

Appetizer or Hors-d'œuvre Recipes

Parisian Mushrooms

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23rd printing – 1970s), p. 26
Contributed by Diane Wolford Sheppard

½ pound small mushrooms
Juice of ½ lemon
½ teaspoon salt
¼ teaspoon finely ground pepper
1 tablespoon olive oil
1 teaspoon prepared mustard
1 tablespoon chopped parsley

Wash and trim mushrooms. In small saucepan, combine mushroom, lemon juice, salt, pepper, and olive oil. Cover. Cook over brisk flame for ten minutes. Let cool in cooking juice. When cold, remove mushrooms to serving dish. To cooking juice add mustard. Blend well. Pour over mushrooms. Sprinkle with parsley.

Mushroom Spread

Elizabeth Baird, *Best Recipes of the Maritime Provinces – The Best Tasting Recipes from Home Cooks and Leading Chefs* (Halifax: Formac Publishing Company Limited, 2012), p. 11
Contributed by Diane Wolford Sheppard

½ pound mushrooms
2 tablespoons butter
1 medium onion, finely chopped
2 teaspoons all-purpose flour
½ teaspoon salt
Pinch of pepper
Pinch of nutmeg
1 teaspoon lemon juice
½ cup sour cream
½ to 1 teaspoon dried dill weed

Clean and trim mushrooms before chopping finely. Melt butter and sauté mushrooms and onions stirring often for 4 minutes. Sprinkle with flour, salt, pepper, nutmeg, and lemon juice. Continue to cook for 1 to 2 minutes. Remove from heat and stir in sour cream and dill. Serve warm or chilled.

Serves 4 to 6.

Quiche Lorraine

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23rd printing – 1970s), p. 28
Contributed by Diane Wolford Sheppard

1 9-inch pie crust, unbaked
1 teaspoon butter
3 slices Canadian bacon, ¼ inch thick, diced
1 medium-size onion, finely chopped
½ cup grated Swiss cheese

4 eggs, slightly beaten
1 cup milk
1 cup heavy cream
Pinch of grated nutmeg
½ teaspoon salt
¼ teaspoon pepper

1. Line a 9-inch pie plate with pie crust.
2. In small, heavy saucepan, heat butter. Add bacon and cook for 5 minutes, or until bacon is golden brown. Remove bacon and set aside. Add onions to pan and cook for 5 minutes. Remove onions and set aside.
3. Cover bottom of pie crust with bacon, onions, and ¼ cup grated cheese.
4. In mixing bowl, combine remaining cheese, eggs, milk, cream, nutmeg, salt, and pepper. Mix well. Pour over bacon mixture. Bake at 450°F for 15 minutes. Reduce heat to 350° and continue baking for 15 minutes longer, or until custard is well set. Serve hot.

Smoked Salmon Quiches

Elizabeth Baird, *Best Recipes of the Maritime Provinces – The Best Tasting Recipes from Home Cooks and Leading Chefs* (Halifax: Formac Publishing Company Limited, 2012), p. 11

Contributed by Diane Wolford Sheppard

These quiches are easy to make and can be prepared in advance. To reheat, simply pop in 350°F oven until heated through.

12 small, unbaked pastry shells
2 tablespoons unsalted butter
½ finely chopped button mushrooms
1 green onion, thinly sliced
1 large egg, beaten
½ cup sour cream
4 ounces smoked salmon, diced

1. Place pastry shells on baking sheet; set aside
2. Heat butter in a skillet over medium-high heat. Add mushrooms and onions and sauté until tender, about three minutes. Remove from heat and cool slightly.
3. In a small bowl, combine egg, sour cream, and mushroom mixture. Divide salmon between pastry shells. Top with egg mixture. Bake at 375°F until golden, about 25 minutes. Serve warm.

Makes 12 tarts

Country-Style Pate

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23rd printing – 1970s), p. 30

Contributed by Diane Wolford Sheppard

1 ½ pounds sausage meat
1 teaspoon salt
½ teaspoon finely ground pepper
2 thin slices cooked ham
1 pound pork loin, cut into ½ inch slices

1. In mixing bowl, combine sausage meet, salt, and pepper.

2. In 9-inch loaf pan, place a layer if half the sausage meat. Top with one slice of ham. Arrange slices of pork in a layer. Cover with remaining slice of ham. Fill pan with remaining sausage meat. Cover with aluminum foil. Place in pan containing water and bake at 400°F for 2 hours. Cool before unmolding.
3. For serving, cut into slices approximately ½ inch thick.
4. Keeps well in refrigerator for two weeks.

Recette de Cretons

Contributed by Loraine DiCerbo

A popular pork spread among French-Canadian woodsmen:

1 lb. ground pork
1 cup light cream or whole milk
1 medium onion minced
2-3 cloves garlic minced
1 tsp. pumpkin pie spice
1/4 tsp. Penzey's French Four Spice
1 tsp. Penzey's shallot pepper
1/4 to 1/2 cup fresh breadcrumbs.

Combine all ingredients EXCEPT breadcrumbs in a large saucepan. Cook over medium heat about 10 min, cover, and simmer for about 50 min to 1 hour. Stir often with a whisk or potato masher. When done, remove from heat, place in blender along with breadcrumbs (add gradually for right consistency). Blend well. Place in small container. Serve on toast or multigrain bread. Refrigerate.

If you don't have shallot pepper, season with salt and pepper to taste. You can substitute a combination of 1/4 tsp each of allspice, cloves, ginger and mace for pumpkin pie spice and French four spice is a combination of white pepper, nutmeg, ginger, and cloves.

Recette de Cretons - French-Canadian Pork Pate

Contributed by Barbara Fried

1 lb. ground pork
1 cup milk
1 small onion finely diced
¼ tsp. allspice
¼ tsp. ground cloves
1-2 garlic cloves finely diced
Salt and pepper
¼ cup bread crumbs

In a large saucepan, sauté the ground pork, breaking it up into small pieces. Drain the excess fat. Add the spices and cook for several minutes until the onions and garlic become transparent. Stir in the milk, mixing well. Cook for one hour, stir occasionally to make certain nothing is sticking to the bottom of the pan. Add in the bread crumbs and stir. Seasoning can be adjusted at this time. Take a potato masher and mash slightly to make certain there is consistency. Allow to cool. Place into a small covered container and refrigerate.

Serve on bread, toast, or crackers