

*National Women's History Month  
A Salute to Women of Great Taste*

*Hosted by Mari  
with Sheree, Jody, Lynn*



*Cosmopolitan*

*Warm Dates With Soft Blue Cheese and Prosciutto*

*Baked Meatballs with Tomato Sauce*

*Ginger-Carrot Soup*

*Parmesan Cheese Straws*

*Shrimp Pasta Salad*

*Cherry Tomato and Asparagus Salad*

*Strawberry and Arugula Salad*

*French Silk Pie*

## CARRY NATION



## NATION'S TEMPTATIONS

History tells us that Carry Nation crusaded against Demon Rum. Not long after the nineteenth century breathed its last, a prairie twister named Carry bore down on the saloons of Kansas. Sure, she broke bottles and mirrors and hacked up paintings of a naked Cleopatra. But what she was really after was the Blue Plate Special. Carry, you see, was the first food critic. Here's the way she worked: if she liked the food, the hatchet stayed in her purse. But, if she didn't like the food, watch out. For example, if you used garlic powder instead of fresh garlic: "One Big Hatchet Hack." Vodka in a martini would put the whole saloon in mortal danger. So, with Carry's rating system, "No Hacks" would translate into today's five-star food and drink.

## **Cosmopolitan**

1 ounce vodka  
½ ounce lime juice  
½ ounce triple sec  
1 ½ ounce Ocean Spray Cranberry Cocktail Juice

Half fill shaker with ice. Add above ingredients and shake. Strain into martini glass.  
Note: This recipe uses less alcohol than a standard Cosmopolitan.

## **Warm Dates With Soft Blue Cheese and Prosciutto**

½ cup (2 oz.) loosely packed crumbled mild blue cheese such as Danish  
½ cup mascarpone or cream cheese  
12 Medjool dates, halved and pitted  
2 oz. thinly sliced prosciutto (4 to 5 slices), cut into 24 thin (1/2 in.) strips  
1 TBSP vegetable oil

Mash blue cheese and mascarpone in a bowl with a fork until smooth. Fill each date cavity with a rounded ½ tsp. cheese. Wrap each half with a strip of prosciutto.

Warm oil and 1 TBSP water in a medium nonstick frying pan over low heat. Add dates and cook, covered, until warmed through and softened, about 3 minutes.

Serve warm.

Serves 12

## Baked Meatballs

½ lb. ground pork  
½ lb. ground lamb  
½ lb. ground round  
5 oz. frozen spinach  
½ cup finely grated Parmesan cheese  
1 whole egg  
1 ½ teaspoons dried basil  
1 ½ teaspoons dried parsley  
1 teaspoon garlic powder  
1 teaspoon kosher salt  
½ teaspoon red pepper flakes  
½ cup panko style bread crumbs, divided

Preheat oven to 400 degrees F

In a large mixing bowl, combine the pork, lamb, ground round, spinach, cheese, egg, basil, parsley, garlic powder, salt, red pepper flakes, and ¼ cup of the breadcrumbs. Using your hands, mix all ingredients until well incorporated. Place the remaining ¼ cup of breadcrumbs into a small bowl. Using a scale, weigh meatballs into 1.0 ounce portions and place on a sheet pan. Using your hands, shape the meatballs into ovals, roll in the breadcrumbs and place the meatballs on a greased baking pan. Cook for 15 to 18 minutes. Place in spoons and serve with your favorite cooked tomato sauce.

Makes about 50 meatballs

## CARMEN MIRANDA



## MOVIN' AND SHAKIN'

It was that time in America when salad was for rabbits and soup was for tricking the family into eating leftovers. Then she came sizzling out of the humid, tropical broth of Rio de Janeiro, shaking her spice Brazilian cruet to the delight of salad lovers everywhere. Aye, carrumba! Just two rhumbas and half a samba later, Carmen Miranda merenqued onto the shores of a meat-and potatoes North America that was just waiting for a taste of something hot and spicy. Needless to say, we embraced her like a mug of hot chili on a winter afternoon. We loved the costume, especially that hat. It was a fruit salad waiting to happen. What red-blooded American didn't want to peel that hat, dice it into a bowl, douse the whole thing in poppy seed dressing and dig in? Speaking of dressing, it was a lack thereof that eventually landed her in hot soup.

# Ginger-Carrot Soup

Recipe courtesy of Guy Fieri [www.foodnetwork.com](http://www.foodnetwork.com)

Total Time: 55 min  
Prep: 25 min  
Cook: 30 min  
Yield: 8 servings  
Level: Easy



## Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 cup chopped sweet onion
- Kosher salt
- 1 tablespoon minced garlic
- 1 tablespoon minced peeled ginger
- 2 pounds carrots, peeled and chopped
- 1 medium russet potato, peeled and chopped
- 6 cups low-sodium chicken or vegetable stock
- 1/4 cup pine nuts
- 1 1/3 cups plain low-fat Greek yogurt
- 1 teaspoon honey
- 1 teaspoon minced fresh thyme
- Freshly ground pepper

## Directions

Combine the olive oil and onion in a Dutch oven or heavy pot over medium-high heat. Sprinkle with 1/2 teaspoon salt and cook, stirring, 10 minutes, until just starting to caramelize. Add the garlic and ginger and cook, stirring, 2 more minutes, being careful not to burn the mixture. Stir in the carrots, potato and the chicken or vegetable stock. Bring to a simmer, cover and cook until the carrots and potato are very tender, 15 to 18 minutes. Keep warm.

Meanwhile, in a small saute pan over high heat, lightly toast the pine nuts. Set aside to cool. In a small bowl, combine the yogurt, honey, thyme and 1/2 teaspoon pepper.

Puree the soup with an immersion blender until very smooth (or puree in a regular blender in batches). Adjust the seasoning with salt and pepper and serve with a dollop of the yogurt mixture and some pine nuts.

Per serving: Calories 183; Fat 8 g (Saturated 1 g); Cholesterol 20 mg; Sodium 319 mg; Carbohydrate 23 g; Fiber 4 g; Protein 8 g

## Flaky Parmesan Cheese Straws

- 1 cup (2 sticks), cold, unsalted butter cut into ½ inch chunks
- 2 cups unbleached all-purpose flour
- 1 teaspoon kosher salt
- ¾ cup grated Parmigiano-Reggiano cheese
- ½ cup ice water

Freeze the butter chunks for about 10 minutes before making the dough.

Place flour and kosher salt into the bowl of a food processor and pulse a few times to combine. Add some of the butter and ¼ cup of the cheese to the flour and pulse until the butter is in small crumbs. Add remaining butter and cheese; pulse 3 or 4 times, leaving visible chunks of butter. Add ice water and pulse until dough begins to clump – don't overprocess or your pastry will be tough.

Turn the lumpy, uneven dough out onto a lightly floured work surface. Shape dough into a rectangle. Use a board scraper or your hands to create relatively square edges. Lightly flour a rolling pin and the top of dough rectangle. Roll back and forth to create a 12-inch by 16-inch rectangle.

Fold one edge of the 12-inch side to the center of the rectangle and repeat with the opposite edge, leaving a 4-inch by 16-inch rectangle. Use your hands and dough scraper to roll dough up like a jelly roll. Roll 'jelly roll' out into a 4-inch by 16-inch rectangle. Roll it up again; wrap in plastic and refrigerate for at least 1 hour. (I have no idea why they have you roll it, unroll, then re-roll).

Preheat oven to 375 degrees.

Line two baking sheets with parchment paper.

Roll dough out on floured work surface into a ⅛-inch thick rectangle. Cut rectangle crosswise into ½" wide strips.

Transfer strips to baking sheet. Holding each end, carefully twist each end in opposite directions to create a spiral. Repeat with each strip leaving about an inch between each strip.

Bake one sheet at a time for 10 to 12 minutes until golden brown. (Refrigerate the other sheet until ready to bake.)

Carefully transfer parchment paper and straws to cooling rack and allow to cool. Serve at room temperature.

Notes: If using cheddar, shred then freeze it before adding to the flour mixture in the food processor. Baking time is increased with cheddar or other soft cheeses.

Makes about 24 straws.

## Cherry Tomato and Asparagus Salad

Sunset Magazine Recipe – June 2010  
Serves 4 to 6 / 30 minutes



### Ingredients:

- 1 lb. Asparagus, trimmed and cut into bite-sized pieces
- 6 cups Cherry, grape and pear tomatoes, halved
- ½ cup Crumbled gorgonzola cheese
- 1 Avocado, ripe and cut into cubes
- 1 cup Basil, sliced
- ¼ cup Extra-virgin olive oil
- 2 tsp. Lemon juice
- 2 tsp. Dijon mustard
- ½ tsp. each kosher salt and pepper

### Directions:

1. Boil asparagus in a large pot of salted water for 2 minutes. Drain and rinse with cold water.
2. Mix asparagus with remaining ingredients in a large bowl, stirring well to coat evenly

## Shrimp Pasta Salad

- ½ cup diced red bell pepper
- ½ cup diced green bell pepper
- 1/3 cup vegetable oil
- 12 ounces shell pasta, cooked al dente and drained
- 2 jars (6 ounces each) marinated artichoke hearts, with liquid
- 1 lb. shrimp, cooked and deveined
- ¼ lb. fresh mushrooms, sliced
- 1 cup diced tomatoes
- 1 cup sliced celery
- 1/3 cup fresh lemon juice
- 1 cup small pitted black olives
- ½ cup minced fresh parsley
- 1 tablespoon dried Italian seasonings
- salt and pepper, to taste

Saute bell peppers in oil over medium heat for five minutes. Pour peppers and oil over pasta in a large bowl. Drain artichoke liquid into pasta. Slice artichoke hearts in half and add to pasta with remaining ingredients. Toss well, cover and chill for several hours or overnight.

Serves 10-12



## **Strawberry and Arugula Salad with Hazelnut Dressing**

½ cup hazelnuts (3 oz.)  
1 tablespoon Sherry vinegar  
1 ½ teaspoons fresh lemon juice  
1 teaspoon minced shallot  
1 teaspoon sugar  
2 tablespoons canola oil  
2 teaspoons hazelnut oil  
¾ lb. arugula (9 cups), tough stems discarded  
½ lb. strawberries (1 ½ cups), trimmed and quartered lengthwise  
½ cup mild fresh goat cheese (2 oz.), crumbled

Preheat oven to 350 degrees F

Roast nuts in a shallow baking pan in middle of oven until golden, 10 to 15 minutes. Rub warm nuts in a kitchen towel to remove skins (don't worry if some skins don't come off). Cool nuts, then coarsely chop.

Whisk together vinegar, lemon juice, shallot, sugar, and salt and pepper to taste. Add oils in a slow stream, whisking until combined well.

Toss together arugula, strawberries, hazelnuts, and dressing. Divide salad among plates and dot with goat cheese.

Serves 4

## MARIE ANTOINETTE



## LET THEM EAT CAKE

Marie Antoinette was the queen of impeccable taste. But most of her taste was located in her sweet tooth, which legend says was as big as the Eiffel Tower. And it was not a commoner's sweet tooth. No humble HoHo cakes for her Highness. Marie's passion for high-dollar sweets drove more than one pastry chef into a babbling fit. Serve Marie a less-than-perfect pastry and her minions would drive Chef to the guillotine. Finally, as with any addiction, Marie's sugar fetish got out of hand. She called for a competition from the great patisseries of France. "Bake!" she cried. "Bake, and the best may keep their heads." And so the bakers began to mix and whip, fold and form, concocting gigantic confections. Marie could not taste them fast enough and her servants began stacking the extras in the anterooms. Peasants who had been on rations of bread and water for months were driven into a frenzy by the aromas emanating from the royal ovens. Hearing about the angry crowd, Marie told her maitre d' to serve them the extra desserts. Bad mistake. Caught in the throes of a massive, collective sugar rush, the crowd stormed the palace, severely altered Marie's hat size and created democracy.

## **French Silk Pie**

### Graham Cracker Crust

1 cup graham cracker crumbs  
¼ cup butter  
½ cup chopped nuts, I used pecans  
¼ cup sugar

Mix all above ingredients. Pat into an 8 or 9 inch pie pan and bake at 375 degrees for 10 minutes. Cool.

### Filling

½ cup butter  
¾ cup sugar  
4 Tbsp. cocoa  
3 extra large eggs  
Pinch of salt

Cream butter, sugar, and cocoa for a minimum of 5 minutes. Scrape bowl often. Add each egg separately and beat for a full 5 minutes after each egg. Pour into cool pie crust and refrigerate. Garnish with whipped cream, chopped nuts or chocolate curls.



Cosmopolitan



Warm Dates with Blue Cheese & Prosciutto



Ginger-Carrot Soup



Baked Meatballs



Clockwise from Top: Shrimp Pasta Salad  
Strawberry & Arugula Salad  
Cherry Tomato & Asparagus Salad  
Parmesan Cheese Straws

French Silk Pie

