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Hors d'oeuvres

In addition to salads and salad dressings, the pantry or garde manger department is generally responsible for the small food items known as ***appetizers*** or ***hors d'oeuvres***. The function of these foods is to enliven the appetite before dinner, often to the accompaniment of drinks, so they are generally small in size and spicy or piquant in flavor.

There is some confusion as to the distinction, if any, between the terms ***appetizer*** and ***hors d'oeuvre***. In general, the first course of a multicourse meal is called an **appetizer**, and a finger food item served at receptions and with cocktails is called an **hors d'oeuvre**. In some regions, however, the terms are used interchangeably.

This chapter deals not with first courses but primarily with the kinds of food usually encountered away from the dinner table—foods that are the special domain of the pantry chef. They include finger foods such as canapés and relishes, indispensable accompaniments to receptions and parties.

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO

1. Name and describe the two principal methods of serving hors d'oeuvres at a reception.
2. Prepare canapés.
3. Prepare hors d'oeuvre cocktails and relishes.
4. Prepare dips.
5. Prepare a variety of other hors d'oeuvres, including antipasti, bruschette, and tapas.
6. Name and describe the three types of sturgeon caviar, and name and describe three other kinds of caviar.

SERVING HORS D'OEUVRES

This chapter focuses on foods not served as part of a normal lunch or dinner menu. These foods are usually small items that may be served at a formal reception preceding a meal, as part of a separate event not connected with a meal, or simply as accompaniments to beverages at an informal gathering.

The two most common ways of serving hors d'oeuvres are butler-style and buffet-style.

In **butler-style service**, the hors d'oeuvre selections are offered to guests by service staff carrying small trays as they pass among the assembled group. Several points should be kept in mind when planning this style of service:

- Each item should be small enough to be eaten in one or two bites.
- Each item should be easily handled by the guest. Canapés or other foods that can be picked up without soiling the fingers are ideal. For foods with a moist or oily surface, offer picks that guests can use to handle the food without touching it. Cocktail napkins should always be offered. Foods requiring a plate are better served on a cocktail buffet.
- Strive for simple, attractive arrangements on the tray. The foods should look appetizing even when only a few items are left. Trays that no longer look appealing should be brought back to the kitchen or pantry area to be refreshed and refilled.
- Ideally, each tray should hold only one food selection. For simple items, two or three selections can be presented on a single tray, but avoid making the tray too complex or overloaded.
- Avoid presenting hot and cold items on the same tray. Cold items are easiest to serve. Hot items should be brought back to the kitchen or pantry area as soon as they are no longer warm.
- For items to be offered with dips, a small bowl of the dip can be presented on the same tray as the individual hors d'oeuvres.

In **buffet-style service**, hors d'oeuvres are arranged attractively on one or more tables, and guests help themselves. Small plates can be offered on buffet tables, so it is not necessary to confine the food selections to finger foods. Cold hors d'oeuvres are usually presented arranged on trays, which can be easily replaced when they are depleted. Canapés and similar items are best arranged in neat rows, circles, or other arrangements. Raw vegetables may be piled in neat stacks, with bowls of dips placed among them. Hot items should be offered in chafing dishes, which keep them hot.

Buffet presentation is discussed in more detail in Chapter 30.

For both butler and buffet service, hors d'oeuvres must be prepared and garnished with care so that they are attractive and appealing. Remember that their function is to enliven the appetite, and to do this they must look good. Select garnishes in attractive colors that go together, and cut all ingredients, including garnish, neatly and uniformly.

Finally, hors d'oeuvres are also served informally as accompaniments to beverages. This category is often known as ***bar food*** and may be served one item at a time, as ordered by the customer, or presented on a buffet. The classic bar food is the popular Spanish-style tapas, discussed on page 755.

CANAPÉS

Canapés may be defined as bite-size, open-faced sandwiches.

Canapés are perhaps the most traditional and also the most modern of hors d'oeuvres. This is no doubt because they are so varied and so versatile. Because they consist of tiny portions of food presented on bases of bread, toast, or pastry, they are perfect finger food, easily handled and easily eaten. Nearly any food that can be served in a small portion can be served as a canapé topping. The variety of possible combinations is nearly unlimited.

Most canapés consist of three parts: base, spread, and garnish.

BASE

Canapé bases may be made from several items. The following are suggestions:

- Bread cutouts
- Toast cutouts
- Crackers
- Melba toasts
- Tiny unsweetened pastry shells (short dough, phyllo dough, or other pastry)
- Profiteroles (miniature unsweetened cream puff shells (p. 1011)
- Toasted pita wedges
- Tortilla chips or cups
- Tiny biscuits, split in half if necessary
- Polenta cutouts
- Miniature pancakes

Many of these items, such as crackers and Melba toasts, can be purchased ready-made, but bread and toast cutouts are the most widely used and offer the lowest food cost, though they require more labor.

Untoasted bread for canapés should be firm enough to allow the finished product to be handled easily. It may be cut thick and flattened slightly with a rolling pin to make firmer. Toast is, of course, firmer, and it gives a pleasing texture and crispness to canapés.

"OUTSIDE THE WORK"

The French expression *hors d'oeuvre* literally translates as "outside the work," meaning "apart from the main meal or main part of the meal." In French, the term is not spelled or pronounced with an *s* at the end to make it plural, so you will often see the plural form spelled the same as the singular. The term has been thoroughly adopted into English, however, and in English-language dictionaries, the plural is spelled and pronounced with a final *s*.

PROCEDURES for Preparing Canapés from Toast

METHOD 1

1. You may use ready-sliced bread (after trimming the crusts), but it is usually most efficient to use long, unsliced pullman loaves. Cut the crusts from all sides (save for bread crumbs). Cut the bread horizontally into slices ¼ inch (6 mm) thick, as shown in Figure 24.1.
2. Toast the slices in the oven or in a large toaster.
3. Let the toasts cool.
4. Cover with a thin, even layer of the chosen spread and cut into desired shapes with a knife (Fig. 24.2). Make the cuts neat and uniform.

   Alternatively, cut the toasts into desired shapes with small cutters and reserve the trim for bread crumbs. Spread each cutout with desired topping. (This method is more time-consuming, but it may be used with round or odd-shaped cutters if you want to save food cost by not losing spread on unused trimmings.)
5. Garnish the cutouts as desired.

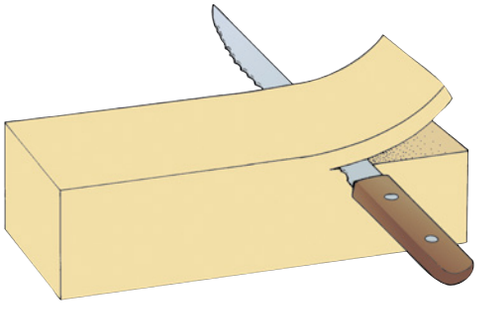


FIGURE 24.1 For canapés, trim the crusts from a pullman loaf. With a serrated knife, cut the loaf horizontally into thin slices.

METHOD 2

1. Cut bread slices as in step 1 above.
2. Cut into desired shapes. Brush both sides of each cutout with melted butter and arrange on sheet pans. Place in a hot oven (450°F/230°C) until golden brown and very crisp, 6 to 8 minutes.
3. Let the bases cool.
4. Assemble the canapés.

   This method is more costly but gives a crisper base that holds up better with a moist spread.

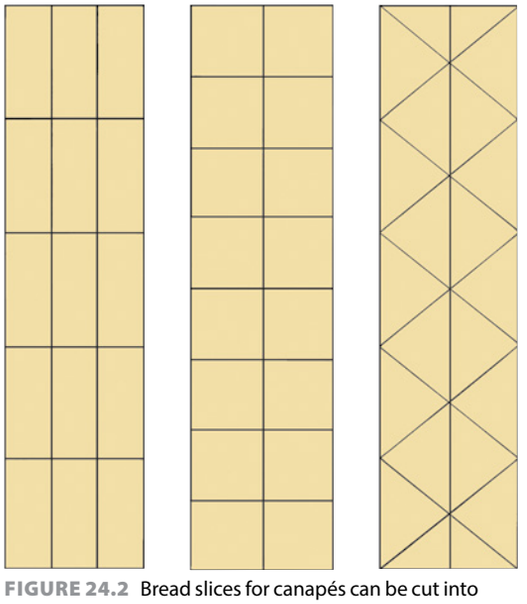


FIGURE 24.2 Bread slices for canapés can be cut into several basic shapes with no waste.

SPREAD

Canapé spreads may be as simple as butter or softened cream cheese, but it is better to use a more highly flavored spread because sharp or spicy flavors are better for stimulating the appetite.

The spread should be thick enough to cling well to the base and so the garnish sticks to it without falling off.

Spreads may be divided into three basic categories, as follows.

Flavored Butters

Basic procedures for making flavored or compound butters are explained in Chapter 9 (see recipes on p. 198). Most flavored butters are made simply by blending the flavoring ingredients with the softened butter until completely mixed. Solid ingredients should be puréed or chopped very fine so the butter can be spread smoothly.

Proportions of flavoring ingredients to butter can be varied widely, according to taste. For example, to make anchovy butter, you could double the quantity of anchovies indicated in the recipe on page 198 to get a stronger flavor, or you could decrease it to get a milder flavor. Because of this variability, and because the basic procedure is so simple, you should be able to make many flavored butters without individual recipes. Use the recipes in Chapter 9 and the following list as guides. Popular and versatile flavors for butter spreads include

Lemon	Caviar	Shrimp
Parsley	Mustard	Olive
Tarragon	Horseradish	Shallot or scallion
Chive	Pimiento	Curry
Anchovy	Blue cheese	Caper

Flavored Cream Cheese

Flavored cream cheese spreads are made like flavored butters, except cream cheese is substituted for the butter. Alternatively, use a mixture of cream cheese and butter, well blended. Flavor variations are the same as those listed for butter.

In addition, cream cheese is often blended with sharper, more flavorful cheeses that have been mashed or grated. Adding cream cheese to firmer cheese helps make the latter more spreadable. A liquid such as milk, cream, or port wine may be added to make the mixture softer. Such cheese spreads are often flavored with spices and herbs such as paprika, caraway seeds, dry mustard, parsley, or tarragon.

Meat or Fish Salad Spreads

You can use many cold meat or fish mixtures, such as cooked salads, to make canapé spreads. Popular examples include tuna salad, salmon salad, shrimp salad, chicken salad, deviled ham, and liver pâté.

To convert a salad recipe (pp. 705, 706, and 709) to a spread recipe, you may need to make one or more of the following modifications:

1. Chop the solid ingredients very fine, or grind or purée them, so the mixture is spreadable and not chunky.
2. Do not add the liquid ingredients and mayonnaise all at once. Add them a little at a time, just until the mixture reaches a thick, spreadable consistency.
3. Check the seasonings carefully. You may want to increase the seasonings to make the spread more stimulating to the appetite.

GARNISH

The garnish of a canapé is any food item or combination of items placed on top of the spread. It may be a major part of the canapé, such as a slice of ham or cheese, or it may be a small tidbit selected for color, design, texture, or flavor accent, such as a pimiento cutout, a slice of radish, a caper, or a dab of caviar. Even the spread can be used as a garnish. For example, you may make a

GUIDELINES for Assembling Canapés

1. **Good mise en place is essential.**
   Preparing thousands of canapés for large functions can be tedious work, so it is essential that all bases, spreads, and garnishes be prepared ahead of time in order that final assembly may go quickly and smoothly.
2. **Assemble as close as possible to serving time.**
   Bases quickly become soggy, and spreads and garnishes dry out easily. As trays are completed, they may be covered lightly with plastic and held for a short time under refrigeration. Be sure to observe all rules for safe food handling and storage, as you learned in Chapter 2.
3. **Select harmonious flavor combinations in spreads and garnish.**
   For example, caviar and chutney or anchovy and ham are not appealing combinations, but these combinations are:
   - Mustard butter and ham
   - Lemon butter and caviar
   - Pimiento cream cheese and sardine
   - Horseradish butter and smoked salmon or smoked tongue
   - Tuna salad and capers
   - Anchovy butter, hard-cooked egg slice, and olive
4. **Be sure that at least one of the ingredients is spicy or pronounced in flavor.**
   A bland canapé has little value as an appetizer.
5. **Use high-quality ingredients.**
   Canapés can be a good way to utilize leftovers, but only if the leftovers have been carefully handled and stored to retain freshness.
6. **Keep it simple.**
   Simple, neat arrangements are more attractive than elaborate, overworked designs. Besides, you don't have time to get too fancy. Be sure the canapés hold together and do not fall apart in the customers' hands.
7. **Arrange the canapés carefully and attractively on trays.**
   Much of the attraction of canapés is eye appeal, and the customer never sees just one at a time, but a full tray. Each tray should carry an assortment of flavors and textures, so there is something for every taste.

   Figure 24.3 shows a tray of simple, attractive canapés.



FIGURE 24.3 Assorted canapés, from left: gravlax with mustard cream cheese; chicken liver pâté with mustard butter and black olive; caviar, red onion, and sour cream in red potato; herbed Boursin cheese with almonds; beef tenderloin with horseradish cream cheese and capers.

canapé with a mustard butter spread and a slice of ham, then decorate the ham with a border or design of mustard butter piped on with a paper cone.

Here are some of the many food items that may be used alone or in combination to decorate canapés:

Vegetables, Pickles, and Relishes

- Radish slices
- Olives
- Pickles
- Capers
- Pimiento
- Pickled onions
- Chutney
- Asparagus tips
- Cucumber slices
- Cherry tomato slices or halves
- Watercress leaves
- Marinated mushrooms
- Parsley

Fish

- Smoked oysters and clams
- Smoked salmon
- Smoked trout
- Herring
- Shrimp
- Rolled anchovy fillets
- Caviar
- Salmon or tuna flakes
- Crab meat
- Lobster chunks or slices
- Sardines

Meats

- Ham
- Salami
- Chicken or turkey breast
- Smoked tongue
- Roast beef

Other

- Cheese
- Hard-cooked egg slices



KEY POINTS TO REVIEW

- What are the two styles of hors d'oeuvre service? Describe each.
- What are canapés? What are the three components of canapés?
- What are the guidelines for assembling canapés?

COCKTAILS AND RELISHES

The term **cocktail** is used not only for alcoholic beverages and vegetable and fruit juices but also for a group of appetizers made of seafood or fruit, usually with a tart or tangy sauce. Such cocktails are always served well chilled, often on a bed of crushed ice.

Oysters and clams on the half-shell are popular seafood cocktails, as are shrimp, crabmeat, lobster, and firm, flaked white fish with an appropriate sauce. Recipes for a standard tomato-based cocktail sauce and for a lighter sauce called ***mignonette*** are included in Chapter 9.

Fresh oysters and clams on the half-shell should be opened just before they are served (pp. 611–613) and arranged on flat plates, preferably on a bed of ice. Provide cocktail sauce in a small cup in the center or at the side of the plate. Lemon wedges should also be provided.

Cocktails of shrimp and other cooked seafood are generally served in a stemmed glass or in a small, cup-shaped bowl, which may be nestled in a bed of ice. The cocktail sauce may be put in the glass first and the seafood then arranged on top, partially immersed. Or the cocktail sauce may be added to the seafood as a topping. A third alternative is to serve the sauce separately in a small cup, as for raw oysters. Garnish the dish attractively with lettuce or other salad greens and with lemon wedges.

Fruit cups served as cocktails should be pleasantly tart and not too sweet. Many fruit salads (Chapter 22) may be served as cocktails. Adding fresh lemon or lime juice to fruit mixtures or serving with a garnish of lemon or lime wedges provides the necessary tartness. A simple wedge of melon with lime is a refreshing cocktail.

A few drops of a flavored liqueur can also be used to perk up the flavor of a fruit cocktail.

The term **relish** covers two categories of foods: raw vegetables and pickled items.

Raw Vegetables

Raw vegetables are also known as **crudités** (croo dee tays; cru in French means "raw").

Any vegetable that can be eaten raw may be cut into sticks or other attractive, bite-size shapes and served as a relish. Most popular are celery, carrots, and radishes. Other good choices are green and red peppers, zucchini, cucumbers, scallions, cauliflower and broccoli florets, peeled broccoli stems, peeled kohlrabi, cherry tomatoes, and Belgian endive leaves. Crudités are often served with an appropriate dip (see the next section).

Raw vegetables must be served crisp and well chilled, just as in salads. Use the freshest, most attractive vegetables possible. If they are a little wilted, they can be recrisped by holding them for a short time in ice water. Serving vegetables embedded in crushed ice will maintain their crispness.

An imaginative pantry chef can make an attractive, colorful bouquet of raw vegetables.

Pickled Items

A wide variety of items such as dilled cucumber pickles, gherkins, olives, watermelon pickles, pickled peppers, spiced beets, and other preserved vegetables and fruits are served as relishes. These items are rarely made in-house but are purchased already prepared. Like raw vegetables, they should be served chilled.

DIPS

Savory **dips** are popular accompaniments to potato chips, crackers, and raw vegetables.

Proper consistency is important for any dip you prepare. It must not be so thick it cannot be scooped up without breaking the chip or cracker, but it must be thick enough to stick to the items used as dippers. Proper consistency means thickness ***at serving temperature***. Most dips become thicker when held in the refrigerator.

Many mixtures used as spreads (see section on canapés) can also be used as dips. Thin or soften them by adding a little mayonnaise, cream, or other appropriate liquid.

The recipes here are examples of typical dips. Many other sauces and salad dressings can be used as dips. Salsas (pp. 212–213) and aïoli (pp. 222 and 675) are two popular examples. Review the cold sauces in Chapter 9.

Blue Cheese Dip

YIELD: 1 QT (1 L)

U.S.	METRIC	INGREDIENTS
12 oz	375 g	Cream cheese
5 fl oz	150 mL	Milk
6 oz	175 g	Mayonnaise
1 fl oz	30 mL	Lemon juice
1 oz	30 g	Onion, minced
½ tsp	2 mL	Hot red pepper sauce
½ tsp	2 mL	Worcestershire sauce
10 oz	300 g	Blue cheese, crumbled

PROCEDURE

1. **In a mixer with the paddle attachment, beat the cream cheese at low speed until soft and smooth.**
2. **With the machine running, slowly beat in the milk.**
3. **Add the rest of the ingredients and blend in well.**
4. **Taste and adjust seasonings. Chill.**

Per 1 fl oz (29.57 mL): Calories, 110; Protein, 3 g; Fat, 11 g (86% cal.); Cholesterol, 20 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 190 mg.

VARIATION

Cheddar Cheese Dip

Substitute grated sharp cheddar cheese for the blue cheese. If desired, add chopped chives.

Garlic Cheese Dip

Add mashed garlic to taste to Cheddar Cheese Dip.

Bacon Cheese Dip

Add crumbled crisp bacon to Cheddar Cheese Dip.

Cheese and Chile Dip

Flavor Cheddar Cheese Dip with canned green chiles, chopped.

Romesco

YIELD: 1 PT (500 ML)

U.S.	METRIC	INGREDIENTS
1 oz	30 g	White bread
½ fl oz	15 mL	Olive oil
3 oz	90 g	Blanched almonds
2 tsp	10 mL	Garlic, chopped
10 oz	300 g	Tomatoes, peeled
2 tsp	10 mL	Spanish paprika
⅛ tsp	0.5 mL	Cayenne
1½ fl oz	45 mL	Red wine vinegar
3–4 fl oz	90–120 mL	Olive oil
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Sauté the bread in the olive oil until golden.
2. Toast the almonds in an oven at 350°F (175°C) about 15 minutes or in a skillet over moderately low heat until light golden, not dark brown. Remove the almonds from the pan as soon as they are golden so they do not brown further.
3. Combine the bread, almonds, and garlic in a food processor. Grind until fine.
4. Add the tomatoes, paprika, and cayenne. Process to a paste.
5. With the machine running, gradually add the vinegar and then the oil in a slow stream.
6. Adjust the seasonings with salt and pepper. Add more vinegar if required. The sauce should not be too acidic but should have a definite sharpness.

Per 1 fl oz (29.57 mL): Calories, 100; Protein, 2 g; Fat, 9 g (80% cal.); Cholesterol, 0 mg; Carbohydrates, 3 g; Fiber, 1 g; Sodium, 15 mg.

Hummus (Chickpea Dip)

YIELD: 1 QT (1 L)

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Cooked or canned chickpeas, drained
8 oz	250 g	Tahini (sesame paste)
¼ oz	8 g	Garlic, crushed
4 fl oz	125 mL	Lemon juice
1 fl oz	30 mL	Olive oil
to taste	to taste	Salt
pinch	pinch	Cayenne
1–2 fl oz	30–50 mL	Olive oil

PROCEDURE

1. Purée the chickpeas with the tahini, garlic, lemon juice, and olive oil.
2. If necessary, thin the purée with a little water or additional lemon juice, depending on the taste.
3. Season with salt to taste and with cayenne.
4. Chill at least 1 hour to allow the flavors time to blend.
5. Spoon the hummus into serving bowls. Drizzle additional olive oil over each bowl before serving.

Per 1 fl oz (29.57 mL): Calories, 80; Protein, 3 g; Fat, 6 g (63% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber, 2 g; Sodium, 0 mg.

VARIATION

Babaganouj

Substitute eggplant purée for the chickpeas. Make the eggplant purée as follows: Toast whole eggplants under a broiler, over a gas burner, or directly on a flattop range until the skin is charred and the eggplant is soft. Peel off the charred skin under running water and cut off the tops. Remove large clumps of seeds, if desired. Let stand in a china cap or sieve to let excess moisture drain, then purée the pulp. Reduce the lemon juice to 2–3 fl oz (60–90 mL) and the tahini to 4 oz (125 g). Double the olive oil.



Hummus

Guacamole

YIELD: APPROXIMATELY 1 QT (1 L)

U.S.	METRIC	INGREDIENTS
4	4	Ripe avocados, medium size
2 oz	60 g	Onion, grated
1	1	Small, hot green chile such as jalapeño, minced
1 fl oz	30 mL	Lime or lemon juice
1 fl oz	30 mL	Olive oil
to taste	to taste	Salt
12 oz	375 g	Fresh tomato (optional)

PROCEDURE

1. Pit and peel the avocados. Mash the pulp coarsely. The purée should be slightly lumpy rather than smooth.
2. Mix in the onion, minced chile, lime or lemon juice, olive oil, and salt to taste.
3. If desired, peel, seed, and dice the tomato and mix it into the avocado.
4. Cover tightly with plastic wrap placed on the surface of the guacamole. This is to protect it from air, which will darken it. For the same reason, guacamole should not be made too long before serving time. Chill the guacamole until ready to serve.

Per 1 fl oz (29.57 mL): Calories, 45; Protein, 1 g; Fat, 4 g (75% cal.); Cholesterol, 0 mg; Carbohydrates, 2 g; Fiber, 2 g; Sodium, 0 mg.

Note: If fresh chiles are not available, use canned chiles or a few dashes of hot red pepper sauce.



Guacamole

VARIATION

Sour Cream Avocado Dip

Use 1 oz (30 g) onion. Omit the olive oil and tomato. Mash the avocado to a smooth purée. Add ½–¾ pt (250–375 mL) sour cream.

Parmesan Dip

YIELD: 1 PT (480 ML)

U.S.	METRIC	INGREDIENTS
1 pt	480 mL	Mayonnaise
3½ oz	105 g	Parmesan cheese, grated
4½ tsp	22 mL	White vinegar
4 tsp	20 mL	Sugar
4 tsp	20 mL	Dijon mustard
1 tsp	5 mL	Garlic powder
1½ tsp	7 mL	Paprika
3 tbsp	45 mL	Water

PROCEDURE

1. Combine the mayonnaise, cheese, vinegar, sugar, mustard, garlic powder, and paprika in a bowl. Mix thoroughly.
2. Stir in a little water to thin to desired consistency.

Per 1 fl oz (29.57 mL): Calories, 240; Protein, 3 g; Fat, 24 g (92% cal.); Cholesterol, 15 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 280 mg.

MISCELLANEOUS HORS D'OEUVRES

A great variety of other foods, both hot and cold, can be served as hors d'oeuvres. If they are to be served away from the dinner table, it is best if they can be eaten with the fingers or speared with a pick. At a reception at which many hors d'oeuvres are served, it is all right if a few of them must be eaten with forks from small plates, but finger food is much easier for the guests, who are likely to be standing and holding a wineglass or cocktail glass while eating.

Of course, there are thousands of hors d'oeuvre recipes, including many adapted from the cuisines of other lands. Those included here are a sampling of some popular types.

Many of the recipes given elsewhere in this book can be adapted as hors d'oeuvre recipes. In most cases, unit size or portion size should be decreased. For example, meatballs should be made small enough to be eaten in one or two bites. Among the items most readily adapted are the following (check the Index for page numbers):

- Barbecued Spareribs
- Shish Kebab
- Deep-Fried Chicken (using wing sections)
- Baked Clams Oreganata
- Oysters and Clams Casino
- Broiled Shrimp, Scampi Style
- Broiled Scallops
- Fried Breaded Scallops, Shrimp, Oysters, or Clams
- Steamed Mussels (served on the half-shell, with a sauce)
- Cod Cakes or other fish cakes
- Fish Tartares
- Seviche
- Vegetable Fritters
- Many salads
- Quiche
- Cheese Wafers and Straws
- Sushi
- Gravlax
- Smoked Salmon
- Smoked Trout
- Smoked Duck
- Pâtés, Terrines, and Galantines
- Ham Mousse
- Foie Gras Mousse and Terrine

In addition to the categories of hors d'oeuvres introduced so far, the following additional terms merit brief explanation.

ANTIPASTO

Italian cuisine is particularly rich in hors d'oeuvres, or antipasti, as they are called (singular form: **antipasto**). Many books give a recipe for a mixed salad called ***antipasto***. This is misleading, however, because the Italian term does not refer to a specific recipe but to any typically Italian hors d'oeuvre, hot or cold.

Many Italian-style restaurants offer a cold antipasto plate or platter comprising an assortment of flavorful tidbits. Typical components include the following:

- Cured meats, such as salami, prosciutto, bologna, and boiled ham.
- Seafood items, especially canned or preserved items such as sardines, anchovies, and tuna.
- Cheeses, such as provolone and mozzarella.
- Hard-cooked eggs and stuffed eggs.
- Relishes, such as raw carrots, celery, fennel, radishes, cauliflower, and tomatoes, and cooked or pickled items, such as olives, artichoke hearts, small hot peppers, and onions.
- Cooked dried beans and other firm vegetables in a piquant vinaigrette.

BRUSCHETTA

In recent years, one of the most popular hors d'oeuvres is the Roman garlic bread called **bruschetta** (broo sket ta; plural: ***bruschette***, pronounced broo sket teh). Bruschetta, in its most basic form, is a slice of Italian bread that is toasted, rubbed with crushed garlic, and drizzled with olive oil. When made with good bread and extra-virgin olive oil, this simple hors d'oeuvre is fine on its own. But it is no doubt the variety of toppings that can be served on this garlic-bread base that accounts for its popularity.

Perhaps the best-known topping is a seasoned mixture of diced fresh tomatoes and olive oil, but this is far from the only possibility. Meats, cheeses, cooked dried beans, and raw and cooked vegetables are all appropriate. In fact, the bruschetta is a type of antipasto, and many of the items listed in the preceding section may also be served as bruschetta topping. Several variations are included among the recipes in this chapter.

Bruschette are similar to canapés in that they are toast with topping. However, they are larger and heartier than typical canapés and can be served as the appetizer course of a dinner.

TAPAS

Another type of hors d'oeuvre that has become increasingly popular is the Spanish **tapa**. The variety of tapas is so great that it is difficult to give a definition, except to say that a tapa is a small food item intended to be eaten with wine or other drinks, usually in taverns and bars. The Spanish term literally means "lid," and the original tapa is thought to be a small bit of food, perhaps a slice of cured ham, placed on top of a glass of sherry.

As varied as they are, tapas have a few points in common. They are served in small portions and are intended to be eaten immediately and quickly. In most cases, they are served on small plates. Many can be eaten by hand, but many others, especially those served in a sauce, are eaten with a fork. Often they are the same kinds of foods that can be served as first courses of a dinner, but presented in smaller portions.

SPANISH TAPAS TRADITIONS

Normal lunchtime in Spain is two or three o'clock, while dinner usually isn't eaten before ten o'clock at night. What better way to spend some of those long hours after work and before dinner than to meet friends at a local tavern and enjoy a glass or two of sherry? People go to tapas bars not so much to eat but to talk and to enjoy each other's company. But of course lunch was hours earlier, and dinner will be hours later, so having a few bites to eat with your wine is almost a necessity.

Out of these traditional dining habits grew the sociable custom of tapas, which has spread around the world.

CAVIAR

Caviar is the salted roe, or eggs, of the sturgeon. In the United States and Canada, any product labeled simply ***caviar*** must come from sturgeon. Roe from any other fish must be labeled as such (for example, ***whitefish*** caviar).

The most important caviar-producing countries have traditionally been Russia and Iran, both of which border the Caspian Sea, where the sturgeon are harvested. Sturgeon live in other waters as well, including North American waters. Production of North American caviar has been growing in recent years, in part because of difficulties obtaining caviar from the Caspian.

To categorize it further, caviar is given the name of the species of sturgeon it is taken from. The ***beluga*** is the largest and scarcest sturgeon, and it yields the largest and most expensive eggs. Next in size are ***osetra*** and ***sevruga***.

Although the larger eggs are generally more expensive, size or price alone does not necessarily indicate quality. All three types of caviar vary considerably in quality. The only sure way to determine the quality of a particular tin or jar of caviar is to taste it.

Good-quality caviar is made up of shiny, whole eggs, with few, if any, broken. It should not have a strong, fishy smell, and it should not look watery or oily.

Caviar made with a relatively low proportion of salt is labeled ***malassol***, which means "little salt." Malassol caviar is considered to be of better quality than the more highly salted varieties. However, for those who must restrict their salt intake, there is no such thing as low-sodium caviar. Even malassol is salty.

Caviar is either fresh or pasteurized. Fresh caviar in an unopened tin will keep for a few weeks, as long as it is kept cold. Once opened, it begins to deteriorate quickly and should be eaten the same day, if possible. Pasteurized caviar is of lower quality because it has been heat-treated. Unopened, it will keep much longer than fresh caviar, but once opened, it too should be eaten as quickly as possible, or within a few days.



Sturgeon caviar



Salmon caviar



Tobiko

Other Caviars

Roe from other fish, including trout, salmon, whitefish, and lumpfish, is also salted to make caviar. Once again, quality varies considerably, ranging from good to nearly inedible. Those of better quality are useful alternatives to expensive sturgeon caviar. Three popular types are ***salmon caviar***, large red eggs, often paired with smoked salmon or other salmon products in appetizer dishes; ***bleak roe***, tiny, mild-tasting, orange eggs from a fish native to the Baltic; and ***tobiko***, tiny orange eggs from Japanese flying fish, introduced to the West in Japanese sushi restaurants.

Serving Caviar

The best caviar should be served ice-cold and as simply as possible. The traditional caviar accompaniments of chopped onion, lemon, chopped egg, and sour cream may be all right for inexpensive roes, but they overwhelm the delicate flavor of top-quality beluga, osetra, and sevruga. Spoons for eating caviar should be made of bone, porcelain, mother of pearl, or even plastic, but not metal, which reacts with the caviar to give it an unpleasant taste.

For more elaborate presentations, caviars a notch or two below the best quality are more economical choices. Foods served with caviar should be fairly mild or delicate. Such items as mild smoked salmon, oysters, and potatoes are often used.

AMUSE BOUCHE

An **amuse bouche** (ah mews boosh) is a tiny appetizer or hors d'oeuvre offered, compliments of the chef and usually in more expensive restaurants, to guests seated at their tables, either before or after they have ordered from the menu. It is an opportunity to showcase an aspect of the chef's cooking style and talent and to welcome the guests.

Nearly anything that can be served in a tiny portion can be served as an amuse bouche, including salads, soups (in espresso cups), canapés, and little portions of meat, fish, or vegetable with a few drops of sauce and a garnish. Usually chefs don't use a separate category of recipe for these items but borrow something from one of their regular menus, preferably not a dish on the menu that evening, and give it a different presentation, garnish, or sauce.



KEY POINTS TO REVIEW

- What are hors d'oeuvre cocktails? What are relishes?
- What is the proper consistency for dips?
- What do the following terms mean: antipasto; bruschetta; tapas? Give examples of each.
- What does the term ***caviar***, when used by itself, mean? What are the three types of sturgeon caviar? Give the names and descriptions of three other types of caviar.

Spinach Boreks

YIELD: 50 PIECES

U.S.	METRIC	INGREDIENTS
2 lb	900 g	Spinach
4 oz	100 g	Butter
4 oz	100 g	Onions, chopped fine
1 oz	30 g	Scallions, chopped fine
1 oz	30 g	Fresh dill weed, chopped
1 lb	450 g	Feta cheese, crumbled
to taste	to taste	Salt
to taste	to taste	Pepper
25 sheets	25 sheets	Phyllo dough (about 1 lb/450 g)
8 oz	225 g	Melted butter
approximately	approximately	

PROCEDURE

1. Trim, wash, and steam or boil the spinach just until it is thoroughly wilted.
2. Drain, cool under cold running water, and squeeze dry. Chop fine.
3. Heat the butter in a sauté pan. Sauté the onions and scallions over low heat until soft.
4. Remove from the heat and add the spinach and dill. Mix to coat the spinach lightly with butter.
5. Mix in the cheese.
6. Season to taste with salt and pepper.
7. Thaw the phyllo if it is frozen. Unwrap and unfold the stack of sheets and cut them in half lengthwise. Keep them covered to prevent drying.
8. Taking one sheet at a time, brush each lightly with melted butter. Fold the sheet in half lengthwise and butter it again.
9. Put a small mound (about ½–⅔ oz/15–20 g) of the spinach mixture toward the bottom of the strip and a little to one side, as shown in Figure 24.4.
10. Fold into triangular packets as indicated in the illustration.
11. Arrange the triangles on baking sheets with the loose ends of the phyllo on the bottom. Brush the tops with melted butter.
12. Bake at 375°F (190°C) until golden brown and crisp, 20–25 minutes.
13. Serve warm.

Per 1 piece: Calories, 110; Protein, 2 g; Fat, 8 g (69% cal.); Cholesterol, 25 mg; Carbohydrates, 6 g; Fiber, 1 g; Sodium, 210 mg.

VARIATION

Many other fillings can be baked wrapped in phyllo, as long as they are not too juicy. The following are some suggestions:

Diced ham, cheddar cheese, and prepared mustard

Gruyère cheese, blue cheese, walnuts

Feta and cream cheese (2 parts feta to 1 part cream cheese) mixed together, plus 1 egg yolk per 12 oz (350 g) cheese

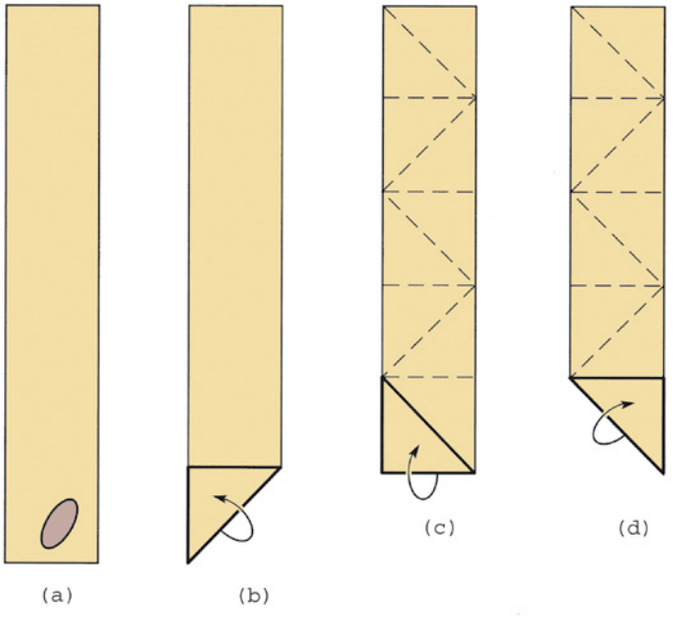
Sautéed mushrooms and onions, crumbled bacon, parsley, parmesan cheese

Diced cooked chicken, mozzarella cheese, sun-dried tomatoes, basil

Crabmeat, sautéed shellfish, cream cheese, hot pepper sauce

Ratatouille (p. 335)

FIGURE 24.4 Folding phyllo dough triangles.



(a) Place the filling at the bottom of the strip of buttered phyllo dough and a little to one side.
(b) Fold the bottom corner over at a 45-degree angle to form a triangle.
(c, d) Continue folding the triangle as shown in the diagram.

Chicken Satay

YIELD: ABOUT 24 PIECES, 1 OZ (30 G) EACH

U.S.	METRIC	INGREDIENTS
		Marinade:
1 stalk	1 stalk	Lemongrass
1 tbsp	15 mL	Peanut butter
1½ oz	45 g	Shallots, chopped fine
1½ tsp	7 mL	Brown sugar
1 tsp	5 mL	Salt
½ tsp	2 mL	Ground cumin
¼ tsp	1 mL	Ground coriander
¼ tsp	1 mL	Cinnamon
¼ tsp	1 mL	Turmeric
1 tbsp	15 mL	Oil
1½ lb	720 g	Chicken breasts, boneless, skinless, trimmed of all fat
1 pt, or as needed	500 mL, or as needed	Indonesian Peanut Sauce (p. 217)

Per 1 piece: Calories, 110; Protein, 9 g; Fat, 7 g (55% cal.); Cholesterol, 17.5 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 240 mg.

PROCEDURE

1. Trim and discard the lower end of the lemongrass. Cut the tender bottom portion of the stalk into paper-thin slices. Discard the top.
2. Mix the lemongrass, peanut butter, shallots, sugar, salt, spices, and oil into a coarse paste. If necessary, add a few drops of water.
3. Cut the chicken breast lengthwise into thin strips. You should have about 24 pieces.
4. Mix the chicken with the marinade so all pieces are coated. Refrigerate 3 hours.
5. While the chicken is marinating, soak bamboo skewers in water at least 3 hours to keep them from burning during grilling.
6. Thread each chicken strip onto a skewer, leaving the top half of the skewer empty so it can be used as a handle.
7. Grill the chicken skewers about 2 minutes on each side, or until done.
8. Serve with the sauce for dipping.

CHICKEN SATAY

Satay, or saté, is a snack food, often sold by street vendors, popular throughout Southeast Asia. Although it originated in Indonesia, where there are many dozens of versions, it can also be found in Malaysia, Singapore, Thailand, the Philippines, and neighboring countries. Satay consists of cubes or strips of meat or poultry that are marinated, threaded on skewers, and grilled. It is usually served with some kind of spicy sauce.

The marinade for the satay included here is inspired by the famous satays of Singapore.



Chicken Satay

Rumaki

YIELD: 60 PIECES

U.S.	METRIC	INGREDIENTS
15	15	Chicken livers
8 fl oz	250 mL	Soy sauce
1 clove	1 clove	Garlic, cut in half
3 slices	3 slices	Fresh ginger root
15 (approx.)	15 (approx.)	Water chestnuts
30 strips	30 strips	Bacon

Per 1 piece: Calories, 62; Protein, 2 g; Fat, 5 g (79% cal.); Cholesterol, 25 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 390 mg.

PROCEDURE

1. Trim the chicken livers and cut them into quarters.
2. Marinate the livers overnight with the soy sauce, garlic, and ginger.
3. Cut each water chestnut into 3–5 pieces to make the same number as liver pieces.
4. Cut each slice of bacon in half.
5. Wrap each liver piece together with a water chestnut piece in a piece of bacon and secure with a pick.
6. Bake at 400°F (200°C) until the bacon is cooked, about 15 minutes. Brush with the marinade 2 or 3 times during baking.

Smoked Trout Rollups

YIELD: 24 PIECES

U.S.	METRIC	INGREDIENTS
10 oz	300 g	Smoked trout fillets (p. 844), skinless
2 oz	30 g	Cream cheese
3 tbsp	15 mL	Mayonnaise
1 oz	30 g	Shallot, chopped fine
2 fl oz	75 mL	Mayonnaise
1 tsp	7 mL	Dijon-style mustard
6	6	Crêpes (p. 760), 6 in. (15 cm) in diameter
5	5	Cornichons (see *Note*)

PROCEDURE

1. Carefully examine the trout fillets and remove all bones.
2. Shred the trout, breaking up all lumps.
3. In a bowl, mix the cream cheese and first quantity of mayonnaise until softened and smooth.
4. Add the trout and shallot. Mix well.
5. Mix the mayonnaise and mustard.
6. Lay 1 crêpe on a work surface, good side down.
7. Drop 2 tsp (10 mL) of the mayonnaise mixture on the crêpe and spread it over the crêpe to cover it completely in a thin layer.
8. Portion 1½ oz (45 g) of the trout mixture and spread it in a wide band across the center of the crêpe.
9. Roll up the crêpe, pressing gently (to avoid tearing the crêpe) but firmly to make a tight roll.
10. Repeat with the remaining crêpes.
11. Slice the cornichons on the diagonal into thin slices.
12. Trim the ends off the crêpe rolls, then cut the rolls crosswise into fourths.
13. Push the point of a cocktail pick through a cornichon slice and stick the pick into the center of a rollup. Repeat with the remaining rollups.

Per 1 piece: Calories, 80; Protein, 3 g; Fat, 5 g (65% cal.); Cholesterol, 30 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 150 mg.

Note: Cornichons are tiny, sour cucumber pickles packed in vinegar, usually flavored with tarragon.

VARIATION

Smoked Trout Purses

Instead of making rollups, cut a circle from the center of a crêpe using a 4-in. (10-cm) cutter. Place about 2 tsp (10–12 g) of the trout mixture in the center of the circle. (Omit the mustard mixture.) Gather the edges of the circle over the top of the trout and tie with a length of chive. (You will need 30–36 crêpes for the quantity of trout in the basic recipe.)

Beef Teriyaki Skewers

YIELD: ABOUT 50 PIECES

U.S.	METRIC	INGREDIENTS
		Marinade:
1½ fl oz	45 mL	Sake
3 fl oz	90 mL	Mirin (sweet Japanese rice wine)
3½ fl oz	105 mL	Soy sauce
1 tbsp	15 mL	Sugar
1 lb 8 oz	720 g	Beef tenderloin, or other tender beef cut, trimmed of all fat and silverskin

PROCEDURE

1. Combine the sake, mirin, soy sauce, and sugar in a saucepan. Bring to a boil to dissolve the sugar.
2. Cool thoroughly, then chill.
3. Cut the beef into ¾-in. (2-cm) cubes.
4. Mix the beef with the marinade so all of it is coated. Refrigerate 3–4 hours.
5. Impale each cube of meat on the end of a bamboo skewer.
6. Grill or broil the meat to the desired doneness. Serve immediately.

Per 1 piece: Calories, 20; Protein, 2 g; Fat, 1 g (52% cal.); Cholesterol, 5 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 20 mg.

VARIATION

For more authentic Japanese teriyaki, do not marinate the beef. Instead, when the meat is about half cooked, begin basting frequently with the marinade to give it a light glaze.

Crêpes

YIELD: ABOUT 36 CRÊPES

U.S.	METRIC	INGREDIENTS
8 oz	250 g	Flour
1 tsp	5 g	Salt
6	6	Eggs, lightly beaten
1 pt	500 mL	Milk
1½ oz	50 g	Clarified butter or beurre noisette (p. 195)
as needed	as needed	Oil for seasoning pan
as needed	as needed	Clarified butter for frying

Per 1 crêpe: Calories, 70; Protein, 2 g; Fat, 4 g (53% cal.); Cholesterol, 40 mg; Carbohydrates, 6 g; Fiber, 0 g; Sodium, 90 mg.

PROCEDURE

1. Sift the flour and salt into a bowl.
2. Add the eggs to the flour and mix with a wire whip.
3. Gradually mix in the milk and the butter. The batter should be about the consistency of heavy cream. Strain to remove any lumps.
4. Let the batter rest 2 hours before frying.
5. Rub a 6- or 7-in. (15–18-cm) crêpe pan or skillet with oil (Fig. 24.5). Heat the pan over moderately high heat until it is very hot.
6. Brush the pan lightly with clarified butter and pour off any excess.
7. Remove the pan from the heat and pour in 3–4 tablespoons (45–60 mL) of the batter. Very quickly tilt the pan to cover the bottom with a thin layer. Immediately dump out any excess batter, as the crêpe must be very thin.
8. Return to the heat for 1–1½ minutes, until the bottom is lightly browned. Flip over and brown the second side. The second side will brown in only a few spots and will not be as attractive as the first. The first side should always be the visible side when the crêpe is served.
9. Slide the crêpe onto a plate. Repeat with the remaining batter. Butter the pan lightly when necessary.
10. Cover the finished crêpes and refrigerate until needed.

VARIATION

Dessert Crêpes

Sift 2 oz (60 g) sugar with the flour and salt.

FIGURE 24.5 Preparing crêpes.



(a) Brush the hot pan lightly with clarified butter.



(b) Ladle in 3–4 tablespoons (45–60 mL) of the batter. Very quickly tilt the pan to cover the bottom with a thin layer. Immediately dump out any excess batter.



(c) Cook until the crêpe is lightly browned on the bottom.



(d) Flip the crêpe over.



(e) Brown the other side.

Cucumber Cups with Dilled Shrimp Salad

YIELD: 24 PIECES

U.S.	METRIC	INGREDIENTS
2, or as needed (see step 2)	2, or as needed (see step 2)	Long, slender English, cucumbers about 6 oz (180 g) each
as needed	as needed	Salt
12 oz	360 g	Dilled Shrimp Salad (p. 709)
24 tiny sprigs	24 tiny sprigs	Fresh dill

PROCEDURE

1. Channel the cucumbers as shown in Figure 11.1(b). Alternatively, peel the cucumbers with a vegetable peeler.
2. Trim off the ends of the cucumbers, then cut the cucumbers into slices ¾ in. (1 cm) thick. (You need enough cucumbers to make 24 slices. Use an additional cucumber if necessary.)
3. With a parisienne scoop, hollow out each slice to make a shallow cup.
4. Sprinkle the hollowed side of each slice lightly with salt, then turn upside down on a sheet pan lined with paper towels to drain. Refrigerate 1 hour.
5. Turn the cucumber slices hollow side up. Fill each with ½ oz (15 g) shrimp salad.
6. Decorate the top of each with a tiny sprig of dill.
7. Refrigerate until service time.

Per 1 piece: Calories, 30; Protein, 2 g; Fat, 2.5 g (75% cal.); Cholesterol, 15 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 40 mg.

VARIATION

Cucumber Boats with Dilled Shrimp Salad

Peel the cucumbers, cut in half lengthwise, and scoop out the seeds. Cut crosswise at a slight angle into pieces about ¾ in. (2 cm) wide. Fill with shrimp salad as in basic recipe.



Cucumber Boats and Cups with Dilled Shrimp Salad

Belgian Endive with Herbed Chèvre

YIELD: 24 PIECES

U.S.	METRIC	INGREDIENTS
2–3 heads	2–3 heads	Belgian endive
10 oz	300 g	Fresh goat cheese
1 oz	30 g	Parsley, chopped
1 tbsp	15 mL	Fresh chervil, chopped
1 tbsp	15 mL	Chives, chopped
as needed	as needed	Water or heavy cream

PROCEDURE

1. Cut off the bases of the Belgian endive and separate the leaves. Select the 24 best and largest leaves. (Use the small inner leaves for salads or another purpose.)
2. Blend the cheese and herbs to a soft paste. If the paste is too stiff to force through a pastry bag, soften it by mixing in a little water or heavy cream.
3. Put the herbed cheese in a pastry bag fitted with a small star tip.
4. Pipe about 2 tsp (10 mL) of the cheese into the hollow side of each Belgian endive leaf at the base end.

Per 1 piece: Calories, 35; Protein, 2 g; Fat, 2.5 g (74% cal.); Cholesterol, 5 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 45 mg.



Belgian Endive with Herbed Chèvre

Chicken and Sweet Potato Fritters

YIELD: APPROXIMATELY 24 PIECES

U.S.	METRIC	INGREDIENTS
2	2	Egg yolks
13 fl oz	390 mL	Water, ice cold
6 oz	180 g	Flour, sifted
1 lb	480 g	Chicken breast, boneless and skinless
2 fl oz	60 mL	Soy sauce
1 tsp	5 mL	Fresh ginger, peeled and grated
8 oz	240 g	Sweet potatoes
as needed for dusting	as needed for dusting	Flour

PROCEDURE

1. Make the batter: Beat the egg yolks and water. Add the flour all at once and stir briefly to make a loose, rather lumpy batter. Do not overmix.
2. Cut the chicken breast into thin strips about 1 in. (2.5 cm) long.
3. Mix the chicken with the soy sauce and ginger. Marinate 20 minutes.
4. Peel and grate the sweet potatoes on a coarse grater. Hold in cold water until ready to cook.
5. Drain the chicken meat and dry on clean towels.
6. Drain the sweet potatoes and dry on clean towels. Mix with the chicken.
7. Dust the chicken mixture lightly with flour and toss to coat. Add about three-fourths of the batter and mix gently. If the mixture is dry, add the rest of the batter.
8. Heat a deep fryer to 350°F (175°C). Drop small spoonfuls of the chicken mixture into the fat and fry just until light golden brown. Remove from the fat and drain well.
9. Serve immediately. If a dipping sauce is desired, serve with soy sauce flavored with a little wasabi (Japanese horseradish). (*Note*: The illustration shows wasabi and grated radish for mixing into the soy sauce for dipping.)

Per 1 piece: Calories, 90; Protein, 6 g; Fat, 3.5 g (33% cal.); Cholesterol, 30 mg; Carbohydrates, 10 g; Fiber, 1 g; Sodium, 35 mg.



Chicken and Sweet Potato Fritters

Spiced Shrimp with Smoked Paprika

YIELD: 26–30 PIECES

U.S.	METRIC	INGREDIENTS
1 lb	480 g	Peeled, deveined shrimp, size 26–30
3 tbsp	15 mL	Lemon juice
1½ tsp	7 mL	Olive oil
½ tsp	2 mL	Peppercorns, crushed
1 clove	1 clove	Garlic, crushed
1 oz	30 g	Onion, sliced
1	1	Bay leaf
¼ tsp	1 mL	Cayenne
1 tbsp	15 mL	Salt
as needed	as needed	Water
1 fl oz	30 mL	Olive oil
1 tbsp	15 mL	Lemon juice
1 tbsp	15 mL	Smoked paprika

PROCEDURE

1. Combine the shrimp, lemon juice, oil, peppercorns, garlic, onion, bay leaf, cayenne, and salt in a stainless-steel saucepan. Add just enough water to cover the shrimp.
2. Bring to a boil, then reduce to a slow simmer. Cook 2–4 minutes, or until just cooked through.
3. Remove the pan from the heat and set in an ice bath to cool quickly. Refrigerate.
4. Mix the olive oil, lemon juice, and paprika in a bowl large enough to hold the shrimp.
5. Drain the shrimp and dry on clean towels.
6. Add the shrimp to the bowl with the olive oil mixture. Toss until all the shrimp are well coated with the mixture.
7. Arrange the shrimp on a platter and serve with cocktail picks. Alternatively, place on round toast cutouts and serve as canapés.

Per 1 piece: Calories, 30; Protein, 4 g; Fat, 1.5 g (46% cal.); Cholesterol, 30 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 55 mg.



Spiced Shrimp with Smoked Paprika

Mushrooms Stuffed with Tapenade

YIELD: 50 PIECES

U.S.	METRIC	INGREDIENTS
8 oz	250 g	Pitted Mediterranean or Greek black olives
1 oz	30 g	Capers, drained
1 oz	30 g	Anchovies, drained
1 oz	30 g	Tuna, drained
1 tsp	5 mL	Dijon-style mustard
2½ fl oz	75 mL	Olive oil
1 tsp	5 mL	Lemon juice
2 tbsp	30 mL	Chopped parsley
pinch	pinch	Dried thyme
to taste	to taste	Salt
to taste	to taste	Pepper
50	50	Small to medium fresh white mushrooms
as needed	as needed	Pimiento

PROCEDURE

1. In a blender or food processor, purée the olives, capers, anchovies, tuna, mustard, oil, lemon juice, and herbs. Season to taste.
2. Chill the mixture several hours to let the flavors blend.
3. Remove the stems from the mushrooms and clean the caps.
4. Fill each cap with a small spoonful of the tapenade.
5. Garnish the top of each with a dot of pimiento.

Per 1 piece: Calories, 30; Protein, 1 g; Fat, 25 g (74% cal.); Cholesterol, 0 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 110 mg.

Deviled Eggs

YIELD: 50 PIECES

U.S.	METRIC	INGREDIENTS
25	25	Hard-cooked eggs
½ pt	250 mL	Mayonnaise
1 fl oz	30 mL	Lemon juice or vinegar
1 tsp	5 mL	Dry mustard
1 tsp	5 mL	Worcestershire sauce
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Cayenne
as needed	as needed	Assorted garnish, such as: Chopped parsley, Tiny dill sprigs, Capers, Diced pimiento, Sliced stuffed olives, Paprika, Red or black caviar

PROCEDURE

1. Halve the eggs lengthwise and remove the yolks.
2. Mash the yolks or force them through a sieve.
3. Add the remaining ingredients (except the garnish) and mix to a smooth paste.
4. Using a pastry bag with a star tip, fill the egg white halves.
5. Using a variety of garnishes, decorate the top of each egg.

Per 1 piece: Calories, 70; Protein, 3 g; Fat, 7 g (84% cal.); Cholesterol, 110 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 45 mg.



Filling deviled eggs with a pastry bag

VARIATIONS

Vary the flavor of stuffed eggs by adding any of the following ingredients to the egg yolk mixture in the basic recipe.

Anchovy: 2–3 oz (60–90 g) anchovy paste.
Curry: 2 tbsp (30 mL) curry powder, heated very gently with a little oil and cooled.
Blue cheese: 6 oz (175 g) mashed blue cheese.
Parmesan: 3 oz (90 g) grated parmesan cheese.
Tarragon: Use tarragon vinegar in the filling and add 2 tsp (10 mL) dried tarragon.
Tuna: 6 oz (175 g) well-mashed, drained tuna.

Miniature Gougère Puffs

YIELD: ABOUT 80 PIECES

U.S.	METRIC	INGREDIENTS
1 lb 4 oz	600 g	Éclair Paste (p. 1010)
4 oz	120 g	Gruyère cheese, grated
as needed	as needed	Egg wash

PROCEDURE

1. Mix the éclair paste and the cheese.
2. Using a pastry bag with a small, plain tip, pipe small mounds of about 1 tbsp (15 mL) each onto sheet pans lined with parchment. See page 1011 for guidelines on making tiny cream puff shells or profiteroles, which is essentially what these are.
3. Bake at 400°F (200°C) until puffed and brown, 20–30 minutes.
4. Make a little slit in the side of each to allow steam to escape. Put the puffs in a warm oven until they are dry.
5. Serve warm or at room temperature.

Per 1 piece: Calories, 25; Protein, 1 g; Fat, 1.5 g (63% cal.); Cholesterol, 15 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 25 mg.

Egg Rolls or Spring Rolls

YIELD: 16 PIECES

U.S.	METRIC	INGREDIENTS
1 oz	30 mL	Oil
6 oz	175 g	Cooked meat or poultry, cut fine julienne
6 oz	175 g	Chinese cabbage, shredded
3	3	Scallions, shredded
6 oz	175 g	Bean sprouts
5	5	Dried black mushrooms (stems discarded), soaked in boiling water, cut julienne
2 oz	60 g	Bamboo shoots, cut julienne
1½ oz	45 g	Raw shrimp, chopped
2 tsp	10 mL	Soy sauce
1 tsp	5 mL	Sherry or Shaoxing wine
3 fl oz	100 mL	Chicken stock
1½ tsp	7 mL	Cornstarch
1 tbsp	15 mL	Water, cold
16	16	Egg roll skins or spring roll skins
as needed	as needed	Egg, beaten

PROCEDURE

1. Heat the oil in a wok or sauté pan. Stir-fry the meat, cabbage, scallions, bean sprouts, black mushrooms, bamboo shoots, and shrimp.
2. Add the soy sauce, sherry, and stock. Continue to stir and cook for another 1–2 minutes.
3. Mix the cornstarch with the cold water. Stir into the vegetable mixture and cook until reduced and thickened.
4. Remove from the heat and adjust the seasonings. Cool thoroughly.
5. Lay an egg roll skin on the worktable with one of the corners toward you. Spoon about 1½ oz (45 g) filling onto the lower half of the skin in a sort of sausage shape (Fig. 24.6).
6. Fold the lower corner of the skin (the corner pointing at you) over the filling so it is covered. Then start to roll it up like a cylinder, giving it just a half turn.
7. Brush the left and right corners with a little beaten egg. Fold one corner over the filling, then the other, pressing down to seal. At this point, it should look like an open envelope.
8. Brush the top corner with beaten egg. Roll into a firm, compact cylinder. Seal the top corner well.
9. Repeat with the remaining skins and filling.
10. Deep-fry the egg rolls until the skins are crisp and brown. (*Note*: Egg roll skins are heavier than spring roll skins. They must be thoroughly fried or they will be doughy.) Drain and serve at once, with a little hot mustard or bottled duck sauce for dipping.

Per 1 roll: Calories, 180; Protein, 8 g; Fat, 8 g (38% cal.); Cholesterol, 25 mg; Carbohydrates, 21 g; Fiber, 1 g; Sodium, 240 mg.

FIGURE 24.6 Rolling egg rolls.



(a) Lay an egg roll skin on the bench with one corner toward you. Place the filling as shown.



(b) Fold the lower corner of the skin over the filling and roll it up about one-third of the way.



(c) Brush the left and right corners of the skin with beaten egg.



(d) Fold the corners over the filling so the skin resembles an open envelope.



(e) Brush the top edge with egg and roll up tightly.



(f) When completely rolled, egg rolls are ready to be cooked.

Black Bean Quesadillas

YIELD: 48 PIECES

U.S.	METRIC	INGREDIENTS
12 oz	360 g	Black turtle beans, cooked or canned, drained
1–2 fl oz	30–60 mL	Water or bean cooking broth
to taste	to taste	Salt
to taste	to taste	Cayenne or ground chipotle pepper
12	12	Flour or corn tortillas
6 tbsp	90 mL	Salsa Cruda (p. 213)
1 tbsp	15 mL	Jalapeño or Serrano chile, seeded and chopped fine
2 tbsp	30 mL	Chopped cilantro
4 oz	120 g	Monterey jack or mild cheddar cheese, grated

PROCEDURE

1. Mash the beans coarsely.
2. Add just enough water or bean broth to moisten the beans slightly. They should not be dry.
3. Add salt and cayenne or chipotle to taste.
4. Top 1 tortilla with about 2 oz (60 g) bean mixture and spread it to cover the tortilla. Repeat this process until 6 tortillas are topped with the bean mixture.
5. For each of the 6 tortillas, sprinkle 1 tbsp (15 mL) salsa over the beans, then ½ tsp (2.5 mL) chopped chile and 1 tsp (5 mL) cilantro.
6. Lightly oil a hot griddle or sauté pan and place the tortilla on it.
7. Sprinkle about ⅔ oz (20 g) cheese over the filling in each tortilla and top with a second tortilla.
8. When the cheese is soft, flip the tortilla sandwich and heat the other side.
9. Remove from the heat and cut into 8 wedges.

Per 1 piece: Calories, 110; Protein, 4 g; Fat, 4 g (30% cal.); Cholesterol, 0 mg; Carbohydrates, 17 g; Fiber, 2.4 g; Sodium, 210 mg.

Chicken Liver Pâté

YIELD: 2½ LB (1.2 KG)

U.S.	METRIC	INGREDIENTS
2 lb	1 kg	Chicken livers
to taste	to taste	Salt
as needed	as needed	Milk
4 oz	125 g	Onion, chopped
3 oz	90 g	Butter
½ tsp	2 mL	Dried oregano
¼ tsp	1 mL	White pepper
pinch	pinch	Nutmeg
pinch	pinch	Ground ginger
pinch	pinch	Ground cloves
1 tsp	5 mL	Salt
12 oz	375 g	Cream cheese
1–2 fl oz	30–60 mL	Brandy, Madeira, or port (optional)
to taste	to taste	Salt

PROCEDURE

1. Trim fat and sinews from the livers.
2. Sprinkle the livers lightly with salt. Add milk to cover and let stand overnight, refrigerated. This step is optional, but it results in a slightly milder flavor and lighter color.
3. Sauté the onion lightly in the butter until tender but not brown.
4. Add the livers (drained and rinsed), herbs, and spices. Brown the livers lightly and cook them until they are still slightly pink in the center. Remove from the heat and cool.
5. Grind the livers and onions in a grinder or buffalo chopper.
6. Add cream cheese and continue to process to obtain a uniformly mixed paste.
7. Add brandy or wine to taste. Add more salt if necessary.
8. Pack the mixture into containers and chill overnight.

Per 1 ounce (28.35 g): Calories, 60; Protein, 3 g; Fat, 5 g (74% cal.); Cholesterol, 75 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 105 mg.

Bruschette (Basic)

YIELD: 24 PIECES

U.S.	METRIC	INGREDIENTS
24 slices	24 slices	Italian or French bread, 3–4 in. (8–10 cm) wide and ½ in. (6 mm) thick
4–6	4–6	Garlic cloves, cut in half
8–12 fl oz	240–360 mL	Extra-virgin olive oil
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Toast the bread on a grill or under a broiler until golden brown.
2. While the bread is still hot, rub one side of each slice with a cut clove of garlic.
3. Brush or drizzle olive oil generously over each slice. The toast should be partly soaked with the oil.
4. Add salt and pepper to taste.
5. Serve warm.

Per 1 piece: Calories, 140; Protein, 2 g; Fat, 10 g (65% cal.); Cholesterol, 0 mg; Carbohydrates, 10 g; Fiber, 1 g; Sodium, 115 mg.

VARIATIONS

Bruschette with Tomato and Basil

Toast the bread and rub with garlic as in the basic recipe. Cut 2 lb (1 kg) ripe plum tomatoes in half and remove the seeds. Cut into medium dice. Tear 16 fresh basil leaves into small pieces and mix with the tomatoes. Top the toasts with the tomatoes. Drizzle with olive oil and add salt and pepper to taste.

Bruschette with Parmesan Cheese

Toast the bread and rub with garlic as in the basic recipe. Using a vegetable peeler, cut cheese, preferably a good-quality Parmigiano-Reggiano, into thin shavings. While the toast is still hot, top each piece with about ¼ oz (7 g) cheese and drizzle with olive oil. Sprinkle with black pepper.

Bruschette with White Beans and Prosciutto

Toast the bread and rub with garlic as in the basic recipe. Mix 1 lb 4 oz (600 g) cooked or canned and drained white kidney beans, 2 oz (60 g) red onion cut in small dice, 6 oz (180 g) prosciutto, sliced thin and chopped, and 4 fl oz (120 mL) olive oil. Add salt and pepper to taste. Top toasts with this mixture.



Bruschette, clockwise from left: Bruschetta with White Beans and Prosciutto, Bruschetta with Parmesan Cheese, Bruschetta with Tomato and Basil

Vegetable Samosas

YIELD: 48 PIECES

U.S.	METRIC	INGREDIENTS
6 oz	180 g	Bread flour
4 oz	120 g	Whole wheat flour
3 tbsp	45 mL	Vegetable oil
6 fl oz	180 mL	Water
1 lb 2 oz	500 g	Potato Filling for Samosas (p. 770), cooled

PROCEDURE

1. In the bowl of a mixer fitted with the paddle attachment, combine the two flours and the oil. Mix until well blended.
2. Add the water. Mix at low speed until a dough forms.
3. Remove the dough from the mixer and knead it until smooth.
4. Rub the dough lightly with oil to keep a skin from forming, wrap in plastic, and let rest 30 minutes.
5. Divide the dough into 24 equal pieces, about ⅔ oz (20 g) each. Roll each piece into a ball.
6. Roll out each ball of dough into a circle 4 in. (10 cm) in diameter. Cut the circles in half to make two semicircles.
7. Moisten one half of the cut edge of a semicircle with water, then shape the dough into a cone. Move the moistened edge to overlap the other half of the cut edge and press together to seal.
8. Fill the cone with about ⅓ oz (10 g) potato filling.
9. Moisten the inside of the open end of the filled cone with water, then press the edges of the dough together in a flat seam. Seal the seam by pressing with a fork.
10. Repeat with the remaining dough and filling.
11. Deep-fry at 350°F (175°C) until browned.
12. Serve warm. Offer them plain or with Cucumber Raita (p. 215) as a dip.

Per 1 piece: Calories, 50; Protein, 1 g; Fat, 2.5 g (41% cal.); Cholesterol, 0 mg; Carbohydrates, 7 g; Fiber, 0 g; Sodium, 20 mg.

Note: These instructions are for small, hors d'oeuvre-size samosas. For larger samosas, divide the dough into 12 pieces, about 1⅓ oz (40 g) each, and make the circles 5½ in. (14 cm) across. Increase the amount of filling.

VARIATION

Meat Samosas

Instead of the potato filling, fill the samosas with Meat Filling for Samosas.
This recipe may be found on your CulinarE-Companion recipe management program.



Vegetable Samosas

Potato Filling for Samosas

YIELD: 1 LB 2 OZ (500 G)

U.S.	METRIC	INGREDIENTS
1 lb	480 g	Boiled potatoes, cooled and peeled
1 fl oz	30 mL	Oil
½ tsp	2 mL	Cumin seeds
3 oz	90 g	Onion, small dice
¼ tsp	1 mL	Turmeric
½ tsp	2 mL	Salt
⅛ tsp	0.5 mL	Pepper
¼ tsp	1 mL	Ground coriander
⅛ tsp	0.5 mL	Ground cardamom
pinch	pinch	Cinnamon
pinch	pinch	Ground cloves
⅛ tsp	0.5 mL	Cayenne
1 tbsp	30 mL	Lemon juice

PROCEDURE

1. Mash the potatoes coarsely. They should be slightly lumpy, but the lumps should be small so the filling fits easily into samosas.
2. Heat the oil in a sauté pan over moderate heat. When the oil is hot, add the cumin seeds. Cook just until the seeds darken slightly and become aromatic.
3. Add the onion and turmeric. Sauté until the onion is soft.
4. Add the potatoes and all the remaining ingredients. Cook, stirring often, until the potatoes are hot and all the seasonings are well blended.
5. Taste and add more salt if necessary.
6. Cool before using to fill samosas. (The potatoes can also be served as a side dish, in which case they should be served hot.)

Per serving: Calories, 40; Protein, 1 g; Fat, 1.5 g (33% cal.); Cholesterol, 0 mg; Carbohydrates, 6 g; Fiber, 1 g; Sodium, 55 mg.

Spicy Meat Empanadas

YIELD: 24 PIECES

U.S.	METRIC	INGREDIENTS
8 oz	240 g	Bread flour
4 oz	120 g	Cake flour
1½ oz	45 g	Lard or vegetable shortening
¾ tsp	3 mL	Salt
6 fl oz	180 mL	Warm water
18 oz	480 g	Picadillo (p. 520)

PROCEDURE

1. Sift the two flours together into a mixing bowl.
2. Add the lard or shortening and blend it thoroughly with the flour.
3. Dissolve the salt in the water and add it to the flour mixture. Mix to make a moderately stiff dough. Knead the dough for a few minutes, until smooth.
4. Let the dough rest 30 minutes.
5. Divide the dough into 24 equal parts by rolling it into a long cylinder and cutting it into equal segments.
6. Roll each piece into a ball. Cover and let rest 15–30 minutes.
7. For each empanada, flatten a ball of dough and roll out into a circle 4 in. (10 cm) in diameter.
8. Brush the rim of the circle lightly with water.
9. Place about ¾ oz (20 g) picadillo on one side of the circle. Fold the other side over it to make a turnover. Press the dough around the filling to force out air. Seal the edge well by crimping with the tines of a fork.
10. Deep-fry at 375°F (190°C) until golden brown.
11. Serve immediately. If desired, accompany with Guacamole (p. 753) or Salsa Cruda (p. 213).

Per 1 piece: Calories, 130; Protein, 6 g; Fat, 6 g (43% cal.); Cholesterol, 15 mg; Carbohydrates, 12 g; Fiber, 1 g; Sodium, 140 mg.

VARIATION

Empanadas with Roasted Poblanos and Cheese

Roast and peel poblano peppers as shown on page 289. Dice the poblanos. In place of the picadillo, fill the empanadas with poblanos and grated Monterey jack or mild cheddar cheese.

Cauliflower Pakoras

YIELD: 30–40 PIECES

U.S.	METRIC	INGREDIENTS
8 oz	240 g	Chickpea flour
¼ tsp	1 mL	Black pepper
¼ tsp	1 mL	Cayenne
½ tsp	2 mL	Ground cumin
¼ tsp	1 mL	Turmeric
½ tsp	2 mL	Baking powder
½ tsp	2 mL	Salt
12 fl oz	360 mL	Water
1½ lb	720 g	Cauliflower, trimmed

PROCEDURE

1. Sift together into a bowl the chickpea flour, pepper, cayenne, cumin, turmeric, baking powder, and salt.
2. Gradually stir in the water until the mixture forms a thick batter about the consistency of ketchup. You may not need all the water.
3. Divide the cauliflower into florets no bigger than 1 in. (2.5 cm) across.
4. Dip the florets into the batter and deep-fry at 360°F (180°F) until lightly browned and tender.

Per 1 piece: Calories, 50; Protein, 2 g; Fat, 3 g (49% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber, 1 g; Sodium, 45 mg.

VARIATIONS

Other vegetables, such as peppers, onion rings, potatoes (thin slices), broccoli, eggplant, and okra, may be substituted for the cauliflower.



Cauliflower Pakoras

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Brandade de Morue

Dates Stuffed with Gorgonzola

Meat Filling for Samosas

Profiteroles with Ham Salad or Deviled Ham

Prosciutto and Melon Balls

TERMS FOR REVIEW

appetizer
hors d'oeuvre
butler-style service
buffet-style service
canapé
cocktail
relish
crudité
dip
antipasto
bruschetta
tapa
caviar
amuse bouche

QUESTIONS FOR DISCUSSION

1. What is butler-style service? Describe at least five guidelines to keep in mind when planning butler-style service of hors d'oeuvres.
2. How can you avoid soggy canapé bases?
3. In order to use a ham salad recipe to make a ham spread, you may need to change the recipe slightly. What are three modifications you may need to make?
4. What is the difference between a fruit salad and a fruit cocktail?
5. What is the proper consistency or thickness for a dip?
6. List six or more items that might appear on a cold antipasto platter.
7. Describe how to prepare the simplest type of bruschetta.
8. Describe the best way to serve the best-quality caviar.