

Recipes to ward off the rigors of winter

I was hoping to share a few recipes from my past cooking classes with all you kind readers. I do assure you they all were savored and consumed completely by ravenous members of each group of aspiring chefs de fine cuisine.

Whoops that is getting pretty fancy. So let's get started.

Gentlemen and ladies start your engines and grab an apron and your sharpest knives.

CREME D'EPINARD ...

that's fancy French for
CREAM OF SPINACH SOUP
Gather the following.

2 tbs butter

1 tbs finely chopped shallot or onion

½ pound of fresh spinach

1 heaping tablespoonful of rice flour or regular Wondra flour

1 and ½ cups of water

1 bay leaf

2 to 3 tbs cream

Now melt the butter in a pan. Add the onions and cook for four minutes. Stir in the spinach, which you have well washed first in cold salted water, then in warm water, and once again in ice cold water.

Finely chop it. Cover and cook slowly for seven to eight minutes.

Remove from the fire and now stir in the flour. Pour on the 1 and ½ cups water slowly and stir until the soup comes to a boil.

At this point I throw it into the food processor with a lump of butter and 3 tbs of real cream.

Reheat if needed but don't boil it.

I like to serve it with little tiny cubes of fried bread.



MARLOWE

Tournedos of Boeuf Saute' with Hollandaise Sauce

Get some slices of fillet of beef. Saute' them in clarified butter or olive oil. Preseason them with salt and pepper and crushed garlic. Now to spare you the agony when you are short of time try this.

Put away the traditional double boiler method and get out your blender. This comes from my great friend Russ Vernon of West Point

Market fame. He calls it Easy Hollandaise.

Break out your blender. Melt 1 stick of real good butter up to 110 degrees. Put 2 egg yolks, 1 and ½ tsp lemon juice and 1 and ½ tsp tarragon vinegar in your blender. Cover it and blend at high speed. Now open the lid carefully and slowly pour in the hot butter while continuing to blend. If it's a little too thick you can blend in hot water a tablespoonful at a time to reach the desired consistency.

I really do appreciate your kind comments when I run into you. If you have any cooking challenges, drop me a line at 3201 Dogwood Lane NW, Dover, OH 44622. I may not have an immediate solution but I can research it and get back to you.

Whatever you do promise me you will always go Wild In The Kitchen. There is never a failure in cooking, only a minor setback.

JERRY MARLOWE