



restaurant : oyster bar : lounge

Executive Chef Instructor Joshua Zeman

Cooking Demonstration

Chef Zeman will showcase jumbo lump crab cakes & the importance of a crispy skin snapper

Jumbo Lump Crab Cakes

*serves 2 as a main course, 4 as an appetizer

- 1/8 ounce of butter
- 1 tablespoon of finely diced yellow onion
- 1 tablespoon of finely diced red bell pepper
- 1 clove of garlic, finely grated
- a little over 3/4 of a pound of lump crab meat
- 1/8 cup of smoked paprika aioli (add a few pinches of Spanish smoked paprika to mayonnaise)
- 1/2 teaspoon of Worcestershire sauce
- 1/2 teaspoon of Dijon mustard
- 1/2 teaspoon of flat leaf parsley, finely chopped
- 1/2 teaspoon of Old Bay seasoning
- 1/2 teaspoon of kosher salt
- 1/2 tablespoon of fresh squeezed lemon juice
- 1 cup of panko bread crumbs
- 1 egg, lightly whisked
- canola oil, for frying

Position two oven racks in the upper third of the oven and pre-heat the oven to 350 degrees F. Melt the butter in a small pot over medium heat. Reduce the heat and stir in the onion and red pepper. Stir in the grated garlic. Cook for a few minutes, until the pepper and onion are tender. Remove from heat and set aside. Strain the crab meat of extra moisture using a fine-mesh strainer and set aside.

In a large bowl, whisk together the aioli, Worcestershire sauce, mustard, parsley, Old Bay, lemon juice and salt. Stir in 1/4 cup of panko, as well as the reserved pepper-onion mixture. *Gently* fold in the crab, followed by the lightly whisked egg. Pour the rest of the panko into a shallow bowl.

To make the crab cakes, shape the mixture into balls roughly 2 inches in diameter. Roll in the panko to coat, adding more panko if the cakes are falling apart. They're very delicate, so expect that they will not fully stick together. Set the individual crab cakes on a plate. Heat the canola oil in two large oven-proof frying pans over medium heat—you just need a thin layer. Add the crab cakes, patting them down—again, gently so that they don't fall apart—and cook for about 5 minutes on each side (get a nice brown crust on both sides, but be sure to watch them carefully so as to not to burn them!). Once the crab cakes are nicely browned on both sides, move the pans to the oven for only a few minutes, to make sure that they're heated all the way through. Line a plate or baking sheet with paper towels and transfer the crab cakes onto the paper towels to absorb any grease.

Asparagus vinaigrette

- 6 to 8 medium thick asparagus spears
- ¼ cup tarragon leaves
- ¼ cup chive
- ¼ tsp salt
- ¾ cup olive oil

Cook the asparagus in a sauté pan of simmering water for 3 minutes. Drain immerse into a bowl of ice water to stop the cooking. Drain and cut the tips into 3inch lengths and set aside. Put the asparagus bottoms into a blender and add the tarragon, chive, and salt. With machine running add oil in a slow stream. Blend for 1 minute. Strain through a fine mesh sieve into a bowl on top of ice taste for seasoning.

Tartar Sauce

- 1 Hardboiled Eggs
- 1/4 cup Capers
- 1/4 cup Cornichons
- 2 Garlic Cloves
- 1 Shallot
- 2 tsp Parsley
- 1 tsp Dijon Mustard
- 1 tsp Lemon Juice
- 1 tsp Pickle Juice
- 1 cup Mayo

Finely chop the capers, cornichons, shallots, garlic & parsley. Add mustard, mayo, lemon juice, pickle juice and mix until all ingredients are incorporated.

Spiced Crispy Skin Red Snapper

*smashed potatoes & spinach,
summer succotash, creamy
mustard sauce*

Ingredients-

Mustard Sauce:

½ cup chicken stock
2 cups heavy cream
2 teaspoons Dijon mustard
1/8 teaspoon cumin
1/8 teaspoon turmeric
1/8 teaspoon tarragon

Snapper:

Two 6-ounce skinless snapper fillets
2 teaspoon Seasoning mixture
2 tablespoons extra-virgin olive oil

Succotash:

3 tablespoons extra-virgin olive oil
1 small red bell pepper, diced (3/4 cup)
1 large shallot, diced (1/4 cup)
1 cup corn kernels, cut from 2 cobs
3/4 cup fava beans
1/2 teaspoon sea salt
2 tablespoons chopped fresh basil
2 teaspoons Yuzu
2 tablespoons white soy

Directions

Preheat the oven to 350 degrees F.

For the sauce: Reduce the cream, chicken stock, mustard, cumin, turmeric, and tarragon in a large sauce pan. Bring to boil over medium high heat, stirring occasionally. Continue to boil on medium heat 4 to 5 minutes, stirring occasionally, until thick enough to coat the back of a spoon.

For the snapper: Sprinkle the snapper fillets on all sides with the seasoning mix. Heat the olive oil in a large oven-proof skillet over medium-high heat. With tongs, gently place the snapper, flesh-side down, in the pan. Allow the fish to cook, undisturbed, for 3 minutes to form a golden crust. Using a spatula, gently flip each fillet. Transfer the pan to the oven for an additional 5 minutes. Remove from the oven and cover with foil to keep warm.

For the succotash: Heat the olive oil in a medium skillet over medium-high heat. Add the red peppers and shallots and cook for 4 minutes, stirring often with a wooden spoon. Add the corn, fava beans and salt and cook for another 3 minutes. Remove the pan from the heat and stir in the basil, white soy and yuzu juice.

The slotted fish spatula, by the way, is an essential tool here.

It's thin and flexible enough to slide under the fish without crushing or otherwise bulldozing it.

Getting all the moisture out is the key to a crispy skin!



Seasoning mixture for the snapper: paprika, cumin, garlic powder, onion powder cayenne and coriander

Smashed potatoes & spinach: roasted garlic, shallot, lemon juice, parsley and butter

