
THE WALL STREET JOURNAL

WSJ.com

TRAVEL | NOVEMBER 6, 2010

COMING & GOING: FIRST-CLASS PLANE FOOD

First-Class Plane Food

We go to great lengths to fly comfortably. We trek to three different drugstores to find the perfect travel-size moisturizer, download more media than we could possibly need and stuff our carry-ons with neck pillows.

Then we get on the plane and eat a factory-built turkey sub. It's time to work a little thoughtful cooking into our preflight rituals. Here's a chef-approved meal plan designed to let you eat happily, not to mention sophisticatedly, at 35,000 feet.

—Howie Kahn

BREAKFAST



Photos by F. Martin Ramin for The Wall Street Journal

Gruyère and Ham Tart (Daniel Humm, Eleven Madison Park, New York)

The appeal: While dainty in size, a few of these tarts are certainly hearty enough for a morning flight.

The recipe: Combine 4½ cups of flour with 1 cup of butter in a food processor until sandy. Add 1 tablespoon of salt and ¾ cup of water and combine for another minute or two.

Refrigerate dough for 1 hour. Meanwhile, brush 8 three-inch tart molds with butter and dust with flour. Roll out dough, line molds and briefly chill. Bake crusts for 5-7 minutes at 425 degrees. In a skillet, heat a little butter and

sauté 1 cup of diced onions until soft. Add 1 cup of chopped, cooked ham.

In a separate mixing bowl, combine 2 eggs, ½ cup of cream, ¾ cup of milk, 1 cup of grated gruyère cheese and 2 tablespoons of flour. Add ham and onions, stir and season with salt and pepper. Pour egg mixture into each pie crust and bake at 425 degrees for 15-20 minutes.

LUNCH

The appeal: A huge upgrade from whatever the airline might slap between two soggy slices of bread. D'Artagnan is a good brand for smoked duck and can be ordered online. You



Smoked Duck Club (Bruce and Eric Bromberg, Blue Ribbon, New York)



Rigatoni with Sausage, Spinach and Goat Cheese (Scott Conant, Scarpetta, New York)

liquid into the sausage-onion mix and cook until the spinach wilts.

Add pasta and the rest of the cooking liquid to the mix, toss well and add 2 tablespoons of grated Parmigiano-Reggiano and 2 tablespoons of fresh goat cheese. Toss again.

SNACK



Rosemary + Garlic Peanuts (April Bloomfield, John Dory Oyster Bar, New York) Pepitas (Traci Des Jardins, Mijita, San Francisco)

can sub in smoked chicken or turkey.

The recipe: Lightly toast two slices of pecan-raisin bread. Apply a thin layer of mayonnaise to one of the slices. Stack thinly sliced smoked duck breast (skin removed), a leaf of romaine lettuce, 3 slices of crisp bacon (julienned) and two slices of tomato, before covering with the other slice of bread.

DINNER

The appeal: Pasta dishes—the homemade kind, not the foil-sealed variety—are good for the long haul. This simply dressed pasta holds up well.

The recipe: Thinly slice a medium-size onion and sauté in olive oil in a skillet over medium-low heat. Crumble $\frac{3}{4}$ pound of sweet and/or spicy Italian sausage into the pan.

Meanwhile, cook the rigatoni in salted, boiling water and drain, reserving 1 cup of the cooking water. Add a handful of chopped spinach, $\frac{1}{2}$ pint of cherry tomatoes and half of the cooking

The appeal: Two flavorful snacks to have with your in-flight drink instead of plain old pretzels: spicy roasted pumpkin seeds and not-too-salty toasted peanuts.

The recipes

Peanuts: Put olive oil and 3 smashed garlic cloves in a warm pan and cook until the garlic is lightly toasted. Add 1 teaspoon of fresh rosemary and let it crisp, then add 3 cups of Spanish peanuts until well toasted. Finish with a sprinkle of sea salt.

Pepitas: Place 2 tablespoons of canola oil and half of a sliced jalapeño in a skillet over

medium-high heat. Add 2 cups of peeled pumpkin seeds, 1 tablespoon of coriander seeds and a pinch of cumin and toast all until golden brown. Squeeze in the juice of one lime. Season with salt and pepper.

Printed in The Wall Street Journal, page D6

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