

## THIS IS ATLANTA COOKING

Presented by PBA 30

### **Steak Tartar**

#### **Ingredients:**

Steak tartar should only be made using the highest quality ingredients.

Do not buy already purchased ground beef for this recipe as you have no way of knowing how it has been handled or which part of the cow it came from or how clean the grinding equipment was.

The best cuts of meat to get for tartar are tenderloin, sirloin and top round.

Steak Tartar:

- \* 1 1/2 lbs. tenderloin, ground

Combine with:

- \* 1/2c minced onions

- \* 1/2c minced cornichons

- \* 1/2c minced parsley

- \* 1/4c drained capers

- \* 8-12 anchovies minced

Dash Tabasco

Dash Worcestershire sauce

#### **Method:**

Toss the beef with the raw ingredients and seasonings.

Divide onto 6 plates.

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### **Basil Oil and Tomato Salad**

*Chops and Lobster Bar serve their Tomato and Basil Salad with a dressing of Basil Oil*

1 large bunch of fresh Basil, both leaves and stems  
1 cup Extra Virgin Olive Oil

#### **Directions:**

Wash and thoroughly dry the basil. (This very important since oil and water don't mix well). Chop roughly by hand and place in the bowl of a food processor or blender (If using a blender, you may have to do this in 2 batches.) Add the oil all at once and process until the basil is almost completely liquefied and the oil turns a bright green. Immediately strain oil into a clean measuring cup, discarding the solids. Pour into a clean squeeze bottle and store in the fridge. *Basil oil keeps 3 days to 1 week under refrigeration.*

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### **Jumbo Lump Crab Cakes with Beurre Blanc**

1 lb. crabmeat  
2 to 3 heaping tablespoons mayonnaise  
1 egg  
Few dashes Tabasco  
1 tbsp. Dijon mustard  
Just enough bread or cracker crumbs to hold mixture together  
1 tbsp. sliced green onions  
Juice of one lemon  
Salt and white pepper to taste  
Old Bay Seasoning, optional  
Oil for cooking crab cakes  
Beat together mayonnaise, eggs, and seasonings. Add crabmeat and breadcrumbs and mix well.  
Form into cakes and pan fry in oil.  
Turn once and cook until golden brown. Makes 5-6 cakes.

#### **Beurre Blanc**

1 to 2 shallots, chopped fine  
8 ounces white wine  
2 ounces lemon juice  
1 tablespoon heavy cream  
12 tablespoons cold unsalted butter, cubed  
Salt and white pepper, to taste

Combine the shallots, white wine, and lemon juice in a non-reactive saucepan over high heat and reduce to 2 tablespoons. Add the cream to the reduction. Once the liquid bubbles, reduce the heat to low. Add the butter, one cube at a time, whisking first on the heat and then off the heat. Continue whisking butter into the reduction until the mixture is fully emulsified and has reached a rich sauce consistency. Season with salt and white pepper. Store Beurre Blanc in a thermos until ready to serve with crab cakes.

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### **Creamed Spinach**

#### **Bechamel sauce for creamed spinach:**

In a stainless steel saucepan, add:

One small chopped onion.

1 Qt. Whole milk

\_ tsp nutmeg

Tsp or so salt

Dash of peppercorns

Slowly bring mixture to a simmer for 30 minutes. Do not let it boil.

In a larger saucepan, melt:

6 Oz butter

Whisk in:

1 Cup, and a bit more, flour; Add the milk, whisking in, and heat until simmering. Simmer 2-3 minutes more, whisking often. Whisk occasionally while cooling, and use immediately or refrigerate. A bit of butter melted over the top will stop a skin from forming.

Add chopped blanched spinach to the base. Sprinkle with freshly ground nutmeg and Parmesan cheese. Combine until heated through and serve.

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### **Lyonnaise Potatoes**

2 - 3 tablespoons clarified butter  
1 large white onion, thinly sliced  
1 1/2 pounds Idaho potatoes, cooked, peeled and cut into 1/4-inch thick slices  
Salt and freshly ground white pepper to taste  
Chopped fresh thyme

Heat clarified butter in a large, heavy iron or non-stick skillet. Add the sliced potatoes and continue to sauté until potatoes are golden brown and have developed a light crust. Add more butter as needed. Season with salt and pepper. Add onions and sprinkle with fresh thyme. Sauté until all is heated through.

Makes 4 to 6 servings.

Clarified butter (also called drawn butter) has a higher "smoke point" for frying because it does not contain milk solids that cause whole butter to burn easily, therefore it may be used at higher cooking temperatures. To make clarified butter, melt whole butter slowly and allow standing a room temperature in a glass measure. Three layers will develop as it cools. Skim the top layer of foam off and discard. Then carefully remove the middle layer (clarified butter) and reserve. Discard the bottom layer (milk solids).

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### **Sauteed Mushrooms**

*(Sauteed in Pernod Butter)*

#### **Pernod Butter**

1 pound salted butter  
1 bunch chopped parsley leaves only  
3 each garlic cloves  
1 shallot  
1 tablespoon lemon juice  
2-tablespoon Pernod  
1-tablespoon onion powder

Mix all ingredients together in a kitchen mixer on medium

Blanch the mushrooms in boiling salted water with the juice of one lemon for 2 minutes. Do not blanch in ice water. Dry at room temp. Sautee mushrooms in the Pernod Butter.