

THE FORTY-FIRST MEETING OF
THE WINE AND FOOD SOCIETY

A LENTEN LUNCHEON

HELD AT THE CAFÉ ROYAL, REGENT STREET, LONDON
ON FRIDAY THE 12th AND FRIDAY THE 19th MARCH 1937

Mr. André L. Simon, the President, in the Chair

THE FARE

LES CLAFOUTIS AU FROMAGE

LE FILET DE BARBUE À LA ST. GERMAIN

LES FONDS D'ARTICHAUTS À LA MIREILLE

LE LIVAROT DU VAL D'AUGE

LE CAFÉ DE MYSORE

THE WINES

A YOUNG MOSELLE FROM THE CASK AND AN

OLD PORT FROM THE WOOD

Le Chef: CAV. C. BIANCHI

LES CLAFOUTIS AU FROMAGE

This is a cheese custard, and a very simple dish to prepare at home. The recipe is given under the heading of 'Cuisine de ménage pour le Carême' in No. 939 of *Le Cordon Bleu*, that excellent French monthly culinary magazine, and it may be freely translated as follows:

'Cut a number of thin strips of Gruyère cheese and place them at the bottom of a deep earthenware baking dish. Beat up two fresh eggs, both the yolks and whites, adding a little salt, pepper, grated nutmeg, and two tablespoonfuls of ground rice, stirring well so as to avoid lumps. Pour it all in about a pint and a quarter of cold milk; stir well and pour the lot upon the cheese in the dish which you will leave in a moderately hot oven until the custard is well set. Serve hot.'

LE FILET DE BARBUE À LA ST. GERMAIN

Brill, plainly poached or boiled, either takes the name of Turbot in vain or else apologizes for not being Turbot. But the Brill *à la St. Germain* loses all trace of its native inferiority complex. It is not only just as good, but better than Turbot. The *Sauce Béarnaise*, which helps it along, requires practice to be really perfect, but the way the Brill itself is cooked is quite easy. The skin is removed first and the fillets are washed, dried, and then rolled in flour, breadcrumbs and eggs, just like veal scollops; they are then cooked in clear butter, and when cooked they look as if they had been fried, but they have not; they are ever so much lighter and better than if they had been fried. It is also one of the *Maigres* recipes given in the *Cordon Bleu*.

LES FONDS D'ARTICHAUTS À LA MIREILLE

The *Mireille* in this case is composed of a mixture of fresh tomatoes, fried in butter, with salt, pepper, parsley, chopped *fines herbes*, a mere speck of garlic, and a number of chopped olives. It makes an excellent stuffing for the artichokes, the one fault that one may find with it being that its excellence somewhat hides the real flavour of the artichoke itself.

LE LIVAROT DU VAL D'AUGE

This is a fairly lively cheese—speaking of its flavour—and one that we have not had yet at any of our other meetings. It comes from the *Ferme du Costil*, and is of the uncoloured variety. Although made in the summer, the *Livarot* has to be matured in cool cellars for some six months before it attains its short-lived full measure of perfection from January to March.

MOSELLE

This wine was vintaged in 1935 and has now gone to its rest after but one summer—and that the 1936 apology for a summer. Nevertheless, it may recall to original Members the lesson which was taught by our first tasting at Vintners' Hall, when such youthful Moselles surprised greyhaired connoisseurs by their precocity. The wine which we are enjoying to-day has not yet been bottled, so that it cannot give us that concentration of bouquet which time alone can distil when a wine is safely guarded from the outside air within a bottle, but its sweet fragrance reminiscent of the *vigne en fleur* is so fresh and natural that it fully compensates its lack of years.

PORT

As a contrast, we are ending our Lenten meal with an aged wine which does not show its age. It is a blend of various high class wines from the upper Douro, judiciously chosen in the first instance, and expertly kept in wood for a number of years.

