

CRUISING & COOKING

CANAL du MIDI
SUMMERS 1986 to 1990



This book is compiled from three that Dominique developed for her several summer trips as guest chef on the Athos. For many years she conducted French cooking classes at the Princeton Adult School in New Jersey and wrote a weekly column for The Princeton Packet on French cooking adapted for the American market.

During the cruises, Dominique shopped in local markets and prepared meals based on the high-quality ingredients that she found. She emphasized methods of easy preparation and suggested menus for including French dishes in meals at home. All of the recipes were extensively tested in her Princeton cooking classes and enjoyed by her family and friends.



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A Little History

TENTATIVE MENUS

Artichauts mayonnaise Boeuf Bourguignon Haricots verts Tarte aux pommes	Coquilles de poisson froid Lapin sauté chasseur Mousse au chocolat
Filet de sole Normande Roti de veau froid - Ratatouille Poires au vin	Moules marinières Roti de veau - couronne de riz au safran Profiterolles au chocolat
Soupe de poireaux (Cresson) Navarin de mouton Salade verte Gâteau de marrons au chocolat	Petits légumes au beurre blanc Soupe de poisson style bouillabaisse Clafoutis à la Dominique
Crudites Coq au vin Tarte Alsacienne	Salade concombre – champignons Haricot de mouton Crème caramel
Asperges sauce mousseline Filet de boeuf Bordelaise Mousse au chocolat	Celeri remoulade Cassoulet Toulousien Compote au caramel
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Fonds d'artichauts -Mayonnaise Civet de Porc Pommes de terre au maigre Tarte aux Poires	Soupe de Tomates Cotes de veau flambées Purée de poireaux au gratin Crème Caramel
Poisson froid – Sauce verte Blanquette de veau Tarte Tatin	Melon de Cavaillon Coq au vin Crème caramel
Moules Marinières Blanquette de veau – Couronne de riz Profiterolles au chocolat	Soupe aux poireaux (or Cresson) Navarin de mouton Salad verte Tarte aux pommes
Petits légumes au beurre blanc Soupe de poisson – Style Bouillabaisse Gâteau de riz - Fruits pochés	Crudites Coq au vin Clafoutis à la Dominique

Lunches will include one of the recipes listed below as well as a salad, bread, cheese tray and local fruits.

Quiche Lorraine
Soupe aux carottes

Tarte aux poireaux
Soupe à l'oignon

Salad Nicoise
Gratin Dauphinois

Soufflé au fromage
Charcuterie



Soups

SOUPE AUX CAROTTES

6 servings

Ingredients:

1 pound carrots
1 pound tomatoes (canned if not in season)
2 big onions
1 garlic clove
2 tablespoons chopped parsley
2 ounces butter
½ cup heavy cream
salt and pepper

Preparation:

In a large saucepan put the peeled and cut carrots, the tomatoes, the peeled onions and garlic clove, some parsley, salt and pepper.

Barely cover with water, bring to a boil. Cover and simmer for about one hour. Pass through a food mill or use an immersion blender. Add water if too thick.

Bring back to a boil. Add cream and butter and serve.

POTAGE SAINT-GERMAIN

6 servings

Ingredients:

3 packages of frozen peas (or fresh peas in season)
2 onions
2 cups of meat stock (chicken)
½ cup of heavy cream
2 tablespoons of butter
salt and pepper
1 tablespoon of parsley (or chervil)

Preparation:

Chop the onions and cook with the peas in a small amount of salted water until the ingredients are tender. Drain the water and mash together (an immersion blender can be used). Transfer to a casserole and add the stock little by little until the soup has the desired consistency. Taste for salt and pepper. Bring to a boil, add cream and butter and bring back to a boil.

Serve right away with snipped parsley or chervil.

Ingredients:

1 bunch of watercress
4 medium size potatoes
2 medium size onions
1½ teaspoons salt
freshly ground black or white pepper
½ cup heavy cream
2 ounces butter

Preparation:

Clean watercress in running water and set aside a few leaves. Chop watercress; peel and quarter the potatoes and onions.

In a heavy casserole melt 2 tablespoons of butter and stir in the watercress until it reduces. Add the potatoes and onions. Add enough water* to barely cover the vegetables. Add salt and pepper. Bring to a boil. Reduce heat and continue to cook, covered, for about a half hour or until potatoes are cooked. Puree in a food processor or blender, or press through a food mill. Return to the saucepan; bring back to the boil. Add cream and the remaining butter. Taste for right amount of salt. Sprinkle with the reserved watercress leaves and serve right away.

*Meat or chicken stock can be used instead of water.

SOUPE DE TOMATES

6 servings

Ingredients:

6 large ripe tomatoes (or one large can when out of season)
2 medium sized onions
3 medium sized potatoes
2 garlic cloves
2 teaspoons of chopped parsley
1 shallot
salt and pepper
½ cup of heavy cream
2 tablespoons of butter

Preparation:

Peel the potatoes and onions and cut into quarters. Put in a heavy casserole with remaining ingredients, except the butter and heavy cream. Barely cover with water and bring to a boil and simmer, covered, for 30 to 40 minutes. Pass through a sieve or use an immersion blender to obtain a uniform consistency. Add more liquid (or use milk) if necessary. Bring to a boil again and add the butter and heavy cream.

Serve immediately.

Ingredients:

1 pound of dry navy beans
2 onions
2 garlic cloves
1 bay leaf
2 carrots
1 pinch of thyme
2 parsley sprigs
salt and pepper
2 ounces of butter
½ cup of heavy cream

6 slices of white bread
6 ounces of butter

Preparation:

Soak the beans overnight in water. Drain the water and transfer to a large saucepan. Add the onions, garlic, bay leaf, carrots, thyme, parsley, salt and pepper. Cover with one inch of cold water and bring to a boil. Simmer, covered, for 2½ hours. Puree the vegetables using a sieve or an immersion blender, adding more water if necessary, but maintaining a quite thick consistency. Bring to a boil and add butter and cream. Serve right away and sprinkle each bowl with hot croutons.

Homemade croutons: Trim the crust from the bread and cut the bread into ½ inch squares. Melt the butter in a 10-inch skillet and brown the bread in the butter over a medium heat. Turn the bread so as to brown both sides. Serve immediately with the soup.

Ingredients:

4 big onions, peeled and sliced
4 tablespoons butter
2 cans of beef bouillon or 4 cups of homemade stock
2 tablespoons flour
salt and pepper
1 clove garlic
½ loaf French bread
½ pound Swiss cheese, grated

Preparation:

In a heavy casserole or Dutch oven, melt the butter. Cook slowly the onions in the butter until they become transparent and golden in color. Powder the onions with the flour. Brown the mixture. Add the stock. Add pepper. Taste for salt.

Bring to a boil. Cover and simmer for 30 minutes.

Cut the bread into chunks. Rub garlic on the crust. Put the bread on top of the soup. Cover with the cheese. Bake in a 450 F oven until cheese has melted and has a nice brown color.

Ingredients:

3 - 4 large leeks, thinly sliced and washed
4 medium potatoes, peeled and diced
1½ teaspoons salt
¼ teaspoon freshly ground pepper
½ cup heavy cream
2 tablespoons butter

Preparation:

Combine leeks and potatoes in a large saucepan. Barely cover with water. Add the salt and pepper. Bring to a boil. Reduce heat and simmer, covered, for at least 30 minutes or until the vegetables are tender.

Using a fork or potato masher, mash some of the potatoes directly in the saucepan to give the soup some thickness. Or, if you prefer, puree the soup in a blender, with an immersion blender or food processor. This will give it a quite different character.

While the soup is quite hot, add the cream and butter, and serve at once.

Ingredients:

1 pound of fresh shrimps
1 pound of fresh scallops
1 lb filet of flounder (can be sole, monk fish, bass etc.)
4 - 6 tablespoons olive oil
2 large onions, chopped
2 cups dry white wine
1 large can of peeled tomatoes
4 crushed garlic cloves
¼ teaspoon thyme
¼ teaspoon fennel
¼ teaspoon saffron
¼ teaspoon cayenne pepper
1 small piece orange peel
1 bay leaf
2 teaspoons salt
2 crushed garlic cloves (to add at the end)
2 tablespoons snipped parsley
½ loaf French bread, sliced

Cooking Instructions:

Peel the shrimps while raw. Remove the vein if necessary. Set aside. Rinse the scallops in cold water. Pat dry and set aside.

In a large casserole or Dutch oven, cook slowly the onions in the oil without browning. Add the white wine, the tomatoes, and the garlic. Add the thyme, fennel, saffron, cayenne, orange peel, bay leaf, and salt. Bring to a boil, cover and simmer for 10 minutes. Add the fish, shrimps and scallops, the 2 remaining garlic cloves, some water if the appearance is too thick. Simmer 10 more minutes.

Serve with snipped parsley on top. Pour into hot bowls over toasted French bread rubbed with garlic.



Salads

CELERI REMOULADE - MAYONNAISE

6 servings

Ingredients:

1 lemon
3 celeriac (celery root, knob celery) each about the size of an apple
½ cup homemade mayonnaise
1 teaspoon snipped parsley
½ teaspoon snipped tarragon (if in season)
1 clove garlic, thinly sliced
¼ teaspoon freshly ground pepper

Preparation:

Prepare a mayonnaise as described below.

Wash the celeriac and peel, using a sharp knife or vegetable parer. Cut into quarters and sprinkle with lemon juice to prevent discoloration.

Grate the celeriac in a hand grater or with the grater attachment on your food processor. Combine mayonnaise and the remaining ingredients; toss the sauce with the grated celeriac. Chill until ready to serve. The salad can be made several hours before serving time.

Mayonnaise: (for one cup of mayonnaise)

1 cup of salad oil
1 teaspoon vinegar
¼ teaspoon salt, ground pepper
½ teaspoon Dijon mustard
2 egg yolks

Place egg yolks, mustard, salt, and pepper in a small mixing bowl. Add a very small amount of oil and beat with a mixer set at high speed. Add more oil and keep beating. When half of the oil has been used, add the vinegar, continue beating. Add remaining oil, incorporate well. Taste for salt and pepper. Keep in refrigerator until ready to use.

Ingredients:

1 pound of fresh shrimps
4 slices of white bread
4 ounces of butter
1 shallot
1 big escarole
1 leaf lettuce
salt and pepper

Vinaigrette:

9 tablespoons of olive oil
3 tablespoons of wine vinegar
1 garlic clove
¼ teaspoon of salt
pepper grindings
1 shallot or some chives

Preparation:

Peel the raw shrimps and cut in two through the middle. Melt 1 tablespoon of butter in a skillet and sauté the shrimps with the minced shallot. Add salt and pepper to taste and set aside.

Cut the bread into crouton size pieces; melt the remaining butter in another skillet and sauté over a medium heat. Keep turning them until they are golden brown on all sides and crisp. Set aside on a paper towel to absorb any excess fat.

Mix the ingredients for the vinaigrette directly into the salad bowl. Add washed lettuce and escarole leaves and the shrimps. Toss and scatter the croutons on top. Serve either as a first course or as a salad.

Ingredients:

1 cucumber
1 ripe avocado (optional)
1 pound small fresh mushrooms
1 chopped shallot
1 chopped garlic clove
1 teaspoon chopped parsley
½ teaspoon salt
½ teaspoon pepper
½ cup olive oil
¼ cup wine vinegar
some lemon juice

Preparation:

Gently wash the mushrooms under running water and cut off stems if necessary. Put the mushrooms in a pan of boiling water, bring back to a boil and drain, then cool with running cold water.

In a bowl, mix very well the oil, vinegar, shallot, garlic, parsley, salt and pepper. Pour this on top of mushrooms. Peel cucumbers, cut lengthwise in quarters, remove seeds, and slice. Add one teaspoon of salt and mix together. Let stand a few minutes, remove excess water and pat dry. Mix the cucumbers with the mushrooms. Peel and slice the avocado and add to cucumbers and mushrooms. Add some lemon juice. Sprinkle with fresh parsley.

This salad can be made several hours ahead of time. It can also be served as a first course.

SALADE VERTE

6 servings

Ingredients:

3 tablespoons of fine olive oil
1 tablespoon wine vinegar
salt, freshly ground pepper
a dash of French mustard (optional)
1 shallot, peeled and minced (minced garlic clove optional)
1 head Boston or other lettuce

When in season, you can add fresh chives and/or a tarragon sprig.

Preparation:

Combine oils, vinegar, and seasonings in a large salad bowl. Add the lettuce on top. Toss just before serving.

Ingredients:

6-8 good-sized artichokes
1 bunch asparagus
1 Boston lettuce
parsley
salt and pepper
1 lemon

Hollandaise:

2 egg yolks
1 teaspoon lemon juice
6 ounces butter
salt and pepper

Preparation:**Artichokes:**

Remove the leaves of the artichokes with a sharp knife, cutting the leaves just above the tender part so as to waste as little as possible. Cook in boiling salted water for 20-30 minutes. Drain, remove the choke, and trim off the parts that seem still tough. Squeeze on the lemon juice. Cook the asparagus in boiling salted water for 15 minutes, drain. Cut into one inch sections. Decorate individual plates with a lettuce leaf, an artichoke heart filled with a few asparagus tips. Sprinkle with chopped parsley. Serve with a hollandaise sauce.

Hollandaise:

Put the egg yolks, a pinch of salt, the lemon juice and a tablespoon of butter in the top pan of a double boiler. Starting with the water cold and over a low heat, beat the ingredients with a whisk and continue until the mixture thickens. Add butter bit by bit as the water gets hot. The mixture itself should not overheat. You should be able to stand the heat of the sauce with your finger. If it is too hot, continue beating and remove the top pan from the water.

Serve right away.

Ingredients:**Mayonnaise:**

1 cup salad oil
1 tablespoon vinegar (or lemon juice)
¼ teaspoon salt, few grindings of pepper
a dash of mustard
1 egg yolk

Artichokes:

6 to 8 good-sized artichokes
1 Boston lettuce, parsley (for decoration)
salt and pepper
1 lemon

Preparation:

In a small bowl put the egg yolk with mustard, salt, pepper and a small amount of oil. Start beating with an electric mixer or a wire whisk. Add more oil in very small amounts while beating. When about half of the oil is well beaten in the mixture, beat in the vinegar, then the rest of the oil. Keep in the refrigerator if you do not use immediately.

Remove the leaves of the artichokes with a knife, cutting the leaves just above the tender part so as to waste as little as possible. Cook in boiling water for 20-30 minutes. Drain, remove the choke, and trim off the parts that seem still tough. Squeeze on lemon juice so that the artichokes will not darken. Set on a bed of lettuce. Fill the hearts with mayonnaise. Sprinkle with snipped parsley.

Serve as a first course.

Ingredients:

3 large potatoes boiled in their skin, peeled and diced
½ cup pitted black olives
1 12-ounce can of tuna fish packed in oil or 1 pound fresh tuna (fresh cod can be a substitute)
4 large, firm, ripe tomatoes, quartered
1 Boston lettuce
chopped parsley
2 garlic cloves
1 shallot or 2 white onions
1 can flat anchovy filets
2 cups cooked string beans, chilled
½ cup olive oil
3 tablespoons wine vinegar
salt and pepper
3 hard boiled eggs

Preparation:

If using fresh fish, boil and separate into flakes and refrigerate.

In a deep, large platter, arrange a bed of Boston lettuce. In a bowl, mix olive oil, vinegar, chopped onions, garlic, parsley, salt and pepper, to make vinaigrette.

Mix together beans, potatoes, fish, black olives and half the vinaigrette. Arrange on the bed of lettuce, decorate with hard boiled eggs, tomatoes and anchovies. Pour on top the remaining vinaigrette, sprinkle with parsley and serve.

Ingredients:

2 pounds filets of sole (could also be flounder or cod)

Fumet:

1 cup dry white wine
2 cups water
1 onion, 1 garlic clove, 1 shallot, peeled
1 sliced carrot
parsley, bay leaf, thyme
salt and pepper

Garniture:

2 tomatoes
lettuce leaves
2 hard boiled eggs
1 avocado (optional)
a few fresh mushrooms
1 lemon

Vinaigrette:

2 hard boiled eggs, chopped
½ cup vinegar
1½ cups oil
chives and 2 shallots
1 teaspoon salt and ½ teaspoon pepper
1 tablespoon chopped parsley

Preparation:

Prepare the fumet in a small pan by putting all the ingredients together, bringing to a boil, and simmering for 20 minutes. Pass through a sieve. Bring the filtered fumet to a boil. Poach the filets in it for 5 minutes. Remove and keep in a cool place.

Prepare the vinaigrette in a bowl, dissolving the salt in the vinegar and then adding all the other ingredients. Mix well with a fork.

On individual small plates (scallop shells would be better) arrange the lettuce leaves, spoon out the fish, decorate with the avocado, sliced hard boiled eggs, mushrooms etc...
Pour a small amount of the vinaigrette on top of the fish. Serve with the vinaigrette in a sauce-boat on the side.

This makes a very good light first course.



Main Courses

ARTICHAUTS A LA BARIGOULE

6 servings

Ingredients:

6 good-sized fresh artichokes
6 slices of lean bacon
½ pound ground pork
½ pound of mushrooms
1 shallot and 2 garlic cloves, chopped
2 tablespoons of snipped parsley
1 cup of dry white wine
3 large tomatoes, quartered
butter, salt and pepper

Preparation:

Slice the top part from the artichokes and boil them for 15 minutes in lightly salted water. Drain and remove the tough leaves and the choke. Trim the stems and set aside.

Dice the mushrooms and brown them in a little butter. Combine the mushrooms, the chopped shallot, the parsley, ground pork and a little salt and pepper. Fill the heart of each artichoke with the mixture. Roll each artichoke in a slice of bacon and secure with a wooden pick.

In a deep casserole or Dutch oven, gently brown the artichokes in a small quantity of butter. Add the quartered tomatoes, a little more chopped parsley, garlic and the white wine. Bring to a boil and simmer, covered, for 20 to 25 minutes. Remove the artichokes, unwrap the bacon and set aside to keep warm.

Reduce the sauce over a high heat for about five minutes; degrease if necessary.

Place the artichokes on a deep serving platter. Pour the sauce on top and serve “as is” or with rice.

Ingredients:

4 medium celeriac (tennis ball size)
4 large baking potatoes
4 tablespoons of butter
2 lemons
milk
salt and pepper

Preparation:

Peel the celeriac and sprinkle with lemon juice to prevent oxidation. Cut into quarters. Peel and quarter the potatoes and place with the quartered celeriac in a medium saucepan. Cover with cold water, add a teaspoon of salt. Bring to a boil, reduce the heat and simmer, covered, for about 30 minutes or until tender.

Drain, mash and puré in a food processor, adding a little hot milk to make a suitably “fine” puré. Beat in the butter and season to taste with salt and pepper.

This is a fine dish to serve with game, pork, or any roast meat of your choice.

Ingredients:

½ pound of dry navy beans (or other white dry beans)
2 pounds of green beans
1 onion
1 carrot
bay leaf, thyme, 2 cloves
salt and pepper

2 ounces of butter
2 garlic cloves, 2 shallots
parsley

Preparation:

Soak the white beans overnight in water. Drain the water and transfer to a saucepan, cover with water and add 1 sliced carrot, the whole onion, a pinch of thyme, the cloves, some parsley, salt and pepper. Bring to a boil, cover and simmer for 1½ hours or until the beans are cooked. (The white beans can be cooked ahead of time, kept in their cooking water, and reheated before being used.)

Meanwhile, cook the green beans in boiling salted water for about 15 minutes.

Chop parsley, garlic and shallots together. In a large platter, mix the two kinds of beans together drained of their water. Add large chunks of butter and the chopped herbs. Toss a few times, add salt and pepper to taste.

Serve right away.

SOUFFLE AU FROMAGE

4-6 servings

Ingredients:

3 ounces butter
1/3 cup flour
1 cup milk
½ teaspoon salt
a few pepper grindings
¼ teaspoon nutmeg
4 eggs, separated
4 ounces Swiss cheese (grated)

Preparation:

Preheat oven to 400 F. Melt 2 ounces of the butter in a saucepan. Add the flour; add the milk all at once. Add salt and pepper and bring to a boil, stirring constantly with a whisk. Remove the mixture, thick by now, from the heat. Add remaining tablespoon of butter, the nutmeg, and 4 egg yolks, one at a time.

Beat egg whites until stiff. Alternately, add to the mixture the egg whites and the cheese. Mix but not too thoroughly.

Pour into a very well greased and floured soufflé dish. Sprinkle some grated cheese on top. Bake in the oven at 400 F, for about 30 minutes.

Serve right away.

QUICHE LORRAINE

6-8 servings

Ingredients:

For the pastry:

2 ounces butter
2 ounces lard
2 cups flour
1 egg yolk
A pinch of salt (if unsalted butter)
¼ cup water

Quiche filling:

3 eggs
6 thick slices bacon
1½ cup of heavy cream
salt and pepper
½ cup grated Swiss cheese
2 tablespoons butter

Preparation:

Pastry:

In a bowl, put the butter and lard, cut into small pieces, and the flour. Work together with the finger tips. Add egg yolk and mix some more. Add water to make the pastry elastic. Form into a ball. Roll the ball in flour, wrap with wax paper and chill for two hours.

Quiche:

Preheat the oven to 375 F. Roll the pastry to fit a 9-inch pie tin. Set aside.

Fry the bacon, cut in pieces, and drain on paper towel. Scatter the bacon over the bottom of the pastry shell. Cover with the cheese. Pour on top a mixture made of the eggs, cream, salt, and pepper which have been well beaten together with a whisk. Sprinkle small pieces of butter on top.

Bake in the oven for about 25 minutes; or until the blade of a knife comes out clean. Unmold if you wish and serve warm.

Ingredients:**Pastry:**

8 ounces of butter
2 cups of flour
1 egg yolk
1 pinch of salt
¼ cup of water

Filling:

1 pound of fresh mushrooms
5 tablespoons of butter
3 tablespoons of flour
¼ cup of water
½ cup of heavy cream
4 ounces of grated Swiss cheese
salt and pepper
a dash of nutmeg

Preparation:

Cut the butter into small pieces and mix with the flour and salt until the mixture resembles coarse meal. Add the egg yolk and continue working with finger tips. Add water and assemble the dough into a ball. Roll in flour, wrap in wax paper and refrigerate for 2 hours before rolling into the tart crust.

Pre-heat the oven to 400 F. Roll out the pastry to fill a 9-inch pie dish. Press firmly into place and pre-bake for 15 minutes: press the pastry down if necessary at the end of this stage. Set aside.

Meanwhile, melt 2 tablespoons of butter in a skillet and sauté the sliced mushrooms. Add salt and pepper. Drain all of the liquid and transfer the mushrooms to the crust. Start a béchamel by melting 3 tablespoons of butter in a saucepan, adding the flour and stirring into a paste. Add the water and stir some more to obtain a uniform texture. Add the cream, salt, pepper and nutmeg. Cover the mushrooms with this very thick sauce. Scatter the cheese on top and bake at 375F for 15 to 20 minutes.

Serve warm.

Ingredients:**Pastry:**

¼ cup butter
¼ cup lard
2 cups flour
1 pinch salt
1 egg yolk
¼ to ½ cup cold water

Filling:

3 leeks
3 tablespoons butter
3 eggs
1½ cups heavy cream
¾ teaspoon salt, a few pepper grindings
½ cup grated Swiss cheese (Emmenthal or gruyere)

Preparation:**Pastry:**

Cut butter and lard into small pieces and mix with flour and salt until mixture resembles coarse meal. Add egg yolk and continue working with finger tips. Add ¼ cup water and assemble dough into a ball. Add more water if necessary. Roll in flour, wrap in wax paper and refrigerate 2 hours before ready to roll.

Heat the oven to 400 F.

Roll out the pastry to fit a 9-inch pie pan. Press firmly into place and pre-bake for 10 minutes. Press back the pastry into place if necessary. The pre-baking is not entirely necessary especially if tart is going to be eaten right away. If it is not done, add 10 more minutes to the baking at the end.

Filling:

Clean leeks very carefully, especially if they are sandy. Cut crosswise into ½ -inch slices. Cook in butter in a skillet over low heat until transparent. Do not let the butter brown. Scatter the leeks over the pie shell. Sprinkle with the cheese. Combine the remaining ingredients, mix well, and pour over the cheese.

Bake at 375 F for about 25 minutes or until a knife inserted in center comes out clean.

GRATIN DAUPHINOIS

6 to 8 servings

Ingredients:

2 large onions, peeled and thinly sliced
2 tablespoons of butter
6 to 8 large potatoes
1 garlic clove, peeled
1 cup of grated Swiss cheese (Emmenthal, Gruyere or Comte)
1 cup of milk
1 cup of cream
salt and pepper
freshly grated nutmeg

Preparation:

Cook the onions in butter in a large skillet over medium heat until they are transparent. Peel and slice the potatoes into extremely thin slices.

Rub the inside of an ovenproof gratin dish with garlic; discard the garlic. Place half of the potatoes in the dish and sprinkle lightly with salt, pepper and nutmeg. Cover with half of the onions. Add another layer of potatoes and cover with other half of the onions and half of the cheese. Top with the remaining potatoes and again sprinkle with salt, pepper and nutmeg. Cover with the remaining cheese.

Preheat the oven to 325 F. Pour milk into the gratin dish and on top of the stove, bring the milk to a boil over a low heat. Transfer to the oven and bake uncovered for one hour. Spread the cream on top and then bake for another 40 minutes, or until fork tender.

Ingredients:

3 pounds of potatoes
2 pounds of tomatoes (sliced)
1 clove of garlic, crushed
6 ounces of grated Swiss cheese
½ cup of olive oil
salt and pepper
1 pinch of thyme
1 tablespoon of snipped parsley

Preparation:

Cook the potatoes, unpeeled, in boiling, lightly salted, water. When tender, remove from the heat and cool. Peel the potatoes and slice into uniform thin sections.

Preheat the oven to 350 F.

Chop the onions and sauté them in 2 tablespoons of oil until they are transparent. In a lightly greased gratin dish, place a layer of the potatoes, some onions, half of the sliced tomatoes, a sprinkling of thyme, a sprinkling of cheese and the crushed garlic clove. Repeat using the remaining ingredients. Cover with the remaining cheese and oil. Sprinkle with a little salt and pepper.

Bake the gratin in the pre-heated oven for 45 minutes or until the cheese is golden brown. Sprinkle with the chopped parsley and serve.

Ingredients:

1 pound of calf liver
1 pound of ground pork
½ pound of veal cutlet
4 ounces of pork fat
1 thin slice of pork fat to line the terrine
1 garlic clove
1 large shallot
1 pinch of thyme
1 pinch of powdered clove
1 crumpled bay leaf
1 egg
1 tablespoon of flour
1 tablespoon of butter
¼ cup of white wine
2 teaspoons of salt
pepper grindings
3 tablespoons of cognac
2 envelopes of gelatin

Preparation:

Put the wine and cognac into a small bowl and sprinkle the gelatin on top to dissolve. Set aside. Chop the liver, the veal and the pork fat and transfer to a large mixing bowl. Add to the mixture the minced shallot and garlic clove. Add the ground pork, thyme, powdered cloves, butter, egg, flour, bay leaf, salt and pepper. Mix very well with a wooden spoon. Add the gelatin mixture and mix well again. Set aside.

Pre-heat the oven to 350 F.

Line a bread pan or pate terrine with the thin slice of pork fat. Fill the pan with the pate mixture and cover with wax paper and then seal with aluminum foil. Place in a pan of boiling water and bake in the oven for 2 hours. Remove from the oven and remove the foil. Place another pan on the surface of the cooked pate and press it with a weight of about 3 pounds. Leave the terrine with the weight on until it cools to room temperature, and then in a refrigerator overnight. Remove the weight and keep the pate cold for at least an additional 24 hours before serving.

Unmold and slice into servings which can be placed on lettuce leaves on a long platter. It may also be sliced directly from the terrine at serving time.

Ingredients:

1 pound baby carrots
6 small new potatoes
6 small white turnips, round
chopped parsley
salt and pepper

For the beurre blanc:

½ cup white wine vinegar
2 tablespoons dry white wine
6 large shallots
pepper and salt
6 ounces butter at room temperature
2 tablespoons court-bouillon (optional)

Preparation:

Clean and peel vegetables. Cook together in salted boiling water for 15-20 minutes. Drain, and reserve 2 teaspoons of the liquid. Divide the vegetables on individual small plates, or arrange on a single platter. Keep warm while preparing the sauce.

Peel and chop shallots. In a small heavy saucepan put the chopped shallots with the vinegar, wine, salt (if unsalted butter is used), and a few pepper grindings. Reduce, uncovered, over low heat until only about a teaspoon of liquid is left in the pan and shallots are soft. Mash the shallots further with a fork. Let cool a little.

Put back on very low heat with 2 tablespoons of the liquid in which the vegetables were cooked and 2 tablespoons of butter. Beat constantly with a whisk. Add butter bit by bit (the mixture should never boil). When all the butter is used, sprinkle with chopped parsley and pour onto vegetables.

Serve as a first course or as a vegetable to accompany meat.

Ingredients:

6 to 8 large potatoes
2 cups of milk
4 shallots, peeled and minced
1 tablespoon of snipped parsley
1 teaspoon of salt
¼ teaspoon of fresh ground pepper
2 tablespoons of butter

Preparation:

Peel the potatoes and cut lengthwise into 8 strips each. Place in a heavy, deep skillet or a Dutch oven. Add enough milk to cover the potatoes, add the shallots, parsley and salt and pepper. Bring to a boil. Turn the heat down to low and simmer uncovered until cooked, about 35 minutes. Add the butter and garnish with a few snips of fresh parsley.

Serve hot.

Ingredients:

2 pounds of leeks
2 egg yolks
½ cup of heavy cream
½ cup of grated Swiss cheese
2 tablespoons of butter
salt and pepper

Preparation:

Cut off the beard of the leeks and remove the outer layer of leaves. Cut off some of the dark green leaves. Cut lengthwise and wash under running water. Pat dry with paper towels and cut into one inch sections. Melt butter in a skillet and sauté gently the leeks until they become limp. Transfer to a saucepan, barely cover with water and cook for 15 minutes. Puree using a blender or immersion blender. If the mixture seems too liquid, evaporate the excess water over high heat.

Transfer to a bowl; add salt and pepper to taste. Mix in the egg yolk, the cream and half of the cheese. Put the mixture in a buttered soufflé dish, sprinkle the remaining cheese on top and bake for 20 to 25 minutes in an oven pre-heated to 350 F.

Ingredients:

6 good-sized fresh artichokes
6 slices bacon
½ pound ground pork
½ pound mushrooms
1 shallot, 2 garlic cloves, chopped
2 tablespoons snipped parsley
1 cup dry white wine
3 large tomatoes, quartered
some butter, salt and pepper

Preparation:

Slice the top part from the artichokes. Boil them for 15 minutes in lightly salted water. Drain, remove tough leaves and choke, trim the stems and set aside.

Dice the mushrooms and brown them in a little butter. Combine the mushrooms, a chopped shallot, the parsley, ground pork and a little salt and pepper. Fill the heart of each artichoke with this mixture.

Roll each artichoke in a slice of bacon and secure with a wooden pick.

In a deep casserole or Dutch oven, gently brown the artichokes in a small amount of butter. Add the quartered tomatoes. Add a little more chopped parsley, garlic and the white wine. Bring to a boil, simmer covered for 20-25 minutes.

Remove artichokes, unwrap bacon. Set aside and keep warm. Reduce the sauce over high heat for about 5 minutes, degreasing if necessary. Place artichokes in a deep platter; pour sauce on top, and serve "as is" or with rice.

Ingredients:

2 pounds of asparagus
2 egg yolks
1 teaspoon of lemon juice
6 ounces of butter
salt and pepper

Preparation:

Cut off about one inch of asparagus spears, rinse in cold water and cook for 10 minutes in boiling salted water. Meanwhile prepare the sauce.

Put the egg yolks, a pinch of salt, the lemon juice and a tablespoon of butter in the pan of a double boiler. Starting with cold water beat the ingredients with a whisk and continue until the mixture thickens. Add the butter bit-by-bit as the water gets hot. The mixture should not overheat and you should be able to stand its temperature with your finger. If it is too hot, continue beating the mixture after removing the pan from the boiler.

Put the asparagus on a suitable platter and cover with the sauce. Additional sauce may be offered separately.

Ingredients:

4 pounds asparagus
4 egg yolks
8 ounces salted butter (softened)
2 tablespoons water
1 lemon, salt and pepper
½ cup whipping cream

Preparation:

Cut off about one inch of asparagus spear, rinse in cold water and cook for 10 minutes in boiling salted water. Meanwhile prepare the sauce.

Whip cream until soft peaks form and set aside. In the top part of a double boiler put egg yolks, water, a few grindings of pepper and a squeeze of lemon juice. Start mixing with a wire whisk over low heat until you obtain a creamy mixture. Add softened butter tablespoon by tablespoon, keep on mixing. Make sure the mixture does not get too hot. Remove from water if when you test temperature with the tip of your finger, the sauce is hot. When all the butter has been absorbed, squeeze in some more lemon juice and carefully fold in the whipped cream. Add few pepper grindings. Drain asparagus, dress on platter on a folded white napkin and serve at once with the sauce presented in a separate bowl.

Ingredients:

2 pounds of dry beans (navy or other)
¼ pound of bacon, chopped
1 ½ pounds of pork ribs or shoulder, sliced
2 sprigs of parsley
2 carrots, sliced, 2 onions, chopped
2 cloves of garlic, crushed
2 bay leaves, one pinch of dry thyme

3 to 4 pounds of lamb shoulder
2 pounds of chicken legs or duck breast
5 pork chops, 1 pound of kielbasa cut into chunks
4 tablespoons of butter, goose fat or fat from the duck breast
12 ounces of sausage links
7 medium onions, chopped; 2 carrots, sliced
4 cups of chicken or beef stock
1 can of tomato paste
2 cloves, ½ teaspoon of thyme, 2 bay leaves, 2 sprigs of parsley
1 to 2 teaspoons of salt, ½ teaspoons of ground pepper
5 garlic cloves, minced
2 tablespoons of flour
1 cup of fresh bread crumbs

Preparation:

Soak the beans overnight, drain and rinse before placing in a large saucepan. Cover with water and add the bacon, pork ribs, onions, 2 cloves of garlic, 2 bay leaves, a pinch of thyme, 2 carrots, 2 sprigs of parsley and a teaspoon of salt. Bring to a boil. Reduce the heat and simmer, partly covered, for 1½ to 2 hours or until the beans are tender. Remove from the heat; cool, remove the pork ribs and separate the meat from the bones. Set the meat aside.

Cut up the lamb and cut the chicken legs in two (if using duck, cut into 2 inch chunks). Brown the lamb and the pork chops in rendered goose or duck fat in a Dutch oven, a few pieces at a time. Add the chopped onions to brown with the meat. Add the garlic, sprinkle with flour and cook, stirring, for about 5 minutes. Add the carrots, chicken stock, tomato paste, cloves, thyme, bay leaves, parsley, salt and pepper and bring to a boil. Reduce the heat and simmer for ½ hour. Remove the chicken (or duck) pieces and simmer for an additional ½ hour.

In a large casserole or Dutch oven, spread the meat removed from the pork ribs on the bottom. On top put a layer of beans, then the meats, then the sausages and finish with a final layer of beans. Pour the liquid left from simmering the meats on top and sprinkle with bread crumbs. Bake, covered, at 250 F for 1½ hours and then uncovered for ½ hour to brown the crumbs.

Ingredients:

3 pounds of filet of pork (or deboned shoulder or leg)
3 tablespoons of butter
2 garlic cloves
2 shallots
12 small white boiling onions
2 tablespoons of flour
2 cups of dry red wine (Bordeaux or Burgundy)
1 bay leaf, a pinch of thyme
2 tablespoons of chopped parsley
salt, pepper and grated nutmeg

8 ounces of mushrooms, sliced
2 shallots, chopped
1 tablespoon of butter

Preparation:

Cut the pork into chunks. Heat the butter in a large casserole or Dutch oven and brown the meat over a high heat. Add the chopped shallots and white onions, stirring until the onions become slightly colored. Sprinkle with flour and brown while stirring and scraping with a wooden spoon. Stir in the wine and add some water if the sauce seems too thick. Add chopped garlic, the bay leaf, and thyme, 1 tablespoon of chopped parsley, 1 teaspoon of salt, pepper grindings and grated nutmeg. Mix well and cook, covered, over a low heat for one hour (or longer if not using the filet.).

A few minutes before the pork is cooked, melt butter in a skillet and sauté the sliced mushrooms with the chopped shallots for about 2 minutes. Add to the casserole and stir.

Transfer to a warm serving platter, sprinkle with the remaining parsley on top. Serve with small boiled potatoes (Yukon gold) or fresh noodles.

RATATOUILLE

6-8 servings

Ingredients:

2 medium-sized eggplants
5 green peppers
6 medium-sized onions
2 small zucchinis (optional)
parsley
3 pounds tomatoes (fresh if in season)
A dash of Cayenne pepper
Salt
1 cup olive oil
1 medium-sized can of pitted black olives
6 garlic cloves

Preparation:

Peel all the vegetables. Chop onions and cut vegetables into small cubes. Using a large casserole, brown lightly the eggplants in 8 tablespoons of oil. Brown all the vegetables in the same casserole, adding more olive oil as you go along. Add chopped garlic, parsley, cayenne and salt. Simmer the ratatouille for about an hour, stirring often. Add olives 15 minutes before cooking ends. Serve hot or cold.

Cold ratatouille is an excellent hors d'oeuvre.

Ingredients:

2 packs of frozen tiny peas (better than oversized starchy peas)
1 heart of Boston lettuce
2 shallots, chopped
1 dozen small white onions, peeled
2 tablespoons chopped parsley
2 tablespoons butter
salt and pepper

Preparation:

Put all the ingredients listed above in a heavy saucepan or Dutch oven with one teaspoon of salt and few pepper grindings. Add ½ cup water. Cook uncovered until the peas separate. Cover and simmer for about 10 minutes. Drain extra water. Add some fresh butter and snipped parsley.

Serve with roast meat.

Ingredients:

2 to 3 pounds of monk fish
4 tablespoons of butter
8 tablespoons of olive oil
1 chopped onion
1 sliced carrot
1 minced garlic clove
2 chopped shallots
1 cup of dry white wine
4 tablespoons of Cognac
1 pound of canned, peeled tomatoes
2 tablespoons of tomato paste
1 teaspoon of chopped parsley
1 bay leaf
salt and pepper
1 tablespoon of flour
½ lemon
¼ teaspoon of cayenne pepper
parsley for dressing

Preparation:

Wash the monk fish under running water and dry gently with paper towels. Melt two tablespoons of butter with 4 tablespoons of oil in a heavy skillet, sauté the fish in that mixture for 5 minutes and set aside.

In a heavy casserole, melt the remaining butter and oil and gently fry the carrot, onion, garlic and shallot until the onion is transparent. Transfer the fish to the casserole. Warm the Cognac, pour on top of the mixture and set on fire (This can produce quite high flames so take care!) Add the white wine and cook for a few minutes. Add the tomatoes and tomato paste, bay leaf, salt and pepper and cook gently for 15 minutes. Remove the monk fish and keep it warm.

Reduce the sauce and thicken it with flour. Pass through a sieve. Season it with lemon juice, salt and pepper to taste, and add the cayenne. Put the fish back in the casserole and reheat.

Serve with chopped parsley on top

Ingredients:

1 bottle dry white wine
4 to 6 large tomatoes, peeled and seeded or
1 can (2-pound size) of plum tomatoes
2 cloves garlic, minced
2 shallots, minced
1 medium yellow onion, chopped
2 teaspoons snipped parsley
¼ teaspoon thyme
1 bay leaf
salt and pepper to taste
6 pounds mussels in their shells
3 tablespoons olive oil

Preparation:

Combine wine, tomatoes, garlic, shallots, onion, parsley, thyme and bay leaf in a large saucepan or Dutch oven. Bring to a boil. Reduce heat; simmer, covered, for 30 minutes. Season to taste with salt and pepper.

While the broth cooks, wash and scrub the mussels under cold running water using a sharp knife. Open the mussels by placing them in a large skillet with the 3 tablespoons of olive oil. Heat covered until they open. Remove mussels and the shells, taking care to save all the juices. Keep the mussels on the half shell and set aside. Strain the juice through cheesecloth to filter out any sand and transfer this juice to the Dutch oven. Add the mussels in their shells to the Dutch oven and bring the broth back to a boil.

Serve at once.

Ingredients:

6 pounds of mussels in their shells
½ bottle of dry white wine
1 bay leaf
¼ teaspoon of thyme
2 tablespoons of snipped parsley
1 teaspoon of salt
¼ teaspoon of ground pepper
2 large onions, chopped
½ cup of fine olive oil
1 tablespoon of flour
1 cup of milk
1 cup of heavy cream
½ teaspoon of salt
¼ teaspoon of ground pepper
¼ teaspoon of red pepper
1 tablespoon of lemon juice
parsley sprigs for garnish

Preparation:

Wash and scrub the mussels under running water. Set aside. Combine the wine, bay leaf, thyme, 2 tablespoons of parsley, 1 teaspoon of salt and ¼ teaspoon of pepper in a large casserole. Bring to the boil and boil uncovered for 5 minutes. Add the mussels and simmer, covered, for 5 minutes or until the shells open. Remove any mussels with closed shells and discard. Remove the remaining mussels with a slotted spoon and separate the half shells. Place the mussels, on their shells, on a large platter and keep warm in a 250 F oven.

Strain the cooking juices through cheesecloth to remove any sand. In the casserole cook the onions in the olive oil until they are transparent. Stir in the flour, add the milk and cook and stir over a medium heat with a wire whisk until the sauce bubbles and begins to thicken a little. Add the cream, salt and pepper, red pepper and lemon juice and bring almost to a boil.

Pour the sauce over the mussels on the platter and garnish with parsley. Serve hot.

Ingredients:

1 whole salmon, 4 to 5 pounds
2 cups of dry white wine
4 cups of water
2 carrots, thinly sliced
shallots, chopped
2 sprigs of parsley, snipped
1 bay leaf
¼ teaspoon of thyme
4 whole pepper corns
2 teaspoons of salt.

Preparation:

Rinse the salmon under cold water and pat dry with paper towels; set aside. In a large fish poacher, combine the remaining ingredients, bring to a boil and simmer, covered, for 30 minutes. Lower the salmon into the poacher and bring slowly back to a low boil. Cover and simmer for 30 minutes. Check for doneness by delicately opening the flesh close to the backbone. If it is still bright pink, continue cooking.

When cooked, remove the fish from the cooking liquid, peel away the skin on the upper side, flip over onto a serving platter, and peel the other side. Sponge out any liquid around the fish, decorate with parsley and lemon wedges (or discs), and keep warm.

Make a beurre blanc, following the directions on page 67, and include the recommended quantity of the cooking liquid. Cook and beat the mixture until all the butter is incorporated and the sauce is white and creamy. The mixture should never be allowed to get too hot (test with a finger tip) and the double boiler can always be removed from the heat as the mixture is being whipped.

Ingredients:

6 large sole or flounder filets
½ bottle of red wine (Bordeaux, Bourgogne)
2 onions, sliced
2 shallots, peeled and diced
2 cloves of garlic, sliced
a pinch of thyme
1 bay leaf
2 sprigs of parsley
1 teaspoon of salt
¼ teaspoon of ground pepper

2 shallots, chopped
3 tablespoons of butter
3 tablespoons of flour
½ pint of heavy cream
½ lemon
½ pound of mushrooms, sliced

Preparation:

Cut each filet lengthwise, roll up and secure with a wooden pick. Set aside.

Combine the wine, onions, shallots, garlic, thyme, bay leaf, parsley, salt and pepper in a saucepan. Bring to a boil and boil for 5 minutes. Poach the rolled filets in this liquid for about 5 minutes. Remove them with a slotted spoon and place on a heated serving platter to keep warm.

Melt the butter in a medium saucepan and sauté the two remaining shallots until they become transparent. Add the flour and beat with a wire whisk for about 2 minutes. Beat in, little by little, the strained poaching liquid. When the sauce is smooth, pour in the cream, the juice of ½ lemon and add the mushrooms. Cook for an additional 5 minutes.

Pour the sauce over the warm fish filets, garnish with parsley and serve.

Ingredients:

2 pounds of fillets of sole or flounder
1 cup dry white wine (Muscadet, Entre-deux-Mers)
2 onions, peeled
2 shallots, peeled
2 garlic cloves, peeled
a pinch of thyme
1 bay leaf
Parsley
salt and pepper
4 tablespoons butter
3-4 tablespoons flour
½ cup heavy cream
½ lemon
½ pound mushrooms, sliced

Preparation:

Roll and tie the filets cut in halves and set aside. In a shallow, wide saucepan put the wine, the onions, shallots, garlic, thyme, parsley, bay leaf, salt and pepper. Add a cup of water. Bring to a boil and simmer covered for 10 minutes. Poach the rolled filets in the "court bouillon" for 5 minutes, the liquid just simmering. Remove the filets and keep warm on a serving platter.

Strain the stock and set aside. In a heavy saucepan, melt the butter, start the sauce with 3 tablespoons of flour. Mix well into a paste. Add the stock little by little, stirring constantly. When the sauce is smooth enough and has the aspect of runny custard, add the mushrooms and cook 5 minutes. In a small mixing bowl, mix together the cream and the juice of half a lemon. Add to the sauce. Pour the sauce on the filets,

Serve right away with snipped parsley on top.

Ingredients:

1 beef filet, trimmed of its fat
6 - 8 marrow bones (optional)
4 tablespoons butter
salt and pepper
4 shallots, peeled and minced
¼ pound mushrooms, diced
2 tablespoons flour
1 cup red Bordeaux
1 cup hot water or beef stock
snipped parsley
1 bay leaf, pinch of thyme
1 bunch watercress (optional)

Preparation:

Cook the marrow bones in salted boiling water for about one hour. Remove marrow and set aside.

Set the prepared filet in a roasting pan; rub onto it some salt and pepper. Spread two tablespoons of butter on top and roast in a pre-heated 400 F oven for 7 minutes per pound.

Prepare the following sauce (it can be reheated). Sauté the shallots and the mushrooms in 2 tablespoons of butter in a small skillet for about 10 minutes. Add flour and brown. Add the wine and the stock. Add thyme, bay leaf, some parsley, a few pepper grindings and ½ teaspoon salt. Bring to a boil. Simmer for 15 minutes uncovered. Add the optional marrow (the marrow can also be spread directly on the filet).

Slice the filet and set on a bed of watercress. Serve with the sauce presented in a separate bowl.

Ingredients:

3 pounds stewing beef (Chuck is a good choice). Filet, an extravagant cut, will guarantee tenderness and reduce the cooking time by 30 minutes.
8 ounces bacon
2 tablespoons butter
2 tablespoons cooking oil
2 large onions
4 garlic cloves
3 tablespoons flour
½ teaspoon ground pepper, 2 teaspoons salt
1 bay leaf, a pinch of thyme, chopped parsley
2 carrots
1 pound can of peeled tomatoes
2 cups dry red wine (Bordeaux is fine, should be a Burgundy)
8 ounces fresh mushrooms
1 tablespoon of butter

Preparation:

Blanch bacon cut in one-inch pieces for 2 minutes in boiling water. Drain. Pat dry and set aside. Melt butter with the oil in a heavy casserole or Dutch oven. Brown the meat, cut into cubes, with chopped onions. Sprinkle the meat with flour. Brown further, using a wooden spoon to stir the pieces. Add the bacon and the wine. Stir well to loosen the meat and onions from the bottom of the casserole. Add crushed garlic cloves, sliced carrots, bay leaf, thyme, 2 tablespoons chopped parsley, salt and pepper. Stir in tomatoes (not drained). Bring to a boil. Reduce heat and simmer covered for 2 hours, stirring once in a while.

Before the Bourguignon is ready to serve, clean and slice mushrooms, sauté lightly in butter and add to Bourguignon. Sprinkle with snipped parsley on top and serve with rice or potatoes.

Ingredients:

2 pounds stewing veal or 3 pounds veal shanks
4 carrots, sliced
1 shallot, peeled
3 onions, peeled
1 leek, cleaned and sliced
1 clove garlic, peeled
1 pinch thyme,
1 bay leaf
1 teaspoon snipped parsley
salt and pepper
2 tablespoons butter
2 tablespoons flour
½ pound mushrooms, sliced
1 egg yolk
1 cup heavy cream
1 tablespoon lemon juice
freshly snipped parsley

Preparation:

Cut the meat into fairly even chunks, trimming away any gristle. Place in a deep casserole or Dutch oven. Cover with cold water and bring to a boil. Add the carrots, the onions, leek, shallot, garlic, thyme, bay leaf, parsley, salt and pepper. Reduce heat to simmer. Simmer covered, 1½ hours.

Melt butter in small, heavy saucepan. Add flour; beat with wire whisk over low heat, about 2 minutes. Gradually beat in about one cup of the stock from the Dutch oven. Stir this sauce in the blanquette off heat (you might want to remove some of the stock from the pot to insure that the sauce will not be too liquid, and add some back to the blanquette to obtain a perfect consistency). Stir well until sauce is creamy. Add the mushrooms. Return to heat; simmer uncovered for few minutes, stirring occasionally. Beat egg yolk and cream together.

Beat in 1 tablespoon lemon juice. Beat this mixture into the blanquette off heat.

Serve at once, sprinkled with parsley, with a crown of rice lightly colored with saffron.

Ingredients:

6 veal chops
8 ounces of mushrooms, tailed and kept whole
4 ounces of butter
2 large shallots, chopped
¼ cup of Cognac
½ cup of heavy cream
salt and pepper
chopped parsley for garnishing

Preparation:

Heat two tablespoons of butter in a heavy skillet. Sauté the chops on both sides and transfer them to a casserole to keep warm (they are not cooked at this stage). In the same skillet, sauté the mushrooms with the chopped shallots in the remaining butter. Set aside. Warm the chops in the casserole. Pour Cognac on top and ignite (take care with the flames). Stir and scrape the sides of the casserole with a wooden spoon, add salt and cook, uncovered, for 5 minutes. Add the cream and reduce the sauce over a high heat.

Sprinkle chopped parsley on top and serve with spinach or tiny peas.

Ingredients:

2 medium-sized chickens cut into portions
½ pound of bacon
½ pound of mushrooms
20 small white onions
4 shallots
1 garlic clove
1 pinch of thyme
1 bay leaf
parsley
salt and pepper
4 ounces of butter
2 tablespoons of flour
2 ounces of Cognac
1 bottle dry red wine (Bordeaux, Bourgogne)

Preparation:

Cut the bacon in small pieces and fry gently in a casserole or Dutch oven. Remove the bacon and set aside. In the bacon fat, fry gently without browning the shallots, onions, and garlic (whole). Remove from the casserole and set aside. Add 2 ounces of butter to the fat and lightly brown the chicken in the casserole. Pour in the Cognac and set afire. Put back the onions, shallots and garlic, and add thyme, bay leaf, and parsley. Simmer for 20 minutes. In another casserole, cover the bacon with the wine and boil uncovered for 5 minutes. Pour over the chicken. Add salt and pepper. Simmer 20-25 minutes. Add the mushrooms 15 minutes before the cooking ends.

Before serving, melt 2 tablespoons of butter, add the flour, stirring constantly and add some of the juice from the casserole. Stir that sauce into the casserole with the heat off. Put back on stove and let it thicken.

Serve with snipped parsley on top, with rice, boiled potatoes or noodles.

Ingredients:

4 pounds of chicken pieces
1 pound of carrots, peeled
1 pound of small turnips, peeled
4 leeks, cleaned and tied together
2 celery branches, peeled
2 onions, peeled
2 garlic cloves, peeled
2 teaspoons salt
¼ teaspoon ground pepper

3 tablespoons butter
3 tablespoons flour
3 cups of the chicken stock
2 egg yolks
1 tablespoon lemon juice
½ cup heavy cream
1 tablespoon snipped parsley

Preparation:

Place the chicken pieces in a casserole or Dutch oven. Cover with water. Add salt and pepper. Bring to a boil. Remove scum from surface. Add vegetables and simmer covered for 35 minutes. If an older chicken is used, boil the chicken at least an hour before adding the vegetables. Turn heat off and remove about 3 cups of clear stock.

In a heavy saucepan, melt the butter and add the flour, stir. Add the stock little by little stirring constantly until the sauce is smooth and not too thick. Keep warm.

Remove skin from chicken. Set on a large platter surrounded with vegetables. Keep warm in the oven.

Mix together in a small bowl the cream, the egg yolks, the lemon and a few pepper grinds. Add to the sauce, beating constantly. Bring to a boil and pour some on the chicken. Serve the rest on the side. Garnish with parsley and serve with rice slightly colored with saffron.

Ingredients:

For the beans:

1-pound bag of beans
2 onions, chopped
1 or 2 garlic cloves
1 bay leaf
1 pinch dried thyme
2 carrots, sliced
1 or 2 sprigs of parsley
2 teaspoons salt
½ teaspoon freshly ground pepper

For the meat:

4 tablespoons butter
3-4 pounds lamb chops or 1 leg (about 5 pounds) cut up
3 medium onions, chopped
1 tablespoon flour
2 cloves garlic, minced
2 sprigs parsley
1 pinch thyme,
1 bay leaf, 1 pinch rosemary
1 teaspoon salt
¼ teaspoon pepper
parsley and garlic garnish (optional)

Preparation:

Soak beans, drain, rinse and place in a large heavy saucepan or Dutch oven. Cover them with about one inch of cold water. Add the ingredients listed above. Bring to boil, uncovered. Simmer partly covered for about 2 hours or until beans are plump and tender. Set aside.

Melt the butter in a heavy casserole or Dutch oven. Add the meat and brown on all sides over medium heat. Add the chopped onions and brown them lightly. Sprinkle with flour. Add just enough water to cover the meat; then add the garlic, bay leaf, thyme, rosemary, salt and pepper. Bring to boil. Reduce heat; simmer for 1½ hours (covered). Add the cooked beans to the meat. Mix together and simmer ½ hour.

Serve directly from casserole, or transfer to a warm serving platter. Garnish with snipped parsley and freshly chopped garlic if desired.

Ingredients:

6-8 small potatoes (preferably Red Bliss)
 6-8 small turnips
 3 large yellow onions, chopped
 3 large carrots, sliced
 2 tablespoons butter
 2 cloves garlic, diced
 3-4 pounds sliced shoulder of lamb or diced leg of lamb
 1 tablespoon flour
 ½ bottle dry white wine (Muscadet, Vouvray)
 1 can (14 ounce size), or 1 pound fresh peeled tomatoes
 2 teaspoons salt
 ½ teaspoon freshly ground pepper
 1 tablespoon snipped parsley
 1 bay leaf
 ¼ teaspoon thyme
 1/8 teaspoon grated nutmeg
 snipped parsley for garnish

Preparation:

Precook potatoes and turnips together for 15 minutes in boiling, lightly salted water. Drain and set aside.

In a heavy casserole or Dutch oven, cook onions, carrots, and garlic in butter over low heat, taking care not to burn the butter. Cook and stir 5 minutes. Add the sliced meat, turn the heat up and brown on all sides. Sprinkle with the flour, brown a few more minutes.

Stir in the wine and add just enough water to barely cover the meat. Add tomatoes and remaining ingredients, except the parsley for garnish. Bring to boil, reduce heat; simmer covered on top of stove until lamb is tender, about 1½ hours. Add the potatoes, cook an additional 20 minutes.

Serve hot, with snipped parsley on top.

Ingredients:

4 pork tenderloins (about 3 pounds.)
4 tablespoons of butter
12 small peeled white onions
4 peeled shallots
1 tablespoon of Dijon mustard
24 sliced small French cornichons
1 cup of dry white wine
½ cup of heavy cream
1 teaspoon of salt
½ teaspoon of ground pepper
1 tablespoon of chopped parsley

Preparation:

Slice the tenderloins into 3 inch sections. Melt the butter in a large, heavy frying pan. Sauté the meat with the shallots and the onions for about 15 minutes. Deglaze the juices with the mustard. Add the white wine. Bring to a boil and reduce over high heat until about half the liquid remains. Add the cornichons and stir. Add salt and pepper. Deglaze with heavy cream, bring to a boil while stirring.

Sprinkle with parsley and serve at once on rice or noodles.

Ingredients:

1 rabbit of about 3-4 pounds cut into portions
1 cup dry white wine
3 minced shallots
1 garlic clove, minced
1 onion, chopped
1 pound peeled tomatoes
3 tablespoons flour
¼ teaspoon thyme
2 teaspoons snipped parsley
1 bay leaf, salt and pepper
4 ounces butter
½ pound mushrooms

Preparation:

In a heavy casserole or Dutch oven melt 4 tablespoons of butter and brown together the rabbit pieces and the chopped onion. Sprinkle with the flour and brown a little longer, adding the shallots. Add wine, garlic, thyme, bay leaf, parsley, tomatoes, salt and pepper. If necessary add some water. Simmer for one hour, covered. Check for tenderness.

Sauté slightly the sliced mushrooms in butter. Add to the casserole. Degrease if necessary. Taste for salt and pepper.

Serve with snipped parsley on top, either with noodles or boiled potatoes.



Desserts

MOUSSE AU CHOCOLAT

6 servings

Ingredients:

8 ounces of bittersweet chocolate
2 ounces of butter
3 egg yolks
4 egg whites
½ cup sugar (¼ cup if you don't want it too sweet)
3 tablespoons Cognac or Grand Marnier

Preparation:

Beat egg yolks and sugar until smooth and light in color. Melt the chocolate in a double boiler with a tablespoon of water. Mix with a wooden spoon until the chocolate becomes shiny and smooth.

Remove from heat, add butter to the chocolate little by little and mix again until smooth. Add the chocolate mixture to the egg yolks and sugar. Add Cognac. Fold in the stiffly beaten egg whites with a wooden spatula.

Pour into a bowl and refrigerate at least 3 hours before serving.

CREME CARAMEL

6 servings

Ingredients:

2 cups milk
4 eggs
½ cup sugar
¼ teaspoon vanilla extract
½ teaspoon grated lemon peel (optional)
6 tablespoons sugar for caramel

Preparation:

Preheat oven to 350 F. Put 6 tablespoons of sugar right into the mold and put the mold over a slow flame, turning sugar constantly with a wooden spoon until it melts to a deep brown color. Coat the mold with the caramel by turning the mold into all directions. Be sure to protect your hands with mitts. Set mold aside. In a mixing bowl beat together at medium speed the warm milk, the eggs, the sugar and the vanilla. Stir in the grated lemon peel. Remove excess foam. Pour into caramelized mold.

Bake at 350 F for an hour in a pan containing boiling water. Cool at room temperature and then transfer into the refrigerator overnight.

To serve, unmold by passing a knife around the edge of the mold (if it does not come free, dip the mold for a few seconds in hot water).

Ingredients:

10-12 pears, not too ripe
1 cup sugar
1 cup red wine
1 vanilla bean
1 clove
a pinch of cinnamon

Preparation:

Peel the pears, leaving them whole and without removing the stem.

Put together the other ingredients in a saucepan. Bring to a boil, stirring until sugar has dissolved. Add the pears and simmer covered for 30 minutes. Check for doneness with the blade of a sharp knife. Cool to room temperature and refrigerate.

Serve as is or with whipped cream.

Ingredients:

2 cups flour
8 ounces butter
½ cup sugar
2 cups pitted cherries (sour preferably)
½ cup sugar to sprinkle on cherries
1½ cups heavy cream
4 whole eggs
1 teaspoon vanilla extract

Preparation:

Preheat oven to 350 F. In a large bowl put flour and add butter cut in small pieces. Add sugar. Work butter into the dried ingredients using your finger tips until you reach a sandy texture. Pat this dough in the bottom of a rectangular Pyrex or gratin dish. Prebake for 10-15 minutes. Meanwhile, pit cherries. Mix together in a bowl the cream, eggs and vanilla.

When the crust starts to dry out, remove it from oven. While it is still hot, spread cherries on top, sprinkle with the sugar, and pour the custard on top. Bake in an oven preheated to 350 F for 35-40 minutes, or until the custard has "set."

Serve warm or cold.

Ingredients:Pate a choux (puff pastry):

1 cup of water
4 ounces of butter
1 tablespoon of sugar
1 pinch of salt
1 cup of flour
4 eggs and 1 whole egg for the glaze

Crème a la vanille (custard) Vanilla Ice cream can be used instead:

2 cups of milk
6 tablespoons of sugar
3 tablespoons of flour
2 tablespoons of corn starch
6 egg yolks
1 teaspoon of vanilla extract

Chocolate Sauce:

8 ounces of bittersweet chocolate
2 ounces of sweet butter

Preparation:

Profiteroles: Bring the water and sugar to a rapid boil in a medium saucepan. Add the butter, cook over high heat until butter has melted and water is boiling. Reduce heat. Stir in flour all at once. Stir vigorously over low heat until mixture forms a ball, about 1 minute. Remove from heat. Let cool 1 minute. Beat eggs in, one at a time. Beat until smooth. Preheat oven to 400 F. Butter a cookie sheet and squeeze through a pastry bag enough dough to make little mounds 1 inch in diameter and 1/2 inch high, spaced 2 inches apart (about 24 choux). Glaze each profiterolle with a pastry brush dipped in the beaten egg. Bake 20 minutes, reduce oven temperature to 350 and bake an additional 30 min. Transfer to a pastry rack to cool. .

Crème: Boil the milk with vanilla. In a bowl beat the egg yolks and the sugar together. Beat in the flour and corn starch. Stir in the milk. Transfer to pan and bring to a boil stirring constantly. Lower heat and keep on stirring another 3 minutes. Transfer to bowl and let cool. With a sharp knife cut the profiterolles in halves, remove extra dough and fill with crème or ice cream. Keep in refrigerator or freezer until ready to serve.

Chocolate: Just before serving, melt the chocolate in a double boiler stir until smooth and shiny, heat off add butter and beat into a smooth sauce. Dress the profiterolles on a platter in a pyramid and pour chocolate sauce on top.

Ingredients:

For the pastry:

2 cups all-purpose flour
2 ounces of butter
2 ounces of lard
1 egg yolk
¼ cup water

For the filling:

2 pounds of fruit (apples, peaches, apricots, etc.)
2 eggs
1 cup whipping cream
½ teaspoon vanilla
½ cup sugar twice

Preparation:

To make the pastry: Stir flour and sugar together. Cut the butter and lard into small pieces (4 ounces of butter may be used in place of the butter-lard mixture) and mix into the flour with fingertips. Mix in the egg yolk, then the water. Assemble into a ball and roll in flour. Wrap in wax paper and refrigerate until a little before you are ready to assemble the tart for baking.

To make filling: Peel and quarter the fruits. Roll out pastry and fit into a 9-inch pie pan. Trim crust and flute sides. Prick bottom and sides of pastry lightly with the tines of a fork. Arrange fruits in a neat, pretty design in the pastry; sprinkle with ½ cup sugar. Bake in 400 F oven for about 20 minutes or until the fruits are soft.

Beat cream, ½ cup sugar, vanilla and eggs together. Pour on top of fruit. Turn oven down to 375 F. Bake for 25 minutes.

Serve warm or cold. Sprinkle with a little powdered sugar.

Ingredients:

1½ cups of all-purpose flour
1 tablespoon of sugar
¼ pound of butter (one stick)
1 egg yolk
2-3 tablespoons of cold water
1 pinch of salt (if using unsalted butter)
12 Granny Smith or other sharp cooking apples
½ cup of sugar
1 teaspoon of pure vanilla extract
4 ounces of apricot jam

Preparation:

Make the pastry. Stir flour and sugar together. Cut the butter into small pieces and mix into the flour with the fingertips. Mix in the egg yolk, then the water, a tablespoon at a time. Work quickly to hold the ingredients together. Sprinkle with flour, wrap in wax paper and refrigerate for 1 hour. Remove from refrigerator few minutes before ready to use.

While the tart pastry chills, make an applesauce. Peel and slice 6 apples. Add a few teaspoons of water, the sugar and the vanilla. Bring to boil; simmer over low heat until the apples are mushy. Cool to room temperature.

Peel the remaining apples and cut into thin slices. Heat oven to 400 F. Roll out the pastry and place it in a 9 inch pie pan. Trim and flute. Spoon the applesauce into the pastry shell. Arrange sliced apples on top in a decorative, geometrical manner. Bake 30-35 minutes or until mixture is bubbly and crust is golden brown. Cool on a wire rack.

Warm the apricot jam and stir or blend it into a smooth puree. When the tart is cool, glaze the top and edges with the apricot puree, using a pastry brush.

Ingredients:

2 cans (1pound each) natural chestnut puree
1 tablespoon unflavored gelatin
½ cup very strong coffee (hot)
½ cup sugar
¼ pound sweet butter
4 ounces semisweet, dark cooking chocolate
4 tablespoons sugar for caramel

Optional garnishes: whipped cream and candied violets

Preparation:

Dump the pureed chestnut mixture into mixing bowl and mash with a fork or puree in a food processor fitted with a steel knife. Dissolve gelatin in the hot coffee. Beat the ½ cup of sugar and coffee mixture into the pureed chestnuts. Melt butter and chocolate together over low heat. Beat into the chestnut puree.

Measure the 4 tablespoons of sugar into the mold. Melt over low heat, working with a wooden spoon. When the sugar is golden brown, swirl it around in the mold until it clings to sides and hardens.

Spoon the pureed chestnut mixture into the mold. Refrigerate at least 24 hours before serving.

Unmold. Garnish with whipped cream and candied violets if desired.

Note: this is a rich, dense cake; serve in very small pieces.

Ingredients:

1/3 cup of chopped prunes
1/4 cup of Armagnac or Cognac
7 ounces of dark sweet chocolate
3 tablespoons of coffee (strong)
4 ounces of sweet butter
3 large eggs separated
a pinch of salt
1/2 cup of sugar
1 cup of ground almonds (or walnuts or hazelnuts)
1/4 cup of cornstarch

Glaze:

7 ounces of sweet dark chocolate
2 ounces of sweet butter

Preparation:

Soak the chopped prunes in 1/4 cup of Armagnac for 30 minutes. Meanwhile, butter and line a 9 to 10 inch round cake pan, 2 inches deep, with wax paper. Preheat the oven to 325 F.

Melt the chocolate in a double boiler with the strong coffee and work into a smooth, shiny paste away from the heat. Beat in 4 ounces of sweet butter.

In a large bowl, beat 3 egg yolks, add the sugar and continue beating until it ribbons. Beat the three egg whites and a pinch of salt until it will form soft peaks. Stir the chocolate and butter mixture into the yolks and add 1 cup of ground nuts, the prunes with Armagnac, and then add sifted corn starch. Fold the egg whites into the mixture.

Put the cake mixture into the prepared pan and bake for 40 minutes (the center should remain moist). Remove from the oven and let it cool completely in the pan. Transfer to a cake plate when cold.

Prepare the glaze by melting the chocolate in a double boiler and beating in the sweet butter. Spread the mixture over the top and sides of the cake. Chill until set.

This cake is better when prepared one day ahead of use.



Sauces

BEURRE BLANC

Ingredients:

½ cup white wine vinegar
2 tablespoons dry white wine
6 large shallots
pepper and salt
6 ounces butter at room temperature
2 tablespoons court-bouillon (optional)

Preparation:

Peel and chop shallots. In a small heavy saucepan put the chopped shallots with the vinegar, wine, salt (if unsalted butter is used), and a few pepper grindings. Reduce, uncovered, over low heat until only about a teaspoon of liquid is left in the pan and the shallots are soft. Mash the shallots further with a fork. Let cool a little.

Put back on very low heat adding 2 tablespoons of water and 2 tablespoons of butter. Beat constantly with a wire whisk. Add more butter bit by bit (the mixture should never boil). When all the butter is used keep the sauce warm until serving.

HOLLANDAISE

Ingredients:

2 egg yolks
6 ounces salted butter (softened)
1 teaspoon of lemon juice
salt and pepper

Preparation:

Put the egg yolks, a pinch of salt, the lemon juice and a tablespoon of butter in the top pan of a double boiler. Starting with cold water in the base, place it over a low heat and beat the ingredients with a whisk, continuing until the mixture thickens. Add the butter bit-by-bit as the water gets hot. The mixture should never be allowed to overheat. You may test this with your finger, which should comfortably be able to stand the temperature. If it is too hot, continue beating the mixture after removing the pan from the boiler.

Serve right away.

MAYONNAISE

Ingredients:

1 cup salad oil
1 egg yolk
1 tablespoon vinegar (or lemon juice)
1/4 teaspoon salt
a few grindings of pepper
a dash of mustard

Preparation:

Put the egg yolk in a small bowl with the mustard, salt, pepper and a small amount of oil. Start beating using an electric mixer or a wire whisk. Add more oil in very small amounts while beating. When about half of the oil is well beaten in the mixture, beat in the vinegar little by little, then the rest of the oil. Keep in the refrigerator if you do not use it immediately.

SAUCE MOUSSELINE

Ingredients:

4 egg yolks
8 ounces of butter (softened)
2 tablespoons of water
1 lemon
salt and pepper
½ cup of whipping cream

Preparation:

Whip the cream until it will support soft peaks and set aside.

In the top of a double boiler put the egg yolks, water, a pinch of salt and some grindings of pepper, and a squeeze of lemon juice. Start mixing with a wire whisk over a low heat until a creamy mixture is obtained. Add the softened butter a tablespoon at a time and keep mixing it into the sauce, making sure that the temperature does not get too high. When all of the butter has been incorporated, squeeze in some more lemon juice and then carefully fold in the whipped cream. Add more pepper to taste.

Serve at once.

SAUCE VERTE

Ingredients:

1 cup of salad oil
1 tablespoon of vinegar
¼ teaspoon of salt
a dash of mustard
2 egg yolks
A few branches of chopped watercress
2 tablespoons of chopped parsley
1 tablespoon of minced chives
a few tarragon leaves (in season)
salt and pepper

Preparation:

Prepare a mayonnaise by putting the egg yolks, mustard, salt and pepper into a small bowl and adding the oil while beating the mixture with a wire whisk or electric beater. Continue adding the oil and when an emulsion is well started, add vinegar and the remaining oil. Continue beating until all of these ingredients are well mixed. Add the chopped water-cress, chives and tarragon. Mix and taste for salt and pepper.

VINAIGRETTE

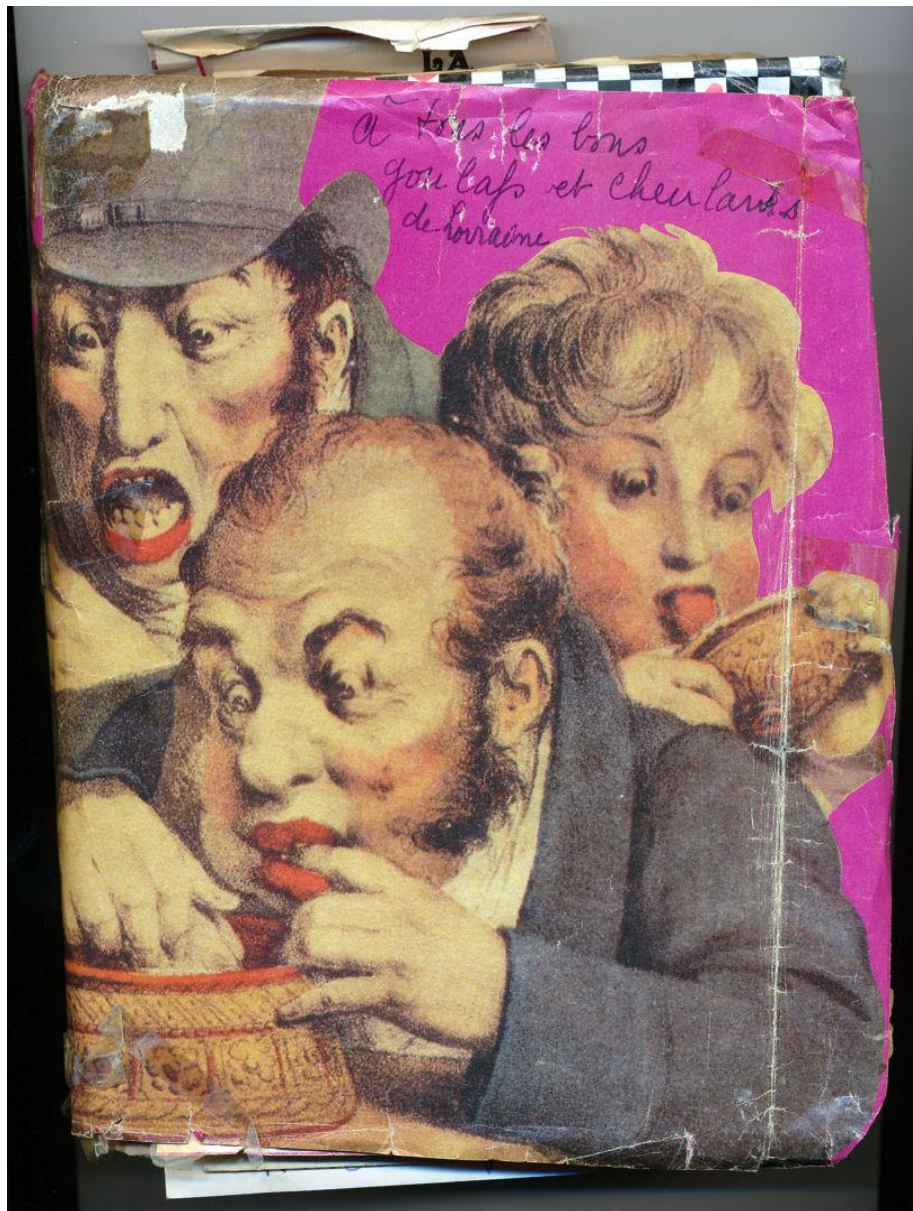
Ingredients:

2 hard boiled eggs (chopped)
½ cup vinegar
1½ cups oil
chives (chopped)
2 shallots (chopped)
1 tablespoon chopped parsley
1 teaspoon salt
½ teaspoon pepper

Preparation:

Prepare the vinaigrette in a bowl, dissolving the salt in the vinegar and then adding all the other ingredients. Mix well with a fork.





Cover of Madame Vallee's Cookbook

A Little History

Dominique's mother was an excellent hostess and chef. She kept a cookbook of meals that she had prepared for her family and guests. Domi inherited this book and made it a part of her own repertoire. After she came to Princeton, Domi sent her mother recipes of food that she discovered and found that her friends enjoyed. The lemon squares, shown below became a favorite in both households.

Petits Carrés au citron

Ingrédients :

dessous { 250g de beurre
250g de Farine
4 cuillérées à soupe de sucre

dessus { 7 cuillérées à soupe de jus de citron
400g de sucre
3 cuillers de farine
4 œufs

Préparation: chauffer le four à 175°C.
foncer dans un plat pyrex rectangulaire la pâte genre sablée du dessous.
Cuire pendant 20 minutes. mélanger les autres ingrédients et verser sur cette pâte mi-cuite. mettre au four pendant 25 minutes. ~~cou~~ Découper en carrés après refroidissement complet. Saupoudrer de sucre glace.

Pâte de Gênoise

125 gr. sucre en poudre
5 œufs entiers

125 gr. farine

125 gr. beurre fondue

Bien battre le tout

Ajouter 100 gr amandes en poudre
mélangées à 100 gr de sucre en poudre
et les fruits confits trempés dans
du rhum

2 cuillères à café levure albaine)

Cuisson 35 à 40 minutes four
assez doux au début

Tappez la surface de gelée d'abricots.

Chauff four 5m H B 3 $\frac{1}{4}$ h B 2 $\frac{1}{4}$ h B 1

The book was falling apart but its contents were treasured.

375^{gr} farine

25 gr levure (de l'ayce de 3/4 knel ait tied)

160 gr beurre

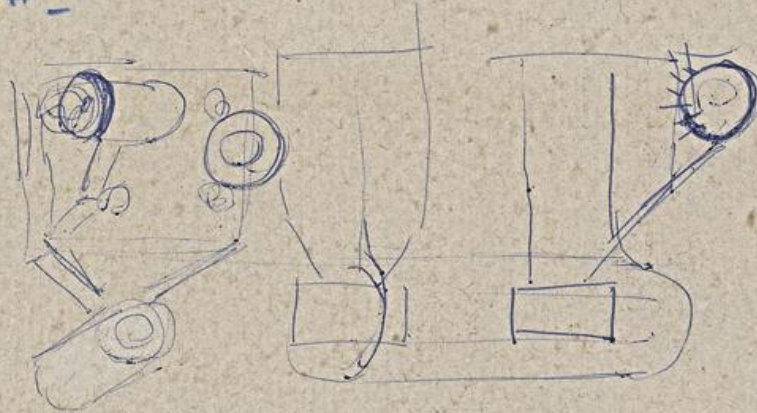
3 œufs

2 cuill. sucre en poudre pincé de sel

Délayer en battant - raisins secs - encore
mélanger - placer ds moule beurré garni
d'amandes remplir à 1/2

Leur ds endroit chaud

Quand le moule est plein mettre à four modéré
1^h -

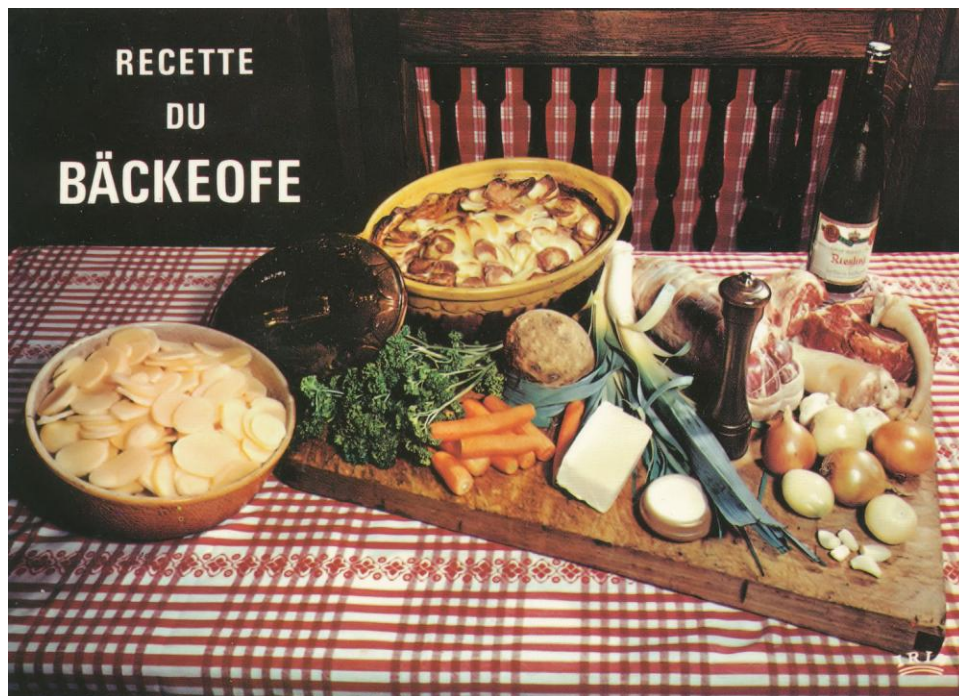


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W H O K S W - ∞

Some pages crossed the cultural divide that perplexed Lord Snow



**RECETTE
DU
BÄCKEOFE**

LE BÄCKEOFE
ou Potée Alsacienne
au Zuem Logelgücker à Traenheim

Vous mettez à mariner, pendant 24 heures, avec un peu de vin d'Alsace et un assaisonnement complet, 500 g de poitrine de bœuf, autant d'épaule de mouton ainsi que d'épaule de porc que vous aurez préalablement détaillé en morceaux.

Vous disposez dans votre terrine en terre, sur une couche de pommes de terre émincées votre viande que vous recouvrez successivement, d'une couche d'oignons émincés, d'une couche de pommes de terre et d'une dernière couche d'oignons. Mouillez avec le vin d'Alsace.

Faire cuire au four, environ 2 h 30, et servir dans la cocotte.

Editions **la CIGOGNE**
Société d'Agences et de Diffusion - Rue Forlen
67400 Geispolsheim - Rep. Int.

Image
de France
Imprimée
en France

Cook in 400F oven for 1 hour, reduce to 300 F for 2 to 3 hours

Others took advantages of meals eaten on a trip to Alsace

thrifty French chef

Some tips on entertaining

by Dominique Royce

The art of dining has been part of French life for ages. It can be felt by anyone living in or travelling through France and transpires even in literature. Perhaps a perfect example of a gloriously planned meal but a social debacle is a whole chapter of Emile Zola's "Nana."

The dinner party Nana planned was to start at midnight and was given for her courtesan friends and their wealthy male protectors. Nana wanted "to celebrate her triumph as an actress with a supper that would set people talking."

That took some effort at the time, for life during the Second Empire was extravagant in all its aspects. It was the time of electroplated ware, tinsel and crinolines, when the demi-mondaines such as Marguerite Gauthier (depicted in "La Dame aux Camelias") were inseparable from a certain form of society. The debauch of the period is also felt in the cuisine — actually it may have been the overabundance of richness that caused French food to go into a decline in the late 19th century, to be revived again early in the 20th century by less extravagant chefs, such as Escoffier.

What interests me most in "Nana" is the accuracy with which Zola has set the menu. It is in accordance with the customs of the time. Madame de Carette, a frequent visitor at the court of Napoleon III, writes in her "Souvenirs Intimes de la Cour des Tuileries" that the usual meal included two soups, two removes, four entrees, two roasts (one hot, one cold). The menu given by Zola for Nana's soiree is similar in composition. The names of the different dishes are given in the midst of a riotous but rather boring party, with guests arriving late, the silver and stemware not matching, the table so crowded that the dinner plates touched each other. Wine flowed in torrents; by the end of the party even the piano was drinking champagne.

Nana did not cook herself, of course; she had the whole meal catered by a local restaurant. Zola does not seem to say that the food itself was at fault — far from it. Nana had simply bitten off more than she could chew. She was just a working girl, having some friends in for a bite to eat, but she presented her dinner as if she were entertaining the three Emperors as they had been entertained at another famous dinner of the period whose menu has come down to us.

In looking over these fascinating old menus, it is important to remember that not all of the guests ate all of the food on the menu, anymore than you or I would eat all of the food at a gigantic smorgasbord or cocktail party. At Nana's party, only one guest sampled everything, and he was regarded as the acme of gluttony. Another guest ate only one spoonful of the light soup during the entire evening.

Just for fun, I have reconstituted Nana's original menu, and provided descriptions of the foods that were included in it. It would be foolish to attempt such a meal nowadays, unless you are planning to open a restaurant. But you might find some inspiration in the menu when you work out menus for your own parties this season — and you might remember to learn from Nana's mistakes. The most expensive wines and the fanciest catered food won't help you at all if you try to entertain in a style that is extravagant beyond belief. Entertaining to impress, rather than simply to please or have fun, is what usually causes unforeseen problems and disappointments.

NANA'S AFTER THEATRE SUPPER

SOUPS

Puree d'asperges Comtesse
Consomme a la Designac

SECOND COURSE

Crepinettes de Lapereaux aux Truffes
Nyokis au Parmesan

REMOVES

Rhine Carp a la Chambord
Saddle of Venison a l'Anglaise

ENTREES

Poulardes a la Marechale
Filets de sole Sauce Revigote
Escalopes de Foies Gras

Sorbets aux Mandarines

ROASTS

Hot: Filet aux Truffes
Cold: Galantine of Guinea-fowls in Jelly

Cepes a l'Italienne
Croustades d'Ananas Pompadour

Glaces
Coffee

Champagne was served throughout the meal, and along with it Mersault (a white Burgundy from the Beaune slopes); Chambertin (a red Burgundy) and Leoville (a red Bordeaux from the Medoc region) Kirsch and Chartreuse are mentioned as after dinner liquors. When the party broke up, around 4 a.m., Nana had a rich banker take her off to the Bois de Boulogne for some fresh milk from an accommodating cow.

Dominique also shared her talents with the Princeton community. She taught a French cooking class at the Princeton Adult School between 1970 and 1994 and developed and tested the recipes in this book throughout this period. It should also be pointed out that all classes concluded by eating portions of the prepared food — with the students frequently providing the appropriate wine. It was always a surprise when, many years after taking the course, people would phone in a panic requesting on-line help with preparing a meal that was not going as they had remembered when Domi had demonstrated it in class!

The page above is from her weekly credited food column that ran in The Princeton Packet between 1983 and 1985.



To ensure the authentic French heritage of her food, Domi decided that working with some Chefs in Paris would be a good summer experience. She contacted several establishments of reputation and was delighted when they extended invitations to her to spend time in their kitchens helping and observing the food preparation. Chez Allard and Bistro 121 were among this group. The photograph above is of Allard and the plate shown below is of the Bresse Chicken with roasted potatoes offered by this Bistro.



15 April 2010