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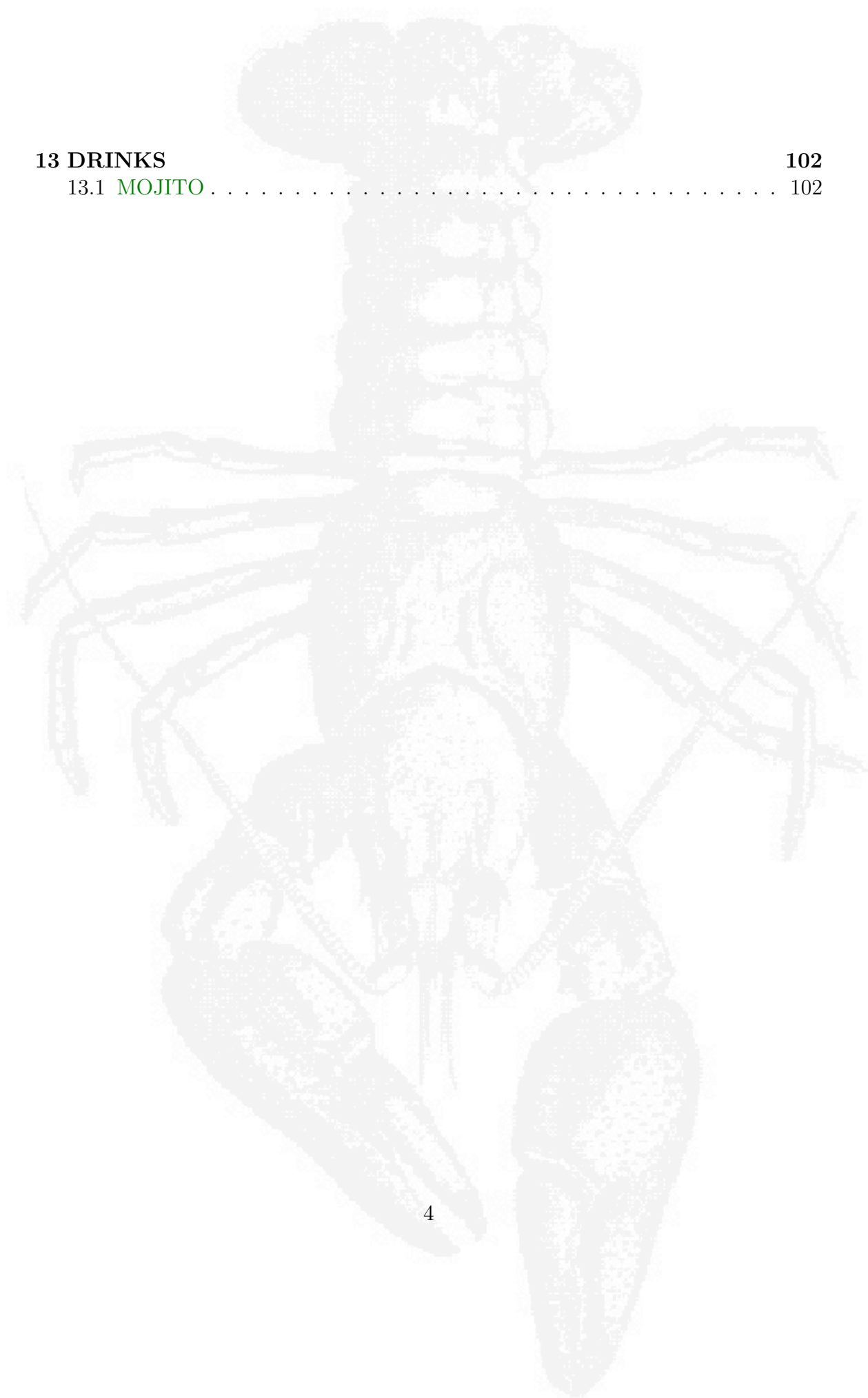
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# 1 Appetizers

## 1.1 BROILED ROSEMARY CHEVRE BREAD

For each 6 1/4 inch thick slices of french bread -

- 2 yellow onions diced 1/4"
- 2 oz rosemary flavored olive oil
- 3 minced cloves garlic
- 1 oz sundried tomatoes
- 1 tsp fresh thyme
- 4 oz goat cheese
- salt pepper to taste

Preheat oven to broil. Brush 1 oz rosemary oil on the bread. Set aside. Heat 1 oz rosemary oil over med high to smoking. Add garlic and sautee till golden brown. Add onions and reduce heat to low. Sprinkle salt and pepper. Cook 15 min stirring to prevent scorching. Add sun dried tomatoes. Cook 1 more min. Remove from heat and set aside. Toast oiled bread in broiler till brown. Spread bread with onion mixture. Crumble goat cheese on top, sprinkle with thyme and pepper. Return to broiler for 3 min. Serve warm with crisp chilled Sauvignon Blanc.

## 1.2 GRILLED MUSHROOMS

large wild mushrooms  
polenta  
head of garlic  
1/2 c heavy cream  
6oz gorgonzola  
chives

This recipe really makes an impression when barbequeing for guests... since it is just not the kind of fare one associates with grilling.... it looks like a fancy kitchen is mandatory for this.

Get some large wild mushrooms, with caps about 3" in diameter. Slice them to about 1/2" thick, keeping the stems intact.

Make some polenta. Just follow instructions on the box....you end up pouring this into a square pan. Cut it into squares about 3" by 3" .

Make sauce: cut off the top third of a whole head of garlic without unpeeling it, just to expose the tops of the cloves. Drizzle olive oil on top, and wrap in alum foil. Bake in 375 deg oven for about 45 min to 1 hour, until soft. When cool, squeeze the garlic meat into 1/2 c heavy cream, and whisk. Trim the waxy crust off a 6 oz piece of Cambozola cheeze, and cut it up into squares. Heat the cream-garlic over medium heat and add the cheeze until it melts to form smooth sauce.

Brush olive oil on the polenta and grill about 3-5 min per side on a medium hot charcoal or wood fire. Move to the edges of the grill to keep warm. Brush the mushrooms with olive oil then grill for 3-5 min on a side until tender.

In each plate, put a square of polenta, top with mushrooms, pour over sause. Then take a handful of chives and cut them with scissors into pieces about 1/4 inch long directly onto the dish....you can do this at the table while serving.



### 1.3 LA GOUGERE

1.5 c water  
6 tablesp butter  
1 tablesp suger  
1 tsp salt  
1/2 tsp crushed red pepper flakes  
1.66666 c all purpose flour  
6 ounces of Gruyere cheese, or swiss  
7 large eggs

Place rack in center of oven and preheat to 425. Oil a 15 inch round pizza pan or large cookie sheet.

Bring water, butter, sugar, salt and pepper flakes to a simmer in a 2 qt saucepan. Add flour and beat vigorously with a wooden spoon until flour is incorporated. Cook, stirring constatnly until a film developes in the bottom of pan. This takes just one or 2 minutes. Remove from heat and let rest a couple minutes.

Use the shredding disc of the food processor to shred the cheeze. Remove half from the work bowl a reserve. Add dough to the workbowl of processor and use the metal blade to process the dough with the cheese for 15 seconds. With machine running, pour the eggs through the feed tube and process about 20 seconds.

Spoon the mixture into a large doughnut shape on the sheet. Sprinkel with the remaining cheese. Bake in preheated oven for 20 min. Reduce temp to 400 and continue baking until golden, about 30 minutes more.

Use a serrated knife to cut into wedges.

## 1.4 CHEESE FONDUE

1 garlic clove  
1.5 cups dry white wine  
1 Tblsp cornstarch  
2 tsp kirsch  
1/2 lb Emmental cheese, coarsely grated ( 2 cups)  
1/2 lb Gruyère cheese, also coarsely grated

Run inside of heavy pot with cut sides of garlic, then discard garlic.  
Add wine to the pot and bring just to a simmer over moderate heat.  
Stir together cornstarch and kirsch in a cup.

Gradually add cheese to pot and cook, stirring constantly in a zigzag motion (not circular) to prevent cheese from balling up, until cheese is just melted and creamy. Do not let boil.

Stir cornstarch mixture again and stir into fondue. Bring fondue to a simmer and cook, stirring, until thick, about 5-8 minutes.

Transfer to fondue pot set over flame and serve with French bread for dipping.



## 2 SOUPS

### 2.1 PERSIAN POMEGRANATE SOUP

1' lean ground lamb  
2 medium onions  
1/4 tsp cinnamon  
1/4 tsp allspice  
1/2 tsp salt and pepper  
1c long grain rice, like Basmati or Jasmine  
pomegranate  
lime  
1/4 fresh spinach  
parsely  
sugar  
dried mint leaves

In a large bowl, combine 1' lean ground lamb, 2 medium onions finely chopped, 1/4 tsp cinnamon, 1/4 tsp allspice, 1/2 tsp salt and 1/2 tsp pepper. Mix well with your hands. Roll teaspoons of the meat mixture into firm balls and place on a lightly oiled platter. These are the meatballs...about 50 or so.

Pour 10 c cold water into a large sauce pan. Add 1.5 tsp salt and bring to a boil. Add 1c long grain rice, like Basmati or Jasmine. Reduce the heat to moderate and simmer for 5 min. Add 2c fresh squeezed pomegranate juice, 2 tbsp fresh lime juice, 1/4 pound fresh spinach with leaves cut into 1" strips, 1/2 c chopped parsely, 1 tbsp sugar, and the meatballs and bring to boil. Reduce heat and simmer partially covered until rice is tender and meatballs are cooked through about 15 min.

Rub 3 tbsp dried mint between fingers to form a fine powder. In a small bowl combine mint with 1 tsp salt and 1 tsp pepper.

Ladle soup into bowls and sprinkle generously with the mint powder.

## 2.2 ROASTED GARLIC AND ARUGULA SOUP

3/4 c garlic  
6c chicken stock.  
1 3/4 c potatoes  
onion  
bay leaf  
1 c chopped arugula  
1/4 c heavy cream

Preheat oven to 350. Combine 3/4 cup peeled garlic and 1 T olive oil in a bowl. Spread on a cookie sheet and bake for about 20 to 25 min.

Combine 6 c chicken stock, 1.75 pounds potatoes, 1 medium onion (sliced) and 1 bay leaf. Boil for about 45 min until potatoes are cooked. Remove bay leaf and add garlic. Puree in a food processor in batches and return to pot.

Add 1 c chopped arugula and 1/4 c heavy cream. Season with salt and pepper and heat through again.

## 2.3 BOUILLABAISE WITH COD

2 whittings, 1/2' each  
onion  
fennel knob  
2 stalks celery  
1 carrot  
garlic  
2 tomatoes  
tomato paste  
2c white wine  
bay leaf  
2 sprigs of thyme  
saffron  
cayene  
potatoes  
2' codfish or other flaky fish.  
parsley

1. Eviscerate 2 whittings, about 1/2 pound each. You can use other small fish that disintegrate easily when cooked. Remove gills, wash under cold water and cut into 2" lengths.

2. Heat 1/4 c olive oil in a large heavy bottomed pot over high heat. Add fishes, 1 med onion sliced, 1 small knob of fennel cut into pieces, 2 stalks celery chopped up, 1 chopped up carrot. Saute over high heat for 5 min.

3. Add 2 chopped cloves garlic, 2 chopped tomatoes, and a tblsp tomato paste. Cook for 15 min over high heat until you form a puree. Use potato masher to break up pieces.

4. Add 6c water, 2c white wine, 1 bay leaf, 2 sprigs thyme, 10 threads saffron, 2 pinches cayene and some salt. Bring to a boil, cover and boil vigorously for 1 hour.

5. Push everything through a sieve, pressing firmly to force things through. Return soup to pot.

6. Add 2 sliced potatoes and cook for 10 minutes.

7. Cut 2 pounds codfish into 8 pieces, add to pot. Bring to boil and simmer gently over low heat for 10 minutes. Do not boil. Serve in soup plates sprinkled with parsely.

Variations: can add clams and crab legs. Add more saffron also.

## 2.4 RED PEPPER AND FENNEL SOUP

6 red peppers  
8 carrots  
2 fennel bulbs  
2 leeks  
1 onion  
2 garlic cloves  
fresh basil  
chopped parsley

Roast 6 red pepper under the broiler until charred. Put in a paper bag for 15 minutes to steam, then peel and discard seeds, etc. Coarsely chop.

In a soup pot, heat 3 Tblsp olive oil and add the following, all coarsely chopped: 8 carrots, 2 fennel bulbs, 2 leeks, 1 small onion, and 2 garlic cloves. Cook about 10 minutes until softened.

Add the peppers, 1/2 cup white wine, 4 thyme sprigs, 1 teaspoon fennel seeds, 4 cups of water, and 2 Tblsp Pernod anise liqueur (optional). Season with salt and pepper.

Cook for about 45 minutes, covered.

Put everything through a food processor. Add 2 tblsp chopped fresh basil, and 2 tblsp chopped parsely.

Serve hot or cold.

## 2.5 SOUPE JEANNETTE

3 carrots  
2 turnips  
3 leeks  
3 large potatoes  
8c chicken stock  
6oz green beans  
3/4 c peas  
butter  
1' sorrel  
chervil leaves

Put 3 medium carrots (quartered), 2 medium white turnips (quartered), 3 leeks (quartered) and 3 large potatoes (quartered) into a saucepan with 8c chicken stock and add a little salt. Bring to boil, reduce heat, and simmer gently for 40 min.

Cut 6 oz of green beans into 1/2" lengths, and boil in salted water for 10 min. Add 3/4 cup peas and cook until tender, about 5 more minutes.

(If using frozen peas cook less). Drain beans and peas and refresh under cold running water.

Heat 1 tblsp butter in a saucepan over medium heat . Add 1 pound finely sliced sorrel and cook until soft.

Pass the cooked carrots, turnips, leeks and potatoes and broth through food mill, or puree in a food processor. Return to saucepan and stir in 3/4 c milk, 2 tblsp butter. Season with salt and pepper. Add green beans, peas and sorrel and reheat a few minutes.

Garnish with chervil leaves.

## 2.6 PUMPKIN AND MUSHROOM ZOUPE

For about 15-20 people.

7 slices bacon  
onion  
butter  
diced mushrooms, lots, about 2" deep in the bottom of pot  
sherry  
medium pumpkin  
100 oz chicken broth  
thyme sprigs  
mace  
cayenne  
heavy cream

Dice into small pieces about 7 thick cut slices of bacon, and add them to a large pot. Cook over medium heat until bacon is browned. Leaving the fat in there, add a diced onion 3 tablespoons of butter, and LOTS of diced mushrooms. Probably about 4-5 cups. Be sure to use flavorful mushrooms like shitake, portabello, criminni. Saute the mushrooms over medium high heat until they give up their juice. Deglaze the pan with a bit of sherry. Then add meat from a medium sized pumpkin, already cooked. (about 4-5 cups of cooked pumpkin) and 2 large cans (50 oz each) of chicken broth. Add a few sprigs of thyme, 1/4 tsp of mace, and 1/8 tsp cayenne pepper. Add about 1/4 cup sherry. Adjust seasonings when broth warms up.

Simmer about 1.5 hours, occasionally using a potatoe masher to break up any pumpkin chunks. You should simmer it covered. If it isn't thick enough at the end, the simmer uncovered for a while.

When done cooking, stir in some heavy cream...just enough so that the color comes out. About 1/2 - 3/4 cup, no more.

Cooked pumpkin: if in a hurry, you can alays use canned. Fresh: cut a medium sized pumpkin in half. scoop out seeds and stringy stuff. Place on a cookie sheet, cut side down, and bake for about 1.5 hours. At about 300 degrees.



## 2.7 SOPA DE AJO

OJO! Mucho ajo. Recipe from Casa Irene in the Pyrenes.

8 large cloves garlic  
8 c chicken broth, preferable homemade seasoned with bayleaf, thyme sprigs,  
peppercorns, onion.  
3 tblsp dry fino sherry.  
day old baguette  
3 eggs  
1/2 c cream

Saute' the whole peeled garlic cloves in 3 tblsp olive oil until browned and softened. Crush them with a fork and add to the hot broth. Add sherry and let sit warm for about 1 hour. Slice the baguette into 3/4" slices and fry in the oil until golden. Press the garlic through a strainer. Beat eggs until frothy. Beat in the cream. Reheat the broth until just below boiling. Slowly beat in the egg/cream into the broth. Can't be too hot or it will curdle. Serve with the fried bread. Serve with Mouton Rothschild '90.

## 2.8 PHÓ

Vietnamese soup

a potful of chicken broth  
1 whole onion  
4 scallion stalks  
5 anise stars  
10 1/4" peeled slices of ginger  
Banh Pho, rice noodles  
Thai purple basis  
bean sprouts  
lime wedges  
hoisin sause  
ground red chile paste

Fill a large pot with chicken broth and put on high heat. Peel onion and place in the pot whole. Cut scallion stalks in half and add the white parts. Add anise stars and ginger. Simmer until ready to serve. Maybe add a bit of sugar if not sweet enough from the onions.

Boil noodles until al dente and strain.

To serve: place noodles in bowl and add broth. On table have garnish of sauses, basil, lime, sprouts.

## 2.9 LOBSTER BISQUE

*about 6 people*

Boil 2 lobsters in 3 cups of chicken broth for about 20 minutes. Reserve the broth. Remove the meat from the lobsters. Crack the shells of the lobster and replace in the pot. Add 4 cut up celery stalks, one sliced onion, a bay leaf, 6 peppercorns, 10 coriander seeds, a bit of mustard seed, some crushed saffron threads, some cayenne pepper, and hot paprika. Boil covered for about 1 hour. Strain the broth.

In a saucepan melt  $\frac{1}{4}$  c butter and add  $\frac{1}{4}$  c flour. Add 3 c milk. And  $\frac{1}{4}$  tsp nutmeg. Cook until smooth for about 10 min. Add the cut up lobster meat. Add  $\frac{1}{2}$  c heavy cream and a little ( $\frac{1}{4}$  c) dry sherry just before serving.

## 2.10 DANIELLE'S SOUP AUX ONIONS

1/4 cup butter  
6 medium cooking onions, sliced  
1 tsp sugar  
1 Tbsp flour  
1 cup dry white wine  
4 cups homemade beef broth from beef shanks  
1/4 tsp pepper  
6 slices day-old French bread  
2 cups swiss cheese, grated  
1/2 cup parmesan cheese, grated  
paprika

1. Make the beef broth: boil beef shanks in water, with some thyme, bay leaf for at least 1 hour.
2. Melt butter over medium heat and add onions and sugar.
3. Cover and cook, stirring occasionally, 30 minutes or until onions are tender but not colored.
4. Uncover pan, increase heat slightly and continue to cook until the onions are a rich caramel color, about 10-15 minutes.
5. stir in flour, well blended
6. Add wine, boil until thickened.
7. Add beef broth and pepper, bring to a boil.
8. Reduce heat to low and simmer 15 minutes.
9. Ladle soup into 6 1.5 cup oven proof bowls.
10. Top each with a slice of bread, sprinkle with swiss and parmesan cheeses and paprika.
11. Place bowls on cookie sheet pan and broil until cheese bubbles.

## 3 SALADS

### 3.1 CAESAR SALAD

1 clove garlic  
juice of 1/2 lemon  
3 anchovie  
couple dashes of tabasco  
few dashes of worstershire  
1 T Dijon mustard  
1 T balsamic  
3/8 c olive oil  
1 tsp mayonaise  
pepper  
1/2 c Tablespoons parmesan  
3/4 c croutons.  
1 head romaine lettuce

Crush one garlic clove and rub into the sides of bowl. Mash up garlic as much as possible...it may help to soak in olive oil the day before. Mash the anchovie into a paste with the crushed garlic with a fork. Add juice of 1/2 lemon, anchovies, worstershire, tabasco, Dijon mustard, balsamic vinegar, mayo and pepper. Mix well with a fork. Toss with lettuce, parmesan, and croutons. Serve immediately.

## 4 EGGS

### 4.1 SOUFFLÉS with VARIATIONS

1/2 cup grated parmesan  
butter  
1 1/2 cups thick Béchamel sauce, lukewarm (below)  
2 Tblsp minced shallots  
1 1/4 cups lightly packed grated Gruyere cheese. Can use Swiss or cheddar.  
salt and pepper  
pinch ground red pepper  
pinch freshly grated nutmeg  
6 large egg yolks  
8 large egg whites  
variations: cooked Italian sausage, bacon, mushrooms, etc.

1. Prepare Béchamel sauce
2. Preheat oven to 375 degrees
3. Generously butter an 8 cup soufflé dish. Dust the sides with the parmesan, also generously.
4. Heat in small skillet until softened the shallots and 1 Tblsp butter.
5. Add shallots, grated cheese, a bit of salt, black pepper, red pepper, nutmeg and egg yolks to the Béchamel sauce. At this stage you can add cooked bacon, Italian sausage, cooked mushrooms, etc. Beat until smooth and set aside.
6. Beat until stiff the egg whites with a pinch of salt. Use electric beater. Test for stiffness: you should be able to flip the bowl and the stuff stays in. Start on low speed and move up to the highest. Move the beater up and down and around to get more air in.
7. Stir some of the egg whites (about 1/4) into the sauce to smoothen it, then fold in the rest. Fold, do not stir. Pour into the dish and cook about 45 minutes until the top is golden.
8. Serve immediately because it will deflate.



## 4.2 BÉCHAMEL SAUCE

1.25 cups whole milk  
2 shallots  
1 bay leaf  
pinch of freshly grated nutmeg  
3 Tbsp butter  
3 Tbsp flour

1. Combine first 4 ingredients in small saucepan over low heat. Simmer gently for 15 minutes uncovered. Discard shallot and bayleaf and set aside.
2. Over low heat melt the butter. Stir in the flour and make a light roux. Medium low heat, use a whisk to smoothen, about 3-5 minutes.
3. Whisk in the warm milk, bring to a gentle simmer. Continue stirring/whisking until the sauce is the consistency of heavy cream. Add salt and white pepper to taste.

## 5 MEAT

### 5.1 TANGY LAMB STEW

*This is a very unique dish. Cook the meat the night before and store in the frig. Then the next day you can skim off the fat and proceed.*

1 tsp fresh ground pepper  
1 pound lean lamb shoulder, cut into 1 inch cubes  
3 tblsp olive oil  
1 tsp cayenne red pepper  
1 chopped medium onion  
1 tblsp tomato paste  
1 4 pound butternut squash. Peeled and cut into 1 inch cubes  
a few potatoes, cut into 1" cubes  
1.5 cups cooked chick peas, from can is ok.  
1 large ripe tomato...peeled and seeded  
1 medium garlic clove  
1/4 c fresh lemon juice  
1 tsp cayenne red pepper  
3 tsp hot hungarian paprika  
2 tsp dried mint leaves. Important these are dried.

Sprinkle half of the black pepper on the meat. In a large pot, heat 2 tablespoons of oil on medium high. Add the meat and cook, stirring until the juices evaporate about 10 min. Add the onion and cook another 10 minutes until brown.

Add the tomato paste and red pepper (1 tsp) and cook until mixture starts to caramelize. Add 1.5 c water, cover, reduce heat and cook for about 45 min. Remove from heat and refrigerate if you want to remove fat. Next day skim off fat on top and proceed. Otherwise just proceed.

Add the squash, chickpeas, tomato, garlic, 1/2 tsp salt and just enough water to cover ingredients. Cover and cook about 30 min until the squash is soft.

Remove from heat and add lemon juice. Salt to taste.

Rub the remaining 1/2 tsp black pepper, 1 tsp cayenne, 3 tsp paprika, and mint through a fine sieve to make a fine powder. Heat 1 tblsp olive oil until sizzling. Add these spices to oil, swirl just a bit. This makes an aromatic potion. Stir this potion into the stew stir once, and serve right away.

## 5.2 STEAK WITH CAPER WINE SAUCE

steaks  
shallots  
1/2 c red wine  
3 tblsp capers  
arrowroot

Remove the steaks and keep them warm (200 deg) in the oven. Add 3 tblsp butter and 5 tblsp chopped shallots. Cook until shallots are golden. Add 1/2 cup red wine and 3 tblsp capers. Cook for about 1 minute. Mix 1 tsp arrowroot with 2 tsp cold water, and then add this to the sauce. Cook another 20 seconds until thickened.

### 5.3 GRILLED LEG OF LAMB

5 pound leg of boned, butterfly with fat removed  
5 rosemary cuttings  
5 garlic cloves sliced thinly  
5 tsp soy sauce  
5 tsp dijon mustard  
.5 cups firmly packed brown sugar  
1.5 cups of dry red wine

Lay lamb boned side up and make lots of little cuts in the meat. Insert a 1 inch piece of rosemary and a slice of garlic into each cuts.

Mix wine, sugar, soy sauce, and mustard in a big food bag. Add the lamb. Mix it all up. Be careful the rosemary and garlic don't fall out of the cuts. Seal and marinate for most of the day.

Make sure the coals are gray then push them to the sides and put in a drip pan in the middle. (Or else the flames come up and burn the lamb.) You can also add some more brickettes to each side then if you want (not the ready start kind though). Then grill the lamb 5-6 inches above the coals. Use the marinade as BBQ sauce and cover the barbeque.

Cook about 40 min mins till 140 degrees in the center. Transfer to a serving board and garnish with more rosemary. Slice it thinly.

## 5.4 POT EN POT, or SIX PATES

*A traditional French-Canadian dish perfect for late drinking parties*

\* 3-4 pounds of assorted meats. Game preferable. Some should be fatty. Venison and chicken breast, if bacon is used, was excellent. Cut up in 1/2" cubes.

\* 1/2 lb+ of bacon. Depending on fat content of meat.

\* 2 medium onions, chopped fine.

\* 5 potatoes, medium, cut up in 1/2" cubes.

\* 8 carrots, cut into 1/2" pieces.

\* beef broth.

\* nutmeg

\* Pate dough: 2 cups flour, 1 tsp salt, 1 cup cold water.

1. Fry the bacon until cooked. Add onions and brown. Add meat and brown. Add nutmeg to taste, at least 1/2 tsp. Can add a bit of cumin, just a pinch.

2. Reduce heat and simmer. Add enough beef broth to keep the meat 3/4 submerged. Simmer about 1.5 - 2 hours until meat tender. Pour off broth and save.

3. In bottom of pot, make a layer of potatoes carrots and meat. Roll out dough to a thin sheet and lay over the meat. Repeat until you have about 3 or 4 layers.

4. Put a few carrots on top (whole) and some paprika. Add broth to cover 3/4 ingredients. Cover and simmer for about 1 hour, until potatoes are cooked.

## 5.5 MOROCCAN SPICE RUB

*for earth pit lamb*

1c olive oil

2c fresh chopped mint

1c chopped parsley

3 tblsp ground ginger

1 tblsp : ground allspice, cinamon, black pepper, patrika, ground corriander, salt

1 tsp ground red pepper

1 tsp ground cloves.



## 5.6 FEIJOADA BAIANA ATRAPALHADA (sem pés)

*“O prato mais nacional e popular do Brasil, preferido por todas as classes e em todo o ano.”*

2 lb feijão preto (frijoles negros, black beans man! )  
1/2 lb bacon  
1 large green pepper, chopped  
1 large red pepper, chopped  
1 large sweet onion, chopped  
6 cloves of garlic, cut up fine.  
3 tomatoes, cut up  
2 tsp oregano or thyme (dry)  
8 sprigs mint  
4 bay leaves  
1/2+ tsp cayene red pepper  
1 lb chorizo, cut up  
1 lb pork ribs  
1+ Tblsp BBQ sauce  
4 oz cut up beef jerky  
orelhas de porco si quieras  
black pepper  
1/2 lb cut up pork  
2 Tbl. tomato paste  
1 tsp sugar  
1/2 cup red wine  
3 Sazón packets (Goya)

Soak the beans in water, just enough to keep them covered. Don't discard the water. Cut up the bacon and saute in a large pot with a little olive oil. When browned, add the peppers, onions and garlic and brown. Add chorizo, pork and ribs, and also brown. Add beans (with soaking water) and all other ingredients except sugar. Cook slowly, letting it thicken, perhaps occasionally adding more water, for about 4 hours. At the end add just enough sugar to cut bitterness, but not enough to taste. Add tabasco if not spicy enough.

## 5.7 PORC AU TOMATE

1 lb pork chops, thinly sliced is preferable.  
1 large onion cut up into 4 pieces  
2 shallots  
bay leaf  
1 cup tomato sauce, can be spaghetti sauce (with sausage is nice) or a mixture.  
black pepper  
3 potatoes  
4-6 carrots, sliced lengthwise.

1. Fry the chops with a bit of olive oil in a saucepan until browned. Remove chops.
2. Sautee the shallots in the pan. Add a bit of water or white wine to deglaze.
3. Add tomato sauce, onion, bay leaf and black pepper. Replace chops and cook over low heat for 30 minutes.
4. Cut potatoes into slices about 1/2" thick and add to pan. Add carrots. Cook over low heat until potatoes are done (about 20-30 minutes).

*serve with piri-piri*

## 5.8 BEEF STEW PROVENCAL

3 pounds lean stew beef cut into 1 inch cubes  
1/2 pound mushrooms, whole or cut depending on size  
2 finely chopped garlic cloves  
1/2 pound onions, left whole if small  
1/8-1/4 cup flour  
1 cup dry red wine  
2 cups canned tomatoes, left whole or cut in half. Fresh tomatoes also work well.  
pitted green olives  
1 bay leaf  
1/2 tsp dried thyme  
cayenne pepper  
1/2 tsp saffron  
1/4 cup chopped parsley  
2 cups beef broth  
4 medium sized potatoes cut up into 3/4" cubes.  
3 carrots

1. Trim meat of all fat and sprinkle with salt and pepper. Heat olive oil (about 3 Tblsp) over high heat, until almost smoking, and brown the beef all over.

2. Add garlic and stir. Add onions and mushrooms. Sprinkle with flour and stir to coat the pieces. Add the wine, beef broth, tomatoes, thyme, bay leaf, cayenne to taste (a few large pinches), saffron and carrots. Bring to boil, lower heat, and cover.

3. Cook for about 1 hour. Add potatoes and cook until done. Serve with chopped parsley and olives.

*serve with piri-piri*

## 5.9 CHICKEN AND ANDOUILLE SAUSAGE GUMBO

1 cut up chicken  
1 c finely chopped onions  
1 c finely chopped green bell pepper  
3/4 c finely chopped celery  
1 1/4 c flour  
garlic powder  
cayenne red pepper  
vegetable oil for frying  
7 cups chicken stock, low salt  
1/2 lb andouille sausage  
1 tsp minced garlic  
Rice

Remove excess fat from chicken pieces. Rub a generous amount of garlic powder and red pepper on chicken, and let stand at room temp for 30 minutes.

Meanwhile, in a bowl combine onions, bell pepper and celery and set aside.

Combine the flour, 1/2 tsp garlic powder and 1/2 tsp red pepper in a bag, add chicken, and shake. Reserve 1/2 cup of the flour.

In a large heavy pot, heat 1.5 inches of oil until very hot. Fry the chicken until crust is brown and meat cooked, about 5-8 minutes per side. Drain on paper towels. Pour out oil, and reserve 1/2 cup and return to pot.

Over high heat, using a metal whisk, gradually stir in the 1/2 cup reserved flour. Cook, whisking constantly, until roux is dark red-brown to black, about 4 minutes.

Remove from heat and add vegetables, stirring until the roux stops getting darker. Lower heat and cook until veggies are soft, about 5 minutes.

Add the stock, and scrap particles off the bottom. Simmer and add sausage and minced garlic. Add salt to taste. Simmer about 1 hour.

While the gumbo is simmering, bone the chicken and cut into 1/2 inches dices. Stir in chicken at end, and adjust salt and pepper.

Ladle gumbo around mounds of rice.

## 5.10 PORK CHOPS WITH MUSTARD SAUCE

4 pork chops, center cut  
1/3 c finely chopped onion  
1/2 tsp finely minced garlic  
1/2 c dry white wine  
1/2 c canned chicken broth  
1/4 tsp arrowroot or cornstarch  
1 tsp Dijon mustard  
2 tablespoons thinly sliced cornichons  
2 Tbls finely chopped parsley

Sprinkle chops on both sides with salt and pepper. Heat oil in large enough skillet. When very hot add the chops and cook over moderately high heat about 5 minutes. Turn the chops and cook on the second side 5 minutes. Reduce heat and cook about 15 minutes, turning the chops occasionally.

Remove chops and pour off most of the fat. Add onion and garlic and cook until onion is wilted. Add the wine and stir to remove particles. Cook until the wine is reduced to 2 Tblsp. Add the broth and bring to boil.

Blend the arrowroot and 2 more Tbls of stock and stir into sauce. Add mustard and cornichons.

Spoon the sauce over the chops and sprinkle with parsley.

## 5.11 OSSO BUCO PIQUANTE

4 center cut veal shank, about 1 lb each ( for a variation, try lamb shank)  
3 Tblsp olive oil  
1 cup each diced onion, celery and carrots  
8 cloves garlic  
2 cups dry red wine  
1 cup chicken stock  
2 bay leaves  
1/2+ tsp crushed red pepper flakes

1. Preheat oven to 400F. Season the meat with salt and pepper. Add oil to cover generously bottom of pan. On medium high heat, brown shanks on both sides. Remove to deep baking pan.

2. Add the diced vegetables and garlic and cook until browned. Add wine and bring to boil, deglazing.

3. Add the contents of skillet to baking pan, add bay leaves and red peper. Add chicken broth to cover, up to 1+ cups. Cover and bake about 1.5-2 hours.

*optional: In skillet cook (in a bit of oil) 4 large leaves red chard and 1/4 cup cooked white beans until chard wilts. Add 3 cups of defatted braising liquid and bring to boil. Reduce by 1/3. Pour sauce over shanks.*



## 5.12 INDONESIAN BEEF RENDANG IN THE CROC

2 medium onions, roughly chopped  
3 garlic cloves, roughly chopped  
1 Tblsp fresh ginger, chopped  
4 small red chili peppers, chopped  
1/2 cup water  
2 lbs chuck steak cut into 1 inch cubes  
2 tsp ground corriander  
2 Tblsp tamarind sauce (from chinese market)  
1 tsp ground turmeric  
2 tsp curry powder  
1 stem lemon grass, 4" long  
2 cups coconut milk

1. In a blender until smooth: onions, garlic, ginger, chili and water.
2. Add above mixture, beef and the rest to a crock pot and mix.
3. Cook on low 8-10 hours.
4. Serve with fragrant jasmine rice

### 5.13 WHOLE BEEF FILET IN PEPPERCORN SAUCE

1 whole beef filet (tenderloin), about 4-5 pounds  
2 cups red wine  
3 Tblsp black peppercorns, roughly cracked  
3 Tblsp green peppercorns, soaked in wine  
3/4 cup heavy cream  
2 Tblsp Dijon mustard  
2 Tblsp butter

1. Preheat oven to 450 degrees F
2. Remove fat and membranes from filet
3. Fold over the thin end and tie to have a uniform thickness
4. Place in oven with meat thermometer inserted in center.
5. When meat thermometer reads 125 degrees for rare. This takes about 35-50 minutes for an average sized filet. Remove and let stand in warm place for 10 minutes.
6. Meanwhile make the sauce: deglaze the pan with wine and cook down by half. If there is not enough pan juices, supplement with beef broth or canned beef gravy. Add cream, peppercorns and cook until thick. Add butter and mustard when finished.

## 5.14 LAMB BUTTERFLIES WITH JALAPENO JELLY

1 whole boneless leg of lamb, about 5 pounds  
jalapeno jelly (Goya)  
1/2 cup roughly crushed black peppercorns  
1/2 Tblsp ground coriander  
2 Tblsp minced garlic  
1 Tblsp crushed red pepper flakes  
2 Tblsp salt  
2 Tblsp chopped fresh rosemary or 1 Tblsp dry

1. Preheat broiler
2. Open up the boneless lamb and spread out to a thickness of about 2 inches. Cut into 2 pieces if called for. Trim off fat and membranes as desired.
3. Mix all dry spices and coat the lamb.
4. Broil skin side up for 12 minutes. Flip and broil other side 12 minutes. This gives medium rare in parts. For medium, flip and broil and additional 2 minutes on each side. Cover with foil and let stand 5 minutes.
5. Serve with jalapeno jelly. (Mint jelly works well also.)

## 5.15 HACHIS PARMENTIER

4 potatoes, about 1.3 pounds  
3 Tblsp butter  
2 medium onions, finely chopped  
1 clove garlic, finely minced  
1.5 pounds lean ground beef  
salt and pepper  
1 bay leaf  
2 springs fresh thyme or 1/2 tsp dried  
4 Tblsp tomato paste  
1/2 cup milk  
1/8 tsp freshly ground nutmeg  
3 Tblsp finely chopped parsley  
1/2 cup grated parmesan cheese

### **Optional mushroom sauce:**

1/4 pound fresh mushrooms  
2 Tblsp butter  
3/4 cup chopped onion  
1 minced garlic clove  
1/4 cup white wine  
1.5 cups chopped canned tomatoes  
1/4 cup heavy cream

1. Boil potatoes.
2. Saute onions and garlic in 1 Tblsp butter.
3. Add beef. After the beef is partly browned, add salt and pepper to taste, bay leaf, thyme and tomato paste. Cover and cook 20 minutes.
4. Preheat broiler to high.
5. Mash potatoes, add remaining butter, milk, nutmeg and half the parsley. Add the remaining parsley to the beef mixture.
6. Spoon beef into 8" x 11" baking dish. Smooth potatoes on top. Sprinkle with the cheese.
7. Broil about 5 minutes until cheese is browned.

### **Mushroom sauce:**

1. Slice mushrooms thinly.
2. Cook onions and garlic in butter.
3. Add mushrooms and salt and pepper to taste. Cook until the liquid given off evaporates.
4. Add the wine and cook until wine almost evaporates. Add tomatoes, cover and cook 15 minutes.
5. Stir in remaining butter and add cream. Bring briefly to a boil and serve hot.

## 5.16 OVEN ROASTED WHOLE LEG OF LAMB

1 whole bone-in leg of lamb (7-8) pounds  
1 Tblsp black pepper  
2 tsp salt  
2 tsp finely minced fresh rosemary  
3 large garlic cloves, cut lengthwise into slivers  
3 Tblsp olive oil  
fresh mint, maple syrup, white wine vinegar for mint sauce.

0. Prepare mint sauce. (See 7. below)
1. Preheat oven to 450F with the rack in the lower third of oven.
2. Mix dry spices and rub half onto the large part of the lamb.
3. Mix the rest of the spices with garlic slivers. Insert slivers into small cuts in the meat.
4. Rub surface with olive oil.
5. Place in oven and reduce heat to 325F. For medium rare: 125F to 135F in the thick part, about 1.5 hours. For medium: 135F-145F.
6. Remove from oven, cover loosely with foil and let stand 10 minutes.
7. Serve with fresh mint sauce: mix 1 Tblsp maple syrup and 2 Tblsp boiling water. Stir in 2 Tblsp fresh mint leaves and 8 Tblsp wine vinegar. Cover and let stand 2-3 hours before serving.



## 5.17 GRILLED PORK CHOPS WITH BRAZILIAN JUICE

6 pork chops with bone, about 3/4" thick

Brazilian juice: 1 cup of nectar. This can vary, could be Guanabana and Mango.

In Goya section of supermarket

1/4 cup rice vinegar

1/4 cup olive oil

2 Tblsp soy sauce

1 large minced shallot

2 minced garlic cloves

2 Tblsp chili-garlic sauce (from Chinese section, Sriracha)

1 tsp sea salt

1 tsp ground cumin

1 tsp freshly ground black pepper

1 Tblsp tropical jam, such as apricot.

1. Mix all marinade ingredients in a small bowl with a whisk.
2. Place meat and marinade in a large ziplock bag, press out the air, seal, and let sit in refrigerator for at least 4 hours. Save the marinade.
3. Grill over charcoal, about 10-15 minutes on each side until well cooked. Halfway through the grilling, heat the marinade to boiling in a saucepan, and then baste repeatedly.

## 5.18 PAPRIKASH

*courtesy of Marko Krco*

4 pounds stew quality beef, chopped into 1/2" cubes  
5 medium onions, chopped 1/2"  
4 sweet red peppers, chopped 1/2"  
6 cloves garlic, finely chopped  
4-5 stalks green onions, chopped  
1 pound carrots, chopped  
4 potatoes chopped  
1 pound fresh or frozen peas  
"Vejeta", Yugoslavian spice (soup mix) 1/2 cup. (Mediterranean section of super-market)  
1/2 cup + spicy Hungarian paprika. (Cannot overdo this spice)  
some lemon juice before serving (1 Tblsp)  
1/2 tsp cumin  
1/2 a bunch of fresh cilantro  
black pepper  
chopped cilantro as final garnish  
flour

1. Sauté all vegetables except the peas and potatoes in a little olive oil.
2. Just cover with water, add spices, beef, potatoes and peas. Cook covered at first, then open for the remaining time, for a total time of about 1 hour plus. Add peas toward end.
3. Add flour to thicken if necessary, or boil down further. Add parsley and lemon juice.

## 5.19 ASADO DE CERDO ZACATECAS

*Courtesy of Carlos Murillo: "This is another recipe that traces its origins to my paternal grandmother, who was born and raised near Guadalupe, Zacatecas, in the late 19th century."*

- 4 lb lean pork leg
- 6 dried ancho chiles
- 1/2 orange
- 8 garlic cloves, crushed, diced
- 2 large tomatoes, boiled and peeled
- 2 onions
- 5 bay leaves
- 1 tsp ground origano
- 1 cup of cooking oil

Ancho peppers are nothing more than poblano peppers that are left on the plant until fully mature (poblano peppers are harvested when they are still green), and then dried industrially. They are wider and less dark than mulato or pasilla peppers. However, I have seen them mislabeled as one or other of the latter two by Goya Foods.

Cut the meat in 1/2 - 3/4" cubes, add some salt to it and the garlic, then fry in a large pot using 1/4 cup of oil until golden. In the meantime, take off the stems from the ancho chiles and pour the remaining 3/4 cup of oil in a small skillet; heat until it reaches a high temperature, but not so high that it smokes. The following procedure is critical: each ancho chile must be fried for about 4-8 seconds, perhaps turning it around once. The chile first turns orangish, then quickly turns brown if left too long. You want to remove it when it is orange and before it turns brown and bitter. This step brings out the real flavor that we want out of the chile. Hint: the amount of seeds and veins that you leave in the chiles is what controls how spicy the end result will be. If you wish to make it mild, devein and deseed before frying. The oil usually needs to be discarded after this.

Blend the ancho chiles, onions, tomatoes and origano until they become a smooth paste; add a little water if necessary. Add the contents of the blender to the meat in the pot. Add the bay leaves. Peel the orange and add the rind to the pot. Add

salt to taste at this point, and simmer for 30-40 minutes. The dish should acquire a dark red color.

Serving suggestions: refried beans, mexican rice, soft corn tortillas, guacamole.

## 5.20 CALDEIRADA ANGOLANA CON CABRA

2 lbs cut up goat meat with bone. In the USA possibly in the frozen section

4 medium onions, sliced

4 garlic cloves, chopped fine

salt and black pepper

4 medium potatoes, sliced about 1/2" thick slices

2 medium tomatoes, sliced into rings

1 red and 1 green red pepper, sliced into rings.

1 Tblsp paprika

piri-piri

1. Brown the goat meat in 1/4 cup olive oil until well browned over medium-high heat, about 20 minutes.

2. Add the onions and garlic and brown also. Add paprika.

3. Add water to cover and simmer for about 3 hours until meat is very tender, falling off the bone.

4. Add sliced vegetables on top, add water to nearly cover, and cook until vegetables are tender, about 30 minutes.

5. Serve as a soup/stew with piri-piri.

## 5.21 PRESSURIZED RAMANUJAN STEW

*This recipe is first cooked in a pressure cooker, which is good for meat on the bone, like goat and lamb. It can also be made with dry kidney beans rather than the meat. I recommend a combination.*

*4 lbs meat, either cut up goat meat with bone, or lamb shoulder/small shanks/neck meat on bone. For goat possibly in the frozen section. Or, 1 cup dried kidney beans + 2 pounds meat.*

*6 cloves of garlic, finely minced  
2 medium red onions, minced  
2 inch piece of ginger, chopped  
4 serrano chiles.  
1/2+ tsp ground turmeric  
1/2+ tsp hot paprika  
2 tblsp olive oil  
2 dried hot peppers  
2+ tsp coriander seeds  
1/2+ tsp cumin seeds  
1 stick cinnamon  
1.5 15oz cans of whole peeled tomatoes.  
1/4 cup cilantro, finely chopped  
1 tsp+ garam masala  
pinch of saffron  
juice from 1 lemon*

*1. Combine meat (or beans), half the garlic, half the minced onion, and salt to taste to the pressure cooker, along with 2 cups water. Cook on high heat until you hear the whistle, the reduce heat to medium. Cook more depending on type of meat. For goat, another 45 minutes. For beans, another 45 minutes. For lamb, another 30 minutes Remove from heat, allow to cool, pour off liquid and reserve.*

*2. In a food processor, blend remaining garlic, serrano chiles, turmeric, paprika, ginger, with about 1/4 cup water.*

*3. In a skillet, heat oil and add dried chiles, coriander, cumin and cinnamon. Cook until fragrant, about 2 minutes. Add remaining onion and cook until browned. Add paste, cook 2 minutes. Add tomatoes, crush with potato masher, and cook about 15 minutes.*



*4. Add tomato mixture, cilantro, garam masala, saffron, lemon juice, and about 1 cup of reserved broth (after spooning off fat) to meat in pressure cooker. Bring to a boil, cook uncovered for a few minutes to heat through. Serve over rice.*

*5. For leftovers: put remaining reserved broth in fridge for several hours and scoop off congealed fat. Add broth to dish and microwave.*

## 5.22 SANCOCHO DE 4 CARNES

*2 lbs cut up goat meat with bone. In the USA possibly in the frozen section*

*1 pound beef for stew (flank or chuck)*

*1 pound pork sausage (longaniza)*

*1 pound pork ribs*

*4 limes cut in half*

*3 cloves mashed garlic*

*1/2 pound cassava cut into 1" pieces*

*1/2 pound yam cut into 1" pieces*

*2 celery stalks*

*1/2 lb malanga cut into 1" pieces*

*2 unripe plantains, cut up.*

*1 unripe plantain, cut in slivers (done with potato peeler)*

*2 cubes beef stock*

*2 corn cobs cut into 1" pieces*

*1/2 tsp powdered oregano*

*1/2 tsp coriander*

*2 tsp vinegar*

*2 tsp hot sauce*

- 1. Cut the meat into small pieces*
- 2. Scrub the meat with the lime.*
- 3. To the meat add celery, coriander, oregano, vinegar and salt. Rub and marinate a least 1/2 hour.*
- 4. Heat 3 Tblsp oil in a large pot, and add the goat meat. Cover and simmer 1 hour.*
- 5. Add the remaining meat except the sausage, and simmer 15 minutes.*
- 6. Add 1/2 gallon of water and bring to a boil, and add yam, malanga and plantains. Simmer 15 minutes.*
- 7. Add all remaining ingredients and simmer until all is tender.*
- 8. Make the remaining plantain into a pulp and add to the pot. Simmer another 10 minutes.*
- 9. Adjust seasoning and serve with rice.*

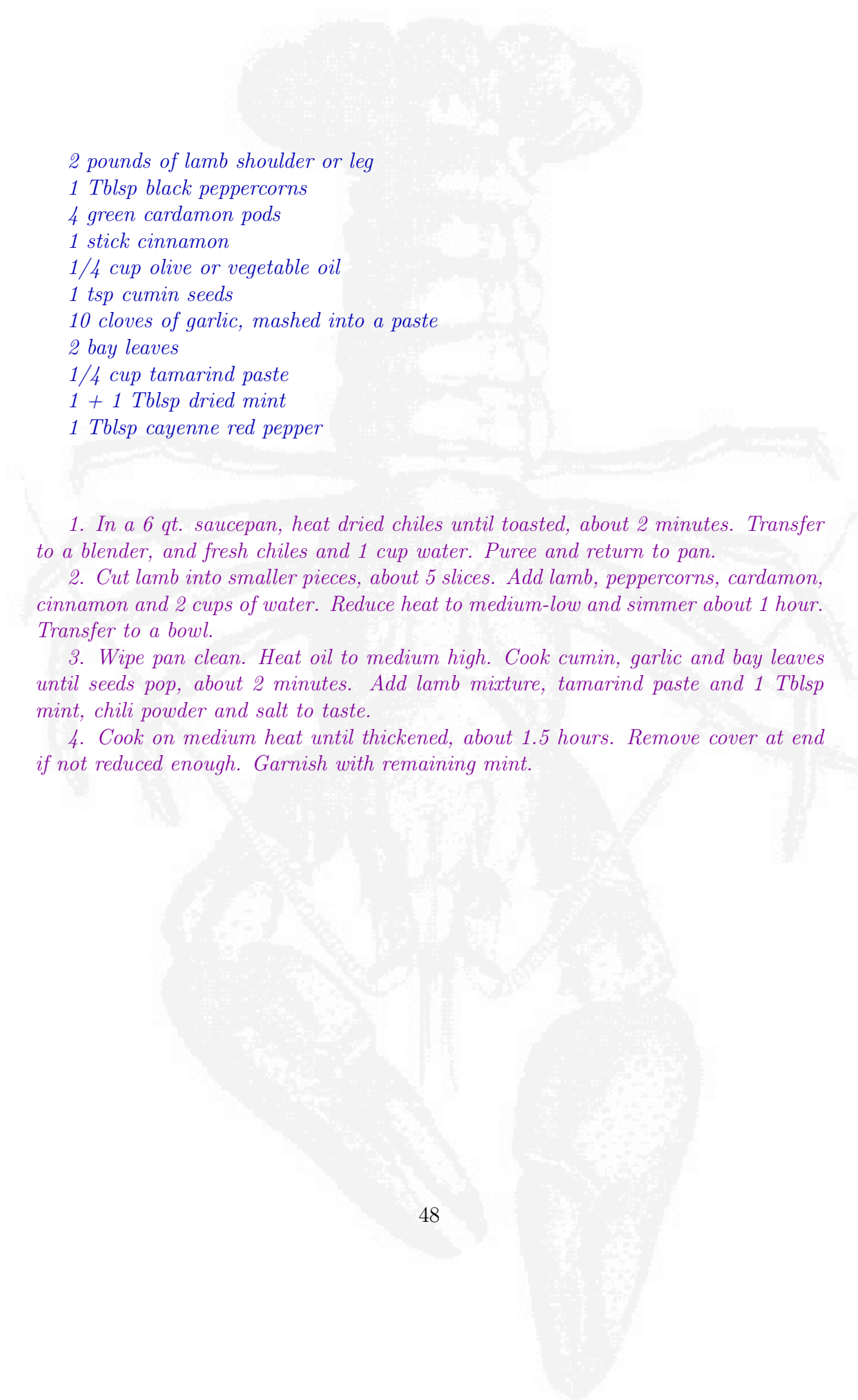
## 5.23 SHAHYAANIGAN BEEF DASAY

*1 Tblsp cumin seeds  
1 Tblsp coriander seeds  
1 Tblsp mustard seeds  
1 Tblsp poppy seeds  
1 Tblsp black peppercorns  
1 tsp turmeric  
6 dried red chilies, medium sized  
1 diced onion  
1 Tblsp grated ginger  
5 cloves garlic, minced  
5 cardamon pods  
2 pounds stew beef cut in cubes (approximately)  
1/2-3/4 small can tomato paste  
4 Tblsp white vinegar  
1 cinnamon stick  
1 Tblsp sugar  
3-4 coarsely diced potatoes*

- 1. Grind the first 7 ingredients in a mortar.*
- 2. Sauté the onion and garlic in some oil until onion is transparent. Add the ginger and cook another 5 minutes. Add garlic and cardamon pods and cook a few more minutes.*
- 3. Stir in the ground spice mixture and salt to taste.*
- 4. Pour into a croc pot. Add tomato paste, vinegar, cinnamon and sugar.*
- 5. Add 2+ cups of water and beef.*
- 6. Cook on low heat about 6 hours. Or in a pressure cooker for about 1 hour.*
- 7. If desired, add potatoes for the last 20 minutes.*

## 5.24 CASHMIRE LAMB WITH CHILI SAUCE

*10 medium sized dried red chiles, on the mild side.  
2 small fresh red jalapeño chilies*



*2 pounds of lamb shoulder or leg  
1 Tblsp black peppercorns  
4 green cardamon pods  
1 stick cinnamon  
1/4 cup olive or vegetable oil  
1 tsp cumin seeds  
10 cloves of garlic, mashed into a paste  
2 bay leaves  
1/4 cup tamarind paste  
1 + 1 Tblsp dried mint  
1 Tblsp cayenne red pepper*

*1. In a 6 qt. saucepan, heat dried chiles until toasted, about 2 minutes. Transfer to a blender, and fresh chiles and 1 cup water. Puree and return to pan.*

*2. Cut lamb into smaller pieces, about 5 slices. Add lamb, peppercorns, cardamon, cinnamon and 2 cups of water. Reduce heat to medium-low and simmer about 1 hour. Transfer to a bowl.*

*3. Wipe pan clean. Heat oil to medium high. Cook cumin, garlic and bay leaves until seeds pop, about 2 minutes. Add lamb mixture, tamarind paste and 1 Tblsp mint, chili powder and salt to taste.*

*4. Cook on medium heat until thickened, about 1.5 hours. Remove cover at end if not reduced enough. Garnish with remaining mint.*

## 5.25 FOIE GRAS POELLE

*“Poellé” refers to pan-seared, and you must start with fresh, high quality, uncooked foie gras, which is completely different than the foie gras that comes in a jar, which is already cooked and more of a paté. If not of sufficient quality, it will just melt like butter in the pan and become a pool of liquid fat. Not very nice. You can buy your foie on-line from some farms only in New York (as of this edition of this publication). You can have it shipped overnight on ice. The procedure is extremely simple, but easy to screw up, either with too low heat, or too long searing. Careful and good luck.*

- 1. One to two pounds of fresh foie of high quality.*
- 2. Salt and pepper.*
- 3. Some hearty crusty bread, and something a bit sweet to serve with, like fig jam or sauternes, if desired. I prefer just plain with bread.*

*1. Slice the foie with a warm knife into slices about 1/2 an inch thick, no thinner. Score one side with a few incisions that are not very deep to form a plaid pattern, and serve this side up (not necessary). Season with salt and pepper.*

*2. Heat a thick bottomed pan over medium high heat until smoking hot, without adding any oil, butter, etc. You can add a few drops of oil to know when it is “smoking”.*

*3. Add the foie, and sear on each side no more than 1 minute. It needs to be browned and crispy on the outside, and medium rare on the inside. If it doesn't start smoking when you first add the foie, you may want to commit suicide, or otherwise remove from stove and heat the pan further.*

- 4. Let sit about a minute so the inside softens a bit.*



## 5.26 BOEUF FILLET A LA WELLINGTON

1. 3 1/2 pound fillet of beef, tied with string.
2. 3/4 pound mushrooms finely chopped
3. 2 1/2 Tblsp butter
4. 1/2 pound paté of foie gras. (can be omitted)
5. 1 pound thawed frozen puff pastry
6. 1 beaten large egg white
- 7 egg wash: 1 egg yolk beaten with 1 tsp water
8. 1/2 cup madeira
9. 2 tsps arrowroot (or cornstarch) dissolved in 1 tsp cold water
10. 1/2 cup beef broth.

1. In a shallow pan roast the beef in a 400 degree oven (in middle) for about 30 minutes, until a meat thermometer reads 120 degrees F. Let the fillet cool completely and save the pan juices. Discard string.

2. Cook mushrooms with butter in skillet over medium low heat until mixture is dry. Season with salt and pepper and let cool completely.

3. Spread the fillet completely with the foie gras. Cover the foie gras with the mushrooms.

4. On a floured surface roll out the puff pastry to a rectangle about 20 x 12 inches, enough to completely enclose the fillet. Invert the fillet onto the pastry and fold up the long sides of the pastry to enclose the fillet. Brush the edges of the dough with the egg white to seal. Fold ends of the dough over fillet and seal with egg white.

5. Transfer fillet seam side down to a shallow roasting pan and brush with egg wash.

6. Roll out remaining dough and cut out shapes by hand or with decorative cutters. Arrange cutouts on dough, and brush with remaining egg wash. Chill fillet from 1 to 2 hours.

7. Bake fillet in middle of 400 degree F oven for 30 minutes. Reduce heat to 350. and bake 5-10 minutes more until meat thermometer reads 130 degrees. Let fillet stand for 15 minutes.

8. In a pan boil reduced pan juices and Madeira until reduced by one fourth. Add arrowroot mixture and beef broth, salt and pepper, and cook over medium heat for 5 minutes without letting it boil.

9. Transfer fillet to heated platter. Cut into 3/4 inch slices. Serve with sauce.



## 6 POULTRY

### *POLLO CON HIGOS*

*Start the figs a few hours before cooking the chicken.*

*1/2 c med. sweet white wine  
peel of 1/2 lemon, whole, not grated  
3-3.5 pound chicken cut into pieces  
coarse salt  
1/4 c diced bacon  
1 tblsp olive oil  
3 tblsp beef broth*

*For figs:*

*3/4 c sugar  
3/4 c water  
1/2 c vinegar  
1 slice lemon  
1 cinnamon stick  
1 pound fresh figs.*

*First poach the figs for about 10 minutes by simmering in a syrup made from the last 6 ingredients. Remove the figs from the syrup, and reserve about 1/3 of the syrup. Put the figs in a bowl, add the 1/2 peel of lemon and the wine and marinate for a few hours.*

*Sprinkle chicken with salt and pepper. In a large oven proof casserole, like a dutch oven, slowly heat the bacon until crisp. Remove the bacon and reserve, leaving the bacon grease. Add olive oil. Heat then add the chicken and brown over medium heat until golden. Turn up the heat and add the wine the figs soaked in. Add the cooked bacon pieces. Boil until the wine is syrupy about 10 minutes. Add about half the reserved syrup and cook another 5-10 minutes. Transfer the casserole to a 350 degree oven and cook about 30 minutes. Check periodically to see how low the liquid is, and add more syrup if necessary to prevent burning. Remove from the oven when the syrup is mostly reduced. Return to the stove top, add beef broth and figs and the rest of the syrup. Cook another 10 minutes until the syrup is thick and saucelike.*

## 6.1 CHICKEN MOGLAI

*12 skinless boneless chicken breast halves*  
*1/4 c flour*  
*1 stick butter*  
*5 med onions, finely chopped*  
*6 garlic cloves, minced*  
*1 Tblsp finely grated ginger (fresh)*  
*1/2 tsp ground cumin*  
*1/2 tsp cumin seeds*  
*1/2 tsp tumeric*  
*1/2 tsp caraway seeds*  
*Cayenne pepper*  
*35 ounce can of Italian peeled tomatoes, coarsely crushed, with liquid*  
*2 c chicken stock*  
*3 c sour cream*  
*1/4 c packed light brown suger*  
*1 tsp tomato paste*  
*1 tsp crushed red pepper*  
*1 tsp saffron threads*  
*1/2 tsp ground cardamon*  
*1/4 tsp ground cloves*  
*1/4 tsp freshly grated nutmeg*  
*Fresh coriander for garnish*  
*Rice for serving*

1. Season breasts on both sides with salt and black pepper and coat lightly with flour, shaking off excess. Melt 4 Tblsp of butter in large skillet. Add 6 breasts and cook over medium high, turning once, until golden, about 4 min per side. Transfer to large plate and repeat with remaining 6 breasts.

2. Melt the remaining 4 Tblsp butter in the skillet. Add the onions anc cook over medium, stirring , until softened about 10 min. Stir in garlic and ginger and cook about 3 min. Add ground cumin, cumin seeds, tumeric, caraway and 1/4 tsp cayenne and cook for 1 min. Stir in the crushed tomatoes wwith their liquid and the chicken stock. Transfer the mixture to an enameled cast iron casserole (not completely necessary)

3. Add the chicken to the casserole and brind to simmer over medium low heat..simmer 10 min. Stir in sour cream, sugar , tomato paste, red petper, saffron, cardamom , cloves and nutmeg. Cover and simmer (low heat) for 30 min. Uncover and cook, stirring once ina while, until the chicken is tender and sauce thick...about 1 hour.

## 6.2 TUSCAN HUNTERS CHICKEN

*olive oil  
2 garlic cloves  
10 large leaves of sage  
fresh rosemary  
whole chicken in pieces  
red pepper flakes  
3/4 c dry red wine  
tomato paste  
bay leaf*

*Heat 1/4 c olive oil in skillet and add 2 chopped garlic cloves and roughly chopped 10 large leaves of sage and 1 TBslsp fresh rosemary. Cook over low heat until the garlic is golden, about 5-10 min. Add pieces of a whole chicken, and cook over moderately high heat until golden, turning occasionally, for about 20 minutes.*

*Season with salt, pepper and 1/4 tsp crushed red pepper flakes. Add 1/2 c dry red wine. Simmer over low heat until wine almost evaporates, about 10 min. Stir in 2 Tblsp tomato paste, 1/4 c red wine and 1/4 c hot water, and 1 bay leaf. Cover and simmer over low heat, stirring only once, for about 30 minutes. Uncover.....then simmer over low heat for an additional 30 minutes, until the sauce is thickened. If the sause is thickened already, then simmer it these last 30 minutes covered. Anyway, simmer covered or uncovered depending on the thicknes of sause.*

*Discard bay leaf. Transfer chicken to platter. Spoon off fat, and pour sause over chicken.*

### 6.3 CHICKEN WITH ALSACIAN BEER SAUCE

*butter  
whole chicken  
onion  
1 garlic clove  
bay leaf  
2 cloves  
2 bottles beer  
flour  
2 eggs  
1/2 c heavy cream  
nutmeg*

*Melt 2 tablespoons butter in large saucepan and saute' a whole cut-up chicken until golden. Add 1 chopped onion, 1 chopped garlic a bay leaf and 2 cloves. Add 2 bottles of beer. Simmer about 45 min until fork easily pierces thighs. Remove chicken pieces and keep hot in a 300 degree oven. Boil down the sauce by 1/3. Strain and reserve. In a sausepan, melt 1 tblsp butter and 1 tblsp flour. Cook 2 minutes. Add the broth and cook 10 minutes. In a bowl whisk together 2 egg yolks and 1/2 cup heavy cream. Pour in half of the broth and stir. Add back to the pan. Add some nutmeg. Heat only until warmed through and slightly thickened. Do not boil! Pour over the chicken.*



## 6.4 COQ AU VIN

*4 oz chunk of thick, lean bacon  
butter  
3 lb cut-up chicken. Even better: 2 cornish game hens.  
1/4 c cognac  
bottle of red wine  
1-2 c chicken stock  
1 Tb tomato paste  
2 cloves mashed garlic  
1/2 tsp thyme  
1/2 tsp dry rosemary  
1/2 tsp red pepper flakes  
2 bay leaves  
12-24 small onions, or 8 medium onions sliced in half.  
1/2 ' mushrooms  
4 carrots, chopped  
2 Tb flour  
1 Tb softened butter*

*Cut the bacon into lardons and saute slowly in hot butter until it is lightly browned. Remove to side dish. Dry the chicken and brown it in the hot fat. Season the chicken. Return the bacon to the pot with chicken and cover and cook slowly for 10 minutes, turning once. Remove chicken. Saute onions. Then saute the mushrooms.*

*Uncover, pour in the cognac, ignite and shake back and forth. Pour in the wine. Add back the chicken. Add just enough stock to cover the chicken. Stir in tomato paste, garlic, herbs and bring to simmer. Cover and simmer for one hour. Remove chicken and vegetables.*

*Simmer the cooking liquid and skim off fat. Boil rapidly to reduce the liquid to 1-2 cups. Blend the butter and flour together into a paste (beurre manié). Beat the paste into the hot liquid with a wire whip. Simmer for a minute or two.*

*Arrange chicken, placing mushrooms and onions around it and baste with the sauce.*



## 6.5 XINXIM DE GALINHA

*Recipe from Bahia, Brazil. Galina is a rooster.*

*3-4 pounds of chicken, cut up into small pieces. Use a butcher's knife.*

*2 medium onions, chopped*

*1/4 cup dende oil (red palm oil)*

*3 cloves of garlic, minced*

*1/3 cup dried shrimp, ground (from Chinese market)*

*1/4 cup ground cashew nuts*

*1/4 cup ground peanuts*

*2/3 cup dried shrimp, whole*

*2 tsp grated fresh ginger*

*1/2 cup coconut milk.*

*salt, black pepper, and cayenne to taste. About 1/2 tsp cayenne*

*1. Grind the nuts and shrimp in a blender*

*2. Sauté all the ingredients in the oil, adding the oil a little at a time until fully sautéed. The chicken should be nearly half-way cooked.*

*3. Add the coconut milk.*

*4. Add salt and peppers to taste.*

*5. Simmer for about 1 hour until chicken is thoroughly cooked. Cook uncovered. It should be reasonably thick.*

*6. Serve over rice.*

## 6.6 MOLE VERDE or GREEN MOLES

*Courtesy of Carlos Murillo*

*For the stock:*

*1 large chicken (roaster is ok)  
2 garlic cloves  
2 bay leaves  
1/4 tsp ground black pepper  
1 tsp salt  
3 cups water*

*For the mole paste:*

*4-6 large poblano peppers  
2 lb tomatillos (wild green tomatoes)  
1 large onion  
4 garlic cloves  
8 oz raw, peeled pumpkin seeds  
1/2 bunch parsley  
1/2 bunch cilantro  
1/4 cup cooking oil*

*Cook the chicken/stock ingredients in a pressure cooker until the chicken is very tender. In the meantime, you need to prepare the different ingredients for the paste:*

*1) Poblano peppers: These have to be roasted first so that they can be peeled and, if so wanted, deveined. You can use one burner of the stove and a wire platform, moving them around to insure even roasting, or you can use a standard oven at 450F. (no microwave). The skin should come off easily when properly roasted; for added ease, toss the roasted peppers inside a plastic bag for a few minutes before peeling them. Two notes of caution: (1) your fingers will become weapons after handling the peppers for skinning! do not touch your eyes (2) The amount of seeds and veins that you remove is what controls the spiciness of the mole, so this part is discretionary. Do remove all the skin that you can, though, and the pit.*

*2) Pumpkin seeds: roast these using an iron skillet. Move around a lot to ensure even roasting and avoiding black burned spots on the seeds; these spots look ugly afterwards and taste even worse. Note that if you buy pre-roasted seeds, chances are*

*that they are not sufficiently done; the seeds are properly roasted when they are no longer green but start to take a yellow (not brown) color.*

*3) Tomatillos: boil them in water for 6 minutes. And yes, strip the husks off before you use them.*

*Finely chop the onion and garlic and fry until translucent in the oil. In the meantime, grind the other paste ingredients using a blender. You are likely to need more liquid to do this; use the stock from the chicken. Add the mole to the onion and garlic; debone the chicken, cut it in about 10 pieces (or shred it if you prefer) and add. Also, add salt to taste at this time. Finally, simmer for about 30 minutes. Don't use a high flame because it can easily stick and burn. The mole should be thick; if not, you can add a little (1 tsp) of corn starch to thicken it, previously dissolved in some of the chicken stock.*

*Serving suggestions: mexican rice, refried beans, guacamole and soft corn tortillas.*

*Carlos: This recipe has been in my family for years; I suspect that the origins go back to a small town in Zacatecas where my grandparents came from. The use of poblano peppers instead of serranos identifies this recipe as coming from the Aguascalientes/Zacatecas area. It is by far the easiest mole that you can do, yet it shows the basic ingredients and procedures: peppers, seeds. Variations include adding some roasted sesame seed or other green chiles such as serrano (not jalapeo, though).*

## 6.7 BUTTERED PEEKEN CHICKEN

*I like to make this dish with cornish game hens, since the skin is thin and can handle all the butter, but it can be made with one whole chicken. Peeken refers to Peking.*

*2 cornish game hens  
8 tblsp butter  
1/2 cup soy sauce  
1/8 tsp cayenne pepper  
a few drops of vanilla extract  
2 tsp dried thyme  
4 cloves garlic, crushed to mashed  
salt and black pepper*

- 1. Preheat oven to 425 degrees F.*
- 2. Melt butter in small saucepan and add soy sauce, vanilla and cayenne. Heat.*
- 3. Put garlic and thyme inside the body and tie legs.*
- 4. Salt and pepper birds and place in oven about 15 minutes.*
- 5. Baste generously with soy-butter sauce and return to oven. Raise heat to 475 degrees.*
- 6. Baste every 20 minutes for another hour or so, until meat thermometer reads at least 175 degrees.*
- 7. Let stand 10 minutes before serving.*

## 6.8 CHICKEN WITH LEMON AND SAFFRON

*This recipe probably originated in Spain.*

*3-4 pound chicken  
1 tsp black peppercorns  
1/2 tsp saffron  
about 1 Tblsp salt  
1 lemon, cut into thin slices  
1-2 sprigs fresh rosemary*

- 1. heat saffron in a dry pan over medium heat until aromatic, about 2 minutes.*
- 2. In a mortar, grind the saffron, pepper, salt, and finely chopped rosemary with a bit of olive oil.*
- 3. Put your fingers under the skin on the breast and separate from meat without removing. Put spice mixture under skin, over skin, and inside body cavity.*
- 4. Put lemon slices under skin.*
- 5. Bake at 400 degrees F for about 1 hour 45 minutes.*



## 6.9 CHANTERELLE CHICKEN

*First made with Alexandra. It's pan roasted.*

*4 pound chicken, cut into 8 pieces  
5 Tblsp butter  
1/2 red onion finely chopped  
1/2 red onion quartered though the stem  
2/3 cup white wine. Riesling works well.  
2/3 cup chicken broth  
1/2 cup heavy cream  
10 oz chanterelles. If large, cut in half  
1 cup firmly packed Swiss chard leaves*

*0. Preheat oven to 350 degrees.*

*1. Season chicken with salt and pepper. In a large heavy pan, such as a Dutch oven, add 3 Tblsp butter over medium heat until bubbling. Add chicken skin side down and cook until browned, about 10 minutes. Turn and repeat on the other side.*

*2. Remove the chicken. Pour out all but 1 Tblsp of the fat. Add the onion, turning the larger pieces occasionally. About 5 minutes. Place the large pieces in a serving plate. Add the wine and deglaze, then cook over medium high heat until most of the wine is gone, about 2 minutes. Add the stock and cream and cook on low for 30 minutes.*

*3. During the last 10 minutes of simmering the sauce, place the chicken in the oven and roast about 10+ minutes.*

*4. Just before serving, melt 1 Tblsp butter over medium high heat. Add chanterelles and cook until browned on the edges and tender, about 10 minutes. Remove to the platter with reserved onions. In the hot skillet melt 1 Tblsp butter, and cook the chard until wilted, about 1 minute. Remove and add to serving plate.*

*5. Adjust seasoning to sauce. Pour the sauce onto the serving platter and add the chicken.*



## 6.10 BEING A DUCK

*This is the famous Peking Duck. Can be cooked in oven or a proper grill with cover or smoker.*

*THE DUCK: the bigger, fatter, and younger the better. With head is good for hanging, but not necessary.*

*For marinade:*

*1 Tblsp grated garlic  
1 Tblsp grated ginger  
1 Tblsp sugar  
1 Tblsp salt  
2 Tblsp Hoisin sauce  
2 Tblsp soy bean paste  
1.5 tsp Five Spice  
1 tsp white pepper powder*

*For Glaze:*

*1/3 cup sugar  
1/4 cup honey  
3/4 cup vinegar  
2 cups water*

*For final sauce:*

*2 tsp oil, like peanut oil  
1 tsp grated garlic  
1/2 tsp finely grated ginger  
1/3 cup sweet bean paste (soy bean paste)  
1 tsp sugar  
3 Tblsp water*

*For final eating:*

*Chinese pancakes, from freezer section at an Asian market  
Julienned cucumber and white part of scallions*

*1. Blow air between skin and membrane with electric bicycle pump. This will make skin crispier. Try basketball nozzle.*

2. *Blanch the duck. Dip whole duck in a pot of boiling water for a couple seconds. Repeat 3 times. Or: pour water from boiling kettle onto the duck.*

3. *Mix ingredients of the marinade. Put the marinade inside the duck through the butt hole. Rub around the cavity. If the duck is very small, don't use all the marinade.*

3b. *To support the chest open, use a stick inside the body cavity or add cut up apples.*

4. *Use toothpicks and string to close shut the butt hole.*

5. *Glaze the duck. Make the glaze over stove top bringing to a short boil making sure everything is dissolved. Ladle the glaze over all parts of the duck. Collect the used glaze to reglaze later.*

6. *Hang to dry overnight. If the weather is too hot, do this in the fridge for at least 6 hours.*

7. *The skin should be very dry. Glaze one more time with leftover glaze.*

8. *Add a bit of hot water into the cavity through the butthole. Something like a 1/4 cup.*

9. *Place on a rack over a baking pan with some water in the pan. The pan will collect melted fat and the added water will help in cleaning.*

10. *Bake each side for 30-40 minutes at 350 degrees. After the first side, wrap legs and wings in aluminum foil. For outdoor cooking with charcoal on a grill or smoker this is the trickiest part since the heat must be kept at 350. Use an appropriate thermometer, such as for candy making. Add apple or other fruit wood chips previously soaked in water to charcoal. About a handful.*

11. *Make the sauce in a saucepan, boiling off the water until thickened. Do not burn.*

12. *To cut into slices: Make a long cut along the backbone. Make cuts of meat with skin on about 1/4 inch thick perpendicular to backbone.*

13. *Spread about a tsp of sauce on pancake, add duck and vegetables.*

## 7 PASTA

### 7.1 ANGEL HAIR WITH BASIL AND GARLIC

*1/4 c thinly sliced garlic  
7 Tblsp olive oil  
2 c diced tomatoes  
1 c basil leaves, roughly chopped  
kosher salt  
6 oz dried angel hair*

*Cook garlic slowly in 3 Tblsp olive oil until evenly browned.*

*Reduce heat to low, add the tomatoes, salt, pepper and cook just enough until the tomatoes are just heated through. (You can vary the extent to which the tomatoes are cooked, but not too much for this recipe.)*

*Add the basil and cook just barely until soft.*

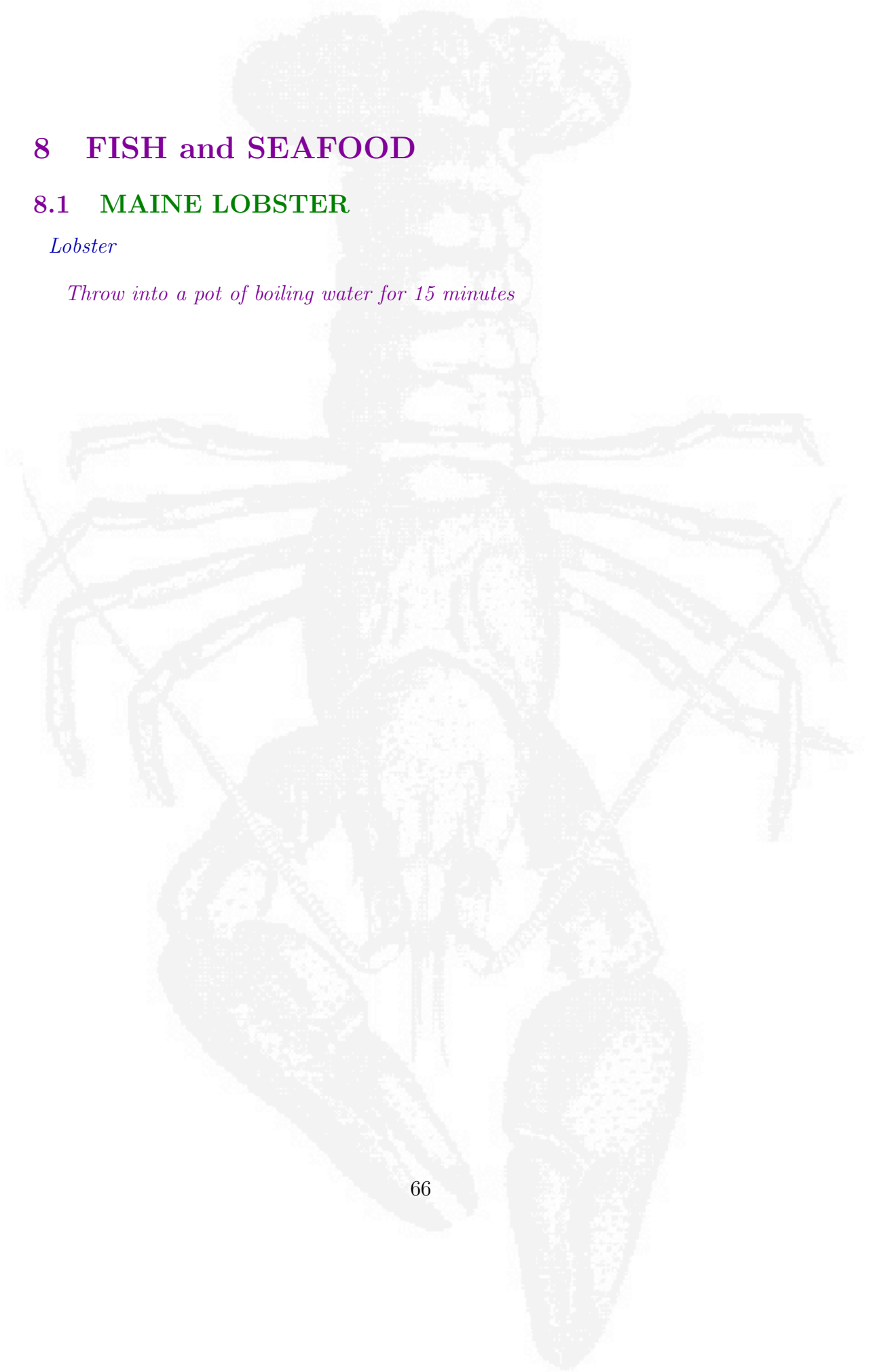
*Drain the cooked pasta and add it and the remaining oil to the skillet. Toss to coat the pasta.*

## 8 FISH and SEAFOOD

### 8.1 MAINE LOBSTER

*Lobster*

*Throw into a pot of boiling water for 15 minutes*



## 8.2 CLAMS WITH PASTA AND TOMATOES

*4 lb littleneck clams or mahoganies (hard shelled)*  
*olive oil*  
*pasta (linguine or spaghetti)*  
*3 shallots*  
*2 cloves garlic*  
*4 tomatoes*  
*1/2 c white wine*  
*1/2 tsp oregano*  
*1 bay leaf*  
*1/2 tsp red pepper flakes*  
*1/2 c chopped up basil leaves (fresh)*  
*small can of tomato sauce (1 c) and/or 1/2 cup pasta sauce from a jar*

- 1. Sauté shallots and garlic in 1/4 c olive oil. Add the tomatoes, spices and white wine and cook about 5-10 minutes until the tomatoes are soft.*
- 2. Add the clams and cook until opened, about 10 minutes. Remove the clams.*
- 3. Add tomato sauce and cook down until reasonably thick.*
- 4. Add chopped basil. Cook a few minutes.*
- 5. Toss together the pasta, clams and sauce.*

## 8.3 MOQUECA DE SIRI Y PEIXE

*para 8 pessoas*

*2 lb crab  
1/2 lb soft fish like tilapia  
1 1/2 pounds firmer fish like swordfish  
3 limes  
3 large tomatoes  
1 cilantro bundle  
2 green onions  
3 large onions  
3 cloves garlic  
1 green pepper  
1 cup dende oil  
1/2 cup olive oil  
1 1/2 cups coconut milk (Goya is best)  
black pepper  
pinch of saffron*

- 1. Cook the crab and remove some meat. If using Alaskan King crab, remove the meat only from the long sections, and cut up other pieces at joints.*
- 2. Wash the crab and the fish in lime.*
- 3. Cut up 2 tomatoes, 2 onions, 1/2 the pepper, the cilantro and garlic into small pieces. Saute in the olive oil.*
- 4. Add the crab, the firmer fish.*
- 5. Cut up the remaining vegetables into rings and add to the pot. Sprinkle with half the dende and place on low heat. Don't add water. Cook about 15 minutes.*
- 6. Add the softer fish and cook through.*
- 7. Toward the end, add the coco milk, spices, and a bit more dende and lime.*
- 8. Serve with rice or manioc flour toasted in dende. (farofa marela).*



## 8.4 DUNGENESS CRAB WITH GINGER AND SCALLIONS

*2-3 pound Live crab.  
pickling salt  
1 tblsp light soy sauce  
1 Tblsp dry sherry  
1 1/2 tblsp peanut oil  
1/2 tsp sugar  
1/2 c fresh young ginger, finely shredded  
2 scallions, finely shredded into 2" long juliennes  
1-2 tsp cornstarch*

*Kill and clean the crab while it is alive. If squeamish, steam for a minute or two first. Rinse and dry the crab and cut into pieces. If they are small crabs, 2 pieces is about riight. Rub salt gently on the pieces. Place the crabs on a steam rack in a pot of water. You should have very little water on the bottom, perhaps 1/2 an inch. Sprinkle ginger and scallions on crab. Combine other ingredients in a small bowl then pour over the crab. Cover and steam for about 15 minutes.*

*Remove steaming rack along with the crabs. Dissolve the cornstarch in a bit of water and add to the broth. Place crabs in the cooking water and reduce to make a sauce. Shake the whole pot to coat the crabs with the sauce.*

## 8.5 BROILED FISH WITH GINGER SOY VINAIGRETTE

*one medium sized whole fish, such as porgy or red snapper, 1-2 pounds*

*1.5 Tblsp sesame oil*

*1/2 Tblsp hot sesame oil*

*2 Tblsp rice vinegar*

*2 Tblsp fresh lime juice (about 1 lime)*

*2 Tblsp soy sauce*

*5 dashes tabasco*

*1/4 c chopped parsley or with some cilantro*

*black pepper*

*cayenne*

*corriander*

*Sprinkle the fish with a bit of corriander and cayenne red pepper. Broil for about 8 minutes per side, until brown and blistery.*

*Mix the rest of the ingredients in a small bowl and serve with fish.*

## 8.6 BACALHAU ESTUFADO

*1/2 pound salt cod, soaked in several changes of water for 24 hours (refrigerated)*  
*1/3 cup olive oil*  
*1 medium onion, coarsely chopped*  
*1 bay leaf*  
*1/2 tsp paprika*  
*3 large very ripe tomatoes, coarsely chopped*  
*2 cloves garlic, coarsely chopped*  
*1/4 cup white wine*  
*3 medium potatoes cut into 1 inch cubes*  
*6 cups water*  
*2 Tblsp chopped parsley*  
*salt and pepper*

- 1. Cut the fish into medium size pieces.*
- 2. Sauté the onion in the olive oil in a pot until soft, about 5 minutes. Add the bay leaf, paprika, tomatoes and garlic. Cook about 15 minutes over medium low heat.*
- 3. Add wine and simmer 1 minutes*
- 4. Add potatoes and water. Simmer until potatoes are a bit more than half done, about 15 minutes.*
- 5. Add the parsley and cod. Simmer about 10-15 minutes more until fish is opaque.*

*variations: add scallops in the last 5 minutes of cooking.*

## 8.7 GAMBAS A LA PLANCHA

*1 pound medium to large shrimp with heads  
2 garlic cloves  
1 bay leaf  
1/2 tsp red pepper flakes  
olive oil  
black pepper*

*1. Crush garlic, bay leaf and red and black pepper in mortar.  
2. Add to shrimp with a bit of olive oil. Let sit for 1/2 - 1 hour.  
3. Heat some oil in a cast iron skillet (this is important) over medium high heat. Add shrimp and baste topside with garlic/oil mixture. Grill until can barely see the doneness from the top, about 5 minutes. Flip and baste again. Cook until done through and both sides are slightly toasty, about another 5 minutes.*

*variations: soak shrimp for several hours or overnight in white wine.*

## 8.8 SAUTEED FISH FILLET WITH TARRAGON

*1 pound white fish fillet, such as fresh cod  
butter and olive oil  
1 Tblsp chopped fresh tarragon  
1/2 cup flour  
1 cup white wine.*

- 1. Mix flour with salt and pepper in a plate. Coat fish and shake off excess.*
- 2. Heat 1 Tblsp butter and 1-2 Tblsp olive oil over medium high heat in a skillet. Add fish and raise heat to high. Cook about 3 minutes until brown and crispy. Flip and brown other side for again 3 minutes.*
- 3. Remove fish and keep warm in 200 degree oven. Add 1 cup white wine to skillet and reduce by 1/2. Add tarragon and cook a minute. Add 1 Tblsp butter and melt in. Serve over fish immediately.*

## 8.9 GRILLED WHOLE FISH WITH GINGER SOY VINAIGRETTE

*2 red snappers or other fish, 1 1/2 pounds each rinsed and patted dry*  
*1/4 cup toasted sesame oil*  
*1/4 cup peanut oil*  
*1/4 cup rice vinegar*  
*1/4 cup fresh lime juice*  
*1/4 cup soy sauce*  
*6 dashes hot pepper sauce*  
*1/2 cup chopped cilantro*  
*2 Tblsp minced fresh ginger*  
*salt and black pepper*  
*1 Tblsp coriander seeds*  
*2 Tblsp red pepper flakes*

- 1. Mix all but the coriander and red pepper flakes in a small bowl.*
- 2. Toast in a small dry skillet over medium-high heat just until the aroma rises the coriander seeds and pepper flakes.*
- 3. Rub the toasted dry spices on the fish and grill or broil. Cook until the side facing heat is brown and blistered, about 8 minutes. Turn and cook another 8-10 minutes. Serve immediately with the vinaigrette.*



## 8.10 PAELLA CON BOGAVANTES

*3/4 pound swordfish or other firm fish steak  
12 shrimp in the shell with heads  
1/3 pound whiting or similar fish to make broth  
1 bay leaf  
2 sprigs parsley  
1/2 tsp thyme  
1 small onion, peeled  
1/2 cup olive oil  
2 live lobsters, small, 1 pound each  
12 clams or mussels  
1 medium onion, chopped  
2 ripe tomatoes, skinned and peeled  
3 cups rice  
1/2 cup frozen peas  
1/2 tsp saffron, crumbled  
2 cloves of crushed garlic  
2 pimientos  
lemon wedges*

*1. Cut up the swordfish and whiting into 1.5 inch cubes. Add to a large pot with 5 cups of water with the thyme, parsley, bay leaf and small onion. Bring to a boil and simmer for 30 minutes. Add lobster and clams and boil 15 minutes. Remove the lobster and cut lengthwise. Remove clams and swordfish and reserve. Strain broth.*

*2. In a large skillet or paella pan, heat the olive oil. Sauté the shrimps and remove. In the remaining oil, sauté the onions and garlic until wilted. Add the tomato and cook a few minutes until liquid has evaporated.*

*3. Stir in the rice and coat with oil. Add 5.5 cups of the reserved broth, boiling hot, the peas, saffron and salt. Boil about 10 minutes until the rice is soupy.*

*4. Stir in the shrimp and reserved fish pieces and the pimiento cut into strips. Push the clams into the rice. Bake in a 325 degree oven for 10 minutes. Arrange the lobster on top and bake another 5-10 minutes. Remove from oven, cover with foil, and let sit 10 minutes. Garnish with lemon wedges and squeeze juice on paella while eating.*

## 8.11 STEAMED MUSSELS WITH VARIATIONS

*For 4 people*

*4 pounds mussels, washed and bearded  
1/2 cup white wine  
1 Tblsp chopped garlic  
2 chopped shallots  
1/4 cup minced fresh herbs, such as parsley, basil, chervil.  
2 Tblsp butter  
1/4 cup heavy cream.  
Additional assorted herbs.*

- 1. Sauté shallots and garlic in 2 Tblsp olive oil.*
- 2. Add mussels.*
- 3. Add wine and herbs.*
- 4. Cover the pot and cook over medium high heat until most of the mussels are opened, about 10 minutes.*
- 5. Remove the mussels and keep warm in a low oven.*
- 6. Strain the cooking liquid and reduce to 1 cup over high heat. Whisk in 2 Tblsp butter.*
- 7. Add additional spices.*
- 8. Add cream and heat but do not boil. Season with salt and fresh ground black pepper.*

*serve with french fries or crusty bread to absorb juices.*

### **Variations of step 7:**

- \* 2 teaspoons minced tarragon.*
- \* curry powder*
- \* cayenne red pepper*

## 8.12 FISH HINDU-MASALE with GREEN CILANTRO SAUCE

*2 lb steaks of a sturdy fish such as swordfish, blue marlin, or wild salmon.*

*1/8 tsp turmeric*

*1/8 tsp cayenne*

*3 Tblsp olive oil*

*1 medium finely chopped onion*

*2 garlic cloves finely chopped*

*1 cup chopped cilantro*

*1 tomato chopped*

*3 fresh hot green chilies, sliced into 4 long slivers*

*1 tsp finely grated fresh ginger*

*1 Tblsp fresh lemon juice*

*1/8 tsp cayenne*

*1/2 tsp garam masala*

*1. Rub the fish well on both sides with salt, alot of ground pepper, the turmeric and cayenne and set aside.*

*2. In a pan, heat the oil over medium high heat. Brown the fish quickly on both sides without cooking through. Remove the fish and set aside.*

*3. Add the onion and garlic and fry until brown. Add cilantro, tomato, chilies, ginger, lemon juice. Cook over medium high heat until the tomato is soft.*

*4. Spread the the sauce and add fish on top. Spoon some of the sauce on top of the fish. Sprinkle with cayenne and garam masala. Simmer gently for about 10-15 minutes.*

## 8.13 MOQUECA DE CAMARAO

*2 pounds shrimp. They should still have their heads, otherwise don't bother making this recipe.*

*1 medium onion, sliced to form thin rings*

*2 medium tomatoes, sliced into rings*

*1/2 cup + of chopped cilantro*

*1/2 cup coconut milk*

*1/4-1/3 cup dende oil (red palm oil). Hard to find, order online from a Brazilian market.*

*2 garlic cloves*

*2 limes*

*1/4- 1/2 tsp red cayenne pepper*

*lots of freshly ground black pepper*

*1. Wash the shrimp with the juice from the lime, keeping the lime juice in the bowl. Mash the garlic in a mortar and add to the bowl, along with cilantro. Marinate 10-15 minutes while preparing the rest.*

*2. Slice the onion and tomato and add to a semi-deep pan*

*3. Add the shrimp mixture and all the remaining ingredients*

*4. Bring to a boil over high heat, then reduce to medium*

*5. Simmer uncovered for about 10-15 minutes. Do not overcook. Cook until the onions are soft and the shrimp cooked through. Adjust spices.*

*6. Serve over white aromatic rice.*

## 8.14 DRUNKEN PRAWNS

*6 very large prawns, about 5" long, with heads, preferably live.*

*2 cups of brandy*

*salt and black pepper to taste.*

*1. Place the prawns in a bowl covered with the brandy. It's preferable that they are alive, since they will inhale the brandy, get very drunk, and die, with the tasty brandy infused throughout their bodies.*

*2. Sauté in a pan over medium high heat until they turn red. Do not overcook. Note more than 10 minutes.*

## 8.15 TROUT (TRUCHA) CHIHUAHUA-POBLANO EM-PAPELADA

*Invented for the Mexican Cook-off July 2011 for a huge trout caught in Cayuta Creek*

*4 trout  
juice of 3 limes  
a bit of chipotle BBQ sauce to taste, about 2 Tblsp.  
salt and pepper  
4 tablespoons butter, softened  
1 large green pepper cut into thin rings  
1/2 onion, sliced into thin rings  
2 tomatoes, thinly sliced  
2 jalapeño chiles, seeded and cut into thin slices  
1 poblano pepper, roasted.*

- 1. Marinate the trout in a bowl for 30 minutes in the lime juice, BBQ sauce, salt and pepper.*
- 2. Place each trout on a piece of buttered aluminum foil. Rub each with softened butter, top with vegetable rings and jalapeno slices*
- 3. Fold foil to seal edges and bake in a 350 degree oven, about 30 minutes per pound.*



## 8.16 SEARED TUNA KOREAN STYLE

*4 fresh tuna steaks, about 1 inch thick, 1/2 pound each roughly.*

*2 TBLSP soy sauce*

*1 Tblsp sugar*

*1/4 tsp red pepper flakes*

*1/2 cup chicken broth (low sodium)*

*1/2 tsp salt*

*3/4 tsp fresh ground black pepper*

*2 Tblsp vegetable oil*

*1 tsp sesame oil*

*1 scallion, chopped, including green part*

*3 cloves minced garlic*

- 1. Combine soy sauce, sugar, red pepper and broth in a bowl.*
- 2. Sprinkle fish with salt and black pepper.*
- 3. Heat oil in moderately high heat until just smoking. Add tuna and cook about 2 minutes per side until crispy brown. Should be medium rare.*
- 4. Remove steaks. Reduce heat to medium and add sesame oil.*
- 5. Add scallion and garlic and cook for about 1 minute.*
- 6. Add sauce mixture, and reduce to about 1/4-1/2 a cup, about 2 minutes.*
- 7. Cut tuna into slices, pour sauce over, serve.*

## 9 THAI

### 9.1 JASMINE RICE

*For 2 people: 3/4 cup rice and 1 cup of water gives the right ratio. Soak the rice and drain several times until water comes out clear. Add rice and water and bring to boil. Reduce heat to lowest setting, cover and cook for about 15 minutes.*

## 9.2 BEAUTIFUL JADE GREEN CURRY PASTE

*makes about 2 cups*

*1/2 Tblsp. whole coriander seed*

*1/2 tsp. whole anise seed*

*1 1/2 Tblsp shrimp paste*

*12 whole white peppercorns*

*2 1/2 tsp lime zest (minced lime peel). About 1 lime.*

*1/3 cup chopped cilantro leaves*

*2 stalks lemon grass. Remove outer leaves and use only 3 inches of the bottoms from each. Slice finely.*

*1/3 c finely chopped peeled fresh ginger*

*1/4 c chopped garlic*

*1 c chopped shallots*

*1 c sliced green serrano chiles. About 16.*

*6 large leaves of romaine lettuce. As dark green as possible.*

*1. Dry roast the coriander and anise seeds in a small skillet over medium heat 3-5 minutes until toasty and aromatic, shaking the pan often. Set aside.*

*2. Double foil wrap the shrimp paste. Cook for about 5 minutes in the pan, turning the packet once, until aromatic.*

*3. Grind the coriander, anise and peppercorns in a large mortar. Add to the blender.*

*4. Combine the zest, cilantro, lemon grass and ginger in the mortar and pound for a minute or so. Add to blender.*

*5. Pound the garlic and shallots in mortar and add to blender.*

*6. Add the shrimp paste and chilies.*

*7. Roughly tear the lettuce and add to blender.*

*8. Process into a rich smooth paste. May add a bit olive oil to help the processing. Can be stored in freezer.*

## 9.3 GREEN CURRY BEEF

*serves 6-8 people*

*1 c freshly made green curry paste  
2 cans coconut milk (standard size)  
1 1/2 pounds sirloin, sliced into 1/4 inch slices  
1/4 c coconut palm sugar  
1/4 c fish sauce  
1 1/2 large green bell pepper, sliced into round sections.  
10 Kaffir lime leaves  
6 medium serrano chilies or to taste, sliced in half lengthwise. (For taste)  
1 1/2 c loosely packed Thai basil  
squeeze of lime juice  
Optional: baby corn, green beans.*

*1. Skin the thick cream from the top of the canned coconut milk into a saucepan, reserving the milk. Add the paste and bring to boil. Cook, stirring constantly for 2 minutes.*

*2. Stir in the beef and (about 3/4, to have a thicker sauce of the coconut milk. Add the sugar and fish sauce and lime leaves. Cook for 2-4 minutes or until the beef is about 1/2 done. Add the bell pepper and chili peppers and cook for 2-4 minutes.*

*3. Stir in the basil and cook for a few seconds.*

*4. Don't eat the chili peppers.*

## 9.4 RED CURRY PASTE

*makes about 1 1/2 cups*

*3 oz dried red chilies, mild 3 inch long chilies, such as Goya's Chili Costeño chilies, 1 1/2 packages.*

*12 small dried chilies, about 1 inch long, such as Goya's chili de arbol.*

*1 Tbsp whole coriander seed.*

*1.5 Tbsp shrimp paste*

*1/2 cup peeled whole garlic cloves.*

*3/4 cup chopped shallots.*

*1/2 Tbsp minced fresh lime peel (zest). About 1 lime.*

*2 large stalks lemon grass, only the bottom 3 inches, finely sliced.*

*1/3 cup chopped peeled fresh ginger.*

*1. With kitchen shears stem the large chilies, cut in half lengthwise, shake out seeds and remove dried ribs. Cut crosswise in 3/4 inch pieces and place in bowl. Cut the small chilies in half crosswise, shake out seeds, and cut into small pieces. Add to bowl, add water to cover, and soak for 30 minutes.*

*2. Dry roast the coriander over medium heat in small skillet 3-5 minutes until aromatic, shaking the pan. Add to mortar.*

*3. Double wrap the shrimp paste and cook about 5 minutes, turning the packet over once.*

*4. Dry roast the garlic and shallots over medium heat until slightly browned.*

*5. Grind the coriander and add to a food processor.*

*6. Combine lime, lemon grass, ginger in the mortar and pound to break down fibers. Add to processor.*

*7. Pound roast garlic and shallots in the mortar and transfer to processor.*

*8. Add shrimp paste. Drain chilies and add. Reserve 1/2 cup of the water the chilies soaked in.*

*9. Process into a rich, moist paste. Add chili soaking liquid now and then if needed to ease the processing.*

*can be stored in the freezer for up to 3 months, or in the refrigerator for 1 month.*

## 9.5 RED CURRY CHICKEN WITH BABY CORN

*serves 4-6*

*1 can unsweetened coconut milk*

*1 cup red curry paste*

*3/4 pound boneless, skinless chicken breast, cut crosswise into 1/2 inch thick pieces.*

*10 fresh Kaffir lime leaves*

*1 small can bamboo shoots*

*1 can baby corn.*

*1/2 bell red pepper.*

*3 Tblsp palm sugar*

*2 Tblsp fish sauce*

*1 cup loosely packed Thai basil*

- 1. Sauté the chicken in peanut oil until lightly browned. Remove.*
- 2. Skim the thick cream from the top of coco milk into frying pan. Reserve the milk. Stir in the curry paste and bring to low boil over med high heat. Cook, stirring constantly for 2 minutes.*
- 3. Add the chicken and cook for about a minute. Add enough of the coconut milk for sauce to remain thick. Tear each lime leaf in half and add to pot.*
- 4. Add sugar and fish sauce.*
- 5. Add shoots and baby corn. Simmer about 5 minutes.*
- 6. Add red bell pepper and cook a few minutes.*
- 7. Add basil leaves and cook a few seconds.*



## 9.6 CHILI TAMARIND PASTE

*1/2 cup large dried shrimp  
1.75 cups peanut oil  
1/3 cup sliced garlic  
1 cup sliced shallots  
12 small dried red chilies  
3 Tblsp liquid tamarind concentrate  
3 Tblsp coconut palm sugar  
1 Tblsp fish sauce*

- 1 Rinse dried shrimp and drain.*
- 2. Heat 1 1/2 cup of the oil in saucepan over medium high heat.*
- 3. Fry garlic and cook until golden brown. Add garlic to food processor.*
- 4. Repeat above with shallots. Then with shrimp. Then with chilies.*
- 5. Add remaining 1/4 cup oil and tamarind and blend into a smooth paste.*
- 6. Transfer to a skillet and set over medium heat. Add sugar and fish sauce and cook until the color is a rich dark brown.  
will keep for 3 months in refrigerator*

## 9.7 CRISPY WHOLE CHILI TAMARIND FISH

*suggested for striped bass, porgies, red snapper*

*1 whole fish, cleaned, scaled, head and tail intact. About 1.75 pounds  
vegetable oil for frying  
3 tablespoons peanut oil  
10 cloves garlic  
3 Tblsp Chili-Tamarind paste  
5 Tblsp chicken stock  
4 Tblsp sugar  
5 scallions, including green tops, angle cut into 3/4" pieces  
1 red bell pepper, finely chopped  
1 Tblsp Thai fish sauce  
sprigs of cilantro*

- 1. Place a serving platter in a warm oven while preparing.*
- 2. Score both sides of the fish with deep diagonal cuts nearly to the bone about every inch.*
- 3. Pour oil into wok or deep skillet to about 2 inches deep. Bring oil to about 375 degrees over medium high heat. Slide fish into hot oil and ladle hot oil over unexposed parts. After 4-5 minutes, turn over and cook another 4-5 minutes. Lift out fish, drain over paper towels and transfer to warm platter. Note: Oil must be very hot; deep fry one fish at a time and don't use a very deep pot. A medium deep skillet is better as it conducts less heat away from the oil.*
- 4. Discard oil from wok, add 3 Tblsp fresh peanut oil over medium high heat. Add garlic and stir-fry until golden and aromatic. Add chili-tamarind paste and free 1 minute. Add chicken stock and sugar and fry until dissolved and blended.*
- 5. Add scallions and red pepper and stir fry for less than a minute. Add the fish sauce and stir until the mixture comes to a low boil about 2 minutes. Turn off heat.*
- 6. Lift fish and put some of the sauce under it. Replace, then pour the rest of the sauce over the fish.*

*For a quicker version without the chili-tamarind paste: Replace the chili-tamarind paste with 4 Tblsp Kikoman sweet and sour sauce, 2 Tblsp tamarind extract, 1 tsp Chinese crushed chili pepper sauce, 3 Tblsp coconut palm sugar or honey.*

## 9.8 CHICKEN WITH GREEN CHILIES AND HOLY BASIL

*for 2-3 people*

*3 Tblsp peanut oil*

*6 cloves of garlic mashed in mortar*

*10 medium serrano chilies, about 2" in length, stemmed and cut lengthwise in slivers.*

*1 pound chicken breast cut crosswise into 1/2" thick slices.*

*1 large onion thinly sliced*

*2 Tblsp Thai fish sauce*

*2 Tblsp sugar*

*2 tsp soy sauce*

*2 tsp molasses*

*1 Tblsp white vinegar*

*1.5 cups loosely packed basil*

*1. Stir-fry the garlic and chilies over medium high heat until the garlic is golden and aromatic.*

*2. Raise heat to high. Add the chicken and onion and stir-fry for about 5 minutes, separating the onion slices.*

*3 Add fish sauce, sugar, vinegar, soy sauce and molasses. Stir fry another 2-3 minutes until chicken is cooked through.*

*4. Turn off the heat. Add basil and cook a few seconds until basil starts to wilt.*

## 9.9 JASMINE RICE

*For 2 people: 3/4 cup rice and 1 cup of water gives the right ratio. Soak the rice and drain several times until water comes out clear. Add rice and water and bring to boil. Reduce heat to lowest setting, cover and cook for 15 minutes.*

## 10 MISCELLANEOUS

### 10.1 PIRI-PIRI

*small fresh red chili peppers, about 1/2 - 1 inch long. Thai chilies, for example  
thinly slice garlic*

*bagase, i.e. brandy or whiskey*

*vinegar*

*olive oil*

*bay leaf*

*1. Place chilies in a small jar. Add sliced garlic and bay leaf.*

*2. Add to 3/4 cover white vinegar.*

*3. Top up with whiskey.*

*4. Add a little olive oil. Too much will solidify in the refrigerator.*

*Store in refrigerator*

## 11 THANKSGIVING

### 11.1 HERB ROASTED TURKEY

*Fresh young turkey, about 14 pounds*

*2 cups Kosher salt.*

*1/2 cup maple syrup*

*1/2 cup brown sugar*

*2 gallons water*

*2 Tblsp olive oil*

*1 Tblsp black pepper*

*1 orange*

*1/2 cup finely chopped fresh herbs, rosemary, sage, and thyme.*

*2 Tblsp paprika*

*1/3 cup flour*

*1/2 cup dry white wine*

1. The night before: dissolve the salt, syrup and sugar in 1/2 gallon of warm water, then mix with 1.5 gallon cold water. Soak the turkey submerged in a large cooking pot overnight.

2. Stuff the turkey.

3. Mix herbs and spices with oil and rub the whole of the bird. If not stuffing, rub the inside cavity also.

4. Place giblets in bottom of roasting pan. Place turkey on a rack to help lift it out later.

5. Roast for 30 minutes at 450 degrees. Lower the heat to 350.

6. Place slices of orange on the outside of bird, held with toothpicks. Put some aluminum foil over the breast.

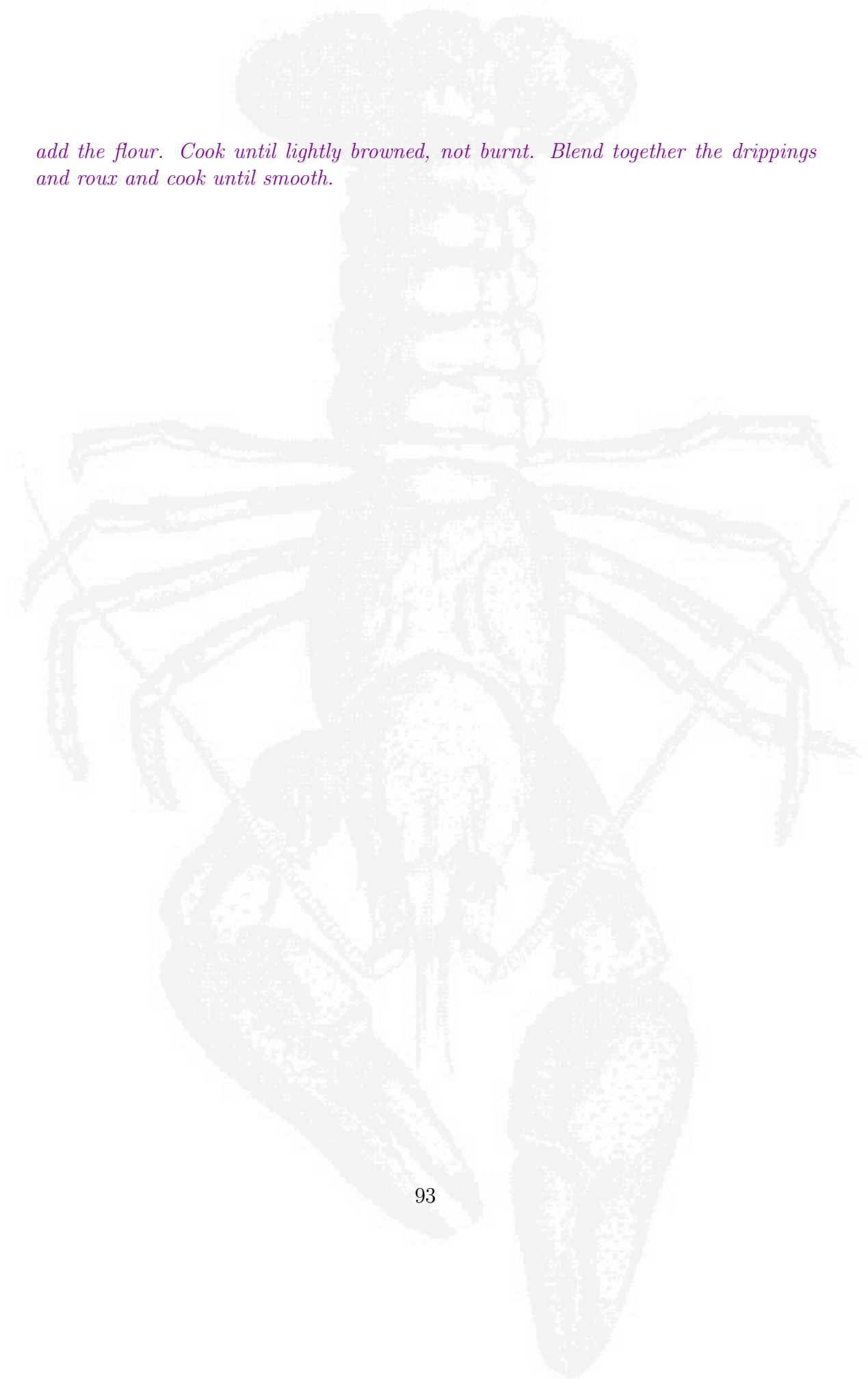
7. Flip bird upside down.

8. Roast covered except for the remaining hour. Then flip breast side up. Baste every 30 minutes. If the drippings are drying up, add a bit of white wine or water. Let turkey stand one hour while making the giblet gravy. Roughly 5 hours for a 14 pound stuffed turkey.

8. Make the giblet gravy: With a laddle remove (separate) most of the turkey fat off the top of the drippings and reserve 1/3 cup. You should have 3-4 cups of drippings left, if not supplement with chicken stock. Deglaze with 1/2 cup white wine on the stove top. Make a roux with the turkey fat and flour: heat fat to very hot and



*add the flour. Cook until lightly browned, not burnt. Blend together the drippings and roux and cook until smooth.*



## 11.2 CORNBREAD STUFFING

*8 cups cubed corn bread. Bake 3 small boxes of “Jiffy” cornbread mix*  
*3/4 stick of butter*  
*2 c chopped onions*  
*1 c finely chopped celery*  
*1 green bell pepper, diced*  
*1 red bell pepper, diced*  
*6 jalapeno peppers, chopped*  
*2 cloves of garlic, minced*  
*1/3 cup minced fresh parsley*  
*1 Tblsp minced fresh sage or 1 tsp dried*  
*1 Tblsp minced fresh thyme, or 1 tsp dried*  
*3/4 tsp salt*  
*1/2 tsp black pepper*  
*1/3 to 1 cup chicken stock*  
*1 tsp ground cumin*  
*1 tsp dried oregano*  
*1 small can corn kernels.*

- 1. Melt butter over medium high heat and cook all vegetables until tender, about 5-10 minutes.*
  - 2. Remove from heat and add spices.*
  - 3. Stir into the corn bread, add corn kernels, and toss.*
  - 4. Stir in a little at a time the stock until lightly moist but not packed together.*
  - 5. Stuff the bird.*
  - 6. Bake remains in a 350 degree oven for about 45 minutes.*
- Option: Add 1 pound cooked pork sausage when tossing the vegetables and cornbread.*

### 11.3 HINDU STUFFING

1. 16 oz dried bread cubes. Standard grocery store item. About a bag and a half.
2. 1 stick of butter.
3. 2 medium sized onions chopped pretty fine.
4. 4 stalks of celery, chopped as finely.
5. 1/4 cup raisins
6. 1/4 cup chopped turkish figs
7. 1/4 cup toasted coconut
8. 1/4 cup toasted almonds or chestnuts.
9. 1 tblsp poultry seasoning
10. 2 beaten eggs
11. 1 Tblsp Hungarian paprika
12. pinch of Iranian saffron
13. 1 Tblsp garam marsala
14. black pepper
15. 2 Tblsp cream
16. 2 cups chicken broth.
17. 5 small Thai chillies, finely chopped.

1. In pan, melt butter over medium heat, cook veggies until celery is translucent. Add all spices and cook for a while. Add fruit and cook a little more.
2. Stir in bread cubes and cook until evenly coated.
3. Moisten with the chicken broth, cream and eggs. Add coconut.
4. Sort of cook for a while.
5. Put inside bird.

## 12 DESSERT

### 12.1 ANGOLAN ORANGE CAKE

*5 eggs*

*3 cups of sugar*

*3 cups fresh orange juice*

*3 cups flour*

*1 1/2 teaspoons of baking powder*

*zest of one orange (grated peel)*

- 1. Grease a 9 by 12 inch baking pan.*
- 2. Separate yolks from egg whites.*
- 3. Beat the yolks and sugar until smooth.*
- 4. Beat the egg whites at high speed into a merengue. Add to the yolks and sugar.*
- 5. Add 1 cup of orange juice to the mixture.*
- 6. Add orange zest, flour and baking powder and mix well.*
- 7. Bake at 350 degrees for about 45 minutes to an hour.*
- 8. When finished baking, and while still warm, pour the remaining two cups of orange juice over the cake.*
- 9. When the cake is cooled, flip it over.*

## 12.2 BAKED INDIAN PUDDING

*1.5 + 1.5 cups of whole milk  
1/4 cup black molasses  
2 Tblsp sugar  
2 Tblsp butter  
1/4 tsp salt  
1/8 tsp baking powder  
1 egg  
1/2 cup yellow cornmeal  
ground ginger and/or cinnamon to taste*

*Preheat the oven to 450F.*

*In a bowl mix 1.5 cups of the milk with the molasses, sugar, butter, salt, baking powder, egg and cornmeal.*

*Pour the mixture into a stone crock that has been well greased, and bake until it boils.*

*Heat and stir in the remaining 1.5 cups of milk. Lower the temperature to 300F and bake 5-7 hours. Serve warm with vanilla ice cream.*

## 12.3 NITRO-HINDU PISTACHIO ICE-CREAM

*1 quart of whole milk  
3 pounds of unsalted pistachios with the shell  
2 cups heavy whipping cream  
1 cup sugar  
1 tsp almond extract  
1 tsp vanilla extract  
8 egg yolks  
1 tsp cardamon  
1/4 tsp saffron*

*1. Prepare pistachios: remove shells. The nut is covered with a bitter skin which needs to be removed. Drop them in boiling water about 1 minute, and they can then be easily removed. You should end up with a bowl of emerald gems. Throw out any brown ones.*

*2. Finely ground half the pistachios and 1/2 cup sugar in blender along with a bit of the milk.*

*3. Bring milk, ground pistachio mixture, and spices just to a boil in a saucepan and remove from heat.*

*4. Add almond and vanilla extracts.*

*5. Whisk egg yolks with the remaining sugar, and gradually whisk it into the hot milk mixture.*

*6. Cook over low heat until it thickens like a pudding, about 10-15 minutes. Do not boil.*

*7. Roughly chop the remaining pistachios, add to the milk, along with the heavy cream, and place in refrigerator.*

*8. When ready to serve, gradually pour in liquid nitrogen while stirring and breaking up until smooth and resembles ice-cream.*



## 12.4 PARISIAN CREPES

*Revealed by my French friend Denis in an email. I can hear the accent every time I read this.*

*10 couillier a soup of flour, approximately 10 tblsp.*

*4 eggs*

*7/8 cup whole milk, approximately*

*Take 10 soup spoons of flour. Put 4 eggs in it, and mixed them to get a thick homogeneous dough. Then add milk very slowly. It has to be added very slowly to get an homogeneous dough without lumps. You fist start by adding a drop or two, then mixed, then add again a few more drops, then mixed again and keep going. You can add bigger amount of milk as the dough becomes more liquid, it is just the beginning which matters. I don't know the precise quantity of milk you should put (i always to do it by looking at dough i get), but it should something like 3/4 L of milk. The dough you should get should be not to thick in order to get thin 'crepes' but not too liquid as otherwise you cannot cook them well (but this does not help you much). I add a bit of 'fleurs d'oranger' (liquid, no alcohol), for the flavor (but you change and put say a bit of 'grand marnier'). It is then better to wait, say 1 hour, before cooking. The dough will then becomes i bit thicker, so add a bit of milk again before cooking if needed. ——— To cook them well, the pan has to be very hot. I put a tiny a bit of oil in the pan (i put some oil in a small cup, cut a potato in a half and prick it in a fork, and use it to lay a small layer of oil in the pan). Use a ladle to poor the dough into the pan. With the pan in one hand and the ladle in the other, you poor in the middle and then move the pan around/up/down to lay the dough all around the pan (in a thin enough layer). Use a spatula to turn the 'crepes'. (Notice that both side of the 'crepe' don't look that same once cooked). ——— If you want to prepare them in advance and keep them warm, you can put the crepes one after the others in a big sheet of aluminium paper that you use to recover the pile of crepes (ie you put the first crepes, and then the others, in the middle of the aluminium sheet and use both sides of the sheet to recover the piles of crepes, or you can put them on a plat which is over of boiling water. If you are going to eat the crepes with sweet side-dishes, you can put a bit of powder sugar over each crepes of the piles (then the sugar will get absorbed by the crepes and becomes a bit crispy).*

*French translation*

----- 10 cuillres soupe de farine,  
4 oeufs,  
1/4 L de lait,  
Fleur d'oranger,  
sucre, confiture, chocolat fondu, coco, grand marnier,... au choix.

-----  
Verser 10 cuillres soupe de farine dans un grand saladier. Y mettre 4 oeufs, bien mlanger afin d'obtenir une pte paisse homogne. Ajouter alors le lait.

-----  
Notes: le lait doit tre ajout trs doucement pour viter les grumeaux. Commencer ajouter quelques gouttes de lait, mlanger, puis recommencer, etc. On peut augmenter petit petit la quantit de lait au fur mesure que la pte devient plus liquide; ou utiliser un 'mixer' (on peut alors mettre tous les ingradients dans le dsordre mais a a moins de charme). Je ne connais pas la quantit prcise de lait mais environ 3/4 de litre (j'ajuste toujours la quantit au vu de la consistance de la pte. A la fin, la pte ne doit pas tre trop paisse afin d'obtenir des crpes assez fines mais pas trop liquide non plus sinon on ne peut pas bien cuire les crpes (bon ce commentaire n'aide pas beaucoup...)).

-----  
Ajouter un peu de fleur d'oranger liquide pour le got (on peut aussi la remplacer par une demi-goutte de grand marnier, du rhum,...). Attendre 1 heure (c'est prfrable mais pas obligatoire). La pte s'paissit alors un peu, rajouter un peu de lait si ncesaire.

-----  
Pour cuire les crpes, la pole doit tre trs chaude (sinon les crpes attachent et ne peuvent tre bien retournes). Utiliser une louche pour verser la pte dans la pole. Utiliser une spatule pour retourner les crpes mi-cuisson (on peut aussi les retourner en les lanant en l'air mais cela demande un peu d'adresse).

-----  
Notes: Je mets un peu d'huile sur la pole avant de cuire chaque crpe (afin de ne pas en mettre trop, je coupe une pomme de terre en deux, la pique sur une fourchette, et l'utilise pour tendre une fine couche d'huile). Pour verser la pte en une fine couche dans la pole, tenir la pole dans une main, la louche dans l'autre, verser et faire bouger la pole de haut en bas, de droite gauche, afin de repartir la pte.

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Notes: Si vous voulez prparer les crpes l'avance et les garder chaudes, vous pouvez les empiler les unes sur les autres sur une feuille d'aluminium assez grande afin de retourner les deux bords de la feuille sur les crpes pour les recouvrir, ou vous

*pouvez les mettre sur un plat pos sur une casserole d'eau chaude. Si vous comptez manger les crpes avec des accompagnements sucrs, vous pouvez saupoudrez du sucre sur chacune des crpes de la pile, avant de dposer la suivante (alors le sucre pntre dans les crpes qui deviendront un tout petit peu croustillantes).*

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*Bon apptit!*

### **SHORT VERSION WITH BUTTER**

*10 tblsp flour*

*4 eggs*

*3 tblsp melted butter*

*7/8 cup whole milk, approximately*

*\* Mix all ingredients in a blender.*

*\* refrigerate about 30 minutes.*

*\* heat large crepe pan (12") over medium high heat. 7/10 setting. Until a drop of water skids across the surface. The pan should be stick free, and there is no need to butter or oil it.*

*\* For each crepe, pour just over 1/2 cup batter in the center, then evenly cover the bottom of pan by lifting it off the heat and swirling it around. If the batter is too thick to spread evenly, add a bit more milk. The consistency is essential.*

*\* When browned, turn over with spatula.*

*\* Flip again, add ingredients, until cheese is melted for example, then fold over.*

*\* For sweet crepes, flambé! Heat Grand Marnier over stove, light in pan, then pour over a rolled up crepe.*

## 13 DRINKS

### 13.1 MOJITO

*2 oz simple syrup, or 3 tsp sugar.*

*1/2 lime*

*10 fresh mint leaves*

*1/2 cup crushed ice*

*1.5 oz light rum*

*2 oz club soda*

*sprig of mint*

*wedge of lime*

*In a tall highball glass, squeeze the juice from 1/2 lime then cut the remains into quarters and add to glass. Muddle mint leaves with lime and syrup. Add crushed ice, rum, club soda. Garnish with mint and lime.*

*Syrup: 2 parts sugar, 3 parts water.*