

**January 11, 2014**

**Introduction**

This year we are including a bread recipe with each dinner. Many people were baking their own bread in the 1970's – bread machines had not yet been invented! Today, some may see bread baking as a challenge, but because of the unpredictable interaction of yeast and flour that produces the “magical” rising of the loaves, bread baking could be called a marriage of chemistry, technique, art and intuition. Even for the most experienced baker, using the same recipe each time, bread will vary from one batch to another in height texture and color. But it is exactly this inconstancy that contributes the pleasant note of suspense to the production of each substantial and satisfying loaf.

All recipes are from the October, 1978 and February, 1979 Bon Appetit Magazines.

We hope you enjoy this grand adventure in bread baking and the entire January dinner.

**Assignments:**

Host: purchase wine and Gamberi Alla Livornese

Couple 1: Fireside Pate (Note this must be done several days ahead)

Couple 2: Beet, Leek, Zucchini, and Artichoke Salad and Rice Ring

Couple 3: Mrs. Russo's Rolls and German Apple Cake

**FIRESIDE PATE'**

Vary this recipe according to what you have on hand. For instance, chopped chicken livers may be substituted for the ham, or duck breast for the veal. Leftovers freeze beautifully.

8 servings

½ pound thinly sliced bacon, blanched

2 tablespoons (1/4 stick) butter  
1/2 cup minced shallots  
1 large garlic clove, minced  
1/2 cup Cognac  
1/2 pound smoked, raw ham, cut into 1/2-inch cubes  
1/3 cup Madeira  
3/4 pound lean pork, trimmed of all connective tissue  
3/4 pound lean veal, trimmed of all connective tissue  
1/2 pound leaf lard  
2 eggs, beaten  
1 1/4 teaspoons salt  
1/2 teaspoon allspice  
1/4 teaspoon thyme  
1/4 cup minced Italian parsley  
1/8 teaspoon freshly ground white pepper  
Thinly sliced black bread

Preheat oven to 350° F. Line a 4-cup loaf pan, terrine or deep baking dish with bacon, making sure strips overlap sides. Melt butter in small skillet over medium heat. Add shallots and sauté 5 minutes. Stir in garlic and cook an additional minute. Add Cognac, increase heat to high and boil until almost all liquid has evaporated. Set aside.

Combine ham and Madeira in small bowl and mix well. Set aside to marinate at room temperature.

Finely grind pork, veal and lard. (Use food processor fitted with steel blade if possible.) Transfer to large mixing bowl and thoroughly blend in next 6 ingredients, undrained ham-Madeira mixture and sautéed shallots. Spoon into bacon-lined pan and fold overlapping portion of bacon across top. Cover tightly with foil. Place in large baking pan and pour in enough boiling water to reach halfway up sides of pâté pan. Bake 1 hour. Uncover and bake an additional 30 minutes, or until pâté reaches internal temperature of 160°F. Remove from water bath and allow to cool. Place a board or large plate on top of pâté and weight with several heavy cans. This will ensure a nice compact texture. Let the pâté cool at room temperature for one hour, and then transfer it to the refrigerator. Refrigerate 2 to 3 days.

On the day you plan to serve the pâté, remove it from refrigerator and allow it to come to room temperature, about 1 hour. To free the pâté from the loaf

pan, place it in a baking dish full of hot water for about 1 minute. Then, using paring knife, loosen the edges of the pâté from the pan. To unmold the pâté, place a cutting board on top of it and invert the loaf pan. Slice thin and serve with black bread.

Pate' may be stored in refrigerator up to 5 days or in freezer for 2 months.

## **BEET, LEEK, ZUCCHINI AND ARTICHOKE SALAD**

8 servings

### **Salad:**

½ cup parsley leaves (garnish)  
1 pound beets, cooked crisp tender, cooled and peeled  
1 medium zucchini, unpeeled  
½ teaspoon salt  
1 large leek (dark green stem discarded), split and washed  
1 10-ounce package frozen artichoke hearts, cooked crisp tender and drained

### **Mustard-Dill Vinaigrette:**

¾ cup oil (preferably safflower with 2 tablespoons olive oil)  
¼ cup red wine vinegar  
4 teaspoons Dijon mustard  
2 teaspoons dried dill weed  
2 teaspoons salt  
Freshly ground pepper  
Watercress or lettuce leaves

Steel Knife; Mince parsley, using on/off turns; remove and set aside for garnish.

Trim beets and zucchini so they will be the same width.

French Fry Cutter or Medium Slicer: French fry cut zucchini using medium pressure. If not using French Fry Cutter, use Medium Slicer and julienne as follows: Place zucchini in feed tube vertically and slice. (This gives a green tip on each end that is more decorative for presentation.) Remove slices

from bowl. Holding cover sideways by feed tube, insert pusher, leaving a cup about 1 inch deep at bottom of tube. Stack zucchini slices in this cup so they will be vertical when cover is replaced on bowl. Wedge in last slice so zucchini will not fall out when cover is replaced. Slice again. Repeat with remaining slices.

Place in colander and sprinkle mix with  $\frac{1}{2}$  teaspoon salt. Allow to drain 30 minutes. French fry cut or julienne beets using medium pressure. Transfer to small bowl,

Medium Slicer: Place leek vertically in feed tube and slice using medium pressure; set aside in another small bowl. Pat zucchini dry with paper towels and add to leek. Place cooked artichoke hearts in third bowl.

Plastic or Steel Knife: Combine all ingredients for Mustard-Dill Vinaigrette in work bowl and process quickly. Add  $\frac{1}{3}$  cup to bowl with zucchini and leeks and toss well to mix. Pour another  $\frac{1}{3}$  cup over beets and mix well; combine  $\frac{1}{3}$  cup with artichoke hearts. Cover bowl with plastic wrap and refrigerate.

To serve, arrange watercress or lettuce leaves on large platter or individual salad plates. Add beets to leek and zucchini and toss to mix thoroughly. Mound in center of plate. Garnish with artichoke hearts and reserved parsley.

## **GAMBERI ALLA LIVORNESE**

This was served at the Blue Fox Restaurant in San Francisco in 1978. It was conceived as Scampi without the garlic.

8 servings

32 large prawns, peeled, & veined and butterflied

4 cups milk

Flour

Salt and pepper

Oil

3 cups dry white wine

6 tablespoons lemon juice  
Salt  
Hot pepper sauce  
2 teaspoons arrowroot  
4 tablespoons dry white wine  
1 ½ stick butter, softened, cut into small pieces  
Chopped parsley (garnish)

Place prawns in medium bowl, Add milk and soak about 15 minutes. Combine flour with salt and pepper. Drain prawns and dredge in flour mixture.

In deep skillet heat 1 inch oil to 375°F. Fry prawns until very lightly browned, about 2 minutes. Remove and drain on paper towels; keep warm.

In medium saucepan combine 3 cups wine and lemon juice; season with salt and hot pepper sauce to taste. Bring to boil over medium heat. Dilute arrowroot in 4 tablespoons wine and pour into hot wine mixture.

Cook about 10 to 15 seconds. Remove from heat and add butter, beating with whisk until smooth. Add prawns, coating thoroughly with sauce. Heat briefly, about 1 minute. Garnish with parsley and serve.

## **RICE RING**

8 servings

½ cup (1 stick) butter  
1 large onion, minced  
1 garlic clove, minced  
2/3 cup toasted pine nuts or slivered almonds  
½ cup currants or raisins, plumped in sherry  
¼ cup finely chopped chutney  
2 teaspoons turmeric  
¾ teaspoon nutmeg  
2 cups long-grain converted rice  
4 cups chicken stock

**Garnishes:**

Minced green onion  
Finely chopped hard-cooked  
Egg yolk  
Sprig of mint (optional)

Grease 1½-quart ring mold. Melt butter in medium skillet over medium heat. Add onion and garlic and sauté until golden. Mix in nuts, drained currants, chutney, turmeric and nutmeg.

Combine rice and stock in large saucepan, cover and bring to boil over high heat. Reduce heat and simmer, covered, 20 to 25 minutes, or until liquid is absorbed and rice is tender. Add sautéed mixture and blend well with fork. Pack into prepared mold and set in larger bowl of hot water. Cover loosely with foil and let stand at room temperature until ready to serve. Unmold onto platter. Garnish with green onion and small mound of yolk topped with sprig of mint.

**MRS. RUSSO'S ROLLS**

These well-crustured sesame rolls are a treasured recipe from Bon Appetit of October, 1978.

Makes about 3 dozen rolls

4 cups water (120°F to 130°F)  
1 tablespoon salt  
1 tablespoon sugar  
8 to 9 cups unbleached all purpose flour  
3 envelopes dry yeast  
1 to 2 cups sesame seeds

Lightly grease large bowl and muffin tins or baking dishes; set aside.

Combine water, salt and sugar and stir to dissolve granules. Combine 4 cups flour and yeast in mixing bowl. Add water and beat until well mixed, about 3 minutes. Leave in bowl and cover with plastic wrap and hot, damp towel. Let rise in warm place until doubled.

Add remaining flour to risen dough and knead until dough is smooth, elastic and well blended (dough will be very sticky). Place in greased bowl, cover with plastic wrap and hot, damp towel and let rise in warm place until doubled in volume.

Punch dough down and knead briefly. Shape into balls (oil hands or large spoon to make shaping easier). Roll each ball in sesame seeds and place in muffin tins or in baking dishes. Cover with plastic wrap and let rise in warm place until doubled.

Preheat oven to 400°F. Bake rolls until golden brown, about 20 to 30 minutes. Remove from pans and cool on racks.

## **GERMAN APPLE CAKE**

8 servings

½ cup (1 stick) unsalted butter, melted  
1 cup sugar  
2 eggs  
1 cup flour  
1 teaspoon baking powder  
1 teaspoon vanilla  
½ cup sugar  
1 ½ teaspoons cinnamon  
4 to 5 tart large apples

Preheat oven to 350°F. Grease 8x8-inch square baking dish. Combine butter, sugar and eggs in large bowl of mixer and beat thoroughly. Add flour, baking powder and vanilla and beat until well blended. Spread evenly in baking dish.

Combine sugar and cinnamon. Peel and core apples and thinly slice into large bowl. Add sugar-cinnamon mixture to taste, coating apples

thoroughly. Arrange slices on top of batter in overlapping rows, pressing lightly into batter. Bake 1 hour. Cool and cut into squares.

Serve with ice cream or whipped cream.