
Real Men Don't Make Quiche

No longer restricted to the backyard barbecue,
the male gourmet chef has come in from the cold
and into his own in the kitchen.

As our own culinary arbiter Sue Barton Huffman (see Page 12) flits from Fort Worth to Fresno to Fargo in pursuit of gastronomical delights for the pages of *Ladies' Home Journal*, she is flying over some of America's finest gourmet cooks, nestled quietly on the campus of the University of Oklahoma. And true to the old adage, many of the best Sooner chefs are men.

Not to be outdone by the *Journal*, *Sooner Magazine* set forth this spring to search out these scholarly masters of the culinary art. They are, we found, a mutual admiration society, almost a brotherhood. They love to swap meals, an arrangement that not only assures them of appreciative guests but also of dozens of sumptuous return dinners out.

"When you are fortunate enough to be asked to the Eugene Enricos for dinner," testified one of the gourmet diners we polled, "you feel so loved. It's not just dinner; it's an event."

Our unscientific survey turned up a large number of cooks judged superior by their peers. We are featuring favorite recipes from six — Enrico from the music school, Robert Con Davis from English, William H. Maehl from continuing education, Norman provost J. R. Morris, Robert A. Nye from history and B. G. Schumacher from business.

Although gourmet cooks tend to become eloquent when discussing their own cooking, they also are generous in their praise of colleagues whose specialties merit mention — such as the bread bakers Norman Crockett in history and Richard Wells in political science, the Czechoslovakian kolache king Gerald Tuma in engineering, the Hungarian master chef John Brio in philosophy, and Arrell Gibson, widely acknowledged as *the* best chili cook campuswide or worldwide.

"It's my secret seasonings," Gibson contends, "especially the one from the Jemez Pueblo in New Mexico that I call 'Jemez Fire.'"

Fortunately the featured Sooner Mag Six were willing to share their secrets on the following pages, leading off with Morris' "Fiesta Pie." Morris confesses that the "pie" began as a *Southern Living* quiche, modified with so many vegetables that it no longer fits that category.

"Besides," Morris quips, "real men don't make quiche."

Most of our cooks admit to being part of the Julia Child phenomena which swept the country into the kitchen several years ago. But for Morris, Davis, Enrico and Maehl, the fascination with food dates from an early age.

By age 11, Morris had assumed the family cooking duties from his working mother, along with a one-recipe menu of Irish stew, and he worked his way through college as his fraternity's "head kitchen boy." Davis was a dishwasher for a large California restaurant at 14 and at 18 was chief chef over an 11-member cooking staff. Enrico parlayed a childhood full of good Italian cooking into a modest catering business in college, while Maehl used an early culinary training for his own survival and entertainment purposes throughout his college and bachelor professor days.

Schumacher and Nye got into the game a little later, Schumacher to resurrect the flavors of the "good German stuff I was raised on," a mixture of German and old South that he calls "Texas-German." Nye took up serious cooking to reproduce the incredible food which he and his wife came to love while doing their graduate work in France.

The married men in our group diplomatically credit their wives with equal, even superior, talent in the kitchen, but the wives we consulted were not in the least jealous of their prerogatives. Quite the contrary. They echo the feelings of wives everywhere who say, "God bless you, Julia Child, for bringing the men in from the backyard barbecue — but you might have taught them how to clean up the kitchen."
-CJB



From **J. R. Morris**
Provost of the Norman Campus

FIESTA PIE

- ½ cup chopped white onion
- ½ cup chopped celery
- 1/3 cup chopped green bell pepper
- ½ cup sliced ripe olives, drained
- ½ cup chopped green chilies, drained
- ½ cup coarsely chopped mushroom pieces
- 1 oz. chopped pimientos, drained
- 1 cup shredded longhorn cheddar
- ¾ cup shredded Monterrey Jack
- 1 tsp. salt
- ¼ tsp. white pepper
- 2-3 dashes Tabasco
- 1 cup half-and-half cream
- 3 eggs

Sauté onions and celery in 2 tbs. butter until soft. Don't brown. Add green pepper and mushrooms; sauté briefly. Remove from heat and allow to cool. Add olives, chilies, pimientos and cheese. Mix well.

Line 10-inch deep dish pie pan with your favorite pie crust* and add vegetable and cheese mixture.

Mix eggs and cream; add salt, pepper and Tabasco. Pour over vegetable mixture. (Pie crust will be quite full.)

Place in upper third of oven, preheated to 350°. Bake 40-45 minutes.

*We use James Beard's recipe for the cuisinart:

Cuisinart Pâte Brisée

- 2 cups all-purpose flour

- 1 stick frozen butter
- 2 eggs
- 1 cup ice water
- ¼ tsp. salt
- 1 tbs. lemon juice

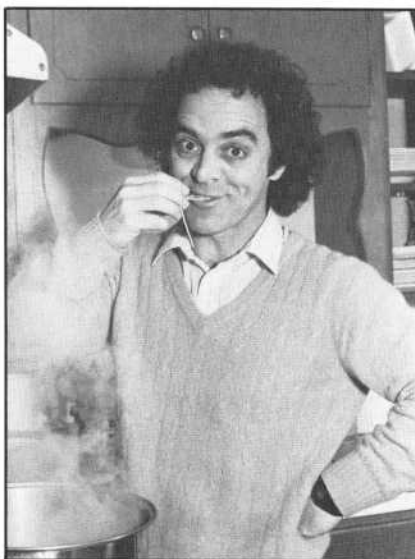
Using metal blade, mix flour, butter and salt, turning off and on rapidly until small granules form. Add eggs and lemon juice, and process until a ball of dough forms (about 6 seconds). Refrigerate.

From **Robert Con Davis**
Assistant Professor of English

SPAGHETTI alla CARBONARA

(serves two)

- ¼ tsp. ground, dried garlic
- 5-6 strips of bacon
- ½ cup white wine
- 1 egg
- 1/3 cup Parmesan cheese
- ¼ tsp. ground black pepper
- ¼ tsp. chopped parsley (dried or fresh)



In a skillet:

Cook bacon until brown, then pour off all but two tablespoons of bacon fat.

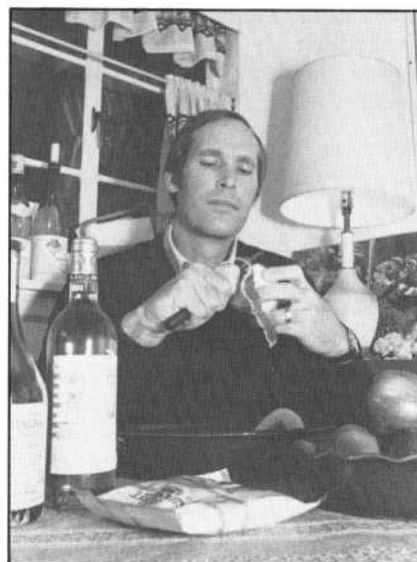
Chop bacon into bits and return to skillet with the two tablespoons of fat, garlic and wine; stir mixture and let simmer for 10 minutes.

In the meantime, mix well egg, cheese, pepper and parsley.

After 10 minutes, place enough cooked spaghetti for two people in wine mixture; toss together very well.

Turn down flame under skillet and briskly toss egg mixture into spaghetti until egg mixture becomes reasonably firm as it cooks slightly and clings to spaghetti. Don't overcook!

Serve hot with toasted French bread and a dry white wine.



From **Robert A. Nye**
Professor of History

JAMBON de PAYS SAUCE SAUPIQUET

Ham Slices
with Piquant Cream Sauce

This dish is a variation of a regional specialty of the Morvan (upper Burgundy) in France. Excellent with the aromatic, salt-cured country hams of Tennessee, Arkansas or Kentucky, the recipe also complements nicely any good cured ham, providing it has not been smoked. The ham is braised, sliced, fried briefly in butter, and served with its sauce alongside braised spinach.

- Ham
- Carrots
- 2 onions, quartered
- White wine vinegar
- Dry white wine
- 3-4 juniper berries, crushed
- 2 tbs. chopped green onions or shallots
- 2 oz. butter
- 2 oz. flour
- ½ pt. hot whipping cream (continued)

½ tsp. dried tarragon leaves

Place ham in large roasting pan with 3-4 inches of water, a few carrots and quartered onions. Heat to boiling on top of stove, then put in oven, adjusting temperature so that liquid barely simmers. Cook for 20 minutes per pound; allow to cool in remaining liquid. (Add more water if level drops below an inch during cooking.) If you are not using a country ham, reduce braising time to 10-15 minutes per pound.

Degrease braising liquid by tilting pan and drawing up ham juices from beneath fat with a bulb baster. Ideally there should be about a pint; good beef stock may be added if necessary. Set aside.

In saucepan, over high heat, make a reduction of 4 tbs. each of white wine vinegar and dry white wine, crushed juniper berries and chopped green onions or shallots. Reduce to about a tablespoon, then strain.

In another saucepan, make a *roux* over moderate heat of 2 oz. each butter and flour. Heat ham/beef stock and gradually beat into flour/butter mixture with whisk until smooth. Add green onion reduction and ¼ cup dry white wine, cooking very slowly, just below boiling, for 20 minutes. Skim regularly or sieve at end of cooking and return to clean saucepan. Finally add ½ pt. hot whipping cream and ½ tsp. dried tarragon leaves and keep just below simmer until ready to serve. If juices from a country ham have been used, salting may not be necessary; otherwise, salt to taste.

Meanwhile, cut as many thick slices of ham as needed; briefly fry in butter on each side until they take on some color. If not served immediately, keep warm in oven.

Spinach Side Dish

3-4 lbs. fresh spinach
Butter
3-4 oz. good beef stock
Salt and pepper

Destem spinach and blanch briefly in large pot of boiling water. Pour contents of pot through colander and rinse spinach in cold water to preserve color. Squeeze out all water pos-

sible; chop finely with heavy knife.

Melt 1 oz. butter in saucepan; add spinach, gradually increasing heat, stirring constantly to evaporate remaining moisture (do not allow to stick). Add 3-4 tbs. beef stock, reduce heat to low and braise, partially covered, for 15 minutes or until liquid is absorbed. Just before serving, add lump of butter; salt and pepper to taste.

To present this dish attractively, place spinach in one half of oval or rectangular serving dish, and in other half, arrange overlapping ham slices, pouring a bit of the sauce over ham, serving remainder in warmed bowl.

French Tavel rosé is an ideal accompanying wine, but a California rosé of Cabernet or Zinfandel also may be served with this dish.



From Eugene J. Enrico
Associate Professor of Music

BAGNA CAUDA

½ lb. fresh mushrooms
1 head cauliflower
12 cherry tomatoes

1 bunch scallions
1 head red cabbage
1 head green cabbage
(other fresh vegetables for dipping,
as you like)
1 large loaf of Italian bread, sliced
2 cups whipping cream
2 tbs. butter
2 tbs. fine olive oil
8 flat anchovy fillets, rinsed and
chopped
6-8 cloves fresh garlic, pressed or
finely chopped

Wash vegetables; cut into convenient sizes and shapes for dipping in sauce; arrange on large tray.

In large kettle, boil cream, reducing to half volume or less.

In fondue pot or chafing dish, sauté garlic and anchovies in butter and olive oil.

Combine cream into pot or dish with garlic and anchovies.

Keep sauce hot while serving. Using a large slice of bread as a napkin to hold under the vegetables being dipped, coat each vegetable with sauce and enjoy. After dipping, eat napkin.

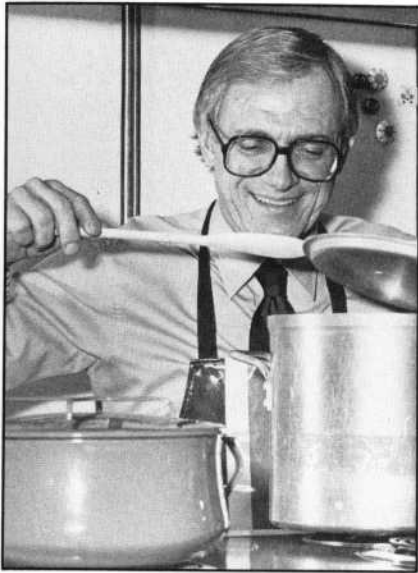
From William H. Maehl
Vice Provost for Continuing
Education and Public Service

GREEN TURNIP SOUP

1 large onion, chopped fine
1½ lbs. fresh white turnips
3 tbs. butter
1½ cups water
4 packed cups of young fresh turnip greens or spinach, or 10 oz. package of fresh spinach, or half package of frozen spinach, thawed and squeezed dry
4 cups of homemade chicken stock or canned chicken broth
4 tbs. quick-cooking Cream of Wheat
1-2 cups of milk or half-and-half
Salt and pepper
Sugar
1-2 tbs. lemon juice
Butter

Melt 3 tbs. butter in heavy pan of at least 3-quart capacity. Cook chopped onion over medium heat until translucent.

Add turnips, 1 tsp. salt, 1 tsp. pepper and water to onions and butter and boil slowly in covered saucepan for 15-20 minutes, or until turnips are tender when pierced with knife or fork. Uncover, raise heat and evaporate remaining liquid. Toss turnips in remaining butter to coat.



Clean turnip greens or spinach, discarding any wilted leaves and coarse stems. Heat 2 tbs. butter in skillet over moderate heat until bubbling. Toss greens in butter with wooden spoons and season with ½ tsp. salt and ¼ tsp. sugar. Continue tossing until greens are limp and fairly tender.

Purée turnips and greens in food mill or food processor and bring to simmer in turnip pan with broth. Sprinkle in Cream of Wheat and simmer 5-6 minutes until cereal is cooked.* Thin with milk or half-and-half to desired consistency. Season to taste with salt, pepper and lemon juice.

If serving hot, add 2-4 tbs. soft butter to mixture just before serving. Soup also may be served cold.

*An alternate thickening is to prepare mixture of several egg yolks and cream into which a small amount of warm soup is gradually stirred. This mixture is added to soup and warmed carefully to avoid curdling until desired consistency is reached. Experiment with number of egg yolks, but I estimate at least four will be necessary.

From **B. G. Schumacher**
Professor of Management

SCHNITZEL-HOLSTEIN with Berlinerweise (Brunch)

Schnitzel-Holstein is a cutlet with eggs. I believe Count Holstein, a Prussian, originated it. Berlinerweise means, if my German is correct, the Berliner way; it consists of beer and raspberry juice. You will notice later the colors of red and green are used since I usually prepare this during the Christmas break when I am tired of turkey. This is a quick (30 minute) gourmet brunch.

- 1 large cube steak per person. Veal is hard to find, and I don't like calf meat anyway.
- 1 pack light beer in *miniature* bottles. I prefer Miller's eight-pack. Store in coldest part of refrigerator.
- ¼ cup flour per steak
- 1 slice bread per steak
- 3 eggs (medium) per steak
- Salt and pepper
- Vegetable cooking oil or butter
- 1 package frozen raspberries. Store in refrigerator to thaw.
- 1 glass of green tomato chutney or green pepper jelly. (My brother-in-law, Colonel Pickavance, makes the best chutney of this nature, but the so-and-so won't give me his recipe.)
- Coffee

Put coffee on.

Fix the cook — and anyone else present — a Berlinerweise: Put three teaspoons of raspberry juice, excluding seeds, in old fashioned whiskey glass. Pour in miniature beer as quickly as possible causing concoction to foam. You may have to stir to mix red color throughout. The result is a drink that does not have the taste of beer but still has the effect of the "hair of the dog."

Pour cooking oil into large skillet over medium heat. If more than one serving is required, use two skillets — the first now for meat, the second later for eggs. Don't skimp on oil. (Sip the B.)

On a wax paper adjacent to range top,

pour flour on front corner away from range.

On other front corner nearest range, place bread crumbs. You make these by rubbing slices of bread, including crust, between your hands. Old bread is best. (Don't forget to sip the B.)

Break one egg into large saucer or salad plate; beat lightly and place on back corner of the wax paper.

Salt and pepper cube steak on remainder of wax paper, flouring both sides.

Use fork to dip both sides of floured steak in egg.

Remove from egg and put into bread crumbs, again on both sides. Don't change sequence. (Have a sip of B.; you deserve it.)

At this time, oil should be hot; test for ripples (dissipative heat waves) on surface. Put cutlet in that portion of skillet farthest from handle. Do this with care because once placed, cutlet should not be moved for 8 minutes. Portion of skillet nearest handle will be used for eggs if one portion is being prepared. (Finish the first B. and start on another.)

After 8 minutes, move steak, slightly unsticking any portion adhering to the pan. When bottom is golden brown (8-10 minutes) turn steak, again to portion of pan away from handle. Cook on this side for 6-8 minutes. (Sip your B. No. 2.)

After 4 or 5 minutes, in portion of skillet not involved with meat, fry two eggs, sunny-side-up, reducing heat to low or warm.

Meat should be golden brown before eggs are done. Remove meat, placing eggs on top. If you must have gravy, add a dash or two of white wine while cooking.

Garnish plate with chutney or pepper jelly. (Pour coffee and finish the second B.)

Bread is not needed since the meat is breaded, but everyone to his own taste.

For dessert, some of the raspberries over Häagen-Dazs vanilla is excellent with maybe a cordial of brandy and a good cigar. Don't drive for a while. ☺