



WRITTEN
BY
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A Bit Of Elegance And Sophistication

PHOTOGRAPHY BY GREG HILLS

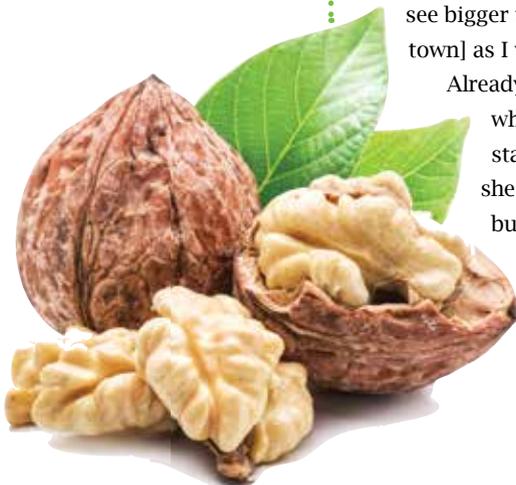
ANGIE LAW-SMITH'S
SOPHISTIQUE
PALATE OFFERS
A MEDLEY OF
GLOBAL FLAVORS
FOR YOUR
NEXT PARTY.

I'm sitting across from Angie Law-Smith, discussing her life traveling the world aboard commercial and private jets as a flight attendant. She was born in Switzerland and now lives in Vero Beach. What strikes me most is her winsome smile, easygoing manner and wholesome beauty. Poised, confident and immediately likeable, she epitomizes the glory days when flying was glamorous and beauty, key. You get the feeling you would be in good hands flying the friendly skies with Angie.

Today, in her soft Germanic accent, she's telling me what brought her to Vero Beach and how excited she is about her new catering business, Sophistiqué Palate. Harnessing all her knowledge and expertise along with that renowned Swiss hospitality, her new venture offers elegant hors d'oeuvres and confections for cocktail parties and social gatherings.

Born Angelika Fäs in Sankt Gallen, a small town in Switzerland, Angie's life reads like a fairy tale - one of excitement, travel and adventure. But it's also a story of determination, grit and sheer hard work. Angie tells me she had always dreamed of destinations far away. "I wanted to see bigger things. I wanted to go to cities. It bothered me we had no train station [in her home town] as I wanted to leave quickly and go somewhere."

Already fluent in English, French and German, her first solo sojourn was to Florence, Italy, when she was 17. "It was my first trip out of Switzerland without my parents, and I stayed with a family and went to school for three months and learned the language," she recalls. On her return home, she got a job in fashion, traveling to Paris and Italy on buying trips. She loved everything about the industry but still yearned for adventures further afield. So in 1991, she moved to Zurich to experience big-city life. "It was one of the most important times to grow up because I was meeting so many people," she says. "Politicians, journalists, musicians - people from all walks of life. At 21, I was exposed to lots of new things."



Angie Law-Smith, a Swiss-born national and owner of Vero Beach's newest catering company, Sophisticatue Palate, presents a platter of her favorite Valentine's Day cookies.



While there, she landed a job as a flight attendant with a Swiss airline. “I stepped up the ladder quite fast,” she remembers. “I was first a flight attendant, then instructor, then team leader, then supervisor.” The job demanded the highest level of service and provided the foundation for her next career move as a team builder for a private jet company. “It was much smaller and had about six jets for corporations and international diplomats. We flew a lot to New York and London, the Middle East and Russia. You never knew where you were going.”

It was here that she discovered a passion for food service and presentation. “We could have a 17-hour flight from Zurich to Havana,” she explains, “then a layover of seven hours and only a short time to find the best food for the next leg of the flight.” So, wherever they landed, Angie would scour the finest five-star restaurants in search of Lucullan feasts to serve to the guests in her care. Quality ingredients and beautiful presentation were of the utmost importance to her then, as they still are today.

The job also introduced her to her husband. “I met Kevin in Dubai on my second flight with the private jet company,” she says. “He was working for a British liquor company and staying in the same hotel.” They started a long-distance relationship and in August 2004 were married at Kevin’s parents’ home in Surrey, England. Angie’s family flew in from Switzerland and Kevin’s friends came from around the globe. In a bucolic English setting replete with garden marquis and glasses of Pimm’s, the families celebrated the young couple’s union. Angie remembers, smiling, “After the wedding, we flew to Dubai to honeymoon in the hotel where we met.”

But life changed when Kevin took a job in Singapore. “I had to adjust and decide what I wanted to do,” Angie says. “So I joined a cooking class and loved it. I asked the owner if I could teach Swiss cooking to the Asians and she said, ‘Let’s try it.’” It was an immediate success. When her in-laws bought a home in John’s Island in Vero Beach, Kevin and Angie, now with daughter, Liya, began spending holidays visiting them.

PUFF PASTRY HEARTS WITH SMOKED SALMON

These pretty hearts are quick and easy to make for an elegant Valentine appetizer.

Serves 6 with two appetizers per person

- 1 packet frozen puff pastry, defrosted
- 1 cup cream cheese, room temperature
- 1 cup crème fraîche
- 1 tablespoon horseradish
- 12 ounces smoked salmon, sliced
- Fresh dill sprigs to decorate

Preheat oven to 400°F.

Roll out the pastry. With a 2-inch, heart-shaped cookie cutter, cut out hearts. You will need two hearts per serving. Place on a baking sheet and bake 10 to 12 minutes until golden.

Cool and set aside until ready to fill. Mix cream cheese, sour cream and horseradish. Put into a pastry bag and squeeze onto one heart. Add 1 ounce smoked salmon and a sprig of fresh dill. Place second heart on top. Repeat with remaining hearts.



ENGADINE WALNUT TART

“Engadiner Nusstorte”

This tart, from the beautiful Swiss region of Engadine, is Angie’s signature dish. A dense, caramel, walnut pastry cake with a biscuit-like crust, it’s rather like a pecan pie with a lid. It keeps well if made ahead of time.

Serves 8

PASTRY CRUST

1 cup sugar
1 stick butter
1 ½ cups flour
1 large egg beaten with 1 tablespoon water
1 pinch salt

FILLING

1 cup sugar
1 cup walnuts coarsely chopped
2-3 tablespoons good quality honey
1 egg, beaten for egg wash
9-inch round pastry ring

Preheat oven to 350°F.

Cream butter and sugar in a food processor. Add flour, salt, egg and water on high speed until a dough is formed. Divide the dough into 2/3 and 1/3 and wrap each well in foil. Chill for ½ hour.

To make the caramel, heat the sugar in a heavy bottomed saucepan, stirring until light brown and caramelized. Add nuts and stir well. Add the honey and cream. Heat until boiling. Set aside.

For the top of the tart, roll out one-third of the dough on lightly-floured parchment paper with a floured rolling pin to the size of the tart ring. Refrigerate until needed.

Grease and place the 9-inch round pastry ring on a baking sheet lined with parchment paper. Roll out the remaining two-thirds of the pastry on a lightly floured



piece of parchment paper to a 12-inch diameter. The pastry will be larger than the pastry ring in order to have excess pastry to fold over on top of the filling. Transfer to the pastry ring by gently wrapping around a rolling pin. Press the pastry into the base and allow the excess pastry to hang over the sides of the pastry ring. Prick the base lightly with a fork and refrigerate.

Allow the filling to cool completely and then spread evenly over the pastry in the pastry ring. Fold the excess pastry over onto the filling. Brush the folded pastry lightly with water and then place the pre-rolled top over the filling, pressing lightly on the edges to seal. Brush gently with egg wash. Press edges with a fork and lightly prick all over. Bake for 55 minutes or until light golden. Remove from the oven and allow to cool. Remove from the ring while still slightly warm and place on a wire rack.

Soaking up the laidback lifestyle, they, too, decided Vero Beach was the perfect place to put down roots. Angie tells me that the idea for the business came when she was helping with a local fundraiser and volunteered to cater the event herself. The feedback was so encouraging, she realized she had found the perfect niche for her collective talents.

Today, Angie's aim is to use the inspiration gained from her travels to cater intimate parties with authentic recipes from around the world. Her website features native dishes like Swiss fondue and a melted Alpine cheese dish, Raclette, which she offers to set up like a Swiss chalet and prepare in front of guests.

At a recent cocktail party, she showcased her talent for preparing a unique medley of global flavors. One hundred guests were treated to bite-size morsels of Japanese wasabi and avocado shrimp on pumpernickel, Russian blinis with baby scallop

ceviche, and Thai lemongrass meatballs followed by individual glasses of Italian tiramisu and berry trifle. All dishes were elegant, pop-in-the-mouth, mini-meals that allowed guests to munch and mingle unencumbered by plates and silverware. Event organizer Jacqui Sim called the food "spectacular," a testament to Angie's talent as a caterer.

Listening to her talk, I glimpse not only a calm, reassuring flight attendant persona but also an industrious young woman who loves to have an impact. She tells me that she is heading out today to teach etiquette classes to the students at St. Edward's school. "I teach through fifth grade but I keep it fun and playful for the little ones," she says. "We do things like thank-you cards and table settings. Today I am teaching the little ones how to eat spaghetti." As I'm visualizing the scene in my head, she grins, adding, "I like to be challenged." ✨

VALENTINE SPITZBUBEN COOKIES

The word "spitzbuben" literally means "rascal boys" or "peeking boys" as the jam peeks through the hole. Similar to Austrian Linzers, these cookies are traditionally served at Christmastime but make wonderful treats for Valentine's Day when the center is cut into heart shapes.

Makes 24 cookies

- 1 stick unsalted butter
- ½ cup confectioners' sugar
- 2 teaspoons vanilla sugar
- 1 pinch of salt
- 1 egg white
- 1 ¾ cups plain flour
- Confectioners' sugar for dusting

Preheat oven to 400°F.

Beat the butter until soft. Add the confectioners' sugar, vanilla sugar and salt and beat until fluffy and light in color. Stir the egg white into the creamed mixture, making sure to incorporate fully. Fold in the flour and mix until dough forms. Cover the bowl, and rest the dough in the refrigerator for 1 hour.



Roll out the dough to ¼ inch thick. Cut out cookies with 3-inch, fluted round cookie cutter. With a 2-inch heart-shaped cookie cutter, cut smaller heart shapes out of the middle of half of the pastry rounds. Place on a baking sheet and bake for 6 to 8 minutes. Allow to cool.

Spread the whole fluted cookies with strawberry jam. Then put the cookie with the center heart cut out on top. Sift confectioners' sugar on top and serve.