

TASTE

Duck eggs

From page B1

the descriptive word that applies best is creamy.

The price difference between chicken eggs is steep — roughly twice as much as for similarly organic, free-range chicken eggs — but worth it. Play around with them a bit in the kitchen, and you'll ask yourself: Why haven't I been eating duck eggs? And why aren't more farmers producing them? The last question is one that the Frenches ask, too. "There are not many duck experts out there, so we're writing our own book," said Andrew. Here are some egg-rich dishes:



Freshly cleaned duck eggs are carried by Khaiti French at L.T.D. Farm, owned by her and husband Andrew French in Reeves, Wis.

TOM WALLACE/Minneapolis Star Tribune

Almond and Mascarpone Bundt Cake

(Serves 12 to 14)

Note: To prepare orange powder, use a microplane to zest 3 oranges, reserving zest on a parchment-lined baking sheet. Place zest in a cool area to dry for a day or two. Using a mortar and pestle, crush dried zest into a fine powder; store up to three months in an airtight container.

From "Shefzila: Conquering Haute Cuisine at Home" by Stewart Woodman (Borealis Books, \$27.95).

For cake:
3 cup flour, plus extra for pan
½ cup almond flour
¼ tsp. coarse salt
¼ tsp. baking soda
1 cup (2 sticks) butter, at room temperature, plus extra for pan
3 cup granulated sugar
6 eggs (from ducks, if you've got 'em), at room temperature
2 tsp. lemon zest
1 tbsp. freshly squeezed lemon juice
1 cup (8 oz.) mascarpone

For glaze:
½ cup freshly squeezed lemon juice
½ tsp. orange powder (see Note, above)
2 cup powdered sugar

Steps: To prepare cake: Preheat oven to 325 degrees. Generously butter and flour a 12-cup Bundt pan.

In a large bowl, whisk together flour, almond flour, salt and baking soda and reserve. In a bowl of an electric mixer on medium-high speed, beat butter and granulated sugar until pale and fluffy.

Add eggs, 1 at a time, beating well after each addition. Add lemon zest and lemon juice and mix until fully incorporated. Increase speed to high and beat until ingredients are smooth and well incorporated, about 2 to 3 minutes. Reduce speed to low and add ½ of dry ingredients, followed by ½ of mascarpone, scraping sides of bowl as needed. Repeat twice more, alternating ingredients and ending with mascarpone, mixing until well combined but not overmixed.

Pour batter into prepared pan and bake until cake is golden brown and a cake tester inserted near the center comes out clean, about 90 to 105 minutes. Remove to a wire rack and cool for about 15 minutes,

then invert cake onto a wire rack and cool at least 1 hour before adding glaze.

To prepare glaze: In a large bowl, whisk lemon juice, orange powder and powdered sugar, adding a little water if mixture seems thick. Drizzle glaze over cooled cake, slice and serve.

Nutrition information per each of 14 servings:

Calories: 550; Fat: 22 g; Sodium: 380 mg; Carbohydrates: 83 g; Saturated fat: 12 g; Calcium: 54 mg; Protein: 8 g; Cholesterol: 130 mg;

Dietary fiber: 1 g Diabetic exchanges per serving: 2 bread/starch, 3½ other carb, 4½ fat.

Summer Tomato Pudding

(Serves 4 to 6)

From "The Splendid Table's How to Eat Weekends," by Lynne Rossetto Kasper and Sally Swift (Clarkson Potter, \$35).

Note: The tomato sauce and custard can be prepared a day in advance.

For tomato sauce:
Extra-virgin olive oil
½ medium to large onion, cut into ¼-in. dice
Salt and freshly ground black pepper

Very generous pinch of hot red pepper flakes

2 large garlic cloves, minced
3 tightly packed tbsp. freshly torn basil

¼ to 2 lb. good-tasting tomatoes, cored and coarsely chopped (do not need to seed or peel), or 1 (28-oz.) can whole tomatoes with their liquid

For custard:
8-in. piece of baguette, a couple of days old, if possible, cut into 1-in.-thick rounds
5 eggs, beaten
¼ tsp. kosher salt
½ tsp. freshly ground black pepper
½ to ¼ tsp. freshly grated nutmeg

1 cup half-and-half (or heavy cream)
1 cup whole or skim milk
½ cup freshly grated Parmigiano-Reggiano cheese

For flavorings:
½ cup crumbled feta cheese, divided
4 oz. firm, fresh, whole-milk sheep or cow cheese, or cream cheese, thinly sliced, divided

10 fresh basil leaves, torn
¼ cup pitted niçoise olives
1 cup halved grape tomatoes or sliced tomatoes

Steps: To prepare tomato sauce: Coat a 4-quart saucepan with a thin film of olive oil. Heat over medium-high heat. Add onion with some salt, black pepper and red pepper flakes and cook until golden, about 4 minutes. Stir in garlic and basil and cook for 30 seconds. Stir in tomatoes, breaking them up as they go into the pan. Bring sauce to a lively bubble and cook, uncovered, until thick, 10 to 15 minutes, stirring often. Taste for seasoning, cover and set aside for 15 to 20 minutes (or refrigerate up to 24 hours).

To prepare custard: Preheat oven to 325 degrees. While sauce cooks, oil an 8-inch square ceramic baking dish. Cover bottom of dish completely with bread slices. In a large bowl, whisk eggs, salt, pepper, nutmeg, half-and-half (or heavy cream), milk and cheese. Pour half of custard over bread and let it soak in for 10 minutes.

Sprinkle with 3 T. of feta cheese and half of the slices of fresh cheese. Tuck in half of basil leaves.

Cover with tomato sauce. Pour in rest of custard, scatter olives over custard, and push tomatoes and remaining basil into custard. Cover with remaining slices of fresh cheese and sprinkle with remaining feta cheese.

Cover with foil and bake 45 minutes. Increase heat to 375 degrees and bake for 25 to 30 minutes. Remove aluminum foil and bake until an instant-read thermometer inserted in center of pudding reads 200 to 210 degrees, about 20 minutes. Remove from oven and rest at room temperature for 15 minutes. Serve hot or just warm.

Nutrition information per each of 6 servings:

Calories: 360; Fat: 20 g; Sodium: 820 mg; Saturated fat 10 g

Carbohydrates: 27 g; Calcium: 350 mg; Protein: 19 g; Cholesterol: 200 mg; Dietary fiber: 3 g

Diabetic exchanges per serving: 2 vegetable, 1 bread/starch, 2 medium-fat meat, 2 fat.

Corn Pancakes with Sour Cream and Chives

(Makes 16 mini-pancakes)

Note: Leftover pancakes can be stored in a covered container in the

refrigerator. Reheat in a frying pan with melted butter over low heat. From "Heirloom Cooking With the Brass Sisters" by Marilyn Brass and Sheila Brass.

1 cup flour
2 tsp. baking powder
¾ tsp. salt
¼ tsp. coarsely ground black pepper

2 eggs, separated
½ cup milk
1 tbsp. butter, melted
1 cup cooked corn (fresh, frozen or canned)

2 tbsp. butter, at room temperature, plus more if necessary

1 cup sour cream
¼ cup freshly chopped chives

Steps: In a medium bowl, combine flour, baking powder, salt and pepper. In a large bowl, whisk egg yolks. Whisk in milk and melted butter. Add flour mixture and stir to gently combine. Fold in corn.

In an electric mixer fitted with a whisk attachment, beat egg whites on medium-high speed until stiff peaks form. Fold egg whites into batter.

Melt 2 T. butter in a large frying pan over medium heat. Spoon 1 T. batter into pan for each pancake, pressing down gently on pancakes once they are formed to make them thinner.

Cook pancakes until tops begin to bubble around the edges, about 2 minutes. Turn and cook until undersides are golden brown. Repeat with remaining batter, adding butter to pan as necessary. Serve immediately, topped with sour cream and chives, or keep warm on a tray in a 200-degree oven for up to 15 minutes.

Nutrition information per serving of 2 pancakes:

Calories: 195; Fat: 12 g; Sodium: 430 mg;

Carbohydrates: 18 g; Saturated fat: 7 g; Calcium: 130 mg

Protein: 5 g; Cholesterol: 74 mg; Dietary fiber: 1 g

Diabetic exchanges per serving: 1 bread/starch, 2 ½ fat

Calendar

From page B2

every Tuesday at York School, 501 York Road, off Highway 68 in Monterey. 624-1859 or www.cypressaires.org.

ONGOING

Voices by the Sea community choir looking for singers. Rehearsal on Wednesdays from 7-9 p.m. at the CSU-Monterey Bay Music Hall, Building 30, Sixth Avenue, Seaside. Interested singers welcome. 624-7268.

ONGOING

Choraleers looking for singers. Choraleers, a women's vocal group, is looking for new members. Practices are at 1:15 p.m. Mondays at the Hilltop Center, David Avenue, Monterey. 649-2587.

TALKS & LECTURES

OCT. 20

"Criminal Justice, Conflict Resolution, and Community Involvement." 7-9 p.m.

Thursday, Oct. 20, at Peace Resource Center, 1364 Fremont St., Seaside. A program highlighting the Monterey County Restorative Justice Partners, Inc. services and the Alternatives to Violence Project workshops held in the Soledad prison and Salinas Valley State Prison. Free. 372-5762.

TOURS & OUTDOORS

OCT. 23

"The Walk to Cure Diabetes." Registration begins at 9:30 a.m. Sunday, Oct. 23, at Mazda Raceway Laguna Seca, 1021 Monterey-Salinas Highway, Monterey. A breakfast and lunch will be served to walk participants that raise at least \$25. Live music, bounce house. All funds collected benefit Juvenile Diabetes Research Foundation. Registration: 624-9035 or www.jdrfbayarea.org.

ONGOING SATURDAYS

Tours of Casa Serrano Adobe. 2-4 p.m. Saturdays at Casa Serrano Adobe, 412 Pacific St., Monterey. Casa Serrano is one of Monterey's oldest and most historic homes, constructed of adobe and

redwood in 1843. It is furnished with antiques and local artwork, from the Spanish, Mexican and early American periods. Free. 372-2608, ext. 813

ONGOING

Garland Ranch Regional Park. For a schedule of hikes on Saturdays and Sundays, see www.mprpd.org. The park is at 700 W. Carmel Valley Road, Carmel Valley. The website also includes hikes at other Monterey Peninsula Regional Park District parks. Free.

ONGOING

Sierra Club hikes. Schedule of hikes at www.ventana.sierraclub.org. Free.

ONGOING FRIDAYS

Historic garden tours. 10:30 a.m. ongoing Fridays. Tours start at Casa del Oro Memory Gardens at Pacific and Scott streets, Monterey. Visit the gardens associated with Old Monterey historic adobes. \$5 donation. Reservations at 649-3364; leave a message.

ONGOING THU-MON

Tours of Point Pinos Lighthouse. Self-guided tours from 1-4 p.m. Thursdays-Mondays. The lighthouse is on Ocean View Boulevard in Pacific Grove. The entrance is from Asilomar Avenue. \$2 donation suggested. 648-3176 or www.ci.pg.ca.us.

ONGOING SAT-SUN

Docent-led tours of Elkhorn Slough. 10 a.m. and 1 p.m. Saturdays and Sundays, rain or shine. Early bird tours are scheduled for 8:30 a.m. the first Saturday of the month. Meet at the visitor center at 1700 Elkhorn Road, Watsonville. \$2.50 day-use fee. 728-2822, www.elkhornslough.org.

ONGOING TUE-SAT

Carmel Walks. 10 a.m. Tue-Sat and 2 p.m. Saturdays. The two-hour walk includes a tour of Carmel cottages, secret gardens and hidden courtyards. Meet in the outdoor courtyard of the Pine Inn, Lincoln Street and Ocean Avenue, Carmel. \$25. 642-2700, www.carmelwalks.com.

ONGOING FRI-SAT

Robinson Jeffers Tor House tour. Tours hourly from 10 a.m.-3 p.m. Fridays and Saturdays. \$10 general, \$5 for full-time students. 26304 Ocean View Ave., Carmel. Reservations: Mon-Thu from 9 a.m.-1 p.m. at 624-1813 or Fri.-Sat. after 9:30 a.m. at 624-1840.

Hens

From page B3

marmalade or preserves, mustard, orange juice and chicken broth. Heat over medium until the marmalade is melted and the mixture is almost smooth (there will be bits of orange peel from the marmalade).

Divide the sauce in half; set aside one half to serve with the cooked hens. Spray a broiler pan with vegetable oil cooking spray. Place the hens in the pan, and drizzle with some of the reserved sauce.

Place in the oven and roast

for 15 minutes. Reduce the oven temperature to 350 degrees and drizzle the apricot sauce over the hens again. Continue roasting, basting occasionally, until the hens are done, about 30 minutes more or until cooked through. Remove from the oven, and let stand 10 minutes before serving. If serving 4, cut each hen in half and serve with the sauce.

From and tested by Susan M. Selasky for the Free Press Test Kitchen. Analysis based on ½ Cornish hen without the skin.

399 calories (16 percent from fat), 7 grams fat (2 grams sat. fat), 44 grams carbohydrates, 41 grams protein, 254 mg sodium, 180 mg cholesterol, 0 grams fiber.

Fall Is Here!
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