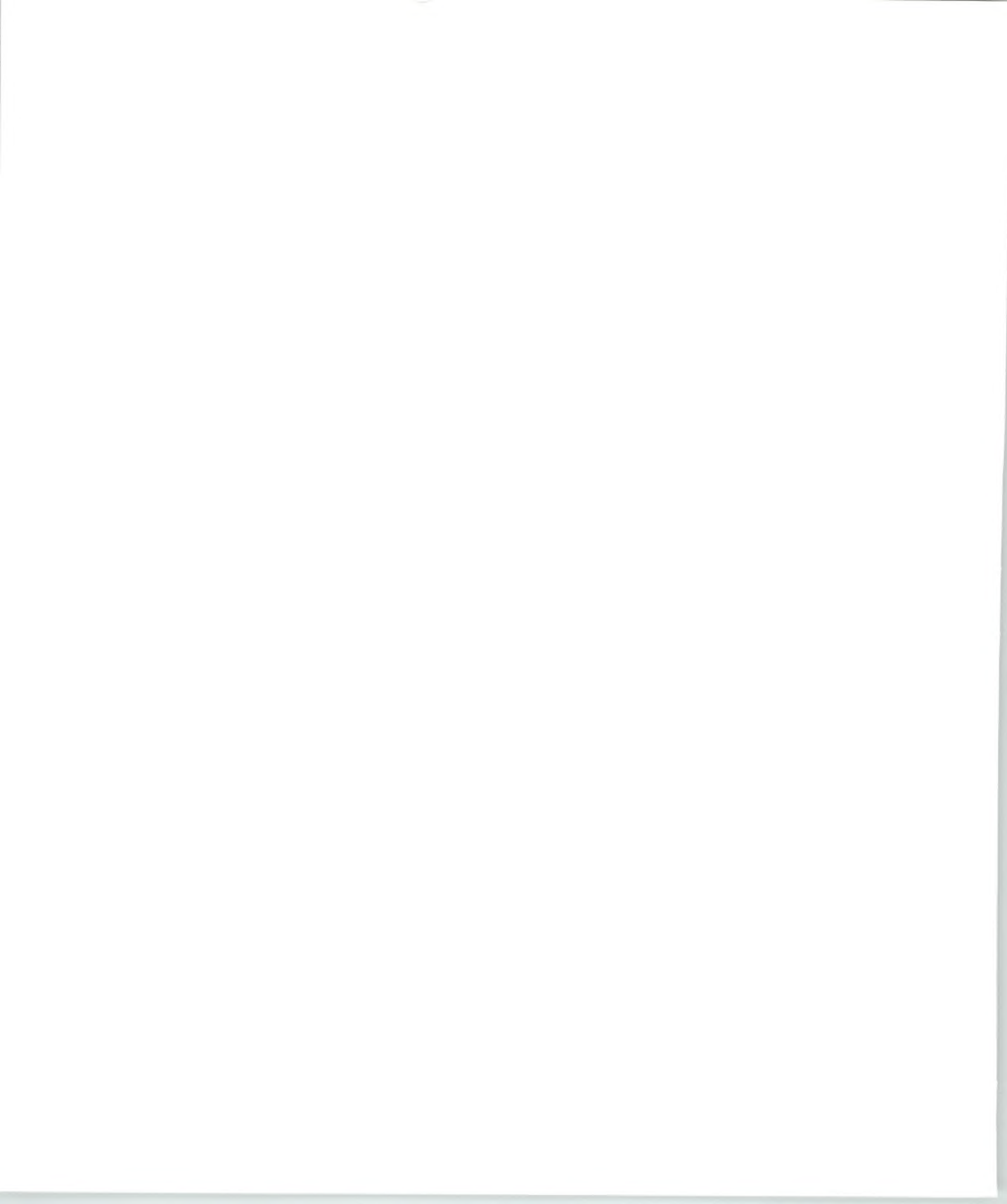


GREAT CHEFS OF NEW ORLEANS



G R E A T C H E F S<sup>®</sup>

New  
Orleans

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One of the implicit benefits of the GREAT CHEFS series is that the television programs illustrate the chef's style and technique absent from the written word of the accompanying cookbooks. The use of both the book and viewing the series can allow you to achieve "chef-like" results.

We feel it is important for you to understand that although it is not impossible to prepare these recipes from the book alone, viewing the TV series is more than helpful. The book and show are a pair.

The premises of the GREAT CHEF series (GREAT CHEFS OF NEW ORLEANS, NEW ORLEANS II, SAN FRANCISCO, and CHICAGO) are simple if not unique. First, we assume that the viewer/cookbook buyer knows *something* about cooking. Secondly, the series is not strictly a *reci-pe* program, but rather instructional cooking classes that allow a viewer the opportunity to watch professional chefs work through the preparation and cooking steps of a dish.

Each of these steps determines the success of the preparation of a recipe. For example, we often will carry a key cooking step much longer than the typical cooking show. One cannot learn to make a sauce or other complicated mixture without seeing the consistency and texture develop. If this process takes time in the kitchen, we generally take time on the show.

It is no secret to anyone interested in cooking that the working environment of a restaurant is light years away from the home kitchen. The equipment, food products, and staff make it a very different endeavor. In the course of producing shows with forty-one chefs, we have identified over fifty-two of their menus and hundreds of dishes with definitive moments when cooking in a restaurant kitchen will translate easily and productively to the home kitchen. Al-

though many of the chefs use gram measurements, we have converted these to ounces for your convenience and accuracy. By simply adding a moderately-priced food scale to your kitchen, you'll be ready to cook and much of the myth regarding pastry and desserts will evaporate.

Through watching the television programs you will pick up a wealth of knowledge about basic cooking techniques that apply to hundreds of recipes, inventive garnishes and facile presentation. Watch the television programs. They are important companions that bring to life the personalities, recipes and instructions in this book.

One final note regarding the recipes: The number of servings and the preparation times are listed for each dish. Certain recipes also include the phrase *note elapsed time*. This indicates that advance preparation is needed. Always read the entire recipes before planning your dinner.

Good luck and bon appetit.

## NOTE TO THE READER



RECIPES IN THIS BOOK  
ARE DESIGNED TO SERVE  
FOUR PERSONS.

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GREAT CHEFS  
OF  
NEW ORLEANS





*Great cooking is both an art and a science, and nobody exemplifies a greater mastery of both aspects than Chef Warren Le Ruth. After working in the laboratories of corporate food service companies developing products and flavors, he decided it was time to return to his roots in New Orleans and open a showplace for a special brand of Creole cuisine.*

*Ensnconcing Le Ruth's in a comfortable remodeled house, Chef Le Ruth set about developing a new haute Creole style based on New Orleans provender prepared with classic European techniques. The combination is unique and wonderful—a perfect blending of time-proven dishes with a special flair, always balanced and always consistent.*

*Chef Warren Le Ruth is still experimenting with flavors, for himself, for fellow chefs, and for corporate clients. His measurements are precise, worked out over years of trial (but not of error), and each ingredient is meticulously weighed or meted out with careful thought to its effect on the final product.*

*Because Chef Le Ruth has done all the preliminary work, the recreation of his dishes is relatively simple, sometimes deceptively so.*



*While loose interpretation of recipes is often encouraged in this book, with Le Ruth's formulas strict adherence is suggested. Each step and each ingredient is there for a purpose. The beautiful food created by Le Ruth the Artist has been carefully thought out by Le Ruth the Scientist.*

CHEF WARREN LE RUTH  
LE RUTH'S

+

MENU

SHRIMP RÉMOULADE

MEDALLIONS OF PORK

GÉNOISE WITH AMARETTO AND CHOCOLATE

+





## SHRIMP RÉMOULADE

*1½ pounds shrimp, without heads  
1 quart water, with ¼ cup salt and  
ice  
2 quarts water, boiling*

*2 tablespoons paprika  
¾ cup Creole or Dijon mustard  
2 tablespoons ketchup (if not using  
Creole mustard)  
2 tablespoons horseradish (if not using  
Creole mustard)  
½ cup celery hearts, finely chopped  
¼ cup onion, chopped  
1 teaspoon sugar  
1 teaspoon Tabasco  
2 tablespoons parsley, chopped  
1 cup cottonseed or corn oil*

Put shrimp into boiling water. When water returns to a boil, drain shrimp and plunge into salted ice water. Peel and devein shrimp and serve on lettuce with rémoulade sauce.

### RÉMOULADE SAUCE

Mix together all ingredients except the oil. Drizzle in oil to make an emulsified sauce. The shrimp may be marinated in the sauce for 2 to 3 hours before serving to intensify the flavor.

4 2-ounce pork medallions from the  
tenderloin or loin  
1 teaspoon Creole or Dijon mustard  
1 tablespoon flour mixed with  
¼ teaspoon salt and  
1 pinch white pepper  
1 tablespoon oil  
1 tablespoon butter  
1 cucumber, peeled, seeded and sliced  
in 1-inch pieces  
1 cup California riesling  
1 teaspoon mustard (as above)  
4 ½-ounce slices Port Salut or Fontina  
cheese  
1 teaspoon parsley, chopped

Pound pork until thin and spread with a teaspoon mustard. Sprinkle with the seasoned flour. Heat the oil and butter until quite hot. Add pork, mustard side up. Turn every 30 seconds or so for 2 minutes. Remove to a hot plate to keep warm.

Add cucumber and remaining mustard. Stir and toss to coat with the oil, butter and mustard for 2 minutes. Push cucumbers to one side of the pan. Replace pork and cover with cheese. Distribute cucumbers around pork, pour on half of the wine and cover the pan for 1 minute. Remove cover, add remaining wine, and cover for another minute, or until the cheese begins to melt. Sprinkle with chopped parsley and serve.

## MEDALLIONS OF PORK

GÉNOISE  
WITH AMARETTO AND  
CHOCOLATE  
(SPONGE CAKE)

*2/3 cup sugar*  
*7 eggs*  
*3/4 cup all-purpose flour*  
*3 tablespoons cornstarch*  
*2 teaspoons grated lemon rind*

*3 cups whipping cream*  
*6 ounces semi-sweet chocolate chips*  
*1/4 cup Amaretto*  
*1 9-inch génoise, split*

In a bowl, mix eggs and sugar. Heat over hot water to 115 degrees, beating until doubled in volume. Sift flour and cornstarch together 3 times. Carefully fold the flour, cornstarch and lemon rind into the egg mixture. Pour into greased and floured 9-inch cake pans. Bake at 425 degrees until set and springy. Remove from pans and cool on cake racks.

AMARETTO AND CHOCOLATE FILLING

Heat cream to 180 degrees. Stir in chocolate chips and remove from heat. Stir to melt, then chill overnight. Put half of the génoise on a cake pan and sprinkle with half of the Amaretto. Whip the cream mixture until stiff. Spread 1/4 of the mixture on the cake. Add top layer of cake and sprinkle with the remaining Amaretto. Ice top and sides of cake with chocolate filling, reserving some of it to pipe through a pastry bag for finishing decorative touches.

NOTES



GREAT CHEFS  
OF  
NEW ORLEANS





*Chef Daniel Bonnot is an engaging Frenchman who trained in his native country as well as in England before setting sail for Caribbean shores. There French haute cuisine, British formality and Island Creole spices shaped his philosophy, and eventually he chose the culinary melting pot of New Orleans as the perfect forum for his work. The elegant Louis XVI restaurant in the Marie Antoinette Hotel allows his delicious creations to be served with the proper élan, so that the entire dining experience is one of pampered luxury.*

*In this delightful ambience Chef Bonnot's cooking is neither snobbish nor contrived. He takes as much care and as much pride in his hearty garlic soup, thickened with day-old bread, as he does in the intricate and complicated fish in puff pastry with two mousses. This is the mark of a sensitive and sensible practitioner of the culinary arts.*

*Chef Bonnot is a student as well as a teacher. He imparts his wisdom to his kitchen brigade, but he also does his homework on current trends in food and the history of classic works. He refuses to stagnate or to accept the status quo. Bonnot has a solid foundation in cooking, and he can embellish his works as easily with imported fresh truffles and foie gras as he can with local redfish and crawfish. If you approach cooking these recipes as he does, you will enjoy the work as well as the completed dish.*

CHEF DANIEL BONNOT  
LOUIS XVI



MENU

CREAM OF GARLIC SOUP

SALADE TIÈDE

REDFISH EN CROÛTE AUX DEUX MOUSSES

PARIS BREST



## CREAM OF GARLIC SOUP

*4 tablespoons butter*  
*2 onions, sliced*  
*4 heads garlic, mashed*  
*1 quart chicken stock (see below)*  
*½ pound day-old French bread*  
*1 bay leaf*  
*2 sprigs, or ½ teaspoon dried, thyme*  
*6 ounces heavy cream*  
*salt and pepper*

*2 pounds chicken backs, necks and gizzards*  
*3 stalks celery, roughly chopped*  
*2 carrots, chopped*  
*2 onions, chopped*  
*4 sprigs parsley*  
*1 teaspoon salt*

Melt butter in a soup kettle and add onion and garlic. Cook for 5 minutes over moderate heat. Strain a quart of stock into the pan and simmer for 10 minutes. Stir in bread slices and add bay leaf and thyme. Simmer 10 minutes longer and process to a puree. Force through a sieve and add cream. Heat through and correct seasoning.

## CHICKEN STOCK

Put chicken pieces, celery, carrots, onions, parsley and salt into a pot and cover with water. Bring to a boil, reduce heat and simmer for 2 hours or more. Skim fat and strain.

## SALADE TIÈDE

*¼ pound bacon*  
*½ cup walnut oil*  
*1 head Romaine lettuce*  
*2 bunches watercress*  
*3 heads endive*  
*2 ounces red wine vinegar*  
*2 ounces raspberry vinegar*  
*8 slices French bread, cubed and rubbed with garlic*  
*salt and pepper*

Cut bacon into rough pieces and cook for 3 to 4 minutes; it should not color. Put greens in a bowl and add oil and bacon drippings, tossing to coat. Deglaze bacon pan with wine vinegar and reduce slightly. Pour this over salad and add raspberry vinegar. Add croutons and toss. Correct seasoning.



4–5 pound *whole* redfish (or other firm-fleshed fish), cleaned  
12" by 14" sheet puff pastry, frozen or homemade  
1 recipe spinach mousse (see below)  
1 recipe salmon mousse (see below)  
1 cup *beurre blanc* (see below)

Remove fish filets from the backbone, keeping head and tail intact. Roll pastry into a rectangle and put head, tail and bottom filet on the pastry. Spread with salmon mousse and then spinach mousse. Cover with top filet. Paint pastry with melted butter and cut into fish outline. Fold over half the pastry and paint again. Fold over other side and smooth into fish silhouette. Paint again and decorate with pastry scraps cut into shapes to represent scales and fins. Paint all with butter and put on lightly buttered baking sheet. Put in 350-degree oven until golden, about 40 minutes. Serve with *beurre blanc* (see below).

2 pounds fresh salmon pieces, cubed  
¼ teaspoon salt  
¼ teaspoon white pepper  
4 egg whites  
10–11 ounces heavy cream

#### SALMON MOUSSE

Put salmon pieces into a food processor with salt, pepper and egg whites. Puree for a minute. Slowly add the cream while processing.

5–6 pounds fresh spinach  
6 egg whites  
1 pinch nutmeg  
¼ teaspoon salt  
¼ teaspoon pepper  
4 ounces heavy cream

#### SPINACH MOUSSE

Blanch spinach for 30 seconds and drain thoroughly. Put into food processor with egg whites, nutmeg, salt and pepper. Process 1 minute. Drizzle in cream while processing.

2 ounces shallots, minced  
½ to ¾ cup white wine  
¾ pound butter, at room temperature

#### BEURRE BLANC (FOR FISH)

Reduce white wine and shallots over high heat until the wine is half its original volume. Remove from heat and whisk in butter bit by bit until each addition is emulsified.



## PARIS BREST

*2 cups water  
1 cup butter  
1 pinch salt  
1½ cups flour  
6 to 8 eggs, depending on the size  
1 tablespoon powdered sugar, to dust  
slivered almonds*

Boil water with butter and salt in a pan. Add flour all at once and beat vigorously until dough pulls away from the sides of the pan and forms a ball. Off the heat, beat in eggs, one or two at a time, until incorporated and smooth. Put mixture into pastry bag and pipe in a circle on a buttered and lightly floured baking sheet. Make another circle just inside the first, and a third on top of the first two. Paint with butter and top with almonds. Bake at 375 degrees for 30 minutes. When cool, split horizontally and fill bottom ring with pastry cream. Replace top ring and dust with powdered sugar. *Note: The preceding recipe is a basic pâte à choux, or cream puff pastry, and it may be used in other recipes.*

1 cup sugar  
2 eggs plus 2 yolks  
¼ cup flour  
1½ cups milk, scalded  
¼ cup hazelnut paste (optional, if  
difficult to find)  
1 cup heavy cream  
¼ cup sugar

#### PASTRY CREAM

Beat sugar and eggs in a bowl until thick and lemon-yellow. Add flour and beat until smooth. Pour this mixture into scalded milk and beat smooth while heating just to the boiling point. Pour into bowl placed over ice water (to cool mixture) and add hazelnut paste. Beat heavy cream with sugar until thick and fold into the cooled mixture.

#### NOTES

✦



*Chef Coln and his wife, Erna.*

*Chef Willy Coln is fascinating to watch as he darts about his shiny kitchen. No steps are wasted as he assembles what he needs for a particular dish. When he sets to the task, he is a blur of activity. When he comes into focus, the dish is completed.*

*One reason for this efficiency is the design of the kitchen, which Chef Coln had specially built. Another is his experience in running kitchens, first in his native Germany, then through Europe and the Caribbean, and finally in the United States. Coln has trained cooks of many nationalities, and he has learned from them as well.*

*This give-and-take in matters culinary has put a special brand on Coln's style. His dishes are solidly based on a classic foundation, yet their superstructure is a delightful blend of imagination and creativity. Although the ingredients may reflect a mixed heritage, the whole is always a unique combination that surprises and delights the palate.*

*Note how the menu proceeds with the amalgamation of styles, yet ends with a perfectly orchestrated feeling. From spicy to rich to soothing, this menu is a mark of Chef Willy Coln's expertise and his sensitivity to the nuances of the total dining experience.*

MENU

LAVOSH

CURRIED SNOW CRAB CLAWS

FRIED CRAWFISH TAILS

FILET STROGANOFF

SPAETZLE

CHOCOLATE MOUSSE



CHEF WILLY COLN  
WILLY COLN'S



## LAVOSH

---

- 1 package (¼ ounce) active dry yeast*
- 1½ teaspoons sugar*
- 1 cup plus 2 tablespoons warm water  
(110–115 degrees)*
- 3 cups all-purpose flour*
- ½ stick butter, melted*
- 1 tablespoon white sesame seeds,  
chopped onions, or poppy seeds*

Pour yeast into a clean, small, shallow bowl. Add 1 teaspoon of the sugar and ¼ cup of the warm water. Let mixture stand for 2 to 3 minutes, then stir to dissolve yeast completely. Place bowl in a warm, draft-free place for 5 to 10 minutes or until mixture looks foamy and has almost doubled in volume. Measure flour into a mixing bowl, and make a well in the center of the flour. Pour in yeast mixture, remaining water and sugar, and melted butter. Mix ingredients well with a spoon until a soft, spongy dough is formed. Cover bowl loosely with a warm, damp cloth, and return it to the warm, draft-free spot until dough again doubles in volume, about 45 minutes. Preheat oven to 350 degrees. When dough has risen, place on lightly floured surface and divide into six equal parts. With lightly floured rolling pin, roll each part into a flat round about ¼ inch thick. Place 2 or 3 rounds on each of two or three cookie sheets. Rub surface of the rounds lightly with cool water, and sprinkle each with ½ teaspoon sesame seeds or other topping.

Bake rounds in oven on the bottom rack for about 20 minutes or until the breads are a pale golden brown. (Bake breads in "shifts" if oven size does not allow entire recipe to be baked at once.) With a spatula, transfer breads to wire racks to cool. Breads will keep several days if stored in a dry, air-tight place. Yield: 6 bread rounds.



*¼ cup oil, olive or vegetable*  
*2 stalks celery, chopped*  
*1 carrot, chopped*  
*1 cup tomato, chopped*  
*1 large onion, minced*  
*2 tablespoons parsley, minced*  
*1 apple, diced*  
*2 bay leaves*  
*pepper and salt to taste*  
*2 tablespoons curry powder, or to taste*  
*3 cups fish stock*  
*1 tablespoon arrowroot dissolved in*  
*1 tablespoon water*  
*½ cup pineapple juice*  
*1 pound snow crab claws*

Heat oil in a skillet and add all ingredients through the diced apple. Cook over moderately high heat, tossing continuously for 3 minutes. Add bay leaves, pepper and curry. Continue cooking for 4 minutes. Add hot fish stock and bring to a boil. Reduce heat and simmer for 30 minutes. Add dissolved arrowroot. Strain into another saucepan, then add the claws and pineapple juice. Simmer for 3 minutes, correct seasoning with salt and pepper, and serve.

CURRIED  
SNOW CRAB CLAWS

## FRIED CRAWFISH TAILS

*1 pound crawfish tails, peeled and deveined*  
*½ cup sherry*  
*1 cup, plus ½ cup, flour*  
*2 eggs*  
*1 pinch salt*  
*12 ounces dark beer*  
*1 dash cayenne*  
*salt and pepper*  
*oil for deep frying*

*2 egg yolks*  
*1 tablespoon lemon juice*  
*½ teaspoon dry mustard*  
*¼ teaspoon Worcestershire sauce*  
*1 dash Tabasco*  
*¾ cup oil*  
*1 tablespoon hot water*  
*1 tablespoon sherry*  
*1 teaspoon chives, minced*  
*1 teaspoon ketchup*  
*1 dash cayenne*  
*salt and pepper*

Marinate tails in sherry for an hour or more. Meanwhile, mix the cup flour, eggs, salt and cayenne until smooth and slowly add beer to make batter the consistency of pancake batter. Drain tails and roll in remaining flour. Shake off excess and dip in batter. Fry in hot oil until golden.

### SAUCE

Beat yolks with lemon juice, mustard, Worcestershire and Tabasco. Slowly drizzle in oil to form mayonnaise base. Add hot water to stabilize sauce. Fold in remaining ingredients and correct seasoning. Serve with hot crawfish tails.

## FILET STROGANOFF

*1½ pounds beef tenderloin, cubed*  
*flour for dusting*  
*¼ cup dill pickle, chopped*  
*½ pound mushrooms, sliced*  
*1 onion, minced*  
*¼ cup oil, olive or vegetable or peanut*  
*1 pinch paprika*  
*½ cup wine*  
*½ cup beef stock*  
*½ cup sour cream*  
*salt and pepper*

Heat oil in a pan and dust the beef with flour, shaking off excess. When oil is hot, add meat and onions. Brown meat, then add pickle, mushrooms and paprika. Add red wine and then the stock. Bring to a boil and reduce heat to simmer for 10 minutes. Add sour cream, heat through, correct seasoning with salt and pepper, and serve with spaetzle.



2 cups flour  
4 eggs  
1 pinch white pepper  
1 pinch salt  
1 pinch nutmeg  
1½ cups water

Put flour in a bowl and add remaining ingredients. Whisk to form a smooth batter. To cook, force the dough through a pie pan into which holes have been punched and into boiling salted water. Work quickly to get all of the dough into the water. Stir and cook for 5 to 7 minutes or until the spaetzle are firm. Drain spaetzle and immerse them in ice water to stop cooking and firm them. When ready to serve, drain and sauté in butter with salt, pepper and nutmeg.

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## SPAETZLE

5–6 ounces semi-sweet chocolate  
1 cup cream  
1–2 tablespoons rum  
confectioners sugar

Melt chocolate carefully into the cream. Bring mixture to a boil. Cool for at least an hour and whip until stiff. Refrigerate overnight. Add rum and pipe into serving glasses. Dust with sugar and chocolate shavings.

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## CHOCOLATE MOUSSE



*New Orleans Garden District dining in Commander's Patio Room*

*Chef Gerhard Brill stands at the helm of one of New Orleans' premier dining establishments, Commander's Palace. Despite its casual ambience, Commander's is a razor-sharp operation that serves seven to eight hundred diners a day, seven days a week.*

*Chef Brill is well prepared to oversee this showplace operation. His mother was a chef in his native Germany, so Brill started cooking as a young child. After his apprenticeship in his homeland, he spent ten years in some of the great restaurants of Switzerland working as saucier, gardmanager and chef. Following a year in France he came to America, bringing to this country his talents and knowledge of international cuisine.*

*In 1980 Brill became executive chef at Commander's Palace. There he has trained his staff to excel in high-quality cuisine. As a result, both Commander's and Chef Brill have received national recognition for outstanding Creole food.*

*Despite his and the restaurant's success, Chef Brill constantly strives for improvement. His dishes frequently vary from the conventional, resulting in adroit adaptations of New Orleans perennials. These creative interpretations of Creole specialties keep the demanding patrons of Commander's Palace coming back for more.*

MENU

ARTICHOKE AND OYSTER SOUFFLÉ

SHRIMP CHIPPEWA

SHRIMP FETTUCINE

TOURNEDOS COLISEUM

BREAD PUDDING SOUFFLÉ



CHEF GERHARD BRILL  
COMMANDER'S PALACE



*Chef Brill along with (R to L) owners Dick Brennan and Ella Brennan, and general manager and wine expert Karl Bruggemeier.*

OYSTER AND  
ARTICHOKE SOUFFLÉ

---

*4 artichokes*  
*1 lemon, cut in half*  
*oyster soufflé base (see below)*  
*oyster sauce (see below)*

Trim artichokes and rub cut ends with cut lemon. Drop into boiling salted water and cook for 30 minutes or until the bottoms are just tender and a leaf pulls out with only slight resistance. Meanwhile, prepare the oyster soufflé base and the oyster sauce. Remove the choke, re-form the cooked artichoke and stuff with the soufflé base. Bake in a 375-degree oven for 20 minutes or until the soufflé is puffed and brown. Serve topped with oyster sauce.

(continued)



*1/4 cup butter*  
*1/2 teaspoon salt*  
*1/2 teaspoon black pepper*  
*1/8 cup celery, minced*  
*1/8 cup green onions, finely chopped*  
*1/8 cup white onions, minced*  
*1/8 cup green pepper, minced*  
*1 cup minced oysters*  
*2 1/2 cups oyster water*  
*8 ounces oysters*  
*1 1/2 cups flour*  
*4 egg yolks*  
*6 egg whites*

*3 tablespoons butter*  
*1/8 cup green onions, chopped*  
*8 ounces oysters*  
*1 1/2 cups oyster water*  
*1/2 teaspoon thyme*  
*1/2 teaspoon oregano*  
*1/2 teaspoon basil*  
*1 clove garlic, minced*  
*2 tablespoons butter*  
*2 tablespoons flour*  
*1 cup heavy cream*  
*salt and pepper to taste*

#### OYSTER SOUFFLÉ BASE

Place butter and seasonings in a heavy-bottom saucepan over medium heat and add celery, green onions, white onions, green pepper and minced oysters. Sauté until vegetables are tender. Now add the oyster water and the whole oysters and simmer for 12 to 15 minutes.

Add the flour one-fourth cup at a time. Beat with a wooden spoon until the mixture begins to thicken and leave the sides of the pan. Continue to cook, stirring, for 5 minutes. Beat in the egg yolks, one at a time, with a wooden spoon. Whip the egg whites at high speed until they form stiff peaks. When ready to serve, add the cooled base to the meringue.

#### OYSTER SAUCE

Sauté the green onions in butter until soft, then add oysters, oyster water, thyme, oregano, basil and garlic. Stir gently. Make a roux from the butter and flour and add to the above mixture. Simmer sauce for 5 minutes and then remove from fire. Add cream to sauce and keep warm. Season with salt and pepper to taste.

## SHRIMP CHIPPEWA

56 medium-sized shrimp, raw, peeled  
1½ cups sliced fresh mushrooms  
1¼ cups green onions, chopped  
1½ cups butter  
4 cloves garlic, chopped  
7 cups chicken stock  
¼ cup parsley, chopped

Sauté shrimp, garlic and mushrooms with ½ cup butter. Add parsley and green onions to chicken stock. Combine with shrimp and mushroom mixture and bring to a boil. Take off fire and add remaining butter while stirring constantly (the butter will thicken the sauce). Serve in a soup plate with French bread for dipping.

## SHRIMP WITH FETTUCCINE

2 ounces butter  
24 raw shrimp, peeled and deveined  
2 cloves garlic, minced  
4 teaspoons fresh parsley, minced  
4 medium white onions, sliced  
4 fresh mushrooms, sliced  
4 tablespoons fresh tomatoes, peeled, seeded and chopped  
4 ounces scallions, coarsely chopped  
2 teaspoons seafood seasoning (see below)  
2 ounces shrimp stock  
2 cups cooked fettuccine noodles  
¼ cup white wine  
2 ounces butter

Place butter, shrimp, garlic, parsley, onions, mushrooms, tomatoes, scallions and seafood seasoning in a large sauce-pan. Stir gently for 30 seconds. Add shrimp stock and cook until onions are transparent. Add cooked fettuccine and white wine and simmer until sauce is almost absorbed and shrimp are pink. Remove pan from fire and add butter. Stir gently until butter is melted and creamy. Serve immediately.

## CREOLE SEAFOOD SEASONING

2 tablespoons oregano  
⅓ cup plus 1 tablespoon salt  
¼ cup granulated garlic  
¼ cup black pepper  
⅓ cup cayenne pepper  
2 tablespoons thyme  
⅓ cup plus 1 tablespoon paprika  
3 tablespoons granulated onion

Combine all ingredients and mix thoroughly. Pour into a large glass jar. Makes 2 cups and keeps indefinitely. Note: If pepper is not very desirable to your taste buds, cut the black and red pepper in half.

4 beef tenderloin steaks, 1 inch thick  
3 tablespoons butter  
Creole meat seasoning (see below)  
Bernaise sauce (see below)  
Marchand de Vin (see below)  
sliced blanched carrots  
steamed pea pods

½ pound butter  
4 egg yolks at room temperature  
1 medium lemon, juiced  
1½ tablespoons Worcestershire sauce  
2 tablespoons red wine  
1 pinch cayenne pepper  
2 tablespoons Chablis  
salt to taste  
1 tablespoon white wine  
2 teaspoons dried tarragon leaves,  
very finely crumbled

Sprinkle steaks with Creole meat seasoning and sauté in butter until done just below desired stage. Remove steaks and keep warm. Prepare Marchand de Vin.

Allow two tournedos per serving and nap one with the Bernaise and one with the Marchand de Vin sauce. Garnish with sliced blanched carrots and steamed pea pods.

#### CREOLE MEAT SEASONING

Mix thoroughly 1½ cups salt, ¾ cup granulated garlic, ¾ cup black pepper, ½ cup cayenne pepper, and ¼ cup cumin.

#### BERNAISE SAUCE

Melt butter in a skillet over medium heat. Do *not* burn. When completely melted, remove from the burner. Place egg yolks, lemon juice, Worcestershire sauce, red wine and cayenne pepper in top of double boiler. The water in the bottom pan should not touch the top pan and should be simmering, not rapidly boiling. Using a wire whisk, beat egg-yolk mixture until it thickens and a sheen forms, approximately 3 minutes, but no more than 5 minutes.

In a slow, steady stream, begin adding the butter with a ladle, whipping it with a wire whisk. Continue until all has been added. Add the Chablis and whip well. The sauce should be light and fluffy. In a small saucepan heat 1 tablespoon white wine and the tarragon leaves until the liquid evaporates. Remove from the heat and add to the sauce, mixing well. Hold sauce at room temperature until serving time.

(continued)

BREAD PUDDING  
SOUFFLÉ

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*1 cup ham, finely diced*  
*1 cup fresh mushrooms, finely diced*  
*1 cup green onions, finely chopped*  
*2 ounces butter*  
*3 cups demi-glace (see page 62)*  
*1½ cups red wine*

*7 ounces (¾ of a 36-inch loaf) stale  
French bread cut into 1-inch  
cubes*  
*3 egg yolks*  
*3 eggs*  
*1¾ cups sugar*  
*4½ tablespoons vanilla*  
*1 teaspoon cinnamon*  
*1 teaspoon nutmeg*  
*½ cup softened butter*  
*4 cups whole milk*  
*½ cup raisins*

*6 eggs, separated*  
*½ cup granulated sugar*  
*2½ cups bread pudding*  
*½ cup confectioners sugar*

MARCHAND DE VIN

Sauté ham, mushrooms and green onions in butter. Add demi-glace and wine, reduce by one-quarter and strain.

Toast bread cubes in 350-degree oven for 12 to 15 minutes or until golden brown. Place in an ungreased 13 × 9 × 2 pan. In a large mixing bowl, beat eggs and egg yolks on medium speed until frothy. Add sugar, vanilla, cinnamon and nutmeg. Blend well. Add softened butter and blend, then mix in milk. Sprinkle the raisins over bread cubes and pour the milk mixture over all. Allow the bread to become thoroughly soaked. Bake in a preheated 350-degree oven for 40 minutes. Pudding should rise 2 to 3 times original height, but once removed from the oven its size will decrease, ending up slightly higher than the uncooked pudding. Cool slightly.

Put egg yolks and granulated sugar in top of a double boiler over very low heat. Whisk the mixture until frothy and shiny. In a large mixing bowl, whip egg-and-sugar mixture into the bread pudding until smooth. Beat egg whites until frothy, add confectioners sugar and beat until egg whites form stiff peaks. Gently fold egg whites into bread pudding mixture. Butter and lightly sugar a 1½-quart soufflé dish. Fill dish only ¾ full of soufflé mixture to allow for rising. Wipe clean the lip of the dish and bake in a preheated 375-degree oven for 35 to 40 minutes. Serve immediately, topped with whiskey sauce.

(continued)



*1 cup heavy cream*  
*½ cup sugar*  
*¼ cup bourbon*

#### WHISKEY SAUCE

Beat cream until slightly thickened,  
add sugar and beat until thick.  
Whisk in the bourbon and serve  
with soufflé.

#### NOTES

✦



*Chef Preuss and his wife, Evelyn.*

*Gunter Preuss is the chef/owner of Versailles, the restaurant where he fashions superlative food for his loyal clientele. Hotel training and the experience of running large kitchens has made him one of the most versatile chefs in New Orleans, and he enjoys improvising to suit the discriminating diner.*

*His career having taken him to many countries and more cities, Chef Preuss chose New Orleans as his permanent home because of the charm of the city and the culinary awareness of its citizens. Regular patrons know that if they don't choose any dish on his extensive menu, they can request something special and he will create it on the spot.*

*Chef Preuss proceeds with a dish in a series of small but important steps, and neglect of one can alter the finished dish—but this is not to say that the recipes are difficult. They simply require a certain amount of care and time, and the best ingredients are, of course, a must. In short, to achieve Chef Preuss's results, you must apply the Chef's stringent standards of hard work and select proven-*

*Sophisticated food that combines the European roots of the Chef and the bounteous provender of the area are the components of Versailles' cuisine, but the combination transcends the individual parts, as you will find when you prepare these recipes.*

CHEF GUNTER PREUSS  
VERSAILLES

+

MENU

OYSTERS LAFITTE

STUFFED CORNISH GAME HENS

POTATO BALLS

STRAWBERRY CRÊPES

+



## OYSTERS LAFITTE

2 tablespoons clarified butter  
1 clove garlic, minced  
1 tablespoon green onion, minced  
1 shallot, minced  
1 teaspoon dill weed  
½ pound crabmeat, picked over for shells  
½ cup white wine  
½ cup cream  
1 tablespoon flour, dissolved in  
1 tablespoon melted butter  
2 dozen oysters, on half shell  
rock salt

2 egg yolks  
1 dash salt  
1 teaspoon lemon juice  
1 teaspoon tarragon  
2 tablespoons white wine  
½ pound butter  
salt and white pepper

Heat butter in a skillet and add garlic, green onion, shallot and dill. Cook for 2 minutes and add white wine and cream. Reduce until thickened. In another pan, sauté the crabmeat in an ounce of clarified butter until hot, then add to cream mixture. Add combined flour and melted butter. Put oysters on bed of rock salt and place under broiler for 30 seconds. Take out of broiler and spread cream sauce on the oysters. Top with second sauce and broil until brown.

### SAUCE

Carefully cook the egg yolks with dash salt and lemon juice, stirring all the while. Reduce the wine and tarragon to a paste and add. Drizzle in butter until the sauce is thick and emulsified. Taste and correct seasoning with salt and white pepper.

## STUFFED CORNISH GAME HENS

4 boned Cornish hens  
½ teaspoon salt  
1 teaspoon lemon juice  
stuffing (see below)  
4 slices bacon  
8 ounces clarified butter  
sauce (see below)

3 tablespoons clarified butter  
1 cup spinach, blanched and drained  
2 cloves garlic, minced  
½ pound mushrooms, sliced  
¼ cup dry vermouth  
¼ cup cream  
½ cup bread crumbs

Spread boned hens flat and season with salt and lemon juice. Fill with ½ cup stuffing and fold together. Secure with toothpicks and a strip of bacon. Put into a pan with clarified butter and roast at 350 degrees for 45 minutes. Serve with sauce.

### STUFFING

Heat butter in pan and add spinach, garlic, mushrooms and vermouth. Cook over high heat for 3 minutes, then add the cream and reduce by one-third. Add the bread crumbs and cook until thick but moist.

(continued)



*Oysters Lafitte*

*pan drippings from bird*  
*¼ cup white wine*  
*1 teaspoon shallots, minced*  
*1 teaspoon garlic, minced*  
*1 teaspoon green onion, minced*  
*¼ cup cream*  
*4 tablespoons butter*

SAUCE

Reduce drippings for 5 minutes over high heat. Discard fat and add wine. Reduce and add cream, shallots, garlic and green onion. Off the heat, swirl in butter to finish sauce.

*2 potatoes, peeled*  
*1 quart boiling water*  
*1 tablespoon salt*  
*2 tablespoons butter*  
*salt and pepper*

Form potato balls with melon baller. Put into boiling water with salt and simmer 10 to 12 minutes, or until done but firm. Drain and toss with butter. Add salt and pepper to taste.

POTATO BALLS

## STRAWBERRY CRÊPES

12 crêpes (see below)  
4 tablespoons butter  
4 tablespoons sugar  
 $\frac{1}{2}$  teaspoon orange zest  
 $\frac{1}{2}$  teaspoon lemon zest  
1 teaspoon orange juice  
1 tablespoon lemon juice  
1 pint strawberries, halved  
1 tablespoon brandy

2 cups flour  
2 tablespoons sugar  
2 eggs  
2 cups milk  
2 tablespoons cooking oil

Melt butter and add sugar. Stir, then add lemon and orange zest and juice. Reduce until syrupy. Add crêpes and berries and carefully flame with brandy. Remove crêpes, fill with berries and reduce sauce to glaze. Pour over crêpes.

## DESSERT CRÊPES

Combine flour, sugar, eggs and milk and beat until smooth. The resulting batter should be the consistency of thin cream. Add oil to the batter. Grease an 8-inch crêpe pan or frying pan lightly with butter and heat until the butter is quite hot but not burned. Ladle about  $\frac{1}{3}$  cup (or a bit less) of the batter into the pan and rotate the pan to spread the batter evenly. Cook the crêpe until it looks firm and is lightly browned at the edges—about 1 minute—then turn over with a thin spatula or your fingers and cook the other side for about 30 seconds. Repeat until the batter is gone. Grease the pan with a bit more butter about every other crêpe, or when the crêpes begin to stick.

NOTES



GREAT CHEFS  
OF  
NEW ORLEANS

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CHEF  
GOFFREDO FRACCARO  
LA RIVIERA



*Chef Goffredo Fraccaro is an entertainer. His stage is his restaurant, La Riviera. As he bounces to and fro in his kitchen, his arms wave in explication of a funny anecdote or a reenactment of an experience. His timing is perfect, and the punch line always brings down the house. As the laughter fades, Chef Fraccaro grabs bits of this and that and transforms them into Italian specialties of exquisite design and flavor. His timing remains perfect, and his creations do for the palate what his wit does for the soul.*

*Chef Fraccaro is an expert at transforming what is available and good into a savory feast. His training on ships taught him well—there is nowhere to get missing ingredients once at sea. This is how his award-winning ravioli with crabmeat came about. He had some crabmeat that was perfect and wanted to showcase it to its fullest for a contest. Fraccaro remembered his mother's making ravioli out of whatever was on hand in his Genovese home, so the seed was germinated for his most famous creation.*

*Chef Fraccaro's other dishes are delightful Italian specialties made from local ingredients, but always with an interesting twist to make them tantalizing to the palate. This, coupled with the Chef's making everything from pasta to sausage from scratch, makes La Riviera exceptional in a city full of outstanding restaurants.*



MENU

CRABMEAT RAVIOLI

FRIED CALAMARI

BROCIOLONE

BROCCOLI ITALIAN STYLE

CUSTARD CUPS WITH STREGA



CHEF  
GOFFREDO FRACCARO  
LA RIVIERA





## CRABMEAT RAVIOLI

*2 tablespoons butter  
2 tablespoons flour  
1¼ cups cream, scalded  
salt and white pepper*

*1 pound lump crabmeat, picked over  
for shells  
1 tablespoon butter  
¼ cup green onions, minced  
½ cup cracker crumbs  
salt and white pepper*

**SAUCE BECHAMEL (CREAM SAUCE)**  
Melt butter and add flour, salt and pepper. Cook 2 or 3 minutes, whisking all the time. Add cream gradually, whisking to avoid lumps until sauce thickens. Let simmer until reduced to 1 cup. Set aside to cool.

**CRABMEAT FILLING**  
Add picked crabmeat to the sauce bechamel. Melt the butter in a pan and sauté the onions until they are clear but not browned. Add onions and crumbs to the cream sauce, mix then cool. Form into balls the size of a large marble.

(continued)

*1/2 to 2/3 cup flour  
1 egg, slightly beaten  
1 tablespoon water  
1 teaspoon oil or clarified butter*

#### RAVIOLI DOUGH

Put the flour into a bowl and add remaining ingredients. Work with hands or a wooden spoon until a dough forms and can be made into a ball. Knead for 5 or 6 minutes and set in a bowl to rest. After an hour, put dough on a floured board and roll paper thin. *Note: Chef Goffredo does not use eggs in his dough, but this is not recommended unless you are used to working with pasta doughs.*

#### ASSEMBLY

Place crabmeat balls about 1½ inches apart on a sheet of the pasta dough. Paint area between the balls with water and top with a second sheet of dough. Form ravioli by pressing around each ball to form a seal. Dust with flour and cut into squares. Boil for 5 minutes in rapidly boiling salted water. Serve with the following sauce.

#### SAUCE

Reduce the cream by one-third and season with salt and pepper. Whisk in the butter and serve over ravioli. Top with the grated Parmesan cheese.

*1/2 cup heavy cream  
2 ounces butter, softened  
salt and white pepper  
1/4 cup Parmesan, freshly grated*

*1 dozen squid  
flour for dusting  
oil for deep frying  
2 lemons  
salt and pepper*

Remove skeletons from the squid and scrape the skin with the dull side of a knife down to the white flesh. Cut into pieces and rinse in cold water. Drain and dredge in flour, shaking off the excess. Carefully fry in hot oil until golden brown. Do not crowd the pot. Season with lemon juice, salt and pepper.

#### FRIED CALAMARI (SQUID)

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## BROCIOLONE

*1 carrot, minced*  
*1 onion, minced*  
*1 stalk celery, minced*  
*1 teaspoon garlic, minced*  
*1 teaspoon thyme*  
*1 teaspoon oregano*  
*1 bay leaf*  
*2 cups tomatoes, chopped*  
*salt and white pepper*  
*oil*

*1/2 cup bread crumbs*  
*1 tablespoon parsley, minced*  
*1 teaspoon garlic, minced*  
*1/2 teaspoon oregano*  
*1 tablespoon each Romano and*  
*Parmesan, freshly grated*  
*2 eggs, hard-boiled and chopped*  
*2-3 tablespoons olive oil*  
*salt and pepper*

*8 slices veal*  
*1/4 cup olive oil*

## BROCCOLI ITALIAN STYLE

*1 head broccoli*  
*1 quart water*  
*1 tablespoon salt*  
*3 tablespoons olive oil*  
*1 teaspoon garlic, minced*  
*pepper*  
*2 tablespoons Parmesan, freshly grated*

## TOMATO SAUCE

Heat oil in a pan and add carrot, onion, celery and garlic. Cook for 8 minutes over moderately low heat. Add herbs, tomatoes, salt and pepper. Simmer for an hour or more.

## STUFFING

Combine ingredients, blending with your hands.

## ASSEMBLY

Pound veal slices thin and divide stuffing among them. Roll up veal around stuffing and secure with a toothpick. Heat oil, then brown veal rolls, pouring off the fat. Add the sauce and simmer veal rolls, covered, for 1 hour or until just tender when pierced with a knife.

Separate broccoli flowerettes and trim tough skin from stalks. Put broccoli leaves in boiling water with salt. A minute later, add the flowerettes. Return to a boil and cook for 6 to 8 minutes until tender but resistant to the bite. Drain. Heat olive oil in a pan and add garlic. Cook over moderate heat for a minute and add the broccoli leaves and flowerettes. Cook, tossing, for about 2 minutes. Correct seasoning and sprinkle Parmesan cheese over all.

4 eggs  
1/2 cup sugar  
1/2 teaspoon vanilla  
1 teaspoon lemon zest  
2 1/2 cups milk, scalded  
1/2 cup sugar  
3 tablespoons water  
1/2 cup Strega liqueur

Beat the eggs with the sugar and vanilla until frothy and lemon-colored. Add lemon zest and continue beating. Add the milk, whisking all the while. Boil the second half-cup sugar with the water to make caramel and pour into custard cups. Add the whisked egg-and-milk mixture and place cups in a pan. Fill the pan with enough water to come halfway to the top of the cups. Bake at 350 degrees for 45 minutes or until a toothpick comes out clean when inserted into center of the custards. Unmold and serve with Strega.

CUSTARD CUPS  
WITH STREGA

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NOTES





*Chef Aubert with Arnaud's owner, Archie Casbarian*

*Since 1918 local trenchermen have counted on Arnaud's to provide them with fine food for all occasions. Chef Claude Aubert provides them with old favorites from the Creole repertoire as well as new sensations from his native country of France. In the tradition of great French cooking, Chef Aubert relies on the best ingredients at hand, and as a knowing chef he blends the familiar with the exotic to give Arnaud's food a special quality.*

*The first course in this menu combines artichokes, a favorite of New Orleanians, with escargots in a tomato sauce. The complementary flavors constitute a comforting vehicle for the snails. The bourride is a familiar fish stew in France, not often seen in this country. When made with Gulf of Mexico fish such as pompano, trout and drum, and freshwater species like catfish and crawfish, however, the dish seems as natural as gumbo. This contrapuntal blend of familiar and exotic gives signature to Chef Aubert's delicious food.*

*If Gulf fish are unavailable to you, take a page from the Chef's book and use the freshest varieties available to do a little creating of your own.*

MENU

SAUSSARELLE D'ESCARGOTS

BOURRIDE À LA TOULONAISE

SALADE DE LAITUE AUX NOIX

TARTE AUX POMMES À LA SOLOGNOTE



CHEF CLAUDE AUBERT  
ARNAUD'S



SAUSSARELLE  
D'ESCARGOTS

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4 artichoke bottoms  
1 lemon, quartered  
4 cloves garlic, minced  
3 tablespoons butter  
1 carrot, chopped  
2 shallots, minced  
2 tomatoes, peeled, seeded and chopped  
 $\frac{1}{2}$  cup sauce espagnole (see below)  
2 dozen snails  
1 bay leaf  
 $\frac{1}{2}$  teaspoon thyme  
 $\frac{1}{2}$  cup red wine  
2 tablespoons brandy  
1 tablespoon parsley, minced  
 $\frac{1}{4}$  cup fennel, chopped  
salt and pepper

2 tablespoons butter  
1 tablespoon oil  
1 each onion, carrot and celery,  
minced  
2 tablespoons flour  
1 bay leaf  
1 pinch thyme  
1 clove garlic  
 $\frac{1}{4}$  teaspoon cracked pepper  
1 tomato, peeled, seeded and chopped  
 $1\frac{1}{4}$  cups beef stock, hot

Cook artichokes with lemon in boiling water for 10 minutes or until still firm but cooked through. Set aside. Melt half the butter in a pan and add garlic, carrots, shallots, and onions. In another pan, put the tomatoes and the sauce. Let simmer. To the vegetables, add bay, thyme and half the red wine. Simmer for 10 minutes and pour into the simmering tomato sauce. Put the remaining butter in a skillet and, when hot, add the drained snails. Add remaining red wine and reduce by one-third. Add brandy to snails and burn off the alcohol carefully. Combine snails and sauce and add fennel. Simmer for 5 minutes, taste and correct seasoning with salt and pepper. Pour into drained artichoke bottoms and garnish with parsley.

SAUCE ESPAGNOLE

Melt butter and add oil. Add onion, carrot, and celery and cook until they begin to brown. Add flour and brown, stirring all the while. Add bay leaf, thyme, garlic, pepper and tomato. Simmer together a minute and add the hot beef stock. Bring to a boil and reduce heat. Simmer, skimming from time to time, for an hour or more. Strain and cool before refrigerating.



2½ pounds assorted fish, whole if  
 small, cut in pieces if large  
 2 tomatoes, peeled, seeded and  
 chopped  
 1 leek, chopped  
 ½ cup fennel, chopped  
 2 potatoes, quartered  
 1 red onion, chopped  
 1 bay leaf  
 ½ teaspoon thyme  
 4 cloves garlic  
 2 tablespoons parsley  
 8 mussels  
 8 crawfish  
 1 lemon  
 1 quart boiling water or fish stock (or  
 a combination)  
 ¼ pound mushrooms, stems removed  
 6 egg yolks  
 2 tablespoons arrowroot, dissolved in  
 1 teaspoon water  
 8 garlic croutons or toasts

1 head Boston lettuce  
 ¼ cup fresh sprouts  
 1 apple, peeled, cored and sliced  
 ¼ cup walnuts  
 2 tomatoes  
 8 olives  
 2 anchovies  
 1 teaspoon salt  
 1 teaspoon Dijon mustard  
 2 cloves garlic, minced  
 salt and pepper  
 2 tablespoons red wine vinegar  
 6–8 tablespoons olive oil  
 2 tablespoons parsley, minced

Put all ingredients from fish down  
 to lemon in a large kettle. Over  
 heat, pour on boiling water or  
 stock. Add mushrooms, cover and  
 cook for 20 minutes. Strain liquid  
 into another pan and boil to reduce.  
 Add a bit of the hot liquid to the  
 beaten yolks, whisking constantly.  
 Add more liquid until the yolk mix-  
 ture is hot. Add dissolved arrow-  
 root and egg mixture to pot of broth  
 and heat, but do not allow to boil.  
 Place fish and shellfish on a platter  
 and pour the sauce over them.  
 Garnish with croutons.

Arrange lettuce in a bowl with  
 sprouts, apples, tomatoes, and ol-  
 ives. Mash anchovies to a paste  
 with the salt. Heat a skillet very hot  
 and add the paste. Stir for 30 sec-  
 onds and put paste in a warm bowl.  
 Add the garlic, mustard, salt, pep-  
 per and vinegar. Beat to blend. Add  
 parsley. Drizzle oil in slowly to  
 form a smooth sauce. Pour over  
 salad.

BOURRIDE  
 À LA TOULONAISE

SALADE DE  
 LAITUE AUX NOIX



TARTE  
AUX POMMES À LA  
SOLOGNOTE

*4 apples, peeled, cored and chopped*  
*¾ cup butter*  
*1 tablespoon oil*  
*½ cup sugar*  
*¼ teaspoon lemon zest*  
*½ teaspoon orange zest*  
*1 recipe pâte brisée (see below) or 9-*  
*inch round puff pastry*

*2 ounces unsalted butter*  
*1 cup flour, sifted*  
*¼ teaspoon salt*  
*¼ cup water, chilled*

Heat ½ cup of the butter and the oil in a skillet until quite hot. Add the apples and sugar, shaking to coat the apples. Add the zests and cook to caramelize the sugar. In another pan, heat the reserved ¼ cup butter until almost smoking and pour in apples. Take off heat and fit pastry over apples. Bake in a 350-degree oven for 7 minutes and turn the heat to 500 degrees to brown. When golden, put pan on stove to glaze bottom and invert tarte onto a plate to serve.

PÂTE BRISÉE

Cut butter into flour with the fingers or a pastry cutter and add the salt. Add water and mix to form dough. Dust with flour, cover and chill before rolling into a 9-inch round.

NOTES

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GREAT CHEFS  
OF  
NEW ORLEANS

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*Trey Yuen is the province of the Wong brothers: John, James, Joe, Tommy and Frank. When all are presiding over their woks in their custom kitchen, it is a formidable lineup of Chinese cooking talent. Smoke and flames rise all about them as they reach into their exotic condiment tray to create savory dishes from all areas of China. When the smoke clears, intricately arranged plates, beautiful to look at, are ready to be transported into the dining room. When sampled, they are as kind to the palate as they are to the eye.*

*Although many who love to eat Chinese food are reluctant to try to cook it, the Wongs assure us that the techniques are manageable and the ingredients not too difficult to find—and certainly worth the trouble. Following the recipes with attention to detail will assure proper results, even without the special ovens and high-temperature woks available to the Wongs.*

*Unlike the other menus in the book, there is no dessert presented by the Wong brothers. Traditionally the Chinese do not end the meal with a prepared sweet, as sugar is frequently used in the cooking of the procession of savory dishes that make up the menu.*

*A quick trip to a Chinese market or the gourmet section of the supermarket will be necessary to get the basics. From there, just get into the kitchen and enjoy cooking, as well as eating, Chinese.*

MENU

HOT AND SOUR SOUP

SPRING ROLLS

SZECHUAN SPICY BEEF

KUNG MING SHRIMP

WHOLE TROUT IN SWEET AND SOUR SAUCE



THE WONG BROTHERS  
TREY YUEN



*Left to right: Tommy, Joe, Frank, John, James.*

## HOT AND SOUR SOUP

*3/4 pound Boston butt, sliced*  
*1/4 cup light soy sauce*  
*2 tablespoons cornstarch*  
*2 tablespoons sesame oil*  
*1 quart chicken broth*  
*2 ounces root ear fungus*  
*2 ounces black mushrooms, soaked in warm water*  
*2 ounces bamboo shoots*  
*1/4 cup rice wine or sherry*  
*2 tablespoons dark soy sauce*  
*1/2 tablespoon sugar*  
*2 tablespoons vinegar*  
*3 ounces bean curd, diced*  
*2 eggs, beaten*  
*salt and white pepper*  
*1 teaspoon hot pepper oil*  
*2 tablespoons scallions, slivered*

Work the pork with a marinade of half the light soy, half the sesame oil and both tablespoons cornstarch, and let stand 30 minutes. Bring chicken broth to a boil, add pork and marinate. Add fungus, mushrooms, bamboo shoots, wine, both soys, sugar, vinegar, and remaining sesame oil. Heat thoroughly and add bean curd, then drizzle in beaten egg. Soup is done when bean curd expands (about 5 minutes). Drizzle in the hot oil and garnish with scallions.

## SPRING ROLLS

*1/4 cup vegetable or peanut oil*  
*8 ounces Boston butt, minced*  
*1 teaspoon garlic, minced*  
*1 teaspoon ginger, minced*  
*2 ounces bamboo shoots*  
*2 ounces black mushrooms, soaked in warm water*  
*1/2 cup cabbage, shredded*  
*2 ounces rice wine or sherry*  
*2 tablespoons light soy sauce*  
*1 tablespoon sesame oil*  
*1/4 cup chicken broth, boiling*  
*salt and white pepper*  
*1 tablespoon cornstarch*  
*1 tablespoon oyster sauce*  
*1 tablespoon dark soy sauce*  
*12 spring roll skins*  
*oil for deep frying*

Heat vegetable or peanut oil in a wok. When hot, add pork to brown. Add garlic, ginger, bamboo shoots, black mushrooms and cabbage. Cook and toss with half the wine, light soy sauce, and sesame oil, then add boiling chicken broth. Cover and simmer 30 seconds. Thoroughly mix salt, sesame oil, white pepper, cornstarch, oyster sauce, and dark soy sauce in a bowl. Add to the wok. Cook and toss the mixture, then remove and cool. Put a dab of the mixture on a spring roll skin; fold and seal it with beaten egg. Deep fry the rolls to a golden brown in 365-degree oil.



*Whole Trout in Sweet and Sour Sauce*

- 1½ pounds flank steak, sliced*
- 2 teaspoons light soy sauce*
- 2 tablespoons rice wine or sherry*
- 4 teaspoons cornstarch*
- 2 tablespoons sesame oil*
- 2 tablespoons water*
- 1 egg white*
- ¼ cup peanut oil*
- 1 stalk celery, sliced*
- 2 ounces bamboo shoots, chopped*
- ¼ carrot, chopped*
- 1 teaspoon garlic, minced*
- 1 teaspoon ginger, minced*
- 1 teaspoon (or more) Szechuan peppercorns, crushed*
- 1 teaspoon bean paste*
- 1 teaspoon vinegar*
- 1 teaspoon sugar*
- 1 teaspoon dark soy*
- 1 teaspoon hot pepper oil*
- ¼ cup scallions, minced*

Trim steak and work with half the soy, wine, cornstarch and sesame oil, as well as the water and egg white. Let stand an hour or more. Heat peanut oil in a wok and add the marinated meat. Sear and brown, adding the marinade if any remains on the plate. Add garlic, ginger, peppercorns, bean paste, and half the remaining soy and wine. Add all vegetables and stir fry. In a bowl put vinegar, sugar, dark soy and remaining light soy, wine, sesame oil and cornstarch. Mix thoroughly and add to wok. Toss and cook for 30 seconds. Remove to serving dish, drizzle with hot pepper oil and garnish with minced scallions.

#### SZECHUAN SPICY BEEF

## KUNG MING SHRIMP

*1½ pounds shrimp, peeled and deveined*  
*1 tablespoon sesame oil*  
*2 egg whites, one beaten*  
*¼ cup cornstarch*  
*1 package rice noodles*  
*¼ cup peanut oil*  
*2 ounces straw mushrooms*  
*salt and white pepper*  
*¼ cup green onions, minced*  
*1 teaspoon ginger, minced*  
*1 teaspoon garlic, minced*  
*3 tablespoons rice wine or sherry*  
*¼ cup chicken stock*  
*1 teaspoon sugar*  
*oil for deep frying*

Work the shrimp with sesame oil, unbeaten egg white and half the cornstarch. Let stand for 30 minutes or longer. Heat deep-frying oil almost to smoking and add rice noodles. When they puff, remove and drain. Heat peanut oil in a wok and stir-fry the shrimp briefly. Add mushrooms. Cook and toss, then season to taste with salt and white pepper. Add beaten egg white, toss, and remove shrimp and mushrooms. Add green onions, ginger, garlic, wine, stock, sugar and remaining cornstarch. Toss and cook for 30 seconds. Add shrimp and mushrooms and heat through. Serve on noodles.

## WHOLE TROUT IN SWEET AND SOUR SAUCE

*1 whole, firm-fleshed trout, with head*  
*2 eggs, beaten*  
*¾ cup cornstarch*  
*½ cup flour*  
*peanut oil for deep frying*  
*salt and white pepper*

Split the fish down the back and remove backbone and entrails. Spread and sprinkle with salt, pepper. Spread beaten egg on fish and sprinkle with cornstarch, then coat with flour. Pat to coat securely. Heat oil to very hot and fry fish until golden brown. Remove and let cool. When ready to serve, put into hot oil to heat and crisp the fish.

*2 tablespoons peanut oil*  
*2 teaspoons minced garlic*  
*2 teaspoons minced ginger*  
*1 cup water*  
*1 cup vinegar*  
*1 cup sugar*  
*1 cup ketchup*  
*2 tablespoons cornstarch*  
*2 tablespoons water*  
*½ teaspoon salt*

### SWEET AND SOUR SAUCE

Heat oil in a wok and add garlic, ginger, water, vinegar, sugar and ketchup. Dissolve cornstarch with water and add salt. Add to the mixture in the wok and cook until clear. Cover trout with sauce and serve.



NOTES

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GREAT CHEFS  
OF  
NEW ORLEANS

✦

CHEF  
CHRIS KERAGEORGIU  
LA PROVENCE



*Chef Chris Kerageorgiou is the proud owner of La Provence, where he presides in a pleasure dome of a kitchen that he built himself. It is elaborate and comfortable because, as the Chef says, he lives there. He can be reached there early in the morning or late at night seven days a week, even though he is only open for dinner five nights a week. The rest of the time he is creating new dishes for his menu or teaching his staff or students the intricacies of fine cooking.*

*Chef Kerageorgiou was born in southern France of Greek parents, and the two styles form the core of his cooking. After he landed in the United States, he began working towards his goal of opening a restaurant featuring the food of his youth in a setting evocative of Provence. When he saw an aging motel in the piney woods across Lake Pontchartrain from New Orleans, his quest was at an end. While he is at home creating in his kitchen, his guests can relax before a roaring fire or a tree-shaded terrace, depending on the season. They are secure in the knowledge that their host will please their palates with a singular style of cooking.*

*The best of the freshest ingredients arrive at the La Provence kitchen and are transformed into flavorful fantasies by the knowing hands of the Chef. Never is any potential flavoring agent overlooked, as you will notice in the use of shells, bones, herbs and stocks by Chef Kerageorgiou.*

MENU

FISH PÂTÉ

NOISETTES D'AGNEAU

SALADE D'ENDIVES

SOUFFLÉ AU GRAND MARNIER

+

CHEF  
CHRIS KERAGEORGIU  
LA PROVENCE

+



*Left, Chef Kerageorgiou, and right, Raymond Mathon, pastry chef.*

## FISH PÂTÉ

2 pounds trout or other firm fish  
2 tablespoons shallots  
1 lime, juiced  
½ cup white wine  
2 sprigs, or ½ teaspoon, thyme  
1 bay leaf  
½ cup olive oil  
salt and pepper  
1 cup flour  
1 cup milk  
3 ounces butter  
4 eggs  
4–6 ice cubes  
2 egg yolks  
1 cup cream  
dash nutmeg  
dash cayenne  
1 tablespoon tarragon

4 crabs, cleaned, but not cooked  
2 ounces butter  
2 tablespoons shallots, minced  
2 sprigs, or ½ teaspoon, thyme  
1 tablespoon parsley, minced  
½ cup white wine  
salt and pepper  
¼ teaspoon cayenne  
½ cup cream  
1 bay leaf

Filet fish and put into a marinade made of the shallots, lime juice, white wine, thyme, bay leaf, olive oil, salt and pepper. Let marinate an hour. Grind all but two of the filets. Cook the filets in the marinade until just done, about 6 minutes. Remove and reduce marinade by half. Heat milk, butter and salt in a saucepan and add flour, all at once. Beat vigorously until the panade forms a ball and beat in egg yolks off the heat, one at a time. Add ¼ cup ground fish to a food processor and whirl machine, then add ¼ cup panade and a small piece of ice. When half of the fish and panade are used, add eggs and a yolk. Continue alternating the panade, fish and ice. Add salt, pepper and cayenne and then slowly add the cream while the machine is running. Add nutmeg and butter and finish with butter and tarragon. Line a terrine with buttered paper (the chef used butter wrappers) and put in half the ground fish mixture. Lay the filets on this and top with the remaining mixture. Put the terrine in a larger pan and add water halfway up the terrine. Cook in 350-degree oven for 45 minutes or until mousse is puffed and brown. Invert, trim and serve in slices with sauce.

### SAUCE

Chop crabs in rough pieces and cook in butter with shallots, thyme and parsley until crabs turn color. Add wine, salt, pepper, cayenne and cream. Heat to boiling, add the bay leaf, and reduce until thick. Strain into another pan and reduce again until the consistency of whipping cream.



2 racks of lamb  
 1 onion, chopped  
 1 carrot, chopped  
 2 tablespoons parsley  
 2 cloves garlic, chopped  
 2 sprigs, or ½ teaspoon, rosemary  
 ¼ cup white wine  
 ½ cup olive oil  
 pepper

*lamb bones*  
 3 tablespoons olive oil  
 1 carrot, chopped  
 2 shallots, minced  
 1 stalk celery, chopped  
 1 tablespoon parsley, minced  
 4 tomatoes, peeled, seeded and chopped  
 ½ cup white wine  
 ½ cup lamb or veal stock

Bone lamb, reserving bones. Put meat into a bowl with the remaining ingredients and marinate for several hours.

#### STOCK

Brown lamb bones in the oil and add the rest of the ingredients. Bring to a boil and reduce heat to simmer for 30 minutes.

(continued)

#### NOISETTES D'AGNEAU (MARINATED LAMB MEDALLIONS)

SALADE D'ENDIVES

12 lamb medallions, cut from marinated  
meat  
marinade

20 cloves garlic  
boiling salted water  
2 tablespoons butter

12 Belgian endives, split  
1 tablespoon Dijon mustard  
¼ cup red wine vinegar  
salt and pepper  
1 tablespoon lemon juice  
¾ cup walnut oil  
¼ cup walnuts  
2 tomatoes

SOUFFLÉ  
AU GRAND MARNIER

1 pint heavy cream  
½ cup sugar  
4 eggs, separated  
2 tablespoons water  
¼ cup Grand Marnier  
cocoa, to dust

ASSEMBLY

Strain marinade into a skillet and reduce slightly. Add medallions and cook to medium rare, about 10 minutes. Strain the stock from above into the pan and cook until thick. Strain and serve over the medallions with sautéed garlic.

SAUTÉED GARLIC

Split the cloves and remove the germ which runs down the center. Blanch in salted water for 3 minutes and drain. Brown in butter and serve over lamb medallions.

Beat together the mustard, vinegar, salt, pepper and lemon juice. Slowly drizzle in the oil, emulsifying the salad. Toss the endive with the dressing and add the walnuts and tomatoes as garnish.

Whip cream with sugar until soft peaks form. Set aside. Beat the yolks with remaining sugar and water. Cook carefully over low heat until thick and lemon-yellow. Continue beating over ice to cool, and add Grand Marnier. Fold this into whipped cream. Beat whites until stiff peaks form and fold into soufflé mixture. Pipe into a buttered dish with a paper collar and freeze. Remove collar to serve and dust with cocoa.

NOTES

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GREAT CHEFS  
OF  
NEW ORLEANS

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*Chef Roland Huet of Christian's restaurant is a Gallic perpetual motion machine. He is everywhere at once, chopping here, shaking a pan there, stirring everywhere. Each movement is quick, but carefully measured, so that nothing is wasted. When he comes to rest, it is to present a finished dish of the highest order.*

*Chef Huet is French, but his cooking at Christian's is an amalgam of French and New Orleans cuisine. His mousseline de poisson, sauce Nantua, is pure French, but he uses Louisiana redfish for the mousseline and local crawfish for the sauce. All of his dishes reflect his French mastery of cooking and many call on local touches to give them their special cachet.*

*One of Chef Huet's maxims is to prepare everything from scratch. He even makes his own vinegar for the chicken dish and his own ice cream for the dessert. He also has a smoker to provide him with the highest quality smoked products.*

*Although you can follow Chef Huet's recipes and create delicious dishes, you should allow plenty of time to complete them. Perseverance and care, coupled with proper ingredients, will yield the desired results.*



MENU

MOUSSELINE OF REDFISH NANTUA

CHICKEN BLACKBERRY VINEGAR

PROFITEROLES AU CHOCOLAT



CHEF ROLAND HUET  
CHRISTIAN'S



MOUSSELINE OF  
REDFISH NANTUA

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1 pound fresh fish  
1 egg white  
1 quart cream, approximately  
salt and pepper  
1 dash nutmeg  
1 dash red pepper

1 medium onion  
1 carrot  
2 French shallots  
1 pinch thyme  
½ bay leaf  
2 teaspoons parsley, minced  
salt and pepper  
¼ cup olive oil  
1 pound crawfish, heads severed from  
tails  
1 clove garlic  
2 cups white wine  
½ cup brandy  
4 cups fish stock  
½ cup tomato puree  
½ cup butter  
½ cup flour  
1 cup cream, to desired consistency  
brandy, to taste  
salt, pepper, cayenne

Puree the fish, making sure to scrape down the sides of the food processor to insure good results. Add the egg white and blend for 30 seconds, then add half the cream and process for another 30 seconds. Remove this mixture to a mixing bowl over ice and beat in cream with a wooden spoon until light. Season with salt, pepper, nutmeg and red pepper. Pour the prepared mixture into small individual dishes or custard cups. Place dishes in a pan and add water halfway to the rims. Cook in a 350-degree oven about 15 minutes or until the mousseline is firm to the touch. Unmold and top with sauce Nantua.  
*Note: Adjust the cream and seasonings after cooking one sample before proceeding with the rest.*

SAUCE NANTUA

The first seven ingredients make a mirepoix; sauté mirepoix in ¼ cup olive oil until tender. Then add crawfish heads and garlic, cooking until heads are red. Add white wine, brandy, fish stock and tomato puree and simmer for 15 minutes, then strain, reserving heads. When heads are dry, grind them in a grinder or food processor. Add the ground heads to the liquid and simmer again for 10 minutes. Strain very well and discard heads. Make a roux from the butter and flour and add to liquid to make a liaison. Finish the sauce with cream, brandy, salt, pepper and cayenne. Ladle over mousseline and garnish with crawfish tails.



*2 chickens, halved*  
*4–6 ounces blackberry vinegar (see below)*  
*12 ounces demi-glace (see page 62)*  
*4–6 ounces butter*

*1 part blackberries*  
*2 parts white vinegar*

Sauté chicken and remove from pan. Drain fat and deglaze pan with blackberry vinegar. Add the chicken and demi-glace. Bring to a boil. Finish with the butter. Remove chicken to serving plates and cover with sauce.

#### BLACKBERRY VINEGAR

Soak the blackberries in the vinegar for 3 hours, then pass the mixture through a food mill. Discard the seeds.

(continued)

#### CHICKEN BLACKBERRY VINEGAR

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PROFITEROLES  
AU CHOCOLAT  
(PÂTE À CHOUX)

5 pounds beef bones  
5 pounds chicken bones  
1 half-bunch celery  
1 carrot  
1-2 onions  
1 bay leaf  
2-4 cloves garlic  
1 pinch thyme  
1 cup tomato puree

7 ounces butter  
2 cups hot water  
9 ounces flour  
8 whole eggs

DEMI-GLACE

Brown beef bones and boil. Keep covered with water for 8 to 10 hours. Strain, reserving liquid. Put beef bones in pot with chicken bones, vegetables and seasonings. Cover with water and cook 4 to 5 hours. Strain. Reserve liquid. Combine the second liquid with the first. Add tomato puree. Strain. Reduce until liquid will coat a spoon. Skim throughout reduction. *Note: Reduction works best in a tall pot on low heat.* Refrigerate between steps to bring fat to top and strain. Leftover demi-glace may be frozen in ice cube trays for future use.

Mix butter with hot water in a pan, then heat to a rolling boil, shut down heat and add all the flour. Beat well, then turn the fire back on to dry out mixture. Let rest for 5 minutes and add eggs one at a time. Incorporate each egg completely before adding the next. Pipe out profiteroles on a cookie sheet and bake in a 375-degree oven for 50 minutes. Turn off oven and leave profiteroles until oven is cool. Crack the oven door a little during this time to enable them to become sufficiently dry. If you are not going to use profiteroles the same day, place them in the freezer immediately. Once they are frozen, store them in a plastic bag to prevent them from becoming stale.

Procedure: Cut the profiteroles in half and place in a high oven until hot. Put a small round scoop of ice cream in each bottom half. Cover with the remaining tops, then ladle thin hot chocolate sauce over the top of each. Serve immediately.

NOTES



GREAT CHEFS  
OF  
NEW ORLEANS



CHEF PIERRE LACOSTE  
MAISON PIERRE



*Maison Pierre's owner/chef, Pierre Lacoste, grew up in a Creole French household in New Orleans, but he spent summers with relatives in France. Thus he became used to enjoying the best of both worlds at the table. When he established his restaurant, the seeds had long since been sown for Chef Lacoste's hybrid style of deluxe cuisine.*

*The French and Creole schools of cooking are highly compatible, and Chef Lacoste blends them into a style uniquely his own. Thus it is not jarring to find a fish course of local redfish sandwiched between a heady pâté and a crown rack of veal. Nor is it incongruous to find oysters and hog jowl in the stuffing for the veal. Lacoste can easily cross international culinary frontiers for the fine cause of delicious food.*

*Chef Lacoste believes in the use of impeccably fresh ingredients, especially when it comes to seafood. Often he will gather his own oysters and catch his own shrimp and fish for the restaurant. This insures that the dishes he serves will reflect the care he takes in their preparation.*

*Seasoning is a delicate matter with Chef Lacoste. He likes to use New Orleans spices, but in moderation. As he sees it, the main attraction should never be upstaged by the supporting players.*

MENU

PÂTÉ MAISON

REDFISH MOUSQUETAIRE

CROWN RACK OF VEAL

STRAWBERRIES AND CREAM



CHEF PIERRE LACOSTE  
MAISON PIERRE



## PÂTÉ MAISON

*½ pound chicken livers*  
*1 pound pork butt, cubed*  
*½ pound pork fat (fatback)*  
*1 tablespoon whole peppercorns*  
*1 teaspoon cracked pepper*  
*1 dash salt*  
*1 teaspoon truffles, sliced*  
*1 tablespoon peach brandy*  
*pickled onions*  
*cornichons*

Line a terrine with pork fat, sliced thinly. Grind the pork and remaining pork fat coarsely. Then grind the pork and pork fat with the chicken livers, more finely this time. Put in a bowl and toss with whole peppercorns, pepper, salt, truffles and brandy. Pack the mixture into the terrine and top with foil and a lid. Put the terrine in a baking pan and add water to come halfway up the sides. Bake in a 350-degree oven for 2½ to 3 hours or until accumulating fat is clear, not pink. Remove the lid and weight the terrine while it cools. Refrigerate overnight. Unmold and serve in thin slices with pickled onions and cornichons (gherkins).

## REDFISH MOUSQUETAIRE

*2 cups water*  
*1 cup white wine*  
*2 lemons, halved*  
*4 black peppercorns*  
*1 onion, chopped*  
*salt and pepper*  
*4 redfish filets*

Bring all ingredients except the filets to a boil (squeeze the juice from the lemons into the water, then add the lemon rinds) and reduce heat. Add redfish filets and poach for 8 to 10 minutes or until just cooked through. Cool and serve with mousquetaire sauce.

*3 egg yolks*  
*1 tablespoon lemon juice*  
*pinch salt*  
*pinch white pepper*  
*¼ teaspoon dry mustard*  
*2¼ cups olive oil*  
*2 tablespoons hot water*  
*2 tablespoons green onions, minced*  
*1 tablespoon parsley, minced*  
*¼ cup beef stock or consommé*  
*pinch cayenne*

### MOUSQUETAIRE SAUCE

Beat egg yolks with half the lemon juice plus salt, pepper and mustard. When thick, add olive oil drop by drop at first, increasing to a drizzle. When all the oil is incorporated, add hot water (to keep the sauce emulsified), green onions, and parsley. Fold in the stock and season with cayenne. Correct seasoning.





*Redfish Mousquetaire*

2 loins of veal, frenched and tied by the  
 butcher  
 3 ounces butter, melted  
 1 cup bread crumbs  
 ¼ cup Romano cheese, grated  
 salt and pepper  
 1 carrot, chopped  
 1 onion, chopped  
 bones and meat trimmings from veal  
 ½ cup wine or water

Place roast in a pan and put a small  
 bowl in the cavity of the roast to re-  
 tain its proper shape. Fill with  
 water. Brush meat with melted but-  
 ter and pat on bread crumbs and  
 Romano. Salt and pepper, if  
 desired. Add carrots, onions and  
 any bones or scraps to the pan with  
 wine or water. Cook in a 350-degree  
 oven for 1½ hours. When done,  
 remove bowl from cavity and add  
 stuffing. Strain the roasting juices  
 and reduce to make a sauce.

(continued)

## CROWN RACK OF VEAL

STRAWBERRIES  
AND CREAM

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*1/4 pound hog jowl, chopped*  
*1/4 cup onion, chopped*  
*1/4 cup oyster water*  
*18 oysters, quartered*  
*1 cup bread crumbs soaked in milk*  
*4 eggs*  
*2 tablespoons parsley, minced*  
*2 tablespoons scallions, minced*  
*1/2 cup beef stock*

*1 pint strawberries*  
*1 pint whipping cream*  
*1/4 cup sugar*

STUFFING

Cook jowl slowly in a skillet to render the fat. Add onion and cook until clear. Add oysters and their water and cook to reduce by one-third. Squeeze milk from bread crumbs and add crumbs to the pan. Whisk eggs with the parsley and scallions and add to stuffing. Add beef stock and cook for 15 minutes. Taste and correct seasoning.

Place strawberries in a bowl. Whip the cream and, when it begins to thicken, add the sugar. Whip until quite thick and pipe through a pastry bag onto the strawberries.

NOTES

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GREAT CHEFS  
OF  
NEW ORLEANS

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*Chef Michel Marcais presides not only over the kitchen at Begue's, in New Orleans' Royal Sonesta Hotel, but also all the other food service operations in the hotel. This is a tremendously demanding job, but Marcais is certainly up to it. He is one of a handful of Master Chefs of France, and one of the very few practicing outside that country.*

*Chef Marcais is well-traveled, but his culinary roots are classic French. He brings his expertise to local ingredients, embellishing them with the finest imported foods. (Note the crawfish and truffles in the soup and the sweet potatoes in a French beignet batter.) Chef Marcais is a recognized artist in the displaying of food. He cleverly transforms duck legs into little "hams" and blocks of ice into intricate sculptures.*

*The Chef's preparations are beautiful, to be sure, but they are also delicious. While the amateur may not be able to garnish as Chef Marcais does, the dishes will nevertheless delight all who taste them.*

MENU

CONSOMMÉ DES ÉCREVISSES AUX TRUFFLES

SAUMON EN PAUPIETTE AU BEURRE BLANC

JAMBONNETTE ET LES AIGUILLETES DE CANARD AUX MYRTILLES

PATATES DOUCES DAUPHINE

SALADE FROMAGE

PÊCHE ROYALE DANS SON PANIER FLEURI

+

CHEF MICHEL MARCAIS  
BEGUE'S

+



CONSOMMÉ  
DES ÉCREVISSES AUX  
TRUFFLES  
(CRAWFISH CONSOMMÉ)

2 pounds live crawfish  
3 quarts water  
3 teaspoons salt  
9 cups water  
1 medium onion, coarsely chopped  
1 leek (white part only, reserve the  
green leaves), coarsely chopped  
1 medium carrot, coarsely chopped  
½ teaspoon thyme  
2 bay leaves  
salt and pepper  
truffles, coarsely chopped

green leek leaves, washed and finely  
chopped  
1 celery stalk, finely chopped  
4 egg whites

Wash and purge crawfish in 3 quarts salted water for 30 minutes. Rinse and drain crawfish and place in another pot with 9 cups water and chopped vegetables. Bring to a boil and add seasonings. Simmer 30 minutes. Do not boil too fast or consommé will become cloudy. (See below.) When crawfish are cool enough to handle, remove meat from shells and return to the strained consommé just before serving.

CLARIFYING CLOUDY CONSOMMÉ

Mix vegetables with egg whites. When consommé is cold, add this mixture and bring to a boil, then lower heat. A crust will form on the top. Let consommé simmer until clear. Strain by moving crust to the side and pouring through cheese-cloth without breaking crust.

CONSOMMÉ EN CROÛTE

Put crawfish tails and coarsely chopped truffles in ovenproof cups and pour consommé over them. Cover each with a puff pastry top. (Puff pastry may be purchased in dough form at the supermarket.) Bake at 425 degrees for 12 to 15 minutes or until dough is browned and crisp.



4 thin slices fresh salmon, about 4  
 ounces each  
 ½ pound scallops  
 1 egg white  
 1 cup heavy cream  
 salt and white pepper  
 2 tablespoons wine vinegar  
 scant ½ cup white wine  
 2 tablespoons shallots, minced

¼ cup shallots, minced  
 ¼ cup red wine vinegar  
 ¼ pound butter, softened  
 ⅛ cup heavy cream

Put scallops into a food processor and puree. Add egg white and blend for a few seconds. Slowly add cream and season with salt and white pepper. Lightly pound salmon to a uniform thickness and divide the mousse among the filets. Roll filets into cylinders and place in a buttered baking pan. Sprinkle with shallots, vinegar, wine and pepper. Bake for 5 to 10 minutes in a 250- to 275-degree oven, or until just done. Serve with beurre blanc.

#### BEURRE BLANC

Put shallots in a pan with vinegar and reduce until the liquid is evaporated. Whisk in butter until a smooth emulsion is formed. Add cream and cook carefully for a minute.

#### SAUMON EN PAUPIETTE AU BEURRE BLANC

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JAM BONNETTE ET LES  
AIGUILLETES  
DE CANARD AUX  
MYRTILLES  
(DUCK  
IN BLUEBERRY SAUCE)

2 ducklings, with giblets  
1 onion, chopped  
1 carrot, chopped  
2 cups demi-glace (see page 62)  
4 ounces veal shoulder, chopped  
4 ounces pork tenderloin, chopped  
1 or 2 eggs  
salt and pepper  
2 ounces cognac  
2 ounces port wine  
¼ cup sugar  
¼ cup water  
2 ounces red wine vinegar  
1 pint blueberries  
2 tablespoons peanut oil

Remove duck giblets and set aside. Cut off each leg and thigh in one piece. Remove breasts whole from the bone. Chop carcass and put into a roasting pan with onion and carrot. Roast for 45 minutes at 400 degrees or until bones are brown. Put browned bones and vegetables in a pot and add the demi-glace. Bring to a boil and simmer gently for an hour or more. Put the reserved liver and gizzard into a food processor with veal and pork. Puree a few seconds and add egg (2 if medium, or smaller). Season with salt and pepper and continue to process. Add cognac and port and blend to a smooth texture. Carefully cut open thigh of duck and cut out thigh bone. Fill the pocket created with stuffing and fold the skin around it. Wrap leg in buttered foil and bake in 375-degree oven for an hour or until the internal temperature is 165 degrees. Caramelize the sugar and water carefully and add vinegar. Cook until syrupy and strain in the duck-enriched brown sauce. Stir and simmer for 5 minutes and add blueberries. Heat oil and brown reserved breasts, skin side first. Remove from pan, cut off skin, and brown the breast again. Slice into strips and serve with the stuffed legs and sauce.



1 cup *pâte à choux*  
½ pound *sweet potatoes, sliced*  
1 dash *nutmeg*  
*oil for frying*

2 cups *water*  
1 cup *butter*  
*pinch salt*  
1½ cups *flour*  
6-8 *eggs (depending on the size)*

*Boston bibb lettuce*  
*tomato slices*  
*dressing (see below)*  
*walnut slices*

3 *tablespoons Roquefort or Bleu cheese*  
2 *tablespoons butter*  
1 *tablespoon port wine*

Cook sweet potato slices in boiling salted water until tender. Mash with a spatula and fold into the choux mixture. Season with a dash of nutmeg. Heat deep fat to 360 degrees. Form the mixture into balls with two spoons (dipping one spoon into the hot fat will facilitate the forming process) and fry until golden brown.

#### PÂTE À CHOUX

Boil water with butter and salt. Add flour all at once and beat vigorously until the dough pulls away from the sides of the pan and forms a ball. Off the heat, beat in the eggs, one or two at a time, until incorporated and smooth.

On a small plate arrange a leaf of lettuce and a slice of tomato. Top the tomato slice with about 2 tablespoons of dressing and slices of walnut. Serve each individual one plate.

#### DRESSING

Mix the above with a whisk. Makes enough for about 2 salads.

#### PATATES DOUCES DAUPHINE (SWEET POTATO PUFFS)

#### SALADE FROMAGE

PÊCHE ROYALE DANS  
SON PANIER FLEURI  
(PEACH AND CAKE  
BASKET  
GARNISHED  
WITH CANDY FLOWERS)

*½ cup flour*  
*¼ cup sugar*  
*2 eggs*  
*½ cup milk*  
*oil for frying*  
*4 3-inch rounds génoise cake (see page 6)*  
*2 ripe peaches*  
*pâte à choux (see page 75)*  
*sabayon (see below)*

*3 egg yolks*  
*¼ cup sugar*  
*2 ounces Grand Marnier*  
*2 tablespoons warm water*

Put flour in a bowl and add sugar. Beat in eggs one at a time and, when they are incorporated and the batter is smooth, add milk to make a batter. Dip a ladle or a mold into the hot fat briefly and dip into batter. Put the ladle back into the fat carefully and fry until "basket" comes away from the ladle. Fry basket until golden and drain. Fit the génoise into the bottom of each basket. Drop peaches one at a time into boiling water for 10 seconds to loosen skin, then peel, halve and remove pit. Place a peach half on each génoise. Form "handles" for the baskets out of pâte à choux and bake them, then secure to the baskets with thick chocolate icing. Top each peach with sabayon and garnish with candy flowers.

SABAYON

Whisk egg yolks with sugar until they are light and lemon-colored. Add Grand Marnier and continue whisking. Put mixture over low heat and cook carefully. Add warm water in a stream and whisk to form a smooth light-yellow sauce.

NOTES

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GREAT CHEFS  
OF  
NEW ORLEANS

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*Chef Crozier with his wife, Evelyn, and son, Francois.*

*Gerard Crozier is both owner and chef of Crozier's, a small French restaurant that serves some of the best, most inviting food in New Orleans or any other city. When Chef Crozier gave up working in a hotel kitchen to establish his own restaurant, he quickly built a following of connoisseurs despite an unassuming location in a shopping center. Chef Crozier was successful enough to build his own building, and he did an unusual thing: He made his dining room smaller so he could serve even better food.*

*This dedication to absolute quality pervades the cooking of Gerard Crozier. His dishes are deceptively simple and have few exotic ingredients. There is no nonsense—just honest, straightforward cooking that is delicious.*

*Chef Crozier has made the transition from his native Lyon, the culinary capital of France, to New Orleans with his palate unjaded. His rendition of French classics is a voyage at table, all the flavors of France carrying the diner away in reverie.*

*Because the dishes are elemental, reflecting the integrity of the ingredients, those ingredients must be the very best and freshest available. Stocks must be rich and wines distinctive. If you use the same discrimination and follow the steps carefully, you too will be able to serve a bit of France at your table.*

MENU

FRENCH PÂTÉ

FRENCH ONION SOUP

RABBIT CHASSEUR

RATATOUILLE

FLOATING ISLAND



CHEF GERARD CROZIER  
CROZIER'S





## FRENCH PÂTÉ

2 pounds veal shoulder, cubed  
 1 pound pork shoulder, cubed  
 1 pound chicken livers  
 2 duck breasts, cut in strips (chicken  
 breasts may be substituted)  
 2 cups white wine  
 6 bay leaves  
 1 teaspoon rosemary  
 1 teaspoon thyme  
 1 pound pork fat, a fourth of it in thin  
 sheets, remainder cubed  
 salt and pepper  
 1 tablespoon allspice  
 2 teaspoons thyme  
 $\frac{1}{3}$  cup flour  
 2 eggs  
 2 ounces brandy

Put meat in a bowl and add wine, bay leaves and 1 teaspoon thyme. Let marinate in the refrigerator for 2 days. Line terrine with pork fat. Grind meats except duck and toss in a bowl with salt, pepper, allspice, 2 teaspoons thyme, flour, eggs and brandy. Pack half the mixture into lined terrine. Add duck breasts and fat strips, then cover with remaining forcemeat. Cover with foil and a good lid and bake in a larger pan filled with water to half the depth of the terrine. Bake at 280 degrees for 2 to 3 hours or until the juices are clear. Remove lid and cool.

2 tablespoons oil  
2 onions  
½ teaspoon thyme  
2 bay leaves  
salt and white pepper  
1 quart chicken stock (see page 10)  
6 slices French bread, toasted  
3 cups Gruyere cheese, grated

2 rabbits, cut into serving pieces  
¼ cup oil  
¼ cup onions, chopped  
1 pound mushrooms, sliced  
2 tomatoes, chopped  
flour  
salt and pepper  
2-3 bay leaves  
1 tablespoon tomato paste  
2 cups white wine  
beurre manie (2 tablespoons butter  
creamed with 2 tablespoons flour)

2 tablespoons oil  
1 onion, chopped  
1 bell pepper, chopped  
1 zucchini, chopped  
1 eggplant, cubed  
2 tomatoes, peeled, seeded and chopped  
2 or 3 cloves garlic  
1 bay leaf  
salt and pepper

Heat oil in skillet and add onions. Cook and toss until clear. Add thyme and bay leaves. Cook until light brown. Add stock and simmer 20 minutes. Add salt and pepper to taste. Pour into bowls, add croutons and top with cheese. Run under hot broiler until brown.

Heat oil in skillet and dust rabbit with flour. Brown quickly and pour off oil. Add all ingredients down to the white wine and cook for 5 minutes. Add wine and bring to a boil. Place in a 350-degree oven for 45 minutes. Remove rabbit and thicken sauce with the beurre manie. Pour over rabbit.

Heat oil in a pan and add onion and pepper. Cook until onion is clear and then add remaining ingredients, tossing all together. Put into a 350-degree oven and bake for 20 minutes. Taste and correct seasoning.

## FRENCH ONION SOUP

## RABBIT CHASSEUR

## RATATOUILLE

## FLOATING ISLAND

---

*4 eggs, separated*  
*1 cup sugar*  
*2 cups milk*  
*1/8 teaspoon vanilla*  
*1/2 cup sugar*  
*1/2 cup water*

Put egg whites in a mixing bowl and beat slowly at first. As they thicken, add 1/4 cup sugar and increase beating speed until they hold very stiff peaks. Scald milk and add 1/4 cup sugar and vanilla. Poach egg whites in milk for 4 to 5 minutes, turning once. Remove to serving platter. Beat yolks with remaining 1/2 cup sugar in a bowl and add the hot milk, stirring vigorously. Cool and strain. Make a caramel by boiling 1/2 cup sugar and 1/2 cup water to a syrup. Serve the cooled milk-and-egg mixture with the islands and drizzle caramel on top.



NOTES



GREAT CHEFS  
OF  
NEW ORLEANS





Left to right: Booby Floyd, trombone; Freddie Kohlman, drums; Danny Rubio, tuba; Phamous Lambert, piano; Mike Sizer, clarinet; and Frank Trapani, trumpet. (Not pictured: Banu Gibson, vocalist.)

*Food and music are synonymous with New Orleans, so naturally each of the GREAT CHEFS OF NEW ORLEANS shows opens and closes with Dixieland jazz. The world-famous Dukes of Dixieland have been a New Orleans establishment since 1949. Their versatility and innate musicianship is such that they have included non-Dixieland music as well throughout the New Orleans series.*

*The Dukes remain today one of the best proponents of New Orleans jazz. They perform nightly in their French Quarter nightclub, "Dukes' Place." In the course of a year they present sixty concerts, appearing with major symphonies and festivals in the great concert halls of the world.*

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BANU GIBSON

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## GREAT CHEFS OF NEW ORLEANS WINE RECOMMENDATIONS

---

### LE RUTH'S

*Johannisberg Riesling*

### LOUIS XVI

REDFISH EN CROÛTE AUX DEUX MOUSSES

*Mersault*

PARIS BREST

*Chateau d'Yquem Sauternes*

### WILLY COLN'S

*either a Zinfandel or a Cabernet Sauvignon*

### COMMANDER'S PALACE

SEAFOOD APPETIZERS

*Chateau Carbonnieux*

TOURNEDOS COLISEUM

*Jordan Cabernet Sauvignon*

BREAD PUDDING SOUFFLÉ

*Frangelico Liqueur*

### ARNAUD'S

BOURRIDE À LA TOULONAISE

*Chablis Premier Cru*

TARTE AUX POMMES À LA SOLOGNOTE

*either Chateau Voigny Sauternes or Shramsberg  
Cremant (Sparkling)*

### TREY YUEN

*beer, medium dry white wine, or hot tea*

### VERSAILLES

*white wines-either Wehlener Sonnenuhr Spatlese or any  
other Riesling Spatlese*

*red wines-either Clos de Vougeot or L'Heritier Guyot*

### LA RIVIERA

SEAFOOD APPETIZERS

*Soave*

BROCIOLONE

*either Bardolino or Barolo*

### LA PROVENCE

FISH PÂTE

*Pouilly-Fuisse*

NOISETTES D'AGNEAU

*Cabernet Sauvignon*

### CHRISTIAN'S

*Robert Stemmler Chardonnay and Chateau Lascombes*

### MAISON PIERRE

*Chateau Carbonnieux and Chateau Grand-Puy-Lacoste*

### BEGUE'S

SAUMON EN PAUPIETTE AU BUERRE BLANC

*Hermitage Blanche*

JAMBONNETTE ET LES AIGUILLETES

DE CANARD AU MYRTILLES

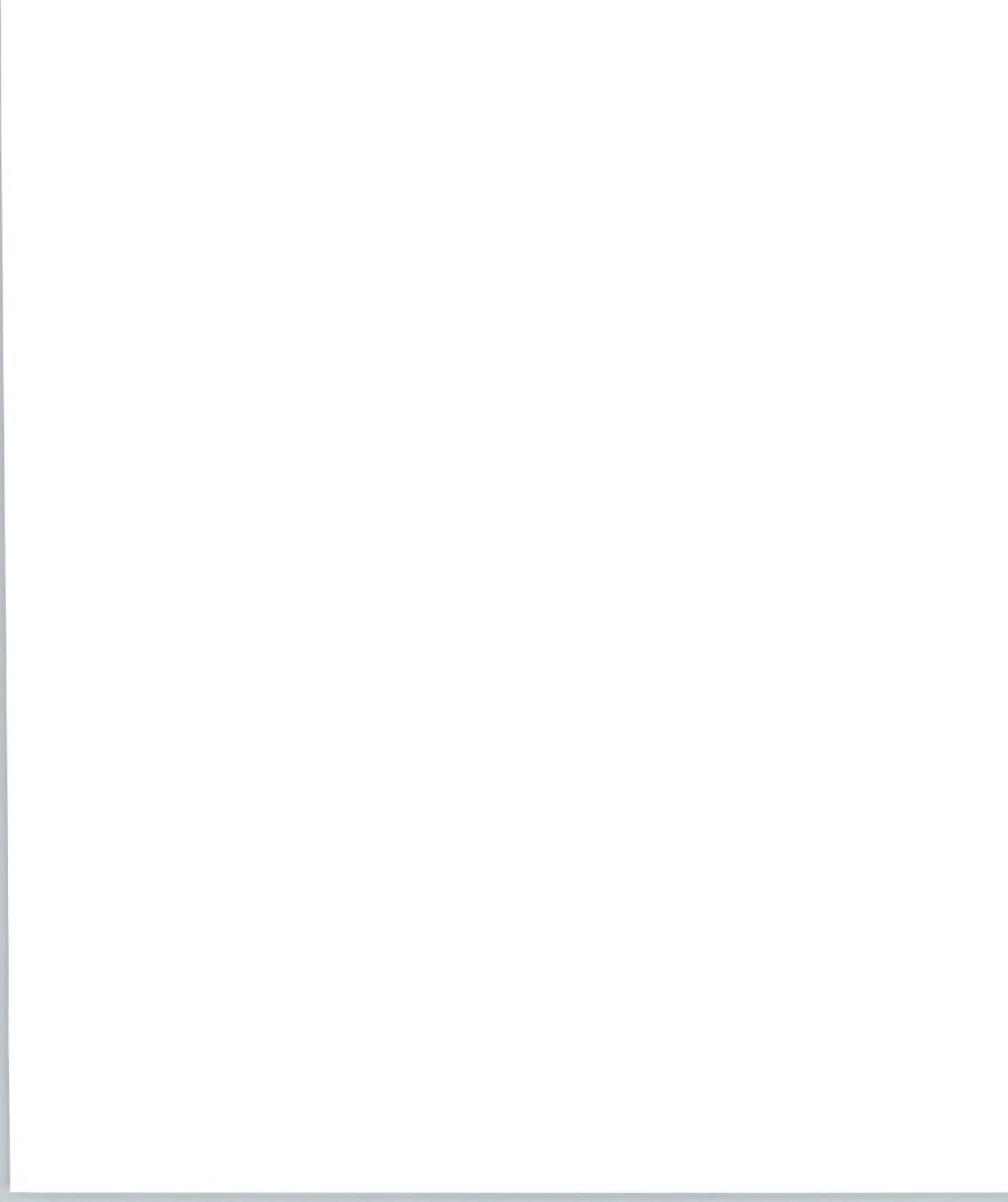
*Chateau Kirwan*

PÊCHE ROYALE DANS SON PANIER FLEURI

*Chateau d'Yquem Sauternes*

### CROZIER'S

*Hermitage and Beaujolais-Villages*



# GREAT CHEFS OF NEW ORLEANS

- SHOW 1 CHEF WARREN LE RUTH  
LE RUTH'S  
SHRIMP RÉMOULADE  
MEDALLIONS OF PORK  
GÉNOISE WITH AMARETTO AND  
CHOCOLATE
- SHOW 2 CHEF DANIEL BONNOT  
LOUIS XVI  
CREAM OF GARLIC SOUP  
SALADE TIÈDE  
REDFISH EN CROÛTE AUX DEUX  
MOUSSES  
PARIS BREST
- SHOW 3 CHEF WILLY COLN  
WILLY COLN'S  
LAVOSH  
CURRIED SNOW CRAB CLAWS  
FRIED CRAWFISH TAILS  
FILET STROGANOFF  
SPAETZLE  
CHOCOLATE MOUSSE
- SHOW 4 CHEF GERHARD BRILL  
COMMANDER'S PALACE  
ARTICHOKE AND OYSTER SOUFFLÉ  
SHRIMP CHIPPEWA  
SHRIMP FETTUCCINE  
TOURNEDOS COLISEUM  
BREAD PUDDING SOUFFLÉ
- SHOW 5 CHEF GUNTER PREUSS  
VERSAILLES  
OYSTERS LAFITTE  
STUFFED CORNISH GAME HENS  
POTATO BALLS  
STRAWBERRY CRÊPES
- SHOW 6 CHEF GOFFREDO FRACCARO  
LA RIVIERA  
CRABMEAT RAVIOLI  
FRIED CALAMARI  
BROCIOLONE  
BROCCOLI ITALIAN STYLE  
CUSTARD CUPS WITH STREGA
- SHOW 7 CHEF CLAUDE AUBERT  
ARNAUD'S  
SAUSSARELLE D'ESCARGOTS  
BOURRIDE À LA TOULONAISE  
SALADE DE LAITUE AUX NOIX  
TARTE AUX POMMES À LA  
SOLOGNOTE
- SHOW 8 THE WONG BROTHERS  
TREY YUEN  
HOT AND SOUR SOUP  
SPRING ROLLS  
SZECHUAN SPICY BEEF  
KUNG MING SHRIMP  
WHOLE TROUT IN SWEET AND SOUR  
SAUCE
- SHOW 9 CHEF CHRIS KERAGEORGIU  
LA PROVENCE  
FISH PÂTE  
NOISETTES D'AGNEAU  
SALADE D'ENDIVES  
SOUFFLÉ AU GRAND MARNIER
- SHOW 10 CHEF ROLAND HUET  
CHRISTIAN'S  
MOUSSELINE OF REDFISH NANTUA  
CHICKEN BLACKBERRY VINEGAR  
PROFITEROLES AU CHOCOLAT
- SHOW 11 CHEF PIERRE LACOSTE  
MAISON PIERRE  
PÂTE MAISON  
REDFISH MOUSQUETAIRE  
CROWN RACK OF VEAL  
STRAWBERRIES AND CREAM
- SHOW 12 CHEF MICHEL MARCAIS  
BEGUE'S  
CONSOMMÉ DES ÉCREVISSSES AUX  
TRUFFLES  
SAUMON EN PAUPIETTE AU BEURRE  
BLANC  
JAMBONNETTE ET LES AIGUILLETES  
DE CANARD AUX MYRTILLES  
PATATES DOUCES DAUPHINE  
SALADE FROMAGE  
PÊCHE ROYALE DANS SON PANIER  
FLEURI
- SHOW 13 CHEF GERARD CROZIER  
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