

Brisket of Beef - silver palate cookbook

1 (6-pound) first-cut beef brisket, trimmed so that a thin layer of fat remains
All-purpose flour, for dusting
Freshly ground black pepper
3 tablespoons corn oil
8 medium onions, peeled and thickly sliced
3 tablespoons tomato paste
Kosher salt
2 to 4 cloves garlic, peeled and quartered
1 carrot, peeled and trimmed

Preheat oven to 375 F. Trim the brisket of most of its fat and dust it very lightly with the flour. Sprinkle with pepper. Heat the oil in a large heavy flameproof casserole or cast iron pan. Add the brisket, and brown on both sides over medium-high heat until some crisp spots appear on the surface. Transfer the brisket to a dish.

Keeping the heat medium high, add the onions to the casserole and stir, scraping up the brown particles left from the meat. Cook until the onions have softened and developed a handsome brown color, 10 to 15 minutes. Remove the casserole from the heat and place the brisket along with any juices that have accumulated on top of the onions. Spread the tomato paste over the brisket as if you were icing a cake. Sprinkle with pepper and the coarse salt. Add the garlic and carrot, and cover tightly.

Place the casserole on the middle rack in the oven, and bake for 1-1/2 hours. Remove the casserole from the oven, and transfer the meat to a carving board. Cut it into 1/8 - 1/4 inch-thick slices. Return the slices to the pot, overlapping them at an angle so that you can see a bit of the top edge of each slice (in effect reassembling the brisket, slightly slanted).

Correct the seasoning if necessary and if absolutely necessary, add 2 or 3 teaspoons of water to the casserole. Cover, and return the casserole to the oven. Cook until the meat is brown and fork-tender, 1-3/4 to 2 hours longer. Slice the carrot, and transfer the roast, onions and carrot slices to a heated platter. Serve at once.

Creamy Balsamic Vinaigrette

Makes 5 cups
1 quart canola or vegetable oil
1 cup balsamic vinegar
three large eggs
one tablespoon dried basil
one tablespoon dried oregano
one tablespoon minced garlic
one tablespoon minced shallot or red onion
one-eighth teaspoon ground thyme
one-half teaspoon salt
one-half teaspoon pepper
one-quarter cup sugar

Break eggs into the vinegar and whip lightly with a fork. Put garlic, shallots and dry ingredients in food processor. Add egg mixture and process briefly. With machine running, slowly blend in the oil in a slow steady stream. This will thicken the mixture. Store refrigerated – keeps about two weeks.

chicken marbella - silver palate cookbook

servings: 10-12 servings

4 chickens, 2 1/2 pounds each, quartered

1 head of garlic, peeled and finely pureed

1/4 cup dried oregano

coarse salt and freshly ground black pepper to taste

1/2 cup red wine vinegar

1/2 cup olive oil

1 cup pitted prunes

1/2 cup pitted Spanish green olives

1/2 cup capers with a bit of juice

6 bay leaves

1 cup brown sugar

1 cup white wine

1/4 cup Italian parsley or fresh coriander (cilantro), finely chopped

Preheat oven to 350 degrees. In a large bowl combine chicken quarters, garlic, oregano, pepper and coarse salt to taste, vinegar, olive oil, prunes, olives, capers and juice, and bay leaves. Cover and let marinate, refrigerated, overnight.

Arrange chicken in a single layer in one or two large, shallow baking pans and spoon marinade over it evenly. Sprinkle chicken pieces with brown sugar and pour white wine around them.

Bake for 50 minutes to 1 hour, basting frequently with pan juices. Chicken is done when thigh pieces, pricked with a fork at their thickest, yield clear yellow (rather than pink) juice.

With a slotted spoon transfer chicken, prunes, olives and capers to a serving platter. Moisten with a few spoonfuls of pan juices and sprinkle generously with parsley or cilantro. Pass remaining pan juices in a sauceboat.

To serve Chicken Marbella cold, cool to room temperature in cooking juices before transferring to a serving platter. If chicken has been covered and refrigerated, allow it to return to room temperature before serving. Spoon some of the reserved juices over chicken.

Cauliflower – roasted with breadcrumbs

servings: 6-8servings

1 head cauliflower

½ stick unsalted butter

2-4 tablespoons canola or olive oil

1 cup of unseasoned bread crumbs or panko

Cut cauliflower into 1-1/2" to 2" pieces, steam until firm, then drain well.

Melt butter in heavy skillet, then add the breadcrumbs or panko. On medium heat, stir the mixture occasionally until lightly browned (8-10 minutes), add salt and pepper to taste. Place cauliflower in casserole or roasting pan, add oil (can substitute another ½ stick of butter) toss gently. Top with bread crumbs, sprinkle with paprika, salt and pepper to taste. Bake in 350 degree oven for about 25 minutes. Stir several times so that it browns evenly.