

Recipes

St. Dominic cook finds best recipes from family, community

Shaker Heights

Kevin Maury loves life in Shaker Heights. After living in New York City for 25 years, the Allentown, Pa. native moved to the Cleveland suburb, with his wife Marisa, a Shaker native, and two young children, to find the neighborhood lifestyle he remembered from his childhood. But the couple had also loved the advantages of city life, and the decision to choose Shaker was a reasoned one.

"My wife and I had come back and forth many times over the years," he said. "This area offers many of the things New York has as far as culture is concerned. There is so much here, with the symphony, art museums and theatres. There is also something else that I liked about living in New York that I also find here. There you could always conveniently get to someplace different, in a short span of time. It's similar here. Cleveland is centrally located among a number of other cities, for example."

Maury says that although he wanted all that, he also wanted "a wonderful neighborhood for my kids to grow up in. In Allentown, we just lived in such a neighborhood. There were lots of kids. People shared backyards and visited back and forth. There was a great feeling of community. We've found that here and also at



Blessings from the Kitchen

Andrea McGovern

St. Dominic's, our parish, where our daughter was confirmed just last week."

Maury's architecture degree from Brooklyn's Pratt Institute led to work designing exhibits. His success in that field opened up opportunities in interior design for public spaces. This background enabled him to launch his own business, where he consults with architecture and design firms.

Maury says he began cooking as a teenager, when his working parents relied on him, the youngest and last of their children to be home, to "turn on the stove and get things moving" for dinner. At first his mom had already prepared the food. Later he began to try creating meals himself.

"For me, food brings a long string of memories from my childhood," Maury

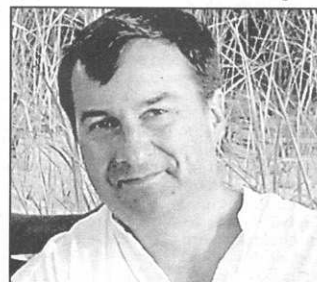
says. "It seemed there was always something going on that involved cooking or baking. My mom was mainly a baker, so she was in the kitchen a lot around the holidays. I especially remember one of the traditions she inherited from her Dutch/German ancestors. It was a Pennsylvania Dutch tradition to make donuts for Shrove Tuesday, and my mom would make easily a hundred of them!"

Maury describes his ethnicity as "mutt-ish" but says most of his cooking traditions come from his mom's Dutch/German side.

"We always had sauerkraut and pork in the house," he says. "I think my interest in baking is definitely a reflection of that background. My mom's recipe for Christmas cookies is the most simple and wonderful rollout cookie I've ever had in my life. Even if you don't decorate them, they taste wonderful. These are the rollout cookies I've included. I make them all year round."

He further developed his cooking skills as an undergraduate. "The school had no meal plan, so my roommates and I, who all came from food backgrounds, would take turns cooking," he said. "A lot of people would come over to our apartment to eat. We developed a little community around food."

Maury says he has thought a lot about how community develops around food. "I think about my family and the traditions we had and how it was to experience them. I came from a family of four kids. My aunt and uncle also had four. When we got together it became a big, extended family gath-



COURTESY KEVIN MAURY

Kevin Maury enjoys cooking for others.

ering. There was such a feeling of community, gathered around and sharing the joys of food." He says his wife Marissa, from a large Italian family, shares these sorts of memories and works with him to create similar experiences for their children.

"Any chef or cook puts their own spin on things," Maury says. "I've taken my family's recipes, and in some cases I've made them healthier. I was even a vegetarian for a while. Sometimes we make changes in what we eat, but not in how. The idea of sharing and creating an event around cooking and eating is the same. We work around the other things in our schedules to make sure we sit down together every day, and sometimes we extend it to our greater family and friends." Food, ritual, community—those are Maury's ingredients for a great meal!

McGovern is a freelance writer.

Wild Rice and Corn Salad

- 12 ounce package wild rice mix (such as Lundberg's)
- 1 can whole kernel corn
- 10 ounce, jar marinated sundried tomatoes
- 2 scallions
- 3 Tablespoon fresh cilantro chopped
- 2 Tablespoon olive oil (for saute)
- Salt and pepper to taste

Cook whole bag of rice following instructions. Remove the sundried tomatoes from the jar and reserve the marinade. Cut the tomatoes into 1/8" strips. Set aside. Finely chop scallions including firm green sections. Set aside. In a large heavy skillet heat the olive oil and sauté the scallions for 1 minute. Add the marinade from the tomatoes and some fresh ground pepper. Reduce heat to medium and add the cooked rice, corn and sundried tomatoes. Toss around in the skillet to heat thoroughly. Remove from heat and toss in chopped cilantro. Add salt and pepper to taste. May be served warm as a side dish or room temperature as a salad.

Corn Pie

(adapted from my Mom's recipe)

- 3 hard boiled eggs (peeled)
- Corn - fresh (off cob) or canned and drained
- 1/2 red pepper, diced small
- 1/2 sweet onion diced small
- 6 saltines
- Dabs of butter
- Milk
- Salt and pepper
- 1 pie crust

Saute onions and pepper in a bit of butter until the onions begin to lightly caramelize. Put corn into lightly greased casserole (two cans or equivalent fresh). Add in the onion and pepper mixture. Stir to evenly distribute the ingredients. Sprinkle salt and pepper - to taste. Crumble saltines over top of corn. Slice eggs and lay on top. Put dabs of butter around top. Add milk just till you see it thru corn. Place pie crust over top. Crimp edges nicely around edge to seal. Make sure to prick pie crust with fork (this is to vent steam from corn). Also take a bit of milk and brush over pie crust. Makes it nice and brown.

Bake 425 degrees for 10 minutes, then reduce and bake at 375 degrees until nicely brown. Put something under dish to catch milk cooking out. Serve with a steamed vegetable or a nice green salad.

APs - Ann Louise Maury's roll cookies

- 1/2 pound salted butter (softened)
- 2 cups sugar
- 4 cups flour
- 1 teaspoon baking powder
- 4 eggs - separate two whites and reserve

Preheat the oven to 375 degrees F. In a large bowl cream the shortening and sugar together until light and fluffy. Sift the flour and baking powder together. Alternately add the eggs (two eggs + two yolks) and the dry ingredients to the butter and sugar. Mix to combine thoroughly. Chill the dough for at least two hours. Take out just enough dough that you can roll out and cut in a short amount of time. You want to work fast and with as little additional flour as you can get away with. Roll out the dough to about 1/8 inch thick (or thinner). Use cookie cutters to cut out to desired shapes and carefully slide onto cooled baking sheets. Decorate with colored sugar. Bake until edges are lightly browned.