

GOURMET FISHING

Season IV- Episode 25



INFO-SHORTS



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Part 1- Basic Mother Sauces Béchamel Sauce & Seafood Calhoun



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Béchamel Sauce & Seafood Calhoun





Five Basic Mother Sauces

Béchamel:

Roux + Dairy (traditionally milk or cream)

5/5/4 Rule: 5Tbs Butter, 5 Tbs Flour, 4 Cups whole Milk, hot (or 3/3/2)

Velouté:

Roux + White Stock (traditionally chicken, but also vegetable or fish)

5/5/4 Rule: 5Tbs Butter, 5 Tbs Stock, 4 Cups whole Milk, hot (or 3/3/2)

Espagnole:

Roux + Brown Stock (traditionally veal or beef)

5/5/4 Rule: 5Tbs Butter, 5 Tbs Stock, 4 Cups whole Milk, hot (or 3/3/2)

Tomato:

Roux + Tomatoes (or, go the Italian route by skipping the roux and simply reducing tomatoes over medium-low heat until thick)

Cook the sauce down on low and slow until thick

Hollandaise:

Egg Yolks + Clarified Melted Butter + Acid (lemon juice or white wine)

3/1/1 Rule: 3 Egg Yolks, 1 Stick melted Butter, 1 Tbs Lemon Juice or Wine

Place eggs in a blender and blend on medium for 30 seconds. Add the lemon juice. Reduce the speed to low and slowly add the clarified butter in a slow steady stream. Salt and pepper to taste.



Grocery List

Béchamel Sauce & Seafood Calhoun

Béchamel Sauce

Flour
Butter
Whole Milk

Seafood Calhoun

Crabmeat
Shrimp
Béchamel Sauce
Cayenne Pepper
Sherry
Lemon
Vermont White extra sharp cheese
Extra sharp grated cheese
Nutmeg
Salt to taste



Béchamel Sauce & Seafood Calhoun



Béchamel Sauce & Seafood Calhoun



Béchamel Sauce

- 3 Tbs Butter
- 3 Tbs Flour, all purpose
- 2 Cups warm Whole Milk

Melt Butter over medium heat. Add the flour and cook for about 4 minutes or until a blonde color: stirring continuously. Slowly pour the milk in the roux while whisking. Do this in 3 parts. Cook the sauce for about 10 minutes over low heat. Stir occasionally to prevent sticking and burning.

SEAFOOD CALHOUN

6-8 people

- | | |
|--|---|
| 1 lb Crabmeat | Zest 1 Lemon, micro-planed |
| 1 lb shrimp, deveined & peeled | 1/2 cup Vermont White extra sharp grated cheese |
| 1 ¼ cup Béchamel Sauce, see recipe above | 1/2 cup extra sharp grated cheese |
| ¼ tsp Cayenne Pepper | 1/8 tsp grated Nutmeg |
| 4 tablespoons sherry | Salt to taste |
| Juice 1 lemon | Lemon for garnish |

Add the Béchamel Sauce to a pot and heat over medium heat. Add the Cayenne pepper to the sauce and stir to combine. Add the zest and the juice of the lemon , and salt. Stir to combine. Add the shrimp to the hot sauce. Cut the shrimp into bite size pieces. Large shrimp, three pieces. Stir the shrimp and let cook over medium-low heat for a couple of minutes. Add the Sherry and combine. Add the crab and stir with a wooden spoon to combine and coat with the sauce.

Spoon the mixture into buttered 1 ½ to 2-quart casserole dish or multiple ramekins, oven proof. Top with grated cheese. Cook at 350° until cheese melts over seafood. Next, after the cheese has melted, 3-5 minutes, turn the broiler on and then toast until the cheese just begins to brown, about a minute. Do not overcook. Serves 6 to 8.

Garnish with lemon wedges and crackers.

This recipe is a favorite for cocktail parties. Use with plain crackers or pastry shells and serve in chafing dish. Also can be served as main dish or in individual oven proof dishes.



Gourmet Fishing



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