

Dave and Gerry take 'working' holiday to U.S. South

Dave and Gerry had a holiday in Florida and a few days in Georgia and North Carolina on the way home, this winter. Unfortunately, they did not bring the 80-degree weather home with them. The summer wardrobe is in hiatus all over the upstairs, for these 50-degree days still require winter wear and it seems too early for the closet and summer drawer switch.

Obviously, eating out is a big entertainment on holidays and they were entertained far too regularly. No one in Florida wants to cook, so most social gatherings start with a restaurant meal. The grocery stores carry a pretty broad range of prepared foods, both fresh and frozen, but restaurants are very plentiful.

Foods that were neat and impressive for Gerry and Dave on their trip were:

1. The best grouper they've ever had was prepared "bronzed", a lighter version of blackened.

2. Stone crab claws, which are in season for a short period of time. They have a hard shell and you need quite a pile for a meal. They are a lot of work to get at the meat, but a definite hit when you get to the sweet, succulent crab and worth the work.

3. Soft shell crab—this is served as a whole crab, but they are quite small, the whole body being only four inches in diameter. The whole crab was deep fried in a very light beer batter, then you eat the whole thing. It's a delicious, crunchy treat!

What's cookin'?

Lori Gysel
Gerry Kentner



4. An asparagus sandwich, which you will find coming up in our column next week. They had this in a small comfortable restaurant in Savannah, Georgia run by a mom and her sons! It was called The Lady & Sons. They also have written several cookbooks. Delicious food.

5. A Portobello mushroom sandwich—this week's recipe.

6. Southern pralines, made from the biggest and best pecans, sugar and butter. Wow!

7. Stewed okra and tomatoes at the Branch Ranch, a 50-year-old Florida southern cooking tradition.

8. Dave's most memorable meal was at The Pink House in Savannah, where he ate crab cakes, veal chop and apple pie. His most delicious meal was the Scallops Provencal that Gerry made one night for company. (How sweet is he?)

9. Gerry also bought a cookbook from Mrs. Wilkes Boarding House in Savannah. Remember the name from *Gone with the Wind*? Unfortunately, they never got to eat there, in their previous trips, for the lineup weaves around the block for lunch and dinner! This year the restaurant closed, for Mrs. Wilkes passed away at 94; she has had a presence in her restaurant every day since the 1943 opening. But, you can be sure, I will be trying some of her favourite southern cooking that she was famous for and will share my results.

Have fun and keep cooking!

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Grilled Portobello Mushroom Sandwich

Ingredients

- 2 large Portobello mushrooms
- 1 clove garlic, minced
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tbsp olive oil
- 2 dashes Worcestershire sauce
- salt and pepper to taste
- 1/4 green zucchini
- 1/4 yellow zucchini
- drizzle of olive oil
- 1 red pepper, roasted and sliced
- 2 crusty buns
- lettuce
- mayonnaise



Method

1. Remove stems and the back gills from the underside of the mushrooms. (You may also peel the skin of the mushroom if you choose to).

2. In a small bowl, mix together the garlic, balsamic vinegar, Dijon mustard, olive oil, salt, pepper, and Worcestershire sauce. Place mushrooms in the mixture and allow to rest for 10-15 minutes.

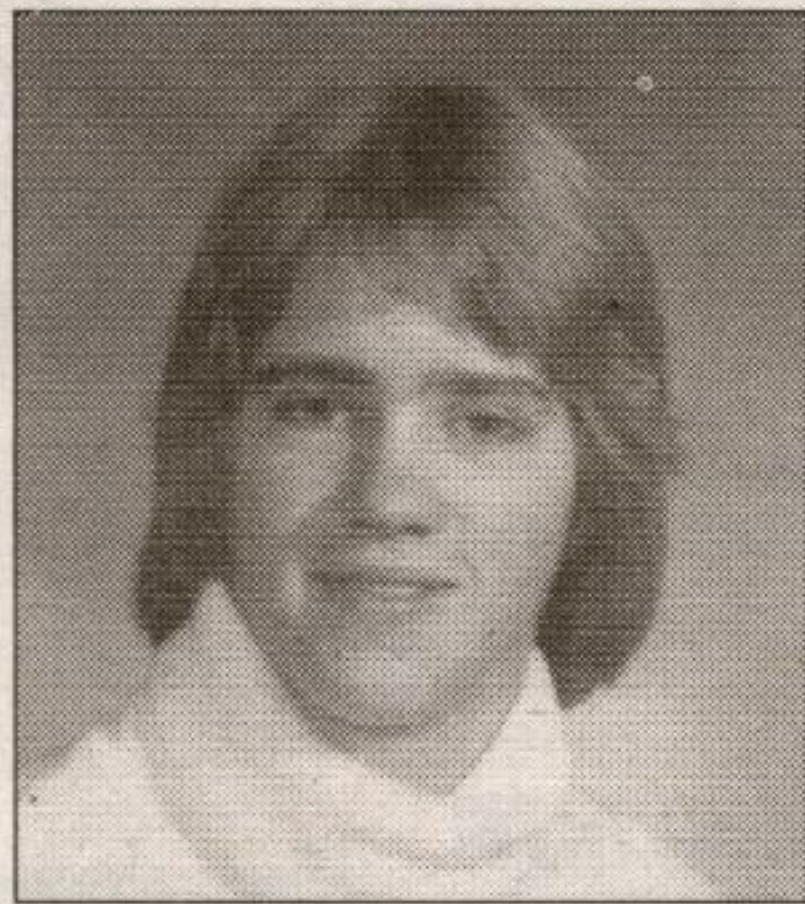
3. Slice green and yellow zucchini, drizzle with olive oil.

4. Spray grill of barbecue with non-stick coating. Place mushrooms on the hot grill and grill until brown and tender, approximately five minutes on each side. At the same time, grill the zucchini slices until brown on both sides.

5. To serve, toast the buns on the grill, and place a mushroom on each bun with some grilled yellow and green zucchini, a couple slices of roasted red pepper, lettuce and mayonnaise. (Grilled tomato is a nice addition to this sandwich as well.)

Wow! Janice is 40!

June 2, 2003



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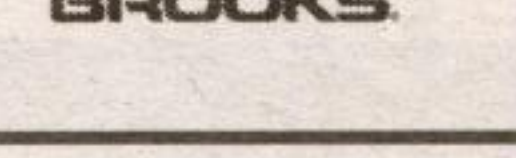


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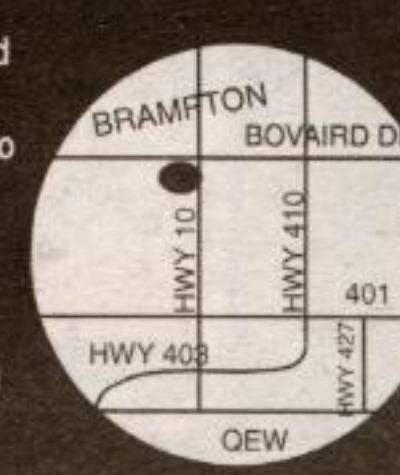
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