

JACQUES PEPIN

COOKING MY WAY



RECIPES AND TECHNIQUES
FOR ECONOMICAL COOKING



Jacques Pépin Cooking My Way

*Recipes and Techniques
for Economical Cooking*

JACQUES PEPIN

Illustrations by Jacques Pépin

Photographs by Tom Hopkins



HARVEST

An Imprint of WILLIAM MORROW



Blue Monochrome 2, 2022

Dedication

To little one.

Thank you for a life of happiness.



Little Bird, 2021

Contents

Cover

Title Page

Dedication

Introduction

Soups

Butternut Squash and Pastina Soup

Black Bean Soup

Cauliflower Soup

Chicken Hearts and Gizzards Soup

New England Clam Chowder

Shrimp Bisque

Garlic Soup

Leek Soup, Hot or Cold

Pea Pod Soup

Creamy Cucumber-Tomato Gazpacho

Vegetable and Oatmeal Soup

Turkey Stock with Lettuce Garnish

Vegetable and Vermicelli Soup

Zucchini-Yogurt Soup

Salads

Fromage Fort with Salad
Beet Salad
Napa Cabbage Salad
Red Cabbage Salad with Garlic and Anchovies
Cabbage and Basil Salad
Carrot, Pumpkin Seed, and Mozzarella Salad
Carrot and Scallion Salad
Celery and Apple Salad
Corn Salad
Escarole Salad with Turkey Crackling
Bean and Bacon Salad
Escarole Salad
Curly Chicory with Garlic Dressing
Garlicky Romaine with Croutons
Cheese and Tomato Salad
Tomato Salad with Red Onion and Basil
Warm Vegetable Salad
Zucchini Salad

Eggs

Country Omelet
Egg, Tomato, and Anchovy Treat
Eggs in Poblano Boats
Gratin of Eggs and Spinach
Flan of Green Herbs
Gratin of Eggs with Corn and Ham
Grits and Cheese Soufflé
Cream Cheese Soufflés
Quiche Lorraine

Breads, Pastas & Rices

Decorative Compound Butter
Bread Flapjacks
Pissaladière Baguettes
Quesadilla
Pasta Shells with Ricotta Filling
Macaroni Beaucaire
Spaghetti with Basil Pesto
Vegetable and Pasta Stew
Pasta e Fagioli
Boiled Rice
Rice with Onion
Yellow Rice with Achiote
Polenta
Polenta Gratin
Vegetable Couscous

Vegetables

Asparagus au Beurre
Sautéed Napa Cabbage
Butter-Glazed Carrots with Olives
Cauliflower and Crumbs
Corn Pancakes
Corn off the Cob
Black-Eyed Peas and Kale Ragout
Stew of Kidney Beans with Poblano Peppers
Puree of Onions
Peas à la Française
Grilled Eggplant with Soy Dressing
Quick Fragrant Ratatouille
Swiss Chard Gratin
Gratin of Swiss Chard in Cream Sauce
Sautéed Spinach and Garlic

Gratin of Butternut Squash
Skillet Butternut Squash
Skillet-Roasted Potatoes with Rosemary
Parsley Potatoes
Potatoes Sauté à Cru
Garlic Mashed Potatoes
Fast Baked Potatoes
Baked Yams
Baked Stuffed Tomato
Tomatoes on Garlic Toasts
Tomatoes Provençal
Zucchini Flower Fritters
Herb-Stuffed Zucchini Boats
Cold Zucchini Terrine
Zucchini-Tomato Gratin
Pickled Vegetables
Pickled Onions

Fish & Shellfish

Grilled Cod with Olives
Brandade de Morue au Gratin
Fish and Pasta with Wine Sauce
Haddock in Wine Cream Sauce
Salmon and Green Beans Pojarski
Seafood Gumbo
Sautéed Sole with Instant Tomato Sauce
Baked Salmon with Pesto Butter Sauce
Grilled Tuna Belly
Broiled Piquant Bluefish
Catfish with Croutons and Nuts
Clam Fritters
Spicy Mussel Stew

Mussels Marinière and Poulette
Squid à l'Ail

Poultry & Meat

Chicken

Chicken Breast à la Susie
Sautéed Soy Chicken
Chicken Diable
Stew of Chicken GIBLETS with Large Butter Beans
Baked Chicken with Herb Crumbs
Chicken Persillade
Arroz con Pollo
Lentil and Chicken Fricassee
Sweet and Spicy Curried Chicken

Turkey

Turkey Liver Toasts
Grilled Turkey Wings
Scaloppine of Turkey Breast in Mushroom Cream Sauce
Fricassee of Turkey Meat
Turkey Cutlets in Anchovy-Lemon Sauce

Beef

Beef Carpaccio
Pot-au-Feu
Beef, Turkey, and Mustard Salad
Fiery Chili with Red Beans
Salisbury "Steaks" with Vegetable Sauce
Cayettes with Spinach
Spicy Grilled Beef Roast

Lamb

Grilled Merguez with Cilantro, Mint, and Pickled Onion
Lamb Chops Champvallon
Lamb Navarin

Lamb and Yams Fricassee

Pork

Grilled Thyme Pork Chops

Sausage, Vegetable, and Potato Stew

Sausage and Potato Ragout

Red Beans and Pork

Braised Pork and Cabbage

Braised Pork Roast with Sweet Potatoes

Pork and Potato Hash

Veal

Veal “Tendrons” and Tarragon Sauce

Stuffed Roast Veal Breast with Potatoes

Desserts

Apple Fritters

Apple Stew

Apple-Pear Brown Betty

Banana Ice Cream with Rum

Bread Cookies

Bread and Banana Pudding

Cranberry Kissel

Cooked Grapes with Cream

Guava with Cream Cheese and Mint

Honeyed Melon

Peach Melba

Peaches in Red Wine

Pear Tatin

Pears in Mint and Tea

Rhubarb Compote with Sour Cream

British Lemon Posset

Strawberry Summer Pudding

Strawberries with Sour Cream and Brown Sugar

Strawberry and Orange Coupe
Choux à la Crème
Crêpes “Confiture”
Crystallized Rose Petals and Mint Leaves

Index

About the Author

Also by Jacques Pépin

Copyright

About the Publisher

Introduction



The Young Apprentice, 2022

All good cooks share a profound respect for raw ingredients, a sound, commonsense approach to their trade, and a knowledge of the cooking process. When cooks really understand the mechanics

of a recipe and the true nature of each ingredient, they handle the food with proper consideration, using it in the most functional way possible and in its entirety, one way or another. I am always more impressed with chefs who produce good, well-cooked food with limited ingredients, speed, organization, cleanliness, and economy than those who create complicated “food art” at the expense of thrift, order, and taste. Economy, not only of food but also of time and money, reflects the cook’s comprehension and intelligence about the craft. Uncontrived economy is standard practice in a good kitchen. Like a well-choreographed ballet, there is a natural flow in this style of cooking, where no motion is wasted and no ingredient discarded. These principles of kitchen economics apply to great cooks everywhere, whether they be Chinese, Italian, German, French, or American, and they are all intrinsic parts of my cooking.

Because I was born into a family of cooks and have worked all my life in a kitchen, it is second nature for me to be thrifty. To save time, for example, I reuse a pot several times in a logical sequence—cooking foods that don’t make much mess before those that stick and stain—before washing it. Likewise with a food processor—I process the dry ingredients before the wet ones, so the processor needs to be washed only once. And I always save the trimmings of meats and vegetables for a stock, soup, or eventually, a sauce.

This attitude is also a result of the time and place where I was born. Growing up in France at the end of World War II, food was scarce, and even ordinary staples were limited. Nevertheless, my mother’s ingenuity enabled her to create memorable meals for our family. I still prepare variations on them today, and they are included in this book. The recipes are illustrative of my mother’s imaginative cuisine, born of scarcity and necessity.

Throughout *Cooking My Way* I make use of inexpensive cuts of meat and economical poultry, like in [Fiery Chili with Red Beans](#), [Veal “Tendrons” and Tarragon Sauce](#), [Braised Pork Roast with Sweet Potatoes](#), and [Fricassee of Turkey Meat](#). But though economy is a primary concern in my meat selections, it is never at the expense of flavor. Many of the dishes in this book are updated versions of the favorite meals of my childhood in postwar France. Food and money were in short supply then, and nothing was more welcome on a Sunday afternoon than a stuffed veal breast roasted to succulent tenderness and served with its pan juices and potatoes ([Stuffed Roast Veal Breast with Potatoes](#)). I enjoy these low-cost dishes as much today as I did then, and I treasure the happy memories they evoke.

Buying seasonally is another way to approach economy in the kitchen. More often than not, I create my menus at the supermarket, looking for the best, but also the least expensive, and striking a balance between the two.

I buy fruits and vegetables when they are most flavorful, nutritious, and least expensive—in season. And I apply this same rule of economy to my other food purchases as well: I buy whole turkeys for a variety of preparations when they are most attractively priced, in the fall and winter; I plan lamb and ham main dishes in the spring, when there are often specials on these meats. Shellfish and fish are usually expensive, so I purchase more seafood (mackerel, bluefish, blackfish, and shellfish) in the summer, when it's available for less because it's more abundant. I also know that first impressions are not everything: For example, though the outside leaves of a head of escarole may be wilted or damaged and therefore sold at a discounted price, I will still buy it because the center, the part I want to use, is white, firm, sweet, and tender. I

may not have any intention of serving expensive artichokes on my menu. Yet if the discount rack at the market offers artichokes with yellowish and brownish leaves at a bargain price, I buy them because I know they will be ideal for artichoke bottoms. Fresh produce should always be cleaned ahead of using, and any obviously damaged pieces can be cut away and discarded.



