

Appetizers

Aioli Appetizer Platter

Serve aioli along with an assortment of peak of the season fresh vegetables such as radishes, cucumber slices, sliced squash, carrots, fresh snap peas and other favorites. This is not unlike the Italian bagno caudo (page 90).

Season fresh vegetables
Prepared aioli (page 326)

Antipasto Italiana



Antipasto translates from Italian to “before the meal.” Antipasto consists of a selection of your favorite traditional cured meats (usually prociutto, salami, coppa, mortadella, marinated vegetables (usually tomatoes with basil and onions, artichokes, zucchini, eggplant, cucumbers, mushrooms, and peppers) cured, stuffed, marinated, green, black olives, and various cheeses.

Cheeses are any you like such as crescenza, provolone, fresh buffalo mozzarella balls with tomatoes and basil, Bel Paese, gorgonzola dolce, tellagio, fontina. Other offerings could include freshly grilled anchovies or small finger herring, bruschetta, crostini. In many Italian restaurants, antipasto could mean just a simple offering like crostini made with a regional bread topped with spinach and melted scamorza cheese, “White Beans and Rosemary” on page 136, figs and salami wrapped with tellagio cheese or melon wrapped with prociutto (page 103). Plate the offerings in an appropriate size plate decorate with herbs or lettuces or both.

Bacon Banana Wraps, Kae’s

It is thought that Trader Vic’s rumaki were the predecessor to this appetizer.

Firm ripe bananas, cut into 2 inch chunks
Sliced hickory smoked bacon, blanched for ten minutes in boiling water, dried
Brown sugar, sprinkled on bananas
Lemon juice

Pre-heat oven to 350 F.

Blanch bacon in boiling water for 10 minutes then drain and pat dry. Cut bananas into 2 inch lengths. Wrap banana section with bacon. Pin with a toothpick. Sprinkle with brown sugar and bake on oiled parchment paper for about 10 minutes at 350 F until bacon is crisp and sugar is caramelized. Cool a bit. The place on serving plate. Brush sparingly with a hint of lemon juice.

Big Water Grill Chanterelles in a Demi-glace and Pumpkin Risotto Croquettes

The Big Water Grille features fine dining and unique American contemporary cuisine with a nice view of Lake Tahoe at Incline Village. They have a good wine list which includes quite a few worthwhile selections by the glass and half bottles. Since we were there with friends, half bottles where not necessary, but if you need a white and red on the same evening, this can be a life saver. I was able to peg the reduction with the exception of some phantom complexity which both eluded and taunted me. Fortunately, the waiter was good enough to ask the chef who identified the missing component as Port.

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Make a reduction of Port wine, Merlot, a hint of Sherry and a beef demi glace. Set aside until ready to serve with croquettes.

½ Pound Chanterelles mushrooms (Cantharellus Cibarius)
2 Cups light olive oil
Leftover risotto
Chopped chives
1 tablespoon Beef Demi glace
½ Cup Port
¼ Cup Sherry
1 Cup Merlot
1 Cup bread crumbs made from just the crust of sourdough
Small pumpkin
2 Tablespoon Parmigiano Reggiano cheese
1 Beaten egg
Unsalted sweet butter
Salt and Black Pepper

Approximate recipe, adjust to taste. Preheat oil to 360 F. Preheat oven to 200 F.

Finely grade ½ cup pumpkin and sauté it in butter until it is tender. Combine with 1 cup leftover risotto, chives, parmesan cheese. Combine pumpkin, risotto, 1 beaten egg, salt and pepper. Form into 4 croquettes or small dumplings. Roll in fine dried bread crumbs. Lower into hot oil, and cook 2 at a time until golden brown. Drain on paper towels. Keep warm in oven until ready to serve.

Sauté Chanterelles Mushrooms (Cantharellus Cibarius) in sweet butter until just tender. Warm the reduction and sauce the center of four small heated salad plates.

Slice a pumpkin risotto croquette on the diagonal through the middle and center over the sauce. Adorn with mushrooms and serve.

Bagno Caldo

This is the Piedmont version of the fondue, a warm bath made by blending olive oil, drained anchovy fillets, lemon juice, bread crumbs, a little melted butter and garlic into a sauce that is then gently heated for dipping grilled bread and vegetables as an appetizer.

Zucchini squash, sliced lengthwise
Belgium endive, long leaves or center stalks of romaine lettuce
Tomatoes, quartered, squeezed of the seeds
Slices of boiled Yukon gold potatoes
Red and yellow sliced pepper lengthwise
1 Loaf of diagonally sliced Italian bread, toasted on the grill
2~3 artichokes

Peel out tough leaves and peel stems from several artichokes, rub with lemon, and cook in boiling water until just fork-tender. Plunge in ice water and when cold, quarter and remove chokes.

Brush vegetables with a light coating of olive oil, then lightly grill red, yellow pepper slices, zucchini squash, Belgium endive, quartered artichoke hearts, slices of potatoes and tomato wedges. Platter grilled vegetables and toasted bread. Also good served with Bruschetta di Arugula see page 91.

Place Pyrex or heat safe bowl of bagno caldo sauce over a warmer, and dunk bread slices sticks and vegetables in its warmed bath.

Brined Barnier Picholine Royale Grande Green Olives

The Picholine is the queen of green olives. Medium green in color - Picholines are crisp, tender and slightly salty and are brined and marinated for two or more days refrigerated with bay leaves, wine, garlic and lemons.

1 Pound un-pitted Barnier Picholine Royale Grande green olives

Brined Marinated Andalusian Green Olives

¼ Cup unfiltered green extra virgin olive oil
10 Whole garlic cloves
1 ½ Thinly sliced small Meyer lemons
1 Tablespoons finely crushed coriander seeds
1 Or more teaspoon white pepper
½ Teaspoon or more ground cayenne pepper
10 Bay leaves
Kosher salt to taste
1 Cup dry white wine
½ Cup bottled water
White wine vinegar to taste

Combine wine, olive oil and water. Add salt and vinegar until the brine is just slightly salty and just slightly sour. Add all other ingredients. Taste to insure the brine is spicy enough. It will become more lemony in two days so taste it then and make any corrections to the seasoning. Cover and refrigerate for two to five days and serve. You may want to fetch out and discard the lemon slices.

Notes:

1. **Barnier Olives** olives are among the finest and freshest olives in all of France. Produced in Languedoc by a small family business with more than 60 years of experience, the olives are hand selected and cured using local artisanal methods.

Brined Marinated Andalusian Green Olives

These large Spanish Andalusian Manzanilla green olives carry a smoky almond like flavor and are brined and marinated for two or more days refrigerated with bay leaves, wine, garlic and lemons.

1 Pound un-pitted large Spanish Andalusian Manzanilla green olives
¼ Cup unfiltered green extra virgin olive oil
10 Whole garlic cloves
1 ½ Thinly sliced small Meyer lemons
1 Tablespoons finely crushed coriander seeds
1 Or more teaspoon white pepper
½ Teaspoon or more ground cayenne pepper
10 Bay leaves
Kosher salt to taste
1 Cup dry white wine
½ Cup bottled water
White wine vinegar to taste

Combine wine, olive oil and water. Add salt and vinegar until the brine is just slightly salty and just slightly sour. Add all other ingredients. Taste to insure the brine is spicy enough. It will become more lemony in two days so taste it then and make any corrections to the seasoning. Cover and refrigerate for two to five days and serve. You may want to fetch out and discard the lemon slices.

When serving olives, they may also be slightly heated or even served hot. All is needed is a great wine and great bread.

Bruschetta di Arugula

This is a nice quick appetizer. Arugula is a peppery aromatic salad green. Also known as rocket, roquette, rugula and rucola, and is popular in Italian cuisine. Rocket has been grown as a vegetable in the Mediterranean area since Roman times, and was considered an aphrodisiac. I first had this in the little town of Todi in Umbria at a local osteria. Preheat oven to 450 F.

Tuscan bread slices
Scamorza cheese (page 50), caciocavallo, or smoked gouda (page 46), sliced
Pepper
Washed and stemmed arugula

Top each slice with a sprinkling of Arugula and top with scamorza cheese. Places bread on an open rack so both sides of the bread toast to melt cheese. Use tin foil on next rack below to possible catch run off. Serve piping hot. May also be served with

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a Bagno Caldo (page 90).

Bruschetta di Pomodori Basilica

Bruschetta is where the bread slices are toasted over coals or grilled while crostini, the bread is sautéed. Either are good.

Best extra sourdough or crusty Italian bread cut thin (1/4")
1-1/2 Tablespoons of non-filtered extra virgin olive oil and more to brush each toasted slice.
1 Pound home grown vine ripen tomatoes, seeded, and chopped into small 1/4 cubes
1 Tablespoon fresh chopped fresh basil
1 Pinch ground black pepper
Salt
3 Large cloves of very finely chopped Italian red garlic
A pinch of red wine vinegar

Put chopped tomatoes, salt, and pepper, garlic, basic, olive oil and a pinch of red wine vinegar in a bowl. Toss and let stand 1 hour.

When ready to serve, toast bread slices, brush with best olive oil, spoon over and spread a tablespoonful of the tomato mixture. Serve individual plates, two slices each, garnished with finely chopped chives.

I use Early Girl tomatoes. They are GREAT!

A Spanish variation

Toast bread slices, rub surface with cut garlic cloves, rub bread slices with a cut tomato. Serve two slices each per person. All that needed is a little salt.

Bruschetta Smoked Salmon

Best extra sourdough bread cut thin (1/4")
Non-filtered extra virgin olive oil a to brush each toasted slices.
Rub bread with large slices of Italian red garlic
Slices of Gravelox (see recipe)
Slices of Vidalia onion
A few capers

When ready to serve, toast bread slices, brush with best olive oil, spoon over and spread on salmon slices cut very thin. Decorate with a few slices red onion and capers. Serve individual plates, two slices each, garnished with a bit of dill or parsley.

Bruschetta or Crostini

In the United States bruschetta and crostini are often used interchangeably but bruschetta are grilled over coals, often served with a drizzle of fine olive oil and the rub of a raw garlic clove, whereas crostini are fried or toasted. We have wonderful bread and bruschetta or crostini showcase various breads with the addition of an endless array of great toppings:

White beans and rosemary
Fresh chopped tomatoes, olive oil, garlic, basil leaves, salt pepper
Prosciutto and mangos
Mozzarella and red onions
Fire roasted red peppers in Olive oil
Prosciutto and white beans
Figs and feta cheese
Chicken livers, sage leaves, and fried onion
Pate foie gras

Bruschetta Sun Dried Tomato and Roasted Garlic Pesto, Leslie Baribeault's

Arugula and smoked trout
Smoked oysters with BBQ'd red peppers
Ahi tuna with tuscan white beans

Bruschetta Sun Dried Tomato and Roasted Garlic Pesto, Leslie Baribeault's

Best extra sourdough bread cut thin (¼")
Top with Sun Dried Tomato and Roasted Garlic Pesto (page 105)

When ready to serve, toast bread slices, top with Sun Dried Tomato and Roasted Garlic Pesto Serve individual plates, two slices each, garnished with a decorated yellow or red tomato or a couple of red radishes.

Buffalo Wings

Coating

1 Cup all-purpose flour
1 Tablespoon garlic powder
2 Tablespoons ground hot New Mexico chiles
White pepper
Black pepper

Wings

10 chicken wings, segmented, save tips for other use.
Peanut oil for deep frying

Brine

Apple cider vinegar
Salt
Water

Sauce

1 Tablespoon apple cider vinegar
2 Tablespoons powdered hot New Mexico chiles
2 Teaspoons light Karo syrup
1 Teaspoons fish sauce
3 Tablespoon softened butter

Garnish

Sprigs of Cilantro

Make a brine that is slight acidulated and a little salty to taste. Brine wing segments in the refrigerator for 2 hours. Drain chicken. Pat very dry with paper towels.

In a large plastic zip-lock bag, add flour, garlic powder, ground hot New Mexico chiles, and peppers.

In a steep walled pot, heat 2 inches of peanut oil to 350 F. Pre-heat oven to 170 F to use as a warmer.

Shake wings in zip-lock bag to coat, shaking of any excess. Fry the wings in batches to not excessively cool the oil. Fry until wings are golden brown. Drain batches on a wire rack over a pan lined with paper towels in a warm oven.

Prepare a sauce when ready to serve. In a bowl, add butter and microwave a few seconds until it is soft. Add vinegar, New Mexico chiles, Karo syrup, fish sauce. Taste and correct seasoning. Add in the wings and toss well to coat. Turn out on an oval platter and garnish with chopped cilantro.

Calamari with Caper Garlic Mayonnaise Sauce

The calamari are decidedly light and the delicate sauce complements well. Just begs for a good glass of white wine and I like a buttery Chardonnay, Pinot Grigio, or Sauvignon Blanc with this. The wine should be on the dry side.

Tapioca starch is chosen as it makes the Calamari very elegantly light. You could use corn starch or even white flour.

This recipe serves 4 people. To make clean up easier, cover the bowl that will be used for dusting the squid with tin foil. Have

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paper towels on a plate for draining the calamari once they are cooked. Zigzag cut the lemon by plunging the tip of a small knife half way through the middle of the lemon at a 45 degree angle as if cutting the teeth on gears, one cut upward, and the next cut downward from where the last cut ended. Rotate the lemon to cut the next gear tooth. When you have gone all the way around the lemon pull the lemon apart and use it on the platter as garnish. Since the calamari is white, a platter with a contrasting color would enhance appearance.

- 1 Pound mantels of small squid
- 8 Tablespoons all purpose flour
- 8 Tablespoons unseasoned bread crumbs
- ½ Cup of peanut oil
- ½ Cup of olive oil
- Pinch of red pepper
- Pepper
- Salt

Garnish

- Finely chopped scallion greens or chives
- One star cut lemon for garnish

Caper Garlic Mayonnaise Sauce

- 8 Tablespoons Best Foods (Hellmann's) mayonnaise
- 3 Tablespoon finely chopped red onion
- 3 Tablespoon finely chopped Italian capers¹
- 3 Tablespoon finely chopped Italian parsley
- 4 Small or 2 large cloves finely chopped garlic
- ½ Teaspoon of sweet paprika
- 2 Teaspoons hot horseradish
- 2 Teaspoons Hunt's ketchup
- White Pepper to taste

Make the sauce ahead of time or at least first. Cover and put it in the refrigerator to allow the flavors to blend. Set aside an attractive small bowl to serve the sauce.

Fine bread crumbs are made ahead of time in a blender or food processor from just the crusts of day-old sourdough bread. Just the mantels of the squid are used and they are cleaned with the outer membrane scraped off so they are all white. Slice across the squid mantels making 1/3 of an inch wide slices. Place uncooked slices on paper towels to drain excess liquid.

You can cook the squid in a small frying pan where the squid can spread out or a tall sided sauce pan where there will be less splatter but you can cook fewer pieces at a time. In either case, the oil should be allowed to come up to 360 F before the squid goes in. Avoid crowding or too many pieces. Allow the pan to come back up to temperature again before the next batch go in. You can use a large frying pan but you'll need twice as much oil. Speaking of oil, we added olive oil to the mix because it has a better favor than 100% corn. In fact 100% olive oil would be even better but it costs more but take your pick – cost versus flavor. As the squid cook, turn the pieces with a slotted spoon. The calamari is cooked when all the pieces are crisp. Fish out the done pieces with a slotted spoon to a plate lined with paper towels to catch the excess oil draining off. Salt the cooked calamari pieces immediately. Let the oil come back up to temperature a few minutes, then start the next batch.

When done, place calamari on a clean platter and garnish with lemon, and chopped scallion greens or chives. Pass the caper garlic mayonnaise sauce and pour the wine.

Notes:

1. As far as Italian capers, the capers of Pantelleria are the Italian most precious capers. They are the only ones who received the PGI label (Protected Geographical Indication). The small Sicilian island's volcanic soil and a warm and windy climate contribute to their prized flavor. Capers are an excellent antioxidant due to the presence of flavonoids.

Cheese Crisps

These are easy to prepare little delightful wafers good to serve with salad or on their own. This is a good kid activity as a first baking experience.

- 1 Cup coarsely grated hard white cheese

Place thin mounds of cheese on a silicone mat. Bake at 350° in the middle of the oven for about 10-14 minutes or until golden brown. Cool slightly then transfer to plates.

Suggested Cheeses:

Romano, asiago, parmesan, cotija, duroblando

Cheese Wafers



1 Pound grated yellow sharp cheddar cheese
2 Cups sifted flour
1 Stick sweet butter
1/2 Teaspoon cayenne pepper
3 Pinches of salt

Blend in a food processor with dough blade. Correct seasonings. Knead until blended. (Add ice water as required to help dough come together.) Roll into two 1-inch diameter logs. Wrap in wax paper or plastic wrap and refrigerate until cold or overnight. Cut cheese rolls into uniformly thin rounds with sharp knife. Preheat oven to 350 F. Bake rounds a half inch apart on parchment paper or silicone mat on baking pan at 350 F for 10~15 minutes until golden. Cool a bit then transfer to cooling racks. If these do not come out crisp enough, re-bake at 225 F for 15~25 minutes. Store in

airtight container until needed.

Chinese Spring Rolls

Buy the thinnest spring roll wrappers you can find. The more wraps stated on an equal weight package, the thinner they are. Serve spring rolls with a small dish of dipping sauce (page 266). These are often served as a Dim Sum course.

4 ounces ground pork marinated in 1-tablespoon tamari, pepper, 1-teaspoon cornstarch
6 Medium shrimp, chopped
1 Small carrot, julienned lengthwise
1 Green onion, julienned lengthwise
1 Cup julienned Napa cabbage white stem sections, salted, then wrung dry
2 Tablespoons pickled ginger (“gari”, the kind served with sushi)
Peanut oil for deep-frying
8-Inch square thin spring roll wrappers

Heat the oil for frying to 370 F.

Julienned the Napa cabbage white stems. Then salt cabbage liberally and allow to stand in a bowl for an hour. The salt helps extract the excess liquid from the Napa cabbage and improves its texture. Rinse cabbage in cold water and place in a cotton towel. Wring dry to extract excess moisture. Soggy filling means soggy spring rolls. Combine cabbage with the rest of the filling ingredients.

Keep unused wrappers covered with a damp towel so they do not dry out.

Fill and fold spring rolls. Wet the edges of a wrapper, and add 2 teaspoons of filling in from the bottom edge and tuck filling so it lies horizontally. Roll the bottom edge over the filling 1 ½ times then fold in the left/right edges like an envelope. Finish tightly rolling upwards to get a good edge seal. Roll small and tight to prevent oil seeping inside. Stack on parchment paper allowing space between each other or they will stick. Cover with a damp towel so they do not dry out. Small thin spring rolls cook more uniformly than big ones.

Deep-fry a few at a time in hot oil until golden brown and crispy. Remove with a slotted spoon and drain on paper towels. Allow oil to come back up to temperature before starting next batch. Serve hot.

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Corn Cakes with Tomatillo Sauce

(see page 165)

Corn Crisps, Kae's

7/8 cup cornmeal
1 cup boiling water
½ Teaspoon salt
1/8 Teaspoon cayenne pepper
2 ½ Tablespoons melted butter
Poppy or sesame seeds for topping

Pre-heat oven to 350 F.

Pour boiling water over cayenne pepper, salt and cornmeal. Stir well. Drop by the teaspoon on a butter cookie sheet, and then flatten with a spatula dipped in water. Brush with butter and sprinkle with seeds. Bake at 350 F until brown around the edges.

Deviled Eggs

6 Large hard-boiled eggs
2~3 Tablespoons Best Foods (Hellmann's) mayonnaise
2 Tablespoons finely chopped shallots
1 Teaspoon fresh lemon juice
3 Tablespoons finely chopped chives
2 Tablespoons finely chopped cornichon
2 Teaspoons Dijon Mustard
Worcestershire sauce to taste
Sea salt to taste or combine with celery salt
½ Teaspoon ground white pepper
¼ Teaspoon red pepper

Garnish

Sprinkle with sweet paprika
Sprigs of parsley

Cook and immediately peel hard boiled eggs. Cut in half along their long dimension. Remove and put the cooked egg yolks in a small bowl and mash with a pastry blender or the tines of a fork. Combine all ingredients and mix thoroughly. Correct seasonings. Load mixture into a piping bag with a star shaped tip. Pipe the centers of egg white shells with the mixture. Plate egg white and sprinkle lightly with paprika. Garnish plate with sprigs of parsley.

Note:

1. cornichon - French for "gherkin," cornichons are crisp, tart pickles made from tiny gherkin cucumbers (substitute cold process dill pickles or capers.)

Dim Sum Spareribs with Black Bean Sauce

2 Pounds pork spareribs tips, cut into bite size pieces
¼ Cup fermented black beans, soaked in cold water 15 minutes and drained
1 Tablespoon Chinese rice wine (Shao Hsing wine or dry sherry)
1 Tablespoon cornstarch
1 Tablespoon soy sauce
2 Tablespoons oyster sauce (optional)
½ Teaspoon ground black pepper
1 Teaspoon sesame oil
1 Tablespoon sugar
2 Tablespoon minced garlic

2 Teaspoons finely minced ginger (optional)

Combine ingredients, mixing well in a stainless bowl. Cover with plastic wrap and marinate at least 8 hours or overnight. Plate 3 tablespoon portion on a small bowl that will fit within your steamer. Garnish with a few chopped green onions, cover and steam for 15~18 minutes until done.

Figs-Salami Wraps with Tellagio Cheese

This is a seasonal offering when figs are in season.

Ripe Italian Black Figs
Toscana Salame cut diagonally and thin
Tellagio Cheese (see cheeses)

Cut a quarter fig, a small sliver of Tellagio cheese then wrap with salame. Set seam side down on platter. Garnish with Basil leaves. Serve with a chilled Rose of Cabernet Sauvignon wine.

Toscana Salame

This flavor-rich pork and beef salame is coarsely ground in the traditional Tuscan-style. Salame Toscano is studded with piquant black peppercorns.

Figs

Figs should be allowed to branch ripen. At their peak, they grow larger and begin to droop from their own weight, start to ooze honeydew from the eye at the fruit's bottom. The skins become very fragile hence snipping them off with scissors will keep them intact. For this plate, harvesting them a little earlier is ok. Store bought figs are never offered at this final state of ripeness as the fig does not last long in this state. Figs ripen sequentially and once they begin to ripen, figs can be had continuously, day after day, over a span of three to five weeks. The main season for figs is late summer while some areas also produce a smaller crop in the spring depending on climate.

Some choices for market figs:

- Bifara (Italian Purple -A large sweet fig with strawberry pulp. Two crops annually.
- Negronne-A small, jet black fig from Spain with very good flavor. Good for cooler climates.
- Abereira-A long black large fig, very popular in Portugal.
- Black Jack-A large purple-black high quality fig

Fried Calamari Fritti

2 Pounds small calamari sliced into 3/8" rings (legs may be cooked as one piece)
1 ½ Cups all-purpose flour
2 Cups olive oil
Salt
Pepper
Red pepper
Meyer lemons wedges

Heat a sauce pan of one third olive oil and two-thirds vegetable oil to 365°F.

Clean squid, and remove cuttlebone and discard. Remove internal parts in mantle. Scrape off mantle's film covering and discard. Rinse and pat squid dry. Cut off legs and retain. Cut mantle into ring slices. Roll the calamari pieces in the flour shaking off excess flour. Drop into hot oil a handful at a time to insure the squid cooks quickly and does not become tough. Drain on absorbent paper towels, and while still wet, apply peppers and salt. Keep in warm oven until all cooked. Place on a heated serving platter, serve warm with wedges of lemon.

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Garlic and Pine Nut Tarts

6 Slices of whole wheat bread
6 Garlic cloves
3/4 Cup pine nuts
2/3 Stick of softened unsalted butter
2 Teaspoons chopped fresh marjoram
1½ Tablespoon Asiago cheese + another 2 tablespoons for filling
Kalamata olives cut into halves
Black Pepper
Basil leaves for garnish

Pre-heat oven to 400°F.

Cut the crust from all slices of bread and reserve the crusts from 3 of the slices for the filling. Cut rounds from bread and flatten the rounds with a rolling pin. Rounds should be slightly larger than the bottom on the tart pan. The extra bread diameter will help form the lip of the tart. Press a little sprinkling of grated Asiago cheese into each round with heel of your hand.

If using not using a non stick pan, line small tart pans with parchment paper, trim as required. Press in the bread rounds cheese side down.

Filling

Put the garlic cloves, butter and some grindings of fresh black pepper in the food processor and finely chop. Now add pine nuts, fresh marjoram and the bread trimmings, 2 tablespoons of Asiago cheese, 3 Kalamata olives and chop for 1 to 2 quick bursts. Mixture should have a coarse texture. Fill tarts and top with Kalamata olive halves.

Cook 20~25 minutes or until golden brown.

Gravelox or Cured Fresh Salmon

This recipe will work equally well on trout or tuna such as yellow tail. Remove the head and tail for use in fish stock or presentation aspic. Clean, thoroughly scale and fillet salmon leaving the outer skin. Remove the lateral pin bones with needle nose pliers. (Run finger along flesh to feel for bones, and then pull them out gripping them tightly with pliers.)

For every 4 pounds on salmon, use
1 Bunch fresh dill (2 cups)
1 Cup Kosher Salt
2 Tablespoons granulated sugar
1 Teaspoon (1 cap full) Wright's Liquid Smoke
Garnish
Red onion
Parsley
Italian capers
Lemon slices
Whipped Philadelphia cream cheese

Pre-mixed the salt, sugar and liquid smoke in bowl thoroughly. Make shallow cross-cuts just barely through the outer skin of the salmon every 2 inches along fillets' entire length. Do both fillets. Select a shallow glass pan both wider and longer than the fillets. In the pan's center, lay down a course of salt as wide as the fillet and as long, use ¼th of the salt. Set a fillet on it, skin down and press the salt into it. Add dill to the flesh side of the fillet covering entire file. Cover this file with another ¼th of the salt. Add dill whole covering entire other fish file also on the non skin side and salt this side using ¼th of the salt. Now sandwich it on top of the bottom piece, matching shape and sides. Cover the top side skin of the fillet with the remaining ¼th of the salt.

Cover the filets with a piece of folded plastic wrap that is sized to as wide as the fillets and equal in length. This allows the sides and ends to vent. Put the pan in the refrigerator for three hours.

Glazed Vietnamese Chicken Wings

Test the salmon after 3 hours. It should have firmed up and ample liquid in the sides of the pan give evidence that the salt has done its job. The thickest part of the fish should be tested. Push on this with your finger. It should have firmed up a bit. The thinner section will be firmer still. Too much time in the salt will make the fish salty but, if not firm enough, allow it to go no more than another hour or if necessary, you may elect to cut the fish in half at this juncture leaving the thicker portion a little longer "on the salt." By my reckoning, the fish is done with the thinner sections have amply firmed up. This is a compromise. The sooner the salmon comes off the salt the less salty the resulting product. Now wash all the salt from the salmon and pat the fillets dry with paper towels. You may choose to sprinkle the fillets with addition dried dill for a deeper dill flavor.

When slicing the salmon, cutting the fillets in to sections four inches wide makes that task easier. You may store the salmon for up to a week in zip-lock bags in the deli-drawer of your refrigerator.

To serve, slice the fish very thinly with a very sharp knife, as one would for cold smoked salmon. Arrange slices on a platter with successive slices slightly overlapping the previous slice. Garnish with fresh red onion slices, lemon wedges, Italian capers and sprigs of parsley and a bowl of whipped Philadelphia cream cheese.

When used for a party, try a Dijon mayonnaise or chive-cucumber mayonnaise.

Glazed Vietnamese Chicken Wings

Chicken wings marinated in fish sauce, garlic and sugar, dredged in flour, deep-fried, tossed in a rich spicy sticky sweet and salty garlic sauce. Alternatively, the sauce can be anything of your choosing. The fish sauce imparts a salty flavor.

- ¼ Cup fish sauce
- 2/3 Cup sugar
- ½ Cup water
- 3 Cloves garlic, diced
- 3 Pounds segmented chicken wings
- Peanut oil for frying
- 2/3 Cup rice flour
- 1/3 Cup tempura flour
- 1 Teaspoon ground cayenne pepper
- 1 Teaspoon ground white pepper

Sweet Garlic Hot Sauce

- ½ Cup sugar
- 1 Teaspoon fish sauce
- ¼ Cup water
- 1 Teaspoon crushed red pepper flakes or more if want hotter
- 1 teaspoon garlic powder

Garnish

- 2 Tablespoons chopped cilantro

Make a marinade by combining diced garlic, sugar, fish sauce with water. Taste marinade, it should not be overly salty. Segment the chicken wings saving the wing tips for soup stock. Marinate wing segments in the refrigerator for four hours to overnight. Turn the wings at least once mid way through.

In a steep-walled pot, heat 2 inches of oil to 350 F. Drain wings and discard marinade. Dry wings with paper towels. Pre-heat oven to 170 F to use as a warmer.

Coat each wing in a mixture of the two flours, cayenne and white pepper, shaking of any excess. Heat two inches of oil to 350 F. Fry the wings in batches to not excessively cool the oil. Fry each batch to a golden brown, about 7-10 minutes. Drain batches on a wire rack over a pan lined with paper towels in a warm oven.

Sweet Garlic Hot Sauce

Heat water, fish sauce, red pepper flakes and sugar in a non-stick saucepan over medium heat to caramelize the sugar and reduce the sauce. When thick and glossy, stir in garlic powder. Strain into a dry bowl and add wings and toss well to coat. Arrange wings on an oval platter and garnish with chopped cilantro. For a quicker version non-cooked version of the sauce, use ground cayenne pepper, garlic powder and honey.

Guacamole Avocado Dip

This authentic guacamole dip is simply a favorite of our guests and truly superiorly made with fresh Hass avocados. California has a large population of permanent Mexican residents and migrant workers. Because of this, there is an abundance of authentic Mexican cuisine in California available border to border. No self-respecting Mexican establishment would serve guacamole dip without cilantro and chopped tomatoes.



Hass avocado perhaps one of the worlds' best

3 Large peeled and diced Hass avocados
½ Red onion, diced fine
1 Large glorious sun ripen tomato, seeded and chopped
¾ Cups finely chopped cilantro
½ Tablespoon vinegar
Juice from a lime
4 Cloves finely diced crushed garlic
½ - 1 Finely diced fresh red jalapeño pepper
Correct the seasoning with pepper and salt

Chopped tomatoes into fine chunks no larger than ¼ inch cubed discarding the seeds and watery portions. Diced the onions, chopped the cilantro, crush and dice the garlic. Chopped a whole or half of a jalapeno pepper depending on how much heat you want. Peel 3 large avocados. Combine all ingredients (except salt and pepper) by coarsely hand chopping but do not overly so. The guacamole should be somewhat chunky. Correct the seasoning with pepper and salt. Guacamole should not be salty as the chips usually are. Serve with chips of your choice.

The acid from the vinegar and lime help prevent the guacamole from turning off-color. If not serving the guacamole right away, cover it with plastic wrap and refrigerate until ready to use. The resting period will enhance the flavor of the dip and allow the garlic time to permeate the mixture.

Guacamole is useful as a garnish on any Mexican platter and is useful in burritos as a heat moderator for hot and spicy ingredients.

Note:

1. Jalapeño peppers have moderate amount of heat while Serrano peppers a lot less in case you want to tone it down.

Hog Island Oyster Recipes

In 1983, Hog Island began farming oysters in the tiny hamlet of Marshall on scenic coast Highway One. Hog Island shellfish are grown using a refined French technique. These are some of the world best cold water varieties originating from from the Bordeaux region of Calais, France. "Oysters are high in zinc, potassium, and vitamins A, B-12, C, and D. Oysters are also a great source of cholesterol-reducing omega-3 fatty acids." Here are their 3 most popular raw bar recipes, each makes enough sauce for 3 dozen shucked oysters!

Hog Wash

¼ Cup seasoned rice vinegar
¼ Cup natural rice vinegar
1 Large shallot, peeled, and minced
1 Large jalapeno pepper, seeded and minced
½ Bunch cilantro, minced
Juice of 1 lime

Balsamic Mignonette

½ Cup quality balsamic vinegar
1 Large shallot, peeled, and minced
1 Splash of sherry

Cracked black pepper, to taste

Classic French Mignonette

¼ Cup quality red wine vinegar
¼ Cup Champagne vinegar
1 Large shallot, peeled, and minced
Cracked black pepper, to taste

Luc's Beer'd Clams

Hog Island Clams served in a bowl of fragrant broth. Great with sourdough bread, more beer and big napkins. Luc Chamberlain, our hospitality director recommends making his recipe with Mendocino Brewing Company Red Tail Ale or Blue Heron Pale Ale.

2 Beers (two 12-ounce bottles)
2 Sticks unsalted butter
2 Bulbs of fresh fennel root, coarsely chopped
1 Splash of extra virgin olive oil
1 Pinch of sea salt, or to taste
5 Pounds of Hog Island Manila clams

Pour beer into a Dutch oven or large covered pot. Bring beer to a simmer over medium heat. Add butter, olive oil, salt and pepper. Add chopped fennel root. Let ingredients simmer for a few minutes. Rinse the clams in fresh water and add to the pot. Heat until clams open, ladle into large bowls and serve!

Hog Island BBQ'd Oysters

These are oysters roasted in their own shell!

1 Head of garlic, peeled & chopped
¼ Cup extra virgin olive oil
¼ Pound (1 stick) unsalted butter
Juice of 1 large lemon
Dash of Tabasco Sauce
Cracked black pepper, to taste
½ Bunch of Italian parsley, minced

Sweat the garlic in a little bit of the oil. Before it browns, add the butter and everything else except the parsley. After butter melts, remove from heat. Spoon sauce onto raw, shucked oysters. Place oysters on grill, cover and cook for 5 minutes or until edges of oyster begin to curl a little. Add a pinch of chopped parsley to each oyster, cover grill again for 1 more minute. Serve hot with warm bread.

Humboldt Fog and Cambozola Crostini

1 Wedge each of Humboldt Fog (page 47) and Cambozola¹ cheese
1 Package of Italian Crostini Crackers

Allow cheeses to come to room temperature and serve crackers in a decorative bowl with a doily topped pedestal for the cheeses

Notes:

1. **Cambozola** is a cow's milk cheese that is made like a combination of a French soft-ripened triple cream cheese such as soft ripened Camembert and the Italian blue cheese Gorgonzola. The Cambozola combination produces a milder flavor than Gorgonzola that is moist, rich, and creamy.

Appetizers

Italian Cheese Pâté, Kae's

3 ½ Pounds ground boneless pork shoulder
2 Teaspoons of fennel seeds, crushed
1 Teaspoon or red pepper flakes crushed
2 Cloves of minced garlic
1 Teaspoon fresh ground pepper
¾ Cup fresh ground Parmesan cheese
¼ Cup chopped parsley
½ Cup dry red wine
2 Tablespoons olive oil
Butter

Garnish

Italian parsley

Thoroughly combine the above ingredients and place the mixture into a buttered loaf pan. Place loaf pan in the Dutch oven. Around the outside of the loaf pan, pour an inch of hot water. Cover Dutch oven with a tight lid. Simmer until the pate is very firm and gray in color. Pour off any fat or juices. Allow to cool to room temperature and remove from loaf pan. Refrigerate overnight.

Heat a frying pan until it is very hot. Add a bit of olive oil and brown the loaf on all sides until nicely colored. Serve pâté on a garnished attractive platter with a few slices sliced.

Liver Pate, Kae's Baked

6-8 Chicken livers
1 Slice fresh pork fat as a topping while baking
1 Slice lean fresh pork fat
2 Shallots
Diced mushrooms
1 Tablespoon butter
½ Cup of white bread crumbs (no crusts)
Parsley
Thyme
¼ Teaspoons allspice
Lemon peel
1 Tablespoons of good brandy
1 Well beaten egg

Sauté shallots and mushrooms in butter. Add all ingredients and process finely in food processor. Set pate in oven proof dish. Cover with fresh pork fat as a topping. Set in a bath of boiling water and bake in oven at 325 F for 1 ½ hour.

Liver Pate, Kae's Chilled

8 Ounces beef liver cut in small strips
Flour above slices and add salt and white pepper

Sauté the liver quickly in butter for 3 minutes until just done.

Add 2/3 cup Best Foods (Hellmann's) mayonnaise and 1 tablespoon Worcestershire sauce

Add 1/3 cup of cream to sauté pan to gather juices. Do not cook.

Blend together with ¼ cup sweet butter. Add a pinch of sugar if necessary. Chill for 8 hours. Serve with toasted sourdough bread or Melba toast.

Marinated Herring, Kae's

My mother's Norwegian heritage was evident in some of her cuisine. Marinated herring dishes are indispensably to any Norwegian cold buffet or to any REAL fish lover. Herring were a very significant part of people diet in the old days and had been since antiquity. Today, because of either over fishing or because of El Nino, it is a rarer delicacy. Prior to 2007, the herring fishing industry of the San Francisco bay was a going concern.

- 16 Ounces Vita herring fillets
- 16 Ounces organic sour cream
- 1 ½ Large white onions, sliced thin
- 1 Tablespoons sugar
- ½ Lemon sliced thin
- ¼ Cup apple vinegar
- 1 Peeled apple sliced thin
- Pieces of bay leaf
- 5 Whole cloves
- 5 Whole allspice

Heat sugar, spices, vinegar until dissolved and warm. Mix with sour cream. Lay fish, onions, lemons, apple slices in layers in a glass dish. Cover with cream mixture, Cover with plastic wrap followed by a lid. Let marinate in refrigerator at least two days.

Mozzarella in Carroza

Cheese “in a carriage” - buffalo mozzarella cheese is served open faced on a single layer of Roman or Tuscan bread barely wetted in milk, floured all over, dipped in seasoned beaten eggs and subsequently fried in olive oil until golden brown.

- 4 Slices of one or two day-old Casareccio bread, crusts removed
- 4 Slices of fresh buffalo mozzarella¹ cheese, 3/8 Inch thick, cut to bread size
- ½ Cup whole milk in a shallow bowl
- 1 Cup of “00” flour
- 3 Beaten eggs seasoned with salt and pepper in a shallow bowl
- Extra virgin olive oil for frying

Cut crust from bread slices, place a slice of cheese on one side, dip briefly in milk for a second, drain, dip all sides in flour, dip in egg beaten with a pinch of salt and pepper. Drain a few seconds, then fry bread-side down in two inches of 350 F degree extra virgin olive oil until golden brown.

Note:

1. Mozzarella made from cows milk (Fior di latte) is a more runny cheese and is harder to use for this purpose.

Parma Ham with Cantaloupe (Prosciutto di Parma Con Melone)

Bartolomeo Sacchi, who took the name Platina after his native town was the first prefect of the Vatican library. Nine years before America was discovered he published a collection of recipes and suggested that “well being” should encourage eating fresh fruit as a first course. Figs or melon with ham has been standard Italian fare for centuries.

Have butcher very thinly slice ham and paper each slice so they do not stick to each other; ham this thin is fragile.

Cut a succulent cantaloupe or Tuscan melon in half, then halves in quarters, then into eights. Cut flesh along the base of the rind, then cut into bite size wedges. Wrap each wedge separately with a wrap of ham. Secure wedges with a tooth pick to reassemble wrapped slices back on the rind of the melon. Serve plated as a first course garnished with sprigs of mint.

Note:

Appetizers

1. Melons were grown and used by the Egyptians, Greeks and Romans. Melons (including cantaloupe) cannot ripen after picking - they are as good as they will ever be "as picked". Ripe melons ready to be picked separate readily from their stems. To see if a melon was picked ripe, look at the stem end for an indentation.

Pâté au Maison - Mock Fois Gra

Like many things eaten cold, you want to season a pâté vigorously.

8 Ounces fresh chicken livers trimmed and cut into same size pieces
2 Tablespoon butter
¼ Cup finely diced shallots
Flour
Salt
Pepper
Chopped thyme
Chopped sage
1 Large container of whipped sweet butter
¼ Cup Napoleon brandy
1 Tablespoon of cream sherry
1 Teaspoon of sugar
Black truffles (if you have them)

Dredge chicken livers in flour, shake of excess. Season with salt, pepper, sage, thyme, and sauté with shallots quickly in 2 tablespoon butter about 3 minutes until just done.

Deglaze with ¼ cup Napoleon brandy and 1 tablespoon of cream sherry. Add sugar, stir then cool. Remove livers and reduce liquid by half. Cool. When at room temperature, process whipped sweet butter and all other ingredients in the food processor until finely blended into a smooth paste. Taste to correct seasoning. Add real finely sliced black truffles if you go them.

Turn into a decorative pate loaf. Chill for 8 hours. Decorate top surface with blanched vegetable in shapes then seal with clarified chicken aspic. (Chicken stock and gelatin) Serve with wheat thins or Melba toast. (See recipe for Melba Toast)

Poblano and Cheese Empanadas

2 Pie crusts
¼ Cup chopped Vidalia onion, sautéed
1 Tablespoon of olive oil
2 Poblano Peppers, fire roasted, peeled chopped
¼ Cup queso fresco or panela cheese (can also add shredded enchilado cheese)
¼ Cup chopped cilantro
White pepper
Cayenne pepper
Sea salt
1 Egg yolk beaten with 1 teaspoon water
Melted lard for frying

Chop and sauté onion in olive oil adding white and cayenne pepper and a pinch of sea salt. Cook only until onions are clear and limp. Correct the seasoning adding more pepper as required. Remove from heat. When cool, combine onion with chopped roasted poblanos, cilantro, and queso fresco. Punch 4 large 4 inch circles of pie crust dough. Ball the unused dough, re-roll and cut out additional circles as you have dough. Wet the outer edge on the one-half of each circle to help seal the dough. Fill the center of each of the four half circles with the poblano-cheese mixture. Fold over empty side of circle and seal the edge of the empanadas with the tines of a fork. Let empanadas rest in the refrigerator for an hour. Fry uncrowded in melted lard at 350 F until golden brown. Serve hot with tomatillo sauce.

Shumai Dumplings

This is a traditional Chinese dumpling served in Dim Sum, as prepared in Cantonese cuisine. Shumai (siu mai, or shaomai) is also referred to as “pork and mushroom dumpling.” The standard filling is a combination of pork, shrimp, and mushrooms. The shell is made of a thin sheet of wonton or shumai wrapper. The center is usually garnished with an orange dot, made of fish roe or diced carrot, although a green dot made with a pea is also often used.

3 Fresh Shiitake mushrooms or crimini mushrooms
1/3 Pound bay shrimp
1 Green onion
1 Teaspoon minced ginger
3/4 Cup finely ground pork shoulder
2 Tablespoon cornstarch
2 Teaspoons shrimp soy (page 278)
1 Teaspoon Shaoxing wine
1/2 Teaspoon brown sugar
White pepper
20 thin round wonton or shumai wrappers
Carrots or peas (see text)

Chop the mushrooms, shrimp, and green onion. Combine with the minced ginger, Shaoxing wine, sugar, pepper and pork. Sprinkle cornstarch over the mixture and mix into a paste.

Wet the edges of a wrapper. Make a fist leaving a hole in your hand. Place wrapper over your fist pressing a finger into the wrapper to form a cavity to receive the filling. Put a tablespoon of filling in the middle, now gather up the edges of the wrapper and gently squeeze to pleat the wrapper into a basket shape, with the top of the filling exposed. Tap the dumpling on the table so the bottom is flat and it stands upright. Repeat with the remaining wrappers and filling. Press a frozen pea or pea sized piece of diced fresh carrot in the center of each dumpling.

Steam¹ over boiling water on perforated parchment paper on a strainer or steamer basket until the filling is cooked through about 10~15 minutes. Serve with Chili Garlic Black Bean Hot Sauce (See page 333) and soy sauce mixture.

Note:

1. A wok topped with 1 or more bamboo steamer basket is often used. In this case, don't crowd the baskets. Line with perforated parchment paper and 4 ~6 dumplings per basket.

Sun Dried Tomato Pesto with Brie, Ivy's

Ivy Tarr, Los Angeles. Ivy served this at the White Cottage Centennial on Howell Mountain, 1998. The pesto is solid enough not to run off the top of a whole wheel of Brie. This recipe was from her former restaurant.

Sun Dried Tomatoes in Oil, well drained.
Very good olive oil
2-3 cloves of crushed garlic
a lot of Basil, chopped (set aside the best leaf for garnish)
Grated Parmesan cheese.
Parsley (optional)

All proportions are to taste. Grind tomatoes in oil. Add cheese, basil and garlic. Process until just mixed. do not over chop. Let sit over night. Garlic will “melt” into the pesto. Serve atop a wheel of brie. Garnish with a center of fresh Basil leaf.

Sun Dried Tomato and Garlic Pesto

Leslie Beribeault pesto is simply the very best of its class- rated five stars!

3 Heads of roasted Garlic
1 Cup of sun dried tomatoes, softened for 20 minutes in very hot water.
1/2 Cup on pine nuts

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¼ Cup grated asiago cheese
Olive oil
Salt
Pepper

Combine and process into a paste in the food processor. May be used on pasta, bread, pizza. Most excellent.

Roasting the garlic

Slice the tops off of 2 whole heads of garlic. brush liberally with olive oil. Place in oven or toaster oven at 350 F. Roast for one hour. After the garlic has cooled, remove cloves by squeezing the head inverted over a dish. The cloves pop out.

Pam's Berry Blue Cheese Spread

Norwalk, Ohio's Pam Hasenberger's prize winner recipe in Family Circle. The sweetness of the berries balances well with the saltiness of the blue cheese. Flavorful and surprising recipe may also be used on crisp apple slices.

½ Cup dried blueberries or frozen berries, thawed
1 Cup boiling water, if you used the dried berries
1 (8 Ounce) package cream cheese, softened
6 Ounces blue cheese, coarsely crumbled
2 Green onions, chopped fine
1 Garlic clove finely chopped
½ Cup pecans, coarsely chopped
Cream (if spread needs thinning)
Assorted fine crackers

If using dried berries, place in a bowl and pour boiling water over them. Let them sit for once minute, drain and set aside. If using frozen berries, thaw out and drain off moisture. In a large mixing bowl, beat cream cheese and blue cheese until nearly smooth. Add cream if still too thick. Stir in berries, garlic and green onions, until just combined. Transfer to a serving bowl, cover and refrigerate for up to 4 hours. To serve, sprinkle with pecans and serve with fine crackers.

Potstickers

There are as many recipes for pork dumplings as there are chefs and nothing is sacred but traditionally, pork, garlic, ginger with a little sugar is present in the list of ingredients. These dumplings may be prepared ahead of time and frozen until ready to cook. These are often served as a Dim Sum course. If including Napa Cabbage for some extra crunch, chop just the white stem parts and salt it to draw out the water. Let sit salted, wring dry in a towel before incorporating. This avoids soggy dumplings.

Filling (very similar to filling used in Wor Wonton Soup's wontons - see page 313)

¼ Cup minced shallots
½ Pound ground pork
1 Teaspoons peanut oil
1 Tablespoon Tamari soy sauce
1 Teaspoon sherry or shaoxing wine
2 Teaspoons cornstarch
1/8 Teaspoon salt
Small bunch of cilantro
1 Teaspoon white pepper
2~3 Teaspoons peeled, minced ginger
2 Cloves minced garlic
1/3 Pound uncooked medium shrimp, peeled, deveined
Optional 1 teaspoon brown sugar

Wrappers

Round wonton wrappers (see Dim Sum Dumpling Dough below)
Peanut oil, for frying

Cooking

Peanut oil for cooking
Chicken stock as a release agent

In a food processor, mince garlic, shallots, ginger, and cilantro. Add ground pork, and the balance of ingredients. Blend until smooth adding additional water if not moist enough. Marinate several hours refrigerated.

Make the pot stickers. Separate the wonton wrappers and brush 1/2 of the outside arc with a wet finger. Place a generous teaspoonful of the filling and seal the edges, making small pleats on each arc with pleats toward the center (or use a pot sticker press). Do next pot sticker until the filling is gone. Refrigerate covered on parchment paper until ready to cook.

Heat a non-stick sauté pan with peanut oil and sear potstickers until golden on the bottom. Add a ¼ cup chicken stock to separate potstickers from pan. Give a shake, then cover with a lid and steam 5~6 minutes until cooked.. Place cooked potstickers browned side up on a plate garnished with diagonally chopped scallion greens. Serve with dipping sauce.

Potsticker Dipping Sauce

¼ Cup rice wine vinegar
¼ Cup soy sauce
¼ Cup mirin
3 Tablespoons Black Bean Garlic Chili Sauce (see recipe)
2 Tablespoons chopped green onions

Potsticker and Dim Sum Dumpling Dough (Wonton Wrappers)

2 Cups unbleached all-purpose flour
1/3 to ½ Cup warm water
1 Egg
¼ Teaspoon salt

Put the flour, salt, egg in food processor's work bowl equipped with a pasta blade. Turn on processor and add 1/3 cup of hot water in a steady stream through the feed tube. Stop to inspect the dough. Add more water as required. Pulse processor for another few bursts to knead and form a ball around the blade. Knead the dough on a floured surface until elastic.

Bag the dough in a sealed plastic bag and allow to rest at room temperature for at least 30 minutes. The dough-resting period will help make the dough more pliable. The dough can now be used to roll the wrappers or may be refrigerated overnight. Typically potsticker skins are thicker than wonton wrappers. Before rolling, return dough to room temperature. Wonton wrappers are cut in 3 ½ inch squares while potsticker wrappers are cut 3 to 3½ inch round using a stainless steel biscuit cutter.

Note:

1. The wonton wrappers in Asian markets come in two thicknesses: thin and thick. Typically, the Chinese make gyoza is made with the thin wrapper while the Chinese use the thick. This make sense as the gyoza are usually steamed while potsticker are both fried and steamed.

Ramaki

Inspired by Don the Beachcomber's restaurant.

Skewers

3 Inch bamboo skewers or toothpicks, soaked in cold water for 20 minutes
Thin slices of peeled ginger
Water chestnuts
Chicken livers
Peppered hickory smoked bacon slices

Marinade

Rice wine vinegar
Reduced sodium soy (page 278)
Brown sugar
Minced garlic

Assemble a bite size skewer that consists of a single thin slice of ginger, a water chestnut, a chunk of chicken liver. Wrap

Appetizers

everything with a half a slice of bacon.

Marinate skewers in a combination of minced garlic, low sodium soy, and brown sugar for a hour, turn over, go another hour. Grill or broil with low heat taking care not to burn.

Note:

1. A variation reminiscent of ramaki, are stuffed Medjool dates filled with a small slice of young parmesan cheese, water chestnut then wrapped with hickory smoked bacon and pinned with a toothpick is baked at 350 F until the bacon is crisp.

Roasted Red Bell Peppers (Peperoni dolci rossi arrostiti)

Over the BBQ or hot grill, roast whole red, yellow and orange peppers. Optionally including Pimentos and California pods. (4 minutes a side on hot grill). Use blow torch or propane torch to burn any parts not already blacken. This helps make the skins peel-able.

Place fire roasted peppers in brown paper bag, set aside to cool.

When cool, peel and discard blackened skin, lightly scraping outside with knife edge. Discard inner seeds and stems. Slice peppers into even strips, lightly salt, cover with very best olive oil. Can be put away in jars and allowed to get even better. After sealing jars of peppers, place in boiling water and boil ½ hour to sterilize for long term storage.

Can be served warm or cool. Goes well with roasted egg plant. Serve on good Ciabatta Bread.

Roasted Red Pepper Garlic Dip, Debbie's

Debbie Hess is a friend of Dennis Johns, wine maker and founder of White Cottage Ranch Vineyard in the Howell Mountains of Napa. On the 100 year centennial of the White Cottage Ranch, Debbie brought this dip to share with us winos and aficionados and we pronounced it great. Debbie was a professional chef in the Napa Valley. I think she was in catering.

- 2 Red bell peppers
- 2 Cloves garlic, minced
- 1 (8-Ounce) package cream cheese, softened to room temperature
- 2 Tablespoons fresh lime juice
- 3 Tablespoons finely chopped basil
- 1 Tablespoon finely chopped parsley
- ½ Teaspoon salt
- ¼ Teaspoon freshly ground white pepper

Roast whole peppers by broiling approximately 6 inches from heat until blackened on all sides (turn with tongs). Let rest for 10 minutes, then drain and peel off skins. Cut in half and remove stem, seeds and ribs. Place peppers in a food processor fitted with a steel blade and add remaining ingredients. Process until creamy. Serve as a dipping sauce with crudités¹.

Notes:

1. crudités - Cut raw vegetables, such as carrot sticks and pepper strips, served often with a dip as an appetizer.

Santa Barbara Stuffed Pismo Clams

Picked fresh from the tide waters of Santa Claus Lane Beach, these grilled clams are flavored with garlic, fresh parsley, Parmigiano Reggiano cheese, and great olive oil. (Each Pismo clam is 4 ½ (minimum legal size) to six inches across but does not have a tremendous amount of meat. Flavor, well that is something else all together. Let's just say its worth getting wet.) The first time I ever had these, my niece Zoe turned out to be a master clammer hence inherited the Clam Gauge- By the way the limit is 12 and you need a license unless your under 16 and she was at the time.)

Preheat the grill (broiler) to high.

Salmon Medallions Béarnaise on Toast

2 Pismo clams¹ per person. (Can't buy these hence you just have to get wet.)
Sourdough bread crumbs not too finely chopped
Garlic cloves
Ground Parmigiano Reggiano cheese
Finely chopped fresh parsley
Salt and freshly ground black pepper
Fresh cold pressing non filtered extra virgin olive oil
1 Pound rock salt
Parsley sprigs for decoration

Wash clams in several rinses of cold water, then open shells, retaining the best shell halves and the liquid. Remove all the flesh and the liquid into a small mixing bowl. Chop the clams into bits. Return to bowl. Add bread crumbs, garlic, chopped parsley, salt and pepper.

Load the mixture into a clamshell, pressing the mixture firmly. Top with ground Parmigiano Reggiano cheese and drizzle with olive oil

Arrange a serving platter or individual plates with rock salt to receive the clams fresh off the broiler.

Place the stuffed clams, open sides up, on a baking sheet with a layer rock salt so they clams stay level. Place under the grill (broiler) and grill (broil) the clams for 5-6 minutes, or until the topping is golden brown.

Note:

1. New England's large quahogs are a good substitute.

Salmon Medallions Béarnaise on Toast

One filet of wild salmon with the skin on
Sea salt
Pepper
Pinch of tarragon
Pinch of dill
4 Tablespoon clarified butter
1 Teaspoon olive oil
Whole wheat bread cut into two inch rounds and toasted

Garnish

Fresh chopped chives.

Cut salmon into 2 inch squares. We are looking for uniform thickness so these cook at the same rate, else, make adjustments, and use a preheated oven to keep the other pieces warm until served. Heat a frying pan until hot; add butter and a little oil. The oil will prevent the butter from burning. Add fish, sprinkle with herbs, pepper and a little sea salt. Cook fish skin side down until crisp on the bottom. Flip salmon over and just finish the top, but only if required. Do not overcook! Drain skin side down on paper towels. Serve atop rounds of toasted bread. Top with Béarnaise sauce. Garnish with fresh chopped chives.

Sashimi

This Japanese delicacy is very fresh raw premium seafood, sliced into thin small pieces, and served only with a dipping sauce and a bit of wasabe in an eye appealing way which usually means a special plate. These are popular choices: Salmon (Sake), Squid (Ika), Shrimp (Ebi), Tuna (Maguro), Mackerel (Saba), Fatty Tuna (Toro), Yellowtail (Hamachi), and Scallop (Hotategai). The size of the cut pieces are a single mouthful. Make sure you tell your fish monger the fish you are buying is for sashimi.

Appetizers

Shrimp Bruschetta Flambé with Tarragon-Mustard Cream Sauce

Tarragon and Mustard Flavored Cream Sauce
Prepare sauce per recipe (page 283)

Shrimp

10 Wild caught tiger prawns, peeled, deveined with tails removed
4 Tablespoons sweet butter or use "Lobster or Prawn Butter" on page 268
Salt to taste
Red pepper to taste
1/4 Teaspoon thyme
1 Jigger of Armagnac or brandy

Bruschetta

4 slices Italian or French baguette diagonally sliced 5/8 inch thick
Extra virgin olive oil for brushing
Sliced cloves of garlic

Roast or grill bread slices then rub with garlic and brush tops with extra-virgin olive oil

Garnish

1 Yellow bell pepper, chopped small pieces
1 Chopped seeded peeled tomato

Sauté shrimp in butter and spices, two minutes per side. Remove pan from heat and away from anything flammable. Add warmed Armagnac or brandy to pan and ignite with a match (flambé). Return pan to high heat to burn off alcohol. When the flame goes down, stir in a cup of the prepared sauce.

Arrange slices of toast on each plate. Top each piece of toast with a shrimp. Add remaining sauce to pan to heat it. Pour remaining sauce over bruschetta and shrimp.

Garnish with sautéed yellow bell pepper and chopped seeded peeled tomato.

Shrimp Dumplings, Har Gow

These wonderful dumplings are one of the star performers among the innumerable assortment of delicacies that make up Chinese Dim Sum. The dumpling has a slightly sticky, chewy texture. There are typically two types of shrimp fillings: one with bamboo shoots the other with water chestnuts. Cook a small sample of the filling in the microwave to test its seasoning and taste. The wheat starch wrappers are chewy and absorb the flavor of the filling. Wheat starch, along with other starches such as rice starch, is a time-honored ingredient for making glue so not surprisingly that the wrappers are a bit difficult to work with. The use of oiled parchment paper and oiled working surfaces and tools can help immensely. The starchy thin wrappers tend to stick to everything so either steam on oiled parchment paper, Napa cabbage or lettuce leaves. Shu mai skins may be available at the Asian market and are thinner than wonton skins but, usually, these are not made from wheat starch hence will not give the same transparency.

1 Pound of deveined shrimp, coarsely chopped
3 Tablespoons minced water chestnuts
1 Teaspoon ginger, peeled, and minced
2 Green onions, finely chopped
1 Teaspoon Shao Hsing rice wine or dry sherry
1 Teaspoon soy sauce
Pinch each of salt and white pepper
2 teaspoons cornstarch
Optionally include 1 tablespoon chopped cilantro
Optionally include 2 tablespoons chopped cremini mushrooms

Dough:

1 Cup wheat starch¹
1/2 Cup tapioca starch
1/2 Teaspoon salt
1 Cup boiling water + some more in reserve
2 Teaspoons peanut oil plus more, as needed, for work surfaces

Add the wheat starch, tapioca starch and the salt to a food processor with a dough blade. Turn it on while streaming in 1 cup of

the boiling water. Mix in the oil. If the dough is too dry, add a bit more boiling water. Knead the dough by hand on a lightly oiled surface for several minutes until smooth and shiny. Cover with plastic wrap and let rest for 30 minutes.

Mix shrimp with the other ingredients in a bowl, cover and refrigerate for 1 hour to meld the flavors.

To roll out the dough, roll a small walnut-size piece to a ball, press flat with heel of your hand, then shape with thumb presses to a 3-inch circle (or use small rolling pin), or flatten with the side of an oiled cleaver by successively wiping the dough against an oiled surface. In this case, use the cleaver sharp edge to free the wrapper thus formed from the work surface. Thinner is better. Keep unused dough covered as you work. You will need some practice to master making these.

Fill center with a heaping teaspoon of filling. Lightly moisten the edges with water. Fold the wrapper in half like a potsticker, pleating and sealing the edges as you go. Cover the prepared dumplings with a damp cloth until ready to steam.

Prepare a steamer for steaming. Steam the dumplings in batches, until the wrapper is translucent and the shrimp appear somewhat orange (8 minutes). Allow dumplings to rest a few minutes before serving; the residual heat finishes cooking these to perfection. Serve with a dipping sauce. Garnish plate with cilantro.

Notes:

1. Wheat starch is a pure white powder with the look and feel of cornstarch which is just the starchy part of flour. It is sold in Asian markets.

Spinach Dip, Judy Cestra's

Judy was our good neighbor and when she had a party, no one strayed far from the spinach dip.

- One round of sourdough bread, hollowed out as a bowl
- Baguette of sourdough bread, cut into dipping bytes
- 1 Package (10 oz.) spinach, thawed uncooked, chopped and drained
- 1 Can sliced water chestnuts, drained, chopped fine
- 1 Cup Best Foods (Hellmann's) mayonnaise
- 1 Cup sour cream
- 1 Teaspoon Salad Supreme Seasoning¹
- ½ Teaspoon onion powder
- ½ Teaspoon garlic powder
- 1 Teaspoon dill
- 1 Teaspoon lemon juice

Place spinach in a towel, wring towel to extract excess water from spinach. Mix all ingredients and place in a sealed container. Refrigerate overnight. Serve in sourdough "bowl" with the cut bread pieces around the platter.

Note:

1. McCormick's Salad Supreme Seasoning. Contains: grated romano cheese made from cow's milk, salt, sesame seed, poppy seed, paprika, celery seed, garlic, black pepper, and red pepper.

Stuffed Medjool Dates

My "conoscente" friend Ed Yuhara's recipe uses the jumbo Medjool date that has a soft, sweet, succulent flesh with a velvety texture. Medjools were originally grown in Morocco exclusively for royalty. In 1927, when root disease threatened to destroy these exclusive trees, the Chariff of Morocco gave the United States eleven immature palms to preserve the species from extinction. Dates are low in fat, and sodium, they contain no cholesterol, and are high in fiber, iron and magnesium. Pound for pound, dates contain more potassium than a banana! The date palm is known as "The Tree of Life" (a title shared with the fig tree) and is a holy symbol to the Muslim people. Date palms are said to have sheltered and sustained Mary while she was giving birth to Jesus, and dates were a staple of the diet of the Prophet Muhammad

- Medjool Dates, cut partially in half to seed them
- Gruyere cheese, shaved

Split the date in half, remove the seed being careful to keep both halves connected. Place a thin shaving of Gruyere cheese on top. Put on a non-stick baking sheet. Broil stuff dates until the cheese is bubbling. Also see "Ramaki" on page 107. Mary Keehn of Cypress Grove Chevre Company likes to stuff Medjool dates with her Purple Haze lavender scented fresh "Best in show" Chevre cheese.

Appetizers

Taco Salad Platter

Finely shredded iceberg lettuce
A 32 ounce can of refried beans or homemade
Guacamole
2 Ripe but firm Hass avocados, mashed
3 Cloves crushed garlic
Juice from ½ a lime
Pepper
½ Red onion, chopped fine
1 Ripe tomato chopped fine
1 Small bunch chopped cilantro
1 Small can diced green chilies
2 Tomatoes diced
½ Cup chopped green onions
1 Cup sour cream
1 Cup grated jack cheese
1 Cup grated mild cheddar cheese

Salsa

1 Jalapeño chopped finely (remove ribs and seeds)
½ Red bell pepper, diced finely
½ Medium onion, chopped fine
¼ Cup chopped cilantro
Juice from ½ lime
2 Ripe tomatoes, diced finely
Pinch of cumin
Black pepper
Pinch of salt

Mash 2 avocados and combine with 3 cloves crushed garlic, the juice from ½ a lime, pepper, chopped cilantro, onions and tomatoes, salt and pepper.

Make salsa by combining all the salsa ingredients.

Layer ingredients on large Mexican platter in ascending order as follows:

Shredded lettuce, beans, guacamole, diced green chilies, tomatoes, green onions, sour cream, salsa, grated cheese. Serve with crisp tortilla chips.

Terra Brava's Sautéed Portobello Mushroom

This was so good when we visited this Napa Valley restaurant just above St. Helena that it would be worth a trip just to have it again but, alas, the restaurant and chef that created this is long gone. It is now known as Brava Terrace but it is not the same chef.

1 Clove crushed chopped garlic
3 Tablespoons olive oil
Two squeezes of fresh lemon juice
2 Tablespoon cream sherry
4 Large Portobello mushroom caps, stems removed
Sea salt and fresh ground black pepper
Ground red pepper (optional)
2 Tablespoons Tarragon vinegar
1 Ear baby sweet white corn
1 Tablespoon chopped shallots
3 Tablespoon butter
1 Bunch of spinach
Pinch of nutmeg

Garnish

A few basil leaves, chopped
A few nasturtiums flowers

Rub Portobello caps with olive oil, salt and pepper, red pepper and sauté on both sides until tender. Deglaze pan with a table-

Thai Shrimp Spring Rolls with Thai Salad

spoon of sherry.

Remove caps from pan and set aside. Add 2 tablespoon butter to pan and wilt spinach with vinegar and a squeeze lemon juice using a lid to keep the initial steam in. Remove spinach and chopped coarsely. Add fresh whole corn kernels and pinch of nutmeg to pan and just warm until hot.

Assemble presentation plates. Put a little of the corn and spinach on each plate and top with Portobello cap. Sprinkle some kernels on corn on each cap. Deglaze pan a squeeze of fresh lemon juice, and tablespoon cream sherry. Turn of heat and swirl in a table spoon of butter. Pour over mushroom caps.

Garnish with nasturtiums flowers and chopped basil.

Thai Shrimp Spring Rolls with Thai Salad



The amount of ingredients scale to the number of spring rolls made. Allow at least two per person. Spring rolls are served with a small dish of dipping sauce and some Thai salad on a decorative plate. The rice paper becomes very fragile if overly wet and it is sticky. I use a sushi bamboo rolling mat that has been soaked in water to make it damp and less sticky to the rice paper. It seems to work well for me.

Dry 6 inch round or square white rice paper spring roll wrappers²
Boiled deveined medium shrimp
Thai basil, large leaves cut into strips (chiffonade)
Culantro¹ (substitute cilantro if necessary) cut into strips (chiffonade)
Red-leaf lettuce pieces, torn into 4 inch squares
Green stalks from scallions (green Onions) sliced lengthwise in fine strips
Julienned carrots
Crushed dry roasted peanuts, coarsely hand chopped
Cucumber, julienned lengthwise in fine strips
Napa cabbage, julienned lengthwise in fine strips

Boil until just pink. Plunge into ice water to arrest the cooking. Pat shrimp dry then refrigerate in a covered bowl. When shrimp are very cold, remove skewers, cut shrimp into thin pieces lengthwise and retain covered in refrigerator for later assembly. The spring roll ingredients are first assembled on individual hand torn pieces of lettuce prepared ahead of time. Tearing the lettuce prevents it from wilting Prepare vegetables: wash, pat dry, and cut into strips. Place lettuce, vegetables in a bowl, and refrigerate, the rolls will be served cold and ingredients crisp so these will be taken from the refrigerator when ready to assemble and serve.

Clean and de-shell shrimp. Stick a skewer in the shrimp lengthwise before cooking so these remain

Soften the rice paper in warm water for about 3-4 seconds. Transfer rice paper immediately to a damp sushi bamboo rolling mat. Place a single piece of lettuce in the middle of the rice paper. Add mixed vegetables and a bit of sliced shrimp. Roll like a rug. Cut of either end on the diagonal. Cut in half, on the diagonal and arrange on plate with some dressed salad. Add crushed peanuts to salad. Serve with dipping sauce.

Thai salad

- 1 Cup of a chiffonade of crisp lettuce
- 1 Very firm mango, peeled, sliced lengthwise then cross cut into manageable size
- 1/3 English cucumber, peeled, cut into thin strips
- 1/3 Cup chiffonade of cilantro
- 1/4 Cup julienned carrots
- Thin long slices sweet red and yellow peppers, about 1/3 cup

Appetizers

Garnish

Handful chopped dry roasted peanuts

Cut salad pieces into pieces so their manageable to the fork. When serving, toss with vinaigrette and garnish with chopped roasted peanuts.

Adjust seasoning as required.

Thai Vinaigrette

2 Teaspoons tamarind sauce

1 Tablespoon rice wine vinegar

1 ½ Tablespoons of mirin

Thai Wrap Dipping Sauce

Pinch of black pepper

2 stalk of the green onions using just green portion

2 clove garlic

2 tablespoons chopped culantro (substitute cilantro if necessary)

1 jalapeno, seeded, and all white ribs removed

1 tablespoons tamarind sauce

1 tablespoon lime juice



Note:

1. Culantro (*Eryngium foetidum* L., Apiaceae) is a biennial herb indigenous to continental tropical America and the Caribbean. Although widely used in dishes throughout the Caribbean, Latin America, and the Thailand, Malaysia, and Singapore, culantro is relatively unknown in the US. It is preferred by Vietnamese and Thai chefs as culantro is more pungent than cilantro.

2. Rice paper comes in 6 inch rounds, triangles as well as 12 inch and larger pieces. The packages vary from 10 ounces to 16 ounces or more. These store well in zip-lock bags in case you have extra. Asian stores or online is the place to get these. These are clear or white not yellow. I use the six inch rice paper as shown below. You make scrap some getting the hang of how fragile these can be especially if over wet

Tomato Tart, Leslie Baribeault's Quick

1 Pre-baked tart crust

2-3 oz. Chevre cheese

Pesto of garlic, pinenuts, basil, Asiago, and olive oil

Mozzarella cheese, grated

Olive oil

Parmesan Cheese

Sliced tomatoes

Pesto the tart crust generously, crumble Chevre cheese over pesto. Layer thin slices of tomato and fresh mozzarella cheese alternatively in slightly overlapping circles. Drizzle with fruity olive oil and sprinkle with Parmesan. Place tart in a hot oven or under broiler until cheese is bubbly and golden. Serve warm.

Vicki's Hot Artichoke Dip

Preheat oven to 350 F.

Vicki's Hot Artichoke Dip

12 Ounce jar of Italian marinated artichoke hearts, drained

½ Cup Best Foods (Hellmann's) mayonnaise

1/3 Cup graded Reggiano Parmesan cheese

Mix all ingredients well and turn out into a greased 7 inch square oven proof glass dish. Place in center rack of oven for 30 minutes. Garnish with a bit of paprika and dill. Serve with Wheat Thin crackers.

Appetizers