



FLORENCE FABRICANT

# *The* LADIES' VILLAGE IMPROVEMENT SOCIETY COOKBOOK

*Eating and Entertaining in East Hampton*

PHOTOGRAPHY BY DOUG YOUNG  
FOREWORD BY MARTHA STEWART











# Fettuccine with Asparagus and Blue Cheese

PIERRE FRANEY

1¼ POUNDS MEDIUM ASPARAGUS, ENDS SNAPPED OFF  
2 TABLESPOONS EXTRA VIRGIN OLIVE OIL  
2 TABLESPOONS UNSALTED BUTTER  
4 WELL-DRAINED CANNED PLUM TOMATOES, SEEDED AND DICED  
1 CLOVE GARLIC, MINCED  
SALT  
12 OUNCES FETTUCCINE  
FRESHLY GROUND BLACK PEPPER  
4 OUNCES AMERICAN BLUE CHEESE, CRUMBLED  
¼ CUP COARSELY CHOPPED FLAT-LEAF PARSLEY LEAVES  
FRESHLY GRATED PARMIGIANO-REGGIANO FOR SERVING

Slice the asparagus on the bias into ½-inch pieces.

Heat the olive oil and butter in a large skillet over medium heat. Add the asparagus, tomatoes, and garlic and sauté, stirring, for about 2 minutes, until the asparagus becomes somewhat tender. Remove from the heat. This step can be completed up to an hour in advance.

Shortly before serving, bring a large pot of salted water to a boil and add the fettuccine. Cook until al dente, 6 to 7 minutes. Remove ½ cup of the pasta water and reserve. Drain the fettuccine and add it to the skillet with the asparagus. Season with pepper. Heat over medium-low, using tongs to incorporate the ingredients. Add half the reserved pasta water and the blue cheese. Stir to combine the ingredients, adding more pasta water as needed. Season with more salt and pepper if desired, shower with the parsley, and serve with the Parmigiano-Reggiano on the side.

**IMPROVEMENT:** Feta cheese can be a nice stand-in for the blue cheese.

This French chef settled in Springs and lived in the town for decades. His son, Jacques, owns a wine shop in town. Pierre Franey was also known as Craig Claiborne's cooking partner at *The New York Times*. The two of them wrote countless columns in Claiborne's house, Franey at the stove and Claiborne typing away, trying to keep up. "How many cups was that, Pierre?" he would call out. Though he was French through and through, American food rubbed off on Franey, as with this recipe, which is not particularly French at all.

**SERVES 4**







There's basil galore sold at farm stands or picked from backyards and even flowerpots on a deck. Pesto made from local basil is sold at most of the stands, from Amber Waves and Round Swamp Farm to the Green Thumb. But the important feature of this recipe, which was contributed by a chef whose Italian seafood restaurant now occupies the former Laundry restaurant building (see page 34), is quickly blanching then icing the basil. That's what you must do if you want your pesto to remain bright green. Try to find basil with smaller leaves; it will have the best flavor.

**SERVES 4**

**IMPROVEMENT:** This recipe includes potatoes with the pasta, a typical recipe from Liguria, the coastal region of Northern Italy that is the home of pesto. Some recipes also include inch-long pieces of tender cooked green beans. You can add those, too.

# Trofie al Pesto

**MAURIZIO MARFOGLIA,  
DOPO LA SPIAGGIA**

BASIL PESTO (RECIPE FOLLOWS)

SALT

4 MEDIUM RED BLISS POTATOES (ABOUT 8 OUNCES), CUT INTO ¾-INCH DICE

1 POUND TROFIE OR OTHER SHORT TWISTED PASTA  
(SUCH AS STROZZAPRETI, FUSILLI, OR GEMELLI)

GRATED PARMIGIANO-REGGIANO FOR SERVING

Prepare the basil pesto.

Bring a large pot of salted water to a boil. Add the potatoes and pasta and cook for about 10 minutes, until the pasta is al dente. Remove ½ cup of the pasta water to a large, warm bowl. Stir the pesto sauce into the water. Drain the pasta and potatoes, add to the bowl, fold the ingredients together, and serve with cheese.

## BASIL PESTO

**MAKES ABOUT 1 CUP**

1 CUP PACKED FRESH BASIL LEAVES

1 CLOVE GARLIC, PEELED

2 OUNCES PARMIGIANO-REGGIANO, CUT INTO SMALL CHUNKS

¼ CUP PINE NUTS

½ CUP EXTRA VIRGIN OLIVE OIL

SALT AND FRESHLY GROUND BLACK PEPPER

Prepare a small bowl of ice water. Bring a 2-quart saucepan of water to a boil. Drop in the basil leaves and fish them out with tongs after 30 seconds. Transfer them to the ice water for a couple of minutes. Drain and press with paper towels to dry. Coarsely chop them.

Turn on a food processor. Drop in the garlic through the feed tube. When the garlic is minced, stop the machine, scrape down the sides, and place the basil, cheese, and pine nuts in the machine. Process until finely ground. With the machine running, slowly pour in the olive oil. Scrape down the sides of the work bowl, season with salt and pepper, transfer to a container, and refrigerate for at least 30 minutes.

PASTA ON THE PORCH







# “Oven-Fried” Garlic Chicken

GEORGE HIRSCH

1 TEASPOON DRIED SAGE  
1 TEASPOON DRIED OREGANO  
1 TEASPOON DRIED THYME  
1 TEASPOON SWEET PAPRIKA  
1½ TEASPOONS GARLIC POWDER  
SEA SALT AND FRESHLY GROUND BLACK PEPPER  
12 CHICKEN THIGHS WITH SKIN AND BONES  
JUICE OF ½ LEMON  
1 TABLESPOON GRAPESEED OIL  
1¼ CUPS ALL-PURPOSE FLOUR

Combine the sage, oregano, thyme, paprika, garlic powder, and salt and pepper to taste in a shallow bowl. Coat the chicken with the seasoning mixture, sprinkle with the lemon juice, and place on a platter. Cover and refrigerate for at least 30 minutes or overnight.

Preheat the oven to 425°F.

Select a roasting pan with sides that will hold the chicken in a single layer without crowding. Brush the bottom of the pan with the oil. Place the flour in a bag or a bowl and coat the chicken with the flour one piece at a time, shaking off any excess. Arrange the chicken in a single layer in the pan, skin-side up. Bake for 15 minutes. Reduce the oven temperature to 350°F and continue baking until the chicken is crisp and golden brown. Let the chicken rest for at least 5 minutes or let it come to room temperature before serving.

**IMPROVEMENT:** The recipe can be doubled or tripled.

“Who doesn’t like fried chicken?” That’s the question posed by this chef and cooking instructor based in Southampton. But like most of us, he admits to not wanting to take the time and effort to prepare it, to say nothing about the health concerns. His solution is to bake it. The result is excellent served at room temperature. Though his original recipe called for a whole chicken, cut up, he also advised that using all dark meat produces the best results, so that’s what you have here.

**SERVES 6 OR MORE**







# Monkfish with Lemon and Capers

CAROL KENNEDY

1½ POUNDS MONKFISH (BLACKFISH OR OTHER FIRM-TEXTURED, WHITE-FLESHED FISH CAN BE SUBSTITUTED)

COARSE SEA SALT

¼ CUP ALL-PURPOSE FLOUR

1 TABLESPOON CORNSTARCH

3 TABLESPOONS EXTRA VIRGIN OLIVE OIL

6 TABLESPOONS UNSALTED BUTTER

1 SHALLOT, FINELY CHOPPED

½ CUP DRY WHITE WINE

1½ TEASPOONS DRAINED SMALL CAPERS

1 LEMON, ZEST GRATED, THE REMAINING LEMON CUT IN THIN SLICES

1 TABLESPOON FRESH TARRAGON LEAVES, PLUS A FEW SPRIGS FOR GARNISH

Use a sharp knife to remove any silverskin from the fish. Rinse the fish and pat dry. Dust with salt and let sit for 10 minutes. Rinse and pat dry. Slice the fish crosswise into 8 medallions. In a shallow bowl, mix the flour and cornstarch together. Lightly dredge the fish in this mixture.

In a heavy skillet large enough to hold the fish, heat the olive oil with 2 tablespoons of the butter over medium heat. Add the fish and sauté until golden brown on one side, about 3 minutes. Sprinkle half the shallots into the pan, turn the fish, and lightly brown on the second side for another 2 to 3 minutes. Remove the fish to a warm platter, leaving any shallots in the pan.

Add the wine and cook over medium-high heat a minute or two, until it has reduced by one-third. Lower the heat and add the remaining 4 tablespoons butter in bits, swirling the pan to thicken the sauce. Add the remaining shallots, the capers, lemon zest and slices, and tarragon. Season with salt. Return the fish to the pan, baste with the sauce, then transfer the fish to a serving platter. Pour the sauce over, garnish with tarragon sprigs, and serve.

**IMPROVEMENT:** Floured and sautéed monkfish slices, like the fish used in this recipe, can stand in for veal piccata in a lemon or Marsala sauce.

Once considered a “trash fish” with little commercial value, monkfish has become one of the highlights of the local catch. The French, who call it lotte, have given it cachet. Only the firm, rich tail meat is used. Blackfish, another local prize, is still underutilized but can stand in for monkfish with its dense texture, so easily sliced and sautéed. The recipe comes from an LVIS member who has cooked professionally and was an anchor in the kitchen in the days when all the food sold at the Fair was prepared from donated ingredients by members using a nearby church kitchen. One year she turned twenty pounds of chicken into salad with grapes, walnuts, and tarragon mayonnaise. To prepare this recipe a couple of hours in advance, complete it up to the addition of the wine. Then shortly before serving, make the sauce and reheat the fish in it.

**SERVES 4**







This recipe, from the performance artist who lives part time in Springs, is flat-out delicious—so much so that when I made it for Thanksgiving instead of my usual potato gratin, no one missed the dish. The mushrooms were my idea, added with Laurie’s approval.

**SERVES 6 TO 8**

# Birdhouse Potatoes with Brussels Sprouts, Snap Peas, and Mushrooms

**LAURIE ANDERSON**

SALT

10 SMALL YUKON GOLD POTATOES

1 CUP SUGAR SNAP PEAS

1 PINT BRUSSELS SPROUTS (ABOUT 20), RINSED, TRIMMED, AND HALVED

1½ TABLESPOONS EXTRA VIRGIN OLIVE OIL

ZEST OF 1 LEMON

½ CUP MINCED SHALLOTS

4 OUNCES MEDIUM CREMINI MUSHROOMS, STEMMED AND QUARTERED

1¼ CUPS HEAVY CREAM OR HALF-AND-HALF

1 TABLESPOON DIJON MUSTARD

FRESHLY GROUND BLACK PEPPER

1 TABLESPOON FRESH THYME LEAVES

Bring a pot of water with ½ teaspoon salt to boil. Add the potatoes, reduce the heat to medium, and cook until tender, 10 to 12 minutes. Remove the potatoes and set them aside to cool. Add the peas to the pot, cook for 5 minutes, then drain them.

Toss the Brussels sprouts with 1½ teaspoons of the olive oil and the lemon zest and season with salt. Arrange them cut-side down in a large heavy skillet. Place over high heat, and when the Brussels sprouts start to sizzle, lower the heat to medium and cook for about 10 minutes, until lightly browned. Remove them from the pan. Add the shallots to the pan and cook until they have softened, about 5 minutes. Add the remaining oil. Stir in the mushrooms and cook until the mushrooms have wilted, another 5 minutes or so. Add the peas and cook briefly, stirring, until they have softened a bit, about 3 minutes. Quarter the potatoes and add them.

In a small bowl, whisk the cream and mustard together and add to the pan. Reduce the heat to low and cook, stirring, for about 5 minutes to slightly thicken the sauce. Season with salt and pepper. Transfer to a warm dish, scatter with the thyme, and serve.







Chef should be added to the resume of Dan Rizzie, an artist and musician who lives in Sag Harbor. This chicken with a delicious tarragon-mustard sauce calls for an unusual method for roasting and a professional technique for sauce making. For his chickens, Rizzie relies on Iacono Farm, an East Hampton institution (see page 188).

**SERVES 4**

**IMPROVEMENT:** If possible, use high-fat butter. The federal standard for butter is 80 percent fat, but there are butters sold that are anywhere from 82 to 85 percent fat. Those few percentage points mean there is less water in the butter, making it more effective for enriching and thickening sauces and for baking.

# Roast Chicken with Tarragon

**DAN RIZZIE**

1 TABLESPOON KOSHER SALT OR FINE SEA SALT  
½ TEASPOON FRESHLY GROUND BLACK PEPPER  
1 (3- TO 4-POUND) CHICKEN, PREFERABLY LOCAL OR ORGANIC  
1 TABLESPOON EXTRA VIRGIN OLIVE OIL  
1 SHALLOT, MINCED  
1 CUP CHICKEN STOCK  
2 TEASPOONS DIJON MUSTARD  
2 TABLESPOONS UNSALTED BUTTER, SOFTENED  
1 TABLESPOON MINCED FRESH TARRAGON LEAVES  
2 TEASPOONS LEMON JUICE

Place a 12-inch cast iron skillet in the oven. Heat the oven to 450°F.

Mix the salt and pepper together in a small bowl. Tie the legs of the chicken together and tuck the wingtips behind the chicken. Dry the chicken with paper towels. Rub the chicken all over with the olive oil. Reserve about ½ teaspoon of the salt and pepper mixture and rub the rest all over the chicken, inside and out.

Using oven mitts or a heavy folded towel, carefully place the chicken, breast-side up, in the hot skillet in the oven. Roast for 30 minutes. Turn off the oven and leave the chicken in the oven for another 30 minutes. Do not open the oven door during this time. At the end, an instant-read thermometer inserted in the breast should read 150°F, the thigh should register 165°F, and the skin should be nicely browned. Remove the pan from the oven and transfer the chicken to a cutting board. Place the pan on the stove. Have a warm serving platter ready.

Skim all but 1 tablespoon of the fat from the pan and discard it. Turn the burner to medium and add the shallot. Cook for a minute or two, until softened and starting to brown. Stir in the stock and mustard, scraping up any browned bits in the pan. Cook for a few minutes, until reduced to about ¾ cup. Remove the pan from the heat.





Cut the chicken into 8 or 10 sections and transfer to a warm platter. Tent with foil to keep warm. Return the skillet to a burner over very low heat. Whisk in the butter bit by bit. Stir in the tarragon and lemon juice. Season with some of the reserved salt and pepper if needed. Spoon the sauce over the chicken and serve.







# Classic Potato Salad

BONNY REIFF-SMITH

2 POUNDS MEDIUM YUKON GOLD POTATOES, WASHED  
(ABOUT 10 POTATOES)

½ CUP FINELY CHOPPED VIDALIA ONION

¼ CUP FINELY CHOPPED SHALLOTS

3 TABLESPOONS RICE VINEGAR OR CIDER VINEGAR

SALT AND FRESHLY GROUND BLACK PEPPER

1½ CUPS MAYONNAISE, STORE-BOUGHT OR HOMEMADE,  
AT ROOM TEMPERATURE

4 LARGE HARD-COOKED EGG YOLKS (OPTIONAL)

3 TABLESPOONS MINCED FRESH CHIVES

Place the potatoes in a large saucepan, cover with water, and bring to a boil. Reduce the heat to low and simmer until the potatoes are tender when pierced with a paring knife, about 20 minutes. Drain and, as soon as the potatoes are cool enough to handle, cut them into 1-inch pieces, with the skin.

Place the onion and shallots in a large bowl. Put the warm potatoes on top and douse with the vinegar. Season with salt and abundant pepper and fold all the ingredients together.

Place the mayonnaise in a separate bowl and stir. Crush the egg yolks, if using, and add them to the mayonnaise. Fold the mayonnaise mixture into the potatoes. Transfer to a serving dish, shower with chives, and serve.

**IMPROVEMENT:** In place of mayonnaise, consider using aioli (page 89).

This LVIS member, an excellent cook and a cookbook committee stalwart, knows when it's best to keep things simple. When we needed a potato salad for this book, she volunteered hers, a keeper.

**SERVES 6 TO 8**







The LVIS member who contributed this recipe did not highlight it as being vegan. Her original recipe called for chicken broth, not vegetable broth, but she pointed out that the substitution can be made to please a vegetarian. She may not have realized it was actually vegan.

**SERVES 6**

# Vegan Curried Cauliflower Soup

**JOAN McGIVERN**

6 CLOVES GARLIC, MINCED  
2 CUPS FINELY MINCED ONIONS  
3 TABLESPOONS EXTRA VIRGIN OLIVE OIL  
3 TABLESPOONS CURRY POWDER, OR TO TASTE  
1 TABLESPOON GROUND CUMIN  
6 CUPS VEGETABLE BROTH  
4 CUPS CAULIFLOWER FLORETS (ABOUT 1 SMALL HEAD)  
5 TABLESPOONS UNSWEETENED CANNED COCONUT MILK (NOT LIGHT)  
¾ CUP UNSALTED PISTACHIOS, COARSELY CHOPPED  
SALT AND FRESHLY GROUND BLACK PEPPER

Place the garlic and onions in a 4-quart saucepan. Add the oil and sauté over low heat until the garlic and onion are softened but not browned, about 3 minutes. Stir in the curry powder and cumin and sauté for another 5 minutes or so, until the spices are fragrant. Add 3 cups of the broth, increase the heat to medium, and simmer for 15 minutes. Add the cauliflower and the remaining 3 cups broth and continue to simmer until the cauliflower is very tender, 15 to 20 minutes more. Let cool briefly, then transfer the mixture to a food processor or a blender (in batches if needed) and puree.

Return the soup to the saucepan and add the coconut milk and ½ cup of the pistachios. Season with salt and pepper. Bring the soup to a simmer and cook for about 5 minutes, then serve with the remaining ¼ cup pistachios on top.

**IMPROVEMENT:** Thin the soup a bit with additional broth; also, it's delicious served cold.



Having a quiche in one's repertoire is essential. It can provide hors d'oeuvres, a first course, a main course, and, without the cheese but with sufficient sweetening or fruit, a custard tart for dessert. Through early fall in the Hamptons, zucchini are still abundant. This LVIS member's recipe exploits them before they're gone.

**SERVES 6**

# Zucchini-Sausage Quiche

**NANCY ERDOS**

PASTRY FOR 9-INCH TART (RECIPE FOLLOWS)

ALL-PURPOSE FLOUR FOR THE WORK SURFACE

4 TABLESPOONS UNSALTED BUTTER

2 CUPS SHREDDED ZUCCHINI (FROM ABOUT 3 SMALL ZUCCHINI)

2 LINKS (8 OUNCES) SWEET ITALIAN SAUSAGE, CASINGS REMOVED,  
CRUMBLED

1 CUP SHREDDED GRUYÈRE CHEESE

4 LARGE EGGS

1½ CUPS HALF-AND-HALF

SALT AND FRESHLY GROUND BLACK PEPPER

¼ CUP GRATED PARMIGIANO-REGGIANO

Prepare the pastry.

Preheat the oven to 450°F.

Roll the pastry into a 12-inch circle on a lightly floured surface. Line a 9-inch tart pan with the pastry, trim the edges, line with foil, and fill with pastry weights or dry beans. Bake for about 8 minutes, until the pastry looks dry. Remove from the oven, remove the foil and weights, and set aside to cool. Leave the oven on.

Melt 2 tablespoons of the butter in a skillet. Add the zucchini and sauté for about 2 minutes, until wilted. Spread the zucchini in the tart shell.

Melt the remaining 2 tablespoons butter in the skillet over medium heat. Add the sausage pieces to the skillet and cook, stirring and crushing with a fork, until the sausage becomes uniformly textured and has lost its pink color, about 5 minutes. Meanwhile, line a dish with a paper towel. Transfer the sausage to the paper towel to drain, then add it to the tart shell. Scatter the Gruyère cheese on top.

Beat the eggs in a medium bowl, stir in the half-and-half, and season with salt and pepper. Pour the egg mixture into the tart shell. Dust with the Parmesan cheese.





Bake for 10 minutes, lower the oven temperature to 350°F, and bake for another 30 minutes or so, until the filling feels firm. Remove from the oven, let cool for 15 to 20 minutes, then serve.

## PASTRY

### MAKES ONE 9-INCH TART SHELL

1½ CUPS ALL-PURPOSE FLOUR, PLUS EXTRA FOR ROLLING

½ TEASPOON SALT

4 OUNCES (1 STICK) COLD UNSALTED BUTTER, CUT INTO ½-INCH PIECES

1 LARGE EGG YOLK

4 TABLESPOONS COLD WATER, PLUS MORE IF NEEDED

Place the flour and salt in a food processor. Pulse briefly to mix. Add the butter and pulse about 15 times, until the mixture is uniformly crumbly.

In a small bowl, beat the egg yolk with the cold water. Sprinkle over the flour mixture in the food processor and pulse until the mixture starts to come together. Add a little more water if needed. Gather the dough into a ball, place it on a lightly floured work surface, and form it into a smooth disc. Wrap it in plastic and refrigerate for 30 minutes.

**IMPROVEMENT:** Though the recipe calls for sweet Italian sausage, it is also excellent when made with a mixture of sweet and hot sausage, crumbled cooked bacon, or chorizo. And for non-meat eaters, diced smoked seafood is an option.







East Hampton has a storied literary heritage, with a long list of prominent writers among its residents. Philip Schultz, the Pulitzer Prize-winning poet, is one of them. Though he contributed this recipe, when I chatted with him about it at a dinner party, he demurred at calling it his own. He preferred to credit his wife, Monica Banks, a sculptor, with this sensational dessert.

**SERVES 6 TO 8**

# Fruit Crisp

**PHILIP SCHULTZ AND  
MONICA BANKS**

4 OUNCES (1 STICK) UNSALTED BUTTER, SOFTENED  
4 CUPS PEELED PITTED FRUIT CUT INTO SLICES OR CHUNKS  
JUICE OF 1 LEMON  
½ TEASPOON GROUND CINNAMON  
½ CUP GRANULATED SUGAR  
½ CUP PACKED LIGHT BROWN SUGAR  
1 TEASPOON GRATED LEMON ZEST  
PINCH OF SALT  
1 CUP ALL-PURPOSE FLOUR  
WHIPPED CREAM OR ICE CREAM FOR SERVING

Use a little of the butter to grease a 9-inch glass pie dish or cast-iron skillet.

Mix the fruit with the lemon juice and a pinch of the cinnamon in a medium bowl and spread it in the pie dish.

Mix both of the sugars, the remaining cinnamon, the lemon zest, salt, and flour in a large bowl. Add the remaining butter in pieces and, using your fingertips, a large fork, two knives, or a pastry blender, mix the ingredients together until they are crumbly. Do not shortchange the mixing; it may take longer than you expect to achieve a uniform texture.

Spread the crumb mixture over the fruit, place in the oven, and bake until the topping starts to brown, 45 minutes to 1 hour. Remove from the oven and allow to cool to room temperature.

Serve with whipped cream or ice cream on the side.

**IMPROVEMENT:** By early fall ripe peaches may still beckon, plums will still be available, and apples and pears will be ready. Any of these fruits will suit this recipe.