À la Carte

Recipes from the Esther B. Aresty Collection of Rare Books on the Culinary Arts, the Chef Fritz Blank Culinary Archive and Library, and the Laurie Burrows Grad Cook Book Collection.
Beat egg yolks until stiff

Beat egg whites until thick
BANANA PECAN ICE CREAM

(CFB) Bananas... How to Serve Them
New York, NY: Home Economics Department, Fruit Dispatch Company, 1941

1 cup mashed ripe bananas
(2 to 3 bananas)
2 teaspoons lemon juice
1/4 cup sugar
1/4 teaspoon salt
1/3 cup milk

Use ripe bananas... yellow peel flecked with brown

MIX together bananas and lemon juice. ADD sugar, salt and milk, STIRRING until mixed. BEAT egg whites until stiff. WHIP cream until thickened but not stiff. BEAT egg yolks until thick. COMBINE banana mixture, egg whites, egg yolks, cream and vanilla. Turn into freezing trays of an automatic refrigerator. FREEZE with indicator at coldest setting, STIRRING every 30 minutes until mixture begins to hold its shape, ADDING pecans during final stirring. Then FREEZE until firm. Eight servings

Or you might like...

Banana Peanut Brittle Ice Cream
Substitute 1/2 cup finely crushed peanut brittle for pecans.

Banana Walnut Ice Cream
Substitute 1/2 cup coarsely chopped walnuts for pecans.

Banana Strawberry Ice Cream
Substitute 1/2 cup sweetened mashed strawberries for pecans.

Banana Toasted Coconut Ice Cream
Substitute 1/2 cup toasted shredded coconut for pecans.
Flick it all over & shake it
take a joll of porpus,
flack it with sage and rosemary all over,
and lard it very thick
with the back of pickle herring
baste it over with the yolk of an egg;
and wilt it is moist
straw on minced onions and time together;
boyl three or four onions sliced thin

TO ROAST PORPUS

in a little claret wine,
and put in two or three anchovies.
and beaten pepper;
you must keep your porpus basted with butter;
and when it is roasted and brown enough;
then put a spoonful or two of mustard and vinegar
to your aforesaid sawce,

as it boyles,
and shake it with a ladle of drawn butter.
so dish up your porpus and pour on your leer;
forget not to season it with salt,
before you put it to the fire

_The Whole Body of Cookery Dissected, Taught and fully manifested. Methodically_,
_Artificially, and according to the best Tradition of the English, French, Italian, Dutch, etc._

_London: printed by R.W. for Giles Calvert. 1661 [EA]_
wok

oil in a
Spiced Sautéed Squid

Serves 6
This is my version of a South-East Asian squid dish.

2 pounds fresh squid, cleaned and cut into ½ inch rings
2 tablespoons fresh lime juice
salt (to taste)
pepper (to taste)
3 tablespoons light brown sugar
3 tablespoons soy sauce
½ teaspoon ground star anise
1 tablespoon water
½ cup peanut oil
½ cup thinly sliced onion
1/8 cup sliced garlic
½ cup peeled, seeded, and diced tomatoes
½ cup roasted unsalted peanuts
½ teaspoon cayenne pepper
pinch ground cloves
pinch ground cinnamon
pinch ground nutmeg

• Toss squid with lime juice, salt, and pepper, and set aside.
• Melt brown sugar in a small saucepan over medium heat. When melted, add soy sauce, star anise, and water, and cook for 10 minutes or until slightly thickened. Set aside.
• Heat oil in a wok over medium-high heat. When hot, add squid and stir-fry for 3 minutes or until squid has set. Remove squid and keep warm.
• Add onion and garlic to wok and stir-fry for 3 minutes or until just beginning to brown. Add squid, soy sauce mixture, and remaining ingredients, and cook, stirring constantly, for about 5 minutes or until sauce has begun to thicken.
• Taste and adjust seasonings with salt and pepper, if necessary. Serve immediately.

KNEAD LIGHTLY
TENDER-RICH BUTTERMILK BISCUITS

Set out a baking sheet.

Sift together into a bowl:
2 cups sifted flour
2 teaspoons baking powder
1 teaspoon salt
Cut in with pastry blender or two knives until mixture resembles coarse corn meal.

1/3 cup lard

Make a well in the center of the dry ingredients. Pour in all at one time.

3/4 cup buttermilk

Stir with a fork until dough follows fork. Gently form dough into a ball and put on a lightly floured surface. Knead lightly with fingertips 10 to 15 times.

Gently roll dough to 1/2 inch thickness. Cut with a floured cutter or knife, using an even pressure to keep sides of biscuits straight. Place biscuits on baking sheet, close together for soft-sided biscuits or 1 inch apart for crusty sides. Lightly brush tops with milk.

Bake at 450°F 10 to 15 minutes or until biscuits are golden brown.

Makes about 2 dozen, 1 1/2 biscuits

An adaptation of a southern quick bread, this tasty biscuit is also a favorite of the Creoles. Old New Orleans cooks prefer a more crispy biscuit, and roll their dough thinner than do the northerners.

The Creole Cookbook. Chicago: Culinary Arts Institute, 1955. (CFB)
SMOOTH & CREAMY
Banana Milk Shake

1 fully ripened banana, peeled
1 cup cold milk
use fully ripe banana...peel well flecked with brown

Slice banana into a bowl and beat with a rotary egg beater or electric mixer until smooth and creamy...or press banana through medium mesh wire strainer with a spoon. Add milk and mix thoroughly. Serve COLD. Makes 1 large or 2 medium-size drinks.

Variations

Banana Vanilla Milk Shake
Add ½ teaspoon vanilla extract before mixing milk shake.

Banana Chocolate Milk Shake
Add 1 tablespoon chocolate syrup before mixing milk shake.

Banana Chocolate Malted Milk Shake
Add 4 tablespoons chocolate malted milk and ¼ teaspoon vanilla extract before mixing milk shake.

Banana Frosted Milk Shake
Add 3 tablespoons vanilla ice cream before mixing milk shake.

Banana Orange Milk Shake
Substitute ½ cup orange juice for half the milk. Add ½ teaspoon sugar before mixing milk shake.

Banana Pineapple Milk Shake
Substitute ¼ cup canned, unsweetened pineapple juice for one-fourth of the milk before mixing milk shake.

Banana Spiced Milk Shake
Sprinkle nutmeg on top of milk shake, just before serving.

Bananas...How to Serve Them. New York, NY: Home Economics Department, Fruit Dispatch Company, 1941. [CFB]
à la mode
Chop fine some parsley, thyme and onions
add some grated bread, nutmeg, cloves,
pepper and salt, with yolks of three eggs beaten
take out the bone and fill the space with
these ingredients well mixed
make holes in the lean part and stuff it
bind firmly with tape
put it into an iron pot,
sufficiently large to hold it,
cover it with water and let it stew slowly for three hours.

Make a gravy of the liquor it was stewed in
with a half pint of red wine and mushroom catsup
rub a little butter in flour, and let it simmer five minutes
then take it up.

As prepared by Aunt Mary in
The Philadelphia Housewife, or Family Receipt Book
Philadelphia: J.B. Lippincott & Co., 1853. (EA)
BRAISED ANT BROOD

1/2 pound ant larvae and pupae
1 stick butter
1/8 teaspoon pepper
1/8 teaspoon salt
powdered anise, to taste
1 cup white wine

Melt the butter in a frying pan over low heat.

Fry the larvae and pupae until they turn white, opaque color,
then add salt and pepper, the anise, and white wine.

Serve with bread.

SAUCY
BISCUIT
SURPRISES

* 15–18 1 1/2-IN. BISCUITS *

Prepare dough for CHEESE FANS.

» Roll 1/4 in. thick and cut into
  1 1/2-in. rounds.
» Place half of the rounds about
  1 in. apart on a baking sheet.

Thinly slice contents of one roll
(6 oz.) SHARP CHEDDAR CHEESE food
with garlic.

» Place one slice on each round;
  cover with another round.
» Brush tops with MILK.

Bake at 450°F 10 to 15 MIN,
or until biscuits are golden brown.

* THE CHEESE COOKBOOK. CHICAGO: CULINARY ARTS INSTITUTE, 1959 | GFB
old french fondues


12 eggs
¾ pound grated Swiss cheese
scant ½ pound butter

salt
½ teaspoon black pepper
hot, crisp, buttered toast

First break 12 eggs into a saucepan before setting pan on the stove. Beat them well and add ¾ pound grated Swiss cheese and a scant ½ pound butter. Set on a low flame and continue to beat until the butter and the cheese are incorporated.

Second turn the mixture with a spatula until it is sufficiently thick and soft. Add a good pinch of salt and ½ teaspoon black pepper. Serve on warm plates with hot, crisp, buttered toast.

Note: The amount of salt is to be decided upon by the individual cook. A lot depends on the cheese. For your entertainment I submit the original, old recipe translated from the French: Weigh the number of eggs that you want to use according to the numbers of diners. Then take a good piece of cheese from the Alpine regions, weighing one third, and a piece of fresh butter, weighing one sixth, of the total weight. Break the eggs into a clean casserole and beat them well, after which add the butter and the cheese. Place the casserole on a quiet fire and turn with a flat spoon or knife until the Fondué is sufficiently thickened and softened to be ready to present. Add a pinch of salt and a goodly measure of pepper, which is one of the positive elements of this recipe. Serve on slightly heated plates.
CHOCOLATE FUDGE SHEET CAKE

Cake:
1 cup coca-cola
1/2 cup oil
1 stick margarine
3 tablespoons cocoa
2 cups sugar
2 cups flour
1/2 teaspoon salt
2 eggs
1/2 cup buttermilk
1 teaspoon baking soda
1 teaspoon vanilla

Icing:
1 stick butter or margarine
3 tablespoons cocoa
6 tablespoons cream or milk
1 pound confectioners' sugar
1 teaspoon vanilla
1/2 cup pecans, chopped

Directions:
In a saucepan, bring the coca-cola, oil, margarine and cocoa to a boil. In a bowl, mix the sugar, flour, and salt. Pour in the boiling liquid and beat well. Add the eggs, buttermilk, soda and vanilla. Beat well. Pour into a greased and floured sheet cake pan and bake at 350 degrees for 20 to 25 minutes.

In a saucepan, combine the butter, cocoa, and milk and heat until the butter melts. Beat in the remaining ingredients. Spread on the hot cake. Cool and cut.

spread
ON THE BREAD
cheese dreams

2 c. grated cheese
1/2 tsp. salt
spk. pepper
1 1/2 c. milk
6 slices bacon
6 thick slices bread

Mix cheese and seasoning
and spread on the bread.
Place in baking pan, pour in the milk.
Lay strips of bacon over the top.
Bake in a moderate oven until cheese
is melted and brown.

School Cook Book.
Cover Lamb’s Head
Lamb’s Head Salad

1 lamb’s head whole
1 onion, chopped
1 carrot, peeled and chopped
1/2 celeriac, peeled and chopped
1 bay leaf
1 tsp salt
freshly ground pepper to taste
2 tsp olive oil
1 tbsp white wine vinegar
1 tbsp chopped parsley
1 tbsp chopped fresh dill
1 tsp chopped fresh celery leaves

Cover lamb's head with water and parboil for 10 minutes; discard water. Return to pot with fresh water to cover, adding vegetables, bay leaf, salt and pepper. Bring to a boil, reduce heat, cover and simmer for 1 hour, or until meat falls completely away from bones. Strain cooking liquid and reserve for later use. Cut meat into bite-size pieces, chill and before serving mix with oil, vinegar, parsley, dill and celery leaves.

Variation: Substitute the head of a pig or calf for lamb's head.

Jana Allen and Margaret Gies. Inards and Other Knotty Meals. San Francisco: 101 Productions, 1979 [CPE]

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101
THE RAMBLER

CUT AMERICAN CHEESE in slices as thin as a wafer; sprinkle it with salt, and place between thin slices of well-buttered brown bread.

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THE RUSSIAN

SPREAD THIN SLICES of Boston brown bread, buttered, with Neufchâtel cheese. Spread also an equal number of slices, buttered, with finely-chopped pimentos, mixed with mayonnaise dressing. Press together in pairs, with a crisp heart-leaf of lettuce between.

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THE TOBOGGAN

RUB A CAKE of good fresh cream cheese to a paste with a little sweet cream; add ripe olives, stoned, shaved into tiny thin bits, the quantity to suit the taste. Season with salt. The bread should be twenty-four hours old, the crust taken off and the thin slices cut in triangular shapes.

May E. Southworth, One Hundred & One Sandwiches. San Francisco and New York: Paul Elder and Comany, 1906. [EA]
Pecan Hurrah


\[
\begin{align*}
&\frac{1}{2} \text{ pound pecan halves} \\
&\frac{1}{2} \text{ cup Coca-Cola} \\
&1 \text{ cup sugar} \\
&\frac{3}{4} \text{ teaspoon cinnamon} \\
&\frac{1}{4} \text{ teaspoon nutmeg} \\
&1 \text{ teaspoon salt}
\end{align*}
\]

Put pecans on a baking sheet. Roast for 15 minutes in a 250-degree oven. Mix Coca-Cola, sugar, salt, and spices in a saucepan. Cook to 236 degrees on candy thermometer (soft-ball stage).

Do not stir. Stir in pecans until thoroughly coated and creamy. Pour onto waxed paper and let cool slightly. Separate pecans, and let cool completely.

Hazelnut Energy Balls


\[
\begin{align*}
&\frac{1}{2} \text{ cup peanut butter} \\
&\frac{1}{2} \text{ cup honey} \\
&\frac{3}{4} \text{ dry milk} \\
&\frac{1}{4} \text{ grated cheddar cheese} \\
&1 \text{ cup muesli} \\
&1 \text{ cup Oregon hazelnuts}
\end{align*}
\]

Mix together peanut butter, honey, dry milk, cheese, and muesli; let rest for 5 minutes and roll into approximately 20 1-inch balls. Roll into chopped hazelnuts. Preparation time: 25 minutes

You will have sky high muscles once you try these energy balls. They’re good for you and full of healthy foods. Plus, hazelnuts (filberts) are a major crop in Marion County.
Royal.
Tongue Pie
from the Queen's Royal Cookery

Take a Tongue and Udder, after you have either boiled or roasted it, and slice them in thin slices, and season them with Cinnamon, Ginger, and Salt; then take half a pound of Raisins of the Sun stoned; your Pye being in readiness, lay in a laying of Tongue and Udder, and another of Raisins, continuing so doing 'till your Pye be filled; put Butter on the top, and close it up; when it is baked, liquor it with this Cawdle, which you must make whilst it is baking: Take Eggs, Vinegar, and Whitewine, Sugar and Butter, beat these up together 'till it is ready to boil; then opening your Pie, pour it all over, and serve it up hot.

[EA] Hallit. The Queen's Royal Cookery. London:
Printed for S. Bates and A Bettesworth, 1719.
Very Good!
[apple-carrot-pumpkin cake]

½ c. oil or shortening
1 1/2c. Sugar
2 c. grated apples or carrots or cooked pumpkin
2 eggs
½ c. buttermilk
2 c. flour
1 tsp. soda
½ tsp. salt
½ tsp. cinnamon and other spices nuts and raisins
(optional)


Very good!
Mix and Bake
**Salmon Loaf**

1 large can SALMON  
½ cup CELERY, cut up  
½ ONION, finely chopped  
½ cup TOMATO JUICE  
Juice of ½ LEMON  
2 or 3 EGGS, beaten

SALT and PEPPER taste  
2 teaspoons CATSUP  
1 cup CRACKER CRUMBS  
1 tablespoon FLOUR  
1–2 tablespoons BUTTER, melted  
x tablespoons BAKING POWDER

**Mix**

all ingredients together except baking powder. This is important. Just before putting salmon loaf in oven, stir in 2 teaspoons baking powder.

**Bake**

in loaf pan or casserole at 350 degrees for a half hour or a little longer. Can be served with a white sauce having boiled eggs cut up in it, or eaten without the sauce.

lard
‘em down
ducks
à-là-mode

Split two ducks down the back, and bone them carefully, make a forcemeat of the crumbs of a penny loaf, four ounces of fat bacon scraped, a little parsley, thyme, lemon-peel, two shallots or onions shred very fine, with pepper, salt, and nutmeg to your taste, and two eggs, stuff your ducks with it and few it up, lard them down each side of the breast with bacon, dredge them well with flour, and put them in a Dutch oven to brown, then put them into a stew-pan, with three pints of gravy, a glass of red wine, a tea-spoonful of lemon pickle, a large one of walnut and mushroom catchup, one of browning, one anchovy, with Chayan pepper to your taste, stew them gently over a slow fire for an hour; when enough, thicken your gravy, and put in a few truffles and morsels, train your gravy and pour it upon them. — You may à-là-mode a goose the same way.

Elizabeth Raffald, *The Experienced English Housekeeper, for the Use and Ease of Ladies, Housekeepers, Cooks, etc.* London: Printed for W. Osbourne and T. Griffin, 1798. (CFR)
À la Carte

creamy
Angst-Buster Risotto

This dish has a dramatic, mysterious, Fellini-movie quality, even though no one in his movies ever eats.

1 cup raw Arborio rice
2 Tbsp butter
3-4 cups chicken broth, heated
Salt & pepper, to taste
1/4 cup cubed Havarti cheese
1/2 cup grated Asiago cheese
1 Tbsp lemon juice
1/4 cup toasted almonds

In a large saucepan, cook the rice in the butter over medium heat for 1 minute, stirring constantly.

Add the broth, cover, and simmer over low heat until tender, 25 to 30 minutes. The rice should be creamy on the outside but al dente on the inside.

Put the rice in a bowl, add a dash of salt and pepper, and toss with the cheeses, lemon juice, and almonds.

Serve warm.

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