

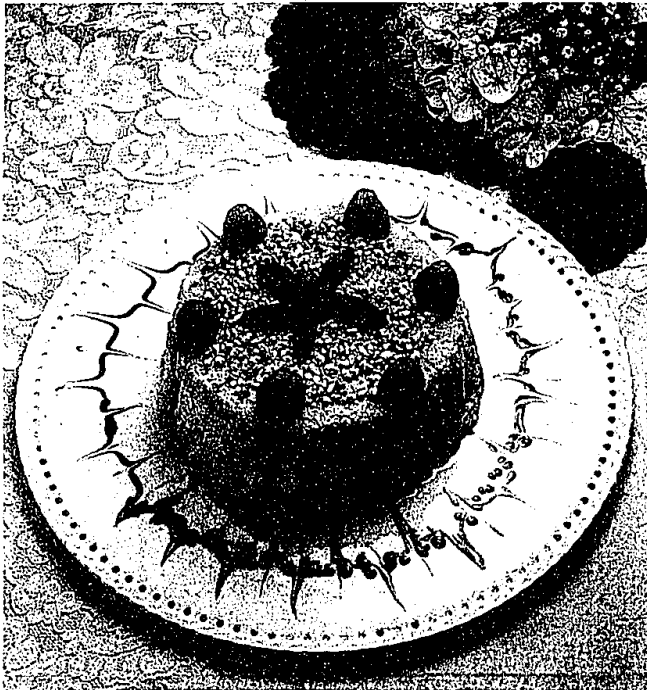
# The American Peanut Goes French

When the noted French Chef Hubert was introduced to the native American peanut recently, some delicious and spectacular dishes resulted which are now being featured on the menu of his Paris restaurant, Le Bistrot d'Hubert and in the classes of his cooking school, l'Ecole de Cuisine d'Hubert.

As with most Europeans, Chef Hubert was familiar with the peanut as a small

roasted nut, salted and served as a snack. He found American peanuts finer in quality, appearance and roasting characteristics than any he had known, prompting him to develop a number of recipes to introduce this American gem to the French.

Jayne Taylor, former Washington, DC caterer and now student and assistant to Hubert translated these recipes and offers suggestions for their American enjoyment.



## Peanut Brittle Charlotte

Chef Hubert's "Peanut Brittle Charlotte" is elegant in the traditional French manner, and can be prepared ahead, an increasing requirement for our fast-paced American lifestyles.

3/4 cup sugar	1 cup water
2 tablespoons water	2 tablespoons sugar
3/4 cup unsalted, roasted and chopped peanuts	4 tablespoons kirsch
3/4 cup butter	36 sponge lady fingers
1/2 cup creme anglaise*	2 cups creme anglaise

To make the peanut brittle, melt 3/4 cup sugar in 2 tablespoons water over medium heat. When the sugar begins to brown, remove from heat and add the peanuts. Mix until all the nuts are well coated. Spread the peanut mixture onto a well greased, cool, heat resistant surface such as marble. Flatten it as much as possible and let cool. When cool, chop the peanut brittle into small pieces. In a large bowl, whip 3/4 cup butter until soft, add the chopped peanut brittle and the creme anglaise and mix.

Prepare the syrup by heating 1 cup water, 2 tablespoons sugar and 4 tablespoons kirsch in a saucepan until all is melted.

Line the sides and base of a charlotte mold with lady fingers which have been lightly dipped in the syrup. Fill half the mold with the peanut brittle/creme anglaise filling, then cover the filling with another layer of syrup dipped sponge fingers. Pour the remaining filling on top and cover with more syrup-dipped sponge fingers. Cover and refrigerate overnight. To serve, unmold the charlotte and serve with creme anglaise sauce, if desired. Makes 6 to 8 servings.

JAYNE'S ADVICE: A coffee flavored creme anglaise also would do nicely as the accompanying sauce. This dessert can be made a couple of days ahead and requires little last minute attention. You can add a nice color contrast by decorating the charlotte with fresh berries.

### \*Creme Anglaise

5 egg yolks	2 cups milk
2/3 cup sugar	1/8 teaspoon salt

In a saucepan, beat the yolks and sugar together until thick and light colored. Heat milk to a simmer (not quite to the boiling point). Gradually add the milk into the yolk mixture, beating constantly. Add salt. Cook over medium low heat stirring constantly until the mixture thickens to a custard like consistency. (Do not let sauce boil, it will curdle.)

Remove sauce from heat. Set pan in cold water to hasten chilling. Continue to stir for a few minutes more. Allow to cool to room temperature then chill in refrigerator for an hour or longer.

Use 4 ounces of the custard as an ingredient in the Charlotte. Serve the remainder along with the Charlotte. Makes approximately 2-1/2 cups.

## Peanut and Praline Ice Cream

The "Peanut and Praline Ice Cream" may be served as simply or elegantly as the occasion demands. The Praline also doubles as a topping for Peanut Butter Mousse.

<b>For the ice cream:</b>	<b>For the praline:</b>
1 quart milk	3/4 cup sugar
10 egg yolks	1 tablespoon water
3/4 cup sugar	2 drops vanilla extract
3/4 cup unsalted, roasted and chopped peanuts	3/4 cup unsalted, roasted and chopped peanuts

To make the ice cream: Bring milk to a boil in a large saucepan. In a large mixing bowl, whip the egg yolks with the sugar until they become pale. Add the peanuts and slowly add the milk, stirring constantly. Pour the mixture back into the saucepan and reheat slowly, so as not to curdle the mixture, until it coats the back of a spoon. Cool the mixture, then pour it into an ice cream freezer and churn it until hard. Makes 6 servings.

To prepare the praline: Slowly heat the sugar and water in a deep pot, stirring until all the sugar has melted. Add 2 drops of vanilla extract. When the caramel begins to darken in color, add the peanuts and mix vigorously until all the nuts are well coated. Pour the caramel onto a well greased, cold, heat resistant surface such as marble. Flatten it as much as possible and let cool. When cooled, chop the praline into small pieces.

To serve: Scoop the ice cream into bowls and sprinkle the praline on the top, as desired.

JAYNE'S ADVICE: For a more elegant presentation, serve the ice cream in a stemmed glass with julienne of orange, lemon or lime peel around the base of the glass.

### Peanut Butter Mousse

1/2 cup water	1/2 cup creamy peanut butter
1/2 cup sugar	Peanut Praline; recipe above
3 egg yolks	Unsweetened whipped cream
1 cup heavy cream	

Prepare syrup: Combine water and sugar in saucepan. Bring to a boil for 7 minutes. Meanwhile, beat egg yolks in mixer on highest speed until frothy. Slowly pour syrup onto yolks while beating on medium speed. Continue beating for 5 to 10 minutes, until mixture is cool. In clean bowl whip cream to soft peaks. Blend in peanut butter. Fold peanut butter mixture into yolk mixture. Spoon into six stemmed dessert glasses. Chill in refrigerator overnight. Serve each with a sprinkle of Peanut Praline (see recipe above) and dollop of whipped cream. Makes 6 servings.



Photos courtesy of Editors Japan Conard

### Peanut Rum Souffle with Chocolate Sauce

3/4 cup milk	4 egg whites
3/4 cup creamy peanut butter	2 tablespoons sugar
1/8 teaspoon salt	8 ounces semi-sweet chocolate pieces
4 egg yolks	2 tablespoons hot water
1/4 cup packed brown sugar	3 tablespoons rum
3 tablespoons butter	1/4 cup half and half
3 tablespoons rum	1/2 cup chopped salted cocktail peanuts
1/2 teaspoon vanilla	

Butter and sugar a 7" souffle dish (1-1/2 quarts). Place milk, peanut butter and salt in saucepan over medium heat; stir until smooth and just below boiling point. Beat yolks and brown sugar until smooth and light. Blend yolk mixture into milk mixture over low heat until thick and custardy, stirring constantly. Do not boil. Remove from heat and stir in butter, cool. Blend in rum and vanilla.

Beat egg whites until soft peaks form. Sprinkle in sugar and beat until stiff but not dry. Stir 1/4 of the whites into the custard and mix well. Gently fold the remaining whites in until no white streaks remain. Pour into prepared souffle dish and bake in 350°F. oven for 30-35 minutes.

Prepare chocolate sauce while souffle is baking. In small saucepan, blend chocolate pieces, hot water, rum and half and half over low heat until melted; keep warm. Garnish souffle with peanuts. Serve with chocolate sauce. Makes 6 servings.

### Peanut Butter Chocolate Truffles

2/3 cup heavy whipping cream
10 ounces milk chocolate, cut into pieces
1/2 cup creamy peanut butter
1 teaspoon vanilla extract
cocoa

Heat cream to just below boiling point. Place chocolate in mixing bowl. Pour cream over chocolate; beat until smooth. Stir in peanut butter and vanilla. Chill about 2 hours until firm. Roll between palms of hands into approximately 1-inch balls. Roll in cocoa, shaking off excess. Chill on platter until ready to serve. Makes about 32 truffles.

### Chocolate Peanut Caramel Tart

2 unbaked 9-inch deep-dish prepared pie shells	3 whole eggs
6 tablespoons butter	3 egg yolks
3/4 cup plus 1/3 cup sugar	4 ounces semi-sweet chocolate, melted
3/4 cup ground roasted peanuts	Sweetened whipped cream, for garnish
2-1/2 cups whipping cream	2 tablespoons crushed dry roasted peanuts
1 cup sour cream	
2 tablespoons cornstarch	

Bake pie shells in 375°F. oven about 15 minutes until golden brown; cool. In saucepan melt butter over medium heat. Add 3/4 cup sugar; cook and stir just until melted, then cook without stirring until mixture turns golden brown. Add ground peanuts and 1-1/2 cups of the whipping cream; cook and stir for 3-4 minutes, until well blended. Pour equal amounts into two pie shells. In saucepan, combine sour cream and remaining 1 cup whipping cream. Add 1/3 cup sugar and cornstarch; stir to blend. Add eggs and egg yolks; cook and stir over low heat until mixture comes to boil. Stir in chocolate. Remove from heat and pour into pie shells. Chill at least 3 hours. Add dollop of sweetened whipped cream onto top of pies; sprinkle with crushed peanuts. Yield: 2 9-inch pies.