Menu 20

Soup
Golden Lentil Soup

Salad
Spinach, Mushroom and Bacon Salad with Poppy Seed Dressing

Entree
Roast Rack of Lamb with Pomegranate Sauce, Tempura Vegetables, and Polenta
Or
Teriyaki Sea Bass with Pineapple Papaya Salsa, served with Lemon Dill Rice and Snap Peas

Fresh Baked Bread
Naan, Indian Flat Bread

Desserts
Chocolate Soufflés with Crème Anglaise
Carrot Cake with Cream Cheese Frosting
GOLDEN LENTIL SOUP

I THINK EVERY COUNTRY HAS ITS OWN VERSION OF LENTIL SOUP. THIS IS MY RECIPE TAKEN FROM THE EASTERN MEDITERRANEAN REGION. IT'S THICK AND HEARTY, MAKING IT PERFECT COMFORT FOOD FOR COLD WEATHER MONTHS.

3 tablespoons olive oil
6 celery stalks, cut into 1/2-inch pieces
3 carrots, peeled and cut into 1/2-inch pieces
2 onions, chopped
1 pound dried red lentils
1/4 cup long-grain white rice
12 cups water
1 tablespoon lemon pepper
1 tablespoon seasoned salt
2 teaspoons salt, plus more to taste
1 1/2 teaspoons ground black pepper, plus more to taste
1/2 teaspoon ground cumin (optional)
1/4 cup fresh lemon juice
Italian parsley sprigs, for garnish

Heat the oil in a very large stockpot over medium-high heat. Add the celery, carrots, and onions. Sauté until the onions are light caramel color, about 10 minutes. Stir in the lentils and rice and the water. Cover and bring to a boil over high heat, about 20 minutes. Reduce the heat to medium-low. Cover and simmer until the lentils are very soft, stirring occasionally, about 25 minutes. Stir in the lemon pepper, seasoned salt, salt, black pepper, and cumin. Simmer uncovered until the flavors blend, the lentils have fallen apart, and the mixture thickens slightly, stirring occasionally, about 20 minutes. Stir in the lemon juice. Season the soup to taste with more salt and pepper, if desired.

Ladle the soup into bowls. Garnish with Italian parsley sprigs and serve.

COOK'S NOTES: As the red lentils cook, they turn golden and literally look pureed. You can find red lentils in most of your Middle Eastern Markets and natural health foods stores, and some supermarkets.

As an alternative or variation to the soup, melt 2 tablespoons of butter in a heavy small saucepan until it begins to foam, then stir in a teaspoon or so of dried mint. Pour the mint mixture into the soup just before serving. It is delicious!

Be careful with the cumin as some people are allergic to it. It also lends very strong flavor and assertive taste, so add it a little at a time, tasting as you go.

The soup keeps well in the refrigerator for 3 days, and can be frozen for 1 week. It actually becomes more flavorful if it's prepared a day in advance and refrigerated. Rewarm it over medium heat, adding more water to thin it to a desired consistency.

Serves 10 to 12
**SPINACH, MUSHROOM, AND BACON SALAD WITH POPPY SEED DRESSING**

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>U.S.</th>
<th>METRIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stemmed, de-veined, and cleaned curly spinach, torn into bite-sized pieces</td>
<td>2 oz</td>
<td>60 g</td>
</tr>
<tr>
<td>Very fresh white mushrooms, sliced thin</td>
<td>1 oz</td>
<td>30 g</td>
</tr>
<tr>
<td><em>Poppy Seed Dressing</em> (p. 35), in squeeze bottle</td>
<td>2 fl oz</td>
<td>60 mL</td>
</tr>
<tr>
<td>Red onion, separated into rings</td>
<td>1 slice</td>
<td>1 slice</td>
</tr>
<tr>
<td>Crisp-cooked bacon, crumbled</td>
<td>½ cup</td>
<td>80 mL</td>
</tr>
<tr>
<td>Grape tomato or cherry tomato halves</td>
<td>7 pieces</td>
<td>7 pieces</td>
</tr>
</tbody>
</table>

**PROCEDURE**

**FINISHING**

1. Place the spinach and mushrooms in a work bowl.
2. Squeeze most of the dressing over the top and toss together.

**PLATING**

4. Top with the garnishes.
5. Squeeze the remaining dressing over the top.

**VARIATIONS**

Replace the Poppy Seed Dressing with Thick Mustard Vinaigrette (p. 33) or Roquefort Vinaigrette (p. 32).
**ASIAN VINAIGRETTE**

**Yield:** 8 fl oz (240 ml)  
**Portion size:** varies

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>U.S.</th>
<th>METRIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garlic clove, peeled</td>
<td>½ oz</td>
<td>7 g</td>
</tr>
<tr>
<td>Fresh ginger</td>
<td>2 oz</td>
<td>60 g</td>
</tr>
<tr>
<td>Rice vinegar</td>
<td>2½ fl oz</td>
<td>75 mL</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>2 tsp</td>
<td>10 mL</td>
</tr>
<tr>
<td>Chinese or Japanese soy sauce</td>
<td>½ fl oz</td>
<td>15 mL</td>
</tr>
<tr>
<td>Scallion, minced very fine</td>
<td>½ oz</td>
<td>15 g</td>
</tr>
<tr>
<td>Kosher salt</td>
<td>to taste</td>
<td>to taste</td>
</tr>
<tr>
<td>Peanut oil</td>
<td>5 fl oz</td>
<td>150 mL</td>
</tr>
</tbody>
</table>

**PROCEDURE**

**PREPARATION**
1. Using a juice extractor or garlic press, juice the garlic and ginger.  
2. Combine the garlic and ginger juice, vinegar, sugar, soy sauce, scallion, and salt.  
3. Add the oil using the Basic (p. 29) or the Blender/Processor Procedure (p. 29).  
4. Taste and correct the seasoning.

**STORAGE**  
Store in a freshly sanitized squeeze bottle or nonreactive container at room temperature up to 3 hours or refrigerated up to 1 week.

**VARIATIONS**

- **SICHUAN VINAIGRETTE**  
  Replace the white rice vinegar with Chinese red vinegar; add Sichuan hot chile paste to the acid components to taste.

- **MISO VINAIGRETTE**  
  Add 1 tbsp (15 mL) red or white miso to the acid components; adjust sugar to taste.

**POPPY SEED DRESSING**

**Yield:** 8 fl oz (240 ml)  
**Portion size:** varies

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>U.S.</th>
<th>METRIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minced shallot</td>
<td>½ oz</td>
<td>30 g</td>
</tr>
<tr>
<td>Honey</td>
<td>½ fl oz</td>
<td>15 mL</td>
</tr>
<tr>
<td>Kosher salt</td>
<td>to taste</td>
<td>to taste</td>
</tr>
<tr>
<td>Dry mustard</td>
<td>1 tsp</td>
<td>5 mL</td>
</tr>
<tr>
<td>Black poppy seeds</td>
<td>1 tbsp</td>
<td>15 mL</td>
</tr>
<tr>
<td>Raspberry vinegar</td>
<td>2 fl oz</td>
<td>60 mL</td>
</tr>
<tr>
<td>Fresh lemon juice</td>
<td>½ fl oz</td>
<td>15 mL</td>
</tr>
<tr>
<td>Safflower oil</td>
<td>4 fl oz</td>
<td>120 mL</td>
</tr>
</tbody>
</table>

**PROCEDURE**

**PREPARATION**
1. Mix the ingredients using the Basic (p. 29) or the Blender/Processor Procedure (p. 29).  
2. Taste and correct the seasoning.

**STORAGE**  
Store in a freshly sanitized squeeze bottle or nonreactive container at room temperature up to 3 hours or refrigerated up to 1 week.
ROASTED RACK OF LAMB WITH POMEGRANATE SAUCE

MORE AND MORE PEOPLE ARE DISCOVERING THE TENDER, SUCCULENT QUALITIES OF LAMB. WHEN COOKED RIGHT, IT'S ABSOLUTELY UNFORGETTABLE. THE TRICK IS TO SEAR ALL THE SIDES IN A VERY HOT PAN, WITHOUT MOVING THE LAMB. THE POMEGRANATE MOLASSES ADDS A SAVORY SWEETNESS TO THE SAUCE THAT YOUR GUESTS WILL FIND WONDERFULLY UNIQUE. TENDER AND DELICIOUS, THIS LAMB IS JUST RIGHT WHEN SERVED ON A BED OF MASHED POTATOES OR WITH CLASSIC RICE PILAF (PAGE 133). I ALSO SUGGEST SERVING THE EGGPLANT TAGINE (PAGE 139) AS A SIDE DISH.

Lamb
1/4 cup plus 1 tablespoon olive oil
1 tablespoon coarsely ground black pepper
1 tablespoon chopped fresh rosemary
1 tablespoon chopped fresh thyme
1 tablespoon minced garlic
1 tablespoon salt
2 (1 1/2 pounds each) racks of lamb trimmed, (see Cook's Notes)
3 tablespoons Dijon mustard

Pomegranate Sauce
1 tablespoon olive oil
2 tablespoons minced shallot
1 tablespoon minced garlic
1 cup reduced-sodium beef broth or stock
1/4 cup pomegranate molasses (page 13)
4 tablespoons (1/2 stick) chilled unsalted butter, cut into 4 pieces
Salt and ground black pepper, to taste
Pomegranate seeds, for garnish

Stir 1/4 cup oil, black pepper, rosemary, thyme, garlic, and salt in a small bowl to blend. Rub all but 2 tablespoons of the oil mixture over both sides of the lamb racks. Mix the mustard into the remaining oil mixture in the bowl. Cover the lamb and mustard mixture separately. Refrigerate at least 2 hours or up to 1 day.

Preheat the oven to 400°F. Heat the remaining 1 tablespoon of oil in a heavy large oven proof skillet (make sure the skillet is large enough to fit both lamb racks) over medium-high heat until it is almost smoking (you should see a slight smoke rising from the skillet). Place the lamb racks in the skillet and cook just until brown, about 4 minutes per side. Arrange the lamb racks rounded side up in the skillet. Spread the mustard mixture over each. Roast the lamb in the oven until cooked to desired doneness, about 20 minutes for medium-rare. Transfer the lamb racks to a work surface (do not clean the skillet). Tent loosely with foil to keep warm.

Meanwhile, prepare the pomegranate sauce: Drain the accumulated fat from the skillet that the lamb was roasted in. Heat the oil in the skillet over medium-high heat. Add the shallot and garlic, and sauté until fragrant and tender, about 1 minute. Whisk in the broth and pomegranate molasses. Increase the heat to high, and boil the sauce until it reduces by half and is syrupy, about 8 minutes. Remove the skillet from the heat. Whisk the butter into the sauce 1 piece at a time until well blended. Season the sauce to taste with salt and pepper.

Cut the lamb between the bones. Arrange the lamb chops on plates, overlapping slightly. Spoon the sauce generously over and around each serving. Garnish with the pomegranate seeds and serve immediately.

COOK'S NOTES: When purchasing rack of lamb, be sure the meat is well trimmed of fat. To eliminate last minute preparations, sear the lamb then coat it with the mustard mixture up to 1 day before serving it. Then cover the lamb and refrigerate. When you're just about ready to serve dinner, roast the lamb as directed above, and make the sauce.

Serves 4 to 6
## TEMPURA VEGETABLES WITH DIPPING SAUCE

**Yield:** Approximately 1 qt. (1 l) Batter, enough for 4 lb. (1.9 kg) vegetables  
**Method:** Deep-frying

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dipping sauce:</td>
<td></td>
</tr>
<tr>
<td>Mirin</td>
<td>2 fl. oz.</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>4 fl. oz.</td>
</tr>
<tr>
<td>Rice wine vinegar</td>
<td>2 fl. oz.</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Wasabi powder</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Tempura batter:</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Sparkling water, cold</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Flour</td>
<td>10 oz.</td>
</tr>
<tr>
<td>Sweet potato, approx. 8 oz. (240 g)</td>
<td>1</td>
</tr>
<tr>
<td>Broccoli florets</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Mushrooms, small, whole</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Zucchini, bâttonnet</td>
<td>8 oz.</td>
</tr>
</tbody>
</table>

- Combine all of the dipping sauce ingredients. Set aside.
- To prepare the batter, beat the eggs and add the cold water.
- Add the flour to the egg-and-water mixture and mix until the flour is incorporated. There should still be small lumps in the batter. Overmixing develops gluten, which is undesirable.
- Peel the sweet potato and cut it into ¼-inch (6-millimeter) thick slices. If the potato is large, cut each slice in half to make semicircles.
- Blanch the broccoli florets briefly in boiling water. Drain and pat dry with paper towels.
- Drop the vegetables in the batter a few at a time. Remove them from the batter one at a time and drop them into the deep-fryer using the swimming method. Cook until done. Remove and drain.
- Arrange the tempura vegetables on a serving platter. Serve the dipping sauce on the side.

### VARIATION:

**Shrimp Tempura**—Substitute peeled and deveined shrimp for some of the vegetables in this dish.

Approximate values per 4-oz. (120-g) serving: Calories 240, Total fat 15 g, Saturated fat 2.5 g, Cholesterol 25 mg, Sodium 530 mg, Total carbohydrates 22 g, Protein 5 g, Vitamin A 50%, Vitamin C 30%, Iron 10%

- Mixing the tempura batter.
- Battering the vegetables.
- Frying the vegetables using the swimming method.
POLENTA

Yield: 1 lb. 12 oz. (840 g)
Method: Simmering

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shallots, chopped</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Whole butter</td>
<td>as needed</td>
</tr>
<tr>
<td>Milk, white stock or water</td>
<td>1 qt.</td>
</tr>
<tr>
<td>Cornmeal, yellow or white</td>
<td>6 oz.</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>TT</td>
</tr>
</tbody>
</table>

1. Sauté the shallots in 1 tablespoon (15 milliliters) butter for 30 seconds. Add the milk, stock or water and bring to a boil.
2. Slowly add the cornmeal while stirring constantly to prevent lumps, then simmer for 30 minutes. Season with salt and pepper.
3. Scrape the polenta into a buttered nonaluminum dish; spread to an even thickness with a spatula that has been dipped in water. Refrigerate the polenta until well chilled.
4. To serve, unmold the polenta and cut into shapes. Sauté or grill the polenta for service, or sprinkle with grated Parmesan and heat under a broiler or salamander.

Approximate values per 4-oz. (120-g) serving: Calories 190, Total fat 7 g, Saturated fat 3.5 g, Cholesterol 20 mg, Sodium 55 mg, Total carbohydrates 25 g, Protein 6 g, Calcium 15%
TERIYAKI SALMON WITH PINEAPPLE PAPAYA SALSA

Yield: 4 Servings

Method: Grilling

Marinade:
- Soy sauce
- Garlic, crushed
- Ginger, minced
- Brown sugar
- Sake
Salmon, tranches, 4 oz. (120 g) each
Vegetable oil
Pineapple Papaya Salsa (page 779)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy sauce</td>
<td>8 fl. oz.</td>
</tr>
<tr>
<td>Garlic, crushed</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Ginger, minced</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Sake</td>
<td>4 fl. oz.</td>
</tr>
<tr>
<td>Salmon, tranches</td>
<td>4</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>as needed</td>
</tr>
<tr>
<td>Pineapple Papaya Salsa</td>
<td>1 pt.</td>
</tr>
</tbody>
</table>

To make the marinade, combine the soy sauce, garlic, ginger, brown sugar and sake.

Marinate the salmon in the marinade for 15 minutes.

Remove the salmon from the marinade and pat dry. Brush the tranches with oil and broil or grill until done.

Serve the salmon on a bed of warmed Pineapple Papaya Salsa.

Approximate values per serving: Calories 330, Total fat 9 g, Saturated fat 2 g, Cholesterol 65 mg, Sodium 3770 mg, Total carbohydrates 28 g, Protein 35 g, Vitamin C 60%

OVEN-FRIED PECAN CATFISH

Yield: 12 Servings

Method: Baking

Dijon mustard
Milk
Pecans, ground
U.S. farm-raised catfish fillets

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dijon mustard</td>
<td>8 fl. oz.</td>
</tr>
<tr>
<td>Milk</td>
<td>6 fl. oz.</td>
</tr>
<tr>
<td>Pecans, ground</td>
<td>14 oz.</td>
</tr>
<tr>
<td>U.S. farm-raised catfish fillets</td>
<td>12</td>
</tr>
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</table>

Mix the mustard and milk in a shallow dish. Spread the pecans out on a piece of parchment paper.

Dip each fillet into the mustard mixture. Scrape off any excess mustard, then carefully roll the fillets in the ground pecans. Coat each fillet thoroughly, shaking off any excess. Place the fillets on a lightly oiled baking sheet.

Bake at 450°F (230°C) until the catfish flakes easily when tested with a fork, approximately 10 to 12 minutes.

VARIATION:

Tropical Oven-Fried Catfish—Combine 4 fluid ounces (120 milliliters) low-fat buttermilk with 1 teaspoon (5 milliliters) each of black pepper, salt and ginger and 1/8 teaspoon (1 milliliter) ground cinnamon. Crush 9 ounces (270 grams) cornflakes into crumbs. Bread 12 catfish fillets using the standard breading procedure described in Chapter 8, Mise en Place. Cover and refrigerate for at least 30 minutes to set the coating, and then bake as directed in Step 3.

Approximate values per serving: Calories 410, Total fat 31 g, Saturated fat 4.5 g, Cholesterol 75 mg, Sodium 600 mg, Total carbohydrates 6 g, Protein 29 g, Iron 10%
FIGS WITH BERRIES AND HONEY MOUSSE

GREENS, SAN FRANCISCO, CA
Chef Annie Somerville

Yield: 4 Servings

- Raspberries or blackberries: 1 pt. (480 ml)
- Fresh figs such as Black Mission, Kadota or Calimyrna: 1 pt. (480 ml)
- Honey: 6 oz. (180 g)
- Egg yolks, pasteurized: 4
- Salt: TT
- Heavy cream: 1 pt. (480 ml)

1. Pick through the berries, rinse them and drain them in a colander.
2. Rinse the figs and cut them in half, leaving the stem attached.
3. To make the mousse, whisk the honey, yolks and salt together in a bowl over a pan of barely simmering water. Whisk the mixture continuously for 8 minutes. After 5 minutes, the mousse will begin to thicken and the texture will become creamy. Whisk vigorously until the mousse leaves thick ribbons on its surface when poured over itself. Set aside to cool. The texture of the cooled mousse will be stiff and sticky.
4. Whisk 1 fluid ounce (30 milliliters) cream into the mousse, working it until it loosens.
5. Whip the remaining cream until it is firm, fold it into the mousse until it is just incorporated, then whisk the two together. The texture will be light and creamy.
6. Loosely arrange the figs on a platter, sprinkle with the berries, garnish with mint and serve with the mousse.

Approximate values per serving: Calories 680, Total fat 67 g, Saturated fat 28 g, Cholesterol 370 mg, Sodium 200 mg, Total carbohydrates 57 g, Protein 6 g, Vitamin A 60%, Vitamin C 25%

PINEAPPLE PAPAYA SALSA

Yield: 2 qt. (2 l)

- Tomatoes: 3
- Fresh pineapple, approx. 2 lb. (960 g): 3
- Fresh papaya, approx. 1 lb. (480 g): 1
- Green onions, sliced: 1
- Fresh cilantro, chopped: 1 bunch
- Jalapeños, seeded, minced: 2
- Lemon juice: 3 Tbsp. (45 ml)
- Garlic, chopped: 1 tsp. (5 ml)
- Salt: 2 tsp. (10 ml)

1. Core and dice the tomatoes.
2. Peel and dice the pineapple.
3. Peel, seed and dice the papaya.
4. Combine all the ingredients and chill well.

Approximate values per 1-fl.-oz. (30-ml) serving: Calories 25, Total fat 0 g, Saturated fat 0 g, Cholesterol 0 mg, Sodium 330 mg, Total carbohydrates 5 g, Protein 0 g, Vitamin A 45%, Claims—fat free; low calorie
Lemon-Dill Rice

1 1/4 oz / 50 g diced onion
26 fl oz / 780 mL Chicken Stock (page 489)
1/4 cup / 60 mL white wine
1 bay leaf

1/4 cup / 60 mL fresh lemon juice
1/4 tsp / 7.5 mL grated lemon zest
11 oz / 315 g raw long-grain brown rice
1 tbsp / 15 mL chopped dill

1. In a medium saucepan, sweat the onion in 1/4 cup / 60 mL of the stock until the onions are translucent. Add the remaining stock, the wine, bay leaf, juice, zest, and rice. Bring the liquid to a boil. Cover the pot tightly and cook in a 350°F / 175°C oven until the rice is tender and has absorbed all the liquid, about 40 minutes.

2. Remove and discard the bay leaf. Fluff the rice with a fork and fold in the dill.

Hoppin’ John

Prepare the pilaf as directed above. Stir in 14 oz / 400 g smoked tomatoes, 4 oz / 115 g chopped scallions, and 2 lb / 900 g Smoky Braised Black-Eyed Peas (page 394).
**NAAN (INDIAN FLATBREAD)**

**Yield:** 6 Loaves, approximately 10 oz. (300 g) each  
**Method:** Sponge

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compressed yeast</td>
<td>1 tsp.</td>
<td>5 ml</td>
</tr>
<tr>
<td>Water</td>
<td>17 fl. oz.</td>
<td>510 ml</td>
</tr>
<tr>
<td>Bread flour</td>
<td>24 oz.</td>
<td>720 g</td>
</tr>
<tr>
<td>Whole-wheat flour</td>
<td>12 oz.</td>
<td>360 g</td>
</tr>
<tr>
<td>Yogurt</td>
<td>10 oz.</td>
<td>300 g</td>
</tr>
<tr>
<td>Olive oil</td>
<td>2 Tbsp.</td>
<td>30 ml</td>
</tr>
<tr>
<td>Baking powder</td>
<td>½ tsp.</td>
<td>2 ml</td>
</tr>
<tr>
<td>Baking soda</td>
<td>½ tsp.</td>
<td>2 ml</td>
</tr>
<tr>
<td>Salt</td>
<td>3½ tsp.</td>
<td>20 g</td>
</tr>
<tr>
<td>Vegetable or olive oil</td>
<td>as needed</td>
<td>as needed</td>
</tr>
<tr>
<td>Black sesame seeds</td>
<td>as needed</td>
<td>as needed</td>
</tr>
</tbody>
</table>

1. To prepare the sponge, dissolve ½ teaspoon (2 milliliters) yeast in 6 fluid ounces (180 milliliters) water in the bowl of a mixer fitted with a dough hook. Add 8 ounces (240 grams) bread flour and mix until well incorporated. Cover and set aside. Ferment at room temperature until cracks appear on the surface of the starter, approximately 3 hours.

2. Place the sponge and the remaining 16 ounces (480 grams) bread flour, 11 fluid ounces (330 milliliters) water, whole-wheat flour, yogurt, olive oil, baking powder and baking soda in the bowl of a mixer fitted with a dough hook. Mix on low speed for 3 minutes. Stop the mixer and scrape down the bowl. Add the salt, then mix until the dough is smooth and elastic, approximately 5 minutes more.

3. Let the dough ferment, covered, for 3 hours.

4. Punch down the dough and divide it into 6 uniform pieces. Round the portioned dough. Cover and let rest for 30 minutes.

5. Stretch each piece of dough out until it measures 12 inches (30 centimeters) long. Place the dough on flour-dusted sheet pans and proof until doubled, approximately 90 minutes.

6. Dimple the surface of the dough with your fingertips. Brush the dough with oil and sprinkle it with black sesame seeds. Place the dough directly on the heated surface of a deck oven at 485°F (252°C) or place the sheet pan of dough on a rack in the oven. Bake until the breads are well browned and crisp, approximately 10 to 12 minutes. To prevent a soggy crust, open the oven door or vent during the last two minutes of baking to remove any excess steam that may build up in the oven. Cool the loaves on cooling racks, then serve immediately.

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Approximate values per 1½-oz. (45-g) serving: Calories 100, Total fat 1 g, Saturated fat 0 g, Cholesterol 0 mg, Sodium 230 mg, Total carbohydrates 19 g, Protein 4 g. Claims—low fat; no saturated fat; no cholesterol.

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### Timings

- **3 hr Rest (make at 8:30 am)**
  - 8:30 - 11:30

- **3 hr ferment**
  - 12 - 3

- 30 min rest
  - 3:30

- **50 min double**
  - 4:30

- **12 min bake**
CHOCOLATE SOUFFLÉS

Yield: 8 Servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange juice</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Eggs, separated</td>
<td>8</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>4 oz.</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>3 oz.</td>
</tr>
<tr>
<td>Bittersweet chocolate, chopped fine</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Orange liqueur</td>
<td>2 fl. oz.</td>
</tr>
<tr>
<td>Butter, melted</td>
<td>as needed</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>as needed</td>
</tr>
</tbody>
</table>

1. To prepare the base, heat the orange juice to lukewarm in a heavy saucepan.
2. Whisk the egg yolks with 3 ounces (90 grams) sugar in a large mixing bowl. Whisk in the flour and warm orange juice, then return the mixture to the saucepan.
3. Cook over medium-low heat, stirring constantly, until the custard is thick. Do not allow it to boil. Remove from the heat.
4. Stir in the chocolate until completely melted. Stir in the liqueur. Cover this base mixture with plastic wrap to prevent a skin from forming. Hold for use at room temperature. (Unused base can be kept overnight in the refrigerator; it should be brought to room temperature before mixing with the egg whites.)
5. To prepare the soufflés, brush 4-fluid-ounce (120-milliliter) ramekins with melted butter and dust with granulated sugar.
6. Preheat the oven to 425°F (220°C). Place a sheet pan in the oven, onto which you will place the soufflés for baking. (This makes it easier to remove the hot soufflé cups from the oven.)
7. Whip the egg whites to stiff peaks with the remaining 1 ounce (30 grams) sugar. Fold the whites into the chocolate base and spoon the mixture into the prepared ramekins. The ramekins should be filled to within ¼ inch (6 millimeters) of the rim. Smooth the top of each soufflé with a spatula and bake immediately.
8. The soufflés are done when well risen, brown on top and the edges appear dry, approximately 12 minutes. Do not touch a soufflé to test doneness.
9. Sprinkle the soufflés with powdered sugar if desired and serve immediately.

Approximate values per serving: Calories 350, Total fat 15 g, Saturated fat 8 g, Cholesterol 210 mg, Sodium 65 mg, Total carbohydrates 40 g, Protein 10 g, Vitamin A 10%, Vitamin C 50%

CREAM (CRÈME) COMPONENTS

<table>
<thead>
<tr>
<th>FOR A</th>
<th>BEGIN WITH A BASE OF</th>
<th>THICKEN WITH</th>
<th>THEN FOLD IN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bavarian</td>
<td>Custard</td>
<td>Gelatin</td>
<td>Whipped cream</td>
</tr>
<tr>
<td>Chiffon</td>
<td>Custard or starch-thickened fruit</td>
<td>Gelatin</td>
<td>Whipped egg whites</td>
</tr>
<tr>
<td>Mousse</td>
<td>Melted chocolate, puréed fruit or custard</td>
<td>Nothing or gelatin</td>
<td>Whipped cream, whipped egg whites or both</td>
</tr>
</tbody>
</table>
PROCEDURE FOR SALVAGING CURDLED VANILLA CUSTARD SAUCE

1. Strain the sauce into a bowl. Place the bowl over an ice bath and whisk vigorously.
2. If this does not smooth out the overcooked sauce, place the sauce in a blender and process for a few moments.

Although these steps may reincorporate the curdled eggs, the resulting sauce will be thin and less creamy than a properly prepared vanilla custard sauce.

MISE EN PLACE

1. Split vanilla bean in half.
2. Set up an ice bath.

1. Mise en place for vanilla sauce.
2. Tempering the eggs.

VANILLA CUSTARD SAUCE
(CRÈME ANGLAISE)

Yield: 36 fl. oz. (1.2 l)  Method: Stirred custard

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half-and-half</td>
<td>1 qt.</td>
</tr>
<tr>
<td>Vanilla bean, split</td>
<td>1</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>12</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>10 oz.</td>
</tr>
<tr>
<td></td>
<td>300 g</td>
</tr>
<tr>
<td></td>
<td>960 ml</td>
</tr>
</tbody>
</table>

1. Using a heavy nonreactive saucepan, bring the half-and-half and vanilla bean just to a boil.
2. Whisk the egg yolks and sugar together in a mixing bowl. Temper the egg mixture with approximately one-third of the hot half-and-half, then return the entire mixture to the saucepan with the remaining half-and-half.
3. Cook the sauce over medium heat, stirring constantly, until it is thick enough to coat the back of a spoon. Do not allow the sauce to exceed 185°F (85°C) or the mixture will curdle.
4. As soon as the sauce thickens, remove it from the heat and pour it through a fine mesh strainer into a clean bowl. Chill the sauce in an ice bath, then cover and keep refrigerated. The sauce should last 3 to 4 days.

VARIATIONS:

Chocolate Custard Sauce—Stir 6 ounces (180 grams) finely chopped dark chocolate into the strained custard while it is still warm. The heat of the custard will melt the chocolate.

Coffee Custard Sauce—Add 1-1½ fluid ounces (30-45 milliliters) coffee (café) extract or compound to the warm custard.

Frangelico Custard Sauce—Omit the vanilla bean. Stir in ½ teaspoon (2 milliliters) vanilla extract and 2-3 tablespoons (30-45 milliliters) Frangelico, to taste.

Ginger Custard Sauce—Omit the vanilla bean. Steep 3 ounces (90 grams) chopped fresh ginger for 10 minutes in the half-and-half. Reheat and continue preparing the sauce as directed. The chopped ginger will be strained out in Step 4.

Pistachio Custard Sauce—Omit the vanilla bean. Place 4 ounces (120 grams) finely chopped pistachio nuts in the saucepan with the barely boiling half-and-half. Remove from the heat, cover and steep for up to 1 hour. Uncover the mixture, reheat and continue preparing the sauce as directed. The ground nuts will be strained out in Step 4.

Approximate values per 1-fl. oz. (30-ml) serving: Calories 80, Total fat 4.5 g, Saturated fat 2.5 g, Cholesterol 75 mg, Sodium 15 mg, Total carbohydrates 8 g, Protein 2 g, Vitamin A 6%.
DARK CHOCOLATE GLAZE

Yield: 4 lb. (1870 g)
Evaporated milk 14 oz. 420 g
Glucose or corn syrup 3 oz. 90 g
Simple Syrup (page 349) 14 oz. 420 g
Dark chocolate coating or pâte à glacer 17 oz. 480 g
Extra bittersweet chocolate, chopped fine 17 oz. 480 g

1. Bring the milk, glucose and Simple Syrup to a boil, stirring carefully. Do not whisk vigorously or you will incorporate too much air.
2. In a bowl, combine the dark chocolate coating or pâte à glacer and the bittersweet chocolate.
3. Slowly pour the milk mixture onto the chocolate. Let it sit for approximately a minute. Using a whisk, stir the mixture slowly to incorporate the chocolate and cream.
4. Keep the mixture refrigerated. When ready to use, warm it over a water bath to 100°F (38°C). If the temperature gets any hotter the glaze will loose its shine.

Approximate values per 1-oz. (30-g) serving: Calories 90, Total fat 6 g, Saturated fat 3 g, Cholesterol 0 mg, Sodium 10 mg, Total carbohydrates 12 g, Protein 1 g

CARROT CAKE WITH CREAM CHEESE ICING

Yield: 2 Sheet Cakes or 6 Rounds, 10 in. (25 cm) each

Method: Creaming

Cake:
Vegetable oil 1 lb. 12 oz. 780 g 75%
Granulated sugar 1 lb. 14 oz. 840 g 81%
Eggs 14 oz. (9 eggs) 395 g 38%
Carrots, shredded 2 lb. 4 oz. 1010 g 97%
Crushed pineapple, with juice 1 lb. 9 oz. 700 g 67%
Baking soda 0.75 oz. 20 g 2%
Cinnamon, ground 1 oz. 30 g 3%
Pumpkin pie spice 0.75 oz. 20 g 2%
Salt 0.75 oz. 20 g 2%
Baking powder 0.6 oz. (1.5 Tbsp.) 17 g 1.6%
Cake flour 2 lb. 5 oz. 1040 g 100%
Coconut, shredded 12 oz. 335 g 32%
Walnut pieces 10 oz. 280 g 27%
Total batter weight: 12 lb. 3 oz. 5487 g 528%
Cream Cheese Icing (page 368) as needed as needed

1. Blend the oil and sugar in the large bowl of a mixer fitted with a paddle. Add the eggs, beating to incorporate.
2. Blend in the carrots and pineapple.
3. Sift the baking soda, cinnamon, pumpkin pie spice, salt, baking powder and flour together, then add them to the batter. Stir in the coconut and walnuts.
4. Divide the batter into greased and floured pans.
5. Bake at 340°F (170°C) until springy to the touch and a cake tester comes out almost clean.
6. Allow the cakes to cool, then fill and frost as desired with Cream Cheese Icing.

Approximate values per serving: Calories 390, Total fat 22 g, Saturated fat 4 g, Cholesterol 40 mg, Sodium 490 mg, Total carbohydrates 44 g, Protein 5 g, Vitamin A 100%
CREAM CHEESE ICING

Yield: 5 lb. 4 oz. (2535 g)

- Unsalted butter, softened: 6 oz. 180 g
- Cream cheese, softened: 1 lb. 8 oz. 720 g
- Margarine: 6 oz. 180 g
- Vanilla extract: 0.5 fl. oz. 15 ml
- Powdered sugar, sifted: 3 lb. 1440 g

Combine the butter and cream cheese until smooth. Add the margarine and beat well.

Beat in the vanilla. Slowly add the sugar, scraping down the bowl frequently. Beat until smooth.

Approximate values per serving: Calories 130, Total fat 6 g, Saturated fat 3 g, Cholesterol 15 mg, Sodium 45 mg, Total carbohydrates 17 g, Protein 1 g, Vitamin A 6%

TRADITIONAL FRENCH BUTTERCREAM

Yield: 3 lb. 12 oz. (1820 g)

- Granulated sugar: 1 lb. 3 oz. 570 g
- Corn syrup or glucose: 3 oz. 90 g
- Water: 6 fl. oz. 180 ml
- Eggs: 5 oz. (3 eggs) 150 g
- Egg yolks: 6.6 oz. (10 yolks) 200 g
- Unsalted butter, room temperature: 1 lb. 10 oz. 780 g
- Vanilla extract: 1 fl. oz. 30 ml

Combine the sugar, corn syrup or glucose and water in a small saucepan and bring to a boil.

Meanwhile, place the eggs and egg yolks in the bowl of a mixer fitted with a whip; start whipping the mixture on medium speed the moment the sugar solution begins to boil.

Continue boiling until the syrup reaches 250°F (121°C). When the syrup is ready, increase the mixer speed to high and carefully pour the sugar syrup in a steady even stream down the inside of the bowl.

Continue whipping until the mixture is cool and mousselike.

Reduce the speed to medium and gradually add the butter; whip until light and aerated.

Add the vanilla.

VARIATIONS:

- Mocha French Buttercream—Omit the vanilla extract. Add 1 fluid ounce (30 milliliters) coffee extract to the buttercream, then stir in 8 ounces (240 grams) melted and cooled bittersweet chocolate.

- Pistachio French Buttercream—Omit the vanilla extract. Add 1.5 fluid ounces (45 milliliters) pistachio compound or flavoring and 3 ounces (90 grams) finely ground pistachios to the buttercream.

- Citrus French Buttercream—Omit the vanilla extract. Add 0.5 fluid ounces (15 milliliters) orange extract and 0.5 fluid ounces (15 milliliters) lemon extract to the buttercream.

Approximate values per 1-oz. (30-g) serving: Calories 140, Total fat 11 g, Saturated fat 6 g, Cholesterol 70 mg, Sodium 5 mg, Total carbohydrates 10 g, Protein 1 g