

FOOD & WINE

June 2004

special grilling issue

fast + healthy dishes

plus juicy burgers garlicky chicken
tender ribs salmon niçoise sandwiches
chef's steak sauces quick rubs



fast + healthy
swordfish kebabs
and lemon-shrimp
skewers

AOL Keyword: Food & Wine



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the week begins





Best Dishes of the Week

BRUNCH SUNDAY 11:00 AM
herb + onion frittata
apple + mixed berry crumble

CLAMBAKE TUESDAY 4:00 PM
cherrystone clam chowder
steamed lobsters + mussels

DINNER THURSDAY 7:30 PM
citrus-mint cocktails
chunky summer minestrone
pork roast with herb sauce

perfect recipes for a summer house party

On a small and idyllic Maine island, madcap couple Alexandra and Eliot Angle invite friends to their weeklong house parties with seriously wonderful food.

PHOTOGRAPHS BY BRITAIN STONE

"I WAS TRYING TO LOOK LIKE JOHN F. KENNEDY," ELIOT Angle says. "I slicked down my hair and wore a slim suit with a white handkerchief." Not the usual beach-escape look, but beach escapes don't typically involve a 1961-inspired dress code. When Eliot and his wife, Alexandra, vacation on her family's private Maine island, they take their extravagant entertaining ethos with them. Giving parties is how they make a living—they are the founders of Aqua Vitae Design, an event and interior design company based in Los Angeles; the hosts of *The Perfect Summer Party* on the Fine Living Network; and the authors of *Cocktail Parties with a Twist*—and it's also how they have fun. That's especially true for their weeklong house parties on the island, which an ancestor of Alexandra's bought in the early 19th century for logging timber. Guests—the Angles invite up to 17 at a time—spend their

days sailing, hiking, horseback riding and taking turns in the kitchen; in the evenings everyone convenes on the porch and croquet lawn dressed in tuxedos, turbans or other lavish apparel. For brunch one day, the Angles served a frittata made with onions and herbs from their garden, followed by a crumble made with sweet blueberries and raspberries that grow wild on the island. Dinner later in the week began with cocktails mixed with cilantro and mint; then came vibrantly flavored minestrone thick with just-picked vegetables, followed by a pork roast drizzled with a pungent garlic-mint sauce, prepared by a friend who'd recently traveled to Italy. Another night, the Angles followed Maine tradition and dug a sandpit, lined it with stones and seaweed, and baked lobsters, clams and mussels—the ultimate beach party, whether you're wearing a tuxedo, a turban or a bathing suit. —*Ratha Tep*

OPPOSITE: Alexandra and Eliot's friends begin to arrive for the week. Many are eager to lend a hand in the kitchen, possibly by helping prepare dishes like Alexandra's warm mixed berry crumble, topped with fresh cream from the island's small dairy.

Herb and Onion Frittata

ACTIVE: 25 MIN; TOTAL: 1 HR

8 SERVINGS

- 1 dozen large eggs
- 1 cup loosely packed chopped herbs, such as flat-leaf parsley, basil and tarragon
- ½ cup whole milk
- Salt and freshly ground pepper
- 4 tablespoons unsalted butter
- 1 medium onion, very finely chopped
- 2 tablespoons extra-dry vermouth
- 1 small tomato, thinly sliced

1. Preheat the oven to 350°. In a large bowl, whisk the eggs with the chopped herbs and whole milk and season generously with salt and pepper.

2. In a medium ovenproof nonstick skillet, melt 2 tablespoons of the butter over moderate heat. Add the chopped onion and cook, stirring occasionally, until it is softened, about 6 minutes. Add the vermouth, increase the heat to high and cook until evaporated, about 1 minute. Reduce the heat to moderate and add the remaining 2 tablespoons of butter to the skillet. Pour in the egg and herb mixture. Neatly arrange the tomato slices on top of the eggs in a single layer. Cook the eggs undisturbed until the edge just begins to set, about 4 minutes.

3. Transfer the skillet to the oven and bake the frittata for 30 minutes, or until it is set in the center. Let the frittata stand for 5 minutes, then slide it onto a large plate and serve.

MAKE AHEAD The frittata can be refrigerated for up to 1 day. Serve it warm or at room temperature.

WINE An herbaceous Sauvignon Blanc will blend with the herbs as well as with the onion and tomato in this frittata. Go with a California bottling, such as the 2001 Matanzas Creek or the 2002 Preston Vineyards.

A guest dons an apron to pitch in with the cooking. OPPOSITE: Friends relax on the porch after brunch—frittatas made with eggs from the Angles' hen house (they also raise geese and ducks) and tomatoes and fresh herbs from their garden.

Apple and Mixed Berry Crumble

ACTIVE: 25 MIN; TOTAL: 1 HR 30 MIN

MAKES TWO 9-INCH CRUMBLES

The cows on the island provide the Angles with wonderfully fresh cream to pour over the warm crumble, but vanilla ice cream, lightly sweetened whipped cream or crème fraîche would be delicious here too.

- 2 Granny Smith apples—peeled, cored, halved lengthwise and sliced paper thin
- ¼ cup fresh lemon juice
- 2 tablespoons granulated sugar
- ¾ teaspoon cinnamon
- 1 pint blueberries (3 cups)
- 1 pint raspberries (3 cups)
- 2 cups quick-cooking oats
- 2 cups lightly packed light brown sugar
- 1 cup all-purpose flour
- 1 teaspoon finely grated fresh ginger
- ½ teaspoon salt
- 2 sticks plus 6 tablespoons unsalted butter, cut into small pieces

Heavy cream, for serving

1. Preheat the oven to 375°. In a medium bowl, toss the sliced apples with the lemon juice, granulated sugar and ¼ teaspoon of the cinnamon. Spread the apples in two 9-inch glass pie plates and top with the blueberries and raspberries.

2. In another medium bowl, toss the oats with the light brown sugar, flour, ginger, salt and the remaining ½ teaspoon of cinnamon. Using your fingers, mix in the butter until crumbly.

3. Spread the topping over the berries. Set the pie plates on a baking sheet and bake for 35 minutes, or until the fruit is bubbling and the topping is golden brown. Transfer to a wire rack and let cool for 30 minutes. Serve the berry crumbles with heavy cream.

Chunky Summer Minestrone

ACTIVE: 1 HR; TOTAL: 1 HR 30 MIN

8 SERVINGS

Typically, minestrone is a hearty, wintry soup thickened with lots of beans and pasta. This version, from Trevor Kaufman, one of the Angles' friends, is much lighter. The peas help make it summery; for convenience this recipe calls for frozen peas, but fresh ones would be terrific too—just let them simmer for a few extra minutes.

- ¾ cup extra-virgin olive oil, plus extra for drizzling
- 2 large onions, coarsely chopped
- 1 cup dry white wine
- 4 leeks, coarsely chopped
- 4 celery ribs, coarsely chopped
- 2 bay leaves
- 2½ quarts cold water
- 8 small zucchini (about 2½ pounds), halved lengthwise and sliced ½ inch thick
- 3 large garlic cloves, thinly sliced
- Salt and freshly ground pepper
- One 19-ounce can cannellini beans, drained and rinsed
- 1 cup frozen baby peas
- ½ cup chopped flat-leaf parsley
- Fresh thyme leaves and shaved Parmesan cheese, for garnish





brunch on the porch





clambake on the beach



best mail-order maine clambakes

The F&W staff taste-tested several mail-order dinners, all of which are available from Maine seafood shops or lobster boats that sell directly to customers. Here are the four with the sweetest, meatiest, purest-tasting lobsters. The packages were sent to our offices in New York City via Federal Express, and all the lobsters arrived alive, packed in seaweed or paper inside a metal cooker, along with seafood extras like clam chowder. —R.T.

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Two lobsters (between 1½ and 1¾ pounds each), two cups of clam chowder and one other side, such as 8 ounces of smoked salmon (\$150; 877-991-LOVE).

LUCKY CATCH LOBSTER

Two lobsters (between 1½ and 1¾ pounds each), a pound of mussels or steamers and two cups of lobster stew (\$105; 888-624-6321).

MAINE LOBSTER DIRECT

Two lobsters (1½ pounds each), a pound of steamers, a pound of mussels (other options available) and 20 ounces of clam chowder or lobster or shrimp bisque (\$85; 800-556-2783).

FINESTKIND FISH MARKET

Two lobsters (at least 1½ pounds each) and two pounds of steamers; optional extras—such as clam chowder, crab cakes, oysters and baby Maine shrimp—available (from \$135; 800-288-8154).

1. In a stockpot, heat ½ cup of the olive oil until shimmering. Add the onions and cook over moderate heat until translucent, about 8 minutes. Add the wine, leeks, celery and bay leaves and cook, stirring occasionally, until the vegetables are softened, about 20 minutes. Add the water and simmer for 30 minutes. Strain the stock into a large saucepan and discard the vegetables. Keep the stock warm.

2. Meanwhile, in a large skillet, heat the remaining ½ cup of olive oil until shimmering. Add the zucchini and garlic, season with salt and pepper and cook over moderate heat, stirring occasionally, until the zucchini soften, about 10 minutes. Add the zucchini and the cannellini beans to the vegetable stock and simmer until the zucchini are very tender, about 10 minutes. Add the peas and parsley and simmer for 1 minute longer; season with salt and pepper.

3. Ladle the soup into bowls. Garnish with the thyme, Parmesan shavings and a drizzle of olive oil.

MAKE AHEAD The soup can be refrigerated for up to 2 days.

WINE A bright, straightforward Italian white will act as a foil for the mix of flavors here. Look for the 2002 or 2003 Soave Classico from Gini or Inama.

Cherrystone Clam Chowder with Corn

ACTIVE: 50 MIN; TOTAL: 1 HR 20 MIN

8 SERVINGS

Clambakes are a regular part of summer parties in Maine. Alexandra and Eliot usually make this smoky, creamy chowder with the leftovers, but it can easily be prepared with shucked, store-bought clams and served as a clambake starter.

- ¼ pound thickly sliced bacon (5 slices)
- 1 cup bottled clam juice
- ½ cup dry white wine
- 1 bay leaf
- 40 cherrystone clams (about 8 pounds), scrubbed and rinsed
- 3 tablespoons unsalted butter

- 3 medium onions, very coarsely chopped
- 3 ears of corn, kernels cut off the cobs
- 2¼ pounds baking potatoes, peeled and cut into ¾-inch cubes
- 5 cups whole milk
- ½ cup heavy cream
- Salt and freshly ground pepper

1. In a medium skillet, cook the bacon over moderate heat until crisp, about 8 minutes. Transfer the bacon to paper towels to drain; reserve the bacon fat in the skillet. Crumble the bacon coarsely.

2. In a stockpot, combine the clam juice, wine and bay leaf and bring to a boil. Add the clams, cover and simmer over moderately high heat until the clams open, about 8 minutes. Transfer the clams to a large bowl and discard any unopened ones.

3. Strain the clam broth through a fine-mesh sieve set over a medium bowl. Rinse out the stockpot. Remove the clams from their shells and coarsely chop them.

OPPOSITE: Guests hang their bathing suits out to dry before the clambake, then enjoy bowls of smoky, creamy clam chowder studded with bacon to start the meal; afterward they line up to serve themselves lobsters, mussels, clams and fresh corn.

4. In the stockpot, melt the butter with 1 tablespoon of the reserved bacon fat. Add the onions and cook over moderate heat until softened, about 4 minutes. Add the corn and potatoes and cook, stirring often, until the potatoes begin to soften, about 6 minutes. Add the clam broth, cover and simmer until the corn and potatoes are very tender, about 10 minutes. Add the chopped clams, milk and cream and bring to a simmer. Season with salt and pepper. Ladle the chowder into bowls, sprinkle with the bacon and serve.

MAKE AHEAD The clam chowder can be refrigerated for up to 2 days.

WINE A light Chardonnay will provide a cleansing contrast to this rich soup. Try one from South Africa, such as the 2003 Nederburg or the 2003 Indaba.

Standing Rib Roast of Pork with Tuscan Herb Sauce

ACTIVE: 30 MIN; TOTAL: 3 HR, PLUS OVERNIGHT MARINATING

8 SERVINGS

This recipe also comes from Trevor Kaufman, who brought it back with him from a trip to Italy. Ask the butcher for a roast with the chine and rib bones, as it will make for a more flavorful and better-looking dish. To simplify serving, have the butcher partially detach the loin from the ribs and cut through the chine bone between each rib.

½ cup finely chopped rosemary
¾ cup plus 2 tablespoons
extra-virgin olive oil

Coarse sea salt and freshly
ground pepper

One 6-pound bone-in pork loin rib
roast, chine bone intact

2 cups coarsely chopped
flat-leaf parsley

¾ cup chopped mint leaves

4 garlic cloves, finely chopped

2 tablespoons fresh lemon juice

1. In a small bowl, mix the rosemary with 2 tablespoons of the olive oil and season generously with salt and pepper. Spread the rub all over the pork and into the space between the partially detached roast and the rib bones. Using kitchen string, tie up the roast to give it a nice shape. Transfer the pork to a roasting pan, cover with plastic wrap and refrigerate overnight.

2. Remove the pork roast from the refrigerator and let stand at room temperature for 1 hour before roasting. Preheat the oven to 400°. Roast the pork for about 1½ hours, or until an instant-read thermometer inserted in the thickest part registers 135° for medium. Let the pork roast stand for 20 minutes before carving into chops.

3. Meanwhile, in a food processor, combine the parsley with the mint, garlic and lemon juice and pulse until finely chopped. With the machine on, slowly pour in the remaining ¾ cup of olive oil until the sauce is smooth. Season the herbs with salt and pepper.

4. Untie the roast and carve it into chops. Transfer the chops to a platter, top with some herb sauce and serve the remaining herb sauce on the side.

MAKE AHEAD The herb sauce can be refrigerated for up to 2 days.

WINE A light red, such as an Oregon Pinot Noir, has just the right amount of tartness to blend with the succulent roasted pork and its tart sauce. Consider the 2000 Eyrie Vineyards or the 2000 Sokol Blosser Willamette Valley.

Citrus-Mint Cocktails

**ACTIVE: 20 MIN; TOTAL: 45 MIN
MAKES 10 CUPS**

This drink can be prepared with vodka and white wine for a cocktail, as it is in the recipe below; if you prefer a virgin version, you can omit the alcohol and substitute club soda.

1½ cups sugar

2 cups loosely packed mint leaves,
plus 8 large mint sprigs, lightly
crushed

1½ cups water

2 cups loosely packed cilantro
leaves, lightly crushed

1 cup fresh lemon juice

1 cup fresh lime juice

3 cups vodka

2 cups dry white wine

**Ice cubes and chilled club soda, for
serving**

1. In a medium saucepan, combine the sugar and the large crushed mint sprigs with the water and bring to a boil over moderately high heat. Remove the mint syrup from the heat and let it stand until completely cool. Strain the mint syrup into a medium bowl; discard the mint sprigs.

2. In a large pitcher, muddle the 2 cups of mint leaves with the crushed cilantro, lemon juice and lime juice. Add the cooled mint syrup, the vodka and the white wine and stir the cocktail to combine. Strain the citrus-mint cocktail into tall glasses filled with ice cubes, top each drink with a splash of club soda and serve.

MAKE AHEAD The mint syrup can be refrigerated for up to 2 days. ■

Alexandra and Eliot dress up for dinner. OPPOSITE: After polishing off the pork roast with a Tuscan herb sauce (prepared by a friend who'd recently returned from a trip to Italy), the men loosen their ties and the women kick off their heels to dance.





an elegant dinner

