



AAUW Gourmet Group Menus

January/February (Suggested Date: 1/11)

Appetizer - Warm Crab Dip with Crackers

Main – Savory Beef and Beet Borscht

***Sides – Citrus and Pomegranate Salad with Red
French Dressing, Dark Rye Bread***

Dessert – Marsala Poached Pears with Crème Fraiche

*Red French Salad Dressing**

Serves 8 to 10

INGREDIENTS

½ cup granulated sugar

½ cup powdered sugar

1 T sweet paprika

1 T dry mustard

1 ½ tsp salt

1 ½ tsp Worcestershire sauce

1 T A. 1. Steak Sauce

1 cup good olive oil or preferred salad oil/ divided into ½ cup increments

½ cup apple cider vinegar

1 clove garlic

DIRECTIONS

Reserve ½ cup oil and garlic. Place remaining ingredients into a blender or food processor. Blend slowly at first to mix, drizzle in remaining ½ cup oil while continuing to blend low to medium speed. Smooth not foamy texture. Pour into a pint or larger jar. Cut garlic into 2-3 pieces and thread onto a toothpick. Add to jar. Seal and refrigerate for a minimum of 24 hours before serving.

Keeps well. Tangy dressing for citrus or other fruit-based salads. May add poppy seeds if desired. If sharper flavor is desired, reduce oil to ¾ cup total and follow directions. Pairs nicely with Roquefort cheese on a wedge of lettuce.

* **Sara Kirkman's recipe, Purdue '37 Dietetics grad, Anne Morgan's mother**

*Warm Crab Dip**

Serves 6

INGREDIENTS

½ cup Real mayonnaise

8 oz cream cheese

1 tsp Worcestershire Sauce

¾ tsp garlic juice or ½ tsp garlic salt

1 can crabmeat, drained

Slivered almonds

Crackers

DIRECTIONS

Mix ingredients and place in pie pan. Sprinkle with slivered almonds. Bake 35 to 40 minutes at 350 degrees. Serve warm with Triscuits or other crackers.

***SU YEAGER PERSONAL RECIPE**

*Savory Russian Beef and Beet Borscht**

(Serve Citrus Salad with Borscht)

8 Servings

INGREDIENTS

2 lbs. beef chuck short ribs

4 medium-size beets

3 medium-size carrots

3 medium-size potatoes

1 medium-size onion

1 small head green cabbage

1 13 $\frac{3}{4}$ oz. beef broth

1 10 $\frac{3}{4}$ oz. can condensed tomato soup

Salt and pepper to taste

2 Tbsp. minced fresh dill or 1 tsp. dried dill weed

1 8 oz. container sour cream

Fresh dill for garnish

DIRECTIONS

About 3 $\frac{1}{2}$ hours before serving:

1. In 5-quart saucepan over high heat, heat short ribs and 6 cups of water until boiling. Reduce heat to low; cover, and simmer 1 1/2 to 2 hours until meat is very tender.
2. Meanwhile, peel beets and cut into matchstick-thin strips. Peel and dice carrots and potatoes; chop onion. Thinly slice enough cabbage to equal 4 cups, loosely packed. Reserve remaining cabbage for use another day. Set vegetables aside.
3. With slotted spoon, remove short ribs to plate. Skim off fat from cooking liquid. When short ribs are cool enough to handle, discard fat and bones; cut meat into 1/2 inch pieces.
4. To cooking liquid, add beef broth, tomato soup and vegetables. Over high heat, bring to a boil. Reduce heat to low, and simmer, partially covered about 30 minutes. Add eat then add salt and pepper to taste, and heat.
5. Stir in dill.
6. Serve in soup bowls, each with a dollop of sour cream. Top with fresh dill.

****Good Housekeeping December 1993***

*CITRUS AND POMEGRANATE SALAD**

Serves 8

INGREDIENTS

2-3 Tbsp. Pomegranate seeds

Bibb, green leaf or other tender lettuce greens

1-2 ripe avocado (optional)

2 red or white grapefruits sectioned

DIRECTIONS

Sara Kirkman's grapefruit sectioning method

To section grapefruit into nice whole sections try the following method.

Step 1: Trim the top and bottom flat. Place the fruit flat on a cutting board. With a sharp knife draw down the outside of the fruit at the point the resistance from the rind releases and the flesh of the fruit begins. Take care not to cut too deeply. Any remaining white flesh can be removed later as desired.

Step 2: Over a bowl, holding the grapefruit in one hand. With a sharp knife cut down (try a sawing action) toward the center the full length of a section directly next to the pigment. Repeat on the other side of the fruit section bracketing a full section of fruit.

Step 3: Return to the first cut knife blade down across the face of the adjoining pigment in one firm stroke and release the section.

Step 4: On the second section, simply slip the knife under the pigment end to end with the sharp side facing the outside of the fruit and saw the pigment loose. With the sharp side of the blade at the center, draw the blade toward the outside edge and release the section. Repeat until all sections are released.

Assembly:

On individual salad plates, arrange a bed of salad greens. Place 3-4 grapefruit section. Sprinkle pomegranate seeds on top and drizzle with Sara Kirkman's Red French dressing prepared in 24 hrs. or more in advance.

Slender slices of avocado can be placed in between grapefruit sections. 2 slices of avocado with 3 sections of fruit is a nice balance. OPTIONAL serving idea.

* **SARA KIRKMAN, ANNE MORGAN'S MOTHER**

*Oven Poached Pears in Marsala Wine**

8 Servings

INGREDIENTS

8 medium Bosc pears with nice shape and stems

2 cups Marsala wine

1 ¼ cup sugar

Fresh orange or lemon zest

DIRECTIONS

Preheat oven to 425 degrees

Slice 1/8" off the bottom of each pear in order to sit flat. Arrange in a ceramic or glass dish that will hold all pears snugly. Blend wine, sugar and zest, cook over medium heat for 5-10 minutes to reduce the syrup and bring it to a simmer. Pour hot wine and sugar mixture over pears. Bake 1 hour basting every 15 minutes with a bulb baster. Set a timer to remind you to baste! Note, the syrup will bubble in the oven, protect from potential burning when basting.

Pears are done when easily pierced through from the top. Cool basting mix while cooling. Refrigerate. May be served cold or at room temperature. Can be made a day ahead. Serve with a dollop of crème fraîche, drained yogurt or sour cream.

***ANNE MORGAN PERSONAL RECIPE**