

HOME-STYLE SPARERIBS

Jim

- 2 lbs. spareribs
- 1 T. soy sauce
- 2 T. rice wine
- 1 t. salt
- 4 stalks scallion, smashed
- 4 slices ginger root, smashed
- 1 T. minced gingerroot
- 1 T. minced scallion
- 5 cups peanut oil

- 2 cups chicken broth
- 2 T. rice wine
- 2 T. soy sauce
- 1 T. sugar
- 1 stick cinnamon
- 1/2 star anise

a 24 inch length aluminum foil

1. Direct the butcher to cut the spareribs lengthwise into half so that they measure $\frac{1}{2}$ -2 inches in length. Separate the ribs by cutting between the bones and placing them in a bowl with mixture (1). Toss lightly and let marinate overnight refrigerated. Discard the scallion and gingerroot and drain the spareribs.
2. Cut the aluminum foil into three-inch squares.
3. Heat a wok and add the peanut oil. Heat the oil to 400° and add half of the spareribs. Deep-fry about 2 minutes until golden brown. Remove, drain the spareribs, and reheat the oil. Then deep-fry the remaining spareribs until golden brown, remove and drain.
4. Heat a wok and 1 T. of oil until thin tendrils of smoke appear. Add the minced ginger and scallion and stir-fry until fragrant. Add mixture (2) and the spareribs. Heat the mixture until boiling. Then partially cover and reduce the heat to low. Cook 30 minutes. Uncover and cook the liquid to a syrupy glaze. Discard the star anise and the cinnamon stick.
4. Preheat the oven to 450°. Wrap one or two spareribs in a square of aluminum foil and place on a cookie sheet. Bake ten minutes. Remove and arrange the spareribs on a serving platter. Serve



Springer

SPARERIB AND SOYBEAN SPROUT SOUP

1-2 lbs. spareribs	
1/3 cup dry sherry	1/4 cup minced scallions <i>or more, or less</i>
2 slices ginger root	1 tomato, peeled, seeded, and diced
2 T. soy sauce	6 oz. soybean sprouts, rinsed and drained
1 t. sesame oil	2 t. salt
	1 T. oil

1. Have the butcher saw the ribs of spareribs crosswise into 1-2 inch sections. Remove excess fat. Then cut between the bones to separate the ribs.
2. In a pot of boiling water blanch the ribs for 1 minute and drain them.
3. In a soup pot combine the ribs with 8 cups of water, the sherry, and the ginger root. Bring to a boil, and simmer the ribs, skimming any froth that rises to the surface, for 1 hour and 15 minutes.
4. When the soup has almost cooked the full time, heat a wok over a high heat until it is very hot, add the oil and then the scallions, soy sauce, and tomatoes and stir-fry the mixture for 1 minute. Remove from heat.
5. After the soup has cooked the hour and 15 minutes add the soybean sprouts, the tomato mixture, salt and seame oil and simmer the soup an additional 30 minutes.

NOTE: Soybean sprouts have a very pungent flavor. Do not ^{add} extra sprouts to the soup or the soybean flavor will become overpowering!

WUXI SPARERIBS (Eastern)

Springer

1½ cups chicken broth
 1½ lbs. country style spareribs
 2 scallions
 2 cloves garlic
 2 large slices ginger
 4½ t. light soy sauce
 3 T. light soy sauce
 1/4 cup rice wine
 2 T. rice wine

6 cups peanut oil
 3 T. sugar
 1 t. sesame oil
 1 package fresh spinach, stemmed,
 rinsed and patted dry
 ½ t. minced garlic
 1/4 t. salt
 1 T. minced scallion top

1. Trim excess fat from the spareribs. Ask your butcher to cut the spare-ribs across the bones into thirds for you so they will measure about 2". Separate into individual pieces by cutting between the bones.
2. Smash the 2 scallions, 2 cloves garlic and ginger with flat side of cleaver. Place in a large bowl. Add 4½ t. of the soy sauce, 1 T. of the rice wine, and the ribs; stir to coat ribs. Marinate in refrigerator, covered, stirring occasionally, at least 3 hours or overnight.
3. Drain ribs; strain and reserve marinade. Pat ribs dry with paper toweling. Heat the 6 cups oil in wok over high heat to 375. Deep-fry half the spareribs until golden brown, about 3 minutes. Remove with slotted spoon; drain well. Repeat with the remaining spareribs.
4. Heat the chicken broth, the 1/4 cup rice wine, the remaining 3 T. soy sauce, the sugar and reserved marinade in large heavy saucepan over high heat until boiling. Add spareribs; reduce heat to medium-low. Simmer, uncovered, stirring occasionally, until liquid has reduced to ½ cup, about 20 minutes. Stir in sesame oil; transfer ribs and sauce to heatproof bowl.
5. Place bowl in steamer tray over wok 1/3 filled with boiling water. Cover steam tray and steam until ribs are tender, about 30 minutes. Remove steamer tray and bowl from wok. *or less*
Do not overcook!
6. Rinse wok; dry thoroughly. Add 1 T. oil to wok; heat over medium high heat. Add spinach and minced garlic; stir-fry 10 seconds. Add 1 T. rice wine and the salt. Stir-fry until the spinach is emerald green and barely limp, about 1 minute. Arrange spinach around edge of large platter. Heap ribs in center of platter; pour sauce over ribs. Garnish with minced scallion.

lo mein is usually a whole meat
can be made ahead (add bean sprouts just
good for cold banquet before serving)

*

Anita

MEAT LO MEIN

flank

1/2-1 lb. beef, chicken or pork

- 1 Tbs. soy sauce
- 1 Tbs. water
- 1 Tbs. cornstarch
- 1 tsp. rice wine

- 1/2 lb. fresh Chinese noodles
- 1 medium-sized head bok choy
- 2 Tbs. soy sauce *No more! Add extra salt instead*
- 1/2 lb. bean sprouts
- 6 Tbs. oil

1. Slice the meat and shred into matchstick pieces. Marinate in mixture (1) at least 20 minutes.
2. Rinse the bean sprouts and drain well. Shred the cabbage on the diagonal into matchstick pieces.
3. Drop the noodles into 2 quarts of boiling water and cook 3-5 minutes, or until tender. Drain and rinse under cold water. Add 1 Tbs. of oil to the noodles to keep them from sticking together.
4. Heat wok. Add 2 Tbs. of oil. When hot add the bok choy and stir-fry until almost done. Remove from wok. Add 2 more Tbs. of oil. Swirl a few times around the wok and add the meat; stir-fry until the meat changes color. Then add the last Tb. oil, the noodles, bok choy, and the soy sauce. Stir-fry until all the noodles have become stained a darker color. Then add the bean sprouts and continue to stir-fry an additional minute. Taste to see if the noodles are salty enough. Adjust with salt, not soyv sauce, so as not to make the noodles too dark.

Fish Soup w. Coriander

- $\frac{1}{2}$ - $\frac{3}{4}$ lb. fish fillets (sole, halibut, cod, sea bass, str. bass)
- 1 tsp salt
- 1 Tbsp cornstarch
- $3\frac{3}{4}$ cups chicken stock
- 2 sl. ginger root, shredded
- 1 egg white, lt. beaten
- $\frac{1}{2}$ tsp. pepper
- $1\frac{1}{2}$ Tbsp coriander, chopped
- 3 Tbsp red wine vinegar

Rub fish slices w salt + cornstarch. Boil stock.

Add ginger, taste + add salt if necessary.

Dip fish slices in egg white, then add to stock a few slices at a time. Return to boil, lower heat + simmer gently 5 min or until fish is tender. Sprinkle w. vinegar, pepper + coriander. Stir + put in tureen.

Very rich dessert

QUICK VERSION OF SWEET ALMOND SOUP

Anita

3 cups milk
3 Tbs. cornstarch dissolved
in $\frac{1}{2}$ cup water

$\frac{1}{2}$ cup sugar
4 tsp. almond extract

1. Heat the milk and sugar. When sugar is dissolved, add the restirred cornstarch paste.
2. When the soup thickens, add the almond extract.
3. Serve hot at the end of a meal. This soup is sweet and soothing to the stomach. *Also good over ice cream*

SWEET ALMOND SOUP

1 cup almonds
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ tsp. vanilla
 $2\frac{1}{2}$ Tbs. water mixed with $1\frac{1}{2}$ Tbs.
cornstarch

$\frac{1}{4}$ cup cream or half and half
2 Tbs. finely slivered glazed
apricots, lemon peel, or dried
Chinese dates
 $\frac{1}{4}$ tsp. salt

1. Place the almonds in a blender or a food processor and grind into a fine powder. Strain to remove unpulverized almond pieces.
2. Boil 3 cups of water. Add the sugar, salt, and vanilla and stir to dissolve the sugar.
3. Sprinkle in the almond powder and whisk until smooth.
4. Slowly add the restirred cornstarch paste and stir until soup thickens.
5. Turn off the heat. Add cream or the half and half and stir.
6. Chill in the refrigerator before serving. Garnish with the glazed fruit just before serving.

1. Oyster sauce
2 T. oil
1/2 t. salt

YU CHOW WITH OYSTER SAUCE

Jim

1. Wash the yu chow under cold running water. Snap off the small stems attached to each main stem of yu chow. Then peel the skins of the thickest stems.
 2. ~~Cut the yu chow into 3 inch lengths. Keep stems separate from the leaves.~~
 3. ~~Heat wok and add oil.~~ *boil, then drain & cut into 3" sections*
- ~~When the tendrils of smoke appear, add the stems and salt and stir-fry until half cooked. Then add the leaves. Continue to stir-fry until just done.~~
4. Remove to serving platter and garnish with the oyster sauce by dribbling it down the center.

NOTE: Y u chow literally means oil cabbage. Oil can be pressed from the yellow flowers of the plant. English name is rape.

odds + ends Noodles

- | | |
|--|---|
| 2 loin pork chops, meat shredded | 2 celery stalks, sliced |
| 2 Tbsp soy sauce | 4-6 lvs mustard Kale
or spinach |
| 1 tsp cornstarch | 1/2 cup cooked baby shrimp |
| 1 tsp sugar | 1/3 cup water chestnuts,
halved |
| 3/4 lb egg noodles | 1/2 tsp salt |
| 4 Tbsp oil | 1/4 tsp black pepper |
| 2 scallions, sliced | 2 eggs, beaten, fried into
omelet + shredded |
| 2 black mushrooms, ^{soaked,} sliced | |
| 2 chinese sausages, sliced | |

Marinate pork w. soy, cornstarch, + sugar.

Boil 3 qts water, cook noodles till tender but al dente. Drain, rinse in cold water + drain again.

Heat oil in wok. Add scallions, fry until wilted.

Add pork, fry until lightly browned. Add mushrooms + sausages. Fry 3 minutes. Add celery.

(Shanghai)

CRAB IN SWEET AND SOUR SAUCE

Spring

- 8 to 1 dozen blue crabs *or fewer rock crabs*
2 T. rice wine
3 slices ginger smahed
 $\frac{1}{2}$ cup cornstarch
6 cups oil
2 T. finely minced scallion
1 T. minced garlic

- 5 T. ketchup
4 T. rice vinegar
5 T. sugar
3/4 t. salt
1 t. soy sauce
 $\frac{1}{2}$ t. seame oil
6 T. water or chicken broth
2 t. cornstarch made into paste

1. Heat up 6 cups of water to boiling. Add the crabs to stun. Remove as soon as they stop moving. Rinse the crabs and drain. Twist off and discard the apron. Remove the upper shell. Remove and discard the spongy gill tissue. Rinse the crab's body and drain well. Cut away the last joints in the legs. Cut the body into quarters. Place the crab sections in a bowl. Pinch the ginger root slices with the rice wine to imbibe the rice wine with their flavor. Add both to the crabs and toss lightly. Let marinate 1 hour. Remove and discard the ginger slices.
2. Heat a wok, add the peanut oil and heat the oil to 375. Lightly dust the crab pieces with the cornstarch. Add half of the crab sections and deep fry about 3 minutes. Remove and drain. Add the remaining crab sections and deep fry about 3 minutes. Remove and drain.
3. Heat up a wok. Add 2 T. oil and heat until very hot. Add the minced scallion and garlic until fragrant. then add mixture (1) and toss until the sauce has thickened. Add the cooked crab and toss lightly to coat the pieces. Remove to a serving platter and serve immediately.
4. Garnish with minced scallions.

MOON CAKES - dessert

Springer

Crust (1) 4 cups flour
 1 T. baking powder
 1/2 cup powdered milk

(2) 3 eggs
 1 1/4 cups sugar

(3) 3/4 cup butter, melted
 1/2 t. salt

Filling 1 cup chopped dates
 1/2 cup flaked coconut
 1 cup chopped pecans, walnuts etc.
 1 cup apricot preserves
 1/2 cup raisins

1 egg yolk beaten

or date jam or
 other kinds of
 preserves

chill dough

1. Preheat oven to ³⁵⁰~~375~~ degrees. Sift together ingredients of mixture (1). Lightly beat the ingredients of mixture (2) 10 minutes until sugar has dissolved and add mixture (3). Fold in mixture (1) and mix lightly to a soft dough. (add more flour if necessary). Roll dough to a long roll and cut into 20 pieces if using large moon cake cutter. If using a medium or small sized moon cake cutter, cut the dough into more pieces.
2. If using the large moon cake cutter, press each dough section to a 4" circle. Place a Tbs. of the filling in center of circle and gather edges of dough to completely enclose filling. Press edges to seal and roll each piece into a ball. Lightly flour cookies, press and place filled dough ball into cookie press. Press to flatten dough to conform to shape of cookie cutter. Bang rubber side of press lightly to dislodge cookie; invert cookie onto an ungreased baking sheet. Brush top lightly with a beaten egg yolk. Repeat process for remaining dough.
3. Bake cookies for 30 minutes until golden brown. Remove and place on platter. Serve when cool. Store in airtight container for a few days.

moon cake molds must be mail-ordered (not carried in stores)

can be done in food processor

Peppino's Tomato Sauce

- 1/4 cup garlic oil
- 1 med. eggplant, peeled
+ cut into cubes
- 3 Tbsp green olives, chopped
- 3 anchovies, chopped
- 6 large tomatoes, peeled
+ chopped
- 2 green peppers
- 3 Tbsp capers
- parsley, basil, salt, pepper

To hot garlic oil add tomatoes + eggplant, cooking until eggplant is tender. Add roasted peppers, skinned + cut into strips, to eggplant w. seasonings, olives, capers, anchovies, and simmer slowly until desired thickness.

AGONY of ely Losing It.

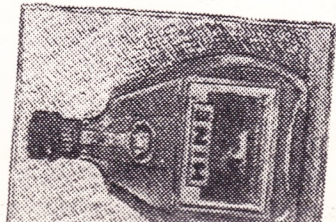
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The literally-minded mill through the marquees at Chelsea, vegetable lovers may like to consider staying at home with a good book instead. The book I would suggest is one on which the printing ink is barely dry, *The Cook's Garden* by Lynda Brown (Century £15.95).

Lynda Brown is a Yorkshire woman with mud on her boots, as they say, and she has a lovely fresh palate. I doubt whether any other book on food to be published this year will please me as much as this gently recorded melange of her kitchen and garden experiences.

Starting from the premise that home-grown produce is sweeter, fresher and more flavoursome than shop-bought (and you can be sure it is wholesome if organically grown) and saddened by the fact that so many gardeners do not cook and so many cooks do not garden, the book devotes itself to forging the bond between growing and eating.

Lynda Brown recommends growing a variety of produce, especially the kind of things easily grown and not readily found in the shops.

She does not attempt to offer a comprehensive gardening manual but, concentrating on factors which she rates particularly pertinent to success, the pages are spiced with eye-opening advice and encouraging pointers for would-be green fingers.

The notes on recognising when a vegetable is in its prime and on storage strike me as particularly good.

If you want fresh insights into stalwarts such as cabbages and carrots (both summer and winter varieties), this is the book for you. I rate it worth buying for the entry on cabbage alone. But one of the main pleasures lies in the awareness she creates of the special rewards to be found in growing vegetables such as asparagus, scakale, sorrel, Swiss chard, rocket, radish, corn salad and claytonia, which are well nigh impossible

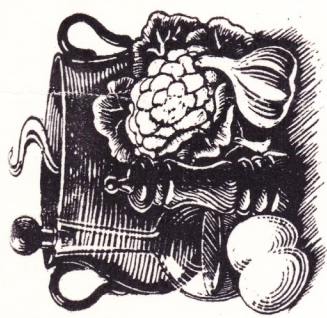
SUMMER CANNELLONI SERVES 4

8 sheets of lasagne (preferably home-made) or bought cannelloni tubes; 4 oz courgettes, cut into 1 inch strips; 4 oz finely chopped crisp lettuce; 4 oz ricotta; 2 teaspoons olive oil; a generous grating of nutmeg; tablespoons of butter; a few tablespoons of chicken stock or water; freshly grated Parmesan cheese.

Cook the pasta in simmering water until just soft. Drain carefully and lay out on the working surface. Toss the courgettes in the olive oil over high heat in a non-stick pan for 1-2 minutes until barely soft and just wilted. Mix with the lettuce, ricotta cheese and nutmeg to make a stiff paste. Spread over the lasagne sheets and roll up, or stuff into the cannelloni tubes. Arrange in a buttered dish, moisten with broth or water and cook in a hot oven, 200°C-400°F/gas mark 6, for 5-7 minutes; just enough for the lettuce to wilt and everything to heat through. Serve as a first course with Parmesan cheese scattered over.

ROSEMARY & HONEY ORANGES SERVES 4

4 large oranges; 2 x 6 inch sprigs of rosemary; 1-2 oz honey; ¼ pt water. Bring the rosemary, honey and water slowly to the boil and simmer gently for 5-10 minutes until the syrup thickens slightly. Cool. Meanwhile, peel away



to buy at the greengrocer, or whose deliciousness depends on being eaten within an hour or two of picking.

Lynda Brown's approach to cooking is equally persuasive. Half-a-dozen pages of pithy notes on basic cooking methods are prefaced by the words "if I have a criticism of vegetable cookery and cookery books it is the tendency for over-complication." Therein lies the clue to the charm of her recipes and serving ideas.

Some of her suggested dishes are delicate, some are gutsy. All are notably unfussy, allowing the vegetables to speak for themselves.

There is a lovely freshness about them. They are never cloying or over-rich, and there is relatively little use of meat - but no hint of health-fanatic puritanism.

This is a book for vegetable lovers, not vegetarians, but I would dearly love to see vegetarians buy it in droves, for Lynda Brown's lightness of touch is something that many vegetarian cooks would do well to emulate.

Some of the ideas that appeal most include a basil, tomato and anchovy dip for crudites; soft goats' cheese wrapped in vine leaves and grilled to serve with fresh apricot puree; cabbage leaves stuffed with pesto, pinenuts and rice; a sauce of forced rhubarb puree with grated ginger to serve with duck; small courgettes with flowers intact, cut lengthwise with a cross, steamed and brushed with butter, a Swiss chard and black olive tart; and the following three.

the skin and pith from the oranges, remove any pips and slice thinly. Remove the rosemary, pour the syrup over the slices and serve well chilled with a few fresh rosemary leaves as decoration.

SPINACH, CHICKPEAS & PASTA SERVES 2

4 oz each cooked chickpeas and cooked spinach; 8 oz whole-wheat pasta shapes or home-made pasta; 1 garlic clove, chopped; olive oil; Parmesan or pecorino cheese.

Fry the garlic in one tablespoon of olive oil for 2-3 minutes. Do not let it burn. Add the chickpeas, turning them over in the garlic, followed by the spinach. Cook a couple of minutes longer to heat through and amalgamate the flavours. Season lightly with salt. Meanwhile, cook the pasta and have hot soup or pasta dishes at the ready. Toss everything together and serve, passing round a jug of olive oil separately; forget the rules, and hand round cheese also.

This mixture can also be used as a salad. Serve at room temperature dressed with olive oil and a squeeze of lemon juice, seasoning with salt.

You don't need a Cellar to start one.

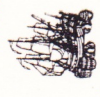
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PORK WITH SWEET BEAN SAUCE

Jim

1½ lbs pork butt
3 Tbs. sweet bean sauce
3 Tbs. soy sauce

1 Tbs. rice wine
1 whole star anise
1/4 cup rock sugar, broken up

1. Wash the pork; wipe dry. Then rub all sides with the sweet bean paste and marinate at least 2 or 3 hours in the refrigerator or overnight.
2. Place the soy sauce, rice wine, and star anise in a deep pot and bring to a boil; then add the pork and 1 cup boiling water. Simmer over low heat for ½ hour. Then add the rock sugar and continue to simmer 1 hour more, turning the meat frequently.
3. When the sauce has been reduced to ½ cup and is rather thick, remove pot from the heat and let meat cool in the pot.
4. Slice the pork and arrange it attractively on a plate. Pour the thick dark sauce on top.

NOTE: This dish is excellent for buffet dinners or large parties since it can be done totally ahead of time and serve at room temperature. Rock sugar is much more nutritious than white refined sugar. It is often used in Chinese cooking to make the sauce thick and to add a glaze to the gravy.

Mushroom Raviolis with Chive and Roasted Pepper Cream

Pasta - use homemade rolled out and cut or wonton wrappers.

Roasted Peppers - Burn over flame and cover in bowl to steam.
Remove seeds and skins.

Mushroom Duxelle Filling -

1 onion diced	1/4 c sherry
1 lbs wild mushrooms - diced	2 tbs chopped herbs (parsley, thyme, chives,
1/4 c white wine	

Chive and Roasted Pepper Cream

Shallots	- saute
1/4 c white wine	} Reduce 1st
1/2 c Chicken Stock	
2 c Heavy Cream	Reduce 2nd
1 c Sour Cream	
2 Peppers Roasted and Diced	
chives - cut	

Stir in sour cream, peppers and chives.

Ham, Mushroom and Roast Vegetable Strudel

- 1 lbs Ham - julienne
- 3 carrots - julienne
- 2 leeks - julienne
- 1 1/2 lbs wild mushrooms - julienne
- 5 purple topped turnips - julienne
- 1 tsp mustard
- 1 tbs chopped fresh dill
- 1 tbs balsamic vinegar
- Phyllo sheets
- 1 stick melted butter
- Salt and Pepper

Heat saute pan and saute mushrooms first, add all the other vegetables - saute quickly keeping crisp. Add dill, vinegar, mustard and season. Spread out on a sheet pan to cool. Build up 7 sheets of Phyllo pastry brushing each sheet with butter. Roll with filling and bake at 400° for 15-20 min. until brown.

Boston Mycological Society
Membership: Milton Landowne
235-2854
info: 267-6448

Tempura Mushrooms with Thai Dipping Sauce

Batter

1/2 c Flour
1/2 c Corn Starch
1 tsp salt
1 1/2 tsp Baking Powder
1 Egg
1/3 c water - cold

Mix egg and water, add dry items and mix.

Dipping Sauce

2 1/2 tbs Ginger - ground
1 1/2 tbs mustard
1 1/2 tsp Powdered garlic
8 oz Honey
1/4 c Brown sugar
1/8 c Sesame oil
1 c Soy sauce
1/2 tsp Cinnamon
1/2 tsp Nutmeg

Mix all and heat.

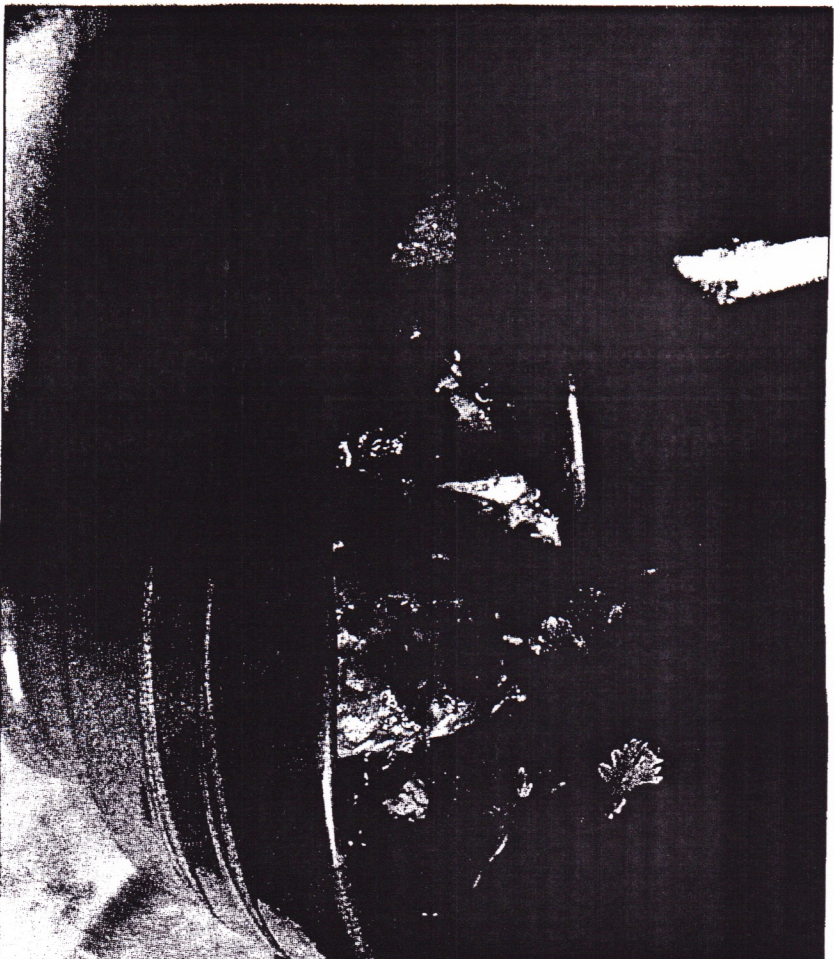
Escargot and Boletus with Herb Butter

1 lbs Escargot
1 lbs Boletus
1/4 c white wine
1 tbs Tarragon - chopped
1 tbs Parsley - chopped
1 tbs Chervil - chopped
1 tbs Chives - chopped
1/4 lbs Butter
4 cloves Garlic
2 Loaves French bread

Cut slices of bread and toast.

Heat saute pan and saute Boletus on high heat, deglaze with white wine. Add escargot and herbs and butter. Toss, season and spoon onto toasted bread.

The Dish That Made New England Famous



Gentil & Hyers in "50 Chowders" (Scribner)

FISH PLUS Spicy sausage is featured in this Portuguese chowder from New England.

BY FLORENCE FABRICANT

THERE'S a formula to chowder. Its flavor often comes from bacon or salt pork and onions, its texture from potatoes and its personality from the seafood that is used. On that last ingredient, Jasper White is well versed.

Mr. White, who owns Jasper White's Summer Shack, a casual fish house in Cambridge, Mass., grew up on the Jersey Shore but has spent most of his career as a chef in Boston. By now there may be chowder in his veins (creamy New England, not tomato-based Manhattan).

In his new book, "50 Chowders: One-Pot Meals — Clam, Corn and Beyond" (Scrib-

ner), made with salmon and peas, another done Portuguese-style with sausage and tomatoes, and an intriguing chowder from Maine layered in a pot with crackers.

Various kinds of clams find their way into his chowders, including quahogs, steamers, razor clams and even the giant geoduck of the Pacific Northwest. Other shellfish chowders are made with mussels, oysters, crab, shrimp and lobster.

A key to cooking chowder, he tells us, is allowing it to rest, or "cure," as they say in New England, once all the ingredients are cooked, so that the flavors can meld. (The principle is the same with other soups.)

After trying some recipes, it is easy to understand how to create your own chow-

SOUTH COAST PORTUGUESE FISH CHOWDER

Adapted from "50 Chowders: One-Pot Meals — Clam, Corn and Beyond" by Jasper White

Time: 1 hour, plus resting and reheating

- 2 tablespoons extra virgin olive oil
 - 2 bay leaves
 - 1 tablespoon finely chopped garlic
 - 2 medium onions (14 ounces), cut in 3/4-inch dice
 - 1 medium green bell pepper, seeded and cut in 1/2-inch dice
 - 1/4 teaspoon ground allspice
 - 2 pounds Yukon Gold potatoes, peeled and sliced 1/2-inch thick
 - 4 cups well-flavored fish or chicken stock
 - 2 cups canned whole tomatoes with juice, in 1/2-inch dice
 - 6 ounces spicy chorizo or andouille sausage, casing removed and sliced 1/4-inch thick
 - Sea salt and freshly ground black pepper
 - 2 pounds skinless silver hake, cod, haddock or bass fillets, pin bones removed
 - 1/4 cup finely chopped cilantro leaves and tender stems
 - 2 tablespoons coarsely chopped flat-leaf parsley
1. Heat a heavy 4- to 6-quart pot over medium heat. Add olive oil and bay leaves.

or tomatoes. A few color pictures show how chunky a chowder should look.

(In a chapter preface, John Thorne, author of "Down East Chowder," tells the difference between a chowder and a stew: "A chowder represents the special preparation of some very ordinary ingredients, while a stew represents an ordinary preparation of some very special ingredients.")

The book offers several vegetable chowders and also goes far afield with chicken, veal and even bacon and eggs as bases. And if you would like a new idea for leftover Thanksgiving turkey, Mr. White gives a chowder for that, too.

Mr. White tries to track the origin of the term "chowder," which some say is French

When bay leaves turn brown, add garlic and cook, stirring with wooden spoon, until golden. Add onions, green pepper and allspice and sauté, stirring occasionally, about 8 minutes, until onions are soft but not brown.

2. Add potatoes and stock. Stock should just cover potatoes. Add a little water if needed. Increase heat, cover and boil potatoes 10 minutes, until not quite tender.

3. Reduce heat to medium, add tomatoes and sausage and simmer 5 minutes. Season generously with salt and pepper; use enough so you will not have to stir in more once fish is added.

4. Add whole fish fillets, cook 5 minutes and remove from heat. Gently stir in cilantro and allow chowder to sit 10 minutes. Allow chowder to sit at room temperature 1 hour before serving, or cool briefly, then refrigerate up to 2 days, covering chowder after it is cold.

5. To serve, reheat chowder over low heat. Do not let it boil. Use slotted spoon to mound chunks of fish with sausage and vegetables in soup plates. Spoon tomato broth over and sprinkle with parsley.

Yield: 8 main-course servings.

from Cornwall, England, where in the 1700's the word "jowler" meant fishmonger. The dish itself is thought to have been brought to New England in the early 1700's by French settlers from Canada, or English settlers in Massachusetts, or even American Indians.

Mr. White's insistence that American chowder making started in New England is reinforced by his suggestions (and recipes) for accompaniments. Along with fritters, corn bread and biscuits, the emphasis is on New England items like parkerhouse rolls and a colonial whole grain loaf called anadama bread. He gives directions for buttering and warming hard white common crackers, the sine qua non of chowder companions. Fortunately, he also gives a mail-



Rosti with Bacon, Mushrooms and Onions

Recipe courtesy Gilles Dupont

Prep Time:	10 min	Level:	Serves:
Inactive Prep Time:	30 min	Intermediate	6 servings
Cook Time:	1 hr 5 min		



Ingredients

- 6 large baking potatoes
- 1 tablespoon salt
- 3 1/2 ounces smoked bacon, thinly sliced vertically
- 3 1/2 ounces onion, diced
- 1 sprig thyme
- 3 1/2 ounces mushrooms, diced
- 2 tablespoons oil
- 2 ounces butter
- 6 slices Gruyere
-
- Serving suggestion: green salad

Directions

Boil the potatoes in their skins for 20 minutes, drain and leave to cool. Peel them. Using a cheese grater, grate them into a large mixing bowl and sprinkle with salt.

In a frying pan saute the bacon and onions. Strip the leaves off the sprigs of thyme into the pan. Add mushrooms and cook for about 5 minutes until soft. Combine with the potatoes and mix gently, taking care not to mash them too much.

Heat oil in a frying pan and add 3 or 4 spoonfuls of the mixture, See cook's note*. Using a spatula, pat the mixture into a round flat cake. Brown it over a high heat. When the bottom side is cooked flip it over. Repeat with remaining potatoes to make 6 cakes.

Put 1/2 tablespoon of butter and a slice of Gruyere on each cake and melt under a hot grill or broiler. Turn the Rosti onto a plate and serve with a green salad, if desired.

*Cook's note: We find that it's better to cook the Rosti individually. 3 or 4 spoonfuls will serve 1

The New York Times

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Well's Vegetarian Thanksgiving

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From "Cooking Light Way to Cook Vegetarian"

Zucchini Boats With Ricotta-Basil Mousse

Use the fragrant cheese stuffing with any mild vegetable, such as bell peppers, mushroom caps, baby eggplant or tomatoes. Save the scooped-out zucchini pulp for risotto or pasta sauce. You can use a mini chopper to chop the herbs quickly, but do not use it to combine the mousse ingredients because it will liquefy the ricotta.

Ingredients

6 small zucchini (about 1 1/2 pounds)
Cooking spray
1 cup loosely packed fresh basil leaves, finely chopped
1 cup (8 ounces) ricotta cheese
1/2 cup loosely packed fresh flat-leaf parsley leaves, finely chopped
1/4 cup (1 ounce) grated fresh Parmigiano-Reggiano cheese or other hard cheese
2 tablespoons hot water
1 tablespoon fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
Parsley sprigs (optional)

Preparation

1. Preheat oven to 450 degrees Fahrenheit.
2. Cut each zucchini in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell. Reserve pulp for another use. Arrange zucchini shells in a single layer in a 13 by 9-inch baking dish coated with cooking spray.
3. Combine basil and next 7 ingredients (through pepper), stirring well with a whisk. Divide mixture evenly among shells, pressing gently. Bake at 450 degrees for 20 minutes or until zucchini is tender. Garnish with parsley, if desired.

Yield: 12 servings).

Nutrition information per serving (serving size: 1 stuffed shell): calories: 59; fat: 2.8 grams (saturated 1.7 grams, monounsaturated 0.8 grams, polyunsaturated 0.2 grams); protein: 5.5 grams; carbohydrate: 3.5 grams; fiber: 0.8 grams; cholesterol: 9 milligrams; iron: 0.5 milligrams; sodium: 158 milligrams; calcium: 129 milligrams.

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Adapted from "Real Food Has Curves"

Skillet Macaroni and Broccoli and Mushrooms and Cheese

This skillet-supper version of the classic is quicker and easier to make. This hearty comfort food easily functions as the main dish for vegetarians.

Ingredients

- 4 ounces grated Cheddar
- 2 ounces finely grated Parmigiano-Reggiano or other hard cheese
- 1 tablespoon unsalted butter
- 1 small yellow onion, chopped
- 6 ounces cremini or white button mushrooms, sliced
- 3 tablespoons unbleached all-purpose flour
- 3 cups low-fat or fat-free milk
- 1 tablespoon Dijon mustard
- 1 tablespoon minced tarragon leaves or 2 teaspoons dried tarragon
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 8 ounces dried whole-wheat pasta shells (not the large ones for stuffing), cooked and drained according to the package instructions
- 4 cups small broccoli florets, cooked in boiling water for 1 minute (broccoli can be added to the pasta during the last minute of cooking, then drained with the pasta in a colander)

Preparation

1. Mix the Cheddar and Parmigiano-Reggiano in a medium bowl. Set aside.
2. Melt the butter in a large, high-sided, oven-safe skillet. Add the onion and cook, stirring often, until softened, about 3 minutes.
3. Add the mushrooms and cook until they release their liquid and it comes to a simmer, and then reduces by about two-thirds, about 5 minutes.
4. Sprinkle the flour over the vegetables in the skillet. Stir well to coat.
5. Whisk in the milk in a steady, thin stream until creamy. Then whisk in the mustard, tarragon, salt and pepper. Continue whisking until the mixture starts to bubble and the liquid thickens, about 3 minutes.
6. Remove the skillet from the heat. Stir in three-quarters of the mixed cheeses until smooth. Then stir in the cooked pasta and broccoli.
7. Preheat the broiler after setting the rack 4 to 6 inches from the heat source. Meanwhile, sprinkle the remaining cheese over the ingredients in the skillet. Set the skillet on the rack and broil until light browned and bubbling, about 5 minutes. (If your skillet has a plastic or wooden handle, make sure it sticks outside the oven, out from under the broiler, so the handle doesn't melt.) Cool for 5 to 10 minutes before dishing up.

Yield: Makes six side-dish servings.