

# COOKING WITH BURT WOLF

**Cooking With Burt Wolf**

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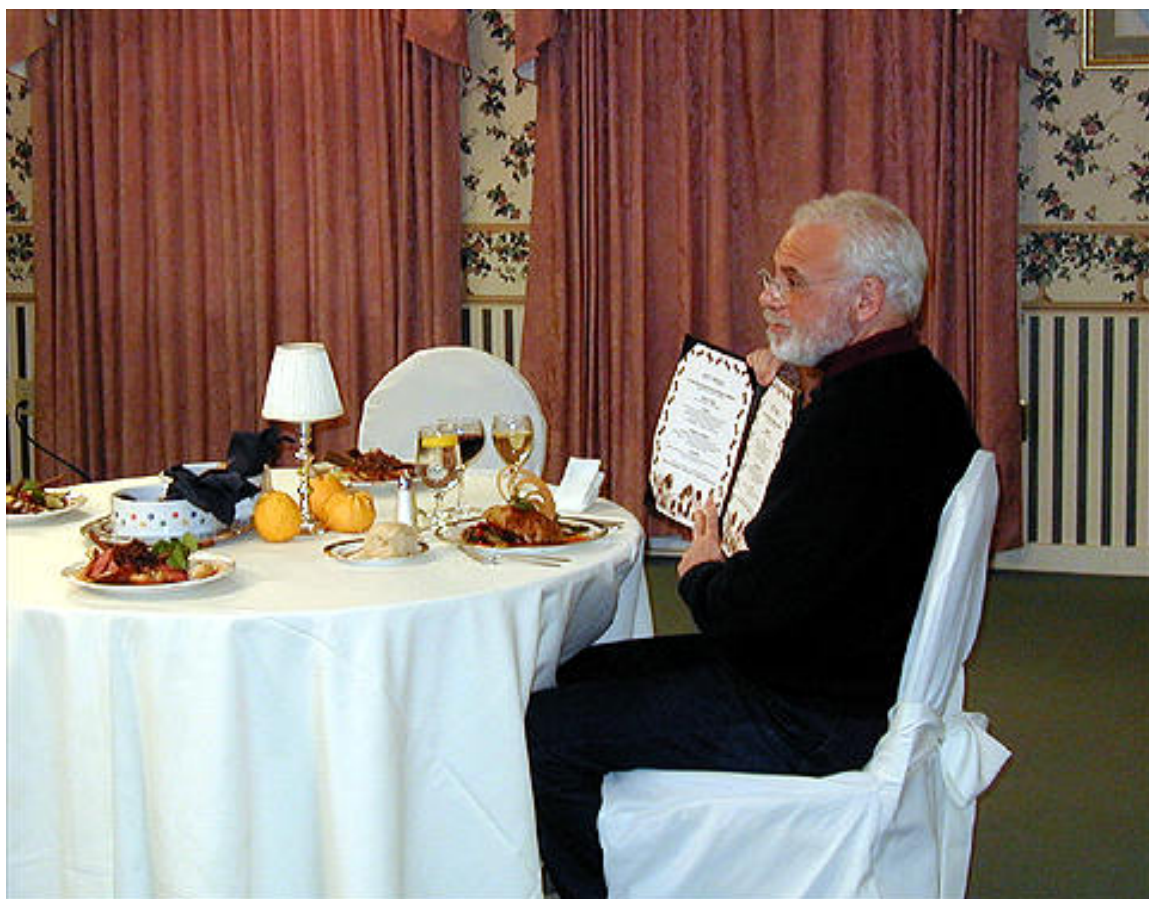
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# COOKING WITH BURT WOLF

# Apple Strudel

---

1/2 Cup Unseasoned bread crumbs  
8 Tablespoon Unsalted butter; (1 stick)  
3 Golden Delicious or Granny Smith apples; peeled, cored, and sliced into 1/4-inch pieces  
1 Lemon; minced , Zest of  
1/3 Cup Raisins  
1/4 Cup Pine nuts  
1 Teaspoon Ground cinnamon  
1/3 Cup Granulated sugar  
5 Sheets phyllo dough; up to 6  
1 Tablespoon Unsalted butter; melted  
Confectioners' sugar

Place 3 tablespoons of the bread crumbs in a bowl and set aside. Melt the butter and skim off the foam that forms on the surface. Let the melted butter sit for 5 minutes until it settles with a milky liquid on the bottom. Carefully spoon 4 tablespoons of the golden colored butter off the top to a small bowl and set aside.

Toast the remaining bread crumbs in the remaining butter until golden brown, 3 or 4 minutes. In a medium bowl, mix together the toasted bread crumbs, the apples, lemon zest, raisins, and pine nuts.

Preheat the oven to 350 F. Lightly flour a cookie sheet.

In a small bowl, mix together the cinnamon and the sugar. Lay the phyllo sheets out on a clean work space and cover them with a damp towel. Gently spread 1 sheet of phyllo out on a work space with the longer side facing you. Working quickly so the phyllo doesn't dry out, lightly brush it with the reserved melted butter, and sprinkle it with about 1 teaspoon of the cinnamon sugar and about a teaspoon of the reserved bread crumbs. Lay a second sheet of phyllo on top of the first sheet and brush with more butter. Sprinkle on more cinnamon sugar and bread crumbs. Repeat this process with 3 more sheets of phyllo, for a total of 5 layers.

Combine the apple mixture with the remaining cinnamon sugar. Lay the apple mix across the middle of the phyllo in a strip about 4 inches wide. Pick the far edge of the dough up over the apples and roll the phyllo around the apples to make a tight cylinder. Tuck the ends in to seal the strudel. If the layers around the strudel tear, use the extra sheet to wrap around the cylinder and make a smooth surface.



Carefully lift the strudel to the cookie sheet. With a paring knife, make 4 small slits in the top of the strudel to let the steam escape during the baking. Brush with the melted butter. Bake the strudel for 45 minutes, or until golden brown. Cool for 5 to 10 minutes, then dust with the confectioners' sugar and serve warm.

# Apple Tart With Licorice Sauce

---

## ===== FOR THE DOUGH =====

1 Cup All purpose flour  
1 Pinch Salt  
1/4 Pound Unsalted butter; chilled, cut into tablespoon sized pieces  
3 Tablespoon Iced cold water; About

## ===== FOR THE TART =====

Flour for rolling out dough  
3 Golden Delicious apples  
2 Tablespoon Melted unsalted butter  
3 Tablespoon Sugar

## ===== FOR THE LICORICE SAUCE =====

1/2 Cup Store-bought caramel or butterscotch sauce  
1/2 Cup Water  
2 Teaspoon Anise seeds  
Ice cream to serve with tart; optional

**TO MAKE THE DOUGH:** In a food processor, combine the flour with a pinch of salt. Add the cold butter and pulse the machine 15 to 20 times or until the butter has been cut into the flour in pieces about the size of oatmeal flakes. Keeping the machine running, add the water and process, pulsing the machine on and off, for a few seconds longer or until the dough comes together. Transfer the dough to the counter. If it is still dry, sprinkle it with a teaspoon or so of water and work the water into the dough. Flatten the dough into a disk and chill, preferably overnight, or for at least 2 hours.

**TO ROLL OUT THE DOUGH:** Lightly flour the counter and roll out the dough into a circle approximately 12-inches in diameter and about 1/8-inch thick. Transfer the dough to a large baking sheet. Roll up the edges of the dough with your fingers to form a rim. Dip a fork in flour and crimp the rim with the fork to form a decorative edge. Then prick the entire surface of the pastry with the tines of the fork and refrigerate the dough while you prepare the apples.

**TO PREPARE THE TART:** Peel the apples and cut them in half, vertically along the axis of the core. Scoop out the cores. Place apple halves on a cutting board flat side down then cut the apple halves into 1/8-inch thick slices.

**TO BAKE THE TART:** Preheat the oven to 400 F. Remove the dough from the

refrigerator. Press overlapping slices of apple in a circle against the outer rim of the pastry. Then press a second, smaller circle of overlapping slices inside the larger one and continue this way until the surface of the pastry is covered with apple slices. Drizzle the melted butter over the apples and sprinkle the sugar evenly over the butter. Bake for 40 to 45 minutes or until the surface of the apples are golden brown.

**TO MAKE THE SAUCE:** While the tart is baking, transfer the caramel or butterscotch sauce into a small saucepan and add the water and anise seeds and simmer for 5 minutes. Strain out the anise seeds.

**TO SERVE THE TART:** Cool the tart for 10 minutes, then cut it into 6 large slices. Transfer each slice to a plate and drizzle on some of the sauce. Serve with ice cream and additional licorice sauce.

## Asparagus And Ham Sauce

---

1 Tablespoon Olive oil  
1/2 Pound Asparagus; cut into 2-inch-long pieces  
1 Cup Diced boiled ham; ( 1/4 pound)  
3/4 Cup White wine  
2 Cup Chicken broth  
6 Tablespoon Unsalted butter; cut into pieces and chilled  
1/2 Teaspoon Salt; or to taste  
1/4 Teaspoon Freshly ground black pepper

In a large skillet, over moderate heat, heat the oil and saute the asparagus until lightly browned, 3 to 4 minutes. Remove the asparagus from the pan and set them aside while you make the sauce.

Add the ham to the skillet and cook 2 to 3 minutes, until lightly browned. Over high heat, add the wine and boil until it is reduced to about 1/4 cup. Add the chicken broth, and reduce by a third. Lower the heat and whisk the butter into the sauce to thicken it. Season with the salt and pepper.

# Bahamian Grilled Chicken

---

4 Chicken breast halves; skin on, bone in  
Salt and freshly ground black pepper  
2 Fresh limes or 1 lemon; Juice of  
2 Tablespoon Vegetable oil  
1/4 Cup Finely diced bacon  
1/2 Cup Finely chopped onion  
1/2 Cup Thinly sliced green bell pepper strips  
1/2 Cup Finely chopped celery  
2 Cup Diced canned tomatoes and their juices  
1 Cup Chicken stock  
1 Tablespoon Worcestershire sauce  
1/2 Teaspoon Dried thyme

**TO GRILL THE CHICKEN:** Season the chicken with salt and pepper and marinate in lime or lemon juice for 10 minutes. While this is marinating, heat the grill. Grill for 10 minutes on each side or until just cooked through. Keep the skin on as you grill the chicken to keep it moist. You can take the skin off after cooking. While the chicken is cooking, make the sauce.

**TO MAKE THE SAUCE:** In a 2-quart saucepan, over medium heat, heat the oil and bacon. When the bacon is brown, add the onion, green pepper and celery and cook, covered, over low heat for 10 minutes or until tender.

Add the tomatoes and their juices, chicken stock, Worcestershire sauce, and thyme and simmer, uncovered, for 10 minutes. Season with salt and pepper to taste.

# Bahamian Lamb Curry

---

1/4 Cup Vegetable oil  
2 Pound Boneless lamb shoulder\* or beef chuck;  
    trimmed of fat and cut into 1–inch cubes  
2 Tablespoon Butter  
1 Cup Finely diced onion  
1/2 Cup Finely chopped celery  
3 Cloves minced garlic  
3 Tablespoon Curry powder  
1/2 Teaspoon Ground cumin powder  
1 Tablespoon Tomato paste  
4 Cup Chicken broth  
1/4 Teaspoon Dried thyme  
1 Bay leaf  
2 Cup Peeled carrots; cut into 1/2–inch dice (4 medium)  
3 Cups Peeled; all–purpose potatoes, cut into 1/2–inch dice (1 1/2 pounds)  
1/2 Teaspoon Salt  
3/4 Cup Coconut milk; regular or light  
2 Tablespoon Fresh lime juice  
Salt and freshly ground black pepper  
1/4 Cup Chopped cilantro; for garnish,; optional  
Cooked rice and cilantro for serving

\* If you can't find boneless lamb shoulder, buy 3 to 3 1/4 pounds of lamb shoulder chops. When you get them home, cut out the bones and remove as much of the fat as possible. Cube the remaining meat into 1–inch dice.

In a saucepan large enough to hold the lamb in a single layer (or in batches) over moderate heat, heat the oil. Pat the lamb cubes dry with paper towels and brown them, over medium high heat, for about 10 minutes until brown on all sides. As each batch is done, remove them to a bowl.

When the lamb is brown, discard the fat from the saucepan and replace it with the butter. Melt the butter over moderate heat, then add the onion and celery and cook uncovered, stirring once or twice, for about 5 minutes or until tender. Add the garlic, curry powder and cumin and saut for about a minute to cook the spices.

Add the tomato paste to the curry, then whisk in the chicken broth, thyme and bay leaf. Return the lamb to the saucepan and add the carrots and potatoes and season with 1/2 teaspoon of salt. Bring the liquid to a boil over high heat, cover and simmer, over low heat, with the lid ajar, for 1 to

1 1/4 hours or until the lamb and the vegetables are tender.

Strain the solids, and thoroughly degrease the juices. Discard the bay leaf and return the degreased juices to the saucepan. Over high heat, boil the juices down until 1 cup remains. Add the coconut milk, return the meat and vegetable solids to the pot and simmer the stew to reheat. Stir in the lime juice and season with salt and pepper to taste. Serve over plain boiled rice and garnish with cilantro.

## Baked Alaska

---

Two; (1-pound) frozen pound cakes (Sara Lee)  
Half gallon block of ice cream – Your favorite flavor  
Apricot jam as needed  
8 Egg whites  
superfine sugar

Cut each pound cake into 3 horizontal slices; each slice should be about 9 1/2 inches long, 2 1/2 inches wide and slightly thicker than 1/2-inch.

Set a slice of cake on a baking dish. Cut a piece of the block of ice cream to fit on the cake base, keeping 3/4-inch clear all around. Return the cake and ice cream to the freezer for about an hour or until the ice cream is hard again.

Remove the cake and ice cream from the freezer and fully enclose the ice cream with more slices of pound cake "glued" to the ice cream with jam. Return the cake and ice cream to the freezer for at least two hours.

Preheat the oven to its highest setting. Beat the egg whites until semi-stiff. Gradually add the sugar to the egg whites, a couple of tablespoonfuls at a time, and continue to beat until the meringue is stiff and glossy.

Remove the ice cream and cake from the freezer. With a spatula, spread about half of the meringue over the pound cake, making sure to completely cover the sides and top. Transfer the remaining meringue to a pastry bag fitted with a star tip and pipe it over the cake, making it as decorative as you wish. Bake for 3 minutes to brown the meringue and serve the Baked Alaska immediately so the ice cream doesn't melt.



# Banana Bread Pudding

---

Twelve; ( 1/2–inch) slices of banana bread (see recipe)

1–1/2 Cup Heavy cream

1/4 Cup Granulated sugar

2 Large Eggs

Whipped cream; optional

Preheat the oven to 350 F. Generously butter a 13 x 9–inch ovenproof casserole. Lay the slices of banana bread, slightly overlapping each other, in a single layer.

In a medium saucepan, over low heat, bring the cream and 2 tablespoons of the sugar to a slow simmer and remove from the heat. In a large mixing bowl whisk the remaining sugar together with the eggs, then slowly drizzle the hot cream into the eggs, mixing as you add. Pour this over the banana bread slices and let the bread stand for 30 minutes, turning it on occasion until it absorbs the custard.

Bake for 30 minutes or until the custard has baked into the banana bread. Spoon the banana bread pudding into individual ramekins or dishes and serve warm with whipped cream or custard sauce if you wish.

# Banana Bread

---

1 3/4 Cup All-purpose flour  
1 Teaspoon Baking powder  
1/4 Teaspoon Baking soda  
1/4 Teaspoon Salt  
6 Tablespoon Unsalted butter; softened  
2/3 Cup Granulated sugar  
2 Large Eggs  
1 Cup Mashed very ripe bananas; (about 3 medium-size)  
3/4 Cup Walnuts or pecans; chopped

Preheat the oven to 350 F. Position the rack in the center of the oven.  
Lightly butter a 8.5 x 4.5 x 2.5-inch loaf pan.

In a large bowl sift together the flour, baking powder, baking soda, and salt and set aside for later. In a large mixing bowl, using an electric mixer on low speed, beat the butter for 1 minute or until light and creamy. Add the sugar, about 2 tablespoons at a time, and when all of it has been added, continue to beat on medium speed for 2 minutes, scraping down the beaters and the sides of the bowl as needed. Add the eggs, 1 at a time, beating for 10 seconds between additions or until absorbed by the butter. Scrape down the beaters and the sides of the bowl and continue to beat for 1 minute or until smooth and creamy. With a large rubber spatula, fold the sifted ingredients into the batter, in 3 additions, alternating with the mashed bananas, in 2 additions. Beat the batter with an electric mixer, on low speed, for 1 minute or until smooth. Fold in the nuts and transfer the batter to the prepared pan. Smooth the top with a rubber spatula.

Bake for 55 minutes to 1 hour or until a tester, inserted in the center, comes out dry. Cool the bread in the pan, on a wire rack for 15 minutes, then ease it out of the pan and cool it, to room temperature,— on a wire rack.

# Banana Stuffed Chicken

---

4 Boneless skinless chicken breast halves  
Salt and freshly ground black pepper  
2 Small Bananas; peeled and halved  
2 Tablespoon Butter  
2 Tablespoon Minced garlic  
1 Tablespoon Minced shallots  
1 Granny Smith apple; peeled and diced  
1 Tablespoon Curry powder  
3 Tablespoon Flour  
2 1/2 Cup Chicken broth  
1/4 Cup Flour for dredging  
1 Egg beaten with 2 tablespoons milk  
1/2 Cup Dry bread crumbs  
2 Tablespoon Vegetable oil  
1/4 Cup Light cream; optional  
2 Cups Cooked long grain rice  
4 Cilantro sprigs for garnish

**TO PREPARE THE CHICKEN\*:** Cut the chicken breast halves almost in half again and open them up like a book so you form a butterfly shape. Place a piece of plastic wrap over the chicken and, using a heavy skillet or mallet, pound them to even out their thickness and make them thin. Lightly salt and pepper each chicken breast. Enclose a piece of banana by folding up the ends and sides around the banana and rolling up the chicken. Wrap each stuffed chicken piece in plastic and refrigerate for an hour or more.

\*An alternate way of making this dish, without stuffing the chicken with the banana, is to bread the chicken cutlets and cook them in a skillet. Before serving, set some slices of banana under the cooked chicken and spoon the curry sauce around it.

**TO MAKE THE SAUCE:** In a saucepan, heat the butter and saut the garlic and shallots for a minute or until soft. Stirring with a wooden spoon, add the apple, curry powder and flour and cook for a minute. Slowly whisk in the chicken broth and simmer for 15 minutes. Season with salt and pepper to taste.

**TO COOK THE CHICKEN:** Preheat the oven to 450 F. Lightly dredge the chicken in the flour, beaten egg and bread crumbs, making sure each chicken piece is entirely coated with bread crumbs. Heat the oil in an oven-proof skillet and saut the chicken on all sides to brown. Transfer the skillet to the oven

and bake, uncovered, for 15 minutes or until the chicken is just cooked through.

**TO FINISH THE SAUCE:** While the chicken is cooking, puree the sauce in a food processor or blender until smooth. Pass it through a sieve and transfer it to a small saucepan. Add the cream if you wish, and simmer, over low heat until hot. Season with salt and pepper to taste.

**TO SERVE THE CHICKEN:** Mound some cooked rice in the middle of each plate. Slice the chicken into 3/4-inch slices and set the slices around the rice. Ladle the sauce around the chicken. Garnish each plate with a sprig of cilantro.

## Bean & Sauerkraut Soup

---

Three; (15 1/2 ounce) cans red kidney beans, drained and well rinsed  
2 Medium Loin pork chops; cut into small cubes  
2 Bay leaves  
4 Quart Water  
1/2 Pound Bacon  
10 Cloves garlic  
2 Pound Sauerkraut; well rinsed  
3 Large Baking potatoes; peeled and quartered  
Salt and freshly ground black pepper

In a large stock pot, over high heat, add the beans, pork chop cubes, bay leaves and water and bring to a gentle boil.

In the top of a food processor, blend the bacon and garlic until combined.

Reduce the heat, add the bacon/garlic mixture to the soup and simmer gently for 1 hour.

Add the sauerkraut and potatoes to the soup and cook for another 30 minutes.

Keeping the soup on the heat, remove the potatoes, mash them, and return them to the pot. Season with salt and pepper to taste and gently simmer for another 20 minutes. Add some water if the soup is too thick.

Discard the bay leaves and serve.

## Beaufort Stew

---

1 Tablespoon Vegetable oil  
1 Pound Smoked pork or turkey sausage; cut into 3/4-inch rounds  
5 Cloves garlic; thinly sliced  
3 Quart Chicken or vegetable broth  
2 Tablespoon Old Bay Seasoning; up to 3  
Salt to taste  
2 Bay leaves  
6 New red potatoes; unpeeled, cut in 1-inch chunks  
1 Can Baby corn; drained (14 ounces)  
1 Cup Cherry tomatoes or chopped fresh tomatoes  
2 Pound Live crayfish and 8 freshwater prawns or  
3 pounds jumbo shrimp, in the shell  
4 Scallions; thinly sliced

**TO MAKE THE BROTH:** In a 6-quart pot over high heat, heat the vegetable oil for a minute. Add the sausage and cook on all sides, for a couple of minutes to brown. Add the garlic and cook for a minute, then add the broth, Old Bay Seasoning, salt and bay leaves. Bring the broth to a simmer and cook, uncovered, for 10 minutes.

**TO MAKE THE STEW:** Add the potatoes and simmer for 15 minutes, or until almost tender, then add the corn and simmer for a minute to heat through. Adjust the seasoning to taste. Add the tomatoes and live crayfish with the freshwater prawns (or shrimp) and cook for 4 to 5 minutes or until the shellfish is just cooked through.

**TO FINISH THE STEW:** Strain the solids out of the liquid and transfer them to deep soup bowls and garnish with sliced scallions and spoonfuls of the broth. (Eat the broth as is or freeze it for another day to use as fish stock in a seafood stew or soup).

## Beef Stewed In Beer

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3 Tablespoon Flour  
Salt and freshly ground black pepper  
2 Pound Boneless beef chuck; cut into 2–inch cubes  
1/4 Cup Vegetable oil  
2 Tablespoon Butter  
8 Medium Onions; thinly sliced  
12 Ounce Dark beer or ale; preferably Belgian or stout ( 3/4 cup)  
1/4 Cup Beef broth  
1 Bay leaf  
1/4 Teaspoon Dried thyme; crushed  
2 Teaspoon Red currant jelly or brown sugar  
2 Teaspoon Red wine vinegar  
1/4 Cup Minced parsley for garnish

Season the flour with salt and pepper. Toss the beef cubes evenly with the mixture, shaking off excess and set aside for later.

In a 4– to 5–quart heavy casserole or Dutch oven over medium heat, heat the oil until hot (when the beef hits the oil, the fat should sizzle). In 2 batches so as to not crowd the pan, brown the beef on all sides until a deep golden color and remove to a bowl.

Add the butter to the oil and melt, then add the onions and cook, over medium high heat, stirring frequently for about 15 minutes or until the onions are soft and brown.

Slowly add the beer and stock to the onions, scraping the bottom of the pan with a wooden spoon, to lift up the drippings. Set the meat over the onions and add the bay leaf and thyme, and season with salt and pepper to taste. Bring the liquid to a simmer, cover and cook, over very low heat for 1 1/2 hours or until tender.

Uncover the pot and the boil the liquid down a bit to thicken. Stir in the jelly or sugar and vinegar and simmer for another minute. Remove the bay leaf and adjust the seasoning; serve immediately garnished with parsley.

# **Beef With Dill Sauce And Horseradish Crust**

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Four (6– to 8–ounce) filet mignons, about 1–1/2 inches thick

===== FOR THE HORSERADISH CRUST =====

2 Tablespoon Unsalted butter  
1/4 Cup Dried bread crumbs  
3 Tablespoon White prepared horseradish  
Salt to taste

===== FOR THE SAUCE =====

1 Tablespoon Butter  
1/4 Cup Minced onion  
2 Cup Beef stock; fresh or, if canned, reduced sodium  
3/4 Cup Heavy cream  
Freshly ground black pepper  
1/2 Cup Minced fresh dill

Tie a piece of string around the middle of each filet to keep it secure while cooking.

**TO MAKE THE CRUST:** In a small skillet over medium heat, heat the butter until golden, add the dried bread crumbs and toss until well combined and immediately remove from heat. Transfer the bread crumbs to a bowl, combine them with the horseradish and season with salt to taste and reserve for later.

**TO MAKE THE SAUCE:** In a 9–inch skillet over medium heat, heat the butter. When melted, add the onion and saut , stirring on occasion, for 3 to 4 minutes or until tender and golden. Add the beef broth and simmer until 3/4 cup remains. Add the cream and boil until you have 1 cup of liquid in total. Season with salt and pepper to taste and remove from the heat.

Preheat the broiler or the oven to 475 F. Bring 2 quarts of salted water to a boil and add the filet mignons. Simmer them gently for about 5 minutes for rare, 7 minutes for medium–rare and 10 minutes for medium–well done. (The simmering actually cooks the beef while keeping it tender.) Remove the filets mignons with a slotted spoon and pat dry with paper towels. Set them on a broiler rack or baking sheet and top each filet with the horseradish crust. Meanwhile, over low heat, bring the sauce back to a simmer, without boiling.

Broil the beef just long enough to give the crust a golden hue or bake for a



few minutes or until top looks a little dried out. Remove from heat and set a filet mignon in the middle of a dinner plate and remove the string. Add the dill to the sauce and remove from heat. Spoon some sauce over and around each filet and serve immediately.

## **Beets And Apples In A Balsamic Vinaigrette**

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2 Pound Fresh beets; trimmed of all but 1/2–inch of their tops,  
washed but not peeled  
1/3 Cup Balsamic vinegar  
2 Tablespoon Vegetable oil  
1/3 Cup Finely minced red onion  
Salt and freshly ground black pepper  
1 Large Granny Smith apple; washed  
Sweet relish; optional

Boil the beets, in water to cover, for 1 hour or longer or until tender.

While the beets are boiling, combine the vinegar, oil and onion in a mixing bowl and season well with salt and pepper to taste.

When the beets are done, drain them and cool in running water, then cut off their tops and peel. Cut the beets into 1/2–inch dice, toss with the dressing and season with salt and pepper to taste.

Peel, core and cut the apple into 1/2–inch dice.

To serve each portion of salad, center some apple in the middle of the plate and spoon the beets around the apples. Garnish the plate with 3 teaspoons of relish set around the beets.

## Bermudian Fish Chowder

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2 Tablespoon Olive oil  
1/2 Cup Minced onions  
1/4 Cup Minced leeks; optional  
1 Tablespoon Tomato paste  
2 Cup Water  
2 Cup Clam juice (16 ounces)  
2 Cup Chicken stock  
1/2 Cup Minced carrots  
1/2 Cup Minced celery  
1/2 Cup Peeled potatoes; cut into 1/4–inch cubes  
1 Cup Chopped canned tomatoes  
1/2 Teaspoon Dried thyme  
1/4 Teaspoon Saffron; optional  
1/4 Teaspoon Crushed red pepper flakes; optional  
3/4 Pound Boneless skinless scrod, cut into 1/2–inch dice  
3/4 Pound Boneless skinless grouper, cut into 1/2–inch dice  
2 Teaspoon Worcestershire sauce  
Salt  
1/2 Cup Minced parsley; for garnish

**TO PREPARE THE BASE:** In a 6–quart saucepan, over moderate heat, heat the olive oil. When hot, add the onions and leeks, cover and cook over very low heat for 10 minutes or until tender. Whisk in the tomato paste, then add the water, clam juice and chicken stock and bring to a simmer.

**TO FINISH THE CHOWDER:** Add the carrots, celery, potatoes, tomatoes, thyme, saffron, and red pepper flakes, if you wish. Simmer for 25 minutes or until the potatoes and vegetables are very tender. Add the fish and bring to a simmer and cook for 2 minutes, then whisk in the Worcestershire sauce and season to taste with salt. Stir in the parsley and serve immediately.

## Black Bean Cakes

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2 Cup Cooked or 1 can; (19 ounces) black beans, drained  
1/4 Cup Cilantro leaves; (packed)  
2 Teaspoon Ground cumin  
2 Teaspoon Chili powder  
1/2 Teaspoon Dried oregano  
1/2 Teaspoon Salt  
2 Tablespoon Sour cream  
4 Scallions; green and white parts, thinly sliced  
1/2 Red bell pepper; seeded and finely chopped  
1/4 Cup Dry bread crumbs;  
or dehydrated mashed potato flakes (or more if needed)  
2 Tablespoon Yellow cornmeal  
2 Tablespoon Vegetable oil  
Garnish: sour cream; chopped fresh cilantro, diced fresh red bell pepper

In a food processor, puree the black beans with the cilantro leaves, cumin, chili powder, oregano, salt and sour cream. Transfer the mixture to a mixing bowl and add the scallions, red bell pepper and enough bread crumbs to bind the mixture tightly.

Form the mixture into twelve 2–inch disks and dredge them in the cornmeal.

In a large non–stick skillet, heat the vegetable oil. Saute the cakes for 2 to 3 minutes on each side or until the cornmeal is browned. Serve immediately garnished with sour cream, cilantro and diced red bell pepper.

## Bucatini All' Amatriciana

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1 Pound Plum tomatoes; or 40 cherry tomatoes,  
or 1 1/2 cups chopped, drained, canned plum tomatoes  
1/4 Cup Olive oil  
1 Onion finely chopped; (1 cup)  
2 Cup Finely diced Italian pancetta or bacon  
1/4 Teaspoon Crushed red pepper flakes; up to 1/2  
1 Cup Dry white wine or dry Vermouth  
Salt  
1 Pound Bucatini pasta or spaghetti  
1/4 Cup Freshly grated Parmesan cheese  
2 Tablespoon Grated Pecorino cheese  
More freshly grated Parmesan for serving

If you are using fresh tomatoes, slice them in half and, with your hands press out the seeds and liquid through a sieve set over a small bowl. Chop the flesh into 1/2-inch pieces. Press the seeds and liquid through the strainer to retrieve the tomato juices and reserve them for later.

In a 4-quart saucepan, heat the oil. When hot, add the onion and cook for 5 minutes or until golden. Add the pancetta or bacon and cook for 2 to 3 minutes. Add the crushed red pepper and white wine and boil, over high heat, until half the liquid remains. Add the tomatoes and reserved juices and simmer for 15 minutes over low heat or until the oil separates from the tomato juice. Season lightly with salt and add more crushed red pepper if you wish.

While the sauce is cooking, bring a gallon of salted water to a boil. Add the bucatini pasta and cook for 10 minutes or until "al dente" (cooked through but still firm to the tooth). Right before draining, remove 1/4 cup of cooking water and reserve.

Drain the bucatini and immediately add it to the sauce pot, off the heat, toss it with the sauce and the reserved cooking water. Add the cheeses and toss thoroughly. Adjust the seasoning and serve immediately with more cheese on the side.

# Bucatini With Fresh Tomatoes

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3/4 Pound Bucatini pasta or spaghetti  
1/3 Cup Olive oil  
2 Tablespoon Finely chopped shallots  
1 Tablespoon Minced garlic  
1/4 Pound Prosciutto ham; cut into very fine strips  
1 Cup packed, spinach leaves, stemmed, washed and dried  
1 Cup Dry white wine or chicken stock  
3 Cup Peeled; seeded and chopped fresh tomatoes\*  
Salt and freshly ground black pepper  
1/2 Cup; packed, fresh basil leaves, washed and cut into thin strips  
1 Cup Freshly grated Parmesan cheese

**TO MAKE THE PASTA:** Bring 3 quarts of salted water to a boil, add the pasta and cook according to package directions.

**TO MAKE THE SAUCE:** In a non-stick 12-inch wide skillet, over medium high heat, heat the olive oil. Add the shallots, garlic, prosciutto ham and spinach and cook, stirring, for about 15 seconds. Add the white wine or chicken stock and simmer for 2 to 3 minutes or until only half of the liquid remains. Add the fresh tomatoes and remove the skillet from the heat; add salt and pepper to taste.

**TO FINISH THE DISH AND SERVE:** When the pasta is 2 to 3 minutes away from being cooked, return the skillet to the heat and stirring, bring the sauce back to a simmer. Cook for 1 minute and add the basil. Drain the pasta, return it to the cooking pot, add the sauce and toss until well combined. Serve immediately and garnish each portion with grated Parmesan cheese.

\* Bring 2 quarts of water to a boil. Drop the tomatoes into the water and boil for 30 seconds. Remove the tomatoes with a slotted spoon. With a knife remove the core, then cut each tomato in half, horizontally. Spoon out the seeds and squeeze out any juice. Finely chop the flesh.

# **Caramelized Pineapple Upside–Down Tart**

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===== FOR THE DOUGH =====

1 Cup + 2 tablespoons all purpose flour  
2 Teaspoon Sugar  
1/2 Teaspoon Salt  
5 Tablespoon Chilled butter cut into 1/2–inch pieces  
2 1/2 Tablespoon Ice water; up to 3

===== FOR THE TART =====

2 Pineapples; (5 pounds each)  
3 Tablespoon Softened unsalted butter  
1/2 Cup Dark brown sugar

**TO MAKE THE DOUGH:** In a food processor combine the flour, sugar and salt. Add the butter and pulse the machine for 15 seconds or until the butter is cut into the flour.

Add the ice water and pulse the machine until the dough just comes together; don't overprocess the dough. On a lightly floured board, pat the dough into a 6 x 1/2–inch disk and wrap in plastic wrap. Refrigerate for at least 2 hours.

**TO MAKE THE TART:** While the dough is resting, preheat the oven to 450 F. Cut the pineapples in half, lengthwise, then half again and remove the core. Cut the pineapple quarters away from the skin and cut them into 1/2–inch slices. Set the slices on a non–stick baking pan and roast the pineapples for 20 minutes. Drain the pineapple, then set it on paper towels to absorb any excess moisture.

Remove the dough from the refrigerator. Lavishly butter the bottom of a 9–inch x 2–inch glass heat proof pie plate and scatter half of the sugar on the bottom. Carefully set overlapping pieces of pineapple on the sugar, in a circular pattern, then top with the remaining pineapple. Scatter the remaining sugar on top. On a lightly floured board, roll the dough out into a circle, about 1/8–inch thick. Set the dough on top of the pineapple and trim the dough to the edges of the pan. Tuck the edges in around the pineapple. Set the pan on a larger baking sheet to catch the drippings and bake for 1 hour. If the dough gets too brown, lightly cover it with foil.

Remove the tart from the oven and cool in the pan for 30 minutes. Place a platter over the tart and flip it over and out. The pineapple slices end up on top and the tart is ready to serve.

# Chicken Braised In Beer With Belgian Endive

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4 Large Belgian endives; bottoms trimmed  
2 Tablespoon Fresh lemon juice  
Salt and freshly ground black pepper  
1/4 Cup Vegetable oil  
One; (4–pound) chicken, quartered  
1/3 Cup Flour spread on a plate; seasoned with salt and pepper  
2 Tablespoon Butter  
4 Teaspoon Brown sugar  
1/4 Cup Minced onion  
1/4 Cup Water  
1/2 Cup Dark ale or beer; preferably Belgian

Split the endives down the middle, lengthwise. Carefully cut out the hard white core in the center. Avoid cutting through to the bottom of the endives or they will fall apart. Toss the endives with lemon juice, salt and pepper to taste and marinate them while you brown the chicken.

In a heavy 5–quart casserole or Dutch oven over medium heat, heat the oil. While the oil is heating, dredge the chicken in flour and shake off any excess. Begin by adding the dark leg parts to the casserole and saut , turning on occasion for 5 to 7 minutes or until golden. Remove the pieces to a separate bowl and brown the remaining breast parts in the same way.

Discard the oil in the casserole, but keep the drippings. Add the butter and melt it over medium heat. When the butter is golden brown, add the endives and sprinkle the sugar over the halves. Saut over medium–high heat, turning on occasion, for about 2 to 3 minutes per side or until golden brown and glistening. Add any remaining lemon juice the endives have marinated in, along with the minced onion and saut , stirring, for another 3 to 4 minutes or until softened.

Set the browned chicken leg parts over the endives, including any juices the chicken has given off in the bowl and add the water and beer. In the saucepan, bring the liquid to a simmer and cook, over very low heat for 20 minutes, turning the legs once. Add the breast parts, pressing the chicken into the endives as much as possible, cover and continue to simmer gently for another 15 to 20 minutes or until the chicken is tender and cooked through.

Remove the chicken and endives from the pot to a platter and cover with foil to keep warm as you finish the sauce. Boil the liquid down until 1 cup



remains; season with salt and pepper to taste. Serve the chicken with endives and sauce spooned over the top.

# Chicken Breasts Over Rigatoni With Gorgonzola Sauce

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4 Skinless boneless chicken breast halves, each about 4 to 6 ounces  
6 Tablespoon Fresh lemon juice  
1/4 Cup Olive oil  
2 Teaspoon Minced garlic  
Salt and freshly ground black pepper  
1/4 Cup Finely chopped onion  
1–1/2 Cup Heavy cream  
4 Fresh sage leaves; chopped, optional  
1/4 Cup Chopped fresh parsley  
12 Ounce Rigatoni pasta; preferably multi-colored  
1/3 Cup Flour seasoned with salt and pepper  
1/4 Cup Dry white wine  
1 Cup Crumbled Gorgonzola or blue cheese; (4 ounces)  
1/2 Cup Grated fresh Parmesan cheese; (2 ounces)  
2 Tablespoon Minced parsley for garnish

**TO MARINATE THE CHICKEN:** Lightly pound each chicken breast between 2 pieces of plastic wrap. In a glass or porcelain dish, combine the lemon juice, 1 tablespoon of the oil and 1 teaspoon of the garlic and season with salt and pepper to taste. Marinate the chicken in this mixture, covered, in the refrigerator, for not more than 2 hours.

**TO MAKE THE SAUCE:** In a 2–quart saucepan over medium heat, heat 1 tablespoon of olive oil. Add the onion and remaining teaspoon of garlic and cook stirring, over low heat, for 5 minutes or until the onion is tender. Add the cream and bring to a boil, add the sage and parsley and remove from the heat. Set aside until later.

**TO MAKE THE PASTA AND COOK THE CHICKEN:** In a stock pot, bring 3 quarts of salted water to a boil and cook the pasta for about 12 minutes or according to directions on the box. Meanwhile remove the chicken from the marinade and pat dry. Dip the chicken lightly in the seasoned flour on both sides. In a 12–inch skillet over medium heat, heat the remaining 2 tablespoons of olive oil and cook the chicken for about 5 minutes per side or until completely cooked through. Remove the chicken to a plate and loosely cover with foil, keep warm. Add the white wine to the skillet and boil, stirring with a wooden spoon until there are only 2 tablespoons of liquid in the pan. Add the reserved cream mixture and bring to a boil, add the Gorgonzola and Parmesan cheeses and bring to a simmer. Remove from heat and season to taste

with salt and pepper.

**TO ASSEMBLE THE DISH:** Drain the pasta and return it to the cooking pan, add the sauce and toss until well combined. Divide the pasta between 4 dishes and top each portion with chicken. Garnish the chicken with minced parsley and serve immediately.

## Chicken Breasts With Walnut Sauce

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4 Chicken breast halves; bone in, skin on  
Salt and freshly ground black pepper  
1/4 Cup Flour  
1/4 Cup Olive oil  
1/2 Cup Chopped onions  
2 Tablespoon Balsamic vinegar  
2 Tablespoon Port wine, Scotch whiskey, Cognac or fresh lemon juice  
1/2 Cup White wine  
3/4 Cup Chicken stock  
1/3 Cup Heavy cream  
1 Teaspoon Cornstarch  
1 Tablespoon Water  
3/4 Cup Chopped walnuts

Preheat the oven to 400 F. Season the chicken with salt and pepper to taste, and dip all sides of each breast in the flour. Shake off any excess flour.

In a large skillet, heat the olive oil. When the oil is hot, add the chicken, skin side down, and cook over medium–high heat, for about 4 minutes on each side to brown. Transfer the chicken to a baking dish and bake for 20 to 25 minutes or until cooked through.

TO MAKE THE SAUCE: Discard all but 2 tablespoons of the oil from the skillet in which the chicken was cooked. Heat this oil and saut the onions, over low heat, for about 5 minutes or until soft.

When the onions are tender, add the vinegar, Port and white wine and boil the liquid down until only half remains. Add the chicken stock and heavy cream and bring to a simmer. Reduce the sauce to thicken it slightly.

Dissolve the cornstarch in the water and add it to the sauce. Bring the liquid to a boil and simmer over low heat for a minute. Season the sauce with salt and pepper to taste and remove it from the heat. When the chicken is done, over low heat bring the sauce back to a simmer, but do not boil. Stir the walnuts into the sauce and spoon it over the chicken. Serve immediately.

# Chicken Cacciatora

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One (3– to 4–pound) chicken, cut into 8 pieces,  
or 2 chicken breasts, split  
Salt and freshly ground black pepper  
1/3 Cup Flour; spread on a plate  
1/4 Cup Olive oil  
1 Large Yellow onion; thinly sliced  
1 Yellow or red bell pepper; seeded, cored and thinly sliced  
1 Carrot; peeled and cut into thin disks  
1 Stalk celery; cut into thin disks  
8 Ounce Mushrooms; trimmed, wiped clean and thinly sliced, up to 10  
1 Large Garlic clove; minced  
1/2 Teaspoon Dried red pepper flakes; optional  
1/4 Cup Dry white wine or chicken stock  
1/2 Cup Chicken stock  
1 Cup Chopped canned plum tomatoes  
Cooked rice; noodles or boiled potatoes for serving

**TO PREPARE THE CHICKEN:** Lightly season the chicken with salt and pepper, then dip it in the flour and shake off any excess.

**TO COOK THE CHICKEN:** In a deep casserole or a saut pan that can accommodate all the chicken without crowding, over medium heat, heat the olive oil. Cook the chicken, skin side down for about 5 minutes then turn and cook 5 minutes more or until golden. Remove the chicken to a plate, cover with foil and set aside. Add the onion, bell pepper, carrot and celery to the casserole and cook, stirring on occasion, for 5 minutes or until the vegetables begin to soften. Add the mushrooms and cook, stirring, for 2 minutes longer, then add the garlic and cook for a few minutes or until the mushrooms are tender.

Add the wine and cook for about 30 seconds, then add the red pepper flakes, chicken stock and tomatoes. Bring the liquid to a boil scraping any of the browned bits which have stuck to the bottom of the pan. Return the chicken to the casserole and bring the liquid to a simmer, over moderate heat.

Cook, partially covered, for about 30 minutes or until the chicken is completely cooked through.

Remove the chicken to a plate and keep warm, lightly covered with foil. Boil the juices down to thicken the sauce, season with salt and pepper to taste, then return the chicken to the sauce and warm for a minute. Serve the sauce over the chicken with rice, noodles or boiled potatoes.

# Chicken Souse Soup

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6 Cup Chicken stock  
1/4 Cup Whole allspice; tied in cheesecloth  
1/2 Teaspoon Crushed red pepper flakes  
4 Cloves peeled garlic; roughly chopped  
1 Cup Finely diced onion  
1 Cup Finely diced celery  
1 Cup Finely diced carrots  
2 Cup Peeled finely diced all-purpose potatoes  
3/4 Pound Skinless; boneless chicken breasts,  
cut into 1-inch squares about 1/4-thick  
Salt to taste  
2 Tablespoon Fresh lime juice  
2 Tablespoon Minced fresh mint  
2 Tablespoon Minced fresh cilantro

In a 4-quart saucepan, over high heat, bring the chicken stock, allspice and red pepper flakes to a boil. Cover the saucepan, then simmer, over low heat for 10 minutes.

Add the garlic, onion, celery, carrots and potatoes and simmer, covered, for 30 minutes more or until the potatoes are tender.

Add the chicken and cook for 3 to 4 minutes, uncovered or until the chicken is just cooked through. Season with salt to taste and discard the allspice tied in cheesecloth. Remove the saucepan from the heat and add the lime juice, mint and cilantro. Serve immediately.

## Chicken Stovies With Clapshot

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=== FOR THE SAUCE AND THE CHICKEN =====

4 Tablespoon Unsalted butter

1 Onion cut into 3/4–inch dice

1 Whole frying chicken; cut into 8 pieces

3 Tablespoon Flour

1–1/2 Cup To 2 cups chicken broth

1/2 Cup Heavy cream; optional

1 Cup Diced (1/2–inch) baked or cooked smoked ham (8 ounces)

1/2 Cup Finely chopped flat leaf parsley

===== FOR THE CLAPSHOT =====

1 Pound Rutabaga; peeled and cut into 3/4–inch cubes

2 White turnips; peeled and cut into 3/4–inch cubes (1/2 pound)

4 Small All–purpose potatoes; peeled and cut into 3/4–inch cubes (1 pound)

1 Tablespoon Butter + 2 tablespoons melted butter

Salt and freshly ground black pepper

1 Cup Coarsely made fresh bread crumbs\*; (2 ounces)

\* To make fresh bread crumbs, remove the crusts of a good quality white or sourdough bread and process the slices in a food processor until you have coarse fresh bread crumbs

**TO BROWN THE CHICKEN:** In a 6–quart dutch oven or casserole over moderate heat, heat the butter. Add the onion and cook, uncovered, for about 3 to 4 minutes or until tender. Push the onions to the edges of the pan and add the chicken, skin side down. Cook, turning frequently, for 3 to 4 minutes or until the chicken has stiffened and is slightly colored. Cover and cook over very low heat, turning once, for about 10 minutes or until the chicken is partially cooked. Remove the chicken to a plate and reserve for later.

**TO MAKE THE SAUCE AND COOK THE CHICKEN:** Stir the flour into the fat and onions and cook, stirring for a minute or two to cook out the raw flour taste. Add 1 1/2 cups of the broth and whisk as it comes to a boil. Simmer, over low heat for 5 minutes, then add the cream, if used, (if you don't add the cream, add 1/2 cup more of the chicken broth). Return the dark meat (thighs and drumsticks) to the casserole, and simmer over moderate heat, uncovered, for 5 minutes. Turn the chicken over and add the breast meat and wings to the casserole. Cook on one side for 5 minutes, turn the chicken pieces over and cook for another 5 minutes or until the chicken is cooked through.

Preheat the oven to 475 F. Add the ham and parsley to the chicken and transfer it and the sauce to a 9 x 13–inch baking pan.

**TO MAKE THE CLAPSHOT:** In a 4–quart saucepan boil the rutabaga cubes for 5 minutes. Add the turnips and potatoes and boil for 10 to 15 minutes longer or until cooked through. Drain and toss with 1 tablespoon of butter and season with salt and black pepper to taste. Top the chicken with this "clapshot," then sprinkle the fresh bread crumbs and melted butter onto the clapshot.

**TO FINISH THE DISH:** Put the chicken and clapshot in the oven and bake for 5 minutes or until the bread crumbs are brown and the sauce is bubbly.



# Chicken Waterzooi

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4 Tablespoon Butter  
2 Medium Finely chopped onions  
4 Leeks; white parts only, thoroughly washed and sliced into 3-inch long pieces  
One; (4-pound) whole chicken, giblets and fat removed from cavity  
6 Cup Reduced-sodium chicken broth  
1/8 Teaspoon Dried thyme  
1/4 Teaspoon Saffron  
1 Bay leaf  
Water as needed  
4 Large Carrots; peeled  
4 Celery stalks; washed  
4 Medium Red new potatoes  
Salt and freshly ground black pepper  
1 Cup Heavy cream  
2 Cup Loosely packed parsley leaves; washed

In a 6-quart soup pot over low heat, melt the butter. Add the onions and leeks, cover and stew gently for about 5 minutes or until softened but not golden.

Place the chicken, breast side up, over the onions and leeks. Add the chicken broth, thyme, saffron and bay leaf and enough water to cover the bird by three-quarters. Bring the liquid to a simmer, cover and simmer for 20 minutes, turning the bird once, or until the chicken is partially cooked.

While the chicken is cooking, peel and cut the carrots into 2-inch rounds. Cut the celery into 2-inch pieces. Peel and quarter the potatoes (keep them in cold water until needed so they do not discolor).

After the chicken has simmered for 20 minutes, add the carrots, celery, potatoes, 1/2 teaspoon of salt and pepper to taste and simmer for another 25 minutes or until the vegetables are very tender and the chicken is cooked through.

Remove the chicken from the pot to a platter and cool long enough so you can remove the skin without burning your fingers. As this is cooling, strain the broth into a large bowl, reserving the vegetables and discard the bay leaf. Return the broth to the pot, skim off excess fat and boil it down until 5 cups remain; season well with salt and pepper to taste.

When the chicken is cool enough to handle, remove and discard the skin.

Remove as much of the cooked chicken as you can, in long thin strips. (Note: You can do the entire recipe up until this point a day in advance.) Mince the parsley.

When ready to eat, add the cream to the broth, along with the reserved vegetables and chicken strips. Simmer gently without boiling until the ingredients are reheated. Season with salt and pepper to taste and stir in the parsley; serve immediately.

# Chicken With Citrus Sauce

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6 Chicken breast halves; skin on, bone in  
Salt and freshly ground black pepper to taste  
2 Sprigs fresh rosemary; chopped or  
1 Teaspoon Dried  
3 Small Peeled cloves garlic; thinly sliced  
3 Peeled shallots; thinly sliced  
4 Tablespoon Olive oil  
1/2 Cup Pine nuts; (2 ounces)  
1/4 Cup Dry white wine  
1 Tablespoon Red wine vinegar  
1/4 Cup Fresh lemon juice  
1/2 Cup Orange juice  
1/3 Cup Chicken broth  
1/2 Cup Golden raisins

**TO MARINATE THE CHICKEN:** Rub the chicken with salt, pepper, rosemary, garlic, shallots and 1 tablespoon of the olive oil and marinate it, in a glass or ceramic dish, in the refrigerator for 1 hour or longer. It tastes best if you marinate it overnight.

Preheat the oven to 350 F.

In a large casserole, heat the remaining olive oil along with the marinade ingredients for 5 minutes and saut the chicken in the marinade, skin side down. Add the pine nuts, white wine, vinegar, lemon juice, orange juice, broth and raisins. Simmer, uncovered over medium heat for 3 to 4 minutes to concentrate the flavor and thicken the sauce.

Transfer the chicken to the oven and bake, uncovered, for 20 minutes or until the chicken is cooked through. Remove the chicken to a platter and cover with foil to keep warm. Over high heat, boil the pan juices until thick. Season with salt and pepper to taste. Serve the chicken with spoonfuls of sauce, nuts and raisins over the top.

## Chicken With Macadamia Nuts

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1 Pound boneless, skinless chicken breast meat, cut into 1/2-inch dice  
1 Egg white  
4 Quart Salted water  
2 Cup Peeled carrots; cut on the diagonal into 1/2-inch pieces  
2 Cup Trimmed peeled asparagus; cut on the diagonal into 1/2 inch pieces  
1/3 Cup Vegetable oil  
1 Tablespoon Minced garlic  
4 Scallions; white and green parts thinly sliced  
1 Cup Chopped macadamia nuts  
3 Tablespoon Hoisin sauce  
4 Teaspoon Cornstarch mixed with 3 tablespoons water  
Salt

Marinate the chicken in the egg white while you parboil the vegetables.

Bring the water to a boil and add the carrots. Cover and bring the water back to a boil and cook for a minute. Add the asparagus and boil for another minute. Drain the vegetables, cool them in cold water and set aside.

In a wok or large skillet, heat the vegetable oil. When very hot, add the chicken and stir-fry over high heat for 1 minute or until the chicken is opaque. Add the garlic, carrots and asparagus and continue to stir-fry for 1 minute more to heat the vegetables through and finish cooking the chicken.

Add the scallions, macadamia nuts and hoisin sauce and stir-fry for 30 seconds Add the dissolved cornstarch and simmer for 30 seconds. Season with salt to taste.

# **Chocolate Brownies With Ice Cream And Kahlua**

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Butter for (9–x–13–inch) baking pan  
1/2 Pound Semi–sweet chocolate  
1–1/2 Cup All purpose flour  
1/2 Cup Unsweetened cocoa powder  
1/2 Teaspoon Baking soda  
1/4 Teaspoon Salt  
1/2 Pound Unsalted butter; at room temperature  
2 Cup Granulated sugar  
5 Eggs  
1 Teaspoon Vanilla extract  
2 Cup Pecans or walnuts; chopped, or 2 cups chocolate,  
butterscotch or peanut butter chips, or 1 cup chopped nuts and 1 cup chips  
Ice Cream of choice  
Kahlua liqueur; optional

Preheat the oven to 350 F. Butter a 9–x–13–inch baking pan and set aside.

Over medium heat, melt the chocolate in the top of a double boiler. When melted, remove from the heat and cool to room temperature while you continue with the following steps.

In a large mixing bowl, sift together the flour, cocoa powder, baking soda and salt and set aside.

In a mixer or with a wooden spoon in a separate mixing bowl, cream the butter and sugar until light and smooth. Add the eggs, one at a time, beating well after each addition. Add the cooled melted chocolate and vanilla.

Fold the sifted dry ingredients and the nuts and/or the chips into the mixture and transfer the batter to the prepared baking pan. Bake for 45 minutes; the center of the brownies will still be a little moist. Remove the pan from the oven and cool the pan on a cake rack before cutting. When cool, cut into 12 pieces.

TO SERVE: Center a brownie in the middle of a plate and top with ice cream, and, if you wish, drizzle Kahlua liqueur on the ice cream.

# Chocolate Cappuccino Tart

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## ===== CHOCOLATE SHORTBREAD DOUGH =====

1/4 Pound Unsalted butter; at room temperature  
1/2 Cup Confectioners' sugar  
2 Tablespoon Unsweetened cocoa powder  
1 Egg  
1 Egg yolk  
1–1/2 Cup All purpose flour  
1/8 Teaspoon Baking soda  
1 Pinch Salt

## ===== CHOCOLATE FILLING =====

3 Tablespoon Heavy cream  
3 Tablespoon Unsalted butter  
5 Ounce Semi-sweet chocolate bits; melted and cooled  
3 Eggs; separated  
2 Teaspoon Instant espresso coffee dissolved in 1 tablespoon water  
2 Tablespoon Sugar

## ===== CARAMEL SAUCE =====

1 Cup Sugar  
1 Cup Water  
3/4 Cup Heavy cream  
10 Tablespoon Unsalted butter  
Pecan or vanilla ice cream or whipped cream

**TO PREPARE THE DOUGH:** With an electric mixer, beat the butter, sugar and cocoa powder until well combined. Add the egg and egg yolk. Do not worry if the mixture looks curdled. In a separate bowl with a whisk, combine the flour, baking soda and salt, then add this to the butter mixture and combine with your hands. Flatten the dough into a 1/2-inch disk, wrap it in plastic wrap and refrigerate for 2 hours.

**TO BAKE THE DOUGH:** Preheat the oven to 375 F. Between 2 sheets of plastic wrap, roll out the dough into an 11-inch circle, 1/4-inch thick. Butter a 9-inch pie plate and transfer the dough to the pie plate. Prick the bottom of the dough with a fork. Take a long piece of aluminum foil and fold it into a circle, the circumference of the pie plate. Wedge the aluminum circle over the dough on the inside of the pie plate, gently pressing against the outer edges to hold the sides of the dough up while it bakes. Bake for 10 minutes. Remove the foil, prick the bottom again and bake for 15 minutes or until baked through. Remove and cool thoroughly.

**TO MAKE THE FILLING:** Preheat the oven to 400 F. In a small saucepan, combine the heavy cream and butter and bring to a boil over low heat. Pour the cream and butter over the chocolate and whisk until combined; cool slightly. Add the egg yolks and coffee to the chocolate and stir with a wooden spoon until thoroughly mixed. Whip the egg whites with the sugar until they form stiff peaks and fold this into the chocolate mixture. Spoon the mixture into the prebaked pie shell and bake for 20 to 25 minutes or until the filling has risen and the top feels firm to the touch.

**TO MAKE THE SAUCE:** In a heavy saucepan bring the sugar and water to a boil and cook until golden brown and caramelized. Turn off the heat. Slowly pour in the heavy cream because it spatters quite a bit. When the spattering stops, the caramel would have hardened on the bottom, but don't worry. Return the saucepan to the heat and slowly bring the mixture back to a simmer, stirring continuously to blend the caramel and cream. When the mixture feels smooth and looks well combined, remove it from the heat and cool slightly. Whisk in the butter, a tablespoon at a time, and transfer the sauce to another container. If you make this in advance, it will harden; but you may soften it by heating it for a minute in a microwave oven.

**TO SERVE:** Serve a slice of the tart surrounded by the caramel sauce and topped with a scoop of ice cream or a spoonful of whipped cream.

# Chocolate Mousse

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6 Ounce Semi or bittersweet chocolate; finely chopped  
1 Ounce Unsweetened chocolate; finely chopped  
1/2 Cup Low fat milk  
1 Tablespoon Grand Marnier; or dark rum or  
1 Teaspoon Vanilla extract; optional  
1 Cup Heavy cream  
1/4 Cup Confectioners' sugar; sifted  
Additional sweetened whipped cream for garnish

In a small, heavy saucepan over very low heat, melt the semi-sweet and unsweetened chocolates along with the milk, stirring continuously. When melted, transfer the mixture to a clean bowl, and add the Grand Marnier or vanilla if you wish. Let this mixture stand until cool to the touch yet still fluid. (If you don't cool it long enough, the chocolate will seize into tiny flecks as you fold it into the whipped cream.)

When the chocolate is cool, whip the cream with an electric beater or in a stationary mixer until it is in soft peaks. Add the confectioners' sugar and beat until stiff. (Take care not to overwhip or you'll end up with butter.)

Add some of the chocolate to the whipped cream and fold together, using a whisk. Add the remaining chocolate and fold until just combined. Transfer the mousse to 6 wine goblets or ramekins, and refrigerate until serving time. (Serve within a day of making.)

If you wish, right before serving, transfer some whipped cream to a pastry bag fitted with a star tip and pipe a rosette of whipped cream in the center of each mousse.



## Chocolate Sauce

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4 Ounce Semi-sweet chocolate bits  
1 Tablespoon Sugar  
12 Tablespoon Water  
2 Tablespoon Cognac; coffee or rum  
1 Tablespoon Butter  
1 Tablespoon Heavy cream; optional, up to 2

**TO MAKE THE SAUCE:** In a small saucepan, combine the chocolate, sugar, water and Cognac. Bring the liquid to a boil, stirring constantly, then simmer, over low heat for 5 minutes or until the sauce is slightly thickened.

**TO FINISH THE SAUCE:** Remove the saucepan from the heat and stir in the butter. Cool the sauce to room temperature, then refrigerate. Right before serving, stir the sauce to blend it and add the heavy cream.

# Chocolate Surprise Cupcakes

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## ===== FOR THE CUPCAKES =====

1 1/3 Cup All purpose flour; sifted  
1/2 Teaspoon Baking soda  
1 Pinch Salt  
1/4 Cup Unsweetened cocoa powder; sifted  
6 Tablespoon Unsalted butter; at room temperature  
1 Cup + 2 tablespoons sugar  
2 Eggs  
1 Teaspoon Vanilla extract  
1 Cup Buttermilk

## ===== FOR THE FILLING =====

1/2 Cup Heavy whipping cream  
2 Tablespoon Confectioners' sugar  
1/2 Teaspoon Vanilla extract

## ===== FOR THE ICING =====

4 Ounce Semi-sweet chocolate; chopped  
1/4 Cup Water  
3 Tablespoon Granulated sugar  
1 Tablespoon Unsalted cold butter

**TO MAKE THE CUPCAKES:** Line a 12-cup muffin tin with cupcake liners. Preheat the oven to 350 F. In a medium mixing bowl, resift the flour, baking soda, salt and cocoa powder and set aside.

In a large mixing bowl, cream the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Add the vanilla. Then, with a wooden spoon, beat in half the buttermilk and half the flour and cocoa mixture, stirring well to combine. Add the remaining buttermilk, and flour mixture and beat until thoroughly mixed. Evenly divide the batter among the muffin tins (about 1/4 cup of batter per tin) and bake for 25 to 30 minutes or until springy to the touch and a toothpick inserted in the middle of a cupcake comes out clean. Cool the cupcake tin on a cake rack. When completely cool, remove the cupcakes from their paper liners.

**TO MAKE THE FILLING:** In a chilled bowl, whip the heavy cream with the sugar and vanilla until stiff. With a small paring knife, cut out a small cone shape from the bottom of each cupcake and reserve them for later. With a knife or small spoon, remove about a teaspoonful of cake from inside each cupcake to create a hollow.

Fill a pastry bag, fitted with a 1/4-inch round tip, with the whipped cream and pipe it into the hollow (if you don't have a pastry bag, then just spoon the cream inside the cakes as best you can). Plug up the bottoms of the filled cupcakes with the reserved cake cones and set the cupcakes, bottom side down, on a baking sheet and refrigerate.

**TO ICE THE CUPCAKES:** In a small saucepan, combine the chocolate, water and sugar and bring to a boil. When the ingredients are at a boil, lower the heat and simmer very gently, stirring on occasion, for 5 minutes exactly. Transfer the icing to a bowl, whisk in the butter and cool until the icing has set up a bit. Remove the cupcakes from the fridge, then pour the icing on each cupcake. With a rubber spatula, spread the icing out to the edges and refrigerate until ready to eat. Serve the cupcakes on individual plates.

# Clam Chowder

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6 Slice Bacon; finely chopped  
1 Cup Finely chopped onions  
1/4 Teaspoon Paprika  
3 Cup Cold water  
3 Cup Potatoes; peeled and cut into 1/2–inch dice  
1/2 Teaspoon Dried thyme  
Three; (6 1/2–ounce) cans chopped clams  
1 Cup Half and half  
Salt and freshly ground black pepper  
1/3 Cup Minced parsley or fresh chives for optional garnish

In a medium saucepan over medium heat, heat the bacon, covered, for a minute or until some of the fat has rendered. Uncover the saucepan and continue to saut , stirring constantly for 2 minutes or until a thin film of fat coats the bottom surface of the pan.

Add the onions and paprika, cover and cook, over low heat for 5 to 6 minutes stirring on occasion. Add the water, potatoes and thyme and bring the liquid to a boil.

Reduce the heat and simmer the soup, covered, for about 20 minutes or until the potatoes are tender but not falling apart.

Add the clams with their juices and the half and half. Bring the soup just to a simmer and season with salt and pepper to taste. Serve immediately, each portion garnished with parsley or chives.

# Coconut Cake

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===== FOR THE CAKE =====

Shortening and flour for cake pans  
2 3/4 Cup Unsifted cake flour  
2 Teaspoon Baking powder  
1/4 Teaspoon Salt  
1 Package Coconut pudding mix; optional (3.5 ounces)  
3/4 Cup Vegetable shortening  
1 1/4 Cup Granulated sugar  
1 Cup Unsweetened coconut milk  
5 Egg whites

===== FOR THE ICING =====

1 Quart Heavy cream  
1/2 Cup Confectioners' sugar  
1 Package Shredded sweetened coconut (10 ounces)

\* NOTE: If you can't find the coconut pudding mix, then simply increase the unsifted cake flour from 2 3/4 cups to 3 cups and increase the granulated sugar from 1 1/4 cups to 1 1/2 cups.

Preheat the oven to 350 F. Butter and flour two round 9-x-2-inch cake pans and set aside. In a mixing bowl, sift the cake flour with the baking powder. Add the salt and the coconut pudding mix and mix well with a fork or whisk to combine.

In a large mixing bowl, with an electric mixer, cream the shortening and sugar for 2 minutes or until light and airy. In alternating batches add the sifted flour and coconut milk mixture to the shortening-sugar mixture, beginning and ending with the flour. When the ingredients are mixed, with the electric mixer beat the batter for 30 seconds. In a clean mixing bowl, whip the egg whites with a pinch of salt until stiff and glossy. In three batches, fold the egg whites into the batter and transfer the batter to the prepared pans.

Bake for 50 to 55 minutes or until a wooden toothpick or bamboo skewer, when inserted in the middle of the cake, comes out dry. Cool the pans on a cake rack for 20 minutes, then turn them out of the pans to cool completely.

TO ICE THE CAKES: With an electric mixer, whip the heavy cream with the sugar until stiff. Spread a half-inch layer of the sweetened whipped cream over one layer and sprinkle 1 cup of coconut on top. Top this layer with the

second layer, then spread the whipped cream on the top and sides of the cake. Pat the remaining coconut over the sides and top of the cake, making sure to press the coconut into the whipped cream so it stays anchored. Refrigerate until serving time.

## Cod Steaks With Tomato Sauce

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- 4 Cod steaks; about 8 ounces each
- 2 Slice White bread; crusts removed
- 1 Cup Grated Jarlsberg cheese
- 2 Tablespoon Melted butter
- Salt and freshly ground black pepper
- 2 Cup Your favorite tomato sauce

Preheat the oven to 400 F. Place the cod steaks on a baking sheet. In a food processor crumb the bread. Transfer the crumbs to a mixing bowl, combine them with the Jarlsberg and the melted butter and season with salt and pepper to taste. Spoon some of this mixture over the cod steaks and bake for 15 minutes or until the tops are golden and the fish is cooked through.

In a small saucepan over low heat, heat the tomato sauce. To serve, spoon some sauce on each dinner plate and place the cod steak over the sauce.

## Cod With Jarlsberg Sauce

---

2 Tablespoon Butter  
2 Tablespoon Flour  
1 1/4 Cup Milk  
Salt and freshly ground black pepper  
1 Pinch ground nutmeg  
1/4 Cup Grated Jarlsberg  
1/4 Cup Grated Parmesan cheese  
Six (6-ounce) boneless, skinless cod filets

**TO MAKE THE JARLSBERG SAUCE:** In a 1-quart saucepan over medium heat, melt the butter. When the foaming subsides, add the flour and cook, stirring constantly with a wooden spoon, for 30 seconds. Remove the pan from the heat and gradually pour in the milk.

Place the saucepan over medium heat and bring the milk slowly to a simmer, whisking as it comes to a simmer, and cook for a minute. Season with salt, pepper and nutmeg to taste and remove from the heat. Add the cheeses and stir until they melt into the sauce; reserve for later.

Preheat the oven to 400 F. Set the cod filets in a 9-x-13-inch baking pan and bake for 10 minutes or until just cooked through. Turn the broiler on to high, pour the sauce over the fish and broil for 1 to 2 minutes or until the sauce is golden brown and bubbling. Serve immediately.



## **Cod With Pesto Crust And Tomato Relish**

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1 Cup Prepared salsa  
2 Plum tomatoes; finely diced  
1 Tablespoon Ketchup  
1/4 Teaspoon Liquid smoke; optional  
Salt and freshly ground black pepper  
2 Slice White bread; broken into pieces  
Six (8-ounce) boneless, skinless cod fillets  
1/3 Cup Prepared pesto sauce

**TO MAKE THE RELISH:** In a medium bowl, combine the salsa, tomatoes, ketchup and liquid smoke and season with salt and pepper to taste; set aside for later.

Preheat the oven to 400 F. In a food processor, crumb the bread. Set the cod filets on a baking sheet and spread each fillet with some pesto sauce and sprinkle with fresh bread crumbs. Bake for about 10 minutes or until just cooked through. Serve the relish on the side.

## Codfish Cakes

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2 Pound All-purpose or Yukon Gold potatoes; peeled and quartered  
Salt and freshly ground black pepper  
1 Pound Boneless cod  
1/2 Cup Finely diced salt pork or bacon (4 slices)  
3/4 Cup Finely chopped onion  
1/2 Cup Finely chopped celery  
1/2 Teaspoon Dried sage  
1/4 Cup Flour for dredging  
2 Tablespoon Vegetable oil  
1–1/2 Cup Tomato sauce  
6 Sprigs dill  
6 Lemon wedges

Boil the potatoes in lightly salted water for about 20 minutes or until tender. Drain and immediately mash them with a potato masher or fork. (Don't do this in a food processor or they will turn gluey). Place the mashed potatoes into a mixing bowl, season with salt and pepper to taste and set aside.

Simmer the fish in lightly salted water for 5 minutes or until just cooked through. Drain the fish and transfer to a plate. Allow the fish dry while you prepare the seasonings.

Heat a medium saucepan and add the salt pork or bacon. Cook for 5 minutes or until the fat has rendered and the pork or bacon is golden. Add the onion and celery, cover and cook, over low heat, for a few minutes or until tender. Add the sage and transfer the mixture to the potatoes. With your fingers flake the fish into the mixture and combine; adjust the seasoning.

Shape the mixture into 12 cakes about 2 1/2 inches in diameter and 1/2-inch thick. Dip the fish cakes in the flour and shake off any excess. In a large skillet, heat the vegetable oil over medium heat. Add the fish cakes and cook for 5 minutes on each side or until golden brown. In a separate saucepan, heat the tomato sauce. Serve 2 fish cakes per person drizzled with tomato sauce and garnish each portion with a sprig of dill and a lemon wedge.

# **Cornbread Stuffed Pork Chops With Peach Compote**

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Four (7-ounce) bone-in center cut pork chops, each about 1 1/2 inches thick

2 Tablespoon Butter

1/4 Cup Finely diced celery

1/4 Cup Finely diced onion

1/4 Teaspoon Dried thyme

1/4 Teaspoon Dried sage

1 Cup Small dice of white bread

1 Cup Crumbled yellow cornbread

1/4 Cup Chicken stock

Salt and freshly ground black pepper

1 Tablespoon Vegetable oil

1 Tablespoon Butter

Peach Compote (see index for recipe)

**TO PREPARE THE PORK CHOPS:** With a sharp knife make a 2-inch slit alongside the fat side of the pork chops. Working from that small opening, carefully insert your knife into the pork chop and cut inside to create a pocket within the chop.

**TO MAKE THE STUFFING:** In a 9-inch skillet over medium heat, heat the butter. Add the celery and onion and cook, stirring for about 5 minutes or until soft. Add the thyme, sage, white bread and cornbread and cook for about a minute. Add the chicken stock and stir to combine. Season to taste with salt and lots of black pepper. Remove from the heat and cool the stuffing to room temperature.

**TO COOK THE CHOPS:** Preheat the oven to 350 F. Stuff each of the chops with a forth of the stuffing. In a 10-inch skillet over high heat, heat the butter and oil. When hot, add the pork chops and cook them on both sides for 2 to 3 minutes or until brown. Transfer the pork chops to a baking pan and bake for 40 minutes or until completely cooked through. Serve with the peach compote on the side.

# Crabmeat Salad

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1 Pound Cooked fresh lump crabmeat; cleaned to remove any shell  
1 Cup Diced red bell pepper (1/4–inch)  
1/4 Cup Wafer thin slices of red onion  
1 Teaspoon Salt  
1 Teaspoon Coarsely ground black pepper  
1/4 Cup Fresh lime juice  
1/4 Cup White wine vinegar  
1/4 Cup Olive oil  
4 Ripe fresh tomatoes  
8 Large Boston lettuce leaves; washed, patted dry  
1 Pound Fresh asparagus; cooked and chilled  
2 Hard boiled eggs; peeled and cut into quarters

**TO MAKE THE SALAD:** In a mixing bowl, combine the crabmeat, red bell pepper, red onion, salt, black pepper, lime juice, vinegar and olive oil and toss well. Cover and refrigerate until serving time.

**TO MAKE THE TOMATO CUPS:** Core each tomato, and on each one, make 4 incisions perpendicular to each other, but do not cut all the way through. Leave the tomato attached at the bottom. Gently pry the tomato points apart, thus forming a tomato crown with 8 wedges.

**TO SERVE:** Arrange each tomato crown on lettuce leaves and spoon the crabmeat salad in the middle; if it spills over the top that's okay. Garnish each plate with the cooked asparagus and hard boiled eggs.

# **Crispy Fillet Of Lamb With Peanut Butter Sauce**

---

4 Loin lamb chops; about 1–inch thick, each weighing 8 ounces  
2 Tablespoon Flour  
Salt and freshly ground black pepper  
1 Tablespoon Vegetable oil  
1 Cup Orange juice  
1 Cup Chicken broth  
1/4 Teaspoon Red pepper flakes  
1/4 Cup Unhomogenized peanut butter

**TO PREPARE THE LAMB:** Have the butcher remove the bone from the loin. With a sharp knife, remove the outside fat and tie a piece of string around the middle of each boneless loin chop so the filet section of the loin will not fall apart when you are cooking it.

On a flat plate, season the flour with salt and pepper. Dip all sides of the lamb in the seasoned flour and shake off any excess. In a medium non–stick skillet over high heat, heat the oil. When very hot, sear the lamb, on all sides until it begins to get golden. Turn the heat to medium low and cook, for about 5 to 10 minutes per side depending on the thickness of the meat and the degree of doneness you prefer.

In a wide 10–inch skillet over medium heat, make the sauce by simmering the orange juice, chicken broth and red pepper flakes until only 3/4 cup remains. Whisk in the peanut butter and season to taste with salt and pepper.

**TO SERVE:** Remove the cooked lamb to a carving board and carefully remove the string. With tongs, center each piece on a dinner plate and spoon some of the sauce around the lamb. Serve immediately.

# Devil's Food Cake

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===== FOR THE CAKE =====

2 1/4 Cup Cake flour  
2 Cup Sugar  
3/4 Cup Unsweetened cocoa powder  
2 Teaspoon Baking powder  
1/2 Teaspoon Baking soda  
1/2 Teaspoon Salt  
12 Tablespoon Unsalted butter; softened (1 1/2 sticks)  
4 Large Eggs  
1 3/4 Cup Buttermilk  
1 Teaspoon Vanilla extract

FOR THE CHOCOLATE GANACHE: 1 pound semi-sweet chocolate, chopped into small pieces, or semi-sweet chocolate chips 2 cups heavy cream

TO MAKE THE CAKE: Preheat the oven to 350 F. Lightly butter two 10-inch cake pans and line the bottoms with parchment paper. Sift together the flour, sugar, cocoa, baking powder, baking soda, and salt. In a medium-size bowl, mix the sifted ingredients with an electric hand-held mixer for 30 seconds. With the mixer still running, alternately add half the butter and 2 of the eggs, and then the remaining butter and the remaining eggs. Mix until the ingredients are evenly combined, about one minute. Scrape down the sides of the bowl to combine the ingredients. Continue to mix on low speed and add the buttermilk and vanilla. Increase the speed and beat the batter for 3 to 5 minutes, until fluffy.

Divide the batter between the prepared cake pans, and bake for 30 to 40 minutes, or until a cake tester or toothpick comes out clean when inserted in the center. Cool the cakes for 10 minutes, then carefully unmold them onto a cake circle or plate and cool on a rack.

TO MAKE THE CHOCOLATE GANACHE: Place the chocolate in a bowl. In a saucepan, bring the heavy cream to a boil. Pour the cream over the chocolate and whisk until completely smooth. Let the mixture come to room temperature and then refrigerate for 2 hours. For icing the cake, the ganache should be set but still spreadable.

Slice each cake horizontally into 2 layers. Set one layer on a cake circle and spread the top with about a 1/4-inch of chocolate ganache. Repeat with the other layers and ganache to build the cake. Spread the top and sides of the cake with a thin smooth layer of ganache. Chill the cake for 20 minutes.

Gently heat the remaining chocolate ganache in the top of a double boiler over simmering water until it is pourable but not warm. To glaze the cake, set it on a rack over a pan and pour the ganache over the cake. Let the glaze drip down the sides of the cake. Chill the cake for 20 minutes. If there is extra ganache, melt it again, cool, then pour it over the cake as before.

## Egg White Fruit Frittata

---

4 Egg whites  
Low-fat cooking spray  
3 Tablespoon Cantaloupe cut into 1/4-inch dice  
3 Tablespoon Honeydew cut into 1/4-inch dice  
2 Whole strawberries; trimmed and thinly sliced  
10 Blueberries  
1 Tablespoon Raisins  
1/2 Banana; sliced  
1 Teaspoon Honey; optional  
Powdered sugar as garnish; optional

Whip egg whites until almost stiff. Spray and heat a 7-inch non-stick skillet or omelet pan over medium heat. Add half of the fruit to the skillet and saut , stirring, for about 30 seconds.

Add the whites and let them cook, without stirring, for 10 seconds. With a wooden spoon, move the egg whites around and cook another 10 seconds or until set and fully cooked (don't move them too much or you end up with scrambled egg whites).

Slide the frittata onto a dessert plate and spoon remaining fruits over the top. Drizzle fruit with honey and dust lightly with powdered sugar.



## Fettuccine Hunter's Style

---

3 Quart Salted water  
3/4 Pound Fresh fettuccine; preferably spinach  
1/4 Cup Olive oil  
1 Tablespoon Chopped garlic  
2 Cup Chopped Portabella mushrooms; (stems removed)  
1/4 Cup Sun dried tomatoes; julienned  
1/4 Cup Marsala wine  
1 Cup Seeded and chopped fresh plum tomatoes  
Salt and freshly ground black pepper  
1/4 Cup Shredded basil leaves; (torn by hand)  
2 Cup Freshly grated Parmesan cheese; (4 ounces)

Bring the water to a boil. Add the fettuccine and cook for a few minutes or until tender.

In a large skillet heat the olive oil and saut the garlic for 10 seconds. Add the mushrooms and cook for 2 to 3 minutes or until the mushrooms are somewhat tender. Add the sun–dried tomatoes and Marsala and boil for a minute or until the wine has almost evaporated.

Add the tomatoes to the skillet, simmer for a minute to heat through and season with salt and pepper to taste.

Drain the fettuccine and return it to the cooking pot which is off the heat. Add the sauce to the fettuccine along with the basil and cheese. Toss well to combine and serve immediately.

## Figgy Duff

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1–1/2 Cup Dried bread crumbs  
1/3 Cup All–purpose flour  
3/4 Cup Raisins; soaked in 3 tablespoons of rum until plump, drained  
1/4 Teaspoon Ground allspice  
1/4 Teaspoon Ground cinnamon  
1/4 Teaspoon Nutmeg  
1/2 Teaspoon Baking powder  
1/2 Cup Dark molasses or dark corn syrup  
5 Tablespoon Melted butter  
3 Tablespoon Dark rum  
Maple syrup to taste  
1 Cup Whipped cream  
12 Strawberries; sliced

In a large mixing bowl combine the bread crumbs, flour, soaked raisins, spices, baking powder, molasses, butter, and rum.

Transfer the mixture to a plastic bag (but don't close it) and wrap the bag in a double thickness of cotton cheesecloth. Tie the bag securely at the top.

In a large pot bring 3 quarts of water to a boil and add the wrapped pudding. Cover and simmer over low heat for 1 1/2 hours. Remove the pudding from the water and drain. When cool enough to handle, unwrap the pudding and transfer it to a cutting board.

Slice the pudding into 6 wedges. Spoon maple syrup on each serving plate and place a wedge of pudding on the syrup. Spoon a dollop of whipped cream next to the pudding and garnish the whipped cream with sliced strawberries.

# Filet Mignon Madeira

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1 Cup Madeira wine  
2 Cup Brown stock; preferably unsalted \*  
1/4 Cup Minced chives or green onions  
1 Bay leaf  
1/2 Teaspoon Coarsely cracked black pepper  
1/4 Teaspoon Dry thyme; crushed  
1 Tablespoon Vegetable oil  
Six; (6– to 8–ounce) boneless filet mignons, 1 1/2–inch–thick  
1/2 Cup Heavy cream  
Salt and freshly ground black pepper  
3 Tablespoon Minced chives or parsley

\*(This is usually available in a butcher or gourmet shop in the refrigerator case. If you cannot get brown stock, use unsalted beef stock.)

**TO MAKE THE SAUCE:** In a 2–quart saucepan, over medium heat, combine the Madeira, brown stock, chives, bay leaf, black pepper and thyme. Simmer for about 30 minutes or until the liquid has evaporated and only 3/4 cup remains. Strain out the solids and reserve the liquid for later.

**TO COOK THE FILET MIGNONS:** Preheat the oven to 400 F. Brush a large ovenproof iron skillet (which will accommodate the filet mignons in a single layer, without crowding) with the oil and over high heat, heat until hot. Add the filet mignons and sear for about 2 minutes per side. Transfer the skillet with the filet mignons to the oven and cook for 8 to 10 minutes for rare. Cook an additional 2 minutes for medium rare, or keep cooking until you reach the desired degree of doneness.

Very carefully remove the skillet from the oven and transfer the beef to a carving board. Holding the handle of the skillet with pot holders (it is still very hot from the oven) add the Madeira and brown stock sauce base and bring it to a boil with the cream; simmer for a minute. Remove the sauce from the heat and season with salt and pepper to taste.

**TO SERVE THE FILETS:** Slice the beef into 1/4–inch slices and center them on dinner plates. Spoon the sauce around and over the meat and garnish the sauce with chives or parsley.

## Fish In Puff Pastry

---

2 Sheets; (one 17 1/2-ounce box) frozen puff pastry, thawed  
2 Tablespoon Olive oil  
3 Leeks; trimmed of 2 inches of dark green, finely chopped  
Salt and freshly ground black pepper  
1 Pound Boneless Arctic Char or Salmon; cut into sixteen  
1-ounce strips, each 1/4-inch thick  
1 Egg slightly beaten with 1 tablespoon water  
24 Asparagus tips with 1 1/2-inch of stem  
2 Tablespoon Minced shallots  
2 Tablespoon Butter  
1/4 Cup Dry white wine  
1 Cup Orange juice  
1 Cup Chicken stock  
Beurre manie – 2 tablespoons softened butter blended with 2 tablespoons flour  
1 Pinch Cayenne pepper

**TO PREPARE THE PASTRY:** Unfold the thawed puff pastry sheets and cut each one into 4 squares.

**TO MAKE THE FILLING:** In a small skillet over low heat, heat the olive oil. Add the leeks and saut for a minute to coat with the oil, cover and simmer over low heat, for about 10 minutes or until softened. Season with salt and pepper to taste and remove to a bowl. Heat a large non-stick skillet over medium heat. Sear the fish pieces for 15 seconds per side and remove to a plate.

**TO ASSEMBLE FISH IN PASTRY:** Line a baking pan with parchment or foil. Set 4 of the puff pastry squares on the baking pan. On each square, center 2 tablespoons of leeks leaving a 1/2-inch border around the pastry unfilled. Top the leeks with 2 strips of fish, and build a second layer of leeks over the fish. Top the leeks with another strip of fish and cover with another square of dough. With a fork, press the edges of the dough together to form a seal. With a pizza cutter or knife trim the dough so the edges are even. Brush the top with the beaten egg mixture. With the tip of a knife, cut the center of each pastry package to let the steam escape. Refrigerate for at least 4 hours or up to 24 hours.

**TO BAKE THE FISH:** Preheat the oven to 425 F. Bake the fish in pastry for 35 to 40 minutes or until golden brown and cooked through.

**TO MAKE THE GARNISH AND SAUCE:** While the fish is baking, parboil the

asparagus tips for 2 minutes or until cooked but still firm. Drain and reserve. Saut the shallots in the butter until tender. Add the white wine and boil until almost evaporated. Add the orange juice and chicken stock and simmer until 1 cup remains. Whisk in the beurre manie in small bits and add just enough to thicken the sauce. Season with salt, and a touch of cayenne pepper.

**TO SERVE THE FISH:** Spoon some sauce onto the center of each plate and center the fish pastry in the middle. Scatter asparagus tips around the pastry and serve.

## Fish With Citrus Sauce

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1/2 Cup Orange marmalade  
2 Tablespoon Bottled white horseradish  
3 Teaspoon Minced garlic  
1/4 Cup Chopped parsley  
1/2 Teaspoon Tabasco sauce  
2 Tablespoon Fresh lime or lemon juice  
1/2 Cup Pineapple juice  
2 Tablespoon Dark rum or Cognac; optional  
1/4 Cup Vegetable oil  
1/2 Teaspoon Salt  
Freshly ground black pepper  
Six (8-ounce) boneless, skinless fillets of grouper or six sea bass or salmon steaks

In a non-corrosive saucepan combine the marmalade, horseradish, garlic, parsley, Tabasco sauce, lime or lemon juice, pineapple juice, rum and oil. Season with salt and pepper and marinate the fish in this mixture for 1 1/2 hours.

Preheat your grill or broiler. Remove the fish from the marinade and transfer the remaining marinade to a small saucepan and bring it to a simmer. Grill the fish for 3 to 5 minutes per side, depending upon the thickness. Baste the fish as it cooks with the marinade. Serve the fish with a tablespoon or so of the marinade.

## Fish With Eggplant

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2 Teaspoon Cornstarch  
2 Egg whites  
1 Pound Fillet of grouper; cut into 1–inch x 3–inch strips  
1/2 Cup Vegetable oil; up to 1  
2 Cup Unpeeled eggplant; cut into 1–inch x 3–inch strips  
1 Tablespoon Sesame oil  
1 Tablespoon Vegetable oil  
2 Medium Cloves garlic; sliced  
4 Teaspoon Peeled minced ginger  
1 Dried red chili pepper; optional  
1 Teaspoon Chinese chili sauce  
1/2 Tablespoon Soy sauce  
1 Teaspoon Cornstarch dissolved in 1 tablespoon water  
Salt  
1/2 Cup Chopped fresh cilantro  
2 Scallions; white and green parts, thinly sliced

Combine the cornstarch and egg whites and marinate the grouper in this mixture in the refrigerator for 1 hour.

Set a strainer or colander over a bowl. In a large skillet or wok, heat the 1/2 to 1 cup of vegetable oil until very hot. Stir–fry the eggplant for 30 seconds and with a slotted spoon transfer the eggplant to the strainer. Add the fish to the oil and stir fry for one minute. Transfer the fish to the strainer.

Carefully pour the oil into a bowl and cool. Clean the wok and return it to high heat. Heat the sesame and vegetable oils in the wok and stir–fry the garlic, ginger, chili pepper, and chili sauce for 30 seconds.

Return the fish and eggplant to the pan and stir–fry for 30 seconds.

Add the soy sauce and dissolved cornstarch and boil for a minute. Season with salt to taste. Serve immediately and garnish with cilantro and scallions.

## Four Berry Dessert

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1/2 Pint Blackberries

1/2 Pint Blueberries

1/2 Pint Raspberries

1 Pint Strawberries

One (10-ounce) package frozen raspberries in light syrup, thawed

Selection of 2 or more fruit sorbets of choice

Mint leaves

Prepare the fruits by picking through the berries, discarding any which are bruised or moldy. Stem the strawberries and, if large, cut them in half.

Puree the frozen raspberries in a blender or food processor until smooth and strain through a sieve.

TO SERVE: In a glass goblet or shallow bowl, portion out one cup of mixed berries per person and 2 small scoops of sorbet; drizzle about 1/3 cup of sauce over the berries and garnish with mint.



# Fruit Tartlets

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## ===== FOR THE DOUGH =====

1–1/2 Cup All purpose flour  
1 Pinches salt  
1/4 Pound Butter; chilled, cut into tablespoon sized pieces  
4 Tablespoon Chilled shortening  
4 Tablespoon Ice water; up to 5

## ===== FOR THE TART =====

Flour for rolling out the dough  
1/2 Cup Apricot jam or raspberry jam; strained  
2 Cup Lightly sweetened whipped cream  
1 Mango; pitted and cut into very thin slices  
1 Kiwi; peeled and very thinly sliced  
1 Cup Fresh raspberries or blueberries  
6 Strawberries; trimmed and each one thinly sliced  
Confectioners' sugar

**TO MAKE THE DOUGH:** In a food processor, combine the flour with a pinch of salt. Add the cold butter and shortening and pulse the machine 15 to 20 times or until the butter and shortening has been cut into the flour in pieces about the size of oatmeal flakes. While the machine is running, add the ice water and process, pulsing the machine on and off, for a few seconds longer or until the dough comes together. Transfer the dough to the counter and, if it is still dry, sprinkle it with a teaspoon or so of water and work the water into the dough. Flatten the dough into a disk, wrap in plastic wrap and chill, preferably overnight, or for at least 2 hours.

**TO ROLL OUT THE DOUGH:** Lightly flour the counter. Divide the dough into 6 even pieces. Roll out each piece of dough into a circle, about 4 inches in diameter. Drop the dough into the fluted 3 2/3–inch tartlet shells and press it in. Prick the bottom surface of the pastry with the tines of the fork. Repeat this procedure with all of the tartlet shells and refrigerate them for an hour.

**TO PRE-BAKE THE TARTLET SHELLS:** Preheat the oven to 375 F. Line the tartlet shells with pieces of foil and then put in pie weights or beans or lentils, filling each tartlet shell to the top. Bake for 10 minutes. Remove the tartlet shells and cool for a minute, then remove the weights and the foil. If the bottom of the dough begins to lift up, prick it with a fork. Return the tartlet shells to the oven to bake completely or for another 15 minutes or until golden brown. Remove and cool completely.

TO FINISH THE TARTLETS: Warm the jam in a small saucepan and with a pastry brush paint the inside of the pre-baked tartlet shells with the jam and cool completely. Spread some whipped cream over the jam. Attractively arrange an assortment of mango and kiwi slices, raspberries or blueberries and strawberry slices over the whipped cream and chill the tartlet shells until serving time. Right before serving, dust the fruit lightly with confectioners' sugar.

## Ginger Beef With Vegetables

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2 Cup Water  
1 Cup Julienned celery; (2 1/2-inch x 1/4-inch) (4 ounces)  
1 Cup Julienned carrots; (4 ounces)  
3 Tablespoon Vegetable oil  
1 Tablespoon Sesame oil  
12 Ounce Flank steak; sliced against the grain, on an angle,  
cut into 4 x 1/2-inch strips  
2 Tablespoon Minced ginger  
1 Tablespoon Minced garlic  
1 Teaspoon Cornstarch dissolved in 1 tablespoon water  
Salt

In a wok or large skillet bring the water to a boil . Add the celery and carrots and boil for a minute. Drain and discard the water and wipe the wok clean.

In the wok, heat the vegetable and sesame oils and stir-fry the beef for 1 minute. Add the ginger and garlic and stir-fry for 30 seconds. Add the parboiled celery and carrots and stir-fry for 30 seconds. Add the dissolved cornstarch and cook for a minute or until the sauce begins to thicken. Season with salt to taste and serve.

# Gravad Lax With Mustard Sauce

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===== FOR THE GRAVAD LAX =====

3 1/2 Pound Fresh salmon; center cut  
2 Large Bunches fresh dill; washed and patted dry  
1/4 Cup Kosher salt  
1/4 Cup Granulated sugar  
2 Tablespoon Crushed black pepper

===== FOR THE MUSTARD SAUCE =====

8 Tablespoon Olive oil  
2 1/2 Tablespoon White wine vinegar  
2 1/2 Tablespoon Prepared mustard  
1/2 Teaspoon Salt  
1/2 Teaspoon White pepper  
1/4 Cup Granulated sugar  
1 Pinch Ground cardamom; optional

**TO MAKE THE GRAVAD LAX:** Ask the fish dealer to cut the salmon in half, remove the backbone and small bones, and leave the skin on.

In a glass or enamel rectangular dish, set half of the salmon, skin side down. Place the dill over the fish. In a small mixing bowl combine the salt, sugar and pepper, then sprinkle this mixture evenly over the dill. Set the other salmon half, skin side up, over the dill.

Cover the fish with plastic wrap and on it, place a baking sheet which is larger than the dish which contains the fish. Set weights, such as heavy cans, on the baking sheet and refrigerate the salmon for up to 3 days, turning the fish over every 12 hours and basting it with the liquid which accumulates in the bottom of the dish. After basting replace the weights each time.

**TO FINISH AND SERVE:** Remove the salmon from the marinade and discard the dill and seasonings. Pat the fish dry and set it skin side down on a cutting board. Cut wafer thin slices on the diagonal and away from the skin. Serve with a mustard sauce.

**TO MAKE THE MUSTARD SAUCE:** In a medium bowl, combine all of the ingredients and blend thoroughly. Cover the sauce and place in the refrigerator for at least 2 hours before serving. Before serving, beat with a whisk or fork.

## **Green Bean & Potato Salad With Bacon Vinaigrette**

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Salt

1–1/2 Pound New potatoes; washed

12 Ounce Green beans; tails removed and cut into 2–inch lengths

2 Tablespoon Vegetable oil

1/4 Pound Slab bacon cut into strips; 1–inch x 1/4–inch

1/3 Cup Minced shallots or red onion

1/4 Cup White wine vinegar

Freshly ground black pepper

In 4 quarts of salted water, boil the potatoes in their skins, covered, for about 35 to 40 minutes or until you can pierce them easily with a knife but they are not falling apart. Remove from the water with a slotted spoon and set aside in a large mixing bowl.

Add the green beans to the same water and boil for 5 minutes or until tender yet still firm to the bite; drain but do not cool under running water; set aside in a separate mixing bowl.

As the green beans are boiling, in a medium skillet over medium heat, heat the vegetable oil and saut the bacon strips, turning on occasion, for about 5 minutes or until brown and crisp. Remove the skillet from the heat.

Peel and slice the potatoes into 1/4–inch rounds and add them to the green beans. Add the bacon bits and the rendered fat, along with the shallots and vinegar and toss until well combined. Season with salt and lots of freshly ground black pepper to taste. Serve while warm.

## Grouper With Scales Of Zucchini

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2 Medium Zucchini; scrubbed clean (1 pound)  
2 Tablespoon Olive oil  
1 Medium Onion; finely chopped  
One (28-ounce) can plum tomatoes with juices  
Salt and freshly ground black pepper  
1 Teaspoon Fresh or 1/2 teaspoon dried thyme  
10 Medium Fresh basil leaves  
Four (8-ounce) skinless, boneless fillets of grouper, wolf fish or orange roughy  
1/2 Cup Dry white wine

Cut the zucchini into slices 1/8-inch or thinner. Bring 4 cups of water to a boil, add the zucchini and boil for 2 minutes. Drain, run under cold water to stop the cooking, pat the slices dry and set aside.

**TO MAKE THE SAUCE:** In a saucepan over medium heat, heat the olive oil. Add the onion and cook, over low heat, for about 3 to 4 minutes, uncovered, or until soft. Add the tomatoes with their juices, salt and pepper to taste, the thyme and basil leaves. Simmer, over medium heat, uncovered for 10 minutes.

Preheat the oven to 300 F. Season the fish fillets with salt and pepper and place them in a non-stick sauté pan large enough to hold them in a single layer. Arrange the zucchini slices over the fish, forming an overlapping pattern that looks like the scales of a fish. Add the wine and more salt and pepper to taste and bring the wine to a simmer. Cover with a lid or foil and transfer to the oven. Bake for 10 minutes or until the fish is flaky.

While the fish is cooking, blend the sauce into a smooth puree.

To serve, ladle some sauce over the entire surface of a dinner plate. Remove the zucchini covered fish with a slotted spatula to a paper towel to absorb any excess liquid before setting it in the middle of the sauce.

# Haddock On Caesar Salad

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1/4 Teaspoon Minced garlic  
3 Tablespoon Fresh lemon juice  
1–1/2 Teaspoon Worcestershire sauce  
1/2 Cup Olive oil  
6 Anchovy fillets; optional  
Salt and freshly ground black pepper  
6 Slice French bread; cut into 1/2–inch cubes  
1 Tablespoon Olive oil  
1/2 Cup Freshly grated Parmesan cheese  
6 Sundried tomatoes; packed in oil,  
Drained and patted dry  
1/3 Cup Parmesan cheese  
1/4 Cup Dried bread crumbs  
Six (6–ounce) haddock steaks  
1 Large Head romaine lettuce; washed, dried and torn into 1–inch pieces

**TO MAKE THE CAESAR SALAD DRESSING:** In a blender or food processor, combine the garlic, lemon juice, Worcestershire sauce and olive oil and puree until smooth. If you wish, add the anchovies and process just until chopped. Season with salt and pepper to taste and set aside until later.

**TO MAKE THE CROUTONS:** Preheat the oven to 400 F. Set the French bread cubes on a baking sheet and bake for 10 to 12 minutes or until golden; remove from the oven and gently toss them with the olive oil; set aside until later.

**TO MAKE THE TOPPING:** In a food processor, combine the sundried tomatoes, Parmesan cheese and dried bread crumbs and process until it has the consistency of coarse cornmeal. Set the haddock on a baking sheet and spread each steak with some of the sundried tomato coating.

Place the haddock into the oven and bake for about 10 minutes or until just cooked through. Meanwhile, toss the romaine lettuce with all but 2 tablespoons of the dressing. Arrange some salad on each of the dinner plates and sprinkle the greens with a few croutons. When the fish is done, center it over the salad and drizzle each piece of fish with some dressing.

## Halibut With Dill Cream Sauce

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Four (6-ounce) halibut steaks  
Salt and freshly ground black pepper  
1/4 Cup Minced shallots or onions  
1 Tablespoon Butter  
1/2 Cup White wine  
1 Cup Fish stock or bottled clam juice  
2 Teaspoon Cornstarch  
3/4 Cup Light cream  
Worcestershire sauce  
2 Teaspoon Fresh lime juice  
1/4 Cup Minced fresh dill

Season the halibut steaks with salt and pepper to taste and set them in a skillet just large enough to hold them in a single layer. Cover the fish with water and bring the water to a simmer, over medium heat. Simmer, partially covered, for 4 to 5 minutes or until the fish turns opaque and is just cooked through. If the fish is cooked before the sauce is done, keep it warm, in the water, off the heat.

While the halibut is cooking, in another saucepan saute the shallots in the butter for a minute or until tender. Add the wine and boil down until 2 tablespoons remain. Add the fish stock and simmer until 3/4 cup remains.

Stir the cornstarch into the cream and stir this into the simmering stock. Bring the mixture to a boil and simmer over low heat for a minute or until thickened. Season with Worcestershire sauce to taste, lime juice and dill.

Remove the steaks from the water and pat them dry. Serve with the sauce.



# Highland Meatballs With Mustard & Whiskey Sauce

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4 Slice Packaged white bread; crustless and crumbled  
1/2 Cup Milk for soaking  
1 Large Egg  
3/4 Teaspoon Dried thyme  
3/4 Teaspoon Dried rosemary  
1/2 Teaspoon Ground coriander  
1/2 Cup Finely diced onion cooked in 1 tablespoon oil until soft  
1 3/4 Pound Ground beef chuck; chicken or turkey \*  
Salt and freshly ground black pepper  
1/3 Cup Dry bread crumbs for coating  
4 Tablespoon Vegetable oil  
5 Tablespoon Unsalted butter  
1/4 Cup Minced shallots  
1 Clove garlic; minced  
20 Ounce White mushrooms stems removed, and cut into 1/2–inch pieces  
1/4 Cup Scotch whiskey  
1/4 Cup Coarse–grain mustard  
2 Tablespoon Flour  
2 Cup + 1/4 cup beef broth  
1 Bay leaf  
6 Medium Carrots; peeled and cut into 3/4–inch rounds  
2 Teaspoon Sugar  
3 Leeks; (1/2 pound), white parts only, cut into 3/4–inch rounds  
3 Stalks celery (6 ounces), peeled and cut into 3/4–inch lengths  
3 Parsnips (1/2 pound), peeled and cut into 3/4–inch lengths  
1/3 Cup Minced parsley; for garnish  
Boiled potatoes or cooked rice for serving

\* If you substitute ground turkey or chicken, then season the poultry mix with thyme and sage and omit the coriander

**TO MAKE THE MEATBALLS:** Soak the crumbled bread in the milk for 15 minutes or until softened. Squeeze out the excess moisture and transfer the soaked bread to a food processor along with the egg, thyme, rosemary and coriander. Process until combined, then add the cooked onions, 2/3's of the meat, salt and pepper to taste, and process until blended. Transfer the mixture to a bowl, add the remaining meat and mix with your hands. Roll the meat into thirty two 1 1/2–inch meatballs, then roll the meatballs in the dry bread crumbs, coating all sides.

**TO COOK THE MEATBALLS AND MAKE THE SAUCE:** In a 6– to 7–quart casserole, over

moderate heat, heat the vegetable oil and 2 tablespoons of the butter. In two batches, brown the meatballs making sure they are crisp on all sides. When they are brown, remove them with a slotted spoon to a plate. Add the shallots to the remaining fat in the casserole and saut for a couple of minutes or until tender. Add the garlic and mushrooms and saut for 2 to 3 minutes or until tender. Add the whiskey and boil, scraping up the juices on the bottom of the casserole into the whiskey and simmer for a minute or so or until the whiskey has almost evaporated. Add the mustard and the flour and cook for a minute. Add 2 cups of the beef broth and bring it to a simmer, whisking all the while. Add the bay leaf and simmer for a couple of minutes. Adjust the seasoning and return the meatballs to the sauce (the dish can be made a day or two in advance up to this point). Simmer the meatballs, uncovered, to heat them and finish cooking them while you make the vegetable garnish.

**TO MAKE THE VEGETABLE GARNISH:** In a separate 12–inch skillet over moderate heat, heat 2 tablespoons of the remaining butter. Add the carrots, sugar and the remaining 1/4 cup of beef broth. Cover and simmer for 3 to 4 minutes or until partially cooked. Add the leeks, celery and parsnips and 3/4 cup of water. Cover and simmer for 10 minutes longer or until the vegetables are tender. Uncover the skillet, evaporate the liquid over high heat until the vegetables are glazed. Add the remaining tablespoon of butter and season with salt and pepper to taste.

**TO SERVE THE DISH:** Discard the bay leaf. Spoon the meatballs onto a plate and top with mushrooms and gravy. Scatter glazed vegetables over the meatballs and garnish with the parsley. Serve with boiled potatoes or rice.

# Honey Flan

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1/2 Cup Orange blossom honey to caramelize the ramekins\*  
3 Eggs  
1–1/2 Cup Half and half; or light cream  
3 Tablespoon Orange blossom honey\*  
2 Teaspoon Vanilla extract  
1 Granny Smith apple  
2 Red Delicious apples  
1 Tablespoon Fresh lemon juice  
1 Pint Strawberries  
3 Tablespoon Butter  
2 Teaspoon Orange blossom honey\*  
18 Whole blackberries  
6 Sprigs fresh mint

\* Orange blossom honey gives this recipe a special flavor but you can use any honey you like.

**TO PREPARE THE RAMEKINS:** Heat a medium saut pan, over high heat, or until very hot. Add the 1/2 cup of honey and cook over medium heat until the honey is a dark brown. Pour the honey into six 1/2 cup porcelain or oven–proof ramekins. With a pot holder to protect your hands, tilt each ramekin so the honey coats the bottom and sides. Preheat the oven to 350 F.

**TO MAKE THE FLAN:** In a mixing bowl combine the eggs, half and half, 3 tablespoons honey and vanilla. Ladle this custard mixture into the prepared ramekins and set the ramekins in a baking pan filled with enough hot water to reach half way up the outside of the ramekins. Bake for an hour or until the flans are set and no longer wobbly.

**TO MAKE THE FRUIT GARNISH:** While the flans are baking, core, peel and cut the apples into 1/4–inch dice. Toss them with some lemon juice so they do not discolor. Stem the strawberries and cut them into quarters.

**TO FINISH THE FLANS AND GARNISH:** Remove the baking pan from the oven and remove the flans from the baking pan. In a 10–inch skillet over high heat, heat the butter. When the butter turns golden brown, add the apples and saut over high heat for about a minute or until the apples take on some color. Add the 2 teaspoons of honey and remove the skillet from the heat. Toss in the strawberries and stir to combine. With a knife, loosen the edges of the custards from the ramekins and turn each one, upside down, in the middle of a dessert plate. Not all the caramelized honey will come out. Spoon the

apples and strawberries around the flan and set 3 blackberries over the fruit. Garnish each flan with a sprig of mint.

# Honey Glazed Pork With Garlic Mashed Potatoes

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2 Pork tenderloins; (1 3/4 pounds)  
1/3 Cup Honey  
2 Tablespoon Soy sauce  
2 Teaspoon Chinese five spice powder  
6 Medium Idaho potatoes; peeled and cut into 1/2-inch dice  
6 Whole cloves of garlic; peeled  
3 Tablespoon Butter; up to 6  
3 Tablespoon Half & half; up to 6  
Salt and freshly ground black pepper  
4 Tablespoon Cold butter; cut into tablespoon –size pieces

Preheat the oven to 450F. Set the pork tenderloins in a roasting pan and roast for 15 minutes. While they are roasting, in a small mixing bowl combine the honey, soy sauce and Chinese five spice powder.

After 15 minutes, remove the pork from the oven, baste the tenderloins with the honey sauce, lower the heat to 350 F. and return them to the oven. Continue to roast, basting on occasion with the honey sauce, for 35 to 45 minutes or until the internal temperature reaches 155 F. on an instant read thermometer.

In a medium saucepan, place the potatoes and garlic covered by 2 inches of cold water. Simmer, partially covered, for 25 minutes or until the potatoes are tender.

Drain the potatoes and return them to the pot, off the heat. Add the butter and half and half to the potatoes (add as little or as much as you like) and mash them with a masher or potato ricer, or puree the potatoes in a food mill (do not use a food processor; this will turn the potatoes gummy), and then whisk in the butter and half and half. Season with salt and pepper to taste. Keep the potatoes warm in a double boiler until serving time or reheat right before serving in a microwave oven.

When the pork is done, transfer the tenderloins to a cutting board. Pour the pan and basting juices into a skillet and boil them down until 3/4 cup remains. Remove the sauce from the heat and whisk in the cold butter, tablespoon by tablespoon; season with salt and black pepper to taste.

TO SERVE: Cut the tenderloins, on a diagonal, into thin slices and set them on a plate; garnish with mashed potatoes. Brush 2 to 3 tablespoons of sauce over the pork slices.

## Honey Pico De Gallo

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3 Roma tomatoes; seeded and finely diced  
2 Tablespoon Minced onion  
1 Haas avocado; peeled and cut into 1/4-inch dice  
1 Fresh Serrano or Jalapeño pepper; seeded and minced  
1 Clove garlic; minced  
1 Lime; Juice of  
1 Tablespoon Honey  
Salt  
2 Tablespoon Minced cilantro

**TO PREPARE THE TOMATOES:** Core the tomatoes and quarter them, lengthwise. With a spoon remove the juice and seeds and discard. Finely dice the remaining flesh and transfer to a bowl.

**TO FINISH THE PICO DE GALLO:** Combine the tomatoes with the onion, avocado, Serrano or Jalapeño peppers, garlic, lime juice and honey. Season with salt to taste and sprinkle the cilantro over the top.

# **Jerk Chicken With Mango Relish**

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1/8 Teaspoon Ground cloves  
1 Teaspoon Paprika  
1 Teaspoon Onion powder  
1 Teaspoon Chili powder  
1/2 Teaspoon Ground black pepper  
1 Teaspoon Ground cinnamon  
3/4 Teaspoon Salt  
3 Tablespoon Vegetable oil  
1 Garlic clove; minced  
Six (6 to 8 ounces) boneless, skinless chicken cutlets, 1/2–inch thick  
2 Cup Grapefruit juice  
1/4 Cup Brown sugar  
2 Cinnamon sticks  
2 Tablespoon Red wine vinegar  
1/4 Cup Raisins  
1 Small Onion; finely diced  
1 Red bell pepper; seeded and finely diced  
1 Green pepper; seeded and finely diced  
2 Mangoes; peeled and cut into 1/2–inch dice  
Vegetable spray

In a glass or stainless mixing bowl, combine the cloves, paprika, onion powder, chili powder, black pepper, ground cinnamon and salt. Add the vegetable oil and garlic and marinate the chicken cutlets in the mixture, covered, in the refrigerator while you make the relish.

In a small saucepot over medium heat, combine the grapefruit juice, brown sugar, cinnamon sticks, and vinegar. Simmer over medium heat until the volume is reduced by half and 1 1/4 cups remain. Add the raisins, onion, and peppers and simmer over low heat until most of the liquid has evaporated and the mixture begins to look shiny. Add the mangoes, stir for a few seconds and remove from the heat and cool; you should have about 3 cups; discard the cinnamon sticks.

Spray a 10–inch skillet or stove–top grill pan with vegetable spray and set it over medium heat. Add the chicken breasts and cook, over medium heat, for 3 to 6 minutes per side or until completely cooked through. Remove from heat and cool for 2 minutes. Slice the chicken on the diagonal into thin slices and fan them out on a plate. Surround each portion of chicken with about 1/2 cup of mango chutney.

# Killer Fudge Cake

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===== TO MAKE THE CAKE =====

6 Ounce Unsalted butter; (1 1/2 sticks)  
6 Ounce Unsweetened baker's chocolate  
6 Large Eggs  
3 Cup Sugar  
1/2 Teaspoon Salt  
1 Tablespoon Vanilla extract  
1-1/2 Cup All-purpose flour

===== FOR THE ICING =====

1-1/2 Cup Sugar  
2 Tablespoon Instant coffee  
1 Cup Heavy cream  
5 Ounce Unsweetened baker's chocolate  
4 Ounce Unsalted butter  
1 Tablespoon Vanilla extract  
Chopped toasted pecans or walnuts for decoration

**TO MAKE THE CAKE:** In the top of a double boiler, over hot water, melt 6 ounces of the butter with the 6 ounces of unsweetened chocolate. When this is melted, remove it from the heat and transfer the mixture to a mixing bowl to cool to room temperature. While the chocolate and butter are cooling, lightly butter the bottoms of two 9-inch round cake pans and line the bottoms with parchment baking paper.

Preheat the oven to 350 F. When the chocolate is cool, add the eggs, sugar, salt and vanilla and whisk together until well combined. Stir in the flour and pour the batter into the prepared baking pans and bake for 35 minutes or until a toothpick, when inserted in the middle, comes out clean. Remove the cakes from the oven and cool them in the pans for 30 minutes. With a knife, loosen the edges of each of the cakes from the pans and turn them out onto a cake rack to cool completely.

**TO MAKE THE ICING:** While the cakes are baking, prepare the icing. In a small saucepan combine the sugar, instant coffee and heavy cream. Bring this to a boil, and boil gently for 6 minutes. Remove from the heat and add the unsweetened chocolate. After the chocolate has melted, add the butter and vanilla and cool to room temperature.

**TO PUT THE CAKE TOGETHER:** Set one of the cakes top side up on a plate and cover with a bit of icing. Set the second layer upside down so the bottom is



facing up and ice the top and sides. Pat the chopped nuts onto the sides of the cake and center some in the middle of the top layer. Refrigerate the remaining icing until firm. Transfer the icing to a piping bag fitted with a rosette tip and pipe rosettes around the edges. Store the cake in the refrigerator, but bring it back to room temperature before serving.

# Linguine Puttanesca

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1/4 Cup Olive oil  
2 Large Garlic cloves; or more to taste, thinly sliced  
2 Cup Chopped canned plum tomatoes  
1/2 Cup Chicken stock  
Salt  
1 Pound Dry linguine or spaghetti  
1/2 Cup Minced pitted black olives; up to 1  
2 Tablespoon Chopped capers  
1/4 Cup Finely chopped fresh Italian parsley  
1/8 Teaspoon Dried red pepper flakes

**TO PREPARE THE SAUCE:** In a saucepan large enough to accommodate the sauce and the pasta, over medium heat, add the oil. Add the garlic and cook for a few seconds or just until it begins to turn golden. Add the tomatoes and chicken stock and simmer for 2 to 3 minutes just to heat through. Keep the sauce in the pan off the heat.

**TO COOK THE PASTA:** While the sauce is cooking, bring 4 quarts of salted water to a boil. Add the linguine and cook for about 8 minutes or until tender but still firm to the bite.

**TO FINISH THE PASTA:** Drain the linguine and return it to the sauce in the pot off the heat. Toss the linguine with the tomato sauce, black olives, capers, and parsley and season to taste with salt and red pepper flakes.

# Mango Strudel With Vanilla Lime Sauce

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===== FOR THE STRUDEL =====

3 Mangoes; (1 pound each) cut into 1–inch chunks (3 cups)  
2 Tablespoon Sugar; depending upon sweetness of the fruit, up to 3  
6 Tablespoon Dry bread crumbs  
1/2 Cup Finely chopped pecans  
6 Sheets frozen; thawed phyllo leaves (16 x 2 inches each)  
6 Tablespoon Melted butter for phyllo dough  
6 Tablespoon Melted unsalted butter  
Confectioners' sugar for serving

===== FOR THE SAUCE =====

2 Cup Melted vanilla ice cream  
6 Tablespoon Fresh lime juice

TO MAKE THE STRUDEL: Preheat the oven to 400 F. In a mixing bowl, combine the mangoes, sugar, lime zest, 2 tablespoons of bread crumbs and pecans.

Spread the phyllo leaves on a damp cloth towel covering the top with another damp towel so the leaves do not dry out as you are working.

Place one phyllo leaf on a clean dry cloth towel and brush it with melted butter using a pastry brush. Sprinkle the dough with 2 teaspoons dry bread crumbs. Place a second leaf of phyllo on top, brush with melted butter and sprinkle with bread crumbs. Repeat this procedure with all of the phyllo leaves.

Place the mango filling in a 3–inch strip along the longer edge of the dough, to within 1 1/2 inches of the sides. Fold the sides over the filling and roll the dough into a jelly roll shape using the cloth to help you.

Transfer the strudel onto a non–stick baking sheet, seam side down. Brush the top with melted butter and bake for about 25 minutes or until golden brown. Remove from the oven and cool for 30 minutes before serving.

TO MAKE THE SAUCE: Right before serving the strudel, blend the ice cream with the lime juice. Spoon 2 to 3 tablespoons of sauce on a plate and center a slice of strudel in the sauce. Dust some confectioners' sugar over the strudel slice and serve immediately to enjoy the contrast between the warm strudel dough and the cool sauce.

# Minestrone Alla Milanese

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1/4 Cup Olive oil  
1 Cup Finely chopped onion  
1 Cup Finely chopped leek; white and light green parts  
1 Cup Finely chopped celery  
2 Cup Finely chopped carrots  
2 Cup Finely chopped cabbage; (preferably Savoy)  
1 Cup Green beans cut into 1/2–inch lengths  
1/2 Inch cubes of peeled boiling potatoes  
1/2 Cup Finely chopped prosciutto; imported or domestic  
1 Cup Cubes of unpeeled zucchini; (1/2–inch)  
1 Cup Chopped rinsed fresh stemmed spinach  
2/3 Cup Chopped fresh or canned tomatoes  
1/2 Cup Tomato sauce  
6 Cup Chicken broth  
3/4 Cup Rice; (preferably short grain Arborio)  
2 Cup Cooked dried (or canned) cannellini beans  
1 Tablespoon Chopped fresh rosemary or 1 teaspoon dried  
2 Tablespoon Olive oil  
1/4 Cup Minced fresh parsley  
1/2 Cup Grated Parmesan cheese  
Salt and freshly ground black pepper  
Grated Parmesan for garnish; optional

In a large stock or soup pot, over medium heat, heat the olive oil. Add the onion, leek, celery, carrots, cabbage, green beans and potatoes and stir for 2 minutes.

Add the prosciutto, zucchini, spinach, tomatoes and tomato sauce and stir for another 2 minutes.

Add the chicken broth, bring to a boil and simmer, covered, over low heat for

Add the rice and beans, and simmer, uncovered for 15 minutes or until the rice is tender. Remove the soup from the heat.

In a small skillet saute the rosemary in the olive oil for 30 seconds. Add this to the soup along with the parsley and cheese. Season with salt and pepper to taste and serve immediately. Garnish with more cheese if desired.

## Monkfish With Two Sauces

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One (16-ounce) jar pickled beets, drained  
One (14.5-ounce) can chicken broth  
One (10-ounce) package frozen "petite" peas, thawed  
1/4 Cup Heavy cream  
2 Pound Boneless monkfish cut into 2-inch square pieces  
6 Tablespoon Unsalted butter; melted  
1 Tablespoon Paprika  
Salt and freshly ground black pepper  
1 Tablespoon Unsalted butter

**TO MAKE THE SAUCES:** In a food processor or blender, puree the beets with 1 cup of chicken broth and set aside in a small saucepan. Puree the peas with the remaining broth and heavy cream and set aside in another saucepan.

**TO PREPARE THE MONKFISH:** Preheat the oven to 400 F. Dip each piece of monkfish in the melted butter. Sprinkle each piece with paprika and set on a baking sheet and roast for 10 minutes or until just cooked through.

While the monkfish is roasting, in separate saucepans, over low heat, simmer the beet and pea sauces. When they come to a simmer, season each one with salt and pepper to taste. Blend a tablespoon of butter in the beet sauce and remove both from the heat.

**TO SERVE:** Center 3 pieces of monkfish in the middle of each plate. Spoon about 1/3 cup beet sauce to the left of the fish and 1/3 cup of pea sauce to the right.

# Napa Crab Cakes

---

2 Medium Tomatoes  
4 Ounces Scallops; chilled  
1/3 Cup Heavy cream  
Salt and freshly ground black pepper  
1 Pound Cooked fresh lump crabmeat; cleaned to remove any shell  
1 Medium Bunch fresh chives; finely chopped  
1–1/2 Cup Canned tomatoes; chopped  
1/2 Cup Heavy cream

Preheat the oven to 350 F. Cut the tomatoes in half, horizontally. With a spoon scoop out the interior with the juices and seeds and discard. Cut the remaining tomato shell into 1/8–inch dice.

In a food processor, puree the scallops. Through the feeding tube, slowly drizzle the 1/3 cup of heavy cream into the food processor as you continue to process. When the puree is smooth, season it lightly with salt and pepper to taste. Transfer the mixture to a large bowl.

Gently fold the scallop mixture with the crabmeat, half the fresh tomatoes and half of the chives, then season with 1/2 teaspoon salt.

Butter a baking sheet. Shape the mixture into 12 small disks, about 2 inches wide and 1/2–inch thick and set them on the baking sheet. Bake for 15 minutes or until cooked through.

**TO MAKE THE SAUCE:** While the crab cakes are cooking, in a small skillet bring the canned tomatoes and cream to a simmer for a couple of minutes. Season to taste with salt and pepper and remove the sauce from the heat.

To serve, spoon some sauce in the middle of each plate, and set 3 crab cakes on top. Sprinkle the remaining tomatoes and chives over the sauce and crab cakes and serve immediately.

# Nut Crusted Pork Tenderloin

---

1–1/2 Cup Finely ground nuts; such as macadamias, pecans, or hazelnuts,  
or a combination of all 3\*

1/4 Cup Flour

1 Egg beaten with 2 tablespoons milk

2 Boneless pork tenderloins (12 ounces each) each cut in half

2 Tablespoon Vegetable oil

2 Cup Mango pulp; fresh or canned\*\*

2 Cup Chicken stock

1/2 Cup Light cream; optional

Salt and freshly ground black pepper

2 Tablespoon Butter

2 Red bell peppers; seeded and cut into fine julienne

1/2 Pound Snow peas

\* To grind the nuts, put them in a food processor and pulse them until finely ground; do not overdo this step or the nuts will turn oily and pasty.

\*\* To make fresh mango pulp, peel and seed 4 ripe mangoes and puree in a blender or food processor. Add some of the chicken stock and puree until smooth.

**TO COOK THE TENDERLOINS:** Preheat the oven to 450 F. In three separate shallow bowls place the flour, eggs and nuts. Dip the pork pieces, on all sides, including the ends, in the flour, eggs and nuts, making sure to completely coat them with the nuts. In a 10–inch skillet over moderate heat, heat the vegetable oil and saut the pork on all sides until golden brown. Transfer the browned pork to a baking pan and roast for 20 to 25 minutes or until the internal temperature reaches 160 F.

**TO MAKE THE SAUCE:** While the tenderloins are cooking, combine the mango pulp, chicken stock and cream in a saucepan and season with salt and pepper to taste. Simmer over low heat until hot.

**TO MAKE THE GARNISH:** In a large skillet, heat the butter and saut the bell peppers for a minute. Add the snow peas to the peppers, cover the skillet and steam, over low heat, for a minute or two or until the vegetables are cooked through but still crisp; season with salt and pepper to taste.

**TO SERVE THE TENDERLOIN:** Cut the tenderloins into 1/2–inch slices and center a few slices on the plate. Top the pork with saut ed snow peas and red pepper and spoon the mango sauce around the pork.

## Oysters And Clams On Spinach

---

1–1/2 Pound Fresh spinach; stemmed  
12 Hard clams  
4 Slice Bacon; finely chopped  
2 Tablespoon Butter  
1/4 Cup Minced shallots  
3 Tablespoon Dry Vermouth  
12 Oysters; opened by fish monger; juices reserved  
Salt and freshly ground black pepper

Soak the spinach in several changes of water until completely free of grit; set aside for later.

In a 4–quart saucepan, set a vegetable steamer over 2 inches of water and bring the water to a boil. Add the clams to the steamer, cover and steam for 5 minutes or until they open. Remove the clams from their shells and reserve for later.

In a 12–inch skillet over low heat, cook the bacon until it begins to render its fat. Increase the heat to medium and cook the bacon until it is crisp. Discard the fat in the skillet and add the butter to the remaining cooked bacon bits in the skillet. Over medium heat, heat the butter. Add the shallots and saut for 3 to 4 minutes, stirring on occasion, or until tender.

Add the vermouth to the shallots and boil until almost evaporated. Hold a strainer over the skillet and strain the oysters' juices into the skillet. Reserve the oysters for later. Simmer the juices until almost evaporated.

Add the spinach to the skillet, cover and cook for a minute or until just wilted. Season with salt and pepper to taste. Add the oysters and clams you reserved to the spinach and cook them, uncovered, for 30 seconds or until the edges of the oysters curl.

With tongs set some spinach on four appetizer dishes. Place 3 oysters and 3 clams per person on top of the spinach, then spoon the skillet juices and bacon bits over the shellfish and spinach. Serve immediately.



## **Pan Seared Citrus Crusted Lamb**

---

3/4 Cup Pecan halves (about 3 ounces)  
1/2 Teaspoon Cajun or Creole seasoning  
8 Loin lamb chops  
1 Orange  
1 Lemon  
1 Lime  
1/4 Cup; packed, minced fresh dill  
Salt and freshly ground black pepper  
1 Pound Fresh spinach; stemmed, washed well and dried  
6 Ounce Frozen peach slices; thawed  
1/3 Cup Water  
6 Tablespoon White wine vinegar  
6 Tablespoon Orange juice  
2 Tablespoon Granulated sugar  
1/4 Cup Olive oil  
1 Teaspoon Minced garlic

**TO TOAST PECANS:** Preheat the oven to 375 F. Set the pecans on a baking sheet and bake for 10 to 15 minutes or until they smell toasty. Remove from oven and immediately toss the pecans with the Cajun or Creole seasoning.

**TO PREPARE THE LAMB:** With a sharp knife remove the outside fat from each lamb chop. Then cut out the "T" shaped little bone and you will be left with a larger and smaller piece of meat from each chop. Grate the zest of the orange, lemon and lime and combine them in a bowl with the fresh dill. Season with salt and pepper to taste and rub some of this mixture on all sides of the lamb pieces.

**TO PREPARE SPINACH AND MAKE THE PEACH VINAIGRETTE:** Set the spinach in a mixing bowl. In a blender, puree the peaches with the water, white wine vinegar, orange juice, and sugar. Season with salt and pepper to taste and set aside for later.

**TO COOK THE LAMB AND FINISH THE SAUCE:** In a 10–inch skillet over medium high heat, heat the olive oil. Cook the pieces of lamb for about 8 minutes turning them frequently so all sides get seared. Remove the lamb to a cutting board and add the garlic to the skillet. Cook for a few seconds, then add the peach vinaigrette and bring to a simmer, scraping the drippings from the pan into the vinaigrette. Season with salt and pepper to taste.

**TO ASSEMBLE AND SERVE:** Toss the spinach leaves with half of the peach vinaigrette and divide this among 4 dinner plates. Slice the lamb pieces into 1/2–inch slices and set them over the spinach. Spoon the remaining warm peach vinaigrette over the lamb and spinach and garnish each portion with spiced pecans. Serve immediately.

# **Pan Seared Snapper With Honey Mango Sauce**

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2 Tablespoon Barbecue sauce  
2 Tablespoon Vegetable oil  
Six (6-ounce) red snapper or Chilean sea bass fillets  
Vegetable spray for cooking the fish

## **===== FOR THE MANGO SAUCE =====**

1 Tablespoon Vegetable oil  
1/3 Cup Finely chopped onion  
1 Cup Diced fresh mango  
1 Cup Orange juice  
1 Teaspoon Chopped fresh habanero or scotch bonnet pepper  
1 Tablespoon Clover honey  
Salt

## **===== FOR THE CORN RELISH =====**

1 Cup Frozen corn kernels; thawed and patted dry  
2 Tablespoon Freshly chopped cilantro  
1 Tablespoon Red onion cut into 1/4-inch dice  
2 Tablespoon Fresh red bell pepper; cut into 1/4-inch dice  
1 Tablespoon Japanese rice vinegar  
2 Tablespoon Vegetable oil  
Salt and freshly ground pepper

**TO MARINATE THE FISH:** In a glass or porcelain dish combine the barbecue sauce with the vegetable oil. Dip both sides of the fish fillets into the mixture, cover and set aside at room temperature while you prepare the mango sauce and corn relish.

**TO PREPARE THE MANGO SAUCE:** In a medium non-stick skillet over moderate heat, heat the vegetable oil. Add the onion, lower the heat, cover and cook for about 5 minutes or until the onion is tender. Add the mango, orange juice, hot pepper and honey and cook, over medium heat, uncovered for 5 minutes. Remove from the heat and cool for a few minutes. In a blender or food processor puree the mixture. Off the heat, return the pureed sauce to the pan, and season to taste with salt.

**TO MAKE THE CORN RELISH:** In a mixing bowl combine the corn kernels with the cilantro, red onion, bell pepper, rice vinegar, and oil and season with salt and pepper to taste.

**TO FINISH THE DISH:** Over very low heat, gently reheat the mango sauce.

Lightly spray a 10-inch, non-stick skillet with vegetable spray and set the skillet over medium heat for 1 minute. Cook the snapper fillets for 2 to 3 minutes per side or until just cooked through.

TO SERVE: Spoon some mango sauce in the center of a plate. Set a fish fillet on top and spoon the corn relish over the fish.

# Pan-Fried Catfish With Vegetables And Celeriac Sauce

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## ===== FOR THE SAUCE =====

1 Quart Salted water  
2 Slice Peeled lemon  
1 Medium Celeriac; (also known as celery knob or celery root)  
2 Medium Carrots  
1 Small Zucchini; washed and trimmed  
1 Cup Fish stock or clam juice  
1 Cup Heavy cream  
Salt and freshly ground black pepper  
1 Tablespoon Or more of fresh lemon juice

## ===== FOR THE CATFISH =====

2 Tablespoon Vegetable oil  
1 Tablespoon Butter  
Six; (8-ounce) catfish filets  
Flour spread on a plate

Bring the salted water to a boil with the slices of lemon. Peel and chop the celeriac with a stainless steel knife (celery root oxidizes quickly when in contact with iron). Add the celery root to the water and simmer covered, over medium heat for 15 minutes or until tender.

While the celeriac is cooking, peel the carrots and cut them into 1/4-inch dice; cut the zucchini into 1/4-inch dice. With a slotted spoon, remove the cooked celeriac to a bowl and bring the water back to a boil. Add the carrots and boil, uncovered, for 1 minute; add the zucchini and continue boiling for 45 seconds. Drain the carrots and zucchini and reserve them for later.

In a blender or food processor, puree the cooked celeriac with the fish stock and cream and season with salt and pepper to taste; transfer to a clean saucepan and over low heat bring back to a simmer. Season the sauce with lemon juice to taste.

In a 10-inch skillet over medium heat, heat the oil and butter. Dredge the catfish in flour and shake off any excess. When the butter and oil are hot, add the filets and saut , over medium heat, uncovered, for about 5 minutes per side or until cooked through.

While the fish is cooking, bring 1 cup of water to a boil. Add the carrots and zucchini and turn off the heat; this will reheat the vegetables without cooking them further.

To serve, remove the fish and blot off excess fat with a paper towel and set each fish filet in the middle of a plate. Spoon the sauce around the fish. Drain the carrots and zucchini, pat them dry and sprinkle over the sauce. Serve immediately.

## Peach Compote

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4 Peaches skins peeled off, pits removed,  
or one (10-ounce) package thawed frozen peach slices  
2 Tablespoon Brown sugar or honey  
2 Tablespoon Apple or cranberry juice  
1/8 Teaspoon Ground cinnamon  
1 Pinch Ground allspice  
1 Pinch Ground nutmeg  
2 Tablespoon Brandy or apple or cranberry juice  
1 Tablespoon Butter

TO PREPARE THE COMPOTE: Cut the peaches into 1/2-inch wedges. In a non-reactive saucepan over medium heat, combine the peaches with the sugar or honey, juice, spices and brandy or juice.

TO COOK THE COMPOTE: Over low heat, bring the ingredients to a simmer. Cover and cook for 5 minutes or until the fruit is tender. Uncover and simmer until almost all of the moisture has evaporated and you are left with a syrupy fruit mass. Remove from the heat and set aside until serving time. Right before serving reheat the compote until hot and whisk in the butter. Serve alongside or on top of pork chops.

# Peanut Butter Cookies

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Butter for the baking sheets

1 1/3 Cup Unsifted all-purpose flour

1/2 Teaspoon Baking soda

1/2 Teaspoon Salt

1 Stick unsalted butter ( 1/4 pound)

1 Cup Granulated sugar

1 Cup Natural unhomogenized peanut butter

1 Large Egg

1/2 Teaspoon Vanilla

Lightly grease 2 baking sheets. Sift the flour with the baking soda and salt. Preheat the oven to 375 F.

Beat the butter until soft. Gradually add the sugar and beat until creamy. Add the peanut butter, egg and vanilla to the butter-sugar mixture and mix until incorporated. Add the sifted flour mixture and mix thoroughly.

Roll the dough into small balls, about 1-inch in diameter and place them on the cookie sheets. With a fork flatten each ball, then make a mark with the tines of the fork perpendicular to the first marks so you create a cross hatch pattern. Bake for 15 minutes.



# Pecan Crusted Chicken

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4 Large Boneless; skinless chicken breast halves  
8 Teaspoon Dijon–style mustard  
1 Cup Finely ground pecans\*  
1 Cup Fresh bread crumbs\*\*  
2 Tablespoon Vegetable oil  
2 Pound Sweet potatoes; peeled and cut into 1–inch dice  
2 Tablespoon Butter  
3/4 Cup Plain low–fat yogurt  
Salt and freshly ground black pepper  
3/4 Cup Finely diced banana  
1/2 Cup Finely diced red bell pepper  
1/2 Cup Finely diced yellow bell pepper  
1 Tablespoon Chopped fresh cilantro  
1 Tablespoon Minced jalapeno pepper; up to 2  
The juice of one lime

\* To grind the nuts, put them in a food processor and pulse them until finely ground; do not overdo this step or the nuts will turn oily and pasty.

\*\* To make the bread crumbs tear 4 slices of packaged white bread and pulse them in a food processor until crumbed.

**TO COOK THE CHICKEN:** Preheat the oven to 375 F. Brush each side of the chicken with 1 teaspoon of mustard. Combine the pecans and bread crumbs and press this mixture onto both sides of the chicken. In a 10–inch skillet, heat the vegetable oil and saut for 1 minute on each side. Transfer the chicken to a baking pan and bake for 30 minutes or until done.

**TO MAKE THE SWEET POTATO PUREE:** While the chicken is cooking, boil the sweet potatoes, in water to cover for about 20 minutes or until tender. Drain the sweet potatoes and mash them together with the butter and yogurt. Season with salt and pepper to taste.

**TO MAKE THE SALSA:** Combine the banana with the red and yellow peppers, cilantro, jalape o pepper, lime juice, and salt and pepper to taste.

**TO SERVE THE CHICKEN:** Mound the sweet potatoes in the center of each plate, place the chicken on the potatoes and garnish with the salsa.

## Pecan Crusted Trout

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Four (4-ounce) trout fillets with skin on

1/4 Cup Flour

1 Beaten egg

1 Cup Ground pecans

2 Tablespoon Vegetable oil

Lemon wedges for serving

TO PREPARE AND COOK THE TROUT: Preheat the oven 375 F. Dredge the fish fillets in flour, then in the beaten egg and coat them well on all sides with the pecans. In a large skillet over medium heat, heat the oil. When the oil is hot, add the fillets, skin side down and saut for 2 minutes per side. Transfer the fillets to a baking sheet and bake for 10 minutes. Serve with lemon wedges.

## Pineapple Rice

---

1 Cup Long grain rice  
One (4-ounce) slice fresh pineapple  
2 Tablespoon Olive oil  
1/4 Cup Finely chopped green onion  
1 Small Clove garlic; minced  
1/2 Cup Roasted red bell pepper; (you can buy a jar of these already roasted), finely diced  
1/4 Cup Pineapple juice  
Salt and freshly ground black pepper

**TO COOK THE RICE:** Bring 2 cups of water to a boil, add the rice, cover and simmer for 17 minutes or until done. Set aside.

**TO PREPARE THE PINEAPPLE:** While the rice is cooking, preheat a non-stick skillet until it is very hot. Add the pineapple slice and cook over high heat, for about 2 minutes per side or until brown. Remove from the skillet and cut the pineapple into a fine dice; reserve for later.

**TO ASSEMBLE THE RICE:** In a saute pan, heat the oil for 30 seconds. Add the green onion and garlic and saut for a minute or until the green onion is tender. Add the pineapple, roasted red bell pepper, and pineapple juice and boil down until the liquid has almost entirely evaporated. Season with salt and pepper to taste and stir this mixture into the cooked rice.

# Pretzel Dumpling Soup

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===== FOR THE DUMPLING BATTER =====

3/4 Cup Milk

1 Tablespoon Butter

Salt

3 Tablespoon Cream of Wheat

1/4 Cup Pretzel crumbs;

(To make the pretzel crumbs, just process a few in a food processor.)

2 Tablespoon Minced green onions

2 Tablespoon Minced parsley

1 Egg lightly beaten

===== FOR THE SOUP =====

1 Ounce Dried mushrooms such as chanterelles or;  
soaked in warm porcini, water until softened

5 Cup Beef stock

Freshly ground black pepper

1/4 Cup Minced parsley for garnish

**TO MAKE THE DUMPLINGS:** In a small saucepan over high heat, bring the milk to a boil with the butter and salt. Add the Cream of Wheat and pretzel crumbs and stir with a small whisk, over low heat, until mixture thickens and begins to pull away from the sides and bottom of the pan.

Remove from the heat and transfer the batter to a mixing bowl. Add the green onions, parsley and egg and set aside for 20 minutes. After 20 minutes, wet your hands in water and shape the batter into small rounds about 3/4-inch in diameter.

Bring 2 quarts of salted water to a boil. Add the dumplings, a few at a time, and simmer for 10 minutes or until swollen and light. Remove them to a plate with a slotted spoon.

**TO MAKE THE SOUP:** Remove the mushrooms from the soaking liquid, reserving the liquid. Remove any tough stems that have not softened and chop the mushrooms. In a saucepan, add the stock and mushrooms to the reserved liquid and bring the liquid slowly to a simmer. Add the dumplings and reheat gently for 5 minutes or until hot. Season with salt and pepper to taste and add the parsley. Serve immediately.

## Red Chili Salsa

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4 Cup Tomato juice; preferably Sacramento brand  
1/2 Medium Onion; finely diced  
4 Cloves garlic; minced  
2 Tablespoon Chili powder  
1 Tablespoon Red wine vinegar  
1 Medium Red bell pepper; finely chopped  
1 Pound Plum tomatoes; finely diced  
2 Tablespoon Cilantro; chopped  
1 Bunch Scallions; trimmed and thinly sliced

Place all the ingredients, except the cilantro and scallions, in a non-corrosive saucepan, and bring to a boil. Reduce to a simmer and cook, uncovered, for about 30 minutes. Add the cilantro and scallions and simmer 10 minutes longer.

Use immediately or cool to room temperature and refrigerate.

## Red Onion Soup

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3 Tablespoon Vegetable oil  
2 Tablespoon Unsalted butter  
3 Cloves peeled garlic; thinly sliced  
2 Pound Red onions; thinly sliced  
1/4 Cup Dry white wine  
1/4 Cup Balsamic vinegar  
1/4 Cup Flour  
4 Cup Beef broth  
4 Cup Chicken broth  
1/2 Teaspoon Dried thyme  
1 Bay leaf  
1 Long French baguette bread  
2 Large Cloves peeled garlic  
Salt and freshly ground black pepper  
1/4 Cup Cream; optional  
2 Cup Grated French Gruyere or Italian Parmesan cheese

In a 12–inch casserole or saucepan, heat the oil and butter. When the oil and butter are hot, add the garlic and onions, and stir fry for a minute. Cover and simmer, over low heat, for 15 minutes, stirring every 5 minutes to make sure the onions don't burn.

Add the wine and vinegar and cook for a minute to evaporate some of the alcohol. Add the flour and stir, over low heat, for a minute. Add the beef and chicken broth, thyme and bay leaf, and over medium heat, bring to a boil. Whisk, cover and simmer, over low heat for 30 minutes.

Meanwhile preheat the oven to 350 F. Cut the French bread on the diagonal into sixteen 3/4–inch thick slices. Set them on a baking sheet and toast them in the oven for 20 minutes, turning them once, or until dried out. When dried out, rub each side of the bread slices with garlic.

Remove and discard the bay leaf from the soup and season it with salt and pepper to taste. Stir in the cream if used and remove the soup from the heat.

Scatter some grated cheese on one side of the toasted bread and broil for a few seconds or until the cheese is golden. Garnish each portion with 2 cheese covered bread rounds.

## Red Pepper Soup

---

8 Large Red or green bell peppers to use as serving containers for the finished soup  
2 Tablespoon Olive oil  
1 Cup Finely chopped onion  
1–1/2 Pound Sweet potatoes; peeled and cut into 1–inch cubes  
1–1/2 Pound Red bell peppers; cored, seeded and diced  
6 Cup Chicken stock  
1/2 Teaspoon Dried thyme  
1 Bay leaf  
Salt and freshly ground black pepper  
1/2 Cup Finely diced yellow or red bell pepper; optional garnish  
1/2 Cup Plain low–fat yogurt; optional garnish

**TO PREPARE THE BELL PEPPERS:** Cut a wafer thin slice off the bottom of each pepper so it will sit straight on the plate. Slice the tops off each pepper and scoop out the seeds. Reserve the hollowed out peppers to hold the finished soup.

**TO MAKE THE SOUP:** In a 4–quart saucepan over moderate heat, heat the olive oil. Add the onion, cover and simmer for 3 to 4 minutes or until softened. Add the sweet potatoes, red bell peppers, chicken stock, thyme and bay leaf and bring to a boil. Cover and simmer, over medium heat for 25 to 30 minutes or until the vegetables are tender.

**TO FINISH THE SOUP AND SERVE:** Strain the solids from the liquid and return the liquid to the saucepan. Discard the bay leaf. In a food processor or blender, puree the vegetables until smooth and return them to the liquid in the saucepan. Bring the soup to a simmer; season with salt and pepper to taste. Ladle the soup into the hollowed out peppers and garnish with the diced yellow or red bell peppers and a dollop of yogurt, if desired.

## **Red Snapper With Tomatoes And Olives**

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1 Teaspoon Minced garlic  
1/4 Cup Olive oil  
1/4 Cup Lemon juice  
Salt and freshly ground black pepper  
Six (7-oz) fillets red snapper  
1 Shallot; chopped  
4 Tomatoes; peeled, seeded and coarsely chopped  
2/3 Cup Sliced pitted Kalamata olives  
15 Large Leaves fresh basil; finely shredded  
1/2 Cup; packed fresh parsley, chopped  
1/4 Cup Olive oil  
Vegetable oil spray

In a mixing bowl, combine half of the minced garlic with the oil, lemon juice, and salt and pepper to taste. Marinate the fish in the mixture for an hour, turning once.

In the bowl of a food processor, chop the shallot, tomatoes, olives, basil and parsley. Transfer to a bowl, add the olive oil and season to taste with salt and pepper; set aside.

Preheat the oven to 350 F. Spray a large skillet with vegetable spray. Heat the skillet over medium heat and saut the fish, for 2 minutes a side. Remove the skillet from the heat and with a wide spatula, transfer the fish to a baking dish.

Top the fish with the tomato mixture and bake for 10 to 15 minutes or until the interior of the fish is opaque and cooked through. Remove and serve with the pan juices over rice, pasta or potatoes.



# **Rigatoni With Mixed Grilled Vegetables**

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1/4 Cup Olive oil  
1 Teaspoon Chopped fresh oregano or 1/2 teaspoon dried  
2 Garlic cloves; minced  
Salt  
Freshly ground black pepper  
1 Large Zucchini sliced into 1/4-inch rounds; (12 ounces)  
1 Large Yellow squash; sliced into 1/4-inch rounds (12 ounces)  
1 Red onion; peeled and cut into 1/4-inch round pieces  
8 Ounce Mushrooms; trimmed, wiped clean and sliced vertically in half,  
or quarters, if large, up to 10  
1 Red bell pepper; seeded and cut into 1/2-inch strips  
1 Green bell pepper; seeded and cut into 1/2-inch strips  
1 Pound Dry rigatoni pasta  
1/4 Cup Chopped fresh basil  
1 Cup Grated Parmesan cheese

**TO MARINATE THE VEGETABLES:** In a large mixing bowl, combine the olive oil, oregano, and garlic, with 1 teaspoon of salt and 1/2 teaspoon black pepper. Toss this with the vegetables and marinate at room temperature for at least an hour.

**TO GRILL THE VEGETABLES:** Prepare your charbroiler as you ordinarily would and grill the vegetables, in batches until tender. Or, preheat your broiler and broil the vegetables, turning them once, until browned on both sides. (You can also set your oven to 500 F. and roast the vegetables for 30 minutes.) If you think the pieces are too large for pasta, then cool the vegetables for 10 minutes and chop them into manageable pieces.

Bring 3 quarts lightly salted water to a boil. Add the rigatoni and cook for about 12 minutes or until tender but still firm to the bite. Drain, toss with the vegetables, basil and Parmesan cheese. Season with salt and pepper to taste, and serve immediately.

# Roman Cheesecake

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## ===== TO MAKE THE DOUGH =====

2 1/2 Cup All-purpose flour  
3/4 Cup Sugar  
1/4 Teaspoon Salt  
1/4 Pound Unsalted butter; at room temperature  
2 Large Eggs; lightly beaten  
1 Tablespoon Or more ice water  
Flour for rolling the dough

## ===== FOR THE FILLING =====

1 Carton; (15 ounces) whole milk ricotta cheese  
1 Package Farmer's cheese; (7.5 ounces)  
1/2 Cup Sugar  
2 Tablespoon Flour  
1 Egg; lightly beaten  
1/4 Cup Romana Sambuca Liqueur  
1/2 Cup Pine nuts; preferably toasted\*  
1/4 Cup Finely diced candied orange peel or other dried fruit  
1 Cup Dried cherries; cranberries or golden raisins  
Egg wash: 1 egg yolk beaten with 1 tablespoon of milk  
2 Tablespoon Confectioners sugar for garnish

\*To toast the pine nuts, set them in a 400 F. oven for about 10 minutes.  
Keep an eye on them; they turn from golden to burned in seconds.

You'll need a round cake pan, preferably with a loose bottom, 9 inches in diameter and 1 1/2 inches deep.

TO MAKE THE DOUGH: In the bowl of a food processor, combine the flour, sugar, salt and process until blended. Add the butter and process until broken into the flour. Add the eggs and ice water to the flour and process, by pulsing several times, until the dough comes together. If the dough seems dry, add another teaspoon or so of ice water. Turn the dough onto a board and gather it into a ball. Flatten the dough slightly, wrap it in waxed paper and refrigerate for 30 minutes.

Preheat the oven to 375 F.

Flour a pastry board and rolling pin. Remove 2/3's of the dough and roll it into a circle about 1/4-inch thick and 11 inches in diameter. Line the cake pan with the dough, pressing it into the bottom and up the sides of the pan.

If it breaks apart, don't worry, just press it back into shape. Roll the remaining 1/3 of dough into a circle about 3/8 -inch thick and 10 inches in diameter. Divide this circle into 10 strips, each about 1/2-inch wide; this will be for the lattice top.

**FOR THE FILLING:** In a food processor, combine the ricotta and farmer's cheese, sugar, flour, egg and Sambuca and process until smooth. Transfer the filling to a mixing bowl and fold in the pine nuts, candied orange peel and cherries, or golden raisins and transfer this to the dough-lined cake pan.

Lay 5 strips of dough across the ricotta filling and set the other 5 strips across them, at a 45° angle, to form a lattice. With a pastry brush, paint the lattice top and edges with the egg wash.

Set the cake pan on a baking pan and bake for 1 hour or until the filling has set and the crust is golden. Remove the cake and cool it thoroughly on a rack before unmolding. Right before serving, shake the confectioners' sugar through a sieve to completely coat the top.

## Scallops Over Pasta

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12 Ounce Dry fettuccine  
1–1/2 Pound Sea scallops  
2 Tablespoon Butter  
1/4 Cup Flour  
1/2 Cup Sour cream; regular or low fat  
1/2 Cup + 2 tablespoons finely chopped chives  
1/2 Cup Salmon caviar  
One (10–ounce) package frozen "petite" peas, thawed

In a large pot over high heat, bring 3 quarts of salted water to a boil. Add the fettuccine and cook for about 10 minutes or until cooked through but still firm to the bite.

Meanwhile, prepare the scallops by pulling off the little piece of muscle attached to one side. Rinse under cold water and pat dry. In a large non–stick skillet over medium heat, melt the butter. Set the flour in a shallow bowl or on a plate. Dip only one side of the scallops into the flour and shake off any excess. When the butter has melted, set the scallops, floured side down, in the skillet in a single layer and cook, without moving, over medium heat for 3 minutes. Cover the skillet and cook for another 2 minutes or until the scallops are just cooked through.

Drain the pasta and return it to the pot, off the heat. Toss it with the sour cream, 1/2 cup of the chives and the salmon caviar. Set a nest of pasta in the center of each plate and top each pasta nest with the scallops, set sautéed side facing up. Garnish each plate by surrounding the pasta with a dusting of the chives.

# Seared Southwestern Bacon Wrapped Beef Tenderloin

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6 Thick pieces bacon  
Four (8-ounce) beef tenderloins, cut 1 1/2 inches thick  
1 Tablespoon Ground cumin  
1 Tablespoon Chili powder  
1/2 Teaspoon Cayenne pepper  
1–1/2 Teaspoon Paprika  
1/4 Teaspoon Dried thyme  
1/4 Teaspoon Freshly ground black pepper  
1/4 Teaspoon Ground cinnamon  
1 Tablespoon Kosher salt  
2 Tablespoon Vegetable oil  
Red chili salsa (See index for recipe)  
12 Triangles toasted tortillas  
12 Small Black bean cakes (See index for recipe)  
Crumbled queso blanco or feta cheese  
Fresh chopped cilantro

Preheat the oven to 450F. Wrap the bacon around the outside of the circumference of the tenderloins and secure with toothpicks.

Combine the cumin, chili powder, cayenne pepper, paprika, thyme, black pepper, cinnamon and salt and mix well. Brush the tenderloins with some of the oil and pat the seasoning mixture onto both sides.

Rub some oil into one or two 9-inch cast iron pans and set them over high heat (open a window or put on the exhaust fan because this creates a lot of smoke).

Saut the tenderloins for 2 minutes on each side and transfer them to a baking pan. Set them in the oven to finish cooking (about 10 minutes for rare, 12 minutes for medium rare and 14 minutes for medium depending on the thickness).

To present each portion, ladle some chili salsa on the bottom of the plate and set three triangles of toasted tortillas around the outside of the plate. Set a black bean cake on each of the toasted tortilla triangles and set the cooked tenderloin in the center of the plate. Sprinkle with queso blanco or feta, and cilantro.

## **Shrimp Stir Fried With Snow Peas And Cashews**

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1 1/4 Pound Raw medium shrimp; peeled and deveined  
1/2 Teaspoon Salt  
2 Teaspoon Cornstarch  
1 Egg white  
1 Tablespoon Dry white wine or Vermouth  
8 Ounce Snow peas or sugar snap peas  
1/4 Cup Peanut or vegetable oil  
1 Garlic clove finely chopped  
1/2 Cup Chicken stock  
One (8-ounce) can sliced bamboo shoots, drained  
1 Tablespoon Soy sauce  
2 Tablespoon Oyster sauce  
1 Teaspoon Sugar  
2 Tablespoon Cornstarch mixed with 1/4 cup cold water  
1 Cup Unsalted cashews  
Salt and freshly ground black pepper  
Cooked rice for serving

**TO MARINATE THE SHRIMP:** Season the shrimp with salt. In a small mixing bowl, with a fork, combine the cornstarch with the egg white and wine. Add the shrimp, toss well to combine, cover and marinate for 1 hour in the refrigerator.

In a medium pot, bring the salted water to a rapid boil, drop in the peas and cook for 30 seconds. Drain them and run them under cold water to stop the cooking process. Pat dry. Measure out the remaining ingredients.

**TO COOK THE SHRIMP AND SNOW PEAS:** Set a 12-inch wok or skillet over high heat for 30 seconds. Add the oil and swirl it around the pan and heat for another 30 seconds. Add the shrimp and stir fry for 10 seconds. Add the garlic and stir fry for 5 seconds, then add the chicken stock, snow peas, and bamboo shoots and bring the liquid to a simmer. Add the soy sauce, oyster sauce, and sugar and bring the liquid to a boil again. Stir in the cornstarch to recombine with the water and add to the skillet. Bring to a simmer and cook until thickened. Add the cashews and remove from the heat. Season to taste with salt and pepper. Serve over rice.

# Shrimp With Three Mayonnaises

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2 Cup Prepared mayonnaise  
1/2 Cup Diced fresh mango  
2 Tablespoon Water  
1/4 Teaspoon Minced garlic  
1 Teaspoon Chili powder  
1/4 Teaspoon Ground cumin  
Salt and freshly ground black pepper  
18 Jumbo shrimp; peeled and deveined  
1/4 Cup Flour; spread on a plate  
3 Tablespoon Vegetable oil  
6 Boston lettuce leaves; washed and dried

**TO MAKE THE MAYONNAISES:** In a blender, process 1/2 cup of mayonnaise with the mango and water and puree until smooth. Transfer to a small bowl. In another small bowl, blend the garlic with 3/4 cup of mayonnaise and in a third small bowl combine the remaining 3/4 cup mayonnaise with chili powder and cumin. Season each with salt and pepper to taste, cover and set aside, in the refrigerator for later.

**TO PREPARE THE SHRIMP:** Lightly coat each shrimp with flour and shake off any excess. In a large skillet over medium heat, heat the vegetable oil. When hot, add the shrimp and saut for 2 minutes per side or until they just turn pink. Cover the skillet and simmer over low heat for another 3 minutes or until the shrimp is just cooked through.

**TO SERVE:** Set 3 shrimp on a piece of lettuce and spoon a dab of each type of mayonnaise on the side of each portion.

## Soft Shell Crab Sandwich

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1/4 Cup Mayonnaise  
2 Tablespoon Prepared barbecue sauce  
1/4 Teaspoon Minced garlic  
1/4 Cup Flour  
Salt and freshly ground black pepper  
4 Soft shell crabs (have fish monger clean them)  
2 Tablespoon Vegetable oil  
1 Tablespoon Butter  
4 Kaiser rolls; split in half  
8 Leaves of lettuce; washed and dried  
1 Slice Ripe tomato; optional

In a small bowl, combine the mayonnaise with the barbecue sauce and garlic and set aside. In a shallow bowl or on a plate, combine the flour with the salt and pepper.

Pat the crabs dry with paper towel. In a 12–inch skillet over medium heat, heat the oil and butter. As the oil is heating up, dip the crabs in flour, on both sides, and shake off any excess.

Saute the crabs, shell side down, over medium heat, for 3 to 4 minutes, averting your face from the skillet as the crabs begin to cook because they spatter like a volcano (after a few minutes the sputtering settles down).

With tongs, turn the crabs over and cook for another 3 to 4 minutes or until slightly red and firm. Spread both sides of the roll with barbecue mayonnaise, set lettuce and tomato on one side of the bread, top it with a crab and other half of the roll.



# Southern Pecan Pie

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## ===== FOR THE DOUGH =====

1 Cup All-purpose flour  
1/2 Teaspoon Salt  
1 Tablespoon Granulated sugar  
2 Tablespoon Unsalted butter; chilled  
4 Tablespoon Vegetable shortening; chilled  
2 Tablespoon Ice water; About  
Flour for rolling out  
Butter for greasing pie plate

## ===== FOR THE FILLING =====

2 Cup Pecans; coarsely chopped (8 ounces)  
4 Tablespoon Melted butter  
3/4 Cup Granulated sugar  
3/4 Cup Light corn syrup  
3 Eggs; lightly beaten  
1-1/2 Teaspoon Vanilla extract

In a food processor, combine the flour with the salt and sugar. Add the cold butter and shortening and pulse the machine 15 to 20 times or until the butter and shortening has been cut into the flour in pieces about the size of oatmeal flakes. Keeping the machine running, add the water and process, pulsing the machine on and off, for a few seconds longer or until the dough comes together. Transfer the dough to the counter and, if it is still dry, sprinkle it with a teaspoon or so of water and work the water into the dough; if the dough is too wet, dust the counter with flour and work it in. Flatten the dough into a disk, cover with plastic wrap and chill for at least 2 hours, or preferably overnight to relax the gluten and make sure the dough isn't tough.

Lightly butter a 9-inch pie plate, preferably made of oven-proof glass. Lightly flour the counter and the rolling pin and roll the dough into a 10-inch circle, about 1/8-inch thick. Lift the dough into the prepared pie plate. With your thumb and index finger, pinch the edge of the dough at 1-inch intervals to create a fluted rim. Refrigerate the dough for at least 2 hours.

Preheat the oven to 325 F. In a mixing bowl combine the pecans, butter, sugar, corn syrup, eggs and vanilla and pour the mixture into the pie plate. Set the pie on a baking sheet and bake for 1 1/2 hours or until the filling is set. Cool on a wire rack.

# Spiced Rice And Beans

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===== FOR THE BEANS =====

1 Cup Black beans  
1/2 Onion; peeled  
1 Clove garlic; peeled  
1 Bay leaf  
1 Large Piece orange zest; about 1 x 3 inches  
1 Teaspoon Salt  
1/4 Teaspoon Freshly ground black pepper

===== FOR THE RICE =====

1/4 Cup Olive oil  
1/2 Onion; finely minced  
1 Cup Uncooked long-grain white rice  
1 Cup Chicken broth  
1/4 Cup Diced red bell pepper  
1/4 Cup Diced green bell pepper  
1 Cup Water  
1/2 Teaspoon Salt  
2 Teaspoon Fresh tarragon; or  
1/2 Teaspoon Dried; crushed  
2 Teaspoon Minced fresh flat-leaf parsley

**TO PREPARE THE BEANS:** Pick over the beans to remove any stones or foreign material. Rinse the beans and soak them for 6 hours or overnight. Or you can use the quick-soak method: Place the beans in a pot of water to cover and bring to a boil; boil for 3 minutes. Remove the pan from the heat and let the beans rest for 1 hour in the cooking water. Proceed with the recipe.

Discard the water in which the beans were soaked or cooked. Place the beans in a pot with fresh water to cover. Add the onion, garlic, bay leaf, and orange zest. Boil the beans for 5 minutes, then reduce the heat and simmer gently for 1 1/2 to 2 hours or until the beans are tender. If the water gets low during the cooking, add more to cover the beans. Season the beans with the salt and pepper, and keep them warm while the rice cooks. The beans can be cooked a day ahead, refrigerated, and reheated before serving.

**TO COOK THE RICE:** In a medium skillet, heat the oil. Add the onion and saut it over medium heat for 10 to 15 minutes, or until it becomes chestnut brown. As the onion cools, it will get crispy. Spoon the onion out of the pan and drain it on a paper towel.

Saut the rice in the onion oil, stirring it with a wooden spoon to coat the grains evenly with the flavored oil. Add the chicken broth, diced peppers, water, and salt. Bring to a boil, reduce the heat to a simmer, and cook, covered, for 15 to 18 minutes, or until the rice is tender and all the broth has been absorbed. Don't stir the rice while it is simmering or it will cook unevenly.

When the rice is cooked, fluff in the herbs with a fork. To serve, make a ring of rice on a serving platter. Drain the beans, discard the bay leaf, and pour the beans into the center of the rice. Sprinkle with the reserved crispy onions and serve.

# Spoonbread

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Butter for baking pan

1-1/2 Cup Yellow cornmeal

3 Cup Milk

1 Stick unsalted butter; melted

1 Teaspoon Salt

1/4 Teaspoon Cayenne pepper; optional

4 Eggs

1/2 Teaspoon Baking powder

Preheat the oven to 350 F. Lightly butter a 1 1/2-quart casserole or 9-x 9-inch ovenproof pan.

In a 3-quart saucepan, whisk the cornmeal together with the milk, butter, salt and cayenne pepper. Slowly bring this to a boil, whisking continuously. (When it comes to a boil it will get very thick, so whisk hard so the mixture does not lump.) After it thickens, transfer the mixture to a mixing bowl and cool it while you separate the eggs into yolks and whites.

Stir the baking powder into the cornmeal mixture and mix well, then add the yolks and whisk vigorously to incorporate the yolks. Whip the egg whites until they form stiff peaks and fold this into the cornmeal mixture.

Transfer the batter to the prepared pan and bake for 40 minutes or until a wooden toothpick, when inserted into the center, comes out clean. Cut and serve portions from the pan.

## Striped Bass

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2 Navel oranges; peeled of skin and white pith  
1 Bunch Watercress; stems removed, leaves only  
Four (6-ounce) fillets of striped bass  
1 Cup Vegetable broth  
1/2 Cup Dry white wine  
1 Cup Chicken broth; preferably reduced sodium  
2 Fresh tomatoes; peeled, cut in half, juices squeezed out and finely chopped  
4 Scallions; trimmed and thinly sliced  
4 Leaves Napa cabbage; white core removed, thinly shredded, up to 6  
Salt and freshly ground black pepper  
1 Cup Thawed frozen peas

With a sharp paring knife, cut in between the membranes of the oranges to loosen the segments.

Choose wide soup bowls in which to serve this dish and scatter some orange segments and watercress leaves in the bottom of each soup bowl; reserve for later.

Preheat the oven to 375 F. Set the fish fillets in a baking pan and cover them with 1/4 cup of the vegetable broth. Cover the baking pan with aluminum foil and bake for 20 minutes or until the fish is just cooked through.

While the fish is cooking, in a 3-quart saucepan place the white wine and boil, over medium heat, until 2 tablespoons remains. Add to the wine the remaining vegetable broth, the chicken broth, tomatoes, scallions and shredded cabbage and simmer for 2 minutes; season with salt and pepper to taste. Remove the saucepan from the heat and reserve until the fish is cooked through.

Remove the fish from the oven and keep it loosely covered while you finish the broth. Bring the broth back to a simmer and add the peas; simmer for 30 seconds. Set a fish fillet in the bottom of each soup bowl and ladle the broth and vegetables over the top; serve immediately.

# Sunset Key Lime Cheesecake

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Twenty-two (5 ounces) Graham Crackers, 2-inch square  
3/4 Stick unsalted butter; melted (3 ounces)  
3 Pound Cream cheese; at room temperature  
2 Cup Granulated sugar  
3 Large Eggs  
1/4 Cup Half and half  
1/4 Cup Key Lime juice  
Grated zest from 1 fresh lime

**TO MAKE THE CRUST:** Preheat the oven to 350 F. Lightly grease the bottom of a 10 x 3-inch springform pan with butter. Do not grease the sides of the pan. Wrap the outside of the pan with foil to prevent leakage. In a food processor, fitted with the steel blade attachment, pulverize the Graham crackers into crumbs. Transfer the crumbs to a mixing bowl, add the melted butter and mix with a rubber spatula. Press the crumb mixture over the bottom of the springform pan, reaching all the way to the sides so it forms a seal against leakage. Bake for 10 minutes, remove and cool while you make the filling; lower the heat to 325 F.

**TO MAKE FILLING AND SWIRL TOP:** With an electric mixer on low speed, beat the cream cheese and sugar for 2 minutes or until soft and creamy. Add the eggs, one at a time, beating for 15 seconds between additions to make sure each one is thoroughly incorporated. Scrape down the sides of the bowl with a rubber spatula and beat for a minute longer. With the machine running, slowly beat in the half and half and then 2 tablespoons of the Key Lime juice. Set aside 1/2 cup of the cheesecake mixture to which you should add the remaining Key Lime juice and transfer this to a liquid measuring cup or pitcher.

**TO BAKE THE CAKE:** Pour the cheesecake mixture over the baked crust, then pour a thin stream of Key lime–boosted cheesecake mixture over the top and scatter the grated lime zest over that. With a toothpick or wooden skewer, swirl the key lime mixture and zest into the batter the way you would marbleize a cake. Bake for 1 1/2 hours or until the mixture is set; the cake will appear jiggly, but will firm up upon standing.

**TO COOL AND SERVE THE CAKE:** Remove the cake from the oven and place on a rack to cool to room temperature in the pan. Unlock the springform and remove the cake, but leave the cake on the bottom of the pan. Chill in the refrigerator for at least 4 hours before serving or before attempting to remove the cake from the springform bottom.

# Triple Berry Muffins

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3 Large Eggs  
1/4 Cup Brown sugar; packed  
1/2 Cup Vegetable oil  
1/2 Cup Whole milk  
2 Tablespoon Bran  
1 Teaspoon Baking powder  
1 Teaspoon Baking soda  
1/2 Teaspoon Salt  
1 Cup Whole wheat flour  
1 Cup Unbleached all-purpose flour  
3/4 Cup Either raspberries; cranberries or blueberries  
or 1/4 cup each of each type of berry  
2 Tablespoon Brown sugar for tops

Preheat the oven to 375 F. Line a 12-cup muffin tray with paper liners or spray them with a non-stick vegetable oil spray.

**TO MAKE THE MUFFINS:** In a large mixing bowl, with a whisk, blend the eggs with the brown sugar and whisk until frothy. Add the oil and milk and beat until blended. Blend in the bran.

**COMBINE THE DRY INGREDIENTS:** In a separate mixing bowl, with a whisk or fork, combine the baking powder, baking soda, and salt with the whole wheat and all-purpose flours. Gradually incorporate the dry ingredients into the egg mixture and beat, with a wooden spoon, until the batter is smooth. Fold in the berries and let the batter set for 5 minutes.

**TO BAKE THE MUFFINS:** Fill the muffin tins three quarters full and sprinkle about 1/2 teaspoon of brown sugar over each muffin. Bake for 22 to 25 minutes or until a toothpick, when inserted in the center of the muffin, comes out dry. Cool on a rack. Store in the refrigerator.

# Tuna Cocktail

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1 Pound Ripe plum tomatoes; peeled and chopped (4)  
2 Tablespoon Sugar  
3/4 Cup Red wine vinegar  
1 Garlic clove; minced  
1 Cinnamon stick  
Salt and freshly ground black pepper  
1 Pound Tuna steak  
1/4 Cup Mayonnaise  
2 Ripe Haas avocados  
1/4 Cup Lemon juice  
2 Tablespoon Olive oil  
1/2 Cup Finely chopped fresh cilantro  
8 Red pepper strips; 2 inches long and 1/4–inch wide  
8 Thin slices unpeeled apple; for garnish

**TO MAKE THE TOMATO MARMALADE:** In a non–reactive 9–inch skillet bring the tomatoes, sugar, red wine vinegar, garlic, and cinnamon stick to a hard boil. Reduce the heat to medium and simmer for about 15 to 20 minutes or until almost all the liquid has evaporated. About 1/2 cup will remain and the mixture will look syrupy. Discard the cinnamon stick, season to taste with salt and pepper and cool to room temperature.

**TO MAKE THE TUNA:** In a broiler or stove–top grill, over high heat, cook the tuna for 3 to 5 minutes per side or until charred on both sides, depending on the thickness of the tuna and the degree of doneness you prefer. Remove and cool completely. When completely cool, cut into 1/4–inch dice, combine with the mayonnaise and season with salt and pepper to taste.

**TO MAKE THE AVOCADO LAYER:** Right before serving, peel, pit, and cut the avocados into 1/4–inch dice. Combine the dice with the lemon juice, olive oil, cilantro and season with salt and pepper to taste.

**TO ASSEMBLE THE COCKTAIL:** Layer the ingredients in eight martini or 6–ounce wine glasses beginning with the tuna layer in the bottom of the glass, followed by 1 tablespoon of the tomato marmalade and topped with the avocado on top. In each glass stick a thin strip of red pepper in the center of the cocktail. Take a very thin apple slice, core the side of the slice, make a small incision in the center and place the slice on the edge of the glass for garnish.



# Voodoo Gumbo

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1 Medium Yellow onion; finely chopped  
1 Medium Green bell pepper; seeded, cored and finely chopped  
3 Medium Stalks celery; finely chopped  
8 Tablespoon Vegetable oil  
1/2 Cup Flour  
1 Pound Andouille sausage or Kielbasa; cut into 1/2-inch dice  
1 Tablespoon "Cajun" or "Creole" seasoning; optional, up to 2  
4 Cup Unsalted chicken stock  
2 Tablespoon Worcestershire sauce  
1 Cup Chopped canned tomatoes  
Two (15 1/2-ounce) cans pink or small kidney beans, drained  
1 Pound Boneless; skinless chicken, cut into 3/4-inch cubes  
2 Tablespoon Or more to taste; hot sauce, optional  
1 Cup Sour cream; optional

Combine the onion, bell pepper and celery, then remove 1/2 cup of the mixture and set aside for later.

**TO MAKE THE BROWN ROUX:** Over high heat in a small heavy saucepot, heat 6 tablespoons of the oil. When hot, add the flour and, with a wooden spoon, over medium heat, stir constantly until the roux turns brown and smells nutty, about 8 to 10 minutes. Remove the pot from the heat and immediately add the reserved 1/2 cup of the vegetable mixture and continue to stir until the roux has cooled down. Transfer the roux, which is very hot, to a mixing bowl.

In a heavy 4-quart saucepan, over medium heat, heat the remaining 2 tablespoons of oil. Add the remaining vegetable mixture and cook, stirring, for a couple of minutes. Add the andouille sausage, optional "Cajun" or "Creole" seasoning, cover and cook over low heat for about 5 minutes, or until the vegetables are tender, but not brown.

Over medium heat, add the chicken stock, Worcestershire sauce, tomatoes, beans and the reserved roux and bring the liquid to a simmer. Cook, uncovered, for 5 minutes then add the chicken and cook for 5 minutes longer or until the chicken is completely cooked through. Remove the pot from the heat and add the hot sauce if you like your gumbo hot and/or add the sour cream if you like it rich. Serve over rice.

# White Chocolate Cheesecake

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24 Plain chocolate wafers; broken into pieces (6 ounces)  
3 Tablespoon Unsalted butter; melted  
1–1/2 Pound Cream cheese; at room temperature  
1 Cup Granulated sugar  
6 Ounce White chocolate; melted and cooled  
4 Large Eggs  
1/3 Cup Heavy cream  
1 Teaspoon Vanilla extract

**TO MAKE THE CRUST:** Position the rack in center of the oven and preheat to 350 F. Lightly grease a 9 x 2 1/2 –inch springform pan with butter. Wrap the outside of the pan with foil to prevent leakage. In a food processor, fitted with the steel blade attachment, pulverize the chocolate wafers into crumbs and transfer them to a mixing bowl. Add the melted butter and combine with a rubber spatula. Press the crumb mixture over the bottom of the springform pan and bake for 10 minutes. Remove the pan from the oven and cool to room temperature. Keep the oven at 350 F.

**TO MAKE THE FILLING:** In a large mixing bowl, with an electric mixer on low speed beat the cream cheese for 2 minutes or until soft and creamy. Scrape down the beaters and the sides of the bowl. Slowly add the sugar and continue to beat for 2 minutes longer, scraping down the sides of the bowl as needed. Add the cooled melted chocolate, then add the eggs, one at a time, beating well after each addition, then add the cream and vanilla. Beat until the batter is smooth and homogenized.

**TO FILL THE PAN AND BAKE:** Pour the batter into the prepared pan and set the pan on a baking sheet. Bake for 15 minutes at 350 F., then lower the heat to 300 F. and bake for 1 hour and 30 minutes more or until the edges just begin to pull away from the sides of the pan and the top looks puffy and no longer wet. The cake will still appear wobbly. Remove the cake to a wire rack and cool in the pan for 1 hour. Unlock the springform pan and lift the cake out, but leave it on the bottom part of the springform. Cool to room temperature, then chill in the refrigerator for at least 4 hours before serving.

## Willie's Crabcakes

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8 Ounce Finely chopped cooked shrimp  
8 Ounce Lump crabmeat; cleaned and picked over to remove any bits of shell  
2 Teaspoon Dijon–style mustard  
1/4 Cup Mayonnaise  
2 Tablespoon Minced fresh parsley  
2 Teaspoon Worcestershire sauce  
1/2 Teaspoon Tabasco sauce  
2 Teaspoon Bottled white horseradish  
Salt  
Cayenne pepper to taste  
1/8 Teaspoon Cajun spice mix; optional  
1 Egg  
2 Tablespoon Dried bread crumbs  
1–1/2 Cup Crushed potato chips; for dredging  
2 Tablespoon Vegetable oil; or more for frying

Combine all the ingredients but the potato chips and vegetable oil.

Form the mixture into twelve 2–inch x 1/2–inch round cakes and pat the crushed potato chips on both sides of the crab cakes.

In a large non–stick skillet over medium heat, heat the oil and saut the crab cakes for 2 to 3 minutes on each side or until golden and hot throughout.

# Zabaglione

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5 Large Egg yolks  
5 Tablespoon Sugar  
12 Tablespoon Sweet Marsala wine  
Lady fingers or Savoirdi cookies for serving

**TO COOK THE ZABAGLIONE:** Set up a double boiler or a medium–size stainless–steel bowl over a pot of simmering water. Check to make sure the bottom of the bowl is not touching the water, or the eggs may scramble.

With a hand held electric mixer, beat the egg yolks and sugar together until pale yellow. Add the Marsala and set the bowl over the simmering water. Continue to beat with the electric mixer until the eggs triple in volume, thicken and reach a temperature of 140 F., as registered on an instant thermometer. Be sure to beat the eggs until they reach this temperature at which salmonella bacteria is killed. This will take about 10 to 15 minutes. Be sure to move the beater around the bowl so the eggs cook evenly; there will be quite a bit of spattering.

**TO SERVE THE ZABAGLIONE:** Transfer the mixture to wine glasses and serve immediately accompanied by ladyfingers or Italian cookies known as "Savoirdi." An alternative way to serve this is to take slices of pound cake or panettone and set them on a broiler pan. Cover the cake slices with a layer of sliced strawberries or peeled Comice pear, and ladle a portion of the zabaglione over the fruit. Broil the slices for a minute or until the zabaglione is bubbling and lightly browned. Serve immediately.