

What's Cookin': Eating seafood in Cape May

Gerry is writing today...

Following up a recent story of a restaurant that Lori went to in Florida, I decided I would tell you about one that I was at in Cape May, New Jersey, where we were for a few days in March.

Why Cape May? Well, this place has been on our bucket list for many years because of the six-foot elephant display and the 600 Victorian homes. This was the first seaside resort in the U.S. visited by U.S. presidents for a summer vacation on the ocean at a huge private

Lori Gysel & Gerry Kentner



home referred to as the White House South.

We arrived in Cape May via the Garden Skyway and the first restaurant we saw was the Lobster House on Fisherman's Wharf. As I had seen this restaurant in a brochure and wanted to go, so we did.

It was great atmosphere, delicious fresh seafood, overlooking the water ways. Its extensive menu offers fresh oysters, mussels, clams, lobster, shrimp, Maryland crabcakes, scallops, chowder, turtle soup and fresh fish. All of this seafood was prepared in a variety of delicious ways. I had a cold seafood platter, artfully presented centered by a half lobster stuffed with shrimp salad, king crab legs, jumbo shrimp, mussels and crab claws. Three dipping sauces as an accompaniment were cocktail sauce, mustard sauce and drawn butter. So large, that half of it went back to our hotel for a superb lunch the next day. Dave enjoyed broiled Cape May scallops and ate every one of the nine presented.

On site was a full-scale seafood market and a casual restaurant open for breakfast as well as lunch and dinner. A very worthwhile venue. Cape May is a little out of the way, but if you go, avoid July and August because apparently it's nuts!

Have fun and keep cooking!

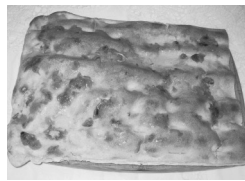
Email questions and community to Lori and Gerry at whatscooking@theifp.ca

Roasted Garlic Flatbread Ingredients

- 1 piece flatbread (approx 12"x8")
- 1 head roasted garlic
- 2 tbsp olive oil
- 1 tsp coarse kosher salt

Method

1. To prepare garlic, cut of a small slice from the top of the garlic bulb, just enough to expose the cloves. Drizzle with a teaspoon of olive oil. Wrap in foil and bake at 375 degrees F approximately 1 hour. This may be done ahead.



2. Squeeze the roasted garlic into a bowl and mash with the olive oil.
3. Spread the garlic mixture on the flatbread and sprinkle with the salt. Bake 6-8 minutes at 350 degrees F. Cut and serve.



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