

# Innovative and delicious recipes

**By Jerry Marlowe**  
Special to The T-R

Dear kind readers and tolerant triers of some of my culinary efforts, one of my all time greatest chef friends Bonnie Winston shared a multitude of her recipes with my Dover classes that we prepared locally.

We first met on a bus en route to attend the C.I.A. That is not to be confused with the Central Intelligence Agency. It was a wonderful cooking school called the Culinary Institute of America up in Hyde Park, New York. I did just speak to a girl in their Media Relations department and she is sending me an update on their program. If you, a friend or a relative would ever want information about the ultimate culinary experience, please drop me a note at 3201 Dogwood Lane NW in Dover, or my cell is 330-243-2211.

Now in honor of my great chef friend Bonnie Winston, let me share a couple of her innovative and very delicious recipes. Her food friendly creations are a long lasting tribute to a marvelous chef. Thank you Bonnie.

## An innovative Spinach Salad

**Fresh spinach, washed and stemmed**

**Firm red apples, unpeeled, cored and cut in medium dice**

**Salted peanuts**

**Mustard dressing**

**4 eggs**

**1 cup heavy cream plus one**

**more**

**2/3 cup white vinegar**

**1 scant cup sugar**

**4 Tbs. dry English mustard**

**2 Tsp. salt**

Beat eggs well. Add mustard, sugar and salt and beat again.

Slowly add one cup heavy cream and vinegar. Pour into heavy sauce pan and cook slowly until thickened. Remove from heat and add remaining cup of cream, whisking to combine.



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Bonnie indicates this will hold for long periods of time in the refriger-

erator and may be reheated to serve. She also mentions that it makes wonderful homemade mustard without the addition of the second cup of cream.

To serve, arrange spinach on plate or in a bowl, sprinkle with apples and peanuts and dress with mustard dressing.

## Banana L'Orange with Caramel Nut Sauce

After a fairly difficult meal you might want to try this for dessert to ease the burden on the Chef. Peel a few bananas, figuring about one per person. Cut them in half and then again in half lengthwise. Place them in an ovenproof dish and sprinkle with fresh lime or orange juice and some brown sugar and dot with a little butter. It's also a good idea to butter the dish first. Warm briefly in 350 oven. If you want to get fancy

and try to ignite the drapes you might want to try this tableside over a chaffing dish. Warm some Grand Marnier or brandy and ignite as you pour it over the bananas. Serve the bananas over vanilla ice cream topped with some caramel nut sauce and perhaps a dollop of whipped cream.

## Caramel Nut Sauce

**Sweet butter 4TBS**

**Pecan halves 1/2 cup**  
**Dark brown sugar, firm packed 1 cup**

**Heavy cream 1 cup**

Melt butter. Add nuts and cook, stirring constantly until nuts are lightly toasted. Add brown sugar and heavy cream and cook, stirring just until sauce boils and sugar dissolves. This so good that it would be good served over a live toad!