

Berry Cobbler

Serves 8

2 Cups Blueberries
2 Cups Blackberries
2 Cups Raspberries
2 Cups other local berries
1/2 C Sugar
2 tablespoons All Purpose, Unbleached Flour
1/4 cup Cornstarch
2 tablespoons Cinnamon

Topping:

1 cup Brown Sugar
1 cup All Purpose, Unbleached Flour 1/2 cup Oatmeal
1 teaspoon Vanilla Extract
4 ounces Unsalted Butter

Preheat the oven to 425° F.

Mix the berries together in a big bowl. Work carefully with a spoon or spatula so as not to break many of the berries.

On top of the berries add the 1/2 cup of sugar, the 2 tablespoons of flour, the 1/4 cup of cornstarch and the 2 teaspoons of cinnamon--preferably freshly ground.

Trying not to crush the berries, swirl the ingredients together to coat evenly.

Put into individual ramekins, or one large ceramic dish, on a cookie sheet or tray.

For the topping:

Place 1 cup Brown Sugar, 1 cup Flour, the 1/2 cup Oats and the 4 ounces of butter.

Rub the butter in with your fingers, or two forks or a pastry blender, until you have small pea sized crumbs and everything is well blended. Add the 1 teaspoon of vanilla, drizzled evenly over the top and mix in briefly to incorporate. If the mix seems too dry, or not dry enough add a bit more butter or flour as needed.

Spoon this topping over the berries, mounding higher in the center to allow for settling during cooking.

Put the tray in the oven for 15 minutes and check. The top should be evenly browned and the berries should be bubbling. Cool slightly before serving.

Braised Pork with Apples a la Bonne Femmes

Serves 6

2 1/2 to 3 Pound Country Style Spare Ribs
2 tsp Kosher Salt
2 tsp Freshly Ground Black Pepper
2T Chopped Fresh Thyme
1 Onion, diced
2 Carrots, diced
2 Celery Stalks, diced
2 Cloves Garlic, peeled
2 Star Anise
1 Cup Water
1/4 Cup Sherry Vinegar
2 Cups Fresh Cider
3 1/2 Cups Chicken Stock, or Water
2 Apples, cored and sliced into eighths

Special tools: Kitchen twine

Season the inside of the meat (where the bones were removed) with 1tsp kosher salt, 1tsp black pepper, and 2T Chopped fresh Thyme. Rub it in well.

Using trim from thicker areas, fill in and patch holes and thinner areas to create an even thickness. Fold in both edges if necessary to create an even rectangle.

Starting with the thick edge, roll the meat up tightly, making sure to keep it very even. You should end with the seam down.

Using a piece of cotton kitchen string five times the length of the meat you are tying, slide it under the meat.

Begin by making a “butcher’s knot” -- this is like a regular knot, but with two extra twists in the first step. It lets the twine lock against itself. Tie a knot on top of this.

Make a loop of string and pass it back over the meat, and cinch, pulling the long end of the string away from the first knot. Repeat every inch or so.

Tie the string off and run it around the length of the meat, tying off at the first knot.

In a heavy oval casserole with a lid, or any pan large enough to hold it, brown the meat well on all sides in 1T olive oil. Do not let the fond in the bottom of the pan burn, as this is a base for building flavor.

Remove the meat to a plate. Place the bones you removed earlier in the casserole to brown. If you bought your meat already boned you should be able to get beef, pork or chicken bones from your butcher. The procedure is the same for all types of bones.

Note: Watch this stage carefully. You want the bones and meat on them to brown, but you do not want to burn the bottom of the pan.

Allow the bones to get quite dark. This is the equivalent of roasting them in the oven, but on a smaller scale. This is an easy, quick method to get a richer stock.

When the bones are really dark--but not burnt--add the carrot, celery, onion, garlic cloves and star anise. Toss with the bones.

When the vegetables are nicely caramelized, deglaze the pan with 1 Cup of water.

Reduce until everything in the pan appears coated in a thick syrup.

Add 1/4 Cup of Sherry Vinegar. Reduce again.

Add the 2 Cups of Cider and 3 1/2 Cups of Chicken Stock or Water.

While the liquids come to a boil, core and slice two apples into eighths.

When the liquid is boiling, add the meat back into the pan, and surround with the apple slices.

Cover the pan with a lid and place in a 325° F oven for between 1 1/2 and 2 1/2 hours. The longer it is cooked, the more tender the meat will be. Baste the meat occasionally with pan juices.

Remove the meat from the pan and allow to rest for 10 minutes.

Remove any whole apple slices and reserve. If these have disintegrated too far, make some fresh apple slices for garnish by sauteing a few slices in butter until browned.

Strain the sauce from the casserole into a fresh pot and bring the liquid to a boil. Reduce the sauce until thick and bubbly. Adjust the seasoning.

If necessary you can "mount" the sauce with a Beurre Manie, by mashing 1T flour into 1T butter. This will help thicken the sauce.

Note: this sauce is not meant to be a thick and stodgy gravy.

To finish: Cut the kitchen twine carefully from the meat and slice the meat into serving portions.

Serve on a bed of mashed potatoes with spinach, cabbage, or Brussels sprouts as the vegetable.