

Windsor Symphony Orchestra

Digital Concert Series:

The Music. The Story. The Food.



RECIPE BOOK

Robert Franz, *Music Director*

Dr. Rob Nelson, *Historian and Cook*



Windsor Symphony Orchestra

Robert Franz, Music Director

Recipes

Episode 1: It's Greek to Me! Music of Gluck & Boismortier
Alevropita Feta Tart

Episode 2: Telemann's Tale of Don Quixote
Las Migas de pastor

Episode 3: The Birth of Comic Opera: Music of Pergolesi
Pizza Chiena

Episode 4: Let Them Eat Cake! Sounds of Paris & Prague
Authentic Parisian Hot Chocolate

Episode 5: Composers of Colour
Okra and Seafood Stew

Episode 6: Ode to New Brunswick
Chicken Fricot

Episode 7: Vienna's Café Culture: Mozart & Bach(s)
Amadeus Cookies

Series Sponsor: The Morris and Beverly Baker Foundation

Video Partner: The Live Doc Project



Photos by Kim Nelson

Recipes © saveur.com

Episode 1: It's Greek to Me!

Alevropita Feta Tart



INGREDIENTS

- | | |
|--------------------------------|-----------------------------------|
| 6 tbsp. extra-virgin olive oil | 1/4 tsp. kosher salt |
| 2 tsp. vodka | 1/8 tsp. baking powder |
| 1 egg | 10 oz. feta, crumbled |
| 1 1/4 cups flour, sifted | 2 tbsp. unsalted butter, softened |
| 1 cup water | |

INSTRUCTIONS

1. Heat oven to 500°. Put an 18in x 13in x 1in rimmed baking sheet into oven for 10 minutes.
2. Meanwhile, whisk together 2 tbsp. oil, vodka, egg, and 1 cup water in a bowl. In a separate bowl, whisk flour, salt, and baking powder. Pour wet mixture over dry mixture and whisk until smooth.
3. Brush remaining oil over bottom of hot pan and add batter, smoothing batter with a rubber spatula to coat the bottom evenly, if necessary. Distribute cheese evenly over batter, and dot with butter. Bake, rotating baking sheet halfway through, until golden brown and crunchy, about 20 minutes. Let cool slightly before slicing and serving.

Episode 2: Telemann's Tale of Don Quixote

Las Migas de pastor



COOKING TIME

30+ minutes

YIELDS

2+ Cups

INGREDIENTS

1 loaf of day-old French bread

Water

1/4 cup olive oil

6 strips bacon, cut in squares

3 cloves garlic, sliced

Salt to taste

INSTRUCTIONS

1. Take a loaf of crusty bread, ideally already a day old. Cube it, put it in a bowl, cover with water and let sit overnight.
2. Next day, drain and squeeze excess water out. Let drain. Chop bacon, heat oil in a pan over medium heat, then saute bacon until crisp.
3. Finely dice garlic then throw in with the bacon for a minute or two until soft, but not browned.
4. Add in the drained bread, and simmer and fry for a good while until it takes on a crispy breadcrumb texture. (This can easily take half an hour or more). Salt to taste. Serve at room temperature.



Episode 3: The Birth of Comic Opera

Pizza Chiena



INGREDIENTS

- | | |
|--|--|
| 6 cups flour, plus more for dusting | 3/4 cup ice water |
| 1 1/4 cups parmesan cheese | 1 1/2 lb. Genoa salami, thinly sliced |
| 2 tbsp. freshly ground black pepper,
plus more to taste | 2 (14 oz.) basket cheese, thinly
sliced |
| 1/4 tsp. kosher salt, plus more to taste | 1 1/2 lb. prosciutto, thinly sliced |
| 1 lb. lard | 1 1/2 lb. mozzarella, thinly sliced |
| 14 eggs | |

INSTRUCTIONS

1. Whisk flour, 1/4 cup parmesan, 2 tbsp. pepper, and 1/4 tsp. salt in a bowl. Using a dough blender, two forks, or your fingers, cut lard into flour mixture, forming pea-size crumbles. Add 1 egg, and knead until smooth. Add water; work dough until smooth. (Alternatively, pulse ingredients in a

food processor.) Divide into 2 uneven balls: two-thirds for the bottom crust and one-third for the top. Pat each into a disk and wrap in plastic wrap; chill 1 hour before using.

2. Heat oven to 425°. Beat 1 egg with 1 tbsp. water and set egg wash aside. On a lightly floured surface, roll larger dough disk into a 22" circle, about 1/8" thick; fit into an extra-deep (about 4") 9" spring-form pan, allowing about 1" to hang over the edge. Place a layer of salami completely covering the bottom of the pan, then a layer of basket cheese, a layer of prosciutto, a layer of mozzarella, and a layer of hard-boiled eggs (thinly sliced), until you reach the top of the pan. Beat remaining eggs with remaining parmesan cheese, salt, and pepper and pour on top of ingredients. Roll remaining dough into a 13" circle and place on top of pie. Crimp edges, cut an X in the center and several more vents in top, and brush with egg wash. Bake 30 minutes, then reduce temperature to 325° and bake 2 1/2 hours more, or until the pastry is cooked and golden. Let cool before serving.



Episode 4: Let Them Eat Cake!

Authentic Parisian Hot Chocolate



INGREDIENTS

9 oz. high-quality bittersweet chocolate
1 ½ cups whole milk
1 cup heavy cream

1/2 cup vodka
Whipped cream, marshmallows,
or caramel sauce (optional)

INSTRUCTIONS

1. In a double boiler or small bowl set over a saucepan of gently simmering water, add the chocolate. Heat gently, stirring frequently with a rubber spatula, until fully melted and smooth, then turn off the heat, leaving the bowl of chocolate over the hot water while you heat the liquids.
2. Meanwhile, in a medium saucepan, combine the the milk and cream. Set over medium heat and bring to a gentle simmer. Once simmering, immediately remove from the heat.

3. Transfer the warm melted chocolate to the jug of a blender. Begin to blend on low speed, slowly adding one quarter of the hot milk mixture while you blend. Continue blending until the mixture is completely homogenous, then, with the blender still running, slowly drizzle in the remaining hot milk mixture. Blend until the hot chocolate is very smooth and completely emulsified, 10-15 seconds more. Add the vodka and blend an additional 2-3 seconds to incorporate.
4. Transfer to a serving container, or divide the hot chocolate between mugs or heat-resistant glasses. Serve hot, topped with whipped cream, marshmallows, or caramel sauce if desired.



Episode 5: Composers of Colour

Okra and Seafood Stew



SEAFOOD SOUP

6 tbsp. palm oil
4 tbsp. fish sauce
24 mussels, cleaned and debearded
16 medium shrimp, peeled and deveined
Freshly ground black pepper, to taste
Cooked white rice or fonio
1 large eggplant, cut into large chunks, or 4 small Thai eggplants
2 habanero or Scotch bonnet chiles, slit in half lengthwise

VEGETABLE BROTH

12 cups fish or vegetable stock
4 cups thick-sliced okra
3 bay leaves
2 medium yellow onion, roughly chopped

INSTRUCTIONS

1. Make the vegetable broth: Bring the stock to a boil in a 6-qt. saucepan over high heat, then add okra, bay leaves, and onions. Reduce heat to medium-low, and cook, stirring occasionally, until okra is very tender and stock has reduced by one-quarter, about 1 ½ hours.
2. Make the seafood soup: Add the palm oil, 3 tbsp. fish sauce, eggplant, and chiles to the vegetable broth, and cook, stirring occasionally, until soup has thickened and okra falls apart, about 30 minutes.
3. Add mussels and shrimp; cover pan, and cook until mussels open and shrimp are cooked through, about 4 minutes.
4. To serve, remove from heat and stir in remaining fish sauce and pepper. Ladle soup into bowls, and serve with rice or fonio.



Episode 6: Ode to New Brunswick

Chicken Fricot



SOUP

4 tbsp. unsalted butter
1 tsp. olive oil
2 lb. boneless, skinless chicken thighs
Kosher salt and freshly ground black pepper, to taste
3 cloves garlic, roughly chopped
1 large yellow onion, finely chopped
1 medium carrot, roughly chopped
1 stalk celery, roughly chopped
6 cups chicken stock

4 springs savory
1 large russet potato, peeled and cut into 1 inch pieces

DUMPLINGS

1 cup flour
1 tbsp. finely chopped savory
2 tsp. baking powder
1/2 tsp. kosher salt
1/2 cup milk

INSTRUCTIONS

1. Make the soup: Heat butter and oil in a 6-qt. saucepan over medium-high heat. Season chicken with salt and pepper; working in batches, cook, flipping once, until browned, 5–7 minutes. Transfer chicken to a

plate; set aside. Add garlic, onion, carrot, and celery to pan; cook, stirring occasionally, until soft, about 7 minutes. Return chicken and its juices to pan with stock and savory; bring to a boil. Reduce heat to medium-low; cook, covered, until chicken is tender, 8–10 minutes. Add potato and cook, until tender, about 8 minutes more. Using a slotted spoon, transfer chicken to cutting board and discard savory. When chicken is cool enough to handle, shred into large pieces and return to pan. Bring soup to a simmer.

2. Make the dumplings: Whisk flour, savory, baking powder, and salt in a bowl. Stir in milk until a thick batter forms. Using a 1 oz. scoop or 2 tablespoons, drop batter into simmering soup. When dumplings are puffed and slightly firm, cover pan and continue to cook about 5 minutes more.



Episode 7: Vienna's Café Culture

Amadeus Cookies



BUTTER COOKIES & PISTACHIO FILLING

1 $\frac{3}{4}$ cups flour
12 tbsp. unsalted butter, softened
 $\frac{3}{4}$ cup confectioners' sugar
2 egg yolks
 $\frac{1}{2}$ tsp. fine salt
 $\frac{1}{2}$ cup shelled and unsalted pistachios
1 tbsp. sugar
 $3\frac{1}{2}$ oz. almond paste, at room temperature, chopped

2 tbsp. cherry liqueur, preferably kirsch
 $\frac{1}{2}$ tsp. vanilla extract

CHOCOLATE GLAZE

$\frac{1}{2}$ cup sugar
3 tbsp. corn syrup
4 oz. semisweet chocolate, roughly chopped
3 tbsp water

INSTRUCTIONS

1. Make the cookie dough: In a bowl, beat $\frac{1}{2}$ cup flour, butter, and confectioners' sugar with a handheld mixer on medium speed until pale and fluffy, 1–2 minutes. Add yolks one at a time, beating until smooth after

- each addition. Add salt and remaining flour; beat to make a dough. Halve dough, flatten into 2 disks, and wrap each with plastic wrap. Refrigerate dough for 1 hour.
2. Make the filling: Heat oven to 325°. In the bowl of a food processor, process the pistachios with the sugar until finely ground. Add almond paste and process until combined. Add the kirsch and vanilla and process until combined; set filling aside.
 3. Transfer one dough disk to a lightly floured surface and roll with a floured rolling pin to a 1/8" thickness. Using a 3/4" round cookie cutter, cut out 24 cookies. Repeat with remaining dough. (Combine and re-roll scraps to make 48 cookies in all.) Place cookies 1" apart on two parchment paper-lined baking sheets and bake, rotating pans halfway through, until cookies are pale golden, about 20 minutes. Let cool.
 4. Meanwhile, make the glaze: Bring sugar, corn syrup, and 3 tbsp. water to a boil in a 1-qt. saucepan over high heat. Remove from the heat, add chocolate, and swirl pan to coat the chocolate with the sugar mixture. Let sit without stirring to allow the chocolate to melt, about 5 minutes. Slowly stir the chocolate with a rubber spatula until smooth; set aside to let cool slightly.
 5. Spoon about 1 tsp. of the filling onto 24 cookies and top with remaining cookies. Gently press cookies together to sandwich them. Dip half of each cookie into the chocolate glaze. Transfer to a rack and let the glaze solidify.



*Connecting people of Windsor and Essex County
through the power and passion of music.*



Windsor Symphony Orchestra

121 University Ave. W.
Windsor, ON, N9A 5P4
519-973-1238

www.windsorsymphony.com