

Pan-Seared Tandoori Scallops with White Chocolate Curry Sauce

YIELD: 4 TO 6 PORTIONS

INGREDIENTS

SCALLOPS

| | | |
|----------|--------|-----------------------------------|
| 12 whole | 10/20 | Scallops |
| ¾ cup | 180 ml | Plain Yogurt |
| 3 tbsp | 45 ml | Tandoori Spice Rub |
| 2 tbsp | 30 ml | Olive Oil |
| 1 tbsp | 15 ml | Lemon Juice |
| 1 tbsp | 15 ml | Unsalted Butter, room temperature |
| to taste | | Salt |

WHITE CHOCOLATE CURRY SAUCE

| | | |
|----------|--------|------------------------------|
| 1 cup | 250 ml | 35% Cream |
| ¾ cup | 180 ml | White Chocolate |
| 2 tbsp | 30 ml | Olive Oil |
| 1 ½ tbsp | 22 ml | Unsalted Butter |
| 1 tbsp | 15 ml | Curry Powder |
| 1 tsp | 5 ml | Minced Ginger |
| 1 tsp | 5 ml | Minced Garlic |
| to taste | | Salt and Ground Black Pepper |

METHOD

SCALLOPS

- 1) Combine the Tandoori spice rub, salt, lemon juice and yogurt. Add the scallops and marinate for 15 minutes.
- 2) Heat the olive oil in a non-stick frying pan and sear marinated scallops for approximately 2 minutes per side. Reserve scallops; keeping hot.

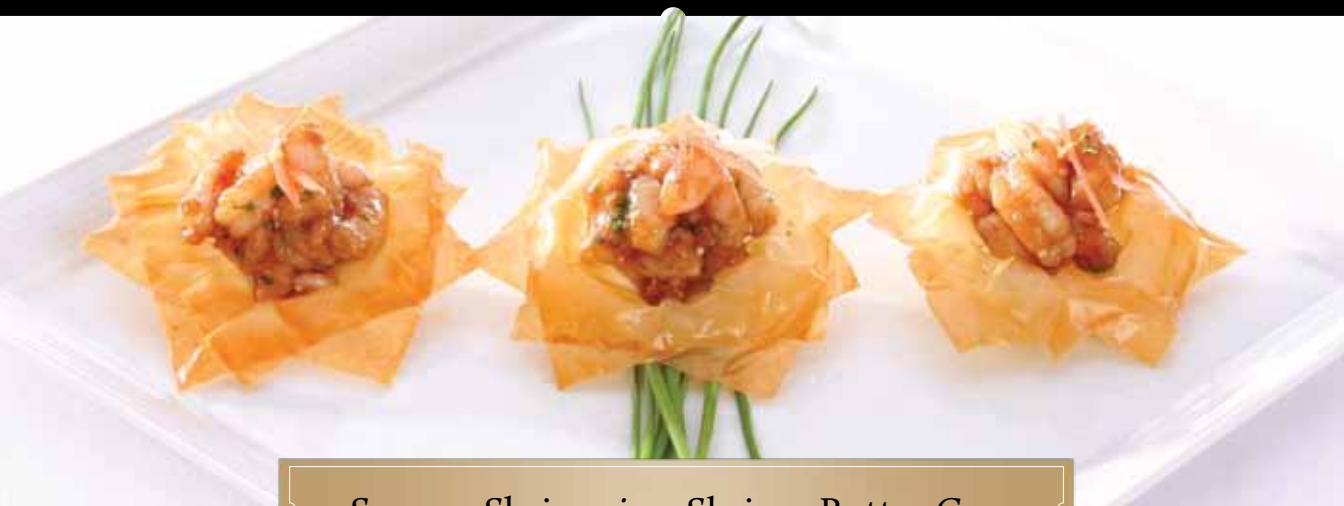
WHITE CHOCOLATE CURRY SAUCE

- 1) Melt ½ tablespoon of butter in a sauce pan and sauté the ginger and garlic for 1 minute.
- 2) Add the curry powder and cook on very low heat for 1 minute.
- 3) Add the cream, bring to a boil and reduce until slightly thickened.
- 4) Slowly melt the white chocolate in the sauce and whisk to avoid lumps. Season to taste.
- 5) Serve the seared scallops in a pool of white chocolate curry sauce.

Serving

Serve the seared scallops on a bed of white chocolate curry sauce.





Sesame Shrimp in a Shrimp Butter Cup

YIELD: 4 TO 6 SERVINGS

INGREDIENTS

SEASAME SHRIMP

| | | |
|---------|--------|-----------------------------|
| 1 lb | 90/120 | Cooked Shrimp |
| ½ cup | 125 ml | Sesame Oil |
| ¼ cup | 60 ml | Soy Sauce |
| ¼ cup | 60 ml | Sake or Rice Wine Vinegar |
| 2 tbsp | 30 ml | Honey |
| 1 tbsp | 15 ml | Sesame Seeds |
| 2 tsp | 10 ml | Tabasco Sauce |
| 1 tsp | 5 ml | Minced Garlic |
| 1 tsp | 5 ml | Minced Ginger |
| 1 tsp | 5 ml | Dijon Mustard |
| ½ bunch | | Fresh Chives, finely sliced |

SHRIMP BUTTER CUP

| | | |
|----------|--------|-----------------------------------|
| 8 sheets | 90/120 | Phyllo Dough |
| ½ cup | 125 ml | Clarified Butter or Melted Butter |
| ¼ cup | 60 ml | Cooked Shrimp |

METHOD

SEASAME SHRIMP

- 1) Blend the soy sauce, sake, garlic, ginger, honey, Tabasco and Dijon mustard in a blender. In a slow stream, add the sesame seed oil - allow the mixture to emulsify.
- 2) Remove the mixture from the blender, place on the stovetop and simmer for approximately 3 to 5 minutes.
- 3) Add the sesame seeds, shrimp and chives.
- 4) Serve warm or chilled.

SHRIMP BUTTER CUP

Preheat the oven to 375 degrees Fahrenheit.

- 1) Prepare a damp cloth for the phyllo dough (*Note: the damp cloth will prevent air from drying out the dough*).
- 2) In a blender, combine 1 tbsp of the cooked shrimp and the hot butter. Blend the ingredients together until a thin paste has been achieved. Keep the mixture warm - this will ensure the ease of spreading.
- 3) Remove one sheet of the phyllo at a time. Use a knife and cut 3" by 3" squares out of the dough. For each cup you will require three squares. With the first square, brush on the shrimp butter, place another piece over the square turning by 90 degrees (*the corners should be opposite*), brush with the butter. Continue with the last square; when all three squares are glued together, place in a small muffin tray that has been sprayed with a cooking spray and ensure that the edges are over the corner of the cups in the tray. Do this with each of the cups.
- 4) Bake the cups at 375 degrees Fahrenheit for approximately 5 minutes, or until golden brown.
- 5) Fill the cups with the shrimp mixture and garnish with finely chopped chives.



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Caribbean Crab Salad

YIELD: 4 TO 6 SERVINGS

— INGREDIENTS —

| | | |
|----------|--------|--|
| 1 whole | | Thinly Sliced English Cucumber |
| 2 cups | 500 ml | Crab Meat |
| 1 cup | 250 ml | Finely Diced Fresh Mango |
| ½ cup | 125 ml | Finely Diced Red Pepper |
| ¼ cup | 60 ml | Chopped Fresh Cilantro (6 leaves for garnish) |
| ¼ cup | 60 ml | Mayonnaise |
| 2 tbsp | 30 ml | Honey |
| 1 tbsp | 15 ml | Grated Fresh Ginger |
| 1 tsp | 5 ml | Finely Diced Jalapeno Pepper (seeds removed) |
| ½ whole | | Lemon, juiced |
| to taste | | Ground Cumin |
| to taste | | Chili Flakes |
| to taste | | Salt & Ground Pepper |
| to taste | | Amchur Powder (dehydrated unripe) |

— METHOD —

- 1) Combine crab meat, mango, peppers and seasonings.
- 2) Fold in mayonnaise and taste for seasoning.
- 3) Chill salad until ready to serve.

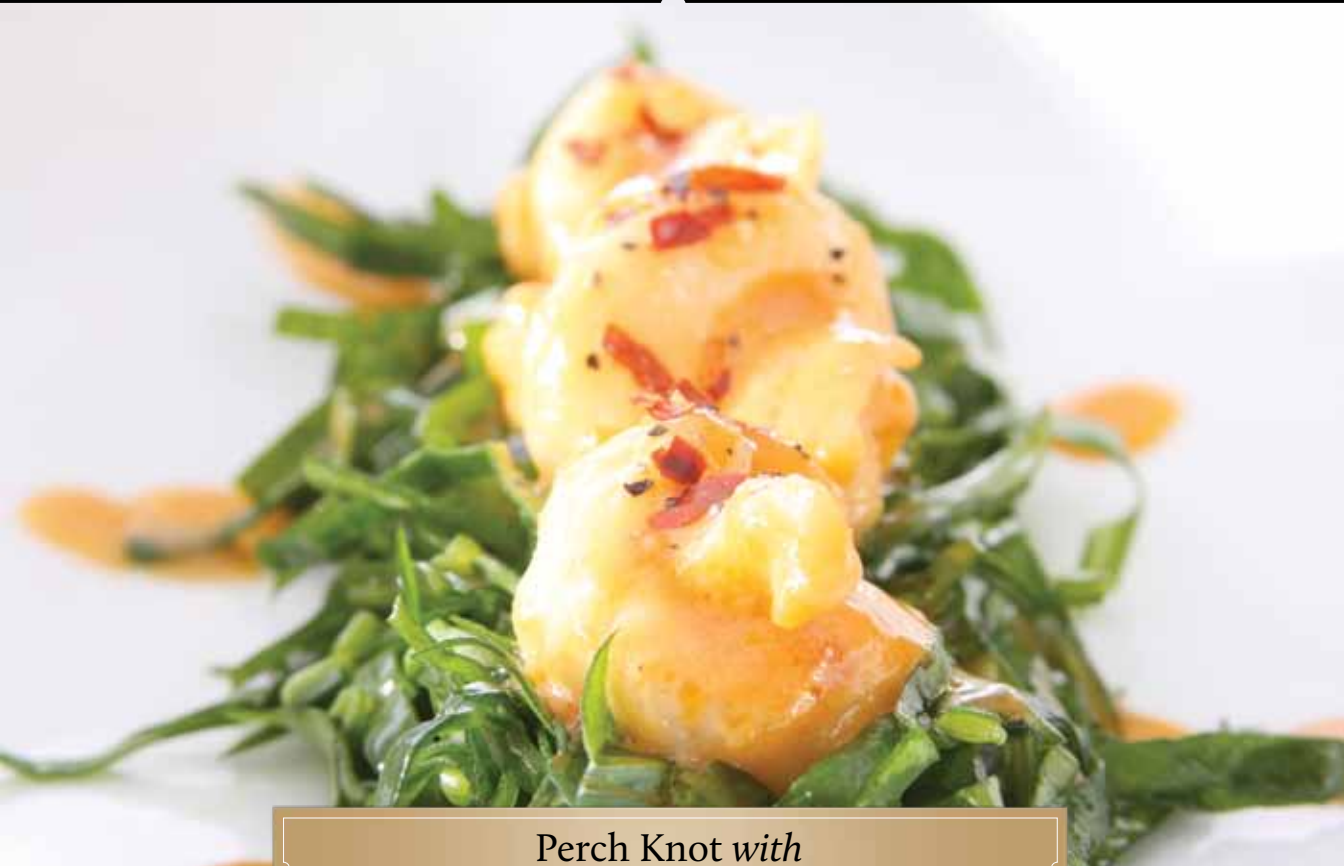
🌀 Serving

Place cucumber slices into a flower shape on a plate or platter and mound some of the crab salad in the centre and season with salt. Garnish with cilantro leaves. Can also be served as bite size snacks, place a small amount onto each cucumber slice and garnish with cilantro.

* Amchur Powder can be found at Indian food stores



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Perch Knot *with* Roasted Red Pepper Cream Sauce

YIELD: 4 TO 6 SERVINGS

— INGREDIENTS —

| | | |
|-----------|--------|--------------------------------------|
| 4 whole | 4-6 oz | Perch Fillets |
| 1 cup | 250 ml | 35% Cream |
| 2 whole | | Red Peppers, roasted, peeled, pureed |
| 1/2 cup | 125 ml | Finely Diced Shallots |
| 1/4 cup | 60 ml | White Wine |
| 2 tbsp | 30 ml | Chopped Fresh Tarragon |
| 1 tbsp | 15 mL | Unsalted Butter, room temperature |
| As needed | | Crushed Chilies |
| to taste | | Salt and Ground Black Pepper |

— METHOD —

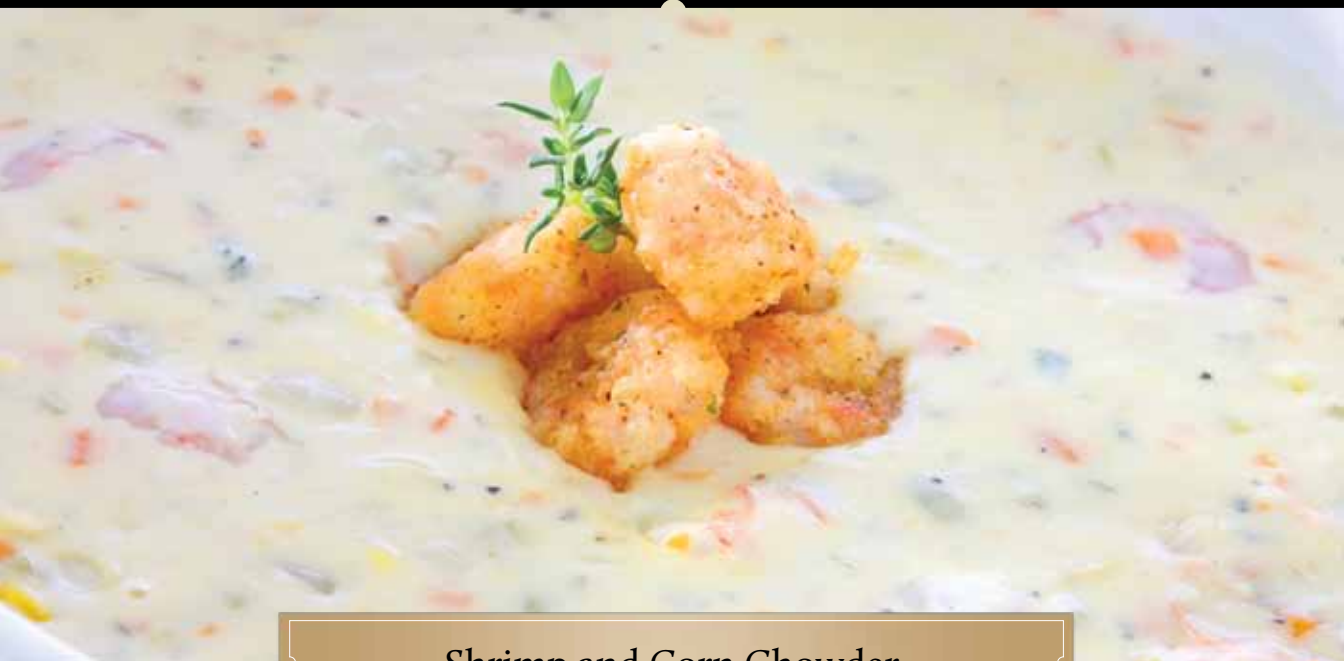
- 1) For the perch, cut the fillets length-wise into 1/2 inch strips. With each piece; roll, fold or tie the fish into tight knots, and reserve.
- 2) Sauté the shallots in butter. Add the white wine and pieces of fish.
- 3) Bring to a boil, reduce to low heat, cover and cook for 3 minutes.
- 4) Remove perch and reserve, keeping hot.
- 5) Bring remaining liquid to a boil; add pureed red pepper, tarragon and cream. Bring to a simmer and reduce until slightly thickened. Season with salt and pepper.
- 6) Place the perch and the sauce onto a bed of pasta, rice or greens.

🌀 *Serving*

Garnish with crushed chilies and serve immediately.



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Shrimp and Corn Chowder

YIELD: 4 TO 6 SERVINGS

INGREDIENTS

| | | |
|-----------|-----------|--|
| 1 cup | 250 ml | 90/120 Cooked Shrimp |
| 30 each | | 90/120 Cooked Shrimp for garnish |
| 4 cups | 1000 ml | Vegetable or Fish Stock |
| 2 cups | 500 ml | 35% Cream |
| 2 cups | 500 ml | Frozen Corn Kernels |
| 2 cups | 500 ml | Peeled and Medium-Diced Potatoes |
| 1 cup | 250 ml | Finely Diced Onions |
| 2/3 cup | 150 ml | Peeled and Finely Diced Carrots |
| 2/3 cup | 150 ml | Finely Diced Celery |
| 1/3 cup | 75 ml | All Purpose Flour |
| 2 tbsp | 30 ml | Canola Oil |
| 2 tbsp | 30 ml | Minced Garlic |
| 1 tbsp | 15 ml | Unsalted Butter |
| 12 sprigs | 12 sprigs | Chopped Thyme <i>(save 6 sprigs for garnish)</i> |
| 2 whole | | Bay Leaves |
| to taste | | Salt & Ground Pepper |
| to taste | | Cayenne Pepper |
| to taste | | Paprika |
| to taste | | Dried Parsley |

METHOD

- 1) Heat oil in pot and sweat garlic, onions, carrots and celery until soft. Add potatoes, bay leaves and thyme sprigs.
- 2) Add stock and bring to a simmer. Cook until potatoes are tender approximately 5 to 10 minutes.
- 3) Melt butter in the pot and whisk in 1-1 ½ tbsp flour to create a roux. Slowly add some stock and whisk until it has thickened.
- 4) Whisk the roux and chowder base and simmer until thickened about 10 to 20 minutes.
- 5) Add the cream, frozen corn and shrimp and simmer until heated through.

🌀 Serving

Ladle some broth with lots of shrimp and vegetables into each bowl.

To Garnish: combine the remaining 1/4 cup of flour, cayenne, paprika, dried parsley. Coat each of the thirty shrimp. Pan-fry until crisp; approximately 1 minute on each side. Place five shrimp in the center of each bowl with a sprig of thyme.

Serve hot with a fresh biscuit.



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Sea Cucumber with Maple Cream Sauce

YIELD: 4 TO 6 SERVINGS

INGREDIENTS

SEA CUCUMBER

| | | |
|------|--------|-------------------|
| 1 lb | 90/120 | Sea Cucumber Meat |
|------|--------|-------------------|

MAPLE CREAM SAUCE

| | | |
|----------|--------|-------------------------|
| 1 tbsp | 15 ml | Butter |
| 3 whole | | Sliced Shallots |
| 2 tsp | 10 ml | Tarragon Vinegar |
| ½ cup | 125 ml | White Wine |
| 1 cup | 250 ml | 35% Cream |
| 2 tsp | 10 ml | Creamed Horseradish |
| 1 tsp | 5 ml | Cape Breton Maple Syrup |
| to taste | | Salt |

METHOD

SEA CUCUMBER

1) To appreciate Sea Cucumbers unique qualities, it's very important to not overcook it, so if you are uncertain, just make the sauce, bring it to a boil, then add the cucumber meat and remove from the heat immediately. Stir the meat into the sauce and the residual heat will be enough to cook the cucumber perfectly.

MAPLE CREAM

1) Over medium-low heat "sweat" the shallots by sauteing them in butter until translucent. Deglaze by pouring in the vinegar and white wine. Simmer the liquid until it is reduced by 2/3 and then add cream. Reduce again by 1/3, and add Horseradish and maple syrup. Toss in sliced sea cucumber meat and remove from heat. Season to taste.



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