



2010 Great Mississippi Seafood Cook-Off Recipe Book



This collection of seafood recipes was compiled by the Seafood Marketing Program at the Mississippi Department of Marine Resources. Each dish was inspired by professional, Mississippi chefs and prepared at the 2010 Great Mississippi Seafood Cook-Off, which was held at the Mississippi Coast Coliseum, May 12.

These charming and sophisticated recipes each feature fresh, Mississippi Gulf seafood as the main ingredient.

Please enjoy a taste of the 2010 Great Mississippi Seafood Cook-Off, and as always—Demand Mississippi Gulf Shrimp! Thanks,

Irvin Jackson
Linda Wakefield



Get Hooked on



Mississippi Seafood

*Vishwesh Bhatt
2010 Great
Mississippi Seafood
Cook-Off 1st Place-
Gold Medal
Winner*



Vishwesh Bhatt serves as Chef of SNACKBAR, a popular addition to the Oxford-based City Grocery Restaurant Group, which opened in April, 2009. Prior to becoming Chef at SNACKBAR, Vish worked for City Grocery in many capacities, including Catering Chef, Sous Chef and Chef de Cuisine. He has been with City Grocery Restaurant Group for over ten years.

Vish is originally from Gujarat, India and currently lives in Oxford, Mississippi.

Pan-Seared Triple Tail *as prepared by Vishwesh Bhatt*

Crab, Corn & Green Tomato Relish

- 8 Ounces Fresh Jumbo Lump Crab Meat
- 2 Green Tomatoes - medium-size, diced small
- 3 Ears Corn - roasted and shucked
- 1/3 Cup Red Onion - minced
- 1/3 Cup Red Bell Pepper - diced small
- 1 Habanero Pepper - seeded, deveined and minced
- Juice and zest of 1 Lime
- 2 Tablespoons Cider Vinegar
- 1 Teaspoon Sugar
- 3/4 Cup Cilantro
- 1 Tablespoon Cumin Seeds
- 2 Tablespoons Olive Oil

Mix all ingredients except the cumin and olive oil in a bowl and allow the flavors to blend for fifteen minutes. Warm olive oil in skillet and add cumin seeds. Once the cumin seeds are fragrant, quickly and gently toss the relish mixture in the pan. Season lightly with salt and black pepper.

Collard Green & Peanut Cole Slaw

- 2 Cups Collard Greens - julienned
- 2 Cups Green Cabbage - shredded
- 2 Shallots - thinly sliced
- 3/4 Cup cayenne roasted peanuts - chopped
- 1/2 Cup Apple Cider Vinegar
- 2 Tablespoons Extra Virgin Olive Oil
- 1/4 Cup Mayonnaise
- 2 Tablespoons Creole Mustard
- 1 Tablespoon Sugar
- 2 Teaspoons Celery Seeds
- 2 Teaspoons Paprika
- 2 Teaspoons Tabasco

Combine collards, cabbage, shallots and peanuts in a bowl and toss together. Combine the other nine ingredients and whisk them together. Stir dressing into collard/cabbage mix and stir together. Season with salt and pepper as needed.



2010 Great
Mississippi Seafood
Cook-Off
2nd Place Silver
Medal Winner
Heath Johnson



Heath Johnson serves as Chef de Cuisine at City Grocery in Oxford, Mississippi. He is originally from Richmond, Virginia, and has spent over 14 years cultivating his talent in Maryland, Chicago and New Orleans.

Prior to going to work for the City Restaurant Group in Oxford, Heath worked under several accomplished chefs.

*Pork Rind-Crusted Soft Shell Crab
as prepared by Heath Johnson*



Pork-rind Crusted Soft
Shell Crabs with Sorrel and
Wild Clover Aioli:

Pork Rind Crust

Pork Rinds
Corn Flour
All Purpose Flour
S & P
Garlic Powder
Onion Powder
Paprika
Cayenne

Egg Wash

Aioli

Mayonnaise
Garlic
Italian Parsley
Chives
Sorrel
Wild Clover
Lemon Juice & Zest
S & P
Cleaned Soft Shell Crabs

Sweet Corn and
Smoked Gulf
Shrimp Fritter
Cakes:

Sweet Corn
Minced Onion
Milk
Eggs
Flour
Corn Flour
Corn Meal
Baking Powder
Baking Soda
Smoked Shrimp
S & P

Serranos Mirliton Radish
Apple Vidalia Onion Salad
with Chopped Corn Nuts
and Flash-fried Collard:

Salad

Mirliton
Radish
Granny Smith Apples
Vidalia Onions
Serranos

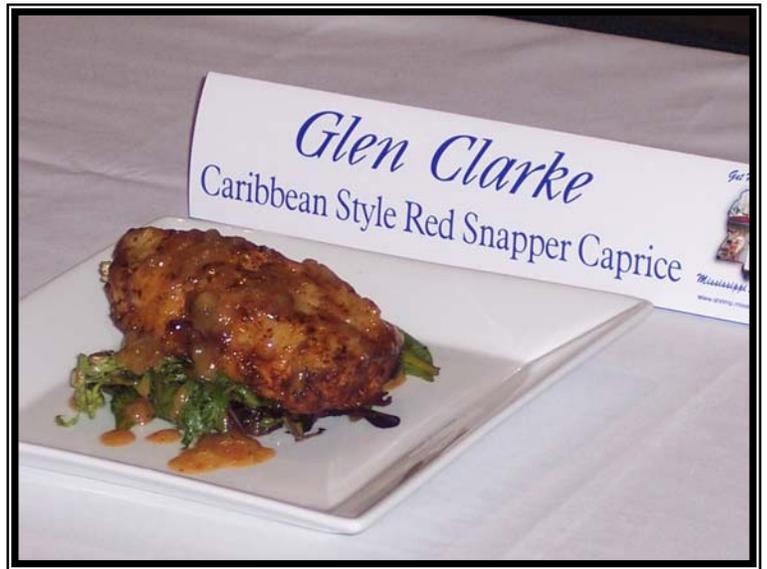
Fresh Herb Vinaigrette

Fresh Herbs
S & P
Extra Virgin Olive Oil
Shallot
Garlic
Egg Yolk
Lemon Juice and Zest
Champagne Vinegar

Flash-fried Collards

350° oil
Chiffonade Collards
S & P

*Glen Clarke
2010 Great
Mississippi Seafood
Cook-Off 3rd Place
Bronze Medal
Winner*



*Glen Clarke serves as Buffet
Sous Chef at the Palace Casino
Resort in Biloxi, Mississippi.
He has 18 years of kitchen
experience, including years of
work in resorts in Cuba, St.
Lucia, Colorado and Montego
Bay, Jamaica, his hometown.*

*As a native of Jamaica, Glen is
inspired by pristine beaches,
reggae music and the
laid-back attitude of his
island homeland. Glen
infuses this approach, along
with hard work and passion*

Caribbean-Style Red Snapper Caprice as prepared by Glen Clarke



Method:

Marinate the red snapper filets in lime juice for 10 minutes. Dust each filet with seasoned flour, then dip into beaten egg. Heat oil in frying pan and fry filets until brown on both sides, turning once. Reduce heat, cover and allow to cook for 10 minutes.

Meanwhile, prepare sauce.

In a small frying pan, melt butter, add banana and sauté until banana softens. Stir in chutney; use water if thinner sauce is desired.

To serve, garnish serving dish with seasoned spring, place fried Red Snapper filet on seasoned spring mix and spoon Caprice sauce over filet.

Ingredients:

Snapper

- 6 Red Snapper Filets - 6 ounces each
- Lime juice (3-4 limes)
- Seasoning flour with salt & pepper
- 1 Egg - lightly beaten

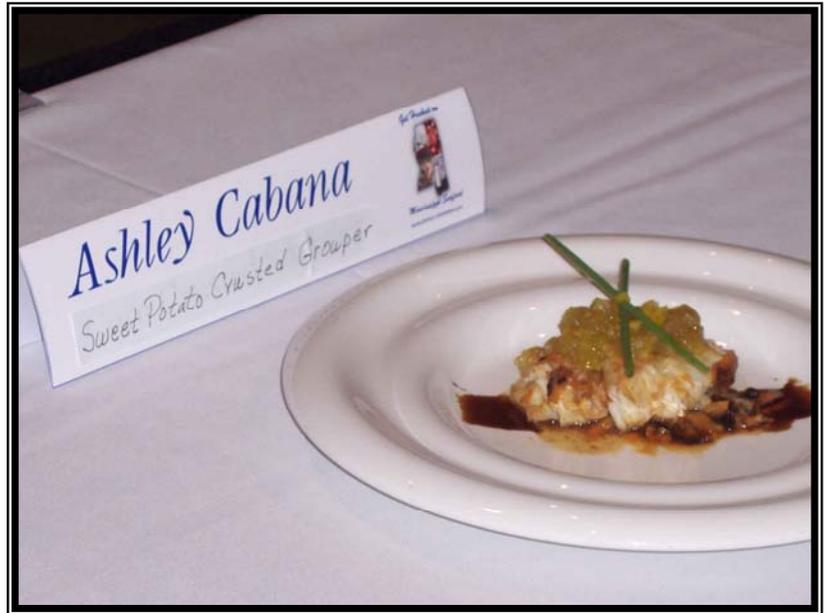
Oil Caprice Sauce

- 1 Tablespoon butter or margarine
- 1 Banana, sliced
- $\frac{1}{4}$ Cup (high quality) chutney - finely chopped
- 2 to 3 Tablespoons water - optional
- $\frac{1}{2}$ Cup spring mix - seasoned with oil & vinegar and salt & pepper to taste...

Serves six.



Ashley Cabana
Executive Chef
206 Front
Hattiesburg, Mississippi



Ashley Cabana serves as Executive Chef at 206 Front in Hattiesburg, Mississippi, his hometown.

He has worked as a personal chef, Sous Chef and Executive Chef and has spent time in Mexico, Belize and the lower Yucatan cultivating his talents.

Ashley has also lived and worked on the Gulf Coast, but after being displaced by hurricane Katrina, he moved back to Hattiesburg.

Sweet Potato-Crusted Grouper with Green Tomato Marmalade as prepared by Ashley Cabana



Spice Rub

- 2 $\frac{1}{2}$ Teaspoon Ground Nutmeg
- 2 $\frac{1}{2}$ Teaspoon Ground Cumin
- 2 $\frac{1}{2}$ Teaspoon Ground Coriander
- 2 Teaspoon Kosher Salt
- 1 $\frac{1}{4}$ Teaspoon Ground Ginger
- 1 $\frac{1}{4}$ Teaspoon Ground Allspice
- 2/3 Teaspoon Cayenne
- 2/3 Teaspoon Ground Cinnamon

Blend all ingredients and store properly...

Marmalade

- Juice and Zest of 1 Orange
- Juice and Zest of 1 Lemon
- $\frac{3}{4}$ Cup Water
- $\frac{1}{2}$ Cup Sugar
- 4 Green Tomatoes- diced $\frac{1}{4}$ inch
- 1 Ounce Ginger Root- minced

Combine juices and zests with water and sugar in saucepan and bring to a boil. Fold in green tomatoes and ginger and simmer until proper consistency.

- 8 (4-Ounce) Grouper Filets
- 2 Medium-Size Sweet Potatoes - shredded
- $\frac{3}{4}$ Pound Smoked Bacon

Dice bacon and render in cast-iron skillet. Season grouper filets with spice rub and roll in shredded sweet potato until coated on all sides. Drain rendered fat out of skillet and set aside for browning potato crust - start with enough olive oil to coat the bottom of the skillet. Heat skillet just until oil simmers and gently place potato-crusting grouper in skillet; drizzle bacon fat for flavor and browning potato. Brown grouper on both sides and finish in 375° oven for approximately 7 minutes- or until grouper begins to flake. Garnish with 25-year-old balsamic or balsamic reduction and fresh chives.

David Crabtree
Executive Chef
Island View Casino
Gulfport, Mississippi



David currently serves as Executive Chef at Island View Casino in Gulfport, Mississippi. He has worked in the food industry for 32 years and as a chef for the past 24 years. He has been awarded many honors in culinary competitions along the Southern United States. He trained in New Orleans under William Vrazel, Gerard Maras and Emeril Lagasse. He now lives in Saucier, Mississippi.

Beach Trout with Blue Crab and Avocado as prepared by David Crabtree

Trout:

7 4-Ounce Filets of
Fresh Gulf White
Trout
3 Yukon Gold
Potatoes
3 Eggs
1 Cup Milk
1 Cup Seasoned Flour

Filet trout and
season lightly with
S & P. Cut potatoes
into strings using a
spiral mandolin.

Make egg wash
with eggs and milk.
Place fish on board
and fill with
avocado filling.
Roll into roulade
and lightly coat
with egg wash and
flour. Wrap with
potatoes and fry in
hot oil.

Filling:

8 Ounces of Gulf
Crabmeat
4 Avocados
2-Ounce Slab of
Bacon
1 Lemon Zest &
Juice
2 Ounces Sour
Cream
3 Ounces Dijon
mustard
1 Apple diced
2 Green Onions
 $\frac{1}{2}$ Tomato minced
3-Ounce Smoked
Gouda Cheese
 $\frac{1}{2}$ Teaspoon Hawaiian
Red Sea Salt
1 Tablespoon Cream
Sherry
 $\frac{1}{2}$ Teaspoon White
Pepper

Place all
ingredients
except crab in
mixing bowl and
whip until smooth.
Fold in crabmeat.

Relish Topping:

$\frac{1}{2}$ Apple - julienne
 $\frac{1}{2}$ Pear - julienne
 $\frac{1}{2}$ Avocado - julienne
 $\frac{1}{2}$ Cup Baby Watercress
- or other baby greens
1 Teaspoon Cilantro -
minced
1 Teaspoon Honey
1 Teaspoon Orange
Juice
1 Teaspoon Olive Oil
 $\frac{1}{4}$ Teaspoon Sea Salt

Toss all ingredients
together...

Lemon Butter Sauce:

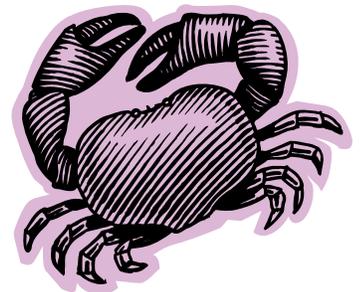
1 Teaspoon shallots-
minced
1 Teaspoon garlic-
minced
 $\frac{1}{4}$ Cup white wine
 $\frac{1}{4}$ Cup lemon juice
 $\frac{1}{2}$ Cup cream
4 Ounces Unsalted
Butter

Combine shallots,
garlic, wine, lemon juice
and cream in a
saucepan. Reduce by

Oyster Stew:

3 Cups Oyster Liquor
1 Cup Cream
1 Teaspoon Lemon Juice
 $\frac{1}{2}$ Teaspoon Minced Garlic
1 Tablespoon Butter
2 Green Onions
12 Large Oysters
 $\frac{1}{2}$ Cup Avocado Filling

In saucepan, reduce
liquor, cream, juice and
garlic by $\frac{3}{4}$. Add filling
and strain well. Add
oysters and cook
slightly until curled.



Seafood Eggplant

Base:

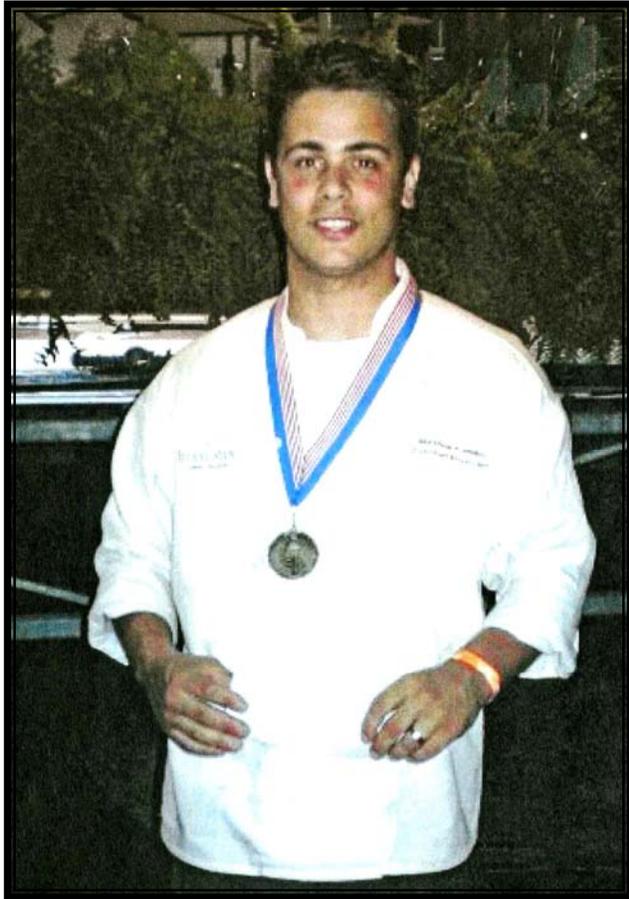
3 Ounces Butter
 $\frac{1}{2}$ Onion- minced
 $\frac{1}{2}$ Red Bell Pepper-
minced
1 Teaspoon Garlic-
minced
 $1 \frac{1}{2}$ Cups Eggplant-
minced

1 Cup Seafood stock
1 Teaspoon Thyme
1 Teaspoon Basil
2 Ounces 90-110
Shrimp
2 Ounces Oysters
2 Ounces Crabmeat

2 Ounces Smoked
Gouda Cheese
 $\frac{1}{4}$ Teaspoon white, black
& red pepper
2 Cups French bread
crumbs
1 Potato- grated

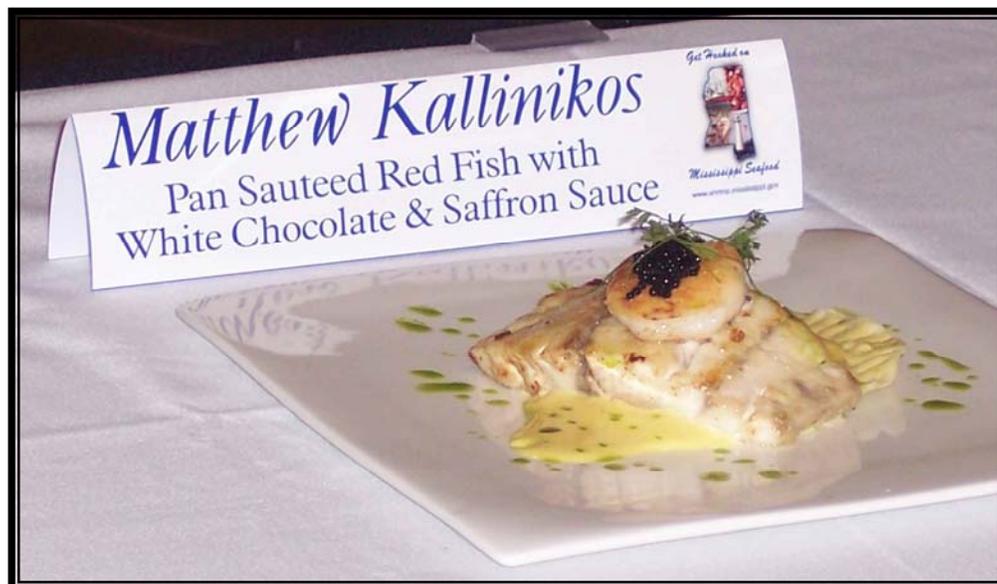
Melt butter in pan, then
add onion, pepper, garlic
and eggplant. Sauté until
eggplant is soft. Add
stock, thyme, basil,
shrimp, oysters and
peppers. Cook briefly and
fold in breadcrumbs.
Grate potato and place at
top and bottom of mold.
Pan-sear on both sides.

*Matthew Kallinikos
Room Chef
C & G's Grille
Island View Casino & Resort*



Matthew Kallinikos currently serves as Room Chef of C & G's Grille at Island View Casino and Resort. He has won a variety of awards at various culinary competitions across the northeast and on the Mississippi Gulf Coast.

He is a graduate of the Culinary Institute of America and has worked as Sous Chef, Banquet Chef and Executive Sous Chef prior to taking on his current role at C & G's Grille in Gulfport, Mississippi.



Pan-Sautéed Red Fish with White Chocolate & Saffron Sauce as prepared by Matthew Kallinikos

Pan-Sautéed wild red fish:

7 4-Ounce portions of wild Red Fish
4 Cups All-purpose flour
5 Ounces whole butter - Cubed
3 Ounces Extra Virgin Olive Oil
2 Fresh Lemons - Cut in half
Sea Salt - As Needed
White Pepper - As Needed
4 Garlic Cloves - Rough sliced
6 Fresh Thyme Sprigs

Garnish:

3 Teaspoons Gray Mullet Caviar
Micro Chervil - As Needed

Pat dry the redfish filets with a clean lint-free towel. In a small bowl, add flour and season with salt and pepper. Dredge each filet with the seasoned flour and lightly pat off excess. Melt whole butter and olive oil in a heavy gauge sauté pan over medium high heat. Place the seasoned fish skin-side up and hard sear to form a nice, golden grown crust. Lower the temperature slightly and carefully tilt pan toward you to allow grease to collect on one side. Next, add fresh thyme sprigs and sliced garlic to the oil. With a sauce spoon, baste the fish in the hot, flavored oil. Flip the fish over and repeat the process of basting until the fish is cooked to your desired 'doneness.' Squeeze half a lemon into the pan and give a final baste. Finally, remove the redfish from the pan and set it in a warm area until it's ready to be plated. Garnish fish with a $\frac{1}{2}$ teaspoon of caviar and a few sprigs of micro chervil and chives upon plating.

Blue Crabmeat and Ricotta Ravioli

filling:

$\frac{1}{2}$ Bu Baby Fennel - cleaned and fine shaved
 $\frac{1}{2}$ Cup Leeks
1 Chopped Garlic
Olive Oil - As Needed
 $\frac{1}{2}$ Pound Blue Crabmeat - shelled and picked
1 Pound Ricotta Cheese - skim milk
1 Cup Parmesan Cheese
1 Each - Whole Eggs
8 Each - Egg Yolks
1 Bu Chives - fine shaved
2 Teaspoons Sea Salt
 $\frac{1}{2}$ Teaspoon White Pepper
1 Each - Fresh Lemon Juice

In a medium gauge sauté pan, add olive oil to the pan and bring to temperature over medium high heat. Add fennel, leeks and garlic - sweat until translucent, then remove from heat and allow to cool to room temperature. In a separate, medium-sized mixing bowl, combine the remaining ingredients and mix together until completely combined. Once fennel mixture is cooled - fold into the cheese mixture. Check for proper seasoning. Have pasta dough prepared and fill to desired specification - about 2 ounces of ravioli is suggested.

White Chocolate & Saffron Sauce:

2 $\frac{1}{2}$ Cups Heavy Cream
1 Cup Riesling Wine
 $\frac{1}{2}$ T Teaspoon Saffron
1 $\frac{1}{2}$ Each Vanilla Beans - Halved and seeded
1/8 Cup Vanilla Pod Vinegar
1 Cup 29/2% White Chocolate Coins
6 Each Egg Yolks
 $\frac{1}{4}$ Cup Heavy Cream
Sea Salt - As Needed
 $\frac{1}{2}$ Pound Whole Butter - Diced and room temperature
2 Each ISI Cream Cartridges

Combine the following ingredients in a 2-quart, medium gauge sauce pot over medium high heat - 2 pints heavy cream, Riesling, vinegar, saffron, vanilla bean seeds and pod and kaffir lime leaf. Heat ingredients to a simmer, but don't allow sauce to boil. Reduce sauce by about $\frac{1}{2}$. Whisk in white chocolate and allow it to melt. In a separate bowl, combine egg yolks and $\frac{1}{4}$ cup heavy cream. Whisk them together to form a liaison. Lower the heat of the saucepan and whisk in the liaison. Bring the heat back to medium high and allow the sauce to simmer and thicken to nape consistency. Remove the sauce from stove-top and strain it through a fine mesh strainer into a bain-marie. Using an emersion blender on high, add in the butter one piece at a time, making sure each piece is melted before adding the next. Finally, season with sea salt and pour into an ISI whipped cream canister, load with two cartridges shaking vigorously in between. Hold in a warm area until plating and shake prior to each use.



Pan-Sautéed Red Fish with White Chocolate & Saffron Sauce as prepared by Matthew Kallinikos, continued...

Gulf 16/20 Shrimp:

7 Each Shrimp - p&d, tail left on
5 Ounces Whole Butter
3 Ounces Extra Virgin Olive Oil
2 Each Fresh Lemons - cut in half
Sea Salt and White Pepper - As Needed
4 Each Garlic Cloves - rough sliced

In a heavy-gauge saucepan, melt whole butter and olive oil over medium high heat. Place the seasoned shrimp and hard sear to form a nice, golden brown crust. Lower the temperature slightly and carefully tilt pan toward you to allow grease to fall to one side. Next, add fresh thyme sprigs and sliced garlic to the oil. With a sauce spoon, baste the shrimp in the hot, flavored oil. Flip the shrimp over and repeat the process of basting until the shrimp is cooked to the desired doneness. Squeeze half a lemon into the pan and give a final baste. Finally, remove the shrimp from the pan and set in a warm area until ready to be plated.

Chimmicurri Oil:

4 Bu Parsley
1 Each Shallot - Sliced
 $\frac{1}{2}$ Each Garlic Clove
1 Pt. Grape Seed Oil
1 Teaspoon Sea Salt

In a bar blender, combine parsley, shallots and garlic. Turn blender on and slowly drizzle in oil until emulsified. Season with salt and taste - strain through a fine mesh strainer. Pour into a squirt bottle and reserve for service.

Olive Oil and Milk Pasta Dough:

1 $\frac{3}{4}$ Cups All Purpose Flour
6 Large Egg Yolks
1 Each Whole Egg
1 $\frac{1}{2}$ Teaspoon Olive Oil
1 Tablespoon Whole Milk
1 Teaspoon Kosher Salt
Dusting Flour - As Needed

On a clean surface, measure out flour and form a well in the center with your fist. Use a claw-like motion with your fingers to break yolks and combine ingredients. Combine until soft dough balls start to form, then knead the ingredients on the counter-top until all the flour is combined and a soft ball of dough has formed. Cover with plastic and allow to rest 15 minutes before using in a pasta machine.

Confite Tomatoes:

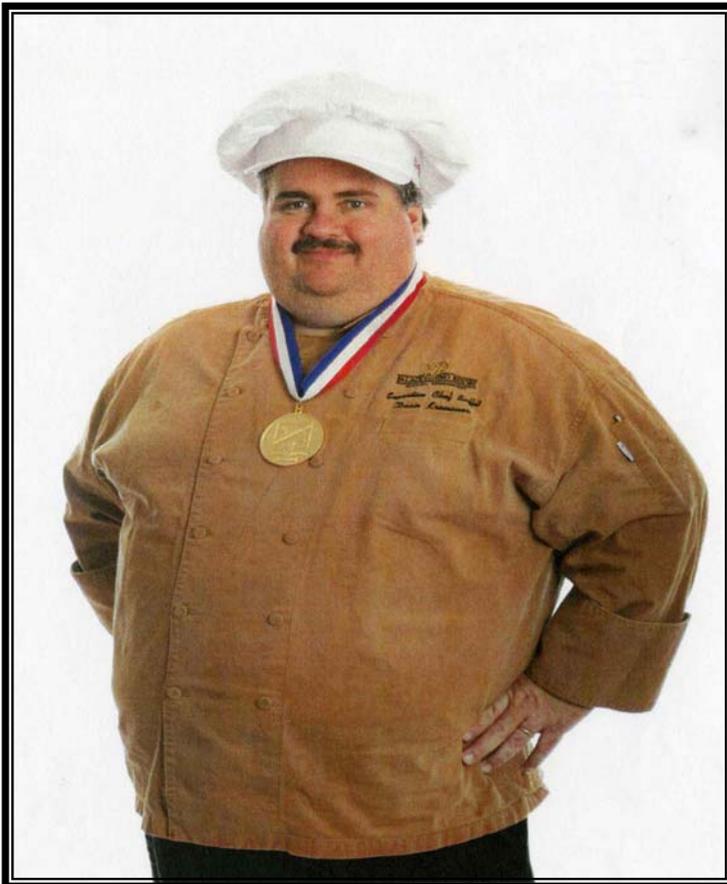
1 Pint Grape tomatoes- red and/or yellow - washed and dried
1 Bushel Baby fennel - cleaned and shaved thin
1 Bushel Spring Onions - cleaned, halved and shaved thin
1 Bushel Spring Garlic - cleaned, halved and shaved thin
5 Sprigs Picked Thyme Leave
1 $\frac{1}{2}$ Pints Extra Virgin Olive Oil
 $\frac{1}{4}$ Bushel Fresh Parsley - pluses picked
1 Cup Micro Chervil
Sea Salt - As Needed

In a heavy-gauge sauce pan combine the following over medium heat - tomatoes, baby fennel, spring onions, spring garlic, picked thyme and oil. Bring them to a simmer (about 210°) and simmer until the skin on tomatoes is just starting to break. Remove from heat. Allow tomatoes to cool to room temperature and add herbs, then season with sea salt. Use a slotted spoon and portion appropriately, allowing the oil to drain through spoon before serving the confites.





Dean Kronauer ♦ Executive Chef ♦ Palace Casino Buffet



Dean Kronauer serves as Buffet Executive Chef at the Palace Casino in Biloxi, Mississippi.

Dean developed a passion for cooking at an early age; he was inspired by his parents and his grandmother, all of whom loved to cook.

He has worked at the Palace Casino since 2001 and has represented his restaurant and region well in various culinary competitions over the years.

Chorizo & Crab-Stuffed Grouper as prepared by Dean Kronauer

Chorizo & Crab-Stuffed Grouper

6 Tablespoon Butter
1 Pound Chorizo Sausage
 $\frac{1}{2}$ Purple Onion - medium size & diced small
1 Rib Celery - diced small
 $\frac{1}{2}$ Red Bell Pepper - medium size & diced small
5 Cloves Garlic - finely chopped
4 Green Onions Each - finely sliced
1 Tablespoon Dried Oregano
1 $\frac{1}{2}$ Tablespoon Ground Cumin
 $\frac{1}{4}$ Cup Tequila
 $\frac{1}{4}$ Cup Chicken Stock
 $\frac{1}{4}$ Cup Heavy Cream
 $\frac{1}{2}$ Pound Crab Meat
 $\frac{1}{4}$ Cup Mayonnaise
1 $\frac{1}{2}$ Cup Pan Co Bread Crumbs
8 6-ounce Grouper Filets Each

Melt 3 Tablespoons butter in sauté pan, crumble Chorizo in and cook through. Add onion, celery, Bell pepper oregano and cumin; cook for three minutes at medium high heat. Remove from heat, pour in Tequila, return to high heat and reduce by half. Pour in chicken stock and cream, reduce by half. Remove from heat and let cool. Meanwhile, mix crab meat, mayonnaise, green onion, sausage mixture and bread crumbs, then place in cooler while taking care not to break up crab meat. Lay grouper filets on cutting board, butterfly cut, not all the way through. Make a ball of stuffing; press on one side of fish about 1/2-inch-thick fold over fish to cover stuffing. Prepare all portions; keep in cooler until ready to cook. Dust each filet with cumin. Melt butter over medium high heat and sauté each filet on top-side until golden brown. Transfer to a buttered baking sheet and bake in 350° -oven for five minutes or until internal temperature is 150°.

Garnish

2 Green onions Each - finely sliced
 $\frac{1}{2}$ Red Bell Pepper Each
Black Bean and Corn Salsa
Ingredients:
2 Cups Black Beans, canned - rinsed and drained
2 Cups Whole kernel corn, canned - drained
3 Each Tomato Roma - small diced
1 Each Jalapeno Pepper - small diced
 $\frac{1}{2}$ Cup Cilantro - chopped
1 Teaspoon Cumin
1 Each Lemon Juiced

Rinse and drain beans well, drain corn, dice tomatoes, jalapenos, chop cilantro and juice lemon. In a medium-size bowl, mix all ingredients together - season with salt and pepper.

Sauce

1 Tablespoon Butter
1 Tablespoon Chipotle Pepper pureed
 $\frac{1}{2}$ Purple Onion Each
2 Cups Heavy Cream
 $\frac{1}{2}$ Cup Sour Cream
Salt to Taste

Melt butter, sweat onions, add Chipotle pepper, pour in cream; reduce by $\frac{1}{4}$. Remove from heat and whisk in sour cream. Salt to taste, hold hot.

Plating:

Place 6 Tablespoons salsa on plate, place filet on top with sauce on top of fish. Garnish with green onions and red pepper.



Get Hooked on



Mississippi Seafood

www.shrimp.mississippi.gov