

IN FOOD CURRENTS: ADD THESE VEGGIES TO YOUR CHICKEN SOUP TO PREVENT COLDS—NOT JUST CURE THEM

Whisk

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A Busy Mom's Dream
Draizy's Weeknight Slow Cooker Specialties

*From Tarte Tatin to
Morrocan Tagine*
Gayle Squires Brings the
Flavors Home

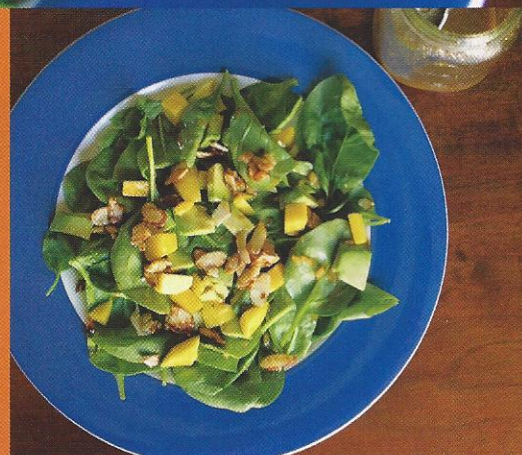


Recipes That Travel

Do you get your recipes from your neighbor next door? Or from half-way around the world? Gayle Squires brings the flavors home.

By Victoria Dwek

Recipes by Gayle Squires



Her parents had a deal. Even though both of them worked full-time, and had to travel often, they would never travel at the same time and leave Gayle, then nine-years-old, and her four-year-old sister without a parent overnight.

But then there was that London conference. They both had to go. So while they fretted with the details and possible arrangements (could the children possibly stay with their grandmother?), Gayle walked in on the conversation.

"I'm nine-years-old and I've never been out of the country. Take me with you to London," Gayle told them.

So they did.

"I loved it," Gayle told me. "Every morning, I had a chocolate croissant and hot chocolate and I felt very grown up."

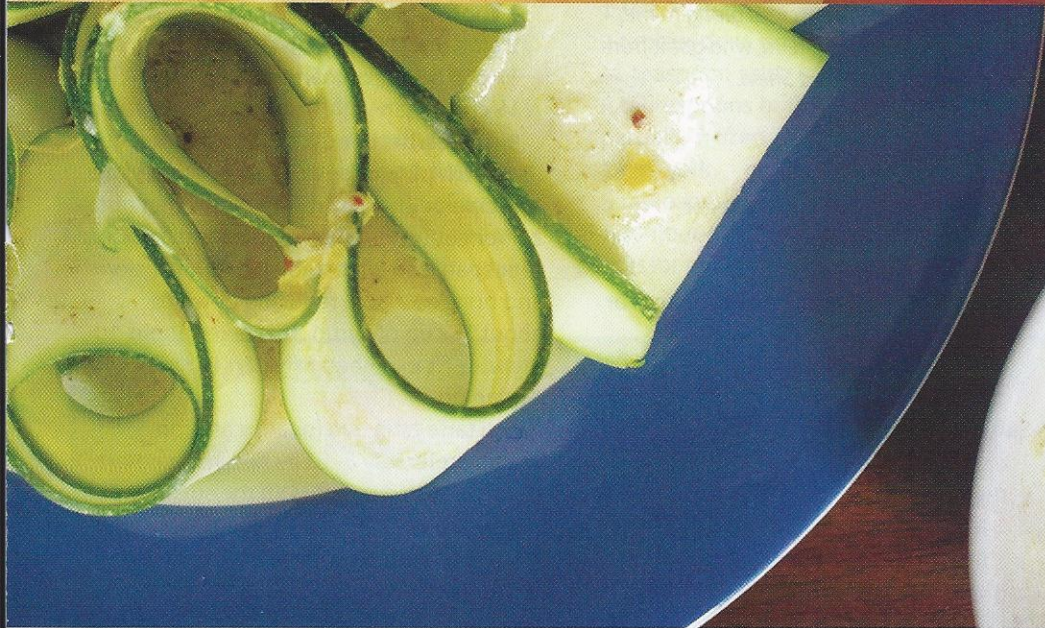
Since then, travel for Gayle has become synonymous with trying new foods and digging up exotic recipes—she doesn't leave a country without one. After her trip to Panama, she came home with a great recipe for ceviche—with raw fish, lime, chili peppers, and jicama. After traveling through Spain

this year, she discovered *salmorejo*, which is a type of thick gazpacho, made from only tomatoes and thickened with bread (yes, the bread goes right into the blender for this soup).

"I grew up in Maryland, but after college moved to Washington, D.C., which has a tight-knit Jewish community. I started cooking seriously when I started keeping Shabbat—I would have a lot of company every couple of weeks." Inspired by her travel (and places she wanted to visit), each meal would be a different theme—it could be Mexican, French, or Thai.

Gayle squeezed her international trips in between her years in medical and business school (By day, she's a doctor who works on the business side of medicine. Her surgical gloves, she told me, come in handy when preparing fresh beets.)

Visitors to Gayle's Kosher Camembert blog love her daring and enthusiastic approach to trying new things—and you will, too. On the following page, Gayle shares some of her favorite internationally-inspired recipes with *Whisk* readers.



Moroccan Beef and Chickpea Tagine

The day before we spoke, Gayle had attended the first class in a six-week cooking techniques course. "We learned about the different types of chopping, mincing, and how to make garlic paste. We chopped all day—potatoes, celery, onions, garlic, carrots, zucchini, leeks, scallions, peppers, tomatoes." Chop...chop...after a day of creating brunoise (the French culinary term for a tiny dice), Gayle went home and wanted to—chop some more.

"During the class, the instructor also showed us a trick for testing the sharpness of our knives. Hold a paper up in front of you with your left hand. Then, with your right hand, try to slice the knife through the paper. It should slice right through. People think that they shouldn't invest in sharp knives because they are afraid of getting cut, but it's the opposite—you're more likely to cut yourself when using a dull knife because you have to work harder."

Before chopping in her own kitchen, Gayle tested her knives. "They all failed. Therefore, I made stew—the perfect thing to make with dull knives because I don't have to do any fine dicing."

So Gayle chopped and prepared a Moroccan stew. This stew can be prepared vegetarian, or with meat. Simply double the amount of chickpeas if making it vegetarian. You can also adjust the spices if you like it milder or spicier.

Olive oil
2 to 3 pounds stew meat
1 tablespoon cumin
½ tablespoon cinnamon
Pinch of nutmeg
½ tablespoon coriander
¼ teaspoon turmeric
½ teaspoon ginger
Several saffron strands seeped 5 minutes in hot water
8 to 10 cups water
1 large onion
3 to 4 large carrots (or 2 large handfuls of baby carrots)
3 to 4 celery stalks
3 to 4 thin-skinned potatoes
2 large zucchini
Salt and pepper to taste
3 to 4 cups canned chickpeas
2 boxes couscous, prepared according to package directions

1. Heat enough olive oil to cover the bottom of a large heavy pan (I used a large 6 ¾ quart cocotte/dutch oven) until it glistens. Cut meat into smaller pieces (¾ to 1-inch cubes) and brown with half the spices. Add the water and bring to a boil. Scrape up the good bits stuck to the bottom of the pan. Turn down the heat and simmer, covered, for 30-40 minutes until the meat starts to get tender.

2. Prepare the vegetables. Roughly chop onions into large pieces. Cut baby carrots in half or peel and cut carrots into 1-inch pieces. Cut celery into 1-inch pieces. Scrub the potatoes and dice into 1-inch cubes. Cut zucchini into large half moons.

3. When meat is tender, add onions, carrots, potatoes, and the rest of the spices, salt, and pepper. Simmer, covered, for another 30 to 40 minutes until vegetables are tender. Add zucchini and simmer for another 20 minutes. Add chickpeas during the last 10 minutes.

4. To serve, pour meat, vegetables, and broth over prepared couscous (or Israeli couscous, sometimes called *p'titim* Hebrew or *acini de pepe* in Italian).

Yield: 6-8 with plenty of leftovers

Shevi-Randi Salad

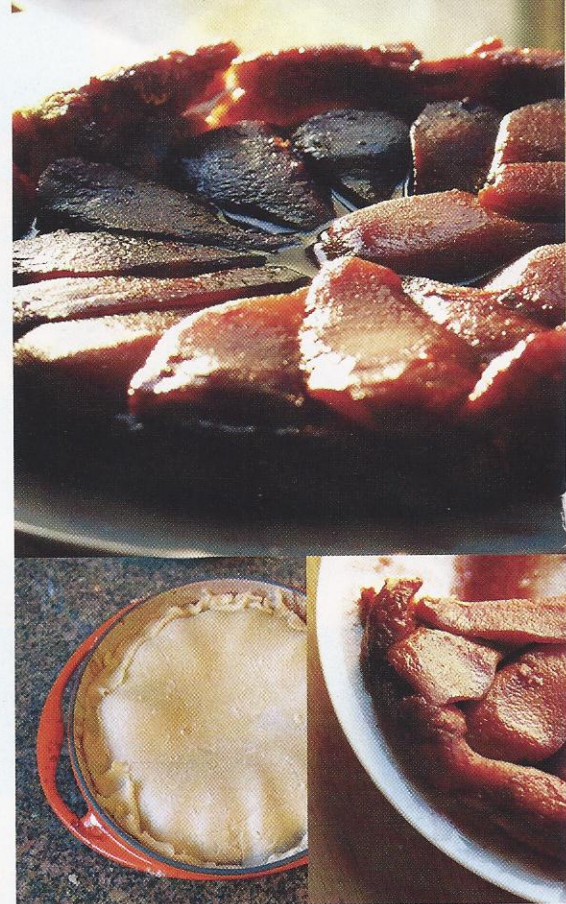
"One of my closest friends, named Meira, has a friend named Randi, who lives in South Africa. I've been to South Africa but I never met Randi. Every year, Randi would give Meira whatever salad recipe was popular in the South African community at the time. Then... Meira would pass the recipes along to me." This salad came from Meira, who got it from Randi, and her husband Shevi.

Dressing:

1/3 to 1/2 cup canola oil
1/3 cup cider or white vinegar
½ teaspoon garlic salt
2 tablespoons sugar
2 tablespoons finely diced shallots or Vidalia onion
1 teaspoon curry powder
1 teaspoon soy sauce

Salad:

4 cups lettuce (I love baby spinach or red leaf lettuce)
1 avocado, diced
1 mango, diced (papaya – "paw paw" as it's called in South Africa – works well too)



1 cucumber, diced
½ cup caramelized almonds

1. Blend dressing. In a large bowl, combine salad ingredients. Add dressing before serving.

Tarte Tatin aux Poires et Vin

This tart took Gayle many tries to perfect. It's a challenging, special occasion dessert—inspired by the pastry of France—but worth it.

2 cups red wine
2 cinnamon sticks
¼ cup butter or margarine
½ cup sugar
3 to 4 Bartlett or d'Anjou pears
1 batch pâte brisée or sucrée (see recipe below) or prepared pie crust

1. Preheat oven to 400°F. In a small saucepan, add wine and cinnamon sticks and bring to a boil, reducing down to about ¼ cup of syrup. This takes about 10 minutes. The kitchen will start to smell like cinnamon.

2. In a tarte tatin pan (or any cast iron skillet, preferably 8-10 inches in diameter), melt butter/margarine with the sugar and stir frequently over low-medium heat until it starts to turn a golden brown. Watch very carefully. The second it starts to turn brown, remove from heat. Lower heat and return



the pan to the burner and let it turn a little more golden. Continue to watch carefully. Add the wine syrup and simmer on low. Keep stirring until the sugar dissolves again.

3. Peel the pears, cut into halves or quarters, and core (a mini melon baller helps). Arrange the halves (cut side up) or quarters (on their sides or belly side up if they'll balance) in a circle around the pan (still over low heat) with thin ends pointed in. Cook for 15 to 20 minutes over low heat. The caramel will bubble up as the pears soften and pear juices seep out.

4. Remove pâte sucrée dough (recipe below) from freezer/fridge and roll between two sheets of wax paper into a circle about 1 to 2 inches larger than your tatin pan. Remove the top sheet of wax paper, flip the crust over the fruit, and peel away the wax paper, tucking the dough in

around the edges. Cut a few slits into the crust so steam can escape.

5. Bake for 30 minutes until crust turns a nice brown. Let cool.

6. Place a plate (slightly larger than the tatin pan) over the pan, and carefully flip the tatin on to the plate. Serve warm or at room temperature with vanilla ice cream or gelato.

For pâte sucrée crust:

- 1 ¼ cup flour
- 2 tablespoons confectioners' sugar
- ¼ teaspoon salt
- 6 tablespoons butter/margarine, partially frozen
- 1 egg yolk
- 3 tablespoons cold water

1. Add flour, sugar, and salt to the food processor and mix. Add frozen butter/

margarine and pulse approximately 10 times until the mixture is the consistency of corn meal. Add egg yolk and 1 tablespoon cold water, and pulse approximately 5 times. Add 1 tablespoon cold water, and pulse approximately 5 times. Add the last 1 tablespoon of water, a little at a time, pulsing in between additions, until the dough starts to come together. It will still be a bit crumbly.

2. Gather the dough into a ball, flatten and wrap in plastic wrap. Freeze for 20 minutes before using, or keep frozen until ready to use and defrost at room temperature for about 15 minutes before using.

Yield: Serves 6 to 8

Zucchini Ribbon Salad with Middle Eastern Spices

If you don't have a mandoline, you can use a vegetable peeler to shave the zucchini. You can serve the strands loose, or "if you want to be really fancy, make a zucchini cage," Gayle says.

- 1 medium to large sized zucchini
- 1 lemon
- 2-3 tablespoons olive oil
- Good pinch of cumin
- Small pinch of Aleppo (or cayenne) pepper flakes
- 1 tablespoon labne (Middle Eastern savory yogurt)
- Salt and pepper

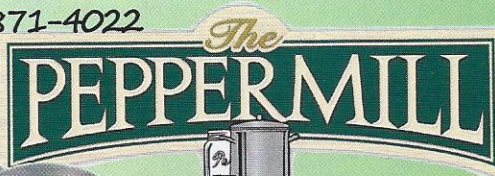
1. Using a mandoline or vegetable peeler, shave zucchini lengthwise to make long thin ribbons. Arrange ribbons on a plate.

2. Zest and juice the lemon into a bowl. Add olive oil, cumin, pepper and whisk. Then add the labne and whisk until smooth. Add salt and pepper to taste.

3. Drizzle dressing over the zucchini ribbons. Let the zucchini marinate for a few minutes before serving.

Yield: 1-2; this recipe is easily doubled or tripled

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