Soup

Wild Rice Soup

Salad

Creamy Cucumber Salad with Fresh Herbs on a bed of Spring Greens

Entrée

Duck Breast a l’Orange served with Duchesse Potato and Broccoli Florettes

or

Iron Chef Dan Garcia Pheasant stuffed Chicken with Polenta Gratin, Asparagus and Candied Carrots

Bread

Pillow Soft Rolls

Desserts

Strawberry Shortcake

Or

Peach and Blueberry Napoleon
# Wild Rice and Mushroom Soup

**U.S.** | **Metric** | **Ingredients** | **Procedure**
--- | --- | --- | ---
3/4 cup | 180 mL | Wild rice, washed and drained | 1. Combine the wild rice and water in a heavy saucepan. Bring to a boil. Reduce heat, cover tightly, and cook until tender. Reserve.
1 1/2 fl oz | 540 mL | Water | 

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| 6 oz | 180 g | Butter | 2. Heat the butter in a heavy saucepot over moderate heat.
| 6 oz | 180 g | Onion, chopped fine | 3. Add the onion and carrot and cook slowly a few minutes, or until vegetables start to become tender.
| 6 oz | 180 g | Carrot, cut brunoise | 4. Add the flour. Stir to combine the flour with the butter to make a roux. Cook the roux for a few minutes, but do not let it start to brown.
| 4 1/2 oz | 135 g | Flour | 

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| 4 1/2 pt | 2,250 mL | Chicken stock, hot | 5. Gradually beat in the stock, using a whip to blend it smoothly with the roux. Bring to a boil, stirring with the whip until the stock thickens.
|  |  |  |

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| 2 oz | 60 g | Butter | 6. Simmer until the vegetables are completely tender and the soup has no taste of raw flour.
| 1 1/2 oz | 375 g | Mushrooms, sliced | 7. Skim the soup carefully.

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| 1 1/2 pt | 750 mL | Milk, hot | 8. While the soup is simmering, heat butter in a sauté pan. Sauté the mushrooms.
| to taste | to taste | Salt | 9. After the soup is skimmed, add the mushrooms.
| to taste | to taste | White pepper | 

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| 1 1/2 fl oz as needed | 375 mL as needed | Heavy cream, hot (see Note) | 10. Stir the hot milk into the soup.
| as needed | Chopped parsley | 11. Add the cooked wild rice from step 1. Simmer 2–3 minutes.
|  |  | 12. Season to taste with salt and white pepper.

**Per serving:** Calories, 380; Protein, 7 g; Fat, 29 g (68% cal.); Cholesterol, 90 mg; Carbohydrates, 24 g; Fiber, 2 g; Sodium, 160 mg.

**Note:** The quantity of cream may be decreased as desired to reduce dietary fat.
Raw Vegetable Side Salads

Their crunchy texture and elemental flavor make raw vegetables excellent ingredients for side salads. Review Chapter 4, pages 84-85, to ensure vegetables meet the criteria for palatability in their raw state.

**CUCUMBER SALAD**

**SIDE DISH**

**Yield:**
- about 1 qt (1 L),
- about 24 oz (720 g)

**Portions:**
6-8

**Portion size:**
- 4-5 fl oz (120-150 mL),
- 3-4 oz (90-120 g)

**INGREDIENTS**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
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<tbody>
<tr>
<td>Large, slender cucumbers (see Note)</td>
<td>2 lb</td>
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<tr>
<td>Kosher salt</td>
<td>1/3 tsp</td>
</tr>
<tr>
<td>Slivered sweet onion</td>
<td>5 oz</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Corn oil</td>
<td>3 fl oz</td>
</tr>
<tr>
<td>Cider vinegar</td>
<td>1 fl oz</td>
</tr>
<tr>
<td>Ground white pepper</td>
<td>pinch</td>
</tr>
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</table>

**Note:** If the cucumbers are very young and slender, with few seeds, they may be sliced into rounds and not seeded.

**PROCEDURE**

**PREPARATION**

1. Peel the cucumbers and trim the ends.
2. Slice in half lengthwise and scrape out the seeds.
3. Slice the cucumbers into thin crescents.
4. Toss the cucumber slices with the salt, put them in a colander placed over a tray, and set a plate on them to weight them gently.
5. Allow to drain in the refrigerator 1 hour.
6. Blot the cucumbers with towels to remove surface moisture and excess salt.
7. Place them in a bowl with the onion.
8. Mix the cucumbers first with the sugar, then the oil, and then the vinegar.
9. Taste and correct the seasoning.

**HOLD**

Refrigerated in a covered container up to 8 hours.

**PLATING**

10. Using tongs or a slotted spoon, lift the solids out of the liquid dressing.
11. Place in individual dishes, or add to a plate as a component.

**VARIATIONS**

**HERBED CUCUMBER SALAD**

Add chopped or minced fresh herb of choice, such as dill, tarragon, chervil, etc.

**CREAMY CUCUMBER SALAD**

Omit the oil. Refrigerate the salad for 1 hour, then drain and fold in 4 fl oz (120 mL) thick sour cream or crème fraîche. Optionally, add 1/2 oz (15 g) minced fresh dill.

**ASIAN CUCUMBER SALAD**

Cut the cucumbers lengthwise into quarters before seeding and slicing. Replace the onion with scallions cut very thin on a sharp diagonal. Replace the dressing ingredients with 4 fl oz (120 mL) Asian Vinaigrette (p. 35).
Duck Breast a l'Orange
Serves 4

Ingredients:

4 each Duck Breasts
Salt and pepper
2 each oranges (or 12 Kumquats)
1 cup water
1 cup chicken stock, concentrated
¾ tea. Honey
1 ounce Grand Marnier, orange flavored liquor
1 ounce White Balsamic Vinegar
1 ½ ounces cold butter, unsalted
Orange segments

1. Use a sharp knife to score the skin side of the duck breasts in 2 directions forming a criss-cross pattern. (About 20 slashes per direction).
2. Season both sides of the breast with salt and pepper. Reserve the prepared duck in the refrigerator until service.
3. Remove the zest from the oranges.
4. Segment the oranges and reserve
5. Squeeze the juice from the remaining part of the orange.
6. Reduce the Chicken stock until it’s lightly syrupy.
7. Heat a sauté pan over medium high heat and sauté the duck breast, skin side down 12 – 18 minutes. Turn the breasts over, adjust the heat and cook for 1 minute.
8. Pour out the fat from the pan and deglaze the pan with the orange juice. Add the reduced chicken stock, honey, Grand Marnier; orange segments, vinegar and zest simmer for 30 seconds to cook off the alcohol.
9. Adjust the thickness of the sauce.
10. Whisk in the cold butter, keeping the pan moving by swirling the liquid. Season with salt and pepper.
11. Slice the breast and serve the sauce over the duck.
DUCHESSE POTATOES

Yield: Approximately 2 lb. (1 kg)  
Method: Boiling

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<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Potatoes, mealy</td>
<td>2 lb.</td>
<td>1 kg</td>
</tr>
<tr>
<td>Whole butter</td>
<td>1 oz.</td>
<td>30 g</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>¼ tsp.</td>
<td>½ ml</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>TT</td>
<td>TT</td>
</tr>
<tr>
<td>Eggs</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Clarified butter</td>
<td>as needed</td>
<td>as needed</td>
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</tbody>
</table>

Peel and quarter the potatoes. Then boil them in salted water until tender. Drain and immediately turn them out onto a sheet pan to allow the moisture to evaporate.

While still warm, press the potatoes through a grinder or food mill, or grind through a grinder’s medium die. Blend in the butter and season to taste with nutmeg, salt, and pepper.

Mix in the eggs and egg yolks, blending well.

Transfer the duchesse mixture to a piping bag fitted with a large star tip. Pipe single portion-sized spirals onto a parchment-lined sheet pan. Brush with clarified butter and bake at 375°F (190°C) until the edges are golden brown, approximately 8 to 10 minutes. Serve immediately.

Note: Duchesse potatoes are often used to decorate platters used for buffets or tableside preparations or to present chausse briand. To create borders and garnishes, the standard mixture for duchesse potatoes is forced through a piping bag while still very hot and relatively soft.

VARIATION:

Potato Croquettes—Shape the duchesse mixture into short cylinders resembling fat corks. Coat the cylinders with bread crumbs using the standard breading procedure described in Chapter 8, Mise en Place. Using the basket method, deep-fry at 360°F (182°C) until golden brown.

Approximate values per 3-oz. (90-g) serving: Calories 120, Total fat 3.5 g, Saturated fat 2 g, Cholesterol 65 mg, Sodium 250 mg, Total carbohydrates 18 g, Protein 3 g, Vitamin C 20%

MORE THAN A FRENCH FRY

Thanks to the genius of Carême, Escoffier and others, few vegetables have as extensive a classic repertoire as potatoes. Some of these dishes begin with the duchesse (duh-SHEES) potatoes mixture; in this regard, duchesse potatoes can be considered the mother of many classic potato preparations. For example,

- Duchesse + Tomato concassée = Marquis
- Duchesse + Chopped truffles + Almond coating + Deep-frying = Berny
- Duchesse + Shaping + Breading + Deep-frying = Croquettes
- Duchesse + Pâte à choux = Dauphine
- Dauphine + Grated Parmesan + Piped shape + Deep-frying = Lorette

Passing the boiled potatoes through a food mill.

Piping the potatoes.

The finished Duchesse Potatoes.
Pan seared Airline chicken breast stuffed with Pheasant Sausage, Arugula; sundry tomatoes served with Polenta, Grilled Asparagus and glazed carrots accompanied by peach – ice wine relish

4 each Airline chicken
2 each Pheasant sausage (casing removed)
½ oz arugula (rough chopped)
½ oz sun dry tomatoes (chopped)

Polenta
Recipe is attached

Vegetable
8 Jumbo Asparagus
2 cloves Garlic
3 Tbsp olive oil
Salt and Pepper

4 Baby Carrots
Pinch cinnamon
1 tsp brown Sugar
S&P

Relish
5 each Peaches
4 leafs mint
¾ cup of ice wine
POLENTA GRATIN

INGREDIENTS:
8 Cups Manufacturing Cream
½ lb. Plugra Butter-unsalted)
16 Cups Cold Water
2 Sprigs Fresh Rosemary-4" long
8 Cups Polenta-Golden Pheasant brand
2 Tbsp White Truffle Oil
1 Ctn.. Mascarpone Cheese-16 oz.
1 ½ Cups Grated Parmesan Cheese

Aerosol Oil spray
Fine Sea Salt and Freshly Ground White Pepper-To Taste

PREPARING THE POLENTA:
Combine the cream, butter, water and rosemary in a large pot over high heat and bring to a boil. Reduce the flame to medium high. Stir in the polenta in a steady stream. Once incorporated, stir in ¼ cup of Parmesan cheese. Add the White Truffle Oil. Add the Fine Sea Salt and Ground White Pepper to taste. Reserve the other ¼ cup of Parmesan cheese for the gratinée the final product.

Coat a full-size sheet pan with oil (Aerosol.) Once the mixture has returned to a boil, remove from the stove and pour onto a full-size sheet pan. Cool to room temperature and place in refrigerator to set-up overnight.

After setting up overnight, spread the mascarpone cheese over the entire polenta. Sprinkle with the remaining 1 cup of Parmesan Cheese. Place under the broiler to brown (rotate 180° if necessary to ensure browning the entire sheet pan. Let cool to room temperature and return to the refrigerator to set-up.

Prior to serving, cut polenta into desired shape and heat thoroughly in a 350° oven.

WHEN SERVING:
A few oven-roasted mushrooms, particularly oyster mushrooms, on top are a nice accompaniment.

YIELD:
120 pieces cut on the diagonal from a 3” square cutter.

NOTE:
¾ cup of white truffle oil can be substituted for the fresh rosemary.

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Pillow-Soft Dinner Rolls

Rated: ★★★★★
Submitted By: Norma Harder

Prep Time: 30 Minutes  Ready In: 50 Minutes
Cook Time: 20 Minutes  Servings: 24

"The dough for these rolls has a nice texture and is simple to shape. The recipe came from an old church cookbook."

INGREDIENTS:
4 1/2 teaspoons active dry yeast 6 tablespoons shortening
1/2 cup warm water (110 degrees 2 eggs
F to 115 degrees F) 1/4 cup sugar
2 cups warm milk (110 to 115 1 1/2 teaspoons salt
degrees F) 7 cups all-purpose flour

DIRECTIONS:
1. In a large mixing bowl, dissolve yeast in warm water. Add the milk,
shortening, eggs, sugar, salt and 3 cups flour; beat until smooth. Stir in
enough remaining flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8
minutes (dough will be sticky). Place in a greased bowl, turning once to
grease top. Cover and let rise in a warm place until doubled, about 1
hour.

3. Punch dough down. Turn onto a lightly floured surface; divide into 24
pieces. Shape each into a roll. Place 2 in. apart on greased baking
sheets. Cover and let rise until doubled, about 30 minutes. Bake at 350
degrees F for 20-25 minutes or until golden brown. Remove to wire
racks.

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OLD-FASHIONED STRAWBERRY SHORTCAKE

Yield: 50 individual shortcakes  Portion: 1 shortcake + ¾ cup (6 oz) strawberries
Oven: 375°F  Bake: 12–15 minutes

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Procedure</th>
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<tbody>
<tr>
<td>Fresh strawberries</td>
<td>9 qt</td>
<td>Wash, drain, and stem strawberries.</td>
</tr>
<tr>
<td>Sugar, granulated</td>
<td>2 lb (variable)</td>
<td>Slice and sweeten. Adjust sugar according to sweetness of berries.</td>
</tr>
<tr>
<td>Flour, all-purpose</td>
<td>4 lb</td>
<td>Mix dry ingredients in mixer bowl.</td>
</tr>
<tr>
<td>Baking powder</td>
<td>5 oz</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Sugar, granulated</td>
<td>1 lb 5 oz</td>
<td></td>
</tr>
<tr>
<td>Margarine or butter</td>
<td>2 lb</td>
<td>Cut margarine into dry ingredients, using a pastry blender or flat beater. Mixture should have coarse, mealy consistency.</td>
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<tr>
<td>Milk</td>
<td>1 ½ qt</td>
<td>Stir milk quickly into flour mixture. Mix just enough to moisten.</td>
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<tr>
<td>Half-and-half or whipping cream</td>
<td>1 ½ qt (9 qt if whipped)</td>
<td>To serve, dip ¾ cup (6 oz) strawberries over shortcake. Serve with half-and-half or top with whipped cream.</td>
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Approximate nutritive values per portion

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Fiber</th>
<th>Iron</th>
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<tr>
<td>470 kcal</td>
<td>69 g</td>
<td>6 g</td>
<td>20 g</td>
<td>15 mg</td>
<td>611 mg</td>
<td>3 g</td>
<td>2 mg</td>
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Note
- For frozen strawberries, use 12 lb. Portion ½ cup over shortcake.
PEACH AND BLUEBERRY NAPOLEON

PESCE RESTAURANT, HOUSTON, TX
Milan Villavicencio

Yield: 10 Servings

Fresh peaches 2 lb. 960 g
Fresh blueberries 2 pt. 1 l
Orange Muscat wine 8 fl. oz. 240 ml
Phyllo Crisps (recipe follows) 30 30
Muscat Mousseine (page 526) as needed as needed
Powdered sugar as needed as needed
Raspberry Sauce (page 545) 1 pt. 480 ml

1 Split the peaches in half and discard the pits. Cut each half into six wedges.
2 Macerate the peach wedges and blueberries in the wine.
3 To assemble each napoleon, place a Phyllo Crisp in the center of a plate. Pipe Muscat Pastry Cream along the edges of the crisp. Arrange four peach wedges and approximately six blueberries on the crisp and pipe a dollop of pastry cream on top of the fruit. Place another crisp on top of the pastry cream and add more fruit to this second layer. Top with a third crisp and dust with powdered sugar.
4 Drizzle Raspberry Sauce around the napoleon on the plate and garnish with additional blueberries and peaches.

Approximate values per serving: Calories 790, Total fat 31 g, Saturated fat 17 g, Cholesterol 355 mg, Sodium 170 mg, Total carbohydrates 111 g, Protein 10 g, Vitamin A 35%, Vitamin C 20%, Calcium 15%

PHYLLO CRISPS

Yield: 10 Servings

Whole butter, melted 4 oz. 120 g
Powdered sugar 8 oz. 240 g
Phyllo dough, 12-in. x 17-in. (30-cm x 42-cm) sheets 8 8

1 Line a full-sheet pan with parchment paper and brush with melted butter. Dust with powdered sugar and place two sheets of phyllo dough side by side on the pan.
2 Brush the phyllo sheets with butter and dust with powdered sugar. Place a second phyllo sheet on top of each of the first sheets, brush them with butter and dust with powdered sugar. Continue until there are two stacks of phyllo dough, each four layers high.
3 Using a pastry wheel, cut each stack of phyllo into four columns and four rows, creating 16 small rectangular stacks of phyllo dough from each large stack.
4 Cover the phyllo stacks with parchment paper and another sheet pan. Bake at 325°F (160°C) until brown, approximately 15 minutes. Remove and cool.

Approximate values per crisp: Calories 70, Total fat 3 g, Saturated fat 2 g, Cholesterol 10 mg, Sodium 25 mg, Total carbohydrates 10 g, Protein 0 g
MUSCAT MOUSSELINE

PECSE RESTAURANT, HOUSTON TX

Yield: 10 Servings, 5 fl. oz. (150 ml) each  Method: Stirred custard

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<th>Ingredient</th>
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<tr>
<td>Milk</td>
<td>1 pt.</td>
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<tr>
<td>Vanilla bean, seeded</td>
<td>½</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Salt</td>
<td>0.03 oz. (¼ tsp.)</td>
</tr>
<tr>
<td>Eggs</td>
<td>3.2 oz. (2 eggs)</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>2.4 oz. (4 yolks)</td>
</tr>
<tr>
<td>Orange Muscat wine</td>
<td>2 fl. oz.</td>
</tr>
<tr>
<td>Heavy cream, cold</td>
<td>12 fl. oz.</td>
</tr>
<tr>
<td></td>
<td>500 ml</td>
</tr>
<tr>
<td></td>
<td>60 g</td>
</tr>
<tr>
<td></td>
<td>240 g</td>
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<td></td>
<td>1 g</td>
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<tr>
<td></td>
<td>96 g</td>
</tr>
<tr>
<td></td>
<td>72 g</td>
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<tr>
<td></td>
<td>60 ml</td>
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<td>360 ml</td>
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1 Reserve 2 fluid ounces (60 milliliters) of the milk. Place the remaining milk in a saucepot and add the vanilla bean and its seeds. Scald the milk.
2 Combine the cornstarch with 7 ounces (210 grams) of the sugar, the salt and the reserved milk and whisk until smooth. Add the eggs and egg yolks and mix until they are incorporated and the mixture is smooth.
3 Temper the cornstarch mixture with some of the scalded milk and return the mixture to the saucepot with the remaining scalded milk. Whisk and cook over medium heat until the mixture has thickened and begins to boil.
4 Remove the pastry cream from the heat and pour into a hotel pan. Remove the vanilla bean. Lay plastic wrap over the surface of the pastry cream and refrigerate until completely cold.
5 Whip the chilled pastry cream until smooth, approximately 1 minute. Add the wine and whip to combine.
6 Whip the cream with the remaining sugar to stiff peaks. Combine the whipped pastry cream and the whipped cream and whip together, scraping down the bowl as necessary. Refrigerate until ready to use.

Approximate values per 5-fl-oz. (150-ml) serving: Calories 170, Total fat 2 g, Saturated fat 1 g, Cholesterol 330 mg, Sodium 50 mg, Total carbohydrates 5 g, Protein 9 g, Vitamin A 20%, Calcium 10%

DIPLOMAT CREAM FILLING

Yield: 5 qt. (5 l)

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>Pastry Cream, chilled (page 502)</td>
<td>1 gal.</td>
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<tr>
<td>Raspberry liqueur</td>
<td>4 fl. oz.</td>
</tr>
<tr>
<td>Granulated gelatin</td>
<td>1.5 oz.</td>
</tr>
<tr>
<td>Water</td>
<td>6 fl. oz.</td>
</tr>
<tr>
<td>Whipped cream</td>
<td>1 qt.</td>
</tr>
<tr>
<td></td>
<td>4 l</td>
</tr>
<tr>
<td></td>
<td>120 ml</td>
</tr>
<tr>
<td></td>
<td>45 g</td>
</tr>
<tr>
<td></td>
<td>180 ml</td>
</tr>
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<td></td>
<td>1 l</td>
</tr>
</tbody>
</table>

1 Place the Pastry Cream in a large mixer bowl and whip on high speed until smooth. Add the raspberry liqueur.
2 Bloom the granulated gelatin in the water, then place over a low flame and heat to dissolve.
3 Add one-quarter of the raspberry-flavored Pastry Cream to the gelatin. Place over a low flame and whip by hand until smooth and the gelatin is incorporated. Add this mixture to the rest of the Pastry Cream.
4 Fold in the whipped cream.

Approximate values per 1-oz. (30-g) serving: Calories 40, Total fat 2 g, Saturated fat 1 g, Cholesterol 30 mg, Sodium 10 mg, Total carbohydrates 5 g, Protein 1 g
HAZELNUT CREAM FILLING

Yield: 4 lb. 12 oz. (2302 g)
- Traditional French Buttercream (page 368) 2 lb. 960 g
- Hazelnut paste, lump-free, creamed 12 oz. 360 g
- Sheet gelatin, softened 0.75 oz. 22 g
- Heavy cream, whipped to soft peaks 1 qt. 960 ml

1. Combine the Traditional French Buttercream and hazelnut paste in a mixing bowl. Place over a bain marie of simmering water and whisk constantly to slightly soften the mixture without melting the buttercream. The mixture should be as soft as mayonnaise and approximately 100°F (38°C).
2. Melt the softened sheet gelatin and fold it into the hazelnut mixture.
3. Remove from the heat and fold in the whipped cream. (If the buttercream mixture is too firm or the heavy cream is whipped too stiff, the cream will curdle.) Use immediately.

Approximate values per 1-oz. (30-g) serving: Calories 120, Total fat 11 g, Saturated fat 6 g, Cholesterol 50 mg, Sodium 10 mg. Total carbohydrates 7 g, Protein 1 g

RASPBERRY SAUCE

Yield: 1 qt. (1 l)
- Raspberries, fresh or IQF 2 lb. 1 kg
- Granulated sugar 1 lb. 480 g
- Lemon juice 1 fl. oz. 30 ml

1. Purée the berries and strain through a fine chinois.
2. Stir in the sugar and lemon juice. Adjust the flavor with additional sugar if necessary.

Approximate values per 1-fl. oz. (30-ml) serving: Calories 70, Total fat 0 g, Saturated fat 0 g, Cholesterol 0 mg, Sodium 0 mg. Total carbohydrates 17 g, Protein 0 g. Claims—in fat-free; no saturated fat; no cholesterol; no sodium

MINTED PEACH COULIS

Yield: 1 ½ pt. (750 ml)
- Peach purée 20 fl. oz. 600 ml
- Granulated sugar 5 oz. 150 g
- Mint leaves 10

1. Blend the ingredients in a blender and process until smooth. Strain if desired.

Approximate values per 1-fl. oz. (30-ml) serving: Calories 35, Total fat 0 g, Saturated fat 0 g, Cholesterol 0 mg, Sodium 0 mg. Total carbohydrates 9 g, Protein 0 g