

Recipes from Gulfcoast Cooking- May, 2007

Roasted Cornish game hens:

4 Cornish game hens- halved, backs removed  
½ cup orange juice  
4 TBSP. soy sauce  
2 TBSP. white balsamic vinegar  
2 teaspoons honey  
½ teaspoon freshly grated ginger  
Dash kosher salt  
Orange zest for garnish

Preheat oven to 400 degrees. Rinse and pat dry hens. Whisk ingredients together in a bowl. Put into zip lock bag, add hens and marinate for 15 minutes- 1 hour in refrigerator.

Transfer hens to roasting pan and place on rack, skin side up. Baste every ten minutes. Roast for 30-40 minutes. Serve with pan juices and top with zest of orange.

.....Zucchini Cake by Marimar Torres

I absolutely love this side dish for entertaining. The night I cooked with Marimar we were at her vineyard and grilling chicken while discussing fresh vegetables and what else- what wine to drink with dinner. This dish goes so well with roast turkey, barbecued chicken, prime rib or glazed pork roast. Best if served with one of Marimar's fabulous Sonoma Pinot Noirs.

¾ teaspoon salt  
3 pounds zucchini (about 10 medium), grated  
3 Tablespoons butter  
1 large onion minced  
1 cup ricotta cheese  
3 cups grated Monterey jack cheese  
3 eggs, beaten  
¼ teaspoon fresh ground black pepper

Sprinkle ½ teaspoon of salt over the grated zucchini and let sit for 15-20 minutes to release the liquid. Squeeze into a cloth and discard the liquid

Preheat oven to 375 degrees. Heat 1-tablespoon butter into medium skillet and sauté onions slowly for about 20 minutes. Transfer to a bowl. Add remaining butter to skillet and sauté zucchini for about 20 minutes.

Transfer to a bowl and let cool. Add ricotta cheese, 1 ½ cups grated cheese, eggs. Remaining ¼ teaspoon of salt and pepper. Mix well and taste for seasoning. Add more if needed.

Butter a 9 by 5 inch rectangular mold or baking dish. Sprinkle remaining cheese on top (1/2 cup). Bake at 375 degrees for about 1 hour until cheese on top is golden brown let cool, serve lukewarm or room temperature

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**Watermelon-Feta Salad**

1/2 Watermelon -seedless

2 packs high quality Greek Feta cheese (not crumbled)

1/2 red Onion

1/2 bundle mint

juice from 1 lemon

4 tablespoons Olive oil,

Salt + Pepper to taste

1.5 oz Pine seeds (roasted)

1. Cut watermelon in slices approx. 6 inch, remove the seeds. Take the fruit meat out of crust of the melon and cut the 'meat' in quarters. cut the Feta cheese in small pieces. Cut the Onion in very thin slices, cut the herbs not too small and put all ingredients into a ball.

2. Mix lemon juice, Olive oil, Salt + Pepper all together and put it all over the other ingredients.

3. Spread the roasted pine seeds over the salad and decorate the salad on the melon-slices.

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**Yellowfin Tuna and Coconut Ceviche**

12 ounces sashimi grade tuna, ¼ inch dice

Juice of 2 limes

Juice of 2 lemons

Juice of 2 oranges

1 medium size red onion, finely diced

1 red bell pepper- seeded and finely diced

2 poblano chiles-roasted, seeded and diced

2 TBSp. coarsely diced cilantro (use stems)

One 14-ounce can of coconut milk

1 TBSP. honey kosher salt and fresh ground pepper

Place the tuna in a large glass bowl. (do not use metal) Add the citrus juices, mix well and cover tightly. Add remaining ingredients, stir and refrigerate about 15 minutes- tuna will be opaque. Serve chilled- garnish with zest of lime if desired

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### Raspberry- Blueberry key lime tarts

1 cup heavy whipping cream- whip with ¼ cup powdered sugar to firm peaks  
1 jar key lime curd  
1 8 ounce container Philly cream cheese

1 cup fresh raspberries  
1 cup fresh blueberries  
Individual graham cracker tart shells OR dessert glasses and graham cracker crumbs

Whip cream cheese until soft. Add key lime curd. Gently fold in whipped cream. Refrigerate 4 hours. Fill graham cracker shells and top with fresh berries OR fill into dessert glasses and sprinkle top with graham cracker crumbs.

Serve chilled (may be prepared the night before)

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### Paella

1 dozen small clams. In shell  
2 lbs. shrimp shelled and deveined  
4 TBSP. olive oil  
1 TBSP. butter  
1 cup yellow rice  
1 teaspoon kosher salt  
1 chicken bouillon cube 2 cloves garlic chopped  
1 bunch leeks- rinsed well and sliced  
2 medium onions- finely chopped  
1 cup chorizo sausage- chopped  
1 cup roasted red peppers- chopped  
1 cup frozen green peas- thawed and blanched for 2 minutes

Wash clams and shrimp thoroughly, steam clams and shrimp in water with chopped onion and 1/8 cup beer- if desired. Remove from heat. Set aside clams and shrimp in 2 cups of broth

In a large pan, sauté olive oil, onions, leeks and chorizo for 5-10 minutes. Add yellow rice, bouillon cube and clam broth. Simmer and cover for approx. 20 minutes. Remove from stove- add clams and shrimp, chopped roasted red peppers and peas.

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### EGGPLANT ROLLATINI

Nonstick olive oil spray  
All purpose flour  
4 large eggs, beaten to blend  
3 1/2 cups fresh breadcrumbs

2 2/3 cups grated Parmesan cheese  
(about 8 ounces)  
18 1/4- to 1/3-inch-thick lengthwise eggplant slices (from 2 medium)  
1/2 pound thinly sliced prosciutto  
1 cup roasted red peppers- julienne

3 cups (packed) coarsely grated whole-milk mozzarella cheese (about 12 ounces)  
1 1/4 cups ricotta cheese (preferably whole-milk)  
3/4 cup chopped fresh basil leaves

3 cups purchased marinara sauce

Preheat oven to 350°F. Spray 3 baking sheets and one 13x9x2-inch glass baking dish with nonstick spray. Place flour in 1 wide shallow bowl, eggs in second bowl, and breadcrumbs mixed with 1 cup Parmesan cheese in another. Sprinkle each eggplant slice with salt and pepper. Coat each slice with flour, then beaten egg, and finally breadcrumb mixture. Arrange eggplant slices in single layer on prepared sheets. Bake eggplant in batches until coating is golden, turning after 15 minutes, about 30 minutes total. Cool on sheets.

Mix mozzarella cheese, ricotta cheese, basil, and 1 cup Parmesan cheese in medium bowl. Season filling with salt and pepper. Divide filling among eggplant slices (about 3 tablespoons per slice); spread evenly, top with 2 slices of prosciutto and red peppers. Starting at 1 short end, roll up eggplant slices, enclosing filling. Arrange rolls, seam side down, in prepared baking dish. (Can be made 1 day ahead. Cover and chill.)

Preheat oven to 350°F. Spoon marinara sauce over rolls; sprinkle with remaining 2/3 cup Parmesan cheese. Bake uncovered until rollatini are heated through and mozzarella cheese melts, about 30 minutes.

Makes 6 main-course servings.

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## [CHICKEN AND MUSHROOM MARSALA](#)

3 whole boneless chicken breasts with skin (about 2 1/2 pounds),  
halved

1 cup flour  
1 1/2 tablespoons olive oil  
3 1/2 tablespoons unsalted butter  
1 onion, sliced thin  
3/4 pound mushrooms, sliced thin  
1/2 cup Marsala  
1 cup chicken broth  
2 tablespoons minced fresh parsley leaves

Pat chicken dry and season with salt and pepper. Dip into flour and shake off excess. In a large heavy skillet heat oil and 1 1/2 tablespoons butter over moderately high heat until hot but not smoking and brown chicken in 2 batches, transferring with tongs to a large plate as browned.

Discard all but 1 tablespoon fat from skillet and sauté onion and mushrooms, stirring occasionally, until liquid mushrooms give off is evaporated. Add Marsala and cook mixture, stirring, until Marsala is almost evaporated. Add broth and chicken with any juices that have accumulated on plate and simmer, turning chicken once, until cooked through, about 15 minutes. Transfer chicken with tongs to a platter.

Simmer mushroom sauce until liquid is reduced to about 1/2 cup. Remove skillet from heat and stir in remaining 2 tablespoons butter and salt and pepper to taste, stirring until butter is just incorporated. Spoon mushroom sauce around chicken and sprinkle with parsley.

Serves 6.