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Gourmet

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½ pound boneless pork shoulder or pork butt, cut into ½-inch cubes

In a kettle sweat the onion, the celery, the carrot, and the garlic in the butter and the oil, covered with a buttered round of wax paper and the lid, over moderate heat, stirring occasionally, until the vegetables are softened, add the broth and the ham hock, and bring the mixture to a simmer. Add the lentils, the split peas, the thyme, and the rosemary and simmer the mixture, uncovered, for 1 hour, or until the lentils and the peas are tender.

Make the sausage mixture: While the soup is simmering, in a large bowl combine well the salt, the red pepper flakes, the garlic, the fennel seeds, the Marsala, and the paprika, and combine the mixture well. In a meat grinder fitted with the coarse blade grind the mixture once. (Alternatively, the mixture may be ground in a food processor, pulsing the motor, until the pork is ground coarse and the mixture is combined well.) Transfer the mixture to a jelly-roll pan, spreading it evenly about ½ inch thick, and bake it in the middle of a preheated 375° F. oven for 12 minutes, or until the pork is cooked through. Transfer the sausage with a slotted spoon to a bowl.

Add the sausage, crumbled, to the soup, stir the soup until it is combined well, and season it with salt and pepper. Makes about 8 cups, serving 4 to 6.

CRAB CAKES THE RED FOX INN

3 large eggs
¾ cup plus 2 tablespoons
mayonnaise
½ cup minced onion, patted dry
½ cup minced celery, patted dry
1½ cups fine dry bread crumbs
¼ cup fresh lemon juice
2 tablespoons Old Bay seasoning
(available at fish markets,
specialty foods shops, and some
supermarkets)
3 tablespoons Worcestershire
sauce
1 teaspoon freshly ground black
pepper
2 pounds fresh lump crab meat,
picked over
4 tablespoons vegetable oil
½ stick (¼ cup) unsalted butter

In a large bowl whisk together the eggs, the mayonnaise, the onion, the celery, the bread crumbs, the lemon juice, the Old Bay seasoning, the Worcestershire sauce, the pepper, and salt to taste, add the crab meat, and toss the mixture gently but thoroughly. With a ½-cup measure form the mixture

gently into slightly flattened rounds about 1 inch thick. In a large skillet heat 1 tablespoon of the oil and 1 tablespoon of the butter over moderately high heat until the foam subsides and in the fat sauté the crab cakes in batches, adding the remaining oil and butter as necessary, for 2 to 3 minutes on each side, or until they are cooked through, transferring them as they are cooked to paper towels to drain. (Alternatively, the crab cakes may be broiled under a preheated broiler about 6 inches from the heat for 3 minutes on each side, or until they are cooked through.) Makes about 20 crab cakes.

LAMB LOIN WITH MUSTARD AND ROSEMARY THE ASHBY INN

¼ cup coarse-grained mustard
(preferably Pommery)
¼ cup Sercial Madeira
2 tablespoons finely chopped fresh
rosemary leaves
2 tablespoons finely chopped
garlic
1½ teaspoons freshly cracked
black pepper
1 eye of loin of lamb, trimmed
(about 1½ pounds)

In a bowl combine well the mustard, the Madeira, the rosemary, the garlic, and the pepper, rub the lamb with the mixture, and chill it, covered, overnight. Roast the lamb on the rack of a roasting pan in the middle of a preheated 400° F. oven for 20 to 25 minutes, or until a meat thermometer registers 140° F., for medium-rare meat. Transfer the lamb to a cutting board and let it stand for 10 minutes before slicing. Serves 2 to 4.

CRAB AND SPINACH TIMBALES WITH BEURRE BLANC THE INN AT LITTLE WASHINGTON

For the crab mousse
¼ cup heavy cream
1 teaspoon fresh lemon juice
½ teaspoon Dijon-style mustard
a pinch of celery salt
a pinch of cayenne
2 large eggs
½ pound fresh lump crab meat,
picked over

For the spinach mousse
2 pounds fresh spinach, coarse
stems discarded and the leaves
washed well and spun dry
3 tablespoons unsalted butter
2 tablespoons all-purpose flour
¾ cup milk
½ cup heavy cream
a pinch of freshly grated nutmeg
3 large eggs

For the beurre blanc

1 teaspoon finely chopped shallots
1½ teaspoons fresh lemon juice
¼ cup dry white wine
¼ cup Champagne vinegar
(available at specialty foods
or other white-wine vineg
7½ tablespoons cold unsalted
butter, cut into bits
7 tablespoons cold salted butter,
cut into bits
freshly ground white pepper

Make the crab mousse: In a whisk together the cream, the mustard, the celery salt, the eggs, and salt and pepper fold in the crab meat gently but

Make the spinach mousse: T boiling salted water add the spinach, turn the water to a boil. Drain through a colander and refresh it under cold water. Squeeze the spinach dry by hand, chop it fine. In a heavy saucepan melt butter over moderate heat, add the shallots and cook the roux for 3 minutes. Add the milk, the cream, the nutmeg and pepper to taste and bring to a boil, whisking. Remove the pan from the heat, stir in the spinach, and let cool slightly. Beat in the eggs,

Line the bottoms of 8 timbale molds with rounds of butter, fill the molds halfway with the crab mousse, and fill the molds to the top with the spinach mousse. Put the molds in a low baking pan, add enough water to reach halfway up the sides of the pan, and bake the timbales in the oven for 10 to 15 minutes, or until they are set.

Make the *beurre blanc*: In a saucepan combine the shallots, the wine, and the vinegar mixture until almost all the liquid has evaporated. Reduce the heat to low and cook the butters, 1 bit at a time, lifting from the heat occasionally to let the butters cool and adding each new bit before the previous one has melted. (The sauce should not get thick or liquefy. It should be the consistency of a thick sauce.) Strain the sauce through a sieve into a small bowl, press the solids, and whisk in the cream and salt to taste. Keep the sauce warm.

Run a thin knife around the rim of the mold, invert the timbales onto a serving platter, and serve them warm with the *beurre blanc*. Serves 8. ♦

Angeline Goreau, who writes about food, history, and literature, enjoys exploring the past is still very much