

### GOURMET COUPLES SCHEDULE FOR 2008

- November 1, 2008 – Halloween Party –  
Mitzi and Bob Williams
- November 15, 2008 – Dinner Party
- November 22, 2008 – Alternate Dinner Party
- December 7, 2008 – Restaurant Brunch – Location TBA
- January 3, 2009 – 12th Night Party

### Ghost and Graveyard Tour and Crab Feast

We had two successful recent events.

The Alexandria Ghost and Graveyard Tour was fun, after dinner at the Fish Market, 18 of us followed a guide as he revealed stories of ghosts who haunt the streets of Alexandria. It was appropriately scary as we ended up at a cemetery.

We had a pleasant, sunny day for the annual crab feast at the cottage of Joe and Paula's in North Beach. The crabs were extra succulent this year and the side dishes and desserts were delicious. A special guest was Jerry Mann's daughter from Montana.

Bistro Bistro Brunch  
4021 Campbell Ave  
Arlington VA 22206  
www.bistro-bistro.com

### Sunday, December 7 – 12 noon

According to the Washington Post this is a reasonably priced restaurant that presents agreeable, slightly upscale French, American and Italian dishes. The Sunday buffet brunch includes an omelet station, waffle station and beef carving station. The desserts and pastries are homemade. The buffet price includes Starbucks Coffee, Soda and Iced Tea. Mimosas and Champagne are available for \$3.50. The price is \$29 per person which includes tax and gratuity.

### Cheddar and Cream Cheese Dip

(Prepared by Coy and Dutee)  
Planning Party, October 19, 2008

- 1 Cup sharp cheddar cheese
  - 4 Ounces cream cheese
  - 1/2 Cup mayonnaise
  - 1/4 Cup chutney
  - 1/4 Cup chopped almonds
  - 1/2 Stalk celery
  - 2 Tablespoons onions
- Mix well. Add milk to thin. Refrigerate and serve

### Ann's Salsa, Black Bean, and Rice Salad

(Prepared by Ann and Dick)  
Crab Feast, October 4, 2008

#### Ingredients

- 2 cups cooked long grain rice, chilled
- 1 15 ounce can black beans, rinsed and drained
- 2 Cups chopped tomatoes
- 1 Cup chopped yellow or red sweet pepper
- 1 Can Delmonte Fiesta Corn
- 2 Green onions, thinly sliced
- 2 Tablespoons snipped fresh cilantro
- 1 Cup bottled picante sauce or salsa
- 4 Ounces Monterey Jack Cheese with jalapeno chile peppers, cut in one quarter inch cubes (optional)
- Lettuce leaves
- 1/2 Cup fat free or reduced sour cream

In a large bowl stir together the chilled rice, beans, tomatoes, sweet pepper, corn, onions, and cilantro; add picante sauce (or salsa). Toss to coat. Stir in cheese, if using.

Line a serving bowl with lettuce leaves. Top with rice mixture. Serve with sour cream. (Optional - line 6 salad bowls or plates with lettuce leaves and then top with rice mixture).  
Makes 6 servings



Who Left This at Crab Feast?

### South of France Potato Salad

(Prepared by Jane and John)  
Crab Feast, October 4, 2008

- 2 Tablespoons parsley
- 1 Tablespoon capers
- 8 Medium olives
- 3/4 Cup red onions, chopped
- 1 Cup grape tomatoes
- 5 Tablespoons olive oil
- 1/4 Cup white vinegar
- 1/4 Teaspoon salt
- 1/4 Teaspoon whole black pepper
- 1 Tablespoon Dijon mustard
- 3 Tablespoons water
- 8 Ounces cooked green beans
- 4 Large eggs
- 2 Pounds uncooked red potatoes

Place potatoes in a large pan, cover with water and bring to a boil. reduce heat and simmer until tender, about 10 minutes. When potatoes are done, remove to a bowl with a slotted spoon. Return water to a boil. Add green beans and cook until tender crisp, about 2 minutes. Rinse under cold water and drain again.

In a small bowl, whisk together vinegar, mustard, salt and pepper until blended. Whisk in oil.

Pour dressing over potatoes. Add green beans, tomatoes, onion, olives and capers, Toss to mix and coat. Makes eight one cup servings.

### Chocolate Chip Pumpkin Cake

(Prepared by Jerry and Barbara)  
Crab Feast, October 4, 2008

- 3/4 Cup butter, softened
- 1-1/2 Cups sugar
- 1/2 Cup packed brown sugar
- 2 Eggs
- 1 Teaspoon vanilla extract
- 2-1/2 Cups all-purpose flour
- 1 Teaspoon baking powder
- 1 Teaspoon baking soda
- 1 Teaspoon ground cinnamon
- 1 Can (15 ounces) solid pack pumpkin
- 1 Cup (6 ounces) seamiest chocolate chips
- 2 Squares (1 ounce each) unsweetened chocolate, melted and cooled
- 3/4 Cup finely chopped pecans divided

in a large mixing bowl, cream butter and sugars until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking powder, baking soda and cinnamon; add to the creamed mixture alternately with pumpkin. Fold in the chocolate chips.

Divide batter in half. Stir melted chocolate into one portion. In a well greased 10 inch fluted tube pan, sprinkle 1/2 cup pecans. Spoon chocolate batter over pecans; top with pumpkin batter. Sprinkle with remaining pecans.

Bake at 325 degrees F. for 65-70 minutes or until a toothpick inserted near the center comes out clean. Cool for 15 minutes before removing from pan.

### SOUR-CREAM APPLE PIE

(Prepared by ???)

Crab Feast, October 4, 2008

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 or juice, 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.

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

Peel, core and thinly slice apples; drop slices into a mixing bowl.

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.

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

## Apple Crisp

(Prepared by Pat and Jack)

Planning Party, October 19, 2008

### Filling:

- 8 Cups Granny Smith apples
- 2 Teaspoons cinnamon
- 1 Teaspoon nutmeg
- 1/3 Cup water
- 1/2 Cup white sugar

### Topping:

- 1 Cup brown sugar
- 1/2 Cup white sugar
- 1-1/2 Cups flour
- 1/4 Cup butter

Preheat oven to 350 degrees F. Grease 13 x 9 inch baking dish.

Pare and slice apples. Sprinkle with cinnamon, nutmeg and sugar. Add water.

In a bowl, cream sugars and butter. Blend in flour. Sprinkle mixture evenly over apples.

Bake in preheated oven 45 to 50 minutes until apples are tender and crust is golden.

## BAKED EGGPLANT WITH FETA CHEESE

(Prepared by Joan and Bob)

Planning Party, October 19, 2008

An easy appetizer or whole meal for eggplant lovers

- 1 Large or 2 medium eggplants
- olive oil
- 1/3 Cup feta cheese or Gorgonzola, if you love it
- 1/4 Cup finely chopped and packed fresh basil

Preheat oven to 350 degrees F.

Cut eggplant into 1/2-Inch slices. Brush slices with olive oil and grill or broil until lightly browned on one side. Turn slices over and brush other side with oil. Arrange slices on an oiled baking sheet. Sprinkle the cheese over the slices. Bake 10 minutes or until cheese is bubbly and eggplant slices are soft. Sprinkle fresh chopped basil over the top of the eggplant slices and serve hot.

Serves 4 to 6

## Bacon Swiss Squares

(Prepared by Joe and Paula)

Planning Party, October 19, 2008

- 2 cups biscuit/baking mix
- 2 cup cold water
- 8 ounces sliced Swiss cheese
- 1 pound sliced bacon, cooked and crumbled
- 4 eggs, lightly beaten
- 4 cup milk
- 2 teaspoon onion powder

In a large bowl, combine the biscuit mix and water; stir 20 strokes. Turn onto a floured surface; knead 10 times. Roll into a 14 inch. x 10 inch, rectangle.

Place on the bottom and 1/2 inch up the sides of a greased 13 inch x 9 inch x 2 inch baking dish. Arrange cheese over dough. Sprinkle with bacon. In a large bowl, whisk milk and onion powder; pour over bacon.

3. Bake at 425 degrees F. for 15-18 minutes or until a knife inserted near the center comes out clean. Cut into squares; serve immediately. Yield: 12 servings



**Bistro Bistro Brunch**  
**December 7, 2008 at 12 noon**

\_\_\_ Yes we would like to attend the brunch on Sunday, December 7, 2008 at 12 noon.  
See the newsletter for details.

Please return this form with your fee of **\$29 per person** no later than Friday, December 5 to:  
Cheryl Larson & Dick.

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

Name \_\_\_\_\_

Telephone \_\_\_\_\_ (home) \_\_\_\_\_ (work)

E-mail \_\_\_\_\_

We'll bring \_\_\_ couple(s) as guests. Their fee is enclosed.

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