

Dinner and A Book Episode #511

Menu:

Welsh Rarebit
Broiled Steak with Mustard
Stuffed Tomatoes
Bananas in Red Wine
Red Wine

Recipes:

Welsh Rarebit – Serves 10

10 large slices day-old bread, about 1/2 inches thick
7 ounces Cheddar cheese, thinly sliced
4 tablespoons beer
1 heaping tablespoon French mustard
1/2-teaspoon pepper
1/2 cup unsalted butter

Trim the crusts from the slices of bread and make them into neat rectangles. Toast them evenly on both sides and keep them warm. Meanwhile, in a skillet over low heat, cook the cheese with the beer and mustard, stirring constantly to prevent boiling. Season with the pepper. Quickly butter each slice of toast and pour a tablespoon of the cheese mixture over it. Serve very hot.

Broiled Steak with Mustard – Serves 1

1 filet steak (about 8 ounces)
4 tablespoons Meaux mustard
2 tablespoons unsalted butter

Spread both sides of the steak with the mustard, and leave for 2 hours. Melt the butter in a skillet or steak pan and sauté the steak on both sides.

Stuffed Tomatoes – Serves 4

4 large, ripe tomatoes
1 sprig parsley
1 sprig thyme
1 bay leaf
1 sprig chervil
1/4-teaspoon pepper
1-cup fresh breadcrumbs

2 tablespoons vegetable oil
2 tablespoons chopped parsley
1 garlic clove, minced
2 shallots, minced
2 egg yolks
4 mushrooms, finely chopped

Cut 1/2 inch slices off the bottoms of the tomatoes. Scoop out the center of each, leaving an 1/2 inch wall. Place the pulp in a saucepan and cook it over high heat. After 3 minutes, remove the pan from the heat and press the contents through a sieve. Pour the puree thus obtained into the saucepan.

Tie the parsley, thyme, bay leaf and chervil together in a piece of cheesecloth to make a bouquet garnish. Add it to the pan. Season with salt and pepper and cook for 15 minutes over low heat, uncovered, to thicken the puree. Discard the bouquet garnish and stir in the breadcrumbs. Cook for 3 minutes.

Heat the oil in a skillet. Combine the parsley, garlic and shallots, and sauté the mixture in the oil, stirring occasionally, until the lightly browned. Add half the tomato and breadcrumb mixture. Mix well and stir in the egg yolks to bind the mixture. At this stage, the mushrooms can be added, if desired. Stuff the tomatoes with the herb mixture. You can either cook them in a covered saucepan for about 15 minutes or place them in a greased ovenproof dish, pouring the rest of the tomato and breadcrumb mixture over them, and bake at 350 degrees for 39 minutes.

Bananas in Red Wine – Serves 6

4 Tablespoons unsalted butter
6 bananas split lengthwise
3 cups dry red wine
3 tablespoons confectioner's sugar
1/4-teaspoon ground cinnamon

Melt the butter in a skillet and add the bananas. Sauté them until they are golden, turning to cook on both sides. Remove and reserve them. Pour the wine into a large saucepan with the confectioner's sugar and cinnamon. Boil it over medium to low heat for 10 minutes, then add the bananas and simmer for 10 minutes. Serve hot.

Use your imagination in decorating a dining room table like those at the time of Monet in Giverny. Use this book as a guide to your presentation. There are many photos of Monet's table. Blue and white china, salt sellers, low blue and white flowers and a white tablecloth would present a table at the time of Monet. Use copper pots and put on a CD of music by Debussy. Arrange Monet paintings on the wall and be sure to toss in some French phrases in your conversation.