



Tomato Jam

RECIPE COURTESY OF CHEF TAMIE COOK

MAKES ABOUT 2 1/2 CUPS

- 1 (28-ounce) can crushed tomatoes in puree
- 1/4 cup sherry vinegar
- 1/4 cup packed brown sugar
- 2 tablespoons honey
- 1 teaspoon kosher salt
- 1 teaspoon yellow mustard seed
- 1/2 teaspoon coriander seed
- 1/2 teaspoon ground ginger
- 1 teaspoon garam masala
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cayenne pepper

For the jam:

Stir together all of the ingredients in a medium saucepan. Bring to a boil, reduce the heat, and simmer until the mixture reduces to the consistency of thick sauce, about 45 minutes. Cool, transfer to a jar with a tight-fitting lid, and refrigerate for up to two months.

TENNESSEE  AQUARIUM

Serve it Up



Crab Cake Bites

RECIPE COURTESY OF CHEF TAMIE COOK

SERVES 24 AS AN APPETIZER

- 8 ounces cream cheese, at room temperature
- 1 large egg
- ¼ cup sour cream
- ¾ cup finely grated parmesan cheese, divided
- 3 tablespoons finely chopped fresh chives, divided
- 1½ teaspoons finely grated fresh orange zest
- 1½ teaspoons finely grated fresh lemon zest
- ¼ teaspoon kosher salt
- 1 teaspoon Old Bay seasoning
- Large pinch of cayenne pepper
- 16 ounces fresh lump crabmeat, picked over for bits of shell
- 1 cup panko breadcrumbs
- 8 tablespoons butter, melted
- Rémoulade sauce, for serving (recipe follows)

For the crab cakes:

Preheat the oven to 350°F. Generously butter a 24-well mini muffin pan or mist it with nonstick cooking spray.

Stir together the cream cheese, egg, and sour cream until smooth in a medium bowl. Stir in 1/4 cup of the cheese, 1 tablespoon of the chives, the orange zest, lemon zest, salt, Old Bay, and cayenne.

Place the crabmeat in a large bowl. Fold in enough of the cream cheese mixture to bind the crab; there might be a little leftover. (If not baking immediately, cover and refrigerate until needed.)

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Stir together the panko, the remaining 1/2 cup cheese, and the remaining 2 tablespoons of chives in a shallow bowl or on a plate. Drizzle with melted butter and toss to moisten.

Use a 1-ounce spring-loaded scoop (or two spoons) to drop a ping pong-ball size portions of the crab mixture into the panko mixture, and gently toss until evenly coated to form a light crust. Gently transfer the coated ball into the muffin pan. Repeat to fill the muffin pan.

Bake until the crab bites are set and golden on top, about 30 minutes. Let cool in the pan for 5 minutes, run a knife around the edge of each cake to loosen, and lift them out. Serve warm with tomato jam.

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Bloody Mary Shrimp Cocktail

RECIPE COURTESY OF CHEF TAMIE COOK
SERVES 16 AS AN APPETIZER

Marinade

- 1 cup bottled bloody mary mix
- ½ cup bottled shrimp cocktail sauce (I prefer Legal Seafoods brand)
- ⅓ cup vodka
- ⅓ cup olive oil
- ⅓ cup lemon juice
- 1 tablespoon Texas Pete or Crystal hot sauce
- 1 tablespoon worcestershire sauce
- 1 teaspoon celery seed
- 1 teaspoon ground black pepper

Shrimp

- 3 cups bottled bloody mary mix
- 1 cup water
- 4 cups ice
- 2½ pounds raw 16/20 shrimp, peeled and deveined
- 1 cup thinly sliced celery
- 2 bunches scallions, thinly sliced (about 1/2 cup)

For the cocktail:

To make the marinade: Stir together the mix, cocktail sauce, vodka, oil, lemon juice, hot sauce, worcestershire, celery seed, and pepper in a large bowl or large heavy-duty freezer bag. Refrigerate until needed.

To prepare the shrimp: Bring the mix and water just to a boil in a large saucepan. Remove from the heat, add the shrimp, cover, and let stand until shrimp are barely opaque in the center, about 4 minutes. Immediately stir in the ice to stop the cooking. When the shrimp are cool, drain and blot dry.

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North Carolina Flounder

Chipotle Sorghum Mashed Sweet
Potatoes, Rosemary Lemon
Cranberry Beans, Brussels Sprouts,
and Cornbread Gremolata

RECIPE COURTESY OF CHEF TAMIE COOK

SERVES 4

Flounder:

- 4 (4 to 6 ounce) flounder filets
- 1 teaspoon salt
- 2 tablespoons melted butter
- 2 cloves, grated
- Zest of 1 lemon
- Pinch freshly ground black pepper
- 1 tablespoon chopped fresh tarragon

For the fish:

Sprinkle the fish with salt on all sides, lay in a baking dish or on a baking sheet, cover, and refrigerate for 30 minutes to 1 hour. Rinse the fish and pat dry. Combine the butter, garlic, zest, and pepper in a small bowl and brush on all sides of the fish. Set aside for 10 to 15 minutes. Heat the oven to 425°F. Line a baking sheet with parchment and add the fish filets in a single layer. Bake in the oven for 6 to 7 minutes or just until cooked through. Remove the fish from the oven and sprinkle with the tarrago.

Sweet Potatoes:

- 2 pounds sweet potatoes, peeled and cubed
- 2 tablespoons unsalted butter
- 1 chipotle chile pepper in adobo, plus 1 to 2 teaspoons sauce
- 1 tablespoon sorghum
- ½ teaspoon kosher salt

For the sweet potatoes:

Place the potatoes in a medium saucepan and cover with water by 2-inches. Set over high heat and bring to a boil. Decrease the heat to maintain a simmer and cook for 20 to 30 minutes or until tender. Drain the potatoes and place them in the bowl of a food processor. Add the butter, chipotle pepper, sorghum, and salt and process until smooth. Taste and adjust the seasoning as desired.

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Add shrimp, celery, and scallions to the marinade. Cover or close tightly and refrigerate for at least 8 hours, preferably a day ahead. Can be made up to two days in advance.

To serve, transfer the shrimp mixture to a large serving bowl or into individual portions and garnish as desired.

Garnish with a dollop of cocktail sauce, celery leaves, lemon or lime zest, sliced pickled okra, diced dilly beans, and/or green olives.

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Cranberry Beans:

½ pound dried cranberry beans, soaked overnight in water and drained
½ onion, coarsely chopped
2 cloves garlic, smashed
2 sprigs each thyme, rosemary, parsley, bay leaves, and sage
2 teaspoon salt
Zest and juice of 1 lemon
2 teaspoons olive oil
1 teaspoon minced fresh rosemary
Generous pinch freshly ground black pepper

For the beans:

Transfer the drained beans to a medium saucepan and add the onion, garlic, and the herbs. Cover with enough water to cover by 2 inches. Set over high heat and bring to a boil. Decrease the heat to maintain a simmer and cook until just tender, 30 to 40 minutes. Add the salt, lemon zest and juice, olive oil, rosemary, and pepper and stir to combine.

Brussels Sprouts:

1 pound brussels sprouts, stem end removed and cut in half
1 small red onion, julienne
3 tablespoons olive oil
1 teaspoon kosher salt

For the brussel sprouts:

Heat the oven to 400°F. Place the brussels sprouts, onion, oil, and salt in a bowl and toss to coat well. Spread the mixture in a single layer on a baking sheet and roast in the oven for 30 to 40 minutes, tossing 2 to 3 times throughout the cooking. They should be golden brown and crispy.

Cornbread Gremolata:

Makes about 1 1/2 cups

2 ounces (about 2 slices) smoky bacon,
1 cup coarsely crumbled stale, unsweetened cornbread
2 large garlic cloves, chopped
3 tablespoons coarsely chopped flat-leaf parsley
Finely grated zest of 1 lemon
Ground black pepper, to taste

For the cornbread:

Cook the bacon in a medium skillet over medium heat until rendered and crisp, 10 to 12 minutes, stirring often. Transfer the bacon with a slotted spoon into a small bowl, leaving the fat in the skillet. Stir the cornbread and garlic into the fat and stir to coat. Cook until the crumbs are crisp and deep golden, about 5 minutes, stirring often. Stir in the reserved bacon. Remove from the heat and stir in the parsley and lemon. Season with pepper.