

Fifty Shades of Golden

I celebrate my golden (not cherries) jubilee of “Judicial Palate” articles by reaching back into my recipe bank from the last 50 articles for some “golden oldies.” From bright yellow lemons to the subtle caramel color of rice pudding, all of these recipes are as good as gold.

Champagne Cocktail

Douse a white sugar cube in Angostura bitters and place into a Champagne flute. Add 24 ml of brandy, then gently top up with dry Champagne. The most famous of Champagnes — a Veuve Clicquot Brut — is an excellent choice for this drink.

Hummus

- 2 - 16 ounce cans chick peas
- 5 cloves garlic
- 4 tablespoons tahini
- Juice of 3 lemons
- 2 tablespoons olive oil
- 7 dashes Tabasco sauce
- Sea salt to taste
- Fresh ground pepper to taste

Place all ingredients in a food processor and blend until coarsely puréed. You may add more olive oil and/or lemon juice to achieve a smoother texture. You may also adjust the quantity of Tabasco sauce depending on your desired level of heat. Serve the hummus chilled or at room temperature, using it as a dip for crusty bread, radishes or endive leaves.

Fried Duck Egg and Duck Bacon

- 1 duck egg per person
- 2 slices of duck bacon per person
- Fingerling potatoes (about 3 per person)
- Sea salt
- Fresh ground pepper
- French butter
- Extra virgin olive oil
- 1 lemon

Wash and cut the fingerling potatoes. Use the tricolored (red, white and purple) fingerlings if available as they will add a vibrant color to the dish; otherwise, any fingerlings will work well. Place the potatoes in a baking dish and season with sea salt and fresh ground pepper to taste. Squeeze the juice of one lemon and drizzle olive oil over the potatoes. Place the baking dish in an oven preheated to 400 degrees, and bake for about 40 minutes or until the potatoes are soft when you poke with a fork. When the potatoes are almost finished, prepare the bacon and then the eggs.

Place the strips of duck bacon in one layer in a nonstick frying pan. Place the pans over medium heat and cook the bacon until browned and slightly crisp. Set aside the bacon on a paper towel. Fry the eggs in the same pan that you used to cook the bacon. Place 2 tablespoons of butter and 2 tablespoons of olive oil in each pan over medium heat. When the butter is foaming, break and place the eggs in the pans. Turn the heat down to medium-low and cook the eggs for about 3 minutes so that the whites are set but the yolks are runny.

While cooking the eggs, place a serving of potatoes on each plate. When the eggs are ready, remove them from the pan using a spatula, and place one egg on top of each serving of potatoes. Place two slices of bacon on top of each egg.

Grilled Apricot Quail

- 4 semi boneless quail
- 4 tablespoons apricot jam (Bonne Maman is the best!)
- Extra virgin olive oil
- Sea salt
- Fresh ground pepper
- 1 lemon

Semi boneless quail from D'Artagnan is ideal for this recipe. A package of four of these tiny birds is just the right amount to serve two. Blend the jam and two tablespoons of olive oil in a small bowl. Use a kitchen brush to coat the quail with this mixture. Then, season the quail with sea salt and fresh ground pepper to taste.

Heat the grill to medium high heat. Use tongs to place the quail on the grill, and cook for two minutes with the lid down. Then, turn the quail, brush again with the jam mixture and grill for another three minutes with the lid down. Both sides of the quail should be nicely browned. Remove the quail from the grill and top with some freshly squeezed lemon juice before serving.

Coconut Rice Pudding

- ½ cup of short grain pudding rice
- 3 tablespoons of superfine sugar
- ½ teaspoon of vanilla extract
- 1 ¾ cups of whole milk
- 1 ¾ cups of coconut milk
- 7 tablespoons of light cream
- 2 tablespoons of shredded coconut

Soak an unglazed clay pot, such as a Römer-topf, in cold water for 15 minutes and then drain the pot. Add the rice, sugar, vanilla, milk, coconut milk and cream. Cover the clay pot and place it in a cold oven. Set the oven to 350 degrees and cook for 1 hour. Remove the lid, stir the pudding, then replace the cover and cook for 30 to 45 minutes until the rice is tender. Remove the lid and stir the pudding. Sprinkle the pudding with the shredded coconut and bake uncovered for 15 minutes. Serve at room temperature.

Cheers to another 50! 🍷



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