



GOURMET COUPLES SCHEDULE FOR 2009

- February 21 – Dinner Party
- February 28 – Alternate Dinner Party
- March 14 - St. Patrick's Day Party
- March 29 – Planning Party, 6:00 – 8:00 PM
- April 4 – Dinner Party
- April 18 – Alternate Dinner Party
- May 2 – Kentucky Derby Party, Dorothy and Dick, host
- May 17 thru May 20 – trip to Culinary Institute of America, FDR Library and home
- June 7 – Strawberry Brunch, Linda and Shelly, host
- June 28 – Restaurant visit – location TBA
- July 12 – Planning Party – 6:00 – 8:00 PM
- July 25 – Dinner Party
- August 1 – Alternate Dinner Party
- August 22 – Minor League Baseball & Tailgate Party (tentative)
- September 11 – Army-Navy Club Restaurant, 6:00 PM – Ann and Dick, host
- October 3 – Crab Feast, Paula and Joe, host
- October 18 – Planning Party, 4:00 – 6:00 PM
- October 24 – Halloween Party, Mitzi and Bob, host
- November 7 – Dinner Party
- November 14 – Alternate Dinner Party
- December 6 – Restaurant Brunch, 12 noon
- January 9 – 12th Night Party

Need Host for St. Patrick’s Day Party

We are starting to plan for the St. Patrick’s Day Party on March 14 and are looking for someone to host. Please call Joan if you would like to volunteer.

The Planing Party, followed by The Bread and Soup Party was held on January 25,2009, was a great success. We wish to thank Fran and Jerry for hosting the party. Two loves of bread and and five delicious soups were served to six couples that attended.

(Prepared by Linda and Shelly)
Planning Party followed by Bread and Soup Party
25 January 2009

- 1 Celery rib, chopped
- 1 Medium carrot, chopped
- 1 Medium onion, chopped
- 2 Tablespoons fine-quality extra-virgin olive oil (preferably Tuscan) plus additional for drizzling
- 1 Pound winter squash such as butternut, peeled, seeded, and cut into 1/2-inch cubes
- 1/2 Pound boiling potatoes, peeled and cut into 1/2-inch cubes
- 1 Whole fresh peperoncino (small hot Italian green pepper) or 3/4 teaspoon dried hot red pepper flakes
- 2 Teaspoons coarse sea salt
- 3-1/2 Cups boiling water plus additional for thinning

Garnishes:
Toasted silver almonds
Sour cream
Olive Oil

Cook celery, carrot, and onion in 2 tablespoons oil in a 3-quart heavy saucepan over low heat, stirring occasionally, until tender but not browned, 10 to 12 minutes. Add squash, potatoes, peperoncino, and sea salt. Stir in 3-1/2 cups boiling water and simmer, covered, until vegetables are very tender, about 20 minutes.

Remove and discard peperoncino (if using pepper flakes, leave in soup). Purée soup in batches in a blender (use caution when blending hot liquids), adding more water to thin to desired consistency.

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Serve soup drizzled with additional oil and sprinkled with almonds. Makes about 6 cups

(Prepared by Fran and Jerry)
Planning Party followed by Bread and Soup Party
25 January 2009

4 Slices bacon
1 Tablespoon cooking oil
1 Cup chopped onion
1 or 2 Cloves garlic, minced
2 Tablespoon. paprika
2 Teaspoon salt
2 Pound pot roast or stew beef, cut into 1/2-inch cubes
1 Quart beef broth
1 or 2 Tablespoon. caraway seeds
1 14 -1/2 ounce can tomatoes, with juice, chopped
1 Medium tomato, seeded and diced
1 6 ounce can tomato paste
2 or 3 Medium potatoes, pared, and finely chopped
Pinch of cayenne or red pepper flakes
Optional garnishes: sour cream, chopped green onions

Cut up beef and set aside. In a dutch oven, add oil and cook bacon over medium-high heat until crisp. Remove bacon with slotted spoon, drain on paper towel, and break into small pieces.

Reduce heat to medium and cook onion and garlic in bacon drippings until onion is tender, about 3 minutes. Stir in paprika and salt. Add beef and bacon. Reduce heat to low, and cook and stir 3 or 4 minutes. Add broth, caraway, tomatoes, and tomato paste. Cover and simmer over very low heat for 1-1/2 hours, stirring occasionally.

Meanwhile, pare and chop potatoes and cover with water to keep them from turning brown. After the 1-1/2 hours, drain potatoes and add to pot. Continue cooking slowly about 30 minutes or until potatoes are tender. Skim off any excess fat. Serve hot. Serves 8 to 10.

Provençal Vegetable Soup

(Prepared by Jerry and Barbara)
Planning Party followed by Bread and Soup Party
25 January 2009

Ingredients

2 Tablespoons good olive oil
2 Cups chopped onions (2 onions)
2 Cups chopped leeks, white and light green parts (2 to 4 leeks)
3 Cups 1/2-inch-diced unpeeled boiling potatoes (one pound)
3 Cups 1/2-inch-diced carrots (1 pound)
1-1/2 Tablespoons kosher salt
1 Teaspoon freshly ground black pepper
3 Quarts homemade chicken stock or canned broth
1 Teaspoon saffron threads
1/2 Pound haricots verts, ends removed and cut in 1/2
4 Ounces spaghetti, broken in pieces
1 Cup Pistou, recipe follows
Freshly grated Parmesan, for serving

Directions

Heat the olive oil in a large stockpot, add the onions, and sauté over low heat for 10 minutes, or until the onions are translucent. Add the leeks, potatoes, carrots, salt, and pepper and sauté over medium heat for another 5 minutes. Add the chicken stock and saffron, bring to a boil, then simmer uncovered for 30 minutes, or until all the vegetables are tender. Add the haricots verts and spaghetti, bring to a simmer, and cook for 15 more minutes.

To serve, whisk 1/4 cup of the pistou into the hot soup, then season to taste. Depending on the saltiness of your chicken stock, you may need to add up to another tablespoon of salt. Serve with grated Parmesan cheese and more pistou. 6 to 8 servings

Pistou:

4 Large garlic cloves
1/4 Cup tomato paste
24 Large basil leaves
1/2 Cup freshly grated Parmesan
1/2 Cup good olive oil

Place the garlic, tomato paste, basil, and Parmesan in the bowl of a food processor and puree. With the motor running, slowly pour the olive oil down the feed tube to make a paste. Pack into a container, pour a film of olive oil on top, and close the lid.

Yield: 1 cup

Lentil Soup

(Prepared by Lindsay and David)
Planning Party followed by Bread and Soup Party
25 January 2009

Ingredients:

1 Tablespoon Oil
8 Cups water or vegetable stock
1 Large onion - chopped
1/2 Teaspoon salt
2 Stalks celery - chopped
2 Teaspoon Italian seasoning
2 Carrots - sliced
1/2 Teaspoon black pepper
1 Clove garlic - minced
1 16 ounce can tomatoes - drained (about 2 cups)
2 Cups dry lentils (available in bulk foods)
2 Tablespoons lemon juice

Preparation:

In a large soup pot, lightly fry vegetables in oil until tender-crisp.

Add remaining ingredients except lemon juice.

Cook until lentils are very soft (45 minutes to 1 hour).

Just before serving, stir in lemon juice

Heritage House Corn Chowder

(Prepared by Ann and Dick)
Planning Party followed by Bread and Soup Party
25 January 2009

4 Cans chicken broth (total 56 ounces)
6 Medium potatoes peeled and diced
2 Cups diced smoked ham
16 Ounces frozen corn
1/2 Teaspoon freshly ground pepper
2 Cups of milk
1/2 Cup flour
1/2 Cup butter or margarine
chopped fresh parsley

In a stock pot, bring the broth, potatoes, ham, corn and pepper to a boil.
Reduce heat, cover and simmer 20 minutes until potatoes are tender.
Whisk the flour and milk in a bowl until smooth; whisk into the corn/potato mixture.
Stir in the butter or margarine (cut up).
Simmer, stirring about 3 minutes until the butter/margarine has melted and soup has thickened.
Sprinkle with parsley.
Makes 10 cups – divide everything in half to make a 5 cup chowder.

BACON BATTER BREAD (TWO LOAVES)

(Prepared by Paula and Joe)
Planning Party followed by Bread and Soup Party
25 January 2009

Big, husky loaves, brown-flecked with pieces of bacon, this bread has the cold-winter-morning taste of crisp fried bacon. It is unusual to season a bread with coriander which is reserved for soups, salads, puddings and cheeses, but in this loaf it complements the bacon and underscores the whole wheat. It is a batter, and will rise without kneading. It will probably be too thick to pour, and too wet to lift with the hands. Using two spoons is the easiest way to transfer the batter from the bowl to the pans.

INGREDIENTS:

1/4 Pound. uncooked bacon or enough to make 1/3 cup crumbled fried bacon
2 Tablespoons bacon drippings (from the above)
1 Cup whole wheat flour
4 Cups all-purpose or bread flour
2 packages dry yeast
2 Teaspoons salt
1/4 Teaspoon ground coriander
1/2 Cup nonfat dry milk
2 Cups hot tap water (120 -130 degrees)
1/4 Cup brown sugar, firmly packed
1 Egg, room temperature

BAKING PANS:

Two medium (8 1/2 x 4-1/2) loaf pans, greased or Teflon. If glass, reduce oven heat 25 degrees.

PREPARATION - 15 minutes:

Cook bacon to make 1/3 cup of crumbled bacon, and reserve it and 2 tablespoons of the drippings. In a mixer bowl measure the whole wheat flour, 3 cups of all-purpose or bread flour, yeast, salt, ground coriander, milk, drippings and water. Blend at low speed in the electric mixer for 30 seconds, or for the same length of time with a large wooden spoon. Add brown sugar, egg and bacon. Stir. Increase mixer speed to high for 3 minutes - or 200 strokes with the spoon. Stop the mixer and add the remaining flour. Blend it well.

FIRST RISING - 50 MINUTES:

Serape down the sides of the bowl, cover it tightly with plastic wrap and put in a warm (80 - 85 degrees) place until the batter has doubled in volume.

FORMING - 5 MINUTES:

Turn back the plastic covering and stir down the batter. Lift it with spoons into the pans. Push into the corners of the pans with a spoon, and smooth the tops.

SECOND RISING - 30 MINUTES:

Cover pans with the plastic or wax paper and return the pans to the warm place. The batter will rise to the edge of the pans.

BAKING - 40 MINUTES:

Preheat oven to 375 degrees. Place the pans in the oven and bake until the loaves are a deep brown. The loaf is done when a metal skewer or wooden toothpick inserted in the center comes out clean and dry. If moist particles cling to the probe, return the loaf to the oven for an additional 10 minutes. Test again.

FINAL STEP:

Remove bread from the oven. Carefully turn the hot loaves out onto a metal rack to cool before serving or freezing.

Makes 2 loaves

Cranberry Lattice Pie

(Prepared by Joan and Bob)
Planning Party followed by Bread and Soup Party
25 January 2009

Crust:

2 Cups unbleached all purpose flour
1/4 Cup sugar
2 Teaspoons ground cinnamon
Pinch salt
3 Cup (1-1/2 sticks) unsalted butter, cold, cut into small pieces
2 Egg yolks
2 Hard-cooked egg yolks
Grated zest of 1 lemon

Filling:

4 Cups cranberries
12 Dried apricots, quartered
1-1/4 Cups sugar
1/2 to 3/4 Cup water
1/3 Cup Amarillo liqueur

Glaze:

1 Egg
2 Teaspoons water
To make the crust, process the flour sugar, cinna-

mon, salt, butter, raw and cooked egg yolks, and the lemon zest in a food processor fitted with a steel blade until the dough gathers into a ball. Wrap in plastic wrap and refrigerate 1 hour.

To make the filling, combine the cranberries, apricots, sugar and $\frac{1}{2}$ cup water in a saucepan. Cook uncovered over medium heat, stirring occasionally, for 15 minutes. (If the mixture seems too dry, add additional $\frac{1}{2}$ cup water). The cranberries should be popped. Add the liqueur and simmer for 15 minutes more.

Preheat oven to 375 degrees F.

Divide the dough in half. Roll out 1 piece to a 13-1/2 inch circle on a lightly flour surface. Line a 12 inch tart pan with removable bottom with the dough. Trim the edges.

Spread the cranberry filling in an even layer in the bottom of the tart shell. Roll out the remaining dough 1/4 inch thick. Cut into 1/4 inch wide strips and arrange in a lattice pattern on the top of the pie. Trim the edges.

6. To make the glaze, beat the egg and water together. Brush with egg wash.

7. Bake until the top is golden and the filling is bubbling about 45 minutes.