

FOOD

Blackend Sirlion Steak with Creole Mustard Sauce

General Ingredients

- 2 pounds center-cut prime sirloin of beef
- 1/2 cup vegetable oil
- 1 1/4 sticks whole butter --cut in pats

Creole Mustard Sauce Ingredients

- 1 cup Creole mustard
- 2 tablespoons mayonnaise
- 1 tablespoon Worcestershire sauce
- 1 teaspoon freshly-ground black pepper

Blackened Seasoning Ingredients

- 1/3 cup paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon freshly-ground white pepper
- 1 teaspoon freshly-ground black pepper
- 1 teaspoon cayenne pepper
- 1/2 teaspoon thyme
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/4 cup salt



Directions

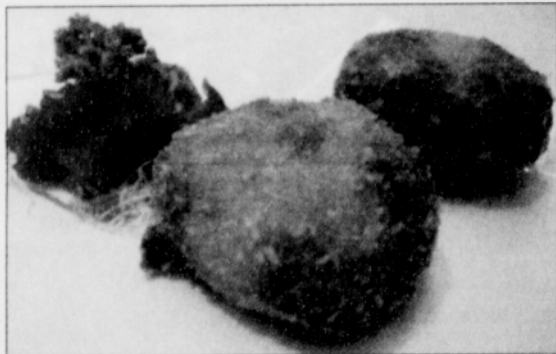
Creole Mustard Sauce: Mix together mustard, mayonnaise, Worcestershire and pepper. Chill.

Blackened Seasoning: Mix all ingredients well. Preheat oven to 350 degrees. Trim fat to 1/8-inch on sirloin, coat with oil and dredge on all sides with seasoning. Place sirloin in a well-heated (hot) iron skillet. Add 2 to 3 pats of butter. Cook 5 minutes on each side, adding butter as needed. Transfer to oven and roast until meat reaches internal temperature of 114 degrees. Remove and refrigerate overnight. Slice sirloin into 12 even slices and arrange on chilled salad plate. Serve with a 2-ounce pool of mustard sauce and garnish with red onion and capers.

Shrimp Fritters

Ingredients

- 3 tablespoons butter
- 1 pound medium shrimp, peeled and deveined
- 4 green onions, finely chopped (include tops)
- 1 bell pepper, seeded and finely chopped
- 1 small hot or mild chile pepper, seeded and finely chopped
- 2 cups mashed potatoes
- 2 eggs, beaten
- salt and pepper, to taste
- 1 cup fine dry bread crumbs
- vegetable oil, for deep frying



Directions

1. Melt butter in skillet over medium heat; add the shrimp and cook until pink (2 to 3 minutes depending on size).
2. Remove shrimp from skillet with a slotted spoon, cool slightly, then chop. Set aside.
3. Add the green onions, bell pepper and chile pepper to the butter remaining in the skillet.
4. Saute over medium heat until vegetables are just softened, about 3 minutes. Add mixture to the mashed potatoes and mix well.
5. Stir in the chopped shrimp and beaten eggs. Season to taste with salt and pepper.
6. Stir in some of the bread crumbs, if needed to make the dough stiff enough to form into balls. Shape mixture into 2-inch balls.
7. Put the bread crumbs in a shallow bowl. Roll the shrimp/potato balls in the crumbs.
8. Cover and chill for at least 30 minutes or up to 4 hours.
9. Heat oil in a deep fryer or heavy pot to about 360 degrees. Fry the balls 3 or 4 at a time for about 4 minutes, or until browned and crispy on the outside.
10. Remove balls to paper towels; drain and serve immediately.

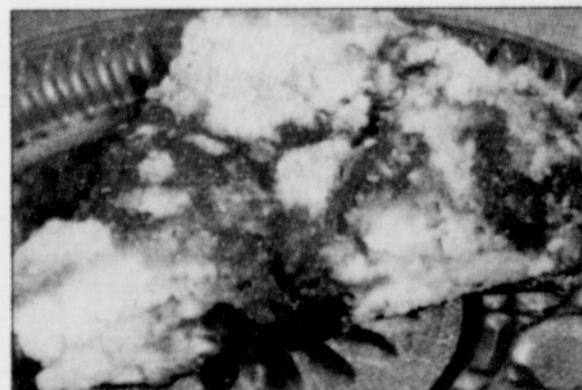
Raspberry Coffee Cake

General Ingredients

- 1 cup all-purpose flour
- 1/3 cup white sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 egg
- 1/2 cup reduced-fat plain yogurt
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 3 tablespoons brown sugar
- 1 cup fresh or frozen raspberries
- 1 tablespoon slivered almonds

Glaze Ingredients

- 1/4 cup confectioners' sugar
- 1 teaspoon fat free milk
- 1/4 teaspoon vanilla extract



Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly coat an 8 inch round cake pan with nonstick cooking spray.
2. Sift together the flour, sugar, baking powder, baking soda, and salt in a large bowl.
3. In a separate bowl, whisk together the egg, yogurt, butter, and 1 teaspoon vanilla extract.
4. Stir the egg mixture into the flour until well moistened.
5. Toss the raspberries with the brown sugar in a small bowl.
6. Pour 2/3 of the batter into the cake pan and sprinkle with the raspberries and almonds. Spoon the remaining batter over the raspberries.
7. Bake in preheated oven until cake springs back when lightly touched, 35 to 40 minutes. Set aside to cool.
8. To make the glaze, stir together the sugar, milk, and 1/4 teaspoon of vanilla extract until smooth. Drizzle glaze over the cooled coffee cake.
9. Serve at room temperature.

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