

Jazz Brunch Menu

Era-specific dishes chosen to be enjoyed while watching
the 1959 film *Jazz on a Summer Day*,
which highlights the 1958 Newport Jazz Festival

Editor's Note:

All recipes taken from "Gourmet" cookbook, eighth printing, 1956

Each recipe serves 6. Pick the combination of egg, fish, and side dish that you like best.

These are "vintage" recipes, and the ingredients or methods may be unfamiliar to you. Don't be intimidated.

*For instance, the results of a quick search for tartar sauce in 2020 features a variety of versions,
most of which start with mayo and feature pickles, capers, and/or olives.*

The late-1950s version below does not.

*Similarly, the idea of pounding ingredients into a paste
has no doubt been replaced by a quick "blitz" in the food processor.*

Please feel free to substitute ingredients or methods.

*Fresh chervil can be hard to locate in ordinary times and is probably harder
to find during a pandemic. Parsley will work.*

I did have to resort to online ordering for the pate de foie gras and black truffles!

It's your kitchen and your brunch!

Eggs

Oeufs Farcis a la Bechemal Supreme

eggs stuffed with pate de foie gras and black truffles in Béchamel sauce

***** or *****

Egg Pie Tyrolese

tomato and hard-cooked eggs in a custard

Fish

Cold Poached Salmon

salmon with endive, avocado, and cucumber with green mayonnaise

***** or *****

Broiled Shrimp en Brochette

broiled shrimp, mushroom caps, cucumber, and bacon served with watercress, lemon, and tartare sauce

Side Dishes

Bavaois aux Fraises *strawberry and cream mold*

***** or *****

Epinards au Madere *spinach with cream and Madeira sauce*

RECIPES:

Oeufs Farcis a la Bechemal Supreme

Ingredients

6 hard-cooked eggs
3 tablespoons pate de foie gras
1 teaspoon black truffles, finely chopped
1 teaspoon butter
½ teaspoon fresh chervil or parsley, finely chopped
2 cups béchamel sauce*
ground tarragon
6 tablespoons grated Swiss or parmesan cheese
2 tablespoons butter
Fresh parsley or watercress to garnish

Instructions

Preheat broiler.
Generously butter 6 individual casseroles or ramekins.
Prepare Béchamel Sauce.
Cut the hard-cooked eggs in half lengthwise and remove the yolks to a small mixing bowl.
Mix yolks with 3 tablespoons pate de foie gras, 1 teaspoon finely chopped black truffles, 1 teaspoon butter, and ½ teaspoon finely chopped fresh chervil or parsley.
Divide the yolk mixture into 6 portions, stuff the egg whites with the yolk mixture, and press the halves together.
Place one egg in each prepared casserole or ramekin.
Fill each ramekin with prepared béchamel sauce and then sprinkle a pinch of ground tarragon on top, followed by a teaspoon of grated Swiss or parmesan cheese, and a dot of butter.
Place the ramekins on a baking pan and place under broiler until nicely browned.
Serve hot with a garnish of fresh parsley or watercress.

*Béchamel Sauce:

Note: A traditional Béchamel sauce is made with veal, so this simpler version is what is known as a Sauce Bechamel Maigre (béchamel without meat stock).

It is traditional to divide this sauce into 6 portions and use food coloring to make each serving a different color. That step is purely optional.

Bring 2 cups whole milk to a boil. Set aside.

In a small pan heat 4 tablespoons butter and add ½ of a small onion, finely minced. Do not allow the onion to brown. When the onion is beginning to turn transparent, stir in 4 tablespoons of flour. Then slowly add the hot milk, stirring constantly until the flour is incorporated and the liquid is smooth. Simmer for 15 minutes stirring occasionally. Strain through a fine sieve to eliminate any lumps.

Egg Pie Tyrolese

Ingredients

6 hard-cooked eggs
6 eggs
2 cups light cream
1 or 2 tomatoes, peeled and cut in ½-inch-thick slices
Fresh chives
Fresh parsley
Anchovy paste
7 tablespoons breadcrumbs
2 tablespoons butter
1 teaspoon paprika

Instructions

Preheat oven to 350 degrees.
Generously butter a 10-inch pie pan that is about 2 inches deep.
Line the bottom of the pie plate with tomato slices.
Brush each slice with anchovy butter* and sprinkle all with 3 tablespoons of finely chopped chives and parsley.

Cut 6 hard-cooked eggs into 1/4-inch thick circles.
Cover tomatoes with alternate layers of eggs and breadcrumbs, seasoning each layer with salt and pepper and dotting with butter.

Beat 6 eggs with 2 cups light cream. Add 1 teaspoon paprika and season to taste with salt and pepper. Pour mixture over the prepared tomatoes and eggs. Bake at 350 degrees for about 45-50 minutes until custard is firm. Serve hot.

*Anchovy butter: Cream together 6 tablespoons butter with 2 tablespoons anchovy paste. Chill.

Cold Poached Salmon

Ingredients

2 pounds salmon
Court-bouillon*
Green mayonnaise**
Belgian endive
Avocado, sliced
Cucumber, sliced

Instructions

Wrap a 2-pound piece of salmon in cheesecloth. Place in large pan and add court-bouillon to cover. Poach for 20-25 minutes. (Thicker portions cook more slowly.) Allow the salmon to cool in the court-bouillon.

Cut the salmon into 6 equal serving pieces and place on a salad plate. Garnish with Belgian endive cut lengthwise into quarters. Atop each piece of salmon arrange several thin slices of avocado surrounded by thin slices of cucumber. Add a dollop of green mayonnaise.

***Court-bouillon for Fish**

Bring to the boil 1 quart of water with 1 small onion stuck with 2 cloves, 1 slice of lemon, 4 peppercorns, ½ bay leaf, the top leafy section of a stalk of celery, 2 sprigs of parsley, 1 ½ teaspoons salt. Simmer for 15 minutes.

****Green Mayonnaise**

Into 2 cups mayonnaise fold in the following fresh herbs: 1 tablespoon chives, 1 tablespoon tarragon leaves, 2 tablespoons parsley, 1 teaspoon chervil, and 1 teaspoon dill – all finely chopped. Chill.

Broiled Shrimp en Brochette

Ingredients

1 pound shrimp cooked and shelled
18 mushroom caps
6 slices of bacon cut in 2-inch squares
12 ¼-inch slices of cucumber
2 tablespoons butter
Shrimp butter*
Tartare sauce **
Watercress and lemon wedges to garnish

Instructions

Cook and shell 1 pound of large shrimp, divide into 6 portions
Sauté mushrooms in 1 tablespoon butter till tender. Remove and set aside.
Sauté cucumber slices in 1 tablespoon butter for about 2 minutes. Remove and set aside.

Fill 6 metal skewers, alternating ingredients: shrimp, mushroom, shrimp, bacon, shrimp, cucumber and repeat. Brush with shrimp butter.

Place skewers in broiler about 3 inches from the flame for 5 or 6 minutes - until the bacon is crisp. Turn once or twice and baste with shrimp butter.

Heat a platter and line with buttered toast triangles. Place hot skewers on the toast and garnish with prepared watercress and lemon wedges. Serve with tartare sauce.

***Shrimp Butter**

Pound finely 6 cooked shelled shrimp. Blend with 2 tablespoons salted butter and chill.

****Tartare sauce**

Pound 2 hard-cooked egg yolks to a paste and season generously with salt and pepper. Beat in 1 cup olive oil in a constant stream and 1 teaspoon tarragon vinegar. Do this v-e-r-y slowly -- it should take 60-90 seconds. Finish with a sprinkle of green onion top or chives, pounded in a mortar with a generous teaspoon of mayonnaise.

Bavaois aux Fraises

Ingredients

1 quart fresh strawberries, washed and hulled. Set aside several pretty strawberries to decorate.
1 tablespoon lemon juice
¾ cup granulated sugar (fine is best)
2 envelopes gelatin
2 cups heavy cream

Instructions

Mash strawberries and strain through a fine sieve. In a large bowl, combine mashed berries, 1 tablespoon lemon juice, and ¾ cup sugar and stir until sugar is completely dissolved.

Whip 2 cups heavy cream until it stands in soft, moist peaks. Set aside in a cool place.

Soften 2 envelopes of gelatin in ¼ cup cold water. Place gelatin over hot water and stir until gelatin is completely dissolved. Add it to the strawberries.

Place the bowl of strawberry mixture over cracked ice and stir until it begins to thicken. Then gently fold in the whipped cream.

Rinse a 2-quart mold in ice water and then fill with strawberry cream. Refrigerate for at least 2 hours.

Unmold onto a pretty plate and garnish with reserved strawberries.

Note: Check to be sure your gelatin is not outdated. Mine was and it may have contributed to my utter failure. I refrigerated mine for more than 4 hours and perhaps I left it in the hot water too long, because it was a melty mess when I unmolded it. Nonetheless, it tasted absolutely incredible!

Epinards au Madère

Ingredients

2 pounds spinach, washed
2 tablespoons butter
¼ cup heavy cream
Salt, pepper, and nutmeg
¼ pound mushrooms, sliced
1 tablespoon butter
2 tablespoons Madeira (or sherry)
Croutons fried in butter

Instructions

Cook spinach in a medium saucepan in as little water as possible until barely tender. Drain and chop finely.

Cut up croutons and fry in a small pan in some butter till crispy. Set aside.

Return chopped spinach to saucepan. Add 2 tablespoons butter and ¼ cup heavy cream and beat well. Season with salt and pepper and a dash of nutmeg. Set aside to keep warm.

In a small sauté pan, melt 1 tablespoon butter and add ¼ pound sliced mushrooms. Cook just until tender.

Add the mushrooms to the spinach and stir in 2 tablespoons Madeira.

Reheat over low heat – DO NOT BOIL – and serve in a pretty bowl garnished with croutons.