

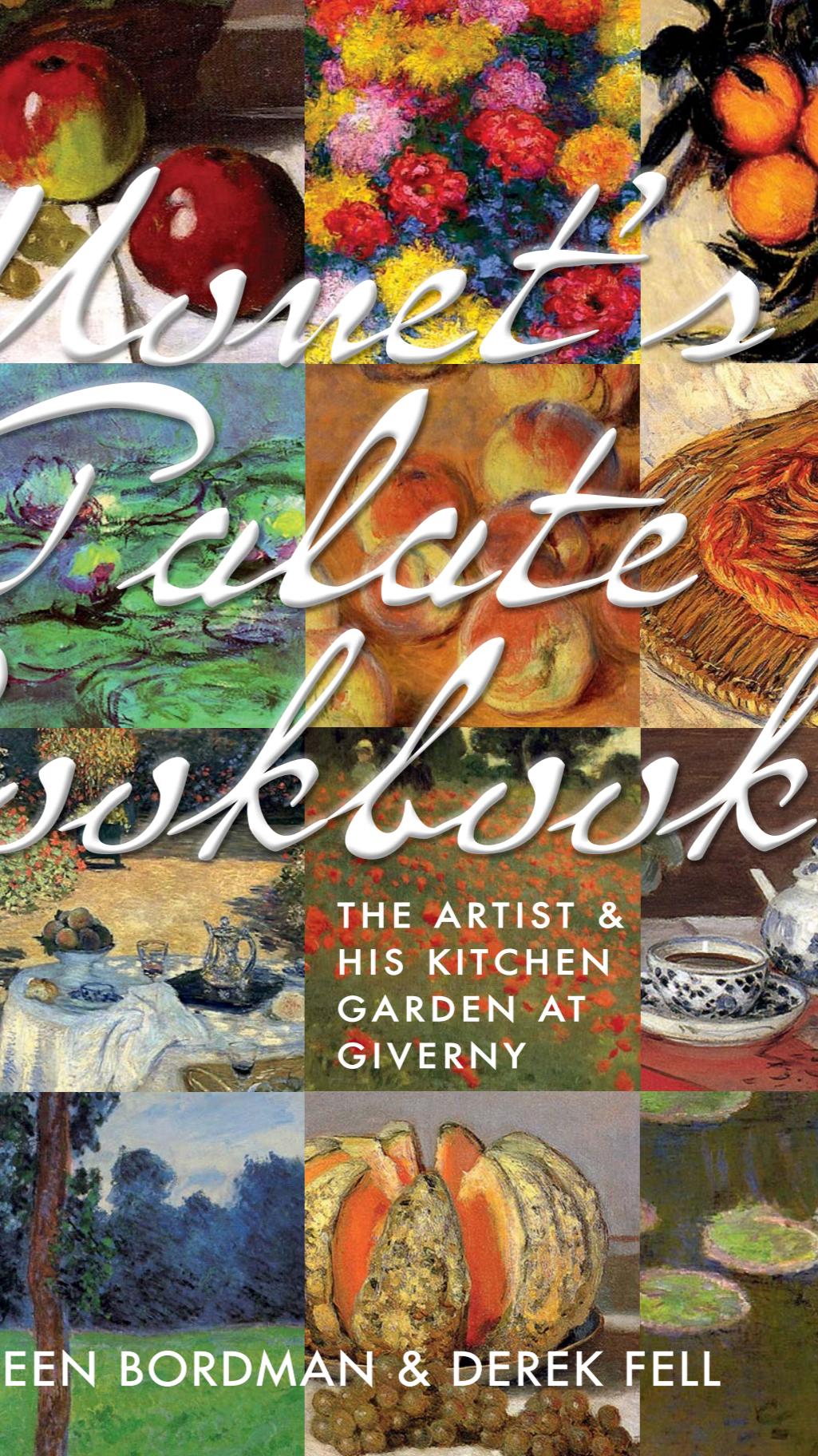
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Monet's Palate Cookbook

Monet's Palate Cookbook: The Artist & His Kitchen Garden at Giverny is a unique culinary journey into the fascinating world of Claude Monet, his extraordinary kitchen garden and his taste for fine food, which helped him establish one of the happiest households in France.

Monet surrounded himself with beautiful flower, fruit and vegetable gardens and developed a gourmet palate, supplying his table with the best of ingredients, even raising his own free-range chickens, turkeys and ducks. All of this provided motifs for his work and inspiration for his table.

Exquisite photography brings Monet's vegetable garden to life. The recipes are linked to his kitchen garden at Giverny, his lifestyle, and zest for entertaining friends and family. Many of them are of French origin, savored by Monet during his travels throughout France. Most recipes are original and inspired by the bounty of Claude Monet's kitchen garden.



MONET'S PALATE COOKBOOK

BORDMAN & FELL

GIBBS SMITH

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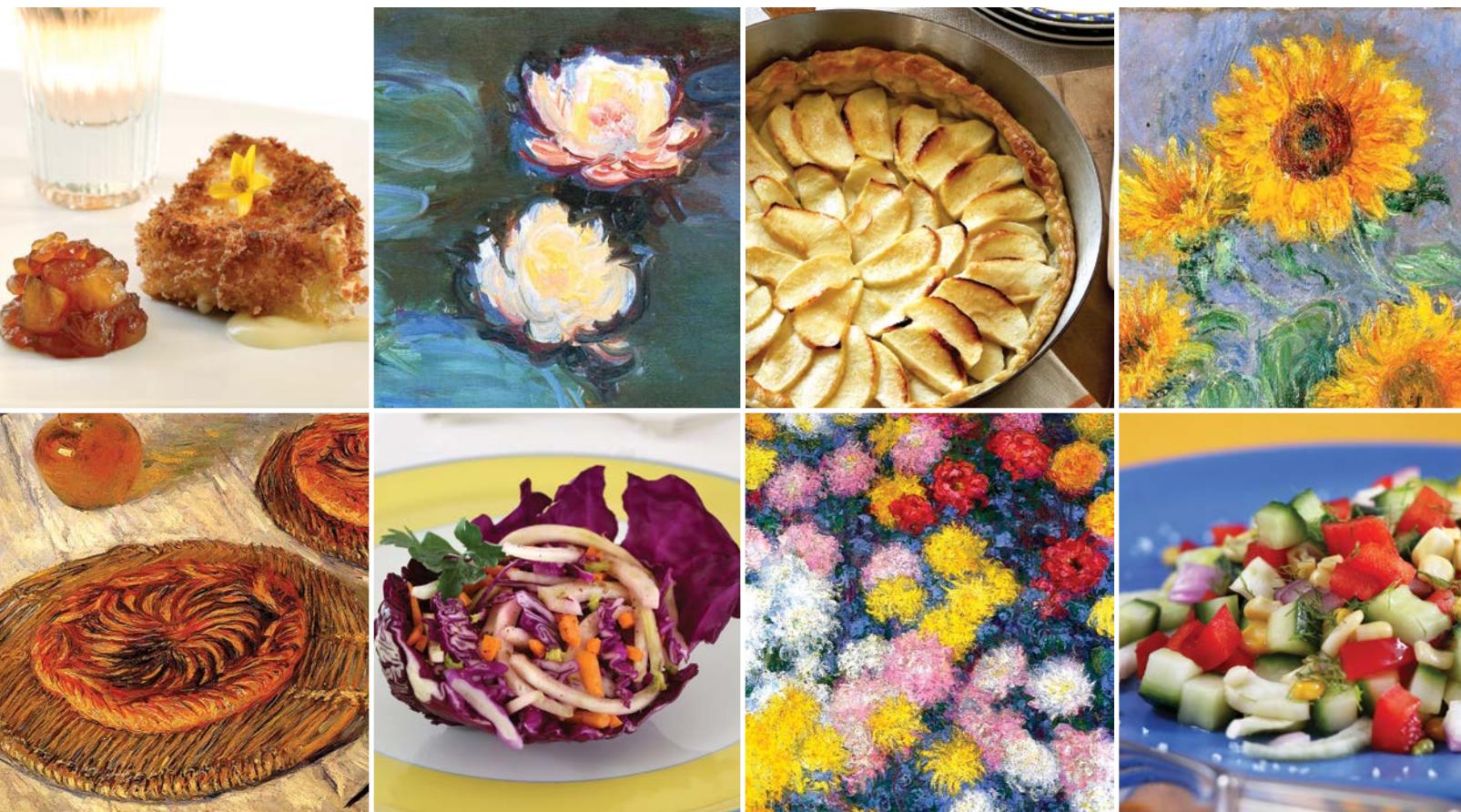
AILEEN BORDMAN & DEREK FELL

AILEEN BORDMAN is a filmmaker and founder of Monet's Palate, Inc., a company dedicated to sharing the world of Claude Monet. She has been immersed in the world of Claude Monet since 1980 and has more than 30 years of firsthand experience at Monet's home and gardens. Her knowledge and passion with respect to Claude Monet's lifestyle, cuisine, gardens and art prompted the creation of the Monet's Palate concept. Bordman independently wrote and produced the film *Monet's Palate*. The film has been screened from Cannes to New York, and was featured during the six-month "Monet's Garden" exhibit at the New York Botanical Garden in New York City.

DEREK FELL has written a series of books about the great Impressionist painters that has received wide acclaim, including *Renoir's Garden*, *The Magic of Monet's Garden*, *Cezanne's Garden* and *Van Gogh's Gardens*. For six years, Derek hosted the popular QVC television garden show *Step-by-Step Gardening* and publishes the monthly on-line gardening newsletter, the *Avant Gardener*. He lives with his wife, Carolyn, at historic Cedaridge Farm, Bucks County, Pennsylvania. There he cultivates gardens inspired by the Impressionist painters.

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Contents



FOREWORD BY MERYL STREEP

9

MONET'S PASSION FOR GOOD FOOD

10

MONET'S HOME

16

MONET'S KITCHEN GARDEN

28

THE RECIPES

58

APPETIZERS

60

MAIN COURSES

86

GARDEN-INSPIRED SIDE DISHES

126

DESSERTS

142

CRAFT COCKTAILS & SPIRITS

158

Acknowledgments 170

About the Authors 171

Index 172

Featured Paintings 176

Monet's Passion for Good Food

"I want to put in an order for two bottles of champagne and some morel mushrooms—that's what I fancy for some reason . . . "

—MONET, TO HIS WIFE, IN A LETTER FROM ITALY

MONET'S PALATE COOKBOOK: THE ARTIST AND HIS KITCHEN GARDEN AT GIVERNY is a unique culinary journey into the fascinating world of Claude Monet, his extraordinary kitchen garden and his taste for fine food. Monet surrounded himself with beautiful flower, fruit and vegetable gardens and developed a gourmet palate, supplying his table with the best of ingredients and even raising his own free-range chickens, turkeys and ducks. All of this provided motifs for his work and inspiration for his table.

Monet's Palate will be your culinary guide to a "life well lived," formulated by Monet more than a hundred years before the importance of the farm-to-table or garden-to-table lifestyle was fully appreciated. His desire for fresh garden vegetables and herbs extended beyond the flavor and health benefits that they could provide. His need to cultivate a kitchen garden, plant seeds and work the soil with his fingers allowed him to connect with nature in a spiritual way, feed his soul and see beauty oblivious to others.

From Calvados apple liqueur to Camembert cheese, the wonderful Normandy cuisine serves as a backdrop to Monet's rarefied culinary passion. His quest to travel the world in search of stimulating artistic motifs was also driven by his desire to discover new foods, memorable restaurant recipes and the finest strains of vegetable seeds for his kitchen garden. These discoveries were brought back to Giverny in fat recipe-filled notebooks for Marguerite, his cook, to replicate and serve in his radiant yellow dining room. The precious seeds carried in his pockets were for Florimond—in charge of his large kitchen garden—to grow outdoors if they were hardy, and

in cold frames if they needed more heat than the relatively cool Normandy climate could provide.

Considered by many to be the father of Impressionism, Claude Monet was one of a group of avant-garde painters who rebelled against traditional concepts of artistic merit. Until the invention of photography, a work of art was judged by its realism. When artists realized that it was impossible to be more realistic than a photograph, they sought new ways of artistic expression. Monet said it best when he told a journalist: "I paint what I see; I paint what I remember and I paint what I feel." It was what an artist felt about a subject that broke with tradition. Because this new style of painting was so different from classical art,

and represented what an artist saw with his inner eye, it took a long time for the public to appreciate its value. Until his mid-forties Monet struggled to earn a living. Only when his work began to sell to American collectors was he able to purchase his own home in Giverny and live the good life of a largely self-sufficient lifestyle.

Almost every franc that he earned, after taking care of his family's welfare, he would spend on the freshest ingredients for meals and improving the interior and exterior of his house. Originally a farmhouse with a cider press and called Le Pressoir, it became better known as the "Pink House" for the brick dust used to color its stucco façade. With the help of his second wife, Alice, he cleared the site to plant.

PLAN FOR A SMALL-SPACE KITCHEN GARDEN

Monet's kitchen garden was $2\frac{1}{2}$ acres, obviously too large for most people to contemplate. But Derek Fell created a design based on Monet's layout of geometric-shaped beds at his home, Cedaridge Farm, in Bucks County, Pennsylvania. The planting plan, using raised beds to provide good soil depth and excellent drainage, shows a quadrant design featuring Monet's favorite vegetables, notably annual cool-season crops that are easy to grow from seed. Space is also provided for warm-season crops like snap beans, cucumbers, summer squash, tomatoes, peppers and eggplant. Bamboo stakes create a trellis for vines to grow vertically, saving valuable space.





Chervil adds a mild parsley flavor as a garnish, and its delicate leaf pattern is attractive. A hardy annual, it is best direct seeded several weeks before the last frost date. The variety 'French Fancy' has finely cut foliage for flavoring soups, stews and mixed salads.

Chives are hardy perennials that produce slender, hollow, onion-flavored leaves and beautiful ball-shaped pink flower heads. The leaves are usually chopped fine to add flavor to numerous foods, especially soups and egg dishes.

Cilantro, also known as coriander, has a delicate lemony taste that is used to flavor many vegetable dishes. A hardy annual, it is similar in appearance to chervil, making it an attractive garnish.

Dill is an essential flavoring with feathery leaves that enhance fish dishes, imparting a flavor similar to fennel. Dill seed is also used to flavor cooked cabbage and cucumber pickles.

Garlic is a type of onion that can vary in strength of flavor, depending on variety. It is a hardy biennial grown from cloves that are shaped like small orange wedges to form an aromatic bulb. Usually the cloves are peeled of their papery skin and thinly sliced so they melt into the cooking but impart a pleasant onion flavor.

Mint would have been grown in a special raised bed to prevent its aggressive roots spreading into unwanted areas. Monet would have used mint as a decorative garnish to melon, and if he had the sniffles he might have had Marguerite brew a cup of mint tea to relieve his sinuses. The two popular varieties used to make mint sauce for enhancing the flavor of

lamb dishes are spearmint (with a broad, velvet-like, serrated leaf) and peppermint (with a more pointed, shiny, serrated leaf).

Parsley is the king of garnishes, usually chopped fine to add a celery-like flavor and bright green color to many dishes. 'Triple Moss Curled' is grown as a hardy annual. There is also a flat-leaf variety, 'Italian Flat-Leaf,' that many gourmet cooks prefer. Always harvest from the edges of the plant so new shoots grow from the middle.

Rosemary is an aromatic evergreen with needle-like foliage and a pleasant aroma similar to thyme. It is valued for flavoring many kinds of meats, especially lamb, and also egg dishes. There are several popular varieties, including a weeping form that can cascade over retaining walls and upright kinds suitable for growing in a container. Both produce attractive blue flowers in summer.

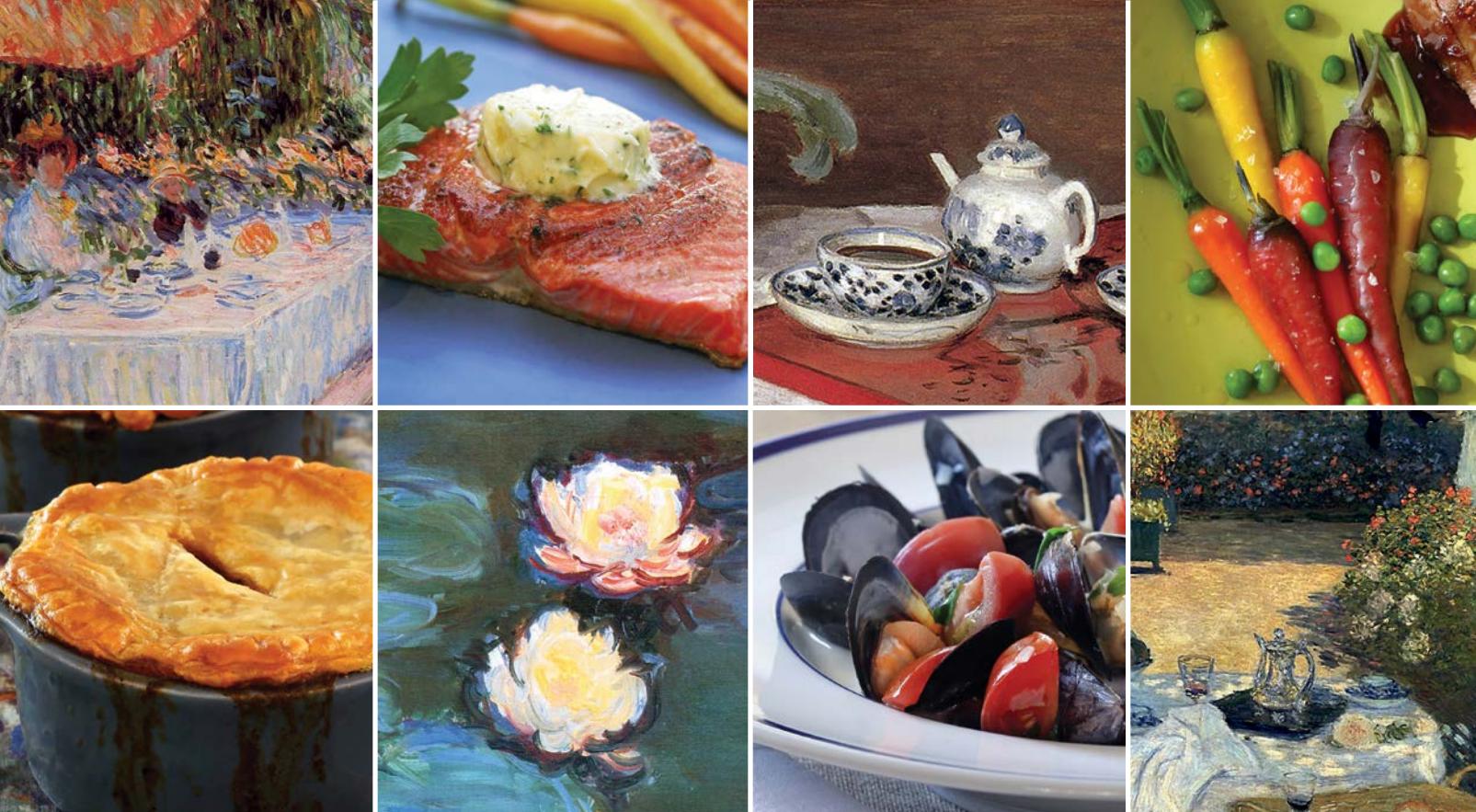
Sage leaves are 'blistered' like a savoy cabbage and taste like thyme. Sage is considered essential to any type of poultry dish, especially stuffing. It is also used in bouquets garnis to flavor soups and stews.

Tarragon has a faintly anise flavor and used for flavoring soups, stews and sauces. It is a hardy perennial, but be sure to choose French rather than Russian tarragon.

Thyme has small leaves with a sage-like flavor suited to soups and stews and poultry stuffing.

KALE. The shiny, dark-green leaves of kale have a strong cabbage-like flavor.

Main Courses



Aromatic Mussels with White Wine,
Crème Fraîche and Tomatoes 89

Sautéed Salmon with Herb,
Garlic and Citrus Butter and
Sautéed Baby Vegetables 93

Boeuf Bourguignon with Rosemary
Puff Pastry Crust 95

Roasted Cod with Fresh Corn, Red
Pepper, Onion and Caper Salad 98

Grilled Lamb Chops with Parsley
and Mint Vinaigrette 100

Crispy Duck Breasts with Berry and
Orange Glaze,
Mashed Potatoes and Peas
and Carrots 103

Roast Pork with Cherry Sauce 105

Bouillabaisse with Aioli 106

Gratin of Turbot, Carrots and Leeks
with Cider and Cream 108

Camembert Scrambled Eggs
with Tomato and Chives Topped
with Asparagus and Morel
Mushroom Sauté 109

Cold Poached Salmon with Endive,
Tomato and Red Onion Salad 113

Baked Cheese-Stuffed
Portobello Mushrooms with
Herbed Tomato Sauce 114

Roast Beef and Yorkshire Pudding
with Gruyère and Herbs 116

Omelet with Goat Cheese
and Fresh Herbs 119

Moussaka for Monet 120

Pasta with Broccoli, Brown
Butter and Sage 122

Venetian-Style Spaghetti
with Roasted Tomatoes,
Anchovies and Capers 125



Spinach, Fennel and Orange Salad with Sunflower Seeds and Tarragon Dressing

6 APPETIZER OR SIDE
DISH SERVINGS

- 2 tablespoons tarragon leaves, chopped
- 4 teaspoons (20 ml) orange juice
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/3 cup (80 ml) extra virgin olive oil
- 6 cups (180 g) baby spinach leaves
- 3 navel oranges, peeled and sectioned, divided
- 1/2 cup (50 g) thinly sliced fennel
- 1/4 cup (25 g) thinly sliced red onion
- 2 tablespoon roasted salted sunflower seeds

The traditional Italian pairing of orange and fennel—here teamed with spinach—gets a particularly Norman accent with the addition of tarragon, an herb that is a staple in every French kitchen garden, including that of Monet. (Note that true French tarragon is not grown from seed, only from cuttings, so look for potted rooted cuttings at your local farmers' market or garden store.) This crunchy and refreshing salad is a delicious prelude to just about anything that is simply roasted or grilled. It also makes a tasty light lunch dish. Pour any chilled dry white wine that you like.

Place tarragon, orange juice, mustard, salt and pepper in a small bowl. Slowly whisk in oil. Pour dressing in a large salad bowl. Add spinach, half of the orange sections, the fennel and onion and toss well. Adjust seasoning with additional salt and pepper if necessary. Garnish with remaining orange sections and sunflower seeds. Serve immediately.

Chilled Asparagus Salad with Olives, Capers and Orange

4 TO 6 SIDE DISH SERVINGS

1/4 cup (60 ml) extra virgin olive oil
2 tablespoons (30 ml) orange juice
2 teaspoons freshly grated orange peel, divided
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1/8 teaspoon red pepper flakes
1 cup (100 g) chopped pitted niçoise or kalamata olives
1 tablespoon capers, drained, rinsed and chopped
1 large garlic clove, minced
2 pounds (900 g) asparagus, ends trimmed

Asparagus is an early crop that was held in high regard by Monet, and he made sure that his cook, Marguerite, prepared it two ways. For Monet himself, who believed overcooking was sacrilegious, the asparagus was lightly steamed to make it tender, but not enough to lose its crisp, nutty flavor. For his family, who preferred their asparagus well cooked, Marguerite would prepare a separate batch. Here the spears are dressed with an olive, caper and orange relish that Monet surely would have liked, as it is similar to the tapenade that he enjoyed on his painting trips along the French Riviera. While we call for the asparagus to be chilled, you can also serve it warm or at room temperature. This dish is ideal for a light lunch—make sure to prepare extra relish to serve on the side with crusty bread—or an apt prelude to grilled lamb, chicken or fish. Pour a well-chilled rosé.

Place oil, juice, 1 teaspoon orange peel, salt, pepper and red pepper flakes in a medium-size bowl. Whisk well to blend. Add olives, capers and garlic and mix well. Cover and let stand at room temperature 1 hour. Adjust seasoning with salt and pepper if necessary.

Meanwhile, steam or boil asparagus until tender but still firm to bite; time will vary depending on size of asparagus. Drain well and rinse under cold water to stop cooking process and set color. Transfer asparagus to a platter and pat dry. Cover and refrigerate until cold.

Spoon olive mixture over asparagus. Garnish with remaining 1 teaspoon orange peel. Serve immediately.





Normandy French Apple Tart

4 DESSERT SERVINGS

4 squares or sheets prepared puff pastry

4 large golden delicious apples, peeled, cored and thinly sliced

Calvados or applejack

6 tablespoons (40 g) powdered sugar

Crème fraîche

Given the proliferation of apples in Normandy, it is not surprising that some variation of an apple tart is the signature dessert of the region. And, *bien sûr*, it was also a favorite of Monet and his family. He and his wife, Alice, brought back the recipe for Tarte Tatin, the renowned upside-down caramelized apple tart, from their stays at Hôtel Tatin in Lamotte-Beuvron, about 100 miles south of Paris. Monet painted a seductive version of an apple tart in a famous canvas titled *Les Galettes* (*The Cakes*). In the film *Monet's Palate*, Chef Maurice Amiot prepares the following simple yet sophisticated recipe. He recommends serving these individual tarts with crème fraîche, but vanilla ice cream or whipped cream would also be superb!

Preheat oven to 400 F (200 C). Cut each square puff pastry into an 8- to 9-inch (20 cm to 23 cm) circle and set on nonstick baking sheet; discard scraps or reserve for another use. Sprinkle apple slices with a little Calvados and toss to coat. Arrange apple slices on each pastry circle in concentric circles from outside edge of pastry to center. Bake 10 minutes. Dust each tart with 1½ tablespoons powdered sugar and continue baking until apples are tender and gently browned, 10 to 15 minutes. Increase heat to broil and broil until apples are caramelized, 2 to 3 minutes; do not burn. Drizzle each tart with a little Calvados. Serve immediately with dollop of crème fraîche.