

Show #53. Amazing Appetizers

Heath and peanut butter bars

1 C Butter
3/4 C Sugar
3/4 C. Brown Sugar
1 Egg
2 1/4 C. Flour
1 tsp. Baking soda
1/2 tsp salt

In a mixer combine the butter and both sugars, blend well, then add the egg. Combine the flour, baking soda, and salt, then add to the butter mixture. Brush a baking sheet with oil, then flour. Roll the dough evenly onto the baking sheet then bake for about twenty-five minutes at 350. When finished, let cool, then spread an even layer of peanut butter over the cooked dough, then sprinkle with chopped up heath bars. You could also use m&ms, shaved chocolate and toasted coconut, or another topping you like. Cut and serve.

Jerk chicken skewers

1 onion
1 garlic clove
1 jalapeno
1/3 cup soy sauce
1/4 cup red wine vinegar
2 tbsp. brown sugar
1 tbsp. vegetable oil
1 tsp. allspice
1/2 tsp. dried thyme
1/2 tsp black pepper
1/4 tsp. ground cloves
1/4 tsp. ground cinnamon

Combine everything in a blender and blend well. Skewer some chicken breast and then marinate in the jerk marinade for at least an hour. On a hot griddle or a large saute pan cook the skewers for about two to three minutes per side. Serve hot, or room temperature.

Smoked Salmon torta

20 ounce Cream cheese
1/4 cup butter
1 tbsp lemon zest
1/4 cup chopped dill
1 cup chopped smoked salmon
1/4 cup chopped red onion
1/4 cup drained capers

In a mixer, blend the cream cheese, butter, lemon zest and dill until fluffy. When finished, line an appropriate sized holder, about eight inches, with plastic wrap. Spread one layer of cream cheese in the bottom, then make a layer of red onion, salmon, and capers. Spread the rest of the cream cheese over this. Cover with plastic and store in the refrigerator until ready to use. When ready, remove the plastic from the top of the torta, place a plate on the tort, then turn over so the salmon torta is now resting on the plate. Remove the rest of the plastic, garnish with some dill or fresh herbs, and serve with crostini or crackers.

Crab cakes

1 lb. Crab meat
1 chopped red bell pepper
1/2 tsp. chopped jalapeno
1/4 cup chopped cilantro
1 tbsp chopped celery
2 eggs
1/2 cup flour
to taste salt and pepper

1/8 tsp cumin
2 cups bread crumbs

Combine everything, but the breadcrumbs in a bowl, mix well, taste for salt and pepper, adjust the seasoning. With a spoon, or a scoop, scoop a little crab into the bread crumbs and coat. Take out and place on a plate. When all of the cakes are coated heat some oil in a sauté pan, place the cakes in one at a time, and cook to golden brown. Serve immediately with tartar sauce.

Chipolte tartar sauce

1 cup mayonnaise
1 tbsp chopped cilantro
1 tbsp chopped red onion
1 tbsp chipolte paste.

Combine all ingredients, mix well and serve with the crab cakes.

Vegetable potstickers

1/2 cup shredded carrot
1/2 cup shredded zucchini
1/4 cup chopped onion
1/2 cup shredded cabbage
1 tbsp chopped cilantro
1 tsp diced ginger
1 tbsp soy sauce
1 tsp. chinese five spice powder
1 tsp sesame oil.
20 pc. won ton skins.

Combine everything but the won to skins. Place the skins, five at a time on a flat surface, then put a small amount of the vegetable mixture in the middle. Moisten the edges with some water on your finger, then fold the won ton in half and seal.

1/4 cup sherry
1 tbsp soy sauce
1 tsp sesame oil
1 tbsp brown sugar
1 tsp ginger

Combine all in a bowl.

To finish, in a sauté pan, put a little oil, heat, then place a few of the won tons in the pan. Cook until golden brown on each side. Pour off any excess oil, then add a touch of the sherry glaze to the pan, make sure both sides get glazed, you can add some sesame seeds for garnish, then serve immediately.