

Shopping Cart

The Farmington Observer

classifieds inside

Monday, April 8, 1995 Q&E

(F)1C

SPRING DINNER

COUNTRY INN STYLE

For gracious, comfortable dining, there's nothing like an old country inn. Americans love the ambiance created by old stone fireplaces, antiques and polished woods. Even the foods served have a special charm.

The Beekman Arms in Rhinebeck, New York, is the epitome of a fine country inn. The Executive Chef, Bruce Harms, takes American classics such as roasted lamb, rice and cranberries and makes subtle changes that insure that the food is in step with the culinary times.

"Bone the leg of lamb before roasting for easier slicing," Chef Harms suggests. "Never overcook lamb," he adds. "Cook to an internal temperature of 140° rare and 150 to 155° for medium. Baste it with a cranberry-orange glaze while cooking for a moist, succulent and unique flavor."

Rice also takes on a different taste when it is cooked in a flavored liquid such as chicken broth or orange juice. For this menu, orange flavoring is added to complement the lamb basting sauce and add a festive light coloring to the rice dish.

For the perfect finishing touch, cranberries, a native American fruit, are combined with a nouvelle favorite, white chocolate mousse. The tangy and tart cranberry sauce is an excellent contrast to the sweetness of the mousse.

CRANBERRY-ORANGE GLAZED LEG OF LAMB

- | | |
|---|--------------------------|
| 1 boned, rolled and tied leg of lamb (5 pounds) | 1/2 teaspoon sage leaves |
| 1/2 teaspoon marjoram leaves | 1 clove garlic, silvered |
| 1/2 teaspoon rosemary leaves | 1 medium onion, chopped |
| 1/2 teaspoon thyme leaves | 1 stalk celery, chopped |
| | 1 medium carrot, chopped |

Before tying, rub lamb with marjoram, rosemary, thyme, and sage; cut 1/4-inch deep slits in leg, insert garlic slivers, roll and tie. Place chopped onions, celery, and carrots in bottom of roasting pan; place lamb on top. Cook 1-1/2 hours at 350°, or until meat thermometer registers 140° for rare (150° to 155° for medium). Brush with Cranberry-Orange Glaze last half hour. Serve lamb with remaining glaze. Serve with Orange Rice. Makes 10 to 12 servings.

Cranberry-Orange Glaze

- | | |
|--|----------------------------------|
| 2 jars (14 ounces each) cranberry-orange sauce | 2 cups orange juice |
| | 4 ounces (1/2 cup) Grand Marnier |

In large saucepan, combine ingredients; heat, stirring, to melt.

Orange Rice

- | | |
|-----------------------------------|------------------------------|
| 1 cup uncooked rice | 1/2 cup dry white wine |
| 2 tablespoons butter or margarine | Grated peel of 1 orange |
| 1/2 teaspoon salt | Juice of 1 orange |
| 1-1/2 cups boiling chicken broth | Salt and ground white pepper |

Combine rice, butter, and salt in baking dish. Stir in chicken broth and wine. Cover and bake at 350° for 25 minutes (35 minutes for parboiled rice), or until rice is tender and liquid is absorbed. Stir in orange peel and juice. Return to oven for 10 minutes. Season to taste. Fluff with a fork and sprinkle with parsley or silvered almonds, if desired. Makes 6 servings.

HEARTLAND LAMB STEW IN RICE RING

- | | |
|---|--|
| 3 pounds lamb shoulder, bone-in, cut into 1-1/2 inch pieces | 1/4 teaspoon dried rosemary |
| 3 tablespoons vegetable oil | 1 small bay leaf, crushed |
| 1/3 cup flour | 1 cup water |
| 1 tablespoon sugar | 3 carrots, cut in thick slices |
| 2 teaspoons salt | 6 medium turnips, quartered |
| 1/2 teaspoon ground black pepper | 1 package (10 ounces) frozen green beans |
| 1 can (16 ounces) tomatoes | 6 cups hot cooked rice |
| 2 medium onions, quartered | 1 cup grated Cheddar cheese |
| 1 clove garlic, minced | 1/4 teaspoon ground white pepper |
| 3 whole cloves | |

In oven-proof Dutch oven, brown lamb in oil. Pour off drippings. In small bowl or cup, mix together flour, sugar, salt, and black pepper. Sprinkle over lamb; stir

Catering to travellers since 1766, the Beekman Arms in Rhinebeck, New York, has always been known for its charm, comfort and excellent cuisine. Much of the colonial and 19th century atmosphere remains.

The menu is a blend of the old and the new. Roasts of all types have been featured regularly since the Inn was a stage coach stop. Today, a different roast is served every day, with lamb the special for Thursdays throughout the year. A favorite since olden days, rice is updated in a variety of ways to complement menu items daily.

The Inn is famous for its desserts—cheesecake, bread pudding with whiskey sauce and chocolate mousse. The chef also makes a white chocolate mousse layered with a cranberry sauce.



Chef Bruce Harms of Beekman Arms, one of the oldest inns in the country, suggests starting Easter dinner with smoked trout, followed by boned roasted lamb basted with a cranberry-orange sauce, orange flavored rice and a vegetable bowl of snowpeas, onions, broccoli and carrots. For dessert, a white chocolate mousse is layered with a colorful cranberry sauce.

well. Add tomatoes, onions, garlic, cloves, rosemary, bay leaf, and water. Cover; bake at 350° for 40 minutes. Add carrots and turnips. Bake, covered, another 10 minutes. Correct seasonings, if necessary. Add beans, cover, and bake 10 minutes longer, or until meat and vegetables are tender. Combine rice, cheese, and white pepper. Pack firmly into well-buttered 6-cup ring mold. Unmold onto serving plate. Fill center with lamb stew. Makes 6 servings.

WHITE CHOCOLATE MOUSSE

- | |
|---------------------------------|
| 12 ounces white chocolate |
| 1/4 cup butter or margarine |
| 3 tablespoons amaretto |
| 1-1/2 teaspoons vanilla extract |
| 3 egg yolks, beaten |
| 1 cup heavy cream, whipped |
| 5 egg whites |

Break chocolate into pieces. Place in top of double boiler; add butter. Cook over hot water until chocolate melts. Remove from heat. Stir in amaretto and vanilla. Cool. Stir in egg yolks. Fold chocolate mixture into whipped cream. Beat egg whites until stiff but not dry. Fold carefully but thoroughly into chocolate mixture. Turn into a glass dessert bowl or individual sherbet dishes. Let stand in refrigerator at least 12 hours. Serve with Brandied Cranberry Sauce. Mousse and sauce can be layered as shown in picture. Note: If white chocolate cannot be found in your supermarket, look for it in a candy store. Makes 12 to 16 servings.

Brandied Cranberry Sauce

- | |
|---|
| 1 can (16 ounces) Whole Berry Cranberry Sauce |
| 2 tablespoons amaretto |

In a saucepan, melt whole berry cranberry sauce over low heat. Break up with a wooden spoon, stirring well. Remove from heat. Stir in amaretto. Put mixture through food processor.