

# Connecticut COTTAGES & GARDENS

WWW.CTCANDG.COM | SEPTEMBER 2007

## Third Anniversary Special!

Iconic Images of Connecticut



**WORLD PREMIERE:** EXCLUSIVE FIRST  
LOOK AT A MONUMENTAL SCULPTURE PARK



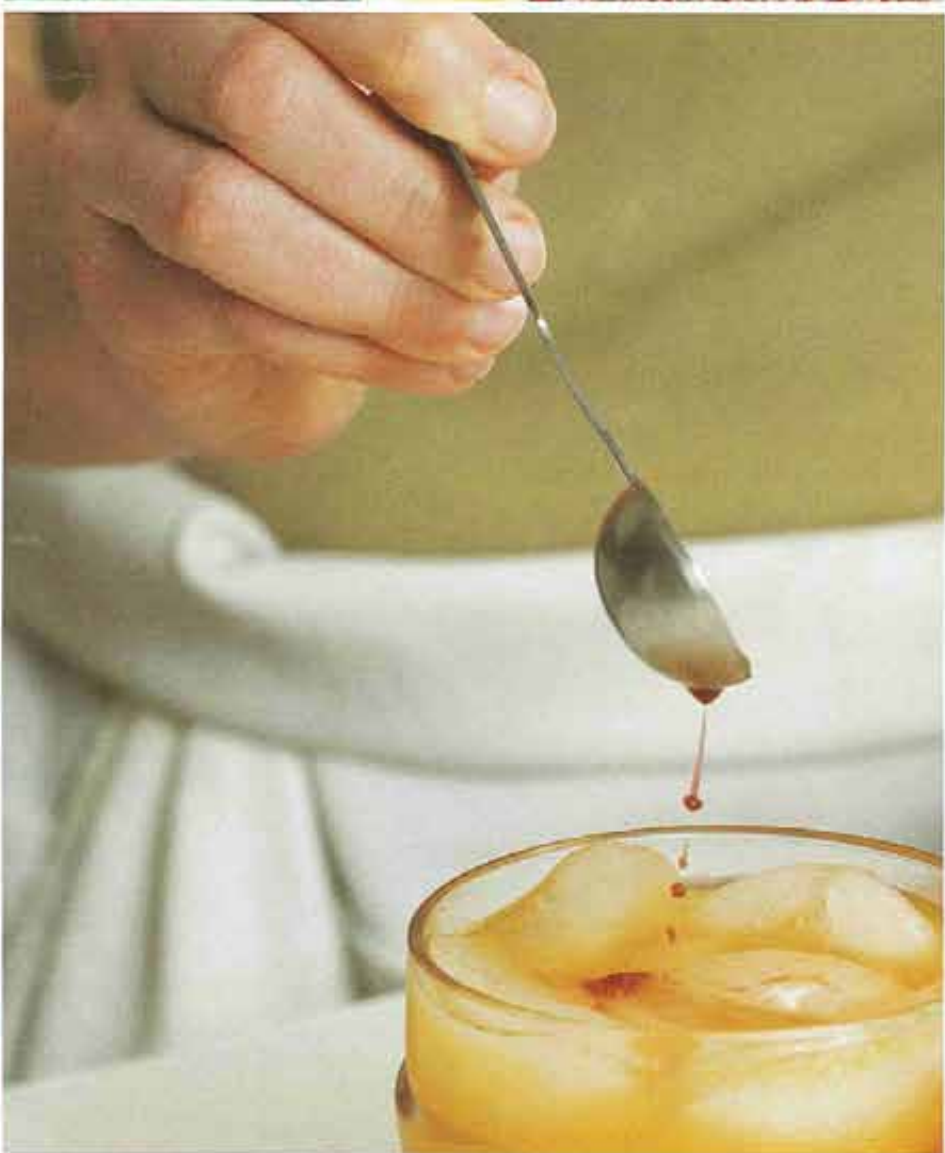
B  
R  
L  
m  
up  
Se  
an  
L  
fo  
pr  
V  
fir  
F  
R  
RO

## THE GIRL FROM IPANEMA

A NATIVE OF BRAZIL, CHEF LETICIA SCHWARTZ BRINGS THE TASTE OF RIO TO WESTON  
BY DINA CHENEY | PHOTOGRAPHS BY AIMEE HERRING



**Blame It on Rio** Originally from Rio de Janeiro's Ipanema neighborhood, Leticia Schwartz (OPPOSITE), pictured with friend Randi Regenstein, left, grew up watching her family's cook, Dilma. She now runs a culinary instruction and catering company in Weston. **Chef Leticia. Fresh Flavors** | As a starter for a light summertime lunch, Leticia prepared casquinha de siri (THIS PAGE), crab meat topped with manioc flour and a Parmigiano-Reggiano crust. The dish is baked in a scallop shell and served on a bed of Matouza cabbage. (Recipes for recipe.)





**THE TEMPERATURE IS A BALMY 80 DEGREES** and the air is scented with crab, onions, pepper and guava. Meanwhile, guests in festive, vibrantly colored dresses swing to bossa nova. The setting could easily be Rio de Janeiro, the inspiration for a recent Brazilian lunch. However, it's actually Weston, home to Brazilian native and cooking teacher, Leticia Schwartz. ■ Growing up in the Ipanema section of Rio, Leticia would stand at the elbow of her family's cook, Dilma, and watch her work. From ages eight through 16, she recorded Dilma's recipes, everything from cheese rolls (a Brazilian standby) to sheet cake. "The power of Dilma's cooking drew me to the kitchen," Leticia remembers. "She'd do everything by hand, she loved cooking so much." ■ Inspired by Dilma, Leticia decided to attend cooking school in New York after graduating from college and working at a French bank in Rio. She studied pastry and culinary arts at the French Culinary Institute, then spent two and a half years staging (interning) and working in prestigious French kitchens including Le Cirque 2000, Payard Patisserie & Bistro, La Grenouille and La Caravelle. ■ In 2000, Leticia and her new husband, Dean Schwartz, moved to Connecticut, where she founded Chef Leticia, a culinary instruction and catering company.

**Lunching Ladies** | For the Brazilian-inspired luncheon, Leticia invited her closest girlfriends, including Randi and Rose Sperling (OPPOSITE TOP LEFT). **Sweet Sippin'** | The cocktails du jour were caipirinhas de maracuja (OPPOSITE BOTTOM LEFT AND BELOW), a potent and delicious concoction of sugar, cachaça—a sugar cane liquor—and frozen passion fruit puree topped with a drizzle of pomegranate juice. **In a**

**Pinch** | Reminiscent of a classic crab cake, bits of cilantro and coconut milk give the crab dish (OPPOSITE TOP RIGHT AND THIS PAGE, LEFT) an exotic edge. Topped with flour made from starchy manioc root, the dish is distinctly Brazilian.

**Bilingual Baby** | Leticia speaks both Portuguese and English to her children, Thomas, six, and Bianca, four (OPPOSITE BOTTOM LEFT).

See Resources for recipes.



#### CAIPIRINHA DE MARACUJA (PASSION FRUIT CAIPIRINHAS)

Serves one

- ⅓ cup (plus 1 Tbsp) frozen passion fruit puree, thawed
- 1 Tbsp (plus 2 tsp) granulated sugar
- ⅓ cup cachaça\*
- Ice cubes
- 1 tsp pomegranate juice

In a medium-sized bowl, whisk together passion fruit puree and sugar. Pour into a cocktail shaker and add cachaça and ice cubes. Shake well several times and pour into a rocks glass. Drizzle with pomegranate juice. (You can add more or less cachaça to taste.)

\* Cachaça, a sugar cane liquor, can easily be found at wine and liquor stores. Leticia's favorite brands are Leblon, Beleza Pura and Aqua Luca. Aged cachaça, such as Rochinha, GRM and Mae de Ouro, are more expensive. For a less expensive choice, try Pitu, a best-seller in Brazil.



**Cooking Light** | A flaky, Brazilian-style chicken potpie (OPPOSITE) with a side of mesclun greens is a light main course. **Hot and Crusty** | After preparing the empadao de frango dough (BELOW), Leticia fits half of the mixture into a pie dish, crimping the edges (LEFT). After adding the filling of shredded chicken, hearts of palm, corn and peas, the remainder of the dough is rolled around a rolling pin and set across the top (BOTTOM), forming the crust. See Resources for recipes.



For the past several years, she has taught cooking classes (some through continuing education programs in Westport and Greenwich) and catered parties. Currently, she is teaching out of her home and working on a proposal for a Brazilian cookbook.

"I think that I have a mission to present the delicious cuisine of Brazil to Americans," Leticia explains. "Brazil's food culture is very rich, yet it's not well known here. Instead, Brazilian food is lumped together with that of other Latin American countries."

And that's a shame. Brazil's distinctive cuisine, which varies according to region, merges Native American, Portuguese and African ingredients and techniques. While the national dish is *feijoada*, a black bean and meat stew, the Brazilian larder includes coconut, seafood, meat, rice, beans, tamarind, ginger, hearts of palm, lemongrass and tropical fruit. (Leticia swears Brazilian passion fruits are the world's best.) Foreign to many Americans, cassava (a starchy root, also called manioc) and dende oil (red palm oil) are also key ingredients.

All of these flavors can be found in Leticia's kitchen. Though she moved from Rio ten years ago, Leticia still maintains Brazilian traditions in her Connecticut home. Along with promoting her native cuisine to the public, she frequently prepares Brazilian dishes for Dean and their two children, Thomas, six, and Bianca, four. (Rice and beans are a constant.) "I combine my Brazilian heritage with my French training and experience," she says. "Most of my Brazilian dishes are twists between the traditional and the modern." In addition, Leticia speaks Portuguese with her children, has many Brazilian friends



S


at  
n  
r  
a  
ck  
s

e  
ep  
t  
ng

at  
rm.

ins  
r  
a.

ce-  
out  
r,  
eat.  
auce  
d



"I COMBINE MY BRAZILIAN HERITAGE WITH MY FRENCH TRAINING AND EXPERIENCE," SAYS LETICIA. "MOST OF MY BRAZILIAN DISHES ARE TWISTS BETWEEN THE TRADITIONAL AND THE MODERN"



**Something Light** | Ramekins are filled with a guava paste mixture (ABOVE) for the soufflé de goiabada com calda de mascarpone, the airy guava paste dessert with mascarpone sauce (OPPOSITE). See Resources for recipes.

and "tend[s] to give two kisses to everyone," she adds with a smile.

Every year, the family travels to Brazil and stays with Leticia's parents, who still reside in Rio. There, the family always partakes in the traditional Sunday lunch—a ritual Leticia maintains in Connecticut. "At my parents' house, we sit by the pool and begin with caipirinhas, beer, cheese rolls and cod fritters. Then we barbecue skewers of meat [known as churrasco] on the grill and eat lots of salads, plus rice and beans. For dessert, we'll have milk pudding or coconut custard cake. Then, afterwards, we sip strong espresso. While weekdays are for healthy eating, weekends are for decadence."

For the summertime lunch in Weston, Leticia opted for lighter fare, with riffs on Brazilian standards. Guests began with cheese rolls and caipirinhas, and then dove into a starter of crabmeat topped with a manioc flour and Parmigiano-Reggiano crust, all baked in a scallop shell. Served on a bed of salt, the dish is similar to a crab cake, but with the exotic addition of cilantro and coconut milk. For the entrée, Leticia served a chicken pie paired with mesclun greens for balance. Much lighter than a chicken potpie, this creamless dish has a super-flaky crust and features sweet corn and peas. Finally, a dessert of light and airy guava soufflés with vanilla bean-flecked mascarpone sauce added a touch of sweetness. Afterwards, guests lingered and sipped coffee. After all, as Leticia says, "In Brazil, the invitation never says what time a party will end." 🍷

## SOUFFLÉ DE GOIABADA COM CALDA DE MASCARPONE (GUAVA PASTE SOUFFLÉS WITH MASCARPONE SAUCE)

Serves eight

Requires eight  $\frac{3}{4}$ -cup ramekins or soufflé dishes

### FOR THE SOUFFLÉS

- Butter and granulated sugar for preparing the ramekins
- 18 oz (1 can) guava paste
- 1 tsp lemon juice
- 8 egg whites
- Pinch salt
- $1\frac{1}{2}$  Tbsp granulated sugar
- Powdered sugar for garnish

### FOR THE SAUCE

- 1 cup heavy cream
- 1 vanilla bean
- 1 cup mascarpone cheese
- 1 Tbsp granulated sugar

Grease ramekins with butter and granulated sugar. Cut guava paste into small chunks and place in a medium saucepan. Add  $\frac{1}{2}$  cup (or more) water and cook over medium-low heat, whisking constantly, until all of the paste has dissolved. (Ultimately, sauce should be thick. Depending on the brand of guava paste, more or less water may be required to dissolve paste.)

Add lemon juice and whisk together. Transfer mixture to a bowl and let cool to room temperature. (This step can be done up to five days ahead, with mixture kept tightly covered in the refrigerator. But be sure to bring it to room temperature before continuing.)

Preheat oven to 350 degrees. Place egg whites and salt in stainless steel bowl of an electric mixer. Beat at medium speed. When whites begin to puff, gradually add granulated sugar. Beat until firm, shiny peaks form.

Using a large rubber spatula, fold one quarter of egg whites into guava paste mixture to lighten it. Gently fold in the remaining egg whites, mixing until well-combined.

Using a ladle or a pastry bag without a tip, fill ramekins almost to the top. Set all ramekins on a sheet pan (or baking sheet) and place in oven. Bake for 12 minutes, until tops turn light brown. Remove from oven and sprinkle with powdered sugar.

For the sauce, pour heavy cream into a medium saucepan. Split vanilla bean in half vertically, then scrape out seeds and add to cream. Add mascarpone and sugar, stirring constantly with a wooden spoon over low heat. (Sauce should have the consistency of a crème anglaise or vanilla sauce.) Avoid boiling it. When the sauce becomes thick, poke holes into center of each baked soufflé and pour in some of the sauce. Serve warm.

## University College at Fairfield University

### INTERIOR DESIGN and INTERIOR DECORATING

*Design your life.*

*"Fairfield's interior design classes really led to something. To have my design chosen for a landmark building is such an added honor."*

*Ginny Moffitt, Interior Design Graduate*

- Learn ..... from outstanding faculty
- Acquire ..... hands-on design experience
- Build ..... professional portfolios
- Gain ..... access to top-ranked design professionals
- Earn ..... credentials and education requirements for the Interior Design NCIDQ exam

**Fall, Spring and Summer courses offered. Fall courses begin September 10, 2007.**

#### FOR MORE INFORMATION:

Visit: [www.fairfield.edu/interiordesign](http://www.fairfield.edu/interiordesign)

Call (203) 254-4307 or  
Toll Free (888) 254-1566

UNIVERSITY COLLEGE AT



1073 North Benson Road  
Fairfield, Connecticut 06424-0195

## RESOURCES

### On The Couch



First, for Marshall Watson, the drawings on the wall were hung by my handyman and are clearly uneven. It had been something that drove me crazy, but never got around to adjusting them...good eye. As for the fabric on the Billy Hanes chairs: it was chosen when they were re-upholstered and it was the closest I could find to the original fabric. I must say all the pieces in the living room are of great value, from the chairs to the Paul McCobb credenza and the Eames screen divider (yes, it separates the living space from a sleeping area.) Overall, I would say bravo, Marshall, and thank you. The analysis from Dr. Testa was also pretty accurate, to an extent. I was single at the time the photograph was taken, and it was a weekend home (it has since been sold). She could not see windows because they were cropped out, but my home was actually flooded with light. As for a TV and stereo, they existed, but I feel those things should be enjoyed in private and not seen otherwise. I am an artist and this further substantiates my need for a neutral palette so that I can think clearly and creatively. Overall Dr. Testa was right on the money regarding most things. Good job. What's your number...? ~Joseph La Piana

### CASQUINHA DE SIRI (BAKED CRAB SERVED IN SHELLS)

Makes 6-8 stuffed shells

If you don't have scallop shells, use crème brûlée dishes. Maldon sea salt can be found in specialty stores and fine delis. If you can't find it, use fleur de sel or kosher salt.

#### FOR THE FILLING:

- 1 cup diced white bread, crusts removed (about 2 slices)
- 1 cup (250 ml) coconut milk
- 1 lb jumbo lump crab meat, from a refrigerated tin
- 2 Tbsps extra virgin olive oil
- ½ cup chopped onions (about half an onion)
- ½ cup diced yellow peppers (about half a pepper)
- ½ cup diced green peppers (about half a pepper)
- 1 Tbsp minced garlic (about 3 cloves)
- ½ cup diced tomatoes
- ¼ cup dry white wine
- ¼ cup unsweetened grated coconut
- 1 tsp mustard
- 1 Tbsp fresh lemon juice
- 2 Tbsps unsalted butter
- 2 Tbsps fresh chopped cilantro
- Salt and pepper to taste
- ¼ tsp Old Bay seasoning

#### FOR THE CRUST:

- 2 Tbsps unsalted butter
- ½ cup manioc flour
- Salt and pepper to taste
- ¼ cup grated fresh Parmigiano Reggiano cheese
- Maldon Sea Salt for serving

Equipment: 6-8 full-size scallop shells

#### FOR THE FILLING:

Place bread in a bowl; pour in coconut milk and let soak. Remove any shell pieces from crab meat and reserve.

In medium saucepan, warm olive oil over medium-low heat. Add onion and peppers and cook until tender. Add garlic and cook for another minute, until tender. Add tomatoes and cook for another minute. Add wine and let evaporate by half. Add soaked bread and coconut milk mixture and grated coconut. Cook for three minutes or until everything begins to blend. Turn off heat and add crab, mustard and lemon juice.

With a wooden spoon, fold everything together. (Some pieces of crab will shred, but try keeping big lumps intact.) Add butter and cilantro. Season mixture to taste with salt, pepper and Old Bay seasoning. (At this point, crab mixture should look colorful, soft, well-mixed and moist. If mixture appears dry, add one or two Tbsps

of liquid, such as coconut milk or wine.) Transfer mixture to a bowl and let cool completely. (Crab filling can be prepared up to three days in advance and kept in an airtight container in refrigerator.)

#### FOR THE CRUST:

In medium saucepan, melt butter over medium-low heat. Add manioc flour and stir constantly with a wooden spoon, toasting flour until it turns a light golden color. (Be sure not to burn manioc flour.) Transfer mixture to a bowl and season with salt and pepper. Add cheese and let cool completely. Set crust aside.

#### ASSEMBLE AND BAKE THE DISH:

When ready to bake, preheat oven to 350 degrees. Using an ice cream scoop, place equal portions of crab mixture into shells. Press mixture so it lies flat in each shell. Repeat until all has been used.

Spread thin coat of crust over each mound of crab mixture. Place stuffed shells onto a sheet pan (or baking sheet) and bake for 12-14 minutes, until golden brown.

Place a spoonful of sea salt on bottom of each soup plate, then place a filled baked shell on top. Serve.

160

545-0069, [www.odegardinc.com](http://www.odegardinc.com). **Tea table**, Lorin Marsh (T), (212) 759-8700. **Wall sconces**, Palmer Hargrave, 232 E. 59th St., NYC, (212) 758-0844, [www.palmerhargrave.com](http://www.palmerhargrave.com). **Window treatment**, Bergamo Fabrics (T), D&D, (212) 888-3333, [www.bergamofabrics.com](http://www.bergamofabrics.com). **End table, antique lamps, secretary and throw pillows**, Diana Sawicki Design, (203) 454-5890. **Dining room: Dining table and tall cabinets**, Dessin Fournir, through Jerry Pair (T), D&D, (212) 546-9001, [www.dessinfournir.com](http://www.dessinfournir.com). **Dining chairs**, Lucien Rollin (T), D&D, (212) 207-8332, [www.lucienrollin.com](http://www.lucienrollin.com). **White upholstery**, Baker Greenwich, 200 Greenwich Ave., Greenwich, (203) 862-0655, [www.kohlerinteriors.com](http://www.kohlerinteriors.com). **Chandelier**, Diana Sawicki Design, (203) 454-5890. **Wall sconces**, Urban Archeology, 143 Franklin St., NYC, (212) 371-4646, [www.urbanarcheology.com](http://www.urbanarcheology.com). **Mirrors**, Lorin Marsh (T), (212) 759-8700. **Consoles**, Keith Fritz, (202) 479-4114, [www.keithfritz.com](http://www.keithfritz.com). **Pages 158-159: Master bedroom: Carpet**, Carpet Source LLC, Diana Sawicki Design, (203) 454-5890. **Bed**, Lewis Mittman (T), (212) 888-5580. **Nightstand**, John Rosselli (T), (212) 593-2060. **Vintage nightstand**, Sentimento Antiques, (212) 750-3111. **Chairs**, Summerhill (T), D&D, (212) 935-6376, [www.summerhill.com](http://www.summerhill.com). **Embroidery throw pillows**, Diana Sawicki Design, (203) 454-5890. **Curtains**, Sheer, Zimmer + Rohde (T), D&D, (212) 758-5357, [www.zimmerrohde.com](http://www.zimmerrohde.com). **Master bath: Cabinets**, Diana Sawicki Design, (203) 454-5890. **Faucets**, Waterworks, 181 Main St. S., Westport, (203) 227-5008, [www.waterworks.com](http://www.waterworks.com). **Stone**, New England Stone, (203) 876-8606. **Medicine cabinets**, Ann Sacks, (203) 622-8884. **Lighting**, Cameleon, 223 E. 59th St., NYC, (212) 355-6300, [www.chameleon59.com](http://www.chameleon59.com). **Ottoman**, Christopher London, (203) 604-0758. **White terry slipcover**, Rogers & Goffigon (T), D&D, (212) 888-3242. **Tub**, Klaff's, 28 Washington St., Norwalk, (203) 866-1603, [www.klaffs.com](http://www.klaffs.com).

#### A GIRL FROM IPANEMA

**Pages 160-167: Chef Leticia**, [www.chefleticia.com](http://www.chefleticia.com). **Pages 160-161: Tablecloth and place mats**, Crate & Barrel, 630 Madison Ave., NYC, (212) 308-0011, [www.crateandbarrel.com](http://www.crateandbarrel.com). **Plates**, Bernardaud, 499 Park Ave., NYC, (212) 371-4300, [www.bernardaud.fr](http://www.bernardaud.fr).

#### MEET THE ARCHITECT

**Page 188: Mark P. Finlay**, 96 Old Post Rd., Southport, (203) 254-2388, [www.markfinlay.com](http://www.markfinlay.com).

### EMPADAO DE FRANGO (BRAZILIAN-STYLE CHICKEN POT PIES)

Makes two pies, each serving four to six people

This chicken tart is a delicious meal in itself, especially when served with a green salad. Once assembled, it can remain in the refrigerator for up to three days or it can be frozen. For a richer taste, use duck or turkey stock instead of chicken stock.

#### FOR THE DOUGH:

- 3 cups all purpose flour, sifted
- 1 tsp salt
- 3 sticks cold unsalted butter, cut into cubes
- 2 egg yolks

#### FOR THE FILLING:

- 2 Tbsps extra virgin olive oil
- 1 cup chopped onions (about 1 large onion)
- 2 Tbsp-minced garlic (about 5-6 cloves)
- 1 1/4 cups peas
- 1 1/4 cups corn
- 1 cup canned hearts of palm, diced
- 1 1/4 cups tomatoes (from about 3 plum tomatoes), diced
- 4 1/2 cups shredded cooked chicken, tightly packed (from one whole 3 1/2-4 lb chicken)
- 3 1/2 cups chicken stock
- 2 Tbsps tomato paste
- 8 Tbsps (1 stick) butter
- 1 cup all-purpose flour
- Salt to taste
- Pepper to taste
- Nutmeg to taste
- 1/2 cup chopped fresh chives
- 1 egg for egg wash
- Mesclun greens for serving

Equipment: two 9-inch round pie dishes

#### PREPARE THE DOUGH:

In bowl of an electric mixer with paddle attachment (or in the food processor), place flour, salt and butter. On low speed (or the pulse setting, if using the food processor), form dough into a coarse sandy mixture. Add egg yolks and continue mixing. If necessary, add a few drops (up to 2-3 Tbsps) of water.

Place dough onto a floured surface and divide into two pieces (one for each tart). Gather each piece of dough into a ball, then shape into a flat disk. Wrap the two disks in plastic and refrigerate for at least 30 minutes. (This can be done up to three days in advance.)

#### PREPARE THE FILLING:

Warm olive oil in large saucepan over medium-low heat. Add onions and cook until translucent. Add garlic and cook until tender, about two minutes. Add peas, corn, hearts of palm and tomatoes, stirring with a wooden spoon. Add chicken meat. Cook for about 5 minutes. Pour into a bowl and set aside.

To another saucepan, add chicken stock and simmer over medium-low heat. Add tomato paste and whisk well to dissolve. Reserve.



Melt butter in a medium saucepan. Add flour all at once and mix with wooden spoon, cooking over low heat for two minutes. (Don't let mixture color.) Add chicken stock-tomato liquid all at once and whisk constantly over medium heat until thick and creamy. Adjust seasoning with salt, pepper and nutmeg. Pour thickened liquid into meat and vegetable mixture and use a spatula to fold everything together. Add chives and season with more salt and pepper. Cool completely before assembling Empadaos.

#### ASSEMBLE AND BAKE THE PIES:

Remove one dough disk from the refrigerator. On a lightly floured surface (marble is ideal), roll into a circle between 1/8- and 1/4-inch thick, lifting dough often and making sure work surface and dough are amply floured at all times. Roll dough up and around rolling pin, then unroll onto an ungreased tart mold. Fit dough over bottom and sides of mold, then run rolling pin across the top to remove excess. (For the top crust, gather scraps into a ball, wrap with plastic, then place in refrigerator until needed). If dough cracks or splits as you work, patch with scraps, using a wet finger to "glue" them in place. (There's no need to prick the bottom.)

Using a large spoon, place half of the chicken filling inside the mold, spreading it flat and even with an offset spatula. Using a pastry brush, lightly wet exposed edges of dough with water.

Remove excess dough from the refrigerator, then repeat rolling process to form the top crust. Use your fingers to seal edges. Use a knife to make an "x" in center of top crust. Place pie in refrigerator. To form second pie, repeat rolling process with remaining round of dough, chicken filling and second pie dish. (You will use almost all of the dough.) Before baking, make sure to let both pies rest in refrigerator for at least one hour.

When ready to bake pies, preheat oven to 350 degrees. Place pies on sheet pans and set on middle rack of oven. Bake for 30 minutes. Remove pies, brush top of each with some egg wash (the egg, whisked until smooth). Return pies to oven for another 10-15 minutes. Pies are ready when dough is golden brown. Let cool for 5-10 minutes before serving with mesclun.