

THE



METROPOLITAN



OPERA



COOKBOOK



FOREWORD BY PLACIDO DOMINGO
EDITED BY JULES BOND



Broiled Curried Eggs

Mrs. John Barry Ryan

Oyster Omelet Jenny Lind

Gombás Velö Tojással

Eva Marton

Fonduta

Fiorenza Cossotto

Sour Cream and Chive Soufflé

Oscar de la Renta

Mexican Vegetable Sauce

Linore Aronson

Bananas Erna Berger

Erna Berger

Endive Pelletier

Rose Bampton

Lattuga à la Caruso

Pasta with Cheese Buongusto

David Hamilton

Charlotte d'Aubergines

Joan Sutherland

Koosa

Herb Wechselblatt

Zucchini "Lasagna"

Wendy Westwood

Stuffed Eggplant Casserole

Leontyne Price

"The Shell Game"

Eleanor Steber

OPPOSITE: *Eleanor Steber*. OVERLEAF: *Joan Sutherland's Charlotte d'Aubergines, and the dagger she used in Lucia di Lammermoor. Dame Joan is shown as Marie.*

Eva Marton
Gombás Velö Tojással

CALVES BRAINS,
 MUSHROOMS, AND
 SCRAMBLED EGGS ON
 TOAST

1 pound calves brains
 1 tablespoon bacon drippings or butter
 1 medium onion, finely chopped
 1/3 cup chopped fresh chives
 1/2 cup sliced fresh mushrooms
 1/2 teaspoon paprika
 Salt to taste
 Freshly ground white pepper to taste
 3 eggs
 1 tablespoon heavy cream
 Toasted slices of rye bread
 Grated Parmesan cheese (optional)

Soak brains in cold water for 2 hours, then carefully remove membranes. Pat brains dry and chop finely. In a skillet, heat bacon fat, then add onion and chives. Cover and cook over very low heat until onion is transparent, about 10 minutes. Do not let brown.

Add brains, mushrooms, paprika, and salt and white pepper; mix gently, cover, and cook over low heat for about 10 minutes. Stir a couple of times to prevent scorching or drying out.

Beat eggs with a pinch of salt and the cream; add to the mixture. Raise heat to

high, and stir continually to scramble the mixture, but make sure that it doesn't get hard and dry out—it should remain quite creamy. Correct seasoning, then serve over rye toast or serve toast separately. Grated Parmesan can be served on the side; although this is not a Hungarian tradition, it is an interesting variation on the theme. *Serves 4.*

Note This mixture can be used as a filling for savory crepes, called *palacsinta* by Hungarians.

Eva Marton

is one of today's most celebrated sopranos, well known for her portrayals of Turandot, Tosca, and other roles. She and her family live in Hamburg. She notes that, "According to a whimsical Hungarian folk story, when a child is born the parents put a book of poetry, a cooking spoon, and sheet music in the crib, and if the baby reaches toward the poems he or she will be a poet. The sheet music clearly indicates a musical career and, naturally, the spoon heralds a cook. I must have been interested in the second and third objects, because my life is strongly influenced by both."

OPPOSITE: Plácido Domingo and Eva Marton.



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| Beef Roast à la "Viva Voce" | Oxtail Stew |
| <i>Morley Meredith</i> | <i>Alton E. Peters</i> |
| Berliner Rouladen | Savory Veal in Cream Sauce |
| <i>Edda Moser</i> | <i>Inge Borkh</i> |
| Veal Silviano | Saltimbocca alla Romana |
| <i>John Keenan</i> | <i>Paolo Montarsolo</i> |
| Viennese Beef Goulash | Party Veal |
| <i>Otto Schenk</i> | <i>Leonie Rysanek</i> |
| Crepes de Boeuf | Pork Hocks à la Belge |
| <i>Lily Pons</i> | <i>José van Dam</i> |
| Gala Cold Veal Roast | Spareribs and Brown Cabbage |
| <i>Regina Resnik</i> | <i>Joyce Rasmussen Balint</i> |
| Ossobuco alla Moffo | Mandarin Ham Slices |
| <i>Anna Moffo</i> | <i>Phyllis Curtin</i> |
| Beef Patties in Cream Sauce | Braised Lamb Shanks |
| <i>P. Michael Nordberg</i> | <i>Dorothy Kirsten</i> |
| Vitello Tonnato | Boiled Tongue with Raisin Sauce |
| <i>Robert Merrill</i> | <i>Zachary Solov</i> |
| Lampaanpotka | Boiled Beef Tongue with Polish Sauce |
| <i>Martti Talvela</i> | <i>Helen Traubel</i> |
| Veal Goulash | Marton Family's Layered Cabbage |
| <i>Risë Stevens</i> | <i>Eva Marton</i> |
| Cypriot Pork and Cauliflower alla Loulla | Djuveč |
| <i>Andrea Velis</i> | <i>Zinka Milanov</i> |
| Veal, Tomato, and Orange Stew | Braised Meat Loaf |
| <i>Martina Arroyo</i> | <i>Fedora Barbieri</i> |

Eva Marton
***Marton Family's
 Layered Cabbage***

1 large onion, chopped fine
2 tablespoons lard or bacon drippings
1 pound lean ground pork
1 pound lean ground beef
1 clove garlic, minced
1 tablespoon Hungarian sweet paprika, plus
additional for baking
2 pounds sauerkraut
1 cup cooked white rice
3 tablespoons sour cream

In a heavy skillet, sauté onion in 1 tablespoon fat over low heat until onion is translucent and soft, about 10 minutes. Stir a few times. Add pork, beef, garlic, and paprika, and mix well. Cook mixture over very low heat for another 10 to 15 minutes.

Preheat oven to 350 degrees. Place sauerkraut in a saucepan, bring to a boil, then drain. Grease a large heatproof casserole with remaining fat. Place a layer of half the sauerkraut on the bottom of the casserole, followed by a layer of half the meat mixture, then a layer of all the rice, and a layer of the remaining meat. Top with the remaining sauerkraut.

Bake for 30 minutes, then spread sour cream on top, sprinkle with additional

paprika, and reduce oven to 300 degrees. Bake for another 30 minutes, then serve. Serves 6.

Zinka Milanov
Djuveč

10 medium onions, finely chopped
10 large tomatoes, sliced
½ cup white rice, rinsed
7 potatoes, peeled and sliced
5 lamb chops (about 1 pound)
5 pork chops (about 1½ pounds)
6 green bell peppers, cored and seeded
1 eggplant, peeled and diced
1 cup drained canned okra
Salt and pepper to taste
2 tablespoons (¼ stick) butter, in pieces

Preheat oven to 400 degrees. Spread onions on the bottom of a large roasting pan. Arrange a layer of tomato slices on the onions. Sprinkle rice over tomatoes. Add a layer of sliced potatoes. Add chops, alternating lamb and pork. Slice peppers into rings, then cover chops with eggplant cubes and pepper rings. Add a second layer of sliced tomatoes. Top with okra. Sprinkle with salt and pepper, then dot with butter. Cover and roast until meat is tender, about 1 hour. Remove cover, and brown top for 15 minutes. Serves 8 to 10.