

AAUW May 10 Gourmet Menu

We are using menus from the 1970's and it seems that many things come and go including how chefs have gathered their ingredients for cooking. In 1979 Bon Appétit magazine reported New York's famous Waldorf Astoria Hotel was proclaiming a first among restaurants in the nation -- harvesting fresh herbs in its indoor kitchen garden! They had a glass enclosed alcove that was temperature controlled and fitted with fluorescent fixtures that could produce bumper crops of a variety of herbs: dill, tarragon, rosemary, marjoram and basil, just to mention a few. The plants were grown hydroponically, without soil, in sterile, porous, gravel like material, and nourished with water, air, and minerals. One chef said "the difference between fresh and dried herbs is incomparable." Then we were impressed with herbs that were obtained from unknown, faraway places. Today, people have herb gardens in their homes and some restaurants are growing food on their rooftops. Did the idea of locally grown and sustainable food for restaurants all start at the Waldorf in 1979? We don't know the answer, but we hope it will continue!

Menu

Spinach and Pistachio Quiche

Tomato-Cauliflower Salad

La Fouace Aux Noix (Walnut Hearth Bread)

Fruited Pork chops

Roesti Potatoes

Asparagus with Pecans

Crepes Suzette

Assignments

Host: Fruited Pork Chops, Purchase Wine

Couple 1: La Fouace Aux Noix (Walnut hearth Bread), Asparagus with Pecans

Couple 2: Crepes Suzette, Tomato-Cauliflower Salad

Couple 3: Spinach and Pistachio Quiche, Roesti Potatoes



SPINACH AND PISTACHIO QUICHE

8 servings

1 unbaked 9-inch deep dish pie shell

6 eggs

1 cup ricotta cheese

2 cups whipping cream

1 cup grated Swiss cheese

2 tablespoons grated Parmesan cheese

1½ cups chopped, cooked spinach, loosely packed

½ cup pistachios, shelled and chopped

2 teaspoons salt

1 ½ teaspoons chopped fresh or 1 teaspoon dried dill

½ teaspoon white pepper

½ teaspoon sugar

Grated provolone and Swiss cheese (about 1 cup total), for topping

Paprika

Preheat oven to 400°F, To prevent shrinking, prick bottom and sides of pie shell with fork or line with waxed paper and fill with rice. Bake 7 minutes. Remove from oven and reduce oven temperature to 350° F.

In large mixing bowl combine ingredients except cheese topping and paprika in order given, mixing well after each addition. Pour into partially baked pie shell and bake 45 to 55 minutes or until firm. Top with grated cheeses and sprinkle with paprika. Return to oven until cheese melts.



TOMATO-CAULIFLOWER SALAD

8 servings

Salad:

1 medium head cauliflower, separated into florets
3 tomatoes, cut into wedges
1 large onion, thinly sliced
3 tablespoons chopped fresh parsley
1/2 cup Herb Dressing

Cook cauliflower in 1 inch of boiling water until just tender. Drain and chill. Combine cauliflower, tomatoes, onion, parsley and dressing. Cover and marinate 1 hour at room temperature.

Herb Dressing:

Makes about ½ cup

6 tablespoons safflower oil
1/4 cup rice vinegar
1 teaspoon chopped fresh parsley
1 teaspoon chopped chives
1 teaspoon crushed chervil
2 garlic cloves, minced
Pinch of dry mustard
Freshly ground pepper

Combine all ingredients in food processor or blender and mix well. Chill before using. Store in tightly covered jar in refrigerator up to 2 weeks.



LA FOUACE AUX NOIX (Walnut Hearth Bread)

This wonderful bread is a specialty of Poilane, the “Maitre Boulanger” of Paris. Delightful with grapes, chilled rosé or a mellow Vouvray.

Makes a 2-pound round

3 ½ to 4 cups unbleached all purpose flour
½ cup whole wheat flour
1 envelope dry yeast

1 tablespoon salt
1 cup milk (120°F to 130°F)
1/3 cup water (120°F to 130°F)
1 cup coarsely chopped walnuts
3/4 cup finely chopped onion
1/2 cup (1 stick) unsalted butter, softened
2 tablespoons cornmeal

Lightly grease large bowl; set aside.

Combine 1 3/4 cups flour, whole wheat flour, yeast and salt in mixing bowl. Add milk and water and beat about 2 minutes. Stir in walnuts, onion and butter and mix well. Blend or knead in remaining flour as necessary to make a stiff dough. Place in greased bowl, turning dough to coat entire surface. Cover with plastic wrap and hot, damp towel and let rise in warm place until doubled.

Sprinkle baking pan with cornmeal. Punch dough down and place on lightly floured board. Knead 3 to 4 minutes. Shape into ball and place on baking pan. Let rise uncovered in warm place about 15 minutes.

Preheat oven to 425°F. Place a pan of hot water on oven floor or lowest rack. Make slash on top of dough with scissors or knife, place pan on middle rack and bake 30 minutes. Remove pan of water. Reduce heat to 300°F and bake bread until it sounds hollow when tapped, about 30 minutes longer. Cool on rack.



FRUITED PORK CHOPS

8 servings

8 loin or rib pork chops, 1 inch thick

Salt

4 tart large green apples, unpeeled, cored and diced

4 tablespoons all purpose flour

1 11-ounce can mandarin oranges, drained (syrup reserved)

4 tablespoons molasses

2 tablespoons plus 2 teaspoons cider vinegar

½ cup raisins

Preheat oven to 350°F. In large skillet, brown chops on both sides over medium-high heat. Transfer to shallow baking dish. Sprinkle with salt and cover with apples.

Drain all but 4 tablespoons fat from skillet. Place skillet over medium heat, add flour and stir until mixture is browned and smooth. Add enough water to mandarin orange syrup to equal 2 cups liquid. Blend into flour mixture. Stir in molasses and vinegar. Reduce heat to low and continue cooking, stirring constantly, until sauce is thickened. Add raisins and blend well. Pour over chops, cover and bake about 1 hour. Arrange oranges over top during last 10 minutes of cooking.



ASPARAGUS WITH PECANS

8 servings

3 pounds asparagus, trimmed and cooked crisp-tender
3 to 4 tablespoons unsalted butter
2/3 cup crushed pecans
Salt and freshly ground pepper

Preheat oven to 350°F.

Generously butter 9 X 13 -inch baking dish. Place asparagus in dish, dot with butter and sprinkle with pecans. Bake about 15 minutes, just until heated through. Season to taste with salt and pepper and serve immediately.



ROESTI POTATOES

8 servings

8 slices bacon, finely chopped
2 large onions, minced
1 ½ pounds shredded raw potatoes
Salt and freshly ground pepper

Sauté bacon in large skillet until rendered. Add onion and sauté until soft. Add potatoes and fry until golden brown, 15 to 20 minutes. Season with salt and pepper.



CREPES SUZETTE

This flamboyant dessert requires good timing and a certain facility with matches. Most of the tricky work is done ahead in the privacy of the kitchen, but if you're very swift you can serve the crepes while they're still flaming.

8 servings (of 3-4 crepes each)

Crepes:

1 cup flour
2 tablespoons sugar
1/2 teaspoon salt
3 large eggs, beaten
1 tablespoon brandy
1 teaspoon grated lemon rind
2 cups milk
2 tablespoons melted butter
Additional butter

Sift together flour, sugar and salt. Combine eggs, brandy, lemon rind and milk and add to dry ingredients. Add melted butter and mix only until ingredients are blended and consistency of light cream. Allow batter to rest for at least 30 minutes.

Heat a 6-inch crepe pan and brush bottom with butter. For each crepe, pour about 2 tablespoons of batter in pan, swirling it

around until it covers the entire bottom. Cook over moderate heat 1 to 2 minutes. Turn and cook about 30 seconds. Stack crepes on plate or towel.

The crepes can be made ahead and reheated in a towel in a 350° F oven for about 10 minutes. They also can be frozen and reheated just before serving.

Sauce:

8 lumps of sugar
2 large oranges, washed and dried
½ cup (1 stick) unsalted butter
2 teaspoon lemon juice
1 cup orange liqueur

Rub sugar lumps over skin of orange so sugar will absorb orange flavor. Place sugar on board or counter and crush. Transfer to heatproof pan or inner pan of chafing dish. Add butter and lemon juice. Squeeze juice from orange into pan. Heat until butter is melted and sugar dissolved.

Warm 1/2 cup liqueur *briefly*, ignite and add to sauce. Stir briskly until flames die. Add crepes (allowing 3 per serving), bathing each in sauce before folding into quarters. Warm remaining liqueur *briefly*, ignite and add to pan. Baste crepes with flaming sauce and serve immediately.