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Featuring

War Horse Meatballs

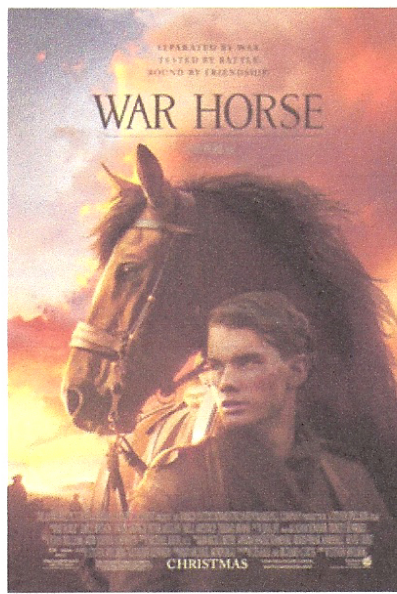
Clam & Bacon Dip by Hugo

The Iron Lady's Onion Soup

Descendant Crab Towers

Not Mini's Terrible Awful Chocolate Espresso Cups

February 8, 2012



Polpette di carne

Meatballs

1 pound (about 3 medium)
russet potatoes, peeled &
cut into chunks
1 garlic clove, peeled
½ pound ground beef
1 tablespoon chopped parsley
2 tablespoons grated Parmesan
1 small egg, lightly beaten
dry bread crumbs
olive oil, for frying

I ate something like these at Alla Vedova, a cicchetteria in front of ca d'Oro vaporetto stop. They were just fantastic. I noticed everyone having them with a beautiful glass of prosecco or vino before dinner. If you then continue, as I did, with all the other cicchetti & more wine, you can call it a day & a night & not need dinner.

These meatballs can be cooked in a skillet or deep fryer. The benefit of the deep fryer is that they will keep their shape better, but it doesn't really matter. If you like, you can make smaller ones. I like them large because they fit in a skillet in one batch & aren't too hard to turn.

You can also make these with part-boiled, mashed or finely chopped beef & some ground pork, so if you have some leftover chopped boiled meats, use them. This recipe makes simple, plain polpette but you could always spice them up a bit with a hint of chile or any other herb.

—Boil the potatoes in lightly salted water until just soft. Drain, then mash until fluffy. Crush the garlic on a board with a sprinkling of salt, until it is mashed to a pulp, removing any green bits if necessary. Add the garlic to the potato & mash together while still warm, then add the beef, & a little salt & mash again, first with a masher, then with a fork until there are no lumps.

__When the potato has cooled a little, add the parsley, Parmesan, & egg, & mix well, adding a little salt or pepper for taste, or whatever else you think would be good. Put in the refrigerator for an hour (*longer, if you prefer*), until they firm up.

__Grab enormous heaped teaspoonfuls of the mixture, rolling them firmly between your palms so you have big balls of about 2-inch diameter. Put the bread crumbs on a plate. Pour enough oil into a large skillet to come about 1 inch up the side of the skillet.

__While the oil is heating, roll the balls in the bread crumbs so they are totally covered. Gently put the balls into the hot oil. Fry them until the undersides form a beautifully golden crust, then turn them gently over with tongs or a spoon, taking care not to pierce them. Fry until golden & crisp, then drain on paper towels. Sprinkle with salt, & serve when they have cooled a little (*they are also good at room temperature*).

Makes 12 to 14



Clam & Bacon Dip

Makes about 2 cups

Prep Time: 15 minutes

Total Time: 1 hour 15 minutes (includes 1 hour chilling time)

4 ounces bacon (4 slices), chopped fine

3/4 cup sour cream

3/4 cup mayonnaise

2 (6.5 oz.) cans minced clams, drained

2 scallions, sliced thin

1 tsp. fresh lemon juice

1 tsp. Worcestershire Sauce

Salt & Pepper

Cayenne Pepper

Fry the bacon in a small skillet over medium heat until crisp, about 8 minutes. Transfer the bacon with a slotted spoon to a paper-toweled-lined plate to cool. When cool, combine with the remaining ingredients and season with salt, pepper and cayenne to taste. Chill until the flavors meld, about 1 hour or the night before. Bring to room temperature and serve with crackers or crostini.



English Onion Soup with Sage and Cheddar

Recipe Excerpted from JAMIE AT HOME by Jamie Oliver

Prep Time: 15 min. **Cook Time:** 1 hr 20 min

Level: Easy **Serves:** 8



Directions

There's something so incredibly humble about onion soup. It's absolutely one of my favorites but unfortunately I only ever get to make it in the restaurant or for myself as the missus thinks she's allergic to onions. (She's not, because I whiz them up into loads of dishes without her knowing!)

If you have the opportunity, get hold of as many different types of onion for this [soup](#) as you can - you need about 2 pounds in total. Sweat them gently and you'll be amazed at all the flavors going on.

Ingredients

- Good knob of [butter](#)
- Olive oil
- Handful fresh sage leaves, 8 leaves reserved for [garnish](#)
- 6 [cloves garlic](#), peeled and crushed
- 5 red onions, peeled and sliced
- 3 large white onions, peeled and sliced
- 3 [banana shallots](#), peeled and sliced
- 11 ounces [leeks](#), trimmed, washed and sliced
- [Sea salt](#) and freshly ground black pepper
- 8 cups good-quality hot [beef](#), [chicken](#) or [vegetable stock](#)
- 8 slices good-quality stale bread, 3/4-inch thick
- 7 ounces freshly grated [Cheddar](#)
- [Worcestershire sauce](#)

Put the butter, 2 glugs of [olive oil](#), the sage and garlic into a heavy bottomed, nonstick pan. Stir everything round and add the onions, [shallots](#) and leeks. Season with salt and freshly ground black pepper. Place a lid on the pan, leaving it slightly ajar, and cook slowly for 50 minutes, without coloring the vegetables too much. Remove the lid for the last 20 minutes, the onions will become soft and golden. Stir occasionally so that nothing catches on the bottom. Having the patience to cook the [onions](#) slowly, slowly, gives you an incredible sweetness and an awesome flavor, so don't be tempted to speed this up.

When your onions and leeks are lovely and silky, add the stock. Bring to the boil, turn the heat down and [simmer](#) for 10 to 15 minutes. You can [skim](#) any fat off the surface if you like, but I prefer to leave it because it adds good flavor.

Preheat the oven or broiler to maximum. Toast your bread on both sides. Correct the seasoning of the soup. When it's perfect, ladle it into individual heatproof serving bowls and place them on a baking sheet. Tear toasted bread over each bowl to t like a lid. Feel free to push and dunk the bread into the soup a bit. Sprinkle with some grated Cheddar and [drizzle](#) over a little Worcestershire sauce.

[Dress](#) your reserved [sage](#) leaves with some olive oil and place 1 on top of each slice of bread. Put the baking sheet into the preheated oven or under the broiler to [melt](#) the cheese until bubbling and golden. Keep an eye on it and make sure it doesn't burn! When the [cheese](#) is bubbling, very carefully lift out the baking sheet and carry it to the table. Enjoy.





Crab Towers with Avocado & Gazpacho Salsas

From the episode: *Restaurant Cooking at Home*

Serves 6

You can prepare the crabmeat salad and gazpacho salsa several hours ahead of serving, but the avocado salsa should be prepared just before assembly.

INGREDIENTS

CRABMEAT SALAD

- **3** tablespoons extra virgin olive oil
- **1** tablespoon champagne vinegar
- **1** teaspoon grated lemon zest or minced
- **1/2** teaspoon Dijon mustard
- **1/2** teaspoon table salt
- **1/8** teaspoon ground black pepper
- **2** tablespoons mayonnaise
- **12** ounces lump crabmeat (or backfin), preferably Atlantic blue crabmeat, carefully picked over for shell fragments

GAZPACHO SALSA

- **1** yellow bell pepper , cored, seeded, and cut into 1/8-inch pieces (about 1/2 cup)
- **1** medium plum tomato , cored, seeded, and cut into 1/8-inch pieces (about 1/2 cup)
- **1/2** small cucumber , peeled if desired, seeded, and cut into 1/8-inch pieces (about 1/2 cup)

- **1** small rib celery , cut into 1/8-inch pieces (about 1/2 cup)
- **1/2** small red onion , minced (about 1/4 cup)
- **1/2** small jalapeño chile , stemmed, seeded, and minced
- **1** tablespoon minced fresh cilantro leaves
- **3/4** teaspoon table salt
- **1/4** teaspoon ground black pepper
- **2** tablespoons extra-virgin olive oil
- **1** tablespoon sherry vinegar

AVOCADO SALSA

- **3** avocados (ripe), cut into 1/4-inch dice
- **1/4** teaspoon ground coriander
- **1/2** teaspoon table salt
- **1/2** teaspoon ground black pepper
- **2** tablespoons lime juice from 1 lime

GARNISH

- **1** cup frisée
- **2** oranges , peeled using a paring knife and segmented

INSTRUCTIONS

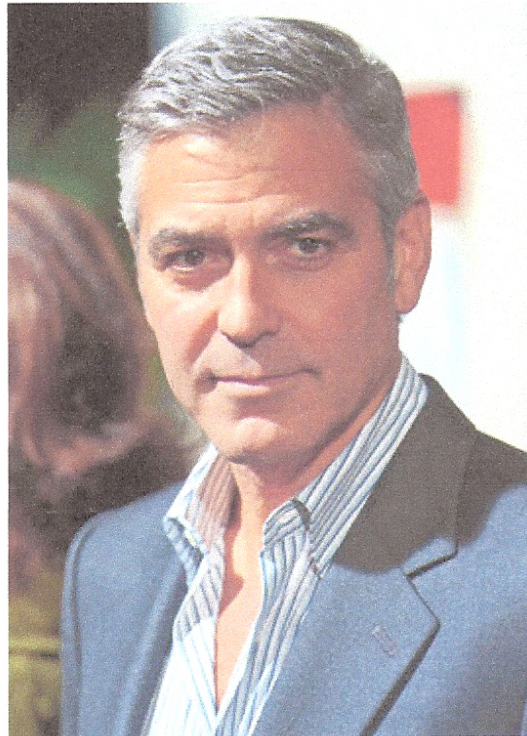
- **1. FOR THE CRABMEAT SALAD:** Whisk the olive oil, champagne vinegar, lemon zest, mustard, salt, and pepper together in a small bowl. Measure 3 tablespoons of the vinaigrette into a medium bowl and mix with the mayonnaise. Add the crabmeat to the mayonnaise mixture and toss to coat. Cover with plastic wrap and refrigerate until needed. Set the remaining vinaigrette aside.
- **2. FOR THE GAZPACHO SALSA:** Toss the yellow bell pepper, cucumber, tomato, celery, red onion, jalapeño, cilantro, salt, pepper, olive oil, and sherry vinegar in a medium bowl and set aside.
- **3. FOR THE AVOCADO SALSA:** Toss the avocado, coriander, salt, pepper,

and lime juice in a medium bowl and set aside.

- 4. TO ASSEMBLE: Place a 3-inch-wide round biscuit cutter in the center of an individual plate. Use a slotted spoon to press 1/3 cup of the Avocado Salsa into the bottom of the cutter using the back of a soup spoon. Lift the cutter off the plate slightly to reveal some but not all of the avocado. Holding the cutter aloft, press 1/3 cup of the Crabmeat Salad evenly into the cutter on top of

the avocado. Lift the cutter farther to reveal some but not all of the crab salad. Holding the cutter aloft, use a slotted spoon to press 1/3 cup of the Gazpacho Salsa evenly into the cutter on top of the crab. Gently lift the cutter up and away from the plate to reveal the crab tower. Repeat the procedure five more times with the remaining ingredients.

- 5. Dress the frisée with the remaining champagne vinaigrette. Place a few sprigs of the dressed frisée on top of each crab tower and arrange the orange segments, if using, around the towers. Serve immediately.



Molten Chocolate Espresso Cups

Recipe courtesy Tyler Florence

Prep Time: 8 min **Inactive Prep Time:** 15 min

Cook Time: 35 min

Level: Easy

Serves: 4 servings

Ingredients

- 6 ounces excellent-quality bittersweet chocolate
- 1/4 cup (1/2 stick) unsalted butter
- 1 cup sugar
- 2 large eggs
- 1/2 cup heavy cream, plus 1 cup for whipping
- 1 teaspoon pure vanilla extract
- Pinch salt
- 1/4 cup all-purpose flour
- 1 teaspoon espresso powder
- Unsweetened cocoa powder, for garnish

Directions

Preheat the oven to 350 degrees F.

Melt the chocolate with the butter in the top of a double boiler; set aside to cool. In an electric mixer with a paddle attachment (or by hand, with a spoon), mix the sugar and eggs until lightened in color, about 1 minute. Pour in the cooled chocolate-butter mixture, then beat or stir in the 1/2 cup cream, vanilla, and salt. Beat well, scraping down the sides of the bowl as you go. Add the flour and mix just until blended. Divide the mixture between 4 (6-ounce) oven-proof cappuccino cups. (They should be filled to 1/4-inch below the rim of the cup.) Put them on a baking sheet and bake for 30 to 35 minutes, just until the tops begin to crack. Do not over bake (the top should be crisp but the interior soft). Let them cool for about 15 minutes while you make the whipped cream.

Dissolve the espresso powder in the remaining 1 cup of heavy cream, then whip the cream until it forms soft peaks. Put a dollop of the flavored whipped cream on each warm "cappuccino" and garnish with a dusting of cocoa. Serve warm.





Left: Meatballs,
Clam & Bacon Dip

Below: Crab Towers
with Avocado &
Gazpacho Salsas



Above: English Onion Soup
with Sage and Cheddar



Left: Molten Chocolate Espresso Cups