

Menu Du Jour

17 Apr 2004

Tomato Cup Field Greens
with Balsamic Vinaigrette
Grilled Scallops & Shrimp
with Ginger-Garlic glaze
Steamed Brown Rice
Roasted Corn & Red Pepper Salsa
(Recipes serve two)

Tomato Cup Field Greens with Balsamic Vinaigrette

The ingredients for this salad may be modified to your liking and for whatever produce is in season.

1 cup mixed field greens
2 tomatoes
Kosher salt, finely chopped tarragon or mint, and black pepper, to taste

Wash greens. Spin dry in a lettuce spinner or blot dry in a clean chef's towel. Remove tops from tomatoes and, using a grapefruit spoon or melon baller, core the tomatoes. Season to taste with salt, pepper, and fresh herbs. Arrange greens in tomato. Refrigerate, covered, until service.

Balsamic Vinaigrette

2 tablespoons balsamic vinegar
1 tablespoon red wine vinegar
1 tablespoon Dijon-style mustard
1 teaspoon granulated sugar
1 garlic clove, minced
1 teaspoon minced fresh parsley
1/2 teaspoon kosher salt
1/4 teaspoon cracked black pepper
3/4 cup extra virgin olive oil

In a medium bowl, whisk together all of the ingredients except the oil. Gradually whisk in the oil to form an emulsion and continue whisking until smooth. Allow dressing flavors to marry for one hour before use. Adjust seasonings to taste and serve. (May be made one day ahead and refrigerated.)

Menu Du Jour

Grilled Scallops & Shrimp with Ginger-Garlic Glaze

Sea or Bay scallops may be used for this recipe although sea scallops, because of their larger size, are better suited for grilling. Sea scallops are the largest and most-readily available scallop. Harvested off the northeastern and mid-Atlantic coast, the scallops average 20 to 30 pieces per pound. Bay scallops, harvested from Maine to the Carolinas, average 60 to 90 pieces per pound. These scallops are often called Nantucket or Cape Bay scallops and are known for their sweet flavor and delicate texture.

1/3 cup unsalted butter, melted
3 large cloves garlic, pressed
1/2 teaspoon cracked black pepper
1 tablespoon grated ginger
1/2 pound scallops
1/2 pound large shrimp
Old Bay[®] Seafood Seasoning, to taste
Kosher salt and black pepper, to taste
2 tablespoons lemon juice
1 tablespoon chopped fresh parsley for garnish

In a small saucepan over low heat, clarify butter; add garlic and black pepper. Allow garlic to cook for two to three minutes. Remove from heat, add ginger, and allow mixture to combine at least 15 minutes.

Using kitchen shears, cut along the back of the shrimp and devein. Remove the legs but keep the shells and tail attached. In a medium mixing bowl, combine shrimp and scallops. Drizzle lemon juice over seafood and season with Old Bay[®] Seafood Seasoning, salt, and black pepper to taste. Allow seafood to marinate for five to ten minutes.

Prepare grill and seafood trays for medium high direct grilling. Arrange shrimp on grill and cook for two minutes. Add scallops and continue cooking for another two to three minutes, basting often with garlic butter mixture. Turn seafood and continue grilling until done, about another two to three minutes. The shrimp are cooked when they become opaque and pink. The scallops are done when they become opaque. Be careful not to overcook the seafood.

Menu Du Jour

Steamed Brown Rice

Louisiana long grain brown rice is the rice of choice for this dish. Long grain rice has long, slender kernels, about five times longer than its width. When cooked the grains are separate, light, and fluffy.

2 1/2 cups water
1 tablespoon unsalted butter
1 cup long grain brown rice
Kosher salt and white pepper, to taste

In a medium saucepan over medium high heat, bring water and butter to a boil. Add the rice, stirring well. Season with salt and pepper to taste. Cover and reduce heat to low. Cook rice for 45 minutes. Turn off heat, remove cover, and drape saucepan with a clean chef's towel to absorb the moisture. (For drier rice, use 1/4 cup less water; for moister rice, add an additional 1/4 cup of water.)

Roasted Corn and Red Pepper Salsa

Sweet corn, roasted on the grill, adds a smoky flavor to this salsa that goes well with seafood, pork, or any southwestern-style recipe. Sweet corn comes in three colors: yellow, white, and bi-color and any variety may be used for this recipe. Use or refrigerate sweet corn immediately as its quality rapidly declines after harvest.

4 ears sweet corn
2 teaspoons olive oil (optional for grilling corn)
1 Jalapeño chile, seeded and finely diced
1 clove garlic, minced
1/2 sweet red Bell pepper, diced
2 tablespoons extra virgin olive oil
1 tablespoon lime juice
1 tablespoon fresh chopped cilantro
1 teaspoon kosher salt
1/2 teaspoon cracked black pepper
1/2 teaspoon ground cumin

Carefully peel back the cornhusks and remove silk. Soak corn ears in cold water for at least one hour. Drain and fold husks back over ears, securing with kitchen twine. Smoke corn at 225° F. over hickory or mesquite for one to 1 1/2 hours. (Alternatively, the corn may be grilled over direct heat by removing husks, brushing with olive oil, and grilling for 10 to 15 minutes, turning often.) Remove corn from smoker or grill and, using a sharp chef's knife, remove kernels from ears, reserving kernels and any liquid.

In a medium bowl, combine corn and remaining ingredients. Cover and refrigerate until service. The salsa may be served at room temperature if desired. (May be made one day ahead and refrigerated.)

Yield: About 3 cups

Menu Du Jour

Plate Presentation



Plate tomato cups with field greens on service plate and drizzle with balsamic dressing. Scoop about 2/3 cup of rice onto plate and form into a rectangular bed. Place grilled scallops and shrimp alternately atop rice. Garnish with fresh chopped parsley and chopped chives or green onions. Scoop two tablespoons of salsa alongside the rice.
