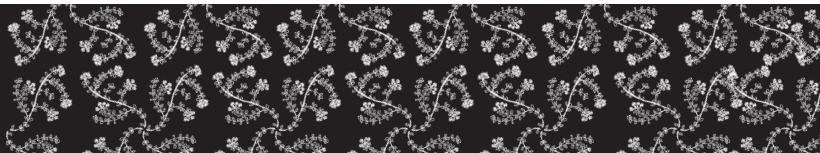


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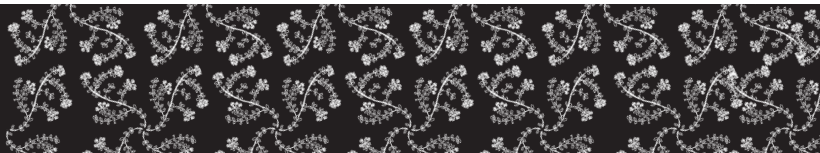
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TECHNIQUES and RECIPES



**Table of Contents**

Linguine with Clam Sauce and Vegetables	1
Flan A La Vanille with Caramel-Cognac Sauce	3
Caramelized Puff Pastry Sticks	4
Grilled Leg of Lamb Robert	5
Zimfour	6
Spinach Salad with Garlic Dressing	7
Omelette De Campagne	8
Apples Grandma	9
Salmon Grenobloise	10
Candied Grapefruit, Orange, and Lemon Chips	11
Spinach and Mozzarella Salad with Croutons	12
Cream of Turnip And Sweet Potato Soup with Leek Julienne	13
Asparagus En Fête	14
Pears in Grenadine	15
Baked Apple Tart	16
Pan-seared or Grilled Marinated Flank Steak	17
Spicy Beef Shell Roast	18
Grilled Veal Chops with Caper Sauce	19
Grilled Chicken with Tarragon Butter	20
Couscous of Lobster	21
Crab Cakes with Avocado Garnish	22
Squid Salad Á La Binh	23
Cold Mussel and Bean Soup	24
Lobster In Artichoke Bottoms	25
Stew Of Lima Beans and Mussels	26
Artichokes with Ravigote Sauce	27
Christmas Oysters	28
Crab Ravioli with Red Pepper Sauce	29
Roasted Turkey with Mushroom Stuffing	31
Stuffed Tomatoes Emilia	33
Shrimp Pané on Watercress	34
Swiss Chard-Stuffed Onions	35
Raspberry Cookie Dough Galette	36
Hard-cooked Eggs in Mustard Sauce	37
Ricotta Dumplings with Red Pepper Sauce	38
Open-Face Sandwiches	39
Orange Soufflé Surprise with Orange Sherbet	41
Orange Vacherin Jeannette with Orange Cream Filling	42
"Swimming Swans" in Raspberry Sauce	44
Cheese Straws	46
Soufflé Of Mussels and Basil	47
Fillet Of Sole with Herb Stuffing	49



LINGUINE WITH CLAM SAUCE AND VEGETABLES

YIELD: 6 FIRST-COURSE SERVINGS

2 dozen cherrystone clams, or about 1 dozen quahog clams, depending on size, thoroughly washed

FOR THE VEGETABLES

1 tablespoon peanut oil

1 tablespoon unsalted butter

8 to 10 asparagus spears, peeled and cut into 1-inch pieces

6 or 7 cultivated white mushrooms (about 4 ounces), coarsely chopped (1-1/4 cups)

1 medium zucchini (about 6 ounces), cut into 1/2-inch dice (1-1/2 cups)

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

1 large tomato (about 8 ounces), peeled, seeded, and cut into 1/2-inch pieces (about 1-1-1/4 cups)

FOR THE CLAM SAUCE

2 tablespoons virgin olive oil

1 tablespoon unsalted butter

1 medium onion (about 4 ounces), peeled and coarsely chopped (1 cup)

1 teaspoon dried oregano, or 2 teaspoons chopped fresh oregano

8 garlic cloves, peeled and sliced (about 1/4 cup depending on size of cloves)

1/2 cup dry, fruity white wine

The shucked clams above

1/2 teaspoon freshly ground black pepper

FOR THE PASTA

1 teaspoon salt (for the pasta water)

1 pound pasta (linguine or spaghetti)

2 tablespoons virgin olive oil

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 cup liquid from clam sauce

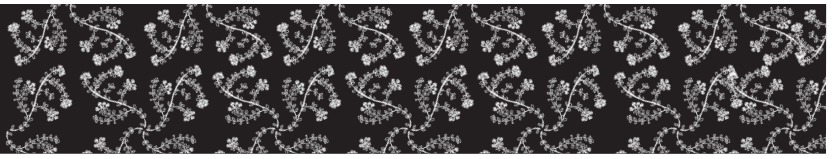
GARNISH (OPTIONAL)

Grated Parmesan cheese

Following the illustrations, shuck the clams, reserving the liquid. Use a teaspoon to scrape the meat out of the lower shells, and place it in the bowl with the reserved clam juices. Stir the clams in their juices to remove any sand or pieces of shell, then lift the clams from the juice one at a time, cut them in half (or into quarters if using large quahogs) with scissors, and place them in a clean bowl. To remove any sand, let the clam liquid rest for a few minutes, then pour it slowly and gently over the clam pieces in the bowl, leaving behind any residue. Set the clams aside until cooking time.

For the vegetables: Heat the peanut oil and butter in a skillet. When hot, add all the vegetables except the tomato, and add the salt and pepper. Sauté over high heat for about 2 minutes, then add the tomato, and toss lightly to warm. Set aside.

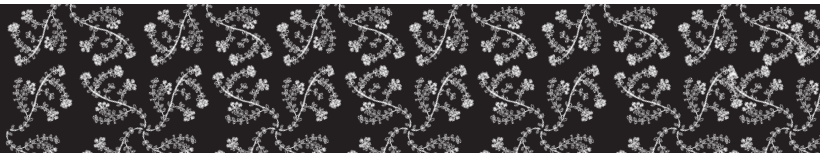
Bring 5 to 6 quarts of water to a boil in a large kettle.



Meanwhile, make the clam sauce: In a large skillet, heat the olive oil and butter. When hot, add the onion, and sauté gently for about 3 minutes, until transparent but not brown. Add the oregano and garlic, and cook for about 30 seconds. Stir in the juice of the clams and the wine, and boil gently for 7 to 8 minutes, uncovered. Add the clams and the pepper, and bring to a boil. Set aside.

For the pasta: Add the teaspoon of salt to the boiling water in the kettle, then add the pasta. Cook the pasta to your liking, then scoop out one 6-ounce ladle of the pasta cooking liquid, and add it to the clams. Drain the pasta in a large colander, and transfer it to a bowl. Add the oil, salt, and pepper, and about 1 cup of juice from the clam sauce, and mix well.

Arrange the pasta on six warm individual plates or a serving platter, and spoon the clams and remaining sauce on top. Arrange the vegetables on top of the pasta and clam sauce. Serve immediately, with grated Parmesan cheese if desired.



FLAN a la VANILLE with CARMEL-COGNAC SAUCE

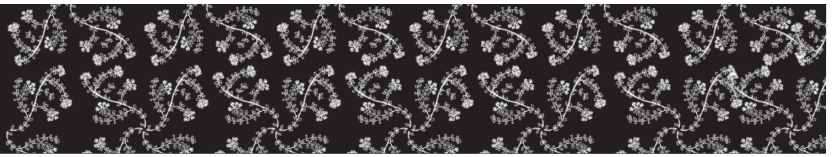
3/4 cup sugar
1/4 cup plus 1/3 cup water
2 tablespoons Cognac
1 tablespoon lemon juice

CUSTARD

4 large eggs
1 egg yolk
1-1/2 teaspoons vanilla extract
1/3 cup sugar
3 cups milk

COOKIES (optional)

1. Preheat the oven to 350 degrees.
2. For the caramel sauce: Mix the 3/4 cup sugar and the 1/4 cup water together in a heavy saucepan. Bring to a boil over medium to high heat, and boil, uncovered, for 6 to 7 minutes, until the mixture turns a dark blond color. Pour about 1/4 cup of the caramel into a 4- to 5-cup soufflé mold, and move the mold so the caramel coats the bottom. (There should be just enough caramel to cover the bottom of the mold.)
3. To the remaining caramel in the pan, add the 1/3 cup water slowly, so as to prevent splattering. When all the water has been added, mix well with a spoon, and bring the mixture back to a boil. Stir again to ensure that all the caramel has melted and there is no thick layer of sugar underneath that might stick to the bottom of the pan. If this occurs, keep stirring until this sugary layer is dissolved.
4. Transfer the caramel to a bowl, and cool it. The mixture will thicken to the consistency of a heavy syrup. When the caramel is cold, add the Cognac and lemon juice, and stir well. Reserve until serving time. (This sauce can be made ahead and refrigerated in a jar with a tight-fitting lid for several months.)
5. For the custard: Place the eggs, egg yolk, vanilla, and sugar in a bowl. Mix well with a whisk, then add the milk, and mix again until it is incorporated. Strain the mixture into the caramel-lined soufflé mold, and place the mold in a saucepan. Add enough water to the saucepan so that it extends about halfway up the outside of the mold.
6. Place the saucepan and mold in the 350-degree oven, and bake for 45 to 55 minutes, until the custard is set in the center. (Check to determine if it is set by inserting the tip of a paring knife into the center of the custard; if the blade comes out clean, the custard is set, even though it may still look and feel soft in the center.)
7. Remove the mold from the water and let cool for at least 5 to 6 hours (preferably overnight), refrigerated, before unmolding.
8. To unmold the flan, run a sharp knife around the edge, making sure that the knife does not cut into the flan but follows around the inside wall of the mold. Place a platter on top of the flan and invert it, moving the mold gently to dislodge the custard. You will notice that some liquid will come out of the mold as the flan dislodges; discard this thin caramel, and pour some of the thick caramel-Cognac sauce over the custard.
9. Serve the flan with additional caramel-Cognac sauce and, if desired, some cookies.



CARAMELIZED PUFF PASTRY STICKS

YIELD: 70 TO 80 STICKS

1/2 cup sugar

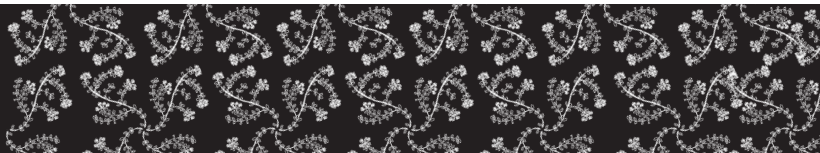
8 ounces puff pastry

Preheat the oven to 400 degrees. Sprinkle about 1/4 cup of the sugar on a board, and roll out the puff pastry. Reserve 1 tablespoon of the remaining sugar for use later, and sprinkle the rest on top of the pastry. Turn the dough over, and roll it out again, so both sides are coated well with the sugar. The finished pastry rectangle should measure about 10 by 16 inches.

Cut the rectangle lengthwise into two strips, and stack one on top of the other. The sugar coating will prevent their sticking. Cut the pastry into thin wedges or strips, each approximately 3-1.2 to 4 inches long and 3/8 inch wide.

Separate the strips, and arrange them on a cookie tray lined with parchment paper or a reusable nonstick baking mat. The strips can be fairly close together, as they tend to shrink a little during cooking. Sprinkle with the reserved tablespoon of sugar.

Bake in the 400-degree oven for 10 minutes, until crisp and brown. Arrange on a tray as part of a cookie assortment.



GRILLED LEG OF LAMB ROBERT

1 leg of lamb, 8 to 9 pounds, with pelvis and shank bone

MARINADE

1 medium onion, peeled and quartered

3 cloves garlic, peeled

1 piece ginger, peeled (about the same physical size as the combined garlic cloves)

1/2 medium jalapeno pepper, seeded 1/4 cup soy sauce

1/4 cup honey

2 tablespoons peanut, canola, or cottonseed oil

Bone the leg of lamb: With the leg sitting so it is underside up on the cutting board, start cutting along the femur bone, following the bone to the joint of the knee. Then cut around the knee joint, so the second bone stays attached, and remove both bones together. The meat should be completely boneless.

Trim away lumps of fat and sinew that are visible underneath and on top. Two areas of the leg will be thicker: one is the top round and the other is the knuckle. Cut down into these large muscles to a depth of about 1 inch, and spread the meat open, so the whole leg of lamb is approximately the same thickness throughout (2 to 2-1/2 inches thick).

For the marinade: Put the onion, garlic, ginger, and jalapeno in the bowl of a food processor, and process until pureed. Add the soy sauce, honey, and peanut oil, and process just enough to combine. You should have 1 cup of the marinade.

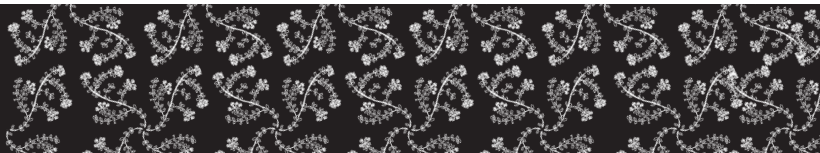
Spread the marinade on both sides of the leg of lamb, and set it aside until cooking time. Alternatively, if time allows, place the meat and the marinade in a large plastic bag, close securely, and refrigerate overnight, turning the bag two or three times so the marinade gets all around the meat.

When ready to grill the leg, heat a grill with a very clean rack until the ashes are red and white. Preheat the oven to low, 180 degrees. Remove the meat from the marinade, place it, top side down, on the grill, no more than 2 to 3 inches from the ashes, and grill for 4 to 5 minutes. Turn, and grill for 4 to 5 minutes on the other side, for a total of 8 to 10 minutes.

At this point, the meat should be nicely browned and seared on both sides.

Place the lamb on a jelly-roll pan or in a roasting pan, and set in the 180-degree oven to rest and cook in its own juice for a minimum of 30 minutes and a maximum of 1 hour. The internal temperature of the meat should be around 130 degrees when ready to serve, with the meat pink throughout.

To serve: Carve the lamb into 1/4-inch-thick slices. Serve on hot plates.



ZIMFOUR

YIELD: 20 TO 24 PETITS FOURS

COOKIE DOUGH

1 cup all-purpose flour (about 5 ounces)

2 ounces unsalted butter (1/2 stick) softened

1-1/2 tablespoons sugar

1 egg yolk from a large egg mixed with 1 teaspoon vanilla extract and 1-1/2 tablespoons cold water

JULIENNE OF ORANGE

1/2 cup julienne of orange skin (skin from about 2 oranges)

1/2 cup water

1/3 cup sugar

ZIMFOUR FILLING

2 tablespoons unsalted butter

1/3 cup golden raisins

1/2 cup sliced almonds

2 tablespoons heavy cream

GARNISH

2 tablespoons bittersweet chocolate, melted

For the cookie dough: Put the flour, butter, and sugar in the bowl of a food processor, and process for about 10 seconds. Add the egg-yolk mixture, and process another 5 to 10 seconds, until the dough forms a ball. Remove, and wrap the ball of dough in plastic wrap until ready to roll out, or roll it out immediately.

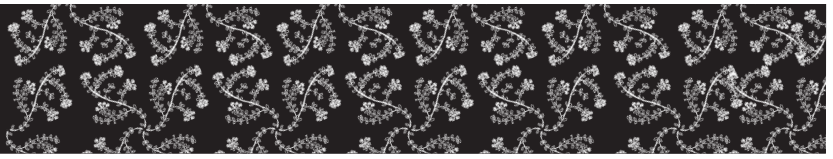
Preheat the oven to 400 degrees. Roll out the dough between two sheets of plastic wrap until it is a very thin rectangle about 9 inches wide by 12 inches long. Remove the sheet of plastic wrap from the top of the dough, and invert it, with its plastic-wrap liner, onto a jelly-roll pan lined with a reusable nonstick baking mat. Remove the second sheet of plastic wrap. Lift up and press the edges of the dough to make a border about 1/4 inch high all around the shell, to hold in the filling. Bake the rectangular shell for 15 to 20 minutes, until the dough is set and just begins to brown slightly.

Meanwhile, put the julienned orange peel in a saucepan with 2 cups of cold water, and bring the water to a boil. Boil for about 20 seconds, drain through a sieve, and wash the peel under cold water. Rinse the cooking pan, and return the orange peel to it with the 1/2 cup water and the sugar. Bring to a boil, and cook for about 6 minutes. By then, the liquid should be reduced to a fairly heavy syrup, and the julienne should be soft and translucent.

For the filling: To the orange-peel mixture in the pan, add the butter, raisins, almonds, and cream, and stir to mix well. Spread the mixture over the precooked dough rectangle on the cookie sheet, and place in the 400-degree oven to cook for 10 to 12 minutes, until the dough is well cooked and the filling brown on top.

Pour the melted bittersweet chocolate into a cornet. Fold down the top of the cornet, cut it at the tip, and drizzle the chocolate over the dessert to form a chocolate lattice on top.

To serve: When the chocolate has set and the Zimfour is at room temperature, trim the outside of the pastry, cut the Zimfour into twenty to twenty-four squares, and serve.



SPINACH SALAD WITH GARLIC DRESSING

1 package (12 ounces) spinach, preferably young leaves

GARLIC DRESSING

1 large clove garlic, peeled, crushed, and finely chopped (about 1 teaspoon)

2 teaspoons Dijon-style mustard

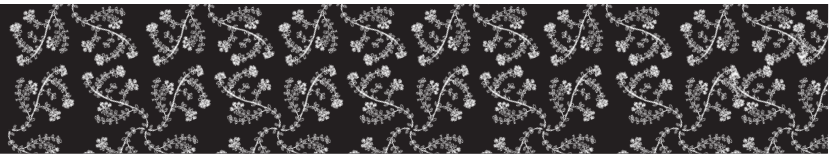
2 teaspoons red wine vinegar

1/8 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 tablespoons peanut, canola, or virgin olive oil

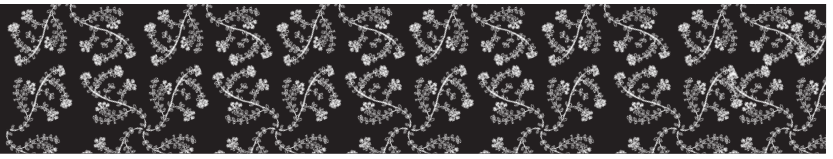
1. Remove and discard the stems and any damaged or wilted areas from the spinach leaves, and break them into 2-inch pieces. (You should have about 8 loose cups.) Wash the spinach in a basin of cool water, then lift it from the water, drain, and dry thoroughly, preferably in a salad spinner, so no water remains to dilute the dressing.
2. Place all the dressing ingredients in a bowl large enough to hold the greens, and whisk briefly to mix but not emulsify.
3. Add the greens, and toss well. Serve immediately, since the spinach will tend to wilt quickly after it is mixed with the dressing.



OMELETTE de CAMPAGNE

1-1/2 tablespoons canola oil
1 tablespoon unsalted butter
2 medium onions (about 8 ounces), peeled and sliced
3/4 pound raw potatoes, peeled and thinly sliced, or 2 medium boiled potatoes, peeled and thinly sliced
6 large eggs
1/3 cup coarsely chopped fresh chives
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tomato (about 8 ounces), cut into thin slices

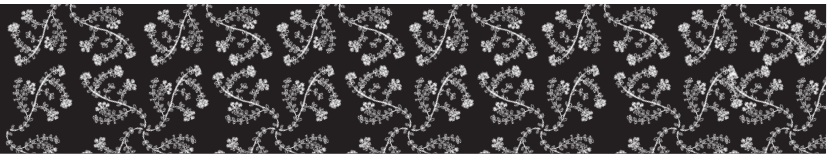
1. Heat the oil and butter in a nonstick skillet until hot but not smoking. Add the onions and potatoes, and cook, covered, for about 10 minutes if using raw potatoes or 5 minutes if using cooked potatoes, stirring occasionally.
2. Meanwhile, break the eggs into a bowl. Add the chives, salt, and pepper, and mix together with a fork. Reserve.
3. Add the tomato slices to the skillet, arranging them so they cover most of the surface of the potato and onion mixture. Cover, and cook for 1 minute.
4. Preheat the broiler.
5. Add the egg mixture to the skillet, and stir gently with the tines of a fork for about 1 minute to allow the eggs to flow between the potatoes. Then place the skillet under the broiler, about 3 to 4 inches from the heat, and cook for about 3 minutes, until the eggs are set.
6. Invert onto a platter, cut into wedges, and serve.



APPLES GRANDMA

4 golden delicious apples (about 2 pounds)
4 thin slices bread (2 ounces)
5 sprigs fresh mint
1-1/2 tablespoons unsalted butter
1/4 cup apricot preserves
2 tablespoons grenadine syrup
1/2 cup water
2 tablespoons sugar
3 tablespoons pignola nuts

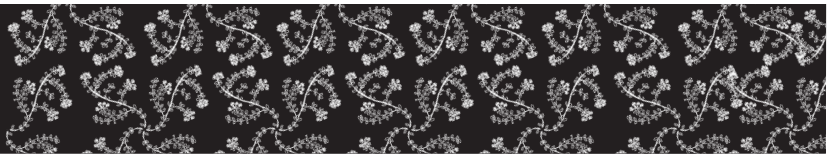
1. Preheat the oven to 400 degrees.
2. Core the apples, and peel the skin from the top third of each apple.
3. Arrange the 4 slices of bread in a single layer in a gratin dish, and place an apple, peeled side-up, in the center of each slice. Place a sprig of mint in the hole in the center of each apple, then divide the butter among the apples, placing it on top of the mint in each hole.
4. In a small bowl, mix together the apricot preserves, grenadine, and water. Pour the mixture over the apples, and sprinkle them with the sugar and nuts.
5. Bake the apples in the 400-degree oven for 60 to 75 minutes, or until the apples are very tender and nicely browned on top. Cool, garnish with the remaining mint sprig, and serve lukewarm or at room temperature with the nuts and surrounding juices.



SALMON GRENOBLOISE

1-1/2 tablespoons canola oil
2 slices bread, cut into 1/2-inch croutons (1 cup)
4 salmon fillet steaks with skin on (6 to 7 ounces each)
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 tablespoons 1/4-inch pieces of lemon flesh
2 tablespoons drained capers
2 teaspoons minced fresh chives
2 tablespoons unsalted butter
1 tablespoon red wine vinegar

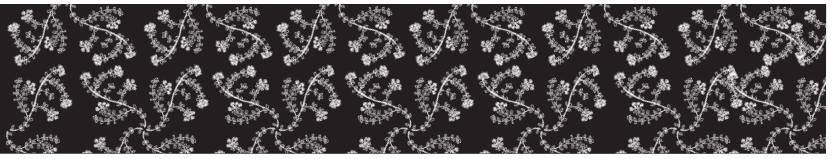
1. Heat the oil until it is hot but not smoking in a nonstick skillet. Add the croutons, and cook them for about 2 minutes, stirring them occasionally until they are nicely browned on all sides. Transfer the croutons to a bowl, and set them aside.
2. Sprinkle the fish steaks on both sides with the salt and pepper, and place them skin side down in the hot skillet you used to sauté the croutons. (No additional fat is required.) Cook the fish, uncovered, for 3 minutes over medium to high heat, then cover, and cook it for another 2 minutes. Place the steaks skin side up on a warm platter, and sprinkle them with the croutons, lemon flesh pieces, capers, and chives.
3. Discard any fat that has accumulated in the skillet. (I had 2 tablespoons of melted fat from the fish in my skillet.) Add the butter to the skillet, and cook it over medium heat until it is lightly browned. Add the vinegar, shake the pan to mix it in, then pour the mixture over the fish steaks on the platter. Serve immediately.



CANDIED GRAPEFRUIT, ORANGE, AND LEMON CHIPS

1 ruby red grapefruit (about 1 pound)
1 large seedless orange (about 12 ounces)
1 large lemon (about 9 ounces)
5 tablespoons sugar

1. Preheat one or two ovens to 200 degrees. (See step 4, below.)
2. Cut the grapefruit into 10 slices, each 1/4 inch thick, and discard the end pieces.
3. Line a jelly roll pan with aluminum foil, and arrange the grapefruit slices in one layer in the pan. Sprinkle the slices with 2 tablespoons of the sugar. Repeat with the orange and lemon slices, cutting each into about 10 slices and arranging the slices in a single layer on a foil-lined jelly roll pan. Sprinkle the orange and lemon slices with the remaining 3 tablespoons of sugar.
4. Place the pans on different racks in the 200-degree oven (or use two ovens, if available) for 3-1/2 to 4 hours, until the slices are dried and candied but not browned. Remove them immediately from the pan, and cool them to room temperature on a rack.
5. Store the citrus chips in a plastic container, tightly covered. Serve as a garnish or snack.

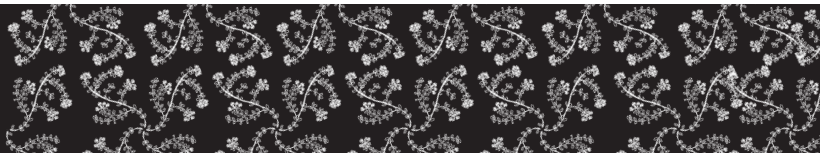


SPINACH AND MOZZARELA SALAD WITH CROUTONS

SOY-VINAIGRETTE DRESSING

- 1 tablespoon Dijon-style mustard
- 1 tablespoon red wine vinegar
- 1 tablespoon soy sauce
- 2 tablespoons virgin olive oil
- 1/2 teaspoon freshly ground pepper
- 1 5-ounce piece of day-old baguette, about 2 inches in diameter, cut into 16 thin (1/4-inch) slices
- 10 ounces spinach (small, tender leaves), trimmed of any tough stems or damaged leaves (about 8 ounces trimmed)
- 6 ounces mozzarella cheese, cut into 1/4-inch slices (3 to 4 slices per person)

1. Preheat the oven to 400 degrees.
2. In a bowl large enough to hold the spinach greens, combine the dressing ingredients. Set aside.
3. Arrange the baguette slices in a single layer on a cookie sheet. Place in the 400-degree oven for 10 minutes, or until the slices are nicely browned.
4. Wash the spinach by submerging it in a basin of cool water. Then, lift it gently from the water, and dry it thoroughly in a salad spinner. (You should have about 10 loosely packed cups of spinach.)
5. At serving time, toss the spinach with the dressing in the bowl. Divide the salad among four plates, and top each serving with croutons and mozzarella. Serve.



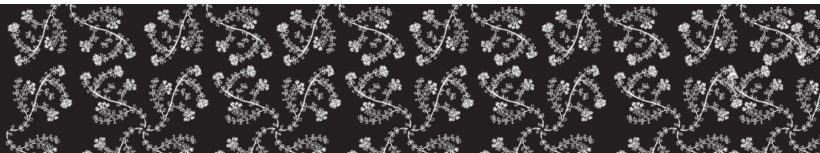
CREAM OF TURNIP AND SWEET POTATO SOUP WITH LEEK JULIENNE

3/4 pound purple-topped turnips, peeled and cut into 1-inch pieces
1 sweet potato (yellow or orange variety), (about 8 ounces), peeled and cut into 1-inch pieces
1 white potato (6 ounces), peeled and cut into 1-inch pieces
3-1/2 cups light chicken, beef, or pork stock, unsalted
1 teaspoon salt, plus additional to taste, if desired

LEEK GARNISH

1 small leek (about 4 ounces)
1 tablespoon unsalted butter
1/2 cup water
1/4 teaspoon freshly ground black pepper, plus additional to taste, if desired
1/2 cup light cream

1. Place the turnip, sweet potato, and white potato pieces in a pot with the stock and salt. Bring the mixture to a boil, then reduce the heat to low, cover, and cook gently for 45 minutes, or until the vegetables are very tender when pierced with a fork.
2. Meanwhile, prepare the leek garnish. Trim the leek to remove any damaged or fibrous outer leaves but retain most of the green top. Cut the leek crosswise into thirds, with each chunk about 4 inches long. Then, cut each segment in half lengthwise, and separate the layers. Stack the layers together so they are flat, and cut them into very thin lengthwise strips (a julienne). You should have about 1-3/4 cups. Wash and drain the leek in a colander.
3. Place the leek strips in a saucepan with the butter and water. Bring to a boil, reduce the heat to low, cover, and cook for 10 to 12 minutes, until the leek is tender. Set aside in any remaining cooking liquid.
4. When the vegetables in the soup are tender, process it in a food processor or with a handheld immersion blender until it is emulsified into a smooth-textured mixture. Add the pepper, cream, and the reserved leek julienne along with its liquid.
5. Bring the mixture back to a boil, adding additional salt and pepper to taste, if desired, and serve immediately.



ASPARAGUS EN FÊTE

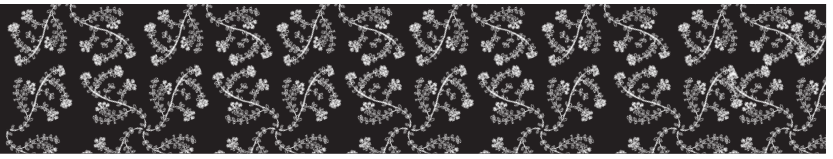
1-1/2 pounds asparagus (about 20 stalks), peeled and trimmed (about 18 ounces, peeled and trimmed)
1 cup hot tap water

LEMON-MUSTARD SAUCE

1 tablespoon Dijon-style mustard
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 teaspoons lemon juice
4 tablespoons virgin olive oil

24 oil-cured black olives
2 tablespoons drained capers
1 ripe tomato (5 ounces), seeded and cut into 1/2-inch pieces (1 cup)
1/4 cup (loosely packed) fresh flat-leaf parsley leaves

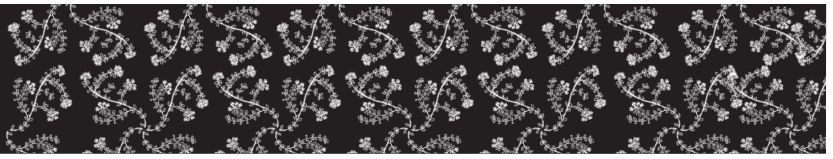
1. Place the asparagus in no more than two layers in the bottom of a saucepan, preferably stainless steel. Add the hot tap water, and bring it to a boil over high heat. Cover the pan, and continue to boil the asparagus over high heat for 4 to 5 minutes, until it is tender but still firm. Most of the water will have evaporated.
2. Remove the asparagus from the pan, and spread it out on a platter to speed cooling. When it is cool enough to handle, measure down 5 inches from the tip of each spear, and cut off and reserve the remainder of the stem ends. Then, starting at the bottom of the spears, split the stems in half lengthwise, stopping when you get to the tips and leaving the heads intact. Cut the reserved stem ends into 1-inch pieces.
3. Combine the sauce ingredients in a small bowl.
4. At serving time, mix the 1-inch pieces of asparagus with the olives, capers, and tomato in a bowl. Arrange four asparagus spears on each plate so the tips extend to the edge of the plate and the stalks, spread open where they are cut, connect to create a “frame” around an open area in the center. Arrange some of the tomato-olive mixture in the center of each plate, and spoon some sauce over both the spears and the mixture. Sprinkle with the parsley leaves, and serve.



PEARS IN GRENADINE

6 medium Bosc pears (2 pounds)
1/3 cup lime juice
1/3 cup sugar
1/3 cup grenadine
1 cup dry white wine
1 cup water

1. Peel and core the pears, leaving the stems attached and a little of the skin in place around the stems for decoration. Stand the pears upright in a saucepan that will hold them snugly in one layer, and add the lime juice, sugar, grenadine, white wine, and water. (The liquid should barely cover the pears.) Fold a length of paper towel in half and then in half again, and place it over the pears to cover their tops completely.
2. Bring the liquid to a boil over medium to high heat, then reduce the heat to low, cover, and boil the pears gently for about 30 minutes, or until they are very tender when pierced with the point of a sharp knife.
3. Set the pears off the heat, and let them cool in the pan for about 15 minutes, then lift them from the pan, and stand them upright in a serving dish. There should be about 2-1/2 cups of cooking liquid remaining. Return the pan to the stove, and boil the liquid over high heat until it is reduced to a syrup. (You will have 1 cup.)
4. Pour the syrup over the pears, cover, and refrigerate until cold. Serve one pear per person with some of the surrounding syrup.



BAKED APPLE TART

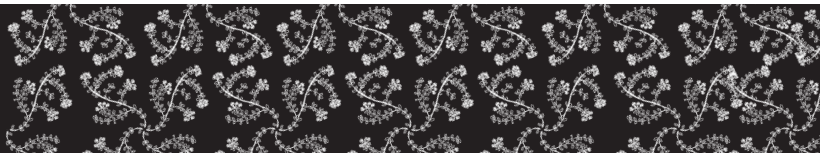
DOUGH

3 tablespoons unsalted butter, cold
3/4 cup all-purpose flour (3 ounces)
1/2 teaspoon granulated sugar
2 tablespoons ice-cold water

FILLING

2 large Golden Delicious apples (1 pound)
2 tablespoons apricot jam
1 tablespoon granulated sugar
1/2 tablespoon unsalted butter

1. Preheat the oven to 400 degrees.
2. Cut the butter into 1/2-inch pieces. Place the flour, butter, and sugar in the bowl of a food processor. Process for 5 seconds, add the water, and process for another 5 seconds. Remove the dough, even if not compactly mixed, then press it and roll it out between two layers of plastic wrap to form a circle about 10 inches in diameter. Remove the top layer of wrap, and invert the dough onto a cookie sheet. Peel off the remaining wrap, and refrigerate the dough.
3. Meanwhile, peel the apples, cut them in half, and remove the cores. Hollow the apples out a little with a measuring spoon, and chop the trimmings. (You should have about 3/4 cup.) Place 1/2 tablespoon of the jam in the hollow of each apple half, and arrange the halves, cut side down, in the center of the circle of dough. Sprinkle the chopped apple around the halves.
4. Bring the edge of the dough up over the apples to create a border, 1 to 2 inches high, around the edge. (This will hold the cooking juices inside.)
5. Sprinkle the top of the tart with sugar, and dot with butter. Bake at 400 degrees for 45 minutes to 1 hour, until well browned. Serve warm or at room temperature.



PAN-SEARED or GRILLED MARINATED FLANK STEAK

HONEY-CORIANDER MARINADE

1 tablespoon honey

2 tablespoons soy sauce

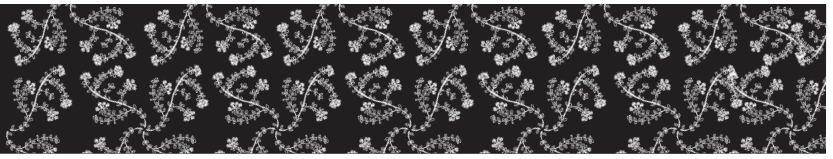
5 to 6 cloves garlic, peeled, crushed, and finely chopped (1 tablespoon)

1/2 teaspoon ground coriander seeds

1/4 teaspoon cayenne pepper

1 flank steak (about 3/4 inch thick, weighing about 1-1/4 pounds), trimmed of all surrounding fat

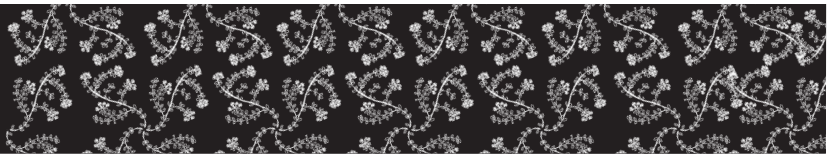
1. Mix all the marinade ingredients together in a gratin dish large enough to hold the flank steak. Place the steak in the dish, turning it to coat all sides with the marinade. Cover with plastic wrap, and marinate in the refrigerator for at least 1 hour.
2. At cooking time, heat a grill until very hot, or preheat a heavy aluminum or cast-iron skillet or saucepan for at least 5 minutes over high heat, until it is very hot. Pre-warm the oven to 180 degrees.
3. Remove the steak, reserving the marinade in the gratin dish. Place the steak on the hot grill or skillet, cook over high heat for 1-1/2 minutes, turn, and cook for 1-1/2 minutes on the second side to sear the meat and give it a well-browned exterior. Return the meat to the marinade, and place it, uncovered, in the warm oven to “relax” and continue cooking in its own heat for at least 10 minutes and up to 40 minutes.
4. To serve, cut the steak on the diagonal into very thin (1/8-inch) slices, and serve with the marinade on very hot plates.



SPICY BEEF SHELL ROAST

1 beef shell roast (also called New York strip), about 1-1/2 pounds untrimmed
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon dried rosemary
1/4 teaspoon freshly ground black pepper
1/4 teaspoon cayenne pepper
1/4 teaspoon salt
1 tablespoon virgin olive oil
1/4 cup homemade unsalted and defatted chicken stock, or lower-salt canned chicken broth

1. Preheat the oven to 450 degrees.
2. Remove all surface fat from the roast. The trimmed roast should weigh 1-1/4 pounds and be 1-3/4 inches thick.
3. Crush the dried herbs between your thumb and finger, and mix them with the black and cayenne peppers. Pat the mixture on both sides of the meat.
4. When ready to cook, sprinkle the roast with the salt. Heat the oil in a heavy oven-proof skillet or saucepan. When hot, add the meat, and cook over medium to high heat for 3 minutes on each side.
5. Transfer the roast to the 450-degree oven, and cook for 8 to 10 minutes for medium rare. Add the chicken stock, and let rest 10 minutes before carving. Serve with the natural meat-cooking juices.



GRILLED VEAL CHOPS WITH CAPER SAUCE

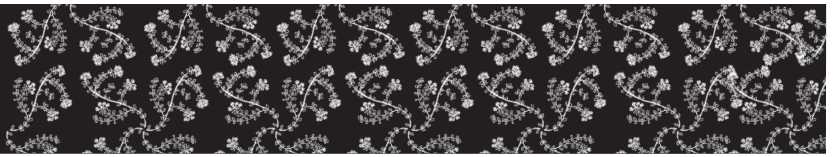
4 veal rib chops, each about 1 inch thick (about 10 ounces each, with bones)
1 teaspoon canola oil
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

CAPER AND SAGE SAUCE

1/2 cup diced (1/4-inch dice) red onion
2 tablespoons capers, drained
1 tablespoon minced fresh sage
2 teaspoons julienned lemon peel

1 tablespoon lemon juice
2 tablespoons virgin olive oil
2 tablespoons chopped fresh flat-leaf parsley
1/4 teaspoon freshly ground black pepper
1/4 teaspoon salt (less if using canned chicken broth)
2 tablespoons homemade unsalted and defatted chicken stock, or lower-salt canned chicken broth

1. Heat a grill until it is very hot. Preheat the oven to 180 degrees.
2. Rub the chops with the oil, and sprinkle them with the 1/4 teaspoon each of salt and pepper. Cook the chops on the clean rack of the hot grill for about 2-1/2 minutes on each side. Transfer them to the 180-degree oven, and let them rest for at least 10 minutes and no longer than 30 minutes before serving.
3. Meanwhile, mix all the sauce ingredients in a bowl.
4. At serving time, place a chop on each of four plates, and coat with the sauce.



GRILLED CHICKEN with TARRAGON BUTTER

1 chicken (about 3 pounds), quartered, with the carcass bones removed (and reserved for stock, if desired)
1/2 teaspoon salt

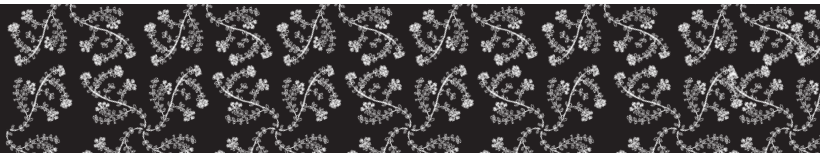
TARRAGON BUTTER

1-1/2 tablespoons unsalted butter
1-1/2 tablespoons virgin olive oil
2 tablespoons chopped fresh tarragon
1/4 teaspoon salt

1. Preheat a grill.
2. Sprinkle the chicken pieces with the salt, and place them on the rack when the grill is medium to hot. Grill for about 20 minutes, turning the pieces occasionally, until they are nicely browned on all sides. While they are cooking, preheat the oven to 225 degrees.

FOR THE TARRAGON BUTTER

3. Meanwhile, place all the tarragon butter ingredients in the bowl of a blender or food processor, and process until smooth. Set aside.
4. When the chicken pieces are browned, transfer them to a tray, and bake them at 225 degrees, uncovered, for at least 20 minutes to finish cooking and “relax.”
5. Remove the skin, if desired, and serve one quarter per person, each dotted with about 1 tablespoon of the tarragon butter.



COUSCOUS OF LOBSTER

3 quarts water
2 lobsters (2 pounds each), preferably female

COUSCOUS

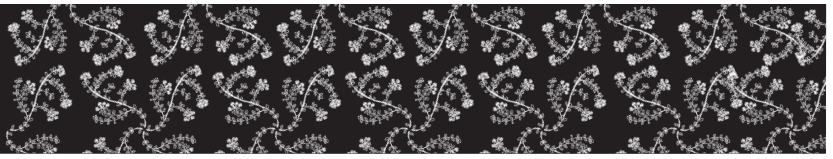
1-1/2 cups water
2 tablespoons virgin olive oil
1 medium onion, peeled and chopped (1 cup)
1-1/2 cups couscous (about 10 ounces)
1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

CHIVE SAUCE

1/4 cup virgin olive oil
4 tablespoons finely minced fresh chives
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper

1. Bring the 3 quarts of water to a boil in a large stockpot. Add the lobsters, cover, and bring the water back to a boil. Reduce the heat to low, and boil gently for 8 minutes. Remove the lobsters from the water, and set aside. When cool enough to handle, remove the meat from the shells (reserving the shells), and set aside the tomalley (liver) and coral (eggs), if any (about 1/2 cup combined).
2. To concentrate the taste of the stock, reduce it to 4 cups. You will need 1 cup to reheat the lobster meat and 1/2 cup for the sauce. Freeze the remainder.
3. Bring the 1-1/2 cups water to a boil in a small saucepan.
4. Meanwhile, in a medium saucepan, heat the 2 tablespoons of oil, and sauté the onion over medium heat for about 2 minutes. Add the light green tomalley and dark green eggs, and mix well, crushing the eggs with a fork. Stir in the couscous, and then add the boiling water, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Mix well. Remove from the heat, cover, and set aside for 10 minutes.
5. Combine the lobster meat with the 1 cup of reduced stock in a saucepan. Slowly bring the stock almost to a boil, and keep it at this temperature for 3 to 4 minutes.
6. Combine the 1/2 cup of reserved reduced stock with the chive sauce ingredients in a saucepan, and bring to a strong boil.
7. Cut the reserved shells in half and fluff the couscous. Place some couscous on each of four plates and a shell receptacle on top. Fill the shell with couscous, arrange the warm lobster on top, and spoon on the sauce. Serve.



CRAB CAKES WITH AVOCADO GARNISH

CRAB CAKES

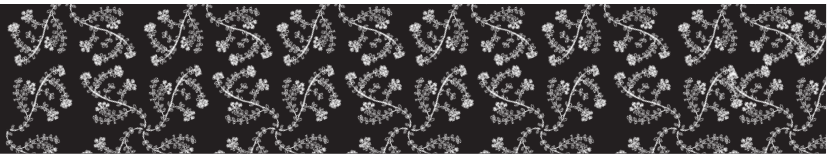
8 ounces crabmeat
1/4 teaspoon freshly ground black pepper
1/4 teaspoon dried thyme
1 tablespoon chopped fresh chives
1/8 teaspoon Tabasco hot pepper sauce
1/4 teaspoon salt
3 tablespoons mayonnaise
1-1/2 slices bread (1-1/2 ounces), processed to make crumbs (3/4 cup)
2 tablespoons peanut oil

AVOCADO GARNISH

1 ripe tomato (5 ounces)
1 small ripe avocado (6 ounces)
1 tablespoon red wine vinegar
2 tablespoons peanut oil
1/4 teaspoon freshly ground black pepper
1/4 teaspoon salt
3 tablespoons water

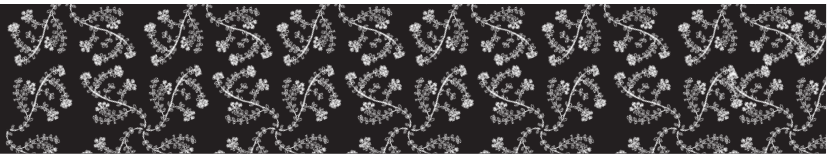
1 tablespoon chopped fresh chives

1. Cut the crabmeat into 1/4-inch pieces. (You should have 1-1/2 lightly packed cups.)
2. In a bowl, mix the crabmeat with the pepper, thyme, chives, Tabasco, salt, and mayonnaise. Add the bread crumbs, and toss them lightly into the mixture.
3. Divide the mixture, and form it into four patties, each about 1-inch thick and weighing about 1/2 ounce. Handle the mixture gently; it should barely hold together.
4. In a large skillet, heat the oil. When it is hot, place the patties carefully in the skillet, and sauté them gently over medium heat for 3 to 4 minutes on each side.
5. While the crabmeat cakes are cooking, skin, seed, and coarsely chop the tomato. Peel and pit the avocado, and coarsely chop it. Place the chopped tomato and avocado in a bowl, and add the vinegar, oil, pepper, salt, and water.
6. To serve, spoon some of the mixture onto four individual plates, sprinkle with the chives, and place a patty on top. Serve immediately.

**SQUID SALAD á la BINH**

6 cups water
1 pound squid (body and tentacles), thoroughly cleaned
4 cloves garlic, peeled, crushed, and finely chopped (1 tablespoon)
2 to 3 small Thai hot peppers, seeded and chopped (about 1/2 teaspoon)
1 cup very thinly sliced onion
3 tablespoons lime juice
1/4 cup shredded fresh mint
1/4 cup shredded fresh cilantro (coriander or Chinese parsley) leaves
2 tablespoons *nuoc nam*
1/2 teaspoon sugar
1/4 teaspoon salt
4 large lettuce leaves

1. Bring the water to a boil in a larger saucepan. Cut the body pieces of the squid crosswise into 1-inch slides and the tentacles into 1/2-inch pieces. Add the squid to the pot, and cook for about 3 minutes, stirring occasionally, just until the water comes back to a boil. Drain immediately.
2. Meanwhile, combine the remaining ingredients except the lettuce in a serving bowl large enough to hold the squid. Add the hot, drained squid, and toss until well mixed. Set aside for at least 10 minutes, stirring occasionally, so the dish can develop flavor.
3. Serve on the lettuce leaves.



COLD MUSSEL AND BEAN SOUP

2 cups liquid from cooking the beans for the Stew of Lima Beans and Mussels, cooled
2 cups liquid from cooking the mussels for the Stew of Lima Beans and Mussels, cooled
1/2 cup sour cream
3 tablespoons chopped fresh chives
1/4 teaspoon Tabasco hot pepper sauce

1. Place all the ingredients in a large bowl, and mix them together with a whisk until combined.
Refrigerate until cool.
2. At serving time, spoon the cold soup into soup bowls, and serve immediately.



LOBSTER IN ARTICHOKE BOTTOMS

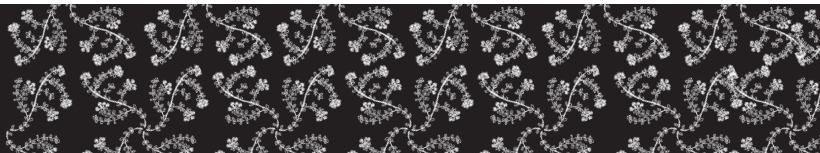
8 cups water
2 lobsters (about 1-1/2 pounds each)

ARTICHOKE BOTTOMS

4 medium artichokes (about 2 pounds total), leaves and bases trimmed to make artichoke bottoms
1 cup water
1 tablespoon virgin olive oil
1-1/2 teaspoons lemon juice
1/4 teaspoon salt

2 tablespoons unsalted butter
2 tablespoons minced fresh chives
Salt and freshly ground black pepper to taste

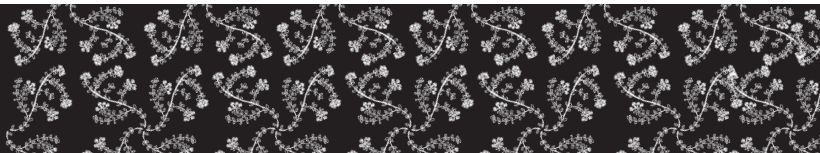
1. Bring the 8 cups of water to a boil in a large kettle. Add the lobsters, bring the water back to a boil, cover, reduce the heat to low, and boil the lobsters gently for 15 minutes. Lift the lobsters from the cooking liquid, and set them aside until cool enough to handle. Then remove the meat from the shells and reserve it, along with the red roe. (You should have about 3/4 pound of meat.) Cut the meat of each tail in half lengthwise, and discard any remaining intestinal tract.
2. Place the shells back in the kettle with the cooking liquid, and boil, covered, for 30 minutes. Strain. (You should have about 7 cups of stock.) Set 1 cup of stock aside for the sauce, and freeze the remainder for use in a bisque or for serving with pasta.
3. Preheat the oven to 350 degrees.
4. Place the artichoke bottoms in a saucepan with the 1 cup of water, the oil, the lemon juice, and the salt. Bring to a boil, cover, reduce the heat, and boil the artichokes gently for about 20 minutes, until they are tender and most of the cooking liquid has evaporated. Let cool. When the artichokes are cool enough to handle, remove and discard the chokes.
5. Just before serving time, reheat the artichoke bottoms for about 1 minute in a microwave oven or for 10 to 15 minutes in a conventional oven set at 350 degrees. Place the roe in an ovenproof dish, and heat it for 5 minutes in a 350-degree oven to dry it. Chop the roe coarsely with a knife.
6. Reheat the lobster meat for 20 to 30 seconds in a microwave oven or for 8 to 10 minutes in a conventional oven set at 350 degrees. Bring the cup of reserved stock to a boil, and boil it until it is reduced to 1/2 cup. Add the butter, chives, and salt and pepper, and bring to a strong boil.
7. Arrange an artichoke bottom on each of four plates, and place the meat of half a lobster tail in the cavity of each with a piece of claw meat alongside. Spoon some sauce on top, and sprinkle with some of the roe. Serve, if desired, with broccoli with butter, arranging the broccoli around the artichoke bottoms.



STEW OF LIMA BEANS AND MUSSELS

8 ounces dried lima beans
 4 cups cold water
 1-1/2 teaspoons salt
 3 pounds mussels
 1 cup dry, fruity white wine (such as chardonnay)
 4-1/2 tablespoons virgin olive oil
 12 scallions, trimmed, washed, and coarsely chopped (1-1/4 cups)
 5 to 6 cloves garlic, peeled, crushed, and chopped (1 tablespoon)
 1 pound spinach, tough stems removed and the remainder washed (about 12 ounces, cleaned)
 1/2 teaspoon freshly ground black pepper

1. Wash the lima beans, and discard any damaged beans or pebbles. Place the beans in a saucepan with the cold water. Add 1 teaspoon of the salt, and bring to a boil. Cover, reduce the heat, and boil gently for 30 to 40 minutes, until the beans are tender. (Remove and discard any skins that float to the surface.)
2. Drain the beans, reserving the cooking liquid for use in Cold Mussel and Bean Soup. You should have about 2 cups of liquid; if you have less, add water.
3. Rub the mussels against one another in several changes of cold water to remove as much dirt and sand from their shells as possible. Place them with the wine in a stainless steel saucepan, cover, and cook over high heat until they have opened, 7 to 8 minutes from the cold start. Drain, reserving the cooking liquid. You should have 3 cups of liquid; if you have less, add water. Reserve 1 cup of the liquid for use in this recipe, and keep the remaining 2 cups for use in Cold Mussel and Bean Soup
4. Remove the mussels from their shells, and set them aside in a bowl. If desired, keep a few of the shells for decoration.
5. Heat 3 tablespoons of the olive oil in a saucepan. When it is hot but not smoking, add the scallions, and sauté them over medium heat for 1 minute. Add the reserved cup of mussel liquid, the drained beans, and the mussels. Mix well, and set aside to reheat at serving time.
6. Heat the remaining 1-1/2 tablespoons of oil in a saucepan, and add the garlic. Sauté for 30 seconds, and mix in the spinach. Cover, and cook for 3 to 4 minutes, until the spinach wilts and is tender. Add the remaining 1/2 teaspoon salt and the pepper, mix well, and transfer any juices that emerge from the spinach to the mussel and bean mixture.
7. Divide the spinach among four soup plates, and arrange it around the periphery to create an attractive border. Heat the mussel mixture until warmed through, spoon it into the center of the plates. Decorate, if desired, with some of the reserved mussel shells. Serve immediately.



ARTICHOKES WITH *RAVIGOTE* SAUCE

2 quarts water
4 firm, dark green artichokes (about 2 pounds)

RAVIGOTE SAUCE

1/4 cup coarsely chopped red onion
1 tablespoon drained capers
1/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 tablespoons red wine vinegar or sherry vinegar
4 tablespoons virgin olive oil
3 tablespoons chopped fresh herbs (a mixture of parsley, chives, and tarragon), plus 1 tablespoon for garnish

Bring the water to a boil in a large saucepan.

Meanwhile, place the artichokes on their sides on a cutting board, and, using a sharp knife, trim about 1-1/2 inches from the top of each. Then, using scissors, trim an additional 1 inch from the tops of all the leaves. Trim the artichoke stems, and peel off their fibrous outer surface. Wash the artichokes thoroughly.

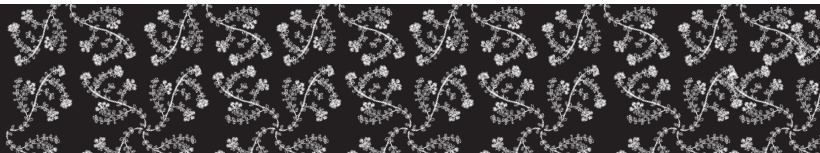
Add the artichokes to the boiling water, and place a sieve on top to hold them under the water. Bring the water back to a boil, and boil the artichokes, uncovered, for 25 minutes, or until an outer leaf can be pulled easily from the base and the base of the leaf is tender.

Pour the hot water out of the pot, and add enough ice to cover the artichokes and cool them quickly. When they are cool, gently press them between your palms to extract as much water from them as possible without breaking them. Remove the center leaves from each artichoke, pulling them out together in one clump (and reserving the clumps) to expose the chokes. Quarter the artichokes lengthwise, and remove and discard the chokes.

FOR THE *RAVIGOTE* SAUCE

Combine the onion, capers, salt, pepper, vinegar, olive oil, and 3 tablespoons of herbs in a small bowl.

To serve, arrange four artichoke pieces (the equivalent of one whole artichoke) attractively on each of four plates, with the stems extending outward. Arrange a reserved clump of center artichoke leaves in the middle of each plate, and spoon some of the *ravigote* sauce over the artichoke pieces. Garnish with the 1 tablespoon of herbs, and serve.



CHRISTMAS OYSTERS

24 oysters, shucked, with juices and the deeper shell of each reserved (if desired for serving)
3 red bell peppers (1 pound), seeded and cut into 1-inch pieces
1/2 cup water
2 tablespoons unsalted butter
3/4 teaspoon salt
3 tablespoons virgin olive oil
3 to 4 cloves garlic, chopped (about 2 teaspoons)
1 pound spinach, washed, with tough stems removed and discarded (about 12 ounces)
1/4 teaspoon freshly ground black pepper
1/3 cup dried *hijiki* seaweed (available in Asian markets and many health food stores), soaked for 30 minutes in cold water and drained

Wash the shucked oysters in their own juices, lift them out, and place them in a stainless steel saucepan. Strain the oyster juices over the oysters. Set the pan aside.

Place the red peppers in a saucepan with the water. Bring to a boil, cover, and boil for 10 minutes. Remove the lid, and continue cooking until the water has evaporated (about 5 minutes). Push the peppers through a food mill fitted with a fine screen. (You should have 1-1/4 cups.) Return the peppers to the saucepan, and stir in 1 tablespoon of the butter and half of the salt. Set aside until serving time.

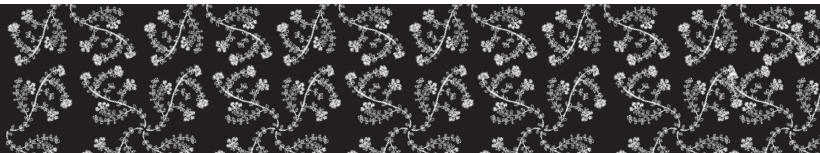
Heat 1 tablespoon of the oil in a skillet, add the garlic, and sauté for 10 seconds. Mix in the spinach and the remainder of the salt, and cook for 2 minutes, until the spinach is wilted and softened. Set aside off the heat.

At serving time, heat the oysters in their juices until barely boiling. (The oysters are cooked when the mantle, or frill -- the lacy collar all around the body -- just begins to curl.) With a slotted spoon, transfer the oysters to a bowl, and keep them warm.

Bring the oyster juices to a strong boil. (You should have 2/3 cup. If you have more, boil until the juices are reduced to 2/3 cup; if less, add water to reach this amount.) Add the remaining tablespoon of butter, 2 tablespoons of oil, and the pepper. Bring back to a strong boil. Set aside momentarily while you prepare the plates.

To serve the oysters in their shells, arrange six of the reserved shells on each of four plates. Divide about 2 tablespoons of the red pepper sauce evenly among the shells on each plate. Place a rounded teaspoon of spinach on top of the sauce in each shell. Arrange an oyster on top of the spinach in each shell, and spoon about 1 teaspoon of the oyster sauce on top of each oyster. Sprinkle with the *hijiki*, and serve immediately.

To serve the oysters on plates, divide the red pepper sauce evenly among four plates, and place a fourth of the spinach in the center of each plate. Arrange six oysters on top of the spinach on each plate, and spoon 2 to 3 tablespoons of the oyster sauce over them. Sprinkle with the *hijiki*, and serve immediately.



CRAB RAVIOLI WITH RED PEPPER SAUCE

CRAB RAVIOLI

1 red bell pepper (8 to 10 ounces), halved and seeded
1 tablespoon virgin olive oil
1/3 cup chopped shallots
2 cloves garlic, peeled, crushed, and chopped (1-1/2 teaspoons)
8 ounces cleaned crabmeat
1/4 cup chopped fresh herbs (a mixture of parsley, chives, chervil, and tarragon)
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
32 wonton wrappers, each 3 inches square (8 ounces total, before trimming)

RED PEPPER SAUCE

6 to 7 ounces red bell pepper (reserved from the ravioli), cut into 1/2-inch pieces, (about 1-1/2 cups)
3/4 cup thinly sliced onion
1 clove garlic, peeled
1-1/2 cups water
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1-1/2 teaspoons potato starch dissolved in 1 tablespoon cold water
4 tablespoons heavy cream

2 quarts water for cooking the ravioli
1 tablespoon chopped fresh chives (optional)

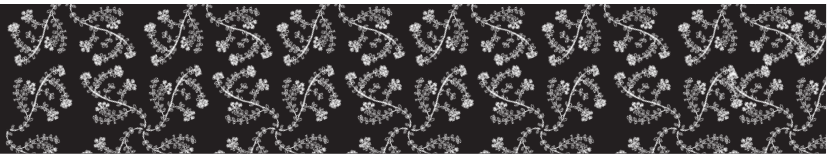
FOR THE CRAB RAVIOLI

Peel and chop enough of the red bell pepper to have 2 tablespoons. Reserve the remainder (6 to 7 ounces) for use in the red pepper sauce. Heat the oil in a saucepan until it is hot but not smoking. Add the shallots and chopped red pepper, and sauté for 1 minute. Add the garlic, and mix well. Place the crabmeat in a bowl, and add the mixture from the skillet along with the herbs, salt, and pepper. Mix gently but thoroughly.

Lay sixteen of the wonton wrappers out side by side on a flat work surface. Mound approximately 2 tablespoons of the crabmeat mixture in the center of each square. Using a pastry brush, moisten one side of the remaining sixteen wonton wrappers with cold water, and place each (moist side down) in proper alignment on top of a crabmeat-covered wrapper. Press gently around the edges to seal the two wrappers together and enclose the filling. Using a 3-inch-diameter cutter, trim each square into a round shape. (You should have about 2 ounces of dough trimmings, which can be added to soup or discarded.) Arrange the ravioli rounds in a single layer on a tray, cover with plastic wrap, and refrigerate until cooking time. (The recipe can be prepared to this point 6 to 8 hours ahead.)

FOR THE RED PEPPER SAUCE

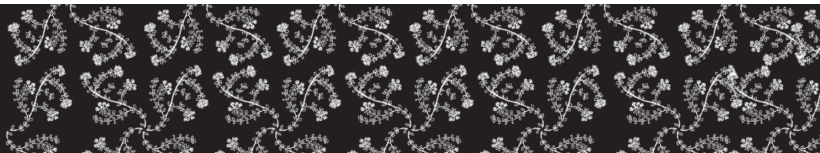
Combine the red pepper pieces, onion, and garlic with the 1-1/2 cups water in a saucepan. Bring to a boil, cover, and boil gently for 6 to 8 minutes. Add the salt and pepper, and mix well. Bring to a boil, and boil for 1 minute. Stir in the dissolved potato starch, bring the mixture to a boil, and immediately set it off the heat.



Push the mixture through a food mill set over a saucepan. If desired, emulsify the mixture in the saucepan using a hand-held immersible blender, or in a conventional blender, until it liquefies into a puree. Add the cream, and mix well.

TO COOK THE RAVIOLI

At serving time, bring the 2 quarts of water to a boil in a large pot. Add eight of the ravioli, and boil them gently for 3 minutes. Using a skimmer, lift them from the water, and arrange four on each of two plates. Repeat with the remaining eight ravioli, arranging them on two additional plates. Divide the red pepper sauce among the plates, spooning it over the ravioli. Sprinkle with the chives, if desired, and serve immediately.



ROASTED TURKEY WITH MUSHROOM STUFFING

1 11-pound turkey
2 cups water
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
3 onions (about 12 ounces), peeled and cut into 1-inch dice
10 cloves garlic, unpeeled

STUFFING:

3/4 cup dried mushroom pieces, preferably cèpe (about 3/4 ounce)
1 – 1/2 cups warm water
2 tablespoons virgin olive oil
2 tablespoons canola oil
1 medium onion (6 ounces), peeled and finely chopped (1 cup)
1 to 2 stalks celery (white, from inside), chopped (1/2 cup)
1/2 teaspoon *herbes de Provence*
3 cloves garlic, peeled, crushed and finely chopped (2 teaspoons)
6 slices (about 7 ounces total) sprouted wheat bread (whole wheat bread made with wheat kernels)
1/3 cup golden raisins
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

1 teaspoon potato starch dissolved in 1 tablespoon water
1 tablespoon soy sauce

FOR THE TURKEY

Reserve the turkey liver for another use, and place the neck, gizzard, and heart in a saucepan with 2 cups of water. Bring to a boil, cover, reduce the heat, and cook over low heat for about 1 hour.

Preheat the oven to 425 degrees.

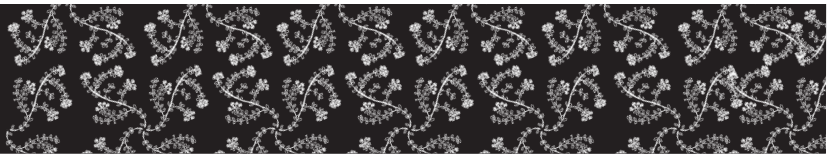
Drain the turkey parts, reserving the cooking liquids and the solids separately. (You should have about 1-1/2 cups of cooking liquid.) Set aside. Pull the meat from the neck bones, and cut it with the gizzard and heart into a 1/4-inch dice. Place in a bowl, and reserve.

Sprinkle the turkey inside and out with the salt and pepper, and place it breast side up in a large roasting pan. Bake for 30 minutes.

Using pot holders, turn the turkey breast side down. Arrange the onions and garlic cloves around it. Reduce the oven temperature to 350 degrees. Return the turkey to the oven, and cook for 1-1/2 hours. Then add the 1-1/2 cups reserved cooking liquid (from the neck, gizzard, and heart), turn the turkey breast side up, and continue cooking for 1/2 hour longer to brown the breast. Turn the oven off, transfer the turkey to an ovenproof platter, and return it to the warm oven to rest.

FOR THE STUFFING

Preheat the oven to 400 degrees.



Soak the mushrooms in a bowl with the warm water. Set aside for at least 30 minutes. Drain, press (reserving the soaking liquid in the bowl), and coarsely chop the mushrooms. Set the mushrooms aside separately from the soaking liquid.

Heat the oils in a large skillet or saucepan. When hot, sauté the onion and celery for 3 minutes. Add the *herbes de Provence*, garlic, and mushrooms, mix well, and remove from the heat.

Toast the bread slices well, and cut them into 3/8-inch croutons. (You should have 3 cups.) Stir the croutons and raisins into the mixture in the skillet.

Pour the reserved mushroom-soaking liquid into a measuring cup, leaving behind and discarding the sandy residue in the bottom of the bowl. (You should have about 3/4 cup.)

Add to the mixture in the skillet the salt and pepper, and toss gently to combine. Pack lightly into a loaf pan, and cover with aluminum foil. Bake at 400 degrees for 30 minutes.

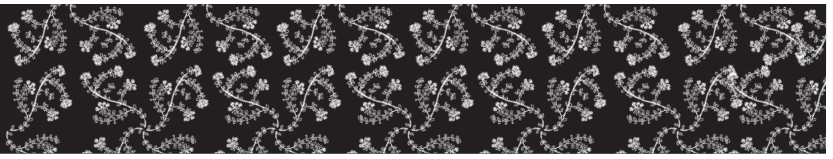
FOR THE GRAVY

If you want to include the pureed vegetables in your gravy, push the vegetables and cooking juices from the roasting pan through a sieve or a food mill into a saucepan.

Let rest for 4 to 5 minutes, until most of the fat has risen to the top, and skim off as much of it as possible. (You should have approximately 2 cups of cooking juices.)

Add the reserved diced neck, gizzard, and heart meat, and simmer the mixture for 10 minutes to reduce it slightly. Stir in the dissolved potato starch and soy sauce until smooth.

Carve the turkey, and serve it with the gravy and mushroom stuffing.



STUFFED TOMATOES EMILIA

4 ounces leftover bread, cut into 1/2-inch pieces (2 cups)
3/4 cup water at room temperature
6 ounces cooked meat from a roast (pork, veal, or beef), coarsely chopped (2 cups)
1/4 cup chopped onion
4 scallions, cleaned and coarsely chopped (1/2 cup)
2 mushrooms (about 3 ounces), washed and coarsely chopped (1 cup)
2 cloves garlic, peeled, crushed, and chopped (2 teaspoons)
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1 large egg
4 large tomatoes (about 2-1/2 pounds)

Preheat the oven to 400 degrees.

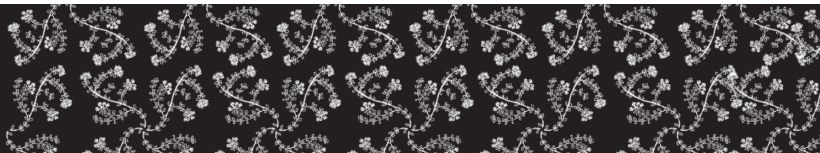
Place the bread pieces in a bowl, and sprinkle them with the water. Using your hands, squeeze the bread gently until it absorbs the water and becomes soft. Add the cooked meat, onion, scallions, mushrooms, garlic, 1/2 teaspoon of the salt, 1/4 teaspoon of the pepper, and the egg. Mix well. The mixture should hold together but not be pasty.

Using a sharp knife, remove the top 1/2 inch from the stem end of each tomato, and reserve these “caps.” Scoop out the insides of each tomato with a measuring spoon, leaving only the fleshy shell of the tomato.

Chop the tomato insides coarsely. The combined juices and seeds should measure about 2 cups. Sprinkle with the remaining 1/2 teaspoon salt, and set aside.

Stand the tomato shells upright in a gratin dish and fill them with the stuffing. Place the reserved tomato caps on top, and pour the reserved tomato mixture around the tomatoes in the dish.

Place the dish in the 400-degree oven, and bake for 50 to 60 minutes, until the tomatoes are nicely browned and the stuffing mixture cooked and hot throughout. Serve with the surrounding juices.



SHRIMP PANÉ ON WATERCRESS

20 extra large shrimp (16 to 20 count per pound), shelled, deveined, washed and dried (16 ounces)
1 large egg
1 small clove garlic peeled
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon fresh parsley leaves
3 slices bread (2-1/2 ounces), processed into crumbs in a food processor (1 cup)
2 tablespoons canola oil
1 tablespoon unsalted butter

WATERCRESS SALAD

1 bunch watercress (8 ounces)
1 tablespoon sherry vinegar
2 tablespoons extra virgin olive oil
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Cut off the lower tail pieces of each shrimp and reserve these pieces for the mousse. Place these tail pieces with the 4 smallest shrimp (total weight about 6 ounces) in the bowl of a food processor along with the egg, garlic clove, and the 1/4 teaspoon each salt and pepper, and process for about 20 seconds. Scrape down the sides of the bowl, add the parsley, and process for another 15 to 20 seconds, until the mixture is smooth. Transfer the mixture to a bowl. (You should have about 1 cup of mousse.)

Divide the 16 remaining shrimp into four portions. Arrange these portions on a tray so that each portion of 4 shrimp is clustered together to form a flat patty measuring about 3 by 2 inches. Coat the top surface of each of these patties with about 1-1/2 tablespoons of the shrimp mousse, using up half of the mixture. Then, sprinkle half the fresh bread crumbs over the mousse on the patties, and press the crumbs gently into the mousse.

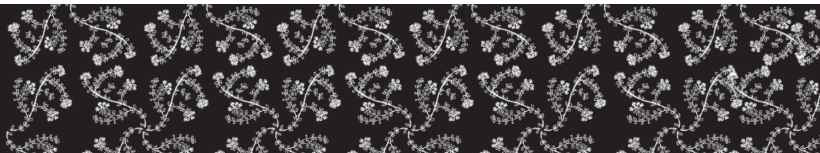
Using a spatula, gently turn the patties over so they are breaded side down on the tray. Spread the remaining mousse on the shrimp patties and coat as before with the remaining bread crumbs. Cover and refrigerate until ready to cook.

At cooking time, heat the canola oil and butter in a large skillet. Transfer the patties carefully from the tray to the skillet, arranging them in one layer, and cook them gently for 3 minutes on that side. Turn carefully (as they are delicate) and cook for 3 minutes on the other side. Cover and set aside while you prepare the salad.

For the Watercress Salad: Cut off the bottom 2-1/2 inches from the watercress stems, reserving them, if you desire, in the refrigerator or freezer for use in soup. (You should have about 5 ounces of watercress or 4 cups remaining.) Wash the watercress well, and dry it in a salad spinner.

Combine the sherry vinegar, olive oil, and 1/4 teaspoon each salt and pepper in the bowl in which you will serve your salad. Just before serving, add the watercress to the bowl. Toss the greens to coat them with the dressing.

Divide the salad among four plates, and serve each with a shrimp pané on top.



SWISS CHARD-STUFFED ONIONS

4 large onions (about 10 ounces each)
2 tablespoons virgin olive oil
1/2 pound Swiss chard, cut into 1-inch pieces, washed, and drained well (4 cups)
2 cloves garlic, peeled, crushed, and chopped (2 teaspoons)
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/2 pound sweet Italian sausage meat
2 tablespoons grated Parmesan cheese
1/2 cup water

Preheat the oven to 425 degrees.

Peel the onions, and remove the stem as well as the root end of each. Arrange the onions in one layer on a large piece of aluminum foil, then fold the foil around the onions to enclose them. Place the foil package on a cookie sheet, and bake on the center rack of the 425-degree oven for 45 minutes. The onions should be somewhat soft and partially cooked at this point.

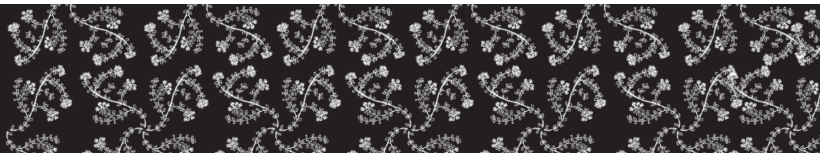
Cut a 1/2-inch slice from the top (stem end) of each onion, and scoop out and reserve the inside to create a receptacle with walls about 1/2 inch thick. Chop the onion tops and insides coarsely. (You should have about 3-1/2 cups of chopped onion.)

Heat the oil until hot but not smoking in a large skillet. Add the chopped onion, and cook for 3 minutes over medium to high heat. Add the Swiss chard, garlic, salt, and pepper, and mix well. Cover, and cook over medium heat for 20 minutes. The mixture should be slightly moist and lightly browned. Let cool to lukewarm, then mix in the sausage meat.

Stuff the onions with the chard and sausage mixture, dividing it evenly among them and mounding it so that all the stuffing is used.

Arrange the stuffed onions in a gratin dish, and sprinkle them with the Parmesan.

Pour the water around the onions in the gratin dish, and bake at 400 degrees for 60 minutes, until brown on top and very soft throughout.



RASPBERRY COOKIE DOUGH GALETTE

PÂTE SUCRÉE

1-3/4 cups all-purpose flour (10 to 10-1/2 ounces)
1-1/3 sticks unsalted butter (5-1/3 ounces), softened
3 tablespoons confectioners' sugar
1 egg yolk
1. to 2 tablespoons water

FILLING AND GLAZE

4 cups fresh raspberries
1 cup seedless raspberry preserves
1 tablespoon raspberry brandy

Preheat the oven to 375 degrees.

For the dough: Combine the flour, butter, and sugar together in a bowl, mixing the ingredients with a spoon or breaking them into pieces with your hands until they are mixed together coarsely. In a small bowl, mix together the egg yolk and water, and add to the flour mixture.

Gather the ingredients together and, using the technique known as *fraisage*, with the heel of your hand smear about 3 tablespoons of the dough forward at a time on a board or countertop until all the ingredients are blended and the dough is completely smooth and the same color throughout. Repeat this *fraisage* procedure a second time to make sure the ingredients are well combined.

Place the dough in the center of a piece of plastic wrap about 14 inches square, and place another piece of plastic wrap the same size on top. Roll the dough between the two pieces of plastic wrap until it forms a circle about 14 inches in diameter. Peel off the top sheet of plastic wrap, and invert the dough onto a cookie sheet. Pull off the remaining sheet of plastic wrap.

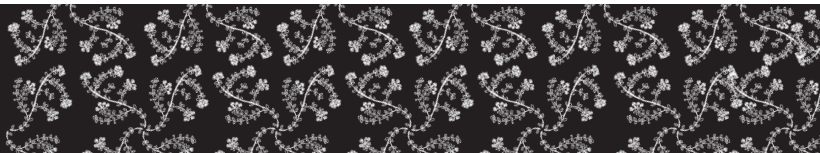
Roll the edge of the dough inward on itself to create a border about 1/2 inch thick all around. Press on the border so that it is tapered at the top, and, using your thumb and index finger, pinch all around the edge to create a decorative border.

Place the dough in the 375-degree oven, and bake it for about 30 minutes, until it is nicely browned and cooked through. (The recipe can be completed to this point up to 12 hours ahead.)

For the filling: Using any damaged or soft berries, mix about 1-1/2 cups of the berries with 4 tablespoons of the preserves in a bowl. Not more than 2 hours ahead of serving, spread the mixture over the base of the cooked tart shell. Arrange the remaining berries on top so that they cover the entire surface of the tart.

For the glaze: Mix together in a small bowl the remaining preserves (about 3/4 cup) and the brandy. Using a spoon and brush, coat the top of the berries with the mixture.

Cut the *galette* into wedges with a sharp knife (it has a tendency to break when cut), before serving.



HARD-COOKED EGGS IN MUSTARD SAUCE

4 large eggs

MUSTARD SAUCE

1 large clove garlic, peeled, crushed, and chopped (1 teaspoon)

1 tablespoon Dijon-style mustard

1/8 teaspoon freshly ground black pepper

1/8 teaspoon salt

2 teaspoons wine vinegar

3 tablespoons canola or safflower oil

8 lettuce leaves, rinsed and dried

1 tablespoon chopped fresh chives

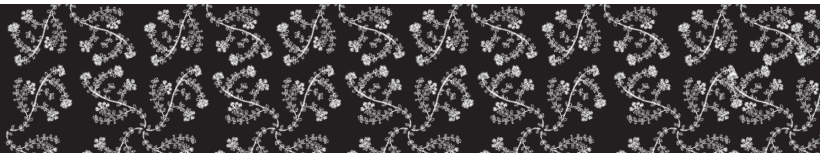
Crusty French bread

Bring 2 cups of water to a boil in a saucepan. Using a thumbtack or pushpin, make a small hole in the rounded end of each egg. Lower the eggs gently into the boiling water. Bring the water back to a very gentle boil, and cook the eggs for 8 to 9 minutes. Drain off the water, and shake the pan to crack the shells of the eggs. Then add ice to the pan, and let the eggs cool completely.

Meanwhile, make the mustard sauce: Combine all the sauce ingredients except the oil in a bowl. Add the oil slowly, mixing it in with a whisk or a spoon as it is added. Set aside at room temperature until ready to use. Do not worry if the sauce separates.

Shell the eggs, and cut them in half lengthwise. The centers of the yolks should be slightly soft.

Divide the lettuce leaves among four plates, and place 2 egg halves cut side up on top of the lettuce on each plate. Coat the eggs with the mustard sauce, sprinkle with chives, and serve immediately with crusty French bread.



RICOTTA DUMPLINGS WITH RED PEPPER SAUCE

RED PEPPER SAUCE

1 small red pepper (6 ounces), seeded and cut into 1-inch chunks
1 tomato (6 ounces), cut into 1-inch chunks
1 cup water
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon cornstarch dissolved in 1 tablespoon water
1-1/2 tablespoons unsalted butter
1 tablespoon virgin olive oil

DUMPLINGS

8 ounces ricotta cheese
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 jumbo egg
1/4 cup Parmesan cheese, plus additional for sprinkling on the dish at serving time
1/2 cup all-purpose flour
2 tablespoons minced fresh chives

For the red pepper sauce: Place the red pepper and tomato chunks in a saucepan with the 1 cup water. Bring to a boil over high heat, then reduce the heat to low, cover, and boil gently for 8 minutes. Push the mixture through a food mill or sieve to remove the skin and seeds. This will yield 1-3/4 cups.

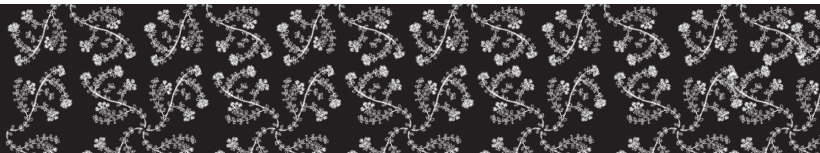
Return the pureed mixture to the saucepan, and stir in the 1/2 teaspoon salt, the 1/4 teaspoon pepper, and the dissolved cornstarch. Bring to a boil, then add the butter and oil, and emulsify with a hand blender for about 10 seconds. Keep the sauce warm while you make the dumplings.

For the dumplings: Bring 3 quarts of water to a simmer (190 degrees) in a pot. Meanwhile, place the ricotta, the 1/2 teaspoon salt, 1/4 teaspoon pepper, egg, Parmesan, and flour in the bowl of a food processor, and process for 10 seconds. Transfer the dumpling batter to a bowl, and mix in the chives.

Make the dumplings in two batches, dropping the batter, about 1 tablespoon at a time, as quickly as possible into the hot water. Let the dumplings cook just below the boil at a low simmer (180 to 190 degrees) for 10 minutes. (The dumplings will rise to the top of the water and float as they cook.)

After 10 minutes, lift the dumplings from the water with a slotted spoon, drain well, arrange on a platter, and keep warm while you make the remainder of the dumplings.

When the second batch of dumplings is cooked, add them to the platter with the first batch, or divide all the dumplings among individual plates. Spoon on the warm red pepper sauce, and serve with a few sprinklings of Parmesan.



OPEN-FACE SANDWICHES

SALAMI SANDWICHES

4 slices baguette, each about 1/2 inch thick and 2-1/2 inches in diameter
1 teaspoon unsalted butter, softened
4 slices dry-cured salami (1 ounce total)
4 slices dill pickle (about half a pickle)
Freshly ground black pepper, to taste

Spread the baguette slices lightly with the butter. Arrange one salami slice on each bread round, then top with a pickle slice and a sprinkling of pepper. Arrange on a serving plate.

MOZZARELLA SANDWICHES

4 small pieces mozzarella cheese (about 1 ounce total)
4 melba toast rounds (about 2 inches in diameter)
4 pieces red pimiento
1 clove garlic, peeled and thinly sliced
Freshly ground black pepper, to taste

Arrange a piece of mozzarella on each melba toast round. Place a piece of pimiento on top, and finish each with a slice of garlic and a sprinkling of pepper. Arrange on a serving plate.

SARDINE SANDWICHES

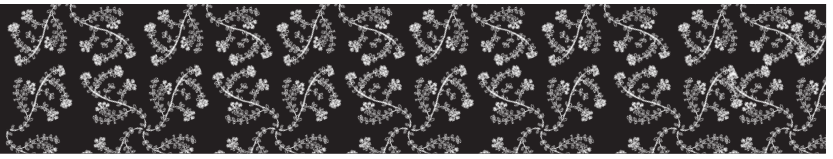
2 leaves spinach
4 slices cocktail rye bread (about 2-1/2 inches square)
4 ounces sardines in tomato sauce (available in 4-ounce cans in specialty food stores and some supermarkets)
Dash salt
2 tablespoons thinly sliced red onion
1-1/2 teaspoons red wine vinegar

Break the spinach leaves into two pieces, and arrange one piece of spinach on each of the bread squares.

Arrange the sardines with some of their sauce on top of the spinach, salt lightly, and top each with onion slices. Sprinkle with vinegar, and arrange on a serving plate.

BRIE SANDWICHES

2 Boston lettuce leaves
4 slices cocktail rye bread (about 2-1/2 inches square)
1 small tomato (4 ounces), cut into 4 slices
Dash salt
1 tablespoon thinly sliced onion
2 ounces Brie (or another soft variety cheese), cut into 4 slices
Freshly ground black pepper, to taste



Break each of the lettuce leaves into two pieces. Arrange one piece on each bread square.

Place a slice of tomato on top of each leaf, then sprinkle each lightly with salt. Top with onion slices, Brie, and pepper. Arrange on a serving plate.

ANCHOVY SANDWICHES

2 leaves Boston lettuce
4 slices cocktail pumpernickel bread (2-1/2 inches square)
4 teaspoons mayonnaise
1 hard-cooked egg, sliced
4 flat anchovy fillets

Break the lettuce leaves into two pieces, and arrange a piece on each bread square.

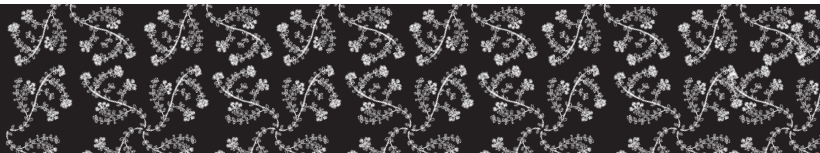
Spoon 1 teaspoon of mayonnaise on top of the lettuce, and add a slice or two of egg. Garnish each with an anchovy fillet.

SMOKED SALMON SANDWICHES

1-1/2 teaspoons unsalted butter, softened
4 slices cocktail pumpernickel bread (2 - 1/2 inches square)
8 thin slices unpeeled cucumber (about 1-1/2 ounces total)
4 small slices (about 1-1/2 ounces) smoked salmon
1 tablespoon chopped red onion
2 teaspoons capers, drained
Freshly ground black pepper, to taste

Butter the bread slices, then arrange two slices of cucumber on each.

Top each with a salmon slice, and sprinkle with the onion, capers, and black pepper. Arrange on a serving plate.



ORANGE SOUFFLÉ SURPRISE WITH ORANGE SHERBET

YIELD: 6 SERVINGS

ORANGE SHERBET

6 large bright-skinned oranges, preferably seedless (about 3-1/2 pounds)

1/4 cup orange marmalade

1/4 cup granulated sugar

ORANGE SOUFFLÉ

4 egg whites from large eggs

1/2 cup granulated sugar

2 tablespoons grated orange rind (from oranges above)

Confectioners' sugar, to dust soufflé tops

Hazelnut-Almond Cookies

Grate enough skin from the top third of two or three of the oranges to make 2 tablespoons of orange rind. Do not remove peels from the lower two-thirds of the oranges, because this part will be used as receptacles for the soufflés.

Cut off the tops of all the oranges to the level where the two or three were grated, and trim the base of each slightly so it stands solidly. Using a spoon, remove and reserve the orange flesh and juice from the orange bases and tops, then discard the hollow tops. Push the orange flesh through a food mill; you should have about 3 cups of juice. Adjust with fresh orange juice, if necessary. Put the orange shells in the freezer to harden.

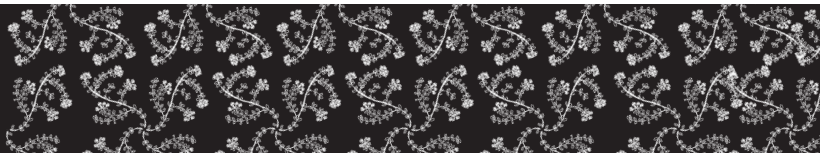
For the orange sherbet: Mix the marmalade into the orange juice, and stir in the sugar. Transfer to an ice-cream maker, and freeze according to the manufacturer's instructions. The mixture should expand in volume, get lighter in color, and be smooth and creamy. Spoon the sherbet into a mixing bowl, and freeze for a couple of hours. When the sherbet has set and the shells are frozen, fill the shells to within 3/4 inch of the top with the sherbet, and return the filled shells to the freezer until serving time.

At serving time, arrange the filled frozen shells on top of small tartlet ring molds arranged in a roasting pan, or in a ring made of crumpled aluminum foil, so they sit squarely and do not roll while cooking. Add ice and a little water to the pan.

For the soufflé: Preheat the oven to 400 degrees. Beat the egg whites until firm. Mix the sugar and orange rind together, and when the egg whites are firm, add the sugar and rind to them, and continue to beat for 10 more seconds, until well mixed. Transfer to a pastry bag fitted with a fluted tip, and fill the shells with the soufflé, piling it at least an inch above the edge of the orange shells in a nice rosette design.

Bake the oranges, with the ice around them to keep the sherbet from melting, in the 400-degree oven for 8 to 10 minutes, until the soufflé topping is puffy and nicely browned.

To serve: Dust the soufflé tops with confectioners' sugar as soon as you have taken the pan out of the oven. Serve immediately with Hazelnut-Almond Cookies.



ORANGE VACHERIN JEANNETTE WITH ORANGE CREAM FILLING

YIELD: 8 TO 10 SERVINGS

MERINGUE

5 egg whites from large eggs

1-1/4 cups sugar

ORANGE CREAM FILLING

4 cups heavy cream

1/4 cup sugar

2 tablespoons Grand Marnier

Skin of 1 orange, grated, or removed with a vegetable peeler and chopped fine (1-1/2 tablespoons)

DECORATIONS

Candied violets, other candied flowers (like rose petals or mimosa), or candied fruit

Fresh raspberries, or other fresh fruit (optional)

Dragées (edible silver balls) (optional)

For the meringue: Line a cookie sheet with a reusable nonstick baking mat. Beat the egg whites until firm in an electric mixer or by hand, and add the sugar quickly (in no more than 10 seconds). Keep beating for another 10 seconds on high speed to incorporate the sugar. Transfer the meringue to a pastry bag fitted with a large (3/4-inch) plain tip, and make the outline of two rectangles, each approximately 4 to 4-1/2 inches wide by 15 inches long.

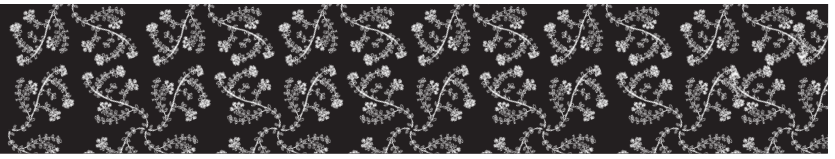
Preheat the oven to 200 degrees. Continue filling the inside of the rectangles with the meringue. With a spatula or a large knife, smooth the tops of the rectangles to make them solid and smooth. Bake for 3 to 4 hours (cooking them the longer time in humid weather). The meringue should be dry, brittle, and well cooked, and may be slightly beige on the underside. Slide it off the mat, and cool on a rack.

To make the orange cream filling: Put the heavy cream, sugar, Grand Marnier, and the grated or chopped orange rind in a large bowl, and beat until firm. Trim the meringue rectangles carefully to smooth the edges, and reserve the trimmings. Cut a piece of cardboard to fit under the vacherin, and wrap it with aluminum foil. The cardboard can be used to transport the cake, and the cake can be frozen on top of the cardboard.

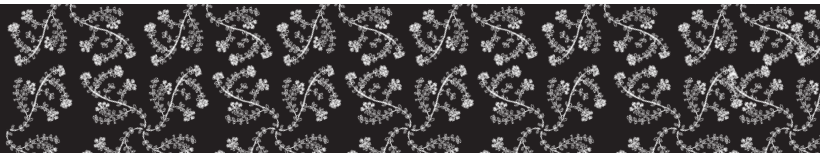
Place one of the trimmed meringue rectangles, smooth side down, on the foil-covered cardboard, and spread on top a layer of orange cream about 1 inch thick. Sprinkle the crumbled trimmings from the rectangles on top of the cream. Arrange the second rectangle of meringue upside down on top, so the smooth side of the meringue is visible, and spread a thin layer of orange cream filling on top and around the sides of the cake.

Spoon the remaining orange cream filling into a pastry bag fitted with a fluted tip, and pipe rows of the filling the length of the vacherin, making the design according to your fancy. Decorate along the base and sides of the vacherin. Decorate the top and the sides with candied violets or other candied flowers, like rose petals or mimosa, or candied fruit. Keep in the freezer without covering for 5 to 6 hours, until completely frozen inside. If not serving immediately at this point, wrap well (so it doesn't pick up other food tastes), and return to the freezer, where it will keep for several weeks.

If frozen for only 5 to 6 hours, serve directly from the freezer. If frozen for several days, however, move it from the freezer into the refrigerator for about 30 minutes before serving, to make it easier to slice.



To serve: Either cut portions and serve on individual plates, or slide the whole cake off the cardboard and onto a platter for serving. Cut into 1-inch slices, and serve with fresh raspberries, or other fruit, if desired.



“SWIMMING SWANS” IN RASPBERRY SAUCE

YIELD: 6 SERVINGS, ABOUT 12 “SWANS”

BASIC CHOUX PASTE

1/2 cup milk
1/2 cup all-purpose flour
2 tablespoons unsalted butter
Dash salt
1/8 teaspoon granulated sugar
2 large eggs
Egg wash made with 1 large egg, beaten

RASPBERRY SAUCE

12 ounces fresh raspberries, or 1 12-ounce package frozen unsweetened raspberries, thawed
3/4 cup raspberry preserves
1 tablespoon raspberry brandy (preferable) or cognac

TOPPING

1 cup heavy cream
1 tablespoon confectioners' sugar
1 tablespoon Grand Marnier

CHOUX FILLER

4 tablespoons seedless blackberry jam
1 pint vanilla ice cream, molded into small balls and frozen on a tray

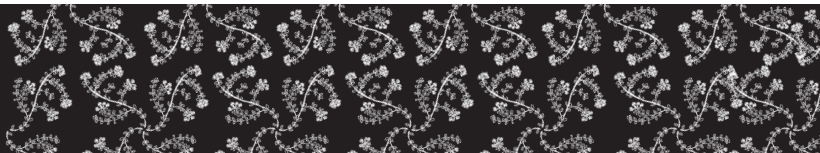
Confectioners' sugar, for dusting the swans

For the choux paste: Combine the milk, butter, salt and sugar in a saucepan, and bring to a boil. The flour does not have to be sifted unless there are little lumps in it. If lumps are visible, measure out the flour and sift into a bowl. After sifting, the cup will probably measure 1 cup and 2 tablespoons, as the sifting will tend to aerate and lighten the flour. As soon as the mixture in the saucepan comes to a boil, remove it from the stove, add the flour in one stroke and, using a sturdy wood or metal spoon, stir the dough rapidly in the pan until it gathers together.

Return the pan to the stove, placing it over medium heat. The dough should now come away from the sides of the pan. After stirring for about 10 seconds, it should collect into one soft lump almost the texture of modeling clay. Continue cooking for about 1 minute, still stirring, until the bottom of the pan is white and cakey. This indicates that the dough has dried a little more, which makes it smoother and stronger. To finish the dough in a food processor, transfer it to the bowl of a food processor and process for 4 to 5 seconds to cool it slightly. Add the eggs, and process for 10 to 15 seconds until smooth and well combined.

Line a cookie sheet with a reusable nonstick baking mat. Spoon the choux paste into a pastry bag fitted with a 3/4- to 1-inch plain tip, and squeeze out the paste in teardrop shapes to resemble the bodies of swans. Press or squeeze without moving the bag to create the main part of the body, then stop squeezing and pull your pastry bag away gently to create a tail.

To make a paper cone or cornet, which is needed to create the necks and heads of the swans, cut a piece of parchment or wax paper into a right-angle triangle shape about 8-1/2 by 8-1/2 by 12 inches. Fold the triangle at the center of the larger side, overlapping the ends to form a cone. Do not worry if the point is



not very tight. Keep twisting the paper around to double it. The tip of the cone is still not tight. To make a needle-size opening at the tip, place your thumbs on the inside and your fingers on the outside of the cone, and slide your thumbs downward and your fingers upward, so the paper slides and the tip tightens into a fine point. Still holding your fingers in place (so the paper doesn't unroll), fold the outer edge of the paper inside the cone to secure it.

Preheat the oven to 350 degrees. Spoon 3 or 4 tablespoons of the choux paste into the paper cone, and cut the tip of the cone to enable you to squeeze out enough paste to create the necks and heads of the swans. (These should be placed on the cookie sheet alongside the swan bodies.) First make a small round for the head, and continue "drawing" and squeezing the dough out to shape the curved neck of the swan. Then press the tip of the paper cornet on the cookie sheet, so that when it is lifted the dough adheres to the surface of the cookie sheet rather than sticking to the cornet. To make the beak, stick the end of the cornet (or you could use the point of a knife) into the heads of the swans, and draw up enough dough to create a beak. Brush the swan heads and bodies with the egg wash, and bake for 20 minutes.

Open the door and, without removing the tray from the oven (if possible), remove the heads and necks (which will be cooked) with a spatula, and place them on a tray. Continue cooking the swan bodies for another 15 minutes (35 minutes total), then turn off the oven, open the door, and insert a spoon to hold the oven door slightly ajar. Leave the swan bodies in the oven for another 20 to 30 minutes, so the steam inside them has a chance to escape and the swans hold their shapes well.

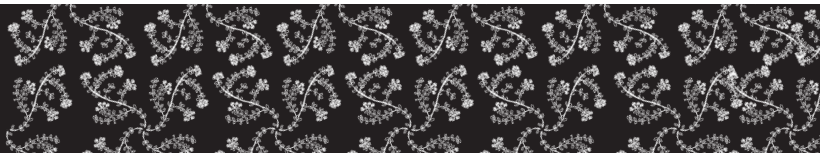
Cutting on a slant on the rounded part of the swan bodies, cut a lid off each body. Cut the lids in half lengthwise. These two lid pieces will be placed back on the swan bodies later to create "wings" on the swans.

To make the raspberry sauce: Put the raspberries with the preserves in the bowl of a food processor, and process until smooth. Pour through a strainer. Bang on the rim of the strainer with a wooden spoon or spatula to make the mixture jump, so that the little seeds won't clog the holes of the strainer and the liquid can go through. Finally, to extract any remaining liquid, press on the seeds with a rubber spatula. Add the raspberry brandy to the strained sauce.

For the topping: Combine the cream, confectioners' sugar, and Grand Marnier in a bowl, and whip by hand or with a mixer until firm. Transfer to a pastry bag fitted with a star tip.

At serving time, spoon about 1 teaspoon of the blackberry jam into the bottom of each swan body. Then place a ball of vanilla ice cream on top. Pipe about 1/4 cup of the whipped cream on top of the ice cream in each of the swan bodies. Using the lid pieces, position swan wings on each side of each body, and press a neck-and-head pastry into the center, so it is held firmly in the whipped cream. Dust the swans with confectioners' sugar.

Pour about 1 cup of the raspberry sauce on a large, round platter, and arrange the swans on top so they face one another. To make the serving platter even fancier, a caramel cage can be placed on top of the swans. Please see the "The Art of Pépin" section of *The Complete Pépin* DVD set for instructions on making a caramel cage.



CHEESE STRAWS

YIELD: 36 TWISTED STRAWS AND 36 STRAIGHT STRAWS

1/2 cup finely grated Parmesan cheese

2 teaspoons paprika

Dash cayenne pepper

A little all-purpose flour, for rolling the pastry

About 3/4 pound puff pastry

Egg wash made with 1 large egg with half the white removed, beaten

Mix the cheese, paprika, and dash of cayenne pepper in a small bowl, and set aside. Sprinkle flour, as needed, on the work surface (preferably cold, like marble), and roll the puff pastry into a rectangle approximately 12 by 15 inches and about 1/8 inch thick. Brush the top surface of the dough thoroughly with the egg wash, and sprinkle it with half of the cheese mixture.

Lift the pastry, and turn it over. Brush again with the egg wash, and sprinkle with the remaining cheese mixture, spreading it so the pastry is coated well all over. Most of the cheese should adhere on both sides. Fold the dough in half, and cut lengthwise into 1/2-inch strips. You should have about twenty-four strips. Unfold the strips, and arrange them crosswise in front of you.

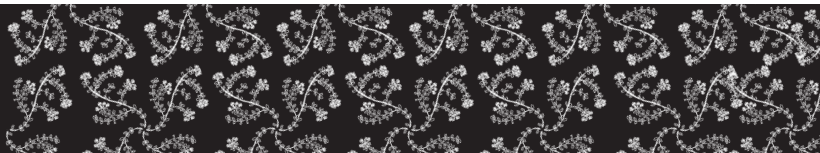
To twist the dough into twisted strips, hold one end of a dough strip with one hand and the other end with the other hand, and roll one hand toward you and one away from you, rolling the pastry under the palm of your hand so it twists. Twist about twelve of the strips, and reserve the remainder.

Preheat the oven to 400 degrees. Line a tray with a piece of parchment paper that does not extend all the way to the end; there should be about 1 inch of the tray visible at each end. Arrange the twisted strips of dough about 1/2 inch apart on the tray, and press the ends of the dough onto the metal tray beyond the paper at both ends. The object is to make the dough stick to the pan (otherwise it would slide) so that, as it cooks, the strips don't curl and change shape. Bake the strips for approximately 12 minutes. The straws should be nicely browned and crisp.

Trim away the ends of the pastry with a large knife, and cut across the strips to divide them into three pieces, each approximately 4 inches long.

Arrange the plain strips of pastry the same way as the twisted ones on a tray, pressing them onto the tray at each end. Bake in the 400-degree oven for 12 minutes. Cut each strip horizontally into three pieces.

Stack the strips of pastry on two plates, and serve with consommé, other soups, or as a snack or cocktail food.



SOUFFLÉ OF MUSSELS AND BASIL

YIELD: 6 INDIVIDUAL SOUFFLÉS

3 pounds fresh small mussels, cleaned
1 cup dry white wine
2 tablespoons unsalted butter, softened
1/3 cup finely chopped onion
1/3 cup sliced scallion
2 cloves garlic, peeled, crushed, and chopped (1 teaspoon)
1 cup mussel stock (from cooking the mussels, above)
1/2 cup heavy cream
Freshly ground black pepper and salt to taste
1 teaspoon potato starch dissolved in 1 tablespoon water

BASIL SOUFFLÉ MIXTURE

2 tablespoons unsalted butter
3 tablespoons all-purpose flour
1-1/4 cups mussel stock (from cooking the mussels, above)
Salt and freshly ground black pepper to taste
3 egg yolks from large eggs
6 egg whites from large eggs
1/3 cup plus 2 tablespoons freshly grated Parmesan cheese
1 cup basil leaves, coarsely shredded

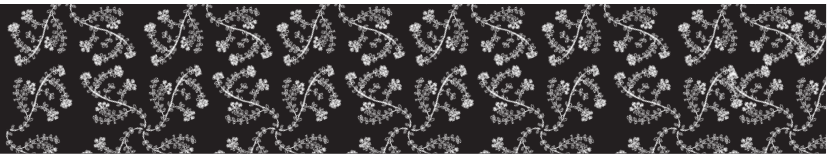
Put the clean mussels and white wine in a large stainless-steel saucepan, cover, and bring to a boil. Boil for 2 to 3 minutes, stirring occasionally and shaking the pan until all the mussels are open. Using 1 tablespoon of the butter, butter six small soufflé molds or ovenproof soup bowls, each with a capacity of about 1-1/2 cups. Drain the mussels in a colander set over a bowl, then strain the juice through a strainer lined with paper towels. You should have approximately 2-1/4 cups of stock. If you have less, add water to reach that level; if you have more, cook over high heat until reduced to 2-1/4 cups. Remove the mussels from their shells, and divide them among the buttered bowls.

Heat the remaining tablespoon of butter in a saucepan, and when it is hot, add the onion and sauté for 1-1/2 to 2 minutes. Add the scallion, garlic, 1 cup of the reserved mussel stock, and the cream. Bring to a boil, and add pepper and, if needed, salt, depending on the saltiness of the stock. Add the dissolved potato starch, bring back to a boil, and pour equal amounts of the sauce over the mussels in the six soufflé molds. Preheat the oven to 400 degrees.

To make the basil soufflé mixture: Melt the butter in a saucepan, mix in the flour, and cook for 20 to 30 seconds. Add the remaining 1-1/4 cups mussel stock, and stir well. Bring to a boil, stirring constantly with a whisk. (The mixture will be quite thick.) Add salt and pepper to taste and the egg yolks. Stir well, and bring almost to the boil again; the egg yolks will thicken the sauce further.

Using a whisk, beat the egg whites by hand in a copper bowl, or beat them with a sturdy mixer until they are firm but not too stiff. Then, working very quickly so the egg whites don't get grainy, combine approximately a quarter to a third of the egg whites with the hot mussel sauce, mixing them in with a whisk. Then fold in the remaining egg whites along with the 1/3 cup of Parmesan cheese and the shredded basil.

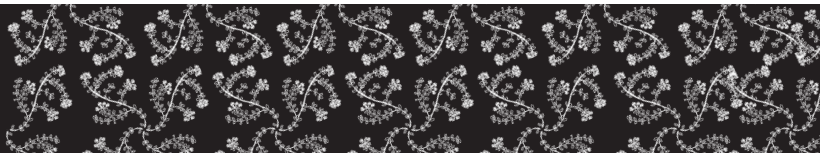
Spoon the soufflé mixture into the molds, dividing it equally and piling it directly on top of the mussels



and the sauce, which should still be warm. Sprinkle the tops of the soufflés with the remaining Parmesan cheese.

Arrange the soufflés in a large roasting pan, and pour tap water around them to a depth of about 1-1/2 inches. Bake in the 400-degree oven for 20 to 25 minutes. (This allows time for the water around the soufflés to heat slowly, thus preventing the mussels and the sauce from overcooking; the soufflés will be cooking from the top down.) When ready, the soufflés will look puffy and lightly browned on top.

Serve the soufflés immediately, placing the molds directly on individual plates, or spooning the soufflés from the molds. To unmold the soufflés, insert a large spoon under each soufflé, lift it up, and place it in the middle of an individual serving plate. Spoon mussels and sauce remaining in the mold around the soufflé, and serve immediately.



FILLET OF SOLE WITH HERB STUFFING

YIELD: 6 SERVINGS

2 pounds lemon-sole fillets

FRESH HERB STUFFING

1 tablespoon unsalted butter

4 scallions, peeled and minced (1/2 cup)

1/2 cup coarsely chopped chervil

1/3 cup finely minced chives

1/4 cup coarsely chopped tarragon

1 cup coarsely chopped parsley

FOR COOKING THE SOLE

5 tablespoons unsalted butter

3/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 cup white wine

2 tablespoons canola oil

1 cup fresh breadcrumbs

To divide the whole sole fillets in half lengthwise and separate each into two single fillets, cut along both sides of the strip of sinew that runs down the center of the fillets. Discard the sinew strips. If the single fillets are very large, divide each in half again by cutting it lengthwise into two strips. You should have about twelve pieces of fish, each weighing about 2-1/2 to 3 ounces.

Moisten the cutting board, and lay the fillets out on the wet board so that they are about an inch apart. Using a meat pounder that has been dipped in water (to keep the flesh of the fish from tearing), pound the fillets lightly to make them of equal thickness throughout.

For the fresh herb stuffing: Melt the tablespoon of butter in a skillet. When it is hot, sauté the scallions for about 1 minute. Remove the skillet from the heat, and stir in the rest of the herbs. Set the pan aside, off the heat.

Cooking the sole: Preheat the oven to 400 degrees. Using 2 tablespoons of the butter, butter a large gratin dish that can be used on top of the stove as well as in the oven. Sprinkle 1/4 teaspoon of the salt over the bottom, and arrange six fillets or pieces of fillet side by side in the dish. Spoon about 1 tablespoon of the fresh herb mixture on each fillet, sprinkle with another 1/4 teaspoon salt and the pepper, and cover, sandwich-style, with the remaining six fillets. Sprinkle on the remaining 1/4 teaspoon salt, pour the wine over the fillets, and dot with 2 tablespoons of the butter.

Heat the remaining tablespoon of butter and the oil in a small skillet. When hot, add the breadcrumbs, and cook over medium heat, stirring almost continuously, until the crumbs are dry and brown. Spoon the crumbs on top of the fillets, and smooth the surface. Heat the gratin on top of the stove until the liquid surrounding the fish begins to boil, then bake in the 400-degree oven for 10 minutes.

To serve: Arrange one "sandwich" fillet whole or cut in half on each plate, with 1 to 2 tablespoons of the natural sauce around the fillets. Serve immediately.