

(3) Julia Child, Mastering the Art of French Cooking.
New York: Knopf, 2001.



FOREWORD

THIS IS A BOOK for the servantless American cook who can be unconcerned on occasion with budgets, waistlines, time schedules, children's meals, the parent-chauffeur-den-mother syndrome, or anything else which might interfere with the enjoyment of producing something wonderful to eat. Written for those who love to cook, the recipes are as detailed as we have felt they should be so the reader will know exactly what is involved and how to go about it. This makes them a bit longer than usual, and some of the recipes are quite long indeed. No out-of-the-ordinary ingredients are called for. In fact the book could well be titled "French Cooking from the American Supermarket," for the excellence of French cooking, and of good cooking in general, is due more to cooking techniques than to anything else. And these techniques can be applied wherever good basic materials are available. We have purposely omitted cobwebbed bottles, the *patron* in his white cap bustling among his sauces, anecdotes about charming little restaurants with gleaming napery, and so forth. Such romantic interludes, it seems to us, put French cooking into a never-never land instead of the Here, where happily it is available to everybody. Anyone can cook in the French manner anywhere, with the right instruction. Our hope is that this book will be helpful in giving that instruction.

Cooking techniques include such fundamentals as how to sauté a piece of meat so that it browns without losing its juices, how to fold beaten egg whites into a cake batter to retain their maximum volume, how to add egg yolks to a hot sauce so they will not curdle, where to put the tart in the oven so it will puff and brown, and how to chop an onion quickly. Although you will perform with different ingredients for different dishes, the same general processes are repeated over and over again. As you enlarge your repertoire, you will find that the seemingly endless babble of recipes begins to fall rather neatly into groups of theme and variations; that *homard à l'américaine* has many technical aspects in common with *coq au vin*, that *coq au vin* in turn is almost

identical in technique to *boeuf bourguignon*; all of them are types of fricassees, so follow the fricassee pattern. In the sauce realm, the cream and egg-yolk sauce for a *blanquette* of veal is the same type as that for a sole in white-wine sauce, or for a *gratin* of scallops. Eventually you will rarely need recipes at all, except as reminders of ingredients you may have forgotten.

All of the techniques employed in French cooking are aimed at one goal: how does it taste? The French are seldom interested in unusual combinations or surprise presentations. With an enormous background of traditional dishes to choose from (*1000 Ways to Prepare and Serve Eggs* is the title of one French book on the subject) the Frenchman takes his greatest pleasure from a well-known dish impeccably cooked and served. A perfect *navarin* of lamb, for instance, requires a number of operations including brownings, simmerings, strainings, skimmings, and flavorings. Each of the several steps in the process, though simple to accomplish, plays a critical role, and if any is eliminated or combined with another, the texture and taste of the *navarin* suffer. One of the main reasons that pseudo-French cooking, with which we are all too familiar, falls far below good French cooking is just this matter of elimination of steps, combination of processes, or skimping on ingredients such as butter, cream—and time. “Too much trouble,” “Too expensive,” or “Who will know the difference” are death knells for good food.

Cooking is not a particularly difficult art, and the more you cook and learn about cooking, the more sense it makes. But like any art it requires practice and experience. The most important ingredient you can bring to it is love of cooking for its own sake.

SCOPE

A complete treatise on French cooking following the detailed method we have adopted would be about the size of an unabridged dictionary; even printed on Bible paper, it would have to be placed on a stand. To produce a book of convenient size, we have made an arbitrary selection of recipes that we particularly like, and which we hope will interest our readers. Many splendid creations are not included, and there are tremendous omissions. One may well ask: “Why is there no *pâte feuilletée*? Where are the *croissants*?” These are the kinds of recipes, in our opinion, which should be demonstrated in the kitchen, as each requires a sense of touch which can only be learned through personal practice and observation. Why only five cakes and no *petits fours*? No boiled, souffléed, or mashed potatoes? No zucchini? No tripe? No *poulet à la Marengo*? No green salads? No pressed duck or *sauce rouennaise*? No room!

A NOTE ON THE RECIPES

All of the master recipes and most of the subrecipes in this book are in two-column form. On the left are the ingredients, often including some special piece of equipment needed; on the right is a paragraph of instruction. Thus what to cook and how to cook it, at each step in the proceedings, are always brought together in one sweep of the eye. Master recipes are headed in large, bold type; a special sign, *, precedes those which are followed by variations. Most of the recipes contain this sign, (*), in the body of the text, indicating up to what point a dish may be prepared in advance. Wine and vegetable suggestions are included with all master recipes for main-course dishes.

Our primary purpose in this book is to teach you how to cook, so that you will understand the fundamental techniques and gradually be able to divorce yourself from a dependence on recipes. We have therefore divided each category of food into related groups or sections, and each recipe in one section belongs to one family of techniques. Fish *filets* poached in white wine, starting on page 208, are a good example, or the chicken fricassees starting on page 258, or the group of *quiches* on pages 146 to 153. It is our hope that you will read the introductory pages preceding each chapter and section before you start in on a recipe, as you will then understand what we are about. For the casual reader, we have tried to make every recipe stand on its own. Cross references are always a problem. If there are not enough, you may miss an important point, and if there are too many you will become enraged. Yet if every technique is explained every time it comes up, a short recipe is long, and a long one forbidding.

QUANTITIES

Most of the recipes in this book are calculated to serve six people with reasonably good appetites in an American-style menu of three courses. The amounts called for are generally twice what would be considered sufficient for a typical French menu comprising hors d'oeuvre, soup, main course, salad, cheese, and dessert. We hope that we have arrived at quantities which will be correct for most of our readers. If a recipe states that the ingredients listed will serve 4 to 6 people, this means the dish should be sufficient for 4 people if the rest of your menu is small, and for 6 if it is large.

SOME WORDS OF ADVICE

Our years of teaching cookery have impressed upon us the fact that all too often a debutant cook will start in enthusiastically on a new dish without

ever reading the recipe first. Suddenly an ingredient, or a process, or a time sequence will turn up, and there is astonishment, frustration, and even disaster. We therefore urge you, however much you have cooked, always to read the recipe first, even if the dish is familiar to you. Visualize each step so you will know exactly what techniques, ingredients, time, and equipment are required and you will encounter no surprises. Recipe language is always a sort of shorthand in which a lot of information is packed, and you will have to read carefully if you are not to miss small but important points. Then, to build up your over-all knowledge of cooking, compare the recipe mentally to others you are familiar with, and note where one recipe or technique fits into the larger picture of theme and variations.

We have not given estimates for the time of preparation, as some people take half an hour to slice three pounds of mushrooms while others take five minutes.

Pay close attention to what you are doing while you work, for precision in small details can make the difference between passable cooking and fine food. If a recipe says, "cover casserole and regulate heat so liquid simmers very slowly," "heat the butter until its foam begins to subside," or "beat the hot sauce into the egg yolks by driblets," follow it. You may be slow and clumsy at first, but with practice you will pick up speed and style.

Allow yourself plenty of time. Most dishes can be assembled, or started, or partially cooked in advance. If you are not an old campaigner, do not plan more than one long or complicated recipe for a meal or you will wear yourself out and derive no pleasure from your efforts.

If food is to be baked or broiled, be sure your oven is hot before the dish goes in. Otherwise soufflés will not rise, piecrusts will collapse, and *gratinéed* dishes will overcook before they brown.

A pot saver is a self-hampering cook. Use all the pans, bowls, and equipment you need, but soak them in water as soon as you are through with them. Clean up after yourself frequently to avoid confusion.

Train yourself to use your hands and fingers; they are wonderful instruments. Train yourself also to handle hot foods; this will save time. Keep your knives sharp.

Above all, have a good time.

S. B., L. B., J. C.

July 1961

VARIATION

Mousseline de Crustacés, Blanche Neige

[Shellfish Mousse]

Substitute cooked shellfish meat for the sole or flounder in the preceding recipe, but omit the simmering of fish in stock, paragraph one.

PÂTÉS AND TERRINES

Pâtés et Terrines

The memory of a good French *pâté* can haunt you for years. Fortunately they are easy to make, and you can even develop your own special *pâté maison*. Do not expect a top-notch mixture to be inexpensive, however, for it will contain ground pork, pork fat, and usually veal, as well as cognac, port, or Madeira, spices, strips or cubes of other meats, game, or liver, and often truffles. If the mixture is cooked and served cold in its baking dish it is called either a *terrine* or a *pâté*. If it is molded in a pastry crust, it is a *pâté en croûte*. A boned chicken, turkey, or duck filled with the same type of mixture is a *galantine*. *Pâtés* and *terrines* will keep for about 10 days under refrigeration; they are fine to have on hand for cold impromptu meals, since all you need to serve with them are a salad and French bread.

Wines to serve with *pâtés* include the dry whites such as Chablis or Mâcon, *rosés*, or one of the light regional red wines such as Beaujolais or Chinon, or a good domestic wine of the same general types.

A NOTE ON PORK FAT

Fresh pork fat is an essential ingredient for the type of meat mixture which goes into a *pâté*. Blended with the meats, it prevents them from being dry and gives them a lighter texture. Cut into thin sheets, *bardes de lard*, it is used to line the inside of the baking dish. The best type is fat back—*lard gras*. This comes from the back of the pig next to the skin. It is firm and does not disintegrate as easily as fat from other parts of the animal. Fresh fat back is unfortunately difficult to find in America outside of areas catering to special clienteles. Alternatives are fat salt pork simmered for 10 minutes in water to freshen it and remove the salt, or fat trimmed from fresh ham, or from around

a fresh pork loin. Thick strips of fat bacon, simmered for 10 minutes in water to remove the smoky taste, may be used to line a baking dish.

BAKING DISHES

Pâtés may be cooked in almost any kind of a baking dish from a special rectangular or oval mold called a *terrine*, to a soufflé dish, casserole, or bread pan. The best materials are glazed pottery, porcelain, enameled iron, or pyrex. Cover the meat mixture with aluminum foil, and the dish with a heavy lid; old recipes call for a cover held in place with a thick band of flour and water paste.

STORAGE

Pâtés, *terrines*, and *galantines* may be frozen, but they will never again have their original texture. Once you have compared the two, you will always recognize the somewhat damp quality of thawed *pâté*. If a *pâté* is to be kept for 10 days or more under refrigeration, it should be unmolded after it has been chilled and the meat jelly wiped off its surface. It then may be wrapped airtight in waxed paper and foil, or returned to its *terrine* and covered with melted pork fat.

ASPIC

(Recipes for aspics are on pages 112 to 115; instructions for lining and decorating molds start on page 558.)

To serve a *pâté* in aspic unmold the *pâté* after it has been chilled, and scrape off the layer of pork fat surrounding it. Line the bottom of a slightly larger mold with a 1/8-inch layer of jellied stock and chill until set. Place the *pâté* in the mold, and pour almost-set jellied stock around and over it. Chill. Unmold on a chilled platter.

Another system is to slice the chilled *pâté*, arrange it on a platter lined with jellied stock, and then glaze the slices with jelly as for the *bœuf mode en gelée* on page 556.

FARCE POUR PÂTÉS, TERRINES, ET GALANTINES

[Pork and Veal Stuffing]

This good general-purpose meat mixture we shall refer to as a stuffing, for that is a translation of the French generic term *farce*. It can be used as the

basis for any type of *pâté*, *terrine*, or galantine you wish. Mixed with chestnuts, it can also serve as a filling for roast goose or turkey. The pork gives flavor, the veal gives lightness. The proportions may be changed according to your own ideas, and sautéed liver, ground poultry, or game may be beaten into it. Minced truffles are always a good addition, and you can include such things as pistachios, or strips or cubes of pork fat, tongue, or ham to give a pattern to the meat when it is sliced.

For about 4 cups

½ cup very finely minced
onions
2 Tb butter
A large mixing bowl

Cook the onions slowly with the butter in a small skillet for 8 to 10 minutes until they are tender and translucent but not browned. Scrape them into the mixing bowl.

½ cup port, Madeira, or cognac

Pour the wine into the skillet and boil it down until reduced by half. Scrape it into the mixing bowl.

¾ lb. (about 1½ cups) each,
lean pork and lean veal
and ½ lb. (1 cup) fresh
pork fat, all finely ground
together

Add all the ingredients to the left, and beat vigorously with a wooden spoon until the mixture has lightened in texture and is thoroughly blended. Sauté a small spoonful and taste. Then beat in whatever additions you feel are necessary. It should be perfectly flavored. If not to be used immediately, cover and refrigerate.

2 lightly beaten eggs
1½ tsp salt
⅛ tsp pepper
Big pinch of allspice
½ tsp thyme
Optional: 1 clove mashed
garlic
A wooden spoon

* *TERRINE DE PORC, VEAU, ET JAMBON*

[Pork and Veal *Pâté* with Ham]

A pork and veal *pâté* with decorative strips of veal and ham buried in its slices is the most classic of all *pâté* mixtures; the three elements blend themselves in a very savory manner.

For about 7 cups

with chestnuts,
ives flavor, the
g to your own
into it. Minced
things as pis-
pattern to the

ter in a small
re tender and
them into the

it down until
ing bowl.

eat vigorously
has lightened
Sauté a small
ver additions
ctly flavored.
refrigerate.

uried in its
lend them-

Marinating the veal strips

½ lb. lean veal from the
round or *filet* cut into
strips ¼ inch thick

Optional: 2 or 3 canned
truffles cut into ¼-inch
dice, and juice from can

A bowl

3 Tb cognac

Big pinch of salt and pepper

Pinch of thyme

Pinch of allspice

1 Tb finely minced shallots
or green onions

Marinate the veal and optional truffles and their juice
in a bowl with the cognac and seasonings while pre-
paring the other ingredients. Before using, drain the
strips, and reserve the marinade.

Molding the pâté

An 8-cup rectangular or oval
terraine, baking dish, cas-
serole, or loaf pan

Sheets of fresh pork fat back
⅛ inch thick, or blanched
fat salt pork, or blanched
fat bacon, page 15

4 cups of the preceding pork
and veal stuffing

½ lb. lean boiled ham cut
into strips ¼ inch thick

1 bay leaf

A sheet of pork fat or strips
of blanched bacon to cover
the *pâté*

Preheat oven to 350 degrees.

Line the bottom and sides of the *terraine* with the pork
fat or bacon. Beat marinade into stuffing; divide
stuffing into three parts. Dip your hands in cold wa-
ter, and arrange the first third of the stuffing in the
bottom of the *terraine*. Cover with half the strips of
marinated veal alternating with half the strips of ham.
If using diced truffles, place a row down the center.
Cover with the second third of the stuffing, and a final
layer of veal and ham strips, and optional truffles.
Spread on the last of the meat stuffing. Lay the bay
leaf on top, and cover with a sheet of pork fat or bacon
strips.

Baking the pâté

Aluminum foil

A heavy lid for the terrine

A pan of boiling water

Enclose the top of the *terraine* with aluminum foil,
cover, and set in the pan of boiling water. The water
should come about halfway up the outside of the *ter-
rine*; add boiling water during cooking, as necessary.
Set in lower third of preheated oven and bake for
about 1½ hours depending on the shape of the *terraine*;

MAHMUD JAFFREY'S

QUICK & EASY INDIAN COOKING



PHOTOGRAPHY BY
PHILIP SALAVERRY



(4) Madhur Jaffrey, Quick & Easy Indian Cooking. NY: Chronicle, 1996. \$ 16.95 U.S.

If you love Indian food but have been intimidated by long lists of ingredients, steps, and techniques, you're in luck. *Madhur Jaffrey's Quick & Easy Indian Cooking* includes over seventy recipes for delicious dishes that can be prepared in under thirty minutes—the perfect solution for busy cooks. International culinary expert and award-winning cookbook author Madhur Jaffrey shares her secrets for sumptuous curries, hearty legumes, mouthwatering chutneys and relishes, refreshing drinks, and heavenly desserts—all spiced with the fabulous flavors of India.

With her easy-to-follow recipes, Madhur Jaffrey shows both expert and novice cooks how to create an enticing meal in just a few simple steps. Enjoy a Gingerly Cauliflower Soup for lunch with a crisp green salad. Treat your family to a delicious one-pot meal of Chicken, Red Lentils, and Green Beans. Snack on tasty Onion Fritters any time—but save your appetite for a special dinner of Lamb with Cardamom served with an aromatic basmati rice and a tangy dollop of Yogurt with Tomato and Cucumber.

Complete with delicious menu suggestions for both family meals and elegant entertaining, filled with helpful notes on creating a well-stocked pantry, and illustrated with gorgeous, full-color photographs, *Madhur Jaffrey's Quick & Easy Indian Cooking* provides all the inspiration you'll need to make the delectable cooking of India a part of your everyday repertoire.

"HAMBURGER" KEBABS

Chappal kebab

■■■■■■■■■

Forgive this long preamble. Let me say at the very start that these kebabs are utterly delicious and can be prepared—from start to finish—in as few as 15 minutes. Now let me tell you a story.

One of my very good Indian friends—I always call her a hill woman, as she is from the mountainous Himalayan region—was convalescing in bed in New York, recovering from an operation. I had taken some of the season's freshest cherries to cheer her up. She was duly grateful, but as we talked and she nibbled on the cherries, I realized that her mind was on something else. Did I know of any restaurants that served *chappali kebabs*? I did not know, nor had I heard of these kebabs. Well, she suggested, they were a real treat and I should go with her husband right away, have some kebabs at this restaurant, and then bring some back for her as well. She gave us an address. It turned out to be the address of the wrong restaurant. Her husband and I ate some rather pitiful kebabs and, what is more, he took back four orders to please his bedridden wife.

All this started me off on a quest, the first part of which was to find the right place, which my friend now remembered. The other part was to get the recipe from the owners. The right place was hard enough to find, as it was in the very seedy Times Square district of New York, had no sign outside, and looked like a video shop—which it was. But once I had found it and managed to taste the wonderful kebabs, getting the recipe was even harder. The owner kept saying that these kebabs, which were really like thin, spicy, and utterly mouthwatering hamburgers, were made of "meat and spices" and that they were a specialty of the Pakistani city of Peshawar.

So I did the next best thing. I bought half a dozen kebabs, took them to the car where my husband waited, and then dissected and analyzed them as we gobbled them up. I think I have got it! And here it is.

These kebabs are meant to be very spicy. I have used just two green chilies but you could use one whole chili per kebab if you are up to it. They may be eaten with rice and vegetables but are best cut in half and rolled up in a flat bread—such as *chapati* or *naan* or store-bought pita—along with a little salad and either some Fresh Green Chutney (page 113) or Fresh Red Chutney with Almonds (page 114). You could also eat them like a hamburger, in a hamburger bun. Again, a little salad and fresh chutney should be sandwiched in as well.

Small versions of these kebabs may be served with drinks.

INGREDIENTS

1 tablespoon chickpea flour (also called gram flour or besan)
 1½ pounds ground beef or lamb put three times through the grinder; it should be quite fine—the butcher could do this
 6 to 7 tablespoons coarsely chopped fresh cilantro (Chinese parsley, fresh green coriander)
 2 or more fresh, hot green chilies, cut into fine rounds and chopped (do not remove seeds)

1½ teaspoons cumin seeds
 1½ teaspoons coriander seeds
 1 teaspoon freshly ground black pepper
 1¼ teaspoons salt
 ½ lightly beaten egg
 3 to 4 tablespoons vegetable oil

Put the chickpea flour in a small cast-iron frying pan and stir around over medium heat until the flour has turned a light brown color. Put it into a bowl. Add all the other ingredients except the oil and mix well. Form ten 2-inch balls. Flatten the balls to make ten 3½-inch hamburgerlike patties.

Just before eating, put 2 tablespoons of the oil into a large nonstick frying pan and set over medium-high heat. When the oil is hot, put in as many kebabs as the pan will hold in a single layer. Turning them over every 20 seconds or so, cook the kebabs for about 2½ minutes or until they have browned on both sides. Removed to a warm plate. Use the remaining oil to cook a second batch the same way.

SERVES 4-5

This is,
 in a sauce:
 water, cove
 In Indi
 Boned sho
 You co
 Grilled Tor

1½

1 pound

Put the
 leaves. Stir.
 in the garar
 tightly. Tur
 the heat an
 over high l
 black pepp
 SERVES 3-4

SANDWICHES WITH MINT AND CHILI BUTTER

Pudina aur mirch ki sandwich

■■■■■■■■

No proper Indian tea was ever served without proper English sandwiches, though our idea of "proper" often managed to be something slightly spicy.

INGREDIENTS

<i>6 tablespoons unsalted butter, softened</i>	<i>A generous pinch salt</i>
<i>1 teaspoon fresh lemon juice</i>	<i>Freshly ground black pepper</i>
<i>10 fresh mint leaves, finely chopped</i>	<i>10 thin slices sandwich bread</i>
<i>½ to 1 fresh, hot green chili, finely chopped</i>	<i>3 to 4 lettuce leaves, washed, dried, and cut into fine, long slivers</i>
<i>(do not remove seeds)</i>	

In a small bowl, combine the butter, lemon juice, mint, green chili, salt, and black pepper. Mix well. Using this mixture, butter each slice of bread generously on one side. Put 2 slices together, buttered sides meeting each other. Cut off the crusts and then cut the sandwiches in halves, diagonally. Spread most of the lettuce on a serving plate. Arrange the sandwiches on top. Scatter a few of the lettuce shreds over the sandwiches and serve.

SERVES 10

(4) Walter Staib, City Tavern Cookbook. Running Press, 1999.

A Taste of History



Appreciating the Eighteenth-Century Tavern

A tavern in colonial days was much more than a place to drink a pint of ale. In smaller towns and cities where there were no office buildings or convention centers, taverns met all these needs. Taverns were a town's central place of meeting, a place where stock and ship cargoes were bought and sold, new companies organized, notices posted, and newspapers from home and abroad perused. Taverns

were social focal points as well, the place where dinners for fraternal societies were held, political causes championed, and dances and live music enjoyed. Taverns, like eighteenth-century coffee houses, served food and drink, but also offered lodging for visitors passing through the area. City Tavern was the finest tavern of its day, the grandest of all taverns in the New World.

Eighteenth-Century Cuisine: America's Original Fusion

The uninitiated may imagine that the American cuisine served at Philadelphia's original City Tavern in the 1700s was dull, flavorless, and limited. That assumption couldn't be further from the truth. In reality, the nearby bustling port brought a dizzying mix of ethnic groups into the city, each arriving with the culinary tradition of their own heritage. From the British came hearty stews and meat pies, along with scones and breads. The Germans offered their country's tradition of sausages, soups, and baked goods. African and West Indian slaves who arrived in the New World brought with them a food culture that included curries, hot peppers, and exotic spices and fruits.

The French Revolution and the slave rebellion in Hispaniola delivered an influx of French immigrants, among them pastry chefs, confectioners, and a multitude of other food artisans and tradesmen. It was this French influence that brought Philadelphia's cuisine up to European standards.

City Tavern, separated from the Delaware River by just a few short blocks, was a magnet for the ship captains who came to barter their cargo. Depending on the route the captain sailed, he might be offering Madeira from the island of the same name (used as

ballast), oranges from Seville, port from Portugal, Nürnberg gingerbread, dried plums, and cherries from Germany, rum, pineapples, and mangoes from Jamaica, or spices from the Spice Islands. Ships arrived about three times a week from the West Indies. Since modern refrigeration did not exist, cargo had to be disposed of quickly before it spoiled, so most goods were auctioned—often at shipside—to eager innkeepers and caterers. Drying, salt curing, and pickling were used to preserve foods over time.

Philadelphia, then the largest city in the New World, and the second largest city in the British Empire, was home to open-air markets that offered the bounty of the area. The Delaware River was brimming with fish and oyster beds. The area's rich agricultural land produced an abundance of natural foods, including wild fruits and berries, game, wild-fowl, maple syrup, and honey. From the Indians, settlers learned to cultivate corn, along with sweet potatoes, squash, beans, and wild rice. Local farms produced eggs as well as grains and flour.

This is the stuff of City Tavern's menu, today, as well as then: a cuisine that represents an unparalleled and authentic gourmet dining experience.

City Tavern Timeline

1772 to 1773: Fifty-three prominent citizens commission the building of the City Tavern, which is to be "a large and commodious tavern" that will be worthy of Philadelphia's standing as the largest, most prosperous city in the colonies.

December 1773: City Tavern opens for business. The building has five levels and includes kitchens, a bar room, two coffee rooms, and three dining rooms; the second largest ballroom in the New World; five lodging rooms and servants quarters. Daniel Smith, its first proprietor, leases the Tavern for £300 per year, an amount roughly equivalent to five years of wages for the common man. He resides there from 1774 to 1778.

May 1774: Paul Revere arrives at the Tavern to announce Parliament's closing the port of Boston. The next day, two to three hundred prominent Philadelphians meet at City Tavern to select a committee of correspondence to draft a letter of sympathy for Revere to take back to Boston.

September to October 1774: City Tavern is the unofficial meeting place of the delegates before and after sessions of the first Continental Congress, convened at nearby Carpenters' Hall. George Washington, Thomas Jefferson, John Adams, Richard Henry Lee, and Peyton Randolph are among the participants.

1776 to 1777: Continental and British troops use City Tavern to house prisoners of war. Military courts-martial are also held there.

July 4, 1777: America's first Fourth of July celebration is held at City Tavern.

August 3 to 5, 1777: General Washington and his aides-de-camp share table and quarters at City Tavern, making the Tavern the official headquarters of the Continental Army for three days.

1778: On December 10, politician John Jay is elected president of the Continental Congress, while staying as a guest at the Tavern.

1783: The Pennsylvania Society of the Cincinnati is formed at City Tavern in the second floor northwest dining room.

1784: Original subscribers sell City Tavern to Samuel Powel, a prominent Philadelphian and former mayor of the city.

January 1789: City Tavern's two front rooms become headquarters of the Merchants' Coffee House and Place of Exchange.

April 1789: City Tavern hosts a banquet for George Washington as he passes through Philadelphia on his way to New York for his inauguration.

March 1834: City Tavern's roof catches fire, the building is heavily damaged.

1854: The surviving structure is razed.

1948: Congress authorizes Independence National Historical Park to preserve certain important buildings and sites of significant national importance, encompassing more than forty buildings on forty-two acres, including the site of the original City Tavern.

1975: Historically accurate replication of the original Tavern is completed according to period images, written accounts, and insurance surveys.

1976: The newly rebuilt Tavern opens in time for the bicentennial. The restaurant is managed by a large food service company.

December 31, 1992: The restaurant concession at the Tavern closes.

1994: Walter Staib wins congressional approval as operator of the Tavern, which re-opens for business on July 4, featuring eighteenth-century style gourmet cuisine.

Main Dishes

True to eighteenth-century dining style, our main dishes don't feature many of the tender cuts of meat common today. Back then, the animals were grass fed—the original “free-range” meat, with the tough texture and strong flavor to prove it; this explains the early cooks’ penchant for long marinating times and slow-cooking methods. Although we serve the highest quality meats at the tavern—a much better product than was available in colonial days—we still marinate all our meats for at least twenty-four hours before cooking. For convenience, most of these recipes call for shorter marinating times.

Pecan-Crusted, Honey-Glazed Roasted Ducklings

This dish combines some of the most plentiful ingredients native to the colonies in the eighteenth century—duck, honey, pecans, and fresh herbs. A regular menu item at City Tavern, it is one of our most popular dishes at both lunch and dinner. Peach Chutney (see page 64) is especially tasty served along side.

Serves 6

3 whole boned and halved domestic ducks
(2 to 4 pounds each) (see Chef's Note)

¼ cup fresh orange juice, strained

1 teaspoon light brown sugar

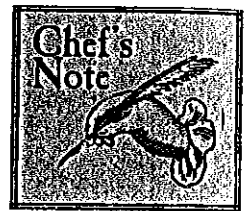
1 teaspoon chopped fresh thyme

1 teaspoon chopped fresh parsley

1 cup honey

½ cup chopped pecans

1. Preheat the oven to 425°F.
2. Place the duck halves skin sides up, in a large shallow baking pan.
3. In a small bowl, combine the orange juice, brown sugar, thyme, and parsley; mix well.
4. Using a pastry brush, brush the mixture over the skin of the ducks.
5. Roast for 20 to 25 minutes, until golden brown. Remove from the oven. Reduce the oven temperature to 350°F.
6. Brush the honey over the skin of the ducks and sprinkle with the pecans.
7. Roast for 15 to 20 minutes more, until crispy.
8. If desired, serve with the Peach Chutney.



Have your butcher bone the ducks removing the wing bones but leaving in the thigh bone, and keeping the breast intact with the thigh. Then ask to have the ducks cut in half.

Martha Washington's Chocolate Mousse Cake

A slightly sweeter version of this chocolate cake was a favorite of Martha Washington's. Chocolate was first mentioned in cookery recipes as early as 1675. But its use in baking and as a hot drink goes back much further—some authorities say Columbus actually brought cocoa beans to Spain, where hot, sweetened chocolate was first served. Before long, the drink spread in popularity all throughout Europe. Thomas Jefferson, who undoubtedly first tasted chocolate in France, believed that drinking chocolate was healthier than drinking coffee or tea. Here, chocolate is transformed into a classic French dessert.

Makes two 9-inch cakes; Serves 10 to 12

Chocolate Cake

- 2 cups granulated sugar
- ½ pound (2 sticks) unsalted butter, soft but still cool
- 4 large eggs, room temperature
- 5 cups cake flour, sifted
- ¼ cup unsweetened Dutch-processed cocoa powder, sifted
- 2 tablespoons baking soda
- ½ teaspoon salt
- 1 cup whole milk

Chocolate Mousse Makes 3 cups

- 4 ounces (4 squares) semisweet chocolate
- 4 large eggs, separated (see Chef's Note)
- ½ cup sugar

Chocolate Ganache

- 1 pint (2 cups) heavy cream
- 24 ounces (4 cups) semisweet chocolate chips
- 4 tablespoons soft butter

Candied flowers or chopped nuts, for garnish (optional)

1. Prepare the Chocolate Cake: Preheat the oven to 350°F. Lightly spray two 9-inch round cake pans with vegetable cooking spray and line the bottoms with parchment paper circles.
2. In the bowl of an electric mixer, cream the sugar and butter on medium to high until light and fluffy, scraping side of bowl often.
3. Add eggs slowly, scraping the side of the bowl often.
4. In a separate bowl, sift together the flour, cocoa powder, baking soda, and salt. Add to the butter-sugar mixture, alternating with the milk.
5. Divide the batter between the two prepared pans. Bake for 30 to 35 minutes, until firm to the touch or until a toothpick inserted in the middle comes out clean.
6. Cool cakes in pans on wire racks for 10 minutes. Remove cakes from pans and completely cool.
7. Prepare the Chocolate Mousse: Place water in the bottom pan of a double boiler so that the top of the water is ½ inch below the upper pan. Place the chocolate squares in the upper pan. Then place the double boiler over low heat. Stir the chocolate constantly until it is melted. The water in the bottom of the double boiler should not come to boiling while the chocolate is melting.
8. Remove the melted chocolate from heat. Add the egg yolks and beat well. Set aside to cool.



This recipe calls for eggs that are only partially cooked, which may present a health concern for the young, the elderly, or those whose immune systems are compromised.

9. In a chilled bowl of an electric mixer with chilled beaters, beat the $\frac{1}{2}$ cup heavy cream on low to medium until soft peaks form. Cover with plastic wrap and refrigerate, until chilled.
10. In a separate, clean, and dry bowl of an electric mixer, whip the egg whites until they begin to foam, slowly add the $\frac{1}{2}$ cup sugar and whip to medium stiff peaks.
11. Gently fold the chilled whipped cream into the chocolate mixture until the cream is just combined into the mixture. Do not over fold. Gently fold the reserved whites into the chocolate until just combined. Cover the mixture with plastic wrap and refrigerate for at least 1 hour before using.
12. Prepare the Chocolate Ganache: In a heavy 1-quart saucepan, bring the 2 cups heavy cream and soft butter just to a boil, stirring frequently. Remove the saucepan from heat.
13. In a large bowl, place the chocolate chips. Pour the hot cream over the chocolate and let set for 1 minute.
14. Whisk to thoroughly combine ingredients and allow to cool. When the mixture is room temperature, cover with plastic wrap and refrigerate until 1 hour before ready to use.
15. Assemble the cake: When the cake has cooled completely, using a serrated knife, carefully cut each cake in half horizontally to make a total of 4 layers, 2 per cake.
16. To assemble, place first cake layer on a large serving plate. Alternate the cake layers and mousse filling, spreading the mousse evenly onto each cake layer.
17. Frost the outside of the cake with the Chocolate Ganache. Refrigerate the cake until ready to serve. Garnish with candied flowers or chopped nuts.

