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TWENTY SIXTH YEAR

AUGUST, 2009

NEWS LETTER

#109

**GOURMET COUPLES SCHEDULE FOR 2009**

- September 11 – Army-Navy Country Club, 6:300 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

***Gourmet Couples Twenty Sixth Anniversary Dinner***

Dick and Ann will host our Gourmet Couples September Dinner on Friday 11 September at Army Navy Country Club, 2400 South 18<sup>th</sup> Street in Arlington, Virginia. Because of room size limitations, we will only be able to accommodate 13 couples for this event.

We will have open bar cocktails at 6:30 PM with dinner in the Sun Room at 7:30 PM. We will have a special dinner menu which will include Sunroom Salad, main course entrée with a choice of Prime Rib, Chateaubriand for Two, Rack of Lamb for Two, Chicken Milanese, or Baked Fillet of Salmon, wine, coffee and kahlua cheesecake dessert. Since most of the entrees are about equal in cost, Dick will divide the entire bill by 13 and you can pay him by check. We estimate that the cost per person for this event including the cocktails, dinner and wine will be about \$45 to \$50 per person.

**Gentlemen are required to wear a coat and tie at the Club.**

**Chocolate Raspberry Bars with White Chocolate and Almonds**

(Prepared by Jerry and Barbara)  
Planning Party, July 12, 2009

- 2/3 Cup raspberry jam
- 1 (21-ounce) box brownie mix (recommended: Duncan Hines Chewy Fudge)
- 3 Eggs
- 1/2 Cup vegetable oil
- 1/4 Cup water
- 3/4 Cup white chocolate chips, melted
- 1/2 Cup chopped salted almonds

Position a baking rack in the center of the oven. Preheat the oven to 325 degrees F. Butter and flour a 9 by 13-inch baking pan.

In a small saucepan, stir the jam constantly over low heat until pourable, about 1 minute. Set aside.

In a large bowl, blend together the brownie mix, eggs, vegetable oil, and water. Using an electric hand mixer beat for 1 minute on medium speed. Pour the batter into the prepared pan. Spoon the jam over the top of the brownie batter. Using a small spatula, swirl jam into the brownie batter. Bake for 27 to 30 minutes or until a toothpick inserted about 1-inch from the edge of the pan comes out clean. Spread with the melted chocolate and sprinkle with salted almonds. Transfer the pan to a wire rack to cool.

Cut into 16 bars and store airtight in a plastic container for up to 1 week. Makes 16 bars

**Derby Squares**

(Prepared by Linda and Shelly )  
Planning Party, July 12, 2009

**Crust:**

- Preheat oven to 350 degrees F.
- 2 Cups Flour
- 1 Cup Brown Sugar
- 1/2 Cup butter, softened

Mix in bowl, beating until evenly blended. Pat into 9 inch x 13 inch pan and bake 10 minutes.

**Filling:**

- 1/2 Cup Butter
- 1 Cup Sugar
- 2 Eggs
- 1 Teaspoon Vanilla
- 2 Tablespoons Bourbon
- 1/4 Teaspoon Salt
- 1 Cup Chocolate Chips
- 1 Cup chopped walnuts

Beat butter & sugar. Add eggs, vanilla, Bourbon and salt. Beat to blend, then stir in chips and nuts and pour over crust. Bake 30 minutes or until center is set. Cool and cut into squares.

## Jarlsberg Cheese and Onion Dip

(Prepared by Paula and Joe)

Planning Party, July 12, 2009

2 Large Vidalia onions , Sliced  
2 Cups Hellman's mayonnaise  
1/4 Teaspoon cayenne pepper  
3/4 pound Jarlsberg cheese  
Salt, sugar and worcestershire sauce to taste  
Paprika.

Preheat oven to 350 degrees F.

Sauté onions in a covered skillet in small amount of butter until soft. This takes about 30 minutes. Stir occasionally. Mix in equal amount of grated cheese and onion (approximately), cayenne pepper and mayonnaise. Place in pie dish. Sprinkle with paprika.

Bake 30 minutes or until browned. Serve with with bread or crackers.

## Tuscan dinner

Four couples met at the home at Joan and Bob Jan-shego on a lovely summer night for a Tuscan dinner.

Our menu was:

Appetizers: Tzatziki  
Stuffed Zucchini with Mortadella and Parmesan  
Salad Italian Chef Salad  
Pasta: Fusilli Primavera  
Entree: Roast Beef with Butter Lettuce Pesto  
Desert: Mixed Berry Pie with Ginger, Orange, and Almond Streusel

## Tzatziki

(Prepared by Paula and Joe)

Super Tuscan Dinner, July 25. 2009

Makes 1 bowl

1 Meet cucumber  
4 Spring onions (scallions)  
1 Garlic clove  
1 Cup Greek (Us strained plain) yogurt  
1/3 Teaspoon chopped f  
Fresh mint sprigs, to garnish (optional)  
Salt and ground black pepper

Trim the ends from the mini cucumber, then cot it into 1/4 inch dice, using e sharp knife

Trim the spring onions end garlic, then chop both very finely

Spoon the yogurt into e howl end beet until it is completely smooth, if necessary, then gently stir in the diced cucumber! spring onions, garlic end chopped mint.

COOK'S TIP: Choose Greek (lit strained plain) yogurt for this dip - it has a higher fat content than most yogurts, which gives it a deliciously rich, creamy texture.

Serve this classic Greek dip with toasted small pitta breads.

## Stuffed Zucchini with Mortadella and Parmesan

(Prepared by Paula and Joe)

Super Tuscan Dinner, July 25. 2009

## INGREDIENTS

3 Tablespoons olive oil, divided, plus additional for baking dish  
1-1/2 Cups chopped white onion  
2 Garlic cloves, chopped  
4 Ounces mortadella, minced (3/4 cup)  
1 Cup fresh bread crumbs (from crustless Italian or French bread ground in processor)  
1 Cup finely grated Parmesan cheese, divided  
1/2 Cup chopped fresh Italian parsley  
1 Large egg, beaten to blend  
8 Medium round zucchini, tops cut off, or 4 large zucchini (7 to 8 ounces each), trimmed, cut lengthwise in half

## PREPARATION

Heat 1 tablespoon oil in heavy large skillet over medium heat. Add onion and garlic. Sauté until onion is soft and golden, about 9 minutes. Transfer onion mixture to medium bowl. Stir mortadella, bread crumbs, 1/2 cup cheese, and parsley into onion mixture. Season stuffing to taste with salt and pepper. Stir in egg.

Brush 13 x 9 x 2 inch glass baking dish with oil. Using melon baller or teaspoon, scoop pulp from zucchini, leaving 1/4-inch-thick shell. Fill shells with stuffing; arrange in dish. Drizzle with 2 tablespoons oil. Sprinkle with 1/2 cup cheese.

DO AHEAD Can be made 1 day ahead. Cover and chill. Preheat oven to 350 degrees F. Bake zucchini uncovered 40 minutes. Increase heat to 400°F; bake until tender and beginning to brown, about 15 minutes longer.

## Italian Chef Salad

(Prepared by Jerry and Barbara)

Super Tuscan Dinner, July 25. 2009

## Ingredients

2 Hearts romaine lettuce, chopped  
1/4 Pound hot ham, sliced  
1/4 Pound Genoa salami, sliced  
1/4 Pound deli provolone cheese, chopped  
Hot pepper rings, a couple of fork fulls  
1/2 Cup Cracked green olives,  
1 Yomato, chopped  
2 Ribs celery, chopped  
A few leaves basil, torn  
Red wine vinegar, 2 tablespoons, eyeball it  
Extra-virgin olive oil, for drizzling  
Salt and pepper

Combine all ingredients and dress with red wine vinegar, then extra-virgin olive oil, salt and pepper, all to your taste. serves 6

## Fusilli Primavera

(Prepared by Jerry and Barbara)

Super Tuscan Dinner, July 25. 2009

### VINAIGRETTE

1/4 cup red currant vinegar (or other fruit vinegar)  
1 Teaspoon sugar  
1 Tablespoon Dijon mustard  
3/4 Cup olive oil  
1/4 Cup pimiento oil (see Note)  
2 Tablespoons chopped purple basil  
Coarse kosher salt and freshly ground black pepper to taste

2 Pounds fusilli  
1 or 2 Tablespoons pimiento oil  
1/2 Pound haricots verts or young green beans  
1/2 Pound sugar snap peas or snow peas  
2 Red bell peppers, roasted, peeled, seeded, and sliced  
1 Medium red onion, thinly sliced crosswise  
1 Pint ripe red cherry tomatoes, halved  
Freshly grated Parmesan cheese  
Fresh small-leaf basil

To make the vinaigrette, combine the vinegar, sugar, and mustard, stirring to dissolve the sugar. Combine the oils, and gradually whisk them into the vinegar mixture. Stir in the purple basil, season to taste, and set aside.

Cook the fusilli in a large pot of boiling water until just tender. Drain and rinse in cool water. Drain again and toss with enough pimiento oil to prevent the noodles from sticking together. Set aside.

Trim the ends of the green beans, string the peas, and steam over boiling water tm just tender but still crisp, 30 seconds to -- minute. Remove from the heat and refresh L ice water. Drain well.

Combine the pasta and all the vegetable in a large bowl. Whisk the vinaigrette, and ac the desired amount to the pasta. Toss, Sprinkle. with Parmesan cheese, garnish with basil, ai serve chilled or at room temperature. Serves 12 to 14

## Roast Beef with Butter Lettuce Pesto

(Prepared by Fran Place and Jerry )

Super Tuscan Dinner, July 25. 2009

### INGREDIENTS

Butter Fettucine Pesto

2 large heads of butter lettuce, coarsely chopped (about 16 cups), divided  
1 Cup chopped fresh basil  
1/2 Cup pine nuts  
1/2 Cup slivered almonds  
3-1/2 Tablespoons white balsamic vinegar  
4 Teaspoons honey mustard  
3/4 Cup olive oil

Beef:

2 Cups coarse kosher salt  
1/2 Cup water  
1 Tablespoon olive oil

1 2 pound beef tenderloin roast or 1-3/4 pound chateaubriand-cut top sirloin steak (about 1-1/2 inches thick)

### PREPARATION

#### BUTTER LETTUCE PESTO

Place half of lettuce in processor; chop finely. Add remaining lettuce; chop finely. Add basil, pine nuts, almonds, vinegar, and mustard. Grind until nuts are finely chopped. With machine running, add oil through feed tube and blend until almost smooth. Season with salt and pepper. Transfer to bowl. *DO AHEAD Can be made 1 day ahead. Cover and chill.*

#### BEEF

Place coarse salt in large bowl. Add 1/2 cup water and stir until moistened.

If using tenderloin, spread 1 cup salt mixture in roasting pan to make rectangle about same size as roast. Heat oil in large skillet over high heat. Sprinkle tenderloin all over with pepper. Place in skillet and sear until brown, 2 to 3 minutes per side. Transfer beef to bed of salt. Cool to room temperature, 15 to 20 minutes, then press remaining salt over top and sides to enclose.

If using top sirloin, sprinkle all over with pepper. Place in skillet and sear until brown, 2 to 3 minutes per side. Place beef directly in roasting pan (not on bed of salt). Let meat cool to room temperature, 15 to 20 minutes. Press salt mixture over top and sides of beef to enclose. *DO AHEAD Can be prepared 1 hour ahead. Let stand at room temperature.*

Position rack in center of oven and preheat to 425 degrees F. Roast beef until thermometer inserted through salt crust into center of beef registers 120 degrees F to 125 degrees F for medium-rare, 30 to 35 minutes for tenderloin and 25 minutes for top sirloin.

Let beef rest 30 minutes. Crack salt crust with mallet. Using tongs, transfer beef to platter, brushing off excess salt. Slice beef thinly and serve with pesto.

## Mixed Berry Pie with Ginger, Orange, and Almond Streusel

Prepared by Joan and Bob)

Super Tuscan Dinner, July 25. 2009

Raspberries, blueberries, and blackberries are baked between a crisp pastry crust and a crumbly streusel topping.

**Yield:** Makes 8 to 10 servings

#### Crust:

1-1/2 Cups all purpose flour  
2 Teaspoons sugar  
1/2 Teaspoon salt  
1/2 Cup (1 stick) chilled unsalted butter, cut into 1/4-inch cubes  
2 Tablespoons (or more) ice water

#### Streusel topping:

3/4 Cup all purpose flour  
1/2 Cup sugar  
2 Tablespoons finely chopped crystallized ginger  
1 Teaspoon finely grated orange peel

- 1/4 Teaspoon salt
- 6 Tablespoons (3/4 stick) chilled unsalted butter, cut into 1/4-inch cubes
- 1 Tablespoon whole milk
- 1 Cup sliced almonds

**Filling:**

- 3 Cups fresh blueberries (17 ounces)
- 2 Cups fresh raspberries (9 to 10 ounces)
- 1 Cup fresh blackberries (5 to 6 ounces)
- 1/2 Cup plus 2 Tablespoons sugar
- 1 Tablespoon fresh lemon juice
- 3 Tablespoons cornstarch

**For crust:**

Whisk flour, sugar, and salt in medium bowl to blend. Add butter and rub in with fingertips until mixture resembles coarse meal. Add 2 Tablespoons ice water and stir with fork until mixture is evenly moistened, adding more ice water by teaspoonfuls if mixture is dry. Gather dough into ball; flatten into disk. Wrap dough in plastic and chill at least 1 hour. **DO AHEAD:** *Can be made 2 days ahead.* Keep chilled. Soften dough slightly at room temperature before rolling out.

**For streusel topping:**

Blend flour, sugar, crystallized ginger, orange peel, and salt in processor. Add butter; using on/off turns, blend until coarse crumbs form. Blend in milk (mixture will resemble moist coarse crumbs). Transfer mixture to medium bowl. Stir in almonds. **DO AHEAD:** *Can be made 1 day ahead.* Cover and chill.

Position rack in center of oven and preheat to 400°F. Place rimmed baking sheet in bottom of oven to catch any possible spills from pie. Roll out dough on lightly floured surface to 12-inch round. Transfer to 9-inch-diameter glass pie dish. Turn pie crust edge under, forming high-standing rim extending 1/4 inch above sides of pie dish; crimp edge decoratively. Freeze crust while making filling.

**For filling:**

Gently toss blueberries, raspberries, blackberries, 1/2 Cup sugar, and lemon juice in large bowl. Let stand 10 minutes. Mix cornstarch and remaining 2 tablespoons sugar in small bowl. Add to berry mixture and toss gently to coat. Transfer berry mixture to crust, mounding slightly in center. Bake 30 minutes.

Remove pie from oven and reduce oven temperature to 375°F. Sprinkle streusel topping evenly over berry pie filling. Return pie to oven and bake until crust is golden brown and berry juices are bubbling thickly, about 40 minutes. Transfer pie to rack and cool completely.

**Summer Herb Dinner**

Hosted by Cheryl Larson and Dick Neyrinck  
Saturday, July 25, 2009

**Appetizer:**

Apricots with Herbed Goat Cheese – Elaine and Markus

Double-Mint Brandy Coolers – Cheryl and Dick

Maine Vichyssoise with Chive Oil – Lindsay and Dave

Summer Tomato Salad – Ann and Dick

Rosemary Lamb Chops – Cheryl Larson and Dick Neyrinck

Orzo and Corn Off the Cob – Ann and Dick

**Apricots with Herbed Goat Cheese**

Elaine & Markus Olin-Fahle

Summer Herb Dinner, July 25, 2009

- 3 Ounces soft goat cheese (chèvre)
- 1-1/2 Teaspoons snipped fresh chives
- 1-1/2 Teaspoons snipped fresh parsley
- 1/2 Teaspoon snipped fresh rosemary
- Salt and freshly ground black pepper
- 6 Fresh rosemary sprigs

In a small bowl combine goat cheese, chives, parsley, snipped rosemary, salt, and pepper.

Cut the apricots in half; remove and discard pits. Top apricot halves with herbed cheese. Cover and chill up to 1 hour before serving. Top with rosemary sprigs just before serving. Makes 6 servings.

**Double-mint Brandy Cooler**

(Prepared by Cheryl and Dick)

Summer Herb Dinner, July 25, 2009

- 1 Ounce simple syrup
- Crushed ice
- 2 Ounces brandy
- Splash of club soda
- Mint sprig for garnish

Add simple syrup to glass. fill halfway with crushed ice. Then add brandy and splash of soda water. Add enough ice to almost fill glass. Stir well and garnish with ment sprig.

## Maine Vichyssoise with Chive Oil

(Prepared by Lindsay and David )  
Summer Herb Dinner, July 25, 2009

When making this creamy-smooth soup, its important to pick the proper potatoes to ensure the best results. Starchy potatoes-such as russets, a favorite baker-work better than waxy potatoes, which have skin that's smooth and thin. Waxy potatoes tend to get a little gummy when mashed or puréed in a blender.

4 Medium leeks  
1 Tablespoon olive oil  
1-1/2 Pound Maine potatoes, Yukon Gold potatoes, or russet-potatoes, peeled and cut into 2-inch pieces (about 5 medium potatoes)  
4 Cups chicken broth  
1/4 Teaspoon salt  
1/8 Teaspoon pepper  
1/3 Cup milk  
3 Tablespoon finely snipped fresh chives  
2 Tablespoon finely snipped fresh thyme  
1 Recipe Chive Oil  
Fresh chives

Trim the leeks, separating the dark green stems from the white leek. Discard green section. Cut the white part of the leek in half lengthwise and clean out the dirt between the layers. Cut the leek into 2-inch pieces.

In a Dutch oven heat the olive oil over medium-low heat. Add leeks. Cook, covered, for 10 minutes, stirring occasionally. Stir in potato pieces; cook 2 minutes. Increase the heat to high. Add the broth, salt, and pepper. Bring to boiling; reduce heat to medium-low. Simmer, covered, for 15 minutes or until the potatoes are tender. Remove from heat. Let cool slightly.

Place the mixture in batches in a food processor or blender. Cover and processor blend until smooth. Place in a large bowl; stir in the milk and snipped herbs. Cover and chill at least 8 hours or until cold.

About 20 minutes before serving, prepare Chive Oil. Serve vichyssoise in small glasses or bowls. Drizzle each serving with 2 teaspoons Chive Oil. Top with chives. Makes 6 servings.

### CHIVE OIL:

In a small saucepan combine 1/4 cup very finely chopped fresh chives and 1/4 cup good quality olive oil. Place over low heat for 5 minutes, stirring occasionally. Remove from heat. Add 1/8 teaspoon coarse sea salt and a dash of freshly ground black pepper; let cool 20 minutes. (Use chive oil immediately. Discard any remaining.) Makes about 1/4 cup.

## Summer Tomato Salad

(Prepared by Ann and Dick)  
Summer Herb Dinner Party 25 July 2009

This tarragon-touched salad offers an opportunity to create a taste-test with different colors and types of tomatoes.

## Ingredients

1 Recipe Tarragon Vinaigrette  
3 Cups mesclun salad greens  
2 Medium red tomatoes cut into wedges  
2 Medium yellow tomatoes cut into 8 wedges each  
1 Cup red cherry tomatoes, halved if desired  
1 Small red onion, cut into paper-thin slices  
1/4 Teaspoon coarse salt  
1/4 Teaspoon freshly ground black pepper

Prepare Tarragon Vinaigrette; set aside  
Divide the greens among 6 individual salad plates.  
Arrange the tomatoes on and around the greens. Top each serving with onions. Sprinkle with salt & pepper. Drizzle with desired amount of dressing. Makes 6 servings

### Tarragon Vinaigrette:

In a small bowl, whisk together 1/2 cup of olive oil, 1/4 cup red or white wine vinegar, 1 tablespoon finely chopped fresh tarragon, 1 tablespoon finely chopped fresh chives, and 1/2 teaspoon Dijon-style mustard.

## Rosemary Lamb Chops

(Prepared by Cheryl and Dick)  
Summer Herb Dinner, July 25, 2009

6 Lamb chops, cut about 1 inch thick each (about 1/4 pound total)  
3/4 Cup dry red wine  
3 Tablespoon s finely chopped fresh rosemary  
2 Cloves garlic, finely chopped  
1 Tablespoon balsamic vinegar  
1/2 Teaspoon coarsely ground black pepper  
1/4 Teaspoon salt  
1 Tablespoon butter Fresh rosemary sprigs

Trim fat from lamb chops. Place chops in a self-sealing plastic bag set in a shallow dish. Add red wine, 2 tablespoons of the chopped rosemary, the garlic, balsamic vinegar, pepper, and salt. Seal the bag. Marinate in the refrigerator for 2 to 48 hours, turning the bag occasionally. Drain the chops, reserving the marinade.

Grill chops on the rack of an uncovered gas grill on medium or charcoal grill directly over medium coals until desired doneness, turning once halfway through grilling. Allow 12 to 14 minutes for medium-rare (instant-read thermometer registers 145 degrees F.) or 15 to 17 minutes for medium (instant-read thermometer registers 160 degrees F.). Season to taste with additional salt and pepper.

Meanwhile, strain reserved marinade into a small saucepan; discard solids. Simmer, uncovered, over medium heat about 5 minutes or until reduced to 1/3 cup. Add butter and the remaining 1 tablespoon chopped rosemary; cook 1 minute. Serve sauce with the chops. Top with rosemary sprigs. Makes 6 servings.

## Orzo and Corn Off the Cob

(Prepared by Ann and Dick)

Summer Herb Dinner Party 25 July 2009

Fresh corn and orzo can be cooked together in the same pot. Orzo is a quick-cooking pasta that looks like large grains of rice.

- 4 Fresh ears of corn
- 1-1/4 Cups of orzo
- 1 Cup Greek black olives, pitted and halved
- 1 Medium red sweet pepper, chopped (about 3/4 Cup)
- 1/4 Cup thinly sliced green onions
- 1/4 Cup finely snipped fresh basil
- 1/4 Cup finely snipped fresh parsley
- 1/4 Cup olive oil
- 2 Tablespoons white wine vinegar
- 1/4 Teaspoon salt
- 1/4 Teaspoon freshly ground black pepper

Cut the corn kernels off the cob; you should have about 2 cups – set aside. Bring a large pot of lightly salted water to boiling. Add the orzo and cook stirring occasionally for 8 or 9 minutes or until tender, adding corn the last 3 minutes of cooking. Drain well and place in a large serving bowl.

Add the olives, sweet pepper, and green onions; toss well. Add the basil, parsley, olive oil, vinegar, salt and black pepper. Toss gently to combine. Serve at room temperature. Makes 6 servings

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