

## ***NO COOKING RECIPES***

### **SHRIMP COCKTAIL TOPPED WITH CRAB**

- 1 pkg. frozen cooked shrimp – 1 lb. bag, large size, 35 per bag
- 2 small or 1 large jar Seafood Sauce
- 2 lemons cut into 8ths
- 1 pound container fresh crab meat – claws, lump or backfin

Defrost shrimp in refrigerator the day prior to day of event. Cut each shrimp into thirds then mix with some of the cocktail sauce in a large bowl. Add enough sauce to ensure that each shrimp is coated. You may not need all the sauce.

Spoon the cut-up shrimp into decorative glasses (I use mini martini glasses) and then top with a dollop of the crab meat. Serve with a slice of lemon and a small seafood cocktail fork.

Note: You can purchase mini martini glasses from World Market

### **TOMATO SURPRISE**

- 4 firm tomatoes, about 6 ounces each
- 1 ¼ cup diced white mushrooms
- 1 ¼ cup diced zucchini
- 1/3 cup chopped onion, yellow or white or sweet
- 1 teaspoon chopped garlic
- 1/3 cup walnut pieces, chopped
- ½ cup diced baguette bread, slightly toasted
- ½ teaspoon freshly ground black pepper
- 2 tablespoons good olive oil
- 2 teaspoons red wine vinegar

For the garnishes:

- 1/3 cup diced red onion (1/4 inch dice)
- 1/3 cup diced Kalamata olives or other pitted olives

2 tablespoons chopped fresh chives  
Extra virgin olive oil  
Sea salt or Kosher Salt for seasoning  
4 sprigs fresh basil

You need to peel the tomatoes, which can be done by using the Swissmar Serrated Peeler from Williams-Sonoma which is designed to peel delicate items such as tomatoes and peaches. Once peeled, cut a ¼-inch slice from the stem end of each tomato so it will stand upright. Dice up the flesh from these sliced into ¼-inch dice and set aside to use for garnish.

Using a sharp spoon (such as a metal measuring spoon with a thin, sharp edge, or a grapefruit spoon or melon baller) cut through the ribs inside the tomatoes and remove the flesh, seeds and juice from the insides. Set aside on a paper towel lined sheet pan, cut side down, so the tomatoes can drain excess water/juice.

Meanwhile preheat the oven to 400-degrees. Spread the diced mushrooms and zucchini on a baking sheet and place in the oven for 3 to 5 minutes to sweat and soften. Transfer the softened vegetables to a bowl and stir in the onion, garlic, walnuts, bread, salt, pepper, oil and vinegar, mix well. Spoon this prepared stuffing into the hollowed-out tomatoes and refrigerate stuffed side up until serving time.

At serving time, place the tomatoes stuffed side down on plates. Scatter the reserved diced tomatoes, red onion, olives and chives around the tomatoes and sprinkle with the extra-virgin olive oil. Top with some of the sea salt and/or kosher salt. Garnish with the basil sprigs and serve.

## **TOMATO, BASIL AND MOZZARELLA SALAD**

3 large ripe tomatoes  
1 pound mozzarella cheese ball  
1 cup red cherry or grape tomatoes or pear-shaped yellow tomatoes  
¼ cup fresh basil leaves

For the dressing:

½ cup olive oil

3 tablespoons red-wine vinegar

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

Cut the large tomatoes into ¼-inch thick slices, and cut the mozzarella ball into the same ¼-inch thick slices. Cut the cherry and/or grape tomatoes in half.

On a round serving plate, arrange alternating slices of tomatoes and mozzarella cheese around the edge of the platter. Place the cherry/grape tomatoes in the center. Cover and refrigerate the salad for 30 minutes or until ready to serve.

Meanwhile prepare the dressing in a small jar or cruet. Combine the olive oil, red-wine vinegar, salt and pepper. Cover and shake the dressing until mixed. Set aside until ready to serve.

Just before serving, tear or cut basil leaves into slivers and sprinkle them over the tomato salad. You can, if you wish, place large basil leaves between the tomato slices and the mozzarella slices. Shake the dressing, drizzle it over the salad and serve.

## **GARDEN VEGETABLE CASPACHO**

3 medium tomatoes, peeled and chopped or one 28 oz. can chopped tomatoes\*

1 each, small yellow and green pepper –seeded and diced

2 green onions, thinly sliced

1 peeled carrot, grated

1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed

1 clove garlic minced

One 5½ oz. can reduced sodium tomato juice or V-8 juice

1 tablespoon fresh lemon juice

1/8 teaspoon salt

Dash freshly ground black pepper

Several dashes bottled hot pepper sauce

Fresh basil leaves for garnish - optional

Combine tomatoes, sweet peppers, green onion, basil and garlic in a large mixing bowl. Stir in tomato juice, lemon juice, salt, pepper and hot sauce. Cover and chill in the refrigerator for 2 to 24 hours. To serve, ladle soup into chilled soup bowls or mugs. Garnish with fresh basil, if desired. This looks great served in martini glasses.

### **LAYERED BASIL, BLACK OLIVE AND TOMATO SPREAD**

½ cup diced tomato, plum style, seeds and water sack removed  
¼ cup chopped black olives, pitted  
1 tub (12 oz.) cream cheese  
¼ cup lightly packed fresh basil  
1 clove garlic, peeled and diced  
2 tablespoons sliced almonds, toasted  
Ritz Crackers to serve

Combine the diced tomatoes and the chopped black olives and set aside. Place into the bowl of a food processor the cream cheese, garlic and chopped basil; pulse to blend until smooth.

Wash cream cheese tub, then place plastic wrap into tub with ends extending over sides. Spoon ½ of the cream cheese mixture into the tub; top with the olive and tomato mixture and then the remaining cream cheese mixture. Press firmly into tub with either the back of a spoon or the bottom of a glass. Finish wrapping the tub by folding over the hanging plastic wrap to seal. Replace the top and refrigerate for 1 hour or more so everything firms up.

To serve, remove top of tub and fold back the plastic wrap. Place tub upside down on a serving platter and gently remove tub. Remove plastic wrap and discard. Top cheese spread with the toasted nuts. Place the crackers around the cheese spread and serve.

## **MELON IN PORT WINE**

1 ripe cantaloupe melon (2¾ to 3 pounds)  
¼ cup good quality port wine or red wine of your choice  
2 sprigs sage  
Freshly ground black pepper

Cut the cantaloupe in half crosswise. Scoop out and discard the seeds. Using a melon baller, scoop out a layer of melon balls from the flesh of one of the halves, and place them in a bowl. Then, still using the melon baller, scrape out the remaining flesh trimmings from between the holes and set them aside in another bowl. Repeat this procedure with the other half of melon. You should have about 2 ½ to 3 cups of melon balls and 1 – 2 cups of trimmings. Reserve the empty melon shells for later use. Wrap them in plastic wrap and refrigerate.

Add the port wine to the bowl containing the melon balls and gently mix. Place the melon trimmings into the bowl of a food processor or blender and liquefy them. Add this mixture to the melon balls, mix lightly, cover and refrigerate for at least 1 to 2 hours or overnight.

If using the melon shells to serve, using a sharp knife cut the edge of each reserved melon shell into decorative pointed teeth.

At serving time, fill the shells or other serving containers – I use either martini glasses or small ramekin like bowls, with the melon balls and marinade and then decorate each with a sprig of sage and a light grinding of fresh black pepper. If using this as an hors d'oeuvre, place the balls on a serving platter or in a shallow dish and secure each ball with a toothpick. Do a fine chiffonade of the sage and sprinkle over the melon balls with a light dusting of freshly ground black pepper.

## **MELANGE OF JUMBO LUMP CRAB, MANGO, AND AVOCADO IN A TROPICAL FRUIT PUREE**

*Tropical Fruit Puree:*

1 cup chopped cantaloupe

½ cup chopped fresh pineapple  
½ bunch cilantro  
2 teaspoons fresh lime juice  
Pinch of sugar, to taste  
One 12-inch length kitchen string

*Crab Salad:*

1 pound jumbo lump crab  
2 Tablespoons lemon juice  
1 ½ tablespoons minced jalapeno – seeds removed  
1 ½ tablespoons nuoc mam – fermented fish sauce  
2 tablespoons roughly chopped cilantro  
½ avocado, pit removed  
¼ cup fresh diced mango

For the Tropical Fruit Puree:

Puree the cantaloupe and pineapple in a food processor. Transfer the puree to a mixing bowl. Tie the cilantro together with the kitchen string and add it to the fruit puree. Stir in the lime juice. Cover and refrigerate for at least half an hour or overnight. Remove the cilantro and add a pinch of sugar to taste. The tropical fruit puree can be made in advance and stored overnight in the refrigerator until ready to serve.

Make the Crab Salad:

Pick through the crabmeat carefully to be sure that all the shells and cartilage are removed. With a rubber spatula, gently fold the crabmeat, jalapeno, lemon juice, nuoc mam, and cilantro together in a mixing bowl. Place a 2 ½ inch round ring mold or cookie cutter on 1 of 4 chilled plates. With a teaspoon, scoop 2 tablespoons of avocado from the shell, place it inside the mold, and pack it down lightly with the back of a spoon. Place 1 tablespoon of diced mango on top of the avocado and press it down gently. Fill the rest of the mold with the crab mixture. Smooth off the top with the flat side of a knife. Carefully lift the mold from the mélange. Repeat this process with the remaining plates. Ladle the tropical fruit puree around the edges of the mélange and serve chilled.

## **GINGER PEACH SOUP**

1½ pounds peaches – peeled and halved  
2 tablespoons plus 1 teaspoon, fresh lemon juice  
1½ cups buttermilk  
2/3 cup apple juice  
½ teaspoon peeled, grated ginger (or to taste)  
1 teaspoon honey  
1 teaspoon kosher salt  
12 – 16 slices peeled, pitted peach, for garnish – optional

In a food processor; puree the peaches scrapping down the sides to ensure all the peaches are smooth. Pour into a large bowl. Stir in the ginger and honey, mix well, taste and now add the salt and taste. Refrigerate the soup until cold, at least one hour or more prior to serve. Store any leftover soup in refrigerator.

NOTE: To peel the peaches, use the Swissmar Serrated peeler which will peel off the peach skin without damaging the sweet peach flesh.

Pour soup into bowls and top each with desired garnish

## **SPINACH & STRAWBERRY SALAD WITH PEPPER VINAIGRETTE**

6 oz. fresh baby spinach – stems removed, if needed, washed & dried, leaves torn if large. Approximately three cups of spinach is what you will have and need.  
12 fresh strawberries washed and diced into large pieces.  
2 tablespoons light olive oil.  
1 tablespoon vinegar (can used flavored, I use tarragon vinegar or rice wine vinegar)  
2 teaspoons honey  
¼ teaspoon freshly ground black pepper  
Dash hot pepper sauce, to taste  
Dash cayenne pepper, to taste  
Dash of sugar - optional  
Toasted sesame seeds for garnish – either white or black or both

Stem, wash and dry spinach. Tear into bite size pieces. Wash and hull the strawberries. Dice them into large chunks. Place in bowl and lightly sprinkle with sugar, toss and allow them to macerate for 10 to 15 minutes. Mix pepper vinaigrette ingredients and whisk. Note: I make the dressing ahead of time and place it in a small mason jar so that I only need to shake it just prior to serving. Toss the spinach with the dressing. Remember, just enough to coat the leaves, a light touch! Gently mix in strawberries and plate salad, preferably on chilled plates. Sprinkle freshly toasted sesame seeds on top for garnish.

### **Goat Cheese, Grape and Pistachio Bites**

1 cup shelled roasted/salted pistachios  
24 to 36 large seedless red or green grapes  
1 large package plain goat cheese

Toast and chop 1 cup of shelled pistachios. Place on a round plate.

Coat the grapes with a light coating of the goat cheese, rolling them in your hand to coat evenly.

Roll the coated grapes in the chopped pistachios. Serve on either a small platter or in a small decorative dish/bowl.

Note: You can substitute any other chopped nuts if you prefer. Once assembled, the grapes should be kept in the refrigerator until ready to serve

### **HONEY FLAVORED RICOTTA CHEESE WITH DICED BEETS:**

Whole Milk Ricotta (size depends on how many you want to make)  
Honey – preferably a wildflower or clover honey  
1 – 2 cans sliced beets, diced

Mix the ricotta and the honey together. For the class I used a large size (32 oz.) size of ricotta and several heaping tablespoons of honey mixed together. Rinse the beets under fresh water, drain and pat dry with paper towels. Now dice the beets (I used 1½ cans) into a small dice, place in a separate container and drizzle



with a good quality of balsamic vinegar. Note: For this demonstration, I used a Chocolate Balsamic Vinegar. Refrigerate the cheese and beets until ready to serve. Spoon the cheese into small containers and then top with the diced beets. Enjoy

FYI - The containers were purchased from the Dollar Store and looked like shot glasses with lids. They come 10 per package and I was able to fill 35-40 of these for the demonstration based on the recipe above.

## **ASPARAGUS EN FETE** (HOLIDAY PRESENTATION)

1½ pounds asparagus (about 20 stalks), peeled and trimmed (about 18 ounces, peeled and trimmed)  
1 cup hot tap water

### **Lemon Mustard Sauce**

1 tablespoon Dijon style mustard  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper  
2 teaspoons lemon juice  
4 tablespoons virgin olive oil

### **Salad Ingredients:**

24 oil-cured black olives  
2 tablespoons drained capers  
1 ripe tomato (5 ounces), seeded and cut in ½ inch pieces, approximately 1 cup  
¼ cup loosely packed fresh flat leaf parsley leaves

Place the asparagus in no more than two layers in the bottom of a large saucepan, preferably stainless steel. Add the hot tap water, and bring it to a boil over high heat. Cover the pan, and continue to boil the asparagus over high heat for 4 to 5 minutes, until it is tender but still firm. Most of the water will have evaporated. Note: for thinner asparagus, boil only 1-2 minutes.

Remove the asparagus from the pan, and spread it out on a platter lined with paper towels to speed cooling. When it is cool enough to handle, measure down 6 inches from the tip of each spear, and cut off and reserve the remainder of the stem ends. Then, starting at the bottom of the spears split the stem in half lengthwise, stopping when you get to the tips and leaving the heads intact. Cut the reserved stem ends into 1-inch pieces. Combine the sauce ingredients in a small bowl.

At serving time, mix the 1-inch pieces of asparagus with the olives, capers, and tomato in a bowl. Arrange four asparagus spears on each plate so the tips extend to the edge of the plate and the stalks, spread open where they are cut, connect to create a “frame” around an open area in the center of the plate. Arrange some of the tomato-olive mixture in the center of each plate, and spoon some sauce over both the spears and the mixture. Sprinkle with the parsley leaves, and serve.

### **ITALIAN ANTIPASTO TRAY**

Tempt your guests with some of the finest Italian Meats and Cheeses you can find. Use any combination of the following:

- Parmigiano-Reggiano Cheese
- Provolone
- Mozzarella Balls
- Red and Green Pickled Peppers
- Sliced Salami
- Sliced Mortadella
- Sliced Pepperoni
- Sliced Prosciutto
- Slice Sopressata
- Sliced Capicola
- Red and Yellow Teardrop Tomatoes
- Thinly sliced Red Onion
- Green and Black Olives
- Capers
- Fresh Basil
- Good quality Olive Oil

Salt and Pepper

Thin Italian Bread Sticks

Set a large round platter out. Place the meats, cheese, and vegetables around the plate, alternating between meat, cheese, and vegetable. Also try to alternate with the color of the food and the texture and try not to have two similar meats or cheeses next to each other. In the center of the platter, place a tall slim glass and then put the thin breadsticks into the glass. Once you have everything on the platter, spread the black and green olives and capers all over, as well as the torn or julienned basil. Drizzle with some of the extra virgin olive oil and maybe a little red-wine vinegar. Place a fork on the platter and allow everyone to help themselves. Note: Place the olive oil and vinegar on only just prior to serving. ENJOY!

## **TURTLE TERRINE**

1 Qt. good quality vanilla ice cream, softened

4-6 chocolate brownies or brownie cupcakes from bakery section of store

1 container of caramel sauce from stores Ice Cream Section

½ - 1 cup pecans

Lightly coat an 8½ x 4½ inch loaf pan with nonstick spray; line the pan with plastic wrap that overhangs the pan.

Layer 1 -1 ½ cups of ice cream in the bottom of the prepared pan; crumble 1½ of the muffins/brownies and sprinkle all over the ice cream. Repeat layering ice cream and muffins/brownies to fill the loaf pan, ending with muffins/brownies. Fold plastic to cover terrine and freeze until solid, at least 8 hours or overnight.

Unmold the terrine, lifting it out by the plastic wrap; turn it brownie/muffin side down on a plate or cutting surface and peel off the plastic. To slice, use a thin-bladed knife, dipped in hot water and wiped dry to slice. Dip and wipe the knife after each slice. Serve slices of terrine with caramel sauce and pecans.

## **EASY STRAWBERRY SALSA**

3 cups chopped seeded tomatoes, about 4 large  
1½ – 2 cups chopped fresh strawberries  
½ cup finely chopped onion – I used a sweet onion  
½ cup minced fresh cilantro  
1 – 2 jalapeno peppers, seeded and finely chopped  
1/3 cup chopped sweet yellow or orange or both peppers  
¼ cup lime juice  
¼ cup honey  
4 garlic cloves, minced  
1 teaspoon chili powder  
Baked tortilla chips scoops

In a large bowl, combine first 10 ingredients. Refrigerate, covered, at least 2 hours. Serve with the tortilla scoops. Refrigerate any leftover.

Remember – while all the above recipes require no cooking, you may wish to add additional items to make them more fulfilling. Left over chicken, fish, or meat, sliced and served with the salads, or maybe you could make a “New York Style Deli Salad Plate.” Take one of the salads and then on a large round platter place a scoop of tuna salad, egg salad and chicken salad. Some wine and some rustic bread and you have dinner. Let your imagination run free, create something special using what is here. Remember what I have always said, recipes are like road maps, yes they have directions, but they also can have alternate routes to take too. There is more than one way to get downtown. Have fun!

Chef Cal

