

Field Greens Salad With Pickled Beets, Goat's Cheese and Pumpkin Seed Vinaigrette

Christine M Zambito, Executive Chef

The Sanderling, VIMS Seafood Seminar Spring 2002

Serves 6-8

6 oz mesclun field greens
1 cup pickled beets, cut into match sticks
½ cup pumpkin seeds (pepitas), toasted
½ cup pumpkin seed vinaigrette
1 cup soft goat's milk cheese

- In a medium mixing bowl toss together greens, beets, pumpkin seeds and vinaigrette.
- Toss until well blended.
- Divide evenly on six plates.
- Crumble goat's cheese over salads.
- Serve immediately.

Pumpkin Seed Vinaigrette

(Makes ½ quart)

1 cup port
1 cup dry or cream sherry
1 tbsp sherry vinegar or cider vinegar
1 tbsp red wine vinegar
2 tsp chopped shallots
1 tsp chopped garlic
½ tsp pepper
1 tsp salt
1 cup pumpkinseed oil
½ cup EVOO (extra virgin olive oil)

- Mix together port and sherry in a medium saucepan.
- Reduce by 2/3 the volume over medium heat.
- Transfer to a medium sized mixing bowl and add all remaining ingredients but oils and mix together well with a whisk.
- Slowly whisk in the oils to emulsify.
- Taste for salt and pepper and adjust as necessary.
- Store refrigerated in a cover container up to 4 weeks.

Roasted Garlic Polenta

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(Serves 4-6)

2/3 cup cold water

2/3 cup cold regular milk

2/3 cup corn meal or slow cooking polenta

¼ cup roasted garlic paste

1 ½ tsp salt

½ tsp pepper

- In a medium saucepan mix together all ingredients and whisk until well mixed.
- Over medium heat bring mixture to a lazy boil stirring frequently.
- Reduce heat and cook 25-30 minutes stirring frequently.
- If mixture becomes too thick during cooking process add more water by slowly whisking it in.
- Once cooked taste and adjust seasoning as necessary.
- Serve immediately or hold warm until ready to use.
- Stir just before using to smooth out.
- Do not hold warm for more than 30 minutes.

Roasted Garlic Puree

½ cup garlic cloves, peeled

1/3-1/2 cup canola oil

- In a small saucepan mix together garlic and enough oil to just cover the garlic cloves.
- Cook over low heat slowly until garlic is golden brown and soft. Cooking time should be 30-45 minutes.
- Remove from heat and let cool.
- Remove garlic from oil and puree in a blender or food processor until smooth adding oil as necessary to reach spreadable paste consistency.
- Store refrigerated up to 1 week.

Pastry Cream

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Makes 1 ½ quarts

1 qt regular milk
1 tsp vanilla extract
2 ½ oz cornstarch
8 oz sugar
½ tsp salt
3 whole eggs

- In a medium saucepan bring milk to a boil of medium heat.
- While milk is heating in a medium bowl mix together cornstarch, sugar and salt.
- Slowly whisk eggs in cornstarch mixture until smooth.
- Slowly add hot milk into the egg mixture whisking constantly so that the eggs do not cook.
- Return mixture to the saucepan and return to heat.
- Cook over medium heat stirring constantly until mixture comes to a boil and thickens.
- Remove from heat and stir in vanilla extract.
- Pass mixture through a fine sieve into a mixing bowl.
- Whip at medium to high speed with a mixer until cool.
- Once cool use or store refrigerated in a covered container 3-5 days.
- To reuse from refrigerator whip until smooth.

Chocolate Banana Nut Cake

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Serves 12-16

1 banana cake

1 ½ cup banana pastry cream

1 ½ cup ganache

- Once banana cake is completely cool, place in the freezer for about 30 minutes. This will make it easier to slice in half.
- Line the same cake pan that you used to bake the cake with plastic leaving several inches hanging over the edges.
- Remove from freezer and with a long, thin slicing knife carefully slice the cake into 2 rounds of equal thickness.
- Place a round into the lined cake pan with the flattest side down.
- Spread pastry cream evenly over the layer covering the entire cake.
- Add the second layer of cake and press down until even.
- Put the cake in the freezer for at least 30 minutes.
- Remove cake from freezer and carefully remove from cake pan by lifting out with the plastic.
- Invert the cake onto a cooling rack.
- Pour warm chocolate ganache quickly over cake and spread evenly over top and sides.
- Let harden.
- Refrigerate cake until ready to serve.
- Cut into 12-16 pieces.
- Serve with whipped cream or chocolate sauce.

Banana Cake

Make one 9 or 10 inch cake

.75 lb very ripe bananas

.75 lb Sugar

3 oz oil

2 eggs

2/3 cup sour cream

1 tsp vanilla extract

.75 lb all purpose flour

1 tsp baking powder

2 tsp baking soda

1 tsp salt

2/3 cups chopped walnuts

- Preheat oven to 350 F.
- Mix together all dry ingredients and set aside.
- In mixer, beat the bananas and sugar well with paddle attachment.
- Add the oil, eggs, sour cream and vanilla and mix well scraping down bowl.
- Add the dry ingredients and mix until everything is moist scrap bowl to be sure all is mixed.
- Fold in walnuts.
- Pour batter into 1- 9" or 10" greased cake pan.
- Bake 45 minutes or until toothpick comes out clean.

Filling

½ cup ripe bananas
1 cup of pastry cream

- Mix together bananas and pastry cream in a mixer until almost smooth.
- Use to fill cake immediately.

Ganache

2/3 cup semisweet chocolate pieces
1 cup heavy cream

- Combine chocolate and cream in a medium saucepan.
- Over medium to low heat slowly warm to melt the chocolate.
- Stir constantly until chocolate is completely melted.
- Remove from heat and set aside in a warm place until ready to use.

Garden Tomato and Herb Soup With Jumbo Lump Crab

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(Serves 4-6)

2 tbsp canola oil
1 yellow onion, peeled, coarsely chopped
2 tbsp garlic, chopped
5 lb fresh tomatoes, coarsely chopped
¼ cup tomato paste (optional)
½ cup dry white wine
2 cups low sodium chicken stock
Sea salt
Fresh ground black pepper
2 bay leaves
Fresh oregano
Fresh parsley
Fresh basil
2 tbsp sugar
1 tsp sherry vinegar
¼ lb jumbo lump crabmeat

- In large saucepan, heat oil.
- Add onions and garlic and cook until translucent.
- Add tomatoes and cook over medium heat for 5 minutes stirring frequently.
- Add white wine and stir well.
- Add chicken stock, salt, pepper and herbs.
- Bring to a boil and reduce heat.
- Simmer 15-20 minutes.
- Remove from heat and let cool slightly.
- Puree soup well in a blender.
- Strain through a fine sieve.
- Add sugar and sherry vinegar and adjust salt and pepper as necessary.
- Can be served hot or cold.
- Add crabmeat to each dish just before serving.

Bacon Cabbage Slaw

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Makes 6 servings

6 slices, Applewood smoked bacon, thick cut

$\frac{3}{4}$ lb green cabbage, chiffonade

1 lb Napa cabbage, chiffonade

$\frac{1}{2}$ c Grand Cru or white wine Vinegar

$\frac{1}{2}$ tbsp sea salt

$\frac{1}{2}$ tsp fresh ground black pepper

$\frac{1}{2}$ tsp sugar

- Cut bacon slices into thin crosswise slices.
- Heat a medium sized saucepot over medium heat.
- Add bacon to saucepot and render until crispy but not dark brown.
- Add green cabbage and sweat down to $\frac{1}{2}$ the volume.
- Add Napa cabbage and sweat down by $\frac{1}{2}$ the volume.
- Remove from heat and add remaining ingredients and mix well.
- Reserve in a warm location during service.
- Store cooled in the refrigerator for no more than 36 hours.

Roasted Tomato Coulis

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(Makes 1 quart)

2 tbsp canola oil
2 cloves garlic, coarse cut
1 shallot, coarse cut
2 cups fresh or canned tomatoes
1 bay leaf
2 tbsp Balsamic vinegar
Salt and pepper to taste

- In a large sauté pan heat oil over medium heat.
- Add garlic and shallots and sweat 3-4 minutes or until they just begin to brown.
- Add tomatoes and bay leaves and increase heat to high.
- Let tomatoes begin to brown and then move pan to oven.
- Roasted uncovered in the oven 20 minutes at 375 F stirring occasionally.
- Add balsamic vinegar and stir well.
- Return to oven for 20 minutes continuing to stir occasionally.
- Season with salt and pepper.
- Puree in blender and pass through mesh strainer.
- Adjust seasoning as necessary.