



AIOLI (for boiled beef or corned beef)

Mash 4 to 6 fat cloves of garlic with some salt. Put them in a food processor and process till finely chopped. Scrap off the sides of the bowl and add a thick slice of bread, trimmed of its crust and torn into pieces. Process until a pure'e is formed. Add the yolk of one egg. Process. Then dribble in safflower oil while the machine is running until a thick mayonnaise is formed which will take about a cup of oil. Thin with lemon juice and season with a Tb or two of rich olive oil.

ALL TIME BEST VANILLA ICE CREAM (Roger Vergé)

Scant 1/2 pint milk
3 egg yolks
2 oz sugar
2 Tb double cream
Vanilla

Wisk sugar and yolks until they make a 'mayonnaise'. Add cream and milk, flavor with vanilla.

Freeze in ice cream maker. Can be flavored with instant coffee, powdered cocoa.

AN APPLE ICE CREAM FOR MARGOT

Beat the yolks of 3 eggs, add 1 cup good, pulpy apple juice and stir over a low fire until mixture thickens. Cool

Beat the whites until stiff, then beat in a syrup made by boiling 1 cup sugar with 1/3 cup apple juice until a shiny, stiff meringue is formed. Whip 1 cup cream.

Fold cream into the cooled custard, then carefully fold in the meringue. Freeze 4 to 5 hours. Serve with a shot of calvados or apple jack poured over it.

APPLE TART

Line a tart tin with pastry and spread it with a layer of FRANGIPANE.

Peel, core, and slice 3 or 4 apples and press them into the frangipane. Sprinkle with sugar and dribble with butter.

Bake at 425 F for 10 to 15 minutes then 35 to 40 minutes at 350 F. The tart will be browned and puffed up when done.

ASPARAGUS STEW

Two dozen asparagus cut into one inch lengths on a slant. Place in skillet with 1/3 cup water, cover, bring to a boil and boil 2 minutes. Uncover and cook until asparagus are just tender.

Drain off water. Add some butter and a pinch of stock cube, shaking pan until the asparagus are glazed.

AVOCADO CAULIFLOWER

Trim and cut a cross in the core of a fine cauliflower. Steam until just cooked, but still crisp.

While warm pour over it all but 3 Tbs of a dressing made by processing

4 oz olive oil
juice of 1 lemon oregano & mint
chopped spring onions chives
garlic

Mash an avocado in the remaining dressing and spoon it over the dressed cauliflower.

Serve tepid.

BECHAMEL

Bring to a boil slowly and then infuse over a very low heat for 30 minutes the following

20 oz milk

1 onion pricked with 2 cloves
1 carrot quartered
1 piece of celery bay leaves
orange peel

Let foam a minute a roux made with

2 oz butter
2 oz flour

Pour in the infused milk and whisk.

Let the sauce sit a few minutes over a low heat, stirring occasionally.

BRAN MUFFINS

1 1/4 cup flour
1 Tb baking powder
1/4 tsp salt
2 Tb sugar
1 cup All-Bran
1 cup milk
1 egg
3 Tb vegetable oil

In the bowl of a food processor put the mix egg and milk, then add All-Bran, process in one or two short bursts. Let soak a few minutes, then add the rest of the ingredients and process again in short bursts til just mixed

Grease cast iron muffin tins with spray corn oil and fill them about half full with batter.

Bake at 400 F about 25 minutes.

BRIOCHE

3 eggs
4 oz melted butter 1/4 cup water*
Process

(* warm water with 1 pkg yeast if fermipan isn't available).

Add

1 1/2 cup flour
1 Tb fermipan yeast
1 Tb powdered buttermilk
1 Tb sugar 1 tsp salt

Then 1/2 cup more flour to form a ball. Knead on a board a bit. Let rise an hour or an hour and a half, until doubled.

CASSOULET

Pork loin or tenderloin marinated with a salt, lemon rind and spice mixture for several hours, then pan roasted.

Sausage cakes made from ground pork, garlic, brandy or whiskey, bay, allspice, mace

Pork rind spread with a mixture of chopped parsley, garlic, mace, cinnamon, cloves then rolled into a 'log'.

White beans, soaked and simmered til almost tender with a pig's trotter, rind, salt pork, carrots, bay.

Lamb stew made from lamb shoulder, garlic, carrots, onions, white wine, tomatoes, broth and/or bean cooking liquid.

Assembly: rub a shallow casserole with garlic, slice the 'log' of pork rind into rounds and make a layer of them on the bottom of the dish. Now the roast pork in a layer. A third of the beans, pepper each layer of beans generously. The lamb from the stew and the carrots. More beans, pepper. Sausage cakes and the rest of the beans.

Dust the top with a mixture of chopped parsley and bread crumbs. Ladle on the sauce left from the lamb stew until the liquid rises to the top. Dust again with parsley and crumbs. Dribble over the topping melted goose fat, pork lard, or butter.

Put into a very hot oven (400 to 425 F) until the surface begins to bubble and the cassoulet is heated all the way through. Turn down the oven (275 to 300 F) and regulate the heat to maintain a steady bubbling. When the liquid reduces (about 20 minutes) baste with the sauce from the lamb stew, then the bean liquid every 20 minutes or so. Break the crust as it forms, and push it down into the cassoulet and baste. The cassoulet should cook at least two hours at this low heat and the crust should be broken and reformed at least three times. It is unlikely that the meat and beans will dry out if constantly basted.

CHOUROUTE

Almost equal amounts of onion and sauerkraut. Sauté onion in butter. Toss with kraut. Moisten with white wine and broth. Season with lots of black pepper and crushed juniper berries. Steam 30 to 45 minutes.

CONVECTION OVEN BREAD (A large round flat loaf)

Into the bowl of a processor equipped with a dough blade put

6 cups white flour
small handful wholewheat
1 Tb salt flour 2 Tb fermipan yeast
1 Tb sugar

Process till mixed and pour in 2 cups of warm water.

Process another minute or two, until dough forms a ball and rides up and around the blade. Fairly sticky.

Into a warm bowl pour a good Tb of fruity olive oil and turn the dough into this. Cover with cling film and leave to rise in a warm place for two hours.

Deflate with a spatula and turn out onto a baking sheet sprinkled with corn meal. Put on an upper shelf in a cold convection oven and let sit 5 minutes. Set heat at 200 C and turn on. After 15 minutes or once the loaf is set and begun to brown, dislodge it from the baking sheet onto the rack and bake another 15 minutes. Let cool at least 2 hours.

CORNBREAD

Mix 2 cups of white cornmeal with 3 to 4 Tbs bacon dripping. Sprinkle in a scant Tb salt, 1/2 tsp baking powder. Then enough buttermilk to make a soft dough the consistency of wet sand. Drop as pones into a hot, greased skillet.

Bake at 475 F for 30 to 45 minutes, lowering the heat to 375 F as the pones firm up, until brown on the outside and still moist inside

CRANBERRY RELISH

12 to 16 oz cranberries
1 small orange
3/4 to 1 cup sugar

Process all three ingredients until finely chopped. Store in refrigerator for 2 to 3 days.

CREME CARAMEL

Line a mold with a caramel made from 3 oz sugar and 2 Tb water.

1 egg
1 yolk
1 oz sugar
7 oz milk
vanilla

The above proportions for every two people. Beat eggs and yolks with sugar. Heat milk in the caramel pan and pour into the egg mixture. Strain into caramel lined mold. Bake 1 hour at 350 F in a bath of hot water.

CREPE BATTER

Whisk together

1/3 cup flour (43g)
pinch of salt
3 eggs

Stir in about 1 cup of liquid, milk, water (and some beer for savory dishes).

Add

1 Tb Scotch whiskey
3 Tb melted butter

Yields 10 - 12 crêpes

DOYLE'S VINEGAR DRESSING (for hot German potato or salade frissée)

In a wok fry 1 lb of chopped bacon.

Add

1 cup vinegar
1/2 cup sugar
pepper
1/2 tsp or so corn starch mixed with some broth

Stir in boiled potatoes or bitter greens, toss a few seconds to heat through.

EGGPLANT & PASTA SALAD

Peel and dice one large eggplant. Salt and drain in a colander for at least half an hour.

Chop up about a cup of celery and sweat it in a bit of olive oil for about 5 minutes. Add one finely chopped onion, two cloves of garlic and a small handful of parsley minced together, oregano, thyme. Cook slowly for another five minutes. Set Aside

Fry the eggplant in olive and safflower oils until lightly browned and soft. Drain off excess oil. Stir in the onion/celery mixture along with a large can of Italian plum tomatoes, chopping them up as you mix them in. Season with balsamic vinegar and some sugar. Simmer twenty minutes. Remove from the heat and let cool slightly.

Cook 8 ounces of small shell pasta. Drain. Season with the eggplant cooking oil and more olive oil if necessary. Pepper generously. When the sauce has cooled, mix it and the pasta together. Add some black olives and capers if you like.

Serve warm, or at room temperature with fresh grated parmesan cheese.

ENDIVE MOUSSE

1 endive person. Cut in half. Brown in butter. Arrange in casserole. Pour in some water, almost to cover, add butter, stock-cube. Cook 25 minutes. Drain. Pack in shallow dish. Pour a bit of cream on them. Bake 10 to 15 minutes, till cream is completely absorbed and endive are glazed. Serve with pheasant.

EXCELLENT SPOONBREAD

Simmer together for 2 minutes

1 cup milk
2/3 cup stoneground corn meal (white is usual but yellow works)
2/3 cup water
1 tsp salt 2 Tb butter
1/2 Tb sugar

Cool. Then beat in, one at a time, 3 egg yolks (and 1/2 tsp baking powder -- which I sometimes forget to do, and doesn't seem to make any difference). Whisk 3 egg whites until stiff and stir a third into the meal mixture. Then pour this back into the whites and gently fold together.

Bake at 375F for 25 minutes, nearer the bottom of the oven.

FANCY CORN BEEF & CABBAGE WITH AIOLI

Cook until tender a piece of corn beef in a mixture of semi-dry white wine and beef broth to which has been added a chopped onion, some carrot, bay leaves, a small piece of cinnamon bark, juniper berries, and a clove or two, dried orange peel, three cloves of garlic, thyme, a splash of apple cider vinegar.

Braise carrots and onion in some of the cooking liquid, which will be very salty, so dilute it. Make a little sauce lightly thickening some of the corn beef liquor and vegetable braising liquor and beef broth with flour or corn starch.

Steam potatoes and cabbage, toss with melted butter and chopped parsley.

Arrange all these on a large platter with sliced meat. Serve with AIOLI.

FISH SOUP

Make a stock from fish scraps, shells, and trimmings, onions, carrots, celery, bay, orange peel, some white wine, and/or clam juice. Strain.

Simmer this with a thinly sliced onion, several skinned, seeded, chopped tomatoes, a dash of tomato paste, and 1/2 cup good olive oil. Let it boil enough to emulse the liquid and oil.

Bring to a boil just before serving and add some scallops, oysters, shrimp, small pieces of fish, parsley. Put a lid on the pot, and when it returns to the boil turn off the heat. In about 3 to 5 minutes it will be ready to serve with ROUILLE, croutons and grated cheese, if you wish.

The fish and shellfish can be omitted altogether.

FRANGIPANE (for an APPLE TART or HARRISON STICKLE PEEK-A-BOO)

Process until thick and creamy

3 1/2 oz sugar
1 egg
1 egg yolk

With machine running add

3 1/2 oz butter in small cubes
2 Tbs whiskey
3 1/2 oz ground almonds
2 level Tbs flour

Chill.

GAZPACHO

Chop in processor

1/2 English cucumber
1 sweet pepper

Chop in a separate batch

1 onion
7 to 8 spring onions

Then process

1 crushed clove of garlic
juice of 1/2 lemon
2 Tb vinegar
1/4 cup oil
1 to 2 Tb tomato paste
1 canned pimento

Add 1 can of Italian tomatoes.

Mix vegetables and sauce together. Thin with tomato juice. Season with vinegar, lemon, salt, sugar, and rich olive oil.

Chill several hours.
Serve with croutons.

GRATIN OF FISH, SHELLFISH OR GOUJON OF CHICKEN

Make a very thick veloute' sauce using stock and some vermouth.

Coat the flesh cut into strips or small (3 inch) chunks. Sprinkle with bread crumbs saute'ed in butter. Bake in a fiercely hot oven about 8 minutes or just until flesh is about done.

Shake dish to mix juices and sauce -- fish will release quite a bit of liquid which is the reason for the very thick coating

HARD BOILED EGGS (Using a pressure cooker and almost fool proof to peel)

Fill pressure cooker with enough water to cover the eggs. Bring to a boil and lower in the eggs. Cover, bring rapidly to 15 lbs pressure.

Remove from heat and let sit 5 minutes. Release pressure at once.

Plunge eggs in cold water and peel under running cold water.

ISLANDS IN CUSTARD

Make a meringue from the following

8 egg whites
scant 1/2 tsp cream of tartar
1 tsp vanilla
1 cup sugar

Pour into a heavily buttered and sugared 4 quart dish. Bake at 250 F for 40 minutes. Let cool and sink. Refrigerate overturned on a plate.

Cut into eighths and serve on a custard made from

4 egg yolks
1/2 cup sugar
1 cup milk
some rum & butter stirred in

IVORY SUMMER SOUP (Not bad hot either!)

For each two servings, chop a medium onion and dice an medium potato. Put a lid on the pot, sweat the onion in some vegetable oil (or butter if you want a hot soup). Add a couple small yellow squash and a bit of peeled cucumber, cut up in chunks. When the onion becomes translucent, add the diced potato, a pinch of dried thyme, some cumin, salt, pepper, and a couple bay leaves. Replace the lid and let swelter ten minutes or so.

Add enough chicken broth to float the vegetables so they won't stick as the soup cooks. Simmer half an hour or until the potatoes are soft. Stir in a lump of cream cheese, not a lot, just enough to give the soup an ivory cast. Purée, thin with more broth or water (ice cubes help speed up the cooling).

Season with lemon. Chill. Or serve hot, now or later, reheated very gently.

KEDGEREE

Pour boiling water over 1 lb of smoked haddock to cover. Let sit for 10 minutes. Drain, but save the water; skin, bone and flake the fish.

Brown lightly a large, sliced onion in olive oil. Sir in 6 oz of basmati rice and tsp of good curry paste. Fry until the rice is translucent. Stir in 20 oz of fish-water and a stock cube. Boil slowly, uncovered until rice is tender, adding more liquid is necessary -- about 20 to 30 minutes. Fold in the haddock.

Serve with lemon wedges, chopped parsley, chopped hard boiled eggs and mango chutney.

LAVENDER BRANDY

Put 2 large handfuls of lavender leaves into a jar or bottle with 20 oz of vodka, brandy, or marc. Set them in a sunny window and leave them for 15 days to a month.

Make a sugar syrup with 12 oz of sugar melted and boiled in 10 oz of water. Strain the vodka, brandy, or marc and add the syrup a bit at a time, tasting until the flavor is neither too strong nor too sweet.

Keep for a month, but three to four months are better.

LAVENDER RATAFFIA

Fill a liter bottle about a quarter full with LAVENDER BRANDY and then to the top with a dry white wine.

Keep for two weeks or so. Served well chilled.

LEMON CREAM

Beat until ribbon forms

3 egg yolks
1/2 cup sugar
1 tsb lemon rind
1 tsb orange rind

Soften and dissolve 1 Tb gelatin in 1/2 cup orange juice over a low heat. Add this to the yolk mixture along with 1/2 cup lemon juice.

Let it thicken to about the consistency of egg whites. Whip 1 cup cream. Beat 3 egg whites and 1/4 cup sugar into a soft meringue. Fold cream into the yolk mixture, then fold in the egg whites. Chill.

LIGHT CUSTARD SAUCE

Beat to cream

2 eggs
5 Tb sugar

Add 1 cup hot milk Pour into a pan and stir over a low heat until thick.

Flavor with vanilla, rum, orange zest or lemon zest, liqueurs.

MARJOLAINE

Make NUT MERINGUE and spread it on the baking sheets in four 6" x 4" bands. Bake at 275 F for 45 minutes. Trim evenly while still warm. Cool.

Make a buttercream by processing the following altogether

4 oz butter
1 to 2 Tb sour cream
1/4 cup powdered sugar
2 egg yolks vanilla
rum, whiskey, lemon juice

Make a PRALINE and beat it into half of the above buttercream. Make a chocolate cream by beating 3 oz of sour cream into 7 oz of melted, bitter chocolate. Chill the fillings, and assemble the meringues with them thus

.....:praline:.....
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.....:plain butter:.....
=====

.....:chocolate:.....
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The fourth meringue can be crushed and used instead of the praline above, or it can top the whole marjolaine, sprinkled with powdered sugar. Ice the sides with the remaining chocolate cream.

Keep in the refrigerator a day or two before serving.

MASHED POTATOES

Peel and boil potatoes until tender. Sieve back into their pan with a mouli legume . Beat them with a generous amount of butter. Salt lightly. Add hot milk, or milk and some of the cooking water, splash by splash until a soft pureé is formed.

MEATBALLS

For each 3/4 pound of minced veal, pork, beef (or a combination) process

1 egg
1 thick slice bread

Season with salt, pepper, cumin, thyme, oregano. With motor running add meat in small handfuls and process until a smooth paste is formed. Two batches (or 1 and 1/2 pounds of meat) makes enough meatballs for six people.

Roll into small, marble-sized balls. Drop into a rich tomato sauce. Cook gently for 20 minutes.

Best when made ahead and re-heated. Serve on spaghetti or rice. Or stir the spaghetti into meatballs and sauce and let them sit in a warm place for five minutes, this allows the pasta to absorb some of the sauce resulting in a less Italian al dente but more Franco-American style dish. It's better, honestly.

The meatballs can also be fried.

MRS DULL'S SQUASH CASSEROLE

2 cups yellow squash
3 Tbs butter or bacon dripping
chicken broth powder
salt, pepper, thyme
1 cup dry bread crumbs
1 chopped onion
1 cup milk
2 eggs

Chop up squash, place in sauce pan with chopped onion, broth powder, butter or bacon drippings. Cook covered over medium heat until soft. Mash with a fork, add milk, bread crumbs, salt, pepper (a lot of pepper), thyme. Beat in the eggs one at a time. Bake 20 to 30 minutes in a 350 degree oven.

NUT MERINGUE (for cakes)

Beat until soft peaks form

3 egg whites
pinch salt
1/8 tsp cream of tartar

Add and continue beating until shiny peaks form

2 Tbs sugar
1 Tbs vanilla extract
1 dash almond extract

Mix together and fold in

1/2 cup sugar
3/4 cup (3 oz) ground hazel nuts or pecans, or walnuts
1 Tbs corn starch

Spread on baking parchment. Bake 250 F for about 2 hours, or 350 F for 20 to 35 minutes. Spread with a thick layer of buttercream. Chill, then ice with a chocolate ganache.

Keep at least one day before serving.

PARSLEYED HAM

Simmer a 1 and 1/2 pound piece of ham in stock and white wine, carrot, celery, onion, thyme, garlic, allspice berries, and tarragon for about an hour. Cover and cool another hour. Remove the ham and reduce the cooking stock to 2 1/2 cups. Clarify using two egg whites, but make sure when simmering the mixture that the egg whites are thoroughly cooked, otherwise they'll break up and cloud the broth. Dissolve 2 Tbs gelatin in 1/4 cup white wine and stir it into the stock.

Process

1 cup parsley
1 clove garlic
dried tarragon
1 Tbs wine vinegar
3/4 cup of the above aspic

Pour the above mixture into a dish. Let it set in the refrigerator or freezer. Chill the rest of the aspic but don't let it thicken beyond a syrupy stage. Cut the ham into chunks and pack it into the parsley aspic dish. Pour on the plain aspic. Let set overnight.

Will keep a week chilled or a month frozen.

PASTA (9 oz)

Process all at once until it forms a ball

1 3/4 cup flour
2 large eggs
2 - 4 Tbs cold water

Wrap in cling film and let rest an hour or so.

PIE DOUGH FOR EVERYTHING

8oz flour (1 1/2 cups)
6 oz butter 1 tsp salt
6 Tbs iced water

Put all of the above into a food processor and flick on and off several times until a ball is just about to form. Dump out onto a board and blend by smearing the dough bit by bit with the palm of your hand. Gather, pat into a thick round. Chill.

Roll out not too thin. For blind-baked shells, pinch a single (not folded over) rim about an inch above the rim. As it cooks the sides will shrink and slide down. Put into freezer for a hour or so, if possible. A
Bake at about 400 F for ten minutes weighted, until set. Then a few more minutes without weights to dry the shell out.

PRALINE

Into a heavy bottom sauce pan put 1/2 cup finely chopped hazel nuts or pecans and 1/2 cup sugar. Set over a medium heat. The sugar will begin to melt and brown. Stir until it is a deep brown. Remove from the heat and pour out onto a greased baking sheet. When cold, crack up the pralin and grind it into a fine powder using a food processor.

PRESSURE COOKER BEANS

To soak: bring beans to a boil; boil 2 minutes; cover, let sit off heat 1 hour.

To cook: 1 minute at 15 lbs pressure. 10 minutes off the burner, then release pressure.

PUMPKIN PIE

Line a 9 inch tart pan with this nut paste: Grind together finely

8 oz hazelnuts or pecans
1/4 cup sugar

Add a scant 3 oz of butter and process until a dough is formed. Press into the tart tin and bake 15 minutes at 375 F or until it is browned and set.

Process and fill with:

2 eggs
1/3 cup molasses
1/3 cup brown sugar
1 cup cooked pumpkin
a small tart apple
grated fresh ginger & orange peel, cinnamon, clove, cumin
2 Tbs brandy or calvados
2/3 cup light cream

Bake 20 minutes. Sprinkle the top with 3 Tbs ground nuts and drizzle over this 3 Tbs melted butter. Bake another 35 minutes or until set. Serve with a barsac.

RATATOUILLE

Boil four or five cut up onions until tender and transparent, 15 to 20 minutes. Chop up 4 garlic cloves with a good pinch of basil leaves, rosemary, thyme, and powdered bay. Mix this with two small cubed egg plants and as much cubed zucchini. Moistened with a generous amount of olive oil and place in a large, heavy bottom pan. Add the onions and simmer, stirring often, for 20 to 30 minutes.

Now add a chopped green pepper and a chopped fresh pimento, some more oil and simmer another 20 minutes, stirring. Add several large, peeled, seeded tomatoes. Simmer covered, stirring often. As it begins to get done, season with more olive oil, tomato paste, crushed garlic, herbs, salt, lots of black pepper.

Ratatouille must never boil. Tomatoes must always be added after all the other vegetables are cooked. The secret is constant stirring, and there is no such thing as too much oil.

RICH SALAD DRESSING

Blend or process until smooth

1/2 tsp Dijon mustard
1 Tb lemon juice 1 tsp good vinegar
3 to 4 green onions
1/2 cup safflower oil
1 Tb heavy cream
1 Tb chicken broth
3 Tb rich olive oil dash of tabasco
dash of Angostura bitters salt
pepper

ROAST CHICKEN

Salt and pepper chicken (3 pounds) inside and out. Truss. Turn in a hot skillet with 3 Tbs foaming butter. Put on side in skillet. Roast 400 F 15 minutes. Turn on other side. Roast 15 minutes. Turn breast up and roast 30 to 35 minutes, basting every 5 minutes. Let rest before carving.

ROLLED SOUFFLE

Mix together, and boil until thickened

1/2 cup flour
2 cups cold milk

Beat in 4 egg yolks, salt, pepper, nutmeg. Whisk until stiff 6 egg whites and fold them into the cooled sauce along with 1/2 cup grated cheese. Spread this mixture in a jellyroll pan that has been lined with foil, buttered heavily, and floured. Bake at 375 F for 18 to 20 minutes. Remove from the oven. Cover with a tea towel dampened with hot water and wrung dry. Flip over and unmold the souffle. Peel off the foil.

Spread with a filling: grated courgette lightly saute'ed with spinach; or salmon and cream; or crab meat mixed with tomato sauce; broad beans pure'ed; chopped ham and cheese ... Roll up the souffle using the towel it was turned over onto. Serve with a tomato sauce, ratatouille, or sour cream beaten with cream, depending upon the filling.

ROUILLE (for fish soup)

Follow the recipe for AIOLI but reduce the garlic to one or two cloves and add one well-drained tinned pimento, a Tb of tomato paste, basil, parsley, tabasco, and/or a TB of harissa along with the bread.

This sauce will be somewhat thinner than the aioli.

SAUERKRAUT SOUP

Drain and rinse 2 lbs sauerkraut. Simmer in 8 cups of brown stock for 1/2 hour. Sauté 1/2 cup sliced onion in 3 Tb butter until soft. Stir in 1/4 cup flour and 1/2 tsp paprika, cook for 3 minutes. Add 2 cups of soup liquid and pour back into the rest of the soup. Dice a large potato and simmer it in the soup for 15 minutes. Sauté 1/2 lb sliced polish sausage in some butter. Add to the soup. Heat for 5 minutes.

SHAKER HAM LOAF (Good hot with Shaker Sauce or cold as a paté)

2 lb diced smoked ham
1 cup bread or cracker crumbs
1 lb fresh pork sausage meat
1 1/2 cup tomato juiced mixed with 1 small onion
1 Tb sugar 2 eggs
salt, pepper, whole cloves

Process the onion. Add the ham and chop til fine, then add the eggs, the crumbs, salt, pepper, and all but 1/4 cup of the tomato juice. Process in short burst until well mixed. Mound in a shallow pan, stud the top with whole cloves, and pour the remaining juice over the top. Bake for two hours in a pan of hot water at 350 degrees.

SHAKER SAUCE

Process together 1 cup of white sauce with a small chopped onion, a large dollop of mustard, another of horse-radish, a bit of brown sugar and a handful of raisins until the raisins have been roughly chopped. Heat over a low flame. Serve with SHAKER HAM LOAF.

SHELLFISH BISQUE

Sauté some chopped celery, onions and carrots in butter. Set aside. Sauté shrimp or lobster or crab shells until they are bright red. Flame with whiskey or brandy. Add white wine, bay, thyme, the vegetables, chopped tomatoes, a bit of garlic. Simmer this 20 minutes. Process and sieve, scraping and pressing.

Boil a small handful of rice in fish stock and beef broth. Drain. Puree with a bit of shrimp, crab, or lobster meat and some of the stock. Sauté some shrimp, crab, or lobster meat quickly in butter with a few chopped scallions or shallots. Deglaze the pan with wine. Add this to the tomato and vegetable mixture along with the rice puree and some of the broth. Enrich with heavy cream.

To serve, heat and season with pepper and parsley.

SMITHFIELD (or Country) HAM

Wash and scrub. Soak 24 to 48 hours. Place in a roaster with 4 cups of water, or wine and water. Cover with foil, seal, put on the lid. Set in a cold oven and heat to 500 F. Cook 20 minutes. Turn off, and let sit, not opening the door, for 3 hours. Then heat to 500 F again. Bake 20 minutes. Turn off. Let the ham remain undisturbed in the oven 6 to 8 hours, or overnight, which is best.

SOFT HOLLANDAISE (A very subtle sauce)

Beat to a froth 4 egg yolks and 2 Tbs of water over a low heat until the mixture thickens. Whisk in 8 oz of softened butter in Tb bits. Salt lightly. Season with a few drops of lemon juice and tabasco.

SOUR LEMON PIE

Process

3 eggs
3/4 cup sugar
zest of a small orange

Pour in

1/2 cup lemon juice
1/4 cup orange juice
2 Tb cup heavy cream

Fill a pre-baked pie shell or graham cracker crust. Bake for 10 minutes at 375 F. Reduce heat to 350 F and bake 15 more minutes.

SUPERB OYSTER STEW

Drain oysters. Heat butter to foaming, add celery seed, Worcester sauce, then oysters. When they begin to plump, add drained liquor and cream. Heat to simmering.

Serve with a lump of butter, a dash of paprika and oyster crackers.

TENDER YEAST PASTRY (For tarts, pizzas, pissaladière)

1 Tb fermipan yeast
heaping 1/2 Tb sugar
heaping cup flour
3 Tb peanut oil
1 egg
1/4 cup tepid water

Put dry ingredients into a food processor. Beat egg, oil and water together and add it to while the machine is running. Turn out onto a floured board. Knead lightly. Let rise 2 hours. Punch down. Chill. Roll out like pastry dough.

TOMATO ASPIC

12 oz V-8 or tomato juice
4 oz broth
2 Tb gelatin or 1 (6 gm) envelope
seasonings

Sprinkle the gelatin over the broth in a small metal cup. When it has been absorbed by the liquid, heat gently until the granules of gelatin have been dissolved completely. Stir into the juice and season with whatever, sesame oil, hot sauce, herbs. Pour into a lightly greased mold and chill until set. Unmold and serve with ham salad, or just cottage cheese and mayonnaise, a few asparagus.

TOMATO SALAD

Quarter or 'eighth' a good pound of firm tomatoes. Season with 1 Tb salt. Pepper. 4 Tb vinegar and 2 Tb olive oil. Mix. Let sit 2 to 3 hours. Just before serving, drain. Sprinkle with 3 Tb fruity olive oil and dust with chopped parsley.

VERY GOOD TUNA MAYONNAISE (for vitello/pollo tonnato)

Process

1/2 cup olive oil
3 1/2 oz tuna
1/4 cup lemon juice
3 anchovy fillets
1 Tb capers

While the machine is running add 1 egg yolk and then dribble in 3/4 cup olive oil.

VERY RICH CHOCOLATE CAKE

Soak

1/2 cup raisins
1/2 cup whiskey

Beat until it becomes a 'mayonnaise'

3 egg yolks
2/3 cup sugar

Melt and fold in

7 oz bitter chocolate
1/2 cup butter
4 1/2 Tbs cake flour
2/3 cup ground almonds

Then the whiskey and raisin mixture. Whisk 3 egg whites and gently fold them in. Baked in a buttered, lined, floured 8 inch cake pan for 20 minutes at 350 to 375 F. Let rest 10 minutes. Unmold on a rack.

Ice with 5 oz of bitter chocolate melted with 3 oz of butter and flavored with whiskey.

YEAST WAFFLE BATTER

7 oz flour (2 1/2 cups)
1 Tb yeast 2 eggs
2 oz butter 1/2 pint milk
rum pinch salt
pinch sugar

Mix dry ingredients.

Process in liquid.

Leave overnight.

YORKSHIRE PUDDING [TOAD IN THE HOLE]

3 eggs
4 oz (2/3 cups) flour
salt
5oz milk + 5 oz water

Mix batter to the consistency of cream. Chill 2 hours. Melt 2 Tb dripping or lard in a shallow roasting tin in a 425 F oven [or 1 pound link or patty sausages baked 15 to 20 minutes] on the shelf above center. Pour in batter. Reduce heat to 375 F or so after 15 minutes. In all, bake about 25 minutes.

The same batter with some sugar poured over buttered fruit (cherries, sauteéd apples, marinated raisin or prunes) makes a nice clafouti.

TUSCAN BEAN SOUP

Soak and cook

12 oz dried cannelli beans

Cook slowly, until beginning to brown in plenty of olive oil

2 onions

6 stalks of celery

2 clove of minced garlic

Seed and peel, and add to the above

4 tomatoes (about one pound)

Pureé half the beans. Stir them in with the rest of the beans. Add about a litre of cooking liquid and water, a vegetable stock cube. Simmer 40 minutes.

Serve with parmesan cheese.

LEMON ICE BOX DESSERT

Combine and cover the bottom of a 9 x 9 inch dish with

1 cup graham cracker crumbs

2 Tb sugar

2 Tb butter

Set aside a handful of crumbs.

Beat together and allow to thicken and set

2 yolks

1 cup Eagle Brand milk

1 Tb grated lemon rind

1/2 cup lemon juice

1/2 tsp almond flavoring

Make a meringue with

2 whites

4 Tb sugar

Fold whites into the lemon mixture. Pour into the dish. Sprinkle with reserved crumbs. Freeze.

Serve frozen or semi-fredo

GASTON BEEF STEW

Brown 1/2 lb salt pork. Set aside. Brown 2 lbs beef cubed. Set aside. Brown 1 large onion and 2 cloves of garlic.

Mix all three back together. Sprinkle with 1 Tb flour. Salt. Pepper. Thyme. Bay leaves.

Add

8 oz canned tomato sauce

1 cup beef broth

12 pepper corns

parsley

(dried mushrooms & their soaking liquor)

Bake slowly, 2 2 1/2 hours. Add 1/2 cup sherry or dry white wine. Cook another hour or so. Fold in lightly cooked carrots and celery, and some boiled potatoes.

Reheat gently.

STICKY TOFFEE PUDDING

Pour 1/2 pint water over 6 oz of stoneless dates in a pan and bring to a boil. Remove from the heat, add 1 tsp bicarbonate soda. Let sit 10 minutes.

Cream 2 oz butter and 6 oz golden caster sugar until pale and light. Beat in 2 eggs. Carefully fold in 6 oz self-rising flour, the date mixture, and 1/2 tsp vanilla flavoring. Pour into a 9 x 9 tin and bake for 30 to 45 minutes in a 350 degree oven.

Meanwhile prepare sauce. Boil together cream, butter, and dark brown sugar.

Once the pudding is set. Take it out of the oven and pierce it all over with a knife and pour over a generous amount of sauce, letting it soak in. Return and bake another ten or so minutes.

Serve in squares with sauce and a splash of heavy cream.

PRESERVED LEMONS

Cut two lemons into eight wedges each. Toss with 1/3 cup coarse salt. Put into a jar that has a non-metallic lid. Pour in 1/2 cup fresh lemon juice. Leave the jar out for seven days, turning it and shaking it every day to distribute the salt and juice. Once cured, cover with olive oil and refrigerate.

CORN MEAL, ALMOND, LEMON CAKE

Beat together until light and fluffy 8 oz each of butter and sugar. Stir in 8 oz of ground almonds. Then three eggs one at a time, zest of two lemons and the juice of one; 8 oz of corn meal (polenta), 3/4 tsp baking powder, some salt.

Spoon into an 8 inch tin, and bake at 325 for 40 to 50 minutes, until brown on top. The center should remain moist.

CORN MEAL (POLENTA) SYRUP CAKE

Whisk together 3 eggs and 2oz sugar. Beat in 2oz of melted butter (or oil) along with the juice of half an orange; 8 oz of polenta, 1/2 tsp of baking powder, some lemon zest and orange zest, salt and 1/2 tsp vanilla.

Heat oven to 375, and when you put the cake in, lower to 325. Bake for 30 to 40 minutes. when the cake is brown and done, make holes in it and pour on some maple syrup. When cool, turn out. Serve with yoghurt, or sour cream and berries.

Chermoula

Grind up 1/2 tsp coriander seeds with 12 peppercorns and a pinch a saffron threads, with some red pepper flakes. Add 1/2 tsp coarse salt, 1 tsp paprika, 1 medium onion minced, chopped parsley, a couple peces of salted lemons chopped finely and some of their brine, olive oil, chopped cilantro, minced garlic and fresh ginger. Stir up and use to marinate fish or shrimp. Then cook quickly in a very hot oven in a pre-heated skillet.

Ribollita

Slowly cook in olive oil chopped onions, celery, carrots, fennel, garlic, thyme, bay leaves, and potatoe cubes. When they are tender and beginning to brown. Stir in shredded kale, chard, or cabbage; chopped tomatoes, cannellini beans, then some light stock. Simmer a few minutes. Add a chopped courgette, parsley, and basil. Simmer a bit more.

(Keep soup 24 hours) Serve ladled over torn up bread that has been sprinkled with olive oil.

POTATO PANCAKES (Latkes)

Grate 6 medium potatoes in the food processor. Rinse them in cold water, squeeze out the excess water, and roll up in paper towels to dry.

In the bowl of the food processor, with the steel blade, combine

2 eggs
half a medium onion
3 T of matzoh meal
1/4 tsp of baking powder

Add the grated potato and process in short bursts so that the ingredients hold together but the potato has not been completely pureed.

Fry in olive oil. Can be prepared ahead and re-heated in a hot oven.

WHITE ONION SOUP

Cook 3 lbs of thinly sliced white onions in butter and oil over a low heat until soft, still pale, about 15 minutes.

Sprinkle 4 Tbs of flour over onions, stir to coat. Add 2 cups chicken stock, 2/3 cup white wine, pepper, salt, thyme. Just bring to a boil, reduce heat. Simmer, partially covered, for 30 minutes.

Season with a little white wine or rice wine vinegar.

Ladle soup into bowls. Top with a crouton and grated Gruyère. Broil until bubbling.

8 to 10 servings