



Bayview at The Grand Hotel

Alabama Pommes d' Amour (Fish River Crab Risotto Stuffed Green Tomato)

Chef Daniel C. Monbouquette

Bayview at the Grand Hotel

Gulf Coast Region

Six Servings

Ingredients:

Green Tomatoes

2 quarts canola oil (pour in a 1 gallon pot and heat to 360 degrees)

1 each large whole green tomato (skin and stem removed)

1 cup seasoned flour

½ cup butter milk

1 tablespoon Worcestershire sauce

1 cup seasoned bread crumbs (1 tablespoon each of: onion powder, garlic powder, salt, black pepper, and a pinch of cayenne)

Crab Risotto

4 tablespoons unsalted butter

¼ cup yellow onion (diced small)

1 cup Arborio rice

¼ White Wines

1¼ heavy cream

2 cups crab stock (chicken stock or water can be substituted)

1 cup milk

3 each egg yolks

¼ cup diced tomato

2 cups Fish River Blue Crab meat (boiled and picked)

3 each Local Jumbo Shrimp (sautéed or broiled, cooked separately from risotto)

Salt and pepper to taste

2 ounces Elberta semi soft cheese (Sweet Home Farm)

1 ounce for garnish

(More)

Directions:

Green Tomatoes

1. Slice top of tomato and hollow out the pulp and seeds.
2. Dredge in flour, pat excess off.
3. Mix Worcestershire and buttermilk.
4. Roll tomato in mix to coat all sides, shake off excess.
5. Place tomato in bread crumb mix and coat again completely.
6. Fry in oil until golden brown, set on a paper towel to remove excess oil.

Crab Risotto

1. Place 2 tablespoons of butter in a heavy bottom pot with onions.
2. Cook over medium flame until translucent and then add rice.
3. Stir rice with a wooden spoon or a tempered rubber spatula until coated with the butter.
4. Add wine and stir constantly until the rice absorbs the wine.
5. Add stock, milk, and cream by the ½ cup stirring constantly until rice has absorbed the liquid and is tender and creamy.
6. Pull rice from the heat and add the rest of the butter, egg yolks, tomato, salt, pepper, crabmeat, and 1 ounce of elberta cheese.
7. Cook shrimp to your liking and reserve for plate presentation.

Plate Presentation:

1. Fill fried tomato with crab risotto and drape shrimp over the side of the tomato, recap tomato with top decoratively.
2. Rest tomato on a bed of flavorful local lettuces such as arugula, radicchio, red oak, romaine, and chicory.
3. Garnish the plate with creative items that compliment or enhance the dish.