

## Ghislaine and Michael Howard

### 'The Art of Cuisine and the Cuisine of Art'



### A Selection of Recipes

**An artist painting the delights of the table can do something chefs can only dream of - they can preserve the joy of food forever in a fabulous concoction of line, colour and texture whereas a cook's creation is gone in a moment.**

#### **Dishes Leonardo da Vinci would have known well**

Leonardo was a vegetarian - but it is now thought that his famous painting of *The Last Supper* features sliced eel with oranges, but you'll need to find your own recipe for that!

#### **Grape and Olive Brochette**

- 1 bunch seedless red grapes
- 1 jar (or equivalent) Kalamata olives, stones removed
- 3 tablespoons balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 1 tablespoon fresh chopped thyme (optional)

Mix all ingredients in an ovenproof dish and bake uncovered for one hour at 350 degrees, turning the fruit every twenty minutes with a spoon to re-coat them with the oil and vinegar. Serve warm or cold with soft goat cheese on crusty bread or with crackers, or use as a side dish with fish or poultry.

## Porcini Carpaccio

Preparation: 5 minutes

Serves: 4

4 porcini mushrooms

Parmesan, grated

Extra virgin olive oil

Lemon juice

Salt and freshly ground black pepper

1. Using a small paring knife, remove the dirt from the base of the mushrooms and using a pastry brush or a soft toothbrush to clean the remaining surface. Never wash Porcini!
2. Slice the mushrooms very thinly and lay them on a serving plate.
3. Season with salt, lemon juice, olive oil, salt and pepper. Top with a light coating of grated Parmesan.

## Roasted Pumpkin/squash

1 pumpkin/squash, peeled and diced into 1 inch cubes

olive oil, a generous glug

1 tablespoon honey

salt and pepper

1/2 cup apple cider

2 tablespoons cider vinegar

1 shallot, minced

2 teaspoons Dijon mustard

1 cup freshly grated Parmesan cheese

1. Preheat oven to 400 degrees F. Place the pumpkin/squash in a roasting tin. Add the honey, salt and pepper to taste and just enough olive oil to coat, toss and roast for 15 to 20 minutes, or until tender.
  2. While the pumpkin is roasting, combine the apple cider, vinegar and shallots in a small saucepan and bring to a boil over medium-high heat. Cook until reduced to about 1/4 cup. Remove from the heat, whisk in the mustard, 1/2 cup olive oil, and salt and pepper to taste.
  3. When the pumpkin is tender, place in a large bowl and mix with the grated Parmesan and the cider and shallot mixture. Toss well and serve.
- Serves 6



**Risi e Bisi,  
Saffron Risotto and Mushrooms,**

4 cups beef or chicken stock  
A pinch of ground saffron  
3 tablespoons unsalted butter  
2 tablespoons olive oil  
1/4 cup finely minced scallions or spring onions  
1/4 cup finely minced onions  
1 lb fresh wild mushrooms, trimmed, cleaned and sliced (see note)  
1 1/2 cups Italian Arborio rice  
Salt and freshly ground black pepper to taste  
3/4 cup freshly grated Parmigiano - Reggiano cheese

1. Place stock in a saucepan and over medium heat bring to a simmer. Add saffron, stir, and simmer. Meanwhile, in a larger saucepan over medium heat, melt 1 tablespoon butter with olive oil. When the foam subsides, add the scallions and onions and cook, stirring frequently, until softened and golden but not browned. Add mushrooms and sauté, stirring occasionally until liquid has evaporated.
2. Add rice to mushrooms, and cook, stirring to coat well, with butter and oil. Add approximately 3/4 cup of simmering stock to rice and mushrooms. Stir well and continue to cook, stirring occasionally, until rice has absorbed most of stock. Continue adding stock to rice by half-cupful adding only after rice has absorbed previous addition.
3. As cooking continues, stir more frequently. After 25 minutes, all the stock should be absorbed, and rice should be tender but still chewy. Remove from heat. Add salt and pepper to taste. Stir in remaining butter and 1/4 cup of Parmigiano-Reggiano. Serve immediately, passing the rest of the cheese.

**Monet's Mushrooms**

1 pound wild mushrooms  
2 cloves of garlic, minced  
1/2 tablespoon sea salt  
4 tablespoons olive oil  
4 sprigs parsley, chopped  
1/2 teaspoon of freshly ground black pepper  
Preheat oven to 325F

Peel mushrooms and separate the caps from the stems. Finely chop the stems, arrange in a shallow cooking dish and place caps on top of them  
Sprinkle with oil and bake for 20 minutes in a small bowl combine the garlic and parsley  
Remove the mushrooms from the oven and sprinkle with garlic mixture  
Season with salt and pepper to taste  
Return to oven and bake an additional 20 minutes, basting at 5 and 15 minutes with liquid from the pan.

## Ghislaine Howard's Wonderful Pear and Stilton Soup

Serves 6-8 people, served with bread of your choice.

1 oz of butter

Olive oil

1 onion, roughly chopped

1 sliced leek

5 sticks of celery

6 pears, cored and roughly chopped

Zest of one lemon

1 litre vegetable stock, (more can be added if necessary)

6 oz Stilton, crumbled

Swirl of cream

Chives

Pour a generous amount of olive oil into the bottom of a medium sized saucepan with the butter, add the onion and leek and cook on a low heat until the onion starts to soften. but not brown. Remove the cores of the pears and chop roughly, add the pears and sliced celery, stir and and cook for a further 5 minutes or so, until the pears should start to produce a little juicy liquid.

Now add the vegetable stock and lemon zest, bring the pot to the boil and then leave to simmer covered for around half an hour.

Remove from the heat, allow the soup to cool a little before liquidising; add the stilton and lemon zest and bond again. Garnish with snipped chives and a swirl of cream on top if desired.



## Michael's equally wonderful pesto tarts

Take a sheet of ready rolled puff pastry, cut four small four rounds or as many as you can, using a saucer, lightly indent a smaller circle within the circle to give a raised edge.

Place pasty discs on a baking tray and spread pesto within the smaller circle. Arrange pitted black olives and chopped, de-seeded tomatoes on top. Brush edges with beaten egg and bake in a hot oven for approximately ten to twelve minutes. You can embellish this simple recipe in many ways - adding shavings of parmesan, a thin slice of camembert or goat's chess or using sun-dried tomatoes.

### **Cézanne's Provencal Potatoes**

3 tablespoons olive oil

1 1/2lb (750g) small new potatoes

12 cloves of garlic

Sea salt

Freshly ground pepper

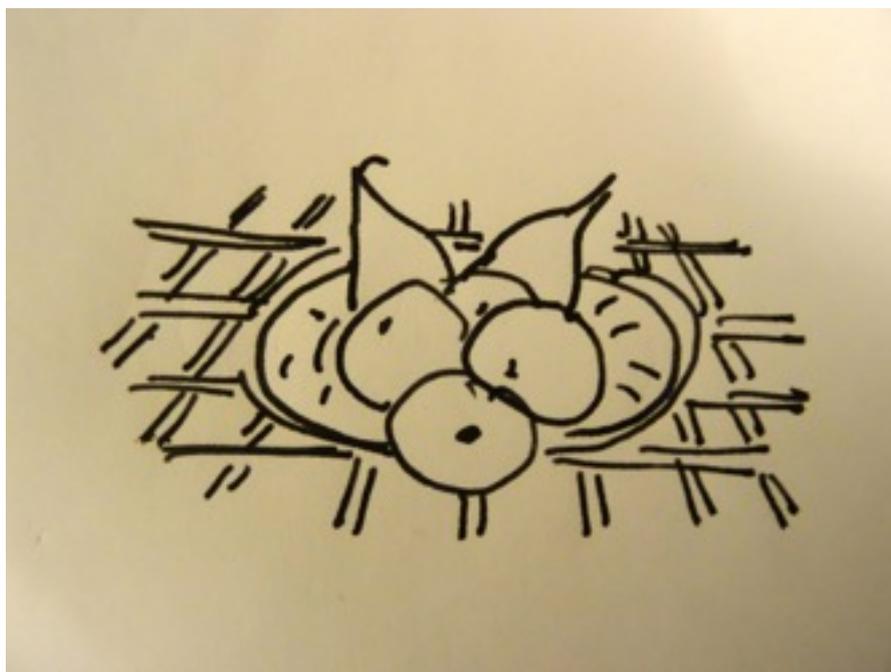
1 tablespoon chopped fresh flat-leaf (Italian) parsley

Warm the olive oil in a flameproof earthenware casserole or heavy sauté pan over a low heat. Add the potatoes and unpeeled garlic cloves and season to taste with salt. Cover with a lid and cook until the potatoes are tender for about 40 minutes. Shake the pan from time to time to turn the potatoes over without removing the lid.

Just before serving, grind some pepper, sprinkle with the parsley and toss the contents of the pan well.

Serves 4 (The French don't eat potato skins, so you can peel potatoes at table, or, like us, just eat them the way they are.)

Cézanne, Renoir, Matisse and Bonnard all lived in Provence - Cézanne was born there. Provence, is in south-eastern France and is different from many other regions of France because of its Mediterranean climate. There's an Italian flavour to the food grown and harvested there.



Cézanne's still lives often depicted richly-coloured and sometimes precarious arrangements of pears, apples, cherries and other produce in ways that celebrate the rich beauty and bounty of food.

Cézanne once wrote: 'I will conquer Paris with an apple. Fruit like having their portraits painted. They seem to sit there and ask your forgiveness as they fade. Their thought is given off with their perfumes. They come with all their scents, they speak of the fields they have left, the rain which has nourished them, the dawns they have witnessed.'

## **Renoir's Soupe au Pistou**

Approximately 3 pints of chicken or vegetable stock.

1 can of cannellini beans (drained)

1 can of berlotti beans (drained)

1 can of chopped tomatoes)

1 red or yellow fleshed winter squash, peeled seeded and cut into 1/2 inch cubes

1 large *bouquet garni*: bay leaves, fresh sprigs of parsley, thyme, and basil tied together

1lb potatoes, peeled, quartered lengthwise, and thickly sliced crosswise

2 sweet white onions, thinly sliced

2 leeks, including the tender green parts, thinly sliced

3 tomatoes, peeled, seeded and coarsely chopped

1/2lb carrots, peeled split lengthwise and thickly sliced

1 celery stick

5oz green beans, trimmed and cut into 1/2 inch (12mm) lengths

2 small courgettes, coarsely sliced

Large handful of pasta - short macaroni or broken spaghetti

### **Pistou:**

4/6 garlic cloves, peeled and chopped

Large pinch of sea salt

Large handful of fresh basil leaves and flower buds, washed

6 fl oz (180ml) extra virgin olive oil

About 2oz (60g) Parmesan cheese

1. Pour water into a large saucepan and add the squash, beans, *bouquet garni* and salt to taste. Bring to the boil, reduce the heat to medium low, cover and cook at a gentle boil for 20-30 minutes. Add potatoes, onions, leeks, tomatoes celery and carrots, return to the boil, cover and cook for about 30 minutes longer. Add the green beans, courgettes, pasta pulses and tomatoes and cook for about 15 minute longer.

2. While the soup is cooking, prepare the *pistou*. Place the salt, pepper to taste, garlic and basil in a mortar and pound with a wooden pestle until everything is reduced to a liquid paste. Grate in some of the cheese, then pound and turn the mixture until it is a stiff paste. Dribble in some of the olive oil, turning the paste all the while until it becomes liquid again. Add more cheese, then more oil and so forth until you are satisfied with the quantity. Precise measurements are of no importance. Scrape the pestle clean with a tablespoon and place the mortar and spoon at the table.

3. Remove and discard the *bouquet garni* from the soup pot and place the pot on the table. Ladle out generous helpings of the soup and let each guest seasons their own with *pistou* to taste - normally, a scant teaspoon of *pistou* to each full bowl - Re-heat the soup before second helpings!

### **Monet's Leek and Potato Soup**

Leek and Potato Soup (Soupe aux poireaux et pommes de terre )

Adapted from *Monet's Table: The Cooking Journals of Claude Monet*

4-6 servings

2 oz Normandy butter)

5-6 leeks, depending upon size

1.5 litre of very hot chicken or vegetable stock

1 teaspoon. salt (or more, to taste)

4 large potatoes

Trim the leeks, wash them with cold water and slice lengthwise, then cut them into about 1/2 inch slices. Set aside for a moment.

Heat a large saucepan over a medium-high heat. When hot, add butter, let it melt and begin to bubble, then add leeks. Sauté for about 5 minutes, or until they soften. Avoid browning to prevent leeks from becoming bitter.

Slowly pour in the stock, sprinkle in salt. Cover and bring to boil, then lower heat and simmer for 45 minutes.

Meanwhile, peel, quarter and thinly slice the potatoes.

After the 45 minutes are up, uncover the pot, add the potatoes and re-cover. Return to a simmer, then cook for an additional 20 minutes.

Ladle soup into individual bowls. Serve hot.

### **Monet's Toasts à la Cannelle (Cinnamon Toast)**

6-8 servings

Tea was served in the afternoon under the lime trees, on the balcony or near the pond.

Items served included scones, chestnut cookies, madeleines (a French speciality baked in a special mould - see below) and cinnamon toast. Often nowadays thought of as a children's treat, but Monet loved it and served it at teatime to his guests.

Remove crusts (if desired)

3/4 cup unsalted butter, softened

3/4 cup sugar

5 teaspoons. ground cinnamon

12 slices bread

Preheat oven to 450F.

With a wooden spoon, combine butter, sugar and cinnamon into a paste. Spread the mixture over one side of each bread slice. With a sharp knife, cut crust from the bread slices.

Place bread slices on a baking sheet. Bake for 5-10 minutes, or until butter starts to bubble. Remove toasts to a cutting board and carefully (they easily crumble) cut each slice crossways into 4 triangles.

Serve immediately, preferably with tea - or a tisane:

From Marcel Proust's great novel written between 1913-27. *A la recherche du temps perdu* (*Remembrance of Things Past*.) In volume one, 'Swann's Way: Within a Budding Grove'. the following beautiful passage occurs, one of the most famous in all literature

This translation is by C.K. Scott Moncrieff and Terence Kilmartin.

'Many years had elapsed during which nothing of Combray, save what was comprised in the theatre and the drama of my going to bed there, had any existence for me, when one day in winter, on my return home, my mother, seeing that I was cold, offered me some tea, a thing I did not ordinarily take. I declined at first, and then, for no particular reason, changed my mind. She sent for one of those squat, plump little cakes called "petites madeleines," which look as though they had been moulded in the fluted valve of a scallop shell. And soon, mechanically, dispirited after a dreary day with the prospect of a depressing morrow, I raised to my lips a spoonful of the tea in which I had soaked a morsel of the cake. No sooner had the warm liquid mixed with the crumbs touched my palate than a shudder ran through me and I stopped, intent upon the extraordinary thing that was happening to me. An exquisite pleasure had invaded my senses, something isolated, detached, with no suggestion of its origin. And at once the vicissitudes of life had become indifferent to me, its disasters innocuous, its brevity illusory - this new sensation having had on me the effect which love has of filling me with a precious essence; or rather this essence was not in me it was me. I had ceased now to feel mediocre, contingent, mortal. Whence could it have come to me, this all-powerful joy? I sensed that it was connected with the taste of the tea and the cake, but that it infinitely transcended those savours, could, no, indeed, be of the same nature. Whence did it come? What did it mean? How could I seize and apprehend it?'

#### **Picasso's favourite tisane:**

A tisane is a drink consisting of one or more kinds of herbs.

Such as:

Leaf: lemongrass, French verbena, mint

Flower: lavender, rose, chamomile

Seed: fennel, cardamom, pumpkin seed

Bark: slippery elm, cinnamon, willow bark

Root: chicory, ginger, turmeric

Fruit: apple, peach, blueberry

#### **How to Prepare Tisane Tea**

As an infusion, simply pour hot water over the tisane and let it steep for a while. Then strain the tisane before pouring - (a cafetiere works well for this).

Or you can place the tisane in a non-aluminum pot with cool water, put the pot on the stove, and bring the water to a boil. Boil the tisane until two-thirds of the water has evaporated, and strain before consumption. Some herbs only need to be steeped for a couple of minutes, while others need to be steeped for up to 15 minutes.

Most purchased herbal teas ask for one or two teaspoons of dried herb per cup of water. Double that amount if you're using fresh herbs.

Picasso loved particularly 'tisane des cinq fleurs', from Dr Henri Leclerc's recipe :

Fleurs de lavande	20 g
Fleurs de souci	10 g
Fleurs de bourrache	10 g
Fleurs de genêt	10 g
Fleurs de pensée sauvage	10 g

Who needs wine?



### **Jackson Pollock's Spaghetti with Clams (we use mussels)**

Pollock would gather his clams from the nearby bay.

#### **INGREDIENTS**

1 teaspoon salt, plus more for seasoning  
1 pound dried spaghetti, or linguine  
1/4 cup extra-virgin olive oil  
2 garlic cloves, smashed and peeled  
1 kilo of mussels, (clean, de-beard and cook in the usual way with some white wine and chopped onion)  
1/4 cup dry white wine  
1 tin of chopped Italian plum tomatoes  
1/4 teaspoon hot red-pepper flakes  
Freshly ground black pepper  
1/4 cup fresh flat-leaf parsley  
1 tablespoon cold unsalted butter

1. Bring a large pot of water to a boil; salt generously. Add spaghetti, and cook until slightly underdone, about 7 minutes. Drain pasta, reserving 1 cup of cooking liquid. Set aside.
2. Meanwhile, heat oil in a large skillet over medium heat. Add garlic and chile pepper; cook until garlic is golden, about 2 minutes. Add clams and white wine, and raise heat to high. Bring to a boil; cover, and cook, shaking occasionally, 2 to 3 minutes, until clams open. Stir in parsley. Transfer to a bowl; set aside.
3. Return skillet to medium-high heat. Add reserved pasta water and lemon juice; reduce until slightly thickened, about 2 minutes. Remove from heat; whisk in butter. Add

mussels mixture and spaghetti. Cook over medium-low heat until heated through, 2 to 3 minutes. Season with salt and pepper; garnish with parsley.



### **Jackson Pollock's Spaghetti Bolognese Authentico (sort of)**

He learnt his recipe for Bolognese sauce from Rita Benton, the wife of Thomas Hart Benton, who was Pollock's first teacher and life-long mentor, who remembered, 'It was obvious from the first that Pollock was a born artist. All I taught him was how to drink a fifth (of Bourbon) a day.'

Serves four people

#### **Ingredients:**

1 chorizo sausage  
2 tbsp olive oil  
6 rashers of streaky pancetta bacon, chopped  
2 large onions, chopped  
3 garlic cloves, crushed  
2 carrots, chopped  
Stick of celery  
1kg (2¼lb) lean minced beef  
2 large glasses of red wine  
2 x 400g cans chopped tomatoes  
2 fresh or dried bay leaves  
salt and freshly ground black pepper

800g-1kg (1¾-2¼lb) dried spaghetti - or tagliatelle  
freshly grated parmesan cheese, to serve

1. Heat the oil in a large, heavy-based saucepan and fry the chopped chorizo, break it into small pieces so it crumbles - set to one side.
2. Fry the bacon until golden over a medium heat. Add the onions and garlic, frying until softened. Increase the heat and add the minced beef. Fry it until it has browned. Pour in the wine and boil until it has reduced in volume by about a third. Reduce the temperature and stir in the tomatoes and celery.
3. Cover with a lid and simmer over a gentle heat for 1-1½ hours until it's rich and thickened, stirring occasionally.

Cook the spaghetti in plenty of boiling salted water. Drain and divide between plates. Sprinkle a little parmesan over the pasta before adding a good ladleful of the sauce. Finish with a further scattering of cheese and a twist of black pepper.



Jackson Pollock developed his distinctive style of painting from working on unstretched canvas on the floor of his barn studio. He noticed how his paint dripped from his brush and made a virtue of the qualities of the poured line. He dripped, dribbled and poured the paint creating puddles, pools and whip-like looping lines, entwined together on a mesh he used a wide, stiff brush which holds more paint, a stick - creating a thinner line, he used housepaint, aluminium paint, thick and thinned, controlling its viscosity - coiling, vibrating line.

'I have no fears about making changes, destroying the image... because the painting has a life of its own. I try to let it come through. It is only when I lose contact with the painting that the result is a mess.' - just like eating spaghetti!

### Andy Warhol's Tomato soup

First, buy a tin of Campbell's tomato soup, take it home, wait until you are ready to dine and then: open tin (carefully), pour contents into a pan, (without splashing, the pan not too big, not too small) over a medium heat and stir (not too vigorously, but not too gently either) wait about five minutes and then pour into a bowl (and don't forget to wash the pan, dishes and spoons when you've finished - I'm sure Andy did.)



### Mark Rothko's Birthday Apple Pie

For the crust;

- 1/2lb butter
- 2 cups flour, plus more as needed
- 2 tablespoons sugar
- 1/8 teaspoon salt
- 1/4 cup cold water

For the filling;

- 6 semisweet apples, peeled, cored, and thinly sliced
- 1/4 cup raisins or currants
- Grated rind and juice of 1 lemon
- 2 egg yolks, beaten
- 2 tablespoons finely chopped walnuts

1. Combine the butter, flour, sugar, and salt in a food processor. Blend well, adding water slowly. When a ball of dough forms, split it in half, wrap each half in wax paper, and refrigerate 1 hour until firm.
2. Combine apples, raisins or currants, lemon juice, and rind in bowl. Mix well.
3. Preheat oven to 350 degrees. On a lightly floured surface, roll out one ball of dough and press into a 10-inch pie plate. Fill with the apple filling. Roll out the second ball of dough and cover the pie. Use the tongs of a fork to seal the bottom and the top crust. Make several holes in the top of the crust with the fork. Using a pastry brush, brush the top of the pie with the beaten egg yolk and sprinkle with the nuts. Bake for 40-45 minutes, or until top is golden brown.

## Toulouse-Lautrec's Sole with White Wine

Serves Two

1lb whole Dover sole  
A knob of butter  
500g/8oz mushrooms, sliced  
500g/8oz shelled shrimps  
6-8 cockles  
12-16 mussels  
Enough water to steam the mussels  
4fl oz white wine  
A sprinkling of breadcrumbs  
A sprinkling parsley  
Salt and pepper

In a well-buttered, enamelled earthenware dish lay out the sole, belly upwards. Dot with butter. Garnish with mushrooms sautéed in butter, half a pound of shelled shrimp, a litre of mussels, half a litre of cockles - previously well washed, cooked and removed from their shells.

Reserve the liquid from the mussels to boil with the shrimp shells and some water to create a stock. Pour a good glass of white wine over the sole and then cover with the strained stock. Put it on the heat and let it simmer uncovered for 20 to 40 minutes, according to the size of the sole, and let the sauce reduce. At the last moment, dot the sole with butter, sprinkle with breadcrumbs worked with parsley, salt, pepper; use very little salt because of the salted liquid of the mussels.

Beat three whole eggs as if for an omelette, add their weight in granulated sugar, the juice of a lemon and its grated zest, and seventy grammes of butter cut into small pieces  
Put in a moderate oven for 20 minutes at 375°



### **Lemon Tart: *Tarte au Citron***

*3/4 a cup of sugar*  
*1/3 of a cup of butter*  
*3 eggs*  
*1 Lemon*

'Lay some tart pastry on an open pie dish, covering the sides. Pour over it the following mixture:

beat three whole eggs as for an omelette; add their weight in granulated sugar, add the juice of a lemon and its grated zest and add the butter cut into small pieces. Put in moderate oven and bake until set and golden.

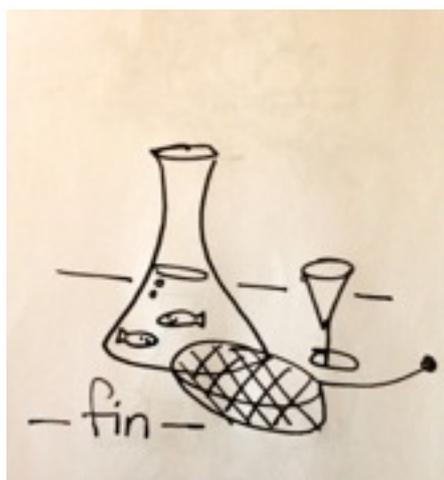
### **Saint on a Grill: *Saint sur le Gril***

'Try to procure for yourself a real saint. Treat him as Saint Lawrence was treated on 10 August A.D. 258. When you have whipped him, lay him on the grill over a big bed of charcoal. Like his predecessor, if he is a real saint, he himself will ask to be turned over in order to be grilled to a turn on both sides.

Not suitable for vegetarians.'

**And his final, Ultimate Recipe, which, he writes is'** . . . Full of mystery. It will never be known. God revealed the knowledge only to his prophet, who uttered no word of it. This recipe will, therefore, remain forever unknown to all other humans beings.'

Lautrec was known for his consumption of alcohol. However, he always prided himself on having a large carafe of fresh water available for his guests; but he always made certain there was a large goldfish swimming around inside it.'



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