



**HOPKINS  
FOODSERVICE  
SPECIALISTS, INC.**



*"The pleasure of the table belongs to all ages, to all conditions, to all countries, and to all eras; it mingles with all other pleasures, and remains at last to console us for their departure."*

Jean Anthelme  
Brillat-Savarin  
(1755-1826)

French gastronome and author of the classic book, *The Physiology of Taste*



**CONTACT  
HOPKINS**

**NEW YORK CITY**  
27 West 24th St.  
Suite 301  
New York, NY 10010  
212.679.9293 tel.  
212.604.0890 fax

**WASHINGTON, D.C.**  
7906 MacArthur Blvd.  
Cabin John, MD 20818  
301.320.9200 tel.  
301.320.9202 fax

OR

**800-387-0237**

www.  
hopkinsfoodservice.com

E-MAIL:

Lhopkins@

hopkinsfoodservice.com

Dear Associate,

*Summer opens wide the doors and windows of our winter lives to let in nature with its hot, earthy aromas of dark, rich, worm-lovin' soil, fresh-cut grass, and the oh-so-sweet nectar of roses and gardenias. The world appears enormous outside our walls and beckons us to splash hands and feet in cool rivers and chilly northern ponds. Out here is where our food is born and raised. Out here is where we are inspired by nature to create and to appreciate an infinite variety of culinary sensations.*

*Now is the time for you and me to look beyond stainless steel equipment layouts that minimize labor costs and the specifications that require contractors to walk the narrow line to build our precious food factories. Tear down these walls and explore the gardens and farms that produce ingredients for our recipes. It's summer! With this issue of FYI, I hope to reawaken us to HOPKINS' seminal mission, which is the promotion of glorious food. With each project we aspire to plan a kitchen that helps good chefs create masterpieces, even as great sable brushes boost the work of painters.*

*For this summery celebration of food, I bring you a sampler of recipes, literary gems, and foodie favorites. May these words give you all the pleasure of an excellent meal without the calories. Better yet, may they lead you to new heights of food appreciation and to the great chefs, whose talent is most certainly to be honored.*

*May your heart be warm and happy, every day in every way, and forever and ever after.*

Let's keep in touch,

Lynn Hopkins

**Glorious Food!**

**Best Food Book – My Life in France**

by Julia Child with Alec Prud'homme  
Alfred Knopf, 2006

Do not read this book without something delicious to put in your mouth nearby, or you may suffer from tremors.

Excerpt that describes her first meal in Paris (page 17):

I couldn't help noticing that the waiters carried themselves with a quiet joy, as if their entire mission in life was to make their customers feel comfortable and well-tended. One of them glided up to my elbow. Glancing at the menu, Paul asked him questions in rapid fire French ...

We began our lunch with a half-dozen oysters on the half-shell. I was used to bland oysters from Washington and Massachusetts, which I had never cared much for. But this platter of portugaises had a sensational briny flavor and a smooth texture that was entirely new and surprising. The oysters were served with rounds of pain de seigle, a pale rye bread, with a spread of unsalted butter. Paul explained that, as with wine, the French have "crus" of butter, special regions that produce individually flavored butters. Beurre de Charentes is a full-bodied butter, usually recommended for pastry dough or general cooking; beurre d'Isigny is a fine, light table butter. It was that delicious Isigny that we spread on our rounds of rye.

Paul had decided to order sole meuniere. It arrived whole: a large, flat Dover sole that was perfectly browned in a sputtering butter sauce with a sprinkling of chopped parsley on top. The waiter carefully placed the platter in front of us, stepped back, and said: "Bon appetit!"

I closed my eyes and inhaled the rising perfume. Then I lifted a forkful of fish to my mouth, took a bite, and chewed slowly and swallowed. It was a morsel of perfection. ... At La Couronne I experienced fish, and a dining experience, of a higher order than any I'd ever had before.

Along with our meal, we happily downed a whole bottle of Pouilly-Fume, a wonderfully crisp white wine from the Loire Valley. Another revelation! ♦

**F.Y.I.**

Consultants to the Best in Food Service Planning and Engineering

Summer 2012



**TOGETHER-  
NESS ...**

**CULTURAL ARTS**

Freelon/Adjaye/Bond/  
SmithGroup:

National Museum of  
African American  
History and Culture

Kling Stubbins:

SI-Fossil Cafe

**EDUCATION**

BeyerBlinderBelle:

MIT Bldg E-52

William Rawn Assoc.:

Harvard Tata Hall

**HEALTHCARE**

HDR:

Fort Bliss Hospital

**JUSTICE**

1100 Architects/Ricci  
Greene:

Riker's Island Intake

PSI Heery Walsh:

SCI Phoenix

**WORKPLACE**

AECOM:

CE102

FXFowle/Maki:

United Nations

Keiran Timberlake:

OBO London

URS:

U.S. Capitol House/  
Senate Kitchens

Rehab

Whitman Regardt:

Gov't Classified

**ROOM FOR  
YOU!**



## Easy and Delicious Recipes

Just enough kitchen time to call it fun

**Prune Roast by MFK Fisher** from *The Art of Eating*, The McMillan Co., 1937

4 to 5 pounds rump roast  
2 teaspoons salt  
Pepper  
2 cups washed, dried prunes  
2 cups boiling water  
½ cup cider vinegar  
½ cup water  
1 cup light brown sugar  
¼ teaspoon ground cloves  
1 teaspoon ground cinnamon

1. Heat a heavy, deep pan on top of the range. Add roast, turning it so it will brown on all sides.
2. Sprinkle with salt and pepper.
3. Add prunes and water; cover and simmer until tender (about 3 hours).
4. Remove meat from liquid to hot platter.
5. Stir in vinegar, water, sugar, cloves, and cinnamon; cook rapidly until thick sauce is formed.
6. Pour sauce over meat and serve immediately. (Serves 8 to 10)

## Lynn's Horta (Greens) Garden

My idea of the perfect meal is a bowl of boiled or steamed greens, drizzled



with fine, virgin olive oil (Zoe brand), salted with Greek seasalt, topped with a squeeze of lemon, eaten with a piece of hearty farm bread and a hunk of piquant cheese on the side. This year I devoted most of my garden to a variety of greens. I simply cut a big bunch from every patch and cook them up together. By the next day, they had grown back!

**Food and Wine of Greece by Diane Kochilas**, St. Martins Press, 1990.

*This book is my culinary Bible. I even call the author "my cousin Diane" because, in the absence of living relatives, Diane Kochilas teaches me how to be a good Greek cook; every recipe in this book is delicious and usually exactly how my grandmother or mother would have made it.*

To cook horta (think horticulture): The best flavor comes from a blend of greens. My garden (pictured) has collards, kale, and mustard greens. You could also cook endive, sorrel, rugala, rocket, chicory, dandelions, escarole, or beet greens.

Wash extremely well, and make sure any sand and dirt are removed. Fill a large pot with cold water. Bring to a rolling boil. Add horta (greens), keep the lid of the pot half on, and cook until soft, 25 to 40 minutes. Strain and cool. Keep in mind that, once boiled, horta is greatly reduced in volume; you'll need at least ½ pound per serving. Eat it cold or at room temperature.



## About Honey

My latest food fascination is honey. Last summer Richard and I visited Montepulciano in Tuscany, where I stepped into a visitor's center that sold local honey among other things. At the time I didn't think anything of it; just a few more souvenirs. Back home my souvenir honeys presented me with an amazing symphony of flavors. This was no ordinary honey. Tuscan honey tastes like a field of colorful flowers blowing, in the breeze; it is an orchestra of flavors that instantly transports my heart to Italy. Since then I have purchased some Tuscan honeys from Eataly on 5th Avenue that come close to the experience, and

I have a new hobby of buying honey everywhere I travel because I realize that, like wine and olive oil, honey reflects the sun and soil of its origin. What an adventure it can be to taste a spoonful of honey.

## Hopkins' Favorites

**Single-Malt Scotch** - Dalwhinnie Double Matured Distilled, 1995

Never, ever add ice to your single-malt whisky because it freezes the flavonoids. To get the most from your Scottish whisky, take it straight, and add a little splash of good, cool water. The water releases the flavonoids. The older the whisky, the smoother the flavor.

**Wine** - Pisoni Estate Vineyard (CA) Pinot Noir, 2000; Robert Mondavi (CA) Reserve Cabernet Sauvignon, 2007

**New York Restaurants of the Month** - Jean Georges, 1 Central Park and The Dutch, 131 Sullivan Street.

**DC Restaurants of the Month** - Ricchi 1220 19th Street and Michel Richard's Central 1001 Pennsylvania Avenue