

# The Last of Skip

## Part 2

# Cookbook



By

Skip Sigler, Innkeeper and Host

*The Seagull Inn*

Marblehead Neck, Massachusetts

Sequel to The Best of Skip  
and The Rest of Skip

Expected in 2015: What's Left of Skip

**The Rest of Skip** was dedicated to “my first wife Ruth, and to the mid-wives, Andy The Scribe, Bill the Mad Historian and Linda The Royal Censor”.

Andy McCulloch, my brother-in-law, spent many hours typing into a computer the original recipes from the piles of hand-written recipe cards, yellowed newspaper clippings, soup can labels, and sheets torn from magazines which were delivered to him.

Bill Sigler, our oldest son, dug into obscure Marblehead history on the Internet long before “to Google” had become a widely used verb. He culled his own memories of Skip’s culinary history. And he combined them all with his own unique zany sense of humor to introduce each section in the book.

Our good friend, former editor Linda Hodgkinson, corrected the proofs for **The Rest of Skip** with the sharpest of eyes, smoothing out awkward phrasing, and with an eye towards sales to Inn guests and families, toning down occasional parts of Bill’s writing which might not have been quite PG-13.

This new version, **The Last of Skip**, contains some old favorites, but many new and changed recipes for new and changed times. Bill’s intros are timeless, and indispensable. Linda again offered to proofread, upon assurances that this really would be The Last! And Ruth, with occasional breaks from typing, has sampled, appreciated, and approved all the recipes in “Skip’s” cookbook.

I offer many thanks and much gratitude to them all.

Skip  
February, 2009.

We added a few new recipes to **The Last of Skip**, creating **Part 2** in December, 2013.

Come with us on a culinary cruise of Marblehead Harbor and share the best recipes of The Seagull Inn, the history and hospitality of Marblehead, and the favorite ingredients of its favorite innkeeper. These recipes have enticed businesspeople, dignitaries and substance abusers from all over the world who have enjoyed the lovely dysfunctionality of his seaside retreat. \*\*

Skip's advice on entertaining:

1. Never pay over \$3 a bottle for wine.
2. Don't allow guests to bring onion soup dip
3. When dining, always steer the conversation toward sex...and how the neighbors got their money.



\*\* Disclaimer: Any similarity between this and a real cook book is purely coincidental. Most of the recipes in this book are plagiarized, and the historical facts have not been approved by the Marblehead Historical Society. The author has tried every recipe and is still alive.

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### **Bread and Breakfast**

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## Starters

Before exploring the highlights of the kitchen in Marblehead's The Seagull Inn, the town's place in both culinary and colonial history needs to be established. Marblehead has been known as the Yachting Capital of the world. Our connection to seafarers has been dramatically demonstrated in history by Glover's Regiment, Marbleheaders who rowed General George Washington across the Delaware River, making us the birthplace of the American Navy.

America's early settlers believed that salt, sugar and spice were, like sex, the work of the devil. In Salem, for example, women were hanged for the crime of adding nutmeg to eggnog. The pragmatic souls of neighboring Marblehead, however, were tolerant of Indians, witches, pirates and, especially, drunks. Settled in 1629, Marblehead was already in trouble with the Boston and Salem authorities by 1633 for lewd public displays of drunkenness among the early settlers, who were mostly fishermen from Jersey and Guernsey islands in the English Channel. The early cuisine consisted of drenching something in alcohol until it was edible. As America matured, so did Marbleheaders' preferences for what was set before them. Whale blubber was replaced by butter and then by margarine for dipping lobster meat— just as surely as the fishing dinghy was replaced by the schooner and then by the Range Rover. In cuisine as in everything else, Marblehead's tastes have become more sophisticated and discerning. Skip has traveled far and wide to keep up with this evolution of cuisine. His Scandinavian Meatballs recipe came from a visiting Swedish sailor he met one night at the Riptide. Did you know his Deep Fried Sauerkraut and Potato Balls was originally the punch line to a dirty joke?



## **NANTUCKET SHRIMP a la LINDA**

2 lbs cooked shelled large shrimp

Juice of 3 limes

1 T vegetable oil or mild olive oil

1/3 cup chopped cilantro

1/3 cup chopped mint

2 T grated fresh ginger

1 t crushed dried red pepper

2 cloves crushed garlic, or to taste

1 t salt

1/2 t sugar

Combine all ingredients except shrimp; blend well. Pour over shrimp and chill for several hours or overnight.

## POCO PEPPER SNACKS

- 1 (3 oz) package cream cheese
- 1/2 cup shredded cheddar cheese
- 2 T finely minced jalapeno peppers
- 1 T finely minced onions
- 2 T chopped Calamata olives
- 5 drops hot pepper sauce
- 1 can refrigerated Pillsbury Crescent Rolls \*\*

Combine all ingredients except rolls; blend well. Separate crescent dough into 4 rectangles. Press perforations to seal. Spread 1/4 of cheese mixture over each rectangle.

Starting at the long side, roll up each rectangle jelly roll fashion. Cut each roll into 10 slices; place cut side down on greased baking sheets. Bake at 400° for 12 - 15 minutes until golden.

Note: Can be prepared and kept at room temperature until ready to serve, or frozen and reheated, uncovered at 400° for 5 minutes. Makes 40 snacks.

**\*\* It may be difficult to find the crescent rolls, because the Pillsbury Doughboy died yesterday of a yeast infection and complications from repeated pokes in the belly. He was 71. Doughboy was buried in a lightly greased coffin.**

**Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch.**

**The gravesite was piled high with flours. As long-time friend, Aunt Jemima delivered the eulogy, describing Doughboy as a man who never knew how much he was kneaded.**

**Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very "smart" cookie, wasting much of his dough on half-baked schemes. Despite being a**

**little flaky at times, he even still, as a crusty old man, was considered a roll model for millions. Toward the end it was thought he would rise again, but alas, he was no tart.**

**Doughboy is survived by his wife, Play Dough; two children, John Dough and Jane Dough; plus they had one in the oven. He is also survived by his elderly father, Pop Tart.**

**The funeral was held at 3:50 for about 20 minutes.**

## **CRAB MEAT SPREAD**

1 cup flaked crab meat  
2 T minced parsley  
1 T minced onion  
3 T mayonnaise  
1/4 t curry powder  
1 t lemon juice

Combine all ingredients and serve with crackers.

## **CHEESE WAFERS**

1 cup freshly grated sharp cheddar cheese  
1 cup flour  
1/2 stick unsalted butter, cut into tablespoon chunks  
1/4 - 1/3 cup milk  
1/2 - 1 t crushed dried red pepper  
1 - 2 T poppy, sesame, or caraway seeds for sprinkling  
1 t kosher salt

Preheat oven to 375°. In a food processor, pulse flour and 3 tablespoons butter until mixture resembles coarse sand. Transfer to a bowl and stir in grated cheese. Add the crushed red pepper – use the smaller amount for starters. You can always make the next batch hotter if desired. Using a wooden spoon, mix in as much milk as needed to get the dough to stick together. Roll the dough into a log and slice. Log may be wrapped in plastic and chilled for easier slicing, or to keep for a later date. When ready to bake, slice log into crackers about 1/8 - 1/4" thick, place them on parchment paper on a baking sheet. Melt the remaining tablespoon of butter, brush it on the crackers, and sprinkle with seeds and a pinch of salt. Bake until golden brown, about 10 - 14 minutes. Carefully remove immediately to serve while warm, or cool on baking rack and serve at room temperature.

## SCANDANAVIAN MEATBALLS

### Meatballs:

1 lb ground beef  
1/2 lb sweet Italian sausage, removed from casing  
1/2 stick butter  
1 small onion, chopped  
1 egg  
1-1/2 cups fresh bread crumbs  
2/3 cup beef stock or canned beef broth  
1/4 t white pepper or to taste  
1/4 t ground nutmeg

### Sauce:

2 T flour  
1-1/3 cups beef stock or canned beef broth  
2 T half & half  
Ground nutmeg

### Meatballs:

Melt 2 tablespoons butter in heavy medium skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Cool slightly. Combine bread and stock in large bowl. Mix in onion mixture, egg, nutmeg and pepper. Add ground beef and pork and blend well. Shape meat into 1-1/4" balls. Melt remaining 2 tablespoons butter in heavy large skillet over medium heat. Add meatballs and sauté until cooked through and brown, turning occasionally, about 20 minutes. Using slotted spoon, transfer meatballs to platter and keep warm. Reserve drippings in skillet.

### Sauce:

Add flour to drippings in skillet and stir over medium heat until brown, about 4 minutes. Gradually whisk in stock and cream. Simmer until sauce is thick and smooth, stirring frequently, about 5 minutes. Season to taste with nutmeg, salt and pepper. Pour sauce over meatballs and serve. Makes about 30 meatballs.



## **PÂTÉ DE CAMPAGNE (COUNTRY PÂTÉ)**

3/4 cup Cognac  
3 T unsalted butter  
1 cup minced onion  
2-1/2 lbs ground pork  
12 oz bacon (8 to 10 slices) finely chopped  
3 garlic cloves, pressed, or to taste  
2-1/2 t salt  
2-1/2 t dried thyme  
1-1/2 t allspice  
1 t freshly ground black pepper  
2 large eggs, lightly beaten  
1/3 cup whipping cream

Set rack at lowest position in oven and preheat to 350°. Boil Cognac until reduced to 1/2 cup, about 1-1/2 minutes. Cool.

Melt butter in heavy medium skillet over medium heat. Add onion and sauté until soft and translucent but not brown, about 8 minutes.

Combine ground pork and chopped bacon in large bowl. Using fork or fingertips, mix together until well blended. Add sautéed onion, garlic, salt, thyme, allspice and pepper to bowl with pork mixture and stir until incorporated. Add eggs, cream and reduced Cognac. Stir until well blended.

Using hands, lightly and evenly press meat mixture into 9"x6"x3" metal loaf pan. Cover pan tightly with foil. Place pan in 13"x9"x2" metal baking pan and transfer to oven. Pour boiling water into baking pan to come halfway up sides of loaf pan. Bake pâté about 2 hours 15 minutes. Remove loaf pan from baking pan and transfer to rimmed baking sheet. Place heavy skillet or 2 - 3 heavy cans atop pâté to weigh down. Chill overnight. Can be made 4 days ahead. To serve, place loaf pan in hot water for 3 minutes, invert on platter, discard fat from platter. Cut into slices and serve with crackers.

## MUSHROOM CROUSTADES

12 slices white bread, trimmed of crusts  
Melted butter

1 cup minced mushrooms  
1/3 cup minced shallots  
3 T butter

1/4 cup half & half  
1/4 cup freshly grated Parmesan cheese  
3 T fresh bread crumbs  
1/8 t oregano  
1/8 t thyme  
Salt and pepper to taste

With a rolling pin, roll each slice of bread very thin. With a 2-1/4" cutter cut 2 rounds from each slice. Brush them with melted butter and bake in a preheated 400° oven for 10 minutes, or until golden brown. Remove croustades and allow to cool.

In a heavy skillet, cook mushrooms and shallots in 3 tablespoons butter over moderate heat, stirring, for 10 minutes, or until most of the liquid is evaporated. Stir in cream and Parmesan cheese. Add fresh bread crumbs, oregano and thyme. Add salt and pepper to taste. Heat the mixture for 2 minutes, stirring, or until it is well combined and thickened. Divide the mixture among the croustades and arrange them on a baking sheet. Sprinkle the croustades with freshly grated Parmesan cheese and dot them with butter. Put them under a preheated broiler about 4" from the heat for 30 seconds to 1 minute or until bubbling and the cheese is melted. Makes 24 hors d'oeuvres.

## **BRIE EN CROUTE**

1 package Pillsbury crescent rolls  
1/4 cup chopped pecans or walnuts  
1 (8 oz) triangle Brie cheese  
1/2 cup raspberry jam  
1 egg beaten

Preheat oven to 375°. Cut cheese triangle in half, put sides together to form a square. Top with jam and nuts. Flatten crescent roll dough and wrap around the cheese square. Place on baking sheet lined with parchment paper. Brush with beaten egg and bake for 20 to 25 minutes until pastry is golden brown. Serve with crackers.

## **MASCARPONE CHEESE WITH LEMON CURD**

1 (8 oz) package mascarpone cheese  
1/2 (10 oz) jar lemon curd  
Carr's whole wheat crackers

You may serve this appetizer two ways:

- 1) Mix cheese and lemon curd thoroughly in food processor.
- 2) Scoop cheese onto serving plate, top with lemon curd.

The Carr's graham-like whole wheat crackers are essential.

## **GRAVLAX**

1/2 cup sugar

1/4 cup coarse salt

1 T whole white peppercorns, crushed

1 T coriander seeds, crushed

(May also use juniper berries, caraway seeds, and/or lemon peel)

2 (1-lb) center-cut salmon filets, skin on

2 oz fresh dill, coarsely chopped

1/4 cup aquavit or vodka

Combine the sugar, salt, peppercorns, and coriander seeds in a small bowl. Set aside. Place the salmon filets on a parchment-lined work surface, and remove any remaining bones. Cover the flesh side of each with the spice mixture, gently rubbing it onto the flesh. Spread the dill on top of the spices; pour the aquavit or vodka over the dill. Place 1 filet on top of the other, and wrap tightly in plastic wrap.

Place the wrapped filets in a glass or enamel pan. Place a heavy object, such as a canned good, in a smaller pan, and place on top of the fish. Transfer both pans to the refrigerator, and chill for 12 hours. Remove the fish from the pan; pour off the liquid that has accumulated in the pan and discard. Turn the fish over, and place the weighted pan back on top of the fish. Continue to refrigerate for 3 more days, turning the fish over every 12 hours.

After 3 days, remove and discard the plastic wrap. Skin the fish and scrape the dill and spices from the surface of both filets. To serve, slice each filet on the diagonal, as thinly as possible. Wrap the remaining gravlax in plastic wrap, and store in the refrigerator for up to 3 days.

## **SMOKED SALMON SPREAD**

8 oz cream cheese at room temperature  
1/2 cup sour cream  
1 T freshly squeezed lemon juice  
1 T minced fresh dill  
1 t prepared horseradish, drained  
1/2 t salt  
1/4 t freshly ground black pepper  
8 oz smoked salmon, minced

Cream the cheese in a food processor until just smooth. Add the sour cream, lemon juice, dill, horseradish, salt, and pepper, and mix. Add the smoked salmon and mix well. Chill and serve with crudities or crackers.  
Yield: 1-1/2 pints.

## ORANGE PECANS

2 T unsalted butter  
4 t grated orange peel  
2 t ground cinnamon  
1 t ground coriander  
1/2 t ground cloves  
1/4 t cayenne pepper  
2 cups pecan halves  
2 T sugar  
1 t salt

Preheat oven to 300°. Melt butter in heavy medium saucepan over low heat. Add orange peel, cinnamon, coriander, cloves and cayenne pepper. Stir until aromatic, about 30 seconds. Add pecans, then sugar and salt. Stir to coat evenly. Transfer nut mixture to baking sheet. Bake until nuts are toasted, stirring occasionally, about 20 minutes. Cool. Can be prepared 3 days ahead. Store airtight at room temperature.

## **ARTICHOKE and SPINACH DIP**

1-1/2 cups half & half  
8 oz grated Monterey Jack cheese  
8 oz light cream cheese  
1 t garlic powder  
1-1/2 t Worcestershire sauce  
1/2 t salt  
Fresh ground pepper to taste  
3/4 lb fresh spinach (stemmed and finely chopped)  
2 (14 oz) cans artichoke hearts, drained and coarsely chopped  
4 green onions, chopped  
Tortilla chips, pita, etc., for dipping

Bring the half & half to a simmer over medium heat and add the Monterey Jack, cream cheese, garlic powder, Worcestershire, salt and fresh pepper. Continuously stir to prevent sticking until the cheeses melt.

While slowly stirring, add the spinach, artichoke hearts, and scallions. Stir until mixed and the spinach is wilted.

This dip can be served immediately or served chilled.



## **SPICY LIME DIPPING SAUCE**

1 T wasabi powder  
1 t sugar  
1/2 t grated lime zest  
1-1/2 T fresh lime juice  
1/3 cup mayonnaise  
3 T sour cream  
2 T snipped fresh chives

Stir wasabi powder and 4 teaspoons water in a small bowl until dissolved. Add the sugar, lime zest, and lime juice and whisk until sugar dissolves. Add the mayonnaise, sour cream, and chives and stir until smooth. Serve immediately as a dip for fresh vegetables or fruit.

## **CREAMY AVOCADO DIP**

1 ripe avocado  
1/3 cup mayonnaise  
1/3 cup cream cheese  
1 jalapeno, seeded and chopped  
1 lime, juiced  
Salt and freshly ground black pepper

Blend all ingredients in a food processor until smooth and creamy.

## **VICKI'S AVOCADO SALSA DIP**

1 ripe avocado, mashed  
1/2 jar medium salsa

Mix ingredients together. Put in small bowl, surround with tortilla chips, scoop chips, or crackers.

One of the easiest and one of the best!

## **MEL'S CHEESE DIP**

2 cups grated cheddar cheese  
1 cup grated pepper jack cheese  
1 (8 oz) package cream cheese  
1/2 cup mayonnaise  
1 small onion finely chopped

Mix in food processor until smooth and creamy.

As with all the recipes from Melanie Tubb, our favorite "foodie", you won't be able to stop eating!

## Soups & Chowdahs

What culinary tour of Marblehead would be complete without soup? In the early days, Marblehead was dependent on massive schools of haddock, flounder and cod caught on the George's Banks during fine weather. Bountiful fishing would be followed by long periods without fishing at all, so that the early 'Headers had to find ways to conserve the fish they had caught for an entire winter. Salt was good, booze was better, and soups became an excellent place to dump alcohol whenever the fire and brimstone Salem preachers came around. Needless to say, soups became very popular.

Skip has augmented these ancient recipes with some he has painstakingly developed – while he was sampling the kitchen sherry! So savor the hottest Bouillabaisse this side of Somerville and a Green Pea Soup thicker than the fog on Misery Island.



## **ASPARAGUS, LEEK and POTATO SOUP**

Soup:

1/2 stick butter

3 large leeks, sliced using white part and 1/2" green

1/2 t thyme

1 bay leaf

6 cups chicken stock

1-1/2 lbs small potatoes cut into bite-size pieces

1 lb asparagus, trimmed and cut diagonally into 1" pieces

Garnish:

1/3 cup parsley

1/8 t each salt and pepper

Sauté the leeks, thyme and bay leaf in butter until the leeks are tender. Add stock and potatoes and cook until tender. Add the asparagus and simmer until tender, about 3 minutes. Salt and pepper to taste. Mix garnish ingredients and top soup with the mixture. Serves 4 – 6.

## **BOUILLABAISSE**

### Tomato Sauce:

- 2 cups Roasted Tomato Sauce (see Vegetables) or canned crushed tomatoes
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 1 t thyme
- 1 clove garlic, mashed
- 1 T fresh basil, chopped
- 2 T olive oil

Sauté onion, celery, garlic and herbs in oil until tender, stir into tomato sauce and puree mixture in blender.

### Bouillabaisse:

- 2 leeks, minced, using white part and 1/2" of green
- 2 T chopped parsley
- 1 t thyme
- 1 carrot, chopped
- 2 stalks of celery, chopped
- Pinch of saffron
- 2 T olive oil
- 1 bottle clam juice
- 2 cans chopped clams with juice
- 1 cup white wine
- Juice and zest of 1 orange
- Under-cooked meat from 2 lobsters, tails and claws, chopped
- 1-1/2 lbs white fish, cubed
- 1 lb raw peeled, de-veined shrimp

Sauté vegetables and herbs in oil, add to pureed tomato sauce along with remaining ingredients. Add enough water or fish or chicken stock to make 8 cups liquid. Simmer gently until fish and shrimp are done, about 8 - 10 minutes. Serves 6.

## SKIP'S CHILI

2 T olive oil  
1 red bell pepper, finely chopped  
1 cup onion, chopped  
2 large garlic cloves, minced  
1/2 jalapeno pepper, minced  
2 T chili powder  
2 t ground cumin  
1 t dried oregano  
1 t dried thyme  
Salt and pepper to taste  
3 lbs ground meat (mixture beef and sweet Italian sausage removed from casing)  
2 (15 - 16 oz) cans kidney beans, rinsed and drained  
2 cans (28 - 32 oz) crushed tomatoes

Heat oil in heavy large saucepan or Dutch oven over medium-low heat. Add bell pepper, onion, jalapeno pepper and garlic; sauté until tender, about 12 minutes. Add chili powder, oregano, thyme and cumin; stir to blend. Increase heat to medium-high and add ground meat; break up with spoon and sauté until meat is no longer pink, about 5 minutes. Drain excess fat. Add beans and crushed tomatoes and bring to boil. Reduce heat and simmer chili until liquid thickens, stirring occasionally, about 1 hour. Season with salt and pepper. Ladle into bowls. Can be served sprinkled with shredded cheddar cheese, chopped onion, or corn chips. Serves 8.

Note: Can be prepared 1 day ahead. Cover and chill. Reheat over medium heat before serving.



## **CREAM of ARTICHOKE SOUP**

1 (10.5 oz) can condensed cream of celery soup  
1 (12 oz) can low-sodium chicken broth  
1 (12 oz) jar water-packed or 1 bag frozen artichoke hearts  
1 pinch cayenne pepper  
1/2 cup cream  
1 t soy sauce  
Juice of 1/2 lemon  
Salt and pepper to taste

In a medium saucepan over medium heat, combine cream of celery soup and chicken broth; stir until smooth. Add the artichoke hearts and cayenne. Bring to a boil. Pour soup into a blender and mix until consistency is smooth. Sieve to remove artichoke fibers. Return to pot and slowly stir in cream and lemon juice. Season with salt and pepper to taste and serve hot. For a summer soup, may be chilled and served cold.

## RED LENTIL LEMON SOUP

2 medium onions  
1 cloves garlic  
1/2 t salt  
1 T canola oil  
1 t ground cumin  
1 cup dried red lentils  
5 cups chicken stock or water  
1 bay leaf  
2 thin strips lemon rind  
1 T fresh lemon juice  
6 thin slices of lemon for garnish  
Salt and pepper to taste

Chop the onions into medium pieces. Chop the garlic. On a cutting board, mash the garlic into the salt with the side of the knife blade to make a paste.

In a 3 – 4 quart soup pot, heat the oil over medium heat. Add the onions and sauté until translucent, about 3 - 4 minutes. Add the garlic paste and cumin and cook until the onion is golden, about 6 - 7 minutes longer.

Meanwhile, pick over the red lentils carefully; discard any stones. Rinse. Add to the onions with the stock or water and bring to a boil, skimming off the foam if necessary. Reduce heat, add the bay leaf and lemon rind, and simmer, covered, for 25 minutes. Discard the bay leaf and lemon rind.

Add the lemon juice to the soup and stir. Pour into bowls and garnish each with a slice of lemon. Serves 4.

## **SPLIT PEA SOUP**

1 lb green split peas, picked over, rinsed and drained  
2 large smoked ham hocks, about 1-1/2 lbs total  
1 large onion, chopped  
1 large carrot, chopped  
1 stalk celery, chopped  
10 sprigs parsley  
4 springs fresh thyme  
1 bay leaf  
8 cups chicken stock or water  
Salt and pepper to taste

In a large soup pot or Dutch oven, combine the peas, hocks, onion, celery and carrot. Tie the parsley, thyme, and bay leaf together with kitchen string. Add the herb bundle and chicken stock, bring to a boil over high heat. Lower the heat to a simmer, cover, and cook for 1-1/2 hours or until the peas are tender. Remove the pot from the heat and remove the hocks. Cool. Remove the meat from the hocks, discarding the bones, fat and skin. Cut the meat into cubes. Remove the herb bundle and discard.

Puree the soup in a blender. Add the meat cubes, and heat the soup to a simmer. Season with salt and pepper to taste. Serves 6 – 8.

## **CORN CHOWDER**

2 T butter  
Extra-virgin olive oil  
1 onion, diced  
6 sprigs fresh thyme, leaves only  
1/4 cup flour  
6 cups canned vegetable stock or chicken stock  
2 cups heavy cream  
2 Idaho potatoes, peeled and diced  
6 ears corn  
Salt and pepper to taste  
1/4 cup chopped fresh parsley leaves

Heat the butter and 1 T olive oil in a soup pot over medium heat. Add the onion and thyme and cook until the vegetables are soft, 8 – 10 minutes. Dust the vegetables with flour and stir to coat everything well. Pour in the stock and bring to a boil. Add the cream and the potatoes, bring to a boil and boil hard for about 7 minutes, until the potatoes break down. This will help to thicken the soup.

Cut the corn kernels off the cob and add to the soup. Season with salt and pepper and simmer until the corn is soft, about 10 – 12 minutes. Stir in the parsley and give it another little drink of olive oil. Ladle the soup into bowls and serve. Serves 8.

## **BLACK BEAN SOUP**

1 cup dried black beans  
4 cups water  
1/4 t coarse hot dried red pepper  
1/2 stick butter  
2 onions, coarsely chopped  
1 garlic clove, chopped  
1/2 t curry powder  
1/4 t turmeric  
2 potatoes, peeled and quartered  
2 carrots, peeled and quartered  
2 parsnips, peeled and quartered  
1 lb stewed tomatoes, canned  
1 (10.5 oz) can condensed beef broth  
1 (10.5 oz) can condensed chicken broth

If using dried beans, pick over beans. Rinse and turn into a 3-quart saucepan. Add 3 cups of water. Soak for 6 to 8 hours or overnight. Bring to a boil; reduce heat and boil gently, covered, until beans are very tender, 1-1/2 - 2 hours. About 30 minutes before end of cooking time, add red pepper.

Instead of dried beans, 2 (15.5 oz) cans black beans may be used. Add red pepper with remaining ingredients below.

While beans are cooking, melt butter in a large saucepan. Add onion, garlic, curry powder and turmeric; cook, stirring often, until onion is wilted. Add remaining 1 cup of water, potatoes, carrots, parsnips and un-drained stewed tomatoes. Bring to a boil; cover and boil gently until vegetables are tender, about 25 minutes.

Puree cooked beans and other vegetable mixture, including liquid, in a blender or food processor. Place in a soup pot, and stir in undiluted beef and chicken broth. Bring to a boil. Serve hot. Serves 10.

## **PASTA FAGIOLI**

2 cans (15.5 oz) small white beans  
2 T olive oil  
1 onion, chopped  
1 carrot, chopped  
1 celery stalk, chopped  
1 small ham hock  
1/4 lb ham, diced  
1 qt chicken stock or water  
1 can (28 oz) crushed tomatoes  
Oregano, basil, thyme to taste  
1 bay leaf  
Salt and pepper to taste  
1/2 cup tiny dried pasta such as orzo or small elbows

Sauté the onion, carrot, celery and ham. Place in stock or water with beans, ham hock, tomatoes, oregano, basil, thyme and bay leaf. Simmer for 45 minutes, adding salt and pepper at the halfway point. Remove bay leaf and ham hock. Puree half of mixture in blender. Return mixture to pot and bring to a boil. Add pasta and cook 10 minutes. Sprinkle with Parmesan and freshly ground pepper. Serves 6.

## **COLD CUCUMBER SOUP**

2 cups cucumber, peeled or unpeeled, diced, seeds removed  
1/2 cup sliced onions  
2 T butter  
1/2 cup raw potato, diced  
1/4 cup parsley, chopped  
2 cups chicken stock  
1 t dried mustard  
2 cups plain low-fat yogurt  
Salt and pepper to taste

In a saucepan, cook onion in butter until it is transparent. Add remaining ingredients except yogurt and bring to a boil. Simmer 15 minutes or until the potatoes are tender. Puree mixture in blender or food mill. Correct seasoning, chill. Before serving, stir in yogurt and garnish with chopped chives and cucumber wedges. Serves 4.

## **ESCAROLE SOUP**

1 small bunch escarole  
1 large onion, chopped  
4 cups chicken stock  
2 chicken breasts, boned, skinned and cut into 1/2" cubes  
2 t salt  
1/4 t pepper  
2 T butter  
1/2 lb cheese tortellini, fresh or frozen, if desired

Wash and cut escarole into strips roughly 1"x3", enough to equal about 2 cups. Amount is not critical. Sauté onions and escarole in butter for 2 minutes. Add remaining ingredients, simmer 20 - 30 minutes, adding tortellini during the last 10 minutes if you like. Serves 4.



## **NEW ENGLAND FISH or CLAM CHOWDER**

Note: For clam chowder, substitute 3 cans chopped clams with liquid for the 1-1/2 pounds of fish filets

6 slices bacon  
1 T unsalted butter  
1 medium onion cut into 3/4" dice  
3-4 sprigs thyme, leaves removed and chopped  
1 dried bay leaf  
1 lb Yukon gold potatoes, peeled and diced  
2-1/2 cups fish stock, chicken stock or water (as a last resort, in which case use clam or fish bouillon for flavor.)  
Sea salt and freshly ground pepper  
1-1/2 lbs skinless haddock or cod filets  
1 T chopped fresh Italian parsley, for garnish  
1 T minced fresh chives, for garnish  
1 cup heavy cream

Heat a 2 - 3 quart heavy pot over low heat and add the bacon. Cook until crisp, remove, drain on paper towels and dice. Add the butter, onions, thyme, and bay leaf to the pot and sauté, stirring occasionally for about 8 minutes until the onions are softened but not browned.

Add the potatoes and stock, adding enough water to cover the potatoes. Turn up the heat and bring to a boil, cover and cook vigorously for about 10 minutes until they are soft on the outside but still firm in the center. Reduce the heat to low and add salt and pepper. Add the fish filets and cook over low heat for 5 minutes, then remove the pot from the heat and allow the chowder to sit for 10 minutes. The fish will continue cooking during this time.

Gently stir in the cream and taste for salt and pepper. When ready to serve, gently reheat – don't boil. Serves 4.

## **CURRIED SQUASH SOUP**

2 medium butternut squash  
2-1/2 cups water or chicken stock  
1 cup orange juice  
2 T butter  
1/2 cup chopped onion  
1/2 t ground cumin  
1/2 t coriander  
1 t cinnamon  
1 t ground ginger  
1/4 t dry mustard  
1-1/4 t salt  
A few dashes cayenne  
Fresh lemon juice

Split the squash lengthwise and bake face-down in a 375° oven on an oiled tray, 50 minutes or until soft. Cool and scoop out the insides. You'll need about 3 cups.

Heat the butter in a skillet and add the onion, salt and spices. Sauté until the onion is very soft. (You may need to add a little water if it sticks.)

Add the sauté to the squash, scraping the skillet well to salvage all the good stuff. Put the mixture in the blender with the water or stock and puree until smooth. Combine in a kettle or saucepan with the orange juice. Heat everything together very gently. Taste to correct seasoning. Stir in freshly squeezed lemon juice.

Serve topped with yogurt and chopped, toasted almonds. Soup need not be served immediately. It can simmer a while, and the flavors will mature. Serves 6 – 8.

## Salads

Skip was once a meat-and-potatoes guy who only served a green garnish to give his guests something to throw away. He was amazed to find that greens from Ruth's garden were favorites for many guests, and realizing that food can be found anywhere, he has since become an expert at stalking the wild salad. For these recipes, he has culled the backyards of the finest homes in Marblehead for leaves, twigs and berries. Some of Skip's best salad recipes, such as Dan Quayle Potatoe Salad, cannot be included because they were lifted by another visitor, a certain Martha S., and so cannot be reproduced without the consent of her lawyers.



**PEAR and WALNUT SALAD  
with POPPY SEED DRESSING**

3 T apple cider vinegar  
4 t Dijon mustard  
1 T honey  
3/4 cup mild olive oil  
1 t poppy seeds  
1 bag washed baby romaine lettuce  
2/3 cup walnuts, toasted and chopped  
1 ripe avocado, peeled and cut into slices  
2 ripe pears, peeled and cored, cut into 3/4" pieces

Whisk vinegar, mustard and honey in small bowl to blend. Gradually whisk in oil. Mix in poppy seeds. Season dressing to taste with salt and pepper.

Toss lettuce, avocado and walnuts in large bowl with enough dressing to coat. Season with salt and pepper. Distribute mixture on 8 plates. Toss pears with 1/4 cup dressing in small bowl. Spoon pears atop salads.  
Serves 8.

## **POTATO SALAD**

8 – 10 potatoes  
2 cups chopped scallions  
1 cup mayonnaise  
1/2 cup vinegar  
1/2 cup canola or mild olive oil

Boil potatoes until just done. Peel and chop, add scallions. Combine mayonnaise, oil and vinegar in a blender; pour over potatoes while still warm. Chill. Serves 8.

## CAESAR SALAD

### Croutons:

Remove crusts and cube 4 slices stale hearty bread. Sprinkle with olive oil and dried oregano, toss. Spread on baking sheet and bake in a 350° oven until crisp and brown, about 10 – 15 minutes.

### Salad:

2 heads romaine lettuce

1/4 t salt

1 t freshly ground pepper

1 garlic clove, minced

2 anchovies, if desired

2 t Dijon mustard

2 T freshly squeezed lemon juice

1 t Worcestershire sauce

1/4 cup olive oil

1 egg yolk, coddled (boiled for 40 seconds, then cooled)

1/2 cup freshly grated Parmesan cheese

Puree the salt, pepper, garlic, anchovies, Dijon, lemon juice, and Worcestershire in a blender. Then add the oil and pulse a few times. Add the egg yolk and pulse a couple more times – just enough to blend it without causing the dressing to turn mayonnaisey.

Break lettuce leaves into bite-sized pieces. Sprinkle dressing over lettuce leaves in a salad bowl and toss until all leaves are coated. Add croutons and toss a couple more times. Sprinkle Parmesan cheese over the top. Serves 8.

## **MEXICAN TOMATO SALSA\*\***

2 T olive oil  
1/2 cup onions, finely chopped  
1/2 cup celery, minced  
2 T green or red sweet peppers, minced  
2 T hot chili peppers, minced  
Pinch each of oregano and thyme  
A little sugar to taste  
1 garlic clove, finely chopped  
4 medium tomatoes, seeded and chopped  
2 T fresh lime juice  
1 t honey  
1/2 t dried basil or rosemary  
1/4 t dried coriander  
1/4 t cumin seeds  
1/4 t chili powder, or to taste

In a large skillet heat oil. Add onions, celery, sweet and hot peppers and garlic. Add a little sugar, a pinch of oregano and a pinch of thyme. Cook 5 minutes, stirring occasionally. Stir in tomatoes and the rest of the ingredients. Bring to a boil. Reduce heat to low; cover and simmer 20 minutes.

Freeze in small containers. To reheat, place frozen salsa in saucepan, simmer over low heat, and correct seasoning.

**\*\* You're better off buying a jar at your local store!**

## **BUMBLE BEE SALAD**

1-1/2 cups canned black beans (or 1 cup dried, soaked and cooked until tender)  
2 cups corn kernels  
1 cup red peppers, chopped  
3 scallions, sliced  
2 T cilantro or parsley  
2 T mild chili pepper, finely minced  
1 T olive oil  
2 T vinegar  
1-1/2 T lemon juice  
1/4 t salt  
1/8 t red pepper flakes  
1/2 t coriander  
1/2 t cumin

Stir into the beans the corn, red pepper, scallions, cilantro and chili pepper. Place the olive oil, vinegar, lemon juice, salt, red pepper flakes, coriander and cumin in a jar and shake to blend. Stir into salad.  
Serves 4.



## **WHITE BEAN SALAD**

1 (16 oz) can great northern beans, drained  
3/4 cup celery, chopped  
2 T parsley, chopped  
1 T vinegar  
1 T mustard  
1/4 t sugar  
1 garlic clove, minced  
1 T olive oil  
8 cherry tomatoes, quartered  
8 lettuce leaves

Combine the first 3 ingredients and mix well. For a dressing, mix the next 5 ingredients. Add to the bean mixture and marinate for 4 hours. Add the tomatoes. Toss to mix and serve. Serves 4.

## **GREEN VEGETABLE SALAD**

Salad:

Sugar snap peas, about 1 lb

Green beans, about 1 lb

Broccoli, 1 head

Asparagus, about 1 lb

Dressing:

1-1/2 cups olive oil

2/3 cup red wine vinegar

2/3 cup orange juice

2 T grated orange peel

1/2 t salt

3/4 cup hazelnuts or almonds, toasted and chopped

Remove strings from the peas, boil for 1 minute and place in ice water. Cut the green beans into 1" pieces and boil for 5 minutes. Place in ice water. Cut the broccoli and asparagus into 1" pieces and boil for 3 minutes. Place in ice water. Cover the vegetables and chill.

For the dressing: Whisk together the first 5 ingredients. Add the nuts and chill. At the last minute, place the drained salad vegetables in large bowl and toss with dressing. Serves 10 – 12.

## **ROASTED NEW POTATOES with WATERCRESS SALAD**

### Salad:

6 T olive oil  
1 garlic clove, chopped  
1 t salt  
1/2 t pepper  
1/2 t dried thyme  
1/4 t dried rosemary  
2-1/2 lbs new potatoes

### Dressing:

2 T rice vinegar  
2 t Dijon mustard  
1/4 cup finely chopped shallots  
1 cup watercress sprigs, trimmed

Mix the first 6 ingredients in a large bowl. Cut the potatoes into 1/2" wedges and stir into oil mixture. Bake at 375° for about 55 minutes. Stir occasionally. Cool the potatoes and transfer to a bowl.

For the dressing: Scrape the pan droppings into a measuring cup. Add enough oil to make 6 tablespoons liquid. Whisk in the vinegar and mustard. Add shallots and pour over potatoes. Season with salt and pepper to taste. Let stand at room temperature for 1 hour. Add the watercress and toss to coat. Serves 4 – 6.

## **TOKAY SHRIMP SALAD**

3 cups seedless Tokay or green grapes  
1 lb cooked shrimp, de-veined  
2/3 cup mayonnaise  
2 T white wine  
Salt and curry powder to taste  
3/4 cup almonds

Halve grapes. Drain shrimp thoroughly. Combine mayonnaise, wine, salt and curry powder. Toss with shrimp, grapes and half the almonds. Chill well. Heap onto salad greens. Garnish with remaining almonds. Serves 4.

## **CHICKEN SALAD with APPLES, WALNUTS and GRAPES**

3 lbs boned split chicken breasts (4 large or 6 medium)  
Vegetable oil for sprinkling  
Salt and pepper to taste  
1/2 red onion, halved and thinly sliced  
4 ribs celery, thinly sliced on a diagonal  
2 apples, peeled, cored, sliced, and stored in cold water until needed  
1 cup toasted walnut pieces, chopped coarsely  
2 cups seedless red grapes, halved  
1/4 cup chopped fresh parsley  
3/4 cup mayonnaise  
2 T plain low-fat yogurt or sour cream  
2 T cider vinegar  
8 leaves red leaf lettuce

Place the chicken breasts, skin side up, on a baking sheet in 1 layer. Sprinkle with oil, salt and pepper. Bake in a pre-heated 375° oven for 30 – 35 minutes until cooked through. Cool. Remove and discard skin, tear the meat into bite-sized pieces and place in a large bowl. Add the onion, celery, drained apples, walnuts, grapes and parsley.

In another small bowl, whisk the mayonnaise, yogurt or sour cream, and vinegar with salt and pepper to taste. Spoon half the dressing over the chicken mixture and toss gently. Continue adding dressing until the chicken is moist. Taste for seasoning and add more salt and pepper if you like.

Arrange the lettuce leaves in a large shallow bowl. Put the salad in the bowl, cover with plastic wrap and refrigerate until used. Serves 6 – 8.

## SALAD NIÇOISE

1 large shallot, minced  
1 T capers  
2 T Dijon mustard  
2 T white wine vinegar  
1 t coarse salt  
1/2 t freshly ground pepper  
6 T extra virgin olive oil  
1/2 lb green beans  
1 lb small red potatoes  
2 large peeled hard-boiled eggs (optional)  
1 small head romaine lettuce, cut into bite-sized pieces  
1 stalk celery, cut into 1/4" slices  
2 tomatoes, cut into wedges  
1 (6 oz) can water-packed solid white tuna, drained  
1/2 lb cooked peeled shrimp  
3 oz Niçoise or Calamata olives  
8 anchovies (optional)  
1 (16 oz) can artichoke hearts

For the dressing, whisk together shallot, capers, Dijon, vinegar, salt and pepper. Slowly whisk in oil; set aside.

Fill a large bowl with ice and water. Bring a saucepan of water to a boil. Add green beans, and cook until bright green, about 2 -3 minutes. Drain and plunge into ice water to stop cooking. Drain again, cut into 1-1/2" pieces. Boil potatoes until tender, about 15 minutes. Drain potatoes. When cool enough to handle, cut into 1" pieces. Place in a bowl; toss with 1/4 cup of the dressing. Cut hard-boiled eggs into wedges.

To assemble, arrange lettuce on individual plates. Arrange green beans, potatoes, sliced eggs if using, celery, tomatoes, tuna, shrimp, olives, artichoke hearts, and anchovies if using. Drizzle with remaining dressing. Serves 8.

## **GRILLED TUNA and WHITE BEAN SALAD**

2 (15.5 oz) cans white beans  
Olive oil  
4 – 5 T balsamic vinegar, divided  
1 red onion, peeled, halved, and thinly sliced  
1 T fresh chopped thyme leaves  
Salt and freshly ground pepper  
2 (8-oz) tuna steaks (swordfish can be substituted)  
Lettuce

Drain the beans, place in a bowl, and toss with a couple tablespoons each of olive oil and balsamic vinegar. Fold in the red onion and thyme, and season with salt and pepper to taste.

Preheat grill to high. Brush tuna with oil and season with salt and pepper. Grill the tuna for 1 - 3 minutes per side, or until slightly charred and cooked to desired doneness. Dice tuna into bite-size pieces and drizzle with balsamic vinegar. Fold tuna into the white beans. Transfer to a platter and sprinkle with chopped parsley. Serve warm or at room temperature. Serves 4 - 6.

## CHAMPAGNE-POACHED LOBSTER SALAD

2 (1-1/2 lb) live lobsters  
1 (750 ml) bottle brut Champagne  
1/2 cup sliced shallots, plus 1 T minced shallots  
1 t minced garlic  
1 bay leaf  
1 t whole black peppercorns  
2 T fresh lemon juice  
1 t orange zest  
1 T kosher salt  
5 sprigs fresh tarragon, plus 1 T chopped  
2 t olive oil  
1/2 cup fresh orange juice  
1/2 t Dijon mustard  
2 T honey  
2 T Champagne vinegar  
1/4 t freshly cracked black pepper  
1/2 cup extra virgin olive oil  
Green salad mix  
1 cup quartered cherry tomatoes  
1 ripe avocado, diced

Cook lobsters in boiling water for 5 minutes. Remove and plunge into ice water bath immediately. When cool, remove lobster meat from tail and claws and chop into bite-sized pieces.

Add the Champagne, sliced shallots, garlic, bay leaf, peppercorns, lemon juice, orange zest, kosher salt, and tarragon sprigs to a 3-quart, straight-sided sauté pan. Bring the contents of the pan to a boil, and reduce to a very low heat (bubbles forming on the bottom of the pan that rise slowly and gently will indicate the proper temperature). Cook the lobster meat in the poaching liquid, partially covered, about 4 - 6 minutes. Remove the lobster from the pan and chill until ready to serve. Increase the heat to high, bring the poaching liquid to a boil, and reduce the liquid to 2 tablespoons, about 10 minutes. Strain and



reserve the poaching liquid. Place a small sauté pan over medium heat and add the 2 teaspoons of olive oil. Once the oil is hot, add the minced shallots to the pan and cook until translucent, about 1 minute. Deglaze the pan with the orange juice. Once the juice has almost evaporated, pour the mixture into the bowl with the reduced poaching liquid. Using a whisk, combine the liquid with the shallots and add the mustard, honey, Champagne vinegar, and pepper. Continue whisking vigorously while you slowly drizzle the extra virgin olive oil into the bowl. Add the chopped tarragon.

Combine the salad mix, tomatoes and avocados in a large mixing bowl. Add the lobster meat. Drizzle about 6 – 8 tablespoons of the dressing over the salad, and toss to combine. Adjust seasonings with salt and pepper if needed. Plate the salad on 4 salad plates and serve immediately. Serves 4.

**SEAFOOD and PASTA SALAD**  
**with WATERCRESS, RED PEPPER and FRESH HERBS**

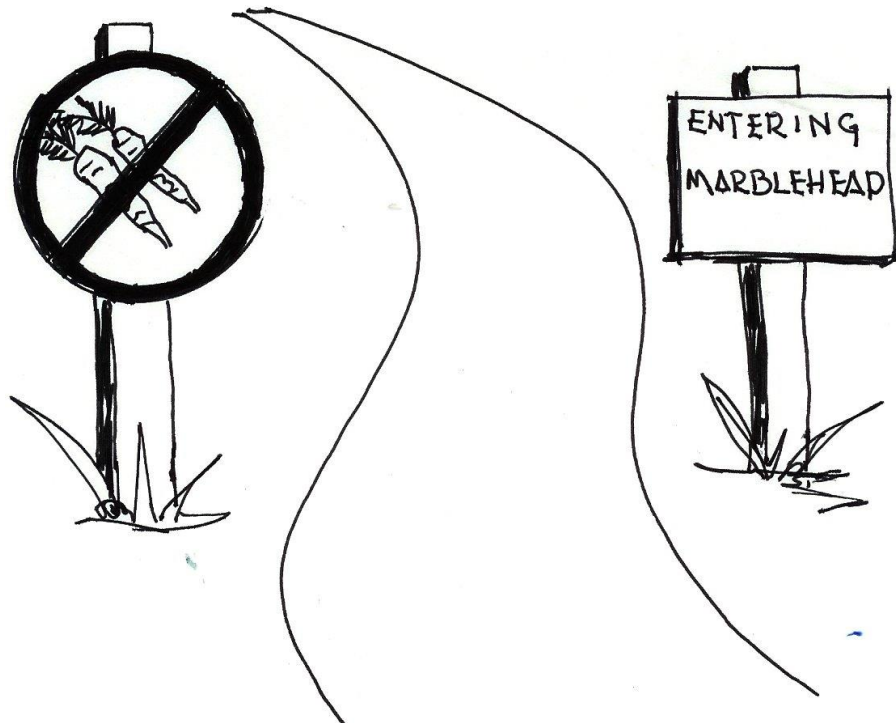
1/4 cup mild olive oil  
2 shallots, finely minced  
1 clove garlic, finely minced  
1 cup dry white wine  
1 lb shrimp, peeled and deveined  
1 lb scallops  
1 lb cooked lobster meat  
1 large tomato, peeled, seeded with juice  
2 T lemon juice  
1 T capers  
2 T caper juice  
2 T fresh dill, chopped  
1-1/2 T fresh tarragon, chopped  
2 T parsley, chopped  
1 T fresh thyme leaves, chopped  
1/2 t salt  
1/2 t pepper  
1/2 cup mild olive oil  
3 cups curly multi-colored pasta, cooked  
2 red peppers, diced  
2 celery ribs  
1 bunch chopped watercress  
Other vegetables as desired

Sauté shallots and garlic in oil on low heat for 3 minutes. Bring the wine to a boil and add to the mixture above. Cook shrimp and scallops by turn in wine. Remove seafood and boil sauce until syrupy and reduced to 1/2 cup.

Add lobster, tomato, lemon juice, capers and caper juice, dill, tarragon, parsley, thyme, salt and pepper to sauce. Whisk in 1/2 cup olive oil. Toss together pasta, peppers, celery and other vegetables. At the last minute add 1 bunch chopped watercress. Serves 7 – 8.

## Vegetables

Many people believe that Marblehead led the colonies in seceding from the British empire. But few people know it was because the English were forcing the colonists to eat vegetables. In fact, the rallying cry of Marblehead signer of the Declaration of Independence Elbridge Gerry was "give me liberty or give me spinach." He parlayed this line into a successful political career that included stints as Governor of Massachusetts and Vice President of the United States under James Madison. Early in his career, though, he had to keep those quarrelsome squash and pumpkin farmers of inland Essex County at bay, so he cleverly drew up his district to include only the coastal towns that followed the old seafaring traditions of making vegetable dishes palatable by drenching them in alcohol. This technique became known as Gerry-mandering, a term no longer linked to veggies, but still tied closely to New England.



## **PARSNIP and SWEET POTATO PUREE**

1-1/3 lbs parsnips, scraped  
1 lb sweet potatoes, peeled (1 large is about 1/2 lb)  
1/2 cup milk  
1/4 t salt  
1/8 t ground cardamom  
1/8 t ground ginger  
Vegetable cooking spray  
2 T almonds, sliced and toasted

Cut parsnips and sweet potatoes into 1/2" slices; place in a vegetable steamer over boiling water. Cover and cook 12 minutes or until tender. Drain; let cool.

Combine vegetables, milk and next 3 ingredients in container of an electric blender or food processor; cover and process until smooth, scraping sides of container occasionally with a rubber spatula. Place in a 2-quart casserole coated with cooking spray. Bake at 325° for 30 minutes, or until thoroughly heated. Spoon onto 8 serving plates; arrange almonds on puree. Serves 8.

## AMARETTO CARROTS

1-1/2 lbs carrots, 4" pieces

3 T unsalted butter

3 T amaretto

1/4 t ground ginger

1/3 cup sliced, unblanched, toasted almonds

Salt and pepper to taste

Steam the carrots for 5 minutes or until *al dente*. Quarter the carrots lengthwise. Sauté in butter for 3 minutes. Add amaretto and ginger; cook for 3 minutes. Add almonds, salt and pepper to taste. Cook for 1 more minute. Serves 6 – 8.

## **ASPARAGUS with CAPERS and PINE NUTS**

1/4 cup pine nuts  
1-1/2 lbs asparagus, small to medium-sized spears  
3/4 stick unsalted butter  
1 T lemon juice  
1/4 cup capers  
Freshly ground pepper and salt to taste  
1/4 lb Parmesan cheese

In a heavy dry frying pan over medium heat, toast the pine nuts, stirring, until lightly colored and fragrant, 1 - 2 minutes. Set aside.

Remove the tough ends of the asparagus spears; trim the spears to a uniform length. If the stalks are thick, using a vegetable peeler peel off the outer skin starting about 2" below the tips.

Steam asparagus spears until tender-crisp, 4 - 6 minutes.

Meanwhile, in a small saucepan over medium-low heat, melt the butter. Add the lemon juice and capers, season with pepper, and cook, stirring gently, for 30 – 40 seconds. Taste and adjust seasonings with salt, pepper or lemon juice.

When the asparagus spears are done, drain well and place on a serving platter. Spoon the caper sauce over them and then scatter on the pine nuts. Using a vegetable peeler, shave off paper-thin slices of Parmesan over the asparagus.

Serve at once. Asparagus spears may be cooked ahead, sauce may be prepared ahead, and spears re-warmed in the sauce at the last minute before serving. Serves 6.

## **BUTTERNUT SQUASH with APPLES**

2 medium butternut squash  
2-1/4 lbs Granny Smith or other tart apples  
3/4 cup dried currants (or raisins)  
Freshly grated nutmeg to taste  
1 t ground cinnamon  
2 T frozen orange juice concentrate, thawed  
Salt and pepper to taste  
3/8 cup maple syrup  
1/2 stick butter  
1-1/2 T lemon juice  
1 t grated orange peel  
1 t grated lemon peel

Peel and seed the squash. Cut into bite-sized pieces (about 6 cups) and boil for 3 minutes. Peel, core, seed and slice the apples (about 6 cups). Mix the apples and squash with the currants, salt and pepper in a baking dish.

Whisk the maple syrup, butter, nutmeg, cinnamon, orange juice, grated lemon and orange peel and lemon juice over low heat until the butter is melted. Pour over squash, toss until well mixed. Cover and bake at 350° for 1 hour or until tender. Serves 6 – 8.

## **CELERY ROOT MASHED POTATOES**

1/2 lb celery root, peeled and chopped  
2 lbs russet potatoes, peeled and chopped  
1/2 cup half & half  
1/2 stick butter

Place celery root in a heavy medium saucepan. Cover with water; bring to a boil. Reduce heat and simmer until very tender, about 30 minutes. Drain; transfer to blender and puree. Keep warm.

Meanwhile, place potatoes in heavy large saucepan. Cover with water and bring to boil. Reduce heat and simmer until potatoes are very tender, about 30 minutes. Drain; transfer to large bowl.

Using electric mixer, beat potatoes until smooth. Add celery root. Bring half & half and butter to boil in heavy small saucepan. Gradually add to vegetables; beat until smooth and fluffy. Season with salt and pepper. Serves 4.

Note: Can be prepared 1 hour ahead. Keep warm in bowl set over pan of simmering water. Add more cream or milk if necessary.



## **CORN and ZUCCHINI FRITTERS**

1-1/2 cups flour  
2 t baking powder  
Coarse salt and freshly ground pepper  
2 T unsalted butter, melted  
2 large eggs  
1/2 cup milk  
1/2 cup finely chopped cooked ham (optional)  
1-1/2 cups grated zucchini (about 8 oz)  
2 cups fresh corn kernels (3 – 4 ears)  
Vegetable oil for frying  
Cooked bacon and sliced cheddar cheese, avocado, and tomato for serving (optional)

Whisk together flour, baking powder, 2 teaspoons salt, and 1/4 teaspoon pepper in a large bowl. In a separate bowl, stir together butter, eggs and milk; add to flour mixture and stir until just combined. Add ham (if desired), zucchini, and corn, and stir until well blended.

Heat 1" of oil in a large cast-iron skillet over medium heat until it registers 350° on a deep-fry thermometer.

Working in batches of 4 or 5, gently drop 2 tablespoons batter into skillet for each fritter, pressing gently with a spatula to flatten. Cook, turning once, until golden brown, about 2 minutes per side. Transfer to paper towels to drain. Season fritters with salt and pepper while still hot. Make sandwiches with fritters using bacon, cheese, avocado and tomato if desired.

## **CREAMED CAULIFLOWER & BROWN RICE**

1 lb cauliflower, chopped into small pieces  
3 T extra-virgin olive oil  
3 cloves garlic, minced (optional)  
3/4 cup short-grain brown rice  
1/3 cup grated Parmesan cheese  
1 T lemon juice  
Salt and freshly ground pepper

In a large, heavy pot over medium heat, sauté the cauliflower in the oil until browned, about 3 minutes. Stir in the garlic and cook for 1 minute. Stir in the rice with 3 cups water and bring to a boil. Cover and adjust the heat to simmer for 25 minutes. Uncover and stir until the cauliflower starts to fall apart. Continue simmering until the rice is tender, about 5 minutes. Remove from the heat and stir in the Parmesan and lemon juice. Season with salt and pepper to taste. Serves 6.

## **ASPARAGUS WITH LEMON VINAIGRETTE**

3/4 lb fresh asparagus, woody stems removed  
1/2 t Dijon mustard  
1/2 lemon, juiced  
1 T olive oil  
Salt and freshly ground black pepper

To roast asparagus, toss with 2 T olive oil, salt and pepper, spread the stalks on a baking sheet in a single layer, and roast until tender but still firm and moist, about 10 minutes.

Alternatively, asparagus may be steamed until tender but still firm, about 5 – 7 minutes. Salt and pepper will be added after the vinaigrette.

In a small bowl, vigorously whisk together the mustard and lemon juice. Slowly drizzle in the olive oil, whisking quickly to emulsify the olive oil into the juice mixture. Season with salt and pepper to taste.

Transfer the asparagus to a serving platter, sprinkle the vinaigrette over it and serve. The dish may be eaten warm or room temperature.  
Serves 4.

## **KING'S SPINACH**

2 T butter

3 T flour

1 cup chicken stock

1 cup grated cheddar cheese

2 packages frozen chopped spinach, cooked and well drained

Dash of nutmeg

Salt and pepper to taste

1/4 cup toasted slivered almonds

Melt butter, add flour, and simmer 2 minutes. Add chicken stock, whisk and simmer until thick. Add cheese and spices, stir until melted. Stir in spinach, serve with almonds on top. Serves 4.

## **ROASTED TOMATO SAUCE**

Ripe plum tomatoes, preferably fresh-picked or in season, to cover 1  
baking sheet when halved, about 20 – 25

Olive oil for brushing, approximately 1/2 cup

1/4 cup fresh basil, chopped

Salt and freshly ground pepper to taste

Slice tomatoes in half lengthwise, remove core. Place cut side up on a baking sheet. Brush surfaces with olive oil, sprinkle with chopped basil, salt and pepper. Bake covered with foil in a 300° oven for 1 hour, remove foil and bake for another hour. Cool, slip tomato pulp out of skins into a bowl. Stir and warm to serve with pasta of your choice. Freezes nicely. A baking tray of tomatoes serves 4.

## **GREEN BEANS VINAIGRETTE**

1 lb fresh green beans, trimmed  
1 t rice vinegar  
1 t soy sauce  
1 t lemon juice

Boil green beans until crisp tender, about 5 minutes. Meanwhile, whisk together the vinegar, soy sauce and lemon juice. Drain green beans, place in bowl, toss with sauce.

## POTATO LATKES

8 medium potatoes, peeled  
1 medium onion  
Lemon juice  
1 cup flour  
1 cup milk  
1 egg  
1 T baking powder  
2 T melted butter  
Freshly grated nutmeg  
Vegetable oil  
Salt and pepper to taste  
Applesauce, for garnish  
Crème fraiche, for garnish

Grate potatoes and onions on a large-hole grater. Splash with lemon juice and squeeze out excess water.

Mix flour, milk, egg, baking powder, and nutmeg. Add to the potatoes and then add the melted butter.

Heat vegetable oil in a skillet and fry until golden on one side. Flip and cook the same way on the other.

Serve with applesauce and crème fraiche.

## **BOURBON MASHED SWEET POTATOES**

2 lbs sweet potatoes  
1/2 cup cream  
1/4 cup bourbon whiskey  
1 T light brown sugar  
1 T maple syrup  
1/8 t salt  
Freshly grated nutmeg

Place the potatoes on a foil-lined baking sheet. Bake until tender and starting to ooze sugary syrup, about 1 hour and 15 minutes, depending on their size. Remove from the oven and let sit until cool enough to handle.

Cut a slit down each potato and scoop the flesh into a large bowl. Discard the skins. Add the cream, bourbon, brown sugar, maple syrup, and salt and beat at high speed with an electric mixer until smooth. Cover to keep warm or gently reheat before serving. Serves 4 – 6.



## Grains and Pasta

For grains, Skip has borrowed from a number of cultural traditions. His Sweet and Sour Tofu on Rice came from the Orient, just like the opium-trading fleets from Salem whose treasures are housed in Salem's Peabody Museum. From South America comes quinoa, a creamier version of couscous, a great source of protein for vegetarians. Barley and Corn Salad with Jalapeno and Lime Dressing blends the tastes of old Marblehead with the ethnic flavor of new Salem. As for Phoebe's Party Rice, that's the most inclusive dish of all, because, well, Phoebe is the most inclusive dish of all. But anyone who knows old Marblehead also knows that the most beloved use of grains was to make the daily portion of beer or ale.



## NUTTY WILD RICE

1/2 cup wild rice  
1 cup brown rice  
2-1/2 cups water  
1 cup shelled pecans coarsely chopped  
1 cup yellow raisins  
Grated rind of 1 large orange  
1/4 cup fresh mint, chopped  
1/4 cup olive oil  
1/3 cup fresh orange juice  
1/2 t salt  
1/2 t pepper

Bring water to a boil, add wild rice, and cook 20 minutes. Stir in brown rice, and cook about another 45 minutes until liquid is absorbed and rice is tender.

Toss remaining ingredients gently with rice mixture. Let stand for 2 hours. Serve at room temperature. Serves 6 – 8.

## **BARLEY and CORN SALAD with JALAPENO and LIME DRESSING**

3 cups water  
1 cup pearl barley, uncooked  
1 T jalapeno pepper, minced  
1/4 cup fresh lime juice  
2 T vegetable oil  
1/2 t salt  
1/8 t pepper  
1 cup corn, cut from cob (about 2 large ears)  
1/2 cup cucumber, peeled, seeded and diced  
1/2 cup tomato, unpeeled, diced  
1/2 cup green bell pepper, diced  
1/2 cup red onion, finely chopped

Bring water to a boil in a medium saucepan; gradually stir in barley. Cover, reduce heat and simmer 40 minutes or until barley is tender and water is absorbed. Let cool.

Combine jalapeno pepper and next 4 ingredients and stir with a wire whisk. Combine barley, corn and next 4 ingredients in a large bowl; add dressing, tossing to coat. Serves 4.

## **PHOEBE'S PARTY RICE**

2/3 cup wild rice  
2/3 cup brown rice  
3-1/2 cups water  
1/2 cup orzo noodles  
1/2 package dried cranberries  
1 orange, peeled and chopped into small sections  
2/3 cup currants or raisins  
2/3 cup chopped nuts  
1/4 cup oil  
1/3 cup orange juice  
Salt and pepper to taste

Bring the water to a boil and add the wild rice. Reduce heat and simmer for 20 minutes. Add brown rice and cook for another 45 minutes. Cook the noodles until tender, about 10 minutes. Boil the cranberries for 5 minutes and drain. Add remaining ingredients and toss with the oil and orange juice. Serve at room temperature or chilled. Serves 6 – 8.

## **MACARONI with 4 CHEESES**

1/2 stick butter  
4 T flour  
2 cups half & half  
3/4 t salt  
1/4 t freshly ground pepper  
1/4 t Tabasco hot sauce  
2 cups grated Parmesan cheese  
1 lb elbow macaroni  
4 oz grated cheddar cheese (about 1 cup)  
4 oz grated fontina cheese  
4 oz grated gruyere cheese

In a heavy large saucepan melt the butter over low heat, add the flour and stir to combine. Cook, stirring constantly, for 3 minutes. Increase the heat to medium and whisk in the half & half little by little. Cook until thickened, about 4 – 5 minutes, stirring constantly. Turn heat to low, season with the salt, pepper, and hot sauce and stir in all the cheeses except 1/3 cup grated Parmesan. Stir until cheese is melted and sauce is smooth. Cover and set aside.

Cook the macaroni in boiling water until it is slightly undercooked, about 5 minutes. Drain, return it to the pot, add the cheese sauce and stir until well combined.

Place in baking dish and sprinkle the remaining Parmesan over the top of the macaroni. Bake for 40 – 45 minutes in a preheated 350° oven or until the mixture is bubbly and hot and the top is golden brown. Serves 8 – 10.

## QUINOA SALAD

*Quinoa (KEEN-wa), a nutritious grain high in protein, is available in health food stores and supermarkets.*

1/2 cup quinoa, rinsed in cold water  
1 T extra virgin olive oil  
2 t fresh lemon juice  
1 t red wine vinegar  
1-1/2 t fresh basil, finely chopped  
1 t fresh tarragon, finely chopped  
1/2 t salt  
1/4 t freshly ground pepper

Bring quinoa and 1 cup cold water to a boil in a small pan. Reduce heat to low, cover, and simmer until water is absorbed, 10 – 12 minutes. Set aside to cool.

Transfer quinoa to a medium bowl and add remaining ingredients. Toss well to combine and serve. Any number of other vegetables may be added for color and variety: chopped fresh tomatoes, lightly sautéed pea pods, celery, red or green peppers. Serves 4.

## **SWEET and SOUR TOFU on RICE**

1/2 cup walnut pieces  
2 (14 oz) packages firm tofu  
4 T soy sauce  
2 T sherry or mirin  
1 large onion  
1 large green pepper  
1 stalk celery  
1 large carrot  
1 cup fresh pineapple chunks  
1-1/2 T honey  
2 T cider vinegar  
1-1/4 cups stock  
1-1/2 T cornstarch

Toast the walnut pieces in an oven. Cut the tofu into 1" cubes. Marinate in soy sauce and sherry for at least one hour. Cut the onion, pepper, celery and carrot into chunks or slices and stir-fry in oil. After 2 – 3 minutes add pineapple. Mix the honey, cider vinegar and 1 cup of stock. Add to vegetables. Add tofu and heat through. Dissolve the cornstarch in the other 1/4 cup of stock and add 2 tablespoons soy or soy/sherry marinade. Stir into vegetables. Heat until thick. Stir in the walnuts and serve over brown rice. Serves 6.

## CLAMS LINGUINE

1/4 cup olive oil  
1/2 stick butter  
1 small garlic clove, finely minced  
1/4 cup fresh parsley, finely chopped  
1/4 cup fresh basil, finely chopped  
4 T Parmesan cheese, grated  
Pinch dry red pepper  
3 (6.5 oz) cans clams, with liquid  
1 (8 oz) bottle clam juice  
1 cup dry vermouth  
1 lb linguine

Warm olive oil. Melt butter; add garlic, parsley, basil, and pepper and sauté 1 – 2 minutes. Add clams, clam juice and vermouth. Simmer, uncovered, 10 – 15 minutes until reduced. Pour over hot, cooked linguine. Sprinkle with Parmesan cheese. Serves 4.

Variation: Stir in 2 tablespoons tomato paste before serving (for red clam sauce).



## FETTUCCINE ALFREDO

1 lb dried fettuccine  
3/4 stick butter  
1 shallot, minced  
1 cup heavy cream  
1 cup finely grated Parmesan cheese  
1/2 t salt  
1/4 t freshly ground black pepper  
Fresh parsley, for garnish, optional

Cook the fettuccine in a pot of rapidly boiling salted water until *al dente*, about 8 – 10 minutes. Drain, reserving 1/4 cup of the pasta cooking liquid.

While the pasta is cooking, melt the butter in a medium saucepan over medium-high heat. Add the shallots and sauté until tender. Add heavy cream and bring to a boil. Cook until sauce has reduced slightly, about 5 minutes. Remove from the heat.

Return the pasta to the pot, set over medium-high heat along with the reserved cooking liquid. Add the butter-cream mixture and half of the Parmesan and toss to combine thoroughly. Season with salt and pepper, to taste. Sprinkle with remaining Parmesan and garnish with parsley, if desired. Serve immediately. Serves 4.

## **LINGUINE with CRAB and WILD MUSHROOMS**

1 (8 oz) bottle clam juice  
1/2 t saffron threads  
3 T butter  
8 oz shiitake mushrooms  
1/2 bunch green onions  
1 T tomato paste  
8 oz crab meat  
2 t fresh tarragon, minced or 3/4 t dried  
8 oz dried linguine

Combine clam juice and saffron. Sauté the mushrooms in butter about 3 minutes. Add onions and tomato paste. Stir to blend. Add clam juice mixture and simmer for 2 minutes. Add crab meat and tarragon; stir until heated.

Boil linguine until *al dente*, drain. Top with crab mixture. Garnish with green onions. Serves 2.

## SEAFOOD LASAGNA

1-1/2 cups chopped onion  
1 t dried oregano  
1 t dried basil  
2 T olive oil  
1 garlic clove, minced  
7 cups crushed tomatoes  
Salt and pepper to taste  
3 lbs any combination of sea scallops, shrimp and lobster meat  
1 lb firm white fish cut in 1" pieces  
1 lb lasagna noodles  
2 cups grated cheddar or Swiss cheese  
1/2 cup grated Parmesan cheese  
8 oz ricotta cheese

Sauté onion, oregano, basil and garlic in olive oil until onions are soft. Stir in tomatoes, with juice, salt and pepper, and cook 10 – 15 minutes until thick. Cook shrimp, scallops and fish each separately in about a tablespoon of oil each, remove to sieve and drain. Toss together. Cook lasagna noodles until *al dente*. Create 3 layers in lasagna pan with tomato sauce on the bottom, layer of pasta, seafood, ricotta, tomato sauce, and cheddar cheese in 2 layers, and with pasta, tomato sauce and Parmesan cheese as the final layer.

Bake in 400° oven 25 – 30 minutes until top is golden and sauce bubbles. Serves 10 – 12.

## TURKEY TETRAZZINI

1-1/2 cups chopped onion  
1/2 lb mushrooms, thinly sliced  
1 cup chopped red pepper  
1 t finely chopped jalapeno pepper  
4 T oil  
4 T flour  
2 cups chicken stock  
1/2 cup half & half  
Salt and pepper to taste  
2 – 3 cups leftover turkey, cubed  
1 lb fettuccine noodles, cooked to *al dente* stage  
2 cups grated cheddar, Monterey Jack or Swiss cheese  
1/2 cup grated Parmesan cheese

Sauté onion, peppers and mushrooms in oil until onions are soft and mushrooms have absorbed the oil. Add flour to mixture, stir to make a roux. Whisk in the chicken broth and cook, stirring constantly, over medium heat until thickened. Remove sauce from heat and stir in the cream. Season to taste with salt and pepper. Stir in turkey.

Stir turkey mixture, noodles and cheddar (or other) cheese together. Put in a baking dish. Top with Parmesan cheese. Heat for 45 minutes in preheated 350° oven until sauce is bubbling and top is browning.  
Serves 6 – 8.

## **PASTA WITH BOLOGNESE SAUCE**

2 T olive oil  
1 T unsalted butter  
1/4 cup minced pancetta (or bacon)  
1 cup minced celery  
2/3 cup minced carrot  
1 cup minced onion  
1 lb ground beef chuck  
1/2 lb sweet Italian sausage meat, scooped from links  
Salt and freshly ground pepper to taste  
1 cup milk  
1/2 cup dry white wine  
1-1/2 cups canned plum tomatoes, chopped with liquid  
1 lb pasta  
freshly grated Parmesan cheese

In a 3 quart saucepan heat oil and butter. Add pancetta and cook for 6 to 8 minutes, or until most of the fat has been rendered. Then add carrots, celery and onions and sauté for 3 minutes. Now add the beef, sausage, salt and pepper to taste and cook until the meat is no longer pink. Add the milk and simmer gently, stirring occasionally, until the milk is completely evaporated. Add wine and simmer until evaporated.

Finally, add the tomatoes, partially cover, and simmer slowly, stirring occasionally, for 2 hours. It's important to reduce as slowly as possible. If sauce becomes dry, add 1/2 cup water whenever necessary. When almost ready to serve, bring a large pot of salted water to a boil. Cook the pasta until it is tender but still firm to the bite, 10 to 12 minutes. Drain and return to the pot. Add your sauce to the pasta and toss to combine. Transfer to a serving bowl and serve immediately. Top with freshly grated parmesan cheese if desired. Serves 4 – 6.

## Fowl Play

Marblehead's contribution to fowl is famous, or more appropriately, infamous. It concerns the true tale of Skipper Benjamin Ireson, who in the famous Longfellow poem "The Wild Ride of Skipper Ireson," was carted through the streets of Marblehead in tar and feathers (feathers for fowl, get it?). Ireson's crime? Refusing to help a sinking ship that the Skipper passed on his way into port. Skipper Ireson let himself be tarred and feathered without complaint, and when it was over, said, "Thank you, gentlemen, for the ride, but you'll live to regret it." It later turned out that Ireson had wanted to help the distressed ship, but the crew wanted to "duck" out because of an approaching gale. When they got to port, the whole town, warned of the incident, was waiting with pickaxes. The crew, panicking, "chickened" out and "goosed" Ireson.



## **BRUNSWICK STEW**

2 frying-size chickens, cut into halves  
2 onions, chopped  
1 cup celery, chopped  
1 t salt  
1/2 t black pepper  
3 cups tomatoes, peeled and chopped  
2 cups water  
2 cups lima beans  
2 cups corn  
1 cup chopped potatoes if desired  
Garlic salt or Tabasco to taste

Simmer first 7 ingredients for 1-1/2 hours. Remove chicken from broth, take the meat from the bones and cut into small pieces. (I prefer to blend the remaining mixture at high speed before returning the chicken, but this is not necessary.) Return chicken pieces to broth. Add beans, corn and potato if desired. Cook until vegetables are tender. Fresh tomatoes, beans and corn are preferable but frozen beans and corn may be used. Adjust stew to your taste with salt, pepper, garlic salt or Tabasco. Freezes well. Serves 6 – 8.

## **SKIP'S LEMON-ROASTED CHICKEN**

1 medium chicken  
Juice of 2 -3 lemons \*\*  
Softened butter  
1 T chopped fresh basil  
1 T chopped fresh parsley  
1 T chopped fresh thyme  
Salt and pepper to taste

2 T soy sauce and 2 T canola oil for oven-baked chicken

For Rotisserie chicken:

Leave chicken whole, remove giblets from cavity, stuff with 1 whole lemon, cut in half. Inject lemon juice with a cooking hypodermic needle under skin of chicken in as many places as possible. Brush with softened butter and sprinkle with chopped herbs, salt and pepper. Roast about 1-1/2 hours at medium temperature.

For oven-baked chicken:

Cut chicken into serving pieces. Mix soy sauce and canola oil in 9" x 13" baking dish. Place the dark meat in the baking dish. Sprinkle heavily with lemon juice, and add the fresh herbs, salt and pepper. Reserve the breasts. Bake the dark meat uncovered in a pre-heated 350° oven for 35 minutes. At that time season the breast meat with lemon juice and seasonings as above, add them to the pan and baste all pieces. Continue to bake until breast meat is just done, 10 – 15 more minutes.

**\*\* Lemon's the secret!**



## CHICKEN PICCATA

6 boneless tenderloin chicken breasts  
1/2 stick butter  
2 T canola oil  
Flour to coat filets  
Salt and pepper to taste  
2 eggs, beaten  
1 cup Panko bread crumbs  
8 oz mushrooms, sliced (Baby Bella, shitake)  
2 T butter  
2 whole lemons  
1-1/2 cups chicken stock  
1/4 cup capers

Pound small filets until very thin, between pieces of waxed paper. Salt and pepper to taste. Dip filets in flour, beaten egg, and bread crumbs. Heat oil and butter, and sauté filets lightly until browned. Remove to baking dish. Sauté mushrooms in pan with 2 tablespoons butter. Spread over chicken filets. Cut 3 thin lemon slices in half, distribute over filets. Squeeze rest of lemons. Add chicken stock and lemon juice to frying pan, heat and stir to loosen any bits of meat. Reduce sauce to about 1 cup, pour over filets. Sprinkle with capers. Can be prepared ahead to this point and refrigerated. When ready to serve, bake at 375° for 15 – 20 minutes until thoroughly heated. Serve over rice or noodles. Serves 6.

## **CHICKEN CORDON BLEU**

6 (6 oz) chicken breasts, boned and skinned  
2 T butter  
2 T flour  
3/4 cup hot milk  
Salt, pepper and nutmeg to taste  
6 T diced gruyere cheese  
4 T diced cooked ham  
1 T parsley, chopped  
1/2 cup flour  
2 eggs, beaten with salt and pepper  
2 cups fresh French bread crumbs or Panko crumbs  
1/2 cup clarified butter

Flatten small filets and cut a pocket in each large filet. With butter, flour and hot milk, make a roux and let cool. Add salt, pepper, nutmeg, cheese, ham and parsley to roux, and stuff into pockets. Press small, flattened filets over each stuffed pocket. Roll filets in flour and dip in egg mixture. Roll filets in bread crumbs and chill for 1 hour. Brown filets carefully and return to dish. Bake at 375° for 10 minutes.  
Serves 6.

## COQ au VIN a la Skip

6 slices bacon, diced  
2 T olive oil  
4-1/2 lbs chicken, cut in pieces, rinsed and patted dry  
1/2 cup celery, finely chopped  
1 cup onion, finely chopped (about 1 large)  
3 carrots, chopped (about 1/4 cup)  
1 bay leaf  
3/4 t dried thyme, crumbled, or 1 T fresh thyme leaves  
1/4 cup Cognac or other brandy  
1/4 cup flour  
2 cups dry white wine  
2-1/2 cups chicken broth  
1/2 lb mushrooms, stems discarded and the caps sliced thin  
1 lb Yukon Gold potatoes (about 4 small), peeled and quartered  
Garnish with parsley, thyme sprigs, and/or grated nutmeg

Sauté bacon until crisp, drain on paper towel. Heat oil in the bacon drippings over moderately high heat. Sauté the chicken pieces in batches, seasoned with salt and pepper, for 8 – 10 minutes or until browned, turning them once. Transfer the chicken pieces to a plate and keep them warm. Pour off all but 2 tablespoons of the fat. Add the celery, onion, bay leaf, carrots and thyme. Cook over moderately low heat, stirring, until carrots are just tender. Add Cognac and boil until it is nearly evaporated. Stir in the flour, cook the mixture over moderately low heat, stirring, for 3 minutes. Whisk in the wine and the chicken broth. Bring the mixture to a boil. Add the chicken and potatoes and simmer the mixture, covered, for 30 minutes.

Remove the chicken, cool, remove meat, discarding skin and bones. Replace chicken in pot. Cook the mushrooms in 1 tablespoon of remaining oil over moderate heat, stirring, for 5 minutes or until all the liquid they is evaporated and they are tender. Stir into pot with the bacon, cook an additional 10 – 15 minutes. Add garnish. Serves 4 – 6.

## CHICKEN with LIME

3 T lime juice  
2 T soy sauce  
1/2 cup chicken broth  
1 t minced garlic  
1 t chopped jalapeno pepper  
1/2 t grated lime rind  
1/2 t freshly grated ginger root  
4 boneless, skinless chicken breasts cut into 1" pieces  
1 t cornstarch  
2 T vegetable oil  
2 thin zucchini, in julienne strips  
1/2 red pepper, in julienne strips  
1/4 t salt  
1/4 t freshly ground pepper

Marinate the chicken in a mixture of the lime juice, soy sauce, garlic, jalapeno, grated lime, ginger root and cornstarch for 1 hour. Heat 1 tablespoon of the oil in a large skillet or wok over medium-high heat. Add the zucchini, peppers, salt and pepper. Cook, stirring, until tender but crisp, about 2 minutes. Remove and set aside.

Heat the remaining oil in the same skillet. Add the chicken and cook, stirring, until the flesh is opaque and firm, 3 – 5 minutes. Return the vegetables, chicken broth and marinade to the skillet. Cook, stirring, until heated through, about 30 seconds. Serve over penne noodles or rice. Serves 4.

## **SPICY GRILLED CITRUS CHICKEN**

1 (6 oz) can frozen orange juice concentrate, thawed  
1/2 cup canned tomato puree  
1/4 cup honey  
1 t orange zest, minced  
1 t lemon zest, minced  
1 t lime zest, minced  
3 T fresh lemon juice  
3 T fresh lime juice  
4 garlic cloves, crushed through a press  
1 t thyme leaves  
3/4 t cayenne pepper  
3/4 t freshly ground black pepper  
1 t salt  
6 chicken breast halves with skin and bones (about 1/2 lb each)

In a large bowl, combine the first 13 ingredients. Mix to blend well. Add the chicken and turn to coat. Cover and refrigerate overnight.

Sear chicken on lightly oiled hot grill, bone-side down, for 5 minutes.

Meanwhile, pour the marinade into a small non-reactive saucepan and bring to a boil over moderate heat. Boil for 1 minute. After the chicken has cooked for 5 minutes, spoon some of the marinade over each piece and turn. Grill for 15 – 20 minutes, basting with the marinade and turning every 5 minutes until the chicken is white throughout but still juicy. Serves 6.

## **BACON-WRAPPED CORNISH HENS with RASPBERRY-BALSAMIC GLAZE**

2/3 cup seedless raspberry jam  
1/2 cup balsamic vinegar  
16 bacon slices (3/4 lb)  
4 (1-1/2 to 1-3/4 lb) Cornish hens

Briskly simmer jam and vinegar in a small saucepan, uncovered, stirring occasionally, until glaze is reduced to about 1/2 cup, about 8 minutes. Cool to room temperature (glaze will thicken slightly as it cools).

Preheat oven to 450°.

Cook bacon in batches in a large heavy skillet over moderate heat, turning occasionally, until some of fat is rendered but bacon is still translucent and pliable, 5 – 7 minutes. Transfer to paper towels to drain.

Cut out and discard backbone from each hen with kitchen shears, then halve each hen lengthwise. Pat hens dry and season with salt and pepper, then arrange, cut sides down, in a large roasting pan. Brush hens liberally with glaze, reserving remainder, and wrap 2 slices of bacon around each half hen, tucking ends under. Roast in middle of oven, brushing with pan juices and reserved glaze twice (every 10 minutes) until juices run clear when a thigh is pierced, 30 – 35 minutes. Serves 8.

## **SKIP'S TURKEY STUFFING**

1 egg  
1/2 cup bread crumbs  
1/2 cup celery, chopped  
1/2 envelope Lipton's Onion Soup mix  
1/2 cup uncooked popcorn

Beat egg and add other ingredients. Stuff turkey and bake at 375° for 3 hours. When the 3 hours are up, get the hell out of the kitchen because that popcorn is going to blow that turkey's ass right out of the oven.

## Seafood

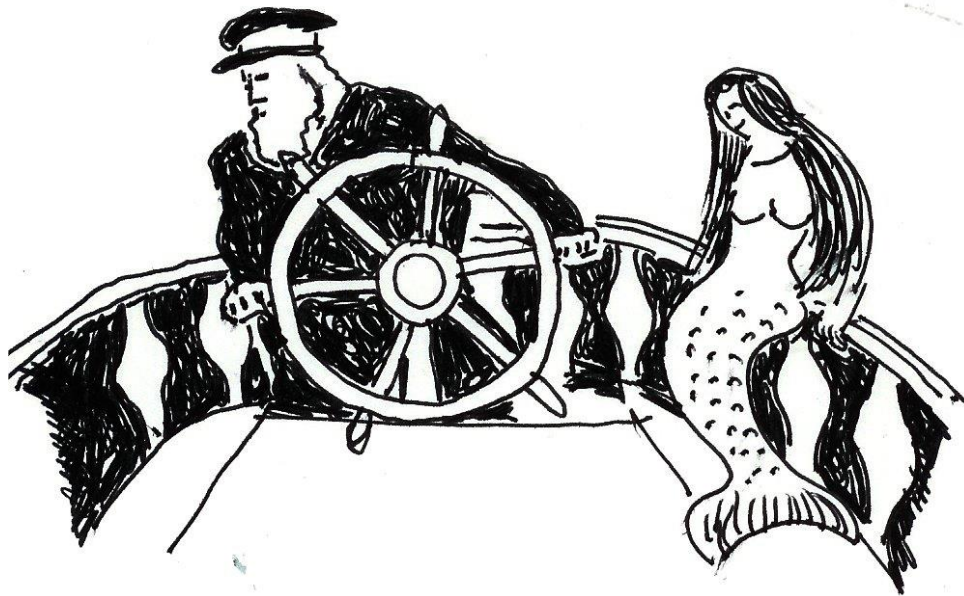
When Skip moved to Marblehead, there were only 3 ways to prepare seafood locally:

bury it in salt casks for 2 months and then let it cure on flakes in the open air;

deep-fry it until it turned black;

on special occasions, have a clam bake. First, find a beach, then build a huge fire on it, heating the rocks, then covering them with seaweed. Put cheesecloth bags full of the seafood in the seaweed. After an hour or so the mixture -- and the guests -- get stewed to perfection.

As times and tastes have changed, a few recipes have had to be eliminated, like Red Tide Chowder and Mercury Rockefeller.





## **CRAB CAKES with BASIL AIOLI**

### Basil Aioli:

3/4 cup mayonnaise  
1/3 cup finely chopped fresh basil  
1-1/2 t minced garlic  
1 T fresh lemon juice  
1-1/2 t grated lemon peel

Mix all ingredients in medium bowl. Season to taste with salt and pepper. Cover and refrigerate at least 1 hour to allow flavors to develop. (Can be prepared 2 days ahead. Keep refrigerated.)

### Crab Cakes:

12 oz crabmeat  
1/4 cup minced roasted red peppers from jar  
Basil Aioli (see above)  
3 cups fresh breadcrumbs (from about 8 oz bread)  
2 large egg yolks  
Flour  
2 egg whites, beaten just until foamy  
3 T butter

Combine crabmeat, red peppers, 3 tablespoons Basil Aioli and lemon peel in large bowl. Mix in 1-1/2 cups breadcrumbs. Season to taste with salt and pepper. Mix in yolks (mixture will be soft.)

Form crab mixture into 8 cakes 3/4" thick, using generous 1/4 cupful for each. Coat cakes on both sides with flour; shake off excess. Brush both sides with beaten egg whites, then coat with remaining breadcrumbs. Cover, chill at least 2 hours, up to 6 hours.

Melt butter in heavy large skillet over medium-high heat. Working in batches, cook cakes until golden brown and heated through, about 4 minutes per side. Place 2 cakes on each plate. Serve with remaining Basil Aioli. Serves 4.

## **SWORDFISH STEAKS with PINEAPPLE SALSA**

1 large pineapple, peeled, quartered and cored  
1 red bell pepper, cut into 1/4" dice  
1 green bell pepper, cut into 1/4" dice  
1 small red onion, finely chopped  
1/4 cup vegetable oil  
3 T fresh cilantro, finely chopped  
2 T fresh lime juice  
2 T snipped fresh chives  
2 T fresh parsley, minced  
1/2 jalapeno chili, minced  
Salt and freshly ground pepper  
4 (7 oz) swordfish steaks, about 1" thick  
Vegetable oil

Preheat broiler. Place pineapple on baking sheet and broil until just beginning to brown, about 5 minutes per side. Finely chop pineapple. Mix with bell peppers, onion, 1/4 cup oil, cilantro, lime juice, chives, parsley and jalapeno. Season with salt and pepper. Cover and refrigerate salsa 2 hours.

Prepare barbecue (high heat). Brush swordfish with oil. Season with salt and pepper. Grill about 5 minutes per side for medium. Transfer to plates. Spoon pineapple salsa over and serve. Serves 4.

## **TUNA BURGERS with PINEAPPLE GLAZE**

1 cup pineapple juice  
1/2 cup white wine vinegar  
1 t ginger, finely grated  
3 T soy sauce  
3 T light brown sugar, firmly packed  
6 T ketchup  
3 T lime juice  
1-1/2 lbs fresh tuna steaks, ground or processed in food processor  
2 T oil  
Salt and freshly ground pepper

### Glaze:

Combine the pineapple juice, vinegar, ginger, soy sauce and brown sugar in a small saucepan and bring to a boil. Reduce the heat to low and simmer until the volume is reduced by half, about 30 minutes. Add the ketchup and cook an additional 5 minutes. Remove from the heat and add the lime juice.

### Burgers:

Shape the ground tuna firmly into 4 round uniform patties about 1" thick. Place in the refrigerator for 30 minutes. (The burgers must be very cold to hold their shape when cooking.) Brush both sides of the burgers lightly with the pineapple glaze and season with salt and pepper to taste. Heat oil in a large cast iron skillet over medium high heat until just smoking. Cook the burgers, basting often with the glaze until cooked to desired doneness. Serves 4 – 6.

## **ROASTED SEA SCALLOPS with FENNEL, PORCINI and WHITE BEANS**

4 T extra virgin olive oil  
1 large fennel bulb (sometimes called anise)  
4 fresh porcini or 2 portabello mushroom caps, sliced  
1 cup canned white beans  
2 T chicken broth  
2 t fresh lemon juice, or to taste  
1/2 cup fresh flat-leafed parsley leaves, chopped  
Freshly ground pepper to taste  
3/4 lb large sea scallops (preferably diver-harvested; about 1 cup)

Trim the cap of the fennel and trim the stems flush with the bulb. Cut bulb into 1/2" slices.

Preheat oven to 375°. In a heavy oven-proof skillet heat 2 tablespoons olive oil over moderately high heat until hot but not smoking and sauté fennel, turning it, 6 minutes or until golden. Transfer skillet to oven and roast fennel 10 minutes. Add mushrooms and roast 10 minutes.

Remove skillet from oven and add beans, broth, and lemon juice. Cook mixture over moderate heat, stirring, 2 minutes. Add parsley, pepper and salt to taste. Keep warm.

Pat scallops dry and season with pepper and salt. In a 10 – 12" skillet, cook scallops with 2 tablespoons oil over moderately high heat 1 – 2 minutes on each side (depending on size), or until golden and just cooked through.

Combine scallops with anise and bean mixture. Serves 2 as a 1-dish meal, 4 with other side dishes.

## **SEARED JUMBO SCALLOPS with CHAMPAGNE-VANILLA BUTTER SAUCE**

2 T minced shallots  
1 cup brut Champagne  
1/2 vanilla bean, split and scraped (or 2 t vanilla extract)  
1/2 cup half & half  
1 stick cold unsalted butter, cut into small pieces  
1 t salt or to taste  
3/4 t freshly ground pepper  
12 jumbo sea scallops, cleaned (about 2 cups)  
1 T olive oil  
1 T butter  
2 T chopped fresh chives or parsley

In a medium saucepan combine the shallots, Champagne, and vanilla bean pod and seeds (or vanilla extract) and bring to a boil. Reduce the heat to medium-low and simmer until the mixture is almost completely reduced, about 7 minutes. Add the cream, bring to a boil, and reduce by half, about 3 minutes. Turn the heat to low and little by little whisk in the butter, 1 tablespoon at a time, adding each piece before the previous one has completely incorporated. Remove the pan from the heat periodically to prevent the sauce from getting too hot and breaking. Continue until the entire cup of butter pieces has been added and the sauce coats the back of a spoon. Season the sauce with 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Remove the vanilla bean pod if used and keep mixture warm until ready to serve.

Season the scallops on all sides with the remaining salt and freshly ground pepper. Heat the olive oil in a large sauté pan over medium-high heat. When the oil is hot, add the scallops and sear for 2 minutes. Add the remaining tablespoon of butter to the pan and allow the scallops to cook for another minute. Turn the scallops over and cook for an additional 3 minutes. To serve place 3 scallops on each of 4 plates, spoon the sauce around them. Garnish with chives or parsley and serve immediately. Serves 4.

## SEAFOOD CREPES

### Crepes:

1 cup flour  
2 eggs, room temperature  
1-3/4 cups milk  
1-1/2 T melted butter  
1 T fresh parsley, minced (1 teaspoon dried)  
1 T fresh tarragon (1 teaspoon dried)  
1 T chives  
1/4 t pepper

### Seafood:

1-1/2 sticks butter  
1 cup lobster, diced  
1 cup crab meat, diced  
1 cup haddock, halibut or bass, diced

### Sauce:

6 T flour  
3-1/2 cups half & half  
2 t salt  
1/2 t nutmeg  
2 eggs, beaten  
2 cups Swiss cheese, grated

Make a well in the flour. Whisk in the eggs. Whisk in the milk in a slow stream. Add melted butter, tarragon, chives and pepper. Let stand for an hour. Brush a skillet with clarified butter. Add 3 tablespoons of crepe batter. Cook crepes, tilting to spread. Flip to turn. (*May be wrapped tightly and stored 4 days or frozen.*)

Sauté the seafood lightly. Make a roux of flour, half & half, salt, nutmeg and eggs. Add seafood. Distribute in 1" line across center of each crepe and roll. Sprinkle cheese over the top. Bake at 375° until cheese is melted and the crepes are hot. Makes 18 crepes.

## **PRAWNS with SPICY CASHEW SAUCE**

1/4 cup canola oil  
1 lb shrimp or scallops or any combination thereof  
2 T chopped peeled ginger root  
1 T minced garlic  
1 T minced shallot  
1 t dried red chilies or 1 T chopped jalapeno pepper  
2/3 cup chopped red, green, or yellow peppers  
1/2 cup dry white wine  
1/2 cup chicken stock  
1/4 cup rice vinegar  
2 T soy sauce  
1 T ground coriander seed  
4 T lemon juice  
1/4 cup roasted cashews  
2 T butter (optional)

Stir-fry shrimp and scallops in oil for 3 minutes, remove to bowl. Stir-fry ginger root, garlic, shallots, chilies, and peppers for 2 minutes. Remove mixture to bowl. Add to pan wine, chicken stock, vinegar, soy sauce, coriander, and lemon juice, boil until reduced to about 1 cup liquid. Include any juices from shrimp and/or scallops. Add roasted cashews, whisk in butter, if used, a bit at a time. Return shrimp, scallops, and peppers to pan. Cook over moderately high heat 1 minute, stirring. Garnish with chopped scallion. Serve over rice or pasta. Serves 4.

## SCALLOP CAKES

1 T oil  
1 cup onion, chopped  
1 cup celery, chopped  
1 cup dry white wine  
1 large bay leaf  
1 cup water  
1-1/2 lbs scallops  
2 eggs, lightly beaten  
1/2 cup green scallions, chopped  
1/4 cup parsley, minced  
Salt, pepper and hot sauce to taste  
2 T butter plus 2 T oil  
2 cups fresh bread crumbs (for scallop mixture)  
Panko bread crumbs or cracker crumbs to coat, about 2 cups

Heat the 1 tablespoon oil, and sauté the onion and celery for 5 minutes. Combine wine, bay leaf and water. Bring to a boil. Add scallops and cook until opaque, 3 to 4 minutes. Drain and chop coarsely. Add scallops to onions and celery, stir in eggs, scallions, parsley, salt, pepper and hot sauce. Cover and refrigerate 1 hour.

Stir 2 cups fresh bread crumbs into the scallop mixture. Make scallop mixture into cakes and coat with the Panko bread crumbs. Cover and refrigerate for 1 hour.

Heat the 4 tablespoons butter/oil and fry cakes until brown on each side. Serves 6.



## **FRAFFIE'S CURRIED SHRIMP**

2 oranges  
1 lb large shrimp, peeled and deveined  
1 T hot curry powder  
1/4 t coarse salt  
1/4 t freshly ground pepper  
2 T olive oil  
1 small onion, cut to 1/4" dice  
2 stalks celery, cut to 1/4" dice  
1 t dried and 1 T fresh chopped oregano  
1 cup tomato juice  
1/2 cup heavy cream

Using a citrus zester or the small holes of a box grater, zest the oranges. Squeeze the juice into a small bowl. In another large bowl, combine half of the zest with the shrimp, half the curry powder, salt and pepper. Toss to coat.

Heat 1 tablespoon oil in a large skillet over medium heat. Cook shrimp until bright pink, 2 minutes per side. Transfer to a plate. Heat remaining tablespoon oil. Add onion, celery, dried oregano and remaining half of the curry powder. Cook until onion is translucent, about 4 minutes. Add orange and tomato juices; cook until liquid starts to thicken, about 8 minutes.

Return shrimp to skillet and cook until heated through, about 2 minutes. Stir in cream. Add remaining orange zest; adjust salt and pepper seasonings.

Serve over rice. Garnish with fresh oregano. Serve with condiments such as dried coconut, sliced almonds, raisins, and chutney. Serves 4.

## **COD OR SALMON with SOY GINGER GLAZE**

1/4 cup soy sauce  
1 t finely grated ginger  
1 t honey  
1 t Dijon mustard  
1 T extra virgin olive oil  
4 (6 oz) skinless salmon or cod filets  
Freshly ground pepper  
Cilantro or parsley leaves for garnish

Preheat the oven to 350°. In a small saucepan, combine the soy sauce and ginger and bring to a simmer. Remove from the heat and stir in the honey and mustard.

Heat the olive oil in a large ovenproof skillet. Season the fish with pepper and cook over high heat until golden and crusty, 2 – 3 minutes. Turn the fish and spoon the ginger-soy glaze on top. Transfer the skillet to the oven and bake the fish for 5 minutes, or until cooked through. Using a slotted spatula, transfer the filet to plates, garnish with cilantro or parsley. Serves 4.

## **LOBSTER RISOTTO**

Lobster meat, cooked, cut in bite-sized pieces, from 2 chicken lobsters  
4-1/2 cups chicken stock  
4 T butter  
1 cup finely chopped onion  
1-1/2 cups Arborio rice  
1/2 cup brandy  
1/2 cup grated Parmesan cheese  
1/4 cup chopped fresh chives  
Salt and freshly ground black pepper

Bring the chicken stock to a boil. Keep hot over low heat.

In a large saucepan, melt 3 T of butter over medium heat. Cook until the butter begins to foam and then turns brown, about 1 to 1-1/2 minutes. Add the onion and cook, about 3 minutes. Add the rice and stir to coat with the butter. Add the brandy and simmer until the liquid has almost evaporated, about 3 minutes. Add 1/2 cup of stock and stir until almost completely absorbed, about 2 minutes. Continue adding the stock, 1/2 cup at a time, stirring constantly and allowing each addition of stock to absorb before adding the next. Cook until the rice is tender but still firm to the bite, about 20 minutes. Remove from the heat. Stir in the Parmesan cheese, the remaining butter and 2 T chives. Season with salt and pepper to taste. Transfer to a large serving bowl. Arrange the lobster meat on top of the risotto and garnish with the remaining chives. Serves 4.

## **PAN-SEARED TUNA with AVOCADO, SOY, GINGER and LIME**

1-1/2 lbs sushi grade tuna  
2 ripe avocados, halved, peeled, pitted and sliced  
1 cup finely chopped parsley or cilantro  
1/2 jalapeno, finely chopped  
2 t freshly grated ginger  
4 limes, juiced  
4 T soy sauce  
Pinch of sugar  
Sea salt and freshly ground pepper  
1/2 cup extra-virgin olive oil

In a mixing bowl, combine the cilantro or parsley, jalapeno, ginger, lime juice, soy sauce, sugar, salt, pepper and 1/4 cup olive oil. Stir together until well mixed.

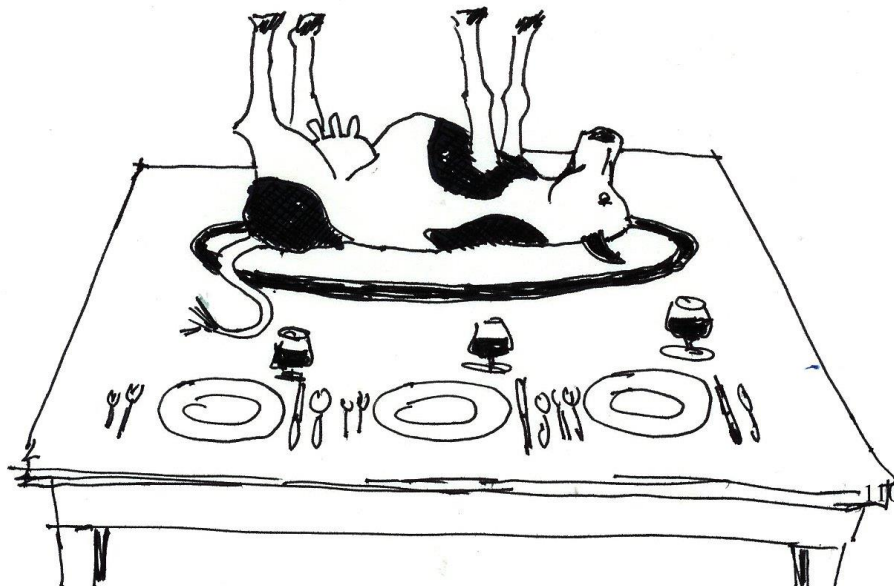
Place a skillet over medium-high heat and coat with the remaining 1/4 cup olive oil. Season the tuna generously with salt and pepper. Lay the tuna in the hot oil and sear for 1 minute on each side to form a slight crust. Pour 1/2 of the parsley mixture into the pan to coat the fish. Serve the seared tuna with the sliced avocado and the remaining cilantro sauce drizzled over the whole plate. Serves 4.

## Meats

Marblehead, despite its ties to the sea, has always had a great love of meat. In fact, the earliest chronicles of Marblehead history record that Marblehead was almost always destitute, despite its fishing and trading success, because "all its money went to buy pork and beef in Boston."

In the War of Independence, Marblehead was the first to send its ships to war, and those ships, led by the Hannah, produced the first -- and some historians say key -- naval victories for the rebellious colonies. Glover's Regiment, led by Col. John Glover, was instrumental to the Long Island Retreat, the Battle of Saratoga, and the Battle of Princeton. Marblehead was even more prominent in the War of 1812. Marblehead volunteered over 1,000 men for military service, including 80 who served on the U.S.S. Constitution. The citizens of the town, in fact, saved the Constitution by firing on pursuing British ships from Fort Sewall. The town was so important to the war effort that native son Elbridge Gerry was chosen as Madison's vice president for his second term.

What does this have to do with meat? The town, after both wars, decided the best way to celebrate was by slaughtering oxen and filling their veins with rum -- and feasting for days.



## **PORK TENDERLOIN WITH STRAWBERRY-BALSAMIC SAUCE**

2 (1 to 1-1/2 lb) pork tenderloins, trimmed  
2 t minced fresh rosemary  
1 t salt  
2 t cracked black pepper  
2 T butter  
1 shallot minced  
1/2 cup chicken stock or broth  
1/4 cup white balsamic vinegar  
2 T light brown sugar  
1/4 t dried crushed red pepper  
8 oz strawberries, hulled and chopped  
2 green onions, chopped

Sprinkle pork evenly with rosemary, salt, and pepper. Grill, covered, on preheated, medium-high grill, for about 15 minutes, turning once. Or sauté in heavy pan with a bit of coconut oil until internal temperature registers 145° on a meat thermometer. Cover pork with aluminum foil; let stand 10 minutes before slicing.

Melt butter in a large skillet over medium-high heat. Add shallots; cook 1 to 2 minutes or until tender. Stir in chicken stock and next 3 ingredients. Bring mixture to a boil, and cook 1 to 2 minutes, stirring until sugar dissolves. Stir in strawberries and cook, stirring occasionally, 3 to 5 minutes or until berries soften and mixture thickens slightly. Spoon sauce over sliced pork. Sprinkle with green onions. Serves 6.

## **PORK TENDERLOIN with DIJON MUSHROOM SAUCE**

2 (1 lb) pork tenderloins  
Salt and pepper to taste  
1/2 t dried thyme  
1 T unsalted butter  
1 T olive oil  
2 T chopped shallots  
1 T butter  
2 cups sliced mushrooms

Sauce:

1/4 cup white wine  
1 cup cream  
1 T Dijon mustard

Chopped parsley for garnish

Season the pork with salt and pepper and rub lightly with dried thyme. In a skillet over high heat, melt the butter with the olive oil. Add the shallots and sauté until the butter turns slightly brown. Carefully add the pork tenderloin and sauté on each side until lightly browned. Transfer to a large baking pan. Bake in a 375° oven for 20 – 25 minutes.

After removing the pork tenderloin from the skillet, deglaze the skillet and shallots with wine. Reduce slightly. Add the cream and Dijon mustard and reduce until the sauce thickens.

While the pork is baking, sauté the mushrooms until tender in the remaining tablespoon of butter. When the pork is firm to the touch, remove it, slice onto a platter. Stir the mushrooms into the mustard cream sauce, re-heat, and spoon over the pork slices. Serves 4.

## **HAM STEAK with SPICED APPLES and RAISINS**

3 lbs fully cooked ham steaks  
1 T unsalted butter

Sauce:

2 T unsalted butter  
3 Granny Smith apples, peeled, cored, sliced in 1/2-inch-thick wedges  
Leaves from 2 fresh thyme sprigs  
1/4 cup raisins  
1 cup apple juice  
3 T brown sugar  
1/4 t ground cinnamon  
1/4 t ground cloves  
Pinch dry mustard  
Salt and pepper  
Juice of 1/2 lemon

Preheat oven to 350. In a skillet over high heat, heat the butter until it melts and turns slightly brown. Carefully add the ham steaks and sauté on each side until lightly browned. Transfer to a large baking pan.

After removing the ham steaks from the skillet, melt the 2 T butter, add the apples and thyme; cook and stir for 8 minutes to give them some color. Toss in the raisins and add the apple juice, stirring to scrape up the brown bits. Stir in the brown sugar, cinnamon, cloves, and dry mustard; season with salt and pepper. Squeeze in the lemon juice. Simmer for 10 minutes or until the apples break down and soften. Spoon the sauce over the ham steaks and place in the oven for about 15 minutes, just long enough to warm steaks thoroughly and meld flavors. Serves 4 – 6.



## FILETS of VEAL OSCAR

3 lbs boneless veal filets  
Salt and pepper  
1/4 cup clarified butter  
12 asparagus spears, cooked  
3 lobster tails, cooked

### *Sauce Choron:*

1/4 cup dry white wine  
1/4 cup white wine vinegar  
1 T minced shallot  
1 t tarragon  
1 t chervil  
1/4 t thyme  
1 small bay leaf  
Salt and pepper to taste  
3 egg yolks  
1 T water  
1 stick butter, melted  
2 - 3 t lemon juice  
1-1/2 T tomato puree

Flatten the veal to about 1/4" between sheets of wax paper, pat it dry with paper towels and sprinkle with salt and pepper. In a skillet sauté the filets in 1/4 cup clarified butter over high heat for 2 to 3 minutes on each side, or just until they are cooked. Transfer them to a shallow baking dish. Top each filet with 2 asparagus spears, cooked. Cut each lobster tail, cooked and shelled, into 6 slices.

### Sauce:

In a small saucepan, combine first 8 ingredients, and reduce the mixture over high heat to 3 tablespoons. In another small saucepan beat egg yolks with water over low heat until the mixture begins to thicken. Whisk in butter, a little at a time, lifting the pan occasionally, until all the butter is incorporated, and stir in the herb mixture and lemon juice. Force the

mixture through a fine sieve into a bowl and stir in tomato puree.  
Makes 3/4 cup.

**Assembly:**

Top each 2 asparagus spears with 3 of the lobster slices and nap the filets with *sauce Choron*. Put the dish under a preheated broiler for 3 minutes, or until the sauce is lightly browned. Serves 6.

## **FLANK STEAK with MUSHROOMS**

1 (1-1/2 lb) flank steak  
3 T olive oil  
2 T soy sauce  
1/2 t freshly chopped thyme leaves  
Freshly ground pepper to taste

### Mushroom Sauce:

1 lb assorted mushrooms, such as shitake or Baby Bella, sliced,  
2 T unsalted butter  
1/2 t salt  
2 shallots, minced  
1 t finely chopped fresh thyme  
Freshly ground black pepper  
1/4 cup red wine  
1 T finely chopped flat-leaf parsley leaves

In a dish large enough to hold the steak, combine the olive oil, soy sauce, shallot, and thyme. Season with pepper to taste. Turn to coat evenly. Cover and marinate at room temperature for 1 hour, turning once, or refrigerate for up to 12 hours.

To make the mushroom sauce, heat a medium sauté pan over high heat, add the butter and when the foam subsides, add the mushrooms. Reduce the heat to medium-high and cook the mushrooms, tossing frequently, until browned, about 5 minutes. Season with salt and pepper to taste. Add the shallots and thyme and cook for 2 minutes more. Pour the red wine into pan, scraping up any browned bits on the bottom. Cook until almost all the liquid has evaporated. Remove the steak from the marinade, and add the marinade to the mushroom sauce. Heat to combine, add the parsley and set aside.

Grill or sauté the steak, serve with the mushroom sauce. Serves 4.

## BEEF BOURGUIGNON

1 T olive oil  
8 oz bacon, diced  
2-1/2 lbs chuck beef cut into 1" cubes  
1 T kosher salt  
2 t freshly ground black pepper  
1 lb carrots, sliced diagonally into 1" pieces  
2 onions, sliced  
1 clove minced garlic  
1/2 cup Cognac  
1 (750 ml) bottle good dry red wine  
2 cups beef broth  
1 T tomato paste  
1 t fresh thyme leaves (1/2 t dried)  
2 large Yukon Gold potatoes, peeled, cut into bite-sized pieces  
1/2 stick unsalted butter at room temperature, divided  
3 T flour  
1 lb fresh mushrooms, stems discarded, caps thickly sliced  
1/2 cup fresh parsley, chopped

Preheat the oven to 350°. Heat the olive oil in a large Dutch oven. Add the bacon and cook over medium heat for 10 minutes, stirring occasionally, until the bacon is crisp. Remove the bacon with a slotted spoon to a large plate. Dry the beef cubes with paper towels and then sprinkle them with salt and pepper. In batches in single layers, sear the beef in the hot oil for 3 – 5 minutes, turning to brown on all sides. Remove the seared cubes to the plate with the bacon and continue searing until all the beef is browned.

Toss the carrots, onions, salt, and pepper in the fat in the pan and cook for 8 – 10 minutes, stirring occasionally, until the onions are lightly browned. Add the garlic and cook for 1 more minute. Add the Cognac, stand back and ignite with a match to burn off the alcohol. Put the meat and bacon back into the pot with the juices. Add the bottle of wine plus enough beef broth to almost cover the meat. Add the tomato

paste, potatoes and thyme. Bring to a simmer, cover the pot with a tight-fitting lid and place it in the oven for about 2-1/2 hours or until the meat and vegetables are very tender when pierced with a fork.

Combine 2 tablespoons of butter and the flour with a fork and stir into the stew. Sauté the mushrooms in 1 tablespoon of butter for 10 minutes until lightly browned and then add to the stew. Bring the stew to a boil on top of the stove, then lower the heat and simmer for 15 minutes. Season to taste.

Spoon into serving bowls; sprinkle with parsley, if desired. Serves 6.

## **FILET MIGNON with LYCEUM CABERNET SAUCE**

6 servings of filet mignon, about 3 lbs  
2 T oil  
Salt  
Freshly ground black pepper

Season both side of the filet with salt and pepper. Brown on all sides briefly in a hot heavy skillet with oil. Bake in a 350° oven until filets reach an internal temperature of 130 – 140°. Let stand for 5 minutes before serving. Serve with cabernet sauce (see below).

Cabernet Sauce (Compliments of the Lyceum Restaurant in Salem):

1/2 cup chopped shallots  
1 T oil  
1-1/2 qts cabernet wine  
1/2 T beef base or bouillon  
1/2 t freshly ground black pepper  
2 T unsalted butter

In a skillet cook the shallots in the hot oil until soft, about 5 minutes. Add the red wine, bring to a boil. Add the beef base and simmer to reduce to about 2 cups, approximately 1 – 2 hours. Add black pepper. The sauce is more than needed for 6 filets, but can be stored in refrigerator or frozen for later use. When ready to use, heat sauce to boiling, take off the heat, and stir in 1 tablespoon butter for every cup of sauce used.

## ALICE'S LAMB RAGOUT

4 meaty lamb shanks  
2 cups white wine  
2 –3 garlic cloves  
1 bay leaf  
2 medium carrots  
3 cups chicken stock  
1 stalk celery  
1 (32 oz) can plum tomatoes – I like Muir Glen  
1 (10.5 oz) package button mushrooms  
1 (10.5 oz) package Baby Bellas  
1 – 2 cloves garlic, minced  
1 T cornstarch dissolved in 1/4 cup water  
Oil for browning lamb shanks and mushrooms

Preheat the oven to 300°. Film the bottom of a heavy ovenproof pot with olive oil. Salt and pepper the shanks and brown well over medium heat on all sides, about 10 minutes. While the shanks are browning mince the garlic, and cut the carrots and celery into a fine dice. When the shanks are nicely browned, remove them from the pot, and add the garlic and vegetables, season with salt and pepper, and sauté them until nicely browned. Raise the heat, add the wine and bay leaf, and boil until reduced by half. Add the broth and tomatoes, and bring back to the boil. Return the meat to the pot, in one layer, cover tightly and put into the oven for 2-1/2 – 3 hours. Remove from the oven, let cool, and refrigerate overnight. Remove from the refrigerator and remove the layer of congealed fat. You can serve the shanks as they are, and they will be delicious or you can proceed to make the ragout. Quarter the mushrooms and sauté with the garlic, salt and pepper in a couple of tablespoons of olive oil. Remove the meat from the bones and cut into medium pieces. Add the meat and the mushrooms to the sauce, and CAREFULLY thicken with cornstarch dissolved in water. Serve with smashed potatoes; it's great with polenta; or my new favorite, smashed cauliflower with a bit of Parmesan cheese and butter stirred in to taste.

## **GRILLED LAMB T-BONES with RED WINE REDUCTION SAUCE**

2 t olive oil, plus more for brushing grill  
2 t minced shallots  
1/4 t minced garlic  
3/4 cup dry red wine  
2 t chopped fresh rosemary, plus 4 sprigs for garnishing  
1-1/2 cups chicken or veal stock  
1-1/4 t kosher salt  
3/4 t freshly ground black pepper  
8 lamb T-bone steaks

Place a 1-quart saucepan over medium-high heat and add the olive oil to the pan. Once the oil is hot, add the shallots to the pan and sauté for 1 minute. Add the garlic to the pan and sauté for 30 seconds. Deglaze the pan with the red wine and add the chopped rosemary. Cook the red wine until it is nearly evaporated, about 4-5 minutes. Add the stock to the pan and season with 1/4 t salt and 1/4 t pepper. Bring the sauce to a boil, and reduce to a simmer. Reduce the stock until its volume is 1 cup, about 10 minutes. Set the sauce aside and keep warm while you prepare the lamb.

Preheat a grill to medium heat, and brush with oil to prevent the lamb from sticking. Season the lamb T-bones on both sides with the remaining salt and pepper. Place the lamb on the grill and cook for 3 minutes before turning over and cooking for a final 3 minutes.

Drizzle the wine reduction sauce over the lamb to serve. Garnish with the rosemary sprigs. Serves 4.



**WHOLE ROASTED REINDEER with CHRISTMAS ELF STUFFING**  
**RECIPE for a JOYOUS HOLIDAY MEAL**  
**from the ALTERNATIVE GOURMET**

This recipe has been around for many years in many versions but in recent years for some reason has fallen out of favor. Here we shall return to a true classic dish of alternative fine dining.

The list of ingredients is as follows:

1. 1 reindeer, approximately 125 – 175 lbs, skinned, dressed (though not in a tux ha, ha) and head mounted if you so desire. 2. 6 – 9 Christmas elves cleaned and finely diced, approximately 8 lbs useable weight. 3. 8 lbs celery, finely chopped. 4. 8 lbs onions, finely chopped. 5. 8 lbs carrots, finely chopped. 6. 1 gallon of vodka to numb the elves before you peel and dice them. 7. 32 lbs dry bread crumbs. 8. 3 gallons chicken stock. 9. Salt and pepper to taste. 10. Fresh garlic, 1 – 6 lbs as desired. 11. 3/4 gallons of olive oil for basting the roasting reindeer.

A. Using some olive oil, sauté the onions, carrots and celery in a large pan until tender. B. Brown the diced elves in the same pan until lightly browned. C. Mix the vegetables, elves, bread crumbs and the chicken stock. Season with pepper, salt and garlic to taste. D. Stuff the dressing into the reindeer and sew shut. As for roasting the whole reindeer, it is usually difficult to find an oven large enough to do the job. So you will have to be creative. My personal favorite is to prop the reindeer up on a neighbor kid's wagon. Then roll the whole shebang into the local grouch's garage and set fire to the garage. If you can keep the local fire department at bay for 3 – 4 hours, the reindeer will be perfectly done. This recipe will serve 175 – 225 hearty alternatively inclined diners.

Note: Never hunt elves in the same area each year. They have long memories for such little beasties and they won't fall for the vodka trick twice in 2 years.

## Bread, Breakfast, and Brunch

Marblehead Neck -- so named because it is shaped like a clam neck jutting out from the granite ledges of Marblehead -- has had permanent residents only in the last 50 or so years. Until the causeway was built at the turn of the century, the sand bar that connected the Neck to the mainland was submerged during high tide. It went from the summer hunting ground of the Nanepashemet Indian tribe to a garrison for British troops in the Revolution to a summer colony for rich Bostonians in the 19<sup>th</sup> century. A number of exclusive hotels opened up at the time -- they were more like spas than hotels, with sumptuous meals, physicians on staff, nannies for the children, and personalized exercise regimens. Of these hotels -- the Nanepashemet, The Leslie, the Bostonian, the Seagull Inn -- only the Seagull Inn is still in existence. Half of it burned down in the early 1940s, and it went for many years as an unheated summer home until Ruth and Skip Sigler bought the property in 1969. Skip and Ruth opened the Seagull Inn again in 1994, this time as a bed and breakfast, serving a continental breakfast.



## **GRANOLA**

Rolled oats (1 big box Old Fashioned Quaker Oats)

1 cup oil

1 cup honey

2 cups chopped whole almonds

Warm honey and oil in saucepan. Mix with oats, add almonds. Put mixture in stainless steel bowl and bake at 350° for 1 hour. Stir every 15 minutes. Add raisins, shredded coconut or Grapenuts as desired.

## **ALMOND APRICOT BISCOTTI**

2-3/4 cups flour  
1-1/2 cups sugar  
1 stick unsalted butter, chilled and cut into pieces  
2-1/2 t baking powder  
1 t salt  
1 t ground ginger  
1-2/3 cups whole almonds, toasted  
2 large eggs  
1/4 cup plus 1 tablespoon apricot brandy  
2 t almond extract  
1 (6 oz) package dried apricots, chopped (about 1 cup)

Combine first 6 ingredients in food processor, process until fine meal. Add the almonds and pulse 6 – 8 times until coarsely chopped. Beat eggs, brandy and almond extract in large bowl, add flour mixture. Stir apricots into the flour mix until moist dough forms.

Line an 18"x12"x1" cookie sheet with foil. Butter and flour foil. Drop dough by spoonfuls in 3 12" long strips on sheet. Spacing strips evenly, moisten fingertips and shape each dough strip into a 2" wide log. Position rack in center of oven and bake at 350° until logs are golden, about 25 to 30 minutes. Let cool for about 20 minutes. Reduce heat to 300°. Cut each log into 3/4" wide slices. Arrange slices cut side down on a cookie sheet. Bake 10 minutes. Gently turn slices over and bake 10 minutes longer. Transfer biscotti to rack to cool. Store in airtight container at room temperature.

## **DOUBLE CHOCOLATE WALNUT BISCOTTI**

2 cups flour  
1/2 cup unsweetened cocoa powder  
1 t baking soda  
1 t salt  
1 cup sugar  
3/4 stick (6 T) unsalted butter, softened  
2 large eggs  
1 cup walnuts, chopped  
3/4 cup semisweet chocolate chips

Preheat oven to 350° and butter and flour a large baking sheet.

In a bowl whisk together flour, cocoa powder, baking soda, and salt. In another bowl with an electric mixer beat together butter and granulated sugar until light and fluffy. Add eggs and beat until combined well. Stir in flour mixture to form a stiff dough. Stir in walnuts and chocolate chips.

With floured hands, form dough on prepared baking sheet into two slightly flattened logs, each 12" long and 2" wide. Bake logs 35 minutes, or until slightly firm to the touch. Cool logs on baking sheet 5 minutes.

On a cutting board cut logs diagonally into 3/4" slices. Arrange biscotti, cut sides down, on baking sheet and bake until crisp, about 10 minutes.

Cool biscotti on a rack. Biscotti keep in airtight containers for 1 week and frozen, for 1 month. Makes about 30 biscotti.

## **RASPBERRY LEMON MUFFINS**

1-1/2 cups all purpose flour  
1/2 cup sugar  
2 t baking powder  
1/4 t salt  
1 egg, slightly beaten  
3/4 stick butter, melted and cooled  
1/2 cup milk  
2 t lemon juice  
1-1/2 cups raspberries, fresh or frozen  
1 t lemon rind, grated  
Raw sugar for sprinkling

In a large bowl, sift together the flour, sugar, baking powder and salt and stir to combine. In a small bowl, beat together the egg, butter, milk and lemon juice. Make a well in the center of the flour mixture. Pour in the egg mixture and stir with a fork until just combined. Lightly fold in the raspberries and lemon rind.

Spoon into greased or paper-lined muffin tins, filling 3/4 full. Sprinkle generously with raw sugar. Bake in a preheated oven at 350° for 25 – 30 minutes until lightly browned and firm.

## APRICOT SCONES

4 oz dried apricots (about 1/2 cup)  
1/2 cup water (more may be needed)  
1 T lemon juice  
2 T honey  
2 sticks butter, softened  
1/4 cup sugar  
3 large eggs  
1 t vanilla extract  
3 cups all purpose flour  
1 T baking powder  
1/4 t salt  
2/3 cup plain yogurt

Put the apricots, water, lemon juice and honey in a blender and mix until the consistency of a thick puree, adding more water if necessary. Set aside.

In a large bowl, beat the butter until creamy. Add the sugar, eggs and vanilla and beat until fluffy. In another bowl, combine the flour, baking powder and salt. Stir into the creamed mixture until well blended. Add the yogurt and mix well. Then fold the apricot puree into the batter until just swirled through.

Using an ice cream scoop, put the batter on ungreased cookie sheets, placing the mounds about 2" apart. Loosely cover with plastic wrap and freeze overnight.

Bake in a preheated 350° oven for 25 minutes or until light golden brown. Cool on a wire rack. Makes 21 scones.

Note: After freezing the batter, the individual unbaked scones can be transferred to a plastic bag or airtight container and stored in the freezer for up to 6 weeks. This allows you to bake only as many scones as you need at a time.

## **AUNT ADELE'S LEMON BREAD via MARY**

### Bread:

1 cup sugar  
3/4 stick butter  
2 eggs  
Grated rind of 1 lemon  
1/2 cup milk  
1/2 t salt  
1-1/2 cups flour  
1 t baking powder  
1/2 cup nuts (optional)

### Glaze:

1/2 cup sugar  
Juice of 1 lemon

Blend butter and sugar until creamy. Beat in eggs. Add milk and mix well. Sift dry ingredients together, add to batter and beat until smooth.

Add lemon rind and nuts. Place in a greased bread pan about 4"x8" and bake at 350° for 1 hour. While bread is baking, mix the lemon juice and sugar for glaze until sugar is dissolved. Before removing bread from pan, spoon glaze over hot bread until bread has absorbed all of the glaze. This is especially good served with fruit salad.



## APPLE NUT CAKE

### Cake:

1-1/2 cups oil

1-1/2 cups sugar

1/2 cup light brown sugar, firmly packed

3 eggs

3 cups flour

2 t cinnamon

1 t baking soda

1/2 t freshly grated nutmeg

1/2 t salt

3-1/2 cups peeled, cored tart apples (about 2 lbs), cut into slices

1 cup walnuts, coarsely chopped

2 t vanilla

### Glaze:

3 T butter

3 T light brown sugar

3 T half & half

1/4 t vanilla

Preheat oven to 325°. Generously butter and flour 10" tube pan, shaking out excess. Peel apples into a large bowl of lightly salted water. They need not be drained; just lift out of the water with your hands and add to batter. Combine first 3 ingredients in large bowl and blend well. Add eggs one at a time, beating well after each addition. Sift together dry ingredients. Add to first mixture, blending thoroughly. Fold in apples, nuts and vanilla. Spoon into prepared pan, spreading evenly. Bake until cake tester comes out clean, about 1-3/4 hours. Let cool for 20 minutes. Turn out onto wire rack and continue cooling while preparing glaze.

For glaze: Combine all ingredients in heavy saucepan and bring to a boil over medium heat. Let boil for 1 minute. Spoon over warm cake.

Serves 16.

## **CITRUS-and-DRIED FRUIT COMPOTE**

1 cup water  
1/3 cup sugar  
3/4 cup dried apricot halves  
1/3 cup dried tart cherries or cranberries  
1/4 cup golden raisins  
2 cups pink grapefruit sections (about 2 large grapefruit)  
2 cups orange sections (about 3 large oranges)  
2 cups fresh pineapple, peeled and cut into bite-sized pieces  
1 t chopped fresh mint, fresh mint sprigs or pomegranate seeds  
(optional)

Combine water and sugar in a saucepan; bring to a boil. Add apricots, cherries and raisins; stir well. Cover, reduce heat and simmer 10 minutes until liquid is almost gone. Pour mixture into a bowl; let cool. Stir in grapefruit, oranges, pineapple and chopped mint if used. Serve chilled or at room temperature. Garnish with mint sprigs or pomegranate seeds if desired.

## CINNAMON BISCUITS

2/3 cup sugar  
4 cups flour  
4 t baking powder  
3/4 t salt  
1 t ground cinnamon  
1/4 t baking soda  
1-1/2 sticks chilled unsalted butter, cut into 1/2" pieces  
2 large eggs  
1 cup chilled plain yogurt  
Raw sugar for sprinkling

Combine sugar, flour, baking powder, salt, cinnamon and baking soda with butter in food processor. Blend until mixture is the texture of cornmeal. Beat eggs in large bowl. Transfer 1 tablespoon beaten eggs to small bowl to reserve for glaze. Whisk yogurt into remaining eggs. Stir dry ingredients from processor into egg mixture. Gather dough into ball.

Gently knead dough on lightly floured surface until dough just holds together, about 6 turns. Roll or pat dough into 1" thick round to cut out biscuits. Place biscuits on ungreased baking sheet. (Can be prepared 1 day ahead. Cover biscuits and reserved egg glaze separately and refrigerate.)

Preheat oven to 400°. Brush biscuits with reserved egg glaze. Sprinkle lightly with raw sugar. Bake biscuits until puffed and light golden, 15 – 18 minutes. Serve warm or at room temperature. Great for strawberry shortcakes.

## FRUIT RUGELACH

2-1/4 cups flour  
2 sticks unsalted butter, cut into 1/2" pieces  
1 (8 oz) package cream cheese, cut into pieces  
1/2 t salt  
2 cups apricot preserves  
1 cup almonds, chopped  
3 T sugar  
2 t ground cinnamon

Pulse first 4 ingredients in a food processor until dough leaves sides of bowl. Divide dough into 8 portions, shaping each portion into a ball. Wrap separately in plastic wrap, and chill at least 1 hour. (Can be frozen.) Remove 1 dough portion, and roll into an 8" circle on a lightly floured surface. Spread with 1/4 cup apricot preserves, leaving a 2" circle of uncovered dough in center. Sprinkle preserves with 2 tablespoons almonds. Cut circle into 8 wedges, and roll up wedges, starting at wide end. Place point side down, curving into a crescent shape, on a lightly greased baking sheet, or a baking sheet covered with parchment paper. Repeat procedure with remaining dough portions, preserves, and almonds. Combine sugar and cinnamon; sprinkle over each crescent. Bake at 375° for 15 – 20 minutes or until golden. Transfer to wire racks to cool.

Note: If dough is frozen, I remove however many balls I need from the freezer to the refrigerator the night before. I make the whole amount of the cinnamon sugar and keep it in a jar until needed.

## **BANANA BREAD**

1 cup whole wheat pastry flour  
1 cup white flour  
1-1/2 t baking powder  
1/2 t baking soda  
1/2 t sea salt  
2 VERY ripe bananas, mashed  
1/3 cup oil  
2/3 cup maple syrup  
1 t vanilla  
1 t Cafix (grain coffee) dissolved in 1/2 cup water  
1 egg  
1/2 cup chopped walnuts or pecans (optional)

Stir dry ingredients in large bowl. Mash bananas with fork on plate. Whip liquid ingredients together. Add liquid ingredients to dry and mix; add bananas and nuts and mix to smooth consistency. Oil bread pan; fill 2/3 full and bake at 350° for 45 – 50 minutes or until toothpick comes out dry. Makes 1 large 9"x5" loaf or 3 small 5"x3"x3" loaves.

Variation: substitute 1 cup grated zucchini for mashed banana.

## PEACH CROSTATA

Note: Only make this recipe when peaches are fresh and in season

### Crostata Pastry:

1-1/2 cups flour  
1/4 t baking powder  
1/4 t salt  
1 stick unsalted butter, cut up  
2 T sugar  
1 egg  
1 t distilled white vinegar  
2 T ice water  
Extra flour (for sprinkling)

In the bowl of a food processor, pulse the flour, baking powder and salt just to mix. Scatter the butter over the flour mixture. Pulse the mixture just until it resembles crumbs. Add the sugar and pulse just to mix it in. In a bowl, beat the egg, vinegar and ice water. Sprinkle the liquids over the flour mixture. Pulse the processor just until the dough forms clumps. It should not come together to form a ball. Turn the clumps out onto a lightly floured counter and knead them gently until smooth. Shape them into a disk, wrap in foil, and refrigerate for 30 minutes (or overnight).

### Peach Filling:

5 – 6 large peaches  
1 T lemon juice  
1/4 cup flour  
3/4 cup granulated sugar  
1 recipe crostata pastry  
2 tablespoons whole milk (for brushing)

Preheat oven to 400°. Halve the peaches and remove the pits. Cut each half into 6 pieces and transfer them to a large bowl. (You don't have to peel them.) Sprinkle with flour, 1/2 cup of the sugar, and lemon

juice. Toss gently. Line a rimmed baking sheet with parchment paper. On a lightly floured counter, roll the pastry dough into a 12" round. Lift it onto the rolling pin and transfer it to the baking sheet. (I do it between 2 pieces of waxed paper.) Refrigerate the pastry for 5 minutes. Arrange the peach slices on the dough on their sides, in neat rows, making the rows as close together as possible. Leave a 1-1/2" border around the edge. Fold the border up over the fruit. It will pleat onto itself in places; that's OK. Brush the exposed dough with milk. Sprinkle the fruit and dough with the remaining 1/4 cup sugar. Bake for 15 minutes. Turn the oven down to 375°. Continue baking the crostata for 20 to 25 minutes or until the peaches are tender and the pastry is golden brown. Let the crostata settle for 5 minutes. Transfer it, still on the parchment paper, to a wire rack to cool. Serve in slices like a pizza.

## **BLACKBERRY UPSIDE DOWN CAKE**

2-1/2 cups fresh blackberries

1/2 cup plus 1-1/2 T sugar

1 cup flour

1/2 t baking soda

1/4 t salt

1/2 stick unsalted butter, softened

1 large egg

1 t vanilla

1/2 cup well-shaken buttermilk

(You can make your own buttermilk for baking by adding juice of 1/2 lemon to 1/2 cup whole milk or half & half, letting it sit for a few minutes, then stirring or shaking it.)

Preheat oven to 400°. Line bottom of a buttered 8"x2" round cake pan with 2 rounds of parchment paper, then butter parchment. Dust pan with some flour, knocking out excess. Arrange blackberries in 1 layer in cake pan. Sprinkle berries with 1-1/2 tablespoons sugar and shake pan to help distribute sugar.

Whisk together 1 cup flour, baking soda and salt in a bowl. Beat together butter and remaining 1/2 cup sugar in a large bowl at high speed until light and fluffy, about 2 minutes. Add egg and vanilla and mix at low speed until just incorporated. Alternately add flour mixture and buttermilk in 3 batches, mixing at low speed until just incorporated. Spoon batter evenly over berries, smoothing top, and bake in middle of oven until top is golden and a tester comes out clean, 30 – 35 minutes. Run a thin knife around edge of pan, then invert a large plate over pan, and using pot holders to hold plate and pan together tightly, flip cake onto plate. Peel off parchment and serve. Serves 6 – 8.



## **FLOURLESS LEMON ALMOND CAKE (Gluten Free)**

4 eggs, separated into 4 egg yolks and 4 egg whites, room temperature  
2 T lemon zest, packed  
1/4 t ground cardamom  
1/2 cup sugar, divided 1/4 cup and 1/4 cup  
1-1/2 cups finely ground almond flour  
1 t baking powder  
1 t white or cider vinegar  
Pinch of salt  
Powdered sugar for sprinkling

Preheat oven to 350°. Place a round of parchment paper on the bottom of a 9-inch spring form pan, and grease it and the sides of the pan with butter or cooking spray. I also use a 10-inch pie plate for a thinner cake.

With an electric mixer with a very clean bowl and whisk attachments, beat the egg whites at high speed. After they have started to thicken, add salt and vinegar, then gradually beat in 1/4 cup sugar, beating until soft peaks form.

In a large bowl, beat together the egg yolks, lemon zest and remaining 1/4 cup sugar until smooth. In a separate bowl, whisk together the almond flour, ground cardamom and baking powder. Add the flour mixture to the egg yolk mixture and beat until smooth.

Fold the beaten egg whites into the almond mixture a large scoopful at a time. You won't get much lift with the first third of the egg whites, but as you add more, you'll be able to fold in the whites gently so as to create a light batter. Gently scoop the batter into the prepared spring form pan. Bake for 35 minutes. Remove from the oven and let cool. Run a sharp knife around the edge of the cake helping it to separate from the side of the pan. Release the spring form pan sides, and gently move the cake (on parchment) to a cake serving plate. Sprinkle with powdered sugar.

## **STRAWBERRY OAT SQUARES (Gluten Free)**

### Filling:

2 T cornstarch  
2 T warm water  
2 cups finely diced fresh strawberries  
1/4 cup maple syrup  
1 T sugar

### Oatmeal Base and Topping:

2-1/4 cups gluten free quick oats  
1 t ground cinnamon  
1 cup almond butter (or peanut butter or sunflower seed butter)  
1/4 cup maple syrup  
1/4 cup apple butter (or other fruit butter, not apple sauce)  
1 large egg beaten  
1/2 cup sliced almonds

Preheat oven to 325°. Line an 8 x 8 baking pan with aluminum foil or parchment paper, with enough overhang for easy removal. To make the strawberry filling, mix the cornstarch with warm water until the cornstarch has dissolved, and it resembles milk. Combine the strawberries, maple syrup and sugar together in a small sauce pan over medium heat. Bring to a boil and stir well. Stir in the cornstarch mixture, and continue to stir until liquid thickens and turns clear. Set aside to cool. To make the crust and topping, combine the quick oats, cinnamon, almond butter, maple syrup, apple butter, and beaten egg in a large bowl. Mix until all of the oats are moistened and the mixture is thoroughly combined. Reserve 1/2 cup of the oat mixture. Press the remaining oat mixture into prepared baking pan, pressing it down firmly. Spread the strawberry filling on top. To the reserved 1/2 cup oat mixture, add the sliced almonds. Crumble this over the strawberry filling, and press the topping down firmly into the strawberry filling. Be sure it sticks well. Bake for 25 – 30 minutes until topping is lightly browned. Cool completely before cutting into squares.

## BLUEBERRY OAT SCONES

3 cups flour  
1/3 cup packed golden brown sugar  
4 t baking powder  
3/4 t salt  
1-1/2 t baking soda  
1-1/2 sticks chilled unsalted butter, (12 T) cut into 1/2" pieces  
1 cup plus 3 T old-fashioned oats  
2 cups fresh or frozen (unthawed) blueberries  
1-3/4 cups chilled half & half  
1 t vanilla extract  
Raw (or turbinado) sugar for sprinkling

Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 350°. Line 2 baking sheets with parchment paper.

Combine brown sugar, flour, baking powder, salt and baking soda in food processor, blend 5 seconds. Add butter and process until mixture is the texture of coarse meal. Transfer mixture to a large bowl. Add 1 cup oats and blueberries, and stir to blend evenly. Add vanilla to half & half. Gradually add to flour mixture, tossing until dough just comes together (dough will be very moist).

Using 1/2 cup measuring cup or ice cream scoop, drop dough in mounds onto prepared baking sheets, spacing 3 inches apart. With wet fingers, flatten out the mounds a bit. Sprinkle first with remaining oats, then with raw sugar.

Bake for approximately 25 – 30 minutes, reversing sheets in the oven halfway through. Scones should be nicely browned, and a tester in the center should come out clean. Transfer them to a rack to cool.

This full recipe makes about 18 scones with an ice cream scoop. I have easily used 1/2 or 1/4 amounts for smaller groups. I have also doubled the blueberries from the original recipe. You can adjust to taste.

## **BREAKFAST BURRITOS**

1/2 lb sweet Italian sausage, removed from casing  
1 medium onion, chopped  
1 medium red pepper, chopped  
1/2 jalapeno pepper, finely minced  
Canola oil  
8 eggs  
3/4 cup chicken stock  
3/4 cup Monterey Jack cheese  
1 T cornstarch  
4 tortillas

Sauté the sausage, onions and peppers in a little bit of oil. Scramble the eggs lightly. Heat the cheese and chicken stock together until the cheese is melted. Dissolve the cornstarch in cold water and stir into the cheese mixture until thickened. Mix everything together. Salt and pepper to taste and spoon into 4 large tortillas. Roll up the tortillas. Bake at 350° for about 10 minutes or until heated through. Serve with hot pepper jelly or salsa.

Note: May be frozen and microwaved about 5 minutes when ready to serve.

## **CRÈME BRULEE FRENCH TOAST**

1 stick unsalted butter  
1 cup packed brown sugar  
2 T corn syrup  
1 loaf bread, or slices to fit 9" x 13" baking dish  
6 large eggs  
1-1/2 cups half & half  
1 t vanilla  
1 t Grand Marnier  
1/4 t salt

In a small heavy saucepan, melt butter with brown sugar and corn syrup over moderate heat, stirring, until smooth and pour into baking dish. Arrange bread slices in 1 layer in baking dish, squeezing them slightly to fit.

In a bowl whisk together eggs, half & half, vanilla, Grand Marnier, and salt until combined well and pour evenly over bread. Chill bread mixture, covered, at least 8 hours and up to 24 hours.

Preheat oven to 350° and bring bread to room temperature.

Bake bread mixture, uncovered, in middle of oven until puffed and edges are pale golden, 35 – 40 minutes. Serves 8 – 10.

## CORN CAKE BREAKFAST STACKS

2 large eggs  
1/2 cup buttermilk (see note page 129 for making your own)  
3 T melted butter  
2 cups fresh sweet corn kernels  
1 cup yellow cornmeal  
2 T flour  
2 T sugar  
1 t salt  
1 t baking powder  
2 t jalapeno pepper, finely minced  
8 strips thick-cut smoked bacon  
2 Granny Smith apples, cored and sliced  
Ground cinnamon to taste  
1/2 cup dark amber maple syrup, warmed  
1/2 stick melted butter  
Mint, confectioners' sugar and berries for garnish if desired

For the corncakes, whisk together eggs, buttermilk and melted butter in a medium mixing bowl. Stir in corn kernels. Sift together cornmeal, flour, sugar, salt and baking powder and add to the buttermilk-corn mixture. Stir until just combined and let stand for 20 minutes. Brown the bacon strips, drain on paper towels and transfer to a cookie sheet. Sprinkle the apple slices with cinnamon and salt to taste. Sear them in bacon renderings until golden brown and place them on the sheet pan with the bacon. Wipe out skillet and add just enough butter to coat the bottom of the skillet. Ladle pancakes with 1/4 cup batter each. Cook, medium heat, until the edges of the pancake start to brown and bubbles appear on the surface, about 2 minutes. Flip to cook another 2 minutes, transfer to cookie sheet. Make 12 corncakes. Before serving, warm the cookie sheet in a 250° oven about 4 minutes. On each plate, layer with corn cake, 2 strips bacon, corn cake, 2 slices of apples and corn cake. Drizzle plate with melted butter and warmed maple syrup. Garnish with confectioners' sugar, mint or berries if desired. Serves 4.

## MUSHROOM QUICHE

1 cup whole wheat pastry flour  
2/3 cup shredded cheddar cheese  
1/4 cup almonds, chopped  
1/2 t salt  
1/4 t paprika  
6 T canola oil  
4 cups sliced Baby Bella mushrooms  
1 cup chopped onion  
2 T butter  
2 T canola oil  
3 eggs, beaten  
1 cup sour cream or plain yogurt  
1/4 cup mayonnaise  
1/2 cup shredded cheddar cheese  
3 drops hot pepper sauce

### Crust:

Combine flour, 2/3 cup cheese, almonds, salt and paprika in a bowl. Stir in oil. Reserve 1/2 cup of the mixture. Press remaining mixture into bottom and sides of a 9" pie plate. Bake at 400° for 10 minutes.

### Filling:

Sauté mushrooms and onion in butter/oil combination until onion is translucent and mushrooms have started to give off liquid. Mix with remaining ingredients. Spoon into crust. Top with reserved topping. Bake at 325° for 45 minutes, or until center is firm. Serves 6.

## SAUSAGE QUICHE

1 cup whole wheat pastry flour  
2/3 cup shredded cheddar cheese  
1/4 cup almonds, chopped  
1/2 t salt  
1/4 t paprika  
6 T canola oil  
1 lb sweet Italian sausage links  
1/2 cup finely chopped onion  
3 eggs, beaten  
1 cup sour cream or plain yogurt  
1/4 cup mayonnaise  
1/2 cup shredded cheddar cheese  
3 drops hot pepper sauce

### Crust:

Combine flour, 2/3 cup cheese, almonds, salt and paprika in a bowl. Stir in oil. Reserve 1/2 cup of the mixture for topping. Press remaining mixture into bottom and sides of a 9" pie plate. Bake at 400° for 10 minutes.

### Filling:

Heat oil in skillet, sauté sausages with onions until sausage is lightly browned and onion is soft. Remove with slotted spoon. Slice sausage in 1/4" slices, and mix well into bowl with onions, sour cream, mayonnaise and cheese. Spoon into crust. Top with reserved topping. Bake at 325° for 45 minutes, or until center is firm. Serves 6.



## SALMON QUICHE

1 cup whole wheat pastry flour  
2/3 cup shredded cheddar cheese  
1/4 cup almonds, chopped  
1/2 t salt  
1/4 t paprika  
6 T canola oil  
1 can (15.5 oz) salmon  
3 eggs, beaten  
1 cup sour cream or plain yogurt  
1/4 cup mayonnaise  
1/2 cup shredded cheddar cheese  
1 T onion, grated  
1/4 t dried dill  
3 drops hot pepper sauce

### Crust:

Combine flour, 2/3 cup cheese, almonds, salt and paprika in a bowl. Stir in oil. Reserve 1/2 cup of the mixture. Press remaining mixture into bottom and sides of a 9" pie plate. Bake at 400° for 10 minutes.

### Filling:

Drain salmon, reserving liquid. Add water to make 1/2 cup of liquid. Flake salmon, removing bones and skin. Mix salmon with liquid and remaining ingredients. Spoon into crust. Top with reserved topping. Bake at 325° for 45 minutes, or until center is firm. Serves 6.

## **NORTH CAROLINA PULLED-PORK BARBECUE SANDWICHES**

1 boneless pork butt, about 4 lbs  
3 T dark brown sugar  
1 t each salt, pepper, cumin, paprika, cayenne, oregano and thyme

Basting/Barbecue sauce:

1 cup cider vinegar  
1 cup white vinegar  
1 T sugar  
1 T hot red pepper flakes  
1 t Tabasco  
Salt and pepper to taste

Place the pork in a baking dish. In a bowl, combine the sugar and spices. Rub the seasoning evenly over the pork to coat. Cover with plastic and refrigerate at least 4 hours or overnight. Preheat oven or smoker to 225°. Bring the pork to room temperature and place in a roasting pan, fat side up. Whisk together all the ingredients in the sauce. Slow-cook the pork, covered, in the oven, basting with the basting sauce every 45 minutes until internal temperature reaches 160° (about 6 – 7 hours.) When you remove the pork from the oven, let it rest for 20 – 30 minutes. With a knife and fork or 2 forks, pull the meat apart into small slices or chunks. Toss with the sauce, to taste, and divide among the hamburger buns. Top with coleslaw. Makes 8 sandwiches.

## **HAM and POPPY SEED BUTTER SANDWICHES**

1/2 stick soft butter

1 T mustard

1 T horseradish

1 T chopped onion

2 t poppy seeds

Ham, rye bread, Swiss cheese slices

Mix spices with butter, spread on rye bread, top with slice of ham and Swiss cheese. Broil until cheese melts. Can use small party rye slices for hors d'oeuvres.

## CHICKEN FRENCH TOAST

4 (1") slices bread  
2 eggs  
3/4 cup milk  
Dash cayenne pepper  
1/2 lb sliced mushrooms  
Butter, lemon juice, soy sauce  
4 chicken breasts, boned, pounded thin  
2 T butter  
3 T flour  
1-1/2 cups chicken stock  
3/4 cup grated cheese  
Grated Parmesan cheese

Beat together eggs, milk and cayenne pepper. Dip bread slices in egg-milk mixture, fry in small amount of butter as French toast. Set aside. Sauté mushrooms in additional butter, lemon juice, soy sauce to taste. Set aside. Sauté chicken breasts 3 – 4 minutes. Melt butter, stir in flour, simmer, stir in chicken stock until thick, add cheese, stir until melted. Overlap French toast and chicken alternately on platter. Top with mushrooms, sauce, Parmesan cheese. Broil lightly. Serves 4.

## **MARY'S MUSHROOM EGGS with CHEESE and CREAM SAUCE**

2 T butter  
1 lb fresh mushrooms, thinly sliced  
12 eggs  
1/2 stick butter  
Salt and pepper to taste  
3/4 stick butter  
6 T flour  
1 pint half & half  
4 oz Parmesan cheese, grated  
4 oz Swiss cheese, grated  
4 oz cheddar cheese, grated  
(other kinds of cheese may be substituted for Swiss and cheddar)

Sauté mushrooms until soft in 2 tablespoons butter over medium heat. Set aside. Thoroughly whisk eggs in a large bowl, add salt and pepper to taste. Scramble them in 1/4 stick butter until eggs form soft curds.

Make the sauce by melting 3/4 stick butter in saucepan, and stirring in flour. Allow mixture to bubble for 30 seconds. Stir in cream and whisk over low heat until mixture thickens.

Lightly butter the bottom of a large ovenproof casserole. Sprinkle with half of the Parmesan. Spread a thin layer of the cream sauce over cheese. Place half of the scrambled eggs on top. Stir half of the remaining cream sauce into mushrooms, and place mixture on top of eggs. Sprinkle with half of the grated Swiss and cheddar. Add rest of eggs. Top with remaining mushroom-cream sauce. Sprinkle with remaining cheeses. May be prepared ahead and refrigerated. Bring to room temperature, bake at 350° until sauce bubbles, 20 – 25 minutes. Then broil 6" from the heat until cheese is lightly browned. Serves 6 – 8.

## **CHEDDAR SCONES with HAM and HONEY-MUSTARD BUTTER**

Scones:

4 cups flour

2 T baking powder

1-1/2 t salt

1 stick cold unsalted butter, cut into small pieces

6 oz extra-sharp grated cheddar cheese, about 1-1/2 cups

1-2/3 cups half & half

Honey-mustard butter:

1 stick unsalted butter, softened

3 T coarse-grained mustard

3 T honey

For sandwiches: thin slices of ham, lettuce as desired

Preheat oven to 425° and butter or spread with parchment paper a large baking sheet. Place flour, baking powder and salt into food processor, and pulse once to mix. Add butter pieces and process until mixture resembles coarse meal. Remove to large bowl, stir in cheese with a fork. Add milk and cream, stirring until just combined. Transfer mixture to a floured surface, and with floured hands knead until it forms a dough. Roll out pieces of dough to 1/2" thick and cut scones with 3" cookie cutter or glass. Re-roll scraps for more scones. You'll probably get 16 – 18 scones. Turn oven down to 400° and bake for about 15 – 18 minutes until nicely browned. Transfer to rack to cool.

For butter: Beat together softened butter, honey and mustard.

Note: Butter freezes well. I place heaping tablespoons on small squares of plastic wrap, twist, tie, and place bundles in a freezer bag.

Assemble sandwiches with scones, butter, ham and lettuce as desired.

## Desserts

From Joe Froggers to Sweet Sloops, Marblehead has a rich tradition of oddly named desserts. Perhaps the most famous is Agnes Surriage Pie, named after the poor Marblehead fisherman's daughter who was turned, a la Eliza Doolittle, into a lady. When Fort Sewall was being built in 1689 as a fortification against French attacks, Thomas Frankland, a British noble and tax collector, came across poor Agnes dressed in rags, scrubbing floors of an inn. He took pity on her and gave her some gold coins to buy some decent clothes. He was surprised to find her the next time he visited wearing the same rags and again scrubbing floors. When he asked her about it, she said that she did buy new clothes, but would only wear them on special occasions. This touched the noble's heart and he resolved to make her into his own Cinderella. Unfortunately, the Puritan morality of the time frowned on such dalliances between classes, and so, instead of Agnes becoming "a real lady," they were sent, like Edward VIII and Mrs. Simpson, into exile in a country estate, unmarried but in love. While traveling in Europe, Lord Frankland was hit in the head by the falling stones of a cathedral in Portugal on All-Saints Day during an earthquake. Agnes, who was not with him when the earthquake occurred, ran madly to find him in the rubble of the town. When she finally found him and rescued him, he was so grateful that he married her, and they lived, as they say, happily ever after. Agnes Surriage Pie was a dish invented by the townswomen to commemorate this romantic story. Fortunately, this dish and other traditional Marblehead desserts are not included in this recipe book. The following desserts, however, cause many people to get stressed out, so we've included a few diet rules to help you enjoy the selections more.

- 1. If no one sees you eat something, it has no calories.**
- 2. When drinking a Diet Coke with a chocolate bar, the Diet Coke cancels out the fat in the chocolate bar.**
- 3. When you eat with other people, calories don't count if you do not eat more than they do.**
- 4. Food used for medical purposes does NOT count (for example: hot chocolate, toast, cheesecake and vodka).**

- 5. If you fatten up the people around you, you will look thinner.**
- 6. Cinema-related foods have zero calorie counts as they are part of the entertainment package and are not counted as food intake (to include popcorn, mints, M&Ms, Reese's Peanut Butter Cups).**
- 7. Cookie pieces have no calories because breaking the cookies up causes calorie leakage.**
- 8. Foods licked from knives and spoons have no fat if you are in the process of cooking something.**
- 9. Anything eaten while standing has no calories due to gravity and the density of the calorie mass.**
- 10. Food consumed from someone else's plate has no fat as it rightfully belongs to the other person and will cling to his/her plate (oh, how fat likes to cling!)**

**And remember: STRESSED SPELT BACKWARDS IS DESSERTS.**



## **CHOCOLATE ICE BOX CAKE**

1 box Nabisco Original Chocolate Wafers  
1 pint whipping cream  
1 t vanilla

Whip the cream with the vanilla. Make a tower by spreading each cookie with whipped cream and placing it on top of the next. About halfway through the box, lay the tower down and build another next to it. Cover both logs with remaining whipped cream. Sift a little cocoa on top. Cover and chill for at least 3 hours.

(Be sure you use the exact wafers above - they are very thin, crisp chocolate wafers, about 3" – 4" diameter, with no icing.)

## **ANNE'S WHITE CHOCOLATE PARTY MIX**

14 oz. white chocolate - I use 4 (3.5 oz) packages Lindt white chocolate  
3 cups corn chex cereal  
3 cups rice chex cereal (use in any proportion)  
2 cups pretzel sticks  
12 oz M & M's  
3 cups cheerios  
2 cups dry roasted peanuts

Melt white chocolate in double boiler. Combine remaining ingredients in large bowl. Slowly pour chocolate over mixture and stir to coat evenly. Spread mixture on wax paper and cool. Break into small pieces and store in air-tight container. Don't know the shelf life: we eat it too fast for it to age significantly!

## **PEACH and STRAWBERRY CRISP**

Note: Only make this recipe when peaches are fresh and in season

5 cups fresh peeled sliced peaches (2-1/2 lbs)  
2 cups sliced strawberries  
3 T sugar  
2 T cornstarch  
1/2 t cinnamon  
1/8 t nutmeg  
1/3 cup flour  
1/4 cup rolled oats  
1 T brown sugar  
1/4 t cinnamon  
2 T butter

Combine the first 7 ingredients and pour into an oiled baking dish.  
Combine the next 4 ingredients for the topping. Cut in the butter with a  
pastry blender. Sprinkle topping on and bake at 400° for 25 minutes.  
Serves 6.

## **TIRAMISU SUNDAES**

6 ladyfingers  
6 T Kahlua or Amaretto, whichever you prefer  
6 T chopped sliced almonds  
6 scoops coffee ice cream  
1 cup whipping cream, whipped  
6 T finely chopped dark bittersweet chocolate

Open each ladyfinger and spread in a martini glass. Soak each ladyfinger with 1 tablespoon Kahlua or Amaretto. Build layers in each glass with 1 tablespoon chopped almonds, 1 scoop of ice cream, 2 tablespoons whipped cream, topped with 1 tablespoon of chocolate sprinkles. This recipe must be done at the last minute, but is easily adaptable to the varying number of guests at dinner parties who actually want dessert. The chocolate and whipped cream can be prepared ahead. Serves 6.

## MACROBIOTIC APPLE PIE

### Crust:

3 cups whole wheat pastry flour  
1 cup rolled oats  
1/4 t sea salt  
1/2 cup oil  
1/2 to 3/4 cup apple juice

### Filling:

3 lbs tart apples, such as MacIntosh or Granny Smith  
1 T lemon juice  
1 cup raisins  
1 cup apple juice  
1 t vanilla  
1 t cinnamon  
1/2 T kudzu (or cornstarch) dissolved in 1/2 cup water

### Crust:

Combine the flour, oats, salt and oil in a large bowl. Stir with chopsticks or a fork, then rub the mixture between your hands until it looks like wet sand. Add the apple juice and mix quickly without kneading to form a wettish ball. Allow the dough to rest uncovered for 15 minutes; it will dry and become firm.

Preheat oven to 375°. Divide the dough in half and roll 1 of the halves between 2 sheets of wax paper. Peel off the top paper and invert an oiled pie plate over the dough; slip 1 hand under the papered side of the dough and gently turn over the dough and pie plate. Peel off the paper and fit the dough into the pie plate, trimming off any excess. Decorate the edge by fluting with a fork, and prick the bottom of the crust with a fork. Bake for 10 minutes. Roll the top crust for the pie.

### Filling:

Wash, peel, core and slice the apples, and sprinkle with the lemon juice to keep the apples from turning brown. Combine the apple juice,

cinnamon, vanilla and raisins in a small saucepan and simmer for 5 minutes or until the raisins swell. Add the dissolved kudzu to the raisin mixture, stirring constantly over medium heat until it thickens. Fill the pie shell with the apples. Pour the raisin sauce evenly over the apples and cover with the top crust, fluting the edges with a fork. Poke several small holes in the top to allow steam to escape. Bake at 350° for 35 – 40 minutes or until filling bubbles. You may need to wrap thin foil strips around the edges to keep them from getting too dark. Allow to cool before serving.

## CHRISTMAS BUTTER COOKIES

2 sticks unsalted butter, softened  
1-1/2 cups confectioners' sugar  
1/2 t vanilla  
1 egg  
1-1/2 cups flour  
1 t baking soda  
1 t cream of tartar  
1/4 t salt

Cream the butter and add the sugar gradually, beating until fluffy. Add the egg and vanilla and mix well. Sift together the dry ingredients and blend into creamed mixture. Wrap in plastic wrap and chill. Cut off small pieces at a time and roll on floured surface until very thin, about 1/8". Cut out with Christmas cookie cutters. Decorate with raisins, chocolate chips, colored sugar, sprinkles, or cinnamon sugar as desired. Re-roll scraps with new chilled dough. Place on cookie sheet which has been covered with parchment paper. Bake in a pre-heated 400° oven until cookies are lightly browned, about 5 – 8 minutes.

## **CRESCENTS**

1/2 t vanilla

2 sticks unsalted butter, softened

1/3 cup confectioners' sugar

2/3 cup chopped nuts, black walnuts or pecans

1-2/3 cups flour

Cream the vanilla, butter and sugar. Add the nuts and sift in the flour. Chill. Pinch off a piece and roll it to the size of a pencil. Shape into a crescent. Repeat until all dough is used. Bake at 350° for 20 – 30 minutes. Roll in confectioners' sugar.



## CHOCOLATE CRINKLES

1/2 cup vegetable oil  
4 squares unsweetened chocolate  
2 cups sugar  
4 eggs  
2 t vanilla  
2 cups whole wheat pastry flour  
2 t baking powder  
1/2 t salt  
1 cup (approximately) confectioners' sugar

Melt chocolate and mix with vegetable oil and sugar. Blend in the eggs one at a time. Stir in vanilla, flour, baking powder and salt. Mix well and chill. Form the dough into balls and roll in confectioners' sugar. Bake at 350° for 8 minutes.

## RICOTTA PIE

### Pastry:

2 cups flour  
2/3 cup cornstarch  
1-7/8 cups sugar  
2 sticks butter  
2 eggs  
Pinch cinnamon

### Filling:

4 cups boiling milk  
4 eggs  
1-3/8 cups sugar  
1/2 cup flour  
1-2/3 cups ricotta cheese  
7/8 cup sugar  
2 egg yolks  
Grated rind of 2 lemons

### Filling:

Beat 4 eggs with 1-3/8 cups sugar and 1/2 cup flour. Gradually stir in boiling milk. Cook over medium heat, stirring constantly, until mixture coats a metal spoon, about 10 minutes. Remove from heat, cool, stirring occasionally to prevent film from forming. When cool, stir remaining filling ingredients into custard base.

### Pastry:

Cut butter into dry ingredients in a food processor. Stir in eggs. Form 3 pastry balls, place in 9" pie plates. Using fingers, press dough over bottom and sides of plates. Pour filling into each pie shell. Bake at 350° for 30 – 45 minutes until custard is set and lightly browned. Makes 3 pies.

## **VICKI'S TRIFLE**

Stale cake, biscotti, or ladyfingers to cover bottom of serving dish  
Sherry

Defrosted frozen raspberries or other berries, about 2 cups

1 (15 oz) can Bird's custard (available at your local supermarket)

1 (8 oz) carton heavy cream, whipped with 1 t sugar and 1 t vanilla

Line the bottom of the dish with the cake or ladyfingers, and sprinkle liberally with sherry. Add the berries, cover with a tin of Bird's ready made custard and top with whipped cream. Takes about 5 minutes.  
Serves 4.

## **MOTHER'S BROWNIES**

2 sticks unsalted butter, softened  
1-3/4 cups sugar  
4 eggs  
4 squares unsweetened baking chocolate  
1 cup flour  
2 t vanilla  
1 cup walnuts or pecans, chopped

Cream butter, beat in sugar gradually. Add eggs, beating after each addition. Melt chocolate in a double boiler or over low heat. Beat chocolate, flour and vanilla into butter mixture. Stir in nuts. Spread in a 9"x13" baking pan. Bake at 350° for 30 minutes or until toothpick comes out clean. Place pan on a wire rack to cool. When cool, slice into squares and remove from pan.

## **HOT FUDGE SAUCE**

2 (1 oz) squares unsweetened baking chocolate  
1 T butter  
1/3 cup boiling water  
1 cup sugar  
2 T corn syrup (Karo)  
1 t vanilla

Melt the chocolate in a double boiler or over low heat. Add and melt the butter. Stir and blend well, then add boiling water. Stir well and add the sugar and corn syrup. Permit the sauce to boil rapidly but not too furiously over direct heat. Do not stir it. If you wish a usual sauce, boil it for 5 minutes. If you wish a hot sauce that will harden when poured over ice cream, boil it for about 8 minutes. Add the vanilla just before serving. When cold the sauce is very thick. It can be reheated in a microwave for about 30 seconds.

## **RHOD'S SCOTTISH SHORTBREAD**

2 sticks butter

1/2 cup superfine sugar (not confectioners')

2-3/4 cups flour

1 oz rice or corn flour

Beat the sugar into the butter and then slowly add the flour until it becomes a dough you can roll out in a 7"x11" cookie tin. Bake slowly for an hour or so at 280° – 300° or until shortbread is golden, not brown.

## MILLIE'S RUM CAKE

### Cake:

1 cup chopped pecans or walnuts, sprinkled over the bottom of a greased and floured 10" tube pan or 12-cup bundt pan

1 (18-1/2 oz) package yellow cake mix

1 (3-3/4 oz) package JELLO instant vanilla pudding mix

4 eggs

1/2 cup cold water

1/2 cup canola oil

1/2 cup dark rum

### Glaze:

1/4 lb. butter (one stick)

1/4 cup water

1 cup sugar

1/2 cup dark rum

Preheat oven to 325°, mix all cake ingredients together.

Pour batter over nuts in pan.

Bake about 1 hour 10 minutes, till tester comes out clean. Cool. Prick top with fork tines to make tiny holes.

To make glaze, melt butter in saucepan, stir in water and sugar. Boil 5 minutes on high, stirring constantly. Remove from heat, stir in rum.

Pour glaze over top and sides of cake, letting glaze soak in, repeating until glaze is used up. Serve with whipped cream, ice cream, or berries if you like.

## CHOCOLATE RUM MOUSSE

1/4 cup cold whole milk  
1 envelope unflavored gelatin  
3/4 cup milk, heated to boiling  
6 T dark rum  
1 large egg  
1/4 cup sugar  
1/8 t salt  
1 (6 oz) package (1 cup) semisweet chocolate chips  
2 cups heavy cream  
2 ice cubes  
1 t vanilla

Put the cold milk and gelatin in blender. Cover and blend at low speed to soften the gelatin. Add boiling milk; blend until the gelatin dissolves. If gelatin granules cling to the container, use a rubber spatula to push them down.

When the gelatin is dissolved, add the rum, egg, sugar and salt. Blend at high speed and add chocolate pieces until smooth. Add 1 cup of the cream and the ice cubes. Continue blending until the ice is liquefied. Pour into parfait or wine glasses and chill.

Add vanilla to the other cup of cream and whip until stiff. Top the mousse with whipped cream. Serves 8.



## FRUITCAKE

2 cups flour  
1 cup water  
1 cup sugar  
4 large eggs  
2 cups dried fruit  
1 t baking soda  
1 t salt  
1 cup brown sugar  
Lemon juice  
Nuts  
1 FULL bottle of your favorite whiskey

Sample the whiskey to check for quality. Take a large bowl. Check the whiskey again to be sure that it is of the highest quality. Pour 1 level cup and drink. Repeat. Turn on the electric mixer; beat 1 cup of butter in a large fluffy bowl. Add 1 teaspoon sugar and beat again. Make sure the whiskey is still OK.

Cry another tup. Turn off the mixer. Break 2 legs and add to the bowl and chuck in the cup of dried fruit. Mix on the turner. If the fried druit gets stuck in the beaterers, pry it loose with a drewscraver. Sample the whiskey to check for tonsistency. Next, sift 2 cups of salt. Or something. Who cares. Check the whiskey.

Now sift the lemon juice and strain your nuts. Add 1 table. Spoon. Of sugar or something. Whatever you can find. Grease the oven. Turn the cake tin to 350°. Don't forget to beat off the turner. Throw the bowl out of the window. Check the whiskey again. Go to bed. Who the hell likes fruitcake anyway?