

COOKS FOR A CAUSE
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2006

Participating Restaurants





Sugar Cane Shrimp with Crab, Watermelon and Radish Salad Courtesy of Chef Sean Kagy Serves 20

Watermelon seedless

10 limes: 4 zested finely grated, 10 juiced

12 tablespoons extra virgin olive oil

Spice mix- smoked paprika, old bay, herbs

5 daikon radish

5 seedless cucumbers

5 large watermelon radishes

10 hearts romaine lettuce

1 red chili pepper fresh

1 small bunch fresh chives

1 small bunch cilantro leaves only

1 small bunch mint leaves only and finely sliced

Salt and freshly ground pepper

210 – U6 shrimp, peeled, de-veined and tails left in tack

4 oz lump crabmeat (seasoned with olive oil and salt and pepper)

1 oz sugar cane vinaigrette (1 stick sugar cane peeled and diced + 1 cup vinegar)

1. Cut the shrimp from opposite side of vein (upside down) this will cause the tail to stick straight up. Stuff with seasoned crabmeat. Set aside in cooler
2. Cut and discard the watermelon rind. Cut the watermelon into 20 – 2x5x1 ½ inch thick rectangles. Season the watermelon rectangles with the juice of 5 limes, lime zest and olive oil. Season with spice mix.
3. Peel and trim the daikon radish, cucumber, and watermelon radish. Thinly slice the vegetables on the mandolin and julienne. Toss the vegetables with the romaine lettuce, half of the cilantro leaves, mint leaves, remaining juice of 5 limes and 1 tablespoon sugar cane vinaigrette. Season to taste with salt and pepper
4. Season the shrimp with salt and spice mix
5. Put shrimp in pan and bake for 4 – 6 minutes until cooked through



Slow Roasted Duck Breast Salad

Courtesy of Chef Jared Whalen
Serves 2

Served with asparagus, cashews, red onions and Diakon radish.

Ingredients:

1	8 oz duck breast
8 stalks	asparagus, diced small
¼ cup	red onion, diced small
2 TBSP	cashews, crushed and toasted
¼ cup	Diakon radish, diced small
2 tsp	coriander, crushed/powdered
to taste	rice wine vinaigrette
to taste	salt and pepper

Preparation:

Dust the breast of duck with the coriander powder and pan sear briefly to set coriander crust. Preheat oven to 130 degrees and cook duck for 1 hour, then let rest. Blanch the asparagus and dice small, dice red onion and Diakon radish small as well. Crush the toasted cashews and add to vegetable mixture, add salt and pepper to taste and toss with rice wine vinaigrette. Set aside.

To plate, mix salad together and place in a PVC ring, slice the duck thin and place on top. Add a drizzle of rice wine vinaigrette to the plate for appearance, use whatever green garnish you like! Enjoy



Crab Cakes with Roasted Corn Salsa Courtesy of Chef Thom Milliken

Crab Cakes

1 LB Lump Crabmeat
2 Eggs
2 T Mayonaise
½ C Crushed Saltines
½ T Old Bay Seasoning
¼ t Dried Thyme
1 t Worcestershire Sause
1 t Lemon Juice
¼ C Sliced Scallions
1 t Creole Mustard
¼ Kosher Salt

In a bowl, combine eggs, mayo, Tabasco, thyme, lemon juice, mustard, salt, Old Bay, green onion, Worcestershire and Whisk to combine. Crush up saltines and add to egg mixture. Next add crabmeat and mix gently to combine being careful not to break up lumps.

Portion into cakes and sauté in olive oil approximately 5 minutes on each side or until golden brown and cooked through.

Roasted Corn Salsa

3 C Sweet Corn
1 C Diced Roma Tomatoes
¼ C Diced Red Onion
¼ C Diced Red Bell Pepper
1 t Crushed Red Pepper Flakes
2 T Chopped Fresh Cilantro
2 T Olive Oil
1 ½ T Rice Wine Vinegar
2 t Chopped Garlic
2 t Kosher Salt
1 t Black Pepper

Get a skillet scorching hot. Add corn to dry pan. Allow to brown, then stir continuously until corn is not wet and has a roasted appearance. Lay out on sheet tray to cool. Combine with other ingredients and check seasoning.



Caramelized Banana Bread Pudding with Banana Fosters Sauce & Crème Anglaise Courtesy of Chef Grayson Whitehead

One recipe of White Chocolate Bread Pudding (See below)
Banana Fosters Sauce with banana slices (See below)
Crème Anglaise (See below)
Butter

6. Cube bread pudding into 4 oz portions. Sear on all sides with whole butter until golden brown and warm.
7. Pour Fosters Sauce with a few banana slices over one serving of bread pudding.
8. Pour Crème Anglaise around plate and serve.

White Chocolate Bread Pudding Recipe:

One recipe of White Chocolate Pound Cake (See below) – cubed and dried; approximately 2 lb 8 oz
Ciabatta Bread – cubed and dried; approximately 2 lb 8 oz
18 whole eggs
2 C sugar
2 Vanilla beans – split & scraped
2 quarts Half & Half
2 oz butter

1. Combine sugar, vanilla beans and half & half and bring to a boil.
2. Temper hot half & half mixture with whole eggs and strain.
3. Pour strained mixture over well dried out ciabatta bread.
4. Allow to soak for 5 minutes to let bread get soft.
5. Add dried pound cake and mix well.
6. Let sit until bread and cake mixture is well saturated.
7. Butter 2-inch deep baking pan and fill with mixture and press into pan evenly.
8. Cover with parchment paper & foil and seal tightly.
9. Bake in a water bath at 375 degrees for about 1½ hours until set.
10. Remove from oven and water bath and allow to cool at room temperature.
11. Once cooled, refrigerate until cold.

12. Slice pudding from pan and let sit to dry out.

Banana Fosters Sauce Recipe:

8 oz Butter
15 oz Brown Sugar
5 oz Orange Juice
6 oz Rum
3 oz Orange Liqueur
4 Bananas sliced ½ inch thick

1. Melt butter in a sauté pan. Add brown sugar and melt.
2. Add bananas and sauté for 30 seconds.
3. Add rum and orange liqueur and flame.
4. Add orange juice and combine.

Crème Anglaise Recipe:

1 c Whole milk
2 c Half & Half
6 oz Sugar
7 oz Egg yolks
1 Vanilla Bean – split & scraped

1. Bring milk and half & half to a simmer with ½ the sugar and the vanilla bean.
2. Whisk egg yolks into the rest of the sugar.
3. Temper yolk mixture with warm milk and add to the pot.
4. Cook over low heat until thick.
5. Remove from heat and strain. Cool in ice water bath.

White Chocolate Pound Cake Recipe:

8 oz Unsalted Butter
18 oz Sugar
4 oz White chocolate (melted)
1 c Heavy cream
2 tsp Vanilla
6 Whole eggs
15 oz Bread flour
½ tsp Salt
¼ tsp Baking Powder

1. Cream butter and sugar together until fluffy.
2. Sift together dry ingredients.
3. Combine all ingredients with butter/sugar mixture alternating wet and dry until all is combined thoroughly.
4. Spread butter on sheet tray that is lined with parchment paper until ½ inch thick.
5. Bake at 350 degrees for about 20 minutes, or until golden brown.



Roasted Rack of Lamb

Sun dried Cherry Sauce

Summer Slaw

Serves 4

2 Racks of New Zealand Lamb Racks (Frenched)

3 Cloves of garlic –minced
¼ C Olive oil
1 Tbl. Granulated Onion
2 Tbl. Kosher Salt
2 Tbl. Back Pepper

Pre heat oven to 400 degrees

For the Lamb:

Combine all ingredients (except Lamb) in a bowl and combine to make a wet paste.
Rub mixture on lamb racks and let stand 10 minutes at room temperature.
Place on metal rack on a sheet tray and place in center of oven and cook for 10-12 minutes to sear out side of lamb.
Reduce tempura to 350 and cook 20 minutes more to obtain a medium rare tempura about 130 internal temperature.

Remove from oven and let stand 10 minutes.
Slice into chops and serve with sauce and slaw.

For the Sauce:

2 Shallots
1 Clove of Garlic
½ Cup Carrots- diced
½ Cup red wine (that you would drink!) Merlot, Cabernet or Red Zinfandel.
1 Spring of fresh rosemary

2 Cups Veal Demi Glace or rich brown sauce
1 quarter # unsalted Butter- softened
1/2 Cup Flour
1/2 Cup Sun Dried Cherries- dices
Salt Pepper

In a sauce pan combine first 5 ingredients and simmer to reduce by half it's volume.
Add Veal Demi glace and allow to reduce by half it's volume.
Combine butter and flour and combine well.
Whip in butter flour mixture and allow sauce to return to a boil and simmer for 20 minutes.
Strain

Stir in Cherries and adjust with salt and pepper to personal taste.

For the Slaw:

Equal parts assorted fresh vegetables (totaling 2 Cups) cut into Julienne Strips
Asparagus, Zucchini, Carrots, Red and Yellow Bell peppers, Leeks

1 Cup Rice Wine Vinegar

¼ Cup Mint Leaves

½ Cup Sugar

In a sauce pan combine vinegar, mint, and sugar and bring to a boil.

Remove from heat and allow to cool to room temperature-- Remove mint.

Pour over vegetables and toss.

Add salt if desired.

Serve with Lamb Chops and Cherry sauce