

WHITE BUTTER SAUCE - BEURRE BLANC:

4 Tablespoons wine vinegar,  
preferably white  
2 Tablespoons lemon juice  
4 Tablespoons dry white French vermouth  
2 Tablespoons very finely minced shallots  
or scallions  
Salt and white pepper  
2 1/2 sticks (10 ounces) chilled butter,  
cut into 30 pieces

Optional additions: 4 to 8 Tablespoons heavy  
cream, minced parsley and/or dill

Simmer the vinegar, lemon juice, vermouth, shallots or scallions,  
1/2 teaspoon salt, and a big pinch of pepper in a smallish enamel-  
ed or stainless steel sauce-pan until reduced to about 1 1/2 Table  
spoons. Then start beating in the butter and continue as directed  
in the preceding recipe, to make a thick ivory-colored sauce. Re-  
move from heat; beat in optional cream by spoonfuls, then the herbs

You can make the sauce some-what ahead: Omit the cream, and keep  
sauce barely warm near a gas pilot light or warm burner, just to  
keep it from congealing. Heat the cream shortly before serving  
and beat by driblets into the butter sauce to warm it.

From: Julia Child & More Company

## Baby Crown Roasts of Lamb

1 rack of lamb (1 - 1 1/2 lbs.) per person  
2 cloves of garlic, crushed  
1/2 cup white wine mixed with a tablespoon of water

### Sauce:

dijon mustard  
red currant jelly  
maderia wine

When purchasing, try to have the butcher remove the backbone, or cut with his saw slightly between each of the vertebrae.

### To French:

The bones of the rack need to be "frenched" in order to provide the spokes of the crown. To do this, start at the end of the bone furthest from the backbone and cut out the web of flesh and skin between each rib, starting from the top and winding up above the fleshy part of the meat. The easiest way to do this is to remove the flesh and skin on the outside of the bone, starting just above the fleshy part of the rack. All skin (the 'fell), should be removed.

### To make the crown:

If the butcher has not prepared your backbone, cut between each vertebrae slightly, using a cleaver and hammer. This is to facilitate bending backwards. Turn the rack into a circle, or crown, with the scraped bones curved outward. Tie the ends together with a trussing needle sewing the flesh together.

### To cook:

Cook at 350 degrees in a shallow roasting pan, surrounded by wine and water, and cook until 150 degrees with a meat thermometer for medium rare, or less for rare. Remove and let rest while preparing the sauce.

### Sauce:

Remove any excess fat from the pan. Add equal amounts red currant jelly, mustard and wine. Taste, then add more of whatever ingredients is needed, according to your taste.

### Presentation:

Sauce plate, place rack on top with string removed.



BEEF WITH BROCCOLI

You can use the broccoli flower heads as well as the stalks in this recipe, or try asparagus, cauliflower, green beans or zucchini.

- 1 cup lean, tender beef sliced in narrow strips
- 1 tablespoon cornstarch
- 1 tablespoon light soy
  
- 2 tablespoons oil
- 1/4 teaspoon salt
- 1 finely chopped clove of garlic
  
- 2 cups broccoli stalks thinly sliced across grain
- 2 oz. can mushroom pieces or fresh mushrooms, chopped roughly
- 1/2 teaspoon salt
- 1/3 cup soup stock

Toss beef in cornstarch and soy mixture.

Stir-fry salt and garlic in oil and add beef. The cornstarch, soy and beef juices will form a thin coating on bottom of wok. This dissolves when you add soup stock and forms the familiar glaze which is usually added at the last minute.

Stir-fry beef to degree of doneness you prefer and remove. In the same wok bring broccoli and mushrooms to boil with salt and stock. Cover wok, reduce heat and cook for about 4 minutes. Return beef to wok and cook briefly with cover removed. Serve at once. 6 servings.

When you are using vegetables other than broccoli for beef stir-fries, keep in mind that green beans and cauliflower should be parboiled and that the more fragile green stuffs come to the right doneness quite fast. Just rely on your commonsense.

LEMON-LIME CHICKEN

Rich's Cooking School has permission from The New York Times Weekend Cookbook by Jean Hewitt to print this recipe.  
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2 broiling chickens (2½ pounds each), quartered

2 lemons

2 limes

Salt and freshly ground black pepper to taste

1 teaspoon ground ginger

½ teaspoon garlic powder

3 tablespoons chopped parsley

1 tablespoon chopped fresh tarragon, or 1 teaspoon dried

3 tablespoons snipped fresh dill weed

Sweet paprika to taste

¼ pound butter, melted

1. Preheat oven to 375 degrees
2. Butter a roasting pan, line with aluminum foil and butter again. Place chicken quarters skin side up in pan. Sprinkle with juice of ½ lemon and ½ lime.
3. In the order listed, sprinkle salt, pepper, ginger, garlic powder, parsley, tarragon, dill and paprika over chicken. Dribble melted butter over all.
4. Cover loosely with foil and bake 30 minutes. Remove foil; bake 20 minutes longer or until done. Let cool.
5. Squeeze juice of ½ lemon and ½ lime over cooled chicken. Chill. Slice remaining lemon and lime for garnish.

Yield: 4 servings

**CHEESE-STUFFED CHICKEN**

2 whole chicken breasts, skinned, boned and halved  
1 pieces Monterey Jack cheese, about 1/4-inch thick  
and 1 1/2x3 inches long  
4 sprigs fresh sage or 1/2 teaspoon dried  
2 eggs  
1 teaspoon grated Parmesan cheese  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1 tablespoon minced parsley  
flour  
1/4 cup clarified butter or oil

Garnish:  
parsley  
lemon wedges

Cut a pocket in each chicken breast by holding knife parallel to breast and making about a 2-inch deep slit in the side. Do not cut through. Place a strip of cheese and a sprig of sage (or 1/8 teaspoon dried) in each pocket. Press edges together and chill.

In large bowl beat together eggs, Parmesan, salt, pepper and parsley. Roll breasts in flour; dip into egg mixture.

Heat butter or oil in skillet. Saute breasts just until crisp and golden, turning with spatula, not tongs. (You may refrigerate breasts at this point, and finish them just before serving.)

Transfer chicken to baking dish and bake in a preheated 375° oven for 8 to 10 minutes, or until coating begins to brown. Garnish with parsley sprigs and lemon wedges.  
Serves 4.

### Roast Duck with Chambord Sauce

Take a 4 to 5 lb. duck, trim excess fat, season with salt and pepper. Prick skin to allow fat to drain. Roast duck, along with chopped giblets at 450\* for 1½ hrs.

Pour off all but 2 tablespoons of fat from the roasting pan. Add 1 carrot, 1 onion, 1 tomato, coarsely chopped, and saute for 10 min. Add 1 cup of brown stock (or canned beef broth). Scrape pan to loosen all the brown bits. Reduce 1/3 cup cider vinegar by 1/2. Strain the duck sauce into the cider vinegar.

Melt 3 Tablespoons sugar and 1 Tablespoons butter in a heavy saucepan and cook, stirring until the mixture is brown. Add to the duck sauce. Add 1 Tablespoon Red Currant Jelly and simmer until the sauce is thick. Add 1/4 cup Chambord and simmer for 10 min. Serve over duck.

DUCK BREASTS WITH APPLES  
AND TURNIPS

3 duck breasts, halved  
Salt  
Freshly ground black pepper  
3/4 cup (1½ sticks) unsalted butter  
1/4 cup port wine  
1 tbsp. red wine vinegar  
1 lb. young turnips, peeled and  
cut into 1/4-inch wedges  
3 green apples (Granny Smiths, Greenings, etc.)  
peeled, cored and cut into 1/4-inch wedges  
1 cup well-reduced meat stock

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Preheat oven the to 350<sup>o</sup> F.

With a sharp boning knife, remove the duck breast meat without damaging the skin. Remove excess fat. Dry; season with salt and pepper.

In a skillet melt 2 tablespoons butter; saute the breasts until meat is browned on both sides. Remove the breasts to a work space and prick the fatty parts many times. Try not to pierce the flesh itself. Place in a baking dish and set in the oven to finish cooking, about 10 minutes.

Pour off the fat, add the vinegar and bring to a boil, scraping up all the brown bits and pieces that cling to the bottom of the skillet. Boil until a glaze. Set aside.

Heat 4 tablespoons butter in an ovenproof skillet. Add the turnip slices and lightly saute until golden and tender. Add the apple slices and saute, tossing, for 2 to 3 minutes. Season with salt and pepper. Set in oven to finish cooking.

When the duck breasts have cooked "pink", skim the fat from the baking dish; add juices to the skillet with the glaze in it. Add the meat stock and simmer, stirring, until the liquid is reduced to one half. Reduce heat to low and whisk in the remaining 6 tablespoons butter, tablespoon by tablespoon, adding the next only after the preceding has been incorporated. The resulting sauce will be creamy and fluffy. Arrange the duck breasts overlapping on a heated platter; spoon over the sauce; and serve at once with the turnips and apples.

Serves 6.



## PEPPER SALAD

2 med green sweet peppers  
3 large firm ripe tomatoes  
salt and freshly ground pepper to taste  
1/2 cup olive oil  
1/3 tbsp. red wine vinegar  
1 1/2 tsp. chopped chives  
1 1/2 tsp. chopped parsley  
sugar

Cut the peppers in half. Remove the seeds and membrane and cut into thin lengthwise slices. Slice the tomatoes thinly. Arrange the tomatoes and peppers in a serving dish. Mix the vinegar and oil, sugar, chives and parsley. Taste for seasoning. Pour over peppers and tomatoes.

## Melon, Cucumber and Tomato Salad

1 cucumber  
1 melon (cantalope or honeydew)  
1 lb. fresh red tomatoes  
french dressing: 1/2 cup lemon juice  
3/4 cup oil  
dry mustard, salt, pepper and sugar  
3 tablespoons chopped parsley, mint and chives mixed  
French bread  
Herb butter

Cut the cucumber into cubes, lightly salt and let stand while preparing the rest of the salad. Quarter the melon, seed it, then carefully slice the melon off of the rind, leaving the rind intact. Cut the removed melon into balls or cubes.

Skin and quarter the tomatoes and remove the seeds. Rinse the cucumber and dry. Mix melon, cucumber and tomatoes together, moisten with french dressing and herbs. Chill. Arrange the melon rind shells in a bowl by placing them on their ends like a tulip. Fill bowl with the fruit.

Serve with french herb bread (1 loaf french bread, 1 stick butter to 4 tablespoons fresh chopped herbs). Cut a loaf of french bread into 1/2" thick slices. Cover slices with herb butter and cover whole top of loaf. Wrap in foil and bake in moderate oven until warm.

By Nathalie Dupree

ZUCCHINI AND CARROTS WITH FRESH MINT

3 carrots, about 1/2 pound, trimmed and scraped  
2 zucchini, about 3/4 pound, ends trimmed  
2 tablespoons butter  
Salt and freshly ground pepper to taste  
2 teaspoons finely chopped mint or parsley

Cut the carrots into quarter-inch rounds and set aside.

Cut the zucchini into quarter-inch rounds and set aside.

Heat the butter in a heavy skillet and add the carrots and salt and pepper. Cover and cook about 3 to 5 minutes or half cooked.

Add the zucchini and cover. Shake the skillet occasionally. Cook 4 to 5 minutes or until all the vegetables are crisp. Sprinkle with salt, pepper, and mint.

Four servings.

From "60-Minute Gourmet" by Pierre Franey

The late Michael Field understood onions better than anyone I've met - he inspired me for this one.

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4 tablespoons butter  
2 pounds onion (preferably Bermuda onion), peeled and thinly sliced  
(about 7 cups)  
1 teaspoon salt  
1 tablespoon flour  
2 quarts brown beef stock, freshly made or canned: if you use concentrated canned type, dilute it with an equal amount of water  
Freshly ground black pepper  
6 to 8 one-inch slices of French bread  
About 4 ounces Swiss and imported Parmesan cheese, freshly grated, mixed. Should equal 1 cup.

Melt the butter over moderate heat in a heavy 5 to 6 quart casserole. When foaming, add the onions and salt, and stirring occasionally, fry them for 20 to 30 minutes, letting the onions become a deep rich brown. This will give the soup color and flavor. Don't hurry this, or the onions will char and have a particularly unpleasant flavor. Now stir in the flour, off the heat; return to heat, stirring constantly for a minute or two, then pour in the stock. Bring the stock to a boil, stirring until it boils, and reduce the heat to a simmer; partially cover the casserole, and simmer for 20 to 30 minutes. Taste for seasoning. You may have to add considerably more salt than indicated to give the soup more body and flavor. Nothing's worse than undersalted soup, especially onion - this soup is dictated by its stock so if your stock is poor, so will be your soup.

Make the croutes. Preheat the oven to 325°. Arrange the slices of bread side by side on a baking sheet, then slide it into the upper third of the oven and toast them for about 15 minutes. If you brush them with a good oil or butter, they will add more flavor to the soup.

When you are ready to serve the soup, preheat the oven to 375°. Arrange the croutes side by side on top of the soup, and sprinkle them evenly with the cheese. (You may ladle the soup into individual bowls before adding a croute to each, and sprinkle it with the cheese). Bake the soup in the middle of the oven for 10 to 15 minutes, or until the cheese has melted and formed a light brown crust. If it is not brown enough for your taste, slide the casserole or the individual bowls under the broiler for a few seconds or so to brown the tops further. Serve at once.

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**VEGETABLES**

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**ZUCCHINI STUFFED TOMATOES**

*Two special friends, Susan Puett and Kay Goldstein, suggested this.*

- |  |                                       |
|--|---------------------------------------|
| 2 Tablespoons butter                       | Pinch ground cloves                   |
| 1 Tablespoon chopped shallots<br>or onions | Salt to taste                         |
| 1/2 pound zucchini, grated                 | Freshly ground pepper to taste        |
| 1/4 teaspoon thyme                         | 2 Tablespoons pine nuts<br>(optional) |
| 1 Tablespoon finely chopped parsley        | 8 small, or 4 large tomatoes          |

Melt butter, add shallots and sauté until soft. Add grated zucchini, herbs, nuts, and seasonings; toss for 1-2 minutes over medium heat. Stuff inside tomatoes whose tops and insides have been removed (leave about 1/2 inch pulp against the skin so tomatoes will not collapse while baking). Bake at 400 degrees 6 minutes or until done.

**TO DO AHEAD:** Let tomatoes drain upside down on rack in refrigerator. Make and refrigerate filling. Assemble several hours in advance.

**VARIATION:** Substitute cooked drained spinach or grated squash. Serves 8.

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## TURNIP GRATIN

1 clove garlic  
 3 tablespoons butter  
 1 1/2 pounds turnips, peeled and cut in 1/8 inch slices, parboiled for two or three minutes and drained  
 salt  
 freshly ground pepper  
 1 teaspoon fresh or dried herbs (parsley, tarragon, thyme, oregano)  
 1/2 cup Gruyere and Parmesan cheese, grated and mixed  
 1/2 cup heavy cream  
 1/4 cup breadcrumbs

Rub a small gratin dish with garlic, butter well and arrange the turnip slices, in a layer. Sprinkle with salt and freshly ground pepper, herbs and 1/3 of the cheese, making three layers, finishing with the cheese on top.

Pour the cream over the turnips, sprinkle with breadcrumbs and bits of butter.

Bake 45 minutes in a 400°F. oven.

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## BUTTERMILK BISCUITS

2 cups self-rising flour  
 2/3 stick margarine  $\frac{1}{6}$  st  $\downarrow$  T +  
 3/4 cup buttermilk 3T

Preheat oven to 450°. Using steel blade, put flour in Cuisinart bowl; add margarine which has been cut in 1-inch pieces. Process quickly until mixture resembles cornmeal. With motor running, slowly pour the milk through the tube. Remove the dough to a floured board and gently knead. Roll out with a floured rolling pin to desired thickness. Cut with a floured biscuit cutter. Bake 10-12 minutes.

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BEER BREAD (For Cuisinart)

3 cups self rising flour  
1/4 cup or less sugar  
salt  
1 can beer  
1 stick butter, melted

Preheat oven to 350°. Grease one loaf pan.

Place flour, sugar and salt in Cuisinart. Turn on and off to mix the dry ingredients. Turn cuisinart on and while running, add beer.

Pour batter in loaf pan, top with melted butter.

Bake at 350° for 45 to 50 minutes.

SANDY'S LEMON SQUARES

Crust

1 cup flour  
1/4 cup confectioners' sugar  
1/2 cup butter

Topping

2 eggs  
1 cup granulated sugar  
1/2 teaspoon baking powder  
Pinch of salt  
2 tablespoons lemon juice  
1 tablespoon grated lemon rind  
2 tablespoons confectioners's sugar

Make the crust:

Place flour and confectioners' sugar in bowl. Cut the butter into small pieces and add to flour and sugar. Mix together with pastry blender or two table knives, or rub fat and flour together with fingertips, until mixture resembles coarse cornmeal. Press mixture into an 8 x 8 x 2 inch baking dish or pan, spreading dough evenly. Bake in a preheated 350 degree oven for 20 minutes.

Make the topping:

Beat eggs and add remaining ingredients, except confectioners' sugar. Mix well and pour over the crust. Bake 20-25 minutes. Cut into squares.

Sprinkle the confectioners' sugar over the top.

Makes about 30 squares.

From "Fast & Fresh" by Julie Dannenbaum

Pastry for a single crust pie, made with butter

1 1/4 cups sugar

1/2 cup cornstarch

1/4 teaspoon salt

1 1/2 cups water

4 egg yolks

2 tablespoons butter

1 teaspoon finely grated lemon peel

1/2 cup lemon juice

4 egg whites

1/4 teaspoon cream of tartar

1/2 teaspoon vanilla

8 tablespoons sugar

Prepare pastry for a single crust pie; fit into a 9-inch pie pan. Flute edges and prick pastry. Line the pastry shell with wax paper and weight it with beans or rice to prevent puffing. Bake in a 450° F. oven for 10-12 minutes until golden. Set aside to cool.

Combine the 1 1/4 cups sugar, cornstarch and salt. Blend the cornstarch thoroughly with the sugar so that the starch particles are separated by sugar. This helps prevent lumps from forming when the liquid is added. Gradually stir in the water until liquid and dry ingredients are well-mixed.

Cook and stir over medium high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes more so the starch will cook thoroughly. Remove from heat.

Beat egg yolks. Pour about one cup of the hot mixture from the saucepan into the beaten egg yolks, stirring constantly. This step insures against curdling the eggs. Return all of the egg yolk mixture to the saucepan. Cook and stir 2 minutes more to cook the eggs. Do not boil. The sauce should be very thick at this point.

Add the butter, lemon rind and lemon juice to the hot mixture. Mix well.

Turn the hot filling into the cooled pastry shell.

To make meringue: Beat the egg whites with vanilla and cream of tartar at medium speed of electric mixer until soft peaks form (about 1 minute). Gradually add 8 tablespoons about 1 tablespoon at a time. Beat at high speed about 4 minutes or until the mixture forms stiff peaks. The sugar should be thoroughly dissolved in the egg whites so no granules can be felt when a little of the meringue is rubbed between your fingers.



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## PASTRIES

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### RAPID PUFF PASTRY

*Margaret Ann Sparks, one of Atlanta's most talented pastry chefs, prefers a mixture of unbleached flour with one-half cup of cake flour for this recipe*

4 sticks butter	1 teaspoon salt
4 cups all-purpose, unbleached flour	1 cup ice water
	3/4 cup flour in a flour shaker

Dice the butter into 1/2-inch cubes and keep refrigerated until needed. On a counter top, sift the salt and flour together and make a well in the center. Place the butter in the well and, using a pastry scraper or 2 knives, cut the butter into the flour until it is about the size of marbles. Add the water, and combine the ingredients into a wet lumpy mass that barely holds together. The butter will still be in pieces. Flour the work surface generously. Roll or pat the dough into a rough 18-inch by 5-inch rectangle. Flour the dough, using the flour shaker, and brush off any excess flour. Pat or fold neatly into thirds, as for a business letter. Turn pastry to face you as if it were a book about to be opened. Press the three open edges with a rolling pin to seal them. Roll in one direction (away from you) to form another rectangle. Repeat, folding and rolling for 6 total times or turns, using reserved 3/4 cup flour and brushing excess flour off as needed to facilitate rolling. If pastry softens, it is best to wrap it in plastic wrap and chill it between turns. Allow a 20-30-minute rest if dough is placed in refrigerator between any of the 6 turns. When finished, allow the dough to rest for 20-30 minutes in the refrigerator before rolling into a shape that will be cut and baked. Dough will keep wrapped in the refrigerator about 2 days or frozen for longer.

**FEUILLITEES:** Roll to a rectangle about 1/8-inch thick. Trim all 4 edges of dough with a knife to make an even rectangle. Cut into squares about 3 x 3 inches or larger depending on the filling used later. Place on a baking sheet that has been sprinkled lightly with water. Cover with plastic wrap and refrigerate 20 minutes. Uncover and bake at 450 degrees 15 minutes or until well browned. Split and remove any unbaked center. Cut squares may be frozen and stored in plastic bags—to be taken out and cooked as needed. Fill as needed with either sweet or savory fillings.

**FILLINGS:** Fill with Lemon Curd (see Index) or Raspberry Jam and Whipped Cream for dessert. Use any creamed or mixed vegetables or meat or seafood or Mushroom Filling (see Index) for an appetizer or entree. Fill with a poached egg and spoon Hollandaise sauce over for brunch or a late night supper. The variations are endless.

### *Baking the fruit in a round pastry shell*

Use the same general system, but arrange the slices of fruit in a spiral, or in rows of diminishing width from circumference to center, like the spokes of a wheel.

### *Other fruits to be baked in puff pastry shells*

Fresh pitted cherries. Fresh apricot or prune-plum halves placed skin-side down. Fresh sliced peaches, or well-drained canned apricots or peach slices may be done this same way.

### *Fresh fruits in prebaked puff pastry shells*

Use prebaked puff pastry shells, page 454, just as you would prebaked shells made from pie-crust dough, as suggested in Volume I, pages 6, c-1, for strawberry tart and its variations. This has a pastry-cream filling, but you may use simply a waterproofing of the red-currant glaze, arrange the strawberries or other fresh fruits on top, and paint with more glaze; pass whipped cream or custard sauce separately.

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## JALOUSIE

[Peckaboo Jam or Fruit Tart of French Pastry]



Very quick to assemble and delicious, because puff pastry turns anything into a treat, is this attractive tart with its jam or fruit filling. Translated literally from the French, it would be called the Venetian Blind Tart, since that is what *jalousie* means; peckaboo seems more appealing.

*For a 6- by 16-inch tart, serving 6 people*

### 1) *Forming the tart*

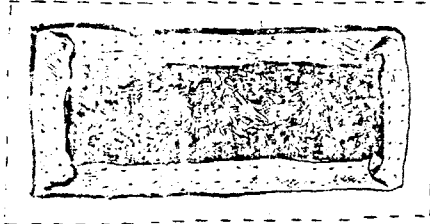
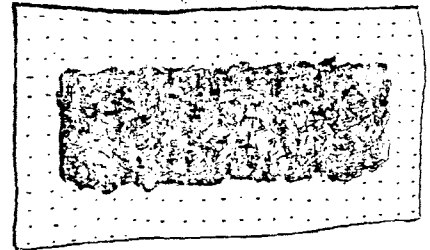
½ the recipe for simple  
puff pastry, page 113;  
or reconstituted leftovers,  
page 134

A dampened pastry sheet  
A table fork

Roll half the pastry into an 8- by 18-inch rectangle  
½ inch thick. Roll up on pin, and unroll topside  
down onto dampened pastry sheet. Prick all over  
at ½-inch intervals with tines of fork, going right  
down through to pastry sheet.

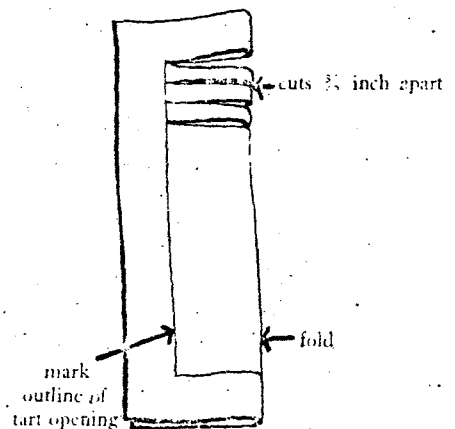
A cup or so of excellent raspberry, strawberry, or blackberry jam, or other suggestions listed at end of recipe

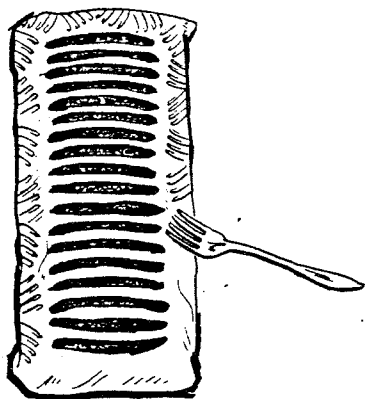
Spread a  $\frac{1}{4}$ -inch layer of jam over pastry, leaving a  $\frac{1}{4}$ -inch border of pastry all around.



Turn borders of pastry up over filling at sides; wet corners, and turn ends over, sealing corners with fingers.

Roll out second piece of pastry into a 7- by 17-inch rectangle (slightly larger than shape of filled pastry),  $\frac{1}{8}$  inch thick. Flour surface lightly; fold in half lengthwise. Measure opening of filled pastry and mark folded pastry to guide you. Cut slits in the dough from folded edge, as shown, making them  $\frac{3}{8}$  inch apart and half as long as width of opening in tart.





Wet edges of filled bottom layer of pastry with cold water. Unfold top layer of pastry over it; brush off accumulated flour, and press pastry in place with fingers. *Then, with back tines of a fork, press a decorative vertical border all around sides.* Cover and chill for at least 30 minutes, or until baking time.

(\* ) AHEAD-OF-TIME NOTE: When chilled and firm, may be wrapped airtight and frozen for several months. Remove from freezer, glaze, and bake as in Step 2.

### 2) Baking and serving—about 1 hour at 450 and 400 degrees

egg glaze (1 egg beaten in a small bowl with 1 tsp water)  
 1 pastry brush  
 1 table fork or small knife  
 1 rack  
 1 serving tray or board  
 Optional: *crème fraîche*, *crème Chantilly*, or *crème anglaise* as suggested for preceding recipe, Step 3

When oven has been preheated to 450 degrees, set rack in lower-middle level. Paint surface of chilled *jalousie* with egg glaze; wait a moment, and give it a second coat. Make cross-hatchings on top of sides and ends through glaze with fork or knife, and set *jalousie* in the oven. In about 20 minutes, when pastry has risen and is browning nicely, turn heat down to 400. Bake 30 to 40 minutes more, covering loosely with foil or brown paper if surface is browning too much.

*Jalousie* may seem done before it actually is; sides should be firm and crusty, and object of long cooking is to dry out and crisp all inner layers of the pastry. Slide onto a rack when done. Serve warm, tepid, or cold, with optional cream or sauce passed separately. Cut into crosswise slices for each serving.

(\* ) As with all puff pastries, this is best when freshly baked.

### Other fillings

Cooked fruits rather than jams are also desirable fillings for the *jalousie*. Among them we suggest the apricot filling on page 507. Another idea is a filling of baked apple slices, such as those for the *gratin de pommes*, Step 2, page 435; spread some apricot jam over the pastry before piling on the baked apple slices, and more

PIE PASTRY

2 cups flour  
1/2 teaspoon salt  
2/3 cup cold fat (butter, shortening, margarine or a combination)  
4 to 5 tablespoons ice water

Sift the flour and the salt together. Using a pastry blender, two forks, two knives, metal spatulas, electric mixer or food processor, mix half the fat in with the flour until well-blended and the size of large flakes of oatmeal. Add the other half of the fat and continue cutting in until it is the size of small peas.

Sprinkle 1/3 of the water over one side of the mixture. Toss just that portion with a fork. Push the dampened portion to the side of the bowl or remove from the bowl. This prevents overhandling. Repeat with the rest of the water until the entire mixture is stiff but not wet. Bring all the pieces of dough back together, pull them into one clump and give the ball of pastry a firm shove on the counter, spreading the dough out with the heel of your hand. This incorporates the water, flour and butter and indicates if the dough is too dry and crumbly. If using a food processor, process just until the dough starts to come together and proceed as above. If dough is too dry, put it back in the food processor and add more water.

Shape the pastry into the form it will take when rolled out. If the dough is crumbly it may be sprinkled with water before being wrapped tightly in plastic wrap or foil. Refrigerate at least one hour or overnight.

Remove dough from refrigerator one hour before you need it. Roll out as directed. Makes enough for 2 crusts or 1 2-crust pie.

**CHOCOLATE TRUFFLE CAKE**

Deliciously rich, this fudgelike cake can be prepared ahead and frozen, or stored in the refrigerator up to two weeks. Before serving, top with whipped cream, then cut with a warm knife.

16 ounces semisweet chocolate  
1/2 cup (1 stick) unsalted butter  
1 1/2 teaspoons all purpose flour  
1 1/2 teaspoons sugar  
1 teaspoon hot water  
4 eggs, separated  
1 cup whipping cream

Preheat oven to 425 degrees. Grease bottom of 8-inch springform pan. Melt chocolate and butter in top of double boiler. Add flour, sugar and water and blend well. Add egg yolks one at a time, beating well after each addition. Beat egg whites until stiff but not dry. Fold into chocolate mixture. Turn into pan and bake 15 minutes only; cake will look very uncooked in center. Let cool completely (as cake cools, it will sink a bit in the middle), then chill or freeze.

Whip cream until soft peaks form. Spread very thick layer over top of cake, smoothing with spatula. Cut cake while cold but let stand at room temperature about 15 minutes before serving.

8 - 12 servings.

ETHIOPIAN TRUFFLES

Pastry

1 cup butter  
1/2 teaspoon vanilla flavoring  
1/2 cup confectioners sugar  
2 cups all-purpose flour

With steel blade in bowl, add butter, cut in 1" cubes, vanilla, and sugar. Mix until smooth. With motor running, add flour and mix until ball forms on blade. Place on piece of wax paper, flatten and shape into an oblong. Refrigerate while making filling (wrap airtight).

Black Truffles

8 ounces almonds  
8 ounces sweet chocolate  
2 egg whites

Using steel blade, finely grind almonds and chocolate. Add egg whites and knead until mixture holds together.

Divide mixture into 40 pieces, using 1 tablespoonful for each, placing on wax paper. Roll each piece to form a round ball.

Adjust rack one-third down from top of oven. Preheat oven to 375°.

Cut pastry into 40 pieces (it should be chilled until hard). Flatten a piece in the palm of your hand and wrap it around a truffle to cover completely. Roll into a ball. (Dust your hands with confectioners sugar if the dough sticks.) Place on an ungreased cookie sheet 1 inch apart.

Bake 18-20 minutes until very lightly browned. Let cool for a minute or two, then transfer to a rack to cool.

Cooled cookies may be topped with a bit of confectioners sugar, sprinkled on through a fine strainer.

## Almond Torte

1 egg, room temperature  
1 stick unsalted butter, room temperature  
½ cup sliced almonds, toasted and coarsely chopped\*  
½ cup light brown sugar, sifted  
½ teaspoon almond extract

### Topping

½ cup sliced almonds, toasted.  
1 cup heavy cream; soft whipped

With an electric mixer beat egg until thick and forms a ribbon when the beaters are lifted (5-10 minutes).

In a separate bowl beat butter until it is very light and fluffy. Beat sugar into the butter, then beat the egg into the butter mixture. Fold in nuts and almond extract.

Mound mixture in ½ cup serving size on foil that has been placed on a tray (flat). Sprinkle with the reserved ½ cup toasted almonds. Freeze. After desserts are frozen, cover with foil.

When ready to serve place mounds in individual serving dishes, spoon whipped cream over top.

( Six servings)

\* Note: It is suggested that the nuts be chopped by hand. They should be coarsely chopped; not ground. The food processor tends to create a more oily chopped nut than is desirable.



BAKED ALASKA

- 1 (9") square firm cake
- 1 half gallon brick ice cream (any flavor)

Meringue:

- 3 egg whites
- 1/8 teaspoon salt
- 1/4 teaspoon cream of tartar
- 1/3 cup superfine sugar

Preheat oven to 500°F. Cut cake into a rectangle 5" X 7" and place on a foil-lined baking sheet (save the scraps for later). Halve ice cream lengthwise, place half on cake, and set in freezer while you prepare meringue (also returning remaining ice cream to freezer). Beat egg whites with salt and cream of tartar until foamy, gradually beat in sugar, then continue beating until very stiff peaks form. Remove cake from freezer and quickly frost with meringue, making sure it covers cake and ice cream entirely and touches baking sheet all around; swirl meringue into peaks. May be refrozen at this point, with meringues.

Bake uncovered on center oven rack about 3 minutes until tan all over. Serve immediately, slicing with a large sharp knife.

8 servings.