

A romantic food interlude for two

Try these tournedos of beef fillet

By **Jerry Marlowe**

Special to The T-R

Greetings once again to all you wonderful food-loving mavens. By any chance are any of you up this week for a romantic food interlude for two? Well let's get started. Gentlemen and ladies start your engines. Or is it ovens?

Saute four small tournedos of beef filet in 2 tbs good oil, plus 1 tbs butter briefly on both sides.

Remove from skillet to a warm oven. Add 8 mushrooms, sliced and saute until brown. Add a couple of minced shallots and a bit of salt and pepper to taste. A dollop of dijon mustard if you have it, ¼ cup of Madeira wine, several dashes of Worcestershire and a dash of cayenne or Tabasco.

Now add in ½ pint of whipped cream that has been previously cooked down over low heat until it thickly coats a spoon. You can adjust your sauce with a little regular whipped cream until it is smooth.

Now add in a tbs of minced parsley or cilantro and ½ tsp minced rosemary or tarragon and

serve that over the beef. You might enjoy some buttered cooked rice and fresh broccoli on the side. If you are looking for a libation, try a Cabernet or Burgundy with this and it will add to your pleasure. A Pinot noir for the lighter lovers is fine too.

I should also share another very edible recipe for a lighter entree. This will serve four very nicely.

Crab meat flambé

Here is what you will need.

6 tbs butter, 1 small onion or shallots finely chopped, 1 pound of good quality crab meat in chunks, salt and pepper, ⅛ tsp red pepper flakes, 2 tbs minced cilantro, ½ cup good white wine, ¼ cup mayonnaise or sour cream and 2 tbs brandy.

Heat the butter and fry the onion or shallots for three minutes. Add the crab and toss over high

heat for two minutes.

Now add the salt, pepper, red pepper flakes and cilantro. Add your white wine and mayonnaise or your sour cream.

Heat the brandy in a metal ladle or measuring cup, ignite, and then pour it over the crab meat. Serve it up immediately on freshly made toast.

With a few variations that I made on this recipe we must thank Sylvia Schur who wrote a book we used to sell at our gift shop called "DINNER IN HALF AN HOUR." Couldn't we all use a few of her recipes in our busy lives?

Wow, I want to thank you kind readers for trying some of the recipes. I do enjoy running into you and getting some feedback on your personal experience with any and all I share with you ravenous readers. As Julia always said at the conclusion of her memorable show ... BON APPETIT.



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