

Dinner and A Book Episode #407

Menu:

Scalloped Cod
Cauliflower Polonaise
Strawberry Fool

Recipes:

Scalloped Cod

1 pound cooked cod
Half pint fish veloute sauce
3 eggs
2 ounces breadcrumbs
Salt and pepper
1-ounce butter (margarine)
1 Tablespoon chopped parsley
1 teaspoonful chopped gherkins or capers.

Mix flaked fish with sauce, 2 chopped hard-boiled eggs and seasoning. Heat through slowly. Add parsley and gherkins or capers. Turn into 5 scallop shells (or ramekins). Cover with crumbs fried golden brown in butter and top with sliced hard-boiled egg.

Cauliflower Polonaise

1 small cauliflower
2-3 ounces sliced mushrooms,
2 tomatoes
1-ounce breadcrumbs
1-1/2 ounces of butter (margarine during those years)
1 teaspoon chopped parsley
1 hard-boiled egg

Cook cauliflower in boiling salted water and drain well. Fry chopped mushrooms and tomatoes cut in thick slices. Serve cauliflower in center of dish surrounded with mushrooms and tomatoes. Top cauliflower with crumbs fried golden brown in butter, chopped parsley and egg yolk and white sieved separately.

Strawberry Fool

1 pint strawberries, washed, stemmed and sliced (reserve 4 berries for garnish)
2 Tablespoons bourbon (optional)

Grated zest of 1 orange
1-cup heavy cream
Fresh mint sprigs, for garnish

Sprinkle sliced berries with bourbon and orange zest. Cover and allow to sit 30 minutes before mashing with a fork or potato masher. In another bowl, beat cream until soft peaks form. Fold in strawberry mixture and spoon into stemmed glasses. Chill 1 hour before serving. Garnish with reserved berries and mint sprigs. Makes 4 servings.

Of course, you can prepare an English tea, which would include various small sandwiches such as cucumber or egg salad, an assortment of cakes, scones and creams and maybe even some sherry.