

# **Two for Tonight**

**Pure Romance from L'Auberge Chez François**

**by**

**Jacques Haeringer**

*For Evelyn  
In Loving Memory*

## *Acknowledgements*

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## *Introduction*

Roses smell fine.  
Candy tastes sweet,  
but a romantic repast  
is a much better treat.

Romantic celebrations are a tradition at L’Auberge Chez François. You might even say special events like engagements, weddings, and anniversaries are our *raison d’être*. It is a tradition based on our philosophy that life’s memorable moments are not complete without a festive meal. The pleasures of the table, fine food and wine, are an essential part of a passionate life. Good food whets the appetite, which in turn stimulates the entire person, promoting a well-being and excitement that leads to love. Yes, we are most susceptible to love after a festive and nutritious meal. Couples return to our restaurant year after year to renew and reaffirm the romance in their lives. We supply the food, ambience, and service; they bring their own romantic magic.

At home, preparing a repast for your someone special is an act of love, much more significant than presenting candy or flowers. The food is tempting, but it is the energy you put into the preparation and serving of the meal that is sexy.

Rather than prepare everything ahead, which is not always practical, put the finishing touches together right before your special someone’s eyes; this will therefore more closely resemble the way meals are prepared in fine restaurants. Items such as stocks and garnishes are prepared in advance, but the main ingredient is cooked and the sauce is finished at the last moment, just before serving. Bring that special someone into the kitchen first – who knows what may follow. Love begins in the kitchen.

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## **Disc One**

### ***A Valentine's Day***

Chef Jacques' examines how to select, open and prepare oysters to celebrate the year's most romantic holiday. His renditions of oysters with horseradish sauce, lobster in a Sauterne butter and the sure-to-please warm chocolate tart will crown this romantic evening at home.

## OYSTERS WITH HORSERADISH SAUCE

### **Ingredients:**

10-12 Bluepoint oysters  
1 cup heavy whipping cream  
1 teaspoon grated horseradish  
sea salt  
freshly ground pepper

Open the oysters and place the oysters on the half shell in a plate to collect any oyster liquor.

Combine the heavy cream and oyster liquor in a small saucepan. Bring to a boil over high flame and continue to boil for 3-4 minutes to reduce volume by half. Whisk in the grated horseradish and bring up to a boil again. Remove from heat and season with salt, pepper, and more horseradish, if desired. Keep warm.

*Preheat the broiler.*

Place each oyster on the half shell on a special oyster baking dish or on a bed of rock salt to hold them level. Place the oysters under the broiler for about 1 minute or until just warm, being careful not to overcook. Coat each oyster with approximately 1 teaspoon of the warm sauce and serve immediately.

### **Variation:**

Use any fresh local oysters such as Belon, Moonstone, Winter Point, etc.

## LOBSTER WITH SAUTERNES SAUCE

### **Ingredients:**

1 quart Aromatic Broth (page 79)  
two 1 pound Maine lobsters  
1 cup Sauternes or Champagne  
2 tablespoons heavy whipping cream  
1 stick of butter  
sea salt  
freshly ground pepper  
¼ teaspoon finely chopped fresh ginger  
1 orange  
1 grapefruit  
1 papaya or mango

Bring the Aromatic Broth to a rolling boil and add the lobsters. As soon as the liquid returns to a boil, remove the lobsters from the broth. When the lobsters are cool enough to handle, remove the meat by splitting the lobsters in half lengthwise. Use the blunt side of a heavy knife to crack open the claws. Store the lobster meat by covering with some of the broth and reserving in the refrigerator. Use the lobster shells and remaining broth to prepare a Lobster Bisque or Sauce (page 84).

Section the orange and the grapefruit. The dish requires 2 or 3 citrus sections per person. Peel and dice the mango or papaya. Set aside.

### **To prepare the sauce:**

Allow the butter to soften slightly. Place the Sauternes or Champagne in a small saucepan over high heat. Reduce the wine by half. Add the cream and bring to a boil. Reduce heat to the lowest setting. Whisk in the butter, several pieces at a time. Whisk constantly until all the butter has been incorporated into the sauce and remove from heat. Add ginger, taste and adjust seasonings. Sauce may be held by placing in a double boiler filled with hot tap water.

### **To serve:**

Drain the lobster and bring the broth it was stored in to a boil. Warm two plates in a low oven. Place several citrus sections on each plate as well as a tablespoon of the diced tropical fruit. Plunge the reserved lobster meat in the hot broth for 15-20 seconds. Remove with a slotted spoon and arrange on the warm, garnished plates. Spoon the sauce over the lobster and serve immediately.

### **Variation:**

Use other sweet or late harvest wines for the sauce. The cream in the sauce may be omitted.

## WARM CHOCOLATE TART

### **Ingredients:**

one 6-7 inch Sweet Pie Crust, pre-baked (page 94)

½ cup heavy whipping cream

1/3 cup milk

8 ounces semi-sweet chocolate

2 whole eggs

*Preheat oven to 350 degrees.*

Combine the heavy cream and milk in a heavy saucepan.

Place over high heat and bring contents to a boil. Remove from heat, add the chocolate, and stir until the chocolate is completely melted.

Beat the 2 eggs in a bowl. Slowly pour the warm chocolate and cream mixture into the bowl, whisking constantly.

Pour the contents into the Sweet Pie Crust and bake in preheated oven for approximately 10 minutes until the custard is set. Test for doneness by inserting a toothpick into the custard. The custard is ready if toothpick comes out clean. Remove from oven and serve warm with ice cream, if desired.

### **Variation:**

Garnish with a few fresh raspberries, a great combination.

## **Disc One (continued)**

### ***Truffle Feast***

This episode features three recipes using truffles – a delicacy whose aroma has been called the world’s greatest aphrodisiac. Chef Jacques creates a truffle in puff pastry, a filet of Dover sole with a julienne of truffles and a *tres unique* version of truffle ice cream.

## TRUFFLES IN PUFF PASTRY

### Ingredients:

3 ounces chicken breast or veal  
1 ounce fresh duck *fois gras*  
1 medium egg  
½ tablespoon heavy whipping cream  
sea salt  
freshly ground pepper  
pinch of Pâté Spices (page 78) or nutmeg  
2 1-ounce fresh truffles  
8 ounces Puff Pastry (page 95)  
1 egg, beaten

Wash, brush, and peel the truffles. Finely chop the truffle peelings and set aside.

To prepare the stuffing, place the chicken breast and *fois gras* in the bowl of a small food processor fitted with the steel blade.

Process for about 30 seconds until smooth and add the egg, truffle peelings, cream, salt, pepper, and pinch of Pâté Spices and process a few seconds to mix well. Sauté a small amount of the mixture, taste, and adjust seasonings. Refrigerate.

*Preheat oven to 375 degrees.*

To prepare the truffles, roll out the puff pastry into a sheet approximately 10-inch by 10-inch by ½-inch. Using a 5-inch round dough cutter, cut 4 disks of puff pastry.

Beat the egg in a small bowl with a fork. Brush 2 sections of the dough with the beaten egg.

Divide the prepared stuffing in two and completely envelope the truffles in the stuffing. Set each prepared truffle in the center of a section of prepared dough. Cover each truffle with a disk of the remaining dough. Firmly press the edges of the dough together. Brush the puff pastry with the remaining beaten egg.

Bake the puff pastry-enrobed truffles in the preheated oven for about 20 minutes until the pastry is nicely browned. If the pastry browns much sooner, the oven is too hot. Cover with foil and reduce heat. Serve immediately.

Serve with Truffle Sauce (page 88)

## FILLETS OF SOLE WITH TRUFFLES

### **Ingredients:**

1 ounce of truffle  
1 large shiitake mushroom  
6 fillets of lemon or Dover sole (approximately ½ pound)  
sea salt  
freshly ground pepper  
1 tablespoon butter  
½ teaspoon finely minced shallots  
½ cup dry white wine  
½ cup heavy whipping cream  
1 medium egg  
¼ stick butter

Wash and brush the truffles, if raw. Peel the truffles, reserving the peelings for another use, such as truffle ice cream. (page 15) Cut the truffles into a fine julienne and set aside.

Wash the shiitake mushroom and remove the stem (may be reserved for making a stock). Cut the mushroom into a fine julienne.

Trim any dark outer or translucent gray inner skin from the fillets. Place the sole fillets, white side down, on your work surface. Season lightly with salt and pepper and fold each in half, lengthwise. (Place a slice or 2 of truffle on the lower half of the fillets before folding, if desired.)

Butter a flameproof casserole or small saucepan just large enough to accommodate the fillets and sprinkle with the shallots. Arrange the sole fillets in the casserole and sprinkle with the julienne of truffles and mushroom, salt, and pepper.

Whip the heavy cream and reserve.

*Preheat the broiler.*

Pour the white wine over the sole fillets and bring to a boil over high heat. Reduce heat, cover, and simmer gently for about 2 ½ minutes, or until the fillets are just cooked through.

Remove from the heat and strain the cooking liquid into a small heavy saucepan. Bring to boil over high heat and reduce by half. Transfer fish to an ovenproof serving platter, dividing the julienne truffle and mushroom over the fillets. Cover fish and keep warm (see hint).

While the liquid is reducing, place the egg in a small mixing bowl and beat thoroughly, forming a mock hollandaise.

Melt the butter and pour into egg, beating constantly. Set aside.

When the poaching liquid is reduced, remove from heat. Whisk the egg and butter mixture into the hot reduced liquid.

Gently fold the whipped cream into the pan, taste and adjust seasonings.

Coat the fillets with the sauce. Place under the broiler and brown lightly.

Serve immediately.

**Hint:**

Keep the fish warm while preparing the sauce by leaving a small amount of the cooking liquid in the bottom of the pan and covering the fish with a damp towel. Set the pan in a 200-degree oven or leave the door open if the oven is hot. The fish will remain warm and moist without overcooking for about 15 minutes.

Placing the covered fish over a pot of barely simmering water is another way to hold the fish while preparing the sauce.

Assigning a specific cooking time for fish is difficult. Fish is done when slightly firm and springy to the touch. Another test is to place a knife or narrow spatula under the fillet and lift it to expose the center. Remove the fish just as the center turns from translucent to opaque.



## TRUFFLE ICE CREAM

For 1 quart

### **Ingredients:**

2 ounces truffles

1 ½ cups milk

5 large egg yolks

2/3 cup evaporated cane juice or honey

1 ½ cups heavy whipping cream

Place over high heat and scald the milk, heating until milk just begins to boil. Remove from heat and allow the truffles to steep in the milk for 15 minutes.

While the truffles are steeping, place the honey in a bowl and place over a pot of boiling water to slightly soften to a pouring consistency. Honey should be barely warm to the touch. Try to use a neutral flavored honey.

Beat the egg yolks with a wire whisk in a medium mixing bowl and add the softened honey, mixing thoroughly.

Remove the truffles from the scalded milk. Slowly pour the warm milk into the yolk and honey mixture, whisking constantly. Transfer the mixture back into the saucepan. Cook over simmering water or low direct heat until the custard just barely begins to boil. Remove from heat and immediately pour in the heavy cream. Cool and refrigerate.

Peel the truffles. Coarsely chop ½ of the truffles and all the peelings and mix into the prepared custard.

Freeze the custard according to the directions for your machine. The ice cream is ready when it loses its sheen. Place in a covered freezer container and harden before serving.

Slice the remaining truffle into a julienne and sprinkle over the ice cream before serving.

### **Hint:**

The night before making the ice cream, place whole eggs and truffles in a bowl. Cover tightly with plastic wrap and set in refrigerator overnight. The eggs will absorb the truffle fragrance.

## **Disc Two**

### ***Mile High Meal***

Chef Jacques creates tasty culinary treats that can make traveling a joy, including steamed lobster and asparagus salad topped with vanilla vinaigrette, a marinated beef salad and a zesty spiced strawberry salad that combines the flavors of local seasonal fruit.

## LOBSTER AND ASPARAGUS SALAD

### Ingredients

#### The Lobster:

one 1 ¼ pound lobster

#### The Vanilla Vinaigrette:

2 vanilla beans

1/3 cup champagne or white wine vinegar

1/3 cup vegetable oil

½ teaspoon finely minced shallots

sea salt

freshly ground pepper

pinch of evaporated cane juice or sugar (optional)

#### The Salad:

8-10 stalks of lightly steamed asparagus

2 ounces (2 cups) mesclun salad, mixed baby lettuce

#### To prepare the asparagus and lobster:

Fill a pot fitted with a steamer top with salted water and bring to a boil. Steam the asparagus to *al dente*, remove and allow to cool. Place the lobster in the steamer, cover, and cook for approximately 8-10 minutes until the lobster is just cooked through. Remove and allow to cool.

Crack the claws to remove the meat. Split the lobster tail down the center and remove the meat. Reserve with the lobster claws.

#### To prepare the vinaigrette:

Split the vanilla bean in half lengthwise and scrape the seeds from the insides of the pod. Combine the split beans, vanilla seeds, and vinegar in a small saucepan and bring to a boil. Immediately remove pan from heat and allow to steep for 5 minutes. Remove the split beans from the pan.

Combine the oil and shallots in a small mixing bowl and whisk in the vinegar from the saucepan. Scrape the pan with a rubber spatula to retrieve all of the vanilla seeds.

Season with salt, freshly ground pepper, and a pinch of sweetener, if desired. The sweetener enhances the flavor of the vanilla.

#### To assemble the salad:

Divide the well-drained and cooled asparagus between two serving plates. Place the washed and well-drained salad in a mixing bowl, add ½ of the vinaigrette, and toss. Divide the salad between the two servings of asparagus. Cover the stems but leave the asparagus tips exposed.

Divide the lobster and claws between the two salads, placing them on top of the salad greens.

Spoon the remaining vinaigrette over the lobster and asparagus tips.

Serve at once.

**Hint:**

A neutral vegetable oil is preferred for the taste, as a scented oil such as extra virgin olive oil tends to overwhelm the vanilla. A cold pressed oil is preferred for your health. Health and taste do occasionally conflict.

## MARINATED BEEF SALAD

### **Ingredients:**

#### **The vinaigrette:**

1 large ripe tomato  
½ cup extra virgin olive oil  
1 ½ tablespoons balsamic vinegar  
½ teaspoon Dijon-style mustard  
1 teaspoon finely chopped parsley  
2 tablespoons diced carrot  
2 tablespoons diced celery root (substitute celery)

#### **The beef:**

8-10 ounces beef tenderloin

#### **The garnish:**

bunch of spicy sprouts

#### **To prepare the tomato vinaigrette:**

Bring a quart of water to a boil. Add the tomato to the pot of boiling water for about 20 seconds. Lift the tomato out of the boiling water with a slotted spoon and drop into a bowl of ice water. Cool the tomato for a few moments and remove from the cold water.

Peel off the skin and remove the stem. Slice the tomato in half and place in a colander set over a bowl. Press the tomato halves to force out the juice and seeds.

Dice tomato and place in a medium mixing bowl.

Combine all the ingredients except the oil in a bowl and beat together with a wire whisk until well blended. Gradually pour in the oil, whisking constantly. Taste and adjust seasonings.

#### **To prepare the beef:**

Trim away any fat and silver skin from the beef tenderloin.

Wrap the beef in plastic film and place in the freezer for about 15 minutes to facilitate slicing.

Remove the beef tenderloin from the freezer, thinly sliced, and lightly salt and pepper the beef. Combine the prepared beef with the vinaigrette, tossing well.

Cover the bowl with plastic film and refrigerate for 5-6 hours or overnight before serving to allow the beef to marinate.

**To serve:**

Divide the marinated beef between two serving plates and season with a few turns of the peppermill.

Garnish the plates with spicy sprouts and serve.

**Variation:**

Divide the marinated beef over a bed of lettuce.

## SPICED STRAWBERRIES

### **Ingredients:**

1/3 cup water  
2 tablespoons evaporated cane juice or sugar  
½ vanilla bean, split or 1 teaspoon vanilla extract  
1 whole clove  
4 allspice berries, crushed  
pinch of nutmeg  
1/3 cup sweet late harvest wine  
1 pint strawberries  
mint leaves

Place the water, evaporated cane juice, vanilla bean, clove, allspice, and nutmeg in a small saucepan over high heat and bring to a boil.

Reduce heat and simmer uncovered for 5 minutes. Remove from heat and allow to cool. If using vanilla extract, add it now.

Wash and cap the strawberries. Drain well and place in a small bowl.

Mix the sweet wine into the syrup, taste and adjust seasonings, and strain over the strawberries. Allow strawberries to marinate 1 hour in the refrigerator before serving.

Garnish with mint leaves before serving.

## **Disc Two (continued)**

### ***Breakfast in Bed***

Chef Jacques takes the mystery out of preparing the delicate – and intimidating – cheese soufflé while stressing the importance of using organic eggs. In preparing the classic smoked fish benedict with a modern twist and an apple and Roquefort tart, he suggests forgetting about calories and enjoying these easy-to-prepare dishes.



## CHEESE SOUFLÉS

### **Ingredients:**

4 tablespoons lightly salted butter  
6 tablespoons flour  
1 ½ cups milk  
½ teaspoon sea salt  
pinch of freshly ground pepper  
pinch of nutmeg  
8 tablespoons (3 oz.) grated cheese: Parmesan, Gruyère, etc.  
3-4 additional tablespoons of the grated cheese  
4 egg yolks  
4 egg whites

Melt 2 tablespoon of the butter in a heavy saucepan over moderate heat. Add the flour, salt, pepper, and nutmeg and mix thoroughly. Slowly pour the milk over the roux, whisking constantly. Bring to a boil, continue whisking, and allow to bubble for 2 minutes. Whisk thoroughly, as the mixture will scorch easily. Remove saucepan from the heat and scrape the contents into a medium mixing bowl.

*Preheat oven to 375 degrees.*

Allow to cool for 2-3 minutes.

Add the 8 tablespoons of grated cheese to the mixture and blend thoroughly.

Whisk in the egg yolks two by two.

Completely coat the insides of two 12-ounce soufflé dishes with the remaining 2 tablespoons of butter and “flour” with the additional grated cheese.

Whip the egg whites until they form soft peaks and gently fold into the egg and cheese mixture.

Fill the prepared soufflé molds to the top with the mixture and bake in a preheated 375 degree oven for about 20 minutes until will risen and golden brown. Serve immediately.

## SMOKED FISH BENEDICT

### **Ingredients:**

#### **For the potato and apple pancake:**

1 large Russet potato (10 oz.)  
1 Granny Smith apple  
sea salt  
freshly ground pepper  
pinch of cinnamon  
4 tablespoons butter

#### **For the fish benedict:**

2 large organic eggs  
sea salt  
freshly ground pepper  
4 ounces assorted smoked seafood: scallops, mussels,  
shrimp, salmon or tuna  
½ ounce Osetra caviar  
4 tablespoons Hollandaise Sauce (page 89)

#### **To prepare the pancakes:**

*Preheat oven to 375 degrees.*

Peel and core the apple. Quarter the apple and cut each quarter into 4 slices.

Peel, wash, and shred the potato. Place the shredded potato in a small bowl and season with salt, pepper, and cinnamon.

Heat 2 tablespoons of butter in a small sauté pan or 5-6 inch diameter crêpe pan. When the butter begins to brown, place ½ of the apples slices in a circle in the pan and cover with ½ of the prepared potato to form a pancake. Sauté over high heat for approximately 2 minutes until golden brown, turn over and place the pan in a preheated 375 degree oven for about 8-10 minutes, until the potato is cooked through. Remove from the oven and keep warm.

Repeat to make a second pancake.

Serve with apple side up.

#### **Hint:**

Pancakes may be prepared ahead and reheated before serving.

#### **To assemble the dish:**

Poach the 2 eggs.

Warm the 2 pancakes and assorted smoked seafood (scallops, mussels, salmon, etc.) in a 350 degree oven for 2-3 minutes.

Place 1 potato and apple pancake on each of the two warm plates.

Place a slice of the smoked salmon in the center of each pancake.

Place a poached egg on the smoked salmon.

Arrange the remaining warm smoked seafood around the pancake.

Coat each poached egg with about 2 tablespoons of Hollandaise Sauce and top with caviar.

Serve immediately.

**Hint:**

Use Russet or Idaho potatoes for this recipe. The low moisture and high starch content helps hold the pancake together.

## WARM ROQUEFORT TART

Serves 2

### **Ingredients:**

1 Golden or Red Delicious apple  
2 tablespoons butter  
2 tablespoons evaporated cane juice or sugar  
4 tablespoons Roquefort cheese  
two 4-5 inch circles puff pastry (page 95)

Sandwich the 2 circles of puff pastry dough between 2 baking sheets. Bake at 350 degrees for 8-10 minutes. Remove the top sheet pan and allow the dough to brown. Remove from oven and allow to cool on the sheet pan.

Peel, core, and quarter the apple. Cut each quarter in half. Place a small sauté pan over high heat and sprinkle the sugar in the pan. When the sugar begins to caramelize, add the butter and the apple wedges and toss to coat with the sugar. Cook for approximately 2 minutes until wedges are al dente and slightly caramelized. Transfer to a dish to cool.

### **To prepare the tart:**

Place 4 of the apple wedges around each of the pre-cooked disks of dough in a spiral. Crumble the Roquefort cheese and top each tart with half. This may be prepared several hours ahead and refrigerated.

### **To serve:**

Heat the tarts in a 425 degree oven for 4-5 minutes to thoroughly heat the cheese and apples. Do not completely melt the cheese. Transfer to warm plates.

### **Variation:**

Use the savory pie crust (page 93) rather than puff pastry.

## **Disc Three**

### ***Birthday Surprise***

Chef Jacques demonstrates a special three-course meal that includes the visually enticing tartare of Arctic char, rockfish with vermouth and an unusual cinnamon mousse. Chef Jacques explains cinnamon's origins – as the inner bark of an Asian evergreen tree – and prepares a flavored syrup with the spice.

## TARTARE OF ARCTIC CHAR

Serves 2

### **Ingredients:**

6 ounces Arctic char fillet  
1 teaspoon extra virgin olive oil  
½ teaspoon finely grated lime zest  
½ teaspoon lime juice  
½ teaspoon finely minced chives  
1/3 teaspoon sea salt  
freshly ground pepper  
pinch cayenne pepper  
2 Martini glasses  
2 radicchio leaves  
1 cup mesclun salad  
chive straws  
2 thin lime wedges  
10 capers  
1 teaspoon caviar

Skin the Arctic char and remove any dark blood line down the center of the fillet. Remove any pin bones. Coarsely dice the Arctic char using a very sharp, clean knife, and cutting board. Place in a mixing bowl and refrigerate.

Peel off 2-3 strips of the outer rind of the lime using a potato peeler and finely chop to obtain ½ teaspoon. Cut 2 thin wedges and press the lime to obtain ½ teaspoon juice.

Add the lime rind and juice, chopped chives, sea salt, pepper, cayenne, and olive oil to the diced Arctic char. Toss well, taste, adjust seasonings, cover, and refrigerate.

### **To serve:**

Place a radicchio leaf and a small bunch of salad in the bottom and up 1 side of each martini glass. Divide the seasoned tartare between the two glasses over the radicchio leaves. Garnish each tartare with 4-5 capers, a chive straw, and ½ teaspoon caviar. Attach a lime section to the rim of each of the glasses. Serve with toasted slices of country bread.

### **Variation:**

For a spicy tartare, add ½ teaspoon finely chopped Jalapeño pepper and omit the caviar. Substitute salmon for the Arctic char.

## ROCKFISH WITH VERMOUTH SAUCE

### **Ingredients:**

#### **The fish:**

one 2 pound rockfish (8-10 ounces fillet)  
1 tablespoon butter  
1 tablespoon chopped shallots  
1/3 cup finely chopped onion  
1/3 cup finely diced carrot  
1/3 cup finely diced celery  
1/3 cup finely diced white of leek  
1 cup dry white wine  
1/2 teaspoon freshly ground pepper

#### **The sauce:**

1/2 cup heavy whipping cream  
1 tablespoon butter  
pinch of cayenne pepper  
sea salt  
freshly ground pepper  
1 1/2 tablespoons dry Vermouth  
2 teaspoons chopped chives

Filet the rockfish and skin the fillets. Cut each fillet into 3-4 slices. Cover and refrigerate.

With a cleaver or heavy knife, chop the head and bones of the rockfish. Place in a large bowl and rinse thoroughly under cold running water. Drain in a colander.

Place the butter in a saucepan just large enough to hold the fish bones. Just as the butter melts, add the minced shallots, 1/2 of the prepared vegetables (carrot, celery, and leeks), and fish bones. Cook over high heat for 1 minute, stirring occasionally. Add the wine, and bring to a boil. Reduce heat to a slight boil, cover, and simmer for 10 minutes.

Strain the fish stock, place in a medium saucepan and reduce by two-thirds. Add the cream and bring to a boil. Remove from heat and whisk in the butter, a little at a time. Add the vermouth and cayenne pepper, taste and adjust seasonings.

Add the remaining diced vegetables and slices of fish to the sauce. Cook over low heat for approximately 3-4 minutes until the fish is just cooked through. Remove from heat.

Add the chopped chives. Taste and adjust seasonings.

#### **To serve:**

Divide the fish and sauce between two warm shallow serving bowls.

## EXOTIC FRUIT SALAD

Serves 2

### **Ingredients:**

1 mango  
1 ripe papaya  
1 peach or apple  
1 kiwi  
½ cup raspberries  
½ cup sweet late harvest wine  
1 lemon  
2 tablespoons honey  
12 mint leaves

Peel and cut the mango into thin slices.

Peel and cut the papaya into a large dice.

Cut the peach in half, remove pit and slice thinly.

Peel and slice kiwi into roundels.

Place raspberries in a bowl with the other fruit.

Chop 10 mint leaves and add to the fruit.

Press the lemon to obtain the juice. Mix the lemon juice and honey together. Whisk the wine into the lemon and honey.

Pour the wine/honey syrup over the fruit and mix delicately.

Refrigerate for at least 2 hours.

Decorate with the remaining mint leaves before serving.

### **Variation:**

Use a late harvest Gewurstraminer or Sauternes.



## **Disc Three (continued)**

### ***Lovers' Feast***

Chef Jacques selects a well-seasoned combination of fresh and smoked salmon to make his rillettes a memorable appetizer and an interesting garnish for canapés. He also demonstrates what to look for when buying beef and how to poach beef tenderloin and vegetables to perfection. He finishes with a stunning presentation of the dessert classic – baked Alaska – topped with creative meringue.

## SALMON RILLETTES

### **Ingredients:**

1 cup Aromatic broth (page 79)  
5 ounces salmon fillet  
2 ½ ounces smoked salmon  
6 tablespoons softened lightly salted butter  
2 teaspoons olive oil  
1 tablespoon lemon juice  
1 teaspoon lemon peel  
2 tablespoons heavy whipping cream  
1 tablespoon chopped dill  
¼ teaspoon sea salt  
pinch of freshly ground pepper

Prepare aromatic broth. Bring aromatic broth to boil and poach salmon for 8 minutes or until cooked. Remove salmon from aromatic broth, drain well, and chill thoroughly.

Peel a lemon to obtain 1 teaspoon of peel. Press the lemon to obtain 1 tablespoon of juice. Bring a small pot of water to a boil and blanch lemon peel for approximately 5 minutes. Strain, cool, and finely chop the lemon peel. Reserve.

Cut smoked salmon into small dice and place in food processor with butter, olive oil, lemon juice, chopped lemon peel, dill, and heavy cream.

Process until well mixed, about 30 seconds.

Flake the cooled poached salmon into a mixing bowl and combine with the contents of the food processor. Mix lightly with the aid of a rubber spatula to keep a coarse texture.

Add the seasonings to taste.

Place the rillettes in a terrine or mold and refrigerate. Allow to stand at room temperature for 15 minutes before serving.

### **Variation:**

Substitute tarragon for the dill.

## POACHED BEEF TENDERLOIN

### **Ingredients:**

#### **The beef:**

3 quarts beef Consommé (page 80)  
2 whites of leeks  
2 stalks of celery  
2 carrots  
1 medium turnip  
1 medium potato  
12-14 ounces beef tenderloin, filet mignon

#### **The sauce:**

1/4 cup Consommé  
3 tablespoons heavy whipping cream  
2 teaspoons chopped fresh tarragon  
1 tablespoon butter

#### **To prepare the vegetables:**

Trim and clean the leeks and celery stalks. Peel the carrots, turnip, and potato. Cut and portion the vegetables to obtain four 2-inch pieces of each. Poach each separately in 1 cup of the consommé.

Approximate cooking times:

Leeks, celery and turnips – 5 minutes

Potatoes – 8 minutes

Carrots – 10 minutes

Reserve each prepared vegetable covered in the Consommé.

#### **To prepare the beef:**

Trim any fat or silver skin from the tenderloin. Tie the beef tenderloin around the center with a length of kitchen twine, leaving approximately a 1 foot length attached.

Bring 2 quarts of the Consommé to a boil in a medium saucepan. Lower the beef into the boiling broth and secure the twine to the saucepan handle or to a kitchen spoon placed across the top of the saucepan, suspending the beef in the Consommé away from the bottom and sides.

Reduce heat and simmer the beef for 10 minutes for medium rare.

#### **To prepare the sauce:**

While the meat is cooking, bring 1/2 cup of the Consommé, 3 tablespoons of heavy whipping cream, and 2 teaspoons of finely chopped tarragon to a boil. Boil for 5 minutes to thicken the sauce. Remove from heat and whisk in 1 tablespoon butter. Taste and adjust seasoning.

**To serve:**

Heat the prepared vegetables in the Consommé in which they were cooked.

When the meat is cooked to the desired doneness, remove from the Consommé. Cut away the twine and cut the filet mignon into 4 filets. Place the 2 sections in the center of each warm plate, with the inside cuts facing up to show the doneness.

Arrange the vegetables and pour the sauce around the beef.

Garnish with sprigs of whole tarragon and a pinch of coarse sea salt on the meat.

**Variation:**

A tomato sauce is often served with the poached beef. A few tablespoons of the Consommé may also be substituted for a sauce and is actually my personal favorite.

**Hint:**

For a better tasting Consommé and food in general use pure water. At home I use a reverse osmosis filter.

## INDIVIDUAL BAKED ALASKA

### **Ingredients:**

#### **For the base:**

two 4-inch x ½-inch diameter circles of Chocolate Sponge Cake (page 97) ½ ounce each  
2 tablespoons Pastry Syrup (page 98)  
2 tablespoons orange liqueur or brandy to complement ice cream  
2 large scoops of ice cream, your choice of flavors

#### **For the meringue:**

1 cup evaporated cane juice or sugar  
½ cup water  
4 large egg whites  
pinch of sea salt  
½ teaspoon grated lemon rind  
½ teaspoon grated orange rind  
½ teaspoon vanilla extract

Bake a sheet of sponge cake about ½-inch thick. Using a 4-inch cookie cutter, cut 2 circles out of the cake and place them on a small baking sheet.

Mix 1 tablespoon of the liqueur with the syrup and imbibe the cake circles with the mixture, using a small pastry brush.

Place 1 large or 2 small scoops of ice cream in the center of the cake circles. Two small scoops of different flavored ice cream may be stacked. Place in freezer while preparing the meringue.

#### **To prepare the meringue:**

Prepare an Italian meringue by combining the water and evaporated cane juice or sugar in a small heavy saucepan and boiling until the mixture reaches 280 degrees on a candy thermometer. When the temperature reaches 250 degrees, begin whipping the egg whites and pinch of salt in an electric mixer. Whip until soft peaks form. Stop whipping and wait for the temperature to reach 280 degrees. Remove the saucepan from heat and with the mixer on low, slowly pour the boiled sugar into the egg whites. Add the lemon rind, orange rind, and vanilla extract and continue whipping for about 4 minutes to cool the meringue.

#### **To assemble the baked Alaska:**

*Preheat the oven to 450 degrees.*

Remove the prepared cake circles with ice cream from the freezer and place on a sheet pan.

Place the cooled meringue in a pastry bag fitted with a star tube.

Beginning on the circle of sponge cake, cover the ice cream completely by forming ascending concentric circles of meringue.

Use any extra meringue to further decorate the 2 Baked Alaska.

Place the sheet pan in the preheated oven and bake until nicely browned, about 5-6 minutes.

Remove from the oven and place each Baked Alaska on a warm plate. Pour 2 teaspoons of slightly heated brandy over each dessert and flame in front of your guest.

**Variation:**

Substitute 2 large cookies for the cake circles.

## **Disc Four**

### ***Love in the Afternoon***

The featured recipes – including a grilled vegetable salad with carrot sauce coated with olive oil, a Châteaubriand (or center cut) of tuna and a creamy frozen raspberry soufflé heightened by a tart raspberry brandy – set the tone for a romantic meal that can easily be prepared for an outdoor rendezvous.

## GRILLED VEGETABLE SALAD WITH CARROT SAUCE

### **Ingredients:**

#### **For the vinaigrette:**

1/3 cup extra virgin olive oil  
1 ½ tablespoons balsamic vinegar  
½ teaspoon Dijon-style mustard  
sea salt  
freshly ground pepper  
½ teaspoon finely minced chives  
½ teaspoon finely chopped parsley  
½ teaspoon finely chopped tarragon

#### **For the salad:**

1 small zucchini  
1 small yellow squash  
1 medium carrot  
1 large new red potato  
1 medium red or yellow bell pepper  
1 medium tomato  
1 medium red onion  
8 jumbo cloves of unpeeled garlic  
4 ounces salad greens (one handful)

#### **For the sauce:**

½ cup fresh carrot juice  
sea salt  
freshly ground pepper

#### **For the garnish:**

parsley sprigs, tarragon leaves, and chive straws

#### **To prepare the vinaigrette:**

Combine all the ingredients and whisk thoroughly. Taste and adjust seasonings.

#### **To prepare the vegetables:**

Peel, trim the ends, and slice the carrots lengthwise, ½-inch thick. Trim the ends and slice the zucchini and yellow squash into ½-inch thick lengthwise strips.

Wash and dry the potato. Trim, if necessary, and cut into ½-inch thick slices.

Peel the red onion and cut into quarters.

Wash the bell pepper, split in half, and remove the seeds and membrane. Split each half in two. Wash the tomato, cut away the stem, and cut in half.



Place the prepared vegetables and the garlic cloves in a shallow dish. Season with salt and pepper and coat lightly with olive oil by tossing gently in the dish.

Wash and thoroughly drain the salad.

Preheat the grill.

Sear the seasoned vegetables over a hot grill about 8 minutes.

The potato takes another 1-2 minutes. The cooking times will vary greatly depending on the grill, thickness and ripeness of the vegetables. Vegetables should be colored yet somewhat crunchy. Remove vegetables to the shallow dish in which they were seasoned. Allow the garlic to cool before removing skin.

**To prepare the sauce:**

Juice several carrots to obtain ½ cup of fresh juice. Pour into a small saucepan, place over high heat, and bring to a boil. Reduce the carrot juice by half and remove from heat. Season with salt and pepper.

Taste and adjust seasonings. Set aside and allow to cool.

**To assemble the salad:**

Toss the salad greens with ¼ of the vinaigrette. Place the salad greens in the center of a large plate. Place the grilled vegetables over and around the salad greens. Pour the remaining vinaigrette over the vegetables. Pour ½ of the sauce around the vegetables on each plate. Garnish with herbs and a few turns of the peppermill just before serving.

**Variation:**

Use seasonal vegetables, herbs, or salad to taste.

All the elements are served at room temperature. The sauce may be slightly warm, if desired.

Roast the vegetables in the oven, rather than grilling.

## CHÂTEAUBRIAND OF TUNA WITH BAKED TOMATOES

Serves 2

### **Ingredients:**

#### **For the fish:**

one 16-18 ounce center cut of yellow fin tuna  
1 teaspoon freshly ground pepper  
olive oil  
sea salt  
¼ cup Chive Oil (page 90)

#### **For the tomatoes:**

2 ripe medium tomatoes  
sea salt  
freshly ground pepper  
olive oil

#### **For the herbed bread crumbs:**

2 tablespoons butter  
1 teaspoon finely minced garlic  
½ cup plain bread crumbs  
½ teaspoon sea salt  
pinch of freshly ground pepper  
½ teaspoon combined ground rosemary, thyme, and bay leaf or *Herbes de Provence*  
1 tablespoon freshly chopped parsley

#### **To prepare the tuna:**

Trim away any silver skin or blood line that covers the tuna. Season the tuna with the freshly ground pepper, coat with olive oil, and marinate overnight in the refrigerator.

*Preheat the grill.*

Remove the tuna from the marinade. Allow a thin coating of the marinade to remain on the fish. Season with the salt and grill, allowing approximately 6-8 minutes per side for medium rare.

#### **To prepare the herbed bread crumbs:**

Melt butter in a small saucepan. Add the garlic and cook 5 seconds. Immediately mix in the bread crumbs, salt, pepper, spices, and parsley. Thoroughly blend in the ingredients with a large spoon and remove from the heat.

**To prepare the tomatoes:**

Preheat oven to 400 degrees.

Wash and dry the tomatoes. Remove the stems with a small knife and cut each tomato in half, crosswise. Brush with a little olive oil, season with salt and pepper, and place in a baking pan. Bake the tomatoes approximately 6-8 minutes, only enough to heat them thoroughly. Cooking time will vary, depending upon the ripeness of the tomatoes. Remove from oven.

Increase oven temperature to broil.

When ready to serve the tomatoes, generously sprinkle each half with Herb Bread Crumbs. Brown lightly under the broiler and serve.

**To serve:**

Slice the tuna on a slant into 4 pieces and arrange down the center of a platter. Garnish with the baked tomatoes and with other assorted grilled or roasted vegetables, such as small whole onions, squash, or potatoes. Decorate with squash blossoms, if available.

Serve with the Chive Oil.

**Variation:**

Sear the tuna on all sides in a skillet and bake in an oven preheated to 425 degrees for about 12 minutes for medium rare.

## FROZEN RASPBERRY SOUFFLÉS

### **Ingredients:**

#### **For the soufflés:**

1 pint raspberries  
1 whole egg  
1 ½ tablespoons honey  
1 cup heavy whipping cream  
2 teaspoons *Framboise* (raspberry brandy)

#### **For the molds:**

two 6-ounce soufflé ramekins  
two 12 x 3 ½-inch strips parchment paper  
butter

#### **To make the soufflés:**

Clean and remove any stems from the raspberries. Reserve 20 nice berries for later use. Purée the raspberries in a food processor and strain to remove the seeds. Approximately 2/3 cup of purée should remain.

Break the egg into a glass or stainless steel bowl or double boiler. Add the honey and whisk thoroughly.

Place the bowl over a pan of hot, simmering water or double boiler. Beat continuously, using the whisk to scrape the egg from the sides and bottom of the bowl. Cook for approximately 1 minute or until the egg thickens slightly. Add the raspberry brandy to the purée and stir into the egg and honey mixture.

Set the bowl aside.

Whip the heavy cream and fold into the egg and raspberry mixture. Stir in all but 2 of the reserved whole raspberries. Refrigerate.

#### **To assemble the soufflés:**

Butter the strips of parchment paper. Form a collar around each mold, buttered side in, with the strip of parchment and secure with tape.

Fill the mold to the top of the collar with the mixture and freeze for at least 6 hours or overnight.

#### **To serve:**

Remove the collar and top the soufflés with the reserved raspberries. Allow to stand at room temperature for about 15 minutes before serving.

## **Disc Four** (continued)

### ***Anniversary Celebration***

Chef Jacques takes the mystery out of shopping for mushrooms to create his delicious wild mushroom Napoleon dish. Potato crisps replace the traditional puff pastry and the dish is served with a port wine reduction. A dinner of a peppery steak au poivre and a special molten chocolate cake will make any anniversary celebration an opportunity to rekindle love.

## WILD MUSHROOM NAPOLEON

### **Ingredients:**

#### **For the Napoleon:**

1 large Russet potato  
olive oil  
sea salt

#### **For the filling:**

4-6 jumbo asparagus  
½ pound assorted mushrooms: Morel, Shiitake, Oyster  
2 tablespoons olive oil  
1 rounded teaspoon finely chopped shallots  
pinch of finely minced garlic  
sea salt  
freshly ground pepper

#### **For the sauce:**

½ cup port wine  
1 teaspoon balsamic vinegar  
1 teaspoon butter  
sea salt  
freshly ground pepper

#### **To prepare the potato crisps:**

*Preheat the oven to 375 degrees.*

Wash and peel the potato. Using a very sharp knife or vegetable slicer, cut 8 paper-thin lengthwise slices of potato.

Lightly coat the bottom of a cookie sheet with the olive oil.

Place the slices of potato on the prepared baking sheet.

Brush the slices of potato with olive oil.

Bake in the preheated oven for approximately 10 minutes until the slices are lightly browned and crisp.

Carefully transfer the baked potato slices, using a wide spatula, onto paper towels to remove excess oil. Season with salt and set aside.

**To prepare the vegetable filling:**

Trim the stems and steam the asparagus over salted water for 3-4 minutes; *al dente*. Drain and reserve. Trim, wash, and drain the assorted mushrooms. Heat the olive oil in a medium sauté pan, add the prepared mushrooms, and sauté for 2-3 minutes over high flame, tossing occasionally. Add the shallots and cook 1 more minute. Add a pinch of garlic and season with salt and pepper. Toss several times and remove from heat. Transfer the sautéed mushrooms to a plate and keep warm.

**To prepare the sauce:**

Place the same sauté pan in which you cooked the mushrooms over high heat. Add the port wine and vinegar. Bring to a boil and reduce by half to obtain about ¼ cup port wine reduction, approximately 4 minutes.

Remove from heat and whisk in the butter.

Taste and adjust seasonings. Keep warm.

**To assemble the Napoleon:**

Place a potato crisp in the center of each of two warm plates.

Place ½ of the prepared asparagus over each of the 2 potato crisps.

Divide ½ of the sautéed mushrooms to cover each of the potato crisps.

Place another potato crisp over the mushrooms and repeat the previous step. Finally, top the second layer of mushrooms with the third slice of potato. (The 2 extra slices of potato are insurance against breakage.)

Spoon ½ of the port wine sauce around each of the Napoleons and serve.

**Hint:**

Wild mushrooms – Morels, Chanterelles, Cèpes, Hedgehog, Chicken of the Woods, Lobster, and Cauliflower – are plentiful seasonally throughout the year. Mix several varieties with the addition of domestic mushrooms for a memorable dish. Sauté the mushrooms over very high heat. If necessary, prepare in several batches, as the mushrooms will boil rather than sauté if overcrowded in the pan.

## PEPPER STEAKS

### **Ingredients:**

#### **The steaks:**

2 New York strip steaks (8-10 ounces each)  
Sea salt  
1 tablespoon cracked black peppercorns  
1 tablespoon butter  
2 tablespoon oil

#### **The sauce:**

1 heaping tablespoon green peppercorns (drain brine)  
1 shot cognac  
½ teaspoon Dijon-style mustard  
½ cup heavy whipping cream  
2 tablespoons Basic Beef Sauce (page 85)  
sea salt  
freshly ground pepper

#### **To prepare the steak and sauce:**

Lightly salt the steaks. Using the heel of your hand; firmly press the cracked peppercorns into both sides of each steak.

Heat the butter and oil in a heavy skillet. When the butter begins to brown, add the steaks and cook over high heat until they are browned on both sides. Allow approximately 2 minutes per side for medium rare.

Remove steaks from skillet and pour off the grease. Return steaks to skillet. Place over high heat, and flambé with green peppercorns and cognac mixture. Again, remove steaks from the pan and keep warm while you prepare the sauce.

Return skillet to high heat, add cream, mustard, and Beef Sauce. Boil several minutes, reducing volume by about half. Taste and adjust seasonings. Pour sauce around steaks and serve.

#### **Variation:**

Substitute cracked black peppercorns for the green peppercorns in the sauce.



## MOLTEN CHOCOLATE CAKE

### **Ingredients:**

#### **The chocolate cream:**

2 ½ ounces semi-sweet chocolate  
½ cup heavy whipping cream  
2 teaspoons orange liqueur (optional)

#### **The cake:**

3 large eggs  
4 teaspoons evaporated cane juice or sugar  
3 ounces semi-sweet chocolate  
1 ½ tablespoons butter  
7 teaspoons almond flour  
4 teaspoons cream of rice  
2 ring molds, 3 inches in diameter and 1 ½ inches high  
two 3-inch x 10-inch parchment paper collars  
butter

#### **To prepare the chocolate cream:**

Pour the cream in a small heavy-bottomed saucepan and bring to a boil over high heat. Reduce heat and add the 2 ½ ounces of chocolate broken into small pieces. Stir constantly with a spoon until the chocolate is completely melted. Remove from heat and stir in the orange liqueur. Transfer to a bowl and refrigerate for at least 2 hours until the mixture is firm.

#### **To prepare the cake:**

Separate the eggs, making certain that the whites are free of any yolk. Whip the yolks and 2 teaspoons of evaporated cane juice in a small glass or stainless steel bowl until the mixture whitens and forms a ribbon, about 1 minute. Fold in the remaining ingredients with a rubber spatula. Set aside.

Whip the egg whites with a pinch of salt in a separate bowl. Beat at low speed; then gradually increase speed while adding the remaining evaporated cane juice. Stop whipping when the whites form soft peaks. Be careful not to over whip.

Gently fold the whites into the yolk mixture with a rubber spatula. Pipe the mixture halfway up into the prepared ring molds. With a medium ice cream scoop, form 2 balls of the thickened chocolate cream and place one in each half-filled cylinder. Pipe the remaining mixture into the prepared ring molds, filling them up. Freeze a minimum of 6 hours. (Best done the day before and frozen overnight.)

**To serve:**

*Preheat oven to 400 degrees.*

Place the frozen cakes in a small baking pan.

Bake in the preheated oven for 20 minutes.

Remove from the oven and allow to rest for 5 minutes.

With the aid of a spatula, transfer each cake to a serving plate.

Carefully run the blade of a small paring knife around the inside of the metal mold.  
Carefully lift off the mold with the parchment paper collar.

Garnish with crème fraîche or ice cream and serve immediately.

## Disc Five

### *After Midnight*

This episode features some special *après theater* “snacks” – from steak tartare and sea bass with caviar to a light champagne sorbet – that make an ordinary night out a memorable and romantic one. Chef Jacques dispenses helpful tips on the benefits of raw meat, selecting fresh fish and creating a refreshing sorbet without the aid of a freezer.

## STEAK TARTARE

Serves 2

### **Ingredients:**

8-10 ounces kobe beef tenderloin tips or flank steak  
2 tablespoons finely minced onion  
1 tablespoon finely chopped parsley  
1 teaspoon finely chopped capers  
1 teaspoon Dijon-style mustard  
1 teaspoon salad or olive oil  
pinch of cayenne pepper  
few drops Cognac  
½ teaspoon of Worcestershire sauce  
few drops red wine vinegar  
sea salt  
freshly ground pepper  
2 egg yolks  
1 hard boiled egg, yolk and white chopped separately

### **To prepare:**

Trim the fat and any silver skin from the beef.

Cut the beef into a julienne and coarsely chop.

Place the chopped beef in a medium bowl. Add the onion, parsley, capers, mustard, oil, and seasonings. Mix thoroughly with a spoon or rubber spatula. Taste and adjust seasonings.

Form the prepared beef into 2 patties. Place each on a separate plate. Using the back of a teaspoon, form a depression in the center of each patty. Place an egg yolk in the depression.

Garnish the plate with the chopped hard boiled egg and serve with toasted slices of country bread.

### **Hint:**

½ teaspoon chopped anchovies makes for a zesty steak tartare. Garnish the plate with additional chopped onions, parsley, and capers. Substitute quail egg yolks.

## SEA BASS WITH CAVIAR

Serves 2

### **Ingredients:**

12 ounces sea bass fillet  
sea salt  
freshly ground pepper  
2 tablespoons butter  
1 teaspoon finely minced shallots  
2 large Shiitake mushrooms, thinly sliced  
½ cup dry white wine  
½ cup heavy whipping cream  
1 ounce caviar

Trim any dark outer or translucent gray inner skin from the fillets. Cut the fillet into two portions and season both sides lightly with salt and pepper.

Butter a flameproof casserole or small saucepan just large enough to accommodate the fillets and sprinkle with the shallots. Arrange the two sea bass fillets in the casserole and scatter the prepared mushrooms over the fish.

Pour the white wine over the sea bass fillets and bring to a boil over high heat. Reduce heat, cover, and simmer gently for about 3-4 minutes, or until the fillets are just cooked through.

Remove from heat and pour the cooking liquid into a small heavy saucepan. Bring to a boil over high heat and reduce by  $\frac{3}{4}$ . Transfer the fish to an ovenproof serving platter. Cover the fish and keep warm, see hint.

When the liquid is reduced, add the heavy cream and return to a boil. Reduce the cream by half and remove from heat. Gently stir in  $\frac{1}{2}$  of the caviar and taste and adjust seasonings.

Coat the fillets with the sauce. Garnish with a dollop of the remaining caviar. Serve immediately.

### **Hint:**

To keep the fish warm while preparing the sauce, leave a small amount of the cooking liquid in the bottom of the pan and cover the fish with a damp towel. Set the pan in a 200-degree oven or leave the door open if the oven is hot. The fish will remain warm and moist without overcooking for about 15 minutes.

Placing the covered fish over a pot of barely simmering water is another way to hold the fish while preparing the sauce.

Assigning a specific cooking time for fish is difficult. Fish is done when slightly firm and springy to the touch. Another test is to place a knife or narrow spatula under the fillet and lift it to expose the center. Remove the fish just as the center turns from translucent to opaque.

## CHAMPAGNE SORBET

### **Ingredients:**

½ cup water

2/3 teaspoon gelatin

1 teaspoon lemon zest

1 cup evaporated cane juice or sugar

½ bottle of champagne

Combine the water and gelatin. Allow 5 minutes for the gelatin to soften. Add the other ingredients, except the champagne, and bring to a boil. Remove from heat and allow the mixture to cool and infuse for 1 hour. Add champagne and freeze according to the instructions for your ice cream freezer.

Serve with berries macerated in champagne and garnish with mint leaves.

### **Hint:**

If you do not have an ice cream freezer, you may use a food processor to make the sorbet. Place all the ingredients in the processor and mix well. Freeze mixture. Remove from freezer and process again. Return to freezer.

Serve the sorbet by scooping into a champagne glass and pouring champagne into the glass. *Voila!*

## **Disc Five (continued)**

### ***Loves' Renewal***

Chef Jacques prepares a spicy radish salad seasoned with curry and served with a monkfish, a simple recipe for lamb chops accompanied by a barley pilaf and a rich variation of crème brûlée that incorporates the slight crunch and subtle flavor of rhubarb.



## MONKFISH FISH WITH RADISHES

### **Ingredients:**

8-10 ounces monkfish fillet  
½ teaspoon curry powder  
sea salt  
freshly ground pepper

### **For the radish salad:**

½ cup finely diced radishes  
½ cup finely diced Granny Smith apple (1/2 apple)  
1 teaspoon lemon juice  
2 teaspoons extra virgin olive oil  
sea salt  
freshly ground pepper

### **For the sauce:**

1 bunch of parsley  
1 teaspoon olive oil  
sea salt  
freshly ground pepper

### **To prepare the monkfish:**

Remove the dark outer skin and translucent gray inner skin, exposing the white flesh. Slice the fillets into ½-inch thick medallions. Set aside.

### **To prepare the radish salad:**

Wash and stem the radishes. Peel the apple. Finely dice the radishes and then the apple and place in a small mixing bowl. Add the lemon juice, olive oil, salt, and pepper and toss thoroughly. Taste and adjust seasonings.

### **To prepare the sauce:**

Wash the bunch of parsley and blanch by plunging into a pot of boiling salted water for 30 seconds. Transfer blanched parsley to a bowl of cold water. Drain well and juice to obtain ½ cup of parsley juice. Add the olive oil and season with salt and pepper. Heat slightly without boiling.

### **To cook the monkfish:**

Season the monkfish medallions with salt, pepper, and curry. Sear the monkfish medallions in a small sauté pan in olive oil. Cook for about 2 minutes per side until just cooked through. Remove from pan.

### **To serve:**

Divide the radish/apple salad between 2 serving plates.

Place the monkfish medallions on top of the salad.

Pour the warm parsley juice around the fish.

Garnish the plate with a sprig of fresh parsley and serve.

**Variation:**

If you do not have a vegetable juicer, purée the parsley in a blender and strain to obtain the juice. Substitute tarragon or chives for the parsley.

## LAMB CHOPS WITH BARLEY

### **Ingredients:**

#### **The Lamb:**

1 rack of lamb  
½ teaspoon chopped fresh thyme  
sea salt  
freshly ground pepper  
olive oil

#### **The red wine reduction:**

reserved lamb trimmings and bones  
1 tablespoon finely minced onions  
1 tablespoon finely diced carrot  
1 teaspoon finely diced celery  
1 cup hearty red wine  
1 tablespoon butter (optional)  
sea salt  
freshly ground pepper  
pinch of thyme

#### **The barley pilaf:**

2 tablespoons butter  
1 tablespoon finely chopped onion  
½ cup hulled barley  
¾ cup white stock (page 83) or water  
sea salt  
freshly ground pepper

#### **To prepare the lamb:**

Trim the rack of lamb, removing excess fat and silver skin.

If bones are more than 3 inches long, cut shorter with a meat cleaver. Chop bones into ½-inch pieces. Reserve the lean trimmings and bones.

Cut into 6 chops and season with pepper and the chopped thyme.

Place chops in a shallow dish and coat with olive oil. Cover and refrigerate until ready to cook.

#### **To prepare the barley:**

*Preheat oven to 375 degrees.*

In a 1-quart saucepan melt, but do not brown, 1 tablespoon of the butter. Add the chopped onions and cook over low heat for 2-3 minutes until translucent. Stir occasionally.

Pour in the barley, thoroughly mixing with the butter and onions. Add the stock, chicken broth, or water to a level ½-inch above the barley. Increase heat and bring to a boil. Season with salt and pepper, taste and adjust. Tightly cover the pot and place in the oven for about 30 minutes, or until tender.

Remove the pan from the oven and spread the barley on a platter or small baking pan. Dice the remaining tablespoon butter and gently fold into the hot barley with a fork. Correct seasonings. Return to pan and keep warm. The barley may be prepared ahead and reheated.

**To cook lamb and wine reduction:**

Select a skillet or sautépan large enough to hold the lamb chops. Add 2 tablespoons olive oil to the skillet or sautépan.

Salt the lamb chops and sear in the hot pan. Sauté for about 2 minutes per side for medium-rare. Transfer the chops to a platter, cover, and keep warm in a very low oven.

Return the pan to high heat and immediately add the reserved scraps and bones to the skillet, maintaining at high heat. Brown well, stirring occasionally, for about 3-4 minutes. Add the chopped vegetables and sauté another minute.

Tilt pan and carefully pour out as much grease as possible.

Return the drained bones and trimmings to the pan.

Deglaze the pan with the red wine. Reduce by two-thirds and strain into a bowl. Stir in the butter, if desired, and adjust seasonings.

**To serve:**

Divide the ratatouille between two warm plates.

Arrange the lamb chops on the serving plates. Pour sauce around the chops.

Garnish the plates with fresh sprigs of thyme, rosemary, or mint.

## RHUBARB CRÈME BRÛLÉE

Serves 2

### **Ingredients:**

5-6 stalks of rhubarb (6-8 ounces)

½ cup evaporated cane juice or sugar

### **For the custard:**

2 large eggs

½ cup heavy whipping cream

½ vanilla bean, or ½ teaspoon vanilla extract

pinch of sea salt

3-4 tablespoons evaporated cane juice or sugar

### **For the garnish:**

4 strawberries

4 mint leaves

### **Special equipment:**

two 1-cup size gratin dishes

### **To prepare the rhubarb:**

Trim the ends and lightly peel the outermost filaments of the stalks. Split the prepared stalks down the center lengthwise and cut into ¼ to ½-inch dice. Approximately 1 1/3 cups should remain.

Place the diced rhubarb in a small bowl and mix thoroughly with the sweetener. Cover and refrigerate overnight.

### **To prepare the custard:**

*Preheat oven to 275 degrees.*

The following day, place the prepared rhubarb in a strainer set over a bowl to collect the juice. Use a rubber spatula to scrape all of the juice out of the bowl. Allow the rhubarb to drain for 15 minutes, tossing occasionally.

Transfer the strained juice to a 1-quart size saucepan and place over high heat. Bring the juice to a boil, reduce heat, and continue boiling to reduce by half to a thick syrup, about 4 minutes.

Tilt pan occasionally to avoid scorching. When the syrup is reduced, immediately add the heavy cream and allow to steep 2 minutes and remove the vanilla bean.

Beat the eggs in a medium glass or stainless steel bowl.

Slowly pour in the scalded cream, whisking constantly.

If not using vanilla bean, add ½ teaspoon vanilla extract.

Divide the diced rhubarb between the 2 gratin dishes, covering the bottoms. Carefully pour prepared custard over rhubarb.

Set the gratin dishes into a shallow baking dish or pan, at least one inch deep. Pour hot tap water into the baking dish to a level halfway up the sides of the gratin dishes.

Place the baking dish in the preheated 275 degree oven and bake until the custard is set, about 35 minutes. Test for doneness by inserting a toothpick into the custard; custard is set if toothpick comes out clean. Allow to cool completely and refrigerate.

**To finish the crème brûlée:**

Remove from refrigerator about ½ hour before serving, as crème brûlée is best served at room temperature.

*Preheat the broiler.*

Thinly cover each dish with 1 ½-2 tablespoons of evaporated cane juice, or sugar, or brown sugar. Raise the oven rack as high as possible and place the prepared custards under the broiler. Melt and lightly brown the sweetener, about 1 minute. Pay close attention, as the sweetener burns very quickly. Serve immediately.

Garnish with small whole or large sliced strawberries and mint leaves.

## **Disc Six**

### ***Alsatian Feast***

This menu celebrates Alsace, the native province of Jacques' father François, the founder of L'Auberge Chez François. Chef Jacques discusses the benefits of venison as he tops medallions of venison with a roebuck sauce, creates a light and satisfying onion tart and demonstrates the fine art of preparing a meringue glacé filled with a berry coulis.

## ONION TART

### **Ingredients:**

#### **The filling:**

2 tablespoons butter  
2 cups thinly sliced onions (approximately 2 medium onions)  
sea salt  
freshly ground pepper

#### **The tart:**

one 7 inch Savory Pie Crust (page 93)  
2 large whole eggs  
1 egg yolk  
1 ½ cups heavy whipping cream  
1 teaspoon sea salt  
¼ teaspoon freshly ground pepper  
¼ teaspoon nutmeg  
pinch of cayenne pepper

#### **To prepare the onions:**

Melt the butter in a small heavy saucepan over low heat. Add the onions and cook slowly until golden brown, 30-40 minutes, stirring often (scraping the bottom of the pan to prevent scorching).

Set aside to cool. Approximately ½ cup of cooked onions should remain.

Onions may be prepared the day before and held covered in refrigerator.

#### **To prepare the tart:**

*Preheat oven to 350 degrees.*

Prebake the pie crust.

Beat the eggs and egg yolk in a glass or stainless steel bowl. Whisk in the heavy cream. Stir in the cooled onions. Add the seasonings and adjust to taste. Fill the pie shell with the mixture and bake in preheated oven until the custard is set and nicely browned, approximately 25 minutes. Test for doneness by inserting a toothpick into the custard. The custard is set if the toothpick comes out clean. Serve warm.



**MEDALLIONS OF TEXAS ANTELOPE WITH ROEBUCK SAUCE  
AND ROOT VEGETABLE GRATIN**

**Ingredients:**

**For the roebuck sauce:**

1 tablespoon butter  
1 tablespoon finely chopped onion  
1 tablespoon finely diced country ham  
¼ cup dry white wine  
2 tablespoons red wine vinegar  
½ cup basic Deer Sauce (page 86)  
2 teaspoons red currant jelly  
sea salt  
freshly ground pepper

**For the gratin:**

¼ pound yukon gold potatoes  
¼ pound carrots  
¼ pound turnips  
½ cup heavy whipping cream  
2 ounces grated parmesan cheese  
1 tablespoon butter  
1/3 teaspoon finely minced garlic  
sea salt  
freshly ground pepper

**For the antelope (venison):**

10-12 ounces venison loin  
sea salt  
1 tablespoon olive oil  
1 tablespoon butter

**To prepare the sauce:**

Heat the butter in a small saucepan. Just as the butter begins to brown, add the onions and simmer for 3-4 minutes until translucent. Add the ham, stir well, and cook for 1 minute.

Add the wine and vinegar, increase heat, and reduce liquid until almost dry.

Add the Deer Sauce, bring to a boil, reduce heat, and simmer about 10 minutes. Whisk in the currant jelly and season with salt and pepper.

**To prepare the gratin:**

*Preheat oven to 400 degrees.*

Peel the potato, carrot, and turnip and thinly slice.

Blanch the root vegetables by dropping in lightly salted boiling water for approximately 1-2 minutes. Drain thoroughly and pat dry with a towel. Place the vegetables in a mixing bowl and add the garlic, salt, and pepper; toss.

Butter the bottom and sides of a small baking dish, place ½ the vegetables in a layer and cover with ½ of the grated cheese. Cover with the remaining vegetables. Pour the heavy cream over the vegetables and cover with the remaining cheese. Dot the top with the remaining butter.

Cover the dish and place in a preheated oven for 15 minutes. Remove the cover and allow approximately 5-8 more minutes in the oven to brown the cheese.

**To prepare the antelope (venison):**

Trim excess fat and silver skin from the loin. Slice the loin into 4 medallions, approximately ½-inch thick. Season the medallions with salt and pepper.

Place a skillet large enough to hold the medallions over high heat and add the olive oil and butter. When the butter just begins to brown, add the meat and quickly sear.

Sear for about 1 minute per side, browning nicely.

**To serve:**

Transfer the medallions to serving plates and pour the warm sauce around the meat.

**Variation:**

Substitute basic Veal or Beef Sauce (page 85) for the Deer Stock.

## MERINGUE GLACÉ

### **Ingredients for the meringue:**

#### **For the meringue:**

4 egg whites  
pinch of sea salt  
½ teaspoon grated lemon zest  
½ teaspoon vanilla extract  
½ cup evaporated cane juice or sugar  
½ cup Raspberry Sauce (page 99)

Place the egg whites and pinch of salt in the bowl of an electric mixer. Whip on high speed until just foamy white. Add the evaporated cane juice, 1 tablespoon at a time, and continue beating until the meringue mixture forms stiff glossy peaks. Add the zest and vanilla extract. Do not overbeat.

Transfer the mixture to a pastry bag fitted with a medium star tube. Pipe the mixture onto a sheet pan covered with parchment paper, forming shells.

Place the pan in a very low preheated oven (150 degrees). Allow the meringue to remain in the oven until dry, at least 3 hours or overnight. Remove the sheet pan from the oven and allow to cool. Store the meringue shells in an airtight container until ready to use.

#### **To serve:**

Place a scoop of ice cream in the center of a serving plate.

Sandwich the ice cream between two shells, flat side in. Pour the raspberry sauce and serve.

#### **Hint:**

It is impractical to prepare a smaller amount of meringue. This recipe will make about 10 meringue shells.

## **Disc Six (continued)**

### ***Two's Company***

These easy-to-prepare meals are designed to cure the midweek blues a Chef Jacques prepares succulent scallops in garlic and herb butter, a traditional version of the classic chicken in champagne and an exotic fruit salad full of refreshing mangoes, papaya and passion fruit marinated in a sweet wine.

## NANTUCKET BAY SCALLOPS WITH GARLIC AND HERB BUTTER

Serves 2

**Ingredients:**

6 ounces Nantucket Bay scallops (about 20 pieces)

sea salt

freshly ground pepper

2 tablespoons Garlic and Herb Butter (page 91)

1 teaspoon Pernod

Rinse the scallops under cold water to remove any grit and drain well.

Place the garlic butter in a medium sauté pan and place over high heat. When the butter melts and just begins to bubble, add the drained scallops. Simmer in the butter for 3-4 minutes until the scallops are just cooked through, tossing occasionally.

Pour the Pernod around the scallops and tilt the pan towards the flame to flambé. Toss once and remove from heat.

Divide the scallops and butter between two warm serving dishes. Serve immediately.

## CHICKEN IN CHAMPAGNE SAUCE WITH HERB SPÄTZLE

### **Ingredients:**

one 2½ - 3 pound free range chicken

### **For the marinade:**

1½ cups champagne  
½ cup finely sliced onions  
½ cup finely sliced carrots  
½ teaspoon freshly ground pepper  
1 clove of garlic, peeled and crushed  
1 bay leaf  
2 cloves  
pinch of thyme

### **For the chicken sauce:**

reserved chicken carcass, plus wing parts, necks, and giblets  
2 tablespoons olive oil  
½ cup diced onion  
½ cup diced carrot  
1 rounded tablespoon flour  
2 cups cold water  
1 bay leaf  
1 clove  
pinch of thyme  
½ teaspoon sea salt  
½ teaspoon freshly ground pepper

### **For the chicken:**

sea salt  
freshly ground pepper  
flour  
1 tablespoon butter  
1 tablespoon olive oil  
2 tablespoons finely chopped onion  
Marinade, about 1 cup will remain  
1/3 cup champagne  
½ cup Chicken Stock (page 82)  
1/3 pound fresh white or Shiitake mushrooms

### **For the herbed spätzle:**

1½ cups sifted fine whole wheat flour  
½ teaspoon sea salt

**For the herbed spätzle:** (continued)

pinch of freshly ground pepper  
pinch of freshly grated nutmeg  
2 tablespoons chopped fresh parsley or tarragon  
2 whole eggs  
1/8 cup water (approximately)  
2 tablespoons butter

**To marinate the chicken:**

Cut the chicken into quarters, removing the wings at the second joint. Reserve the neck, giblet, carcass, and wing tips.

Combine the marinade ingredients in a bowl. Add the chicken quarters; add more champagne if the chicken is not completely covered. Cover and refrigerate overnight.

**To prepare the chicken stock:**

Cut the chicken carcass into 3-4 pieces with a cleaver. In a heavy saucepan or Dutch oven, heat the oil over medium flame. Add all the reserved parts and sauté for about 10 minutes until bones are lightly browned, stirring occasionally. Add the diced vegetables and cook an additional 4-5 minutes.

Dust the bones with the flour and stir thoroughly, scraping the bottom of the pan, and cook for 1 minute. Cover the bones with the water and bring to a boil over high heat. Skim the fat and add the remaining ingredients. Lower the heat and simmer uncovered for approximately 30 minutes to reduce and concentrate the stock. Strain and skim. Approximately 1/2 cup should remain. If, after straining, more than 1/2 cup remains, place in a small pot and boil until reduced sufficiently.

**To prepare the chicken:**

Lift the chicken quarters out of the marinade; allow to drain thoroughly in a colander. Strain the marinade reserving only the liquid.

Season the chicken quarters with salt and pepper and dust with flour, shaking off the excess.

Heat the butter and oil in a saucepan or Dutch oven just large enough to hold the chicken quarters on one level. When the butter begins to brown, sauté the chicken quarters for 2-3 minutes per side over high heat to brown lightly.

Remove browned chicken to a platter and pour out the grease.

Add the chopped onion and the mushrooms, cleaned and quartered. Sauté over medium heat for 2 minutes to cook the onion and mushrooms, stirring often. Return the chicken to the pan. Add the wine and bring to a boil over high heat.

Combine the reserved marinade and chicken stock in a small pan, place on medium heat and bring to a boil, whisking often. Skim well and add to the pot of chicken.

Bring to a boil, reduce heat, cover and simmer for about 15 minutes, occasionally shaking the pot. Test for doneness. Meat should be fork tender. Taste for seasonings.

**To prepare the spätzle:**

Place the flour in a large mixing bowl with the salt, nutmeg, pepper, and chopped herb. Break the eggs into a bowl and whisk thoroughly. Gradually pour the eggs into the flour, mixing completely by hand with a flexible rubber spatula. Add the water a little at a time and mix until the dough no longer adheres to the sides of the bowl.

The dough should remain rather firm.

Bring 2 quarts of water with 2 tablespoons of salt to a rapid boil. Place the *spätzle* maker or a colander with large holes over the pot of water. Force the dough through the holes with a rubber spatula. Use ½ of the dough at a time. Allow the *spätzle* to cook until they rise to the surface, about 3-4 minutes. Transfer the cooked *spätzle* into a large bowl of cold lightly salted water. Repeat until all the dough is used.

**To serve:**

Thoroughly drain the *spätzle* in a colander. Melt the butter in a sauté pan large enough to hold the *spätzle*. When the butter begins to brown, add the *spätzle* and sauté for 1-2 minutes, tossing often, until hot. Taste and adjust seasonings.

Heat the chicken and serve with *spätzle*. Traditionally one tops the *Coq au Vin* with sautéed julienned bacon, pearl onions, and a large heart-shaped crouton.



## CINNAMON MOUSSE

### **Ingredients:**

1 tablespoon honey  
½ teaspoon gelatin  
1 tablespoon water  
½ teaspoon freshly ground cinnamon  
pinch of sea salt  
1 teaspoon vanilla extract  
1 ½ teaspoons rum  
1 cup heavy whipping cream

Place the honey, gelatin, and water in a small mixing bowl, allowing gelatin to soften for 5 minutes and set over a pot of boiling water. Heat for 1-2 minutes until the gelatin melts. Whisk thoroughly. Remove from heat and add the cinnamon and pinch of salt and mix completely. Pour in the vanilla extract and the rum, blending well.

Whip the heavy cream in a chilled medium mixing bowl and then refrigerate.

Fold the cinnamon mixture into the heavy whipping cream with the aid of a rubber spatula.

Pipe or spoon the mousse into 1/2-cup size or larger stemware or dishes. Top the mousse with a pinch of cinnamon or a cinnamon stick, if desired.

## **Disc Six (continued)**

### ***Lovers' Fall Frolic***

Chef Jacques greets the autumn season with a combination of oysters and apple cider soup, followed by a thick and spicy stew of fall vegetables. Finally, he prepares traditional flambéed crepes Suzettes as a delicious end to a romantic evening.

## OYSTER AND APPLE CIDER SOUP

### **Ingredients:**

10 oysters: Malpeque, Wellfleet, etc.

2/3 cup fresh apple cider

½ teaspoon apple cider vinegar

1/3 cup finely diced apple, Granny Smith or Ginger Gold

1 tablespoon finely chopped chives

1 tablespoon finely minced shallots

sea salt

freshly ground pepper

Shuck the oysters, reserving the oyster liquor.

Combine the oyster liquor and apple cider vinegar with the apple cider. Season with salt and pepper.

Peel and core the apple, about ½ apple makes 1/3 cup, and finely dice. Combine with the cider mixture.

Divide the seasoned apple cider between two shallow serving bowls. Divide the oysters between the two bowls. Lightly pepper the oysters and sprinkle each with equal parts of the minced shallots and minced chives.

Serve immediately.

### **Variation:**

Substitute freshly pressed apple juice for the cider. Add ½ teaspoon lemon juice to maintain color.

## RAGOUT OF BABY VEGETABLES

### **Ingredients:**

#### **For the sauce:**

½ cup packed Morel or Shiitake mushrooms (2 ounces)  
1 teaspoon olive oil or butter  
½ teaspoon finely chopped shallots  
1 cup Chicken Stock (page 82) or Aromatic Broth (page 79)  
sea salt  
freshly ground pepper

#### **For the ragout:**

2 tablespoons olive oil or butter  
8 Morel or Shiitake mushrooms, 2 ounces (substitute 1 ounce of Truffle – see Hint)  
1 teaspoon finely minced shallots  
6 miniature baby zucchini, stemmed (4 ounces)  
6 baby carrots, tops trimmed, peeled (4 ounces)  
14 haricots verts, trimmed  
10 sugar snap peas  
10 small asparagus  
6 baby turnips (4 ounces)  
6 baby onions

#### **To prepare the sauce:**

Trim the stems and split the Morel mushrooms in half. Soak in a bowl of cold water for a few minutes. Pull the mushrooms out of the water, leaving the grit behind. Repeat cleaning procedure. Drain well.

Place the butter in a saucepan over high heat. Just as the butter begins to brown, add the drained mushrooms and shallots. Sauté for about 1 minute, tossing once or twice. Season with salt and pepper.

Add the Chicken Stock or Aromatic Broth and bring to a boil over high heat. Reduce the liquid by a third (about 3 minutes).

Pour contents in a small food processor and purée. Transfer to a cup or small bowl. Adjust seasonings and set aside.

#### **To prepare the ragout:**

Heat the oil in a medium saucepan over moderate heat.

Add the mushrooms and shallots. Toss once or twice and add the remaining vegetables, except the snow or sugar snap peas.

Sauté the vegetables for 2 minutes, tossing several times.

Add the sauce and toss to evenly coat the vegetables. Reduce heat, cover and simmer for 10-12 minutes, until the vegetables are the desired doneness, stirring frequently. I prefer them with a bit of crunch. Add the peas 1 minute before the other vegetables are ready. Taste and adjust seasonings.

Serve with a grain such as couscous or brown rice, if desired.

**Hint:**

For a very special occasion, substitute 1 ounce of Truffle for 1 ounce of mushrooms.

## CREPES SUZETTES

### **Ingredients:**

2-3 oranges  
1 teaspoon finely grated orange rind  
3 tablespoons evaporated cane juice or sugar  
2 tablespoons Grand Marnier or orange liqueur  
2 tablespoons butter  
4 Crêpes (page 96)

Grate one of the oranges to obtain 1 teaspoon of rind.

Press the oranges to obtain 1 cup of juice.

Place the orange juice, orange rind, 2 tablespoons evaporated cane juice, and butter in a large shallow saucepan. Over high heat, bring the liquid to a boil and allow to reduce and thicken to the consistency of a light syrup for approximately 2 minutes. Reduce heat.

Place crêpes, one at a time, into the warm liquid and turn to coat both sides. Fold each in half and then into quarters, and place the folded crêpes on one side of the pan until all have been soaked and folded. Raise heat. Move crêpes to the center of the pan and sprinkle with remaining cane juice, douse with the Grand Marnier and ignite. Move pan back and forth to completely flame the Grand Marnier. Remove from heat.

### **To serve:**

Divide the crêpes and sauce between two warm serving plates and serve at once.

### **Variation:**

Garnish the plates with orange sections.

# Basics

## PÂTÉ SPICES

Makes enough for 8 to 10 pâtés

### **Ingredients:**

½ teaspoon powdered bay leaf

½ teaspoon thyme leaves

½ teaspoon mace

¾ teaspoon cinnamon

1 teaspoon nutmeg

1 teaspoon cloves

½ teaspoon white pepper

½ teaspoon rosemary

½ teaspoon basil

pinch of cayenne pepper

The bay leaf, thyme, rosemary, and basil must be very dry in order to facilitate grinding.

Put all the ingredients through a spice mill or buy them already powdered. Grind all the spices separately, combine in the proper proportions, and mix thoroughly. Sift the mixture through a fine mesh sieve. Store in a tightly sealed container to prevent loss of flavor.



## AROMATIC BROTH

Makes 2 quarts

**Ingredients:**

2 quarts water

1 cup onions, cut in slivers

1 cup carrots, cut in thin rounds

½ cup leeks, washed well and sliced

½ cup celery, cut in slivers

2 bay leaves

3 cloves

½ teaspoon freshly ground pepper

2 cups dry white wine

2 tablespoons white wine vinegar

2 tablespoons sea salt

Place all the ingredients in a 3 quart pot and bring to a boil. Reduce the heat and let simmer for 30 minutes, uncovered. Remove from heat and cool.

Transfer liquid and vegetables into a bowl and store in refrigerator until needed.

Strain the broth to remove the vegetables just prior to use.

## CONSOMMÉ

Makes 1 gallon

### **Ingredients:**

4-5 pounds beef or veal bones and lean trimmings  
(marrow bones, rib and neck bones preferred)  
1 ½ gallons cold water  
1 cup dry white wine  
1 medium onion  
1 celery stalk  
1 white section of one leek  
1 large carrot  
small bunch of parsley stems  
2 bay leaves  
3 cloves  
pinch of thyme  
1 tablespoon sea salt  
1 teaspoon cracked peppercorns

### **Step 1:**

Crack the bones with the aid of a cleaver. Cut the vegetables into large pieces. Place bones, water, and vegetables in a large stock pot and bring to a boil over high heat. Skim away fat and scum with a ladle.

Lower heat and simmer uncovered for ½ hour, skimming as needed.

Add the remaining ingredients and simmer another 2-3 hours, skimming if needed.

Strain the broth, taste, and adjust seasonings.

### **Step 2:**

#### **Clarifying the consommé:**

1 pound lean ground meat  
10 egg whites  
2 tablespoons chopped celery  
2 tablespoons chopped carrot  
1 medium onion  
4 cloves  
1 bay leaf  
sprig of thyme

Cut the onion in half and press 2 cloves into the top of each. Place each, cut side down, over direct high heat and char, approximately 4-5 minutes.

Mix all of the other ingredients together and place in the bottom of a large pot. Add the beef broth and place over high heat. Add the burned onion to the broth and bring to a boil. When the broth begins to boil, reduce heat and simmer for about 4 hours to clarify and strengthen the consommé. Do not stir the broth while simmering.

Taste consommé and adjust seasonings.

Place a large piece of damp gauze or cloth over a strainer resting over a pot or bowl and slowly pour the consommé through the gauze. Try not to disturb the ground meat and egg mass.

Refrigerate the strained consommé. Scrape any fat from the surface of the congealed consommé before using.

## CHICKEN STOCK

Makes 1 quart

### **Ingredients:**

1 chicken carcass  
1 medium onion, quartered  
½ cup carrots, coarsely chopped  
2 inch piece of celery, chopped  
6 cups of water  
½ teaspoon freshly ground pepper  
1 clove of garlic, crushed  
1 sprig of parsley  
1 bay leaf  
3 cloves  
pinch of thyme

*Preheat oven to 400 degrees.*

Chop the carcass into 5-6 pieces with a meat cleaver and place in a small roasting pan. Roast in the oven until the bones begin to brown, approximately 20 minutes. Add the onion, carrots, and celery. Roast for another 15 minutes or until the bones are nicely browned, mixing occasionally.

Remove the pan from the oven and pour off any fat. Transfer the bones and vegetables to a large saucepan. Deglaze the roasting pan with 2 cups of water and scrape any meat particles from the bottom.

Cover the bones with the deglazing liquid and the remaining 4 cups of water and bring to a boil over high heat. Skim the stock and add all of the other ingredients. Lower heat and simmer, uncovered, for about 2 hours, reducing the liquid by two-thirds. Skim occasionally to remove surface scum.

Strain and carefully degrease.

### **Note:**

It is impractical to make in very small quantities. Freeze remaining stock for another use.

## WHITE STOCK

Makes 2 quarts

### **Ingredients:**

- 2 chicken carcasses
- 2 pounds veal bones and scraps
- 1 gallon water (approximately)
- 1 large onion, sliced
- 2 carrots, sliced
- 2 leeks, washed well and sliced
- 1 celery stalk, washed and sliced
- 2 bay leaves
- 2 sprigs thyme
- 4 sprigs parsley
- 2 cloves
- 6 cracked black peppercorns

Crack the bones and cut the carcasses into 2 or 3 pieces with a meat cleaver and rinse well in cold water. Place bones in a large stockpot, cover with the water, and bring to a full boil. Skim thoroughly. Add the vegetables and herbs. Reduce heat and simmer, partly covered, for 2 to 3 hours, skimming as necessary. Pour stock through a fine strainer into a bowl. Chill and reserve.

Remove any congealed fat that accumulates on top of the stock before using.

## LOBSTER SAUCE

Makes 1 quart

### **Ingredients:**

1 live lobster weighing 1 to 1 ½ pounds  
2 tablespoons olive oil  
¼ cup each, diced leeks (use all parts), carrots, and onions  
1 two inch piece of celery  
2 tablespoons brandy  
1 cup white wine  
1 quart Fish Stock  
2 tablespoons tomato paste  
2 cloves each, shallots and garlic  
3 bay leaves  
5 cloves  
1 sprig each fresh, or ¼ teaspoon dried thyme and tarragon  
sea salt  
freshly ground pepper  
2 tablespoons butter and 2 tablespoons flour

Split the lobster's head in half, lengthwise, by inserting the point of a sharp heavy knife where the tail joins the body and cut down through the head. Detach the tail. Remove the claws and crack them with the blunt side of the knife blade. Discard the stomach sac, found in the head. Reserve the green parts (the liver), called tomalley, in a small bowl.

Heat the olive oil in a heavy saucepan over medium heat. Add the vegetables and brown lightly, stirring often.

Add the lobster pieces and juices, and cook until the shell reddens. Add the brandy and ignite. When the flames have subsided, pour in the wine and fish stock. Add the tomato paste, shallots, garlic, and seasonings.

Simmer 15 minutes and then remove the lobster tail and claws. Extract the meat and reserve. Return the shells to the pot and boil for another 30 minutes.

Remove from the heat. Grind the broth and shells in a food processor. This should be done in several small batches, so as not to overtax the machine. If a processor is not available, drain the liquid from the pot and crush the shells with a large ladle or wooden mallet to extract all of the lobster essence. Return the broth and crushed shells to the pot and bring to a boil.

Blend the butter, tomalley, and flour together and whisk this paste into the liquid. Boil another 10 minutes, then force through a fine sieve.

## BASIC BEEF OR VEAL SAUCE

Makes 1 quart

### **Ingredients:**

3 pounds veal or beef bones and meat  
1 cup coarsely chopped onions  
½ cup coarsely chopped carrots  
1 two-inch piece of celery  
3 tablespoons flour  
2-2 ½ quarts cold water  
2 tablespoons tomato purée or 1 fresh tomato, chopped  
2 bay leaves  
3 whole cloves  
pinch of thyme  
4 parsley sprigs, optional  
½ teaspoon freshly ground pepper  
2 cloves garlic, crushed  
1 teaspoon butter

Using a meat cleaver, crack and cut the bones into small pieces. Place in a roasting pan and brown in a preheated 375 degree oven for 30 to 40 minutes, stirring occasionally.

Add the onions, carrots, and celery to the partly browned bones and continue cooking until the vegetables are also well browned, approximately 15 more minutes.

Remove pan from oven and drain the fat. Dust the bones with the flour, return pan to the oven, and cook for 5 more minutes.

Transfer the bones and vegetables to a stockpot. Deglaze the roasting pan with 1 cup of the water, scraping any meat particles from the bottom. Cover bones with deglazing liquid and remaining water. Add tomato or tomato purée, herbs, and garlic.

Bring to a boil, reduce heat, and simmer, uncovered, 2½-3 hours. Skim occasionally.

Strain into a bowl and discard solids; 2½-3 cups of stock should remain. Dot the top of the stock with the butter to prevent a skin from forming.

### **Hint:**

If a sauce is too thin, the easiest way to thicken it is with cornstarch. Place a small amount in a cup and stir in water, a few drops at a time, until a thick paste (the consistency of kindergarten glue) is formed. Whisk a little into the simmering sauce and boil 2-3 minutes. Add more cornstarch until the desired consistency is reached.

## DEER SAUCE

Makes 1 quart

### **Ingredients:**

3 to 4 pounds deer bones and trimmings  
3 cups chopped onions (no need to peel)  
1 ½ cups chopped carrots (no need to pare)  
2 tablespoons flour  
1 gallon water (approximately)  
2 tablespoons tomato purée  
3 bay leaves  
6 whole cloves  
pinch of thyme  
4 sprigs parsley  
½ teaspoon freshly ground pepper  
2 cloves garlic, peeled and crushed  
8 juniper berries, crushed

Using a meat cleaver, crack and cut the bones into small pieces. Place in a roasting pan and brown in a preheated 375 degree oven, turning occasionally, for about 1 hour. Add the onions and carrots to the partly browned bones, and continue cooking until the vegetables are also well browned – about 15 additional minutes.

Dust the bones with the flour, mix well, and transfer the contents of the pan to a large stockpot. Deglaze the roasting pan with 1 cup of the water, scraping any meat particles from the bottom.

Cover the bones with the deglazing liquid and the water. Add the tomato purée, herbs, garlic, and juniper berries. Bring to a boil, reduce the flame, and simmer, partly covered, for 3 to 4 hours. Reduce the stock until 1 quart remains, skimming occasionally. Strain through a sieve and reserve, discarding the solids.

### **Hint:**

Dot the top of the sauce with butter to prevent a skin from forming.



## GAME MARINADE

### **Ingredients:**

1 quart olive oil

8 bay leaves

12 whole cloves

½ teaspoon whole thyme

½ teaspoon ground juniper berries

½ teaspoon coarse ground pepper

4 tablespoons finely chopped celery

1 tablespoon ground garlic

1 tablespoon finely chopped parsley or herbs

Combine the olive oil, bay leaves, cloves, thyme, juniper, and pepper in a stainless steel saucepan. Place over moderate fire and heat until the oil just begins to boil. Add the remaining ingredients and heat the oil until it just begins to boil a second time. Immediately remove from heat. Allow to cool and store covered in the refrigerator.

## TRUFFLE SAUCE

### **Ingredients:**

½ cup Port wine

½ ounce of truffle

½ cup Basic Veal or Beef Sauce

2 teaspoons butter

sea salt

freshly ground pepper

Chop the truffle and place in a small saucepan with the Port wine. Place pan over high heat and bring to a boil. Reduce the Port wine by two-thirds and add the Veal or Beef Stock. Bring to boil, reduce heat, and simmer for 3-4 minutes. Remove from heat and whisk in the butter. Taste and adjust seasoning

## HOLLANDAISE SAUCE

Makes ½ cup

### **Ingredients :**

1 stick butter (1/4 cup), clarified  
2 egg yolks  
1 tablespoon hot water  
dash of lemon juice  
dash of salt  
dash of cayenne pepper

Melt the butter over low heat. Clarify by skimming off the foam and ladling out the butter, leaving the milky residue in the bottom of the pan.

In a copper or stainless steel bowl, whip together the 2 egg yolks and 1 tablespoon of hot tap water with a whisk until smooth. Avoid aluminum as it discolors the yolks.

Cook over very low direct heat, or place the bowl over a pan of hot, but not boiling water. Beat continually, using the whisk to scrape the mixture from the bottom and sides of the bowl. Beating vigorously in a figure-8 pattern incorporates more air, and thereby produces a lighter sauce.

To test for doneness, pull the whisk up out of the sauce; a thick ribbon rather than individual streams should form.

Remove from heat and slowly add the warm clarified butter, beating constantly. Should the sauce begin to separate, add 1 teaspoon cold water.

Season with the lemon juice, salt, and cayenne pepper to taste.

Strain the sauce through a fine sieve into a warm-not hot- stainless steel or nonmetallic bowl.

## CHIVE OIL

### **Ingredients:**

½ cup olive oil

3 bunches fresh chives

sea salt

freshly ground pepper

Pick out any wilted or discolored chives and discard.

Finely mince the chives. Combine the minced chives and oil in a food processor. Process for 1-2 minutes until chives are completely puréed. Season with salt and pepper to taste.

Place in the refrigerator and allow to mature overnight before using.

## **GARLIC AND HERB BUTTER**

### **Ingredients:**

- ½ pound lightly salted butter
- 1 tablespoon finely chopped parsley
- 1 teaspoon lemon juice
- 1 drop of Tabasco sauce
- ½ teaspoon Worcestershire sauce
- ½ teaspoon freshly ground pepper
- ½ teaspoon sea salt
- ½ teaspoon finely chopped shallots
- ½ teaspoon finely chopped garlic

Soften the butter at room temperature for 1 hour. Whip the butter and all the other ingredients together with an electric mixer, food processor, or with a wire whisk. Cover and refrigerate until time to use.

## VANILLA VINAIGRETTE

### **Ingredients:**

2 vanilla beans

1/3 cup champagne or white wine vinegar

1/3 cup vegetable oil

½ teaspoon finely minced shallots

sea salt

freshly ground pepper

pinch of evaporated cane juice or sugar (optional)

Split the vanilla bean in half lengthwise and scrape the seeds from the insides of the pod. Combine the split beans, vanilla seeds, and vinegar in a small saucepan and bring to a boil. Immediately remove pan from heat and allow to steep for 5 minutes. Remove the split beans from the pan.

Combine the oil and shallots in a small mixing bowl and whisk in the vinegar from the saucepan. Scrape the pan with a rubber spatula to retrieve all of the vanilla seeds.

### **Hint:**

A neutral vegetable oil is preferred for the taste, as a scented oil such as extra virgin olive oil tends to overwhelm the vanilla. A cold pressed oil is preferred for your health.

## SAVORY PIE CRUST

Makes a 6-7 inch pie or tart crust

### **Ingredients:**

2 tablespoons soft unsalted butter

1 whole egg

1 ½ tablespoons milk

pinch of sea salt

1 ¼ cups unbleached all-purpose flour

Place all ingredients into the food processor. With the steel blade in place, process for 10-15 seconds until the dough comes together in a ball. Wrap in plastic and refrigerate overnight.

Roll out the dough on a floured work surface to approximately 1/8 inch thickness. Roll dough around the rolling pin and transfer to the pie shell. Line the pie shell, pressing in the dough evenly. It is not necessary to prick the bottom of the pie with a fork before baking.

Bake in a 375 degree oven for 15-20 minutes or until light brown. Allow to cool before filling.

## SWEET PIE CRUST

Makes a 6-7 inch pie crust

### **Ingredients:**

1 ¼ cups unbleached flour  
¼ cup evaporated cane juice or sugar  
pinch of sea salt  
2 tablespoons soft unsalted butter  
¼ teaspoon vanilla extract  
1 whole egg

### **In food processor:**

Place all ingredients into the food processor. With the steel blade in place, process for 10-15 seconds until the dough comes together in a ball. Wrap in plastic and refrigerate overnight.

### **Kneading by hand:**

Place the sifted flour, evaporated cane juice, and salt in a mixing bowl. Thoroughly mix the contents.

Turn out the dry ingredients and mound in the center of your work surface. Make a well in the flour and place the slightly softened butter, cut in pieces, in the center. Using your fingertips, blend the butter into the flour until the dough is crumbly. Add the egg, lightly beaten, and the vanilla extract.

Knead only long enough to completely mix the ingredients.

Form the dough into a ball. Wrap in plastic and refrigerate at least 2 hours. Take out ½ hour before rolling.

Roll out the dough on a floured work surface to approximately 1/8 inch thickness. Roll dough around the rolling pin and transfer to the pie shell. Line the pie shell, pressing in the dough evenly. It is not necessary to prick the bottom of the pie with a fork before baking.

Bake in a 375 degree oven for 15-20 minutes or until light brown. Allow to cool before filling.



## PUFF PASTRY

Makes 2 ½ pounds

### **Ingredients:**

1 pound unsalted butter  
1 pound sifted pastry flour  
1 ½ teaspoons sea salt  
1 cup cold water

Remove the butter from the refrigerator and allow to soften slightly.

Measure out 2/3 cup flour and set aside.

Place the remaining flour and salt in a food processor fitted with the steel blade. Pour the cup of cold water in with the flour and turn on the machine for 3-4 seconds. Remove the lid and scrape the flour into the center of the bowl with a rubber spatula. Run the machine for another 2-3 seconds. Turn the soft dough out onto a floured work surface, scrape any clinging dough out of the bowl, and add to the main mass.

Place the 2/3 cup flour into the food processor. Cut the butter into ½ inch pieces and drop them into the machine. Turn on for 4-5 seconds. Stop the machine, scrape the butter to the center, and run another 3-4 seconds. Scrape the butter and flour mixture out of the machine and form it into a small square approximately 6 inch x 6 inch x 1 ½ inches. Refrigerate while rolling out the dough.

Roll the soft dough into a square about 12 inch x 12 inch x ½ inches. Remove the “bar” of butter from the refrigerator and place it in the center of the square. Fold the four corners over the butter as to completely encase it. Dust the top of the dough lightly with the flour and roll into a long rectangle about 18 inch x 8 inch x 3/8 inches.

Roll from the center out to evenly distribute the butter. For an even dough, it is important that the work surface be properly floured during the rolling process. If at any point the butter seems too soft, refrigerate the dough for 30 minutes.

Fold the dough back on itself in 3 equal parts like a formal letter. Be sure to brush off any excess flour before and after each fold. Slide the dough around 90 degrees, so the open end is in front of you. Roll out into a rectangle and fold in letter fashion again.

Wrap the dough in plastic and refrigerate at least 1 hour before twice repeating the rolling and folding process. Chill for 1 more hour, roll, and fold the dough 2 more times for a total of six. Cover and refrigerate at least 1 hour, even overnight, before using. The puff pastry dough may be frozen for later use, but make sure it is well wrapped.

## CRÊPE BATTER

Makes 6 crêpes

### **Ingredients:**

1 large egg  
½ cup milk  
2 teaspoons evaporated cane juice or sugar  
pinch of sea salt  
2 rounded tablespoons unbleached flour  
1 ½ tablespoons butter (slightly less than ½ stick)  
butter and oil

Break the egg into a mixing bowl and beat thoroughly with a wire whisk. Add the milk, salt, and evaporated cane juice, whisking well.

Add the flour and incorporate completely.

Heat the butter in a small saucepan until the butter is lightly browned and add to the batter while whisking. Allow the batter to rest in the refrigerator for 1 hour before using.

The consistency of the batter is important as the resulting crêpes should be very thin. If the batter is too thick and spreads unevenly, add a little more milk. If the batter is too thin, the crêpes will have many small holes; add a little more flour.

Use a heavy 6-7 inch iron skillet with sloping sides to fry the crêpes. The French use a classic crêpe pan which, like their omelet pan, is dedicated to that single use.

Place the crêpe pan over high heat and add a small amount of butter and oil, just enough to coat the bottom of the pan. When the butter begins to brown, remove the pan from the heat and ladle about 2 tablespoons of batter into the pan, tilt the pan quickly to evenly coat the bottom with the batter. The crêpe should be very thin, so it is important to use only enough batter to coat the bottom of the pan.

Place the pan back over high heat and cook for approximately 1 minute or until nicely browned. Turn with a spatula and fry for another ½ minute or until brown. Turn the crêpe out onto a plate and repeat until the desired number is made.

Allow each crêpe to cool before stacking. Crêpes may be prepared ahead and refrigerated before using.

With a little practice you will be able to use several skillets at one time and turn the crêpes by flipping the pans and tossing.

## CHOCOLATE SPONGE CAKE

Makes one 10 inch cake

### **Ingredients:**

6 large eggs, separated  
½ cup cornstarch  
1/3 cup all-purpose flour  
3 tablespoons powdered cocoa  
1 2/3 cup sifted confectioners' sugar  
4 tablespoons warm tap water  
½ teaspoon pure vanilla extract  
pinch of sea salt

*Preheat oven to 350 degrees.*

Separate the eggs, making certain that none of the yolk mixes with the whites.

Sift the cornstarch, flour, and powdered cocoa.

Whip the yolks and 1 cup of sugar at high speed for 5 minutes, until the mixture whitens and forms a ribbon.

Reduce the mixer speed to low and pour in the water and vanilla. Immediately fold in the cornstarch, flour, and cocoa. Set aside.

Whip the egg whites with a pinch of salt in a separate bowl. Start at low speed; then increase speed as the whites begin to rise. Continue whipping while gradually adding the remaining 2/3 cup of sugar until the whites form soft peaks. Do not over whip.

Gently fold the yolk mixture into the whites with the aid of a rubber spatula. Pour the batter into a 3 inch deep, well-buttered and floured 10 inch cake pan.

Bake at 350 degrees for approximately 25 minutes. Test by inserting a skewer or toothpick into the cake. The cake is done if the skewer comes out clean.

Turn out the cake immediately and cool completely before using.

## PASTRY SYRUP

Makes 1 ½ cups

### **Ingredients:**

½ cup evaporated cane juice or sugar

1 cup water

1 tablespoon flavoring if desired (see Hint below).

Combine the sugar and water in a small saucepan and boil over high heat. Remove from flame and allow to cool. Stir in flavoring, if desired. The syrup may be prepared in advance and stored, covered, in the refrigerator.

### **Hint:**

Just about any liqueur or fruit juice may be mixed with the sugar syrup and used as a flavoring.

Fruit and liqueur flavors may be mixed as well as matched.

## RASPBERRY- STRAWBERRY SAUCE

Serves 8

### **Ingredients:**

2 pints fresh raspberries or fresh strawberries

$\frac{3}{4}$  cup evaporated cane juice or sugar

2 tablespoons framboise, raspberry brandy, if desired

Clean the berries and place in a food processor with the sugar. Purée and strain through a fine sieve to remove the seeds. Stir in the brandy, if desired.

### **Hint:**

Use the same method to prepare Strawberry Sauce. Add kirsch instead of framboise. It is not necessary to strain the strawberry sauce.

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