

INTERNATIONAL TASTERS

Barrington Area Branch

American Association of University Women

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JAZZ BRUNCH

RAMOS GIN FIZZ

MILK PUNCH

ORANGE JUICE

TOMATO JUICE

EGGS SARDOU

EGGS HUSSARDE

SAUSAGE PATTIES

ENGLISH MUFFINS

KINGS CAKE

BANANAS FOSTER

CHAMPAGNE

COFFEE

E Y E O P E N E R S

MILK PUNCH
1 Serving

1/3 cup light cream
2 ounces bourbon
2 teaspoons confectioners' sugar
1/8 teaspoon vanilla extract
3 or 4 ice cubes
Ground nutmeg

In cocktail shaker combine the cream, bourbon, sugar, vanilla and ice cubes. Cover and shake vigorously 9 or 10 times. Strain the milk punch into a chilled old-fashioned glass. Sprinkle the top lightly with nutmeg and serve at once.

RAMOS GIN FIZZ
1 Serving

2 egg whites
4 teaspoons superfine sugar
1/2 cup light cream
2 ounces gin
4 teaspoons fresh lemon juice
1/2 teaspoon orange-flower water
1/4 teaspoon vanilla extract
3 or 4 ice cubes

In cocktail shaker combine egg whites and sugar. With bar spoon stir until the sugar dissolves. Add the cream, gin, lemon juice, orange-flower water, vanilla extract and ice cubes. Cover and shake vigorously 9 or 10 times. Strain the gin fizz into a chilled Tom Collins glass.

EGGS SARDOU
4 Servings

Creamed spinach (recipe below)
2 tablespoons butter
4 canned artichoke bottoms, drained *
4 poached eggs
 $\frac{1}{2}$ cup hollandaise sauce (recipe below)

Prepare creamed spinach according to recipe below. Remove pan from heat. Cover tightly to keep the spinach warm.

Melt 2 tablespoons of butter in a heavy 10- to 12-inch skillet. Add the artichoke bottoms and baste them with the hot butter. Reduce heat to low, cover tightly and cook for several minutes until the artichoke bottoms are heated through. Do not let them brown. Remove skillet from heat. Keep skillet covered so that artichoke bottoms will stay warm.

Prepare poached eggs. With slotted spoon transfer the eggs to a pan of warm water (about 120 F).

Prepare hollandaise sauce according to recipe below.

To assemble Eggs Sardou spread the creamed spinach on a heated serving platter to make a bed about $\frac{1}{4}$ inch deep. Arrange the artichoke bottoms, concave side up, on the spinach. With slotted spoon, remove the poached eggs and drain briefly on linen towel. Carefully place the eggs on the artichoke bottoms. Spoon about 2 tablespoons of the hollandaise sauce over each egg and serve at once.

* 8 canned artichoke hearts may be substituted

CREAMED SPINACH
4 Servings

2 tablespoons butter
2 tablespoons flour
1 cup milk
2 packages (10 oz. each) frozen chopped spinach, cooked, drained and squeezed dry
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground white pepper

In a heavy 2-quart saucepan melt the butter over moderate heat. When the foam begins to subside, add the flour and mix well. Stirring constantly with a wire whisk, pour in the milk in a slow, thin stream. Cook over high heat until the sauce comes to a boil, thickens lightly and is smooth. Reduce the heat to low and simmer for about 3 minutes to remove any raw taste of the flour. Stir in the spinach, salt and pepper. Remove from heat. Cover tightly to keep warm until ready to serve.

EGGS HUSSARDE

4 Servings

- 3 tablespoons butter
- 4 slices Canadian bacon
- $\frac{1}{2}$ cup marchand de vin sauce (recipe below)
- 1 large firm ripe tomato, washed, stemmed and cut crosswise into four $\frac{1}{4}$ -inch-thick rounds
- 4 poached eggs
- $\frac{1}{2}$ cup hollandaise sauce (recipe below)

Prepare marchand de vin sauce according to recipe below. Keep warm.

Preheat oven to 250°. In a heavy 12-inch skillet, melt the butter over moderate heat. When the foam begins to subside, add the bacon. Turn the slices frequently with tongs and regulate the heat so that they brown lightly and evenly on both sides. As they brown place the bacon slices on a heatproof serving platter. Remove the skillet from the heat and reserve it. Ladle $\frac{1}{2}$ cup of the marchand de vin sauce over the bacon dividing it equally among the slices. Cover the platter with foil. Set the platter in the oven to keep bacon and sauce warm.

Add the tomato slices to the fat remaining in the skillet. Cook over moderate heat until the slices are golden brown on both sides. Place the tomato slices on each of the sauced bacon slices. Return the platter to the oven.

Prepare poached eggs. With slotted spoon, transfer the eggs to a pan of warm water (about 120° F).

Prepare hollandaise sauce according to recipe below.

To assemble eggs hussarde, remove the poached eggs from the water with slotted spoon and drain briefly on linen towel. Carefully place the eggs on the tomato slices. Ladle about 2 tablespoons of hollandaise sauce over each egg and sprinkle the tops lightly with paprika. Serve at once.

MARCHAND DE VIN SAUCE

About 1½ cups

8 tablespoons butter
½ cup finely chopped green onions
¼ cup finely chopped onion
2 teaspoons finely chopped garlic
1 cup finely chopped fresh mushrooms

2 tablespoons flour
½ cup finely chopped lean cooked,
smoked ham
1 cup chicken stock
½ cup dry red wine
Salt (optional)
Freshly ground black pepper

In a heavy 8- to 10-inch skillet, melt the butter over moderate heat. When the foam subsides, add the green onions, onions and garlic and, stirring frequently, cook for about 5 minutes, or until they are soft but not brown. Add the mushrooms and, still stirring occasionally, cook for about 5 minutes longer or until they are soft. Add the flour and mix well. Then stir in the ham. Stirring constantly with a wire whisk, pour in the chicken stock and wine in a slow, thin stream. Cook over high heat until the sauce comes to a boil, thickens lightly and is smooth. Reduce the heat to low and simmer for 2 or 3 minutes longer to remove the raw taste of the flour. Add salt if desired and some black pepper.

HOLLANDAISE SAUCE

About 1½ cups

½ pound plus 4 tablespoons unsalted butter, cut into ½-inch bits
4 egg yolks
1 tablespoon cold water
2 tablespoons fresh lemon juice
¼ teaspoon ground white pepper
½ teaspoon salt

In a small heavy skillet, melt the butter bits over moderate heat, stirring so that they melt completely without browning. Remove the skillet from the heat and cover tightly to keep the melted butter warm.

Combine the egg yolks and water in a 2-quart enameled or stainless steel saucepan and beat vigorously with a wire whisk until the mixture is foamy. Place the pan over low heat and continue whisking until the mixture thickens and almost doubles in volume. Do not let the yolks come anywhere near a boil or they will curdle; if necessary, lift the pan off the heat from time to time to cool it.

Still whisking constantly, pour in the reserved hot butter as slowly as possible, and continue to beat over low heat until the sauce thickens heavily. Beat in the lemon juice, pepper and salt. Taste for seasoning.

Serve at once or set the pan in a bowl of hot water and keep the sauce warm for up to 30 minutes before serving.

BANANAS FOSTER
8 4. Servings

26 people

7.50

- 1 pint vanilla ice cream
- 8 tablespoons butter, cut into $\frac{1}{2}$ -inch bits
- $\frac{1}{2}$ cup brown sugar
- 4 firm ripe bananas, peeled and cut lengthwise into halves
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ cup banana liqueur
- 1 cup rum

Arrange all the ingredients conveniently beside the pan. Place a scoop of ice cream on each of 4 chilled individual dessert plates and set them to one side.

In chafing dish or large skillet, combine the butter and brown sugar; stir until the mixture becomes a smooth syrup. Add the bananas and baste them with the syrup for 3 or 4 minutes, then sprinkle in the cinnamon.

Carefully pour in the banana liqueur and rum; let the liquors warm for a few seconds. They may burst into flame spontaneously. If not, ignite them with a match. Slide the pan back and forth until the flames die, basting the bananas all the while. Place two banana halves around each scoop of ice cream, spoon the sauce over the top and serve at once.

Kings' Cake

To make one 12-inch ring

CAKE

- ½ cup lukewarm water (110° to 115°)
- 5 egg yolks
- 8 tablespoons butter (1 quarter-pound stick), cut into ½-inch bits and softened, plus 2 tablespoons butter, softened
- ¾ cup finely chopped candied citron
- 1 teaspoon ground nutmeg, preferably freshly grated
- 2 teaspoons salt
- 1 teaspoon finely grated fresh lemon peel
- ½ cup lukewarm milk (110° to 115°)
- 2 packages active dry yeast
- 2 teaspoons plus ½ cup granulated sugar
- 3½ to 4½ cups unsifted flour
- 1 teaspoon freshly grated nutmeg, preferably freshly grated
- 2 teaspoons salt
- 1 teaspoon finely grated fresh lemon peel
- 1 egg, lightly beaten with 1 tablespoon milk

The New Orleans carnival season begins on January 6, or Twelfth Night, and ends with the revel of Mardi Gras, on the day before Lent begins. Kings' cake is baked for Twelfth Night celebrations—and the lucky person who finds the pecan or bean in his slice of cake is "king or queen for a day." Traditionally, the cake is decorated with sugar tinted in the classic carnival colors: green, purple and yellow.

To make the cake, pour the lukewarm water into a small shallow bowl and sprinkle the yeast and 2 teaspoons of the granulated sugar over it. Let the yeast and sugar rest for 2 to 3 minutes, then stir to mix the ingredients well. Set in a warm, draft-free place (such as an unlighted oven) for about 10 minutes, or until the yeast bubbles up and the mixture almost doubles in volume.

Combine ¾ cup of flour, the remaining ½ cup of granulated sugar, the nutmeg and the salt, and sift them into a deep mixing bowl. Stir in the lemon peel, then make a well in the center and into it pour the yeast mixture and the milk.

Add the egg yolks and, with a large wooden spoon, gradually incorporate the dry ingredients into the liquid ones. When the mixture is smooth, beat in the 8 tablespoons of butter bits, a tablespoonful at a time. Continue to beat for about 2 minutes longer, or until the dough can be gathered into a medium-soft ball.

Place the ball on a lightly floured surface and knead, pushing the dough down with the heels of your hands, pressing it forward and folding it back on itself. As you knead, incorporate up to 1 cup more flour, sprinkling it over the ball by the tablespoonful. When the dough is no

longer sticky, knead it for about 10 minutes longer, or until it is smooth, shiny and elastic.

With a pastry brush, spread 1 tablespoon of softened butter evenly over the inside of a large bowl. Set the dough in the bowl and turn it about to butter the entire surface. Drape the bowl with a kitchen towel and put it in the draft-free place for 1½ hours, or until the dough doubles in volume.

Brush a large baking sheet with the remaining tablespoon of softened butter. Punch the dough down with a blow of your fist and place it on a lightly floured surface. Scatter the citron over the top, knead the dough until the citron is well distributed, then pat and shape it into a cylinder about 14 inches long. Loop the cylinder onto the buttered baking sheet and pinch the ends together to form a ring.

Press the pecan half or dried bean gently into the ring so that it is completely hidden by the dough. Drape the dough with the towel again and set it in the draft-free place to rise for about 45 minutes, or until the ring doubles in volume.

Preheat the oven to 375°. (If you have used the oven to let the dough rise, transfer the ring to another warm place to rest while the oven heats.) Brush the top and sides of the ring with the egg-and-milk mixture and bake the Kings' cake in the middle of the oven for 25 to 30 minutes, or until it is golden brown.

Slide the cake onto a wire rack to cool to room temperature.

SUGARS

Green, purple and yellow food-coloring pastes
12 tablespoons granulated sugar

Meanwhile, prepare the colored sugars. Squeeze a dot of green coloring paste onto the center of the palm of one hand. Sprinkle 2 tablespoons of granulated sugar over the paste and rub your palms together briskly until the sugar is evenly green. Add more paste if the color is too light and rub the sugar a few minutes longer. Place the green sugar on a saucer or piece of wax paper and repeat the entire procedure again to color 2 more tablespoons of the sugar.

Wash your hands, squeeze a blob of purple food coloring paste on one palm and in a similar fashion color 4 tablespoons of the granulated sugar purple. Wash your hands again and, using the yellow food coloring paste, tint the remaining 4 tablespoons of granulated sugar yellow. Set the green, purple and yellow sugars aside.

ICING

3 cups confectioners' sugar

¼ cup strained fresh lemon juice

3 to 6 tablespoons water

2 candied cherries, cut lengthwise
into halves

When the cake has cooled, prepare the icing. Combine the confectioners' sugar, lemon juice and 3 tablespoons of the water in a deep bowl and stir until the icing mixture is smooth. If the icing is too stiff to spread easily, beat in up to 3 tablespoons more water, 1 teaspoonful at a time. With a small metal spatula, spread the icing over the top of the cake, allowing it to run irregularly down the sides.

Sprinkle the colored sugars over the icing immediately, forming a row of purple, yellow and green strips, each about 2 inches wide, on both sides of the ring as shown in the photograph on page 44. Arrange two cherry halves at each end of the cake, pressing them gently into the icing.

NOTE: Food coloring pastes are available at bakers' supply stores or by mail (see *Shopping Guide*, page 150). Do not use liquid food coloring, which makes the sugar dissolve and clump and does not color the granules evenly.