

WILD IN THE KITCHEN

Lessons from the CIA

By Jerry Marlowe

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I have been reminiscing about all the wonderful chefs I have had the pleasure of working with. These have included some of the top practitioners of culinary success. Without a doubt one of my all time greatest chefs was not of the usual male gender. We are talking about the 1970's and 1980'S when there just weren't a lot of females working as professional chefs. Male Chefs dominated the cooking arena.

Well, fortunately for all of us, Julia Child and her book "Mastering the Art of French Cooking" arrived in the world of haute cuisine. Her memorable sense of humor made us all realize that high end cooking was possible for all of us. Follow her directions and we also would be capable of duplicating many of those very edible high end great dishes.

So I decided to attend the CIA in New York. That CIA was not the Central Intelligence Agency of worldwide spy fame that you may know about. This was the Culinary Institute Of America I had read about. So fortunately that is how I met Bonnie Winston. She, like me, wanted to expand her professional cooking capabilities. But

we both saw the advantage of introducing some humor as well as proper techniques in our culinary efforts. (Keep in mind my old neighbor Will Jones ended up the feature writer for the Minneapolis Tribune. He got to interview all the famous people that performed in his newly adopted big city. He also was privileged to review all the restaurants in that fine town. That ended up with his great cookbook called "Wild In The Kitchen" which he allowed me to use for the title of my cooking classes.)

Back to Bonnie. She ended up after her training period working with The Prospect Restaurant in Kansas City, Missouri. Owner Don Anderson wanted Bonnie to create the menu. They both wanted cuisine that would be organically fresh and great to consume. Their combined effort was a big success. So I am sharing my version of two of their creations with you kind readers of their memorable cuisine. Please enjoy.

SPINACH SALAD WITH APPLES, PEANUTS AND WARM MUSTARD DRESSING

Gather fresh spinach, washed and stemmed, firm red apples, peeled, cored and cut in medium a dice, salted peanuts and the following mustard dressing.

4 eggs

1 cup heavy cream, plus 1

**additional cup heavy cream
2/3 cup white vinegar
1 scant cup sugar
4 tablespoons dry English mustard
2 tsp salt**

Beat the eggs well. Add mustard, sugar and salt and beat again. Slowly add 1 cup heavy cream and the vinegar. Pour into heavy saucepan and cook slowly until thickened. Remove from heat. Add remaining cup of cream, whisking to combine well.

(Special Bonnie note: This will hold for a long period of time in refrigerator. Reheat to serve. Makes a wonderful homemade mustard without the addition of the second cup of cream.)

Arrange the spinach on plates and sprinkle with apples and peanuts and dress with the warm mustard dressing.

DRUMMIES

You will need:

**1 cup flour like Wondra
1/4 cup Parmesan Cheese
2 tbs chopped cilantro
Salt and pepper to taste**

Chicken wings cutting into the breast so to include a small portion of the breast meat.

Split at the joint, cut off the wing tip and discard. Combine the flour, Parmesan cheese, cilantro, salt and pepper. Dip the chicken in the beaten eggs, roll in the flour cheese mixture and pan fry it in hot oil to cover, for 3 to 4 minutes on each side.

Enjoy with your favorite red wine. We enjoyed a nice Pinot Noir but you try your own favorites.

(Contact Jerry if you'd like to discuss a recipe or share one of your own. Drop him a note at: 131 Oakmont Drive in Dover, OH 44622.)