

NOVEMBER 23

COMPOSITION WEEKLY



TIME TO EAT

BECAUSE WE DON'T JUST TEACH
AND TALK ABOUT WRITING

Here are a few recipes that were donated from people in the English department (and a few people who are associated with English department folk).

HAPPY THANKSGIVING

Thanksgiving Recipes

GREEN BEANS

SAUTEED GREEN BEANS AND BRUSSELS SPROUTS WITH CHILE AND MINT

BACON WRAPPED GREEN BEANS

GREEN BEAN CASSEROLE

QUICHE

TOMATO QUICHE



ZUCCHINI QUICHE

GOAT CHEESE AND VEGETABLE PUFF

DESSERTS

SWEET POTATO CASSEROLE

PEAR GRUYERE PIE

SCØRPA (NORWEGIAN BISCOTTI)

PECAN PIE WITH BRANDIED CREAM

GREEN BEANS

Sauteed Green Beans and Brussels Sprouts with Chile and Mint

- 1 pound green beans, trimmed
- 3 tablespoons olive oil
- 1/4 teaspoon hot red pepper flakes
- 1 1/2 pounds Brussels sprouts, trimmed and sliced lengthwise 1/4 inch thick
- 1/3 cup water
- 1 teaspoon dried mint

Preparation

Cook green beans in a 4-quart pot of well-salted boiling water, uncovered, until crisp-tender, 3 to 4 minutes. Drain.

Meanwhile, heat oil with red pepper flakes in a 12-inch heavy skillet

(preferably straight-sided) over medium-high heat until it shimmers. Sauté Brussels sprouts with 1/2 teaspoon salt until crisp-tender, about 6 minutes.

Add beans and sauté 2 minutes. Add water and boil until evaporated and vegetables are just tender, about 2 minutes. Remove from heat and stir in mint. Season with salt.

Cooks' notes: •Green beans can be boiled 1 day ahead and chilled in a sealable bag lined with damp paper towels.

•Brussels sprouts can be cut 1 day ahead and chilled in a sealable bag lined with damp paper towels.



Bacon Wrapped Green Beans

1 pound Fresh Green Beans
5 Strips Of Bacon
3 Tbsp Melted Butter
¼ cup Brown Sugar
1 clove Garlic - Pressed/Finely Chopped
⅛ tsp Soy Sauce

Directions:

boil green beans in large pot till tender. meanwhile, fry the bacon in a skillet over med-low heat. you want the bacon to cook 'soft'. do not 'crisp' the bacon. place aside on paper towels to cool and reduce grease. then cut the strips into halves.

after beans have been drained, i like to put a little butter in the pot to melt on the beans (this is optional and not included in the ingredients above). in a 13x9 pan lay one of the 'half' pieces of bacon and place several beans (about 6-7) then wrap the bacon around the bundle of beans and secure with a toothpick. continue doing this till the beans are gone.

melt the 3 tsp of butter in small sauce pan. add brown sugar, garlic salt and soy sauce and mix continuously over med-high heat. once completely blended, brush over the bundles with a 'cooking' brush until mixture is gone. Bake in the oven at 400 degrees for 10-15 minutes.

Classic Green Bean Casserole

Serves 10 to 12. Published November 1, 2006.



Using fresh green beans rather than frozen or canned was our first update to

the classic green bean casserole recipe. In place of canned soup, we made a mushroom variation of the classic French velouté sauce. Ultimately, we found that the canned onions couldn't be entirely replaced in our green bean casserole recipe without sacrificing the level of convenience we thought appropriate to the dish, but we masked their commercial flavor with freshly made buttered bread crumbs.

The components of the casserole can be prepared ahead of time. Store the breadcrumb topping in an airtight container in the refrigerator and combine with the onions just before cooking. Combine the beans and cooled sauce in a baking dish, cover with plastic wrap, and refrigerate for up to 24 hours. To serve, remove the plastic wrap and heat the casserole in a 425-degree oven for 10 minutes, then add the topping and bake as directed. This recipe can be halved and baked in a 2-quart (or 8-inch-square) baking dish. If making a half batch, reduce the cooking time of the sauce in step 3 to about 6 minutes (1 3/4 cups) and the baking time in step 4 to 10 minutes

INGREDIENTS

- Topping
- 4slices white sandwich bread , each slice torn into quarters
- 2tablespoons unsalted butter , softened
- 1/4teaspoon table salt
- 1/8teaspoon ground black pepper
- 3cups canned fried onions (about 6 ounces)
- Beans and Sauce
- Table salt
- 2pounds green beans , ends trimmed, and halved
- 3tablespoons unsalted butter
- 1pound white button mushrooms , stems trimmed, wiped clean, and broken into 1/2-inch pieces (see illustrations below)
- 3medium cloves garlic , minced or pressed through garlic press (about 1 tablespoon)
- Ground black pepper
- 3tablespoons unbleached all-purpose flour
- 1 1/2cups low-sodium chicken broth
- 1 1/2cups heavy cream

INSTRUCTIONS

1. FOR THE TOPPING: Pulse bread, butter, salt, and pepper in food processor until mixture resembles coarse crumbs, about ten 1-second pulses. Transfer to

large bowl and toss with onions; set aside.

2. FOR THE BEANS AND SAUCE: Adjust oven rack to middle position and heat oven to 425 degrees. Fill large bowl with ice water. Bring 4 quarts water to boil in large Dutch oven. Add 2 tablespoons salt and beans. Cook beans until bright green and crisp-tender, about 6 minutes. Drain beans in colander and plunge immediately into ice water to stop cooking. Spread beans on paper-towel-lined baking sheet to drain.
3. Add butter to now-empty Dutch oven and melt over medium-high heat until foaming subsides. Add mushrooms, garlic, 3/4 teaspoon salt, and 1/8 teaspoon pepper; cook until mushrooms release moisture and liquid evaporates, about 6 minutes. Add flour and cook for 1 minute, stirring constantly. Stir in broth and bring to simmer, stirring constantly. Add cream, reduce heat to medium, and simmer until sauce is thickened and reduced to 3 1/2 cups, about 12 minutes. Season with salt and pepper to taste.
4. Add green beans to sauce and stir until evenly coated. Arrange in even layer in 3-quart (or 13 by 9-inch) baking dish. Sprinkle with topping and bake until top is golden brown and sauce is bubbling around edges, about 15 minutes. Serve immediately.

TECHNIQUE

Quicker Vegetable Prep For Green Bean Casserole

Breaking Mushrooms: 1. Using your thumb, pop the caps off their stems.

2. Squeeze both the stem and the cap between your thumb and forefinger to break each into pieces.

Trimming Green Beans: Line up about 8 beans in a row on a cutting board. Trim about 1/2 inch from each end, then cut the beans in half.

QUICHE

Puff Pastry

Ingredients

- 2 cups all purpose flour
- 1/4 teaspoon salt
- 1 cup butter, cut up
- 1/3 cup water

Directions:

Sift the flour and salt into a bowl and cut in the butter with a pastry cutter (or rub in with your finger tips), until the mixture resembles bread crumbs. Gradually stir in enough water to make a smooth dough. Shape into a ball and wrap in plastic wrap. Refrigerate for one hour.

Tomato Quiche



Ingredients

- 15-20 cherry tomatoes
- 4 large eggs
- 1/2 cup heavy cream
- 1/2 cup fresh ricotta cheese, drained
- 6 tablespoons freshly grated Parmesan cheese
- salt and freshly ground black pepper
- 4-6 leaves fresh basil, finely chopped
- 1/2 teaspoon dried oregano

Directions

1. Preheat the oven to 350F. Butter a 10-inch pie pan.
2. Cut the cherry tomatoes in half and gently squeeze out as many seeds as possible.
3. Beat the eggs, cream, ricotta, Parmesan, salt, and pepper in a medium bowl with an electric mixer at medium speed until well mixed. Stir in the basil and oregano.
4. Roll out the pastry on a lightly floured work surface to 1/4-inch thick. Line the prepared pan with the pastry.
5. Pour the egg and cheese mixture over the base. Add tomatoes one by one, cut side down, pressing them into the filling slightly.

6. Bake until golden brown and set, about 45 minutes.
7. Serve hot or room temperature.

Zucchini Quiche

Ingredients

- 8 oz frozen puff pastry, thawed
- 2 tablespoons poppy seeds
- 6 zucchini with flowers attached
- 2 tablespoons butter
- 2 eggs + 1 egg yolk
- salt and freshly ground pepper
- 1 bunch arugula shredded
- 2/3 cup heavy cream
- 8 tablespoons freshly grated Parmesan cheese

Directions

1. Preheat oven to 400F. Butter a 10-inch pie plate.
2. Place the pastry on a lightly floured work surface and sprinkle with 1 tablespoon of poppy seeds. Roll out into a thin sheet of waxed paper and fill with pie weights or dried beans. Bake blind for 20 minutes.
3. Trim the zucchini flowers and cut each one into 3-4 pieces. Slice the zucchini thinly lengthwise. Saute the zucchini in the butter in a large frying pan over medium heat for 3 minutes. Add the flowers and saute for five minutes.
4. Beat the eggs and egg yolk in a medium bowl with an electric mixer at high speed until frothy. Season with salt and pepper. Add the arugula, cream, and Parmesan. Mix in the sauteed zucchini and flowers.
5. Pour the mixture into the pastry case and sprinkle with the remaining poppy seeds.
6. Bake until golden brown and set, about 25 minutes. Serve hot or at room temperature.



Goat Cheese and Vegetable Puff



Ingredients

- 8 oz eggplants, thinly sliced
- 2 red bell peppers, seeded, cored, and halved
- 1 1/4 cups fresh creamy goat cheese
- 1 egg and 2 egg yolks
- 1 clove garlic, finely chopped
- salt and freshly ground pepper
- 8 oz frozen puff pastry, thawed
- 10 cherry tomatoes, sliced
- 6 leaves fresh basil or mint, torn

Directions

1. Preheat oven to 375F. Oil a 10-inch pie pan.
2. Grill the eggplants in a grill pan until tender. Broil the bell peppers whole in the oven until the skins are blackened all over. Wrap in aluminum foil for 10 minutes, then remove the skins. Slice into long strips. Rinse carefully and dry well.
3. Place the goat cheese in a large bowl with the egg, egg yolks, garlic, and salt and pepper. Mix well with a wooden spoon.
4. Roll the pastry out on a lightly floured work surface to fit the bottom and sides of the pan. Prick all over with a fork.
5. Spoon the goat cheese filling into the pastry. Arrange the tomatoes, bell peppers, and eggplant on the top. Sprinkle with basil or mint, if liked, and season with salt and pepper.
6. Bake until the pastry is golden brown, 30-35 minutes. Serve hot or at room temperature.

DESSERT

Sweet Potato Casserole

Ingredients



- 4 cups sweet potato, cubed
- 1/2 cup white sugar
- 2 eggs, beaten
- 1/2 teaspoon salt
- 4 tablespoons butter, softened
- 1/2 cup milk
- 1/2 teaspoon vanilla extract
- 1/2 cup packed brown sugar
- 1/3 cup all-purpose flour
- 3 tablespoons butter, softened
- 1/2 cup chopped pecans

Directions

- 1.) Preheat oven to 325 degrees F (165 degrees C). Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.
- 2.) In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract. Mix until smooth. Transfer to a 9x13 inch baking dish.
- 3.) In medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.
- 4.) Bake in the preheated oven 30 minutes, or until the topping is lightly brown.



Pecan Fig pie with Brandied cream:

Ingredients:

- 3/4 cup Dried Calimyrna Figs, finely chopped stemmed
- 2 tbsp. Brandy
- 2 tbsp. Water
- 1 cup Golden Brown Sugar, packed
- 1 cup Light Corn Syrup

- 3 large Eggs
- 1/4 cup Unsalted Butter, melted & cooled
- 1 1/2 tsp. Vanilla Extract
- 1/4 tsp. Salt
- 2 cups Pecan Halves, toasted
- Flaky Pie Crust Dough

Cream:

- 1 cup Whipping Cream, chilled
- 2 tbsp. Sugar
- 1 tbsp. Brandy

Directions:

For filling: Stir figs, brandy, and water in heavy small saucepan over low heat until liquid is absorbed, about 5 minutes; cool.

Mix brown sugar, corn syrup, and next 4 ingredients in medium bowl. Stir in pecans, then fig mixture.

Preheat oven to 375°F. Roll out dough on lightly floured surface to 13-inch round. Transfer to 9-inch-diameter deep-dish glass pie dish. Fold edge of dough over, forming double edge, and crimp decoratively, pressing to top edge of dish. Pierce all over with fork. Freeze crust 15 minutes.

Line crust with foil; fill with dried beans or pie weights. Bake until sides are set, about 12 minutes. Remove foil and beans. Bake until crust is pale golden, pressing with back of fork if crust bubbles, about 10 minutes. Reduce oven temperature to 325°F.

Spoon filling into warm crust. Bake until filling is puffed at edges and set in center, about 40 minutes. Let stand until cool, at least 1 hour. (Can be prepared 1 day ahead. Cover and chill.)

For cream: Beat cream, sugar, and

brandy in medium bowl. Whisk until peaks form. (Can be made 4 hours ahead. Cover; chill.) Serve pie with cream.



Scørpa (Norwegian Biscotti)

- 4 1/2 to 5 cups all-purpose flour
- 1 teaspoon freshly ground or 2 to 3 teaspoons bottled ground cardamom
- 1/2 teaspoon salt
- 1 cup butter
- 1 1/2 cups sugar
- 3 eggs
- 1/4 cup heavy cream

- 1.) Preheat the oven to 350°F.
- 2.) Sift or stir together 4 1/2 cups flour with the cardamom and salt, and set aside. Cream the butter and sugar until light and fluffy. Beat in the eggs, one at a time, and stir in the dry ingredients alternately with the cream. The dough should be stiff enough to roll and shape; if not, sift in additional flour. With lightly floured hands, divide the dough into three portions. Roll and shape each portion into a cylindrical loaf 12 to 14 inches long, and transfer the loaves to an ungreased baking sheet. Bake for 30 minutes, until firm to the touch and very slightly colored.
- 3.) Remove the loaves and reduce the oven temperature to 150°F. While they are still warm, slice the loaves crosswise into 1/2 inch slices. Arrange the slices on the baking sheet cut side down and return them to the oven to dry for 2 to 3 hours, turning at least once. Allow the scørpa to cool completely before packing in a storage container. Makes about 3 1/2 dozen cookies.

Pear Gruyere Pie

Makes one 9 to 10 inch pear pie

Whisk together the flour, salt, sugar and grated gruyere in a large mixing bowl. Using a food processor, mix butter and flour/cheese mixture until the largest butter chunks are the size of large peas.

Remove flour/cheese/butter mixture from food processor return it to the large mixing bowl. Sprinkle ice water over flour in increments of one tablespoon, toss with fork after each addition. Be careful not to add too much water. You can get an even water distribution by adding putting the water in one of those spritzer bottles. When dough begins to clump together as you stir, test the dough by squeezing it in your hands, if it forms in a lump then gather the rest of the dough together into two separate disks, leaving one slightly larger than the other. Wrap the dough in plastic wrap and refrigerate overnight. Or if you are in a rush, toss the dough in the freezer for about an hour, when it's solid yet still gives slightly under your touch, it's ready to go.

Preheat oven to 350 degrees F. Add sugar, wine, water, vanilla, cinnamon stick, ginger, nutmeg and clove into a large stock pot or dutch oven. Bring to a boil. Put an empty medium bowl into the freezer to chill.

Peel and halve pears. Scoop the core and seeds out and then cut the halves in half. Once liquid mixture has come to a boil add cut pears. Simmer for about 20 minutes until the pears are tender.

Using a slotted spoon remove the pear quarters from the poaching liquid and put them into the chilled bowl.

Return the poaching liquid to a boil and reduce until you have about 3/4 of a cup of syrup. Add 2 teaspoons of cornstarch to the syrup to thicken the syrup further. Pour the syrup into a measuring cup and chill.

In the meantime, roll the larger piece of dough into a circle around fourteen inches in diameter. I roll out the dough between two pieces of plastic wrap to keep it from sticking. Peel off one side of the plastic wrap

and center that side of the dough in the pie plate then remove the other sheet of plastic wrap.

Remove the pears from the chilled bowl layer them into the bottom of the pie. Pour the syrup on top of the pears.

Roll out the slightly smaller dough dish into circle around twelve inches in diameter. Place this dough round on top of the pie. Seal the crusts together using a fork or your fingers. Brush the top of the pie with the beaten egg, and make three parallel slits in the top crust to allow steam to escape. Or if you are feeling fancy pantsy, feel free to make decorative cutouts.

Put the pie on a cookie sheet to catch any drips--I like to



cover my cookie sheet with parchment paper or aluminum foil to minimize the mess. Put the pie in the oven, bake until the crust is golden and you can see the filling bubble up between the slits in the crust, about 30 to 40 minutes. Cool and

serve with vanilla ice cream.

Ingredients

Gruyère Pie Crust:

2 1/2 c. unbleached all-purpose flour
1 tsp salt
1 tbsp. sugar
20 tbsp. unsalted butter, cut into 1 in pieces
3 oz. Gruyère, grated finely
6-7 tbsp. ice water

Spiced Poached Pear Pie Filling:

3 lbs. Bartlett pears
1/4 c. white sugar
3/4 c. port wine
1 1/2 c. water
2 tsp. cornstarch
2 tsp vanilla
1/2 tsp. ginger
1/4 tsp. nutmeg
1/4 tsp clove
1 cinnamon stick
1 egg, lightly beaten (for crust)

