



March 12, 2000

Meeting # 9

Chefs: Dave Maneval, Anita Wright, Keith Schneider, Gary Rodrick and Gillian Folkes

Menu: Salad

Smoked salmon

Crab cake

Gravlax

Jambalaya

Assorted oysters (raw, Rockfeller, baked)

Steamed clams

Key lime pie

Crab Cakes (3 different recipes)

Note:

The chef has listed 3 different variations for making crab cakes: the first, an award-winning one from the Palmer House restaurant in Baltimore; secondly, a traditional 250 year old Maryland recipe; and the last a modern zesty formula.

Baltimore Crab Cakes hon

Ingredients:

1 egg

½ cup mayonnaise

½ cup chopped fresh parsley

½ teaspoon Old Bay seasoning

½ teaspoon baking powder

½ teaspoon dry mustard

1 teaspoon Worcestershire sauce

1 slice white bread, crust removed

1 pound back fin or lump crab meat



Cooking Instructions:

Pick shell fragments from crab meat on paper towels. Tear white bread into ½-inch squares; don't cut. Combine all ingredients except bread and crab meat in mixing bowl and mix with a wire whip. Mix in bread crumbs. Fold mixture with crab and pat into four cakes. Pan fry in skillet with a light coating of oil, 4 minutes per side, turning once. Serve with tartar sauce, mustard, or Worcestershire sauce. Yield 4.

Maryland Crab Cakes

Ingredients:

6 slices white bread, crusts removed
¾ cup olive oil
3 eggs, separated
Dash dry mustard
Generous ½ teaspoon salt
Generous dash paprika
2 teaspoons Worcestershire sauce
1 pound backfin crab meat
½ pound claw crab meat
2 tablespoons butter

Cooking Instructions:

Lay trimmed bread on platter or tin; pour olive oil over them. Let stand 1 hour; then pull bread apart lightly with two forks. To the small bits of bread add slightly beaten egg yolks with paprika, salt, mustard and Worcestershire sauce and blend thoroughly. Lightly mix in crab meat with a fork. Fold in stiffly beaten egg whites and shape into about 18 cakes. Brown in a hot skillet in butter or other fat. Yield 18 cakes (6 persons).

Spicy Crab Cakes

Ingredients:

20 saltine crackers
2 cups crabmeat, drained well
4 teaspoons Worcestershire sauce
At least 1/8 teaspoon liquid hot pepper seasoning



3 tablespoons chopped parsley
 1½ teaspoons prepared mustard
 3 tablespoons mayonnaise
 1 egg
 3 tablespoons butter
 Chopped parsley
 Lemon wedges

Cooking Instructions:

Finely crumble crackers into a bowl to make about 1 cup crumbs. Flake crabmeat into bowl with crumbs. Add next 5 ingredients and mix until blended. Add egg and stir until mixture is well blended. Shape into 8 patties and fry over medium heat in 2 tablespoons of butter. Cook until browned, about 3 minutes; add remaining butter, turn and cook until browned. Sprinkle with chopped parsley and serve with lemon wedges. Yield 8 patties (4 persons).

Gravlax (traditional Swedish method of curing fish)

Ingredients:

1/2 cup coarse sea salt	(1/3c)
2/3 cup chopped fresh dill	(1/4-2c)
3 tablespoons fresh grated orange zest	(0-3tbsp)
1 tablespoon fresh coarse ground black pepper	(1-2tbsp)
1/3 cup Absolute Vodka	(1 tbsp - ½ c)
½ cup sugar	(2 tbsp - 2½ c)
2 tablespoons garlic juice	(optional)
3 pounds tuna steak(s)	(2-5 lb, salmon)

Cooking Instructions:

In a mixing bowl, combine all ingredients except fish. Lay out several large pieces of plastic wrap. Rub the fish all over with the curing mix. Spoon ½ of remaining mix onto a sheet of plastic wrap, lay fish on it, cover with the rest and wrap tightly in several layers of plastic, packing the cure into the fish. Place this packet on a plate, skillet, or baking dish; cover with another. Place something like a brick or weights on top and refrigerate for 24 hours to 4 days. This will infuse the cure into the fish. When completed, unwrap, rinse in cold water to remove all the cure. Pat dry and slice thinly with a sharp knife.



Note:

This recipe is an aggregate of several, derived largely from one for Vodka Cured Salmon Salad in Pastry Brochee found online courtesy of Emiril Lagasse and from a Gravlax recipe in *The Joy of Cooking*. Both of these call for salmon, but the chef likes tuna better, preferably Sushi grade loins. Any impeccably fresh fish will do. With fillets, leave the skin on and wrap in pairs, skin side out; for steaks, wrap individually.

The above recipe is the one chef's son likes best. Garlic juice, the kind from chopped stuff in a jar, is his optional addition. Note that quantities in parentheses above indicate ranges that the chef has tried, based on these and other recipes. The cure serves to dehydrate (alcohol and salt) and make the tuna osmotically unfavorable (salt and sugar) for spoilage, as well as to infuse flavors and remove tissue juices. Keep this in mind when experimenting, i.e. vary salt and sugar inversely and don't turn it to rubber with too much alcohol. Properly prepared, it keeps refrigerated for at least a week.

Chef uses 2 closely sized Pyrex baking dishes, placing the fish packet in the larger, squashing it with the smaller containing a lead brick on top. The fish will exude liquid into the dish for several days, so allow some space or dump regularly. The liquid gets out despite the tight wrapping; it's supposed to, but don't pierce. Some recipes call for regularly unwrapping, basting, and rewrapping or using cheesecloth rather than plastic - don't bother. Spirit variations include brandy, aquavit or flavored vodka; Absolute Citron is good with Russian caraway vodka better. When it's "done" depends on the type and thickness of the fish, oily and thicker taking longer. Wait at least 24 hours and slice off thin bits to check texture and opacity; salmon turns opaque, tuna translucent.

Serving suggestions range from mustard butter or mustard mayonnaise thinned with cream or sour cream, to dicing and tossing with onions, chervil, pepper and olive oil on pastry topped with caviar. Chef likes rolled paper-thin slices on thin stale baguette with cream cheese and capers; chef's son prefers a chunk in his hand.

Seafood (Shrimp) Jambalaya

Ingredients:

3 tbs shortening (butter, olive oil, etc.)

2 tbs flour

Salt (about ½ tsp)

Red pepper (about ½ tsp)



Creole seasoning (about 1 to 2 tbs)
1½ cup chopped onions (yellow)
1 cup chopped celery
2 cloves garlic, chopped (or 3, 4.....)
1 tbs tabasco
¼ cup green onions
16 oz whole or diced tomato (Rotel is nice, 32 oz for a real tomato"y" taste)
1 small can tomato sauce
2-½ cups chicken broth (water or fish broth)
2 cups rice (regular or converted)
1 lbs. smoked sausage (Andouille or Chaurice are the best, but a good "Brat" will do just fine). Note: You can substitute smoked ham, chicken or favorite seafood. It's your stomach, knock yourself out. Cut meat into bite size pieces, about ½ inch.
2 lbs. raw shrimp

Optional:

½ cup chopped green peppers
1 pt. shucked oysters
If you don't use a Creole seasoning mix, try this:
 1 leaf bay leaf
 1 tsp. dried oregano
 1 tsp. dried thyme
 ½ tsp. ground allspice
 1 tsp. cayenne pepper

Cooking Instructions:

If you're cooking raw chicken or sausage, add small amount oil and precook meat. Make sure meat is cooked thoroughly. Once cooked, remove meat (leave drippings, sorry, we'll be healthier later). Add shortening, add flour and let it cook slowly until golden brown, stirring constantly. Add onions, peppers, garlic and celery. You can add a little water to prevent burning. Cook slowly until transparent, stirring often. Then add sausage (or ham or chicken or...you get the idea). Mix together and then add tomatoes (stewed and sauce) and let cook until oil rises to top (or until tomatoes take on a slight brownish color). Simmering, this process should take about 15 minutes. Be careful not to burn. STIR OFTEN.

Stir in rice, raw shrimp and broth (this is where the oysters and other seafood would go if you so choose). Bring to a simmer, stir and cover. Once rice starts cooking DO NOT STIR! Fold the mixture, making sure to turn contents from the bottom. Keep pot covered; stir approximately 3 to 4 times. Don't over stir. Over stirring will cause the dish to become mushy. Cook until rice is tender



(approx. 20 – 40 minutes). More butter (oil) and broth can be added if dish looks to dry. Garnish with chopped parsley. Serves 8- 10.

Note:

Jambalaya History

A lot of Cajun cooking is done in a single pot, usually a heavy cast iron or steel. Heavy pots were (are) used to help prevent burning. The large single pot was used to prepare large amounts of food in a very quick and simple manner. Most of the folks in the bayous of southern Louisiana did not have the resources of a Wolfgang Puck, so they got creative. Jambalaya found its way into Creole cooking in the late 1700's where it took on a local flavor.

If this dish seems reminiscent of Spanish paella, well it is. The term "jambalaya" is derived from the Spanish jamón for "ham" (also the French jambon) and the African ya, meaning, "rice." Then you add the French words à là for "in the manner or" or "on top of" and you get "ham on top of rice" (well sort of). The Cajun-Creole taste draws heavily on Spanish, African and French influences (thank goodness).

Key Lemon or Lime Pie

Ingredients:

Filling:

1 can sweetened condensed milk (regular or light)
1/2 cup lemon or lime juice
1 tsp. grated lemon or lime rind
3 egg yolks

Meringue:

3 egg whites
6 tbsp sugar

Cooking Instructions:

Filling:

Combine condensed milk, juice, and rind. Blend in the egg yolks. Turn mixture into a graham cracker crust.



Meringue:

In a small bowl beat 3 egg whites until soft peaks form. Gradually beat in 6 tablespoons of sugar until stiff peaks form when beater is raised.

Pie:

Spread over filling, sealing to the edge of the crust. Bake in slow oven at 325 F for 12-15 minutes until golden. Cool to room temp and then refrigerate.