

## POMMES ALIGOT

### Ingredients

- 4 medium Yukon Gold potatoes (about 2 pounds), peeled and quartered
- Kosher salt
- 2 garlic cloves, minced
- 6 tablespoons unsalted butter, at room temperature
- 1 cup heavy cream, warmed
- 1½ pounds Tomme d'Auvergne, rind removed and cut into ½-inch cubes (¾ pound Gruyère and ¾ pound fresh mozzarella can be substituted for Tomme d'Auvergne)
- Freshly ground black pepper

### Directions

Put the potatoes in a medium pot and add enough cold water to cover by 2 inches. Add enough salt so that the water tastes salty, like the ocean, and bring a boil over high heat. Reduce the heat to a simmer and cook until the potatoes can be easily pierced with a knife, about 15 minutes. Drain.

Immediately pass the potatoes through a food mill or ricer and return them to the pot. Set the pot over low heat and stir in the garlic, butter, cream and about half of the cheese. Once the cheese has melted, stir in the remaining cheese. Continue stirring until the potatoes can be stretched with a spoon like melted mozzarella. Season to taste with salt and black pepper.

## PASTA WITH SUN-DRIED TOMATO ALFREDO

### Ingredients

- 1 stick butter
- 2 cups heavy cream
- 2 teaspoons chopped garlic
- 1/2 to 1 tablespoons tomato paste
- 1/2 cup sun-dried tomatoes, diced
- 1 tablespoon chicken bouillon granules
- salt and pepper to taste
- 1 cup grated Parmesan cheese
- 1 pound fettuccine or bow tie pasta

### Directions

Cook pasta according to package directions. Drain.

In saucepan, melt butter and lightly sautéed garlic and diced sun-dried tomatoes. Add tomato paste, heavy cream and chicken bouillon and heat till small bubbles form but do not boil.

Add Parmesan cheese, cooking just until cheese melts. Add the fettuccine, stirring to coat well. Add salt and pepper to taste. Garnish with chopped Italian parsley. May be served with grilled chicken breast strips.

## MANGO CRISP

*The perfect dessert when you have an embarrassment of mangoes (And when you don't, you can substitute berries – blueberries, raspberries, strawberries – for some of the mango.) Although not an option on Receta (our boat freezer wouldn't keep ice cream), the crisp is delicious with vanilla ice cream. Alternatively, serve with lightly whipped cream, lightly sweetened sour cream, or yogurt, or crème fraiche.*

### Ingredients

For the topping:

- ½ cup flour
- ¾ cup quick-cooking or old-fashioned oats
- 2/3 cup packed brown sugar
- ¼ teaspoon freshly ground nutmeg
- 2 tablespoons finely chopped crystallized ginger
- 1/3 cup cold butter

For the fruit:

- 6 cups sliced ripe mango (about 3-4 mangoes)
- 1 ½ tablespoons freshly squeezed lime juice
- ¼ cup packed brown sugar (approx.)
- 2 tablespoons flour

### Directions

Preheat oven to 350 degrees F. Butter a 2-quart (8-inch square) baking dish.

Prepare the topping: In a large bowl, combine flour, oats, brown sugar, nutmeg, and crystallized ginger. Cut in cold butter until mixture resembles coarse crumbs. Set aside.

Toss the mango with lime juice. Combine sugar and flour, and toss with fruit. Taste and adjust sweetness if desired. Spread fruit in the prepared dish.

Sprinkle topping evenly over fruit. Bake in preheated oven for about 40-50 minutes, until the fruit is bubbling and the topping is crisp and lightly browned. Serve warm.

## ITALIAN MEATBALLS

### Ingredients

- 1 lb. ground beef extra lean
- 1/2 teaspoon sea salt
- 1 small onion, diced
- 1/2 teaspoon garlic salt
- 1 1/2 teaspoon Italian seasoning
- 3/4 teaspoon dried oregano
- 3/4 teaspoon crushed red pepper flakes
- 1 dash hot pepper sauce, or to taste
- 1 1/2 tablespoon Worcestershire sauce
- 1/3 cup milk
- 1/4 cup grated Parmesan cheese
- 1/2 cup seasoned bread crumbs

### Directions

Preheat oven to 400 degrees.

Place beef into mixing bowl. Add salt, onion, garlic salt, Italian seasoning, oregano, red pepper flakes, hot pepper sauce and Worcestershire, mix well. Add remaining ingredients; mix well and form into 1 1/2 inch meat balls, place on baking sheet. Bake in preheated oven until there is no pink in the center, approximately 20-25 minutes.

Serve meatballs over pasta, cooked per package directions. Top with your favorite marinara or tomato based sauce, and garnish with chopped fresh Italian parsley and shaved Parmesan.

## MARINARA SAUCE

### Ingredients

- 1/2 cup extra virgin olive oil
- 1 medium onion finely chopped
- 2 garlic cloves finely chopped
- 2 stalks celery finely chopped
- 2 carrots peeled and finely chopped
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 2 (32-oz.) cans crushed tomatoes
- Dried bay leaf

### Directions

In a large pot heat oil over medium flame. Sauté onions and garlic until translucent. Add celery, carrots, salt and pepper. Cook until all vegetables are soft, about 10 minutes. Add tomatoes and bay leaf. Simmer uncovered on low heat about an hour until thickens. Remove bay leaf. Season with salt and pepper to taste. Serve warm.

## COCONUT CUSTARD TART

### Ingredients

For the pastry:

- ½ cup sugar
- ½ cup butter
- 1 ½ cup flour

For the custard:

- 4 eggs
- ¾ cup white sugar
- 1 teaspoon vanilla
- ¼ teaspoon salt
- ¼ teaspoon freshly grated nutmeg
- 2 ½ cups heavy cream
- 1 cup shredded coconut

### Directions

Preheat the oven to 350°F.

To make the pastry, use a food processor or a pastry blender to blend the pastry ingredients into a coarse meal, and then press it into a 9-inch tart pan to make a crust. Bake in preheated oven until it is golden brown (about 20 minutes). Remove from oven and set aside to cool.

Raise oven temperature to 400°F. To make the custard, heat the milk in a heavy saucepan until just about to boil and remove it from the heat.

In a large bowl whisk together the eggs, sugar, nutmeg, and vanilla until the sugar has dissolved.

Stir 1/2 cup of the scalded milk into the egg mixture. Then slowly pour the remaining milk into the egg custard, whisking constantly.

Spread the shredded coconut in the bottom of the cooled tart shell, then pour in the custard.

Bake in preheated 400°F oven for 30 minutes, or until knife inserted in the centre comes out clean. Serve slightly warm or chilled.

### Tips

—Instead of a 9-inch tart, you can make smaller individual tarts.

## GOUGERES

### Ingredients

- 1/2 cup water
- 1/2 cup milk
- 1 stick (4 ounces) unsalted butter, cut into tablespoons
- Large pinch of coarse salt
- 1 cup all-purpose flour
- 4 large eggs
- 3 1/2 ounces shredded Gruyère cheese (1 cup), plus more for sprinkling
- Freshly ground pepper
- Freshly grated nutmeg

### Directions

Preheat the oven to 400°. Line 2 baking sheets with parchment paper. In a medium saucepan, combine the water, milk, butter and salt and bring to a boil. Add the flour and stir it in with a wooden spoon until a smooth dough forms; stir over low heat until it dries out and pulls away from the pan, about 2 minutes.

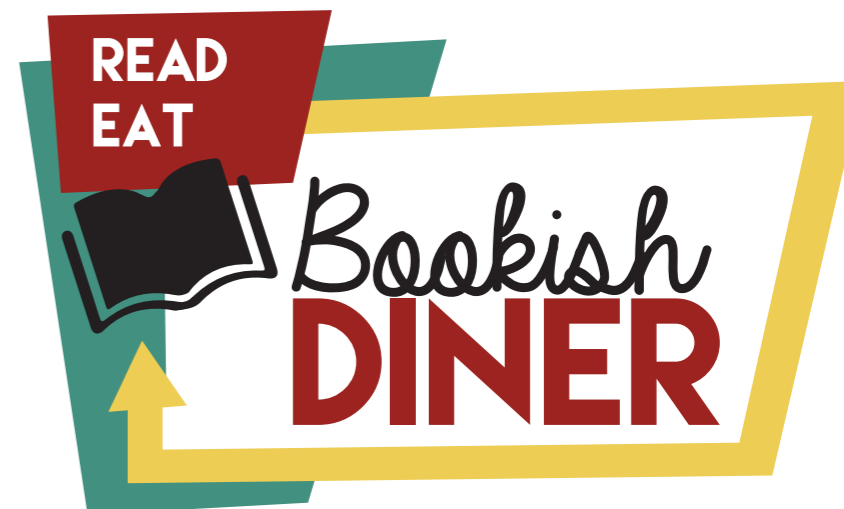
Scrape the dough into a bowl; let cool for 1 minute. Beat the eggs into the dough, one at a time, beating thoroughly between each one. Add the cheese and a pinch each of pepper and nutmeg.

Transfer the dough to a pastry bag fitted with a 1/2-inch round tip and pipe tablespoon-size mounds onto the baking sheets, 2 inches apart. Sprinkle with cheese and bake for 22 minutes, or until puffed and golden brown. Serve hot, or let cool and refrigerate or freeze. Reheat in a 350° oven until piping hot.

### Notes

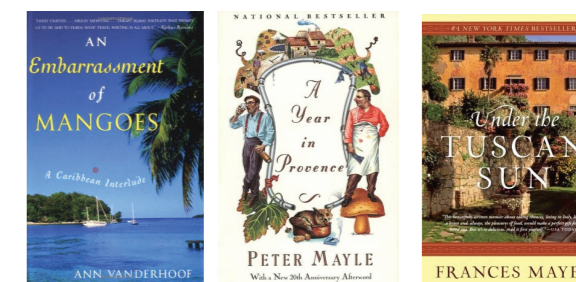
When making the choux pastry, it is important to be sure that each egg is fully incorporated into the batter before adding the next. Don't worry if the batter separates and looks curdled at first. Keep beating, and it will come together nicely.

Gougeres freeze well. It might be fun to make extra with your club, so you can all take some home. After baking, allow them to cool completely. When you return home, spread the gougeres out on a baking sheet, cover the sheet with plastic wrap and freeze them until they are firm. Then store them in sturdy plastic bags for several months.



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