

Dinner and A Book
Episode #505

Menu: A picnic at the ocean side

Crab Cakes with Black Bean and Corn Salsa
Peaches with Balsamic Vinegar and Peppercorns
Robert Mondavi Chardonnay
Samuel Adams Beer

Recipes:

Crab Cakes with Black Bean and Corn Salsa Black Beans:

1/4 pound black beans
1 Tablespoon yellow onions, peeled and chopped
1 Tablespoon carrots peeled and chopped
4 sprigs fresh herbs
Sliced chives, as needed
Salt and pepper to taste

Cover beans with water. Add onions, celery, carrots, salt and pepper. Cook over medium heat until tender (about 30 minutes). Drain and cool.

Black Bean and Toasted Corn Salsa:

5/8 Cup black beans (see recipe)
3/4 cup roasted corn kernels (Roast 1 ear of corn for 10 minutes in an oven at 350 degrees. Cut kernels off the ear.)
1/4 Cup Jicama, diced small
1/4 Cup tomatoes, diced small
1/4 Cup red onion, diced small
1/2 cup Jalapeno, seeded and minced
1/2-Tablespoon Extra Virgin Olive Oil
1 1/4 Teaspoon Sherry Vinegar
Salt and Pepper to taste

Method for Black Bean/Corn Salsa:

Combine black beans and corn with the next 8 ingredients. Season to taste with salt and pepper.

To Make 4 Crab cakes:

1/2-Pound Jumbo Large Crabmeat, shells removed
1/4-Pound white bread, crusts removed, cubed (4 slices).
1/8 Bunch Italian Parsley, chopped fine

1/8 of a red bell pepper, finely diced
1/8 of a yellow bell pepper, finely diced
1/8 onion, finely diced
1/2-Teaspoon butter
1/8-Cup Mayonnaise
1/2-Tablespoon Dijon mustard
1/4-Teaspoon Worcestershire Sauce
3/8-Teaspoon lemon juice
1/2 egg
3/4-Teaspoon Old Bay Seasoning
Salt and pepper to taste

Method for Crab cakes:

Sweat onions and peppers in butter until onion is translucent. Cool. Combine mayonnaise, mustard, Worcestershire, lemon juice, egg and Old Bay. Mix thoroughly. In a separate bowl, combine bread cubes, parsley, onion, peppers and crab. Add mayonnaise mixture to the bread and crab mixture. Fold gently to incorporate all ingredients. Add salt and pepper to taste. Be careful not to break up crab meat. Shape into 2.5-ounce portions and coat in Japanese breadcrumbs. Deep fry to a golden brown.

Peaches Macerated with Balsamic Vinegar and pink peppercorns—4 servings

4 peaches, pitted and sliced into 1/3 inch thick wedges
2 Tablespoons fine-quality balsamic vinegar
1/2 teaspoon freshly ground pink peppercorns
2 Tablespoons sugar

In a bowl, combine the peaches, vinegar, peppercorns and sugar and toss. Chill for one hour. Serve in bowls with vanilla ice cream and a biscotti, if desired.

On a patio or balcony, set a table with a nautical theme using blue as the main color. Include a bucket of ice filled with Samuel Adams beer and Robert Mondavi Chardonnay white wine. Light some lanterns and scatter white tea lights around the table. String white lights in the trees surrounding the patio or balcony. Enjoy your seaside picnic.