

Gourmet in Paradise

By Lynne Grillmair



Enjoy these select CMH recipes, notes, and drawings pulled from Lynne Grillmair's full cookbook, *Gourmet in Paradise*.

A Canadian-inspired dinner menu

To start:

Anniversary Salad
Little Brown Buns

Main:

Barley Casserole
Puréed Turnip with Peas in Tart Shells
Green Beans (a suggested pairing. No recipe)
Roasted Beef Tenderloin

Dessert:

Gâteau Gmoser aux Framboise



ANNIVERSARY SALAD

*For lack of a better name, I used one of the mountains that we see looking out the front window at the Bugaboo Lodge.
The cheese and the sunflower seeds make it special.*

SALAD		
1 head	Lettuce, curly leaf	1 head
1	Red Delicious Apple	1
1	Cucumber, peeled and seeded	1
1/4 c.	Sunflower Seeds, raw, hulled	40 g.
3 oz.	Processed Emmenthal Cheese*	100 g.
DRESSING		
2 tbsp.	Oil	30 ml.
4 tbsp.	Malt Vinegar	60 ml.
2 tsp.	Fresh Tarragon	2 tsp.
2 tbsp.	Dijon Mustard	2 tbsp.
1/2 c.	Table Cream	125 ml.
	Salt and Pepper, to taste	
1	Garlic Clove, crushed	1

Clean lettuce and spin dry. Tear into large salad bowl. Cut the cheese into ¼” cubes using dental floss or cheese cutter and keep in refrigerator until ready to use.

Make dressing whenever convenient by measuring the oil, vinegar, mustard, tarragon, garlic, salt and pepper into a cup. Beat in cereal cream slowly until mixture thickens. Makes ¾c. (185 ml.)

*Processed Emmenthal can be purchased in a German delicatessen. It has the texture of Velveta cheese but very different flavour.

SERVES 8



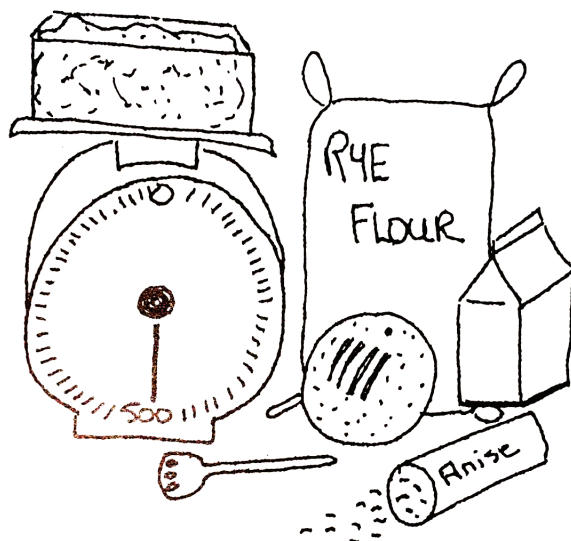
LITTLE BROWN BUNS

Very much a favourite with the staff girls. They always relished the next morning's breakfast with peanut butter and jam on these.

1 tbsp.	Yeast	1 tbsp.
1/2 c.	Lukewarm Water	125 ml.
1 tbsp.	Honey	1 tbsp.
1 tbsp.	Salt	1 tbsp.
1 c.	Sunny Boy (Red River) Cereal, cooked	250 g.
4 c.	Whole Wheat Flour	560 g.

Dissolve yeast in water in a large mixing bowl with honey. When bubbly, add cooled 5 grain cereal, salt and enough whole wheat flour to make a stiff dough (a machine with a dough hook is invaluable here). Turn out and knead until smooth and elastic. Place in greased bowl, cover with plastic and let rise until doubled. Punch down and let rise again. Turn out and shape into small oblong buns. Slash tops with a sharp knife. Place on a greased cookie sheet and cover. Let rise once more. Bake at 425°F (210°C) for 15 to 20 minutes.

MAKES 2 DOZEN ROLLS



BARLEY CASSEROLE*

This is a pleasant change from choosing rice as the starch.

This can also be served as a dish on its own.

1 tbsp.	Oil	15 ml.
1/2 medium	Onion, chopped	1/2 medium
2	Celery Stalks, diced	2
1/2 lb.	Mushrooms, sliced	225 g.
1/2 c.	Red Pepper, diced	40 g.
1/2 c.	Green Pepper, diced	40 g.
3 tbsp.	Parsley, finely chopped	2 tbsp.
2 ^{3/4} c.	Beef Stock	700 ml.
1/4 c	Red Wine	60 ml.
1 c.	Barley	200 g.
1/2 tsp.	Salt	1/2 tsp.

In a heavy bottomed pot with a tight-fitting lid, sauté the vegetables in oil. Then add the barley and coat with oil. Add liquids and cover. Bring to a boil. Reduce heat and cook until mixture has absorbed the liquid. (It can be placed in a covered casserole dish and placed in the oven to bake 30 to 40 minutes at 350°F [180°C]).

To make a luncheon dish, add finely diced lamb, a little rosemary and lemon juice.

SERVES 6-8



PURÉED TURNIP with PEAS in TART SHELLS

An elegant presentation to put the finishing touch on a dinner party menu featuring Prime Rib or Pork Loin Roast.

1/2 lb	Yellow Turnip, peeled, cubed and boiled until tender	230 g.
3 tbsp.	35% Cream	45 ml.
pinch	Nutmeg	pinch
1/2 c.	Green Peas	70 g.
12	Tart Shells, baked	12

Boil turnip in salted water. When soft, drain and mash with cream and nutmeg. Add salt and pepper if desired. Add peas and spoon into prepared tart shells (see p. 198). Serve immediately or the pie crust may get soggy.

SERVES 6



ROASTED BEEF TENDERLOIN with GINGERED CUCUMBERS

A very simple preparation for this choice beef cut. The bacon wrapped around the filet keeps it moist and, of course, adds flavour.

4 lbs.	Filet of Beef, well trimmed	1.75 kg.
1 tbsp.	Dijon Mustard	1 tbsp.
3	Garlic Cloves, peeled and sliced (optional)	3
	Seasoning Salt, to taste	
4	Bacon Slices, cut in half	4

Make slits at suitable intervals in the flesh of the filet and push in a piece of garlic. This is optional if you like garlic. Spread Dijon mustard over, season and then lay bacon strips over. (If you want to barbecue this, tie the bacon pieces on.) Set on a rack and roast at 450°F (232°C) for 25 minutes. Let set 10 minutes before slicing into 1" (2.5 cm.) slices.

Béarnaise sauce is the traditional accompaniment (see p. 193) but a much lighter accompaniment and a refreshing change is a gingered cucumber dish.

3	Cucumbers, peeled, seeded and grated coarsely	3
1 tsp.	Salt	1 tsp.
1 tbsp.	Fresh Ginger, grated	1 tbsp.
1/2 c.	Sour Cream	125 ml.

Prepare the cucumbers early in the day. Sprinkle with salt, set a weight on top and refrigerate. Before serving, mix together ginger and sour cream. Drain cucumbers. Roll up in a towel and squeeze out as much juice as possible. Stir in sour cream mixture.

SERVES 8-10



GÂTEAU GMOSEK aux FRAMBOISES

*This very rich, moist dessert is a special birthday cake request from one of our regular guests.
It is named after Hans Gmoser who happens to be a chocoholic!*

Make the day before:

CHOCOLATE CAKE		
2 oz.	Cocoa Powder, sifted	50 g.
1 c.	Hot Water	250 ml.
2 c.	Sugar	400 g.
2/3 c.	Oil	160 ml.
2	Eggs	2
2 c.	Flour, sifted	280 g.
1/2 c.	Sour Milk	125 ml.
1 tsp.	Vanilla	1 tsp.
1 1/4 tsp.	Baking Soda	1 1/4 tsp.
1/2 tsp.	Salt	1/2 tsp.

In a mixing bowl, beat or stir cocoa, hot water and oil until no lumps of cocoa remain. Beat in sugar and eggs. Add soda and milk together. Add milk and flour alternately to cocoa mixture. Pour into an 8" x 12" x 1" (20 cm x 30 cm x 2.5 cm) rectangular baking dish that has been greased and lined with waxed paper. Spread evenly to the edges. Bake at 350°F (180°C) for 20 to 30 minutes. Cool completely. Split in half lengthwise and in half crosswise.

FILLING		
1 3/4 c.	Heavy cream	425 ml.
18 oz.	Semisweet Chocolate, chopped	600 g.

Heat the cream. Stir in chocolate and keep stirring until the chocolate is melted. Cool. Whip when cold, being careful not to let curdle.

ALMOND PRALINE		
1 c.	Whole Almonds, blanched and toasted	150 g.
1 c.	Sugar	200 g.
1/4 c.	Water	60 ml.
1/4 tsp.	Cream of Tartar	1/4 tsp.

Put the ingredients, except nuts, in a saucepan and cook until they turn a deep amber. Stir in almonds. Turn out on a buttered cookie sheet. Cool. Break into pieces and pulverize in a food processor.

ASSEMBLY:

Brush all the cake layers with raspberry sauce (p. 142). Sprinkle praline on top. Spread whipping cream on top of each piece and stack. Very carefully spread raspberry sauce on top of the whipping cream on the top layer, smoothing over. If there is any cream left, pipe around the edge of the cake. Coat the sides of the cake with leftover praline. Chill well before serving.

SERVES 12





Bob Cram Cartoon

YOU SHOULDA
BEEN HERE
YESTERDAY!

III/86 .
Bugaboos .

