

WHAT'S COOKING



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October 2007

NEWS LETTER

#85

GOURMET COUPLES SCHEDULE FOR 2007

Changed To: October 21, 2007- Planning party - at Bob and Joan's - 4 to 6 PM
October 27, 2007- Halloween Party At Mitzi and Bob's
November 10, 2007- Dinner Party
November 17, 2007- Alternate Dinner Party
December 2, 2007 - Restaurant Visit - Brunch - Place-TBA
January 5, 2008 - 12th Night Party

The A Crab Annual Feast was held on September 29th. There were 28 members and guests in attendance. We wish to thank our son Michael and his wife Mary and her family for all their help. Set up, cooking (crabs, hamburgers, and hot dogs) and clean up).

The Planning Party date has been changed to October 21, 2007 4 to 6 PM at Joan and Bob's. The Dinner Parties will be held on November 10, 2007 and the Alternate Dinner Party will be November 17, 2007.

If you wish to attend please send the coupon to:
Joe and Paula's 20852 by **October 17, 2007**.

The Gourmet Halloween Party is back and will be held on October 27, 2007

Please send your \$10 per couple to the address above. Indicate which of your favorite dessert or hearty, hot or cold hors d'oeuvres decorated for Halloween that you will provide by no later than **October 20, 2007**. Guests are welcome as long as they pay the \$10. The \$10 will cover wine, soft drinks, paper products, and etc. You can also reply by e-mail and bring your \$10 to the party. **Please make checks payable to: Gourmet Couples**

This was a fun party for all in past years with lots of Halloween decorations, scary stories, Halloween games, good food, and great costumes. Prizes were given to the winners of such fun contests as the Halloween game winners, the best costume, the best dessert, the best Halloween decorated food, etc.

Again this year everyone is asked to bring their favorite scary story and a prize will be given for the best story. Costumes are welcomed, but not a requirement. The

desserts or hearty, hot or cold hors d'oeuvres should be decorated for Halloween. Come and help us celebrate with tales of ghost and goblins, games, good food, and just plain fun!

Roasted Peppers with Herbed Goat Cheese

(Prepared by Barbara and Jim)

Annual Crab Feast, September 29, 2007

- 6 Large red bell peppers or pimiento peppers
- 1-1/4 Pound fresh mild goat cheese, crumbled, about 4 cups
- 1/4 Cup chopped fresh chives
- 1/4 Cup chopped fresh parsley
- 2 Cloves garlic, minced
- 2 Teaspoons chopped fresh thyme
- 3 Tablespoons of chopped fresh basil
- 1/2 Teaspoon freshly ground pepper
- Pinch of cayenne pepper
- Heavy cream, optional
- Fresh thyme sprigs, optional

Roast, peel and de-rib the peppers. Try to keep the peppers in unbroken halves. In a bowl, mix well the cheese, chives, parsley, garlic, thyme, basil, lemon zest and ground pepper; season to taste with cayenne. Add a bit of cream if the cheese mixture is very stiff and difficult to mix. Spread the cheese mixture onto the pepper halves and roll them into cylinders lengthwise. Refrigerate for a few hours to firm the filling. At serving time, cut each pepper roll crosswise into about 6 round. Arrange on a platter and garnish with the thyme sprigs, if using.

Jumbo Onion Rings with Sesame Bread Coating

(Prepared by Paula and Joe)

Annual Crab Feast, September 29, 2007

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 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 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.

- 1 Cup all-purpose flour
- 1 Cup store-bought pancake mix
- 4 Cups plain (dry bread crumbs
- 1/4 Cup sesame seed
- 6 Cups peanut oil or vegetable oil
- Salt

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.

1 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 one 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.

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 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 degrees F. Heat oil in an 8-quart soup kettle to 350 degrees 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.

Three Bean Salad

(Prepared by Linda and Shelly)

Annual Crab Feast, September 29, 2007

- 2 Cans string beans
- 2 Cans wax beans
- 3 Cans kidney beans
- 1 Cup chopped Vidalia onion
- 1 Cup chopped pepper (red or green)
- 1-1/2 Cups sugar
- 1 Cup oil
- 1 Cup cider vinegar
- garlic powder, salt and pepper to taste

Drain beans

Combine all ingredients and mix well

Refrigerate for at least 24 hours

Chocolate Pecan Bars

(Prepared by Jerry and Barbara)

Annual Crab Feast, September 29, 2007

- 2/3 cup butter, softened
- 1/3 cup sugar
- 2 Cups all purpose flour

Filling

- 6 squares (1 ounce each) semisweet chocolate
- 1-1/4 cups light corn syrup
- 1-1/4 cups sugar
- 4 eggs, lightly beaten
- 2-1/4 cups chopped pecans

Drizzle

- 1-1/4 teaspoons shortening

In a small mixing bowl, cream butter and sugar until light and fluffy. Beat in flour. Press into greased 15 inch x 10 inch x one inch baking pan. Bake at 350 degrees F. for 12-15 minutes or until golden brown.

Meanwhile, in a large saucepan, melt chocolate with corn syrup over low heat, stir until smooth. Remove from the heat. Stir in the sugar, eggs and vanilla. Add pecans. Spread evenly over hot crust. Bake for 25-30 minutes or until firm around the edges. Cool on a wire rack.

Melt chocolate and shortening. Stir until smooth. Drizzle over bars.

Old-Fashioned Pecan Pie

(Prepared by Joan and Bob)

Annual Crab Feast, September 29, 2007

For crust:

- 1-1/3 Cups all purpose flour
- 1 Teaspoon sugar
- 1/4 Teaspoon salt
- 1/3 Cup chilled solid vegetable shortening, cut into small pieces
- 1/4 Cup (1/2 stick) chilled unsalted butter, cut into small pieces
- 2 Tablespoons (about) ice water

For filling:

- 1 Cup sugar
- 3 Large eggs
- 1/2 Cup light corn syrup
- 3 Tablespoons unsalted butter, melted
- 2 Teaspoons vanilla extract
- 1-3/4 Cups chopped pecans

Make crust:

Mix first 3 ingredients in processor. Add shortening and butter; cut in using on/off turns until mixture resembles coarse meal. Blend in enough water to form moist clumps. Gather into ball; flatten into disk. Wrap in plastic; chill 1 hour. Roll dough on floured work surface to 13-inch round. Transfer to 9-inch round cake pan with 1-1/2 inch-high sides. Trim to align with pan edges. Freeze 15 minutes.

Make filling:

Preheat oven to 350 degrees F. Whisk first 5 ingredients in medium bowl to blend. Mix in 3/4 cup pecans. Pour into crust. Sprinkle with 1 cup pecans. Bake pie until set, about 1 hour 15 minutes. Transfer to rack; cool.

REESE'S CAKE

Annual Crab Feast, September 29, 2007

(Prepared by Katie and Stan)

Sift together in large mixing bowl:

- 2 Cups. flour
- 2 Cups sugar
- 1 Teaspoon soda
- 1 Teaspoon cinnamon

Bring to rapid boil in saucepan:

- 1 stick butter/margarine
- 1/2 Cup Crisco
- 4 Tablespoons cocoa
- 1 Cup water

Pour over flour mixture

Add 2 eggs, slightly beaten

- 1/2 Cup buttermilk (or add 1/2 Tablespoon vinegar or lemon juice to 1/2 cup regular milk to substitute for buttermilk)
- 1 Teaspoon vanilla

Mix well. Pour into ungreased 13 inch x 9 inch pan. Bake 30 minutes at 350 degrees F.

Spread with thin layer of peanut butter while hot from the oven. Cool until peanut butter sets up again.

Then make icing:

Boil in same saucepan from cake:

- 1 stick butter/margarine
- 4 Tablespoons cocoa
- 6 Tablespoons milk
- Add 1 box powdered sugar
- 1 Teaspoon vanilla

Pinch salt

Mix well & pour over cake immediately. Cool again until icing sets up.