

**Soft Shell Crab
With Warm Tomato Salad and Virginia Ham
(Yield 4)**

Ingredients

½ C Seasoned flour
¼ C Oil
4 ea. Soft shell crabs – cleaned
4 ea. Large plum tomatoes
4 ea. Orange tomatoes
4 ea. Yellow tomatoes
2 oz. Virginia ham – diced
4 oz. Butter – cold
1 ea. Lemon – juiced
2 ea. Scallion – sliced thin
Field greens

Preparation

Slice the tomatoes and arrange on 4 plates with the field greens.
Dredge crabs in the seasoned flour and sauté two minutes on each side.
Place a warm crab on each plate.
Return the sauté pan to the fire and reheat.
When hot add the butter, when the butter has a light brown color to it add the lemon juice.
Swirl in the Virginia ham and scallions.
Spoon the dressing equally over the crabs, greens, and tomatoes.

*Chef Stephen Perkins C.C.C
The Founders Inn
VIMS Seafood Seminar Spring 2002*

**Seared Sea Scallops with Fresh Maine Lobster
And Sweet Curry Nage**

Ingredients

1 T Butter
1 ea. Shallot minced
¼ C White wine
1 ½ Lobster
6 ea Large sea scallops
1 T Chiffonade basil
1 C Curry nage

Curry Nage:

2 oz. Butter
1 Lobster body cut into pieces (after meat has been removed and set aside for assembly)
1 Small onion - diced
1 Head of garlic – coarsely chopped
6 Springs fresh thyme
1 Bay leaf
6 Peppercorns (whole)
½ C Brandy
1 C White port our sauternes
1 C Fish stock (if fish stock is not available, clam juice or chicken stock may be substituted)
1 C Heavy cream
2 T Madras Curry powder

Preparation

Sauté the lobster bodies, onion, garlic, and curry together in the butter on medium heat for about 8-10 minutes. The onions will be translucent but there should not be any brown color. Add the brandy and let reduce by ½, then add the white port and bring it to a boil. Next add the fish stock and the cream, thyme, bay leaf and peppercorns. Bring back to a boil then reduce the heat and simmer until the nage is reduced by ½. Strain and reserve until ready to use.

Assembly

Melt the butter over low heat, sweat the shallots, and add the wine, basil and then the halved lobster tails. Bring to a simmer cover with a lid and turn the head off and reserve for plating. Heat 1 tablespoon of oil in a non-stick sauté pan. When hot sear the scallops, cooking one minute per side. Arrange all of the shellfish together on a deep platter or large shallow bowl and pour the nage over all the shellfish.

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Sherry Vinaigrette

Ingredients

16 oz. Olive oil
1 t Chopped garlic
1 t Chopped shallots
¼ C White wine vinegar
¾ C Sherry vinegar
1 T Brown sugar
1 T Grey Poupon

Salt and Pepper to taste

Preparation

Add all ingredients to blender, mix for about 20 seconds. Salt and pepper to taste.

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**Fresh Berry Short Cake
With Lavender Honey Ice Cream**

Ingredients

4 ea. Drop biscuits (recipe below)
½ pt. Strawberries
½ pt. Raspberries
½ pt. Blackberries
1 ½ C Heavy whipping cream
¼ C Sugar
1 C Lavender ice cream

Drop Biscuits

2 C All purpose flour
4 oz. Butter
2 t Baking powder
2 oz. Sugar
¼ t Salt
6 oz. Milk
Pinch Nutmeg

Preparation

Mix all of the dry ingredients together.
Cut the butter and the flour mixture together to form peanut size pieces of butter and flour.
Quickly add in the milk to form loose dough, DO NOT over mix.

Drop spoonfuls of the dough on to a greased cookie sheet.
Bake at 400° F until done (approximately 12 minutes).

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Lavender Honey Ice Cream

Ingredients

1 C Milk
1 C Heavy cream
4 oz. Lavender Honey
4 ea. Egg Yolks
½ ea. Vanilla bean – split

Preparation

Combine the milk, heavy cream, half of the honey and the vanilla bean in a heavy bottomed pot. Bring the mixture to a boil.

Combine the remaining honey with the egg yolks and temper this mixture with one third of the boiling milk mixture. Return the tempered egg yolks to the boiling milk mixture and cook over low heat stirring constantly until it is nappé.

Strain the ice cream base and cool it on an ice bath.

Process the mixture in an ice cream freezer until it is frozen.

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