



www.gourmetcouples.com

TWENTY EIGHTH YEAR

July, August, 2010

NEWS LETTER

#120

Gourmet Couples Schedule for 2010

September 11 – Virginia Winery Fran and Jerry, host
October 2 – Crab Feast, Paula and Joe host
October 17 – Planning Party, 4:00 – 6:00 pm
October 30 – Halloween Party, Mitzi and Bob, host
November 6– Dinner Party
November 13 – Alternate Dinner Party
December 5 – Restaurant Brunch – Location DC - TBA
January 8, 2011 – 12th Night Party

Virginia Winery Visit

On Saturday, September 11, we'll visit the Winery at La Grange in Haymarket, Virginia. We'll take food for a picnic lunch and enjoy a tasting of several delicious wines, as well as a brief tour of the winery. (There are several lovely rooms in the 200-year-old manor house where we can relax and enjoy our food and drink in case of rain.)The winery opens at 11:00, and we will begin our tasting at 11:30. Please don't be late.

Please mark on the coupon what food you will bring to share, and include a check for \$10 per person made out to Gourmet Couples. The club will furnish iced tea and lemonade, as well as necessary paper products.

Directions to the winery: From DC and Northern Virginia, take I-66 west to exit 40, US 15 (about 30 minutes from the Capital Beltway). Turn left on US 15 for a short distance, then turn right onto John Marshall Highway, VA 55. Go about a mile and turn right onto Antioch Rd. Go about 3 miles, watch for Thunder Oaks on the left, then watch for the winery entrance on the left. From Western Virginia and Northern Maryland, take US 15 south to VA 601. Turn left at the stop sign onto VA 681, Antioch Rd. Watch for the winery entrance on the right.

If you plan to attend, please complete the coupon found on the last page.

Delicious Food at Cafe Renaissance

Our summer restaurant visit in Vienna, Virginia was a treat for our members. Everyone agreed that the selections were delicious and beautifully presented, and both desserts (chocolate mousse cake and almond amaretto cake) were outstanding. The manager and the servers were very accommodating and helped make it a very pleasant evening.

Summer Barbeque

Chili-Corn Custard Squares
Spring Rolls
Chilled Avocado Soup Shots with Spicy Bread Crumbs
Grilled Leg of Lamb with Ancho Chile Marinade
Savoy Slaw with Mint and Cilantro
Wild Rice with Mushrooms
Spanish Torte with Raspberries

5 Gourmet Couples enjoyed a summer barbeque on August 14 at the home of Joan and Bob.

The main course – Grilled Leg of Lamb with Ancho Chile Marinade – was spicy and tasty. Even Barbara, no fan of lamb, enjoyed it. Barbara, who made the Savoy Slaw with Mint and Cilantro, warns that this makes an enormous amount of slaw (like enough to feed a small army). So cut it back, if you decide to make it. Also, finding a daikon radish was a shopping challenge, according to Jerry.

Jura's contribution was a dessert she learned while attending a Whole Food's cooking demonstration. It was delicious with the advantage of requiring no advance prep time.

Chile-Corn Custard Squares

(Prepared by Cheryl and Dick)

Summer Barbeque, August 14, 2010

This addictive appetizer is a delicious combination of sour cream, cheese, and corn. A little minced jalapeño adds heat.

Ingredients

3-1/2 Tablespoons vegetable oil, divided
1 Large onion, finely chopped
Nonstick vegetable oil spray
1/4 Cup all purpose flour
1/4 Cup cornmeal
1/2 Teaspoon baking powder
1/4 Teaspoon salt
1 Large egg
2/3 Cup shredded Mexican cheese blend or 1/3 cup sharp cheddar cheese mixed with 1/3 cup crumbled queso fresco, divided
1/2 Cup sour cream plus additional for garnish
1/2 Cup canned creamed corn
2 Tablespoons minced seeded jalapeño chiles
Tomato salsa (for garnish)

Preparation:

Heat 1-1/2 tablespoons vegetable oil in heavy large skillet over medium-high heat. Add finely chopped onion and sauté until soft and beginning to brown, stirring often, about 12 minutes. Cool.

Preheat oven to 350 degrees F. Spray 8x8x2 inch metal baking pan with nonstick spray. Whisk flour, cornmeal, baking powder, and salt in small bowl. Whisk egg, 1/3 cup cheese blend, 1/2 cup sour cream, creamed corn, and remaining 2 tablespoons oil in large bowl. Add flour mixture; stir to blend. Stir in jalapeño and caramelized onions. Transfer batter to prepared pan. Sprinkle remaining 1/3 cup cheese blend over.

Bake until puffed and tester inserted into center comes out clean, about 35 minutes. Cool completely.

Do Ahead :

Custard squares can be made 2 hours ahead. Let stand at room temperature.

Cut into 1-inch squares. Place on platter. Top each square with dollop of sour cream, then small spoonful of salsa. Serves 6.

Spring Rolls

(Prepared by Sandy and Chuck)

Summer Barbeque, August 14, 2010

- 1 Cup pre shredded cabbage or coleslaw mix
- 1/2 Cup finely chopped cooked ham
- 1/4 Cup finely chopped water chestnuts
- 1/4 Cup sliced green onions
- 3 Tablespoons plum sauce, divided
- 1 Teaspoon Oriental sesame oil
- 3 Flour tortillas (6 to 7 inches in diameter)

Combine cabbage, ham, water chestnuts, green onions, 2 tablespoons plum sauce and oil in medium bowl; mix well.

Spread remaining 1 tablespoon plum sauce evenly over tortillas. Spread about 1/2 cup cabbage mixture on each tortilla to within 1/4 inch of edge; roll up.

Wrap each tortilla tightly in plastic wrap. Refrigerate at least 1 hour or up to 24 hours before serving.

Cut each tortilla into 4 pieces. Makes 12 servings

Chilled Avocado Soup Shots with Spicy Bread crumbs

(Prepared by Barbara and Jerry)

Summer Barbeque, August 14, 2010

INGREDIENTS:

SOUP

- 1 Large ripe avocado (11 to 12 ounces), halved, pitted, peeled, diced
- 1-1/2 Cups (or more) vegetable broth or low-salt chicken broth
- 1/4 Cup heavy whipping cream
- 2 Tablespoons fresh lime juice
- Generous pinch of coarse kosher salt

BREAD CRUMBS

- 1 4x4x1/2 inch slice soft white sandwich bread with crust
- 1 Tablespoon butter
- 3/4 Teaspoon paprika
- 1/4 Teaspoon coarse kosher salt
- 1/8 Teaspoon cayenne pepper

Soup:

Place diced avocado in blender. Add 1-1/2 cups broth, whipping cream, lime juice, and coarse salt. Puree until smooth. Transfer soup to 4-cup measuring cup; add more broth by 1/4 cupfuls to thin soup, if desired. Cover and chill at least 2 hours.

Do Ahead

Soup can be made up to 4 hours ahead. Keep chilled.

Bread crumbs:

Finely grind bread in processor. Melt butter in medium nonstick skillet over medium-high heat. Add bread crumbs to skillet; stir until golden, about 1 minute. Add paprika, coarse salt, and cayenne; stir until crumbs are crisp, about 1 minute longer. Transfer to small bowl and cool.

Do Ahead

Bread crumbs can be made 4 hours ahead. Cover and store at room temperature.

Pour cold soup into eight 1/3-cup glasses or other small glasses. Sprinkle each serving lightly with bread crumbs.

Serves 8

Grilled Leg of Lamb with Ancho Chile Marinade

(Prepared by Joan and Bob)

Summer Barbeque, August 14, 2010

This smoky grilled meat will be a delicious addition to your barbecue repertoire. For a casual party, serve the lamb with grilled pita bread, grilled eggplant, and tzatziki so that guests can make their own Greek-inspired sandwiches. Timing note: The lamb needs to marinate overnight.

- 1/2 cup dry white wine
- 1/4 cup extra-virgin olive oil
- 8 garlic cloves, peeled
- 4 tablespoons fresh oregano leaves, divided
- 3 tablespoons ancho chile powder*
- 2 tablespoons fresh lemon juice
- 2 green onions, divided
- 1 tablespoon (packed) dark brown sugar
- 2-1/2 teaspoons coarse kosher salt
- 2-1/2 teaspoons freshly ground black pepper
- 1 4-1/2-pound boneless leg of lamb, opened flat like a book, trimmed of all fat and sinew (3-1/2 pounds after trimming)

Combine wine, oil, garlic, 3 tablespoons oregano, ancho chile powder, lemon juice, 1 green onion, sugar, salt, and pepper in blender. Blend mixture until smooth. Transfer marinade to 13 x 9 x 2 inch glass baking dish. Add lamb and turn to coat evenly. Cover dish tightly with plastic wrap and refrigerate overnight.

Prepare barbecue (medium heat). Grill lamb with some of marinade still clinging to surface until lamb is cooked to desired doneness, 15 to 16 minutes per side for medium-rare (130 degree F). Transfer lamb to carving board. Let lamb rest 15 minutes.

Meanwhile, finely chop remaining green onion and 1 tablespoon oregano leaves; combine in small bowl. Thinly slice lamb across grain. Arrange lamb slices on platter. Pour over any accumulated juices. Sprinkle with onion-oregano mixture and serve. Serves 8

Broccoli Slaw

(Prepared by Sandy and Chuck)

Summer Barbeque, August 14, 2010

2 Packages beef Ramen noodles--crush and put in bottom of bowl

1 16 ounce broccoli slaw bag--layer on top of noodles

1 Package. toasted sliced almonds, layer on top

1 Package sunflower seeds--layer on top

1 Bunch of green onions, sliced--layer on top

A few boneless skinless cooked chicken breasts, shredded--layer, on top, (I use Purdue, shortcuts)

Whisk' 2/3 cup sugar, 3/4 cup canola oil, 1/2 cup white vinegar, and beef flavor packets. Pour all over salad and refrigerate overnight. Toss and serve.

Spanish Torte

(Prepared by Jura and Adolfas Gaigalas)

Summer Barbeque, August 14, 2010

Purchase torte pastries from Whole Foods. Sprinkle powdered sugar on each serving plate. Place torte pastry on sugared plate. Spread with small amount of honey. Apply mascarpone cheese on pastry. Sprinkle almond slices and apply fresh raspberries generously on top of pastry.