

EASY 7-UP FROSTING

Use 7-Up for the liquid in preparing packaged fluffy frosting mix.

7-UP WHITE MOUNTAIN FROSTING

2 egg whites
 1½ cups sugar
 ½ cup 7-Up
 1 tablespoon light corn syrup
 ¼ teaspoon cream of tartar
 1 teaspoon vanilla

Put first five ingredients into top of double boiler over boiling water. Using electric mixer, beat on high speed until mixture forms stiff peaks. Remove from heat and add vanilla. Beat one additional minute. Makes enough filling and frosting for two 9-inch cake layers.

Cakes and Frostings

... so light and glamorous with 7-Up

FEATHER-LIGHT CAKES

For the lightest, tenderest and highest cakes ever, use 7-Up as the liquid with your favorite cake mixes. Try it with chocolate, yellow, white, angel food or devil's food mixes.

7-UP ANGEL FOOD CAKE

Mix and bake angel food cake mix as directed on package using 7-Up for liquid. Elegant served with cut-up fresh fruit and whipped cream—or frost with 7-Up Lemon Icing.



12

7-Up

1 package angel food cake mix
 remaining ingredients per cake mix directions

1

Substitute the liquid in the cake mix directions with the same amount of 7-Up.

2

Continue preparing cake according to instructions on the cake package.

3

Elegant served with cut-up fresh fruit and whipped cream - or frost with 7-Up Lemon Icing.

Papa Noodle's Pasta Fagioli

MAKES: 8 servings

PREP TIME: 15 mins

COOK TIME: 1 hr 30 mins

Papa Noodle's most famous dish! He always serves it in bowls with a grating of pecorino romano cheese, crusty garlic bread and salad.

INGREDIENTS

1 tablespoon olive oil
freshly ground black pepper to taste
1/8 teaspoon or to taste crushed red pepper flakes
10 whole cloves garlic
35 ounce can diced italian tomatoes, pureed using a food mill
1/8 teaspoon baking soda
1 tablespoon granulated sugar
1/2 teaspoon salt
2 (19 ounce) cans cannellini beans, do not drain or rinse
1 pound ditalini pasta

DIRECTIONS

1. Heat olive oil in a saucepan over medium heat. Add garlic and saute until lightly browned. Add black pepper and crushed red pepper and cook until brown - no more than 30-60 seconds.
2. Immediately stir in tomatoes. Add salt, baking soda and sugar after tomatoes are warm.
3. Slowly simmer covered on very low heat for a minimum of 30 minutes - 60 minutes is ideal. Stir frequently, every 5-7 minutes, scraping the bottom of the pan to avoid burning.
4. Remove the garlic cloves after 30 minutes with a slotted spoon - count to be sure you have found them all!
5. Add cannellini beans last 20 minutes of cooking - do not drain and rinse the beans!
2. Bring a large pot of lightly salted water to a boil. Add ditalini pasta and cook for 8 minutes or until al dente; drain. When pasta is done, stir into sauce and bean mixture.

Fish Quenelles in White Wine Sauce



Rating ☆☆☆☆☆ 0

Comments 3

Print

SHARE: [f](#) [t](#) [s](#)

Description: Great Host nominee Karla Benton said this Julia Child recipe is one of the best things she's ever made.

Related Story: When she serves a feast, it's no ordinary event

Makes: about 8 appetizer servings

Ingredients:

Pâte à choux (see recipe)

White wine sauce (see recipe)

1 ¼ pounds (2 ½ cups packed) well-chilled skinless and boneless halibut (can also use monkfish, gray sole or winter flounder) (see note)

½ teaspoon salt

¼ teaspoon white pepper

4 to 8 tablespoons chilled heavy whipping cream

2 tablespoons chopped truffle (or substitute a large pinch of nutmeg)

6 cups homemade fish stock (purchased stock can be substituted)

3 tablespoons grated Swiss cheese

1 tablespoon butter, cut into pea-size pieces

For pâte à choux:

1 cup water

1 teaspoon salt

4 tablespoons (½ stick) butter

¾ cup flour

2 large eggs

2 egg whites (¼ cup)

For white wine sauce:

5 tablespoons butter

7 tablespoons flour

1 ½ cups boiling milk

1 ½ cups boiling homemade fish stock (or purchased)

½ teaspoon salt (about)

1/8 teaspoon white pepper (about)

¾ to 1 cup heavy whipping cream

1/4 tsp lemon juice (from other side)

Preparation:

Prepare pâte à choux and white wine sauce. Set aside.

Cut chilled fish into 1-inch strips and then into 1-inch pieces. Place in bowl of food processor along with chilled pâte à choux, salt, pepper and 4 tablespoons cream. Process 30 seconds, stopping as needed to scrape down sides of bowl with rubber spatula. If mixture seems stiff, blend in more cream, a tablespoon at time. Add as much cream as you can; however, mixture must hold its shape well in a mass on a spoon.

Using about a 12-inch skillet with high sides, pour stock into pan. It should measure at least 2 inches deep. Bring stock to barely a simmer. Do not let stock get beyond barely a simmer or quenelles will overcook.

To test mixture, scoop out a dollop and poach 5 to 10 minutes just to check for taste. Remove from liquid and taste. Process in more cream if you think it can be absorbed and add more seasonings if needed. Blend in truffle.

With a wet spoon, dip out a rounded mass of the cold quenelles paste. Transfer spoon to your left hand and smooth the top of the paste with the inverted bowl of a second wet spoon. Slip the bowl of the second spoon under the quenelle to loosen it and drop it into the barely simmering liquid. Rapidly form quenelles with the remaining paste and drop into liquid.

Poach, uncovered, 15 to 20 minutes. Do not let water come beyond the barest suggestion of a simmer. Quenelles are done when they are about doubled in size and roll over easily. Remove with a slotted spoon and drain on a rack or a towel.

To assemble, pour ¼ inch of the white wine sauce in a 13-by-9-inch baking dish. Arrange drained quenelles on top of sauce, then spoon remaining sauce over them. Sprinkle with cheese and dot with butter. Set aside uncovered.

BROWSE BY CATEGORY

Breakfast and brunch

Baked goods

Breads

Coffeecakes

Muffins & scones

Appetizers

Snacks

Salads

Greens

Fruit

Other

Side dishes

Grains

Vegetables

Potatoes

Soups and stews

Main dishes

Grilling

Meats

Poultry

Pasta

Pizza

Sandwiches & burgers

Salads

Seafood

Vegetarian

One-dish meals

Slow cooker

Dinner in 30

Drinks

Alcoholic

Non-alcoholic

Desserts

Cakes & cheesecakes

Cookies & bars

Frozen desserts

Pies & tarts

Pudding & custards

Candy

Condiments

Sauces & dressings

DIY Kitchen

Restaurant recipes

¼ teaspoon lemon juice

About 15 minutes before serving, reheat in a preheated 350-degree oven 10 minutes or until heated through.

Notes: You must use a fish that has a firm gelatinous flesh so it will absorb the maximum amount of cream to make the quenelles light and fluffy.

If quenelles are not to be served immediately, arrange on a lightly buttered dish. Brush with melted butter, cover with wax paper and refrigerate up to 2 days. Bring to room temperature before heating.

Pâte à choux:

In a saucepan, bring water to a boil with the salt and butter. As soon as butter has melted, remove saucepan from heat and beat in all the flour at once with a wooden spatula or spoon. Then beat over medium-high heat several minutes until mixture forms a mass. Remove from heat and, one at a time, beat in the eggs. Then add egg whites.

Set saucepan in a larger bowl filled with ice and stir several minutes to cool. Leave in the ice while you prepare the fish and be sure the pâte à choux is well chilled before you combine the two.

White wine sauce:

In a 2-quart enameled saucepan, cook butter and flour together slowly for 2 minutes. Do not let mixture color. Remove from heat and beat in boiling milk, boiling stock and salt and pepper. Bring to a boil and cook 1 minute. Sauce will be very thick.

Reduce heat to a simmer and then add cream, a tablespoon at a time, to thin. Sauce should be thick enough to coat the spoon fairly heavily. Adjust salt and pepper, then add lemon juice to taste.

Post

Share



SAVE

16

EMAIL

(0) COMMENTS

3

COMMENTS »

Recommend

Sign Up to see what your

Read and share your thoughts on this story.

[Help](#) · [Terms of Service](#) · [Subscription Terms & Conditions](#) · [Privacy Policy](#) · [Site Map](#) · [Accessibility](#) · [Our Ethical Principles](#) · [Responsible Disclosure](#) · [Your Privacy Choices](#)



© Copyright Gannett 2024

Daddy's Cocktail Sauce

½ cup catsup

1 cup chili sauce

¼ cup prepared horseradish

2 tablespoons brown sugar

2 tablespoons lemon juice

1 garlic clove, crushed

½ teaspoon salt

Whisk all ingredients together. Cover and chill.