



# FOOD EDITOR JULIA RUTLAND SAYS "ADD THESE READY-MADE ITEMS TO YOUR

#### SHOPPING LIST<sup>n</sup> Dinner rolls or biscuits.

Plan on two or three per person. Encourage your guests to make minisandwiches by slicing each one about three-quarters of the way through.

#### Condiments.

Offer a variety including coarse-grain mustard, mayonnaise, and chutneys.

## Bone-in fully cooked ham or smoked turkey.

Simplify with this storebought crowd-pleaser; as a bonus, the leftovers freeze beautifully.

#### Frozen quiche.

Slip it out of the disposable metal pan while still frozen, right into your own ceramic pie plate.

#### Bakery breads.

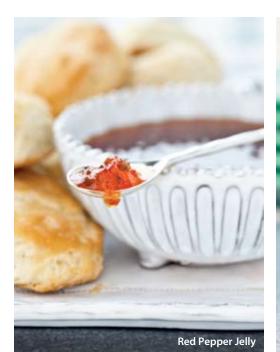
Think scones, muffins, and coffee cake, with an assortment of jams.

#### Mixed fruit or a fruit tray.

Place fruit on a pretty platter, charger, or clear bowl. Sprinkle with pomegranate seeds for holiday color and an impressive presentation!

## Frozen cheesecake or pecan pie.

Portion cheesecake or pie while still frozen for flawless slices. Warm some chocolate sauce on the side for a "homemade" touch.



## Red Pepper Jelly

PREP: 12 minutes cook: 19 minutes

- 2 red bell peppers, cut into 1-inch pieces
- 1/2 sweet onion, cut into 1-inch pieces
- 6 medium jalapeño chiles, seeded and minced
- 1 (1.75-ounce) package powdered pectin
- 1 cup apple cider vinegar
- 5 cups sugar
- 1. Process bell pepper and onion in a food processor 1 minute or until pureed.
- 2. Combine red pepper puree, jalapeño chile, pectin, and vinegar in a large Dutch oven; bring to a rolling boil. Quickly stir in sugar, and boil 4 minutes, stirring constantly. Remove from heat.
- 3. Quickly pour hot jelly into hot sterilized jars, filling to ¼ inch from top; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in boilingwater bath 10 minutes. Makes 6 half-pints.

Recipe adapted from DamGood Sweet (Taunton, 2009) by David Suas and Raquel Pelzel.

## Honey-Mint Syrup

PREP: 2 minutes cook: 6 minutes

- 3/4 cup sugar
- 1/4 cup honey
- 1 cup torn fresh mint

Makes about  $1\frac{1}{2}$  cups.

1 tablespoon chopped fresh mint

Combine first 3 ingredients and 1 cup water in a saucepan over medium-high heat. Bring to a boil, stirring until sugar dissolves. Remove from heat; cool. Strain and chill until ready to use. Before serving, stir in 1 tablespoon chopped fresh mint.



## Baked French Toast with Pecan Streusel

PREP: 14 minutes CHILL: 8 hours COOK: 45 minutes

- (16-ounce) loaf French bread, cut into ½-inch slices
- 8 large eggs
- 3 cups half-and-half
- 3/4 cup firmly packed light-brown sugar
- 1½ teaspoons ground cinnamon
- 2½ teaspoons vanilla extract
- 1/4 teaspoon salt

Pecan Streusel (recipe below)
Maple syrup

- **1.** Arrange bread slices in a greased 13- x 9-inch baking dish.
- 2. Combine eggs and next 5 ingredients in a large bowl, whisking until well blended. Pour egg mixture over bread. Cover and chill 8 hours or overnight.
- **3.** Preheat oven to 350°. Sprinkle Pecan Streusel over bread slices. Bake at 350° for 45 minutes or until slightly puffed and golden. Serve with maple syrup. Makes 8 to 10 servings.

## Pecan Streusel PREP: 10 minutes

- FREF. 10 IIIII atc3
- 1 cup butter, softened
- 3/4 cup firmly packed light-brown sugar
  2 tablespoons all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1 cup chopped pecans

Combine first 4 ingredients in a small bowl; stir in pecans. Makes 3 cups.





JULIA SAYS "THIS RECIPE, WITH LAYERS OF ROASTED **VEGETABLES** AND A RICOTTA CHEESE MIXTURE, IS A GREAT **OPTION WHEN** YOU'RE TIRED OF HEAVY SIDE DISHES AND WANT A LOW-FAT. **HEALTHY OPTION** TRY GRILLING THE VEGETABLES FOR A FLAVOR BOOST'

#### Roasted Vegetable and Ricotta Terrine

PREP: 32 minutes COOK: 27 minutes STAND: 10 minutes CHILL: 8 hours

- 1 eggplant
- Olive oil cooking spray
- 1/2 teaspoon sea salt, divided1/2 teaspoon freshly ground
- black pepper, divided
- 1 tablespoon balsamic vinegar
- large red bell pepper, seeded and halved
- large yellow bell pepper, seeded and halved
- 1 large zucchini, sliced lengthwise
- $1^{1/2}$  cups ricotta cheese
- 1 teaspoon lemon zest
- tablespoons fresh lemon juicegarlic cloves, minced
- 1 red chile pepper, seeded and chopped
- 1/2 cup fresh basil leaves, coarsely chopped
- 2 tablespoons bottled balsamic glaze

Garnish: fresh basil

- 1. Remove both ends of eggplant; slice eggplant lengthwise into 8 slices. Place eggplant on a foil-lined baking sheet coated with cooking spray. Coat eggplant with cooking spray; sprinkle with ½ teaspoon sea salt and ½ teaspoon black pepper. Bake at 450° for 15 minutes or until tender. Remove from oven; brush with balsamic vinegar, and set aside to cool.
- 2. Place bell peppers, cut side down, and zucchini on a foil-lined baking sheet coated with cooking spray. Bake at 450° for 12 minutes or until peppers begin to blister. Place peppers in a large zip-top bag; seal. Let stand 10 minutes. Remove peel from peppers; cut pepper pieces in half lengthwise.
- 3. Combine ricotta and next 5 ingredients in a bowl. Stir in remaining <sup>1</sup>/<sub>4</sub> teaspoon sea salt and <sup>1</sup>/<sub>4</sub> teaspoon black pepper.
- 4. Line an 8- x 4-inch loaf pan with plastic wrap, allowing edges to overhang. Gently press 3 eggplant slices crosswise into loaf pan, balsamic side up, allowing top of slices to be even with pan. Press 1 slice up against sides of each end of loaf pan, allowing top of slice to be even with pan.
- 5. Spread one-fourth ricotta mixture over eggplant; top with yellow pepper slices. Spread one-fourth ricotta mixture over yellow peppers. Repeat procedure with red bell pepper, one-fourth ricotta mixture, zucchini slices, and remaining ricotta mixture. Top with remaining 2 slices eggplant, balsamic side down. Cover with plastic wrap, and place a weight on plastic wrap. (We used 3 small soup cans.) Chill 8 hours or overnight.
- **6.** Uncover and invert loaf onto a cutting board; carefully remove plastic wrap. Use paper towels to blot liquid, if necessary. Cut into 8 slices, and place on serving plates. Drizzle with balsamic glaze, and garnish, if desired. Makes 8 servings. Reprinted with permission from Lazy Days and Beach Blankets (Ryland Peters & Small, 2009).

### Almond Pound Cake with Kumquat Syrup

Pound cakes are famous for their ability to freeze well. After cooling, wrap thoroughly and freeze up to three months.

PREP: 6 minutes COOK: 45 minutes COOL: 30 minutes

- 1 cup unsalted butter
- 1 cup sugar
- 4 large eggs
- 1 teaspoon almond extract
- 1½ cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup whole milk

#### Kumquat Syrup (recipe at right)

- 1. Beat butter with an electric mixer until fluffy. Beat in sugar 1 minute or until well blended. Add eggs, 1 at a time, beating thoroughly after each addition to make a thick, creamy batter. Beat in almond extract.
- 2. Whisk together flour, baking powder, and salt in a small bowl. Add about one-third flour mixture to butter mixture, and beat until incorporated. Add a little milk, and beat again. Repeat until all of the flour mixture and milk have been added.
- 3. Pour batter into a greased 9- x 5-inch loaf pan, tapping pan to settle batter and smoothing the top with a spatula. Bake at 350° for 45 minutes or until a toothpick inserted into center comes out clean. Remove pan to a wire rack, and let cool at least 30 minutes. Run a knife along inside of pan; gently turn cake out into 1 hand, and place on a cake plate. Serve with Kumquat Syrup. Makes 8 servings.

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