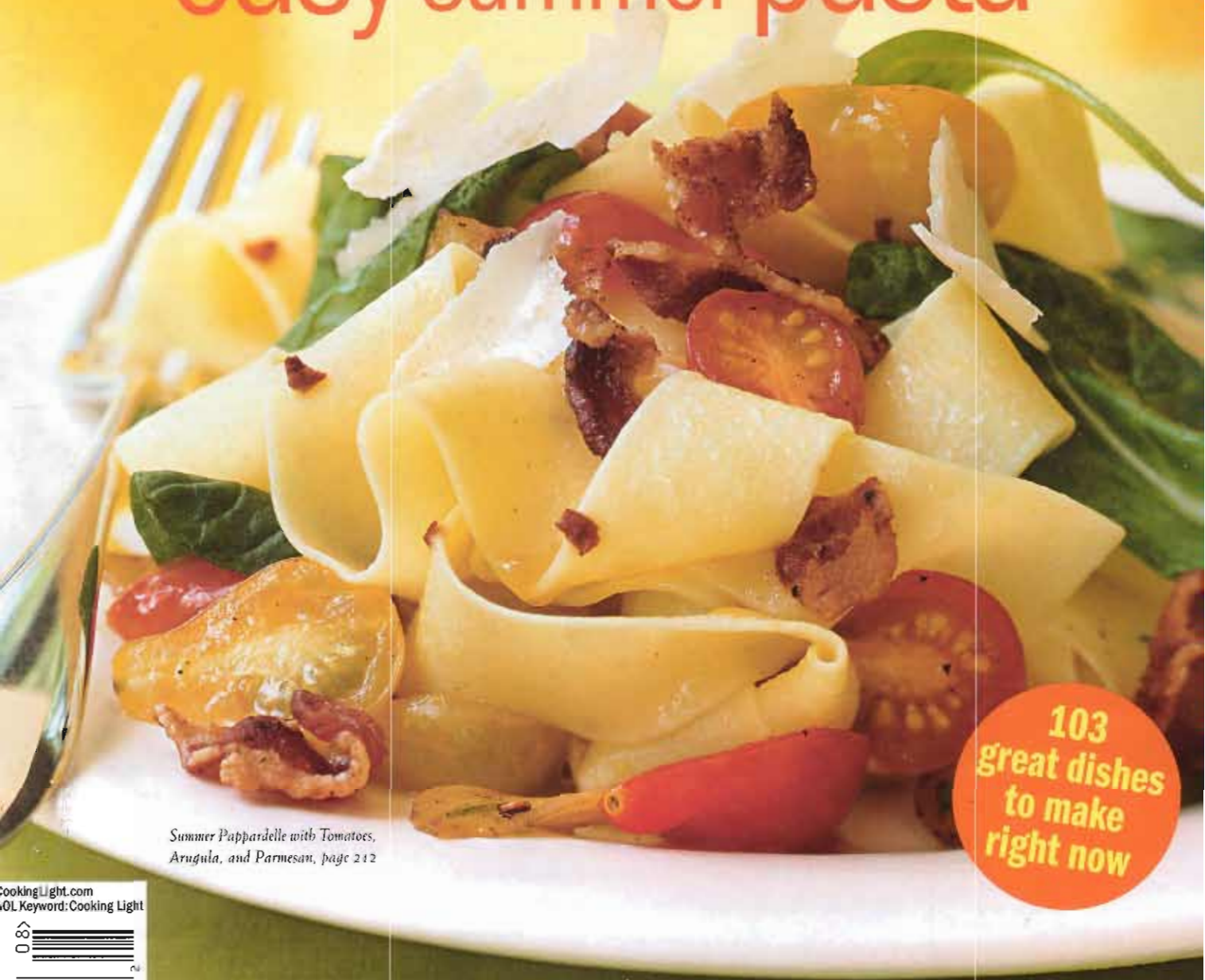


EAT SMART BE FIT LIVE WELL

# Cooking Light

AUGUST 2004

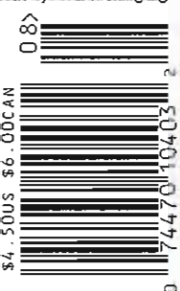
## easy summer pasta



*Summer Pappardelle with Tomatoes, Arugula, and Parmesan, page 212*

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# enlightened cook

Reserve ½ cup cooking liquid; discard remaining cooking liquid.

4. To prepare sauce, combine reserved ½ cup cooking liquid, ¼ cup broth, sugar, and ¼ teaspoon salt in pan; bring to a boil. Reduce heat, and simmer 2 minutes or until reduced to ½ cup. Combine remaining ¼ cup broth and cornstarch, stirring with a whisk. Add cornstarch mixture to pan; bring to a boil. Cook 1 minute, stirring constantly. Remove from heat. Add butter; stir until melted. Yield: 4 servings (serving size: 1 steak, about 2 tablespoons sauce, and about 1 cup potatoes).

CALORIES 438 (22% from fat); FAT 10.9g (sat 4.5g, mono 3.9g, poly 0.5g); PROTEIN 28.8g; CARB 46g; FIBER 4.2g; CHOL 77mg; IRON 5.8mg; SODIUM 541mg; CALC 32mg

## Vegetables à la Grecque

À la grecque refers to vegetables cooked in olive oil and lemon juice, then chilled and served cold. Use the flat side of a chef's knife to crush the aromatic seeds. Cut any large mushrooms in half so they'll cook evenly. Try preparing this dish with a dry Alsatian riesling, gewürztraminer, or pinot blanc. Haeringer suggests cooking with purified water, instead of tap water, for a cleaner taste and incorporating the cooking liquid into the recipe to retain the vegetables' nutrients.

- 1 tablespoon olive oil
- ½ cup chopped onion
- ½ cup diced carrot
- ¼ cup diced celery
- 1 cup dry white wine
- 1 cup water
- 1 cup diced seeded plum tomato
- ¼ cup fresh lemon juice
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon grated lemon rind
- ¼ teaspoon coriander seeds, crushed
- 8 mustard seeds, crushed
- 2 garlic cloves, chopped
- 1 cup thinly sliced leek
- 2 medium heads cauliflower, cut into large florets
- 1 teaspoon chopped fresh thyme
- 1 (8-ounce) package small button mushrooms
- 8 ounces small cremini mushrooms

1. Heat oil in a Dutch oven over medium heat. Add onion, carrot, and celery; cook 4 minutes or until onion is

## Seafood Salad with Lime Vinaigrette ▶

Although Alsatian cuisine favors rich meat and pork dishes, Haeringer has a deft touch with seafood, too. Citrus juice and cumin in the vinaigrette provide an earthy contrast to the delicate, slightly sweet scallops and shrimp. Serve with herb focaccia for a light summer dinner.

### VINAIGRETTE:

- 1 teaspoon cumin seeds
- ½ teaspoon salt
- 1 garlic clove, minced
- ⅓ cup fresh orange juice (about 1 medium orange)
- 3 tablespoons fresh lime juice
- 1 tablespoon minced shallots
- 2 teaspoons honey
- ⅛ teaspoon freshly ground black pepper
- 2 tablespoons extravirgin olive oil

### SEAFOOD:

- 1¼ pounds sea scallops
- 1¼ pounds large shrimp, peeled and deveined
- Cooking spray
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper

### SALAD:

- 3 cups mixed salad greens
- 3 cups chopped romaine lettuce
- 1 cup sliced Belgian endive (about 2 small heads)
- 1 cup orange sections
- Chopped parsley (optional)

tender, stirring constantly. Stir in wine and water; bring to a boil.

2. Stir in tomato and next 7 ingredients (through garlic); reduce heat, and simmer 5 minutes.

3. Stir in leek and cauliflower; cover and simmer for 10 minutes. Add thyme and mushrooms, and cook 5 minutes or until vegetables are tender. Remove vegetables from pan with a slotted spoon. Bring cooking liquid to a boil; cook until reduced to ½ cup (about 5 minutes). Drizzle cooking liquid over vegetables. Chill 1 to 4 hours. Let stand at room temperature 15 minutes before serving. Yield: 9 servings (serving size: 1 cup).

CALORIES 100 (18% from fat); FAT 2g (sat 0.3g, mono 1.1g, poly 0.3g); PROTEIN 4.3g; CARB 14.9g; FIBER 4.4g; CHOL 0mg; IRON 1.5mg; SODIUM 315mg; CALC 55mg



cure." Haeringer comments on garlic's properties while deftly chopping a clove. "Garlic is a reputed aphrodisiac," he notes. "In the Middle East, bridegrooms still put a clove under their lapels to invigorate their honeymoons."

Haeringer is the second generation romancing French food in the Virginia countryside. The restaurant, started by Haeringer's Alsace-born, 85-year-old father, François, is frequented by the politically powerful and the local suburbanites. François passed the whisk to Haeringer and his brothers, Paul (the general manager) and Robert (the sous chef). He still comes into the restaurant for a few hours each day, though. "Papa is still the boss, the king at the restaurant," Haeringer says. "You know the story: old bull, young bull. We spar a little."

## Reinterpreting Classics

They may lock horns, but Haeringer learned valuable lessons from François. Working with his father from age 12, Haeringer toiled summers in the restaurant and also in France at restaurants like the Michelin three-star-rated L'Auberge de Lile in Alsace. Although he cooks all kinds of French cuisine, Haeringer knows Alsace best. The region is known for its charcuterie—signature pâtés and rillettes (slowly cooked shredded pork and veal pâté), typically served with sauerkraut. But Haeringer also tinkers with tradition, reinterpreting and reinvigorating his father's recipes for today's lighter tastes. "After all, I am American-born," he says. Haeringer has introduced leaner fare like Spiced Beef with Wine Sauce and Roasted Potatoes, a popular new take on an Alsatian favorite, and the summery Seafood Salad with Lime Vinaigrette.

Haeringer favors free-range meats and poultry, as well as organically grown fruits and vegetables. It's a strategy that he recommends for home cooks—within reason. Get the best ingredients available, he says, but don't avoid a recipe just because you can't obtain organic ingredients. In the end, the goal is to prepare healthful meals that please the senses and, more importantly, to enjoy the results. He put it best in French: "*Où il y a de la gêne, il n'y a pas de plaisir.*" (Where there is too much trouble, there is no pleasure.)



## Spiced Beef with Wine Sauce and Roasted Potatoes ▲

Haeringer gently poaches tenderloin in spiced wine to produce a delicate flavor and tender texture. A touch of butter deepens the flavor of the sauce. Use a good-quality red wine for the most robust result.

### POTATOES:

- 1½ pounds fingerling potatoes
- Cooking spray
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper

### BEEF:

- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- 6 coriander seeds, crushed
- 4 juniper berries, crushed
- 2 cloves
- 1 (750-milliliter) bottle cabernet sauvignon or other dry red wine
- 1 (1-inch) cinnamon stick
- 4 (4-ounce) beef tenderloin steaks, trimmed (1½ inches thick)

### SAUCE:

- ½ cup low-salt beef broth, divided
- 1 teaspoon sugar
- ¼ teaspoon salt
- 1½ teaspoons cornstarch
- 2 teaspoons butter

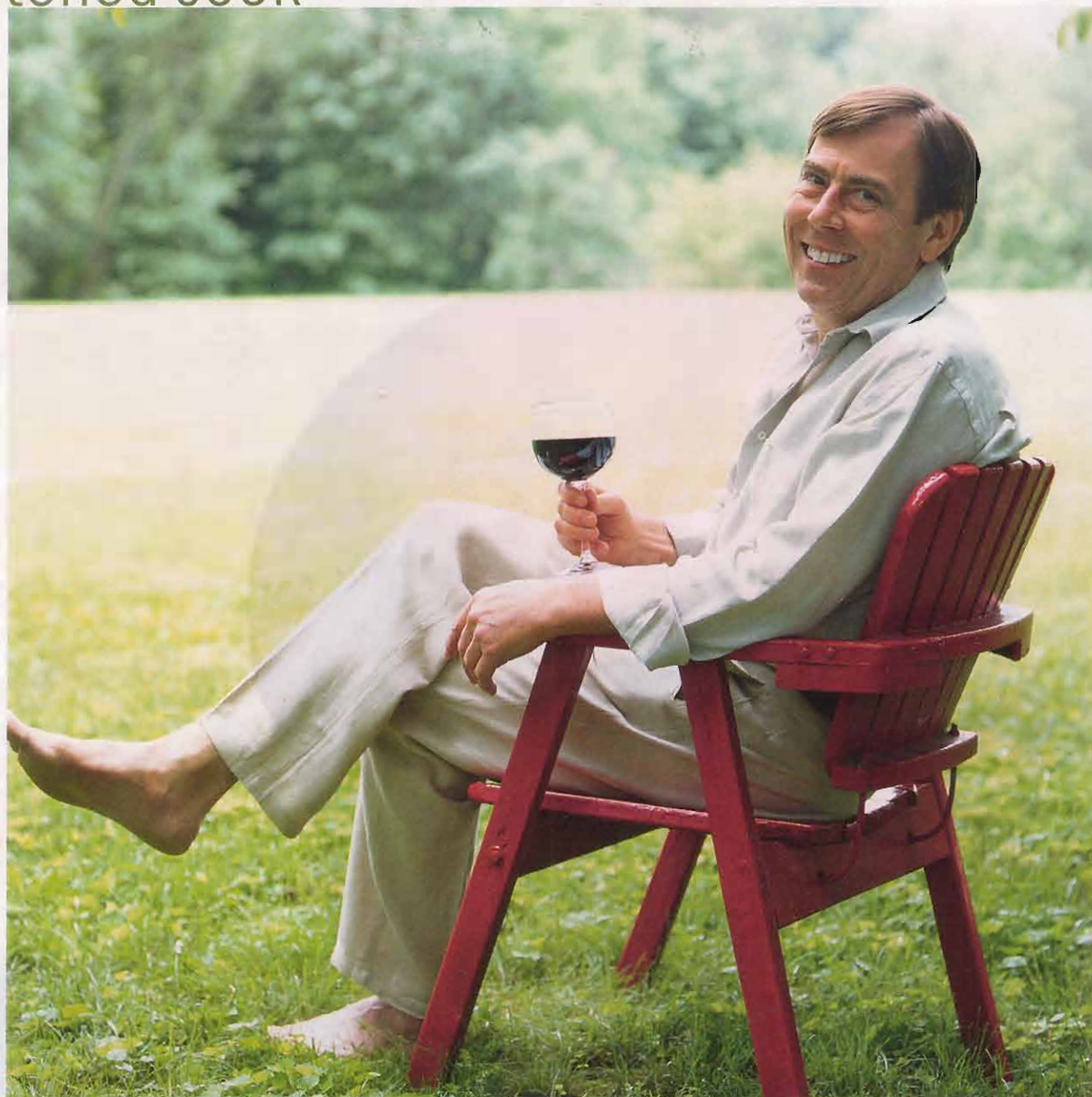
1. To prepare potatoes, preheat the oven to 400°.
2. Arrange potatoes in a single layer on a jelly-roll pan coated with cooking spray. Lightly coat potatoes with cooking spray; sprinkle with ¼ teaspoon salt and

⅛ teaspoon pepper. Bake at 400° for 40 minutes or until tender, turning after 20 minutes. Remove from oven; keep warm.

3. To prepare beef, combine ¼ teaspoon salt, ⅛ teaspoon pepper, coriander seeds, and next 4 ingredients (through cinnamon) in a large saucepan; bring to a boil. Reduce heat, and simmer 2 minutes. Strain wine mixture through a sieve into a bowl; discard solids. Return wine mixture to pan; bring to a simmer (mixture will just barely bubble). Arrange beef in a single layer in saucepan; cook 5 minutes or until desired degree of doneness. Remove beef from pan; keep warm.







## In Virginia, romancing French cuisine

Chef Jacques Haeringer continues a family dynasty, reinterpreting Alsatian classics for American palates. **Story by Joan Nathan / Recipes by Jacques Haeringer**

**M**y mood brightens every time I visit L'Auberge Chez François, located in a sprawling country house in the rolling hills of Great Falls, Virginia. Inside, the warm red walls, stained glass windows, and wood beams make me feel as if I've stepped back into an easier time—or as if I've traveled across the ocean to Alsace-Lorraine, the gastronomic corner of France that borders southern Germany.

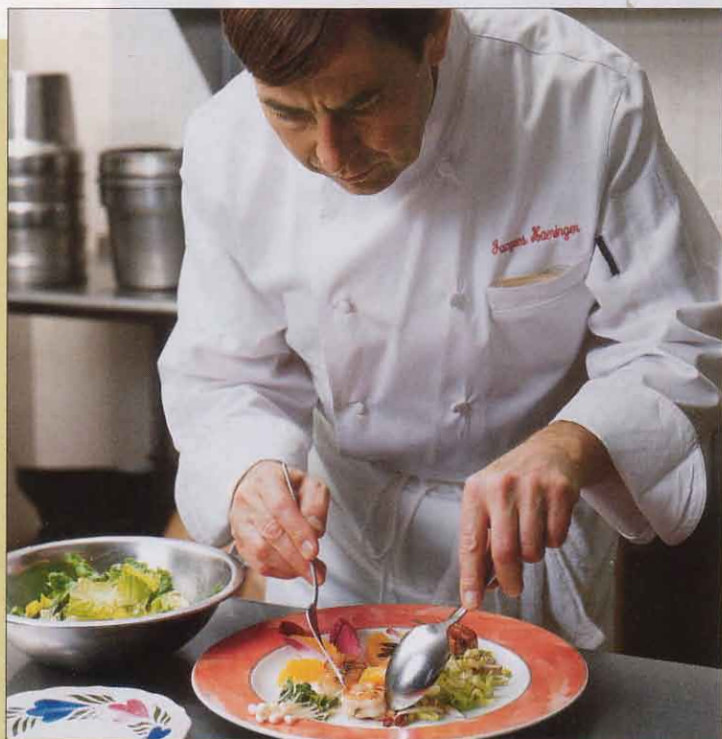
L'Auberge Chez François's chef, Jacques Haeringer—star of the PBS cooking show *Two for Tonight* and author of a cookbook of the same name, as well as *The Chez François Cookbook*—knows how to romanticize food. A puckish middle-aged man whose broad smile and energy defy his 50-plus years, Haeringer darted from

pan to pan, blending egg whites into a light kugelhopf (an Alsatian egg-white mold with caramel) at a recent demonstration for 60 of his regulars.

### **Cabbage Cure**

On this particular Saturday, Haeringer is teaching the Alsatian cooking with which he grew up. As he stirs his sauerkraut into a Choucroute Royale, a long-cooking stew with meats, sausages, potatoes, and sauerkraut, he peppers his conversation with historic lore and jokes. "Cabbage has a high content of vitamin C," he explains. "The Romans ate it before they went to a bacchanalia. When they got home, they ate some more to cure the hangover. Cabbage was the prevention and the





Haeringer shows off his lighter side when preparing Seafood Salad with Lime Vinaigrette.

1. To prepare vinaigrette, toast cumin seeds in a small skillet over medium-high heat 2 minutes or until fragrant, stirring constantly. Combine  $\frac{1}{2}$  teaspoon salt and garlic in a small bowl, using a fork to mash into a paste. Add toasted cumin seeds, orange juice, lime juice, shallots, honey, and  $\frac{1}{8}$  teaspoon pepper; stir well with a whisk. Add olive oil, stirring with a whisk until well blended. Set aside.
2. To prepare seafood, lightly coat scallops and shrimp with cooking spray; sprinkle with  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper. Heat a heavy grill pan over medium-high heat. Lightly coat

pan with cooking spray. Add seafood; cook 2 minutes on each side or until done. Place seafood in a bowl; drizzle with  $\frac{1}{3}$  cup vinaigrette, tossing to coat.

3. To prepare salad, combine salad greens, romaine, endive, and orange sections in a large bowl. Drizzle with remaining vinaigrette; toss gently to coat. Divide salad among each of 6 plates; top with seafood. Garnish with parsley, if desired. Serve immediately. Yield: 6 servings (serving size: about 5 ounces seafood and 1 cup salad).

CALORIES 281 (23% from fat); FAT 7.1g (sat 1g, mono 3.7g, poly 1.3g); PROTEIN 36.6g; CARB 17.2g; FIBER 2.7g; CHOL 175mg; IRON 3.5mg; SODIUM 599mg; CALC 127mg

### Melon Balls with Port

Sweet cantaloupe, heady port, and fresh mint combine in a light dessert ideal for the end of a hearty meal. Try it after the Spiced Beef with Wine Sauce and Roasted Potatoes, page 204.

- 1 cup ruby port or other sweet red wine
- 1 tablespoon sugar
- Dash of salt
- Dash of cardamom
- 6 cups cantaloupe balls (about 2 large cantaloupes)
- 2 teaspoons chopped fresh mint
- Mint sprigs (optional)

1. Combine port and sugar in a small saucepan; bring to a boil. Reduce heat, and simmer 10 minutes or until reduced

For French (cooking) lessons, go to [CookingLight.com/features](http://CookingLight.com/features).

to  $\frac{1}{2}$  cup. Place port mixture in a large bowl; cool. Add salt and cardamom to port mixture, stir to combine. Add cantaloupe balls and chopped mint; toss gently to coat. Cover and chill 1 hour before serving. Garnish with the mint sprigs, if desired. Yield: 6 servings (serving size: 1 cup).

CALORIES 130 (4% from fat); FAT 0.5g (sat 0.1g, mono 0g, poly 0.2g); PROTEIN 1.7g; CARB 21.6g; FIBER 1.4g; CHOL 0mg; IRON 0.5mg; SODIUM 41mg; CALC 23mg

Joan Nathan is the author of seven cookbooks, including the award-winning *Jewish Cooking in America*.