

MENU

HORS D'OEUVRE

Roulade of Belgian Endives with Smoked Salmon

APPETIZER

Salad of Leeks with Boiled Egg Vinaigrette

ENTRÉE

Gratin of Steamed Lettuce with Bechamel Sauce and Carrots with Basil

DESSERT

Strawberries with Red Wine.
Strawberries with Strawberry Coulis
Apple Tart

RECIPES

Roulade of Belgian Endives with Smoked Salmon

Delicately separate the leaves from the endives keeping only the heart. Wrap a slice of salmon around it. Press it into the palm of your hand, wrap it with another leaf of endive, alternate slices of salmon and leaves of endives until you reconstitute the endive. Cut in slices and keep in the refrigerator. Serve with a slice of lemon

Salad of Leeks with Boiled Egg Vinaigrette

Ingredients: 2 quarts of lightly salted water – 4 leeks thoroughly washed, split lengthwise and tied together – Vinaigrette with fresh herbs – 2 hard boiled eggs chopped.

Bring water to a boil – add the leeks and cook until tender. Strain the untied leeks well. Set on a plate. It can be served warm or cold.

Adding freshly chopped parsley, chives and even dill to the vinaigrette is suggested, Fold the chopped eggs into the vinaigrette and pour over the leeks.

Gratin of Lettuce

Ingredients: 1 quart of salted water – 3 lbs of washed lettuce leaves – 1 cup of Bechamel Sauce – 4 ounces of shredded Swiss or Ementhal cheese – Salt and Pepper to taste.

In a large saucepan bring the water to boil. Put all the lettuce in it and cover. It will reduce like spinach. When tender, strain well, put aside to cool. Chop finely, mix with the Bechamel Sauce and season to taste. Pour into a pie plate or a pie crust like a quiche (depending on the calorie count).

Sprinkle with the shredded cheese and bake in the oven at 400 degrees for 30 minutes

Carrots with Basil

Chef Pouget made this dish for his grand children but their father ate them all and the kids were very satisfied with raw carrots.

Vinaigrette for One Cup of Dressing

1 Tbsp of French mustard - Dijon

½ tsp of salt

¼ tsp of black pepper

1/3 cup of red wine vinegar (xeres vinegar is very good)

2/3 cup of olive (olive oil or sunflower oil) – corn or peanut oil are too heavy.

Depending on the salad, you can add some fresh herbs.

Do not drown the salad with the dressing.

Bechamel Sauce

5 tbsp of butter

¼ cup of flour

1 quart of milk

2 tsp of salt

¼ tsp of nutmeg

Melt butter in a sauce pan at medium temperature and add the flour and cook until golden.

Then add slowly the milk – it will thicken slowly.

Then add the salt and nutmeg

It will take about 20 minutes.