

DECEMBER 2002



FOOD CLUB

APPETIZERS

Brie with Raspberries and Rosemary

Proscuitto, Fig Jam and Gorgonzola Crisps

Blini with Salmon Roe

SOUP

Butternut Squash with a Chipolte Creme Fraiche

Caldo Verde

Fresh Corn Soup

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Brazilian Chicken Stew

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Chicken Spring Rolls

Spinach, Warm Scallops & Spicy Pecan Praline

VEGETARIAN

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Fruit Salad with Mint

Treebeard's Overnight Coffee Cake

My Mom's Cheese Blintzes

My Mom's Banana Bread

Extreme French Toast & Pears

FAT

Key Lime Pie

DRINKS

Margaritas

Green Apple Martinis

Fresh Lime Sodas (sweet.salty.or sweet&salty)

ENJOY! Love Mardie

APPETIZERS

Pastry-Wrapped Brie with Rosemary + Raspberries

1/2 cup raspberry preserves
1/4 cup fresh or frozen
unsweetened raspberries
1 1/2 teaspoons chopped fresh
rosemary leaves
1 sheet frozen puff pastry
(half of 17.3-ounce package),
thawed
1 13.2-ounce Baby Brie
(about 6 to 7 inch diameter)
1 large egg, lightly beaten
Crackers and baguette slices
Grapes



+



Preheat oven to 400°F. Stir preserves, thawed berries and rosemary in small bowl to blend. Season berry mixture with pepper. Roll out pastry on lightly floured surface to 12-inch square. Cut top rind off cheese; discard rind. Place cheese, rindless side up, in center of pastry. Spoon raspberry mixture onto cheese. Fold pastry on 2 opposite sides over cheese. Brush remaining 2 sides of pastry with glaze. Fold over cheese; press seams to seal. Brush pastry with glaze; place on baking sheet. I like to bake this on foil that is turned up on the edges in case the pastry breaks and the brie leaks out.

Bake cheese until pastry is deep golden brown (top of pastry may split open), about 30 minutes. Let cool 20 minutes. Place baked cheese on serving platter. Surround with crackers, baguette slices,

Prosciutto, Gorgonzola and Fig Jam Sandwiches

8 oz. prosciutto
8 oz. gorgonzola
Fig jam
Mixed greens
French bread

Guests can build their own tiny sandwiched layering fig jam, mixed greens, prosciutto and gorgonzola on sliced french bread. This has a great mix of sweet, salty and sharp.



APPETIZERS

Blini with Salmon Roe

This is a yummy Russian dish. I first tasted it at St. Petersburg Cafe in Boston.

For blini:

- 3 eggs
- 1 cup milk
- 3/4 cup all purpose flour
- 1/2 teaspoon salt
- 1 tablespoon sugar



Toppings

- 2 oz. salmon roe
- 8 oz. sour cream

For crepes: Mix eggs in a blender. Add milk, flour and salt until fully mixed. If you don't have a blender and are using a mixer, mix the eggs, then gradually add flour until fully mixed in so you don't have lumps. Then add the milk and salt. Chill the mixture in the fridge for 30 minutes.

Heat a small non-stick skillet over moderately high heat until hot and brush with some additional butter. (If skillet handle is plastic, wrap handle in a double thickness of foil.) Pour 1/2 cup batter into skillet, swirling to coat bottom, and cook until crêpe loosens from side of skillet and underside is pale golden, about 3 minutes. (Crêpe will be puffed, almost like a soufflé.) Transfer skillet to middle of oven and continue cooking crêpe until top is set, about 2 minutes.

Serve blini rolled and filled with sour cream and salmon roe. Guests can assemble their own.



You can find salmon roe at the fish counter in Whole Foods, Bread & Circus or whatever high end grocery store is near you. It is about \$4.00 per ounce but a little goes a long way. 2 oz. is plenty for the amount of crepes that can be made with this recipe.

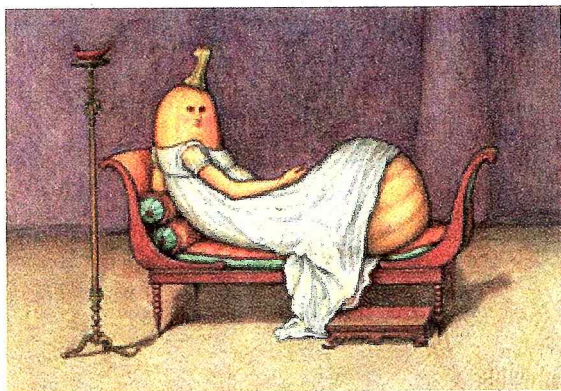
SOUP

Sally's Butternut Chestnut Soup with Chipolte Creme Fraiche courtesy of Epicurious

- 1 cup ruby port
- 1/2 cup dry red wine
- 1 teaspoon canned chipolte peppers or 1 teaspoon crushed dried chipotle chilies
- 2 tablespoons tomato paste
- 1 8-ounce container crème fraîche
- Vegetable oil
- 2 2 1/2-pound butternut squash, cut horizontally in half, seeded
- 8 cups canned low-salt chicken broth
- 1 1/2 7.4-ounce jars whole roasted chestnuts
- 2 tablespoons pure maple syrup

For chipotle crème fraîche:

Combine Port, wine, chilies, and tomato paste in heavy small saucepan. Simmer over medium heat until reduced to thick paste, stirring often, about 12 minutes. Transfer to small bowl; cool. Fold in crème fraîche. Cover and chill at least 1 hour and up to 1 week.



For the soup:

Preheat oven to 350°F. Brush baking sheet with oil. Place squash halves, cut side down, on prepared sheet. Bake squash until very tender, about 1 hour. Scoop squash from skins. Measure 6 cups squash and transfer to large pot (reserve any remaining squash for another use). Add broth and chestnuts to pot. Bring to boil over high heat. Reduce heat to medium-low. Simmer soup uncovered until chestnuts are very tender, about 30 minutes. Mix maple syrup into soup. Puree soup in batches in blender until very smooth; return to same pot. Season with salt and pepper. (Can be made 1 day ahead. Refrigerate until cold, then cover and keep refrigerated.) Rewarm soup. Ladle into bowls. Top each serving with chipotle crème fraîche. Serves 10.

SOUPS

Caldo Verde

1/2 lb chorizo, linguica, or kielbasa sausage
3/4 lb collard greens (or kale)
1/4 cup olive oil
2 large yellow onions, chopped
3 or 4 potatoes, peeled and thinly sliced
3 or 4 cloves of garlic, finely minced
6 cups chicken stock
1 teaspoon salt, plus salt to taste
ground pepper to taste
extra virgin olive oil for serving

Bring a saucepan 3/4 full of water to a boil. Prick the sausages with a fork and add to the boiling water. Boil for about 5 minutes. Using tongs, transfer the sausages to a cutting board and, when cool enough to handle, slice them.



Rinse and drain the greens, then remove any tough stems. Working in batches, stack the leaves, roll up the stack like a cigar, and cut crosswise into very thin strips.

In a large saucepan over medium heat, warm the olive oil. Add the onions and saute, stirring occasionally, until tender and translucent, about 10 minutes. Raise the heat to medium-high, add the potatoes and garlic, and saute, stirring often, until slightly softened, about 5 minutes. Add the water or stock and 1 teaspoon salt, cover, and simmer over low heat until the potatoes are very soft, about 20 minutes.

Add the sliced sausage, simmer until the sausage is cooked through, about 5 minutes longer. Add the greens, stir well, and simmer uncovered, stirring occasionally, for 3-5 minutes. Do not overcook; the greens should be bright green and slightly crunchy. Season with salt and pepper. To serve, ladle into bowls and drizzle each bowl evenly with extra-virgin olive oil.

SOUP

Fresh Corn Soup



2 red bell peppers
3 poblano chilies
lemon juice to taste
1/4 cup unsalted butter
1 yellow onion, diced
kernels from 10 ears of corn (8-10 cups)
6 cups chicken stock OR corn stock (see below)
salt and pepper to taste
sugar to taste, if needed
shredded Monterey jack cheese (optional)

To make corn stock. Cut each corncob into 3-4 pieces and bring to a boil in enough water to cover the cobs - make sure at least 6 cups of water is in the pot. Reduce the heat to medium and simmer uncovered for 30 minutes. Strain and use the liquid in place of chicken stock.

Preheat a broiler or use a gas burner. Take red bell peppers, cut in half lengthwise and remove the skin, seeds and ribs. Place, cut sides down, on a baking sheet and broil until the skins blacken and blister. Do the same with the poblanos, blackening them whole and turning them as needed to blacken them evenly. Put both peppers and poblanos in a plastic bag and let them cool for 10 minutes. Peel away the skins. Take the chilies, slit them lengthwise and remove and discard the stems and seeds. Puree or chop them (you will want to chop if you plan on using jack cheese as well - it will look better) and reserve them for garnishing. Take the bell peppers, puree in a blender or food processor and season with a little lemon juice if desired. Reserve both for garnishing the soup.

In a large saucepan over medium heat, melt the butter. Add the onion and saute, stirring occasionally, until tender and translucent, about 10 minutes. Add the corn, stir well, and cook for 2 minutes to blend with the onion. Pour in the chicken or corn stock; it should just barely cover the corn. Raise the heat to high and bring to a boil. Reduce the heat to medium and simmer, uncovered until the corn is tender, about 6 minutes. Remove from the heat and let cool slightly. Working in batches, puree half the soup in the blender. Then pass the puree through a course mesh sieve placed over a clean saucepan (will be ok if you don't do this). Place over medium high heat and reheat to serving temperature. Season with salt, pepper and sugar if needed. Garnish with chopped poblano and red pepper puree and grated cheese.

MEAT

Brazilian Chicken Stew

- 1/3 cup peeled and thinly sliced ginger
- 4 cloves garlic
- 2 jalapenos, seeded and chopped
- 2 tablespoons fresh lemon juice
- 1 tablespoon paprika
- 1 tablespoon sugar
- 2 tablespoon water
- 1/4 cup vegetable oil
- 3 medium onions, coarsely chopped
- 3 cups drained canned plum tomatoes, coarsely chopped, juices reserved
- 1/2 cup unsweetened coconut milk
- 1/2 cup dry-roasted peanuts, finely chopped
- 1/4 cup shredded unsweetened coconut
- 1/4 cup chopped cilantro, plus more for garnish
- 3 cups chicken stock or canned low-sodium broth
- Salt and freshly ground pepper
- 2 pounds skinless, boneless chicken thighs or breasts, cut into 1 1/2 inch pieces
- Steamed rice and lemon wedges for serving

In a food processor, pulse the ginger with the garlic, jalapenos, lemon juice and paprika until finely chopped. Add the water and process to a paste.



In a large saucepan, heat 2 tablespoons of the oil until shimmering.

Add the onions and cook over moderate heat until softened, about 8 minutes. Add the ginger paste and cook until it begins to brown, about 3 minutes. Add half of the tomatoes along with the coconut milk, peanuts, sugar, 1/4 cup of the shredded coconut and 2 tablespoons of the cilantro and cook slightly thickened, about 5 minutes.



Scrape the sauce into a food processor or blender and puree. Return the sauce to the saucepan. Add the stock and the remaining

MEAT

Brazilian Chicken Stew continued

tomatoes and 2 tablespoons of cilantro and bring to a boil. Season with salt and pepper and simmer over moderate heat until reduced to 5 cups, about 20 minutes. Keep warm.

Meanwhile, in a large nonstick skillet, heat the remaining 2 tablespoons of oil until shimmering. Season the chicken with salt and pepper and saute over moderately high heat until golden and cooked through, about 10 minutes.

Add the chicken; season with salt and pepper. Spoon into bowls and garnish with coconut and cilantro. Serve with steamed rice and lemon.

Shrimp Tomato Pasta

Prepared by Jen and Richard in Philly with outstanding results. Now it is a regular dish that I make in the summer when the tomatoes are so great and it is always easy to have shrimp in the freezer. Bread and Circus frozen shrimp are really good and thaws under warm water in a couple of minutes so you don't have to think ahead.

Angel hair pasta

1 onion, finely chopped

3 cloves garlic, chopped

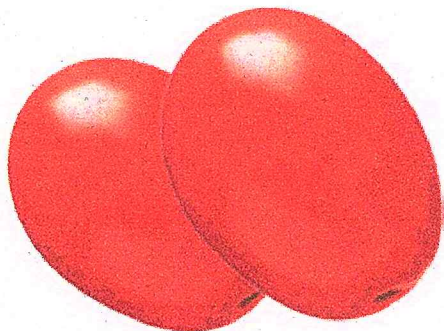
1 container red grape tomatoes

1 12 oz. package frozen, deveined, peeled shrimp, thawed

1-2 cups white wine

olive oil

Boil water for the pasta. This cooks pretty fast. Saute onion and garlic in olive oil. Add a cup of white wine and bring to a simmer. Add tomatoes and simmer until they become soft and juicy but stay whole. You could add a dash of cream to make it a little richer. Add the thawed shrimp and stir until cooked - but don't over cook. It should turn pink but still be succulent. Toss pasta in sauce to coat. Serve with parmesan and garlic bread.



MEAT

Chicken Spring Rolls

Spring roll wrappers (can be found at Whole Foods or any Asian food stores)

1 package rice vermicelli noodles

2-4 boneless, skinless chicken breasts (or shrimp)

1 bunch cilantro

1 bunch mint leaves

2 grated carrots\

1 cucumber, peeled and sliced in thin strips

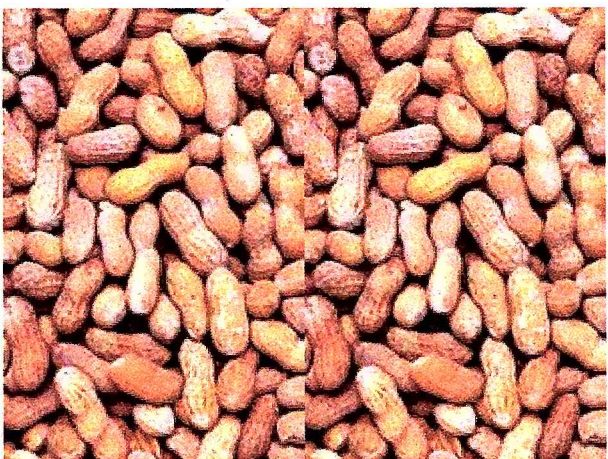
Peanut sauce for dipping

This is a fun recipe to do with a few people over for dinner. This is also a great excuse to buy a set of Japanese sushi trays and bowls. Put cilantro, mint, carrots and cucumbers in separate bowls.

Slice chicken into 3-4 pieces and season with salt and pepper. Saute chicken until cooked through and set aside. Prepare vermicelli noodles following the directions on the packaging and drain. When the chicken is cool enough to handle, shred chicken along its grain into small strips. Place chicken on a tray and noodles in a bowl with tongs (they are usually pretty sticky - if you are among true friends you can use your fingers to pull apart noodles)

Place a large bowl of warm water on the table. Put stiff spring roll wrappers into the warm water, one or two at a time, until very flexible. Pull out wrapper and lay flat on a plate. Place the ingredients of your choice in the center, fold the sides over the top of the pile, fold the top flap over and then roll the last flap tightly over the roll.

Dip rolls into peanut sauce - the best I have ever found is called Jade Sichuan Peanut Sauce and is available at Cooking.com.



MEAT

Spinach, Warm Scallops (or Shrimp) and Spicy Pecan Praline

For praline

- 1/3 cup pecans, chopped fine
- 1/8 teaspoon salt
- 1/8 teaspoon cayenne, or to taste
- 3 tablespoons sugar

For salad

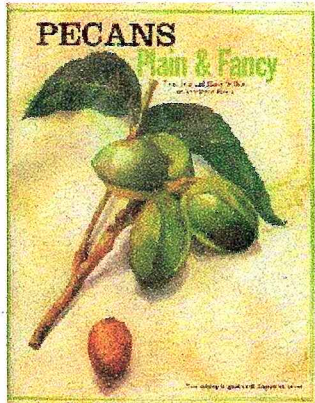
- 3/4 pound sea scallops
- 1 tablespoon all-purpose flour
- 3/4 teaspoon salt
- 3/4 teaspoon ground cumin
- 1/8 teaspoon cayenne
- 1/2 tablespoon unsalted butter
- 1 tablespoon olive oil
- 3 tablespoons fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 3/4 teaspoon Dijon mustard
- 1 large firm-ripe avocado (preferably California)
- 7 cups spinach or tatsoi (thick, spoon-shaped Asian greens)
- leaves, washed well and spun dry

Make praline:

In a bowl stir together pecans, salt, and cayenne. In a dry small heavy skillet or saucepan cook sugar over

moderate heat, stirring with a fork, until melted and cook, without stirring, swirling skillet or pan, until a golden caramel. Add pecan mixture and stir to coat nuts with caramel. Spoon praline onto a sheet of foil and cool.

Transfer praline to a cutting board and chop fine. Praline can be made 3 days ahead and kept in an airtight container.



Prepare scallops:

Remove tough muscle from side of each scallop if necessary and halve any large scallops. On a sheet of wax paper combine flour, salt, cumin, and cayenne and dip flat sides of each scallop into mixture to coat, knocking off



MEAT

...SPINACH continued

scallop into mixture to coat, knocking off excess. In a skillet heat butter and olive oil over moderately high heat until foam subsides and sauté scallops, flat sides down, until golden and just cooked through, about 2 minutes on each flat side. Remove skillet from heat and cool scallops slightly.



In a large bowl whisk together lemon juice, extra-virgin olive oil, mustard, and salt and pepper to taste until emulsified. Peel and pit avocado and cut into 1/2-inch-thick wedges. Cut wedges in half crosswise and add to dressing. Add scallops with any liquid remaining in skillet, tatsoi or spinach, and praline and gently toss to coat.

VEGETARIAN

Deron's Macaroni and Cheese

1 1/2 cups elbow macaroni
2 tbsp. flour
3 tbsp. butter
1/2 tsp. salt
8 oz. cheese (mostly cheddar but you can add mozzarella and monterey jack)



Cook macaroni. In a pan, melt butter. Blend in flour, salt, and pepper. Add milk and cook, stirring until thick and bubbly. Add cheese, stirring until melted. Mix cheese sauce with noodles in a casserole dish and cook at 350 degrees for 35 to 40 minutes. Serve with stewed tomatoes. It will feel more healthy that way.

VEGETARIAN

TAMALES WITH

TOMATILLO SALSA

This is a time-consuming but fun meal to make. It is best to invite over a few friends and make them together. They are well worth the effort.

Poblano chilies (fresh green chilies), tomatillos (green tomato-like fruits), dried corn husks, and Masa Harina are found at many supermarkets and Latin American markets.

Tomatillo-Avocado Salsa

- 12 tomatillo, husked, rinsed well
- 1 small onion, quartered
- 6 large garlic cloves, peeled
- 2 to 3 serrano chilies, stemmed
- 2 ripe avocados, peeled, diced
- 1/2 cup chopped fresh cilantro
- 1/2 teaspoon fresh lime juice



Tamales

- 1 6-ounce package dried corn husks
- 1 pound large poblano chilies
- 2 cups Masa Harina (corn tortilla mix)
- 6 tablespoons (3/4 stick) unsalted butter, room temperature
- 3 tablespoons sugar
- 2 1/4 teaspoons salt
- 1/2 cup canned low-salt chicken broth
- 5 cups frozen baby white corn kernels (about 25 ounces), thawed
- 3 cups (packed) coarsely grated sharp cheddar cheese
- 1 teaspoon baking powder
- 1/8 teaspoon ground black pepper
- Optional shredded chicken or pork

Make Salsa:

Cook first 4 ingredients in heavy large skillet over high heat until charred in spots but still firm, turning occasionally, about 5 minutes. Transfer to processor; using on/off turns, chop coarsely. Add all remaining ingredients. Blend to coarse puree. Season with salt and pepper. Can be made 1 day ahead. Cover and chill.

MEAT

...TAMALES continued

Make Tamales:

Selecting the largest and cleanest husks, place half of husks in large bowl; fill bowl with warm water. Weigh husks down with plate; soak husks until soft, separating occasionally, about 2 hours. Form 36 ties by tearing several husks into 1/2-inch-wide strips.

Char chilies directly over gas flame or under broiler until blackened on all sides. Place in medium bowl; cover tightly with plastic. Let stand 10 minutes. Peel, seed, and chop chilies.

To make dough, blend Masa Harina, butter, sugar, and 1 teaspoon salt in processor until coarse meal forms. Add broth and blend in (mixture will be crumbly). Transfer masa mixture to large bowl. Blend 2 1/2 cups corn, 1 cup cheese, baking powder, pepper, and 1 1/4 teaspoons salt in processor until coarse puree forms. Stir puree, then 2 1/2 cups corn into masa.

For each tamale, open 1 large softened husk. Place 1/3 cup tamale dough in center of husk. Make depression in center of dough; fill with 1 tablespoon chilies, then 1 tablespoon cheese. Using moistened fingertips, press dough over filling to cover; shape filled dough into 3-inch-long log parallel to 1 long edge of husk. Fold 1 long side of husk over filling and roll up to enclose. Tie ends of filled husks tightly with husk strips.

Add enough water to large pot containing steamer insert to reach bottom of insert. Layer tamales in steamer insert. Bring water to boil; cover pot. Steam until tamales are firm, removing insert and adding boiling water to pot to maintain water level as needed, about 1 hour. (Can be made 1 day ahead. Cool slightly. Refrigerate. Before serving, re-steam 45 minutes to heat through.) Serve tamales in husks with salsa. Makes about 18 tamales.

Here's
pics
of
mine!



BRUNCH

My Mom's Cheese Blintzes (our Christmas breakfast tradition)

For the Crepes:

- 3 eggs
- 1 cup milk
- 3/4 cup all purpose flour
- 1/2 teaspoon salt

For the Filling:

- 1 package cream cheese softened (3 oz.)
- 2 cups ricotta cheese (1 lb.)
- 1 egg
- 2 tbs sugar
- 1/2 teaspoon vanilla



Mix eggs in a blender. Add milk, flour and salt until fully mixed. If you don't have a blender and are using a mixer, mix the eggs, then gradually add flour until fully mixed in so you don't have lumps. Then add the milk and salt. Chill the mixture in the fridge for 30 minutes.

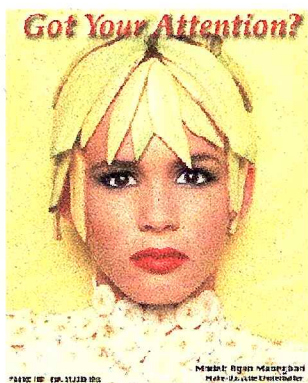
Mix filling ingredients until smooth. Cook one side of the crepe until brown. Set aside between squares of wax paper until done with batter. Spoon filling on cooked side of each crepe. Fold over and make a little package. Then brown the flap side first, then the smooth side. Place blintzes in a oven proof dish and reheat when ready to eat. Serve with sour cream and sifted powdered sugar.

My Mom's Banana Bread

- 2 cups mashed banana
- 3 eggs
- 1 cup oil
- 1 tsp vanilla
- 2 cups flour
- 1 cup sugar
- 1 tsp soda
- 1/4 tsp salt

Combine bananas, eggs, oil and vanilla and mix well.

Sift together flour, sugar, soda and salt. Add to banana mixture. Pour batter into greased 9x5 pan. Bake at 350 degrees for 50 minutes until done.



I actually love this banana bread heated with butter on top - no butter in the recipe so NO GUILT!

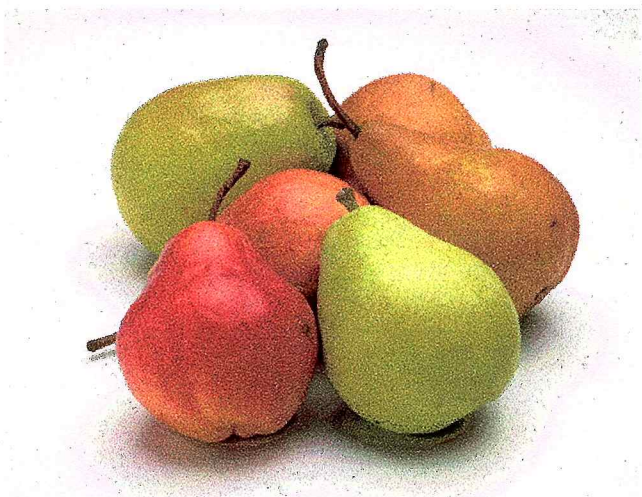
BRUNCH

Extreme French Toast & Pears Back by Popular Demand

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 Cointreau or Triple Sec
2 tablespoons fresh lemon juice
pinch of salt
zest of 1 orange
zest of 1 lemon
1/2 loaf sliced bread (preferably a little stale)
vegetable oil
maple syrup (optional)
powdered 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, Cointreau, lemon juice, remaining 2 tablespoon sugar, salt, and zests. Beat with a fork until well blended.

Dip bread slices into egg mixture to coat on both sides. Coat the bottom of a large pan or griddle with a little oil. Cook bread until golden brown on each side. Serve hot with pears, maple sugar and sifted powdered sugar.



For a completely sinful breakfast, serve this with bacon. I like to bake bacon for 40 minutes then crisp it in the broiler.

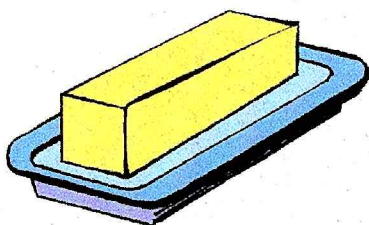
FAT

Mostly Crust Key Lime Pie

My favorite part of a key lime pie is the graham cracker crust. This recipe has a double crust recipe.

Crust:

2/3 cup butter
1/2 cup sugar
2 1/2 cups finely
crushed graham
crackers (about
32 crackers)

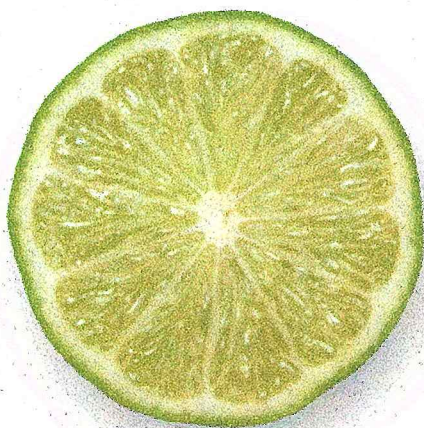


Filling:

3 eggs
1 14.5 oz. can sweetened condensed milk
1 teaspoon finely shredded lime peel (optional)
1/3 cup lime juice (fresh or bottled Key Lime Juice)

For the Crust: preheat oven to 375

Melt butter. Stir in sugar. Add crushed graham crackers. Toss to mix well. Spread mixture evenly into a 9-inch pie plate. Press onto bottom and sides to form a firm, even crust. Bake in a 375 degree oven for 4 - 5 minutes or until edge is lightly browned. Cool before filling.



For the Filling: preheat oven to 350

Separate egg yolks from whites. In a bowl, use a mixer to beat the yolks until thick. Stir in condensed milk and lime peel. Gradually add lime juice, beating at low speed until just combined. Be sure not to overbeat.

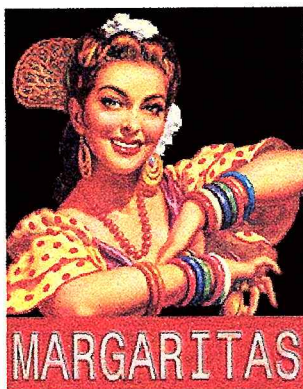
Spoon mixture into graham cracker crust. Bake at 350 degrees for 15 minutes. Cool. Cover and chill in the fridge until ready to eat.

DRINKS

Margaritas (limit 2!)

- 1 part tequilla (gold or white)
- 1 part Triple Sec
- 1 part fresh squeezed lime juice

Serve with a rim of salt over ice. A good way to make the salt stick is to run a lime wedge over the lip of the glass before swirling in salt. Also, be careful when you pour so you don't end up with the salt in the drink - that tastes yucky.



Green Apple Martini (limit 2!)

- 1 shot Vodka
- 1 shot Green Apple Schnapps or Apple Pucker

Shake like martini in cracked ice. Garnish with a apple Jolly Rancher or a slice of green apple.

Fresh Lime Soda (sweet or salty) (no limit!)

This was my beverage of choice in India. It is easy, refreshing and bubbles up a ton when you add the sugar.

- 1 part fresh lime juice
- 3 parts club soda
- Simple syrup (sugar dissolved in warm water until it won't absorb anymore grains)
- Optional - dash of salt



Serve lime juice and soda in a glass with a small glass or pitcher of simple syrup to add as you go - it will fizz fizz fizz!



PEACE, JOY & HAPPINESS TO YOU ALL

❄️ LOVE MARDIE ❄️

