

Gourmet Couples Schedule for 2010

December 5 – Restaurant Brunch – Location DC - TBA

January 8, 2011 – 12th Night Party



December 5 – Restaurant Brunch

Chef Tony's

Sunday, December 5, 2010 12 noon

4926 St. Elmo Ave, Bethesda MD 20817

Milan-born and Bethesda-bred chef Tony Marciante knows food and Bethesda. His philosophy: "Keep it simple. Keep it fresh. If you have great ingredients, you don't have to do much." Chef Tony's is not a pretentious place. It's a place where he wants people to come to have a good time. With fresh seafood as a focus, the menu changes often.

Just a few of the selections from the Sunday menu:

Pan Seared Sockeye Salmon, Beet Risotto, Corn, Tomato & Zucchini Saute

Sides: Bacon / Grits / Home Fries

Parking garage across the street. No charge for parking on Sunday.

www.ChefTonysBethesda.com



TURKISH DINNER

Saturday, November 6, 2010

Stuffed Mussels

Stuffed Vine Leaves with

Argolemon Sauce

Co Ban Salatasi (Shepherds' Salad)

Green Lentil Soup with Noodles & Mint

Kebab with Yoghurt

Baklava

Pistachio Ice Cream

STUFFED MUSSELS

(Prepared by Cheryl and Dick)

Turkish Dinner, November 6, 2010

- 2 Dozen raw mussels
- 1/2 Cup chopped parsley
- 2 Tablespoons chopped fresh basil or 1 tablespoon dried basil
- 1 Tablespoon crushed oregano
- 1/2 Cup freshly grated Parmesan cheese
- 2 Cloves garlic, finely minced
- Salt and freshly ground black pepper
- 1 Cup fresh soft bread crumbs
- 1/4 Cup olive oil

Preheat oven to 500 degrees F. Steam mussels according to package directions. Remove one shell and discard, but leave the mussel in the other. Cut around the mussel to loosen. Combine parsley, basil, oregano, cheese, garlic and salt and pepper to taste in a mixing bowl. Add bread crumbs to the herb mixture and toss all the ingredients until well blended. Stir in the olive oil. Spoon or sprinkle equal parts of the mixture onto the mussels. Arrange on a baking sheet and bake five minutes or longer, or until the crumb mixture is golden brown. Serve hot.

STUFFED GRAPE VINE LEAVES

(Prepared by Cheryl Larson Dick)
Turkish Dinner, November 6, 2010

- 1 Pound ground beef
- 1 (15 oz.) jar grape vine leaves or you may use cabbage leaves
- 1/2 Cup butter (measure then melt)
- 1 Cup canned tomatoes, pulp and juice
- 2 Medium onions, chopped fine
- 1/2 Cup long grain rice
- 2 Tablespoons mint leaves or parsley leaves (chopped fine)
- Salt and pepper
- 1-1/2 Cups hot water

Mix all ingredients, except leaves and water. Salt and pepper to taste. In the center of each leaf, place a heaping teaspoon of mixture. Starting from stem, roll turning in ends and roll tightly to avoid filling from coming out. Form into oblong rolls.

Arrange in compact layers in large saucepan and place dish over the rolls to prevent breaking up when boiling. Add water, bring to boil over high heat. Reduce heat and cook 25 minutes over medium heat. Remove from stove and drain off broth into separate bowl, to be used in Argolemon Sauce. Pour sauce over rolls and let stand a few minutes. Serves 5 or 6

Argolemon Sauce:

- 3 Egg yolks
- 1 Tablespoon lemon juice
- 1 Teaspoon arrowroot
- 1 Teaspoon salt
- 1/8 Teaspoon cayenne pepper
- 1 Cup chicken broth
- 1 Tablespoon chopped parsley or mint

Combine in a double boiler the yolks, lemon, arrowroot, salt and cayenne pepper beat with whisk, then slowly stir in broth, stir constantly over moderate heat until sauce thickens

Co Ban Salatasi (Turkish Shepherds' Salad)

(Prepared by Fran and Jerry)
Turkish Dinner, November 6, 2010

- 4 Leaves romaine
- 1/2 Head Boston lettuce
- 2 Tablespoons fresh mint, chopped
- 2 Tablespoons fresh dill, chopped
- 2 Tablespoons fresh parsley, chopped
- 1 Medium tomato
- 1 Green pepper, seeded
- 1/2 Large cucumber
- 2 Scallions or green onions, including green parts
- 2 Red radishes

Garnish

- 6 Slices roasted red pepper
- 6 Green olives

Lemon Sauce

(Whisk together just before serving.)

- 1/4 Teaspoon sugar
- Dash of salt
- 2 Tablespoons lemon juice
- 3 Tablespoons olive oil
- 1 Tablespoon wine vinegar

Thinly slice first seven ingredients of salad. In a large bowl toss romaine, lettuce, and three herbs. Mix in next five ingredients, add lemon sauce to taste, and toss to coat. Divide among six salad plates, and garnish each with a red pepper slice and an olive.

Serve with warm pita bread triangles. Serves 6.

Green Lentil Soup with Noodles and Mint

(Prepared by Lindsay and David)
Turkish Dinner, 6 November 2010

Ingredients:

- 8 Cups low-sodium Chicken Broth - preferably home-made
- 1 Cup dried Green Lentils - soaked for 3 to 4 hours then drained
- Sea Salt
- Freshly ground Black Pepper
- 1/2 Teaspoon Tomato Paste
- 1/2 Teaspoon Red Pepper Paste
- 3/4 Cup dried Angel-Hair Pasta or Fettucine - broken into matchstick size pieces
- 2 Tablespoon Unsalted Butter
- 1 Tablespoon Canola Oil
- 1 Tablespoon dried (ground) Mint
- 1/2 Teaspoon Aleppo Pepper

Preparation:

Bring 6 cups of the broth to a boil in a large pot over high heat. Add the drained Lentils, salt and pepper to taste. Also add the tomato paste and red pepper paste and mix to incorporate. Cover the pot and reduce the heat to medium-low; cook for 20 to 25 minutes. Add the remaining 2 cups of

broth (it doesn't have to be warm) and the pasta. Stir to incorporate, then cover and cook for 10 to 15 minutes, until the pasta is tender.

Transfer to a soup tureen or individual bowls, or cover and turn off the heat.

Combine the butter and oil in a small skillet, then stir in the mint and Aleppo pepper. Drizzle over the soup and serve hot. (serves 6)

Yogurtlu Kebab (Bursa Iskender Kebab) Ingredients

(Prepared by Linda and Shelly)

Turkish Dinner, November 6, 2010

2 Pounds beef (cubes)

Marinade:

4 Onions (large)

2 Tablespoons Olive oil

1 Teaspoon salt

1 Teaspoon pepper

Tomato Sauce:

1 Small onion, chopped

2 Tablespoons extra-virgin olive oil

2 Cloves garlic, chopped

1 Chili pepper, seeded and chopped

1-1/2 Pounds tomatoes, peeled and chopped
salt and pepper

1-2 Tablespoons sugar

2 Round pita breads

2 Glasses plain yoghurt

4 Cloves garlic

4 Tablespoons butter

1 Pinch cayenne pepper

4 Chili peppers (large)

Olive oil

First make marinade the meat. Place onions in a food processor and process till liquid, discard any remaining onion pulp. Blend pepper, salt, olive oil, and onion juice in a bowl. Add cubed beef pieces and marinade one day.

Make the tomato sauce: Saute the onion in the oil until soft. Add the garlic and chili pepper, and stir for a moment or two. Put in the tomatoes, season with salt, pepper and sugar, and cook over medium heat for 10 minutes until they soften.

Place marinated beef pieces onto a skewer and cook on grill, basting with more marinade until they are done the way you like them. While the meat is cooking, prepare the plate. Warm pita on the grill on both sides and keep warm. When everything is ready, slice the pita into squares, divide into four portions and place as a layer on each plate.

Crush garlic with the salt and add into yoghurt, blend well, add again salt to taste. Spoon onto the pita squares just before adding hot kebabs. Drizzle tomato sauce over kebabs as it is the meat sauce. Melt the butter with the cayenne pepper and drizzle over all. Garnish with grilled chili peppers, and sprigs of fresh dark green parsley.

Baklava

Prepared by Barbara and Jerry

Turkish Dinner, 6 November 2010

3 Sticks of butter or margarine melted

1 Package of phyllo pastry

4 Cups shelled walnuts, pulverized

Syrup

1-1/2 Cups sugar

3/4 Cup water

1 Tablespoon lemon juice

1 Tablespoon honey

1 Cinnamon stick

1 Teaspoon grated orange rind

Preheat oven to 350 degrees F. Melt butter and brush bottom and sides of a 13 inch by 9 inch baking dish. Fold two sheets of phyllo in half crosswise, lift it up gently and unfold it into the prepared dish. Press the pastry flat, fold down the excess around the sides and flatten it against the bottom. Brush the entire surface of the pastry lightly with the butter and sprinkle the pastry evenly with three tablespoons of walnuts. Repeat the same procedure using two sheets of buttered phyllo and three tablespoons of walnuts each time. Spread the two remaining sheets of phyllo on top and brush the baklava with all of the remaining butter. With a small sharp knife score the top of the pastry with parallel diagonal lines about one half inch deep and two inches apart, then cross them diagonally to form diamond shapes. Bake in the middle of the oven for thirty minutes. Reduce the heat to 300 and bake for forty five minutes or until the top is crisp and golden brown.

Meanwhile, make the syrup. Combine the sugar, water, lemon, and cinnamon stick in small sauce pan and stirring constantly cook over moderate heat until the sugar dissolves. Increase the heat to high and timing it from the moment the syrup boils cook briskly uncovered about five minutes or until it reaches a temperature of 220 on a candy thermometer. Remove the pan from the heat and stir in the honey and orange rind. Let this mixture sit.

When the baklava is done, remove it from the oven and pour the syrup over it. Cool to room temperature and just before serving, cut the baklava into diamond shaped serving pieces. If freezing the baklava, freeze before baking.

Back To our Roots Dinner Party

Our dinner party was held at the home of Joan and Bob on November 6, 2010. The fall theme was "Back to Our Roots," as we experimented with root vegetables for several of our courses.

Our menu was:

Sun Dried Tomato Dip

Chilled Watercress Spinach Soup

Beet and Carrot Salad with Coriander and Sesame Salt
Horseradish Glazed Brisket and Short Ribs with Root Vegetable Mash

Parker House rolls

Candied Cranberry Orange Custard Trifle

Sun Dried Tomato Dip

(Prepared by Dorothy and Dick)

Back to our Roots Dinner, November 6, 2010

- 1/4 Cup sun dried tomatoes, in oil (drained and chopped)
- 1/2 Cup Hellman's mayonnaise
- 10 Dashes Tabasco
- 1 Teaspoon salt
- 1/2 Teaspoon pepper
- 2 Scallions, thinly sliced

In a food processor with the metal blade. puree until smooth Add scallions and pulse twice.

serve at room temperature with baggies and crackers

Chilled Watercress-Spinach Soup

(Prepared by Paula and Joe)

Back to our Roots Dinner, November 6, 2010

INGREDIENTS

- 2 Tablespoons (1/4 stick) butter
- 2 Cups thinly sliced leeks (white and pale green parts only; about 3 medium)
- 1 7- to 8-ounce white-skinned potato, peeled, diced
- 3 Cups (or more) low-salt chicken broth
- 2 Cups (packed) coarsely chopped watercress with some of stems plus small sprigs (for garnish)
- 1 Cup (packed) baby spinach leaves
- 1-1/2 Teaspoons fresh lemon juice
- 2 Hard-boiled eggs, peeled, chopped (for garnish)

PREPARATION

Melt butter in heavy large saucepan over medium heat. Add leeks and potato; sauté until leeks are slightly softened but not brown, stirring often, about 5 minutes. Add 3 cups broth; bring to boil. Reduce heat, cover, and simmer until vegetables are very tender, 10 to 12 minutes. Add watercress and spinach; stir until wilted, about 1 minute. Cool slightly.

Working with 1 cup at a time, puree soup in blender until smooth. Transfer soup to large bowl. Stir in lemon juice; season with salt and pepper. Chill until cold, about 2 hours. Thin with more broth, if desired.

Ladle soup into bowls. Garnish center of each with hard-boiled eggs and small watercress sprigs. Serves 4

Beet and Carrot Salad with Coriander and Sesame Salt

(Prepared by Joan and Bob)

Back to our Roots Dinner, November 6, 2010

- 3-1/2 Tablespoons minced shallot
- 3 Tablespoons plus 2 teaspoons apple cider vinegar
- 2 Tablespoons fresh orange juice
- 1 Tablespoon white miso (fermented soybean paste)
- 1 Teaspoon finely grated peeled fresh ginger
- 1/2 Teaspoon finely grated orange peel
- 1/3 Cup extra-virgin olive oil
- 1-1/2 teaspoons coriander seeds

- 2 Tablespoons sesame seeds
- 3/4 Teaspoon coarse kosher salt
- 4 2-inch-diameter red beets, peeled
- 1 Pound carrots, peeled

Ingredient info: White miso (also known as shiro miso) is available in the refrigerated Asian foods section of some supermarkets and at a natural food stores and Japanese markets

Whisk shallot, vinegar, orange juice, miso, ginger, and orange peel in medium bowl. Let stand 10 minutes to allow flavors to blend. Gradually whisk in oil.

Toast coriander seeds in small skillet over medium heat until beginning to brown, about 2 minutes. Cool. Transfer to spice mill; process until coarsely ground. Add sesame seeds to same skillet. Toast over medium heat until golden brown, about 3 minutes. Add 3/4 teaspoon coarse salt; stir 30 seconds. Transfer sesame salt to small bowl and cool.

DO AHEAD: Dressing and toasted spices can be made 1 day ahead.

Cover and chill dressing. Store toasted coriander and sesame salt in separate airtight containers at room temperature. Using shredding disc on processor or a box grater, coarsely grate beets and carrots. Transfer vegetables to large bowl. Add enough dressing to coat lightly. Add coriander and 1 tablespoon sesame salt. Toss to coat. Let marinate at room temperature 30 minutes. Season salad to taste with salt and pepper. DO AHEAD: Can be made 4 hours ahead. Cover and chill.

Toss salad, adding additional dressing, if desired. Sprinkle with remaining sesame salt and serve. Serves 8.

Horseradish-Glazed Brisket and Short Ribs with Root Vegetable Mash

(Prepared by Joan and Bob)

Back to our Roots Dinner, November 6, 2010

INGREDIENTS

- 1 Cup celery leaves
- 3 Whole cloves
- 2 Turkish bay leaves
- 2 Cardamom pods
- 1 Garlic clove, peeled
- 1/4 Teaspoon whole black peppercorns
- 1 3-1/2 to 3-3/4 pound flat-cut beef brisket
- 2 Pounds bone-in beef short ribs (about 6 medium)
- 1 Medium onion, peeled
- 1 Tablespoon coarse kosher salt
- Cups 1- to 1 1/2-inch cubes peeled celery root (celeriac; about 1 large)
- 4 Cups 3/4-inch cubes peeled trimmed rutabaga (about
- 2 2-1/2 cups 1-1/2-inch cubes peeled Yukon Gold potatoes (about 1 pound)
- 1/4 Cup (1/2 stick) unsalted butter, room temperature
- 3 Tablespoons prepared white horseradish
- 3 Tablespoons Dijon mustard
- 3 Tablespoons (packed) golden brown sugar

SPECIAL EQUIPMENT

Cheesecloth

PREPARATION

Stack three 8-inch squares cheesecloth on work surface. Place celery leaves and next 5 ingredients in center of square. Gather up edges of cheesecloth; tie with kitchen string and set packet aside.

Place brisket and short ribs in heavy large wide pot. Add enough water to pot to cover meat. Bring to simmer over medium heat. Skim any impurities that rise to surface. Reduce heat to maintain gentle simmer. Add packet, onion, and 1 tablespoon coarse salt. Cover; simmer until meat is fork-tender, about 2 hours for short ribs and 3 1/4 to 3 1/2 hours for brisket. Transfer meats to 15x10x2 inch glass baking dish. Remove and discard bones from short ribs. Remove and discard packet and most of onion from cooking liquid. **DO AHEAD** Can be made 1 day ahead. Cool cooking liquid and meats slightly, then chill separately until cold. Cover each; keep chilled.

Bring meat cooking liquid to boil; add celery root, rutabaga, and potatoes. Reduce heat to medium and cook uncovered until vegetables are tender, about 45 minutes. Drain vegetables, reserving 3 cups cooking liquid. Return vegetables to pot and stir over low heat 1 minute to dry. Mash vegetables with potato masher to coarse puree. Mash in butter. Season to taste with salt and pepper. **DO AHEAD** Can be made 2 hours ahead. Let stand at room temperature. Re-warm over medium-low heat before serving, adding reserved meat cooking liquid by tablespoonfuls as needed to moisten.

Preheat oven to 375 degree F. Whisk horseradish, mustard, and sugar in small bowl. Brush 3 tablespoons horseradish sauce over meats in dish. Sprinkle with salt and pepper. Roast meats until browned and heated through, 35 to 45 minutes. Transfer meats to work surface. Thinly slice across grain. Place on platter. Drizzle 2 cups reserved cooking liquid around. Serve with vegetable mash and horseradish sauce. Serves 8

Parker House Rolls

(Prepared by Paula and Joe)

Back to our Roots Dinner, November 6, 2010

- 1-1/2 Cups milk
- 1 Stick unsalted butter, cut into pieces, plus more for brushing
- 1/2 Cup sugar
- 1 Package active dry yeast
- 1/2 Cup warm water
- 3 Large eggs, lightly beaten
- 1-1/2 Teaspoons salt
- 6 Cups all-purpose flour

Place milk in a small saucepan and bring to a simmer. Remove from the heat, stir in the butter and sugar and let cool. Dissolve yeast in warm water and let sit until foamy. Combine milk mixture, eggs, yeast, salt, and 1/2 of the flour in a mixer with the dough attachment and mix until smooth. Add the remaining flour, 1/2 cup at a time, and stir until a smooth ball forms.

Remove from the bowl and knead by hand on a floured surface for about 5 minutes. Place in greased bowl,

cover, and let rise in a warm place until doubled in bulk, about 60 to 70 minutes. On a floured surface, punch down the dough and shape into desired shapes. Place on a parchment paper-lined baking sheet. Cover again and let rise until doubled, about 30 to 40 minutes.

Preheat the oven 350 degrees F.

Bake for about 20 minutes or until golden brown. Remove from the oven and brush with melted butter before serving.

Candied Cranberry Orange Custard Trifle

(Prepared by Francis and Jim)

Back to our Roots Dinner, November 6, 2010

Custard:

- 1-1/2 Cups heavy cream
- 1 Cup milk
- Peel from whole orange
- 3/4 Cup sugar
- 3 Tablespoon all-purpose flour
- 3 Large eggs
- 1/2 Cup (1 stick) unsalted **butter**, cut into pieces
- 1 Tablespoon Grand Marnier
- 1 Tablespoon vanilla extract

Cranberry Filling:

- 4 Cups fresh cranberries
- 1 Cup orange juice
- 1/2 Cup sugar
- 1 Tablespoon grated orange zest

Trifle:

- 1 (16-ounce) pound cake, thawed, sliced 3/8-inch thick, and halved
- 1/3 Cup Grand Marnier
- 6 Oranges, peeled, pith removed, and cut into segments

Topping:

- 1 Cup heavy cream
- 3 Tablespoon confectioners' sugar
- 2 Tablespoon Grand Marnier
- 1 Tablespoon vanilla extract

Sugared cranberries, optional

Directions

Custard: In a medium saucepan, heat cream, milk, and orange peel to just boiling. In a bowl, whisk sugar and flour, then whisk in eggs until smooth. Gradually whisk in 1/4 of cream mixture. Pour egg mixture into saucepan. Bring to a simmer over medium heat, whisking constantly until thickened, about 3 minutes. Remove from heat; stir in butter, Grand Marnier, and vanilla until blended; remove orange peel. Pour into a bowl, cover with plastic wrap, and refrigerate until cold.

Cranberry filling: In a saucepan, combine cranberries, orange juice, sugar, and zest. Bring to a boil, reduce heat, and simmer, stirring occasionally until mixture thickens, about 30 minutes. Cool to room temperature.

Trifle: Line bottom of a 3 1/2-quart trifle dish or a serving bowl with a single layer of cake slices. Brush with Grand Marnier, top with about 1 cup orange pieces, then about 1/2 cup cranberry filling, then about 1 cup custard. Repeat layers 3 more times. Cover with plastic wrap;

Topping: In a cold bowl with cold beaters, beat cream, confectioners' sugar, Grand Marnier, and vanilla until soft peaks form. Spoon on top of trifle; top with sugared cranberries, if desired.

Hospital Food?

Last year a group of doctors in Riga, Latvia, opened the medical-themed restaurant, Hospitals, where the sterile walls are decorated with surgical instruments, and waitresses dressed as nurses bring food on gurneys--some of it served with syringes and forceps instead of knives and forks. Guests have a choice of three dining areas: an operating room, a gynecological exam room, or a dentist's office. Cocktails are served in beakers and test tubes. The signature dish at Hospitals is a cake decorated with fingers, ears, and tongues made of marzipan.

