

Hors d'oeuvres

Cucumber Cups
Potato Cups with Caviar

Molded Creams

MOLDED CAVIAR CREAMS
MOLDED CHICKEN CREAMS
MOLDED HORSERADISH CREAMS
MOLDED MUSTARD CREAMS
MOLDED PAPRIKA CREAMS
MOLDED PIMENTO CREAMS
MOLDED SAFFRON CREAMS
MOLDED SMOKED SALMON CREAMS
MOLDED SHRIMP CREAMS

INTRODUCTION

In general, hors d'oeuvres as a prelude to a meal are things of which I do not partake. As a light meal or as finger foods for informal parties, however, they afford creative daliance for the cook and charm to the event.

CUCUMBER CUPS

This works well as finger food for informal parties.

2 cucumbers
6 oz creme fraiche
1 tbs fresh dill
smoked salmon, thinly sliced

1. Mix the dill with the creme fraiche.
2. Cut the cucumbers into 1 inch rounds. Remove most of the seeds; pare the inside so that each piece forms a cup.
3. Place a small piece of salmon in the bottom of each cucumber cup.
4. Fill each cup with the creme fraiche-dill mixture. Refrigerate until ready to serve.

POTATO CUPS WITH CAVIAR

small new potatoes
creme fraiche
golden caviar

1. Boil new potatoes in their skins.
2. When they are cool, peel them and scoop out some of their pulp to form cup. Slice off the bottom so that they sit flat.
3. Oil the outside of the potatoes and bake in a 350 degree F oven for 10 to 15 minutes.
4. When the potatoes have cooled, fill each cup with creme fraiche and top with golden caviar.

MOLDED CREAMS

Molded creams are a showcase for creme fraiche. Practically anything can be incorporated, from something as common as chicken to exotic saffron. No matter what you use as a flavoring, molded creams should be served well chilled. Serve them with toast cut into one-inch diameter shapes: round, square, rectangular, etc.

Use small fancy molds to shape the creams. They should be made from plastic or rubber. Various molds of this type are available for candy making at hobby centers.

Molded creams may be made in advance and frozen. If you do so, demold the creams while they are frozen, and defrost them in the refrigerator before serving.

I have included fish, chicken, and spice creams. Vegetables and herbs may also be used.

Molded creams served with scrambled eggs for breakfast are delightful.

The Basic Recipe

Each recipe has ingredients for a blended, softened cream. These recipes finish uniformly with the following instructions.

1. Brush small fancy molds (e.g., petit four or candy cups) with a light oil (for example, safflower oil).
2. Fill each mold with the cream mixture.
3. Place the mold in the freezer for 1 hour.
4. Remove the mold from the freezer, and pop out the creams.
5. Serve the molded creams with toast points or one of the suggested accompaniments and toast points.

MOLDED CAVIAR CREAMS

2 oz butter, softened
4 tbs creme fraiche
4 oz caviar

1. Cream together the softened butter and creme fraiche.
2. Add the caviar. Blend very well. Using a rubber spatula, work the mixture against the side of a bowl until it is smooth and consistent.
3. Follow the basic recipe.

MOLDED CHICKEN CREAMS

2 oz butter, softened
4 tbs creme fraiche
4 oz cold cooked chicken, white meat only

1. Grind the chicken to a paste in a food processor.
2. Cream together the softened butter and creme fraiche.
3. Add the ground chicken. Blend very well. Using a rubber spatula, work the mixture against the side of a bowl until it is smooth and consistent.
4. Follow the basic recipe.

MOLDED HORSERADISH CREAMS

2 oz butter, softened

4 tbs creme fraiche

2 tsp grated horseradish

To accompany: thin slices of tongue, or smoked salmon or smoked oysters

1. Cream together the softened butter and creme fraiche.
2. Add the horseradish. Blend very well. Using a rubber spatula, work the mixture against the side of a bowl until it is smooth and consistent.
3. Follow the basic recipe.

MOLDED MUSTARD CREAMS

2 oz butter, softened

4 tbs creme fraiche

1 tsp Dijon mustard

To accompany: thin slices of prosciutto, or sausage or smoked salmon

1. Cream together the softened butter and creme fraiche.
2. Add the mustard. Blend very well. Using a rubber spatula, work the mixture against the side of a bowl until it is smooth and consistent.
3. Follow the basic recipe.

MOLDED PAPRIKA CREAMS

2 oz butter, softened

4 tbs creme fraiche

2 tsp paprika

1/2 tsp white wine

To accompany: small pieces of grilled halibut

1. Mix paprika with white wine. This solubilizes the paprika and intensifies its color.
2. Cream together the softened butter and creme fraiche.
3. Add the paprika mixture to the creme fraiche-butter mixture. Blend very well. Using a rubber spatula, work the mixture against the side of a bowl until it is smooth and consistent.
4. Follow the basic recipe.

MOLDED PIMENTO CREAMS

2 oz butter, softened

4 tbs creme fraiche

4 oz cooked sweet pimento

To accompany: small pieces of grilled halibut

1. Grind the pimento to a paste in a food processor.
2. Cream together the softened butter and creme fraiche.

3. Add the ground pimento. Blend very well. Using a rubber spatula, work the mixture against the side of a bowl until it is smooth and consistent.
4. Follow the basic recipe.

MOLDED SAFFRON CREAMS

2 oz butter, softened
4 tbs creme fraiche
1 tsp saffron threads finely crumbled
To accompany: baby shrimp

1. Mix the saffron with the creme fraiche. Refrigerate for several hours so that the saffron solubilizes and can be mixed evenly with the cream.
2. Cream together the softened butter and saffron-infused creme fraiche.
3. Blend very well. Using a rubber spatula, work the mixture against the side of a bowl until it is smooth and consistent.
4. Follow the basic recipe.

MOLDED SMOKED SALMON CREAMS

2 oz butter, softened
4 tbs creme fraiche
4 oz smoked salmon

1. Grind the smoked salmon to a paste in a food processor.
2. Cream together the softened butter and creme fraiche.
3. Add the ground salmon. Blend very well. Using a rubber spatula, work the mixture against the side of a bowl until it is smooth and consistent.
4. Follow the basic recipe.

MOLDED SHRIMP CREAMS

2 oz butter, softened
4 tbs creme fraiche
4 oz cooked shrimp
To accompany: small pieces of pumpernickel toast cut in decorative shapes.

1. Grind shrimp to a paste in a food processor.
2. Cream together the softened butter and creme fraiche.
3. Add the ground shrimp. Blend very well. Using a rubber spatula, work the mixture against the side of a bowl until it is smooth and consistent.
4. Follow the basic recipe.