

23-Jan-29

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**JAMBON CUIT SAUCE AU CONCOMBRE
 BROILED HAM STEAK WITH CUCUMBER SAUCE**
CLAFOUTIS DE LEGUMES
VEGETABLE CAKES
COULIS DE TOMATE
TOMATO PUREE

Although we learned many fantastic recipes and ate the results while studying at the Cordon Bleu, half the learning experience while studying in Paris is experiencing good food in the many restaurants. Most restaurants feature the classic cuisine for which France is famous, yet there are some items which have a somewhat nouvelle character. That is to say they are somewhat lighter and imaginative in the combinations of ingredients. Today's meal reflects some of this imagination. Thick slices of ham are garnished with sauce of cucumber and cream, giving a contrast of flavor, yet enhancing the taste of the ham.

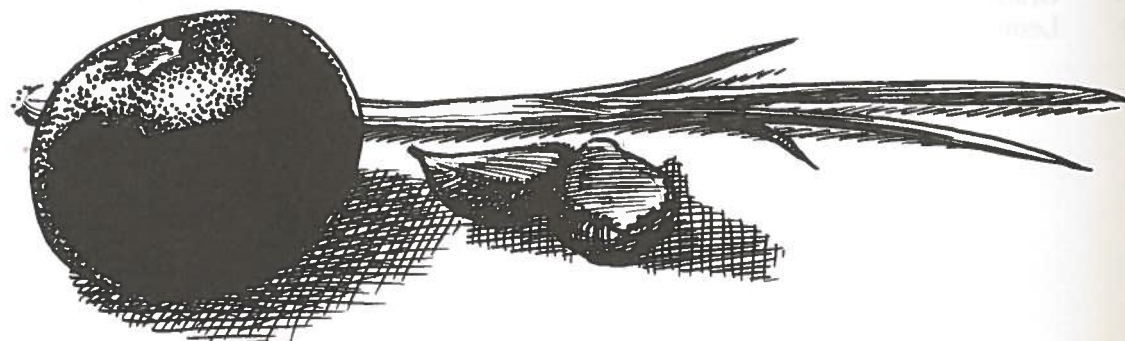
Our vegetable course is a variation on a theme. A Clafoutis is usually a sweet dessert of fruit cooked in a custardy batter and is a French classic. An imaginative chef has translated the concept into a vegetable recipe combining celery, carrots, leeks, mushrooms, and zucchini in a batter mixture and baking. Unmolded, it is then garnished with a seasoned tomato coulis or puree. A unique and beautiful dish, it combines well with the ham and cucumbers.

I found both these recipes very interesting and hope you will also.

COULIS DE TOMATE

4 Green onions
 1 clove Garlic
 2/3 cup Tomatoes, peeled
 1/4 tsp Basil
 Salt and pepper
 1/3 cup Vermouth

- Puree in a food processor or blender the green onions, garlic, and tomatoes.
- Pour into a saucepan.
- Add basil, salt, pepper, and vermouth.
- Bring to a boil and reduce about 5 minutes.

TOMATO PUREE

JAMBON CUIT SAUCE AU CONCOMBRE
BROILED HAM STEAK WITH CUCUMBER SAUCE

2 medium Cucumbers
 4 tbs Butter
 4 tbs Flour
 2 cups Milk
 4 tsp Chives
 4 tbs Cream
 Salt and pepper
 1 pinch Cayenne
 4 large Ham slices, 1/2 inch thick
 2 tsp Oil

- Peel and dice cucumbers.
- Boil in salted water for 3 minutes.
- Drain and refresh in cold water.
- Dry on paper towel.
- Melt butter in a sauce pan.
- Add flour and cook 1 minute.
- Add milk a little at a time while stirring.
- Bring to a boil and cook 3 minutes.
- Add chives, cucumber, cream, salt, pepper, and cayenne.
- Cook 2 or 3 minutes.
- Keep warm.
- Cut ham slices in half.
- Score the fat edges.
- Brush with oil.
- Broil 1 minute on each side close to heat.
- Arrange on a serving platter.
- Nap with a little sauce.
- Serve remaining sauce on the side.
- Garnish with 2 or 3 thin slices or cucumber.

CLAFOUTIS DE LEGUMES
VEGETABLE CAKES

2 stalks Celery, finely chopped
 1 large Carrot, finely chopped
 1 large Leek, finely chopped
 1/4 lb Mushrooms, finely chopped
 1 large Zucchini, finely chopped
 2 tbs Butter
 1/2 cup Milk
 1/2 cup Flour
 1/2 pkg Yeast
 2 Eggs
 4 tbs Additional butter
 Salt and pepper
 1/4 tsp Nutmeg
 1 recipe Tomato coulis

- Saute the celery, carrots, leeks, mushrooms, and zucchini in butter for 10 minutes.
- Blend together the milk, flour, yeast, eggs, and additional butter.
- Add salt, pepper, and nutmeg.
- Add the sauteed vegetables to the milk mixture.
- Butter and flour 8 individual molds.
- Divide the vegetable batter among the molds.
- Place molds on a baking sheet.
- Bake at 400 degrees for 5 to 6 minutes.
- Unmold onto serving dish.
- Garnish with tomato coulis.