Recreating The Last Meal On The Titanic

BY SUSAN M. SELASKY

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Interest in the Titanic sails on as the 100th anniversary of its April 15, 1912, sinking draws near.

Museums, theaters and even hotels are preparing special menus to mark the centennial.

Some organizers took menu cues from "Last Dinner on the Titanic: Menus and Recipes from the Great Liner" by Rick Archbold and Dana McCauley (Madison Press, \$25.95).

Then, like chef-owner Greg Reyner of Cafe Muse in Royal Oak, Mich., they looked for ways to modernize and economize.

"One of the menus had marrow," said Reyner, who is preparing the sold-out strolling buffet for 250 at Royal Oak's Baldwin Theatre on April 12. "We had to find things that were comparable."

For example, Reyner will serve caviar-topped deviled eggs instead of oysters. Beef consomme topped with scallops will become a tomato-based consomme served in cucumber

One of Reyner's entrees will be Chicken with Braised Leeks, Spinach and Apples, a take off on the Titanic's Roast Squab with Watercress.

"And we are contrasting the opulent first class with the steerage-esque, so to speak, third class," Reyner said. So a boiled dinner is also on the menu.

This is the 14th year for the Titanic dinner at the Kirby House in Saugatuck, Mich. Owner Jim Gowran began the events the year James Cameron's film won the Academy Award.

"We rotate the main entree each year," Gowran said.

This year, it's Filet Mignon Lili with creamed carrots and chateau potatoes.

Gowran's event April 14 will feature guests dressed in period costume or black tie. Each is given the name of a passenger and information about them.

"At the end of the dinner, they find out if they survived," Gowran said.

Braised Chicken With Leeks. Spinach And Apples

Serves: 8 / Preparation time: 15 minutes / Total time: 1 hour, 25

Greg Reyner, chef-owner of Cafe Muse in Royal Oak, developed this recipe based on one of the courses of the last first-class dinner on the Titanic - originally roast squab with watercress. Reyner substituted chicken thighs and spinach.

Flour for dredging (about) cup) Olive oil for frying (about \ cup) 8 large skinless, boneless chicken thighs

Sea salt and fresh cracked pepper

2 leeks (white parts only), sliced, rinsed well, diced

4 cloves garlic, peeled, diced 1 cup dry white wine, such as

Chardonnay 1 large apple (such as Granny

Smith), peeled and diced 2 cups fresh spinach, washed and

Preheat oven to 350 degrees. Place flour in a shallow dish or pie plate. In a large skillet, heat olive oil over medium heat. Pat chicken thighs dry with paper towels, dredge with flour and shake off excess. Working in batches, carefully add thighs to the skillet. Salt and pepper to taste. Once you have nice color on the thighs, turn and brown the second side. Once the chicken is browned, transfer to a baking dish. Add leeks and garlic to the skillet and saute for a minute, until softened. Deglaze with wine and add the diced apple. Pour everything over thighs. Cover tightly with foil and bake until chicken is tender, about 1 hour. Chicken should be tender but not falling apart. At this point, stir in the spinach and cook 10 minutes more, uncovered. Test for seasoning and add more salt and pepper to taste, if needed.

From Cafe Muse, Royal Oak. Tested by Susan Selasky in the Free Press Test Kitchen. Analysis based on 4 ounces cooked chicken thigh meat.

366 calories (46 percent from fat), 18 grams fat (4 grams sat. fat), 13 grams carbohydrates, 32 grams protein, 227 mg sodium, 109 mg cholesterol, 3 grams fiber.

Asparagus Salad With Champagne-Saffron Vinaigratte

Serves: 6 / Preparation time: 20 minutes / Total time: 20 minutes This is an ideal way to serve spring's favorite vegetable, asparagus. Using saffron in the vinaigrette lends a floral note.

1 1/2 pounds asparagus, rinsed Boiling salted water 1/4 teaspoon saffron threads 1 teaspoon boiling water

1 1/2 tablespoon Champagne vinegar or white wine vinegar 1/2 to 1 teaspoon Dijon-style mus-

Pinch of sugar 3 tablespoons olive oil Salt and pepper to taste 1/2 sweet red or yellow pepper,

6 leaf or butter lettuce leaves Holding the asparagus halfway up the stalk, snap off the woody ends at a natural breaking point and discard. In a wide, deep skillet or large pot



KATHLEEN GALLIGAN/DETROIT FREE PRESS/MCT Braised chicken with leek, spinach and apples is part of a menu inspired by meals servedon the Titanic.

of boiling salted water, cook the asparagus spears 3 minutes or until

they are tender but not limp. Drain and run them under cold water until they are completely cooled; drain well. Set aside.

Meanwhile, in a large bowl, stir the

Line a platter with lettuce leaves and arrange the asparagus mixture on From "Last Dinner on the Titanic:

the asparagus and diced pepper: toss

gently to coat with the vinaigrette.

Menus and Recipes from the Great Liner" by Rick Archbold and Dana Mc-Cauley (Madison Press, \$25.95). Tested by Susan Selasky in the Free Press Test Kitchen.

84 calories (76 percent from fat), 7 grams fat (1 gram sat. fat), 5 grams carbohydrates, 2 grams protein, 8 mg sodium, 0 mg cholesterol, 2 grams

Canapé's A L'Admiral

Makes: 20 canapé's / Preparation time: 25 minutes / Total time: 1

SHRIMP BUTTER

1 tablespoon vegetable oil 1 large shallot, peeled, ends re-

moved, minced 1 clove garlic, peeled, ends re-

moved, minced 8 ounces shrimp in shell, rinsed 1/4 cup brandy

4 ounces cream cheese, softened (regular or reduced fat)

coarsely chopped. Add the cream

until softened.

2 tablespoons butter, softened 1 tablespoon tomato paste 1/4 teaspoon salt

1/4 teaspoon pepper Dash of vanilla

CANAPÉ'S 20 slices (about 1/2-inch thick)

baguette teaspoon lime juice 10 small cooked shrimp, halved

lengthwise 20 fresh flat-leaf parsley leaves 2 tablespoons caviar (see note)

To prepare shrimp butter: In a large skillet, heat the oil over medium heat. Add the shallot and garlic. Cook, stirring often, for about 5 minutes or

Increase the heat to high and add the shrimp. Saute the shrimp for 4-5 minutes or until the shells are pink and the flesh is opaque. Remove the shrimp and cool. When cool enough to handle, peel shrimp and discard shells. Transfer the shrimp mixture to a blender or a food processor fitted with the steel blade. Then return the skillet to the heat and add the brandy. Cook, stirring, for about 30 seconds or until the brandy is reduced to a glaze. Scrape the glaze into the

shrimp mixture. Pulse the shrimp mixture until it is cheese, butter, tomato paste, salt, pepper and vanilla. Process until almost smooth. Set aside.

To prepare the canapé's: Place the baguette slices on a baking sheet and toast under the broiler for 1 minute per side or until lightly golden. Remove from broiler and set aside. Drizzle the lime juice over the cooked shrimp halves; stir and reserve.

To assemble canapé's: Place the shrimp butter in a pastry bag fitted with a decorative tube. Pipe the shrimp butter onto the toasted baquette slices, or spread mixture on slices using a table knife. Top each with a cooked shrimp half, parsley leaf and small amount of caviar.

Cook's note: Sauteing the shrimp in their shells enhances their flavor, but you can peel and devein the raw shrimp first. If desired, substitute lumpfish caviar for caviar.

From "Last Dinner on the Titanic: Menus and Recipes from the Great Liner" by Rick Archbold and Dana Mc-Cauley (Madison Press, \$25.95). Tested by Susan Selasky in the Free Press Test Kitchen

92 calories (45 percent from fat), 5 grams fat (2 grams sat. fat), 7 grams carbohydrates, 5 grams protein, 196 mg sodium, 38 mg cholesterol, trace

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saffron into the teaspoon of boiling

water. Let stand for 2 minutes or until

saffron is softened. Stir in the vinegar,

mustard and sugar. Whisk in the olive

oil. Season the mixture with salt and

pepper to taste. If you want the vinai-

grette thicker, add more Dijon, Add

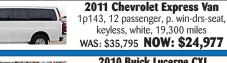
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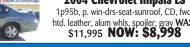












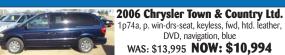


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