

FOOD & DRINK

WHAT'S COOKING AROUND TOWN

They put the class in meal preparation



Sue Rappaport



Andie Hubka and Jane Angwin with Asparagus and Prosciutto Bundles.

1 tablespoon unsalted butter
 ¼ cup milk
 6 ounces fontina cheese, cubed or shredded
 2 egg yolks
 3 tablespoons finely chopped chives
 Zest of one large lemon
 Freshly ground black pepper
Instructions: Preheat oven to 450 degrees. Cut about 2 inches off of the bottom of all asparagus and divide into 4 to 6 portions. Wrap each portion (about 5 asparagus) with 2 to 3 slices prosciutto, leaving the tips and ends exposed. Place them on a cookie sheet lined with parchment paper evenly spaced a few inches apart. Set aside (or prepare to this point up to one day in advance; cover and refrigerate).

Set a medium sized bowl over a pot of simmering water or use a double boiler. Add the butter and stir until melted. Whisk in the milk and cheese and stir until combined. Add the yolks, one at a time, stirring for three to four minutes after each yolk. Sauce should be thick enough to coat a spoon; you may need to add additional milk if it is too thick. Keep warm.

Place asparagus bundles in the oven and roast for 10 minutes.

To serve, ladle sauce over each bundle and top with chives, lemon zest and pepper.

Note: If fontina cheese is unavailable, substitute gruyere or gouda.

Sue Rappaport is a freelance writer in Rancho Mirage. To recommend someone for this feature, e-mail whatscooking4u@hotmail.com

Asparagus & Prosciutto Bundles with Fontina Sauce

Serves 4 to 6 as a first course or side dish
 1 bunch (approximately 1 pound) very thin asparagus
 12 to 16 slices thinly sliced Prosciutto di Parma

Names: Andie Hubka and Jane Angwin
Occupations: Andie and her mother, Jane Angwin are co-owners of Cooking with Class, 47875 Caleo Bay Drive in La Quinta, 777-1161 (www.cookingwithclasslaquinta.com). Andie is an instructor/executive chef and her mother is "executive of everything else" and a premier director at Windermere Real Estate.

Most memorable culinary experience: Andie remembers catering an awards banquet in Los Angeles for 5,000 Japanese businessmen.

Proudest cooking accomplishment: Both agree, opening their cooking school in March. Participation and demonstration classes are available for all ages and skill levels. During the summer, programs include kids' cooking classes, a series for the locals and baking and pastry classes for professional and non-professional students.

Interesting tidbits: Andie is writing a cookbook and was a participant in preparing the world's largest crême brûlée for the Guinness Book of World Records. Both daughter and mother have a secret desire to develop and produce a cooking TV show featuring their school and chefs.

What people don't know: Andie is

an avid poker player and Jane was a former flight attendant and learned how to fly.

Words of wisdom: "Food should be beautifully simple and simply beautiful." — Andie's grandmother

Restaurant preferences: Both love Roy's in Rancho Mirage and Okura in La Quinta.

Peanut butter, chicken link up in tasty salad

By J.M. HIRSCH
 AP FOOD EDITOR

Unable to handle another summer of gloopy, mayo-sodden pasta salads, I started tinkering.

And the winning idea actually came from a chicken sandwich. Wondering what to do with leftover grilled chicken breasts that had been marinated in peanut sauce, I decided on a whim to play up the peanuts.

Grabbing a piece of flatbread, I spread it with peanut butter. I then cut my cold chicken breast into thin strips and layered it in the wrap over the peanut butter. Odd? Yes. But truly delicious.

From that inspiration, I made the leap to a chilled pasta salad with chicken (which also would be delicious lightly warmed) in

which spicy peanut sauce stood in for the mayonnaise.

Asian noodles such as udon are a wonderful choice for this salad, especially if you plan to serve it as an entree. But since most people associate pasta salads with smaller, paper plate-friendly shapes, I stuck with spirals.

Hot and Cold Chicken Peanut Noodle Salad

Start to finish: 30 minutes. Serves 6 to 8
 1 pound spiral pasta
 1 cup frozen peas
 ½ cup chunky peanut butter
 ½ cup low-fat sour cream
 1 to 2 teaspoons hot sauce (more or less to taste)
 1 tablespoon cider or white vine-

gar
 2 tablespoons grated fresh ginger
 ½ cup orange juice
 Salt and freshly ground black pepper, to taste
 3 cups roughly chopped cooked and cooled chicken (about 1 pound meat)
 2 large carrots, diced
 3 scallions, chopped

Instructions: Bring a large pot of lightly salted water to a boil. Add the pasta and cook according to package directions.

Just as the pasta finishes cooking, add the peas and stir for 30 seconds. Drain and rinse the pasta and peas under cold water until cool. Let stand in the colander to drip excess water.

Meanwhile, in a blender combine the peanut butter, sour

cream, hot sauce, vinegar, ginger and orange juice. Blend until smooth. Season with salt and pepper. If the peanut sauce is too thick, add more orange juice or water until it is pourable.

In a large bowl, combine the chicken and carrots. Add the peas and pasta, then toss well. While continuing to toss, slowly pour in the peanut sauce. Mix until all ingredients are well coated.

Top the salad with scallions. The salad can be refrigerated or served immediately.

Nutrition information per serving: 381 calories; 126 calories from fat; 14 g fat (3 g saturated; 0 g trans fats); 51 mg cholesterol; 36 g carbohydrate; 29 g protein; 65 g fiber; 459 mg sodium.

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