

Carol's Almost Gourmet Favorites 1996-99

Fall/Winter 1999

Scallop Puffs Que Sera

from *Nantucket Open-House Cookbook* by Sarah Leah Chase

Tip: Figure 2 to 3 per person and broil at the hosts' home.

2 tablespoons unsalted butter
1/2-pound bay scallops, quartered
1 teaspoon finely grated lemon zest
2 cloves garlic, minced
2 tablespoons chopped fresh dill
1 cup grated Swiss or Gruyere cheese

1 cup mayonnaise
Freshly ground pepper to taste
24 + White Melba toast snacks (the round ones)
Paprika
Lemon slices and dill sprigs for garnish

1. Melt butter in a medium skillet or sauté pan over medium-high heat. Add scallops, lemon zest and garlic. Cook, stirring constantly, until the scallops are just barely cooked through 2 to 3 minutes. Add dill and cook 30 seconds longer. Let cool to room temperature.
2. Add cheese, mayo and pepper to scallop mixture and stir to combine well. Refrigerate covered until ready to use, but no longer than a week.
3. Preheat the broiler.
4. Place Melba rounds 1/2 inch apart on baking sheets. Top each with a heaping teaspoon of scallop mixture, sprinkle lightly with paprika.
5. Broil puffs 5 inches from heat until puffed and golden 2-3 minutes. Transfer to platters and garnish with lemon. Serve hot.

Brie in Puff Pastry

from *365 Snacks, Hors D'oeuvres & Appetizers* by Lonnie Gandara & Peggy Fallon

1 (17 1/4 ounce) package frozen puff pastry sheet *1 egg yolk*
thawed as package directs *1 tablespoon cream or milk*
1 (11 ounce) wheel of Brie well chilled *Fresh apple or pear wedges, crackers*

1. Unfold sheet of puff pastry onto a lightly floured work surface. Roll out pastry to about 1/8 inch thick. Using a tart pan as a guide, cut into a circle about 11 inches in diameter; reserve scraps for decoration. Place cheese in center of circle. Fold up pastry to enclose cheese, neatly pleating and pressing pastry down as you go around. When cheese is snugly enclosed, press pastry together, cutting away any excess as necessary. Invert pastry-wrapped Brie seam-side down onto a parchment or foil-lined baking sheet.
2. Cut decorative shapes from pastry scraps. In a small bowl, beat egg yolk with cream until well blended to make an egg wash. Brush pastry with egg wash and top with pastry scraps, pressing down gently to seal. Brush again with egg wash. Refrigerate until firm, about 1 hour. Cover bowl of egg wash and refrigerate until later.
3. Preheat oven to 400 degrees F. Brush cheese once again with egg wash and bake 25 to 30 minutes, until pastry is cooked through, nicely puffed and golden brown. Use a large wide spatula to transfer cheeses to serving plates. Let cool at least 30 minutes or as long as 4 hours at room temperature before cutting into wedges to serve. Garnish with fruits and crackers.

Bibb Salad with Pate, Walnuts & Apples

2 or 3 heads of Bibb or Boston lettuce, depending on size
1/2 lb. country Pate
2 Granny Smith apples
2/3 cup chopped Walnuts
Ranch Dressing (prepared or bottled)

1. Wash and dry lettuce leaves, leave whole. Dice pate into small pieces. Wash and dry the apples. Cut apples in half removing core and slice into thin strips.
2. Arrange lettuce and apple onto each of 8 salad plates. Evenly divide pate and walnuts. Dress salads with Ranch Dressing and fresh, coarsely ground pepper. Serves 8.

Spanish Garlic Soup

from *Cold Weather Cooking* by Sarah Leah Chase

Tip: Prepare soup up until adding eggs and cream. Add that at the hosts' house prior to serving.

<i>1/3-cup extra virgin olive oil</i>	<i>1/2-cup dry (fino) sherry</i>	<i>4 large egg yolks, at room temp.</i>
<i>9 cloves garlic, peeled and slightly bruised</i>	<i>2 bay leaves</i>	<i>1/3-cup heavy or whipping cream at room temp.</i>
<i>8 slices (each 1/3-inch thick day old French bread</i>	<i>Salt and freshly ground black pepper to taste</i>	<i>1/4 cup minced fresh parsley or basil</i>
<i>1 1/2 quarts chicken broth</i>		

1. Heat olive oil over medium-low heat in a medium-size stockpot. Add garlic and sauté slowly until golden all over and very, very soft - 20 to 30 minutes. **Do not let this get hard and crunchy!** Remove from pot to a small bowl with a slotted spoon and mash coarsely with a fork. Set aside.

2. Sauté bread sliced in batches over low heat in the olive oil than remains in the pot. When one side becomes golden, flip and continue cooking until the other side is crusty and golden as well, about 15 minutes total. Remove from the pot and set aside to drain on a paper towel lined plate. Cool and cover in an airtight container until ready to use.

3. Add chicken broth to the pot along with the crushed garlic, sherry and bay leaves. Season to taste with salt and pepper. Cook the soup uncovered over a very low heat 1 hour. Pour the soup through a strainer, pressing hard with a wooden spoon to extract the essence of the garlic.

4. When ready to serve, whisk together the egg yolks and cream in a large bowl until light and frothy. Bring the garlic-scented broth to a boil. Whisking constantly, gradually beat the hot broth into the egg-cream mix. Serve immediately, garnished with a bread crouton and a sprinkling of parsley or basil.

Baked Butternut Squash with Apples and Maple Syrup

from *Bon Appetit November 1995*

<i>2 1/2 pounds Butternut Squash (about 2 medium)</i>	<i>Fresh nutmeg</i>
<i>peeled, quartered lengthwise, seeded</i>	<i>3/4-cup pure maple syrup</i>
<i>cut crosswise into 1/4 inch slice</i>	<i>1/4 cup butter cut into pieces</i>
<i>2 1/4 pounds Granny Smith apples peeled and cut the same as the squash</i>	<i>1 1/2 Tablespoons fresh lemon juice</i>
	<i>3/4-cup currants</i>

1. Preheat oven to 350 degrees F.
2. Cook squash in large pot boiling salted water until tender, about 3 minutes. Drain well
3. Combine squash, apples and currants in a 9 x 13 inch baking dish. Season with nutmeg, salt and pepper.
4. Combine syrup, butter and lemon juice in a small saucepan. Whisk over low heat until butter melts.
5. Pour the syrup over squash. Mix and toss to coat evenly. Bake until tender, 1 hr. Stirring occasionally. Cool 5 minutes. This can be made a day ahead. Cover and chill. Cook 30 minutes covered at 350 degrees F.

Serves 8

Risotto and Mushrooms

from *Noteworthy: A Collection of Recipes from the Ravinia Festival*

<i>1 cup uncooked risotto</i>	<i>3 shallots chopped</i>
<i>2 cups chicken broth</i>	<i>1 pound large mushrooms, sliced</i>
<i>1/4-pound pancetta or lean bacon</i>	<i>salt and pepper to taste</i>
<i>4-5 tablespoons unsalted butter</i>	<i>1/4 teaspoon fresh thyme leaves, chopped or 1/8 teaspoon dried thyme</i>
<i>1 clove garlic, minced</i>	<i>1/4 teaspoon fresh parsley, chopped or 1/8 teaspoon dried parsley</i>

1. In saucepan cook risotto with 1-cup broth, adding more broth as needed as risotto cooks and liquid is absorbed.

Keep covered. Simmer 20 minutes. Turn off heat and steam a few minutes.

2. In small skillet, sauté pancetta, turning until crisp and brown. Drain on paper towel;

3. In large saucepan melt butter. Add garlic and shallots and cook 2 to 3 minutes. Do not brown. Add mushrooms and sauté until browned, about 10 minutes. Add salt and pepper to taste.

4. Combine pancetta and a fourth of the mushroom mixture in a food processor or blender. Chop finely.

Mix risotto, pancetta mixture and remaining mushroom mixture. Adjust seasoning. Add more butter if desired. Add parsley and thyme. Mix well and serve.

May be prepared early on day of serving and reheated in top of double boiler or microwave.

Tenderloin of Beef with Red Wine Sauce

From *Beyond Parsley* from the Junior Women's League of Kansas City, Missouri

<i>1 whole tenderloin, fat and silver skin removed</i>	<i>1/4 cup red wine</i>
<i>1/2 cup clarified butter</i>	<i>1 tablespoon butter</i>
<i>3 ounces Cognac</i>	

RED WINE SAUCE:

<i>2 shallots, chopped</i>	<i>2 tablespoons cornstarch, dissolved in 1/2-cup wine,</i>
<i>1 1/2 tablespoons butter</i>	<i>2/3-cup tomato sauce</i>
<i>1 cup red wine</i>	<i>salt and pepper to taste</i>
<i>2 cups beef stock</i>	

1. To make Red Wine Sauce, sauté shallots in butter. Add wine and cook until liquid is reduced by three-fourths. Add beef stock and bring to a boil. Stir in dissolved cornstarch, tomato sauce and seasonings. Set aside. Bring to simmer before finishing.

2. Coat beef with clarified butter. Bake at 350 degrees for 45 minutes. Remove meat from oven, pour Cognac over beef and flame. When flame is out, place tenderloin on serving platter and cover to keep warm.

3. To juice in pan, add water, wine and cook over medium heat, scraping brown bits from bottom of pan. Add Red Wine Sauce, simmer and add 1-tablespoon butter. Serve sauce on the side.

Wine suggestion: Robert Mondavi Coastal Cabernet Sauvignon

Chocolate Torte with Raspberry Glaze

from *Noteworthy: A Collection of Recipes from the Ravinia Festival*

Tip: A 12 oz. package of frozen raspberries (not in syrup) may be substituted for fresh. Eliminate garnish.

TORTE:

*1 1/4 cups graham cracker crumbs
1 cup plus 1 tablespoon sugar, divided
4 tablespoons butter, melted
12 ounces semi-sweet chocolate*

*1/2-cup hot coffee
16 ounces cream cheese, softened
4 eggs
2 tablespoons vanilla*

RASPBERRY GLAZE:

2 cups raspberries divided

2 cups sugar

1 tablespoon lemon juice

1. Butter sides of 10-inch spring form pan. Combine graham cracker crumbs, 1-tablespoon sugar and butter. Mix well. Press onto bottom of spring form.

2. In top of double boiler or in microwave, melt chocolate with coffee. Beat cream cheese until light and fluffy. Gradually beat in 1-cup sugar. Add eggs 1 at a time, beating well after each one. Stir in vanilla. Add chocolate mixture. Mix just until blended.

3. Pour into spring form, Bake in preheated 325-degree oven 55 minutes. Turn off heat, open oven door and let cool 2-3 hours.

4. While torte cools, combine 1 1/2 cups raspberries, sugar and lemon juice in heavy saucepan. Cook over medium heat. As mixture heats, mash berries. Bring to boil, stirring frequently. Reduce heat and simmer until jelly coats spoon, about 20 minutes. Remove from heat. Skim foam from top. Strain mixture, it should measure approximately 1 cup. Cool. Spread over cooled torte.

5. Torte should be baked, glazed and refrigerated 1 day before serving. On day of serving top the torte with remaining berries.

Wine suggestion: Rosenblum Red Zinfandel