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Luncheon for the AMEN Gourmet Cooking Group

Jolies & Julia

Based on Mastering the Art of French Cooking Volume One

Menu

- * AMUSE-GUEULE AU ROQUEFORT
- * POTAGE PARMENTIER
- * MACHE AVEC SAUCE VINAIGRETTE
- * GATEAU de CREPES a la FLORENTINE
- * CERISE JUBILEE

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* *AMUSE-GUEULE AU ROQUEFORT*

(Roquefort Cheese Balls-Cold) page 196

For about 24

½ lb. Roquefort or blue cheese

4 to 6 Tb softened butter

1 ½ Tb chives or minced
green onion tops

1Tb finely minced celery

Pinch of cayenne pepper

Salt if needed

1/8 tsp pepper

1tsp cognac or a few drops
of Worcestershire sauce

½ cup fine, stale, white
Breadcrumbs

2 Tb very finely miced parsley

Crush the cheese in a bowl with 4 tablespoons of the butter and work it into a smooth paste. Beat in the chives or onion tops, celery, seasonings, and cognac or Worcestershire. If mixture is very stiff, beat in more butter by fractions. Check seasoning carefully. Roll into balls about ½ inch in diameter.

Toss bread crumbs and parsley in a plate. Roll the cheese balls in the mixture so they are well covered.
Chill

Serve as they are or pierced with a toothpick

** POTAGE PARMENTIER*

(Leek and Potato Soup) page 37

For about 2 quarts serving 6-8 people

A 3- to 4-quart saucepan or pressure cooker

3 to 4 cups or 1 lb. peeled potatoes, sliced or diced

3 cups or 1 lb. thinly sliced leeks including the tender green; or yellow onions

2 quarts of water

1 Tb salt

4 to 6 Tb whipping cream or 2 to 3 Tb softened Butter

2 to 3 Tb minced parsley or chives

**MACHE AVEC SAUCE VINAIGRETTE*

(French Dressing) page 94

For about 1/2 cup

1/2 to 2 Tb good wine vinegar or a mixture of vinegar

and lemon juice

1/8 tsp salt

Optional: 1/4 tsp dry mustard

6 Tb salad oil or olive oil

Big pinch of pepper

Optional: 1 to 2 Tb minced green herbs, such as parsley, chives, tarragon, basil; or a pinch of dried herbs.

Either simmer the vegetables, water, and salt together, partially covered, for 40 to 50 minutes until the vegetables are tender; or cook under 15 pounds pressure for 5 minutes, release pressure, and simmer uncovered for 15 minutes.

Mash the vegetables in the soup with a fork, or pass the soup through a food mill. Correct seasoning. Set aside uncovered until just before serving, then reheat to the simmer.

Off heat and just before serving, stir in the cream or butter by spoonfuls. Pour into a tureen or soup cups and decorate with the herbs.

Use MACHE lettuce mixture

(sold in bags at Trader Joes)

Either beat the vinegar and lemon juice in a bowl with the salt and optional mustard until the salt is dissolved, then beat in the oil by droplets, and season with pepper, or place all ingredients in a screw-top jar and shake vigorously for 30 seconds to blend thoroughly.

Stir in the optional herbs and correct seasoning just before dressing the salad.

* PATE A CRÊPES

(Crepe Batter) page 191

For about 12 crepes, 6 to 6 1/2 inches in diameter serving 6-8 people

1 cup cold water
1 cup cold milk
4 eggs
1/2 tsp salt
2 cups sifted all-purpose flour
4 Tb melted butter
A rubber scraper

Method for Making Crepes

The first crepe is a trial one to test the consistency of your batter, the exact amount you need for the pan, and the heat.

An iron skillet or a crepe pan with a 6 1/2 to 7 inch bottom diameter

A piece of fat bacon or pork rind; OR 2-3 Tb cooking oil and a pastry brush

A ladle or measure to hold 3-4 Tb or 1/4 cup

Put the liquids, eggs, and salt into the blender jar. Add the flour, then the butter. Cover and blend at top speed for 1 minute. If bits of flour adhere to sides of jar, dislodge with a rubber scraper and blend for 2 to 3 seconds more. Cover and refrigerate for at least 2 hours.

The batter should be very light cream, just thick enough to coat a wooden spoon. If, after making your first *crepe*, it seems too heavy, beat in a bit of water, a spoonful at a time. Your cooked *crepe* should be about 1/16 inch thick.

Rub the skillet with the rind or brush it lightly with oil. Set over moderately high heat until the pan is just beginning to smoke.

Immediately remove from heat and, holding handle of pan in your right hand, pour with your left hand a scant 1/4 cup of batter into the middle of the pan. Quickly tilt the pan in all directions to run the batter all over the bottom of the pan in a thin film. (Pour any batter that does not adhere to the pan back into your bowl; judge the amount for your next *crepe* accordingly.) This whole operation takes but 2 or 3 seconds.

Return the pan to heat for 60-80 seconds. Then jerk and toss pan sharply back and forth and up and down to loosen the crepe. Lift its edges with a spatula and if the underside is a nice light brown, the crepe is ready for turning.

Turn the crepe by using 2 spatulas; or grasp the edges nearest you in your fingers and sweep it up toward you and over again into the pan in a reverse circle; or toss it over by a flip of the pan.

Brown it lightly for about $\frac{1}{2}$ minute on the other side. This second side is rarely more than a spotty brown, and is always kept as the underneath or nonpublic aspect of the crepe.

Slide crepe onto a plate. Grease the skillet again, heat to just smoking, and proceed with the rest of the crepes. Crepes may be kept warm by covering them with a dish and setting them over simmering water or in a slow oven. Or they may be made several hours in advance and reheated when needed.

As soon as you are used to the procedure, you can keep 2 pans going at once, and make 24 crepes in less than half an hour.

** Gâteau de Crêpes à la Florentine*

(Mound of French Pancakes Filled with Cream Cheese, Spinach and Mushrooms) page 193

For 4-6 people

Batter for 24 crepes 6 $\frac{1}{2}$ inches in diameter (see recipe above and double)

Sauce Mornay (bechamel with cheese) 3 cups

5 Tb flour

4 Tb butter

A 1 $\frac{1}{2}$ quart saucepan

2 $\frac{3}{4}$ cups boiling milk

$\frac{1}{2}$ tsp salt

$\frac{1}{8}$ tsp pepper

Big pinch of nutmeg

$\frac{1}{4}$ cup whipping cream

1 cup coarsely grated Swiss cheese

Make the crepes and set them aside.

Cook the flour and butter slowly together in the saucepan for 2 minutes without coloring.

Off heat, beat in the boiling milk and seasonings. Boil, stirring, for 1 minute..

Reduce to the simmer and stir in the cream by tablespoons. Sauce should be thick enough to coat the spoon fairly heavily. Remove from heat and correct seasoning. Stir in all but two tablespoons of the cheese. Film the top of sauce with milk to prevent a skin from forming.

The spinach filling

1 Tb minced shallots or green onions
2 Tb butter
1 $\frac{1}{2}$ cup blanched chopped spinach
 $\frac{1}{4}$ tsp salt

The cheese and mushroom filling

1 cup cottage cheese or 8 ounces cream cheese
Salt and pepper
1 egg

$\frac{1}{4}$ lb. (1 cup) minced mushrooms
1 Tb minced shallots or green onions
1 Tb butter
 $\frac{1}{2}$ Tb oil

Forming the mound

A round baking dish about 9 inches in diameter and
1- $\frac{1}{2}$ inches deep
3 Tb grated cheese
 $\frac{1}{2}$ Tb butter

Baking

About 25 to 30 minutes before serving time, place in
upper third of a preheated 350-degree oven to heat
through thoroughly and brown the top lightly. To
serve, cut in pie-shaped wedges.

Cook the shallots or onions in butter for a moment in
an enameled saucepan. Add spinach and salt, and stir
over moderately high heat for 2 to 3 minutes to
evaporate moisture. Stir in $\frac{1}{2}$ to $\frac{2}{3}$ cup of the cheese
sauce. Cover and simmer slowly for 8 to 10 minutes,
stirring occasionally. Correct seasoning and set aside.

Mash the cheese in a mixing bowl with the seasonings.
Beat in $\frac{1}{3}$ to $\frac{1}{2}$ cup of the cheese and the egg.

Saute the mushrooms and shallots in butter and oil for
5 to 6 minutes in a skillet. Stir them into the cheese
mixture, and correct seasoning.

Butter the baking dish, and center a *crepe* in the
bottom. Spread it with a layer of cheese and mushroom
filling. Press a *crepe* on top and spread it with a layer
of spinach filling. Continue with alternating layers of
crepes and filling, ending with a *crepe*. Pour the
remaining cheese sauce over the top and sides of the
mound. Sprinkle with the 3 tablespoons of cheese and
dot with 3 or 4 pea-sized bits of butter. Set aside.

*** CERISE JUBILEE**

For about 16 SERVINGS,

- 2 (16 oz.) cans pitted, dark sweet cherries
- ½ cup sugar
- ¼ cup cornstarch
- Brandy or Kirsch

Drain cherries; reserve syrup adding water to make 2 cups liquid. In saucepan, blend sugar and cornstarch. Gradually add cherry syrup, mixing well. Cook and stir over medium heat until mixture thickens and bubbles. Remove from heat and stir in cherries. At this point you can let it cool and then transfer to a container and refrigerate overnight or for a couple of days.

To serve: Pour mixture into a saucepan and reheat. Pour over vanilla ice cream.

To Flambe: Reheat mixture in a saucepan and then transfer to a chafing dish. Heat ½ cup brandy or Kirsch in a small saucepan. Pour heated brandy over cherry mixture and ignite. Stir into sauce and the flames will die out and serve over ice cream.



Left: Amuse-Gueule au Roquefort



Below: Potage Parmentier



Above:
Mache et Gateau de Crepes a la Florentine



Right:
Cerise Jubilee