

# WHAT'S COOKING



www.gourmetcouples.com

August - September 2006

NEWS LETTER

#73

## GOURMET COUPLES SCHEDULE FOR 2006

September 30, 2006 - Crab Feast (Paula & Joe M)  
**Date to be announced**, Organizational Meeting - 3:00 p.m. followed by the Planning Party - 4:00 - 6:00 p.m.  
October 28, 2006 - Halloween Party (Mitzi and Bob W)  
November 11, 2006 - Dinner Party  
November 18, 2006 - Alternate Dinner Party  
December 3, 2006 - Restaurant Visit - TBA (Maryland)  
January 6, 2007 - 12th Night Party

### WE wish to welcome our newest couple:

Kathy F and Louis G

### CLUB RULES - REMINDER

We would like to remind everyone that when you sign up for a dinner, it is making a commitment to the other members of the dinner. If for any reason you cannot attend the dinner, you are expected to do one of the following:

- still make the dish you were assigned and deliver it to one of the other attendees, preferably the host
- find a replacement who will attend in your stead and fulfill your responsibilities
- find another member of the dinner to make your dish for you. In this case you would still be responsible for paying your share of the costs if the dinner did not still have at least 4 couples.

A few years ago, we had to begin imposing a fee when couples signed up for the dinner set to insure attendance at the dinner. The fee check was returned when the couple arrived at the dinner, and forfeited if they did not. We hope that this will not be necessary again.

**NEW MEXICO INFO?** Jerry Mann is thinking of traveling to Albuquerque, Santa Fe, and Sedona in late October. Anyone who has been there, please pass on any tips you have to [gmann928@hotmail.com](mailto:gmann928@hotmail.com).



**THE CRAB FEAST IS IN SEPTEMBER THIS YEAR  
1:30 PM - SEPTEMBER 30, 2006  
(RAIN DATE 1:30 PM OCTOBER 1, 2006)**

Bring your appetite, a yard chair, crab eating tools if you have them and an appetizer, side dish or dessert to share. The club will provide crabs, beer, soft drinks, ice and a good time. For the non crab eaters, Hamburgers and Hot dogs will be provided.

We will meet at Paula and Joe M's cottage at North Beach, MD. Take a walk on the boardwalk or find a treasure at nearby antique shops.

Please complete the coupon and indicate if you do not eat crabs. Fee will be **\$5.00** per person **FOR ALL GOURMET COUPLES CLUB MEMBERS. THE FEE FOR GUESTS WILL BE \$20.00 PER PERSON.**

Directions: Take beltway to Pennsylvania Avenue, Route 4 East, Exit 11 off Beltway. Continue on Rt.,4 to Rt. 260. Stay in the right lane (**there is a new over pass to get onto Rt. 260**) and follow until it ends at Rt. 261.

**PLEASE !!** Bring a copy of your recipe.

**PLEASE** make sure that your recipes are typed, copied, or printed so they may be scanned for the News Letter. You may also e-mail recipes to:.



**OUR Summer Restaurant Dinner at Fogo de Chao** was a wonderful. We had great food and good company. Thanks to Cheryl and Dick for planning another great outing. Pictures of the dinner follow.

### **Turky-Spinach Wraps**

(Prepared by Deborah and John C)  
Planning Party, August 23, 2006

- 4 Flour tortillas (8 to 10 inch)
- 1 Container (8 ounces) garden vegetable cream cheese spread
- 1 Red bell pepper, cut into thin strips
- 3 Cups lightly packed spinach leaves
- 1/2 Pound thinly sliced cooked turkey (from deli)

Spread tortillas evenly with cream cheese. Place 1/4 of the bell pepper strips evenly over cream cheese on each tortilla. Top bell pepper strips with single layer of spinach leaves to within 1 inch of top edge. Evenly layer turkey slices over spinach.

Tightly roll up each tortilla from bottom edge. Wrap rolls individually in plastic wrap; refrigerate at least 1 hour but no longer than 24 hours. Trim uneven ends. Cut rolls into 1-inch slices. Arrange on platter. 32 servings (1 slice each).

### **Island Salsa**

(Prepared by Joan and Bob J)  
Planning Party, August 23, 2006

- 2 Large ripe tomatoes, chopped
  - 1 Ripe mango, peeled, seeded, and chopped
  - 2 Kiwi fruits, peeled and chopped
  - 1/2 Cup chopped red bell pepper
  - 1/2 Cup chopped yellow bell pepper
  - 1/2 Cup chopped green bell pepper
  - 1/4 Cup chopped red onion
  - 1 Tomatillo, husks removed and diced
  - 1 Jalapeno pepper, cored, seeded, and diced
  - 2 Tablespoons fresh lime juice
  - 1/4 cup chopped fresh cilantro
  - 1/2 Teaspoon ground cumin
- freshly ground black pepper

In large bowl, combine tomatoes, mango, kiwi, bell peppers, onion, tomatillo, jalapeno. lime juice, cilantro, cumin, and pepper to taste. Mix well and chill up to 8 hours. Serve with tortilla chips or as an accompaniment to fish or chicken.

### **Artichoke-Crab Dip**

(Prepared by Sandy and Chuck G)  
Planning Party, August 23, 2006

- 2 Cups grated Parmesan cheese
- 1 Cup light or regular mayonnaise
- 1 Can (6 to 7 ounces) crabmeat, drained,- OR: 8 ounces imitation crabmeat (surimi), chopped
- 1 Can (14 ounces) artichoke hearts, drained and chopped
- 1 Tablespoon horseradish mustard
- 2 Tablespoons chopped fresh parsley, plus more to garnish
- 1/4 Teaspoon hot-pepper sauce

Heat oven to 350 degrees F.

In bowl, combine cheese, mayonnaise, crabmeat, artichokes, horseradish, parsley and pepper sauce. Spoon into shallow 4-cup baking dish (a 9-inch tart pan or 9-inch pie plate works well),

Bake at 350 degrees F. for 25 minutes, until bubbly. Garnish with additional parsley, if desired. Serve warm with crackers. Makes: 4 cups

### **Cold-Cut Ribbons**

(Prepared by Paula and Joe M)  
Planning Party, August 23, 2006

Layers of ordinary cold cuts and American cheese suddenly become an elegant and tempting hors d'oeuvre when spiced with a tangy cream cheese spread. These colorful rectangles make geometry delicious.

#### **INGREDIENTS**

- 16 Ounces cream cheese, softened
- 3/4 Cup minced onion
- 1 Tablespoon mustard
- 5 Packages (4 ounces each) any square cold cut or luncheon meat
- 4 Packages (6 ounces each) American cheese slices
- 15 Miniature sweet gherkin pickles, sliced in half lengthwise

**SPECIAL EQUIPMENT** Cellophane-tipped toothpicks

#### **INSTRUCTIONS**

Prepare the spread by combining the cream cheese, onion and mustard.

Lightly spread the cream cheese mixture on one slice of meat, top with a slice of American cheese, then more cream cheese and another slice of meat. Repeat the process until the stacks includes 3 layers of meat and 2 layers of American cheese with cream cheese in between.

Freeze the cold-cut stacks uncut for approximately 1 hour. When the stacks are firm, cut them into 1 X 2-inch ribbon strips.

4. Center a pickle slice on each cold-cut ribbon. Skewer through the center with a cellophane- tipped toothpick and serve. Yields approximately 30 ribbons.

## Butterflies in the Summer

Four couples gathered at Paula and Joe's for a delightful evening. The dinner theme was Beautifies in the Summer. We started off with two wonderful appetizers, Cucumber soup, a spinach salad, Butterfly shrimp, fried rice, and a fruit cobbler.

### Smoked Salmon Tarts

(Prepared by Kathy F and Louis G)

Butterflies in the Summer, August 19, 2006

- 4 (9 inch) refrigerated pie crusts
- 1-1/2 Cups half-and-half
- 4 Eggs, beaten
- 1/4 Pound smoked salmon, chopped
- 1/2 Cup (2 ounces) shredded Monterey Jack cheese
- 1/4 Cup minced green onions
- 1/2 Teaspoon dried whole dill weed
- 1/4 Teaspoon salt
- 1/8 Teaspoon pepper

Cut each pie crust into 14 circles, using a 2-1/2 inch round cutter. Place rounds in greased miniature (1-3/4 inch) muffin cups; Trim excess pastry.

Combine half-and-half- and eggs in a medium bowl, stir with whisk until well blinded. Stir in salmon and remaining ingredients.

Spoon 1 tablespoon salmon mixture into each pastry shell. Bake at 375 degrees F. for 25-to-30- minutes or until set. Remove from pans and cool on wire racks.

### Eggplant Spread

(Prepared by Kathy F and Louis Gi)

Butterflies in the Summer, August 19, 2006

- 1 Medium eggplant, peeled
- 2 Red bell peppers, seeded
- 1 Red onion, peeled
- 2 Garlic cloves, minced
- 3 Tablespoons good olive oil
- 1-1/2 Teaspoons kosher salt
- 1/2 Teaspoon freshly ground black pepper
- 1 Tablespoon tomato paste

Preheat the oven to 400 degrees F.

Cut the eggplant, bell pepper, and onion into 1-inch cubes. Toss them in a large bowl with the garlic, olive oil, salt, and pepper. Spread them on a baking sheet. Roast for 45 minutes, until vegetables are lightly browned and soft, tossing, once during cooking. Cool slightly.

Place the vegetables in a food processor fitted with a steel blade, add the tomato paste, and pulse 3 or 4 times to blend. Add salt and pepper to taste. Serves 6 to 8.

### COLD CREAM OF CUCUMBER SOUP with SHRIMP

(Prepared BY Paula and Joe M)

Butterflies in the Summer, August 19, 2006

- 3 Large cucumbers
- 3 Tablespoons butter

- 2 Tablespoons flour
- 3 Cups chicken stock
- 1 Cup whole milk
- 1/2 Cup heavy cream
- Onion slices
- Salt and pepper to taste

PEEL and slice the cucumbers and remove the seeds. Cook in the butter over a low fire for 10 minutes. Stir in flour and gradually add the chicken stock, stirring constantly. Add 1 cup milk scalded with thin slices of onion and strained. Simmer slowly for 10 minutes. Rub the soup through a fine sieve (May Use A blinder first), stir in 1/2 cup heavy cream, season with salt and pepper to taste, and chill in the refrigerator.

Shrimp:

- 1/2 Pound shrimp, peeled, devained and chopped into small pieces.
- 1/2 Teaspoon fresh chopped thyme leaves
- 1/4 Teaspoon paprika
- 1 Fresh cayenne pepper, seeded and cut into 1/2 inch pieces
- 2 Tablespoon butter
- Salt to taste
- Lemon juice to taste

Sauté the above until the shrimp are done. Discard the cayenne pepper pieces.

When ready to serve, sprinkle each serving with finely chopped fresh tarragon or chives. Add a few pieces of the shrimp to the center of each bowl.

### Spinach Salad

(Prepared by Lindsay and David G)

Butterflies in the Summer, August 19, 2006

Recipe in News Letter #72

### Butterfly Shrimp and Stuffing

(Prepared BY Paula and Joe M)

Butterflies in the Summer, August 19, 2006

- 1/2 Pound lean ground pork
- 2 Small spring onions chopped
- 5 Water chestnuts chopped
- 4 Chinese dried mushrooms soaked in hot water, remove stems, chop
- 2 Teaspoons soy sauce
- 1 Teaspoon white wine or sherry
- 1/8 teaspoon pepper
- 1 Pound large shrimp

Combine these ingredients. Soak 1 lb (12 to 15) large shrimp in salt water. Remove shells except tail. Cut down back and open out flat. Place small amount of stuffing on each and pat it down to make it stay. Dip it carefully in batter and spoon batter over.

Deep Fry until golden

Batter:

- 2/3 Cup flour (not sifted)
- 1/3 Cup cornstarch Sprinkle of pepper
- 3/4 Cup water, cold

Mix these ingredients and add 1 Tablespoon peanut oil (salad oil is all right)

Just before frying add 1 Tablespoon baking powder.

Serve with your favorite cocktail sauce, tarter sauce or hot mustard sauce. Makes about 24 shrimp.

### Fried Rice

(Prepared by Lindsay and David G)

Butterflies in the Summer, August 19, 2006

- 1 Cup long grain converted Rice
- 2 Two Eggs -beaten
- 1 Cup Peas - thawed
- 1/2 Cup diced Onions
- 1-1/2 Tablespoons Soy Sauce
- 1-1/2 Cup Butter
- 2 Tablespoons Finely grated Carrots

Cook the rice.

Scramble eggs over medium heat.

Add carrots, onions and melted butter plus soy sauce to the scrambled eggs.

Add all those ingredients to the rice.

### Pawley's Island Cobbler

(Prepared by Coy and Dutee S)

Butterflies in the Summer, August 19, 2006

- 1/4 Cup butter
- 1/2 Cup sugar
- 1/2 Cup milk
- 1 Cup sifted flour
- 2 Teaspoons baking powder
- 1/4 Teaspoon salt
- Fruit and Juice\*
- Sugar

Cream butter and sugar add milk and dry ingredients. Pour batter into a 2-quart greased casserole. Place fruit, sugar, and juice over batter in that order. Bake at 375 degrees F. for 45 minutes or until batter rises to top, browns, and cobbler is bubbly.

\*For filling, use enough fresh fruit of any kind, sugared, to cover bottom of 2-quart casserole or No. 2 can of cherries, black-berries, etc. If using canned fruit use 1/4 cup sugar and 1 cup of juice.

### COUNTRY BARBEQUE

We enjoyed a delightful summer barbeque at the Boyds, Maryland horse farm home of Dorothy Tracy and Dick Dodson. A special treat was Dick leading a tour of the facilities – 28 horses board there. Dick also was the barbeque master and did a superb job.

Our menu was:

- Fruit Salsa
  - Mixed Baby Greens Salad with Mandarin
  - Bourbon-Glazed Baby Back Ribs
  - Spicy Chipotle Grilled Chicken
  - Corn and Tomato Salad with Cilantro Dressing
  - Potato Salad with Blue Cheese Dressing
  - \*Peach and Blackberry Shortcake with Blackberry Cream
- \*In the past, we had a tradition of voting on the best offering of the evening. Although everything was delicious, the Peach and Blackberry Shortcake with Blackberry Cream was voted the best – hence the asterisk.

### Mixed Baby Greens Salad with Mandarin

(Prepared by Pat and Jack M)

Summer Barbecue at Boyds. August 19, 2006

- 1 Bag mixed baby greens, 10 ounces
  - 1 Can mandarin oranges, drained
  - 1/4 English or European seedless cucumber, thinly sliced
  - 2 Tablespoons rice wine or white vinegar, eyeball it
  - 2 Teaspoons sugar
  - 3 Tablespoons vegetable oil, eyeball it
  - 1 Teaspoon toasted sesame oil
  - 2 Tablespoons Sesame seeds, for garnish
- Salt and freshly ground black pepper

Combine greens, oranges and cucumber in a salad bowl. In a small bowl, combine vinegar and sugar. Whisk in vegetable oil and sesame oil. Pour dressing over salad. Add sesame seeds, salt and pepper and toss.

### BOURBON-GLAZED BABY BACK RIBS

(Prepared by Dorothy Tand Dick D)

Summer Barbecue at Boyds. August 19, 2006

Bourbon adds oaky sweetness to the honey-hoisin-chili glaze.

- 5 Tablespoons honey
  - 1/4 Cup bourbon
  - 1 1/2 Tablespoons hoisin sauce
  - 1 Tablespoon Dijon mustard
  - 1 Tablespoon plum sauce
  - 1-1/2 Teaspoons mild-flavored (light) molasses
  - 1-1/2 Teaspoons soy sauce
  - 1-1/2 Teaspoons Worcestershire sauce
  - 3/4 Teaspoon hot chili paste (such as sambal oelek)\*
  - 1/4 Teaspoon salt
  - 1/4 Teaspoon ground black pepper
- 
- 2 2 1/4- to 2 1/2-pound racks baby back pork ribs
  - 1 Cup unsweetened pineapple juice

Whisk first 11 ingredients in small bowl.

Do ahead: Glaze can be made 1 day ahead. Cover and refrigerate.

Preheat oven to 350 degrees F. Place long sheet of heavy-duty foil on each of 2 large rimmed baking sheets. Sprinkle rib racks on all sides with salt and pepper. Place 1 rib rack on each foil sheet. Fold up sides of each foil sheet around rib rack to form boat-like shape. Pour 1/2 cup pineapple juice over each rib rack. Fold up foil to seal packets. Bake until ribs are tender, about 1 hour. Remove ribs from foil packets. Transfer to roasting pan; pour any juices from foil over and cool.

Do ahead: Can be made 1 day ahead. Cover with plastic wrap; refrigerate.

Prepare barbecue (medium heat). Cut each rib rack in half. Grill until browned, brushing frequently with glaze and turning often, about 10 minutes. Cut racks between bones into ribs.

\*An Indonesian hot chili paste; available at many supermarkets, at Asian markets, and from mingspantry.com. Makes 6 servings.

### **SPICY CHIPOTLE GRILLED CHICKEN**

(Prepared by Dorothy Tand Dick D)

Summer Barbecue at Boyds. August 19, 2006

There's depth, subtlety, and just the right amount of heat here. Start preparing this dish one day ahead since the chicken needs to marinate overnight.

- 1/4 Cup canned chipotle chiles in adobo\*
  - 3 Tablespoons olive oil
  - 2 Garlic cloves, pressed
  - 1/2 Onion, coarsely chopped
  - 2 Tablespoons chopped fresh cilantro
  - 1 Tablespoon paprika
  - 1 Teaspoon ground cumin
  - 1 Teaspoon chili powder
  - 1 Teaspoon salt
  - 1 3 1/2-pound chicken, cut into 8 pieces
- Nonstick vegetable oil spray

Combine chipotles in adobo, olive oil, and garlic cloves in processor; puree until paste forms. Add chopped onion, chopped cilantro, paprika, ground cumin, chili powder, and salt; process until onion is finely chopped. Transfer 1/4 cup chipotle mixture to small bowl; cover and refrigerate. Arrange chicken pieces in 1 1x7x2-inch glass baking dish. Spread remaining chipotle mixture all over chicken pieces. Cover and refrigerate overnight.

Spray grill rack with nonstick spray. Prepare barbecue (medium heat). Grill chicken until cooked through, moving to cooler part of grill as needed to prevent burning and brushing with reserved marinade during last 5 minutes of grilling, about 30 minutes. Transfer chicken to platter and serve.

\*Canned chipotle chiles in adobo are available at some supermarkets, at Latin markets, and from mexgrocer.com. Makes 4 servings.

### **Potato Salad with Blue Cheese Dressing**

(Prepared by Cheryl L & Dick N)

Summer Barbecue at Boyds. August 19, 2006

- 8 Large potatoes, boiled, peeled, and cut into cubes
- 1/2 Cup celery, diced
- 1/2 Cup water chestnuts, drained and sliced (or toasted, slivered almonds)
- 1/4 Cup scallions, chopped, including 2 inches of the green tops
- 2 Tablespoons parsley, minced
- 2-1/2 Teaspoons salt
- 1/4 Teaspoon pepper
- 1/2 Teaspoon celery seed
- 2 Cups sour cream
- 4 Ounces blue cheese, crumbled
- 1/4 Cup white wine vinegar
- Lettuce leaves, minced parsley, and sliced radishes for garnish

In a large serving bowl, combine the cubed potatoes, celery, water chestnuts (or almonds), scallions, parsley, salt, pepper, and celery seed. In another bowl, mix together the sour cream, blue cheese, and vinegar. Pour over the potato mixture, and toss lightly. Add salt and pepper to taste. Chill overnight. Serve on lettuce leaves, garnished with parsley and radishes. Serves 6-7.

### **PEACH AND BLACKBERRY SHORTCAKES WITH BLACKBERRY CREAM**

(Prepared by Joan and Bob J)

Summer Barbecue at Boyds. August 19, 2006

#### Shortcakes

- 2-1/3 Cups all purpose flour
- 8 Tablespoons sugar, divided
- 2-1/2 Teaspoons baking powder
- 1/2 Teaspoon fine sea salt
- 1/4 Teaspoon ground nutmeg
- 10 Tablespoons (1 1/4 sticks) chilled unsalted butter, cut into 1/2 inch cubes
- 3/4 Cup plus 2 tablespoons buttermilk
- 1 Tablespoon whipping cream

#### Filling

- 2 Pounds ripe peaches, peeled, pitted, sliced
- 2 6-ounce containers blackberries
- 1/3 Cup sugar
- Pinch of fine sea salt

#### Blackberry cream

- 2 6-ounce containers blackberries
- 3/4 Cup sugar
- 1-3/4 Cups chilled whipping cream
- 1 Teaspoon vanilla extract

#### For shortcakes:

Position rack in center of oven and preheat to 400°F. Line rimmed baking sheet with parchment paper. Whisk flour, 7 tablespoons sugar, baking powder, salt, and nutmeg in large bowl to blend. Add butter and rub in with fingertips until mixture resembles coarse meal. Gradually add buttermilk, tossing with fork until moist clumps form. Gather dough together; flatten dough on floured work surface to 3/4 to

1 inch-thick round. Using floured 3-inch round biscuit cutter or cookie cutter, cut out rounds. Gather dough scraps and flatten on work surface to 3/4 to 1 inch thickness; cut out additional rounds for a total of 6. Transfer shortcakes to prepared baking sheet. Whisk cream and remaining 1 tablespoon sugar in small bowl to blend. Brush cream mixture over tops of shortcakes.

Bake shortcakes until tops begin to brown and tester inserted into center comes out clean, about 25 minutes. Transfer shortcakes to rack. Do ahead. Can be made 6 hours ahead. Let stand at room temperature. Rewarm in 350 degrees F. oven 5 minutes before assembling.

For filling:

Toss sliced peaches, blackberries, sugar, and salt in medium bowl; let stand while preparing blackberry cream.

For blackberry cream:

Rinse blackberries; moisture will enhance puree. Place in processor. Add sugar; puree until smooth. Strain mixture through fine strainer set over bowl, pressing on solids to extract as much liquid as possible. Discard solids.

Using electric mixer, beat cream and vanilla in large bowl until peaks form. Fold 3/4 cup blackberry puree into whipped cream until incorporated. Reserve remaining blackberry puree for sauce.

Cut shortcakes horizontally in half. Place 1 bottom half of each shortcake on each of 6 plates. Spoon filling over each, then generous amount of blackberry cream. Drizzle each with reserved blackberry puree. Cover with top halves of shortcakes and serve.

Test-kitchen tip: For the most tender shortcakes, don't overwork the dough. Once you add the liquid, stir until just blended. Makes 6.

A great dinner Barbeque was held at Sandy and Chuck Gerber's on August 26, 2006

## CRAB PATÉ

(Prepared by Fran P)

Summer Barbecue in McLean. August 26, 2006

- 1 Pound cream cheese, softened
- 1 Pound lump crabmeat
- 1/2 Cup chili sauce
- 4 Ounces shredded cheddar cheese
- 2 Tablespoons capers, plus 1 tablespoon for garnish
- 1/4 Cup sliced scallions, plus 1 tablespoon for garnish
- 1 Tablespoon basil chiffonade
- 1 Teaspoon horseradish

Mix well all ingredients except crabmeat. Fold in crabmeat, reserving a few lumps for garnish.

Line a loaf pan with plastic wrap. Sprinkle reserved crabmeat lumps and 1 Tablespoon each of capers and scallions in bottom of pan. Fill with crabmeat and cheese mixture. Cover with plastic wrap and chill overnight.

To serve, remove plastic wrap from top of loaf, then place serving platter on top of loaf pan, invert, and remove plastic wrap. Serve with crackers or thin slices of lightly toasted baguette.

## TEX-MEX NACHOS

(Prepared by Jerry M)

Summer Barbecue in McLean. August 26, 2006

- 6 Ounce bag Tostitos Scoops chips
- 1/2 Can refried beans
- Small jar salsa
- 1 Can sliced jalapenos
- 4 Ounces Monterey Jack cheese slices

Drain jalapeno slices on paper towels. Cut each cheese slice into nine squares. Place one tablespoon refried beans in each Scoop. Place 1/2 teaspoon salsa on beans, top with one slice of jalapeno, then one square of cheese. Place on cookie sheet and broil until cheese melts. Serve warm.

## Ensalada a la Andaluza Salad, Andaluza-style

(Prepared by Linda and Shelly G)

Summer Barbecue in McLean. August 26, 2006

- 1 Pound (4 medium) tomatoes, peeled and sliced
  - 1 Medium onion, thinly sliced
  - 2 Sweet red (bell) peppers, peeled, seeded and sliced
  - 1 Clove garlic, finely chopped
  - 16 Small green olives, pitted
  - salt and freshly ground pepper
  - 1/2 Cup oil and vinegar dressing
  - 2 Tablespoons finely chopped parsley
- Combine the tomatoes, onion, peppers, garlic and olives in a salad bowl and season to taste with salt and pepper. Add the oil and vinegar dressing and leave in a cool place for 15 minutes. Sprinkle with the parsley and serve. Serves 4

## GARLIC-MUSTARD-GRILLED BEEF SKEWERS

(Prepared by Sandy and Chuck G)

Summer Barbecue in McLean. August 26, 2006

Garlic-mustard glaze

- 1/4 Cup whole grain mustard
- 2 Tablespoons Dijon mustard
- 4 Cloves garlic, finely chopped
- 2 Tablespoons white wine vinegar
- 1 Tablespoon low-sodium soy sauce
- 1 Tablespoon honey
- 1 Tablespoon finely chopped fresh rosemary leaves
- 2 Teaspoons Spanish paprika
- 1/4 Teaspoon kosher salt
- 1/4 Teaspoon freshly ground black pepper

Grilled beef skewers

- 2 Pounds beef tenderloin
- 12 6-inch wooden skewers, soaked in cold water for 30 minutes

For garlic-mustard glaze:

Whisk together all of the ingredients in a small bowl, cover, and let sit at room temperature for at least 30 minutes and up to 4 hours before using.

For grilled beef skewers:

Heat your grill to high.

Cut the tenderloin lengthwise in half, then cut the halves lengthwise in half again. Slice crosswise to make 24 equal pieces. Skewer 2 pieces of beef onto each skewer, keeping them together at one end of the skewer. (This will make the grilled skewer easier to hold and eat.) Place the skewers in a baking dish or on a baking sheet, pour half of the glaze over the meat, and turn to coat.

Grill the meat, turning once and brushing with the remaining glaze, for 4 to 6 minutes until golden brown, slightly charred, and cooked to medium-rare. Transfer the skewers to a cutting board and let rest for 5 minutes.

Place the skewers on a platter and serve hot or at room temperature. Makes 6 servings.

### **WILD RICE PILAF**

(Prepared by Sandy and Chuck G)

Summer Barbecue in McLean. August 26, 2006

Cook 1 chopped onion in skillet in 1 tablespoon butter 5 minutes. Add 2/3 cup wild rice and cook 1 minute. Stir in 1 can ( 14-1/2 ounce.) chicken broth, 1/2 cup water, and 1/4 teaspoon salt; bring to a boil. Cover and simmer 45 minutes, or until rice is tender. Drain. Before serving, toss in 1/4 cup toasted pine nuts and 1/4 cup chopped parsley. Makes 6 servings; 2-1/2 cups.

### **French Vanilla Ice Cream**

(Prepared by Linda and Shelly G)

Summer Barbecue at McLean. August 26, 2006

- 3 Eggs
- 1 Cup sugar
- 2 Cups light cream
- 2 Cups milk
- 2 Teaspoons vanilla

Beat eggs and milk together in a large saucepan. Add sugar. Cook over low heat until thickened (approximately 10 min). Mixture should smoothly coat the spoon. Cool and then add cream and vanilla. Refrigerate overnight and churn into ice cream the next day.

### **Blueberry Pie**

(Prepared by Linda and Shelly G)

Summer Barbecue at McLean. August 26, 2006

Double 9 inch pie shell from your favorite recipe

4 to 5 Cups fresh blueberries

1/4 Cup corn starch

Pinch cinnamon

2 Tablespoons flour

1-1/4 Cups brown sugar

2 Drops vanilla extract

1 Tablespoon lemon juice

1 Tablespoon unsalted butter

Egg wash (1 egg with a pinch of salt) for glazing

Preheat oven to 425 degrees F.

Line a 9-inch pie pan with pastry dough.

In a large bowl, toss the blueberries, corn starch, flour, sugar, vanilla extract and lemon juice. Spoon or mound into pie shell. Dot with the unsalted butter. Wet pie edges with a bit of water. Roll remaining pastry to fit top of pie. Place on pie and press securely onto fruit and edges to seal. Trim edges and crimp. Cut slits for steam to escape. Brush top of pastry with egg wash.

Place pie on baking sheet and place on lowest rack in oven. Bake for 20 minutes, reduce heat to 375 degrees F. and bake until juices begin to bubble through steam slits (about 35 to 45 minutes). Cool for 1 hour before serving.



