

# FOOD MEMORIES

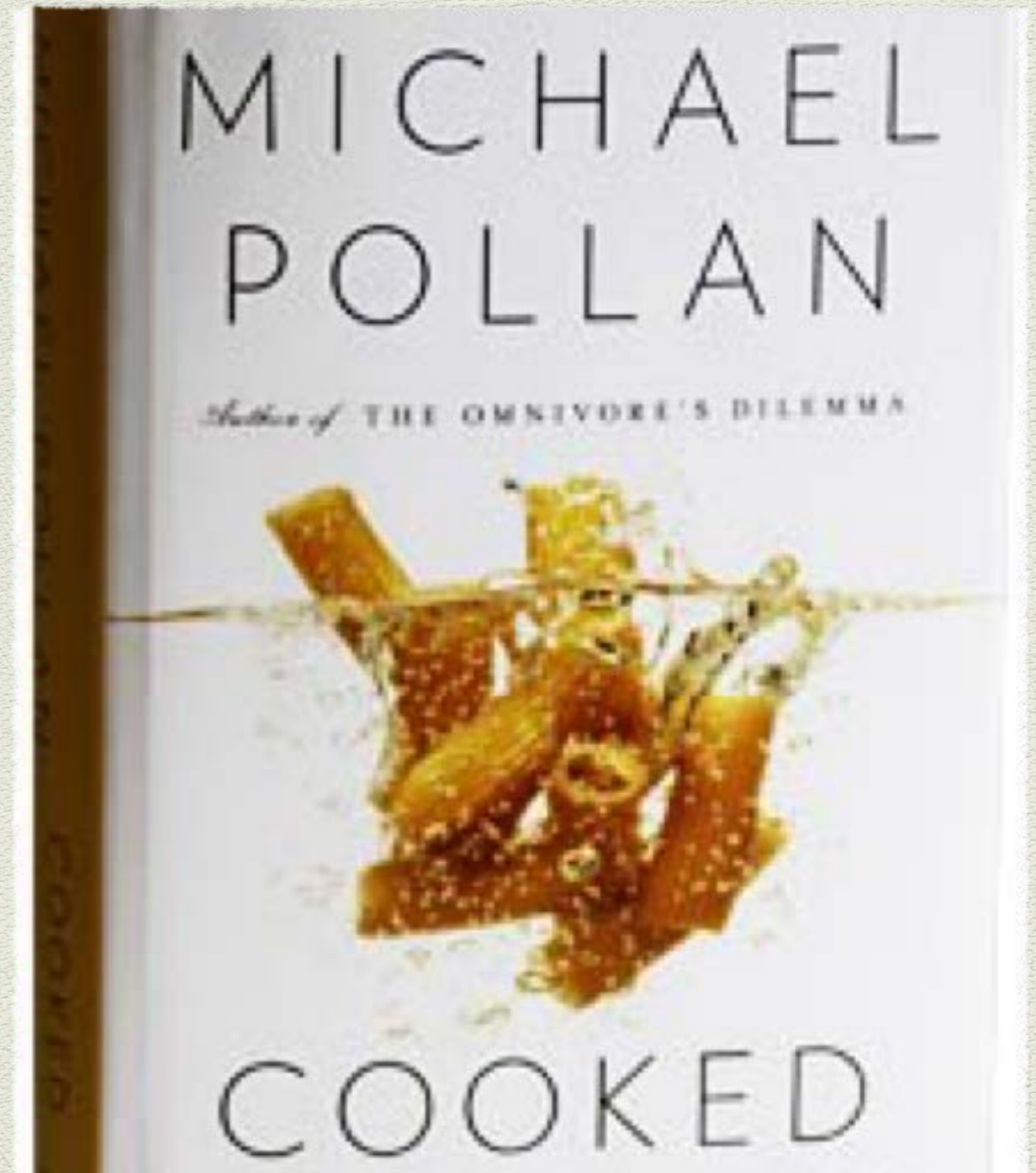
*Recipes That Mark Time*



From Memory to Table

# In ancient Greek, the word for cook, butcher or priest was the same: Magueros, meaning Magic

- We have changed the way we eat in the U.S. We opt for prepared foods instead of cooking our own.
- Compared to households in the mid-1960s the number of hours spent cooking has been reduced by half. Today we spend only 27 minutes a day on average preparing meals.
- Yet we are transfixed by cooking: watching on TV, reading, going to restaurants. Professional cooks are as famous as athletes and this act of preparing food has been elevated to a near-popular spectator sport.
- Cooking retains an emotional power that we can't quite shake, it is a ritual that connects us to childhood memories, to a sensory past and the simple beginnings of a story that starts with ingredients: beginning, middle end with a delicious sense of closure.
- In most fundamental way, connects us to the elements: fire, water, air and earth.





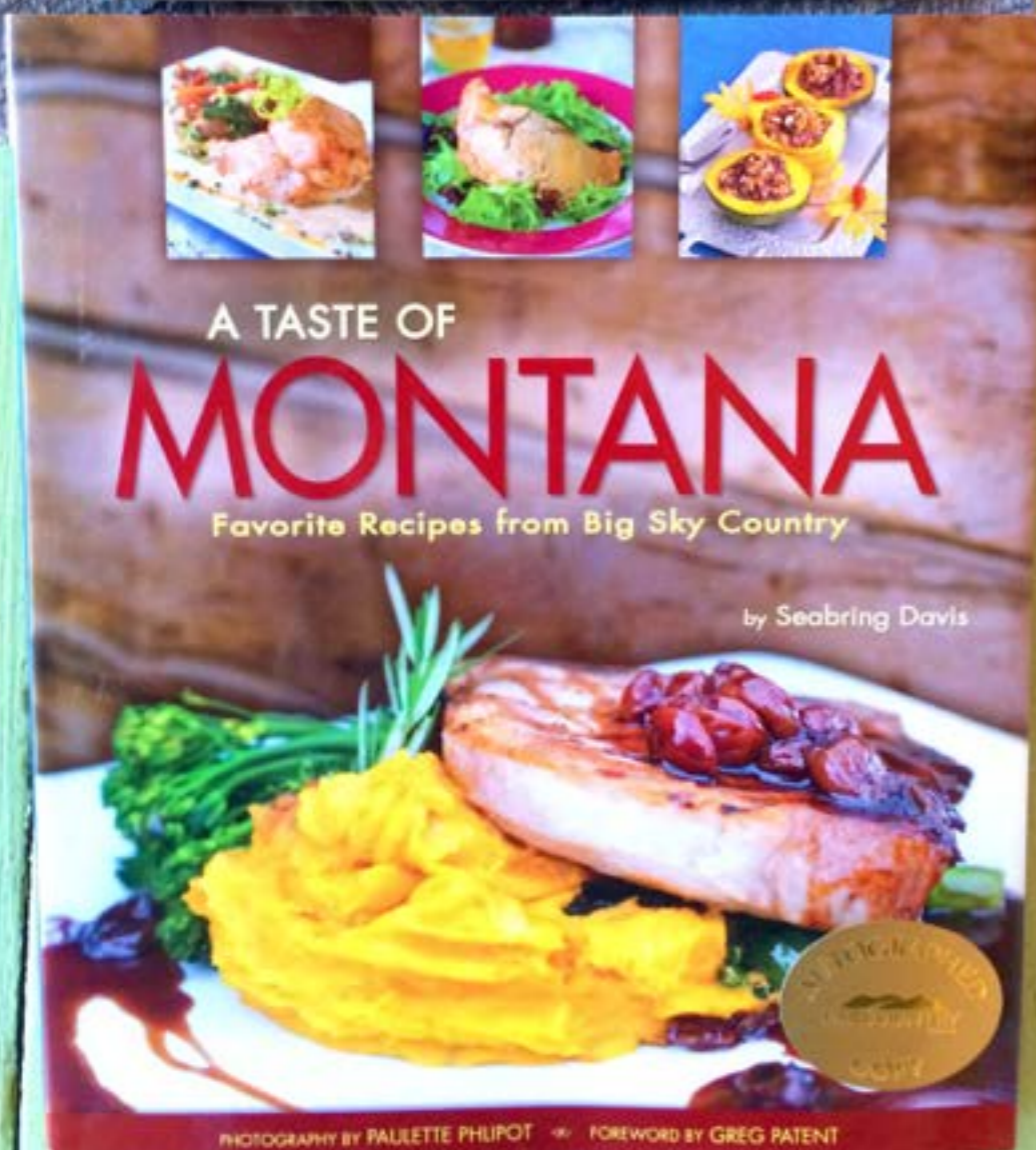
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Meat Choices	Rice Plates	Curries/Soups
Chicken, Beef, Pork	Garlic Chicken	Green Curry
Tofu, Veggie \$10	Sweet & Sour	Red Curry
Shrimp <del>Salmon</del> \$12	Spicy Eggplant	Panang Curry
<u>Noodles</u>	Pad Phet \$10	Veggie Curry
Pad Thai	Broccoli Stir-Fry	Tom Yum S/P
Pad See-lew	*Chicken Satay \$10	
<u>Rice</u>	*Shrimp Satay \$12	<u>Extras</u>
Sticky Rice \$2	*BBQ Shrimp \$12	Spring Rolls \$
Jasmine Rice \$2	*Sweet Chili Shrimp \$12	Papaya Salad \$
Coconut Rice Dessert \$5	*Sweet Chili Salmon \$12	Thai Ice Tea \$







# Research

*On the road for 100 recipes  
from Big Sky country...*





# Have the Pie

*Written by Seabring Davis*



#### Chili

2 pounds ground bison  
 1 large or 2 small onions, diced  
 8 garlic cloves, minced  
 1 (15 ounce) can tomato sauce  
 1 (15 ounce) can diced tomatoes  
 1 (16 ounce) can kidney beans  
 1 (16 ounce) can black beans  
 1 (16 ounce) can garbanzo beans  
 2 tablespoons chili powder  
 2 teaspoons crushed red pepper flakes  
 4 tablespoons ground cumin  
 Salt and pepper to taste

#### Garnish

1 to 2 avocados  
 1 cup sour cream  
 1/4 cup chopped fresh cilantro

Serves 10 to 12

## Bison Chili

ONYX BAR & GRILL, LEWISTOWN  CHEF GARY KUHNS

*In the recently restored historic Calvert Hotel, the Onyx offers a gathering place for special occasions and weeknight respite. This chili is splendidly simple, and the end result is unforgettably delicious.*

Brown the bison in a large skillet with the onions and garlic. In a 6- to 8-quart pot, bring the tomato sauce, diced tomatoes, beans, chili powder, red pepper flakes, cumin, salt, and pepper to a boil and then reduce to a simmer. Add the bison mixture and simmer on low heat for 1 hour.

To serve, garnish with thin slices of avocado, dollops of sour cream, and a sprinkle of cilantro.



2 racks of Montana lamb,  
frenched

Salt and pepper to taste

Chives

Fingerling Potatoes  
with Caramelized Onions  
(see recipe on page 41)

Chimmichurri Sauce  
(see recipe on page 130)

Serves 8

Montana ranks fifth in the country  
for lamb production and sixth for  
veal production.

## Grilled Rack of Lamb with Chimmichurri Sauce

MOUNTAIN SKY GUEST RANCH, "MOUNTAIN"  
CHEF BRIAN BEJEN

*Since it opened in 1929, Mountain Sky has become one of Montana's most iconic guest ranches. Families return here year after year for the authentic Western experience and, of course, the excellent meals!*

Prepare a barbecue grill.

Preheat the oven to 350 degrees.

Place the lamb racks on a hot grill and cook 4 to 5 minutes on each side, then remove from the grill. Place the lamb on a sheet pan and cook in the oven until an inserted thermometer reads 125 degrees (for rare) or 135 degrees (for medium rare), 20 to 25 minutes. Remove the lamb from the oven and let rest for 5 minutes; the lamb will continue to cook and rise in temperature by 5 to 10 degrees. Slice the racks into individual chops.

### **Presentation:**

Place the fingerling potatoes in the center of the plate. Cross three "frenched" lamb chops over the potatoes, the bones crisscrossing upright. Tie the bones with a chive stem to hold them together. Artfully drizzle the lamb and the plate with the chimmichurri sauce.





4 tablespoons extra-virgin olive oil  
 1 large yellow onion, minced  
 3 tablespoons minced ginger root  
 1 teaspoon minced garlic  
 3 pounds carrots, peeled and diced  
 1 tablespoon curry paste  
 or curry powder  
 4 cups homemade chicken stock  
 2 cups half-and-half  
 Salt and white pepper  
 2 teaspoons chopped fresh cilantro  
 (leaves only), for garnish

Serves 8



Against all odds, Montana is home to two viticultural products: a range of varietals, many grown in the toughest of high-country conditions. See Spurge Vineyard and Winery near Missoula and Mission Mountain Winery near Helena.

## Ginger, Carrot, and Curry Soup

DISCOVERY SKI AREA, WEST OF ANACONDA  
 CHEF WKE SAUER

*With a delicious balance of spicy and sweet, this elegant soup is the perfect belly warmer after a day on the slopes at "Disco," Montana's best-kept secret of a small town ski area, where the food is just as good as the skiing.*

In a medium stockpot over medium heat, add the oil, onions, and ginger root; cook, stirring occasionally, until the onions start to brown, about 7 minutes.

Add the garlic, carrots, and curry and cook for about 2 minutes. Add the chicken stock and cook until the carrots are tender, about 30 minutes.

Puree the soup in batches and return to the pot. Add the half-and-half and reheat. Add the salt and white pepper to taste and serve with a garnish of chopped cilantro on top.



#### Lemon curd tart

- 1 (9-inch) tart crust, prebaked  
(see recipe on page 141)
- 5 whole eggs
- 5 egg yolks
- 1 ½ cups sugar
- 1 cup fresh lemon juice
- ¾ cup [1 stick] butter, cut in pieces

#### Huckleberry sauce

- 3 cups fresh or frozen huckleberries
- ¾ cup sugar
- ¾ cup water
- 2 tablespoons crème de cassis
- 1 ½ tablespoons cornstarch

#### Garnish

- 2 cups whipped cream
- 8 Johnny-jump-up blossoms
- 8 mint sprigs

Serves 8

## Lemon Curd Tart with Huckleberry Sauce

THE PEARL CAFE, MISSOULA • CHEF PEARL CASH

*This long-standing Missoula restaurant serves country cuisine that is out of the ordinary and filled with thoughtful nuance. Chef Cash dubbed this recipe her "foolproof" lemon curd, and the effort produces the most lovely of desserts.*

#### To prepare the lemon curd:

In a heavy-bottomed saucepan, thoroughly stir together the whole eggs, five additional yolks, sugar, lemon juice, and butter. Place over medium heat and whisk until the sauce thickens and the butter is melted. Immediately strain into the prebaked and cooled tart crust. Refrigerate for at least 2 hours.

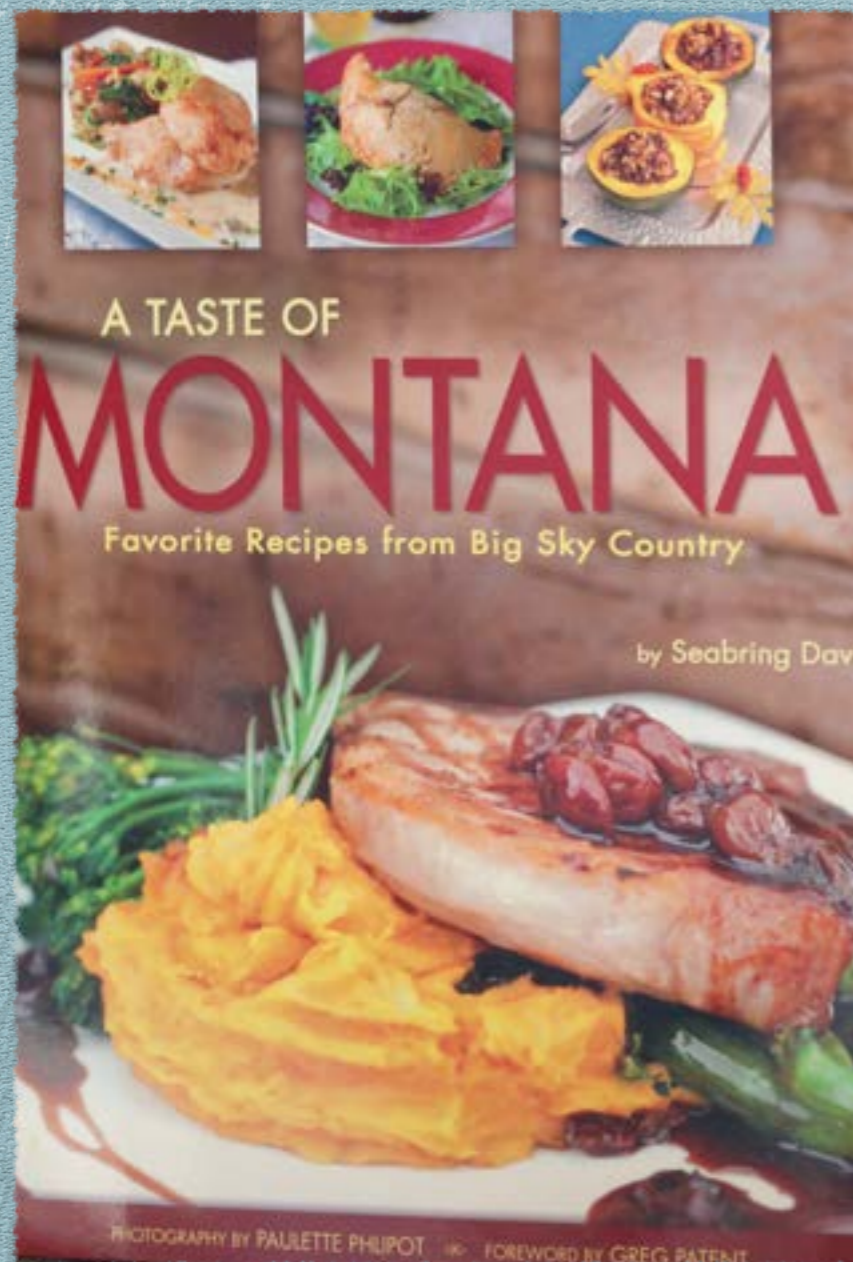
#### To prepare the huckleberry sauce:

In a large saucepan over medium heat, stir together 2 cups of huckleberries and the sugar. (If you're using frozen berries, first thaw the berries and drain well.) In a separate bowl, mix the water, crème de cassis, and cornstarch. (If you're using frozen berries, add an extra teaspoon of cornstarch.) Add this mixture to the berries and sugar and cook until thickened and shiny.

Remove from heat and cool for 10 minutes, stirring once or twice. Stir in the remaining cup of berries. Cool at room temperature.

#### Presentation:

To serve, cut the tart into eight pieces. Place on serving plates and pour the huckleberry sauce over the top quarter of the tart and around the edge. Garnish with a swirl of whipped cream, a Johnny-jump-up blossom, and a mint sprig.



# A cookbook collection

*Experiences on the page*

