

Alaskan Dinner

Weekend Gourmet
Saturday, October 16, 2004
6:30 pm

Drink

Rhubarb punch

Hors d'oeuvres

Venison sausage

Crab cakes with
Remoulade sauce

Entree

Alaskan Salmon grilled on
cedar planks
Dill and basil sauce

Coleslaw

Roasted vegetables

Beer bread

Dessert

Berry cobbler with Ice
cream

At the home of Anne Marie Nelson, 201 E. Hyde Street 887-6343

10-6-04

Rhubarb Punch (called Missionary Lemonade in Sitka)

Makes: 15 - 4 oz servings

6 cup	cut-up rhubarb	¼ cup	fresh squeezed lemon juice
4 cup	water	Dash	salt
1¼ cup	sugar	20 oz.	Ginger ale
1/3 cup	fresh squeezed orange juice		

Cook rhubarb in the 4 cups of water until soft. Strain through sieve. This yields 5 cups of juice. Add sugar and bring to boil. Add orange juice, lemon juice and a dash of salt. Chill the mixture or freeze. Dilute the punch - 2 parts of juice & 1 part of ginger ale. Peggy Hetrick Adapted from: *All-Alaska Women In Timber Cookbook*

Venison Sausage

Provided by the Case family from Colorado and made at The Sausage Shop, Tucson Arizona.

Crab Cakes

Makes about 26 mini crab cakes; Serves 6 to 8

Crab cakes are always good for dinner or in sandwiches for lunch, but I like them best as finger food. You can make them ahead, chill them, and then fry them before serving. When we cater a party, this is always the first appetizer to go. They are wonderful with Rémoulade Sauce.

2 Tbl	unsalted butter	1½ tsp	Old Bay seasoning
2 Tbl	olive oil	½ tsp	kosher salt
¾ cup	small-diced red onion	½ tsp	freshly ground black pepper
1½ cup	small-diced celery (4 stalks)	½ lb	lump crabmeat, drain & remove shells
½ cup	small-diced red bell pepper	½ cup	plain dry bread crumbs
½ cup	small-diced yellow bell pepper	½ cup	good mayonnaise
¼ cup	minced fresh flat-leaf parsley	2 tsp	Dijon mustard
1 Tbl	capers, drained	2	extra-large eggs, lightly beaten
¼ tsp	Tabasco sauce		
½ tsp	Worcestershire sauce		

For Frying

4 Tbl	unsalted butter
¼ cup	olive oil

Place the 2 Tbl butter, 2 Tbl oil, onion, celery, red and yellow bell peppers, parsley, capers, Tabasco sauce, Worcestershire sauce, Old Bay Seasoning, salt, and pepper in a large sauté pan over medium-low heat and cook until the vegetables are soft, approximately 15 to 20 min.

Cool to room temperature. In a large bowl, break the lump crabmeat into small pieces and toss with the bread crumbs, mayonnaise, mustard, and eggs. Add the cooked mixture and mix well. Cover and chill in the refrigerator for 30 min. Shape into bite-sized crab cakes. Heat the butter and olive oil for frying over medium heat in a large sauté pan. Add the crab cakes and fry for 4 to 5 min on each side, until browned. Drain on paper towels; keep them warm in a 250°F oven and serve hot.



Rémoulade sauce

Makes ¾ cup

This sauce is more traditional with celeriac as a salad, but I love to use it with crab cakes. It is like tartar sauce, but with much more flavor. Serve cold or at room temperature.

½ cup	good mayonnaise	1 Tbl	champagne or white wine vinegar
2 Tbl	small-diced pickles or cornichons	pinch	kosher salt
1 tsp	coarse-grained mustard	pinch	freshly ground black pepper

Place all the ingredients in a food processor fitted with a steel blade and pulse several times until the pickles are finely chopped and all the ingredients are well mixed but not puréed. Judy D. Adapted from Ina Garten's *Barefoot Contessa Cookbook*.

Grilled Cedar-Planked Salmon

Serves 6-8 people

This dish is easily prepared on a gas grill in about 20 minutes. It is a combination of baking and smoking and produces a tender, moist, and flavorful fillet.

1	8 x 16 inch untreated cedar plank(s)		
1	salmon fillet, skin one side, 2½-3 lbs ~16" long (the thicker the better)		
¼ cup	white wine		
1	lemon, finely shredded zest and juice	1 Tbl	kosher salt
1/3 cup	finely chopped fresh dill	1½ tsp	freshly ground pepper

Weight down and immerse the cedar plank in water for 1 to 4 hrs. Untreated Cedar planks can be purchased at Home Depot. Actually, they are fencing and come as 1x4 by 6'0" lengths. Two 4" x 16" boards can be placed together to form one 8" plank

Place salmon fillet, skin side down, on a small baking sheet with sides. In a bowl, mix the white wine, lemon zest, lemon juice, dill, salt, and pepper. Pour the mixture over the salmon. Cover with plastic wrap and refrigerate a minimum of 30 min.

Turn all the burners on high and preheat the grill to 500° F. Place the plank on the grill and preheat for 5 min until the plank begins to smoke.

Place the salmon on the salted plank, skin side down. Use indirect heat to cook the salmon, with burners surrounding the plank but not under it. Cook indirectly over high heat with lid closed. After 10 min rotate the plank 180° F. If the smoke stops, turn on the middle burner under the plank for a few minutes. Cook until opaque at the thickest part, 15 to 20 min. The internal temp. of the fish should be about 120° F. The plank will be charred on the bottom.

Remove plank and fish and cover for 5 minutes. The internal temp will increase to 150° F. Serve at room temperature on plank. Rob D - Adapted from *Weber's Art of the Grill*



Dill Basil Sauce for Grilled Salmon

12 small servings

Place in food processor fitted with steel blade and process:

1 cup	sour cream	1½ Tbl	chopped scallions, white & green parts
¼ cup	good mayonnaise		
¾ tsp	white wine vinegar	¼ tsp	kosher salt
12	fresh basil leaves	¼ tsp	freshly ground black pepper
¾ cup	chopped fresh dill	3 tsp	capers, drained

Ann H. Adapted from Ina Garten's *Barefoot Contessa Parties*

Coleslaw

Serves 6-8

1	small head cabbage, shredded	¼ cup	sugar
1	small head red cabbage, shredded	¼ cup	cider vinegar
2	carrots, grated	1 tsp	dry mustard
1	stalk celery, thinly sliced	2 tsp	celery seeds
1	green pepper, thinly sliced	1 tsp	salt
1	red pepper, thinly sliced	¾ cup	olive oil
1	small onion, chopped	½ tsp	freshly ground black pepper

Combine vegetables in a large mixing bowl. Mix dressing ingredients together. Pour over cabbage mixture. Toss well to blend. Cover and refrigerate for at least 1 hour. Judy D. - Adapted from: *Alaska Connections Cookbook III*

Roasted Vegetables

Serves 6

1	bulb of fennel, sliced into 6 pieces lengthwise
1	eggplant, sliced in half lengthwise, then cut in ½ in. slices
3	zucchini, sliced in half lengthwise
3	yellow squash, sliced in half lengthwise
6 large	mushrooms, whole
6 small	yellow onions, left whole
6	new potatoes, left whole or halved
2	yellow peppers, cut in quarters
½ cup	olive oil
½ cup	chopped fresh herbs, mixed (oregano, marjoram, thyme, chives or parsley)



1 tsp sea salt
Freshly ground pepper

Preheat oven to 375°F. When cutting vegetables, try to retain original shapes, keeping stems intact when possible. Arrange in a baking dish, coating the vegetables with oil and sprinkling with herbs, salt and pepper. Put in oven and bake until tender to the fork (about 15 min for the peppers and mushrooms; 30 min for eggplant, zucchini, yellow squash, fennel, onions; and 35 to 40 min for the potatoes). Serve, or cool to room temperature. Judy D. - *Metropolitan Home April, 1987*

Beer Bread

Makes: 1 loaf

3 cup flour
1½ tsp salt
4½ tsp baking powder
¼ cup sugar
1 bottle (12 oz) beer or light ale (room temp)
¼ cup melted butter

In a large bowl, stir together flour, sugar, salt and baking powder. Add beer. Spoon into a lightly buttered 5 x 9 loaf pan. Pour melted butter over the top of the batter.

Bake in a 350° F. oven until loaf is golden brown and begins to pull from the edge of the pan - about 50 minutes. Remove bread from pan and set on a wire rack to cool slightly. Serve warm or at room temperature. For variation, porter & stout were recommended.

Notes from Peggy Hetrick. Self rising flour can be used omitting the salt and baking powder. The dough needs to be pressed into the pan (gently, please) to create an even top so the butter can cover evenly. I found that 50 minutes was not a long enough cooking time. Depends on one's oven perhaps. I used a light ale for my successful loaf but will try one with a stronger beer next time.

Berry Cobbler

Serves 8

The variety of berries and the amount of each type you use for this simple, yet satisfying cobbler will depend on what looks good at the market. This basic recipe can also be used for other seasonal fruit cobblers: use 6 to 8 peeled and sliced apples in autumn or peaches in midsummer

2 lb	mixed berries	2 Tbl	cornstarch (cornflour)
	Juice of 1 lemon	½ tsp	ground cinnamon
½ cup	(4 oz) granulated sugar, + 3 Tbl	1 tsp	ground ginger

Cobbler Topping

2 ¼ cup (11½ oz) unbleached all-purpose (plain) flour
½ cup (3 ½) firmly packed golden brown sugar
2 tsp baking powder
1 tsp salt

1 tsp baking soda
6 Tbl (3 oz) chilled unsalted butter, cut into ½ -inch pieces
1 large egg
¾ cup (6 fl oz) heavy (double) cream
¼ cup (1½ oz) finely minced crystallized ginger
Vanilla ice cream for serving

Preheat the oven to 375°F. Lightly butter a 9-by-13-inch baking dish. In a bowl, combine the berries, lemon juice, ½ cup granulated sugar, cornstarch, cinnamon, and ground ginger and toss to coat the berries evenly. Pour the berry mixture into the prepared baking dish, spreading it evenly.

To make the topping in a food processor, combine the flour, brown sugar, baking powder, salt, and meal. In a small bowl, whisk together the egg and cream. Pour the egg mixture into the food processor and pulse just until the topping mixture holds together. Remove the blade from the food processor and stir in the crystallized ginger.

To make the topping by hand, in a bowl, stir together the flour, brown sugar, baking powder, salt, and baking soda. Scatter the butter pieces over the top and, using a pastry blender or 2 knives, cut in the butter until the mixture resembles coarse meal. In a small bowl, whisk together the egg and cream. Slowly pour the egg mixture into the flour mixture, stirring and tossing with a fork until the topping mixture holds together. Stir in the crystallized ginger.

Using a soup spoon, place dollops of the topping evenly over the berries, leaving a 1-inch border uncovered around the edge of the dish. Sprinkle the 3 Tbl granulated sugar over the top. Place the dish on a rimmed baking sheet. Bake the cobbler until the top is golden and the berry filling is bubbling, about 35 minutes. Transfer to a wire rack and let cool for 10-15 minutes.

With a large spoon or spatula, scoop out the cobbler onto individual plates and serve. Accompany with a scoop of vanilla ice cream. Judy D. *From: Entertaining by William-Sonoma*



Alaska Committee: Frances ‘Casey’ Case, Judy Dvorak, Ann Hand, Peggy Hetrick.
Thanks to Casey’s son, Al Daniel, for buying, filleting, and transporting wild salmon for our group.