



# *The Very Best of Emeril*

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VJJE Publishing Co.

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# *The Very Best of Emeril*

# Aioli

---

**4 Garlic cloves**

**2 Egg yolks**

**1 Pinch Salt**

**1 Cup Good-quality olive oil; plus**

**2 Tablespoon Good-quality olive oil**

**1/2 Fat; 0 Other Carbohydrates**

.

**Place the garlic in a large mortar and crush. Add the eggs and incorporate. Season with salt. Slowly stir in the oil, a little at a time, until all of the oil is incorporated and the mixture is like a thick mayonnaise. This recipe yields about 1 cup aioli.**

**Servings: 1**

# Ajiaco Emerilized

---

**3/4 Pound Tasajo; (salt-dried beef)**  
**1 Pound Baby back ribs**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Pound Flank steak**  
**1 Pound Pork loin**  
**1 Cup Olive oil**  
**2 Cup Chopped onions**  
**1/4 Cup Chopped garlic**  
**1 Green bell pepper; seeded, chopped**  
**1 Red bell pepper; seeded, chopped**  
**1 Cup Peeled; seeded, chopped tomatoes**  
**1 Tablespoon Cumin**  
**1 Tablespoon Spanish paprika**  
**1 Tablespoon Freshly-ground black pepper**  
**1 Pound Yuca; peeled, and**  
**Cut into 2" pieces**  
**1 Pound Name (white yam); peeled, and**  
**Cut into 2" pieces**  
**1 Pound Yellow malange; peeled, and**  
**Cut into 2" pieces**  
**2 Ears Corn – kernels scraped from the cob**  
**4 Quart Chicken stock**  
**1 Pound Boniato; cut 2" pieces**  
**2 Green plantains; cut 2" pieces**  
**Juice of three limes**  
**1 Pound Calabaza; peeled, and**  
**Cut into 2" pieces**  
**2 Ripe plantains; cut 2" pieces**  
**Crusty bread; for serving**

Soak the tasajo overnight in cold water, changing the water at least twice. Remove the tasajo from the water and cut into 1-inch pieces. Cut the ribs into individual ribs. Cut the flank steak into 1-inch strips. Cut the pork into 1-inch pieces. Place the tasajo and ribs in a stock pot and cover with water. Season the water with salt and pepper. Cook the meat for about 1 hour or until the ribs are tender. Remove from the heat and drain. In a stock pot, heat the olive oil. When the oil is hot, add the onions, garlic, bell peppers, tomatoes, cumin, paprika, and black pepper. Saute the mixture for 2 to 3 minutes. Add the flank steak and pork loin. Brown the meat for 3 to 4 minutes. Season the meat with salt. Add the yuca, name, malanga, and corn. Season with salt and pepper. Add 4 quarts chicken stock and bring to a boil. Reduce to a simmer and cook for 45 minutes or until the vegetables are tender. Add the boniato, green plantains, and lime juice. Cook for 10 minutes. Add the calabaza and the ripe plantains and cook for 15 minutes. Season with salt and pepper. The stew will be creamy with pieces of meat and vegetables. Serve with crusty bread. This recipe yields 8 servings.

**Servings: 8**

# Al Forno And Johanne Killeen's Grilled Pizza

---

## DOUGH

1 Envelope Active dry yeast –; (2 1/2 tspns)  
1 Cup Warm water  
1 Pinch Sugar  
2 1/4 Teaspoon Kosher salt  
1/4 Cup Johnnycake meal or fine-ground white  
Cornmeal  
3 Tablespoon Whole-wheat flour  
1 Tablespoon Virgin olive oil  
2 1/2 Cup Unbleached white flour –; (to 3 1/2 cups)

## TOPPING

Extra-virgin olive oil  
3 Cup Freshly-grated Parmigiano-Reggiano cheese  
1-1/2 Cup Freshly-grated Pecorino Romano cheese  
3 Cup Shredded Fontina cheese  
4 1/2 Cup Chopped canned tomatoes in heavy puree  
3/4 Cup Chopped Italian flat-leafed parsley  
Chiffonade of basil; for garnish

Dissolve the yeast in the warm water with the sugar. After 5 minutes stir in the salt, johnnycake meal, whole-wheat flour, and oil. Gradually add the white flour, stirring with a wooden spoon until a stiff dough has formed. Place the dough on a floured board, and knead it for several minutes, adding only enough additional flour to keep the dough from sticking. When the dough is smooth and shiny, transfer it to a bowl that has been brushed with olive oil. To prevent a skin from forming, brush the top of the dough with additional olive oil, cover the bowl with plastic wrap, and let rise in a warm place, away from drafts, until doubled in bulk, 1 1/2 to 2 hours. Punch down the dough and knead once more. Let the dough rise again for about 40 minutes. Punch down the dough. If it is sticky, knead in a bit more flour. Divide into four balls. Cover the balls with plastic wrap and allow to rise at room temperature for about 45 minutes. While the dough is rising, prepare a hot charcoal fire, setting the grill rack 3 to 4 inches above the coals and set out topping ingredients. Place dough on a large inverted cookie sheet brushed with 1 to 2 tablespoons extra-virgin olive oil. Turn the dough over to coat it with oil. With your hands, spread and flatten the pizza dough into a 10- to 12-inch free-form circle, 1/8-inch thick. If you find the dough shrinking back into itself, allow the dough to rest for a few minutes, then continue to spread and flatten the dough. Do not make a lip. You may end up with a rectangle rather than a circle; the shape is unimportant. Take care not to stretch the dough so thin that small holes appear. If this happens, all is not lost. Rather than try to repair them, avoid them when adding toppings and drizzling with olive oil. When the fire is hot, use your fingertips to lift the dough gently by the two corners closest to you, and drape it onto the grill. Catch the loose edge on the grill first and guide the remaining dough into place over the fire. Within a minute, the dough will puff slightly, the underside will stiffen, and grill

marks will appear. Using tongs, immediately flip the crust over onto the coolest part of the grill. Quickly brush the grilled surface with 2 teaspoons of virgin olive oil. Spread 1/4 cup of Parmigiano–Reggiano cheese, 2 tablespoons Pecorino Romano cheese, and 1/4 cup Fontina cheese over the entire surface of the pizza. Dollop with 6 tablespoons of the tomatoes and top with 1 tablespoon of the parsley. Drizzle the entire pizza with virgin olive oil. After the toppings have been added, slide the pizza back toward the hot coals so about half of the pizza is directly over the heat. Rotate the pizza frequently so that different sections receive high heat checking the underside by lifting the edge with tongs to be sure it is not burning. The pizza is done when the top is bubbling and the cheese has melted. Garnish with basil and serve immediately. Continue stretching the dough balls and grilling pizzas using the above topping ingredients. This recipe yields 12 servings.

Servings: 12

# Almond Butter Cookies

---

**3/4 Pound Unsalted butter; at room temperature (3 sticks)**

**1 Cup; plus 2 tablespoons granulated sugar**

**6 Large Egg yolks**

**1 Teaspoon Pure vanilla extract**

**3 Cups; plus 2 tablespoons bleaches, all-purpose flour**

**3/4 Teaspoon Salt**

**1/2 Pound Almond slices**

**1/2 Fat; 0 Other Carbohydrates**

Cream the butter and sugar in the bowl of an electric mixer fitted with a paddle, on medium speed. Scrape down the bowl as necessary. Cream the mixture until it is smooth and fluffy. Add the egg yolks one at a time, mixing between each addition. Scrape down the sides of the bowl. Beat for 1 minute and add the vanilla. Add the flour and salt to the butter mixture and beat on low speed until it is fully incorporated. Increase the speed to medium and mix until the batter is thick and creamy, about 2 minutes. Scrape down the sides of the bowl and the paddle. Generously dust a large sheet of parchment or waxed paper with the remaining 2 tablespoons of flour. Spoon the dough down the center of the paper, fold the paper tightly over the dough, and roll into a cylinder about 3 inches in diameter and 12 to 14 inches long. Refrigerate for 8 hours.

Preheat the oven to 350 degrees F.

Line a baking sheet with parchment or waxed paper. Remove the dough from the refrigerator and peel away the paper. Using a sharp knife, cut the dough crosswise into 1/2-inch thick slices. Place them 2 inches apart on a baking sheet. Generously sprinkle the top of each cookie with almonds, lightly pressing them into the dough. Bake until lightly golden, about 20 minutes.

Remove from the oven and let cool completely in the pan.

**Yield: 2 1/2 dozen cookies**

# **Andouille And Chicken Jambalaya**

---

**1/2 Cup Vegetable oil**  
**3 Cup Chopped onions**  
**1 Cup Chopped bell peppers**  
**3 Teaspoon Salt**  
**1 1/4 Teaspoon Cayenne pepper**  
**1 Pound Andouille sausage; cut 1/4" slices**  
**(or other smoked sausage such as chorizo)**  
**1–1/2 Pound Boneless white and dark chicken meat; cut 1 cubes**  
**3 Bay leaves**  
**3 Cup Medium–grain white rice**  
**6 Cup Water**  
**1 Cup Chopped green onions**

**Heat the oil in a large cast–iron Dutch oven over medium heat. Add the onions, bell peppers, 2 teaspoons of the salt and 1 teaspoon of the cayenne. Stirring often, brown the vegetables for about 20 minutes, or until they are caramelized and dark–brown in color. Scrape the bottom and sides of the pot to loosen any browned particles. Add the sausage and cook, stirring often for 10 to 15 minutes, scraping the bottom and sides of the pot to loosen any browned particles. Season the chicken with the remaining 1 teaspoon salt and remaining 1/4 teaspoon cayenne. Add the chicken and the bay leaves to the pot. Brown the chicken for 8 to 10 minutes, scrapping the bottom of the pot to loosen any browned particles. Add the rice and stir for 2 to 3 minutes to coat it evenly. Add the water, stir to combine, and cover. Cook over medium heat for 30 to 35 minutes, without stirring, or until the rice is tender and the liquid has been absorbed. Remove the pot from the heat and let stand, covered for 2 to 3 minutes. Remove the bay leaves. Stir in the green onions and serve. This recipe yields 10 to 12 servings.**

**Servings: 10**



# Andouille And Potato Soup

---

**1 Tablespoon Olive oil**  
**2 Cup Chopped onions**  
**1 Pound Andouille sausage; cut 1" pieces**  
**2 Tablespoon Chopped garlic**  
**2 Sprigs Fresh thyme**  
**2 Bay leaves**  
**2 Pound White potatoes; peeled, diced**  
**1 Gallon Chicken stock**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1/4 Cup Chopped parsley**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large pot, over medium heat, add the olive oil. When the oil is hot, add the onions and saute for 2 minutes. Season with salt and pepper. Add the sausage and continue to saute for 2 minutes. Stir in the garlic and herbs. Add the potatoes and stock. Bring the liquid to a boil and reduce to a simmer. Simmer the soup for 30 minutes. Add chopped parsley and season the soup with salt and pepper. This recipe yields 6 to 8 servings.**

**Servings: 6**

# Andouille Cheese Bread

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1 Envelope Dry yeast –; (1/4 oz)  
2 Tablespoon Sugar  
2 Tablespoon Vegetable oil; plus  
1 Teaspoon Vegetable oil  
2 Cup Warm water; (110 degrees)  
6 Cup Bleached all-purpose flour  
3/4 Cup Yellow cornmeal  
2 Teaspoon Salt  
1/2 Pound Ground andouille; kielbasa, or Italian  
Sausage  
1/2 Pound White cheddar cheese; grated  
Vegetable oil; for frying  
Emeril's Essence  
1/2 Fat; 0 Other Carbohydrates

Preheat the fryer. Combine the yeast, sugar, and 2 tablespoons of the oil in the bowl of an electric mixer fitted with a dough hook. Add the water. With the mixer on low speed, beat the mixture for about 4 minutes to dissolve the yeast. If the yeast mixture doesn't begin to foam after a few minutes, it means it's not active and will have to be replaced. In a separate large mixing bowl, combine the flour, 1/2 cup plus 2 tablespoons of the cornmeal, and the salt. Add this to the yeast mixture. Mix on low speed until it lightly comes together, then increase the speed to medium and beat until the mixture pulls away from the sides of the bowl, forms a ball, and climbs slightly up the dough hook. Remove the dough from the bowl. Coat the dough with the remaining teaspoon vegetable oil. Return the dough to the bowl and turn it to oil all sides. Cover the bowl with plastic wrap, set in a warm, draft-free place, and let rise until doubled in size, about 2 hours. Meanwhile, brown the sausage in a skillet over medium heat. Remove from the heat and drain on a paper-lined plate. Set aside and cool to room temperature. Remove the dough from the bowl and turn it onto a lightly floured surface. Using your hands, gently roll and form it into a narrow loaf about 24 inches long. Cut the dough into 18 equal pieces, (each about 2 1/2 ounces). With the palm of your hand, roll the portions on a lightly floured surface to form small round rolls. Line a baking sheet with parchment paper and sprinkle it with the remaining 2 tablespoons cornmeal. Place the rolls about 1 inch apart on the paper. Using a pointed knife, make a slit in the top of each roll. With your thumb and forefinger, spread the dough open to make a small cavity about 1 inch deep and 2 inches wide. Spoon 1 tablespoon of the cheese into each cavity, then top with 1 tablespoon of the sausage, pressing the mixture gently into the cavity. Pinch the dough together to close the cavity. Cover the rolls with plastic wrap and let rise in a warm, draft-free place until doubled in size, about 30 minutes. Deep-fry the stuffed breads, a couple at a time, in the hot oil for about 3 minutes, turning them with a metal spoon to brown them evenly. Remove from the oil and drain on a paper-lined plate. Season the stuffed bread with Emeril's Essence. Serve warm. This recipe yields 18 rolls.

**Servings: 18**

# Andouille Cheese Grits Smothered With Creamy Crawfish Sau

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1/2 Pound Andouille sausage; chopped  
4 1/2 Cup Whole milk  
1–1/2 Teaspoon Salt  
1/4 Teaspoon Cayenne pepper  
1 Tablespoon Butter  
2 Cup Quick white grits  
1 Cup Grated white cheddar cheese  
1 Cup Flour  
1 Cup Bread crumbs  
Emeril's Essence  
2 Eggs; beaten with  
1 Tablespoon Milk  
1/4 Cup Olive oil; plus  
1 Tablespoon Olive oil  
1/2 Cup Minced yellow onions  
1 Tablespoon Chopped garlic  
1 Pound Louisiana crawfish tails (NOT CHINESE CRAWFISH)  
1 Cup Heavy cream  
1 Dash Crystal hot sauce  
1 Dash Worcestershire sauce  
1/4 Cup Chopped green onions; green part only  
2 Ounce Grated Parmigiano–Reggiano cheese  
6 servings.  
7 Fat; 0 Other Carbohydrates

Render the sausage in a saucepan, over medium–high heat, cooking about 4 minutes. Add the milk, salt, cayenne, and butter and bring to a boil. Stir in the grits and reduce the heat to medium. Stir for 30 seconds, then add the cheese and stir until the cheese melts. Cook, uncovered, for 4 to 5 minutes, or until the grits are tender and creamy. Pour the grits into a greased square glass pan. Refrigerate the grits until firm. Using a 2–inch round cutter, cut the grits into six rounds. Season the flour and bread crumbs with Emeril's Essence. Dredge the cakes in the seasoned flour. Dip each cake in the egg wash, letting the excess drip off. Dredge the cakes in the seasoned bread crumbs, coating each cake completely. Heat 1/4 cup of the olive oil in a large skillet. When the oil is hot, pan–fry the cakes for 3 minutes on each side. In a saute pan, heat the remaining olive oil. When the oil is hot, add the onions. Season the onions with Essence. Saute for 1 minute. Add the garlic and crawfish tails. Season with Essence. Saute for 1 minute. Add the cream and bring up to a boil. Reduce to a simmer and cook for 3 to 4 minutes, or until the cream has thickened. Season the sauce with hot sauce, Worcestershire sauce, salt and pepper. Stir in the green onions and cheese. To serve, spoon the Crawfish Sauce over the Andouille Grit Cakes. This recipe yields 6

# Andouille Potato Cakes With Fresh Corn And Tomato Salsa

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## SALSA

1/2 Cup Blanched corn  
4 Ripe Italian plum tomatoes; peeled, seeded and diced  
1/2 Cup Minced onions  
1 Teaspoon Minced jalapeno peppers  
2 Tablespoon Chopped fresh cilantro  
1 Tablespoon Freshly squeezed lime juice  
1 Teaspoon Freshly squeezed lemon juice  
Salt  
Freshly ground pepper

## ANDOUILLE POTATO CAKES

1/2 Cup Chopped onions  
1/4 Cup Chopped celery  
2 1/2 Pound White potatoes; peeled and diced  
1 Tablespoon Plus 2 teaspoons chopped garlic  
3 Cup Water  
Salt  
Freshly ground pepper  
1/2 Pound Andouille sausage  
1 Tablespoon Finely chopped parsley  
1/2 Cup Heavy cream  
1 Cup All purpose flour  
Creole seasoning  
3 Eggs  
2 Cup Fine dried bread crumbs

**For the salsa:**

Combine the corn, tomatoes, onions, jalapenos, cilantro, lime juice and lemon juice. Mix well. Season the salsa with salt and pepper. Set the salsa aside.

**For the Andouille Potato Cakes:**

**Preheat the fryer.**

**In a saucepan, combine the onions, celery, potatoes, 2 teaspoons garlic and water. Season with salt and pepper. Bring the liquid to a boil. Reduce to a simmer and cook until the potatoes are fork tender, about 10 to 12 minutes.**

**In a large saute pan, brown the sausage, about 6 to 8 minutes. Remove and drain on paper towels. Set aside.**

**Remove the potatoes from the heat and drain. Turn the potatoes into a mixing bowl. Add the sausage, parsley, remaining tablespoon of garlic, 1 egg and**

cream. Using a hand held masher, mash mixer until thoroughly blended. Season with salt and pepper. Cool the mixture completely. Form the mixture into a log, 1–inch thick. Cut the log into 2–inch pieces.

In a small mixing bowl, add the flour and season with Creole seasoning. In another small mixing bowl, whisk the remaining 2 eggs and 2 tablespoons milk together. Season the mixture with salt and pepper. In a third mixing bowl, add the bread crumbs and season with Creole seasoning. Dredge the potato cakes in seasoned flour, coating completely. Dip each cake in the egg wash, allowing the excess to drip off. Dredge the cakes in the seasoned bread crumbs, coating completely. Fry the cakes until golden brown, about 3 to 4 minutes, turning often for even browning. Remove the cakes from the oil and drain on paper towels. Season the cakes with Creole seasoning. Place 2 cakes in the center of each plate and spoon some salsa over the cakes.

**Yield: 6 servings**

# **Andouille Smothered Beans**

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**2 Tablespoon Vegetable oil**  
**1/2 Pound Andouille sausage; finely chopped**  
**2 Cup Julienned onions**  
**1/2 Cup Chopped celery**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**2 Tablespoon Chopped garlic**  
**1 Pound Navy beans; rinsed, soaked overnight, drained**  
**2 Bay leaves**  
**8 Cup Water; to 10 cups**  
**1/4 Cup Chopped green onions**

**In a small stock pot, heat the vegetable oil. When the oil is hot, add the Andouille and render for 3 to 4 minutes. Stir in the onions and celery. Cook the vegetables for 2 to 3 minutes, or until the vegetables start to wilt. Season the vegetables with salt and cayenne. Stir in the garlic, beans, and bay leaves. Add the water and bring the liquid up to a boil. Reduce to a simmer and cook for 3 hours, uncovered, or until the beans are soft and creamy. Stir the mixture occasionally and check the seasonings for salt and cayenne. Stir in the green onions. Serve the beans with the Pan-Fried Catfish (the recipe for which is included in this collection). This recipe yields 8 servings.**

# Andouille Spoonbread

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**1 Tablespoon Vegetable oil**  
**1 Pound Ground andouille or other pork sausage**  
**1 Cup Finely chopped onions**  
**1/2 Cup Finely chopped celery**  
**1/2 Cup Seeded and finely chopped green bell peppers**  
**2 Teaspoon Salt**  
**1/4 Teaspoon Cayenne**  
**1 Tablespoon Chopped garlic**  
**2 Tablespoon Plus 2 teaspoons finely chopped fresh parsley leaves**  
**1/4 Cup Chopped green onions; green parts only**  
**1 Teaspoon Butter**  
**4 Large Eggs; separated**  
**3 Cup Heavy cream**  
**1-1/2 Cup Yellow cornmeal**  
**1/2 Cup Freshly grated Parmigiano-Reggiano cheese**

**Preheat the oven to 350 degrees F.**

**Heat the oil in a medium-size saute pan over medium-high heat. Add the sausage and cook for 3 minutes, stirring occasionally.**

**Add the onions, celery, bell peppers, salt and cayenne and cook, stirring, until the vegetables are softened, about 5 minutes.**

**Add the garlic and cook, stirring, for 1 minute. Remove from the heat and stir in 2 tablespoons of the parsley and green onions. Cool the mixture for 10 minutes.**

**Add the butter to a large cast iron skillet. Place in the oven and melt the butter.**

**Whisk the egg yolks and cream together in a large mixing bowl. Add the cornmeal and whisk until the batter is smooth.**

**Fold the sausage mixture into the batter.**

**In another mixing bowl, whip the egg whites with an electric mixer until very stiff and peaks form, then fold into the sausage batter.**

**Pour the batter into the skillet and sprinkle the top with 1/4 cup of the cheese. Bake until is sets, about 45 minutes.**

**Remove from the oven and let stand for 5 minutes.**

**Spoon onto a serving plate and serve. Garnish with remaining cheese and parsley.**

**Yield: 10 servings**



# Anglaise Sauce

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**2 Cup Heavy cream**

**1/2 Cup Sugar**

**1 Vanilla bean; split and scraped**

**5 Egg yolks**

**In a saucepan, over high heat, whisk the cream together with the sugar and vanilla bean. Bring to a simmer and remove from the heat. In a bowl beat the egg yolks until thick and frothy. Temper the egg yolks by stirring just 1/4 cup of the sauce into the yolks, until incorporated. Turn the egg yolk mixture into the sauce and stir until thoroughly blended. Return the saucepan to low heat and cook 2 to 4 minutes, stirring often to prevent scorching. Remove from the heat. Strain through a fine mesh sieve. This recipe yields 2 1/2 cups.**

# **Ann Kerney's Pan Seared Squab With Rice Dressing**

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**3 Tablespoon Olive oil**  
**3/4 Cup Chopped yellow onions; divided**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**1 Cup Basmati rice**  
**4 Cup Chicken stock**  
**2 Bay leaves**  
**4 Squabs; glove boned, with**  
**Gizzards; hearts, and livers reserved**  
**3 Garlic cloves; crushed**  
**3 Tablespoon Unsalted butter**  
**1/4 Cup Chopped celery**  
**1/2 Teaspoon Chopped garlic**  
**1 Dash Brandy**  
**1/4 Cup Chopped green onions; green part only**  
**1 Tablespoon Finely-chopped fresh parsley leaves**  
**20 Baby carrots; blanched**  
**20 Haricot verte; blanched**  
**1 Cup Port reduction; hot(port wine reduced by half)**

**Preheat the oven to 400 degrees. In a saute pan, heat 1 tablespoon of the oil. Add 1/2 cup onions. Season with salt and pepper. Saute for 1 minute. Add the rice, stir to coat and cover with 2 cups chicken stock and 1 bay leaf. Bring to a simmer, cover and cook until the rice is just tender, al dente. Remove from the heat and cool. Cut up the gizzards and hearts and place in a sauce pan. Add 1 cup chicken stock, 1 bay leaf and crushed garlic. Bring to a boil and simmer for 20 minutes or until tender and strain. Clean all the livers free of veins and pat dry on paper towels. In a saute pan, heat 1 tablespoon butter until smoking. Season the livers with salt and pepper. Add the livers and quickly sear them on both sides. Remove the livers from the pan and set aside. Add the remaining 1/4 cup onions, celery and garlic to the pan. Season with salt and pepper. Using a wooden spoon, scrape the brown particles from the pan as the vegetables wilt. Remove the pan from the heat and add the brandy. Deglaze the pan and cook until the alcohol burns off. Set aside and cool. In a food processor fitted with a metal blade, combine the cooked gizzards, hearts, livers, and vegetable mixture. Puree until smooth. Season the squabs with salt and pepper. In a oven-proof saute pan, heat the remaining oil. When the oil is smoking, add the squabs, skin side down, and sear for 2 minutes. Flip the squabs over and place in the oven. Roast for about 8 minutes or until golden and internal temperature is medium. In a large saute pan, combine the rice, liver mixture, and remaining stock. Saute until the mixture is heated through. Reseason if necessary. Stir in the green onions and parsley. In another saute pan, melt the remaining butter. Add the carrots and beans. Season with salt and pepper. Saute for 2 to 3 minutes. Remove from the heat. To serve, mound the rice in the center of each plate. Lay the squabs on top of the rice. Arrange the vegetables around the rice. Spoon the Port reduction sauce over the squab and serve. This recipe yields 4 servings.**

# Antipasta Platter

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1 Small Japanese eggplant; sliced thin lengthwise  
2 Small Carrots; peeled, and sliced into thin strips with a vegetable peeler  
1 Medium Roasted red pepper; peeled, seeded, and cut into thin strips  
1 Medium Roasted green bell pepper; peeled, seeded, and cut into thin strips  
1 Medium Roasted yellow bell pepper; peeled, seeded, and cut into thin strips  
Drizzle of olive oil  
Drizzle of aged balsamic vinegar  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Pieces Beef fillet –; (4 oz ea)  
1/2 Cup Aioli  
1 Cup Baby arugula  
2 Ripe beefsteak tomatoes  
1 Pound Buffalo Mozzarella cheese  
12 Fresh basil leaves  
1 Pound Prosciutto di Parma ham; thinly sliced  
12 Fresh figs  
1/2 Pound Parmigiano-Reggiano cheese; cut into chunks  
2 Cup Assorted Italian olives

Preheat the grill. In a mixing bowl, toss the eggplant and carrots with olive oil. Season with salt and pepper. Grill the vegetables in batches for about 1 minute on each side. Remove from the grill. On a platter, arrange the grilled eggplant, carrots, and peppers on one side. Drizzle with the olive oil and balsamic vinegar. Place each fillet between two sheets of plastic wrap. Using a meat mallet, pound the meat very thinly. Place the meat on the second platter. Season with salt and pepper. Drizzle the meat with the aioli. Mound the arugula in the center of carpaccio. Core and slice the tomatoes 1/2-inch thick. Season both sides with salt and pepper. Place half of the tomatoes around the third platter. Slice the cheese into 1/2-inch slices. Season both sides with salt and pepper. Place the cheese on top of the tomatoes, around the platter. Top the cheese with the remaining tomatoes. Place the basil leaves on top of the tomatoes. Drizzle the entire platter with the olive oil. Arrange the slices of prosciutto over the fourth platter. Using a sharp knife, make a criss-cross cut through the core of each fig. Arrange the figs around the prosciutto. Place the chunks of cheese in a small bowl. Also place the olives in a small bowl. Serve all of the platters and bowls with crusty bread. This recipe yields 6 to 8 servings.

# Apple And Custard Pie

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1 Cup Flour  
1 Pinch Salt  
2 Tablespoon Sugar plus 1/4 cup  
1/3 Cup Lard  
2 Tablespoon Ice water  
2 Tablespoon Butter  
1 Cup Light brown sugar  
1/2 Teaspoon Plus 1/8 teaspoon ground cinnamon  
2 Pound Granny Smith apples; peeled, cored and sliced 1/4-inch thick  
1 Cup Heavy cream  
1 Egg yolk  
1/2 Teaspoon Pure vanilla extract  
1 Cup Sweetened whipped cream

Preheat the oven to 350 degrees F. In a mixing bowl, combine the flour, salt, and 2 tablespoons sugar. Add the lard and work it in with your hands until the mixture resembles coarse crumbs. Add the water, 1 tablespoon at a time. Form the dough into a smooth ball. Wrap the dough in plastic wrap and refrigerate for 30 minutes. In a large saute pan, over medium heat, melt the butter. Stir in the brown sugar and cook for 1 minute. Add 1/2 teaspoon cinnamon and apples. Saute for 3 minutes. Remove from the heat and turn into a deep dish 9-inch pie pan. Remove the dough from the refrigerator and place on a lightly floured surface. Roll out the dough into a circle about 12 inches in diameter and 1/8-inch thick. Gently fold the circle of dough in half and then in half again, so that you can lift it without tearing it, and until over the pie pan. Crimp the edges of the pastry. Brush the pastry with the egg wash. Using a sharp knife, make a 1-inch circle in the center of the pie. Place in the oven and cook for 15 minutes. In a mixing bowl, whisk the remaining 1/4 cup sugar, cream, yolk, and vanilla extract. Pour the custard through the hole in the pie. Place back in the oven and continue to cook for 30 minutes, or until the custard is set. Remove from the oven and cool completely. Sprinkle the top of the pie with powdered sugar. Spoon onto serving plates, garnish with whipped cream and serve.

**Yield: 8 servings**

## **Apple Mint Relish**

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**2 Sweet red apples; eighth, cored,  
And sliced into 1/4" pieces  
Juice of one lemon  
1/4 Cup Pineapple juice  
2 Tablespoon Chiffonade fresh mint  
1 Pinch Salt**

**In a mixing bowl, combine all of the ingredients together. Mix well.  
Refrigerate until chilled. Serve with the "Crawfish And Goat's  
Cheese–Stuffed Leg Of Lamb With Rosemary Jus" (the recipe for which is  
included in this collection) or other similar dishes.**

**Servings: 1**

# Artichoke And Crab Beignets With Remoulade

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2 Whole artichokes

Salt

Bay leaf

1 Lemon; halved

1/2 Teaspoon Liquid crab boil

1 Tablespoon Vegetable oil

1/2 Cup Chopped onions

Salt

Cayenne

1 Teaspoon Chopped garlic

1/2 Pound Fresh crabmeat; picked for cartilage

3 Eggs; beaten

1-1/2 Cup Milk

2 Teaspoon Baking powder

3 1/4 Cup Flour

1 Dash Worcestershire sauce

1 Dash Crystal hot sauce

1 Tablespoon Chopped parsley

Solid vegetable shortening for deep frying

Creole seasoning

2 Cup Remoulade sauce; recipe follows

Trim off the stems and thorny tips of the artichoke. Put them in a deep pot and cover with water. Add salt, bay leaf, lemon halves, and crab boil. Bring to a boil over high heat. Reduce to medium heat and simmer until tender. Remove and drain. Cool slightly and remove the fuzzy choke from the center. Remove the leaves to expose the heart. Slice thinly and set aside.

Heat the oil in a skillet over medium-high heat. Add the onions. Season with salt and cayenne. Saute the onions until soft, about 2 to 3 minutes. Add the thinly sliced artichokes and the garlic. Season with salt and cayenne. Saute for 1 minute. Add the crabmeat and saute for another minute. Remove and set aside to cool.

Make a batter by combining the eggs, milk, and baking powder in a mixing bowl. Mix well. Add the flour, 1/4 cup at a time, beating and incorporating until all of the flour is used and the batter is smooth. Season with salt, cayenne, Worcestershire sauce and hot sauce. Mix well. Stir in the parsley. Add the artichoke and crab mixture to the batter and fold to mix.

Heat the shortening to 360 degrees F. Drop the batter, a heaping tablespoon at a time, into the hot oil. When the beignets pop to the surface, roll them around with a slotted spoon in the oil to brown them evenly. Remove and drain on paper towels. Sprinkle the beignets with Creole seasoning. Serve with the Remoulade.

**Yield:** about 2 dozen

# Artichoke And Spinach Dip

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**3/8 Cup Vegetable oil; divided**  
**1/4 Cup Flour**  
**2 Cup Milk**  
**1/2 Cup Grated Parmesan cheese –; (abt 2 oz)**  
**1/2 Cup Grated Monterey Jack cheese –; (abt 2 oz)**  
**1 Cup Chopped onions**  
**10 Ounce Fresh spinach; stemmed, rinsed, and chopped**  
**2 Tablespoon Chopped garlic**  
**2 Can Artichoke hearts; julienned**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**10 Small Corn tortillas – (10 to 15); cut into fourths**  
**Vegetable oil; for frying**

**Preheat the oven to 400 degrees. Preheat the fryer. Combine 1/4 cup of the vegetable oil and flour, in a sauce pan over medium heat. Stir the mixture constantly for 5 to 6 minutes for a blond roux. Whisk in the milk and bring the liquid up to a boil. Season the liquid with salt and cayenne. Simmer the liquid for 5 to 6 minutes, or until the liquid is thick and coats the back of a spoon. Remove the sauce from the heat and stir in the cheeses. Set the sauce aside. In a saute pan, heat the remaining vegetable oil. When the oil is hot, add the onions and saute for 2 minutes. Stir in handfuls of spinach at a time, until all the spinach is incorporated. Add the garlic and artichoke and saute for 2 minutes. Season the vegetables with salt and cayenne. Remove the vegetables from the heat and turn into a mixing bowl. Fold the Bechamel sauce into the vegetables. Turn the mixture into a baking pan. Bake the dip for 10 to 15 minutes, or until the top is golden–brown. Fry the tortilla chips, batches at a time, for about 2 to 3 minutes or until the chips are golden and crispy. Remove from the oil and drain on a paper–lined plate. Season with salt and pepper. Serve the chips with the dip. This recipe yields about 8 servings.**

# **Artichokes Stuffed With Ricotta And Salami**

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**1 Tablespoon Butter**  
**4 Medium Whole artichokes; cooked until tender and cooled**  
**1/2 Pound Fresh Ricotta cheese**  
**1 Egg**  
**1 Cup Grated pecorino cheese**  
**1/4 Pound Salami; finely chopped**  
**1 Teaspoon Finely chopped fresh parsley leaves**  
**Salt**  
**Freshly ground black pepper**  
**1 Tablespoon Olive oil**  
**1/2 Cup Fine dried bread crumbs**  
**1/2 Cup Melted butter**  
**27 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees F.**

**Grease a shallow baking dish with butter. Slice the artichokes in half, lengthwise (including the stem). Remove the choke. Place the artichoke halves, heart side up, in the prepared pan. Season with salt and pepper.**

**In a mixing bowl, combine the ricotta, egg, pecorino, salami and parsley. Mix well. Season with salt and pepper. Fill the cavity of each artichoke with the cheese mixture.**

**In a small bowl, combine 1 tablespoon of the oil and bread crumbs. Mix well. Season with salt and pepper. Sprinkle the bread crumbs over the cheese mixture, pressing the crumbs firmly into the cheese. Drizzle the artichokes with the melted butter. Place in the oven on the top rack and bake until golden, about 15 to 20 minutes. Remove from the oven and serve hot. Garnish with parsley.**

**Yield: 8 appetizer servings**



# Asian Fondue

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**5 Pound Beef bones with marrow; cleaned, and soaked overnight**

**5 Pound Oxtails; cut small pieces**

**Water; to cover**

**2 Onions; unpeeled, halved, studded with cloves**

**3 Shallots; unpeeled**

**4 Ounce Fresh ginger piece; whole, unpeeled**

**8 Star anise**

**5 Garlic cloves**

**1 Cinnamon stick**

**5 Medium Parsnips; cut 2 chunks**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1 Pound Tripe and tendons**

**1/2 Pound Flank steak**

**1/2 Pound Beef brisket**

## **GARNISHES FOR ASIAN FONDUE**

**3 Green onions; sliced thinly on the bias**

**2 Tablespoon Cilantro chiffonade**

**2 Medium Onions; julienned**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1 Cup Fish sauce; (nuoc mam)**

**1 Pound Dried rice noodles; 1/4 wide, soaked in warm water 30 minutes, drained**

**1 Pound Beef sirloin; sliced paper-thin**

**Freshly-ground black pepper**

**2 Cup Fresh bean sprouts**

**3 Fresh jalapeno peppers; julienned**

**2 Limes; cut into wedges**

**1 Bunch Chinese basil; cut chiffonade**

**8 Pairs of chopsticks**

Place the beef bones and oxtails in a large stockpot, cover with water. Bring the liquid up to a boil and cook for 10 minutes. Remove from the heat and drain. Rinse the pot and bones. Return the bones to the pot and cover with 6 quarts of water. Bring the liquid up to a boil and skim often to remove the foam. When the foam stops rising to the surface, add 3 quarts of water and return to a boil. Char the onions, shallots, and ginger, directly over a gas burner or under the broiler, about 5 to 6 minutes. Tie the charred vegetables, star anise, garlic cloves, and cinnamon stick in a dampened cheesecloth. Add the spice bag and parsnips to the simmering broth. Season the broth with salt and pepper. Simmer the liquid for 1 hour. Add the tripe and tendons to the broth and simmer uncovered for 5 hours. Two hours after adding the tripe, add the flank steak and brisket. For the garnishes: In a small bowl, combine the green onions, cilantro and onions together. Season the vegetables with salt and pepper. When the broth is ready, remove and discard the oxtails and bones. Reserve the tripe, flank steak, and brisket. Strain the broth into a clean pot through a strainer with a double

**layer of dampened cheesecloth. Add the fish sauce to the broth. Bring to a boil and reduce to a simmer. Slice the tripe, flank steak, and brisket, into small pieces. In a pot of boiling water, drop in the drained noodles and remove immediately and drain. Mound the noodles in the center of an oversized bowl. Bring the broth to a rolling boil and ladle the broth over the noodles. Arrange the remaining ingredients on small plates around the bowl of broth. This recipe yields 8 to 10 servings.**

# Asparagus And Chicken Confit Ragu

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1 Tablespoon Olive oil  
1 Cup Minced onions  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Tablespoon Chopped garlic  
1 Pound Julienned chicken confit; see \* Note  
1 Pound Fresh asparagus; trimmed, blanched,  
And cut into 2" pieces  
1/2 Pound Fresh pasta sheets  
1/2 Pound Smoked Mozzarella; small diced  
Drizzle of white truffle oil  
1 Tablespoon Chopped parsley  
6 servings.

Bring a pot of salted water to a boil. In a large saute pan, heat the oil. Add the onions. Season with salt and pepper. Saute for 1 minute. Add the garlic and chicken. Saute for 2 minutes. Add the asparagus. Season with salt and pepper. Saute for 1 minute. Tear the pasta sheets into bite-size pieces. Place the pasta in the boiling water and cook until tender, about 4 to 5 minutes. Remove from the heat and drain. In a mixing bowl, toss the pasta with the chicken mixture. Season with salt and pepper. Stir in cheese. Season with a drizzle of truffle oil. Garnish with the parsley. Serve warm. This recipe yields

Servings: 6

# Asparagus Frito Misto With Aioli & Tomato-Prosciutto Reli

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1 Large Egg  
2 Tablespoon Chopped garlic  
Juice of two lemons  
1 Tablespoon Dijon mustard  
1-1/2 Cup Vegetable oil  
Salt; to taste  
Freshly-ground black pepper; to taste  
4 Roma tomatoes; peeled, seeded, and small diced  
1/4 Cup Small-diced red onions  
6 Ounce Prosciutto ham; julienned  
Drizzle of extra-virgin olive oil  
2 Tablespoon Chiffonade of basil  
1 Pound Asparagus; blanched  
2 Cup All-purpose flour  
2 Large Eggs; beaten  
2 Tablespoon Milk  
2 Ounce Grated Parmigiano-Reggiano cheese  
1/2 Fat; 0 Other Carbohydrates

Preheat the fryer. In a food processor, fitted with a metal blade, combine the egg, 1 tablespoon of garlic, lemon juice, and mustard. Season with salt and pepper. With the machine running, in a steady stream, add the oil, a little at a time. Process until the mixture is thick. Remove from the processor and season with salt and pepper. Cover with plastic wrap and chill until ready to use. In a mixing bowl, combine the remaining garlic, tomatoes, onions, and prosciutto. Season with salt, pepper and a drizzle of olive oil. Stir in the basil. Set aside. Season the asparagus and flour with salt and pepper. In a shallow pie pan, whisk the eggs and milk together. Season with salt and pepper. Dredge each spear in the seasoned flour. Dip each spear in the egg wash, letting the excess drip off. Dredge the spears back in the flour, coating completely. Carefully lay a couple of the spears in the hot oil and fry until golden brown. Fry in batches. Remove the asparagus from the oil and drain on paper towels. Season with salt and pepper. To serve, lay the asparagus on a platter. Drizzle the aioli over the top. Mound the relish in the center of the asparagus and garnish with the cheese. This recipe yields 4 servings.

Servings: 4

# Avocado Puree

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**1 Avocado; peeled, pitted,  
And chopped  
Juice from 1/2 fresh lemon  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Teaspoon Chopped garlic  
1/2 Cup Heavy cream  
15 Fat; 0 Other Carbohydrates**

**Combine all the ingredients in a food processor, fitted with a metal blade.  
Puree until smooth. Season with salt and pepper. Serve immediately. This  
recipe yields about 1 cup.**

# Baby Arugula With Smithfied Ham, Maytag Blue Cheese And Figs

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2 Tablespoon Butter  
2 Cup Chopped fresh figs  
3/4 Cup Sugar  
3/4 Cup Cider vinegar  
2 Cup Vegetable oil  
Salt  
Freshly ground black pepper  
4 Slice Brioche Bread; (sliced 1/2–inch thick)  
1/4 Cup Olive oil  
8 Cup Arugula; washed and picked  
4 Fresh figs; quartered  
4 Ounce Smithfield ham; julienned and fried until crispy  
6 Ounce Crumbled Maytag blue cheese  
Freshly cracked black pepper

Preheat the oven to 400 degrees F.

In a saute pan, brown the butter with 1 1/2 cups of the figs and the sugar. Season the mixture with salt and pepper. Remove from the heat and pour into a food processor with a metal blade. Puree the mixture for 1 minute. Add the vinegar and process for 30 seconds. With the machine running, slowly add the vegetable oil until the dressing is emulsified. Season the dressing with salt and pepper. Fold in the reserved figs. Pour the dressing into a saucepan and warm the dressing.

Remove the crust from the brioche and cut into 1/2–inch cubes. In a medium mixing bowl, toss the croutons with the olive oil. Season with salt and pepper. Place on baking sheet and bake until golden, about 8 to 10 minutes. Remove, cool and set aside.

In a large mixing bowl, toss the greens with desired amount of the dressing.

Mound the greens in the center of each plate. Arrange the quartered figs, ham and croutons around the greens. Crumble the cheese on top of the greens. Garnish the salad with cracked pepper around the rim of the plate.

Yield: 4 servings

# Baby Lettuces And Cayenne–Roasted Peanuts With Creole Hon

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**1 Cup Dry roasted peanuts**  
**Cayenne**  
**1/4 Cup Creole mustard**  
**2 Tablespoon Honey**  
**1/4 Cup Apple cider vinegar**  
**Salt**  
**Freshly ground black pepper**  
**1 Cup Vegetable oil**  
**8 Cup Assorted baby greens; cleaned and patted dry**  
**1 Recipe White Cheddar Crackers**

**Preheat the fryer.**

**Fry the peanuts until golden, about 1 minute. Drain and season with salt and cayenne. Set aside. In a mixing bowl, combine the mustard, honey and vinegar. Season with salt and pepper. Mix well. Slowly drizzle in the oil and whisk until the vinaigrette emulsifies. Toss the greens with the dressing. Season with salt and pepper.**

**Mound the greens in the center of each plate. Garnish each salad with the peanuts and crackers.**

**Yield: 6 to 8 salads**

# Baby Ramp & New Potato Soup W Truffle Grilled Sandwiches

---

1/2 Stick Unsalted butter  
1 Pound Fresh ramps; cleaned, and  
Cut into 2" pieces  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Bay leaf  
3 Tablespoon Chopped garlic  
10 Cup Chicken stock  
2 1/2 Pound New potatoes; quartered  
1/4 Cup Heavy cream  
8 Slice Brioche bread –; (abt 1/4" thick)  
1 White truffle oil  
4 Slice Chicory Farms Desoto Cheese –; (abt 1/4"Thick)  
1/2 Fat; 0 Other Carbohydrates

Melt the butter in a 6-quart stock pot over medium-high heat. Add the ramps. Season with salt and black pepper. Saute until the ramps are wilted and soft, about 6 minutes. Add the bay leaf and garlic, stirring for 2 minutes. Add the stock and potatoes and bring the mixture to a boil. Reduce the heat to medium and simmer, uncovered, until the potatoes are very soft and the mixture is thick and creamy, about 1 hour. Remove the soup from the heat. Discard the bay leaf. Slowly add the cream. Stir to blend. Reseason the soup. Brush each side of the bread with the truffle oil. Place a piece of cheese on top of four slices of the bread. Place the remaining slices of bread on top of the cheese. Place the sandwiches on the hot griddle. Grill the sandwiches for 2 to 3 minutes on each side or until golden and the cheese has melted. Cut each sandwich into five finger-size slices. Serve the sandwiches with the soup. This recipe yields 10 servings.



# Bacon From Heaven

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**2 Teaspoon Unsalted butter**  
**1 3/4 Cup Sugar; plus**  
**2 Tablespoon Sugar**  
**1/2 Cup Water**  
**1/2 Cup Thawed frozen pureed winter squash; drained very well**  
**2 Cup Blanched whole almonds**  
**3/4 Teaspoon Ground cinnamon**  
**3 1/2 Ounce Marzipan; cut small pieces**  
**10 Egg yolks; jumbo**  
**3 Eggs; jumbo**  
**3 Tablespoon Finely-minced crystallized ginger**  
**1 Tablespoon Finely-minced blanched almonds**  
**25 minutes. In a mixing bowl,**  
**1/2 Fat; 2 Other Carbohydrates**

**Preheat oven to 350 degrees. Butter the bottom and sides of a 9-inch springform pan. Add 1 tablespoon of sugar and tilt the pan from side to side to coat the bottom and sides; tap out excess sugar; set pan aside. In a saucepan, combine 1 3/4 cups of sugar and water together. Bring to a boil, stirring constantly. Reduce the heat and boil gently, without stirring for 5 minutes. Stir in the squash and boil gently for 5 minutes, stirring occasionally. In a food processor, pulse the almonds and cinnamon for 60 seconds. Scrape down the sides of the bowl and pulse for another 60 seconds. With the machine running, add the marzipan, a couple of pieces at a time. Pulse the mixture until thoroughly blended, about 60 seconds. Remove the mixture from the processor and stir into the sugar mixture. Reduce the heat to low and cook for until frothy. Slowly whisk the hot almond mixture into the egg mixture. Pour the mixture back into the saucepan and continue to cook for 5 minutes, stirring constantly, the mixture will thicken. Stir in the ginger and pour the filling into the prepared pan. Sprinkle the top with the remaining tablespoon of sugar and the minced almonds. Bake for 40 to 45 minutes or until the sides pull away from the pan and the center is set. Remove the pan from the oven and cool on a wire rack for 5 minutes. Run a spatula around the sides of the pan and remove the springform. Cool the torte completely before slicing. As the torte cools it will soften, taking on a jelly like consistency. Cut the torte into 16 slices.**

# Baked Bologna

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**1 Bologna loaf –; (10 lbs)**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**Preheat the oven to 200 degrees. Using a sharp knife, score the top of the bologna several times. Season the bologna with salt and pepper. Place the bologna on a roasting pan. Bake the bologna for 6 to 7 hours, or until the outside of the bologna is completely charred. Remove the bologna from the pan and place on a large platter. Serve the bologna hot with rolls and whole-grain mustard. This recipe yields about 24 servings.**

# Ballymaloe Irish Stew

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**2 Pound Shoulder lamb chops; about 1–inch thick**

**Salt**

**Freshly ground black pepper**

**2 Tablespoon Vegetable oil**

**1/2 Cup Guinness beer or any dark beer**

**1 Pound New potatoes**

**1 Pound Baby carrots; peeled**

**1 Pint Pearl onions; peeled**

**4 Cup Lamb stock**

**2 Tablespoon Dark roux**

**2 Tablespoon Finely chopped fresh parsley leaves**

**1/2 Fat; 0 Other Carbohydrates**

Season the lamb chops with salt and pepper. In a large Dutch oven, over medium heat, add the oil. When the oil is hot, but not smoking add the chops. Sear for 2 to 3 minutes on each side. Remove the chops from the pan and set aside. Add the beer and continue to cook for 1 minute, scraping any brown particles off the bottom of the pan. Add the lamb back to the pan. In a mixing bowl, toss the vegetables with salt and pepper. Add the vegetables to the pan. Cover with the stock. Bring the liquid to a boil, cover and reduce the heat to medium low. Simmer for about 2 hours or until the lamb falls off the bone. Stir in the roux and continue to cook for 10 minutes. Stir in the parsley and spoon into serving bowls.

**Yield: 4 servings**

# Balsamic Syrup

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**3 Cup Balsamic vinegar  
3/4 cup syrup.**

**In a medium saucepan, over medium heat, add the balsamic vinegar. Bring to a boil and reduce to a simmer. Simmer until the liquid reduces by 3/4, about 30 minutes or until syrup-like consistency. Remove from the heat and cool completely.**

# Bam Burgers

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**1 Pound USDA prime–grade ground beef**  
**1 Tablespoon Prepared horseradish puree**  
**1 Tablespoon Minced garlic**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**4 Slice Havarti cheese –; (2 Ounce ea)**  
**4 Onion rolls; split in half**  
**2 Tablespoon Butter; room temperature**

**Preheat the grill. In a mixing bowl, combine the beef , horseradish, and garlic. Mix thoroughly. Season the beef with salt and pepper. Divide the mixture into four balls and form into firm round 3/4–inch–thick patties. Place the patties on a hot grill. Cook the burgers for 4 to 5 minutes on each side for medium. During the last couple of minutes of cooking, place a slice of cheese on each patty. After the cheese has melted remove the burgers from the grill. Spread each half of the rolls with the butter. Place the rolls on the grill and cook for about 30 seconds to lightly toast the bread. Place the burger in between each bun. Garnish each burger according to taste. This recipe yields 4 burgers.**

# Banana Chocolate Bread Pudding

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6 Eggs  
6 Cup Half-and-half  
1 Cup Heavy cream  
2 Teaspoon Vanilla extract  
3/4 Cup Sugar  
1/2 Teaspoon Ground cinnamon  
1 Pinch Brated nutmeg  
1/2 Pound Bread; cut into 1" cubes (about 8 cups loosely packed)  
1 Cup Dark chocolate pieces  
2 Bananas; peeled, and  
Sliced 1/8" thick  
1 Sprig fresh mint; for garnish

## BOURBON SAUCE

4 Tablespoon Unsalted butter –; (1/2 stick)  
1/2 Cup Sugar  
1/4 Cup Bourbon  
4 Egg yolks

Preheat the oven to 350 degrees. Whisk the eggs, half-and-half, heavy cream, vanilla, sugar, cinnamon and nutmeg, together until the sugar dissolves. Stir in the bread cubes and allow the mixture to sit for 1 hour, stirring occasionally. Stir in the chocolate pieces and sliced bananas. Pour the mixture into a greased 10 cup baking dish. Bake the pudding for about 1 to 1 1/2 hours or until the pudding sets. Remove the pan from the oven. The pudding can be served right from the oven, warm or room temperature. For the bourbon sauce, Melt the butter in a double boiler over simmering water. Add the sugar and whisk to dissolve. Add the bourbon and whisk for 1 minute. Remove from the heat and drizzle in the egg yolks, whisking constantly. Return the double boiler to the heat and continue whisking until the sauce is pale and slightly thickened, 3 to 4 minutes. Spoon the sauce over the pudding and serve immediately. Garnish with mint sprigs. This recipe yields 10 servings.

# Banana Foster

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**8 Tablespoon Butter; cut into cubes**  
**1/2 Cup Brown sugar**  
**1/2 Teaspoon Ground cinnamon**  
**4 Ripe bananas; peeled, and**  
**Halved lengthwise**  
**1 Cup Banana liqueur**  
**1 Cup Myers Rum**  
**1 Pint Vanilla bean ice cream**  
**8 Slice Yellow pound cake –; (abt 1 thk)**  
**Powdered sugar; in a shaker**  
**4 Sprigs Fresh mint**  
**1/2 Fat; 1 Other Carbohydrates**

**In a large saute pan, melt the butter. Stir in the brown sugar and cinnamon. Add the bananas and baste them with the syrup for 2 minutes. Pull the saute pan off the burner. Carefully add the banana liqueur and rum. Place the pan back on the stove and shake the pan a couple of times. The pan should flame, if not, ignite the pan with a match. Shake the pan back and forth until the flame dies, basting the bananas continuously. To assemble, place two scoops of ice cream, between two slices of pound cake, forming a sandwich. Place the sandwich in the center of a shallow bowl. Spoon two banana halves on top of the sandwich. Spoon the sauce over the top. Garnish with powdered sugar and fresh mint. This recipe yields 4 servings.**

# Banana Foster Ice Cream Pies

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**4 Tablespoon Butter; cut into cubes**  
**1/2 Cup Brown sugar**  
**1/2 Teaspoon Ground cinnamon**  
**4 Ripe bananas; peeled and cut lengthwise into halves**  
**1/4 Cup Banana liqueur**  
**1/2 Cup Myers Rum**  
**1 Quart Cream**  
**8 Egg yolks**  
**12 Tart shells of graham cracker crust; (3-inch)**  
**3/4 Cup Caramel sauce**  
**4 Egg whites**  
**1/4 Cup Sugar**

**In a large saute pan, melt the butter. Stir in the brown sugar and cinnamon. Add the bananas and baste them with the syrup for 2 minutes. Pull the saute pan off the burner. Carefully add the banana liqueur and rum. Place the pan back on the stove and shake the pan a couple of times. The pan should flame, if not, ignite the pan with a match. Shake the pan back and forth until the flame dies, basting the bananas continuously. Remove from the heat and cool completely. In a food processor, fitted with a metal blade, add the banana mixture and puree until smooth. In another saucepan, add the cream. Bring the liquid to a gentle boil. Whisk the egg yolks together.**

**Whisk 1 cup of the hot cream into the egg mixture. Mix thoroughly. In a steady stream, slowly add the egg mixture to the hot cream mixture. Continue to cook for 4 minutes, stirring occasionally. Remove from the heat and cool completely. Whisk the banana mixture into the cream mixture. Mix thoroughly and cool completely. Add the banana/cream mixture to the electric ice cream machine. Process according to manufactures directions. Place a tablespoon of the caramel over each tart shell. Spread a heaping 1/2 cup of the ice cream over the caramel sauce, filling each tart shell completely. Place the tarts in the freezer until frozen, about 1 hour. In the bowl of an electric mixer, fitted with a wire whip, whip the egg whites until soft peaks form. Add the sugar and continue to beat to stiff peaks. Remove the tarts from the freezer and spread the meringue over ice cream. Place the tarts on a baking sheet and place in the oven. Bake until the meringue is golden brown, about 4 to 5 minutes. Remove from the oven and serve.**

**Yield: 12 servings**



# **Barbecued Salmon With Andouille And Potato Hash**

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**3 Tablespoon Olive oil**  
**3 Ounce Andouille sausage; finely chopped**  
**1/2 Cup Minced onions**  
**2 Teaspoon Chopped garlic**  
**2 Cup Cubed potatoes; blanched**  
**2 Cup Veal reduction**  
**1/4 Cup Chopped green onions**  
**4 Salmon fillets –; (4 Ounce ea)**  
**1 1/4 Cup Sweet barbecue sauce**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**1/2 Cup Flour**  
**1 Onion; cut into thin rings**  
**2 Cup Vegetable oil**  
**1 Tablespoon Finely–chopped parsley**

**In a saute pan, heat 1 tablespoon olive oil. When the oil is hot, add the Andouille sausage and render for 3 minutes. Add the onions and saute for 2 minutes. Add the garlic and potatoes and saute for 1 minute. Season with salt and pepper. Add the veal reduction and green onions. Bring the liquid up to a boil. Reduce the sauce to a simmer and cook for 3 to 4 minutes. Remove from the heat and keep warm. Season the salmon fillets with salt and pepper. In a saute pan, heat the remaining olive oil. When the oil is hot, sear the salmon for 2 minutes on each side. Remove the pan from the heat and brush each fillet with a tablespoon of the barbecue sauce. Place the pan in the oven and roast for 2 to 3 minutes for medium–rare. Season the flour with salt and pepper. Dredge the onions in the seasoned flour. In a saute pan, heat the vegetable oil. When the oil is hot, add the onion rings and fry until crispy and golden–brown, about 2 to 3 minutes, stirring constantly. Remove from the oil and drain on a paper–lined plate. Season the onions with salt and pepper. To assemble, spoon about 1/4 cup of the barbecue sauce in the center of each plate. Spoon 1/2 cup of the hash in the center of the sauce. Lay the salmon fillet directly on top of the hash. Garnish with the fried onions and parsley. This recipe yields 4 main–course servings.**

# Basic Brown Stock

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**7 Pound Beef bones; sawed 2 pieces**  
**6 Ounce Tomato paste –; (1 can)**  
**2 Cup Chopped onions**  
**1 Cup Chopped celery**  
**1 Cup Chopped carrots**  
**2 Cup Claret wine**  
**20 Peppercorns**  
**5 Garlic cloves; peeled**  
**5 Bay leaves**  
**1 Teaspoon Dried leaf thyme**  
**Salt; to taste**  
**1–1/2 Gallon Water**

**Preheat the oven to 400 degrees. Place the bones on a roasting pan and roast for 1 hour. Remove from the oven and brush with the tomato paste. Lay the vegetables over the bones. Return to the oven and roast for 30 minutes. Place the pan on the stove and deglaze with the wine, scraping the bottom of the pan for browned particles. Put this mixture in a large stock pot. Add the peppercorns, garlic, and herbs. Season with salt. Add the water and bring the liquid up to a boil and reduce to a simmer. Cook for 4 hours. Remove from the heat and skim off any fat that has risen to the surface. Strain the liquid and discard the bones. This recipe yields 1/2 gallon of stock**

# Basic Chicken Stock

---

**1 Tablespoon Olive oil**  
**1 Large Onion; peeled, quartered**  
**1 Carrot; peeled, chopped**  
**2 Celery stalks; chopped**  
**1 Garlic bulb; cut in half**  
**1 Bouquet garni**  
**2 Pound Raw chicken bones; rinsed in cold water**  
**4 Quart Cold water**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large stock pot, over high heat, add the oil. When the oil is hot, add the onions, carrots, and celery. Saute for 2 to 3 minutes. Add the remaining ingredients and bring to a boil. Reduce the heat to low and simmer for about 2 hours. Remove the stock from the heat and skim off any scum that is on the surface. Strain the stock through a large fine-mesh sieve. Discard the bones and vegetables. This recipe yields 3 quarts of stock.**

# Basic Hot–Milk Sponge Cake

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**1/2 Cup Milk**  
**1 Tablespoon Butter; plus**  
**2 Teaspoon Butter**  
**8 Large Eggs**  
**2 Cup Sugar; plus**  
**2 Tablespoon Sugar**  
**1 Cup Bleached flour**  
**1 Teaspoon Baking powder**  
**1/2 Teaspoon Salt**  
**1 Teaspoon Pure vanilla extract**

**Preheat the oven to 350 degrees. In a small saucepan, heat the milk and 1 tablespoon of butter, over medium heat. Put the eggs and 2 cups of sugar in a large mixing bowl, and with an electric mixer fitted with a wire whisk beat on medium–high speed until the mixture is pale yellow, thick, and has tripled in volume, about 8 minutes, using the mixer. With the machine on low, beat in the warm milk mixture. Sift the flour, baking powder, and salt together in another large mixing bowl. Add the egg mixture and vanilla, fold to mix thoroughly so the mixture is smooth. Grease 12– by 17–inch baking sheet pan with the remaining butter. Sprinkle with the remaining 2 tablespoons of sugar. Pour the cake batter evenly into the pan and bake until the cake springs back when touched, about 15 minutes. Let cool for about 2 minutes. Sprinkle a piece of parchment paper with powdered sugar. Using a thin spatula or knife, loosen the edges of the cakes, then flip onto the paper. Cool completely. This recipe yields one 12– by 17–inch sheet cake.**

# Bayonne Gougere

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**1 Cup Milk**  
**1/2 Cup Butter; (1 stick)**  
**1/4 Teaspoon Salt**  
**1/8 Teaspoon Freshly ground black pepper**  
**1 Cup Flour**  
**4 Large Eggs; at room temperature**  
**1/4 Pound Gruyere cheese; grated**  
**1/4 Pound Jambon de Bayonne; finely chopped**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees F.**

**Line a baking sheet with parchment paper. In a large saucepan, combine the milk, butter, salt, and black pepper over medium–high heat. Bring to a boil, then remove from the heat, add the flour, and with a wooden spoon, stir briskly for about 1 minute to incorporate. Return to the heat and continue stirring for 1 minute, over medium–high heat. Remove from the heat and add the eggs one at a time, beating after each addition. Add the cheese and ham and beat until it is incorporated and a slightly soft dough forms. Drop the dough by the spoonful onto the prepared baking sheet to form a ring (about 12 to 14 spoonfuls. Bake for 10 minutes, then reduce the oven temperature to 350 degrees F. and bake until golden brown, about 25 minutes.**

**Remove from the oven and serve warm on a platter.**

**Yield: 12 servings**

# Bbq Mussel Poor Boys

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**4 Dozen fresh mussels; steamed and removed; from the shell**

**Creole seasoning**

**Freshly ground black pepper**

**1 Tablespoon Olive oil**

**1/4 Cup Chopped onions**

**2 Tablespoon Minced garlic**

**1/2 Pound Shrimp shells**

**3 Bay leaves**

**3 Lemons; peeled and sectioned**

**2 Cup Water**

**1/2 Cup Worcestershire sauce**

**1/4 Cup Dry white wine**

**1/4 Teaspoon Salt**

**2 Cup Heavy cream**

**2 Loaves French bread; cut in half and toasted**

Season the steamed mussels with Creole seasoning and pepper. Refrigerate the mussels while you make the sauce base and biscuits. Heat oil in a large pot over high heat. When the oil is hot, add the onions and garlic and saute for 1 minute. Add the shrimp shells, Creole seasoning, bay leaves, lemons, water, Worcestershire, wine, salt, and 8 turns of black pepper. Stir well and bring to a boil. Reduce the heat and simmer for 30 minutes. Remove from the heat, allow to cool for about 15 minutes and strain into a small saucepan. There should be about 1 1/2 cups. Place over high heat, bring to a boil, and cook until thick, syrupy, and dark brown, for about 15 minutes. Makes about 4 to 5 tablespoons of barbecue sauce base. In a large saute pan, add the cream and all of the barbecue base. Stir and simmer for 3 minutes. Add the cooked mussels to the sauce. Toss quickly. To serve, slice the French bread lengthwise and open. Spoon the BBQ mussels into the bread. Slice and serve.

**Yield: 4 servings**

# **Bbq Salmon Gravlox With Warm Potato Salad**

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**1/2 Cup Kosher salt**  
**2 Cup Sweet BBQ Sauce; (see recipe in Emeril's Creole Christmas Cookbook, 1997)**  
**1 Piece fresh salmon fillet; skin on, pin bones removed and rinsed under cold water (2 pound)**  
**1 Tablespoon Olive oil**  
**1/2 Pound Ground fresh andouille sausage or other smoked sausage**  
**1/2 Cup Minced onions**  
**1 Pound Idaho potatoes; peeled, small diced and cooked until tender**  
**1 Teaspoon Chopped garlic**  
**2 Tablespoon Chopped green onions; green part only**  
**3 Hard boiled eggs; chopped**  
**16 Toasted cornbread crouton rounds**

**In a mixing bowl, combine the salt and the sweet BBQ sauce. Place the salmon, skin side down, on several large sheets of plastic wrap. Cover the entire salmon with the curing mixture, packing the cure into the salmon. Wrap the salmon completely and tightly in the plastic wrap and place the salmon, skin side down on a 1/2 sheet pan. Place something heavy like a skillet, weights, or a brick wrapped in plastic wrap on top of the salmon. This will help infuse the salmon into the mixture. Refrigerate the salmon for 24 hours. In a large saute pan, heat the oil. Add the sausage and brown for 2 to 3 minutes. Add the onions. Continue to cook for 1 minute. Add the potatoes. Season with salt and pepper. Saute for 3 to 4 minutes. Remove from the heat and stir in the garlic, green onions and chopped egg. Set aside and keep warm. Remove the salmon from the refrigerator and wipe off the salt mixture. Rinse the salmon under cold water, removing all the cure. Using a sharp knife, slice the salmon diagonally pa per thin. To serve, mound some of the potato mixture in the center of the plate. Place the BBQ salmon gravlax on the croutons and place around the potato mixture.**

**Yield: 8 servings**

## Bbq Sauce

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**4 Cup Tomato ketchup**  
**2 Cup Worcestershire sauce**  
**1 Small Onion; minced**  
**1 Tablespoon Minced garlic**  
**Drizzle of apple cider vinegar**  
**Juice of four lemons**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**

**In a saucepan, whisk all the ingredients together. Season the sauce with salt and black pepper. Place the pan over medium heat, bring the mixture up to a simmer and cook for 3 to 4 minutes. Remove from the heat and cool completely. Sauce will keep for 2 weeks, covered and refrigerated. This recipe yields 8 cups of sauce.**



# Beef Balls

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**2 Pound Boneless beef round**  
**6 Tablespoon Fish sauce; (nuoc mam)**  
**6 Tablespoon Water**  
**2 Teaspoon Cornstarch**  
**1/2 Teaspoon Sugar**  
**2 Teaspoon Baking powder**  
**Freshly ground black pepper**  
**2 Tablespoon Sesame oil**  
**2 Quart Beef stock**  
**1/4 Cup Chopped green onions**  
**2 Teaspoon Nuoc cham**

**Cut the meat into 1–inch cubes. Place in a large mixing bowl. In a small mixing bowl, combine the fish sauce, water, cornstarch, sugar, baking powder and sesame oil. Season with black pepper. Whisk well and add the beef. Toss well. Cover and refrigerate overnight. Remove from the refrigerator and place in the bowl of a food processor, fitted with a metal blade. Process until smooth. To test, bring a small pot of water to a boil, add a teaspoon of the mixture to the water and cook for about 1 minute. Remove from the water, taste and adjust seasoning. Roll the rest of the mixture into individual balls, about 1 tablespoon for each ball.**

**In a saucepan, bring the beef stock to a boil. Add the meat balls, stirring occasionally. When the meat balls start to float, cook for an additional 5 minutes. Stir in the green onions, nuoc cham and black pepper. Ladle into individual bowls and serve.**

**Yield: 8 servings**

# Beef Pastrami

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**2 Tablespoon Black peppercorns**  
**1 Tablespoon Plus 2 teaspoons dried thyme**  
**6 Bay leaves; crumbled**  
**2 Teaspoon Whole cloves**  
**1/4 Cup Minced garlic**  
**2 Teaspoon Whole juniper berries; plus 1/3 cup crushed juniper berries**  
**6 Cup Water**  
**3/4 Cup Packed light brown sugar**  
**3/4 Cup Kosher salt**  
**1 Beef brisket; (about 4 to 5 pounds)**  
**2/3 Cup Coarsely ground black pepper**

In a small mixing bowl, combine the peppercorns, thyme, bay leaves, cloves, garlic and whole juniper berries. In a saucepan, over medium heat, combine the water, brown sugar and salt. Bring to a boil and stir to dissolve the sugar and salt. Remove from the heat and add dry spice mixture and steep for 1 hour. Place the brisket in a glass or plastic container. Pour the seasoned brine to cover the brisket completely. Cover and refrigerate for 3 weeks, turning the brisket every couple of days.

Preheat the smoker. Combine the crushed juniper berries and ground black pepper in a small bowl. Using the palm and heel of your hand, press two thirds of the berry and pepper mixture into the brisket. Press the remaining mixture into the other side. Place the brisket in the smoker and smoke for about 4 hours. Remove from the smoker and cool for 30 minutes. Place the brisket in a large dutch oven, cover with water and place over medium heat. Bring the liquid to a boil, reduce to a simmer and cook for two hours. Remove from the pan and cool completely. Slice into thin slices and serve.

**Yield: about 4 pounds**

# Beer Braised Rabbit

---

3 Tablespoon Oil  
2 Whole rabbits; skin on and cut into individual pieces  
1/2 Cup Plus 3 tablespoons flour  
Salt  
Freshly ground black pepper  
1/2 Pound Ground andouille or other pork sausage  
2 Cup Thinly sliced onions  
1–1/2 Pound White mushrooms; thinly sliced  
2 Tablespoon Chopped garlic  
1 Tablespoon Chopped fresh thyme  
2 Bay leaves  
2 Cup Amber beer  
4 Cup Brown chicken stock  
2 Tablespoon Butter  
1 Tablespoon Finely chopped parsley

In a large, oven-proof pan with a lid, heat the oil. Season the rabbit and 1/2 cup of the flour with salt and pepper. Dredge the rabbit pieces in the seasoned flour, coating each side completely. Lay the rabbit, skin side down in the oil and brown for 3 to 4 minutes on each side. Remove the rabbit from the pan and set aside. Add the sausage and brown for 2 to 3 minutes. Add the onions. Season with salt and pepper. Saute for 2 to 3 minutes or until tender. Add the mushrooms and garlic. Saute for 2 minutes. Season with salt and pepper. Add thyme and bay leaves. Add the rabbit to the vegetable mixture. Add the beer and chicken stock. Bring the liquid up to a simmer and cover. Cook the rabbit until very tender, about 30 to 35 minutes, skimming off the fat. Remove the rabbit pieces from the pan and set aside.

Blend the remaining flour and butter together into a smooth paste. Whisk the paste into the hot liquid. Bring the liquid to a simmer and cook for 3 to 4 minutes. Add the rabbit back to the pan and continue to cook for 5 minutes. Stir in the parsley. Season with salt and pepper if needed. Serve the rabbit with the potato gratin and garnish with parsley.

**Yield:** 6 servings

# Beignets And Cafe Au Lait

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1 Package Active dry yeast  
1/2 Cup Granulated sugar  
2 Tablespoon Vegetable shortening  
1 1/4 Cup Warm milk; (110 degrees)  
1 Egg; beaten  
4 1/2 Cup All-purpose flour  
1 Pinches salt  
Oil for frying  
Powdered sugar for dusting  
5 Cup Chicory Coffee; hot  
5 Cup Whole milk; hot

Preheat the fryer to 360 degrees F. In the bowl of an electric mixer, fitted with a dough hook, add the yeast, sugar, shortening, and milk, mix for 2 minutes. Add the egg. Mix well. Add 4 cups of the flour and salt. Beat at low speed until all of the flour is incorporated, about 1 minute. Then beat at medium speed until the mixture forms a ball, leaves the sides of the bowl, and climbs up the dough hook. Remove the dough from the bowl. Using your hands, form the dough into a smooth ball. Lightly oil a bowl. Place the dough in the bowl and turn it to oil all sides. Cover with plastic wrap and set aside in a warm, draft-free place until it doubles in size, about 2 hours. Turn the dough out onto a floured surface and pat the dough into a rectangle about 1-inch thick. Lightly dust the surface of the dough. Roll out the rectangle to 12 1/2 inches long by 10 inches wide and about 1/4-inch thick. With a sharp knife, cut the dough into twenty 2 1/2-inch square beignets. Fry the beignets, a couple at a time until golden brown and crispy on all sides, about 3 to 5 minutes. Remove and drain on a paper towels. Sprinkle the beignets with powdered sugar and serve. Fill each cup with 1/2 cup of coffee and 1/2 cup of the hot milk. Stir well.

Serve the coffee with the beignets

Yield: 10 servings

# **Berenjena En Salmorejo (Fried Eggplant With Salmorejo Sau)**

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**3 Slice White bread; sliced 1/2–inch thick**  
**1 Cup Water**  
**1 Pound Ripe tomatoes; such as beefsteak, peeled and seeded**  
**1 Tablespoon Chopped garlic**  
**Kosher salt**  
**Freshly ground black pepper**  
**1/4 Cup Spanish olive oil**  
**1 Teaspoon Sherry vinegar**  
**1 Hard–boiled egg; finely chopped**  
**1/2 Cup Finely chopped Spanish cured ham**  
**1 Pound Eggplant; peeled and cut crosswise into 1/4–inch strips**  
**2 Cup Milk**  
**1 Cup Flour**  
**1 Cup Cornmeal**

**In a shallow bowl, add the bread. Pour the water over the bread and allow to sit for a few minutes. In a food processor fitted with a metal blade, combine the tomatoes and the garlic. Season with salt and pepper. Process until smooth. Add the vinegar and the oil. Process until smooth. Season with salt and pepper. Remove and spoon into a serving bowl. Sprinkle the top with chopped egg and ham. Season the eggplant with salt and pepper. Place in a shallow bowl and add the milk. Cover and allow to sit for 10 minutes. In an electric fryer or deep pot, preheat the olive oil to 365 degrees F. In a shallow bowl, combine the flour and the cornmeal. Season with salt and pepper. Remove the eggplant from the milk, letting the excess drip off. Dredge each eggplant slice in the seasoned flour mixture, coating completely. Fry the eggplant in batches, until golden brown, about 2 to 3 minutes. Remove and drain on paper towels. Season with salt and pepper.**

**Serve the fried eggplant on a large platter with the Salmorejo Sauce. Garnish with parsley.**

**Yield: 6 servings**

# **Berries Romanoff**

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**1/2 Cup Grand Marnier**  
**1 Cup Sour cream**  
**1/2 Pint Vanilla bean ice cream**  
**2 Cup Sweetened whipped cream**  
**1 Pint Raspberries**  
**1 Pint Blueberries**  
**1 Pint Blackberries**  
**1 Pint Loganberries**  
**1 Pint Strawberries; halved**  
**2 Ounce Chocolate curls**  
**2 Tablespoon Chiffonade of mint**  
**Powdered sugar; in a shaker**  
**1/2 Fat; 1/2 Other Carbohydrate**

**In a mixing bowl, whisk the Grand Marnier and sour cream together. Fold in the whipped cream. Arrange the berries on a platter. Pour the cream mixture over the top of the berries. Garnish with the chocolate curls, mint and powdered sugar. This recipe yields 6 servings.**

# Big Boy Cookies

---

**3/4 Pound Butter – (3 sticks); room temperature**

**1 Cup Sugar; plus**

**2 Tablespoon Sugar**

**6 Large Egg yolks**

**1 Teaspoon Pure vanilla extract**

**2 Cup All-purpose flour; plus**

**2 Tablespoon All-purpose flour**

**1 Cup Ground pecans**

**1/2 Cup Flaked coconut**

**1 Pinch Nutmeg**

**3/4 Teaspoon Salt**

**1/2 Fat; 1/2 Other Carbohydrate**

Cream the butter and sugar in the bowl of an electric mixer fitted with a paddle on medium speed, scraping down the sides of the bowl as necessary. Cream the mixture until it is smooth and fluffy. Add the yolks one at a time, mixing in between each addition. Scrape down the sides of the bowl. Beat for 1 minute and add the vanilla. Combine the flour, pecans, coconut, nutmeg and salt in a mixing bowl. Add to the butter mixture and mix on low speed until it is fully incorporated. Increase the speed to medium and mix until the batter is thick and creamy, about 2 minutes. Scrape down the sides of the bowl and the paddle. Generously dust a large sheet of parchment or waxed paper with flour. Spoon the dough down in the center of the paper, fold the paper tightly over the dough, and roll into a cylinder about 3 inches in diameter and 12 to 14 inches long. Refrigerate for 8 hours.

Preheat the oven to 350 degrees. Line a baking sheet with parchment or waxed paper. Remove the dough from the refrigerator and peel away the paper. Using a sharp knife, cut the dough crosswise into 1/2-inch thick slices. Place them on the pan, about 2 inches apart. Bake until lightly golden, about 15 to 20 minutes. Remove the cookies from the oven and let cool completely in the pan. Remove the cookies from the pan using a spatula or thin knife. Repeat the process until all of the dough is used. This recipe yields 2 1/2 dozen cookies.

# Big Kahona Cakes

---

**1 Cup Plus 2 teaspoons butter**  
**1/2 Cup Oil**  
**2 Cup Sugar**  
**2 Cup Flour**  
**1 Teaspoon Baking powder**  
**1 Teaspoon Baking soda**  
**1 Teaspoon Ground cinnamon**  
**1 Pinch Salt**  
**4 Eggs**  
**3 Cup Shredded carrots**  
**8 Ounce Crushed pineapple**  
**8 Ounce Cream cheese; softened**  
**1 Cup Toasted coconut**  
**4 Cup Powdered sugar**  
**1 Cup Toasted macadamia nuts; finely chopped**

**Preheat the oven to 350 degrees F. Line the baking sheet with parchment paper and grease with 2 teaspoons of the butter. In the bowl of an electric mixer, fitted with a paddle, combine the 1/2 cup butter, oil and sugar. Cream the mixture until smooth. Sift the flour, baking powder, baking soda, cinnamon, and salt into a small mixing bowl. Add the egg to the butter/sugar mixture, one at a time. Add the flour mixture to the butter/sugar mixture, 1/2 cup at a time. Add the carrots and pineapple. Mix well. Pour the batter into the prepared pan and spread evenly. Place in the oven and bake for about 25 to 30 minutes or until the center springs back when touched. Remove from the oven and cool. Using a 2 1/2-inch round cookie cutter, cut the cake into 24 rounds. In the bowl of an electric mixer, combine the cream cheese and remaining 1/2 cup butter. Mix well. Add the coconut. Mix well. Add the powdered sugar, 1 cup at a time and mix until the frosting is spreadable. Spread 2 tablespoons of the frosting in the center of half of the cake rounds. Place the remaining cake rounds on top of the frosting. Frost each round with the remaining frosting. Garnish the top of each cake with a sprinkle of the chopped macadamia nuts.**

**Yield: 12 servings**



# **Black And Blue Steak**

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**2 Tablespoon Butter**

**4 Loin strip steaks –; (10 to 14 Ounce ea)**

**Salt; to taste**

**Freshly ground black pepper; to taste**

**In a large cast-iron skillet, melt the butter. Season the steaks with salt and pepper. When the butter is very hot and starting to brown, add the steaks. Cook the steaks for 3 to 4 minutes on each side. You want to almost char the outside of the steak and have the center cold. Remove the steaks from the pan and serve. This recipe yields 4 servings.**

# Blood Orange Gastrique

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**1 Cup Sugar**

**1/2 Cup Rice wine vinegar**

**2 Medium Sized fresh blood oranges; Juice of**

**14 Other Carbohydrates**

**In a small, non-reactive saucepan, combine the sugar, vinegar and orange juice and bring to a boil. Cook until reduced by 3/4, or the mixture has thickened like a syrup. Remove from the heat and pour the mixture into a glass bowl. Let cool completely.**

**Yield: about 1 cup**

# Blue Cheese And Brie Quesadillas With A Pear And Brown Sugar

---

1 Tablespoon Butter  
1/4 Cup Brown sugar  
1/4 Teaspoon Ground cinnamon  
1 Pound Cooking pears; such as Bartlett; cored, quartered and small diced  
1 Pinch Salt  
1 Tablespoon Cornstarch  
1 Tablespoon Water

## FOR THE QUESADILLAS

1/2 Pound Maytag Farms Blue Cheese; crumbled  
1/2 Pound Brie; thinly sliced  
16 Small Flour tortillas  
Vegetable oil for pan frying

## FOR THE WALNUTS

1 Cup Walnut pieces  
2 Tablespoon Cinnamon and sugar mixture

In a large saucepan, over medium heat, melt the butter. Stir in the sugar and cinnamon, stirring until the sugar dissolves. Add the pears and salt. Mix well. Cook for 4 minutes, stirring occasionally. Dissolve the cornstarch in the water. Stir the cornstarch slurry into the pears and continue to cook for 2 minutes. Remove from the heat and cool completely.

Place 1/2-ounce of the blue cheese and 1/2-ounce of the brie over half of each tortilla. Fold the tortillas over and press firmly. In a large saute pan, over medium heat, add 1 tablespoon of the oil. Add a third of the quesadillas and pan fry for a couple of minutes on each side until golden brown and the cheese is melted. Pan-fry the rest of the quesadillas in small batches.

Fry the walnuts for 1 minute. Remove and sprinkle with cinnamon sugar mixture. Drain on paper towels. Slice the quesadillas in half and serve with the pear compote and walnuts. Garnish with parsley.

**Yield: 8 servings**

# Blueberry Beignets

---

**1/4 Cup Warm water; (110 degrees)**  
**1 Package Active dry yeast –; (1/4 oz)**  
**1/4 Cup Sugar**  
**2 Tablespoon Vegetable shortening**  
**1/2 Teaspoon Salt**  
**1 Pint Fresh blueberries; rinsed, stemmed**  
**1/2 Cup Boiling water**  
**1/2 Cup Heavy cream**  
**1 Egg; beaten**  
**4 Cup Flour –; (4 to 4 1/2 cups)**  
**Oil; for frying**  
**Powdered sugar**  
**1/2 Fat; 1/2 Other Carbohydrate**

Preheat the fryer. In a mixing bowl, dissolve the yeast in the water, for about 2 to 3 minutes. Set the yeast aside in a warm, draft-free place for about 10 minutes, or until the yeast bubbles up and the mixture almost doubles in bulk. In a mixing bowl, combine the sugar, shortening, salt, and blueberries. Stir in the boiling water. Using a fork, lightly mash the blueberries against the side of the bowl. Cool the mixture to 110 degrees. Stir in the cream, yeast mixture and egg. Add 2 cups of flour and blend well. Stir in the remaining flour, 1/4 cup at a time until the dough is smooth and not sticky. If the dough becomes too stiff to stir easily with a spoon, work in the flour with your fingers. Turn the dough out onto a floured surface and pat the dough into a rectangle about 1-inch thick. Lightly dust the surface of the dough with flour. Roll out the rectangle to at least 25 inches long by 10 inches wide and about 1/4-inch thick. With a sharp knife, cut the dough into 10 five-inch square beignets and deep-fry them immediately. Fry the beignets, a couple at a time until golden-brown and crispy on all sides, about 3 to 5 minutes. Remove the beignets from the oil and drain on a paper-lined plate. Sprinkle the beignets with powdered sugar and serve. This recipe yields about 10 beignets.

# Boiled Hen And Spicy Dumplings

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1 Large Hen –; (abt 5 to 7 lbs)  
Salt; to taste  
Freshly-ground black pepper; to taste  
3 Cup Chopped onions  
1-1/2 Cup Chopped carrots  
1-1/2 Cup Chopped celery  
2 Jalapeno peppers; chopped  
6 Garlic cloves; peeled  
3 Bay leaves  
4 Sprigs Fresh thyme  
2 Cup All-purpose flour  
1 Tablespoon Baking powder; plus  
1 Teaspoon Baking powder  
1 Teaspoon Salt  
4 Tablespoon Solid vegetable shortening  
1/2 Cup Milk  
1/2 Cup Heavy cream  
1/2 Cup Chopped green onions; green part only  
2 Tablespoon Finely-chopped parsley leaves  
1/2 Fat; 0 Other Carbohydrates

Rinse the hen under cool water and pat dry. Season the hen with salt and pepper. Place the hen in a large stock pot. Add the onions, carrots, celery, jalapenos, garlic, bay leaves and thyme to the pot. Add enough water (1 gallon) to cover the hen. Season with salt and lots of black pepper. Bring the liquid to a boil and reduce to a simmer. Simmer the liquid for about 2 hours or until the meat falls off the bones. Skim off the scum from the stock every 30 minutes. Remove from the heat and cool for about 20 minutes. Strain the stock through a fine mesh strainer, reserving the stock, the hen, and 1 cup of the cooked vegetables. Place the stock in a smaller stock pot and bring the liquid to a simmer. Remove the meat from the hen, discarding the skin and bones. Tear the meat into smaller pieces. In a mixing bowl, combine the flour, baking powder and salt together. Using a fork, mash the reserved cooked vegetables. Stir the mashed vegetables and milk into the flour mixture. Stir to incorporate completely. Lightly dust the surface with flour. Turn the dough mixture out onto the floured surface. Dust the top of the dough with flour. Lightly press out the dough very thin, about 1/8-inch thick. Using a sharp knife, cut the dough into strips, 2 inches long and 1-inch wide. Add the cream to the simmered liquid. Add the dumplings to the simmering liquid. Cook the mixture, stirring occasionally for about 30 minutes. Stir in the green onions and parsley. Serve warm. This recipe yields 6 to 8 servings.

# Bong Bong Chicken

---

**1 Recipe No-Poach Chicken**

**2/3 Cup Szechwan Peanut Sauce**

**1/4 Pound Glass noodles**

**Sesame oil; to taste**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**3/4 Pound Firm cucumbers**

**4 Tablespoon Coarsely-chopped fresh coriander leaves**

**See the "No-Poach Chicken" and "Spicy Peanut Sauce" recipes which are included in this collection.**

**Toss the chicken in the peanut sauce. Mix well. Season with salt and pepper. Cover and refrigerate. Soak the noodles in water until soft and silky. Drain and toss in sesame oil. Season with salt and pepper. Peel cucumber and cut in half. Using a spoon, remove the seeds. Cut the cucumbers into match stick strips, about 2-inches long. Toss the cucumbers with sesame oil. Season with salt and pepper. To serve, mound the pasta in the center of each plate. Arrange the cucumbers around the pasta. Spoon the chicken mixture over the pasta. Garnish with fresh coriander leaves. This recipe yields 4 to 6 servings.**

# Boudin Pudding

---

**3 Tablespoon Unsalted butter**  
**3 Cup Julienned yellow onions**  
**2 Teaspoon Salt**  
**3/8 Teaspoon Cayenne pepper; divided**  
**Freshly-ground black pepper; 12 peppermill turns**  
**1 Pound Boudin sausage; casing removed**  
**1 Tablespoon Chopped garlic**  
**5 Eggs**  
**2 Cup Heavy cream**  
**1/4 Teaspoon Tabasco pepper sauce**  
**1 Teaspoon Worcestershire sauce**  
**8 Slice One-inch cubed white bread –; (abt 4 cups)**  
**1/2 Cup Grated Parmigiano-Reggiano cheese**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 350 degrees. Grease a 2 quart glass rectangle pan with 1 tablespoon butter. In a large saute pan, over medium-high heat, melt the remaining 2 tablespoons butter, about 1 minute. Add the onions, 1 teaspoon salt, 1/4 teaspoon cayenne, and 12 turns black pepper and saute for 4 minutes. Stir in the boudin and saute for 3 minutes. Add the garlic and saute for 1 minute. Remove from the heat and cool. In a mixing bowl, whisk the eggs for 30 seconds. Add the heavy cream, remaining 1 teaspoon salt, remaining 1/8 teaspoon cayenne pepper, Tabasco pepper sauce, and Worcestershire sauce. Whisk the mixture until fully incorporated. Stir in the boudin mixture. Add the bread cubes and mix well. Pour the filling into the prepared pan. Sprinkle the pudding with the grated cheese. Bake for 55 minutes. Remove from the oven and allow to rest for 5 minutes before serving. This recipe yields 10 servings.**

# Boudin Sausage

---

**2 1/2 Pound Pork butt; cut into 1 cubes**  
**1 Pound Pork liver; rinsed in cool water**  
**2 Quart Water**  
**1 Cup Chopped onions**  
**1/2 Teaspoon Minced garlic**  
**1/2 Cup Chopped green bell peppers**  
**1/2 Cup Chopped celery**  
**4 1/4 Teaspoon Salt**  
**2 1/2 Teaspoon Cayenne**  
**1–1/2 Teaspoon Freshly–ground black pepper**  
**1 Cup Finely–chopped parsley**  
**1 Cup Chopped green onions tops; (green part only)**  
**6 Cup Cooked medium–grain rice**  
**Sausage casings; 1 1/2 diameter, about 4**  
**Feet in length**

**In a large sauce pan, combine the pork butt, pork liver, water, onions, garlic, bell peppers, celery, 1 teaspoon salt, 1/4 teaspoon cayenne, and 1/4 teaspoon black pepper. Bring the liquid up to a boil and reduce to a simmer. Simmer for 1 1/2 hours, or until the pork and liver are tender. Remove from the heat and drain, reserving 1 1/2 cups of the broth. Using a meat grinder with a 1/4–inch die, grind the pork mixture. 1/2 cup of the parsley, and 1/2 cup of the green onions, together. Turn the mixture into a mixing bowl. Stir in the rice, remaining salt, cayenne, black pepper, parsley, and green onions. Add the broth, 1/2 cup at a time, and mix thoroughly. Either using a feeding tube or a funnel, stuff the sausage into the casings and make 3–inch links. Bring 1 gallon of salted water up to a boil. Poach the sausage for about 5 minutes, or until the sausage is firm to the touch and plump. Remove from the water and allow to cool. This recipe yields about 4 1/2 of sausage.**



# Bouillabaisse

---

## FOR THE BROTH

2 Tablespoon Olive oil  
1 Cup Chopped onion  
1/2 Cup Chopped celery  
Salt; to taste  
Freshly-ground black pepper; to taste  
3 Garlic cloves  
1 Bay leaf  
8 Peppercorns  
2 Thyme sprigs  
1 Pound Fish bones  
Water; to cover  
1 Cup White wine

## FOR THE BOUILLABAISSE

1 Pinch Saffron  
1 Cup Julienned leeks  
3 Cup Peeled; seeded, chopped tomatoes  
Juice and zest of one orange  
1 Cup Julienned fennel  
2 Tablespoon Chopped garlic  
2 Tablespoon Finely-chopped parsley  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Pound Assorted small whole fresh fish from the Mediterranean such as whiting; squid, sea Bass; scorpion fish, eel, angler fish, cleaned, scaled  
1 Large Lobster  
1 Pound Shrimp; peeled, deviened  
1/2 Pound Mussels  
1/2 Pound Littleneck clams

## FOR THE ROUILLE

1 Red pepper; roasted and peeled  
2 Garlic cloves  
1 Piece White bread; torn into pieces  
1 Egg yolk  
1 Tablespoon Dijon mustard  
Juice of one lemon  
1/2 Cup Olive oil  
Salt; to taste  
Freshly-ground black pepper; to taste  
12 Slice Crusty French bread; for serving  
1/2 Fat; 0 Other Carbohydrates

**For the Broth:** In a large sauce pan, heat the olive oil. Add the onions and celery. Season with salt and pepper. Saute for 3 minutes. Add the garlic and cook for 1 minute. Add the bay leaves peppercorns, and thyme. Add the fish

bones, water and wine. Bring the liquid to a boil and reduce to a simmer. Cook for 30 minutes. Remove from the heat and strain. For the Bouillabaisse: Place the stock on the heat and bring to a simmer. Add the saffron, leeks, tomatoes, orange juice, orange zest, fennel, garlic, and parsley. Season with salt and pepper. Add the fish and lobsters. Cook for 8 minutes. Add the shrimp, mussels, and clams. Cook for 6 minutes, or until the shells have opened. Discard any shells that do not open. Re-season with salt and pepper. For the Rouille: In a food processor, combine all the ingredients, except for the oil. Puree until smooth. With the machine running, slowly add the olive oil. Season the emulsion with salt and pepper. To assemble: Remove the seafood from the pan and place on a large platter. Pour the stock into a serving bowl. Serve the Rouille and croutons on the side of the Bouillabaisse. For individual servings, arrange the seafood in a shallow dish. Ladle the stock over the seafood. Drizzle the Rouille over the seafood and serve with the croutons. This recipe yields 6 servings.

# Bourbon Cream

---

**2 Cup Heavy cream**

**1/4 Cup Confectioner's sugar**

**1 Tablespoon Bourbon**

**35 Fat; 2 Other Carbohydrates**

**In a large bowl whip the cream and sugar with an electric beater until thick. Beat in the bourbon and continue to beat until soft peaks form. Serve immediately. This recipe yields 3 cups.**

# Braised Lamb Shanks

---

1 Cup Olive oil  
4 Lamb shanks –; (abt 8 Ounce ea)  
Salt; to taste  
Freshly-ground black pepper; to taste  
1/2 Cup Flour  
Emeril's Essence; see \* Note  
2 Cup Medium-diced onions  
1 Cup Medium-diced carrots  
1 Cup Medium-diced celery  
2 Tablespoon Chopped garlic  
3 Bay leaves  
2 Tablespoon Chopped fresh thyme  
1 Cup Red wine  
1 Pound New potatoes; quartered  
2 Quart Lamb or dark stock  
1/4 Cup Parsley

\* Note: See the "Emeril's Essence Information" recipe which is included in this collection.

In a large stock pot or braising pot, add the olive oil. Season the lamb shanks with salt and pepper. Season the flour with Emeril's Essence. Dredge the lamb shanks in the seasoned flour, coating each side completely. When the oil is hot, sear the shanks for 2 to 3 minutes on each side, or until very brown on all sides. Remove the shanks and set aside. Add the onions to the pan and saute for 2 minutes. Add the celery and carrots and continue to saute for 1 minute. Season with salt and pepper. Stir in the garlic, bay leaves, and thyme. Cook for 1 minute. Deglaze the pan with the red wine, scraping the bottom and sides to loosen the browned particles. Add the potatoes and stock. Bring the liquid up to a boil and reduce to a simmer. Add the lamb shanks and continue to cook for about 1 to 1 1/2 hours, basting the shanks often, or until the sauce is stew-like and the meat starts to fall off the bone. Season with salt and pepper. The shanks can be served alone with crusty bread or over blue cheese polenta. This recipe yields 4 servings.

# Brandade De Morue

---

1 Garlic clove; peeled  
2 Pound Salt cod fillets; soaked in milk  
For two days and drained  
4 Cup Olive oil  
1 1/4 Cup Milk; at room temperature  
Juice of one lemon  
Freshly-ground white pepper; to taste  
12 Slice French bread –; (1/2" thick)  
Oil; for frying  
Salt; to taste  
Freshly-ground black pepper; to taste

Preheat the fryer. Pound the garlic in a mortar. Add the codfish and pound both to a soft paste. At this point, start incorporating the olive oil a scant teaspoonful at a time, alternating with drops of milk without ever ceasing to stir rapidly; the brandade gains in fine texture through rapid stirring. If it becomes too thick, add more oil and milk. Complete the seasoning by adding a few drops of lemon juice and white pepper. A brandade should have the consistency of mashed potatoes (which it looks like). Fry the slices of bread in the hot oil until golden brown, about 1 to 2 minutes. Remove and drain on paper towels. Season with salt and pepper. Serve the brandade with the fried bread. This recipe yields 6 servings.

# Buckwheat Pudding

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**1 Vanilla bean**  
**4 Cup Milk**  
**1/2 Cup Plus 2 tablespoons butter**  
**1 Cup Buckwheat**  
**4 Egg yolks**  
**1/2 Cup Sugar**  
**1 Tablespoon Grated lemon zest**  
**1/2 Cup Raisins**  
**4 Egg whites; beaten until stiff**  
**1 Cup Cherry jam**

Using a sharp knife, split the vanilla bean in half lengthwise. With the back of the knife, scrape the pulp away from the bean. Discard the bean. In a saucepan, over medium heat, combine the milk, vanilla bean pulp, and 1/2 cup of the butter. Bring to a boil. Stir in the buckwheat and continue to cook until tender, about 20 to 25 minutes. Remove from the heat and cool.

In a large mixing bowl, whisk the eggs and the sugar together. Stir in the cooled buckwheat mixture, lemon zest and raisins. Fold in the beaten egg whites. Butter a shallow baking pan (8 by 8 by 2-inch, square) with the remaining 2 tablespoons of butter. Pour the buckwheat mixture into the prepared pan. Bake in a preheated 350 degree oven for 30 minutes.

Serve warm in individual serving bowls with cherry jam.

**Yield: 6 to 8 servings**

# Burnt Sugar Butter Cream

---

**1/2 Cup Sugar**

**6 Tablespoon Water**

**4 Egg yolks**

**2 Sticks Butter**

**1/2 Cup Caramel sauce**

**In a saucepan, over high heat, add the sugar and water. Bring the mixture to a boil and cook until the mixture reaches 115 degrees, soft ball stage.**

**Using a mixer, fitted with paddle, beat the egg yolks. With the machine running, slowly add the syrup. Beat until the mixture is thick and cool, about 5 minutes. Add the butter, a tablespoon at a time and beat well. Add the caramel sauce and beat well. Remove the frosting from the mixer. This recipe yields 2 1/4 cups.**

# Buttermilk Cornbread Dressing

---

**1/2 Pound Bacon; chopped**  
**1 Cup Chopped yellow onions**  
**Freshly-ground black pepper; to taste**  
**1 Tablespoon Chopped garlic**  
**5 Large Eggs**  
**3 Cup Buttermilk**  
**2 Tablespoon Steen's 100 percent Pure Cane Syrup**  
**1 Dash Crystal Hot Sauce**  
**1 Dash Worcestershire Sauce**  
**2 Teaspoon Salt**  
**4 Cup Crumbled leftover cornbread**  
**1/2 Cup Grated Parmigiano-Reggiano cheese**  
**3 Fat; 0 Other Carbohydrates**

**Preheat the oven to 350 degrees. Grease a 2-quart glass rectangular pan with the butter. In a large saute pan, render the bacon until crispy, about 6 to 8 minutes. Add the onions and saute for 4 minutes, or until soft. Season the onions with pepper. Add the garlic and remove from the heat. In a mixing bowl, whisk the eggs, buttermilk and syrup together. Add the bacon mixture and stir well. Season the mixture with the hot sauce and Worcestershire sauce. Add the cornbread, salt and cheese. Mix well. Pour into the prepared pan. Bake until the pudding is golden brown and bubbly, about 55 minutes. Remove from the oven and cool for 5 minutes before serving. This recipe yields 6 to 8 servings.**



# Buttermilk Spice Cake

---

**2 Cup Brown sugar**  
**1 Stick butter; softened**  
**1/2 Cup Vegetable oil**  
**5 Large Eggs; separated**  
**2 Cup Flour**  
**1 Teaspoon Baking soda**  
**1 Teaspoon Baking powder**  
**1 Teaspoon Ground cinnamon**  
**1/2 Teaspoon Fresh grated nutmeg**  
**1/4 Teaspoon Ground cloves**  
**1/4 Teaspoon Ground allspice**  
**1 Pinch Salt**  
**1 Cup Buttermilk**

**Preheat the oven to 350 degrees F.**

**Lightly grease and flour 2 (9–inch) cake pans. In a large mixing bowl with an electric mixer, cream the brown sugar and butter. With the mixer running, add the oil in a steady stream. Add the egg yolks, one at a time, beating well after each addition. Sift the flour, baking soda, baking powder, spices and salt into a medium–size mixing bowl. Alternately add the flour mixture and the buttermilk to the batter, mixing well. With the electric mixer, in another large mixing bowl, beat the egg whites until stiff peaks form, then fold them into the cake batter. Pour the batter evenly into the prepared pans. Bake until the center springs back when touched, about 25 minutes. Remove from the oven and cool on wire racks. After the cakes have cooled, invert them onto sheets of parchment paper. Slice each cake in half and set aside.**

**Yield: 2 cake layers**

# Butternut Squash And HVC Chocolate Bars

---

4 Cup Crushed chocolate wafers  
2 Sticks Butter; melted  
6 Eggs  
2 1/2 Cup Heavy cream  
1/2 Cup Brown sugar  
1/4 Cup Steen's 100% Pure Cane Syrup  
1 Pinch Salt  
1 Teaspoon Cinnamon  
1 Pinch Nutmeg  
1 Pinch Ginger  
2 Teaspoon Vanilla  
2 Cup Roasted butternut squash  
12 Ounce Hawaiian Vintage Chocolate disks  
2 Package Cream cheese – (8 Ounce ea); softened  
1/2 Cup Sugar  
Juice of 1 lemon  
1/2 Fat; 1/2 Other Carbohydrate

Preheat the oven to 350 degrees. In a mixing bowl, combine the cookie crust and the melted butter together. Blend the mixture thoroughly. Press the mixture evenly and firmly on the bottom and sides of a 1/2 sheet pan. Place the pan in the oven and bake for about 10 minutes. Remove from the oven and cool. In a mixing bowl, whisk 4 eggs, brown sugar, cane syrup salt, cinnamon, nutmeg, and ginger together. Add 1 1/2 cups of the cream and 1 teaspoon vanilla to the mixture and mix well. In a small mixing bowl, mash the squash with 1/2 cup of the cream. Mash the mixture until smooth. Whisk the squash mixture into the egg mixture and blend until smooth. Fold in the chocolate pieces. In another mixing bowl, whisk the cream cheese until smooth. Add the remaining 2 eggs, cream, vanilla, sugar and lemon juice. Whisk until smooth. Pour the squash mixture over the prepared crust. In a steady stream, pour the cream cheese mixture all over the squash mixture. Drag a knife from one side of the pan to the other a couple of times to incorporate the two mixtures together. Place the pan in the oven and bake for about 30 to 35 minutes or until the center is set. Remove the pan from the oven and cool completely. Slice into 2-inch bars. This recipe yields about 25 bars.

# Cabri A La Corse

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**6 Pound Baby goat shoulder; cut into 1–inch pieces**

**Salt**

**Freshly ground black pepper**

**1 Cup Flour**

**3 Ounce Salt pork; small diced**

**2 Cup Chopped onions**

**1 Cup Chopped carrots**

**2 Cup Chopped tomatoes; peeled and seeded**

**1 Tablespoon Chopped garlic**

**2 Tablespoon Tomato paste**

**2 Cup Dry red wine**

**4 Cup Beef stock**

**4 Sprigs fresh thyme**

**3 Fresh bay leaves**

**1 Cup Pitted Kalamata olives**

**3 Cup Chestnut Flour Polenta; (same as polenta but with chestnut flour)**

**2 Tablespoon Chopped fresh parsley leaves**

**Season the goat with salt and pepper. Dredge the goat pieces in the flour, shaking off any excess. In a Dutch oven, over medium heat, render the salt pork, about 3 to 4 minutes.**

**Add the goat and brown on all sides. Remove the goat and set aside. Add the onions and carrots. Season with salt and pepper. Saut until the vegetables are wilted, about 4 to 6 minutes. Stir in the tomatoes and garlic. Season with salt and pepper. Continue to cook for 2 minutes. Stir in the tomato paste. Deglaze the pan with the red wine. Stir in the stock. Add the thyme and bay leaves. Bring the liquid to a boil, cover, reduce the heat to medium low and simmer for 1 hour or until the goat is tender. During the last 15 minutes of cooking, stir in the olives. Remove the bay leaves.**

**Serve the stew ladled over the Chestnut Flour Polenta and garnish with parsley.**

**Yield: 6 to 8 servings**

# Cacciucco–Fish Stew

---

**5 Pound Assorted seafood**  
(such as eel; squid, prawns, whiting,  
Hake; red mullet, small octopus, John  
Dory; cuttlefish and crawfish)  
**3/4 Cup Olive oil**  
**2 Cup Onions; julienned**  
**2 Carrots; julienned**  
**2 Celery stalks; julienned**  
**1/2 Cup Finely–chopped parsley**  
**2 Tablespoon Chopped garlic**  
**2 Hot chili peppers; stemmed, minced**  
**2 Bay leaves**  
**2 Sprigs Fresh thyme**  
**2 Cup Red wine**  
**4 Cup Peeled; seeded, chopped Roma tomatoes**  
**6 Cup Light stock; fish or chicken**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**12 Slice French or Italian type bread**

Clean the fish, remove their heads and put them aside. Cut the smaller fish into 3–inch pieces. Season the fish with salt and pepper. In a large pan, heat 1/4 cup of the olive oil. When the oil is hot, add the vegetables and saute for 2 minutes. Season with salt and pepper. Add the parsley, garlic, peppers, bay leaves, thyme and fish heads. Continue to saute for about 3 to 4 minutes or until the fish heads have browned. Add the red wine and bring up to a boil. Reduce to a simmer and continue to cook until the wine has reduced by half, about 3 to 4 minutes. Add the tomatoes and stock. Bring the liquid up to a simmer and cook for about 30 minutes. Season with salt and pepper. Discard the fish heads and bay leaves, set aside and keep hot. In a large saute pan, heat 1/4 cup of the olive oil. When the oil is hot, add the squid, cuttlefish and octopus and saute for about 10 minutes. Add the remaining fish and continue to saute for 5 minutes. Remove from the heat. Heat a large saute pan, and add the remaining olive oil. When the oil is hot, pan–fry the bread for a couple of minutes on each side, or until golden. Fry the bread in batches. Line a large tureen bowl with the fried bread. Lay the fish on top of the fried bread. Pour the soup over the fish and garnish with parsley. This recipe yields about 6 servings.

# Cafe Brulot

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Peel of 1 orange; in 1" by 1/8" strips

Peel of 1 lemon; in 1" by 1/8" strips

3 Sugar cubes

6 Whole cloves

1 Cinnamon stick –; (2" long)

1 Cup Cognac

1/2 Cup Curacao or other orange liqueur

2 Cup Fresh strong black coffee

Light the burner under a brulot bowl or chafing dish and adjust the flame to low. Drop the orange and lemon peel, sugar cubes, cloves, and cinnamon stick into the bowl or pan, pour in the cognac and curacao, and stir to dissolve the sugar. When the mixture is warm, ignite it with a match. Stirring gently, pour the coffee into the bowl in a slow, thin stream; continue to stir until the flame dies out. Ladle into brulot cups or demitasse cups and serve at once. This recipe yields 4 to 6 servings.

# Calde Verde

---

**2 Tablespoon Olive oil**  
**2 Pound Chorizo sausage; sliced 1/2 slices**  
**1 Cup Julienned onions**  
**2 Tablespoon Chopped garlic**  
**1/4 Cup Finely-chopped parsley**  
**3 Cup Peeled; 1/4"-diced white potatoes**  
**1/4 Pound Split peas**  
**3 Quart Chicken stock**  
**4 Cup Kale; rinsed, stemmed, and torn into pieces**  
**3 Bay leaves**  
**2 Sprigs Fresh thyme**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**Crushed red pepper; to taste**  
**6 Tablespoon Fresh mint chiffonade**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large pot, heat the olive oil. When the oil is hot, add the chorizo and onions. Season with salt and pepper. Saute for 2 minutes. Add the garlic, parsley, and potatoes. Cook for 2 minutes. Add the peas, stock and kale and bring to a boil. Season with salt and pepper. Stir in the bay leaves, thyme and crushed red pepper. Reduce to a simmer and cook until the potatoes are fork tender, about 30 minutes. Remove from the heat and skim off any fat that has risen to the surface. Serve the soup in large bowl and garnish with the mint. This recipe yields 8 servings.**

# Caper And Tomato Butter Sauce

---

1/4 Cup Minced shallots  
1 Cup White wine  
Salt  
Cayenne pepper  
1/4 Cup Heavy cream  
1–1/2 Sticks cold butter; cut into pieces  
1/4 Teaspoon Hot sauce  
1/2 Teaspoon Worcestershire sauce  
2 Tablespoon Chopped shallots  
1/4 Cup Capers  
1/2 Cup Small diced tomatoes  
32 Fat; 1/2 Other Carbohydrate

In a saucepan, over medium heat, combine the shallots and wine. Season with salt and cayenne. Bring the mixture to a boil. Reduce the heat to medium low and simmer until the mixture reduces by half. Add the cream and continue to cook for 2 minutes.

Remove from the heat and whisk in the butter, a couple of pieces at a time. Season with the salt, cayenne, hot sauce and Worcestershire. Strain through a fine-mesh sieve. Place back in the saucepan and add the shallots, capers and tomatoes. Stir well and keep warm.

**Yield:** about 2 cups

# Capicola And Citrus Crusted Snapper

---

1/4 Cup White wine  
2 Lemons; Juice of  
1 Bay leaf  
8 Peppercorns  
1/2 Teaspoon Chopped fresh thyme  
1/4 Cup Heavy cream  
8 Ounce Cold butter; cubed  
Salt and pepper  
2 Lemons; Zest of  
Zest 2 limes  
2 Oranges; Zest of  
8 Ounce Capicola Ham; finely chopped  
1 1/4 Cup Fine dried bread crumbs  
1 Tablespoon Olive oil  
Essence  
4 Red snapper fillets; skin off (8-ounce)  
Drizzle of olive oil  
2 Untreated cedar planks; (10-inch)  
44 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees F.

In a saucepan, combine the wine, lemon juice, peppercorns, bay leaf and thyme. Bring the liquid to a boil and reduce by half, about 2 to 3 minutes. Add the cream and bring the liquid back to a boil and reduce by half, about 2 to 3 minutes. Whisk in the butter, a cube at a time, until all the butter is incorporated. Season the sauce with salt and pepper. Strain the sauce through a fine mesh strainer and keep warm.

Bring a small pot of salted water to a boil. Blanch the zest for 1 minute. Remove the zest from the water and shock in an ice bath. Remove the zest from the ice bath and pat dry. In a small saute pan, over medium heat, render the Capicola ham until crispy, about 2 to 3 minutes. Remove from the heat and turn into a mixing bowl. Add the blanched zest, bread crumbs and 1 tablespoon of the olive oil. Season with Creole seasoning. Mix well. Season the fillets with Creole seasoning. Rub the top of each cedar plank with olive oil. Place each fillet on a plank. Sprinkle the crust over each fillet. Place the planks on a sheet pan and place in the oven. Bake the fillets for 12 to 15 minutes or until the crust is golden and the fish is flaky. Serve the planks with a drizzle of lemon butter sauce and Hilda's Maw Maw Slaw.

Yield: 4 servings



# Capunatina (Sicilian Eggplant Relish)

---

1/2 Cup Olive oil  
1 Medium Eggplant; peeled and small diced  
Salt  
Freshly ground black pepper  
1 Cup Small diced onions  
1 Cup Small diced celery  
2 Cup Fresh tomatoes; peeled, seeded and small diced  
10 Calamata olives; pitted and halved  
10 Sicilian olives; pitted and halved  
1/4 Cup White raisins; soaked in water for 20 minutes, drained  
1 Tablespoon Capers  
2 Tablespoon Red wine vinegar  
2 Tablespoon Toasted pine nuts  
1/2 Fat; 0 Other Carbohydrates

In a large saute pan, over medium heat, add 1/4 cup of the olive oil. When the oil is hot, add the eggplant. Season with salt and pepper. Saute until the eggplant is soft, about 15 minutes, stirring occasionally. Remove the eggplant and set aside. In the same saute pan, over medium heat, add 2 more tablespoons of the oil. Add the onions. Season with salt and pepper. Saute until wilted and lightly golden, about 4 minutes. Remove the onions and set aside. In the same saute pan, over medium heat, add 2 more tablespoons of the oil. Add the celery. Season with salt and pepper. Saute until wilted, about 3 minutes. Remove from the pan and set aside. In the same large saute pan, over medium heat, add the remaining 2 tablespoons of oil. When the oil is hot, add the eggplant, onions, celery, tomatoes, olives, raisins, capers, vinegar and pine nuts. Season with salt and pepper. Cook for about 15 minutes. Remove from the heat and turn into a serving bowl. Cool the mixture slightly and serve with crusty bread. This dish is a great side dish for roasted meats or seafood.

**Yield: 8 to 10 servings**

# **Caramel And Three–Chocolate Apples**

---

**6 Large Red apples**  
**6 Small Wooden dowels –; (6" long)**  
**2 Cup Caramel; warm**  
**2 Cup Melted milk chocolate; warm**  
**2 Cup Melted white chocolate; warm**  
**2 Cup Melted semi–sweet chocolate; warm**  
**2 Cup Pecan pieces; toasted**

**Wash and pat dry each apple. Place each skewer down the center of each apple. Line a baking sheet with parchment or waxed paper. Dip each apple in the caramel sauce, coating completely. Place on the baking sheet and refrigerate until firm. Dip each caramel apple for a second time in the melted milk chocolate, coating completely. Place on the baking sheet and refrigerate until firm. Dip each apple a third time in the white chocolate, coating completely. Place on the baking sheet and refrigerate until firm. Dip each apple for a final time in the semi–sweet chocolate, coating completely. Place on the baking sheet and sprinkle each apple with the pecans. Refrigerate until firm and serve. This recipe yields 6 apples.**

# **Caramelized Cane Syrup Sweet Potatoes**

---

**2 Pound Sweet potatoes; cut crosswise, cubed 3/4 pieces**

**1 Stick Butter**

**1 Cup Steen's 100 percent Pure Cane Syrup**

**1/2 Cup Brown sugar**

**3 Cup Pecan pieces**

**1 Teaspoon Salt**

**1/2 Fat; 1/2 Other Carbohydrate**

**Preheat the oven to 400 degrees. Place the sweet potatoes in a large saucepan and cover with water. Bring the water up to a boil and blanch the potatoes for 3 to 5 minutes. Remove the potatoes from the stove and drain. In a large saute pan, melt the butter. Stir the cane syrup and brown sugar into the melted butter. Add the pecan pieces and cook for 3 minutes, stirring constantly. Turn the potatoes into a mixing bowl. Fold the pecan mixture into the sweet potatoes. Season the potatoes with salt. Blend to coat the potatoes evenly. Pour the potatoes onto a parchment lined 1/2-sheet pan and roast the potatoes for 15 to 20 minutes or until the potatoes are caramelized and tender. This recipe yields 8 to 10 servings.**

# Caramelized Onion Focacia

---

2 Tablespoon Olive oil  
2 Cup Chopped yellow onions  
Salt  
Freshly ground black pepper

## **FOR THE DOUGH**

1 Envelope active dry yeast; (1/4-ounce)  
1 Tablespoon Sugar  
1 Tablespoon Minced garlic  
1/4 Cup Plus 3 tablespoons olive oil  
1 Cup Warm water; (about 110(F.)  
1 Teaspoon Salt  
3 1/2 Cup All-purpose flour  
3 Tablespoon Kosher salt  
5 1/2 Fat; 1 Other Carbohydrates

Preheat the oven to 350 F.

In a large saut pan, over medium heat, add the oil. When the oil is hot, add the onions. Season with salt and pepper. Saut until caramelized, about 15 minutes, stirring occasionally. Remove from the heat and cool completely.

Using an electric mixer with a dough hook, whisk the yeast, sugar, garlic, 2 tablespoons of the olive oil, warm water, and caramelized onions together for 2 minutes to dissolve the yeast. Add the salt and flour. With the mixer on low, mix until the dough starts to come together. Increase the speed to medium-high and mix until the dough comes away from the sides of the bowl and crawls up to dough hook. Grease a mixing bowl with 1 teaspoon of the oil. Place the dough in the greased bowl and turn once. Cover the bowl with plastic wrap and place in a warm, draft free place until the dough doubles in size about 1 1/2 hours.

Grease a half baking sheet pan (17 x 12) with 2 teaspoons of the oil. Turn the dough out onto a baking sheet. Punch the dough down and press the dough out to form the pan.

Brush the dough with remaining 1/4 cup of the olive oil. Sprinkle the dough with kosher salt and coarse black pepper. Lightly cover the pan with plastic wrap and let the dough rest for 1 hour. Bake the dough for 30–35 minutes or until the dough is golden brown.

Slice the bread into individual pieces or into sandwich slices.

Yields: 24 individual pieces or 12 sandwich slices

Yields: 12 to 15 servings

# Caramelized Onion Tart

---

**4 Basic; (4-inch) pie dough rounds (like a flat disc)**

**1 Tablespoon Butter**

**2 Cup Julienne yellow onions**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1/4 Cup Roasted garlic**

**1 Anchovy**

**1/4 Cup Goat's cheese**

**1/4 Cup Grated Parmigiano-Reggiano cheese**

**12 Nicoise olives; pitted, halved**

**Drizzle of extra-virgin olive oil**

**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees. Place the dough rounds on a parchment-lined baking sheet pan. In a saute pan, over medium heat, melt the butter. Add the onions. Season with salt and pepper. Saute until caramelized, about 8 minutes. Remove from the heat and cool. In a mixing bowl, combine the garlic and anchovy. Using the back of a spoon, mash the anchovy and mix thoroughly. Season with black pepper. Spread the roasted garlic mixture, evenly over the dough. Spread the caramelized onions over the garlic mixture. Crumble the goat's cheese over the onion mixture. Sprinkle with the Parmesan cheese. Place 6 olive halves over each round and drizzle with the olive oil. Bake until golden brown, about 8 minutes. Serve warm. This recipe yields 4 servings.**

# Caramelized Ruby Red Grapefruit Salad

---

**1 Medium Bulb fresh fennel**  
**1 Tablespoon Olive oil**  
**Salt**  
**Freshly ground black pepper**  
**3 Ruby red grapefruit; peeled and cut into segments**  
**1/2 Cup Sugar**  
**2 Cup Baby arugula; washed and patted dry (packed)**  
**Drizzle of extra virgin olive oil**  
**1 Recipe Vodka and Citrus Cured Salmon**  
**1 Recipe Blood Orange Gastrique; recipe follows**  
**1 Tablespoon Finely chopped fresh parsley leaves**

**Preheat the oven to 400 degrees.**

**Cut the fennel in half and remove the core. In a small mixing bowl, toss the fennel with the oil, salt and pepper. Place in a small roasting pan and roast until golden brown, about 1 to 1 1/2 hours. Remove and cool. Using a sharp knife, thinly slice the fennel.**

**Pat the grapefruit dry with paper towels. In a shallow dish, toss the grapefruit with the sugar. Heat a large saute pan over medium heat. Add the grapefruit and cook until the grapefruit is caramelized, about 2 minutes on each side. Remove from the pan and set aside. In a mixing bowl, toss the arugula and fennel with a drizzle of extra virgin olive oil. Season with salt and pepper. Add the caramelized grapefruit and toss well. Fan out the cured salmon in the center of each plate. Mound some of the salad in the center of each plate of salmon. Drizzle the gastrique over the entire plate. Garnish with parsley.**

**Yield: 8 servings**

# Caramelized Salmon Deviled Eggs

---

**1 Salmon fillet; (6-ounce)**

**Salt**

**Freshly ground pepper**

**1/2 Cup Sugar**

**1 Dozen hard-boiled eggs; halved**

**1/2 Cup Mayonnaise**

**1 Tablespoon Minced shallots**

**1/2 Fresh lemon; juiced**

**2 Ounce Sevruga caviar**

**Season the salmon with salt and pepper. Dredge the salmon in the sugar, coating well. Heat a small saute pan, over medium heat. When the pan is hot, add the salmon and sear for 2 to 3 minutes on each side, until the salmon is caramelized on both sides. Remove from the pan and cool completely. Flake the salmon into small pieces.**

**Place the egg yolks in a mixing bowl and the whites on a serving plate. Season the whites with salt. With a fork, mash the egg yolks. Add the salmon, mayonnaise, shallots and lemon juice. Mix well. Season with salt and pepper. Fill the egg whites with the salmon mixture. Cover with plastic wrap and chill completely. Remove and garnish with caviar.**

**Yield: 12 servings**

# **Carta Musica (Sardinian Parchment Bread)**

---

**2 Cup All-purpose flour**  
**1 Cup Semolina; plus extra for**  
**; dusting**  
**1 Teaspoon Salt**  
**1 1/4 Cup Warm water**

**In a bowl, mix together the flour, the semolina, and the salt. Gradually add the water until you have a smooth dough that is very easy to shape, not sticky, and not stretchy or glutinous. You might need as little as a cup of water—it all depends of the flour and the weather. Place the plaque au four or a baking sheet in the oven. If you are using a baking sheet, put it in the oven upside down, it will be easier to slide the bread on and off.**

**Preheat the oven to 400 degrees F.**

**Divide the dough into 10 small balls. Cover them with a towel and let rest for about 15 minutes. On a floured surface, roll each ball to a thickness just under 1/16 of an inch. Put each round onto a heavily floured peel and slide onto the hot plaque au four or baking sheet in the oven. Bake for 2 1/2 minutes on each side. When the bread surfaces begin to bubble, watch the bread constantly, as they can readily burn. Turn the rounds over and bake another 2 1/2 minutes. When one is very light gold with dark highlight, remove it to a rack to cool. Continue until all of the rounds are done.**

**This bread will keep for 2 to 3 weeks in an airtight container. When ready to serve, place the bread back in the oven for 2 minutes and they should be good as fresh.**

**Yield: 10 rounds**



# Cassata Siciliana

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**1/4 Cup Milk**  
**2 Tablespoons; plus 2 teaspoons butter**  
**8 Eggs**  
**2 Cups; plus 2 tablespoons sugar**  
**1 Cup Flour**  
**1 Teaspoon Baking powder**  
**1/2 Teaspoon Salt**  
**1 Teaspoon Vanilla**  
**2 Cup Ricotta Inpastata cheese**  
**1 Cup Confectioners' sugar**  
**1 Tablespoon Pure vanilla extract**  
**3 Tablespoon Rum**  
**3 Tablespoon Candied lemon peels; finely chopped**  
**3 Tablespoon Candied orange peels; finely chopped**  
**4 Tablespoon Chopped pistachio nuts**  
**1/4 Cup Heavy cream; whipped until stiff**  
**1/4 Cup Grand Marnier or Cointreau; or other orange liqueur**  
**1–1/2 Cup Sweetened whipped cream**  
**3 Cup Semi-sweet chocolate; cut into pieces**  
**1/2 Cup Cold espresso coffee**  
**1/2 Pound Cold butter; cut into cubes**

**Preheat the oven to 350 degrees F.**

**In a small saucepan, heat the milk and 2 tablespoons of butter together. Using an electric mixer fitted with a wire whip, combine the eggs and sugar together. Beat on medium-high speed for about 8 minutes, or until the mixture is pale yellow, thick and has tripled in volume. With the machine running, slowly add the heated milk and butter. In a mixing bowl, sift the flour, baking powder and salt together. Fold the flour mixture into the egg mixture and mix thoroughly, so that there are no lumps and the mixture is smooth. Fold in the vanilla. Grease a half sheet pan with 2 teaspoons of butter. Sprinkle with a tablespoon of sugar. Pour the cake batter into the pan and bake for about 25 minutes, or until the cakes spring back when touched. Cool for about 2 minutes. Using a thin knife, loosen the edges of the cake and flip onto a wire rack.**

**In a mixing bowl, whisk the cheese, sugar, vanilla and 2 tablespoons rum. Mix well. Add 2 tablespoons each of the candied citrus and 2 tablespoons of the nuts. Mix well. Fold the whipped cream into the mixture. Mix well. Cut the cake lengthwise into 4 equal pieces. Trim the edges of the cake to fit a 10-inch loaf pan. Brush the tops of each cake with the orange liqueur. Line the bottom of the loaf pan with parchment paper. Place one piece of the cake on the bottom of the pan. Spread 1/3 of the cheese filling evenly over the piece of cake. Repeat the layering with the remaining cake and cheese filling. Cover with plastic wrap and refrigerate for 2 hours.**

**Remove from the refrigerator and unmold the cake. Place the cake on a wire**

rack with a sheet pan underneath. Spread the top and sides of the cake with the sweetened whipped cream. Place the cake in the refrigerator and chill for 1 hour. In a saucepan, over medium heat, add the chocolate and coffee. Stir until the chocolate is melted. Stir in the 1/2 pound of butter and remaining tablespoon of rum. Mix well. Cool the mixture until it is spreadable. Pour the chocolate frosting over the entire cake. Place the cake back in the refrigerator and chill for 2 hours, until the cake sets.

Remove the cake from the refrigerator. Using a long spatula, carefully lift the cake from the rack and place on a serving plate. Garnish with a sprinkle of the remaining nuts and candied citrus. Slice and serve.

**Yield: 8 to 10 servings**

# Caviar Hollandaise

---

**4 Egg yolks**

**Juice from one lemon**

**1 Tablespoon Water**

**1/2 Teaspoon Creole mustard**

**1 Tablespoon Chopped fresh parsley**

**Salt; to taste**

**Cayenne pepper; to taste**

**1/2 Pound Butter; melted and warm**

**1 Ounce Caviar**

**40 Fat; 0 Other Carbohydrates**

**In a stainless steel bowl set over a pot of simmering water over medium heat, whisk the egg yolks with the lemon juice, water, mustard, and parsley, together. Season with salt and cayenne. Whisk the mixture until pale yellow and slightly thick. Be careful not to let the bowl touch the water. Remove the bowl from the pot and whisking vigorously, add the butter, 1 teaspoon at a time, until all is incorporated. Fold in the caviar and serve warm. This recipe yields about 1 1/2 cups.**

# Caviar Parfait

---

**2 Cup Heavy cream**  
**1 Pinch Salt**  
**4 Egg yolks**  
**1 Tablespoon Cornstarch**  
**7 Ounce Assorted caviar (such as Osetra and salmon etc.)**  
**1/2 Cup Brunoise red onions**  
**1/2 Cup Finely–chopped egg whites**  
**1/2 Cup Finely–chopped egg yolk**  
**1/2 Cup Finely–chopped freshly parsley leaves**  
**1/2 Fat; 0 Other Carbohydrates**

**In a saucepan, combine 1 3/4 cup cream with a pinch of salt. Bring the cream to a simmer. Whisk in the eggs and continue to cook for 2 minutes. Whisk the cornstarch and remaining cream together. Whisk into the hot cream and continue to cook for 3 minutes. Remove from the heat and cool completely. Refrigerate until chilled. To assemble, place some of the caviar in the bottom of four fluted glasses. Place a tablespoon of the onions, egg whites, egg yolk and parsley over the caviar. Spoon tablespoons of the cream over the parsley. Repeat the layering of the caviar and traditional garnishes. Spoon the remaining custard into the glasses. Garnish with the remaining caviar. Serve immediately. This recipe yields 4 servings.**

# Celery Root Mashed Potatoes

---

**1 Pound Celery root; peeled and cubed**  
**3/4 Pound Idaho potatoes; peeled and cubed**  
**Salt**  
**Freshly ground white pepper**  
**3 Tablespoon Butter**  
**1/2 Cup Milk**  
**1/2 Fat; 0 Other Carbohydrates**

**Put the celery root and potatoes in a large saucepan and cover with salted water. Bring to a boil, then reduce heat to medium and cook until tender, about 15 to 20 minutes. Drain, then return the potatoes to the pot. Add the butter and stir and mash until it melts completely. Add the milk and stir to mix. Season salt and pepper. Serve hot.**

**Yield: 4 servings**

# Champagne Sabayon

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**6 Large Egg yolks**

**1 Tablespoon Minced shallots**

**1/2 Teaspoon Pure vanilla extract**

**1/2 Cup Champagne**

**Salt; to taste**

**Freshly-ground white pepper; to taste**

**2 Teaspoon Snipped fresh chives**

**1/2 Fat; 0 Other Carbohydrates**

**Combine all of the ingredients in a stainless-steel bowl. Set the bowl over a pot of simmering water and whisk until the mixture begins to thicken, about 2 minutes. Remove from the heat and serve. This recipe yields 1 1/2 cups.**

# Chantilly Sauce

---

**2 Egg yolks**  
**1 Teaspoon Fresh lemon juice**  
**1 Dash Hot pepper sauce**  
**2 Teaspoon Water**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Stick Butter; melted**  
**1/4 Cup Whipped heavy cream**  
**1 1/4 cups of sauce.**  
**20 Fat; 0 Other Carbohydrates**

**In a stainless steel bowl set over a pot of simmering water, whisk the egg yolks with the lemon juice, hot pepper sauce, and water, until pale yellow in color. Season with salt and pepper. Be careful not to let the bowl touch the water. Remove the bowl from the pot and whisking vigorously, add the butter, 1 teaspoon at a time, until all is incorporated. Fold in the whipped cream.**

# Cheddar Cheese And Beer Soup With Tempura Broccoli Floret

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1 Stick butter  
1/2 Cup Flour  
1/2 Cup Minced onions  
1/4 Cup Minced celery  
Salt  
Cayenne  
1 Bottle light beer; (12-ounce)  
4 Cup Chicken stock  
2 Cup Whole milk  
1 Pound Sharp cheddar cheese; grated  
1 Dash Crystal Hot Sauce

## FOR THE TEMPURA

2/3 Cup All-purpose flour  
1/2 Cup Cornstarch  
1 Large Egg; beaten  
1 Cup Seltzer water  
8 Fresh broccoli florets; blanched  
1 Tablespoon Finely chopped fresh parsley leaves  
41-1/2 Fat; 0 Other Carbohydrates

In a large saucepan, over medium heat, melt the butter. Stir in the flour and cook, stirring constantly for 4 minutes to make a blond roux. Add the onions and celery. Season with salt and pepper. Continue to cook for 2 minutes or until the vegetables are wilted. Stir in the beer and stock. Bring the mixture to a boil, reduce to a simmer and cook for 30 minutes. Stir in the milk and cheese. Continue to cook for 10 minutes. Season with salt and hot sauce. Reduce the heat and keep warm.

Preheat the fryer to 375 degrees F.

In a mixing bowl, whisk together the flour, cornstarch, egg, and soda water. Mix well to make a smooth batter. Season with salt and cayenne. Dip each floret into the batter, shaking off any excess. Carefully add the battered broccoli to the oil and fry until crispy, about 2 to 3 minutes. Remove and drain on paper towels. Season with salt.

To serve, ladle the soup into each bowl. Garnish with the Tempura Florets and parsley.

Yield: 8 servings



# Cheese Fondue

---

1 Garlic clove; crushed  
3/4 Cup Dry white wine  
Juice of one lemon  
8 Ounce Gruyere cheese  
2 Teaspoon Cornstarch  
1 Tablespoon Kirsch  
Salt; to taste  
Freshly-ground black pepper; to taste  
Grated nutmeg; to taste

## GARNISHES FOR CHEESE FONDUE

1/2 Pound New potatoes; quartered  
1 Bunch Baby carrots; peeled  
1 Onion; quartered  
6 Tablespoon Olive oil  
8 Ounce Lamb loin  
4 Quail  
4 Cod fillets –; (3 Ounce ea)  
1/2 Cup Sugar  
4 Potato crusted scallops  
2 Small French bread loaves; cut into cubes  
Wooden skewers

Rub the inside of a your sauce pan with the garlic clove. Add the wine and lemon juice. Heat for 1 minute. Cut the cheese into small cubes and add to the sauce pan. Cook the mixture for about 2 to 3 minutes, stirring constantly, until the cheese completely melts. In a small bowl, whisk the cornstarch and Kirsch together for a slurry. Stir the slurry into the cheese mixture and continue to cook for 3 minutes. Season the fondue with salt, pepper and nutmeg. Serve the fondue in a flameproof dish over a small candle with the platter of garnishes. Preheat the oven to 400 degrees. Preheat the grill. For the Garnishes: In a mixing bowl, toss the vegetables with 2 tablespoons olive oil. Season the vegetables with salt and pepper. Place the vegetables on a baking sheet and place in the oven. Roast the vegetables for about 20 to 25 minutes or until the vegetables are golden-brown. Slice the lamb loin into thin slices. Make two slits in the lamb slices and thread the meat through wooden skewers. Season the lamb skewers and quail with olive oil, salt and pepper. Place the quail on the grill and cook for 4 to 5 minutes on each side. Season the cod with salt and pepper. In a saute pan, heat 1 tablespoon olive oil. Dredge the cod in the sugar, coating each side completely. Lay the fish in the hot oil and cook the fish for 3 to 4 minutes on each side, or until the fish is medium-rare and caramelized. In another saute pan, heat 2 tablespoons olive oil. When the oil is hot, lay the potato crusted scallops in the oil. Saute the scallops for 3 to 4 minutes on each side, or until golden-brown. Remove from the pan and drain on a paper-lined plate. Place the lamb on the grill and cook for 2 to 3 minutes on each side. Arrange the roasted vegetables, grilled quail, caramelized cod, potato crusted scallops, grilled lamb skewers and French bread on a platter and

**serve with the cheese fondue. This recipe yields 6 to 8 servings.**

# **Cheese Quesadilas With Guacamole**

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**2 Avocados; peeled, pitted,  
And chopped  
Juice of two lemons  
2 Teaspoon Minced garlic  
1/4 Cup Chopped red onions  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Dash Crystal Hot Sauce  
8 Large Flour tortillas  
1 Cup Grated Monetary Jack Jalapeno cheese  
1 Cup Grated Cheddar cheese  
1 Small Can Chopped green chilies  
1 Tablespoon Vegetable oil**

**In a mixing bowl, add the avocados. Using a fork, slightly mash the avocados. Add the lemon juice, garlic, and red onions. Mix thoroughly. Season the mixture with salt, pepper and hot sauce. Sprinkle 1/4 of each cheese over the top of four individual tortillas. Top the tortillas with the remaining four tortillas. In a saute pan, heat 1 teaspoon of the oil. When the oil is hot, gently lay a quesadilla in the hot oil and pan-fry for 2 to 3 minutes on each side, or until golden brown. Remove the quesadilla from the pan and repeat the cooking process for the remaining quesadillas. Serve the quesadillas with the guacamole. This recipe yields 4 servings.**

# **Cheesy Bacon Grits**

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**1/2 Pound Chopped bacon**  
**4 1/2 Cup Whole milk**  
**1–1/2 Teaspoon Salt**  
**1/4 Teaspoon Cayenne pepper**  
**1 Tablespoon Butter**  
**2 Cup Quick white grits**  
**1 Cup Grated white cheddar cheese**

**Render the bacon in a saucepan, over medium–high heat, cooking about 4 minutes. Add the milk, salt, cayenne, and butter and bring to a boil. Stir in the grits and reduce the heat to medium. Stir for 30 seconds, then add the cheese and stir until the cheese melts. Cook, uncovered, for 4 to 5 minutes, or until the grits are tender and creamy. Serve immediately. This recipe yields 4 servings.**

# **Cherries Jubilee**

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**1 Stick Butter  
1 Cup Sugar  
1 Pound Bing cherries  
Juice of one orange  
Zest of one orange  
1 Tablespoon Cornstarch  
1 Tablespoon Cold water  
1 Cup Cherry brandy  
1 Pint Vanilla bean ice cream**

**In a large sauce pan, over medium heat, melt the butter. Stir in the sugar and cook for about 2 minutes, or until the sugar dissolves. Add the cherries, orange juice and orange zest. Saute for 2 to 3 minutes. In a small cup, stir the cornstarch and water together, for a slurry. Stir the slurry into the cherry mixture and cook for 1 minute. Remove the pan from the heat and pour the brandy over the cherries. Place the pan back on the heat and carefully shake the pan several times to ignite the pan. If the pan does not light use a match to flame the cherries. Divide the ice cream between four shallow bowls. Spoon the cherry mixture over the ice cream and serve. This recipe yields 4 servings.**

# Chicago Style Italian Sausage And Pepper Deep Dish Pizza

---

2 Tablespoon Olive oil  
4 Cup Thinly sliced yellow onions  
Salt  
Freshly ground black pepper  
4 Cup Thinly sliced green bell peppers  
1 Pound Italian sausage links; cut into 1/2-inch pieces  
1 Recipe Basic Pizza Dough  
12 Ounce Grated mozzarella cheese  
2 Cup Tomato sauce  
2 Tablespoon Dried oregano  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees F.

In a large saute pan, over medium heat, add the oil. When the oil is hot, add the onions. Season with salt and pepper. Saute for 2 minutes. Add the peppers. Season with salt and pepper. Continue to saute for 3 minutes. Remove from the heat and set aside.

In a large saute pan, over medium heat, add the sausage and render for 4 to 6 minutes. Remove and drain on paper towels. Divide the dough in half and roll into a 14-inch circle, about 1/2-inch thick. Press the dough into 2 greased 12-inch deep-dish pizza pans. Sprinkle each pizza with 6 ounces of the grated cheese. Spoon 1/2 of the onion and pepper mixture over each pizza. Sprinkle 1/2 of the sausage over the onion mixture on each pizza. Spread 1 cup of the tomato sauce over the top of each pizza. Sprinkle each pizza with 1 tablespoon of oregano. Bake the pizzas for 25 to 30 minutes or until golden brown.

Remove the pizza from the oven and cut into individual servings.

Yield: 2 (12-inch) pizzas

# Chicken Confit

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**4 Chicken leg portions; thighs attached, excess fat trimmed**

**And reserved –; (abt 2 lbs)**

**1 Tablespoon Kosher salt; plus**

**1/8 Teaspoon Kosher salt**

**1/2 Teaspoon Freshly-ground black pepper**

**10 Garlic cloves**

**4 Bay leaves**

**4 Fresh thyme sprigs**

**1–1/2 Teaspoon Black peppercorns**

**1/2 Teaspoon Table salt**

**4 Cup Olive oil**

**173 Fat; 0 Other Carbohydrates**

Lay the leg portions on a platter, skin side down. Sprinkle with 1 tablespoon of the kosher salt and black pepper. Place the garlic cloves, bay leaves, and sprigs of thyme on each of 2 leg portions. Lay the remaining 2 leg portions, flesh to flesh, on top. Put the reserved fat from the chicken in the bottom of a glass or plastic container. Top with the sandwiched leg portions. Sprinkle with the remaining 1/8 teaspoon kosher salt. Cover and refrigerate for 12 hours. Preheat the oven to 200 degrees. Remove the chicken from the refrigerator. Remove the garlic, bay leaves, thyme, and chicken fat and reserve. Rinse the chicken with cool water, rubbing off some of the salt and pepper. Pat dry with paper towels. Put the reserved garlic, bay leaves, thyme, and chicken fat in the bottom of an enameled cast-iron pot. Sprinkle evenly with the peppercorns and salt. Lay the chicken on top, skin side down. Add the olive oil. Cover and bake for 12 to 14 hours, or until the meat pulls away from the bone. Remove the chicken from the fat. Strain the fat and reserve. Pick the meat from the bones and place it in a stoneware container. Cover the meat with some of the strained fat, making a 1/4-inch layer. The chicken confit can be stored in the refrigerator for up to one month. The excess oil can be stored in an airtight container in the refrigerator and used like butter for cooking. The tinge of chicken taste in the oil is wonderful and you can use the oil to roast potatoes, cook green beans, and pan-fry veal.

# Chicken Empanadas

---

2 Chicken breasts; boned and skinless (8-ounce)  
1 Small Onion; quartered  
1 Bay leaf  
Salt  
Water to cover  
1 Tablespoon Butter  
3 Cup Plus 1 tablespoon flour  
1 Cup Plus 3/4 cup milk  
1/2 Cup Minced onions  
2 Teaspoon Chopped garlic  
2 Tablespoon Chopped green onions; (green part only)  
2 Teaspoon Finely chopped fresh parsley leaves  
1 Dash Hot sauce  
1-1/2 Teaspoon Salt  
3/4 Teaspoon Baking powder  
6 Tablespoon Lard  
1 Egg  
Solid vegetable shortening for deep-frying  
18 Fat; 0 Other Carbohydrates

Preheat the fryer. Season the chicken with salt and pepper. Place the chicken in a shallow saucepan, over medium heat. Add the onions and bay leaf. Cover with water. Bring the liquid to a boil, reduce the heat to medium low and simmer for about 15 minutes or until tender. Remove and discard the liquid. Cool the chicken. In a small saute pan, over medium heat, melt 1 tablespoon of the butter. Stir in 1 tablespoon of the flour and cook for 1 minute. Whisk in the 1 cup of the milk. Season with salt and pepper. Cook until the mixture thickens, about 4 minutes. Remove from the heat and cool. Dice the chicken into small pieces. In a food processor, fitted with a metal blade, add the diced chicken, minced onions, garlic, green onions and parsley. Process until the mixture is mixed well. Add enough of the milk sauce until the mixture is smooth and creamy. Season with hot sauce, salt and pepper. Set aside. Sift the remaining 3 cups flour, salt, and baking powder into a mixing bowl. Cut in the lard until it resembles coarse meal. In a small bowl, beat the egg with the remaining 3/4 cup milk. Gradually add the egg mixture to the flour mixture, working it to make a thick dough. Divide the dough into 24 equal portions. On a lightly floured surface, roll the dough pieces into thin rounds, about 3 inches in diameter. Put about 1 tablespoon of the mixture in the center of each round, fold over and crimp the edges with a fork. Heat the shortening a deep pot or an electric deep-fryer to 360 degrees F. Fry the pies, 2 to 3 at a time, until golden brown. Drain on paper towels and serve immediately.

**Yield: 24 hand pies**



# Chicory Coffee Ice Cream

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**2 Tablespoon Community New Orleans Blend instant coffee**  
**1 Quart Whole milk**  
**2 Cup Heavy cream**  
**2 Cup Sugar**  
**1 Pinch Freshly-ground black pepper**  
**8 Egg yolks; beaten**

**In a large saucepan, over medium heat, combine the instant coffee, milk, cream, sugar and black pepper together. Whisk until the sugar is dissolved. Bring the milk up to a boil and then reduce to a simmer, this will scald the milk. Temper the beaten egg yolks into the hot milk. Continue to cook until the mixture comes back to a boil. This mixture will be thick and will coat the back of a spoon. Remove from the heat and strain into a glass bowl. Cover the top of the mixture with plastic wrap and cool completely. Place the mixture in the refrigerator and chill completely. Pour the filling into the ice cream machine and follow the instructions for the churning time. This recipe yields about 1/2 gallon of ice cream.**

# Chicory Coffee Ice Cream

---

**2 Tablespoon Community New Orleans Blend instant coffee granules or granules of any instant coffee**  
**1 Quart Whole milk**  
**2 Cup Heavy cream**  
**1-1/2 Cup Sugar**  
**1 Pinches black pepper**  
**8 Large Egg yolks**

**In a large nonreactive saucepan over medium heat, combine the instant coffee, milk, heavy cream, sugar, and pepper. Whisk until the sugar is dissolved. Heat the mixture to the scalding point. Remove from the heat.**

**Beat the egg yolks in a large mixing bowl. Add the cream mixture, about 1/4 cup at a time, to the beaten egg, whisking well between each addition, until it is all used. Pour the mixture back into the saucepan and cook, stirring, over medium heat until the mixture becomes thick enough to lightly coat the back of a spoon. Remove from the heat and strain through a fine-mesh sieve into a glass bowl. Cover the top of the mixture with plastic wrap (this will keep a skin from forming) and let cool completely. Place the mixture in the refrigerator and chill completely. Pour the mixture into an ice cream machine and follow the manufacturer's directions for the churning time.**

**Yield: 1/2 gallon**

# Chicory Cream Brulee

---

**1 Tablespoon Butter**  
**3 Cup Heavy cream**  
**1–1/2 Cup Sugar**  
**1 Cup Chicory coffee**  
**8 Egg yolks**  
**1 Cup Raw sugar**  
**20 Small Shortbread cookies**

**Preheat the oven to 275 degrees F. Grease 10 (4–ounce) ramekins. In a saucepan, over medium heat, combine the cream, sugar and coffee. Whisk until smooth. In a small mixing bowl, whisk the eggs until smooth. Temper the egg yolks into the hot cream mixture. Remove from the heat and cool. Ladle into the individual ramekins. Place the ramekins in a baking dish. Fill the dish with water coming up half of the ramekin. Place in the oven, on the bottom rack and cook until the center is set, about 45 minutes to 1 hour. Remove from the oven and water. Cool completely. Refrigerate until chilled. Sprinkle the sugar over the top, shaking off the excess. Using a hand–blow torch, caramelize the sugar on top. Serve the cream brulee with shortbread cookies.**

**Yield: 10 servings**

# Chili Corn Sauce

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**1 Teaspoon Olive oil**  
**1/4 Cup Minced onions**  
**3 Ears Sweet corn; kernels scraped from the cob**  
**1 Teaspoon Minced garlic**  
**1 Fresh chili pepper; stemmed, seeded, and minced**  
**2 Cup Heavy cream**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**

**In a saucepan, over medium heat, add the oil. When the oil is hot, add the onions and saute for 1 minute. Add the corn, garlic and chili pepper. Season with salt and pepper. Saute for 2 minutes. Add the cream and bring the liquid to a simmer. Simmer, over medium heat for 6 to 8 minutes, or until the cream reduces by one-fourth. Using a hand-held blender, puree the sauce until smooth. Season the sauce with salt and pepper. This recipe yields about 2 1/2 cups of sauce.**

# **Chilled Avocado Soup With A Crabmeat Relish**

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**4 Ripe avocados; peeled, seeded, And chopped**  
**2 Cup Half-and-half**  
**2 Cup Sour cream**  
**2 Tablespoon Minced shallots**  
**1/2 Cup Chopped green onions**  
**2 Teaspoon Chopped garlic**  
**1 Cup Chicken stock or milk**  
**Juice of one lemon**  
**Tabasco sauce**  
**Worcestershire sauce**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**1 Tablespoon Olive oil**  
**2 Tablespoon Brunoise red peppers**  
**2 Tablespoon Brunoise yellow peppers**  
**2 Tablespoon Brunoise red onions**  
**1/2 Pound Crab meat; picked over For cartilage**  
**2 Tablespoon Finely-chopped parsley**

**In a food processor, puree the avocados, half and half, sour cream, shallots, green onions, 1 teaspoon garlic, chicken stock and lemon juice. Puree until smooth. Season the soup with Tabasco, Worcestershire sauce, salt and cayenne. Turn the soup into a glass bowl and chill completely. In a saute pan, heat the olive oil. When the oil is hot, add the peppers and onions. Season with salt and cayenne. Saute for 30 seconds. Add the remaining garlic and saute for 30 seconds. Remove from the heat and cool completely. Turn the vegetables into a mixing bowl. Add the crab meat and parsley. Season with salt and pepper. Ladle the soup into the serving bowls and garnish the soup with the crab relish. This recipe yields 6 servings.**

# Chilled Mousse Of Pike With A Truffle And Lobster Salad

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Vegetable oil for greasing the molds  
2 Pound Boneless pike  
3 Egg whites  
2 Tablespoon Cognac  
2 Tablespoon Chopped chives  
1 / cup minced shallots  
1 Lemon; juiced  
1/2 Teaspoon Freshly grated nutmeg  
Salt  
Freshly ground white pepper  
2 Cup Heavy cream; up to 3  
2 Lobster tails; about 6 to 8 ounces each  
1/2 Cup Green peas  
12 Baby carrots; blanched and halved  
Drizzle of truffle oil  
1/4 Cup Fresh chervil sprigs  
Parsley  
1/2 Fruit;  
35 Fat; 0 Other Carbohydrates

Preheat the oven 375 degrees F. Oil 12 (4-ounce) ring molds.

In a food processor, fitted with a metal blade, combine the fish, egg whites, Cognac, chives, shallots, lemon juice and nutmeg. Puree until smooth.

Add enough cream so the mixture is smooth but slightly thick. Season with salt and pepper.

To test the seasoning, bring a small pot of water to a simmer. Add a teaspoon of the mouse to the water and poach for about 2 minutes. Remove and taste. Adjust the seasoning according to taste.

Fill each mold with the fish mixture.

Place the molds in a baking dish and fill with water, enough to come up 1-inch of the mold. Place in the oven and cook for about 12 to 15 minutes or until firm. Remove from the oven and cool completely.

Refrigerate until chilled.

Slice the lobster tails, 1/4-inch thick. In a mixing bowl, combine the lobster, peas, and carrots. Toss with a drizzle of truffle oil. Season with salt and pepper. Add the chervil and toss well.

To serve, unmold the mousse and place in the center of each plate. Fill the

**center of each mousse with the lobster salad. Garnish with parsley.**

**Yield: 12 servings**

# Chinese Style Peanut Butter

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**1 Cup Raw shelled peanuts**

**3 Cup Peanut oil**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1/2 Fat; 0 Other Carbohydrates**

**Heat the oil in a heavy skillet. When the oil is hot, add the peanuts and fry for 5 to 7 minutes, stirring constantly. Drain. In a food processor, fitted with a metal blade, puree the peanuts and 2 tablespoons of the oil until smooth. Season with salt and pepper. Remove and cool. This recipe yields about 1/2 cup.**



# Chochoyones

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**1 Cup Masa**

**1/4 Cup Lard**

**1 Teaspoon Salt**

**4 Tablespoon Cold water –; (to 5 tbsps)**

**Bring a pot of salted water to a gentle boil. In a mixing bowl, combine the masa, lard and salt. Mix until the mixture resembles a coarse crumb-like mixture. Stir in enough water to form a soft dough. Form the dough into small balls, about 1 tablespoon each. Lightly press your thumb in the center of each ball. Add the dumplings to the water and cook until the dumplings float to the surface, about 4 minutes. Continue to cook for 2 minutes. Remove and drain on paper towels. Season with salt. This recipe yields about 1 1/2 dozen.**

# Chocolate Chocolate Pudding Cake With Chocolate Ganache

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## FOR THE CAKE

8 Eggs  
1 Cup Sugar; plus  
2 Tablespoon Sugar  
1/3 Cup Unsweetened cocoa powder  
1 Cup Bleached flour  
1 Teaspoon Baking powder  
2 Tablespoon Butter  
3/4 Cup Grand Marnier

## FOR THE PUDDING

4 Cup Heavy cream  
1/2 Cup Cornstarch  
1 Cup Sugar  
5 Ounce Semisweet chocolate chips  
2 Teaspoon Pure vanilla extract

## FOR THE GANACHE

2 Cup Heavy cream  
1–1/2 Pound Semisweet chocolate squares; chopped

## FOR THE GARNISH

11 Ounce Semisweet chocolate chips  
Confectioners' sugar

Preheat oven to 350 degrees. Butter two 9– by 2–inch round cake pans and coat each with 1 tablespoon sugar. For the cake: In a large mixing bowl of a standing mixer, fitted with whisk attachment, combine eggs and 1 cup of sugar. Beat on medium–high speed until the mixture is pale yellow, thick, and has tripled in volume, about 8 minutes. In a separate, large mixing bowl, sift together the cocoa, flour, and baking powder. Fold cocoa mixture into the egg mixture to combine completely, until mixture is smooth. Divide cake batter evenly between 2 cake pans. Bake for 25 minutes, or until cake springs back when touched. Cool cakes for 15 minutes. Loosen cakes from pans with an offset spatula, and unmold onto wire rack. Cool to room temperature. For the Pudding: Combine 1/2 cup of the cream with the cornstarch in a small bowl and stir to make a paste. Combine paste with remaining 3 1/2 cups cream, sugar, chocolate chips, and vanilla in a large nonstick saucepan. Using a wire whisk, stir the mixture until it is well blended. Over low heat, whisk cream mixture until chocolate melts thoroughly. Cook the mixture, stirring frequently, until it becomes very thick, about 25 minutes. Pour pudding into a large bowl. Cover with plastic wrap, covering surface of pudding with the plastic to prevent a skin from forming. Let cool to room temperature. To Assemble the Cake: Line a baking sheet with parchment paper and place a wire rack over it. Using a serrated knife, cut each cake in half horizontally. (If necessary, shave off any uneven pieces of cake with a

serrated knife so that it is smooth and even on all sides.) Brush the tops of three layers each with 1/4 cup of the Grand Marnier. Place the bottom layer on a 9-inch round of cardboard and set it on the wire rack. Spread 1 1/2 cups of the pudding evenly on top of the layer. Top with a second layer of cake. Spread 1 1/2 cups of pudding evenly over it. Repeat the same process with the third layer. Top with the fourth layer. Chill in the refrigerator for 2 hours. For the Ganache: In a medium-sized nonstick saucepan over medium heat, heat cream just under boiling point. Remove from heat and add chopped chocolate. With a whisk, stir until chocolate is completely melted and mixture is smooth. Combine the cream and chopped chocolate in a medium-size nonstick saucepan over medium heat. Stir until the chocolate is completely melted and the mixture is smooth. Pour ganache over the top of chilled cake, allowing overflow to drip down the sides. Cool slightly. Carefully remove the cake from the wire rack. Chill for at least 6 hours. For the Garnish: In a medium-sized saucepan, add 3-inches of water. Boil water and reduce to a simmer. Place semisweet chips in stainless-steel bowl and place bowl over simmering water. Stir chocolate until melted to smooth consistency. Line a baking sheet with parchment and spread melted chocolate evenly across sheet. Chill in refrigerator until set, about 1 hour. Break the chocolate into large, shard-like pieces. To garnish on cake, place chocolate shards on top of the cake vertically at various angles. Sprinkle with confectioner's sugar. This recipe yields 10 servings.

# Chocolate Coeurs A La Creme

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8 Ounce Cream cheese; room temperature  
1/2 Cup Semi-sweet chocolate; melted  
1 Dash Grand Marnier  
1 Cup Heavy cream  
18 Fresh strawberries; washed, patted dry  
1 Cup Melted semisweet chocolate; tempered  
1 Dozen Shortbread cookies

Using an electric standing mixer, fitted with wire attachment, add the heavy cream. Whip the cream to soft peaks. Set the cream aside. Change the wire attachment to a paddle attachment. In another bowl, cream the cheese and chocolate. Mix thoroughly, scraping down the sides of the bowl, occasionally. Fold the whipped cream into the chocolate mixture. Line 6 small heart-shaped ceramic molds with dampened cheesecloth, allow the cheesecloth over the sides of the mold. Fill each mold with the chocolate filling. Fold the overlapping cheesecloth over the filling, covering tightly. Place the molds on a baking sheet and refrigerate over night, at least 12 hours. Remove the hearts from the molds and discard the cheesecloth. Line baking sheet with parchment paper. Dip each strawberry in the melted chocolate, about 3/4 of the strawberry. Place the strawberries on the baking sheet and chill the berries until the chocolate is set, about 4 to 6 hours. Serve the hearts on individual plates with the strawberries and cookies. This recipe yields 6 servings.

# Chocolate Covered Cannolis

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**2 Cup Ricotta Inpastata cheese**  
**1 Cup Confectioners' sugar**  
**1 Tablespoon Pure vanilla extract**  
**2 Tablespoon Rum**  
**12 Cannoli shells**  
**1/2 Pound Semisweet chocolate; melted**  
**2 Tablespoon Candied lemon peels**  
**2 Tablespoon Candied orange peels**

**In a mixing bowl, whisk the cheese, sugar, vanilla and rum. Mix well. Fill a pastry bag with the cheese mixture. Fill each cannoli shell with about 1/4 cup of the filling. Line a baking sheet with parchment or waxed paper. Dip half of each cannoli in the melted chocolate. Sprinkle the remaining half with the candied lemon and orange peels. Place on the parchment paper and refrigerate until the chocolate is set. This recipe yields 12 servings.**

# Chocolate Covered Peanut Butter Pie

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**1-1/2 Cup Crushed chocolate cookies**  
**1 Cup Peanut butter; divided**  
**1/4 Pound Cream cheese**  
**3/4 Cup Powdered sugar**  
**2 Tablespoon Milk**  
**2 Tablespoon Chopped peanuts**  
**2 3/4 Cup Heavy cream; divided**  
**6 Ounce Semi-sweet chocolate; chopped**

**Preheat oven to 350 degrees. In a mixing bowl, combine the cookie crumbs with 1/4 cup of the peanut butter. Combine the mixture thoroughly and press into a 9-inch springform pan. Bake the crust for 8 to 10 minutes. In an electric mixture with a whip attachment, whip the cream cheese and sugar until smooth. Add the remaining peanut butter, milk and nuts and whip for 1 minute. Turn the peanut butter mixture into a mixing bowl. Whip 2 cups of the heavy cream and fold into the peanut butter mixture. Pour the filling into the prepared crust and refrigerate for 2 hours or until the pie is set. In a sauce pan, over medium heat, melt the chocolate with the remaining cream, stirring constantly, until the chocolate is completely melted. Remove from the heat and cool for 2 minutes, stirring constantly. Remove the pie from the springform pan and place on a wire rack over a baking sheet lined with parchment paper. Pour the chocolate topping over the pie, covering the top and sides completely. Refrigerate the pie for 2 hours or until the chocolate coating is set. This recipe yields 1 pie.**

# Chocolate Cream Brulee

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**1 Tablespoon Butter**  
**3 Cup Heavy cream**  
**8 Ounce Semisweet chocolate chips**  
**8 Egg yolks**  
**1 Cup Raw sugar**  
**1 Cup Sweetened whipped cream**  
**1 Pint Fresh raspberries**

**Preheat the oven to 275 degrees. Grease 10 (4-ounce) ramekins. In a saucepan, over medium heat, combine the cream and chocolate. Whisk until smooth. In a small mixing bowl, whisk the eggs until smooth. Temper the egg yolks into the hot cream mixture. Remove from the heat and cool. Ladle into the individual ramekins. Place the ramekins in a baking dish. Fill the dish with water coming up half of the ramekin. Place in the oven and cook until the center is firm, about 45 minutes to 1 hour. Remove from the oven and water. Cool completely. Refrigerate until chilled. Sprinkle the sugar over the top, shaking off the excess. Using a hand-blow torch, caramelize the sugar on top. Garnish with the whipped cream and raspberries. This recipe yields 10 servings.**

# **Chocolate Crepes With Fresh Strawberries**

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## **FOR THE CREPES**

1–1/2 Cup Flour  
1/2 Cup Cocoa powder  
6 Tablespoon Confectioners' sugar  
1 Pinches salt  
2 Tablespoon Butter; melted  
2 Cup Milk  
2 Large Eggs  
1/2 Teaspoon Pure vanilla extract  
Vegetable oil as needed  
16 Squares parchment or waxed paper; (6–inch)

## **FOR THE FILLING**

1 Pound Cream cheese; at room temperature  
1/2 Cup Sour cream  
1/2 Cup Confectioners' sugar  
1/2 Cup Pureed fresh strawberries  
1/2 Teaspoon Vanilla

## **FOR THE SAUCE**

1/2 Stick butter  
1–1/2 Cup Sugar  
1 Pound Fresh strawberries; washed, stemmed and quartered  
1/4 Cup Strawberry liqueur  
1 Cup Chocolate sauce; store bought or home made

**For the crepes:**

Combine the flour, cocoa powder, sugar and salt in a large mixing bowl. In a medium size mixing bowl, combine the butter, milk, eggs and vanilla and whisk until blended. Add the liquid mixture a little at a time to the dry mixture, whisking to dissolve any lumps. Whisk until smooth. Refrigerate for 1 hour.

Lightly brush a 6–inch skillet with vegetable oil and heat over medium heat. When the pan is hot, remove from the heat and pour in 1/4 cup of the batter. Swirl the pan around to spread the batter evenly over the bottom. Return the pan to the heat and cook until lightly golden, 30 to 40 seconds. Turn the crepe over and cook the second side for about 15 seconds. Remove from the pan. Repeat the process until all of the batter is used, stacking the crepes between the squares of parchment or waxed paper to prevent them from sticking together. Set the crepes aside.

**For the filling:**

In the bowl of an electric mixer fitted with a paddle, beat the cream cheese until smooth. Add the sour cream, sugar, strawberries and vanilla. Beat until smooth, scraping down the sides of the bowl as needed. Put 3



tablespoons of the filling in the center of the lower third of each crepe. Fold the bottom of the crepe over the filling and roll up gently but firmly. Place the filled crepes on a large platter or baking sheet, cover lightly and refrigerate for 1 hour. In a large saute pan, over medium-high heat, melt the butter. Add the sugar and cook, stirring, for 2 minutes. Add the strawberries and continue to cook for 1 minute. Add the liqueur and simmer for 2 minutes. Add the chocolate sauce and continue to cook for 1 minute. Add 8 of the filled crepes to the pan and cook for 1 minute, basting with the sauce. Remove the crepes from the pan, set aside and keep warm. Add the remaining crepes and cook for 1 minute, basting with the sauce.

To serve, crisscross 2 crepes on each dessert plate and drizzle with the sauce.

**Yield: 8 servings**

# Chocolate Dipped Gooseberries

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**1 Cup Fondant**

**2 Tablespoon Simple syrup**

**1/2 Pound Semisweet chocolate; chopped**

**2 Dozen fresh cape gooseberries; husks on**

**13 1/2 Fat; 10 Other Carbohydrates**

**In the bowl of a small double boiler, combine the fondant and 2 tablespoons of the simple syrup. Heat the fondant, stirring with a wooden spoon. The mixture should be light but able to coat the back of a spoon. If the mixture is too thick, add some of the remaining simple syrup. In another double boiler heat the chocolate, stirring occasionally until the chocolate melts. Line a baking sheet with parchment paper. Peel back the husks from each berry. Holding the husks, dip each berry 3/4 of the way in the fondant. Place the berries on a baking sheet. Refrigerate until the fondant is firm to the touch, about 30 minutes. Holding the husk, dip each berry in the melted chocolate. Refrigerate until the chocolate is firm to the touch, about 30 minutes. Remove and serve on a serving platter.**

**Yield: 2 dozen**

# Chocolate Fondue Three Ways

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**3 Pound High-quality chocolate; finely chopped**  
**2 1/4 Cup Heavy cream**  
**1 Dash Creme de Mint**  
**1 Dash Nocello**  
**1 Dash Grand Marnier**

## **GARNISHES**

**Bite-size pound cake pieces**  
**Shortbread cookies**  
**Biscotti**  
**Coconut macaroons**  
**1 Large Strawberries with stems**  
**Bananas**

**Place 1 pound of chocolate in each of three fondue pots. Turn the pot setting to medium or 5. In a saucepan, heat the cream. When the cream comes to a simmer, remove from the heat and pour 1/3 over each pot of chocolate. Whisk each pot until smooth. Splash a different liquor into each pot and whisk until smooth. Serve the fondues with the various garnishes. This recipe yields 12 servings.**

# Chocolate Grand Marnier Sauce

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**1 Cup Heavy cream**

**1 Tablespoon Butter**

**1/4 Cup Grand Marnier**

**4 Ounce Semisweet chocolate; finely chopped**

**In a small saucepan, heat the cream and butter. Add the Grand Marnier. Whisk then bring to a boil. Remove from the heat and whisk in chocolate pieces until all the chocolate is incorporated. Serve. This recipe yields about 2 1/2 cups of sauce.**

# Chocolate Waffles With A Fresh Raspberry Syrup

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**1-1/2 Cup Flour**  
**1 Tablespoon Baking powder**  
**1/4 Teaspoon Salt**  
**1/3 Cup Melted semisweet chocolate**  
**2 Egg yolks**  
**1 Teaspoon Vanilla**  
**1 3/4 Cup Milk**  
**1/2 Cup Melted butter; plus**  
**5 Tablespoon Melted butter**  
**2 Egg whites**  
**1/2 Cup Sugar**  
**2 Pint Fresh raspberries**  
**1 Dash Grand Marnier**  
**2 Cup Sweetened whipped cream**  
**Shaker of powdered sugar**

**In a mixing bowl combine flour, baking powder and salt. In another bowl beat the chocolate, egg yolks and vanilla slightly. Beat the milk and 1/2 cup of the butter into the egg mixture. Fold the flour mixture into the egg mixture. Stir until combined yet still slightly lumpy. In a small bowl beat the egg whites until stiff peaks form. Gently fold beaten egg whites into batter, leaving little fluffs of egg whites. Pour 1 cup batter onto grids of a preheated, lightly greased waffle iron (grease the waffle iron with 2 tablespoons of the butter, in all). Close lid quickly; do not open during baking. Bake according to the manufacturer's directions for the waffle iron. In a saute pan, melt the remaining butter. Add the sugar, stirring constantly until the sugar dissolves, about 1 minute. Add the raspberries and saute for 2 to 3 minutes. Remove from the heat and add the Grand Marnier. Flame the liquor and continue to cook for 1 minute. Serve the waffles with the raspberry syrup and sweetened whipped cream. Garnish with powdered sugar. This recipe yields 4 servings.**

# Chocolate, Chocolate Cake

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**1 Pound Bittersweet chocolate; chopped**  
**1 Pound Butter**  
**2 Tablespoon Grand Marnier**  
**11 Eggs yolks**  
**1 3/4 Cup Sugar**  
**11 Egg whites; beaten until stiff**  
**2 Cup White chocolate sauce; warm**  
**Whipped cream; for garnish**  
**Chopped mint; for garnish**

**Preheat the oven to 300 degrees. Butter and flour a 12-inch springform pan. In a double-boiler, over medium heat, melt the chocolate and butter together. Stir in the Grand Marnier. Remove from the heat and cool to room temperature. In an electric mixer, on medium speed, beat the egg yolks until pale yellow and ribbon like, about 6 to 8 minutes. During the last 2 minutes, add the sugar in a steady stream. With the machine running slowly add the chocolate mixture and blend until all of the chocolate is incorporated. Fold in the stiff egg whites. Pour the batter into the prepared pan. Place the pan on the rack, in the center of the oven. Bake the cake for about 1 1/2 to 2 hours or until the center of the cake comes out clean with a toothpick. Remove the cake from the oven and place on a wire rack. Cool the cake for 15 minutes. Remove the sides of the pan and cool completely. Invert the cake onto a serving plate. The cake can be served warm or can be placed in the refrigerator and chilled. Slice the cake into 16 slices and serve the cake with the white chocolate sauce, whipped cream and mint. This recipe yields 16 servings.**

# Chocolate, Chocolate Mousse Layer Cake With Vanilla Bean

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## FOR THE CAKE

8 Eggs  
1 Cup Plus 2 tablespoons sugar  
1/3 Cup Unsweetened cocoa powder  
1 Cup Bleached flour  
1 Teaspoon Baking powder  
2 Tablespoon Butter

## TO FINISH

1 Pound Confectioners' sugar  
1/2 Cup Unsweetened cocoa powder  
1 Stick butter; at room temperature  
1 Teaspoon Pure vanilla extract  
1/3 Cup Boiling water  
2 Cup Heavy cream  
8 Ounce Semi-sweet chocolate; melted  
3/4 Cup Simple syrup; (equal amounts of sugar and water, simmered until sugar dissolves)  
3 Ounce Semi-sweet chocolate; shaved into curls  
10 Scoops vanilla bean ice cream; up to 12

Preheat the oven to 350 degrees F.

For the cake:

Put the eggs and 1 cup of the sugar in a large mixing bowl and, with an electric mixer fitted with a wire whisk, beat on medium-high speed until the mixture is pale yellow, thick and has tripled in volume, about 8 minutes.

Sift the cocoa, flour and baking powder together in another large mixing bowl. Add the egg mixture and fold to mix thoroughly. Grease 2 (9 by 2-inch) round cake pans with the butter. Sprinkle each with a tablespoon of the remaining sugar. Pour the cake batter evenly into the pans and bake until the cake springs back when touched, about 25 minutes. Let cool for about 2 minutes. Using a thin knife, loosen the edges of the cakes and flip onto a wire rack. Let cool completely.

Sift together the confectioners' sugar and cocoa powder into a medium-size bowl. Add the butter and mix with an electric mixer until incorporated. Add the vanilla and boiling water and mix until smooth. Let cool.

In the bowl of an electric mixer, combine the cream and the chocolate. On medium speed. Whip until stiff peaks form, set aside.

To assemble the cake:

Line a baking sheet with parchment paper and place a wire rack over it.

Using a serrated knife, cut each cake in half horizontally. Brush the tops of three of the layers with 1/4 cup of the simple syrup. Place the bottom layer on a 9-inch round of cardboard and set it on the wire rack. Spread 3/4 cup of the mousse evenly on top of the cake. Top with a second layer of cake. Spread another 3/4 cup of the mousse over the top of the cake. Repeat the same process with the third layer. Top with the fourth layer. If necessary, shave off any uneven pieces of the cake with a serrated knife so that it is smooth and even on all sides. Chill for 2 hours.

Spread the frosting evenly over the sides and top of the cake. Refrigerate until the frosting sets. Place the chocolate curls on top of the cake. Slice and serve with the ice cream.

**Yield: 10 to 12 servings**



# Choucroute With Smothered Cabbage And Spatzle

---

1 Quart Water  
1 Quart Beer  
2 Cup Chopped onions  
1 Cup Chopped celery  
1 Cup Chopped carrots  
2 Crushed garlic cloves  
2 Bay leaves  
Salt  
4 Smoked ham hocks; about 4 ounces each  
4 Links of Boudan Blanc; (2 to 3 ounces each)  
4 Links of Boudan Noir; (2 to 3 ounces each)  
4 Links of liver sausage; (2 to 3 ounces each)  
4 Links blood sausage; ( 2 ounces)  
1 6 ounces sla bacon; thinly sliced  
2 Cup Thinly sliced onions  
Freshly ground black pepper  
1/2 Head fresh white cabbage; shredded  
1 Cup Heavy cream  
1 Pound Fresh spatzle; cooked until tender  
1 Tablespoon Parsley

In a large saucepan, over medium heat, combine the water, beer, mirepoix, garlic, and bay leaves. Season with salt. Add the ham hocks. Bring the mixture to a boil, reduce the heat to medium low and simmer for 2 hours. Add the sausages. Continue to cook for 20 minutes. In a large saute pan, over medium heat, render the bacon until crispy, about 6 to 8 minutes. Remove the bacon and set aside. Add the onions. Season with black pepper. Saute for 4 minutes. Add the cabbage. Continue to saute until wilted, about 6 minutes. Stir in the cream. Bring the liquid to a boil. Reduce the heat to medium low. Add the pasta. Season with salt and pepper. Simmer for 4 to 6 minutes. Remove from the heat. Remove the ham hocks and sausage. To serve, remove the meat from the ham hocks. Place the ham and sausages on a platter. Spoon the cabbage mixture into a serving bowl and serve with the sausages. Garnish with parsley.

**Yield: 4 servings**

# Cilantro And Roasted Potato Salad

---

**2 Pound New potatoes; quartered**  
**10 Cloves fresh garlic**  
**Drizzle of olive oil**  
**Salt**  
**Freshly ground black pepper**  
**3/4 Cup Mayonnaise**  
**2 Tablespoon Creole mustard**  
**1 Lemon; juiced**  
**1/4 Cup Fresh cilantro leaves; washed and patted dry**  
**4 Hard-boiled eggs; sliced**  
**1/2 Small Red onion; thinly sliced**

**Preheat the oven to 400 degrees. In a mixing bowl, toss the potatoes and garlic with a drizzle of olive oil. Toss well. Season with salt and pepper. Place on a baking sheet and roast for 15 minutes, or until fork tender. Remove from the oven and cool completely. Using a mini food processor, combine the mayonnaise, mustard and lemon juice. Process until smooth. Season with salt and pepper. Add the cilantro and continue to process until incorporated. In a mixing bowl, toss the roasted potatoes and garlic, cilantro mayonnaise, sliced eggs, and red onions. Mix well. Season with salt and pepper. Cover with plastic wrap and refrigerate for 2 hours. Remove from the refrigerator and mix the salad. Re-season with salt and pepper if needed.**

**Yield: 4 to 6 servings**

# Cilantro Tartar Sauce

---

**1 Egg**  
**1 Tablespoon Dijon mustard**  
**1 Tablespoon Minced garlic**  
**2 Tablespoon Fresh lime juice**  
**1 Tablespoon Chopped cilantro**  
**2 Tablespoon Chopped red onions**  
**1 Cup Vegetable oil**  
**Salt**  
**Hot sauce**

**Put the egg, mustard, garlic, lime juice, cilantro, and red onions in a food processor and puree for 15 seconds. With the processor running, pour the oil through the feed tube in a steady stream. Season with salt and hot sauce and pulse once or twice to blend. Cover and let sit for 1 hour in the refrigerator before using. Best if used within 24 hours.**

**Yield: 1 1/3 cups**

# Clam Bake

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**1 Bottle Liquid crab boil –; (small bot.)**  
**4 Yellow onions – (abt 1 lb); quartered**  
**3 Garlic heads; halved**  
**1 Bouquet garni**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**4 Fresh sweet corn ears; cut into thirds**  
**1–1/2 Pound New red potatoes**  
**1/2 Pound Hot dogs**  
**1 Pound Andouille or smoked sausage; cut 2" links**  
**4 Pound Steamer clams; scrubbed**  
**1 Cup Melted butter**  
**1 Crusty loaf of bread**

**Fill a large 3 to 4 gallon stock pot fitted with a strainer insert, with enough water to fill the pot two-thirds full. Add crab boil to taste, onions, garlic, and bouquet garni. Season the water with salt and pepper. Add the sweet corn and potatoes. Bring the liquid up to a boil and reduce to a simmer. Add the hot dogs and sausage. Simmer for about 8 minutes, covered, or until the potatoes are almost fork tender. Add the clams, cover, and cook for about 5 minutes, or until the shells open. Discard any clams that do not open. Remove the strainer insert from the pan and drain the boil. Serve the clam boil on paper bags or newspapers. Serve the boil with melted butter and crusty bread. This recipe yields 4 to 6 servings.**

# Clam Pot

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**1 Teaspoon Peanut oil**  
**1 Bunch Green onions; julienned**  
**8 Garlic cloves; thinly sliced**  
**1 Jalapeno pepper; minced**  
**1 Tablespoon Minced ginger**  
**1 Pinch Crushed red pepper**  
**4 Cup Fish or chicken stock**  
**1 Cup Sake or rice wine vinegar**  
**3 Pound Littleneck clams; scrubbed and soaked**  
**1/4 Pound Somen noodles; cooked al dente**  
**3/4 Cup Julienned Holly basil**  
**Fish sauce; to taste**

**In a large pot, heat the oil. When the oil is hot, add the green onions, garlic, jalapeno, ginger and a pinch of crushed red pepper. Stir-fry for 30 seconds. Add the stock and sake. Season with salt and pepper. Bring the liquid to a boil and add the clams. Reduce to a simmer and cover the pot. Simmer for about 8 minutes, shaking the pan occasionally, or until the clams open up. Discard any shells that do not open. Add the pasta and basil. Season with fish sauce. Ladle into individual bowls. This recipe yields about 6 servings.**

# Classic Bolognese Sauce

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**1/2 Cup Heavy cream**  
**10 Ounce Pancetta; diced**  
**1 Cup Small–diced carrots**  
**3/4 Cup Small–diced celery**  
**1 Cup Small–diced onions**  
**3/4 Pound Ground chuck**  
**1/2 Pound Ground veal**  
**1/2 Cup Dry white wine**  
**1 Tablespoon Minced garlic**  
**2 Tablespoon Italian tomato paste; diluted in**  
**10 Tablespoon Meat stock**  
**1 Cup Whole milk**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**

In a small sauce pot, bring the cream up to a simmer and reduce by 1/3. About 6 tablespoons of cream should be remaining. In a sauce pot, render the pancetta over medium heat, about 8 minutes, or until almost all the fat is rendered. Stir in the carrots, celery, and onions. Season with salt and pepper. Saute the vegetables for about 3 minutes or until the vegetables are translucent. In a mixing bowl, combine the meats. Season the meats with salt and pepper. Increase the heat and stir in the meat. Brown the meat for 5 minutes, or until the meat is medium brown in color. Stir in the wine, garlic and diluted tomato paste, and reduce the heat to very low. Cook partially covered for 2 hours. From time to time stir in a tablespoon or so of the milk, by the end of the two hours the milk should be incorporated. Stir in the reduced cream. Season with salt and black pepper. This recipe yields sauce for 4 servings.

Comments: Bologna's ragu is the most famous in Italy. According to the Bologna chapter of Italy's gastronomic society, L'Accademia Italiana della Cucina, this is the most typical and authentic–tasting rendition of the city's famed sauce. The building of a ragu involves three simple steps; browning the vegetables and meats, reducing flavorful liquids over the browned foods to build up layers of taste, then covering them with liquid and simmering gently until the flavors have blended and the meats are tender. Ragus should be rich without being heavy. A ragu is a meat sauce with tomato, it is not a tomato sauce with meat.

# Classic Bordelaise Sauce

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**3 Tablespoon Olive oil**  
**4 Tablespoon Butter –; (1/2 stick)**  
**1/4 Teaspoon Salt**  
**1/8 Teaspoon Freshly-ground black pepper**  
**1 Tablespoon Chopped garlic**  
**1 Tablespoon Chopped parsley**  
**1/4 Cup Dry red wine**

**In a saucepan over medium heat, warm the olive oil and butter. Add the salt and pepper and simmer for about 4 minutes. Add the garlic and parsley and cook for 30 seconds. Drizzle in the wine and simmer for 3 minutes. Remove from heat and serve immediately. This recipe yields 3/4 cup of sauce.**

# Classic Chicago Hot Dog

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**8 Vienna all-beef hot dogs**  
**2 Pound Idaho potatoes; unpeeled and straight cut (3 inches long by 1/2-inch thick)**  
**8 Hot dog buns with poppy seeds**  
**1 Cup Minced onions**  
**1 Cup Brunoise fresh tomatoes; seeded**  
**1 Cup Yellow mustard**  
**1 Cup Sweet pickle relish**  
**Sport peppers; to taste**  
**Celery salt; to taste**

**Preheat the fryer. Fill a stock pot 3/4 of the way full with water and bring to a boil. Add the hot dogs, reduce the heat to a simmer and cover. Cook until the hot dogs are plump, about 6 to 8 minutes.**

**Fry the potatoes until golden brown, about 4 to 6 minutes, stirring occasionally for even browning. Remove and drain on paper towels. Season with salt and pepper. Place the hot dogs in the buns. Start topping the hot dogs with 2 tablespoons of each: onions, tomatoes, mustard and relish. Top with sport peppers to taste and sprinkle a little celery salt on top. Place each hot dog in the center of a piece of deli wrap. Place the fries next to the hot dog. Wrap the dog and the fries up tightly and serve.**

**Yield: 8 servings**



# Classic Lyonnaise Potatoes

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2 Pound Idaho; peeled and sliced 1/2-inch thick  
2 Tablespoon Olive oil  
4 Onions; julienne  
2 Tablespoon Chopped garlic  
Salt and white pepper  
1 Stick butter  
1 Tablespoon Finely chopped parsley

Preheat the oven to 400 degrees F.

Place the potatoes in a pot of salted water. Bring the potatoes up to a boil and blanch for 2 minutes. Remove the pan from the heat, drain and cool. In a large oven-proof saut pan, heat the olive oil. When the oil is hot, add the onions. Season with salt and pepper. Saut the onions until caramelized, about 8 to 10 minutes. Turn the onions into a bowl. Place the pan back on the stove and melt the stick of butter. When the butter has melted, cover the bottom of the pan with 1/3 of the potatoes.

Season with salt and pepper. Cover the first layer of potatoes with 1/2 of the onions. Cover the onions with 1/3 of the potatoes. Season with salt and pepper. Repeat the layering until all of the potatoes and onions are used. Place the pan in the oven and cook for 10 to 12 minutes or until the potatoes are golden brown. Remove the pan from the oven.

Using a spatula, gently lift the potatoes out of the pan and place on a platter. Garnish with parsley.

Yield: 4 to 6 servings

# Classic Spaghetti Carbonara

---

**1/2 Pound Bacon; chopped**  
**1 Tablespoon Chopped garlic**  
**Freshly ground black pepper**  
**1 Pound Fresh spaghetti; cooked al dente**  
**4 Large Eggs; beaten**  
**Salt**  
**1 Cup Freshly grated Parmigiano–Reggiano cheese**  
**1 Tablespoon Finely chopped fresh parsley leaves**

**In a large saute pan, over medium heat, cook the bacon until crispy, about 6 minutes. Remove the bacon and drain on paper towels. Pour off all of the oil except for 3 tablespoons. Add the garlic. Season with black pepper. Saute for 30 seconds. Add the crispy bacon and the pasta. Saute for 1 minute. Season the eggs with salt. Remove the pan from the heat and add the eggs, whisking quickly until the eggs thicken, but do not scramble. Add the cheese and re-season with salt and pepper. Mound into serving bowls and garnish with parsley.**

**Yield: 4 servings**

# Clementine Shortcakes

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**1 Pound Clementines; peeled and cut into segments**

**1/4 Cup Sugar**

**Grand Marnier**

**1 Cup Heavy cream**

**2 Tablespoon Confectioners' sugar**

**4 Plain shortcakes; split in half**

**4 Sprigs fresh mint**

**Shaker of confectioners' sugar**

**In a small bowl, combine the oranges, sugar and Grand Marnier, to taste. Mix well. Whip the cream and sugar until stiff peaks. Flavor the cream with**

**Grand Marnier to taste. To serve, place the bottom half of shortcakes in the center of each serving plate. Spoon the oranges over the cake. Place the remaining cake on top of the oranges. Place some of the whipped cream on top of each shortcake. Garnish with mint and sugar.**

**Yield: 4 servings**

# Coconut Cream Pie

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**3/4 Cup Sugar; plus**  
**2 Tablespoon Sugar**  
**3 Cup Milk**  
**4 Eggs; separated**  
**1/4 Cup Cornstarch**  
**1 Cup Flaked coconut**  
**1 Teaspoon Vanilla extract**  
**1 Tablespoon Butter**  
**1 Nine-inch baked pie shell**  
**1/3 Cup Toasted coconut**

**In a non-stick one quart saucepan, combine 3/4 cup sugar and 2 3/4 cup milk together. Bring the milk to boiling point and scald the milk. In a small mixing bowl, whisk the remaining milk, egg yolks, and cornstarch together. Whisk until smooth. Temper the egg yolk mixture into the scalded milk. Bring the mixture up to a boil and cook for about 3 minutes or until the mixture is thick, stirring constantly. Remove the pan from the heat and stir in the flaked coconut, vanilla and butter. Pour the filling into the prepared pie shell. Cover the pie with plastic wrap and place in the refrigerator. Chill the pie completely, about 2 hours. Using an electric mixture, whip the egg whites until stiff with the remaining sugar. Spread the meringue evenly over the top of the pie. Sprinkle the top with the toasted coconut. Place the pie in a pre-heated 350 degree oven and bake for about 8 to 10 minutes or until golden. Remove from the oven and cool. This recipe yields 8 Blue Plate Dessert servings.**

# Coconut Pudding

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**4 Egg yolks**  
**1/2 Cup Brown sugar**  
**1 Pinch Fresh grated nutmeg**  
**1 Tablespoon Pure vanilla extra**  
**2 Tablespoon Mount Gay Rum**  
**1 Cup Milk**  
**1 Cup Coconut milk**  
**5 Tablespoon Butter; melted**  
**2 Cup Grated fresh coconut**  
**2 Cup Fresh bread crumbs**  
**4 Egg whites; sweetened, and**  
**Whipped to stiff peaks**

**Preheat the oven to 350 degrees. Grease a large oven-proof baking dish. In a mixing bowl, whisk the eggs, sugar, nutmeg, vanilla, and rum together. Whisk in the milk and coconut milk. Add the butter, fresh coconut and bread crumbs. Whisk well. Pour the mixture into the prepared pan. Bake for 1 hour. Remove from the oven and cool for 10 minutes. Increase the temperature to 450 degrees. Spread the meringue over the top of the pudding evenly. Place back in the oven for a couple of minutes or until golden brown. This recipe yields 10 to 12 servings.**

# Coconut Tempura Shrimp

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**2/3 Cup Flour**  
**1/2 Cup Cornstarch**  
**1 Large Egg; beaten**  
**1 Cup Grated fresh coconut**  
**1 Cup Ice-cold soda water**  
**Salt**  
**1 Pound Large shrimp; peeled, deveined and tail on**  
**Creole seasoning**  
**1 Plantain**  
**1 Recipe mango chutney**  
**12 Fresh litchee fruit; washed and patted dry**  
**1 Tablespoon Cilantro; finely chopped**

**Preheat the fryer.**

**In a medium sized mixing bowl, combine the flour, cornstarch, egg, coconut and soda water. Mix well to make a smooth batter. Season with salt. Season the shrimp with Creole seasoning. Holding the tail of the shrimp, dip in the batter, coating completely and shaking off the excess. Fry the shrimp in batches until golden brown, about 4 to 6 minutes. Remove and drain on paper towels. Season with Creole seasoning.**

**Peel the plantains. Slice the plantains thinly, lengthwise. Fry the plantains until golden brown. Remove and drain on paper towels. Season with Creole seasoning.**

**Mound some of the Mango Chutney in the center of each plate. Lay the shrimp around the chutney. Garnish with fried plantains, litchee fruit and cilantro.**

**Yield: 4 to 6 servings**

# Coffee Ice Cream Sandwich

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6 Ounce Semisweet chocolate; melted and warm

1 Stick Unsalted butter; melted

2 Ounce Kaluha

1/2 Cup Flour; plus

2 Tablespoon Flour

1/4 Cup Cocoa powder

5 Large Eggs

1 1/4 Cup Sugar

1 1/4 Cup Macadamia nuts; chopped

1 Cup White chocolate chips

1 Tablespoon Espresso powder

4 Scoops Coffee ice cream

2 Cup Chocolate sauce; in squeeze bottle

Whipped cream; in pastry bag with

A star tip

1 Tablespoon Espresso powder

Powdered sugar; in shaker

Fresh mint sprigs

Preheat the oven to 350 degrees. Line a 15 1/2– by 10 1/2–inch jelly pan with aluminum foil. Let the foil come over the sides of the pan, about 2 inches. Butter the foil. Stir the chocolate, butter and Kaluha together. Sift the flour and cocoa together. Using an electric mixer with a whip attachment, beat the eggs at high speed until the eggs are frothy. While the eggs are beating, slowly add the sugar. Beat the eggs and sugar for 8 to 10 minutes or until the mixture is pale yellow in color and forms a ribbon-like texture. Beat in the chocolate mixture. Fold in the sifted flour–cocoa mixture into the egg mixture in two batches. Fold in the nuts, espresso powder and chips. Pour into the prepared pan and bake for 20 to 25 minutes or until the center of the cake is done. Do not overbake. Let the brownies cool. Using a 4–inch round cutter, cut the brownies into 8 circles. Place one brownie circle in the center of the plate. Place a scoop of ice cream on the brownie. Top with a second circle. Drizzle with the chocolate sauce. Garish with whipped cream, espresso powder, powdered sugar and mint. This recipe yields 4 servings.

# Coho Salmon En Papillote

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**4 Tablespoon Olive oil**

**4 Individual whole Coho Salmon; scaled, gutted and opened up flat**

**Salt**

**Freshly ground black pepper**

**1/2 Pound Small new potatoes; sliced 1/4-inch thick**

**1 Cup Julienne onions**

**8 Slice Tomatoes; about 1/2-inch thick**

**1/4 Cup Julienne preserved lemon**

**1/2 Cup Kalamata olives; pitted and halved**

**4 Tablespoon Finely chopped fresh mild herbs; (such as basil, chervil, parsley, tarragon, etc.)**

**17 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees F.**

**Fold 4 sheets of parchment paper (16 1/2 by 24 1/2 inches) in half, and cut a half heart shape, away from the fold. Open the parchment paper to reveal a heart shape on a flat surface, and brush each with 1 tablespoon of olive oil. Season the salmon with salt and pepper. Place each salmon on half of the parchment sheet. Season the potatoes with salt and pepper. Place a layer of the potatoes on each salmon. Season the onions with salt and pepper. Secondly, place a layer of the onions over the potatoes. Season the tomatoes with salt and pepper. Thirdly, place a layer of the tomatoes over the potatoes. Next, place a layer of the preserved lemon over the tomatoes. Finally, lay the olives over the lemons. Sprinkle the top of each salmon with 1 tablespoon of the herbs. To close each bag, fold the second side of the paper over the salmon, fold the bottom edge over the top, and work your way edge over edge, folding and twisting, until the bag is sealed. Place each bag on a baking sheet and bake until the aper is puffed up and golden brown, for about 20 minutes. To serve, place a bag on each plate, slit the bag in an "X", and fold back the paper. Serve hot.**

**Yield: 4 servings**



# **Colaradito – (Red Oaxacan Mole)**

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## **CHICKEN**

1 Large Chicken – (abt 3 1/2 lbs); cut serving pieces  
1 Medium White onion; roughly chopped  
1 Small Garlic head; scored around middle  
4 Fresh marjoram or oregano sprigs  
4 Fresh thyme sprigs  
4 Fresh flat-leaf parsley sprigs  
Sea salt; to taste

## **SAUCE**

12 Chiles guajillos or chilcostles  
1/2 Pound Tomatoes; stewed  
4 Tablespoon Melted lard or safflower oil  
1/4 Cup Sesame seeds  
1–1/2 Tablespoon Dried oregano  
2 Whole cloves  
2 Whole Allspice berries  
1 Medium White onion; thickly sliced  
9 Small Garlic cloves; peeled  
1 Cinnamon stick – (3" long); broken thin strips  
1 Small Ripe plantain; peeled, and  
Cut into thick rounds  
3 Slice French bread  
1 Ounce Mexican chocolate  
Sea salt; to taste  
3 Cup Cooked white rice; seasoned  
12 Corn tortillas; warm

Put the chicken into a pan with the onion, garlic, and herbs; cover with water and add salt to taste. Bring to a simmer and continue simmering until the chicken is just tender, about 20 to 25 minutes. Remove the stems, if any, from the chiles, slit them open, and remove veins and seeds. Toast the chiles on a hot comale for a few seconds on each side, pressing them down until the inside flesh turns an opaque, tobacco color. Rinse the chiles in cold water, cover with hot water, and set aside to soak for about 15 minutes. Put the tomatoes into a blender jar and blend briefly. Heat 1 tablespoon of the lard and fry the sesame seeds for a few seconds until a deep golden brown. Transfer with a slotted spoon, draining them as much as possible, to the blender jar; add the oregano, cloves and allspice and blend until smooth, adding a little of the water in which the chiles are soaking if necessary. Add more lard to the pan and heat; add the onion and garlic and fry until translucent. Add the cinnamon pieces and fry until the onions and garlic are lightly browned. Transfer with a slotted spoon to the blender jar. Add the plantain and bread to the pan and fry over low heat until a deep golden color; transfer to the blender jar. Adding more chile water if necessary, blend until you have a smooth puree. Gradually add the soaked chiles with more water as necessary and blend until smooth. When all the chiles have been blended, dip a spoon into the bottom of the blender jar and

take out a sample of the sauce to see if the rather tough chile skins have been blended sufficiently. If not, add a little more water, stir well, and then blend for a few seconds more. Heat the remaining lard in a heavy pan or saute pan, add the blended sauce and chocolate, and cook over medium heat, stirring and scraping the bottom of the pan to prevent sticking, for about 15 minutes. Add 2 cups of the chicken broth and the chicken pieces, taste for salt, and cook for 15 minutes more. The sauce should be fairly thick and lightly cover the back of a wooden spoon. Serve with white rice and tortillas. This recipe yields 6 to 8 servings.

# **Cold Asparagus Soup With Quail Eggs And Caviar**

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**2 Pound Fresh green asparagus; trimmed, and  
Cut into 2" pieces  
8 Cup Water  
4 Tablespoon Butter  
1 Cup Minced yellow onions  
1 Cup Minced leeks; white part only  
Salt; to taste  
Freshly-ground white pepper; to taste  
1 Tablespoon Chopped garlic  
1/4 Cup All-purpose flour  
1 Cup Heavy cream  
1/4 Cup Creme fraiche  
6 Hard-boiled quail eggs; halved  
2 Ounce Caviar  
Chopped chives**

**Add the water to a saucepan and season with salt. Bring the liquid to a boil. Add the asparagus and cook for 3 minutes. Remove and drain, reserving the water and asparagus. In a large saucepan, melt the butter. Add the onions and leeks. Season with salt and pepper. Saute until slightly wilted, about 2 minutes. Stir in the garlic and flour. Continue to cook for 2 minutes. Stir in the cooked asparagus and reserved liquid. Season with salt and pepper. Bring the liquid to a simmer and cook for 25 minutes, or until the asparagus are very tender. Using a hand-held blender, puree the soup until smooth. Remove and strain, discard any leftover fibers. Add the liquid back to the saucepan and whisk in the cream. Reseason with salt and pepper. Remove from the heat and chill the soup completely. Garnish each soup with a drizzle of creme fraiche, 2 quail egg halves, caviar and chives. This recipe yields 6 servings.**

# Cold Chicken Roulades With Fruit Chutney

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**1/2 Pound Ground chicken**  
**2 Tablespoon Chopped shallots**  
**1 Tablespoon Chopped garlic**  
**1/4 Cup Heavy cream**  
**2 Tablespoon Cognac**  
**1 Tablespoon Finely–chopped fresh parsley**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**2 Boneless skinless chicken breast; – (6 to 8 Ounce ea)**  
**4 Cup Water**  
**12 Croutons; 2" round by 1/8" thick, toasted**  
**1/2 Cup Assorted fruit chutney**  
**1 Tablespoon Finely–chopped fresh parsley leaves**

**In a food processor, fitted with a metal blade, combine the ground chicken, shallots, garlic, cream, Cognac, and parsley. Process until smooth. Season with salt and pepper. To check the seasoning; bring a pot of water to a boil. Roll 1 teaspoon of the filling into a ball. Add to the boiling water and cook for about 2 minutes. Remove from the water and drain. Taste the chicken and reseason if necessary. Place each piece of chicken between two pieces of plastic wrap. Using a meat mallet, pound out the chicken thinly, about 1/4–inch thick. Remove from the plastic wrap and season both sides with salt and pepper. Divide the filling in half and spread evenly over the chicken. Roll the chicken up tightly. Wrap the roll tightly in plastic wrap, tying the ends with twine. Place the chicken in the boiling water and poach for 20 minutes. Remove from the water and cool completely. Place in the refrigerator until chilled. Slice the chicken into 1/4–inch slices and place on each crouton. Place 1 teaspoon of the chutney on top of each crouton. Garnish with parsley. This recipe yields 4 servings.**

# Cold Cucumber Soup With Louisiana Oysters On The Half Shell

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1 Tablespoon Olive oil  
1 Cup Minced onions  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Tablespoon Chopped garlic  
6 Large Cucumbers; peeled, seeded,  
And diced  
10 Cup Chicken stock  
1 Cup Plain yogurt  
1/2 Cup Extra-virgin olive oil  
Juice of two lemons  
1/4 Cup Minced shallots  
24 Louisiana oysters on the half shell  
1 Ounce Osetria caviar  
1 Tablespoon Finely-chopped freshly parsley leaves

In a 1-gallon saucepan, heat the oil. When the oil is hot, add the onions. Season with salt and pepper. Saute for 2 minutes. Add the garlic and cucumbers. Season with salt and pepper. Saute for 4 to 6 minutes, or until wilted. Add the stock and bring to a boil. Reduce the heat to a simmer and cook for 30 minutes. Remove from the heat, using a hand-held blender or food processor, puree until smooth. Chill the soup completely. Stir in the yogurt. Season with salt and pepper. Refrigerate until ready to use. In a small mixing bowl, whisk the olive oil and lemon juice together. Whisk in the shallots. Season with salt and black pepper. To serve, ladle the soup into eight bowls. Arrange three of the oysters around each bowl of the soup. Drizzle the sauce over each oyster. Garnish each oyster with the caviar. Garnish the soup with parsley. This recipe yields 8 servings.

# **Cold Puree Of White Bean Soup With A Crispy Pancetta**

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**1/2 Pound Dried navy beans  
6 Cup Low-sodium chicken stock  
Freshly-ground white pepper; to taste  
1 Cup Water  
1/4 Cup Heavy cream –; (to 1/2 cup)  
8 Ounce Diced pancetta  
3/4 Cup Small-diced; seeded Creole tomatoes  
1/2 Cup Small-diced red onion  
2 Tablespoon Fresh basil leaves chiffonade  
1 Cup Cubed white bread – (1/4" cubes); toasted  
Drizzle of olive oil**

**In a large saucepan, over medium heat, combine the beans and 6 cups of the chicken stock. Season with pepper. Bring the liquid to a boil, reduce heat to low and simmer, uncovered for about 2 hours, or until tender. Remove from the heat. Using a hand held blender or food processor, puree until smooth. Whisk in the water and cream to desired consistency. Cool the soup completely and refrigerate until chilled. In a saute pan, over medium heat, render the pancetta until crispy, about 4 to 6 minutes, stirring occasionally. Remove from heat, drain, reserving fat for later use and cool. In a mixing bowl, add the tomatoes. Season with salt and pepper. Add the crispy pancetta, red onions, basil, and croutons. Season with a drizzle of the olive oil, salt and pepper. Remove the soup from the refrigerator and whisk until smooth. Add a little water if needed. To serve, ladle the soup into individual bowls. Garnish each soup with the relish. This recipe yields 8 to 10 servings.**

## **Citrus–Savory Caramel Sauce**

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**1 3/4 Cup Light or dark chicken stock**

**2/3 Cup Fresh grapefruit juice**

**1/2 Cup Sugar**

**2 Cup Heavy cream**

**1/2 Teaspoon Light soy sauce**

**Combine the stock, grapefruit juice, and sugar in a shallow heavy–bottomed saucepan. Cook to the caramel stage; there will be wisps of smoke coming from the center of the pan. Carefully whisk in the cream. Allow the mixture to boil and deepen in color. Reduce the mixture to 1 or 1 1/2 cups, whisking constantly. When it is caramel–dark, add the soy sauce. Strain through a fine–mesh strainer and reserve. This recipe yields 1 to 1 1/2 cups of sauce.**

# **Cold Shrimp Bisque With A Smoked Shrimp Relish**

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**3 Pound Large shrimp; head on**  
**2 Tablespoon Olive oil**  
**Salt; to taste**  
**Freshly-ground white pepper; to taste**  
**2 Cup Chopped onions**  
**1 Cup Chopped carrots**  
**1 Cup Chopped celery**  
**1 Cup Brandy**  
**1/4 Cup Tomato paste**  
**3 Garlic cloves; crushed**  
**2 Bay leaves**  
**4 Fresh tarragon sprigs**  
**4 Fresh thyme sprigs**  
**6 Black peppercorns**  
**Water – (abt 1 gallon); to cover**  
**4 Ounce Flour**  
**4 Ounce Butter**  
**1 Cup Heavy cream**  
**2 Teaspoon Chopped fresh tarragon**  
**Splash of brandy**

**Peel the shrimp, reserving the shells. In a large stock pot, over medium-high heat, heat the oil. Add the shrimp shells. Season with salt and pepper. Saute for 4 minutes. Add the mirepoix. Season with salt and pepper. Saute for 4 to 6 minutes, or until tender. Carefully add the brandy and flame, shaking the pan back and forth a couple of times. After the brandy has cooked off, stir in the tomato paste. Cook for 2 minutes. Add the garlic, bay leaves, tarragon, thyme, and peppercorns. Stir in the water. Bring the liquid to a boil. Reduce the heat to medium and simmer for 45 minutes. In a mixing bowl, combine the flour and butter, mix well to make a Beurre Manie, forming the mixture into a long about 1-inch thick stick. Wrap the stick in plastic wrap and chill until firm. Strain the liquid. Wash out the stock pot and place the liquid back into the pan and bring the liquid back to a simmer. Whisk in the Beurre Manie a small piece at a time. Cook for 20 minutes. Whisk in the cream. Season with salt and pepper. Remove from the heat and cool completely. Refrigerate until completely chilled, about 2 hours. Preheat the smoker. Season the shrimp with salt and white pepper. Place the shrimp in the smoker and smoke for 6 to 8 minutes, or until the shrimp turn pink and the tails curl in. Remove from the smoker and cool. Remove the soup from the refrigerator and season with salt and pepper. To serve, ladle the soup into each bowl. Garnish each soup with 2 shrimp, tarragon and a splash of brandy. This recipe yields 8 to 10 servings.**



# Cold Soba Salad

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**2 Boneless skinless chicken breasts; (abt 6 Ounce ea)**

**3 Tablespoon Sesame oil**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**2 Teaspoon Minced garlic**

**1 Teaspoon Minced ginger**

**1 Teaspoon Chili paste**

**1 Teaspoon Sugar**

**1/4 Cup Hoisin sauce**

**2 Tablespoon Rice wine vinegar**

**1/4 Cup Smooth peanut butter**

**1/2 Cup Water**

**1 Pound Soba noodles**

**1/2 Cup Chopped toasted peanuts**

**1/4 Cup Chopped green onions; green part only**

**Preheat the grill. Bring a pot of salted water to a boil. Season the chicken breast with 1 tablespoon of sesame oil, salt and pepper. Place the chicken on the grill and cook for 4 to 5 minutes on each side. Remove from the grill and cool completely. In a saucepan, heat the remaining sesame oil. Add the garlic, ginger and chili paste. Cook for 1 minute, stirring constantly. Stir in the sugar and continue to cook for 1 minute. Stir in the hoisin, vinegar, peanut butter and water. Mix well. Bring the mixture to a simmer and remove from the heat. Cool the sauce completely. Add the noodles to the water and cook until tender, about 4 to 4 1/2 minutes, stirring the noodles constantly with chop sticks. Drain and rinse the noodles under cold water, using your fingers to separate the noodles while cooling. Toss the noodles in the peanut dressing. Slice the chicken, very thin, on the bias. Add the sliced chicken, peanuts and green onions to the pasta. Mix well. Season with salt and pepper. Serve the noodles cold. This recipe yields 2 servings.**

# Consomme

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15 Egg whites  
1 Pound Ground lean chicken  
1 Onion; small diced  
1/2 Pound Carrots; small diced  
1/2 Pound Leeks; small diced  
1/2 Pound Celery; small diced  
1 Cup Tomato puree  
5 Black pepper corns  
2 Bay leaves  
1/2 Bunch Parsley stems  
3 Fresh thyme sprigs  
1 Gallon Chicken stock; cold  
Salt; to taste  
Hot sauce; to taste

## TRADITIONAL GARNISHES

Brunoise – Consomme garnished with small  
1 Cubes carrots; turnips, leeks, celery,  
Peas; and chervil  
Cheveux d'anges – Chicken Consomme  
Garnished with very small vermicelli and  
Grated Parmesan cheese

In a mixing bowl, whip the egg whites slightly. Combine the lean meat, vegetables, tomato puree, herbs, and spices together. Mix in the egg whites. In a spigot stock pot, blend the cold chicken stock with the meat mixture. Place the stock pot on medium heat. Stir the liquid occasionally until the raft forms. (the liquid should reach 160 degrees). Simmer the soup for 1 1/2 hours, making sure the raft does not break or sink. Remove the first cup of the consomme from the spigot to remove sediment and discard. Line a china cap with 5 layers of cheesecloth. Strain the liquid slowly. If the liquid is cloudy, strain the consomme again with fresh cheesecloth. Season with salt, hot sauce, and garnishes. This recipe yields 1 gallon of consomme.

# Corn And Goat Cheese Queso

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**2 Tablespoon Butter**  
**1/2 Cup Minced onions**  
**3 Cup Fresh corn –; (abt 6 ears)**  
**1 Tablespoon Chopped garlic**  
**1 Jalapeno; stemmed, seeded, and chopped**  
**8 Ounce Goat's cheese**  
**1/4 Cup Heavy cream; to 1/2 cup**

**In a saucepan, over medium heat, melt the butter. Add the onions and saute for 2 minutes. Season with salt and pepper. Add the corn and saute 10 to 12 minutes. Stir in the garlic, jalapenos, cheese and cream. Cook for 2 minutes. Season with salt and pepper. Serve. This recipe yields 2 1/2 cups.**

# Corned Beef Hash

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**1/2 Stick Unsalted butter**

**2 Cup Small-diced yellow onions**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1 Tablespoon Chopped garlic**

**1-1/2 Pound Corned beef; chopped**

**1-1/2 Pound Idaho potatoes; peeled, small diced, and blanched**

**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees. In a large oven-proof skillet, over medium-high heat, melt the butter. Add the onions. Season with salt and pepper. Saute until golden, about 4 minutes. Add the garlic and corned beef. Continue to saute for 2 minutes. Add the potatoes. Season with salt and pepper. Continue to cook for 4 minutes. Remove from the heat. Using the back of a large spoon or spatula, pack the mixture firmly into the pan. Place the pan in the oven. Cook for 8 to 10 minutes or until golden brown. Remove from the oven and slice into individual servings. This recipe yields 6 servings.**

# Corsican Chestnut Beignets

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**1 Package Active dry yeast**  
**1/2 Cup Granulated sugar**  
**2 Tablespoon Vegetable shortening**  
**1 1/4 Cup Warm milk; (110 degrees)**  
**1 Egg; beaten**  
**2 1/2 Cup All-purpose flour**  
**2 Cup Chestnut flour**  
**1 Pinches salt**  
**Oil; for frying**  
**1 Cup Honey**

**Preheat the fryer to 360 degrees F.**

**In the bowl of an electric mixer, fitted with a dough hook, add the yeast, sugar, shortening, and milk, mix for 2 minutes. Add the egg. Mix well. Add 2 cups of the flour, the chestnut flour and salt. Beat at low speed until all of the flour is incorporated, about 1 minute. Then beat at medium speed until the mixture forms a ball, leaves the sides of the bowl, and climbs up the dough hook. Remove the dough from the bowl.**

**Using your hands, form the dough into a smooth ball. Lightly oil a bowl. Place the dough in the bowl and turn it to oil all sides. Cover with plastic wrap and set aside in a warm, draft-free place until it doubles in size, about 2 hours.**

**Turn the dough out onto a floured surface and pat the dough into a rectangle about 1-inch thick. Lightly dust the surface of the dough. Roll out the rectangle to 12 1/2 inches long by 10 inches wide and about 1/4-inch thick. With a sharp knife, cut the dough into 20 (2 1/2-inch) square beignets. Fry the beignets, a couple at a time until golden brown and crispy on all sides, about 3 to 5 minutes.**

**Remove and drain on a paper towels. Drizzle with the honey and serve.**

**Yield: 10 servings**

# Country Fried Steak With White Gravy

---

1 Cup Vegetable oil  
1 Pound Round steak; cut into 4 (4-ounce) pieces  
Salt  
Freshly ground black pepper  
1 Egg; beaten  
3 Cup Plus 3 tablespoons milk  
1-1/2 Cup Plus 3 tablespoons all-purpose flour  
1/2 Fat; 0 Other Carbohydrates

Heat the oil in a heavy 9-inch cast iron skillet, to 360 degrees F. Using a meat mallet, pound out the meat. Season the steak with salt and pepper. Combine the egg with 3 tablespoons of the milk. Put 1 1/2 cups of the flour in a shallow pan and season with salt and pepper. Dredge the steaks in the flour, coating each piece evenly and tapping off any excess. Drip the steak in the egg wash, coating it completely and letting the excess drip off. Dredge again in the flour, shaking off any excess.

Fry the steaks in the hot oil, until golden brown on each side, about 3 minutes. Remove and drain on paper towels. Season with salt and pepper. Carefully pour off the oil, leaving behind about 1/4 cup of the oil along with the brown bits.

Over medium heat, add the remaining 3 tablespoons flour and cook for 3 to 4 minutes, whisking constantly. Add the remaining 3 cups milk, 1/2 cup at a time, whisking constantly. Bring to a boil, then reduce the heat to medium-low. Season with salt and plenty of pepper. Cook for 8 to 10 minutes, whisking constantly. The gravy should be thick enough to coat the back of a spoon. If it is too thick, add a little water to thin it.

Serve the fried steak and gravy with mashed potatoes and green beans.

Yield: 4 servings

# Country Green Beans And Ham

---

**2 Tablespoon Olive oil**  
**1 Ham shank; cut into 1–inch pieces**  
**Freshly ground black pepper**  
**2 Cup Thinly sliced yellow onions**  
**Salt**  
**3 Pound Fresh green beans; trimmed**  
**Water**

**In a large saucepan, with a lid, over medium heat, add the oil. Season the ham with black pepper. Add the ham and cook for 2 minutes on each side. Remove and set aside. Add the onions. Season with salt and pepper. Saute for 2 minutes. Add the reserved ham and beans back to the pan. Cover the beans completely with water. Bring the liquid to a boil, reduce heat to medium low, partially cover and cook for 2 hours. Remove from the heat and reseason if necessary.**

**Yield: 8 to 10 servings**

# Country Ham And Cheese Biscuits

---

**1 Cup Plus 1 teaspoon vegetable shortening**  
**4 Cup Plus 2 tablespoons all-purpose flour; (about 1 pound)**  
**1-1/2 Tablespoon Baking powder**  
**1/8 Teaspoon Freshly ground black pepper**  
**1 Teaspoon Salt**  
**4 Ounce Smithfield or any other country ham; small diced**  
**1 Cup Grated white cheddar cheese**  
**2 Cup Milk**  
**10 Large Eggs**  
**Salt**  
**Freshly ground black pepper**  
**2 Tablespoon Butter**

**Preheat the oven to 350 degrees F. Lightly grease a baking sheet with 1 teaspoon of shortening. In a large mixing bowl, combine 4 cups flour, baking powder, pepper, salt, ham and cheese. Mix well. Add the remaining shortening and work it into the dry ingredients, using your hands, until the mixture resembles coarse crumbs. Fold in 1 1/2 cups of the milk. The dough will be sticky. Dust your work surface with 1 tablespoon of the flour. Turn the dough onto the floured surface. Gently fold each side towards the center. Pick up the dough and dust the work surface with the remaining tablespoon flour. Return the dough to the floured surface and fold each side towards the center again. Turn the dough over and light press it out to 1 inch thickness. Cut the biscuits using a 2 1/4 inch round cookie cutter. Place them on the baking sheet and bake until golden, about 30 minutes. In a medium mixing bowl, whisk the eggs and remaining eggs together. Whisk well. Season with salt and pepper. In a large non-stick saute pan, over medium heat, melt the butter. Add the eggs, using a rubber spatula, stir the eggs and cook until the eggs are a soft scramble. Remove from the pan. Slice the biscuits in half and place a spoonful of the eggs in the center of each biscuit.**

**Yields: 8 servings**



# Country Ham With Red-Eyed Gravy And Creamy Grits

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**4 1/2 Cup Milk**

**2 Tablespoon Butter**

**Salt**

**Freshly ground white pepper**

**2 Cup Quick white grits**

**1 Pound Fresh ham steak; (not cooked) either one large steak or 2 (1/2 pound) steaks**

**1 Cup Strong coffee**

**8 Slice White bread; toasted and brushed with butter**

**In a saucepan, over medium heat, add the milk and butter. Season with salt and pepper. Bring the liquid to a boil. Whisk in the grits. Stir constantly for 6 minutes or until tender.**

**Set aside and keep warm. Heat a skillet over medium heat. When the pan is hot, add the ham and sear for 4 to 5 minutes on each side. Remove the ham from the pan and set aside. Stir in the coffee. Bring the liquid to a simmer and cook for 2 minutes. Remove from the heat. To serve, cut the ham into four portions. Spoon the grits in the center of each plate. Lay each piece of the ham next to the grits. Spoon the gravy over the ham. Serve with toast.**

**Yield: 4 servings**

# Country Pate

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**1 Pound Veal round; cut 1 cubes**  
**1/2 Pound Boiled ham; cut 1 pieces**  
**2 Pound Pork butt; cut 1 cubes**  
**1/2 Pound Chicken livers**  
**11 Bay leaves**  
**2 1/2 Teaspoon Salt**  
**1/4 Teaspoon Dried thyme**  
**1/4 Teaspoon Dried oregano**  
**1/2 Teaspoon Cayenne**  
**1/2 Teaspoon Freshly-ground black pepper**  
**1/2 Cup Chopped celery**  
**1 Cup Chopped onions**  
**3 Tablespoon Chopped garlic**  
**1/2 Cup Brandy**  
**1 Cup Port wine**  
**2 Egg whites**  
**1 Cup Whole pistachios**  
**1/4 Cup Finely-chopped parsley**  
**24 Slice Bacon**  
**1 Fat; 0 Other Carbohydrates**

**In a mixing bowl, combine the veal, ham, pork and chicken livers. Add three of the bay leaves, the salt, thyme, oregano, cayenne, black pepper, celery, onions, garlic, brandy, and port. Toss well and cover. Refrigerate for 24 hours. Remove from the refrigerator and drain the mixture, discarding the liquid. Remove the bay leaves. Using a standing mixer with a meat grinder fitted with a 1/2-inch die, grind the meat once. Transfer the mixture to a large bowl. Add the egg whites, pistachios, and parsley. Mix well. Line the bottom and sides of two earthenware terrines with the bacon. Leaving enough of the bacon overlapping all sides of the pan so that the bacon will completely cover the top of the pate mixture when folded over. Divide the mixture equally between the two pans, pressing down with your fingers. Fold the overlapping bacon slices over the mixture to encase it. Top each pate with 4 bay leaves. Set the pans in a roasting pan large enough to accommodate both and place in the oven. Pour boiling water into the roasting pan to come three quarters of the way up the sides of the pan. Bake for 1 1/2 hours or until the internal temperature reaches 170 degrees. Remove from the oven and carefully drain off any excess fat, by pouring or by using a bulb baster. Cover the pans with aluminum foil, then place a 2 to 3 pound weight on top of each pate. Return to the oven and bake for 1 hour. Remove from the oven and with the weight still on. Refrigerate for at least 8 hours before serving. Remove the bay leaves. Cut into 1/2-inch slices and serve. This recipe yields 14 servings.**

# Country Sweet Potato, Mushroom, And Haricots Verts Salad

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**Oil; for frying**

**1 Large Sweet potato; peeled, and sliced**

**Paper–thin into chips**

**4 Ounce Raw bacon; diced**

**1/2 Pound Assorted exotic mushrooms; cleaned, sliced**

**1 Small Red onion; julienned**

**1/2 Pound Haricots verts; blanched**

**2 Teaspoon Vhopped garlic**

**Salt; to taste**

**Freshly–ground black pepper; to taste**

**Preheat the fryer. Place the sweet potato chips in the hot oil and fry until golden brown, about 3 to 4 minutes, stirring occasionally to prevent the chips from sticking together. In a large heated saute pan, add the bacon and render until crispy, about 6 minutes, stirring occasionally to prevent burning. Add the mushrooms and saute for 2 to 3 minutes or until the mushrooms start to wilt. Add the onions, beans and garlic and continue to saute for 2 minutes. Season the mixture with salt and pepper. Remove the chips from the oil and drain on a paper–lined plate. Season the chips with salt and pepper. In a mixing bowl, toss the sweet potato chips with the mushroom mixture. This recipe yields 4 to 6 servings.**

# Crab Meat Deviled Eggs

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**1 Dozen Hard-boiled eggs; shelled, halved**

**1/4 Cup Mayonnaise**

**1/2 Pound Lump crab meat; picked over**

**For cartilage**

**1 Teaspoon Minced garlic**

**1 Tablespoon Minced capers**

**2 Tablespoon Caper juice**

**Salt; to taste**

**Freshly-ground white pepper; to taste**

**2 Ounce Caviar**

**1/2 Fat; 0 Other Carbohydrates**

**Remove the yolks from the whites and place in a mixing bowl. Using a back of a fork, break the yolks into small pieces. Add the mayonnaise, crab meat, garlic, capers and caper juice. Mix well. Season the mixture with salt and pepper. Spoon the mixture into the white halves. Chill the eggs completely and garnish with caviar. This recipe yields 2 dozen deviled egg halves.**

# Crab Meat Omelet With Tasso Hollandaise

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**1 Pound Crab meat; picked over**  
**1/4 Cup Minced shallots**  
**2 Tablespoon Chopped green onions**  
**8 Eggs**  
**1/4 Cup Heavy cream**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Cup Grated Smoked Gouda cheese**  
**2 Egg yolks**  
**1 Teaspoon Fresh lemon juice**  
**1 Dash Tabasco sauce**  
**2 Teaspoon Water**  
**1 Stick Butter; melted**  
**2 Ounce Tasso; finely chopped**

In a mixing bowl, combine the crab meat, shallots, and green onions together. Season with salt and pepper. In a mixing bowl, whisk the whole eggs and cream together. Season the eggs with salt and pepper. Heat the 2 tablespoons of butter in a 6-inch nonstick saute pan until it foams. Pour in a quarter of the beaten eggs. Using a rubber spatula, pull the cooked egg away from the pan and allow the raw egg to run onto the hot part of the pan. Sprinkle 1/4 cup of the crab mixture and 1/4 cup of the grated cheese over the eggs. When almost set, tap the edge of the pan, opposite of the handle, on the edge of the burner, moving the egg down to the edge of the pan. Tap to fold the egg over by one-third, then fold onto a small service plate. Repeat the process until all the eggs are used. In a stainless steel bowl set over a pot of simmering water, whisk the egg yolks with the lemon juice, Tabasco, and water, until pale yellow in color. Season with salt and pepper. Be careful not to let the bowl touch the water. Remove the bowl from the pot and whisking vigorously, add the butter, 1 teaspoon at a time, until all is incorporated. Add the tasso and continue whisking for 30 seconds. To assemble, spoon the sauce over each omelet and garnish with green onions. This recipe yields 4 servings.

# **Crab Salad With Zucchini Salad And Baby Asparagus**

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**1 Cup Mayonnaise**  
**2 Teaspoon Dijon mustard**  
**1 Teaspoon Chopped garlic**  
**1 Tablespoon Finely chopped fresh tarragon leaves**  
**1 Tablespoon Chopped capers**  
**2 Tablespoon Chopped shallots**  
**1 Pound Lump crab meat picked over for cartilage**  
**Salt to taste**  
**Freshly ground pepper to taste**  
**1/2 Pound Baby asparagus**  
**1 Small Red onion; thinly sliced**  
**Extra virgin olive oil to taste**  
**Balsamic vinegar to taste**  
**12 Zucchini flowers; cleaned**

**In a small mixing bowl, combine the mayonnaise, Dijon, garlic, tarragon, capers, and shallots. Mix well. Fold in the crabmeat. Season with salt and pepper. Set aside. In another mixing bowl, combine the asparagus and the onion. Season to taste with the olive oil, balsamic vinegar, and salt and pepper. To serve, divide the asparagus mixture between four plates and mound the crab salad in the center of each plate. Lay 3 zucchini flowers over the crab salad. Garnish with parsley.**

**Yield: 4 servings**

# Crab Wontons With Asian Slaw

---

1/2 Pound Crab meat; picked over  
For cartilage  
2 Tablespoon Minced red onions  
2 Teaspoon Chopped garlic  
1 Tablespoon Chopped fresh cilantro  
1/2 Cup Cream cheese; softened  
Salt; to taste  
Freshly-ground black pepper; to taste  
16 Wonton wrappers  
1/4 Cup Water  
Oil; for frying  
Juice of 2 limes  
2 Tablespoon Soy sauce  
1/4 Cup Rice wine vinegar  
1/2 Cup Sesame oil  
1 Cup Mung bean sprouts  
1 Cup Julienned spinach  
1 Cup Julienned radicchio  
1 Cup Julienned Napa cabbage  
1 Carrot; julienned  
1/2 Cup Julienned red onions  
Chopped parsley; for garnish  
1/2 Fat; 0 Other Carbohydrates

Preheat the fryer. In a mixing bowl, combine the crabmeat, minced red onions, 1 teaspoon of garlic, cilantro and cream cheese. Mix thoroughly. Season with salt and pepper. Place a tablespoon of the filling in the center of each wonton. Lightly brush the edges of the wonton with water. Fold one corner of the wonton to the other, forming a triangle. Sealing the wontons completely. Bring the two corners of the triangle together and press the ends together to seal completely. Fold down the tip of the triangle down to form the shape of a wonton. Set the wontons aside. In a mixing bowl, whisk the lime juice, soy sauce, rice wine vinegar and sesame oil together. In a large mixing bowl, combine the remaining ingredients together. Toss the greens with the vinaigrette. Season with salt and pepper. Cover the bowl and place in the refrigerator for about 1 hour. Fry the wontons in the hot oil until golden, about 2 to 3 minutes. Remove from the oil and drain on a paper-lined plate. Season with salt and pepper. To assemble, mound the greens in the center of each plate. Arrange four wontons around each mound of greens. Garnish with parsley. This recipe yields 4 servings.

# **Crabmeat Crusted Diver Scallops With Chorizo Potato Salad**

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**1 Tablespoon Oil**  
**1/2 Pound Chorizo**  
**1/2 Cup Minced onions**  
**2 Cup Peeled; small-diced Idaho potatoes**  
**1 Tablespoon Chopped garlic**  
**2 Tablespoon Chopped green onions; green part only**  
**12 Large Diver scallops; shucked, cleaned**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**24 Ritz Crackers**  
**4 Tablespoon Butter; melted**  
**1/2 Pound Crabmeat; picked over**  
**1 Tablespoon Finely-chopped fresh parsley leaves**  
**1 Cup Fried parsley sprigs**

**Preheat the oven to 400 degrees. In a large saute pan, heat the oil. Add the sausage and brown for 2 to 3 minutes. Add the onions. Continue to cook for 1 minute. Add the potatoes. Season with salt and pepper. Saute for 3 to 4 minutes. Remove from the heat and stir in the garlic and green onions. Set aside and keep warm. Season the scallops with salt and pepper. Place the scallops in a large oven-proof oval ramekin, all of the scallops should touch each other. In a mixing bowl, crush the crackers. Stir in the butter. Mix well. Season the crust with salt and pepper. Stir in the parsley and crab meat. Mix well. Season the crust with salt and pepper. Spread the crust evenly over the scallops. Place in the oven and cook for 8 to 10 minutes, or until the crust is golden brown. Remove from the oven. To serve, mound the potato salad in the center of four plates. Arrange three scallops around the salad. Garnish with fried parsley and serve. This recipe yields 4 servings.**



# Crawfish And Corn Cakes

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2 Tablespoon Olive oil  
1 Sweet corn ear; shucked, cobbled  
Kernels reserved –; (abt 1 cup)  
1/2 Pound Crawfish tails  
2 Tablespoon Minced shallots  
1 Teaspoon Salt; divided  
Freshly-ground black pepper; 8 turns  
2 Eggs  
1 Cup Heavy cream  
3/4 Cup Yellow cornmeal  
1/2 Cup All-purpose flour  
1/2 Cup Masa flour  
2 Teaspoon Baking powder  
1/8 Teaspoon Cayenne pepper  
3/4 Cup Water

## GARNISH

3 Ounce Caviar  
1/4 Cup Chopped egg yolks  
1/4 Cup Chopped egg whites  
1/4 Cup Minced red onions  
1/4 Cup Capers  
1 Cup Chive sour cream  
1/2 Fat; 0 Other Carbohydrates

Over medium heat, in a medium saute pan, heat the olive oil for 1 minute. Saute the corn, crawfish, shallots, 1/2 teaspoon salt, and 8 turns of black pepper for 5 minutes, stirring occasionally. Remove from heat. In a mixing bowl, whisk the eggs and cream together. Add the cornmeal, flour, masa, baking powder, remaining salt, cayenne pepper and water. Whisk until the batter is fully incorporated. Fold in the sauteed corn. Pour the remaining oil onto a paper towel folded into a 3–inch square. Grease a medium saute pan with the oiled towel. Heat the saute pan for 1 minute over medium–high heat. Spoon a tablespoon of the batter at a time for each individual cake. Cook about 8 cakes at a time. Cook for 1 1/2 minutes on the first side and flip over. Continue cooking for 1 minute and remove from the heat. Garnish each cake with the remaining ingredients. This recipe yields 32 cakes @ 1 tablespoon per cake, or 2 cups of batter.

# **Crawfish And Sausage Jambalaya**

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**2 Tablespoon Vegetable oil**  
**2 Cup Chopped onions**  
**1 Cup Chopped bell pepper**  
**1/2 Cup Chopped celery**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**1 Pound Smoked sausage; sliced 1/4 slices**  
**4 Bay leaves**  
**2 Cup Peeled; seeded, chopped tomatoes**  
**1 Tablespoon Chopped garlic**  
**2 Cup White rice**  
**6 Cup Chicken stock**  
**2 Pound Crawfish tails**  
**1 Cup Chopped green onions**

**In a large saucepan, heat the vegetable oil. When the oil is hot, add the onions, peppers, and celery. Season with salt and cayenne. Saute the vegetables for about 5 minutes, or until the vegetables are wilted. Add the sausage and saute for 2 minutes. Add the bay leaves, tomatoes, and garlic. Saute for 2 minutes. Stir in the rice and saute for 2 minutes. Add the stock. Season with salt and cayenne. Bring the liquid up to a boil and reduce to a simmer. Cook the jambalaya for 25 to 30 minutes, covered, or until the rice is tender and the liquid has been absorbed. Stir in the crawfish tails and green onions and re-season if necessary. This recipe yields 6 servings.**

# Crawfish Burgers

---

2 Tablespoon Olive oil  
1/2 Cup Chopped onions  
2 Tablespoon Brunoise red peppers  
2 Tablespoon Brunoise yellow peppers  
Salt  
Cayenne  
1 Pound Crawfish tails  
1/4 Cup Chopped green onions  
1 Tablespoon Chopped garlic  
2 Tablespoon Chopped fresh parsley  
1 Large Egg  
1–1/2 Cup Bread crumbs  
1/4 Cup Grated Parmigiano–Reggiano cheese  
1 Egg; beaten with 2 tablespoons water  
1 Cup Flour  
Essence  
1/2 Cup Vegetable oil  
4 Onions rolls; sliced in half and toasted  
1/2 Cup Creole Tarter Sauce; (see recipe)  
1/4 Cup Sliced hamburger pickles  
1 Small Tomato; cored and thinly sliced  
1 Small Yellow onion; peeled and thinly sliced  
1 Cup Shredded iceberg lettuce  
1 Pound Sweet potatoes; peeled and thinly slice and fried until golden brown and crispy

In a saute pan, over medium heat, heat the olive oil. When the oil is hot, add the onions and peppers. Season the vegetables with salt and cayenne. Saute for 2 minutes. Add the crawfish tails and continue to saute for 2 minutes. Add the green onions, garlic, and parsley. Saute for 1 minute. Remove the mixture from the heat and turn into a mixing bowl. Cool the mixture for 2 minutes. Add the 1 egg, 1/2 bread crumbs and cheese and mix well. Set aside. Season the flour, egg wash and remaining 1 cup bread crumbs with Essence. Form the mixture into 4 individual cakes, about 1 inch thick. Dredge the cakes in the seasoned flour. Dip each cake in the egg wash, letting the excess drip off. Dredge the cakes in the bread crumbs, coating completely. In a large saute pan, over medium heat, add the vegetable oil. When the oil is hot, pan-fry the cakes until golden about 3 to 4 minutes on each side. Remove and drain on paper towels. Season the flour, egg wash and bread crumbs with Essence. Spread the halves of each roll with the tarter sauce. Place crawfish burgers between each roll. Top the burgers with the pickles, tomatoes, onions, and lettuce. Serve each burger with the fried sweet potato chips

# **Crawfish Eggrolls With A Hot Sesame Drizzle**

---

**2 Teaspoon Olive oil  
1/2 Cup Finely diced onions  
1/2 Cup Finely diced celery  
1 Cup Finely shredded Napa or white cabbage  
Salt  
Freshly ground black pepper  
2 Teaspoon Minced garlic  
1/2 Cup Finely grated carrots  
1/2 Pound Peeled crawfish tails  
2 Tablespoon Sesame oil  
2 Teaspoon Untoasted sesame seed  
1 Teaspoon Finely chopped fresh cilantro  
2 Eggs  
8 Egg roll skins  
6 Cup Vegetable oil  
1/4 Cup Dry mustard  
1/4 Cup Water**

**In a saute pan, over medium heat, add the oil. When the oil is hot, add the onions, celery, cabbage. Season with salt and pepper. Saute for 2 minutes. Add the garlic and carrots, saute for 2 minutes. Add the crawfish tails. Season with salt and pepper. Continue to saute for 2 minutes. Remove from the heat and turn into a mixing bowl. Add the sesame oil, sesame seeds, and cilantro. Mix well. Season with salt and pepper. Stir in 1 of the eggs. In a small mixing bowl, beat the remaining egg. Lay the egg roll skins on a flat surface and brush them with some of the remaining egg. Place one eighth of the filling one end of each skin, leaving a 1/4 inch border at the top and sides, and roll up, tucking in the ends after the first roll. Heat the oil in a large saucepan. When the is hot, about 370 degrees F, fry the egg rolls until golden brown, about 2 to 3 minutes. Remove from the fryer and drain on paper towels. Season with Essence. To serve, slice each egg roll in half, diagonally and place on each serving plate. Drizzle**

**Each egg roll with the hot mustard and Hot Sesame Drizzle. Garnish with cilantro leaves.**

**Yields: 8 servings**

# Crawfish Etouffe

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**1 Stick Butter**  
**2 Cup Chopped onions**  
**1 Cup Chopped celery**  
**1/2 Cup Chopped green bell peppers**  
**1 Pound Peeled crawfish tails**  
**2 Teaspoon Minced garlic**  
**2 Bay leaves**  
**1 Tablespoon Flour**  
**1 Cup Water**  
**1 Teaspoon Salt**  
**1 Pinch Cayenne pepper**  
**2 Tablespoon Finely–chopped parsley**  
**3 Tablespoon Chopped green onions**  
**Hot steamed rice; for serving**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large saute pan over medium–high heat, melt the butter. Add the onions, celery, and bell peppers and saute until the vegetables are wilted, about 10 to 12 minutes. Add the crawfish, garlic, and bay leaves and reduce the heat to medium. Cook the crawfish for 10 to 12 minutes, stirring occasionally. Dissolve the flour in the water. Add to the crawfish mixture. Season with salt and cayenne. Stir until the mixture thickens, about 4 minutes. Stir in the parsley and green onions and continue cooking for 2 minutes. Serve over hot steamed rice. This recipe yields 4 servings.**

# Crawfish Imperial

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1 Tablespoon Vegetable oil  
1/2 Cup Chopped onions  
1/4 Cup Chopped green bell peppers  
1/4 Cup Chopped celery  
Salt  
Cayenne  
1 Pound Peeled crawfish tails  
1 Tablespoon Chopped garlic  
2 Tablespoon Finely chopped fresh parsley leaves  
1/4 Cup Chopped green onions; green part only  
1 Cup Mayonnaise  
2 Tablespoon Creole or whole grain mustard  
1 Dash Tabasco sauce  
1/4 Cup Dried fine bread crumbs  
Essence  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees F. In a large skillet, over medium heat, add the oil. Add the onions, peppers, and celery. Season with salt and cayenne. Saute for about 5 minute, or until wilted. Add the crawfish tails and cook for about 5 minutes. Remove from the heat and cool completely. In a mixing bowl, combine the crawfish mixture with the garlic, parsley, green onions, &#190; cup mayonnaise, mustard and Tabasco. Mix well. Spoon the mixture into 4 individual gratin dishes. Mix together the bread crumbs and remaining mayonnaise. Season with Essence. Mix well. Spread the top of the crawfish mixture with the bread crumb mixture. Bake for about 20 minutes, or until bubbly and brown. Remove from the oven and let stand for 2 to 3 minutes before serving.

**Yields: 4 appetizer servings**

# Crawfish Mousse Stuffed Zucchini Flowers

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**1/2 Pound Cream cheese; at room temperature**  
**1/2 Pound Louisiana crawfish tails**  
**1/2 Teaspoon Chopped garlic**  
**1 Teaspoon Minced onion**  
**1 Teaspoon Finely chopped parsley**  
**1/4 Cup Butter; room temperature**  
**2 Teaspoon Brandy**  
**1/2 Lemon; juiced**  
**Salt**  
**Freshly ground white pepper**  
**1 Dash Crystal Hot Sauce**  
**10 Zucchini flowers; up to 12**  
**1 Cup Flour**  
**Creole seasoning**  
**1 Egg**  
**2 Tablespoon Milk**  
**1 Cup Dried fine bread crumbs**  
**2 Cup Lemon Butter Sauce; warm**  
**Oil for frying**

**In a food processor, add the cream cheese and puree until smooth. Add the crawfish and process until the mixture is smooth, about 1 minute. Scrape down the sides of the bowl. Add the garlic, onion, parsley, butter, brandy and lemon juice. Process until the mixture is smooth again, another minute. Season with salt, white pepper and hot sauce. Spoon the mixture into the pastry bag. Pipe the filling into the center of each flower, pressing the flower firmly into the filling and sealing completely. Cover and refrigerate for 1 hour. Place the flour in a shallow bowl and season with Creole seasoning. Place the egg and milk in a shallow bowl. Season with Creole seasoning and mix well. Place the bread crumbs in a shallow bowl and season with Creole seasoning. Carefully dredge each zucchini flower in the flour. Dip each flower in the egg wash, letting the excess drip off. Dredge the flowers in the bread crumbs, coating completely. Fry the flowers in batches until golden. Remove and drain on paper towels. Season with Creole seasoning. To serve, spoon the sauce in the center of each plate. Place the flowers in the center of the sauce. Garnish with parsley.**

**Yield: 8 servings**

# Crawfish Quiche

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**2 1/2 Cup All-purpose flour**  
**2 Teaspoon Salt**  
**1/4 Teaspoon Cayenne**  
**1 Cup Solid vegetable shortening**  
**Water**  
**2 Tablespoon Unsalted butter**  
**1/4 Cup Small-diced yellow onions**  
**3 Tablespoon Small-diced red bell peppers**  
**2 Teaspoon Chopped garlic**  
**2 3/4 Teaspoon Salt; divided**  
**3/8 Teaspoon Cayenne pepper; divided**  
**1/2 Pound Peeled crawfish tails –; (abt 1 cup)**  
**2 Cup Heavy cream**  
**4 Eggs**  
**1/4 Teaspoon Tabasco sauce**  
**1/2 Teaspoon Worcestershire sauce**  
**2 Tablespoon Chopped chives**  
**3 Tablespoon Grated Parmigiano-Reggiano cheese**  
**1/2 Cup Grated White Cheddar cheese**  
**1/2 Cup Grated medium Cheddar cheese**  
**5 Fat; 0 Other Carbohydrates**

**In a mixing bowl, combine the flour, 2 teaspoons salt, and 1/4 teaspoon cayenne. Cut in the shortening until the mixture resembles a coarse meal-like texture. Add the water and mix until the mixture comes away from the side of the bowl. Form the dough into a ball. Cover the ball of dough with plastic wrap and place in the refrigerator. Chill for at least 1 hour or as long as 8. Remove dough from the refrigerator and let sit (temper) for about 5 minutes. Lightly dust a work surface. Roll the dough out to a 12-inch round about 1/4-inch thick. Fold the dough into fourths and place in a 10-inch fluted (quiche) pan. Press the dough, using your fingers, firmly onto the bottom and sides of the pan. Roll a wooden rolling pin, over the pan to cut off or remove the excess dough. Prick the bottom of the crust all over with a fork. In a medium saute pan, over medium heat, melt the butter. Add the onions, bell peppers, garlic, 1 teaspoon salt, and 1/4 teaspoon cayenne. Saute for 4 minutes. Add the crawfish tails and saute for 2 minutes. Remove from the heat and cool. In a mixing bowl, whisk the cream, eggs, remaining 3/4 teaspoon salt, remaining 1/8 teaspoon cayenne, Tabasco, Worcestershire sauce, chives, and grated Parmesan cheese. Turn the crawfish mixture into the pastry shell. Sprinkle the grated cheese over the crawfish. Pour the cream mixture over the crawfish. Place in the oven and bake for about 55 minutes, or until the center sets and the top is golden. Remove from the oven and cool for 5 minutes, before slicing to serve. This recipe yields 8 servings.**



# Crawfish Smothered Grits

---

**1 Pound Peeled crawfish tails**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**2 Tablespoon Olive oil**  
**1 Cup Chopped onions**  
**1 Tablespoon Chopped garlic**  
**2 Cup Beef stock**  
**3 Cup Half-and-half**  
**1-1/2 Cup Quick-cooking white grits**  
**1/2 Cup Freshly-grated Parmigiano-Reggiano cheese**

**In a mixing bowl, toss the crawfish tails with salt and cayenne. In a 3-quart saucepan, over medium heat, add the olive oil. When the oil is hot, add the onions. Season the onions with salt and cayenne. Saute for 2 minutes, or until the onions are soft. Add the crawfish and garlic. Continue to cook for 2 minutes. Add the stock and half-and-half to the pan. Season with salt and cayenne. Bring the liquid to a boil. Reduce the heat to medium-low and simmer for 2 minutes. Add the grits and stir constantly until they are very tender, about 10 minutes. Add the cheese and stir to mix and melt it. Serve warm. This recipe yields 8 to 10 servings.**

# Crawfish Turnovers

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3 Cup Flour  
1 Teaspoon Salt  
1–1/2 Cup Solid vegetable shortening  
3/4 Cup Ice water  
1/2 Stick Butter  
1 Cup Chopped onions  
1/2 Cup Chopped bell peppers  
1/2 Cup Chopped celery  
Salt; to taste  
Cayenne pepper; to taste  
3/4 Teaspoon Paprika  
1 Pound Peeled crawfish tails  
2 Tablespoon Flour  
1/2 Cup Water  
3 Tablespoon Chopped parsley  
3 Tablespoon Chopped green onions  
1 Egg; beaten

Combine the flour and salt in a mixing bowl. Add the shortening and work it in with your hands until the mixture resembles coarse meal. Using the tines of a fork, stir as much of the water as you need to bring the dough together, 1 tablespoon at a time. Work it with your hands until you have a smooth ball of dough. Do not over handle the dough. Wrap it in plastic wrap and refrigerate for at least 1 hour. In a large saute pan, over medium heat, melt the butter. When the butter has melted, add the onions, bell peppers, and celery. Season with salt and cayenne. Saute the vegetables until soft, about 6 to 7 minutes. Stir in the paprika. Add the crawfish tails and cook for 5 to 6 minutes, stirring occasionally. Dissolve the flour in the water and add to the crawfish mixture. Stir for 1 to 2 minutes, or until the mixture thickens. Remove from the heat and add the parsley and green onions. Cool to room temperature. Preheat the oven to 375 degrees and lightly oil a baking sheet. Remove the dough from the refrigerator and place it on a lightly-floured surface. With a knife, cut the dough into 8 equal portions. Lightly flour each piece. Using your fingers, flatten each piece into a 6-inch round, about 1/4-inch thick. Fill the center of each one with 1/3 cup of the crawfish mixture. Brush the edges of each round with some of the beaten egg. Fold the rounds in 1/2 and crimp the edges with the tines of a fork. Brush the tops of the turnovers with the remaining beaten egg. Place the turnovers on the baking sheet about 1-inch apart. Bake for 45 minutes or until golden brown. This recipe yields 8 turnovers.

# **Cream Of Smoked Tomato Soup**

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**4 Pound Fresh beefsteak tomatoes; quartered**  
**3 Tablespoon Olive oil**  
**2 Cup Chopped yellow onions**  
**1 Cup Chopped celery**  
**1 Cup Chopped carrots**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Pinch Cayenne pepper**  
**2 Tablespoon Minced garlic**  
**1/2 Gallon Chicken stock**  
**1/4 Cup Finely-chopped parsley**  
**1/2 Cup Heavy cream**

**Prepare the smoker, according to the manufacturers directions. In a mixing bowl, toss the tomatoes with 1 tablespoon of olive oil, salt and pepper. Place the tomatoes on the rack of the smoker and place in the smoker. Smoke the tomatoes for 30 minutes. Remove the tomatoes from the smoker and set aside, including the tomato juices. In a stock pan, heat the remaining olive oil. When the oil is hot, saute the onions, celery and carrots. Season the vegetables with salt, pepper, and cayenne. Saute the vegetables for 4 to 5 minutes. Add the garlic, smoked tomatoes and tomato juices. Cook for 3 to 4 minutes, stirring often. Add the chicken broth and bring to a boil. Reduce the heat to a simmer and cook for 1 hour and 15 minutes. Using a hand-held blender, puree half of the soup. Stir in the parsley. Reseason with salt and pepper if needed. Stir in the heavy cream and serve. This recipe yields 8 servings.**

# **Creamy Pralines**

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**1 Cup Granulated sugar  
1 Cup (packed) Light brown sugar  
2 Tablespoon Light corn syrup  
2 Tablespoon Butter  
1 Pinch Salt  
1/2 Cup Sweetened condensed milk  
1 Teaspoon Vanilla extract  
1–1/2 Cup Pecan pieces**

**In a heavy saucepan, over medium heat, combine the sugar, brown sugar, corn syrup, butter, salt and condensed milk. With a wooden spoon, stir until the sugar dissolves. Continue to cook, stirring, until smooth and light brown, about 8 minutes. Add the vanilla and pecans and continue to cook, stirring, until the mixture reaches 234 to 240 degrees on a candy thermometer or the soft ball stage, that is, when a bit dropped into cold water forms a soft ball that flattens. Remove from the heat and drop by the spoonful onto waxed paper. Let cool. Remove from the paper with a thin knife. This recipe yields 1 1/2 dozen.**

# **Creamy Stone Ground Grits**

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**6 Cup Water**

**6 Cup Milk**

**2 Teaspoon Salt**

**1 Teaspoon Freshly ground white pepper**

**4 Tablespoon Butter**

**1-1/2 Cup Stone ground white grits**

**1 Pound Grated white cheddar cheese**

**18 Fat; 0 Other Carbohydrates**

**In a large saucepan, over medium heat, combine the water, milk, salt, pepper and 2 tablespoons of the butter. Bring the liquid to a gentle boil. Stir in the grits. Cook for 1 hour and 15 minutes, stirring occasionally. (\*\*The grits will stick to the bottom of the pan, so make sure not to scrape the bottom of the pan. If the grits absorbed all of the water, add some hot water to thin out the grits.) Remove the pan from the heat and stir in the remaining 2 tablespoons butter and cheese. The grits can either be served immediately or prepared in advance and reheated.**

**If preparing in advance, grease a pan with a teaspoon of butter. Pour the grits into the pan and reheat in a 400 degree F., for 15 minutes.**

**Yield: 8 servings**

# **Creole Chicken, Red Beans And Rice Soup**

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**2 Tablespoon Olive oil**  
**1 Whole chicken; (about 4 pounds) cut into 10 pieces**  
**Creole seasoning**  
**1-1/2 Cup Chopped onions**  
**1 Cup Chopped celery**  
**1 Cup Diced carrots**  
**1 Tablespoon Minced garlic**  
**2 Bay leaves**  
**1 Pinches crushed red pepper**  
**1 Pound Dried red beans; rinsed, picked over, soaked overnight and drained**  
**1 Gallon Chicken stock**  
**1/4 Pound Long grain white rice; uncooked**  
**1/2 Cup Chopped green onions; (green part only)**  
**29 1/2 Fat; 0 Other Carbohydrates**

**In a large sauce pot, heat the olive oil. Season the chicken with Creole seasoning. When the oil is hot, add the chicken, sear for 4 to 5 minutes on each side. Add the onions, celery, and carrots. Season with Creole seasoning. Saut the vegetables for 4 minutes. Add the garlic, bay leaves, pinch of crushed red pepper and red beans and saut for 1 minute. Add the stock and bring the liquid to a boil. Reduce the heat to a simmer, uncovered, for about 2 hours or until the beans are tender. Reseason if necessary. Add the rice and continue to cook for 20 minutes or until the rice is tender. Remove from the heat and stir in the green onions. Ladle into soup bowls and serve with crunchy French Bread.**

**Yield: 8 to 10 servings**

# Creole Christmas Fruitcake

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## FOR THE SIMPLE SYRUP

2 Cup Sugar  
2 Cup Water  
1 Strips zest of 2 lemons; (abt 3 tbsps)  
Juice of 2 lemons; (abt 1/4 cup)

## FOR THE CAKE

1 Pound Combination of dried fruits  
(such as blueberries; cranberries,  
Cherries; raisins, and chopped apricots)  
1 Pound Unsalted butter; room temperature  
2 Cup Sugar  
4 Ounce Almond paste  
8 Large Eggs  
1 Cup Grand Marnier or other orange-flavored  
Liqueur  
4 Cup Flour  
2 Teaspoon Baking powder  
1/4 Teaspoon Salt  
1/4 Teaspoon Cinnamon  
1/8 Teaspoon Fresh grated nutmeg  
1 Cup Silvered blanched almonds  
1 Cup Pecans pieces  
1 Cup Walnut pieces  
1/2 Cup Bourbon

Make a simple syrup by combining the sugar and water in a medium-size heavy-bottomed saucepan over medium-high heat. Add the lemon zest and juice and bring to a boil, stirring to dissolve the sugar. Boil for 2 minutes and remove from the heat. Combine the dried fruits together in a large mixing bowl. Pour the simple syrup over them, toss to coat, and let steep for 5 minutes. Strain and reserve the syrup. Creme the butter, sugar, and almond paste together in the bowl of an electric mixer fitted with a paddle at low speed, occasionally scraping down the sides of the bowl. Beat until the mixture is fluffy and smooth, about 2 minutes. Add the eggs one at a time, mixing in between each addition on low speed and scraping down the sides of the bowl as necessary. Add 1/2 cup of the Grand Marnier and mix to incorporate. Combine the flour, baking powder, salt, cinnamon, and nutmeg in a medium-size mixing bowl and blend well. Add this mixture 1/2 cup at a time to the butter mixture with the mixer on low speed, each time mixing until smooth, about 2 minutes. Scrape down the sides of the bowl as necessary. The batter will be thick. Add the warm fruit and all the nuts a little at a time, mixing well. Scrape down the sides of the bowl and the paddle. Preheat the oven to 350 degrees. Lightly grease twelve 1-pound loaf pans. Spoon about 1 cup of the batter into each pan. Bake until golden and the tops spring back when touched, about 45 minutes (rearranging them after 25 minutes if necessary to brown evenly). Cool for 10 minutes in the pans. Remove cakes from the pans and cool completely on wire racks. Wrap each cake

**in a layer of cheesecloth. Store in plastic storage bags until they are slightly stale, 3 to 4 days. Combine the reserved simple syrup with the remaining 1/2 cup Grand Marnier and the bourbon. Without removing the cheesecloth, make tiny holes with a toothpick randomly on the top of each cake. Pour 2 tablespoons of the syrup over the top of each cake once every 2 to 3 days until all of the syrup is used. Let the cakes age for up to 3 weeks before eating. This recipe yields 12 cakes.**



# Creole Crusted Rib–Eye Steak With Dirty White Beans

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6 Ounce Bacon; chopped  
2 Cup Chopped yellow onions  
Salt  
Freshly ground black pepper  
1 Cup Chopped celery  
1 Cup Fresh tomatoes; peeled, seeded and chopped  
2 Tablespoon Chopped garlic  
2 Ham hocks; about 4 to 6 ounces each  
1/2 Pound Duck confit; shredded, store bought or homemade  
1 Pound Navy white beans  
10 Cup Beef stock  
6 Ounce Foie gras; cleaned and small diced  
1/4 Cup Chopped green onions  
4 Bone–in rib–eye steaks; (about 18 to 20 ounces each)  
Drizzle of olive oil  
1/2 Cup Creole Mustard  
2 Cup Fine dried bread crumbs  
Essence  
2 Tablespoon Olive oil  
Fried parsnips  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees F. In a large saucepan, render the bacon until crispy, about 6 to 8 minutes. Add the onions. Season with salt and pepper. Saute for 3 to 4 minutes. Add the celery, tomatoes and garlic. Season with salt and pepper. Add the ham hocks and confit. Stir in the beans and stock. Bring the liquid to a boil and reduce to a simmer. Cook until the beans are tender, about 2 to 2 1/2 hours. In a hot saute pan, sear the foie gras for 1 minute. Remove from the heat and turn into the bean mixture, including the foie gras fat. Mix thoroughly. Stir in the green onions. Season the steaks with a olive oil, salt and pepper. In a hot saute pan, sear the steaks for 3 minutes on each side. Remove and cool completely. Smear each steak completely with the mustard. In a small mixing bowl, season the bread crumbs with Essence. Add the olive oil and mix. Dredge the steaks in the seasoned bread crumbs, coating all sides completely. Place the steaks on a parchment or waxed paper–lined baking sheet. Roast the steaks for 15 minutes or until the steaks are medium rare. To serve, spoon the bean mixture in the center of the plate. Lay the steaks on top of the beans and serve with fried parsnips. Yield: 4 servings

# **Creole Mustard And Roasted Poblano Dipping Sauce**

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**1 Egg  
1 Tablespoon Minced garlic  
2 Tablespoon Fresh lemon juice  
1 Tablespoon Chopped parsley  
2 Tablespoon Chopped green onions  
2 Tablespoon Creole or whole-grain mustard  
1 Roasted poblano; peeled, seeded,  
And chopped  
1 Cup Olive oil  
1/4 Teaspoon Cayenne pepper  
1 Teaspoon Salt  
43 1/2 Fat; 0 Other Carbohydrates**

**Put the egg, garlic, lemon juice, parsley, green onions, Creole mustard and poblano in a food processor and puree for 15 seconds. With the processor running, pour the oil through the feed tube in a steady stream. Add the cayenne and salt and pulse once or twice to blend. Cover and let sit for 1 hour in the refrigerator before using. Best if used within 24 hours. This recipe yields 1 1/3 cups of sauce.**

# **Creole Spiced Blue Crabs With Green Onion Dipping Sauce**

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**1 Gallon Water  
1 Onion; chopped  
2 Celery stalks; chopped  
2 Lemons; halved  
1 Jalapeno; halved  
1 Garlic head; halved  
3 Fresh thyme sprigs  
2 Bay leaves  
2 Tablespoon Crab Boil  
3 Pound Blue crabs  
3 Bunch Green onions  
2 Tablespoon Chopped garlic  
1 Quart Chicken stock  
Salt; to taste  
Freshly-ground black pepper; to taste**

**In a large pot, combine the water, onions, celery, lemons, jalapenos, garlic head, thyme, bay leaves, and Crab Boil. Season the water with salt and pepper. Bring the liquid up to a boil. Add the blue crabs and cook for about 15 minutes. Remove the crabs from the water and cool in a bowl of ice water. Cool the crabs for about 5 minutes and remove from the water. In a saucepan, combine the green onions, garlic, and chicken stock. Season with salt and pepper. Bring the liquid up to a simmer. Cook the liquid for 10 minutes. Remove the sauce from the heat. Using a hand-held blender, puree the sauce until smooth. Strain the sauce through a fine mesh strainer. Reseason with salt and pepper if needed. Pile the crabs on a platter and serve with the dipping sauce. This recipe yields 4 appetizer servings.**

# **Creole Spiced Shrimp With Old Fashioned Remoulade**

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**2 Lemons; halved**  
**4 Quart Water**  
**4 Bay leaves**  
**3 Teaspoon Salt**  
**1/2 Teaspoon Cayenne pepper**  
**2 Tablespoon Zatarain's Concentrated Crab and Shrimp Boil**  
**3 Pound Large shrimp; peeled, deveined**  
**1/4 Cup Fresh lemon juice**  
**3/4 Cup Vegetable oil**  
**1/2 Cup Chopped onions**  
**1/2 Cup Chopped green onions**  
**1/4 Cup Chopped celery**  
**2 Tablespoon Prepared horseradish**  
**3 Tablespoon Creole or whole-grain mustard**  
**3 Tablespoon Prepared yellow mustard**  
**3 Tablespoon Ketchup**  
**3 Tablespoon Chopped parsley**  
**1 Teaspoon Salt**  
**1/4 Teaspoon Cayenne pepper**  
**1/8 Teaspoon Freshly-ground black pepper**

**Squeeze the juice from the lemons into a large pot. Add the halves. Add the water, bay leaves, salt cayenne, and crab boil. Bring to a boil and cook for 5 minutes. Add the shrimp. Remove from the heat, cover, and let stand for 4 to 5 minutes. Drain. Serve either cooled or chilled completely. Combine the remaining ingredients in a food processor with a metal blade and process for 30 seconds. Use immediately or store. Will keep for several days in an airtight container in the refrigerator. This recipe yields 4 to 6 servings.**

# Creole Tartar Sauce

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**1 Egg**  
**1 Tablespoon Minced garlic**  
**2 Tablespoon Fresh lemon juice**  
**1 Tablespoon Chopped parsley**  
**1 Cup Olive oil**  
**1/4 Teaspoon Cayenne pepper**  
**1 Tablespoon Creole or whole-grain mustard**  
**1 Teaspoon Salt**  
**1/2 Fat; 0 Other Carbohydrates**

**Put the egg, garlic, lemon juice, parsley, and green onions in a food processor and puree for 15 seconds. With the processor running, pour the oil through the feed tube in a steady stream. Add the cayenne, mustard, and salt and pulse once or twice to blend. Cover and let sit for 1 hour in the refrigerator before using. Best if used within 24 hours.**

# Crispy Fish On The Bone

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**1 Whole Flounder – (1–1/2 to 2 lbs); filleted,  
And carcass reserved  
1 Cup Flour  
Salt; to taste  
Freshly–ground black pepper; to taste  
1/4 Cup Vegetable oil  
1/4 Cup Minced shallots  
1 Tablespoon Chopped garlic  
2 Ounce Dried wooded ear mushrooms; soaked in warm  
Water for 30 minutes; and drained  
2 Cup Chicken stock  
1 Tablespoon Cornstarch  
2 Teaspoon Finely–chopped parsley leaves  
5 1/2 Fat; 0 Other Carbohydrates**

**Rinse and pat dry the reserved fish carcass, set aside. Preheat the fryer. Season the flour with salt and pepper. Dredge the carcass in the seasoned flour, on both sides, reserving the flour. Shake off any excess flour. Fry the carcass until golden brown, about 2 to 3 minutes. Remove from the oil and drain on paper towels. Season with salt and pepper. Cut the fillets into 2–ounces pieces. Season with salt and pepper. Dredge the fillets in the reserved flour, coating completely. In a large saute pan, over medium–high heat, heat the oil. When the oil is hot, but not smoking, lightly pan–fry the fish for 1 minute on each side. Remove from the pan and set aside. In the same saute pan, add the shallots and garlic. Season with salt and pepper. Saute for 1 minute. Add the mushrooms. Season with salt and pepper. Saute for 1 minute. Add 1 3/4 cup of the chicken stock. Dissolve the cornstarch in the remaining stock, making a slurry. Bring the stock to a boil. Stir in the slurry. Boil the liquid for 2 minutes and then reduce to a simmer. Add the fish fillets and simmer for 3 to 4 minutes. Reseason and stir in the parsley. To assemble, place the fried fish carcass on a large platter. Lay the fillets over the crispy bone. Spoon the sauce over the fillets. Serve immediately. This recipe yields 2 servings.**

# **Crispy Wasabi Potato Crusted Tuna**

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**1 Pound Center-cut bluefin tuna**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1 Tablespoon Wasabi powder**

**1/4 Cup Water**

**1 Large White potato; peeled**

**2 Tablespoon Olive oil**

**Drizzle of sesame oil**

**Fresh chervil sprigs**

**2 Ounce Caviar**

**1 Fat; 0 Other Carbohydrates**

Cut the tuna into 2-inch logs, 1 1/2 inches wide and 1 1/2 inches thick. Season the tuna with salt and pepper. In a small bowl, whisk the wasabi and water together to form a loose paste. Using the potato threader, cut the potato into thin curl-like pieces. Season the potatoes with salt and pepper. Divide the potato curls between the tuna logs in individual piles. Brush each piece of tuna with the wasabi mixture, coating each side of the tuna completely. Place a piece of the tuna in the center of each pile of potato curls. Wrap the potatoes entirely over each piece of tuna, tightly. In a large saute pan, heat the olive oil. When the oil is hot, pan-fry the tuna until golden brown, about 2 to 3 minutes on each side. Fry the tuna in batches. Serve the tuna on a platter with a drizzle of sesame oil, chervil and a dollop of caviar. This recipe yields 6 servings.

# Croquignoles

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**3 Cup Flour**  
**1 Tablespoon Baking powder**  
**1/2 Teaspoon Grated nutmeg**  
**1/2 Teaspoon Ground cinnamon**  
**1/2 Teaspoon Salt**  
**3 Eggs**  
**1/2 Cup Sugar**  
**2 Tablespoon Butter; melted**  
**1 Tablespoon Pure vanilla extract**  
**Oil for frying**  
**Confectioners' sugar; for dusting**

Combine the flour, baking powder, nutmeg, cinnamon, and salt in a bowl. In another bowl, beat the eggs until light and frothy. Add the sugar and whisk to dissolve. Add the butter and vanilla and continue to whisk for 2 to 3 minutes. Add the flour mixture, about 1 cup at a time, blending together until a stiff dough forms. Lightly flour a work surface and sprinkle the dough with a little flour. Pat the dough into a large rectangle, about 1/8-inch thick. Using a pastry wheel or a sharp knife, cut out about 12 diamond-shaped pieces. Make a slit lengthwise through the center of each diamond. Preheat the fryer. Deep-fry the diamonds, 2 to 3 at a time, turning them around with a slotted spoon, until they are golden brown and crispy, about 4 minutes. Drain on paper towels. Dust with confectioners' sugar and serve immediately.

**Yield: 1 dozen**



# Cuban Sandwich

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**4 Cuban bread loaves**  
**4 Tablespoon Butter**  
**1 Pound Shaved roasted pork**  
**1 Pound Shaved smoked ham**  
**1/2 Pound Sliced Swiss cheese**  
**1 Cup Sliced dill pickles**

**Preheat the griddle. Slice the bread loaves in half. Smear the butter on both sides of each loaf of bread. Build each sandwich with the roasted pork, ham, cheese and pickles. Place the sandwiches on the hot griddle and place a waffle iron on top of the sandwiches to flatten the sandwich. Griddle the sandwiches for 2 to 3 minutes on each side. Slice the sandwich in half and serve. This recipe yields 4 sandwiches.**

# **Curry Eggplant And Mango Chutney**

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**2 Pound Fresh eggplant**

**3 Tablespoon Vegetable oil**

**Salt**

**1 Cup Small diced onions**

**1 Tablespoon Yellow Curry; (recipe from above)**

**1 Lemon; juiced**

**1 Recipe Mango Chutney; (recipe follows)**

**Peel and dice the eggplant, about 1/2–inch dice. In a large saute pan, over medium heat, add the oil. When the oil is hot, add the onions. Season with salt. Saute for 2 minutes. Add the eggplant. Season with salt. Continue to saute until soft, about 15 minutes. Add the curry powder and lemon juice. Continue to saute for about 2 minutes. Remove from the heat and serve with the Mango Chutney with grilled fish or chicken.**

**Yield: 6 servings**

# Deep–Dish Apple Pie

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3 Tablespoon Butter  
2 Pound Granny Smith apples; sliced  
2 Pound McIntosh apples; sliced  
1/2 Cup Sugar  
1/2 Cup Light brown sugar  
Juice of one lemon  
2 Tablespoon Flour  
1 Pinch Nutmeg  
1 Teaspoon Cinnamon  
1 Cup Pecan pieces  
4 Ounce Wisconsin Sharp Cheddar cheese; grated  
8 Scoops Vanilla Bean Ice Cream

## PIE DOUGH

2 Cup All–purpose flour  
1 Pinch Salt  
2 Teaspoon Sugar  
3/4 Cup Solid vegetable shortening  
3 Tablespoon Ice water –; (to 4 tbsps)

Preheat the oven to 350 degrees. In a large saute pan, melt the butter. Add the apples and saute for 2 minutes. Add the sugars, lemon juice and flour. Continue to saute for 2 minutes. Season the apples with nutmeg, cinnamon, and salt. Mix thoroughly and remove from the heat. Cool the mixture. For the pie dough: In a mixing bowl, combine the flour, salt, and sugar. Add the shortening and work it in with your hands until the mixture resembles coarse crumbs. Add the water, 1 tablespoon at a time, and work it in with your hands. Add only as much as you need for a smooth ball of dough. Wrap the dough in plastic wrap and refrigerate for at least 30 minutes. Remove the dough from the refrigerator and place it on a lightly floured surface. Cut the dough into 2 halves. Lightly dust the surface with flour. Roll out each half of dough to 12 inches in diameter and about 1/8–inch thick. Fold one circle of dough in fourths. Carefully lift the dough and place in a 10–inch deep dish pie pan. Unfold the pie dough and spoon the apples into the pie shell. Place the second round of dough over the apples. Using a sharp knife, cut away the excess dough. Using your fingers, crimp the edges of the pie firmly to seal the dough completely. With the same sharp knife, make three slits, about 4 inches long and 2 inches apart, across the pie dough. Place the pie in the oven and bake for 45 minutes. Remove the pie from the oven and sprinkle the cheese over the top. Return the pie to the oven and continue to cook for 8 minutes, or until the cheese is bubbly. Serve warm with vanilla ice cream. This recipe yields 8 servings.

# Deep–Dish Mixed Berry Pie

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2 Cup Flour  
1 Pinches salt  
2/3 Cup Lard  
3 Tablespoon Ice water; up to 4  
1 Pint Raspberries  
1 Pint Blueberries  
1 Pint Blackberries  
1 Pint Strawberries  
1–1/2 Cup Water  
1–1/2 Cup Sugar  
1/4 Cup Cornstarch  
8 Scoops vanilla bean ice cream  
27 1/2 Fat; 20 Other Carbohydrates

Preheat the oven to 350 degrees.

In a mixing bowl combine the flour and salt. Add the lard and work it in with your hands until the mixture resembles coarse crumbs. Add the water, 1 tablespoon at a time. Form the dough into 2 smooth balls. Wrap the dough in plastic wrap and refrigerate for 30 minutes.

In a saucepan combine the berries, water and sugar, over medium–high. Bring the mixture to a boil, reduce the heat to medium and cook for 10 minutes. In a small bowl combine the cornstarch with the remaining 1/4 cup of water. Stir until the cornstarch dissolves and the mixture is smooth. Stir the cornstarch mixture into the berry mixture. Bring the mixture back to a boil and continue to cook for 2 minutes. Remove from the heat and cool.

Remove the dough from the refrigerator and place on a lightly floured surface. Roll out each dough into a circle about 12 inches in diameter and 1/8–inch thick. Fold one of the dough into fourths and carefully remove the dough from the surface. Unfold the dough into a 9–inch by 2–inch deep dish pie pan. Pour the berry filling into the pastry shell. Place the remaining circle of dough over the filling. Lightly press the pastry into the berry mixture. Using a small knife trim off any excess and crimp the edges. Place on a parchment lined baking sheet. Place in the oven and bake for about 45 minutes or until the crust is golden. Remove and cool for 20 minutes before slicing. Serve each slice with a scoop of ice cream.

Yield: 8 servings

# **Deep–Fried Mahi–Mahi Macadamia Nut Fingers**

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**2 Cup Fresh pineapple; diced**  
**3 Cup Fresh papaya; diced**  
**1/2 Cup Fresh cape gooseberries; (ground cherries, optional)**  
**1 Cup; plus 1 teaspoon, granulated sugar**  
**1 Tablespoon Fresh mint or spearmint; chopped**  
**1/8 Teaspoon Prepared horseradish**  
**1 Teaspoon Chili sauce**  
**2 Eggs; beaten**  
**1 Green onion; minced**  
**1 Tablespoon Minced garlic**  
**1 Tablespoon Minced fresh ginger**  
**1 Tablespoon Soy sauce**  
**1 Teaspoon Sherry**  
**1 Teaspoon Cornstarch**  
**Salt**  
**Freshly ground white pepper**  
**3 Pound Mahi–mahi; (dolphinfish) fillets, cut into 2 by 3–inch pieces**  
**2 Cup Flour**  
**3 Eggs; beaten**  
**1–1/2 Cup Macadamia nuts; minced**  
**1–1/2 Cup Panko bread crumbs**  
**Vegetable oil for deep frying**

**In a saucepan, combine the pineapple, papaya, gooseberries and 1 cup of sugar. Bring to a boil, then simmer, stirring every 5 minutes to avoid scorching, for 1 hour or until mixture reaches jam consistency. Cool. Divide papaya mixture into 3 bowls. Fold in fresh mint to one bowl, horseradish to another and chili sauce to the third. Set aside.**

**In a mixing bowl, combine the eggs, green onions, garlic, ginger, soy sauce, sherry, remaining teaspoon of sugar and cornstarch. Mix well. Season with salt and pepper. In a large mixing bowl, marinate the mahi–mahi "fingers" in the marinade for 10 minutes. Drain. Season the flour with salt and pepper. Dip the fish pieces in the seasoned flour and then the egg. In a mixing bowl combine the panko bread crumbs and the macadamia nuts. Mix well. Dip the fish in the macadamia nut mixture. Coat well.**

**In a wok or deep, heavy kettle, heat 2 1/4 to 3 inches of oil on medium–high heat until it registers 365 degrees F on a deep fry thermometer. Fry fish fingers a few at a time until golden. Drain briefly on paper towels and serve with the tropical marmalade.**

**Yield: 8 servings**

# **Delmonico Chicken Clemenceau**

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**1 Fryer chicken –; (abt 3 1/2 lbs)**  
**Drizzle of olive oil**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Tablespoon Butter**  
**1/2 Pound Smithfield Ham; julienned**  
**1/2 Cup Minced onions**  
**2 Teaspoon Chopped garlic**  
**1/2 Pound Assorted exotic mushrooms; stemmed, cleaned,**  
**And sliced**  
**1/2 Pound Green peas**  
**1/2 Pound Brabant potatoes**  
**(small-diced blanched potatoes that are**  
**Fried until golden)**  
**3 Tablespoon White vinegar**  
**3 Tablespoon White wine**  
**10 Peppercorns; crushed**  
**2 Tablespoon Finely-chopped shallots**  
**1 Tablespoon Chopped tarragon**  
**3 Egg yolks**  
**1 Cup Unsalted butter; melted**  
**1 Tablespoon Finely-chopped parsley leaves**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees. Season the chicken with olive oil, salt and pepper. Place on a roasting pan and bake for 30 minutes. Reduce the heat to 350 degrees and continue to cook for 30 minutes. In a large saute pan, melt the butter. Add the ham and saute for 2 minutes. Add the onions. Saute for 1 minute. Add the garlic and mushrooms. Season with salt and pepper. Saute for 2 minutes. Add the peas and potatoes. Saute for 3 to 4 minutes. In a saucepan, combine the vinegar, wine, peppercorns, shallots, and tarragon. Bring the liquid to a boil and reduce to 1 tablespoon. Add 1 tablespoon of water. Add the egg yolks and whisk, over low heat, until frothy, about 3 to 4 minutes. In a steady stream, add the butter until the sauce thickens. Season with salt and pepper. Strain the sauce through a chinois and set aside. Remove the chicken from the oven and carve into 4 pieces (2 breast and 2 leg/thigh). To serve, spoon the potato mixture on the bottom of each plate. Lay the individual chicken portions on top of the potatoes. Spoon the Bernaise Sauce over the chicken and serve. This recipe yields 4 servings.**

# **Delmonico's Smoked Salmon And Brie Crepes With Herbsaint**

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## **FOR THE SAUCE**

**1/4 Cup Minced shallots**  
**1 Cup Herbsaint liqueur**  
**1/4 Cup Heavy cream**  
**Salt**  
**Cayenne pepper**  
**1–1/2 Sticks cold butter; cut into pieces**  
**1/4 Teaspoon Hot sauce**  
**1/2 Teaspoon Worcestershire sauce**  
**2 Pound Smoked salmon; thinly sliced**  
**1 Pound Brie; thinly sliced**  
**12 Medium Crepes**  
**2 Cup Fresh spinach leaves; washed and patted dry**  
**46 Fat; 0 Other Carbohydrates**

**In a saucepan, over medium heat, combine the shallots and Herbsaint. Season with salt and cayenne. Bring the mixture to a boil. Reduce the heat to medium low and simmer until the mixture reduces by half. Add the cream and continue to cook for 2 minutes.**

**Remove from the heat and whisk in the butter, a couple of pieces at a time. Season with the hot sauce and Worcestershire. Strain through a fine-mesh sieve and keep hot.**

**Place a couple of slices each of the salmon and cheese over the bottom of each crepe. Roll each crepe up tightly. Place in a buttered casserole dish and bake in a preheated 350 degree oven for about 4 to 6 minutes, or until the cheese starts to melt.**

**Fry the spinach until crispy, about 1 minute. Remove and drain on paper towels. Season with salt. To serve, spoon the sauce in the center of each plate. Lay a couple of the crepes in the center of sauce. Garnish with some of the fried spinach.**

**Yield: 4 servings**

# **Dirty Black Eyed Peas**

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**1/2 Pound Raw bacon; diced**  
**2 Cup Chopped onions**  
**4 Ounce Pickled pork meat; cubed**  
**2 Smoked ham hocks –; (abt 3 to 4 Ounce ea)**  
**2 Tablespoon Chopped garlic**  
**2 Bay leaves**  
**3 Sprigs Fresh thyme**  
**1 Pound Dried black eyed peas**  
**10 Cup Chicken stock**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**Crusty bread; for serving**

**In a large pan, over medium heat, render the bacon until crispy, about 4 to 6 minutes. Add the onions and saute for 2 to 3 minutes. Season the onions with salt and pepper. Stir in the pickled pork meat and ham hocks. Saute for 2 minutes. Stir in the garlic, bay leaves, thyme, black eyed peas and chicken stock. Season the mixture with salt and pepper. Bring the liquid to a boil and reduce to a simmer. Cook for about 1 1/2 to 2 hours or until the peas are tender. Remove the pork meat and ham hock from the peas. Thinly slice both meats and add back to the peas. Ladle into bowls and serve with crusty bread. This recipe yields 6 to 8 servings.**



# Dried Cheery And Chocolate Biscotti

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**2 Cup Flour**  
**1/4 Cup Coco powder**  
**2 Teaspoon Baking powder**  
**1 Pinches salt**  
**1/4 Teaspoon Cinnamon**  
**1 Cup Unblanched whole almonds**  
**1 Cup Dried cherries**  
**3 Large Eggs**  
**3/4 Cup Sugar**  
**1 Teaspoon Pure vanilla extract**  
**8 Ounce Semisweet chocolate; melted**

**Preheat the oven to 350F. In a mixing bowl, sift the flour, coco powder, baking powder, salt and cinnamon. Stir in the almonds and cherries. In another mixing bowl, whisk the eggs, sugar, and vanilla until smooth. Stir the dry ingredients into the egg mixture. Mix well. Lightly dust the work surface. Turn the dough onto the service and knead the dough a couple of times. Shape the dough into a log, about 12 inches long and 4 inches wide. Place the dough on a parchment lined baking sheet and bake for about 30 minutes, or until golden and firm to the touch. Remove from the oven and cool completely on a wire rack. Using a serrated knife, slice the bread diagonally into 1/2 inch slices. Place the slices on a parchment lined baking sheet and bake for an additional 12 to 14 minutes or until golden and crispy. Remove from the oven and cool completely a second time on a wire rack. Dip half of each biscotti in the melted chocolate and place on a parchment lined baking sheet and refrigerate until the chocolate sets.**

**Yields: 4 dozen**

# Duck Confit Rellenos

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**3/4 Pound Duck confit; finely shredded**  
**1/4 Cup Chopped green onions; green part only**  
**1 Teaspoon Chopped garlic**  
**4 Ounce Cream cheese; at room temperature**  
**4 Ounce Monterey Jack Pepper cheese**  
**2 Tablespoon Fine dried bread crumbs**  
**Essence**  
**1 Cup Masa harina**  
**1 Cup Flour**  
**2 Large Egg whites; beaten until foamy**  
**1–1/2 Cup Milk**  
**4 Medium–large poblano peppers with their; roasted and peeled stems**  
**1/2 Cup Fire roasted corn and tomato salsa; recipe follows**  
**1/2 Cup Sour cream**  
**4 Sprigs fresh cilantro**

**Preheat fryer or vegetable oil to 350 degrees.**

**In a mixing bowl, combine the duck confit, green onions, garlic, cream cheese, grated cheese and bread crumbs. Season with Essence and mix well. In a small mixing bowl, combine the masa and 1/2 cup of the flour. Season with Essence. Fold the egg whites into the masa mixture and add the milk, 1/4 cup at a time, mixing thoroughly between additions, until all the milk is incorporated and the mixture is smooth. In a shallow dish, add the remaining flour and season with Essence. Slit the poblano's up one side and remove the seeds. Spoon a quarter of the duck confit mixture into each pepper through the slit in the side, pressing firmly to seal the pepper completely. Dredge each pepper in the seasoned flour. Dip each pepper into the batter, coating completely. Fry the peppers until golden brown, about 3 to 4 minutes. Remove and drain onto paper towels. Season with Essence. Serve the rellenos warm with salsa and sour cream. Garnish with cilantro.**

**Yield: 4 servings**

# Duck Rilette Rissotto

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**1 Tablespoon Olive oil**  
**1 Cup Chopped onions**  
**Salt; to taste**  
**Freshly-ground white pepper; to taste**  
**1 Pound Arborio rice**  
**1/2 Pound Duck rilette**  
**2 Teaspoon Chopped garlic**  
**6 Cup Duck stock**  
**1 Tablespoon Butter**  
**1/4 Cup Heavy cream**  
**1/2 Cup Grated Parmigiano-Reggiano cheese**  
**3 Tablespoon Chopped green onions**  
**1 Fat; 0 Other Carbohydrates**

In a large saute pan, over medium heat, add the olive oil. When the oil is hot, add the onion and season with salt and pepper. Saute for 3 minutes, or until the onions are slightly soft. Add the rice and saute until it is evenly toasted. Add the duck rilette and saute for 2 minutes. Add the garlic and 1/3 of the stock. Bring the liquid to a boil and reduce to a simmer. Cook for 6 minutes or until almost all the liquid is absorbed, stirring occasionally. Add 1/3 more stock and simmer for 6 minutes, stirring occasionally, add the remaining stock and simmer for another 6 minutes or until the mixture is creamy and bubbly. Add the butter, cream, cheese and green onions. Re-season with salt and pepper. Simmer for 2 minutes and serve immediately. This recipe yields 8 to 10 servings.

# Duck Tacos

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**1 Tablespoon Olive oil**  
**1 Cup Julienned onions**  
**4 Cup Duck confit; shredded**  
**1/2 Cup Tamarind sauce**  
**1/4 Cup Chopped green onions**  
**12 Small Flour tortillas**  
**Vegetable oil; for frying**  
**1 Cup Sour cream**  
**Juice of one lemon**  
**2 Avocados; seeded, peeled,**  
**And diced**  
**Juice of one lime**  
**1 Teaspoon Minced garlic**  
**1 Cup Peeled; seeded, diced tomatoes, plus**  
**2 Tablespoon Peeled; seeded, diced tomatoes**  
**1 Cup Grated Monterey Jack cheese**  
**2 Cup Shredded lettuce**  
**Tabasco sauce**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**

**In a saute pan, over medium heat, add the olive oil. When the oil is hot, add the onions and saute for 1 minute. Add the duck confit and saute for 1 minute. Season with salt and pepper. Stir in the tamarind sauce and saute for 2 minutes. Season with salt and pepper. Stir in the green onions and remove from the heat. In a large skillet, heat the vegetable oil for frying. When the oil is hot, fry the tortillas, a couple at a time, until golden-brown, about 2 minutes. Remove the tortillas from the oil and drain on a paper-lined plate. Season the tortillas with salt and pepper. In a small mixing bowl, whisk the sour cream, lemon juice and cilantro together. Season with salt and pepper. In another small bowl, combine the avocados, lime juice, garlic and 2 tablespoons tomatoes, together. Season the mixture with salt and pepper. To assemble, lay one tortilla in the center of each plate. Place 1/2 cup of the duck mixture on top of each tortilla. Top the duck meat with the shredded lettuce, tomatoes and cheese. Top with a second tortilla and repeat the latter procedure. Top each taco with the remaining tortillas. Garnish the tacos with the cilantro sour cream and guacamole. this recipe yields 4 servings.**

# Eggplant And Oyster Dressing

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2 Tablespoon Olive oil  
1 Cup Chopped onions  
1/4 Cup Chopped celery  
2 Cup Small-diced eggplant  
1/4 Cup Chopped red bell peppers  
1/4 Cup Chopped green bell peppers  
Salt; to taste  
Cayenne pepper; to taste  
1 Tablespoon Chopped garlic  
1/2 Cup Chopped green onions  
1 Pound Shucked oysters; roughly chopped  
1–1/2 Cup Oyster liqueur  
6 Eggs; beaten  
1 Quart Heavy cream  
3 Cup Cubed day-old bread –; (to 4 cups)  
1/2 Cup Grated Parmesan cheese  
13 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees. Butter a 13– by 9–inch rectangular baking dish. In a saute pan, heat the olive oil. When the oil is hot, add the onions and celery. Saute for 2 minutes. Add the eggplant and peppers. Saute the vegetables for 3 to 5 minutes, or until the vegetables are soft. Season with salt and cayenne. Add the garlic and green onions. Saute for 2 minutes. Stir in the chopped oysters and saute for 1 minute. Remove from the heat. In a mixing bowl, whisk the oysters liqueur, eggs, and cream together. Turn the sauteed mixture into the mixing bowl. Mix well. Stir in the bread cubes and cheese. Reseason with salt and cayenne. Pour the dressing into the prepared pan and cover. Bake for 30 minutes. Remove the cover and bake for an additional 15 minutes, or until the dressing is set in the center. Remove from the oven and cool slightly before serving. This recipe yields 6 to 8 servings.

# Eggs Sardou

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**6 Tablespoon Butter**  
**2 Tablespoon Flour**  
**1/2 Cup Milk**  
**1/2 Cup Heavy cream**  
**1–1/2 Pound Fresh spinach; finely chopped**  
**Salt; to taste**  
**Freshly-ground white pepper; to taste**  
**8 Large Fresh artichoke bottoms**  
**1 Teaspoon Vinegar**  
**8 Eggs**  
**2 Cup Hollandaise sauce; warm**  
**1 Tablespoon Chopped parsley**

In a large saute pan, over medium heat, melt 2 tablespoons of the butter. Stir in the flour and mix well. Cook for 1 minute. Whisk in the milk and cream slowly and bring the sauce to a boil. Reduce the heat to a simmer and cook until the sauce coats the back of a spoon, about 3 minutes. Stir in the spinach and season with salt and pepper. Continue to simmer for 1 minute. Remove from the heat and keep warm. In another saute pan, over medium heat, melt the remaining butter. Add the artichoke bottoms to the pan and saute for 2 minutes. (Just the heat the artichokes through.) Season the artichokes with salt and pepper. Cover the pan with a lid and remove from the heat. Bring a pot of salted water to a boil. Add the vinegar to the water. Crack each egg into a small cup. Carefully slide one egg into the water. When the water has come back to a slight boil, slide in another egg. Continue the process until all the eggs are in the water. Reduce the heat to a simmer and cook until the eggs are set, about 2 to 2 1/2 minutes. Remove the eggs from the water and drain on a paper-lined plate. Season the eggs with salt and pepper. To assemble, spoon the creamed spinach in the center of each artichoke bottom. Place the filled artichokes on a platter. Lay the poached eggs directly on top of the creamed spinach. Drizzle the hollandaise over the poached egg. Garnish with parsley. This recipe yields 4 servings.

# Emeril's Ale

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**2 Can Light malt syrup**  
**1 Gallon Water**  
**1 Ounce Hops**  
**4 Gallon Water**  
**2 Package Dry yeast**

**In a large, nonreactive stock pot, add malt syrup and water. Add hops. Bring to a boil. Reduce heat to a simmer and boil for 1 hour, stirring often. Cool. Strain the hop mixture and pour, through a funnel, into a sterilized 7 gallon fermenting tank. Add the water. Add the yeast. Seal the top with a stopper. Ferment for 1 1/2 weeks. Strain the beer. Bottle and age for another 2 to 3 weeks.**

# Emeril's Banana Cream Pie

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## CUSTARD FILLING

5 Large Egg yolks  
3/4 Cup Cornstarch  
3 Cup Heavy cream –; (to 3 1/2 cups)  
1–1/2 Cup Sugar  
1 Vanilla bean; split and scraped

## PIE CRUST

3 Cup Graham cracker crumbs  
1/2 Cup Sugar  
1/2 Ripe banana; mashed  
1/4 Pound Unsalted butter – (1 stick); melted  
3 Pound Bananas; cut crosswise  
Into 1/2" slices

## DRIZZLED TOPPINGS

3/4 Cup Caramel sauce  
1 Cup Chocolate sauce

## WHIPPED CREAM TOPPING

2 Cup Heavy cream; whipped to stiff  
Peaks  
1/2 Teaspoon Pure vanilla extract  
2 Teaspoon Granulated sugar

## GARNISHES

Shaved chocolate  
Powdered sugar

Preheat oven to 350 degrees. To prepare custard filling, in a mixing bowl, combine the egg yolks, cornstarch, and 1 cup of the heavy cream. Whisk to blend well. Set aside. Combine the remaining 2 cups cream, the sugar, and the vanilla bean in a large heavy-bottomed saucepan over medium heat. Whisk to dissolve the sugar and bring to a gentle boil, about 10 minutes. Slowly add the egg yolk mixture, whisking constantly until it thickens, about 5 minutes. Be forewarned: the mixture will break. Don't be alarmed. Pour it into a glass bowl. Press a piece of plastic wrap down over the surface of the mixture to prevent a skin from forming. Let cool completely at room temperature. When cooled, remove the vanilla bean and pour the mixture into the bowl of an electric mixer fitted with a wire whip. Beat at medium speed to combine the mixture. If it will not combine, warm another 1/2 cup heavy cream and slowly add it to the mixture. Whip until you have a thick and creamy custard. To prepare pie crust, in a mixing bowl, combine the graham cracker crumbs, sugar and mashed banana. Mix thoroughly. Add the butter and mix well. Press the mixture into a 9-inch pie pan. Bake until browned, about 25 minutes. Remove the pan from the oven and cool, for about 10 minutes. To assemble, spread about 1/2 cup of the custard on the bottom of the crust. Arrange about a third of the banana slices, crowding them close together,



over the custard. Next, spread 1 cup of the custard over the bananas. Arrange another third of the banana slices close together over the custard. Top with 1 cup of the custard and the banana slices. Top with the remaining custard, covering the bananas completely to prevent them from turning brown. Cover with plastic wrap and chill for at least 4 hours. Cut the pie into wedges and serve with a drizzle of caramel and chocolate sauce. Top with the whipped cream and shaved chocolate. Sprinkle with powdered sugar. This recipe yields one 9-inch pie.

# Emeril's Bellini

---

**1 Pound Frozen peaches; thawed, sliced**

**1 Cup Sugar**

**2 Cup Water**

**1 Bottle Champagne**

**6 servings.**

**2 Other Carbohydrates**

**In saucepan, over medium heat, combine the peaches, sugar, and water. Bring the liquid to a boil. Reduce the heat to medium-low and simmer for 5 minutes. Remove from the heat. In a blender, puree the mixture until smooth. Add a enough water to thin the puree out into a peach juice. Refrigerate until chilled. Fill each flute glass 2/3 of the way with Champagne. Add the peach juice and serve.**

# Emeril's Bloody Mary Mix

---

**3 Cup Tomato juice**

**Juice of 2 lemons**

**1 Tablespoon Finely–chopped fresh horseradish**

**2 Tablespoon Minced garlic**

**Worcestershire Sauce; to taste**

**Crystal Hot Sauce; to taste**

**Salt; to taste**

**Freshly–ground black pepper; to taste**

**In a blender, combine first four ingredients together. Blend until smooth. Season the mixture to taste with the Worcestershire Sauce, hot sauce, salt and pepper. Store the mixture in a non–reactive container. Refrigerate the mixture for a least 6 hours before serving. This recipe yields about 1 quart.**

# Emeril's Chili

---

**2 Tablespoon Vegetable oil**  
**2 Cup Chopped onions**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**2 Pound Stewed meat**  
**1 Tablespoon Chili powder**  
**2 Teaspoon Ground cumin**  
**Crushed red pepper; to taste**  
**2 Teaspoon Dried oregano**  
**2 Tablespoon Chopped garlic**  
**3 Cup Crushed tomatoes**  
**1/4 Cup Tomato paste**  
**2 Cup Beef stock**  
**1 Cup Canned dark red kidney beans**  
**2 Tablespoon Masa flour**  
**4 Tablespoon Water**  
**1 Bag Tortilla chips**  
**1–1/2 Cup Grated Monterey Jack cheese**  
**6 Tablespoon Sour cream**  
**1 Small Jar Jalapeno peppers**  
**2 Fat; 0 Other Carbohydrates**

**In a large saucepan, heat the vegetable oil. When the oil is hot, add the onions and saute for 3 to 5 minutes, or until the vegetables start to wilt. Season with salt and cayenne. Stir in the stew meat, chili powder, cumin, crushed red pepper, and oregano. Brown the meat for 5 to 6 minutes. Stir in the garlic, tomatoes, tomato paste, beef stock, and beans. Bring the liquid up to a boil and reduce to a simmer. Simmer the liquid, uncovered for 1 hour, stirring occasionally, or until the beef is tender. Skim off the fat occasionally. Mix the masa and water together. Slowly stir in the masa slurry and continue to cook for 30 minutes. Reseason with salt and cayenne. Place a handful of the chips in each shallow bowl. Spoon the chili over the chips. Garnish with the grated cheese, sour cream and jalapenos. This recipe yields 6 to 8 servings.**

# **Emeril's Chili Over Crispy Potatoes And Crumbled Blue Cheese**

---

**2 Tablespoon Vegetable oil**  
**2 Cup Chopped yellow onions**  
**2 Teaspoon Salt**  
**1/2 Teaspoon Cayenne**  
**2 Pound Beef bottom round; cut into 1/2 inch cubes**  
**1/2 Cup Tomato paste**  
**One 28-ounce can whole tomatoes and their liquid**  
**2 Cup Beef broth**  
**2 Tablespoon Chopped garlic**  
**1 Tablespoon Chili powder**  
**2 Teaspoon Ground cumin**  
**2 Teaspoon Dried oregano**  
**1/2 Teaspoon Red pepper flakes**  
**1 Cup Dried white beans; picked over, rinsed, cooked in salted water to cover until tender, drained, and cooled**  
**2 1/2 Pound New potatoes; washed and thinly sliced**  
**1/2 Pound Maytag Blue Cheese; crumbled**  
**1 Tablespoon Chopped fresh parsley leaves**

**In a large, heavy pot, heat the vegetable oil over medium-high heat. Add the onions, season with 1 teaspoon of salt and the cayenne, and cook, stirring, until they are wilted and golden, about 4 minutes. Season the meat with the remaining 1 teaspoon salt and add to the pot. Cook, stirring, until the beef is browned evenly on all sides, about 4 minutes. Add the tomato paste and cook, stirring, for 2 minutes. Add the tomatoes, beef broth, garlic, chili powder, cumin, oregano, red pepper flakes, and beans. Bring to a boil, then reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the beef is tender, about 2 hours. Skim off the fat that rises to the surface.**

**Preheat the fryer to 360 F.**

**Fry the potatoes in batches until golden brown, about 4 to 5 minutes. Remove and drain on paper towels. Season with salt and pepper. To serve, mound the potatoes over the bottom of each serving bowl. Ladle the chili over the potatoes. Sprinkle the cheese over the top. Garnish with parsley.**

**Yields: 8 servings**

## **Emeril's Coffee**

---

**2 Ounce Kahlua**

**1 Tablespoon Cocoa**

**1 Ounce Amaretto**

**Hot coffee**

**Sweetened whipped cream; for topping**

**Pour 1 ounce Kahlua into 1 coffee cup saucer. Put the cocoa into another saucer. Dip the rim of an old-fashioned glass first in the Kahlua, then in the cocoa. Add the remaining Kahlua and the amaretto to the glass. Fill the glass with hot coffee and top with whipped cream. This recipe yields 1 serving.**

# Emeril's Drunken Beef

---

2 Tablespoon Olive oil  
2 Pound Beef tenderloin; cut into 1–inch thick medallions  
Salt  
Freshly ground pepper  
2 Cup Mixed wild mushrooms  
1 Cup Sliced onions  
1/2 Cup Cognac  
1 Tablespoon Garlic  
1 Cup Veal demi–glace

## FOR GARNISH

Chives  
Red bell pepper; brunoise  
Creole seasoning  
33 1/2 Fat; 0 Other Carbohydrates

In a hot saute pan, add oil. Season the beef with salt and pepper and add to the oil. Brown the steak, about 2 minutes per side. Add the mushrooms and the onions. Season with salt and pepper. Remove the pan from the heat. Add the cognac. Very carefully flambe the cognac. Allow the alcohol to burn off and then add the garlic and the demi–glace. Simmer for 5 to 10 minutes.

Garnish with chives, red pepper and Creole seasoning.

Yield: 4 servings

# **Emeril's Homemade Worcestershire Sauce**

---

**2 Tablespoon Olive oil**  
**6 Cup Coarsely-chopped onions**  
**4 Jalapenos; with stems and seeds, chopped**  
**2 Tablespoon Minced garlic**  
**2 Teaspoon Freshly-ground black pepper**  
**4 Can Anchovy fillets**  
**1/2 Teaspoon Whole cloves**  
**2 Tablespoon Salt**  
**2 Medium Lemons; whole, with skin**  
**And pith removed**  
**4 Cup Dark corn syrup**  
**2 Cup Steen's 100 % Pure Cane Syrup**  
**2 Quart Distilled white vinegar**  
**4 Cup Water**  
**3/4 Pound Fresh horseradish; peeled, grated**  
**1/2 Fruit; 5**  
**1/2 Fat; 70 Other Carbohydrates**

**Combine the oil, onions and jalapenos in a large stockpot over a high heat. Saute for 2 to 3 minutes or until slightly soft. Add the garlic, pepper, anchovy fillets, cloves, salt, lemons, corn syrup, cane syrup, vinegar, water and horseradish. Bring to a boil. Reduce the heat and simmer, stirring occasionally for about 6 hours or until the mixture barely coats a wooden spoon. Strain. Store in a tightly sealed container in the refrigerator for up to 2 weeks or preserve in hot sterilized jars, following manufacturers instructions.**



# **Emeril's Kicked Up Ball Park Sandwich**

---

**6 Cup Shredded duck confit**  
**1–1/2 Cup Mayonnaise**  
**1 / cup minced red onions**  
**Salt**  
**Freshly ground black pepper**  
**12 Slice Caramelized Onion Focaccia**  
**12 Slice Fresh tomato; about 1/4 inch thick**  
**1 Pound Fresh Mozzarella cheese; cut into 12 slices**  
**2 Pound Sweet potatoes; peeled and thinly sliced**  
**24 Fat; 0 Other Carbohydrates**

**Preheat the fryer.**

**In a mixing bowl, combine the confit, 1 cup of the mayonnaise and red onions. Mix well. If the salad is too dry, add more mayonnaise. Season with salt and pepper. Spread 1 cup of the salad over evenly over 6 slices of the bread. Season both sides of the tomatoes with salt and pepper. Lay 2 slices each of the tomato and cheese over the duck salad. Place the remaining slices of bread over the cheese. Press each sandwich together. Fry the potatoes, in batches, until golden brown, about 4 minutes, stirring occasionally. Remove and drain on paper towels. Season with salt. Slice each sandwich in half diagonally and serve with the Sweet Potato Chips.**

**Yields: 6 servings**

# Emeril's Kugel

---

**1 Pound Wide egg noodles**  
**4 Tablespoon Butter**  
**1 Pound Cottage cheese**  
**2 Cup Sour cream**  
**1/2 Cup Sugar**  
**1 Cup Milk**  
**5 Eggs**  
**2 Teaspoon Pure vanilla extract**  
**1 Cup Light brown sugar**  
**2 Cup Pecan pieces**  
**1 Teaspoon Cinnamon**

**Preheat the oven to 350 degrees. Bring a pot of salted water to a boil. Add the noodles and cook until tender, about 6 to 8 minutes. Remove and drain. Toss the noodles with the butter. In a large mixing bowl, mix the cottage cheese, sour cream, sugar, milk, eggs, and vanilla. Mix well. Fold in the noodles. Mix well. Pour the mixture into a buttered 9– by 13–inch pan. In a small mixing bowl, mix the brown sugar, pecan pieces and cinnamon, together. Mix well. Sprinkle the mixture on top of the egg mixture, evenly. Bake for about 1 hour or until the pudding is set. Remove from the oven and cool before serving. This recipe yields 12 servings.**

# Emeril's Lobster Cheesecake

---

1 Cup Freshly grated Parmesan cheese  
1 Cup Bread crumbs  
1/2 Cup Melted unsalted butter  
1 Tablespoon Olive oil  
1 Cup Chopped onions  
1/2 Cup Chopped yellow bell peppers  
1/2 Cup Chopped red bell peppers  
2 Teaspoon Salt  
1 Teaspoon Black pepper  
1 3/4 Pound Cream cheese; at room temperature  
4 Large Eggs  
1/2 Cup Heavy cream  
1 Cup Grated Smoked Gouda cheese  
1 Pound Cooked lobster meat; roughly chopped  
; (about 2 cups)  
1/2 Cup Chopped parsley  
2 Cup Cr me Fraiche  
2 Hard boiled eggs; finely chopped  
1 Tablespoon Finely chopped fresh parsley leaves  
1/4 Cup Small diced red onions  
7 Ounce Osetra caviar

Preheat the oven to 350 degrees F.

In a mixing bowl, combine the Parmesan cheese, bread crumbs and butter, blend thoroughly. Press the mixture into the bottom of a 9-inch springform pan.

In a large saute pan, heat the olive oil. When the oil is hot, add the onions and the peppers. Season with salt and pepper. Saute for 2 minutes, remove from the heat. Using an electric mixer, beat the cream cheese until smooth. With the machine running, add the eggs, one at a time, until incorporated. Beat in the cream, Gouda cheese and sauteed vegetables until fully incorporated, about 2 minutes. Fold in the lobster meat and the parsley. Pour the filling into the prepared crust and bake until firm, about 1 hour. Remove from the oven and allow to cool to room temperature. If you refrigerate the cake before serving, allow to come to room temperature before serving.

To serve, cut the cake into wedges with a warm knife. Serve each wedge with the Cr me Fraiche, traditional garnishes and caviar.

Yield: 12 to 16 servings

## **Emeril's Martini With Chocolate Grapes**

---

**4 Small White grape clusters; washed, patted dry**

**1 Cup Tempered white chocolate**

**8 Cup Shaved ice**

**Absolute Kurrent Vodka**

**Splash of Chambord**

**Cookies; for the side**

**Line a baking sheet with parchment paper. Dip each cluster of grapes into the chocolate, allowing the chocolate to cover half of the grapes. Place the grapes on the baking sheet and refrigerate until the chocolate sets, about 30 minutes. Mound 2 cups of the shaved ice in the center of each martini glass. Pour 2 ounces of the vodka over each mound of ice. Add a splash of Chambord over each mound of ice. Garnish each with a cluster of the chocolate grapes. Serve the cookies on the side. This recipe yields 4 servings.**

# Emeril's Meat Balls And Red Gravy

---

2 Slice White bread  
1/2 Cup Milk  
1/3 Pound Ground beef  
1/3 Pound Ground veal  
1/3 Pound Ground pork  
1/2 Cup Minced onions  
4 Tablespoon Olive oil  
2 Cup Chopped onions  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Tablespoon Chopped garlic  
2 Can Peeled; seeded, chopped tomatoes, – (28 Ounce ea)  
1 Small Can Tomato paste  
2 Cup Water  
1 Pound Dried spaghetti  
4 Ounce Parmesan Reggiano cheese  
1/2 Fat; 0 Other Carbohydrates

Place the bread in a shallow baking dish. Pour the milk over the bread and let sit for a couple of minutes. In a mixing bowl, combine all of the meats together. Season with salt and pepper. Add the minced onions, 1 tablespoon garlic, parsley and bread. Mix well. Season with salt and pepper. Form the mixture into small balls. In a large skillet, heat 2 tablespoons of the oil. When the oil is hot add the meatballs and brown for 4 to 6 minutes. Remove from the pan and drain on paper towels. In a large saucepan, heat the remaining oil. Add the chopped onions. Season with salt and pepper. Cook for 4 to 5 minutes or until the onions are soft and clear in color. Add the remaining garlic and tomatoes. Season with salt and pepper. Cook for 30 minutes. Whisk the tomato paste and water together. Add to the tomatoes. Add the meatballs. Bring the liquid to a boil, over high heat. Turn the heat down to medium-low and simmer for 4 hours, stirring occasionally. Reseason with salt and pepper. Bring a pot of salted water to a boil. Add the pasta and cook until tender, about 8 minutes. Remove from the heat and drain. Drizzle the pasta with olive oil. Season the pasta with salt and pepper. Using a box grater, grate the cheese. To serve, mound the pasta in the center of each bowl. Spoon the meat balls and sauce over the pasta. Garnish with the grated cheese. This recipe yields 4 servings.

# Emeril's Meat Sauce

---

2 Tablespoon Olive oil  
1/3 Pound Ground beef  
1/3 Pound Ground veal  
1/3 Pound Ground pork  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Cup Finely-chopped onions  
1/2 Cup Finely-chopped celery  
1/2 Cup Finely-chopped carrot  
2 Tablespoon Chopped garlic  
2 Can Peeled; seeded, chopped tomatoes, – (28 Ounce ea)  
1 Small Can Tomato paste  
4 Cup Beef stock or water  
2 Fresh thyme sprigs  
2 Bay leaves  
2 Teaspoon Dried oregano  
2 Teaspoon Dried basil  
1 Pinch Crushed red pepper  
2 Ounce Parmigiano-Reggiano cheese  
16 Fat; 0 Other Carbohydrates

In a large nonreactive saucepan, over medium heat, add the oil. In a mixing bowl, combine the meat. Season with salt and pepper and mix well. When the oil is hot, add the meat and brown for 4 to 6 minutes. Add the onions, celery, and carrots. Season with salt and pepper. Cook for 4 to 5 minutes or until the vegetables are soft. Add the garlic and tomatoes. Season with salt and pepper. Continue to cook for 2 to 3 minutes. Whisk the tomato paste with the stock and add to the tomatoes. Add the thyme, bay leaves, oregano, basil and red pepper. Mix well. Bring the liquid to a boil, reduce the heat to medium and simmer for about 2 hours. Stir occasionally and add more liquid if needed. During the last 30 minutes of cooking, reseason with salt and pepper and stir in the cheese. Remove from the heat and let sit for 15 minutes before serving. This recipe yields about 1 1/2 to 2 quarts.

# Emeril's Mint Julep

---

**6 Spearmint leaves; up to 8**

**1 Tablespoon Simple syrup; (equal amounts water and sugar, heated until sugar melts), cooled**  
**Crushed ice**

**2 Ounce Bourbon**

**1/2 Ounce Grand Marnier**

**1 Sprig mint for garnish**

**1/2 Other Carbohydrates**

**Put the mint leaves and the syrup in the bottom of a tall glass. With the handle of a wooden spoon, crush and mash the leaves to extract the flavor. Fill the glass with crushed ice. Pour in the bourbon and Grand Marnier. With a long-handled spoon, jiggle (don't stir) to chill and mix. Garnish with a sprig of mint. Sip.**

**Yield: 1 drink**

# Emeril's Mole Sauce

---

1/2 Cup Shelled pumpkin seeds  
1/4 Cup Shelled pistachio nuts  
1/4 Cup Toasted pine nuts  
2 Poblano peppers  
1 Medium Onion; quartered  
1 Teaspoon Chili powder  
1 Teaspoon Ground cumin  
1/2 Teaspoon Salt  
1 Tablespoon Tamarind paste  
1 Tablespoon Dark cane or corn syrup  
1 Teaspoon Distilled white vinegar  
1 Cup Olive oil; plus  
1 Tablespoon Olive oil  
1/2 Cup Chicken stock  
1/2 Cup Heavy cream  
55 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees. Place the nuts, peppers, and onions on a baking sheet. Drizzle with 1 tablespoon olive oil. Roast for 10 to 15 minutes. Remove from the oven and peel, seed and chop the peppers. In a food processor, combine the nuts, peppers, onions, chili powder, cumin, salt, tamarind paste, 1 tablespoon dark cane syrup, vinegar and olive oil. Puree until creamy, stopping once to scrape the sides of the bowl. Turn the sauce into a saucepan. Whisk in the chicken stock and cream. Bring the sauce up to a boil and reduce to a simmer. Cook for 2 minutes. Remove from the heat and keep warm. This recipe yields 2 to 2 1/2 cups.



# Emeril's Mussels

---

**2 Tablespoon Unsalted butter**  
**1 Cup Julienne yellow onions**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Cup Julienne carrots**  
**1 Cup Julienne red bell pepper**  
**1 Cup Julienne fennel; bulb part only**  
**2 Tablespoon Chopped garlic**  
**1 Cup Peeled; seeded, chopped fresh tomatoes**  
**4 Cup White wine**  
**1 Dash Pernod**  
**1/2 Cup Heavy cream**  
**1 Tablespoon Finely-chopped parsley leaves**  
**2 Dozen Fresh mussels; scrubbed, debeared**  
**1 Crusty French bread loaf**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large saute pan, over medium heat, melt the butter. Add the onions. Season with salt and pepper. Saute for 2 minutes. Add the carrots, peppers, and fennel. Season with salt and pepper. Saute for 2 minutes. Add the garlic and tomatoes, continue to saute for 1 minute. Add the wine and bring the liquid to a simmer. Cook for 2 minutes. Add the Pernod and cream and bring the liquid to a boil. Add the mussels. Season with salt and pepper. Cover with a lid. Cook for about 4 to 5 minutes or until all of the shells have opened. Remove from the heat and discard any shells that do not open. Serve the mussels and liquid in a deep bowl. Serve with crusty bread. This recipe yields 4 appetizer servings.**

# Emeril's Open Face Reuben

---

**1 Cup Homemade Thousand Island Spread**  
**8 Slice Marble Rye; (1/4–inch thick)**  
**2 Cup Sauerkraut**  
**2 Pound Homemade beef pastrami**  
**1 Pound Swiss cheese**  
**1 Cup Pickled beets**  
**2 Cup Cole slaw**  
**8 Kosher dill pickle spears**  
**14 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees F.**

**Spread the Thousand Island Spread on one side of the bread. Spoon the sauerkraut on top of the Thousand Island and spread evenly. Lay the slices of pastrami on top of the sauerkraut. Lay the slices of cheese over the pastrami. Place the sandwiches on a baking sheet and bake until the cheese melts, about 8 minutes. Serve warm with the beets, cole slaw and pickles.**

**Yield: 4 servings**

# Emeril's Osso Buco

---

**1/4 Cup Olive oil**  
**2 Veal shank pieces; (8-ounce)**  
**Creole seasoning**  
**2 Stalks celery; diced**  
**3 Small Carrots; peeled and sliced into 1/4-inch rounds**  
**1/2 Onion; large dice**  
**Salt and pepper**  
**3 Roma tomatoes; peeled, chopped or 1 small can whole tomatoes or 2 tablespoons tomato paste**  
**2 Sprigs rosemary**  
**2 Sprigs thyme**  
**1-1/2 Cup Red wine**  
**2 1/2 Cup Chicken stock**  
**3 Cup Cooked rice**  
**11 Fat; 0 Other Carbohydrates**

**In a medium sauce pot, add the olive oil. Season both sides of the veal shanks with Creole seasoning. Add the seasoned veal shanks to the oil. Brown the shanks on both sides, about 5 minutes per side. Add the celery, carrots and onions. Season with salt and pepper. Saute for 5 minutes. Add the tomato, rosemary and thyme. Add the red wine. Add 2 1/2 cups of stock to cover the veal. Bring to a boil. Reduce to a simmer and cover. Simmer for 1 1/2 to 2 hours, until the meat is very tender. Season to taste. Serve with rice. Garnish with parsley and Creole seasoning.**

**Yield: 2 servings**

## **Emeril's Parfait With Spiced Pear Coulis**

---

**2 Tablespoon Butter**

**1/2 Cup Brown sugar**

**1–1/2 Pound Cooking pears; such as Bartlett or Bosc, cored and chopped**

**1/2 Teaspoon Ground cinnamon**

**Water**

**1 Pound Cake; (1/2–inch thick)**

**2 Cup Sweetened whipped cream**

**2 Cup Pastry Cream**

**4 Ounce Toasted pecan pieces**

**In a saut pan, over medium heat, melt the butter. Add the sugar and cook for 1 minute. Add the pears and cinnamon. Continue to cook for 4 minutes, stirring occasionally. Remove from the heat and cool completely. In a blender, combine the pears and water, and puree until the mixture is smooth. Trim each slice of pound cake into a 4–inch square. Line each parfait glass or coffee cup with the pound cake. Spoon some of the pear mixture over the cake. Spoon some of the cream mixture over the pear coulis. Sprinkle the cream mixture with the pecans. Repeat the layering process with the remaining ingredients.**

**Yield: 4 servings**

# **Emeril's Peach Torro (Milk, Fruit, And Sugarcane Alcohol)**

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**1/2 Pound Very ripe peaches; peeled and pitted**  
**1/2 Cup Simple syrup**  
**4 Cup Half and half**  
**1–1/2 Cup Sugarcane alcohol; (or substitute vodka)**  
**6 Wedges fresh peaches**  
**23 Fat; 2 Other Carbohydrates**

**In a large blender, combine the fruit and sugar. Blend until smooth. Add half of the cream and continue to blend until smooth. Pour the mixture into a large pitcher. Stir in the remaining 2 cups of cream and the alcohol. Stir well. Cover and refrigerate for at least 6 hours. It's better the next day. Pour into serving glasses and garnish with a wedge of peach. Torro will keep for 1 week.**

**Yield: 6 servings**

# Emeril's Pizza

---

**1 Pound New potatoes; cut crosswise into 1/4-inch thick slices**

**Salt**

**1 Teaspoon Olive oil**

**1 Recipe basic pizza dough**

**1 Tablespoon Truffle oil**

**Freshly ground black pepper**

**1 Cup Thinly sliced red onions**

**2 Confit duck legs; (about 7 ounces each) shredded**

**1/4 Pound Fontina cheese; grated**

**2 Teaspoon Chopped fresh parsley leaves**

**Put the potatoes in a medium-size saucepan and add enough water to cover. Season with salt. Bring to a boil over high heat, then reduce the heat to medium and cook until fork tender, 10 to 12 minutes. Drain and cool under cold water. Arrange in a shallow dish and allow to come to room temperature.**

**Preheat the oven to 375 degrees F.**

**Lightly oil two baking sheets with olive oil. Divide the pizza dough into 4 equal portions. With your fingers, dusted with flour, pat the dough into free-form circles, each 8 to 10 inches in diameter, and put them on the prepared baking sheets. Prick each randomly with a fork. Brush each dough circle with 1/2 teaspoon of the truffle oil and top each with equal amounts of the potatoes. Season with salt and freshly ground black pepper. Continue layering with the onions, shredded duck confit and cheese. Drizzle the remaining teaspoon of truffle oil evenly over the pizzas.**

**Bake on the middle rack of the oven and bake until the crust is golden brown, about 25 minutes. Remove from the oven and cool for a few minutes before slicing into 8 slices. Garnish with parsley and serve.**

**Yield: 8 servings**

# Emeril's Ploughmans Lunch

---

1 Pound Veal round; ground  
1/2 Pound Pork butt; ground  
1/4 Pound Chicken livers; ground  
1/2 Pound Boiled ham; cut into 1/2-inch cubes  
2 Bay leaves  
1–1/2 Teaspoon Salt  
1/4 Teaspoon Dried thyme  
1/4 Teaspoon Dried oregano  
1 Teaspoon Freshly ground pepper  
1/2 Cup Onions; finely minced  
1 Tablespoon Garlic; chopped  
1/2 Cup Brandy  
1/2 Cup Port wine  
1 Egg white  
2 Tablespoon Parsley; chopped  
1 Recipe pate pastry dough  
5 Soft boiled eggs; peeled  
1 Egg; beaten  
1 Loaf brown bread or pumpernickel bread  
1 Pound Maytag Farms blue cheese  
2 Cup Whole grain mustard  
1 Cup Cornichons

Combine the veal, pork, livers and ham in a large mixing bowl. Add the bay leaves, salt, thyme, oregano, pepper, onions and garlic. Mix well. Stir in the brandy and port. Cover with plastic wrap and refrigerate for 24 hours. Remove and drain well. Stir in the egg white and parsley.

Line an earthenware terrine with the pastry dough. Leave enough of the dough overlapping all sides of the pan so that the pastry will completely cover the top of the pate mixture when folded over. Spoon half of the meat mixture evenly over the bottom of the crust. Place the eggs down the center of the meat. Preheat the oven to 350 degrees F. Spoon the remaining meat mixture over the eggs and press firmly. Fold the overlapping dough over the top of the meat mixture, sealing the edges completely. Using a sharp knife, cut a small circle out of the center of the pastry. Lightly brush the top of the pastry with the beaten egg.

Place the mold on a baking sheet and place in the center of the oven. Bake for 1 1/2 hours or until the internal temperature reaches 165 degrees F. Remove from the oven and cool completely. Refrigerate the pate for at least 8 hours. The pate can be served either at room temperature or cold. Slice the pate into 1-inch slices and serve with the brown bread, blue cheese, mustard and pickle.

**Yield:** 8 to 10 servings

# **Emeril's Pork Dumplings With Spicy Sauce**

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**1/2 Pound Ground pork**  
**1 Tablespoon Chopped garlic**  
**2 Tablespoon Chopped green onions; green part only**  
**Drizzle of sesame oil**  
**Drizzle of soy sauce**  
**1/4 Cup Heavy cream**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**16 Wonton wrappers**  
**Napa cabbage leaves to line the bamboo**  
**Steamer**  
**Soy Sauce; to taste**  
**Asian Chili Oil; to taste**  
**1/2 Fat; 0 Other Carbohydrates**

**In a food processor, fitted with a metal blade, combine the pork, garlic and green onions. Puree until smooth. Season the mixture with a drizzle of sesame oil and soy sauce. Add the cream and process until incorporated. Season the mixture with salt and pepper. Remove the mixture from the processor and set aside. Using a round biscuit cutter, cut the wonton skins into 2 1/2-inch circles. Place 2 tablespoons of the mixture in the center of each circle. Moisten the edges with water, pleat half the circle, and press the edges together, forming a crescent-shaped dumpling. Using your fingers, pleat around the dumpling and press the edges together to form a beggar's purse. Repeat the process for the other dumplings. Line a large steamer with the cabbage leaves. Place the steamer in a wok. Fill the wok with enough water to touch the bottom of the basket. Cover the steamer and steam for a couple of minutes to steam the cabbage leaves. Arrange the dumplings on the leaves and cook until the dumplings are tender, about 6 to 8 minutes, or translucent in color. Serve the warm dumplings with the soy sauce, and chili oil. This recipe yields 16 dumplings.**



# Emeril's Pot Roast

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**1 Beef Goose Neck Tender Roast**  
**Or chuck pot roast –; (3 to 5 lbs)**  
**10 Fresh garlic cloves; peeled**  
**Drizzle of olive oil**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**4 Cup Beef stock**  
**3/4 Pound Small new or red potatoes; quartered**  
**2 Medium Onions; peeled, quartered**  
**3/4 Pound Baby carrots; peeled**  
**3/4 Pound Baby turnips**  
**3/4 Pound Baby parsnips; peeled**  
**1/4 Cup Flour**  
**1/2 Cup Water**

**Preheat the oven to 325 degrees. Make 10 slits throughout the roast. Stuff a clove of garlic in each slit. Rub the entire roast with the olive oil. Season with salt and pepper. Heat a large skillet, over medium heat. When the pan is hot, sear the roast on all sides, about 3 to 4 minutes. Remove from the pan and place the roast in a Dutch oven with a cover. Add the stock and cover. Place in the oven and cook for 4 hours. In a mixing bowl, toss the vegetables with olive oil. Season with salt and pepper. Place the vegetables around the roast and cover. Cook for an additional hour. Remove the roast from the oven and arrange on a serving platter, reserving the liquid. Whisk the flour and water together. Pour the reserved liquid and grime into a saucepan and bring to a simmer. Whisk the flour mixture into the reserved liquid. Bring the liquid back to a simmer and cook for 4 to 6 minutes. Season with salt and pepper. Serve with the pot roast. This recipe yields 10 to 12 servings.**

# Emeril's Sausage Pot

---

**2 Tablespoon Olive oil**  
**2 Large Onions; sliced**  
**2 Bacon pieces; large diced (1–inch thick and 5–inch long)**  
**Salt**  
**Freshly ground black pepper**  
**1/2 Cup Creole mustard**  
**2 12 ounce bottles Turbo Dog beer**  
**5 Hot dogs**  
**5 Pound Assorted sausage**  
**2 Pound Sauerkraut**  
**2 Tablespoon Chopped garlic**  
**Cracklin's; (recipe follows)**  
**Green onions**  
**Creole seasoning**

**In a large pot, add olive oil. Add sliced onions and saute for 2 minutes. Add bacon. Season with salt and pepper. Cook for 5 minutes, or until bacon begins to render and onions are beginning to caramelize. Add the Creole mustard and the beer. Stir. Add half of the sausage. Add the sauerkraut on top of the sausage. Add the rest of the sausage. Add the hot dogs and the garlic. Bring to a boil. Reduce to a simmer, cover and cook for 45 minutes. Garnish with Cracklin's green onions and Creole seasoning.**

**Yield: 8 to 10 servings**

# Emeril's Shoofly Pie

---

**2 Cup Flour**  
**1-1/2 Cup Light brown sugar**  
**1/4 Teaspoon Salt**  
**1/2 Stick Butter**  
**2 Teaspoon Baking soda**  
**1-1/2 Cup Hot water**  
**2 Eggs**  
**2 Cup Steen's 100 percent Pure Cane Syrup**  
**1 Teaspoon Pure vanilla extract**  
**2 Unbaked 9" pastry shells**  
**16 Scoops Vanilla bean ice cream**  
**1/2 Fat; 1 Other Carbohydrates**

**Preheat the oven to 450 degrees. In a mixing bowl, combine the flour, brown sugar, salt and butter. Mix until the mixture resembles a coarse crumb-like mixture. Divide the mixture in half. In another mixing bowl, whisk the baking soda and 1/2 cup of the water together. Whisk until dissolved. Add the eggs, cane syrup, vanilla and remaining water. Whisk until smooth. Fold one half of the crumb mixture into the sugar filling. Pour the filling into the prepared pie shells. Sprinkle the remaining crust evenly over the filling. Place in the oven and bake for 10 minutes. Reduce the heat to 375 degrees and bake for 25 to 30 minutes or until the top is firm. Remove from the oven and serve warm with ice cream. This recipe yields 16 servings.**

# Emeril's Special Latkes

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**2 1/2 Pound Baking potatoes; peeled**  
**1 Medium Onion; julienned**  
**2 Eggs**  
**Salt**  
**Freshly ground white pepper**  
**1/4 Teaspoon Baking powder**  
**2 Tablespoon Matzah or all-purpose flour**  
**Vegetable oil for frying**  
**1 Cup Applesauce**  
**1 Cup Sour cream**  
**4 Ounce Caviar**

Using a hand grater or food processor, grate the potatoes. In a mixing bowl, combine the grated potatoes, onions, eggs, baking powder, and flour. Mix well. Season with salt and pepper. In a large skillet, over medium-high heat, cover the bottom with 1/2-inch of oil. When the oil is hot, spoon 2 tablespoons of the filling into individual cakes. Using the back of the spoon, flatten each pancake. Pan-fry until golden brown on each side, about 2 to 3 minutes. Remove from the oil and drain on paper towels. Fry the cakes in batches and do not over crowd the pan. To serve, place a dollop of the applesauce or sour cream in the center of each latke. Place the latkes on a platter and serve warm.

**Yield: 2 dozen**

# Emeril's Spinach Salad

---

**1 Pound Fresh bacon; chopped**  
**2 Tablespoon Pommerey Mustard**  
**2 Tablespoon Sherry vinegar**  
**2 Teaspoon Honey**  
**Salt**  
**Freshly ground black pepper**  
**1 Pound Fresh baby spinach; cleaned and patted dry**  
**1 Cup Thinly sliced red onions**  
**4 Poached eggs; warm**

**In a saut pan, over medium heat, render the bacon until crispy, about 6 to 8 minutes. Remove the bacon with a slotted spoon and reserve the oil. Set the bacon aside. Combine the reserved bacon fat, mustard, vinegar, and honey. Blend until smooth. Season with salt and pepper. In a large mixing bowl, toss the spinach and red onions with the vinaigrette. Season with salt and pepper. Mound the greens in the center of each plate. Season with salt and pepper. Garnish each salad with the eggs and crispy bacon.**

**Yield: 4 to 6 servings**

# Emeril's Stuffed Fried Rice

---

**1/4 Cup Peanut oil**  
**3 Cup Cooked white rice**  
**1/2 Cup Chopped green onions**  
**1/2 Cup Shredded roasted pork**  
**1/2 Cup Diced shrimp**  
**1/2 Cup Diced Chinese sausage**  
**2 Teaspoon Minced garlic**  
**3 Eggs**  
**1–1/2 Tablespoon Soy sauce**  
**2 Tablespoon Sesame oil**  
**3 Tablespoon Finely chopped parsley**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Bib lettuce head; leaves removed**  
**Soy sauce; for dipping**

**Heat the oil in the wok. Toss in the rice until hot and golden. Toss in the green onions, pork, shrimp, and sausage. Stir in the garlic, eggs, soy sauce, sesame oil and parsley. Stir-fry for 2 minutes. Season with salt and pepper. Remove the rice from the wok and place 2 heaping spoonfuls of the fried rice in the center of each leaf of Bib lettuce. Tuck the sides of the leaf in and tightly roll up the lettuce like a jelly roll. This recipe yields 4 servings.**

# Emeril's Three Cheese Risotto

---

**1 Tablespoon Olive oil**  
**1 Cup Chopped onions**  
**Salt; to taste**  
**Freshly-ground white pepper; to taste**  
**6 Cup Chicken stock**  
**2 Teaspoon Chopped garlic**  
**1 Pound Arborio rice**  
**1 Tablespoon Butter**  
**1/4 Cup Heavy cream**  
**1/4 Cup Grated Parmigiano-Reggiano cheese**  
**1/4 Cup Grated Romano cheese**  
**1/4 Cup Grated Asigo cheese**  
**2 Tablespoon Chopped chives**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large saute pan, over medium heat, add the olive oil. When the oil is hot, add the onion and season with salt and pepper. Saute for 3 minutes, or until the onions are slightly soft. Add the stock and garlic. Bring the liquid to a boil and reduce to a simmer. Cook for 6 minutes. Add the rice and simmer for 18 minutes, stirring constantly, or until the mixture is creamy and bubbly. Add the butter, cream, cheese and chives. Reseason with salt and pepper. Simmer for 2 minutes and serve immediately. This recipe yields 8 to 10 servings.**

# Emeril's Yule Log

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## EMERILIZED SPONGE CAKE

1/4 Cup Milk  
2 Tablespoon Butter; plus  
1 Tablespoon Butter; for pan  
8 Eggs  
2 Cup Sugar; plus  
1 Tablespoon Sugar  
1 Cup Flour  
1 Teaspoon Baking powder  
1/2 Teaspoon Salt  
1 Teaspoon Vanilla

## YULE LOG

1 1/3 Cup Evaporated milk  
1-1/2 Cup Sugar  
1 Pinch Salt  
4 Egg yolks; beaten  
1 Stick Butter; cubed  
1-1/2 Cup Toasted pecans  
1-1/2 Cup Toasted coconut  
1 Teaspoon Vanilla  
1 Cup Heavy cream  
1/4 Pound Semi-sweet chocolate; cut into pieces  
Fresh mint sprigs  
Powdered sugar; in a shaker  
5 1/2 Fat; 4 Other Carbohydrates

**Emerilized sponge cake:** Preheat the oven to 350 degrees. In a small saucepan, heat the milk and 2 tablespoons butter together. Using an electric mixer fitted with a wire whip, combine the eggs and sugar together. Beat on medium-high speed for about 8 minutes, or until the mixture is pale yellow, thick and has tripled in volume. With the machine running slowly add the heated milk. In a mixing bowl sift the flour, baking powder, and salt together. Fold the flour mixture into the egg mixture and mix thoroughly so that there are no lumps and the mixture is smooth. Fold in the vanilla. Grease a 1/2-sheet pan with 1 tablespoon butter. Sprinkle with a tablespoon of sugar. Pour cake batter evenly into pan and bake for about 15 to 20 minutes or until the edges are golden and the cake springs back when touched. Cool for 2 minutes. Using a thin knife, loosen edges and flip out onto a piece of parchment paper. Peel the parchment paper from the cake. Replace with a new sheet of parchment and flip back into the baking sheet. **Yule Log:** In a heavy bottom saucepan, over medium heat, combine the evaporated milk, sugar, and salt together. Bring the liquid to a boil. Temper the egg yolks into the hot cream. Stir in the butter. Reduce the heat to a simmer and cook for 12 minutes, stirring constantly. Remove the pan from the heat and stir in the pecans, coconut and vanilla. Cool the mixture completely. Set the mixture aside. In a non-stick saucepan, over medium heat, combine the cream and chocolate pieces. Stir until the chocolate has



melted completely and the mixture is smooth. Remove the pan from the heat and stir to cool, lifting the mixture out of the pan several times with a spoon. The mixture should be glossy and slightly thick. Set the mixture aside. To assemble, spread the coconut/pecan icing evenly over the sheet cake. Starting from one of the long sides, roll the cake up tightly, like a jelly roll. Wrap the cake tightly in parchment paper and then wrap the cake in plastic wrap. Place the cake in the refrigerator and chill for 1 hour. Remove the cake from the refrigerator and carefully unwrap the cake. Place a wire rack over a piece of parchment paper. Place the cake, seam side down, on the rack. Evenly pour the chocolate ganache over the cake, letting the chocolate run down the sides of the cake. If the poured chocolate does not ice the cake completely, use a clean knife and spread the chocolate evenly over the unexposed areas. Using a fork, run the tines of the fork back and forth across the cake. Refrigerate the cake for 2 hours or until the ganache is set. Remove the cake from the refrigerator and using a long spatula, carefully remove the cake from the rack and place on a serving platter. Garnish the cake with fresh mint sprigs and powdered sugar. This recipe yields 12 servings.

# Exotic Mushroom Bread Pudding

---

**3 Tablespoon Butter**

**3 Cup Onions; julienned**

**Salt**

**Cayenne**

**Freshly ground black pepper**

**1/2 Pound Assorted exotic mushrooms; such as shiitakes, chanterelles, oysters, etc., wiped clean and julienned**

**1 Tablespoon Chopped garlic**

**5 Large Eggs**

**2 Cup Heavy cream**

**1 Dash Hot pepper sauce**

**1 Dash Worcestershire sauce**

**8 Slice White bread; crusts removed, cut into 1-inch cubes (about 4 cups)**

**1/2 Cup Grated Parmigiano-Reggiano cheese**

**Parsley; garnish**

**Preheat the oven to 350 degrees F. Grease a 2 quart glass rectangular pan with 1 tablespoon of the butter. Heat the remaining 2 tablespoons butter in a large saute pan over medium-high heat. Add the onions. Season with salt, cayenne and black pepper. Cook, stirring, until the onions are soft, about 4 minutes. Add the mushrooms and cook, stirring, until they are slightly soft, about 3 minutes. Add the garlic and saute for 1 minute. Remove from the heat and cool. In a large mixing bowl, whisk the eggs until smooth. Add the cream. Season with salt, cayenne, pepper, hot pepper sauce, and Worcestershire sauce. Whisk the mixture until blender. Add the onion-mushroom mixture and bread crumbs and mix well. Pour the mixture into the prepared pan. Sprinkle the top with the cheese. Bake until the pudding is golden brown and bubbly, about 55 minutes. Remove from the oven and allow to cool for 5 minutes before serving. To serve, spoon the pudding in the center of each serving plate. Arrange a few slices of the tenderloin around the pudding. Spoon the Worcestershire sauce over the beef. Garnish with parsley. Serve the Fresh Cranberry Compote on the side.**

**Yield: 10 servings**

# Exotic Mushroom Tart

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**2 1/2 Cup Flour; plus**  
**2 Tablespoon Flour**  
**2 Teaspoon Salt**  
**1/2 Teaspoon Cayenne**  
**1 Cup Lard**  
**2 Tablespoon Ice water –; (to 3 tbsps)**  
**2 Tablespoon Butter**  
**1/2 Cup Minced onions**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**4 Cup Sliced exotic mushrooms**  
**(such as lobster; hedgehog, oyster, black Trumpets; baby shiitakes, etc.)**  
**2 Teaspoon Chopped garlic**  
**2 Cup Heavy cream**  
**3 Large Eggs**  
**1 Dash Hot pepper sauce**  
**1 Dash Worcestershire sauce**  
**1 Cup Grated white cheddar cheese**  
**4 Ounce Parmigiano-Reggiano cheese; shaved**  
**2 Cup Pea shoots**  
**Drizzle of white truffle oil**  
**1/2 Fat; 0 Other Carbohydrates**

In a mixing bowl, combine 2 1/2 cups of the flour, 2 teaspoons of the salt, and 1/4 teaspoon of the cayenne. Cut in the lard with a pastry blender until the mixture resembles coarse meal. Add the ice water and mix until the dough comes away from the sides of the bowl. Form the dough into a ball and cover with plastic wrap. Place in the refrigerator and chill for 1 hour. Preheat the oven to 350 degrees. Remove the dough from the refrigerator and let sit for about 5 minutes. Lightly dust a work surface with the remaining flour. Roll the dough out into a 12-inch round about 1/4-inch thick. Fold the dough into fourths and place it in a 10-inch tart pan. Roll a wooden rolling pin over the pan to cut off the excess dough. Prick the bottom of the crust all over with a fork. In a medium saute pan, over medium heat, melt the butter. Add the onions. Season with salt and pepper. Saute for 1 minute. Add the mushrooms. Season with salt and pepper. Continue to saute for 3 to 4 minutes or until the mushrooms are wilted. Stir in the garlic and remove from the heat. Cool completely. In a mixing bowl, whisk the cream and eggs together. Season with 3/4 of a teaspoon of salt, pepper, hot pepper sauce, and Worcestershire sauce. Mix well. Pour the mushroom mixture into the pastry shell. Sprinkle the cheese over the mushrooms. Pour the cream mixture over the cheese. Bake until the center sets and the top is golden, about 55 minutes. Remove from the oven and let cool for 5 minutes before slicing to serve. In a mixing bowl, toss the pea shoots with the truffle oil. Season with salt and pepper. To serve, place a slice of the tart in the center of each plate. Garnish each with a pile of the pea shoots. This recipe yields 8 servings.

# Fall River Clam Chowder

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**1/2 Pound Bacon; medium diced**  
**1 Cup Chopped leeks –; (abt 1 lb)**  
**1 Cup Chopped yellow onions**  
**1/2 Cup Chopped celery**  
**1 Carrot; peeled, diced**  
**3 Bay leaves**  
**1 Tablespoon Chopped fresh thyme**  
**1/2 Cup Flour**  
**1 Pound White potatoes; peeled, and medium diced**  
**4 Cup Clam juice**  
**2 Cup Heavy cream**  
**2 Pound Little neck clams; shucked, chopped**  
**2 Tablespoon Finely–chopped parsley**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**8 1/2 Fat; 1 Other Carbohydrates**

**In a heavy stock pot, over medium–high heat, render the bacon, until crispy, about 8 minutes. Stir in the leeks, onions, celery, and carrots. Saute for about 2 minutes or until the vegetables start to wilt. Season the vegetables with salt and pepper. Add the bay leaves and thyme. Stir in the flour and cook for 2 minutes. Add the potatoes. Stir in the clam juice. Bring the liquid up to a boil and reduce to a simmer. Simmer the mixture until the potatoes are fork tender, about 12 minutes. Add the cream and bring up to simmer. Add the clams and simmer for 2 minutes. Stir in the parsley. Season with salt and pepper if needed. Ladle into shallow bowls and serve. This recipe yields 6 to 8 servings.**

# Fast French Puff Pastry

---

3 Cup Unbleached all-purpose flour  
1 Cup Plain bleached cake flour  
6 1/2 Sticks Chilled unsalted butter  
1-1/2 Teaspoon Salt  
1 Cup Ice water

Place the flour in your mixing bowl. Rapidly cut the sticks of chilled butter into lengthwise quarters, then into 1/2-inch dice; add to the flour. Add the salt. Blend flour and butter together rapidly, the butter should be roughly broken up but stay in lumps the size of large lima beans. Blend in the water, mixing just enough so that dough masses roughly together but butter pieces remain about the same size. Turn dough out onto a lightly-floured work surface. Rapidly push and pat and roll it out into a 12- by 18-inch rectangle. It will look messy. Lightly flour top of dough and, with a pastry sheet to help you, flip the bottom of the rectangle up over the middle, and then flip the top down to cover it, as though folding a business letter. Lift the dough off the work surface with a pastry sheet; scrape the work surface clean, flour the surface lightly and return the dough to it, settling it down in front of you so that the top flap is at your right. Lightly flour top of the dough, and pat, push, and roll it out again into a rectangle; it will look a little less messy. Fold again into three as before, each of three "roll-and-fold" operations is called a "turn". Roll out and fold 2 more times, making 4 "turns" in all, and by the last "turn" of the pastry it should actually look like dough. You should see large flakes of butter scattered under the surface on the dough, which is just as it should be. With the balls of your fingers make 4 depressions in the dough to indicate the 4 turns. Wrap the dough in plastic, place in a plastic bag and refrigerate for 40 minutes to firm the butter and relax the gluten in the dough. Give the dough 2 more turns, beating it back and forth and up and down first if chilled and hard. Let the dough rest another 30 minutes if it seems rubbery and hard to roll; then it is ready for forming and baking.

# **Feijoada (Brazilian Black Beans)**

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2 Tablespoon Olive oil  
2 Cup Chopped onions  
2 Tablespoon Chopped garlic  
2 Bay leaves  
Salt  
Freshly ground black pepper  
1 Pound Chorico sausage; sliced 1/4-inch thick  
1 Pound Carne seca or other salted cured beef; soaked overnight and cubed  
1 Pound Baby back spareribs; cut into individual ribs  
1 Pound Black beans  
10 Cup Water  
4 Cup Sauteed collared or kale greens  
4 Cup Cooked white rice  
Brazilian hot sauce  
1 Orange; halved and cut into thin slices  
Garnish: Farofa; recipe follows

## **FAROFA**

3 Tablespoon Butter  
2 1/2 Cup Manioc flour  
Salt  
12 1/2 Fat; 0 Other Carbohydrates

In a large heavy-bottom saucepan, over medium heat, add the oil. When the oil is hot, add the onions and garlic. Crush the bay leaves and add to the pan. Season with salt and pepper. Saute for 5 minutes. Add the sausage. Continue to cook for 4 minutes. Add the cubed beef, ribs, beans and water. Bring the liquid to a boil, reduce the heat to medium low and simmer until the beans are tender, about 2 1/2 hours. Adding water as necessary to keep the beans covered. Using the back of a ladle, mash 1/4 of the beans. Reseason with salt and pepper if needed.

To serve, spoon some of the greens and rice onto each serving plate. Spoon the Feijoada

over the rice. Shake some of the hot sauce over the entire plate. Garnish with the orange slices and farofa.

Yield: 8 servings

## **FAROFA:**

In a large saute pan, over medium heat, melt the butter. Add the flour. Season with salt. Saute until golden, about 3 to 5 minutes. Remove from the heat.

Yield: 2 1/2 cups

# Fiadone

---

**1 Pound Fresh cheese; such as ricotta**  
**1/2 Cup Sugar**  
**2 Egg yolks**  
**1 Egg**  
**1 Lemon; zested**  
**1 Lemon; juiced**  
**1/2 Cup Sultans; or golden raisins**  
**1 Pie crust; unbaked (9-inch)**  
**8 Sprigs fresh mint**

**Preheat the oven to 350 degrees F.**

**In a mixing bowl, combine the cheese, sugar, yolks, egg, lemon zest and lemon juice. Mix well. Fold in the sultans. Pour into the prepared pie crust. Place in the center of the oven and bake for about 30 minutes or until the top is golden brown. Remove from the oven and cool completely. Garnish with sprigs of fresh mint.**

**Yield: 8 servings**

# Fillet Of Sole Escabeche

---

**1/4 Cup Olive oil**  
**3/4 Cup Fresh lime juice**  
**1 Tablespoon Finely chopped fresh cilantro**  
**1 Small Jalapeno; stemmed, seeded and finely chopped**  
**1 Teaspoon Chopped garlic**  
**1 Pound Fillet of sole; skin off, cut into 1/2-inch cubes**  
**Salt**  
**1 Cup Flour**  
**Vegetable oil for frying**  
**11 Fat; 0 Other Carbohydrates**

**In mixing bowl, combine the oil, lime juice, cilantro, jalapeno and garlic. Whisk until smooth. Season the fish with salt. Add the fish to the marinade and toss well. Cover with plastic wrap and refrigerate for 1 hour. Preheat the oil to 360 degrees F. Remove the fish from the refrigerator and drain. Season the flour with salt and pepper. Dredge the fish in the flour, coating completely. Fry the fish in batches until golden brown, about 4 to 6 minutes. Remove and drain on paper towels. Season with salt and pepper. Serve warm with the tartar sauce.**

**Yield: 4 servings**



# **Fire Roasted Corn And Tomato Salsa**

---

**2 Ears fresh corn**

**Drizzle of olive oil**

**Salt**

**Freshly ground black pepper**

**4 Ripe Italian plum tomatoes; peeled, seeded and diced**

**1/4 Cup Minced red onions**

**1 Teaspoon Minced Habanero peppers**

**2 Tablespoon Chopped fresh cilantro**

**1 Tablespoon Freshly squeezed lime juice**

**1 Tablespoon Freshly squeezed lemon juice**

**Season the corn with olive oil, salt and pepper. Place the corn over a stove's open flame and cook for about 1 to 2 minutes on all sides. Remove and cool. Remove the kernels from the cob. Combine the corn, tomatoes, onions, peppers, cilantro, lime juice and lemon juice. Mix well. Season the salsa with salt and pepper.**

# Fire-Roasted Corn Dip With Crispy Flour And Blue Corn Chips

---

**4 Medium Fresh sweet corn ears; shucked**  
**2 Tablespoon Olive oil**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Tablespoon Butter**  
**1 Cup Minced onions**  
**1/4 Cup Small-diced red bell peppers**  
**1/4 Cup Small-diced yellow bell peppers**  
**1 Medium Jalapeno; stemmed, seeded,**  
**And minced**  
**1 Tablespoon Chopped garlic**  
**1 Cup Homemade mayonnaise**  
**1/2 Pound Grated Monterey Jack Cheese**  
**2 Tablespoon Finely-chopped green onions; green part**  
**Only**  
**6 Small Flour tortillas; quartered**  
**6 Small Blue corn tortillas; quartered**  
**1/4 Cup Chopped black olives**  
**2 1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees. Rub each ear of the corn with the oil. Season with salt and pepper. Place the corn on the grill or either on a open flame. Cook the corn for 1 minute on all sides. Remove from the heat and cool. Using a sharp knife, remove the kernels from the cob. In a large saute pan, melt the butter. Add the onions and peppers. Season with salt and pepper. Saute for 2 minutes. Add the corn and continue to saute for 2 minutes. Add the jalapenos and garlic. Continue to cook for 1 minute. Remove from the heat and cool slightly. Turn the vegetable mixture into a mixing bowl. Stir in the mayonnaise and half of the cheese. Mix well. Stir in the green onions. Season with salt and pepper. Pour the mixture into a greased 6-cup oven-proof oval baking dish. Spread evenly and top with the remaining cheese. Bake for about 10 to 15 minutes or until bubbly. Fry the tortillas in batches until crispy, about 2 minutes, stirring constantly for overall browning. Remove and drain on paper towels. Season with salt and pepper. Garnish the dip with the chopped olives. Serve warm with the chips. This recipe yields 6 to 8 servings.**

# **Fish Soup With Summer Vegetables And Rouille**

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**2 Tablespoon Olive oil**  
**2 Cup Thinly sliced onions**  
**Salt**  
**Freshly ground pepper**  
**1 Cup Thinly sliced fennel**  
**6 Baby artichokes; trimmed and halved**  
**One medium orange; Zest of**  
**8 Cup Fish stock**  
**4 1/2 Cup Fresh tomatoes; peeled, seeded and chopped**  
**1/2 Pound Swiss Chard; thinly sliced**  
**1 Pound Baby new or red potatoes; quartered**  
**3 Pound Firm white fish; such as Daurade, Sole, Bass, Grouper, Pollack, etc., cut into 2–inch pieces.**  
**1/2 Cup Finely chopped parsley**  
**12 Toasted French bread rounds; (2–inch rounds and 1/4–inch thick)**  
**1 Recipe Rouille; (recipe follows)**  
**7 Fat; 2 Other Carbohydrates**

**In a large saucepan or Dutch oven, over medium heat, add the oil. When the oil is hot, add the onions. Season with salt and pepper. Saute for 4 minutes. Add the fennel. Season with salt and pepper. Continue to saute for 4 minutes. Add the artichokes, orange zest and fish stock. Bring to a boil, reduce to a simmer and cook for 20 minutes. Add the tomatoes, Swiss chard and potatoes. Simmer for 10 minutes.**

**Season the fish with salt and pepper. Lay the fish in the simmering liquid. Cook for 5 minutes, or until the fish is flaky. Stir in the parsley.**

**To serve, lay a couple of the croutons in the center of each serving bowl. Ladle the soup over the croutons. Drizzle the Rouille over each serving. Serve immediately.**

**Yield: 6 servings**

# Five Onion Foccacia And Roasted Vegetable Sandwich

---

2 Tablespoon Olive oil  
1 Cup Julienned onions  
1 Cup Julienned red onions  
1 Cup Julienned leeks  
1/4 Cup Julienned shallots  
2 Tablespoon Chopped garlic  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Envelope Active dry yeast –; (1/4 oz)  
1 Tablespoon Sugar  
1 Cup Warm water; about 110 degrees  
1 Teaspoon Salt  
3 1/2 Cup All-purpose flour  
1 Teaspoon Vegetable oil  
3 Tablespoon Kosher salt  
1 Red pepper; roasted, julienned  
1 Yellow pepper; roasted, julienned  
1 Small Eggplant; roasted and sliced  
1 Medium Beet; roasted, peeled, and sliced  
1 Zucchini; roasted and sliced  
1 Yellow squash; roasted and sliced  
1/2 Cup Roasted garlic aioli  
1/2 Pound Fontana cheese; sliced  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 350 degrees. In a saute pan, heat the olive oil. When the oil is hot, add the onions, leeks, and shallots. Saute for 15 minutes, or until the onions are caramelized. Stir in the garlic. Season with salt and pepper. Remove from the heat. Using an electric mixer with a dough hook, whisk the yeast, sugar, and warm water together, for 2 minutes to dissolve the yeast. Add the onions mixture. Add the salt and flour. With the mixer on low, mix until the dough starts to come together. Increase the speed to medium-high and mix until the dough comes away from the sides of the bowl and crawls up to dough hook. Grease a mixing bowl with the vegetable oil. Place the dough in the greased bowl and turn once. Cover the bowl with plastic wrap and place in a warm, draft free place until the dough doubles in size about 1 1/2 hours. Turn the dough out onto a baking sheet. Punch the dough and press the dough out to form the size of the pan. Place dough in pan and sprinkle with kosher salt. Cover the dough and allow to double in size, about 45 minutes. Bake the dough for 30 to 35 minutes or until the dough is golden-brown. Slice the bread into 8 to 12 pieces, depending on desired size of the sandwich. Divide the roasted vegetables between the sandwiches. Spread each piece of foccacia with the aioli. Build each sandwich, using all the vegetables and cheese. Place the sandwiches on a baking sheet and place in the oven. Bake for 5 to 8 minutes, or until the sandwiches are hot and the cheese is melted. This recipe yields 4 to 6

**sandwiches.**

# Flaky Butter Pie Crust

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**3 1/4 Cup Flour**

**1 Teaspoon Salt**

**1/2 Cup Cold butter**

**2/3 Cup Cold lard**

**4 Tablespoon Ice water –; (to 5 tbsps)**

**18 1/2 Fat; 0 Other Carbohydrates**

**In a mixing bowl, combine the flour and salt. Add the butter and lard and work it in your hands until it resembles coarse crumbs. Add the water, a little at a time, using your hands until the dough comes together in the palm of your hand. Do not over work the dough. Cover the dough with plastic wrap and refrigerate for 30 minutes. Remove the dough from the refrigerator and place on a lightly floured surface. Roll out the dough to desired thickness. This recipe yields two 9–inch pie crusts.**

# Flambing Pears

---

**3 Tablespoon Butter**

**1 Cup Sugar**

**2 Pound Cooking pears; cored, and  
Sliced 1/4" thick**

**1 Pinch Salt**

**Splash of Pear William Brandy**

**16 Slice Cake; pound – (1/4" thick)**

**8 Scoops Ice cream**

**1 Cup Spiced or candied pecan pieces**

**Confectioners' Sugar**

**In a large saute pan, over medium heat, melt the butter. Add the sugar. Using a wooden spoon, stir the sugar until it dissolves. Continue to stir until the sugar starts to turn a caramel color, about 4 to 6 minutes. Add the pears and a pinch of salt. Continue to saute for 4 minutes. Remove the pan from the heat and carefully add the brandy. Place the pan back over the heat and with an electric kitchen torch, flame the pears. Shake the pan back and fourth several times until the flame dies out. Place a scoop of ice cream between two slices of the pound cake, forming a sandwich. To serve, place the ice cream sandwiches in the center of each serving plate. Spoon the pears over the sandwiches. Garnish with the pecans and sugar. This recipe yields 8 servings.**

# Flo's Tuna Melt

---

**1 Tuna steak – (12 oz); poached**  
**1/2 Cup Minced yellow onions**  
**3 Hard-boiled eggs; chopped**  
**1 Teaspoon Minced garlic**  
**1 Tablespoon Sweet pickle relish**  
**1/4 Cup Mayonnaise –; (to 1/2 cup)**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**8 Slice White bread; toasted**  
**4 Slice Medium Cheddar cheese –; (1 oz ea)**  
**4 Slice Creole tomatoes –; (ea 1/2" thk)**  
**1 Avocado**  
**2 Cup Cole slaw; purchased or home-made**  
**4 Bags Zap's Potato Chips**  
**4 Pickle spears**  
**2 1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees. Crumble the tuna into a mixing bowl. Add the onions, eggs, garlic, and relish. Mix thoroughly. Season the mixture with salt and pepper. Stir in enough mayonnaise to moisten the salad and according to taste. Reseason the salad with salt and pepper. Spread a quarter of the salad over each of four pieces of bread and place on a baking sheet. Top each salad with a piece of cheese. Place the sheet in the oven and cook for a couple of minutes or until the cheese melts. Season the tomato slices with salt and pepper. Peel and remove the pit from the avocado. Slice the avocado into 1/4-inch slices. Season the avocado with salt and pepper. Top the melted cheese with the tomatoes, avocados and remaining slices of toasted bread. Place each sandwich on a plate and cut in half. Garnish the sandwiches with the cole slaw, chips, and pickles. This recipe yields 4 Blue-Plate Lunch Specials.**



# Foi Gras Terrine

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**3 Grade A foie gras lobes**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1 l Port wine**

**2 Dozen Toast points**

**1 Dozen Cornichons**

**1/2 Cup Brunoise red onions**

**Butter a large rectangular terrine mold. Line the mold with a large piece of plastic wrap. Divide the lobes in half. Season the lobes with salt and pepper. Place the divided lobes in a glass dish and pour the port wine over the lobes. Cover the dish with plastic wrap and place in the refrigerator. Marinate the lobes overnight. Remove the lobes from the refrigerator and drain. Reserve the liquid. Slice the lobes into 1/2-inch slices. In two large, hot saute pans, sear the foie gras for 1 minute on each side. Remove the foie gras from the pan. Line the mold with one layer of the seared foie gras. Press the layer down firmly. Repeat the process until all of the foie gras is used. Wrap the terrine tightly with plastic wrap. Place two kosher salt boxes upright on top of the terrine to weight the mold down. This will allow any excess air in the mold to escape. Place the mold in the refrigerator and refrigerate overnight. Place the reserved port wine in a saucepan and bring the liquid to a boil. Reduce the heat to a simmer and cook until the liquid reduces by 3/4 and has a thick, syrup-like consistency, about 25 to 30 minutes. Remove the pan from the heat and cool the liquid completely. Remove the terrine from the refrigerator and slice into 1/2-inch slices. Serve the terrine with toast points, cornichons, brunoise red onions and port wine syrup. This recipe yields 14 to 16 servings.**

# **Foie De Veau À La Lyonnaise Veal Liver And Onions**

---

4 Tablespoon Butter  
2 Cup Thinly sliced onions  
1 Pound Veal liver; cut into 4 (4-ounce) pieces  
Salt  
Freshly ground black pepper  
1 Cup Flour  
1 Recipe Potato Gratin; (see recipe)

## **POTATO GRATIN**

1 Quart Heavy cream  
6 Egg yolks  
Salt  
White pepper  
3 Pound Idaho potatoes; peeled and thinly sliced, (vertically)  
1 Pound Gruyere cheese; grated

In a saut pan, over medium heat, melt 2 tablespoons of butter. Add the onions. Season with salt and pepper. Saut until wilted, about 2 minutes. Season both sides of the liver with salt and pepper. Season the flour with salt and pepper. Dredge the liver in the flour, coating completely and shaking off the excess. In a large skillet, over medium heat, melt remaining 2 tablespoons of the butter. When the butter is hot, add the liver. Cook for 1 minute on each side, remove from the pan and set aside.

To serve, place a serving of the gratin in the center of each plate. Lay a piece of the liver next to the gratin. Spoon the onions over the liver. Garnish with parsley.

Yield: 4 servings

## **POTATO GRATIN:**

Preheat the oven to 400 degrees F.

In a mixing bowl, whisk the cream and yolks together. Whisk well. Season with salt and pepper. Butter a square baking dish. Lay a layer of the potatoes over the bottom of the pan. Season the layer with salt and pepper. Sprinkle with an eighth of the cheese. Ladle 1 cup of the cream mixture over the cheese. Lay another layer of the potatoes over the cream mixture. Using your hands, firmly press the layers together. Repeat the above process with the remaining ingredients. Place a piece of parchment paper over the potatoes and cover with foil. Place in the oven and cook for 30 minutes. Remove the foil and continue to cook for 15 minutes. Remove from the oven and cool completely. Reheat and slice into individual servings.

Yield: 6 to 8 servings

# Foie Gras And Mushroom Stew With Mascarpone Dumplings

---

1/2 Pound Foie gras; cleaned  
1/4 Cup Minced shallots  
4 Cup Sliced exotic mushrooms  
(such as lobster; hedgehog, oyster, black  
Trumpets; baby shiitakes, etc.)  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Tablespoon Chopped garlic  
4 Cup Veal reduction  
2 Tablespoon Butter  
1 Tablespoon Finely-chopped fresh parsley leaves  
3/4 Cup Mascarpone cheese  
Freshly-ground white pepper; to taste  
12 Wonton wrappers –; (square)

Slice the foie gras into 1/2-inch slices. Cut each slice into 1/2-inch cubes. Heat a large saute pan, over medium heat. Add the foie gras and saute quickly for 1 minute. Remove the foie gras, drain on paper towels and set aside. Place the pan back over the heat and add the shallots and mushrooms. Season with salt and pepper. Saute for 2 minutes. Add the garlic and reduction. Bring the liquid to a boil and then reduce heat to medium-low. Simmer for 4 minutes. Stir in the butter, one tablespoon at a time. Stir in 2 teaspoons of the parsley and set aside, keeping warm. Bring a pot of salted water to a boil. In a small mixing bowl, add the cheese. Season with salt and white pepper. Stir well. Place 1 tablespoon of the cheese in the center of each wonton wrapper. Using water, lightly wet the edges of each wonton. Bring one corner to the opposite corner, forming a triangle. Seal the edges tightly. Bring the two bottom corners together and press tightly, forming a hat shape. Drop the dumplings in the boiling water and cook until tender, about 4 to 5 minutes. Place the sauce back over the heat and return to a simmer. Stir in the reserved foie gras. Remove the dumplings from the water and drain on paper towels. Season with salt and pepper. To serve, spoon the stew in the center of the shallow bowls. Place three dumplings in bowl and garnish with the reserved parsley. This recipe yields 4 servings.

# Foie Gras Bread Pudding

---

3 Tablespoon Unsalted butter  
1 Foie gras lobe; cut into large dice  
3 Cup Julienned yellow onions  
2 Teaspoon Salt  
3/8 Teaspoon Cayenne pepper; divided  
Freshly-ground black pepper; 12 peppermill turns  
1 Pound Boudin sausage; casing removed  
1 Tablespoon Chopped garlic  
5 Eggs  
2 Cup Heavy cream  
1/4 Teaspoon Tabasco pepper sauce  
1 Teaspoon Worcestershire sauce  
8 Slice One-inch-cubed white bread –; (abt 4 cups)  
1/2 Cup Grated Parmigiano-Reggiano cheese  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 350 degrees. Grease a 2-quart glass rectangular pan with 1 tablespoon butter. In a large hot saute pan, add the foie gras pieces and sear for 30 seconds stirring constantly. Remove the foie gras from the pan and drain on a paper-lined plate. Add the onions, 1 teaspoon salt, 1/4 teaspoon cayenne, and 12 turns black pepper to the foie gras fat. Saute for 4 minutes. Add the boudin sausage and lightly brown. Add the garlic and saute for 1 minute. Remove from the heat and cool. In a mixing bowl, whisk the eggs for 30 seconds. Add the heavy cream, remaining 1 teaspoon salt, remaining 1/8 teaspoon cayenne pepper, Tabasco pepper sauce and Worcestershire sauce. Whisk the mixture until fully incorporated. Stir in the onion mixture. Add the bread cubes and mix well. Fold in the seared foie gras. Pour the filling into the prepared pan. Sprinkle the pudding with the grated cheese. Bake for 55 minutes. Remove from the oven and allow to rest for 5 minutes before serving. This recipe yields 10 servings.

# Fois Gras And Pumpkin Pudding

---

1 Tablespoon Butter  
1/2 Pound Fois gras; cleaned, diced  
3 Cup Julienned onions  
Salt; to taste  
Cayenne pepper; to taste  
Freshly-ground black pepper; to taste  
3 Cup Diced fresh pumpkin; blanched  
1 Tablespoon Chopped garlic  
5 Large Eggs  
2 Cup Heavy cream  
1 Dash Hot pepper sauce  
1 Dash Worcestershire sauce  
8 Slice White bread; crusts removed,  
Cut into 1" cubes –; (abt 4 cups)  
1/2 Cup Grated Parmigiano-Reggiano cheese  
10 servings.  
5 Fat; 0 Other Carbohydrates

Preheat the oven to 350 degrees. Grease a 2-quart glass rectangular pan with 1 tablespoon of the butter. Heat a large saute pan over medium-high heat. Add the fois gras and saute quickly for 1 minute. Remove and drain on paper towels. Set aside. Add the onions. Season with salt, cayenne and black pepper. Cook, stirring, until the onions are soft, about 4 minutes. Add the pumpkin and garlic and saute for 2 minutes. Remove from the heat and cool. In a large mixing bowl, whisk the eggs until smooth. Add the cream. Season with salt, cayenne, black pepper, hot pepper sauce, and Worcestershire sauce. Whisk the mixture until blended. Add the pumpkin mixture, reserved fois gras and bread crumbs and mix well. Pour the mixture into the prepared pan. Sprinkle the top with the cheese. Bake until the pudding is golden brown and bubbly, about 55 minutes. Remove from the oven and allow to cool for 5 minutes before serving. This recipe yields 8.

# Fois Gras And Truffle Mousse

---

**1 Lobe of Grade A Fois Gras; at room temperature, about 1 1/4 pounds**

**1/4 Cup Cognac**

**1/4 Cup Heavy cream**

**Salt**

**Freshly ground black pepper**

**1/2 Ounce Black truffles finely chopped**

**1 Dozen toast points**

**In a food processor fitted with a metal blade, add the fois gras and puree until smooth. Add the cognac and cream. Process until smooth. Season with salt and pepper. Remove from the processor and fold in the truffles. Spoon the mousse in a porcelain 2 cup dish. Serve the mousse at room temperature with the toast points.**

**Yield: 6 servings**

# Fondant

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**2 Cup Sugar**

**1 Cup Water**

**2 Tablespoon Corn syrup**

**29 Other Carbohydrates**

**In a saucepan, over medium heat, combine the sugar and water. Stir until the sugar dissolves. Stir in the corn syrup. Bring the mixture to a boil and cook until the mixture reaches the soft-ball stage, between 234 and 240 degrees on a candy thermometer. Pour the mixture over a dampened marble slab. Sprinkle it with a little water to prevent a crust from forming and leave to cool for 2 to 3 minutes. Using a triangular scraper work the sugar syrup scraping it from the slab and turning the sides to the center.**

**Alternatively, work the fondant in an electric mixer with a dough hook. Work vigorously particularly when the fondant starts to thicken and become creamy. After 3–5 minutes it will suddenly become stiff. Break off one piece of fondant at a time and work it by pinching it hard in your fingers until pliable and smooth. Press all the pieces of pliable fondant together and knead in any flavoring or coloring. Pack into an airtight container and leave in the refrigerator or a cool place at least 1 hour, preferably 1 day to mellow.**

# Fondue Piquante

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**1/4 Cup Olive oil; plus**  
**2 Tablespoon Olive oil**  
**3 Tablespoon Chopped onions**  
**3 Tablespoon Chopped green bell peppers**  
**1 Tablespoon Seeded; minced jalapeno peppers**  
**1 Tablespoon Minced garlic**  
**1 Tablespoon Chopped fresh thyme**  
**1 Tablespoon Chopped fresh oregano**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Cup Peeled; seeded, chopped tomatoes**  
**3 Bay leaves**  
**Bayou Blast; see \* Note**  
**1 Pinch Crushed red pepper**  
**2 Cup Chicken stock**  
**1 Tablespoon Finely-chopped parsley**  
**1/3 cups of sauce.**

**Heat 2 tablespoon of the oil in a non-reactive saucepan over high heat. Add the onions, green pepper, jalapenos, garlic, thyme, and oregano. Season with salt and pepper. Saute for 2 minutes. Stir in the tomatoes, bay leaves, pinch of Bayou Blast, pinch of crushed red pepper and stock. Season with salt. Bring to a boil and cook for a few minutes. Reduce the heat and simmer for 20 minutes. Remove from the heat. Pour the mixture into a blender and drizzle in the remaining 1/4 cup oil while the motor is running. Pour back in the saucepan and stir in the parsley. Serve warm.**



# Fresh Apple Puree

---

**2 Tablespoon Butter**

**1/2 Cup Brown sugar**

**1/4 Cup Steen's 100 percent Pure Cane Syrup**

**1/2 Teaspoon Ground cinnamon**

**1/4 Teaspoon Ground cloves**

**2 1/2 Pound Cooking apples; such as Granny Smith, cored, quartered and chopped**

**1 Pinches salt**

**2 Tablespoon Cornstarch**

**2 Tablespoon Water**

**In a large saucepan, over medium heat, melt the butter. Stir in the sugars, cane syrup and spices, stirring until the sugar dissolves. Add the apples and salt. Mix well. Cook for 20 minutes, stirring occasionally. Dissolve the cornstarch in the water. Stir the mixture into the apples and continue to cook for 10 minutes. Remove from the heat and cool completely. In a food processor or blender, puree the mixture until slightly smooth.**

**Yield: about 3 cups**

# **Fresh Asparagus And Lump Crab Salad With A Sauce Ravigote**

---

**2 Bunch Fresh green asparagus**  
**1 Cup Homemade mayonnaise**  
**2 Teaspoon Dijon mustard**  
**Juice of one lemon**  
**1/2 Cup Minced onions**  
**1 Tablespoon Minced shallots**  
**1 Teaspoon Minced garlic**  
**1/4 Cup Pressed capers**  
**1 Tablespoon Chopped parsley**  
**1 Tablespoon Chopped chervil**  
**1 Tablespoon Chopped tarragon**  
**1 Pound Lump crabmeat; picked over**  
**For shells and cartledge**

**Bring a pot of salted water to a boil. Trim off about 2 inches from the bottom of the asparagus. When the water comes to a boil. Add the asparagus and cook for 2 to 3 minutes, (depending on the size of the asparagus). Remove the asparagus and place in a large mixing bowl of ice water. Leave the asparagus in the water for 2 minutes. Remove from the water and pat dry. In a mixing bowl, whisk the mayonnaise, mustard, lemon juice, onions, shallots, garlic, capers, parsley, chervil and tarragon. Mix well. Season the mixture with salt and pepper. Add the crab meat and mix well. Reseason if needed. Arrange the asparagus on a platter and spoon the crab mixture over the center of the asparagus.**

# Fresh Carrot Ring With Buttered Peas And Cauliflower

---

1 Tablespoon Vegetable oil  
1/2 Cup Fine bread crumbs  
4 Eggs; separated  
1–1/2 Cup Butter; at room temperature (3 sticks)  
1 Cup Light brown sugar  
3 Cup Finely grated fresh carrots; (1 pound)  
2 Tablespoon Milk  
2 Tablespoon Fresh lemon juice  
1 Teaspoon Salt  
2 Teaspoon Baking powder  
1 Teaspoon Baking soda  
2 Cup Flour  
3 Tablespoon Butter  
2 Cup Fresh or frozen peas  
Salt  
Freshly ground black pepper  
1 Head fresh cauliflower; cut into florets and cooked until tender in salted water

Preheat the oven to 350 degrees. Grease a 3 quart ring mold or bunt pan with the oil. Dust the pan with the bread crumbs. In the bowl of an electric mixer, fitted with a whip attachment, whip the egg whites on medium–high until stiff. Remove and set aside. In another bowl of an electric mixer, fitted with a paddle, cream the butter and sugar together. Add the egg yolks one at a time, beating until smooth. Add the carrots, milk and lemon juice. Beat well. Add the salt, baking powder, baking soda and flour. Beat well. Fold in the whipped egg whites. Pour the mixture into the prepared pan and spread evenly. Bake for 1 hour, or until the center is set and the cake springs back from the pan. Remove from the oven and cool for 5 minutes in the pan. Remove from the pan and turn onto a serving platter.

In a saute pan, over medium heat, melt the butter and cook for about 1 minute or until the butter starts to turn brown. Add the peas. Season with salt and pepper. Saute for 2 to 3 minutes. Remove from the heat and spoon around the carrot ring. Spoon the cauliflower in the center of the ring. Serve warm.

Yield: 8 to 10 servings

# Fresh Coconut Ice Cream

---

**1 Quart Whole milk**  
**2 Cup Heavy cream**  
**1 Cup Coco lopez**  
**1 Cup Sugar**  
**1 Pinch Freshly-ground black pepper**  
**8 Egg yolks; beaten**  
**10 Ounce Frozen fresh coconut**

**In a large saucepan, over medium heat, combine the milk, cream, coco lopez, sugar and pepper. Whisk until the sugar is dissolved. Bring the milk up to a boil and then reduce to a simmer, this will scald the milk. Temper the beaten egg yolks into the hot milk. Continue to cook until the mixture comes back to a boil. This mixture will be thick and will coat the back of a spoon. Remove from the heat and strain into a glass bowl. Fold in the fresh coconut. Cover the top of the mixture with plastic wrap and cool completely. Place the mixture in the refrigerator and chill completely. Pour the filling into the ice cream machine and follow the instructions for the churning time. This recipe yields about 1/2 gallon of ice cream.**

# Fresh Coconut Pot Du Creme

---

1 Quart Heavy cream  
1 Vanilla bean; split in half  
1 Cup Coco Lopez  
2 Cup Fresh coconut  
10 Egg yolks

## GARNISH

Whipped cream  
Chocolate shavings  
Espresso powder

Preheat oven to 300 degrees. Combine the cream, scraped vanilla, whole vanilla bean, and coconut milk in a sauce pan over medium heat. Bring the cream up to a boil and reduce to a simmer. Simmer the cream for 5 minutes. Remove from the heat and discard the vanilla bean. In an electric mixer, beat the yolks. Gradually pour the hot cream into the mixer. Mix until incorporated. Strain the liquid into a pitcher. Fold in the fresh coconut. Place eight (3/4 cup) ramekins in a roasting pan. Fill the ramekins to the rim with the custard. Pour water into the roasting pan 1/2 way up the sides of the ramekins. Cover the pan loosely with foil and bake for 1 to 1 1/2 hours or until set. Remove from the pan and let the custards cool completely. Place in the refrigerator and chill for 1 hour. Garnish with whipped cream, chocolate shavings and espresso powder. This recipe yields 8 servings.

# Fresh Crabmeat And Lobster Lasagna

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6 Tablespoon Butter  
6 Tablespoon Flour  
4 Cup Milk  
Salt; to taste  
Freshly-ground white pepper; to taste  
1 Pinch Nutmeg  
1/2 Pound Fresh spinach; cleaned, stemmed,  
And cut chiffonade  
8 Ounce Grated Parmigiano-Reggiano cheese  
2 Cup Ricotta cheese  
1 Egg  
2 Teaspoon Chopped garlic  
8 Ounce Grated Mozzarella cheese  
3/4 Pound Lump crabmeat; picked over for  
Cartilage  
1-1/2 Pound Lobster; cooked, meat  
Removed and diced  
1/2 Pound Fresh pasta sheets  
3 1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 350 degrees. In a medium saucepan, over medium heat, melt the butter. Stir in the flour and cook for 2 minutes. Whisk in the milk, 1/2 cup at a time. Season with salt, pepper and nutmeg. Cook, stirring constantly for 4 to 6 minutes. Remove from the heat and stir in the spinach and 1/2 cup of the Parmesan cheese. Makes 5 cups. Set aside. In a mixing bowl, combine the ricotta cheese, egg, garlic and Mozzarella cheese. Season with salt and pepper. Mix well. Set aside. Grease a 8- by 8- by 2-inch square pan. To assemble, spread 1 cup of the sauce over the bottom of the pan. Season the crabmeat and lobster with salt and pepper. Sprinkle 1/4 of the crabmeat and lobster over the sauce. Sprinkle some of the remaining Parmesan cheese over the crabmeat. Cover the cheese with the fresh pasta. Spread 1/4 of the cheese filling evenly over the pasta. Repeat the layering until all of the ingredients are used. Top the lasagna with the remaining cup of the sauce. Place in the oven and bake until bubbly and golden, about 45 minutes. Remove from the oven and cool for 10 minutes before serving. This recipe yields 8 servings.

# Fresh Cranberry Compote

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**6 Ounce Fresh cranberries; rinsed and picked over**  
**1 Tablespoon Orange zest**  
**1/2 Cup Sugar**  
**1 Cup Water**  
**1 Pinch Salt**  
**1 Pinch Ground cinnamon**  
**1/4 Cup Plus 1 tablespoon cornstarch**  
**1/4 Cup Fresh orange juice**  
**6 1/2 Other Carbohydrates**

**In a non reactive, non-stick saucepan, over medium, combine the cranberries, zest, 1/2 cup sugar, water, salt, and cinnamon. Bring the mixture to a boil and cook for 10 minutes. Dissolve 1 tablespoon cornstarch in the orange juice. Add the mixture to the cranberries and stir to blend. Simmer another 15 minutes until the mixture is thick. Remove from the heat and cool completely. Cover and refrigerate until chilled.**

**Yield: 5 cups**

# Fresh Cranberry Custard Pies

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6 Ounce Fresh cranberries; rinsed, and  
Picked over  
1 Tablespoon Orange zest  
1 1/4 Cup Sugar; plus  
2 Tablespoon Sugar  
1 Cup Water  
1 Pinch Salt  
1 Pinch Ground cinnamon  
1/4 Cup Cornstarch; plus  
1 Tablespoon Cornstarch  
1/4 Cup Fresh orange juice  
3 Cup Milk  
4 Eggs; separated  
1 Teaspoon Vanilla extract  
1 Tablespoon Butter  
8 Individual pastry shells; baked until golden

In a non-reactive, non-stick saucepan, over medium heat, combine the cranberries, zest, 1/2 cup sugar, water, salt, and cinnamon. Bring the mixture to a boil and cook for 10 minutes. Dissolve 1 tablespoon cornstarch in the orange juice. Add the mixture to the cranberries and stir to blend. Simmer another 15 minutes until the mixture is thick. Remove from the heat and cool completely. Cover and refrigerate until chilled. In a non-stick one-quart saucepan, combine 3/4 cup sugar and 2 3/4 cups milk together. Bring the milk to boiling point and scald the milk. In a small mixing bowl, whisk the remaining milk, egg yolks, and remaining 1/4 cup cornstarch together. Whisk until smooth. Temper the egg yolk mixture into the scalded milk. Bring the mixture up to a boil and cook for about 3 minutes or until the mixture is thick, stirring constantly. Remove the pan from the heat and stir in the vanilla and butter. Pour the filling into the individual pastry shells. Cover each pie with plastic wrap and place in the refrigerator. Chill the pies completely, about 2 hours. Using an electric mixer, whip the egg whites until stiff with the remaining sugar. Spoon the cranberry mixture over each of the pies. Top each pie with the meringue. Place the pie in the oven and bake for about 4 to 6 minutes or until golden. Remove from the oven and cool. This recipe yields 8 servings.



# Fresh Florida Orange Cake With Toasted Almond Ice Cream

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**6 Large Oranges**  
**3 Cup Ground blanched almonds**  
**1/2 Cup All purpose flour**  
**2 Cup Sugar**  
**1/2 Teaspoon Salt**  
**1 Teaspoon Baking powder**  
**1 Cup Melted butter**  
**6 Eggs**  
**1/2 Cup Cointreau**  
**1–1/2 Quart Toasted almond ice cream**  
**1 Recipe Strawberry Compote**  
**1 Sprig fresh mint**  
**Confectioners' sugar**

**Preheat the oven to 350 degrees F.**

**Grease a large sheet pan with butter. Place the oranges in a saucepan over medium heat and cover with water. Bring the oranges to a boil and cook until soft, about 20 minutes. Remove the oranges and cool. Using a knife, remove the zest and fruit. In a food processor fitted with a metal blade puree the zest and fruit until smooth. In a large mixing bowl, whisk the remaining ingredients until smooth. Add the orange puree and mix well. Pour into prepared pan and bake until the center springs back, about 25 to 30 minutes. Remove from the oven and cool. Cut the cake into 24 equal pieces. To assemble, place one piece of the cake in the center of 12 plates. Place 1/4 cup of the ice cream on top of each piece of the cake. Spoon some of the compote over the ice cream. Place another piece of cake on top of the compote, forming a sandwich. Repeat the above process with the remaining ice cream and compote. Garnish with mint sprigs and a sprinkle of confectioners' sugar.**

**Yield: 12 servings**

# Fresh Fruit Pops

---

**1/2 Pint Blueberries; stemmed and rinsed**

**Honey**

**1 Container Mascarpone –; (abt 10 oz)**

**1/4 Cup Heavy cream; to 1/2 cup**

**1/2 Fat; 0 Other Carbohydrates**

**Using a food processor, fitted with a metal blade, puree the blueberries until smooth. Sweeten the blueberries with the honey to taste. Add the cheese and puree until smooth. With the machine running add in enough cream to thin the filling to where it is pourable. Fill each mold with the filling. Cover the molds tightly with plastic wrap and push the sticks into each mold. Place the molds in the freezer until frozen, about 2 to 3 hours. Remove from the freezer and discard the plastic wrap. If the pops will not come out easily, place the molds in a little hot water. This recipe yields 12 to 16 servings.**

## **Fresh Herb Salad**

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**1/4 Cup Fresh purslane; washed, patted dry**  
**1/4 Cup Fresh chervil sprigs; washed, patted dry**  
**1/4 Cup Lovage leaves; washed, patted dry**  
**1/4 Cup Tarragon leaves; washed, patted dry**  
**1/4 Cup Viola flowers; washed, patted dry**  
**1/4 Cup Small basil leaves; washed, patted dry**  
**1/4 Cup Snipped chives**  
**Drizzle of extra-virgin olive oil**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**

**Combine all of the herbs in a mixing bowl. Toss the herbs lightly in the oil. Season with salt and pepper. Serve immediately. This recipe yields 1 3/4 cups.**

# Fresh Lemon Curd

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**1 Cup Fresh lemon juice; about 16 lemons**

**3/4 Cup Sugar**

**8 Egg yolks**

**For the fresh lemon curd: In a double boiler, over medium heat, whisk all the ingredients together. Cook the sauce until thick, about 10 to 12 minutes, stirring constantly. Remove from the heat and cool. This recipe yields about 1 1/2 to 2 cups.**

# Fresh Lemon Pastry Cream

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**5 Large Egg yolks**  
**3/4 Cup Cornstarch**  
**3 Cup Heavy cream**  
**1/2 Cup Fresh lemon juice**  
**1–1/2 Cup Sugar**  
**1/2 Fruit;**  
**56 1/2 Fat; 20 Other Carbohydrates**

**In a mixing bowl, combine the egg yolks, cornstarch, and 1 cup of the heavy cream. Whisk to blend well. Set aside. Combine the remaining 2 cups cream, lemon juice and sugar in a large heavy-bottomed saucepan over medium heat. Whisk to dissolve the sugar and bring to a gentle boil, about 10 minutes. Slowly add the egg yolk mixture, whisking constantly until it thickens, about 5 minutes. Be forewarned: the mixture will break. Don't be alarmed. Pour it into a glass bowl. Press a piece of plastic wrap directly on the surface of the mixture to prevent a skin from forming. Let cool completely at room temperature. When cooled pour the mixture into the bowl of an electric mixer fitted with a wire whip. Beat at medium speed to combine the mixture. If it will not combine, warm another 1/2 cup heavy cream and slowly add it to the mixture. Whip until you have a thick and creamy custard. This recipe yields about 3 1/2 cups.**

# Fresh Lobster Salad

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**1 Cup Extra-virgin olive oil**  
**Juice from two oranges**  
**2 Tablespoon Minced shallots**  
**1 Teaspoon Minced garlic**  
**Drizzle of honey**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**4 Cup Fresh baby arugula; washed, patted dry**  
**1 Pound Cooked lobster meat; sliced 1/4" thick**  
**1/4 Pound Fresh haricot vert; stemmed, blanched**  
**1/2 Cup Cured Greek olives; pitted, halved**  
**2 Hard-boiled eggs**  
**1 Tablespoon Finely-chopped fresh parsley leaves**

**In a mixing bowl, whisk the oil and orange juice until emulsified. Whisk in the shallots and garlic. Season with the honey, to taste. Season with salt and pepper. Toss the arugula with 1/3 of the dressing. Season with salt and pepper. Mound the greens in the center of each plate. Toss green beans and olives with 1/3 of the dressing. Season with salt and pepper. Mound the beans on top of the greens. Toss the lobster with the remaining dressing. Season with salt and pepper. Mound the lobster on top of the bean mixture. Slice the eggs thin. Season with salt and pepper and garnish the salad with the eggs. Garnish with parsley. This recipe yields 4 servings.**

# **Fresh Mango Ice Cream With A Tropical Fruit Relish**

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**2 Pound Chopped fresh mango**  
**3 Cup Sugar**  
**1/2 Cup Water**  
**1 Quart Cream**  
**8 Egg yolks**  
**1/2 Cup Small–diced mango**  
**1/2 Cup Small–diced papaya**  
**1/2 Cup Small–diced fresh pineapple**  
**1/2 Cup Small–diced kiwi**  
**2 Tablespoon Chiffonade of fresh mint**  
**1/4 Cup Toasted coconut**

**In a saucepan, combine the mango, sugar and water. Over medium–low heat, simmer the liquid for about 5 minutes, to infuse the flavors. Remove from the heat and cool completely. In a food processor, fitted with a metal blade or blender, puree half of the mixture until smooth. Remove from the processor and set aside. Add the remaining mango mixture to the processor and pulse several times, where the mixture is lightly chunky. Remove from the processor and set aside. In another saucepan, add the cream. Bring the liquid to a gentle boil. Whisk the egg yolks together. Whisk 1 cup of the hot cream into the egg mixture. Mix thoroughly. In a steady stream, slowly add the egg mixture to the hot cream mixture. Continue to cook for 4 minutes, stirring occasionally. Remove from the heat and stir in chunky mango mixture. Cool completely. Add the mango/cream mixture to the electric ice cream mixture. Process according to manufacturer's directions. In a small bowl, toss the diced fruit, mint and coconut together. Mix thoroughly. To serve, spoon the puree of mango in the center of each dessert bowl. Place a scoop of the ice cream in the center of each sauce. Spoon the relish over the ice cream and serve. This recipe yields 6 servings.**

# Fresh Pasta

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**3 Cup Durum semolina flour**  
**1 Teaspoon Salt**  
**2 Eggs; to 3 eggs**  
**1 Tablespoon Olive oil**  
**1/2 Cup Grated Romano cheese**

**Mix the semolina and salt together. On a large work surface, form a mound with the semolina and create a "well" in the center of the mound. In a small bowl, beat the eggs and oil together until smooth. Pour this mixture into the well. Working from the inside of the well out, gradually work the semolina into the eggs, until all the flour is worked in. Wrap with plastic and allow to rest for 30 to 40 minutes. Remove from the refrigerator and temper for 5 minutes. Flour a surface and turn the dough out onto it. Roll out the dough to 1/2 of an inch thick. Cut the dough out into thirds. Using a pasta machine, wide cutters, carefully work one piece of the pasta dough through the pasta machine. Lightly toss the cut pasta in flour to prevent from sticking. Pass the remaining pieces of pasta through the machine. This recipe yields 1 pound of pasta, 4 servings.**



# Fresh Pasta With Shiitakes

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**2 Tablespoon Olive oil**  
**2 Tablespoon Chopped shallots**  
**1–1/2 Pound Fresh shiitake mushrooms; wiped clean, Stemmed and sliced**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Tablespoon Chopped garlic**  
**3 Cup Veal reduction**  
**1/2 Cup Heavy cream**  
**8 Ounce Parmigiano-Reggiano cheese; grated**  
**1 Pound Fresh fettuccine or linguine; cooked until tender**

**In a large saute pan, over medium heat, add the oil. When the oil is hot add the shallots and mushrooms. Season with salt and pepper. Saute for 3 minutes. Add the garlic and reduction. Bring the liquid to a boil. Reduce the heat to medium-low and simmer for 3 to 4 minutes. Stir in the cream and half of the cheese. Continue to simmer for 2 minutes. Add the pasta. Mix well. Season with salt and pepper. Remove from the heat. To serve, mound the pasta in the center of each plate. Garnish each plate with the remaining cheese. This recipe yields 4 servings.**

# Fresh Pasta With Tomatoes And Calamari

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3 Cup Durum semolina  
1 Teaspoon Salt  
2 Eggs; to 3 eggs  
1 Teaspoon Squid ink  
1 Tablespoon Olive oil  
2 Cup Heavy cream  
1/2 Cup Grated Parmesan cheese  
1/2 Cup Grated Romano cheese  
Salt; to taste  
Freshly-ground black pepper; to taste  
4 Italian Roma tomatoes; split, roasted, and julienned  
1/4 Cup Chopped green onions  
1 Pound Fried calamari  
1/2 Fat; 0 Other Carbohydrates

Mix the semolina and salt together. On a large work surface, form a mound with the semolina and create a "well" in the center of the mound. In a small bowl, beat the eggs, squid ink and oil together until smooth. Pour this mixture into the well. Working from the inside of the well out, gradually work the semolina into the eggs, until all the flour is worked in. Wrap with plastic and allow to rest in the refrigerator for 30 to 40 minutes. Remove from the refrigerator and temper for 5 minutes. Flour a surface and turn the dough out onto it. Roll out the dough to 1/2 of an inch thick. Cut the dough out into thirds. Using a pasta machine, wide cutters, carefully work one piece of the pasta dough through the pasta machine. Lightly toss the cut pasta in flour to prevent from sticking. Pass the remaining pieces of pasta through the machine. Bring a pot of salt water to a boil. In a hot saute pan, add the cream. Over high heat, reduce the cream by half, about 5 minutes. Stir in the grated cheeses and season with salt and pepper. Continue to simmer the sauce until it coats the back of a spoon, about 2 to 3 minutes. Remove from the heat and set aside. Drop the pasta in the boiling water and cook for 3 minutes, or until the pasta is tender. Drain the pasta and turn into the cream sauce. Turn the pasta/cream mixture into a mixing bowl. Add the tomatoes, green onions, and fried calamari. Toss to incorporate all the ingredients. To assemble, divide the pasta between four bowls. Garnish with chopped parsley and grated cheese. This recipe yields 1 pound of pasta, or 4 main-dish servings.

# Fresh Peach Ice Cream With Rainier Cherries

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**2 Tablespoon Butter**  
**1 1/4 Cup Sugar**  
**2 Pound Fresh peaches; peeled, pitted, and sliced**  
**1 Quart Heavy cream**  
**6 Egg yolks; beaten**  
**1/2 Pound Rainier cherries**  
**Dark rum; to taste**  
**2 Dozen butter cookies**

**In a large saute pan, over medium heat, melt the butter. Stir in 3/4 cup of the sugar until it dissolves. Add the peaches and saute for 3 to 4 minutes, or until the peaches soften. Remove from the heat and cool completely. In a food processor, fitted with a metal blade, puree the peach mixture until smooth. In a medium saucepan, over medium heat, combine the peach mixture and heavy cream. Bring the mixture up to a gentle boil. Add 1 cup of the hot cream mixture to the beaten yolks and whisk well. Add the yolk mixture back to the cream mixture and whisk well. Continue to cook for 4 to 6 minutes, or until the mixture can coat the back of a spoon. Remove from the heat, and pour into a glass bowl. Press a piece of plastic wrap to the cream mixture (this will prevent a film from forming) and cool completely. Pour the cream mixture into a frozen ice-cream cylinder and process according to manufacturers directions. In a medium sized bowl, combine the cherries, remaining 1/2 cup sugar, and rum (to taste ). Mix well and allow to sit for 10 minutes. To serve, place a couple scoops of ice cream in each serving bowl. Spoon the cherries over the ice cream and serve with the butter cookies.**

**Yield: 6 to 8 servings**

# **Fresh Peach Muffins With A Pecan Crumb Topping**

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**2 Cup Finely–chopped fresh or frozen peaches**  
**1–1/2 Cup Sugar**  
**1/2 Cup Butter – (1 stick); at room temperature**  
**2 Eggs**  
**1–1/2 Cup Milk**  
**4 Cup Flour**  
**4 Teaspoon Baking powder**  
**1 Teaspoon Salt**  
**1/4 Cup Brown sugar**  
**1/4 Cup Ground pecans**  
**1/4 Teaspoon Ground cinnamon**  
**4 Tablespoon Cold butter**  
**1/2 Fat; 1 Other Carbohydrates**

**Preheat the oven to 400 degrees. Lightly Grease 24 (2 3/4–inch by 1 3/8–inch) muffin cups. Place the peaches in a bowl and cover with 1/2 cup of the sugar. Mix thoroughly. Allow the peaches to sit for 1 hour. Using an electric mixer, fitted with a paddle, cream the butter and remaining 3/4 cup of sugar until smooth and pale in color, about 3 minutes. Add the eggs, one at a time, and beat until fluffy, about 2 minutes. In a mixing bowl, combine 3 1/2 cups of the flour, baking powdered, and salt. Remove the bowl from the mixer and alternately fold in the milk and flour mixture, being careful not to over mix. Fold in the peaches. Spoon 1/4 cup of the filling into each prepared muffin cup. In a small bowl, combine the remaining flour, brown sugar, pecans, and cinnamon. Mix well. Add the butter. Using your hands, mix until the mixture resembles a coarse crumb–like mixture. Sprinkle 1 tablespoon of the crumb mixture over each muffin cup. Place in the oven and bake for about 15 to 20 minutes or until golden brown. Serve warm with butter. This recipe yields 2 dozen muffins.**

# Fresh Pita Bread

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- 1 Teaspoon Dry active yeast
- 2 1/2 Cup Tepid water; (80 to 90 degrees)
- 2 1/2 Cup Whole wheat flour
- 1 Tablespoon Salt
- 1 Tablespoon Olive oil
- 2 1/2 Cup Unbleached all-purpose flour; – (to 3 1/2 cups)

Stir the yeast and water together in a large bowl. Using a wooden spoon and stirring in one direction, stir in the whole wheat flour about a cup at a time; then stir 100 times or until the mixture looks smooth and silky. This is the sponge and it needs to rest, covered with plastic wrap, for at least 30 minutes, although it is best if it can rest for as long as 8 hours in a cool place, a rest that will give fuller flavor. Sprinkle the salt over the sponge and then stir in the olive oil, mixing well, again stirring in the same direction. Add the flour about a cup at a time, mixing until the dough is too stiff to stir with a spoon. Turn the dough out onto a lightly floured work surface and knead it, mixing until it is smooth and elastic, 8 to 10 minutes. The dough will be moderately-firm and have a slight sheen. Clean the mixing bowl, dry it, and coat it lightly with oil. Transfer the dough to the bowl, turn the dough around to oil its surface, and cover tightly with plastic wrap. Let the dough rise at room temperature for 2 to 3 hours, or until it doubles in bulk. Turn the dough onto the work surface. Divide it in half and keep one half under plastic or cloth while you work with the other. Cut the dough into 8 equal pieces and, with lightly-floured cupped hands, form the pieces into tight balls; keep the balls under plastic as you work on the other. On a well-floured surface, flatten the balls of dough with your fingertips and then, using a rolling pin, roll each piece of dough into a circle 8 to 9 inches in diameter and less than 1/4-inch thick. Cover but do not stack the rolled-out breads. Preheat the griddle or cast-iron skillet over medium-high heat and lightly oil the griddle. Bake 1 rolled-out circle at a time on the griddle, putting the pita top-side down on the griddle and cooking for 15 to 20 seconds before turning the bread over gently. Cook for another minute or until big bubbles appear. Turn the bread again and cook until it balloons fully. Pressing a towel on those areas where bubbles have formed will push air into the flat areas. The breads should bake for no more than 3 minutes. Oil the griddle after every 4 to 5 breads. Pita is best the day it is made, but it can be wrapped airtight and frozen for 1 month. This recipe yields 16 pitas.

# Fresh Tomato And Potato Tart

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**1 Unbaked 10-inch fluted tart shell**  
**1 Cup Creme fraiche**  
**1 Cup Grated Gruyere cheese; (about 4 ounces)**  
**1 Egg**  
**Salt**  
**Freshly ground white pepper**  
**1/2 Pound Fresh beefsteak or vine-ripened tomatoes**  
**1/4 Cup Thinly sliced yellow onions**  
**1/2 Pound Small red or new potatoes; slice 1/4-inch**  
**; thick and blanched**  
**1 Tablespoon Finely chopped fresh parsley leaves**  
**14 1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 350 degrees F.**

**Place the tart shell in the oven and bake for 10 minutes. Remove and cool. Set aside.**

**In a mixing bowl, combine the creme fraiche, cheese and egg. Mix well. Season with salt and pepper, set aside.**

**Slice the tomatoes 1/4-inch thick. Season both sides of the tomatoes with salt and pepper. Line the bottom of the tart shell with the tomatoes. Lay the onions over the tomatoes. Season both sides of the potatoes with salt and pepper. Fan the potatoes evenly over the onions. Pour the cheese mixture evenly over the potatoes. Spread evenly. Bake for 10 to 12 minutes, or until golden brown.**

**Remove from the oven and cool for 5 minutes before serving. Slice the tart into 8 servings. Garnish with parsley.**

**Yield: 8 servings**

# **Fresh White Anchovy And Artichoke Pizza**

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**4 Cooked artichoke hearts  
3 Garlic cloves; peeled  
Salt; to taste  
Freshly-ground black pepper; to taste  
1/4 Cup Olive oil  
4 Pizza dough rounds –; (8" dia)  
1/4 Cup Grated Fontina cheese  
32 Fresh white anchovy fillets  
1/2 Fat; 0 Other Carbohydrates**

**Preheat the grill. Preheat the oven to 400 degrees. In a food processor, combine the artichokes and garlic. Puree until smooth. Season with salt and pepper. With the machine running, add the olive in a steady stream. Using a rolling pin, roll out the dough thin, about 1/8-inch thick. Brush each round with olive oil. Season with salt and pepper. Grill the dough for a couple of minutes on each side or until crispy. Remove from the grill and spread the artichoke filling over each pizza round. Sprinkle each round with the cheese. Lay 8 anchovies over each pizza round. Place the pizzas on a large baking sheet. Cook in the oven for 2 to 3 minutes or until the cheese melts. Serve warm. This recipe yields 4 servings.**

# **Fried Crawfish Tails With Olive Salad**

---

**2 Pound Crawfish tails**  
**1/2 Cup Buttermilk**  
**Essence**  
**1 Cup Masa flour**  
**1 Cup Flour**  
**1 Cup Back olives; pitted and quartered**  
**1 Cup Queen stuffed olives; quartered**  
**2 Tablespoon Minced shallots**  
**2 Teaspoon Minced garlic**  
**2 Tablespoon Small diced celery**  
**2 Tablespoon Chopped parsley**  
**1–1/2 Teaspoon Fine ground black pepper**  
**1/2 Cup Olive oil**  
**1 Cup Lemon Butter Sauce**  
**1/4 Cup Grated Parmesan Reggiano cheese**  
**21–1/2 Fat; 0 Other Carbohydrates**

**In a mixing bowl, marinate the crawfish in the buttermilk. Season with Essence, allow to sit for 20 minutes. In a mixing bowl, combine the masa and flour together. Season with Essence. For olive salad, in a mixing bowl, combine the remaining ingredients together and set aside. Dredge the marinated calamari in the flour mixture and sift to remove any excess. Fry until golden, about 2–3 minutes. Stir constantly to prevent from sticking together. Remove from the fryer and drain on paper towels. Season with Essence. To serve, spoon the sauce in the center of each plate. Mound the crawfish in the center of each plate. Spoon the olive salad over the crawfish. Garnish with cheese and parsley.**

**Yields: 4 servings**



# Fried Egg And Ham Sandwich

---

**8 Slice White sandwich bread**  
**4 Tablespoon Butter; at room temperature**  
**4 Large Eggs**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1/2 Pound Sliced pre-cooked ham**  
**1/4 Pound Sliced Yellow Cheddar cheese**  
**8 Slice Tomatoes**  
**1/2 Fat; 0 Other Carbohydrates**

**Butter both sides of each slice of bread with 2 tablespoons of the butter. In a saute pan, heat the remaining butter. When the butter has melted, crack each egg into the pan (make sure you crack the egg about 2 inches away from each egg). Season the eggs with salt and pepper. Pan-fry the eggs for about 2 to 3 minutes or until the white is firm and the yolk is still runny. To build the sandwich, divide the cheese between four slices of buttered bread. Season both sides of each tomato slice with salt and pepper. Place two slices of tomato on top of each piece of cheese. Divide the ham in four portions and place on top of the tomatoes. Place the fried eggs on top of the ham and place the remaining buttered bread on top of each fourth. Heat the saute pan. When the pan is hot, carefully add the sandwiches in the hot pan. Pan-fry the sandwiches for 2 to 3 minutes on each side or until each side of the sandwich is golden brown. Serve warm. This recipe yields 4 servings.**

# **Fried Eggplant With Sifted Confectioners' Sugar**

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**Oil; for pan-frying**

**2 Young eggplant; sliced 1/4" thick**

**1 Pinch Salt**

**2 Eggs**

**2 Tablespoon Sugar**

**Enough flour to make a light batter**

**Shaker of powdered sugar**

**In a large skillet, preheat enough oil to pan-fry the eggplant, about 1/4 cup. Season the eggplant with salt. In a mixing bowl, whisk the eggs until frothy. Whisk in the sugar and a pinch of salt. Add in enough flour to make a light batter. Soak the eggplant slice in the light batter. Remove the eggplant from the batter and gently lay in the hot oil. Pan-fry the eggplant for 2 to 3 minutes on each side or until golden-brown. Remove from the oil and drain on a paper-lined plate. Serve the eggplant immediately with powdered sugar. This recipe yields about 4 servings.**

# Fried Ravioli

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**1/2 Cup Fresh Ricotta cheese**  
**1/4 Cup Grated Mozzarella cheese**  
**1/4 Cup Grated Provolone cheese**  
**1 Egg yolk**  
**1 Teaspoon Minced garlic**  
**1 Tablespoon Chopped parsley**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Fresh pasta sheet – (11" by 14"); cut into 2" squares**  
**(about 32 squares)**  
**1 Cup Marinara sauce; warmed**  
**1/4 Cup Grated Parmigiano-Reggiano cheese**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the fryer. In a mixing bowl, combine the cheeses, egg yolk, garlic and parsley together. Mix thoroughly. Season the mixture with salt and pepper. Place 1 tablespoon of the filling in the center of 16 pasta squares. Lightly wet the edges of the pasta with water. Place 1 pasta square on top of the filled square. Press the edges of the square firmly to seal the square. Repeat the procedure until all the squares are sealed. Fry the squares in batches, until golden-brown about 3 to 4 minutes. Remove the ravioli from the oil and drain on a paper-lined plate. Season the ravioli with salt and pepper. Serve the raviolis with the warm tomato sauce and garnish with the grated Parmesan cheese. This recipe yields 4 appetizer servings.**

# Fried Seafood Po' Boy

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**Vegetable oil; for frying**  
**1/2 Pound Large shrimp; peeled, deviened**  
**4 Softshell crabs; cleaned**  
**1/2 Pound Shucked oysters**  
**1 Cup Masa flour**  
**1/2 Cup Flour**  
**1/2 Cup Yellow cornmeal**  
**Salt; totaste**  
**Cayenne pepper; to taste**  
**Tabasco sauce**  
**2 Small French bread loaves**  
**1/4 Cup Mayonnaise**  
**1 Cup Shredded lettuce**  
**6 Slice Fresh tomatoes**

**Heat the oil in a large sauce pan. Season the shrimp, softshells and oysters with salt and cayenne. In a shallow pan, combine 1/2 cup of masa and flour. Season the flours with salt and cayenne. Dredge the shrimp in the seasoned flour, coating the shrimp completely. Dredge the softshell and oysters in the seasoned flour, coating completely. Fry the seafood in the hot oil until golden–brown, stirring constantly, about 4 minutes. Remove from the oil and drain on a paper–lined plate. Season with salt and hot sauce. Split the French bread loaves in half. Spread the mayonnaise on both sides of the bread. Build the sandwich with the fried seafood, lettuce, and tomatoes. Serve with Zap potato chips. This recipe yields 2 sandwiches.**

# Fried Softshell Crab, White Asparagus And Wild Sorrel Wit

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1 Bunch Wild ramps  
Drizzle of olive oil  
Salt  
Freshly ground black pepper  
1 Egg\*  
1 Tablespoon Dijon mustard  
1 Lemon; juiced  
1 Teaspoon Chopped garlic  
Hot sauce; to taste  
1 Cup Vegetable oil  
4 Large Softshell crabs; cleaned  
1 Cup Flour  
Creole seasoning  
1/2 Pound Wild sorrel; cleaned  
1/2 Pound Watercress; cleaned  
12 Spears of fresh white asparagus; cooked until tender and chilled  
1 Tablespoon Finely chopped fresh parsley leaves  
43 1/2 Fat; 0 Other Carbohydrates

Preheat the grill.

Season the ramps with olive oil, salt and pepper. Place on the grill and cook for about 1 to 2 minutes on each side, or until wilted. Remove and cool completely. In a food processor, fitted with a metal blade, combine the egg, mustard, lemon juice, garlic, hot sauce and grilled ramps. Puree until smooth. Season with salt and pepper.

With the machine running, add the oil very slowly in a steady stream. Process until the mixture is thick and creamy. Remove and chill completely.

Preheat oil in the fryer to 360 degrees.

Season the softshells and flour with Essence. Dredge the softshells in the flour, coating completely. Carefully holding the top of each crab, drag the legs through the oil for 5 seconds to allow the individual legs to fry separately. Then carefully flip the crabs top side down into the oil. Fry until golden brown, 2 to 3 minutes. Turn the crabs over with tongs and continue frying for another 2 to 3 minutes. Drain on paper towels. Season with Creole seasoning. In a mixing bowl, combine the sorrel and watercress. Season with salt and pepper. Season the asparagus with a drizzle of olive oil, salt and pepper. To serve, spoon some of the dressing in the center of each plate. Form 3 spears of the asparagus into a triangle over each pool of dressing. Mound the greens in the center of each triangle. Lay each softshell on top of the greens. Garnish with parsley.

Yield: 4 servings

**\*RAW EGG WARNING**

**The American Egg Board states: "There have been warnings against consuming raw or lightly cooked eggs on the grounds that the egg may be contaminated with Salmonella, a bacteria responsible for a type of food poisoning....Healthy people need to remember that there is a very small risk and treat eggs and other raw animal foods accordingly. Use only properly refrigerated, clean, sound-shelled, fresh, grade AA or A eggs. Avoid mixing yolks and whites with the shell."**

# Fried Sweet Plantains

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**4 Ripe plantains**

**Vegetable oil; for frying**

**Salt; to taste**

**Preheat the fryer. Using a sharp knife, slice the plantains, diagonally, about 3/4-inch thick. Fry the plantains in batches until golden-brown, about 3 to 4 minutes. Remove the plantains from the oil and drain on a paper-line plate. Season with salt and serve as a garnish or accompaniment with roast pork. This recipe yields 8 servings.**

# **Fried Sweet Potato Hashbrowns**

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**1/2 Pound Diced bacon**

**1 Cup Chopped onions**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1 Tablespoon Chopped garlic**

**2 Pound Sweet potatoes; peeled, grated**

**In a large skillet, render the bacon until crispy, about 8 minutes. Add the onions. Season with salt and pepper. Saute the onions until soft, about 2 minutes. Add the garlic and sweet potatoes. Season with salt and pepper. Saute for about 10 to 15 minutes. Remove from the heat and serve warm. This recipe yields 8 servings.**



# Fried Sweet Potato Pies

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1-1/2 Pound Sweet potatoes  
1 Tablespoon Vegetable oil  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Cup All-purpose flour  
1 Pinch Salt  
2 Teaspoon Sugar  
3/4 Cup Solid vegetable shortening  
3 Tablespoon Ice water –; (to 4 tbsps)  
Vegetable oil; for frying  
1 Egg yolk  
1/4 Cup Steen's 100 percent Pure Cane Syrup  
1 Teaspoon Cinnamon  
1/4 Teaspoon Nutmeg  
1 Dash Bourbon  
1 Cup Powdered sugar  
2 Tablespoon Milk; (to 3 tbsps)  
1/2 Fat; 1/2 Other Carbohydrate

Preheat the oven to 400 degrees. Toss the sweet potatoes with the oil, salt and pepper. Place the potatoes on a baking sheet and place in the oven. Roast the potatoes until tender, about 1 1/2 hours. Remove the potatoes from the oven and cool completely. In a mixing bowl, combine the flour, salt, and sugar. Add the shortening and work it in with your hands until the mixture resembles coarse crumbs. Add the water, 1 tablespoon at a time, and work it in with your hands. Add only as much as you need for a smooth ball of dough. Wrap the dough in plastic wrap and refrigerate for at least 30 minutes. Preheat the oil. Remove the dough from the refrigerator and place it on a lightly floured surface. Roll out the dough on the floured surface into a rectangle about 24 by 8 inches and 1/8-inch thick. Using a sharp knife, cut twelve 4-inch squares. Remove the skin from the potatoes and place them in a mixing bowl. Add the egg yolk, cane syrup, cinnamon, nutmeg and bourbon. Mix well. Place about 1/4 cup of the filling in the center of each pastry square. Bring one corner of the pastry to the other, forming a triangle. Using the tines of a fork, crimp the edges of the triangle and seal completely. When the oil has reached 360 degrees, carefully lay a couple of the pies in the hot oil, fry until golden brown, stirring occasionally for over all browning, about 3 to 4 minutes. Remove the pies from the oil and drain on a paper-lined plate. Sprinkle the hot pies with the sugar. Repeat the process until all of the pies are fried. In a mixing bowl, stir the powdered sugar, milk and a splash of bourbon together. Mix until smooth. Drizzle the frosting over the hot pies and serve immediately. This recipe yields 1 dozen.

# Fried White Anchovies With An Andalusian Pepper Salad

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**1 Pound Green bell peppers; roasted and peeled**  
**1 Pound Red bell peppers; roasted and peeled**  
**1/2 Cup Small diced Spanish onions**  
**2 Teaspoon Chopped garlic**  
**2 Teaspoon Sherry vinegar**  
**Spanish extra virgin olive oil**  
**Kosher salt**  
**Freshly ground black pepper**  
**2 Pound Fresh white anchovies; eviscerated**  
**Flour**  
**Olive oil for frying**

**Thinly slice the peppers. In a mixing bowl, combine the sliced peppers, onions, garlic and vinegar. Mix well. Drizzle in enough Spanish olive oil to moisten the salad. Season with salt and pepper. Cover and refrigerate for 2 hours.**

**In an electric fryer or deep pot, preheat the oil to 365 degrees F.**

**Season both the anchovies and the flour with salt and pepper. Dredge the anchovies in the seasoned flour, coating completely. Fry until golden brown and crispy, about 2 to 3 minutes. Remove and drain on paper towels. Season with salt and pepper. To serve, spoon some of the pepper salad in the center of each serving plate. Lay the anchovies around the salad. Garnish with parsley.**

**Yield: 6 servings**

# Frito Pie

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**2 Tablespoon Vegetable oil**  
**2 Cup Chopped onions**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**2 Pound Beef bottom round; cut 1/2 cubes**  
**1 Tablespoon Chili powder**  
**2 Teaspoon Ground cumin**  
**Crushed red pepper; to taste**  
**2 Teaspoon Dried oregano**  
**2 Tablespoon Chopped garlic**  
**3 Cup Crushed tomatoes**  
**1/2 Cup Tomato paste**  
**2 Cup Beef stock**  
**2 Cup Canned dark-red kidney beans**  
**1 Bag Frito Chips**  
**1-1/2 Cup Grated Monterey Jack cheese**  
**6 Tablespoon Sour cream**  
**1 Small Jar Jalapenos**

**In a large saucepan, heat the vegetable oil. When the oil is hot, add the onions and saute for 3 to 5 minutes, or until the vegetables start to wilt. Season with salt and cayenne. Stir in the beef, chili powder, cumin, crushed red pepper, and oregano. Brown the meat for 5 to 6 minutes. Stir in the garlic, tomatoes, tomato paste, beef stock, and beans. Bring the liquid up to a boil and reduce to a simmer. Simmer the liquid, uncovered for 1 hour, stirring occasionally, or until the beef is tender. Skim off the fat occasionally. Re-season with salt and cayenne. Place a handful of the chips in each shallow bowl. Spoon the chili over the chips. Garnish with the grated cheese, sour cream and jalapenos. This recipe yields 6 to 8 servings.**

# **Fritto Misto–Mixed Deep Fried Seafood**

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**2 Cup Flour**  
**1/2 Cup Olive oil**  
**Water; to moisten**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**3 Egg whites; lightly beaten**  
**1 Pound Calamari; sliced 1/2" rings**  
**2 Dozen Shucked mussels**  
**2 Dozen Shucked oysters**  
**1 Pound Large shrimp; tail on, deveined**  
**1 Dozen Red mullets**  
**1 Seabass fillet – (8 to 10 oz); cut 2–oz portions**  
**1 Onion; cut 1/2" rings**  
**1 Zucchini; cut into individual**  
**1 Strips about 1" by 4"**  
**Oil; for frying**  
**2 Cup Mariana sauce; hot**  
**1/2 Cup Garlic aioli**  
**1/2 Cup Grated Parmigiano–Reggiano cheese**  
**2 Tablespoon Chopped parsley**  
**1/2 Fat; 0 Other Carbohydrates**

**In a mixing bowl, whisk the flour and olive oil together. Add enough water to thin out the batter but not too thin. Season with salt and pepper. Leave the batter for 30 minutes, then fold in the egg whites. Season all the seafood and vegetables with salt and pepper. Dip each piece of seafood in the batter, letting the excess drip off. This will be very messy so have plenty of towels on hand. Preheat the oil. Fry the fish in batches, starting with the calamari and ending with the seabass. You might want to have two stockpots or large skillets of oil on to speed up the frying process. After each batch of frying, make sure that the oil comes back up to temperature. Dip the vegetables in the batter, letting the excess drip off and fry until golden–brown about 3 to 4 minutes. Remove all fried items from the oil and drain on paper–lined plates. Season every item with salt and pepper. Spoon the Mariana sauce over the bottom of a large platter. Pile the fried seafood and vegetables on top of the sauce. Garnish with drizzles of aioli, cheese and parsley. This recipe yields 6 to 8 servings**

# Fruit Smoothies

---

**2 Cup Whole milk**

**1 Tablespoon Honey**

**1 Banana; peeled, and**

**Cut into 2" pieces**

**1/2 Pint Fresh strawberries**

**1/2 Teaspoon Vanilla**

**1 Cup Crushed ice; to 2 cups**

**1/2 Fat; 1/2 Other Carbohydrate**

**.**

**In a blender combine all the ingredients and puree until smooth. Serve the smoothies in cold glasses. This recipe yields 2 servings.**

# Garlic Aioli

---

**3 Garlic cloves; chopped**

**1 Large Egg**

**1 Tablespoon Freshly-squeezed lemon juice**

**1 Tablespoon Chopped fresh parsley**

**1/2 Teaspoon Salt**

**Freshly-ground black pepper; two peppermil turns**

**1/2 Cup Olive oil**

**22 Fat; 0 Other Carbohydrates**

**Combine the garlic, egg, lemon juice, parsley, salt and pepper in a food processor or blender and puree. Add the oil in a slow stream and continue to process until the mixture has formed a thick emulsion. This recipe yields about 3/4 cup.**

# Garlic Butter

---

**2 Sticks unsalted butter; at room temperature**

**1/4 Cup Finely chopped garlic**

**Salt**

**Freshly ground white pepper**

**36 1/2 Fat; 0 Other Carbohydrates**

**In a mixing bowl, combine all of the ingredients together. Mix well. Season with salt and pepper. Store the butter in either ramekins or form into a log and wrap in plastic wrap until ready to use. The butter can be used in various combinations for meat, fish or vegetables.**

**Yields: 1/2 pound**

# Garlicy Bread Soup

---

**2 Tablespoon Olive oil**  
**2 Cup Chopped onions**  
**1/4 Cup Finely chopped garlic**  
**1 Bay leaf**  
**1 Pinch Crushed red pepper**  
**Salt**  
**2 Quart Chicken stock**  
**2 Cup Diced day old French bread**  
**1/2 Cup Heavy cream**  
**1/2 Cup Grated Parmesan Reggiano Cheese**  
**1 Tablespoon Finely chopped fresh parsley leaves**

**In a large saucepan, over medium heat, add the olive oil. When the oil is hot, add the onions, garlic, crushed bay leaf, and crushed red pepper. Season with salt. Saute until slightly caramelized, about 6 to 8 minutes. Stir in the stock. Bring the liquid up to a boil, then reduce to a simmer and simmer for 40 minutes. Turn the heat up and whisk in the bread and cream. Continue whisking until the bread has dissolved into the soup, about 10 minutes. With a hand-held blend, puree the soup until smooth. Whisk in the Parmesan Reggiano cheese. Season with salt and pepper. Ladle into individual soup bowls and serve. Garnish with parsley**

**Yields: 6 to 8 servings**



# Garlicy Clams

---

**2 Tablespoon Olive oil**  
**2 Dozen Little Neck Clams; cleaned and scrubbed**  
**1/2 Cup Finely chopped onions**  
**2 Tablespoon Chopped garlic**  
**1/4 Cup Dry white wine**  
**1 Pound Linguine; cooked until tender**  
**2 Tablespoon Finely chopped fresh parsley leaves**

**In a large saute pan, with a lid, add the oil. Heat the oil over medium heat. When the oil is hot, add the clams. Season with salt and pepper. Cover and saute for 6 to 8 minutes. Add the onions, garlic, and wine. Continue to saute for 2 minutes or until the shells completely open, discard any shells that do not open. Add the pasta. Season with salt and pepper. Continue to saute for 2 minutes. Add the parsley and mix well. Serve on a large platter.**

**Drizzle with olive oil and serve.**

**Yield: 4 to 6 servings**

# Giant Straw Potato Galette

---

**6 Medium Potatoes; preferably "baking", peeled,**

**And soaking in water**

**6 Tablespoon Clarified butter; or more**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1/2 Fat; 0 Other Carbohydrates**

Using a mandoline, cut the potatoes into matchstick-sized pieces. Dry the potatoes with a cloth towel. As soon as the potatoes are cut and dry, film the frying pan with a 1/16-inch layer of clarified butter, and heat to very hot but not browning. Turn in the potatoes, making a layer about 3/8-inch thick. Sprinkle with salt and pepper, add 2 or 3 spoonfuls more butter, then press them down firmly all over with the spatula so they will flatten as they cook. Frequently press them down while they slowly brown on the bottom, and shake pan gently by its handle to be sure potatoes are not sticking to the pan. When browned, in 2 to 3 minutes, cover the pan and lower heat to moderate. Cook for 6 to 8 minutes, or until the potatoes are tender on top, but watch they do not burn on the bottom. Press them down again, and the galette is ready to brown on its other side. To turn it: either slide it out onto an oiled baking sheet, turn the frying pan upside down over it, and reverse the two so the galette drops into the pan, browned side up; or flip the galette in its pan, which, of course, is much more fun and faster. This recipe yields 6 servings.

## **Ginger Soy Butter Sauce**

---

**4 Tablespoon Ginger**

**2 Teaspoon Soy sauce**

**1/2 Teaspoon Sesame oil**

**1 Stick Butter**

**19 Fat; 0 Other Carbohydrates**

**Bring ginger, soy sauce and sesame oil to a simmer and reduce slightly. Whisk in the butter by tablespoons until thoroughly incorporated. This recipe yields about 1 cup of sauce.**

# Gnocchi Di Polenta – Polenta Pie

---

9 Cup Chicken stock  
Salt; to taste  
Freshly-ground black pepper; to taste  
3 Cup Yellow cornmeal  
1-1/2 Ounce Dried mushrooms  
9 Tablespoon Butter  
3 Tablespoon Olive oil  
3 Tablespoon Ham fat  
1 Cup Finely-chopped onions  
1 Carrot; finely chopped  
1 Celery stalk; finely chopped  
1/2 Pound Ground lean pork sausage meat  
1/2 Pound Roma tomatoes; peeled, seeded, and chopped  
1 Cup Grated Parmesan cheese

Preheat the oven to 450 degrees. Bring the chicken stock up to a boil. Stir in the cornmeal and cook the polenta for about 20 to 25 minutes over low heat stirring often. Spread the polenta out onto a parchment lined 1/2 sheet pan. Let the polenta cool completely. Soak the mushrooms in 4 cups warm water for about 30 minutes. Drain the mushrooms and reserve the liquid. Squeeze the mushrooms dry and chop. Set the mushrooms aside. In a large saute pan, heat 3 tablespoons olive oil, butter and ham fat. When the oil is hot, add the vegetables and saute for 2 minutes or until wilted. Season with salt and pepper. Add the ground sausage and continue to cook for about 4 to 6 minutes or until browned, stirring constantly. Reduce the heat to low and stir in the tomatoes and continue to cook for 15 minutes. Add the mushrooms and reserved mushroom liquid. Season with salt and pepper. Continue to cook for 15 minutes. Remove from the heat. Cut the polenta into 3-inch rounds. Butter a 8- by 8- by 2-inch baking dish. Line the bottom of the dish with the polenta rounds. Spread a thin layer of the meat sauce over the polenta. Dot the sauce with a couple of tablespoons of butter. Sprinkle some of the cheese over the top. Repeat the process until all the ingredients are used. Place the pan in the oven and bake for about 6 to 8 minutes or until the top is golden and heated through. This recipe yields about 6 servings.

# **Goat Cheese Fondue On Country–Style Bread**

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**3 Small Cottins de Chavignol; or about 7 ounces Montrachet cheese**  
**3 1/2 Pound Gruyere or Swiss cheese**  
**1/4 Cup; plus 1 tablespoon dry white wine, such as Chablis or Macon**  
**1 Clove garlic**  
**1–1/2 Tablespoon Unsalted butter**  
**1–1/2 Teaspoon Strong Dijon mustard**  
**2 Tablespoon Marc de Bourgogne; Grappa or Cognac**  
**6 Thick slices country–style bread**  
**6 Sprigs fresh savory or thyme**  
**Freshly ground white pepper**  
**1/2 Fat; 0 Other Carbohydrates**

Using a paring knife, trim away any mold from the goat cheese and coarsely chop. Shred the Gruyere cheese. Place the wine and garlic in a small, heavy saucepan. Bring to a boil over low heat and allow to reduce by half. Add the goat cheese and let melt over low heat, stirring with a wooden spoon. Remove the garlic. Add the Gruyere and butter and stir over low heat until the cheese are melted and well blended. Remove from the heat and stir in the mustard and Marc.

Preheat the broiler. A few minutes before serving, place the bread slices on a baking sheet and toast. Remove from the oven and immediately spread each slice with warm fondue. Garnish with a sprig of fresh savory or thyme and top with a grind of fresh pepper.

**Yields: 6 servings**

# Goat Cheese Gnocchi And Warm Spinach Salad

---

**1 Cup Finely–chopped bulk Andouille sausage**  
**1 Cup Julienned onions**  
**2 Tablespoon Minced shallots**  
**1 Tablespoon Minced garlic**  
**1/4 Cup Balsamic vinegar**  
**3/4 Cup Olive oil; plus**  
**2 Teaspoon Olive oil**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**2 Large Baked potatoes**  
**1 Teaspoon Salt**  
**Freshly–ground white pepper; to taste**  
**1 Large Egg**  
**3/4 Cup Goat's cheese**  
**1/2 Cup Flour; plus**  
**3 Tablespoon Flour**  
**2 Cup Milk**  
**1 Cup Water**  
**4 Cup Cleaned; stemmed fresh spinach**  
**1/2 Fat; 0 Other Carbohydrates**

**In a hot saute pan, render the andouille for 2 minutes. Add the onions. Saute for 3 to 4 minutes, or until caramelized. Add the shallots and garlic. Saute for 1 minute. Remove from heat and add the balsamic vinegar. Turn into a mixing bowl and whisk in the olive oil. Season with salt and pepper. Scrape the potatoes from their skin into the bowl. With a hand potato masher, mash the potatoes until smooth. Stir in 1 teaspoon salt, white pepper, egg, Goat's cheese, and 1/4 cup plus 3 tablespoons of the flour. Sprinkle the remaining 1/4 cup flour on a baking sheet lined with parchment paper. Turn the dough onto the floured surface and roll the dough out in a log, about 1–inch thick. Cut the dough into 1–inch pieces. Roll each piece across the tines of fork. In a large saucepan, combine the milk, water, 1 teaspoon olive oil, salt and pepper. Bring the liquid just to a boil. Add the gnocchi and poach for 5 minutes. Remove the gnocchi with a slotted spoon and drain. Turn the gnocchi in a mixing bowl and toss with the remaining olive oil. Season with salt and pepper. In a large mixing bowl, toss the spinach, onions and vinaigrette together. Season with salt and pepper. Place the greens in the center of the plate. Arrange 1/4 of the gnocchi around each salad. Garnish with black pepper. This recipe yields 4 servings.**

# Goat Cheese Ice Cream

---

**2 Cup Heavy cream**  
**1/2 Cup Milk**  
**4 Egg yolks**  
**1/4 Cup Sugar**  
**3 Tablespoon Corn syrup**  
**4 Ounce Goat cheese**

**Prepare an ice water bath. Bring the cream and milk to a boil. Whisk together the egg yolks and sugar and slowly pour in some of the hot cream to temper the eggs. Pour the eggs into the cream and continue to cook for 2 to 3 minutes, or until the mixture coats the back of a spoon and steam rises from the top. Whisk together the corn syrup and goat cheese and then whisk this mixture into the cream mixture until smooth. Strain through a fine-mesh sieve and chill over the ice water bath. Freeze in an ice cream machine. Keep frozen until ready to use.**

**Yield: approximately 3 cups**

# Goat Cheesecake With Fresh Lemon Curd And Berries

---

1 Tablespoon Butter; plus  
4 Tablespoon Butter; melted  
1 Cup Graham cracker crumbs  
2 Pound Cream cheese; room temperature  
1-1/2 Cup Sour cream  
12 Ounce Goat cheese; room temperature  
2 Cup Sugar  
2 Eggs  
1 Tablespoon Pure vanilla extract  
Juice of one lime  
2 Tablespoon Grand Marnier  
2 Cup Macerated berries; for serving

## FRESH LEMON CURD

1 Cup Fresh lemon juice; about 16 lemons  
3/4 Cup Sugar  
8 Egg yolks

Preheat the oven to 350 degrees. Grease a 9-inch springform pan with the tablespoon of butter. In a small mixing bowl, combine the melted butter and graham cracker crumbs together. Press the crust into the bottom of the prepared pan. In an electric mixer, beat the cream cheese until smooth and creamy, about 5 minutes. Beat in 1 cup sour cream, goat s cheese, and sugar. Beat until the mixture is smooth, about 2 to 3 minutes. Scrape the sides of the bowl occasionally. Beat in the eggs, one at a time. Add the vanilla and lime juice and continue to beat until the batter is fully incorporated and smooth. Pour the batter into the prepared pan. Bake the cake for about 1 1/2 hours or until the center is set. For the fresh lemon curd: In a double boiler, over medium heat, whisk all the ingredients together. Cook the sauce until thick, about 10 to 12 minutes, stirring constantly. Remove from the heat and cool. Makes about 1 1/2 to 2 cups. Remove the cake from the oven and cool completely on a wire rack. Run a knife around the sides of the pan and remove the cake from the springform. In a small bowl, whisk together the remaining sour cream and Grand Marnier. Spread the mixture over the top of the cake. Using a hot knife, slice the cake into 16 slices, wiping the knife after each cut. Serve the cake with the lemon curd and macerated berries. This recipe yields 16 servings.



# Golabki

---

1 Small Whole white cabbage  
2 Tablespoon Butter  
1/2 Pound Ground pork  
1/2 Pound Ground beef chuck  
Salt  
Freshly ground black pepper  
1 Cup Chopped onions  
2 Cup Cooked; long-grain white rice  
1 Egg  
1 Teaspoon Finely chopped parsley leaves  
1/4 Cup Water

## FOR THE SAUCE

2 Tablespoon Butter  
2 Tablespoon Flour  
1 Cup Peeled; seeded and chopped tomatoes  
1 Teaspoon Chopped garlic  
1 Pinch Sugar  
Salt  
Freshly ground black pepper  
1 Cup Chicken stock  
1/2 Teaspoon Dried thyme

Cut the cabbage in half lengthwise and remove the core. Peel a couple of the outer leaves away from the cabbage halves and discard. Bring a pot of salted water to a boil. Add the cabbage and cook for 20 minutes or until tender. Remove from the water and cool completely. Carefully divide into individual leaves (eight whole leaves are needed). Set aside.

In a large saut pan, over medium heat, melt the butter. Add the meat. Season with salt and pepper. Brown the meat for 5 minutes. Add the onions. Season with salt and pepper. Continue to cook for 4 minutes, or until the onions are translucent. Remove from the heat and turn into a mixing bowl. Cool slightly. Stir in the rice, egg and parsley. Mix well. Season with salt and pepper.

Preheat the oven to 375 degrees F.

Place 1/2 cup of the meat and rice mixture in the center of each cabbage leaf. Roll up each leaf tightly. Place in a shallow baking pan, add the water and cover with foil. Bake for 30 minutes.

In a saucepan, over medium heat, melt the butter. Stir in the flour and cook for 4 minutes for a blonde roux. Stir in the tomatoes, garlic and sugar. Season with salt and pepper. Continue to cook for 2 minutes. Stir in the stock and the thyme. Bring the liquid to a boil, reduce to a simmer and continue to cook for 15 minutes or until the sauce coats the back of a spoon.

**To serve, spoon the sauce in the center of each plate. Arrange two of the stuffed cabbage leaves in the center of the sauce.**

**Yield: 4 servings**

# Greek Lamb And Potato Kabobs

---

1 Pound Cubed; (1–inch) lamb loin  
Olive oil  
Salt  
Freshly ground black pepper  
2 Tablespoon Finely chopped fresh oregano leaves  
8 Wooden; (soaked in water) or metal skewers  
1/2 Pound Idaho potatoes; peeled and cubed 1/2–inch thick, blanched  
1 Medium Onion; chopped into 1/2–inch pieces  
1 Cup Chopped tomatoes; seeded  
1 Cup Chopped cucumbers; peeled and seeded  
1/2 Teaspoon Chopped garlic  
1 Tablespoon Finely chopped fresh parsley leaves  
Drizzle of extra–virgin olive oil  
12 Kalamata olives; pitted and halved  
8 Rounds fresh pita bread; warm and quartered  
4 Wedges fresh lemon  
1/2 Fat; 0 Other Carbohydrates

Preheat the grill.

Season the lamb with olive oil, salt, pepper and oregano. Alternating with the lamb, potatoes and onions, place on each skewer. In a mixing bowl, combine the tomatoes, cucumbers, garlic, parsley and olives. Season with a drizzle of the extra virgin olive oil, salt and pepper. Mix well and set aside. Place the lamb on the grill and cook for 3 to 4 minutes on each side for medium rare. Remove from the grill and cool for a couple of minutes. To serve, place the kabobs on a large platter. Spoon the tomato mixture over the kabobs. Serve with the warm pita bread and a wedge of lemon.

Yield: 4 servings

# Greek Saganaki

---

**8 Slice Kasseri cheese; (1/2–inch)**

**Salt**

**Freshly ground black pepper**

**2 Cup Brandy**

**1 Cup Flour**

**4 Tablespoon Butter**

**2 Lemons; juiced**

**8 Rounds pita bread; brushed with olive oil, grilled and quartered**

**1 Cup Kalamata olives**

Season both sides of the cheese with salt and pepper. Place the cheese in a shallow dish and cover with brandy. Cover with plastic wrap and refrigerate for 2 hours. Season the flour with salt and pepper. Remove the cheese from the pan, reserving 1/4 cup of the brandy and dredge in the seasoned flour, coating completely. In a large saut pan over medium heat, melt the butter. Pan-fry the cheese for 2 minutes on each side. Add the reserved brandy and carefully flame the liquor, shaking the pan back and forth several times. Add the lemon juice. Remove from the pan and serve with the pita bread and olives.

**Yield: 4 to 6 servings**

# Green Onion Tartar Sauce

---

**1 Egg**  
**1 Tablespoon Minced garlic**  
**2 Tablespoon Fresh lemon juice**  
**1 Tablespoon Chopped fresh parsley**  
**2 Tablespoon Chopped green onion**  
**1 Cup Olive oil**  
**1/4 Teaspoon Cayenne pepper**  
**1 Tablespoon Creole or whole-grain mustard**  
**1 Teaspoon Salt**  
**1/2 Fat; 0 Other Carbohydrates**

**Put the egg, garlic, lemon juice, parsley and green onions in a food processor and puree for 15 seconds. With processor running, pour the oil through the feed tube in a steady stream. Add the cayenne, mustard and salt and pulse to blend. Cover and let sit for 1 hour in the refrigerator before using. Best if used within 24 hours. This recipe yields 1 1/2 cups of tartar sauce.**

# Grilled Banana Leaf Wrapped Fish

---

1/2 Cup Olive oil

1/4 Cup Fresh lemon juice

1 Tablespoon Chopped fresh thyme

Salt

Freshly ground black pepper

4 Bass fillets or other firm white fish; (6 to 8-ounce)

16 Thin slices fresh lemon

8 Sprigs fresh thyme

8 Large Banana leaves; soaked in water

12 Toothpicks; (soaked in water)

1 Tablespoon Olive oil

4 Cup Julienne assorted vegetables; (tomatoes, onions, carrots, mushrooms, etc.)

1/2 Fat; 0 Other Carbohydrates

Preheat the grill.

In a small mixing bowl, add the oil, lemon juice and thyme. Season with salt and pepper. Mix well. Season the fish with salt and pepper. Brush both sides of the fish with the lemon mixture. Lay the lemon slices and thyme over the top of each fish. Cross two of the banana leaves, forming a cross. Place the fish in the center of the leaves. Wrap the fish in the leaves, securing the fish with toothpicks. Place the fish pouches on a low grill. Cook for 4 to 6 minutes on each side. In a saut pan, over medium heat, add the oil. When the oil is hot, add the vegetables. Season with salt and pepper. Saut for 3 to 4 minutes. To serve, place the fish in the center of each plate. Remove the toothpicks, exposing the fish. Serve the vegetables around the fish.

Yield: 4 servings

# Grilled Eggplant, Prosciutto And Mozzarella Cheese Roulad

---

**12 Slice Eggplant; (about 1/4–inch thick)**

**Drizzle of olive oil**

**Salt**

**Freshly ground black pepper**

**12 Slice Prosciutto ham**

**12 Slice Fresh Mozzarella cheese; about 1/8–inch thick**

**1 Small Head radicchio lettuce**

**Drizzle of extra virgin olive oil**

**1/4 Cup Balsamic Syrup; (recipe follows)**

**Preheat the grill. Season both sides of the eggplant slices with olive oil, salt and pepper. Grill the eggplant for 2 minutes on each side. Lay a piece of prosciutto on one piece of grilled eggplant. Lay a slice of cheese on top of the prosciutto. Carefully roll up the eggplant and secure the roll with two toothpicks. Repeat the above process with the remaining grilled eggplant. Cut the radicchio in quarters. Toss with olive oil, salt and pepper. Grill for 1 minute on each side. Remove from the grill and cut away the core of the lettuce. Using a sharp knife, shred the radicchio. In a mixing bowl, toss the radicchio with extra–virgin olive oil, salt and pepper. Set aside. Place the eggplant roulades on the grill and cook until the cheese starts to melt. Remove from the grill. Place the greens on a large platter. Arrange the roulades on the platter. Drizzle the entire platter with the Balsamic Syrup.**

**Yield: 4 servings**

## Grilled Green Onion Coulis

---

**1 Egg**  
**2 Teaspoon Dijon mustard**  
**1 Teaspoon Chopped garlic**  
**Juice of one lemon**  
**1 Bunch Green onions; grilled**  
**1 Cup Vegetable oil**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**44 Fat; 0 Other Carbohydrates**

**In a food processor with a metal blade, combine the egg, mustard, garlic, lemon juice and green onions. Puree the mixture for 1 minute or until smooth. In a steady stream, with the machine running, slowly add the oil until all the oil is incorporated and the sauce is slightly thick. Season the sauce with salt and pepper. This recipe yields about 2 cups of coulis.**



# Grilled Lamb Pasta Salad With A Roasted Garlic Vinaigrett

---

1 Pound Lamb loin  
2 Tablespoon Olive oil  
Salt; to taste  
Freshly-ground black pepper; to taste  
1/2 Pound Fresh angel hair pasta  
10 Roasted garlic cloves  
3/4 Cup Extra-virgin olive oil  
Juice of one lemon  
2 Teaspoon Dijon mustard  
1 Small Red onion; thinly sliced  
4 Roma or plum tomatoes; cored, seeded,  
And thinly sliced  
1/2 Cup Fresh sweet peas; blanched  
1/2 Cup Greek black olives; pitted, halved  
4 Ounce Feta cheese; crumbled  
1/2 Fat; 0 Other Carbohydrates

Preheat the grill. Season the lamb with 1 tablespoon olive oil, salt and pepper. Grill the lamb for 3 to 4 minutes on all sides until medium-rare or desired doneness. Remove from the grill and cool. Bring a pot of salted water to a boil. Add the pasta and cook until tender, about 4 minutes. Drain and place the pasta in a bowl of ice water. Stir the pasta a couple of times to separate the pasta. Drain very well. Toss the pasta with the remaining olive oil. Season with salt and pepper. In a mixing bowl, add the garlic. Using the back of a fork, mash the cloves until smooth. Stir in the lemon juice and mustard. Whisk in the extra-virgin olive oil slowly. Whisk until the mixture is slightly thick. Season with salt and black pepper. Slice the lamb on the bias, diagonally, into 1/4 inch slices. In a large mixing bowl, add the onions, tomatoes, and peas. Season with salt and pepper. Add the sliced lamb, pasta, olives and cheese. Toss the salad with the dressing. Serve either cold or at room temperature. This recipe yields 4 to 6 servings.

# Grilled Lamb Patties With A White Bean And Mint Relish

---

1–1/2 Pound Ground lamb  
2 Tablespoon Minced shallots  
2 Tablespoon Minced garlic  
2 Tablespoon Chopped mint  
2 Teaspoon Creole seasoning  
2 Teaspoon Ground cumin  
1 Teaspoon Ground chili powder  
1 Teaspoon Salt  
1/2 Teaspoon Freshly ground black pepper  
1 Egg  
3 Tablespoon Olive oil

## FOR THE RELISH

4 Ounce Bacon; chopped  
1/2 Cup Small diced red onions  
1/2 Cup Small diced fresh tomatoes; seeded  
1 Teaspoon Chopped garlic  
1 Lemon; juiced  
1 Cup White navy beans; cooked in salted water until tender, cooled completely  
2 Tablespoon Chiffonade of mint  
1 Cup Veal reduction; warm  
1 Tablespoon Finely chopped fresh parsley leaves

In a mixing bowl, combine the lamb, shallots, garlic, mint, Creole seasoning, cumin, chili powder, salt, pepper, and egg. Mix well. Form into 12 small patties. In a saut pan, over medium heat, render the bacon until crispy, about 6 to 8 minutes. Using a slotted spoon, remove and drain on paper towels, reserving 2 tablespoons of the bacon fat.

In a mixing bowl, combine the bacon, red onions, tomatoes, garlic, lemon juice, white beans, mint and reserved bacon fat. Mix well. Season with salt and pepper. Set aside. Heat the olive oil in a large skillet over medium–high heat. Add the patties and pan–fry for 4 minutes on each side. To serve, spoon the relish in the center of 6 serving plates. Place 2 lamb patties on top of the relish. Spoon some of the veal reduction over the patties. Garnish with parsley.

**Yield: 6 servings**

# Grilled Pineapple And Chicken Salad

---

**2 Boneless skinless chicken breasts; – (6 Ounce ea)**

**1 Tablespoon Olive oil**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1 Whole Pineapple**

**1/4 Cup Walnut oil**

**1 Tablespoon Chopped chervil**

**1/2 Cup Minced celery**

**1/2 Cup Chopped roasted walnuts –; (abt 2 oz)**

**1 Teaspoon Finely-chopped parsley**

**Preheat the grill. Season the chicken with salt, pepper, and 1/2 tablespoon of olive oil. Place the chicken on the grill and cook for about 4 minutes on each side. Using a sharp knife, split the pineapple in half. Using a paring knife, make a slit around the sides of the pineapple, leaving about 1/4-inch trim and remove the fruit. Reserve the pineapple boat. Remove the core from the fruit of the pineapple and cut into 1/2-inch slices. Season the pineapple slices with salt, pepper and remaining olive oil. Place the pineapple slices on the grill and cook for 1 to 2 minutes on each side. Remove from the grill and cool. Reserve 2 slices of the pineapples and dice the rest of the fruit. Dice the cooled chicken. In a mixing bowl, add the two reserved slices of fruit. Using the back of a fork, mash the fruit against the side of the bowl. Add the walnut oil and whisk until emulsified. Stir in the chervil. Season the vinaigrette with salt and pepper. In a mixing bowl. Toss the diced chicken, pineapple, red onions, celery, and walnuts with the dressing. Cover the salad and refrigerate for 1 hour. Remove both the pineapple boats and salad from the refrigerator. Spoon the salad into both pineapple boats. Garnish with chopped parsley. This recipe yields 2 servings.**

# Grilled Porterhouse With Over–Stuffed Baked Potatoes

---

5 Large Idaho baking potatoes  
3 Tablespoon Olive oil  
Kosher salt  
1/2 Pound Bacon; chopped  
4 Tablespoon Butter  
1 Cup Sour cream  
8 Ounce Grated sharp cheddar cheese  
2 Tablespoon Chopped chives  
Salt  
Freshly ground white pepper  
4 Porterhouse steaks; about 12 to 14 ounces each  
52 1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees F.

Season the potatoes with 1 tablespoon of the oil and salt. Place on a baking sheet and place in the oven. Cook until fork tender, about 1 hour. Remove and cool. In a saute pan, over medium heat, render the bacon until crispy, about 6 minutes. Remove and drain on paper towels. Peel one potato completely and slice 1/4 of the top off each of the remaining potatoes. Using a spoon, scrape out the flesh of each potato into a mixing bowl. Add the whole peeled potato to the mixing bowl. Using a hand held masher, mash the potatoes until smooth. Add the butter, sour cream, half of the cheese and the chives. Season with salt and pepper and mix well. Spoon the potato mixture back into the potato shells. Top the potatoes with the remaining cheese and the bacon. Place back on the baking sheet and bake until the cheese melts, about 8 to 10 minutes.

Preheat the grill.

Season the steaks with the remaining olive oil, salt and pepper. Place the steaks on the grill and cook for 4 to 6 minutes on each side for medium rare. Remove from the grill and allow to rest for a few minutes before serving.

Remove the potatoes from the oven. Serve the steaks with the potatoes.

Yield: 4 servings

# Grilled Rib–Eyes With A Smithfield Ham Cole Slaw

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4 Rib – eye steaks; (12 to 14–ounce)  
Vegetable oil  
Creole seasoning  
3/4 Cup Plus 2 tablespoons vegetable oil  
1 Pound Smithfield ham; julienne  
Freshly ground black pepper  
1 Cup Shredded carrots  
1 Cup Thinly sliced red onions  
1/2 Pound White cabbage; shredded (about 2 cups)  
1/2 Pound Red cabbage; shredded (about 2 cups)  
1/2 Cup Chopped green onions; green parts only  
2 Tablespoon Creole Mustard  
1 Teaspoon Chopped garlic  
1/4 Cup Apple cider vinegar  
2 Tablespoon Honey  
2 1/2 Other Carbohydrates

Preheat heat the grill.

Season the steaks with the vegetable oil and Creole seasoning. Place on the grill and cook for 3 to 4 minutes on each side for medium–rare. In a large saute pan, over medium heat, add 2 tablespoons of the oil. When the oil is hot, add the ham and cook for 2 to 3 minutes. Season with freshly ground pepper. Remove the ham and drain on paper towels. Reserve the ham fat.

In a mixing bowl, combine the carrots, red onions, cabbages and green onions. Toss well.

In a blender, combine the reserved ham fat, mustard, garlic, vinegar and honey. Blend well. Season with salt and pepper. With the blender running, slowly add the remaining 3/4 cup of the oil. Blend until the dressing thickens and coats the back of a spoon. Season with salt and pepper. Add the dressing and crispy ham to the vegetable mixture. Toss well. Season with salt and pepper.

To serve, spoon the sauce in the center of each plate. Lay the steaks over the sauce. Mound the Cole slaw in the center of the steak.

Yield: 4 servings

# Grilled Sardines Over Portuguese Stew

---

**4 Tablespoon Olive oil**  
**1 Cup Minced onions**  
**2 Bay leaves**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1/2 Pound Chorizo sausage; sliced 1/4" thick**  
**12 Whole Garlic cloves; peeled, blanched**  
**1 Cup Peeled; seeded, chopped fresh tomatoes**  
**1/2 Pound New potatoes; quartered**  
**2 Teaspoon Chopped fresh thyme leaves**  
**2 Teaspoon Chopped fresh basil**  
**2 Teaspoon Chopped fresh parsley leaves**  
**1 Quart Chicken stock**  
**16 Fresh sardines**  
**16 Wooden skewers; soaked in water**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large saucepan, over medium-high heat, heat 2 tablespoons of the oil. When the oil is hot, add the onions. Using your hands, crush the bay leaves over the onions. Season with salt and pepper. Saute for 8 minutes. Add the sausage and continue to cook for 2 minutes. Add the garlic cloves and tomatoes. Season with salt and pepper. Saute for 2 minutes. Stir in the potatoes and herbs. Season with salt and pepper. Add the chicken stock and bring the liquid to a boil. Reduce the heat to medium and cook for 15 minutes. Toss the sardines with the remaining olive oil. Season with salt and pepper. Skewer four sardines on each wooden skewer. Place the skewers on the grill and cook for 2 minutes on each side. Remove from the grill. To serve, ladle the stew in the center of each shallow bowl. Lay one skewer of sardines over the stew and serve. This recipe yields 4 servings.**

# Grilled Skewers Of Kid Goat

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**3 Pound Kid goat; cut into 1" cubes**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1 Cup Olive oil**

**1 Pinch Crushed red pepper**

**2 Tablespoon Chopped garlic**

**4 Bay leaves; crumbled**

**12 Green Bay laurel sticks; abt 12" long**

**1 Crusty bread loaf**

**1 Pound Fresh figs**

**1 Pound Queijo da Serra Estrela cheese**

**11 Fat; 0 Other Carbohydrates**

Season the goat with salt and pepper. In a mixing bowl, whisk the olive oil, red pepper, garlic and bay leaves together. Season with salt and pepper. Toss the goat with the marinade, cover and refrigerate overnight. Preheat the grill. Spear 4 ounces of the goat meat on each laurel stick. Place the reserved marinade in a saucepan and bring up to a boil. Boil the marinade for about 2 minutes and remove from the heat. Place the sticks on the grill and grill for 2 to 3 minutes on all sides. Baste the skewers with the marinade every few minutes. Remove the skewers from the grill and place on a large platter. Slice the bread into 1-inch slices and place on the platter. Arrange the figs and cheese around the skewers and bread. This recipe yields 4 to 6 servings.

# **Grilled Sweet Corn, Vidalias, And Tomatoes**

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**8 Ears Sweet corn; still in the husk,  
Soaked in water for 24 hours  
Salt; to taste  
Freshly-ground black pepper; to taste  
1/4 Cup Olive oil  
3 Garlic heads  
2 Vidalia onions; cut into 2" rings  
10 Roma tomatoes; cut in half  
3 Avocados; peeled, pitted, and sliced into 1/2" slices  
1/2 Fat; 0 Other Carbohydrates**

**Prepare the charcoal for the grill. Season the corn with salt and pepper. Place the corn on the grill and cook for about 1 hour. Season the garlic, onions and tomatoes with olive oil, salt and pepper. Wrap the garlic in foil and place on the grill. Cook for 45 minutes or until the garlic is tender. Remove from the grill and squeeze out the garlic cloves. Place the garlic in a mixing bowl, and smash the garlic with a fork. Whisk in the melted butter. Pour the melted butter mixture into a tall slender glass, (a glass the length of the corn). Place the onions and tomatoes on the grill and cook for 4 to 6 minutes on each side. Season the avocado slices with salt and pepper. Remove all the vegetables from the grill and place on a large platter with the avocado slices. This recipe yields 8 servings.**



# Grilled Szechwan–Style Baby Back Ribs

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**1 Small Bunch Fresh cilantro**  
**1/2 Bunch Fresh parsley**  
**3 Garlic cloves**  
**1 Piece Fresh ginger – (abt 1 long); peeled**  
**12 Cup Chicken stock**  
**3 Pound Baby back ribs**  
**2/3 Cup Hoisin sauce**  
**2 Tablespoon Miso**  
**1 Tablespoon Minced fresh ginger**  
**1 Tablespoon Chopped garlic**  
**1 Tablespoon Sake**  
**1 Tablespoon Soy sauce**  
**2 Teaspoon Honey**  
**2 Teaspoon Chili paste with garlic**  
**1 Cup Blanched black beans**  
**1 Tablespoon Julienned cilantro leaves**

**Preheat the grill. Preheat the fryer. In a food processor with a metal blade, pulse the first four ingredients together. Transfer the mixture to a large Dutch oven. Add the stock and ribs and bring to a boil. Reduce the heat, cover and simmer for 30 minutes, or until the ribs are tender. In a mixing bowl, whisk the remaining ingredients together. Drain the ribs and transfer the ribs to a parchment–lined baking sheet. Brush the ribs with the sauce and let the ribs cool for 1 hour. Brush the ribs a second time and place on the grill. Cook the ribs until deep–brown, about 4 minutes per side. Cut the rack into individual ribs and serve with the remaining sauce. Fry the blanched black beans until crispy, about 1 to 2 minutes. Remove from the oil and drain on a paper–lined plate. Season with salt and pepper. To assemble, arrange the ribs on a platter. Garnish with the beans and chopped cilantro. This recipe yields 4 servings.**

# Grilled Tomato Risotto With Roasted Portobello Mushrooms

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1 Pound Fresh tomatoes; halved and seeded  
Drizzle of olive oil  
Salt  
Freshly ground black pepper  
4 Medium Portobello mushrooms; stemmed and cleaned  
1 Pound Fresh mozzarella cheese; sliced 1/2-inch thick  
1 Tablespoon Olive oil  
1 Cup Chopped onions  
6 Cup Water  
1 Teaspoon Chopped garlic  
1 Pound Arborio rice  
1 Tablespoon Unsalted butter  
1/4 Cup Heavy cream  
1/2 Cup Freshly grated Parmigiano-Reggiano cheese  
3 Tablespoon Chopped green onions; (scallions), green parts only

Preheat the grill to 400 degrees. In a mixing bowl, toss the tomatoes with the olive oil, salt and pepper. Place on the grill and cook for 2 to 3 minutes on each side. Remove from the grill and set aside. Preheat the oven to 400 degrees. Place the portobello mushroom on a parchment – lined baking sheet, cavity up. Drizzle both sides of the mushrooms with the olive oil. Season both sides with salt and pepper. Fan a quarter of the cheese over each cavity of the mushroom. Place in the oven and cook until the mushrooms are tender and the cheese is bubbly, about 10 minutes. Heat the olive oil in a large saute pan over medium heat. Add the onions. Season with salt and pepper. Saute until the onions are slightly soft, about 3 minutes. Add the water and garlic. Bring the mixture to a boil, reduce the heat to medium, and simmer for about 6 minutes. Add the rice and simmer, stirring constantly until the mixture is creamy and bubbly, about 18 minutes. Stir in the butter, cream, cheese, and green onions. Simmer for about 2 minutes, stirring constantly. Remove from the heat and stir in the tomatoes. To serve, slice each portobello into quarters. Spoon the risotto into each serving dish. Lay 2 slices of the portobello on top of the risotto. Garnish with parsley.

**Yield:** 8 servings

# Grinders

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**4 French bread loaves –; (ea abt 6" long)**

**12 Slice Salami**

**12 Slice Provolone cheese**

**12 Slice Mortadella**

**12 Slice Swiss**

**1 Cup Pickled banana peppers**

**Drizzle of olive oil**

**1 Pound Shoestring potatoes; in water**

**Oil; for frying**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**41-1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 350 degrees. Preheat the fryer. Build each sandwich by placing three slices of the salami and three slices of the Provolone cheese on one side. On the other side of the bread, place three slices of the mortadella and three slices of the Swiss cheese. Sprinkle each half with the banana pickles. Drizzle each sandwich with olive oil. Place the sandwiches on a sheet pan and place in the oven. Cook the sandwiches until the cheese melts, about 3 to 4 minutes. Place the shoestring potatoes in the hot oil and fry until golden brown, about 3 to 4 minutes. Remove the fries from the oil and drain on a paper-lined plate. Season the fries with salt and pepper. Remove sandwiches from the oven and press the two halves together. Serve the grinders with french fries. This recipe yields 4 sandwiches.**

# Gros Escargots De Bourgongne

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24 Canned escargots; rinsed, drained  
3 Cup Red wine  
1/2 Cup Chopped onions  
1/4 Cup Chopped carrots  
1/4 Cup Chopped celery  
1 Bay leaf  
1 Teaspoon Black peppercorns  
2 Sticks Butter; at room temperature  
1/4 Cup Chopped garlic  
1/4 Cup Finely-chopped fresh parsley leaves  
Salt; to taste  
Freshly-ground black pepper; to taste  
4 Escargot molds  
Crusty bread

Preheat to 400 degrees. Rinse and drain the escargots. In a saucepan, over medium heat, combine the red wine, mirepoix, bay leaf and peppercorns. Bring the liquid to a simmer. Poach the escargots in batches for 15 seconds. Drain, set aside and reserve 2 tablespoons of the liquid. In a small mixing bowl, combine the butter, garlic and parsley. Mix well. Season with salt and pepper. Season the escargots with salt and pepper, and place in the escargot mold. Place 2 heaping teaspoons of the butter mixture on top of each escargot. Place the molds on a baking sheet and place in the oven. Cook for 6 to 10 minutes, or until the butter is bubbly. Remove and serve with the crusty bread. This recipe yields 4 servings.

# Grougere

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**1 Cup Milk**  
**4 Tablespoon Unsalted butter**  
**4 Ounce Grated Gruyere cheese**  
**1 Cup Flour**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**4 Eggs; at room temperature**  
**12 servings.**

**Preheat the oven to 400 degrees. In a saucepan, combine the milk and butter. Bring the liquid to a boil. Add the flour, salt and pepper and stir quickly with a wooden spoon. Stir until smooth, about 1 minute. Remove from the heat. Stir in the eggs, one at a time, stirring well after each egg. Stir in the cheese. On a parchment or waxed paper-lined baking sheet, place a spoonful of the mixture, 1/4-inch apart in a circle, forming a ring. Place in the oven for 10 minutes. Reduce the oven heat to 350 degrees. Continue to bake for 25 minutes. Do not remove from the oven until they are firm to the touch. Remove from the oven and serve warm.**

# Gruyere And Potato Gratine

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1/4 Cup Vegetable oil  
1/4 Cup Flour  
2 Cup Whole milk  
1 Pinch Fresh nutmeg  
Salt; to taste  
Freshly-ground white pepper; to taste  
1 Cup Grated Gruyere de Comte  
1 Pound White potatoes; sliced 1/2 thick, and blanched  
Chopped Chives; for garnish  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven 400 degrees. In a sauce pan, over medium heat, combine the vegetable oil and flour together. Cook the roux, stirring constantly, for 4 to 6 minutes for a blond roux. Whisk in the milk and bring the liquid up to a boil. Season with nutmeg, salt and pepper. Reduce to a simmer and cook for 6 to 8 minutes or until the sauce coats the back of a spoon. Fold in the cheese. Layer the potatoes in a gratin dish. Pour the cheese sauce over the potatoes. Sprinkle the top with bread crumbs. Place the dish in the oven and bake for 15 minutes or until the potatoes are tender and the top is golden-brown. Remove from the oven and let rest for 5 minutes before serving. Garnish the potatoes with chives and serve. This recipe yields 6 servings.

# Ham Crouquettes

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**4 Tablespoon Butter**  
**1/2 Cup Finely-minced onions**  
**1/4 Cup Flour; plus**  
**2 Tablespoon Flour**  
**1-1/2 Cup Milk**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1/4 Teaspoon Nutmeg**  
**1 Tablespoon Finely-chopped parsley**  
**1 Tablespoon Dry sherry**  
**12 Ounce Ground smoked ham**  
**2 Eggs; mixed with**  
**1 Tablespoon Water**  
**1 Cup Bread crumbs**  
**Vegetable oil; for frying**

Preheat the fryer. In a large saute pan, melt the butter. When the butter is melted, add the onions and saute for about 2 minutes, or until translucent and soft. Season with salt and pepper. Stir in the flour to make a roux. Cook for about 1 minute and remove from the heat. Whisk in the milk to form a smooth sauce. Return to medium heat and cook until the sauce is thick and creamy. Season with salt, pepper, nutmeg, parsley and sherry. Stir in the ham. Mix well and cook for 4 to 5 minutes on low heat. Pour the mixture into an 8- by 8 1/2-inch baking pan and cool in the refrigerator so that the mixture will be easy to handle. Refrigerate for 2 to 3 hours or until well chilled. In a small mixing bowl, beat the eggs with water until frothy and pour into a medium bowl. Combine the bread crumbs and flour in a second bowl. Season the mixture with salt and pepper. Using your hands, shape the ham mixture into a log about 3/4-inch thick. Using a knife, cut the log into 1 1/2-inch long pieces. Dip the logs in the egg wash, letting the excess drip off. Roll the logs in the seasoned bread crumbs. Place the logs on a baking sheet and cover with plastic wrap. Refrigerate the logs for 2 to 3 hours. Fry the crouquettes in the hot oil, a few at a time, until golden-brown, about 3 to 4 minutes. Remove the crouquettes from the oil and drain on a paper-lined plate. Season the crouquettes with salt and pepper. Serve the crouquettes with fresh lemon juice and garnish with parsley. This recipe yields about 2 dozen crouquettes.

# Ham Hock And Lentil Soup

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**2 Tablespoon Olive oil**  
**2 Cup Small-diced onions**  
**1 Cup Small-diced celery**  
**1 Cup Small-diced carrots**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**2 Tablespoon Chopped garlic**  
**2 Bay leaves**  
**6 Fresh thyme sprigs**  
**2 Quart Chicken stock**  
**3 Smoked ham hocks –; (to 4)**  
**1 Pound Orange lentils**  
**2 Tablespoon Chopped parsley**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large saucepan, over medium heat, add the oil. When the oil is hot, add the onions, celery, and carrots. Season with salt and pepper. Saute for 4 minutes. Add the garlic, bay leaves and thyme. Saute for 1 minute. Add the ham hocks and stock. Bring the liquid to a boil, reduce the heat to medium-low and cook about 1 hour, or until the hocks are tender. Add the lentils and continue cook for 25 to 30 minutes or until the lentils are tender. Remove from the heat and stir in the parsley. Reseason with salt and pepper if needed. Remove the ham hocks and remove the meat. Add the ham back into the soup. Ladle the soup into individual serving bowls and serve with crusty bread. This recipe yields 8 to 10 servings.**



# Hand–Pulled Mozzarella Cheese

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**1 Pound Fresh Mozzarella Curd; at room temperature**  
**2 Quart Simmering water**  
**1 Tablespoon Plus 1 teaspoon salt**  
**4 Medium Rubber gloves**  
**1 Quart Ice water**  
**1 Cup Milk**  
**1 Cup Water**  
**1/2 Fat; 0 Other Carbohydrates**

**In a medium stainless mixing bowl, crumble the curd into small pieces. Season the simmering water with 1 tablespoon of the salt. Pour 4 cups of the simmering water over the curd, 1 cup at a time. Place two rubber gloves over each hand. Using your hands, carefully press the curd together, about 15 seconds. Allow the curd to sit for 30 seconds. Using your hands, sort of knead the curd together to form a ball. Pull the curd for a couple of minutes under the warm water. Form the cheese into either 1 log about 3 inches thick or 2 smaller ones.**

**\*\*If the cheese starts to cool down and is hard to shape or pull, add some more simmering water and let the cheese sit for about 10 seconds and then start shaping or pulling again.\*\***

**Remove the cheese and place in an ice bath. Allow the cheese to cool for a couple of minutes. In a second mixing bowl, combine the milk, water and remaining teaspoon of salt. Place the cheese in the liquid and let sit for 2 hours. Remove the cheese from the liquid and wrap tightly in plastic wrap. The cheese will keep for up to 2 weeks.**

# Haricots Verts And Horseradish Salad

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**2 1/2 Pound Fresh haricots verts**  
**1/4 Cup Prepared horseradish**  
**1/4 Cup Sour cream**  
**1/2 Cup Prepared mayonnaise**  
**1/4 Cup Minced yellow onions**  
**2 Teaspoon Minced garlic**  
**1 Dash Worcestershire sauce**  
**3 Hard-boiled eggs**  
**1/2 Pound Chopped crispy bacon**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Tablespoon Finely-chopped parsley**

**Bring a pot of salted water to a boil. Blanch the beans for 2 minutes. Remove the beans from the water and shock in an ice bath. Drain the beans and pat dry. In a mixing bowl, whisk the horseradish, sour cream, mayonnaise, onions, and garlic. Season the mixture with the Worcestershire sauce, salt and pepper. Toss the haricots verts with the horseradish mixture. Season the salad with salt and pepper. Wrap the bowl with plastic wrap and refrigerate overnight. To serve, mound the beans on a platter. Using a knife, chop or slice the hard boil eggs. Sprinkle the eggs and bacon over the salad. Garnish the salad with the parsley. This recipe yields 10 servings.**

# Harry's Bar Cake

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**2 Nine-inch round prepared yellow cakes**  
**1 Cup Madeira wine**  
**3 Cup Basic pastry cream**  
**1 Cup Whipped cream**  
**3 Cup Basic Italian buttercream**  
**1/2 Fat; 1 Other Carbohydrates**

**Slice each cake in half. Brush the top of each cake with the Madeira. Place one layer of the cake on a serving platter. Spread 1 cup of pastry cream evenly over the cake. Place the second layer on top of the pastry cream. Spread 1 cup of pastry cream evenly over the cake. Place the third cake on top of the pastry cream. Spread the cake with the remaining 1 cup of pastry cream. Place the fourth layer of cake on top of the pastry cream. Refrigerate for 2 hours. Ice the entire cake with the buttercream. Refrigerate for 2 hours. Slice and serve. This recipe yields 12 servings.**

# Hawaiian Vintage Chocolate Chess Pie

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1 Stick Butter  
1 Cup Sugar  
4 Ounce Hawaiian Vintage Chocolate; melted  
4 Eggs; beaten  
1 Teaspoon Vanilla  
1–1/2 Tablespoon Yellow cornmeal  
1 Unbaked 9–inch pie shell

## **SPICED CREAM**

1 Quart Heavy cream  
1/4 Cup Granulated sugar  
1/2 Teaspoon Ground cinnamon  
1/4 Teaspoon Freshly–grated nutmeg  
1/2 Fat; 2 Other Carbohydrates

Preheat the oven to 325 degrees. In a saucepan, melt the butter. In a mixing bowl, whisk the melted butter and sugar together. Add the melted chocolate and whisk until smooth. Add the eggs, vanilla and cornmeal. Whisk until smooth. Pour into the pie shell. Bake for 1 hour. Remove from the oven and allow to rest for 30 minutes before slicing. For the spiced cream, beat the cream with an electric mixer on high speed in a large mixing bowl for about 2 minutes. Add the sugar, cinnamon, and nutmeg and beat again until the mixture thickens and forms stiff peaks, another 1 to 2 minutes. Serve the pie with the Spiced Cream. This recipe yields 8 servings.

# Heirloom And Creole Tomato Salad

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**3/4 Cup Extra-virgin olive oil**  
**1/4 Cup Balsamic vinegar**  
**1 Teaspoon Minced garlic**  
**2 Tablespoon Chopped fresh mild herbs**  
**(parsley; basil, chervil, tarragon, etc.)**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1/2 Pound Assorted Heirloom tomatoes**  
**2 Creole tomatoes**  
**1 Large Vidalia onion; peeled**  
**2 Haas avocados**  
**6 One-ounce slices of Fresh Mozzarella**  
**Cheese**  
**1 Dozen Baguette croutons –; (abt 1" thick)**  
**1/2 Fat; 0 Other Carbohydrates**

**In a small mixing bowl, whisk the olive oil, vinegar, garlic, and herbs until incorporated. Season the vinaigrette with salt and pepper. With a serrated knife, quarter the Heirloom tomatoes. Slice the Creole tomato into 1/2-inch slices. Cut the Vidalia onion into thin slices or rings. Peel and remove the pit of the avocados. Slice the avocados into 1-inch slices. Season all the vegetables (both sides) with salt and fresh black pepper. Arrange all the vegetables on a large platter along with the cheese. Drizzle the dressing over the entire platter. Serve the salad with the croutons. This recipe yields 6 servings.**

# Heirloom Apple Tart

---

1 Cup Brown sugar  
1/2 Cup Sugar; plus  
2 Tablespoon Sugar  
4 Tablespoon Armagnac  
4 Heirloom apples; peeled, cored, and quartered  
1/4 Cup Golden raisins  
1 Tablespoon Butter  
Salt; to taste  
Freshly-ground white pepper; to taste  
3 Cup Milk  
5 Eggs  
1 1/4 Cup Flour; plus  
2 Tablespoon Flour  
4 1/2 Teaspoon Vanilla  
2 Cup Sweetened whipped cream  
Powdered sugar; in a shaker  
Fresh mint sprigs  
1/2 Fat; 1 Other Carbohydrates

Preheat oven to 350 degrees. Line the bottom and over the sides of a 10-inch springform pan with parchment paper. In a cast iron skillet, over high heat, combine 1/2 cup of sugar, brown sugar, water and 2 tablespoons Armagnac. Season with salt and white pepper. Bring the mixture up to a boil and reduce by half, about 10 to 15 minutes, stirring occasionally. The end result will be a caramel like mixture. Remove the mixture from the heat. In a saute pan, melt the butter. Add the apples and saute for 5 minutes or until golden. Stir in the raisins and remaining Armagnac. Season the apples with salt. Spoon the apples into the lined springform pan. Pour the caramel over the apples. Place the pan in the refrigerator and chill for 30 minutes. In a mixing bowl, whisk the milk, eggs, remaining sugar, flour, and vanilla, together. Whisk until slightly smooth. (There will be lumps.) Strain the batter over the apple and caramel mixture. Place the pan in the oven and bake for about 1 1/2 hours or until the cake is set and the center comes out clean with a knife. Remove the cake from the oven and cool completely. After cooled, place in the refrigerator. Remove from the refrigerator and remove the parchment paper. Serve the cake either cold or re-warm in the oven for a few minutes. Garnish each piece of cake with whipped cream, powdered sugar and fresh mint. This recipe yields 16 servings.

# Herb Crusted Snapper With Fresh Ratatouille

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2 Tablespoon Vegetable oil  
2 Cup Chopped onions  
1 Cup Chopped green bell peppers  
1 Cup Chopped celery  
Salt  
Cayenne  
Freshly ground black pepper  
1 Medium Eggplant; (about 1/2 pound), peeled and cut into 1-inch cubes  
1 Medium Zucchini; (about 1/2 pound), cut into 1-inch cubes  
1 Medium Yellow squash; (about 1/2 pound), cut into 1-inch cubes  
3 Cup Fresh tomatoes; chopped, peeled and seeded  
2 Tablespoon Chopped garlic  
1 Teaspoon Chiffonade of fresh basil  
1 Teaspoon Chopped fresh thyme leaves  
4 Snapper fillets; (6 to 8 ounces each), skin off  
4 Tablespoon Dijon mustard  
1 Cup Finely chopped assorted fresh herbs  
3 Tablespoon Olive oil  
1 Tablespoon Finely chopped fresh parsley

In a large, heavy-bottomed saucepan, heat the oil over medium heat. Add the onions, bell peppers and celery. Season with salt and cayenne and black pepper. Cook, stirring constantly, for about 3 minutes, or until the vegetables are slightly wilted. Add the eggplant. Season with salt and cayenne. Cook for 4 to 5 minutes, or until slightly tender. Add the zucchini, yellow squash, tomatoes, garlic, basil and thyme. Season with salt and cayenne. Reduce heat to medium and cook, stirring occasionally, for 8 to 10 minutes, or until the mixture is a little soupy. The vegetables should have a little crunch to them. Remove from the heat.

Season both sides of the fillets with salt and pepper. Spread both sides of the fillets evenly with the mustard. Dredge the fillets in the herbs, coating each side completely. In a large saute pan, over medium heat, add the oil. When the oil is hot, add the fillets and cook for about 3 to 4 minutes on each side, or until the fish is flaky.

To serve, spoon some of the ratatouille in the center of each plate. Place the fillets on top of the ratatouille. Garnish with parsley.

**Yield: 4 servings**

# **Herb Mayonnaise And Herb Nage**

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**1 Egg**  
**2 Teaspoon Chopped garlic**  
**1 Tablespoon Creole mustard**  
**Juice of one fresh lemon**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Cup Olive oil**  
**2 Teaspoon Chopped tarragon**  
**2 Teaspoon Chopped parsley**  
**2 Teaspoon Chopped dill**  
**2 Teaspoon Chopped basil**  
**1/2 Fat; 0 Other Carbohydrates**

**In a food processor, fitted with a metal blade, combine the egg, garlic, mustard, lemon and lemon juice. Process until smooth. Season with salt and pepper. With the machine running, slowly add the oil in a steady stream, until an emulsion forms. Season with salt and pepper. Place the mayonnaise in a mixing bowl. Fold in the chopped herbs. Cover and refrigerate for 2 hours before serving. Serve the mayonnaise as a dipping sauce for fried seafood or a spread for sandwiches. This recipe yields about 1 1/2 cups.**



# **Herbed Goat Cheese And Proscuitto Shrimp**

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**12 Tablespoon Goat cheese**  
**1 Teaspoon Chopped fresh parsley**  
**1 Teaspoon Chopped fresh tarragon**  
**1 Teaspoon Chopped fresh chervil**  
**1 Teaspoon Chopped fresh oregano**  
**2 Teaspoon Minced garlic**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**12 Large Shrimp; peeled, tail-on,**  
**And butterflied**  
**12 Thin slices Proscuitto**  
**2 Tablespoon Olive oil**  
**Drizzle of white truffle oil**

**In a mixing bowl, blend the cheese, herbs and garlic together. Season the mixture with salt and pepper. Season the shrimp with salt and pepper. Press one tablespoon of the filling in the cavity of each shrimp. Wrap each shrimp tightly with one piece of proscuitto. In a saute pan heat the olive oil. When the oil is hot, add the stuffed shrimp and sear for 2 to 3 minutes on each side, or until the shrimp turn pink and their tails curl in towards their body. Remove shrimp from the pan and place on a large plate. Drizzle the shrimp with truffle oil. Garnish with parsley. This recipe yields 12 stuffed shrimp.**

# Hilda's Maw Maw Slaw

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**1/2 Pound White cabbage; shredded (about 2 cups)**  
**1/2 Pound Red cabbage; shredded (about 2 cups)**  
**1/2 Pound Assorted greens; such as mustard greens, collards, or spinach, trimmed, washed and shredded (about 2 cups)**  
**1 Cup Thinly sliced red onions**  
**1 Cup Chopped green onions; green parts only**  
**1/2 Cup Chopped parsley**  
**3/4 Cup Olive oil**  
**1/4 Cup Rice wine vinegar**  
**2 Teaspoon Sugar**  
**1/2 Cup Creole or whole grain mustard**  
**1 Teaspoon Minced garlic**  
**1 Teaspoon Salt**  
**1/4 Teaspoon Freshly ground black pepper**  
**1/4 Teaspoon Cayenne**  
**1/2 Fat; 1 Other Carbohydrates**

**Place the white cabbage, red cabbage, greens, red onions, green onions, and parsley in a large salad bowl. In a small bowl, whisk the olive oil, vinegar, sugar, mustard, garlic, salt, black pepper and cayenne. Mix well. Add the mixture to the greens and toss to mix thoroughly. Cover and refrigerate for at least one hour. Serve chilled.**

**Yield: 8 servings**

## **Hilda's Shake And Bake Chicken**

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**4 Pound Chicken; cut into 10 pieces**

**Crushed red pepper; to taste**

**Drizzle of olive oil**

**2 Cup Bread crumbs**

**1/4 Cup Finely-chopped parsley**

**Salt; to taste**

**Cayenne pepper; to taste**

**4 servings.**

**Preheat the oven to 375 degrees. Season the chicken with crushed red pepper and salt. Using your hands, rub olive oil over each piece of chicken. Place the bread crumbs and parsley in a large zip-lock bag. Season the crumbs with salt and cayenne. Add the chicken to the bag and shake the bag until the chicken is coated completely. Place the chicken pieces, on a parchment-lined 1/2-inch sheet pan. Bake the chicken for 25 to 30 minutes or until the chicken is crispy and the juices run clear. Remove from the oven and serve.**

# Hollandaise With Fresh Asparagus

---

**1 Large Bunch Asparagus**  
**4 Egg yolks**  
**2 Teaspoon Fresh lemon juice**  
**1 Tablespoon Water**  
**1 Tablespoon Dijon mustard**  
**2 Teaspoon Finely-chopped parsley**  
**1/2 Pound Butter; melted and warm**  
**10 Fat; 0 Other Carbohydrates**

**Bring a pot of salted water to a boil. Trim the asparagus. Place the asparagus in the water and blanch for about 4 to 6 minutes. Remove the asparagus from the water and season with salt and pepper. While the asparagus are blanching, prepare the sauce. In a stainless steel bowl set over a pot of simmering water over medium heat, whisk the egg yolks with the lemon juice, water, mustard, and parsley, together. Season with salt and cayenne. Whisk the mixture until pale yellow and slightly thick. Be careful not to let the bowl touch the water. Remove the bowl from the pot and whisking vigorously, add the butter, 1 teaspoon at a time, until all is incorporated. Place the asparagus on a platter and spoon the Hollandaise sauce over the top. This recipe yields 4 servings.**

# Home–Style French Bread

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**2 Envelopes active dry yeast; (1/4–ounce each)**  
**1 Tablespoon Plus 2 teaspoons sugar**  
**2 Cup Warm water; (about 110 degrees F.)**  
**1–1/2 Tablespoon Salt**  
**5 Cup Flour**  
**4 Tablespoon Yellow cornmeal**  
**1 Egg yolk mixed with 1 tablespoon water**

Using an electric mixer with a dough hook, combine the yeast, sugar and warm water and mix for 2 minutes to dissolve the yeast. Add the salt and flour.

With the mixer on low, mix until the dough starts to come together. Increase the speed to medium–high and mix until the dough comes away from the sides of the bowl and crawls up to dough hook.

Grease a mixing bowl with the oil. Place the dough in the greased bowl and turn once. Cover the bowl with plastic wrap and place in a warm, draft free place until the dough doubles in size about 1 1/2 hours.

Remove the dough from the bowl and invert it onto a heavily floured surface. Divide the dough into 2 equal portions. Pat each portion into a large rectangle, about 3/4–inch thick. Roll up the dough, beginning with the short side and stopping after each full turn to press the edge of the roll firmly into the flat sheet of dough to seal. Press with your fingertips. Tuck and roll so that any seams disappear into the dough.

Sprinkle a baking sheet evenly with 2 tablespoons of the cornmeal. Place the loaves on the baking sheet, about 3 inches apart. Sprinkle with the remaining 2 tablespoons cornmeal. Cover the loaves with a cloth and let rise until double in size, about 1 hour.

Preheat the oven to 400 degrees F.

With a sharp knife, make diagonal slashes, about 1–inch apart, on the top of each loaf. With a pastry brush, brush the egg wash evenly over each loaf. Place a cup of hot water in an oven–proof container on the baking sheet with the loaves.

Bake for 45 minutes, or until the bread is golden brown. Remove from the oven and cool on a rack. Slice to serve.

**Yield: 2 large loaves**

# Homeade Thousand Island Spread

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**1 Egg**  
**1 Lemon; Juice of**  
**1/4 Cup Chopped onions**  
**1/4 Cup Chopped green bell peppers**  
**1/4 Cup Chopped sweet pickles**  
**1/4 Cup Chopped green olives**  
**1 Tablespoon Chopped pimientos**  
**1 Hard-boiled egg; finely chopped**  
**3 Tablespoon Ketchup**  
**1 Tablespoon Finely chopped fresh chives**  
**1 Tablespoon Chili sauce**  
**Salt**  
**Freshly ground black pepper**  
**1 Cup Vegetable oil**

**Combine the first 10 ingredients in a food processor with a metal blade and process until smooth. Season with salt and pepper. While the machine is running, slowly add the oil, a little at a time, until thick. Re-season if necessary.**

**Yield: about 2 cups**

# Homemade Baked Beans

---

**1 Pound Bacon; diced**  
**2 Cup Diced onions**  
**1 Tablespoon Chopped garlic**  
**1 Pound Dried navy white beans; soaked overnight,  
And drained**  
**1/2 Cup Steen's 100 percent Pure Cane Syrup**  
**1/2 Cup Light brown sugar**  
**2 1/2 Cup Ketchup**  
**1/4 Cup Yellow mustard**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Gallon Chicken stock**  
**2 Bay leaves**

**In a large pot, over medium heat, add the bacon and render until crispy, about 4 to 6 minutes. Add the onions and continue to saute for 3 to 4 minutes. Season with salt and pepper. Stir in the garlic and beans and cook for 1 minute. Stir in the cane syrup, brown sugar, ketchup and mustard. Season with salt and pepper. Mix thoroughly. Stir in the chicken stock. Bring the liquid to a boil and reduce to a simmer. Cook the beans for about 4 hours, or until tender, stirring occasionally. From time to time, one might need to add a little water at a time if the beans need some to prevent burning. This recipe yields 6 to 8 servings.**

# Homemade Buttermilk And Black Pepper Petite Biscuits

---

**1 Cup Flour**  
**1 Teaspoon Baking powder**  
**1/8 Teaspoon Baking soda**  
**1/4 Teaspoon Salt**  
**1 Tablespoon Cracked black pepper**  
**2 Tablespoon Vegetable shortening**  
**1/4 Cup Buttermilk; plus**  
**1 Teaspoon Buttermilk**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 375 degrees. In a mixing bowl, combine the dry ingredients and blend thoroughly. Cream in the shortening with your fingers or a fork, until the mixture resembles coarse crumbs. Add the buttermilk a little at a time and, using your hands or a fork, work it in just until its thoroughly incorporated and you have a smooth ball of dough. Do not overwork or overhandle the dough. Lightly flour surface, roll out the dough with a rolling pin to a circle about 10–12 inches in diameter, 1/2–inch thick. Using a small round cookie cutter or the rim of a shot glass, press out twelve 1–inch rounds. Place the biscuits on a baking sheet and bake until golden–brown, about 15 minutes. This recipe yields 1 dozen biscuits.**



# Homemade Lady Fingers

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**2 Tablespoon Butter**  
**3/4 Cup Sifted flour; plus**  
**2 Tablespoon Sifted flour**  
**4 Egg yolks**  
**1/2 Cup Sugar**  
**4 Egg whites; beaten until stiff**  
**1 Pinch Salt**  
**1 Teaspoon Vanilla**  
**Powdered sugar; for dusting**

**Preheat the oven to 350 degrees. Grease and flour 2 baking sheets with 2 tablespoons butter and 2 tablespoons of flour. Mark parallel lines in the flour across the width of the tray about 4 inches apart. Put the eggs and sugar in a large mixing bowl, and with an electric mixer fitted with a wire whisk beat on medium–high speed until the mixture is pale yellow, thick, and has tripled in volume, about 8 minutes, using the mixer. Add the egg whites, remaining 3/4 cup flour, salt and vanilla, fold to mix thoroughly so the mixture is smooth. Fill a large pastry bag with a 3/4–inch plain tube with the mixture. Pipe fingers about 4 1/2–inches in length on to the baking sheet, using the lines as a guide. Dust the lady fingers with powdered sugar. Bake for 15 to 18 minutes, or until just firm on the outside and soft in the center. This recipe yields 24 lady fingers.**

# Homemade Pectin

---

**2 Pound Underripe Granny Smith apples; washed, and  
Cut into eighths; (not peeled or cored)  
4 Cup Water**

**In a large saucepan, over high heat, bring the apples and water to a boil. Reduce the heat to medium and simmer for 20 minutes or until tender. Remove from the heat and cool. Line a large bowl with dampened cheesecloth. Pour the pulp and juice through the cheesecloth. Gather the corners of the cheesecloth, and tie in a knot. Suspend from a cabinet knob or handle and allow to drip into a bowl overnight. The next day, measure the apple juice and pour into a large pot. Bring the liquid to a boil over high heat and cook until reduced by half. Refrigerate and use within 4 days or pour into containers and freeze for up to 6 months. This recipe yields 1 1/2 cups.**

# Hoppin' John's Huguenot Torte

---

**3/4 Cup Ground pecans**  
**3/4 Cup Ground English walnuts**  
**1/2 Cup Ground black walnuts**  
**2 Medium Apples; peeled**  
**4 Large Eggs; room temperature**  
**1 Large Egg yolk; room temperature**  
**1 3/4 Cup Sugar**  
**3/4 Cup Unbleached all-purpose flour**  
**16 Perfect pecan halves**  
**Granulated sugar; for pecans**  
**2/3 Cup Cream**

Prepare two 9-inch cake pans by lightly greasing them, lining them with waxed paper or parchment, greasing the paper, and lightly dusting with flour. Preheat the oven to 375 degrees and put a pan of water in the bottom of the oven. Mix the ground nuts together. Very finely chop the apples with a knife. You should have 1 3/4 cups. In a warmed electric mixer bowl, beat the eggs and egg yolk on high speed until doubled in volume. It may take 10 minutes or more. Slowly add the sugar while beating and continue beating until the volume is tripled. The eggs should be very thick and light in color. Don't be afraid of over-beating. Sift the flour over the egg mixture. Sprinkle the ground nuts over all, followed by the apples. With a large spatula, fold the mixture together rapidly but gently, being certain to bring all the elements from the bottom of the bowl up into the mixture. Divide the batter between 2 cake pans and bake in the middle of the oven for about 25 to 30 minutes, or until the top is golden brown and the sides have begun to pull away. Do not push on the meringue like top, or it may cave in. Place on a rack in a draft-free place and let cool completely. Lightly toast the pecan halves while the cakes are in the oven. While the pecans are hot, quickly dip them in water and then roll them in granulated sugar until they are lightly coated. Let them dry on a rack. The cakes must be perfectly cool, or the heat will melt the cream. Invert the pans to remove the cakes, discarding the paper liners, and turn the cakes back over again so that the crusty top surface is in its original position. Place each cake on a serving platter. Using an electric standing mixer, fitted with a whip attachment, whip the cream with some sugar until stiff and place 8 dollops of the cream evenly around each cake. Garnish each bit of cream with a sugared pecan and serve with a shot glass of bourbon neat. This recipe yields 16 servings.

# Hot Open-Faced Chicken Loaf Sandwich

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2 1/2 Pound White and dark chicken meat; coarsely ground  
1 Cup Chopped onions  
2 Tablespoon Chopped garlic  
1/2 Cup Chopped celery  
1/2 Cup Chopped green bell peppers  
2 Tablespoon Finely-chopped fresh parsley leaves  
1 Egg  
2 Teaspoon Salt  
1/2 Teaspoon Freshly-ground black pepper  
3/4 Teaspoon Cayenne pepper  
1 Teaspoon Worcestershire sauce  
1 Dash Hot pepper sauce  
1 Cup Dried fine bread crumbs  
20 Slice French Bread; about 1" thick, toasted  
5 Cup Mashed potatoes; hot  
5 Cup Brown gravy; hot  
10 servings.  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 350 degrees. In a mixing bowl, combine the chicken, onions, garlic, celery, bell peppers, and parsley. Mix thoroughly. Add the egg, salt, black pepper, cayenne, Worcestershire sauce, hot pepper, and bread crumbs. Using your hands, mix well. Mold the mixture into a 5- by 10-inch loaf and place on baking sheet lined with aluminum foil. Bake for 1 hour or until juices run clear. Remove from the oven and let stand for 10 minutes before slicing. Slice the loaf into 1/2-inch pieces. Assemble an open-faced sandwich, using the bread, sliced chicken, mashed potatoes and gravy.

## Hot Sesame Drizzle

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**2 Tablespoon Sesame seeds**  
**1 Teaspoon Salt**  
**1 Cup Chicken stock**  
**1/4 Cup Sesame oil**  
**1/4 Cup Honey**  
**1 Tablespoon Plus 1 teaspoon soy sauce**  
**Freshly ground black pepper**

**In a small saute pan, over medium–high heat, toast the sesame seeds until golden, about 2 minutes. Add the salt, chicken stock, sesame oil, honey and soy sauce. Whisk well. Bring the liquid to a boil, reduce the heat medium low and simmer for 3 minutes. Season with black pepper. Remove from the heat and keep warm.**

**Yields: 1 cup**

# Individual Custard And Macaroon Tartlets

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3 Store-bought pie crusts; (packaged flat  
And folded) to make 12 individual pastry  
Tart shells in ramekins  
2 Cup Heavy cream  
1 Cup Sugar  
1 Vanilla bean; split in half  
4 Egg yolks  
12 Small Coconut macaroons  
1 Cup Sweetened whipped cream  
Fresh mint sprigs  
Powdered sugar; in a shaker  
2 1/2 Other Carbohydrates

Preheat oven to 350 degrees. Cut out 12 pastry rounds 3 inches larger than the diameter of the ramekins and pat into the small ramekins. Line the pastry with foil and weight down with dried beans, rice or pie weights and bake for 5 to 8 minutes or until pastry is light golden-brown. Remove the foil and beans and set ramekins aside. In a sauce pot, combine the cream, sugar, and scraped vanilla bean. Bring the cream up to a simmer to dissolve the sugar. Simmer for about 3 to 5 minutes. Remove from the heat and discard the vanilla bean. In a mixing bowl, whisk the egg yolks until frothy. Temper the cream into the yolks. Place a macaroon in the center of each pie shell. Pour the custard into the shells. Place the ramekins in a warm water bath. Bake for 20 minutes or until the custard is set and the top is golden brown. Remove from the oven. Serve cold. Garnish with the whipped cream, mint, and powdered sugar. This recipe yields 12 servings.

# Individual Plum Pies With Vanilla Bean Ice Cream

---

**2 Tablespoon Butter**  
**3 Pound Fresh plums; pitted, quartered**  
**1/2 Cup Sugar**  
**1 Teaspoon Ground cinnamon**  
**1 Pinch Salt**  
**1/2 Cup Water**  
**2 Tablespoon Cornstarch**  
**2 Cup Flour**  
**1/2 Teaspoon Salt**  
**1–1/2 Teaspoon Sugar**  
**3/4 Cup Lard**  
**3 Tablespoon Ice water –; (to 4 tbsps)**  
**6 Scoops Vanilla Bean Ice Cream**

Preheat the oven to 375 degrees. In a large saute pan, over medium heat, melt the butter. Add the plums and saute for 2 minutes. Stir in the sugar, cinnamon and salt. Continue to saute for 2 minutes. Whisk the water and cornstarch together. Mix well. Stir the water mixture into the plum mixture. Bring the liquid to a gentle boil and cook for 2 minutes. Remove from the heat and cool completely. In a mixing bowl, combine the flour, salt, and sugar. Add the lard and work it in with your hands until the mixture resembles coarse crumbs. Add the water, 1 tablespoon at a time, and work it in with your hands, forming a smooth ball of dough. Divide the dough in half and wrap each ball in plastic wrap. Refrigerate the dough for 30 minutes. Remove the dough from the refrigerator and let the dough sit out for 5 minutes before rolling out. Roll out each dough on a floured surface into a circle about 12 inches in diameter and 1/8–inch thick. Cut each round of dough out into six 6–inch rounds. Gently fold 6 circles of dough and unfold each round into a 4–inch individual pie pan. Pour 3/4 cup of the filling into each pastry shell. Place the remaining 6–inch rounds over the filling, trimming off the excess. Crimp the edges of the pie crust, sealing the pie completely. Place the pies on a baking sheet and bake until golden brown, about 25 minutes. Remove from the oven and cool for 5 minutes, before serving. Serve each pie with a scoop of ice cream. This recipe yields 6 servings.

# Island Beans

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**1 Tablespoon Vegetable oil**  
**1/2 Pound Dried Spanish chorizo sausage; finely chopped**  
**2 Cup Chopped onions**  
**1 Small Chili pepper; finely minced**  
**Salt**  
**Freshly-ground black pepper**  
**2 Tablespoon Chopped garlic**  
**1 Pound Dried black beans**  
**10 Cup Chicken stock**  
**1 Tablespoon Butter**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large saucepan, over medium heat, add the oil. When the oil is hot add the sausage and brown for 2 minutes. Add the onions and peppers. Season with salt and pepper. Saute for 3 to 4 minutes or until the vegetables are wilted. Stir in the garlic and black beans. Saute for 1 minute. Add the stock and bring the liquid to a boil, reduce the heat to medium-low and simmer until the beans are creamy and tender, about 2 1/2 hours, stirring occasionally. Stir in the butter and reseason with salt and pepper. This recipe yields 8 to 10 servings.**



# Jasper White's Baked Stuffed Lobster

---

8 Tablespoon Unsalted butter; plus 3 tablespoons melted, for brushing  
1 Medium Onion; finely diced  
2 Sprigs tarragon; leaves picked and coarsely chopped (2 teaspoons)  
2 Sprigs Italian parsley; leaves picked and coarsely chopped (2 tablespoons)  
2 Ounce Peeled raw shrimp; cut into 1/2-inch pieces  
2 Ounce Raw scallops; cut into 1/2-inch pieces  
2 Ounce Crabmeat; picked for cartilage  
Kosher or sea salt  
Freshly ground black pepper  
2 Live; (1-1/2 to 2 1/2 pound), hard-shell select lobsters  
1/4 Cup Dried cornbread; crumbled  
18 1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 425 degrees

Melt 8 tablespoons butter in a saute pan over medium heat. Add the onions. Season with salt and pepper. Cook for 5 minutes, or until soft, but not browned. Stir in the tarragon and the parsley. Add the seafood. Season with salt and pepper. Cook for 1 minute. Remove from the heat and cool.

With a cleaver or a chef's knife, split the lobsters in half lengthwise. Remove and discard the sac and the intestine. Remove the tomalley and roe, if present and place in a small bowl. Break into small pieces with a fork. With the back side of a knife crack the center of each claw, on one side only. Season the lobsters lightly with salt and pepper. On a baking sheet, place the halves together to resemble a butterfly.

Mix the tomalley and roe into the seafood mixture. Gently fold in the cornbread. Season with salt and pepper. Divide the mixture evenly between the two lobsters. Do not pack the stuffing tightly or it will affect the even baking of the lobster. Brush the 3 tablespoons melted butter over the exposed tail meat, stuffing and claws. Bake until the lobster is cooked through and the stuffing is crispy and golden, about 20 to 24 minutes. Remove from the oven and serve at once.

Yield: 2 to 4 servings

# Joe's Iced Cappucino Float

---

**1 Pint Cinnamon ice cream; firm**  
**1 Pint Double chocolate ice cream; firm**  
**4 Cup Iced cappuccino coffee**  
**1 Cup Sweetened whipped cream**  
**4 Chocolate pirouette cookies**  
**1 Dozen Hot beignets; dusted with**  
**Powdered sugar**

**Alternate a couple of scoops of each ice cream between four very tall  
parfait glasses. Pour 1 cup of the cappuccino into each glass. Garnish each  
float with whipped cream and a chocolate straw. Serve with hot beignets.**  
**This recipe yields 4 ice cream floats.**

## **Keftehes – (Fried Minced Balls With Herbs)**

---

**2 Medium White or brown bread slices; soaked in water**

**For 10 minutes**

**1/2 Pound Minced beef**

**1/2 Pound Minced lean lamb**

**1 Medium Onion; grated**

**1 Egg**

**Juice of one lemon**

**1 Tablespoon Chopped fresh thyme**

**1 Tablespoon Chopped fresh oregano**

**2 Tablespoon Chopped fresh mint**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1 Cup All-purpose flour**

**Olive oil; for frying**

**Preheat the fryer. Squeeze out the bread, discarding the liquid. In a mixing bowl, combine the bread, beef, lamb, onions, egg, lemon juice, and herbs. Mix well. Season with salt and pepper. Cover and refrigerate for 30 minutes. Using your hands, roll the mixture into balls, about the size of a quarter. Place the flour in a shallow pan and season with salt and pepper. Roll the balls in the seasoned flour, coating completely. Fry the balls, in batches, until golden brown, about 2 to 3 minutes, stirring constantly for overall browning. Remove and drain on paper towels. Season with salt and pepper. Serve warm. This recipe yields about 2 to 3 dozen.**

# Key Lime Cheesecake

---

5 Tablespoon Butter; melted  
2 Cups; plus 2 tablespoons sugar  
1 Cup Graham cracker crumbs  
1 Envelope unflavored gelatin  
3/4 Cup Key lime juice  
4 Eggs; at room temperature  
2 Egg yolks; at room temperature  
2 Tablespoon Grated key lime zest  
1 Pound Cream cheese; at room temperature  
2 Egg whites; at room temperature  
1 Pinches salt  
2 Cup Sweetened whipped cream  
1 Cup Simple syrup; (1 cup sugar, 1 cup water heated until sugar dissolves)  
2 Limes; julienned , Rind of  
12 Sprigs fresh mint

In a mixing bowl, combine the melted butter, 2 tablespoons of the sugar and graham cracker crumbs. Mix well. Press the crust firmly over the bottom of a 9-inch spring form pan. Set aside. In a saucepan dissolve the gelatin the key lime juice, about 5 minutes. Add 1 1/4 cups of the sugar, eggs, egg yolks and lime zest. Mix well. Over medium heat, cook until the mixture thickens and is pudding like, about 7 to 8 minutes. Remove from the heat. In the bowl of an electric mixer, fitted with a paddle attachment, beat the cream cheese until smooth. With the mixer running, add the lime mixture slowly and beat until smooth. Remove the mixture and turn into a bowl and cool completely. Cover with plastic wrap and refrigerate until chilled, stirring every 10 minutes. In a bowl of an electric mixer with a whip attachment, place the egg whites and remaining 1/4 cup of the sugar. Whip on medium high until stiff peaks form. Remove the lime and cheese mixture from the refrigerator. Fold the egg whites into the lime mixture and blend thoroughly. Pour the mixture into the prepared crust. Cover with plastic wrap and refrigerate until set, about 4 hours.

Remove from the refrigerator. Run a sharp knife along the sides of the pan and remove the spring-form. Spread the whipped cream evenly over the top of the cake.

For the candied zest:

In a saucepan over medium heat, combine the simple syrup and the lime zest. Bring the liquid to a simmer and cook for 3 to 4 minutes. Remove the zest from the liquid and cool on parchment paper.

Cut the cake into individual servings. Garnish with candied lime zest and mint sprigs.

**Yield: 10 servings**

# Kicked Up Mac And Cheese

---

**2 Teaspoon Butter**

**2 Eggs**

**2 Cup Whole milk**

**Salt; to taste**

**Freshly-ground white pepper; to taste**

**2 Cup Grated Cheddar cheese**

**2 Cup Grated white Cheddar cheese**

**2 Pound Tatter Tots – (1 bag); thawed**

**Preheat the oven to 350 degrees. Grease a 9– by 9– by 2–inch square baking dish with the butter. In a mixing bowl, whisk the eggs and milk together.**

**Season the mixture with salt and pepper. Add 1 cup of the Cheddar cheese, 1 cup of the White Cheddar cheese and the tatter tots. Mix the mixture thoroughly. Pour the mixture into the prepared pan and sprinkle the top with the remaining cheese. Place in the oven and bake for 40 to 45 minutes or until the top is golden-brown. This recipe yields 4 to 6 servings.**

# Kielbasa In Polish Sauce

---

12 Ounce Light beer  
1-1/2 Cup Water  
2 Cup Chopped yellow onions  
2 Pound Kielbasa sausage; links  
Salt  
Freshly ground black pepper  
2 Tablespoon Butter  
2 Tablespoon Flour  
2 Tablespoon White vinegar  
1 Tablespoon Sugar  
2 Tablespoon Finely chopped parsley  
1/2 Fat; 1 Other Carbohydrates

In a saucepan, over medium heat, combine the beer, water, onions and sausage. Season with salt and pepper. Bring to a boil, reduce to a simmer and cook, covered, for 25 minutes. Remove the sausage from the pan and cool. Slice the sausage into 1 –inch pieces.

In a large saut pan, over medium heat, melt the butter. Stir in the flour and cook for 4 to 6 minutes for a light brown roux. Stir in the vinegar, sugar and the reserved beer and onion mixture. Season with salt and pepper. Bring the mixture to a boil, reduce to a simmer and continue to cook until the sauce coats the back of a spoon, about 15 minutes. Add the sliced sausage and continue to cook for 5 minutes. Garnish with parsley.

**Yield: 4 to 6 servings**

# King Cake

---

1 Cup Warm milk; (110 degrees)  
2 Package Dry active yeast  
1/2 Cup Sugar  
8 Tablespoon Unsalted butter; melted  
5 Egg yolks  
4 Cup All-purpose flour –; (to 5 cups)  
2 Teaspoon Salt  
1 Teaspoon Ground nutmeg  
1 Teaspoon Grated lemon zest  
8 Ounce Cream cheese  
2 1/2 Cup Powdered sugar  
Juice of one lemon  
2 Tablespoon Milk  
Purple; green and gold sugar sprinkles  
3 Fat; 2 Other Carbohydrates

Preheat the oven 350 degrees. Combine the yeast, sugar, and butter in the bowl of an electric mixer fitted with a dough hook. Add the milk. With the mixer on low speed, beat the mixture for about 4 minutes to dissolve the yeast. If the yeast mixture doesn't begin to foam after a few minutes, it means it's not active and will have to be replaced. In a separate large mixing bowl, combine the flour, salt, nutmeg, and lemon zest. Add this mixture to the yeast mixture. Mix on low speed until it lightly comes together, then increase the speed to medium and beat until the mixture pulls away from the sides of the bowl, forms a ball, and climbs slightly up the dough hook. Remove the dough from the bowl. Coat the dough with the remaining teaspoon vegetable oil. Return the dough to the bowl and turn it to oil all sides. Cover the bowl with plastic wrap, set in a warm, draft-free place, and let rise until doubled in size, about 2 hours.

Meanwhile, in a small bowl, combine the cream cheese and 1/2 cup powdered sugar. Mix well. In another small bowl, combine the remaining powdered sugar, lemon juice and milk. Mix well and set aside. Turn the dough out onto a floured surface. Roll the dough out 30 inches long and 6 inches in diameter. Spread the cream cheese filling across the center of the dough. Bring the two long edges together and seal all sides completely. Using your hands shape the dough into a long cylinder and place on a greased baking sheet, seam-side down. Shape the dough into a ring. Place a well-greased 2 pound coffee can or shortening can in the center of the ring to maintain the shape during baking. Press the baby into the ring from the bottom so that it is completely hidden by the dough. Cover the ring with a towel and place in a warm, draft free place. Let the dough rise for about 45 minutes or until the dough doubles in size. With a sharp knife, make several slits around the top of the ring. Place in the oven and bake for 30 minutes, or until golden brown. After baking remove the coffee can immediately. Allow the cake to cool. Drizzle the cake with the sugar glaze. Sprinkle the cake with sprinkles, alternating colors. Cut the cake into individual pieces and serve. This recipe yields 12 servings.

# Koren Pulgogi

---

**1 Pound Beef flank steak; sliced into 1/2-inch slices**

**Salt**

**Freshly ground black pepper**

**1 Cup Sesame oil**

**2 Cup Soy sauce**

**1 Tablespoon Chopped garlic**

**1 Tablespoon Chopped fresh ginger**

**Crushed red pepper; to taste**

**2 Cup Cooked white long grain rice**

**1 Tablespoon Snipped chives**

**1/2 Fat; 0 Other Carbohydrates**

Season the beef with salt and pepper. In a mixing bowl, combine the oil, soy sauce, garlic and ginger. Season with crushed red pepper to taste. Place the meat in a shallow bowl. Pour the marinade over the meat. Cover and refrigerate for at least 1 hour or overnight. Remove and bring to room temperature. Preheat the hibachi. Remove the meat from the pan, reserving the marinade. Place the marinade in a saucepan, over medium heat. Bring to a boil and cook for 6 to 8 minutes or until the mixture reduces by 3/4. Remove, set aside, and keep warm. Grill the meat for a couple of minutes on each side, for medium rare. To serve, spoon the rice in the center of each plate. Lay the strips of meat around the rice. Drizzle the sauce over the meat. Garnish with chives.

**Yield: 4 servings**



# La Bourride Base

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**2 Tablespoon Olive oil**  
**1 Cup Chopped yellow onions**  
**1/2 Cup Chopped celery**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**3 Garlic cloves**  
**1 Bay leaf**  
**8 Black peppercorns**  
**2 Thyme sprigs**  
**1 Pound Fish bones**  
**8 Cup Water –; (to 10 cups)**  
**1 Cup Dry white wine**  
**1/2 Fat; 0 Other Carbohydrates**

**Heat the olive oil in a large saucepan over medium heat. Add the onions and celery. Season with salt and pepper. Saute for 3 minutes. Add the garlic and cook for 1 minute. Add the bay leaf, peppercorns, and thyme. Add the fish bones, water and wine. Bring to a boil, reduce heat and simmer for 30 minutes. Remove from the heat and strain. This recipe yields about 8 cups.**

# **La Ribollita Tuscan Bean Soup Au Gratin**

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**2 Tablespoon Olive oil; plus  
3/4 Cup Olive oil  
2 Tablespoon Chopped garlic  
2 Cup Minced onions  
1 Carrot; finely chopped  
1 Celery stalk; finely chopped  
1 Cup Finely–chopped leeks; white part only  
1 Hot chili pepper; stemmed, minced  
2 Medium Ham hocks –; (abt 3 to 4 oz ea)  
1 Pound White beans; soaked overnight,  
And drained  
2 Tablespoon Finely–chopped rosemary  
3 Sprigs Fresh thyme  
2 Bay leaves  
10 Cup Chicken stock  
2 Garlic cloves; crushed  
1 Teaspoon Chopped thyme  
8 Slice Italian bread; toasted  
1 Cup Grated Parmesan cheese  
1 Small Onion; thinly sliced  
Chopped fresh parsley; for garnish**

**Preheat the oven to 375 degrees. In a gallon stock pot, heat 2 tablespoons olive oil. When the oil is hot, add the garlic, onions, carrots, celery, leeks and pepper. Saute for 2 minutes. Season with salt and pepper. Add the ham hocks and saute for 1 minute. Add the beans, rosemary, thyme sprigs and bay leaves. Stir in the chicken stock and bring up to a boil. Reduce to a simmer and cook for about 2 hours or until the beans are tender. Remove the ham hocks, thyme sprigs, and bay leaves. Using a hand held–blender, puree half of the bean mixture. Pick the meat from the ham hock and return the meat to the bean mixture. Season the beans with salt and pepper. In a saute pan, heat the remaining olive oil. Add the crushed garlic cloves and chopped thyme and simmer for 1 minute to infuse the oil. Remove the pan from the heat and discard the garlic cloves. Stir half of the olive oil mixture into the bean mixture. Line a fireproof tureen with the toasted bread slices. Sprinkle the bread with half of the cheese. Ladle the bean mixture over the toasted bread. Cover the bean mixture with the onion slices, the remaining infused olive oil and cheese. Place the tureen in the oven and cook for 30 minutes. Remove from the oven and serve. Garnish with chopped parsley. This recipe yields about 8 servings.**

# Lamb And Chicken Gyros

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**1 Pound Lamb loin; sliced 1 slices**  
**2 Chicken breasts – (abt 6 to 7 Ounce ea); sliced 1 slices**  
**4 Tablespoon Olive oil**  
**6 Large Pita breads**  
**3/4 Cup Yogurt**  
**1/2 Cup Small–diced cucumbers**  
**Juice of one lemon**  
**1 Cup Shredded lettuce**  
**1 White onion; sliced**  
**1 Large Tomato; sliced 6 slices**

**Preheat the grill. Season the lamb and chicken with 2 tablespoons olive oil, salt and pepper. Brush the pita bread with the remaining olive oil. Place the lamb and chicken on the grill and cook for 2 minutes on each side. Place the pita bread on the grill and cook for 2 minutes on each side. In a mixing bowl, mix the yogurt, cucumbers, and lemon juice together. Season with salt and pepper. Spread the cucumber sauce evenly over each pita bread. Divide the lamb slices between three of the pita breads. Divide the chicken up between the remaining pita breads. Garnish each sandwich with lettuce, onion and tomatoes. Place the pita bread on parchment paper. Roll the sandwich up tightly in the parchment paper, tucking the ends into the sandwich. With a serrated knife, slice the sandwiches in half and serve. This recipe yields 6 sandwiches.**

# Lamb Rillettes

---

**1 Pound Lamb stew meat**  
**1 Quart Lamb oil –; (lamb deckle fat rendered down**  
**With pomace oil)**  
**3 Garlic cloves**  
**3 Sprigs Fresh rosemary**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1/4 Cup Duck fat –; (to 1/2 cup)**  
**1 Cup Minced shallots**  
**1 Teaspoon Minced garlic**  
**1 Tablespoon Chopped fresh parsley**  
**1 Tablespoon Finely-chopped rosemary**

**Preheat the oven to 300 degrees. Season the meat with salt and pepper. Place the meat in an oven-proof pan and cover with the lamb fat. Add the garlic cloves and rosemary sprigs to the pan and season with salt and pepper. Cover the pan with aluminum foil and place in the oven. Slow cook the meat for about 2 to 2 1/2 hours or until the meat is very tender. Remove from the oven and strain. Reserve the lamb fat for future use. Discard the rosemary. Place the meat in a mixing bowl, and using two forks begin to separate the meat into strands. This is called pulling the meat. Stir in 1/4 cup of the duck fat. Stir in the shallots, garlic, rosemary and parsley. Season the lamb with salt and black pepper. If the rillettes is not moist enough, add the remaining duck fat. Cover the rillettes and store in the refrigerator. The rillettes will keep for up to 2 weeks. This recipe yields about 3/4 pound of rillettes.**

# Landon's Quesadillas

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**1 Avocado; peeled and diced**  
**Juice of one lemon**  
**1 Teaspoon Minced garlic**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**8 Flour tortillas**  
**1 Cup Black bean puree**  
**4 Ounce Monterey Jack cheese**  
**Olive oil**  
**1/2 Cup Prepared Salsa**  
**1/2 Cup Sour cream**

**Preheat the oven to 400 degrees. Combine the avocado's, lemon juice and garlic in a mixing bowl. Using a fork, mash the mixture until smooth but still chunky. Season the guacamole with salt and pepper. Spread 1/4 cup of the black bean puree on the bottom of one tortilla. Sprinkle 1/4 of the cheese over the black bean puree. Place a second tortilla on top of cheese. Repeat the process until all of the ingredients are used and you have four quesadillas. Place the quesadillas on a parchment-lined baking sheet. Bake the quesadillas for about 4 to 6 minutes or until the cheese has melted. Remove the pan from the oven and place on a cutting board. Slice each quesadilla into fourths. Garnish the quesadillas with the guacamole, salsa and sour cream. This recipe yields 4 servings.**

# **Lasagna Of Fresh Spinach, Corn And Crab With Goat's Cheese**

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**3 Tablespoon Flour**  
**2 1/2 Cup Milk**  
**1 Pinch Nutmeg**  
**4 Ounce Goat's cheese**  
**Salt; to taste**  
**Freshly-ground white pepper; to taste**  
**2 Tablespoon Olive oil**  
**2 Medium Sweet corn ears**  
**1 Pound Fresh spinach; washed, stemmed, and patted dry**  
**2 Teaspoon Chopped garlic**  
**1 Pound Lump crabmeat; picked for cartilage**  
**12 Pieces Fresh pasta –; (4" by 3")**  
**1 Tablespoon Finely-chopped fresh parsley leaves**

**In a medium saucepan, over medium heat, melt the butter. Stir in the flour and cook for 2 minutes. Whisk in the milk, 1/2 cup at a time. Season with salt, pepper and nutmeg. Cook, stirring constantly for 4 to 6 minutes. Remove from the heat and whisk in the cheese. Set aside and keep warm. Bring pot of salted water to a boil. In a large saute pan, over medium heat, add the oil. When the oil is hot, add the corn. Season with salt and pepper. Saute the corn for 6 minutes. Add the spinach, a handful at a time. Season with salt and pepper. Saute for 2 minutes. Add the garlic and crabmeat. Season with salt and pepper. Saute for 2 minutes. Remove from the heat and keep warm. Add the pasta to the water and cook until tender, about 4 to 6 minutes. Drain and toss with olive oil. Season with salt and pepper. To assemble, place four pieces of the pasta in the center of each plate. Place about 1/4 cup of the spinach filling over each piece of pasta. Place a piece of pasta over the spinach filling. Place a second 1/4 cup of the spinach filling over each piece of pasta. Place the remaining pieces of pasta over the filling forming 5 layers total. Spoon the sauce around the pasta. Garnish with parsley. This recipe yields 4 servings.**

# Lemon And Blueberry Tea Cake

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1-1/2 Cup Sugar  
1/4 Cup Brown sugar  
2 1/3 Cup Flour  
8 Tablespoon Butter; room temperature  
1 Teaspoon Cinnamon  
1 Egg  
1/2 Cup Half-and-half  
1/2 Cup Sour cream  
Juice of two lemons  
2 Teaspoon Baking powder  
1/4 Teaspoon Salt  
2 1/2 Cup Fresh blueberries  
2 Tablespoon Grated lemon juice

Preheat the oven to 375 degrees. Grease a 9- by 5-inch loaf pan. In a small mixing bowl, combine 1/4 cup of the sugar, brown sugar, 1/3 cup flour, 4 tablespoons butter, and 1/2 teaspoon cinnamon. Mix until the topping is incorporated. Using an electric mixer, cream the remaining sugar and butter together. Add the egg, half-and-half, sour cream, and lemon juice, blend until smooth. In a mixing bowl, sift the remaining flour, baking powder, salt and remaining cinnamon together. With the machine running, slowly add the flour until all the flour is incorporated. Fold in the blueberries and lemon zest. Pour the batter into the prepared pan. Sprinkle the topping on top of the batter. Bake the bread for about 50 minutes, or until the top is golden-brown. Remove the pan from the oven and cool for 5 minutes. Remove the bread from the oven and cool on a wire rack. Slice and serve. This recipe yields 1 loaf.

# Lemon Butter Sauce

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**1 Cup Dry white wine**  
**3 Lemons; peeled, quartered**  
**2 Tablespoon Minced garlic**  
**1 Tablespoon Minced shallots**  
**1 Teaspoon Salt**  
**Freshly-ground black pepper; 3 peppermill turns**  
**1 Dash Worcestershire sauce**  
**1 Dash Hot pepper sauce**  
**1/2 Cup Heavy cream**  
**1/2 Pound Unsalted butter – (2 sticks); cut up,**  
**At room temperature**  
**1 Tablespoon Finely-chopped fresh parsley**

**Heat a large nonreactive skillet over high heat. When the skillet is hot, add the wine, lemons, garlic, and shallots. Cook for 3 minutes, breaking up and mashing the lemons with a wire whisk. Stir in the salt, pepper, Worcestershire, and hot sauce and cook until the mixture is somewhat syrupy, for about 3 minutes. Stir in the cream and cook for 1 minute. Over low heat, whisk in the butter a few pats at a time. When all of the butter has been added, remove from the heat, but continue whisking until all of the butter is incorporated into the sauce. Strain the sauce, pressing all of the liquid into a bowl. Stir in the parsley. Serve immediately, or keep warm for a few minutes until ready to use.**



# Lemon Crepes

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12 Ounce Cream cheese; at room temperature  
1/2 Cup Sour cream  
3/4 Cup Sugar  
1/4 Cup Powdered sugar  
Juice of eight lemons  
1 Teaspoon Pure vanilla extract  
2 Tablespoon Grated lemon zest  
1/4 Cup Butter  
Splash of Cognac

## 12 MEDIUM CREPES

3 Eggs  
1 1/4 Cup Milk  
2 Tablespoon Melted unsalted butter  
1 Cup Sifted flour  
Salt; to taste  
Freshly-ground white pepper; to taste

For crepes, combine the whole eggs, milk, butter, flour until smooth. Add salt and pepper to taste. Heat a 7 1/2-inch crepe pan. Lightly oil the pan. Pour 2 tablespoons of the batter in the center of the pan. Tilt pan from left to right to cover entire surface. Cook the crepe until the edges begin to brown and flip cook until done. Remove from the pan. Using a hand-held blender, beat the cream cheese until smooth. Add the sour cream, 1/4 cup of the sugar, powdered sugar, juice of two lemons, vanilla, and 1 tablespoon of the lemon zest. Beat until smooth. Fill each crepe with 3 tablespoons of the filling. Roll the crepes up tightly and place in the refrigerator.

Refrigerate for 1 hour. In a large saute pan, over medium heat, melt the butter with the remaining 1/2 cup of sugar, stirring constantly until the sugar dissolves. Add the remaining juice of six lemons and 1 tablespoon of lemon zest. Stir to mix thoroughly. Add the crepes to the mixture. Remove the pan from the heat and add the cognac. Carefully place the pan, back over the heat and flame the mixture, shaking the pan back and fourth several times. Continue to shake until the flame dies out. Lay three crepes in the center of each plate. Spoon the sauce over the top and serve. This recipe yields 4 servings.

# Lemon Curd Anglaise Sauce

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**4 Egg yolks**  
**1/3 Cup Sugar**  
**1 1/4 Cup Half-and-half**  
**1/2 Vanilla bean; split**  
**(or 1 Teaspoon vanilla extract)**  
**1/4 Cup Lemon curd; homemade or purchased**  
**4 1/2 Other Carbohydrates**

Combine the egg yolks and sugar in a mixing bowl. Whip until light and fluffy. Bring the half-and-half to the scalding point with the vanilla bean, if used. Gradually pour the hot cream into the yolk mixture while stirring rapidly. Place the mixture over simmering water and heat slowly, stirring constantly, until it is thick enough to coat the back of a spoon. Be very careful not to get it hotter than 190 degrees or it will curdle. Immediately pour the custard into another container and continue stirring for a minute or so. Remove the vanilla bean and save for another use, or stir in the vanilla extract. Set the sauce aside to cool, stirring from time to time until cold. Place lemon curd in a medium mixing bowl and whisk in 3 tablespoons of creme anglaise, until a smooth consistency has been achieved. Fold in remaining creme anglaise. Store covered and refrigerated. The sauce will keep for about 3 days.

# Lobster And Chips

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**1 Large Live lobster –; (abt 2 to 3 lbs)**  
**1 Small Box Ritz crackers –; (abt 4 oz)**  
**1/4 Cup Drawn butter**  
**1 Tablespoon Finely–chopped parsley**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**1 Pound Steak fries**  
**Vegetable oil; for frying**  
**1 Paper bag**  
**Malt vinegar; to taste**  
**2 Fresh lemons; split in half**

**Preheat the oven to 450 degrees. Preheat the vegetable oil for frying in a large skillet. Begin by splitting the lobster, turn the lobster on its back, with one hand hold down the claws. Place the top of the knife at the tip of the head of the lobster. Push the blade down through the lobsters body and cut it in half lengthwise. Remove the brains, liver, and coral. Using the back of your knife, crack the claws in several places. (This will allow for easy removal of the meat after cooking.) Place the lobster, shell side down, on a baking sheet. In a small mixing bowl, combine the crackers, butter, parsley, and lemon juice. Season the mixture with salt and pepper. Season the inside of the lobster with salt and pepper. Fill the cavity of the lobster with this filling and cover the tail meat with the excess. Bake for 25 minutes or until the meat is white and the crust is golden–brown. Place the steak fries in the hot oil and fry until golden–brown and crispy, about 6 to 8 minutes. Remove from the oil and drain on a paper–lined plate. Place the fries in the paper bag with salt, pepper and a sprinkling of vinegar. Shake the bag a couple of times to season the fries completely. Serve the fries with the baked lobster. This recipe yields 2 servings.**

# **Lobster And Sweet Corn Chowder**

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**3/4 Pound Bacon; julienned**  
**2 Cup Chopped yellow onions**  
**1 Cup Chopped celery**  
**1 Cup Diced carrot**  
**1–1/2 Teaspoon Salt**  
**1/2 Teaspoon Cayenne pepper**  
**6 Bay leaves**  
**3/4 Cup All–purpose flour**  
**8 Cup Chicken stock**  
**1–1/2 Pound New potatoes; quartered**  
**1 Cup Fresh sweet corn**  
**1 Teaspoon Crab Boil**  
**1 Cup Half–and–half**  
**1/2 Cup Finely–chopped fresh parsley**  
**5 Whole Lobsters; cooked, and split in half**  
**1/4 Teaspoon Tabasco sauce**  
**1 Teaspoon Worcestershire sauce**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large nonstick stock pot, over medium heat, render the bacon for 10 minutes. Stir in the onions, celery, and carrots. Season the vegetables with salt, cayenne, and bay leaves. Saute for 10 minutes, or until the vegetables are soft and tender. Stir in the flour and cook for 10 minutes, stirring occasionally. Stir in the chicken stock and bring up to a boil. Add the potatoes and corn. Stir in the Crab Boil. Simmer for 15 minutes, or until the potatoes are fork tender. Stir in the half–and–half and parsley. Simmer the soup for 5 minutes. Stir in the hot sauce and Worcestershire sauce. Simmer the soup for 2 minutes. Place one half of each lobster in a bowl. Spoon the hot chowder over each half lobster. This recipe yields 10 servings.**

# Lobster Thermador

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1 Whole Lobster –; (abt 2 to 2 1/2 lbs)  
2 Lemons; halved  
1 Onion; quartered  
1 Bouquet garni  
1/4 Cup Butter  
1/4 Cup Flour  
2 Tablespoon Minced shallots  
1/4 Cup White wine  
2 Cup Milk  
1 Tablespoon Dijon mustard  
1 Tablespoon Finely–chopped fresh tarragon  
1/2 Cup Grated Parmesan cheese; plus  
1 Tablespoon Grated Parmesan cheese  
6 Ounce Bacon  
1 Cup Julienned onions  
1/2 Pound Haricot vert; blanched  
Salt; to taste pepper  
1 Teaspoon Chopped garlic  
2 Teaspoon Finely–chopped parsley  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 375 degrees. Bring a pot of salted water containing the lemons, quartered onion and bouquet garni to a boil. Add the lobster to the boiling water and cook for 8 to 12 minutes. Remove the lobster from the water and place in a bowl of ice water. This will stop the cooking process of the lobster. In a sauce pan, melt the butter. Stir in the flour and cook for 2 to 3 minutes for a blond roux. Add the shallots and cook for 30 seconds. Stir in the wine and milk. Bring the liquid up to a boil and reduce to a simmer. Cook for about 3 to 4 minutes or until the sauce coats the back of a spoon. This sauce will be thicker than a normal Bechamel because it will be used as a filling. Season the sauce with salt and pepper. Remove the sauce from the stove and stir in the mustard and tarragon. Remove the lobster from the water and split the lobster in half. Remove the tail meat from the shells and with the back of a knife, gently crack the claws. Dice the tail meat and fold in the Bechamel sauce. Stir in 1/2 cup of the cheese and re–season if necessary. Divide the mixture and spoon into the two lobster tail shells. Sprinkle the remaining cheese on top of the lobster. Place the filled lobster on a baking sheet and place in the oven. Bake for about 8 to 10 minutes or until the top is golden–brown. In a hot saute pan, add the bacon and render until crispy, about 8 to 10 minutes. Add the onions and saute for 2 minutes. Add the beans and continue to saute for 2 to 3 minutes. Season with salt and pepper. Stir in the garlic. Remove the beans from the heat. To assemble, divide the bean mixture between two plates. Lay the lobster halves on top of the beans. Garnish with parsley. This recipe yields 2 servings.

# **Louisiana Oyster And Sausage Bake**

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**3 Tablespoon Olive oil  
1/2 Pound Finely-ground spicy Italian sausage  
1/2 Cup Minced onions  
1 Tablespoon Chopped garlic  
1-1/2 Cup Fine dried bread crumbs  
1 Tablespoon Finely-chopped parsley  
1/2 Cup Finely-grated Parmigiano-Reggiano cheese  
1 Dozen Large oysters; preferably Louisiana  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Fat; 0 Other Carbohydrates**

**Preheat oven to 375 degrees. In a large saute pan heat 1 tablespoon of the oil. When the oil is hot, add the sausage and cook, stirring occasionally for about 4 to 6 minutes. Add the onions and continue to cook for two minutes. Add the garlic, and continue to cook for 1 minute. Remove from heat and transfer to a mixing bowl and let cool. Stir in the remaining olive oil, bread crumbs, parsley and cheese and mix well. Season the oysters with salt and pepper. Grease a 9-inch gratin dish or pie pan. Line the bottom with the oysters. Cover the oysters with the sausage mixture, packing it down onto the oysters. Place in the oven and bake for 8 minutes or until the top is golden brown. Remove from oven and serve warm. This recipe yields 4 servings.**

# Lucky Dogs

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**6 Hot dogs**  
**3 Smoked sausage links**  
**3 Chorizo sausage links**  
**4 Tablespoon Olive oil**  
**1 Medium Onion; julienned**  
**1 Medium Green pepper; julienned**  
**2 Cup Chili**  
**1/2 Cup Grated Cheddar cheese**  
**1/2 Cup Minced onions**  
**1/4 Cup Yellow mustard**  
**1/4 Cup Creole mustard**  
**1 Cup Pickled relish**  
**1 Dozen Hot dog buns**  
**4 Fat; 0 Other Carbohydrates**

**Preheat the grill. Season the hot dogs, smoked sausage, and chorizo with 2 tablespoons olive oil, salt and pepper. Place the dogs on the hot grill and cook for 2 to 3 minutes on each side. In a saute pan, heat the remaining olive oil. When the oil is hot, add the julienne onions and pepper. Season with salt and pepper. Saute the vegetables for 3 to 4 minutes or until wilted. Remove from the heat. Remove the dogs from the grill and place in the buns. Garnish the chorizo dogs with the sauteed onions and pepper. Garnish half of the hot dogs with chili, cheese, onions and mustard. Garnish the remaining hot dogs with mustard and relish. Garnish the smoked sausages with Creole mustard. Place all the dogs on a platter and serve with potato chips. This recipe yields 1 dozen hot dogs.**

# Lump Crabmeat And Fresh Florida Hearts Of Palm Strudel

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1 Tablespoon Olive oil  
1/4 Cup Finely chopped yellow onions  
2 Tablespoon Finely chopped celery  
2 Tablespoon Seeded and finely chopped red bell pepper  
2 Tablespoon Seeded and finely chopped yellow bell pepper  
Salt  
Cayenne  
1/2 Teaspoon Chopped garlic  
1/2 Pound Lump crabmeat; picked over for shells and cartilage  
4 Small Hear palm; cooked until tender and diced  
1 Tablespoon Finely chopped parsley leaves  
2 Tablespoon Fine dried bread crumbs  
4 Sheets phyllo dough  
2 Teaspoon Vegetable oil  
1 Tablespoon Butter  
1 Ear sweet corn; kernels removed from the cob  
1 Cup Remoulade sauce; (recipe follows)  
2 Tablespoon Chopped green onions; green part only

Preheat the oven to 350 degrees F.

Heat the oil in a saute pan over medium heat. Add the onions, celery, and bell peppers. Season with salt and cayenne. Cook, stirring, until the vegetables are soft and slightly golden, about 5 minutes. Add the garlic and cook, stirring, for 2 minutes. Cool for 5 minutes. In a large mixing bowl, combine the crabmeat, hearts of palm, parsley and bread crumbs. Season with salt and cayenne. Add the cooked vegetables. Mix well.

Stack the sheets of phyllo on top of each other and cut them into thirds. You will have a total of 12 sheets. Divide the sheets into four 3 sheet stacks. Lightly brush the top sheet of each stack with olive oil. Put 1/4 cup of the crab mixture on the bottom edge of each oiled sheet. Fold in the ends toward the center about 1/4-inch. Then, beginning at the bottom, roll up the phyllo securely, pressing to close. Lightly brush each strudel with the remaining oil.

Line a baking sheet with parchment paper. Place the strudels on the paper about 2 inches apart and bake until golden brown, about 15 minutes. In a small saute pan, over medium heat, melt the butter. Add the corn. Season with salt and cayenne. Saute for 2 to 3 minutes. Remove from the heat and turn into a mixing bowl. Add the remoulade and mix well. Cut each strudel in half diagonally and serve with sweet corn remoulade. Garnish with green onions.

Yield: 6 servings



# Lump Crabmeat Remnick With Saffron Rice Pilaf

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1 Tablespoon Butter  
1 Tablespoon Olive oil  
1/2 Cup Minced onions  
1/4 Cup Minced green bell peppers  
1/4 Cup Minced celery  
Salt; to taste  
Freshly-ground white pepper; to taste  
2 Teaspoon Chopped garlic  
2 Pinches Saffron threads  
1 Cup Long-grain white rice  
2 Cup Chicken stock  
6 Ounce Bacon; chopped  
1 Large Egg  
1 Tablespoon Chopped garlic  
3 Tablespoon Ketchup  
3 Tablespoon Finely-chopped fresh parsley leaves  
2 Teaspoon Dry mustard  
1 Tablespoon Paprika  
1/4 Cup Tarragon vinegar  
Hot pepper sauce; to taste  
1 Cup Vegetables oil  
1 Pound Lump crabmeat; picked over  
For cartilage  
6 Lemon twists

Preheat the oven to 400 degrees. Butter 6 individual round au gratin ramekins and place on a baking sheet. In a saute pan, over medium heat, add the oil. When the oil is hot, add the trinity. Season with salt and pepper. Saute for 1 minute. Add the garlic and saffron. Continue to saute for 1 minute. Add the rice and stock. Cover and cook for 20 minutes, or until the water is completely absorbed. This makes about 3 cups of cooked rice. Remove from the heat and set aside. In a small saute pan, over medium heat, render the bacon until crispy, about 6 to 8 minutes. Remove and drain on paper towels. Set aside. In a food processor, fitted with a metal blade, combine the egg, garlic, ketchup, 2 tablespoons of the parsley, dry mustard, paprika and vinegar. Process until smooth. Season with hot pepper sauce, salt and pepper. With the machine running and in a steady stream, add the oil, 1 tablespoon at a time. Season with salt and pepper. To assemble, spoon 1/2 cup of the rice filling evenly over the ramekins. Season the crabmeat with salt and pepper. Place a sixth of the crabmeat over each ramekin of rice filling. Spread the Remnick dressing evenly over each ramekin of crabmeat. Place in the oven and cook for 6 to 8 minutes or until the top is golden and bubbly. Remove from the oven and garnish with the crispy bacon, remaining parsley, and lemon twists. This recipe yields 6 servings.

# **Lyonnaise Potatoes**

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**2 Pound Yukon Gold potatoes; peeled, sliced thin**

**2 Tablespoon Olive oil**

**4 Onions; julienned**

**2 Tablespoon Chopped garlic**

**Salt; to taste**

**Freshly-ground white pepper; to taste**

**1 Stick Butter**

**1 Tablespoon Finely-chopped parsley**

**Preheat the oven to 400 degrees. Place the potatoes in a pot of salted water. Bring the potatoes up to a boil and blanch for 2 minutes. Remove the pan from the heat and drain. In a large oven-proof saute pan, heat the olive oil. When the oil is hot, add the onions. Season with salt and pepper. Saute the onions until caramelized, about 8 to 10 minutes. Turn the onions into a bowl. Place the pan back on the stove and melt the stick of butter. When the butter has melted. Cover the bottom of the pan with 1/3 of the potatoes. Cover the first layer of potatoes with 1/2 of the onions. Cover the onions with 1/3 of the potatoes. Repeat the layering until all of the potatoes and onions are used. Place the pan in the oven and cook for 10 to 12 minutes or until the potatoes are golden-brown. Remove the pan from the oven. Using a spatula, gently lift the potatoes out of the pan. Slice the lyonnaise into 12 slices. Garnish with parsley. This recipe yields 12 servings.**

# Macadamia Nut And Coconut Tart

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**2 Cup Macadamia nuts**  
**1 Pie crust; (10–inch)**  
**1 Cup Shredded coconut flakes**  
**4 Eggs**  
**1/2 Cup Sugar**  
**1/2 Cup Light brown sugar; (packed)**  
**1 Cup Light corn syrup**  
**1/2 Teaspoon Pure vanilla extract**  
**1/8 Teaspoon Salt**  
**4 Tablespoon Butter; melted**  
**1 Tablespoon Flour**  
**8 Scoops vanilla ice cream**

**Preheat the oven to 375 degrees F. Place the nuts on a baking sheet and toast until golden, about 8 to 10 minutes. Remove from the oven and cool completely. Using a sharp knife, roughly chop the nuts. Line a 10–inch tart pan with pastry. Sprinkle the nuts and coconut over the pastry. In a mixing bowl, beat the eggs. Combine the sugar, brown sugar, corn syrup, vanilla, salt, butter and flour. Mix well. Pour the mixture over the macadamia nuts and coconut. Place in the oven on sheet tray and bake for about 45 to 50 minutes, or until the filling sets. Remove from the oven and cool completely. Serve each piece of pie with a scoop of ice cream.**

**Yield: 8 servings**

# Madison Dog

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- 4 All-beef hot dogs**
- 4 Ounce Grated cheddar cheese**
- 12 Slice Bacon; blanched**
- 4 Hot dog buns**
- 4 Tablespoon Yellow mustard**
- 4 Tablespoon Pickle relish**

**Preheat the griddle. Make one slit about 1/2-inch thick down the side of each hot dog. Fill the each slit with 1-ounce of the grated cheese. Wrap three slices of the blanched bacon tightly around each cheese filled hot dog. Place the hot dogs on the hot griddle. Weigh down each hot dog using either a waffle iron or some other weight. Remove the weight every 2 to 3 minutes to turn the hot dog. Place the weight back on the hot dog and continue to cook until all four sides are seared, about 8 to 10 minutes total cooking time. Smear a tablespoon of the mustard and relish on each hot dog bun. Remove the hot dogs from the griddle and place in the hot dog buns. This recipe yields 4 hot dogs.**

# Make Your Own Pizzas

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1 Package Active yeast  
1 Cup Warm water; (110 degrees)  
1/4 Cup Olive oil  
3 Cup Flour; to 4 cups  
2 Teaspoon Salt  
1 Cup Tomato sauce  
4 Ounce Grated Mozzarella cheese

## GARNISHES

1/4 Pound Pepperoni slices  
1/4 Pound Ground hamburger meat; browned  
1/4 Pound Ground sausage; browned  
1 Cup Sliced mushrooms  
1 Tomato; julienned  
4 Ounce Grated Cheddar cheese  
1/2 Cup Hamburger dill pickles  
1 Cup Shredded lettuce  
Tortilla chips

Preheat the oven to 400 degrees. In a electric mixing bowl, whisk the yeast, water and oil together, to make a paste. Add the flour and salt and mix, using a dough hook, until the dough comes away from the sides and crawls up the dough hook. Remove the dough from the bowl. Grease the bowl with olive oil and place the dough back in the bowl. Cover the bowl with plastic wrap and let the dough rise until double in size, about an hour. Turn the dough out onto a floured surface and divide dough into four ounce portions. Roll the dough into balls, cover and let the dough rest for 15 to 20 minutes. The dough is now ready to be shaped into four individual pizzas. Press the dough out into four individual pizzas. Place the pizza dough on parchment-lined baking sheets. Spread 1/4 cup of the tomato sauce evenly over each pizza dough. Sprinkle each pizza with 1 ounce of the grated cheese. Top the pizzas with what ever you wish and place in the oven. Bake the pizzas for 15 to 20 minutes or until golden-brown. Remove the pizza from the oven and slice into 4 slices. This recipe yields 4 individual pizzas.

# Making Bacon

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**1 Cup Honey**  
**1 Cup Kosher salt**  
**1 Pound Pork belly**  
**3 Cup Hickory chips; soaked in water**  
**18 1/2 Other Carbohydrates**

**In a mixing bowl, whisk the honey and salt together. Place the pork belly on a piece of plastic wrap. Pour the cure over the pork and wrap the pork belly tightly in the plastic wrap. Place the pork in a plastic zip-lock bag and seal the bag tightly. Cure the meat for 36 hours under refrigeration. Remove the bag from the refrigerator. Unwrap the pork and rinse off the cure. Pat the pork dry. Mound 2 1/2 pounds of charcoal briquettes in the center of the grill and light them. Let burn for 40 minutes. Add the chips and allow them to smoke for about 10 minutes. The interior temperature of the grill should be 300 degrees. Place the pork near the outermost part of the grill rack. This is to avoid direct heat. You want the bacon to absorb the maximum amount of smoke flavor before it is fully cooked. Smoke the bacon for 30 minutes. Spray the coals as often as necessary, but remember smoke escapes each time the grill is uncovered. This recipe yields about 1 pound of bacon.**

# Making Fromage Blanc

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**1 Gallon Whole milk**

**1 Package C20 Fromage Blanc Starter Culture**

**In a large saucepan, heat the milk to 180 degrees. Remove from the heat and cool to 72 degrees. Add the starter culture to the milk and stir thoroughly. Cover and let sit at 72 degrees for 12 to 15 hours, or until the milk has set into a firm curd. Ladle the curd into cheesecloth-lined colander and drain 1 to 6 hours to desired consistency. At this point, salt or fresh herbs may be added to cheese. Refrigerate until ready to use.**

# Making Goat's Cheese

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**1 Gallon Goat's milk**  
**1 Quart Buttermilk**  
**1/2 Teaspoon Rennet**

**In a mixing bowl, whisk all the ingredients together. Place the mixture in a non reactive pan. Place the pan on the stove and bring the mixture up to 170 degrees. Remove from the heat and turn the mixture into a plastic container. Cover the top of the pan with plastic wrap and place the pan on top of the stove over the pilot light. Let the pan sit overnight, about 12 hours, or until the whey and curd separates. Drain the mixture into a cheesecloth lined strainer. Drain the cheese overnight. Remove the cheesecloth and store the cheese in an airtight container. The cheese will keep for about 2 weeks. This recipe yields about 2 pounds of cheese.**



# Malasadas

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1 Package Active dry yeast –; (1/4 oz)  
3/4 Cup Sugar; plus  
1 Teaspoon Sugar  
1/4 Cup Warm water; (110 degrees)  
6 Eggs  
6 Cup Flour  
1/4 Cup Melted butter  
1/4 Teaspoon Salt  
1–1/2 Cup Whole milk  
1/2 Cup Half–and–half  
Sugar to roll the Malasadas  
1/2 Fat; 1/2 Other Carbohydrate

Preheat the fryer. In a small mixing bowl, whisk the yeast, 1 teaspoon sugar, and 1/4 cup of the warm water. Set the mixture aside. In an electric mixer, and the eggs and whip until the eggs are thick and pale yellow in color. Change the mixer attachment to a dough hook. With the machine running slowly add the yeast mixture, melted butter, milk, and half–and–half. Add the salt. Add the flour, 1 cup at a time. Mix until the mixture forms a soft ball, leaves the sides of the bowl, and climbs up the dough hook. Remove the dough and turn into a lightly oiled bowl. Cover the bowl with plastic wrap and set the bowl in a warm, draft free space. Let the dough rise until double in size, about 1 1/2 hours. Turn the dough out onto a floured surface and dust the surface of the dough with flour. With a rolling pin, roll out the dough, about 1/4–inch thick, in the shape of a rectangle. Cover the dough with a greased piece of plastic wrap (this will prevent the dough from sticking to the wrap) and let the dough rise until double in size, about 1 hour. Using a sharp French knife, cut the dough into 1–inch squares. Fry a couple of the squares at a time, until golden–brown, about 3 to 4 minutes, stirring constantly for overall browning. Remove the doughnuts from the oil and drain on a paper–lined plate. Roll the doughnuts in sugar and serve warm. This recipe yields a couple of dozen doughnuts.

# Marble Rye

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## FOR THE RYE DOUGH

1 Envelope dry yeast; (1/4-ounce)  
1 Tablespoon Sugar  
3 Tablespoon Melted butter  
1 Egg  
1 Cup Warm milk; (about 110 degrees F.)  
2 Teaspoon Salt  
1 Cup Rye flour  
2 1/2 Cup Bleached all-purpose flour  
1 Teaspoon Vegetable oil

## FOR THE PUMPERNICKEL

2 Teaspoon Active dry yeast  
1 Cup Warm water; (110 degrees F.)  
1 Tablespoon Butter; melted  
1 Teaspoon Sugar  
6 Tablespoon Dark molasses  
2 Tablespoon Finely chopped semi-sweet chocolate; melted  
1 Tablespoon Caraway seeds  
1/2 Cup Cooked mashed potatoes  
2 Cup Rye flour  
1/2 Cup Whole wheat flour  
1/4 Cup Yellow cornmeal  
Flour for dusting  
1 Large Egg; beaten

**For the rye dough:**

Combine the yeast, sugar, melted butter, egg and milk in the bowl of an electric mixer fitted with a dough hook. Beat on low speed for 1 minute. Add the salt, rye flour and all-purpose flour. Beat at low speed until all of the flour is incorporated, about 1 minute. Then, beat at medium speed until the mixture forms a ball, leaves the sides of the bowl and climbs up the dough hook. Remove the dough from the bowl. Using your hands, form the dough into a smooth ball. Lightly oil a bowl. Place the dough in the bowl and turn it to oil all sides. Cover with plastic wrap and set aside in a warm, draft-free place until it doubles in size, about 1 hour. Set aside.

**For the pumpernickel dough:**

Combine the yeast, water, melted butter, sugar, molasses and chocolate in the bowl of an electric mixer fitted with a dough hook. Beat on low speed for 1 minute. Add the caraway seeds, potatoes, rye flour, wheat flour and cornmeal. Beat at low speed until all of the flour is incorporated, about 1 minute. Then, beat at medium speed until the mixture forms a ball, leaves the sides of the bowl, and climbs up the dough hook. Remove the dough from the bowl. Using your hands, form the dough into a smooth ball. Lightly oil a bowl. Place the dough in the bowl and turn it to oil all sides. Cover with

plastic wrap and set aside in a warm, draft-free place until it doubles in size, about 1 hour. Set aside.

**Preheat the oven to 350 degrees F.**

**Remove both of the doughs from their bowls and invert them onto two separate lightly floured surfaces. Pat each dough into a rectangle about 3/4-inch thick. Place the pumpernickel rectangle on top of the rye dough rectangle. Roll up the dough, beginning with the long side and stopping after each full turn to press the edge of the roll firmly into the flat sheet of dough to seal. Press with your fingertips. Tuck and roll so that any seams disappear into the dough and place on a parchment lined baking sheet. With a pastry brush, brush the beaten egg evenly over the bread. Cover with plastic wrap and set aside in a warm, draft-free place until it doubles in size, about 1 hour. Bake until lightly brown, 30 to 35 minutes. Remove from the oven and cool on a rack.**

**Yield: 10 to 12 servings**

# Margarita Ice

---

**1 Quart Fresh lime juice**

**1 Cup Sugar**

**1/2 Cup Conintreau**

**3 Cup Very-good Mexican Tequila**

**13 1/2 Other Carbohydrates**

**.**

**Whisk all of the ingredients together. Either freeze the liquid in an air-tight container or use an ice-cream machine, following manufacturers instructions. Serve cold in Margarita glasses. This recipe yields 1/2 gallon.**

# **Marinated Flank Steak With Summer Salsa**

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## **FLANK STEAK**

**1/4 Cup Olive oil**

**Creole seasoning**

## **FOR THE SUMMER SALSA**

**1/2 Cantaloupe; diced**

**1 Jalapeno; minced**

**1 Cup Blackberries**

**1/2 Cup Red bell pepper; small diced**

**1 Medium Red onion; large dice**

**1/2 Lemon; juiced**

**Parsley**

**Cilantro**

**Green onions**

**Salt**

**Freshly ground red pepper**

**Season the flank steak with oil and Creole seasoning. Marinate for 4 hours, preferably overnight.**

**In a large bowl, add the cantaloupe, jalapeno, blackberries, red pepper, lemon juice, parsley, cilantro and green onions. Mix well. Season with salt and pepper.**

**Grill the flank steak to medium rare, about 6 minutes per side. Slice the steak on a bias, against the grain. To serve, fan out a few slices on a plate. Top with summer salsa.**

# **Marinated Tomatoes Stuffed With A Shrimp Salad**

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**8 Large Creole or Beefsteak tomatoes; cored**  
**Salt**  
**Freshly ground black pepper**  
**1/2 Cup Olive oil**  
**2 Tablespoon Dijon mustard**  
**2 Teaspoon Honey**  
**1–1/2 Teaspoon Minced garlic**  
**1 Tablespoon Liquid crab boil**  
**2 Lemons; halved**  
**2 Pound Medium shrimp; peeled and deveined**  
**1 Ear sweet corn; blanched and kernels removed**  
**1/2 Cup Small diced tomatoes**  
**1/2 Cup Small diced Vidalia onions**  
**1/4 Cup Black olives; pitted and halved**  
**1 Tablespoon Finely chopped fresh chervil leaves**  
**8 Sprigs fresh chervil**  
**22 1/2 Fat; 1 Other Carbohydrates**

**Bring a pot of salted water to a boil. Using a sharp knife, make a small X on the bottom of each whole tomato. Place the tomatoes in the boiling water and cook for 1 minute. Remove and place in a bowl of ice water. Cool the tomatoes completely. Remove from the water and peel the skin off each tomato. Quarter each tomato 3/4 of the way to the bottom. Remove the seeds. Place the tomatoes in a large glass pan. Season the tomatoes with salt and pepper. In a small mixing bowl whisk together the oil, mustard and honey. Season with salt and pepper. Pour the marinade over each tomato. Cover with plastic wrap and refrigerate for at least 6 hours. Remove from the refrigerator and pour off the marinade into a medium size bowl.**

**In a saucepan, add the crab boil and lemons. Bring the mixture to a boil. Add the shrimp. Cover and remove from the heat. Allow the shrimp to sit in the water for 8 minutes or until the shrimp turn pink and tails curl completely. Remove from the water and cool completely. Add the shrimp, corn, diced tomatoes, onions, olives, chervil and garlic to the bowl of marinade. Mix well. Season with salt and pepper. Place the tomato in the center of each serving plate. Spoon the shrimp salad in the center of each tomato. Garnish with sprigs of fresh chervil.**

**Yield: 8 servings**

# Masamam Curry

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**2 Fresh lemon grass stalks**  
**12 Small Dried red chili peppers; seeded**  
**1 Piece fresh galangal; chopped or 4 slices dried (1–inch)**  
**2 Red onions; chopped**  
**12 Garlic cloves**  
**2 Tablespoon Coriander seeds**  
**1 Tablespoon Cardamom seeds**  
**2 Teaspoon Cumin seeds**  
**1/2 Cinnamon stick**  
**1 Teaspoon Cloves**  
**1 Teaspoon Ground mace**  
**1 Teaspoon Freshly grated nutmeg**  
**1 Teaspoon Whole black peppercorns**  
**1 Teaspoon Shrimp paste**  
**4 Bay leaves**

**Remove and discard the outer leaves and upper half of the lemon grass stalks, and chop the bottom half into 1–inch pieces. Soak all the dried ingredients for 30 minutes, or until softened. Place all the ingredients in a food processor, and blend to a smooth paste. Add a little water if necessary to thin.**

**Yield: about 1 cup**

# Mascarpone Cheese Polenta

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**2 Cup Water**

**2 Cup Whole milk**

**1 Cup Yellow cornmeal**

**2 Ounce Mascarpone cheese**

**1/4 Cup Heavy cream –; (to 1/2 cup)**

**Salt; to taste**

**Freshly-ground white pepper; to taste**

**In a saucepan, over medium heat, bring the water and milk to a boil. Slowly stir in the polenta. Cook, stirring constantly, for 15 minutes. Stir in the cheese. Stir in enough of the cream for a smooth and creamy texture. Season with salt and pepper. Remove from the heat and serve immediately. This recipe yields 4 servings.**



# Mascerated Strawberries Over Chocolate Shortcakes

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2 Pint Fresh strawberries; washed, sliced  
3/4 Cup Sugar  
1/2 Cup Butter; plus  
1 Teaspoon Butter  
1 3/4 Cup Flour; plus  
2 Tablespoon Flour  
1/4 Cup Cocoa powder  
2 Teaspoon Baking powder  
1 Pinch Salt  
3/4 Cup Whole chocolate milk  
8 Scoops Vanilla Bean Ice Cream –; (lg scoops)  
Powdered sugar; in shaker

In a mixing bowl, combine the strawberries and 1/2 cup sugar. Using a fork, lightly mash the berries. Cover and refrigerate for 1 hour. Preheat the oven to 375 degrees. Grease a baking sheet with 1 teaspoon of the butter. In a mixing bowl, sift the flour, cocoa, salt and baking powder together. Add the remaining sugar and mix well. Add the remaining butter and work it into the dry ingredients, using your hands, until the mixture resembles coarse crumbs. Fold in the chocolate milk. The dough will be sticky. Dust your work surface with 1 tablespoon of the flour. Turn the dough onto the floured surface. Gently fold each side towards the center. Pick up the dough and dust the work surface with the remaining tablespoon flour. Return the dough to the floured surface and fold each side towards the center again. Turn the dough over and lightly press it out to 1–inch thickness. Cut the biscuits using a 2 1/4–inch round cookie cutter. Place them on the baking sheet and bake until golden, about 30 minutes. Remove from the oven and cool completely. To assemble, cut the biscuits in half. Place a scoop of the ice cream in the center of each biscuit. Place the shortcakes in the center of each plate. Spoon the strawberries over the shortcakes. Garnish with powdered sugar and serve immediately. This recipe yields 8 servings.

# Mash Potatoes

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**2 Pound Potatoes; peeled and diced**

**1 Stick Butter; cubed**

**1/2 Cup Heavy cream –; (to 3/4 cup)**

**Salt; to taste**

**Freshly-ground white pepper; to taste**

**Place the potatoes in a pot of salted water and bring to a boil. Reduce the heat to a simmer and cook the potatoes until fork tender, about 12 to 15 minutes. Remove the pan from the heat and drain. Place the potatoes back in the pot and return to the heat. Stir the potatoes, constantly, for 2 to 3 minutes to dehydrate the potatoes. Remove the potatoes from the heat. Add the butter. Using a hand-held masher, mash the butter into the potatoes. Add enough cream until desired smoothness is achieved. The potatoes should still be sort of lumpy. Season the potatoes with salt and pepper. This recipe yields 6 to 8 servings.**

# Mashed Root Vegetables

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**1/2 Pound Sweet potatoes; peeled and cubed**

**1/2 Pound Parsnips; peeled and cubed**

**1/2 Pound Celery root; peeled and cubed**

**1 Pound Idaho potatoes; peeled and cubed**

**Salt**

**Freshly ground white pepper**

**3 Tablespoon Butter**

**1/2 Cup Milk**

**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees F.**

**In a mixing bowl, toss the sweet potatoes, parsnips and celery root, with the oil. Season with salt and pepper. Place on a baking sheet and roast for 20 to 25 minutes, or until golden brown. Put the Idaho potatoes in a large saucepan and cover with salted water. Bring to a boil, then reduce heat to medium and cook until tender, about 12 to 15 minutes. Drain, then return the potatoes to the pot. Add the roasted vegetables and butter and stir and mash until the butter melts completely. Add the milk and stir to mix. Season salt and pepper. Serve hot.**

**Yield: 6 servings**

# **Maw Maw's Slaw With A Ginger Soy Dressing**

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**1 Egg**  
**1 Tablespoon Dijon mustard**  
**1 Tablespoon Chopped garlic**  
**1 Teaspoon Minced fresh ginger**  
**2 Tablespoon Soy sauce**  
**Freshly-ground black pepper; to taste**  
**1/2 Cup Vegetable oil**  
**1/2 Cup Sesame oil**  
**Salt; to taste**  
**1/2 Pound White Napa cabbage; shredded (abt 2 Cups)**  
**1/2 Pound Red cabbage; shredded – (abt 2 Cups)**  
**1/2 Pound Fresh spinach; trimmed, washed,**  
**And shredded –; (abt 2 cups)**  
**1 Cup Thinly-sliced red onions**  
**1 Cup Chopped green onions; green parts only**  
**1/2 Cup Chopped parsley**  
**2 Teaspoon Sugar**  
**1/2 Fat; 0 Other Carbohydrates**

**In a food processor, fitted with a metal blade, combine the egg, mustard, garlic, ginger and soy sauce. Process until smooth. Season with black pepper. With the machine running and in a steady stream, add the oils. Process until the mixture is thick and creamy. Season with salt and pepper if necessary. Place the Napa cabbage, red cabbage, spinach, red onions, green onions, parsley, and sugar in a large salad bowl. Mix well. Add the mayonnaise mixture to the greens and toss to mix thoroughly. Season with salt and pepper. Cover and refrigerate for at least 1 hour. Serve chilled. The slaw can be made three hours ahead. This recipe yields 8 servings.**

# Maw Maws Slaw

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**1/2 Pound White cabbage; shredded**  
**1/2 Pound Red cabbage; shredded**  
**1/2 Pound Spinach; shredded**  
**1 Cup Julienned red onions**  
**2/3 Cup Chopped green onions**  
**1 Teaspoon Minced garlic**  
**1/2 Cup Finely-chopped parsley**  
**1 Cup Homemade mayonnaise**  
**1/4 Cup Creole mustard**  
**1 Teaspoon Salt**  
**1/4 Teaspoon Freshly-ground black pepper**  
**1/4 Teaspoon Cayenne pepper**  
**2 Teaspoon Honey**

**In a mixing bowl, toss the cabbages, spinach, red onion, green onions, garlic, and parsley. Stir in the mayonnaise and Creole mustard. Season with salt, pepper, cayenne and honey. Cover and refrigerate for 1 hour before serving. 8 servings.**

# Maytag Blue Mac And Cheese

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**3 Tablespoon Plus 1 teaspoon butter**  
**3 Tablespoon Flour**  
**3 Cup Milk**  
**Freshly ground white pepper**  
**1/2 Pound Crumbled Maytag Blue Cheese**  
**2 Egg yolks; beaten**  
**1 Dash Crystal Hot Sauce**  
**Salt**  
**1 Pound Small shells; cooked until tender**  
**1 Cup Fine dried bread crumbs**  
**1 Tablespoon Olive oil**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees F. Grease a large shallow baking pan with 1 teaspoon of the butter. In a medium saucepan, over medium heat, melt the remaining 3 tablespoons butter. Stir in the flour and cook for 2 minutes. Whisk in the milk, 1/2 cup at a time. Season with white pepper. Cook, stirring constantly for 4 to 6 minutes. Remove from the heat and whisk in the cheese and egg yolks. Season with the hot sauce and salt if needed. In a large mixing bowl, toss the pasta with the sauce. Pour the mixture into the prepared pan. In a small mixing bowl, combine the bread crumbs and oil. Season with salt and pepper. Mix well. Sprinkle the pasta with the bread crumbs. Bake until the top is golden and bubbly, about 8 to 10 minutes. Remove from the oven and cool for about 5 minutes before serving.**

**Yield: 6 to 8 servings**

# Maytag Blue Sabayon Sauce

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**3 Large Egg yolks**

**2 Teaspoon Minced shallots**

**1/3 Cup Crumbled Maytag blue cheese**

**1/4 Teaspoon Salt**

**1/8 Teaspoon Freshly-ground white pepper**

**1 Teaspoon Snipped fresh chives**

**Combine all of the ingredients in a small stainless-steel bowl. Set the bowl over a pot of simmering water and whisk until the mixture begins to thicken, about 2 minutes. Remove from heat. This recipe yields 3/4 cup of sauce.**

# Meyer Lemon Ice Box Pie

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**4 Large Meyer lemons**  
**3/4 Cup Sugar; plus**  
**2 Tablespoon Sugar**  
**1 Pinch Salt**  
**2 1/2 Cup Water**  
**2 Egg yolks**  
**1/4 Cup Cornstarch**  
**1 Blind-baked pastry shell –; (9-inch)**  
**3 Egg whites**  
**2 Cup Fresh blueberry coulis**  
**Powdered sugar; in a shaker**  
**8 Fresh mint sprigs**  
**1–1/2 Other Carbohydrates**

In a saucepan, combine the lemon juice, 3/4 cup sugar, salt and 2 cups of water. Bring the liquid to a boil. In a small mixing bowl, whisk the eggs, cornstarch and remaining 1/2 cup of water, together. Spoon 1/2 cup of the hot liquid into the egg mixture, whisking constantly. Whisk the egg mixture into the lemon mixture and bring back to a boil. Cook the mixture for about 4 minutes, or until thick, whisking constantly. Pour the mixture into the pie shell and cool completely. Using an electric mixer, fitted with a whip attachment, whip the egg whites until soft peaks form. Add the remaining 2 tablespoons of sugar and continue to whip until firm peaks form. Spread the mixture evenly over the pie. Place in the oven until the top is golden, about 3 to 4 minutes. Remove from the heat and cool. Spoon the coulis in the center of each plate. Place a piece of the pie in the center of the sauce. Garnish with powdered sugar and mint. This recipe yields 8 servings.



# Mille Feuille Of Benne Wafers, Pastry Cream And Berries

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1 3/4 Cup Sugar  
2 Cup Milk  
4 Egg yolks  
1/4 Cup Cornstarch  
1 Cup Finely-chopped fresh pineapple  
1 Teaspoon Vanilla extract  
1 Tablespoon Butter  
1 Pint Fresh strawberries; washed, stemmed, and sliced  
1 Pint Fresh blueberries; washed, stemmed  
1 Pint Fresh raspberries  
Splash of Grand Marnier  
2 Cup Flour  
1 Pinch Salt  
6 Tablespoon Butter  
1/2 Cup Toasted sesame seeds  
2 Egg yolks  
1/4 Cup Ice water  
1/2 Cup Sweetened whipped cream  
4 Fresh mint sprigs

In a non-stick one-quart saucepan, combine 3/4 cup of sugar and milk together. Bring the liquid to boiling point and scald the milk. In a small mixing bowl, whisk the remaining milk, egg yolks, and cornstarch together. Whisk until smooth. Temper the egg yolk mixture into the scalded milk. Bring the mixture up to a boil and cook for about 3 minutes or until the mixture is thick, stirring constantly. Remove the pan from the heat and stir in the fresh pineapple, vanilla and butter. Pour the filling into a glass bowl and press a piece of plastic wrap directly over the pastry cream. Cool completely and then chill completely. In a mixing bowl, combine all of the berries, 1/2 cup sugar and Grand Marnier. Cover with plastic wrap and refrigerate for 1 hour. Place the flour, remaining 1/2 cup of sugar and salt in a mixing bowl. Using your hands, work the butter into the flour mixture until it resembles a coarse meal-like mixture. Add the sesame seeds and egg yolks. Mix well. Add enough water to make a dough. Lightly flour a flat surface. Roll out the dough, about 1/8-inch thick. Cut the dough into 4-inch rounds, yielding 20 rounds. Place the rounds on an ungreased baking sheet and bake for 15 minutes, or until lightly golden. Remove and cool on a wire rack. To assemble, spread 1/4 cup of the filling evenly over 16 wafers. Stack four wafers on top of each other and top each with the remaining 4 wafers. Spoon the macerated berries in the center of each plate. Place the mille feuilles in the center of the berries. Garnish with the whipped cream and mint. This recipe yields 4 servings.

# Mini Chocolate Bundt Cakes With Peanut Butter Filling

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1 Stick butter  
1 3/4 Cup Sugar  
2 Cup Flour  
1 Teaspoon Baking powder  
1 Teaspoon Baking soda  
1 Pinch Salt  
2 Eggs  
4 Ounce Melted unsweetened chocolate  
1 Teaspoon Pure vanilla extract  
1 1/4 Cup Milk  
1/2 Cup Peanut butter chips  
1/4 Cup Cocoa powder  
1 Cup Powdered sugar  
2 Tablespoon Milk; up to 3  
38 Fat; 34 Other Carbohydrates

Preheat the oven to 350 degrees. Grease and lightly flour 12 individual (about 1 cup size) bundt tins. In the bowl of an electric mixer, fitted with a paddle, cream the butter and sugar together. In a small mixing bowl, sift together the flour, baking powder, baking soda and salt and set aside. Add the eggs, one at a time, to the butter mixture. Mix well after each egg. Add the chocolate and vanilla. Mix well. Add the sifted flour mixture, 1/2 cup at a time, alternating with the milk. Mix well. Fill each tin 1/2 full with the batter. Place some of the peanut butter chips in the center of the batter. Pour the remaining batter over the chips. Place in the oven and cook for about 18 to 20 minutes. Remove from the oven and cool for a couple of minutes in the pan. Invert the cakes onto a wire rack.

In a small mixing bowl, combine the cocoa powder, powdered sugar and milk. Mix until smooth. Spoon some of the glaze over each bundt cake. Allow the glaze to set, then serve.

**Yield:** 12 servings

# Mini Eclairs

---

1 Stick unsalted butter  
1 Cup Milk  
2 Tablespoon Sugar  
1 Cup Flour  
1/2 Teaspoon Baking powder  
1 Pint Salt  
5 Eggs  
2 Cup Bavarian cream; (your favorite recipe)  
1 Cup Chocolate Glaze; (see recipe)

## CHOCOLATE GLAZE

1/4 Cup Cocoa powder  
1 Cup Powdered sugar  
2 Tablespoon Milk; up to 3

Preheat the oven to 350 degrees F. In a saucepan, over high heat, whisk the butter and milk together, until all the butter has melted. Bring the liquid up to a boil. Whisk in the sugar. Combine the flour, baking powder and salt. Slowly stir in the flour mixture and continue to stir until the mixture forms a ball and pulls away from the sides of the pan. Remove from the heat and turn into the bowl of an electric mixer. Beat the dough on medium speeds and add the eggs, one at a time. Continue beating until the dough holds together. Remove the dough from the mixer and cool. Place the dough in a pastry bag fitted with a round tip and pipe out logs, 2 inches long, onto the lined baking sheet, about 2 inches apart. Place the pan in the oven and bake for 10 minutes. Reduce the heat to 350 degrees F. and continue to cook for 25 minutes. Do not remove the sheet from the oven until they are firm to the touch. Cool the shells completely. Fill a pastry bag, fitted with a small round tip, with the pastry cream. Place the eclairs on a wire rack underlined with a baking sheet. Spoon some of the glaze over each eclair. Refrigerate the eclairs until the glaze is set. Remove from the refrigerator and serve.

Yield: 50 servings

## CHOCOLATE GLAZE

In a small mixing bowl, combine the cocoa powder, powdered sugar and milk. Mix until smooth.

# Mint Julep Ice Cream

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**1 Cup Bourbon**

**3/4 Cup Simple syrup**

**(equal parts of water and sugar boiled until sugar melts)**

**6 Large Fresh mint sprigs –; (abt 4" long)**

**1 Quart Cream**

**8 Egg yolks**

**Fresh mint sprigs; for garnish**

**9 Fat; 1/2 Other Carbohydrate**

**In a saucepan, combine the bourbon, simple syrup, and mint. Over medium–low heat, simmer the liquid for about 10 minutes, to infuse the flavors. Remove from the heat and cool completely. In another sauce pan, add the cream. Bring the liquid to a gentle boil. Whisk the egg yolks together. Whisk 1 cup of the hot cream into the egg mixture. Mix thoroughly. In a steady stream, slowly add the egg mixture to the hot cream mixture. Continue to cook for 4 minutes, stirring occasionally. Remove from the heat and cool completely. Strain the bourbon mixture. Whisk the bourbon liquid into the cream mixture. Mix thoroughly. Add the bourbon/cream mixture to the electric ice cream maker. Process according to manufacture's directions. To assemble, place a large scoop of the ice cream in the center of each serving dish. Garnish each with fresh mint. This recipe yields 6 servings.**

# Mint Juleps

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**6 Fresh mint sprigs –; (to 8)**

**1 Tablespoon Simple syrup**

**Crushed ice**

**2 1/2 Ounce Bourbon**

**Fresh mint sprigs**

**1/2 Other Carbohydrates**

**In a tall glass, add the mint and simple syrup. With the handle of a spoon, crush and mash the leaves to extract the flavors. Fill the glass with the crushed ice and pour in the bourbon. Using a tea spoon, jiggle the contents to mix and chill. Garnish with fresh mint sprigs. This recipe yields 1 drink.**

# Mixed Grill With A Warm Potato And Chorizo Salad

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1/4 Pound Venison sausage  
1/4 Pound Bratwurst  
1/4 Pound Luganeghe sausage  
1/4 Pound Merguez sausage  
1/4 Pound Italian sausage  
1/4 Pound Kiebasa sausage  
Olive oil  
1/4 Pound Chorizo sausage; finely chopped  
2 Cup Julienned onions  
2 Tablespoon Chopped garlic  
2 Tablespoon Creole mustard or whole grain mustard  
2 Pound New potatoes; sliced 1/2 thick, and blanched  
2 Tablespoon Finely-chopped parsley  
Salt; to taste  
Freshly-ground black pepper; to taste  
1/2 Fat; 0 Other Carbohydrates

Preheat the grill. Bring a pot of salted water to a boil. Blanch the sausages (except for the kiebasa and chorizo) for 3 to 5 minutes, or until the sausages are plump. Remove the sausages from the water and place on a 1/2 sheet pan. Brush the sausages, including the kiebasa, with olive oil. Place the sausages on the grill. Cook for 3 to 4 minutes on each side. In a large saute pan, heat 1 tablespoon of olive oil. When the oil is hot, render the chorizo for 3 minutes. Add the onions and continue the saute for 3 minutes. Season with salt and pepper. Stir in the garlic and mustard. Add the potatoes and saute for 3 minutes or until the potatoes are heated through. Season with salt and pepper. Stir in the parsley. To serve, mound the potato salad in the center of the platter. Arrange the grilled sausages around the potato salad. Serve with crusty bread and a side of Creole mustard. This recipe yields 6 servings.

# Mixed Nut Brittle

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**2 Cup Water**  
**4 Cup Sugar**  
**2 Cup Light corn syrup**  
**1 Tablespoon Steen's 100% Pure Cane Syrup**  
**2 Teaspoon Salt**  
**4 Cup Assorted nuts; such as pine nuts, pecan**  
**1 Pieces ; walnut pieces, sliced almonds, and peanuts**  
**1/4 Cup Unsalted butter – (1/2 stick); at room temperature**  
**1/2 Teaspoon Baking soda**  
**87 Other Carbohydrates**

**Line two baking sheets with parchment or waxed paper. Combine the water and sugar in a large nonstick heavy-bottomed sauce pan over medium-high heat. Stir to dissolve the sugar, 4 to 5 minutes. Add the corn syrup, cane syrup, and salt, and stir constantly and slowly with a wooden spoon until the mixture comes to a gentle boil, about 2 minutes. Continue stirring until the mixture reaches between 225 degrees and 230 degrees on a candy thermometer. Add the nuts and continue stirring until the mixture reaches 290 degrees. Remove the pan from the heat. Add the butter and baking soda and stir until the butter is completely melted, about 1 minute. Pour the mixture onto the baking sheets, being careful as it is very hot, and spread it evenly with a rubber spatula. Let cool completely. Break into pieces and store in an airtight container. Will keep for up to 2 weeks. Give the candy as gifts in either decorative tins, boxes or wrapped in cellophane paper. This recipe yields about 4 pounds.**

# Monkfish Court Bouillon

---

**1–1/2 Pound Monkfish tails; cleaned**

**Essence**

**1/3 Cup Vegetable oil**

**1/3 Cup Flour**

**1 Cup Chopped celery**

**1 Cup Chopped onions**

**1/2 Cup Chopped bell peppers**

**2 Mild green chilies or banana peppers; sliced lengthwise in half and seeded**

**2 Bay leaves**

**1 Tablespoon Minced garlic**

**2 Cup Chopped peeled and seeded tomatoes or 2 cups chopped canned tomatoes**

**1 Cup Water**

**1 3/4 Cup Chicken broth**

**3/4 Teaspoon Salt**

**1/4 Teaspoon Cayenne**

**1/4 Cup Chopped green onions**

**2 Tablespoon Chopped parsley**

**1/2 Fat; 0 Other Carbohydrates**

**Cut the tails into 3–inch pieces. Season with Essence. Set aside in the refrigerator.**

**Make a roux by combine the oil and flour in a large cast–iron or enameled cast–iron Dutch oven over medium heat. Stir slowly with a wire whisk or wooden spoon for about 15 to 20 minutes, or until the roux becomes dark brown, the color of chocolate.**

**Add the celery, onions, bell peppers, and chilies. Cook, stirring often, for 6 to 7 minutes.**

**Add the bay leaves and garlic and cook for about 2 minutes.**

**Add the tomatoes, water, and season with Essence. Reduce the heat to medium–low and cook, uncovered, for about 1 hour, or until a thin oil film appears on the surface. Stir occasionally to prevent the mixture from sticking.**

**Increase the heat to medium, add the broth, salt, and cayenne and cook for about 15 minutes.**

**Lay the fish in the mixture and cook for 10 to 15 minutes, or until the fish flakes easily with a fork.**

**During the last 5 minutes of cooking time, add the green onions and parsley. Remove the bay leaves. Serve hot.**

**Yield: 4 main–course servings**



# Morel And Truffle Gratinee

---

2 Tablespoon Plus 1 teaspoon butter  
1 Pound Fresh morels; chopped  
1/4 Cup Minced shallots  
2 Teaspoon Chopped garlic  
Salt  
Freshly ground black pepper  
1/4 Cup Fine dried bread crumbs  
1/4 Cup Grated Parmigiano–Reggiano cheese  
White truffle oil; to taste  
12 Large Fresh morels; wiped clean  
2 Cup Hollandaise Sauce  
1 Fresh white truffle  
1 Tablespoon Chopped chives

Preheat oven to 375 degrees F.

Butter a medium gratin dish with 1 teaspoon of the butter. In a food processor, fitted with a metal blade, combine the chopped morels, shallots and garlic. Pulse the mixture, several times to chop coarsely. In a large saute pan, over medium heat, melt the remaining butter. Add the mushroom mixture. Season with salt and pepper. Saute for 2 minutes. Remove from the heat and stir in the bread crumbs and cheese. Season to taste with truffle oil. Cool completely. Make a small slit on 1 side of each of the whole morels. Stuff each with about 2 teaspoons of the stuffing. Press to close. Place the stuffed morels in the prepared pan. Pour the Hollandaise Sauce over the morels. Place on the next to the top rack in the oven. Bake until the top is golden, about 10 to 12 minutes. Remove from the oven. Spoon the morels onto serving plates. Garnish with shaved truffles and chives.

Yield: 4 appetizer servings

# Mornay Sauce

---

**3 Tablespoon Butter**

**3 Tablespoon Flour**

**2 Cup Milk**

**Salt; to taste**

**Freshly-ground white pepper; to taste**

**1 Pinch Nutmeg**

**1/2 Cup Grated Parmigiano-Reggiano cheese**

**10 Fat; 0 Other Carbohydrates**

**In a medium saucepan, over medium heat, melt the butter. Stir in the flour and cook for 2 minutes. Whisk in the milk, 1/2 cup at a time. Season with salt, pepper and nutmeg. Cook, stirring constantly for 4 to 6 minutes. Remove from the heat and whisk in the cheese. Serve hot. This recipe yields 2 cups of sauce.**

# Muffalata

---

**1 Cup Back olives; sliced**  
**1 Cup Green stuffed olives; sliced**  
**2 Tablespoon Minced shallots**  
**2 Teaspoon Minced garlic**  
**2 Tablespoon Small–diced celery**  
**2 Tablespoon Chopped parsley**  
**1–1/2 Teaspoon Fine–ground black pepper**  
**1/2 Cup Olive oil**  
**1 Ten–inch Muffalata bun**  
**2 Ounce Cotto salami; thinly sliced**  
**2 Ounce Smoked ham; thinly sliced**  
**2 Ounce Genoa salami; thinly sliced**  
**2 Ounce Mozzarella cheese; thinly sliced**  
**2 Ounce Provolone cheese; thinly sliced**  
**Zap's potato chips**  
**1/2 Fat; 0 Other Carbohydrates**

**In a mixing bowl, combine the first eight ingredients together and mix well. Split the Muffalata in half and spoon half of the olive salad on one half of the bun. Place the cotto salami, smoked ham, Genoa salami, Mozzarella cheese, and Provolone cheese on top of the olive salad. Place the remaining half of the bun on top and slice the sandwich into fourths. Serve with Zaps. This recipe yields 2 servings.**

# Mushroom Confit

---

**2 Pound Assorted Wild and Exotic mushrooms; cleaned, stemmed**

**3 Bouquet garni; (bay leaves, garlic heads,**

**Thyme and peppercorns)**

**1/4 Cup Salt**

**2 Quart Vegetable oil**

**1 Pound Fresh pasta sheets; torn into pieces**

**3 Tablespoon Truffle oil**

**1/2 Cup Shaved Parmigiano–Reggiano cheese**

**Salt; to taste**

**Freshly–ground black pepper; to taste**

**2 Tablespoon Chopped chives**

**Preheat the oven to 200 degrees. In a large (1 gallon) metal baking pan, combine the mushrooms, bouquets, salt and vegetable oil. Stir to blend all the ingredients. Cover the pan with aluminum foil and place in the oven. Slow roast the confit for 1 to 1 1/2 hours, or until the mushrooms are soft and tender. Remove from the oven and drain the mushrooms, reserving the oil. Bring a pot of salted water to a boil. Cook the pasta for 3 to 4 minutes and drain. In a mixing bowl, toss the pasta with the mushrooms, truffle oil, cheese, salt, pepper, and chives. Serve the pasta immediately. This recipe yields 4 to 6 servings.**

# Mussel Chowder

---

**3/4 Pound Bacon; cut julienne**  
**2 Cup Chopped yellow onions**  
**1 Cup Chopped celery**  
**1 Cup Diced carrot**  
**1–1/2 Teaspoon Salt**  
**1/2 Teaspoon Cayenne pepper**  
**6 Bay leaves**  
**3/4 Cup All-purpose flour**  
**8 Cup Chicken stock**  
**1–1/2 Pound New potatoes; quartered**  
**1 Cup Fresh sweet corn**  
**1 Teaspoon Crab Boil**  
**1 Cup Half-and-half**  
**1/2 Cup Finely-chopped fresh parsley**  
**4 Pound Small cultivated mussels**  
**1/4 Teaspoon Hot sauce**  
**1 Teaspoon Worcestershire sauce**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large nonstick stock pot, over medium heat, render the bacon for 10 minutes. Stir in the onions, celery, and carrots. Season the vegetables with salt, cayenne, and bay leaves. Saute for 10 minutes, or until the vegetables are soft and tender. Stir in the flour and cook for 10 minutes, stirring occasionally. Stir in the chicken stock and bring up to a boil. Add the potatoes and corn. Stir in the Crab Boil. Simmer for 15 minutes, or until the potatoes are fork tender. Stir in the cream and parsley. Add the mussels and simmer the soup for 5 minutes. Stir in the hot sauce and Worcestershire sauce. Simmer the soup for 2 minutes. This recipe yields 10 servings.**

# Mussels Meuniere

---

1 Tablespoon Olive oil  
1/4 Cup Minced shallots  
3 Tablespoon Chopped garlic  
2 Bay leaves  
2 Sprigs Fresh thyme  
2 Cup White wine  
1 Stick Butter; cut into cubes  
2 Dozen Live mussels; scrubbed, debearded  
3 Tablespoon Chopped parsley  
Salt; to taste  
Freshly-ground black pepper; to taste  
Crusty bread  
10 1/2 Fat; 0 Other Carbohydrates

In a saute pan, heat the olive oil. When the oil is hot, saute the shallots and garlic. Add the bay leaves and thyme. Add the wine and butter. Bring up to a boil, reduce to a simmer. Add the mussels to the wine mixture and cover. Simmer the mussels for 5 to 8 minutes or until the shells open. Discard any shells that do not open. Stir in the parsley and season with salt and pepper. Divide the mussels between two bowls and serve with crusty bread. This recipe yields 2 servings.

# Nicoise Sandwich

---

**1 Tablespoon Olive oil**  
**1 Tuna steak –; (8 to 10 oz)**  
**1/4 Pound New potatoes; sliced 1/8 thick, and blanched**  
**1/4 Pound Haricot vert; blanched**  
**3 Roma tomatoes; seeded and chopped**  
**2 Hard-boiled eggs; sliced 1/8 thick**  
**1/2 Cup Black olives; halved**  
**4 Tablespoon Extra-virgin olive oil**  
**2 Tablespoon Balsamic vinegar**  
**1 Teaspoon Minced garlic**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Head Boston Bib lettuce**  
**6 Individual small loaves of French bread**  
**1/2 Fat; 0 Other Carbohydrates**

**In a saute pan, heat the olive oil. Season the tuna with salt and pepper. Add the tuna fillet to the pan and sear for 2 to 3 minutes on each side for medium-rare. Remove the tuna and flake the tuna into a mixing bowl. Add the potatoes, green beans, tomatoes, eggs, and black olives. Add the extra-virgin olive oil, vinegar and garlic to the bowl and toss well. Season the salad with salt and pepper. Using a sharp knife, slice the head of lettuce in half. Shred the lettuce. Place the lettuce in a mixing bowl and season with olive oil, salt and pepper. Using a small sharp knife, cut out a small pocket in each bread loaf. Fill each bread loaf with the salad. Wrap the sandwich in foil and serve. This recipe yields 6 sandwiches.**

# No-Poach Chicken

---

**1 Large Fryer chicken – (abt 3 lbs); rinsed, and  
Innards removed**

**1 Piece Fresh ginger –; (abt 1" long)**

**1 Cup Chopped green onions**

**1 Teaspoon Szechwan brown peppercorns**

**1/2 pounds chicken meat.**

**Season the chicken with salt and pepper. Place the chicken in a pot and cover with water. Add the remaining ingredients. Bring the liquid to a boil and cover. Turn off the heat and cook for 2 hours. Strain and remove the meat, discard the bones.**



# Nola Banana Layered Pudding Cake

---

2 Cup Milk  
1 Cup Sugar  
1/2 Teaspoon Pure vanilla extract  
5 Egg yolks  
1/4 Cup Cornstarch  
1/4 Cup Water  
1 Cup Sweetened flaked coconut  
1 Tablespoon Butter  
1–1/2 Tablespoon Gelatin  
4 Tablespoon Water  
1–1/2 Cup Graham cracker crumbs  
1 Stick Butter; melted  
9 Bananas; peeled, and  
Cut 1/4" slices  
4 Cup Sweetened whipped cream  
12 Ladyfingers  
Fresh mint sprigs  
1/2 Fat; 1/2 Other Carbohydrate

In a nonstick saucepan, over medium heat, combine the milk, sugar, and vanilla. Whisk to dissolve the sugar. When the mixture comes to a gentle boil, take 1 cup of the milk–sugar mixture and add it to the yolks. Whisk to blend well. Temper the egg mixture to the milk mixture. Cook over medium heat until it thickens slightly, 4 to 5 minutes, whisking occasionally. Dissolve the cornstarch in the water. Over medium heat, slowly add this mixture to the saucepan, whisking constantly for 1 minute. Using a wooden spoon, continue stirring for about 2 minutes. Stir in the coconut. Add the butter and stir until it is completely melted and mixture has thickened to a custard, about 2 minutes. Soften the gelatin in the water and stir into the hot custard. Pour the mixture into a glass bowl. Cover with plastic wrap, pressing the wrap down the surface of the custard to prevent a skin from forming. Cool completely, stirring occasionally and chill for at least 4 hours. In a mixing bowl, combine the crumbs and butter. Mix well. Press into the bottom of a 10–inch spring–form pan. Bake until firm, about 6 to 8 minutes. Remove and cool completely. Fold in 2 cups of the whipped cream to the pastry cream. To assemble, spread about 1 cup of the custard on the bottom of the crust. Arrange about a third of the banana slices, crowding them close together, over the custard. Next, spread 1 cup of the custard over the bananas. Arrange another third of the banana slices close together over the custard. Top with 1 cup of the custard and the banana slices. Top with the remaining custard, covering the bananas completely to prevent them from turning brown. Cover with plastic wrap and chill for at least 4 hours. Remove from the refrigerator and top with the remaining whipped cream. Remove the spring–form and press the ladyfingers firmly into the sides on the pastry cream. Slice the dessert into individual servings and garnish with fresh mint sprigs. This recipe yields 20 servings.

# Nola Blue Glacier Martini

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**12 Ounce Kettle One Vodka**  
**Several splashes of Blue Curaco**  
**1 Cup Cubed ice**  
**4 Orange twists**  
**4 Lemon twists**

**Chill the martini glasses in the freezer for 1 hour. In a shaker, add the vodka, curaco, and ice. Using a long bar spoon, stir the mixture 40 times. Strain the liquid into each glass. Garnish each martini with both an orange and lemon twist. This recipe yields 4 servings.**

# Nuoc Cham

---

**1 Small Fresh chile pepper**  
**1 Teaspoon Chopped garlic**  
**3 Teaspoon Sugar**  
**1 Fresh lime**  
**2 Tablespoon Fish sauce; (nuoc mam)**  
**3 Tablespoon Water**  
**1–1/2 Other Carbohydrates**

**Stem the chile. Split the chile in half, remove and discard the seeds and membrane. Finely chop the chile. Combine the chopped chile, garlic and sugar in a mortar. Pound the mixture into a paste. Remove the zest and pith from the lime, and discard. Add the lime to the chile mixture. Mash well. Add the fish sauce and the water. Mix well. Serve as a seasoning agent instead of salt and pepper.**

**Yield: about 1/3 cup**

# Oatmeal Soda Bread

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**2 1/2 Cup Oatmeal**  
**2 Cup Buttermilk**  
**2 1/2 Cup Flour**  
**1 Teaspoon Salt**  
**1 Teaspoon Baking soda**  
**Flour for dusting**  
**1/2 Teaspoon Butter**  
**1/2 Fat; 0 Other Carbohydrates**

**In a mini-food processor, fitted with a metal blade, pulse the oatmeal until the meal is very fine. Remove from the processor and turn into a mixing bowl. Stir the buttermilk into the oats and cover with plastic wrap. Let the oatmeal steep in the buttermilk for 12 hours. In a mixing bowl, sift the other ingredients together. Stir in the steeped oatmeal and mix well. If the mixture is too wet add a little more flour. Preheat the oven to 350 degrees F. Grease a 9-inch round cake pan with the butter. Lightly dust the work surface with some flour. Turn the dough out onto the surface and knead the dough a couple of times to form a soft ball like shape. Press the dough into a round about 2 inches thick. Using a sharp knife, make a criss-cross cut into the bread. Place the bread in the prepared pan. Bake until golden brown, about 25 to 30 minutes. Remove from the oven and cool on a wire rack. Serve the bread warm with butter.**

**Yield: 6 to 8 servings**

# Octopus Stew

---

**2 Octopus – (2 lbs ea); cleaned**  
**2 Tablespoon Olive oil**  
**2 Cup Chopped onions**  
**2 Tablespoon Chopped garlic**  
**2 Bay leaves; crushed**  
**1/2 Pound Chorizo sausage; sliced 1/4" thick**  
**2 Cup White wine**  
**2 Pound Fresh tomatoes; peeled, seeded, and chopped**  
**1 Pound New potatoes**  
**2 Can Chickpeas**  
**2 Quart Chicken stock**  
**1 Pinch Crushed red pepper**  
**2 Tablespoon Chopped fresh coriander**  
**2 Tablespoon Chopped parsley**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**Crusty bread; for serving**  
**1-1/2 Fat; 0 Other Carbohydrates**

**Submerge the octopus in a large pot of boiling water for 5 minutes. Drain and let them cool. Cut the tentacles and center section into 2-inch lengths or chunks. In a large pot, add the olive oil. When the oil is hot add the onions, garlic and bay leaves. Fry the vegetables in the oil for 3 to 4 minutes, or until slightly wilted. Add the chorizo and continue to cook for 2 to 3 minutes. Deglaze the pan with the wine. Bring the liquid up to a boil and reduce by half, about 1 to 2 minutes. Stir in the tomatoes. Season with salt and pepper. Add the potatoes, chickpeas and chicken stock. Bring the liquid up to a boil and reduce to a simmer. Simmer the stew for about 2 hours on low heat. Stir in the crushed red pepper, fresh coriander and parsley. Season with salt and pepper. Line the individual bowls with crusty bread. Ladle the stew over the bread and serve. This recipe yields 6 to 8 servings.**

# Old Fashioned Chocolate Pudding

---

2 Cup Whole milk; plus  
2 Tablespoon Whole milk  
3/4 Cup Sugar  
4 Ounce Milk chocolate; chopped  
3 Egg yolks  
2 Tablespoon Cornstarch  
1/2 Teaspoon Vanilla extract  
1 Tablespoon Butter  
2 Cup Sweetened whipped cream  
2 Ounce Chocolate curls  
4 servings.  
1/2 Fat; 4 Other Carbohydrates

In a nonreactive saucepan, combine 2 cups milk and sugar. Bring the liquid up to a boil to dissolve the sugar, reduce to a simmer. Whisk in the chocolate pieces and whisk until the chocolate is completely melted. In a small bowl, whisk the yolks together. Temper the yolks into the chocolate mixture. In another small bowl, whisk the remaining milk and cornstarch together for a slurry. Slowly add the slurry into hot chocolate mixture and mix thoroughly. Bring the liquid up to a boil and cook, stirring constantly until the mixture is thick. Remove from the heat and stir in the vanilla and butter. Pour the pudding into a glass bowl. Place a piece of plastic wrap directly on top of the pudding to prevent a film from building. Place the pudding in the refrigerator and cool the pudding completely. Whisk the pudding until light and fluffy. Pour the pudding into 4 wine glasses and place in the refrigerator. Top each pudding with the whipped cream and garnish with chocolate shavings.

# Olive And Garlic Pretzels

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**20 Kalamata olives (abt 3/4 cup); pitted**  
**1 Anchovy fillet**  
**1 Tablespoon Chopped garlic**  
**2 Tablespoon Olive oil**  
**Freshly-ground black pepper; to taste**  
**1 Package Dry active yeast**  
**2 Tablespoon Sugar**  
**2 Tablespoon Vegetable oil**  
**1-1/2 Cup Warm milk; (110 degrees)**  
**4 Cup All-purpose flour –; (to 4 1/2 cups)**  
**1 Teaspoon Salt**  
**1 Egg white; slightly beaten**  
**1 Tablespoon Water**  
**1 Tablespoon Kosher salt**  
**1 Cup Creole mustard**

Combine the olives, anchovy, garlic, olive oil and black pepper in a food processor and process until the mixture is smooth, about 15 seconds. Set aside. Combine the yeast, sugar, and 1 tablespoon of the oil in the bowl of an electric mixer fitted with a dough hook. Add the milk. With the mixer on low speed, beat the mixture for about 4 minutes to dissolve the yeast. If the yeast mixture doesn't begin to foam after a few minutes, it means it's not active and will have to be replaced. Add the flour, salt and olive mixture to the yeast mixture. Mix on low speed until it lightly comes together, then increase the speed to medium and beat until the mixture pulls away from the sides of the bowl, forms a ball, and climbs slightly up the dough hook. Remove the dough from the bowl. Coat the dough with the remaining teaspoon vegetable oil. Return the dough to the bowl and turn it to oil all sides. Cover the bowl with plastic wrap, set in a warm, dr Remove the dough from the bowl and turn it onto a lightly floured surface. Preheat the oven 350 degrees. Roll the dough into 12- by 10-inch rectangle. Cut into 20 strips, 12- by 1/2-inches. Gently pull each strip into a rope about 16 inches long. To form the pretzels, cross one end over the other to form a circle, overlapping about 4 inches from each end. Take one of the dough in each hand and twist once at the point where the dough overlaps. Carefully lift each end across to the edge of the circle opposite it. Tuck the ends under the edges to form a pretzel shape. Lightly moisten the ends with water to seal completely. Place the pretzels on the prepared baking sheet. Bake for 5 minutes. Remove from the oven. Bring 1 gallon of salted water to a boil. Add several of the pretzels at a time in the boiling water. Cook for 2 minutes on each side. With a slotted spoon remove from the water. Drain on paper-towels. Bring the water back to a boil and repeat the cooking process. Regrease the baking sheet. Place the pretzels on the baking sheet. Whisk the egg whites and water together. Using a pastry brush, brush each pretzel with the egg wash. Sprinkle each pretzel with the kosher salt. Bake for 20 to 25 minutes or until golden brown. Remove from the oven and serve warm with Creole Mustard. This recipe yields 20 pretzels.

# Olive Crusted Mussels With A Lemon Butter Sauce

---

1 Cup Kalamata olives; pitted  
1 Cup Fine dried bread crumbs  
1/4 Cup Olive oil  
Salt  
Freshly ground black pepper  
4 Dozen fresh mussels; cleaned and on the half-shell  
1 Tablespoon Finely chopped fresh parsley leaves

## LEMON BUTTER SAUCE

2 Tablespoon Finely minced shallots  
1/2 Cup Fresh lemon juice  
1/2 Pound Cold butter; cut into tablespoon size pieces

Preheat oven to 450 degrees F.

In a food processor fitted with a metal blade, process the olives and bread crumbs to make the olive crust. Process until fully incorporated. Remove and turn into a mixing bowl. Stir in the oil and season with salt and pepper. Place the mussels on a baking sheet. Season the mussels with salt and pepper. Place a teaspoon of the crust on top of each mussel, pressing the crust firmly into each mussel. Place in the oven and cook for 10 to 12 minutes, or until the crust is golden. Remove the mussels from the oven and cool slightly before serving. To serve, place a dozen mussels on each serving plate. Drizzle the Lemon Butter Sauce over each mussel. Garnish with parsley.

Yield: 4 appetizer servings

## LEMON BUTTER SAUCE:

In a medium saute pan, add shallots and lemon juice. Bring to a boil. Reduce to a simmer and cook for 2 minutes. Whisk in the butter, one tablespoon at a time, until all the butter is incorporated and the sauce coats the back of a spoon. Strain.

Yield: 1 cup



# One-Egg Mayonnaise

---

**1 Egg**

**1 Tablespoon Fresh lemon juice**

**1 Cup Olive oil**

**1/8 Teaspoon Freshly-ground black pepper**

**1/2 Teaspoon Salt**

**43 1/2 Fat; 0 Other Carbohydrates**

**In a food processor or blender, blend the egg and lemon juice for 10 seconds. With the processor running, slowly pour in the oil through the feed tube. Mixture should thicken. Add the pepper and salt and pulse once or twice to blend. Transfer to an airtight container and refrigerate for at least 30 minutes before using. Best if used within 24 hours. This recipe yields 1 1/4 cups.**

# Onion Marmalade

---

**2 Tablespoon Olive oil**  
**3/4 Cup Julienned yellow onions**  
**1 Teaspoon Minced garlic**  
**1 Tablespoon Finely-chopped parsley**  
**1 Tablespoon Rice wine vinegar**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1/2 Fat; 0 Other Carbohydrates**

**In a saute pan, over high heat, heat the olive oil. Add the onions and saute until caramelized, about 3 to 4 minutes. Add the garlic, parsley, and rice wine vinegar. Saute for 1 to 2 minutes. Season with salt and pepper. This recipe yields about 1 cup of marmalade.**

# **Open-Faced Tenderloin Sandwich**

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**2 Pound Beef tenderloin**

**Olive oil**

**Salt; to taste**

**1/4 Cup Cracked black pepper; to 1/3 cup**

**8 Slice Italian bread; 1" thick**

**1/2 Cup Creole mustard**

**8 Slice Desoto cheese; 1/4" thick, (about 1 Ounce each)**

**1/2 Small Vidalia onion; julienned**

**1 Roasted red pepper; julienned**

**1 Roasted yellow pepper; julienned**

**1/2 Fat; 0 Other Carbohydrates**

**Rub the entire tenderloin with olive oil. Season the tenderloin with salt. Roll the tenderloin in the cracked black pepper. In a hot saute pan, sear the tenderloin for 3 minutes on all sides for medium-rare. Remove the tenderloin from the pan and allow to rest for 5 minutes before slicing. Toss bread slices in olive oil, salt and pepper and toast until slightly golden. Spread each crouton with Creole Mustard. Slice the tenderloin into thin slices. Divide the beef into eighths. Start building the sandwich with the beef, cheese, onions, and peppers. Place the sandwiches on a platter and garnish with sprigs of fresh basil. This recipe yields 8 sandwiches.**

# Orange Pralines

---

**1 Quart Heavy cream**  
**2 1/4 Cup Sugar**  
**1 Orange**  
**1 Tablespoon Light corn syrup**  
**1-1/2 Cup Pecan pieces**

**Cover a countertop with two or three sheets of parchment or waxed paper. In a large heavy-bottomed pot, add the cream and sugar. Grate the rind of the orange over the pot. Add the corn syrup and pecan pieces. Over medium heat, stir the mixture often until it becomes very thick and a candy thermometer registers 257 degrees, about 1 hour. Remove the pot from the heat. Drop the mixture by the tablespoon, onto the parchment paper, working quickly. Cool completely. Pry the pralines off the paper with a thin knife. Store in an airtight container between layers of parchment paper at room temperature for up to 2 weeks. Give the pralines as gifts in individual decorative tins or wrapped in cellophane paper. This recipe yields about 3 1/2 dozen.**

## Orange Wine (Vin D'orange)

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**3** Naval oranges; halved  
**1** Cup Sugar  
**1** Quart White wine  
**2** Medium Naval oranges  
**20** Whole cloves  
**13 1/2** Other Carbohydrates

**In a saucepan, over medium heat, squeeze the orange halves into the saucepan, add the squeezed oranges and the sugar. Bring to a boil, reduce the heat to low and simmer for 5 minutes. Remove from the heat and cool completely. Strain into a 1 1/2 quart jar, pressing the oranges with the back of a spoon to release all of the juice. Stir in the wine. Stick the cloves into the whole oranges. Cut the oranges in half and add to the jar. Secure the lid tightly and allow to sit for at least 24 hours and up to 1 month.**

**To serve: strain over ice into a cordial glass.**

**Yield: 1 quart**

# Oyster Stew With Andouille Mashed Potatoes

---

1-1/2 Pound Idaho potatoes; peeled, diced  
4 Ounce Ground andouille sausage  
3 Tablespoon Butter  
1/2 Cup Heavy cream; divided  
2 Dozen Shucked oysters; with their liquor  
1 Tablespoon Olive oil  
1/2 Cup Chopped onions  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Teaspoon Chopped garlic  
2 Tablespoon Finely-chopped parsley leaves  
1 Dash Worcestershire sauce  
1 Dash Crystal hot sauce  
Juice of one fresh lemon  
4 French bread croutons – (abt 1" thk); toasted  
1/2 Fat; 0 Other Carbohydrates

Place the potatoes in a saucepan and cover with water. Season the water with salt. Bring the liquid to a boil and reduce to a simmer. Cook the potatoes for 10 to 12 minutes or until fork tender. In a small saute pan, over medium heat, render the andouille until crispy, about 4 to 6 minutes. Drain the potatoes. Place the potatoes back in the pan and add the andouille, 1 tablespoon butter and 1/4 cup cream. Using a hand-held masher, mash the potatoes until smooth. Season the potatoes with salt and pepper. Set aside and keep warm. Drain the oysters, reserving the liquor. Set aside. In a large saute pan, over medium heat, add the oil. When the oil is hot, add the onions. Season with salt and pepper. Saute for 2 to 3 minutes. Add the garlic and parsley. Cook for about 2 minutes. Add reserved oyster liquor, Worcestershire sauce, hot sauce, and lemon juice. Bring the liquid to a boil and reduce to a simmer. Cook for 4 to 5 minutes or until the liquid thickens. In a sauce pan, Stir in the remaining butter and cream. Season with salt and pepper. Season the oysters with salt and pepper. Add the oysters. Simmer for about 2 minutes or until the edges curl. To serve, mound the potatoes in the center of each bowl. Spoon the oysters and sauce around the potatoes. Garnish with the croutons. This recipe yields 4 servings.

# Oysters Rockefeller

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**2 Dozen Large oysters; shucked**  
**1 Bottle Clam broth**  
**2 Sticks Butter; cubed**  
**1 Cup Flour**  
**1 Cup Minced onions**  
**3 Tablespoon Anchovy paste**  
**1 Tablespoon Chopped garlic**  
**1–1/2 Pound Fresh watercress; washed, dried, chopped fine**  
**1–1/2 Pound Fresh spinach; washed, dried, chopped fine**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1/2 Cup Herbsaint**  
**Rock salt**  
**1/2 Cup Grated Parmesan cheese**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees. Shuck the oysters reserving all their liquor and the deeper halves of their shells. Scrub the reserved shells. Drain the oysters and liquid through a fine mesh strainer. You should have 3 cups of oyster liquor, if not add enough clam broth to make up for the difference. In a large saute pan, melt the butter over medium heat. Stir in the flour and cook for 4 minutes. Stir in the onions and cook for 2 minutes. Stir in the anchovy paste, garlic, watercress, and spinach. Season with salt and pepper. Cook for 1 minute. Stir in the oyster liquor and bring the liquid up to a boil. Reduce to a simmer and continue to cook for 8 to 10 minutes or until the sauce is thick. Remove from the heat and stir in the Herbsaint. Re-season with salt and pepper if needed. Spread the rock salt evenly over a large sheet pan. Arrange the oyster shells on the baking sheet. Place the oysters back in their shells. Season the oysters with salt and pepper. Place a heaping spoonful of the filling on top of each oyster. Using the back of the spoon, gingerly pat the filling into the shell. Sprinkle the top of the oyster with the grated cheese. Place the baking sheet in the oven and cook for about 15 minutes or until the sauce is golden-brown and the oysters have curled. Remove from the oven and serve on a large platter. Serve the oysters with fish forks and fresh lemons. This recipe yields 2 dozen oysters.**

# **Oysters Stuffed With A Mirliton Dressing**

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**2 Dozen large fresh oysters; shucked with 24 shells reserved**

**2 Tablespoon Olive oil**

**1 Cup Finely chopped onions**

**1/2 Cup Finely chopped green bell peppers**

**1/2 Cup Finely chopped celery**

**Salt**

**Cayenne**

**1 Teaspoon Minced garlic**

**2 Cup Small diced mirlitons; cooked until tender**

**2 Tablespoon Finely chopped parsley**

**1 Dash Worcestershire sauce**

**1/4 Cup Chopped green onions**

**4 Cup Cubed white bread**

**1/4 Cup Grated Parmigiano-Reggiano cheese**

**1-1/2 Cup Hollandaise sauce; warm**

**1 Tablespoon Finely chopped parsley**

**Preheat the oven to 400 degrees F.**

**Drain the oysters, reserving 1 to 2 cups of the liquor and set aside. In a large saute pan, heat the olive oil. When the oil is hot, saute the onions, bell peppers and celery. Season with salt and cayenne. Saute the vegetables until they are wilted, about 5 minutes. Add the garlic, mirlitons and parsley. Saute for 1 minute. Add the Worcestershire sauce and cook for 2 to 3 minutes. Add the green onions, the oyster liquor and the bread. Mix until the mixture is incorporated. Remove from the heat. Turn the bread mixture into a mixing bowl and stir in the cheese. Season with salt and cayenne. Mix well. Season the oysters with salt and cayenne. Place the oysters back into the shell. Place a heaping spoonful of the dressing on top of each oyster and press firmly. Place the shells on a baking sheet and place in the oven. Bake until slightly golden, about 8 to 10 minutes. Remove from the oven. Serve the oysters warm, with a drizzle of Hollandaise and garnished with parsley.**

**Yield: 6 to 8 servings**



# Pain Perdu

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**2 Tablespoon Butter; plus**  
**1 Stick Butter**  
**1 Cup Pecan pieces**  
**1 Cup Maple syrup**  
**1/4 Cup Rum**  
**3 Eggs**  
**3/4 Cup Milk**  
**2 Tablespoon Sugar**  
**1/4 Teaspoon Cinnamon**  
**1/2 Teaspoon Vanilla extract**  
**8 Slice Brioche**  
**2 Bananas**  
**Powdered sugar; for dusting**  
**1/2 Fat; 4 Other Carbohydrates**

In a saute pan, melt 2 tablespoons of the butter. Add the pecans and saute for 4 to 5 minutes, stirring constantly. Stir in the maple syrup and bring the liquid up to a simmer. Remove the pan from the stove and add the rum. Carefully place the pan back on the stove and flame the sauce. Remove the sauce from the heat and set aside. In a mixing bowl, whisk the eggs, milk, sugar, cinnamon, and vanilla, to dissolve the sugar. In a nonstick saute pan, heat 2 tablespoons of butter. Dip 2 slices of the bread into the egg–milk mixture, coating evenly. Fry in the butter until golden–brown, 2 to 3 minutes on each side. Repeat until all the butter and bread is used. Lay the pain perdu on a platter. Slice the bananas into 1/4–inch slices. Pile the bananas in the center of the pain perdu. Spoon the warm sauce over the bananas and pain perdu. Dust the entire plate with powdered sugar. This recipe yields 4 servings.

# **Pambazo (Vera Cruz Sandwich)**

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## **FOR THE BOLILLO**

1 Envelope active dry yeast; (1/4-ounce)  
3 Tablespoon Sugar  
2 Cup Warm water; (about 110 degrees F)  
5 Cup Flour  
1 Tablespoon Butter; at room temperature  
1-1/2 Tablespoon Salt  
1/2 Teaspoon Ground cinnamon

## **FOR THE SANDWICH**

1 Cup Mayonnaise  
2 Pound Roasted pork butt; shredded  
1 Cup Thinly sliced red onions  
1-1/2 Cup Peeled; seeded and chopped tomatoes  
2 Large Avocados; peeled, sliced 1/4-inch thick and seasoned  
3 Cup Refried beans; hot  
1 Pound Thinly sliced cheese

### **For the Bolillo:**

Using an electric mixer with a dough hook, whisk the yeast, sugar and warm water for 2 minutes to dissolve the yeast. Add 1 1/2 cups of the flour. Let sit for 1 hour. With the mixer on low, add the butter, salt, flour and cinnamon. Mix until the dough starts to come together. Increase the speed to medium-high and mix until the dough comes away from the sides of the bowl and crawls up the dough hook. The dough will be sticky. Grease a mixing bowl with the oil. Place the dough in the greased bowl and turn to coat. Cover the bowl with plastic wrap and place in a warm, draft-free place until the dough doubles in size, about 1 hour. Remove the dough from the bowl and invert it onto a heavily floured surface. Divide the dough into 12 equal portions. On a floured surface roll each piece into an oblong form. Tuck and roll so that any seams disappear into the dough. Gently pull the ends of each oblong, giving a slight twist as you pull. Place the rolls on a baking sheet and cover with a towel and let se for 30 minutes, or until doubled in size.

Preheat the oven to 375 degrees F.

Bake for 10 minutes. Reduce the temperature to 350 degrees F and continue to bake for 20 to 25 minutes or until golden brown.

### **To assemble the Pambazo:**

Cut the Bolillo in half lengthwise and pull out the soft center from both sides. Heat a large skillet and cook, cut side down, for 1 minute. Remove from the skillet and flip over. Spread both sides of the bread with mayonnaise. Arrange the pork on one half. Top the pork with onions, tomatoes and avocados. Spread the beans on the other half of the bolillo and top with

**cheese. Close the sandwich. Place back into the skillet and continue browning while pressing down with a spatula. Flip and cook on the other side. Remove and serve.**

**Yield: 12 servings**

# **Pan Roasted Chicken With Oyster Dressing**

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**2 Dozen Shucked oysters; with their liquid**  
**2 Tablespoon Olive oil**  
**2 Cup Chopped onions**  
**1 Cup Chopped bell peppers**  
**1 Cup Chopped celery**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**3 Bay leaves**  
**1 Tablespoon Minced garlic**  
**1/4 Cup Finely-chopped parsley**  
**1 Dash Worcestershire sauce**  
**1 Cup Water**  
**1/4 Cup Chopped green onions**  
**4 Cup Cubed white bread**  
**1/3 Cup Grated Parmigiano-Reggiano cheese**  
**1 Tablespoon Butter**  
**Freshly ground black pepper**  
**4 Garlic cloves; sliced**  
**4 Chicken breasts halves; breast bone removed, Wings attached –; (abt 8 oz ea)**  
**1 Tablespoon Fresh lemon juice**  
**1 Tablespoon Fresh rosemary leaves**  
**1 Cup Shallot reduction (veal stock based); warm**  
**Fresh rosemary sprigs; for garnish**

**Preheat the oven to 375 degrees. Butter a 9– by 11–inch baking pan. Drain the oysters, reserving 2 cups of the liquor and set aside. In a large saute pan, heat the olive oil. When the oil is hot, saute the onions, bell peppers and celery. Season with salt and cayenne. Saute the vegetables until they are wilted, about 5 minutes. Add the bay leaves, garlic, parsley and Worcestershire. Saute for 1 minute. Add the water and cook for 2 to 3 minutes. Add the green onions, the oyster liquor, and the bread. Mix until the mixture is incorporated. Remove from the heat. Turn the bread mixture into a mixing bowl and stir in the oysters and cheese. Pour the mixture into the prepared pan. Bake for 1 hour, or until bubbly and golden-brown. Cool the mixture completely. Increase the oven temperature to 400 degrees. Butter an 8– by 11 1/2– by 2–inch baking dish. Season the chicken with salt and black pepper. Divide the garlic slices into 4 equal portions. Lay the breast, skin side down, in the pan and place the garlic in the center of each breast. Put 1/4 cup of the dressing on each breast, then carefully fold together, bringing the bottom end of the breast up to the wing section. Drizzle with the lemon juice and sprinkle with the rosemary leaves. Bake for 45 minutes. Remove the pan from the oven. Remove the chicken from the pan and set aside. Place the pan on the stove and deglaze with the shallot reduction. Season the sauce with salt and pepper. Lay the chicken on a platter and spoon the reduction sauce over the top. Garnish with the fresh rosemary sprigs, green onions, and peppers. This recipe yields 4 servings.**

# **Pan–Crispy With A Fresh Fava Bean And Mushroom Ragout**

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**2 Tablespoon Plus 1/4 cup olive oil**

**1 Cup Thinly sliced yellow onions**

**Salt**

**Freshly ground black pepper**

**1 Pound Assorted exotic mushrooms; cleaned, stemmed, and thinly sliced**

**1 Cup Fresh fava beans; shelled and blanched**

**2 Teaspoon Chopped garlic**

**2 Cup Veal reduction**

**1 Tablespoon Finely chopped fresh parsley leaves**

**2 Tablespoon Butter**

**4 Red snapper fillets; (4 to 6–ounce)**

**2 Cup Fresh pea shoots**

**1/2 Fat; 0 Other Carbohydrates**

**In a large saute pan, over medium heat, heat 2 tablespoons of the oil. Add the onions. Season with salt and pepper. Saute for 2 minutes. Add the mushrooms and fava beans. Season with salt and pepper and continue to saute for 2 minutes. Stir in the garlic and veal reduction. Bring the liquid to a simmer. Continue to simmer for 4 minutes. Stir in the parsley and butter. Reduce the heat to low and keep warm. In another large saute pan, over medium heat, heat the remaining cup of oil. Season both sides of the fillets with salt and pepper. When the oil is hot, pan–fry the fillets for 4 to 6 minutes on each side, or until crispy. Remove from the pan and drain on paper towels. In a small bowl, toss the pea shoots with a drizzle of olive oil, salt and pepper. To serve, Spoon the mushroom mixture into the center of each plate, lay the fillets over the sauce. Pile the pea shoots in the center of the fish and garnish with parsley.**

**Yield: 4 servings**

# **Pan–Fried Catfish With Tartar Sauce And Cornbread Salad**

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**1 Egg\***  
**2 Teaspoon Minced garlic**  
**1 Lemon; juiced**  
**1 Tablespoon Creole or whole grain mustard**  
**2 Tablespoon Chopped parsley**  
**2 Tablespoon Chopped green onions**  
**1 Cup Vegetable oil plus 2 tablespoons**  
**Salt**  
**Freshly ground black pepper**  
**6 Ounce Bacon; chopped**  
**2 Cup Cubed cornbread; (1/2–inch cubes)**  
**2 Cup Small diced fresh tomatoes; seeded**  
**1/2 Cup Vidalia onions; small diced**  
**4 Catfish fillets; about 6 ounces each**  
**Creole seasoning**  
**1 Cup Flour**  
**1 Cup Masa flour**  
**4 Wedges fresh lemon**

**For the tartar sauce:**

**Put the egg, garlic, lemon juice, mustard, 1 tablespoon of the parsley, and green onions in a food processor and puree for 15 seconds. With the processor running, slowly pour the oil through the feed tube in a steady stream. Season with salt and pepper. Cover and let sit for 1 hour in the refrigerator before using. Best if used within 24 hours.**

**For the cornbread salad:**

**In a large skillet, over medium heat, render the bacon until crispy, about 6 to 8 minutes. Remove and drain on paper towels. Add the cornbread to the bacon fat and fry until golden, about 4 to 5 minutes, stirring constantly. Remove and drain on paper towels. In a mixing bowl, combine the crispy bacon, cornbread, tomatoes and onions. Season with salt and pepper. Mix well.**

**For the catfish:**

**Season the fillets with Creole seasoning. In a shallow bowl, combine the flour and masa. Season with Creole seasoning. Dip fillets in flour mixture. In another skillet, heat the remaining oil. When the oil is hot, pan–fry for 4 to 6 minutes on each side until golden brown. Remove the fillets and drain on paper towels.**

**To serve, spoon the cornbread salad in the center of 4 plates. Lay the catfish on top of the salad. Place a spoonful of the tartar sauce on top of**

the fish. Garnish with a lemon wedge and parsley.

**Yield: 4 servings**

**\*RAW EGG WARNING**

**The American Egg Board states: "There have been warnings against consuming raw or lightly cooked eggs on the grounds that the egg may be contaminated with Salmonella, a bacteria responsible for a type of food poisoning....Healthy people need to remember that there is a very small risk and treat eggs and other raw animal foods accordingly. Use only properly refrigerated, clean, sound-shelled, fresh, grade AA or A eggs. Avoid mixing yolks and whites with the shell."**

# Pan–Roasted Filet Mignon Stuffed With English Stilton

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1 Pound Red bliss potatoes; quartered  
Cracked black pepper; to taste  
Salt; to taste  
1 Tablespoon Dried thyme  
2 Tablespoon Olive oil  
1 Cup Veal stock  
3 Ounce Bacon; chopped  
1 Cup Veal stock  
2 Tablespoon Chopped shallots  
1 Teaspoon Chopped garlic  
1/2 Cup Walnut pieces  
4 Filet mignons –; (8 Ounce ea)  
1 Cup Crumbled Stilton cheese  
1/2 Cup Port wine  
1 Cup Vegetable oil  
4 Shallots; cut 1/4 rings  
1/4 Cup Flour  
1 Tablespoon Chopped parsley

Preheat the oven to 400 degrees. In a mixing bowl, toss the potatoes with thyme and 1 tablespoon olive oil. Season with salt and cracked black pepper. Place the potatoes in an oven–proof saute pan. Roast the potatoes for 20 minutes or until golden–brown. Remove the potatoes from the oven and turn into a mixing bowl. Place the saute pan on the stove. Over medium–high heat, deglaze the pan with the veal stock. Reduce the stock by half, about 8 minutes. Set the veal reduction aside and keep warm. In a hot saute pan, render the bacon until crispy, stirring occasionally, about 8 minutes. Stir in the shallots, garlic, and walnuts. Saute for 2 minutes. Remove from the heat. In a mixing bowl, toss the potatoes with the bacon mixture. Set the potatoes aside in a warm place. On the side of each filet make a 2–inch slit forming a pocket. Stuff each pocket with 2 tablespoons of the cheese. Season the filets with salt and cracked black pepper. In oven–proof saute pan, add the olive oil. When the oil is hot, sear the filets for 2 minutes on each side. Place the pan in the oven and roast the filets for 6 to 7 minutes for medium–rare. Remove the filets from the pan and set aside. Place the saute pan on the stove. Over medium–high heat, deglaze the pan with the port wine. Reduce the wine by half, about 5 minutes. Pour the vegetable oil in a sauce pan and heat the oil. Dredge the shallots in the flour, coating the shallots completely. Fry the shallots in the hot oil until golden–brown, about 2 minutes. Remove from the oil and drain on a paper–lined plate. Season the shallots with salt. To assemble, divide the potatoes by four and mound the potatoes in the center of each plate. Lay each filet on top of the potatoes. Spoon the veal reduction over each filet. Drizzle each plate with the port wine reduction. Garnish each plate with the remaining Stilton cheese, fried shallots and parsley. This recipe yields 4 main–course servings.



# **Pan-Seared Diver Scallops On White Bean & Truffle Puree**

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**1/2 Pound White beans  
3 Cup Whole milk  
2 Cup Chicken stock  
1 Bouquet garni  
Salt; to taste  
Freshly-ground black pepper; to taste  
1/4 Cup Heavy cream  
1 Drizzle Truffle oil  
4 Tablespoon Olive oil  
1/4 Cup Minced onions  
1/2 Pound Assorted exotic mushrooms; sliced  
2 Teaspoon Minced garlic  
1–1/2 Cup Dark stock reduction or mushroom jus  
12 Diver scallops; cleaned  
2 Cup Whole spinach; washed and stemmed  
2 Ounce Shaved Parmigiano-Reggiano cheese  
3 1/2 Fat; 0 Other Carbohydrates**

**Preheat the fryer. In a saucepan, combine the beans, milk, stock and bouquet. Season the mixture with salt and pepper. Cook the beans for about 2 hours, or until fork tender. Using a hand-held blender, puree the mixture until smooth. Stir in the cream. Drizzle in the truffle oil to taste.**

**Re-season with salt and pepper. In a saute pan, heat 2 tablespoons of olive oil. When the oil is hot, add the onions and saute for 1 minute. Add the mushrooms and continue to saute for 2 minutes. Season with salt and pepper. Add the garlic and stock reduction. Bring the liquid up to a boil and reduce to a simmer. Simmer the sauce for about 3 to 4 minutes, Re-season with salt and pepper if needed. Season the scallops with salt and pepper. In a large saute pan, heat the olive oil. When the oil is hot, add the scallops and sear for 2 to 3 minutes on each side, or until golden-brown. Fry the spinach in the hot oil for 30 seconds or until crispy. Remove from the oil and drain on a paper-lined plate. Season with salt and pepper. To assemble, make a small pool of the bean puree in the center of each plate. Lay the two seared scallops directly on top of the puree. Spoon the mushroom mixture over the scallops. Garnish with the fried spinach, shaved black truffles and cheese. This recipe yields 6 servings.**

# **Papa's Island Pig Feet Soup With Wild Mountain Mushrooms**

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**3 Pound Pig's feet; cut 2 pieces**  
**8 Cup Chicken stock**  
**2 Onions; quartered**  
**2 Celery stalks; cut 2 long pieces**  
**1 Tablespoon Chopped garlic**  
**8 Star anise**  
**3/4 Cup Raw peanuts**  
**1 Cup Sliced shiitake mushrooms**  
**1 Cup Chopped mustard cabbage**  
**1-1/2 Teaspoon Peeled; minced fresh ginger**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**

**In a large sauce pan, combine the pig's feet, chicken stock, onions, celery, garlic, and star anise. Season with salt and pepper. Bring the liquid up to a boil. Reduce to a simmer, covered and cook for 1 1/2 hours, skimming the surface occasionally. Add the peanuts, cover and simmer for 30 minutes. Remove the star anise from the soup. Stir in the mushrooms, cabbage, and ginger. Simmer for 5 minutes. Ladle the soup into a bowl and serve. This recipe yields 6 servings.**

# **Parsnip Cake With Cinnamon And Walnut Icing**

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**1 Cup Plus 2 teaspoons butter**  
**1/2 Cup Vegetable oil**  
**1 Cup Sugar**  
**1 Cup Brown sugar**  
**2 Cup Flour**  
**1 Teaspoon Baking powder**  
**1 Teaspoon Baking soda**  
**2 Teaspoon Ground cinnamon**  
**1 Pinches salt**  
**4 Eggs**  
**3 Cup Shredded parsnips**  
**1 Cup Ground walnuts**  
**1 Teaspoon Pure vanilla extract**  
**8 Ounce Cream cheese; softened**  
**1 Cup Chopped walnuts**  
**4 Cup Powdered sugar**  
**1 Cup Simple syrup; (1 cup water, 1 cup sugar heated until sugar is dissolved)**

**Preheat the oven to 350 degrees F. Grease 2 (9-inch) round cake pans. In the bowl of an electric mixer, fitted with a paddle, combine the 1/2 cup of the butter, oil, sugar and brown sugar.. Cream the mixture until smooth. Sift the flour, baking powder, baking soda, 1 teaspoon cinnamon, and salt into a small mixing bowl. Add the egg to the butter/sugar mixture, one at a time. Add the flour mixture to the butter/sugar mixture, 1/2 cup at a time. Add the parsnips, ground walnuts and vanilla. Mix well. Pour the batter into the prepared pans and spread evenly. Place in the oven and bake for about 30 to 40 minutes or until the center sprigs back when touched. Remove from the oven and cool. In the bowl of an electric mixer, combine the cream cheese and remaining 1/2 cup butter. Mix well. Add the walnut pieces and remaining 1 teaspoon cinnamon. Mix well. Add the powdered sugar, 1 cup at a time and mix until the frosting is spreadable. To assemble, slice each cake in half. Place on half in the center of a serving plate. Brush the top of the cake with the simple syrup. Spread 1/2 cup of the frosting over the first layer. Repeat the above process until all of the layers are used. Ice the entire cake with the remaining frosting. Refrigerate the cake for 30 minutes. Slice the cake and serve.**

**Yield: 12 servings**

# Pasta Con Sarde

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1/4 Cup; plus 3 tablespoons olive oil  
1 Pound Fresh sardines  
Salt  
Freshly ground black pepper  
1 Cup Flour  
1 Pound Small dried macaroni  
1 Pinch Saffron  
1 Cup Small diced onions  
6 Canned anchovies; drained  
1 Tablespoon Chopped garlic  
1 Fennel bulb; cooked until tender and small diced  
2 Tablespoon Sultanas  
2 Tablespoon Pine nuts  
1-1/2 Cup Water

Preheat the oven to 350 degrees.

Grease a medium casserole dish with 1 tablespoon of the olive oil. Clean the sardines by removing the heads and filleting. Season the fillets with salt and pepper. Season the flour with salt and pepper. Dredge the fillets in the flour, coating completely. In a large saute pan, over medium heat, add 1/4 cup of the olive oil. When the oil is hot, pan-fry the fillets, for a couple of minutes on each side until golden brown. Remove and drain on paper towels. Set aside.

Bring a pot of salted water to a boil. Add the pasta and cook al dente. In a saute pan, over medium heat, add the remaining 2 tablespoons of oil. When the oil is hot, add the saffron and onions. Season with salt and pepper. Saute until wilted, about 4 to 6 minutes. Using the back of a fork, mash the anchovies to form a paste. Add the anchovies, garlic, fennel, sultanas and pine nuts. Season with pepper. Saute for 2 minutes. Stir in the water and continue to cook for 1 minute. Remove from the heat. Drain the pasta and cool in cold water for a few minutes.

Toss the pasta with 3/4 of the anchovy mixture. Mix well. Season with salt and pepper. Spoon half of the pasta mixture into the prepared casserole dish. Lay the sardines over the pasta. Spoon the remaining pasta over the sardines. Pour the remaining anchovy sauce over the pasta. Place in the oven and cook for 10 minutes. Remove from the oven and serve.

Yield: 4 to 6 servings

# Pate Pastry Dough

---

4 Cup All-purpose flour  
2 Teaspoon Salt  
1/2 Cup Butter; cold  
3/4 Cup Lard; cold  
2 Egg yolks  
4 Tablespoon Ice cold water; up to 5  
1/2 Fat; 0 Other Carbohydrates

In a mixing bowl, combine the flour and salt. Mix well. Add the butter and the lard and mix until the mixture resembles coarse crumbs. Add the egg and the water and let sit for 1 minute. Either using a fork or your hands, carefully press the mixture together to form a soft ball. Wrap in plastic wrap and refrigerate for at least 30 minutes. Remove the dough from the refrigerator and place it on a lightly floured surface. Roll out the dough, on a floured surface, into a rectangle 25 to 20 inches in diameter and 1/8-inch thick. Gently fold the dough in half and then in half again so that you can lift it without tearing it, and unfold into a 12 by 3 1/2 by 2 1/2-inch earthenware terrine mold.

**Yield:** pastry for one pate

# Patty Melts With Onion Rings

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4 Hamburger patties – (4 oz ea; 1/2" thk)

Salt; to taste

Freshly-ground black pepper; to taste

1 Small Onion; julienned

4 Slice Cheddar cheese –; (1 Ounce ea)

1 Tablespoon Vegetable oil

8 Slice Rye bread

1-1/2 Cup Flour

2 Egg yolks

3/4 Cup Flat beer –; (to 1 cup)

2 Onions; cut into 1" rings, and separated

Oil; for frying

1/2 Fat; 0 Other Carbohydrates

Preheat the griddle. Preheat the fryer. Season the patties with salt and pepper. Place the patties on the hot griddle and cook for 3 to 4 minutes, flip the patties over and continue to cook. Add the julienned onions to the griddle and saute for 4 to 5 minutes or until wilted. Season the onions with salt and pepper. In a mixing bowl, whisk the flour, eggs and beer together. Season the batter with salt and pepper. Season the onions with salt and pepper. Dip each onion ring in the batter, coating completely and letting the excess drip off. Carefully lay the onion rings in the hot oil and fry until golden-brown, 3 to 4 minutes, stirring occasionally for over-all browning. Remove the onions rings from the oil and drain on a paper-lined plate. Season the rings with salt and pepper. During the last couple of minutes of cooking, place one piece of cheese on each patty. After the cheese has melted remove the patties from the griddle and set aside. Top each patty with the sauteed onions. Oil both sides of the bread and place on the griddle. Cook the bread for 1 to 2 minutes on each side or until toasted. Remove the bread from the griddle and place patties in-between. Serve the patty melts with the onions rings. This recipe yields 4 Blue Plate Lunch Specials.

# **Peanut Butter Cream Pie**

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**8 Ounce Cream cheese; at room temperature**  
**3/4 Cup Confectioners' sugar**  
**1/2 Cup Crunchy peanut butter**  
**2 Tablespoon Milk**  
**1/2 Cup Chopped roasted peanuts**  
**4 Cup Heavy cream; whipped until thick**  
**1 Prepared 9-inch graham cracker crust**  
**1/2 Cup Chopped salted peanuts**  
**1 Cup Chocolate sauce**  
**1/4 Pound Chocolate; shaved into curls**  
**Fresh mint sprigs**  
**13 Fat; 1/2 Other Carbohydrate**

**Using an electric mixture, fitted with the whip attachment, beat the cream cheese and sugar until smooth. Add the peanut butter, milk and roasted peanuts and beat well. Fold 2 cups of the whipped cream into the cheese mixture. Pour the filling into the prepared crust. Place the pie in the refrigerator and chill completely, about 2 hours. Slice the pie into 8 servings. To assemble, place one piece of pie on each plate. Dollop each piece of pie with the remaining whipped cream. Garnish each piece with the salted peanuts, drizzle of chocolate sauce, chocolate curls and mint. This recipe yields 8 servings.**

# Pecan Pie Crust

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1-1/2 Cup Flour  
1/2 Cup Ground pecans  
2 Tablespoon Sugar  
1 Teaspoon Salt  
3/4 Cup Cold butter  
8 Tablespoon Ice water; up to 9

In a mixing bowl, combine the flour, pecans, sugar, and salt. Mix well. Add the butter and mix until the mixture resembles coarse crumbs. Add the water and let sit for 1 minute. Wrap in plastic wrap and refrigerate for at least 30 minutes. Remove the dough from the refrigerator and place it on a lightly floured surface. Roll the dough out on the floured surface into a circle about 12 inches in diameter and 1/8-inch thick. Gently fold the circle of dough in half and then in half again so that you can lift it without tearing it, and unfold into a 9 by 2-inch deep-dish pie pan.



# Pecan Pie

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**1 Unbaked 9-inch pie shell**  
**1-1/2 Cup Pecans**  
**1 Cup Semi-sweet chocolate chips**  
**4 Eggs; beaten**  
**1/2 Cup Sugar**  
**1/2 Cup Light brown sugar**  
**1/4 Cup Steen's 100 percent Pure Cane Syrup**  
**1/4 Cup Corn syrup**  
**1/2 Teaspoon Vanilla**  
**1 Pinch Salt**

**Preheat the oven to 375 degrees. Spread the pecan pieces and the chocolate chips evenly on the bottom of the pie shell. In a mixing bowl, whisk the remaining ingredients together. Pour the filling over the pecans. Bake for about 1 hour or until the filling sets. Cool for 10 minutes before slicing. This recipe yields 1 pie.**

# **Pecan Waffles With Roasted Pecan And Banana Syrup**

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**1-1/2 Cup Flour**  
**1/3 Cup Ground pecans**  
**1/3 Cup Sugar**  
**1 Tablespoon Baking powder**  
**1/4 Teaspoon Salt**  
**2 Egg yolks**  
**1 Teaspoon Vanilla**  
**1 3/4 Cup Milk**  
**1/2 Cup Melted butter; plus**  
**2 Tablespoon Melted butter**  
**2 Egg whites**  
**1 Cup Pecan pieces**  
**2 Whole Bananas; peeled, and**  
**Cut into 1/2" slices**  
**2 1/2 Cup Maple syrup**  
**7 1/2 Fat; 10 Other Carbohydrates**

**In a mixing bowl combine flour, pecans, sugar, baking powder and salt. In another bowl beat the egg yolks and vanilla slightly. Beat the milk and oil into the egg mixture. Fold the flour mixture into the egg mixture. Stir until combined yet still slightly lumpy. In a small bowl beat the egg whites until stiff peaks form. Gently fold beaten egg whites into batter, leaving little fluffs of egg whites. Pour 1 cup batter onto grids of a preheated, lightly-greased waffle iron. Close lid quickly: do not open during baking. Bake according to the manufacturer's directions for the waffle iron. In a saute pan, melt the remaining butter. Add the pecan pieces and saute until golden, about 2 to 3 minutes. Add the banana slices and syrup and bring the liquid to a simmer. This recipe yields 4 servings.**

# Peking Duck

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**1 Whole Domestic duck –; (5 to 6 lbs)**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1-1/2 Cup Flour; sifted**

**2 Eggs**

**2 Cup Water**

**Vegetable oil; for pan**

**1 Cup Hoisin Sauce**

**1/2 Fat; 2 Other Carbohydrates**

Preheat the oven to 350 degrees. Season the entire duck with salt and pepper. Place the duck in a roasting pan and roast for 2 hours. In a mixing bowl, whisk the flour, eggs, and water together. Whisk until smooth. Season the batter with salt. Oil a 6-inch diameter non-stick pan. Heat the pan over low heat. Pour 1 tablespoon of the batter into the pan. Let spread over the surface of the pan to form a very thin pancake. Cook until the pancake is set on top and cooked underneath, about 30 seconds. Flip the pancake over and continue to cook for 30 seconds. Pile the cakes on top of each other and cover with a damp towel to keep them moist. Repeat the above process until all of the batter is used. Remove the duck from the oven and remove the wings and legs. Carve the remaining meat into thin slices, reserving the skin. To assemble, smear each pancake with the Hoisin sauce. Lay the duck slices and crispy skin in the center of each pancake. Roll the pancakes, tucking the ends in, like a egg roll/envelope. Garnish each plate with either a leg or wing. This recipe yields 4 servings.

# Pepper Crusted Scallops W Crab & Fiddlehead Fern Relish

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6 Tablespoon Olive oil  
1/4 Cup Chopped onions  
3 Medium Red peppers; roasted, peeled,  
Seeded; and diced  
2 Teaspoon Chopped garlic  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Cup Chicken stock  
1/4 Cup Small-diced red onions  
2 Tablespoon Small-diced red bell peppers  
2 Tablespoon Small-diced yellow bell peppers  
1/4 Pound Fiddlehead ferns; blanched  
1/2 Pound Crabmeat; picked over for cartilage  
12 Sea scallops  
1 Tablespoon Finely-chopped fresh parsley leaves  
1/2 Cup Coarse-ground black pepper

In a saucepan, heat 2 tablespoons of the oil. When the oil is hot, add the onions. Season with salt and pepper. Saute for 1 minute. Add the peppers and garlic. Season with salt and pepper. Saute for 1 minute. Add the stock and bring to a boil. Reduce the heat to a simmer and cook for 6 minutes. Remove from the heat. Using a hand-held blender or food processor, puree until smooth. Season with salt and pepper. Set aside and keep warm. In a large saute pan, heat 2 tablespoons of the oil. When the oil is hot, add the onions and peppers. Season with salt and pepper. Saute for 1 minute. Add the fiddlehead ferns and saute for 1 minute. Remove from the heat and turn into a mixing bowl. Add the crabmeat and parsley. Season with salt and pepper. Mix thoroughly. Season the scallops with salt. Crust each scallop, both sides, with the black pepper. In a large saute pan, heat the remaining oil. When the oil is hot, add the scallops, and sear for 2 minutes on each side. Remove from the heat. To serve, spoon the sauce in the center of each plate. Mound the relish in the center of the sauce. Arrange three scallops around the relish on each plate. This recipe yields 4 servings.

# Peppermint And Chocolate Ice Cream Bomb

---

## FOR THE CAKE

1/4 Cup Milk  
2 Tablespoon Plus 2 teaspoons unsalted butter  
8 Large Eggs  
1 Cup Plus 2 tablespoons granulated sugar  
1 Cup Bleached all-purpose flour  
1 Teaspoon Baking powder  
1/3 Cup Unsweetened cocoa powder  
1/8 Teaspoon Salt  
1 Teaspoon Pure vanilla extract

## TO FINISH

3 Cup Semisweet chocolate; (about 1 pound)  
; melted  
1 Cup Heavy cream  
1 Pint Chocolate Ice Cream  
1 Pint Peppermint Ice Cream; (recipe from above)  
2 Cup Chocolate sauce; warm, homemade or store bought  
12 Sprigs fresh mint

Preheat the oven to 350 degrees F.

In a small saucepan, warm the milk and 2 teaspoons of the butter over medium-low heat. With an electric mixer fitted with a wire whip, beat the eggs and 1 cup of the sugar on medium-high speed in a large mixing bowl until the mixture is pale yellow and thick and has tripled in volume, about 8 minutes. With the mixer on low, beat in the warm milk mixture. Sift the flour, baking powder, cocoa, and salt together in a medium-size mixing bowl. Fold into the egg mixture and blend thoroughly until smooth. Add the vanilla and mix gently. Grease a 17 by 12-inch baking pan (or jelly-roll pan) with 2 tablespoons butter. Sprinkle with the remaining 2 tablespoons sugar. Pour the cake batter into the prepared pan, spreading it evenly. Bake until the cake springs back when touched, about 15 minutes. Cool for about 2 minutes, then gently flip it out onto a large wire rack or a large piece of parchment paper. Let cool completely.

In an electric mixer, fitted with a wire whip, combine 1 cup of the melted chocolate and cream. Whisk on medium speed until firm peaks form. Remove, cover and refrigerate until ready to use. Place a 1 1/2 quart mixing bowl upside down on the sponge cake. Using a knife, cut out a circle of the cake the size of the bowl, discarding the trimmings. Line the mixing bowl with plastic wrap. Spoon and spread the bottom and sides of the mixing bowl evenly, about 3 inches deep, with the chocolate ice cream. Place the bowl in the freezer and freeze until firm, about 30 minutes. Spread the Peppermint ice cream evenly over the bottom and sides, about 3 inches deep. Spoon the chocolate mousse evenly in the center of the ice cream. Place the circle of sponge cake on top of the filled bowl. Cover the bowl tightly with plastic wrap, place in the freezer, and freeze until firm, about 2 hours. Remove

from the freezer and remove the plastic wrap. Unmold onto a wire rack. Pour the remaining 2 cups of melted chocolate over the entire mold, covering completely. Place back in the freezer for about 30 minutes, or until the chocolate is firm to the touch. To serve, using a hot knife, slice the bomb into 12 equal servings. Place each slice on a serving plate and garnish with a drizzle of the chocolate sauce and a sprig of mint.

**Yield: 12 servings**

# Peppermint Ice Cream

---

**1 Cup Granulated sugar**  
**1 Cup Water**  
**6 Large Sprigs fresh peppermint; (about 4 inches long)**  
**1 Quart Cream**  
**8 Egg yolks**

**In a saucepan, combine the sugar, water and mint. Over medium–low heat, simmer the liquid for about 20 minutes, to infuse the flavors. Remove from the heat, strain the mint leaves out and cool completely. In another saucepan, over medium heat, add the cream. Bring the liquid to a gently boil. Whisk the egg yolks together. Whisk 1 cup of the hot cream into the egg mixture. Mix thoroughly. In a steady stream, slowly add the egg mixture to the hot cream mixture. Continue to cook for 4 minutes, stirring occasionally. Remove from the heat and cool completely. Strain the mixture. Whisk the mint liquid into the cream mixture. Mix thoroughly. Add the mint/cream mixture to the electric ice cream maker. Process according to manufacture's directions.**

**Yield: 1 quart**

# Perfect Boiled Eggs

---

**1 Dozen large eggs**

**Water to cover**

**1 Pinch Salt**

**6 Fat; 0 Other Carbohydrates**

**Place the eggs in a saucepan and cover with water. Season with a pinch of salt. Place the pan over medium heat and bring to a boil. Cook for 2 minutes. Remove from heat and cover with a lid. Allow the eggs to sit for 11 minutes. Drain and cool the eggs for 2 minutes in ice water. Drain and peel the eggs.**

**Yield: 12 eggs**



## Petit Cheddar Biscuits

---

**2 Cup Unbleached flour**  
**2 Tablespoon Toasted wheat germ**  
**4 Teaspoon Baking powder –; (level)**  
**1/2 Teaspoon Salt**  
**6 Tablespoon Cold butter; cubed**  
**1/4 Cup Grated sharp Cheddar cheese –; (1 oz)**  
**3/4 Cup Buttermilk**

**Preheat the oven to 425 degrees. Butter a baking sheet. In the bowl of a mixer or food processor, combine the flour, wheat germ, baking powder, and salt and process briefly to combine. Add the butter and cheese and process until the mixture resembles coarse meal. Pour in the buttermilk, then process until the dough comes together, about 15 seconds. Turn the dough out onto a floured board and allow it to rest for 5 minutes. Knead 3 times only, then pat into a circle 3/4–inch thick. Cut into petite biscuits, using a 1–inch biscuit cutter. Place the dough circles on the baking sheet and bake for 10 minutes in the upper third of the oven, until puffed and golden. This recipe yields about 3 dozen biscuits.**

# Philly Steak Sandwiches

---

1 Tablespoon Olive oil  
1 Onion; julienned  
1 Green bell pepper; julienned  
1 Pound Boneless rib-eye; sliced 1/4 thick  
8 Slice Colby cheese  
4 Hoagie-type sandwich buns  
1/4 Cup Mayonnaise  
Salt; to taste  
Freshly-ground black pepper; to taste  
6 New potatoes; sliced very thin, and soaked in water  
Vegetable oil; for frying  
1/2 Fat; 0 Other Carbohydrates

On a griddle heat the olive oil. Heat the vegetable oil for frying in a large skillet. When the oil is hot, add the onions and peppers. Season with salt and pepper. Saute the vegetables for 2 to 3 minutes. Season the steak with salt and pepper and add to the vegetables, saute for 2 to 3 minutes. Using a spatula, divide the sauteed mixture into fourths. Place two slices of cheese on top of each fourth of the sauteed mixture. Spread both halves of the bread with mayonnaise. Using a spatula, remove each fourth and place on each individual bun. Wrap each sandwich in foil and keep warm. Lay the potatoes in the hot oil and fry until golden-brown, about 3 to 4 minutes. Remove from the oil and drain on a paper-lined plate. Season the fries with salt and pepper. Make a pocket out of foil for the fries. Serve the steak sandwiches and fries together. This recipe yields 4 sandwiches.

# Pickled Beets

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**2 Pound Whole beets**  
**1 Cup Water**  
**Salt**  
**3 Cup Apple cider**  
**1 Quart Size preserving jar**

**Preheat the oven to 375 degrees F.**

**Place the beets in a small roasting pan. Add the water to the pan and cover tightly with aluminum foil. Place in the oven and cook until the beets are fork tender, about 1 hour. Remove from the oven and cool for 15 minutes, reserving the liquid. Remove the skins from the beets and slice 1/4 inch thick. Season the beets with salt. In a saucepan, heat the reserved beet juice and vinegar, over medium heat. Sterilize 1 quart-size preserving jar in boiling water and keep hot. Soak the lids in the boiling water and keep hot. Pack the jar tightly with the beets. Pour hot liquid over the beets, adding enough of the liquid to come within 1/2-inch of the top. With a clean, damp towel, wipe the rim and fit with a hot lid. Tightly screw on the metal ring and process in a hot-water bath for 15 minutes. Using tongs, remove the jar, place on a towel and let cool. Test seal. Tighten the ring. Store in a cool dry place. Let age for 2 weeks.**

**Yield: 1 quart**

# Pickled Herring Casserole

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1 Tablespoon Butter  
1 Cup Fine dried bread crumbs  
1 Tablespoon Finely chopped fresh parsley leaves  
2 Ounce Grated Parmigiano–Reggiano cheese  
Salt  
Freshly ground black pepper  
1 Pound Idaho potatoes; peeled and sliced 1/4–inch thick  
2 Cup Thinly sliced onions  
2 Tablespoon Flour  
6 Pickled herring  
1–1/2 Cup Milk  
24 1/2 Fat; 5 Other Carbohydrates

Preheat the oven to 400 degrees F. Grease a glass baking dish with butter. In a small mixing bowl, combine the bread crumbs, parsley, and cheese. Season with salt and pepper. Mix well. Set aside. Season the potatoes and onions with salt and pepper. Place a layer of potatoes on the bottom of the prepared pan. Place a layer of onions over the potatoes. Sprinkle 1 tablespoon of the flour over the onions. Place half of the herring over the onions. Repeat the layering process with the remaining potatoes, onions, flour, and herring. Pour the milk over the herring. Sprinkle the top with the bread crumb mixture.

Yield: 6 servings

# Pickled Mirlitons

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**8 Medium Mirlitons**  
**4 Medium Carrots; cut 3" julienne**  
**1 Large Vidalia onion; halved, and**  
**Cut lengthwise 1" slices**  
**20 Garlic cloves**  
**4 Quart Distilled white vinegar**  
**6 Bay leaves**  
**1/2 Cup Salt**  
**1/4 Cup Sugar**  
**1/4 Cup Black peppercorns**  
**1 Teaspoon Cayenne pepper**  
**2 Teaspoon Dry mustard**

Cut the mirlitons in half lengthwise. Remove the seeds. Cut each half lengthwise into slices about 1/2-inch thick. Put the mirlitons, carrots, onions, and garlic in a large bowl. Cover with ice and cold water. Let sit for 2 hours to perk up the vegetables. Drain thoroughly. In a large nonreactive stockpot, combine the vinegar, bay leaves, salt, sugar, peppercorns, cayenne, and mustard. Bring to a boil. Add the vegetables, reduce the heat, and simmer for 5 minutes. Remove from the heat. Sterilize 7 quart-size preserving jars and keep hot. Soak the lids and keep hot. Pack each jar tightly with the vegetables, dividing them evenly, add enough of the hot liquid to come within 1/2-inch of the top. With a clean damp towel, wipe the rim and fit with a hot lid. Tightly screw on the metal ring and process in a hot-water bath for 15 minutes. Using tongs, remove the jars, place on a towel, and let cool. Test seals. Tighten the rings. Store in a cool dry place. Let age for 4 to 5 weeks. Once pickled, mirlitons can be used in salads, as a relish or to garnish a martini. This recipe yields 7 quarts.

# Pickling Liquid

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**3 Cup Distilled white vinegar**  
**1 Cup Water**  
**2 1/2 Cup Sugar**  
**1/4 Cup Salt**  
**1–1/2 Teaspoon Whole allspice**  
**1 Piece Cinnamon stick –; (3" long)**  
**1–1/2 Teaspoon Celery seeds**  
**1–1/2 Teaspoon Mustard seeds**  
**1–1/2 Teaspoon Whole black pepper corns**  
**33 1/2 Other Carbohydrates**

**Place all of the ingredients in a nonreactive saucepan, over high heat. Bring the mixture to a boil, reduce heat to medium and simmer for 30 minutes. Remove from the heat and cool completely. Strain the liquid and store in an airtight container. This recipe yields about 1 quart.**

# **Pineapple Cream Pie With Coconut Crust**

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**1-1/2 Cup Graham cracker crumbs**  
**1 Cup Flaked coconut**  
**1 Stick butter; melted**  
**2 1/4 Cup Whole milk**  
**1 Cup Sugar**  
**3 Eggs; separated**  
**1/4 Cup Cornstarch**  
**2 Cup Finely chopped fresh pineapple**  
**1 Teaspoon Vanilla**  
**1 Tablespoon Butter**

**Preheat the oven to 350 degrees F.**

**In a mixing bowl combine the graham cracker crumbs, coconut and melted butter. Mix well. Press into the bottom and sides on a nine inch pie pan. Bake until firm and golden brown, about 20 minutes. Remove from the oven and cool completely.**

**Increase the oven temperature to 400 degrees. In a saucepan, whisk the two cups of milk and sugar together. Place the pan over medium heat and bring the liquid up to a simmer. In a separate bowl, whisk the egg yolks together. Temper the hot milk into the egg yolks. Whisk the tempered egg mixture into the hot milk mixture. In a small bowl, whisk the cornstarch into the remaining milk to make a slurry. Whisk the slurry into the hot milk mixture. Bring the liquid up to a boil and reduce to a simmer. Cook the mixture, stirring constantly, until the filling is thick, about 4 to 6 minutes. Fold in the pineapple, vanilla and butter. Mix well. Pour the filling into the prepared pie crust and cool the pie completely.**

**Using an electric mixer with a whip attachment, whip the egg whites to soft peaks. Add the remaining sugar and whip the egg whites to stiff peaks. Spread the egg whites over the top of the pie. Place the pie in the oven and cook for about 3 to 4 minutes, or until the meringue is golden brown. Slice and garnish with powdered sugar and fresh mint.**

**Yield: 1 pie**

# Piri Piri

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**1–1/2 Cup Olive oil**

**4 Fresh jalapeno peppers; finely chopped,  
Stems and seeds**

**2 Fresh poblano peppers; finely chopped,  
Stems and seeds**

**1 Tablespoon Crushed red pepper**

**1 Teaspoon Salt**

**1 Teaspoon Freshly–ground black pepper**

**1 Tablespoon Minced garlic**

**1 Tablespoon Finely–chopped fresh cilantro**

**1 Tablespoon Kosher salt**

**65 Fat; 0 Other Carbohydrates**

**In a saucepan, combine the olive oil, peppers, crushed red pepper, salt, and black pepper. Bring the liquid up to a boil and reduce the heat. Simmer the sauce for 4 minutes and remove from the heat. Stir in the garlic. With a hand held mixer, puree the sauce until smooth. At this point, allow the sauce to sit for 1 week under refrigeration before serving. Stir in the cilantro and kosher salt.**



# **Piri Piri Lobster With Saffron Linguine**

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**8 Cup Water**

**1/2 Teaspoon Saffron threads**

**1/2 Teaspoon Ground turmeric**

**Salt**

**1 Tablespoon Plus 1 teaspoon olive oil**

**1/2 Pound fresh linguine**

**1/2 Cup Piri Piri sauce**

**1/2 Cup Chopped onions**

**1 Teaspoon Chopped garlic**

**1/2 Cup Pitted Kalamata black olives; halved**

**1/2 Pint Red teardrop tomatoes; stemmed and halved**

**1/2 Pint Yellow teardrop tomatoes; stemmed and halved**

**1 Pound Cooked lobster meat; (from 3 live 1 pound lobsters) cut into 1/4-inch pieces**

**Salt**

**Freshly ground black pepper**

**4 Ounce Parmigiano-Reggiano cheese; grated**

**1 Tablespoon Finely chopped fresh parsley leaves**

**In a saucepan, over medium heat, add the water, saffron and turmeric. Season with salt. Add a tablespoon of the oil. Bring the liquid to a boil and boil for 5 minutes. Add the pasta and cook until tender, about 4 to 6 minutes. Drain and cool under cold water and drain again. Toss the pasta with the remaining teaspoon of olive oil and set aside.**

**In a large saute pan, over medium heat, add 1 tablespoon of the Piri Piri. When the oil is hot, add the onions and garlic. Saute for 1 minute. Add the olives, tomato and lobster meat. Season with salt and pepper. Add pasta and toss. Continue to saute for 1 minute. Remove from the heat. To serve, mound the pasta in the center of each plate. Garnish with grated cheese and parsley.**

**Yield: 4 servings**

# Piri Piri Sauce

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**1 1/4 Cup Olive oil**

**4 Fresh jalapeno peppers; coarsely chopped, stems, seeds and all**

**2 Fresh poblano peppers; coarsely chopped, stems, seeds and all**

**1 Tablespoon Crushed red pepper**

**1 Teaspoon Salt**

**8 Turns freshly ground pepper**

**1 Tablespoon Minced garlic**

**54 Fat; 0 Other Carbohydrates**

**Combine all of the ingredients except the garlic in a saucepan over high heat. Cook, stirring, for 4 minutes. Stir in the garlic, remove from heat, and allow to cool to room temperature. When the mixture is cool, pour into the bowl of a food processor and pulse several times until smooth. Strain the sauce through a fine mesh strainer. Pour the sauce into a glass container and cover. Let sit for 7 days before using.**

**Yield: 3 cups**

# Pistachio Crusted Rack Of Lamb With Goat's Cheese Mashed Potatoes

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4 Racks lamb; frenched (3 chop)

Essence

1 Cup Creole Mustard

1 Cup Ground pistachios

1 Cup Fine dried bread crumbs

2 Tablespoon Olive oil

2 Tablespoon Butter

1 Cup Chopped yellow onions

Salt

Cayenne pepper

1/2 Cup Peeled; seeded and chopped fresh Italian plum tomatoes

1/4 Pound Kalamata olives; pitted and halved

1/4 Pound Large green stuffed olives with pimientos; halved

1 Tablespoon Chopped garlic

3 Tablespoon Chopped green onions; green parts only

1 Tablespoon Finely chopped fresh parsley

1 Tablespoon Shredded fresh basil leaves

1/2 Teaspoon Chopped fresh thyme leaves

Freshly ground black pepper

1 Cup Dark lamb or veal stock

4 Cup Goat's cheese Mashed Potatoes; (recipe follows)

## GOAT CHEESE MASHED POTATOES

1-1/2 Idaho potatoes; peeled and diced

3 Tablespoon Butter

1/4 Pound Soft goat cheese

1/4 Cup Heavy cream; up to 1/2

31 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees F. Season the racks with Essence. Place the racks, bone side up on the grill and cook for 2 minutes. Remove from the grill and cool. Smear each chop with Creole Mustard. In a mixing bowl, combine the pistachios and bread crumbs with the olive oil. Season the crumbs with Essence. Mix the crust thoroughly. Dredge each rack in the bread crumb mixture, coating each rack completely. Place the racks on a parchment lined baking sheet and place in the oven. Roast the chops for 12 to 15 minutes for medium rare. In a large saute pan, over medium heat, melt the butter. Add the onions. Season with salt and cayenne. Cook for 3 minutes, stirring. Add the tomatoes, olives, garlic, green onions, and herbs, and black pepper, stirring, for 2 minutes. Add the stock and bring to a boil. Reduce the heat and continue to cook for 2 minutes.

Remove the chops from the oven and rest for about 2 minutes before serving. To serve, mound the potatoes in the center of each plate. Spoon the sauce around the potatoes. Slice each rack into individual chops. Arrange three chops around each mound of potatoes. Garnish with green onions.

**Yield: 4 servings**

**GOAT CHEESE MASHED POTATOES:**

**Put potatoes in a pot of salted water and bring to a boil. Reduce heat and simmer until fork tender, about 12 to 15 minutes. Remove pan from heat and drain potatoes. Put potatoes back into the pot and return to heat. Cook for 2 to 3 minutes, stirring constantly to dehydrate potatoes. Remove from heat and add butter and soft goat cheese. Use a hand held masher to mash potatoes to desired consistency. Add cream until desired smoothness is achieved. Season with salt and pepper.**

**Yield: 4 servings**

# Poached Eggs

---

**3 Cup Water**

**1/2 Teaspoon White vinegar**

**1/2 Teaspoon Salt**

**3 Large Eggs**

**1/2 Fat; 0 Other Carbohydrates**

**Bring 3 cups of water to a boil with the vinegar and salt in a small saucepan over high heat. Crack an egg into a cup and slide the egg gently into the water. Crack another egg into the cup and while the water returns to a boil, slide this egg into the water as well. Repeat with the third egg. When the water returns to a boil, reduce the heat to low and simmer until the eggs are set. Watch carefully and remove the eggs when the yolks are still soft, about 2 to 2 1/2 minutes.**

**(Test by lifting an egg slightly out of the water on a slotted spoon and gently pressing the center with your finger; the yolk should be soft and the white firm.)**

**Drain on paper towels. Poached eggs can be made ahead and immersed in a bowl of water in the refrigerator. Reheat by immersing briefly in simmering water.**

**Yield: 3 poached eggs**

# Poached Fish And Grilled Vegetable Salad

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2 Whole Walleye or yellow pike; cleaned  
3 Cup Fish stock or water  
3 Cup Dry white wine  
1 Onion; julienned  
4 Sprigs Fresh thyme  
2 Bay leaves  
4 Garlic cloves  
1 Yellow squash; cut 1/2" thick lengthwise  
1 Zucchini; cut 1/2" thick  
Lengthwise  
1 Small Eggplant; cut 1/2" thick  
Lengthwise  
4 Roma tomatoes; cut in half  
1/4 Cup Olive oil  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Teaspoon Minced garlic  
1 Cup Extra-virgin olive oil  
1 Tablespoon Chopped fresh basil  
2 Tablespoon Creole Mustard  
Chopped parsley; for garnish

Preheat the grill. Season the fish with salt and pepper. In a large saute pan, combine the fish stock, wine, onions, thyme, bay leaves and garlic cloves. Season the liquid with salt and pepper. Bring the liquid up to a simmer. Add the whole fish and poach for about 8 to 12 minutes. After the first 8 minutes, stick a paring knife into the back of the fish and try to gently pull back the flesh from the bone. If the flesh sticks to the bone, poach for a couple of minutes more. Keep testing until the fish is done. Toss the vegetables with the olive oil. Season with salt and pepper. Place the vegetables on the hot grill and cook for about 3 to 4 minutes on each side. Remove from the heat and julienne the vegetables. Place the tomatoes in a blender and puree with the garlic, extra-virgin olive oil, basil and mustard. Season the sauce with salt and pepper. To assemble, place the julienned vegetables on a large plate. Lay the poached fish on top of the vegetables. Spoon the sauce over the top. Garnish with parsley. This recipe yields 2 servings.

# Pocket Sandwiches

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**2 Puff pastry sheets –; (to 3)**  
**1/2 Pound Mozzarella cheese**  
**1/2 Pound Cheddar cheese**  
**1 Pound Broccoli spears**  
**1 Pound Thinly–sliced boiled ham**  
**1 Pound Thinly–sliced roast beef**  
**2 Cup Tomato sauce**  
**1/2 Pound Pepperoni**  
**2 Eggs**  
**2 Tablespoon Water**

**Preheat the oven to 350 degrees. Cut the puff pastry into desired shapes, (making sure you have two pieces that are alike to build the sandwich). Using a box grater, grate each cheese. Slice the broccoli into thin slices. Place what ever type of filling you wish in the center of one piece of puff pastry, like ham and cheese, or tomato sauce, pepperoni and cheese, or broccoli and cheese (fill each pocket with a good amount of the filling). Place the other piece of puff pastry on top of the filling. Using your hands, lightly press the pastry around the filling. Using a fork, press the ends of the pastry together. This will seal the pockets tightly. In a mixing bowl, whisk the eggs and water together. Place the pockets on a parchment–lined baking sheet. Using a pastry brush, lightly brush each pocket. Bake until golden brown, about 12 to 15 minutes. Serve warm.**

# Poinsetta Cocktail

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**1/4 Cup Vodka**

**1/4 Cup Champagne**

**1/2 Cup Cranberry juice**

**Crushed ice**

**2 Strips orange zest; each about 1/4-inch wide and 2 inches long**

**Combine the vodka, Champagne and juice in a large-stemmed red wine glass. Add crushed ice and stir until the mixture is well chilled. Twist the orange strips over the glass, drop them in, and serve.**

**Yield: 1 cocktail**



# Polish Pierogies

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## FOR THE PIEROGI DOUGH

1 Pint Sour cream  
5 Cup Flour  
2 Tablespoon Melted butter  
2 Whole eggs  
1 Egg yolk  
2 Teaspoon Salt  
2 Teaspoon Olive oil

## FOR THE FILLING

1/2 Pound Ground beef  
Salt  
Freshly ground black pepper  
1/2 Pound Soft farmers cheese  
2 Tablespoon Minced shallots  
2 Tablespoon Minced garlic  
1/2 Cup Green onions; chopped  
1 Whole egg

## TO FINISH

4 Tablespoon Butter  
1 Tablespoon Finely chopped fresh parsley leaves  
1/2 Cup Sour cream  
51 Fat; 0 Other Carbohydrates

**For the dough:**

In a large mixing bowl, combine the sour cream, flour, butter, 2 whole eggs, egg yolk, 2 teaspoons salt and olive oil. Knead the mixture into a soft dough. Divide the dough in half and cover for 10 minutes. On a floured surface, roll each half of the dough into a thin circle, 1/4-inch thick. Cut the dough using a 3-inch circle cutter.

**For the filling:**

Season the beef with salt and pepper. In a sauté pan, render the ground beef for 3 minutes. Remove from the pan and drain on a paper-lined plate. In a mixing bowl, combine the cheese, ground beef, shallots, garlic, green onion and egg. Mix well. Season with salt and pepper.

Place 1 tablespoon of the filling in the center of each circle of dough and fold over. Press and seal into half-moon shapes. Use a little water to seal the pierogi's. In a pot of boiling, salted water, cook the pierogi for 8 minutes, or until they float. Remove from the water and drain.

In a sauté pan, melt 2 tablespoons of the butter. Sear the pierogi for 2 to 3 minutes on each side, or until they are golden brown. Remove from the pan. The pierogi will need to be sautéed in batches.

**Arrange the pierogi's on a platter. Garnish with parsley and serve with sour cream.**

**Yield: 10 servings**

# Port Wine Sauce

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**1 Teaspoon Olive oil**  
**1/4 Cup Minced shallots**  
**1 Tablespoon Minced garlic**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Teaspoon Sugar**  
**1 Cup Port wine**  
**3 Cup Beef or brown chicken stock**

**Heat the oil in a large saucepan over high heat. When the oil is hot add the shallots and garlic. Season with salt and pepper. Saute for 1 minute. Stir in the sugar and port, bring to a boil, and cook for 3 minutes. Stir in the stock and cook over high heat, for about 20 minutes. Remove from the heat and serve hot. This recipe yields 1 1/3 cups of sauce.**

# Portobello Sandwich With Mashed Root Vegetables And Stew

---

1 Carrot; peeled, diced  
1 Parsnip; peeled, diced  
1 Small Sweet potato; peeled, diced  
2 Tablespoon Olive oil  
1–1/2 Pound Idaho potatoes; peeled, diced  
Salt; to taste  
Freshly-ground white pepper; to taste  
1/2 Cup Heavy cream  
4 Tablespoon Butter  
8 Fresh portobello mushrooms; stemmed, cleaned  
3 Tablespoon Olive oil  
1/2 Cup Minced yellow onions  
4 Cup Sliced assorted Exotic mushrooms (such as shiitakes; oyster, chanterelles)  
1 Tablespoon Chopped garlic  
1 Tablespoon Finely-chopped fresh parsley leaves  
2 Cup Veal reduction  
4 Ounce Shaved Parmigiano-Reggiano cheese  
8 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees. Preheat the grill. Toss the carrots, parsnips, and sweet potatoes with 1 tablespoon olive oil. Season with salt and pepper. Place the vegetables on a baking sheet and roast until tender, about 40 minutes. Place the potatoes in a saucepan and cover with water. Season with salt. Bring the liquid to a boil and reduce to a simmer. Cook until the potatoes are fork tender, about 8 to 10 minutes. Drain the potatoes and place back in the saucepan. Add the roasted vegetables to the potatoes. Using a hand masher, mash the potatoes and roasted vegetables together. Season with salt and pepper. Add the cream and 2 tablespoons of the butter. Mix well. Season with salt and pepper. Season the portobellos with the remaining olive oil, salt and pepper. Grill for 3 to 4 minutes on each side. Remove from the grill and set four of the mushrooms aside. Spoon a quarter of the potatoes in the caps of the remaining mushrooms. Spread the potatoes evenly. Place the remaining caps on top of the potatoes, forming a sandwich. Place the portobello sandwiches on a baking sheet and cook for about 6 minutes. In a large saute pan, heat the remaining olive oil. Add the onions. Season with salt and pepper. Saute for 2 minutes. Add the mushrooms and garlic. Season with salt and pepper. Saute for 3 to 4 minutes. Add the parsley and veal reduction. Bring the liquid to a boil and reduce to a simmer. Cook for 2 minutes. Remove from the heat and stir in the remaining butter. To assemble, spoon the mushroom stew in the center of each plate. Place the portobello sandwich in the center of the stew. Garnish with the cheese. This recipe yields 4 servings.

# Portugese Influenced Scrambled Eggs With Salt Cod, Onions

---

**1 Pound Salt cod**  
**2 Quart Milk**  
**3 Tablespoon Olive oil**  
**2 Cup Thinly sliced onions**  
**Salt**  
**Freshly ground pepper**  
**2 Cup Cubed Idaho potatoes; cooked until tender**  
**1 Dozen large eggs; beaten**  
**1/2 Cup Sliced olives**

Two days before serving, soak the cod in 1 quart of the milk in a covered bowl in the refrigerator for 24 hours. The next day, discard the milk and rinse the cod well with cold water. Put the cod in a fresh quart of milk and refrigerate for another 24 hours. Discard the milk and rinse well with cold water. Pat dry and flake into small pieces. Set aside.

In a large, nonstick saute pan, over medium heat, add the oil. When the oil is hot, add the onions. Season with salt and pepper. Saute for 4 to 6 minutes, or until the onions are wilted. Add the potatoes and the cod. Season with black pepper. Continue to saute for 4 minutes. Season the eggs with salt and pepper. Add the egg mixture and stir constantly to scramble the eggs. Cook until the eggs are soft, but slightly firm, about 4 minutes. Remove from the heat and spoon into serving plates. Garnish with sliced olives.

**Yield: 4 servings**

# Portuguese Boiled Dinner

---

**1 Pound Beef round  
1–1/2 Pound Pork loin  
2 1/2 Pound Fryer chicken  
1 Pound Hot Italian sausage  
1/2 Pound Chorizo  
1/4 Pound Bacon; in one piece  
2 Bouquet garni  
4 Bay leaves  
2 Quart Water  
Salt; to taste  
Freshly–ground black pepper; to taste  
4 Turnips; peeled, quartered  
3 Carrots; peeled, chopped  
1 Pound New potatoes; quartered  
1 Small Cabbage; cut into wedges  
1/4 Cup Chopped parsley  
4 Cup Saffron rice**

**In a large sauce pan, add the beef, pork, chicken, sausage, chorizo, bacon, bouquet garnis, bay leaves and water. Season with salt and pepper. Bring the liquid up to a boil and reduce to a simmer. Cook for about 1 1/2 hours or until the meat is tender. Remove the meat from the pan and set aside. Add the turnips, carrots, and potatoes. Bring the liquid back to a boil and reduce to a simmer. Cook for 20 minutes. Add the cabbage and continue to cook for 30 minutes. Slice the beef, pork loin, sausage and chorizo, 1/2–inch thick. Dice the bacon. In a hot saute pan, render the bacon until crispy. About 5 minutes before the cabbage is done, return the beef, pork, chicken and sausages to the pot. Stir in the parsley and re–season if needed. Serve the boil with saffron rice. Garnish with crispy bacon. This recipe yields 8 servings.**

# Portuguese Kale And Clam Soup

---

2 Tablespoon Olive oil  
1 Pound Chorizo sausage; finely chopped  
2 Cup Chopped onions  
1 Cup Diced celery  
1 Cup Diced carrots  
4 Cup Shredded kale  
2 Tablespoon Chopped garlic  
1 Bouquet garni  
3 Quart Chicken stock  
Crushed red pepper flakes  
4 Dozen Littleneck clams; scrubbed  
1/4 Cup Cilantro chiffonade  
1 Crusty garlic bread loaf  
1/2 Fat; 0 Other Carbohydrates

In a heavy 8-quart pan, heat the olive oil over high heat. Add the chorizo and render the sausage for 3 to 4 minutes. Add the onions, celery, and carrots, saute for 2 minutes or until the vegetables start to wilt. Season the vegetables with salt and pepper. Add the kale, garlic, bouquet, chicken stock and red pepper flakes. Bring the liquid up to a boil and reduce the heat to medium. Simmer the soup for 30 minutes. Add the clams and continue to simmer for 8 to 10 minutes. Discard any clams that do not open. Stir in the cilantro. Re-season the soup with salt and pepper. The soup can either be served with clams in the shells or the clams can be remove from the soup, shells removed, and clam meats added back to the soup. Serve the soup with crusty garlic bread. This recipe yields about 8 servings.

# Portuguese Rice And Salt Cod Salad

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3 Tablespoon Portuguese olive oil  
2 Cup Chopped yellow onions  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Tablespoon Chopped garlic  
1 Cup Chopped green onions  
2 Tablespoon Finely-chopped fresh parsley leaves  
3 Medium Tomatoes; seeded, chopped  
1 Tablespoon Crushed red pepper  
2 Pound Salt cod; soaked, rinsed,  
Patted dry; and julienned  
1 Pound Cooked long-grain white rice  
Juice of one fresh lemon  
Drizzle of Portuguese olive oil  
1/2 Iceberg lettuce head  
6 Hard-boiled eggs  
6 Ounce Queen-Stuffed Green Olives

In a large saute pan, heat the oil. When the oil is hot, add the onions. Season with salt and pepper. Saute until golden, about 3 to 4 minutes. Add the garlic, green onions, parsley, and tomatoes. Season with salt and pepper. Continue to cook for 2 to 3 minutes, or until the tomatoes are soft. Add the crushed red pepper and salt cod. Continue to cook for 3 minutes, stirring constantly. Remove from the heat and turn into a mixing bowl. Add the rice and lemon juice, mix thoroughly. Drizzle in enough olive oil, so the rice is not dry. Reseason if necessary. Lay the lettuce on the bottom of a platter. Spoon the rice salad on top of the lettuce. Garnish with the eggs and green olives. This recipe yields 6 to 8 servings.



# Potato And Goat Cheese Gratin

---

**1 Quart Heavy cream**

**6 Egg yolks**

**Salt**

**White pepper**

**3 Pound Idaho potatoes; peeled and thinly sliced, (vertically)**

**2 Pound Goat cheese; crumbled**

**Preheat the oven to 400 degrees F.**

**In a mixing bowl, whisk the cream and the egg yolks together. Whisk well. Season with salt and pepper. Butter a square baking dish. Lay a layer of the potatoes over the bottom of the pan. Season the layer with salt and pepper. Crumble an eighth of the cheese over the potatoes. Ladle 1 cup of the cream mixture over the cheese. Lay another layer of potatoes over the cream mixture. Using your hands, firmly press the layers together. Repeat the process with the remaining ingredients.**

**Place a piece of parchment paper over the potatoes and cover with foil. Place in the oven and cook for 30 minutes. Remove the foil and continue to cook for 15 minutes. Remove from the oven and cool completely. Reheat and slice into individual servings.**

**Yield: 6 to 8 servings**

# Potato And Mushroom Lasagna

---

2 Tablespoon Olive oil  
1 Large Onion; minced  
2 Ounce Prosciutto di Parma; finely chopped  
2 Tablespoon Minced shallots  
1/2 Cup Finely-chopped parsley  
1 Pound Assorted wild and exotic mushrooms (chantrelles; oysters, shiitake, lobster)  
2 Tablespoon Minced garlic  
2 Tablespoon Chopped basil  
1 Tablespoon Chopped fresh oregano  
2/3 Cup Dry white wine  
1–1/2 Pound Canned crushed tomatoes –; (to 2 lbs)  
16 Ounce Fresh Ricotta cheese  
1 Large Egg  
1/2 Pound Grated Parmigiano–Reggiano cheese  
1/2 Pound Grated Mozzarella cheese  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Pound Assorted potatoes; peeled, and  
Sliced thin lengthwise (potatoes; such as Idaho, new potatoes, Sweet potatoes etc.)  
1/2 Cup Heavy cream; plus  
1/4 Cup Milk  
Fried basil leaves  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 350 degrees. Lightly oil a 13– by 9–inch rectangular baking dish. In a large saute pan, heat the olive oil. When the oil is hot, saute the onions and prosciutto for about 4 minutes or until the onions are wilted and slightly caramelized. Stir in the 1/2 cup parsley, shallots and mushrooms. Saute for 10 minutes or until the mushrooms are golden brown. Season with salt and pepper. Stir in the garlic, basil and oregano. Strain the mushrooms and reserve the liquid. Place the liquid back into the pan and reduce until the liquid forms a glaze, about 5 minutes. Scraping the sides occasionally to loosen any particles. Add the wine and follow the same process. Add the tomatoes and continue to cook for 10 minutes. Season with salt and pepper. Add the mushroom mixture to the sauce. In a mixing bowl, combine the Ricotta cheese, egg, remaining parsley, 1/2 cup grated Parmigiano–Reggiano cheese, and Mozzarella cheese. Season with salt and pepper. Season the potatoes with salt and pepper. To assemble, spoon a small amount of the sauce on the bottom of the baking dish. Sprinkle with Parmesan cheese. Place a layer of the potatoes on top of the sauce. Spread the cheese over the potatoes. Repeat layering until all the ingredients are used. Mix the cream with any remaining cheese. Season with salt and pepper. Pour over the top of the lasagna. Cover the lasagna. Bake for 40 minutes covered and 10 to 15 minutes uncovered, or until the lasagna is golden brown and set. Remove the lasagna from the oven and allow to rest for 10 minutes before slicing. Place a portion of the lasagna in the center of the plate. Garnish with grated cheese and fried basil leaves. This recipe yields 9 servings.

# Potato Gaufrettes With Lobster Ravigote

---

1 Large Idaho potato; peeled  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Egg  
1/2 Cup Chopped onions  
1/2 Cup Chopped green onions  
1/4 Cup Chopped celery  
2 Tablespoon Chopped garlic  
2 Tablespoon Prepared horseradish  
1/4 Cup Creole or whole grain mustard  
3 Tablespoon Ketchup  
2 Tablespoon Finely-chopped parsley leaves  
Juice of one fresh lemon  
3/4 Cup Olive oil  
1 Pound Cooked lobster meat; diced small  
4 Cup Assorted baby greens  
Drizzle of extra virgin olive oil  
4 Ounce Goat's cheese; crumbled

Preheat the fryer. Using a mandoline with a criss-cross blade, cut the potatoes, lengthwise, into thin waffle-like chips. Fry the potatoes in batches until golden brown, about, 3 minutes, stirring occasionally for overall browning. Remove and drain on paper towels. Season with salt and pepper. Using a food processor, fitted with a metal blade, combine the egg, onions, green onions, celery, garlic, horseradish, mustard, ketchup, parsley and lemon juice. Puree until smooth. Season with salt and pepper. With the machine running and in a steady stream add the oil. Process until all of the oil is incorporated and the mixture is thick. Season with salt and pepper. In a mixing bowl, toss the lobster with 1/2 of the Remoulade, reserving the other half for a later use. Season with salt and pepper. In another mixing bowl, toss the greens with the extra-virgin olive oil, salt and pepper. To assemble, mound the greens in the center of each plate. Arrange the potatoes around the greens and place a spoonful of the Lobster Remoulade on top of each potato. Garnish with the crumbled goat's cheese. This recipe yields 4 servings.

# Potato Gnocchi With A Gorgonzola Sauce

---

1 Pound Baking potatoes; washed  
Oil  
Salt  
Freshly ground pepper  
1 Large Egg  
1/2 Cup; plus 2 tablespoons flour  
2 Cup Milk  
1 Cup Water  
1 Teaspoon Olive oil  
1 Cup Heavy cream  
1 Pound Gorgonzola cheese

Preheat the oven to 400 degrees F.

Season the potatoes with the oil, salt and pepper. Place on a baking sheet and bake until tender, about 1 to 1 1/2 hours. Remove from the oven and cool completely. Peel the potatoes, discarding the skin, and place in a bowl. With a hand potato masher, mash the potatoes until smooth. Season with salt and pepper. Add the egg and 1/4 cup plus 2 tablespoons of the flour. Sprinkle the remaining 1/4 cup flour on a baking sheet, lined with parchment paper. Turn the dough onto the floured surface and roll into a log, about 1-inch thick. Cut the dough into 1-inch pieces. Roll each piece across the tines of a fork.

In a large saucepan, combine the milk, water, 1 teaspoon olive oil, salt and pepper. Bring the liquid just to a boil. Add the gnocchi and poach for 5 minutes. Remove the gnocchi with a slotted spoon and drain. Place the cream in a saucepan over medium heat. Bring to a simmer. Whisk in the cheese and season with salt and pepper. Toss the gnocchi with the cream sauce. Spoon onto a large serving platter. Garnish with black pepper.

Yield: 4 to 6 servings

# Potato Soup With Smoked Salmon Relish

---

1/2 Stick Unsalted butter  
1 1/4 Pound Yellow onions; thinly sliced  
3 Celery ribs; chopped (abt 1 cup)  
Salt; to taste  
Cayenne pepper; to taste  
Freshly ground black pepper; to taste  
1 Bay leaf  
3 Tablespoon Chopped garlic  
10 Cup Chicken stock  
2 Pound Baking potatoes; peeled, diced  
1/4 Cup Heavy cream  
1/2 Pound Smoked salmon; julienned  
1/4 Cup Brunoise red onions  
2 Tablespoon Chopped chives  
A drizzle of extra-virgin olive oil  
1/2 Fat; 0 Other Carbohydrates

Melt the butter in a 6-quart stock pot over medium-high heat. Add the onions and celery. Season with salt, cayenne, and black pepper, stirring, until the vegetables are soft and lightly golden, about 8 minutes. Add the bay leaf and garlic, stirring for 2 minutes. Add the stock and potatoes and bring the mixture to a boil. Reduce the heat to medium and simmer, uncovered, until the potatoes are very soft and the mixture is thick and creamy, about 1 hour. Remove the soup from the heat. Discard the bay leaf. With a hand-held blender, puree until smooth. Slowly add the cream. Stir to blend. Reseason the soup. In a small mixing bowl, combine the salmon, red onions and chives. Drizzle the relish with enough oil to moisten. Season the relish with black pepper. To serve, ladle the soup into individual bowls. Garnish the soup with the relish. This recipe yields 10 servings.

# Potatoes Au Gratin

---

**3 Tablespoon Butter**

**2 Tablespoon Flour**

**2 Cup Whole milk**

**Salt; to taste**

**Freshly-ground white pepper; to taste**

**1-1/2 Pound New red potatoes; cooked, and**

**Sliced 1/2" thick**

**3 Ounce Grated Cheddar cheese**

**3 Ounce Grated Monterey cheese**

**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees. Grease an 8-cup rectangular baking dish with 1 tablespoon butter. In a nonreactive saucepan, over medium heat, melt the remaining butter. Stir in the flour and cook for 2 minutes. Whisk in the milk and cook until the liquid is slightly thick and coats the back of a spoon, about 4 to 6 minutes. Season with salt and pepper. Remove from the heat. In a mixing bowl, toss the sliced new potatoes with salt and pepper. Fold in the cream sauce and pour into the prepared pan. Sprinkle the top of the potatoes with the grated cheese. Place the pan in the oven and bake until golden brown and bubbly, about 8 to 10 minutes. Remove from the oven and cool for a couple of minutes before serving.**

# Prince Orloff Veal Chops

---

**4 Double-cut veal loin chops**  
**Drizzle of olive oil**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Tablespoon Butter**  
**1 Bunch Fresh asparagus; blanched**  
**3 Tablespoon White vinegar**  
**3 Tablespoon White wine**  
**10 Peppercorns; crushed**  
**2 Tablespoon Finely-chopped shallots**  
**1 Tablespoon Chopped tarragon**  
**3 Egg yolks**  
**1 Cup Unsalted butter; melted**  
**1 Tablespoon Finely-chopped parsley leaves**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees. Season the veal chops with salt and pepper. In a large saute pan, heat the olive oil. When the oil is hot, sear the chops for 2 to 3 minutes on each side. Remove from the heat and place in the oven. Roast the chops for 10 to 12 minutes for medium-rare. Remove from the oven and rest for a couple of minutes before serving. In a another large saute pan, melt the butter. Add the asparagus. Season with salt and pepper. Saute the asparagus for 2 minutes. Set aside and keep warm. In a saucepan, combine the vinegar, wine, peppercorns, shallots, and tarragon. Bring the liquid to a boil and reduce to 1 tablespoon. Add 1 tablespoon of water. Add the egg yolks and whisk, over low heat, until frothy, about 3 to 4 minutes. In a steady stream, add the butter until the sauce thickens. Season with salt and pepper. Strain the sauce through a chinois and set aside. Serve the chops with the asparagus and sauce. This recipe yields 4 servings.**

# Prosciutto Wrapped Halibut With A Caper And Tomato Butter

---

**4 Halibut fillets; (6–ounce)**

**Salt**

**Freshly ground black pepper**

**4 Teaspoon Dijon mustard**

**8 Thin slices prosciutto ham**

**2 Large Idaho potatoes; peeled and passed through the turning mandoline, soaking in cool water**

**1 Tablespoon Chopped chives**

**Preheat the oven to 400 degrees F.**

**Season the fillets with salt and pepper. Rub 1 teaspoon of the mustard over each fillet, covering completely. Wrap each fillet with 2 pieces of the prosciutto ham. Drain the potatoes. Season with salt and pepper. Divide the potatoes into 4 equal piles. Wrap each fillet with one pile of the potatoes, tightly. Cover the potatoes with a damp cloth until ready to use. Repeat the process until all of the fillets are crusted. In a large, oven–proof saute pan, heat the oil. When the oil is hot, carefully lay the fillets in the hot oil. Pan–fry for 3 to 4 minutes on the first side, or until the crust is golden. Flip the fillets over and place the pan in the oven. Cook for 4 to 6 minutes. Remove from the oven.**

**To serve, spoon the sauce in the center of each plate. Place the crusted fillets in the center of the sauce. Garnish with chives. Serve immediately.**

**Yield: 4 servings**



# **Pudim De Laranja (Orange Flan In Caramel Sauce)**

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**1 1/4 Cup Sugar**

**1 Tablespoon Fresh lemon juice**

**Juice from one orange**

**3 Eggs**

**1 Cup Heavy cream**

**Preheat the oven to 350 degrees F. In a heavy non-reactive saucepan, over medium heat, combine 1 cup of the sugar and lemon juice. Cook, stirring constantly, for about 10 minutes, or until the sugar dissolves and turns smooth and brown. Remove from the heat and spoon 1 tablespoon of the caramel into each of 4 (6-ounce) custard cups. In a mixing bowl, combine the remaining sugar, orange juice, eggs and cream. Whisk well. Evenly divide the mixture among the custard cups. Place the cups in a baking pan and fill the pan with enough water to reach three quarters of the way up the side of the cups. Bake for about 45 minutes to 1 hour, or until the custard sets and a knife inserted in the custard comes out clean. Let cool, refrigerate for a least 4 hours. When ready to serve, use a thin knife to loosen the custard around the edges of the cup. Invert onto chilled dessert plates.**

**Yield: 4 servings**

# Rabbit Coq Au Vin

---

8 Rabbit thighs; skin on  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Cup Flour; plus  
2 Tablespoon Flour  
1 Egg  
2 Tablespoon Milk  
12 Ounce Bacon; chopped  
1 Pint Pearl onions; peeled  
1 Pound Domestic cap mushrooms; thinly sliced  
1/4 Cup Chopped shallots  
2 Tablespoon Chopped garlic  
1 Tablespoon Chopped fresh thyme  
2 Bay leaves  
3 Cup Fruity Riesling Wine  
2 Cup Brown chicken stock  
2 Tablespoon Butter  
1 Tablespoon Finely-chopped parsley

Season the rabbit with salt and pepper. In a shallow pan, add 2 cups of the flour. Season with salt and pepper. In another shallow bowl, whisk the egg and milk together. Season with salt and pepper. Dredge the rabbit in the seasoned flour. Dip the rabbit in the egg wash, letting the excess drip off. Dredge the rabbit back in the seasoned flour, coating completely. In a large hot oven-proof skillet with a lid, render the bacon until crispy, about 6 to 8 minutes. Remove the crispy bacon from the pan and reserve. Lay the rabbit, skin-side down in the hot bacon fat and brown the rabbit for 3 to 4 minutes on each side. Remove the rabbit from the pan and set aside. Add the onions to the bacon fat and saute for 2 minutes. Add the mushrooms, shallots, and garlic. Saute for 2 minutes. Season with salt and pepper. Add the thyme and bay leaves. Add the rabbit to the vegetable mixture. Add the wine and chicken stock. Bring the liquid up to a simmer and cover. Cook the rabbit until very tender about 30 to 35 minutes, skimming off the fat. Remove the rabbit pieces from the pan and set aside. Blend the remaining flour and butter together into a smooth paste (beurre mani ). Whisk the paste into hot liquid. Bring the liquid to a simmer and cook for 3 to 4 minutes. Add the rabbit back to the pan and continue to cook for 5 minutes. Stir in the parsley. Season with salt and pepper if needed. Serve the Coq Au Vin in individual bowls with crusty bread. Garnish with the reserved crispy bacon. This recipe yields 4 servings.

# Ramos Gin Fizz

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2 Ounce Gin  
Splash of simple syrup  
Splash of orange flower water  
Splash of lemon juice  
1/4 Cup Half and half  
1 Egg white\*  
Soda water

In a shaker, combine the gin, simple syrup, flower water, lemon juice, half and half and egg white. Add a couple of ice cubes. Shake several times and strain into an old fashioned glass filled half way with ice. Top the drink with soda water.

Yield: 1 drink

## **\*RAW EGG WARNING**

The American Egg Board states: "There have been warnings against consuming raw or lightly cooked eggs on the grounds that the egg may be contaminated with Salmonella, a bacteria responsible for a type of food poisoning....Healthy people need to remember that there is a very small risk and treat eggs and other raw animal foods accordingly. Use only properly refrigerated, clean, sound-shelled, fresh, grade AA or A eggs. Avoid mixing yolks and whites with the shell."

# Raspberry Crumb Coffee Cake With Vermont Maple Frosting

---

1 Teaspoon Butter  
1–1/2 Cup Fresh raspberries  
1–1/2 Cup Sugar  
Juice of one lemon  
2 Tablespoon Cornstarch  
1/4 Cup Water  
1 Stick Butter; plus  
4 Tablespoon Butter  
2 Eggs  
4 Cup Flour  
1 Teaspoon Baking powder  
1 Teaspoon Baking soda  
1/2 Teaspoon Salt  
1/2 Teaspoon Cinnamon  
1 Cup Buttermilk  
1 Teaspoon Pure vanilla extract  
1/2 Cup Brown sugar  
1 Cup Powdered sugar  
2 Tablespoon Vermont Maple Syrup  
2 Tablespoon Milk

Preheat the oven to 350 degrees. Grease a 11– by 7– by 2–inch rectangular pan with the teaspoon of butter. In a saucepan, combine the raspberries, 1/2 cup of the sugar and lemon juice. Bring the mixture to a boil and reduce to a simmer. Simmer the mixture for 3 minutes. In a small bowl, whisk the water and cornstarch together. Stir the slurry into the fruit mixture. Cook and stir the mixture for 4 minutes. Remove the pan and cool completely. In the bowl of an electric mixer, fitted with a paddle, cream 8 tablespoons of butter and 1 cup of the sugar. Add the eggs, one at a time. In a small mixing bowl, sift 3 1/2 cups flour, baking powder, baking soda, salt and cinnamon together. Add the flour mixture and buttermilk, alternately to the butter mixture. Mix thoroughly. Mix in the vanilla. In a small bowl, combine the remaining butter, remaining flour and brown sugar together. Using your hands, combine the mixture until it resembles a fine crumb–like consistency. Spread half of the batter into the prepared pan. Spread the fruit mixture over the batter. Drop heaping spoonfuls of the remaining batter over the fruit mixture, about 1 inch apart. Sprinkle the crumb mixture over the entire pan. Bake for 40 to 45 minutes or until golden brown. In a mixing bowl, whisk the powdered sugar, maple syrup and milk together. Set aside. Remove from the oven and drizzle the frosting over the top. Cut into slices and serve warm. This recipe yields 12 servings.

# Red Chicken Curry

---

**1 Tablespoon Garam Masala**  
**2 Teaspoon Turmeric**  
**3 Teaspoon Red chile powder**  
**2 Tablespoon Paprika**  
**1 Large Chicken fryer; about 4 pounds, cut into 10 pieces**  
**1/4 Cup Vegetable oil**  
**2 Cup Chopped onions**  
**Salt**  
**Freshly ground black pepper**  
**2 Teaspoon Chopped garlic**  
**1 Cup Chopped fresh tomatoes; peeled, seeded and chopped**  
**2 Teaspoon Grated fresh ginger**  
**3 Cup Chicken stock**  
**1/2 Fat; 0 Other Carbohydrates**

**In a small bowl, combine the Garam Masala, turmeric, chili powder, and paprika. Mix well. Season the chicken with salt and the above spice blend. Set aside. In a large saute pan, over medium heat. Add the oil. When the oil is hot, add the chicken and brown for about 3 to 4 minutes on each side. Remove and set aside. Add the onions to the pan. Season with salt and pepper. Saute for 4 minutes or until soft. Add the garlic, tomatoes and ginger. Continue to saute for 1 minute. Add the chicken stock and reserved chicken pieces. Bring the liquid to a boil. Cover, reduce the heat to medium-low and simmer for about 25 to 30 minutes or until the chicken is tender. Remove from the heat and serve with rice.**

**Yield: 6 servings**

# Redfish Amandine With Brabant Potatoes

---

1-1/2 Pound Idaho potatoes; peeled, medium diced  
4 Redfish fillets; (6-ounce)  
Creole seasoning  
2 Cup Flour; seasoned  
2 Eggs; beaten with 2 tablespoons milk  
8 Tablespoon Butter  
2 Tablespoon Minced shallots  
1 Teaspoon Chopped garlic  
1/2 Cup Fine dried bread crumbs  
1 Cup Sliced almonds  
1/2 Lemon; juiced  
1 Tablespoon Chopped fresh parsley leaves  
1 Cup Parsley sprigs; (packed)  
32 1/2 Fat; 0 Other Carbohydrates

Preheat the fryer to 365 degrees F.

Fry the potatoes until golden brown.

Season the fillets and flour with Creole seasoning. Dredge the fillets in the seasoned flour, coating completely. Dip each fillet in the egg wash, letting the excess drip off. Dredge the fillets back into the seasoned flour, coating completely. In a large cast iron skillet, over medium heat, add 2 tablespoons of the butter. When the butter is hot, pan-fry the fillets until golden brown, about 3 to 4 minutes on each side.

Remove the potatoes from the fryer and drain on paper towels. Season with salt. In a large saute pan, over medium heat, melt 2 tablespoons of the butter. Add the shallots, garlic and potatoes. Season with salt and pepper. Saute for 2 minutes. Sprinkle the bread crumbs over the potatoes and continue to saute for 1 minute.

Remove the fish from the pan and drain on paper towels. Wipe out the skillet. Melt the remaining butter. Add the almonds. Season with salt and pepper. Saute for 1 minute or until the almonds are golden. Remove from the heat and add the lemon juice and the chopped parsley. Fry the parsley sprigs until crispy. Remove and drain on paper towels. Season with salt and pepper. To serve, spoon the potatoes in the center of each plate. Lay the fish on top of the potatoes. Spoon the almond butter sauce over the fish. Garnish with fried parsley.

Yield: 4 servings

# Remoulade

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**1 Egg**  
**1 Lemon; Juice of**  
**1/4 Cup Chopped onions**  
**1/4 Cup Chopped green onions**  
**1/4 Cup Chopped celery**  
**1 Tablespoon Prepared horseradish**  
**3 Tablespoon Creole or whole grain mustard**  
**3 Tablespoon Prepared yellow mustard**  
**3 Tablespoon Ketchup**  
**3 Tablespoon Chopped parsley**  
**Salt**  
**Cayenne pepper**  
**Freshly ground black pepper**  
**1 Cup Olive oil**  
**43 1/2 Fat; 1 Other Carbohydrates**

**Combine the first 10 ingredients in a food processor with a metal blade and process until smooth. Season with salt, cayenne and pepper. While the machine is running, slowly add the oil, a little at a time, until thick. Re-season if necessary.**

**Yield: about 2 cups**

# Remoulade Sauce

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**2 Eggs**  
**1 Tablespoon Minced garlic**  
**Juice from one fresh lemon**  
**1 Tablespoon Chopped parsley**  
**2 Tablespoon Chopped green onions**  
**2 Tablespoon Chopped celery**  
**1 Cup Olive oil**  
**1 Tablespoon Creole or whole-grain mustard**  
**2 Tablespoon Ketchup**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**

**Put the eggs, garlic, lemon juice, parsley, green onions, and celery in a food processor and puree for 15 seconds. Season with salt and pepper. With the processor running, pour the oil through the feed tube in a steady stream. Add the mustard and ketchup and pulse once or twice to blend. Season with salt and pepper. Cover and let sit for 1 hour in the refrigerator before using. Best if used within 24 hours. This recipe yields 1 1/3 cups of sauce.**



# Rhubarb And Apple Pie With Walnut Crumb Topping

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**7 Tablespoon Butter**  
**1 Cup Sugar**  
**1 Cup Light brown sugar**  
**Juice of one lemon**  
**1 Cup Flour; plus**  
**1 Tablespoon Flour**  
**2 Pound Fresh rhubarb; root end trimmed, and cut 1/4" thick**  
**2 Pound McIntosh apples; cored, peeled, and sliced 1/4" thick**  
**1/2 Cup Calvados**  
**1 Pinch Nutmeg**  
**1 Teaspoon Cinnamon**  
**1 Cup Walnut pieces**  
**1 Unbaked 10" deep-dish pie shell**  
**8 Scoops Vanilla Bean Ice Cream**

**Preheat the oven to 350 degrees. In a large saute pan, melt 3 tablespoons of the butter. Add the sugar, 1/2 cup of the brown sugar, lemon juice and 1 tablespoon of the flour. Stir the mixture for 1 minute, to dissolve the sugars. Add the rhubarb and cook for 4 to 6 minutes. Add the apples and continue to saute for 3 minutes. Add the Calvados and carefully flame the apples. Saute for 1 minute. Season the with nutmeg, cinnamon, and salt. Mix thoroughly and remove from the heat. Cool the mixture. In a mixing bowl, combine the remaining butter, brown sugar, flour and walnut pieces. Using your hands, blend well, until the mixture resembles a crumb-like texture. Pour the rhubarb and apple filling into the pie shell. Sprinkle the crumb filling evenly over the fruit filling. Place the pie in the oven and bake for 45 minutes. Remove the pie from the oven. Let the pie cool before serving, about 10 minutes. Slice and serve warm with vanilla ice cream. This recipe yields 8 servings.**

# Rice And Black Bean Dressing

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**2 Tablespoon Olive oil**  
**1 Cup Chopped onions**  
**1/2 Cup Celery**  
**1/2 Pound Lean ground pork**  
**2 Tablespoon Chopped garlic**  
**1 Teaspoon Cumin**  
**2 Tablespoon Finely–chopped parsley**  
**2 Cup Cooked black beans**  
**2 Cup Cooked white rice**  
**Juice of 2 oranges**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**5 1/2 Fat; 0 Other Carbohydrates**

**In a large saute pan, heat the olive oil. When the oil is hot, add the onions and celery. Season with salt and pepper. Saute the vegetables for 2 minutes. Add the ground pork and continue to saute for 3 to 4 minutes. Stir in the garlic, cumin, and parsley. Continue to saute for 1 minute. Remove from the heat and turn into a mixing bowl. Stir in the beans and rice. Season with salt and pepper. Moisten the stuffing with the juice of 2 oranges. This recipe yields about 7 to 8 cups of stuffing.**

# Rice Pudding With Flaming Bananas

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1 Quart Milk  
1/2 Cup Uncooked long-grain white rice; plus  
2 Tablespoon Uncooked long-grain white rice  
1 Pinch Salt  
1/2 Cup Sugar; plus  
1 Tablespoon Sugar  
2 Egg yolks  
1 Teaspoon Pure vanilla extract  
3/4 Teaspoon Ground cinnamon  
1/8 Teaspoon Grated nutmeg  
1 Cup Heavy cream  
2 Tablespoon Dark rum  
6 Flour tortillas; for baskets  
1/2 Cup Sugar; mixed with  
2 Tablespoon Cinnamon  
9 Tablespoon Butter; cubed into  
1/2 Cup Brown sugar  
6 Bananas; peeled, and  
Sliced into 1/4" slices  
2 Tablespoon Banana Liqueur  
Shaker of powdered sugar  
1/2 Fat; 3 Other Carbohydrates

In a saucepan, over medium heat, combine the milk, rice, and salt. Simmer for 30 minutes, or until the rice is tender. In a mixing bowl, combine 1/2 cup of the sugar, the egg yolks, vanilla, 1/4 teaspoon cinnamon, and nutmeg. When the rice is done, stir the sugar and egg mixture into the rice pot. Cook over medium heat stirring constantly, for about 4 minutes, or until the mixture thickens. Remove from the heat and let cool. Mix together 1/2 cup cream, the remaining 1 tablespoon sugar, and the rum, in a mixing bowl. Using a hand-held mixer, beat until soft peaks form. Fold in the cooled rice mixture. Refrigerate for 1 hour. Make tortilla baskets: Heat a lightly buttered saute pan, add tortilla and sprinkle with cinnamon sugar. When tortilla is hot flip over and sprinkle the other side with cinnamon sugar. Have ready 2 cups or small bowls. Remove the tortilla and quickly drape over the cup, placing the second cup over the tortilla to shape into a basket. Repeat method for the remaining tortillas. Set aside until ready to assemble. In a saute pan, melt the remaining butter. Stir in the brown sugar, stirring until the sugar dissolves. Add the remaining cinnamon and bananas. Saute for 1 minute. Remove the pan from the heat and add the liqueur. Place the pan back over the heat and flame the liqueur. Shaking the pan constantly, cook for 30 seconds. Stir in the remaining 1/2 cup of cream and remove from the heat. Spoon the banana sauce in the center of each plate. Place the tortilla cup in the center of the sauce. Spoon the pudding in the center of the cups and top with a little more banana sauce. Garnish with powdered sugar and cinnamon sticks, if desired. This recipe yields 6 servings.

# **Rice Wine And Soy Dipping Sauce**

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**1 Cup Rice wine vinegar**  
**2 Tablespoon Sesame oil**  
**1 Dash Soy sauce**  
**3 Tablespoon Hoisin sauce**  
**1 Teaspoon Minced garlic**  
**1 Tablespoon Minced shallots**  
**1 Tablespoon Chopped cilantro**  
**1/4 Cup Chopped roasted peanuts**  
**Salt; to taste**  
**1 Pinch Red pepper flakes**  
**1/2 Carrot; cut matchstick**  
**1 Strips –; (about 1/4 cup)**

**In a mixing bowl, whisk all the ingredients together. Season with salt and pepper. Refrigerate the sauce for 2 hours before serving. This recipe yields 2 cups of sauce.**

# **Rick Bayless's Yucatecan–Style Fresh Coconut Pie**

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**1 Cup Slivered almonds**  
**3 Tablespoon Sugar**  
**4 Ounce Firm white bread – (abt 5 slices); torn into pieces**  
**3 1/2 Tablespoon Unsalted butter; melted**  
**1 Medium Coconut with lots of liquid inside**  
**1 Cup Heavy cream**  
**2/3 Cup Sugar**  
**3 Large Egg yolks**  
**1 Teaspoon Vanilla**  
**1/2 Cup Sour cream**

**Preheat the oven to 325 degrees. Toast the almonds on a baking sheet in the oven stirring occasionally, until golden, 7 to 10 minutes. Cool; set 1/2 cup of the almonds aside. In a food processor; pulverize the remaining almonds with the sugar. Add the bread and pulse the machine until reduced to fine crumbs. Drizzle in the melted butter and pulse to mix thoroughly. Evenly pat the mixture over the bottom and sides of a 3/4–inch deep, 9–inch tart pan with a removable bottom. Refrigerate several minutes to set. Twist a corkscrew (or drive an ice pick or screwdriver) into 2 of the coconut's "eyes" (the dark indentations on one end), then drain the trapped liquid into a cup (strain if it contains any bits of coconut shell). Place the coconut on a baking sheet and put into the oven for about 15 minutes to help loosen the flesh from the shell. With a hammer crack the coconut into several pieces, then use a small knife or screwdriver to pry the flesh from the shell. Use a paring knife or a vegetable peeler to peel away the dark brown skin. In a food processor (or, with determination and stamina, using a four–sided grater) grate the coconut into medium–fine shreds. Measure out 2 1/2 cups for the pie; reserve the remainder for the garnish. Raise the oven temperature to 350 degrees. In a small (1– to 1 1/2–quart) saucepan, combine the coconut water, cream and sugar. Simmer over medium heat, stirring frequently, until reduced to 1 cup, 10 to 15 minutes. Pour into a large bowl, then stir in the 2 1/2 cups of coconut, the reserved 1/2 cup almonds, the egg yolks and vanilla. Set the prepared crust onto a baking sheet, scoop in the coconut filling and bake in the middle of the oven until set and lightly browned on top, 30 to 35 minutes. Cool on a wire rack. While the pie is baking, toast the reserved coconut on a baking sheet in the oven, stirring occasionally, until nicely browned, 7 to 10 minutes. Cool the pie completely and slice. Place the pie back in the oven and heat for 10 minutes. Serve with sour cream and coconut. This recipe yields 8 servings.**

# Rick's Chipotle Shrimp

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6 Garlic cloves; unpeeled  
1 Small White onion; sliced 1/4-inch thick  
6 Ounce Ripe tomatoes; (1 medium–small or 2 to 3 plum)  
3/4 Teaspoon Black pepper; preferably freshly ground  
1/8 Teaspoon Cloves; preferably freshly ground  
1/4 Cup Water  
2 Tablespoon Olive oil  
2 Tablespoon Essential Sweet and Smoking Chipotle; drained before Seasoning Salsa or 2 to 4 tablespoons, chopping, up to 4 very finely chopped canned chipotle chiles  
Salt; about 1/2 teaspoon  
2 Pound Medium–large shrimp; (about 50)  
3 Cup Cooked long–grain white rice; warm  
1 Tablespoon Finely chopped fresh cilantro leaves  
1/2 Fat; 0 Other Carbohydrates

## Roasting the flavorings:

On an ungreased griddle or heavy skillet set over medium, roast the garlic cloves, turning occasionally, until soft (they will blacken in spots), about 15 minutes. Cool and peel. While the garlic is roasting, lay the onion out on a small square of foil, set on the griddle and let sear, brown and soften, about 5 minutes on each side.

Roast the tomatoes on a baking sheet set 4 inches below a very hot broiler until blackened in spots and soft, about 6 minutes; flip and roast the other side. Cool and peel, collecting all the juices with the tomatoes.

## The sauce:

Combine all the roasted ingredients in a food processor or blender, along with the pepper, cloves and 1/4 cup water. Process to a medium–smooth puree. In a very large skillet, heat the oil over medium–high heat. When hot enough to make a drip of the puree sizzle noisily, add it all at once. Stir for several minutes as the mixture sears and darkens then reduce the heat to medium–low and continue to cook, stirring regularly, until very thick, about 5 minutes. A tablespoon at a time, stir in the Chipotle Seasoning Salsa (or chopped chipotle), tasting until the thick salsa suits your own penchant for spiciness. Taste, season with salt and remove from the heat.

## The shrimp:

Peel and devein the shrimp, leaving the final joint and the tail intact.

Return the skillet with the sauce to medium–high heat. Add the shrimp, then slowly stir and turn for about 3 to 4 minutes, until the shrimp are just cooked through. Season with salt if needed. Serve the shrimp with the rice. Garnish with cilantro.

**Yield: 6 servings**

# Roasted Beet And Crab Salad

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1/2 Pound Fresh beets  
1/2 Cup Extra-virgin olive oil  
1/4 Cup Rice wine vinegar  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Pound Crab meat; picked over  
1/4 Cup Homemade or store bought mayonnaise  
2 Tablespoon Sour cream  
2 Tablespoon Minced shallots  
1 Tablespoon Prepared horseradish; or to taste  
1/2 Cup One-day pickled red onions  
1 Tablespoon Finely-chopped parsley  
1/2 Fat; 0 Other Carbohydrates

Cut the tops and bottoms off the beets. Place the beets in a small roasting pan and fill the pan with water coming 1/3 of the way up the pan. Cover the pan with aluminum foil. Place the pan in the oven and roast for about 30 to 35 minutes or until the beets are tender. Cool slightly, about 20 minutes, and rub off the skin. Using a mandoline, thinly slice the beets. Reserve 1/4 cup of the beet liquid. In a mixing bowl, whisk the olive oil and rice wine vinegar together. Season with salt and pepper. Toss the beets with vinaigrette, cover and chill for 6 hours. In a mixing bowl, toss the crab meat, mayonnaise, sour cream, shallots and horseradish together. Season the salad with salt and pepper. To assemble, divide the beet slices into fourths. Cover the center of each plate with the beet slices. Mound the crab salad over the beet slices on each plate. Place a fourth of pickles on top of each mound of crab salad. Drizzle the reserved beet water around the edge of each plate. Garnish with parsley. This recipe yields 4 servings.



# Roasted Butternut Squash Custard Pie With A Pecan Crust

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1 1/4 Pound Butternut squash  
Olive oil  
Salt  
1 Recipe Pecan Crust; recipe above  
1/4 Cup Steen's 100 percent Pure Cane Syrup  
1/4 Cup Sugar  
1 Pinch Salt  
1/2 Teaspoon Ground cinnamon  
1 Teaspoon Pure vanilla extract  
4 Eggs  
2 Egg yolks  
1-1/2 Cup Whole milk  
1 Cup Caramel Sauce  
Spiced Cream; recipe follows

## **SPICED CREAM**

1 Quart Heavy cream  
1/4 Cup Granulated sugar  
1/2 Teaspoon Ground cinnamon  
1/4 Teaspoon Freshly grated nutmeg

Preheat the oven to 400 degrees F.

Season the squash with olive oil and salt. Place on a roasting pan and roast for 1 hour. Remove and cool completely. Place the pie shell in the oven and bake for 10 minutes. Remove the pie crust from the oven and cool. Peel away the skin and remove the center seeds of the roasted butternut squash. Place the squash in a large mixing bowl. Mash the squash until smooth. Add the cane syrup, the sugar, pinch of salt, cinnamon, and vanilla. Mix well. Add the eggs and egg yolks and mix well. Stir in the milk and whisk well. Pour into the pie shell. Cover the edges of the crust with aluminum foil. Reduce the oven temperature to 350 degrees F. Bake for 40 minutes. Remove the foil and continue to bake for 25 minutes, until the center is slightly firm. Remove and cool on a wire rack. The pie will still continue to cook while cooling. Cover with plastic wrap and refrigerate until chilled. Slice into individual servings and place on serving plates. Garnish with a drizzle of Caramel sauce and a dollop of Spiced Cream.

Yield: 8 servings

## **SPICED CREAM:**

Beat the cream with an electric mixer on high speed in a large mixing bowl for about 2 minutes. Add the sugar, cinnamon, and nutmeg and beat again until the mixture thickens and forms stiff peaks, another 1 to 2 minutes.

**Yield: 4 cups**

# Roasted Eggplant And Garlic Soup

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1 Cup Roasted garlic  
1/2 Cup Chopped assorted mild herbs (such as basil; oregano, parsley, etc.)  
Drizzle of olive oil  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Large Eggplants  
1 Tablespoon Olive oil  
1 Cup Minced onions  
1 Tablespoon Minced garlic  
1-1/2 Quart Vegetable or chicken stock  
1 Cup Heavy cream  
Cayenne pepper; to taste

Preheat oven to 400 degrees. In a mixing bowl, combine the garlic, herbs and a drizzle of olive oil together. Season with salt and pepper. Mix thoroughly. Split the eggplant in half, lengthwise and smear the garlic mixture over the top of each eggplant half. Place the eggplant on a baking sheet and place in the oven. Roast the eggplant for 30 minutes or until the eggplant is tender. Remove from the oven and cool. Using a spoon, remove the flesh of the eggplant and discard the skin. Heat the oil in a 2-quart saucepan. When the oil is hot, add the onions. Saute for 2 minutes. Add the roasted eggplant and garlic and continue to saute for 2 minutes. Stir in the stock and bring the liquid to a boil. Reduce to a simmer and cook for 10 minutes. Using a hand-held blender, puree the soup until smooth. Stir in the cream and continue to simmer for 3 minutes. Season the soup with the salt and the cayenne. This recipe yields 4 to 6 servings.

# Roasted Eggplant Stuffed With A Portugese Rice Dressing

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2 Medium Eggplants; halved  
7 Tablespoon Portuguese Olive Oil  
Salt  
Freshly ground black pepper  
2 Cup Chopped yellow onions  
2 Tablespoon Chopped garlic  
1 Cup Chopped green onions  
3 Tablespoon Finely chopped freshly parsley leaves  
3 Medium Tomatoes; seeded and chopped  
2 Teaspoon Crushed red pepper  
1 Pound Salt cod; soaked, rinsed, patted dry and julienned  
1/2 Pound Cooked long-grain white rice  
1 Lemon; juiced  
Drizzle of Portuguese Olive Oil  
3 Hard-boiled eggs; chopped  
1/2 Cup Sliced Queen-Stuffed Green Olives

Preheat the oven to 400 degrees.

Cut each eggplant in half, crosswise. Drizzle each half with 1 tablespoon of the olive oil. Season with salt and pepper. Place the halves on a parchment lined baking sheet. Place in the oven and roast for 20 to 25 minutes, or until the center is slightly tender. Remove and cool completely. Using a spoon, scoop out the center flesh of each eggplant, leaving a 1-inch border on the side. Small dice the reserved eggplant flesh and set aside. In a large saute pan, heat the remaining oil. When the oil is hot, add the onions. Season with salt and pepper. Saut until golden, about 3 to 4 minutes. Add the garlic, green onions, 2 tablespoons of the parsley, and tomatoes. Season with salt and pepper. Continue to cook for 2 to 3 minutes, or until the tomatoes are soft. Add the crushed red pepper and salt cod. Continue to cook for 3 minutes stirring constantly. Remove from the heat and turn into a mixing bowl. Add the rice, lemon juice, chopped eggs, olives, and reserved diced eggplant. Mix thoroughly. Drizzle in enough olive oil, so the rice is not dry. Reseason if necessary. Spoon the dressing in the center of each eggplant. Serve each stuffed eggplant whole or cut in half. Place each on a serving plate and garnish with remaining parsley.

Yield: 4 or 8 servings

# Roasted Fennel, Green Bean, And Potato Crisps Salad

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**1 Fennel bulb**

**2 Tablespoon Olive oil**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1/2 Pound New potatoes; sliced paper-thin**

**1 Tablespoon Extra-virgin olive oil**

**1/2 Pound Haricot vertes; blanched**

**2 Teaspoon Chopped garlic**

**1/2 Fat; 0 Other Carbohydrates**

**Preheat the fryer. Preheat the oven to 425 degrees. Toss the fennel with olive oil and season with salt and pepper. Place the fennel bulb on a baking sheet and roast for 45 minutes, or until tender and caramelized. Remove the fennel from the oven and cool. Julienne the fennel bulb. Fry the potatoes for 2 to 3 minutes, or until crispy and golden-brown. Remove from the fryer and drain on a paper-lined plate. Season with salt and pepper. In a saute pan, heat the extra-virgin olive oil. When the oil is hot, saute the fennel, green beans and garlic for 1 minute. Season with salt and pepper. In a mixing bowl, toss the sauteed vegetables with the potato crisps. Serve the salad warm or at room temperature. This recipe yields 6 to 8 servings.**

# Roasted Fillet Of Beef Stuffed With Duck Rilette

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**5 Pound Beef tenderloin; trimmed, butterflied**

**2 Pound Duck rilette**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**Butchers twine**

**2 Tablespoon Olive oil**

**1/4 Cup Creole Mustard**

**1 Cup Cracked black pepper**

**1/2 Fat; 0 Other Carbohydrates**

Preheat the oven to 425 degrees. Season the entire tenderloin with salt and pepper. Spread the duck rilette over the inside of the tenderloin, leaving about 1/2-inch around the edges. Gently roll the tenderloin up, like a jelly roll. Using butchers twine, make several knots, about 2 inches apart. This will secure the stuffing and aid in overall cooking. In a large saute pan, heat the olive oil. Sear the tenderloin for 2 minutes on each side. Remove from the pan and set aside. After the fillet has cooled, rub the entire tenderloin with the mustard. Roll the entire tenderloin in the cracked black pepper, crusting the entire tenderloin. Line a baking sheet pan with parchment paper. Lay the tenderloin on the pan and roast for about 30 to 35 minutes for medium-rare. Remove from the oven and rest for 5 minutes before slicing. With a carving knife, slice the tenderloin into fillets, about 2 inches thick. This recipe yields 8 to 10 servings.

# Roasted Garlic Mash Potatoes

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3 Garlic heads; split in half  
3 Tablespoon Olive oil  
2 Pound Potatoes; peeled and diced  
1 Stick Butter; cubed  
1/2 Cup Heavy cream; to 3/4 cup  
Salt; to taste  
Freshly-ground white pepper; to taste

Preheat the oven to 450 degrees. Place the garlic on a pie pan and drizzle with olive oil. Season with salt and pepper. Place in the oven and roast for 35 to 40 minutes, or until tender and golden-brown. Remove from the oven and cool. Squeeze or remove the garlic cloves from the head and place in a small bowl. Using a fork, mash the garlic until smooth. Place the potatoes in a pot of salted water and bring to a boil. Reduce the heat to a simmer and cook the potatoes until fork tender, about 12 to 15 minutes. Remove the pan from the heat and drain. Place the potatoes back in the pot and return to the heat. Stir the potatoes, constantly, for 2 to 3 minutes to dehydrate the potatoes. Remove the potatoes from the heat. Add the garlic and butter. Using a hand-held masher, mash the butter and garlic into the potatoes. Add enough cream until desired smoothness is achieved. The potatoes should still be sort of lumpy. Season the potatoes with salt and pepper. This recipe yields 6 to 8 servings.

# Roasted Garlic Paste

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**4 Dozen peeled garlic cloves**

**Drizzle of olive oil**

**Salt**

**Freshly ground black pepper**

**Preheat the oven to 400 degrees F. In a mixing bowl, toss the garlic with some of the olive oil. Season with salt and pepper. Place the garlic on a parchment lined baking sheet. Roast until golden, about 20. Remove from the oven and cool completely. In a mini-food processor, fitted with a metal blade, puree the garlic until smooth. Drizzle in enough olive oil to make the mixture spread-able. Season with salt and pepper. Cover and refrigerate until ready to use. The paste will keep for up to 1 week.**

**Yields: about 1 cup**



# Roasted Peach Soup With Peach Sorbet And Butter Cookies

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1–1/2 Sticks Unsalted butter; at room temperature

1–1/2 Cup Granulated sugar; plus

1 Tablespoon Granulated sugar

3 Large Egg yolks

1/2 Teaspoon Pure vanilla extract

1 Cup Bleached all–purpose flour; plus

1 Tablespoon Bleached all–purpose flour

1/4 Teaspoon Salt

2 Pound Fresh peaches

Drizzle of olive oil

Salt; to taste

6 Ounce Bonny Doon Framboise

1–1/2 Cup Water –; (to 2 cups)

Drizzle of honey

2 Pint Fresh raspberries; washed

Juice of one fresh lemon

Fresh mint sprigs

Cream the butter and 1 cup of the sugar in the bowl of an electric mixer fitted with a paddle on medium speed, scraping down the sides of the bowl as necessary. Cream the mixture until it is smooth and fluffy. Add the egg yolks one at a time, mixing in between each addition. Scrape down the sides of the bowl. Beat for 1 minute and add the vanilla. Combine the flour, pecans, and salt in a medium–size mixing bowl and mix well. Add to the butter mixture and mix on low speed until it is fully incorporated. Increase the speed to medium and mix until the batter is thick and creamy, about 2 minutes. Scrape down the sides of the bowl and paddle. Generously dust a large sheet of parchment or waxed paper with flour. Spoon the dough down the center of the paper, fold the paper tightly over the dough, and roll into a long cylinder about 2 inches in diameter. Refrigerate for 8 hours. Preheat the oven to 350 degrees. Line a baking sheet with parchment or waxed paper. Remove the dough from the refrigerator and peel away the paper. Using a sharp knife, cut the dough crosswise into 1/2–inch–thick slices. Place them on the baking sheet about 2–inches apart. Bake until lightly golden, about 20 minutes. Remove the cookies from the oven and let cool completely in the pan. Remove the cookies from the pan using a spatula or thin knife. Repeat the process until all of the dough is used. The dough will keep for 1 week. Increase the oven temperature to 400 degrees. Toss the peaches in a large mixing bowl with olive oil. Season with salt and pepper. Place on a baking sheet and roast for 8 to 10 minutes, or until very tender. Remove and cool completely. Peel and stone the peaches, reserving the peel and stone. Add the peaches to a food processor and process until smooth. Add the liqueur and process until smooth. Add between 1/2 to 1 cup of water to desired consistency. Season the mixture to taste with the honey. Strain the mixture through a fine mesh sieve. Refrigerate the soup until chilled, about 2 hours. In a saucepan, combine the reserved peach peelings and stone,

raspberries, remaining sugar and remaining 1 cup of water. Bring the liquid to simmer and cook for 10 minutes. Using a hand-held blender or food processor, puree the mixture until smooth. Strain the mixture through a fine mesh sieve. Cool the mixture completely. Freeze the mixture in an ice cream churn, according to manufacturers directions. To serve, ladle the soup into each individual bowl. Garnish each soup with three small quenelles and a sprig of fresh mint. Serve the cookies on the side. This recipe yields 6 servings.

# Roasted Pepper Ketchup

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5 Large Tomatoes –; (abt 3 lbs)  
2 Medium Yellow onions – (abt 1 lb); quartered  
5 Large Red bell peppers –; (abt 1 1/2 lbs)  
3 Poblano peppers –; (abt 1/2 lb)  
8 Garlic cloves; peeled  
2 Tablespoon Olive oil  
4 Teaspoon Salt  
1/2 Teaspoon Freshly-ground black pepper  
1/4 Teaspoon Cayenne pepper  
1/4 Cup Distilled white vinegar  
1/4 Cup Cider vinegar  
1 Dash Hot pepper sauce  
1 Teaspoon Worcestershire sauce  
2 Tablespoon Molasses  
1/2 Fat; 2 Other Carbohydrates

Preheat the oven to 400 degrees. In a large mixing bowl, toss the tomatoes, onions, peppers, and garlic with the olive oil. Season with 1 teaspoon of the salt and pepper. Spread the mixture on a baking sheet and roast until very soft, about 1 hour. Remove from the oven and place back into the mixing bowl. Cover with plastic wrap and let cool for 45 minutes. Drain and reserve the liquid. Peel the skin off all the peppers, cut open, and remove the seeds. Process the vegetables together in a food processor until smooth. Add the remaining ingredients plus 1/2 cup reserved liquid and process until blended. Sterilize a quart-size preserving jar and keep hot. Sterilize the lids and keep hot. Pour the mixture into the jar leaving 1/2-inch head space at the top. With a clean damp towel, wipe the rim and fit with the hot lid. Tightly screw on the metal ring and place the jar on a rack in a deep canning kettle with boiling water to cover by 1-inch. Cover the kettle and boil for 15 minutes. Using tongs, remove the jar, place on a towel, and let cool. During the heat processing, the contents of the jar expand, forcing some of the air out. The remaining air inside contracts as it cools to create a partial vacuum, which pulls the lid tightly against the jar rim. The vacuum and the lid's sealing compound maintain the seal. A popping noise after the contents have cooled is an indication that the seal is complete. To test, press the center of the cooled lid. If it stays depressed, the jar is sealed. If not, refrigerate and use the contents within 2 to 3 weeks or reseal with a new flat lid and repeat the hot water bath. Tighten the ring. Let stand in a cool, dry place for at least 2 weeks before using. Refrigerate once opened; the ketchup will keep up to one month. This recipe yields 1 quart.

# Roasted Pork And French Fry Po'boy

---

2 Pound Pork butt  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Pound Idaho potatoes; peeled, and  
Cut into shoestrings  
8 Twelve-inch loaves crusty French bread

## REMOULADE SAUCE

1/4 Cup Fresh lemon juice  
3/4 Cup Vegetable oil  
1/2 Cup Chopped onions  
1/2 Cup Chopped green onions  
1/4 Cup Celery  
2 Tablespoon Chopped garlic  
2 Tablespoon Chopped horseradish  
3 Tablespoon Creole or whole-grain mustard  
3 Tablespoon Prepared yellow mustard  
3 Tablespoon Ketchup  
3 Tablespoon Chopped fresh parsley  
1 Teaspoon Salt  
1/4 Teaspoon Cayenne pepper  
1/8 Teaspoon Freshly-ground black pepper

Preheat oven to 300 degrees. Deep-fry the potatoes in 350 degree vegetable oil, until golden and crisp. Drain on paper towels and set aside. Season entire pork butt with salt and pepper. Place pork in a roasting pan. Place in the oven and cook for about 6 to 8 hours or until the meat is falling apart. Remove from pan, and set aside to cool. Meanwhile, prepare the remoulade sauce. Place all ingredients in a food processor and process for about 30 seconds. To assemble: Shred cooled meat into pieces. Slice the bread in half and spread remoulade sauce on both halves. Arrange a layer of shredded pork on top one half of the bread. Then pile a handful of shoestring potatoes on top of the meat. Cover with the other half of the loaf and cut sandwich in half. Serve immediately. This recipe yields 8 Po' Boys.

# Roasted Pork Butt

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**1 Pork shoulder; bone-in – (5 lbs), untrimmed, not tied**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**Preheat the oven to 400 degrees. Season all sides of the pork with salt and pepper. Place the pork, fat-side up on a rack in a roasting pan. Roast the pork for 30 minutes. Reduce the heat to 250 degrees and continue to cook for 6 1/2 hours. Remove from the oven and cool completely. Remove the meat from the pan and using two forks, shred all of the meat. This recipe yields about 3 pounds of meat.**

# Roasted Pork Risotto With Fried Quail Eggs

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**1 Pound Boneless pork shoulder (Boston Butt); trimmed, and cut into 2" by 1/2" strips**  
**Salt; to taste**  
**Coarsely ground black pepper; to taste**  
**1/2 Tablespoon Cumin seed; toasted in a dry**  
**Pan and ground**  
**1/4 Cup Olive oil**  
**6 Tablespoon Butter**  
**1 Onion; thinly sliced**  
**1–1/2 Cup Arborio rice**  
**1/2 Cup White wine**  
**3 Cup Chicken broth**  
**2 Cup Thick-cut wild mushroom pieces (such as chanterelles; porcini, or Shiitakes)**  
**1 Teaspoon Fresh thyme**  
**1 Teaspoon Finely-chopped fresh parsley leaves**  
**6 Quail eggs; fried**

**Season the pork with salt and pepper. In a mixing bowl, whisk the cumin and olive oil together. Place the meat in a glass baking dish. Pour the marinade over the meat and marinate for 2 hours, under refrigeration. Sear in a hot cast-iron skillet over very high heat for 2 minutes on each side. Remove from the pan and allow to rest for a couple of minutes. Melt 3 tablespoons of the butter in a heavy saucepan. Add the onions and saute for 4 minutes, or until softened. Add the rice and cook for 3 minutes, stirring with a wooden spoon. Add the wine and bring to a boil. Add 1/2 cup of the stock and stir vigorously with a wooden spoon and allow to simmer and evaporate before adding more broth. Continue cook, adding broth as needed. After 15 minutes, begin tasting for correct doneness — firm but tender. Add the remaining 3 tablespoons of butter, the mushrooms and roast pork. Season with salt and pepper. Mix thoroughly. Garnish with thyme, parsley and the fried quail eggs. This recipe yields 6 appetizer servings.**

# Roasted Red Mullet With Peasant Meat Juices

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8 Whole Fresh red mullet; cleaned  
1/4 Cup Olive oil  
2 Garlic cloves; peeled  
1 Tablespoon Finely-ground black pepper  
2 Tablespoon Finely-chopped mild herbs (parsley; basil, tarragon, and oregano)  
2 Tablespoon Butter  
1 Cup Julienned yellow onions  
Salt; to taste  
Freshly-ground black pepper; to taste  
1/2 Cup Small-diced eggplant  
2 Fresh artichoke hearts; quartered, and cooked until tender  
1/2 Cup Peeled; seeded, chopped Italian plum tomatoes  
1/4 Pound Kalamata olives; pitted, halved  
1 Tablespoon Chopped garlic  
3 Tablespoon Chopped green onions; green parts only  
1 Tablespoon Finely-chopped fresh parsley  
1 Tablespoon Shredded fresh basil leaves  
1/2 Teaspoon Chopped fresh thyme leaves  
1/2 Cup Red wine  
1/2 Cup Demi-glaze  
3 Red bliss potatoes; roughly chopped  
Fried parsnips  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees. Preheat the fryer. Season the mullet with salt and pepper. In a small food processor, fitted with a metal blade, combine the olive oil, garlic cloves, black pepper and herbs. Process until smooth. Place the mullet on a parchment lined baking sheet. Brush the mullet, (all sides) with the mixture. Roast the mullet for 8 to 10 minutes, or until flaky. In large saute pan, over medium heat, melt the butter. Add the onions. Season with salt and pepper. Saute for 4 minutes, stirring. Add the eggplant, artichokes, tomatoes, olives, garlic, green onions, and herbs, and black pepper, stirring, for 2 minutes. Deglaze the pan with the red wine. Add the stock and bring to a boil. Reduce the heat to medium-low, and simmer for 3 minutes. In a saute pan fry the potatoes in a little olive oil until golden brown. Remove and drain on paper towels. Season with salt and pepper. Fold the potatoes into the sauce. To serve, spoon the sauce in the center of each plate. Lay two of the red mullet over the sauce. Garnish with piles of fried parsnip chips. This recipe yields 4 servings.

# Roasted Red Peper Emulsion

---

**2 Medium Red bell peppers; roasted, peeled and seeded**

**2 Tablespoon Rice wine vinegar**

**1 Tablespoon Dijon mustard**

**1 Teaspoon Honey**

**1 Tablespoon Chili paste**

**2 Cloves garlic; smashed**

**1 Shallot; finely minced**

**Salt**

**Freshly ground white pepper**

**1 Cup Vegetable oil**

**2 Tablespoon Extra-virgin olive oil**

**In the cup of a blender, combine the peppers, vinegar, mustard, honey, chili paste, garlic, and shallots. Season with salt and pepper. Blend for 1 minute. With the blender running, slowly add the oils and continue to blend for 1 minute. Season with salt and pepper.**

**Yield: about 2 cups**



# Roasted Scrod With Parsley Potatoes

---

1-1/2 Pound New potatoes; quartered  
24 Ritz Crackers  
4 Tablespoon Butter; melted  
2 Tablespoon Finely-chopped fresh parsley  
4 Scrod fillets -; (6 to 8 oz ea)  
Salt; to taste  
Freshly-ground black pepper; to taste  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees. Place the potatoes in a saucepan and cover with water. Season the water with salt. Place the pan over medium heat and bring to a boil. Reduce the heat and cook the potatoes until fork tender, about 12 minutes. Drain and set the potatoes aside. Season the scrod with salt and pepper. In a mixing bowl, using your hands, crush the crackers into fine crumbs. Stir in the melted butter and 1 tablespoon of parsley. Place the scrod on a parchment or waxed paper baking sheet. Sprinkle the top of each fillet with the crust. Roasted the fillets for 12 minutes. In a saute pan, melt the remaining butter. Add the potatoes. Season with salt and pepper. Saute the potatoes for 4 to 6 minutes. Remove from the heat and stir in the parsley. To serve, spoon the potatoes in the center of each plate. Lay the fish directly on top of the potatoes and serve. This recipe yields 6 servings.

# Roasted Sweet Potato Bars

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**2 Recipes Basic Pie Crust**  
**2 Tablespoon Flour**  
**3 Pound Sweet potatoes**  
**2 Tablespoon Vegetable oil**  
**Salt; to taste**  
**4 Eggs**  
**2 Cup Heavy cream**  
**1/2 Cup Steen's 100 percent Pure Cane Syrup**  
**1 Teaspoon Cinnamon**  
**1/4 Teaspoon Fresh-grated nutmeg**

**Preheat the oven to 400 degrees. Lightly dust a work surface with the flour. Roll out the dough the size of a large pan and about 1/4-inch thick. Carefully fold the dough into fourths and place on the pan. Form the crust to fit the pan. Crimping the edges. In a mixing bowl, toss the sweet potatoes with salt and vegetable oil. Roast the sweet potatoes for 1 hour, or until the potatoes are tender. Remove from the oven and cool. Remove the skin from each potato. Place the potatoes in a mixing bowl and mash the potatoes until smooth. Stir in the eggs, cream, cane syrup, cinnamon and nutmeg. Spread the sweet potato mixture over the pie crust. Bake the bars for 25 to 30 minutes, or until the bars are set. Remove from the oven and cool. This recipe yields 4 dozen bars.**

# Roasted Veal Loin Stuffed With Fontina Cheese And Truffle

---

**1 Veal loin; boned**  
**Salt**  
**Freshly ground black pepper**  
**1/2 Pound Fontina cheese; cut into thin slices**  
**1 Medium Black truffle**  
**Butcher's Twine**  
**Drizzle of olive oil**  
**1 Pound Baby morels; cleaned**  
**2 Tablespoon Minced shallots**  
**1 Teaspoon Chopped garlic**  
**1/4 Cup Cognac**  
**2 Cup Veal reduction**  
**2 Teaspoon Finely chopped fresh thyme leaves**

**Preheat the oven to 400 degrees F.**

**Place the veal loin on a cutting board. Cover with pieces of plastic wrap. Lightly pound the meat to 1/2-inch thick. Season both sides with salt and pepper. Place the slices of cheese over the pounded meat. Shave the truffles over the cheese. Roll the veal up tightly and secure with separate pieces of string at 1-inch intervals. In a large saute pan, over medium heat, add 2 tablespoons of the oil. When the oil is hot, sear the veal for a couple of minutes on all sides. Remove from the heat and place in the oven. Roast for about 20 to 25 minutes for medium rare. Remove the veal from the pan and set aside to rest.**

**Place the saute pan back over the heat. Add 1 tablespoon of the olive oil. Add the mushrooms and shallots. Season with salt and pepper. Saute for 3 minutes. Add the garlic and continue to saute for 1 minute. Deglaze the pan with the Cognac. Add the reduction and bring to a simmer. Simmer for 3 to 4 minutes. Remove from the heat and stir in the thyme. Remove from the heat and set aside.**

**Using a carving knife, remove the string from the veal. Slice the veal into 1/2-inch slices.**

**To serve, arrange the slices in the center of each plate. Spoon some of the mushroom sauce over each slice. Serve immediately. Garnish with fresh thyme leaves.**

**Yield: 4 servings**

# Roasted Vegetable Pecan Relish

---

**1 Large Yellow squash – (abt 1/2 lb); cut lengthwise into 1" thick slices**  
**1 Large Zucchini – (abt 1/2 lb); cut lengthwise into 1" thick slices**  
**1 Large Eggplant – (abt 1/2 lb); cut lengthwise into 1" thick slices**  
**1 Large Yellow onion – (abt 3/4 lb); thinly sliced**  
**2 Tablespoon Minced garlic**  
**2 Tablespoon Olive oil**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**2 Tablespoon Unsalted butter**  
**1 Cup Pecan halves**  
**24 Fat; 0 Other Carbohydrates**

**Preheat oven to 350 degrees. In large mixing bowl, combine squash, zucchini, eggplant, onion, and garlic. Toss vegetables with oil, salt, and pepper. Place mixture on a baking pan and roast until the vegetables are soft, about 30 minutes. Cool the vegetables to room temperature. Once cooled, chop into 1/2-inch dice. Over medium-high heat, melt butter in a large nonstick skillet. Add pecans, stirring frequently to coat with butter and until golden brown, about 3 minutes. Add chopped vegetables to pan and cook for about 1 minute. Season with salt and pepper.**

# Roasted Walnut And Cream Cheese Frosting

---

4 Ounce Cream cheese; softened  
1/2 Stick butter; softened  
3/4 Pound Confectioners' sugar; sifted (about 3 cups)  
1 Teaspoon Pure vanilla extract  
2 Tablespoon Milk; up to 3  
1/2 Cup Roasted walnut pieces  
16 1/2 Fat; 0 Other Carbohydrates

In a large mixing bowl, with an electric mixer, cream the cheese and butter. Add the sugar, 1/2 cup at a time, mixing after each addition. Add the vanilla and milk and mix well. Fold in the walnut pieces.

Yield: about 1 1/2 to 2 cups frosting

# Rock's Skillet Eggs

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**6 Ounce Bacon; chopped**  
**1/2 Cup Chopped onions**  
**1/2 Cup Chopped green peppers**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Teaspoon Chopped garlic**  
**2 Cup Small-diced Idaho potatoes; peeled, blanched**  
**1 Cup Peeled; seeded, chopped fresh tomatoes**  
**4 Ounce Cheddar cheese**  
**8 Large Eggs**  
**French bread; hot for serving**

**In a large nonstick pan, over medium heat, render the bacon until crispy, about 6 minutes. Add the onions and peppers. Season with salt and freshly-ground black pepper. Add the garlic, potatoes, and tomatoes. Saute for 3 to 4 minutes. Sprinkle the top of the potatoes with the cheese. Drop whole cracked eggs into the pan a couple of inches apart. Cover and allow the eggs to poach to desired doneness. Remove the pan from heat and cut into pie-shaped pieces. Serve with hot French bread. This recipe yields 4 servings.**

# Root Vegetable Chowder

---

**3/4 Pound Bacon; julienned**  
**2 Cup Chopped onions**  
**1 Cup Chopped celery**  
**1 Cup Small-diced carrot**  
**1 Cup Small-diced parsnips**  
**1-1/2 Teaspoon Salt**  
**1/2 Teaspoon Cayenne pepper**  
**6 Bay leaves**  
**3/4 Cup All-purpose flour**  
**8 Cup Chicken stock**  
**1 Cup Diced sweet potatoes**  
**1/4 Pound New potatoes; quartered**  
**1 Cup Half-and-half**  
**1/2 Cup Finely-chopped parsley**  
**1/4 Teaspoon Tabasco sauce**  
**1 Teaspoon Worcestershire sauce**  
**Fried beet chips; for garnish**

**In a hot stock pot, render the bacon for 5 minutes. Add the onions, celery, carrots, and parsnips. Saute for 10 minutes or until the vegetables are soft and wilted. Season with salt and cayenne. Add the bay leaves. Stir in the flour and cook for 10 minutes, stirring occasionally. Stir in the chicken stock. Add the sweet potatoes and potatoes. Bring the liquid up to a simmer and cook for 15 minutes. Stir in the half-and-half, parsley, Tabasco, and Worcestershire sauce. Garnish the soup with fried beet chips. This recipe yields 10 servings.**

# Rosemary Biscuits

---

**1 Cup All-purpose flour; sifted**  
**1 Teaspoon Baking powder**  
**1/8 Teaspoon Baking soda**  
**1/4 Teaspoon Salt**  
**1 Tablespoon Chopped fresh rosemary**  
**2 Tablespoon Unsalted butter**  
**1/4 Cup Milk; plus**  
**1 Teaspoon Milk**

**Preheat the oven to 375 degrees. Line a baking sheet with parchment or waxed paper. In a bowl combine the dry ingredients and rosemary and blend thoroughly. Cream in the butter with your fingers or a fork, until the mixture resembles coarse crumbs. Add the milk a little at a time and, using your hands or a fork, work it in just until it's thoroughly incorporated and you have a smooth ball of dough. Don't overwork or overhandle the dough. On a lightly-floured surface, roll out the dough with a rolling pin to a circle about 7 inches in diameter, 1/2-inch thick. Using a small round cookie cutter or the rim of a shot glass, press out twelve 1-inch rounds. If you like, you can reroll the leftover dough to make more, but the texture of these will be denser than the others. Place the dough rounds on the baking sheet and bake until golden on top and brown on the bottom, for about 15 minutes. Serve warm.**



# Rouille

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**1 Red pepper; roasted and peeled**  
**2 Cloves garlic**  
**1 Piece white bread; torn into pieces**  
**1 Egg yolk**  
**1 Tablespoon Dijon mustard**  
**1 Lemon; Juice of**  
**3/4 Cup Olive oil; up to 1**

**In a food processor, combine all of the ingredients, except for the oil. Puree until smooth. With the machine running, slowly add the olive oil. Season the emulsion with salt and pepper.**

**Yield: about 1 1/2 cups**

# Rustic Cheesecake With Praline Sauce

---

2 Cup Ground chocolate wafers  
1/2 Stick Butter; melted  
3 Pound Cream cheese; cubed, and at room temperature  
3 Cup Sugar  
6 Eggs  
1 Cup Heavy cream  
1/2 Cup Flour  
1 Pinch Salt  
2 Teaspoon Pure vanilla extract  
1 Cup Brown sugar  
2 Tablespoon Light corn syrup  
2 Tablespoon Butter  
1 Pinch Salt  
1/2 Cup Sweetened condensed milk  
1–1/2 Cup Pecan pieces  
2 Cup Sweetened whipped cream  
Fresh mint sprigs  
10 1/2 Fat; 5 Other Carbohydrates

In a mixing bowl, combine the ground wafers and melted butter, together. Mix well. Press the crust on the bottom of a 10–inch spring–form pan. In a food processor fitted with a metal blade, puree the cream cheese until smooth. Add 2 cups of sugar and process until incorporated. With the machine running, add the eggs, one at a time. Add the cream, flour, salt and 1 teaspoon vanilla, mix well. Using a rubber spatula, scrape down the sides of the processor. Process until the batter is smooth. Pour the batter over the crust. Bake for 1 hour and 15 minutes or until the center is firm. Remove from the oven and run a knife around the sides of the pan. Cool on a wire rack. Serve either at room temperature or chilled. In a heavy–bottomed saucepan, combine the remaining sugar, brown sugar, corn syrup, butter, pinch of salt, and condensed milk. With a wooden spoon, stir until the sugar dissolves. Continue to cook, stirring, until smooth and light brown, about 8 minutes. Add the remaining vanilla and pecan pieces and continue to cook, stirring, until the mixture reaches 234 to 240 degrees on a candy thermometer or the soft ball stage. Remove from the heat and pour over the cheesecake. Let sauce cool and then slice cake into individual servings. Garnish each slice with a dollop of whipped cream and a sprig of mint. This recipe yields 12 to 16 servings.

# Rustic Rice Pudding

---

**1 Quart Milk**  
**1/2 Cup Uncooked long-grain white rice; plus**  
**2 Tablespoon Uncooked long-grain white rice**  
**1 Pinch Salt**  
**1/2 Cup Sugar; plus**  
**1 Tablespoon Sugar**  
**2 Egg yolks**  
**1 Teaspoon Pure vanilla extract**  
**1/4 Teaspoon Ground cinnamon**  
**1/8 Teaspoon Grated nutmeg**  
**1/4 Cup Raisins**  
**1/2 Cup Heavy cream**  
**2 Tablespoon Dark rum**

**In a saucepan, over medium heat, combine the milk, rice, and salt. Simmer for 30 minutes, or until the rice is tender. In a mixing bowl, combine 1/2 cup of the sugar, the egg yolks, vanilla, cinnamon, and nutmeg. When the rice is done, stir the raisins and the sugar and egg mixture into the rice pot. Cook over medium heat stirring constantly, for about 4 minutes, or until the mixture thickens. Remove from the heat and let cool. Mix together the cream, the remaining 1 tablespoon sugar, and the rum, in a mixing bowl. Using a hand-held mixer, beat until soft peaks form. Fold in the cooled rice mixture. Spoon the mixture into six 4-ounce custard cups and refrigerate for 1 hour. Serve chilled. This recipe yields 6 servings.**

# Rye Dinner Rolls

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1 Envelope dry yeast; (1/4-ounce)  
1 Tablespoon Sugar  
3 Tablespoon Melted butter  
1 Egg  
1 Cup Warm milk; (about 110 degrees F)  
2 Teaspoon Salt  
1 Cup Rye flour  
2 1/2 Cup Bleached all-purpose flour  
1 Teaspoon Vegetable oil  
1 Large Egg; beaten  
1/2 Fat; 1 Other Carbohydrates

Combine the yeast, sugar, melted butter, egg and milk in the bowl of an electric mixer fitted with a dough hook. Beat on low speed for 1 minute. Add the salt, rye flour, and all-purpose flour. Beat at low speed until all of the flour is incorporated, about 1 minute. Then beat at medium speed until the mixture forms a ball, leaves the sides of the bowl, and climbs up the dough hook. Remove the dough from the bowl. Using your hands, form the dough into a smooth ball. Lightly oil a bowl. Place the dough in the bowl and turn it to oil all sides. Cover with plastic wrap and set aside in a warm, draft-free place until it doubles in size, about 1 hour. Preheat the oven to 350 degrees F. Remove the dough from the bowl and invert it onto a lightly floured surface. Pat the dough into a rectangle about 3/4-inch thick. Roll up the dough, beginning with the short side and stopping after each full turn to press the edge of the roll firmly into the flat sheet of dough to seal. Press with your fingertips. Tuck and roll so that any seams disappear into the dough. Cut the dough into 1-inch pieces. Roll each piece of dough into a smooth round ball. Line a baking sheet with parchment or waxed paper. Place the rolls on the baking sheet, 1/2-inch apart. With a pastry brush, brush the beaten egg evenly over the bread. Cover with plastic wrap and set aside in a warm, draft-free place until it doubles in size, about 1 hour. Bake until lightly brown, 30 to 35 minutes. Remove from the oven and cool on a rack. Serve warm with butter.

# Sal's Zeppolis

---

**2 Package Instant yeast**  
**1/2 Cup Warm water**  
**3 Tablespoon Butter; melted**  
**3 Egg yolks**  
**2 Cup Flour**  
**1/2 Cup Sugar**  
**1 Teaspoon Salt**  
**2 Cup All-purpose flour**  
**1 Cup Milk –; (to 1–1/2 cups)**  
**Vegetable oil; for frying**  
**Confectioners' sugar**

**In a medium bowl, whisk the yeast and water together. Add the butter and eggs. Whisk well. Add the flour, sugar and salt. Whisk well. Add the milk, a little at a time until the mixture resembles a batter. Cover the bowl with plastic wrap and allow the dough to rest for 1 hour. Preheat the oil to 360 degrees. Using a spoon, drop the batter into the hot oil. Fry until golden brown, about 3 to 4 minutes. Remove and drain on paper towels. Place the fried sweet dough in a paper bag and add powdered sugar. Shake the bag a couple of times and serve warm.**

# **Salad Of Fresh Watercress With Baby Tomatoes And A Sherry**

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**1/2 Cup Olive oil**  
**1/4 Cup Sherry vinaigrette**  
**1 Tablespoon Honey**  
**1/4 Cup Minced shallots**  
**1 Teaspoon Dijon mustard**  
**Salt**  
**Freshly ground black pepper**  
**1/2 Pint Red currant tomatoes; washed**  
**1/2 Pint Yellow tear drop tomatoes; washed**  
**1/2 Cup Julienne Vidalia onions**  
**4 Small Bunches fresh watercress; cleaned**  
**1/2 Fat; 1 Other Carbohydrates**

**In a small mixing bowl, combine the oil, vinegar, honey, shallots and mustard. Whisk well. Season with salt and pepper. Add the tomatoes and onions. Cover and marinate for 1 hour. Toss the vinaigrette/tomatoes with the watercress. Season with salt and pepper. Mound the salad in the center of each serving plate.**

**Yield: 4 appetizer servings**

# Salsify And Truffle Relish

---

1 Pound Salsify; peeled  
Water; to cover  
Salt; to taste  
Freshly-ground black pepper; to taste  
Truffle oil; to taste  
2 Tablespoon Chopped truffle pieces  
2 Tablespoon Minced shallots  
1 Teaspoon Minced garlic  
2 Tablespoon Chopped chives

Using a sharp knife, cut the Salsify in half. Brunoise the Salsify. Bring a pot of salted water to a boil. Blanch the Salsify for about 2 minutes and remove from the water. Shock the Salsify in ice water for a couple of minutes. This will stop the cooking process. Drain the Salsify and pat dry. In a mixing bowl, combine the remaining ingredients together and season with salt and pepper. The relish can be used immediately or cover and refrigerate for a future use. This recipe yields about 2 cups.

# **Salt Bake Squid With A Sesame Hoisin Sauce**

---

**1–1/2 Pound Calamari; cut into 1" rings**  
**1 Cup Buttermilk**  
**1/4 Cup Kosher salt**  
**1/4 Cup Freshly–cracked black pepper**  
**1 Cup Flour**  
**2 Quart Vegetable oil; for frying**  
**2 Jalapenos; seeded, and**  
**Finely chopped**  
**1/2 Cup Sugar**  
**2 Cup Hoisin sauce**  
**1 Cup Water**  
**Juice of 2 small limes**  
**2 Teaspoon Minced garlic**  
**1/2 Cup Chopped toasted peanuts**  
**2 Tablespoon Black sesame seeds**  
**2 Tablespoon Julienned Holly or Asian Basil**  
**Chopped parsley; for garnish**

**Preheat the fryer. In a shallow bowl, marinate the calamari in the buttermilk. Season with salt and pepper. Marinate for 1 hour under refrigeration. In another shallow bowl, combine the kosher salt, black pepper and flour together. Drain the calamari. Dredge the calamari in the seasoned flour, coating completely and shake off the excess. In a food processor, puree the jalapenos with the sugar. Add the hoisin sauce, water, and lime juice. Add the minced garlic. Puree until fully incorporated. Pour into a glass container. Allow the sauce to sit for 1 hour to allow the sugar to dissolve. Stirring occasionally. Stir in the peanuts, sesame seeds and basil. When the oil is hot, fry the calamari in batches, until golden–brown, about 2 to 3 minutes. Remove from the oil and drain on a paper–lined plate. Mound the calamari on a platter. Drizzle the sauce over the calamari and serve. Garnish with parsley. This recipe yields about 6 servings.**



# **Salt Bake Squid With A Sesame Hoisin Sauce**

---

**1–1/2 Pound Calamari; cut into 1" rings**  
**1 Cup Buttermilk**  
**1/4 Cup Kosher salt**  
**1/4 Cup Freshly–cracked black pepper**  
**1 Cup Flour**  
**2 Quart Vegetable oil; for frying**  
**2 Jalapenos; seeded, and**  
**Finely chopped**  
**1/2 Cup Sugar**  
**2 Cup Hoisin sauce**  
**1 Cup Water**  
**Juice of 2 small limes**  
**2 Teaspoon Minced garlic**  
**1/2 Cup Chopped toasted peanuts**  
**2 Tablespoon Black sesame seeds**  
**2 Tablespoon Julienned Holly or Asian Basil**  
**Chopped parsley; for garnish**

**Preheat the fryer. In a shallow bowl, marinate the calamari in the buttermilk. Season with salt and pepper. Marinate for 1 hour under refrigeration. In another shallow bowl, combine the kosher salt, black pepper and flour together. Drain the calamari. Dredge the calamari in the seasoned flour, coating completely and shake off the excess. In a food processor, puree the jalapenos with the sugar. Add the hoisin sauce, water, and lime juice. Add the minced garlic. Puree until fully incorporated. Pour into a glass container. Allow the sauce to sit for 1 hour to allow the sugar to dissolve. Stirring occasionally. Stir in the peanuts, sesame seeds and basil. When the oil is hot, fry the calamari in batches, until golden–brown, about 2 to 3 minutes. Remove from the oil and drain on a paper–lined plate. Mound the calamari on a platter. Drizzle the sauce over the calamari and serve. Garnish with parsley. This recipe yields about 6 servings.**

# Sam's Beef Stew

---

2 Tablespoon Vegetable oil  
2 Pound Beef stew meat; cut into 1" cubes  
1/4 Cup Flour  
2 Cup Chopped onions  
1/2 Cup Chopped celery  
1 Tablespoon Chopped garlic; plus  
2 Teaspoon Chopped garlic  
4 Cup Dark veal or meat stock  
1 Large Idaho potato; peeled, and  
Cut into 1" cubes  
2 Carrots; peeled, and  
Cut into 1" pieces  
1/2 Fat; 0 Other Carbohydrates

In a large skillet, over medium heat, add the vegetable oil. Season the beef with salt and pepper. Toss the beef with the flour. When the oil is hot, add the meat and cook until the meat is browned, about 6 to 8 minutes, stirring occasionally. Add the onions, celery and 1 tablespoon of garlic and continue to cook until the vegetables are wilted and golden about six minutes. Season the mixture with salt and pepper. Deglaze the pan with the stock, scraping the browned particles away from the pan. Add the potatoes and carrots. Bring the liquid to a boil and reduce to a simmer, cover and cook for 1 1/2 to 2 hours or until the meat is very tender. Stirring occasionally. Add the remaining 2 teaspoons of minced garlic. Reseason the stew if necessary. This recipe yields 4 to 6 servings.

# Sammy Hagar's Waborita

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**2 Shots Cabo Wabo tequila**  
**1 Ounce Fresh lime juice**  
**1 Ounce Cointreau**  
**Splash of Grand Marnier**

**Combine all of the ingredients in a shaker with ice. Shake several times, strain and pour into a salt-rimmed margarita or martini glass.**

**Yield: 1 drink**

# Sardinhas De Escabeche

---

5 Tablespoon Olive oil  
2 Cup Julienne onions  
Salt; to taste  
Freshly-ground black pepper; to taste  
2 Tablespoon Chopped garlic  
1 Cup Peeled; seeded and chopped tomatoes  
2 Tablespoon Chopped parsley  
2 Bay leaves  
1/2 Cup Dry white wine  
2 Tablespoon White vinegar  
1 Teaspoon Paprika  
Crushed red pepper; to taste  
2 Pound Sardines – (small to medium); descaled, gutted,  
Washed and patted dry  
Oil; for frying  
1/2 Fat; 0 Other Carbohydrates

In a large pan, over medium heat, add the olive oil. When the oil is hot, add the onions. Season with salt and pepper. Saute for 3 to 4 minutes. Add the garlic, tomatoes, parsley and bay leaves. Continue to saute for 2 minutes. Stir in the wine, vinegar, and paprika. Season with salt and crushed red pepper. Bring the liquid to a simmer and cook for 5 minutes. Season the sardines with salt and pepper. Fry the sardines in the hot oil for about 1 1/2 minutes, stirring constantly. Remove from the oil and drain on paper lined plates. Fry the sardines in batches. Place the sardines in a bowl and cover with the onion and tomato mixture. Cover with plastic and place in the refrigerator. Refrigerate for 2 days. Remove the sardines from the refrigerator and spoon the sardines on a platter. Spoon the marinade over the sardines and serve. This recipe yields 4 to 6 servings.

# Sauce Piquant

---

**1/4 Cup Plus 2 tablespoons olive oil**  
**3 Tablespoon Chopped onions**  
**3 Tablespoon Chopped green bell peppers**  
**1 Tablespoon Seeded and minced jalapeno peppers**  
**1 Tablespoon Minced garlic**  
**1 Tablespoon Chopped fresh thyme**  
**1 Tablespoon Chopped fresh oregano**  
**1 Cup Peeled; seeded and chopped tomatoes**  
**3 Bay leaves**  
**Creole seasoning**  
**1 Pinches crushed red pepper**  
**2 Cup Chicken stock**  
**Salt**  
**Freshly ground black pepper**  
**1 Tablespoon Finely chopped parsley**

**Heat 2 tablespoons of the oil in a non–reactive saucepan over high heat. Add the onions, green pepper, jalapenos, garlic, thyme, and oregano. Season with salt and pepper. Saut for 2 minutes. Stir in the tomatoes, bay leaves, Creole seasoning, pinch of crushed red pepper and stock. Season with salt and freshly ground black pepper. Bring to a boil and cook for 5 minutes. Reduce the heat and simmer for 20 minutes. Remove from the heat. Pour the mixture into a blender and drizzle in the remaining 1/4 cup oil while the motor is running. Pour back in the saucepan and stir in the parsley. Serve warm.**

**Yield: 1 1/3 cups**

# Sauce Supreme

---

**5 Tablespoon Butter**

**3 Tablespoon Flour**

**2 Cup Chicken stock**

**Salt; to taste**

**Freshly-ground white pepper; to taste**

**1/2 Cup Heavy cream**

**20 1/2 Fat; 0 Other Carbohydrates**

**In a saucepan, over medium heat, melt 3 tablespoons of butter. Stir in the flour and cook for 2 minutes. Whisk in the stock, 1/2 cup at a time. Whisk until smooth. Season with salt and pepper. Bring the liquid to a boil and reduce the heat to low and cook for 15 minutes. Whisk in the cream and continue to cook for 2 minutes. Season with salt and pepper. Remove from the heat and whisk in the remaining butter. Serve warm. This recipe yields 2 cups of sauce.**

# Sausage And Sweet Pepper Calzones

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**1 Pound Fresh Italian sausage; removed from casing**  
**1 Small Onion; peeled, julienned**  
**1 Small Green bell pepper; seeded, julienned**  
**1 Small Red bell pepper; seeded, julienned**  
**2 Tablespoon Chopped garlic**  
**8 Ounce Ricotta cheese**  
**8 Ounce Grated Mozzarella cheese**  
**8 Ounce Grated Parmigiano–Reggiano cheese**  
**1 Pinch Crushed red pepper**  
**4 Individual 6–inch pizza dough rounds**

**Preheat the oven to 375 degrees. In one saute pan, over medium heat, add 2 tablespoons of the olive oil. When the oil is hot, add the sausage and brown, about 6 to 8 minutes. Remove from the heat, drain and cool completely. In another saute pan, over medium heat, add the remaining oil. Add the onions and peppers. Season with salt and pepper. Saute for 4 to 5 minutes. Add the garlic and remove from the heat. Cool completely. In a mixing bowl, combine the sausage, onion–pepper mixture, cheeses and crushed red pepper. Mix well. Season with salt. Using a fork, dock each round of pizza dough. Divide the mixture into fourths and place in the center of each round of dough. Fold one end of the dough over the other, forming a half–moon shape. Using a fork or your fingers press the ends together, sealing the calzones completely. Place the calzones on a parchment–lined baking sheet. Bake until golden brown, about 20 to 25 minutes. Remove from the oven and serve warm. This recipe yields 4 servings.**

# Seafood Au Gratin

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**4 Tablespoon Butter**  
**4 Tablespoon All-purpose flour**  
**2 1/2 Cup Whole milk**  
**Salt; to taste**  
**Freshly-ground white pepper; to taste**  
**3/4 Cup Freshly-grated Parmigiano-Reggiano cheese**  
**1 Pint Oysters ; with liquor (preferably Louisiana oysters)**  
**1 Dozen Medium-size shrimp; peeled, deveined**  
**1/2 Pound Crawfish tails**

**Preheat oven to 400 degrees. In a saute pan over high heat, melt butter. Stir in flour and cook, stirring constantly for 1 minute. Then whisk in milk, a little at a time. Season with salt and pepper. Bring liquid to boil and then reduce heat to medium-low. Simmer liquid for 4 to 6 minutes. Remove from heat and stir in 1/2 cup of the cheese. In a bowl combine the oysters, shrimp and crawfish, and season with salt and pepper. Now stir in the milk mixture, season, and mix thoroughly. Lightly grease 12 individual pie tins. Spoon mixture into each pie tin. Sprinkle each with remaining cheese. Place in oven and bake for about 8 to 10 minutes or until bubbly. Remove from oven and serve warm. This recipe yields 12 servings.**



# **Seared Fois Gras With Caramelized Apples**

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**4 Slice Grade A Fois Gras; cleaned (3-ounce)**

**Salt**

**Freshly ground black pepper**

**1/4 Cup Flour**

**1 Cup Small diced green apples; unpeeled**

**2 Tablespoon Sugar**

**1/2 Cup Calvados**

**4 Toast points; (3 by 2 by 1/4)**

**Heat a saute pan, over medium heat. Season both sides of the fois gras with salt and pepper. Season the flour with salt and pepper. Dredge the fois gras in the flour, coating completely. Sear the fois gras for 1 minutes on each side. Remove from the pan and drain on paper towels. Add the apples and sugar to the fois fat. Saute for 1 minute. Remove the pan from the heat and add the Calvados. Place back on the heat and flame the liquor. Shake the pan back and fourth several times until the flame dies out. To assemble, place the croutons in the center of each plate. Place a piece of fois gras on top of each crouton. Spoon the apple sauce over the fois gras and serve.**

**Yield: 4 servings**

# Seared Grouper With Peasant Meat Juices

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4 Grouper fillets; (6-ounce)  
Creole seasoning  
4 Tablespoon Olive oil  
1 Medium Eggplant; peeled and diced  
1 Cup Chopped yellow onions  
Salt  
Freshly ground black pepper  
1/2 Cup Peeled; seeded and chopped fresh Italian plum tomatoes  
1/4 Pound Large green olives; stuffed with pimientos, halved  
1 Tablespoon Chopped garlic  
3 Tablespoon Chopped green onions; green parts only  
1 Tablespoon Finely chopped fresh parsley  
1 Tablespoon Shredded fresh basil leaves  
1/2 Teaspoon Chopped fresh thyme leaves  
2 Cup Veal reduction  
Celery Root Mashed Potatoes; recipe follows  
13 Fat; 0 Other Carbohydrates

Season both sides of the fillets with Creole seasoning. Heat a large non-stick saute pan, over medium heat, add 2 tablespoons of the oil. Sear the fillets for 2 to 3 minutes on each side. Remove from the pan and set aside. Add the eggplant and onions to the pan. Season with salt and pepper. Saute for 3 to 4 minutes. Add the tomatoes, olives, garlic, green onions, and herbs. Season with salt and pepper. Saute for 2 minutes. Add the reduction and bring to a boil. Simmer for 2 minutes. Return the fillets to the pan. Cook for another 2 minute, basting the fillets with the sauce. Remove from the heat. To serve, mound the potatoes in the center of each plate. Lay each fillet on top of the potatoes. Spoon the sauce around the grouper. Garnish with parsley.

**Yield:** 4 servings

# **Seared Scallops W Porcini Relish & Truffle Butter Sauce**

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**1/2 Pound Butter; at room temperature**  
**1/4 Cup White truffle oil**  
**1 Cup White wine**  
**1 Tablespoon Minced shallots**  
**1 Teaspoon Chopped garlic**  
**Salt; to taste**  
**Freshly-ground white pepper; to taste**  
**1/2 Cup Heavy cream**  
**6 Large Sea scallops**  
**Freshly-ground black pepper; to taste**  
**2 Tablespoon Olive oil**  
**1 Fresh corn ear; scrapped from the cob**  
**1/4 Pound Crabmeat; picked over**  
**6 Fresh porcini mushrooms; cleaned, sliced thin**  
**1 Tablespoon Chopped chives**  
**1-1/2 Cup Mashed potatoes; hot**  
**1 Small Black truffle**  
**1/2 Fat; 0 Other Carbohydrates**

**In a mixing bowl, mix the butter and truffle oil together. Place the butter on plastic wrap, form a log and wrap tightly. Refrigerate until firm. In a saucepan, combine the white wine, shallots and garlic. Season with salt and white pepper. Bring the liquid to a boil and cook for 3 minutes. Stir in the cream and cook for one minute. Cut the butter into 1-inch pieces. Reduce the heat to medium-low and whisk in the butter, one piece at a time. Reduce the heat to low and keep the sauce warm. Season the scallops with salt and pepper. In a saute pan, over medium-high heat, add one tablespoon of the oil. When the oil is hot, add the scallops and sear for 2 to 3 minutes on each side. In another saute pan, heat the remaining tablespoon of oil. When the oil is hot, add the corn. Season with salt and pepper. Saute for 3 minutes. Add the crabmeat and mushrooms. Season with salt and pepper. Continue to saute for 2 minutes. Remove from the heat and stir in the chives. To serve, spoon 1/4 cup of the sauce in the center of each plate. Spoon 1/2 cup of the potatoes in the center of the sauce. Spoon the relish over the potatoes. Lay a scallop on top of each pile of potatoes. Garnish with shaved truffles and chives. This recipe yields 6 servings.**

# Sesame Crusted Softshells

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Oil; for frying  
6 Large Softshells; cleaned  
1/2 Cup Cornmeal  
1/2 Cup Flour  
1/4 Cup Yellow sesame seeds  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Siporio beer  
2 Eggs; beaten  
Juice of 3 limes  
2 Tablespoon Minced shallots  
2 Teaspoon Chopped garlic  
2 Kaffir leaves  
1 Pound Cold butter; cubed  
Parsley; for garnish  
1/2 Fat; 0 Other Carbohydrates

Preheat the fryer. Season the softshells with salt and pepper. In a shallow bowl, combine the cornmeal, flour and sesame seeds together. Season with salt and pepper. In a shallow bowl, whisk 1/2 cup of the beer and eggs together. Dip the softshells in the egg wash. Dredge the softshells in seasoned flour, coating the softshells completely. Set the softshells aside. In a sauce pan, combine the lime juice, shallots, garlic, and kaffir leaves. Bring the liquid up to a boil and boil for 1 minute. Whisk in the cold butter, a cube at a time until all of the butter is incorporated. The sauce should be slightly thick and coat the back of the spoon. Season with salt and pepper. Strain the sauce through a fine mesh strainer. Fry the softshells in the hot oil for 2 to 3 minutes on each side, or until golden-brown. Remove the shells from the oil and drain on a paper-lined plate. Season with salt and pepper. To assemble, spoon a small pool of the sauce in the center of each plate. Lay one softshell in the center of the sauce. Garnish with parsley. This recipe yields 6 servings.

# Shrimp Courtboullion

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**1–1/2 Pound Shrimp**  
**1 Tablespoon Plus 1 teaspoon Creole seasoning**  
**1/3 Cup Vegetable oil**  
**1/3 Cup Flour**  
**1 Cup Chopped celery**  
**1 Cup Chopped onions**  
**1/2 Cup Chopped bell peppers**  
**2 Mild green chiles or banana peppers; sliced lengthwise in half and seeded**  
**2 Bay leaves**  
**1 Tablespoon Minced garlic**  
**2 Cup Chopped peeled and seeded tomatoes or 2 cups chopped canned tomatoes**  
**1 Cup Water**  
**1 3/4 Cup Chicken broth**  
**3/4 Teaspoon Salt**  
**1/4 Teaspoon Cayenne pepper**  
**1/4 Cup Chopped green onions**  
**2 Tablespoon Chopped parsley**  
**Cooked rice**  
**14 1/2 Fat; 0 Other Carbohydrates**

Season the shrimp with Creole seasoning. Set aside in the refrigerator. Make a roux by combine the oil and flour in a large cast iron or enameled cast iron Dutch oven over medium heat. Stir slowly with a wire whisk or wooden spoon for about 15 to 20 minutes, or until the roux becomes dark brown, the color of chocolate. Add the celery, onions, bell peppers, and chiles. Cook, stirring often, for 6 to 7 minutes. Add the bay leaves and garlic and cook for about 2 minutes. Add the tomatoes and water. Season with Creole seasoning. Reduce the heat to medium–low and cook, uncovered, for about 1 hour, or until a thin oil film appears on the surface. Stir occasionally to prevent the mixture from sticking. Increase the heat to medium, add the broth, salt, and cayenne and cook for about 15 minutes. Add the shrimp and cook for about 10 minutes, or until the shrimp turn bright pink and the tails curl in. During the last 5 minutes of cooking time, add the green onions and parsley. Remove the bay leaves. Spoon the rice in the center and ladle the Courtboullion over the rice. Garnish with parsley.

**Yield: 4 main–course servings**

# Shrimp Stock

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**8 Cup Uncooked shrimp heads and shells (from about 1 pound large shrimp)**  
**2 Onions; peeled, halved, and sliced**  
**2 Celery stalks; chopped**  
**2 Lemons; halved**  
**8 Bay leaves**  
**1/2 Cup Chopped fresh parsley**  
**1 Teaspoon Dried leaf basil**  
**1 Teaspoon Dried leaf thyme**  
**1 Teaspoon Dried leaf tarragon**  
**1 Teaspoon Dried leaf oregano**  
**3/4 Teaspoon Whole black peppercorns**  
**2 Teaspoon Salt**  
**4 Quart Water; cold, or at room temperature**

**Rinse the shrimp heads and shells quickly under cold water, and place them in a stockpot with the remaining ingredients. Bring to a boil over high heat. Reduce the heat to low and simmer for 10 minutes. Turn the heat up to medium and cook for 30 minutes. Allow to cool thoroughly, strain and refrigerate. Keeps for 1 month. This recipe yields about 3 quarts of stock.**

# Singin' Shrimp

---

**2 Tablespoon Butter**  
**1/4 Cup Minced onions**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**2 Teaspoon Minced garlic**  
**1/4 Cup Chopped green onions; green part only**  
**1 Pound Rock shrimp**  
**1 Dash Brandy**  
**1/2 Pound Baby shiitakes; washed, patted dry**  
**1/4 Cup Heavy cream**  
**4 Puff pastry shells – (4" round); baked**  
**Chopped parsley; for garnish**

**In a large saute pan, over medium heat, melt the butter. Add the onions. Season with salt and pepper. Saute for 1 minute. Add the garlic and green onions and continue to saute for 1 minute. Season the shrimp with salt and pepper. Add the shrimp and continue to saute for 2 minutes. Remove the pan from the heat and add a splash of brandy. Place the pan back on the stove and flame the brandy, shaking the pan back and forth a couple of times. Add the shiitakes and cook for 2 minutes. Add the cream and bring the liquid to a boil. Reduce to a simmer and cook for 1 minute. Season with salt and pepper. Spoon the shrimp mixture into the pastry shells. Garnish with parsley. Serve warm. This recipe yields 4 appetizer servings.**

# Skate Wings With Grenoble Sauce

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8 Skate wings; (3 to 4 ounces each) cleaned

Salt

Freshly ground black pepper

1/4 Cup Flour

2 Tablespoon Olive oil

1/4 Cup Minced shallots

2 Tablespoon Capers

2 Lemons juiced

1/2 Cup Dry white wine

2 Sticks butter; cut into cubes

1 Tablespoon Plus 1 teaspoon finely chopped fresh parsley leaves

2 Cup Assorted vegetables; blanched if needed

42 Fat; 0 Other Carbohydrates

Season the skate with salt and pepper. Season the flour with salt and pepper. Dredge the skate in the flour, coating completely.

In a large saute pan, over medium heat, add the oil. When the oil is hot, saute the skate for 2 to 3 minutes on each side. Remove the fish from the pan and set aside.

Add the shallots and capers. Season with pepper. Saute for 1 minute. Add the lemon juice and wine. Bring the liquid to a boil. Reduce the heat to medium low and simmer until the liquid reduces by half, about 6 to 8 minutes.

Whisk in the butter, a cube at a time. Season with salt and pepper. Stir in 1 tablespoon of parsley.

Add the fish back into the sauce and simmer for 2 to 3 minutes.

In another saute pan, heat the remaining tablespoon of the oil. When the oil is hot, add the vegetables. Season with salt and pepper. Saute for 2 to 3 minutes.

To serve, spoon the vegetables in the center of each plate. Place the skate on top of the vegetables and spoon the sauce over the fish. Garnish with remaining parsley.

Yield: 4 servings



# Smashed Potato Salad

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**2 Pound New potatoes; chopped**  
**1/2 Cup Minced onions**  
**3 Hard-boiled eggs; chopped**  
**1 Teaspoon Minced garlic**  
**1 Tablespoon Light brown sugar**  
**1/2 Cup Mayonnaise; to 3/4 cup**  
**1/4 Cup Yellow mustard**  
**1 Dash Worcestershire sauce**  
**1 Dash Tabasco sauce**  
**1 Lemon; juiced**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**

**Place the potatoes in a saucepan and cover with water. Season the water with salt. Bring the potatoes to a boil and reduce to a simmer. Cook the potatoes until fork tender, about 8 to 10 minutes. Remove from the heat and drain. Turn the potatoes into a mixing bowl. Using a hand-held masher, mash the potatoes. Stir in the onions, eggs and garlic. Stir in the brown sugar, mayonnaise, and mustard. Mix thoroughly. Season the salad with Worcestershire sauce, Tabasco sauce, lemon juice, salt and pepper. Cover the salad and refrigerate until chilled. This recipe yields 4 servings.**

# Smoked Beef And Caramelized Onion Risotto

---

1/2 Cup Water  
1/4 Cup Essence  
1 Pound Beef tenderloin; trimmed and cut into 4 equal pieces  
1 Tablespoon Olive oil  
2 Cup Chopped onions  
Salt  
Freshly ground black pepper  
6 Cup Beef stock  
1 Teaspoon Chopped garlic  
1 Pound Arborio rice; (2 cups)  
1 Tablespoon Butter  
1/4 Cup Heavy cream  
1/2 Cup Freshly grated Asiago cheese  
3 Tablespoon Chopped green onions; green part only

## GARNISH

Parsley  
23 1/2 Fat; 0 Other Carbohydrates

Mix the water and Essence together. Rub the tenderloin with the mixture, cover with plastic wrap and marinate for at least 2 hours in the refrigerator. Prepare the smoker. Remove from the refrigerator. Place the beef in the smoker and smoke for 10 to 12 minutes. Remove from the smoker and cool. Thinly slice the beef on the bias and set aside. In a large saute pan, over medium heat, heat the oil. Add the onions. Season with salt and pepper, and cook, stirring. Saute until the onions are caramelized, about 6 minutes. Add the stock and garlic. Bring the mixture to a boil, reduce the heat to medium, and simmer for about 6 minutes. Add the rice and simmer for 18 minutes, stirring constantly. Stir in the butter, cream, and cheese. Simmer for 2 minutes, stirring constantly. Fold in the beef and green onions. Remove from the heat. Spoon the risotto in the center of each shallow bowl. Garnish with parsley.

**Yield: 8 to 10 servings**

# Smoked Duck, Sweet Corn, And Mushroom Pasta

---

**2 Tablespoon Duck fat**  
**1 Cup Minced onions**  
**2 Ears Sweet corn**  
**4 Cup Assorted exotic mushrooms**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Pound Smoked duck; julienned**  
**1 Tablespoon Chopped garlic**  
**2 Cup Heavy cream**  
**1 Pound Fresh angel-hair pasta**  
**1/2 Cup Grated Parmigiano-Reggiano cheese**  
**Drizzle of white truffle oil**  
**2 Tablespoon Chopped chives**

**Bring a pot of salted water to a boil. In a large saute pan, heat the duck fat. When the fat has melted, add the onions and saute for 2 to 3 minutes. Season with salt and pepper. Using a sharp knife, remove the corn from the cob. Add the corn to the sauteed onions and continue to cook for 2 minutes. Add the mushrooms and saute for 2 to 3 minutes. Season the mixture with salt and pepper. Add the duck and garlic. Continue to saute for 2 minutes. Stir in the cream and bring the liquid to a simmer. Simmer the sauce, over medium heat, until the cream coats the back of a spoon, about 4 to 6 minutes. Cook the pasta in the boiling water until cooked al dente, about 4 to 6 minutes. Drain the pasta and turn into a mixing bowl. Toss the pasta with the cream mixture. Add the cheese, truffle oil and chives. Toss until all the ingredients are incorporated. Season the pasta with salt and pepper. Mound the pasta in the center of each plate and serve. This recipe yields 4 servings.**

# Smoked Mussel Fritters With A Roasted Red Pepper Aioli

---

4 Dozen fresh mussels  
Salt  
Cayenne pepper  
4 Eggs  
2 Tablespoon Chopped garlic  
1 Medium Red bell pepper; roasted, peeled, and seeded  
Juice from one lemon  
1 Tablespoon Dijon mustard  
1 Cup Plus 2 tablespoons vegetable oil  
1/2 Cup Chopped onions  
1-1/2 Cup Milk  
2 Teaspoon Baking powder  
3 1/4 Cup Flour  
1 Tablespoon Chopped parsley  
Crystal Hot Sauce; to taste  
Worcestershire Sauce; to taste  
Solid vegetable shortening for deep-frying  
Creole seasoning

Prepare the smoker.

Season the mussels with salt. Place on the smoking rack and close tightly. Smoke for about 6 to 8 minutes or until the mussels open. Remove the mussels from the smoker and remove the meat from the shells. Season with cayenne pepper. Set aside.

In a food processor fitted with a metal blade, combine 1 egg, 1 tablespoon of the garlic, roasted red pepper, lemon juice and mustard. Puree until smooth. Season with salt and pepper. With the machine running, add 1 cup of oil in a steady stream. Process until the mixture is thick and creamy. Season with salt and pepper. Remove and refrigerate for at least 1 hour. The aioli can be made one day in advance.

Heat the remaining 2 tablespoons of oil in a saute pan over medium-high heat. Add the onions and season with salt and cayenne. Saute for about 3 minutes or until slightly wilted. Add the remaining tablespoon of garlic and continue to saute for 1 minute. Remove and set aside to cool.

Make a batter by combining the remaining 3 eggs, milk, baking powder, 1 teaspoon salt, and 1/4 teaspoon cayenne. Add the flour, 1/4 cup at a time, beating and incorporating until all is used and the batter is smooth. Stir in the parsley. Season with hot sauce and Worcestershire sauce to taste. Roughly chop the mussels and fold into the batter. Mix well. Heat the shortening to 360 degrees. Drop the batter, a heaping tablespoon at a time, into the hot oil. When the fritters pop to the surface, roll them around with a slotted spoon in the oil to brown evenly. Remove and drain on paper

**towels. Season with Creole seasoning. Serve the fritters hot with the aioli.**

**Yield: about 2 dozen**

# Smoked Salmon And Brie Strudel

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**1/2 Cup Dried ground mustard**  
**1/2 Cup White granulated sugar**  
**1/4 Cup Rice wine vinegar**  
**1/4 Cup Prepared yellow mustard**  
**1 Tablespoon Sesame oil**  
**2 Tablespoon Soy sauce**  
**1–1/2 Teaspoon Paprika**  
**1/4 Teaspoon Cayenne pepper**  
**3 Phyllo dough sheets**  
**1/4 Cup Melted butter**  
**1/4 Cup Chopped fresh mild herbs**  
**1 Brie cheese wheel –; (8 oz)**  
**1/2 Pound Sliced smoked salmon**  
**1 Baguette; sliced into 1/2"**  
**1 Pieces and lightly toasted**

**Preheat the oven to 400 degrees. In a mixing bowl, whisk the dried ground mustard, sugar, rice wine vinegar, yellow mustard, sesame oil, soy sauce, paprika and cayenne. Mix thoroughly. Set the mixture aside. Lay the three pieces of phyllo dough down on a flat surface. Brush the ends of the dough with the melted butter. In the center of the phyllo dough, spread some of the mustard. Sprinkle the circle of mustard mixture with the chopped herbs. Season the salmon with salt and pepper. Wrap the wheel of brie with the sliced salmon, the salmon will overlap each other. (Wrap the cheese like a package.) Place the salmon wrapped brie in the center of the mustard/herb circle. Fold two of the ends of phyllo in towards the center of the dough. Fold the remaining ends in, forming a package, seal completely. Turn the dough out onto a parchment lined sheet pan. (The folded edges of the dough should be on top of the parchment paper.) Lightly brush the dough with the butter. Place the pan in the oven and bake until golden brown, about 10 to 12 minutes. Remove from the oven and cool slightly, before slicing. Serve on croutes with the remaining mustard sauce. This recipe yields 8 servings.**

# Smoked Salmon, Crispy Bacon And Maytag Blue Cheese Salad

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1 Egg  
6 Ounce Maytag Blue cheese  
1 Teaspoon Dijon mustard  
1 Teaspoon Chopped garlic  
Salt; to taste  
Freshly-ground black pepper; to taste  
1-1/2 Cup Olive oil  
1/2 Cup Buttermilk  
1 Dash Worcestershire sauce  
1 Dash Tabasco pepper sauce  
6 Cup Assorted baby greens  
1 Pound House-smoked salmon  
6 Ounce Crispy bacon  
2 Hard-boiled eggs; sliced  
1/2 Fat; 0 Other Carbohydrates

In a food processor, fitted with a metal blade, combine the egg, 4 ounces of the blue cheese, mustard, and garlic. Puree until smooth. Season with salt and pepper. With the machine running, slowly add the olive oil until all the oil is incorporated and the mixture is thick. With the machine running add the buttermilk. Season the dressing with the Worcestershire sauce, Tabasco pepper sauce, salt and pepper. In a mixing bowl, toss the greens with as much dressing as desired. Season the salad with salt and pepper. Mound the greens in the center of four plates. Crumble the salmon over the greens. Sprinkle each salad with the bacon, sliced eggs, and remaining blue cheese. This recipe yields 4 servings.

# Smoked Scallop Sandwich

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**1 Dozen large sea scallops**

**Essence**

**2 Large Baking potatoes; (about 2 pounds), peeled and grated**

**Salt**

**Freshly ground black pepper**

**3 Tablespoon Plus 2 teaspoons olive oil**

**1/2 Cup Vegetable oil**

**2 Cup M&acirc;che lettuce; (packed) or any other mild baby lettuce**

**1/2 Cup Sour cream**

**2 Tablespoon White wine**

**2 Tablespoon Thinly sliced chives**

**1 Tablespoon Finely chopped fresh parsley leaves**

**1/2 Fat; 0 Other Carbohydrates**

Prepare the stovetop smoker. Season the scallops with Essence. Place the scallops in the smoker and smoke for about 8 to 10 minutes. Remove from the smoker and cool. Slice the scallops into thin slices, about 1/4-inch thick. Set aside. Wrap the grated potatoes in a large clean towel and squeeze out the excess starch. Get them as dry as possible. Unwrap and put the potatoes in a large mixing bowl. Season with salt and pepper. Add 2 tablespoons plus 2 teaspoons olive oil. Mix well. Form the mixture into 12 small patties, about 1 to 1 1/2 inches thick. Heat the vegetable oil in a large nonstick skillet over medium heat. Fry the cakes, several at a time, until they are golden brown and cooked through, about 3 to 4 minutes on each side. Remove and drain on paper towels. Set aside. In small mixing bowl, toss the lettuce with the remaining tablespoon of oil. Season with salt and pepper. Mix well. In another small bowl, combine the sour cream, white wine, and chives. Season with salt and pepper. Mix well. To assemble, place on potato cake in the center of each plate. Fan several slices of the scallop over the potato. Drizzle the scallop with some of the chive cream. Mound some of the lettuce on top of the scallops. Top each sandwich with the remaining potato cakes. Garnish with a drizzle of the remaining chive cream and parsley.

**Yield: 6 servings**



# Smoked Trout Hash With Choron Sauce

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1/2 Cup Chopped; peeled, seeded tomatoes  
2 Tablespoon Fresh tarragon  
Cayenne pepper; to taste  
1 Tablespoon Chopped garlic; plus  
2 Teaspoon Chopped garlic  
3 Tablespoon Distilled white vinegar; plus  
1 Teaspoon Distilled white vinegar  
1 Cup Dry red wine  
1 Tablespoon Chopped parsley  
2 Egg yolks  
1/2 Fresh lemon  
2 Teaspoon Water  
1 Stick Butter; melted and warm  
2 Medium White potatoes; peeled, diced small  
Oil; for frying  
1 Tablespoon Olive oil  
1/2 Cup Minced onions  
8 Ounce Smoked trout; flaked  
Salt; to taste  
Freshly-ground black pepper; to taste  
4 Poached eggs  
1 Tablespoon Chopped chives

Preheat the oil. In a saucepan, over medium-high heat, combine the tomatoes, tarragon and 1 tablespoon garlic. Season the mixture with salt and cayenne. Stir in 3 tablespoons vinegar and red wine. Bring to a boil. Reduce the heat to medium and simmer for 20 to 25 minutes, or until the mixture is dark brown and thick. Remove from the heat and add the parsley. In a stainless steel bowl, over medium heat, set over a pot of simmering water. Whisk the egg yolks with the juice of the lemon and water. Season the egg mixture with salt and cayenne. Whisk until the eggs are pale yellow in color and slightly thick. Remove the bowl from the pot and whisk in the butter, 1 tablespoon at a time, until all is incorporated. Fold the tomato mixture into the hollandaise and set aside. Fry the potatoes until golden brown, about 3 to 4 minutes. Remove from the oil and drain on a paper-lined plate. Season the potatoes with salt and pepper. In a large saute pan, over medium heat, add the olive oil. When the oil is hot, add the onions and saute for 2 minutes. Stir in the garlic and trout. Continue to saute for 1 minute. Stir in the potatoes and continue to saute for 2 to 3 minutes. Over high heat, bring a pot of salted water to a boil. Add the vinegar to the water. Carefully lay the poached eggs in the water and cook for about 30 seconds, just to re-warm the eggs. Remove the eggs from the water and drain on a paper-lined plate. Season the eggs with salt and pepper. To assemble, spoon the hash in the center of four plates. Lay a poached egg on top of each plate of hash. Drizzle the choron sauce over each plate. Garnish with chives. This recipe yields 4 servings.

# Smothered Andouille Sausage And Shrimp Over Creamy Stone

---

**3 Tablespoon Butter**  
**3 Tablespoon Flour**  
**1 Cup Chopped onions**  
**1/2 Cup Chopped green bell peppers**  
**1/2 Cup Chopped celery**  
**Salt**  
**Cayenne pepper**  
**1 Pound Andouille sausage; sliced 1/4-inch thick**  
**1-1/2 Pound Medium shrimp; peeled and deveined**  
**3 Cup Water**  
**1/4 Cup Chopped green onions**  
**1 Recipe Creamy Stone Ground Grits**

**In a saute pan, over medium heat, melt the butter. Stir in the flour and cook for 4 to 6 minutes for a medium brown roux, about the color of peanut butter. Add the onions, peppers, and celery. Season with salt and cayenne. Continue cooking until the vegetables are wilted, about 8 minutes. Add the sausage and continue to cook for 2 minutes. Season the shrimp with salt and cayenne. Add the shrimp. Stir in the water. Bring the liquid to a simmer and continue to cook for 8 to 10 minutes, until the mixture coats the back of a spoon. Remove from the heat and stir in the green onions. To serve, spoon the grits in the center of each serving bowl. Spoon the shrimp mixture over the grits. Garnish with parsley.**

**Yield: 6 servings**

# **Smothered Chicken And Onions**

---

**1 Large Fryer chicken – (abt 3 lbs); cut serving pieces**

**Salt; to taste**

**Cayenne pepper; to taste**

**1 Tablespoon Flour**

**8 Cup Julienned onions –; (abt 2 1/2 lbs)**

**1 Cup Thinly-sliced bell peppers**

**2 Bay leaves**

**1/4 Cup Water**

**1 Cup Whole kernel corn**

**1 Cup Young sweet green peas**

**2 Cup Sliced mushrooms**

**3 Tablespoon Finely-chopped parsley**

**Season the chicken pieces with salt and cayenne. In a large cast-iron skillet, heat the oil. When the oil is hot, add the chicken and brown, cooking for 6 to 8 minutes on each side. Add the onions. Season with salt and cayenne. Stirring constantly, wilt and brown the onions, scraping the bottom of the pan to loosen any browned particles, about 10 minutes. Add the bell peppers and bay leaf. Continue stirring, again scraping the bottom of the pot to loosen any browned particles, for about 15 minutes. Add the water, cover, and reduce the heat to medium. Stir occasionally and cook for about 30 minutes, or until the chicken is tender. Add the corn, peas, and mushrooms, cover, and cook for 15 minutes more, stirring occasionally. Add the parsley. Remove the bay leaf and serve immediately. This recipe yields 4 to 6 servings.**

# **Smothered Greens With Ham Hock Gravy**

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**1/2 Cup Vegetable oil**  
**1/2 Cup All-purpose flour**  
**3 Cup Thinly-sliced onions**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**4 Bay leaves**  
**2 Tablespoon Chopped garlic**  
**8 Cup Chicken stock**  
**3 Pound Ham hocks –; (abt 4 medium-size hocks)**  
**2 Bunch Collard greens – (abt 2 1/4 lbs); thoroughly washed, picked over for blemished leaves; and any tough stems removed**  
**2 Bunch Mustard greens – (abt 2 1/4 lbs); thoroughly washed, picked over for blemished leaves; and any tough stems removed**  
**1 Cup Water**  
**1/2 Fat; 0 Other Carbohydrates**

**Combine the oil and flour in a 8-quart pot over medium heat and stir with a wooden spoon until smooth. Cook the mixture, stirring constantly, to make a blond roux, about 8 minutes. Add the onions to the roux. Season with salt and cayenne. Cook the onions for about 4 to 6 minutes, or until the onions are soft. Add the bay leaves and garlic and continue to cook for 2 minutes. Add the stock and ham hocks. Bring the liquid to a boil and reduce to a simmer, stirring occasionally. Simmer the liquid for about 2 hours, or until the hocks are very tender. Add the greens, by the handful, until all of them are combined in the mixture. They will wilt. Add the water. Simmer until the greens are very tender and the mixture is thick, about 45 minutes. Remove the bay leaves and serve warm. This recipe yields 8 servings.**

# Smothered Veal And Morel Pie

---

1/2 Cup Olive oil  
3 Pound Veal shoulder; cut into 1/2-inch pieces  
Salt  
Freshly ground black pepper  
1/2 Cup Flour  
Essence  
2 Cup Finely onions  
1 Cup Finely celery  
1 Cup Finely carrots  
2 Tablespoon Chopped garlic  
2 Bay leaves  
2 Tablespoon Chopped fresh thyme  
1 Cup Beer  
8 Cup Veal or dark stock  
1 Pound Small morel mushrooms; cleaned  
1 Pound Fingerling potatoes; scrubbed and halved  
2 Ears fresh corn; scrapped from the cob  
1/4 Cup Parsley  
2 Cup Flour  
1 Pinches salt  
2/3 Cup Lard  
3 Tablespoon Ice water; up to 4

===== EGG WASH =====

1 Egg mixed with 1 tablespoon water

In a large stock pot, or Dutch oven, over medium heat, add the olive oil. Season the veal with salt and pepper. Season the flour with Essence. Dredge the veal in the seasoned flour, coating each side completely. When the oil is hot, brown the veal for 2 to 3 minutes on each side, or until very brown on all sides. Remove the veal and set aside. Add the onions to the pan and season with salt and pepper. Saute for 2 minutes Add the celery and carrots and continue to saute for 1 minute. Season with salt and pepper. Stir in the garlic, bay leaves, and thyme. Cook for 1 minute. Add the beer to the pan, scrapping the bottom and sides to loosen the browned particles. Add the stock. Bring the liquid up to a boil and reduce the heat to medium low. Add the veal and simmer for 2 hours. In a mixing bowl, toss the mushrooms, potatoes, corn and parsley with salt and pepper. Add to the pot and continue to cook for 1 hour or until the sauce is stew-like and the meat is tender. Preheat the oven to 350 degrees F.

In a mixing bowl, combine the flour and salt Add the lard and work it in with your hands until the mixture resembles coarse crumbs. Add the water, 1 tablespoon at a time. Form the dough into a smooth ball. Wrap the dough in plastic wrap and refrigerate for 30 minutes. Remove the dough from the refrigerator and place on a lightly floured surface. Roll out the dough into a rectangle about 20 inches in diameter and 1/8-inch thick. Fold the dough into fourths and carefully remove the dough from the surface. Pour the stew

into a large greased baking dish or pan (12 quart casserole dish). Place the dough directly over the pan. Tuck the excess dough evenly into the sides of the dough. Crimp the dough firmly. Make several small slits in the top of the dough, this will allow the steam to escape. Egg wash the dough and place on a baking sheet. Bake until the top is golden brown, about 25 to 30 minutes. Remove and cool for 5 minutes before serving.

**Yield: 8 to 10 servings**

# Sour Cream Apple Cake

---

1–1/2 Pound Cooking apples; peeled, cored, and sliced; such as Granny Smith  
1–1/2 Teaspoon Ground cinnamon  
3/4 Teaspoon Freshly–grated nutmeg  
2 Cup Sugar; plus  
1 Tablespoon Sugar  
1–1/2 Sticks Butter; softened  
1/2 Teaspoon Baking powder  
1–1/2 Teaspoon Baking soda  
1 Teaspoon Salt  
2 1/4 Cup Flour  
2 Eggs  
1 Teaspoon Pure vanilla extract  
1 Cup Sour cream  
2 Cup Sweetened whipped cream  
2 1/2 Other Carbohydrates

In a mixing bowl, toss the apples with 1/2 teaspoon of the cinnamon, 1/2 teaspoon of the nutmeg, and 1 tablespoon of the sugar. In a large oven–proof skillet, combine 1/2 stick of the butter and 1/2 cup of the sugar, over medium–high heat. Stir with a wooden spoon until the mixture caramelized and becomes syrupy. Spread the apples evenly over the bottom of the pan. Remove from the heat. Using an electric mixer, fitted with a paddle, cream the remaining 1 1/2 cups of sugar and remaining stick of butter together. Sift the remaining 1 teaspoon of cinnamon, remaining 1/2 teaspoon of nutmeg, baking powder, baking soda, salt and flour together. Add the eggs, vanilla and sour cream to the butter mixture. Beat until smooth. Add the sifted flour mixture, a little at a time. Beat until smooth. Pour the batter over the apples. Preheat oven to 350 degrees. Bake for about 40 minutes or until golden and the cake pulls away from the sides. Remove from the oven and cool for 15 minutes. Invert the cake onto a platter and serve warm. Garnish with whipped cream. This recipe yields 12 servings.

# Sour Cream Cake With Macerated Berries

---

1/3 Cup Unsalted butter; room temperature  
1–1/2 Cup Sugar  
2 Egg yolks  
2 1/4 Cup Flour  
1/4 Teaspoon Soda  
1 3/4 Teaspoon Baking powder  
1/2 Teaspoon Salt  
1 Cup Sour cream  
1 Teaspoon Pure vanilla extract  
2 Egg whites; beaten until stiff  
1 Pint Blueberries; picked over, rinsed  
1 Pint Raspberries; rinsed  
1 Pint Strawberries; rinsed, sliced  
Drizzle of Grand Marnier  
2 Cup Sweetened whipped cream  
Powdered sugar; in a shaker  
Fresh mint sprigs

Preheat the oven to 375 degrees. Grease a 9–inch springform pan. Using an electric mixer, fitted with a paddle, cream the butter and 1 cup of sugar together. With the machine running add the egg yolks and beat until incorporated. Sift the flour, soda, baking powder, and salt together. Add the sifted ingredients to the creamed butter in 3 parts, alternating with thirds of the sour cream. Beat until the batter is smooth. Add the vanilla. Fold in the beaten egg whites into the batter. Pour the batter into the prepared pan and place in the oven. Bake for about 25 minutes, or until a toothpick inserted in the center comes out clean. Remove the cake from the oven and cool on a wire rack. After the cake has cooled, use a knife to loosen the sides from the springform pan. Remove the springform and slice. In a mixing bowl, combine the remaining sugar with the berries. Using the back of a fork, lightly mash the berries. Add the Grand Marnier to taste. To serve, place a slice of the cake in the center of each plate. Spoon some of the macerated berries over piece of cake. Garnish the slice with whipped cream, powdered sugar and mint sprigs. This recipe yields 12 to 16 slices.



# Sour Cream Fudge Cake

---

1/4 Pound Butter; softened, plus  
1 Tablespoon Butter; softened  
1-1/2 Cup Sugar  
1 Cup Sour cream  
2 Eggs  
1-1/2 Cup Flour  
1/2 Cup Cornstarch  
1 Teaspoon Salt  
2 Ounce Unsweetened chocolate; melted  
1 Teaspoon Pure vanilla extract  
2 Teaspoon Instant coffee  
1/4 Cup Hot water

## Fudge Cake Icing

1 Pound Butter; softened  
4 Cup Powdered sugar  
12 Ounce Unsweetened chocolate; melted  
1 Teaspoon Vanilla

Preheat the oven to 350 degrees. Grease a 13- by 9- by 2-inch rectangular baking pan with 1 tablespoon of the butter. Using an electric mixer, fitted with a wire whip, cream the remaining butter and sugar, scraping the sides down occasionally. Add the sour cream and mix to incorporate. Add the eggs, one at a time, beating well after each egg. Sift the flour, cornstarch and salt. Add the flour mixture, 1/2 cup at a time, scraping down the sides occasionally. Add the melted chocolate and vanilla and mix well. Dissolve the coffee in the water and add this mixture to the chocolate mixture, mix well. Pour the batter in the prepared pan. Bake the cake for 35 to 40 minutes or until the center is set. Remove from the oven and cool completely. For the frosting: Using an electric mixer, fitted with a wire whip, beat the butter until soft. Add the sugar, 1/2 cup at the time, mix until smooth. Add the chocolate and vanilla, mix well. Spread the frosting on top of the cake. Slice and serve. This recipe yields one cake.

# Southern Cooked Greens

---

**1/2 Pound Bacon**

**3 Cup Julienned onions**

**Salt; to taste**

**1 Pinch Cayenne pepper; or to taste**

**Freshly-ground black pepper; to taste**

**2 Tablespoon Minced shallots**

**1 Tablespoon Minced garlic**

**1 Bottle Dixie Beer –; (12 oz)**

**1/4 Cup Rice wine vinegar**

**1 Tablespoon Molasses**

**6 Pound Greens; cleaned, stemmed (such as mustard greens; collard greens, Turnip greens; kale, and/or spinach)**

**In a large pot, render the bacon until crispy, about 5 minutes. Add the onions and cook for about 6 to 7 minutes or until the onions are wilted. Season the mixture with salt, pepper and a pinch of cayenne. Add the shallots and garlic and cook for 2 minutes. Stir in the beer, vinegar, and molasses. Stir in the greens, a third at a time, pressing the greens down as they start to wilt. Cook the greens, uncovered for about 1 hour and 15 minutes. Mound the greens in the center of the platter. Spoon the sauce over the top. This recipe yields 8 servings.**

# Southern Cooked Greens

---

**1/2 Pound Chopped bacon**

**3 Cup Chopped yellow onions**

**Salt**

**Freshly ground pepper**

**Cayenne pepper**

**1/2 Cup Firmly packed light brown sugar**

**2 Tablespoon Minced shallots**

**1 Tablespoon Minced garlic**

**6 Cup Water**

**1/4 Cup Rice wine vinegar**

**6 Pound Assorted greens; such as mustard greens, collard greens, turnip greens, kale and spinach, washed and stemmed**

**In a large pot, saute the bacon until slightly crisp. Add the onions and season with salt, pepper and cayenne pepper. Cook 6 to 7 minutes, until the onions are wilted and golden. Add the brown sugar and stir to dissolve. Add the shallots and garlic. Cook for 2 minutes. Add the water and vinegar and mix well. Begin adding the greens, a third at a time, pressing them down as they begin to wilt. Season with salt and pepper. Reduce the heat to medium-low and cook, uncovered, until the greens are soft, about 1 hour and 15 minutes. Serve hot.**

**Yield: 8 servings**

# Spanish Fried Custard

---

1 Cinnamon stick  
Peel of 1 lemon  
3 Cup Milk  
1 Cup Sugar  
2 Tablespoon Cornstarch  
2 Teaspoon Cinnamon  
Flour; for dredging  
Egg wash  
Olive oil; for frying

In a saucepan, over medium heat, combine the cinnamon stick, lemon peel, 3/4 cup of the sugar, and 2 1/2 cups of milk. Bring to a simmer and cook for 30 minutes. Remove the cinnamon stick and lemon peel. In a small mixing bowl, combine the remaining milk and the cornstarch. Whisk well. Slowly whisk the cornstarch mixture into the hot milk mixture. Bring to a boil and cook for 8 minutes, whisking constantly. Remove from the heat and pour into a greased 8-inch baking dish. Cool completely. Cover and refrigerate until well chilled. Cut the custard into 2-inch triangles. Combine the remaining 1/4 cup sugar and cinnamon. Mix well. Dredge the triangles in the flour, coating completely. Dip each triangle in the egg wash, letting the excess drip off. Dredge the custards back into the flour, coating completely. In a large saute pan, over medium heat, add the oil. Lay the triangles in the hot oil and pan-fry until golden on both sides, about 3 minutes. Remove and drain on paper towels. Season with the cinnamon sugar mixture. Repeat the above process with the remaining triangles. Serve warm.

**Yield:** 8 servings

# Spiced Cream

---

**1 Quart Heavy cream**

**1/4 Cup Granulated sugar**

**1/2 Teaspoon Ground cinnamon**

**1/4 Teaspoon Freshly-grated nutmeg**

**Beat the cream with an electric mixer on high speed in a large mixing bowl for about 2 minutes. Add the sugar, cinnamon, and nutmeg and beat again until the mixture thickens and forms stiff peaks, another 1 to 2 minutes.**

**This recipe yields 4 cups.**

# Spicy Baked Scallops

---

**1 Egg**  
**1 Tablespoon Dijon mustard**  
**1 Tablespoon Chopped garlic**  
**1/4 Cup Chili sauce; plus**  
**1 Tablespoon Chili sauce**  
**Juice of one fresh lemon**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Cup Olive oil; plus**  
**2 Tablespoon Olive oil**  
**18 Diver scallops; cleaned, and bottom shells reserved**  
**1/2 Cup Grated Parmigiano-Reggiano cheese**  
**1 Tablespoon Finely-chopped parsley leaves**  
**49 Fat; 1/2 Other Carbohydrate**

**Preheat the oven to 400 degrees. In a food processor, fitted with a metal blade, combine the egg, mustard, garlic, 1 tablespoon of the chili sauce, and lemon juice. Process until smooth. Season with salt and pepper. With the machine running, add 1 cup of the oil in a steady stream. Process until the mixture is thick. Season with salt and pepper. Season the scallops with salt and pepper. In a large saute pan, heat the remaining olive oil. Add the scallops and sear for 1 minute on each side. Remove from the heat and set aside. Scrub the scallop shells clean. Place the scallops in the center of each shell. Spread a heaping tablespoon of the chili-mayonnaise on top each scallop. Sprinkle the top of each scallop with the cheese. Place the scallops on two baking sheets. Place in the oven and cook until the top is golden and bubbly. Remove from the oven and serve on a large platter. Garnish with parsley. Serve the scallops with the remaining 1/4 cup of chili sauce. This recipe yields 18 scallops.**

# Spicy Chicken With Cashews

---

**2 Cup Diced skinless chicken breast**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**1 Cup Cornstarch**

**Oil; for frying chicken**

**1/4 Cup Peanut oil**

**1 Cup Unsalted cashews**

**2 Dried red peppers**

**1/2 Pound Chinese long beans; blanched**

**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven. Season the chicken and cornstarch with salt and pepper. Dredge the chicken in the cornstarch, coating completely. Fry the chicken until golden brown, about 2 to 3 minutes. Drain on paper towels. Season with salt and pepper. In a large saute pan, heat the peanut oil. When the oil is hot, add the cashews. Season with salt and pepper. Pan-fry until golden, about 4 to 5 minutes. Add the peppers and beans. Season with salt and pepper. Saute for 2 minutes. Remove from the heat. Toss the chicken and cashew mixture together. Mound in the center of a large platter and serve. This recipe yields 4 to 6 servings.**

## Spicy Fig Sauce

---

**2 Tablespoon Granulated sugar**  
**1/4 Cup Freshly squeezed orange juice; warm**  
**1/2 Cup Chopped fresh figs**  
**1 Star anise**  
**3 Whole black peppercorns**  
**1–1/2 Other Carbohydrates**

**Cook the sugar in a heavy bottomed saute pan over medium heat for 3 minutes, or until golden brown. Add the orange juice and bring to a boil. Add the figs, star anise, and peppercorns, bring to a boil, and cook for 3 minutes. Remove from the heat and strain through a fine mesh sieve, pushing on the solids to remove as much liquid as possible. If necessary, thin with a little warm water to a make a sauce consistency.**

**Yield: 1/2 cup**



# Spicy Garlic Bread

---

**1 Cup Garlic Aioli**  
**1/2 Cup Chopped pickled jalapenos**  
**1 Cup Thinly sliced artichoke hearts**  
**4 Ounce Grated Parmesan cheese**  
**1 Large Loaf of French bread; split in half**  
**2 1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees F. In a mixing bowl, combine all of the ingredients together except for the bread. Mix well. Season with salt and pepper. Spread the mixture over each half of bread. Place a parchment lined baking sheet and bake until golden and bubbly. Remove from the oven and cool slightly before slicing.**

**Yields: 12 to 14 servings**

# Spicy Lamb Sauce

---

**2 Tablespoon Olive oil**  
**1 Pound Ground lamb**  
**Salt; to taste**  
**2 Teaspoon Crushed red pepper**  
**2 Cup Finely–chopped onions**  
**1/2 Cup Finely–chopped celery**  
**1/2 Cup Finely–chopped carrot**  
**Freshly–ground black pepper; to taste**  
**2 Tablespoon Chopped garlic**  
**2 Can Peeled; seeded, chopped tomatoes, – (28 Ounce ea)**  
**1 Small Can Tomato paste**  
**3 Cup Beef stock or water**  
**2 Fresh thyme sprigs**  
**2 Bay leaves**  
**2 Teaspoon Dried oregano**  
**2 Teaspoon Dried basil**  
**2 Ounce Parmigiano–Reggiano cheese**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large nonreactive saucepan, over medium heat, add the oil. When the oil is hot, add the meat and season with salt and crushed red pepper. Brown the meat for 4 to 6 minutes. Add the onions, celery, and carrots. Season with salt and pepper. Cook for 4 to 5 minutes or until the vegetables are soft. Add the garlic and tomatoes. Season with salt and pepper. Continue to cook for 2 to 3 minutes. Whisk the tomato paste with the water and add to the tomatoes. Add the thyme, bay leaves, oregano, basil and red pepper. Mix well. Bring the liquid to a boil, reduce the heat to medium and simmer for about 2 hours. Stir occasionally and add more liquid if needed. During the last 30 minutes of cooking, reseason with salt and pepper and stir in the cheese. Remove from the heat and let sit for 15 minutes before serving. This recipe yields about 4 to 6 cups of sauce.**

# Spicy Pork Pinwheels

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**1 Pound Roasted pork shoulder; shredded**  
**6 Ounce Prosciutto; diced small**  
**1 Tablespoon Chopped garlic**  
**1 Egg**  
**12 Ounce Ricotta cheese**  
**4 Ounce Grated Parmigiano–Reggiano cheese**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**1 Tablespoon Finely–chopped fresh parsley leaves**  
**2 Puff pastry sheets**  
**1 Egg; beaten**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 375 degrees. In a mixing bowl, combine the pork, prosciutto, garlic, egg, and cheeses. Mix well. Season with salt and pepper. Spread 1/2 the filling over each sheet of puff pastry, leaving a 1/2–inch border. Fold the side edges in 1–inch. Roll the pastry tightly, lengthwise, like a jelly roll. Place the pastry seam–side down on a parchment–lined baking sheet. Brush the pastry with the egg wash. Place in the oven and bake until golden brown, about 20 to 25 minutes. Remove from the oven and cool before slicing. Slice the pastry into individual 1–inch pinwheels and serve. This recipe yields 10 servings.**

# Spicy Red Bean Sauce

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**1/2 Pound Bacon; chopped**  
**1 Onion; chopped**  
**2 Celery stalks; chopped**  
**1 Carrot; peeled and chopped**  
**1 Green pepper; chopped**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**2 Tablespoon Chopped garlic**  
**1-1/2 Cup Peeled; seeded, chopped tomatoes**  
**4 Bay leaves**  
**1 Tablespoon Chili powder**  
**1 Pound Red beans; soaked overnight, and drained**  
**2 Quart Chicken stock**  
**16 1/2 Fat; 0 Other Carbohydrates**

**In a saucepan, render the bacon for 5 minutes. Add the onions, celery, carrots, and peppers. Saute the vegetables for 5 to 6 minutes or until the vegetables start to wilt. Season with salt and pepper. Stir in the garlic, tomatoes, bay leaves, and chili powder. Saute for 1 minute. Add the beans and chicken stock. Bring the liquid to a boil and reduce to a simmer. Simmer for 2 to 2 1/2 hours, or until the beans are tender and creamy. Remove the beans from the heat. Using a hand-held blender, puree the beans until smooth. Add a little water if the beans are too dry. Strain the sauce through a fine mesh strainer. Discard the strained mixture. Re-season the sauce with salt and pepper if necessary. This recipe yields about 1 1/2 quarts of sauce.**

# Spicy Sausage And Cheese Bread

---

**1/2 Pound Andouille; kielbasa, or Italian sausage, ground**

**1 Cup Minced yellow onions**

**1 Tablespoon Minced jalapeno**

**1 Envelope Dry yeast –; (1/4 oz)**

**2 Tablespoon Sugar**

**2 Tablespoon Vegetable oil; plus**

**1 Teaspoon Vegetable oil**

**2 Cup Warm water; (about 110 degrees)**

**6 Cup Bleached all-purpose flour**

**1/4 Cup Yellow cornmeal**

**2 Teaspoon Salt**

**1/2 Pound White cheddar cheese; grated**

**1/2 Fat; 0 Other Carbohydrates**

Preheat the oven to 400 degrees. Brown the sausage in a skillet over medium heat. Add the onions and jalapenos. Continue to cook for 3 minutes. Remove from the heat and drain on a paper-lined plate. Set aside and cool to room temperature. Combine the yeast, sugar, and 2 tablespoons of the oil in the bowl of an electric mixer fitted with a dough hook. Add the water. With the mixer on low speed, beat the mixture for about 4 minutes to dissolve the yeast. If the yeast mixture doesn't begin to foam after a few minutes, it means it's not active and will have to be replaced. In a separate large mixing bowl, combine the flour, 1/2 cup plus 2 tablespoons of the cornmeal, salt, sausage mixture, and cheese. Add this mixture. Mix on low speed until it lightly comes together, then increase the speed to medium and beat until the mixture pulls away from the sides of the bowl, forms a ball, and climbs slightly up the dough hook. Remove the dough from the bowl. Coat the dough with the remaining teaspoon vegetable oil. Return the dough to the bowl and turn it to oil all sides. Cover the bowl with plastic wrap, set in a warm, draft-free place, and let rise until doubled in size, about 2 hours. Remove the dough from the bowl and turn it onto a lightly floured surface. Using your hands, gently roll and form it into a narrow loaf about 24 inches long. Cut the dough into 18 equal pieces (each about 2 1/2 ounces). With the palm of your hand, roll the portions on a lightly floured surface to form small round rolls. Line a baking sheet with parchment paper and sprinkle it with the remaining 2 tablespoons cornmeal. Place the rolls about 1-inch apart on the paper. Cover the rolls with plastic wrap and let rise in a warm, draft-free place until doubled in size, about 30 minutes. Using a sharp knife, make a small X on top of each roll. Bake until golden brown, about 20 minutes. Remove from the oven and serve warm. This recipe yields 18 rolls.

# **Spicy Short Ribs Smothered In Red Gravy**

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**2 Racks beef short ribs; (2 1/2 to 3 pounds each)**

**Salt**

**Freshly ground black pepper**

**1 Teaspoon Liquid crab boil**

**1 Bottle ketchup; (14-ounce)**

**12 Ounce Light beer**

**1 Tablespoon Molasses**

**1 Tablespoon Creole or whole grain mustard**

**1 Tablespoon Chopped garlic**

**1/2 Cup Chopped onions**

**1/4 Cup Firmly packed light brown sugar**

**1 Dash Hot pepper sauce**

**1 Dash Worcestershire sauce**

**1 Pinch Salt**

**1 Pinch Cayenne**

**1 Tablespoon Peeled and grated fresh ginger**

**1 Pinch Freshly ground black pepper**

**1 Recipe Cilantro and Roasted Potato Salad**

**Season the ribs with salt and pepper. Place the ribs in a large pot and cover with water. Add 1 teaspoon of the crab boil. Over high heat, bring the liquid to a boil. Reduce the heat to medium and simmer for 30 minutes. Remove the ribs from the liquid and cool. In a food processor, fitted with a metal blade, combine the rest of the ingredients. Process until smooth, about 15 seconds. Scrape down the sides with a rubber spatula. Pulse two or three times.**

**Preheat the oven to 350 degrees F. Place the ribs in a shallow roasting pan. Pour the pureed mixture over the ribs. Place the ribs in the oven and roast the ribs for about 1 1/2 to 2 hours or until the ribs are tender. Slice into individual ribs and serve with Cilantro and Roasted Potato Salad.**

**Yield: 5 to 6 servings**

# Spicy Shrimp Spring Rolls

---

Peanut oil for frying  
2 Tablespoon Vegetable oil  
1/2 Pound Chinese sausage; finely chopped  
Freshly ground black pepper  
1/2 Cup Minced yellow onions  
1 Tablespoon Chopped garlic  
1/4 Pound Bok Choy; shredded  
1/2 Pound Medium shrimp; peeled, deveined and chopped  
Nuoc Cham sauce  
Freshly ground black pepper  
1 Tablespoon Chopped green onions  
16 Rice papers or spring roll wrappers  
1 Cup Bean sprouts  
1 Cup Match-stick carrot strips  
1 Cup Packed cilantro leaves  
1 Cup Packed fresh mint leaves  
1/2 Fat; 0 Other Carbohydrates

Preheat a wok of peanut oil for frying. In a separate wok, heat the vegetable oil. When the oil is hot, add the sausage. Stir-fry for 3 minutes. Add the onions and garlic. Cook for 2 minutes. Add the cabbage and the shrimp. Season with nuoc cham and black pepper. Stir-fry for 1 minute. Remove from the heat and cool completely. Stir in the green onions.

Bring 2 cups of water to a boil in a 10-inch saute pan and remove from the heat. Submerge each spring roll wrapper, one at a time, in the hot water. Move the wrappers around in the water until they become soft and pliable, about 10 to 15 seconds. Remove from the water and lay on parchment paper.

Spread 1 tablespoon of the shrimp mixture evenly over each spring roll wrapper. On top of the shrimp mixture, sprinkle 1 tablespoon of the sprouts. Top the sprouts with 1 tablespoon of the carrots, 1 tablespoon of the cilantro, and 1 tablespoon of the mint. Fold two sides of the wrapper toward the center and then roll like a jelly roll, pressing the edges together to seal. Repeat until all 8 rolls are done. Fry until crispy, about 2 to 3 minutes. Remove and drain on paper towels. Serve with Nuoc Cham sauce.

**Yield:** 8 rolls

# Spinach Bread

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**1 Cup Water**  
**2 Cup Tightly–packed cleaned; stemmed fresh Spinach**  
**4 Tablespoon Butter; plus**  
**1 Teaspoon Butter**  
**2 Envelopes Active dry yeast –; (1/4 Ounce ea)**  
**1 Egg; beaten**  
**1 Tablespoon Sugar**  
**1 Teaspoon Salt**  
**1/8 Teaspoon Freshly–ground black pepper**  
**3 3/4 Cup Flour**  
**1 Tablespoon Kosher salt**  
**1 Tablespoon Grated Parmesan cheese**

**Preheat the oven to 375 degrees. Place the water and spinach in a saucepan. Wilt the spinach, pressing down the spinach with the back of a spoon, about 45 seconds. Drain the spinach, squeezing out the spinach tightly and reserve the liquid. Pour the liquid into a mixing bowl with 4 tablespoons of the butter. The butter will melt and cool the liquid to 110 degrees. Stir in the yeast and dissolve the yeast. Add the beaten egg, sugar, salt, and black pepper. Finely chop the spinach and add to the yeast mixture. Add the flour and mix well with a wooden spoon until the dough comes away from the sides of the bowl. Using your hands, form the dough into a ball. Lightly oil a bowl. Place the dough in the bowl and turn the dough once. Cover the dough with plastic wrap and place in a warm, draft–free place until the dough doubles in size, about 1 hour. Butter 6 over–sized muffin tins. Invert the dough onto a floured surface and punch it down with your fist. Fold each side in and tuck the ends into the center. Repeat. Put the dough, seam side down and divide the dough into six equal portions. Using your hand, gently roll the dough into a ball. Place the balls in the prepared pan. Sprinkle the rolls with kosher salt and cheese. Cover and let rise in a warm, draft–free place until in doubles in size, about 1 hour. Bake the rolls for about 30 minutes, or until golden–brown. Remove from the oven and place on a wire rack to cool before removing from the pan. This recipe yields 6 oversized muffin rolls.**



# **Spinach Salad With Andouille Dressing**

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**1/2 Pound Ground andouille sausage or other pork sausage**

**1 Cup Finely chopped onions**

**2 Teaspoon Chopped garlic**

**1 / cup balsamic vinegar**

**1/2 Cup Olive oil**

**1 Cup Toasted walnut pieces**

**1 Cup Toasted pecans**

**1 Cup Toasted hazelnut pieces**

**Essence**

**6 Ounce Goat's cheese**

**1 Pound Fresh baby spinach; cleaned and patted dry**

**1 Cup Julienned red onions**

**Salt**

**Freshly ground black pepper**

**In a saucepan, over medium heat, brown the sausage, about 4 to 6 minutes. Add the onions and garlic. Continue to cook for 3 minutes. Deglaze the pan with the vinegar, scrapping the bottom of the pan to remove any sausage that has stuck to the pan. Whisk in the oil. Remove from the heat and set aside. Using a mini-food processor, fitted with a metal blade, grind each nut separately. Season each nut with Essence. Form the cheese into 18 small balls, each ball about 1 tablespoon of cheese. Roll six of the balls of cheese in the ground walnuts. Roll six of the balls of cheese in the ground pecans. Finally, roll the remaining 6 balls of cheese in the hazelnuts. In a large mixing bowl, combine the spinach and red onions. Season with salt and pepper. Toss the spinach with the andouille dressing. Mound the salad in the center of each plate. Arrange each of the nut crusted balls of cheese around the spinach.**

**Yield: 6 servings**

# Spit Pea Soup With A Rosted Fennel And Lobster Salad

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3 Tablespoon Olive oil  
2 Cup Finely chopped onions  
Salt  
Freshly ground black pepper  
1/2 Teaspoon Crushed red pepper  
4 Garlic cloves; peeled  
1 Pound Green split peas  
8 Cup Water  
1 Bay leaf  
1 Bulb fennel; trimmed and sliced 1/2-inch thick  
2 Lobster tails; (about 6 to 8 ounces, each) cooked and small diced  
1/2 Cup Small diced red onion  
2 Tablespoon Extra virgin olive oil  
1 Cup Milk  
1 Dash Crystal Hot Sauce  
1 Cup Fresh parsley sprigs; washed, patted dry and fried until crispy  
15 Fat; 0 Other Carbohydrates

Preheat the oven to 400 degrees F. In a large saucepan, heat 2 tablespoons of the oil. When the oil is hot, add the onions. Season with salt and pepper. Saute for 2 minutes. Add the crushed red pepper, garlic, and split peas. Continue to saute for 1 minute. Stir in the water. Bring the liquid to a boil. Reduce the heat to medium-low and simmer until the peas are tender, about 1 1/2 hours. In a small mixing bowl, toss the fennel with the remaining 1 tablespoon of olive oil. Season with salt and pepper. Place on a parchment-lined baking sheet and place in the oven. Roast for about 25 minutes, or until golden brown. Remove from the oven and cool completely. In another mixing bowl, toss the lobster, fennel, red onion, and extra-virgin olive oil. Season with salt and pepper. Using a hand-held blender, puree the soup until smooth. Stir in the milk. Season with hot sauce, salt and pepper. To serve, ladle the soup into the individual bowls. Spoon the salad in the center of each bowl. Garnish with fried parsley.

**Yield:** 8 servings

# Steak Au Poivre

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**4 Sirloin steaks – (10 to 12 oz ea); trimmed**  
**Salt; to taste**  
**1 Cup Black peppercorns**  
**1/2 Cup Dijon mustard; plus**  
**1 Tablespoon Dijon mustard**  
**2 Tablespoon Olive oil**  
**1 Pound Baking white potatoes; peeled**  
**Oil; for frying**  
**1/2 Cup Minced shallots**  
**1 Garlic clove; peeled**  
**1/4 Cup Brandy**  
**1 Cup Demi-glace**  
**1/4 Cup Heavy cream**  
**1 Tablespoon Finely-chopped fresh parsley leaves**

Season the steaks with salt. In a coffee grinder, add the peppercorns and coarsely grind. With a small knife, spread a tablespoon of mustard on one side. Pack the peppercorns into the steak. Turn the steaks over and spread another tablespoon of mustard. Pack the peppercorns into the steak on the second side. In a large skillet, over medium heat, add the oil. When the oil is hot, add the steaks and sear for 4 to 5 minutes on each side. Remove the steaks from the pan. Using a mandoline, fitted with a waffle blade, cut the potatoes thinly, in a criss-cross motion, to form a waffle like chip. Fry until golden brown, about 4 to 5 minutes, stirring occasionally for overall browning. Remove and drain on paper towels. Season with salt. Set aside. Add the shallots and garlic to the pan. Saute for 15 seconds. Carefully add the brandy and flame. Add the demi-glace, cream and mustard. Mix well. Bring the liquid to a simmer and cook for 1 minute. Add the steaks back into the pan and continue to cook for 1 minute on each side. Remove the steaks and place in the center of each plate. Stir the parsley into the sauce and spoon on top of each steak. Serve each steak with a pile of the potatoes. This recipe yields 4 servings.

# Steamed Mussels With Pommes Frites

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2 Tablespoon Olive oil  
2 Cup Thinly sliced onions  
1–1/2 Cup Thinly sliced fennel; (about 1/2 bulb)  
Salt  
Freshly ground black pepper  
2 Cup Thinly sliced tomatoes  
1 Tablespoon Garlic  
4 Cup Dry white wine  
1/2 Cup Heavy cream  
1/4 Teaspoon Saffron threads  
4 Dozen live mussels; scrubbed and debearded  
1 Tablespoon Finely chopped fresh parsley leaves  
1 Pound Idaho potatoes; peeled and cut 4 inches by 1/4–inch thick

Preheat the fryer.

In a large saute pan with a lid, heat the olive oil. When the pan is hot, add the onions and fennel. Season with salt and pepper. Saute for 2 minutes. Add the tomatoes and garlic. Season with salt and pepper. Saute for 1 minute. Add the wine, cream and saffron. Bring the mixture to a simmer. Add the mussels and parsley then cover. Simmer for 4 to 6 minutes or until the mussels open. Discard any shells that do not open. Fry the potatoes in oil until golden brown. Remove and drain on paper towels. Season with salt and pepper. To serve, spoon the mussels into a shallow bowls and serve the frites on the side.

Yield: 4 servings

# Stewed Eggplant With Panned Steak

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2 Tablespoon Olive oil  
2 Cup Chopped yellow onions  
1 Eggplant –; (abt 2 lbs)  
3 Cup Peeled; seeded, and chopped tomatoes  
3 Bay leaves  
2 Tablespoon Chopped garlic  
Salt; to taste  
Cayenne pepper; to taste  
1 Tablespoon Chopped fresh parsley leaves  
4 Beef fillets – (abt 6 to 8 oz ea); pounded very thin  
2 Cup Flour  
2 Eggs; beaten with  
2 Tablespoon Milk  
1 Cup Vegetable oil – (to 2 cups); for frying  
1–1/2 Fat; 0 Other Carbohydrates

In a large heavy skillet with lid, add the olive oil. When the oil is hot, add the onions and saute for 3 to 4 minutes. Season the onions with salt and pepper. Peel and dice the eggplant. Stir in the eggplant and continue to saute for 2 minutes. Add the tomatoes, bay leaves and garlic. Season the mixture with salt and cayenne. Cover the skillet and reduce the heat to low. Simmer the tomato and eggplant mixture for about 45 minutes, stirring occasionally. Stir in the parsley and set aside. Season the flour with salt and cayenne. Season each steak with salt and cayenne. Dredge the steaks in the seasoned flour. Dip each in the egg wash, letting the excess drip off. Dredge the steaks in the flour for a second time, coating each side completely. In a large saute pan, heat the vegetable oil. When the oil is hot but not smoking, gently lay the steaks in the hot oil. Pan-fry the steaks for 3 to 4 minutes on each side or until golden brown. Remove the steaks from the oil and drain on a paper-lined plate. Season the steaks with salt and cayenne. To serve, spoon the smothered tomatoes and stewed eggplant in the center of each plate and top with the steak. This recipe yields 4 servings.

# Sticky Pecan Rolls

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## FOR THE BRIOCHE

3 Envelopes active dry yeast  
1/2 Cup Warm milk; (about 110 degrees )  
1 Vanilla bean; split  
5 Cup Flour  
6 Eggs  
1/2 Cup Warm water; (110 degrees F.)  
3 Tablespoon Sugar  
2 Teaspoon Salt  
3 Sticks plus 2 tablespoons butter; room temperature  
1 Large Egg; beaten

## FOR THE FILLING

1 Cup Sugar  
1 Teaspoon Cinnamon

## FOR THE TOPPING

1/2 Pound Butter  
1 Cup Light brown sugar  
2 Cup Pecan pieces  
40 1/2 Fat; 25 Other Carbohydrates

Preheat the oven to 400 degrees F.

For the Brioche:

Combine the yeast and milk in a small bowl and stir to dissolve the yeast. Add 1 cup flour and mix to blend well. Using a knife, scrape the vanilla bean and stir the pulp into the yeast mixture. Let sit at room temperature in a warm, draft-free place for about 2 hours to allow fermentation. Put 2 cups of the flour into a large mixing bowl. Add 4 of the eggs, one at a time, beating thoroughly into the flour using a wooden spoon with each addition. The dough will be sticky, thick, and spongy. Add the water, sugar, and salt and mix well, beating vigorously. Add 3 sticks of the butter and work it into the dough with your hands until it is well blended. Add the remaining 2 eggs and mix well into the dough. Add the remaining 2 cups of flour and blend into the dough, breaking up any lumps with your fingers. Add the yeast mixture. Using your hands, knead and fold the starter into the dough. Continue kneading and folding until all is well mixed, about 5 minutes. The dough will be sticky and moist. Cover with a clean cloth and let rise in a warm, draft-free place until it doubles in size, about 2 hours. With your fingers, lightly punch down the dough. Cover and let rise in a warm, draft-free place until it doubles in size, about 1 hour.

To assemble:

Divided the dough into 2 equal portions. Refrigerate one ball of dough while working. Lightly dust the work surface with flour and roll out the dough into

a rectangle, about 14 inches long and 1/4 inch thick. Using a pastry brush, egg wash the edges of the dough. In a small bowl, combine the sugar and cinnamon. Mix well. Sprinkle half of the mixture over 1/2 of the dough. Roll the dough up tightly to form a log. Wrap the log in plastic wrap and freeze for 30 minutes. Repeat the above process with the other ball of dough.

In a mixing bowl, combine the butter, brown sugar and remaining 1/2 teaspoon of cinnamon. Mix well. Spear the bottom of 2 (10 inch) round cake pan with the butter mixture. Sprinkle the butter with the pecan pieces. Remove the logs from the refrigerator. Using a sharp knife, slice into 1 1/2 inch slices. Place the slices on top of the pecans, about 1/2 inch away from each other. Let the buns rise until double in size, about 1 1/2 hours. Place in the oven and bake until golden brown, about 35 minutes. Remove from the oven and turn onto a serving platter. Cool for about 5 minutes and serve warm.

# **Stir–Fried Crabmeat With Cellophane Noodles**

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**1 Package Cellophane noodles; (3 1/2 ounces)**  
**2 Tablespoon Vegetable oil**  
**2 Tablespoon Chopped shallots**  
**1 Cup Thinly sliced snow peas**  
**1 Ounce Dried tree ear mushrooms; reconstituted in water**  
**2 Teaspoon Chopped garlic**  
**1 Cup Bean sprouts; (packed)**  
**Fish sauce; (nuoc mam)**  
**Freshly ground black pepper**  
**1/2 Pound Fresh crab meat; cartilage removed**  
**1/4 Cup Chopped green onions**  
**1/2 Fat; 0 Other Carbohydrates**

**Place the noodles in a large bowl. Cover with warm water and allow to sit for 20 minutes. Drain and pat dry. In a wok, over medium heat, add the oil. When the oil is hot, add the shallots, peas, mushrooms, garlic and bean sprouts. Season with the fish sauce and black pepper. Stir–fry for 1 minute. Add the crabmeat. Season with the fish sauce and black pepper. Continue to stir–fry for 2 minutes. Add the noodles and green onions. Stir–fry for 1 minute. Remove and serve on a large platter.**

**Yield: 4 servings**



# Strawberry Compote

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**3 Pint Fresh strawberries; washed, patted dry and sliced**

**1 Cup Sugar**

**1/2 Cup Grand Marnier**

**In a non-reactive saucepan, over medium heat, combine 2 pints of the strawberries, sugar and liquor. Bring the liquid to a boil, reduce the heat to medium and simmer until the fruit is soft, about 8 to 10 minutes. Remove from the heat and cool. In a food processor, fitted with a metal blade, puree the strawberries until smooth. Turn into a mixing bowl, and add the remaining sliced strawberries. Mix well.**

**Yield: about 2 cups**

# Stuffed New Potatoes

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- 1 Dozen New potatoes; scrubbed**
- 2 Large Eggs**
- 2 Tablespoon Homemade or prepared mayonnaise**
- 1/2 Teaspoon Minced garlic**
- 1 Teaspoon Finely-chopped parsley**
- 2 Tablespoon Minced red onions**
- 1 Ounce Caviar**

Place the new potatoes in a sauce pan and cover with water. Season the water with salt. Bring the liquid up to a boil and reduce the heat to medium. Cook the potatoes until fork tender, about 8 to 10 minutes. Place the eggs in a saucepan and cover with water. Bring the water up to a boil and reduce the heat to a simmer. Cook the eggs for 15 minutes after the heat has been reduced. Remove both potatoes and eggs from the water and shock in an ice bath. Remove the potatoes and eggs when cooled and pat dry. Using a paring knife, cut the tip of the potato off on both sides, vertically, so the potato will stand straight up. Using a small melon baller, scoop out the center of the potatoes, leaving about a 1/8-inch shell, reserving the potato scraps. Peel and chop the eggs. In a mixing bowl, combine the reserved potato scraps, chopped eggs, mayonnaise, garlic, parsley and onions. Mix thoroughly. Season the mixture with salt and pepper. Season the new potato with salt and pepper. Fill each potato with the potato mixture. Top each potato with caviar and garnish with parsley. This recipe yields 12 stuffed potatoes.

# Sugarcane Baked Ham With Spiced Apples And Pears

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12 Sugarcane swizzle sticks; each cut into about 3 inch pieces  
1 Hickory smoked ham; spiral sliced, 8 to 10 pounds (no bone, water added, cooked)  
1 Cup Firmly packed light brown sugar  
1 Cup Steen's 100 percent Pure Cane Syrup  
1/2 Cup Dark molasses  
1/2 Cup Dark corn syrup  
1/8 Teaspoon Freshly grated nutmeg  
1/4 Teaspoon Ground cloves  
1/8 Teaspoon Ground allspice  
1/2 Teaspoon Ground cinnamon  
1 Teaspoon Dry mustard  
1/4 Cup Water  
1–1/2 Pound Granny Smith apples; (about 4)  
1–1/2 Pound Bartlett pears; (about 4)  
2 Dozen medium buttermilk biscuits

Preheat the oven to 350 degrees F. Line a shallow baking pan with parchment or waxed paper. Insert the sugarcane sticks into the ham at 3 to 4–inch intervals. Tie the ham, using kitchen twine, at two inch intervals horizontally and vertically to keep it together. Place on a wire rack in the baking pan. In a mixing bowl, combine all of the ingredients together except for the mustard and water. Mix well. In a small bowl, dissolve the mustard in the water, then add to the spice mixture. Blend well. Yields: 2 1/2 cups Brush the entire ham with the glaze, coating it evenly. Wash, core, and halve the fruit. Place all around the ham. Baste the ham a second time and baste the fruit with the glaze. Bake for 45 minutes. Baste the ham and fruit again. Bake another 45 minutes. Remove the ham from the oven and let it rest for 5 minutes. Remove and discard the string and swizzle sticks. Serve the apples and pears on a platter with the ham. Serve everything warm or at room temperature. Serve the biscuits on the side.

Yield: 10 to 12 servings

# Susan's Coulibiac Of Salmon

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## **FOR THE DOUGH**

5 1/2 Cup Flour  
1/4 Cup Cornstarch  
1/2 Teaspoon Salt  
1 Pound Butter; plus  
2 Tablespoon Butter; cut small pieces  
2 Eggs  
1/2 Cup Sour cream

## **FOR THE FILLING**

2 Skin-on salmon fillets  
2 Cup Court bouillon  
Salt; to taste  
Freshly-ground white pepper; to taste  
2 Teaspoon Paprika  
3 Large Red bell peppers; roasted, skinned,  
Seeded and julienned  
1-1/2 Pound Assorted exotic mushrooms; finely chopped  
4 Shallots; minced  
6 Tablespoon Butter  
1 Large Onion; minced  
3/4 Cup Long-grain white rice  
1/2 Cup Sour cream  
2 Eggs; beaten with  
2 Tablespoon Water

## **FOR THE GARNISH**

1 Bunch Fresh watercress; cleaned, patted dry  
2 Cup Hollandaise sauce  
14 Fat; 0 Other Carbohydrates

In a large mixing bowl, sift the flour, cornstarch and salt. Cut in the butter and mix until it resembles coarse crumbs. In a small bowl, whisk the eggs and sour cream together. Stir the egg mixture into the flour mixture, stirring about 1 minute, until incorporated. This dough will be crumbly. Turn the dough onto a floured surface and sprinkle it liberally with iced water. Work the dough with a pastry scraper until the dough is moist. Dust with flour and knead a few times until smooth. Cut off 1/4 of the dough and shape into a smooth cake. Divide the remaining dough in half and shape into rectangles. Wrap all three pieces with plastic wrap and refrigerate for at least 30 minutes. Preheat the oven to 400 degrees. Place the salmon in a saute pan, over medium-high heat and cover with the court bouillon, add water if necessary. Bring to a boil and skim away the fat. Reduce the heat to medium and simmer for 15 minutes. Remove the salmon from the liquid, reserving and set aside to cool. Remove the skin and flake the salmon. Season the salmon with salt, pepper and the paprika. Cover the salmon and refrigerate. In another saute pan, over medium-high heat, melt 3 tablespoons of the butter. Add the mushrooms and shallots. Season with salt and pepper.

Saute for 2 to 3 minutes or until the mushrooms wilt and most of the liquid has evaporated. Remove from the heat and set aside. Wipe out the saute pan, and place back over the heat and melt the remaining 3 tablespoons of the butter. Add the onions. Season with salt and pepper. Saute for 2 to 3 minutes or until wilted. Add the rice and continue to saute for 1 minute. Stir in the reserved court bouillon. Bring to a boil, reduce the heat to medium, cover and cook for about 15 minutes or until tender. Remove from the heat and cool completely. Stir in the sour cream. Season with salt and pepper. To assemble, on a floured surface, roll out one piece of the dough into a rectangle, (15– by 9– by 1/8–inch thick). Line a sheet pan with parchment paper. Place the rolled dough on the baking sheet. Using the tip of the knife, mark an area 12– by 7–inches to center your filling. Spread in layers; rice, mushrooms, 1/2 of the salmon, peppers, and remaining salmon. Roll out the other dough and place on top pressing down to form a rectangular loaf. Seal the ends of the dough completely and egg wash the entire dough. Roll out the remaining dough and cut into strips and leaves. Use these to cover seams and decorate the loaf. Brush again with the egg wash. Using a sharp knife, make a couple of cuts at the top of the loaf. Place in the refrigerator and chill for 30 minutes. Remove from the refrigerator and bake for 1 hour, brushing halfway through the baking process with the egg wash. Remove from the oven and cool for 5 minutes before serving. Serve with watercress and Hollandaise sauce. This recipe yields 8 to 10 servings.

# Suzanne's Pumpkin Chiffon Pie

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1 Small Box Vanilla wafers  
3/4 Cup Sugar  
1/2 Cup Finely-chopped pecans  
1 Stick Butter; melted  
1-1/2 Cup Egg nog  
2 Cup Mashed fresh pumpkin  
3/4 Cup Light brown sugar  
3 Egg yolks  
1/2 Teaspoon Cinnamon  
1 Pinch Nutmeg  
1 Pinch Salt  
1 Pinch Ginger  
1 Envelope Unflavored gelatin  
1 Teaspoon Pure vanilla extract  
3 Egg whites  
1 Cup Heavy cream  
2 Tablespoon Bourbon  
8 Ounce Pecan halves

Preheat the oven to 400 degrees. In a food processor, combine the vanilla wafers, 1/4 cup of the sugar, and pecan pieces. Mix until the crust is smooth and resembles a coarse texture. With the machine running, add the butter and process until all of the butter is incorporated. Remove the crust from the processor and press into a deep-dish 10-inch pie pan. Place the pan in the oven and bake for 10 to 12 minutes or until the crust is set. In a saucepan, combine the egg nog, pumpkin, brown sugar, egg yolks, cinnamon, nutmeg, salt, and ginger together. Mix well. Place the pan over medium heat and cook the mixture for 10 minutes, stirring constantly. Remove the pan from the heat and sprinkle the gelatin over the filling. Whisk the gelatin into the filling until the gelatin dissolves. Stir in the vanilla. Cover the filling and refrigerate until cool. Using an electric mixer, whip the egg whites until soft peaks form. Gradually add 1/4 cup of the sugar and continue to beat until the peaks are stiff. Fold the egg whites into the pumpkin filling. Spread the filling evenly over the crust and refrigerate the pie for about 1 hour. Using an electric mixer, beat the heavy cream and remaining sugar until the cream is whipped and medium peaks have formed. Fold in the bourbon. Spread the whipped cream, evenly over the top of the pie. Garnish the top of the pie with the pecan halves. this recipe yields one 10-inch pie.

# Sweet Barbecue Sauce

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**1 Bottle Ketchup –; (14 oz)**  
**1/2 Cup Water**  
**2 Teaspoon Molasses**  
**2 Teaspoon Creole or whole grain mustard**  
**2 Teaspoon Chopped garlic**  
**1/4 Cup Chopped onions**  
**2 Tablespoon Light brown sugar –; (firmly packed)**  
**1 Dash Hot pepper sauce**  
**1 Dash Worcestershire sauce**  
**1 Pinch Salt**  
**1 Pinch Cayenne**  
**2 Teaspoon Peeled; grated fresh ginger**  
**1 Pinch Freshly-ground black pepper**  
**1/2 Other Carbohydrates**

**In a food processor fitted with a metal blade, combine all of the ingredients. Process until smooth, about 15 seconds. Scrape down the sides with a rubber spatula. Pulse two or three times. Refrigerate overnight before using. This recipe yields about 2 cups.**

# Sweet Corn And Mushroom Truffle Pasta

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8 Ounce Pancetta; julienned  
2 Ears White sweet corn  
1 Pound Assorted exotic mushrooms; sliced  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Tablespoon Chopped garlic  
1 Pound Fresh fettuccini pasta  
Drizzle of white truffle oil  
3 Ounce Freshly-grated Romano cheese  
2 Tablespoon Chiffonade basil

Bring a pot of salted water, with a pasta basket, up to a boil. In a large saute pan, over medium heat, render the pancetta until crispy, about 5 minutes. Remove the pancetta from the pan and set aside. Using a sharp knife, remove the kernels from the cob. Add the corn to the pancetta fat and saute for 2 minutes. Add the sliced mushrooms and saute for 2 to 3 minutes. Season with salt and pepper. Stir in the garlic. Continue to saute for 1 minute. Place the pasta in the pot of boiling water and cook until al dente, about 4 to 5 minutes. Remove the pasta from the water and drain completely. Turn the pasta in to a mixing bowl and season with salt and pepper. Toss the pasta with the sauteed corn and mushrooms, reserved pancetta, drizzle of white truffle oil, cheese and basil. Divide the pasta evenly between four plates. This recipe yields 4 servings.



# Sweet Corn Relish

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**1–1/2 Cup Seeded; chopped red bell pepper**  
**1–1/2 Cup Seeded; chopped green bell pepper**  
**2 Cup Chopped sweet onion (such as a Wadmalaw or Vidalia)**  
**2 Cup Chopped celery**  
**1/2 Cup Chopped fresh chili peppers (such as jalapenos)**  
**3 Cup White vinegar**  
**1/2 Cup Fresh lemon juice**  
**1 Teaspoon Celery seeds**  
**1 Teaspoon Dry mustard**  
**1/2 Teaspoon Ground turmeric**  
**6 Cup Sweet corn kernels; (from about 12 ears)**

**Put everything but the mustard, turmeric, and corn in a non–reactive pot and simmer for about 5 minutes. Put the mustard and turmeric in a small bowl or teacup and mix together with some of the hot liquid from the pot, then add the mixture to the pot along with the corn. Bring to a boil, then reduce the heat and simmer for another 5 minutes. Pack the mixture into 6 (1/2–pint) sterilized jars, seal, and process in a boiling water bath for 10 minutes. Serve this condiment with poultry, beans or rice. This recipe yields 6 1/2 pints of relish.**

# Sweet Corn, Black Trumpet And Truffle Risotto

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1 Tablespoon Olive oil  
2 Tablespoon Butter  
1 Cup Chopped yellow onions  
2 Ears Sweet corn; kernels scrapped from cob  
1/2 Teaspoon Salt  
1/4 Teaspoon Freshly-ground white pepper  
Freshly-ground black pepper; 12 peppermill turns  
1 Pound Risotto  
6 Cup Vegetable stock  
1 Pound Black trumpet mushrooms  
2 Teaspoon Chopped garlic  
1/4 Cup Heavy cream  
1/2 Cup Grated Parmigiano-Reggiano cheese  
Drizzle of white truffle oil  
1 Black truffle; shaved

Over medium heat, in a large saute pan, heat the olive oil and 1 tablespoon butter. Heat the oil for 1 minute. Add the onions, corn, salt, white pepper, and black pepper. Saute for 3 minutes. Using a wooden spoon, stir in the risotto. Saute for 2 minutes. Stir the stock into the risotto. Bring the liquid up to a simmer, about 6 minutes. Stir in the mushrooms and garlic. Simmer the risotto for 18 minutes, stirring constantly. Stir in the remaining butter, cream, grated cheese and truffle oil. Simmer for 2 minutes, stirring constantly. Remove from heat and serve. Garnish with shaved truffles. This recipe yields 8 to 10 servings.

# Sweet Potato And Pecan Pie

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## SWEET POTATO FILLING

1/2 Pound Sweet potatoes  
Drizzle of olive oil  
Salt; to taste  
Freshly-ground black pepper; to taste  
Drizzle of molasses  
1 Teaspoon Ground cinnamon  
1/2 Teaspoon Ground ginger  
1/2 Teaspoon Ground nutmeg  
3 Eggs  
1-1/2 Cup Heavy cream  
1-1/2 Teaspoon Vanilla  
1 Unbaked 10-inch deep-dish pie crust

## PECAN TOPPING

1-1/2 Cup Pecans  
4 Eggs; beaten  
1/2 Cup Sugar  
1/2 Cup Light brown sugar  
1/4 Cup Steen's 100 Percent Pure Cane Syrup  
1/4 Cup Corn syrup  
1 Pinch Salt

## GARNISHES

1 Cup Whipped sweetened cream  
1/2 Cup Warm chocolate sauce  
Several fresh mint sprigs  
Shaker of powdered sugar  
1/2 Fat; 2 Other Carbohydrates

Preheat the oven to 375 degrees. Place the sweet potatoes on a baking sheet and drizzle with olive oil. Season the potatoes with salt and pepper and place in the oven. Roast the sweet potatoes for 1 to 1 1/2 hours or until the potatoes are fork tender. Remove the potatoes from the oven and cool. Remove the skin from the sweet potatoes. In a mixing bowl, whisk the sweet potatoes, molasses, spices, eggs, cream and 1 teaspoon vanilla together. Pour the filling into the unbaked pastry shell. Spread the pecan pieces evenly over the sweet potato filling. In a mixing bowl, whisk the remaining ingredients together. Pour the topping over the pecans. Bake for about 1 hour or until the filling and topping set. Cool for 10 minutes before slicing. Garnish with whipped cream, chocolate sauce, fresh mint sprigs, and powdered sugar. This recipe yields 8 slices.

# Sweet Potato Cheesecake

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1-1/2 Cup Butter cookie crumbs  
1 Cup Ground pecan pieces  
1 Stick Melted butter  
3 Pound Cream cheese; softened, cubed  
1 Cup Steen's Pure 100 percent Cane Syrup  
6 Eggs  
1 Cup Heavy cream  
1/2 Cup Flour  
1 Pinch Salt  
1/2 Teaspoon Cinnamon  
1 Teaspoon Vanilla  
1 Pound Sweet potatoes; roasted, peeled, and mashed  
2 Cup Sweetened whipped cream  
1 Dash Bourbon  
1 Cup Chocolate sauce  
10 1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 350 degrees. Combine the crumbs, ground pecans and the butter together. Mix well and press into a 10-inch spring-form pan. In a food processor, with the metal blade, mix the cream cheese until smooth. Add the cane syrup and blend. Add the eggs one at a time to thoroughly incorporate into the cheese mixture. Add the heavy cream. Add the flour, salt, cinnamon and vanilla and blend until smooth. Add the mashed sweet potatoes and blend until smooth. Pour into the prepared pan. Bake for 1 hour and 15 minutes or until the cake is set. Remove from the oven and with a knife loosen the sides from the pan. This will prevent the cake from spiting down the center. Completely cool the cake before cutting. For the sauce: In a mixing bowl, combine all the ingredients together and allow to sit for 2 to 3 hours. Combine the whipped cream and bourbon together, blend well. Garnish each piece of cake with the Bourbon Whipped Cream and a drizzle of chocolate sauce. This recipe yields 12 servings.

# Sweetbreads With A Toasted Tomato, Garlic And Lentil Ragu

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1-1/2 Pound Calf's sweetbreads; soaked, blanched, and trimmed  
1 Quart Court bouillon  
1 Cup Flour  
Salt; to taste  
Freshly-ground black pepper; to taste  
1/2 Cup Olive oil  
4 Roma tomatoes; split in half  
1 Roasted garlic head; cloves removed  
2 Shallots; thinly sliced  
1 Cup Blanched green lentils  
1/2 Cup Red wine  
2 Cup Veal reduction  
3 Tablespoon Finely-chopped parsley  
2 Tablespoon Cold butter

Place the sweetbreads in the court bouillon and poach them for 20 to 25 minutes. Remove the sweetbreads and press them between two plates with a 2 pound weight on top. Place the sweetbreads in the refrigerator and chill completely. After the sweetbreads are chilled cut the sweetbreads into nuggets or small pieces. Season the flour with salt and pepper. Dredge the sweetbreads in the seasoned flour, covering each side completely. Set the sweetbreads aside. Season the tomatoes with olive oil, salt and pepper. Place on a baking sheet and roast for 15 minutes. Remove from the oven and cool. After the tomatoes have cooled, julienne the tomatoes. In a saute pan, heat 2 tablespoons of the olive oil. When the oil is hot, add the tomatoes, garlic, shallots and lentils. Saute for 2 minutes. Season with salt and pepper. Add the red wine and cook for 1 minute. Add the veal reduction and bring up to a simmer. Simmer the sauce for 2 to 3 minutes. Stir in the parsley and butter. In a second saute pan, heat the remaining olive oil. When the oil is hot, saute the sweetbreads until crispy, about 2 to 3 minutes. Remove the sweetbreads from the oil with a slotted spoon. Add the crispy sweetbreads to the ragu and cook for 1 minute. Serve the sweetbreads immediately. This recipe yields 4 servings.

# Tarte Au Fromage Blanc

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**1 Dozen fresh plums**  
**1 Cup Brandy**  
**1 Pound Fresh Fromage Blanc**  
**1 Cup Sugar**  
**2 Egg yolks**  
**1/4 Cup Heavy cream**  
**2 Tablespoon Flour**  
**1 Tablespoon Fresh lemon juice**  
**1 Teaspoon Pure vanilla extract**  
**1 Pastry shell; unbaked (10-inch tart)**  
**1 Cup Sweetened whipped cream**  
**8 Sprigs fresh mint**

**Preheat the oven to 350 degrees F. Slice the plums in half. Place in a shallow baking dish and pour the brandy over the plums. Cover with plastic wrap and refrigerate for 2 hours. In a food processor, fitted with a metal blade, add the cheese. Process until smooth. Add the sugar and process until incorporated. With the machine running, add the eggs, one at a time. Add the cream, flour, lemon juice and vanilla. Process until smooth. Place the plum halves over the pastry shell. Pour the cheese mixture over the plums and spread evenly. Place in the oven on the bottom shelf. Bake until the tart is set, about 40 minutes. If the top starts to brown, place a piece of aluminum foil over the top of the tart to prevent browning. Remove from the oven and cool completely. Slice into 8 individual servings and garnish with whipped cream and mint.**

**Yield: 8 servings**

# Tasso Maque Choux

---

**1 Tablespoon Olive oil**  
**3 Ounce Diced Tasso ham**  
**3 Cup Sweet corn kernels**  
**1 Cup Onions**  
**1/2 Cup Chopped green bell peppers**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**1 Cup Peeled; seeded and chopped tomatoes**  
**1/2 Cup Heavy cream**

**In a large saute pan, over medium heat, add the oil. When the oil is hot, add the Tasso and saute for 2 to 3 minutes. Add the corn, onions and bell peppers. Season with salt and cayenne pepper. Saute for about 10 minutes. Add the tomatoes and simmer, stirring occasionally, for 15 to 18 minutes, or until the corn is tender. Add the cream, stir, and remove from the heat. This recipe yields 4 servings.**

# Tasso Maque Choux

---

**1 Tablespoon Olive oil**  
**4 Ounce Tasso; diced**  
**1 Cup Chopped onions**  
**6 Ears Sweet corn; kernels scraped from the cob**  
**1 Tablespoon Chopped garlic**  
**1/2 Cup Chopped green bell peppers**  
**1–1/2 Teaspoon Salt**  
**1/4 Teaspoon Cayenne pepper**  
**1 Cup Peeled; seeded and chopped tomatoes**  
**1 Cup Heavy cream**  
**1 Cup Chopped fresh parsley**

**In a large skillet with 1 tablespoon of olive oil over medium heat, render the Tasso for 2 to 3 minutes. Add the onions, corn, garlic and peppers and cook, stirring occasionally, for 10 minutes. Season with the salt and pepper. Add the tomatoes and cook, stirring occasionally for 15 to 18 minutes, or until the corn is tender. Stir in the cream and bring to a simmer. Simmer for 2 to 3 minutes or until the sauce coats the back of a spoon. Reseason with salt and pepper if needed. Stir in the parsley. This recipe yields 4 servings.**



# Tempura Stone Crabs With Lemon, Black Pepper Tartar Sauce

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1 Beaten egg  
2/3 Cup Flour  
1/2 Cup Cornstarch  
1 Cup Cold soda water  
1 Teaspoon Salt  
2 Dozen Florida stone crabs; with shell cracked,  
Removed; and meat exposed  
Oil; for frying

## TARTAR SAUCE

1 Egg  
Juice of one lemon  
Juice of one lime  
2 Teaspoon Dijon mustard  
1/4 Cup Minced onions  
2 Teaspoon Black pepper  
1 Cup Olive oil  
Salt; to taste  
Freshly-Ground black pepper; to taste  
11 Fat; 0 Other Carbohydrates

Preheat the fryer. In a mixing bowl, whisk the egg, flour, cornstarch, soda water and salt. Blend until smooth. Let the batter sit for 10 minutes to rest. Using the back of a French knife, crack the crab shell and expose the meat. In a food processor, combine all of the tartar sauce ingredients except for the olive oil. Pulse until smooth. With the machine running, slowly add the olive oil in a steady stream. Season with salt and pepper. The mixture should be thick. Dip the exposed meat part of stone crab in the tempura batter. Fry the stone crabs for about 3 to 4 minutes, or until slightly golden-brown. Remove the stone crabs from the oil and drain on a paper-lined plate. Season with salt and pepper and serve with the tartar sauce. This recipe yields 4 servings.

# Tex–Mex Gooney Casserole

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**1 Tablespoon Olive oil**  
**2 Cup Chopped onions**  
**1 Pound Ground beef**  
**1 Pound Diced stew meat**  
**1 Tablespoon Chopped garlic**  
**2 Tablespoon Chili powder**  
**2 Teaspoon Cumin**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**1/4 Cup Tomato paste**  
**4 Cup Peeled; seeded, chopped tomatoes**  
**3 Cup Beef stock**  
**10 Flour tortillas**  
**2 Cup Grated Medium Cheddar cheese**  
**2 Cup Grated Monterey Jack cheese**

Preheat the oven to 375 degrees. Grease a 9– by 9– by 2–inch square baking dish. In a large skillet, heat the oil. When the oil is hot, add the onions and saute for 3 to 4 minutes. Add the ground beef and continue to cook for 3 to 4 minutes, stirring constantly. Add the diced meat and continue to cook for 3 minutes. Stir in the garlic, chili powder, and cumin. Season with salt and pepper. Stir in the tomato paste. Stir in the tomatoes and stock. Simmer the mixture for 30 minutes, stirring occasionally. Remove from the heat and cool. Spoon a couple of tablespoons of the chili mixture on the bottom of the prepared pan. Lay two tortillas on top of the chili mixture. Sprinkle the top of the tortillas with the Cheddar and Jack cheeses. Repeat the layering process until all of the chili, tortillas and cheese are used. (The final layer should be cheese.) Place the pan in the oven and bake until the cheese has melted, about 10 to 12 minutes. Remove from the oven and cool slightly before slicing. This recipe yields 6 servings.

# Thai Curry And Shrimp Soup

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**1–1/2 Pound Medium shrimp**  
**1 Small Yellow onion; quartered**  
**1/2 Fresh lemon**  
**1 Bay leaf**  
**5 Cup Water**  
**Salt**  
**2 Tablespoon Masamam Curry Paste; (recipe from above), up to 3**  
**2 Tablespoon Vegetable oil**  
**1/4 Cup Minced onions**  
**1 Roasted red pepper; small diced**  
**1/2 Teaspoon Chopped garlic**  
**2 Tablespoon Coconut milk**  
**2 Tablespoon Chiffonade fresh Thai basil leaves**

**Peel the shrimp, reserving the heads and shells. Refrigerate the shrimp until ready to use. In a saucepan, over medium heat, combine the reserved heads and shells, onions, lemons, bay leaf and water. Season with salt. Bring the liquid to a boil. Reduce the heat to medium–low and simmer for 30 minutes. Strain and set aside. Season the shrimp with salt. Toss the shrimp with the curry paste. In a saucepan, over medium heat, add the oil. When the oil is hot, add the onions. Season with salt. Saute for 2 minutes. Add the peppers, garlic and seasoned shrimp. Saute for 2 minutes. Add the reserved shrimp stock. Bring the liquid to a boil. Reduce the heat to medium–low and simmer for 5 minutes. Stir in the coconut milk. Adjust the seasonings. Remove from the heat and stir in the basil. Ladle into serving bowls and serve.**

**Yield: 4 to 6 servings**

# Three Cheese Focaccia

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**1 Envelope Active dry yeast –; (1/4 oz)**  
**1 Tablespoon Sugar**  
**1 Cup Warm water; (about 110 degrees)**  
**1 Teaspoon Salt**  
**3 1/2 Cup All-purpose flour**  
**2 Teaspoon Olive oil**  
**3 Tablespoon Kosher salt**  
**2 Tablespoon Coarsely-ground black pepper**  
**11 Ounce Fresh ricotta cheese; room temperature**  
**2 Large Eggs**  
**4 Ounce Salami; julienned**  
**6 Ounce Mozzarella cheese; grated, and**  
**At room temperature**  
**1/3 Cup Grated Parmigiano-Reggiano cheese**  
**1 Tablespoon Minced garlic**  
**1 Tablespoon Finely-chopped parsley**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 350 degrees. Using an electric mixer with a dough hook, whisk the yeast, sugar, and warm water together, for 2 minutes to dissolve the yeast. Add the flour and salt. With the mixer on low, mix until the dough starts to come together. Increase the speed to medium-high and mix until the dough comes away from the sides of the bowl and crawls up the dough hook. Grease a mixing bowl with the vegetable oil. Place the dough in the greased bowl and turn once. Cover the bowl with plastic wrap and place in a warm, draft free place until the dough doubles in size about 1 1/2 hours. Turn the dough out onto a baking sheet. Punch the dough down and press the dough out to form the pan. Sprinkle the dough with kosher salt and coarse black pepper. Cover the dough and allow to double in size, about 45 minutes. In a mixing bowl, combine the ricotta, eggs, salami, Mozzarella cheese, Parmesan cheese, garlic and parsley. Mix well and season with salt and pepper. Using your fingers make small dimples over the entire dough. Brush the dough with olive oil. Smear the filling evenly over the dough. The filling must be at room temperature to smear evenly. Bake the dough for 30 to 35 minutes or until the dough is golden-brown. Slice the bread into 8 to 12 pieces. This recipe yields 8 to 10 servings.**

# Three Chocolate Bark With Spiced Pecans And Dried Cherries

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**7 Tablespoon Butter**  
**1/2 Cup Brown sugar**  
**2 Cup Pecan pieces**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**1 Pinch Nutmeg**  
**1 Pinch Cinnamon**  
**1 Pound Semisweet chocolate; cut into pieces**  
**1 Pound Milk chocolate; cut into pieces**  
**1 Pound White chocolate; cut into pieces**  
**2 Cup Dried cherries; rehydrated, chopped**

**Preheat the oven to 400 degrees. In a large saute pan, melt 4 tablespoons of butter. Add the brown sugar and stir until the sugar dissolves and is bubbly. Add the pecans. Season the pecans with salt, cayenne, nutmeg, and cinnamon. Continue to cook, stirring constantly, until the sugar starts to caramelize and coat the pecans evenly. Cook for about 4 minutes. Remove the pan from the heat and spread the pecans over a parchment lined baking sheet. Place the pan in the oven and roast the pecans for about 6 minutes. Remove the pan from the oven and cool completely. Break the pecans into small pieces. Fill three small saucepans half way up the pan with water. Place the pans over medium heat and bring to a boil and then reduce to a simmer. In three separate mixing bowls, add each type of chips into the individual bowls. Place the bowls over the saucepans. After about 2 minutes over the heat the chocolate will start to melt. Stir each chocolate until totally melted. Remove the chocolate from heat and stir 1 tablespoon of butter into each bowl of chocolate. Pour each type of chocolate over the marble or a large parchment-lined baking sheet. Sprinkle the pecans and cherries over the chocolates. Using a metal spatula, spread the mixture out evenly back and forth to about 1/4-inch thick. Either place the marble in the refrigerator or allow to sit out until set, about a couple of hours. Break the bark into medium pieces and serve. This recipe yields about 4 pounds of bark.**

# Three Potato Gratin

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**1 Tablespoon Butter**  
**2 Garlic heads; split in half**  
**1 Quart Cream**  
**1 Pound White potatoes; peeled, and cut into 1/4" slices**  
**1 Pound Sweet potatoes; peeled, and cut into 1/4" slices**  
**1 Pound Red potatoes; peeled, and cut into 1/4" slices**  
**2 Cup Grated Parmigiano-Reggiano cheese; plus**  
**2 Tablespoon Grated Parmigiano-Reggiano cheese; for garnish**  
**Salt; to taste**  
**Freshly-ground white pepper; to taste**  
**2 Tablespoon Chopped chives**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat oven to 400 degrees. Grease an oval souffle dish with the butter. In a saucepan, bring the garlic and cream to a simmer. Season with salt and white pepper. Simmer the cream for 15 minutes, or until the cream has reduced by 1/4 and has slightly thickened. Season the potatoes with salt and white pepper. Alternate layering the white potatoes, sweet potatoes, red potatoes, and cheese in the prepared dish. You should have a total of six layers. Strain the garlic from the cream and pour over the potatoes. Cover the souffle dish with aluminum foil. Place in the oven and bake for 30 to 35 minutes. Remove the foil and continue cooking for 10 minutes or until the top is golden brown. Cool the gratin for 10 minutes before serving. Garnish with 2 tablespoons each of cheese and chopped chives. This recipe yields 8 servings.**

# **Tournedos Rossini With Chatue Potatoes**

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**6 Slice Foie Gras; 1/4" thick and 2" in diameter**  
**24 Slice Black truffles**  
**1/2 Cup Madeira**  
**Salt; to taste**  
**Freshly-Ground black pepper; to taste**  
**18 Tourned potatoes**  
**6 Fillet mignon –; (6 to 8 oz ea)**  
**6 Canapes; (rounds of white bread sauteed in Butter)**  
**Salt; to taste**  
**Freshly-Ground black pepper; to taste**  
**10 Tablespoon Butter**  
**2 Tablespoon Arrowroot**  
**2 Cup Veal stock**  
**1 Tablespoon Finely-chopped parsley**

**Preheat the oven to 400 degrees. Season the Foie Gras with salt and pepper. Place the Foie Gras in a shallow dish and cover with 1/4 cup of the Madeira. Soak the truffle slices in the remaining 1/4 cup of Madeira. Marinate the Foie Gras and truffles for 10 minutes. Remove the Foie Gras and truffle slices, reserve the Madeira. In a saute pan, melt 8 tablespoons of butter. Add the potatoes to the melted butter and season with salt and pepper. Saute the potatoes for 3 to 4 minutes. Place the potatoes in the oven and roast the potatoes until golden-brown and tender, about 20 minutes, shaking the pan every five minutes. Season the fillets with salt and pepper. In a large saute pan, heat 2 tablespoons of butter. When the butter has melted, add the fillets and sear for 3 to 4 minutes on each side. Remove from the pan. Place the canapes in the saute pan and arrange the fillets on top. Place the pan in the oven and roast for 6 to 8 minutes for medium-rare. In a hot saute pan, sear the Foie Gras for 1 to 2 minutes on each side. Remove the foie Gras and drain on a paper-lined plate. Dissolve the arrowroot in 2 tablespoons of the reserved Madeira to form a slurry and set aside. Add the reserved Madeira, truffles and veal stock to the Foie Gras fat. Bring the liquid up to boil and whisk in the slurry. Boil the liquid for a couple of minutes and then reduce to a simmer. Cook the sauce for 3 to 4 minutes. Season with salt and pepper. To serve, remove the fillets and potatoes from the oven. Place the fillets in the center of each plate. Arrange three potatoes around each fillet. Top each fillet with a piece of seared Foie Gras. Spoon the sauce over the top of the Foie Gras and garnish with parsley. This recipe yields 6 servings.**

# Traditional Southern Biscuits

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**2 Cup All-purpose flour**  
**1-1/2 Teaspoon Baking powder**  
**1-1/2 Teaspoon Salt**  
**2 Tablespoon Butter; cold**  
**1/2 Cup Solid vegetable shortening; cold**  
**1 Cup Milk**

**Preheat the oven to 400 degrees F.**

**In a large mixing bowl, combine the flour, baking powder and salt. Mix well. Add 1 tablespoon of the cold butter and the cold shortening and work it into the dry ingredients, using your hands, until the mixture resembles coarse crumbs. Stir in the milk. The dough will be sticky.**

**Dust your work surface with some flour. Turn the dough onto the floured surface. Gently fold each side toward the center. Pick up the dough and dust the work surface with additional flour. Return the dough to the floured surface and fold each side towards the center again. Turn the dough over and press it out to 1-inch thickness. Cut the biscuits, straight down, do not twist the cutter, with a 2 1/4-inch round cookie cutter. Melt the remaining tablespoon of butter and add to a 10-inch round cake pan. Place the biscuits in the pan, turning once (to coat both sides with butter), about 1/4-inch apart. Let the biscuits rest for 15 minutes before baking. Bake until golden brown, about 15 minutes.**



# **Triglie Alla Livornese – Red Mullet Leghorn Style**

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12 Small Red mullets; cleaned  
Flour; for dredging  
Salt; to taste  
Freshly-ground black pepper; to taste  
1/2 Cup Olive oil  
1 Tablespoon Chopped garlic  
1 Small Onion; finely chopped  
1 Bay leaf; crumbled  
2 Teaspoon Chopped fresh thyme  
2 Cup Peeled; seeded, pureed tomatoes  
1 Tablespoon Finely-chopped parsley  
1/2 Fat; 0 Other Carbohydrates

With a cloth towel, wipe the mullets dry. Season the flour with salt and pepper. Roll the mullets in the flour. In a large saute pan, heat the olive oil. When the oil is hot, add the mullets and pan-fry the mullets for about 3 to 4 minutes on each side or until golden. Add the garlic, onions, bay leaf, thyme, and tomatoes. Season with salt and pepper. Bring the liquid up to a simmer and cook for about 5 minutes. Garnish the mullets with parsley. This recipe yields about 6 servings.

# Trout Almondine

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**1 Cup Worcestershire sauce**  
**1/2 Cup Chopped yellow onions**  
**2 Bay leaves**  
**2 Lemons; peel and pith discarded and cut in half**  
**3/4 Cup Heavy cream**  
**1 Stick plus 2 tablespoons unsalted butter; cut into 1/2-inch chips**  
**4 Trout fillets; (6 to 8 ounces)**  
**Essence**  
**1 Cup Flour**  
**4 Cup Small diced white potatoes; peeled (about 1/2-inch by 1/2-inch)**  
**Salt**  
**Freshly ground black pepper**  
**1/4 Cup Plus 2 tablespoons vegetable oil**  
**2 Tablespoon Chopped garlic**  
**1/4 Cup Minced shallots**  
**1/2 Cup Fine dried bread crumbs**  
**2 Tablespoon Finely chopped fresh parsley leaves**  
**1 Cup Sliced almonds**  
**1 Tablespoon Finely chopped parsley leaves**

Combine the Worcestershire, onions, bay leaves, and lemons in a medium-size saucepan over medium-high heat. Mash the lemons down with the back of a spoon and bring the mixture to a boil. Simmer until it has reduced and becomes slightly thick, 8 to 10 minutes. Add the cream and whisk to blend. Cook for 1 minute. Mount in the 1 stick of the butter, whisking constantly until it is completely melted and blended into the mixture. Strain through a sieve, set aside and keep warm. Season the trout and flour with Essence. Dredge the fish in the flour, coating each side completely. In a large saute pan, over medium heat, add 1/4 cup of the oil. When the oil is hot, add the fillets. Pan-fry for 3 to 4 minutes on each side. Remove and drain on paper towels. In another saute pan, heat the remaining 2 tablespoons oil. Add the shallots. Season with salt and pepper. Saute for 1 minute. Add the garlic, potatoes, and bread crumbs. Season with salt and pepper. Saute for 2 minutes. Stir in the Meunire sauce. Continue to saute for 1 minute. Remove from the heat. In another saute pan, melt the remaining 2 tablespoons of butter. Add the almonds and saute for 2 minutes. Stir into the Meunire sauce. Remove from the heat and keep warm. To serve, spoon the potatoes in the center of each plate. Lay the fish directly on top of the potatoes. Spoon the sauce over the fish. Garnish with parsley.

**Yield: 4 servings**

# Truffle Chips

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**2 Pound New or small red potatoes; scrubbed**

**Vegetable oil; for frying**

**Salt; to taste**

**Freshly-ground white pepper; to taste**

**1 Tablespoon White truffle oil**

**1 Cup Grated Parmesan Reggiano cheese**

**If you have one, use a mandoline to slice the potatoes paper-thin. Soak the slices in cool water for 30 minutes and drain. Pat dry completely with paper towels. Preheat the fryer to 360 degrees. Deep-fry the potatoes until golden brown, 3 to 5 minutes. Drain on paper towels. Season with salt and pepper. Transfer the potatoes to a large mixing bowl and toss with the truffle oil and cheese. Serve immediately. This recipe yields 4 to 6 servings.**

# Truffle Chowder

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**3/4 Pound Bacon – (abt 10 slices); julienned**  
**2 Cup Chopped onions**  
**1 Cup Chopped celery**  
**1 Cup Diced carrot**  
**1–1/2 Teaspoon Salt**  
**1/2 Teaspoon Cayenne pepper**  
**6 Bay leaves**  
**3/4 Cup White truffle flour**  
**4 Cup Sliced assorted Exotic mushrooms**  
**7 Cup Chicken stock**  
**1 Cup Extra–black truffle juice**  
**2 Cup Diced white potatoes**  
**1 Cup Half–and–half**  
**1/2 Cup Finely–chopped fresh parsley; plus extra chopped parsley; for garnish**  
**1/4 Teaspoon Tabasco pepper sauce**  
**1 Teaspoon Worcestershire sauce**  
**Drizzle of truffle oil**  
**8 Parmesan cheese tuiles**  
**Shaved black truffles**

**In a large nonstick stock pot, over medium heat, render the bacon for 10 minutes. Add the onions, celery, and carrots. Season the vegetables with salt, cayenne, and bay leaves. Saute for 10 minutes, or until the vegetables are soft and tender. Stir in the flour and cook for 10 minutes, stirring occasionally. Stir in the mushrooms and saute for 2 to 3 minutes. Stir in the chicken stock and truffle juice and bring up to a boil. Add the potatoes and simmer for 15 minutes, or until the potatoes are fork tender. Stir in the cream and parsley. Simmer the soup for 5 minutes. Add the hot sauce and Worcestershire sauce. Simmer the soup for 2 minutes. Ladle the soup in a shallow bowl and garnish with the truffle oil, shaved truffles, tuiles and parsley. This recipe yields 10 servings.**

# Truffle Eggs

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**1 Dozen Eggs**  
**1/2 Cup Heavy cream**  
**4 Ounce Grated White Cheddar cheese**  
**A drizzle of truffle oil**  
**Salt; to taste**  
**Freshly-ground white pepper; to taste**  
**12 Sea scallops; cleaned**  
**3 Tablespoon Butter**  
**12 Slice Crispy bacon**  
**1 White truffle**  
**Chopped chives; for garnish**

**In a mixing bowl, whisk the eggs, cream and half of the cheese together. Season with salt and white pepper. Drizzle in truffle oil to taste. Season the scallops with salt and pepper. In a large saute pan, over medium heat, melt one tablespoon of butter. When the butter has melted add the scallops and sear for 2 to 3 minutes on each side or until the scallops are slightly golden and have formed a nice crust. In another large saute pan, over medium heat, heat the remaining two tablespoons of the butter. When the butter has melted, add the egg mixture and scramble the eggs for about 2 to 3 minutes or until the eggs are soft and still runny. To assemble, place a spoonful of the eggs in the center of the plate. Arrange three scallops over the eggs. Lay three slices of bacon directly on top of the scallops, forming short of a triangle hat. Sprinkle some of the remaining cheese over the bacon. Garnish the plate with shaved truffles, drizzle of truffle oil, and chives. This recipe yields 4 servings.**

# Truffle Pizza

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**1 Tablespoon Yeast**  
**1 Cup Warm water; (110 degrees)**  
**1/4 Cup Olive oil**  
**3 Cup Flour –; (to 4 cups)**  
**2 Teaspoon Salt**  
**1 Pound New potatoes; thinly sliced, blanched**  
**1 Cup Julienned red onions**  
**2 Tablespoon Extra–virgin olive oil**  
**Salt; to taste**  
**Freshly–ground white pepper; to taste**  
**1/2 Cup Grated Parmigiano–Reggino cheese**  
**Drizzle of truffle oil**  
**2 Tablespoon Chopped chives**

**Preheat the oven 400 degrees. In an electric mixer, whisk the yeast, water, and oil, together, to form a paste. Using a dough hook, add the flour and salt to the paste, mix the dough until the dough comes away from the sides and crawls up the sides of the hook. Remove the dough from the bowl and turn the dough into a greased bowl, cover. Let the dough rise until double in size, about 1 hour. Turn the dough out onto a floured surface and divide into four 4–ounce balls, cover. Let the dough rest for 10 to 15 minutes. Press each dough out into a 10–inch circle about 1/2– to 1–inch thick. Lightly brush the dough with olive oil. Divide the potatoes into four portions and season with salt and pepper. Cover each dough with the potatoes, leaving a 1–inch border. In a small mixing bowl, toss the red onions with the extra–virgin olive oil. Season with salt and pepper. Place a layer of the red onions on top of the potatoes. Sprinkle each pizza with the grated cheese. Drizzle each pizza with the truffle oil. Bake for 15 to 20 minutes or until the crust is crispy and golden–brown. Garnish the pizza with chives. This recipe yields four 10–inch pizzas.**

# Truffle Potato Ravioli

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**1 Tablespoon Olive oil**  
**1 Cup Chopped assorted wild mushrooms**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**2 Teaspoon Minced shallots**  
**1 Teaspoon Chopped garlic**  
**1 Cup Mashed potatoes**  
**3 Tablespoon Truffle oil**  
**1 Sheet Fresh pasta; cut 8 equal squares**  
**3/4 Pound White potatoes; peeled and cubed**  
**8 Cup Chicken stock**  
**1/2 Cup Heavy cream**  
**4 Ounce Parmesan cheese; shaved**  
**1 Black truffle; shaved for garnish**  
**1 Tablespoon Chopped chives**

**Bring a pot of salted water to a boil. In a saute pan, heat the olive oil. When the oil is hot, add the mushrooms and saute for 2 minutes. Season with salt and pepper. Add the shallots and garlic and saute for 1 minute. Remove from the heat and turn into a mixing bowl. Combine the potatoes and 1 tablespoon of the truffle oil with the mushroom mixture. Blend the mixture until smooth. Spoon 1/4 cup of the mushroom mixture in the center of one pasta square. With a little water, lightly wet the edge of the pasta square. Place one pasta square directly on top of the filled square and seal the edges very tightly, so the filling does not escape during poaching. In a saucepan, combine the cubed potatoes and stock, bring up to a boil. Season with salt and pepper. Reduce to a simmer and cook for about 30 minutes, or until the potatoes are fork tender. Using a hand-held blender, puree the mixture until smooth. With the blender running, slowly drizzle in the remaining truffle oil and heavy cream. Re-season if needed. Poach the raviolis in the boiling water for about 3 to 4 minutes, or until they float to the surface and are tender. Remove the raviolis from the water and drain. Season the raviolis with salt and pepper. To serve, spoon the potato soup into a shallow bowl. Lay the raviolis in the center of the soup. Garnish with the shaved cheese, shaved truffles, and chives. This recipe yields 4 servings.**

# Truffle Risotto With Parmesan Croutons

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1 Tablespoon Olive oil  
1 Cup Chopped onions  
Salt  
Freshly ground white pepper  
Freshly ground black pepper  
6 Cup Chicken stock  
1 Teaspoon Chopped garlic  
1 Pound Arborio rice; (2 cups)  
1/3 Pound Assorted exotic mushrooms; such shiitakes, chanterelles, or oysters, wiped clean and chopped (about 2 cups)  
1 Tablespoon Butter  
1/4 Cup Heavy cream  
1/2 Cup Freshly grated Parmigiano–Reggiano cheese  
3 Tablespoon Chopped green onions; green part only  
2 Tablespoon White truffle oil  
1 Medium Black truffle; for shaving

## CROUTONS

1 Egg  
1 Tablespoon Fresh lemon juice  
1 Cup Vegetable oil  
1 Teaspoon Dijon mustard  
1 Dash Hot pepper sauce  
Salt  
1 Cup Freshly grated Parmigiano–Reggiano cheese  
Freshly ground black pepper  
1 Tablespoon White truffle oil  
10 Slice Day–old white bread; crusts removed  
53 1/2 Fat; 0 Other Carbohydrates

In a large saute pan, over medium heat, heat the oil. Add the onions. Season with salt and pepper, and cook, stirring. Saute until the onions are slightly soft, about 3 minutes. Add the stock and garlic. Bring the mixture to a boil, reduce the heat to medium, and simmer for about 6 minutes. Add the rice and simmer for 10 minutes, stirring constantly. Add the mushrooms and continue to simmer, stirring constantly, until the mixture is creamy and bubbly, about 8 minutes. Stir in the butter, cream, cheese, green onions, and truffle oil. Simmer for 2 minutes, stirring constantly. Remove from the heat. Spoon the risotto in the center of each shallow bowl. Garnish with the croutons and shaved truffles.

**Yield: 8 to 10 servings**

**Recipe adapted from Emeril's Creole Christmas Cookbook, by Emeril Lagasse with Marcelle Bienvenu, published by William Morrow, 1997**

**PARMESAN CROUTONS:**



**Preheat the oven to 350 degrees F. Line a cookie sheet with parchment paper. In a food processor or blender, blend the egg and lemon juice together for 10 seconds. While the processor running, slowly pour in the vegetable oil through the feed tube. The mixture will thicken. Add the mustard, hot pepper sauce and salt, and pulse one or twice to blend well. Spoon the mixture into a small bowl and add the cheese, pepper, and truffle oil. Mix well. Cut each slice of bread diagonally into two triangles. Spread about 1 tablespoon of the mayonnaise mixture on each triangle. Place the triangles on the baking sheet and bake until lightly golden, about 15 minutes. Serve warm.**

**Yield: 20 croutons**

# Truffle Zaps

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**2 Pound New potatoes**

**Oil for frying**

**Salt; to taste**

**Freshly-ground black pepper; to taste**

**Truffle oil**

**1 Cup Grated Parmigiano-Reggiano cheese**

**Preheat the fryer. Using a mandoline, slice the new potatoes, paper thin. Soak the potatoes for 30 minutes and drain. Pat the potatoes completely dry and place in the fryer. Fry the potatoes until golden-brown, about 3 to 5 minutes. Remove the potatoes from the fryer and drain on a paper-lined plate. Season the potatoes with salt and pepper. Place the potatoes in a mixing bowl and toss with the Truffle oil and grated Parmesan cheese. Serve the potatoes immediately. This recipe yields 4 to 6 servings.**

# Truffled Asparagus

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12 Pieces Puff pastry –; (6" by 2")  
Drizzle of white truffle oil  
Freshly-ground black pepper; to taste  
1 Fresh truffle  
3/4 Cup Grated Parmigiano-Reggiano cheese  
12 Fresh asparagus spears; trimmed, blanched  
1 Tablespoon Olive oil  
1/2 Cup Minced shallots  
1 Teaspoon Chopped garlic  
Splash of Cognac  
1-1/2 Cup Demi-glace  
1 Tablespoon Butter  
2 Tablespoon Chopped truffle pieces

Preheat the oven to 400 degrees. Drizzle each piece of puff pastry with the truffle oil. Season with the pepper. Using a truffle slicer, shave the truffle very thin. Spread the shaved truffles over each piece of puff pastry. Sprinkle about 1 tablespoon of the cheese over the truffle slices. Season the asparagus with salt and pepper. Place one spear of the asparagus across the top of the puff pastry, lengthwise. Roll up the asparagus in the puff pastry like a jelly roll, sealing the ends tightly. Continue the process until all of the asparagus is used. Place the asparagus on a parchment-lined baking sheet. Bake until golden brown, about 6 minutes. In a saute pan, heat the olive oil. Add the shallots. Season with salt and pepper. Saute for 1 minute. Add the garlic. Remove the pan from the heat and add the Cognac. Place the pan back over the heat and flame the Cognac. Shake the pan, constantly until the flame goes out. Add the demi-glace and bring the liquid to a simmer. Stir in the butter and chopped truffles. To serve, ladle the sauce over the asparagus and serve. This recipe yields 4 servings.

# Tuna And Olive Crostini

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**12 Slice French baguette –; (1" slices)**

**Drizzle of olive oil**

**1 Tuna steak –; (8 oz)**

**Salt; to taste**

**Freshly–Ground black pepper; to taste**

**1/2 Cup Kalamata olives – (abt 20); pitted**

**1/2 Anchovy fillet**

**1/2 Teaspoon Chopped garlic**

**2 Tablespoon Extra–virgin olive oil**

**1/4 Teaspoon Freshly–ground black pepper; to taste**

**Chopped chives; for garnish**

**Preheat the oven to 350 degrees. In a mixing bowl, toss the bread slices with olive oil, coating each side completely. Season the bread with salt and pepper. Place the bread on a baking sheet and bake until crispy and slightly golden–brown, about 6 to 8 minutes. Remove the croutons from the oven and place on a large plate. Season the tuna steak with olive oil, salt and pepper. Place the tuna on a hot grill and cook for about 2 to 3 minutes on each side for medium–rare. Combine all of the remaining ingredients in a food processor and puree for 15 seconds or until the mixture is smooth. Slice the tuna into 12 equal slices and place one slice on top of each crouton. Dab a spoonful of the tapenade on top of each tuna slice. Garnish with chopped chives. This recipe yields 1 dozen crostinis.**

# Tuna Au Poive With Roasted Garlic And Corn Mashed Potatoes

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1 Pound Yukon Gold Potatoes; washed and quartered  
1 Pinch Salt  
3 Tablespoon Butter  
1/2 Cup Heavy cream  
Freshly ground pepper  
1/4 Cup Roasted garlic  
1 Ear corn; grilled or roasted, removed from the cob  
4 Tuna steaks; trimmed (10 to 12 ounces)  
Salt  
1 Cup Black peppercorns  
1/2 Cup Plus 1 tablespoon Dijon mustard  
2 Tablespoon Olive oil  
1 Tablespoon Finely chopped fresh parsley leaves  
22 1/2 Fat; 0 Other Carbohydrates

Place the potatoes in a saucepan, cover with water and cook over medium-high heat.

Season with salt. Bring the potatoes to a boil, reduce to medium heat and

Cook until tender, about 12 minutes. Remove and drain. Place the potatoes back in the saucepan, over medium heat. Continue to cook for 1 minute, stirring constantly. Add the butter and cream. Using a hand masher, mash until the potatoes are slightly smooth. Season with salt and pepper. Add the garlic and corn. Mix well. Set aside, keeping warm. Season the tuna with salt. In a coffee grinder, add the peppercorns and coarsely grind. With a small knife, spread a tablespoon of mustard on one side. Pack the peppercorns into the steak. Turn the tuna over and spread another tablespoon of mustard. Pack the peppercorns into the tuna on the second side. In a large skillet, over medium heat, add the oil. When the oil is hot, add the tuna and sear for 2 to 3 minutes on each side, for medium rare. Place a mound of the potatoes in the center of each plate. Place the tuna on top of the potatoes. Garnish with parsley.

Yield: 4 servings

# Tuna Tartar Emerilized

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**1 Pound Sashimi-grade Ahi**  
**Salt; to taste**  
**Freshly-ground white pepper; to taste**  
**1/4 Cup Extra-virgin olive oil**  
**2 Tablespoon Minced shallots**  
**2 Tablespoon Finely-chopped parsley**  
**1 Tablespoon Dijon mustard**  
**Juice of 2 lemons**  
**1 Avocado; peeled, cored, and brunoise**  
**1 Cup Wasabi creme fraiche**  
**12 Fried wonton wrappers**  
**1/4 Cup Brunoise red onions**  
**1 Ounce Sevruga caviar**  
**Chives; long**

Using a sharp knife, small dice the Ahi. Turn the diced tuna into a mixing bowl. Season the tuna with salt and pepper. In a small mixing bowl, whisk the oil, shallots, parsley, mustard, and lemon juice. Season with salt and pepper. Toss the diced tuna with the vinaigrette and mix thoroughly. Season the avocados with salt and pepper. To assemble, spoon the wasabi creme fraiche in the center of the plate. Place 1 wonton in the center of the sauce. Spread 2 ounces of the tartar over the wonton. Sprinkle the avocados over the tartar. Place another fried wonton on top of the avocados. Spread 2 ounces of the tartar over the wonton. Sprinkle the avocados over the tartar. Top the sandwich with one fried wonton. Garnish the wontons with the red onions, caviar and chives. Repeat the process for the other three sandwiches. This recipe yields 4 appetizer servings.

# **Turbo Dog Braised Cabbage**

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**1/2 Pound Bacon; chopped**  
**2 Cup Thinly sliced onions**  
**Freshly ground black pepper**  
**1/4 Cup Creole mustard**  
**1/2 Head white cabbage; shredded (about 1 1/2 pounds)**  
**2 Teaspoon Chopped garlic**  
**1 Turbo Dog Beer**  
**1/4 Cup Heavy cream**  
**1/2 Fat; 0 Other Carbohydrates**

**In a large saucepan, over medium heat, render the bacon until crispy. Add the onions. Season with pepper. Saute until the onions are soft, about 4 minutes. Add the mustard and cabbage. Season with salt and pepper. Saute for 3 minutes. Add the garlic, and beer, cover and cook for 20 minutes, stirring occasionally. Add the cream, stir to mix and cook, covered for 10 minutes. Serve warm.**

**Yield: 8 servings**

# Turkey Cristo

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**4 Slice Brioche or white bread**  
**2 Tablespoon Mayonnaise**  
**2 Tablespoon Creole mustard**  
**4 Slice Cheddar cheese**  
**1/2 Pound Sliced turkey**  
**2 Eggs**  
**1/4 Cup Milk**  
**2 Tablespoon Butter**  
**1/2 Cup Left-over cranberry sauce**

**Preheat the oven to 350 degrees. Spread 2 slices of bread with the mayonnaise. Spread the other two slices with the mustard. Place one slice of the cheese on top of the mayonnaise. Divide the turkey in half and place on top of the cheese. Lay the remaining 2 slices of cheese on top of each pile of turkey. Place the remaining slices of bread on top of the cheese. In a shallow bowl, whisk the eggs and milk together. Dip each sandwich in the egg mixture. In a skillet, melt the butter. Place the sandwiches in the pan and pan-fry until golden. Place the sandwiches on a baking sheet and place in the oven. Cook until the cheese melts. Remove from the oven. Slice in half and serve with the left-over cranberry sauce. This recipe yields 2 sandwiches.**



# Turtle Soup

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**1–1/2 Pound Turtle meat**  
**2 3/4 Teaspoon Salt; divided**  
**3/4 Teaspoon Cayenne pepper; divided**  
**6 Cup Water**  
**1 Stick Butter**  
**1/2 Cup Flour**  
**1–1/2 Cup Chopped onions**  
**2 Tablespoon Minced shallots**  
**1/4 Cup Chopped bell peppers**  
**1/4 Cup Chopped celery**  
**3 Bay leaves**  
**1/2 Teaspoon Dried leaf thyme**  
**2 Tablespoon Minced garlic**  
**1 Cup Chopped tomatoes**  
**1/2 Cup Worcestershire sauce**  
**3 Tablespoon Fresh lemon juice**  
**1/2 Cup Dry sherry**  
**1/4 Cup Chopped parsley**  
**1/2 Cup Chopped green onions**  
**4 Hard-boiled eggs; finely chopped**  
**2 Tablespoon Chopped green onions**  
**2 Tablespoon Chopped hard-boiled eggs**

Put the turtle meat in a large saucepan with 1 teaspoon of salt, 1/4 teaspoon cayenne and the water. Bring to a boil. Skim off any foam that rises to the top. Reduce heat to medium and simmer for 20 minutes. With a slotted spoon transfer the meat to a platter. Cut the meat into 1/2-inch dice and reserve the liquid. In another large sauce pan, combine the butter and flour over medium heat, stirring constantly for 6 to 8 minutes to make a dark roux. Add the onions, shallots, bell peppers and celery. Stir occasionally and cook for 2 to 3 minutes until the vegetables are slightly tender. Add the bay leaves, thyme and garlic, cook for 2 minutes. Add the tomatoes and the turtle meat. Cook for 5 to 6 minutes stirring occasionally. Add the Worcestershire sauce, the remaining salt and cayenne, the turtle stock (about 6 cups) lemon juice, and sherry. Bring to a boil, reduce heat to medium and simmer for 10 minutes. Add the parsley, green onions, and eggs and simmer for 45 minutes. Garnish with green onions and chopped eggs. This recipe yields 6 to 8 servings.

# Two Way Duck

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**1 Domestic duck – (abt 6 lbs); rinsed in cool water**  
**1/2 Cup Stemmed and sliced jalapenos; with seeds**  
**12 Garlic cloves; plus**  
**1 Medium Garlic head; halved crosswise**  
**2 Medium Lemons; halved**  
**1/2 Cup Sugar**  
**Salt; to taste**  
**Freshly ground black pepper; to taste**  
**Cayenne pepper; to taste**  
**2 Medium Sweet potatoes – (abt 14 oz); scrubbed**  
**1 Tablespoon Flour**  
**1 Cup Chopped onion**  
**1 Cup Chopped celery**  
**3 Cup Chicken stock**  
**2 Tablespoon Steen's 100 percent Pure Cane Syrup**  
**3 Tablespoon Chopped green onions**  
**1 Tablespoon Chopped parsley**

**Remove any excess fat pieces from the cavity of the duck. Remove the neck flap. With the duck breast side up and the cavity facing you, make a 1 inch slit on each side of the breastbone inside the cavity. Insert 1 slice of the jalapeno and 1 clove of garlic in each hole. With your fingers, separate the skin from the breast meat and insert 5 pieces of jalapeno and 5 garlic cloves under the skin and push them well along the breast. Turn the duck around so that the neck is facing you. Slice the remaining 2 cloves garlic and put these and the remaining jalapeno slices in the neck cavity. Put the duck in a deep glass or plastic container. Squeeze the lemons and pour the juice over the duck and inside the cavity. Rub the duck with the lemon skins. In a small bowl, stir the sugar with salt, pepper, and cayenne. Rub the duck, inside and out, with this mixture. Cover and refrigerate for 8 hours. Preheat the oven to 450 degrees. Remove the duck from the container and place it on a rack in a roasting pan. Stuff the cavity with the sweet potatoes and head of garlic. Bake for 30 minutes. Reduce the heat to 350 degrees and continue to bake for 1 hour, or until the duck legs pull easily away from the body. Carve the duck into 4 pieces. Peel and chop the sweet potatoes. Squeeze the garlic from the skins and set aside. Pour the oil (about 1/2 cup) from the roasting pan into a large skillet and heat over medium-high heat for about 2 minutes. Add 1 tablespoon flour and blend with a wire whisk for 5 to 6 minutes to make a medium-brown roux, the color of peanut butter. Add 1 cup each chopped onions and celery and cook stirring often, for 5 to 6 minutes. Add the chopped sweet potatoes and roasted garlic. Cook, stirring occasionally, for about 3 minutes. Add the chicken stock and bring to a boil. Reduce the heat to medium-low and cook, stirring occasionally, until the mixture thickens 6 to 7 minutes. Season with salt, cayenne and the Steen's Cane Syrup. Simmer for about 3 minutes. Add the green onions and parsley. Lay the duck pieces in the sauce and spoon it over. Increase the heat to medium, cover, and cook for about 20 minutes. Remove the lid and cook for 5 minutes more. To serve, place a piece of duck**

**in the center of each plate and spoon the sauce over the top. This recipe yields 4 servings.**

## **Tzatziki – (Cucumber And Yogurt Dip)**

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**1 Tablespoon Olive oil**  
**1 Teaspoon Vinegar**  
**1 Tablespoon Chopped garlic**  
**1 Cup Greek yogurt**  
**1 Medium Cucumber; peeled, diced small**  
**2 Teaspoon Finely–chopped fresh mint**  
**Salt; to taste**  
**Freshly–ground black pepper; to taste**  
**Kalamata olives**  
**Fried bread slices**  
**1/2 Fat; 0 Other Carbohydrates**

**Whisk the olive oil, vinegar, garlic and yogurt together. Season with salt and pepper. Season the cucumber with salt and pepper. Fold the cucumber and mint into the yogurt mixture. Cover and refrigerate until chilled. Serve with black olives and slices of fried bread. This recipe yields about 2 1/2 cups of dip.**

# Vadalia Onion Soup With Tortellini Of Cheese

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2 Tablespoon Olive oil  
6 Cup Thinly-sliced Vidalia onions  
Salt; to taste  
Freshly-ground black pepper; to taste  
10 Garlic cloves; peeled  
1 Tablespoon Chopped fresh tarragon leaves  
1 Tablespoon Chopped fresh oregano leaves  
1 Tablespoon Chopped fresh basil  
2 Quart Chicken stock  
2 Cup Trimmed; diced day-old French bread  
1/4 Cup Heavy cream  
1/3 Cup Grated Parmigiano-Reggiano cheese  
12 Goat's cheese tortellini  
2 Teaspoon Finely-chopped fresh parsley leaves  
1/2 Fat; 0 Other Carbohydrates

Preheat the fryer. In a large soup pan, over medium-high heat, heat the oil. Add the onions. Season with salt and pepper. Saute the onions for 8 minutes, or until wilted. Add the garlic cloves and continue to cook for 2 minutes. Stir in the chopped herbs and stock. Bring the liquid to a boil and then reduce the heat to medium-low and simmer for 30 minutes. Stir in the bread and cream. Increase the heat to medium-high and cook for 10 minutes. Using a hand-held blender, process until smooth. Stir in the cheese. Season with salt and pepper. Fry the tortellini in batches, until golden brown, stirring constantly for over-all browning, about 2 minutes. Remove from the fryer and drain on paper towels. Season with salt and pepper. To serve, ladle the soup into bowls. Garnish with the fried tortellini and parsley. This recipe yields 4 to 6 servings.

# Vanilla Brioche

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**3 Envelopes Active dry yeast**  
**1/2 Cup Warm milk; (about 110 degrees)**  
**1 Vanilla bean; split**  
**5 Cup Flour**  
**6 Eggs**  
**1/2 Cup Warm water; (110 degrees)**  
**3 Tablespoon Sugar**  
**2 Teaspoon Salt**  
**3 Sticks Butter; room temperature – +**  
**2 Tablespoon Butter; room temperature**  
**1 Egg yolk; beaten**

**Preheat the oven to 400 degrees. Combine the yeast and milk in a small bowl and stir to dissolve the yeast. Add 1 cup flour and mix to blend well. Using a knife, scrape the vanilla bean and stir the pulp into the yeast mixture. Let sit at room temperature in a warm, draft-free place for about 2 hours to allow fermentation. Put 2 cups of the flour into a large mixing bowl. Add 4 of the eggs, one at a time, beating thoroughly into the flour using a wooden spoon with each addition. The dough will be sticky, thick, and spongy. Add the water, sugar, and salt and mix well, beating vigorously. Add 3 sticks of the butter and work it into the dough with your hands until it is well blended. Add the remaining 2 eggs and mix well into the dough. Add the remaining 2 cups of flour and blend into the dough, breaking up any lumps with your fingers. Add the yeast mixture. Using your hands, knead and fold the starter into the dough. Continue kneading and folding until all is well mixed, about 5 minutes. The dough will be sticky and moist. Cover with a clean cloth and let rise in a warm, draft-free place until it doubles in size, about 2 hours. To make loaves, lightly butter two 9– by 5– by 3–inch loaf-pans with the remaining 2 tablespoons butter. To make rolls, butter 12 standard-size muffin cups. With your fingers, lightly punch down the dough. Divide the dough into 2 equal portions and place in the pans. For rolls, divide the dough into 12 equal portions and place in the muffin cups. Brush the tops with egg yolk. Cover and let rise in a warm, draft-free place until it doubles in size, about 1 hour. Bake the loaves for 25 to 30 minutes and the rolls for 20 minutes, or until golden-brown. Remove the pans from the oven and cool on wire racks. Turn the loaves or rolls out of the pans and cool completely on the wire rack. This recipe yields 2 loaves or 12 muffins.**

# **Veal And Mushroom Stew Over Mascarpone Ravioli**

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**2 Tablespoon Olive oil**  
**1 Pound Ground veal**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Cup Finely-chopped onions**  
**1 Pound Assorted exotic mushrooms; cleaned, stemmed**  
**2 Tablespoon Minced shallots**  
**1/2 Cup Peeled; seeded, chopped tomatoes**  
**2 Tablespoon Chopped garlic; plus**  
**1 Teaspoon Chopped garlic**  
**3 Cup Veal reduction**  
**2 Tablespoon Butter**  
**1 Tablespoon Finely-chopped fresh parsley leaves**  
**8 Ounce Mascarpone cheese**  
**2 Tablespoon Chiffonade of basil**  
**32 Fresh pasta squares-; (3" by 3")**  
**4 Ounce Parmigiano-Reggiano cheese; grated**  
**Chopped chives; for garnish**  
**7 1/2 Fat; 0 Other Carbohydrates**

**In a large saute pan, over medium heat, add the olive oil. When the oil is hot, add the veal. Season with salt and pepper. Brown the veal completely, about 5 to 6 minutes. Add the onions. Season with salt and pepper. Saute for 2 minutes. Add the mushrooms. Season with salt and pepper. Saute for 3 to 4 minutes. Add the shallots and tomatoes and saute for 2 minutes. Add the 2 tablespoons of garlic and saute for 1 minute. Season with salt and pepper. Add the veal reduction and bring the liquid up to a boil. Reduce to a simmer and cook for 4 to 5 minutes. Stir in the butter and parsley. Set aside and keep warm. Bring a pot of salted water to a boil. In a mixing bowl, combine the cheese, remaining teaspoon of garlic, and basil. Mix well. Season with salt and pepper. Place a tablespoon of the cheese in the center of 16 of the wontons. With a little water, lightly wet the edges of the pasta. Place the remaining pasta squares over the cheese. Press the two squares of pasta together tightly, sealing the raviolis completely. Place the raviolis in the boiling water and cook until tender, about 4 to 5 minutes. Remove from the water and drain completely. Season the raviolis with salt and pepper. To serve, place four of the raviolis in the center of each shallow bowl. Spoon the stew over the pasta. Garnish with the cheese and chives. This recipe yields 4 servings.**

# **Veal Grillades And Grits With Smothered Greens**

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**2 1/2 Pound Veal top round; cut into 2-inch cubes**

**Creole seasoning**

**Flour for dredging**

**1/4 Cup Vegetable oil**

**2 Cup Chopped onions**

**1 Cup Chopped bell peppers**

**1 Cup Chopped celery**

**Salt**

**Cayenne pepper**

**2 Cup Peeled; seeded and chopped tomatoes**

**1 Tablespoon Chopped garlic**

**5 Bay leaves**

**1/4 Teaspoon Dried thyme**

**1/4 Teaspoon Dried oregano**

**1/4 Teaspoon Dried basil**

**Freshly ground black pepper**

**2 Cup Beef broth**

**1/2 Cup Dry red wine**

## **BAKED CHEESE GRITS**

**4 1/2 Cup Whole milk**

**1-1/2 Teaspoon Salt**

**1/4 Teaspoon Cayenne pepper**

**1 Tablespoon Butter**

**2 Cup Quick cooking white grits**

**2 Cup Grated White Cheddar cheese**

**1 Recipe Southern Cooked Greens; (in Emeril's TV Dinners)**

**2 Tablespoon Chopped green onions; green parts only**

**2 Tablespoon Finely chopped parsley**

**In a mixing bowl, add the veal. Season with Creole seasoning. Toss the meat in flour, coating completely. Turn the meat out onto a floured surface and lightly pound the meat with a meat mallet. Turn the meat over and lightly pound again.**

**In a large, cast iron pot, heat the oil. When the oil is hot, add the veal. Brown the meat evenly on both sides for 5 to 6 minutes. Add the onions, bell peppers and celery. Season with salt and cayenne. Continue stirring, scraping the bottom and sides of the pot to loosen any browned particles. Cook for 5 to 6 minutes, or until the vegetables are wilted. Add the tomatoes and garlic. Cook, stirring often and scraping the bottom and sides of the pot, for 3 to 4 minutes. Add the bay leaves, thyme, oregano, basil, beef broth and wine. Season with salt, cayenne pepper and black pepper. Bring the liquid to a simmer, and cook for about 1 1/2 hours or until the meat is very tender, stirring occasionally and keeping the pot partially covered. Remove the bay leaves.**

**For the grits:**



**In a saucepan, over medium heat, add the milk, salt, cayenne and butter and bring to a boil. Stir in the grits and reduce the heat to medium. Stir for 30 seconds, then add 1 cup of the cheese and stir until the cheese melts. Cook, uncovered, for 4 to 5 minutes, stirring constantly, until the grits are tender and creamy. Pour the grits into a greased square glass pan. Sprinkle the remaining cheese over the grits. Place pan in oven and bake in a preheated 375 degree oven for 10 to 15 minutes or until the cheese is melted and slightly golden.**

**To serve, spoon the grits in the center of each plate. Spoon the greens around the grits. Spoon the veal mixture over the grits. Garnish with green onions. Yield: 6 servings**

# **Veal Marcelle**

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**6 Tablespoon Butter**  
**4 Cup Sliced exotic mushrooms**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**1 Tablespoon Minced garlic**  
**1/2 Pound Lump crabmeat; picked over**  
**1/4 Cup Chopped green onions**  
**4 Egg yolks**  
**1 Lemon; juiced**  
**1 Tablespoon Water**  
**1 Tablespoon Creole mustard**  
**Cayenne pepper; to taste**  
**1/2 Pound Butter; melted and warm**  
**16 Fresh pencil asparagus spears; blanched**  
**8 Veal loin cutlets –; (abt 2 1/2 Ounce ea)**  
**1 Cup Flour**  
**4 Slice Fresh lemon –; (thin slices)**  
**1 Tablespoon Finely-chopped fresh parsley leaves**

**In a large saute pan, over medium heat, melt 3 tablespoons of the butter. Add the mushrooms. Season with salt and pepper. Saute for 2 to 3 minutes. Add the garlic and crab meat. Season with salt and pepper. Saute for 2 minutes. Remove from the heat and stir in the green onions. Set aside and keep warm. In a stainless steel bowl set over a pot of simmering water over medium heat, whisk the egg yolks with the lemon juice, water, and mustard. Season with salt and cayenne. Whisk the mixture until pale yellow and slightly thick. Be careful not to let the bowl touch the water. Remove the bowl from the pot and whisking vigorously, add the butter, 1 teaspoon at a time, until all is incorporated. Keep warm. In a large saute pan, melt 1 tablespoon of the butter. Add the asparagus. Season with salt and pepper. Saute for 2 minutes. Remove from the heat and keep warm. Place each piece of veal between a sheet of plastic wrap. Using a meat mallet, pound out very thin. Season both sides of the veal with salt and pepper. Season the flour with salt and pepper. Dredge each piece of veal in the flour, coating each side completely. In another large saute pan, over medium heat, melt the remaining 2 tablespoons of butter. Add the veal and pan-fry for 1 minute on each side. Remove from the heat. To serve, lay two pieces of the veal in the center of each plate. Spoon the Hollandaise over the veal. Lay four spears of asparagus over each plate of veal. Place a spoonful of the relish in the center of the asparagus. Garnish with the pieces of lemon and parsley. This recipe yields 4 servings.**

# **Veal Romana**

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**4 Veal rib chops; bone-in, 10 to 12 ounces each**  
**Creole seasoning**  
**2 Cup Flour**  
**2 Cup Fine dried bread crumbs**  
**2 Eggs beaten with 2 tablespoons milk**  
**2 Tablespoon Butter**  
**3 Tablespoon Olive oil**  
**1/2 Pound Baby carrots; peeled and blanched**  
**1/2 Pound Small red potatoes; quartered and blanched**  
**4 Medium Plum tomatoes; cored, seeded and chopped**  
**1 Cup Red onion; julienned**  
**2 Cup Baby arugula; washed and patted dry**  
**Drizzle of extra-virgin olive oil**  
**Salt**  
**Freshly ground black pepper**  
**12 1/2 Fat; 0 Other Carbohydrates**

Using a sharp knife, butterfly each chop. Cover each chop with a large piece of plastic wrap. Using a meat mallet, pound out each chop, about 1/2-inch thick. Season the chops with Creole seasoning. In a shallow bowl, season the flour with Creole seasoning. In another shallow bowl, season the bread crumbs with Creole seasoning.

Dredge the veal in the flour. Dip each veal chop in the egg wash, letting the excess drip off. Dredge each chop in the seasoned bread crumbs, coating each chop completely.

In a large saute pan or skillet, heat the butter and 2 tablespoons of the oil. When the oil is hot, pan-fry each chop for about 4 minutes on each side. Remove from the pan and drain the chop on a paper-lined plate. Season the chops with Creole seasoning. In another saute pan, heat the remaining 1 tablespoon olive oil. Saute blanched carrots and potatoes until tender, about 5 minutes. Season with salt and pepper.

In a mixing bowl, combine the tomatoes, red onion and arugula. Season with a drizzle of oil, salt and pepper. Mix well. To serve, place the veal in the center of each plate. Spoon some of the tomato mixture on top of the veal. Garnish with parsley.

**Yield: 4 servings**

# Veal Saltimbocca

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**12 Small Veal scaloppini**

**Salt**

**Freshly ground black pepper**

**12 Slice Parma Ham**

**12 Leaves of fresh sage**

**6 Toothpicks; cut in half**

**Flour for dredging**

**2 Tablespoon Butter**

**4 Tablespoon Olive oil**

**1 Cup Dry white wine**

**2 Pound Escarole**

**2 Cloves garlic; chopped fine**

**12 Additional sage leaves for garnish**

**1/2 Fat; 0 Other Carbohydrates**

Season the veal with salt and pepper. Place a sage leaf on top of the veal. Wrap the veal and sage in a slice of the prosciutto and secure with a toothpick. Dredge the veal in seasoned flour and shake off excess flour. In a large saute pan, over medium heat, melt 2 tablespoons of the butter and 2 tablespoons of the olive oil. Add the veal and saute for 2 to 3 minutes on each side. Remove the toothpicks and set aside. Cook the remaining veal in batches using more olive oil as necessary. Deglaze the pan with the wine to make a sauce. In another saute pan, heat 2 tablespoons olive oil. Saute the escarole until tender, about 5 minutes. Just before serving add the garlic and mix well.

To serve, mound the escarole in the center of each plate. Arrange three of the veal slices in the center of each plate. Spoon the sauce over each plate.

**Yield: 4 servings**

# Vegetable Medley

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**1/2 Stick unsalted butter**  
**1 1/4 Pound Yellow onions; thinly sliced (about 4 cups)**  
**3 Ribs celery; chopped (about 1 cup)**  
**Salt**  
**Freshly ground black pepper**  
**1 Bay leaf**  
**3 Tablespoon Chopped garlic**  
**10 Cup Chicken stock**  
**2 Pound Turnips; peeled and diced**  
**1/4 Cup Heavy cream**  
**4 Ounce Smithfield ham or any country ham; julienned**  
**2 Cup Medium diced cornbread**  
**Drizzle of olive oil**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees F. Melt the butter in a 6-quart stock pot over medium-high heat. Add the onions and celery. Season with salt and black pepper, stirring, until the vegetables are soft and lightly golden, about 8 minutes. Add the bay leaf and garlic, stirring for 2 minutes. Add the stock and turnips and bring the mixture to a boil. Reduce the heat to medium and simmer, uncovered, until the turnips are very soft and the mixture is thick and creamy, about 1 hour. Remove the soup from the heat. Discard the bay leaf. With a hand-held blender, puree until smooth. Slowly add the cream. Stir to blend. Reseason the soup. In a small saute pan, over medium heat, render the ham until crispy. Remove and drain on paper towels. Set aside. Toss the cornbread with olive oil. Season with salt and pepper. Place on a baking sheet and toast until golden brown, about 6 to 8 minutes. To serve, ladle the soup into individual bowls. Garnish the soup with the crispy ham and croutons.**

**Yield: 8 servings**

# Venison Chili Cheese Fries

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**2 Tablespoon Vegetable oil**  
**2 Cup Chopped onions**  
**Salt; to taste**  
**Cayenne pepper; to taste**  
**2 Pound Ground venison**  
**1 Tablespoon Ghili powder**  
**2 Teaspoon Ground cumin**  
**Crushed red pepper; to taste**  
**2 Teaspoon Dried oregano**  
**2 Tablespoon Chopped garlic**  
**3 Cup Crushed tomatoes**  
**1/2 Cup Tomato paste**  
**3 Cup Beef stock**  
**2 Tablespoon Masa flour**  
**1–1/2 Pound Shoestring potatoes**  
**1/2 Pound Grated Cheddar cheese**  
**1/2 Pound Grated Monterey Jack cheese**  
**1 Cup Sour cream**  
**1/2 Cup Pickled jalapenos**

**Preheat the fryer. In a large saucepan, heat the vegetable oil. When the oil is hot, add the onions and saute for 3 to 5 minutes, or until the vegetables start to wilt. Season with salt and cayenne. Stir in the venison, chili powder, cumin, crushed red pepper, and oregano. Brown the meat for 5 to 6 minutes. Stir in the garlic, tomatoes, tomato paste, and 2 1/2 cups beef stock. Bring the liquid up to a boil and reduce to a simmer. Simmer the liquid, uncovered for 1 hour, stirring occasionally, or until the venison is tender. Skim off the fat occasionally. Mix the masa and remaining stock together. Slowly stir in the masa slurry and continue to cook for 30 minutes. Reseason with salt and cayenne. Fry the shoestring potatoes in batches until golden–brown, about 3 to 4 minutes. Remove the shoestrings from the oil and drain on a paper–lined plate. Season the fries with salt and pepper. Cover the bottom of a large, glass rectangular pan with the shoestrings. Sprinkle 3 cups of the two cheeses over the fries. Place the fries in the oven and cook for 3 to 4 minutes, just until the cheese melts. Remove the pan from the oven and spoon the chili over the top of the fries. Garnish with the remaining cheese, sour cream and jalapenos. This recipe yields 6 to 8 servings.**

# Vodka And Citrus Cured Salmon

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1/2 Cup Kosher salt  
1/4 Cup Chopped fresh dill  
2 Tablespoon Grated lemon zest  
2 Tablespoon Grated orange zest  
2 Tablespoon Grated lime zest  
1/4 Cup Absolut Citron Vodka  
3 Tablespoon Sugar  
1 Piece fresh salmon fillet; skin on, pin bones removed and rinsed under cold water (2 pound)  
2 1/2 Other Carbohydrates

In a mixing bowl, combine the salt, dill, zest's, vodka and sugar together. Place the salmon, skin side down, on several large sheets of plastic wrap. Cover the entire salmon with the curing mixture, packing the cure into the salmon. Wrap the salmon completely and tightly in the plastic wrap and place the salmon, skin side down on a half sheet pan. Place something heavy, like a skillet, weights or a brick (which needs to be wrapped in plastic wrap) on top of the wrapped salmon. This will help infuse the salmon into the mixture. Refrigerate the salmon for 24 hours.

Remove the salmon from the refrigerator and wipe off the salt mixture. Rinse the salmon under cold water, removing all of the cure. Using a sharp knife, slice the salmon diagonally, paper thin and set aside.

**Yield:** 8 servings

# Vodka Cured Salmon Salad In A Pastry Brioche

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1/2 Cup Kosher salt  
1/4 Cup Chopped fresh dill  
2 Tablespoon Grated orange zest  
Freshly-ground black pepper; to taste  
1/4 Cup Absolute Vodka  
2 Tablespoon Sugar  
1 Fresh skin-on salmon fillet, (abt 2 lbs); pin bones removed  
And rinsed under cold water  
1 Cup Small-diced red onions  
1 Cup Fresh chervil leaves  
Drizzle of extra-virgin olive oil  
28 Medium Individual brioche pastries  
2 Ounce Sevruga caviar

In a mixing bowl, combine the salt, dill, zest, black pepper, vodka, and sugar together. Place the salmon, skin-side down, on several large sheets of plastic wrap. Cover the entire salmon with the curing mixture, packing the cure into the salmon. Wrap the salmon completely and tightly in the plastic wrap and place the salmon, skin-side down on a 1/2-sheet pan. Place something heavy like a skillet, weights, or a brick (which needs to be wrapped in plastic wrap). This will help infuse the salmon into the mixture. Refrigerate the salmon for 24 hours. Remove the salmon from the refrigerator and wipe off the salt mixture. Rinse the salmon under cold water, removing all the cure. Using a sharp knife, slice the salmon diagonally paper thin. Small dice the salmon. In a mixing bowl, toss the salmon with the red onions and chervil and a drizzle of olive oil. Season with black pepper. Spoon about 1/4 cup of the mixture into each pastry. Garnish with caviar. This recipe yields 28 servings.



## Warm Haricots Verts Relish

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6 Ounce Bacon; chopped  
1 Cup Julienned red onions  
1 Pound Haricots verts; blanched  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Tablespoon Chopped garlic

In a large saute pan, over medium heat, render the bacon until crispy. Pour off half of the grease. Add the onions and saute for 2 minutes. Add the haricots verts. Season with salt and pepper. Saute for 2 minutes. Add the garlic and continue to cook for 1 minute. Remove from the heat. This recipe yields 6 to 8 servings.

# Warm Pea Shoot And Rock Shrimp Salad With Hoisin Dressing

---

4 Tablespoon Olive oil  
1/2 Cup Minced onions  
2 Tablespoon Small-diced red bell peppers  
2 Tablespoon Small-diced yellow bell peppers  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Pound Rock shrimp; peeled, deveined  
1 Tablespoon Chiffonade of cilantro  
4 Ounce Pea shoots  
Drizzle of sesame oil  
Splash of rice wine vinegar  
Drizzle of hoisin  
2 Ounce Chopped roasted peanuts  
2 Radicchio heads; halved, cored, and grilled  
4 Wonton wrappers; cut thin strips  
1 Tablespoon Finely-chopped fresh parsley leaves  
1/2 Fat; 0 Other Carbohydrates

In a large saute pan, heat 1 tablespoon of oil. When the oil is hot, add the onions and peppers. Season with salt and pepper. Saute for 1 minute. Season the shrimp with salt and pepper. Add the shrimp to the vegetable mixture. Saute for 3 to 4 minutes, or until the shrimp turn pink and the tails curl. Stir in the cilantro and pea shoots. Saute for 1 minute. Add the sesame oil, vinegar and hoisin. Continue to saute for 1 minute. Remove from the heat and stir in the peanuts. Thinly slice the grilled radicchio. In a mixing bowl, toss the radicchio with sesame oil, salt and pepper. In another saute pan, add the remaining oil. When the oil is hot, add the wontons and quickly pan-fry the wontons until golden, stirring constantly. Remove from the pan, and drain on paper towels. Season the wontons with salt. Mound the lettuce in the center of each plate. Spoon the warm salad over greens. Garnish with the crispy wontons and parsley. This recipe yields 4 servings.

# Warm Smoked Salmon Salad

---

**1 Pound Salmon fillet; skin removed**  
**Salt**  
**Freshly ground black pepper**  
**1 Large Vidalia onion; cut into 1/4-inch rings**  
**2 Tablespoon Olive oil**  
**4 Ounce Bacon; chopped**  
**10 Ounce Fresh spinach; rinsed and stemmed**  
**8 Large Eggs**  
**1 Teaspoon White vinegar**  
**1 Tablespoon Finely chopped fresh parsley leaves**

**Preheat the grill.**

**Prepare the smoker.**

**Season both sides of the salmon with salt and pepper. Place on the smoker and cook for about 8 to 10 minutes for medium rare. Remove from the smoker and cool. Season both sides of the onion rings with the olive oil, salt and pepper. Place on the grill and cook for 2 to 3 minutes on each side, or until the onions are soft. Remove from the grill. In a large saute pan, over medium heat, render the bacon until crispy, about 6 to 8 minutes. Remove the bacon with a slotted spoon and drain on paper towels. Add the spinach to the bacon fat. Season with pepper. Saute until the spinach is wilted, about 2 minutes. Set aside, keeping warm. Bring a pot of salted water to a simmer. Add the vinegar. Carefully crack the eggs into the water. Cook until the whites are firm and the yolk is still soft. Remove with a slotted spoon and drain on paper towels. Season with salt and pepper. Flake the salmon into small pieces. To assemble, place the spinach in the center of each plate. Lay the onions over the spinach. Place the salmon over the onions. Lay the 2 poached eggs on top of each layer of onions. Sprinkle the bacon over the eggs. Garnish with parsley. Serve warm.**

**Yield: 4 servings**

# Warm Spinach Salad With A Fire-Roasted Corn Dressing

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2 Fresh sweet corn ears  
Drizzle of olive oil  
Salt; to taste  
Freshly-ground black pepper; to taste  
1 Teaspoon Olive oil  
6 Ounce Chopped pancetta or bacon  
2 Cup Thinly-sliced onions  
2 Teaspoon Chopped garlic  
1/4 Cup Rice wine vinegar  
6 Cup Fresh baby spinach leaves; washed, patted dry  
2 Ounce Goat's cheese; crumbled

Preheat the grill. Season the corn with a drizzle of olive oil, salt and pepper. Place the corn on the grill (you can also use either an open gas burner or roast the corn in the oven). Grill the corn for 10 minutes, turning the corn every 2 minutes. In a saute pan, heat the olive oil. Add the pancetta and render until crispy, about 6 minutes. Add the onions. Season with salt and pepper. Continue to cook for 6 minutes, stirring occasionally. Remove the corn from the grill. Scrape the kernels from the cob. Add the corn to the pancetta and onion mixture. Continue to saute for 1 minute. Stir in the garlic and vinegar. Continue to cook for 1 minute. Remove from the heat. Place the spinach in a large mixing bowl. Season with salt and pepper. Add the dressing to the bowl and toss the salad completely. To serve, mound the greens in the center of each plate. Crumble the cheese over the top of the salad and serve. This recipe yields 4 servings.

# White Almond Gazpacho With Melon

---

**4 Slice White bread; crust removed and sliced 1/4-inch thick**  
**1 Cup Water**  
**3/4 Cup Blanched almonds**  
**2 Teaspoon Chopped garlic**  
**1 Teaspoon Salt**  
**1 Medium Honeydew; peeled, seeded and cubed**  
**1/3 Cup Spanish extra virgin olive oil**  
**3 Tablespoon Spanish Sherry vinegar**  
**4 Cup Cold water**  
**1 1/4 Cup Honeydew melon balls**

**Place the bread in a shallow bowl and cover with the water. Allow to sit for a few minutes. In a food processor, fitted with a metal blade, combine the almonds, garlic and salt. Process until smooth. Add the melon and continue to process until smooth. Remove the bread from the water and squeeze dry. With the machine running, add the bread in small pieces. With the machine running, add the oil, sherry and water. Strain into a serving bowl. Cover and refrigerate until chilled. Reseason if necessary. To serve, ladle into chilled serving bowls and garnish with melon balls.**

**Yield: 6 servings**

# White Cheddar Cracker Croutons

---

**2 Cup Flour**  
**1/4 Teaspoon Cayenne**  
**1 Teaspoon Salt**  
**1/4 Teaspoon Dry mustard**  
**3/4 Cup Cold butter**  
**1/2 Cup Grated white cheddar cheese**  
**5 Tablespoon Cold water; up to 6**  
**27 1/2 Fat; 0 Other Carbohydrates**

**In a mixing bowl, combine the flour, cayenne, salt, mustard, and butter. Mix until mixture resembles a coarse crumb-like mixture. Add the cheese and mix well. Add the water a tablespoon at a time and let sit for 1 minute. Either using a fork or your hands, carefully press the mixture together forming a soft ball. Wrap in plastic wrap and refrigerate for at least 30 minutes.**

**Remove the dough from the refrigerator and place it on a lightly floured surface. Roll the dough out on the floured surface into a rectangle 16 by 12 inches in diameter and 1/8-inch thick. Cut the dough into 3-inch by 1-inch strips. Place on a parchment lined baking sheet and bake until golden brown and crispy, about 10 to 12 minutes. Remove from the oven and cool completely.**

**Yield: about 4 dozen**

# Whole Poached Salmon

---

**1/2 Gallon Water**  
**4 Lemons; halved**  
**3 Tablespoon Salt**  
**1 Onions; thinly sliced**  
**1 Whole salmon; (about 6 to 8 pounds) scaled and gutted**  
**1–1/2 Pound White potatoes; peeled, cubed, cooked until tender and cooled completely**  
**2 1/2 Cup Mayonnaise**  
**1/2 Teaspoon Yellow mustard**  
**1/4 Cup Minced onions**  
**2 Tablespoon Finely chopped fresh parsley leaves**  
**1/4 Cup Finely chopped sweet pickles**  
**Freshly ground black pepper**  
**1 Medium Cucumber; thinly sliced**  
**2 Dozen dark pumpernickel bread; (2–inch squares)**  
**1 Cup Fresh parsley sprigs**

Combine the water, lemon juice, salt and onions in a fish poacher, over medium heat. Bring the liquid to a simmer. Add the fish, covered and cook for about 1 hour or until the fish is flaky. Carefully remove the salmon, discarding the liquid and place on a large platter and chill completely. Using a thin knife, remove the top skin from the salmon. (start removing the skin from below the head and to the tail. In a mixing bowl, mash the potatoes until smooth. Stir in 1/2 to 3/4 cup of the mayonnaise, mustard, onions, parsley and pickles. Mix well. Season with salt an pepper. Set aside. Place the thin slices of cucumber over the exposed salmon meat. Place the potato salad in a pastry bag with a star tip and pipe the salad around the edges of the salmon. Garnish with fresh parsley sprigs. Serve with the remaining mayonnaise and bread.

**Yield: 12 people**

# Whole Roasted Rib–Eye Roll

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**1 Bone–in rib–eye roast –; (6 lbs)**

**Salt; to taste**

**Freshly–cracked black pepper; to taste**

**2 Cup Vegetable oil**

**2 Whole Jalapeno peppers; minced**

**1/4 Cup Chopped garlic**

**1/2 Cup Finely–chopped fresh cilantro**

**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 400 degrees. Season the roast with salt and pepper. In a large mixing bowl, whisk the olive oil, jalapenos, onions, garlic, and cilantro. Mix well. Season the mixture with salt and pepper. Place the roast, bone up, in a large roasting pan, pour the marinade over the roast, coating the entire roast completely. Refrigerate the roast overnight. Remove the roast from the refrigerator and pour off the marinade. Place the pan in the oven and roast for 30 minutes. Turn the oven temperature down to 325 degrees. Roast for about 2 hours for medium–rare. Remove the roast from the oven and allow to rest for 10 minutes before slicing. Slice the roast into individual steaks and serve. This recipe yields 6 to 8 servings.**



# Whole Roasted Squab Stuffed W Eggplant & Bacon Dressing

---

12 Ounce Raw bacon; diced  
2 Cup Chopped onions  
1/2 Cup Chopped celery  
1/2 Cup Chopped bell peppers  
1 Medium Eggplant; peeled and diced  
3 Tablespoon Chopped garlic  
1 Tablespoon Chopped fresh thyme  
1 Tablespoon Finely-chopped parsley  
1/2 Cup Chopped green onions  
4 Cup Crumbled corn bread  
2 Cup Chicken stock  
Salt; to taste  
Cayenne pepper; to taste  
6 Whole Squabs  
Olive oil; for drizzling  
12 Whole Shallots  
2 Cup Veal reduction  
1 Tablespoon Butter  
1 Pound Haricots verts; blanched  
1/2 Fat; 0 Other Carbohydrates

Preheat the oven to 375 degrees. In a large saute pan over medium heat, render the bacon until crispy, about 6 to 8 minutes. Stir in the onions, celery, and bell peppers. Season with salt and pepper. Saute for 3 to 4 minutes. Stir in the eggplant and continue to saute for 3 minutes. Season with salt and cayenne. Stir in 2 tablespoons garlic, thyme, parsley and green onions. Remove from the heat and turn into a mixing bowl. Stir in the corn bread and stock. Mix thoroughly. Season the dressing with salt and cayenne. Season each squab with olive oil, salt and cayenne. Stuff each cavity of the squabs with about 3/4 cup of the dressing. Toss the shallots with olive oil, salt and pepper. Place the stuffed squab and shallots in a parchment-lined roasting pan. Place the squab in the oven and roast for 25 to 30 minutes, or until the squab is golden brown and the juices run clear. Remove the pan from the oven and separate the sections of the shallots. Place the shallots in a saucepan and cover with the veal reduction. Bring the liquid to a boil and reduce to a simmer. Simmer for 2 minutes. Season the sauce with salt and pepper. In a large saute pan, melt the butter. Add the haricots verts and the remaining garlic. Season with salt and pepper. Saute for 2 to 3 minutes. Serve the squabs with the haricots verts and a ladle of shallot reduction. This recipe yields 6 servings.

# Wild Mushroom And Foie Gras Turbo Dog Bisque

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1 Cup Vegetable oil  
1 Cup Flour  
2 Cup Chopped yellow onions  
Salt; to taste  
Freshly-ground black pepper; to taste  
1/4 Cup Chopped garlic  
1-1/2 Pound Assorted exotic mushrooms; sliced  
1/2 Lobe of Grade B Foie Gras; cleaned, diced small  
4 Bottles Turbo Dog beer –; (12 Ounce ea)  
4 Cup Beef or veal stock  
1/2 Cup Heavy cream  
2 Cup Small-diced day-old brioche (1" by 1"); tossed in olive oil,  
Seasoned and toasted until golden

In a stock pot, over medium heat, stir the oil and flour together. Cook, stirring constantly, for 10 to 15 minutes for a blond roux. Add the onions. Season with salt and pepper. Cook for 8 minutes. Stir in the garlic and mushrooms. Season with salt and pepper. Cook for 4 to 6 minutes or until the mushrooms wilt. In a large hot saute pan, render the foie gras quickly for 1 to 2 minutes. Remove from the heat and add to the mushroom mixture, including the foie fat. Add the beer and stock. Bring the liquid to a boil and reduce to a simmer. Cook for about 1 hour. Using a hand-held blender, puree the soup until smooth. Whisk in the cream. Season with salt and pepper. Serve with the croutons. This recipe yields 8 to 10 servings.

# Wild Mushroom Flan With A Warm Spinach Salad

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**2 Tablespoon Olive oil**  
**1 Pound Wild and exotic mushrooms; stemmed, cleaned, and sliced**  
**1/2 Cup Minced onions**  
**4 Teaspoon Chopped garlic; divided**  
**1 Teaspoon Chopped thyme**  
**1 Teaspoon Chopped parsley**  
**8 Eggs**  
**1 Quart Heavy cream**  
**1 Cup Grated Parmigiano-Reggiano cheese**  
**1/4 Teaspoon Nutmeg**  
**Salt; to taste**  
**Freshly-ground black pepper; to taste**  
**6 Ounce Raw bacon; chopped**  
**3 Tablespoon Balsamic vinegar**  
**1/2 Cup Julienne red onions**  
**10 Ounce Spinach – (1 bag); cleaned, stemmed**  
**1/2 Fat; 0 Other Carbohydrates**

**Preheat the oven to 350 degrees. Lightly butter twelve 4-ounce ramekins. In a saute pan, heat the olive oil. When the oil is hot, add the mushrooms and saute for 2 minutes. Season the mushrooms with salt and pepper. Add the onions and tablespoon of garlic. Saute for 1 minute. Remove from the heat, stir in the herbs and cool. In a mixing bowl, whisk the eggs and cream together. Stir in the cheese, nutmeg, and mushroom mixture. Spoon the mushroom/cream mixture into the ramekins. Place the ramekins in a baking pan and fill the pan with enough water to cover 1/2 of the ramekins. Place the pan in the oven and bake for 50 to 55 minutes or until the flan is set. In a saute pan, render the bacon until crispy, about 10 minutes. Turn the crispy bacon and bacon fat into a mixing bowl. Whisk in the balsamic vinegar. Season with salt and pepper. Toss the spinach and red onions with the vinaigrette. To serve, run a knife around each ramekin, invert each flan onto a plate. Mound a small amount of the spinach salad in the center of each flan. This recipe yields about 12 servings.**

# Wild Mushroom Stew

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2 Tablespoon Olive oil  
1 Pound Wild mushrooms; cleaned, stemmed  
2 Tablespoon Minced shallots  
1/2 Cup Peeled; seeded, and chopped tomatoes  
1 Tablespoon Chopped garlic  
4 Cup Veal reduction  
2 Tablespoon Truffle oil  
2 Tablespoon Butter  
1/4 Cup Chopped green onions  
10 New potatoes; cooked, kept hot  
1 Cup Truffle emulsion  
1/2 Cup Grated Parmigiano–Reggiano cheese  
1 Small Truffle  
Salt; to taste  
Freshly–ground black pepper; to taste  
2 Tablespoon Chopped chives  
1/2 Fat; 0 Other Carbohydrates

In a large saute pan, heat the olive oil. When the oil is hot, add the mushrooms and saute for 3 to 4 minutes. Add the shallots and tomatoes and saute for 2 minutes. Add the garlic and saute for 1 minute. Season with salt and pepper. Add the veal reduction and bring the liquid up to a boil. Reduce to a simmer and reduce the liquid by 1/2, about 4 to 5 minutes. Stir in the truffle oil. Mount in the butter. Using the back of a spoon, gently smash each potato. Season the potatoes with salt and pepper. To assemble, spoon a small pool of the truffle emulsion in the center of each plate. Lay the smashed potatoes in the center of the truffle emulsion. Spoon the mushroom stew over each potato. Sprinkle the stew with the grated cheese. Shave the truffles over each plate. Garnish with chives. This recipe yields 8 to 10 servings.

# Wild Strawberries And Cream

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3 Pint Wild strawberries; cleaned and halved  
1-1/2 Cup Sugar  
1 Orange; juiced  
2 Cup Water  
2 Tablespoon Grand Marnier  
2 Cup Half and half  
1 Vanilla bean; split in half and pulp removed  
4 Egg yolks

**For the wild strawberry sorbet:**

In a saucepan, over medium heat, combine 2 pints of the strawberries, 1 cup sugar, orange juice and water. Bring the mixture to a boil. Cook for 4 minutes. Remove from the heat and cool. In a blender, puree the mixture until smooth. Strain through a fine mesh sieve. Stir in the Grand Marnier. Chill the mixture completely. Pour the strawberry mixture into an ice cream machine and follow the manufacturer's directions for the churning time.

**For the cream Anglaise:**

In another saucepan, over medium heat, combine the half-half, remaining 1/2 cup sugar and vanilla bean and pulp. Bring the mixture to a simmer, and cook for 2 minutes. Add 1/4 cup of the hot cream mixture to the egg yolks. Whisk well. Add the yolk mixture to the hot cream mixture. Whisk well. Continue to cook for 4 minutes. Remove from the heat and cool completely.

To serve, spoon the cream Anglaise in the center of each serving bowl. Place a couple scoops of the Sorbet in the center of the sauce. Garnish with the remaining pint of strawberries.

**Yield: 6 to 8 servings**

# Wok Fried Tempura Ahi With Shoyu Mustard–Butter Sauce

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1 Cup Peeled; seeded, diced tomatoes  
1/4 Cup Chopped green onions  
1/2 Cup Minced Maui Onions  
2 Tablespoon Peeled; minced fresh ginger  
1 Tablespoon Mirin  
1 Tablespoon Rice wine vinegar  
1 Tablespoon Black sesame seeds  
1–1/2 Teaspoon Crushed black pepper  
1 Teaspoon Hawaiian salt  
1 Teaspoon Fish sauce  
1 Tablespoon Dry mustard  
1–1/2 Tablespoon Warm water  
4 Teaspoon Soy sauce  
1/4 Cup Dry white wine  
1 Tablespoon White wine vinegar  
1 Tablespoon Minced shallots  
2 Tablespoon Whipping cream  
Salt; to taste  
Freshly–ground black pepper; to taste  
1 Cup Flour  
7/8 Cup Ice water  
1 Large Egg  
4 Sashimi–grade ahi steaks (approximately 3 1/2 x 2 1/2 ; 3 Ounce and 1/2 thick each)  
4 Tablespoon Wasabi paste  
2 Nori sheets (8 1/4 x 7 1/2 ); cut in half  
Oil; for frying  
Soy sauce; for dipping  
Flour; for dredging  
1 Stick Chilled butter; cut into pieces  
1 Tablespoon Chopped parsley; for garnish  
1/2 Fat; 0 Other Carbohydrates

In a mixing bowl, combine the first 10 ingredients together. Mix well. In a small bowl, whisk the mustard with 1 1/2 tablespoons warm water until a paste forms. Gradually whisk in the soy sauce. Set aside. In a saucepan, boil the wine, vinegar, and shallot until almost no liquid remains in the pan, about 2 minutes. Add the cream and boil until slightly thickened, about 1 minute. Season with salt and pepper. Set the sauce aside. In a mixing bowl, whisk the flour, water and egg together. Season with salt and pepper. Set aside. Season the ahi with salt. Spread the wasabi evenly over 4 nori half–sheets. Place 1 piece of the ahi one end of each nori sheet. Fold the nori over the ahi to cover (the ends will be exposed). In a medium saucepan, heat the oil. Dip 1 ahi roll in the soy sauce and then in the flour; shaking off any excess flour. Dip the rolls in the tempura batter and fry in the oil until the outside is crispy and the tuna is rare inside, about 40 seconds.

**Remove the ahi from the oil and drain on a paper-lined plate. Season with salt and pepper. Repeat with the remaining rolls. Bring the reduction sauce to a simmer. Whisk in enough mustard to desired taste. Whisk in the butter. To assemble, spoon the sauce in the center of the plate. Pile the relish in the center of the sauce. Slice the tempura ahi and lay them directly on top of the relish. Garnish with parsley. This recipe yields 4 servings.**

# Yellow Curry Powder

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**3 Tablespoon Coriander seeds**  
**2 Teaspoon Cumin seeds**  
**1 Teaspoon Fenugreek seeds**  
**1 Teaspoon Fennel seeds**  
**1 Teaspoon Yellow mustard seeds**  
**2 Teaspoon White peppercorns**  
**6 Whole cloves**  
**2 Tablespoon Turmeric**  
**2 Teaspoon Ground red pepper**

**Place all of the ingredients, except for the turmeric and ground red pepper in a saute pan, over medium heat. Cook until dark toasted, about 12 minutes. Remove and cool. Place the toasted ingredients in a spice grinder and process to powder consistency. Add the turmeric and red pepper. Mix well.**

**Yield: 1/2 cup**



# **Yukon Gold Potato, Baby Beet And Crab Salad**

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**1 Medium Bulb fennel**  
**Drizzle of olive oil**  
**Salt**  
**Freshly ground black pepper**  
**1/2 Pound Assorted baby beets; rinsed and wiped clean**  
**1/2 Pound Yukon Gold potatoes; scrubbed and thinly sliced**  
**1 Cup Homemade mayonnaise**  
**2 Teaspoon Dijon mustard**  
**One lemon; Juice of**  
**1/2 Cup Minced red onion**  
**2 Tablespoon Freshly grated horseradish; blanched**  
**1 Teaspoon Minced garlic**  
**1 Tablespoon Chopped parsley**  
**1 Tablespoon Chopped tarragon**  
**1 Pound Lump crab meat; picked over for cartilage**  
**1 Small Celery root; peeled and cut into thin rings**

**Preheat the fryer. Preheat the oven to 400 degrees F. In a mixing bowl, toss the fennel with the olive oil, salt and pepper. Place on a small baking sheet and roast until caramelized, about 30 minutes. Remove from the oven and cool. Place the beets in a saucepan and cover with water. Season with salt and pepper. Bring the liquid to a boil, reduce the heat to medium and cook until tender, about 8 to 10 minutes. Drain and cool in an ice bath. Remove and drain on paper towels. Slice the beets in half. In another shallow bowl, toss the beets with olive oil, salt and pepper. Set aside. Place the potatoes in a saucepan, over medium–high heat and cover with water. Season with salt. Bring the water to a boil, reduce heat the medium and simmer until tender, about 4 to 6 minutes. Drain and cool in an ice bath. Remove and dry on paper towels. Toss the potatoes with olive oil, salt and pepper. Set aside. In a mixing bowl, combine the mayonnaise, mustard, lemon juice, onions, horseradish, garlic, parsley, and tarragon. Mix until fully incorporated. Season with salt and pepper. Add the crabmeat and mix well. Season with salt and pepper. Fry the celery root slices until golden brown. Remove and drain on paper towels. Season with salt and pepper. To serve, fan the slices of potatoes in the center of each serving plate. Mound the crab salad in the center of the potatoes. Place the beets and fennel around the salad. Garnish the top of the crab salad with the fried celery root chips. Garnish with parsley.**

**Yield: 6 servings**

# **Zucchini And Shrimp Fritters**

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**2 Tablespoon Vegetable oil**  
**1/2 Cup Chopped onions**  
**Salt**  
**Cayenne**  
**1/2 Pound Large shrimp; peeled, deveined, and cut into 1/2-inch pieces**  
**3 Eggs; beaten**  
**1-1/2 Cup Milk**  
**2 Teaspoon Baking powder**  
**1 Teaspoon Salt**  
**3 1/4 Cup Flour**  
**1 Tablespoon Chopped parsley**  
**Crystal Hot Sauce**  
**Worcestershire Sauce**  
**1 Pound Fresh zucchini; grated**  
**Solid vegetable shortening; for deep-frying**  
**Creole seasoning**

**Heat the oil in a skillet over medium-high heat. Add the onions. Season with salt and pepper and saut for about 3 minutes, or until slightly wilted. Season the shrimp with salt and pepper. Add the shrimp and saut until the shrimp turn pink, 2 to 3 minutes. Remove and set aside to cool. Make a batter by combining the eggs, milk, baking powder, 1 teaspoon salt, and the cayenne. Add the flour, 1/4 cup at a time, beating and incorporating until all is used and the batter is smooth. Stir in the parsley. Season the batter with hot sauce and Worcestershire Sauce. Season the zucchini with salt and pepper. Add the shrimp mixture and grated zucchini to the batter and fold to mix. Heat the shortening to 360 degrees F. Drop the batter, a heaping tablespoon at a time, into the hot oil. When the fritters pop to the surface, roll them around with a slotted spoon in the oil to brown them evenly. Remove and drain on paper towels. Season with Creole seasoning and serve with the Roasted Red Pepper Emulsion.**

**Yield: about 2 dozen**

# Zuppa Sarda

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**8 Cup Beef or veal stock**

**2 Eggs**

**6 Tablespoon Grated pecorino cheese**

**Freshly ground black pepper**

**1/2 Pound Mozzarella cheese**

**4 Teaspoon Finely chopped fresh parsley leaves**

**12 Pieces Carta Musica bread; (Sardinian Parchment Bread)**

**Place the stock in a saucepan, over medium heat. Bring to a boil. In a small mixing bowl, combine the eggs and pecorino cheese. Season with pepper and mix well. Whisk the mixture into the boiling stock. Cook for 1 minute. Add the mozzarella cheese and parsley. Whisk well. Place 2 pieces of the bread into each shallow bowl. Ladle the soup over the bread and serve.**

**Yield: 6 servings**