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TWENTY SEVENTH YEAR

OCTOBER, 2009

NEWS LETTER

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GOURMET COUPLES SCHEDULE FOR 2009

- 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 wish to welcome our newest Members.
Kathy and Claude

10th Annual Crab Feast

The October 3rd crab feast at Paula and Joe’s North Beach cottage was a success. The weather was perfect, the crabs, were delicious as were the side dishes and desserts. Paula’s fried onion rings were a particular favorite. We had two new couples join us: Claude and Kathy Rollin and Jess Auyong and Dan Murphy and their guests Bill and Dianne Strickler. Also in attendance was Jerry’s daughter, Cynthia Downs, visiting from Montana, and Fran’s sister, Merlyn Creamer, from Baltimore. Special thanks to Paula and Joe’s son, Michael, who helped to cook the crabs, as well as his friend, Amenda, who helped in organizing the event. There were 33 in attendance.

How to Steam Chesapeake Bay Blue Crabs

In a steam pot add the ratio of liquid per dozen crabs:

- 1 Cup beer
- 1 Cup cider vinager

Old Bay Seasoning

DO NOT USE ANY WATER. DO NOT LET CRABS TOUCH LIQUID

Boil liquid, Layer live crabs on steam rack, sprinkle Old Bay on each layer of crabs. Place lid on pot. Steam for 20 minutes.

December Restaurant Brunch

Mrs. K’s Tollhouse Brunch
Sunday, December 6
10:30 am – 12:30 pm
9201 Colesville Rd
Silver Spring MD 20910

Washingtonians have been coming to Mrs. K’s to dine for seven decades. In the early 1900s the building functioned as a toll house, complete with living quarters for the keeper and his family. The price to pass the toll: two cents... the same as sending a letter at that time.

Blanche and Harvey Kreuzburg of Washington, DC bought the house early in 1930, and opened their restaurant,

on April 1. The building has been kept as historically accurate as possible. Mrs. K’s also boasts the finest wine list in Montgomery County.

The wonderful brunch buffet selections change weekly, but always feature:

- Carving Station
- Custom Omelet Station
- Freshly Made Belgian Waffles
- Scrambled Eggs
- Bacon, Sausage & Ham
- Home Fries
- Oysters on the Half Shell
- Assortment of Hot Breakfast & Lunch Foods
- Cold Salads and Assortment of Cold Appetizers
- Assortment of Fine Pastries, Danishes and Breads
- Freshly Brewed Coffee and Tea

LAYERED BLACK BEAN SALAD

(Prepared by Joan and Bob)
10th Annual Crab Feast, October 3, 2009

- 1 Cup dried black beans
- 4 Cups water
- 1/2 CUP chopped green bell peppers
- 1/2 Cup chopped red bell peppers
- 2 Cup chopped yellow bell peppers
- 1/2 Cup chopped onion dash red pepper flakes

Rinse dried beans and place in the slow cooker. Cover with water; set cooker on low heat and cook for 8 to 9 hours. Remove beans from cooker; discard water and rinse beans. Cool. Mix beans with peppers, onion and pepper flakes; set aside

DRESSING:

- 1 Cup balsamic red wine vinegar
- 3/4 Cup olive oil
- 2-3 Cloves garlic, peeled
- 1 Teaspoon sugar
- Salt to taste

Mix vinegar, olive oil, whole garlic cloves, sugar and salt in a saucepan. Simmer for 10 minutes. Cool and strain. Pour cooled dressing over bean mixture and allow flavors to blend for at least 2 hours or overnight, if time permits.

SALAD INGREDIENTS:

Sour cream, low-fat if available bottled salsa chopped lettuce chopped green onions chopped fresh parsley for garnish

The size of the bowl determines the quantity of salad ingredients. Place 1/2 of the bean mixture in bowl. Spread a thin layer of sour cream over beans and then a thin layer of salsa. Follow with a 1 inch-thick layer of chopped lettuce; sprinkle with chopped green onions and top with remaining bean mixture. Sprinkle with chopped parsley.

Lemon Tarts

(Prepared by Cheryl and Dick)

10th Annual Crab Feast, October 3, 2009

Short Crust Pastry:

- 8 Tablespoons unsalted, chilled butter, cut into 1/4 inch pieces
- 2 Tablespoons lard, chilled and cut into 1/4 inch pieces
- 3-4 Tablespoons ice water
- 2 Teaspoons sugar
- 1-1/2 Cups unbleached white flour
- 1/4 Teaspoon salt

In a large bowl, combine flour, salt, sugar, butter and lard. With fingertips, quickly rub flour and fats together until mixture resembles coarse meal. Avoid letting mixture become oily and warm. Sprinkle 3 tablespoons of ice water over mixture and toss together lightly with a fork, forming mixture into a ball. If mixture is crumbly, sprinkle 1 more tablespoon water over the mixture. It is very important not to use too much water--you will only drown the pastry dough. Dust pastry with a bit of flour, wrap in waxed paper and chill at least 1 hour. When ready to use, roll out on floured board (if dough is stiff, manipulate quickly with rolling pin or hands). For tarts, roll out to about 1/4 inch thickness. Cut out into either 2 inch or 3 inch rounds, depending on muffin tin size. Fit carefully into greased muffin tins. The dough will go up the sides of the tin only about an inch or so. Will make about 18 tarts. If baking with filling, follow the filling baking directions; if baking shells only, bake 12-15 minutes at 350 degrees. If baking shells only, prick bottoms and sides of shells before putting into oven. Even better, put dry beans or rice in bottoms to prevent pastry from puffing up. Can freeze empty shells.

Lemon Curd Filling:

Juice and grated peel of 3 lemons

- 1-1/2 Cups sugar
- 3 Beaten egg
- 6 Tablespoons butter, cut into small pieces

Combine ingredients in top of double boiler. Stir constantly over simmering water until butter and sugar are melted. Continue stirring until mixture thickens, 10-15 minutes. Be careful not to curdle the mixture (i.e., treat it like hollandaise). Remove from heat and cool a bit before refrigerating. Mixture will continue to thicken in the refrigerator. Spoon into pre baked tartlet shells or spread

Jumbo Onion Rings with Sesame Bread Coating

(Prepared by Paula and Joe)

Crab Feast, October 3, 2009

Size is more important than variety in choosing an onion to make these rings. The bigger the onion, the fewer rings you have to coat and fry. Give yourself time between

over plain cakes or toast. Keeps about 2 weeks

Ramen Salad

(Prepared by Barbara and Jim)

10th Annual Crab Feast, October 3, 2009

- 1 Package cole slaw cabbage
- 1/2 Cup green onions sliced
- 1 Package salted sunflower seeds
- 1 Package beef top ramen noodles dry and crushed

Dressing: Beef flavor packet

- 1/4 Cup (scant) sugar
 - 1/3 Cup oil
 - 1/2 Cup cider vinegar
- Toss with dressing just before serving

Spicy Macaroni Shrimp Salad

(Prepared by Cheryl and Dick)

Crab Feast, October 3, 2009

- 8 ounces macaroni, cooked and drained
- 8 ounces shrimp, diced
- 1 medium tomato, diced
- 1 small onion, diced
- 2 hard cooked eggs, diced
- 1 tablespoon Old Bay Seasoning
- 1/4 teaspoon garlic salt
- 3/4 cup mayonnaise
- salt and pepper to taste

In a large bowl, toss all ingredients together. Cover and chill before serving.

Reuben Dip

(Prepared by Paula and Joe)

Planning Party, October 18, 2009

- 1 Cup Mayonnaise
- 1 Cup sour cream
- 1 Cup grated Swiss cheese (about 4 ounces)
- 1/2 Cup sauerkraut, drained
- 4 Ounces lean pastrami or corned beef, chopped
- 1/4 Cup ketchup
- 1/4 Teaspoon salt and 1 Teaspoon sugar or add to taste

Preheat oven to 350 degrees F.

In a 1-1/2-quart baking dish, combine all ingredients. Bake 30 minutes or until heated through. Serve, if desired, with toasted pumpernickel or party-size rye bread. Makes 3-1/2 cups dip

the coating and frying process, if possible. (The onion rings can be prepared up to 24 hours before frying.) Separating these tasks gives you a chance to clean the kitchen before you start to fry. Since the onion rings hold well in a 200 degree F. oven, they can also be fried before guests arrive.

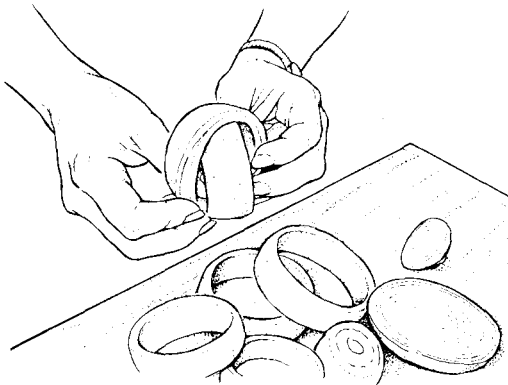
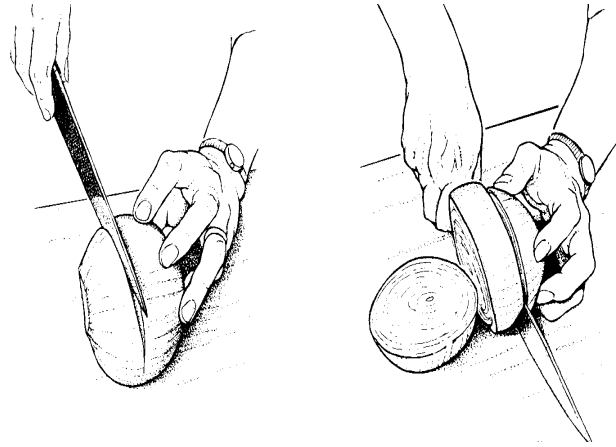
1 Very large yellow or white onion (about 1 pound, or the size of a grapefruit), trimmed, peeled, sliced, and separated into rings as shown

1 Cup all-purpose flour
1 Cup store-bought pancake mix Salt
4 Cups plain dry bread crumbs
1/4 Cup sesame seeds

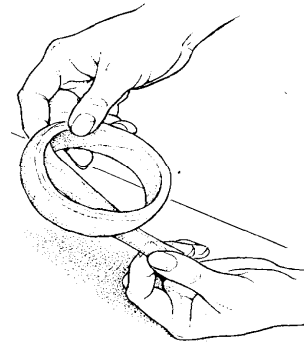
6 Cups peanut oil or vegetable oil

1

To cut the onion into 1 -inch-thick slices, place a chef's knife 1 inch from the onion's end. Use the knife to roll the onion across the work surface and heavily score the onion where you plan to cut.



Pushing the rings through the wider end, separate the onion into rings.



Remove the papery thin membrane from each onion ring.

Place a sheet of newspaper over work surface.
Place onion rings in a large bowl of cold water.

2

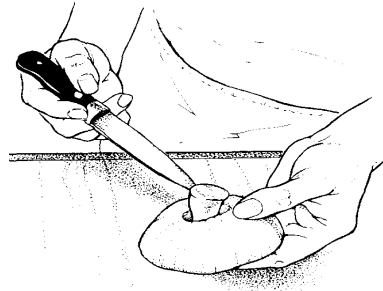
Put flour in a medium bowl. Set aside.

3

In a separate medium bowl, combine pancake mix and 1/2 teaspoon salt. Stir in 1 cup water to form a smooth batter about the thickness of house paint.

4

In a third medium bowl, mix bread crumbs and sesame seeds



Use the tip of a knife to cut out the root end.

Stack the coated onion rings in alternating layers so that the edges are touching as little as possible.



5

Remove an onion ring from water. (It's best to use one hand for dipping into wet ingredients and the other for dipping into dry ones.) Coat onion in flour, then knock on side of bowl to remove excess flour. Transfer ring to other hand and completely coat in pancake batter, allowing excess to drip off. Make a well in bread crumbs. Transfer onion to other hand, drop in crumbs, bury, and use palm to press crumbs onto onion. Place rings in a large, shallow pan, such as a jelly-roll pan, so that edges touch as little as possible. Continue stacking rings in layers as shown. As you work, thin pancake batter with additional water as it thickens and occasionally use a slotted spoon to remove any clumps that form in bread crumbs. Refrigerate onion rings until ready to use. (They can be refrigerated, uncovered, for up to 24 hours.)

6

Heat oven to 200 degree F. Heat oil in an 8-quart soup kettle to 350 degree F. Set a cooling rack over a baking sheet for stacking and draining onion rings. Carefully drop onion rings (spring-action tongs work well) one at a time into hot oil, fitting 4 or 5 in pot. (Do not crowd!) Cook for about 2 minutes, turning each ring halfway through, until they are a rich brown. Drain and keep warm in oven while you fry remaining rings. (Onion rings can be held for up to 30 minutes before serving.) Sprinkle with salt and serve immediately.