

GOURMET FISHING

Season IV- Episode 13



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Charleston Bahamian Dressing



Host, Chef & Guide, David Murray





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Charleston Bahamian Dressing





Grocery List

Charleston Bahamian Dressing

- | | |
|----------------|-------------|
| Salt | Butter |
| Mustard | Egg |
| Sugar | Lime Juice |
| Cayenne Pepper | Heavy Cream |



Charleston Bahamian Dressing Ingredients

Charleston Bahamian Dressing



about 8 ounces
Ingredients

- 1 tsp Salt
- 1/2 Tbs Mustard, Yellow, Dijon,
Brown or your choice
- 1 Tbs Sugar
- 1/4 tsp Cayenne Pepper
- 2 1/2 Tbs Melted Butter
- 1 Egg, slightly beaten
- 1/2 - 1 tsp Lime Juice

- 3/4 cup Heavy Cream

Add the first 7 ingredients to a heat friendly glass bowl. Using a whisk combine thoroughly . Next, add the heavy and combine without adding too much air.

Place the glass bowl over a pot of boiling water. Be careful of the steam. It's hot. Using a rubber spatula, stir over the heat until the mixture becomes thick. This may take up to 8 or so minute. When you can coat the back of a spoon and then move your finger across the spoon and the dressing does not fall back into the clean stripe, your dressing should be ready.

Pour the dressing through a sieve into another small bowl and allow to cool to room temperature. Cover and place in the refrigerator until ready to use. The dressing may be made a couple of days ahead of time.

you can use the dressing as a regular salad dressing or you can use it as a coleslaw dressing ouse use it to spice sliced tomatoes or cucumbers.



Gourmet Fishing



We catch fish, and then, We cook our catch...

Chars



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