

# *April in Paris*

*Weekend Gourmet*  
*April 18, 2004, 6:30 pm*

<i>Boissons:</i>	<i>Champagne</i> <i>Pouilly Fumé, Bordeaux</i> <i>Café, Cognac au Poire</i>
<i>Hors d'oeuvre</i>	<i>Saumon en Rillettes Julien</i> <i>Olives Picholine &amp; Niçoise</i>
<i>Poisson</i>	<i>Chilled Lemon and Basil Marinated</i> <i>Sea Bass</i>
<i>Plat du Jour</i>	<i>Rôti d'Agneau aux Herbes en Croute</i> <i>de Sel Jamin</i> <i>Provençal Vegetable Gratin</i> <i>Noirmoutier Potatoes with Fleur de Sel</i>
<i>Salade</i>	<i>Salade aux Crottins Au Chapon Fin</i>
<i>Desserts</i>	<i>Plain 18th Century Madeleines</i> <i>Marquise au Chocolat Taillevent</i>

*At Rob and Judy Dvorak's home*

## Saumon En Rillettes Julien - Julien's Salmon Pâté

*Yield: 4 to 6 servings*

*Julien, a huge and popular brasserie, is one of Paris's prettiest restaurants, and this is one of Julien's most pleasant first courses. Generally, the pâté-like rillettes are made of goose, duck, pork, or a combination of those meats. This recipe combines smoked and fresh salmon, butter, and Cognac, and it's melt-in-your-mouth delicious, especially served on wedges of toasted, baguette croûtes, with a glass of champagne before a festive meal. Sometimes, I serve it as a first course, also with toast, and a crisp Pouilly Fumé from the Loire Valley, the same wine I use in preparing the rillettes.*

4 oz	(115 g) skinned fresh salmon fillets
½ cup	(125 ml) dry white wine
1 Tbl	olive oil
2 Tbl	Cognac
	Salt and freshly ground black pepper to taste
4 oz	(115 g) smoked salmon
6 Tbl	(3 ounces; 85 g) unsalted butter

1. Cut the fresh salmon into bite-size pieces. In a small saucepan combine the salmon and wine, and bring slowly to a boil over medium heat. Remove from heat and drain the salmon, discarding the wine.
2. In a small saucepan heat the olive oil and add the salmon. Cook gently over medium heat for about 5 minutes. Do not let it brown. Add the Cognac, salt and pepper. Remove from the heat and set aside.
3. Cut the smoked salmon into bite-size pieces. In a small saucepan over medium heat sauté the smoked salmon in half the butter for 3 to 5 minutes. Cool, then blend the smoked salmon in a food processor, adding the remaining butter.
4. Working by hand, combine the fresh salmon and smoked salmon mixtures with a fork until well blended. Check for seasoning. Refrigerate at least 12 hours before serving.
5. To serve, remove from refrigerator about 30 minutes before serving. Serve on thin slices of warm croûtes.

## Chilled Lemon and Basil-Marinated Sea Bass

*Serves: 8 to 10*

six ½ lb	sea bass fillets, skinned and cut crosswise into 1¼ inch-wide strips
1	lemon rind, removed in strips with vegetable peeler
½ cup	fresh lemon juice
1/3 cup	white-wine vinegar
1½ tsp	salt
½ tsp	sugar
1½ cups	extra-virgin olive oil
½ cup	finely chopped fresh basil leaves plus basil sprigs for garnish
2	large garlic cloves, chopped
2 tsp	dried hot red pepper flakes
1 cup	dry white wine
2	bay leaves
2	parsley sprigs
½ cup	finely chopped red bell pepper

In the bottom of a shallow dish large enough to hold the sea bass in one layer arrange the rind evenly. In a bowl whisk together the lemon juice, the vinegar, ½ tsp of the salt, and the sugar, add the oil in a stream, whisking, and whisk the marinade until it is emulsified. Whisk in ¼ cup of the chopped basil, the garlic, and

the red pepper flakes. In a large kettle combine the wine, the bay leaves, the parsley, the remaining 1 tsp salt, and 4 cups water, bring the liquid to a boil, and reduce the heat to a simmer.

Poach the sea bass, covered, in the liquid in batches for 1½ minutes, or until it is just firm to the touch, and transfer it carefully with a slotted spatula to the dish with the lemon rind. Pour the marinade over the sea bass and let the sea bass marinate, covered and chilled, for at least 8 hours or overnight. Let the sea bass stand at room temperature for 1 hour, transfer it with a slotted spatula to small plates, and strain the marinade through a fine sieve set over a bowl. Whisk the marinade until it is emulsified and drizzle some of it over each serving. Sprinkle each serving with some of the remaining ¼ cup chopped basil and some of the red bell pepper and garnish each serving with a basil sprig.

## **Rôti d'Agneau Aux Herbes En Croute De Sel Jamin - Jamin's Roasted Lamb With Herbs Cooked In A Salt Crust**

*Serves: 4*

*This remarkably simple and flavorful dish is the item ordered most often at chef Joel Robuchon's restaurant, Jamin. The lamb roasts in a thyme-infused salt crust, which actually serves as a hermetic, flavorful roasting shell. The crust is discarded after cooking.*

### **Salt Crust:**

½ cup (150 g) salt  
1 cup (240 g) coarse (kosher) salt  
1 egg, separated  
3¾ cup (525 g) unbleached flour  
2 Tbl dried thyme, mixed with 1¼ cups (310 ml) water

### **Lamb:**

2 lbs (900 g) boneless roasting lamb (a portion of leg of lamb works well)  
Freshly ground black pepper  
½ tsp dried thyme  
1 tsp coarse (kosher) salt and a pinch of regular salt

1. Preheat the oven to 400° F (205°C).
2. Prepare the salt crust: in a large bowl, blend together the two salts, the egg white, flour, and thyme and water mixture. Knead until well blended. It is essential that the dough be firm, not too moist or sticky, or the lamb will steam, not roast. If necessary, knead in additional flour for a firm dough. Roll out a large enough piece to wrap the lamb.
3. Season the lamb with pepper and thyme. Completely wrap the lamb in the salt crust, make sure it is well sealed, and place it on a baking sheet. (this can be done several hours ahead of time.)
4. Just before roasting, combine the egg yolk with the pinch of salt and ½ tsp water and, with a pastry brush, brush the mixture over the surface of the crust. Sprinkle all over with coarse salt.
5. Place the lamb on a baking sheet and roast for 25 to 30 min for rare or until the interior of the lamb is cooked to 112°F, or 45°C. For well-done lamb, cook an additional 5 or 10 minutes. The crust should be a deep, golden brown. Let the lamb rest in the crust for 1 hour before serving. (The lamb will remain warm.)
6. To serve, cut open the crust at one end, remove the lamb, and cut the meat on the diagonal, into very fine slices. Discard the crust. Serve with buttered fresh pasta or a potato gratin.

## **Provençal Vegetable Gratin**

*Serves: 8 to 10*

4 cups thinly sliced fennel bulb (2½ lb)

6 cups thinly sliced white and pale green part of leek (about 6), washed & drained well  
 6 Tbl unsalted butter ( $\frac{3}{4}$  stick)  
 2 large garlic cloves, minced  
 $\frac{1}{3}$  cup plus 1 Tbl freshly grated Parmesan  
 1 Tbl fresh thyme leaves, minced or  $\frac{1}{2}$  tsp dried, crumbled  
 $1\frac{1}{2}$  lb eggplant, halved lengthwise and cut crosswise into  $\frac{1}{2}$  inch slices  
 3 tomatoes (about  $1\frac{1}{2}$  lb), halved lengthwise and cut crosswise into  $\frac{1}{2}$  inch slices  
 4 small zucchini (about 1 lb), cut crosswise into  $\frac{1}{2}$  inch slices  
 3 Tbl olive oil

In a large kettle or deep heavy skillet cook the fennel and the leek in the butter, covered, over moderate heat, stirring occasionally, for 30 to 40 minutes, or until the vegetables are soft. Remove from heat and stir in the garlic and salt and pepper to taste. The leek mixture may be made 1 day in advance and kept covered and chilled. Reheat the mixture over low heat, before continuing. Divide the mixture between two 10-inch round baking dishes, spreading it evenly, or spread it in 1 large baking dish, such as an oval gratin dish measuring 15 by 10  $\frac{1}{2}$  inches, and sprinkle  $\frac{1}{3}$  cup of Parmesan and minced thyme on top. Arrange the eggplant, the tomatoes, and the zucchini, alternating the vegetables, in concentric circles, on top of the leek mixture, working toward the center. Brush the vegetables with oil and sprinkle them with the remaining 1 Tbl Parmesan and salt and pepper to taste. Bake the gratin in a preheated 350° F. oven for 1 hour.

## **Pommes de Terre de Noirmoutier à la Fleur de Sel** - Noirmoutier Potatoes with Fleur de Sel

*Serves 4*

2 lbs baby potatoes (fingerlings or small Yukon Gold), rinsed  
 3 Tbl unsalted *butter* (or substitute extra -virgin olive oil)  
 4 plump, fresh cloves garlic, unpeeled (optional)  
 Coarse sea salt to taste *Fleur de sel*

Place the potatoes in a large pot. Add the butter, garlic, and coarse sea salt. Cover and simmer, turning from time to time, until the potatoes are tender when pierced with a fork and are browned in patches, about 20 minutes. (The cooking time will vary according to the potato size.) Using a slotted spoon, transfer the potatoes to a serving bowl. Serve, passing a small dish of *fleur de sel* at the table.

## **Salade aux Crottins Au Chapon Fin** - Goat Cheese, Almond, and Walnut Salad

*Serves 2*

1 Tbl white-wine vinegar  
 1 tsp coarse-grained mustard  
 2 Tbl walnut oil (available at specialty foods shops)  
 2 Tbl flavorless vegetable oil  
 8 curly endive leaves  
 8 Boston lettuce leaves  
 3 2-oz crottins de chevre (individual goat cheeses), each cut horizontally into 3 slices  
 3 Tbl olive oil  
 1 Tbl sliced blanched almonds, toasted lightly  
 8 walnut halves

In a large bowl whisk together the vinegar, the mustard, salt and pepper to taste, add walnut oil and vegetable oil in a stream, whisking, until it is emulsified. Add the curly endive and the Boston lettuce leaves and toss to coat with the dressing. Divide the salad between 2 large plates.

Brush liberally with oil both sides of 8 of the goat cheese slices, reserving the remaining slice for another use. Broil the slices 1 inch apart on an oiled baking sheet under a preheated broiler about 2 inches from the heat for 1 to 2 minutes, or until the tops are golden brown and bubbly. Transfer 4 of the broiled cheese slices with a slotted spatula to each salad and sprinkle the almonds and the walnuts over each serving.

## Plain 18th-Century Madeleines

*Yield: about 60 small madeleines. Time: 1 hour, plus at least two hours' chilling*

1 cup	unsalted butter, more at room temperature for buttering pan
2	medium eggs
3	large eggs
1	lemon, grated zest
2 Tbl	dark rum
1 cup	granulated sugar
¼ tsp	salt
1 tsp	lemon juice
1 ½ cup	sifted unbleached all-purpose flour, more for flouring pan
2/3 cup	sifted cake flour.

1. In a mixer fitted with a whisk, cream butter until white. Add 1 whole medium egg and 1 medium egg yolk. Place egg white in a bowl, and set aside. Continue mixing until blended. Turn to low speed, and add 3 large egg yolks (adding whites to the one in the bowl), beating after each addition. Add lemon zest and rum, and continue mixing for another minute.

2. Increase speed to medium. Add ¾ cup sugar and the salt, and beat until all traces of sugar crystals disappear. Add remaining sugar, and whip another minute. Transfer batter to a large bowl. Wash and dry mixer bowl and whisk, then add egg whites. Beat until foamy, then add lemon juice and continue beating until very smooth and white.

3. Mix flours, and sift two-thirds of the flour over batter. Fold together until just blended. Fold in one-quarter of the egg whites. Slide remaining egg whites on top of batter, and sift remaining flour over. Fold all layers together until batter is perfectly homogenized. It should be soft and fluffy. Spoon batter into a pastry bag fitted with a small (about ¼ -inch) round tip. Refrigerate for at least 2 hours, or overnight.

4. Preheat oven to 375° F. Generously butter a madeleine pan (small or large molds). Pipe batter into molds, so they are three-quarters full. Bake until they form humps and are nut brown around edges, 6 to 8 minutes, longer if using large molds. Remove from oven, and bang pan on a counter- top to release madeleines from molds. Carefully lift off any that stick. Place in a folded napkin to keep warm. Repeat with remaining batter.

*Adapted from "The New Making of a Cook" by Madeleine Kamman (William Morrow, 1997)*

## Marquise Au Chocolat Taillevent - Taillevent's Chocolate Cake

*Yield: One 8 ½ -inch (22-cm) cake; 8 to 10 servings*

*This is the dessert I order almost every time I dine at Taillevent, the finest restaurant in Paris. The cake is rich and classic, rather like a ripened chocolate mousse. A marquise is easy to make and requires no baking. Taillevent adds its signature by serving it with a rich pistachio sauce, actually a crème anglaise flavored with ground pistachio nuts. The sauce is a bit time-consuming but not difficult. The cake may, of course, be served without a sauce or with a plain crème anglaise. Both the cake and the sauce should be made twenty-four hours before serving.*

9 oz (280 g) bittersweet chocolate (preferably Lindt or Tobler brand), broken into pieces

¾ cup (100 g) confectioners' sugar  
¾ cup (6 ounces; 185 g) unsalted butter, at room temperature  
5 eggs, separated and a pinch of salt  
Pistachio Sauce, optional (recipe follows)

1. Make the chocolate batter: Place the chocolate in the top of a double boiler, and melt over simmering water. Add these ingredients in the following order, mixing well after each addition: ½ cup (70 g) confectioners' sugar, all the butter, and the egg yolks.
2. In a small mixing bowl, beat the egg whites with a pinch of salt until stiff; then add the remaining ¼ cup (30 g) sugar and beat another 20 seconds, until glossy.
3. Remove the chocolate batter from the heat, and add one-third of the egg white mixture, folding it in gently but thoroughly. Then gently fold in the remaining whites, not over mixing, but well blended.
4. Rinse an 8 ½ -inch (22-cm) springform pan with water. Leave the pan wet and fill it with the mixture. Refrigerate for 24 hours. Remove from the refrigerator about 30 minutes before serving. To serve, pour several tablespoons of the pistachio sauce onto each dessert plate. Place a thin slice of the *marquise* in the center of the plate, and serve.

## **Sauce A La Pistache - Pistachio Sauce**

*Yield: 1 quart (1 liter)*

1/3 cup (100 g) pistachio paste (see recipe below)  
1 quart (1 liter) milk  
8 egg yolks  
1¼ cups (250 g) sugar

1. Prepare the pistachio paste.
2. In a medium-size saucepan, combine the pistachio paste with the milk and bring the mixture to a boil over medium heat. Remove from the heat, cover, and allow it to steep for 5 minutes. Then strain through cheesecloth or a fine-mesh sieve into another medium-size saucepan. Set aside.
3. In a medium-size mixing bowl, combine the egg yolks and sugar, and beat until thick and light. Whisk in half the warm strained milk, then whisk the mixture back into the remaining milk.
4. Warm the sauce gently over medium heat, stirring constantly, until it thickens, about 20 minutes. Do not allow the sauce to boil or it will curdle. You can prepare this 24 hours in advance and refrigerate, removing it from the refrigerator 1 hour before using.

## **Pate De Pistache - Pistachio Paste**

*Yield: ½ cup (150 g)*

Generous ½ cup (60 g) shelled pistachio nuts, preferably raw unsalted  
1/3 cup (65 g) sugar  
white of 1 small egg

1. Preheat the oven to 300°F (150°C).
2. Toast the nuts on a baking sheet in the oven for 5 minutes. Allow them to cool. Then, squeezing them between your thumb and forefinger, remove as much skin as possible from the nuts. (If using already roasted, salted nuts, remove as much skin as possible from the shelled nuts, then rinse quickly under boiling water. Drain, then remove as much remaining skin as possible.)
3. Place the nuts in a food processor or nut grinder, and grind to a paste.
4. In a small bowl, mix the nut paste with the sugar; then add the egg white to give it a sticky quality. The pistachio paste will keep in a tightly sealed container in the refrigerator for a week.

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