

# Cocktails and Hors D'oeuvres

Before serving dinner to my guests, we always go down to the bar and have a few tasty cocktails along with delicious hors d'oeuvres. Of course the feeling we get from a little alcohol is enjoyable, but when you think about it, isn't it really the taste that drives one cocktail to be more popular than another? If it were just about the feeling/effect, we would not have wine stores, or liquor stores with thousands of different spirits, we'd just have ethanol stores that only sold one product, grain alcohol.

In this section, I will introduce you some great cocktail recipes and hors d'oeuvres that pair well with the drinks, along with some stories about how I was first introduced to the cocktails.



## The Fizz

Fizzes hail from the early days of mixology, long before Prohibition. Jerry Thomas, considered to be the father of American mixology, published the very first cocktail guide in 1862, *[“How to Mix Drinks – A Bon Vivant’s Companion”](#)*. Fizzes always contain fresh raw egg, sugar, lemon juice and at least one primary liquor and may also include other liqueurs and flavorings. Once shaken, seltzer is added to make this refreshing summer cocktail effervesce. I’m not sure why fizzes have faded from popularity, but I wouldn’t be surprised if it was simply the labor intensity of their preparation – or perhaps the political incorrectness of raw egg. If there were any cocktail in this book I would encourage you to make sooner than later, it would be a fizz. Why? Because of their unique, exquisite, delicate flavor and texture, and also because once you make a fizz and get it right, you will have earned a gold star in bartending that few can claim. The rest is downhill from there. Go for it!



### How to Make a Perfect Fizz

A well made fizz is perhaps the most labor intensive cocktail you will make, and even if you are tempted to take shortcuts in the future, you should at least make a traditional fizz once by the methods I describe here.

The key to any good carbonated cocktail is to maximize the fizziness produced by the carbonation without sacrificing flavor. To do this, you must use dry ingredients, for example - white sugar versus simple syrup. Next, if you freeze the ingredients first, along with the shaker and the glasses, the water needed for the finished cocktail will come from the seltzer as opposed to melted ice.



First, place all the ingredients

except egg, ice and seltzer into the shaker and shake for half a minute. Then place the shaker into the freezer for a half hour. Then add the egg to the shaker and shake for another 30 seconds. Next, add the ice – larger pieces only – no crushed ice or small pieces. While the Ramos Gin Fizz recipe recommends shaking for twelve (yes, 12) minutes, I have found that if you use superfine sugar, that 3 minutes of vigorous shaking will do the trick. By the way, don't use confectioner's sugar – this contains corn starch and will change the look and texture of the cocktail.

Strain the concentrated cocktail into the frozen glass(es) through a medium fine sieve. This will strain out any thick, tougher portions of the egg. Next add chilled seltzer to fill the glass about 7/8 full and stir briefly. Tap the bottom of the glass for half a minute with a fizz mallet. This can be made from a 1" dowel rod of a hardwood like walnut. Tap vigorously, but carefully – as not to break the glass. I find that a thick bottom glass is best for this. This process breaks the larger bubbles in the head and condenses the froth so that it's thicker and holds together well. Next add seltzer to the middle of the cocktail until the frothy head extrudes over the top of the glass about a quarter inch or so....then imbibe! (As Jerry Thomas would say)

It is fitting that I begin this section with a traditional Ramos Gin Fizz, then follow with my own creations.



# Ramos Gin Fizz

4 oz. [Hayman's Old Tom Gin \(serves two\)](#)  
1 oz. [St. Germaine Liqueur](#) (optional - my twist)  
2 oz. Heavy cream  
2 Tbs. [Superfine White Sugar](#)  
1 ½ tsp. Fresh lemon juice  
1 ½ tsp. Fresh lime juice  
1/8 tsp. Vanilla extract  
3/8 tsp. [Orange Blossom Water](#)  
2 egg whites  
Seltzer  
ice

Perhaps that most famous fizz still being served today is the Ramos Gin Fizz, created by Henry Ramos at the Imperial Cabinet Saloon in New Orleans in 1888. It was popularized in the early 1900s and was the favorite cocktail of Louisiana Governor, Huey Long. The Roosevelt Hotel trademarked the name in 1935 and it's still served there today. I tasted my first Ramos Gin Fizz in the "Atlantic Jazz Yard" at Rehoboth Beach in 2010.



This recipe is my twist on the standard Ramos Gin Fizz, and is not far from the original recipe. First add all the ingredients *except* the egg, ice and seltzer to a shaker and place in a freezer for at least a half hour along with 2 tall glasses. See “*How to Make a Perfect Fizz*” at the beginning of this section for more detailed instructions. When ready, add the egg whites and shake for 30 seconds. Then add several larger pieces of ice and close the shaker. Wrap the shaker in a towel (so your hands will not freeze!) and shake vigorously for a full 3 minutes. I know this is a lot of work, so think of this as a little workout instead of labor and you’ll be able to do it!

Then strain through the shaker top and additionally through a coarse sieve (to catch all the thicker egg pieces) equally into two tall glasses. Add cold seltzer to both glasses to about 1 inch below the rim and stir briefly with a stirring stick.

Tap the base of each glass with a fizz mallet for about a minute to compact the frothy head. Then finally pour seltzer directly into the center of each drink until the head rises about  $\frac{1}{4}$  inch *above* the rim of the glass. Voila! A perfect Ramos Gin Fizz!





# Frozen Daiquiris

Frozen Daiquiris should be blended until smooth, without any crunchy pieces of ice in the mix. The secret to getting a smooth, well blended frozen daiquiri depends on the temperature of the whole system – not just the ingredients, but the blender jar as well. I prefer a glass blender jar, and I keep the jars in the freezer at all times when I'm not blending or serving. My favorite blender is the [Vita-Mix TurboBlend VS](#), but any powerful, variable speed blender should make a fine frozen daiquiri. Incidentally, the name "Daiquiri" typically refers to a cocktail made of rum, lime juice, sweetener. The term, "Frozen Daiquiri" has now come to be associated with a wide variety of cocktail ingredients.

## How to Make a Perfect Frozen Daiquiri

First, add all the liquid ingredients to the frozen blender jar, then I add ice to about 80% capacity of the jar and blend on the highest speed. While blending, you will know you have the right system temperature when the daiquiri is circulating up the inside surface of the jar, and then to the center and down the vortex back into the blade. If the system is too warm, the drink will be too watery and this should absolutely be avoided. If it's too cold, cavitation will occur and the blade will be spinning in an air pocket and the drink will not circulate and blend properly. This is why it's critical to have good variable speed blender with a speed dial as opposed to six or eight speed buttons. Then you can adjust the speed to circulate perfectly regardless of the temperature of the mix.

Once it's smooth, you can taste it and add anything that might be needed to achieve the flavor and color you want – sugar, food coloring, etc. Use any food coloring sparingly, squeezing a drop at a time into a running blender, until the color is what you want. Remember that if you add more alcohol, this will lower the freezing point of the mix and make it thinner.

Always return the covered jar to the freezer after serving. If you don't use all the mix at once, you can leave in the freezer for weeks, and just let the blender jar warm up at room temperature for 5 to 15 minutes before blending to serve again. Straight from the freezer, you can also scoop the mix into a bowl and serve as you would gelato or sorbet. The alcohol content keeps the mix from freezing solid.

I'm starting this section off with a popular mix that I came up with this past Memorial Day for the annual swim picnic – the Jasmine Daiquiri.



# Jasmine Daiquiri



9 oz. [Extra Dry Rum](#)

3 oz. Cream (optional)

4 Tbs. [Jasmine Syrup](#)

5 tsp. [Orgeat Syrup](#)

1 tsp. [Lemon Extract](#)

Garnish with rolled shiso leaf (perilla) or mint  
ice

Pairs well with:

*Berries and Jasmine Whipped Cream*

### Jasmine Whipped Cream:

16 oz Heavy Whipping Cream

5 tsp. [Jasmine Syrup](#)

½ tsp. [Lemon Extract](#)

Add the ingredients to the blender jar and blend according to the instructions at the beginning of this section: “How to Make a Perfect Frozen Daiquiri”.

### How to Make Whipped Cream

The only equipment you need is a [Whipped Cream Canister](#) and [Whipped Cream Cartridges](#) (Nitrous Oxide). Add 16 oz. of heavy whipping cream to the canister along with any flavorings or sugar (see recipe above). Then screw on the top of the canister, and place a nitrous oxide cartridge tip-down against the puncture pin and screw down until the pin punctures the metal tip and the gas flows into the canister. Then shake well and refrigerate. Whipped cream is ready to serve immediately.





# Savannah Field Club Cocktail



*1.5 oz. Peach Schnapps*  
*1 oz. Sour Apple Schnapps*  
*1 oz. Calvados or Applejack*  
*½ oz. Gomme Syrup*  
*½ oz Fresh lemon juice*  
*½ tsp. Angostura Bitters*  
*1/4 tsp. Peach Bitters*

**S**hake for a half minute in a shaker and strain into a rimmed martini glass. Garnish with a long twist of lemon and a real maraschino cherry.

This drink has been an overwhelming favorite of many of my guests, and is always requested at every gathering. I was experimenting with making a peach flavored cocktail and at first started with lemon juice, but when it was too much citrus, I began substituting apple liqueurs and discovered this delightful combination. The addition of bitters was all it needed to round out the flavor into a winner.

If you take a look at any bar book, there are no holds barred when it comes to naming a drink. When I name a drink, I first close my eyes and taste it and see what images come to mind. With this one, I imagined myself at a posh country club in the deep south right after Prohibition was repealed. I imagined a warm August day with a gentle breeze, sitting in a rocking chair on a large veranda, watching a croquet match while sipping this cocktail. Savannah immediately came to mind as I remembered the movie “Legend of Bagger Vance” and then came the name.

## **Gomme Syrup**

You already know how I feel about sweetening a cocktail. If you use superfine white sugar, it will easily dissolve in the shaker, no color will be added to your drink, no flavor but sweetness, and no extra water. Why does this matter? While for a “martini” style cocktail, you need the ice melting in the shaker to dilute the spirits to the desired strength, for a fizz, or “Collins” style cocktail, I want to maximize the amount of water that comes from seltzer, so as to maximize the fizziness of the drink.

I have a few exceptions, and one is Gomme Syrup. Long before prohibition, bartenders used this thick, concentrated sweetener not only to sweeten a drink, but to add silky texture to the cocktail. Gum Syrup (Sirop de Gomme in French) is simply white sugar, gum arabic and water. Not only does the gum change the texture of a drink, but it allows you to mix a super-saturated sugar solution, and prevents crystallization. I no longer use simple syrup, but

rather prefer this concentrated, silky sweetener instead. Here is the recipe that I use to make 16 oz. of Gomme Syrup:

*13 oz. white sugar*

*3 oz. Gum Arabic*

*7 oz. Water*

*(all ingredients by volume, not weight)*

While heating the water to a boil, thoroughly mix the dry gum and sugar together in a bowl with a whisk, so that there are no clumps of powdered gum to make lumps in the syrup. As soon as the water boils, slowly pour the powder mixture into the water while whisking constantly. As soon as all the solids have dissolved, remove from the heat, let cool a bit and then pour through a fine sieve and bottle. Keep refrigerated.

You can also make Sirop de Gomme with other sugars like Dark Muscovado, Demerara, Date Sugar, etc. to add not only sweetness, texture and a frothy head to your cockatils, but rich and interesting flavors as well.

# Berlinerweisse



500ml Hefe-Weissbier

1.5 oz Himbeersiroop

Garnish with lemon

Pairs well with:

Landjäger



**B**erlinerweisse (or *Berlinerweiße* in German) is a type of sour wheat beer which has been brewed in Northern Germany since the 16<sup>th</sup> century. To balance the sourness, sweet syrups are typically added to this unique beer, most often raspberry syrup (*Himbeersiropp*) or woodruff syrup (*Waldmeistersiropp*).

The first time I encountered this delightful beer cocktail was on a business trip to Milwaukee, where my client and soon to be lifelong friend Bill Lang, took me to dinner at [Mader's German Restaurant](#) in Old World Milwaukee. As soon as I set foot in this perhaps most famous German Restaurant in the US, I felt as if transported to Germany as it appeared over a century ago.

With a multi-million dollar collection of art, medieval armor and antiques dating back to the 14<sup>th</sup> century and exquisite, authentic German cuisine, dinner at Mader's is a must for travelers to Milwaukee.



I fell in love with the Berlinerwieße they served there as well as Paulaner Hefe-Weißbier, which to this day remains my favorite wheat beer.

Fill a chilled glass with the beer, pouring with the glass at an angle as not to develop too thick a head, perhaps an inch. Then pour in the syrup slowly in a circular motion, garnish with a wedge of lemon, and then savor with Landjäger, German mustard and a nice pumpernickel.





Rum is perhaps my favorite of all distilled spirits. Starting with the juices extracted from



pure sugar cane, then fermented, distilled and aged in charred oak barrels, traditional rum is an honest spirit, naturally laden with hints of complex flavors like caramel, coconut and maple. I am also a rum collector, with well over 100 brands in my collection.

Ever since my first visit to the Caribbean several decades ago, my heart continues to beat to a calypso melody as I fondly remember the day that I first sat under a thatched roofed beach bar and sipped some of the finest rum in the world as the warm breezes danced in from the sea. I was inspired to build an authentic Caribbean rum bar, “Pirates’ Galley”, at my home in the forests of Western Pennsylvania. Each island or region tends to produce rums with a distinctive taste signature. My personal favorites hail from Central America, and in particular, Guatemala and Nicaragua. People inevitably ask me which rum is my favorite. While that’s a difficult question to answer, I usually find myself recommending [Ron Zacapa Centenario](#) - aged 23 years, a superb amber rum from Guatemala.

Ron Zacapa is made from the sweetest, ‘first-crush’ sugar cane and after fermentation and distillation is aged in selected barrels that previously aged bourbon, sherries and Pedro Ximenez wines. In a process called “Sistema Solera” (or Solera System), various ages of rums are blended together by a master blender to achieve the heavenly aroma and flavor of Ron Zacapa Centenario.



There are a multitude of cocktails that can be made with rum, and you will become acquainted with my favorites in this section. I think it’s appropriate to begin this section with a simple, delightful, traditional Central American cocktail, Rum and Coconut Water.

# Rum and Coconut Water



2 oz. Rum

2 oz. *Fresh coconut water*

*Fresh grated nutmeg*

Pairs well with:

*Fresh shucked oysters*



In my opinion, oysters should be savored as you would any delicacy, never swallowed whole. The finest oysters I've ever eaten were at the [Punta Morro Restaurant](#) in Ensenada, Baja California, Mexico. These oysters were harvested locally in the bay and had a multitude of delightful sea flavors, each leading into the next with a rich, briny seaweed finish. An excellent way to watch the Pacific sunset!



My dear Aunt Jinny and her two friends, Jack and Janice Patten, taken at the Punta Morro Restaurant in Ensenada.



# Jamaican Planter's Punch



2 oz Meyer's Dark Rum

1 oz Wray and Nephew's Overproof Rum

1.5 oz Jasper's Secret Mix \*

1 oz Valencia Orange Juice

1 oz Pineapple juice

3 dashes Orange Bitters

Garnish with a few [Amarena Cherries](#), a wedge of pineapple and twist of orange



Pairs well with:

*Fried Jamaican Red Bananas*

Planter's Punch traces its roots to Jamaica in the late 1800s, and *not* to the Planters Hotel in Charleston, SC. Several sources quote its earliest mention being in the September 1878 issue of the London magazine, *Fun*. Here they listed the recipe as follows:

*"A wine-glass with lemon juice fill, of sugar the same glass fill twice  
Then rub them together until  
The mixture looks smooth, soft, and nice.  
Of rum then three wine glasses add,  
And four of cold water please take. A Drink then you'll have that's not bad —  
At least, so they say in Jamaica."*



I first discovered the beauty of Jamaica on a vacation there many years ago. It was there, at the Sans Souci Hotel near Ocho Rios (still in operation today as Couples Sans Souci) that I first tasted authentic Jamaican Planter's Punch. I have tried to duplicate the wonderful blend of flavors ever since, but not until reading Ted Haigh's book "Vintage Spirits and Forgotten Cocktails" did I come upon the missing

ingredient: "Jasper's Secret Mix"! I've made a hybrid punch of the ingredients from my past attempts (as mixologists often do) and added this missing ingredient to make what I would call a perfect Planter's Punch recipe.

**\* Jasper's Secret Mix:**

*Juice of 12 limes*

*1.5 cups sugar*

*1.5 oz Angostura Bitters*

*1/2 Nutmeg, finely grated*



*1 tsp Allspice, finely ground in mortar and pestle  
(keep refrigerated)*

Shake all liquid ingredients in a shaker with ice, then pour entire shaker into a tall glass and garnish with a *real* Maraschino cherry and wedge of pineapple on a skewer. Then twist a twist of orange into the drink and you are ready to go!

OK – so now I’ve got to talk about what happened to Maraschino cherries during Prohibition and why you should avoid the fluorescent red ones that you buy in most grocery stores and rather seek out (or make yourself), *real* Maraschino Cherries.

Back in Jerry Thomas’ day, Maraschino cherries were the ultimate cocktail garnish. Imagine fresh Marasca cherries saturated with heavenly Maraschino liqueur (pronounced mare-a-SKI-no), while retaining the crispy texture of the fresh fruit and a wonderful finish. But then came Prohibition, where an entire nation temporarily tried behavior modification on for size...or at least pretended! Imagine changing the constitution of a free nation to try to manage social behavior.

The flow of Maraschino cherries and liqueur from Europe came to an end and a non-alcoholic substitute was in order. So someone got the idea to soak fresh cherries in a salt and alum solution to strip away the natural cherry flavor and color. Then after washing out the salts, soaking them in a sugar syrup, almond extract (yes, almond! I mean, if you’re going to strip the life out of a fruit and then give it an entirely different flavor, why not make it taste like a kumquat, or perhaps a pecan!)...and of course, that unearthly red dye – they were supposedly ready for your cocktail.

Well, we’ve come a long, long way since we repealed Prohibition with the passage of the twenty-first amendment, and now, real Maraschino cherries are just a few mouse clicks away!

### **Fried Jamaican Red Bananas:**

*3 ripe red bananas*

*Flour*

*Butter for the skillet*

*3 Tbs dark brown sugar*

*2 oz dark rum (Myers or Goslings Black Seal are good)*

*½ tsp ground cinnamon*

*¼ tsp grated nutmeg*

*1/8 tsp ground allspice*

*Pinch of ground Scotch Bonnet peppers (or any *Capsicum Chinense*)*

*Fresh ground black pepper*

Mix the last seven ingredients stir for a minute or so under low heat until sugar is dissolved. You should use fairly ripe bananas. The color of the skin of a red banana is not the best gauge of ripeness. Slice each banana lengthwise and notice the color of the flesh. If it's slightly a salmon color, this is a good indication of ripeness. Also the fresh cut flesh should be fairly soft and have a fragrant banana scent as opposed to the scent of wet cardboard. The skin of a ripe red banana should easily peel away from the flesh. Now cover with a thin coat of flour. Heat the butter at a medium high heat until the water disappears from the butter and frying temperature is reached. Fry the bananas until the bottom side is toasty brown, then flip them all and do the same to the other side. Then lower the heat to medium and drizzle the spice/rum mixture onto each banana. Don't let the syrup crystallize into candy, just simmer until the syrup is at a 'soft ball' stage. Shake the skillet to mix everything evenly (hopefully you are using a good Teflon skillet!) Flip the bananas once again and simmer until soft inside and serve. These are deliciously sweet and hot, and you may need to cool your palate with a second or third glass of punch!



# Favorite Recipes

This section is devoted to the best recipes I've either created from scratch, or have found from other sources. For example, "Osaka Grilled Salmon" and "Beef Blackfoot" are two recipes of my own that I created from scratch. "Beef Wellington" is one of the most popular recipes in the world and when I found a recipe I liked, perhaps the only thing I changed was the process, so that the puff pastry would not be soggy. Likewise, "The Untossed Salad" while very simple, is superb as it was mentioned in the first "Three Rivers Cookbook" over a half century ago. I only made two small changes to this – using unfrozen peas, and adding an extra layer of mayonnaise. Then there are recipes for which I was inspired by a recipe on the web, but modified more extensively, like "Pittsburgh Ham BBQ". Most often, I will find three or more recipes and end up hybridizing the best attributes of them all into one of the recipes in this book.

I have made many hundreds of meals for guests at my dinner parties over the last half century and will always enjoy these gatherings as long as I live!



Above is a recent dinner party in the Arboretum, my dining room, which is filled with tropical trees in the wintertime!

In this section of the book, I try to be as explicit and unambiguous as possible in my instructions, having experience in creating user documentation in one aspect of my software career. I intend this section for those who are already somewhat adept in the kitchen, and certainly for expert chefs as well. As long as you are able to follow instruction, you should be fine here. If there are any mistakes or suggestions, please email me at the email address below. I would love to hear from you!

If I need to give credit to you for any recipe I may have found on the web, please email me at [george@renaissancier.com](mailto:george@renaissancier.com) and I will mention you in the credit page:



# Beef Blackfoot

(Preparation time – 48 hours)

## Ingredients

- 1 pound Filet Mignon or Hangar Steak

## Marinade

- [Worcestershire Sauce](#)
- Ground [Montreal Steak Seasoning](#)
- [Grill'n Spice](#)
- Ground Coriander seed
- Demerara sugar

## Mignonette Sauce for Beef

- 4 oz. Red Wine Vinegar
- 2 oz. Pinot Noir
- 20 gm Shallot, finely minced
- 20 gm [Salt Cured Capers](#), finely minced
- 1 TBS Ground Coriander seed
- 2 tsp Ground White Pepper
- ½ tsp maple syrup

## Garnish for Beef

- 20 gm Shallot, finely minced
- 20 gm [Salt Cured Capers](#), finely minced
- Fresh parsley, trimmed





## **Directions**

### **For Mignonette Sauce**

1. Prepare all ingredients and mix together in an airtight container.
2. Place the sauce in the refrigerator for at least a day or two.
3. Strain out all solids and store finished sauce in the refrigerator.

### **For Steak**

1. Lay the steak out on a large cutting board and sprinkle a modest amount of each dry ingredient of the marinade on the steaks.
2. Turn all the steaks over in a sealable container and sprinkle an ounce or so of Worcestershire sauce on the steak
3. Then sprinkle the dry spices again on the opposite side of the steak and cover.
4. Leave refrigerated for at least 18 hours.
5. Start grill, preferable an open wood fire or hottest lump charcoal
6. Remove steak from the fridge, and dry both side with paper towels.
7. Immediately place on the grill, close to the coals/open flame for one minute per side.
8. Remove, and place between two cold dinner plates to stop the cooking process, then back into the refrigerator overnight.
9. Place serving plates and the meat in the freezer for a half hour (leave plates as long as you like)
10. Remove the meat from the freezer, then slice the meat thin, like sashimi with the sharpest of knives (e.g. Japanese sashimi knife) and arrange on a frozen plate, overlapping each piece.
11. Brush on the mignonette sauce and lightly sprinkle the capers and shallots on top of the beef.
12. Serve immediately with a garnish of fresh parsley tucked under one side of the beef.

## Origins

I learned of Beef Blackfoot decades ago when I stayed at the Century Inn in Scenery Hill, PA, a delightful Inn that has been operating since the 1700s. They no longer have it on the menu, and I was unable to reach anyone that knew the recipe. So this is from my recollection, inspired by my stay there years ago. The recipe goes back to colonial days, with roots in the native American community.



## Notes

Serves six as an appetizer.

In order to get the subtle wood fired flavor – the steak should be seared directly over the flames of a wood fire. Lower the grill grate close to the fire and get the grate red hot (1200°-1300°F)



You may have heard of “Blue Rare” which is charred on the outside, very rare inside (115°F). I would call this dish “Purple Rare”, charred on the outside, but raw on the inside (<80°F). This dish will not be as rosy in color as traditional steak tartare, but the fire roasted flavor is worth it.

Next time, I will try to find buffalo filet mignon!

Any charcoal or wood fired grill will work, but my favorite is the [Santa Maria Grill/Argentine Grill](#).



# St. Vincent Black Cake

## Fruit Mix

- 8 oz. golden raisins, chopped
- 8 oz. pitted prunes, chopped
- 4 oz. dried black figs, chopped
- 4 oz. dried strawberries, chopped
- 8 oz. [Amarena cherries](#), chopped
- 3 oz. candied lemon peel, chopped
- 3 oz. candied orange peel, chopped
- 1 tsp freshly grated nutmeg
- 1 tsp Saigon cinnamon
- 1 TBS vanilla extract
- 275 ml [Vincentian Cake Wine](#)
- 300 ml Myer's rum
- 75 ml 151° rum



## Cake Ingredients

- 1 lb dark [Muscovado sugar](#)
- 2 1/4 cups flour
- 2 teaspoons double-acting baking powder
- 2 sticks unsalted butter, softened
- 5 large eggs
- 2 oz. browning

## Icing/Decoration

- 170 gm almond paste
- 3 1/2 cups confectioners' sugar, sifted
- 3 large egg whites at room temperature
- 1 TBS strained fresh lemon juice
- [Silver and gold dragées](#) for decorating the cake



## **Directions**

1. Make the candied lemon/orange peels by peeling the rind and cutting in  $\frac{1}{4}$ " strips. Boil in 3 cups sugar and 3 cups water for 45 minutes. These are much better than the stuff you can buy.
2. Combine all the ingredients of the fruit mix and let macerate, covered, for at least two weeks at room temperature.
3. In a saucepan, combine  $\frac{1}{2}$  lb of the brown sugar and one cup of water, bring the mix to a boil over medium heat, stirring and washing down any sugar crystals clinging to the side with a brush dipped in cool water, till the sugar is dissolved. Boil the syrup, swirling the skillet occasionally for 3 to 4 min or possibly till it is reduced to  $1\frac{3}{4}$  cup. Let the burnt sugar syrup cold and reserve it.
4. Sift the flour and baking powder together in a bowl.
5. Cream the remaining  $\frac{1}{2}$  lb. of brown sugar and the butter together in a mixer until the mix is light and fluffy.
6. Beat in the Large eggs, one at a time, beating well after each addition. the flour mix, and  $1\frac{1}{3}$  cup of the of the reserved burnt sugar syrup, reserving the remaining syrup for another use.
7. Add the browning to get the desired color.
8. In another large bowl combine the flour mix and the fruit mix and divide the batter between two buttered and floured 10 inch springform pans.
9. Bake the cakes in the middle of a pre-heated 350°F oven for roughly an hour, but specifically until the center of the cake is fully risen and the internal temperature reaches 180°F. The centers of the cakes will be quite moist.
10. Let the cakes cool in the pans on a rack, then remove the sides and the bottoms of the pans and wrap the cakes in plastic wrap. Let the cakes stand at room temperature for 1 week, covered.
11. Roll out half the almond paste between two sheets of plastic wrap to create a 10 inch round and remove the top sheet of plastic wrap. Fit the almond paste over one of the cake layers, trimming the edge if necessary, remove the other sheet of plastic wrap and fit the remaining almond paste onto the remaining cake in the same manner.
12. Make the icing: In a mixer, beat 2 cups of the confectioners' sugar, the egg whites, and the lemon juice for 4 to 6 min or possibly till the mix holds soft peaks. Beat in the remaining  $1\frac{1}{2}$  cups confectioners' sugar and beat till the icing holds stiff peaks.

13. Transfer 1 cup of the icing to a piping bag fitted with a decorative tip, spread the remaining icing on the tops and the sides of the cakes with a long metal spatula, and pipe the icing in the icing bag decoratively onto the cakes.
14. Arrange the dragées on the cakes.

### **Notes**

You may not be able to get the Vincentian Cake Wine – but you may substitute with Manischewitz Concord Grape wine.

Do not substitute the traditional maraschino cherries or glace cherries for the Amarena cherries. The Amarena cherries are superb.

You may substitute dark brown sugar for the Dark Muscovado sugar.



# Pittsburgh Ham BBQ

## Ingredients

- 6 lbs. chipped ham
- 1 large onion, chopped
- 1 stick (8 TBS) butter
- 1 cup Heinz ketchup
- 1 cup Heinz chili sauce
- 1 cup BBQ sauce
- ½ cup Heinz India relish, strained well
- ¼ cup brown sugar
- ¼ cup Worcestershire sauce
- 3 TBS apple cider vinegar
- 4 tsp Colemans powdered mustard
- 1 TBS Con Yeager "Grill'n Spice"
- 1 TBS Hickory Liquid Smoke
- 1 tsp ground black pepper
- 1/8 tsp ground Scotch bonnet pepper



## Directions

1. Sauté onions in butter on medium high until starting to brown and water is mostly gone.
2. Add all other ingredients but the ham, then stir to a simmer.
3. Pull the ham apart and add slowly.
4. Bring to a very slow simmer and cook uncovered for an hour or two. Do not boil! Stir gently every once in a while.
5. Cook for several hours on the lowest possible heat, such that there are very few bubbles in the mix, only warming the Ham BBQ, stirring gently from time to time.

## Notes

Before placing on the bun, strain off the excess juice with a strainer.

“[Sticky Fingers Memphis](#)” is my favorite BBQ sauce for this recipe, but by all means, use your favorite.

Some of you’n’s like a slice of American cheese on top.

For a top notch ham, with no nitrites or nitrates added, here is the best [Uncured Smoked Ham](#) I have found yet. If you use this type of ham – the flavor will be better, but you must add 1 cup of water (or ginger ale is even better!) and another 4 TBS of butter for this recipe. There is less water and less fat in this kind of ham, and you need to compensate.

Like good lasagna, this is better the next day!





# Korean Beef Barbecue

## Ingredients

- Well marbled chuck short ribs
- 1 cup Bulgogi sauce
- 1 large (50 gm) shallot, minced
- 2 tsp ground black pepper
- 2 oz. Chinese black vinegar
- ¼ cup kkaennip jangajji sauce
- 80 gm kkaennip jangajji leaves
- 2 oz toasted sesame oil
- 25 gm ginger pulp
- 15 gm garlic, pressed
- 1 TBS cornstarch



## Directions

1. For four people, I like to get a whole, 2 rib cut of short ribs, about 4 pounds or more with the bone in.
2. Remove the bones by carefully slicing around the bone until it comes free of the slab.
3. Remove excess fat from the top side of the boneless rib cut.
4. Slice the meat into 9mm thick strips, preferably with a meat slicer.
5. Mix the cornstarch with a little of the vinegar so there are no lumps. Add the rest of the vinegar and stir in.



6. Add all the other ingredients in a bowl and stir well.
7. Put the sauce and beef in an airtight container and leave in the refrigerator overnight - or even a few days.
8. Grill slices on the highest heat - or even an open wood fire for about 2 minutes per side.

### **Notes**

Another option for the beef is to have the short ribs cut “flanken style” where the cut is across the bones and small sections of bone are left in the beef. I prefer the boneless and I also prefer to bone it myself.



# Korean Pickled Perilla Leaves

(Kkaennip Jangajji 깻잎 장아찌)

## Ingredients

- 40-50 fresh perilla leaves
- 6 oz. soy sauce
- 2 tsp Kashmiri chili
- 1 TBS fresh garlic, pressed
- 2 TBS brown sugar
- 3 minced scallions
- 6 red and 6 green Thai peppers
- 4 TBS gochujang



## Directions

1. Wash the leaves and remove stems. Pat dry with paper towels and let air dry.
2. Slice the peppers thin and add all the other ingredients together.
3. Layer the leaves, spooning on the sauce every 2 or 3 layers.
4. Pour in the rest of the sauce and store in an airtight container in the fridge.
5. Ready to use in 2 days and will keep for a few months in the fridge.

## Notes

Make sure to get the perilla leaves that have one side purple in color, instead of all green. This is the "Kkaennip 깻잎" or Perilla frutescens 紫蘇, also known as the beefsteak plant. In Japan it is known as the Shiso leaf.



# Bavarian Rotisserie Chicken

## Ingredients

- 1 Whole Chicken (6 lb)

## Baste

- 5 oz. Extra Virgin Olive Oil
- 2 oz. [Hähnchen spice](#)
- 1 oz. Smoked paprika
- 1 TBS [Mambo Rub](#)
- 1 TBS Low and Slow Spice/BBQ Seasoning
- Zest of one Lemon



## Directions

1. Clean and dry the chicken then sprinkle kosher salt over the entire chicken and place on a rack in a tray in the fridge overnight.
2. Mix all the ingredients of the baste and stir well. The paste should be the consistency of mustard, if too thick, add more olive oil. Let this sit for a least a few hours and stir again. You should be able to paint it on the chicken with a brush – but not so thin that it all runs off.
3. The next day, dry the chicken again and prick the skin all over with a [sharp pointed tool](#).
4. Using a thin, flat spatula, or your fingers, rub the baste under the breast skin.



5. Tie the leg tips together tightly. Then fold back the wings and tie one truss there and also tie one truss on the thick end of the legs.
6. Insert rotisserie rod and tighten clamps into the chicken.
7. Hold the rod with both hands to see where the heavy spot is and place and tighten the counterbalance on the rod opposite the heavy side.
8. Brush the baste all over the outside of the chicken, then carry to the grill on a plate or cutting board, breast side up.
9. Place the rod in the rotisserie and cook until the internal temperature of the breast is 155°F. (place the leg side next to the hotter end of the heat).
10. Remove the chicken and let rest breast side up for 10 minutes.
11. While resting, remove the rod and clamps and string.
12. When the rest is done, carve the chicken into legs, wings, breasts and pick the remaining meat and serve.

## **Notes**

You may use any rotisserie chicken spice, and the Mambo rub and “low and slow” spice are optional – but the ingredients above are the best I’ve found. If you can substitute 1 more TBS of [Hähnchen spice](#) for the [Mambo rub](#) if you eliminate the [Mambo rub](#) and another TBS of [Hähnchen spice](#) in lieu of your favorite BBQ spice, if you like.

Use 5 oz EVOO for every 4 oz. (8 TBS) of dry spice.

While it’s messier, you must baste the chicken(s) before mounting on the rotisserie. Otherwise too much oil will fall into the fire and flare up.

About halfway through (Internal breast temperature around 110°F), lightly sprinkle dry [Hähnchen spice](#) on the chicken(s) as they are turning.

Any grill with a rotisserie will work, but my favorite is the [Santa Maria Grill/Argentine Grill](#). See the next section for details.



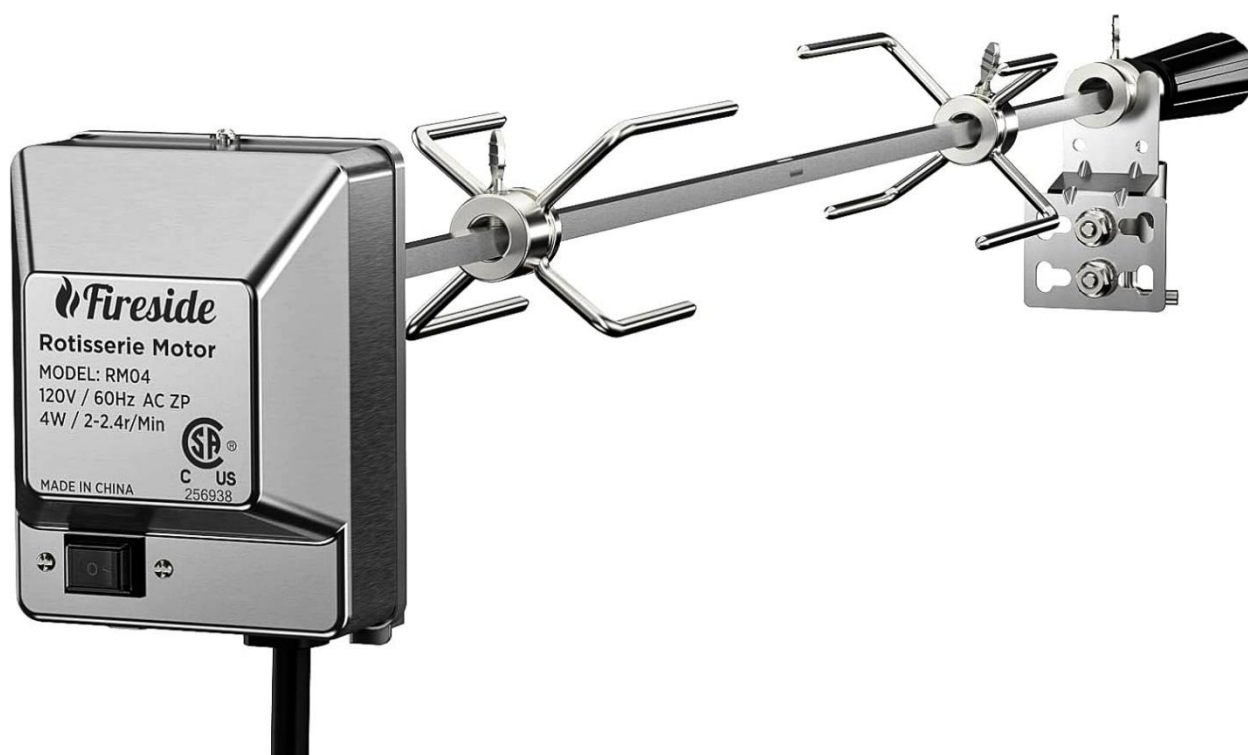
# Santa Maria/Argentine Grill



What makes the [Santa Maria Grill/Argentine Grill](#) my favorite, is that you are cooking over an open wood fire, which will turn into hot coals, imparting that wood fire flavor to whatever you are cooking. In addition, the control you have is as good, if not better than any other grill. This is because you can lower the grate so that it's right on top of the coals/fire, or you can raise it two feet above the hot coals, or anywhere in between. You can control the hot spots/cool spots in the firebox by raking the coals to wherever you want under the grate, so that you can do a reverse sear of a rare steak for a nice crispy bark, all while you are keeping slow grilled vegetables warm on the other side. Some of these can be very expensive – between \$8,000 and \$30,000 or more! I had wanted one for years, but I was not going to spend that kind of money on a grill. I saw an ad on Facebook and clicked on it, only to find a lovely \$10K grill. But Facebook then started to send me every Santa Maria Grill ad they had! One of them, made by [Backyard Discovery](#) was much less expensive. I had to assemble it, and in the process, I found it extremely well designed and manufactured.



After using it a few times, I started wondering if I could attach a rotisserie to the grate and crank that up or down to control the temperature. Sure enough, I was able to find a [rotisserie attachment](#) that I thought I could make work, so I ordered it:





I had to shorten the rod to fit, and ground a new point to the rod, then drilled some holes in the grate frame. After threading the holes with tap and die, I then bolted the rotisserie brackets to the frame and then could mount the rod to the grill. After using once – I realized that I needed to attach a [thermal shield blanket](#) to protect the rotisserie motor from the intense heat in the firebox. You can see this [thermal shield blanket](#) to the right of the chicken, below the motor in the [video](#).

After getting the internal meat temperature where you want it, e.g. 130° F for Medium Rare beef, 155° F for Medium chicken, or 200° for fall off the bone brisket, I always rest the meat for at least 15 minutes or even more – but in an well insulated baking dish with cover. You want the meat to still be hot when you serve it, and by doing an insulated rest, your guests will be amazed!





# Mama Lloyd's Fried Bacon

## Ingredients

- 3 pounds Bacon
- $\frac{1}{4}$  cup Hickory Liquid Smoke
- 2 or 3 TBS Ham Soup Base
- $\frac{1}{4}$  cup water

A long, long time ago, at the Beta Theta Pi ( $\Gamma$ I chapter of  $\text{B}\Theta\Pi$ ) fraternity at Carnegie-Mellon University, "Mama" Lloyd was our cook and made us our lunch and dinner each day. I first learned this method from her for cooking a large quantity of bacon, and having it come out perfectly each time. This may seem like it will not work – so I have carefully documented the whole process so you can see that it really does work! Here is Mrs. Eva Lloyd with some of the brothers that visited her one day at her home.

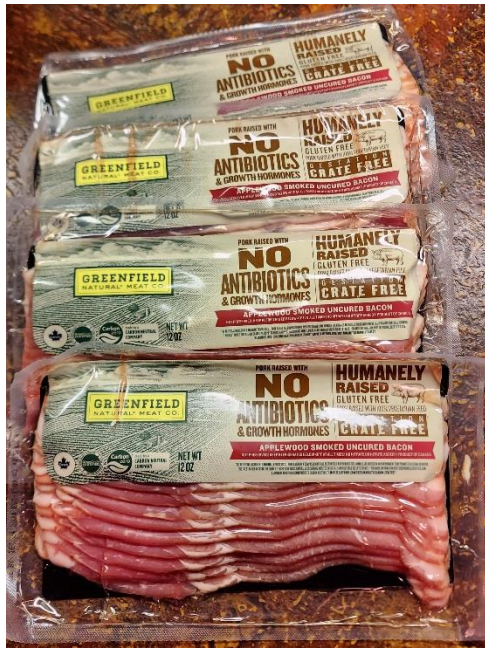
In a nutshell, she taught me to put several pounds of bacon in a single huge skillet, each piece separated, then add a little water and bring to a boil. This would render out the fat and when the water boils off, the oil that was left would effectively deep fry the bacon in its own fat. I have never made bacon any other way since! Over the years, I added Liquid Smoke and ham bouillon for extra bacony bacon.



Photo by Edward Mills



First – use your favorite bacon, but I would suggest trying “uncured” bacon which is free of nitrates and nitrites, which convert to carcinogenic “nitrosamines” in your stomach. And it’s also free of sodium erythorbate. These compounds are not needed to cure bacon...salt and sugar and other natural spices, including smoking are all that is needed. These synthetic compounds are primarily to retain the pink color of the bacon. Here is one brand I found at the local grocery store, but I would suggest using any uncured bacon that’s free of the compounds I mentioned above.



So here we have three pounds of bacon – which I’ve separated into individual pieces and placed in a 13 inch skillet. But before I did this, I put the water, ham base and Liquid Smoke in the skillet and dissolve the ham base in the liquid with a little heat.

Next – we boil the mixture at a medium high heat (see flame below), carefully and occasionally turning  $\frac{1}{4}$  of the bacon at a time with a spatula and a fork. The idea is to have the flavor evenly infused in the bacon as well as to render water and fat out of the bacon.





Also – if you have bacon fat that you’ve saved, add it as well at this point to increase the volume of fat to accomplish ‘deep frying’. You can also use a good high temp oil like avocado oil as well. While roughly half the volume will render out of the bacon as fat, the more fat, the more evenly your bacon will fry. Continue gently turning the bacon while the liquid is boiling. When it’s in the ‘water phase’ (left photo) the temperature will be roughly 212°F but when the water has boiled out of the mixture – it will turn clear and the temperature will start to rise. At this point you want to turn down the heat to medium low. This happens in roughly 20 minutes or so. See the photo in the right for the clear liquid.



Now, during the last 10 minutes or so, it’s important to keep turning the bacon with tongs, so that you don’t end up with overdone bacon on the bottom of the pile. When the bubbles in the oil get more frothy, turn the heat down to low, and start removing the pieces that are done the way you like them, one by one and let them drain their grease on a paper towel. The whole process will take a half hour or so. After cooled, put in a container and store in the refrigerator. I just microwave pieces as needed.



# The Best BLT

## Ingredients

- *Hearty bread*
- *Fried bacon*
- *Iceberg lettuce*
- *Heirloom tomatoes*
- *Premium mayonnaise*
- *Sugar -or- Low and Slow Rub*



## Directions

1. Fry the bacon according to “Mama Lloyd’s Fried Bacon” recipe in this book. You will not be disappointed. This is the first secret to an amazing BLT.
2. Use a hearty, tasty bread. My personal favorite is Pepperidge Farms Farmhouse Butter bread. Toast lightly.
3. Cover both sides of bread with a premium mayonnaise, like Duke’s or Hellmans.
4. Sprinkle a little sugar, perhaps ½ tsp or more over the mayonnaise. Or better yet – for a more robust flavor, use a sweet Low and Slow Rub, the kind you would put on ribs or brisket overnight before smoking.
5. Then slice the tomatoes about 1/8” thick and lay uniformly over the mayonnaise on one side of bread.



6. Cover the tomatoes with lettuce slices. I prefer iceberg lettuce, for taste and texture, but of course, use your favorite lettuce here. I like to slice the lettuce in strips so it fits better and stays together on the sandwich.
7. Finally lay the bacon over top of the lettuce. Uniformity is the key thing, in my opinion, in making any sandwich. I believe each bite should taste the same – with roughly the same ratio of ingredients.
8. Place the second piece of bread over the bacon, press down lightly, cut the sandwich in half, and serve.

