Menu 18

Amuse Bouche

Deviled Eggs with Topeko Caviar and Red Pepper Soup Shot

Soup

Cream of Broccoli Soup with Cheddar Cheese Rusks

Mushroom Leek Tart with Spring Greens and Blue Cheese Vinaigrette

Entree

Grilled Flank Steak with Roasted Shallot Sauce, Aioli, Maple-glazed Carrots, and Roasted Fingerling Potatoes

Or

Grilled Shrimp with Mint and Cilantro Pesto, Risotto Milanese, Zucchini Ribbons and Pan Roasted Corn

French Bread

Desserts

Pumpkin Cake Roll

Apple Fritters with Cinnamon Ice Cream

* Poached Eggs
CHILLED ROASTED RED PEPPER SOUP WITH EGGPLANT CAPONATA

If you are in the mood for this soup but don't have the ingredients or the time to make the caponata to go with it, don't worry. This soup is delicious—vibrant and full of flavor—on its own. Come to think of it, the caponata would also do well on its own, spread on some bruschetta, say, or as a little side dish. Another option: Serve this soup [with or without the caponata] with the herbed goat cheese on page 70. Roasting peppers over an open flame gives them the best flavor, but you can also broil them. Halve them lengthwise, stem and seed them, put them on a baking sheet, skin side up, and broil until well blackened.

MAKES 4 SERVINGS

For the soup

4 red bell peppers
1/2 cup extra virgin olive oil, plus more for brushing on the peppers
1/4 cup thinly sliced shallots
Pinch of crushed red pepper
2 tablespoons sherry vinegar, plus more to taste
2 cups homemade Chicken Broth (page 14) or purchased low-salt chicken broth or vegetable broth
Kosher salt and freshly ground black pepper to taste

TO MAKE THE SOUP: Heat your grill [gas or coal] to medium-high. Brush the red peppers with a little of the olive oil. Place on a hot grill and char the peppers on their exterior, turning them as needed, until well blackened on all sides. Immediately put the peppers in a container that can close completely, such as a bag that can be sealed or tied or a bowl with a tight-fitting lid. When the peppers are cool enough to handle easily, stem and seed them and peel off their blackened skin. Please do not run water over the peppers to remove the blackened skin or the roasty flavor of the peppers will go down the drain with the charred bits. Instead, use your fingernails or the tip of a paring knife to carefully remove any stubborn specks.

(continued)

Salads and Soups
75
DEVILED EGGS

An American summertime tradition—a special treat in the era of cholesterol-watching. To make them even more so, we’ve spiced them up. Once in a while we have a devil-may-care attitude! Chile paste and Szechuan peppercorns are available in Asian grocery and vegetable markets.

6 hard-cooked eggs
3/4 cup minced scallions (green onions)
3 tablespoons mayonnaise
2 teaspoons Dijon mustard
1 teaspoon soy sauce
1 teaspoon Chile paste with garlic
1 teaspoon Szechuan peppercorns, toasted (see Note) and crushed
1/2 teaspoon sugar
Chopped scallions (green onions), for garnish

1. Shell the eggs and cut 1/4 inch off the ends of each one; reserve these trimmings. Halve the eggs crosswise, and remove the yolks. Set the whites aside. Place the yolks and the trimmings in a bowl.

2. Add the remaining ingredients (except the chopped scallion garnish) to the bowl, and mash with a fork until just smooth but not mushy.

3. Spoon the mixture into the reserved whites, or pipe it in with a pastry tube. Sprinkle with the chopped scallions.

12 hors d’oeuvres

Note: Toast peppercorns in a small nonstick skillet over low heat, shaking the pan occasionally, until golden and fragrant, 3 to 5 minutes.
CREAM OF BROCCOLI SOUP

Yield: 6 qt. (5.7 lt)  
Method: Cream

Whole butter  3 oz.  90 g
Onions, medium dice  12 oz.  360 g
Celery, medium dice  3 oz.  90 g
Broccoli, chopped  3 lb.  1.4 kg
Chicken velouté sauce, hot  4 qt.  3.8 lt
Chicken stock, hot  approx. 2 qt.  approx. 2 lt
Heavy cream, hot  24 fl. oz.  720 ml
Salt and white pepper  TT  TT
Broccoli florets, blanched  8 oz.  240 g

MISE EN PLACE
- Clean and peel onions and celery and chop into medium dice.
- Chop broccoli.
- Prepare velouté sauce and keep warm.
- While the soup is simmering, blanch broccoli florets.

- Sweat the onions, celery and broccoli in the butter, without browning, until they are nearly tender.
- Add the velouté sauce. Bring to a simmer and cook until the vegetables are tender, approximately 15 minutes. Skim the surface periodically.
- Purée the soup, then strain it through a china cap.
- Return the soup to the stove and thin it to the correct consistency with the stock.
- Bring the soup to a simmer and add the cream. Season to taste.
- Garnish with blanched broccoli florets just before service.

VARIATIONS:
To make cream of asparagus, cauliflower, corn, pea or spinach soup, substitute an equal amount of the chosen vegetable for the broccoli. If using fresh spinach, precook the leaves slightly before proceeding with the recipe.

Approximate values per 6-fl. oz. (180-ml) serving: Calories 140, Total fat 12 g, Saturated fat 7 g, Cholesterol 40 mg, Sodium 340 mg, Total carbohydrates 5 g, Protein 4 g, Vitamin A 20%, Vitamin C 70%

Adding the velouté sauce.  
Puréeing the soup through a food mill.  
Garnishing the finished soup.

Purée Soups
Purée soups are hearty soups made by cooking starchy vegetables or legumes in a stock or broth, then puréeing all or a portion of them to thicken the soup. Purée soups are similar to cream soups in that they both consist of a main ingredient that is first cooked in a liquid, then puréed. The primary difference is that unlike cream soups, which are thickened with starch, purée soups generally do not use additional starch for thickening.
PROCEDURE FOR PREPARING CREAM SOUPS

- In a soup pot, sweat hard vegetables such as squash, onions, carrots and celery in oil or butter without browning.
- In order to thicken the soup:
  a. add flour and cook to make a blond roux, then add the cooking liquid (that is, the stock), or
  b. add the stock to the vegetables, bring the stock to a simmer and add a blond roux that was prepared separately, or
  c. add a thin velouté or béchamel sauce (which contain roux) to the vegetables.
- Bring to a boil and reduce to a simmer.
- Add any soft vegetables such as broccoli or asparagus, and a sachet or bouquet garni as desired.
- Simmer the soup, skimming occasionally, until the vegetables are very tender.
- Purée the soup by passing it through a food mill, blender, food processor or vertical cutter/mixer (VCM). Strain through a china cap if desired. If the soup is too thick, adjust the consistency by adding hot white stock.
- Finish the soup by adding hot milk or cream or a thin béchamel or cream sauce. Adjust the seasonings and serve.
cheddar rusks

Rusks are slices of bread that have been toasted until they are crisp and golden brown. In France, rusks are called biscottes, and in Germany they are known as zwieback. A topping of melted cheddar makes them extra tasty. Try experimenting with other cheeses, too.

M A K E S 8 R U S K S

8 slices French or Italian bread (1/4-inch thick)
1 cup grated cheddar cheese

Toast the bread until golden brown on both sides.
Preheat the broiler. Scatter the cheese evenly over the toasted bread and broil just until the cheese bubbles and begins to brown.

GOAT CHEESE RUSKS

Top each slice of toasted bread with a 1/4-inch-thick slice of goat cheese. Sprinkle with chopped fresh herbs (rosemary, basil, thyme, etc.) or freshly ground black pepper. Heat in a 325°F oven to soften the cheese. Do not brown.

rye rusks

These rusks make a great complement to the Corned Beef, Barley, and Cabbage Soup on page 72, or the Mushroom Barley Soup on page 71.

M A K E S 8 R U S K S

4 slices rye bread
1/2 cup grated sharp cheddar cheese
1/4 cup grated Parmesan cheese
1 tablespoon unsalted butter, softened
1/2 teaspoons Dijon mustard
Pinch cayenne pepper

Remove the crusts from the bread. Square off the corners to make the bread slices rectangles. Toast the bread until lightly browned.
Preheat the broiler. Mix the cheeses, butter, mustard, and cayenne pepper. Spread the cheese mixture on the bread. Cut each slice on the diagonal to make triangles. Place under the broiler until the cheese browns.
# MUSHROOM AND LEEK TART

Yield: 8 Tarts  
Method: Sautéeing/Baking

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Yield</th>
<th>Description</th>
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<tbody>
<tr>
<td>Clarified butter</td>
<td>2 fl. oz.</td>
<td>60 ml</td>
</tr>
<tr>
<td>Leeks, white part only, sliced thin</td>
<td>24 oz.</td>
<td>720 g</td>
</tr>
<tr>
<td>Garlic, chopped</td>
<td>1 tsp.</td>
<td>5 ml</td>
</tr>
<tr>
<td>White mushrooms, trimmed and sliced</td>
<td>1 lb.</td>
<td>480 g</td>
</tr>
<tr>
<td>Shiitake mushrooms, trimmed and sliced</td>
<td>1 lb.</td>
<td>480 g</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tbsp.</td>
<td>15 ml</td>
</tr>
<tr>
<td>Pepper</td>
<td>½ tsp.</td>
<td>2 ml</td>
</tr>
<tr>
<td>Havarti, shredded</td>
<td>6 oz.</td>
<td>180 g</td>
</tr>
<tr>
<td>Fresh thyme, chopped</td>
<td>1 Tbsp.</td>
<td>15 ml</td>
</tr>
<tr>
<td>Dried basil</td>
<td>½ tsp.</td>
<td>2 ml</td>
</tr>
<tr>
<td>Heavy cream</td>
<td>8 fl. oz.</td>
<td>240 ml</td>
</tr>
<tr>
<td>Puff pastry</td>
<td>4 lb.</td>
<td>1.9 kg</td>
</tr>
<tr>
<td>Egg wash</td>
<td>as needed</td>
<td>as needed</td>
</tr>
<tr>
<td>Parmesan, grated</td>
<td>8 oz.</td>
<td>240 g</td>
</tr>
</tbody>
</table>

1. Heat the butter in a large sauté pan. Add the leeks, garlic and mushrooms and sauté until tender.
2. Add the salt, pepper, Havarti, herbs and cream, bring to a boil and reduce until the mixture is thick. Adjust the seasonings. Remove from the heat and cool.
3. Roll the puff pastry approximately ⅛ inch (6 millimeters) thick and cut eight circles approximately 9 inches (22 centimeters) in diameter from the pastry. Brush a 1-inch (6-millimeter) band of egg wash around the edge of each circle. Fold the edge of the pastry in toward the center to form a 1-inch (6-millimeter) rim and crimp.
4. Fill each tart shell with 6 ounces (180 grams) of the leek-and-mushroom filling. Spread the filling to the edge of the tart and sprinkle the top with Parmesan. Brush the edge of each tart with egg wash and bake in a 400°F (200°C) convection oven until the pastry is well browned, approximately 10 to 12 minutes.

**VARIATION:**

Any type of mushroom or mixture of mushrooms can be used in place of the white and shiitake mushrooms and any variety of cheese that melts well can be substituted for the Havarti. The tarts can also be formed into other shapes or sizes as desired.

Approximate values per tart: Calories 1710, Total fat 119 g, Saturated fat 42 g, Cholesterol 100 mg, Sodium 213 mg, Total carbohydrates 123 g, Protein 36 g, Vitamin A 25%, Vitamin C 20%, Calcium 60%, Iron 50%.
BLUE CHEESE VINAIGRETTE

NEWBURY COLLEGE, BROOKLINE, MA
Senior Instructor Scott Doughty

<table>
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<tr>
<th>Ingredient</th>
<th>Yield</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Blue cheese</td>
<td>24 fl. oz.</td>
<td>(720 ml)</td>
</tr>
<tr>
<td>Salt</td>
<td>8 oz.</td>
<td>240 g</td>
</tr>
<tr>
<td>Garlic, mashed</td>
<td>1 tsp.</td>
<td>5 ml</td>
</tr>
<tr>
<td>White wine vinegar</td>
<td>1 tsp.</td>
<td>5 ml</td>
</tr>
<tr>
<td>Black pepper</td>
<td>4 fl. oz.</td>
<td>120 ml</td>
</tr>
<tr>
<td>Olive oil</td>
<td>¾ tsp.</td>
<td>2 ml</td>
</tr>
<tr>
<td></td>
<td>12 fl. oz.</td>
<td>360 ml</td>
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</table>

Method: Temporary emulsion

Crumble the blue cheese and set aside 2 ounces (60 grams) of the chunks for garnish. Pass the remainder through a drum sieve or food mill fitted with a fine disk.

Combine the salt, garlic, vinegar and pepper. Add the oil in a slow steady stream, whisking constantly to incorporate. Gradually beat in the sieved blue cheese until smooth. Stir in the reserved blue cheese chunks.

Approximate values per 1-fl.-oz. (30-ml) serving: Calories 190, Total fat 19 g, Saturated fat 4.5 g, Cholesterol 10 mg, Sodium 270 mg, Total carbohydrates 1 g, Protein 2 g
Grilled Flank Steak with Roasted Shallot Sauce

servings: 10
portioning information:
1½ lb / 1 kg flank steak
1 pt / 600 mL pineapple juice
8 oz / 225 g chopped fresh pineapple
2 tbsp / 30 mL low-sodium soy sauce
1 tbsp / 15 mL red wine vinegar
1 tbsp / 15 mL olive oil
4 limes, sliced
1 bunch cilantro, chopped
½ oz / 14 g minced garlic
2 tsp / 10 mL minced jalapeño
1 tbsp / 15 mL chili powder
3 drops Tabasco sauce
1¼ oz / 50 mL unsweetened pineapple juice
2 tbsp / 30 mL lime juice
1 tbsp / 15 mL white wine vinegar
1 tsp / 5 mL cracked black peppercorns
7 oz / 200 g Roasted Shallots (page 288), shredded
1 pt / 480 mL Fond de Veau Lié (page 492)
2 tbsp / 30 mL chopped cilantro

1. Cut the steak into 3½-oz / 100-g portions.

2. Combine all of the ingredients for the marinade. Combine the flank steak with the marinade, cover, and refrigerate for up to 3 hours. Drain well before grilling.

3. To make the sauce, combine the fruit juices, vinegar, and peppercorns. Reduce this mixture by half. Add the shallots and fond. Bring the sauce to a simmer and add the cilantro.

4. For each portion: Grill 1 portion of steak to desired doneness.

5. Let the steak rest while reheating 2 fl oz / 60 mL sauce. Slice steak thinly on the diagonal and serve with the sauce.
Duck Breast with Roasted Shallots and a Roasted Onion and Vinegar Sauce

servings: 4

portioning information:
2¼ lb / 1 kg boneless, skinless duck breast
5 oz / 140 g frisée
1¼ pt / 600 ml Roasted Onion and Vinegar Sauce (page 491), warm
½ oz / 14 g chopped chives

nutrition per serving:
304 calories, 13 g fat, 20 g total carbohydrate, 28 g protein, 199 mg sodium, 60 mg cholesterol

⅛ fl oz / 15 mL cider vinegar
8 fl oz / 240 mL Glace de Volaille or Fond de Veau Lié (page 492)
30 shallots

1. To prepare the roasted shallots, combine the vinegar and glace. Coat the shallots with the mixture and roast in a 350°F / 175°C oven until tender, about 45 minutes.

2. Dry-sear the duck breast in a large skillet. Remove from the pan and finish cooking in a 350°F / 175°C oven until it reaches an internal temperature of 165°F / 74°C. Allow the meat to rest for 10 minutes before slicing.

3. For each portion: Place 3½ oz / 100 g sliced duck on a bed of ½ oz / 14 g frisée. Drizzle 2 fl oz / 60 mL sauce over the duck and frisée and garnish with 3 roasted shallots and a pinch of chives.
Fond de Veau Lié

batch yield: 25 lb / 11.35 kg
servings: 12
portion information:
58 calories, 0 g fat, 1 g total carbohydrate, 14 g protein, 132 mg sodium, 2 mg cholesterol

6 oz / 170 g rough-cut onion
6 oz / 170 g rough-cut carrots
6 oz / 170 g rough-cut leeks
6 oz / 170 g rough-cut celery
25 lb / 11.35 kg veal bones
5 fl oz / 150 mL vegetable oil
10 oz / 280 g tomato paste
1¼ qt / 1.45 L red wine
2 cloves garlic
4 bay leaves
½ tsp / 2.5 mL dried thyme
6 gal / 23 L Brown Veal Stock, page 489
9 oz / 255 g arrowroot

Place the mirepoix and veal bones in a roasting pan and toss with the oil. Roast in a 450°F / 232°C oven until the mirepoix is caramelized and the bones are a rich brown color, about 30 minutes. Add the tomato paste and continue to roast until brown.

Place the roasting pan over direct heat. Deglaze the pan by adding the wine in thirds. Allow the wine to reduce after each addition.

Transfer the roasted mirepoix and bones to a stockpot and combine with the garlic, herbs, and stock. Simmer until flavorful, about 6 hours, skimming the surface when necessary. Strain the sauce, pressing the solids to release all the juices.

Place the strained sauce in a large saucepan and reduce by half, to yield 1½ gal / 5.75 L (see Notes).

Combine the arrowroot with enough water to form a paste. Add to the sauce, bring to a boil, and stir constantly until the stock has thickened, about 2 minutes.

Glacé de Volaille

If the sauce is made with fowl bones and reduced to a syrup, it is called glace de volaille.

Any remaining fat or oil can easily be removed once the sauce has been refrigerated for several hours.

Veal bones may be replaced with other bones (chicken, veal, pheasant, or pheasant and simmertime in an appropriate stock to make different-flavored fonds.

Glacé de Viande

The sauce may be further reduced to a thick syrup called glace de viande, or meat glaze. To prepare glace de viande, continue to simmer the stock in step 4 until reduced to a thick syrup.
Aioli (Garlic Mayonnaise)

YIELD: 32 FL OZ/880 ML

6 oz/170 g pasteurized egg yolks
1 tbsp/10 g garlic paste
24 fl oz/720 mL vegetable oil
8 fl oz/240 mL olive oil
1½ tsp/7.50 mL red wine vinegar
2 tsp/10 mL lemon juice
Salt, to taste
Cayenne pepper, to taste

Prepare as for Basic Mayonnaise (page 35), adding the garlic to the egg yolk mixture. Refrigerate immediately.

Infuse ½ tsp/1 g lightly crushed saffron threads in 1 fl oz/30 mL boiling water. Add this infusion to the egg yolks along with the garlic paste.

Rémoulade Sauce

YIELD: 32 FL OZ/880 ML

24 fl oz/720 mL Basic Mayonnaise (page 35)
2 oz/57 g capers, drained, rinsed, and chopped
2 oz/57 g cornichons, chopped
3 tbsp/9 g chopped chives
3 tbsp/9 g chopped chervil
3 tbsp/9 g chopped tarragon leaves
3 tbsp/9 g chopped chives
3 tbsp/9 g chopped chervil

Combine all ingredients thoroughly. Refrigerate immediately.
**MAPLE-GLAZED CARROTS**

Yield: 16 Servings, 4 oz. (120 g) each  
Method: Sautéing

<table>
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<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots, full-size or baby</td>
<td>4 lb.</td>
<td>1.9 kg</td>
</tr>
<tr>
<td>Whole butter</td>
<td>4 oz.</td>
<td>120 g</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>TT</td>
<td>TT</td>
</tr>
<tr>
<td>Maple syrup</td>
<td>4 fl. oz.</td>
<td>120 ml</td>
</tr>
<tr>
<td>Fresh parsley, chopped</td>
<td>2 Tbsp.</td>
<td>30 ml</td>
</tr>
</tbody>
</table>

1. If using full-size carrots, peel them and cut into a shape such as oblique, tournée or rondelle. If using baby carrots, wash, trim and cut them as necessary or desired.
2. Parboil the carrots in salt water and refresh. The carrots should be very firm.
3. Sauté the carrots in the butter until nearly tender.
4. Season with salt and pepper and add the maple syrup. Cook briefly, tossing the carrots so that they are coated with the maple syrup. Garnish with the parsley.

Approximate values per 4-oz. (120-g) serving: Calories 120, Total fat 6 g, Saturated fat 3.5 g, Cholesterol 15 mg, Sodium 260 mg, Total carbohydrates 16 g, Protein 1 g. Vitamin A 220%, Vitamin C 15%
ROASTED FINGERLING POTATOES

Yield: 4 Servings, 4 oz. (120 g) each  
Method: Roasting

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Yield</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Fingerling potatoes, assorted</td>
<td>1 lb.</td>
<td>480 g</td>
</tr>
<tr>
<td>Fresh lemon juice</td>
<td>from 2 lemons</td>
<td>from 2 lemons</td>
</tr>
<tr>
<td>Italian herb blend</td>
<td>1 Tbsp.</td>
<td>15 ml</td>
</tr>
<tr>
<td>Salt</td>
<td>1 tsp.</td>
<td>5 ml</td>
</tr>
<tr>
<td>Black pepper</td>
<td>½ tsp.</td>
<td>1 ml</td>
</tr>
<tr>
<td>Olive oil</td>
<td>3 Tbsp.</td>
<td>45 ml</td>
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</tbody>
</table>

1. Cut the potatoes in halves or quarters and place in a bowl. Add the lemon juice, seasonings and oil and then toss to coat the potatoes thoroughly.

2. Place the seasoned potatoes in a shallow baking pan and roast at 425°F (220°C). Stir or turn the potatoes two or three times during cooking to promote even browning. Cook until the potatoes are tender, approximately 30 minutes.

Approximate values per serving: Calories 200, Total fat 10 g, Saturated fat 1.5 g, Cholesterol 0 mg, Sodium 390 mg, Total carbohydrates 27 g, Protein 2 g, Vitamin C 45%, Iron 10%, Claim—good source of fiber, vitamin C and iron.
GRILLED SHRIMP WITH MINT AND CILANTRO PESTO

BE SURE THE SHRIMP ARE NOT OVERCOOKED, AS THEIR TEXTURE WOULD BECOME STRINGY AND RUBBERY. COOKED JUST RIGHT, THEY ARE TENDER AND SUCCULENT. SHRIMP MAKE WONDERFUL FLAVOR TEMPLATES THAT REALLY ENHANCE THE TASTE OF THE DISH.

2 tablespoons olive oil
1 tablespoon chopped fresh Italian parsley
1 1/2 teaspoons minced garlic
1/2 teaspoon ground black pepper
1/4 teaspoon salt
24 jumbo shrimp, peeled, deveined, and tails still intact
2 tablespoons fresh lemon juice
1/2 cup Mint and Cilantro Pesto (recipe follows)
Lemon wedges, for garnish
Rosemary sprigs, for garnish

MINT AND CILANTRO PESTO

THIS DELICIOUS PESTO IS TERRIFIC WITH GRILLED SHRIMP. TRY IT ALSO WITH YOUR FAVORITE PASTA.

1/2 cup walnuts, toasted (page 18)
1/4 cup freshly grated Parmesan cheese
3 garlic cloves, peeled
1/2 teaspoon ground black pepper
1/2 teaspoon salt
1/4 teaspoon dried crushed red pepper
1 cup (packed) fresh cilantro leaves
1 cup (packed) fresh mint leaves
2 tablespoons fresh lemon juice
1/3 cup olive oil

Stir the oil, parsley, garlic, pepper, and salt in a medium bowl to blend. Add the shrimp and toss to coat. Cover and refrigerate at least 15 minutes or up to 1 day.

Heat a grill pan over medium-high heat or prepare the barbecue for medium-high heat. Working in batches, grill the shrimp until they are pink and just opaque in the center, about 2 minutes per side. Place the cooked shrimp in a clean large bowl. Cool to room temperature, if desired. Toss the shrimp with the lemon juice and 2 tablespoons of the Mint and Cilantro Pesto just enough to coat. Spoon the remaining pesto into a small bowl.

Mound the shrimp on a platter. Garnish with lemon wedges and rosemary sprigs, and serve with the remaining pesto, passing toothpicks alongside.

COOK'S NOTES: These shrimp are also great atop salads and pasta. Try them with the Cannellini and Garbanzo Bean Salad with Oven-Roasted Tomatoes (page 69). Scallops, prawns, or lobster can be substituted for the shrimp.

8 to 12 appetizer servings

Blend the nuts, cheese, garlic, black pepper, salt, and red pepper in a food processor until a thick paste forms. Add the cilantro, mint, and lemon juice. Blend until the cilantro and mint are finely chopped. With the machine running, gradually add the oil and blend until the mixture is smooth and creamy.

COOK'S NOTES: The pesto can be frozen for up to a month. Store it in an airtight container. Thaw it at room temperature before using.

Makes 1 cup
RISOTTO MILANESE

In Italy, risotto and pasta dishes are usually served as a separate course (primo piatto) preceding the main dish (secondo piatto) and following the appetizer (antipasto). Like pasta, risotto is a vehicle for many flavors; it can be made with lemon juice or red wine and include bitter greens, seafood or wild mushrooms. This saffron-flavored risotto breaks with tradition, however, and is often paired with Osso Buco (page 346), rich stewed veal shank.

Yield: 12 Servings, 4 oz. (120 g) each

**Method:** Risotto

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>Chicken stock</td>
<td>2 qt.</td>
</tr>
<tr>
<td>Saffron threads, crushed</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Water, hot</td>
<td>2 fl. oz.</td>
</tr>
<tr>
<td>Whole butter</td>
<td>6 oz.</td>
</tr>
<tr>
<td>Onions, minced</td>
<td>5 oz.</td>
</tr>
<tr>
<td>Arborio rice</td>
<td>1 lb. 8 oz.</td>
</tr>
<tr>
<td>Dry white wine</td>
<td>8 fl. oz.</td>
</tr>
<tr>
<td>Parmesan, grated</td>
<td>4 oz.</td>
</tr>
<tr>
<td></td>
<td>1.9 lt</td>
</tr>
<tr>
<td></td>
<td>2 ml</td>
</tr>
<tr>
<td></td>
<td>60 ml</td>
</tr>
<tr>
<td></td>
<td>360 g</td>
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<td></td>
<td>150 g</td>
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<td>720 g</td>
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<td>240 ml</td>
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<td>120 g</td>
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Bring the stock to a simmer. Soak the saffron threads in the hot water.

Heat 3 ounces (90 grams) butter in a large, heavy saucepan. Add the onions and sauté until translucent.

Add the rice to the onions and butter. Stir well to coat the grains with butter, but do not allow the rice to brown. Add the wine and stir until it is completely absorbed.

Add the saffron and soaking liquid. Add the simmering stock, 4 fluid ounces (120 milliliters) at a time, stirring frequently. Wait until the stock is absorbed before adding the next 4-fluid-ounce (120-milliliter) portion.

After approximately 18 to 20 minutes, all the stock should be incorporated and the rice should be tender. Remove from the heat and stir in the remaining 1 ounce (30 grams) butter and the grated cheese. Serve immediately.

**VARIATIONS:**

**Risotto with Radicchio (al Radicchio)**—Omit the saffron and Parmesan. Just before the risotto is fully cooked, stir in 4 fluid ounces (120 milliliters) heavy cream and 3 ounces (90 grams) finely chopped radicchio leaves.

**Risotto with Four Cheeses (al Quattro Formaggi)**—Omit the saffron. When the risotto is fully cooked, remove from the heat and stir in 2 ounces (60 grams) each grated Parmesan, Gorgonzola, Fontina and mozzarella. Garnish with toasted pine nuts and chopped parsley.

**Risotto with Smoked Salmon (al Salmone Affumicato)**—Omit the butter, saffron and Parmesan. Sauté the onions in 3 fluid ounces (90 milliliters) com or safflower oil instead of butter. When the risotto is fully cooked, remove from the heat and stir in 8 fluid ounces (240 milliliters) half-and-half, 3 fluid ounces (90 milliliters) fresh lemon juice and 8–10 ounces (240–300 grams) good-quality smoked salmon. Garnish with chopped fresh parsley and dill. Serve with lemon wedges.

Approximate values per 4-oz. (120-g) serving: Calories 110, Total fat 6 g, Saturated fat 3.5 g, Cholesterol 15 mg, Sodium 470 mg, Total carbohydrates 9 g, Protein 5 g
FRENCH OR ITALIAN BREAD

Yield: 4 Loaves, 1 lb. 7 oz. (690 g) each
Method: Straight dough

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water, warm</td>
<td>39 fl. oz.</td>
<td>1170 ml</td>
</tr>
<tr>
<td>Active dry yeast</td>
<td>1 oz.</td>
<td>30 g</td>
</tr>
<tr>
<td>Bread flour</td>
<td>3 lb. 12 oz.</td>
<td>1.8 kg</td>
</tr>
<tr>
<td>Salt</td>
<td>1 1/2 oz.</td>
<td>37 g</td>
</tr>
</tbody>
</table>

1. Combine the water and yeast in a mixer bowl. Add the remaining ingredients and mix on low speed with a dough hook until all the flour is incorporated.
2. Increase to medium speed and knead the dough until it is smooth and elastic.
3. Let the dough ferment until doubled. Punch down, divide, shape and score as desired. Proof the loaves until doubled.
4. Bake at 400°F (200°C) with steam during the first few minutes of baking, until the crust is well developed and golden brown and the bread is baked through, approximately 12 minutes for rolls and 20 minutes for small loaves.

Approximate values per 1 1/2-oz. (45-g) serving: Calories 80, Total fat 0 g, Saturated fat 0 g, Cholesterol 0 mg, Sodium 135 mg, Total carbohydrates 16 g, Protein 3 g. Claims—fat free; low sodium; no sugar

The dough is portioned and then rolled into baguettes in two stages.

The proofed loaves are scored to allow steam to escape.

The finished baguettes.
# Pumpkin Cake Roll

**Yield:** 50 portions or 2 rolls  
**Portion:** cut 25 per roll  
**Oven:** 375°F  
**Bake:** 15 minutes

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>18 (2 lb)</td>
<td>Whip eggs on high speed until thick and lemon colored, using flat beater.</td>
</tr>
<tr>
<td>Sugar, granulated</td>
<td>2 lb 13 oz</td>
<td>Add sugar gradually while mixing on medium speed.</td>
</tr>
<tr>
<td>Pumpkin, canned</td>
<td>2 lb 3 oz</td>
<td></td>
</tr>
<tr>
<td>Lemon juice</td>
<td>2 Tbsp.</td>
<td></td>
</tr>
<tr>
<td>Flour, all-purpose</td>
<td>1 lb 2 oz</td>
<td>Add pumpkin and lemon juice to egg mixture, mixing until blended.</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 oz</td>
<td>Combines dry ingredients in a bowl.</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tbsp.</td>
<td>Fold into pumpkin mixture.</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>1 oz</td>
<td>Scale batter, 4 lb per pan, into 2 greased 28 × 26 × 1-inch baking pans lined with baking liners.</td>
</tr>
<tr>
<td>Ginger, ground</td>
<td>4 tsp</td>
<td>Bake at 375°F for 15 minutes or until cake tests done.</td>
</tr>
<tr>
<td>Nutmeg, ground</td>
<td>1 Tbsp.</td>
<td></td>
</tr>
<tr>
<td>Sugar, powdered</td>
<td>6 oz</td>
<td>Sift powdered sugar generously onto a large white cloth.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Loosen edges of cake and turn onto cloth. Remove paper (Figure 5.5).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roll cake and cloth up jelly roll fashion. Coal.</td>
</tr>
<tr>
<td>Cream cheese, softened</td>
<td>2 lb</td>
<td>Beat cream cheese and margarine until creamy, using flat beater.</td>
</tr>
<tr>
<td>Margarine</td>
<td>10 oz</td>
<td></td>
</tr>
<tr>
<td>Sugar, powdered</td>
<td>1 lb 6 oz</td>
<td>Add sugar and vanilla to cream cheese mixture. Beat until smooth and creamy.</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 Tbsp.</td>
<td>Unroll cooled cake.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spread cream cheese filling over unrolled cakes, 2 lb per cake. Reroll cake.</td>
</tr>
<tr>
<td>Nuts, chopped</td>
<td>2 cups</td>
<td>Garnish with 1 cup nuts sprinkled over each roll. Chill.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cut each roll into 25 portions.</td>
</tr>
</tbody>
</table>
APPLE FRITTERS

Yield: 100 Fritters, 2 in. (5 cm) each

Method: Deep-frying

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Substitution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs, separated</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Milk</td>
<td>1 pt.</td>
<td>480 ml</td>
</tr>
<tr>
<td>Flour</td>
<td>1 lb.</td>
<td>480 g</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 Tbsp.</td>
<td>15 ml</td>
</tr>
<tr>
<td>Salt</td>
<td>1 tsp.</td>
<td>5 ml</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>2 oz.</td>
<td>60 g</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>½ tsp.</td>
<td>2 ml</td>
</tr>
<tr>
<td>Apples, peeled, cored, medium dice</td>
<td>1 lb. 8 oz.</td>
<td>720 g</td>
</tr>
<tr>
<td>Powdered sugar</td>
<td>as needed</td>
<td>as needed</td>
</tr>
</tbody>
</table>

◆ Combine the egg yolks and milk.
◆ Sift together the flour, baking powder, salt, sugar and cinnamon. Add the dry ingredients to the milk and egg mixture; whisk until smooth.
◆ Allow the batter to rest 1 hour.
◆ Stir the apples into the batter.
◆ Just before the fritters are to be cooked, whip the egg whites to soft peaks and fold into the batter.
◆ Scoop the fritters into deep fat at 350°F (180°C), using the swimming method. Cook until uniformly browned, approximately 5 minutes.
◆ Dust with powdered sugar and serve hot.

VARIATION:

Banana Fritters—Omit the cinnamon and apples. Add 3 tablespoons (45 milliliters) finely grated orange zest, 4 fluid ounces (120 milliliters) orange juice and 2 large bananas, peeled and diced (not puréed).

Approximate values per fritter: Calories 60, Total fat 4 g, Saturated fat 1 g, Cholesterol 15 mg, Sodium 5 mg, Total carbohydrates 6 g, Protein 1 g

MOIST-HEAT COOKING METHODS

POACHING

One of the more popular cooking methods for fruits is poaching. Poaching softens and tenderizes fruits and infuses them with additional flavors such as spices or wine. Poached fruits can be served hot or cold and used in tarts or pastries or as an accompaniment to meat or poultry dishes.
PROCEDURE FOR PREPARING ICE CREAMS

- Place the milk and/or cream in a heavy saucepan. If a vanilla bean is being used, it may be added at this time.
- Whisk the egg yolks and sugar together in a mixing bowl.
- Bring the liquid just to a boil. Temper the egg mixture with approximately one-third of the hot liquid.
- Pour the tempered eggs into the remaining hot liquid and return the mixture to the heat.
- Cook, stirring constantly, until the custard reaches 180°F to 185°F (82°C to 85°C).
- Remove the cooked custard sauce from the hot saucepan immediately. If left in the hot saucepan, it will overcook. Flavorings may be added at this time.
- Cool the cooked custard sauce over an ice bath. Store covered and refrigerated at 36°F (2°C) 24 hours to mature the ice cream base.
- Process according to the machine manufacturer's directions.

ICE CREAM BASE

Yield: 2⅛ qt. (2.5 l)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>1⅛ qt.</th>
<th>1.5 l</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heavy cream</td>
<td>1 pt.</td>
<td>480 ml</td>
</tr>
<tr>
<td>Vanilla bean, split (optional)</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>20 oz.</td>
<td>600 g</td>
</tr>
</tbody>
</table>

Combine the milk and cream in a heavy saucepan and bring to a boil. Add the vanilla bean (if using).
- Whisk the egg yolks and sugar together in a mixing bowl.
- Temper the eggs with one-third of the hot milk. Return the egg mixture to the saucepan.
- Cook over medium heat, stirring constantly, until the custard reaches 180°F to 185°F (82°C to 85°C). Pour through a fine mesh strainer into a clean bowl.
- Chill the cooked ice cream base in an ice bath, then refrigerate overnight before processing.

VARIATIONS:

Chocolate Ice Cream—Add approximately 9 ounces (270 grams) finely chopped bitter-sweet chocolate per quart (liter) of ice cream base. Add the chocolate to the hot mixture after it has been strained. Stir until completely melted.

Cappuccino Ice Cream—Steep the hot milk and cream with the vanilla bean and 2 or 3 cinnamon sticks. After the ice cream base is made, stir in 1–1½ fluid ounces (30–45 milliliters) coffee extract.

Brandyed Cherry Ice Cream—Drain the liquid from one 16-ounce (500-gram) can tart, pitted cherries. Soak the cherries in 1½ fluid ounces (45 milliliters) brandy. Reduce the sugar to 16 ounces (480 grams) and prepare the ice cream base as directed, omitting the vanilla bean. Add the brandy-soaked cherries to the cooled custard before processing.

MISE EN PLACE

- Set up an ice bath.

Approximate values per 6-fl.-oz. (180-ml) serving: Calories 370, Total fat 20 g, Saturated fat 11 g, Cholesterol 270 mg, Sodium 65 mg, Total carbohydrates 41 g, Protein 7 g, Vitamin A 25%