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TIPS AND TECHNIQUES FROM THE WORLD'S PREMIER CULINARY COLLEGE

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Indian Pakoras

Savory fritters for snack, appetizer or dinner.

Cool, nutty mint-cashew yogurt sauce and sweet mango chutney make excellent dipping sauces for these vegetable fritters.

Fusion cuisine, all the rage in urban America, mingles the methods and ingredients of disparate cultures into entirely new tastes. Pakoras, the famed Indian vegetable fritters, are fusion food from the Renaissance. They date back five hundred years, born of the influence of the early Portuguese settlers in India, according to Chef Prem Kumar, Lecturing Instructor in Culinary Arts at the Hyde Park Campus. “Portuguese cuisine is well known for batter frying,” says Kumar. While Indians always fried vegetables, the Portuguese introduced the idea of batter-dipping them first.

Pakoras are India’s ubiquitous snack, and are the *de rigueur* appetizer in the country’s mainstream restaurants. They’re among the few savory items featured in India’s unique form of pastry shops known as “sweetmeat shops.” In these bakeries are a range of honeyed treats that are essential to holy days and festive gatherings.

But beyond the dessert delicacies, savory chickpea fritters of potatoes and vegetables sate shoppers’ hunger. In the markets of cities like Dhaka and Lucknow, street vendors sell pakoras from stalls for only pennies, while home cooks make batches for snacks anytime.

Whip, Dip, and Fry

Chickpea pakora batter derives from six ingredients, which are whipped together to form a smooth, thick liquid, about the consistency of pancake batter. The key ingredient is chickpea flour (*chana besan*), sometimes referred to as *gram* flour. Chickpea flour is soft in texture and mustardy yellow in color. The flour is mixed with baking powder and seasoned with salt and *garam masala*, an Indian spice blend containing at least eight (but up to 20) spices. (For more on *garam masala* and other Indian spices, see *K&C* October 2004, “Indian Spices: The Real Curry.”)

This seasoned flour is mixed with water and lemon juice to make the batter. For a spicier taste, the batter also could be lightly seasoned with cayenne or curry powder and a pinch of asafetida (*hing*). Asafetida is a pungent spice with a garlicky flavor that should be used very

INDIAN VEGETABLE PAKORAS

- 1 qt peanut or other vegetable oil for frying
 - 1 cup chickpea flour (called besan or gram flour; see Sources, pg. 32)
 - ½ tsp baking powder
 - 1 tbsp lemon juice
 - 1 tsp garam masala (see Sources, pg. 32)
 - ½ tsp salt
 - ½ cup plus 1 tsp water
 - 1 lb assorted firm vegetables, such as cauliflower florets, potatoes (sliced ¼-in thick), sliced carrots, eggplant chunks, onion slices, or other vegetables (total about 16 pieces)
1. Heat oil to 375°. Combine chickpea flour, baking powder, lemon juice, garam masala, salt, and water in a bowl; whip vigorously for 1 min.
 2. Dip the vegetables in the batter, piece by piece, and carefully place them into the hot oil. Fry until golden brown; drain on wire racks. Serve with dipping sauce such as ketchup or yogurt-mint sauce (see recipe).

Serves 8

Recipe: Hinnerk von Bargaen, CHE

CHEF'S NOTE

Another option is to chop all vegetables very small, mix them with the batter, and deep-fry them as mixed-vegetable pakoras.



sparingly. All of these ingredients can be found at Indian grocery stores or online vendors such as iShopIndian.com or namaste.com.

Vegetable pakoras should be one or at most two bites apiece. First, dip the vegetables in the thick batter, and then retrieve them with your fingertips or a pair of tongs, allowing any excess batter to drip back into the bowl. The batter puffs when fried, so the pakoras should be well-drained to ensure that they don't become too breadly.

Use neutral-flavored oil, such as peanut, safflower, soybean, grapeseed or canola oil. (Olive oil's strong taste makes it best only for simple items that benefit from its sharp, unique aroma. The complex, spiced taste of pakora batter will compete with it.) Some oils, such as sesame and other nut oils, have an inappropriately low "smoke point," where the heat breaks them down and creates heavy smoke, imparting an off flavor to foods cooked in them. Good ventilation is essential to ensure delicious aromas, rather than overwhelming ones.

Fry in small batches in a quart of clean, hot oil, keeping the temperature as close to 375° as possible. Drain the pakoras on racks or paper towels and serve them with a dipping sauce. One favorite dip is made with spiced yogurt, mint, and cashews. It's also traditional to serve pakoras with ketchup or a sweet *mitthi* sauce made from tamarind juice.

Nearly any vegetable can be dipped in pakora batter and fried to make these chickpea-based snacks. Cauliflower and potatoes are the most popular.

MINT AND CASHEW DIP

- 1 bunch mint leaves
 - 1 jalapeño or serrano pepper, seeded
 - 2 tbsp lemon juice
 - ½ cup unsalted cashew nuts
 - ½ tsp ground cumin
 - ½ cup plain yogurt
1. Combine all ingredients in a blender; blend into a fine paste, adding more yogurt if necessary to facilitate blending.
 2. Adjust seasoning to taste with salt and pepper.

Serves 8

Recipe: Hinnerk von Bargaen, CHE



Spicy white wines such as Gewürztraminer pair well with complex flavors of Indian food.

Technique and Taste

Home frying is simpler than it might seem. Though commercially made tabletop fryers are



Chopped vegetables, mixed with pakora batter, make a different kind of combination fritter.

widely available, they're not needed, or even desirable in most home kitchens, where frying is a special occasion, not a daily routine. A simple saucepan or soup pot will work well for most frying jobs. Fill the pot deep enough so that foods can be submerged by at least one inch while cooking, but make sure to leave at least two inches of room at the top of the pot so that

there is no overflow when foods are added. The oil will bubble up about one inch when foods are added.

Fresh oil can make or break the flavor of a dish. As foods are cooked, tiny particles dissolve into the oil, which eventually "exhausts" the oil. Exhausted oil has off flavors, and will not properly crisp foods cooked in it. Once oil is used for a flavor intensive dish such as battered fish or, in this case, spice-laced fritters, it will pass that essence on to other foods cooked in that oil. So consider most deep-fry oil a single-use ingredient. Unlike oil poaching, which is discussed beginning on page 17, the oil from deep-frying should be discarded after use.

Unconventional Pakoras

Making *mirchi* pakoras, with a stuffed Italian or Anaheim pepper, is a more involved process. The pepper is first seeded, a slit is made in its side, and then it is stuffed with a mixture of mashed potatoes, peas, and lime juice. After being seasoned to taste with salt and Indian spices, the pepper is dipped in the pakora batter and fried. (For a similar method, see *K&C* September-October 2005, "Southwestern Filled Chilies.")

"Leafy vegetables are not traditionally used

in Indian pakoras," says Chef Kumar. However, you can use escarole, spinach, and other dark green vegetables. These may be cumbersome to fry, and are generally batter-dipped one leaf at a time. Some more inventive pakoras are made with artichokes and asparagus. Traditionally made only using vegetables, pakoras now feature some meat and seafood fillings. Chicken should be pre-cooked, but fish and shrimp should be dipped in the batter raw.

TECHNIQUE: FRYING PAKORAS



1. Dip any vegetable into a batter made with chickpea flour and garam masala.
2. Bring the fritter very close to the oil before releasing, to avoid spatter.
3. Cook the pakoras at 375° until the coating

- is brown, and the vegetables are cooked through. Some vegetables will take longer than others, so test as you cook.
4. Drain the finished pakoras briefly on paper towels or wire racks.

Serving Pakoras

As a snack, serve pakoras with chutney, mint sauce, or ketchup, as you would serve chips and dip. Or put them in a stew, to make a meal out of them. In India, pakoras are often served in a buttermilk broth, which is tempered with Indian spices. “Tempering” is a process in which “spices are toasted in hot oil where infusions of flavors take place. The tempered spices are then incorporated into a dish to create a secondary infusion,” Kumar explains. That technique is essentially a final bump of flavor that augments a dish’s slow-cooked seasoning with the zest of young spice flavor. The buttermilk-pakora stew, below, is commonly served with nutty Indian basmati rice.

PAKORAS IN BUTTERMILK STEW

- 8-10 pakoras made with onions and chilies
 - 1 quart whole buttermilk
 - 3 tbsp chickpea flour (see Sources, pg. 32)
 - 1 tsp chili powder
 - Pinch turmeric
 - 1 tbsp corn oil
 - 1 tsp mustard seeds
 - 1 tsp cumin seeds
 - 2 dried red chilies (pinky-sized)
 - Pinch of asafetida
 - Cilantro leaves to garnish
1. Prepare onion and chili pakoras according to the recipe above; set aside.
 2. Pour buttermilk into a saucepan. Sift in a mixture of the flour, chili powder, turmeric powder, and salt to taste. Mix well and simmer on low heat, stirring frequently, for 15 min.
 3. Make the tempering mixture: In a small saucepan, heat corn oil until it shimmers but does not smoke. Add mustard seeds. When the seeds begin to crackle, add cumin seeds. Break open red chilies and add to mixture, along with a small pinch of asafetida. Toast for a few seconds, making sure not to let the chilies burn.
 4. Add the tempering mixture to the buttermilk stew. Stir in the pakoras, and bring to a gentle boil. Garnish with cilantro and serve with steamed rice.

Serves 4

Recipe: Malaveka Valla

Although pakoras come in all shapes, flavors, and sizes, there’s only one beverage that fits them best—a cool yogurt-based drink called *sweet lassi*. Blended with fruit and aromatic spices, sweet lassi is the perfect match for a plate of hot and spicy pakoras on a lazy Sunday afternoon.

— Malaveka Valla

YOGURT LASSI DRINKS

MANGO LASSI: For a fruity yogurt cooler, combine 3 cups yogurt, 1 cup milk, ½ cup water, 1 cup mango pulp, and ½ cup sugar or honey in a blender. Purée until very smooth; serve icy cold. Serves 2.

SWEET LASSI: Enjoy subtle spice and floral complexity with your pakoras by combining 1 cup yogurt, 4 cups ice water, ½ cup sugar, 1 tsp ground nutmeg, ½ tsp cayenne, and ½ tsp rosewater. Mix with a spoon until the sugar is dissolved. Serves 2.

Sweet, yogurt-based lassi drinks pair beautifully with savory pakoras.



Roast Chicken

For crispy skin and juicy meat, use the CIA's high-heat-low-heat method.



Simple but exquisite: Here's the CIA way to perfect roast chicken.

The simplest dishes to make are the easiest to ruin: Omelets, steaks, and tossed salads are obvious examples. So is roast chicken.

The perfect roast chicken begins with the perfect chicken. The best size for roasting is between three and four pounds. Avoid birds that have been “pre-basted,” as they have an overly processed flavor and texture. The chicken should be free from bruises, blemishes, and pin feathers. The skin should be intact and moist looking, and have a pleasant ivory, cream, or deep yellow color, depending on the brand and feed. Chicken skin that looks “freckled” with brown spots means the chicken is old and dried out.

Get Ready to Roast

The giblets (gizzard, heart, and neck) make good additions to the gravy, but the liver should not be used, because it will make the sauce bitter. Rinse

and dry the bird; clip off and reserve the wing tips. Rub the chicken all over with vegetable or olive oil, and season it well with salt and pepper inside and out. Herbs and garlic tend to scorch during roasting, becoming bitter, so consider applying them under the skin instead.

Trussing or tying the chicken will help it roast more evenly and prevent the legs from spreading while cooking. Use cotton butcher's twine (available at most supermarkets) and tie the chicken as shown on page 8.

Aromatics in the Pan

Combine the *mirepoix* (diced carrots, onions, and celery), giblets, and wing tips with a tablespoon of oil and mound them in the center of a roasting pan large enough to hold the chicken with an inch of space on all sides. This allows steam to escape as the chicken cooks, helping to brown and crisp

CIA'S ROAST CHICKEN METHOD

- 1 chicken (4 lb) with giblets; liver discarded
 - 2 tbsp olive oil
 - 4 oz mirepoix cut in 12-in pieces
(about 4 cups: 2 cups onions and 1 cup each celery and carrots)
 - 2 tbsp all-purpose flour
 - 1 quart chicken stock or broth
 - 1 sprig rosemary, or ½ tsp dried
 - 1 sprig thyme, or ½ tsp dried
 - 1 bay leaf
1. Heat oven to 425°. Remove giblets from chicken; set aside. Rinse chicken under cold running water; pat dry with paper towels. Remove wing tips and set aside with giblets. Rub the chicken with 1 tbsp oil, and season generously with salt and pepper. Truss the chicken as shown on page 8. Combine giblets, wing tips, and mirepoix with remaining oil. Mound in the center of a roasting pan.
 2. Place chicken on a rack over the mirepoix. Start chicken in the hot oven for 20 min or until the skin begins to crackle. Lower oven temperature to 325°, and cook until chicken reaches 165° in the thickest part of the thigh away from the bone (approximately 1 hour), basting twice with juices from the corner of the pan. Remove chicken from the oven and set aside to rest for 20-30 min, covered loosely with a tent of foil.
 3. Clarify the drippings by simmering them in the roasting pan over a medium burner on the stove. The vegetables should brown lightly. Pour off all but 2 tbsp of fat, add flour to make a roux and cook briefly, until the mixture has a nutty aroma and the consistency of wet sand, 1 min. Slowly add stock while stirring constantly with a wooden spoon or whisk, taking care to scrape up all of the brown *fond* on the bottom of the pan. Transfer the gravy to a saucepan and add the herbs. Simmer 20 min, skimming any foam. Strain, season to taste with additional salt and pepper, and keep warm.
 4. Carve the chicken, reheat the pieces on a rack in the oven. Serve with hot gravy.

Serves 4

Recipe: David Kamen '88, CHE, CEC, CCE

the skin. Too wide a pan may cause the vegetables to scorch. The pan should be metal, so it can be placed directly onto the stove when making the gravy. Place the chicken on a wire rack over the mirepoix.

Sear, Roast, Check, and Rest

Sear the chicken in a 425° oven for 20 minutes, until the skin begins to crackle, and then lower the temperature to 325° for the remaining cooking time. The chicken will take about one hour more, depending on the oven. Baste twice, tipping the pan to capture spoonfuls of the fats and juices, and drizzle it over the bird.

Check for signs of doneness: The skin should be golden brown and crisp. Wiggle the drumstick to see that it feels loose, not tight and springlike. Tip some juices out of the cavity. They should be clear, not cloudy or pink. Then, insert an instant-read thermometer into the thickest part of the inner thigh. The chicken should reach 165° and hold that temperature for at least 15 seconds.

When the chicken is done, remove it from the roasting pan and set it in a warm place. Resting is an important part of roasting, allowing the juices to redistribute into the meat. Plan on 20-30 minutes of resting time.

Make the Gravy

If there are any scorched vegetables, discard them. Place the roasting pan on a burner over medium heat and cook until the fat clarifies, and the vegetables gently brown. Once the fat is clear, pour off

ROAST CHICKEN VARIATIONS

BOLD AND ZESTY ROAST CHICKEN: Prepare a dry rub of 2 tbsp kosher salt, 1 tbsp Bells poultry seasoning, and 1 tbsp Old Bay seasoning. Rub on chicken in place of the salt and pepper.

ROAST CHICKEN AUX FINES HERBES: Prepare a mixture of equal parts chopped fresh parsley, tarragon, thyme, and chervil. Place pinches of the mixture under the breast skin of the bird before roasting. Bundle herb stems and place in the cavity. When the chicken is done, remove the stems from the cavity and add to the gravy. After straining the gravy, finish it with additional fresh herbs.



Roast chicken is versatile, pairing well with both rich, elegant, dry whites, such as white Burgundy and California Chardonnay, and with herbal, grassy dry whites like Sauvignon Blanc.

Free Range & Organic

Free-range poultry are raised in yards, rather than stacked cages, and are allowed to hunt and peck for grain rather than get it from a feeder. Connoisseurs agree that this produces better flavor and texture. Organic chickens receive a purely natural vegetarian diet. This makes for purer, more natural flavor. When possible, opt for “humanely raised,” “cage free,” and other carefully handled poultry.

all but two tablespoons and sprinkle two to three tablespoons of flour into it to make a roux with the consistency of wet sand.

Gradually add chicken stock to the roux, stirring constantly with a wooden spoon or whisk. Scrape up all of the brown bits (chefs call this the *fond*) from the bottom of the pan. Transfer the gravy to a saucepan and simmer 20 minutes, until the flour’s starchy flavor has cooked out, skimming away any foam. Strain, adjust the consistency with additional stock, and season with salt and pepper.

Carving Technique

Begin carving by removing the legs. To do so, cut through the skin between the thigh and breast. Bend

the leg away from the carcass until the hipbone pops out, and then cut the leg away from the carcass and repeat on the other side. Remove the breast meat by cutting along one side of the breastbone, down to the wishbone. Cut through the wishbone and carve the breast away from the carcass. Repeat the process on the other side. Pour any juices that accumulate on the board back into the gravy. Reheat the meat on the rack for five minutes in the oven until it’s hot and the skin is crisp.

Once you’ve mastered the fundamental CIA technique for roasting chickens, scale the method up or down for other poultry or game birds. The sky’s the limit.

— David Kamen '88, CHE, CEC, CCE

TECHNIQUE: TYING CHICKEN FOR ROASTING



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1. Begin by placing the chicken on its back with the legs towards you. Shape the bird so that its “knees” are pointing under its “armpits.” Place a piece of heavy cotton butchers twine (available at most supermarkets) that is about

18-in. long under the back of the bird.

2. Cross the ends of the string across the tips of the legs.

3. Place the crossed twine under the point of the breast. Bring each end between the thigh and breast of

either side of the bird.

4. Flip the bird over and tie off the strings so they catch the wings.

5. Cut the excess twine.

6. The finished chicken tied into an even shape for roasting.



Roasted Garlic

Sweet, earthy flavor and aromas give roundness to everything this garlic touches.

“**T**here’s a softer side to garlic. Here at The Culinary Institute of America we teach many different ways to coax the fruity, honeyed, slightly smoky essence from the beloved bulbs, all of which employ a low-temperature approach to transform garlic’s spicy bite into a deeper and sweeter reflection of itself.” Chef Mark Ainsworth ’86, CHE, says, “Roasting develops a deep, well-rounded flavor and reduces the peppery notes—it mellows it out.” You can roast the entire head of garlic or just peeled cloves to create a paste that swirls magic into soups, sauces, mashed potatoes, bruschetta, and sandwiches. Guests will beg you to tell them what the mysterious nuance is in your dish.

Raw garlic has a spicy character that’s welcome in preparations where sugar and acidity help balance the flavor equation—vinaigrettes and dressings, for example. Some chefs actually simmer garlic cloves to lessen their bite in sauces. But moist heat can’t develop the complex flavor that roasting achieves. The slightly bitter taste of browned garlic

has become more acceptable to Western palates since Vietnamese and Thai cuisines (which have long embraced this flavor) have appeared here. But pan-browned garlic can be too aggressive a player in delicate dishes; roasting, on the other hand, brings subtle hints of browned garlic into the flavor equation.

Garlic loses its spiciness and becomes sweet and mellow when roasted.

Get Ready for the Slow Roast

Chef Ainsworth suggests cutting bulbs in half horizontally to encourage the garlic to caramelize. An added benefit is that it’s easier to extract the roasted garlic from its skin. Just a quick squeeze and most of it falls right out. A drizzle of oil and a sprinkle of salt before roasting help to define and enhance the flavor. Chef Ainsworth wraps the prepared bulbs in foil (see Technique), but leaves an opening in the top for ventilation. The vent allows the dry heat to penetrate and caramelize the garlic. At the same time, the foil pouch traps enough steam to make the cooking even and deep.

Do you need a special terra-cotta baking dish? Not necessarily. They look great and work fine,

ROASTED GARLIC CREAM SAUCE

In small saucepan, simmer ½ cup roasted garlic paste, ½ cup heavy cream, and ½ cup chicken stock 5 min. Purée in a blender on medium speed until very smooth, adding more roasted garlic if thicker consistency is desired; season with salt and pepper. Serve over sautéed chicken cutlets and pasta, or over poached fish on rice. Alternately, add an additional 2 cups of chicken stock and serve as roasted garlic soup, topped with croutons. (Serves 4)

but professional chefs simply use a foil pouch like the one pictured below. Set the roaster or pouch in a baking dish or roasting pan to ensure even heat, and cook in a 325°-350° oven until tender, about an hour.

The garlic is properly cooked when it's soft, fragrant, and golden brown. You can test for doneness by inserting a paring knife into the garlic bulb—the knife should slip in and out without resistance. Halved heads are easy to check by just peeking at the cut side.

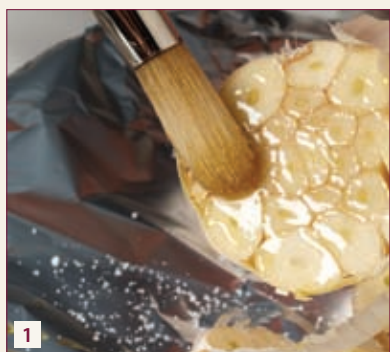
Be careful when checking the garlic; a burst of steam from the packet could burn you. Allow the packet to rest at room temperature until it cools enough to touch, and then squeeze each head to press out the roasted garlic paste. Some chefs press the paste through a sieve for perfectly smooth purée. This purée can

be incorporated easily into sauces, dressings, stuffed under the skin of a chicken before roasting, or spread on croutons for soup. Be sure to use the skin of the garlic to flavor a stock or broth—it's packed with flavor. The garlic paste keeps in the refrigerator for a week or frozen for up to two months.

Clove Individuality

There are two ways of preparing roasted garlic—as whole bulbs or as individual cloves. The locked-in moisture and even finish of whole-bulb roasting makes it the best choice for recipes calling for a purée or paste of roasted garlic, such as roasted garlic mashed potatoes, sauces, or soups. But for preparations where the garlic cloves will be kept intact, such as the spinach sauté on page 11, it's best to separate and peel the cloves when

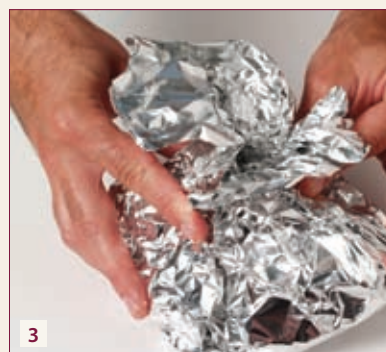
TECHNIQUE: ROASTING HEADS OF GARLIC



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1. Split garlic heads along their equator, leaving them partially attached by the papery skin. Brush the cut surfaces with olive oil, and season with salt.
2. Reassemble the heads, and set on a sheet of foil.
3. Wrap a double layer of foil around

the garlic heads. Place in a moderate (325°-350°) oven, and slowly roast until tender, about one hour.

4. The garlic is now soft, golden and sweet in flavor. It's ready for use in recipes, or can be made into a smooth purée.

5. Make a purée by pressing the cut side of the roasted garlic heads through a medium-mesh strainer.
6. Retrieve the smooth paste and stir into sauces, or use as a spread for crostini.

they're still raw, and then roast them.

If using a garlic roaster, measure the number of cloves to fit the bottom of the lightly oiled dish precisely. When using foil, place the cloves in a lightly oiled double layer of foil. Sprinkle with a touch of water (about 1 tsp per 20 cloves) and dust with salt. Cover roaster or fold foil into a pouch (do not use a vent hole for this method). Place the baking dish or pouch on a baking sheet and roast 20 minutes. Shake to redistribute the cloves, and roast for an additional 20 minutes before checking for doneness.

The method is very similar for whole bulb and individual clove roasting, but the cooking times are much shorter for peeled cloves. Season and toss them with olive oil, and wrap them with foil or arrange them in a ceramic roaster. In a roaster, keep the cloves in a single layer. Check them after 30 minutes. They're done when they are tender enough to mash between two fingers, and have an attractive golden brown color. They may become more deeply caramelized along surfaces that have been in contact with the bottom of the roaster or edge of the foil, but this adds to their eye-appeal, and gives them a smoky nuance. The individual cloves can be puréed, but they will have a membrane that will make the paste less smooth than whole-head, and the color of the resulting purée will be uneven, not uniformly golden. Individual-clove may be an easier method for making roasted garlic, but it should only be used for certain dishes.

Easy Peeling

The old chef's trick to peeling garlic is to smash the unpeeled cloves with the side of a knife so they slip easily from the skin. That's great for chopped garlic, but if you want whole individual cloves for roasted garlic, this is not an option. Instead, remove the hard ends of the cloves with a knife and peel them with the aid of a paring knife or your fingernails.

To make quick work of peeling a lot of garlic,



SPINACH SAUTÉ WITH ROASTED GARLIC, SUN-DRIED TOMATOES, AND KALAMATA OLIVES

- 1 tbsp olive oil
- 2 large shallots, thinly sliced
- ¼ cup sun-dried tomatoes, chopped, soaked in boiling water 5 min until soft
- 12 pitted Kalamata olives, halved
- 2 tbsp cold butter
- 2 lb spinach, well washed and dried
- ¼ cup individual roasted garlic cloves (about 2 heads)

1. Heat large sauté pan or wok over high heat, add olive oil. Add shallots and cook until medium brown; add sun-dried tomatoes, olives, and butter.
2. When butter melts, add spinach. Cook until the spinach has wilted about halfway, tossing constantly. Add the roasted garlic cloves, season to taste with salt and pepper, and transfer to serving plates. Serve immediately.

Serves 4-6

Recipe: Robert Danhi '91, CHE, CCP

Once roasted, whole cloves of garlic are mild enough to play a central role in delicate vegetable dishes, like the one above.

ROASTED GARLIC DIP

In food processor, combine ½ cup roasted garlic paste, ½ cup cream cheese, ¼ cup sour cream, 1 tsp kosher salt, and ½ tsp black pepper; process until smooth. Stir in ½ bunch chopped chives and serve with vegetable sticks, pita, crusty bread, or crackers. (Serves 4)



Roasted garlic makes an excellent base for crostini hors d'oeuvres, such as these above, served with sautéed onions and tarragon.

break up the heads and blanch the unpeeled garlic one minute in boiling water. After cooling in ice water, the cloves will pop out of their skins with a pinch. Since roasting seeks to mellow garlic's spiciness, blanching does no harm here.

Pitfalls to Avoid

Although roasting mellows the intense bite of garlic, the process only works with fresh bulbs. Old garlic, identified by green shoots or sprouts growing from the bulb, cannot be improved with roasting. It's best to use only the freshest garlic for this procedure. You can make use of old garlic though—plant it in your garden to ensure a new crop of the freshest garlic possible.

When roasting garlic, bear in mind that high heat is its enemy. High temperatures will brown the garlic before it develops the precious, slow-roasted flavor. The best way to avoid this is to insulate it with an earthenware vessel such as

a terra cotta roaster or with a double layer of heavy-duty foil. Also, keep the oven below 350°.

Roasted garlic easily can become a staple you call up on a whim. Make large batches and freeze the extra. Dissolving a spoon of roasted garlic paste into soup, blending it into mayonnaise for an ethereal aioli sandwich spread, whisking a dollop into dressing, or slathering a spoonful on a crouton are just a few of the ways that roasted garlic can play a supportive role with the fine foods you love to cook.

— Robert Danhi '91, CHE, CCP

ROASTED GARLIC VINAIGRETTE

Whisk together ¼ cup balsamic vinegar, ¼ cup extra virgin olive oil, ½ minced shallot, ¼ cup roasted garlic purée, and 1 tbsp finely chopped Italian parsley; season with salt and pepper. Serve over chilled steamed vegetables, such as asparagus, Brussels sprouts, green beans, or broccoli florets, drizzle over halved hardboiled eggs, or use as a multi-purpose salad dressing. (Serves 4-6)

ROASTED GARLIC MASHED POTATOES

- 2 pounds Russet or Yukon Gold potatoes (about 4 large), peeled
- 1 cup cream, hot
- ¼ pound (8 tbsp) butter, room temperature
- ¼ cup roasted garlic purée (about 3 heads of garlic, roasted)

1. Cut potatoes into 2-in chunks. Place in a saucepan and cover with cold water. Bring to a rapid boil then lower the heat to a soft boil; cook until very tender. Drain the potatoes, return them to the cooking pot, and set over low heat to remove excess water.
2. Transfer the potatoes to a food mill or potato ricer. Mill or rice the potatoes into a mixing bowl (or smash them with an old-fashioned potato masher for a more rustic style). Fold in the hot cream, soft butter, and roasted garlic paste. Season well with salt and pepper.

Serves 4-6

Recipe: Robert Danhi '91, CHE, CCP

CHEF'S NOTE

Do not over-mix the potatoes, as they will lose their lightness and become dense.



Ceramic roasting dishes like this can be used in place of foil. The resulting roasted garlic will taste the same.



Caramelized Vegetables

High-heat roasting creates profound, complex flavors.

Vegetables' natural sugars reach their peak at harvest time, when crops are at their ripest. September brings the sweetest corn, late-season tomatoes, onions, eggplants, and more. Fall squash are at the cusp of perfection, and become honeyed on the vine in mid-October. To revel in these abundantly sweet vegetables, chefs cook them in dry heat, which transforms their sweet juices into caramelized crusts laden with complex flavor.

Now Is the Time

Chef Clemens Averbeck, CEC, CHE, explains that late harvest vegetables in particular are ideal candidates for this technique. "High starch is a prerequisite for caramelization since caramelization requires the presence of sugars," he says. "Onions, carrots, (winter) squash, turnips, and beets are perfectly suited for that purpose."

One of the most important factors in carameliza-

tion, says Chef Averbeck, is the use of high heat. Dry-roasting at lower temperatures, he explains, will eventually result in some browning, but the difference in flavor between vegetables that have been slow-roasted and those that have been high-heat caramelized is quite distinct.

"Caramelization and (slow) roasting are two different arenas," says Chef Averbeck. "Both methods brown the surface of the item, but the flavors they create are different. Caramelization develops bolder, more complex flavors like bitter, sour, and fruity. The flavors of slow-roasted items are more savory, floral, and earthy."

Making the Cut

Most winter squash and root vegetables will be peeled and/or seeded, while other vegetables, like eggplant, may be left skin-on with seeds intact. This is largely a matter of preference, but regardless, any peeling or coring should be done prior

Mixtures of caramelized vegetables make great sandwich fillings, as in this vegetable po' boy dressed with light vinaigrette.



Cut in different shapes, vegetables caramelize at different rates, and can be assembled into dynamic appetizers like this one made with parsnips.

CARAMELIZED PARSNIPS WITH PARSLEY SAUCE

- 1 lb large parsnips (about 8), peeled
 - 5 tbsp extra virgin olive oil
 - 1 medium onion, peeled and cut into 1-in chunks
 - 3 cloves garlic, halved
 - 4 sprigs fresh thyme, leaves only
 - ½ bunch of Italian parsley, washed, stems removed
1. Heat oven to 400°. Cut 4 of the parsnips into ½-in cubes; cut the rest into ¼-in thick slices. Toss the parsnips (keep diced and sliced separate) with 3 tbsp olive oil, and salt and pepper to taste. Spread them onto separate baking sheets and bake about 10 to 15 min. Keep warm.
 2. In a sauté pan, cook the onion and the garlic in remaining olive oil for 5 min. Add ¼ cup cold water, and the fresh thyme; cover and simmer until the onions are tender, 10 min. In a blender, purée the cooked onions with the parsley until very smooth. Season to taste.
 3. Arrange the parsnips as shown, and garnish with parsley sauce. Serve hot or at room temperature.

Serves 4

Recipe: Momo Attaoui

to roasting. According to Chef Averbeck, “you’re looking for the intense and concentrated flavors that caramelization creates on the *surface* of vegetables.”

Prepare each vegetable according to its natural shape. Cauliflower, for instance, would be broken down into florets, while Brussels sprouts, which caramelize beautifully either whole or halved, should be stemmed and trimmed of any discolored outer leaves. Red cabbage, cut through the core into two-inch wedges, caramelizes surprisingly well, developing a molasses-like roundness. Mushrooms can be left whole, while eggplant should be sliced or diced, sprinkled with salt, left to sit for 10 minutes, then patted dry.

CARAMELIZED VEGETABLE PO’ BOY

- 6-8 assorted vegetables (3 lbs) cut for roasting, such as fennel wedges, thinly sliced butternut squash, large diced celery root, sliced onions, carrot chunks, bias-cut zucchini, asparagus spears, halved leeks, sliced eggplant, or other vegetables
 - 1 cup extra virgin olive oil
 - 2 baguettes or four 12-in hero rolls
 - ½ cup vinaigrette dressing
1. Heat oven to 425°–450°. Separately toss each type of vegetable with enough olive oil to give a light sheen, and season with salt and pepper. Add additional herbs, such as thyme, oregano, or rosemary, and crushed red pepper flakes, if desired.
 2. Distribute like-sized vegetables together on baking sheets or roasting pans, such as carrots with celery root and squash, and fennel with onion slices. Roast vegetables, undisturbed, until they are visibly browned on one side, about 15 min. If they are still crisp, turn them and cook for 5-10 min more.
 3. Split open the hero rolls, without cutting all the way through. Pull out some of the interior bread to create channels. Fill the rolls with a mixture of caramelized vegetables, and dress with vinaigrette. Press tightly closed to lock in vegetables before serving.

Serves 4

Recipe: Jay Weinstein '88

CARAMELIZED EGGPLANT AND LEEK STRATA WITH ROASTED RED PEPPERS AND CHÈVRE

- ½ cup olive oil, as needed
 - 1 large eggplant (about 1½ lb), sliced lengthwise ½-in thick (8-10 slices), salted for 10 min, and patted dry
 - 6 medium leeks, white parts only, halved lengthwise with root end trimmed, washed
 - 1 loaf country bread, crust removed, thinly sliced (about 12 slices)
 - 8 oz chèvre
 - 12 leaves basil, chiffonade
 - 1 roasted red pepper, peeled and chopped
 - 5 eggs
 - 2½ cups milk
 - 1 tsp minced fresh thyme, or ½ tsp dried
1. Preheat oven to 450°. Lightly grease 2 cookie sheets with olive oil. Brush eggplant slices and leeks on both sides with olive oil, season with black pepper, and roast on prepared cookie sheets without turning for 15-20 min until well caramelized. Lower oven to 325°.
 2. Grease a 2½ qt casserole pan. Place 4 slices of bread over the bottom of the pan. Arrange half of the eggplant slices over bread. Place half of the caramelized leeks over eggplant. Crumble half of the chèvre over the leeks. Sprinkle half of the basil over the chèvre. Add 4 more bread slices. Repeat with remaining eggplant, leeks, chèvre, and basil. Finish with 4 remaining bread slices.
 3. In a blender or food processor, combine the roasted red peppers, eggs, milk, and thyme. Purée until smooth (take care not to overprocess and create excess froth). Pour the red pepper custard mixture over the casserole. Let sit for 30 min, pressing down every few min.
 4. Bake for 45 min, until set. Allow the strata to rest for at least 10 min before cutting into squares. Strata cuts most easily when chilled, and can be reheated in portions. Keeps refrigerated for three days.

Serves 8

Recipe: Paula Sullivan

Coating and Cooking

Toss the prepared vegetables with a coating of oil or other clear fat. Olive oil, clarified butter, and fats such as duck, beef, chicken, or bacon drippings all work beautifully. Don't fortify the vegetables with sugar, maple syrup, or honey, as these will create moisture and inhibit caramelization rather than enhancing it. Add salt and cracked pepper just before roasting.

Spread the oiled vegetables onto a baking dish or roasting pan, taking care not to overcrowd them (parts of the pan should be visible between the vegetables). As the vegetables cook they will release juices. If they're crowded, they'll stew, and caramelization will not occur.



Cook undisturbed in a hot oven, between 400° and 500°, for 15-20 minutes. If no browning is apparent around the edges by this point, do not stir. Allow the vegetables to roast for five or 10 minutes longer. Once browning is visible, give the vegetables a quick stir, scraping with a metal spatula if necessary. Allow the vegetables to roast for 10 or 15 more minutes, until they are well caramelized and cooked through. If tougher root vegetables darken before they're cooked through, lower the temperature to 350° and finish cooking. It is also important to use your sense of smell. If excessive smokiness or a burnt marshmallow smell is detected before the timer goes off, lower the temperature or take out the vegetables as necessary.

Each shape cooks differently, so transfer the vegetables to separate pans, and cook only like vegetables together.

Use the Flavors with Abandon

Caramelized vegetables are a great dish in themselves, but their complex flavors enhance other

dishes as well. “Since caramelization creates such great flavors on the surface of vegetables,” says Chef Averbeck, “it’s a good idea to incorporate caramelized items into purées, dips, or sauces.”

Caramelized vegetables also lend themselves to soups, sandwiches, stuffings, and savory bread puddings known as *strata*. Caramelized Roma tomatoes combined with arugula, mozzarella, and balsamic dressing become a succulent filling for

grilled panini. Caramelized root vegetables simmered with rich stock create a soulful autumn soup, and caramelized eggplant layered with bread and savory custard make an excellent brunch or dinner strata.

It’s a primal instinct for us to love sweet things. At this time of the year, harness the sweetness-intensifying power of the caramelization process, and feed your inner self.

—Paula Sullivan

TECHNIQUE: CARAMELIZED VEGETABLE STRATA



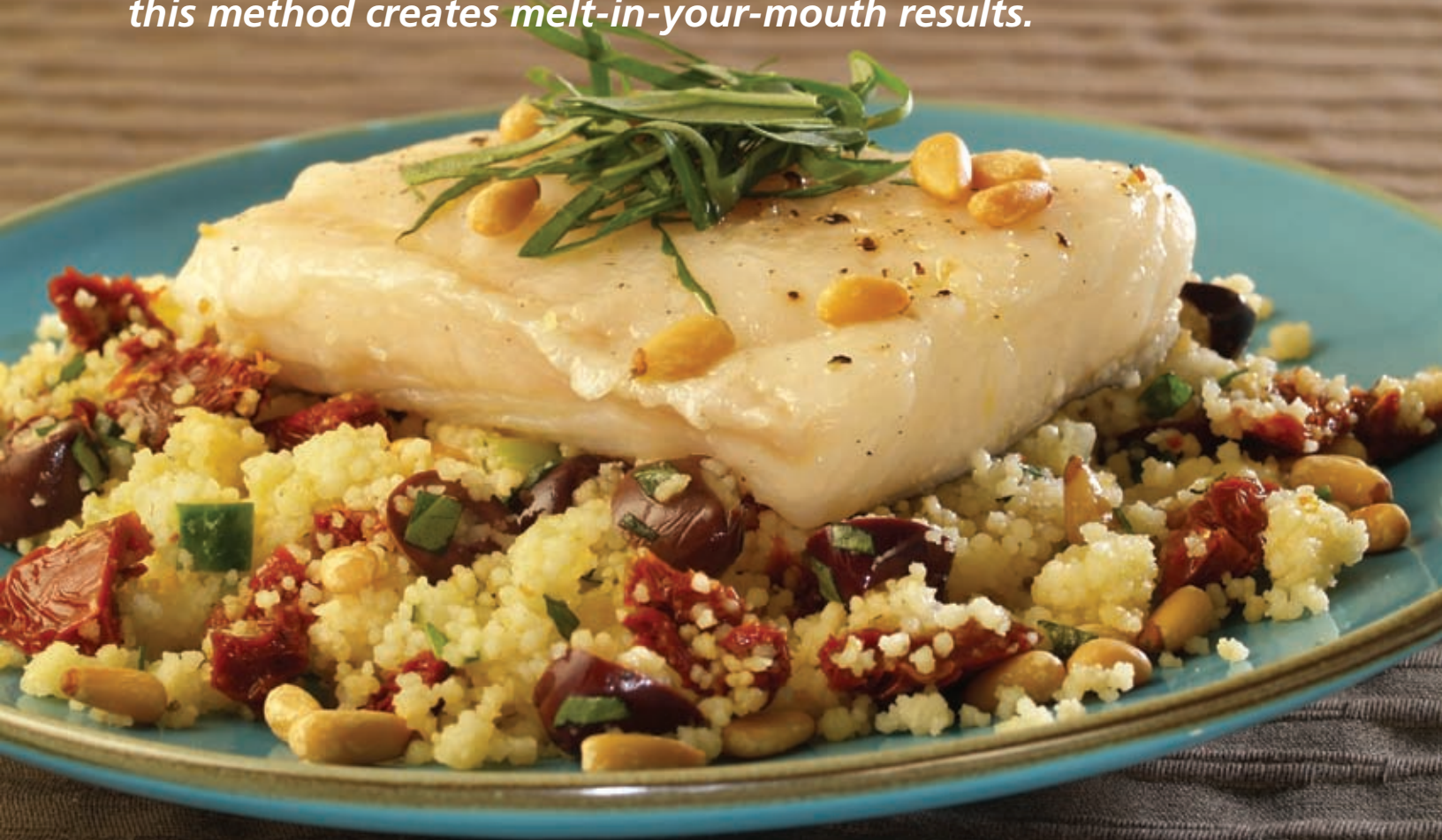
1. Oil the eggplant and leeks, season, and caramelize in a hot (400°) oven.
2. Slice crusts from country bread and cut the loaf into thin (quarter-in) slices.
3. Line a greased baking dish with a layer of bread. Fit the pieces together to maximize coverage of the pan's bottom.

4. Shingle caramelized eggplant slices into a layer atop the bread.
5. Sprinkle on crumbled goat cheese. Add another layer of bread.
6. Layer on leeks, then goat cheese and finish with a layer of bread.

7. Pour a mixture of milk, eggs, roasted red pepper purée, and thyme over the top. Press in well with fingertips, and allow to stand for 30 min.
8. Bake until set, about 45 min.
9. Cool slightly before slicing and serving.

Poaching Fish in Olive Oil

With less residual fat than frying or sautéing, this method creates melt-in-your-mouth results.



Submerged in liquid and subjected to gentle heat, seafood attains incomparably juicy and tender results from classic poaching. Most cooks think of poaching in broths and court bouillons, not fine olive oils and emulsified butter sauces. For the past several years, however, professional chefs have discovered the art of poaching in these rich media, and have found that no other method (or cooking liquid) can produce the same delicate interior in poached fish and seafood, while absorbing less fat than with frying. Oil poaching has arrived.

Less Fat You Say?

Chef Hinnerk von Bargaen, CHE, explains, “Since the seafood is cooked at a much lower temperature than

sautéing or frying, there is actually less absorption of fat into the seafood. With higher heat cooking methods, air pockets are created on the surface, and fat gets trapped in the food. This is easily observed when frying an egg over high temperatures.”

Any fat can be used for this technique. Olive oil’s fruity flavor pairs so well with seafood that it’s a natural. Halibut poached in goose fat is one of Rocco DiSpirito’s (’88) signature dishes. Chef

von Bargaen uses a blend of peanut and sesame oil for an Asian essence. Butter poaching works best when the butter is slowly whisked into simmering water to keep it emulsified in a homogenous mixture. If the butter separates (clarifies), the seafood will be poached in the milky liquid that sinks to the

Poaching in olive oil results in exceptionally tender fish, such as this Halibut with Sundried Tomato Couscous and Pine Nuts.



Poaching in the oven is slower and requires less exacting timing than the stovetop method.



When poaching on the stovetop, monitor temperature constantly with an instant-read thermometer.

HALIBUT WITH SUN-DRIED TOMATO AND PINE NUT COUSCOUS

- 6 thick portions (4-6 oz each) halibut or cod fillet
 - 1 tsp kosher salt
 - ½ tsp ground white pepper
 - 1 quart light olive oil (or substitute half olive oil and half vegetable oil)
 - 1 cup instant couscous
 - 1 tbsp extra virgin olive oil
 - 1 tsp salt
 - ½ cup chopped sun-dried tomatoes
 - ¼ cup chopped Kalamata olives
 - ½ cup small diced cucumbers
 - ¼ cup chopped basil
 - ¼ cup toasted pine nuts
1. Heat oven to 250°. Season halibut with salt and white pepper. Heat olive oil to 120°. Arrange fish in a deep baking dish (9x9 in) with enough room for ¼-in space on all sides of fish.
 2. Pour sufficient heated oil over fish to cover completely. Cover the baking dish with foil and bake to an internal temperature of 130°, about 45 min, checking doneness after 30 min.
 3. Make the couscous: Heat extra virgin olive oil, 1 cup water, and salt, until boiling; pour over couscous in a bowl. Cover tightly and allow to rest at room temperature for 5 min. Add sun-dried tomatoes, olives, cucumbers, and basil. Taste and adjust seasoning as necessary.
 4. Serve halibut atop couscous, sprinkled with pine nuts.
- Serves 6 Recipe: Robert Danhi '91, CHE, CCP

bottom rather than the pleasant-tasting butterfat that rises to the top; this would defeat the whole point of poaching in butter. (Butter can, however, be intentionally separated if the goal is to poach in clarified butter, which is an excellent choice for sea scallops.)

Choose Your Seafood

Any seafood can be poached. Thick fillets are best when poaching fish. Thin fish fillets, such as flounder, have so much surface area that they become coated with oil. Poach thin fillets in seasoned broths instead, and use the oil-poaching method for substantial steaks and fillets. Perfect fish for oil-poaching include salmon, tuna, cod, grouper, mahi-mahi, mackerel, monk fish, swordfish, and halibut.

Seafood revels in luxurious butter-poaching. Rougher cooking methods like boiling, baking, and frying can leave crustaceans tough, or swamped by other flavors. But poaching shrimp, for example, in a creamy butter bath can yield purity of flavor and the most tender shrimp imaginable. For best results, remove lobster and shrimp from their shells before poaching them (to remove lobster from its shell, submerge it in boiling water for two minutes to loosen the inner meat from its carapace, chill, and de-shell).

Unlike poaching in broth, it doesn't make sense to season the cooking medium when it's an oil or fat. Season fish with about 1 teaspoon of kosher or coarse sea salt per pound of seafood. Don't be shy about other flavor infusion techniques. Marinate seafood with sliced lemons, ground spices and cracked pepper to add layers of flavor.

Not Your Traditional Poaching

In traditional broth-poaching, chefs keep the broth at 140°-160°. But when poaching in fat, keep the temperature at 120°-140°. Controlling the temperature is *the* fundamental key to success when poaching. No special pots or equipment are needed, except a thermometer.

Use 3-4 cups of olive oil, butter, or other fat to poach eight portions of fish or seafood. Don't even think of tossing that oil when you're done: Just as some broths can be re-purposed as enriched stocks or soups after the poaching task is finished, sea-

OLIVE OIL-POACHED SALMON WITH FENNEL SALAD

- 3 large fennel bulbs, trimmed
- 1 quart extra virgin olive oil
- 3 tbsp lemon juice
- 1 tsp sugar
- ½ small red onion, sliced paper thin
- 1 small red bell pepper, small dice
- 1 tbsp assorted chopped herbs, such as chives and parsley
- 6 portions (4-6 oz each) salmon, from the thickest part of fillet
- 1 tbsp grated lemon zest
- 1 tsp kosher salt
- ⅛ tsp ground white pepper
- ¼ cup parsley leaves
- 4 oz Parmigiano-Reggiano cheese, shaved with vegetable peeler

1. Cut fennel bulbs in half and cut out core. Slice very thinly (you may want to use a mandoline or food processor slicing blade). Combine together ⅓ cup olive oil, lemon juice, sugar, and salt and pepper to taste. Add fennel, red onion, red bell pepper, and fresh herbs; toss to coat.
2. Season salmon with lemon zest, salt, and white pepper; marinate 10 mins. Heat oil to 130° in shallow saucepan or straight-sided 10-in sauté pan, leaving space for the salmon. Gently lower the salmon portions into the pan in a single layer. Work in batches if the pan is not wide enough to accommodate all 6 portions. Top the fish with additional oil if necessary to completely submerge fish.
3. Poach salmon over the lowest possible setting on the stove until it reaches an internal temperature of 125°, about 15 min. Keep a watchful eye on the temperature, using a thermometer to keep the oil below 140°. If oil gets too hot, add cool oil to bring temperature back to 140°. Retrieve salmon with a slotted spatula, and allow it to drain before serving. Serve salmon on a bed of fennel salad and top with parsley leaves and shavings of Parmigiano-Reggiano cheese.

Serves 6

Recipe: Robert Danhi '91, CHE, CCP



food- and fish-poaching oils bring much to the table when the poach is finished. Poaching temperatures don't break down the texture or flavor of oils. On the contrary, the process infuses them with flavor that makes them a perfect ingredient in vinaigrettes or emulsion sauces for seafood, and enhances their value as a sauté or fry medium for fish.

Stove-top vs. Oven-poached

Poach either on the stove or in the oven. The stove method is quicker, but requires more exact timing. Once the oil is at the right temperature, add the fish or seafood, and watch the thermometer like a hawk, adjusting the flame under the poaching pot to keep the temperature even. Chef von Barga offers an insider's tip: In case the oil gets too hot, keep additional cool oil ready. If the thermometer goes over 140°, add some cool oil to quickly cool down the cooking medium. The fish may be cooked in 10 to 15 minutes. Butter poaching is best done on the stove-top, where the cook can keep an eye on the butter to make sure it doesn't separate.

For the oven method, arrange the fish in a baking pan. Heat the oil to 120° and pour it over the seasoned fish. Cover and bake at 250° for a long, slow poach, until cooked through. A typical portion of fish, about four to six ounces, will take about 30-40 minutes; after the first 25 minutes, check often.

Judging Doneness

Every kitchen should have an instant-read thermometer. For extreme precision, electronic timers with temperature probes can be set so that an alarm sounds when the center of the

Most of the cooking oil drains off from the fish fillets after cooking, making oil-poached fish a light course. It pairs beautifully with refreshing fennel salad.



BUTTER-POACHED CURRIED SHRIMP WITH MANGO SALSA

- 1 lb peeled, deveined extra-jumbo shrimp (16/20 pound)
 - 1 tbsp Madras curry powder
 - 1 tsp salt
 - 2 large, ripe mangos, ¼-in dice
 - 2 tsp diced red bell pepper, ¼-in dice
 - 1 scallion, sliced
 - Juice of 1 large lime
 - ¼ tsp crushed red pepper flakes
 - 2 tsp minced ginger
 - 1 tbsp chopped cilantro, plus 8 cilantro sprigs
 - 1 lb butter, cut into hazelnut-sized cubes
1. Marinate shrimp in curry powder and salt.
 2. Make the mango salsa: Combine mangos, bell pepper, scallion, lime juice, crushed red pepper flakes, ginger, and chopped cilantro in a mixing bowl. Fold together gently, taking care not to mash the mango. Let the salsa marinate for 30 min to allow the flavors to “bloom.” Arrange salsa onto 8 appetizer plates.
 3. Bring 3 tbsp of water to boil in a small saucepan, lower heat to lowest setting, and slowly whisk in butter cubes, bit by bit, to create a pale, thick butter sauce. The temperature of butter/water mixture should be between 120° and 140°. Do not let it boil; manage the heat by adding cold butter cubes at intervals.
 4. Add the shrimp to the butter sauce and cook until opaque, about 5 min. Remove with slotted spoon and serve shrimp with mango salsa. Garnish with sprig of cilantro. Drizzle plate with extra poaching butter.

Serves 8

Recipe: Robert Danhi '91, CHE, CCP

Butter-poached curried shrimp retains a sheen of emulsified butter sauce, contrasting its richness with tart, sweet fruit.

food reaches a pre-set “done” temperature. Both salmon and tuna taste best when still medium-rare (120-125° internal temperature). Fish is well-done at 145°. Of course, the usual safety rules for fish apply. Fish and seafood that has been commercially frozen is always the safest choice for people with compromised immune systems (see “Ask the Editor,” *K&C* July-August 2006 for more details). For most healthy people, any fresh fish can be cooked this way and enjoyed safely.

Pairing seafood poached in oil or butter with accompaniments does not require a rule book; your favorite rice, potato, pasta, and vegetable side dishes can still be served along side. Chef von Barga pairs crispy salads with oil-poached seafood since their crisp texture is a welcomed contrast to the delicate seafood.

— Robert Danhi '91, CHE, CCP

TECHNIQUE: POACHING IN BUTTER



1. Slowly incorporate nuggets of whole butter into gently simmering water, adjusting the temperature with cool butter and whisking steadily to keep the sauce emulsified and creamy. If it



separates, the result will be clarified butter, which will be oily, not creamy.
2. Monitor the temperature while adding and poaching the marinated shrimp, ensuring that the butter



never boils or separates.
3. Turn the shrimp, and retrieve them when they have a “C” shape and are cooked medium. An “O” shape indicates overcooking.

Jiló: Brazilian Eggplant

Looking for all the world like a multicolored plum tomato, the Brazilian eggplant called jiló is now grown here in the U.S.



The *jiló* (pronounced zhee-LO) lends its earthy, smoky, bittersweet flavor to vibrant fusion dishes, and the rustic peasant food of Brazil's southeastern Minas Gerais region. Now that jilós are cultivated in both Florida and New England, Americans are getting their first taste of this incomparable vegetable. From intensely flavorful vegetable stews to unique, refreshing salads and quick-fried snacks, jilós lend their almost-wild flavor and fruitlike texture to easy cuisine from one of the little-known cuisines of immigrant America.

Short Season, but Plentiful

At their peak in September, jilós are a back-to-the-future vegetable in two ways: In our age of air-freight, year-round everything, jilós are akin to morels and ramps in their seasonal availability. But most important, they have the taste of real vegetable flavor in a world of homogenized produce.

The egg-sized vegetable changes from light

green to red as it ripens, and ends up looking much like a plum tomato. But most Brazilian cooks prefer the younger, sweeter flavor of green jilós to the more bitter flavor of a ripened jiló. Jilós start showing up in the market in late July and the season peaks in September. By the second week of October, the season is over as quickly as it began.

Immigrant Bounty

Like so many of our favorite foods, jilós are a benefit derived from our historical embrace of immigrants from all corners of the globe. Brazilian communities in Massachusetts, New York, New Jersey, Texas, California, and Florida brought their culinary traditions with them. Those from Minas Gerais,

Jiló Stew with Peppers and Onions.



Jilós growing on a Massachusetts farm.

Photo: UMASS Amherst



Photo: Jay Weinstein

As they ripen, jilós turn red and acquire a bitterness that is prized in Africa, where the vegetable originated, but is avoided in Brazil, where the jiló now plays its most prominent role. Brazilians use them when they're still green and sweet.

the most Portuguese ethnic region of Brazil, are particularly well known for their food culture, and it is their demand for jilós that has spurred the vegetable's cultivation in the U.S.

According to Frank Mangan, an agricultural researcher at the University of Massachusetts,

JILÓ VARIETIES



Photo: UMASS Amherst

The round "morro redondo" variety, though less common, is cultivated in the United States. But the egg-shaped "comprido verde claro" variety is the type most available here.

jiló made its way to Brazil from Africa (where it was used in its fully ripe, red state) during the slave trade days. Mangan has encouraged New England farmers to grow the two species of the vegetable, *comprido verde claro* (egg-shaped variety) and *morro redondo* (a rounder variety) for the growing number of Brazilian restaurants and home cooks in the area.

Fast and Unforgettable

The easiest way to discover the flavor of jilós is to quarter and fry them. The spongy texture of uncooked eggplants makes them easy to cut, and great for coating with batters or crusts. Think eggplant parmigiana. Jiló is no exception. Coating them in batter before sautéing or frying them not only adds flavor and dynamic texture, but it also seals out much of the oil during cooking. When jilós cook, their pulp relaxes, and their water con-

JILÓ STEW WITH PEPPERS AND ONIONS

- 3 tbsp olive oil
- 3 cloves garlic, chopped
- 1 green bell pepper, cut into 1-in pieces
- 1 large Spanish onion, cut into 1-in pieces
- 2 tomatoes, cut into 1-in pieces
- 10 jilós, large dice (about 4 cups)
- 1 tbsp sweet Spanish paprika
- 1 chicken bouillon cube, or 2 tbsp concentrated reduced stock (*glace de volaille*)
- ½ cup flat leaf parsley, roughly chopped
- 3 scallions, roughly chopped

1. In a heavy-bottomed stew pot, heat the olive oil, and cook the garlic for 15 seconds until it is fragrant but not brown; add the peppers, onions, and tomatoes. Sweat these vegetables over medium heat for 10 min.
2. Add jilós, paprika, salt and pepper to taste, and the bouillon cube. Cover; cook 8 min. Uncover, add parsley and scallions, and simmer 10 min more. Season to taste and serve with crusty bread. Jiló stew can be made up to three days in advance.

Serves: 8

Recipe: Adapted from Chef Josie,
Tapajos River Restaurant, Newark

JILÓ SALAD

Halve 2 jilós and slice very thin. Toss them with ½ cup thinly sliced onions, juice of 1 lime, 1 chopped scallion, and 2 tbsp olive oil. Season to taste with salt and pepper.

tent is released into the flesh, making them taste juicy. In the fried jiló recipe, a simple coating of egg creates a protective barrier, and the resulting golden wedges have a tender, fruity interior, and a resilient lacy coating.

In Newark, New Jersey's "Ironbound" district, home to Portuguese and Brazilian immigrant communities, eateries like Tapajos River Restaurant dip salted jilós in beaten egg and pan-fry them in olive oil for a unique vegetable bar snack. They're typically served with wedges of lemon and tall glasses of cold beer.

For a full-flavored luncheon entrée, chopped jilós pair with diced tomatoes, pepper, garlic, and onions in a scrambled egg stir-fry, served with piquant hot sauce. But the most perfect specimens are simply slivered, tossed with garlic, onions, and olive oil, and served as jiló salad with warm crusty bread.

A Vegetable Worthy of Main-course Status

Two-bite chunks of jiló meld with paprika and a supporting cast of garden vegetables to become a luscious, savory stew that represents a substantial vegetable dinner. As with many dishes



Photo: Jay Weinstein

Left: Jiló Salad;
Right: Fried Jilós.

FRIED JILÓS

- 4 jilós
- 2 cloves garlic, finely chopped
- 2 eggs
- ½ cup olive oil for frying
- Lime wedges

1. Quarter the jilós lengthwise, and season well with garlic, salt, and pepper. Set aside for 10 min.
2. Beat the eggs in a small bowl. Heat the olive oil until it sizzles when a piece of vegetable touches it (about 340°). One by one, dredge the jiló pieces in the egg, and add them to the hot oil. Cook until golden brown and tender, about 5 min.
3. Drain on paper towels, and serve with lime wedges.

Serves 2

Recipe: Adapted from Chef Josie, Tapajos River Restaurant, Newark

from Brazil, it starts with the vegetable trilogy of green peppers, tomatoes, and onions, cooked in olive oil with a generous portion of chopped garlic. Jiló is added when the other vegetables have given up some of their juices, so it simmers, rather than sautés, in their broth.

A generous showering of sweet paprika imparts fruity flavor and a vibrant layer of color. Reduced stock or bouillon rounds out the flavor with an umami note. Roughly chopped parsley and scallions provide a bright finishing flavor, and the whole dish is cooked in less than 30 minutes.

In the absence of fresh jilós, this dish can be made easily with green Thai eggplant, or even with thin-skinned, purple Japanese eggplants.

All of these varieties share the firmer texture of jiló that large American eggplants lack.

Freshest Harvest

The best vegetables are those picked just before they're cooked. Jilós are excellent vegetables to grow in a backyard garden, since just a few plants produce enough vegetables for many dishes. They're warm-season crops, and should be planted after nighttime temperatures are above 60°.

They love hot weather, and will grow especially well in southern climates. In northern climates, start them indoors in peat pots, 1/4-in

deep, after soaking the seeds in water overnight to encourage germination. When the weather warms, transplant them to the garden, but keep them covered with mulch for the first weeks. The best soil is a sandy loam.

Water jiló plants generously during their flowering period to ensure high yields. Don't crowd them: Give them 18-24 inches between plants. Stake them, as you would tomatoes, for support. Harvest them either in early

August, when the jilós are firm and green, or later in the season, as they turn red.

Beyond Tradition

Jilós can be used in dishes that call for other types of eggplant, such as ratatouille, caponata, Creole stuffed eggplants, and others. Their bitter notes also balance salty flavors, and do well in Asian dishes, including those with miso and soy

flavors. Discover for yourself the new vegetable that is sure to take an important place in fine cuisine in years to come.

— Jay Weinstein '88

JILÓ SCRAMBLE

- 2 diced jilós
- 1 tsp chopped garlic
- ½ cup onion, chopped
- ½ cup tomatoes, chopped
- ½ cup green bell peppers, chopped
- 2 eggs, beaten
- 2 tbsp olive oil

1. Combine chopped jilós, garlic, onion, tomatoes, peppers, and beaten eggs. Season well with salt and pepper.
2. Heat olive oil in a nonstick pan, and add the eggs and vegetables. Cook over a medium-low heat until vegetables are tender and eggs are cooked. Serve immediately.

Serves 2

Recipe: Adapted from Tapajos River Restaurant, Newark

PASTA WITH JILÓ RAGOUT

- 2 tablespoons canola oil
- 3 cloves garlic, minced
- 8 jiló or small Italian eggplants, large dice
- ½ medium onion, thinly sliced
- ½ cup water
- 1 medium yellow squash, large dice
- 1 medium zucchini, large dice
- 4 plum tomatoes, large dice 1 lb dried pasta, such as fusilli, cooked

1. Heat oil in wok or large skillet over medium-high heat. Add garlic and onions; stir-fry 2-3 min. Add jiló; stir-fry for another 2-3 min.
2. Add water, yellow squash, zucchini, and tomatoes. Lower heat; simmer for 10 min (jiló should be tender when tested with a fork). Season to taste with salt and pepper. Serve over pasta.

Serves 8

Recipe: U.S. Department of Agriculture



Jilós are available in markets in Brazilian ethnic communities, such as this one in Newark, New Jersey.

Photo: Jay Weinstein

Persimmons

Late season fruits with a long history in America, these sweet, texturally rich treasures shouldn't be missed.

As a child in Charleston, SC, I had the good fortune of growing up with parents and grandparents who loved to cook and to eat. I have clear and deep memories of savoring perfectly ripe persimmons in my grandparents' kitchen, which resembled a small train car. It had a breakfast nook and a walk-in pantry with built-in exposed shelves, a counter, and drawers. It had that certain smell of grains, of a kitchen lived in for a long time by the same people who ate a certain cracker or bread, day after day, year after year. I can still conjure up that smell. In the fall a dozen or so Hachiya persimmons would be sitting in a row, ripening on the counter, their deep orange glow brightening up the dark pantry. I'd check on them daily—a real lesson in patience—waiting for the fruit to ripen to just the right consistency; I had learned the hard way not to eat a persimmon until it was perfectly ripe.

I loved to watch my grandmother as she considered the line of fruit and carefully lifted the fullest one, then laid it down on the cutting board on its side. With a sharp knife, she pierced and then sliced the flesh, gently rolling each half onto its

back so as not to spill out the gelatinous interior. Two small spoons were then removed from the drawer, one for her and one for me. The anticipation of taste and then the tasting itself was sublime, sweeter than sugar, sweeter than honey, sweeter than sweetness itself. Then, there was the strange and luscious, almost indescribable texture—a cross between a custard, a pudding, and Jell-O. The whole experience was sensory to the extreme—and pure delight to a young girl.

A Visitor from the East

The word “persimmon” comes from the Algonquin who, depending upon the dialect, called the fruit “putchamin,” “pasimenan,” or “pessamin.” The common persimmon, whose Latin name is *Diospyros virginiana*—“diospyros” meaning “fruit of the gods”—was a staple in the Native American diet.

But it is the *Diospyros kaki*, or “oriental” persimmon, that is



Hachiya
(acorn-shaped)
persimmons



Fuyu
(flat)
persimmons



Sweet persimmon makes a fruity purée sauce, and juicy companion for crisp duck breast.

DUCK BREAST WITH PERSIMMON VINAIGRETTE

- 2 tbsp kosher salt
- 2 tbsp honey
- 4 duck breasts
- 3 ripe Fuyu persimmons, peeled
- 2 tbsp white wine vinegar
- 6 tbsp extra virgin olive oil
- 6 cups baby arugula leaves, washed

1. Heat oven to 400°. Combine the salt, honey, and 1 qt cold water in a large, watertight, zipper-seal bag. Add the duck breasts, and marinate 1 hr; drain and pat dry. In a sauté pan over medium-high heat, sear the duck breast, skin side down, until golden and crisp, about 7 min. Turn the breasts, transfer pan to oven, and finish cooking in the oven until rare (internal temperature 130°), about 5 min more; set aside to rest in a warm place.
2. Make the vinaigrette: Seed, and roughly dice two of the persimmons. In a blender, combine the vinegar, olive oil, and two peeled persimmons; purée until smooth (it will be thick and creamy). Adjust with water to create a saucy consistency; season with salt and pepper to taste.
3. Dress the arugula lightly, and divide onto four dinner plates. Slice the duck breast and remaining persimmon, and arrange the meat and fruit atop the greens. Serve drizzled with remaining vinaigrette.

Serves 4

Recipe: Momo Attaoui

prized in the kitchen. Native to ancient China and introduced to Japan more than 1,000 years ago, the beloved persimmon is Japan's national fruit. The first cultivated Asian persimmon tree was introduced in the United States in the mid-1800s. There are many varieties of Asian persimmon, but because they are the most widely available, we will explore the properties of the *Hachiya* (astringent) and *Fuyu* (non-astringent) varieties of *Diospyros kaki*. Both are excellent sources of vitamin C and potassium.

The Hachiya persimmon—the gelatinous kind that I savored with my grandmother—is shaped like a rounded cone, resembling a large acorn. The Hachiya and other astringent varieties must be picked just before or during the soft phase of development—when the tannins are coagulated—and must ripen completely before eating. It is possible to reduce astringency—by freezing for 24 hours, or by covering the fruit with uncooked dry rice for 3-5 days—but to my palate and sensibilities this process, while fine for cooking, is not ideal for “out of hand” eating. To me, the tried and true ripening-on-the-counter method is the best. Choose fruit with an even all-around color that is still firm, and be prepared to observe the ripening process for a week or so.

In contrast, the Fuyu persimmon is shaped like a flattened globe—similar to an heirloom tomato—and is not in the least astringent. Like other non-astringent varieties, the Fuyu can be eaten happily while the fruit is firm and crunchy, like an apple. The tannins in non-astringent persimmons are broken down during an earlier stage of the fruit's development, making the fruit easier to harvest and to store. Once peeled, it is absolutely delicious as a crispy element on a plate.

Storing and Preserving Persimmons

Persimmons should be refrigerated when ripe, and used within one or two days. If using them quickly is not possible, the flesh can be scooped out and frozen for later use, or the fruit can be dried. In Japan and China, fall persimmons are dried for eating during the long winter months. The traditional method is to peel the fruit while

it is still attached to the branch, and to hang the branch under the eaves of the house. The drying process can take four to six weeks, depending upon humidity and temperature. Today, a dehydrator is a simpler and more efficient drying method.

Once I became a chef, I grew more intimate with persimmons and soon came to use them in many applications. One of my favorite fall dishes is crispy duck breast with persimmon and rocket (arugula). The duck is brined, dried, and sautéed skin-side down to render the fat and produce the crunchiest skin. A vinaigrette is made to dress the rocket, using shallots, white wine vinegar, and the scooped and softened pulp of Hachiya persimmon. The duck breast, toasted walnuts,

and crispy, peeled Fuyu persimmons are then used to garnish the salad.

For closure to a hearty fall meal, Asian pear, Fuyu persimmon, and pomegranate seeds can be combined with a light lemon simple syrup, a combination that can also be used to garnish a white grape sorbet. In addition to delicious flavor and wonderful texture, persimmons help to retain moisture in cooked items. A persimmon pudding—basically a very moist cake—is a great dessert for a winter meal. And persimmon and oatmeal cookies are another classic that should be in any good cook's repertoire.

Persimmons—fruit of the gods—are beautiful to behold and a delight to the palate.

—Eve Felder '88, CEC, CHC



*Icewine,
Moscato
Passito,
or Tokaj
Aszu 4/5/6
puttonyos.*

PERSIMMON PUDDING

- 2 tbsp brandy
- ½ cup currants
- 3 very ripe Hachiya persimmons (about 1 lb), peeled
- 1¼ cups flour (6.25 oz)
- ½ tsp salt
- ¾ tsp baking soda
- 1 tsp baking powder
- 3 large eggs
- 1½ cups milk
- 1 tsp vanilla extract
- 1 tbsp honey
- 6 tbsp melted butter
- ¾ cup sugar
- 1 cup walnuts, toasted and coarsely chopped (3.25 oz)
- Whipped cream, sliced persimmons, and mint leaves to garnish

1. Heat the oven to 350°; butter a 9-in springform pan. Place a disc of parchment paper or waxed paper in the bottom of the pan.
2. Pour the brandy over the currants and soak for 30 min. Cut persimmons in half. Dice one-half of a persimmon and set aside. Scoop out the pulp from the remaining persimmons with a spoon; this should yield about 1½ cups persimmon pulp. Purée the pulp in a food processor or blender until smooth.
3. Combine the flour, salt, baking soda, and baking powder. Slightly whisk the eggs; add the persimmon pulp, milk, vanilla, honey, melted butter (cool slightly), sugar, and the currants with the brandy. Add the wet ingredients slowly to the dry ingredients, mixing only as much as needed to incorporate the flour. Fold in the chopped nuts and diced persimmon. Pour into the springform pan.
4. Place on a sheet pan in the oven and bake for two hr. Remove from the pan when the pudding is still warm. Slice and serve with whipped cream, sliced persimmons, and mint.

Serves 10

Recipe: Eve Felder '88, CEC, CHC



*Persimmon
Pudding is
more like
a baked
cake than a
custard.*

Grüner Veltliner

Austria's greatest grape produces an incredibly food-friendly wine.



Grüner Veltliner stands as perhaps the best example of a formerly underrated grape that's now being appreciated, not only by the cognoscenti who make up restaurant wine lists but by more and more consumers.

The leading grape of Austria, Grüner Veltliner is "a great grape—and one of the most fascinating in central Europe," says Karen MacNeil, author of *The Wine Bible* and chairman of the Professional Wine Studies program at the CIA in the Napa Valley.

Terry Theise, a leading wine importer widely known for his expertise in wines of Germany and Austria, says Grüner Veltliner "is the world's most flexible dry white wine at table...the answer to all the foods that supposedly are wine-killers."

Tom Schmeisser, whose store, Marty's in Newton, MA, is notable for its Germanic wines, says "it's everywhere." Boston restaurants with cutting-edge wine lists have two or three Grüner Veltliners, he said. On vacation in New Mexico, he ventured into a store on an Indian reservation and found four.

Grüner Veltliner constitutes 34.8 percent of Austria's grape production, more than twice the next variety in that country. Moreover, unlike the ubiquitous Chardonnay, the Grüner Veltliner you drink probably will be Austrian—Theise estimates that 90 percent of what's on the market is Austrian, "though with the opening of the East, I'm sure we'll see more of it coming from other sources." The grape is said to grow in Hungary, Romania, and Moravia. The United States has only small experimental plantings.

Grüner's Come a Long Way, Baby

I first drank Grüner Veltliner on a blissful trip to Austria in the early '80s. I enjoyed it, even though in that era wine writers damned it with faint praise. According to Terry Theise, that assessment wasn't off the mark. Today's wine, he says, "is decidedly not the Grüner Veltliner you remember from 20-25 years ago. In those days the growers were essentially strangled by the co-ops and *negociants*, who paid them by volume and not by ripeness. The majority of Grüner Veltliner from that era was at best innocuous, at worst insipid."

But then, he continued, "the Austrian wine culture reinvented itself. The most important factors in this turnaround were estate-bottling, lowering

yields (which leads to far more serious selection of vine material, i.e., away from big-yielders), and a marked, almost universal preference for ripe, dry wines, unoaked, and expressive of site."

Part of the appeal of Grüner Veltliner, in a world awash with white wines about which the best that can be said is that they're "clean and crisp," is that this is a wine that's really different. Terry Theise puts it this way: "If Viognier and Sauvignon Blanc had a baby, it would be Grüner Veltliner."

Flavors within, and Pairings with Grüner

Karen MacNeil differentiates the character of Grüner from that of Sauvignon Blanc, saying, "Grüner Veltliner is more peppery and has a character that is often described in Austria as being like lentils, whereas Sauvignon Blanc is usually grassy or herbal." Asked about pairings, she adds, "I love Grüner Veltliner with that all-American staple, fried chicken, especially if the batter has a lot of pepper."

Terry Theise's descriptors begin with green vegetables—green beans, peas—and move into lentils, meadow flowers, along with earthy, musky, and feral scents from meadows; sharp greens like mustard and arugula; fruit smells of strawberry, rhubarb, and citrus; white pepper and, finally, dense mineral notes.

Tom Schmeisser says that Grüner doesn't oxidize quickly. He can open a bottle on a Monday and put it on the counter, not in a refrigerator, and find it in "perfect condition" on Wednesday. By the weekend, it still tastes lively.

Grüner Veltliners age well. Terry Theise considers them young until they're 10 years old. This means that older vintages of Grüner Veltliner may be bargains.

Grüner Veltliner, like most Austrian wines, is not only dry but high in acidity, which is another reason it goes so well with food. I found that it went perfectly with white clam sauce made with lots of fresh basil and garlic—normally a difficult dish to pair with wine. It also performed well with a lunch of highly smoked sausage, cucumbers with dill, and potato salad.

Try it yourself. It won't be hard to find.

—Donald Breed



Many Austrian Grüner Veltliner wines are sold in large one-liter bottles (lower right) rather than the fluted 750 ml bottles (upper left) common elsewhere.

◀ Opposite page: Grüner Veltliner is the most food-friendly of wines, pairing well even with hard-to-match dishes like pasta with clam sauce.

CIA Cookware

Brand new to the market, this line of cookware and accessories is sure to fall into your “must-have” list.



Seven-ply construction, consisting of layers of copper, steel and aluminum alloy, make pans like this sautoir highly conductive for even heat, and non-reactive for clean, unobstructed flavor.

Recipes, cookbooks, and professional chefs frequently specify “a heavy-bottomed pot,” “a pan with a tight-fitting lid,” “a flameproof casserole,” or “a pan that can be put into the oven.” What they’re essentially advising is: Use a good pot. The makeup of a cooking pot determines, to a great extent, the quality of food that is produced in it. To answer the question of which pans the professionals at the CIA feel meet the high standards required of high cuisine, the school has created the CIA Masters Collection.

Heft Matters

Anyone who picked up a cheap three-pack of dime-store pans in college knows that thin, poorly conducting tin skillets make omelets that burn in one section, while sticking and running in another. Though graduating to standard consumer cookware makes a big difference, that type of cookware also has severe limitations for ambitious home cooks who wish to replicate the techniques used in professional kitchens. The reasons are twofold: Temperature and technique.

Professional chefs cook at high heats not usually

used in mainstream home cooking. To create the color and crust of a hard sear, the sustained rapid boil required for brilliant vegetables and al-dente pastas, and the quick-returning sizzle of flavor-injected stir-fry, the pros cook, more often than not, at maximum heat. Unlike heat-and-eat cooking that is the norm in most American homes, fine cookery requires pans that work in harmony with the heat source. They cannot warp, buckle, or melt over extreme heat.

Cast iron, one of the oldest cookware materials in human history, provides exceptional evenness of heat, but is inconveniently heavy, and reacts adversely with many food ingredients, turning them brown and sour. Aluminum and copper, which conduct heat exceedingly well without being too heavy, both react negatively with acidic foods. Stainless steel, which is cheap, durable and easy to clean, is a poor conductor, so pure steel pans have hot spots over the burner, and cold spots away from it, leading to burning. Aluminum and copper bonded with non-reactive stainless steel interiors bring the best of both worlds to modern cookware, including the CIA Masters Collection of seven-ply cookware.

Versatility Liberates the Cook

The ability to transition from stove to oven and back is not a matter of price, it's a matter of practicality. Braised and stewed items routinely start with a sear and sweat on the stove, and finish with a long, slow cook in the even heat of the center of the oven. Even items that chefs refer to as "sautéed" are frequently finished by roasting in a hot oven. Plastic parts, such as handles that melt, crack, blister, or are otherwise damaged by heat exposure, are unacceptable in professional cooking. Rather than browning and sweating on the stove in one pot, and then transferring the food to another vessel for finishing in the oven, the best cookware tackles both environments. For that reason, all CIA Masters Collection pans are designed to be oven-safe.

The Right Tool for the Job

In *Kitchen & Cook* articles and recipes, we indicate the best shape, size, and dimensions of

cookware for the task. When necessary, photographs illustrate the techniques and methods taught at the CIA. All of these processes are shown using cookware from the CIA Masters Collection. For example, if a recipe calls for a medium skillet with high sides, the photograph will show the technique performed in a 10-inch sautoir from the CIA Masters Collection.

Cookware is sold either in sets or as individual "open stock" pieces. Generally, covers are considered as separate pieces, so a covered pot would be considered two pieces in a set of pots. When sold as open stock, however, covered pots are usually sold together with the cover.

There are many excellent brands of professional-quality cookware available to the home cook today. We use the CIA Masters Collection because it illustrates exactly what we do at the CIA. No matter what brand you choose, however, select it for its function, durability, and practicality. Good pans should last a lifetime.

— Jay Weinstein '88



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JAY WEINSTEIN

THE CIA WAY

Ask the Editor



Executive Editor Jay Weinstein has worked as a professional chef since graduation from the CIA in 1988. His new book, *The Ethical Gourmet*, addresses eco-friendly farming, sustainable fish resources, and humane treatment of livestock.

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Q By the end of the summer, my garden is so overloaded with zucchini, I can't give it away. Other than the routine of zucchini bread and zucchini-potato pancakes, what can I make that uses a significant amount of this wonderful vegetable?

A Zucchini's tender texture and high water content make it almost fruitlike when it's baked. Though most people think of it simmered or sautéed into savory foods like vegetable soups, stews and side dishes, its natural sweetness and mild flavor actually make it a great dessert food. With the right spice, it creates great mock apple pie.

Unlike soups or breads that call for only a small amount of zucchini, these pies call for four cups of sliced zucchini per pie. They make great gifts, and can be made in batches of four (if your garden's that prolific). Don't try freezing them, though. Unlike apples, zucchini doesn't hold up well when thawed.

ZUCCHINI "APPLE" PIE

- 1 double-crust pie crust
- 4 cups sliced zucchini
- 1¼ cups sugar
- 1½ tsp cream of tartar
- 1½ tsp cinnamon
- 3 tbsp flour
- Pinch nutmeg
- 2 tbsp lemon juice
- Dash salt
- 1 tbsp butter

1. Roll out a top and bottom pie crust and set aside.
2. Boil zucchini until tender; drain well. Combine sugar, cream of tartar, cinnamon, flour, and nutmeg in a bowl. Add cooked zucchini, lemon juice, and salt to the mixture and toss to coat. It may be runny, but that will not hurt it.
3. Transfer this filling to a 9-in crust and dot with butter. Add a top crust, cut a vent on top, and bake at 400° for 40 min or until golden brown. Cool completely before slicing.

Serves 8

Recipe: *A Cup of Comfort Cookbook* by Jay Weinstein (Adams 2002)

CORRECTION: In the Risotto-Sausage Chicken Roulades recipe on page 9 of *K&C* May/June 2006 issue we omitted an instruction. In Step 2 the cooked risotto should be mixed with the sausage mixture after the sausage has cooled. We apologize for any inconvenience.

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