



pilot light
Greg Melikov

Man whips mousse — the beat is everything

I am proud to report that I was man enough to whip up a mousse without missing a beat.

First, set all the required utensils in one corner of the kitchen counter, the ingredients in another spot.

Secondly, when you separate the eggs, let the whites fall into a glass bowl and come to room temperature. Stir the melting chocolate with a wooden spoon, but use a whisk when beating together all the ingredients except the egg whites. I used an electric hand beater for them.

When I stirred in the run with a wooden spoon, the chocolate got a little hard, but the whisk came to the rescue. Surprisingly, that was the only time I almost lost my cool. A couple licks of the spoon settled me down.

CHOCOLATE MOUSSE
4 eggs, separated
2 tbsp. sugar
6 oz. semi-sweet chocolate, cut in pieces
1 tsp. rum
¼ lb. unsalted butter, cut in bits

¼ cup whipping cream, well chilled

In medium stainless steel bowl, combine egg yolks and sugar, whisk together several minutes and place in large skillet filled with enough hot water to come 2 inches up sides. Whisk yolk mixture over low heat 5 minutes, remove bowl to larger pan filled with water to come 2 inches up sides, whisk 3 or 4 minutes until thick and creamy, set aside.

Melt chocolate in small saucepan over low heat, stirring with wooden spoon, remove from heat and whisk in rum. Whisk in softened butter until smooth and glossy and stir into cold yolk mixture. In medium glass bowl, beat egg whites until they form whipping peaks on beater when lifted. With rubber spatula, mix ¼ cup whites into mousse base.

Four mounds into 4 serving dishes, smooth with spatula, cover lightly with plastic wrap and briefly chill until firm like pudding or refrigerate 6 hours until ice cream in texture. Just before serving, beat whipping cream in chilled bowl and dollop on mousse.

No need to knead this easily prepared bread

Kneading is unnecessary for this bread, as the name no-knead bread indicates. No-knead bread is an easy, quick method of bread preparation — as easy as preparing a cake.

Similar to batter breads, no-knead bread dough can be shaped and baked on cookie sheets. When baked, the bread has an open texture and the top may be rougher than kneaded breads. They are best when eaten fresh baked.

NO-KNEAD GRANOLA-HONEY BRAID

1 package active dry yeast
¼ cup warm water (105 to 115°)
2 eggs
1 cup lukewarm milk (scalded then cooled)
¼ cup margarine or butter, softened
¼ cup honey
2 cups granola (any flavor) crushed
¾-1¼ cups all-purpose flour

1 tsp salt
Granola Filling*below
Honey Butter Glaze*below

Dissolve yeast in warm water. Stir in eggs, milk, margarine, honey, granola, 1 cup of the flour and the salt. Stir in remaining flour; continue stirring, scraping dough from side of bowl, until soft, sticky dough forms. Cover and let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)

Stir down dough by beating about 25 strokes. Turn dough onto well-floured surface; roll or pat into rectangle, 18 x 18 inches. Prepare Granola Filling; spread evenly over dough. Cut dough into 3 strips, 18 x 4 inches. Roll each strip into rope; pinch edges and ends to seal. Place ropes diagonally and close together on lightly greased cookie sheet. Braid ropes gently and loosely. Do not stretch. Pinch ends to fasten; tuck under securely. Cover and let rise until 1½ times original size, about 30 minutes. Place oven rack below center of oven.

Heat oven to 350°. Bake until braid is golden brown and sounds hollow when tapped, 20 to 25 minutes. (If braid is browning too quickly, cover loosely with aluminum foil.) Cool slightly; spread with Honey Butter Glaze.
*GRANOLA FILLING: Mix 1 cup granola (any flavor), crushed, ¼ cup honey and ¼ cup firm margarine or butter.

*HONEY BUTTER GLAZE

¼ cup powdered sugar
2 tbsp margarine or butter, softened
¼ cup honey
1 to 2 tsp milk

Mix all ingredients until smooth and of desired consistency.

Wilt a lettuce salad

Cut 5 slices bacon into pieces and pan-fry until crisp. With a slotted spoon, transfer in paper towels; set aside. In same skillet, heat together to boiling ¼ cup each bacon drippings and white vinegar, 2 tablespoons water, ¼ teaspoon granulated sugar, a few twists of freshly ground pepper and a dash salt; boil, uncovered, for 2 minutes to reduce slightly. Pour hot mixture over 2½ torn romaine lettuce, ¼ cup chopped walnuts and the bacon. Toss and serve immediately. Makes 4-6 servings.



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