

French Provincial Cooking

Andrew Wise

Three recipes by Elizabeth David
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1. Belgian Endives
2. Aubergines à la Turque
3. Pain grillé aux anchois

1 Belgian Endives

Belgian endives, chicory or *witloof* make first-class winter vegetable dishes as well as salads. It is a mistake to wash them or to give them a preliminary cooking in boiling water; all that is necessary is to cut off the tough part of the root end, to remove any outside leaves which are wilted and brown, and to wipe the endives with a soft cloth. Use a silver or stainless knife for cutting them.

Allowing two whole endives for each person, put them in a thickly buttered fireproof dish with a plentiful amount of butter cut into little knobs, altogether about two ounces of butter for two pounds of endives. Cover the dish with buttered paper or foil and, if possible, a lid as well.

Cook them in a low oven for ninety minutes, gas number 3. By the time that they are ready they will be golden brown and, of course, very much shrunk, so for appearance's sake transfer them to another serving dish, with all their buttery juices. Now, and not before, sprinkle them with salt and lemon juice.

2 Aubergines à la Turque

Cut three unpeeled aubergines -- the round variety are best for this dish -- into slices about half an inch thick. Salt and leave to drain in a colander for an hour. Shake them dry in a cloth; fry them in moderately hot olive oil until both sides are golden. Remove them from the pan, and in the same oil cook three thinly sliced large onions until soft and pale yellow; add three skinned and chopped tomatoes and a chopped clove or two of garlic. Season with salt, a teaspoonful of ground allspice and a pinch of sugar.

Cook until the sauce is thick. Lay the aubergine slices on an oiled baking sheet, or shallow dish, put a tablespoon of the sauce on each slice, bake in a moderate oven for 40 to 50 minutes.

A dish which could well precede the roast as an hors d'oeuvre (it is excellent cold) or go with it, hot, as a vegetable.

3 Pain grillé aux anchois

Pound two cloves of garlic in a mortar, then add the contents of two tins of anchovies in olive oil, and pound them to a rough paste. Thin with olive oil and a few drops of vinegar. Toast eight rather thick slices of bread on one side only. While it is still hot spread the anchovy paste on the untoasted side with a fork, pressing it well down into the bread. Heat in a fast oven for three or four minutes.

This is not so much an hors d'oeuvre as the sort of thing to get ready quickly any time when you are hungry and want something to go with a glass of wine (after you have eaten it you may no longer be hungry, but you will certainly be thirsty).

French Provincial Cooking

1. Belgian Endives

from Elizabeth David's *French Provincial Cooking*
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Andrew Wise

Allegro ♩ = 126

2

f *p* *f*

S. Bel - gian en-dives, — Bel-gian en-dives, chi-co-ry, or

A. Bel - gian en-dives, — Bel-gian en-dives, chi-co-ry, or

T. Bel - gian en-dives, — Bel-gian en-dives, chi-co-ry, or

B. Bel - gian en-dives, — Bel-gian en-dives, chi-co-ry, or

7

p

S. wit - loof — make first-class win - ter veg, — make

A. wit - loof — make first-class win - ter veg, make

T. wit - loof — make first-class win - ter veg, make

B. wit - loof — make first-class win - ter,

12

pp

S. first - class ve-ge-ta-ble di-shes, ve-ge-ta-ble di-shes as well as sa- lads.

A. first - class ve-ge-ta-ble di-shes, ve-ge-ta-ble di-shes as well as sa- lads.

T. first-class win - ter ve-ge-ta-ble di-shes, ve-ge-ta-ble di-shes as well as sa- lads.

B. first - class ve-ge-ta-ble di-shes, ve-ge-ta-ble di-shes as well as sa- lads.

Wise french provincial cooking

16

S. *f*
It is a mis-take, mis-take to wash them or to givethem

A. *f*
It is a mis-take, mis-take to wash them or to givethem

T. *f*
It is a mis-take, mis-take to wash them or to givethem

B. *f*
It is a mis-take, mis-take to wash them or to givethem a pre

20

S. *p*
a pre - li - mi - na - ry, pre - li - mi - na - ry cook-ing in

A. *p*
a pre - li - mi - na - ry cook, a pre - li - mi - na - ry cook-ing

T. *p*
a pre - li - mi - na - ry cook, a pre - li - mi - na - ry cook-ing

B. *p*
li - mi - na - ry cook, a pre - li - mi - na - ry cook-ing

25

S. *f*
boil - - - - - ing wa-ter;

A. *mf*
in boil - - - - - ing wa-ter; all that is

T. *mf*
in boil - ing wa-ter;

B. *mf*
in boil - ing wa-ter;

30

S. *mf* all that is

A. ne - ces - sa - ry is to cut off the tough part of the root end, to re - move_

T. 8

B.

36

S. ne - ces - sa - ry is to cut off the tough part of the root end,

A. a - ny out - side leaves which are wil - ted and brown, which are wil - ted and brown,

T. 8

B. *mf* all

41

S. to re - move_ a - ny out - side leaves which are wil - ted and brown,

A. and to wipethem with a soft_ cloth,

T. 8 and to wipethem with a soft_ cloth,

B. that is ne - - ces - sa - ry is to cut off the

Wise french provincial cooking

45 *f*

S. which are wil - ted and brown. Use a sil - ver or stain - less

A. wipe them with a soft cloth. Use a sil - ver or stain - less

T. wipe them with a soft cloth. Use a sil - ver or stain - less

B. tough part of the root end, Use a sil - ver or stain - less

50 *fp*

S. knife for_ cut - - - ting them, for cut-tingthem, for cut-ting

A. knife for_ cut - ting them,for_ cut-ting them, for cut-tingthem, for cut-ting

T. knife for_ cut - - - ting them, for cut-tingthem, for cut-ting

B. knife for_ cut - - - ting them, for cut-tingthem, for cut-ting

55 *p* **Più Lento**

S. them. Al - low-ing two whole en-dives for each per-son, but-tered

A. them. Al - low-ing two whole en-dives for each per-son, thick-ly but-tered

T. them. Al - low-ing two whole en-dives for each per-son, in a__

B. them. Al - low-ing two whole en-dives for each per-son, put them in a__

59

S. fire-proof dish, with a plen-ti-ful a-mount of but-ter cut in-to lit-tle knobs.

A. fire-proof dish, with a plen-ti-ful a-mount of but-ter cut in-to lit-tle knobs.

T. fire-proof dish, with a plen-ti-ful a-mount of but-ter cut in-to lit-tle knobs.

B. fire-proof dish, with a plen-ti-ful a-mount of but-ter cut in-to lit-tle knobs. *pp*

64 *pp* *p*

S. Mm Mm Co-ver the dish with

A. Mm Mm Co-ver the dish with

T. Mm Mm Co-ver the dish with

B. Bass solo Al-to-ge-ther a-bout two oun-ces of but-ter, Mm Co-ver the dish with

Soprano solo for two pounds of en-dives.

67 *cresc. e stringendo poco a poco* *rall.* *f* **Allegro**

S. but-tered pa-per or foil and, if pos-si-ble, a lid as well. Cook them,

A. but-tered pa-per or foil and, if pos-si-ble, a lid as well. Cook them,

T. but-tered pa-per or foil and, if pos-si-ble, a lid as well. Cook them,

B. but-tered pa-per or foil and, if pos-si-ble, a lid as well. Cook them,

Wise french provincial cooking

72

S. *p* < *f*
 cook them in a low o-ven, for nine-ty mi- nutes, Gas Num - ber

A. *p* < *f*
 cook them in a low o-ven, for nine-ty mi- nutes, Gas Num - ber

T. *p* < *f*
 cook them in a low o-ven, for nine-ty mi- nutes, Gas Num - ber

B. *p* < *f*
 cook them in a low o-ven, for nine-ty mi- nutes, Gas Num - ber

77

S. *p*
 Three. By the time that they are rea - dy they will be gol - den

A. *p*
 Three. By the time that they are rea - dy they will be gol - den

T. *p*
 Three. By the time that they are rea - dy they will be gol - den

B. *p*
 Three. They will be gol - den brown, gol - den

82

S. *p* *mf*
 brown and,of course, ve-ry much shrunk, so for ap - pear - ance' sake trans-fer them

A. *p* *mf*
 brown and,of course, ve-ry much shrunk, so for ap -

T. *p*
 brown and,of course, ve-ry much shrunk,

B. *p*
 brown and,of course, ve-ry much shrunk,

88

S. to a - no - ther ser - ving dish with all their but - t'ry

A. pear - ance' sake trans - fer them to a - no - ther ser - ving dish with but - try

T. with all their, with all their, with their but - t'ry

B. with their, with their, with their but - te - ry

93

S. *f* jui - ces. Now, and not be - fore, sprin - kle them with salt and,

A. *f* jui - ces. Now, and not be - fore, sprin - kle them with salt and

T. *f* jui - ces. Now, and not be - fore, sprin - kle them with salt and

B. *f* jui - ces. Now, and not be - fore, sprin - kle them with salt and

98

S. *f* sprin - kle them with salt and *fp* le - - - - -

A. *fp* le - - - - - mon, *f* sprin - kle them with salt and

T. *fp* le - mon, *f* sprin - kle them with salt and *fp* le - - - - -

B. *fp* le - - - - - le - - - - - mon,

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101

S. *f*
mon juice, with le-mon juice, with le-mon

A. *f*
le - mon juice, with le-mon juice, with le-mon

T. *f*
mon juice, with le-mon juice, with le-mon

B. *f*
sprin-kle them with le - mon juice, with le - mon juice, with le - mon

104

S. juice, with le - mon juice, with le - mon juice, with juice.

A. juice, with le - mon juice, with le - mon juice, with juice.

T. juice, with le - mon juice, with le - mon juice, with juice.

B. juice, with le - mon juice, with le - mon juice, with juice.

No.2 Aubergines à la Turque

Andante
p

1

SOPRANO
Cut three un-peeled au-ber-gines, the round _____ va -

ALTO
Cut three un-peeled au-ber-gines, the round _____ va -

TENOR
Cut three un-peeled au-ber-gines, the round va -

BASS
Cut three un-peeled au-ber-gines, the round va -

6

S.
ri-e-ty are best for this dish, in-to sli - ces, sli - ces half an inch

A.
ri-e-ty are best for this dish, in-to sli ces, sli - ces half an inch

T.
ri-e-ty are best for this dish, in-to sli - ces, in-to sli - ces half an inch

B.
ri-e-ty are best for this dish, in-to sli - ces, sli - ces half an inch

12 *mf* **accel.**

S. thick. Salt, and leave to drain in a co-lan-der for an hour. Shake them dry in a

A. thick. Salt, and leave to drain in a co-lan-der for an hour. Shake them dry in a

T. thick. Salt, and leave to drain in a co-lan-der for an hour. Shake them dry in a

B. thick. Salt, and leave to drain in a co-lan-der for an hour. Shake them dry in a

18 **Animato**

S. cloth,shake them dry in a cloth. Fry them, fry them,

A. cloth,shake them dry in a cloth. Fry them, fry them,

T. cloth,shake them dry in a cloth. Fry them, fry them,

B. cloth,shake them dry in a cloth. Fry them, fry them,

24 *f*

S. fry them in mo-de-rate-ly hot o-live oil un-til both sides are gol - den. Re -

A. fry them, fry them till they are gol - den. Re -

T. fry them in mo-de-rate-ly hot o-live oil till they are gol - den. Re -

B. fry them, fry them, till they are gol - den. Re -

28

S. move them from the pan and in the same oil cook three thin - ly sliced large

A. move them from the pan and in the same oil cook three thin - ly sliced large

T. move them from the pan and in the same oil cook three thin - ly sliced large

B. move them from the pan and in the same oil cook three thin - ly sliced large

34 **Più mosso**

S. o-nions un-til soft and pale yel - low. *p* da - va, da - va,

A. o-nions un-til soft and pale yel - low. *p* da - va, da - va,

T. o-nions un-til soft and pale yel - low. *p* da - va, da - va,

B. o-nions un-til soft and pale yel - low. *mf* Add three skinned and chopped to -

40 *mf*

S. da - va, da - va, and a chopped clove or two of

A. *mf* Add three skinned and chopped to - ma - toes, *p* da - va,

T. da - va, da - va, da - va, da - va, da - va, da - va,

B. *p* ma - - toes, da - va, da - va, da - va,

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45

p *mf*

S. gar - lic, da - va, da - va, da - va - da, ground all -

A. da - va, da - va, da - va, da - va - da, ground all -

T. *mf* *mf*
8 da - va, da - va, Sea - son with salt, a tea-spoon-ful of ground all -

B. da - va, da - va, da - va, da - va - da, ground all -

51

pp *pp* *pp* *pp*

S. spice and a pinch of su - gar. Cook un - til the sauce is thick. Lay the

A. spice and a pinch of su - gar. Cook un - til the sauce is thick. Lay the

T. *pp* *pp*
8 spice and a pinch of su - gar. Cook un - til the sauce is thick. Lay the

B. spice and a pinch of su - gar. Cook un - til the sauce is thick. Lay the

58

S. au - ber-gine sli-ces on an oiled ba - king sheet or shal - low dish.

A. au - ber-gine sli-ces on an oiled ba - king sheet or shal - low dish.

T. *8* au - ber-gine sli-ces on an oiled ba - king sheet or shal - low dish.

B. au - ber-gine sli-ces on an oiled ba - king sheet or shal - low dish. Put a

65 **rall.** **mp** **Tempo primo**

S. on each slice, and bake, *mp*

A. Put some sauce on each slice, and *mp*

T. Put a ta-ble-spoon of sauce on each slice, and *mp*

B. ta-ble-spoon of sauce on each slice, and

71 *p*

S. and bake in a mo - de-rate o - - - ven. A *p*

A. bake, and bake in a mo - de-rate o - ven for for - ty mi - nutes. A *p*

T. bake, and bake in a mo - de-rate o - ven for for - ty mi - nutes. A *p*

B. bake in a mo - de - rate o - - - ven. A *p*

78

S. dish which could well pre-cede the roast, is ex - cel-lent cold, or

A. dish which could well pre-cede as an is ex - cel-lent cold, or

T. dish which could well pre-cede hors d'oeu - vre is ex - cel-lent cold, or

B. dish which could well pre-cede it is ex - cel-lent cold, or

Wise french provincial cooking

84

S. go _____ with it, go _____ with it

A. go _____ with it, go _____ with it

T. go _____ with it, go _____ with it

B. go _____ with it, go _____ with it

88

S. hot _____ as a ve - ge - ta - ble.

A. hot _____ as a ve - ge - ta - ble.

T. hot _____ as a ve - ge - ta - ble.

B. hot _____ as a ve - ge - ta - ble.

No.3 Pain grillé aux anchois

This is body percussion.
It should sound rough and not too polite please!

1 **Moderato** ♩ = 92

snap
clap
chest thump

5
T.
B. *mf*

snap
clap
chest thump

9
A.
T.
B.

snap
clap
chest thump

12 *mf*
S.
A.
T.
B.

snap
clap
chest thump

Wise french provincial cooking

15

S. vies in o - live oil _____ and pound them,

A. pound two cloves of gar-lic in a mor-tar, pound two cloves of gar-lic in a mor-tar, pound them, real-ly

T. pound, pound, pound, pound, pound, yes

B. pound, pound, pound, pound, pound, pound,

snap
clap
chest thump

18

S. pound them, pound them, pound them, pound them, pound them, pound them, pound them, pound them

A. pound them, pound them, pound them, pound them, pound them, pound them, pound them, pound them

T. pound them, pound them, pound them, pound them, pound them, pound them, pound them, pound them

B. pound them, pound them, pound them, pound them, pound them, pound them, pound them, pound them

snap
clap
chest thump

20

S. to a rough paste. *f* Thin *pp* with o-live oil and

A. to a rough paste. *f* Thin *pp* with o-live oil and

T. to a rough paste. *f* Add *pp* a few

B. to a rough paste. *f* Add *pp* a few

snap
clap
chest thump

27

S. drops of vi - ne - gar. Toast eight ra-ther thick sli-ces of bread on

A. drops of vi - ne - gar. Toast eight ra-ther thick sli-ces of bread on

T. drops of vi - ne - gar. Toast eight ra-ther thick sli-ces of bread on

B. drops of vi - ne - gar. Toast eight ra-ther thick sli-ces of bread on

33

Poco Più mosso
p leggiero

S. one side on - ly. While it is still hot spread the an - cho-vy paste. *p leggiero*

A. one side on - ly. While it is still

T. one side on - ly.

B. one side on - ly.

Wise french provincial cooking

38 *cresc. poco a poco*

S. While it is still hot__spread the an-cho-vies, while it is still *cresc. poco a poco*

A. hot__spread the an - cho-vy paste. While it is still

T. *cresc. poco a poco*
Spread the an-cho-vy paste

B. *cresc. poco a poco*
Spread the an-cho-vy paste

41

S. hot__spread the an - cho-vy paste, while it is still hot__ spread the an - cho-vy paste.

A. hot__spread the an - cho-vy paste. While it is still hot__ spread the an - cho-vy paste.

T. *8*
on the un-toas-ted side with a fork.

B. on the un-toas-ted side with a fork. Heat in a fast

44 **accel.**

S. Pres - sing it well down, pres - sing it well down, heat in

A. Pres - sing it well down, pres - sing it well down, heat in

T. *8*
Heat__ in a fast o-ven for three or four mi - nutes, Heat in a fast

B. o-ven for three or four mi- nutes, Heat in a fast o-ven for three or four mi- nutes, Heat in a fast

Tempo primo

48 $\text{♩} = 152$ f $\text{♩} = 92$

S. a fast o-ven for three or four mi-nutes, pres - sing it well down in - to the bread.

A. a fast o-ven for three or four mi-nutes, pres - sing it well down in - to the bread.

T. o-ven for three or four mi- nutes, pres - sing it well down in - to the bread.

B. o-ven for three or four mi- nutes, pres - sing it well down in - to the bread.

snap
clap
chest thump

53

S. —

A. —

T. This is not so much an hors

B. This is not so much an hors d'oeuvre as the sort of thing to get

snap
clap
chest thump

Wise french provincial cooking

56

S. *f* This is

A. This is not so much an hors d'oeuvre as the sort of thing to get

T. d'oeuvre as the sort of thing to get rea - dy a - ny time when you are

B. rea - dy a - ny time when you are hun - gry and want some-thing to go

snap
clap
chest thump

58

S. — the sort of thing you

A. rea - dy a - ny time when you are hun - gry and want some-thing to go

T. hun - gry and want some-thing to go with a glass of wine, when you want

B. with a glass of wine, when you are hun - gry and want some-thing to go

snap
clap
chest thump

60

S. — get rea - dy quick - - ly

A. with a glass of wine, when you want some-thing to go with a glass of,

T. some-thing to go with a glass of, some-thing to go with a glass of,

B. with a glass of wine, when you want some-thing to go with a glass of,

snap
clap
chest thump

62

S. — to go with wine. Thir - sty!

A. with a glass of, with a glass of wine. Thir - sty!

T. with a glass of, with a glass of wine. Thir - sty!

B. with a glass of, with a glass of wine. Thir - sty!

snap
clap
chest thump

Conductor or Solo Voice to Audience:
 "... after you have eaten it,
 you may no longer be hungry,
 but you will certainly be ..."