



GOURMET MENU

Recipes supplied by Marion Conger (thank you Marion!)

Consomme with Royale (soup)

6 lb. lean shin bones and marrow bones
4 quarts cold water
8 black peppercorns
6 whole cloves
1 bay leaf
1 tsp thyme
3 sprigs parsley
1 large diced carrot
3 ribs celery, diced
1 cup drained canned or fresh tomatoes
1 diced medium-sized onion
1 diced small white turnip
2 egg white slightly beaten
2 egg shells crumbled
3 tablespoons Marsala
1/2 cup milk or stock
1/8 tsp each salt, paprika, nutmeg
1 egg

Cut into bones and brown in a 350 degree oven. Place in a large stockpot with the cold water. Bring slowly to a boil, reduce heat and simmer, uncovered, about 30 min. Remove scum and add peppercorns, cloves, bay leaf, thyme, parsley, carrot, celery, tomatoes, onion, and turnip. Bring to a boil and then simmer, partly covered, at least 6 hours. Strain the stock. Cool uncovered, and refrigerate covered until cooled. Stir in egg whites and shells very

well. Bring the soup very, very slowly, without stirring, just to a simmer. As the soup heats the egg brings to the top a heavy, crusty foam more than an inch thick. Do not skim this, push it to one side so you can see through to make sure no real boiling takes place. Continue simmering for 10 to 15 minutes. Move pot from heat source and let it stand 10 minutes to 1 hour. Wring out a cloth in hot water and suspend it, like a jelly bag, above a large pan. Again push the scummy crust to one side and ladle the soup carefully, straining it through the cloth. Simmer soup and add Marsala and Royale (below), just long enough to heat the Royale through. Serve. Makes 2 quarts of soup.

Royale

Beat together milk/stock, salt, paprika, nutmeg, egg. Pour to 1/2 in. thickness into a well-buttered 9-in pie pan. Place pan in another pan of hot water on a rack. Bake for 25 minutes at 300 degrees. Cool before cutting into fancy shapes or dicing.

Bread Sticks

most any bread dough

Melted butter or 1 beaten egg

choice of topping: coarse salt, poppy seed, fresh celery seed, chopped nutmeats, caraway seeds

Pinch off small pieces of dough that has risen once. Roll into sticks of pencil thickness. Brush with butter/egg. Place sticks onto a buttered baking sheet. Sprinkle with topping. Let rise until doubled in bulk. Bake in a 425 degree oven until brown and crisp.

Lobster Parfait

Meat of 1 freshly killed and cooked 2 1/2 lb. lobster, or 2 cups cooked meat from frozen lobster tails

3 tablespoons tomato puree

2 tablespoons lemon juice

1 tablespoons dry sherry

2 tsp brandy

1/2 cup water
1 minced clove garlic
1 finely chopped shallot
1 1/2 tablespoons whipping cream
2 cups mayonnaise
1/2 tsp paprika
1 tsp salt
4 oz additional lobster meat per serving
Chilled Whipped Cream
Watercress

Puree lobster in blender with tomato puree, lemon juice, sherry, brandy, water. Mix in garlic, shallot. Cook mixture over low heat until reduced by one-third. Cool, add whipping cream, mayonnaise, paprika, salt. Chill 1 1/2 hours. Arrange additional lobster meat in 6 parfait glasses. Cover meat with chilled sauce, letting it trickle down in parfait style. Garnish with whipped cream and watercress. Makes 6 servings

Filet Mignon with Bearnaise Sauce

A fillet of beef at least 5 lb.
Broiled mushrooms
sprigs of parsley
1/4 cup white wine
2 tablespoons tarragon vinegar
1 tablespoon finely chopped shallots or onion
2 crushed white peppercorns
2 sprigs tarragon, chopped
1 sprig chervil, finely chopped
3 egg yolks
3/4 cup melted butter
season to taste

Remove meat from refrigerator about 1 hour before. Preheat oven to 500 degrees. Remove surplus fat and skin. Fold over thin end of fillet and secure with a string. Spread meat generously with butter or tie strips of bacon over it. Place on rack in a greased roasting pan in the oven. Do not cover or baste it. Reduce heat immediately to

400 degrees and bake 30 minutes in all. A fillet is usually cooked rare when the internal temperature reaches 130 degrees. Season when done. Surround fillet with mushrooms. Garnish with parsley. Serve with Bearnaise Sauce (below) and Puffed Potatoes.

Bearnaise Sauce

In top of double boiler, combine wine, vinegar, shallots/onion, peppercorns, tarragon, chervil. Cook over direct heat until reduced by half. If you have used dry tarragon or coarsely chopped onion, strain the mixture. Allow it to cool. Then, beating briskly over-not hot water, add yolks, butter and seasoning a little at a time beating steadily so they are combined. It should be the consistency of Hollandaise.

Puffed Potatoes

8 large potatoes, matured until no longer able to pierce skin with fingernail
ice water
rendered beef kidney fat or vegetable oil

Cut unprepared potatoes lengthwise evenly into 1/8 inch slices. Soak sliced for 25 minutes in ice water. Dry thoroughly. Have ready a deep-fat-frying kettle one-third full of oil heated to 275 degrees. Drop slices in separately. Do not crowd the pan. The slices will sink. When they rise, use a continual shaking motion with the pan, which will produce waves to keep them bathed in the oil. Keep cooking, turning once, until they begin to clarify toward the centers and show difference in texture at the cut edges. Drain on paper toweling. Cool and drain for 5 minutes. Drop them again one by one into a fryer filled 1/3 full with the fat at 385 degrees. Again agitate the pan. They should puff at once. Cook to a golden brown. Drain and dry on paper toweling. Salt and serve in a basket to keep them crisp.

Creamed Spinach

2 cups boiled spinach
1 1/2 to 2 tablespoons butter

1 tablespoon very finely chopped onion
1 tablespoon flour
1/2 cup hot cream or stock
1/2 tsp sugar
salt and pepper
1 hard-cooked egg

Blend or chop spinach into a fine puree in blender. Set aside. Melt butter in skillet. Add onion and cook till golden. Stir in flour until blended. Stir in slowly cream/stock, and sugar. When sauce is smooth and hot, add spinach. Stir and cook 3 minutes. Season with salt, pepper. Garnish with egg.

Belgian Endive with Vinaigrette

2 heads Belgian Endive
1/2 tsp salt
1/8 tsp freshly ground pepper
1/4 cup vinegar or lemon juice
1/4 to 1/2 tsp prepared mustard
3/4 cup olive or walnut oil

Place salt, pepper, vinegar/lemon juice, and mustard in the bottom of a jar. Lid and shake until blended. Add gradually, shaking between additions the oil. Serve over prepared Belgian Endive lettuce.

Lemon Sponge Custard

3/4 cup sugar
1 1/2 tablespoon butter
2 tsp lemon rind
2 or 3 egg yolks
3 tablespoons flour
1/4 cup lemon juice
1 cup milk
2 or 3 egg whites
thick cream or raspberry sauce

Preheat oven to 350 degrees. Cream together sugar, butter, lemon rind. Add yolks and beat well. Stir in flour. Alternately add juice and milk. Beat whites until stiff and fold into mixture. Place batter into custard cups. Set on rack in a pan filled with 1 inch of hot water. Bake about 45 minutes or until set. Serve hot or cold with cream or sauce.