

# WHAT'S COOKING



www.gourmetcouples.com

OCTOBER 2006

NEWS LETTER

#74

## GOURMET COUPLES SCHEDULE FOR 2006

October 22, 2006 Planning Party - 4:00 - 6:00 p.m.

**At Deborah and John C's**

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

**Crab Feast on the Bay** was a cool and partly sunny day. The crabs were great, (right off Steve Smith's boat, caught that morning). Twenty of us enjoyed the crabs and and great food. We also celebrated birthdays for Linda G and Jerry M.

**Chance Meeting** - On September 2 the G's and R's ran into each other at the Fisherman's Bastion in Budapest. The G's were spending their last day in Budapest before leaving on a river boat to Amsterdam and the Rubino's had just arrived to take a Tauck tour on a river boat the next day.

**The Planning Party** October 22, 2006 is at Deborah and John C's from 4:00 - 6:00. Directions:

## December Brunch – Indique Heights

Sunday, December 3, 2006

12:30 pm

2 Wisconsin Circle

Chevy Chase, MD 20815

(301) 656-4822

Join us for a champagne brunch buffet with more than 20 dishes. Unique Indian flavors in a trend setting Indian restaurant featuring elegant traditional and contemporary ambiance. The name is a blending of India and unique.

See their website (w.) for additional information.

### Parking:

Under the building parking (Colonial Parking). Coming from North on Wisconsin Ave, make a left at Wisconsin Circle (after Clyde's) and right into parking. Take the elevator to the \*L (Main Lobby Level) and make a left. Coming from South on Wisconsin Ave, make a right on Wisconsin Circle (just before Clyde's) and right into parking. Coming on River Rd (South), make a left on Willard Ave and go thru Wisconsin Ave and make a right into parking.

### Metro:

Just above Friendship Heights Metro (exit towards Military Rd and Western Ave).

### Indique Heights Brunch

Please return this form with a check for \$37.50 per couple by Friday, November 24 to: Cheryl L & Dick N

The fee includes the champagne brunch, tax and gratuity.

Please make checks payable to: **Gourmet Couples**

**The Gourmet Halloween Party** is back and will be held on October 28 at the home of Mitzi and Bob W

Please send your \$10 per couple fee by no later than October 20, 2006 and indicate your favorite dessert or hearty, hot or cold hors d'oeuvres decorated for Halloween that you will provide. Guests are welcomed as long as they pay the \$10. The \$10 will cover wine, soft drinks, paper products, and etc.

This was a fun party for all in past years with lots of Halloween decorations, scary stories, Halloween games, good food, and great costumes. Prizes were given to the winners of such fun contests as the Halloween game winners, the best costume, the best dessert, the best Halloween decorated food, etc.

Again this year everyone is asked to bring their favorite scary story and a prize will be given for the best story. Costumes are welcomed, but not a requirement. The desserts or hearty, hot or cold hors d'oeuvres should be decorated for Halloween. Come and help us celebrate with tales of ghost and goblins, games, good food, and just plain fun!

Directions:

- 1 Red pepper, seeded, cored, and chopped
- 1 Carrot, grated or chopped fine
- 1/2 Cup sugar
- 1/3 Cup vinegar
- 1 Teaspoon salt
- 2 Teaspoons celery seed

Chop or shred cabbage, then squeeze in hands to "bruise" the shreds. Place in large bowl. Chop peppers and carrot and add to bowl. Mix remaining ingredients in a small bowl, then pour over cabbage mixture. Toss well, cover, and refrigerate at least 2 hours (overnight is best). Toss a few times during refrigeration, and again just before serving.

### Lemon Bars

(Prepared by Jerry and Barbara R)  
Crab Feast On the Bay. September 30, 2006

For the crust:

- 1/2 Pound unsalted butter, at room temperature
- 1/2 Cup granulated sugar
- 2 Cups flour
- 1/8 Teaspoon kosher salt

For the filling:

- 6 Extra-large eggs at room temperature
- 3 Cups granulated sugar
- 2 Tablespoons grated lemon zest (4 to 6 lemons)
- 1 Cup freshly squeezed lemon juice
- 1 Cup flour

Confectioners' sugar, for dusting

Preheat the oven to 350 degrees F.

For the crust, cream the butter and sugar until light in the bowl of an electric mixer fitted with the paddle attachment. Combine the flour and salt, with the mixer on low, add to the butter until just mixed. Dump the dough onto a well-floured board and gather into a ball. Flatten the dough with floured hands and press it into a 9 by 13 by 2-inch baking sheet, building up a 1/2-inch edge on all sides. Chill. Bake the crust for 15 to 20 minutes, until very lightly browned. Let cool on a wire rack. Leave the oven on.

For the filling, whisk together the eggs, sugar, lemon zest, lemon juice, and flour. Pour over the crust and bake for 30 to 35 minutes, until the filling is set. Let cool to room temperature. Cut into triangles and dust with confectioners' sugar.

### Salmon Appetizers

(Prepared by Sandy and Chuck G)  
Crab Feast On the Bay. September 30, 2006

- 1 Can (15 ounces) salmon or 2 cups cooked salmon, drained, boned and flaked
- 1 Package (8 ounces) fat-free cream cheese, softened
- 4 Tablespoons salsa
- 2 Tablespoons chopped fresh parsley
- 1/4 Teaspoon ground cumin
- 8 Flour tortillas (8 inches)

In a small bowl, combine salmon, cream cheese, salsa, parsley and cumin. Spread about 2 tablespoons over each tortilla. Roll up tightly and wrap individually with plastic wrap. Refrigerate for 2-3 hours. Slice into bite-size pieces. Yield: 4 dozen.

### Grandma's Cole Slaw

(Prepared by Fran P and Jerry M)  
Crab Feast On the Bay. September 30, 2006

- 1/2 Head cabbage
- 1 Green pepper, seeded, cored, and chopped

### Ann's Cabbage Salad

(Prepared by Ann and Dick H)  
Crab Feast On the Bay. September 30, 2006

- 1 Medium head of cabbage
- 1/2 Cup slivered almonds
- 1 Package Ramadan Noodles

Dressing:

- 1/2 Cup oil
- 1/3 Cup wine vinegar
- 1/3 Cup granulated sugar

Shred the cabbage. Mix in the almonds and noodles. Mix the dressing, add a pinch of dill weed to the dressing, and pour over the cabbage mixture just before serving. Add a grated carrot for color Serves 12 - 16.

### **Lemon Delight Cake**

(Prepared by Kathy F and Louis G)

Crab Feast On the Bay. September 30, 2006

#### **Cake**

2-1/2 Cups Flour  
1-1/2 Cups sugar  
3 Teaspoons baking powder  
1/2 Teaspoon salt  
3/4 Cup orange juice  
1/4 Cup cooking oil  
2 Teaspoons lemon extract  
4 Eggs

#### **Glaze**

1- 1/2 Cups powdered sugar  
1/2 Cup lemon juice

Heat oven to 325 degrees F.

Grease and flour bundt pan.

Combine all cake ingredients in large bowl, beat 3 minutes at medium speed. Pour into prepared pan. Bake for 40-50 minutes or until toothpick inserted in center comes out clean. Remove cake from oven and prick deeply every inch with fork. Blend Glaze ingredients until smooth. Spoon half of Glaze over hot cake while still in pan. Let stand 10 minutes, invert onto serving plate. Spoon remaining Glaze over cake.

### **MEXICAN CHOCOLATE CAKE**

(Prepared by Linda and Shelly G)

Crab Feast On the Bay. September 30, 2006

#### **For cake**

2 Sticks (1 cup) unsalted butter  
1/2 Cup Dutch-process unsweetened cocoa powder  
3/4 Cup water  
2 Cups granulated sugar  
2 Large eggs  
1/2 Cup well-shaken buttermilk  
2 Tablespoons vanilla  
2 Cups all-purpose flour  
1 Teaspoon baking soda  
1/2 Teaspoon cinnamon  
1/4 Teaspoon salt

#### **For glaze**

2 Cups chopped pecans (7 1/2 oz)  
1/2 Stick (1/4 cup) unsalted butter  
1/2 Cup half-and-half  
1/2 Cup confectioners sugar  
5 Ounces fine-quality bittersweet chocolate (not unsweetened), finely chopped  
1/4 Teaspoon salt  
Special equipment: a 9-inch tube pan or 12-cup bundt pan

#### **Make cake:**

Put oven rack in middle position and preheat oven to 350°F. Butter cake pan well and dust with flour, knocking out excess.

Melt butter (2 sticks) in a 3-quart heavy saucepan over moderately low heat, then whisk in cocoa. Add water and whisk until smooth, then remove from heat. Whisk in separately sugar, eggs, buttermilk, and vanilla.

Sift together flour, baking soda, cinnamon, and salt into a bowl, then sift again into cocoa mixture and whisk until just combined (don't worry if there are lumps).

Pour batter into cake pan and bake until a wooden pick or skewer comes out with a few crumbs adhering, 45 to 55 minutes. (Leave oven on.)

Cool cake in pan on a rack 20 minutes, then loosen edges with a thin knife and invert onto a plate.

#### **Make glaze:**

Spread pecans in 1 layer in a shallow baking pan (1 inch deep) and bake until fragrant and a shade darker, 6 to 8 minutes. Cool pecans slightly in pan on a rack, about 5 minutes.

Melt butter in a 2-quart heavy saucepan over low heat, then stir in half-and-half and confectioners sugar. Add chocolate and cook, stirring, until smooth. Remove from heat and stir in pecans and salt. Cool glaze until slightly thickened, about 5 minutes.

Spoon glaze over top and sides of cake (cake will still be warm) and spread with a small offset spatula or knife to cover completely.

#### **Cooks' note:**

Cake (with glaze) can be made 2 days ahead and kept at room temperature in a cake keeper or covered with an inverted bowl. Makes 10 to 12 servings

### **SOUR-CREAM APPLE PIE**

(Prepared by Joan and Bob J)

Crab Feast On the Bay. September 30, 2006

A little slice goes a long way.

#### **CRUST:**

2-1/2 Cups unbleached all-purpose flour  
5 Tablespoons granulated sugar  
3/4 Teaspoon salt  
3/4 Teaspoon ground cinnamon  
6 Tablespoons sweet butter, chilled  
6 Tablespoons shortening, chilled  
4 to 6 Tablespoons apple cider orange, chilled

Sift flour, sugar, salt and cinnamon into a bowl. Cut in butter and shortening with a fork or pastry cutter until mixture resembles rolled oats.

Moisten with just enough cider, tossing ingredients lightly with a fork, to permit the dough to be formed into a ball. Wrap and refrigerate for 2 hours.

Cut off one third of the dough and return it to the refrigerator. Roll out the other two thirds between 2 sheets of wax paper. Line a greased 9-inch pie pan with the dough.

Trim overhang and crimp decoratively,

Preheat oven to 350 degrees F.

Continued on coupon page.

## **SOUR-CREAM APPLE PIE** (continued)

### **FILLING:**

5 to 7 tart apples  
2/3 Cup dairy sour cream  
1/3 Cup granulated sugar  
1 Egg, lightly beaten  
1/4 Teaspoon salt  
1 Teaspoon vanilla extract  
3 Tablespoons unbleached all-purpose flour

1. Peel, core and thinly slice apples; drop slices into a mixing bowl.
2. Whisk together sour cream, sugar, egg, salt, vanilla and flour in a small bowl. Pour mixture over apples and toss well to coat. Spoon apples into pastry-lined pie pan.

### **TOPPING:**

3 Tablespoons brown sugar  
3 Tablespoons granulated sugar  
1 Teaspoon ground cinnamon  
1 Cup shelled walnuts, chopped

Mix sugars, cinnamon and walnuts together and sprinkle evenly over apple filling.

Roll out remaining pastry between sheets of wax paper to form a 10-inch circle. Cut into 1/2-inch strips, and arrange these lattice-fashion over apples; trim ends of strips and crimp edge of crust decoratively.

Set pie on the middle rack of the oven and bake for 55 to 65 minutes. If crust browns too quickly, cover loosely with foil. Pie is done when juices are bubbling and apples are tender.

Serve warm or cool, topped, if you like, with whipped cream or vanilla ice cream. 6 portions.