

La Gastronomie Belge

14 février 2008



Menu

Mousse au Jambon
Toast Cannibale au Filet Américain
Fromage: Chimay, Chèvre, Boursin
Soupe de Poireaux et Pommes de Terre
Moules et Frites
Pouding au Pain Croissant au Chocolat
Boissons: Vin Blanc, Vin Rouge et
Bière: Chimay et Stella Artois, Café et Thé
Chocolat Deskalides et Galettes

Appetizers



*Fromage: Chimay,
Chèvre, Boursin*

Assorted cheeses: Gouda, Goat & Spreadable

*Boissons: Vin Blanc, Vin Rouge
Bière: Chimay et Stella Artois,
Café et Thé*

*Beverages: White & Red Wine
Belgium Beers: Chimay Ale & Stella Artois
Coffee & Tea*

Chocolat Daskalides et Galettes

*Daskalides Belgium Chocolates
Waffle Cookies for your Coffee*

Mousse au Jambon

Ham Mousse



4 ounces cream cheese, softened
1/4 cup sour cream
3 tbs heavy cream
1 tbs fresh lemon juice
2 tbs Dijon mustard
1/4 tsp salt
1/8 tsp cayenne
1/2 lb black forest ham, roughly chopped
3 tbs chopped green onions
1 tsp chopped fresh thyme leaves

Sliced cornichons, for garnish

Fresh chervil/parsley, for garnish

In a food processor, combine the cream cheese, sour cream, heavy cream, lemon juice, mustard, salt, and cayenne and process until smooth.

Add the ham and process until smooth. Scrape down the sides of the bowl, add the green onions and thyme and process until smooth.

Adjust the seasoning, to taste.

Transfer the mousse to a pastry bag fitted with a plain tip and refrigerate until ready to pipe into container. (Will keep refrigerated for 24 hours.)

Toast Cannibale au Filet Américan



Steak Tartare

*1 lb lean ground beef or purchase filet mignon and ground yourself
4 cornichons
4 small onion
2 tbls oil
Juice from 1 lemon
3 tbls Soy Sauce Low Sodium
1 tsp Dijon mustard
1 tsp Ketchup
Dash of Tabasco
6 small branches parsley
2 branches tarragon
3 branches parsley*

Garnish with julienne carrots, watercress, cornichons, small onion in vinegar to name a few.

Serve on toast and don't forget the Horseradish.

The Filet Américan when prepared is one of the most favorite dishes in Belgium.

Soupe de Poireaux et Pommes de Terre



Leek & Potato Soup

1 - 2 tbl Butter or Margarine - enough to help brown onions

Small Dribble Olive Oil (Keeps butter from burning)

1 Large White onion - sliced

$\frac{1}{4}$ - $\frac{1}{2}$ cup Brandy

$\frac{1}{2}$ - 1 cup Dry Sherry

4 - 6 cans whole new potatoes sliced & quartered - if they have the sliced, all you have to do is quarter them or you can use boiled potatoes.

1 New potato - smashed and set aside.

Garlic Pepper or Fresh Garlic (finely chopped)

Dill - Fresh ($\frac{1}{2}$ tsp) or Dried ($\frac{1}{4}$ tsp)

$\frac{1}{2}$ tsp sugar

2 boxes of Swanson's organic Chicken Broth (no msg)

2 cups of milk (I like to use non-dairy creamer).

You can also use 1 c milk and 1 c non-dairy creamer.

2 Large bunchs of leeks - sliced. For cleaning - Cut off dark green leaves since they are too tough (can use for making stock). Slice leeks in half or quarters depending on how thick the stalks are. Soak in water to remove dirt. Leeks are very dirty, so after soaking you may have to rinse each separately, making sure to rinse between the layers. Otherwise you will find that the soup is very gritty.

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Soupe de Poireaux et Pommes de Terre



Leek & Potato Soup continued . . .

Heat butter and olive oil and add garlic, dill, onions & leeks, sauté till they are starting to soften.

Add brandy and sugar and cook on medium heat. You may have to add more brandy or a little hot water if it becomes too dry. You cook the onions and leeks until the onions are translucent. Raise the heat and stir constantly till they start to become golden (caramelized). Pay close attention that the onions & leeks don't dry up or burn. You may have to make adjustments to the heat.

When onions are caramelized add the one new mashed potato and when blended add the other potatoes. Remember to stir constantly. When potatoes are warm add the chicken stock and dry sherry. Bring to a boil and allow it to simmer.

Use blender, hand blender or food processor to cream all the ingredients or if you prefer just leave them whole. They are soft enough to eat.

Add the milk and place back on stove to simmer until ready to eat.

Serve with a dollop of sour cream and dry sherry. Garnish with a pinch of dill.

Moules au vin blanc

Mussels in white wine



Mussels (allow 12 per person)

3 celery stalks, diced

2 sliced onion

4 sprigs parsley, chopped

1 clove garlic, crushed

$\frac{1}{2}$ t pepper

$\frac{1}{4}$ t salt (optional)

2 c dry sherry

To clean mussels: scrub thoroughly to remove beard.

Wash in warm water, rinsing at least 5 times, until water is clear of sand.

Place wine, vegetables, and mussels in large kettle. Cover and steam for 15 minutes, shaking the pot occasionally until all of the mussels are open. Discard any that remain closed. Mussels are only eaten in months with an "R".

Proper way of eating moules:

It starts with the delicate removal of a single moule from its shell without separating the two halves. After eating that first one, you are left with a shell still connected at the top and it becomes the tool to use to eat the rest of the mussels.

Using it like pincers, extract the meat from the shells, depositing the emptied ones in a bucket/bowl that had been brought to the table

Dipping some bread into the juices of the moules is tolerated, but not considered proper.

Pomme Frites

Belgian Fries



Potatoes
Oil

Wash and peel potatoes and pat dry with paper towel. Cut into cubes.

Place the potatoes in a bowl of cold water and leave them to stand for 10-30 minutes and rinse them thoroughly in cold water. Remove the potatoes from the water and dry them thoroughly.

.Make sure that the oil is very hot before you start cooking the potatoes. 300-320°F/150-160°C (the oil should half fill the container). Cook potatoes about 4-5 min until tender not golden. Drain on paper towels and allow to cool. Do not over crowd potatoes. You can use the potatoes right away or you can freeze them when cooled to be used later.

*Second cooking: Heat oil to 180-190°/350-370°. Cook the potatoes in batches for 1-2 min, so they are golden and crisp. Drain on paper towels. Sprinkle with salt and serve. *To test the temperature of the oil use a thermometer or to test it has reached 370°/190°C drop a cube of bread in it and the bread should float to the top and be golden.*

The second cooking is the secret to the Belgium fries. They come out crispy and don't soak up a lot of oil. Europeans use pommes frites like we use baked potatoes.

You may want to try them with mayonnaise!

Pouding au Pain Croissant au Chocolat



Chocolate Croissant Bread Pudding

*3 large croissants (about 6oz. total), cut into 1/2 inch cubes
7oz. bittersweet (not unsweetened) or semisweet chocolate, chopped
3 cups whipping cream
1 vanilla bean, split lengthwise
4 large eggs
1/2 cup sugar*

Preheat oven to 350 degrees. Arrange croissant cubes on a large baking sheet. Bake until golden brown, about 10 minutes. Cool. Reduce oven to 325° degrees.

Divide chocolate among 8 3/4-cup custard cups. Top with croissant cubes, divided equally. Pour cream into heavy medium saucepan. Scrape seeds from the vanilla bean and add to pan along with the bean pod. Bring to simmer over medium heat. Remove from heat. Whisk eggs and sugar in medium bowl to blend. Remove pod and gradually whisk in hot cream. Pour custard over chocolate and croissants, dividing equally.

Place cups in large baking pan. Add enough water to pan to come up halfway up sides of cups.

Bake puddings until set, about 40 minutes. Remove from water, cool slightly. Serve warm or at room temperature. Serves 8.

Crabe des Strata Suprême



Crab Strata Supreme

(Alternate dish for those who can't eat shell fish)

16 oz Alaska king crab or Lump crab drained & flaked or imitation crab or 1/2 & 1/2 works

1/2 c finely chopped celery or celery seed

1/4 c finely chopped onion

12 slices white bread w/crust removed

2 4 oz chopped pimento

1 lb Swiss cheese shredded

8 eggs or egg beaters or egg whites

1/4 tsp dry mustard

3 c milk or 1 1/2 c crème (non-dairy opt) & 1 1/2 c milk

3/4 c mayonnaise with a splash of fresh squeezed lemon juice

Chopped parsley

Dill

Butter

Paprika

Salt/Pepper to taste

Sliced mushrooms

In a bowl, mix mayonnaise, celery, onion, mushrooms, pimentos, and crab. Set aside.

Spread both sides of the bread with a thin coat of butter or margarine.

Mix the eggs, milk, dry mustard and seasonings until blended. Spray baking dish with vegetable spray so it won't stick. Pour a small amount of the liquid into the bottom of your baking dish.

Put a layer of the bread in a baking dish. Spread with crab mixture, top with cheese and lightly sprinkle with paprika. Continue layering ending with a cheese layer at the top. The amount of layers will depend on how shallow your baking dish is.

Pour the remainder of the egg mixture over the top. Make sure it is spread evenly and allow to stand for at least an hour. Bake at 325° for 1 hr or until puffed and golden brown - in Susani's oven it took longer to bake. Suggest you try 375 - 400°.

Gaufre de Liege

Belgian Waffle



4 1/2 c flour
1/2 c granulated sugar
1 t cinnamon
2 t baking powder
3/4 lb sweet butter
4 eggs
2 T rum
1/4 c Sucre Perle (See below)

Makes 3 - 4 dozen

Sift dry ingredients into bowl. Make a well in the center and place butter, eggs and rum in well. Gradually mix the flour into the other ingredients.

Let the mixture, which will be a paste, stand at room temperature, uncovered for 2 hours. Add the Sucre Perle and divide into small balls and cook in a waffle iron. The batter should be thick not runny. Cool on a rack and store as for cookies.

** The size of the dough will be determined by the size of the waffle maker so try one first.*

Sucre Perle :

*Place a thin layer of granulated sugar on a cookie sheet.
Have a spray bottle with water and place on largest setting.*

Spray the sugar with the water and shake the cookie sheet so the sugar rolls. If the spray is to fine, Sprinkle water with your hand and shake the cookie sheet. You will start to get small balls of sugar. Allow to dry than use.