

# SPRING ROASTS FOR EASTER

*and Passover*

**With Seasonal Sides and Desserts**



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## INTRODUCTION

Spring is the accepted time for rebirth. It's the season for seeding and planting rather than harvesting and preserving. In culinary terms, that translates into a craving for dishes filled with fresh products. So it's fitting that the foods we choose to celebrate the holidays which fall during these months reflect that craving. Our menus gravitate to tender greens, berries and animals connected to "Spring".

In the poultry category, chickens and eggs remain indelibly associated with spring, as are domestic ducks. The wild ones are "game" and linked with pheasants and quail to hunting and fall which excludes them from this season's options. Turkeys and geese are starred on their own later in the year as well and not included here. Chickens, granted, are plentiful all year but even if something is served often, it's nice to have a "fresh take" that suits a special occasion. The same applies to domestic ducks. Also included are Cornish Game Hens and squabs. They're perfect alternatives to dealing with large roasts and leftovers. Moreover, Game Hens are all white meat and squabs all dark so they are the solution to eating preferences

The meats included, lamb and veal, especially lamb, also have long associations with spring feasts. Pork, like game, is fall oriented and large cuts of beef are favorites in winter, while the smaller ones rule the grills in summer. Lamb and veal have lost popularity in the U.S. over the past decades but perhaps that will be reversed by the effects of the severe weather on the feed crops during the past few years. Sheep have great capacity for versatility in grazing and there is a big difference in the terms "lamb" "sheep" and mutton". Likewise, a steer remains veal until it's allowed to graze, even if full grown. An understanding of terms, and modern husbandry could help to relieve the pressure on supplies of other meats.

The accompanying recipes listed in this book are seasonal as well, featuring dishes focused on "freshness". Like all the others here, they have been chosen, not just because they're delicious, but also because they're easy to prepare, with a minimum of stress, and present beautifully to make your "Feast" memorable. Using the a la carte selection for menus, many of the recipes are as acceptable for Passover as for Easter.

## **POULTRY;**

There has been a lot of controversy lately over the treatment of poultry prior to cooking. Salmonella is a very real threat in most poultry today, especially chicken, but with proper precautions and cooking it can be avoided. On the other hand, commercial processing often leaves blood and organ bits in the cavity of the birds, as well as a slimy film on the skin, all of which will toughen the meat and give it a very unpleasant taste. The answer is to control the preparation of the bird by containing it. Keep water pressure low, if possible use a bowl in the sink, avoid splashing and above all wash the area, utensils and hands with soap constantly.

Brining or soaking poultry is an advisable option. Soaking in salted water for at least 5 min. per pound after cleaning is the easiest way. The salt draws any residual blood and tenderizes the meat by helping to keep it moist during cooking. This is true not just of whole birds but also of parts.

## **CHICKEN:**

Roasting a chicken today is as easy as popping a slice of bread in the toaster, and most people seem to have a favorite way of doing it. It's best to keep it light in the spring, without heavy winter stuffing. So for the novice, here are some easy, tasty ways to cook one and for the old hand some suggestions to put a different spin on it to dress up the holiday dinner. All serve 6-8.

### **Chicken with Herb Butter**

6 lb. oven roaster

5 cloves garlic – mashed

1 cup mixed chopped fresh herbs- rosemary, thyme, sage & parsley OR ¼ cup mixed dried herbs

¼ lb. butter softened

Salt and pepper

2 cups water or broth - more if needed

1 Tbs. cornstarch

Mix herbs, butter and garlic. Gently lift the breast skin on the chicken and spread about ¼ the butter mixture under the skin on each side. Put the chicken in a roasting pan breast side up.

Gently dot some of the butter over the top and pour about ¼ cup both in the pan bottom. Put the chicken in a preheated 350 deg. oven and roast 30 min per pound dotting with the remainder of the butter and adding broth to keep the pan drippings fluid during roasting. Don't baste unless it looks dry. Remove the chicken to a serving plate and tent with foil to keep warm. Mix broth with the pan drippings to equal 2 cups. Whisk in the cornstarch and stir over medium heat until slightly thickened. Serve with chicken.

### **Chicken with Fruit Stuffing.**

6 lb. oven roaster

¼ cup diced onion

¼ cup diced celery

1 large cooking apple like Granny Smith, peeled, cored and in large cubes

1 orange cut in half and segments removed—rind zested and reserved

1/3 cup raisins

½ tsp. each dried thyme, rosemary and sage

1 egg

6 slices cinnamon raisin bread – lightly toasted and torn in 1 inch pieces OR 6 slices white bread lightly toasted with ½ tsp. cinnamon added to the mix

@ 3 Tbs. orange juice or apple juice – more if needed to just moisten stuffing

Salt and pepper to taste

Chicken broth

1 Tbs. cornstarch

Mix all the ingredients above except the broth and cornstarch, adding only enough fruit juice to moisten. Stuff the chicken and put it in a roasting pan breast side up, with ½ cup broth in the bottom. Cook 30 min. per pound, adding broth to keep pan drippings fluid. When chicken is golden and juices run clear, remove to a serving plate and add enough broth or, optionally, broth and fruit juice to pan to equal 2 cups. Whisk in cornstarch and stir over medium heat until slightly thickened. Serve with roast.

### **Chicken with Lemons and Garlic**

6 lb. oven roaster

4 lemons-juiced-- rinds reserved

10 cloves of garlic—4 mashed

6 Tbs. butter softened

Salt and pepper

Chicken broth to equal 2 cups pan drippings by the end of roasting

Mix the lemon juice and the mashed garlic with the butter. Lift the skin on the chicken breasts and divide the butter between the sides. Put the remainder of the garlic cloves and the lemon rinds into the chicken cavity, sprinkle with salt and pepper and put the bird in a roasting pan breast side up. Add ½ cup broth to the pan. Roast 350 deg. 30 min. per pound until golden and juices run clear, gradually adding more broth to the pan to maintain level. When the bird is done, add pan drippings to reserved broth to equal 2 cups. Blend well and reheat if necessary. Serve on the side.

### **Roast Chicken with Mustard and Onions**

6 lb. oven roaster

4 Tbs. Dijon mustard

1 Tbs. garlic powder

1 lb. pearl onions – frozen is fine

2 tsp. dried sage

2 cups chicken broth + more if needed

Thaw the onions if frozen and roll them in the sage. Lift the skin on the chicken and force the mustard underneath, rubbing to spread it over as much area as possible. Fill the cavity with the onions. Put the chicken breast up in a roasting pan and sprinkle the garlic over all the top. Add 1 cup broth and roast in a preheated 350 degree oven 30 min per pound until juices run clear and top is brown and crisp, maintaining broth level in pan without basting after first hour. Plate chicken with onions and keep warm. Deglaze pan with reserved broth; mix drippings with reserved broth to equal 2 cups and heat if necessary. Serve hot on the side with the chicken. Present chicken with onions around it or spilling out of the cavity.

## **CORNISH GAME HENS:**

Cornish Hens became popular during the 1950s. They are an answer to many problems when serving guests. Easy to cook, in little time, they make a nice presentation and being mild flavored and all white meat, are accepted by even the fussiest eaters. They are always sold frozen and are found in most supermarkets near the ducks and squabs, near the turkeys. Large birds can be split.

### **Game Hens with Wild Rice and White Grapes**

4 Cornish Hens

1 box Long Grain and Wild Rice mix

(8 lightly toasted slices of white bread if you decide to split the hens into 8 servings)

2 cups chicken broth – more if needed

2 Tbs. cornstarch or flour

¼ tsp. each thyme and rosemary

1 Tbs. butter

1lb. seedless white grapes, stems removed

Prepare the rice according to package directions, and use it to stuff the hens. If the birds are split, cover each stuffed half with a slice of bread, excess trimmed, and invert as placed in a lightly greased pan. If left whole, place the hens breast side up in the pan. Rub the butter over the game hens. Pour ¼ cup broth in the bottom. Roast at 350 deg. for 1 hour, basting with broth every 20 min. and maintaining the fluid level in the pan. Meanwhile chop the giblets and cook them in 1 cup of broth. Spread the grapes out in a microwave safe pie plate with 1 Tbs. water. When the hens are done, deglaze the pan with some water. Add the pan drippings to the remaining broth with enough water to equal 1 cup. Dissolve the flour or cornstarch in the cold broth, and add to the pan with the broth and giblets. Cook over medium heat until the sauce thickens. Microwave the grapes 30 sec. before serving and plate with the hens. Serve the sauce on the side. Only a salad is needed to complete this meal.

### **Apricot Glazed Cornish Hens**

4 Cornish Hens

1 cup apricot nectar

4 Tbs. apricot jam

1 tsp. butter – melted

Marinate the hens in a plastic bag with the nectar, in the refrigerator for at least 2 hr. turning often. Remove the hens, reserving marinade, and place in a pan breast side up. Bake in a 350 deg. oven basting with marinade often during first 40 min. Mix butter with jam and baste the hens a final time. Bake 20 min. more or until hens are tender. Deglaze pan drippings with a bit of white wine or apple juice and serve with the hens.

### **Cornish Hens with Whisky Sauce**

This sauce can also be made with Madera, Marsala, Cream Sherry, brandy or orange juice.

4 Cornish Hens

1 cup chicken broth

1 cup heavy cream or half and half

½ cup whisky or other alcohol

Place the hens in a lightly oiled pan and roast in a 350 deg. oven for 1 hour or until golden. Tent to keep warm. Deglaze the pan with a bit of the broth and then simmer the drippings, broth and alcohol in a sauce pan for about 5 min until slightly reduced and alcohol has burned off.. Add the cream or half and half and continue simmering until slightly reduced and thickened. Taste to adjust seasonings. Serve the hens with sauce spooned over. Excess can be passed.

## **DUCK**

These recipes only concern domestic duck, usually labeled Long Island, which is sold frozen in most supermarkets' poultry section. Duck has far more fat than other birds, with the exception of geese. For this reason it is wise to trim it well before roasting because the fat will spatter during cooking and the meat of the untrimmed bird tends to be greasy. The oil gland at the base of the spine can be squeezed to release excess or simply removed. Depending on the breed, duck meat can be quite light or dark, but unlike chicken or turkey it is all one color. All serve 4-5.

### **Duck with Apple-Apricot Stuffing**

4 lb. duckling

1 Granny Smith apple-peeled, cored, cubed

½ cup dried apricots – halved

½ cup raisins

2 cups lightly toasted bread cubed-white, rye and wheat all work the choice is optional + 1 slice  
1egg

2 tsp. lemon zest-optional

1 small onion chopped

1 rib celery thinly sliced

½ tsp. dried sage

¼ tsp. dried rosemary

2 cups chicken stock

2 Tbs. cornstarch

Salt and pepper

Clean the duck and trim all possible fat. Remove the oil gland at the base of the spine and prick the skin all over with a fork to help the fat to run out. Mix all the ingredients down to the stock, and stuff them into the duck cavity. Seal it with the extra slice of bread. Roast on a rack in a pan in a preheated 450 deg. oven for 15 min. reduce heat to 350 deg. and continue cooking for 20 min. per pound until tender. Baste often with broth and try to remove accumulating fat from the drippings. Dissolve the cornstarch in 1 cup broth and reserve. When done, keep the duck warm; pour off the drippings, discard the fat and mix with the reserved broth to equal 2 cups. Stir over medium heat until the sauce thickens, adjust seasonings and serve hot with the duck.

### **Duck with Cherries**

4lb. duckling

2 cups white wine or apple juice

Salt, pepper, powdered ginger



2 Tbs. flour

(1) 20oz. can pitted Bing cherries in syrup

Clean the duck, trim the fat and remove the oil gland. Place the duck on a rack in the sink, prick the skin with a fork all over and pour 2-4 cups of boiling water over the duck. This shrinks the skin and helps it crisp. Sprinkle with the seasonings and put the duck, on the rack in a pan into a preheated 450 deg. oven for 15 min. reduce heat to 350 deg. and cook for 20 min. per pound until tender. Baste often with the wine or juice, using all. When duck is done, keep warm. Strain fat from pan drippings. Mix the flour with the drippings and cook until smooth and thickened. Add the cherries with syrup and heat through. Spoon some of the sauce over each portion as served and pass the rest.

### **Duck a l'Orange**

4 lb. duckling

2 oranges – segmented -skins and segments reserved

6 cloves garlic

Salt, pepper and powdered ginger

1 cup white wine

1 cup orange juice

2 Tbs. flour

¼ cup honey mixed with ¼ cup water – for basting—optional

Prepare duckling as above, trimming all fat, removing the oil gland, pricking the skin and rinsing with boiling water. Sprinkle with the seasonings, place the garlic and the orange rinds in the cavity and roast at 400 deg. for 15 min, then at 350 deg. per pound until done. Baste with the honey-water mixture or broth often. Remove from oven, keep warm and skim fat off drippings. Mix flour with the drippings until smooth, add the wine and orange juice and cook until thickened. Add the orange segments and heat through. Serve hot with the duck.

### **Duck Oriental**

4 lb. duckling

MARINADE

¼ cup soy sauce

¼ cup dry sherry

3 Tbs. honey

3 Tbs. Teriyaki sauce

2 Tbs. lemon juice

1 ½ tsp. grated fresh gingerroot OR ½ tsp., powdered ginger

½ tsp. Five-Spice powder

½ tsp. oil

SAUCE:

2 cups chicken broth

2 Tbs. cornstarch

Clean the duck trimming as much fat as possible, and place on a rack in the sink. Prick the skin with a skewer several times. Pour 2 cups boiling water over the duck and pat dry with paper towels. Place duck in a plastic bag, combine the marinade ingredients and pour over the duck. Refrigerate, turning often, overnight. Remove bird from bag, reserving marinade, and place in a

.roasting pan breast side up. Roast in a preheated 400 deg. oven for 15 min, and then at 350 deg. for 20-25 min. per pound until done, basting often with reserved marinade. Keep a bit of liquid in the pan bottom to avoid sticking or drippings burning. When bird is cooked, remove to a platter and tent to keep warm. Strain as much fat as possible from drippings, add to broth along with any remaining marinade. Simmer, stirring constantly until thickened and pass with duck.

## **SQUABS**

Squabs are pigeons, or doves. They were popular in the 1920s through the 1940s but got upstaged by the Cornish Hens. All dark meat with a subtle flavor, they still are an easy solution to entertaining and make a lovely presentation. They too are only sold frozen, and though scarcer than the Cornish Hens, are found in many supermarkets in the frozen poultry section near the ducks, Cornish Hens and turkeys. Allow 1 bird per person.

### **Squabs with Black Olives**

4 squabs  
2 Tbs. butter  
1 garlic clove- mashed  
1 small onion finely chopped  
1 medium carrot grated  
¼ cup each chopped celery leaves and fresh parsley  
1 egg  
Enough lightly toasted pieces of white bread to equal 2 cups when wet  
Sufficient milk or cream to moisten bread  
½ tsp. poultry seasoning  
Salt and pepper  
(1) 7.1 jar Kalamata black olives  
4 slices bacon or 2 slices turkey ham

Lightly sauté the vegetables and herbs in the butter. Mix in the other ingredients except the olives. Clean the birds and stuff the cavities with the bread-vegetable mixture. Place in a roasting pan and top each with the bacon or turkey ham. Pour the olive juice and ½ the olives over and roast in a 350 deg. oven for 1 ½ -2 hrs. or until birds are done. If liquid is low add broth. Add the rest of the olives at the end to heat through. Deglaze the pan with more broth or white wine if needed. Serve drippings with birds and use olives as garnish.

### **Squabs with Tarragon and Port**

4 squabs  
4 sprigs of fresh tarragon  
8 slices of bacon or turkey ham  
½ tsp. onion powder or 1 Tbs. finely minced onion  
(1) 10 ½ oz. can Campbell's Chicken Consomme or Condensed Broth  
½ cup Port or Madera  
1 Tbs. butter  
4 oz. fresh mushrooms- sliced or caps halved- optional  
Clean the squabs place a sprig of tarragon in each cavity and weave the bacon over or cover the

breasts with the turkey ham. Roast in a preheated 425 deg. oven for 45 min. until done, basting with drippings if needed. Remove birds and keep warm. Deglaze pan with broth and place in a saucepan with the Port or Madera, boil off alcohol and reduce slightly. Add mushrooms and stir in the butter to smooth sauce. Serve hot with birds.

### **Doves Royale a l'Antoine's**

This dish can be done in two parts and is perfect for dinner on a busy holiday

4 squabs

1 cup chopped carrot

1 cup chopped onion

1 cup chopped celery

1 Tbs. butter

Salt and pepper

Sauce Paradis

Clean squabs and rub with the butter; sprinkle with seasonings. Place birds on a bed of the vegetables spread in the bottom of the roasting pan. Bake in a preheated 325 deg. oven for 30 min. Meanwhile make sauce.

The pan vegetables can be served on the side increased in quantity or added to others to make a full side dish.

### **Sauce Paradis**

¼ cup butter

¼ cup flour

(1) 10 1/2oz.can beef consommé + enough water to = 2 cups

½ cup Madeira

2 Tbs. red currant jelly

2 cups seedless grapes red or white

Melt butter, stir in flour to make a smooth paste. Add consommé and stir over medium heat until thickened. Add wine and jelly and stir until melted. Add grapes.

Arrange squabs in the bottom of a deep casserole, pour sauce over. Bake in a preheated 350 deg. oven for 30 min.

NOTE: Once in the casserole, the birds can be held for an hour at room temperature or up to several hours, even overnight, refrigerated. Return to room temperature before reheating, but then continue as directed above.

## **MEAT**

### **LAMB**

Lamb has a distinct flavor and a very pleasant one though people often complain about it's being "strong", This comes from too much fat left on the meat when it is cooked, which can impart an unpleasant tang. The best way to prepare lamb is to trim it well and rub it down with vinegar or lemon juice, especially the roasts. Chops can simply be trimmed and cooked. Lamb takes well to garlic, mint, rosemary and lemon. Roasts serve about 8.

### **Leg of Lamb with Garlic and Rosemary**

5-7 lb. leg of lamb

2-3 cloves of garlic  
10- 12 sprigs of fresh rosemary OR 1Tbs. crushed dried rosemary  
1 Tbs. oil

Freshly ground black pepper

Mint Jelly

If using fresh rosemary, cut the garlic cloves into 3-4 slices each, if not, mash the garlic and mix with the rosemary to make a paste. Trim all the fat off the lamb and rub with the oil. Make small slashes in the meat and stuff with the sliced garlic and fresh rosemary or with dabs of the paste. Roast in a 325 deg. oven for 13-15 min. per pound for rare, or 16-18 min. per pound for medium. Baste with chicken or beef broth. Let stand 15 min before carving. Serve with pan juices and mint jelly on the side.

### **Leg of Lamb with Mint Sauce**

5-7lb. leg of lamb

½ cup of mint sauce – a vinegar based sauce, not mint jelly. For recipe see p.28\*

¼ cup of cider vinegar

1 cup chicken broth

1 cup beef broth

3Tbs. flour

Trim all the fat from the lamb, rub with the vinegar and place in a roasting pan with ¼ inch of water. Pour about ¼ cup of mint sauce over the lamb and put in a 325deg. oven. Roast 13-15 min. per pound for rare, 16-18 min for medium After 15 min. pour over the other ¼ cup of mint sauce. Baste frequently with drippings, adding water as necessary to maintain the liquid level. Meanwhile, dissolve the flour in 1 cup broth. When meat is done, remove to a plate and keep warm. Use 1 cup of broth to deglaze pan add to the cup with the flour in a saucepan. Bring to a simmer and stir until thickened. Serve hot with the meat and pass mint jelly on the side.

### **Leg of Lamb in Yogurt Marinade**

5-7 lb. leg of lamb

2/3 cup toasted slivered almonds—half reserved

2 medium onions diced

3 inch piece of gingerroot peeled and chopped

7 cloves garlic- peeled

4 fresh chili peppers diced

2 Tbs. lemon juice

½ cup plain yogurt

¼ cup canola oil

Freshly ground black pepper

½ tsp. each cumin, cayenne, coriander, and garam masala (garam masala is equal parts of pepper, cumin, cardamom, coriander and cinnamon. Most supermarkets carry it in ethnic sections.)

Prepare marinade by blending all the above ingredients except the lamb and the reserved 1/3 cup almonds, into a smooth, thick paste. Trim the lamb well and make small slashes all around it. Put the meat in a deep dish and pour the marinade over it turning to make sure it's all covered and

pushing the marinade into the slashes. Cover the dish with a lid or plastic wrap and refrigerate for 1-2 days. Remove wrap or lid and roast in a 325 deg. oven for 17-20 min. for rare and 21-24 min. per pound for medium. Serve garnished with the reserved 1/3 cup slivered almonds.

### **Stuffed Lamb with Mint and Apricots**

7 lb. leg of lamb, boned

Toasted wheat bread torn in small pieces to equal 3 cups

1 onion in fine diced

1 rib of celery thinly sliced

10 oz. can apricots – drained-1/4 amount of fruit and syrup reserved

1/4 cup raisins

1 egg

1/4 tsp. each dried rosemary, sage, parsley and mint

Salt and pepper

2 cups beef broth+ more if needed

2 Tbs. cornstarch

1 Tbs. chopped mint

Have the butcher bone the lamb. Mix the 8 stuffing ingredients, down to the broth, and place in the cavity, skewer or tie closed. Place in a roasting pan and cook in a 325 deg. oven for 30 min. per pound. Add a bit of broth to the pan to prevent sticking and maintain level.

#### **SAUCE**

Combine reserved apricot syrup and chopped mint with enough broth to equal 2 cups. Dissolve cornstarch in it and simmer over medium heat stirring constantly until thickened. Pass hot with roast decorated with reserved apricots.

## **VEAL**

Veal is a very delicate, pearly meat which is deceiving because it blends well with almost any herb or spice, most other meats seafood and vegetables, yet has a distinct identity of its own. Never as popular in the U.S. as in Europe, probably because the vast open range made beef more profitable, veal has all but vanished from menus and markets over the past 30 years in America. Europeans, without access to large grazing areas, solved their meat supply problem by feeding cattle a milk based diet until full grown while preventing them from grazing. The result is an animal which provides a delicate, tender, very versatile meat in the same quantity as a steer in a small fraction of the space. Recipes serve 6-8

### **Braised Leg of Veal**

7 lb. leg of veal

2 medium onions quartered

1 lb. carrots scraped and cut into 3 inch pieces

2 ribs celery in 1 inch slices

1 tsp. each chopped rosemary and sage

2 Tbs. butter

Salt and pepper

2 cups chicken broth—more if needed

2 Tbs. cornstarch

¼ cup dry sherry

Scatter the vegetables over the bottom of the roasting pan. Trim the meat, rub it with the butter, sprinkle over the herbs and seasonings and rest it on top of the vegetables. Add 1 cup of broth, cover the pan, put it in a preheated 325 deg. oven and roast for 35 min. per pound. Maintain the fluid level, adding more broth if necessary. Dissolve the cornstarch in the sherry mixed with a ¼ cup of broth. When the meat is done, tent it to keep warm, strain the pan juices, reserving the vegetables to serve as a side or to use later and add the juices to the sherry mixture with enough broth to equal 2 cups. Bring to a simmer and stir until thickened. Serve the sauce hot with the carved meat.

### **Roast Rump with Mushroom Sauce**

3 lb. veal rump roast

3 Tbs. Dijon mustard

Freshly ground pepper

3 Tbs. butter

4 small shallots chopped

8 oz. sliced mushrooms

¾ cup heavy cream or half and half

¼ cup white wine

¼ cup dry sherry

2 cups chicken broth

2 Tbs. flour

Put the meat in a roasting pan fat side up, spread with the mustard and sprinkle with the pepper. Pour some chicken broth or water in the bottom to prevent sticking, and roast at 325 deg. for 35 min. per pound. To make the sauce, sauté the shallots and mushrooms in 2 Tbs. of melted butter until the shallots are soft-about 3 min. Remove and reserve vegetables, leave pan as is. When the roast is done, melt the last 1 Tbs. butter in the pan, add the flour and make a paste. Quickly add the 2 cups broth, wines and cream to the pan. Simmer until sauce thickens, add the vegetables and heat through. Taste for salt and pepper. Serve hot with the roast.

**Veal Tonnato:** An excellent do-ahead entrée for warmer climates.

3 lb. veal rump roast

6 anchovies-divided use

6 cups chicken broth

1 medium-large onion stuck with 3 cloves

1 large rib celery

2 carrots

2 bay leaves

5 peppercorns

2 cloves garlic

Trim the veal and tie it if needed into a compact roll. Cut slashes in the meat and fill them with pieces of 3 1/2 anchovies. Put the veal in a deep pot with the vegetables and cover with the broth.

Simmer for 1 1/2 hours, cool slightly in broth, remove, cool, remove string if used and arrange in thin slices on a large platter. Refrigerate.

For the Sauce # 1

(1) 5 oz. can tuna in oil- undrained

2 1/2 anchovies

5 oz. olive oil

Juice of 1 or 2 lemons

Capers

Put the tuna and anchovies in a blender, or mash by hand. Add the oil gradually so that it amalgamates. Add the lemon juice, but don't let the sauce become thinner than mayonnaise.

Pour the sauce over the meat. Garnish with drained capers. Chill at least 1 day, up to 2.

For Sauce # 2

(1) 5 oz. can light tuna in oil-drained

2 cups a thick commercial mayonnaise

2 1/2 anchovies

Cooking liquid

Capers

Make a smooth sauce of first 4 ingredients, but don't thin it too much. Spoon the sauce over the meat, garnish with the drained capers and refrigerate for at least 1 up to 2 days.

### **Roast Leg of Veal with Currant Glaze and Cumberland Sauce**

7 lb. leg of veal

1/2 cup red currant jelly

2 Tbs. apple juice

**CUMBERLAND SAUCE**

1 cup red currant jelly

3/4 cup apple juice

1/4 cup Port

2 Tbs. Dijon mustard

Pinch red pepper or crushed red pepper flakes

Trim veal well. Melt jelly in apple juice and spread over leg. Roast in a preheated 325 deg. oven for 35 min .per pound, brushing with remaining glaze during last 15 min. Keep a bit of water in the bottom throughout to prevent sticking. To make the sauce, combine all the ingredients in a saucepan and stir over low heat until smooth and hot. Add any pan juices. Serve hot with roast.

## **SPECIALIZED MEAT CUTS**

### **Stuffed Breast of Veal: Serves 6-8**

6 lb. breast of veal – if un-boned have a deep pocket cut in it or have it boned, but keep the bones

1 lb. ground turkey sausage\*

1 egg

1/4 cup finely chopped onion

½ cup of ricotta or whipped cottage cheese  
½ tsp. of poultry seasoning or ground thyme  
Salt and pepper to taste  
2 Tbs. butter- divided  
2 cups chicken broth  
¼ cup Madera – optional  
½ cup sour cream  
2 Tbs. cornstarch

If the breast is boned it is rolled around the stuffing and string or skewers will be needed to hold it closed. If not, there will be a deep pocket above the bones for the stuffing. Either way foil should be used to seal the openings to keep the stuffing in during cooking.

Mix the sausage, onion, cheese and seasonings well and stuff the meat. If boned, place the stuffing slightly off center on the underside of the cut and roll jelly-roll fashion. Secure firmly and place, separated by a piece of foil on top of the bones, cradle style, in a roasting pan. If unboned, stuff the pocket and place bones down in the pan. Sprinkle with salt and pepper, dot with 1 Tbs. butter and place in a 325 deg. preheated oven. Cover and bake 1 hour, add ½ cup of broth and bake another hour. Add more broth if needed, and return to oven uncovered to brown for ½ hour. Remove the roast, tent to keep warm and use some broth to deglaze the pan. Discard bones. Add enough broth to pan juices to equal 2 cups, dissolve the cornstarch in the broth, add the wine, if using and simmer, stirring constantly until thickened. Remove from heat, stir in sour cream and heat only until warmed through or it will curdle. Serve roast in thin slices, with the sauce on the side.

\* Ground turkey can be substituted for the turkey sausage, but it needs more herbs for flavoring. A suggestion would be ¼ tsp. rosemary, ¼ tsp. oregano, ¼ tsp. marjoram and ¼ tsp. thyme. The choice is up to the cook.

**Crown Roast of Lamb:** Allow 1 chop per serving

Have the butcher prepare the crown roast and “French” (clean) the bone ends. This will usually require about 12 chops or 2 racks. Brush the roast with butter or oil, some herbs like rosemary or thyme can be sprinkled over it. Place it on a piece of foil in a pan and roll another piece of foil into a ball to fill the center to hold its shape during cooking. Roast at 375 deg. for 15-18 min per pound, brushing with butter or oil once more during cooking. Move the roast to a plate and discard foil. Fill center with stuffing of choice.

**STUFFING:** Many fillings from whipped potatoes to a variety of bread stuffing to rice are suggested for a crown roast. Some are cooked in and some added later. For a spring dinner a combination of seasonal vegetables, cut to equal size, blanched and sautéed in butter with a bit of lemon pepper to taste makes a pretty center. A cherry tomato on the end of each bone adds to the presentation.

**TO SERVE:** Spoon stuffing onto plates and with knife cut string to divide chops into portion sizes-one or two per person.

**Rack of Lamb:** Allow 1 chop per serving

Number 1  
2 racks of lamb  
½ cup mint jelly



2 Tbs. vinegar

Trim the meat well and place fat side up in a roasting pan. Brush with jelly melted with vinegar and roast 375 deg. 15-20 min per pound. Brush with rest of the jelly mix just before finished. Serve on a platter and divide into servings at table.

Number 2

2 racks of lamb

½ cup panko- lightly crushed

2 tsp. garlic powder

2 tsp. chopped fresh chives

3 tsp. chopped fresh mint

1 Tbs. lemon juice

1 tsp. lemon zest

Water

4 Tbs. butter

SAUCE

1 Tbs. lemon juice

½ cup white wine

2 Tbs. mint jelly

4 Tbs. butter

Mix the panko and next 6 ingredients in a bowl using just enough water to bind. Trim lamb and press breading into meat, Place bones down in a pan, drizzle with butter and roast 375 deg. for 15-20 min per pound. MAKE SAUCE by deglazing pan with lemon juice and wine, add a bit of water if more liquid is needed. Dissolve first jelly then butter in pan to make sauce. Serve drizzled on plates when carving.

**Rack of Veal—Can Also be Used for Lamb:** Allow 1 chop per serving

3 pound rack of veal or lamb

CRUST

2 tsp. each dried basil and parsley

½ cup panko

1 cup fresh breadcrumbs

1 tsp. powdered garlic

1 Tbs. oil

2 Tbs. melted butter

2 egg whites –slightly whipped

Water- if needed

SAUCE

2 Tbs. lemon juice

½ cup white wine

3 Tbs. chopped fresh parsley or 1 tsp. dried

1 tsp. brown sugar

4 Tbs. butter

Mix crust ingredients using a bit of water to bind if necessary. Press into meat and lay bone side down in a pan. Roast at 325 deg. for 1 ½ hrs.; remove meat to a platter and heat roasting pan on

stove. Deglaze with wine and lemon, dissolving sugar and melting butter at end. Drizzle sauce over each chop as served.

## **SIDES**

It's perhaps even more important that the vegetables served at spring events reflect the season because they embody the whole spirit of new growth. Freshness is the key. They should be tender, brightly colored and loaded with natural flavor, simply done with a minimum of seasoning. We're lucky that we no longer have to depend on the weather to cooperate in planning menus for spring events. Authentic local produce always seems better, but good substitutes can be found in the nearest supermarket. The important thing is to know what is considered seasonal in your area. Listed below are a few recipe suggestions for produce items most generally associated with the spring months. In the U.S. those most featured are peas, in all forms, carrots, spinach, asparagus, scallions (green onions) leeks, shallots, zucchini, yellow squash and red skin potatoes, green beans just fit in. The following recipes are presented in order of menu consideration, rather than alphabetically. Proportions vary, but 1 lb. usually serves 4.

### **Asparagus**

Break off the woody part of the stems and put the spears in a microwave proof dish in one layer, if possible, no more than two, or cook in batches. Microwave on high 3 to 9 min. depending on the thickness of the stems. If marinating, put drained spears on a serving plate, pour marinade over and allow to infuse as the asparagus cools, then refrigerate or serve. If saucing, shock spears with cold water, chill them and sauce before serving or sauce and serve hot.

**For Marinating:** A vinaigrette of choice is best

**For Saucing:** A plain white sauce is good or optionally for 4 servings combine

1 cup cooled cooking water

1 Tbs. cornstarch

Lemon pepper to taste

Dissolve the cornstarch in the liquid and bring to a simmer, stirring constantly until thickened.

Add seasoning to taste. For a richer sauce, add 1 beaten egg yolk to the cooled sauce and reheat, over low, stirring constantly until sauce is quite thick. Check to adjust seasoning.

**Garnishes:** Asparagus loves to be decorated and will accept many things: sliced or chopped roasted or fresh peppers, chopped eggs, toasted chopped nuts and seeds, anchovies, capers, herbs crumbled bacon, even breadcrumbs.

### **Green Peas, Lettuce and Scallions (Green Onions) Serves 6**

1 Tbs. butter

Salt and pepper and lemon pepper

2 heads Bibb lettuce-halved lengthwise

3 bunches scallions—roots and tough green ends trimmed

1 lb. peas- frozen or fresh

1 Tbs. oil

Salt and pepper and lemon pepper

Melt the oil in a sauce pan over low heat, gently toss the lettuce and scallions to coat well.

Sprinkle with a little salt and freshly ground pepper. Butter, cover and cook 5 min. stirring once.

Add peas, toss to coat well in sauce and add ¼ cup water, cook 5 min. Uncover, increase heat to medium and stir constantly until water evaporates. Adjust seasonings using lemon pepper. Serve.

### **Peas and Mint Serves 4-6**

1 lb. fresh or frozen peas

¼ cup. chopped fresh mint.

2 Tbs. butter

Steam or lightly boil the peas until crisp tender about 5 min or as stated on package. Drain, add mint or butter and toss to coat and mix, Serve at once.

### **Sweet Pea Pods**

As a solo side, either fresh or frozen, check for strings. Steam them or boil them in water just to cover for about 5-8 min until crisp tender. Drain and toss with 2 Tbs. butter or olive oil and 2 Tbs. herb of choice. Try rosemary, fresh oregano or mint.

### **Snow Peas**

Snow peas are not to be confused with sweet peas in pods. Not recommended served solo, they shine in mixed vegetable and salad dishes where their crispness adds texture. (See the crown roast recipe above.). Never eaten raw and usually halved crosswise, they should never be cooked by any method, more than just 1 or 2 min. at most. Over cooked they become mushy and tasteless.

### **Green Beans**

String beans are more of a summer yield, but they are available fresh or frozen all year and are a wonderful green when simply cooked, as well as a good mix with other vegetables. Whole green beans, sometimes labeled “Blue Lake” can be treated the same as asparagus.

**Green Beans** roast well as do onions. Tossed with a bit of oil, balsamic vinegar and rosemary, or herb of choice, on a sheet with quartered onions, cooked at 375 deg. for 20 min. they are wonderful

2) A simpler way to make this combination vegetable is to boil the beans to crisp-tender and microwave the cut onion in 1tsp. oil until soft, about 2 min. then toss with the drained beans and a bit of lemon pepper or rosemary.

3) They also go well with mushrooms in place of onions, dill or mint as the seasoning and garnished with toasted chopped almonds.

4) They can be sautéed in a pan with heavy cream and herb of choice until the cream forms a thick sauce.

**Carrots:** The regular carrots are better for these dishes. The so called “Baby” or miniature ones so popular for snacks can be used, especially for roasting but they don’t have the natural depth of flavor to stand up to the ingredients in most of the sautéed dishes.

**Gingered Carrots:** Serves 4

1 lb. carrots sliced on an angle

2 Tbs. oil

1 inch fresh ginger grated

1Tbs. poppy seeds

Lightly boil the carrots until just tender 8-10 min; drain well... Sauté in a pan with the oil, ginger and poppy seeds until glossy and just tender. Don't allow to burn. Serve hot.

2) Prepare the carrots as above. Sautee them with 2 Tbs. melted butter, ½ cup **maple syrup**, 1 tsp. cinnamon until tender and glossy. Season with salt and pepper if needed. Serve hot.

3) Proceed as above and sauté the carrots in 2 Tbs. butter, ½ tsp. nutmeg, juice of 2 **oranges** and zest of 1 orange until glossy and tender. Add freshly ground pepper to taste.

4) Proceed as above, using 3 Tbs. butter and ¼ cup **honey**. This may need a drop of lemon juice.

**Carrots roast** well tossed with a bit of oil, 1 tsp. of balsamic vinegar and dusted with herb of choice, they take about 30 min. at 350 deg. just watch that they don't shrivel.

2) They can also be **Baked**. Cut them in sticks and lay the raw carrots in a shallow pan. Pour over 1 cup stock or broth and sprinkle with 2 Tbs. fresh or 1 Tbs. dried herb of choice, thyme, rosemary, sage, marjoram or dill. Dot with 2 Tbs. butter and bake 350 deg. for 30-35 min. until stock is absorbed Taste for salt and pepper if needed. Serve hot.

**Leeks;** are an unsung vegetable. Usually seen as a key ingredient in another recipe, they don't often appear solo, yet their delicate flavor, close to a mild onion dusted with garlic, is very pleasing. Give them a try if you have a chance. Just make sure to swash them well separating the leaves to remove all soil particles then trim the root ends and woody tops.

**Broiled leeks Au Gratin:** Serves 4

4 large. Leeks 6 medium or 12 baby leeks

½ Tbs. butter

½ Tbs. oil

2/3 cup heavy cream

3 oz. Cheddar cheese or Monterey Jack

Wash and trim the leeks cutting off roots and dry top ends. Cut in half lengthwise if large. Melt the oil in a pan and add the leeks, adding salt and pepper. Saute until they begin to turn golden; add the butter and then the cream. Stir to combine and allow to bubble for about 3 min. until the cream thickens a bit. Transfer to an oven proof serving dish; spread the cheese over the top and run under a preheated broiler until the cheese browns and bubbles. Serve at once.

2) A simpler way to achieve a similar result is to trim 1 lb. leeks, cut them across into slices and boil them for about 6 min. Drain the leeks, stir in 5 oz. sour cream and heat through but don't allow to boil. Garnish with nutmeg.

**Leek and Potato Bake:** Serves 4

The starring duo from vichyssoise in another act.

2 large leeks trimmed

2 lb. potatoes- a more floury variety is best here – Idaho, Russet, Eastern All-Purpose

1 ½ cups light cream

6 oz. Brie cheese sliced

Trim leeks, cut across in ½ inch slices and blanch for 1 min. Pierce the potatoes and microwave for 2 min. cool and slice thin. Put half the potatoes in a shallow baking dish and spread out to the edges and cover with 2/3<sup>rd</sup> of the leeks. Cover with the rest of the potatoes and tuck the other 1/3<sup>rd</sup> of the leeks and the cheese around and slightly under the potatoes. Pour the cream over and bake in a preheated 360 deg. oven for 1 hour until potatoes are tender. Cover with foil if the top begins to over brown.

**Potatoes:** are not normally associated with spring. Baby redskins are the exception. They make a colorful impression with just a strip peeled around the center.

**Roast Potatoes:** Past are the days when potatoes and onions too, are made crisp and golden by cooking along with a roast in the rendered fat. We now know it's healthier to trim the fat from the meat than to let it infuse the food but those potatoes and onions are sooo good. That delicious pan-roasted effect can be achieved by parboiling the vegetables, then rubbing them with a bit of butter, broiling them to get the right color and placing them around the roast for the last 30 – 45 min. of cooking, and basting them with the pan juices to give flavor.

A very decorative presentation is achieved by serving red skins, with a strip peeled around the center, browned in this way, surrounding the crown roast mentioned above.

**Roast Potatoes with Garlic:** Serves 4

2 ½ lb. peeled small whole potatoes

2 heads of garlic separated into cloves-unpeeled

¼ cup oil

2 tsp. balsamic vinegar

1 tsp. dried rosemary - optional

Parboil the potatoes for about 3 min. Dry and toss in a bowl with the oil and vinegar. Put on a foil covered baking sheet and scatter with the garlic cloves, salt and rosemary if using. Roast in a pre-heated 475 deg. oven for 10 min. Reduce heat to 400 deg. and cook for another 35-40 min. until crispy and golden. Serve hot at once.

**Roast Potatoes and Squash with Dill:** Serves 8

1 lb. small tiny whole new potatoes peeled- or halved

1 lb. mixed zucchini and yellow squash

½ cup mixed fresh chives and dill – chopped or (¼ cup chopped scullion tops with ½ tsp. dried dill can substitute)

1 ¼ cup sour cream or plain Greek yogurt

Cut the squash into pieces about the size of the potatoes. Parboil the potatoes until tender – about 10 min, add the squash and cook until crisp tender. Drain pan and stir in sour cream or yogurt and herbs. Return pan to stove and just heat through.

**Summer Squash-Zucchini and Yellow:** A few years ago a mixture of these squash and a few other vegetables was the regular “side” in most bistros in the U.S. It became too common, often

over cooked and tasteless. However, it's still a good, colorful vegetable option, and an easy one using a microwave.

**Zucchini and Summer (Yellow) Squash:** Per portion equivalents given

1 small squash

½ small onion

1 tsp. oil

Salt and Pepper

Trim ends of squash and cut in ½ inch slices. Halve then quarter onion. Mix everything in a microwave safe bowl and microwave on high for 2 min until crisp tender. Larger portions require more time according to ovens, usually 15 -30 sec. per serving.

**Shallots:** Resemble small onions, with a similar, but milder, sweeter flavor. Available all year, they are actually a spring vegetable.

**Caramelized Shallots or Pearl Onions:** Serves 4-6

1 ½ lb. shallots or pearl onions – skins peeled but root ends left on

1 Tbs. sugar

2 Tbs. butter

2 Tbs. oil

1 cup water, wine or broth

Sauté the shallots in the melted butter and the oil over medium heat until golden. Sprinkle in the sugar, toss to coat and continue to cook on low heat, until vegetables begin to glaze. Add liquid, cover and cook for 2-7 min. until vegetables are tender. Remove lid, allow steam to escape and cook until liquid evaporates and shallots are light brown and well glazed.

**Spinach:** A classic spring vegetable, young spinach is wonderful in salads, and simply blanched and sautéed with a little oil and garlic, but frozen can make a seasonal side too.

**Spinach Casserole:** Serves 4

(1) 10oz. box frozen chopped spinach

1 egg fork beaten

1 envelope beef or chicken broth granules

Pinch nutmeg

Thaw spinach and drain excess moisture. Mix in a lightly greased oven proof dish with egg and broth granules. Sprinkle with nutmeg and bake in a 350 deg. oven for 35-40 min. or cook in a microwave on high 3 min. or until firm in the center.

**Spinach Gnocchi:** Serves 4

This is a truly Florentine dish rarely seen outside Italy. It sounds involved, but the process is really simple.

(1) 10 oz. box frozen chopped spinach, thawed and well drained

8oz cream cheese

2 eggs

3 Tbs. Parmesan cheese + extra for sauce

1 tsp. butter + more for sauce

3 Tbs. flour + more for rolling

Pinch of nutmeg

Salt and pepper

Mix the spinach, cream cheese, butter and nutmeg over low heat for about 5 min. until completely combined. Remove from heat; beat in eggs, Parmesan and flour. Allow to cool and chill several hours or overnight. When ready to cook, spread a cutting board with flour and using a teaspoon, form little balls a bit smaller than a walnut, of the dough and roll them in the flour. When all are done drop them one at a time into a pot of barely simmering salted water. Remove each with a perforated spoon as it rises to the top when done—about 5-8 min. do not leave in the pot or it will fall apart, and place in a colander. Prepare an oven proof shallow dish with about 1 Tbs. melted butter and a coating of Parmesan. When about half the gnocchi are ready, place them in the dish and keep warm in a 250 deg. oven until all are done. Try not to have more than one layer in the dish. If unavoidable, dot each with another 1 Tbs. butter and dusting of cheese. Be sure to top the dish with butter and cheese. Leave in the oven until the gnocchi are heated through – about 5 min. If making ahead, chill but bring to room temperature before placing in a 300 deg. preheated oven until heated through – about 5-8 min. Do not overcook

**SALADS:** The best spring salads are the ones made of the tender, young greens that sprout in that season. Their delicate taste is best complimented by a light vinaigrette dressing. The “Mixed Baby Greens” offer a diversity of subtle flavors that require very little but the dressing. A few drops of fresh lemon juice help to keep them fresh. Any of these will compliment a spring event entrée better than any other type of salad.

**Baby Spinach** is wonderful garnished with sliced strawberries and toasted walnuts; diced tomato, spring onion and watermelon or diced cantaloupe, diced bell pepper, and spring onion with a touch of lime in that dressing. Sweet Vidalia Onion Dressing also compliments spinach

**Bibb Lettuce and French Blue Dressing:** Serves 4- This is a different, lighter take on Blue Cheese dressing.

1 head Bibb – or Boston – Lettuce

1 Tbs. blue cheese – packed

3 Tbs. olive oil

1 tsp. lemon juice – or more to taste

Separate the lettuce leaves and tear, not cut, into bite sized pieces. Dissolve the cheese in the oil and the lemon juice to taste. Pour over the lettuce pieces and toss well.

**DESSERTS:** Dessert after and Easter dinner, with all the candy floating around, may seem redundant, but every holiday feast needs a fitting end. Like the rest of the menu the dishes served should reflect the season. They should be light, fresh flavored and colorful.

**COCONUT:** Prized in Europe since the 1500s for its ability to be dried, flaked and preserved, its origins always evoked thoughts of warm weather. In the late 1800s when Easer confections became popular it was first used to bind cream to make candy centers. Then it's resemblance to new grass made it a decorative asset. Sprinkled over the icing on a cake it can be likened to bunny fur or young birds' down as well as grass, all symbolic of spring.

**In Cakes;** For those who aren't expert cake decorators, coconut can be a big help. A fruit flavored cake mix, strawberry, peach, orange, lemon, and banana and now all the "velvet" cakes, red, blue green, made according to package directions are great options for impressive desserts. It's nice to have a mold pan but not necessary. Any shape pan will do, square, sheet, round, tube.

**Bake** the cake and frost it as desired. The frosting can be tinted with a drop of food color.

**To Decorate:** Plan the design, sticking to basic shapes, lines, circles, triangles, and keep it simplistic.

- 1) Cut the shapes needed for templates out of waxed paper. DO NOT use plastic wrap, it's too adhesive. Make sure any lines are at least 2 inches wide and other shapes at least 4 inches through the center.
- 2) Lay the template papers across the top of the cake in desired pattern. Gently press coconut into cake sides and the uncovered portions of the top.
- 3) Remove waxed paper, clean edges, if needed, and fill the spaces with: sliced fresh fruit and/or berries and/or fresh mint, candy decorations, even flowers of sliced gumdrops.
- 4) Mounds of fresh fruit are attractive centered on round cakes or filling the centers of tube pan cakes. However, if using fresh fruit, don't add until just before serving. Fresh fruit compresses unattractively under its own weight as well as releasing juices that make the cake soggy.

### **Coconut Macaroons:**

#### **Chocolate:**

(1) 12 oz. bag semi-sweet chocolate chips

(1) 14 oz. bag sweetened flaked coconut

(1) 14 oz. can sweetened condensed milk

Melt the chips in a bowl in the microwave about 1 min. on high-30 sec. longer if needed. Stir in the coconut and then the milk and mix well. Drop by large teaspoons onto a greased cookie sheet at least 2 inches apart. Bake in a preheated 350 deg. oven for 8-10 min. until tops look dry. Cool slightly and remove to a waxed paper covered towel with a spatula. Cool completely before storing in an air tight container.

#### **Variations:**

Replace the chocolate with:

- 1) 1 teaspoon vanilla – increase oven to 375 deg.
- 2)  $\frac{3}{4}$  cup chopped candied cherries – increase time to 10 min. and cool slightly in pan
- 3)  $\frac{3}{4}$  cup toasted, chopped walnuts or pecans –increase baking times to 12-15 min.
- 4) In # 2 and #3 a half cherry or nut can be pressed into the cookie before baking



**MERINGUES** are one of the simplest to make, most versatile, least fattening and most satisfying desserts/ dessert components. Combined with other ingredients or alone they never fail to impress. For example, they are the factor that makes Baked Alaska so glamorous. The one basic rule to remember in making them is that the bowl and beaters be clean and dry and there is never a trace of the yolk in the white, or they simply will not form. The whites whip best at room temperature rather than chilled.

**Basic Meringues:**

2 egg whites

½ cup sugar

2 drops cider vinegar

½ tsp. flavoring - - I like Maple

Cover a cookie sheet with the waxed paper. Carefully separate the eggs, putting the whites in a clean, dry bowl. It might be wise to break them separately, over another bowl, and then transfer each white into the beating bowl. That way, if there's a bit of yoke in the last white, you don't have to start over. With clean, dry beaters, beat the eggs until they form soft peaks, @ 1 ½ - 2 min. Still beating, add the vinegar, gradually pour in the sugar, and continue beating until glossy peaks form when you lift the beaters. Add the flavoring, beat to mix. Colored sugar can be sprinkled on the tops to indicate the holiday.

Preheat the oven to 250 degrees. Drop the meringue batter on the covered cookie sheet by the heaping teaspoon or soup spoon, depending on purpose, forming little mounds about 2 inches apart. Cook 1 hour. While still warm, remove the meringues from the paper, and allow to cool on a rack.

**Cookies:** Serve on a plate alone as with other cookies or individual meringues can be used to make:

**Quick Peach Melba**

Place one canned peach half, or fresh half in the bottom of a dessert dish. Top with a scoop of vanilla or peach ice cream. Put a meringue on either side, and top with raspberry syrup, or sweetened fresh raspberries and whipped cream.

**Mocha Dream**

Put a slice of brownie in the bottom of the dish. Put a scoop of coffee ice cream on it. Place one meringue on each side, pour over chocolate syrup, add whipped cream- optional- and crumble the second slice on top.

**Other Versions of Meringues**

**Angel Nests:** Serves 6-8

3 egg whites

1 cup sugar

1 Tbs. flour

1 Tbs. cornstarch

1 tsp. vanilla or almond flavoring.

2 drops of white or cider vinegar

Beat the egg whites into peaks, adding the vinegar to temper them half way through, then the flour and the cornstarch, finally the sugar in 3 parts while beating until stiff glossy peaks form.

Draw an 8 or 9 inch circle on parchment or waxed paper. Put the paper on a cookie sheet and fill

the circles with the beaten whites, using the back of a fork to indent the center and raise the sides to form a nest. Bake at 250 deg. for 60 min. Leave in oven for 30 min. then cool on a wire rack and store airtight. To serve, fill the center with sliced fresh fruit or berries.

**Meringue Torte: Serves 4-6**

4 egg whites

1 cup sugar

2-3 drops of vinegar

Flavor extract—optional

Make the meringues as directed in the Basic Recipe. Draw three 6-7 inch circles on waxed paper and cover one, probably two cookie sheets. Spread the meringue carefully, dividing it between the circles. Smooth the top surfaces of two of them. Use a spoon to lift the surface of the third into decorative peaks. This will be the top. Bake in a preheated 250 deg. oven for 60-70 min. Cool and then carefully remove paper. Can be made 2 weeks ahead if stored air-tight with waxed paper between the layers.

Just before serving fill the layers with any of a variety of items-ice cream, custard pie fillings, mixed whipped topping and cream cheese with fruit, whipped cream with fruit.

**Meringue Tower: Serves 8 – 10 (Gateau Saint-Honore)**

1 cup sweetened and/or flavored cream cheese or cake frosting.

Make the meringue batter as for the torte above. Draw an 8 inch circle on the waxed paper and fill it in with the batter, smoothing the top, so it will make a base. Use the rest of the batter to make 28-30 individual meringues, with rounded tops. Bake and cool as directed for the torte.

TO SERVE: Using the cheese or frosting as a glue, carefully stack the meringues on end in layers, binding two together, flat sides in, if necessary to form a cone shape. Dust with powdered sugar. This can also be done with 8 oz. melted chips-chocolate, butterscotch etc.

**Rhubarb Kutchen: Serves 12**

Topping:

4 egg whites

$\frac{3}{4}$  cup sugar

2 drops vinegar

1 tsp. vanilla

Base

1  $\frac{3}{4}$  cup flour

1 tsp. baking powder

2 Tbs. sugar

Pinch salt

$\frac{1}{2}$  cup butter

2 egg yolks - beaten

$\frac{1}{2}$  cup toasted chopped walnuts

Filling:

4-5 cups rhubarb cut in 1 inch pieces

2 egg yolks - beaten

2 cups sugar

½ cup flour

For base: Mix first 4 ingredients, cut in butter until batter is crumbly. Stir in eggs and nuts until well combined. Press into the bottom of a 9 x 12 inch baking pan.

Separately combine egg yolks, sugar and flour until blended. Stir in rhubarb. Pour filling into crust and bake in a preheated 350 deg. 45 min.

Top with meringue and bake an additional 10 min. or until meringue is golden. Serve chilled or room temperature.

### **Meringue Gateau:** Serves 6

This recipe and the one for White Chocolate Brownie Torte are from the Three and Four Ingredient Cookbook by Jennie White and Joanna Farrow. Both are super easy and win raves.

1 Basic Meringue recipe for 2 eggs baked as above. and broken into large pieces

3 2/3 cups mixed berries-sliced strawberries, raspberries and blueberries or other small berries

5 cups ice cream-softened

Powdered sugar

Line a 5 x 9 inch loaf pan with plastic wrap, allowing the excess to hang over the pan. Spoon enough ice cream into the bottom of the pan and up the sides to form a thin coating. Chill until firm. Gently combine the other ingredients and fill the pan. Freeze several hours or overnight until firm. To serve, using the plastic wrap unmold onto a plate. Decorate the top with fruit or make a coulis of cut fruit and sugar, by slightly mashing or cutting some, mixing it with sugar and letting it produce its own juice.

**BERRIES:** Berries are the perfect end to a dinner. They're flavorful, naturally sweet, and decorative alone, combined with minimal ingredients, they can become an impressive presentation.

### **Easy Berry Angel Cake:** Serves 4-8-12 dependent on size of cake

This a quick, elegant answer to the problem of providing a nice dessert when there isn't time to prepare one from scratch, and a tasty end to a meal anytime. Any berry will work, as would peaches, but blueberries tend to discolor the cake, and peaches offer a rather bland appearance. The best options are strawberries or raspberries.

1 Angel Food cake – purchased or made from a mix—Pound cake will work as well.

2 pkg. frozen strawberries – with juice

1 box Vanilla Pudding mix

1 pt. whipping cream

Cut the cake into 3 layers using toothpicks, a ruler and a knife. Select, and put aside a few choice berries to use as garnish. Combine the pudding mix and berries with juice in a saucepan and bring just to a boil. Remove from heat and chill.

Whip the cream and fold into the chilled berry mixture. Spread on the three cake layers. Garnish the top one with the reserved berries.

### **Berry Napoleons:** Serves 4

1 sheet puff pastry – rolled out to 9 x 12 inches

1 pint fresh berries of choice

1 ½ cup heavy cream or 2 cups whipped topping, or ice cream

Cover a baking sheet with parchment paper. Cut the dough into (12) 3 x 3 inch squares. Bake on the paper in a preheated 400deg oven for 15 min. or until golden. Cool and store air-tight if not to be used at once.

TO SERVE: Whip cream if using. Lay a square of pastry on a plate, place a portion of the cream then berries on top. Place the next piece of pastry on an angle on top. If serving 6, garnish with powdered sugar. If serving 4, repeat layers, placing the top piece of pastry at another angle, garnish with powdered sugar.

**Tartlets: Makes 12**

1 box Puff Pastry- -2 sheets

(2) 6 cup muffin tins

Roll the pastry out to the point where (6) 5 inch circles can be cut from each. Place a circle in each muffin hole. Cut (12) 5 inch circles of parchment or waxed paper and place on top of the pastry. Weigh them down with dried beans or rice. This is the way to maintain the cup shape as the pastry cooks and rises. Bake in a preheated 400 deg. oven 10 – 15 min. until pastry is golden. Remove paper and weights and cool pastry cups on a rack.

**Fillings:**

- 1) Fresh berries mixed with a bit of sugar and topped with whipped cream
- 2) Canned fruit pie filling heated in the microwave, spooned into the cups warm and topped with cream or mint
- 3) For a continental touch, buy a pre- made custard or make a Flan or Egg Custard, there are many good mixes on the market, especially in the Ethnic Section. It will only take about a cup. Put 1 Tbs. or slightly more of the custard in each tart, before chilling. Dust each with a bit of powdered sugar, only about 2 Tbs. for all, and run under a preheated broiler for 1 or 2 minutes until the sugar caramelizes. Then chill until serving.

**Yogurt Berry Cups: Serves 6**

2 pints fresh berries – frozen to make 3 cups, or 3 cups frozen

8 oz. plain Greek yogurt

2 Tbs. powdered sugar

The important thing is that the berries be frozen to start this recipe. Place all ingredients in a processor and blend until mixed but still very chunky. Place in ¾ cup custard cups and cover with plastic wrap. Freeze until serving.

TO SERVE: dip cup briefly in a pot of hot water and quickly invert onto plates. Chill again to firm. Garnish with whipped cream, fruit or herbs.

No recipe collection for spring holidays, especially Easter. would be complete without at least one chocolate offering. This easy but impressive suggestion is cool, light, and its flavor is mild enough to compliment any menu.

**White Chocolate Brownie Torte:** Serves 10

8 oz. bakery made or 1 box brownie mix -baked

12 oz. white chocolate broken into piece

2 ½ cups heavy cream

2 Tbs. cocoa powder

Dampen the sides of an 8 inch springform pan and line with waxed paper. Crumble the brownies into medium pieces and lightly press into the bottom of the pan to form a base. Melt the chocolate with 2/3<sup>rd</sup> cup of cream, stir until smooth and cool. Beat the remainder of the cream to stiff peaks and fold into chocolate then pour the mixture into the pan over the brownie base. Tap the pan on the counter to level the surface. Cover the surface with plastic wrap and freeze overnight. About 45 min before serving, run a knife round the pan and free the torte... Sprinkle the top with the cocoa powder, smooth the sides if needed, place in the freezer to firm about 15 min. and then refrigerate to soften slightly before serving.

**\* Mint Sauce:**

Per bunch of fresh mint- I use spearmint; Cut off the thickest part of the stems and any root tendrils. Wash the leaves well. Place in a stockpot and just cover with apple cider vinegar. Bring to a simmer and add sugar to a sweet-sour taste. Don't over sweeten. You may use sugar substitute. Cook until stems are soft—about 5-8 min. Cool and blend or process until mint is almost a powder. Pour into glass bottles. Leave to cool completely and screw on tops. I use well cleaned 8oz.salad dressing bottles. Store in a dark place at room temperature. Keeps for months.

1) Rub this over the leg of lamb before roasting and add a bit to pan drippings to baste. I make gravy of the pan drippings and 2 beef plus 1 chicken bouillon envelopes and 2 cups water mixed with ¼ cup mint sauce, pan drippings and about 5 Tbs. flour or 2 ½ Tbs. cornstarch.

2) For broiled lamb chops, or lamb patties, I pour a light covering of mint sauce over them before cooking.

3) Sauce can also be used for flavoring in Sheppard's Pie, stews, soups etc.

4) Excellent over fresh fruit and vegetables.

## ABOUT THE AUTHOR

Joy Wielland has over a decade's experience as the owner of Suddenly Supper a personal chef service and has had lots of experience satisfying all kinds of menu requests from clients be they dietary or celebratory. She appreciates the importance of serving tasty, attractive food, while keeping the recipes efficient and affordable.

She writes a blog: **Kitchen \$centse** at **dinnerwithjoy.com**, in which she address this problem in and other questions concerning a wide range of foods. Her motto is: **Creating Wonderful Scents While Saving Cents by Using Sense.**" She frequently guests on other blogs, writes for Ezine Articles and has contributed to The BWYD and CHILL magazines and Frederator books. She is also the author of the following books available on Amazon and/or Kindle:

**Dinners With Joy**; a menu cookbook for the busy person encompassing 3 months of menus separated into weeks, each with its own cooking tips and shopping list complete with pantry check. It also contains detailed information on how to buy meats, poultry, and seafood as well as directions on how to make and use sauces.

**Diet For The Food Dollar**: A comprehensive plan to control food costs through organized planning and informed shopping to avoid register shock. It applies to those who simply want an overview of expenditures, as well as to those who want to establish step-by-step plan with incentives and tips. Also included are 100 pages of charts showing everything from measurements, conversions, pan sizes, cuts of meat, types of seafood, cooking recommendations and temperatures, descriptions of oils, cheeses, grains, spices and herbs, ingredient substitutions, food storage methods and calorie charts; a valuable kitchen tool in themselves.

**How to Understand Carbohydrates (so they don't go to waist)**: An overall view of all types of carbohydrates, how they work with our bodies and why they're necessary. Everything from starches to fruits and fiber interaction is discussed..

**Baking Basics and Options**:: An in-depth look at all the ingredient categories needed for baking; the different products in each and the available alternative products to substitute for any of them either for dietary or monetary reasons.

**Some Saint Patrick's Day Recipes from Canapes to Coffee**- Easy takes on traditional menu choices for the day including recipes for leftovers.

Coming soon are a recipe book for Mothers' Day, books on sauces and gravies, meats, poultry, seafood, and organic and whole foods as well as a series of cookbooks for children.