

No one dared try goose liver pate

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- 1 tsp. ground allspice
- 1 tsp. ground nutmeg
- 1 tsp. dried thyme, crumbled
- 1/2 tsp. ground cloves
- 1 tsp. sage
- 1 cup pistachios, chopped

Using a sharp knife, cut along the backbone and using fingers, gently remove skin from the duck, being careful not to tear. Sprinkle skin with salt and pepper and rub the inside with 1 tablespoon cognac. Separate the legs and breast pieces from the body. Cut breasts into 3 strips and sprinkle with salt and pepper. Add 4 tablespoons cognac and allow to stand until ready to use. Bone leg pieces. Grind or process the remaining duck meat with the liver. Transfer to a large bowl and add remaining 8 tablespoons cognac, veal, pork, pork fat, eggs, garlic salt, pepper, allspice, nutmeg, thyme, cloves and sage and mix well. Fry a small amount of the mixture and taste. Adjust seasonings, if necessary. Stir in pistachios. Line a small loaf pan with the duck skin. Spoon half the mixture into mold and pat to pack tightly. Top with duck breast strips, cover with remaining mixture. Fold skin over the top. Cover tightly with foil. Set in a roasting pan and add enough hot water to come halfway up the sides of the loaf pan. Bake at 350 degrees for about 2 1/2 hours or until internal temperature reaches approximately 160 degrees on a meat thermometer. Allow to cool, then chill, covered, for at least 2 days. Remove from pan, slice and serve with toast.

WALNUT TERRINE

- 10 slices larding fat or bacon strips
- 1/2 lb. ground fresh pork backfat
- 1/2 lb. ground veal
- 1/2 lb. ground pork
- 1 egg
- 2 1/2 tbsp. chopped shallot
- 2 medium cloves garlic, minced
- 1 tbsp. flour
- 1 1/2 tsp. salt
- 1/4 tsp. sarragon, finely crushed
- 1/2 tsp. allspice, ground
- 1/4 tsp. nutmeg
- 1 cup whole shelled walnuts

Line a 4-cup loaf pan with fat or bacon. Combine all remaining ingredients except walnuts and blend well. Add walnuts and mix gently. Pack into terrine or loaf pan. Cover with foil. Set in a shallow pan of hot water and bake until a meat thermometer inserted in the center registers 160 degrees, about 1 1/2 hours. Cool, then refrigerate. Remove from pan and slice thinly to serve with toast points or crackers.

PATE DICTIONARY

Next time you visit a fancy restaurant and the waiter tosses around names you thought belonged to Marie Antoinette, remember this simple pate dictionary with the classic definitions:

Pate: Pastry crust with filling of meat, fowl, fish, vegetables or fruit. Served hot or cold.

Terrine: Earthenware dish lined with bacon or fat in which meat, fish, fowl or vegetables are cooked. Normally baked in a slow (300 degree) oven, often in a water bath to control temperature. Serve cold.

Balletine: Precisely applied to a piece of meat that has been boned, stuffed and rolled into a bundle. Normally braised or poached. Served hot.

Galantine: Applied to boned poultry that has been stuffed and pressed into a symmetrical shape, wrapped in cheesecloth and poached in a gelatin stock. Serve cold.

Mousse: Finely sieved mixture of fish, fowl or liver incorporated with eggs, butter and heavy cream, and cooked in a terrine or souffle dish in a water bath. Serve cold or oven heated.

REALLY LIKE PATES? Send a self-addressed stamped envelope requesting more pate recipes to: Chef Larry Jones, c/o Observer & Eccentric Newspapers, 36251 Scholerat, Livonia 48150.

Specialties for holiday season



Florine Mark

"I love turkey. It is low in cholesterol, calories and fat. Turkey is easy to make, can be used in so many different ways and when I prepare it, the whole house smells absolutely wonderful," said Florine Mark of Farmington Hills, president and chairman of the board for the WW Group Inc., largest franchise of Weight Watchers. Mark prepares her turkey simply like this:

- Whole Granny Smith Apples — halved and cored
- Whole medium to small onions — skinned
- Stuff apples and onions inside of turkey cavity. Cover and cook — baste with Diet Vernors.

Secret tip, for another method of preparation: have the butcher cut the turkey in quarters. Freeze and use as needed. Mark prepares the turkey with the same ingredients as above, only puts apples and onions underneath the meat. "This is very quick and easy, especially when company comes over," Mark said. "I also enjoy cooking turkey this way (in quarter sections), because then there is manageable amount of turkey meat for sandwiches and leftovers."



Chuck Daly

West Bloomfield resident Chuck Daly, head coach of the Detroit Pistons, "appreciates and enjoys good food, good wine and good company," said his wife, Terry. She offers this recipe for special holiday meals.

COQ AU VIN

- 2 frying chickens, cut up
- 1 cup flour

- salt and pepper
- 1/4 cup olive oil
- 1/2 cup butter
- 4-6 cloves garlic
- 2 carrots peeled and sliced
- 2 tomatoes, quartered
- 4 onions, sliced
- 2 stalks celery, sliced
- 1/2 lb. bacon, chopped
- 2 cups red wine (your favorite) thyme, rosemary, to taste

Lightly coat chicken with flour and sprinkle with salt and pepper. Heat skillet until very hot. Add olive oil, butter and garlic. When foaming, add chicken and saute until golden. Remove chicken from pan and pour off excess oil. Return chicken to pan with carrots, tomatoes, onions, celery and bacon. Add red wine. Cover. Simmer 1 1/2 to 2 hours on low or bake in preheated oven at 350 degrees. Drain liquid into saucepan. Add a roux if sauce requires thickening. Season with thyme and rosemary. Arrange chicken and vegetables on serving platter and ladle sauce on top. Nice accompaniment — small red potatoes, boiled and garnished with parsley and butter.

Cranberry sauce dresses up fruit salad

Whole cranberry sauce makes an easy dressing for a fresh fruit salad. To order a free booklet with 75 more quick ways to use whole and jellied cranberry sauces, send a stamped, self-addressed, business-size envelope to: "75 Ways," Dept. BH, Box

887, Radio City Station, New York 10101. The booklet marks the 75th anniversary of processed cranberries.

- CRANBERRY-PEAR SALAD**
- 1 medium orange, peeled
- 2 medium pears, cored and coarsely

chopped

- 1/4 cup seedless green grapes, halved
- 1/4 of an 8-ounce can (1/2 cup) whole cranberry sauce

Section orange over a small bowl, reserving juice in bowl. In a medium bowl combine orange sections, pears

and grapes. Stir cranberry sauce into reserved orange juice; pour over fruit mixture. Toss to coat. Makes 4 servings.

Nutrition information per serving: 123 cal., 1 g pro., 31 g carbs., 1 g fat, 3 mg sodium.

EASY DANISH PATE

- 1 lb. uncooked calves liver
- 1/2 lb. pork fat
- 1 small onion
- 2 eggs, beaten
- 1 tbsp. salt
- 1/2 tsp. pepper
- 2 1/2 cups milk
- 1/2 cup bread crumbs
- 1 tbsp. flour
- 1/2 lb. bacon strips

Grind liver, fat and onions through a grinder or processor. Stir in eggs, salt and pepper, milk and bread crumbs with flour. Line a loaf pan with bacon strips and spoon in mixture, packing lightly. Cover with bacon strips and bake at 350 degrees for 1 1/2 hours. Serve hot as a main course with bread or can be refrigerated, sliced and served as pate with crackers and toast points.

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