

AAUW Evening Gourmet Dinner

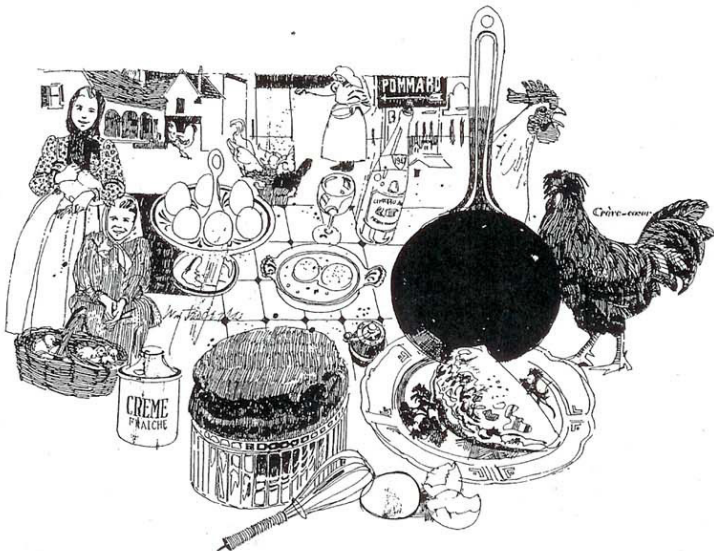
Fête de France

Clayton Branch

7 p.m.

Saturday

November 4, 2006



LE MENU

Cocktails:

- Kir
- Perrier Water

Hors d'oeuvres- Overture to the meal

- Radis roses et beurre
- Olives vertes et noirs
- Cornichons
- Anchoyade

Appetizer:

- Coquille Saint Jacques à la Provencale

Soupe:

- Soupe à l'oignon au fromage

Entrée:

- Boeuf Bourguignon

Salade- To refresh the Palate

Fromage et fruit

Dessert:

- Pêches Cardinal

Café, thé, et liqueurs



RADIS ROSES ET BEURRE / RED RADISHES AND BUTTER

ADAPTED FROM AUDOT'S

La cuisinière de la campagne et de la ville, 1857.

Radishes served with butter were a popular hors d'oeuvre in France in the nineteenth century, and most cookbooks of the time included directions for their use. French radishes tend to be a lighter shade of pink, somewhat longer, and less round than their American counterparts. While many Americans shun the radish, often finding its taste too sharp, radishes are still quite popular in France today and are readily found in open-air vegetable markets. Some farmers in this country have begun to plant the French radishes, which are known as French Breakfast radishes.

Serves 4

- 1 BUNCH FRESH RED RADISHES WITH TOPS
- 1 BAGUETTE OR OTHER FRENCH-TYPE BREAD
- UNSALTED BUTTER
- SALT

Remove the stems and tips from the radishes and discard. Wash the radishes well under running water and drain in a colander. Cut the baguette into slices and butter the rounds. Place on a tray with the radishes. Serve with salt.



OLIVES VERTES ET NOIRES / GREEN AND BLACK OLIVES

ADAPTED FROM AUDOT'S

La cuisinière de la campagne et de la ville, 1857.

You can either buy these wonderfully flavorful hors d'oeuvre olives at a specialty store or make them at home, allowing a day or two for the olives to marinate in the oil and spices.

GREEN OLIVES

Serves 4

- 1 CUP GREEN OLIVES WITH PITS,
DRAINED WELL
- ¼ CUP RED WINE OR BALSAMIC VINEGAR
- ¼ CUP OLIVE OIL
- 1 CLOVE GARLIC, MINCED
- 1 SHALLOT, MINCED
- 2 PINCHES OF SALT
- ½ TEASPOON BLACK PEPPERCORNS

On a cutting board, crush the olives slightly with the side of a knife until the pits show. Transfer the olives to a small bowl and combine with the other ingredients. Mix well and allow to marinate overnight at room temperature.

BLACK OLIVES

Serves 4

- 1 CUP BLACK OLIVES WITH PITS,
DRAINED WELL
- ¼ CUP OLIVE OIL (PREFERABLY EXTRA VIRGIN)
- 1 CLOVE GARLIC, CRUSHED
- 2 PINCHES OF SALT
- PINCH OF HOT RED PEPPER FLAKES
- 1 ½ TEASPOONS HERBES DE PROVENCE
(AVAILABLE IN SPECIALTY STORES
AND SOME SUPERMARKETS)

On a cutting board, crush the olives slightly until the pits show. Transfer the olives to a small bowl and combine with other ingredients. Mix well and allow to marinate overnight at room temperature.

COQUILLES ST. JACQUES À LA PROVENÇALE

[Scallops *Gratinéed* with Wine, Garlic, and Herbs]

This good recipe may be prepared in advance and *gratinéed* just before serving. The following proportions are sufficient for a first course. Double them for a main course. Serve a chilled *rosé*, or a dry white wine such as *côtes de Provence*.

For 6 scallop shells

½ cup minced yellow onions

1 Tb butter

1½ Tb minced shallot or green onions

1 clove minced garlic

1½ lbs. washed scallops

Salt and pepper

1 cup sifted flour in a dish

2 Tb butter

1 Tb olive oil

A 10-inch enameled skillet

¾ cup dry white wine, or ½ cup dry white vermouth and 3 Tb water

½ bay leaf

¼ tsp thyme

6 buttered scallop shells, or porcelain or pyrex shells, of ½ cup capacity

¼ cup grated Swiss cheese

2 Tb butter cut into 6 pieces

Cook the onions slowly in butter in a small saucepan for 5 minutes or so, until tender and translucent but not browned. Stir in the shallots or onions, and garlic, and cook slowly for 1 minute more. Set aside.

Dry the scallops and cut into slices ¼ inch thick. Just before cooking, sprinkle with salt and pepper, roll in flour, and shake off excess flour.

Sauté the scallops quickly in very hot butter and oil for 2 minutes to brown them lightly.

Pour the wine, or the vermouth and water, into the skillet with the scallops. Add the herbs and the cooked onion mixture. Cover the skillet and simmer for 5 minutes. Then uncover, and if necessary boil down the sauce rapidly for a minute until it is lightly thickened. Correct seasoning, and discard bay leaf.

Spoon the scallops and sauce into the shells. Sprinkle with cheese and dot with butter.

(*) Set aside or refrigerate until ready to *gratiné*.

Just before serving, run under a moderately hot broiler for 3 to 4 minutes to heat through, and to brown the cheese lightly.



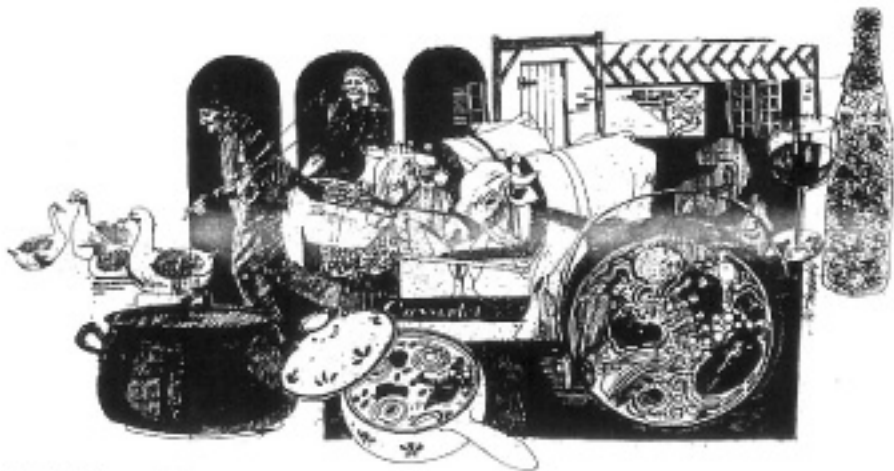


*Soupe
à l'Oignon
au Fromage*
ONION SOUP
WITH CHEESE

PEEL and slice very thinly 4 large onions, separating the rings. Heat $\frac{1}{4}$ cup butter in a large saucepan, add the onion rings, and cook them very, very gently over a low flame, stirring almost constantly with a wooden spoon, until the rings are an even golden-brown. Sprinkle with 1 tablespoon flour and when this has been well blended, gradually pour in $1 \frac{1}{2}$ quarts beef consommé, water, or a mixture of the two, stirring constantly until the soup begins to boil. Lower the heat, cover the pan, and simmer gently for about 20 minutes.

Taste for seasoning and serve in a heated soup tureen or in individual tureens, each one containing a toasted round of French bread heaped with grated Gruyère cheese. Serve toasted rounds of French bread and grated cheese on the side.

French onion soup may also be served *gratinée*. When it is ready to serve, half fill an ovenproof soup casserole with thin rounds of toasted French bread covered with grated Gruyère and pour the onion soup over the toast. Sprinkle the top with more Gruyère and set the casserole under the broiler flame or in a hot oven until the cheese is brown and sizzling.



Beoff Bourguignon

1/4 cup all purpose flour
2 pounds 1 1/2-inch pieces beef stew meat
7 tablespoons butter
1/4 cup brandy
2 cups Burgundy or other dry red wine
2 cups canned beef broth
6 fresh thyme sprigs
4 large garlic cloves, chopped
3 bay leaves
1/2 teaspoon dried oregano

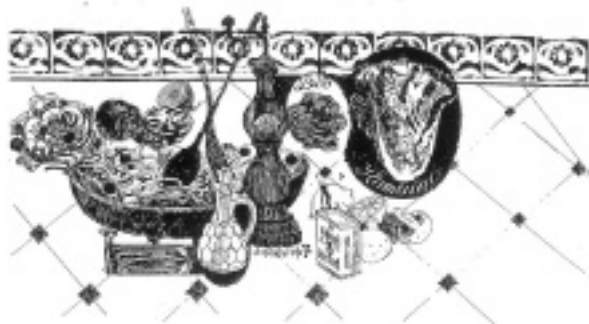
1 large onion, cut into 12 wedges
4 carrots, peeled, cut into 2-inch lengths
4 celery stalks, cut into 2-inch lengths
1 1/2 pounds red-skinned potatoes, peeled, quartered
1/2 pound mushrooms

Generous pinch of ground nutmeg

Place flour in large bowl. Season with salt and pepper. Add beef to flour and toss to coat. Melt 2 tablespoons butter in heavy Dutch oven over high heat. Working in batches, add beef to pot and sauté until brown on all sides, about 5 minutes per batch. Return all meat to pot. Add brandy; boil until almost evaporated, about 2 minutes. Add wine, broth, thyme, garlic, bay leaves and oregano. Cover; simmer until beef is almost tender, about 1 hour.

Meanwhile, melt 1 tablespoon butter in large nonstick skillet over medium-high heat. Add onion; sauté until brown, about 6 minutes. Using slotted spoon, transfer to large bowl. Melt 1 tablespoon butter in same skillet. Add carrots and celery; sauté until golden, about 6 minutes. Using slotted spoon transfer to bowl with onions. Melt 2 tablespoons butter in same skillet. Add potatoes; sauté until brown on all sides, about 5 minutes. Using slotted spoon, transfer to bowl with other vegetables. Melt 1 tablespoon butter in same skillet. Add mushrooms; sauté until brown on all sides, about 5 minutes. Using slotted spoon, transfer to bowl.

Add vegetables to pot with beef. Add nutmeg. Cover pot; simmer 45 minutes. Uncover pot and boil liquid until thickened to sauce consistency, about 7 minutes. Season with salt and pepper.



Salade- To refresh the Palate

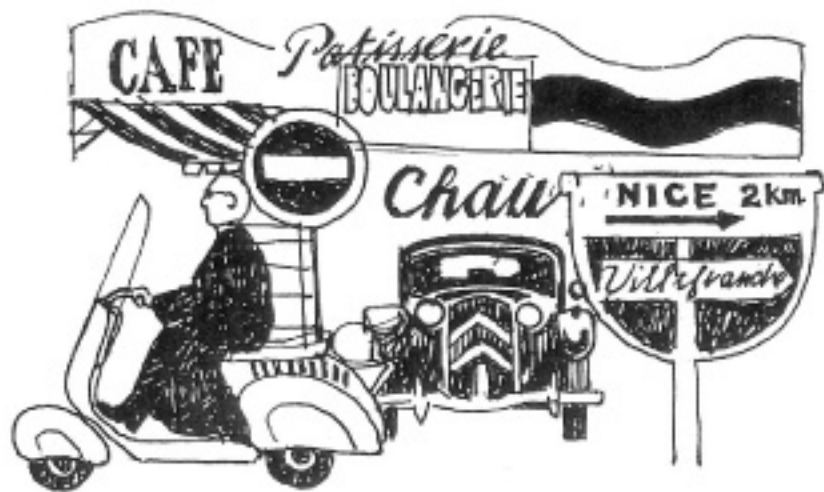
A bowl of fresh tender leaves from any kind of garden lettuces. Unadorned except by the simplest possible mixture of oil, vinegar and seasonings (1 part oil, 2 parts vinegar seasoned to taste with salt and white pepper).



Most Savory Cheeses

From this list of cheeses, choose six to bring. Each person is to take a small amount of three cheeses. Bring grapes to serve with the cheeses and the baguette slices.

1. Roquefort
2. Brie de Meaux
3. Camembert
4. Pont-l'Évêque
5. Saint-Paulin
6. Cantal and small Cantal
7. Sainte-Maure
8. Bellettoile Triple-crème
9. Le Dauphinois
10. Coulommiers
11. Valençay
12. Saint-Marcellin
13. Comté
14. Reblochon
15. Fromage au Marc de Raisin
16. Boursin Triple-crème
17. Beaumont
18. Mimolette
19. Munster
20. Tomme de Savoie
21. Bleu de Bresse
22. Livernois



Pêches Cardinal

POACHED PEACHES WITH RASPBERRY PURÉE

To serve 8

6 cups water

2 cups sugar

8 large ripe but firm peaches, peeled,
halved and stoned

1 four-inch piece of vanilla bean or

3 tablespoons vanilla extract

In a heavy 3- to 4-quart saucepan, bring the water and sugar to a boil over high heat, stirring until the sugar dissolves. Boil this syrup briskly for 3 minutes, then reduce the heat as low as possible. Add the peeled peach halves and vanilla and poach them uncovered at a very low simmer for 10 to 20 minutes, or until they are barely tender when pierced with the tip of a sharp knife. Refrigerate the peaches in the syrup until they are cold.

SAUCE CARDINAL

2 ten-ounce packages frozen raspberries, defrosted and thoroughly drained

2 tablespoons superfine sugar

1 tablespoon kirsch

SAUCE CARDINAL: With the back of a large spoon, purée the raspberries through a fine sieve into a small mixing bowl. Stir 2 tablespoons of superfine sugar and the kirsch into the raspberry purée. Refrigerate, tightly covered.

CRÈME CHANTILLY

$\frac{3}{4}$ cup heavy cream, thoroughly
chilled

2 tablespoons superfine sugar

1 tablespoon vanilla extract

GARNISH

Whole fresh raspberries or defrosted
frozen raspberries (optional)

CRÈME CHANTILLY: With a wire whisk, rotary or electric beater, whip the cream in a chilled mixing bowl until it begins to thicken. Sprinkle in 2 tablespoons of superfine sugar and the vanilla; continue beating until the cream is firm enough to hold soft peaks on the beater when it is raised out of the bowl.

To serve, transfer the chilled peach halves with a slotted spoon to individual dessert dishes or arrange them attractively on a large platter. If you wish, you can place the halves on top of one another to resemble whole peaches. (Discard the syrup or save it to use for poaching fruit again.) Mask each of the peaches thoroughly with the *sauce cardinal*. Decorate the peaches with the *crème chantilly*. Then garnish them with whole raspberries if desired.

