

Andre's Christmas smoked Prime Rib (sorry no images available – use the theater of the mind)

December 2020

Ingredients:

Bone in prime rib – we had a 16 pounder (but size is up to you)

1 head of garlic

20 sprigs rosemary

2 T vegetable oil

1 T Garlic Powder

½ T fresh ground pepper

1 T paprika (not the hot one)

1 T sea salt

½ tsp ground coriander

- 1) **Day before** you are making the prime rib, remove it from packaging, thoroughly dry off. With a sharp boning knife remove the small bones in between each rib, leaving the long bones in place (be careful, but do it as makes carving so much easier). Then remove the skin/sines from the inside of the bones – ie lay the meat with rib side up and cut, scrape off the silverskin. Cut garlic cloves into 1/8 inch slivers and remove rosemary spines from a couple of the sprigs. With sharp knife cut slits every couple of inches and insert a piece of garlic and rosemary into the meat. Place meat on a meat tray and put uncovered in fridge overnight to dry.
- 2) **Next morning**, make a spice mix with 1 T chopped rosemary and all the rest of the spices. Rub the meat all over with the oil then liberally rub on the spice mix (you may not need all. Then using butchers twine, tie the roast between each bone and lay the remaining rosemary stalks on the roast (ie you are tying them to the roast).
- 3) Smoke at your smokers lowest setting (210 works fine) till meat reaches an internal temp of 114 (note the temp will continue to go up – probably hitting 122-125). It may take 6+ hours. If you get frustrated, increase the heat, but I suggest just allowing for extra time). Pull and rest on a meat rack for at least an hour. Longer if you want. If you need to go longer than an hour, tent with foil to retain some heat.
- 4) Turn on oven to 450 and put meat on a meat rack into the hot oven for 20 minutes or so till a nice crust forms – go a bit longer if it doesn't look like you want it to. Rest a further 15 minutes and then carve. Hit with salt and pepper and serve with fresh horseradish sauce or good quality store bought (we like the Stonewall kitchen). You can also guild the Lillie as we did, and make a wild mushroom sauce (sautéed mushrooms in butter with rosemary and garlic, add flour, cook out, add demi-glaze, a couple of glassed of red wine and a splash of cognac – cook out till thickened)

Serve with cream spinach and Yorkshire pudding, for traditional English Christmas.

Steve's note: January 2021



I made a traditional German Rumptof (rummed fruit). I started in June and each time a new fruit/berry came out I went to the orchard and picked it. For every pound of fruit I added a bottle of 110 proof rum and 1/2 pound of sugar. Then I made ice cream (thanks to you) and served the fruit over the ice cream. I also made beef bourguignon in the sous vide, 48 hours.

Doug made some ravioli that he will talk about.



DEEP DISH QUICHE WITH SAUSAGE, FENNEL & PARMESAN.

Paul Eggermann 12-28-2020



MAKE THE PASTRY WELL AHEAD.

245 grams (1¾ cups plus 2 tablespoons) all-purpose flour, plus more for dusting
1½ teaspoons kosher salt

12 tablespoons (1½ sticks) cold salted butter, cut into ½-inch cubes
5 tablespoons ice water (I used up to 10 to get the right consistency)

In a medium bowl, whisk together the flour and salt. Add the butter and toss, separating any stuck-together cubes, until evenly coated. Freeze uncovered for 10 minutes.

Transfer the chilled flour-butter mixture to a food processor. Pulse until the butter chunks are about the size of peas, 10 to 12 pulses. Add the water and process until the mixture forms clumps but does not come together in a ball, 20 to 25 seconds.

Turn the dough out onto the counter and press it into a disk about 6 inches wide. Wrap tightly in plastic, smoothing out any ragged edges. Refrigerate for at least 1 hour or up to 2 days.

PREPARE SAUSAGE & FENNEL

1 tablespoon salted butter	1 large fennel bulb (trimmed, halved and thinly sliced)
8 ounces sweet Italian sausage (casing removed)	1 teaspoon kosher salt
1 medium red onion (halved and thinly sliced)	1/4 cup fresh basil - chopped
	1/2 cup red wine (Optional)

In a nonstick 12-inch skillet over medium, melt the butter.

Add the sausage and cook, stirring to break up the meat, until no longer pink, about 5 minutes.

Add the red onion fennel and kosher salt. Cook, stirring occasionally, until the vegetables are softened, about 7 minutes. (Optional – Stir in the red wine and cook until all liquid has evaporated, 4-5 minutes).

Off heat, stir in ¼ cup chopped fresh basil. Transfer to a plate and let cool, then cover and refrigerate. Continue with the recipe to pour in the egg-cream mixture and bake and cool the quiche.

PREPARE EGG MIXTURE

6 large eggs	1/8 teaspoon cayenne pepper
1 cup crème fraîche	1/8 teaspoon grated nutmeg
1½ cups heavy cream	Kosher salt
	Black pepper

In a large bowl, whisk the eggs. Add the crème fraîche and whisk until thoroughly combined. Add the cream, cayenne, nutmeg and ½ teaspoon each salt and black pepper, then whisk until well blended. Cover and refrigerate until ready to use.

ROLL OUT PASTRY DOUGH

Lightly flour the counter. Mist a 9-inch-round by 2-inch-deep tart pan with a removable bottom or a deep-dish glass pie plate with cooking spray. Unwrap the pastry disk and set it on the floured surface.

If the dough is too firm to roll, let it stand for 10 to 20 minutes. Dust the surface of the dough with flour and, using a rolling pin, roll it to a 14-inch round about $\frac{1}{8}$ inch thick, rotating often and dusting with flour as needed to prevent sticking.

PRESS DOUGH INTO TART PAN

Fold the dough round in half, then in half again, forming a wedge. Transfer the dough to the tart pan or pie plate, positioning the tip of the wedge at the center.

Unfold the dough, then carefully ease it into the corners and up the sides of the pan or plate, allowing the excess to extend past the edge.

If using a tart pan, roll the rolling pin across the top of the pan to trim off the excess dough, then set the pan on a large plate (so the pan is easier to handle); if using a pie plate, fold and crimp the edges of the dough.

Refrigerate uncovered for at least 1 hour or cover and refrigerate up to 1 day. About 1 hour before baking heat the oven to 450°F with a baking steel or stone on the middle rack.

BAKE QUICHE

Set the tart pan or pie plate on a rimmed baking sheet.

Distribute the sausage mixture evenly in the chilled pastry, then top with 6 ounces shredded Parmesan cheese (1½ cups). You can use Asiago or any other melting cheese of your choice.)

Slowly pour in the egg-cream mixture, allowing it to seep in; the pan will be very full. Carefully slide the baking sheet onto the hot baking steel, then immediately reduce the oven to 350°F.

Bake until the quiche jiggles slightly at only the center, 55 to 65 minutes (the center should reach 165°F to 170°F); lay a sheet of foil over the quiche if the surface browns too much.

COOL AND SERVE

Transfer the quiche from the baking sheet directly to a wire rack and cool until barely warm to the touch, about 2 hours. If you've used a tart pan, carefully remove the outer ring, then return the quiche (still on the pan bottom) to the rack. Cool completely.

Enjoy,
Paul

(Adapted from Milk Street)

NOTE: The springform pan I am using is 4 inches high. To completely fill the pan I increased the sausage and cheese by one ounce each and added another egg and 1/2 cup more of both the crème fraiche and cream in this version.



.You can play with these ingredients in any number of ways.

Laissez les bons temps rouler.

Paul Eggermann
Les Marmitons New Jersey Chapter
November 27, 2020

PAVLOVA DESSERTS

Pavlova is an elegant dessert named after a famous ballet dancer. It is light and airy and satisfies the urge to have something sweet after a huge meal without adding to the fullness of the meal.



Poached Pear Pavlova with Raspberries and Blackberries

Making Meringue

Making meringue can be difficult if you aren't meticulous in every step.

I have always been a big fan of meringue, whether it's a creamy Italian meringue atop a pie or a cake, a crunchy meringue cookie, or—perhaps the most stunning showstopper dessert ever—a pavlova. Gently baked until crisp on the outside and fluffy-moist on the inside, a pavlova offers lovely textures, not to mention that sweet, marshmallow-like flavor. I often think of it for spring or summer occasions, opting to top it with berries and cream. But pavlova also lends itself beautifully to fall fruit and warm spices, making it a fantastic (and surprising) addition to the holiday table. If you've never made a pavlova, you'll be surprised by how easy it is. It doesn't require any special culinary skill, but it does require time—about 4 1/2 hours in the oven, minimum. You can get a little bit of a head start if you need:

Bake the pavlova earlier in the day, and hold it at room temperature for a few hours in an airtight environment (wrap it in plastic wrap or, if you have a container large enough, in an airtight container).

Make the whipped cream topping earlier in the day, too, and hold it in the fridge. And roast or poach the fruit a few hours ahead and keep it at room temperature. Then assemble your gorgeous creation just before serving. One quick tip as you're working with the egg whites. You must be patient and take your time when beating the egg whites. Start at medium speed, work your way up to medium-high, and finally end at high. If you go in right away at high speed, your egg whites will not reach their full volume potential.

We all know that sugar is essential for baking—after all, it's what makes sweets taste sweet. But thanks to its unique chemical nature, sugar also performs many other essential functions in cookies, cakes, and other baked goods.

Just to be clear, I'm talking about the kind of sugar we use most in baking: the dry, crystalline sugars that are collectively referred to as table sugar. (It comes in several forms, such as granulated, brown, powdered, and turbinado.) When you understand how this ingredient behaves in recipes, you'll be on your way to becoming a better baker, because many baking disasters can be traced to one little mistake: tinkering with sugar. Using less (or more) sugar than a recipe calls for (or even substituting honey for table sugar) can really affect your results.

Sugar stabilizes meringues

Whip egg whites with sugar and what do you get? Meringue. More than just a fluffy, white pie topping, meringue gives lightness and loft to mousses, sweet soufflés, angel food cakes, and even some frostings.

Sugar stabilizes meringue in two ways. First, it protects the egg whites from being overbeaten. As you whip air into egg whites, the egg proteins bond and form thin, strong sheets that stretch around the tiny air bubbles, creating foam. Adding sugar slows down this foaming, so you're less likely to overbeat the egg whites.

Second, sugar protects the foam from collapse. The sugar dissolves in the water in the bubbles' walls, forming a syrup that surrounds and supports the bubbles.

Sugar affects texture

When sugar molecules meet water molecules, they form a strong bond. This union of sugar and water affects the texture of baked goods in two important ways.

It keeps baked goods soft and moist. The bond between sugar and water allows sugar to lock in moisture so that items such as cakes, muffins, brownies, and frostings don't dry out too quickly.

It creates tenderness. Baked goods get their shape and structure from proteins and starches, which firm up during baking and transform soupy batters and soft doughs into lofty muffins and well-formed cookies. But because they build structure, proteins and starches can potentially make baked goods tough, too. The sugar in a batter or dough snatches water away from proteins and starches, which helps control the amount of structure-building they can do. The result? A more tender treat.

It is here that tinkering with a recipe's sugar can have a dramatic effect. When, for example, a loaf of pound cake has a nice shape and an appealing texture, the sugar, proteins, and starches are in balance. But if you tip that balance by using more or less sugar than the recipe calls for, the result could be so tender that it lacks the structure to hold its shape, or it could be shapely but too tough.

It's best to dust moist cakes with confectioners' sugar right before serving, because over time the sugar will attract even more moisture and become sticky.

Sugar leavens

No doubt you've noticed that cake and quick bread batters rise during baking. Well, sugar helps make this happen. When you mix up a cake batter and beat sugar into fat, eggs, and other liquid ingredients, the sugar crystals cut into the mixture, creating thousands of tiny air bubbles that lighten the batter. During baking, these bubbles expand and lift the batter, causing it to rise in the pan.

Sugar deepens color and flavor

Thank sugar for the appealing golden-brown color of many baked desserts. As sugar gets hot, it undergoes a cascade of chemical reactions called caramelization. In this process, sugar molecules break down into smaller and smaller parts and begin to turn deeper shades of brown and develop more complex flavors.

Sugar adds crunch

In the heat of the oven, moisture evaporates from the surface of baked goods, allowing dissolved sugars to re-crystallize. This creates the crunchy, sweet crust that you've probably enjoyed on such items as brownies, pound cakes, and some kinds of muffins and cookies.

To obtain the unique pavlova texture, you must adhere to an exact recipe. While it's fun to play around with ingredients, pavlova is not the time to stray from what's listed. It's picky, but picky doesn't mean difficult. In fact, you only need 5 ingredients to make pavlova and I bet you have each in your kitchen right now:

egg whites
sugar
an acid such as cream of tartar or vinegar
cornstarch
vanilla extract

Let me explain why these ingredients are used.

THE PURPOSE OF EACH

Egg whites – beaten into stiff peaks, egg whites are the base and volume of pavlova.

Sugar – in addition to sweetening the dessert, sugar stabilizes the egg whites by holding them together both in the oven and as the whole pavlova cools. Without sugar, the protein molecules (science!) in egg whites will collapse. Additionally, sugar helps achieve the delightfully crisp texture. (Sugar is so much

more than a sweetener in our baked goods. Speaking of sugar, make sure that you use superfine or castor sugar. Just pulse sugar a few times in a food processor to reduce the size of the crystals.

Acid – you can use 1/2 teaspoon of cream of tartar or 1 teaspoon white, apple cider vinegar, or even lemon juice. The pavlova will NOT taste like vinegar, I promise. The acid helps the egg whites hold onto air and, like the sugar, helps prevent the egg whites from collapsing. I tested with both and I actually prefer cream of tartar. I found that my pavlova spread a bit more when I used liquid acid.

Cornstarch – The center was fluffier and more marshmallow-y with cornstarch. One teaspoon is all you need. Your pav will get chalky if you use too much.

Vanilla extract – purely for flavor!

Whip the egg whites into super stiff peaks. Stiff enough that you can hold the whisk over your head and feel confident that the whipped egg whites won't drop. Then you'll spread the pavlova mixture onto your lined baking pan. You can use parchment paper or a silicone baking mat. Do not grease the baking pan—use a nonstick surface instead. Spread it into a circle, about 8-9 inches in diameter. Use the back of a spoon to create decorative peaks. Make sure the edges are tall and you have a nice dip in the center. That's where we'll pile our whipped cream and fruit! You can eyeball it or trace one with a pencil. I put the bottom of a 9" tart pan in a baking sheet and put a piece of parchment paper on top. You can easily see the round bottom for a guide in placing the egg whites. This also makes it easy to remove the cooked meringue from the sheet and transfer it to a serving plate. Just reach under the paper and lift the pan bottom out. Move it to your serving plate and carefully slide the meringue to the plate while pulling back on the parchment paper. Voila! You have gotten this far and not broken the meringue. The rest is easy.

A relatively cooler oven is imperative for properly cooking your pavlova, but let's start the pavlova at 350°F (177°C) then reduce it down to 200°F (93°C). This will help "set" the outer crust quickly. This trick also helps reduce spread.

A properly cooked pav is pale in color. Cracks and bumps are par for the course, but the pavlova shouldn't completely deflate. Especially if you follow the precise measurements and instructions in the recipe. You can help avoid too many cracks by cooling the pavlova in the oven. The sudden change of temperature (inside the oven to outside the oven) shocks the pavlova, so it's best to cool inside the cooling oven.

The Recipe – Pavlova any way you like it.

Description

Pavlova is crisp on the edges, chewy on top, and marshmallow soft and creamy in the centers. Pile high with lemon curd, whipped cream, and fresh fruit to make a naturally delicious gluten free dessert!

Ingredients

4 large egg whites (use the yolks for lemon curd!)

1 cup (200g) superfine sugar*

1 teaspoon pure vanilla extract

1/2 teaspoon cream of tartar*

1 teaspoon cornstarch

Toppings

Homemade whipped cream, fresh fruit, strawberry topping, lemon curd, or any desired topping (see below for suggestions)

Instructions

Preheat the oven to 350°F (177°C). Line a large baking sheet with parchment paper or a silicone baking mat. See my note above about putting the bottom of a tart pan underneath to make it easy to follow the outline and remove the bake pav from the sheet pan. (Preliminary note: you will quickly reduce the oven to 200°F (93°C) in step 4.)

With a handheld mixer or a stand mixer fitted with a whisk attachment, beat the egg whites until soft peaks form, about 5 minutes. Add the sugar in 2 additions, beating for 30 seconds between, then continue beating on high speed until glossy stiff peaks form, about 2 more minutes. The peaks should be stiff enough that you can hold the whisk upright and the peaks won't move. Add the vanilla extract and beat for 1 more minute. The peaks should still be very stiff. If not, keep on mixing on high speed. Using a rubber spatula, fold in the cream of tartar and cornstarch.

Spread the pavlova mixture into an 8-9-inch circle (see my note earlier). You can make decorative peaks with the back of a large spoon if desired. Make sure the edges are relatively tall and there is a nice dip in the center.

Place pavlova in the oven. As soon as you close the oven door, reduce heat to 200°F (93°C). The pavlova will stay in the oven as it cools down to 200°F (93°C). Bake until the pavlova is firm and dry, about 90 minutes total. Rotate the baking sheet if you notice some spots browning. Try to limit how many times you open the oven as the cool air will interrupt the baking.

Turn the oven off and let the pavlova cool inside the oven. Plan on a few hours if you can. Once the pavlova is cool, you can store it covered tightly at room temperature for up to 2 days. Or serve right away. Once cool, top the pavlova with whipped cream and assorted toppings. Slice and serve.

Notes

Make Ahead Instructions: See step 5 for making the pavlova in advance. Pavlova is best enjoyed right after it's garnished. It doesn't freeze well.

Egg Whites: (1) Room temperature egg whites whip faster than cold egg whites. And (2) room temperature egg whites whip into a greater volume than cold egg whites. So make sure your egg whites are at room temperature before beginning.

Sugar: Superfine sugar dissolves easier into egg whites. To avoid tasting sugar granules, pulse 1 cup granulated sugar a few times in a food processor. You now have superfine sugar to use in the recipe.

Acid: You can use 1/2 teaspoon of cream of tartar or 1 teaspoon of white vinegar, apple cider vinegar, or lemon juice.

Whipping some cream

Whipping cream is easy until you make butter out of it. Use cold heavy cream in a glass or stainless steel bowl. Purists would insist that a copper bowl is best, but I doubt that many of you have one. You can put the bowl and whisks in the freezer for 10 minutes or so if you wish. For a pavlova you will need to whip one cup of cold heavy cream on a high setting. Add a tablespoon (or two, taste for sweetness) of confectioners sugar and a teaspoon of vanilla extract when it reaches soft peaks and continue to whip another minute or two until the sugar is well combined and the cream holds stiffer peaks. Do not overbeat or you will make lumpy butter!

Finishing the Pavlova.

Spoon the whipped cream into the center depression in the meringue. Top it with any of the following suggestions.

- 1. Poached pears with raspberries and blackberries (first page photo).**
- 2. Lemon curd and raspberries**
- 3. Pistachio crème and candied orange**
- 4. Vanilla pudding with salted caramel sauce**
- 5. Cranberry curd with mint whipped cream**
- 6. Mango curd with coconut infused whipped cream**
- 7. Almond paste with raspberries and chocolate sauce (or Nutello).**
- 8. Macerated strawberries with chocolate shavings**
- 9. Figs, pistachios and chocolate sauce**
- 10. Roasted figs with mascarpone and caramel sauce**
- 11. Poached pears with maple syrup whipped cream**
- 12. Kiwi's & blackberries with orange or lemon whipped cream**
- 13. Mango crème with blueberries and banana**

Use your imagination. You can use just about any combination that fits your fancy.

Here are a few more I made since I first wrote this piece.



This time the pears were poached in apple juice and cranberry juice. Served with raspberries and blueberries.



Macerated strawberries and blueberries. I used non-dairy Almond Whipped cream for a family member who has an Alpha-Gal allergy due to a Lone Star tick bite.