

DINNER & BOOK

Season 10 - Episode 1002

Theme: French

French Fries & Snails

For Tuck Langland's French Fries and Snails, he suggests purchasing frozen snails and following the baking instruction.

For the French Fries, he buys frozen fries and heats them in hot oil for 5 minutes. Take them out, drain them on a paper towel and then plunge them back in the oil for 5 more minutes.

He uses T-bone steaks cooked in a skillet and then rolls a teaspoon of butter in flour and adds to the top of each steak in the last 2-3 minutes, depending on how well done you would like your steak.

Chocolate Mousse

Makes 5 to 6 small compotes

4 squares (4 oz.) semi sweet chocolate and $\frac{1}{4}$ cup water placed in the top of a double boiler and set over hot, not boiling water, until chocolate melts. Stir occasionally. Remove and set aside.

Beat 4 egg yolks in a large bowl with electric beater. Beat $\frac{1}{2}$ cup superfine sugar (Domino Deluxe) in gradually.

Continue beating until mixture is pale yellow and a consistency of cream sauce. When the beater is lifted out the mixture will fall in a ribbon.

Add the cooled chocolate and mix till well blended.

Put egg whites in second large bowl (Use clean beaters). Beat at medium speed until foamy. Add salt and beat till stiff.

To soften the chocolate mix, stir about a cup of beaten egg whites into the chocolate mixture. Then fold in the rest of the egg whites with a rubber spatula. Fold carefully. Continue until chocolate and egg whites are combined.

Pour mousse into a serving dish or into individual cups. Chill overnight or several hours.

French Garden Salad

Use chicory, red or yellow leaf lettuce and some arugula.

Wash and pat dry. Leaves should not be wet. Trim and tear into large pieces.

Salad dressing:

Stir together:

1 T. Dijon mustard

1 small garlic clove, minced

½ cup olive oil

¼ c. red wine vinegar.

Dress the leaves and serve.