

Sue

Our first dinner at the Double Musky didn't include an entree, but it made us believers in Bob and Deanna's Cajun cooking with an Alaska flavor. They have blended the best of the Paul Prudhomme style with good Alaska common sense into honestly good meals.

At the urging of a friend, we sampled six appetizers and a dessert, and saved such things as the halibut Creole and the blackened Alaska salmon for later visits to the restaurant.

If memory serves me, that first time we tried and enjoyed Cajun stuffed mushrooms, halibut ceviche, spicy zucchini, Idaho nachos, teriyaki beef and coconut salmon, with Double Musky pie as a finale.

We've savored many more of the appetizers and entrees since then, and we also recommend the desserts, even for those who aren't dessert lovers.

The watchword at the Double Musky is, "Laissez les bon temps rouler!" — that's "Let the good times roll!" to our mountain people, especially those of us who live in Girdwood at the world-famous Mount Alyeska ski area.

Now, for those who aren't fortunate enough to enjoy first-hand the wonders of our great state, and who can't travel to Girdwood for a stop at the Double Musky, Bob and Deanna have provided the next best thing.

They let you know in this book the wonders of Alaska, the Great Land, and they tell you how you can re-create some of the dishes their kitchen turns out every day at the Double Musky, on Crow Creek Road, in Girdwood, Alaska.

Ted Stevens
United States Senator for Alaska

Deanna and I would like to thank our staff in the kitchen — Jim McGowan, Dave Olsen, Rich Markley, Tim Noble, Phil Price and Brett Connor; and the front staff — Roland Suter, Ginny Ingram, Jenny Neely, Susan Prince, Rebecca Rogers, Sue Connor; and the unusual bartenders Scott Stark and Steve "Woody" Woodrow; and the people who keep things rolling, Jill Brewster, Dana Garvey, Shawn Stark and Ann McKenzie. MaryAnn Mariner of Anchorage Daily News for spending the time in our kitchen to enable her to write the copy for this book and last, but not least, our special thanks to Gretchen Bjornton and Mark Pharr for test cooking and perfecting all the recipes for home cooking. We dedicate this book to our good friends and partners Charlie and Dottie Selman.

When it's 9 o'clock on a Saturday night and there are 150 people in the Double Musky bar waiting for tables, I get asked two questions.

The first is why we don't take reservations.

The second is why we don't move to Anchorage.

Well, we don't take reservations because I want to feed as many people as I can. Good food, Cajun-style isn't a refined, stately eating experience that lasts the whole evening while people talk about the opera or foreign policy. Good Cajun food is hearty, homestyle cooking — and a lot of it. I want folks at the Double Musky to really eat and then to roll out of here — and let us get started feeding someone else.

Answering the question of why we don't move to Anchorage, and save folks that hour-long drive each way, is even easier.

All I have to do is walk out the back door of my kitchen, tramp through 10 yards of forest, and I'm in the kind of country that most urban Alaskans only dream about. I can flop down on my back on crystalline snow in a moose meadow, and stare up at a kind of blue sky that doesn't exist very many places any more.

In winter, I can teach my son the difference between the tracks of moose and bear and rabbits and snowshoe hare and wolverine, and show him the hiding places of shrews and mice.

In summer, I can go out and pick blueberries for tonight's blueberry pies.

Chefs in Anchorage and Seattle and Los Angeles and New York can't do that. They've got asphalt outside their back doors. Sure, I've got a long drive to Anchorage, problems getting fresh ingredients sometimes, and once even a black bear in the dumpster. But, I've also got uncut primeval forests, 13 glaciers, soaring mountains and a bunch of trout-filled creeks with ice-cold water so clean you can scoop it up and drink it. You decide.

I think living in countryside as honest as this, keeps you honest. We try to reflect that in our food.

Cajun food is honest, too. It's country cooking, evolved over the centuries by French Canadians who emigrated to the Louisiana bayous. Alligators, okra, crawfish, scrawny homegrown chickens, tons of cayenne pepper — the Cajuns built a cuisine out of what they could find and what they could grow. They didn't have the time or the money to get fancy about it.

Maybe that's why I don't think much of nouvelle cuisine or "gourmet" food. For one thing, there's really nothing new about nouvelle cuisine. People have been cooking since the discovery of fire. Everything worth eating, in my opinion, has already been tried. There's not much point in reinventing things that the Greeks, Romans, Egyptians and Syrians had the sense to throw away a long time ago.

I'm not interested in "gourmet" cooking either, or skinny people who'd rather talk about food than eat it. I think that cooking is a lot easier than a lot of chefs make it out to be. Take Fanny Farmer, she had the sense to keep things simple, and she wrote a book that anyone could learn to cook from.

Cooking can and should be simple. If you buy a cookbook that sits on your bookshelf because it's too complicated to use, you've really bought a book about a chef's ego, not his skills.

To me, a good meal is anything that smells good and tastes good and doesn't give you indigestion. A good meal consists of a cold salad, a warm soup, a hot entree of fish or meat or poultry, a properly cooked vegetable and a sweet dessert.

It doesn't consist of 17 courses of pickled peacock eyeballs and ducks' beaks in phyllo dough and watercress puree drawn in pretty pictures.

If you look around the bar at the Musky while you're waiting for a table some night, you may notice a frilly old Easter basket. It's pretty. But nobody wants to eat it. I put it there to remind all of us at the restaurant that we aren't here to cook and serve pretty food.

We're here to serve honest food, food that's as good as we can make it.

I fell in love with the Girdwood Valley in 1963, when I left the University of Alabama and came to Alaska to look around. I ended up working on a fishing boat on Kodiak Island and was drafted in 1964. After two years in the Army, I ended up with an ordinary corporate financial job, traveling a lot and headquartered in Kentucky, and it took me thirteen years to make it back to Alaska for good.

The first restaurant my wife, Deanna, and I had in Girdwood was the old Girdwood Griddle on High Tower Road. Two years later, we bought the Double Musky Inn from Julian and Kay Maule.

I suppose the third most-asked question I get is what Double Musky really means. Well, the Maules used to have skiing friends over on Sunday afternoons for drinks, and Julian mixed a wicked punch. Made, in part,

of muscatel. So when folks started to drift off home, he'd say: "Stay awhile! Have another Musky! Have a Double Musky!"

And that's how the place got its name.

But we did dream about changing the food, about starting to cook the kind of country-Southern Cajun-style food we'd grown up with.

And Girdwood supported us, all the way.

And what means the most to me, seven years later, isn't the food reviews that we get, or the recipe requests from celebrities, or the praise from famous chefs, or the wild reactions of the New Orleans contingent at 1985's Conference of Mayors.

It's the fact that a lot of people in Girdwood and Anchorage and Seward have come here for seven years, once or twice a week, to eat our cooking.

Well, Girdwood is special, anyhow, whether you're a summer tourist or a winter skier. In 1977, a camper got eaten by a grizzly, right by California Creek, which is just across the road from the Musky. When the New Orleans police chief was here last summer, he offered to send us his SWAT team to take care of the bears.

Girdwoodians themselves don't engage in that kind of hyperbole. We're direct. I had a neighbor who, about 10 years ago, when he was 30 years old, decided that things weren't going well. If his lot in life didn't improve by the time he hit 40, he said he was going to end it all. So he got near 40, and things weren't much better. But he didn't want to upset anyone.

So, before he killed himself on the morning of his 40th birthday, he first stuck a note on the door of his shack:

"I'm dead. Jess."

A man of few words, old Jess.

Which is basically what I think chefs should be.

But a couple of things are worth noting about Double Musky food. Some of them may surprise you.

The most important thing is that you can make our recipes without living near Pike Place Market in Seattle, or the Haymarket in Boston, or even in a Louisiana bayou. We make substitutions; we take shortcuts. You have to, living in Alaska, where garlic is often old and tomatoes don't even deserve the name.

Right now, Americans are engaged in a fetish of freshness. Doesn't matter what it tastes like; it just can't come out of a can or a freezer.

I don't buy that at all. What we ought to be concerned about is flavor. And sometimes you can get a lot more flavor with canned tomatoes than with fresh ones. Often you can get far superior seafood labelled "frozen" than "fresh". Don't get caught up in language, that's all. Just pay attention to what food tastes like.

Anyhow, that's why our recipes can be made as easily by someone in rural Nebraska as they can by someone in New Orleans or Kodiak. That's what we mean by Alaska Mountain Cajun: adaptability.

INGREDIENTS:

Here are a few of our shortcuts that may be surprising. See the chapter on seafood for guidelines on buying and storing fish.

Tomatoes: Except for garnishes or salads or ceviche, nearly all Double Musky recipes call for canned tomatoes. Buy a good brand of whole tomatoes, and you'll have more flavor than most out-of-season tomatoes grown anywhere in the country.

Garlic: We use tons of garlic powder, and cases of dehydrated garlic. Rehydrated garlic works just fine, and has a consistency of flavor we can't always get with fresh.

Also, chopping garlic (no, a food processor won't do it right) takes time. One of the ways we keep costs down at the Double Musky is to take labor shortcuts when we can, and I'd rather have a cook sculpting a perfect filet than mincing his way through a couple of pounds of fresh garlic each night.

Lemon juice: We use a lot of this, too, and I think that ReaLemon out of a bottle works as well in most dishes as does real lemon juice. Most people who care about cooking argue with me about this, so I set up taste tests for them. They usually fail; they're always mad. But try it. A bottle of ReaLemon is going to last a lot longer in your refrigerator than a real lemon will, and it won't grow mold.

Whipped cream: In Alaska, we mostly get ultrapasturized, which doesn't taste right or whip right. So I use a lot of Cool Whip, which also affronts serious cooks. But it's quick and works just fine in our desserts, which are already so sweet that they don't depend on real cream richness anyhow.

Butter: I almost never use it. Margarine is fine; 60-40 butter-margarine blends are even better. The main reason is that the solids in butter burn too easily; you can get a lot better results with margarine. And a 60-40 butter blend gives plenty of butter flavor.

Herbs and spices: Except for parsley garnishes, and a bit of cilantro in the ceviche, everything we use is dried.

Again, it's a kind of shortcut, as well as a reflection of the fact that it's only been within the last year or so that you could get fresh thyme in Alaska anyway.

But don't turn this into too much of a shortcut. Buy the most expensive dried herbs and spices you can find, and in the smallest quantities; be ready to throw them out after about 45 days. Keep them somewhere

dry. Putting them in the refrigerator just makes them damp; a spice rack above the stove is the worst possible place to put them.

EQUIPMENT:

You don't really need anything very fancy to cook Double Musky food. There are, however, a few things we couldn't live without:

1. Big aluminum saute pans with curved sides. Get at least one.
2. Two cast-iron skillets. One you'll season and use for frying steaks and other oil-based dishes; one you'll use just for blackened Alaska salmon. Never season the salmon one; never put oil in it. The iron will sear the salmon and the spices all by itself.
3. Wire whisks in several sizes. My mother uses spoons, but I'm a lot handier with a whisk, especially when I'm doing something like a roux that requires constant motion.
4. Stainless steel or glass storage containers. Anything acidic, such as tomato, will leach out the aluminum in aluminum bowls.
5. A decent chopping block.
6. A graduated set of really good, non-serrated knives, and a sharpening stone.
7. At least one great big stockpot.

One thing we don't have in the kitchen is anything Teflon. I don't know about you, but I don't like eating things that I don't know what's in them. And if you look at a Teflon pan after you've used it for a while, you know you've eaten quite a lot of it.

USING EVERYTHING:

When I go to someone else's restaurant, one thing I look for is whether things on the menu go together. Do steak trimmings show up in other dishes? Do last night's leftover baked potatoes appear as appetizers? Do salmon trimmings star in a pasta dish?

If they don't and the prices aren't exorbitant, you're looking at precooked or processed food. Recycling — using EVERYTHING — is one way we keep the Musky's portions big and its prices low.

Our jalapeno cheese rolls turn into croutons, Cajun dressing and finally into breadcrumbs. Shells from shrimp flavor stocks and gumbo. Baked potatoes become two things: potato skins for Idaho nachos and cooked potato quarters for big fresh French fries. Steak trimmings turn into beef teriyaki, beef crepes and kabob meat. Steak trimmings not good enough for that turn into stock. Tail ends of sliced sausage are sauteed in 60-40 butter blend to flavor our muffins. The stems from mushroom caps are sliced and sauteed into seafood dishes.

Basically, whether you're in your own kitchen or in a restaurant, you have to choose where you expend your energy and your money. That means sensible planning and a real reluctance to waste anything.

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SPICES & SEASONINGS

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Spices and seasonings. This is probably the most intimidating part of this or any other Cajun cookbook.

How can a single chicken breast need eight herbs and spices, in pretty strict proportions? Why does salmon need 11 herbs and spices, including four different kinds of pepper?

Well, trust us.

Cajun food is spicy, and it's a lot more efficient to make up batches of complicated spices that can be stored for a month or two than to do it from scratch each time. Of course,

at the Musky these spice mixes don't last that long; we make them in huge quantities and they're still gone in just a few days. We use about five gallons of cayenne a month, maybe four gallons of bay leaves, perhaps six gallons of garlic. And that's in the winter, when business is slow.

About the hottest thing on the Musky menu is jambalaya. But this spice, like all the others, can be adjusted. Aim for the same blend of flavors, for the bay and thyme and paprika, but cut down the cayenne if you know it's going to kill you; after all, you're not going to enjoy the food if you've seared your palate so badly you can't taste anything. And although we think garlic's good for you, nobody probably needs to eat quite as much as we do.

Things will go faster, when you're cooking, if you've made these spice mixtures up before you start. And they're the easiest part of the whole cookbook. Just remember to buy good herbs and spices, in small quantities that you'll use up before they lose their flavor.

TO REHYDRATE DRIED MINCED GARLIC

1 cup dehydrated minced garlic
1 teaspoon lemon juice
1 teaspoon olive oil
Water to cover

Mix ingredients, making sure to cover the garlic with the liquid, and let rehydrate for 2 hours. Drain if necessary and use in place of minced fresh garlic. Rehydrated, garlic will keep for 10 days under refrigeration.

CHICKEN SPICE

1/8 cup salt
1 tb cayenne
1 tb ground white pepper
1 1/2 tb black pepper
1 tb dried thyme
1 tb dried basil
1 tb dried oregano
1/4 cup paprika

Mix well. Store in a dry place in a tightly covered container. Will keep for one month.

SEAFOOD SEASONING

- 4 tb celery salt
- 1 tb cayenne
- 1 tb dry mustard
- 1 1/2 tp mace
- 1 1/2 tp powdered ginger
- 1 tb paprika

Mix well. Store in a dry place in a tightly covered container. Will keep for one month.

PASTA SPICE

- 2 1/2-3 whole bay leaves
- 1/2 cup paprika
- 1 1/2 tp dried basil
- 1 1/2 tp dried oregano
- 1 1/2 tp dried thyme
- 1 tb dried onion flakes
- 1 tb dehydrated minced garlic
- 3 1/2 tb salt
- 1 1/2 tp black pepper
- 1 tb ground white pepper
- 1 tb cayenne

Place bay leaves in food processor with metal blade and chop as finely as possible. Add additional ingredients and mix well.

JAMBALAYA SPICE

- 3 1/2 tb dried basil
- 1/2 cup dried oregano
- 1/3 cup salt
- 5 tp thyme
- 3 1/2 tb black pepper
- 5 tp cayenne
- 5 tp ground white pepper
- 5 tp garlic powder

Mix well. Store in dry place in tightly covered container. Will keep for one month.

SPICES FOR SHRIMP BOIL

- 4 tb celery salt
- 3 tb cayenne
- 2 tb dry mustard
- 1 tb mace
- 1 tb powdered ginger
- 2 tb paprika
- 3 tb ground bay leaves
- 2 1/2 tp ground coriander

Mix spices well. Store in dry place in a tightly covered container. Will keep for one month.

REMOULADE SPICE

- 4 tb celery salt
- 3 tb cayenne
- 2 tb dry mustard
- 2 tb paprika

Mix spices well. Store in a dry place in a tightly covered container. Will keep for one month.

SPICES FOR BLACKENED ALASKA SALMON

- 1/4 ounce jar whole bay leaves
- 1/2 cup paprika
- 1 1/2 tp dried basil
- 1 1/2 tp dried oregano
- 1 1/2 tp thyme
- 1 tb dehydrated onion flakes
- 1 tb dehydrated minced garlic
- 5 tp salt
- 1 1/2 tp black pepper
- 1 tb ground white pepper
- 1 tb cayenne

Blend in processor fitted with metal blade until well mixed. Store in a tightly covered container in a dry place. Will keep for two months.

SEASONED FLOUR

- 1 cup flour
- 2 tb pasta spice

Mix well. Makes for four dozen fried zucchini spears.

SEASONED BREADCRUMBS

- 4 cups breadcrumbs
- 1 tb dried oregano
- 5 tp pasta spice
- 1 tb dried or fresh grated Parmesan cheese
- 1 tb dried parsley flakes

Mix well. Cannot be stored. Makes enough for four dozen fried zucchini spears.

GARLIC BUTTER

- 2 cups 60% butter - 40% margarine blend
- 1/8 cup dehydrated parsley
- Scant 1/4 cup garlic powder

Bring 60-40 butter blend to room temperature. Mix thoroughly and refrigerate until ready to use. Can be made ahead and refrigerated for 6 days.

SEASONED CORNMEAL

1/4 cup seafood seasoning
4 cups cornmeal

Mix well. Store in an airtight container. Will keep for up to one month.

SAUCES & DRESSINGS

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Sauces and dressings. Most of our dressings are pretty simple, and so are the sauces in this chapter, even ones like remoulade that have a lot of ingredients.

The toughest one is bernaise. Even professional cooks sometimes have trouble with bernaise, which can be tricky and has no shortcuts at all. But I think you'll find it's worth the care.

At the Musky, we have just one standard for sauces. And it's simple. I tell my cooks: "If you walk by and taste it and have the desire to dip in a piece of bread, it's a good sauce. If you don't want more, it's not a good sauce and you'd better start over."

MUSTARD SAUCE

2 cups sour cream
1 cup brown mustard
2 1/2 tb Worcestershire sauce
2 tb prepared mustard
1 tp salt
3 tp black pepper
1/2 tp white pepper
1/2 tp cayenne
1/2 tp basil
1 ounce mustard seed

Mix all ingredients. Can be refrigerated for 7 days. Serve with Cajun Stuffed Mushrooms.

SWEET AND SOUR SAUCE

1 cup grape or blackberry jam
3 oz. brown mustard
1 tp prepared horseradish

Mix and refrigerate until ready to serve. Can be refrigerated for up to 2 weeks, covered.

CREOLE SAUCE

This is a highly acidic sauce, and unless you like tasting aluminum in your food, make sure to use a stainless steel saute pan.

3/4 cup onion, chopped
3/4 cup celery, chopped
2 tp garlic
1 tp dehydrated parsley
1/4 cup 60-40 butter blend
1 pound crushed whole canned tomatoes
1/4 pound sliced mushrooms
2 bay leaves
5 dashes Tabasco sauce
1 4 or 6-ounce can tomato paste
1 tb Worcestershire sauce
Salt and pepper to taste
1/2 onion, sliced paper-thin
1/3 lemon, sliced paper-thin

Saute onion, celery, garlic and parsley in 60-40 butter blend until soft. Stir in tomatoes, mushrooms, bay leaves, Tabasco, one can tomato paste. Bring slowly to boil and simmer, stirring occasionally, until mixture is slightly thickened. Watch carefully; this will scorch easily unless stirred. Cook until mushrooms are done. Remove from heat; add thinly sliced lemon and onion.

TARTAR SAUCE

1 egg, raw
1/2 garlic clove
1/2 cup onion, chopped
1/2 tb sugar
3/4 tp white vinegar
1/8 cup Worcestershire sauce
Juice of 3/4 lemon
Salt to taste
Cayenne to taste
White pepper to taste
1 1/2 cups oil
1 dill pickle, chopped fine

Using a food processor or blender, mix egg, garlic, onion, sugar, vinegar, Worcestershire sauce, lemon juice, herbs and spices. Whirl until blended; mixture will be dark brown.

Slowly begin adding the oil, starting with a few drops, then a very fine stream. As the emulsion begins to form, you can add flavor. When sauce is thick enough, add pickles and give one final swirl.

If sauce is too thick, add more vinegar, a drop at a time. If too thin, add more oil, a drop at a time.

VELOUTE

Golden roux made with 1/4 pound 60-40 butter blend
1 quart chicken stock
1 quart milk
1 tb chicken base
1/2 tp white pepper
1/2 tp grated nutmeg
Salt to taste

In large stockpot, bring stock to boil, turn off heat, add hot golden roux carefully (avoid splashing) and whisk constantly to blend. Turn on heat, bring to simmer, whisking constantly. Add milk and whisk; add seasonings to taste. Chicken base may not be needed.

Simmer 30 minutes, whisking occasionally. If mixture is too thick, thin with additional milk or stock. Check again for salt after thinning.

TERIYAKI MARINADE

3 cups water
1 cup soy sauce
1/3 cup honey
1/4 tp powdered ginger
1/4 tb garlic powder
2 tb lemon juice

Mix all ingredients and reserve for marinade. May be made as long as 24 hours in advance. Remix.

BERNAISE

2 egg yolks
1/2 tp lemon juice
2 tb chablis -
2 tb cider vinegar
1/2 tp scallion, minced
1/8 tp dried parsley
1 tp dried tarragon
1 stick 60-40 butter blend

Melt butter and cool to warm room temperature (must be liquid).

In saucepan, boil wine, vinegar and herbs until nearly evaporated, about 15 minutes (watch carefully).

In double boiler, beat egg yolks with lemon juice, whisking very rapidly, for about one minute or until yolks are lemon-colored.

Add butter, spoon by spoon, to egg mixture, beating slowly after each addition.

Add wine-herb mixture. Should contain no more than 1/4 tp liquid.

Return to double boiler and beat briskly until thickened and set, about 15 minutes. Should be hot enough to sting your finger. Remove from double boiler and continue to whisk until steam no longer rises.

Keep warm until ready to serve. This is a delicate sauce and cannot be refrigerated and reheated.

BEER BATTER

2 3/4 cups flour
2 tb oil
2 whole eggs
3/4 tp salt
dash pepper
1 1/2 tp garlic powder
1 cup flat beer
3/4 cup cold water

Open beer and leave it at room temperature for at least one day. Chill until cold. Add water, oil, and eggs; mix just enough to break egg yolks. In separate bowl, mix flour, salt, pepper and garlic powder. (If you omit this step and add the garlic powder directly to the liquid, it will clump up and not dissolve.) Whisk in dry ingredients, leaving some small lumps. Refrigerate until ready to use. Can be made ahead 24 hours. Remix. If going to use right away, you may thicken with additional flour.

COCKTAIL SAUCE

2 cups ketchup
1 tb lemon juice
4 tb bottled horseradish

Mix well and serve. Can be refrigerated for 3 days.

REMOULADE SAUCE

1 egg
1/2 cup onion, chopped
1/2 cup celery, chopped
1 cup green onion, chopped
1/2 cup oil
2 whole tomatoes, quartered (1 1/2 cups canned)
3/4 cup ketchup
2 1/2 tb mayonnaise
2 1/2 tb horseradish
1 1/2 tb brown mustard
2 tb Worcestershire sauce
1 tb vinegar
2 tb lemon juice
1 tp cayenne
2 tp remoulade spice
2 tp minced garlic
2 tp paprika

Put eggs in food processor and blend 30 seconds. Add remaining ingredients and pulse until vegetables are semi-chunky.

BROWN ROUX

1 pound 60-40 butter blend
2 1/2 cups all purpose flour

Melt the 60-40 butter blend in a very large saute pan, one with sloping sides.

Start with a cold skillet. When the 60-40 butter blend is hot, whisk in the flour (a cup or so at a time), whisking constantly and making sure that flour doesn't stick to the pan or burn. Little black specks mean it's burned — and this is one of the few dishes in Cajun cooking that you can't save. If it burns, throw it out. But this is a much looser roux than the golden roux; although it browns faster, it's much easier to work with.

How do you know it's done? You'll just know, after the first few times, but there are a few things to look for. For one thing, the kitchen will start smelling warm and nutty; it's surprising how good plain old flour and 60-40 butter blend can smell. Look also for color (a deep, deep mahogany brown, darker than milk chocolate) and for texture (a roux is a living thing, like lava or hot mud).

Finally, be careful. At the Musky, we call the roux Cajun napalm, and most of us have the scars to prove we've been splashed by this 700 degree stuff. Wear a long oven-mitt and a long-sleeved shirt; use as big a saute pan as you've got; and don't worry about cleaning up the stove until you're done.

BROWN SAUCE

2 tb butter
1/3 cup flour
1 1/4 cups water or canned beef stock
Salt and pepper to taste

Starting with a cool skillet, make the roux by melting the butter and whisking in the flour, keeping the mixture constantly in motion. When the roux is the color of semi-sweet chocolate, add the water or stock. There'll be a rush of steam; avoid breathing that, but keep whisking the sauce together. Simmer, whisking constantly, for about two more minutes. Add more stock if mixture is too thick. Add salt and pepper to taste.

At the Musky, this sauce appears in Shrimp Etoufee and Pepper Steak, among other dishes. But when we're cooking just for ourselves, it can be the basis of some really simple and inexpensive eating — which is, after all, what ordinary Cajun food is all about. Toss in a couple of handfuls of sliced onions and a tin of corned beef and cook for about a half an hour, and you've got a hearty, filling stew mixture. The combinations are endless — all you have to do is use your imagination, which has always been one of the key ingredients for Cajun cooks out in the bayous.

SOUR CREAM HORSERADISH SAUCE

16 ounces sour cream
1/4 cup hot horseradish

Dip fried zucchini.

MUSKY OIL AND VINEGAR DRESSING

3 cups oil
1 cup vinegar
1 tb dried parsley
1 1/2 tb dried basil
1 1/2 tb dried oregano
1 tb dill weed
1/3 tb salt
1 1/2 tb garlic powder
3/4 cup sugar

Using an electric mixer or blender, combine all ingredients until smooth. Can be refrigerated for up to 3 weeks.

BLEU CHEESE DRESSING

5 cups mayonnaise
1 tb lemon juice
1 1/2 tp garlic powder
1 1/2 tp coarsely ground black pepper
1/2 pound bleu cheese, approximately
6 tb milk, approximately

Cut cheese into small pieces and crumble by hand into smaller bits. Stir all ingredients together until well mixed. Can be refrigerated for 1 week.

FRENCH DRESSING

2 cups oil
1/2 cup sugar
1 1/2 cups ketchup
1/2 cup vinegar
1 tb Worcestershire sauce
1 tb garlic powder
1/2 tb paprika
1/4 tb salt

Using an electric mixer or blender, combine all ingredients until extremely smooth. This will take a long time. Can be refrigerated for 3 weeks. Remix.

THOUSAND ISLAND DRESSING

1 cup mayonnaise
1/8 cup sweet pickle relish
1/4 cup ketchup
1 tp lemon juice

Mix well and adjust seasoning to taste.

ROUXS, STOCKS AND GUMBO

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Roux, stocks and gumbo. If there's a single cornerstone of true Cajun cooking, it's the roux. Cajun cooks can do most anything with a roux, which is really just flour cooked in oil or 60-40 butter blend. But after it's cooked — whether to the palest golden stage that becomes a veloute or to the deep nut-brown that's the basis for gumbo — rouxs are much more than the sum of their parts. They add a richness of flavor far out of proportion to cost; they can be earthy; they can be delicate.

They're also messy and dangerous. They can reach incredibly hot temperatures — about 750 degrees — and they'll burn if they spatter. We call them Cajun napalm, which is a very good term to keep in mind while you're cooking them.

Use a big saute pan; add other liquids to the roux, or the other way around, but carefully; wear long oven mittens as you whisk them; don't worry about cleaning up the stove until later.

And after you've made a couple, they won't be nearly so intimidating.

BROWN STOCK

4 pounds meat trimmings
2 gallons water
1 carrot, roughly chopped
1/3 bunch celery, roughly chopped
1 onion, roughly chopped
2 bay leaves
1 tb course black pepper

Cook over high heat, uncovered, until reduced by 2/3. Strain, refrigerate stock overnight. The next day, remove congealed fat. A small amount of fat will still be suspended in the stock; strain again to remove it through cheesecloth or a tight-meshed strainer.

Stock can be refrigerated for 3 days, or frozen for 1 month.

GOLDEN ROUX

1/2 pound 60-40 butter blend
2 cups flour

Melt butter over high heat. Add flour, about 1/3 at a time, whisking constantly so as not to burn, and cook until flour is cooked and incorporated and color is a pale butterscotch.

Remove immediately from heat.

SEAFOOD GUMBO

This is another of the recipes that depends on a good, dark-brown roux. We used to make a gumbo without roux, and a lot of our customers liked it. But my mother came to visit a couple of years ago, and she said, 'Bob, it's nice, but whatever it is, it sure isn't gumbo.'

So we decided it was time to make a real one. It takes awhile, and makes a mess, but its authenticity and warmth make it well worth the work.

1 bunch celery
3 green peppers
2 onions
3 tb rehydrated granulated garlic
Shells from 5 pounds shrimp
Brown roux made with 2 pounds 60-40 butter blend (see page 27)
1 1/4 gallons shrimp stock
1 tb filé powder
1 1/2 tp pasta spice (see page 4)
6 bay leaves

Shred celery, peppers and onions roughly in a food processor.

Mix roux carefully according to directions on page 27. Just when it's a very dark brown, turn off the heat and add the shrimp shells, folding in carefully. Then stir in the vegetables; they're cold and will stop the roux from continuing to cook.

Add stock, filé powder, pasta spice and bay leaves and

simmer uncovered for at least 1 1/2 hours; the longer, the better. Mixture should reduce by at least one third.

Strain; discard shells and vegetables.

Step Two:

4 tb butter

4 cups celery, chopped

4 cups bell pepper, chopped

4 cups onion, chopped

2 1/2 cups canned tomatoes, peeled and crushed

6 Louisiana hot link sausages

36 medium shrimp, peeled

Saute vegetables in butter until limp. Add to strained stock-roux mixture and simmer for 45 minutes, skimming grease from the top of the stockpot. Add sliced sausages and simmer another 45 minutes. Can be held at this point for 3 hours, or refrigerated overnight.

Just before serving, add the shrimp and simmer until barely opaque.

NOTE: Some gumbo recipes call for file powder to be added at the end, as a thickening agent. If you haven't tried it before, you'll find that it tastes a lot like thyme. What file is, however, is sassafras. At the Double Musky, we think that adding file just before serving is a good way to make your gumbo taste like sassafras. Ours doesn't.

BROWN ROUX

1 pound 60-40 butter blend

2 1/2 cups all purpose flour

Melt the 60-40 butter blend in a very large skillet, preferably one with sloping sides.

Start with a room temperature skillet. When the 60-40 butter blend is hot, whisk in the flour a cup or so at a time, whisking constantly and making sure that flour doesn't stick to the pan and doesn't burn.

Little black specks mean it's burned - and this is one of the few dishes in Cajun cooking that you can't save. If it burns, throw it out. But this is a much looser roux than the golden roux; although it browns faster, it's much easier to work with.

How do you know it's done? You'll just know, after the first few times, but there are a few things to look for. For one thing, the kitchen will start smelling warm and nutty; it's surprising how good plain old flour and 60-40 butter blend can smell. Look also for color (a deep mahogany brown, darker than milk chocolate) and for texture (a roux is a living thing, like lava or hot mud).

Finally, be careful. At the Musky, we call the roux Cajun napalm, and most of us have the scars to prove we've been splashed by this 700 degree stuff. Wear a long oven-mitt and a long-sleeved shirt; use as big a saute pan as you've got; and don't worry about cleaning up the stove until you're done.

SHRIMP STOCK

Shrimp stock appears in a lot of Double Musky recipes. It's not as hard to come by as it sounds; just save shrimp shells in Ziploc bags as you peel them and throw them in the freezer until you have enough to do the stock. The best substitute - the only substitute, really - is plain water, although you'll find that this simple stock adds a rich seafood flavor to everything you use it in.

Shells from 5 pounds fresh shrimp
Water to cover.

Bring water to boil in a large stockpot. Add shrimp shells, pushing down with spoon so that they all get cooked. Boil the shells for 20 minutes, then drain, discarding the shells.

APPETIZERS

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Appetizers. Quite a few Double Musky appetizers are deep-fried.

Home kitchens often aren't set up for deep frying, but it's actually simple. The main point to remember is that you don't need width in your cooking vessel, you need depth. Buying a deep-fat fryer or a deep, narrow pot will mean that you use less oil.

At the Musky, we never reuse oil, which always picks up some of the flavor of what was cooked in it the night before.

How do you know if the oil is hot enough? If you have a frying thermometer, heat the oil to 375 degrees. If you don't here's a simple test.

Take a really thin slice of scallion and toss it into the oil. If it just sits there and fries, the oil is too cool. If it jumps and spatters, the oil is too hot. But if the scallion slice spins, the oil's just about ready and you can go ahead.

One other point: although the recipes in this section are called appetizers, if you've been to the Musky you know how big the servings are.

Select just one — ceviche, perhaps, or scallop-stuffed mushrooms, enjoy coconut salmon, deep fried halibut, or possibly shrimp stuffed avocado — for a satisfying meal. You'll see a lot of Musky customers doing this.

SHRIMP STUFFED AVOCADO

7 shrimp, boiled in shell (see page 51)
1/4 cup celery, diced
1/4 cup green pepper, diced
1/4 cup scallions, sliced thinly
1/4 cup pitted black olives, sliced
1/4 cup remoulade sauce
1/8 cup thousand-island dressing
1 avocado, peeled and pitted and cut in half
2 leaves romaine lettuce
1 tomato, diced
dash paprika
1 sprig parsley

Shell 6 of the 7 shrimp. Cut into 5 pieces each. Shell remaining shrimp, leaving on the tail, and reserve for garnish.

Mix all but whole shrimp together, toss with dressings. Place romaine on serving plate, top with half avocado, filled with shrimp mixture. Garnish with chopped tomato on the side. Place whole shrimp on top, then garnish with a sprinkling of paprika and a sprig of fresh parsley. Serve immediately with 3-4 saltine crackers on the side per serving. Serves 1 or 2.

CAJUN STUFFED MUSHROOMS

5 large mushrooms
1 1/2 cups Cajun dressing
3/4 cup seasoned flour
2 cups beer batter, or enough to dip all mushrooms
1 tp pasta spice
oil to cover

Heat cooking oil in deep-fat fryer to 375 degrees.

Stuff each mushroom cap, stem removed, carefully with stuffing mixture, packing it in very firmly and supporting mushroom with palm of your hand so that the pressure doesn't break it. Pack in stuffing until somewhat rounded on top.

Mix beer batter with pasta spice.

Dip each filled mushroom in seasoned flour, then in seasoned beer batter, handling carefully but covering generously with batter.

Fry in oil heated to 375 degrees until golden brown. The center of the stuffing should be hot.

Remove from oil with metal slotted spoon and drain on paper towels. Serve with mustard sauce. Serves 1 or 2.

ESCARGOT-FILLED MUSHROOMS

5 large mushrooms
1/3 cup seasoned breadcrumbs
1/3 cup garlic butter
1/4 cup white wine
5 canned escargots, drained

Carefully break off mushroom stems, leaving caps intact. Place round-side-down in small boat-shaped serving dish with sides at least 1 inch high. Toss in breadcrumbs, getting most of them inside mushroom caps. Take teaspoons of garlic butter, placing one on each mushroom and remainder scattered throughout dish. Pour in wine, making sure not to get any inside mushroom caps.

Microwave for 1 minute, or until garlic butter is melted but not bubbling hot. If using conventional oven, preheat to 450 degrees and heat for 5 minutes.

Place snails in liquid (not in mushrooms) and bake at 450 degrees for 4-5 minutes. When heated through, place snails in mushroom caps.

Accompany by heated, thinly sliced jalapeno cheese roll to eat with the pan juices. Serves 1 or 2.

SCALLOP STUFFED MUSHROOMS

6 large mushrooms
1/3 cup seasoned breadcrumbs
1/3 cup garlic butter
1/4 cup white wine
1/4 cup onion, chopped
1/4 cup mushrooms, sliced
3 large scallops, sliced in half

Remove stems from mushrooms, leaving caps intact. Place 6 in serving boat. Toss in all of the breadcrumbs, filling mushrooms. Place all of the garlic butter on top of mushrooms and in serving boat. Sprinkle on all of the onions and mushrooms. Add 1/3 of the wine.

Microwave for 1 minute or cook at 450 degrees for 5 minutes, until butter is melted but not bubbling. Place scallops in liquid, return to 450 degree oven for 5 minutes. Remove from oven, place scallops inside mushroom caps and serve with sliced jalapeno cheese roll. Serves 1 or 2.

HALIBUT CEVICHE

1/2 pound halibut
1/4 cup ReaLemon
1/4 cup Rose's lime juice

Cut halibut very neatly into 1/2 inch dice. Mix bottled juices. Put halibut in glass or stainless steel container, cover completely with mixed juices. Marinate 3 hours in refrigerator.

1/3 cup green pepper, chopped
1/3 cup black olives, sliced
1/3 cup mushrooms, sliced
1/3 cup onion, chopped
1 tomato, diced
3 tb olive oil
3 tb ketchup
6 large pimento-stuffed olives, sliced
1/2 tp Tabasco
1/2 tp salt
1/8 tp dried basil
1/8 tp dried oregano
1 tp fresh cilantro, chopped
4 oz tomato juice

Mix all ingredients gently. Let marinate in refrigerator for 3 hours.

After 3 hours, drain fish mixture and fold carefully into vegetable mixture. Serve immediately in avocado halves, as we do at the restaurant, or in a bed of romaine or with tortilla chips. Leftovers can be refrigerated, tightly covered for 36 hours.

SPICY ZUCCHINI

6 medium zucchini, quartered lengthwise and cut in half
Pasta spice
2 eggs
1 ounce milk
Seasoned breadcrumbs

Cut each zucchini into 8 wedges. Mix eggs and milk. Take each zucchini wedge and dip first into spices, next into egg and milk mixture, then into seasoned breadcrumbs to coat. It's easier if you keep one hand for the dry ingredients and the other for the egg wash. After each wedge is coated, place gently on paper towel.

Fry in 375 degree oil until dark brown (adjust to taste). Drain on paper towels and serve immediately with horseradish cream, a simple mixture of horseradish and sour cream in proportions to taste.

IDAHO NACHOS

Preheat oven to 450 degrees. Prepare cooking oil in deep fat fryer.

3 cold baked potatoes (yesterday's are better)
1/2 cup onion, chopped
1 tomato, chopped
1/2 cup longhorn Cheddar, grated
1/4 cup jalapenos, sliced
1/3 cup sour cream
1/4 cup scallions, chopped

Quarter each potato and scoop out, leaving 1/4-thick potato skins. Save potato itself for french fries or potato salad or other use. Fry skins in pre-heated deep fat fryer until golden brown and crisp. Remove and drain thoroughly on paper towels.

Place fried potato skins on serving platter. Scatter on tomato and onion, then cheese. Arrange sliced jalapenos around sides of platter.

Bake in 450 degree oven until cheese bubbles. Top with dollop of sour cream and scatter sliced scallions on top. Serves 2 or 3.

TERIYAKI BEEF

- 6 tb 60-40 butter blend
- 3 cups lean beef, diced in 3/4 inch pieces
- 4 1/2 cups teriyaki marinade
- 1/2 tb sesame seeds
- 6 scallions, thinly sliced on diagonal

Marinate cubed beef in teriyaki marinade for about 3 hours. Remove from bowl, reserving marinade.

Melt 60-40 butter blend in saute pan over high heat. Add drained marinated beef. Stirring quickly, saute until medium rare. Add 1/2 cup of reserved sauce and heat thoroughly.

Serve over plain or Cajun rice, garnished with sesame seeds and sliced green onion. Serves 6.

HALIBUT IN BEER BATTER

- 1 pound halibut
- 4 cups beer batter
- 1/2 cup pecans, chopped roughly

Heat oil in deep fat fryer to 375 degrees.

Cut halibut into 6 1-1/4 ounce pieces, or large 1x1-inch squares. Mix pecans in beer batter. Coat each halibut piece thoroughly with beer batter and drop, one by one, into 375 degree hot oil, stirring carefully so halibut won't sink to the bottom and clump together. Cook about 4-5 minutes, or until halibut is golden brown.

Drain halibut on paper towels until ready to serve.

At the restaurant, we serve these with french fries made from baked potato quarters from which the skin has been removed. We fry these in the same oil until a golden brown crust has been formed; watch carefully. We serve them with a small cup of bernaise sauce and a small cup of cocktail sauce for dipping.

COCONUT SALMON

Buy the coconut for this dish in the natural foods section of the grocery store; it will have less sugar.

- 1 pound salmon
- 2 cups shredded coconut
- 2 cups beer batter
- quarts cooking oil (Depends on pot circumference.) Oil should be 3 inches deep at least.

Cut salmon into squares 2 inches long x 2 inches wide and 1/2 inch thick. At the restaurant, we use trimmings from the fillets we cut for other dishes; so can you. They don't have to be perfectly uniform.

Using a strainer, shake coconut well so that most of the sugar is shaken off.

Dip salmon strips in beer batter, then quickly but thoroughly in coconut.

Heat oil in deep fat fryer to 375 degrees. If you don't have a frying thermometer, a good way to tell when the oil is hot enough is whether, when you drop in a thin slice of scallion, it immediately begins to spin. Fry until salmon strips turn dark brown but are not burned. Drain on paper towels to absorb excess oil.

Serve with sweet-and-sour sauce. Fried strips are best eaten immediately.

SEAFOOD

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Seafood. I grew up in Mobile, Alabama, which means I grew up with fresh seafood. Later on, I fished the Gulf of Alaska. And now I've got trout streams outside.

Which is probably why I get more excited and more aggravated about seafood than about anything else in cooking. I used to have oysters on the Musky menu. Not anymore.

Down South, I expect to hear an oyster scream when I drop him into a stew. Up here, they've just been starved to death.

You stop a hummingbird from eating for 30 minutes and he dies. Well, you get an oyster that's been in a concentration camp for awhile, and he'll have consumed himself. Oysters need to eat and breathe, just like any fish or shellfish.

And far too often, the way we catch and process them makes that impossible. I don't care how fish is labelled in the supermarket or fish shop: If you haven't caught it yourself within the last half hour, it isn't fresh.

That's why frozen seafood — correctly frozen seafood — is vastly superior to anything that calls itself fresh. "Fresh" fish lying on a bed of ice is dead fish and it's getting deader by the minute. But fish labelled "fresh frozen" can, in fact, be fresh fish — if it's been caught, butchered, glazed and frozen instantly.

Still, fish can be mishandled before being frozen — and it's hard to tell the difference when you're buying it. This is where we all need to be more aggressive consumers.

If you defrost fish (correctly, in the refrigerator) and it has any odor at all, it's not fresh. Take it back. Argue.

If it's labelled "previously frozen" and has been thawed, ask the fish manager to open the package and let you smell it. Again, there should be no smell.

Most of us have accepted the myth that fish smells like fish. It doesn't. When it's uncooked, it doesn't smell like anything at all, except freshness, with sometimes a tang of saltwater.

Even a restaurant like the Musky, which has considerable buying power when it comes to seafood, has trouble getting the freshest fish.

I've just about given up on anything that's not frozen, except troll-caught salmon at the height of the King season, and it isn't always easy to find a reliable supplier of frozen fish.

My shrimp, at the moment, aren't from Alaska at all.

They're from sophisticated processing ships off Kuwait, and they're excellent.

When it comes to fish, it's worth shopping around.

Once you've got good fish, start experimenting. Just about the only rule is that you don't want to cook any seafood longer than just a few minutes.

But try some substitutions. Lobster and crab are interchangeable, for instance. Try blackening some trout. Use cod or scallops in your ceviche.

CATFISH FILLETS IN MUSTARD SAUCE

Fish: 10 3-5 oz. catfish fillets (halibut is excellent)

Batter: 2 cups hot brown mustard

1 1/2 cups yellow mustard

5 whole eggs

1/4 cup milk

1/2 cup sour cream

1/8 cup seafood spice

Seasoned Cornmeal:

1/4 cup seafood seasoning

4 cups cornmeal

Dip each fillet in mustard batter. In a glass pan, place one layer of fish, a layer of batter, another layer of fish, more batter, etc., until all ingredients are used. Marinate 10 hours.

Remove from-batter, roll in seasoned cornmeal.

Heat oil in deep fat fryer to 360 degrees. Fry until fish is golden brown and crispy.

Drain on paper towels and serve immediately with tartar sauce, french fries or hush puppies.

HALIBUT CREOLE

This is a quick and simple halibut preparation that is, for the Musky, very low in calories.

Preheat oven to 500 degrees.

1 10-ounce halibut fillet
1 tp lemon juice
1/3 cup white wine
Paprika
Salt
Pepper
Dill weed
3/4 cup Creole sauce (see page 12)

Spread a pie tin generously with 60-40 butter blend. Lay in the halibut fillet. Add wine and lemon juice to pan, lifting halibut so it will run underneath. Sprinkle wine mixture with 1/2 teaspoon paprika. Generously shake salt, pepper, paprika and dill onto top of fillet.

Bake in 500 degree oven for 12-15 minutes, or until fillet feels firm and flakes when tested with a fork. Do not overcook.

Remove immediately from pie tin and place on serving dish. Top with Creole sauce, reheat in hot oven for 2-3 minutes until sauce is warmed through.

Serves one. Adjust according to number you are serving.

SCALLOPS BIENVILLE VOL AU VENT

You can make the puff pastry by hand, but we've found that the frozen kind is lots easier. Just cut into desired shape and bake according to directions.

This is one of the richest sauces at the Musky, redolent of sherry and with just a hint of cheese. We use processed American Swiss cheese, it works with ordinary Swiss, but the cheese doesn't melt as evenly.

1 cup garlic butter
5 cups mushrooms, sliced
1 cup onion, chopped
3/4 cup white wine
3/4 cup dry sherry
2 cups veloute (see page 14)
20 slices American Swiss cheese
4 cups scallops, sliced in half against the grain
Parsley, minced, for garnish

Melt garlic butter in large saute pan. Add mushrooms, onions, wine and sherry, simmering until butter foams. Reduce from high heat and cook 6-7 minutes, until the foam is gone.

Add veloute sauce and cheese, heat gently to begin to melt, then simmer, stirring constantly, until cheese is melted and sauce is smooth and thick.

Add sliced scallops and simmer, folding sauce gently over the seafood, until the scallops are barely opaque but not solid. This should take 1-2 minutes. Adjust seasoning; for a richer flavor, add another 1/2 teaspoon sherry.

Serve on vol au vent shells, garnished with parsley.

Variation: The Double Musky also offers snow crab vol au vent, which just substitutes crab meat for the scallops. Cut crab into medium size pieces and add to sauce, stirring, until heated through. You could also add, just at the last minute, sole, oysters or salmon.

SHRIMP AND SCALLOP CARDINALE

This is a creamy, rosy sauce that complements the flavor of the seafood.

12 tb garlic butter
3 cups mushrooms, sliced
8 tb onion, chopped
1 1/3 cups white wine
2 1/2 cups veloute
1 tp cayenne, or to taste
8 canned tomatoes, sliced in half
1 1/3 cups juice from can of tomatoes
1/2 cup parsley, minced
32 shelled raw shrimp
1 cup scallops, sliced in half against the grain

In large saute pan over high heat, combine butter, wine, mushrooms and onion, stirring occasionally as butter melts and vegetables cook. Simmer and reduce for 2-3 minutes. Add veloute, cayenne, tomatoes and juice. Cook another 2-3 minutes, stirring occasionally. Add shrimp and stir gently until they just turn pink and are barely opaque. Add scallops, fold in gently, and barely simmer another 1-2 minutes until they're barely cooked.

GARLIC SEAFOOD WITH PASTA

The only difficult part of this dish is trusting yourself enough to shake the sauce into being, and not to worry about stirring it with a spoon. Try it; it's easier than it sounds.

You could make your own pasta, but you don't have to. We cook a good commercial grade of dry pasta a minute or so less than the directions call for, so that it can finish cooking in the sauce and not become too soft. You can cook the pasta early in the day, toss it with just enough oil so it won't stick to itself, and refrigerate until about half an hour before you're ready to cook.

1/3 pound butter
2 cups shrimp stock or water
2 tb scallions, sliced
3/4 tp minced garlic
1 tb pasta spice
8 raw shrimp, peeled
4 ounces salmon, cut into 5 strips
3 ounces halibut, cut into 2 chunks
2 1/2 cups cooked fettuccine

Add all ingredients except pasta to very large saute pan over medium to high heat. Toss ingredients gently by holding the handle firmly in your hand and jerking it back rhythmically so that contents fold over themselves. After 2 minutes, add pasta, making sure it's in separate strands, and continue shaking motion for another 2-3 minutes, or until all ingredients are coated with sauce and seafood is barely cooked. Sauce should be silky and well incorporated — something that won't happen if you use a spoon.

Serves one. Adjust according to number you are serving.

SHRIMP ETOUFEE

This is an earthy dish, highly spiced without overpowering the delicacy of the shrimp, which are added just at the end.

2 tb garlic butter
1 tb celery, chopped
2 tb scallion, thinly sliced
1/3 cup chablis
1/3 cup shrimp stock or water
2 canned tomatoes
1/4 cup liquid from can of tomatoes
1 bay leaf
1/2 tp Tabasco
1 tp dried thyme
4 tp garlic powder
1/4 tp pepper
Dash of salt
12 raw shrimp, peeled
1/4 cup brown sauce

Melt garlic butter in large saute pan over high heat. Add celery, onion, wine and shrimp stock, stirring occasionally.

Add tomatoes, tomato juice, bay leaf, Tabasco, thyme, garlic powder, pepper and salt. Break up tomatoes with spoon and cook, stirring occasionally, about 5 minutes or until thickened and bubbling. Remove bay leaf, add brown sauce.

Sauce can be held, heated, at this point for up to 3 hours tightly covered. Reheat, then gently stir in shrimp and cook until barely pink and opaque. If sauce is too thick, add a little more white wine.

Serves one. Adjust according to number you are serving.

BLACKENED ALASKA SALMON

This is one of the simplest and most-requested dishes we serve at the restaurant, but I don't advise making it at home - at least indoors.

The crisp crust of charred spices requires very high heat and gives off enough pungent smoke during cooking to drive you and your guests outdoors. That's why it's best to start outdoors, on hot coals in a barbecue. Even with our hood fan at the restaurant, which handles about 40 times the volume of air that the average home fan does, everyone in the kitchen knows when we're doing blackened salmon.

It's easy to do outdoors, if you remember a few simple things. First, buy a new cast iron skillet and keep it just for blackened salmon. Don't season the skillet or cook anything else in it. Next, make your bed of coals as high and as hot as possible. Third, place the barbecue grate as low as you can, close to the coals. Fourth, put the dry, unseasoned skillet on the fire for at least 20 minutes, or until it's white-hot. It's hot enough when a single drop of clarified butter smokes instantly; in fact, I don't think it can be too hot. Remember to use a metal spatula; Teflon will just curl its toes on this kind of heat.

Finally, although this is a simple dish, things happen quickly. Make sure you've got everything ready ahead of time and, at least the first time, read the recipe a couple of times before you start. It'll be worth the extra time

Here's the recipe:

4 8-ounce salmon fillets, carefully boned
8 tb clarified butter
4 tb blackened salmon spice

Clarify butter by melting over medium heat until foam subsides. Carefully pour off clear butter, discarding solids. If butter begins to turn brown, discard and start again. The clear liquid is the clarified butter, minus the milk solids that cause butter to burn at high temperatures.

When skillet is white-hot, dip fillet into slightly cooled clarified butter. Shake a good coating of spice mixture onto one side of fillet. Place immediately on hot skillet, spiced side down, and shake about 1 teaspoon of spice mixture on top of fillet. It will begin billowing smoke immediately as spices burn.

While the salmon is cooking — about 90 seconds on the first side and about a minute on the second side, don't move or touch the fillet, which would break the flesh and the crust. On the first side, watch carefully as a pink-white line of cooked fish climbs up the side of the fillet. When it's almost to the top, turn over with metal spatula, holding spatula level and tight to bottom of skillet, so that the crust isn't disturbed.

Cook the second side for about a minute, or until its crust is blackened, too. When it's properly cooked, it will be crusty but not hard, firm to the touch with a little give to the fish. The salmon itself will be slightly rare, with just a hint of translucency at the center. Because it's been so hot, it will continue cooking a little after you take it off the skillet, so serve immediately.

At the restaurant, we mix leftover salmon spice into leftover clarified butter, and serve a small bowl of this on the side as a dipping sauce.

BOILED SHRIMP

5 pounds medium unshelled shrimp
3/4 cup salt
2 gallons water
1 cup shrimp-boil spice

Bring water to rolling boil. Add shrimp, stirring, and boil for 3 minutes or until shrimp is pink and opaque. Mushy shrimp is undercooked; tough shrimp has been overcooked.

Drain immediately, and run under cold tapwater (or chill with ice as we do at the Musky) immediately to stop cooking process. Refrigerate until ready to use.

Shrimp boiled like this can be served in the shell, as an appetizer or main dish, or it can be shelled and used in salads and other dishes. Serves 6-10.

JAMBALAYA

3 tb garlic butter
1/2 cup onion, chopped
1/4 cup celery, chopped
1 tb green pepper, chopped
1/4 cup shrimp stock or water
1 Louisiana hot link sausage, sliced
1 cup canned tomatoes, crushed roughly
1 tb jambalaya spice
1 bay leaf
8 raw shrimp, shelled
1 1/2 cups cooked basic rice
2 tb parsley, minced

Saute onion, celery and pepper in garlic butter for 2-3 minutes or until limp. Add stock, tomatoes and spices. Simmer briskly, uncovered and stirring frequently, for 5 minutes. Mixture will be thickened and reduced. Add sausage and cook another 2 minutes, until further reduced. Stir in shelled raw shrimp and cook another minute, until shrimp are barely opaque. Add cooked rice and stir well.

Serve immediately, sprinkled with parsley for garnish. This is hot! It is also superior to traditional methods of preparing jambalaya because the rice (if cooked right) is never mushy.

Serves one. Adjust according to number you are serving.

BBQ SHRIMP

1/2 pound 60-40 butter blend
1/2 cup Worcestershire sauce
4 tb lemon juice
1 tb garlic juice
1 tb parsley, minced
2 tp paprika
1 tp cayenne
1 tp Tabasco
2 tb liquid smoke
1 tb black pepper
1 tb salt
1/4 cup olive oil -

Combine all ingredients and cook for 15 minutes over medium heat. This makes the basic marinade.

FOR EACH SERVING:

Shell about 12 small raw shrimp. Bring 1/2 cup of marinade to simmer in small skillet; add shrimp and simmer until shrimp are opaque. This dish is better if the shrimp is marinated one hour in the refrigerator.

Serve on a bed of rice with a small dish of sauce on the side for dipping. Serves 2.

CAJUN SCAMPI

1 tp lemon juice
2 cloves crushed garlic
1/4 cup sliced fresh mushrooms
1/4 cup onion, chopped
1/4 cup scallions, chopped
1 tb black olives, sliced
1/4 cup chopped tomatoes
1/4 cup garlic butter (See page 7)
2 tb sherry
1/4 cup chablis
1 tp Tabasco sauce
1 dozen medium shrimp
Salt and pepper to taste
1 tb garlic powder

Saute all ingredients except shrimp until onions are translucent, making sure to add garlic powder first to melted garlic butter so that it will not clump up. Add shrimp, cover skillet and cook 2 minutes over high heat until shrimp are opaque. Serve hot over rice.

Serves two. Adjust according to number you are serving.

SHRIMP CASSEROLE

1 quart fresh shrimp
1 small can crabmeat
2 bunches scallions, sliced
1/2 cup celery, sliced
1 cup cooked rice
1 cup seasoned breadcrumbs
3 buds garlic or garlic powder to taste
1 can cream of mushroom soup
1/2 cup water
1 egg
1/4 pound 60-40 butter blend

Preheat oven to 400 degrees.

Bring large pot of salted water to boil and cook shrimp until just pink, about 3 minutes. Drain immediately and run under cold water to stop cooking.

Melt 60-40 butter blend in large saute pan. Saute celery and onion, sprinkling garlic powder on top and mixing in with sauteing vegetables. Add breadcrumbs, rice, soup and water. Beat in egg. Add shelled shrimp and the can of crabmeat, drained.

Bake at 400 degrees for 40 minutes. Serves 6.

PRAWNS IN BEER BATTER

6 prawns (16-20 count or larger)

1 cup beer batter

Butterfly prawns after removing shells. Prawns should be split from the back and remove sand vein. Be sure the prawn is not split through.

Flatten the prawn, dredge in beer batter and fry in 375 degree oil. Be sure the prawn is spread flat as it enters the oil. Serves 1.

STEAKS, CHICKEN, RED BEANS & RICE

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Steaks, chicken, red beans and rice. This is really a chapter on steaks, which is one of the things that the Musky does to perfection. One of the compliments I'm proudest of was when Patrick Terrail of Ma Maison in Los Angeles and Claude Segal of La Tour d'Argent in Paris told me that my pepper steak was the best they've ever eaten. Or the California mayor who insisted he couldn't get "this kind" of beef down where he lived.

Well, of course he could, and so can you. All we use is USDA grade XXX beef, well-marbled and well-aged; but we handle it with kid gloves. Just like seafood, you've got to respect beef.

Musky customers eat more steaks than anything else. Is it good for them? All that marbling that makes for tender beef — should they be eating it? Well, my philosophy here, too, is simple. You don't have to eat well-marbled beef every

night. But when you do eat beef, make sure it's good beef. If the fat is yellow, the steer has been cornfed. If it's white, you're looking at grainfed meat. Snow white means grassfed. No fat at all means very tough, boring beef.

I figure that everybody's got to die of something — you might as well go out smelling the roses, which in my book includes a perfectly cooked steak. Look around you; people who live a long time don't spend their time worrying about every little thing they eat.

So, if you're going to eat beef, buy it carefully and treat it tenderly. Don't marinate it all afternoon; strong soy marinades ruin texture and destroy flavor a lot more quickly than some cooks think. We use soy-based marinades as the briefest of dips, to help seal in moisture and enhance flavor.

Although our steak recipes are done indoors, the techniques can be followed on a backyard grill, too, and some of them are best that way. Our grilling set-up at a Musky is a professional one; an ordinary home broiler won't have the same heat or results. If you've got a Jennair, fine. Otherwise, go outside, except for the recipes that use a cast-iron skillet.

FRENCH PEPPER BEEF-K-BOB

FOR EACH SERVING:

12 ounce New York steak or filet, cut into 3 four ounce portions
1 cup brown sauce
1 tb cracked peppercorns
3 tb soy sauce
1 tb lemon juice
5 tb flour
1 tb cracked peppercorns

Except that these smaller pieces cook more quickly, the process is just the same as for French Pepper steak. Heat the oil in the skillet, mix the flour and pepper, mix the soy and lemon. Dip the meat into the soy-lemon mix, then into the flour mixture, coating well. Cook until desired doneness is reached, turning often and browning all sides of meat.

When meat is done, serve with oven-cooked kabob vegetables and basic rice. Mix brown sauce and remaining peppercorns and spoon over top.

K-Bob vegetables: Preheat oven to 500 degrees. For each serving, cut 1/3 large tomato into 2 wedges, 1/3 onion into 2 wedges, 1/3 green pepper into 2 large squares.

Cook rapidly in oven for 3-5 minutes, timing it so that vegetables will be done at the same time as the kabob meat.

If you don't like all the peppercorns, which add some sweetness as well as bite to this recipe, just leave them out entirely.

Serves one to two. Adjust according to number you are serving.

CHICKEN BREAST WITH CAJUN STUFFING

1/2 chicken breast, boneless and skinned
2 tb chicken spice
1 1/4 cup Cajun dressing
1/2 cup veloute

Preheat oven to 500 degrees.

Lightly coat chicken breast with chicken spice. Lay flat in a greased pie tin. Bake in 500 degree oven until just done, about 4-5 minutes.

Place heated dressing on serving plate, top with cooked chicken breast. Cover with veloute.

Serves one. Adjust according to number you are serving.

BEEF CREPES

You can make your own crepes, but this is one of the short-cuts we take at the Musky. Pre-made crepes work just fine. This is a relatively light and meaty entree, good for a quick supper or as a brunch entree.

Another trick: although the beef needs to be lean, it can very easily be scraps from trimmed steaks or tender roast cuts. That's what we do at the restaurant.

Preheat oven to 500 degrees.

2 cooked crepes
2 tp garlic butter
3/4 cup mushrooms, sliced
4 tp scallions, sliced thinly
2 tp green pepper, chopped
1/2 tp garlic powder
Salt
Pepper
1 cup beef, roughly cubed in 1/2-3/4 inch pieces
1/3 cup brown sauce (See page 19)

In large saute pan over high heat, melt garlic butter and saute vegetables and beef. Add seasonings.

Saute quickly until edges of meat have turned brown but meat is still rare, if you like it that way. It's a dry mixture, so you have to keep stirring so as not to scorch it.

Put half of mixture into each crepe; roll up and place, seam side down, on oven-proof serving dish. Pour brown sauce over and heat in 500 degree oven for two or three minutes.

Serves one. Adjust according to number you are serving.

FILET OR NEW YORK STEAK WITH BERNAISE

These steaks are grilled, not fried, and you really need a Jennair or a barbecue to do them right.

FOR EACH SERVING:

1 10-14 ounce New York steak or filet (if filet, trim so that meat is about as high as it is wide)

1 cup bernaise sauce (See page 15)

Soy-lemon marinade

Dip steak in soy-lemon marinade and place on grill. Dip twice more during cooking process, turn the steak often.

NOTE: When cooking over an open fire, add a tablespoon of oil to the marinade. This will help keep the meat from burning.

Serves one. Adjust according to number you are serving.

FRENCH PEPPER STEAK

FOR EACH SERVING:

1 1/2 inch thick New York cut steak, well marbled and trimmed of excess fat

1 cup brown sauce (See page 19)

1 tb coarse granulated black peppercorns

3 tb soy sauce

1 tp lemon juice

5 tb flour

1 tb coarse granulated black peppercorns

Select a steak that will weigh between 16 and 20 ounces after it's trimmed. Mix the soy and lemon juice and put in a shallow pan.

Mix the flour and 1 tablespoon of the pepper.

Put about 1/4 inch vegetable oil into a very hot cast iron skillet and heat until oil pops when a drop of liquid is dropped in.

Using tongs, dip steak into soy-lemon mixture, then into flour mixture, coating well. Handle gently so as not to knock off flour crust. What you're aiming to do when you cook it is to cook it on all sides, creating a crust. After coating, place in skillet and begin to fry the meat coating.

We turn the steaks frequently, and if they're large, we fry the front and back, too, holding the steak upright with the tongs.

For a medium rare steak, this will take about 10-12 minutes. After the first minute of cooking, make sure you raise the steak so that the hot oil runs underneath it. You want the pepper-flour crust on all sides to turn golden brown

(will be darker if steak is cooked more than rare).

When steak is done, remove from skillet and gently shake off grease.

Mix brown sauce with remaining cracked peppercorns and spoon over steak on serving platter.

Serves one. Adjust according to number you are serving.

RED BEANS AND RICE

This Cajun classic was on the menu at the restaurant until a couple of years ago. Although we try to rotate dishes, adding one or two each year and substituting something new, we still have customers who ask for this hearty country dish. What we found, however, was that "red beans and rice" just didn't sound as exciting on the menu as some of our other entrees; and despite the fact that it took a long time to cook, few people ordered it.

It's a great dish to make at home, though: it will warm your kitchen, your family and your heart.

3 hamhocks, cut into thirds, or substitute 2 pounds cubed lean ham

4 to 4 1/2 quarts hamhock stock or water if using cooked ham plus whatever juices have been gathered

1 pound red kidney beans

1/4 pound 60-40 butter blend

3/4 cup onions, chopped fine

3/4 cup bell pepper, chopped fine

3/4 cup celery, chopped fine

1 tp garlic, minced

1 tp thyme

1/2 tp cayenne

2 tp paprika

1/4 tp oregano

2 bay leaves

Salt to taste

1/4 cup parsley, chopped fine

3/4 pound Louisiana hot links, cut into 8 pieces

Wash and sort beans; soak overnight in cold water.

In a large heavy stockpot, bring hamhocks to boil with 4 to 4 1/2 quarts water. Cook for 30-35 minutes until they're fork tender. Retain ham stock.

If you're substituting cubed ham, saute until brown in 1 tablespoon of cooking oil. Remove ham; deglaze saute pan with water and add to 4 quarts water as flavoring, then proceed as with ham stock.

Drain beans and add to ham stock or ham water. Over very low heat, cook uncovered for about 1 1/2 hours, stirring occasionally to make sure beans don't stick.

In a saute pan, saute onion, pepper, celery and garlic in 60-40 butter blend until wilted. Add to the beans with thyme, cayenne, paprika, oregano, bay leaves and salt. (Taste before adding salt; if ham is particularly salty, you may not need to add any.) Cook another hour, stirring occasionally.

About 20 minutes before beans are done, heat sausage and hamhocks or ham cubes in roasting pan in 350 degree oven for 20 minutes, or until crisp.

The cooking time for the beans is actually quite variable, depending on the pot you use, the heat of the burner, and the beans themselves. What you want is for the beans to begin

to break down, turning almost white and very creamy. If it looks like you need more water, add it.

If the beans should scorch, DO NOT STIR. Just pour off the unscorched mixture into another pot and continue cooking.

Serve with rice (See page 69), ladling a good scooping of beans, sausage and ham onto each plate.

SIDE DISHES AND BREADS

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Side dishes and breads. This is a pretty general chapter, including a lot of the basics — rice and Cajun-style stuffing — that don't get a lot of attention but are really some of the most important underpinnings of Cajun cookery. Best of all, they're all simple, and can easily become part of any kitchen repertoire.

DOUBLE MUSKY MIXED VEGETABLES

Proportions and amounts don't matter much with this recipe. Plan on about 1 to 1 1/2 cups cooked vegetables per serving. Use fresh vegetables, cook them quickly, then toss with butter, salt and pepper to taste. Nothing could be easier.

Carrots, sliced in 1/3 inch pieces, on the diagonal
Cauliflower, cut into 2/3 inch square florets
Broccoli, cut into 2/3 inch square pieces
Zucchini, cut into 1/3 inch slices

Bring water to boil in large saucepan. Add carrots, cauliflower and broccoli. Return to boil and cook 3 minutes. Add zucchini and boil one additional minute. Drain immediately in large colander.

Toss with butter, salt and pepper. Can be kept warm in low oven for 45 minutes, covered, although they're best served immediately.

BASIC RICE

Preheat oven to 500 degrees.

2 cups long-grain rice
2 1/2 cups chicken stock
1/4 cup green pepper, chopped
1/4 cup onion, chopped
2 tb 60-40 butter blend
1 1/2 tp garlic powder
2 1/4 tp salt

Mix ingredients well. Place in oven-proof baking dish that's at least two inches higher than the rice mixture. Cover tightly and bake in a 500 degree oven for 50 minutes.

Remove from oven. Pinch rice between fingers to make sure it's done. Vegetables will be on the surface. Stir thoroughly, and remove to another baking dish.

May be kept hot in a 150-200 degree oven for up to several hours if covered tightly. NOTE: This rice should be used the day you make it. It dries out quickly and cannot be stored successfully.

This is a very simple rice dish with a true Cajun flavor, and it's so simple that you can do lots of other cooking while it bakes unattended. It can form the basis for jambalaya, shrimp etoufee or any Cajun-style food or fish your family likes with rice. If you have leftovers, you can add milk, black pepper, butter and salt to taste and you've got a nourishing rice soup.

Serves two. Adjust according to number you are serving.

CAJUN DRESSING

Preheat oven to 450 degrees.

- 10 cups breadcrumbs
- 5 cups sliced green onions
- 5 cups diced celery
- 4 cups diced green peppers
- 4 tb 60-40 butter blend
- 4 tb Worcestershire sauce
- 3 Louisiana hot link sausages, peeled and diced

Finely shred day-old bread (we use jalapeno cheese rolls), using a food processor if available. Bread should not be dry or too stale. If you are using ordinary breadcrumbs, add 2 teaspoons drained minced jalapenos to ingredients.

Mix all ingredients well. Packing firmly, press down into deep baking dish and bake, covered, in 450 degree oven for 45 minutes. Remove from oven, stir well, and again pack down firmly. Cover again and bake for another 45 minutes. Again mix well and cook for another 20 minutes, uncovered.

Can be made 4 days ahead and refrigerated.

JALAPENO CHEESE ROLLS

This is a yeasty dough — primarily because we work quickly in a restaurant, and don't have time for a prolonged rising period. That makes it quicker to make at home, too.

- 2 heaping tp minced jalapeno chilies
- 1 cup grated medium Tillamook cheese
- 4 tp dry yeast
- 2 tp salt
- 2 tp sugar
- 2 cups tapwater, very warm
- 6 cups all-purpose flour

Eggwash:

- 3 egg whites
- 1 egg yolk

Preheat oven to 350 degrees.

Dissolve yeast in water. Add salt, sugar and chilies; let stand for 5 minutes until frothy. Add half the flour, mix until incorporated. Add all cheese and remaining flour. Knead until completely mixed and barely sticky.

Transfer to greased bowl. Lightly oil top of dough that's not in contact with sides of bowl. Loosely cover with plastic wrap; let rise by half, about 30 minutes.

Butter baking sheet. Punch down dough, roll out into rectangle 1/2 to 3/4 inch thick on unfloured surface. Cut into 2 x 7 inch strips. Working quickly, turn strip over so that the bottom side is uppermost. Roll up strip like a jellyroll until one inch from end of strip. Pinch bottom edge of roll and end of strip together, then cut remaining dough off

on some color. Remove sausage and reserve for another use, such as snacking. Putting these buttery, spicy sausage bits inside a sliced French roll makes an irresistible sandwich. Mix dry ingredients, jalapenos and onions. Add 60-40 butter blend in which sausage was cooked. Using your hands, crumble mixture into a slightly rough mixture. Whisk milk and eggs together, then add to dry ingredients. Fill quickly; there will be some small lumps remaining. Fill greased muffin tins 1/2 to 2/3 full. Tap muffin tin solidly on working surface to level batter.

Bake in 425 degree oven for 20 minutes, or until muffins are golden brown on top. Remove tin from oven and flip muffins on their sides to cool.

evenly.
Place rolls 1/2 inch apart on baking sheet; brush with egg wash immediately. Let rise 7-10 minutes, then bake in 350 degree oven for 30 minutes or until golden brown. Makes one dozen.

CORNMEAL MUFFINS

These are cornmeal muffins, but with a special Cajun spiciness. We're so fond of them in the kitchen that we call them "muffies," and you probably will, too.

Preheat oven to 425.

2 cups cornmeal
2 cups flour
2 tp salt
6 tp baking powder
1/2 cup sugar
1 lb diced jalapeno chilies, drained
1 cup medium cheddar, grated
1 cup diced onion
4 eggs
2 cups milk
1/2 cup 60-40 butter blend
1 Louisiana hot link sausage, diced

Brush softened 60-40 butter blend fairly thickly into muffin tins.

Lightly saute sausage in 1/2 cup 60-40 butter blend for 2-3 minutes or until sausage is brown and butter has taken

DESSERTS

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Desserts. If you've ever been to the Musky, you've probably noticed something; I like sweet desserts. And most of our most-requested classics, such as Cajun Delite or Double Musky Pie, are very sweet indeed. A word about baking. A lot of what we cook at the Musky — and what any cook does at home — doesn't have to be absolute. A little less cayenne, a bit more thyme, more tomato, fewer olives — it doesn't matter.

DOUBLE MUSKY GRAHAM CRACKER CRUST

1 1/2 packages Nabisco Honey Graham crackers
2 heaping tb 60-40 butter blend, softened

Grind crumbled crackers and 60-40 butter blend in food
processor. Press into bottom and sides of 9 x 4 inch
springform pan.

DOUBLE MUSKY CHEESECAKE

This is an easy recipe — if you do one thing that I have
trouble convincing my cooks to do: refrain from opening the
door. Ever. Don't check on the cheesecake; that's guaranteed
to ruin it. Just trust the recipe and you'll see how well it
worked in the morning.

1 graham cracker crust (See page 77), 3 packages cream
cheese, brought to room temperature

1 1/2 cups sugar

4 eggs

2 cups sour cream

3 tb lemon juice

1 tb vanilla

24 oz. cream cheese

Preheat oven to 325 degrees.

Place cream cheese in mixer bowl, gradually adding
sugar. Beat until well-creamed. Scrape sides often as you're

But baking has to be precise. Times are absolute; heat is
absolute. If you don't think your oven really hits 350 degrees
when you set it for 350, get an oven thermometer and check.
And then compensate.

What baking really needs is a leap of faith. DON'T OPEN
THE OVEN DOOR. EVER. I hear myself telling this to my
cooks in my sleep. TRUST YOURSELF, TRUST YOUR
OVEN. AND DON'T OPEN THE OVEN DOOR.

The reason is simple. You open a 350 degree oven for just
one minute, and the temperature is going to drop to 300.
Then you close the door, and to get back to 350 it first has
to go all the way to 450. Of course that's not going to be good
for your cakes and pies.

Start by preheating your oven for at least 45 minutes. Open
the door quickly, close it quickly. And don't mess.

Curiosity and peeking destroys more baked goods than
anything else. If you peek, you WILL HAVE something to
worry about. It's curiosity that killed the cookie.

Our Double Musky Pie, for example, is cooked in layers.

We like 'em to be smooth. But open the oven door and you
don't have a Double Musky Pie anymore. You've got Earth-
quake Pie, full of fissures and ruts. Don't do it.

Trust yourself, trust the recipe.

Baking can be easy and fun.

mixing it. Add eggs, one at a time, and beat well after each egg. Add lemon juice, vanilla and sour cream and beat two more minutes until all ingredients are well-blended.

Pour into graham cracker crust in springform pan. Hold snap on pan firmly and bang bottom of pan very carefully on countertop to release the air in the mixture. Bake in preheated 325 degree oven for one hour.

Without opening the oven door, turn oven off and allow cake to cool inside the oven overnight. The next morning, remove from oven and refrigerate until ready to serve.

APPLE CREAM CHEESE PIE

Not a lot of Double Musky customers have tasted this pie, because the cooks like it so well. When we make one, the employees usually eat most of it long before dinner.

1 9-inch uncooked pastry shell

3 cups raw Granny Smith apples, peeled and thinly sliced

3/4 cup sugar

1/2 tp cinnamon

1/4 tp nutmeg

1/8 tp salt

Cream Cheese Mix:

2 eggs, beaten

1/4 cup heavy cream

8 ounces cream cheese at room temperature

1 tp vanilla

78

Preheat oven to 450 degrees.

Mix together apple slices, 1/4 cup of sugar, cinnamon and nutmeg. Arrange in pastry shell in Pyrex pie plate. Bake in preheated 450 degree oven for 15 minutes. Remove from oven. Lower oven temperature to 325.

Pour well beaten cream cheese mixture over apples in pie shell and bake in 325 degree oven for 40 minutes.

VARIATIONS: This rich but intriguing pie can easily be made with other fruits.

ALASKA BLUEBERRY CREAM CHEESE PIE:

Substitute 3 cups fresh Alaska blueberries for apples.

Follow recipe above, except to toss blueberries with 2 table-
spoons flour, 2 tablespoons cornstarch, and 1/2 cup sugar.

Omit the cinnamon and nutmeg. Crush 1/2 the berries during tossing and get the juices flowing. Proceed with

directions above.

Fresh pitted cherries and sliced peaches work equally well.

For the cherry version, omit the spices and add 2 tablespoons cornstarch and 2 table-
spoons flour.

For the peach version, omit the spices and add 2 table-
spoons flour.

Increase the sugar to 1/2 cup for tossing on all pies but
apple.

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DOUBLE MUSKY PIE

Preheat oven to 350 degrees.

First layer:

3 egg whites

1/4 pinch salt

1/4 tp cream of tartar

1 cup sugar

1 lb vanilla

36 salinne crackers, broken into 1/2 inch pieces

1 cup pecans, roughly chopped

Beat egg whites until airy and frothy. While still beating,

add salt. Continue to beat and add sugar slowly and cream

of tartar. Continue beating until meringue forms stiff and

glossy peaks. In the kitchen, we test for this point by draw-

ing a finger through the meringue; if it leaves a canal, it's

ready.

Mix meringue, crackers, nuts and vanilla completely

together. Make sure that each crumb is touched by the

meringue.

Spread carefully into a buttered 9-inch pie pan, smooth

out to a depth of one inch. Bake in 350 degree oven for 12

minutes. Meringue will be slightly brown around the edges

and have a very light crust to touch. Let cool slightly.

Second layer:

2 ounces unsweetened chocolate

1/4 pound butter

1/4 cup flour

1 cup sugar

2 eggs

80

In a double boiler, melt chocolate and butter slowly. Add eggs, half the flour and sugar and mix less than 1/2 minute. Then add remaining flour and sugar, continue to stir. Don't overmix or it will be brittle. It should be slightly granular. Pour chocolate mixture in a circle from the rim into the center. Bake 35 minutes at 350 degrees.

When done, pie will be slightly crusty on top. A toothpick inserted into edge will not come out clean; the center, however, will be moist and will continue cooking after it's removed from the oven.

Third layer:

Cool Whip. Spread topping on pie, then refrigerate until ready to serve.

DOUBLE MUSKY CAKE

Basically, this is our Double Musky Pie gone to heaven. You start with a Double Musky Pie, making it in a springform pan, and then add 2 more chocolatey layers. It's another dish that our cooks tend to get more of than our customers.

1 recipe Double Musky Pie (See page 80) cooked in

springform pan

Mousse layer:

6 ounces butter

10 ounces semi-sweet chocolate

4 egg yolks

6 egg whites

3 lb superfine sugar

81

Whipped topping layer:

16 ounces Cool Whip
2 heaping tb cocoa

Preheat oven to 350 degrees. Make Double Musky Pie in a springform pan, remove from oven and let cool.

For mousse layer, slowly melt chocolate and butter in double boiler. Cool slightly. Beat egg yolks, one at a time, into chocolate-butter mixture.

In another bowl, beat whites until stiff, slowly adding sugar after whites have begun to peak. Fold into chocolate butter mix. Pour mousse over cake while it is in the springform. Allow to set up in refrigerator for 1 hour. Remove the sides of the springform pan and mix the topping. Spread the topping on sides and on top of the cake. Put in refrigerator until ready to serve.

CAJUN DELITE

Preheat oven to 350 degrees.

Crust layer:

1 cup flour
1/4 cup butter or 60-40 butter blend, softened to room temperature
1 cup chopped pecans

Using your hands, mix ingredients into a ball. Press into a 9 x 8 x 2 inch Pyrex baking dish. Bake for 20 minutes at 350 degrees. When it's done, it will be lightly crusted, firm and slightly brown around the edges. Let cool.

Second layer:

1 cup confectioners's sugar
8 ounces cream cheese at room temperature
1 cup Cool Whip

Beat with mixer until light and fluffy. Spread gently over cooled crust.

Third layer:

1 package instant chocolate pudding
1 package instant vanilla pudding
2 cups milk

Working quickly, whisk together. Pour over second layer before the instant pudding has a chance to set.

Fourth layer:

Cool Whip
3/4 cup chopped pecans

Spread Cool Whip on dessert and garnish with chopped pecans. Refrigerate before serving.

DOUBLE MUSKY CARROT CAKE

Preheat oven to 350 degrees

- 2 cups sugar
- 1 1/2 cups vegetable oil
- 3 eggs
- 2 tp vanilla
- 2 1/4 cups all-purpose flour
- 2 tp cinnamon
- 2 tp baking soda
- 1 tp salt
- 2 cups shredded carrots
- 2 cups flaked coconut
- 1 20-ounce can crushed pineapple, drained
- 1 cup walnuts or pecans, chopped

Blend sugar, oil, eggs and vanilla with wooden spoon. Stir in flour, cinnamon, soda, and salt. Fold in carrot, coconut, pineapple and nuts.

Pour into greased 9 x 13 x 2 inch Pyrex pan. Bake at 350 degrees for 50 minutes, or until a tester inserted into center comes out clean. Cool completely.

Frosting:

- 8 ounces cream cheese at room temperature
- 1/4 pound butter at room temperature
- 2 tp vanilla
- 1/4 tp salt
- 3 1/3 cups powdered sugar

- 3/4 cup pecans, chopped
- Can add 1/4 cup milk to thin

Beat cream cheese and butter until lumps are gone. Combine with vanilla, salt and powdered sugar, mixing with electric mixer until it's light and airy.

Spread on cooled cake. Garnish immediately with chopped pecans. (They won't stick if you wait until frosting has hardened.)

CHOCOLATE DIPPED STRAWBERRIES

- 12 ounces semi-sweet chocolate bits
- 3 tb powdered sugar
- 1/2 ounce unflavored paraffin

Gently wash strawberries, drain on paper towels and dry. In a double boiler with the water not touching the top pan, melt the chocolate slowly. Stir in the powdered sugar. Slowly, shave the paraffin into the chocolate and mix well. Mixture should be liquid but not runny. If chocolate gets too hot, it will be hard after it has set.

Holding strawberries by the stems, swirl through the chocolate and set carefully on baking sheet, covered with foil, which will transmit the chill faster.

Refrigerate until ready to eat.

This is a wonderfully simple little recipe. It works right the first time you make it and can be ready for dipping and eating in less than five minutes. It's fun, too, for children to help make on rainy or snowy days. It works equally well with other fruits, including cherries, kiwis and bananas.

You can also make chocolate leaves to garnish fancier desserts. Just take a clean leaf, paint it with the hot chocolate mixture, chill well, and remove the leaf.

DOUBLE MUSKY PIE CRUST

3 cups flour
1 cup Crisco or 60-40 butter blend
1 tp salt
8 tp ice water, to be used as needed
1/8 cup sugar

Preheat oven to 450 degrees.

Remove shortening from refrigerator about 45 minutes before you will need it. Mix dry ingredients. Cut in 1/2 the shortening. Cut into 1/2-inch pieces, working to a very fine crumb with your fingers for about 5 minutes. The flour will faintly change color if you're using butter. Add remaining shortening and, still using your fingers, work these pieces into flour mixture until they're the size of BB's, shaking bowl occasionally to get unincorporated pieces up to the top.

Pour water over ice cubes and stir to chill. Working quickly, mix in 6-8 tablespoons of water. Pack the dough quickly into a ball, then roll into a 2 inch wide cylinder. Refrigerate immediately and chill for at least an hour.

Again, working quickly, cut off 1/3 of the dough and roll out until very thin, less than 1/8 inch thick. Place carefully in metal pie tin, trim and crimp edges, and prick all over, including sides, with the tines of a fork. Pricks should be about 1/4 inch apart. Chill again for 30 minutes.

Bake at 450 degrees for 15 minutes.

This recipe makes enough for three single-crust pies. After baking, extra shells may be frozen for future use.

CAJUN LEMON MERINGUE PIE

Preheat oven to 500 degrees. Makes enough for one pie.

3 egg yolks
1 cup sugar
2 tb all-purpose flour
1/4 cup melted butter
1/4 cup strained lemon juice
1 tb finely grated lemon rind
3/4 cup milk
1 cup sour cream
1 9-inch pie crust

Pour yolks into double boiler and whisk over boiling water for one minute. Add sugar, flour, melted butter, lemon juice and rind; mix well. Water beneath should continue to boil. Blend in milk, cook 15 minutes, stirring constantly, until it thickens. Allow to cool, fold in sour cream. Mix well, pour into pie crust.

Meringue:

3 large egg whites
1/4 tp cream of tartar
1 tb water
1/8 tp salt
1 tp vanilla
3 tb sugar

Using a completely dry bowl, beat egg whites, cream of tartar and water on high speed for 3 minutes until the mixture peaks. Add sugar, a tablespoon at a time, then salt and vanilla. Continue beating until the whites are stiff.

Pile lightly on filled pie crust and bake at 500 degrees for 3-5 minutes, or until the meringue is brown. Cool thoroughly before cutting, then chill.

MILLION DOLLAR PIE

- 1 14-ounce can condensed milk
- 1/3 cup lemon juice
- 1/3 cup crushed pineapple, drained
- 1/3 cup maraschino cherries, drained and chopped
- 1/2 cup pecans, chopped
- 1 8-ounce container whipped topping Cool Whip
- 1/2 tp vanilla or lemon extract
- 1 graham cracker or other baked pie crust
- Pecan halves to garnish

Drain pineapple very well, shaking it in strainer for several minutes. Combine first seven ingredients in large bowl, then fold into crust and chill one hour. Serve garnished with pecan halves placed around the edges.

BEIGNETS

- 1 cup whole milk
- 2 tb lard or shortening
- 2 tb granulated sugar
- 1 package dry yeast
- 3 cups all-purpose flour
- 1 tp ground nutmeg
- 1 tp salt
- 1 egg
- Oil for deep frying

In a large saucepan, slowly heat the milk to the scalding point, stirring all the while. Put the shortening and the sugar in a bowl and then add the hot milk, stirring until the sugar and shortening are melted. Allow to cool to lukewarm, no hotter than 100 degrees. Pour in the yeast and stir until completely dissolved.

Sift the flour, nutmeg and salt together and gradually add about one-half of the mixture to the milk to form a batter, stirring until smooth.

When the batter is smooth, add the egg and beat until well mixed. Add the rest of the flour mixture and stir until smooth. Cover with a towel and set aside to rise.

In about an hour, the dough will have doubled in volume. At this point, knead gently and place on a floured board. Roll out to about 1/4 inch thickness on a floured board.

Cut into diamond shapes with a sharp knife and cover with a towel for about 45 minutes, so the dough will rise. Heat oil in a deep-fat fryer to 385 degrees, and check with a frying thermometer.

Fry the beignets. Try to turn them only once during the frying process. When they're a beautiful golden brown, drain on paper towels and dust with powdered sugar.

These are a real treat with cafe au lait — even Alaskans can pretend that they're back in the French Quarter in New Orleans.

PECAN PRALINES

- 2 cups unsalted butter
- 2 cups white sugar
- 2 cups dark brown sugar
- 3 tb water
- 2 cups heavy cream
- 1 cup ground pecans
- 3 tb vanilla
- 2 cups whole pecans

In a 16 inch skillet or large sauce pot, melt the butter. Add white sugar, brown sugar, water and cook for 3 minutes, stirring all the while. Add cream and ground pecans, continue stirring. It should now be rapidly boiling. Depending on stove heat, this will take 12 to 18 minutes. It should be 240 degrees on a candy thermometer. At this point, add vanilla and pecans. Continue to cook rapidly until mixture reaches 260 degrees. Remove from heat.

Using two large spoons, one to scrape the other, spoon mixture out rapidly onto waxed paper, creating 2 inch rounds.

The pralines, which should be hard, will cool in 10 minutes.

NOTE: To clean pot, fill with water and put back on stove to boil. This will melt the sugar off and make it easy to wash.