

International Gourmet - AAUW Interest Group - French Dinner June 2013

One of the most influential painters of modern times, Claude Monet lived for half of his life in the famous house in Giverny. After moving there in 1883 with his future second wife, Alice Hoschede and their eight children that Monet's work finally achieved recognition. His growing success meant he was able to indulge his passion for comfort and good living.

Family meals, special celebrations, luncheons with friends, picnics; all reflected Monet's love of good food. Just as the inspiration for many of his paintings was drawn from his gardens and the surrounding Normandy landscape so the meals at Giverny were based from the superb ingredients of the kitchen-garden, the farmyard and French countryside.

A moody, reserved and very private man whose daily routine revolved totally around his paintings, Monet nonetheless enjoyed entertaining his friends, who were leading figures of the time, as well as fellow impressionists, Renior, Pissarro, Sisley, Degas, and Rodin, Whistler, Maupassant, Vale'ry and Clemenceau.

They came to dine in most ritual form, first visiting Monet's studio and greenhouses, then having lunch at 11:30 to enable Monet to make the most of the afternoon light. Tea would be served under the lime trees or near the pond. Guests were never invited to dinner because Monet went to bed early in order to rise at dawn. All the guests were familiar with his rigid timetable.

The recipes collected in his cooking journals include dishes he had encountered in his travels, or from restaurants he frequented in Paris as well as recipes from friends such as Cezanne's bouillabaisse and Millet's petits pains.

The author, Claire Joyes, wife of Madame Monet's great –grandson, has spent years selecting his favorite recipes and writing a text. All the recipes have been artfully prepared and brought back to life in Monet's own kitchen by master chef Joel Robuchon.

CLAUDE MONET FRENCH DINNER

MENU 11 attending - cook for 11

Leek and Potato Soup: **Freitases 2**

Chestnut Souffle: **Fari Falaki 1**

Glazed Carrots: **Singlers 2**

Coq au Vin: **Kranes 2**

Green Salad: **Leslie Meyer Lipman 1**

Pear and Dried Cherry Clafouti: **Jennisons 2**

Coffee, Plum Brandy, Exotic Liqueurs: **Hostess Joan 1**



THE RECIPES

1) Leek and Potato Soup: Soupe aux poiraux et pommes terre (Serves 4)

½ cup unsalted butter, 1 teaspoon salt

5 or 6 large leeks, white parts only, cut into ½ inch slices

4 large potatoes sliced

Heat ¼ cup butter in a pan and sauté the leeks. While they are cooking heat 1 quart water with the salt to just below a boil. Add the water to the leeks all at once. Cover the pan, reduce heat and simmer for 45 minutes. Add the sliced potatoes, cover and continue cooking for 20 minutes. Add rest of butter and puree in food processor. Serve in bowls with any green garnish. Serve with small individual rounds of French bread. NO BUTTER.

2) Chestnut Souffle - Souffle aux marrons (Serves 6)



1 pound peeled chestnuts (purchased at T J's in a box cooked and peeled)
2 cups milk
1 inch vanilla bean
½ cup sugar
3 eggs separated

Put the chestnuts into a saucepan and add the milk, vanilla bean and sugar. Simmer over low heat uncovered for 30 minutes. Drain the chestnuts, reserve cooking liquid. Discard vanilla bean. Grind chestnuts in food processor Put them in a bowl and stir in cooking liquid. Cool slightly. Add egg yolks, one at a time beating with a whisk. Preheat oven to 350 degrees. Prepare and grease 6 souffle dishes. Beat egg whites until stiff and gently fold them with a spatula into the chestnut mixture. Bake for 20 – 30 minutes until soufflé is well risen and lightly colored on top. **SERVE IMMEDIATELY**

3) Glazed Carrots - Carottes fermiers



3 cups sliced raw carrots (use small baby)
1 T. unsalted butter
1 T. flour
2 sprigs chervil, chopped
4 sprigs parsley, chopped
1 sprig tarragon, chopped
½ t. salt
½ t. pepper
1 cup chicken broth
Juice of ½ lemon
1 T confectioner's sugar

Serves 4. Cook carrots in 3 cups boiling water for 10 minutes. Drain, reserving liquid.

In saucepan with a lid, melt butter and stir in flour. Cook 2 minutes, stirring add chopped herbs, salt and pepper, ¼ cup of carrot liquid and broth. Add the lemon juice and confectioner's sugar and finally the carrots. Cook slowly and place pan half off the heat. Half cover the pan to allow the steam to escape during cooking. Cook for 10 minutes. Place in a warmed vegetable dish or covered casserole.

4) Braised Chicken in Red Wine - Coq au vin



(This dish is excellent if left to cool, refrigerated and reheated)

In a bain-marie also recommended by Julia Child

1 whole chicken cut into serving pieces or buy legs and breast separately

½ cup unsalted butter

1 cup diced lean bacon

12 pearl onions

1 garlic clove

1 bouquet garni

6 cups mushrooms

4 T warmed brandy

2 cups burgundy

2 T flour

Fried ½ inch croutons

Serves 4. Melt half the butter in a Dutch oven with a lid and sauté bacon and pearl onions are transparent. Remove bacon and onions. After thoroughly washing chicken pieces dry with several paper towels until the skin is dry. Wet chicken will not brown. Saute chicken pieces turning several times while they cook with a tong. Add garlic clove, bouquet garni and the mushrooms (if they are large slice them) Cover casserole and cook low for 15 minutes Skim off surface fat.

Add the brandy and flame. Add the burgundy. Cover casserole and bake in 350 degree oven for 35 minutes until chicken is no longer pink. Drain it over a casserole and keep it warm.

Combine the rest of the butter with the flour until you have a smooth paste. Slowly add to sauce, stirring until each has melted before adding next. As soon as the sauce is thick and smooth, return the chicken to it. Keep warm in low oven
Garnish and Serve with fried croutons.

5) Green Salad - Salade Verte

a bowl full of mixed greens including chicory
pressed garlic and croutons
strips of bacon
freshly ground pepper
course salt
olive oil and wine vinegar

Place greens, garlic and bacon in a bowl. With a large kitchen cooking spoon place olive oil, pepper and salt and a small amount of wine vinegar and pour over bowl, then toss. This is done at the table and served onto small plates. Monet and Blanche liked to add a whole teaspoon of salt and pepper onto their salad so another salad was there for everyone else.

6) Pear and Dried Cherry Clafouti (Serves 4 to 6)

A Clafouti is a classic French dessert with a texture some where between that of a baked pudding and a pancake.
(Serve leftovers for breakfast hot or cold)

Unsalted butter for basking dish
¼ cup all purpose flour, plus more for dusting.
½ cup dried cherries
1 large Anjou pear, peeled, halved lengthwise
¾ cup whole milk
¾ cup heavy cream
2 large eggs
1 teaspoon pure vanilla extract
¼ cup sugar
pinch of salt

1. Preheat oven to 400o Butter a 10 inch ceramic tart dish or a 9 inch pie plate. Dust with flour and tap out excess. Put cherries in a medium bowl and cover with boiling water by I inch. Let stand to plump about 10 minutes.

2. Cut pear lengthwise into 1/8 inch thick slices using a mandoline, Fan over bottom of prepared dish. Blend milk, cream, eggs, vanilla sugar, flour and salt in a blender until smooth about 1 minute. Pour over pear.
3. Drain cherries, sprinkle evenly over batter. Bake until golden and set, about 25 minutes. Let stand 15 minutes. Cut into wedges. Clafouti can be refrigerated in an airtight container up to 1 day.