

DECEMBER 2000 VOLUME 2

FOOD CLUB

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Chocolate Sherry Cream Bars

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Lemon Squares

ENJOY

Happy Holidays

Mardie

MEAT

Decadent Chicken with Onions and Green Chiles

Courtesy of my sister Sarah Oakes

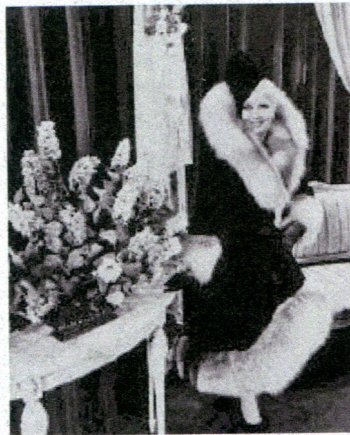
Sauce

2 tablespoons tomato paste
1 tablespoon Dijon mustard
1 teaspoon ground cumin
1 teaspoon store bought garam masala
1 cup heavy whipping cream
1 tablespoon fresh lemon juice
1/2 teaspoon salt
1/8 - 1/4 teaspoon cayenne pepper



Everything else

4 boned, skinned chicken breasts (1 1/4 pounds)
Freshly ground black pepper
2-inch cinnamon stick
Salt as needed
6 cardamom pods
6 whole cloves
1 medium onion, peeled & cut into fine half rings
1 inch piece fresh **ginger**, peeled and cut into fine strips
1 to 2 fresh hot green chilies, cut diagonally into fine strips (do not remove seeds)
1/2 teaspoon black or yellow mustard seeds
1 clove garlic, peeled and finely chopped.



Preheat oven to 350 degrees and turn the page.



Put the tomato paste in a bowl; add 1 tablespoon water and mix. Add the remaining ingredients for the sauce in the order listed, mixing as you go.

Salt and pepper the chicken pieces generously on both sides. Put 3 tablespoons of the oil in a non-stick frying pan and set over high heat.

When the oil is hot, put in the cinnamon, cardamom pods, and cloves. Ten seconds later put the chicken pieces in a single layer and brown

them lightly on both sides. Remove the chicken with a slotted spoon and place in an ovenproof dish in a single layer. Put the onion, ginger, and green chilies into the oil that remains in the frying pan. Stir and fry them until they are light brown in color. Remove with a slotted spoon and spread evenly over chicken pieces as soon as they pop, this takes just seconds, put in the garlic.



Add the last tablespoon of oil to the frying pan and let it heat. Put in the mustard seeds. As soon as they pop, this takes just seconds, put in the garlic. Stir. As soon as it starts to brown, pour in the sauce. As soon as the sauce heats up and starts bubbling, pour it around the chicken without displacing the onion mixture. Place the ovenproof dish uncovered in the oven and bake for 25 minutes. Remove and discard the cinnamon stick, cardamom pods and whole cloves and serve immediately. This is great dinner party food.

SIDES

Indian Cilantro Sandwiches

The juice of one large lime
2 bunches cilantro, stalks removed



2-3 indian green chilis, seeds included
(be careful handling – oils will burn you hands)
1/2-3/4 cup coconut powder
1 teaspoon cumin seeds
1/2 teaspoon sugar

Put seeds in a food processor and pulse until crushed. Add lime juice. Add a little cilantro at a time. Add sugar, then coconut powder. Consistency should be a chunky paste. Spread on good white bread, with crusts removed.

Boston Brown Bread Thanks Mom



1 cup flour
1 teaspoon baking powder
1 teaspoon soda
1 teaspoon salt
1 cup cornmeal
1 cup whole wheat flour
2/3 cup molasses
2 cups buttermilk
1 cup raisins
3 coffee cans



Mix the above ingredients thoroughly. Fill the coffee cans half full and cover tightly with foil. Steam for 3 hours on a rack in a covered pan using a small amount of boiling water. Uncover cans. Place in a 450 degree oven for 5 minutes. Remove from cans. Serve with butter.

SIDES

Macaroni and Gruyere Cheese

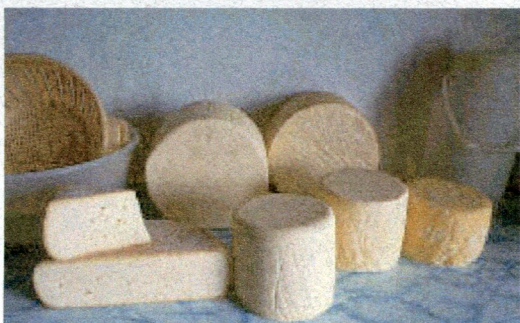
- 1 lb. penne pasta
- 4 cups milk
- 4 tablespoons unsalted butter
- 6 tablespoons unbleached all purpose flour
- 1 teaspoon paprika
- Salt and pepper to taste
- 12 oz. Gruyere cheese, grated (4 cups worth)

Cook pasta al dente and set aside in large bowl. Pre-heat oven to 350. Bring milk just to a boil in a heavy sauce pan and set aside. Meanwhile, melt butter in another heavy saucepan. Add flour and whisk over low heat for 5 minutes but do not brown. Remove from heat.



Add hot milk to flour mixture and whisk well. Add half teaspoon of paprika and season with salt and pepper and return pan to heat. Cook over medium heat whisking constantly until the mixture thickens, about 5 minutes. Add to the pasta and toss well.

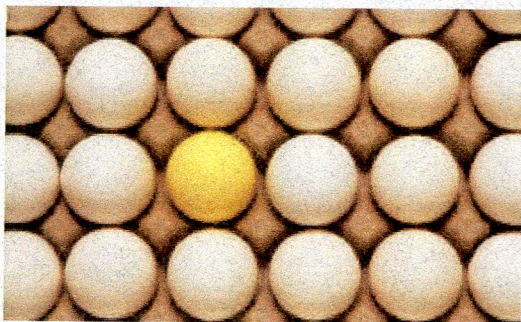
Butter a 13" x 9" x 2" flame-proof baking dish and fill evenly with pasta and sauce. Distribute the grated cheese evenly over the pasta and sprinkle with black pepper and remaining paprika. Place dish on baking sheet and bake until hot 20-25 minutes. Then place dish under broiler until top is slightly golden brown and bubbling.



BRUNCH

Sundried Tomato Eggplant Frittata

- 5 tablespoon olive oil
- 1 small eggplant, unpeeled and diced
- 5 large eggs
- 1/4 cup Parmesan cheese
- 2 tablespoons minced sundried tomatoes in oil
- 2 to 3 dashes of Tobasco
- Freshly ground black pepper
- 1 tablespoon butter



Heat 4 tablespoons of oil in large oven proof (cast iron) skillet. Sauté eggplant until evenly browned, about 5 minutes. Drain on paper towels.

In a bowl, whisk together eggs, parmesan, sundried tomatoes, Tobasco, and black pepper. Gently stir in eggplant. Preheat broiler and move rack 6 inches from flame.

Heat butter and remaining tablespoon of oil in medium overproof skillet over high heat. Pour in egg mixture, swirl to coat pan, and cook to set bottom, less than one minute. Reduce heat to low and cook until sides are set and center is runny. Transfer to boiler to set top, less than one minute. Cool in pan 5 minutes, then transfer to a platter and cut into wedges to serve.



BRUNCH

Brioche French Toast with Pears

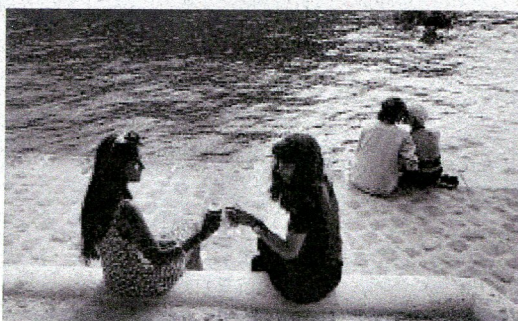
- 1 tablespoon unsalted butter
- 3 medium ripe Bosc pears , peeled, cored, and thinly sliced
- 3 tablespoons sugar
- 6 large eggs
- 1 1/2 cups milk
- 1/3 cup fresh orange juice
- 1/4 cup Poire William liqueur
- 2 tablespoons fresh lemon juice
- Pinch salt
- Zest of 1 orange
- Zest of 1 lemon
- 1/2 loaf brioche or baguette
- Vegetable oil for frying
- Maple syrup (optional)
- Confectioners' sugar (optional)



In a large skillet, melt butter over medium-high heat. Add pears and 1 tablespoon sugar, and cook until pears are tender and caramelized, about 10 minutes. Remove from skillet, and set aside. In a wide deep dish, combine eggs, milk, orange juice, Poire William, lemon juice, remaining 2 tablespoons sugar, salt, and zests. Beat with a fork until well blended.

Slice brioche into 1/4-inch thick slices. Dip slices into egg mixture until thoroughly moistened. (Be careful not to oversoak.) Remove to a plate. Cover half of the slices of soaked bread with sautéed pears; top with remaining slices of soaked bread to form sandwiches.

Coat the bottom of a large skillet with about 1/8 inch of vegetable oil. Place over medium-high heat until oil bubbles when a drop of water is added. Using a spatula, transfer pear sandwiches to oil, and cook until deep golden brown on one side. Flip, and continue cooking until deep golden brown and slightly puffy throughout. Remove and drain on paper towels. Serve hot with maple syrup or confectioners' sugar.



The Seine River

BRUNCH

Sweet Potato Hash Browns

- 2 large sweet potatoes (2 lbs.) cut into 3/4-inch dice
- 6 tablespoons olive oil
- 1 medium onion, peeled, cut into 1/3-inch dice
- 2 tablespoons roughly chopped parsley
- Salt to taste, plus more for boiling water
- Freshly ground black pepper to taste



Bring a medium pot of salted water to a boil. Add sweet potatoes, and cook until they can be easily pierced with a fork but still offer some resistance, 3 to 4 minutes. Drain, and rinse under cold running water. Refrigerate until completely chilled, about 1 hour.

Heat 2 tablespoons olive oil in a large skillet over medium heat. Add onions and sauté, stirring occasionally, until onions are tender and golden brown, about 20 minutes. Transfer onions to a small bowl, and set aside.

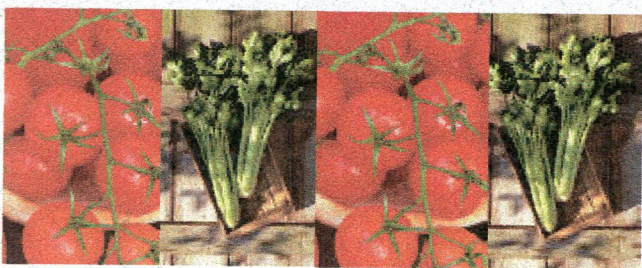
Pour remaining 4 tablespoons olive oil into the skillet, and place over medium-high heat. Add potatoes, and cook, stirring occasionally, until golden brown, about 8 minutes. Add reserved onions, and cook 2 minutes. Toss in parsley, and adjust the seasoning to taste with salt and pepper. Serve immediately.



BRUNCH

Breakfast Bloody Mary

- 3 cups tomato juice
- 3 tablespoons freshly grated horseradish, plus more for garnish
- 4 ounces vodka
- 2 teaspoons Worcestershire sauce
- 2 tablespoons soy sauce
- Juice of 1 lemon
- 1 teaspoon freshly ground black pepper, plus more for garnish
- 1 dash Tabasco sauce (optional)
- Celery for garnish



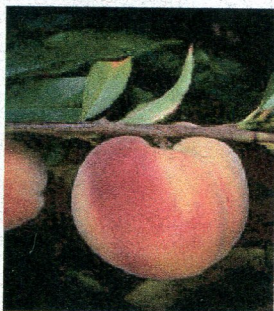
Mimosa a la Emeril

- 1/4 cup Grand Marnier
- 1/4 cup sugar
- 1 bottle champagne
- 2 cups fresh squeezed orange juice

Bolo's Sangria

- 2 bottles dry white wine
- 3/4 cup brandy
- 1/2 cup triple sec
- 3/4 cup simple syrup (equal amounts sugar and water heated until sugar is dissolved)
- 3 to 4 white peaches, skinned and pureed
or 1 cup peach nectar
- 3 oranges, sliced into thin rounds
- 3 green apples, cored and sliced thin
- 2 lemons, sliced into thin rounds
- 4 peaches, pitted and sliced thin

Combine all ingredients in a large pitcher. If using fresh peaches, taste for sweetness and add more syrup, if needed. Refrigerate, covered, 2 hours or up to 2 days. Serve over ice.



BRUNCH

Picnic Spinach Pie

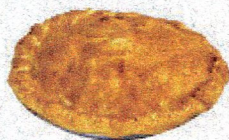
- 1 uncooked 9" pie crust
- 2 tablespoon olive oil
- 1 tablespoon butter
- 3 medium onions, minced
- 2 packages frozen spinach, thawed and drained well



- 12 oz. cooked ham finely diced (or replace with sautéed mushroom for a vegetarian recipe)
- 1 1/2 cups grated parmesan cheese
- 1 cup ricotta cheese
- 4 large eggs beaten
- 1/4 teaspoon pepper
- 1 pinch nutmeg



+



Saute onion in oil and butter. Stir in thoroughly drained spinach and cool to lukewarm. Stir in remaining ingredients. Turn into pie shell. Bake for 45-50 minutes at 425 degrees. Let stand for 20 minutes. This freezes well.

Old-Fashioned Oatmeal

- 1 tablespoon unsalted butter
- 1 cup Irish, Scottish, or any steel-cut oatmeal
or 2 1/2 cups old-fashioned rolled oats
- Pinch coarse salt

Melt butter in a large heavy saucepan over medium heat. Add oatmeal, and toast, tossing and turning oats, until oatmeal is browned and fragrant, about 4 minutes. Add 4 cups water and salt, and bring to a boil. Reduce to a simmer, cover, and cook until most of the water has evaporated and the oatmeal is tender, about 30 minutes for the Irish oatmeal and 10 minutes for the old-fashioned rolled oats. Serve hot with the toppings of your choice (brown sugar is a must).

LUNCH

Focaccio Sandwich

A large, fresh foccacio, about the size of a pie

Roasted red peppers (bottled OK)

Chopped black and/or green olives

Basil pesto

Sundried tomatoes

Anchovies

Fresh mozzarella

Drizzle of olive oil

Salt and pepper to taste



Slice foccacio bread flat-wise. Layer above ingredients and replace the top. Place between 2 cookie sheets with bricks or books on top to flatten for 15 minutes or more. Slice like a pie and serve.

Pesto Blue Cheese Pizza

Pizza dough of your choice

1/2 cup sundried tomatoes

1 small eggplant, trimmed

1 large zucchini

Cayenne pepper to taste

Light vegetable oil cooking spray

1 roasted red pepper

1 roasted yellow pepper

1/4 cup basil pesto

1/2 cup pizza sauce

1/4-1/2 cup crumbled blue cheese



To roast red and yellow peppers, slice in half and remove core and seeds. Place on a cookie sheet under a broiler until top turns black. Put peppers in a sealed ziploc bag until somewhat cool. Blackened skin will peel right off. Slice remaining pepper into strips.

Slice eggplant and zucchini into 1/4 inch rounds. Sprinkle with cayenne and broil for 3 to 5 minutes or until brown. Flip sides and brown again. Remove vegetables from broiler and set oven to 400 degrees. Layer onto dough pesto, then pizza sauce, then eggplant, then zucchini, then peppers, then sundried tomatoes, then top with blue cheese.



Bake about 15 minutes or until blue cheese is bubbling and crust is golden brown.

SOUP

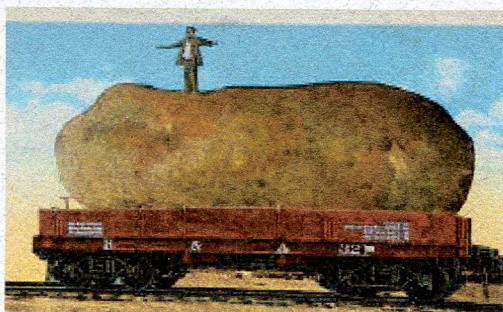
Asparagus Soup



- 2 1/2 lbs asparagus
(tough ends snapped off, tips tightly closed)
- 1/4 cup unsalted butter
- 1 1/2 cups peeled and diced russet potatoes
- 4-5 cups vegetable or chicken stock
- 1/2 cup milk or heavy cream
- Salt and pepper to taste
- 3 tablespoons chopped fresh parsley or mint

Cut one inch off the tips of the asparagus spears and set aside. Cut the remaining asparagus into 2-inch lengths. Bring a large saucepan three-fourths full of salted water to a boil. Add the asparagus tops and parboil for 2 minutes. Drain and immediately immerse the tips in cold water to halt the cooking. Drain and pat dry with paper towels and set aside.

In a large saucepan over medium heat, melt the butter. Add all the asparagus except the tips and saute, stirring occasionally until well coated with the butter, 2 to 3 minutes. Add the potato and about 3 cups of stock or just enough to cover the asparagus. Cover the pan and bring to a boil, then reduce heat and simmer until asparagus and potatoes are almost falling apart, about 20 minutes. Remove from the heat.

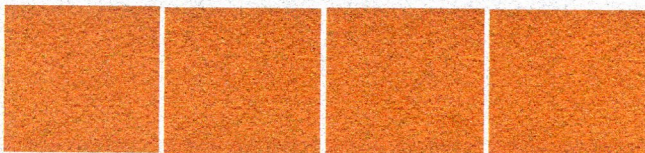
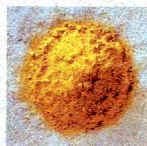


Working in batches, puree the soup in a blender or food processor. Return the puree to a clean saucepan and add the remaining 1 to 2 cups stock as needed to achieve the desired consistency. Then add the milk or cream to add richness. Reheat gently over low heat, adding the reserved asparagus tips. Season with salt and pepper and garnish with parsley or mint.

SOUP

Indian Red Lentil Soup

- 1 1/2 cups red lentils
- 3 tablespoons unsalted butter
- 1 large yellow onion, chopped
- 2 tablespoons ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons peeled and grated fresh ginger
- 1/2 teaspoon ground tumeric
- pince of cayenne pepper
- 6 cups vegetable or chicken stock
- 1 1/2 cups peeled, seeded, diced tomatoes
- 2 tablespoons lemone juice (or to taste)
- salt and ground black pepper to taste
- 3 tablespoons chopped fresh cilantro or mint



Discard any misshapen lentils or stones. Rinse lentils and drain.

In a saucepan over medium heat, melt the butter. Add the onion and saute, stirring occasionally until tender and translucent, 8-10 minutes. Add the coriander, cumin, ginger, tumeric, and cayenne and stir to mix well. Reduce the heat to low and cook, stirring occasionally to release the flavors of the spices, 2 to 3 minutes. Add lentils and then gradually add the stock, stirring constantly. Bring to a boil over high heat, cover partially, and simmer until the lentils are very soft, 30 to 45 minutes.

Remove from the heat and let cool slightly. Working in batches, puree the soup in a blender or food processor. Return the soup to a clean saucepan and place over medium heat. Stir in the tomatoes and lemon juice and cook until heated through. Season with salt and pepper. Ladle into bowls and sprinkle with mint or cilantro.

*So So
Yummy!*



FAT

Chocolate Sherry Cream Bars

Base

4 oz. unsweetened baking chocolate
1 cup butter
4 eggs
2 cups sugar
1 cup sifted flour
1/2 teaspoon salt
1 teaspoon vanilla

Filling

1/2 cup butter
4 cups confectioners sugar
1/4 cup cream
4 tablespoons sherry
1 cup broken pecans

Topping

1 6 oz. package semi-sweet chocolate bits
3 tablespoons water
4 tablespoons butter



Base

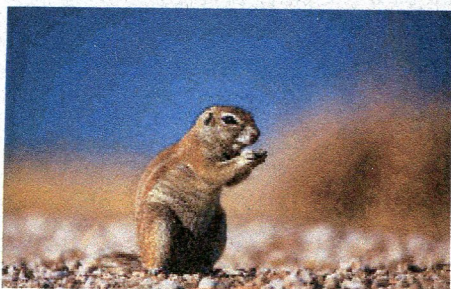
Set the oven at 325 degrees. Melt the chocolate and butter in a double broiler over boiling water. Cool slightly. Beat eggs until light and gradually add sugar, then chocolate and butter mixture, flour, salt and vanilla. Beat for 1 full minute. Pour in a greased and lightly floured 10 x 14 pan. Bake for 25 minutes. Cool.

Filling

Beat butter and sugar. Add cream and sherry gradually. When light and fluffy add nuts and mix. Spread over chocolate base. Chill.

Topping

Melt chocolate bits with water and butter. Dribble in the design of your choice over the filling. Chill again.

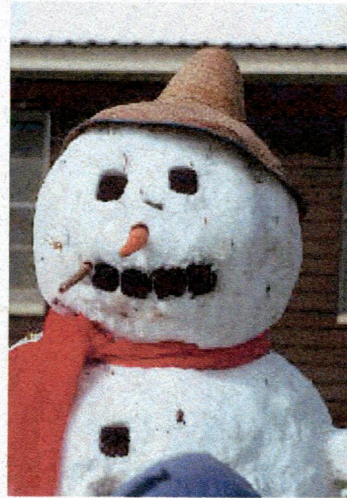


FAT

Carrot Cake

2 cups flour
2 cups sugar
2 cups grated carrots
1 teaspoon cinnamon
2 teaspoons soda
1 1/3 cup vegetable oil
4 eggs, one at a time
1 cup chopped pecans

Mix flour, sugar, cinnamon, and soda. Add carrots and oil. Add eggs one at a time. Bake 40-45 minutes.



Frosting

1 stick margarine or butter
13 oz. package cream cheese
(light is OK – not fat free)
1 1 lb. box of powdered sugar
1 teaspoon vanilla
1-2 tablespoons milk

Beat together until light and fluffy.

Lemon Squares

1 cup butter
2 cups sifted flour
1/2 cup sifted powdered sugar
Mix together and press into a 9" x 13" pan. Bake at 350 degrees for 20 minutes.



Topping

4 eggs
2 cups sugar
6 T fresh lemon juice
4 T flour
1 t baking powder
1/4 t salt

Beat eggs well. Add sugar, salt, lemon juice. Mix flour, baking powder and add to mixture. Spread on baked layer and bake at 350 degrees for 25-35 minutes.

When cool, sprinkle with powdered sugar and cut into squares, hence the name.

MAY ALL YOUR WISHES COME TRUE ❄ MARDIE