

Chefs share secrets of flaming favorites

By MARY CONNELLY

Flaming dishes can ignite more than the sensors of the palate. Exhibition cooking with fire leaping beside the dining table adds a flourish to mealtime.

Restaurants are aware of the psychological spark produced by cooking with flames and some build the offering into menus. At the Somerset Inn dining room, L'Auberge, flaming dishes have been added to the mealtime choices.

Dining captains, Tomislav Pecok and Stanley Hivner, at the Troy restaurant suggest two flaming favorites for hostesses to try at home.

THE RECIPES are written without the touch of fire because exhibition cooking requires a large, open area, said the captains. It is also not in the domain of the novice cook, Hivner added. Hanging hair and jumping flames can produce unexpected singed eyebrows or facial burns.

But for a touch of gourmet taste even without the flame, the chefs suggest L'Auberge Coffee and Steak Diane.

L'AUBERGE COFFEE

6 slices whole apple (any kind)
4 teaspoons brown sugar (light or dark)
2 oz. Irish whiskey

4 teaspoons whip cream (fresh whip preferred)

1 cup hot black coffee

Utensils: Copper bottom or stainless steel pot, ladle, knife, service spoon and teaspoons.

Place pan over medium heat. Place six thin slices of apple into the pan. Allow the apple to cook long enough to appear moist.

Add brown sugar to the top of the apples trying not to get any on the pan edges.

After the brown sugar is added, quickly mix the apples. Do not stop until the sugar has thoroughly coated the heated apples.

Allow to simmer for three to four minutes.

Add two ounces of whiskey and stir. Add one cup of hot coffee.

THEN ADD two teaspoons whip cream and stir.

When bubbles appear, ladle mixture into stemmed goblets, dividing equally. Top with whip cream and serve immediately.

This hybrid of Irish coffee and the after-dinner drink serves two. For additional servings, repeat the

above recipe in exact proportions.

L'AUBERGE STEAK DIANE

2 tablespoons butter

5 ounces fresh mushrooms

5 ounces onions

medium sprinkle of seasoning salt

1 teaspoon paprika

2 tablespoons sauce espagnole

10-12 turns of ground fresh pepper

2 ounces brandy

2 ounces burgandy wine

10 oz. filet butterfly

Utensils: 14-inch frying pan, service spoon and forks.

Combine butter, mushrooms and onions in a pan over medium heat. Place filet in pan. Sprinkle ½ paprika, salt and pepper over filet.

After one minute turn over and sprinkle more paprika, salt and pepper over filet.

After another minute turn over and cook to tenderness. According to the chefs, most Dianes are best at rare or medium rare. Cooking times:

5 minutes total cooking time: rare

8 minutes: medium rare

10 minutes: medium

12 minutes: medium well done

15 minutes: well done

When Diane is approximately two or three minutes away from desired preference, add brandy and dry burgandy to the pan.

Remove filet from pan and

place on plate. Add two table-

spoons of espagnole sauce and

break down by stirring well

Return filet to pan to complete

Service, spooning sauce over filet.

For additional servings, repeat

above recipes in exact proportions

reducing brandy and burgandy

portions to suit taste.



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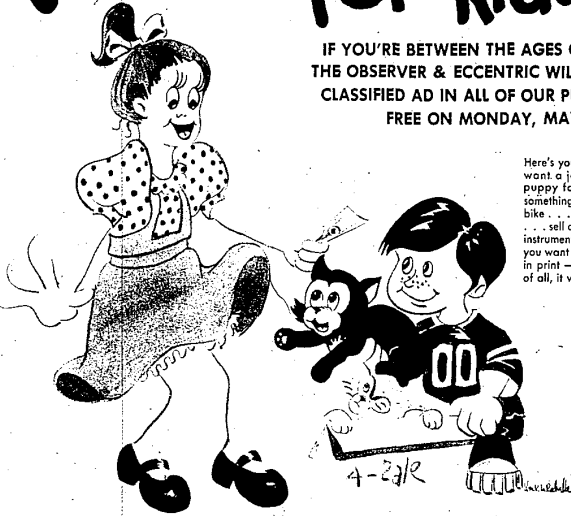
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