

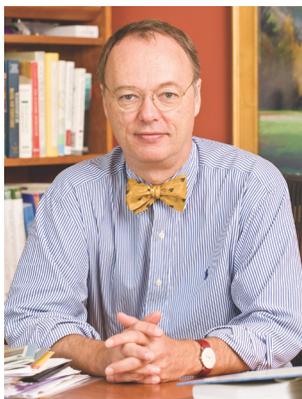
*from* AMERICA'S TEST KITCHEN

# A MENU INSPIRED BY THE 1920s



America's  
TEST KITCHEN

Dear *Downton Abbey* Fan,



I admit to being old enough to remember the first run of *Upstairs, Downstairs* as well as the incomparable *The Duchess of Duke Street*, which says something, I suppose, more about my age than my memory. However, the appeal of an enormous manor house with a kitchen harboring a coal stove the size of a small locomotive is undeniably appealing. Food was, indeed, the center of high-end Victorian and Edwardian living and a first-rate cook was in high demand.

If you are anything like me, you watch *Downton Abbey* on Masterpiece with a particular keen eye for the kitchen scenes, to suss out the techniques and the cookware, to look over the array of pastries, to watch Mrs. Patmore instruct Daisy in the finer points of baking, and to soak up the warm, enviable world of the *Downton Abbey* kitchen. I can feel the heat from the coal stove and the enshrouding warmth from the staff as they go about their jobs, side by side. It reminds me of why I love to cook – hard work and lessons learned result in immediate gratification and, of course, dinner. Good cooking satisfies on many levels.

I present this simple menu as a typical offering from the 1920s – shrimp cocktail, a crown roast of pork, dressed vegetables, dinner rolls, and a trifle for dessert. This menu is quite approachable – you won't need a staff of 10 to clarify stock, make elaborate pastries, or pull feathers from a pheasant!

Finally, I offer a toast to public television, to its enduring legacy of quality, and, most of all, to creating a place where we can visit together in a community of souls who love good entertainment, good food, and a commercial-free experience. Public television was a good idea almost a half century ago and it is an even better idea today.

Enjoy!

Cordially,

Handwritten signature of Christopher Kimball.

CHRISTOPHER KIMBALL  
Founder and Editor  
*America's Test Kitchen*

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# Shrimp Cocktail

**SERVES 6 TO 8**

The shrimp and sauce may be made up to 24 hours in advance and refrigerated.

## INGREDIENTS

### SHRIMP

- 2 pounds shell-on jumbo shrimp (16 to 20 per pound)**
- 2 ½ tablespoons salt**
- 10 sprigs fresh thyme**
- 2 teaspoons peppercorns**
- 3 bay leaves**
- ½ teaspoon celery seeds**
- 8 (2-inch) strips lemon zest plus ¼ cup juice, spent halves reserved (2-lemons)**
- 8 cups ice**

### COCKTAIL SAUCE

- 1 cup ketchup**
- ¼ cup prepared horseradish**
- 1 teaspoon Worcestershire sauce**
- 1 teaspoon lemon juice**
- ½ teaspoon Old Bay seasoning**
- ⅛ teaspoon cayenne pepper**

## INSTRUCTIONS

**1. FOR THE SHRIMP:** Using kitchen shears, cut through top shell of shrimp along vein line. Leave shell on and remove and discard vein. Combine shrimp, 4 cups cold water, salt, thyme, peppercorns, bay leaves, and celery seeds in Dutch oven. Set pot over medium-high heat and cook, stirring occasionally, until water registers 170 degrees and shrimp are just beginning to turn pink, 5 to 7 minutes.

**2.** Remove from heat and add lemon zest and juice and spent halves. Cover and let sit until shrimp are completely pink and firm, 5 to 7 minutes. Stir ice into pot and let shrimp cool completely, about 5 minutes. Drain shrimp in colander and peel, leaving tails intact. Refrigerate shrimp until ready to use.

**3. FOR THE COCKTAIL SAUCE:** Whisk all ingredients together in bowl until combined. Serve cocktail sauce with shrimp.



# Crown Roast of Pork

**SERVES 10 TO 12**

Buy a pork loin roast with rib bones that have been trimmed clean, or “frenched.” Check with the butcher that the chine bone has been cut from the crown roast; leaving this bone attached hinders even cooking. You want to buy the roast tied, but we tie it an extra time for more support during flipping. Use potatoes that measure 1 to 2 inches in diameter.

## INGREDIENTS

- Kosher salt and pepper**
- 3 tablespoons minced fresh thyme**
- 2 tablespoons minced fresh rosemary**
- 5 garlic cloves, minced**
- 1 (8- to 10-pound) bone-in pork loin roast (chine bone removed), tied into crown**
- 2 pounds small red potatoes, scrubbed**
- 10 ounces shallots, peeled and halved**
- 2 Golden Delicious apples, peeled, cored, and halved**
- 8 tablespoons unsalted butter, melted**
- ½ cup apple cider**
- 1 cup low-sodium chicken broth**

## INSTRUCTIONS

**1.** Combine 3 tablespoons salt, 1 tablespoon pepper, thyme, rosemary, and garlic in bowl; reserve 2 teaspoons for vegetables. Pat pork dry with paper towels and rub with remaining herb salt. Wrap kitchen twine twice around widest part of roast and tie tightly. Refrigerate roast, covered, for 6 to 24 hours.

**2.** Adjust oven rack to lower-middle position and heat oven to 475 degrees. Place V-rack inside large roasting pan. Toss potatoes, shallots, apples, 4 tablespoons butter, and reserved herb salt in large bowl and transfer to pan. Arrange roast bone side down in V-rack and brush with remaining 4 tablespoons butter. Roast until meat is well browned and registers 110 degrees, about 1 hour.

**3.** Remove roast from oven and reduce oven temperature to 300 degrees. Using 2 bunches of paper towels, flip roast bone side up. Add apple cider to pan and return to oven, rotating direction of pan. Roast until meat registers 140 degrees, 30 to 50 minutes. Place meat on carving board, tent loosely with aluminum foil, and let rest for 15 to 20 minutes.



**4.** Transfer apple halves to blender and potatoes and shallots to bowl. Pour pan juices into fat separator, let liquid settle, and then pour into blender. Process apples and pan juices until smooth, about 1 minute. Strain sauce through fine-mesh strainer into medium saucepan. Add broth and bring to simmer. Season with salt and pepper to taste. Remove twine, slice meat between bones, and serve with vegetables and sauce.

## Smashed Minty Peas

**SERVES 4 TO 6**

Be careful not to overprocess the peas. They can go from smashed to pureed in seconds.

### INGREDIENTS

- ½ cup low-sodium chicken broth**
- 1 pound frozen peas, not thawed**
- 2 cups chopped Boston or Bibb lettuce**
- 2 tablespoons chopped fresh mint**
- 4 tablespoons unsalted butter**
- ½ teaspoon sugar**
- Salt and pepper**

### INSTRUCTIONS

**1.** Bring broth, peas, lettuce, mint, butter, sugar, and salt and pepper to taste to simmer in medium saucepan over medium-high heat. Cover and cook until peas are tender, 8 to 10 minutes.

**2.** Transfer to food processor and pulse until coarsely mashed, about ten 1-second pulses. Adjust seasonings with salt and pepper and serve.

## Parker House Rolls

**MAKES 24 ROLLS**

### INGREDIENTS

- 1 ¼ cups whole milk**
- 2 tablespoons sugar**
- 1 envelope (about 2 ¼ teaspoons) instant or rapid-rise yeast**
- 1 large egg, lightly beaten**
- 4-4 ¼ cups (20 to 21 ½ ounces) unbleached all-purpose flour, plus extra for dusting**
- 1 ½ teaspoons salt**
- 14 tablespoons (1 ¾ sticks) unsalted butter, 8 tablespoons cut into 8 pieces and softened**

### INSTRUCTIONS

**1.** Adjust an oven rack to the lowest position and heat the oven to 200 degrees. Once the oven reaches 200 degrees, maintain the oven temperature for 10 minutes, then turn off the heat.

**2.** Heat the milk and sugar together in a small saucepan or in the microwave until the mixture is lukewarm (about 110 degrees). Whisk in the yeast and egg and set aside. Combine 4 cups of the flour and salt in the bowl of a standing mixer fitted with a paddle and mix at the lowest speed to blend, about 15 seconds. With the mixer running at low speed, add the liquid mixture in a steady stream. Mix until the flour is moistened, about 1 minute. With the mixer still running, slowly begin to add 8 tablespoons of the softened butter, 1 piece at a time, until it is incorporated into the dough. Increase the speed to medium and beat until the dough is thoroughly combined and scrappy, about 2 minutes longer.

**3.** Replace the paddle with a dough hook and knead the dough at medium speed until it is smooth but still sticky, about 6 minutes (adding more flour in 1-tablespoon increments, if necessary for the dough to clear the sides of the bowl). Scrape the dough out of the mixing bowl and onto a lightly floured work surface. Knead the dough by hand until it is very smooth and soft, but no longer sticky, about 1 minute. Transfer the dough to a very lightly oiled large bowl. Cover the bowl with plastic wrap and place it in the warmed oven until the dough doubles in size, about 45 minutes.



**4.** Once the dough has doubled, press it down, replace the plastic wrap, and allow the dough to rest for 5 minutes. Meanwhile, melt the remaining 6 tablespoons of butter and liberally brush 3 tablespoons of it on the bottom and sides of a large rimmed baking sheet.

**5.** Divide the relaxed dough into 2 equal pieces and, with your hands, pull and shape each piece until it is 18 inches long and about 1 ½ inches across. With a bench scraper, cut each length of dough into twelve 1 ½-inch pieces (each piece will weigh about 1 ½ ounces). Loosely cover all 24 pieces with plastic wrap. Following the photos, round and shape the rolls, then place them on the prepared baking sheet in three evenly spaced rows. Lightly brush the tops of the rolls with the remaining 3 tablespoons of melted butter and loosely cover them with plastic wrap. Set the rolls in a warm place and let them rise until almost doubled in size and touching each other, about 45 minutes.

**6.** When the rolls are almost fully risen, adjust the oven rack to the middle position and heat the oven to 375 degrees. Bake the rolls until the tops are dark golden brown, 20 to 22 minutes. Transfer the rolls to a wire rack and cool them for 10 minutes. Serve warm.

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# Parker House Rolls

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**WHERE THINGS CAN GO WRONG:** When rounding the dough and shaping the rolls, it is important to keep the remaining dough covered, otherwise it will quickly dry out and develop a skin. Also, here's a tip when rolling the dough out: It is important to keep the edges thicker than the center so that they will adhere to each other when the dough is folded and not puff open during baking. We learned the hard way, as batch after batch of poorly rolled dough unfolded in the oven to look like open clams.

**WHAT YOU CAN DO AHEAD OF TIME:** After transferring the dough to an oiled bowl in step 3, cover the bowl tightly with plastic wrap and refrigerate the dough for up to 16 hours. Before continuing with step 4, remove the dough from the refrigerator and let stand at room temperature for 30 minutes. Alternatively, after laying the shaped rolls on the prepared baking sheet in step 5, cover the baking sheet tightly with plastic wrap and refrigerate the rolls for up to 16 hours. Before baking in step 6, let the rolls sit at room temperature until they have nearly doubled in size and spring back slowly when indented with a finger, 30 to 60 minutes.

### SHAPING PARKER HOUSE ROLLS



**1.** Divide relaxed dough into 2 equal pieces and, with your hands, pull and shape each piece until it is 18 inches long and about 1½ inches across.



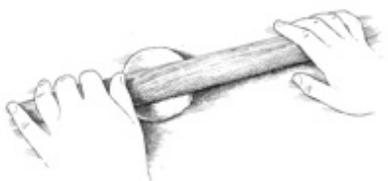
**2.** With bench scraper, cut each length of dough into twelve 1½-inch pieces (each piece will weigh about 1½ ounces). Loosely cover all 24 pieces with plastic wrap.



**3.** With cupped palm, roll each piece of dough into smooth, tight ball and then loosely cover it with plastic wrap.



**4.** Beginning with ball rounded first (because dough has relaxed), use palm of your hand to flatten ball of dough into ½-inch-thick circle.



**5.** With small rolling pin, floured to prevent sticking, flatten out center of dough until circle becomes rough oval. Make sure to keep edges thicker than middle.



**6.** Lightly brush dough with melted butter, then fold in half and seal edges. Place roll on prepared baking sheet. Repeat steps 4 through 6 with remaining balls of dough.

## Tipsy Squire

**SERVES 10 TO 12**

The beauty of this trifle is that most of the components can (if not should) be made in advance. Once assembled, Tipsy Squire actually improves after an overnight stay in the fridge. You'll need a 3-quart trifle dish to make this impressive dessert. Bake shops sell sponge cake in various sizes; just trim larger cakes to suit this recipe. To stale cake rounds, leave them uncovered on the counter overnight or place them on a wire rack over a baking sheet in a 200-degree oven for 3 hours.

### INGREDIENTS

#### TIPSY SQUIRE

- 2 (8-inch) round stale sponge cakes (each about 1 ½ inches thick), homemade or store-bought**
- 1 ½ cups cream sherry**
- 1 cup seedless raspberry jam**
- 2 cups heavy cream**
- 1 recipe Easy Custard (recipe follows)**
- 40 small almond macaroons or amaretti cookies, homemade or store-bought**
- 1 cup fresh raspberries**

#### EASY CUSTARD

- 2 cups heavy cream**
- ½ cup sugar**
- pinch table salt**
- 5 large egg yolks**
- 3 tablespoons cornstarch**
- 4 tablespoons cold unsalted butter, cut into 4 pieces**
- 1 ½ teaspoons vanilla extract**

### INSTRUCTIONS

**1. FOR THE TIPSY SQUIRE:** Slice each cake round in half horizontally. Brush each cut side of one cake with ¼ cup sherry, then spread with ¼ cup jam. Stack 2 cut sides together (resulting in jam sandwich). Repeat with second cake to make second jam sandwich. Cut each cake into 5 long slices, then cut 5 more slices crosswise. (Reserve small jam cakes for nibbling; you will need 30 to 40 of the larger jam cakes for step 3.)



**2.** Beat cream and ¼ cup sherry with electric mixer at medium-high speed to soft peaks. Reduce speed to low, gradually add custard, and mix well, about 1 minute. Toss macaroons with remaining ¼ cup sherry in large bowl.

**3.** Arrange 12 to 14 (depending on size) macaroons in single layer to cover bottom of 3-quart trifle bowl. Spoon 2 cups custard mixture evenly over macaroons. Arrange 15 to 20 jam cakes in single layer on custard. Top with 2 cups custard mixture. Repeat layering of cookies, custard mixture, jam cakes, and custard mixture once more. Arrange remaining 12 to 16 macaroons in circle midway between rim of bowl and center of trifle, so that they stick up slightly like a crown. Cover tightly with plastic wrap and refrigerate at least 12 hours or up to 2 days. When ready to serve, pile raspberries inside macaroons.

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# Tipsy Squire

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**4. FOR THE EASY CUSTARD:** Heat cream, 6 tablespoons sugar, and salt in heavy saucepan over medium heat until simmering, stirring occasionally to dissolve sugar. Meanwhile, whisk egg yolks in medium bowl until thoroughly combined. Whisk in remaining 2 tablespoons sugar until sugar begins to dissolve. Whisk in cornstarch until mixture is pale yellow and thick, about 30 seconds.

**5.** When cream mixture reaches full simmer, gradually whisk half into yolk mixture to temper. Return mixture to saucepan, scraping bowl with rubber spatula; return to simmer over medium heat, whisking constantly, until 3 or 4 bubbles burst on surface and mixture is thickened, about 1 minute. Off heat, whisk in butter and vanilla. Transfer mixture to bowl, press plastic wrap directly on surface, and refrigerate until set, at least 3 hours or up to 2 days.