

Virtual

March 2021

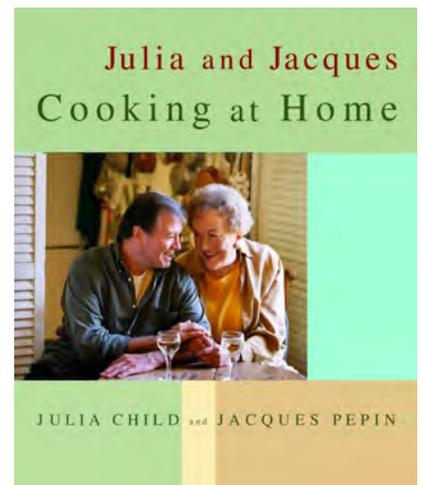


Cookbook Club

March 1 Meeting Notes

Participants: Judy, Elissa, Gladys, Joan, Sandy

Judy made 2 recipes from the book *Julia and Jacques: Cooking at Home* by Julia Child and Jacques Pépin. In this book, each author gives their version of each recipe with identical ingredients. The book also goes into basic cooking skills. Judy commented that Julia tends to use more old-fashioned methods. For instance, for the Stuffed Cabbage recipe she freezes the cabbage first, and removes the core. Jacques uses a different kind of lettuce than Julia uses. Judy feels Julia's methods are very intense and complicated in preparation. She opted for Jacques' versions.



Jacques' Stuffed Cabbage – Judy would definitely recommend this recipe. It had lots of spicy flavor.

French Potato Salad – For this recipe Judy used oil, white wine, and vinegar (although half the amount of vinegar that was called for in the recipe) to make the sauce. She used potatoes, 2 hard-boiled eggs, celery, scallions, garlic, white wine, Dijon mustard, chopped chives, basil, parsley, tarragon, sea salt, and black pepper.

Elissa made Eggplant Pizza from a recipe she found on the website juliachildsrecipes.com. This was a user-friendly format, unlike the Julia Child books, which seem intimidating.

For this recipe, Elissa baked one eggplant for a half hour. She prepared the sauce according to Julia's recipe—using olive oil, minced garlic, diced tomato, and oregano. Elissa doubled the batch of sauce so she could also use it with tortellini. She added parmesan and mozzarella cheese to the tops of the eggplant discs, and cooked then under the broiler. There is no meat in this recipe.



Elissa's Eggplant Pizza

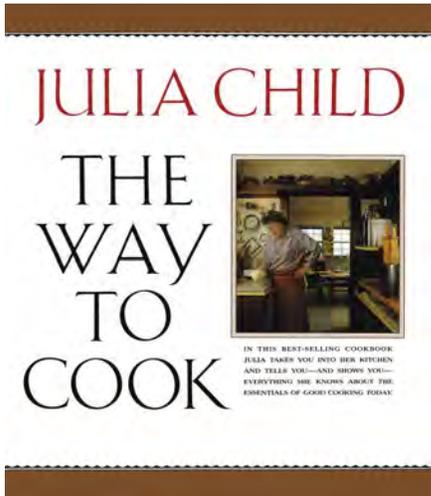
Elissa said this dish was really good. Her one-year-old grandson especially liked it. She was surprised how easy it was to prepare.

Gladys asked if Elissa left the skin on the eggplant. Elissa peeled the eggplant, not realizing leaving it on was an option. She was surprised when her son-in-law ate the peelings later.

Elissa would use coarse salt next time, and more of it. She would also increase the Italian seasoning, and increase the salt in the sauce.

Gladys found a recipe for French Onion Soup in the book *The Way to Cook* by **Julia Child**. The recipe called for roasting beef shanks, which formed the base for the beef stock. She was supposed to use 2 ½ quarts of water in the stock, but ended up using 2 gallons, so the soup was rather watered down. After making the stock, she added the beef from the shank, along with carrots, celery, frozen vegetables, onions, mushrooms, and barley. She also added 1 cup of white wine and 4 TB of brandy.

She read that Julia served French Onion Soup accompanied by a pair of medical scissors for each diner so the diners could cut the strings of cheese as they spooned up the soup. Gladys said this dish was very tasty, but she probably won't make it again because there are so many recipes out there to try!



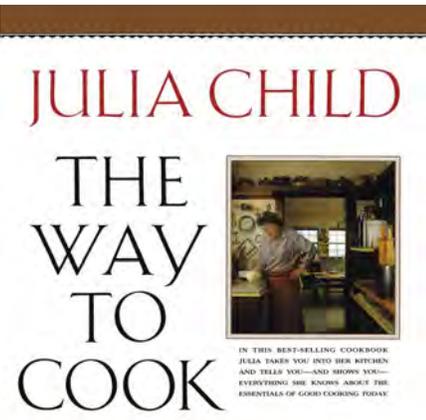
Gladys' Beef Shanks to roast



Gladys' French Onion Soup

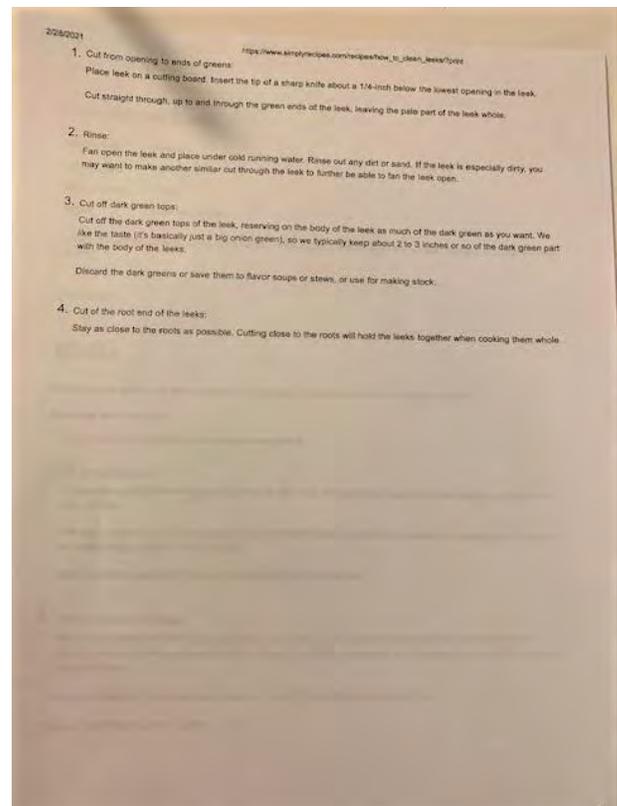
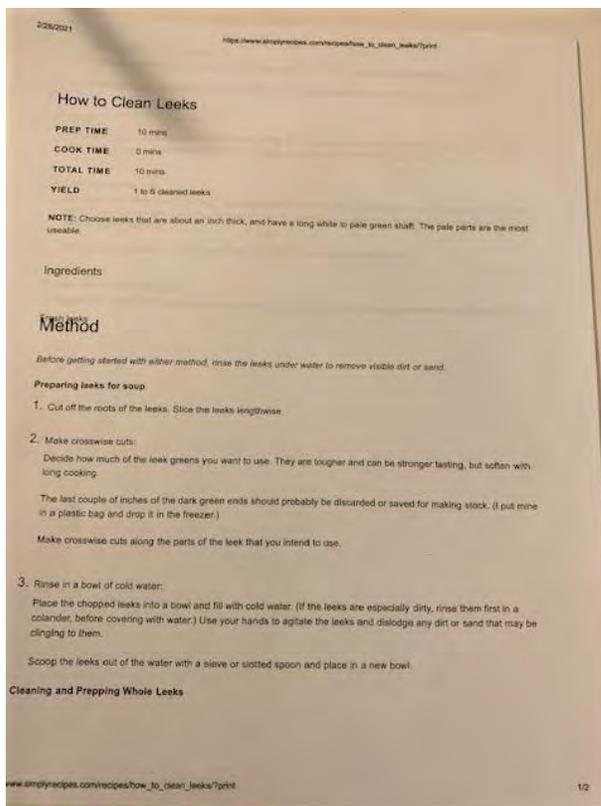
Sandy also referred to the book *The Way to Cook* by Julia Child to prepare her dish, **Leek and Potato Soup** (pg. 13).

Sandy noted that in this book, Julia presents a master recipe, accompanied by several variations. The recipe called for 4 cups of sliced leeks, 4 cups of diced potatoes, 6-7 cups of water, salt, and ½ cup of sour cream or heavy cream or crème fraîche. (Sandy used 4 cups of chicken broth and 1 ½ cups of water instead of the 6-7 cups of water in the recipe.) She added a bay leaf, thyme, chopped chives—ideas she got online from other recipes for this dish.



The most time-consuming part of preparing this recipe was cleaning the leeks. They grow in layers, so each layer has soil tucked into the spaces. After cleaning the leeks, they have to be sliced and the potatoes have to be diced. Sandy used an immersion blender in the pot to blend everything together. It made a big difference in the consistency of the soup. Immersion blenders are fairly inexpensive but really come in handy.

Sandy said she liked this healthful soup very much. It did not have a strong taste, but was hearty and pleasing. She said that this recipe is also how you make vichyssoise, cold potato and leek soup, except that for vichyssoise you only use the white part of the leek, whereas for the regular potato and leek soup you use the green parts of the leek too. Variations to this recipe include adding bacon. When asked what a leek tastes like, Sandy said leeks have a mild taste, sort of like an onion, but milder. Sandy said she will make this recipe again, but use a food processor to slice and dice the veggies.



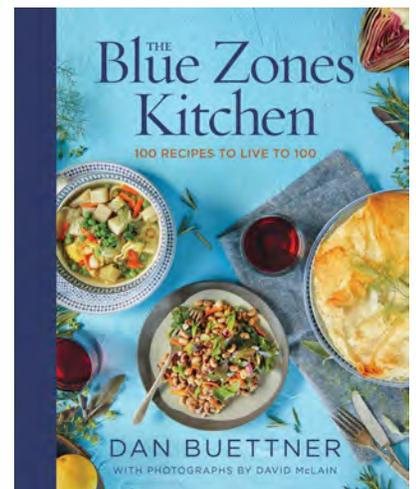


Sandy's Leek & Potato Soup in various stages of preparation and delicious readiness to eat!



In April, we will focus on Italian cooking.

We have gathered a bunch of the Italian-themed cookbooks from the shelves at the Baraboo Public Library, and Gretchen has created a display near the Adult Services desk. Feel free to drop in and choose something from the display! Or see what other libraries in the South Central Library System have to offer by checking LINKcat!



Elissa said she has ordered Mediterranean cookbooks (our June selection). That reminded Gladys of a book she owns and heartily recommends, ***The Blue Zones Kitchen: 100 Recipes to Live to 100*** by Dan Buettner.