Recipes for Elegant Entertaining
Caviar, 1-2-3
Show: Jan 2nd

Information:

Mats Engstrom, founder/owner of Tsar Nicoulai Caviar was our guest, he is basically a California Sturgeon rancher.
Available: www.tsarnicoulai.com

Caviar available:

Beluga: Large-grained and tawny-gray morsels.

Sevruga: Small-grained and pearl gray.

American Sturgeon: Simple and refined and hearty in texture.

Gold Pearl (Salmon or Trout): Flavor of sweet salmon and translucent red/orange.

Imported Osetra:Nutty & robust and golden, brown to black.

Farmed Osetra: Buttery flavor and golden, brown to black.

Naturally flavored white fish roe:

American Golden: *Fruity and crisp*; bright, golden white fish.
Tobiko: Crunchy and textured and orange, red, black
Wasabi: Green from the flying fish roe.
Beet and Saffron: Naturally colored
Truffled Tiger Eye: Deep Golden brown
Ginger: Hawaiian ginger

Ingredients: Makes 3/4 cup

1/2 cup Mayonnaise
2 Tbls Lemon Juice, freshly squeezed
1 tsp Lemon zest
2 Tbls Scallions, finely chopped
(include a bit of the green)

Procedure:

In a bowl, mix 1/2 cup mayonnaise, 2 Tbls freshly squeezed lemon juice and 1 tsp lemon zest. Mix thoroughly then add 2 Tbls finely chopped red scallions (including a bit of the green tail) Mix well. Display in an attractive bowl.

Points of precaution: Adding the acid ingredient helps prevent bacteria from forming in the mayonnaise, especially at room temperature. Also by placing the mayonnaise on top of another dish or bowl with ice, will keep it better.

To store properly: (Do not Freeze)

If unopened, may be stored in refrigerator for up to a year.
If opened, refit the lid and place in a plastic zip-lock bag, place this then in a bowl cover with ice and place into the coldest part of your refrigerator. Replenish the ice as it melts. Careful not to allow the melted ice to enter the plastic bag.

Recipe: Typical Service

Display jar or tin of Caviar in bowl of ice, surround it with small Ramikens of each of:
Grated hard-boiled egg
Sour cream
Chopped Italian or flat-leaf parsley
Chopped chives
Chopped red onions
Capers
Lemon wedges
Toast points
Potatoes (optional-see various recipes following)

Recipe:Poached Potato Discs
Ingredients: Makes about 20

1 Potato, white, boiling
1 pinch Saffron
2 cups Beet Juice, canned or juiced beets
4 Purple potatoes

Procedure:

Slice potatoes into discs 1/4 inch thick. The purple potatoes should be peeled and the white potatoes can be peeled or unpeeled.
Soak a pinch of saffron in 2 cups of hot water, when the color emerges, place the raw white potato discs in a saucepan with the liquid and simmer gently until the desired color is reach.

In a saucepan, with 2 cups of beet juice, place the sliced raw white potatoes and cover with the beet juice. Simmer until the discs take on the beet color.

In both cases immediately remove from heat and place in a separate container covered by their respective juices.

These discs are now ready to use as conveyors of the caviar as you would a toast point or crouton.

Recipe: Potato Pancakes
Ingredients: Makes about 15-20

1 lg Potato, peeled and grated
1/2 Onion, yellow or white, grated
1 Egg
2 Tbls Flour, all-purpose
2 Tbls Canola oil for cooking for each batch
Salt & pepper to taste

Procedure:

In a mixing bowl, combine 1 grated potato, 1/2 grated yellow onion, 1 egg, 2 Tbls all-purpose flour and a pinch each of salt and pepper.

Heat 2Tbls canola oil in frying pan. Drop a small spoonful of the mixture in the heated pan and cook until brown on both sides. Remove and drain on paper towels. Use these as you would toast points or potato disc.

Recipe: Potato Fingerlings
Ingredients: Serves 6

12 Potatoes, fingerlings, steamed
3 Tbls Chives, finely chopped
3 Hardboiled egg whites
3 Hardboiled egg yolks
6 Tbls Sour Cream or Crème Fraiche
1 jar Caviar

Procedure:

For New Year's Eve, we served these as a first course. Place 2 steamed fingerling potatoes, cut almost in half lengthwise on a small plate (looking like small baked potatoes). Serve these to guests and then pass a tray of garnishes of the caviar and chopped chives, eggs and the sour cream. Each guest will apply their own desired amounts of each.

Recipe:Steamed purple potatoes and small white potato bowls
Ingredients: Makes 12 potato bowls

6 Purple potatoes
6 Small white potatoes
1 jar Caviar
3 Egg whites, hardboiled, finely chopped
3 Egg yolks, hardboiled, finely chopped
1/4 cup Onion, red, finely chopped (or)
1/4 cup Chives, finely chopped

Procedure:

Place the potatoes in a steamer and cook until fork-tender. Allow to cool. Cut in half and make a small scoop in the center with a melon baller. This then gives you a small potato bowl to place the caviar a dab of sour cream and a pinch of grated egg yoke, add chopped chive or onions.

Recipe:Wheat Flour Blini
Ingredients: Makes 36

2 cups Milk
1/2 tsp Yeast
3 cups Flour, sifted
2 tsp Sugar
5 Tbls Butter, unsalted, melted
1/2 tsp Salt
3 Eggs, separated

Procedure:

Place 2 cups of milk in a saucepan and scald it. Let cool until lukewarm. Add 1/2 tsp yeast and stir until it has softened. Add 1 1/2 cups sifted flour and 2 tsp sugar, mix thoroughly. Cover and allow to set in a pan of warm water until it has approximately doubled in bulk, about 1 1/2 hours. Beat 5 Tbls melted butter and 1/2 tsp salt into the 3 egg yokes and add this to the batter. Add 1 1/2 cups sifted flour and beat until very smooth. Cover and return to a pot of warm water and let rise as before, until the bulk doubles in size, approximately another 30 minutes. Beat egg whites until stiff and fold into the batter. Let the batter stand for another 15 minutes.

Preheat a lightly buttered griddle until hot. Spoon out one tablespoon of batter for each blin. Bake until golden brown on both sides, turning only once.

(For the non-purists, a ready-to-make mix does very well).

The classic Russian presentation is with buckwheat blini. You might try that with a buckwheat ready-mix, replacing the recipe above.

Recipe:Lemon Blini
Ingredients: Makes about 50 blini

1 cup Flour, all-purpose
1 1/2 tsp Baking Powder
1/2 tsp Baking Soda
1/4 tsp Salt
3/4 cup Sour Cream
1/3 cup Milk
1/4 cup Lemon Juice, fresh
3 Tbls Butter, unsalted, melted
1 Egg
2 Tbls Chives, finely chopped
2 Zest of 2 lemons, finely grated

Procedure:

Preheat griddle. Whisk together in a large bowl 1 cup all-purpose flour, 1 1/2 tsp baking powder, 1/2 tsp baking soda and 1/4 tsp salt. Set aside.

In another bowl whisk together 3/4 cup sour cream, 1/3 cup milk, 1/4 cup fresh lemon juice, 3 Tbls melted unsalted butter, 1 large egg and 2 Tbls chopped chives.

Pour the wet ingredients over the dry ones and gently whisk together, until just combined. Fold in the finely grated zest of 2 lemons. The batter will be thick and bubbly.

Laddle a small spoonfulls of batter, to create dollar-size cakes, onto the preheated griddle for each blini. Cook until the top of each blini is speckled with bubbles and some have popped. Turn and cook until the underside is lightly browned. Keep warm in oven, about 200°F. Use as conveyors of caviar as you would the toast points, blini and potato discs.

Recipe:Soft Boiled egg in shell with Caviar
Ingredients: 1 egg per person

1 Egg
1 tsp Caviar

Procedure:

When boiling many eggs at the same time, be sure to have a large enough pan so that the eggs are in single layer.

Bring to a boil enough water to cover the egg by at least 1 inch.

Gently lower into the water with a slotted spoon. Return to a boil and immediately reduce the heat to a simmer. Start timing, allowing about 3 1/2 minutes for small to medium size eggs, slightly more (4 minutes) for larger eggs. Place in an egg holder, cut off the top of the shell. Place a tsp of Caviar on top of the exposed egg, garnish with a pinch of chopped chives and a dash of cayenne.

Option:

Try using the truffle flavored white fish roe on top with a few drops of truffle oil.

Recipe:Fried Wonton
Ingredients:

1 pkg Small Square Wontons
4 cups Canola oil
1 jar Caviar, Ginger-flavored
6 oz Crème Fraiche

Procedure:

Heat 4 cups oil to 350°F. Deep fry a few wontons at a time. Lift out of oil when crisp and place on paper towels to drain. Sprinkle with salt. Add a dollop of Ginger flavored caviar and top with

crème fraiche.

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