emphatically.

The world definitely needs a few more chefs like Charlie Trotter.

ROULADE OF SALMON WITH ROASTED GARLIC

An elegant appetizer of rolled salmon pieces, served with a nice roasted garlic and bell pepper garnish.

6 first-course servings

- 1 medium red bell pepper
- 1 medium yellow bell pepper

- 18 large garlic cloves (unpeeled)
- 3 tablespoons olive oil

Nonstick vegetable oil spray

- 1 12-ounce center-cut salmon fillet
- 2¼ teaspoons minced shallots
- 3½ teaspoons olive oil
- 3½ teaspoons balsamic vinegar*
- Salt and freshly ground pepper

- 2 yellow or red tomatoes, peeled, seeded, diced

- 6 Niçoise olives, pitted, quartered
- Additional olive oil
- Additional balsamic vinegar
- Fresh dill sprigs
- Fresh minced chives

Char bell peppers over gas flame or in broiler until blackened on all sides. Wrap in paper bag and let stand 10 minutes to steam. Peel and seed. Rinse if necessary; pat dry. Cut into ¼-inch-thick strips. (Can be prepared 1 day ahead. Wrap in plastic and refrigerate.)

Preheat oven to 375°F. Place garlic cloves in single layer in heavy small casserole. Drizzle 3 tablespoons olive oil

over. Bake until garlic is golden brown and soft, about 20 minutes. Cool to room temperature. Peel. (Can be prepared 6 hours ahead. Cover and let stand at room temperature.)

Preheat oven to 500°F. Lightly spray small cookie sheet with nonstick spray. Using tweezers, remove all bones from salmon. Cut across grain into eighteen ⅛-inch-thick slices. Sprinkle salmon with shallots, 3½ teaspoons olive oil, 3½ teaspoons balsamic vinegar, salt and pepper. Starting at short end, roll up each piece into tight coil. Place roulades, coil side down, on prepared sheet. Bake salmon until just cooked through, about 3 minutes.

Place 3 roulades and 3 roasted garlic cloves on each plate. Surround salmon and garlic with roasted pepper strips, diced tomatoes and olive quarters. Drizzle salmon and vegetables generously with olive oil and balsamic vinegar. Garnish with fresh dill sprigs and minced chives. Serve immediately.

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

STUFFED BEEF TENDERLOIN WITH BALSAMIC VINEGAR SAUCE

This rich, roasted-pepper-stuffed tenderloin is presented with wedges of the mushroom and potato galette that follows.

6 servings

Sauce

- 3 pounds meaty veal bones
- 1 tablespoon vegetable oil
- 2 celery stalks, chopped
- 1 carrot, chopped
- 1 onion, chopped
- 1 garlic head, halved
- 2 bacon slices, chopped
- 2 cups dry red wine
- 2 cups balsamic vinegar*
- 6 cups chicken stock or canned low-salt broth
- Salt and freshly ground pepper

Beef

- 1 red bell pepper
- 1 2-pound center-cut beef tenderloin piece
- 3 tablespoons olive paste (olivada)**
- 6 anchovy fillets
- 24 asparagus spears, tips only (optional)
- Potato and Shiitake Mushroom Galette (see recipe)

recipe continued on page 118

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CHARLIE TROTTER'S

continued from page 116

For sauce: Preheat oven to 400°F. Place bones in baking pan. Roast until well browned, about 1 hour.

Heat oil in heavy large stockpot over medium-high heat. Add celery, carrot, onion, garlic and bacon and sauté until light brown, about 15 minutes. Add roasted bones and wine. Bring to boil, scraping up any browned bits. Boil until reduced to glaze, about 15 minutes. Add vinegar and boil until reduced to ½ cup, about 15 minutes. Add stock and simmer until liquid is reduced to 2 cups, about 1½ hours. Strain sauce and degrease. Season to taste with salt and pepper. *(Can be prepared 1 day ahead. Cover and refrigerate.)*

For beef: Char bell pepper over gas flame or in broiler until blackened on all sides. Wrap in paper bag and let stand 10 minutes. Peel and seed. Rinse if necessary; pat dry and cut julienne.

Cut beef lengthwise down center, cutting ⅔ of the way through. Open beef flat as for book, cut side up. Using meat mallet, pound to thickness of 1½

inches. Spread with olive paste. Arrange alternating rows of roasted pepper strips and anchovies atop olive paste. Fold long sides of tenderloin in to meet at center. Tie with string, pulling sides in to form cylinder. *(Can be prepared 6 hours ahead. Wrap tightly and refrigerate. Bring to room temperature before continuing.)*

Preheat oven to 500°F. Roast beef until thermometer inserted in center registers 125°F for medium-rare, about 40 minutes. Let rest 10 minutes.

Meanwhile, rewarm sauce over medium heat, stirring frequently. Blanch asparagus tips in boiling salted water until crisp-tender. Drain.

Slice tenderloin into 12 pieces. Place galette wedge in center of each plate. Top with tenderloin slices. Surround with sauce and blanched asparagus tips and serve immediately.

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

***An olive spread available at Italian markets and specialty foods stores. If unavailable, pureed pitted brine-cured black olives can be substituted.*

SHIITAKE MUSHROOM AND POTATO GALETTE

Excellent either with the beef tenderloin or a simple roast chicken.

6 servings

2 tablespoons (¼ stick) unsalted butter

¾ pound fresh shiitake mushrooms, stemmed and sliced

⅓ cup freshly grated Parmesan cheese

1 tablespoon chopped fresh basil or 1 teaspoon dried, crumbled

**2 large russet potatoes, peeled, very thinly sliced crosswise
Salt and freshly ground pepper**

Preheat oven to 350°F. Line cookie sheet with buttered foil. Melt 2 tablespoons butter in heavy large skillet over medium heat. Add mushrooms and sauté until tender, about 10 minutes. Add Parmesan and basil.

Arrange half of potato slices in solid 9-inch round on buttered foil, overlapping slices. Cover with mushroom mixture, pressing as flat as possible. Season

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with salt and pepper. Top with another layer of potato slices. Cover with buttered foil and another cookie sheet. Place brick atop cookie sheet. Bake until potatoes are tender, about 1 hour 10 minutes. Cool, leaving brick and cookie sheet in place. (Can be made 2 hours ahead. Store at room temperature.)

Preheat broiler. Remove brick, top cookie sheet and top piece of foil. Broil galette until crisp and brown, about 2 minutes per side. Cut into 6 wedges.

LEMON SABLES WITH BERRIES AND STRAWBERRY SAUCE

Sweet cookies sandwich a tart lemon curd and mixed berries in this very pretty and delicious spring dessert.

6 servings

Lemon Curd

- 5 large eggs
- 5 large egg yolks
- 1½ cups sugar
- 1 cup plus 2 tablespoons fresh lemon juice
- ½ cup (1 stick) unsalted butter, cut into pieces
- ¼ cup grated lemon peel

Cookies

- ¾ cup (1½ sticks) unsalted butter, room temperature
- ½ cup plus 1 tablespoon sugar
- 2 tablespoons beaten egg
- 1½ cups all purpose flour

Additional sugar

Strawberry Sauce (see recipe)

- 1½ cups sliced strawberries
- 1½ cups raspberries

For curd: Whisk eggs, egg yolks and sugar in heavy medium saucepan. Gradually whisk in lemon juice, butter and lemon peel. Stir over medium heat until butter melts and mixture thickens to yogurt consistency, about 7 minutes; do not boil. Strain into bowl. Press plastic wrap onto top to prevent skin from forming. Refrigerate until well chilled, about 4 hours. (Can be prepared up to 2 days ahead.)

For cookies: Cream butter and ½ cup plus 1 tablespoon sugar in large bowl until fluffy. Beat in egg. Gradually beat in flour. Gather dough into ball and flatten into disk. Wrap and refrigerate 2 hours. (Can be prepared 1 day ahead.)

Preheat oven to 350°F. Let dough stand at room temperature about 30

minutes to soften. Roll out on lightly floured surface to thickness of ⅛ inch. Using cookie cutter, cut out 2½-inch-diameter rounds. Transfer rounds to ungreased cookie sheets. Sprinkle rounds lightly with sugar. Bake until golden brown, about 12 minutes. Transfer to rack and cool completely. (Can be prepared 1 day ahead. Store in airtight container at room temperature.)

Drizzle Strawberry Sauce in zigzag pattern on 6 plates. Place 1 cookie atop sauce on each plate. Spoon ½ cup lemon curd atop each cookie. Spoon ¼ cup strawberries and ¼ cup raspberries atop curd. Place an additional cookie atop berries and serve. (Save remaining curd and cookies for another use.)

STRAWBERRY SAUCE

Makes about 1 cup

- 1 10-ounce package frozen strawberries in syrup, thawed

Puree strawberries in processor or blender. Strain to remove seeds. Refrigerate until well chilled, about 1 hour. (Can be prepared 1 day ahead; cover.) □

—By Karen Kaplan

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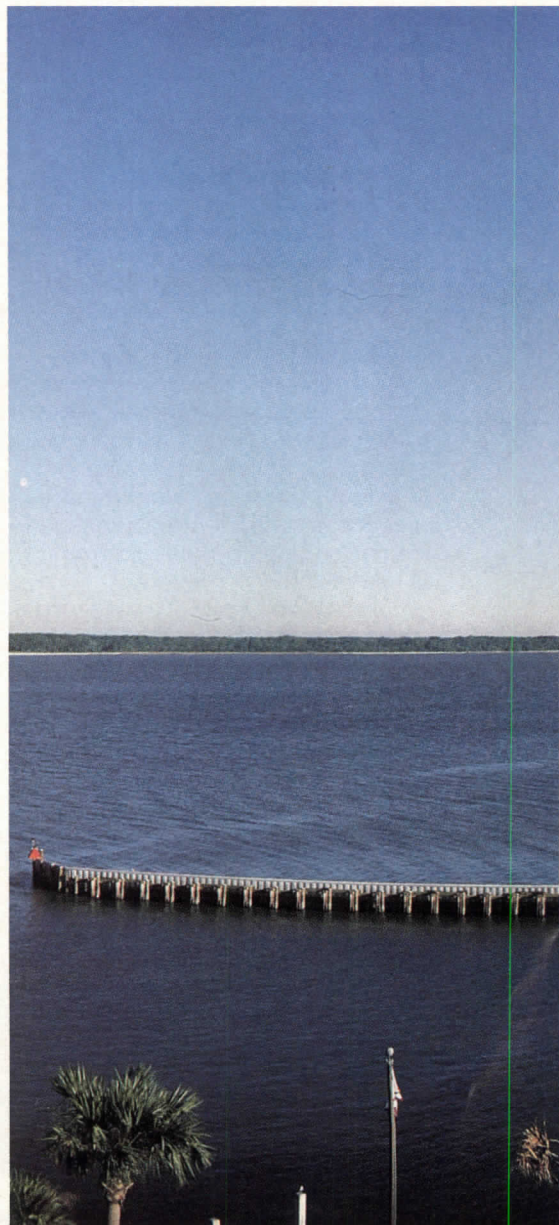
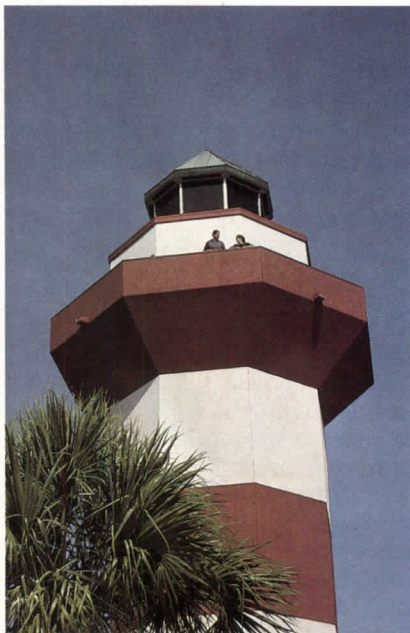
Island Resorts

See the sights, play some golf, taste some of the best seafood around—and relax. Hilton Head and Kiawah have it all.

BY SHIRLEY SLATER

Sometimes it helps to see a once-familiar place through someone else's eyes before going back to assess its changes. In the case of Hilton Head Island, my own long-ago memories of its sleepy predevelopment days were updated several years ago by the novelist John Jakes (*North and South*) as we fell into friendly conversation during a cruise through a set of very different islands in the South Pacific.

My memories were of flying into one or another of the Sea Islands—a barrier island chain in the Atlantic, off the coasts of South Carolina, Georgia and Florida—on a Saturday whim, landing a tandem two-seater Piper J-3 on the packed sand and going picnicking, swimming or exploring, all the while keeping a wary eye out for alligators.





From sports to ports, southern serenity reigns supreme on these islands. **LEFT:** Two locals cast a line to catch some fish. **BELOW:** Just outside Harbour Town, a stretch of cool blue ocean enhances the view. **OPPOSITE TOP AND BOTTOM:** Hilton Head's landmark lighthouse keeps quiet watch over the Sea Pines Plantation coastline, while on the golf course, a foursome tries for par.





Don't leave the Westin's Barony without trying one of chef Michael Sigler's desserts (top), and don't leave Kiawah without taking an exciting Jeep safari.

We'd stay until the last possible moment, taking off just before the incoming tide splashed against the wheels.

It was difficult to reconcile those days with the contemporary Hilton Head John and Rachel Jakes described to me. "It's a blend of small-town America with a touch of the big city," John told me, "since it attracts not only cosmopolitan visitors, but also a cosmopolitan permanent population."

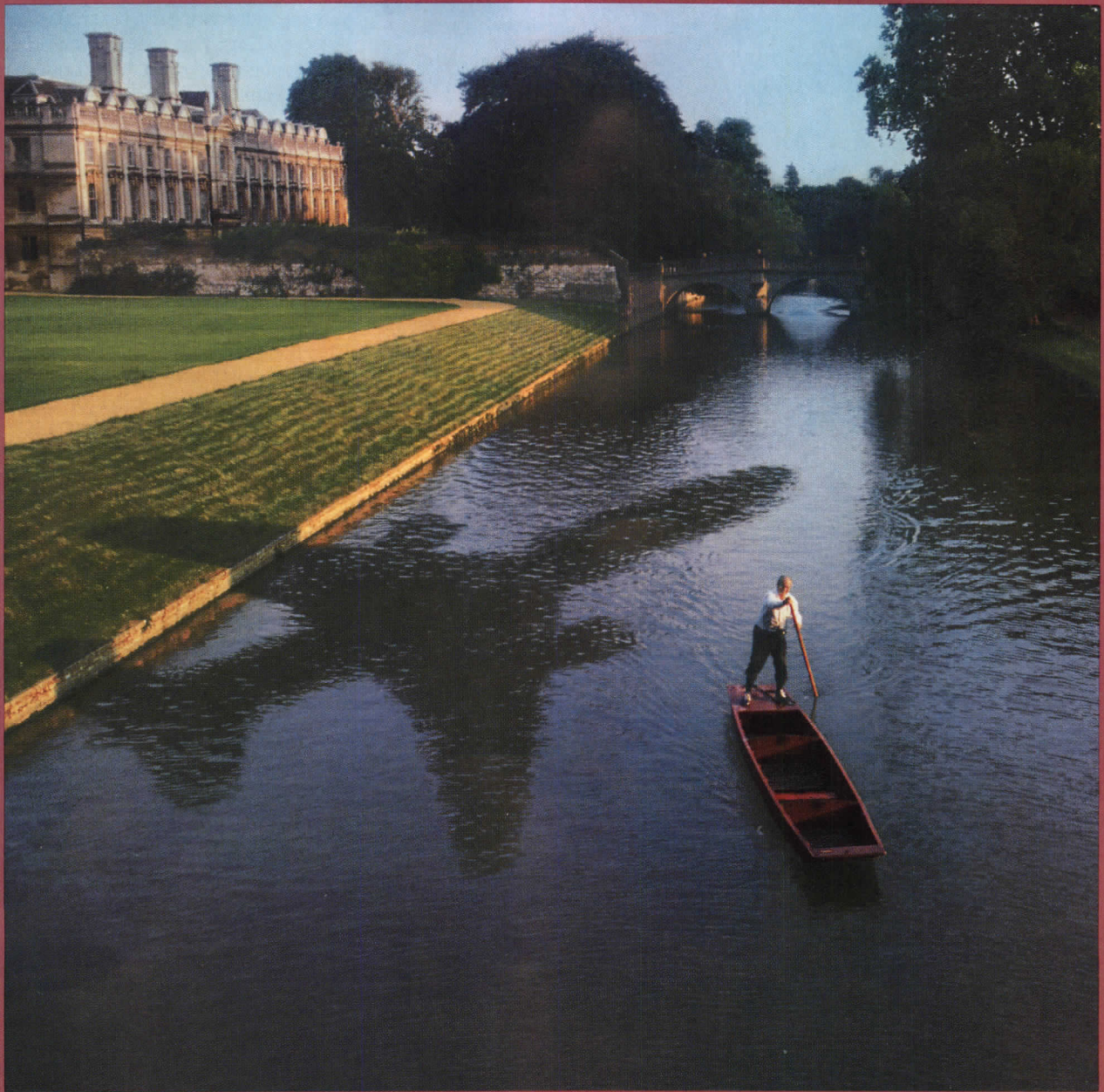
THE WAY WE WERE

In the old days, before the mid-1950s when the bridge from Hilton Head to the mainland was built, some of the islands were uninhabited, others sparsely settled by Gullah families, descendants of the slaves who once worked rich plantations of rice, long-staple Sea Island cotton and indigo. They were called Gullah (perhaps a corruption of "Angola") from the language that they spoke, a lilting, tongue-twisting combination of West African tribal dialects and archaic English.

Little by little the plantations were gone with the wind or washed away by storms or devoured by ravenous armies of boll weevils. By the 1920s, the Gullah communities got by on subsistence farming, hunting, fishing and oystering. Sometimes a boat to the mainland would be dispatched, carrying baskets



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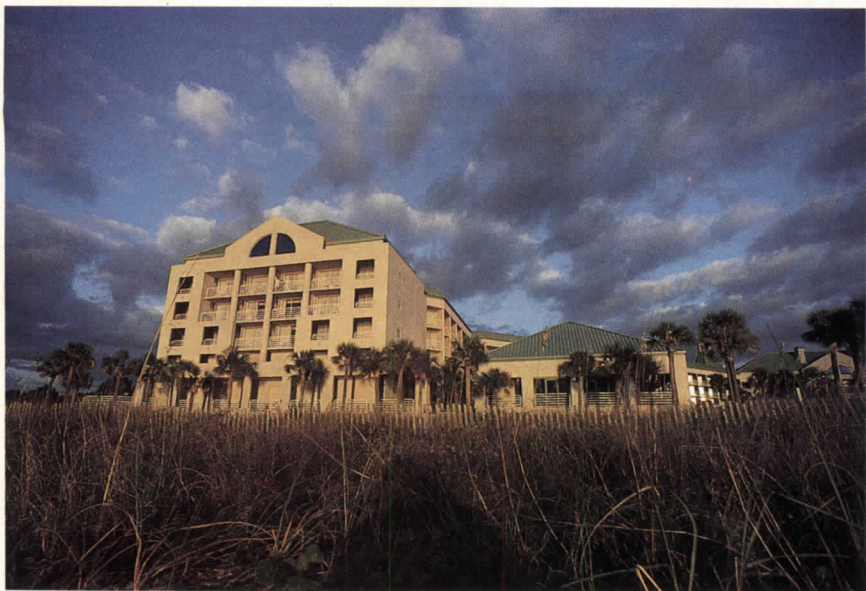


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This vacation spot has everything—from the elegant spectacle of The Westin Resort (above) to the down-home charm of a roadside fruit stand.

SOUTH CAROLINA RESORTS

continued from page 122

handwoven from sweet grass, or with fish, crab or oysters, all for sale.

Pieces of land were sold off first as hunting preserves, then for timber and cattle grazing. Populations dwindled; young people had been moving away to the mainland since the 1920s.

ENTER THE RESORTS

Then, a little more than a decade after the end of World War II, the plantations came back, this time not as antebellum white-columned mansions with rows of moss-draped live oaks and fields of cotton, but as updated versions of the twentieth-century good life—resort developments with championship golf courses and tennis courts, marinas and miles of bicycle paths and broad sandy beaches.

The first was Charles Fraser's Sea Pines Plantation on Hilton Head, developed concurrently with the bridge and the first of what are now 24 golf courses—the largest concentration anywhere in the country—and more than three hundred tennis courts.





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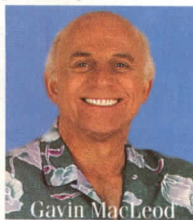
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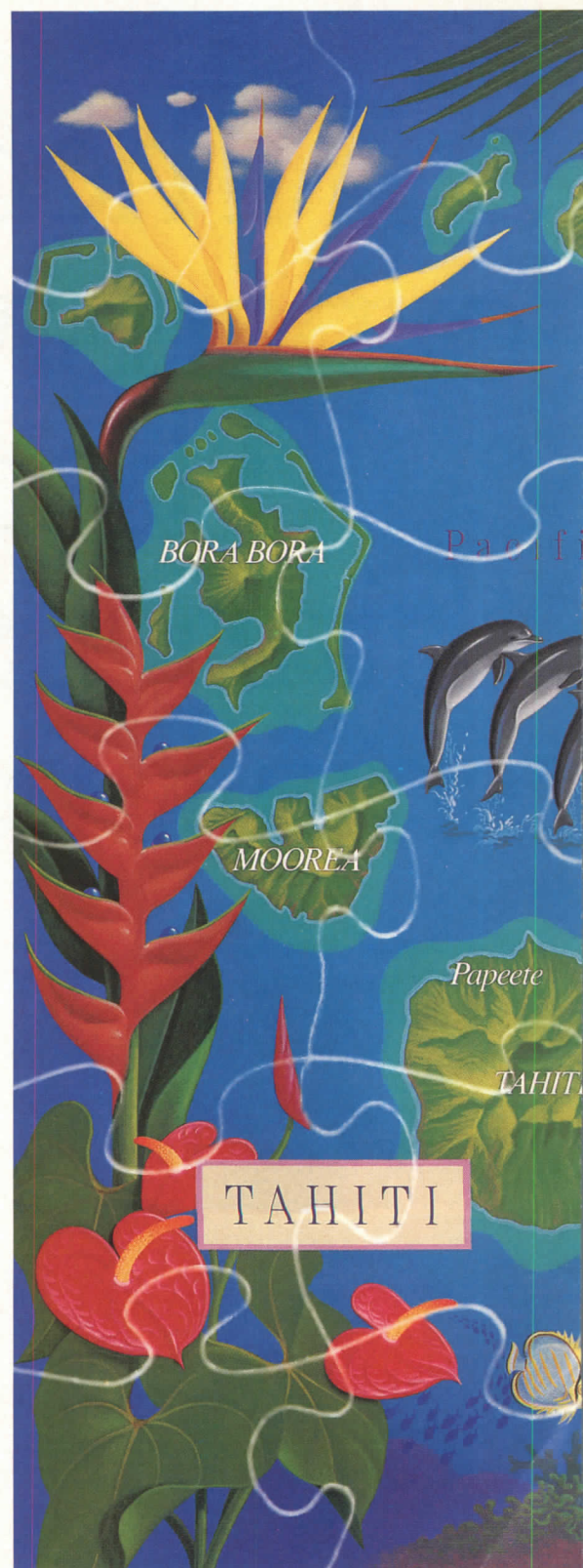
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S C R U I S E S[®]

SOUTH CAROLINA RESORTS

continued from page 124

The alligators, however, never left.

A century ago, in *The Marshes of Glynn*, poet Sidney Lanier described "the forms that swim and the shapes that creep/Under the waters of sleep." I always suspected he was thinking about alligators. Those primitive survivors of the Ice Age seem to be happiest these days sunning themselves beside golf course water hazards. Perhaps golf balls remind them of eggs, a delicacy they particularly savor. Or maybe the sight of grown men arguing about whether a "gator lie" (when the ball lands too close to a gator to be retrieved) means a penalty stroke tickles something in those little brains.

Today, neatly lettered signs posted here and there around the island warn that "the feeding or provoking of alligators is against the law."

SENTIMENTAL JOURNEY

I had no intention of feeding an alligator, either by accident or design, when I recently landed again on Hilton Head, this time on a commuter flight.

I had come back to the Low Country to feed myself, caught up in tantalizing memories of some of the world's best seafood: shrimp and crab fresh from the water; she-crab soup pink with delicate crab roe; soft-shell crabs and hot oysters roasted in the shell, and then splashed with lemon and Tabasco.

From the air, much of the island looked the way I remembered, with muddy fingers of creeks and rivulets poking into the rich green marshlands—"meshed with a million veins" was the way Lanier described it. But there were also neat communities of houses and squiggly sand traps puncturing velvet green fairways like missing pieces from a jigsaw puzzle.

GHOSTS OF THE PAST

It was a soft wet morning, the kind of a day that sends muttering golfers indoors to the bars and calls up the old ghosts of other times—of Edgar Allan Poe and his tale of Sullivan's Island in "The Gold-Bug"; of the Catfish Row inhabitants from *Porgy and Bess* going over to "Kittiwah" (Kiawah) for a picnic; of Aaron Burr hiding out on St. Simons after killing Alexander Hamil-

ton in a duel; of Blackbeard and his gold, which may be buried somewhere on almost any of these islands.

As our plane came to a halt near the tiny terminal, a woman hospitably handed an umbrella to each of us as we stepped onto the tarmac. Watching the rain drip from the gray-green Spanish moss in the oak trees, I suddenly remembered the old Gullah custom of putting a bit of that moss in the heel of your shoe to keep the devil from falling in step and walking along with you. Believe me, I was tempted.

Instead, I put my bags in a rental car and set out with a map of the 42-square-mile island, which is shaped like a running shoe, with Sea Pines Plantation on the ball of the foot and across the toes; Shipyard Plantation and Palmetto Dunes Resort across the instep; Spanish Wells, Wexford Plantation and Long Cove Club at the shoelaces; Port Royal Plantation on the heel; and Hilton Head Plantation at the ankle and Achilles tendon. Each plantation has its own entrance gate. In the case of Sea Pines, nonresidents pay three dollars for a day pass, even those on their way into Harbour Town to shop.

Over near the heel of the shoe, about

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where a Gullah would have tucked the good-luck sprig of Spanish moss, I found the newest and prettiest of the island's hotels, The Westin Resort, Hilton Head, the former Inter-Continental. Its peaked gables are topped with an unmistakable splash of "haint blue," the shade guaranteed to keep restless ghosts away. "Haint" is the local colloquialism for "haunt," or ghost, but skeptics say the name comes from the local description of the color: "It haint blue and it haint green."

A GRACEFUL, GRACIOUS PLACE

The handsome building combines traditional Low Country architecture with the grace of a classic old seaside resort hotel. Copper green roof panels, colonnades and porticos, gazebos and splashing fountains crowned with bronze egrets draw you in. The low-rise horseshoe-shaped building faces the gently rolling Atlantic surf and a broad beach of sugary white sand where you can often find keyhole urchins, more commonly called sand dollars. Above the sea, a glass-enclosed indoor pool is adjacent to a large fitness center, and

two outdoor pools on two levels are flanked by lounging areas.

Inside there are reminders of the gracious old homes of Savannah and Charleston, with oak floors, American antiques, Oriental rugs, dust ruffles and Duncan Phyfe. The overall look is elegant without being stuffy.

At lunchtime, with South Carolina shrimp on my mind, I repaired to the hotel's Carolina Cafe for pasta with shrimp in a cream and tomato sauce.

"I'm real partial to pasta," says executive chef Michael Sigler, whose idea of a perfect meal is "a grilled fish, a little pasta, a nice salad." His sons, ten-year-old Christian and seven-year-old Joshua, pitch in to help make pasta at home. "Sometimes we have it drying over every mop handle in the house."

That evening, in the hotel's posh Barony Restaurant, the rose velvet banquettes, dusty pink brick archways and lace tablecloths reminded me of Savannah parlors, but the menu reflected a new cosmopolitan air.

A dish of fresh shrimp and leek gratiné with a light saffron sauce was my own first course, followed by grilled salmon with crayfish butter and caviar. A sour cherry sorbet was served be-

tween courses in what looked like an ice-carved art deco lily or a freezer-frosted Lalique flower.

Choosing from an assortment of rich chocolate desserts, I ended up with the house special, bananas diablo. This pyrotechnic fantasy of strawberries and bananas in a crepe suzette sauce was flambéed with rum poured down the spiral of an orange peel. The whole thing was spooned over a big scoop of vanilla ice cream nestled in a crisp *tuile* and sprinkled with pistachios.

RISE AND SHINE

The next morning was sunny. The sky turned a dazzling blue and out came everyone's golf bags, tennis racquets, bicycles, bathing suits and jogging shoes. Since I was going exploring, albeit by car, a real southern breakfast seemed appropriate, so I dropped by the Carolina Cafe for fresh orange juice, sausage, eggs, grits and biscuits.

Curiously enough, although Hilton Head welcomes almost a million visitors a year, the present permanent population of 20,000 is smaller than in the 1860s, when as many as 50,000 Union troops occupied a tent boomtown,

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SOUTH CAROLINA RESORTS

continued from page 129

headquarters of the Union Army Department of the South. Today, it is the site of Port Royal Plantation. The fact that the Union Army came to occupy the largest island in the South (along the Atlantic coast, only Long Island is bigger) is still a little-known footnote to nineteenth-century American history.

On November 7, 1861, "the day of the big gun-shoot," as the locals call it, 15,000 Union troops and 51 ships severely walloped a 3,000-man Confederate force with only four gunboats, to take and hold Port Royal Sound. The main purpose of the Union Army Department of the South was to blockade the major port cities of Charleston and Savannah, which lay north and south of Port Royal Sound, and thereby to weaken the Confederacy. Both the fictional Rhett Butler and the real Sidney Lanier were blockade runners.

MORE MODERN VIEWS

Today the most distinctive Hilton Head landmark is the red and white candy-striped lighthouse by the marina in Harbour Town on the Sea Pines Plantation. At the foot of the lighthouse a round glass building houses Café Europa downstairs and, above it, Windows on Harbour Town.

Café Europa is open for late breakfasts, lunch and dinner, where meals can be as casual as a portion of "peel 'ems," fresh Low Country shrimp boiled in the shell that you peel yourself, or as elaborate as roasted South Carolina quail on a bed of sauerkraut and pâté, with green peppercorn sauce.

Windows is even more ambitious, a cool and sophisticated room with a view and classic Continental cuisine on the rich side: lobster bisque with Cognac, pastry-encased breast of pheasant with spinach, and pear in a fine Calvados cream sauce.

Near the entrance to Palmetto Dunes I found chef-owner Jeffrey Thomas's pink and pretty Panaché of Hilton Head. An airy restaurant on four different levels with a quiet and agreeable feel and plenty of space around the tables, this is the sort of place you can dine comfortably and enjoy conversation. Thomas, a graduate of the Culinary Institute of America in Hyde Park, celebrates American cuisine. Try the *plantation* salad with

Georgia peanut dressing or crab and shrimp au gratin in an eggplant boat.

Also in Palmetto Dunes is the Hyatt Regency Hilton Head, where Ernest Hemingway is remembered, like it or not, in a restaurant called Hemingway's. A bemused literary diner could begin with Papa's Seafood Stew, move on to The Old Man and the Sea "catch of the day" or a Moveable Feast lobster, then finish up with one of several coffees tagged Farewell to . . . Warms.

THE ROAD TO KIAWAH

From Hilton Head it is a couple of hours, more or less, to Kiawah Island, along an interlocking network of islands that cling to the South Carolina coast—Lady's Island, Cat Island, Gibbs Island, Parris Island, Birdfoot Island and St. Helena. On the last there is a colorful little hamlet named Frogmore, which gave its name to a local stew made from corn on the cob, shrimp in the shell, potatoes and sausages.



Along the road, lined with silky, glossy pines, vendors advertise fresh shrimp by the pound, boiled peanuts, local peaches, vine-ripened tomatoes, sweet Vidalia onions and handwoven grapevine baskets and wreaths.

At a roadside gas station and convenience store called Cap'n John's in Ashepoo, I picked up some very local take-out food—crunchy slices of fried okra, fried chicken and fried fish—then picnicked by a stand of pines and palmettos near Ravenel before driving on to Kiawah via Bohicket Road.

Much of the environmentally protected island, which was owned by the Vanderhorst family of Charleston for 180 years, is lush with pines, palmettos, oaks, hickories, sweet gums, magnolias, sea oats and myrtles. When Hurricane Hugo roared through the area last fall, the winds came in from the land-side, taking out some trees but leaving the ten-mile-long beach and sand dunes untouched. Loggerhead sea tur-

tles come up on the packed sand beach between May and September to lay their eggs, then volunteer turtle watchers carefully erect protective enclosures around the fragile eggs.

Canoe expeditions out into the marshlands or Jeep safaris to undeveloped areas of the islands offer glimpses of alligators and deer, terns and sanders, brown pelicans and great blue herons. Tucked away in one moody corner of the island is a crumbling eighteenth-century Georgian mansion where the ghost of Arnoldus Vanderhorst IV is said to roam.

INNS AND EATS

Visitors have a choice of views from the woodsy 150-room Kiawah Island Inn and 300 Kiawah Island Villas, all owned and operated by California-based Oak Tree Hotels. You can overlook the wild, windswept beach, one of three championship golf courses, the tennis courts or woodlands. I stayed in a comfortable inn room with a view of pampas grass and sand dunes.

Light meals are served at Jonah's in the Straw Market, where you can watch a resident sweet-grass basket weaver at work. There's also Sundancer's, for poolside snacks, and the pretty Indigo House, for make-your-own salads.

One evening, in the inn's wide-windowed Jasmine Porch, I dined on some of chef John Cuff's local seafood specialties, starting with bite-size pastry puffs filled with crabmeat and crayfish, then a spicy she-crab soup, followed by sautéed soft-shell crab with toasted cashew butter on a bed of pasta.

The chef told me about the Saturday night oyster roasts at Mingo Point, and his popular Sunday brunch, a dazzling spread of cold poached salmon, oysters, clams, cold spiced shrimp, stir-fry dishes, waffles made to order, roast beef, poached eggs, cheese blintzes and a dozen desserts, including two southern classics, Key lime pie and pecan pie.

The next time I know I'm going to stay through the weekend.

CRAB, SHRIMP AND CHEESE PASTRIES

A terrific baked puff pastry appetizer served at the Kiawah Island Inn & Villas.

Makes 18

1 cup spinach julienne
6 ounces crabmeat

- ½ cup grated Monterey Jack cheese
- ½ cup grated cheddar cheese
- ½ cup fine dry breadcrumbs
- ½ cup chopped, cooked, peeled, deveined shrimp
- ¼ cup fresh lemon juice
- ¼ cup minced celery
- 2 ounces cream cheese, cut into small pieces, room temperature
- 1 tablespoon minced green onions
- 1 teaspoon Old Bay Seasoning
- ½ teaspoon granulated garlic
- ½ teaspoon hot pepper sauce (such as Tabasco)
- Dash of Worcestershire sauce
- Salt and freshly ground white pepper
- 1½ 17½-ounce packages frozen puff pastry (3 sheets), thawed
- 3 large egg whites, room temperature
- 1 egg beaten with ¼ cup half and half (glaze)

Mix first 14 ingredients in large bowl. Season with salt and pepper. (Filling can be prepared 1 day ahead. Cover and refrigerate.)

Preheat oven to 350°F. Roll 1 pastry sheet out on lightly floured surface to thickness of ⅛ inch. Cut and trim into six 4-inch squares. Repeat with remaining 2 pastry sheets.

Using electric mixer, beat egg whites in large bowl until stiff but not dry. Fold into filling. Spoon 3 tablespoons filling onto center of each pastry square. Fold each diagonally in half; pinch edges to seal, forming triangles. Transfer to ungreased baking sheets, spacing apart. Brush tops with glaze. Bake until golden brown, 25 minutes. Serve hot.

LOW COUNTRY OYSTER, SCALLOP AND LEEK CASSEROLE

A great seafood main course from The Westin Resort, Hilton Head.

6 servings

- 2 tablespoons rendered bacon fat or butter
- 4 leeks (white part only), cut julienne
- 4 carrots, peeled and cut julienne
- 1 cup dry white wine
- 1 cup water
- 2 bay leaves
- 2 whole cloves
- 1 teaspoon whole black peppercorns
- ¼ teaspoon fennel seeds
- 2 cups shucked oysters with juices

- 8 ounces bay scallops
- 1½ tablespoons butter, room temperature
- 2 tablespoons all purpose flour
- 1 cup whipping cream
- 1 cup yellow cornmeal
- 1 cup dry breadcrumbs
- 2 tablespoons Old Bay Seasoning
- 3 tablespoons melted butter

Melt bacon fat in heavy large skillet over medium heat. Add leeks and carrots and cook until softened, stirring occasionally, 5 minutes. Transfer vegetables to 10x6x3-inch casserole dish.

Simmer wine and next 5 ingredients in heavy large saucepan 10 minutes. Add oysters with juices and scallops and cook until barely opaque, about 2 minutes. Transfer oysters and scallops to paper towels using slotted spoon. Simmer poaching liquid until reduced to 1 cup, about 10 minutes. Strain into heavy medium saucepan.

Add oysters and scallops to baking dish with vegetables. Mix 1½ tablespoons butter with flour in small bowl. Add cream to oyster poaching liquid and bring to simmer. Whisk in butter-flour mixture. Bring to boil, whisking constantly. Reduce heat and simmer until liquid is reduced to 1½ cups, whisking frequently, about 15 minutes. Pour over seafood and vegetables. (Can be prepared 4 hours ahead. Cover and refrigerate. Let stand 30 minutes at room temperature before baking.)

Preheat oven to 400°F. Mix cornmeal, breadcrumbs and Old Bay in small bowl. Mix in melted butter. Sprinkle over seafood and vegetables. Bake until top is crisp and brown, about 20 minutes. Serve warm. □

West Coast-based travel writer Shirley Slater grew up in the Carolinas and returns to the area—for food and fun—whenever she can find the time.



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RA. Street, South Walpole, Massachusetts. "The recipes that I enjoy most are the ones that have a story behind them. There are plenty of family favorites in my collection—dishes that have been passed down through the generations. They bring back wonderful memories from my childhood. It's a real kick to see my children devour the same dishes that I loved so much when I was young. Of course there are plenty of my own creations in my files, or recipes that my wife and I have modified over the years to suit our family's taste. It's nice to think that they could become heritage recipes, one day telling their own stories. As you can see, breakfast is a big meal in our household. It's always been my favorite one because it's at the only time of day when everyone is together. Besides, the best breakfast dishes are usually the easiest ones of all!"

SCOTTISH OAT SCONES

This recipe comes from R.A.'s grandmother who grew up in Glasgow. They're delicious served warm with butter, preserves or honey.

Makes 12

1½ cups all purpose flour



Rum-raisin French toast makes a special—and fast—breakfast.

1¼ cups old-fashioned oatmeal
¼ cup sugar
1 tablespoon baking powder
1 teaspoon cream of tartar
½ teaspoon salt
¾ cup unsalted butter, melted
½ cup milk
1 egg, beaten to blend
½ cup raisins

Preheat oven to 450°F. Grease cookie sheet. Combine first 6 ingredients in large bowl. Mix together butter, milk and egg in another bowl. Add to dry ingredients and stir until just moistened. Mix in raisins. Shape dough into ball. Place on lightly floured work surface. Pat out to form ¾-inch-thick circle. Using sharp knife, cut into 12 wedges. Transfer to prepared cookie sheet. Bake until light brown, about 12 minutes. Cool slightly on rack. (Can be prepared 1 day ahead. Cool completely. Store in airtight container.)

PUFFED APPLE PANCAKES

Makes 4

4 tablespoons (½ stick) unsalted butter, melted
4 large eggs, beaten to blend
¾ cup milk (do not use lowfat or nonfat)
¾ cup all purpose flour
1 Golden Delicious apple, peeled, cored, thinly sliced
¼ cup firmly packed dark brown sugar
2 tablespoons lemon juice
Maple syrup

Preheat oven to 425°F. Place four 1-cup ramekins or custard cups on cookie sheet. Pour 1 tablespoon butter into each ramekin. Combine eggs, milk and flour and stir until just blended. Divide batter among ramekins. Toss apple slices with sugar and lemon juice until coated. Arrange apple slices in spoke pattern over batter. Bake until pancakes are puffed and golden, 15 minutes. Serve with syrup.

RUM RAISIN FRENCH TOAST

French toast is R.A.'s favorite breakfast, and rum raisin is his favorite ice cream flavor. This delicious dish was a natural invention. His kids love it too.

4 servings

¾ cup rum raisin ice cream, melted
3 eggs, beaten to blend
½ cup ground walnuts
1 tablespoon amber rum
¼ teaspoon cinnamon
8 slices raisin bread
4 tablespoons butter
Maple syrup
Additional rum raisin ice cream

Combine melted ice cream with next 4 ingredients in large shallow pan. Dip raisin bread into ice cream-egg mixture and let soak 1 minute per side.

Melt 2 tablespoons butter in heavy large skillet over medium heat. Place 4 bread slices in skillet and cook until brown, about 2 minutes per side. Repeat with remaining butter and bread. Serve immediately with maple syrup and additional ice cream.

BACON AND POTATO PIE

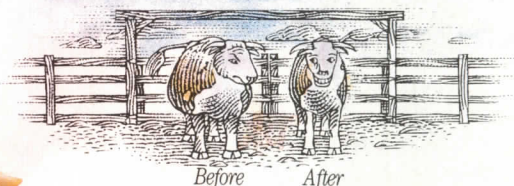
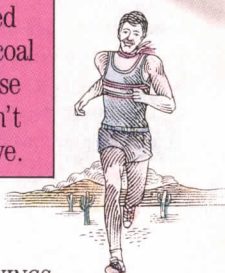
6 to 8 servings

1 pound bacon, chopped
1 onion, chopped
8 large eggs, beaten to blend
1 pound russet potatoes, peeled and grated
2¾ cups grated sharp cheddar
½ teaspoon pepper

Preheat oven to 350°F. Grease 9x13-inch glass baking dish. Cook bacon and onion in heavy large

What's The Skinny On Beef?

Well, that's just it. The latest word on fat is less. Less at the ranch and less in the meat market. Which is remarkably good news for everyone who thought all they had to look forward to was poached blowfish. So start the charcoal or light the broiler. Because now, eating skinny doesn't mean you have to starve.



MEANWHILE BACK AT THE RANCH.

We haven't exactly been staring at the sagebrush while the rest of the world ran to aerobics class. Leaner breeding, skinnier feeding and closer trimming are making things definitely okay at the corral.



MODERATION IN ALL THINGS.

Beef, chicken or fish, the suggested serving size is 3-ounces, cooked. Raw, just think of a quarter pound of lean beef per person. Then think teriyaki, fajitas, kabobs, satays....

OF CALORIES AND CRAVINGS

A lean, trimmed 3-ounce serving of beef averages just 200 calories. Some cuts have even fewer. Just check out the "Skinniest Six" below.

SKINNY BEEF SALAD.

For a salad you won't wish was something else, toss in a few strips of tender sirloin along with the green stuff. P.S. It also works with leftovers.



Figures are for 3-ounce servings, cooked and trimmed.*
© 1988 Beef Industry Council and Beef Board



ROUND TIP
6.4 gms total fat*
(2.3 gms sat. fat)
162 calories



TOP LOIN
7.6 gms total fat*
(3.0 gms sat. fat)
172 calories



TOP ROUND
5.3 gms total fat*
(1.8 gms sat. fat)
162 calories

Beef.

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Source: U.S.D.A. Handbook No. 8-13



EYE OF ROUND
5.5 gms total fat*
(2.1 gms sat. fat)
155 calories



TENDERLOIN
7.9 gms total fat*
(3.1 gms sat. fat)
174 calories



SIRLOIN
7.4 gms total fat*
(3.0 gms sat. fat)
177 calories

TOO BUSY TO COOK?

skillet over medium heat until bacon is crisp and onion is translucent, stirring frequently, about 8 minutes. Transfer to paper towels using slotted spoon. Drain well. Combine eggs with next 3 ingredients. Mix in bacon mixture. Pour into prepared baking dish, spreading mixture evenly. Bake until center is set, about 45 minutes. Cut into squares and serve.

CHEESE AND SAUSAGE BREAKFAST CASSEROLE

8 to 10 servings

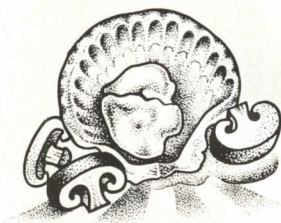
- 8 white bread slices, cut into cubes
- 1 pound bulk pork sausage, crumbled and cooked
- 1½ cups grated sharp cheddar
- 10 large eggs
- 2 cups milk (do not use lowfat or nonfat)
- 2 teaspoons dry mustard
- 1 teaspoon salt
- Pepper

Grease 9x13-inch glass baking dish. Place bread in prepared dish. Top with sausage and cheese. Beat together eggs and next 3 ingredients. Season with pepper. Pour over sausage mixture. (Can be prepared 1 day ahead. Chill.)

Preheat oven to 350°F. Bake casserole until puffed and center is set, about 50 minutes. Cut into squares.

Connie Barbara Schaeffer, San Leandro, California. "I credit my mother for my cooking skills and my ability to organize an efficient kitchen. She worked full-time and still prepared wonderful well-balanced dinners every night—without depending

on convenience foods. One of the most important things she taught me was how to make standard recipes, like sauces and stews. On the weekends, I would help her do large casserole dishes like lasagne and manicotti to freeze for during the week. She also taught me to cook by taste and sight, so I'm not afraid to experiment with a recipe. Often I substitute ingredients with something similar that I have on hand, which saves me a trip to the supermarket. I wish I had the time for the extra effort, because I do love to cook—but these days the time is just not there."



FETTUCCINE WITH RED CLAM SAUCE

2 to 4 servings

- 3 tablespoons olive oil
- 5 garlic cloves, minced
- 1½ tablespoons tomato paste
- 1 8-ounce bottle clam juice
- 2 6½-ounce cans chopped clams, drained, ½ cup juice reserved
- 2 tablespoons chopped fresh parsley
- Pinch of dried red pepper flakes
- Salt and pepper
- 8 ounces fettuccine, freshly cooked

Heat oil in heavy medium skillet over medium heat. Add garlic and sauté until golden brown, about 1 minute. Add tomato paste and stir 1 minute. Add clam juice, reserved ½ cup

juice from clams and parsley and simmer until slightly thickened, about 15 minutes. Add clams and red pepper flakes and heat through. Season with salt and pepper. Pour sauce over fettuccine. Toss thoroughly and serve.

GARLIC-OREGANO VINAIGRETTE

Makes 1½ cups

- ½ cup olive oil
- ½ cup vegetable oil
- ½ cup white wine vinegar
- 5 garlic cloves, minced
- 1½ teaspoons dried oregano, crumbled
- 1 teaspoon salt
- ½ teaspoon dry mustard
- Pepper

Combine all ingredients in jar. Shake well. (Can be prepared 1 week ahead. Bring dressing to room temperature before using.)

THREE-CHEESE MANICOTTI

This is the perfect do-ahead party dish because it all can be made in advance and popped into the oven just before the guests arrive. You will have extra crepes—just keep them in the freezer for another occasion.

6 servings

Crepes

- 1 to 1½ cups water
- 1 cup all purpose flour
- 2 eggs
- ⅛ teaspoon salt
- Vegetable oil

Filling

- 1 pound ricotta cheese
- 1 cup grated mozzarella
- ½ cup grated Romano
- 1 egg
- 2 tablespoons chopped fresh parsley

Salt and pepper

1½ cups prepared spaghetti sauce

For crepes: Whisk 1 cup water, flour, eggs and salt in medium bowl until well blended (batter should be thin). Add additional water if necessary. Heat heavy small skillet over low heat. Brush pan lightly with oil. Stir batter and ladle 3 to 4 tablespoons into corner of pan, tilting so batter just coats bottom. Cook crepe until bottom is set (do not brown), about 1 minute. Loosen edges with knife. Turn crepe and cook until second side is set (do not brown), about 5 minutes. Repeat with remaining batter, stirring occasionally and brushing pan with oil as necessary. (Can be prepared ahead. Layer crepes between sheets of waxed paper and cool completely. Wrap tightly and refrigerate 3 days or freeze 1 month. Bring to room temperature before using.)

For filling: Mix ricotta, ½ cup mozzarella, Romano, egg and parsley in bowl. Season mixture to taste with salt and pepper.

Pour ¾ cup spaghetti sauce into large baking pan. Spoon 3 tablespoons filling down center of crepe. Fold both sides of crepe over filling. Arrange seam side down in baking pan. Repeat with remaining filling and enough crepes to finish. Pour remaining ¾ cup sauce over. Sprinkle with remaining ½ cup mozzarella. (Can be prepared 1 day ahead. Cover and chill.)

Preheat oven to 350°F. Bake until heated through, about 30 minutes. □

—By MaryJane Bescoby

*"Can you believe how fast
we got out of the kitchen?..."*

HE: ...It's unbelievable... I mean when was the last time we finished dinner and went to an early movie? When was the last time we finished dinner and went to a late movie? When was the last time we went to a movie period?

SHE: Good point...

HE: Seriously... when was the last time you and I went to a movie after dinner?

Now, making a movie after dinner is a lot easier thanks to Non-Stick VISIONS® from Corning. An amazing line of microwaveable, non-stick cookware that gets you out of the kitchen and on to more important things faster than other cookware can.

SHE: Rented a movie or went to a movie?

HE: Went to a movie.

SHE: You and I, just the two of us?

HE: Yeah...

SHE: Alone?

HE: Yes.

SHE: Sometime in the Spring of '74, I think...

Whether you're cooking for two or ten, Non-Stick VISIONS can help. It goes right from the rangetop, to the microwave, to the table. From there you can refrigerate and even microwave again. No other non-stick lets you cook, serve, store, and reheat all in one piece. And you don't have to give up the great see-through feature. Non-Stick VISIONS still lets you see exactly what you're cooking.

HE: How did you manage that?

SHE: Getting two seats together? Easy, I asked that man...

HE: No, no... I mean how did you get us out of the house in time for an early movie?

The SilverStone® surface helps with the cleanup too. While other cookware is still being soaked, scrubbed and scoured, your single Non-Stick VISIONS pot is coming out of the dishwasher bright and sparkling. And you? You've already found two seats—together—at your neighborhood theater.

SHE: This is a serious movie. What are you smiling about?

HE: I was remembering the Spring of '74...



VISIONS
*Cookware for people
with other things to do.*



LOW-CALORIE FRUIT DESSERTS



The perfect ending to a light dinner: strawberry-rhubarb coupe.

RECIPES

Cool Strawberry-Rhubarb Coupe

Broiled Caramelized Pears
with Custard Sauce

Wine-poached Pineapple Compote

Baked Apples with
Honey and Cinnamon

When we're dieting, food seems to fall into two absolute categories: good and bad. And of all the bad foods, none are worse than desserts. Consider it. Dessert is nonessential, a luxury, eaten purely for pleasure. Not to mention that it's usually loaded down with calories, cholesterol, sugar and fat. No wonder we all feel so guilty!

But do we have to? Perhaps not. We believe it's time to rethink our attitude toward dessert, which means rethinking the matter of what we have for dessert. Because a sweet after a meal may give us the psychological edge we need to continue eating healthy.

For starters, dessert can be nothing other than fresh fruit. It's refreshing, low in calories, cholesterol and fat and full of vitamins, minerals and fiber. And in the taste department, what can compare with ripe berries, a juicy pear or a crisp apple? But then, if we were to

propose only fresh fruit, you wouldn't need us to come up with recipes, now would you? So we'd like to take things one step further by suggesting cooked fruit desserts as a delicious alternative. They give the impression of being a lot more extravagant than a piece of fresh fruit, and they're almost as healthful.

Needless to say, we just happen to have a dynamite collection of cooked fruit desserts for you. In one, strawberries and rhubarb are simmered atop the stove with lemon juice and then spiked with orange zest. In another, pears are broiled and served with a lowfat custard sauce. The third one features dried fruit and pineapple poached in a ginger- and vanilla-flavored wine syrup. And in the last dish, apples are baked with currants, spices and honey.

We admit that all these desserts have a modicum of sugar or honey in them. We certainly aren't suggesting that you increase your sugar intake, but keep in mind that sugar has but 16 calories per teaspoon, and a little can go a long way. The real enemy in desserts is fat.

So remember, you heard it here first. You can have your dessert and eat healthy too! Go on, live a little.

COOL STRAWBERRY- RHUBARB COUPE

A light and refreshing variation on the classic spring fruit combination.

170 calories per serving

4 servings

**3 cups hulled and sliced
strawberries (about 1½
1-pint baskets)**

**¼ cup plus 2 tablespoons sugar
1 tablespoon fresh lemon juice
Cold water**

**2 tablespoons cornstarch
1 cup diced rhubarb**

½ teaspoon grated orange peel

**Plain nonfat yogurt or
fromage blanc*
Fresh mint sprigs**

Place strawberries in medium bowl. Sprinkle 2 tablespoons sugar and lemon juice over; toss gently. Cover and let stand at room temperature until sugar dissolves and strawberries are juicy, about 30 minutes. Strain through sieve; reserve strawberries and juices separately. Add enough water to reserved juices to measure 1 cup.

BY RICHARD SAX
AND MARIE SIMMONS

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REAL DAIRY CALCIUM

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Combine remaining $\frac{1}{4}$ cup sugar and cornstarch in heavy medium saucepan. Gradually stir reserved juice into sugar mixture. Add rhubarb and $\frac{1}{2}$ cup strawberries. Cook over medium-low heat until mixture boils and thickens and rhubarb is tender, stirring constantly, about 10 minutes.

Transfer strawberry-rhubarb mixture to large bowl. Cool to room temperature, about 20 minutes. Fold in remaining strawberries and orange peel. Spoon into 4 wine goblets and refrigerate until well chilled, about 1 hour. (Can be prepared 8 hours ahead.)

Top coupe with spoonful of yogurt or fromage blanc. Garnish with mint.

*A soft, fresh, lowfat cheese available in the refrigerator section of many supermarkets and in specialty foods stores.

BROILED CARAMELIZED PEARS WITH CUSTARD SAUCE

Ready in minutes. The sauce is superb with berries and can be prepared ahead.

221 calories per serving

4 servings

Sauce

- 1 $\frac{1}{4}$ cups lowfat milk
- 1 $\frac{1}{2}$ x 2-inch piece orange peel
- 1 2-inch piece vanilla bean, split lengthwise
- 1 egg
- 3 tablespoons sugar

Pears

- 4 ripe pears, peeled, halved, cored
- 1 tablespoon fresh lemon juice
- 1 tablespoon sugar
- $\frac{1}{8}$ teaspoon freshly grated nutmeg
- 1 tablespoon butter, cut into 8 pieces, room temperature

For sauce: Scald milk with orange peel and vanilla bean in heavy medium saucepan. Remove from heat. Cover and let stand 30 minutes to infuse flavors. Scrape in seeds from vanilla bean. Discard pod. Whisk egg and sugar in medium bowl to blend. Bring milk mixture to simmer. Gradually whisk into egg mixture. Return mixture to saucepan and stir over medium-low heat until custard thickens and leaves path on

back of spoon when finger is drawn across, about 5 minutes; do not boil. Strain into bowl. Refrigerate until well chilled, about 2 hours. (Can be prepared 2 days ahead. Cover.)

For pears: Preheat broiler. Set rack about 4 inches from heat source. Place pears cut side down on broilerproof pan. Sprinkle pears with lemon juice. Using small sharp knife, score pears with crosswise cuts about $\frac{1}{8}$ inch deep and spaced $\frac{1}{8}$ inch apart. Sprinkle with sugar and nutmeg. Place 1 piece butter atop each pear. Broil until pears are light brown, about 8 minutes.

Spoon sauce onto 4 plates. Place 2 pear halves atop sauce and serve.

WINE-POACHED PINEAPPLE COMPOTE

A perfect late winter, early spring treat. Delicious either warm or chilled.

137 calories per serving

4 servings

1 cup dry white wine

- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup sugar
- 1 vanilla bean, split lengthwise
- 4 dried apricots
- 4 small prunes
- 2 dried figs, halved
- 2 tablespoons thinly sliced crystallized ginger
- 1 small pineapple, peeled, quartered, cored, cut into $\frac{3}{4}$ -inch-thick wedges

Bring wine, water, sugar and vanilla bean to boil in heavy large shallow saucepan. Reduce heat and gently simmer 10 minutes. Add apricots, prunes, figs and ginger. Cover and simmer over very low heat until fruit is very tender, about 10 minutes. Add pineapple and poach until slightly cooked, about 6 minutes. Cool slightly. Serve warm, room temperature or chilled.

BAKED APPLES WITH HONEY AND CINNAMON

This dessert is baked without any fat.

174 calories per serving

4 servings

- 1 cup unsweetened apple juice
- 3 tablespoons dried currants or raisins

recipe continued on page 140

THE SWEET AND SOUR OF ARTIFICIAL SWEETENERS

There are three artificial sweeteners currently on the market: saccharin, aspartame (marketed as Nutra-Sweet) and acesulfame-K (marketed as Sunette). According to Lisa Lefferts, staff scientist for the Center for Science in the Public Interest, each one can pose potential health problems. Saccharin can increase one's chance of getting cancer (albeit only slightly); aspartame reportedly causes headaches, dizziness and other negative reactions; and while acesulfame-K has not yet been adequately tested, available tests suggest it may cause cancer. Nonetheless, many scientists are currently developing dozens of new artificial sweeteners, some that are actually, per molecule, thousands of times as sweet as sugar.

Ms. Lefferts also points out that people may be deluding themselves if they think that using artificial sweeteners aids weight loss. "Since 1975 our consumption of artificial sweeteners has quadrupled, but in that time, sugar consumption has gone up, not down, and obesity is still a major problem."

Why is that? Ms. Lefferts explains, "Many people figure that when they have an artificially sweetened food or drink, they're 'allowed' to have some other sugary food or beverage as compensation."

In the final analysis, she thinks that while artificial sweeteners are certainly a boon to those who are not allowed sugar, and do help some people lose weight, for most folks the risks outbalance the benefits.



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COOKING HEALTHY

continued from page 138

- 1 2-inch piece cinnamon stick
- 4 large firm McIntosh or Rome Beauty apples
- 2 tablespoons honey
- 1 teaspoon fresh lemon juice
- ¼ teaspoon cinnamon
- Pinch of allspice
- 1 tablespoon sliced almonds

Combine apple juice, currants and cinnamon stick in heavy small saucepan. Cook over low heat until mixture just begins to boil. Remove from heat. Cover and let stand 30 minutes. Strain juice into small bowl. Reserve currants; discard cinnamon stick.

Preheat oven to 400°F. Core apples and peel 1 inch of skin from top of apples. Place apples in 9-inch pie plate. Spoon reserved currants into hollows of apples. Bake until apples are just tender, basting twice with reserved apple juice, about 20 minutes.

Combine honey, lemon juice and spices in small bowl. Pour over apples and continue baking until apples are very tender but still retain shape, about 10 minutes. Sprinkle with sliced almonds and bake until almonds are golden brown, about 3 minutes. Cool apples slightly. Spoon remaining pan juices over and serve. □



JEANNE

Bon Appétit marketplace

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ASK BON APPETIT

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 as space allows.

PIE PROBLEMS

I have the worst luck making meringue-topped pies like coconut-cream and lemon. Often the filling remains loose after being cooled. Also, when I refrigerate the pie under a glass dome, the filling becomes watery and the meringue is covered with beads of moisture. Can you help me?

Beverly Del Vecchio
Pennsville, New Jersey

Fillings in both coconut-cream and lemon meringue pies are types of custard. And when custard is used as a pie filling, it must be cooked until very thick and ready to set before it is poured into the crust. The baking time for these pies is just long enough to set and dry the meringue; the filling will not cook much in the oven. When preparing your next custard on the stove, check to see that it coats the back of a spoon thickly enough so that a finger drawn across the spoon will leave a well-defined path. And while it cools, remember to stir the custard occasionally to release the steam that otherwise would remain and thin it down.

The moisture problem is the result of sugar and refrigeration combined. When meringues are stored in humid conditions, as in a refrigerator, the sugar in them will absorb water from the surrounding air, causing droplets to form on the surface. So try reducing the amount of sugar you add to the beaten egg whites (ideally use two to four tablespoons sugar per egg white), and make sure that the storage container is airtight.

In addition, the custard should be at room temperature when the meringue is added. A hot filling can thin out under the topping (which will trap steam) and also cause the meringue to weep. A chilled custard will make the meringue

give off moisture, which will prevent it from clinging to the filling and make it pull away from the edge as it bakes.

Finally, meringue-topped pies are best eaten the day they are made. While it is perfectly fine to save leftovers for several days in the refrigerator, the different elements will break down (the filling could turn watery, for example) and lose the quality they had when the pie was fresh.

FREEZING BUTTERMILK

Many of my favorite recipes use small amounts of buttermilk. My problem is that no one in my family will drink the leftover buttermilk. Can I freeze it?

Karen Oberfield
Northport, New York

You're in luck. Buttermilk freezes beautifully and will last up to three months in the freezer. To reuse, thaw the milk overnight in the refrigerator. It will separate but only needs to be stirred vigorously before being used. Although its unadorned taste will not be quite as fresh, this slight alteration in flavor will not have a noticeable effect on the recipe it is added to.

MENU DISTINCTIONS

Could you explain the difference between the menu terms *prix fixe* and *table d'hôte*? I thought they meant the same thing, but I've noticed that sometimes a restaurant will offer a *prix fixe* lunch and a *table d'hôte* dinner.

Robert Kantner
Painesville, Ohio

They do mean the same thing. Translated, *table d'hôte* simply means the "host's table," and *prix fixe* "fixed price." Both are names for menus that feature a complete meal of complementary dishes at a fixed price. Sometimes there is a limited choice of items; often there is no choice.

The concept predates the more familiar *à la carte* menu (which contains a number of possible selections at different prices), and can be traced back to the days when an innkeeper served only set meals. The customer had two choices: Eat at the inn or go elsewhere.

Today, the *table d'hôte/prix fixe* menu is popular in fine restaurants because it allows the establishment to present meals that are well balanced in flavor, texture and appearance. And, as a bonus, it is usually offered at a better price than a comparable *à la carte* meal would be.

EASY-TO-USE CAKE PANS

My mother has a set of nine-inch-diameter cake pans with removable bottoms. Cakes come out so beautifully with them that I'd love to have some of my own. Unfortunately, no one in my area carries them. Would a mail order company sell such equipment?

Sharon L. Puttmann
Rice Lake, Wisconsin

La Cuisine Kitchenware offers two types of aluminum pans that might interest you. One style is a loose-bottomed round cake pan that ranges in size from 6 to 12 inches in diameter. The nine-inch pan costs \$11.75. They also have springform pans in diameters of 6 to 12 inches. (Springform pans, which are widely available, have a clamp on the side that closes to hold the side and bottom together and opens to release them.) The nine-inch pan costs \$9.50. Shipping is extra.

For more information, write to La Cuisine Kitchenware, 323 Cameron Street, Alexandria, VA 22314; or call them at (800) 521-1176.

JAMAICAN SPICE BLEND

During a trip to Jamaica, some of my cousins bought several jars of a local seasoning mixture called *jerk*. They cooked some chicken with it, and the dish was so good that I went looking for the blend in my area, but to no avail. Can you find a recipe or perhaps a mail order source for *jerk*?

Laurie Strock
New York, New York

Jamaican *jerk* is more than a spice mixture; it is actually a way of cooking meat—usually pork. The technique was first developed by the Arawak Indians, who originally inhabited Jamaica. It involves grinding a combination of vegetables, herbs and spices (such as green onions, chilies, allspice, garlic, thyme, cinnamon and pepper) into a paste, which is then used to coat the meat. The actual ingredients vary from cook to cook. After marinating at least one hour or overnight, the meat is barbecued.

Caribbean cookbooks often feature recipes for *jerk*. One of the most recent is

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ASK BON APPETIT

continued from page 142

Caribbean Cooking by John DeMers (HPBooks, 1989). However, if you would rather buy it ready-made, we know of a marinade. It is available in a 12-ounce bottle (item no. 1921) from G.B. Ratto & Company for \$4.75 plus \$3 shipping. To order, contact them at 821 Washington Street, Oakland, CA 94607; (800) 325-3483 or, in California, (800) 228-3515.

be synthesized in our bodies, but nine, known as essential amino acids, cannot, and they must be supplied in the foods we eat. Lysine is one of those.

High-lysine cornmeal is a good source of this important substance, but you might be interested in knowing other ways of adding it to your diet. For instance, almost all animal-related foods, such as meat, fish, poultry, eggs and dairy products, contain healthy amounts of all nine essential amino acids. On the other hand, most plants, such as fruits, vegeta-

and exposure to heat rather than being stone ground, it may contain an even lower amount of amino acids.

To compensate for this, you can combine corn products with other foods that have lots of lysine (and tryptophan). Two excellent sources are beans and milk. You may also be interested in other grains that contain higher amounts of lysine than does corn. Millet, sold as flour, pearl millet or whole hulled groats, is one. Triticale, a cross between wheat and rye, is another. Amaranth, an ancient new-

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HIGH-LYSINE CORNMEAL

A while back, I purchased a two-pound package of high-lysine cornmeal. Now, for health reasons, I need to buy a lot more, but I can't find it anywhere. Do you know who might carry it?

Maurine Fearn
Rock Springs, Wyoming

What makes this cornmeal special is its high content of the amino acid known as lysine. Amino acids are the chief components of protein and are extremely important in the human diet. Some of them can

bles, nuts and grains, contain only a few of them. Plants eaten on their own, therefore, are not very useful as protein sources. However, when certain plants with different amino acids are combined, they make up for each other's deficiencies and create a complete protein. Such combinations, like the classic rice and beans or peanut butter and whole wheat bread, are known as complementary proteins.

Corn, like other grains, lacks a complete protein makeup. It is low in two amino acids: tryptophan and lysine. If cornmeal is processed by degermination

world grain that has recently been rediscovered, is also rich in lysine. And for those who can't do without cornmeal, a high-lysine variety of corn has been developed that contains 100 percent more of this amino acid than does regular corn.

All these can be found at natural foods stores. Millet flour, amaranth flour and the special high-lysine cornmeal can also be ordered from Walnut Acres. A pound of millet flour is \$1.75. One pound of amaranth flour, including recipes, is \$4.09. The cornmeal is \$1.69 per pound. Shipping is extra for delivery west of the

Mississippi River. For more information write to Walnut Acres, Penns Creek, PA 17862; or call (717) 837-0601.

RAISIN REVIEW

What is the difference between dark raisins, golden raisins and currants? Can they be used interchangeably?

Barbara Felix
San Ramon, California

All three of these are simply dried grapes. Both dark and golden raisins are made from the same variety, the Thompson

for their large size and fine, smoky flavor.

Golden raisins were known as Sultan-
nas, after the grapes used to make them,
and they came from Turkey. While they
are less common than dark raisins in
the United States, Sultan-
nas are still pop-
ular in Europe, but now Australia is the
main supplier. As with Muscats, they are
known for their excellent taste—more
like a dried pear than a grape.

As mentioned above, Muscat and Sul-
tana raisins are available in the United
States, usually in specialty foods stores,

of Corinth) because it came from the
Corinth vine. Over the years, the name
evolved to become "currant." It is also
known as the Zante currant, after the
Greek island of Zante, which for centu-
ries has produced this raisin for export.
The currant has a pleasant flavor that
falls between the richness of the Mus-
cat and the sweetness of the Thompson.

Despite flavor nuances, for all practi-
cal purposes these three types of raisins
are interchangeable. It is customary,
though, to use different ones in different



Idaho.

When you see the environment

they're raised in, is there any

wonder why Idaho potatoes

taste so good? Or why they

can only be grown in Idaho?



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Seedless (the familiar green grape sold fresh in supermarkets). However, it has been only in the last century, since Wil-
liam Thompson introduced his namesake
grape to California, that both dark and
light raisins have come from one grape.

Traditionally, dark raisins were made
from muscat grapes, often the Muscat of
Alexandria, which has a high sugar con-
tent. The finest were at least partially
dried on the vine, then laid on mats in the
sun to finish the process. Nowadays Mus-
cat raisins, although not as common as
the dark Thompson type, are still prized

but the most common raisins here are the
golden and dark Thompson Seedless. The
two colors are merely the result of differ-
ent production methods. The dark raisins
are completely sun dried, while the gold-
en ones are first treated with sulfur diox-
ide to preserve their color, then oven
dried. They look different, but they have
the same flavor, which is basically sweet.

The dried currant is not a true currant,
which is a type of European berry. Rath-
er, it is the naturally sun-dried, tiny
Black Corinth grape. In the Middle Ages
it was called rayson of Coruante (raisin

recipes. The flavorful Muscats are a good
choice for special creations, like holiday
and party desserts. Golden raisins or Sul-
tanas are added when a light-colored
product is desired, such as in white fruit-
cakes and in white chocolate candies.
Dried currants are popular in many Brit-
ish specialties, such as Banbury cakes
and hot cross buns. For everything else,
most people find it most convenient just
to keep the more readily available dark
Thompson raisins in the pantry. □

—By Karen Hallal

THE COOK'S EXCHANGE

Do you have an interesting, challenging, previously unpublished recipe you would like to share with other Bon Appétit 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.

Although I'm in graduate school and have to study most nights, I like to spend my spare time cooking. I enjoy updating family recipes such as this one, which was handed down from my Italian grandmother. I modified the ingredients by adding pine nuts, and substituted corn bread crumbs for white bread. Grandmother served veal breast only on special occasions, but I like to prepare it more often, even if it's just for my wife and me during the week.

Glenn Weber
New York, New York

VEAL BREAST STUFFED WITH CORN BREAD AND SAUSAGE

Ask your butcher to make a "pocket" in the veal breast for you.

4 servings

- 1 tablespoon olive oil
- 1 pound sweet Italian sausage, casings removed
- 1 cup chopped celery
- 1 cup chopped onion
- 3 cups 3-day-old corn bread crumbs
- ½ teaspoon dried red pepper flakes
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 eggs, beaten to blend
- ½ cup pine nuts, toasted (about 2½ ounces)
- 1 4-pound veal breast, trimmed, with pocket
- 2 tablespoons dried basil, crumbled
- 1 teaspoon dried rosemary, crumbled
- 8 tablespoons white wine vinegar

1½ cups chicken stock

Heat 1 tablespoon oil in heavy large skillet over medium-high heat. Add sausage, celery and onion and cook until brown, stirring frequently, about 12 minutes. Transfer mixture to large bowl. Add corn bread crumbs, red pepper flakes, salt and pepper. Mix in eggs and pine nuts. Set stuffing aside.

Position rack in center of oven and preheat to 400°F. Arrange veal bone side down on work surface. Fill pocket with stuffing. Close with skewer. Place any remaining stuffing in small baking dish; cover with foil. Place veal in large roasting pan. Rub outside with basil and rosemary. Sprinkle with 3 tablespoons vinegar. Roast veal 30 minutes.

Reduce oven temperature to 350°F. Combine remaining 5 tablespoons vinegar with chicken stock. Continue roasting veal 2 hours, basting every 30 minutes with stock mixture and pan drippings. (Place stuffing in baking dish in oven for last 30 minutes.)

Transfer veal to heated platter. Slice thinly. Serve with any extra stuffing.

Everyone seems to have a best-cheesecake-ever recipe. This one's mine. The filling has two layers with a swirled chocolate pattern on top, and the crust is made with crushed hazelnuts and cookies. It's so deliciously rich that it doesn't need as much filling as the standard cheesecake.

Basha F. Gelman
Mountain View, California

CHOCOLATE-SWIRL CHEESECAKE

To save time, simply skip the topping.

10 servings

Crust

- 7 ounces chocolate cookie wafers (about 27 cookies)
- ½ cup husked toasted hazelnuts (about 2½ ounces)

- 2 tablespoons sugar
- ¼ cup (½ stick) unsalted butter, melted

Filling

- 1 6-ounce package semisweet chocolate chips
- 2 8-ounce packages cream cheese, room temperature
- 1 cup sugar
- 4 large eggs, room temperature
- ½ cup sour cream
- 2 teaspoons vanilla extract
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon grated lemon peel

Topping

- 1 8-ounce package cream cheese, room temperature
- ½ cup powdered sugar
- ¼ cup sour cream
- 2 tablespoons Frangelico (hazelnut liqueur) or Cognac
- 1 teaspoon vanilla extract

For crust: Position rack in center of oven and preheat to 325°F. Lightly butter 9-inch springform pan. Finely grind cookies, nuts and sugar in processor. Add butter and process until well blended. Press crumb mixture into bottom and 1 inch up sides of pan.

For filling: Melt chocolate chips in heavy small saucepan over very low heat, stirring constantly. Remove from heat. Using electric mixer, beat cream cheese in large bowl until light and fluffy. Gradually beat in sugar. Add eggs 1 at a time, beating well after each addition. Add sour cream and remaining 3 ingredients and beat until just blended. Pour half of batter into medium bowl. Add melted chocolate to batter in medium bowl and mix well.

Pour all but 2 tablespoons chocolate batter into prepared crust. Cover with plain batter. Using tip of knife, swirl batters together. Drizzle remaining 2 tablespoons chocolate batter over. Bake until tester inserted in center comes out clean, about 1 hour (cake may crack). Cool completely on rack. Cover with plastic and refrigerate overnight. (Can be prepared 2 days ahead.)

For topping: Using electric mixer, beat cream cheese, sugar, sour cream, Frangelico and vanilla in medium bowl until smooth. Transfer to pastry bag fitted with medium star tip. Pipe decorative border around edge of cake. (Can be prepared 8 hours ahead. Chill.) □

— Compiled by Gaylen Ducker

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WINE PRESS

BY HANK RUBIN

Wine Press welcomes questions and comments. For personal reply, send self-addressed stamped envelope. Letters of general interest will be printed in this column 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.

RECENT ARRIVAL

What can you tell me about my bottle of 1978 Cabernet Sauvignon Vintage Reserve from the Firestone Vineyard in the Santa Ynez Valley of California? When should I drink it?

Carolyn Cole
Walla Walla, Washington

The Firestone Vineyard is a relative newcomer. The first vines were planted in 1972 by Leonard Firestone and his son, Brooks; three years later the first crush took place. Under the eye of winemaker Alison Green, this three-hundred-acre, 75,000-case endeavor is succeeding. Its reds are especially rewarding. Your bottle of 1978 Firestone Reserve Cabernet was aged in oak and has a deep color and taste. It ages gracefully and should be delicious now. If you want to wait, it will hold for another five years or so. Be sure that the cork is sound and that it's stored in a cool, dry, dark area. It was originally released for \$14 a bottle, and is probably worth about twice that today.

MUSCADINE ON MY MIND

I recently visited one of Georgia's few large wineries, Château Elan, located near the town of Braselton about 35 miles north of Atlanta. I tasted a delicious and unusual wine there made from a native southern grape called Muscadine. The fruit taste was very apparent and very different from most varietal wines. Can you tell me more about this white wine and where I might be able to purchase it?

Becky Gullede
Marietta, Georgia

Southerners have made wine from Muscadine grapes for almost four centuries. Harvested in states from Mississippi to

North Carolina and down into Florida, they are not known to grow anywhere else in the world. They are so fragrant that early navigators, approaching the coast in autumn, were said to have detected their scent long before reaching land.

These oversized grapes grow in clusters instead of bunches, and each piece of fruit can be up to an inch in diameter. A single vine may cover a whole acre, producing a ton of fruit and up to five barrels of wine.

Strong and harsh when fermented dry, the wine is usually sweetened to create a taste entirely its own, reminiscent of fresh plums, with a musky aroma.

The wine you tried is called Duncan Creek and is full of Muscadine flavor. French winemaker Jean Courtois at Château Elan uses two varieties of Muscadine grapes (known as Carlos and Higgins) in its production. He also includes a small amount of the hybrid Seyval Blanc. The result is a light, semisweet wine with just 7 percent alcohol. It's perfect with southern dishes, smoked entrées such as chicken or trout, and game.

In your area, Kroger and Big Star supermarkets carry the wine. If you have any trouble finding it, call Empire Distributing in Atlanta at (404) 349-1780.

THE RIGHT STUFF

My husband and I have a bottle of George Dickel Tennessee Sour Mash, Old #12, 90 proof. The label says it was bottled in 1964. How much longer can we keep it? Or is it too old to drink?

Linda Alfano
Highland, New York

Your bottle of George Dickel Sour Mash is a whiskey. All U.S. whiskeys are made from a fermented mash of grain, which is distilled at a proof no higher than 160 and aged in oak containers for at least two years. At the time of bottling, distilled water is added to reduce the spirit to no less than 80 proof. Tennessee whiskey has an extra step—the liquor is filtered through maple charcoal right after distillation to add smoothness and flavor.

Sour mash refers to a technique of fer-

mentation in which part of a previous fermentation is added to the next batch as a "starter" to get it going. But it does not give the whiskey the sour or tart taste that you might expect from the name. Unlike wines, which improve with age and then go downhill, whiskey and other liquors with a high alcohol content essentially don't change after bottling.

George Dickel is one of two Tennessee whiskeys in general distribution (the other is Jack Daniel's). It is a fine product and will keep almost forever.

CLUES TO LOST WINE

When I checked some wines in my cellar recently, I noticed that the level in a few of my older Bordeaux bottles appeared to have lowered over the last year. These include a 1961 Château Latour, as well as a couple of good 1966s. Are they ruined? Should I open them now or wait awhile? My cellar is an insulated unit with climate control.

Carleton K. Thompson, Jr.
Victoria, Texas

There are two main reasons for the volume of wine in a bottle to decrease: defective corks and changes in temperature, which cause the liquid to expand and contract, dislodging the cork and allowing some leakage to occur.

The latter should not be the cause, since you have the wine in a temperature-controlled unit, unless it was poorly stored before you purchased it.

Bad corks were probably the culprit. Keep in mind that these corks are not necessarily crumbling or dried. Sometimes the flaws are quite small and hardly noticeable. Remember, too, that changes in wine volume do take place over the years, but they do not happen suddenly. Whatever the case, your wines are still drinkable, but watch them closely to see if the volume continues to change drastically.

Since the 1961 Latour still has a long way to go before it hits its peak, I'd wait perhaps another five years before opening it. Most of the 1966s are ready to drink. I suggest that you open them now.



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DIRECTION FOR THE WINE NOVICE

How do I choose a good wine? When I go to the store to buy wine, I might as well be blindfolded. The choices are endless and so is my indecision. Could you recommend some literature for a beginner in the world of fine wines?

Also, I prefer semidry white wines to dry ones and even enjoy a light rosé or Burgundy occasionally. However, most red wines are not to my taste—I find them pungent and dry. Is it just me?

Ginger Transmeier
Crescent Valley, Nevada

The best introductory book I could suggest is Alexis Bespaloff's *New Signet Book of Wine: A Complete Introduction* (New American Library, 1986). The paperback volume sells for \$4.50. Another good choice is Kevin Zraly's *Windows on the World Complete Wine Course* (Sterling Publishing, 1989), which costs \$19.95.

To answer your second question, it is obvious that the harsh tannins of many reds are not to your taste. Tannin is a natural compound that comes from the skins, stems and seeds of the grapes and even from the wooden barrels used to age certain wines. In young wines, tannin

can be very astringent and impart a bitter taste. However, as tannic wines age, the tannin mellows and the flavor becomes softer and smoother. Perhaps you would find an older red more to your liking. Either way, what is most important is that you drink what you like.

I think you should try some white Zinfandels. They are widely available and will probably suit your tastes quite nicely.

READY-TO-DRINK RED FROM NEW ZEALAND

Two years ago, a friend in New Zealand sent me a bottle of 1977 Pinot Beaujolais made by Villa Maria. What can you tell me about this wine?

Teri Brown
Daly City, California

Villa Maria, located just south of Auckland, is New Zealand's fourth-largest wine producer. Founded in 1961, this modern winery formerly made sweet desert wines. Now it is noted primarily for premium white wines. The 12-acre vineyard yields only a small amount of the winery's fruit: Most of the grapes used in Villa Maria wines are grown on contract in Gisborne and Hawkes Bay.

The reds it makes are good, but they

have a tendency to mature too quickly. Yours is made from a blend of Pinot Noir, Gamay Beaujolais, Pinot Meunier and a small amount of Cabernet Sauvignon. It's fully mature—perhaps even past its prime. You should drink it now.

IN THE PINK

I found a bottle of 1959 Vin Rosé de Provence from Château Ste.-Roseline in the cellar of my mother's home. No one knows how long it's been there or who purchased it. We thought we'd check with you before we open it. Any information would be appreciated.

Marcia Hood
Charleston, South Carolina

Nestled near the Riviera in the southeast corner of France, the wine region of Provence is known mainly for its rosés. Rosé comes from red grapes that are crushed and pumped into a fermentation vat. Almost immediately, the juice is run off into a second vat, leaving behind the skins that have given the liquid a pink color.

A bottle of rosé is at its best when enjoyed during the first year after the harvest—when young, fresh and deliciously fruity. It is usually served chilled. I'm afraid your bottle is way past its prime. □

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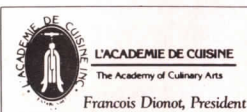
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GREAT COOK/GREAT PARTY

continued from page 102

sides to loosen if necessary. Release pan sides from cake. Invert cake onto plate. Place stencil or doily atop cake. Sift powdered sugar over. Remove stencil from cake and serve.

FRESH FRUIT TART (Cover Recipe)

An impressive and colorful dessert for an afternoon tea. Cut the tart into small wedges before serving.

8 to 12 servings

Crust

- 1 cup unbleached all purpose flour
- 1 tablespoon sugar
- $\frac{1}{8}$ teaspoon salt
- 5 tablespoons chilled solid vegetable shortening
- 3 tablespoons chilled unsalted butter, cut into pieces
- 3 tablespoons (about) ice water

Filling

- 1 8-ounce package cream cheese, room temperature
- $\frac{1}{4}$ cup sugar
- 2 $\frac{1}{2}$ teaspoons fresh lemon juice
- $\frac{1}{2}$ cup chilled whipping cream
- 3 kiwis, peeled and sliced
- Fresh strawberries, hulled and halved
- Fresh blueberries
- Fresh orange segments, well drained
- $\frac{1}{4}$ cup apricot preserves
- 1 tablespoon water

For crust: Combine flour, sugar and salt in medium bowl. Add shortening and butter and cut in until mixture resembles coarse meal. Mix in enough water by tablespoonfuls to form dough that just comes together. Gather dough into ball; flatten into disk. Wrap in plastic and refrigerate 30 minutes.

Roll dough out on lightly floured

surface to $\frac{1}{8}$ -inch-thick round. Transfer dough to 9-inch-diameter tart pan with removable bottom. Trim and crimp edges. Refrigerate 30 minutes.

Preheat oven to 375°F. Line tart with foil. Fill crust with dried beans or pie weights. Bake 15 minutes. Remove foil and beans. Bake until golden brown, about 10 minutes. Transfer to rack and cool completely.

For filling: Using electric mixer, beat cream cheese, sugar and lemon juice in large bowl until well blended. Add whipping cream and beat until light and fluffy. Spread filling into tart shell. Cover and refrigerate overnight.

Arrange fruit in concentric circles atop filling. (Can be prepared 3 hours ahead. Refrigerate.) Bring preserves and 1 tablespoon water to boil in heavy small saucepan. Strain into bowl. Brush glaze over fruit and serve. □

Stephanie Young, a New York-based free-lance writer, enjoys getting out of the city on occasion—especially for a tea party in the Connecticut countryside.

PASSOVER DESSERTS

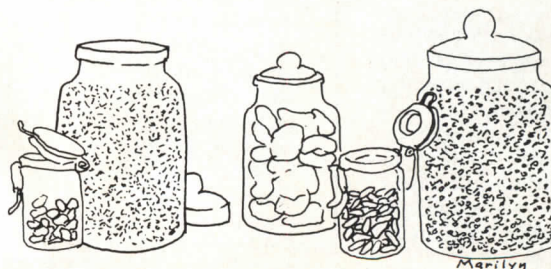
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seam side down on platter. (Roulade can be prepared 3 hours ahead. Cover loosely and refrigerate.)

Just before serving cake, trim ends. Pipe large rosettes of filling decoratively down center of cake. Pipe smaller rosettes along sides. Drain candied orange slices and place between rosettes. Garnish with remaining peel.

*Grand Marnier and other orange liqueurs are not kosher for Passover and can be omitted in filling. Substitute $\frac{1}{4}$ cup water for orange liqueur in candied oranges and candied peel. □

Jane Spector Davis is the owner of Ganache Bakery in Evanston, Illinois.



France (\$23). Soft and supple with lovely herbs and varietal fruit; clean. Needs about 3 years of cellaring.

1986 Château Chevalier Bayard, Montagne-St.-Emilion, Bordeaux, France (\$15). Smoky, smooth and supple, with earthy yet elegant flavors.

1988 Château de la Grave, Côtes de Bourg, Bordeaux, France (\$9). Crisp, clean and thin, but showing balanced varietal fruit and a nice, trim finish.

1986 Château Les Hauts de Brame, St.-Estèphe, Bordeaux, France (\$22). Smoky and lush, with smooth, earthy and herbal Merlot fruit; balanced.

1986 Gan Eden, Cabernet Sauvignon, Alexander Valley (\$18). A superb wine. Rich texture, lovely American oak and bright cherry fruit. Ready to drink now, but will still benefit from 2 or 3 years of cellaring.



1986 Golan Vineyards, Cabernet Sauvignon, Galil, Israel (\$9). Rich cherry fruit with a long, clean finish.

1987 Hagafen Cellars, Cabernet Sauvignon, Napa (\$20). Deep cherry-berry fruit, velvety, toasty oak and an elegant structure. Give it 1 to 2 years.

1986 Yarden Vineyards, Merlot, Israel (\$12). Soft, smooth and complex, balanced and herbal, with great finesse.

Miscellaneous Reds

1987 M & G, Côtes de Beaune, France (\$22). Lush and attractive Pinot Noir character, lovely cherry fruit, lively acidity, with a good Burgundian finish.

1988 M & G, Domaine de la Salle, Beaujolais-Villages, France (\$15). Crisp and spicy, with raspberry fruit.

SPARKLING WINES

1981 Bokobsa Brut, Cuvée de Centenaire, Epernay, France (\$40). Smoky and rich, with deep, mouth-filling fruit and very complex flavors.

NV Bokobsa Brut, Comte de Crissier, Epernay, France (\$30). A crisp and balanced wine with toasty, nutty flavors that are complex and rich. □

ACCESSORIES IN THIS ISSUE

Cover: Mother-of-pearl pie server available at **Geary's**, 351 N. Beverly Dr., Beverly Hills, CA 90210. Chairs available at **Rattan Rarity Shop**, 14257 Ventura Blvd., Sherman Oaks, CA 91423. White tart plate by **Moustier** available at **Lucy Zahran**, 8500 Beverly Blvd., Los Angeles, CA 90048. "Fleur" tea service by **Queens**, sugar bowl by **Teign Valley Crystal**, hat by **Jane Smith of England** and tea strainer and sugar tongs (exclusive to **Rose Tree Cottage**) available at **Rose Tree Cottage**, 824 E. California Blvd., Pasadena, CA 91106. **Page 32:** Silver caviar server by **Ken Benson** for **L.S. Design**, serving tray, casserole dish, caviar knife and crystal salad bowl by **Alvar Aalto** available at **Tesoro Collection**, 319 S. Robertson Blvd., Los Angeles, CA 90048. Playing cards available at **Hollywood Magic**, 6614 Hollywood Blvd., Hollywood, CA 90028. Calendars available at **Alexander's**, 1531 Cahuenga Blvd., Hollywood, CA 90028. **Page 42:** Sterling silver forks available at **Lucy Zahran** (see address above). "Toucans" platter by **Hermes** available at **Pavillon Christofle**, 9515 Brighton Way, Beverly Hills, CA 90210. "Vendage" towel by **Le Jacquard** available at **La Belle Maison**, MainPlace Mall, 2800 N. Main St., Santa Ana, CA 92701. **Page 58:** Coffee table by **Kerry Miguel** available at **Nomad**, 8590 Melrose Ave., Los Angeles, CA 90069. Charger and "Tao's" flatware by **Rogers Brothers** available at **Pottery Barn** stores nationwide. To order, contact Pottery Barn Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120. Black and white plate and bowl by **Joan Mesznick** available at **Umbrello**, 8607 Melrose Ave., Los Angeles, CA 90069. Yellow suede available at **Wilder Place**, 7975 1/2 Melrose Ave., Los Angeles, CA 90046. Postcards available at **Chic-A-Boom**, 6905 Melrose Ave., Los Angeles, CA 90038. Beer mug by **Simon Pearce** available at **Tesoro Collection** (see address above). **Pages 66/67:** **Liz Wain** hand-painted linen napkins available at **Gibraltar**, 154 King St., Charleston, SC 29401. **Fitz and Floyd** woven ceramic platter, basket and footed cabbage dish available from **Fitz and Floyd**, 2055-C Luna Road, Dept. BA4, Carrollton, TX 75006. Rabbit sauceboat and servers by **Arthur Court** available at all **Bullock's** stores. **Emile Henry** baking dish available at **Montana Mercantile**, 1500 Montana Ave., Santa Monica, CA 90403. "Palm" goblets by **Kosta Boda** available at

Lippe Waren, 302 Glenneyre, Laguna Beach, CA 92651. Green and blue platters by **Lyn Evans** available at **Tesoro Collection** (see address above). **Hang 'em High** painted goose eggs available at **Museum of Contemporary Art Store**, 250 S. Grand Ave., Los Angeles, CA 90012. Pitcher and table available at **Umbrello** (see address above).

Pages 68/69: "Corinth" plates by **Michael Graves** and silver "Courtney" bowl by **Gwathmey Siegel** both for **Swid Powell**, silver dessert plates, silver tray, stemware and "Mermaid" flatware by **Georg Jensen** available at **Tesoro Collection** (see address above).

Pillivuyt tureens by **Franmara** available at **Montana Mercantile** (see address above). Gold-glazed platter by **Ron Dier** and "Raso Solima" gold striped fabric by **Bises** available from **Randolph & Hein**, 8687 Melrose Ave., No. 310, Los Angeles, CA 90069. "Continental" carving set by **Georg Jensen** available at **Georg Jensen**, South Coast Plaza, 3333 Bristol St., Costa Mesa, CA 92626. "Nyla" tablecloth and napkins by **Anichini** available at **Anichini**, Route 110, Tunbridge, VT 05077. Jeweled goose eggs by **Egg Fantasy** available from **The San Francisco Music Box Co.**, P.O. Box 7817, San Francisco, CA 94120-7817.

Pages 76/77: "Alba" platters by **Villeroy and Boch**, bowl, charger by **Time-Space-Art** and **Murano** bottles available at **The LS Collection**, 765 Madison Ave., New York, NY 10021.

Pages 86/87: Green glass dish by **Chatham Glass** and pink plate by **Laure Japy** available at **Tesoro Collection** (see address above).

Pages 94/95: Flowers and food from **Hayday**, 1050 E. Putnam Ave., Riverside, CT 06878.

Pages 104/105: Linens by **NOW Designs** available at all **Bullock's** stores. Bowls by **Crown Corning** available at major department and specialty stores nationwide.

Page 132: Breakfast tray available at **Gump's**, 9560 Wilshire Blvd., Beverly Hills, CA 90212. Glass and **Boda Nova** flatware available at **Tesoro Collection** (see address above). Lace, "Palace Garden" linen and "Clifton" dinnerware by **Spode** (made exclusively for **Laura Ashley**) available at **Laura Ashley**, 10250 Santa Monica Blvd., Los Angeles, CA 90067.

Page 136: Antique crystal plate and glass and silver spoon available at **Foster-Ingersoll**, 805 N. La Cienega Blvd., Los Angeles, CA 90069.

All other accessories privately owned.

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- 11 and 12. Available at **Foster-Ingersoll** (see address above); \$35 a pair; \$200 a pair.
- 13 and 14. Available at selected **Nordstrom** stores; \$32.50 for salt; \$43 for pepper mill; \$32.50 for pair of birds.
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- Chess set available at **Port O' Call**, 906 Granite Dr., Pasadena, CA 91101; \$400.

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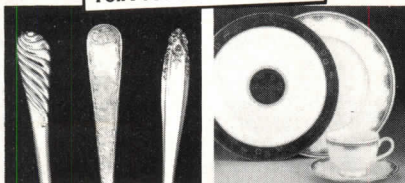
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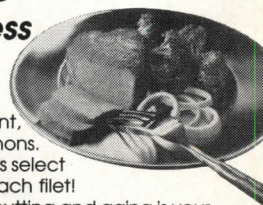
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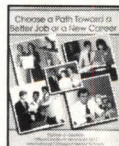
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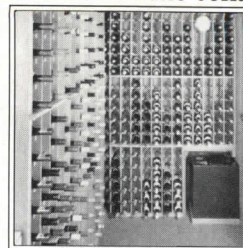
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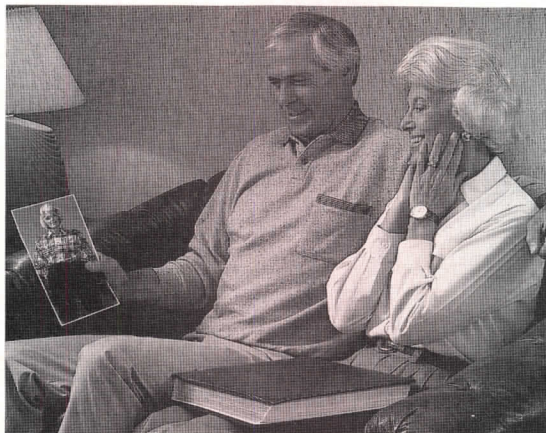


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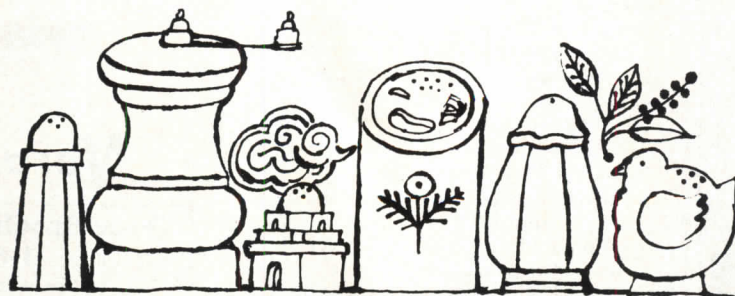
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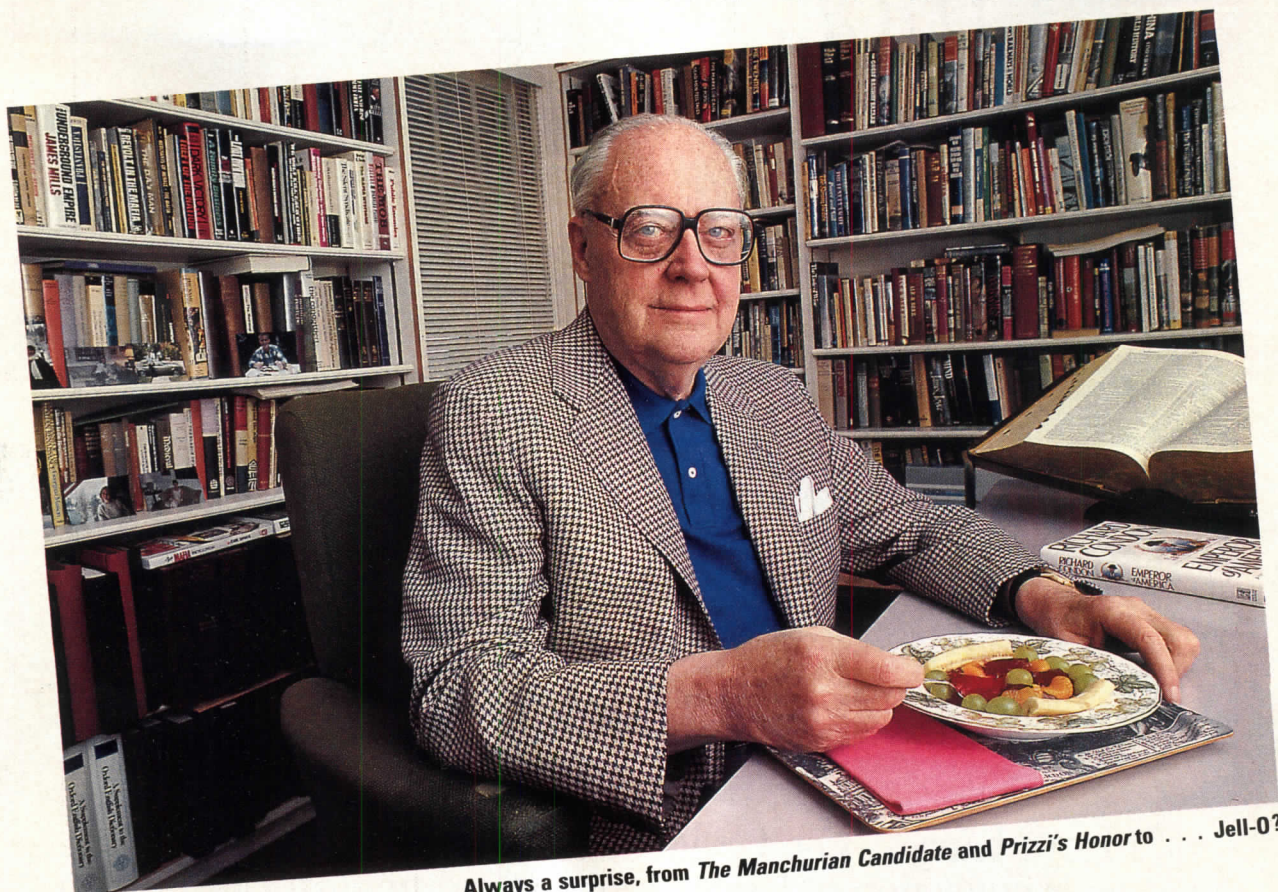
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FEEDBACK



Always a surprise, from *The Manchurian Candidate* and *Prizzi's Honor* to . . . *Jell-O?*

Richard Condon

You write so much about food in your books. Are you a good cook?

I'm too impatient to be a good cook—the impatience brought on by a lust to eat the food. My mother was, my wife and my two daughters are, all superb cooks.

If you could invite three people in all of history to dinner, who would they be?

Max Beerbohm, Beatrice Lillie and Art Buchwald. The menu would consist of food you couldn't choke on while laughing.

What is your favorite food scene in literature?

When Oliver asks the beadle for more porridge in Dickens's *Oliver Twist*. That and any of the 39 food scenes involving Corrado Prizzi in the Prizzi books.

What was your most memorable meal?

Eating my way through most of the menu at Fonda el Refugio in Mexico City.

What is your favorite culinary indulgence?

Soup. This is a super indulgence because it does not suit the vanished muscle tone of the stomach of a 75-year-old man and tends to stretch it as innards stretch the haggis, as billowing air stretches a bagpipe. Soup is my figure's nemesis because I add pasta, rice, barley or peas and slurp away just as if there were an alterations tailor in the building.

Name three things in your refrigerator right now.

A bottle of Beaujolais Nouveau, leftover pâté de foie gras and some ground round.

Why is food so important in your writing?

To convey life in fiction, one must mirror the five senses of the reader, of which taste, tactility, sight and smell are the most important (hearing comes into it only if you eat a lot of Rice Krispies). I could hardly have finished writing any of my 23 novels [editors' note: The latest is *Emperor of America*, from Simon and Schuster] without some elaborate reference to food. It is fairly safe to say that in one way or another, no writer of fiction has ever not found literary inspiration in gastronomy. □

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Cook time: 1 hour

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