



**GOURMET COUPLES SCHEDULE FOR 2008**

- January 5, 2008 – 12th Night Party
- January 20, 2008 – Planning Party – 4:00 – 6:00 PM
- February 16, 2008 – Dinner Party
- February 23, 2008 – Alternative Dinner Party
- March 15, 2008 – 25th Anniversary Celebration – Army and Navy Club, Arlington
- April 6, 2008 – O Street Mansion Brunch
- April 20, 2008 - Planning Party – 6:00 – 8:00 PM
- May 3, 2008 – Kentucky Derby Party and Dinner
- May 17, 2008 – Dinner Party
- May 31, 2008 – Alternative Dinner Party
- June 8, 2008 – Strawberry Brunch –  
Linda and Shelley Gersten
- July 13, 2008 – Planning Party – 6:00 – 8:00 PM
- July 27, 2008 – Restaurant - Location TBA
- August 9, 2008 – Dinner Party
- August 16, 2008 – Alternative Dinner Party
- September 21, 2008 – Ghost & Graveyard Tour, and dinner in Alexandria
- October 4, 2008 – Crab Feast – Paula & Joe MacCormack
- October 19, 2008 – Planning Party – 4:00 – 6:00 PM (year end planning 6:00 PM)
- November 1, 2008 – Halloween Party – Mitzi and Bob Williams
- November 15, 2008 – Dinner Party
- November 22, 2008 – Alternate Dinner Party
- December 7, 2008 – Restaurant Brunch – Location TBA
- January 3, 2009 – 12th Night Party

Four gourmet couples met at the home of Joan and Bob Janshego on February 16 and enjoyed the following.

**AN EVENING IN BRUSSELS**

- Filled Belgian endive leaves
- Chicken liver mouse
- Belgian steamed mussels
- Belgian beers
- Waterzooi of scallops
- Flemish beef stew cooked in beer
- Belgian sprouts Flemish style
- Belgian bread pudding

What would a Belgian dinner be without mussels? So we started with Belgian steamed mussels and two other delicious appetizers which complemented each other nicely. The Waterzooi, Flemish for 'watery mess' is a classic Belgian stew and very rich and brimming with scallops. The beef stew, cooked in beer, was flavorful. The Belgian bread pudding was unlike the bread pudding we are used to – dark and flat – but very tasty.

Special guests were Cheryl's sister, Christine, visiting from California; Joan and Bob's friend, Oliver; and Joan's mother, Mary.

**Filled Belgian Endive Leaves**

(Prepared by Lindsay and David Gustin)  
An Evening in Brussels, February 16, 2008

**Fresh Goat Cheese Filling:**

- 6 Ounces fresh (soft) goat cheese
- 1 to 2 Tablespoons finely minced fresh herbs of your choice, such as basil, chives, tarragon, parsley, mint, dill or thyme
- Extra-virgin olive oil
- Sliced radishes, sprigs of parsley, snipped fresh chives or diced pimiento, for garnish

In a small bowl, mix the goat cheese with the fresh herbs until well blended. Using a pastry bag, pipe the filling into each Belgian endive leaf.

Drizzle the filling in each leaf with a few drops of olive oil and garnish with radishes, parsley, chives, or pimiento. Cover and refrigerate until ready to serve. Makes enough to fill 20 leaves.

**Roquefort Filling:**

- 4 to 5 Ounces Roquefort or other blue cheese, at room temperature
- 8 Tablespoons (1 stick) unsalted butter, at room temperature
- 1 Tablespoon Cognac
- 20 Walnut halves, for garnish

In a small bowl, mix the Roquefort, butter, and Cognac together to form a smooth paste. Using a pastry bag, pipe the filling into each Belgian endive leaf. Makes enough to fill 20 leaves.

## Chicken Liver Mousse

(Prepared by Joan and Bob Janshego)

An Evening in Brussels, February 16, 2008

- 1/2 Cup dry white wine
- 8 Tablespoons (1 stick) unsalted butter, at room temperature
- 1 Tablespoon port or Madeira
- 1 Teaspoon salt
- 1/4 Teaspoon coarsely ground black pepper
- Few drops of olive oil

Place the chicken livers and white wine in a small saucepan and bring to a boil. Cook over medium heat for 3 to 4 minutes. The chicken livers should feel firm but still be pink in the center.

Drain the chicken livers and puree them in a food processor until smooth. For an even smoother texture, force the puree through a fine drum sieve into a bowl. Otherwise remove the puree to a small bowl and add the butter and port, and stir until thoroughly combined. Season with salt, pepper, and nutmeg.

Cover the surface of the mousse with a few drops of olive oil to keep it from drying out. Cover with aluminum foil and refrigerate until ready to serve, up to 4 days. Serves 4 to 6.

## Belgian Steamed Mussels

Prepared by Cheryl Larson, Dick Neyrinck & Christine Stahowski) (Cheryl's sister visiting from California)

An Evening in Brussels, February 16, 2008

- 3 Tablespoons unsalted butter
- 2 Large shallots or 1 medium onion, finely chopped
- 2 Ribs celery, finely chopped
- 4 to 6 Pounds mussels, thoroughly cleaned and bearded
- 1 Teaspoon fresh thyme or 1/2 teaspoon dried thyme
- 1 Bay leaf
- 2 Tablespoons finely chopped fresh parsley
- Freshly ground black pepper to taste
- 1-1/2 Cups dry white wine

Melt the butter in a pot large enough to hold all the mussels over medium heat. Add the shallots and celery; cook, stirring occasionally until the vegetables are softened but not browned, about 5 minutes. Add the mussels, sprinkle with the thyme, and add the bay leaf, 1 tablespoon parsley, and a generous grinding of black pepper. Pour the white wine over the mussels and cover the pot tightly.

Bring to a boil over high heat and steam the mussels in the covered pot until they open. This will take from 3 to 6 minutes, depending on the size of the mussels. Be careful not to overcook the mussels, as this will toughen them. As soon as most of the mussels have opened, take them off the heat. Shake the pot several times to toss the mussels with the buttery vegetables. Discard any mussels that have not opened.

Spoon the hot mussels into soup plates along with some of the broth. Sprinkle with the remaining 1 tablespoon parsley just before serving. Serves 4 as a generous main course or 6 as a first course.

Variation: A very Belgian twist is to replace the wine with a Belgian beer, such as Gueuze, or with a strong Duvel.

## Waterzooi of Scallops

(Prepared by Joan and Bob Janshego)

An Evening in Brussels, February 16, 2008

- 3 Tablespoons unsalted butter
- 2 Shallots, finely chopped
- 2 Cloves garlic, finely chopped
- 3 Large leeks, white and light green parts only, rinsed well and cut into matchstick-size strips
- 3 Medium carrots, peeled and cut into matchstick-size strips
- 3 Ribs celery, cut into matchstick-size strips
- 3 Tablespoons finely minced fresh parsley
- 2 Bay leaves
- 2 Sprigs fresh thyme or large pinch dried thyme
- 1/2 Cup water
- 1/2 Cup dry white wine
- 1/2 Cup heavy (or whipping) cream
- Salt and freshly ground black pepper to taste
- 1-1/2 Pounds scallops (4 to 6 large sea scallops or 6 to 8 bay scallops per person)

Melt the butter in a medium-size saucepan over medium heat until it foams. Add the shallots, garlic, leeks, carrots, and celery and cook, stirring frequently, until softened slightly but not browned, about 5 minutes.

Add 1 tablespoon of the parsley, the bay leaves, thyme, water, and wine. Bring to a boil and reduce the heat to a simmer. Stir in the cream and simmer, covered, for 10 minutes. Season with salt and pepper. (You can prepare the dish in advance up to this point.)

Just before serving, reheat the broth and vegetables to a simmer and add the scallops. Poach at a simmer, uncovered, until the scallops turn opaque, 1 to 3 minutes, depending on the size of the scallops. Do not overcook or let the liquid come to a boil, or the delicate flesh will toughen. Serve immediately in soup bowls, sprinkling each portion with the remaining 2 tablespoons of parsley. Serves 4.

### **Flemish beef stew cooked in beer**

(Prepared by Cheryl Larson and Dick Neyrinck and  
*Christine Stahowski* } (*Cheryl's sister visiting from California*)  
An Evening in Brussels, February 16, 2008

- 4 Pounds boneless stew meat, such as chuck, cut into 2-inch cubes
- 1 Teaspoon salt
- 1/2 Teaspoon freshly ground black pepper
- 2 to 3 Tablespoons all-purpose flour
- 4 Tablespoons (1/2 stick) unsalted butter
- 3 Large onions (about 2 pounds), thinly sliced
- 2 Bottles (12 ounces each) Belgian beer
- 2 or 3 Sprigs fresh thyme or 1 teaspoon dried thyme
- 2 Bay leaves
- 1-1/2 Tablespoons red currant jelly (or brown sugar)
- 1 Tablespoon cider or red wine vinegar

Season the beef cubes with the salt and pepper and dredge with the flour. Shake off any excess.

Melt 2 tablespoons of the butter in a large heavy skillet over high heat until hot but not smoking. Add the beef cubes and sauté until nicely browned on all sides. Work in batches so as not to crowd the beef cubes, or they will steam instead of sauté. Add 1 tablespoon of butter, if necessary. Transfer the beef cubes to a heavy Dutch oven.

Add the remaining 1 tablespoon butter to the skillet and melt over medium heat. Add the onions and cook, stirring occasionally, until browned, about 15 minutes. If necessary, raise the heat toward the end of the cooking time. It is important to brown the meat and the onions evenly to give the stew its deep brown color. The trick is to stir the onions just enough to avoid burning them but not so often as to interrupt the browning process. Combine the onions with the meat in the Dutch oven.

De-glaze the skillet with the beer, scraping with a wooden spoon to loosen any brown bits, and bring to a boil. Pour the beer over the meat. Add the thyme and bay leaves.

Simmer, covered, over low heat until the meat is very tender, 1 -1/2 to 2 hours. Before serving, stir in the red currant jelly and vinegar; simmer for 5 minutes. This sweet-and-sour combination will give this hearty stew its authentic Flemish flavor. Remove the thyme sprigs and bay leaves. Taste and adjust the seasoning and serve. Serves 6 to 8.

### **Brussels Sprouts Flemish Style**

(Prepared by Linda and Shelly Gersten)  
An Evening in Brussels, February 16, 2008

- 1-1/2 Pounds small Brussels sprouts
- Salt to taste
- 6 Tablespoons (3/4 stick) unsalted butter
- Freshly ground black pepper to taste
- Pinch of freshly grated nutmeg

Trim the base of the sprouts, discard the tough outer leaves, and rinse well. Place the sprouts in a large pot of salted water and bring to a boil. Boil uncovered, until a knife can be inserted without resistance, 12 to 15 minutes. Drain and refresh under cold running water.

Melt the butter in a large heavy skillet over high heat

and cook carefully until it turns a nut brown color. Watch carefully to prevent the butter from burning. Add the sprouts and sauté quickly to brown them on all sides. Season with salt, pepper, and nutmeg. Serve immediately. Serves 4.

Variation: For real old-time delicious flavor, substitute 3 ounces of slab bacon for the butter. Cut the bacon into small cubes and fry in a heavy skillet until lightly browned and most of the fat has been rendered. Using a slotted spoon, remove the bacon cubes and reserve. Discard all but 3 tablespoons of the fat. Sauté the sprouts in the bacon fat until they are browned on all sides. Add 1 finely minced garlic clove, the bacon, and a small handful of finely minced parsley. Cook 1 minute longer. Season with salt and pepper. Serve at once.

### **Belgian Bread Pudding**

(Prepared by Wendy and Mark Siegelman)  
An Evening in Brussels, February 16, 2008

- 1 Cup raisins, dark, golden, or a combination
- 1/4 Cup dark rum or Cognac
- 5 Cups packed, crumbled stale white bread (10 slices, crusts removed) or raisin bread (I prefer challah)
- 3/4 Cup milk
- 1 Cup dark brown sugar
- 2 Tablespoons golden syrup, molasses, or honey (optional)
- 6 Tablespoons (3/4 stick) unsalted butter
- 1 Teaspoon ground cinnamon
- 1 Teaspoon ginger
- 4 Large eggs, separated
- Pinch of salt

In a small bowl, soak the raisins in the rum for 1 hour. Preheat the oven to 400 degrees. Generously butter a 10-inch round cake pan or spring form and sprinkle with granulated sugar.

Combine the bread and the milk in a large saucepan and let stand for 10 minutes to let the bread absorb the milk. Add the raisins with the rum, sugar, syrup, if using, butter, cinnamon, and ginger. Bring to a boil, stirring constantly with a wooden spoon, until the ingredients blend to a smooth, homogenous paste thick enough to hold your spoon straight up.

Off the heat, stir in the egg yolks, one at a time. Beat the egg whites with the salt to soft peaks and fold gently into the bread mixture.

Four couples met at Paula and Joe's home for a Delightful Mexican Dinner. We started off with frozen marguerites in salt rimed glasses along with semi hot Mexican appetizers. This was followed with Mexican soup, salad, lobster enchiladas, rice and a wonderful Mexican Flourless Chocolate with ice cream.

### Frozen Marguerites

(Prepared by Paula and Joe MacCormack)

A Delightful Mexican Dinner, February 23, 2008

- 1 Barcardi frozen marguerite mix.
- 5 Ounces white tequila
- 3 Ounces triple sec
- 1 Lime wedge
- Crushed ice
- Sea Salt. to rim glasses

In a blinder: add frozen Marguerite mix, tequila, triple sec, and fill blinder with ice cubes. Plus blinder to break up crushed ice When ice is broken up, blend on high. If frozen mixture is too thick, add a little water.

Put sea salt in a saucer, rim the glass with the lime wedge, when rim is wet dip the glass in the saucer to salt the rim.

Pour frozen Marguerite mix into the salt rimmed glass. Makes about 6 Marguerites.

### Mexican Crostini

(Prepared by Paula and Joe MacCormack)

A Delightful Mexican Dinner, February 23, 2008

- 2 Medium ripe tomatoes, peeled, seeded, and chopped (1 cup)
- 4 Calamata olives, pitted and chopped or pitted ripe olives, chopped
- 1/4 Cup finely chopped red onion
- 1 Canned anchovy fillet, drained, patted dry, and chopped (optional)
- 1 Tablespoon balsamic or red wine vinegar
- 1 Tablespoon finely chopped poblano chili pepper
- 1 Large clove garlic, minced
- 1 8-ounce loaf baguette-style French bread
- 5 Ounces mozzarella cheese, thinly sliced

In a medium mixing bowl stir together tomatoes, olives, onion, anchovy (if desired), vinegar, chili pepper, and garlic. Let stand at room temperature for 20 to 30 minutes.

Meanwhile, bias-slice the bread into 2 inch thick slices. Place bread slices on a baking sheet.

Bake bread in a 350 degree F. oven about 5 minutes or till light brown. Turn bread over and bake 5 minutes more.

Evenly distribute mozzarella cheese slices over toasted bread. Drain tomato and olive mixture. Top slices with a spoonful of tomato and olive mixture.

Return bread slices to oven and bake for 5 minutes more or till cheese melts and tomato and olive mixture is heated through. Makes about 20 crostini.

### Stuffed Jalapeno Pepper

(Prepared by Paula and Joe MacCormack)

A Delightful Mexican Dinner, February 23, 2008

- 10 Medium fresh jalapeno peppers
- 4 Ounces cream cheese, softened
- 10 Bacon strips, halved

Cut peppers in half lengthwise; remove seeds, stems and center membrane. Stuff each half with about 2 teaspoons of cream cheese. Wrap with bacon and secure with a toothpick.

Place on a broiler rack that has been coated with nonstick cooking spray. Bake at 350 degrees F. for 20-25 minutes or until bacon is crisp. remove toothpicks. Serve immediately. Yield. 20 appetizers.

Editor's Note: When cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands. Avoid touching your face.

### Chile Con Queso

(Prepared by Paula and Joe MacCormack)

A Delightful Mexican Dinner, February 23, 2008

- 1 Pound Velveeta cheese, cubed
- 1 8 ounce jar salsa (medium)
- 3 Tablespoons spring onions, chopped
- 1/4 Cup stuffed green olives, chopped

In a heavy saucepan, on very low heat, melt cheese along with onions and olives. Stir constantly.

When melted, stir in salsa to taste.

Serve hot with tortilla chips . Makes 3 cups

### MEXICAN CHICKEN SOUP (CALDO TLALPENO)

(Prepared by Paula and Joe MacCormack)

A Delightful Mexican Dinner, February 23, 2008

- 2 Quarts water
- 3 Cloves garlic, peeled
- 1 Two pound chicken, cut in small pieces or 4 chicken breasts
- 2 Tomatoes, peeled and chopped
- 1 Onion, finely chopped
- 1/4 Cup oil
- 1 Cup yellow squash, diced
- 1 Cup string beans, cut in pieces
- 1 Cup canned chickpeas, (Garbanzos)
- 1/2 Cup rice, (optional)
- 3 Teaspoons ground coriander
- Salt to taste
- Chile chipotle (available in cans)
- Avocado for, garnish

Bring the water to a boil in a soup pot. Add the garlic and chicken, Cover and allow to simmer about 30 minutes or until the chicken is done. Meanwhile, sauté the tomatoes and onion in the oil until soft. Remove chicken from the soup pot and strip off the meat. Dice and return to the kettle. Discard the bones. Add the tomato mixture, squash, string beans

beans, chickpeas, rice, and coriander. Bring to a simmer and cook until vegetables are done. Adjust for salt. Add thinly sliced avocado to each serving. If the chile chipotle is not available to you, the soup is excellent without the hot chile.

### **Boston Lettuce Avocado Salad and Lime Dressing**

(Prepared by Alice and Dave Lassiter)

A Delightful Mexican Dinner, February 23, 2008

For the salad:

2 small to medium heads Boston lettuce, discard any wilted leaves

1 Hass avocado, pitted

1 large bunch scallions, thinly sliced

Leaves from one bunch cilantro, finely chopped

For the dressing:

2 Limes, juiced

1/3 Cup extra-virgin olive oil

1/2 Teaspoon salt

1 Teaspoon sugar

About 20 grinds fresh black pepper

1 Tablespoon whole-grain mustard

Pull the lettuce leaves from the head, rinse gently under cold water, and lay out on clean towels to dry. Use a spoon to remove the flesh in 1 piece from each half of the avocado. Thinly slice the avocado flesh into thin wedges.

Whisk together all the dressing ingredients.

Arrange the lettuce leaves on a plate and top with the avocado wedges, scallion, and cilantro. Finish with a healthy drizzling of the dressing.

### **Lobster Enchiladas with Chile Verde Sauce**

(Prepared by Dona and Greg Christian)

A Delightful Mexican Dinner, February 23, 2008

1 Large lobster tail, cooked and cut into small chunks

1/4 Cup chopped green onions

2 Ounces soft goat cheese, crumbled

2 Ounces shredded jack cheese

2 Tablespoons sour cream

2 Cups Basic Chile Verde Sauce

4 Corn tortillas, warmed until pliable

Additional goat and jack cheese

Chopped cilantro

Preheat oven to 350 degrees F.

In bowl, combine lobster, green onions, cheeses and sour cream. Spread about 1/2 cup chile verde sauce evenly in small casserole. Place remaining sauce in wide, shallow bowl. Dip one tortilla in sauce and place flat in casserole. Spread one quarter of filling down the center of the tortilla. Drizzle 1-tablespoon verde sauce over. Roll up the tortilla and place seam side down at one end of the casserole. Repeat with remaining tortillas and filling. Pour the rest of the sauce over and sprinkle with additional goat and jack cheese to your liking.

Bake enchiladas for about 20 to 25 minutes until hot and bubbly. Sprinkle with chopped cilantro and serve.

Serves 2 (can be doubled or tripled)

### **Basic Chile Verde Sauce**

1 Pound tomatillos, husked

1 Small onion, coarsely chopped

3 or 4 Large garlic cloves, peeled

2 or 3 Fresh jalapeno chiles, stemmed

2 Tablespoons vegetable oil

1/2 Teaspoon salt

1/4 Teaspoon pepper

2 Cups chicken broth

1/3 Cup cilantro

Additional salt to taste

Makes about 2 1/2 to 3 cups. Can be doubled.

### **Red Beans And Rice**

(Prepared by Dona and Greg Christian)

A Delightful Mexican Dinner, February 23, 2008

3 Bacon slices, chopped

1 Cup chopped onion

3/4 Cup chopped red bell pepper

4 Garlic cloves, minced

3 Cups long-grain white rice

3 Bay leaves

2 Tablespoons tomato paste

1 Tablespoon ground cumin

1 Tablespoon hot Spanish smoked paprika (Pimentón de la Vera)

2 Teaspoons salt

4 Cups water

1 15- to 15 1/2-ounce can kidney beans, rinsed, drained

Sauté chopped bacon in heavy 4-quart saucepan over medium-high heat until bacon is brown and fat is rendered, about 5 minutes. Add onion, red bell pepper, and garlic; sauté until onion is golden, about 5 minutes. Add rice and stir until coated, about 1 minute. Stir in bay leaves, tomato paste, cumin, paprika, and salt. Add 4 cups water and beans and bring to boil. Reduce heat to medium-low; cover and cook until rice is tender and liquid is absorbed, about 18 minutes. Remove from heat; let stand covered 10 minutes. Fluff rice. Makes 8 servings

## Mexican Flourless Chocolate Cake

(Prepared by Fran Place and Jerry Mann)

Delightful Mexican Dinner

8 Ounce semisweet chocolate, chopped  
8 Ounce bittersweet chocolate, chopped  
1 Cup (2 sticks) unsalted butter  
1/4 Cup coffee liqueur  
1/2 Teaspoon cinnamon  
1/8 Teaspoon Tabasco  
1/2 Teaspoon vanilla extract  
7 Large eggs, room temperature  
1 Cup superfine sugar  
Powdered sugar for decoration

Preheat oven to 350 degrees F. Butter 9-inch-diameter springform pan with 2-3/4-inch-high sides. Line bottom of pan with parchment paper. Stir chocolate, butter, coffee liqueur, cinnamon, and Tabasco in heavy large saucepan over low heat until melted and smooth. Remove from heat and stir in vanilla. Cool to lukewarm. Using electric mixer, beat eggs and sugar in large bowl until thick and pale, and slowly dissolving ribbon forms when beaters are lifted, about 6 minutes. Fold 1/3 of egg mixture into lukewarm chocolate mixture. Fold remaining egg mixture into chocolate mixture.

Place prepared pan on baking sheet. Transfer batter to prepared pan. Bake until tester inserted into center comes out with moist crumbs attached, about 55 minutes. Cool 5 minutes. Gently press down edges of cake. Cool completely in pan. (Cake can be prepared up to 1 day ahead. Cover with plastic wrap and refrigerate. Let stand at room temperature 1 hour before continuing.)

Run knife around pan sides to loosen cake. Remove sides of pan; transfer cake to platter. Remove parchment paper. Sprinkle cake with powdered sugar. Slice the cake into servings. Pour a little carmel sauce over the cake slices, add a scoop of ice cream and serve.