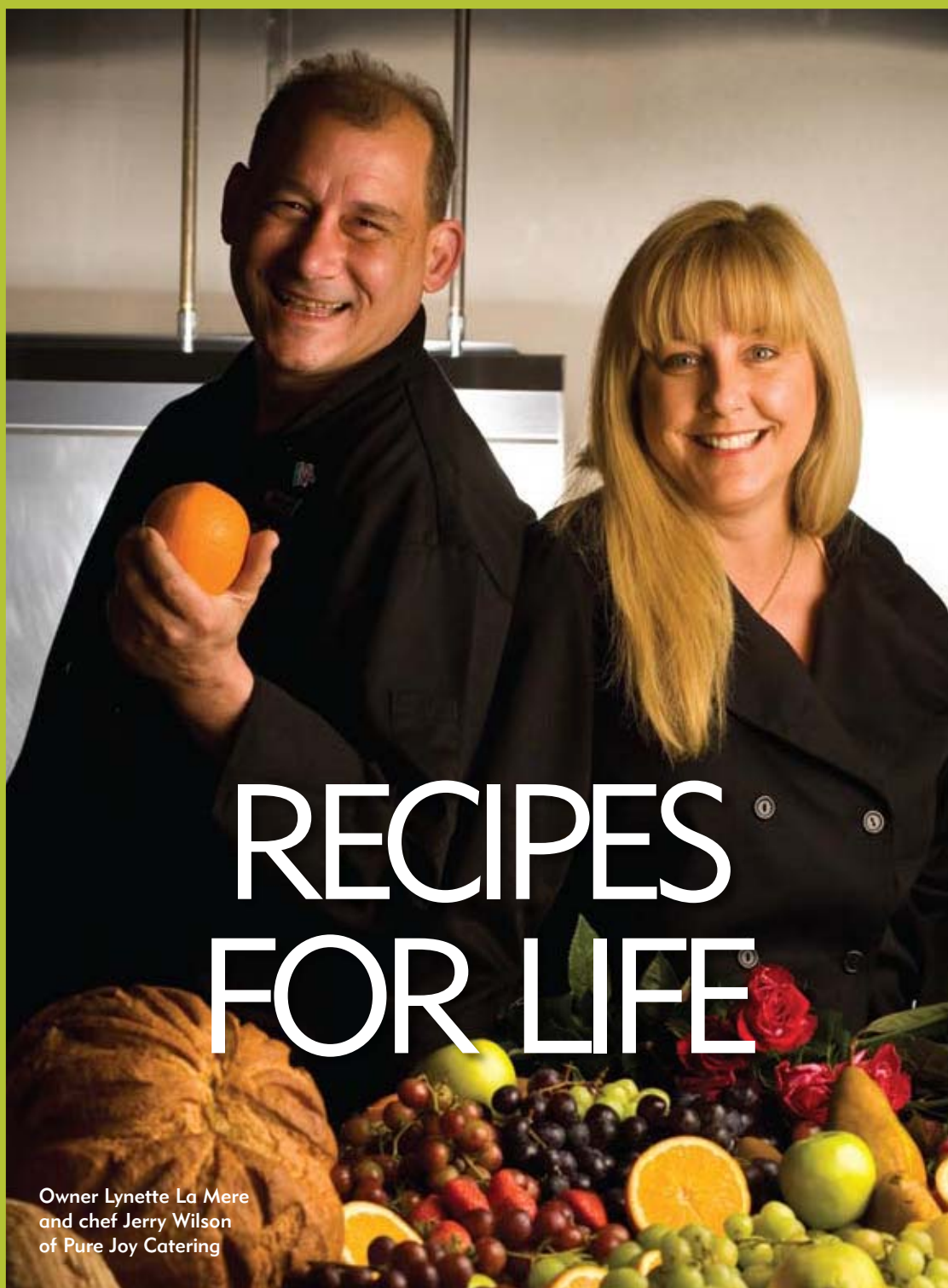


DINING • DESIGN • TRAVEL • HEALTH • PEOPLE

FOOD & HOME

SPRING 2009 \$3.95



Owner Lynette La Mere
and chef Jerry Wilson
of Pure Joy Catering

RECIPES FOR LIFE

PLUS: WINE CLUBS • MOTHER'S DAY • AFFORDABLE FEASTS

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On The Cover

Chefs LYNETTE LA MERE and
JERRY WILSON of PURE JOY CATERING
bring us recipes galore
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(Cover photo by Eliot Crowley)

MOJITO MARTINI

from ENTERPRISE FISH COMPANY

3 oz. Captain Morgan’s Silver
Spiced Rum
Fresh crushed mint leaves
Raw sugar
1 oz. of Monin Mint Syrup
A splash of soda water
Stick of raw sugar cane

Muddle the sugar and mint in a
shaker. Add Monin, rum and ice.
Dip the martini glass in raw sugar
for the rim. Garnish with a fresh
lime wedge, a stick of raw sugar
cane, and a fresh sprig of mint.

COOKING AT HOME

Affordable Feasts

*A Week of Captivating Dinners
All for Under \$160.00*

By LYNETTE LA MERE

LYNETTE LA MERE is the proprietor of PURE JOY CATERING INC., 111 East Haley SB Ca 93101 (www.PureJoyCatering.com) and a freelance writer who lives in Santa Barbara.

live in a postcard. The other day I took a delicious picnic of homemade treasures to the beach and took a walk along the path past the Biltmore watching the dolphins pounce around when it occurred to me; I live in a postcard, we all do here! Even in the “dead of winter” while my dear friends back East report days of 12 degrees we have the option of strolling the beaches & cooking or dining outside more often than not. What a joy, yet it’s so easy to get caught up in the muck and forget to take advantage of our lives.

Cooking is such a fun and affordable way to take a break from our work by gathering local produce from a wonderful outside Farmer’s Market and fresh fish from the harbor, and grilling outside or just dining on your porch or deck as you enjoy the sunset and a simple, honest home cooked meal. Home cooking need not be expensive and I venture to say anyone can toss together terrific, unforgettable dinners for the week very affordably.

I encourage you to take your next meal outside and enjoy the postcard we live in! Cook, share, entertain & take advantage of your life.

MONDAY

\$19.55

CHICKEN POT PIE

by Crista Fooks

The crust:

- 1 package **Trader Joes Puff Pastry**
- Egg Wash (with a fork, mix 1 egg with a Tablespoon of water)

The filling:

- 2 T **Olive Oil**
- 1 container of **mirepoix** (diced carrots, celery, onions available at Trader Joes)
- 1/2 cup fresh, small button **mushrooms**, cut into quarters
- 1/2 cup **frozen peas** (defrosted)
- 1 Whole Roasted **Chicken** (in the deli section at Trader Joes) chicken removed from the bone and coarsely chopped (you will need about 2 cups)
- salt and pepper to taste

The gravy:

- 3 T. Clarified **Butter**
- 3 T. **Flour**
- 1 ½ cups **Chicken Broth**
- ½ cup **Heavy Cream**
- Squeeze of a **Lemon**
- Dash of **Hot Sauce**

Preheat the oven to 400° F. Take Puff Pastry out of the freezer and let it thaw out at room temperature. This will take about 10 minutes. Heat oil in a large heavy saucepan on

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COOKING AT HOME

(continued)

medium-high heat, add the mirepoix and mushrooms and sauté until softened. Stir occasionally. About 5 to 7 minutes. Add the chicken, mushrooms and peas to the mirepoix mixture stir and cook for about 3 minutes. Season with salt and pepper to taste. Set aside.

Prepare the gravy. In a small sauce pan over medium heat add the clarified butter until hot. Add the flour all at once and stir until combined, about 2 minutes. Add the chicken broth, heavy cream, squeeze of a lemon and a dash of hot sauce and cook stir occasionally until the sauce is thickened coating the back of a wooden spoon.

Mix vegetables, chicken and gravy together. Spoon into oven proof earthenware measuring about five and one inches in diameter. Take your defrosted puff pastry and cut rounds to fit the opening of your dish, and place the pastry over the top of the chicken mixture. Brush top with egg wash. Place in preheated, 400 degree oven for 45 minutes, or until puff pastry is golden brown.

TUESDAY

\$24.13

SEAFOOD MARINARA

- 5 oz. **salmon** (cut in 8 pieces)
- 5 oz. **halibut** (cut in 8 pieces)
- 8 **shrimp**
- Flour** to dredge
- 2 T. **Butter**
- 8 oz. **mushrooms**, sliced
- 1/4 bunch of **green onions**, chopped
- 2 oz. **Chardonnay**

SICILIAN SAUCE

- 1 #10-size can **crushed tomatoes**
- 3 tsp. each of **sweet basil** and **oregano**
- 2 tsp. each of **salt** and **garlic powder**
- 1 tsp. **black pepper** – or more... “to taste”

Combine sauce ingredients and set aside. Dredge fish pieces in flour. Sauté all in butter with mushrooms and onions for about 2 minutes. Add Chardonnay, cook until all liquid is gone. Add sauce and cook for 2-3 minutes more. Serve over linguine pasta.

WEDNESDAY

\$19.66

GARLIC PIZZA

AND **ARGULA SALAD** with *Manchego, Dried Cherries and Carmalized Walnuts*

Garlic Pizza (Warning: this should be eaten with good friends!)

An Entire Clove of Fresh **garlic**, finely chopped

1-8oz bag Low-fat skin **mozzarella** cheese, finely grated

Valentino's fresh made **pizza dough** 14 inch round

Layer the pizza dough with chopped garlic, cheese and another layer of garlic. Bake at 450° F for 10-12 minutes on the top shelf of the oven. Serve immediately.

Arugula Salad with Manchego, Dried Cherries, and Carmalized Walnuts

- 1/4 cup **balsamic vinegar**
- 1/4 cup **walnut oil**
- 1 1/2 T. **Champagne vinegar**
- 4 cups **arugula**
- 1/2 cup **dried cherries**
- 3 oz. **goat cheese**
- 1/2 cup **carmalized walnuts**
- 2 large **shallots**, minced
- salt and pepper to taste

Boil balsamic vinegar in small saucepan over medium-high heat until syrupy and reduced to 1/8 cup, about 4 minutes.

Whisk Walnut oil and Champagne vinegar in bowl. Season with salt and pepper. Toss arugula, cherries, walnuts, and shallots in large bowl with enough vinaigrette to coat. Season salad with salt and pepper. Mound salad in center of each plate. Drizzle balsamic syrup around salads. Sprinkle remaining goat cheese atop salads.

THURSDAY

\$20.30

STEAMED GREENLIP OR BLACK MUSSELS

with *Asparagus in a Sesame Dressing* by Enterprise Fish Company

- 1 lb. fresh **greenlip** or **black mussels**
- 1 oz. minced **garlic**
- 1 oz. minced **shallots**
- 2 oz. **half and half**
- 2 oz. **cream**
- 2 oz. **white wine**

Mussels should be scrubbed under cold running water and deep bearded. Throw out any mussels with cracked shells that do not close when you scrub them. Steam mussels in medium sauce pan with all ingredients until mussels open, 2 to 4 minutes. Discard any clams that do not open. Strain juice into separate bouillon cup for dipping. Plate piping hot mussels into large bowl and enjoy. Mussels, at their peak of freshness have a

(continued)

(continued)

sweet flavor and a clean ocean-like fragrance. By a loaf of crusty bread for the juices.

ASPARAGUS WITH SESAME DRESSING

By Pure Joy Catering

Makes a 1 1/4 cup dressing

- 3 T. white or **rice wine vinegar**
- 1/2 tsp. **salt**
- 4 tsp. **sugar**
- 1 tsp. **pepper**
- 2 tsp. **sesame seed oil**
- 1/4 cup **vegetable oil**
- 1 bunch of **asparagus**
- 1/2 tsp. **toasted sesame seeds**

Whisk together the vinegar with the dry ingredients and then whisk in the oils. Flash blanch the asparagus by dropping it into boiling water for a count of 30 to 60 seconds depending on its thickness, remove it from the pot, place it into a flat container to transport it and pour the dressing over the asparagus. Sprinkle with toasted sesame seeds.

FRIDAY

\$23.86

OVEN-POACHED HALIBUT WITH FENNEL AND ORANGE

These traditional flavors of Provence are perfect in Santa Barbara. Go by the Fishermen's Market on the harbor Saturday morning, afterwards pick up some oranges, fennel and mixed greens at the Farmers Market to invite your friends over for dinner. Open a good bottle of Sauvignon Blanc, heat up some great bread and make a salad. Voila!

- 2 tsp. **olive oil**
- 1 small **onion**, chopped
- 3 cloves **garlic**, chopped
- 1 **fennel bulb**, julienned
- 1/2 cup dry **sherry**
- 1/2 cup **fish stock** or **vegetable stock**
- Zest & juice of one **orange**
- 4 (6 oz.) **halibut** fillets
- salt & freshly ground **black pepper**
- 1 T. unsalted **butter**
- 2 T. chopped fresh **fennel greens**
- long, decorative strings of **orange zest**

Preheat oven to 350° F. Heat the oil in a large, ovenproof pan. Add onion and garlic and sauté 2 minutes. Add fennel and sauté for about 2 minutes more, then add sherry, stock, orange juice and zest. With heat high, cook until liquid is reduced by half. Season the fillets with salt and pepper and place in the poaching liquid. Add the butter and one tablespoon of the fennel greens. Cover tightly, and place in the oven. Bake 8–10 minutes.

Remove from the oven and place the fillets in 4 large shallow soup bowls. Season the poaching liquid with salt and pepper as needed and pour over fillets. Sprinkle with fennel greens and orange zest.

SATURDAY

\$22.69

LOUISIANA BARBECUE SHRIMP WITH ARTICHOKE WITH OLIVES AND PARMESAN

From The Palace Grill

“This is a recipe that one will find in some of the finer restaurants in New Orleans such as Mr. B’s and Pascal’s Manale.”

- 4 T. Unsalted **Butter**
- 2 lbs (16 to 20) **shrimp** with shell on (head on is great also)
- 2 tsp. **salt**
- 1 tsp. **three pepper** (one part cayenne, white, and black ground pepper)
- 2 T. ground **rosemary**
- 3 T. **garlic**, fresh minced
- 1 cup **Worcestershire sauce**
- 2 T. fresh **lemon juice**
- 8 oz. **beer** (preferably Dixie)
- 4 cups cooked **white rice**

In a sauté pan over medium to high heat, add butter, shrimp, salt, three pepper and rosemary. Sauté shrimp on one-side approximately 2 minutes or until shells begin to change color. Turn shrimp over and add garlic, Worcestershire sauce, beer, and lemon juice. Cook until liquid is reduced by half. Serve over a bed of cooked white rice.

Artichokes with Olives and Parmesan

by Pure Joy Catering

Hands down, this is an all time favorite of mine; it’s one of those recipes that define culinary art that goes straight to the heart.

- 2 large **artichokes**, stems removed flush
- 2 **lemons**, halved
- 4 cloves **garlic**
- 1 T. **salt**
- 2 T. **olive oil**

Cover the trimmed artichokes with water in a large pot, squeeze in and add the peel of 3 of the lemon halves, toss in the garlic, salt and oil. Boil until an outer leaf will come off when pulled with tongs, 35 minutes to an hour. Drain upside down while whisking together the dressing ingredients. Plate the warm artichokes upright and fan open the leaves a bit. Pour over the dressing evenly and top with the reserved Parmesan.

(continued on page 59)

Mother's Day

Three Quick, Tasty and Delicious Meals for the Lady of the House.

BY LYNETTE LA MERE

When I was a kid my mom did the most of the cooking... with the one exception being my dad's "famous" tacos from my mom's left over pot roast. In our home, Mother's Day meant mom's day off. As a kid, I would wake up extra early and rally my brother and sister from their beds to begin cooking for mom. This all had to be ultra secret so dad didn't know. The disaster we left in the kitchen would annoy him to no end, and we would be banned to never do it again. Mom loved it though. She would shush him away and happily clean up the kitchen, telling us how wonderful her breakfast was and declaring that she loved every second of it.

I still like cooking for my mom and this year I've found some fantastic recipes from Pure Joy Catering that honors my mother's tastes. Here is a grown up version of Mother's Day, and this time without all the mess.

—CRISTA FOOKS



LYNETTE LA MERE is the proprietor of PURE JOY CATERING INC., 111 East Haley SB Ca 93101 (www.PureJoyCatering.com) and a freelance writer who lives in Santa Barbara.

BREAKFAST

The ease, simplicity and sheer perfection of Drop Scones is truly impressive; it amazes me that everyone doesn't know about them! They are much lighter than pancakes, yet are made with no yeast. The secret is a magical combination of cream of tartar and baking soda and a few other ingredients you probably keep on hand. Made with only one tablespoon of sugar and no syrup, they aren't overly sweet. Drop Scones (or Scotch Pancakes) were originally made to serve at teatime. This recipe is from the famed Ritz Hotel in London.

The other breakfast staple at our house is smoothies. The quickest and most pleasant way to get your daily allotment of fruit, and they are divine with a few scones.

DROP SCONES

Yield 18 to 20 three-inch cakes

These are best served hot and fresh, buttered just off the pan and never topped with syrup. Served with Devon Cream they are a special treat. I like to add 1 /4 cup currents to the batter, others like them plain.

- 1 1 /4 cups milk
- 1 egg
- 1 1 /2 cups unbleached flour
- 1 /2 tsp. salt
- 1 /2 tsp. baking soda
- 1 tsp. cream of tartar
- 1 T. sugar
- 1 stick of butter, room temperature

Put a large non-stick frying pan to heat over a medium high flame. I use a large four-cup measuring cup to measure the milk, and then pop in the rest of the ingredients and whisk with a flat whisk, that way I can pour it out on to the pan easily. Otherwise, whisk all the ingredients together in a bowl. Lightly butter the hot pan and pour out four three-inch puddles of batter at a time, like small pancakes. Cook until bubbles show on the top, then flip them over with a spatula. They only need 2 or 3 minutes per side. As you finish each batch, slide them off the pan and butter them, keeping them warm. Rebutter the pan before each new batch is poured.

STANDARD SMOOTHIE

Yields about 4 cups

Of course almost anything can go in a smoothie, get creative with all the luscious fruits this season has to offer. We like to use water as the base because it is good for you and isn't overbearing or as caloric as juices. Also, I use the whole orange for roughage.

- 2 ripe bananas
- 1 whole orange, peeled
- 1 pint strawberries
- 2 /3 cup water

Combine in blender and whirl until creamy.

(continued)

ENTERTAINING AT HOME

(continued)

LUNCH

CRAB AND BLOOD ORANGE SALAD

Serves 4

With pale butter lettuce as a backdrop, this is a gorgeous meal and the dressing is very popular—a wonderful showcase for our locally grown blood oranges. (But, if you can't get them, regular oranges will do fine.)

- 2 large heads butter lettuce, washed, dried and torn
- 1 lb. crab meat, picked over
- 4 blood oranges, peel & pith, and gently cut out sections
- 2 ripe avocados
- Blood Orange Vinaigrette

Toss the lettuce with Orange Vinaigrette (you'll have some left over; it holds well) and top with crab, orange sections and avocado slices. Season lightly with salt & pepper.

BLOOD ORANGE VINAIGRETTE

(Makes 3 cups)

Before you juice the oranges remove 2 tsp. of the zest with a microplane zester.

- 1 cup fresh squeezed blood orange juice
- 1/2 cup rice wine vinegar
- 1/4 cup frozen orange juice concentrate
- 1/4 cup honey
- 2 T. Dijon mustard
- 1 tsp. allspice
- 1 tsp. salt
- 1/2 tsp. pepper
- 1-1/3 cup vegetable oil
- 2 tsp. blood orange zest

Put all the ingredients in a blender and emulsify for several minutes.

HAPPY HOUR

STRAWBERRY MOJITO

Serves 2

- 10 fresh Strawberries
- 4 fresh mint sprigs
- 4 lime wedges
- 1 shot Creme de Fraise des Bois
- 3 shots Premium white rum
- 2 splashes soda water

Muddle strawberries, mint, lime, and Creme de Fraise des Boise hard in a shaker. Add rum and fill shaker with ice. Shake well. Double strain (through sieve) into two Collins glasses filled with cracked ice. Top with a splash of soda water and garnish with sprig of mint.

CRAB-STUFFED SQUASH BLOSSOMS

Serves 4

- 16 squash blossoms
- 2 cups fresh rock crab meat
- 3 scallions, minced

(continued)

ENTERTAINING AT HOME

(continued)

- 2 T. lemon juice
- 1 cup fennel bulb, grated
- pinch of white pepper or chile powder
- Tempura batter
- Frying oil
- 4 T. Olive Oil

Combine the crab, scallions, fennel, and pepper. Stuff the squash blossoms, gently twisting the top of the petals to secure the crab filling. Dip in tempura batter and fry in hot oil until golden. Serve hot atop a bed of spicy baby greens seasoned with olive oil and lemon juice.

SAUCY SCALLOP BRUSCHETTA

Serves 4-6

Bay scallops surrounded in a great tomato burgundy sauce, wonderful over toasted slices of crusty Italian bread. Umm!

- 8 slices bacon, cut into 1/2 inch pieces
- 1 T. flour
- 1/2 tsp. thyme
- 1/2 tsp. coarse ground pepper
- 1 tsp. minced garlic
- 3 T. tomato paste
- 1 lb. bay scallops, rinsed and drained
- 3 tomatoes, cut in 1 inch pieces
- 2 T. dry red wine
- 1/4 cup chopped fresh parsley (optional)
- loaf of crusty Italian bread

Slice and toast the bread in the broiler or oven. In a 10-inch skillet, cook the bacon over medium high heat (6 to 8 minutes) until browned. Stir in the flour, thyme, pepper and garlic. Reduce heat to medium and stir 1 minute. Add tomato paste, scallops and tomatoes. Cook 4 or 5 minutes or until scallops are white. Add wine and parsley. Serve over or alongside the bread slices.

BAKED BRIE EN CROÛTE FILLED WITH SPICED APPLES

(Serves 10 to 15)

- 1lb. frozen puff pastry sheets, thawed
- 17 1/4 oz. wheel of Brie, chilled, halved horizontally
- 2 1/2 cups spiced apples
- 1 egg, beaten

Roll one sheet of pastry 1/8 inch thick on a lightly floured board. Cut out one round the size of the Brie and set aside. The pastry scraps can be used to cut out stars or leaves to decorate the top as you choose. Roll out the second sheet of pastry. Put one of the Brie halves in the center. Top with 1/2 cup of the apples. Place second half of the Brie over this, rind side up. Without stretching the pastry, wrap up over the Brie and trim excess to leave a 1-inch border on top of the Brie. Brush border with some egg and top

with reserved pastry round, pressing edges of dough together gently but firmly to seal. Brush top with egg and decorate with cut out shapes of left over pastry. Brush these with egg, too (don't let the egg run down the sides of the cut out shapes). Freeze uncovered until firm, then wrap airtight for up to two weeks.

Bake frozen Brie on a baking sheet at 425°F for 30–35 minutes, or until golden brown. Let cool 20–40 minutes before serving with fresh apple slices and baguette.

RACK OF LAMB

I have been making my lamb the same way for years. It's simple and easy.

- 2 brown onions
- 10 cloves of garlic
- kosher salt and freshly ground pepper
- olive oil
- 2 racks of lamb—french cut (save time and have your butcher do this)

Quarter the onions and peel the garlic. Blend in the food processor to a fine liquid paste. Place rack of lamb in an overproof dish and rub with olive oil, salt and pepper. Pour onion mixture over meat and marinate in the refrigerator for up to 2 days. One hour before roasting take out of refrigerator and bring to room temperature. Roast at 400° F for about 20 minutes for medium rare.

BEATEN POTATOES

(Serves 2)

These can be made in advance and held in a small casserole dish in a 350° F oven until ready to serve. You can crank up the heat the last few minutes to get browned peaks on the top.

- 1 lb. russet potatoes, peeled, rough cubed
- 1/2 cube butter, melted
- pinch of cayenne pepper
- pinch of nutmeg
- 1 T. butter

Boil potatoes in salted water until tender. Beat with butter, seasoning and salt and pepper to taste. Transfer to a small casserole and dot top with butter. Hold in oven until ready to serve.

ORANGE GLAZED CARROTS

(Serves 4 to 6)

- 1/2 cup chicken broth (or water)
- 1/3 cup orange marmalade
- 6 cups narrow sliced peeled carrots
- Salt and pepper
- Sprinkle of nutmeg, and/or cinnamon (as you choose)
- Italian parsley

Cook and stir broth and marmalade over low heat till blended. Add carrots, cover and simmer 10 minutes. Uncover and simmer until glazed, season to taste, garnish with minced parsley for color.

DOWNEY'S STRAWBERRY SHORTCAKES

John Downey, chef/owner of Downey's Restaurant, makes the best strawberry shortcakes—but only when strawberries are in season, in keeping with his commitment to seasonal ingredients. He generously shared the recipe with us. Serves 12.

Marinated strawberries

4 pints of the best organic strawberries
that you can find

1/4 to 1/2 cup sugar, depending on
how sweet the berries are

juice from 1 orange

juice from 1/2 lemon

up to 1 T. of brandy

AFTER washing them, cut the berries and marinate in a covered bowl with the sugar, juice and brandy, for an hour or two. Avoid refrigerating strawberries.

Crème fraîche (3 T. per person)

SHORTCAKES

4 cups cake flour

2-1/2 tsp. sugar

3-1/4 tsp. cream of tartar

1-3/4 tsp. baking soda

1/2 tsp. salt

6 oz. butter, cut into small chunks

4 egg yolks from hard-boiled eggs

2 cups heavy cream

1 raw egg yolks for brushing tops

Preheat oven to 400° F

Sift together the flour, sugar, cream of tartar, baking soda, and salt. Gently rub in the butter until mixture is like coarse meal. Chop yolks finely and mix in. With a knife, cut in the heavy cream. **DO NOT MIX TOO MUCH!!**

Turn dough onto floured work table. Gently push the dough flat with the palm of your hand until about 3/4" thick. Cut out twelve 3" circles, then twelve 1-1/2" circles. Place the big circles onto a buttered and floured cookie sheet. Make a small dimple in the middle of each one with your thumb, then place the smaller circles on top. Brush the tops with the beaten egg yolk. Bake at 400° F for 25 minutes.

To serve, gently separate the tops from the bottoms, generously smother bottoms with marinade, add lots of strawberries (or peaches in summer), creme fraiche, then dip the top in marinade, and crown your shortcake. Garnish with a sprig of mint.

No More Tears

SHALLOTS *Give Two Healthy Recipes a Helping Hand*



BY LYNETTE LA MERE

Chicken Breasts Nestled in Caramelized Shallots and Fresh Thyme

(Serves four)

For the caramelized shallots:

- 1/2 lb. shallots
- 2 T. olive oil
- 3/4 cup white wine
- 1 cup chicken broth
- 2 T. fresh thyme
- 2 T. butter
- salt & pepper to taste

For the chicken breasts;

- 4 boneless, skinless breast halves
- 2 T. olive oil
- 2 T. butter
- 1 T. fresh thyme, reserve additional sprigs for garnish
- salt & pepper to taste

Method: Get the shallots started. (They hold well and can be made a day in advance.) Peel, halve, and slice the shallots. Heat a large, heavy skillet (I use cast iron). Add 2 T. olive oil and cook the shallots over medium heat, tossing occasionally for about 30 minutes.

Pour in the wine and reduce about 3 minutes. Add the chicken broth. Raise the heat and reduce 5 minutes. Finish the sauce with butter, thyme and salt and pepper to taste, allowing it to reduce and thicken for 5-10 more minutes.

Cooking boneless, skinless chicken breasts is a lot like cooking fish. To keep it moist and tender, timing is essential. Remember: heat the pan, then add the oil and butter. Keep the heat high, but not smoking. Season the chicken with salt and pepper and add it to the pan. After the first side is done, turn breasts over and sprinkle with the fresh thyme. Cook just until the center is no longer pink, and then get them out of the pan, otherwise they keep cooking. The breasts can be sliced against the grain and fanned out for serving if desired.

To serve: Divide the shallots onto four hot plates and top with the chicken breasts. Garnish with sprigs of fresh thyme.
(424 Calories per serving)

Sautéed Halibut with Pecan Shallot Topping

(Serves four)

- 4 (1-1/4-inch-thick) pieces halibut fillet

- (6 oz. each), skinned
- 3 T. olive oil
- 1 cup chopped shallot (6 oz.)
- 1/2 cup pecans (2 oz.), chopped
- 1/2 T. unsalted butter
- 1/2 tsp. finely grated fresh lemon zest
- 2 T. finely chopped fresh flat-leaf parsley
- salt & pepper to taste
- Accompaniment: lemon wedges

Pat halibut dry and season with salt and pepper. Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot, but not smoking, then sauté fish, turning once, until golden and just cooked through (4 to 6 minutes total). Transfer to plates and keep warm, loosely covered with foil. Add remaining tablespoon of oil to skillet and cook shallots over moderate heat, stirring occasionally, until pale golden, 3 to 4 minutes. Add pecans and sauté over moderately high heat, stirring, until fragrant and a shade darker, about 3 minutes. Add butter and stir until melted.

Remove skillet from heat and stir in zest, parsley, and salt and pepper to taste. Sprinkle pecan shallot topping over fish and garnish with lemon wedges
(446 Calories per serving)

COOKING AT HOME

(continued from page 32)

DRESSING:

- Juice of half of one of the **lemons**
- 1 tsp. **sherry vinegar**
- 1/2 cup **olive oil**
- 1 tsp **Dijon mustard**
- 1/4 tsp. **pepper**
- 2 **shallots**, minced
- 1/4 c. **oil cured olives**, pitted & chopped
- 1/2 cup fresh grated **Parmesan-Reggiano**
(2 T. in dressing, use the rest to sprinkle on top).

SUNDAY

\$26.00

TAMARIND GLAZED STUFFED BONELESS FREE-RANGE TURKEY BREAST WITH GREEN BEANS

From Michael Shaheen at Eladio's

- 1 free-range **turkey breast** 12-14 lbs.
- 8 oz. **maple pork sausage**
(casing removed)
- 1 medium **onion**
- 1 **carrot**
- 4 **celery ribs**
- 2 tsp. fresh **thyme**
- 1 T. fresh **sage**
- 6 oz. roasted **chestnuts**
- 4 oz. **dry tart cherries**
- 8 oz. **dry bread cubes**
(cube 1/2 loaf of your favorite bread)
- 2 T. **butter** (unsalted)
- 1 cup warm **chicken stock**
- salt and pepper to taste

Glaze:

- 1-1/2 cups fresh squeezed **orange juice**
- 1/2 cup fresh squeezed **grapefruit juice**
- 1 cup **mirin** (Japanese cooking wine)
- 4 oz. **tamarind paste**

Sauce:

- 1 lb. fresh **cranberries**
- 3 cups fresh **orange juice**
- 1 cup **sugar**
- 1 tsp. **fresh ginger**

Fresh Cranberry Compote:

- 1 lb. fresh **cranberries**
- 1-1/2 cups **fresh orange juice**
- 1-1/2 cups **sugar**
- 1 T. fresh **orange zest**
- 1 tsp. **grated fresh ginger**

Debone turkey breast (or have your butcher do this for you) You will get 2 breast lobes from a turkey breast—1 from each side. This recipe is for 1 lobe. Cut a pocket into the turkey breast to hold the stuffing, being careful not to cut through the turkey. Cover and refrigerate.

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Dice the onion, carrot and celery, keep separate. Chop the thyme, sage, chestnuts and dried cherries. Sauté the sausage in a sauté pan. When fully cooked, remove sausage from pan leaving drippings. Add the butter. Over medium heat, add the onion and sauté 2 minutes. Add the carrot and sauté 1 minute. Add the celery, season with salt and pepper to taste. Sauté 1 minute then add the thyme and sage. Mix well. Remove from pan and cool.

In a large bowl add the bread cubes, cherries, chestnuts and vegetable mixture. Pour 1 cup warm chicken stock into bowl and mix well, add more chicken stock little by little until mixture is moist all the way through. Season to taste with salt and pepper. Put stuffing into a pastry bag (no tip) and pipe the stuffing into the pocket you cut into the turkey breast. Season the turkey breast with salt and pepper. Place in a roasting pan and cover with foil. Bake at 350° F for one hour. Remove foil and brush with glaze. Return to oven. Brush with

glaze every 10 minutes for a total of 30 minutes.

Glaze:

Combine all of the ingredients in a small non-reactive saucepan and reduce over low heat. Cook until liquid is reduced by half. Pureé in blender.

Fresh Cranberry Compote:

Combine all ingredients in a non-reactive saucepan over medium heat until it reaches a boil, stirring well. Reduce heat stirring occasionally until thick. Serve in a bowl on the side as a garnish to the turkey.

GREEN BEANS

by Pure Joy Catering

The key to good green vegetables is to blanch them prior to cooking. Bring water to a slow boil. Add raw beans and cook until bright green. About a minute. Transfer to ice bath and cool completely. To cook, sauté at medium high heat with melted butter and salt.

LAST CALL

Pear Charlotte

Makes 10 Charlottes

- 2 c. cake flour, sifted
- 6 eggs, separated
- 1 cup sugar
- 1 tsp. vanilla
- 1/4 tsp. cream of tartar
- 1/2 c. powdered sugar

Bavarian Cream:

- 2 cups milk
- 1/3 cup flour
- 6 Tb. sugar
- 6 egg yolks
- 2 Tb. unsalted butter
- Pear brandy
- 3 c. whipping cream

Pear Slices:

- miniature pears, peeled
- 2 cups water
- 1 cup sweet white wine
- 1/2 cup sugar

Preparation: For Cake

Preheat oven to 350°. Trace twenty 3 inch circles onto parchment paper; lightly grease and flour. Whip egg yolks with 1/2 cup of sugar and the vanilla until thick and lemon colored. Whip egg whites and cream of tartar until medium peaks form. Gradually sprinkle the remaining 1/2 cup of sugar and continue to beat until they are stiff but not dry. Fold 1/2 of the whipped whites into the yolks (to lighten them). Alternate with 1/2 of the sifted flour and fold in the remaining whites. Scrape the batter into a pastry bag and pipe onto traced circles. Sprinkle with powdered sugar and bake for 10–15 minutes; let cool to room temperature.

For the Bavarian Cream:

Stir together the flour and sugar in a saucepan and set aside. In a separate saucepan, scald the milk. Add the scalded milk to

the flour/sugar mixture. Return to the heat and continue to stir for a minute or two (mixture will start to thicken). Whisk a small amount of the hot milk mixture into the egg yolks; then add yolks to the hot milk. Return to heat and stir continuously 2-3 minutes until mixture is thick; do not let boil. Remove from heat and whisk in the butter. Pass through a strainer and whisk in liqueur to taste. Cover surface with plastic wrap and chill completely. Whip cream until medium peaks form. Stir 1/3 of whipped cream into pastry cream to lighten mixture; fold in rest.

For pears:

Combine water, wine and sugar in a saucepan; bring to a boil and add the pears. (if there is not enough liquid to completely cover the fruit, double the recipe for syrup) Bring the liquid back almost to a boil and poach pears until they can be pierced with the point of a knife. Cool in liquid.

To assemble Charlottes:

Tape a piece of clear pastry plastic around a sponge round (in order to form a short tube). Brush cake with reserved poaching liquid. Slice pears 1/4" thick and arrange in a circle on the plastic. Fill to just below top of plastic with Bavarian cream. Top with another cake round that has been brushed with poaching liquid. Put in freezer just long enough to solidify, about 45 minutes. Peel off plastic and plate with pear coulis (strained pureed pears and poaching liquid).