

BEEF STEAK TOMATO STACK

(featured on Burt Wolf, Cooking Show - Flavors of St. Augustine)

Ingredients:

1 ea Vine ripe Florida Beef steak tomato
1 ea Fresh Italian Mozzarella
1 Tbs. Balsamic vinegar reduction
Reduce 4 Tbs. of vinegar to 1 Tbs.
1 Tbs. Extra Virgin olive oil
1 pinch of sea salt
Garnish with fresh basil leaves, Frisee lettuce and julienne basil

Preparation: Slice Tomato in 4 thick slices and Mozzarella cheese in 3 thick slices. Stack as a layer from bottom to top. Cut a small whole in the top of the tomato, place the whole basil and the frisee in it. Drizzle the olive oil and the balsamic reduction over tomato and plate. Finish with salt and julienne basil.

CURRIED CHICKEN SALAD (award-winning)

Ingredients:

10 # Fresh chicken tenders
- Smoke with cherry and pecan wood in smoker for
1 hour on 250 degree
- Cool, remove cartilage and pull the meat
2 # grapes
- Slice in halves
3 cups chopped walnuts
3 cups golden raisins
Dressing:
Mix following ingredients to a nice and smooth dressing
1 quart mayonnaise
2 cups sour cream
1/2 cup Curry powder
1 1/2 cup sugar
- Salt and pepper to taste
- Add about 1-2 cups water to thin

Preparation: Combine all ingredients and season as needed with salt, pepper, curry or sugar to taste.

THE FRIDA LINDER MEAT LOAF

Ingredients:

10 # Ground beef
2.5 # Italian ground sausage (bulk)
2 ea Green peppers diced
1 ea Red pepper diced
2 ea onion diced
Salt, pepper and granulated garlic to taste
32 oz of liquid eggs
12 oz Tomato juice
4 oz Worcestershire sauce
Bread crumbs as needed
2 # Shredded mozzarella or asiago cheese
1 # Fresh baby spinach

Preparation: Mix all ingredients (not spinach and cheese) together, season to taste and as needed breadcrumbs. Use 3 loaf pans, fill half with meat mixture, place cheese and spinach, cover with more cheese and remaining other ground beef mixture. Press lightly until all mixture is fit. Bake covered in oven for 1 hour on 350F. Take cover off and bake 15 minutes more. Let set over night - DO NOT CUT WHILE STILL HOT!!! Cut next day in 8 oz pieces and wrap individual in plastic

SEMOLINA CRUSTED CALAMARI

Ingredients:

6 oz Calamari rings
1 oz Cornmeal / Flour mix
1 oz Kalamato olives sliced
1 oz Green stuffed olives sliced
1 oz shredded asiago cheese
1 Tbs Cilantro minced
1 oz Plum Tomatoes diced
Moroccan Pesto Sauce
3 Tbs. Cumin
3 Tbs. Curry
1 Tbs. Coriander seeds toasted
4 Tbs. Brown sugar
2 cups Louisiana Hot sauce
Mix in bar blender and finish with
2 gt Mayonnaise

Preparation: Clean and slice calamari, bread with cornmeal, fry until golden brown, mix in a bowl with tomatoes and olives. Set on plate and drizzle sauce over it, finish with cheese and cilantro.

CALYPSO SPICED MAHI-MAHI WITH VANILLA BEANS FROM MADAGASCAR

Ingredients: Eight 4oz pieces Mahi-Mahi filet, cut in two thick pieces

Calyпсо spice:
2 cups Caribbean jerk seasoning
½ cup brown sugar
1 Tsp ground cinnamon
Mix together and toss fish in it, let marinade for 5 minutes
4 thick slices of fresh golden ripe Hawaiian pineapple
1lb fresh mixed Hawaiian greens or
regular baby mixed green leafs
Red coconut - 4 oz shredded coconut
1 Tsp sweet Hungarian paprika
Roast coconut with paprika for about 5 minutes in hot oven and set aside
4 ea chefs potatoes
4 sheets of egg roll skin (Wontons)
Slice potatoes and egg roll skin into thin julienne and
fry separate for garnishing
Vanilla bean sauce:
3 oz heavy cream
2 oz light fish stock
Arrowroot and water mix for binding
1 oz of cream of coconut
1 scratched Madagascar vanilla bean
Salt and Pepper to taste
Heat cream, stock, cream of coconut with vanilla bean to a simmer. Mix arrowroot and water into slurry. Mix slurry in hot liquid and bring to a full binding.

Preparation: After marinating fish in calypso spice sear in pan with some sesame oil - Take pineapple slices, spray with oil and grill until nice and tender - Use a nice big plate to present dish; first start with some fried egg roll skin and a bed of mixed green in the center of the plate. Cut pineapple into 3 pieces diagonal - place skins-side-out around the bed of salad and wontons. Stack 2 piece fish on bed and cover lightly with sauce. Now top fish with fried potatoes sticks. - Finish with sprinkle of red coconut over the whole dish.

AWARD-WINNING MINORCAN CLAM CHOWDER

Ingredients:
1 pound Bacon
6.5 oz. minced clams
2.5 cups water
3 tbl. Clam base
16 oz. canned diced tomatoes
3 potatoes peeled and diced
2 yellow onion diced
2 red bell peppers diced
2 green bell peppers diced
¾ tsp dried thyme
2 habanero peppers or 2 datil peppers diced with seeds

Preparation: Render bacon in a large saucepan, add onions and peppers, saut» until translucent. Add diced clams, tomatoes and potatoes. Mix clam base with water and add to soup. Let simmer for 35 to 45 min. Serve hot. (Serves 10)

SWEET & SOUR RUBBED LONG ISLAND DUCKLING

Ingredients:
½ Duckling pre roasted
Moroccan glaze:
½ cup Honey
1 cup Maple syrup
2 cups Orange juice
1 Tbsp Cumin ground
1 Tbsp Curry ground
1 Tbsp Ginger ground
1 Tbsp Japanese soy sauce
1 Tbsp Lemon juice
Stir together and chill
Fried rice:
3 cups White basmati rice
1 oz. Sesame oil
2 ea eggs
2 ea Red bell peppers diced
2 ea Green bell peppers diced
1 ea Onions diced
2 oz Mushroom soy sauce
1 oz Soy sauce, salty

Preparation: Cook rice until al dente, let cool down. Saut» vegetables in pan with oil. Add eggs and rice. While saut»ing season with soy sauces. Season to taste with salt and pepper. To make it more taste full, use curry, cumin; ginger fresh cilantro and Coriander. Method: Get half-roasted duck; place in a pie pan, pour glaze over it and place in hot oven for about 20 min. When almost ready pour reduced sauce over duck to give a nice shine. Serve on a bed of fried rice and braised cabbage.

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