

# WHAT'S COOKING



www.gourmetcouples.com

June 2007

## NEWS LETTER

#82

### GOURMET COUPLES SCHEDULE FOR 2007

July 22, 2007- Planning Party - 6 to 8 PM  
July 29, 2007- Restaurant Visit - Café Renaissance at 5:30 PM  
August 18, 2007- Dinner Party  
August 25, 2007- Alternate Dinner Party  
September 1, 2007 - Nationals Baseball Game with / Dinner (approx. date)  
September 29, 2007 - Crab Feast at Paula and Joe's, North Beach  
September 30, 2007 - Rain Date  
October 14, 2007- Planning party - 4 to 6 PM  
October 27, 2007- Halloween Party At Mitzi and Bob's  
November 10, 2007- Dinner Party  
November 17, 2007- Alternate Dinner Party  
December 2, 2007 - Restaurant Visit - Brunch - Place-TBA  
January 5, 2008 - 12th Night Party

### Summer Restaurant Dinner – Café Renaissance

Sunday, July 29  
5:30 pm  
163 Glyndon St., Vienna VA 22180  
(703) 938-3311

The review for the restaurant writes that it is a lovely dining home for fine continental cuisine with French and Italian accents. The linens are crisp white, the waiters wear black suits, and the servers are endlessly attentive. Hot appetizers have always been a Café Renaissance strength. Garlicky escargot and calves liver "Bercy" are favorites. For dessert try a selection from the dessert cart or their flaming coffee specialty drink.

See their website ([www.caferenaissance.com](http://www.caferenaissance.com)) for additional information including their menus.

Please return this coupon with a check for **\$20.00 per couple** by Thursday, July 19 to: Cheryl Dick ,

The fee is a deposit to guarantee your reservation and will be returned at the dinner.

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

**Planning Party** for our second Dinner Party of 2007 is scheduled for July 22, 2007, 2007 from .6:00 - 8:00 p.m If you are willing to host the Planning Party or one of the dinner Parties , please contact Linda or Shelly and let them know. If you want to attend both the Planning Party and the Dinner Party, Dinner Party will be August 18, 2007, with an Alternate Dinner Party August 25, 2007.

### Ann's Ham and Egg Brunch Dish

(Prepared by Ann and Dick)  
Strawberries and Champagne Brunch, June 10, 2007

9 Slices of bread, cubed, crust removed  
1/2 Pound cubed ham  
1/2 Pound shredded cheddar cheese  
4 Eggs  
2-1/2 Cups of milk  
1/2 Teaspoon dry mustard  
1/2 Teaspoon salt  
1/4 Pound melted margarine or oleo

Grease a 9 by 13 pan lightly; mix the cubed bread and ham and place in pan. Sprinkle with the cheese. Mix the eggs, milk, dry mustard, and salt and pour over the bread mixture. Now pour the margarine (or oleo) over all the ingredients. Cover and refrigerate over night. Uncover and bake at 325 degrees F. for one hour. You may add pimento, green pepper, or onion as desired.

**Penzeys Spices** now has a Rockville, Maryland retail store at 1048 Rockville Pike, Rockville, MD. No more mail order, just go and smell all the spices Phone 301-738-8707.

### Black Bean Salad

(Prepared by Sandy and Chuc)  
Strawberries and Champagne Brunch, June 10, 2007

- 2 Cans black beans, rinsed
- 2 Cans kernel corn
- 3/4 Cup chopped celery
- 1/2 Red pepper, chopped
- 2 Scallions, chopped
- 8 Ounces monterey jack, cubed
- 2 Teaspoons cumin
- 3 Tablespoons lemon juice
- 1 Cup salsa
- 1 Can chopped tomatoes

Combine all the ingredients.

### **Cajun Potato Salad**

(Prepared by Paula and Joe)

Strawberries and Champagne Brunch, June 10, 2007

- 2 Pounds small red potatoes
- 1/2 Cup chopped red onions
- 1/2 Cup sliced green onions
- 1/4 Cup minced fresh parsley
- 6 Tablespoons cider vinegar, divided, or to taste
- 1/2 Pound smoked kielbasa or smoked Polish sausage, sliced
- 6 Tablespoons olive oil
- 1 Tablespoon Dijon mustard
- 2 Garlic cloves, minced
- 1/2 Teaspoon pepper
- 1-1/4 to 1-1/2 Teaspoon cayenne pepper
- 1 Cup mayo
- 1 Teaspoon sugar
- Salt to taste

Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. Drain; cool completely.

Cut into 1/4 inch. slices; transfer to a large bowl. Add onions, parsley and 3 tablespoons vinegar; toss.

In a medium skillet, cook sausage in oil for 5 to 10 minutes or until it begins to brown. Remove with slotted spoon and add to potato mixture.

To drippings in skillet, add mustard, garlic, pepper, cayenne pepper and remaining vinegar; bring to a boil, whisking constantly. Pour over salad; toss gently. Serve immediately. Yield: 6 servings.

### **Corn and Black Bean Salad**

(Prepared by Lindsay and David)

Strawberries and Champagne Brunch, June 10, 2007

Perfect for a picnic or a summer barbecue, this salad is easy to throw together at the last minute Ripe tomatoes, onions, parsley and spices provide a fresh flavor perk that makes convenience foods like canned beans and frozen corn taste delicious If you want to prepare the salad a day or two in advance, don't add the dressing until it's almost time to serve. If the salad sits overnight, the vinegar in the dressing may dim the bright parsley and tomato colors

- 1 Can (15 oz.) Black Beans rinsed and drained
- 1 Cup uncooked fresh or frozen (thawed) Corn Kernels

- 1 Large ripe Tomato cut into 1/4 Inch dice (about 1 cup)
  - 1 Small Red Onion - cut into - inch dice (about 1/2 cup)
  - 2 Tablespoons Finely chopped fresh flat-leaf Parsley
  - 2 Teaspoon Minced Garlic
  - 2 Tablespoons White Wine Vinegar or distilled White Vinegar
  - 1/4 Cup Extra-Virgin Olive Oil
  - 1 Teaspoon Chill Powder
  - 1/4 Teaspoon Ground Cumin
  - 1 Teaspoon Sugar
  - 1/2 Teaspoon Salt
  - 1/4 Teaspoon Freshly ground Black Pepper
- Place the black beans, corn, tomato, onion and parsley in a large bowl and stir gently to combine.

Place the garlic, vinegar, olive oil, chili powder, cumin, sugar, salt and pepper in a small bowl and whisk to combine. This becomes the dressing

Pour the dressing over the bean mixture and toss to coat. The salad can be kept at room temperature for up to 6 hours. Serves 4 to 6

### **Fruited Curried Chicken Salad**

(Prepared by Fran and Jerry)

Strawberries and Champagne Brunch, June 10, 2007

- 1 Teaspoon curry powder
- 1/4 Teaspoon freshly ground black pepper
- 1 Cup and 2 tablespoons mayonnaise (NOT Miracle Whip)
- 1-1/2 Small red apples (e.g., Gala), cored and chopped
- 1-1/2 Stalks celery, chopped
- 3/4 Onion, chopped
- 1/2 Cup golden raisins
- 1/2 Cup seedless green grapes, halved
- 3/4 Cup chopped toasted pecans or walnuts
- 6 Skinless, boneless chicken breast halves, cooked and diced.

In a small bowl, combine curry, pepper, and mayonnaise. Mix thoroughly. Core and chop apples (do not peel) and immediately stir them into mayonnaise mixture to prevent browning. In a large salad bowl, combine the mayonnaise-apple mixture, celery, onion, raisins, grapes, and nuts. Mix all together, tossing to coat. Add chicken and toss again to coat all. Cover and refrigerate 3 or 4 hours, or overnight.

### **Orange Ambrosia Salad**

(Prepared by Wendy and Mark)

Strawberries and Champagne Brunch, June 10, 2007

- Ingredients:
- Mandarin orange slices
  - Cherries
  - Mini Marshmallows
  - Shredded Coconut
  - Condensed Milk
  - Sugar

Mix the ingredients together. Refrigerate until thoroughly chilled. Voia !!!

**Title**

(Prepared by Barbara and Ron)

Strawberries and Champagne Brunch, June 10, 2007

- 2 Pounds asparagus or green beans
- 3 Large eggs, hard cooked
- 1 Garlic clove, peeled and crushed
- 3 Slices firm textured white sandwich bread
- 1 Teaspoon grated lemon zest
- 1/4 Teaspoon salt
- 1/2 Cup grated Parmesan cheese
- 3 Tablespoons olive oil
- 10-12 Cooked shrimp chopped

In large saucepan of boiling salted water, cook asparagus (or beans) until tender, 4 - 5 minutes.

Meanwhile, peel eggs and cut in halve. Separate yolks and whites. Press yolks with fork and coarsely chop whites. Preheat broiler.

In the food processor place garlic, bread, lemon zest and salt. Pulse until fine crumbs form. Add Parmesan and oil and pulse until chunks are evenly moistened.

Place asparagus (or beans) in broiler pan in single layer. Scatter yolks over vegetables. Sprinkle bread crumb mixture on top. Broil 2 minutes until crumbs are crisp and lightly browned. Scatter chopped egg whites on top and serve.

**PEAR-AND-POPPY SEED LOAF**

(Prepared by Linda and Shelly )

Strawberries and Champagne Brunch, June 10, 2007

- 2-1/4 Cups all-purpose flour
- 3 Tablespoons poppy seeds
- 1-1/2 Teaspoons baking powder
- 1 Teaspoon baking soda
- 1/2 Teaspoon salt
- 1/8 Teaspoon ground cardamom
- 1 Cup chopped peeled ripe pear
- 1 Cup low-fat buttermilk
- 2/3 Cup sugar
- 1/4 Cup honey
- 2 Tablespoons stick margarine, melted
- 1 Teaspoon vanilla extract
- 1 Large egg

Cooking spray

Preheat oven to 350 degrees F.

Combine first 5 ingredients in a large bowl. Stir in pear make a well in center of mixture. Combine buttermilk and next 5 ingredients {buttermilk through egg} in a bowl; stir well with a whisk. Add to flour mixture, stirring just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray. Bake at 350° for 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Yield: 14 servings (serving size: 1 slice).

**Cheddar Casserole Bread**

(Prepared by Linda and Shelly )

Strawberries and Champagne Brunch, June 10, 2007

- 2-1/2 Cups all purpose flour
- 1 Tablespoon baking powder
- 1/4 Teaspoon salt
- 3/4 Cup milk
- 1/2 Cup mayonnaise\*
- 1 Egg, beaten
- 2 Cups (8 ounces) shredded cheddar cheese
- 1/2 Cup chopped green onions

In a bowl, combine the flour, baking powder and salt. Add the milk, mayonnaise and egg; mix just until combined. Fold in the cheese and onions. Spoon in- to a greased 9 inch round (or 8 inch square) baking pan.

Bake at 425° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack.

\*Editor's Note: Reduced-fat or fat- free mayonnaise may not be substituted for regular mayonnaise.

**Chicken Piccata**

(Prepared by Jerry and Barbara )

Strawberries and Champagne Brunch, June 10, 2007

4-6 Chicken cutlets, pounded thin (Cutlets should be medium and portion sized

Flour

Salt and white pepper

- 1 Tablespoon butter
- 2 Tablespoons olive oil
- 1/2 Cup white wine
- 1/3 Cup lemon juice
- 1/4 Cup chicken broth
- 2 Tablespoons (or more) drained capers 1
- 1/4 Cup chopped parsley

Thinly sliced lemons

Flatten chicken cutlets with mallet to about 1/4 inch thickness. Season with salt and pepper and dredge in flour. Shake off excess flour. In a large skillet, heat butter and olive oil. Sauté cutlets about 3 minutes per side until nice and browned. Drain on paper towels and keep on warmed platter. Add white wine to pan, then lemon juice and chicken broth and bring to a boil. Add capers. Spoon sauce over cutlets and garnish with parsley and lemon slices.

**Spicy Andouille and Cheddar Bread Pudding**

(Prepared by Cheryl and Dick )

Strawberries and Champagne Brunch, June 10, 2007

If the andouille is too spicy, any fully cooked sausage can be used.

- 1 Teaspoon unsalted butter, plus additional for greasing the pan
- 1 Teaspoon olive oil
- 1 Cup (4 ounces) diced onion
- 1/2 Pound fully cooked andouille sausage, quartered lengthwise and cut into 1/4-inch-thick pieces

- 1 Loaf (1 pound) challah or egg bread, crusts removed (optional) cut into 1/2-inch cubes
- 6 large eggs, beaten
- 5 Cups whole or 2 percent milk
- Salt
- 1 Cup (4 ounces) finely shredded sharp cheddar cheese

Position an oven rack on the middle level and preheat the oven to 350 degrees. Generously butter a 9-by-13-inch baking pan or shallow ovenproof dish. Have ready a pan that is larger but not as deep.

In a medium saucepan over medium-high heat, heat the butter and oil. Add the onion and cook just until it starts to soften, 3 to 4 minutes. Add the sausage and cook until the pieces just start to brown, about 6 minutes. Set aside.

Spread a loose layer of the bread cubes in the baking pan. Sprinkle about two-thirds of the sausage mixture evenly over the bread. Cover with another layer of the bread cubes. (If you have removed the crust from the bread, you will probably need all of the cubes; if not, there will be some left.) Top with the remaining sausage mixture.

In a large bowl, thoroughly combine the eggs, milk and a pinch of salt. Pour the mixture over the casserole. Press down lightly on the cubes to help them absorb the egg custard. Set aside for 15 minutes, then top with the grated cheese.

Place the large pan in the oven and the bread pudding pan inside it. Add enough hot water to the larger pan to come halfway up the side of the inside pan. Bake until fully set and lightly brown, 45 to 50 minutes. Let sit for 5 minutes, then serve. 8 to 10 servings

### Vegetable Quiche

(Prepared by Oeia and Jim)

Strawberries and Champagne Brunch, June 10, 2007

- 2 Refrigerated pie crusts
- 1 Tablespoon butter
- 8 Fresh asparagus , cut into 1 inch pieces
- 2 Small zucchinis, thinly sliced
- 2 Green onions, sliced
- 1/2 Teaspoon salt, divided
- 1 8 ounce package fresh mushrooms, sliced
- 8 Large eggs, lightly beaten
- 1 Sour cream, (8 ounces)
- 3/4 Cup shredded Parmesan cheese
- 1/2 Cup milk
- 1/4 Teaspoon pepper

Bake pierces at 450 degrees F. for 10 minutes, (first prick bottoms). Remove pie crusts from oven. Reduce oven to 350 degrees F.

Melt butter in a non-stick skillet over medium heat. Add asparagus, zucchini, and green onions and sauté for about 5 minutes or until tender. Spoon asparagus mixture into a medium size bowl and sprinkle with 1/4 teaspoon salt.

Add mushrooms to skillet and sauté over light heat for about 8 minutes or until liquid evaporates and mushrooms are golden brown. Stir into asparagus mixture. spoon vegetable mixture evenly into baked pie crusts.

Whisk together eggs, sour cream, Parmesan cheese, milk, and pepper. Pour evenly over vegetable mixture in baked pie crusts. Bake at 350 degrees F. on the lowest oven rack for 25 to 30 minutes or until set.

### Coy's Corn Pudding

(Prepared by Coy and Dutee)

Strawberries and Champagne Brunch, June 10, 2007

- 1/4 Cup sugar
- 3 Tablespoons all-purpose flour
- 2 Teaspoons baking powder
- 1-1/2 Teaspoons salt
- 6 Large eggs
- 2 Cups whipping cream
- 1/2 Cup butter or margarine, melted
- 6 Cups fresh corn kernels (about 12 ears)\*

Combine: first 4 ingredients

WHISK together eggs, whipping cream and butter. Gradually add sugar mixture whisking until smooth. Stir in corn. Pour mixture into a lightly greased 13 x 9 inch baking dish.

BAKE at 350 degrees F. for 45 minutes or until golden brown and set. Let stand 5 minutes. Yield 8 servings.

\*6 cups frozen whole kernel corn or canned shoepeg corn may be substituted.

### Strawberry Cheesecake

(Prepared by Kathy and Louis )

Strawberries and Champagne Brunch, June 10, 2007

For the crust:

- 1-1/2 Cup graham cracker crumbs
- 1-1/2 Cups sugar
- 6 Tablespoons unsalted butter, melted

For the filling:

- 1-1/2 Pounds cream cheese, at room temp
- 1-1/2 Cup sugar
- 5 whole extra-large eggs, at room temp
- 2 Extra-large egg yolks-, at room temp
- 1/4 Cup sour cream
- 1 Tablespoon- grated lemon zest
- 1-1/2 Teaspoons pure vanilla extract

For the Topping :

- 1 Cup red jelly (not- jam) such as currant, or strawberry
- 3 Half-pints, fresh strawberry (optional')

Preheat the oven to 350 degrees F

To make the crust, combine the graham crackers, sugar and melted butter until moistened. Pour into a 9 inch spring form pan. With your hands, press the, crumbs into the bottom of the pan and about 1 inch up the side. Bake for 8 minutes. Cool to room. temp.

Raise the oven temp to 450 degrees. F

To make the. filling, cream. the cream cheese and sugar in the bowl of an electric mixer fitted with a paddle attachment on medium high speed until light and fluffy, about 6 minutes. Reduce the speed of mixer to medium. and add the eggs and egg yolks, two at a time, mixing well. Scrape

down the bowl and beater as necessary. With the mixer on low, add the sour cream, lemon zest, and vanilla. Mix thoroughly and pour into the cooled crust.

Bake for 15 minutes. Turn the oven temp-down to 225 degrees F. and bake for another 1 hour and 15- minutes. Turn the oven off and open the door wide. The cake will not be completely set in the center. Allow the cake to sit in

the oven with the door open for 30 minutes. Take the cake out of the oven and allow it to sit at room temp for another 2 to 3 hours-, until completely cooled. Wrap and refrigerate overnight.

If you make the topping, melt the jelly in a small pan over low heat. In a bowl, toss the strawberries and the warm jelly gently until well mixed. Arrange the berries- on top of the cake. Refrigerate until ready to serve.

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