

## **RECIPES FROM THE CULINARY CLASSIC, RITZ CARLTON AMELIA ISLAND**

### **Beignets**

3 cups self rising flour  
2 teaspoons granulated sugar  
Zest of one lemon  
1/2 teaspoon salt  
1/4 teaspoon cinnamon  
1/4 teaspoon baking powder  
1 cup milk  
1/2 cup butter milk

oil for frying  
confectioner's sugar for, dusting

1. In a large bowl, sift to combine, flour, sugar, salt, cinnamon and baking powder. Add 1 Make a well in center of flour. Add lemon zest. Add milk and buttermilk. Mix until combined. Careful not to over mix. Set aside to rest.
2. In a large pot, heat oil to 375° F. On a floured work surface, turn dough out and pat into a rectangle approximately 1/8 inch thick. Cut dough into 3 inch squares.
3. Add squares to heated oil and cook turning only once 2 minutes. Remove from oil to draining rack. Dust with powdered sugar.

### **Warm Chocolate Syrup**

1/4 cup Dutch processed cocoa powder  
1/2 cup dark brown sugar  
1/4 teaspoon salt  
1 1/2 cups half and half  
3/4 cup light corn syrup  
4 ounces semisweet chocolate, in small pieces, divided  
1 teaspoon apple cider vinegar

2 tablespoons cold butter

1 teaspoon vanilla extract

1. In a deep heavy bottomed saucepan, combine cocoa, sugar and salt. Whisk in half and half. Over medium high heat, bring mixture to a simmer. Add corn syrup, half of chocolate and vinegar. Bring to a boil stirring constantly with a heat proof silicone spatula making sure to scrape the bottom and sides of pot. Continue to boil until it reaches a thread stage of 225°F. This will take about 8 to 9 minutes. (seems like forever)
2. Remove from heat and stir in remaining chocolate and vanilla. Stir until chocolate is completely melted and incorporated. Add cold butter, whisking to combine.
3. Cool slightly before serving.

Notes:

The temperature will seem to stall out be patient and continue to boil until it reaches 225° F. on the thermometer or until it forms a thin thread when drizzled across a plate.

Sauce can be reheated in microwave on high 30 second intervals stirring to even heat.

### **Malted Pancakes**

1 1/2 cups unbleached all purpose flour

1/4 cup malted milk powder

3 tablespoons sugar

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 1/2 cups buttermilk

3 tablespoons unsalted butter, melted

2 large eggs, beaten

1/2 teaspoon vanilla extract

1. Heat griddle or non stick skillet. Using a wire whisk, combine dry ingredients in a medium mixing bowl.
2. In a separate bowl combine liquid ingredients. Using whisk incorporate liquid ingredients into dry mixture until just combined.
3. Drop 1/3 cup batter onto griddle for each pancake. Cook until bubbles begin to burst on surface. Flip pancake.

Notes:

If not using buttermilk, omit baking soda and use whole milk.

Serve with Warm Chocolate Syrup and Bananas.

### **Sweet Potato Biscuit**

1 cup mashed baked sweet potato  
2/3 cup milk  
4 tablespoons melted butter  
1 1/4 cup flour  
3/2 teaspoon baking powder  
2 tablespoons sugar  
1/2 teaspoon salt

1. In a medium bowl, mix sweet potato, milk, and melted butter.
2. Sift dry ingredients. Add to potato mixture. Gently mix to form a soft dough. Roll to 1/2 inch thick. Cut out with floured biscuit cutter. Place on greased pan. Bake 450° F for 12 to 15 minutes

Notes: Serve with smoked ham and Jezebel Sauce

### **Jezebel Sauce**

1 medium (5ounce) jar pineapple preserves  
1 medium jar apple jelly  
1 medium jar prepared mustard  
1 4 ounce jar prepared horseradish  
1 teaspoon kosher salt

1. Combine all ingredients in medium saucepan. Heat over medium heat until mixture is warm and bubbly. Return to prepared jars. Store in refrigerator one month.

# *Pimiento Cheese Grits, Pepper-Seared Sea Scallops*

## *Red Pepper Sauce*

This dish brings together five of my favorite ingredients: pimientos, grits, sharp cheddar cheese, sea scallops, and black pepper. The creamy grits take on the flavors of the pimientos and cheddar cheese and make a great accompaniment for the pepper-seared sea scallops.

Serves 6

### **The Pimiento Cheese Grits**

Makes 6 cups

6 cups water

1 2/3 cups coarse stone-ground white grits

1/2 cup heavy cream

1 tablespoon butter

1 cup roasted, peeled, seeded, and chopped red bell pepper

8 ounces sharp white cheddar cheese

1/2 tablespoon salt

Dash of white pepper

Bring the water to a boil in a heavy-bottomed stockpot or large saucepan. Slowly pour in the grits, stirring constantly. Reduce the heat to low and continue to stir so that the grits do not settle to the bottom and scorch. After 8 to 10 minutes, the grits will plump up. Cook the grits over low heat for another 25 to 30 minutes, stirring frequently. Add the cream, butter, cheese, and the roasted peppers. Cook an additional 10 minutes to melt the cheese and allow peppers to flavor the grits. Season to taste with salt and white pepper. The grits will have a thick natural creamy consistency, and will have become soft and silky. Keep covered and warm until ready to serve. If the grits become too thick, add warm water to adjust the consistency.



## **The Red Pepper Sauce**

Makes 1 3/4 cups

1 tablespoons plus 1 teaspoon olive oil  
1/4 cup roughly chopped yellow onion  
1/2 teaspoon roughly chopped garlic  
2 tablespoons all-purpose flour  
1 1/4 cups chicken broth  
1/2 cup red pepper flesh from 2 large roasted red peppers chopped, or 2 (4-ounce) jars pimientos, drained and chopped  
2 tablespoons chopped fresh basil  
Salt to taste  
Pinch of cayenne pepper

Heat the olive oil in a heavy-bottomed saucepan over medium heat. Add the onion and garlic and sauté for 1 minute. Reduce the heat and make a roux by adding the flour and stirring until well combined. Continue to cook over low heat for 2 minutes, stirring constantly. Do not let the onions or flour color. Turn up the heat to medium and, stirring vigorously, add 3/4 cups of chicken broth. Continue stirring vigorously until the broth thickens and is smooth. Gradually add the remaining 1/2 cup of chicken broth, the red pepper strips or the pimiento, and the basil, stirring constantly until the broth thickens into a sauce.

Bring the sauce to a low boil, then simmer over medium heat for 10 minutes to cook out the starchy flavor of the flour. Skim off any skin that may come to the top and discard. Remove the sauce from the stove and let it cool, stirring occasionally, for 10 minutes. Puree the mixture in a food processor or blender until smooth. Season to taste with salt and cayenne pepper. Use at once or place in a storage container, let cool to room temperature, cover, and refrigerate. Red Pepper Sauce will keep for a week in the refrigerator.

## **The Scallops**

12 large sea scallops  
1 tablespoon freshly ground black pepper  
2 teaspoons fine sea salt  
4 tablespoons light olive oil  
2 ounces white cheddar cheese, cut in a small dice for garnish  
1/2 recipe Red Pepper Sauce

Season the sea scallops with the black pepper and salt on the flattest surface of each scallop. Heat the olive oil in a heavy-bottomed frying pan to the smoking point. Gently place the scallops seasoned-side down in the hot oil. Allow them to sear for 1 minute. Carefully lift the scallops so that the oil can get under each one. Continue to sear, adjusting the heat if necessary, until a golden crust or sear is obtained. Gently turn the scallops over and cook them on the other side for 4 to 5 minutes. They should still be a little translucent in the center. Remove them from the heat and allow to rest for a moment.

Divide the grits between 6 warm serving plates. Arrange two scallops beside the grits and sprinkle with the cheddar cheese and a drizzle of red pepper sauce.



# *Shrimp and Rice Salad*

## *Lemon, Garlic, and Dill Vinaigrette*

A great refreshing chilled summer salad. The lemon, garlic, and dill vinaigrette adds a great flavor enhancement to the rice, and the celery and corn give it a sweet flavor and a crunchy texture.

Serves 10 to 12

### **The Rice**

#### Carolina Plantation Aromatic Rice

I made this rice a staple at Magnolias shortly after I met Campbell and Meredith Coxe. They had just started to grow the heirloom Della variety in small amounts and asked me to try it out. I was immediately hooked by its aromatic qualities and the fact that it is the only rice produced entirely in South Carolina in retail quantity. I had not used Carolina Plantation Aromatic Rice prior to the publication of the original Magnolias Southern Cuisine, but you will find it in many of the new recipes. Carolina Plantation also grows and mills their own white and yellow corn grits, brown rice, rice flour, and cowpeas.

2 cups Carolina Aromatic Rice (about 1 pound)

3 1/4 cups water

Rinse the rice with cold water until the water is clear. Place the rice and the water in a deep, heavy-bottomed pot and cover with a lid. Place the pot over medium-low heat and allow it to slowly come to a boil. Reduce the heat and cook the rice slowly for 12 to 15 minutes. It's best not to peek and allow the steam to escape. When the rice has finished cooking, steam holes should be present at the surface of the rice and all of the water should have been absorbed by the rice.

Remove the pot from the heat and fluff the rice with a fork. Spread it out on a large pan or bowl to cool, fluffing frequently to release the steam. Cool to room temperature. Reserve.

### **The Lemon, Garlic, and Dill Vinaigrette**

Makes 2 1/2 cups

3 tablespoons spicy Dijon mustard

2 tablespoons crushed fresh garlic

1/3 cup fresh lemon juice

1/4 cup rice wine vinegar

1 1/2 cups light olive oil

1/3 cup fresh dill sprigs picked from the main stem and cut in medium thin slices

Fine sea salt

Ground white pepper

In a mixing bowl, combine the mustard, garlic, lemon juice, and rice wine vinegar and mix well. Slowly whisk in the oil until all is incorporated. Add the dill. Season with salt and white pepper to taste.



## **The Salad**

1 pound large shrimp, peeled, deveined, split lengthwise, cooked, and chilled  
1 1/2 cups sweet corn kernels, cooked on the cob, cooled, and cut off  
1 cup finely diced celery  
1 cup thinly sliced scallions, using entire scallion

Mix together the rice, shrimp, corn, celery, and scallions. Add 1 1/2 cups of the vinaigrette and toss. Season with salt and white pepper to taste. Chill at least 2 hours or overnight. Add the remaining vinaigrette as needed to refresh the salad just before serving.

Place a small amount in the center of a plate and garnish with a drizzle of the vinaigrette, a sprig of fresh dill and a lemon wedge. You may also serve this salad family style for a picnic or large function.



# *Garlic Lamb Chops*

## *Goat Cheese Stuffed Squash Blossoms*

### *White Balsamic Butter*

For the lamb:

2 each	Colorado Lamb Racks (frenched)
2 tsp	Garlic (minced)
1 Tbsp	Flat Leaf Parsley (chopped)
2 Tbsp	Extra Virgin Olive Oil
2 tsp	Kosher Salt
½ Tsp	Black Pepper (ground)
3 Tbsp	Plugra Butter

For the White Balsamic Butter:

1 Tbsp	Shallots (minced)
½ cup	White Balsamic Vinegar
¼ lb	Plugra Butter
½ tsp	Kosher Salt
¼ tsp	Black Pepper

For the Squash Blossoms:

12 each	Summer Squash Blossoms
1 cup	Soft Goat Cheese
2 Tbsp	Basil (chopped)
½ tsp	Kosher Salt
¼ tsp	Black Pepper
½ cup	All purpose Flour
2 each	Eggs
½ cup	Buttermilk
4 cups	Canola oil

Procedure:

1. Cut lamb into chops mix garlic, parley, oil, salt and pepper together, coat chops generously and reserve
2. In a small sauce pan place shallots and vinegar, reduce to au sec, whisk in butter off of heat and season with salt and pepper. Reserve
3. In a bowl mix goat cheese, basil salt and pepper, place in a pastry bag and fill squash blossoms. Place blossoms in a refrigerator and chill.
4. In a small bowl mix together eggs and buttermilk, place flour in a small bowl and season lightly with salt and pepper.
5. Pan sauté lamb chops in a preheated sauté pan on both sides for approximately 3 minutes or until medium rare.
6. Heat canola in a pot to 340 degrees
7. Lightly dust squash blossoms in flour and place in egg mixture place back in flour and coat very well
8. Transfer to hot oil and fry until golden about 1 minute , place on a paper towel to remove excess oil.
  - ❖ Serve lam chops with blossoms and drizzle with butter.



# *Halibut Croquettes*

## *Heirloom Tomatoes and Vidalia Onions*

### For the Croquettes:

1 lb	Halibut Filet
1 cup	Chardonnay
1 cup	Fish Fume or Chicken Stock
2 Tbsp	Shallots (minced)
2 Tbsp	Olive Oil
2 tsp	Kosher Salt
½ tsp	Black Pepper
2 oz	Plugra Butter (room temp)
2 oz	All Purpose Flour

### For the Breading:

2 cups	All Purpose Flour
1 cup	Buttermilk
2 large	Eggs
2 cups	Panco Bread Crumbs
1 tsp	Kosher Salt
½ tsp	Black Pepper
4 cups	Canola Oil (for frying)

### For the vinaigrette:

2 cups	Heirloom Tomatoes (medium diced)
1 cup	Vidalia Onions (small diced)
1 cup	Extra Virgin Olive Oil
¾ cup	Sherry Vinegar
1 Tbsp	Lemon Thyme (chopped)
	Salt and Black Pepper to taste

### Procedure

1. In a small pot place fish, white wine, stock, shallots, salt and pepper, simmer until fish is just cooked.
2. In a small bowl mix butter and flour together.
3. Remove fish from broth and place in a small bowl, flake apart into small pieces
4. Bring stock mixture to a boil and add flour butter mixture small bits at a time. Whisking
5. Mixture should be very thick, cook for about 3 minutes or until flour flavor has cooked out. Add flaked fish and adjust seasoning.
6. Place on a sheet tray and chill.
7. Form croquettes and bread
8. Place croquettes in flour transfer to egg mixture and place in bread crumbs, cover and reserve.
9. Heat canola oil to 340 degrees and fry croquettes until golden brown.
10. In a small bowl mix tomatoes, onions, thyme, virgin oil, vinegar, salt and pepper
11. Place chunky vinaigrette on plate and top with hot croquettes.

