




Bonjour, Y'all! 

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Heidi's
**FUSION
COOKING**
on the
**SOUTH
CAROLINA
COAST**

HEIDI
VUKOV
&
SARA
SOBOTA



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Bonjour, Y'all!

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“*Bonjour, Y'all,*” the slogan for Heidi Vukov’s Croissants Bistro & Bakery in Myrtle Beach, South Carolina, perfectly encapsulates the popular restaurant’s surprising, elegant, and delicious pairing of two distinct culinary traditions—European cuisine and Southern home cooking.

This cookbook celebrates Heidi’s diversity in cooking. It features dozens of Croissants’ menu delights, such as Crab Cakes, Angry Bulls Bay Clams, and Peach Pork Tenderloin. These recipes successfully combine the elegance and finesse of the French palate with the hospitality and warmth of the Southern kitchen.

Also included among the more than fifty recipes are German- and Italian-inspired dishes, summer cocktails, and sumptuous confections, including Black Forest Torte from Croissants’ award-winning European bakery.



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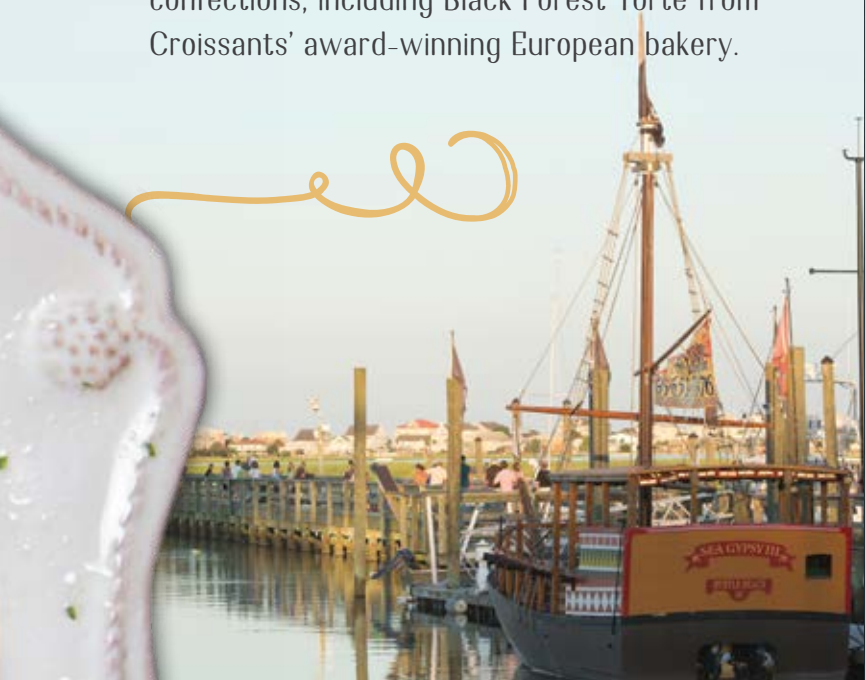
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Shrimp and Grits

“AN INEXPENSIVE, SIMPLE, and thoroughly digestible food, [grits] should be made popular throughout the world. Given enough of it, the inhabitants of planet Earth would have nothing to fight about. A man full of [grits] is a man of peace.” So declared the South Carolina General Assembly, designating grits the official state food in 2000. Croissants’ version of the classic Southern dish

may vary with the seasons, but its foundation is consistent: Adluh grits, produced by Adluh Flour Mills in Columbia, South Carolina, since 1900, are the only grits that grace the plate in Croissants’ dining room. This particular recipe was developed by Chef Andrew Fortner to marry the traditional Southern shrimp and grits with the traditional French ratatouille.

MAKES 4 SERVINGS | PREP TIME: 45 MINUTES | COOK TIME: 30 MINUTES



FOR THE SHRIMP:

2 ounces Benton’s bacon
 2/3 cup diced yellow onion
 2/3 cup diced red onion
 2 tablespoons chopped garlic
 1 teaspoon chopped fresh thyme
 2/3 cup diced green bell pepper
 2/3 cup diced red bell pepper
 2/3 cup diced yellow squash
 2/3 cup diced green zucchini
 2/3 cup okra, sliced in 1/2-inch pieces

2 peeled and seeded tomatoes, diced
 1 tablespoon chopped fresh basil
 1 tablespoon chopped parsley
 Red pepper flakes
 8 large shrimp
 1 pound medium shrimp

FOR THE FRIED GREEN TOMATOES:

1 cup all-purpose flour
 1 cup finely stone-ground cornmeal
 1 teaspoon paprika
 1 teaspoon garlic powder
 1 teaspoon black pepper
 2 teaspoons kosher salt
 2 cups buttermilk
 Salt and pepper to taste
 4 green tomatoes, thickly sliced, ends removed
 1/2 cup vegetable oil
 2 cups Grits (page 145)

FOR THE SHRIMP:

1. Place bacon in a large sauté pan over medium heat and cook until crispy. Remove from pan and set aside.
2. Add onion and garlic to the pan and cook for about 5 minutes. Add thyme, green and red peppers, squash, zucchini, and okra. Cook for an additional 5 minutes.
3. Add tomatoes, basil, and parsley. Simmer for 5 more minutes. Add reserved bacon and red pepper flakes for desired heat.
4. Add large shrimp to vegetables and cook for 2 minutes. Add medium shrimp and cook until the shrimp are done, about 2 to 4 minutes depending on the size. Remove pan from heat. Remove the large shrimp from the pan and set aside for final assembly.

FOR THE FRIED GREEN TOMATOES:

1. In a large bowl, combine the flour, cornmeal, and spices. Pour the buttermilk into a separate bowl and season with salt and pepper. Place the tomatoes in the buttermilk, then lightly dredge them in the flour mixture, thoroughly coating both sides.
2. Using a large cast-iron skillet on medium-high heat, cover the bottom with the oil. When the oil is hot (350°F), carefully lay the tomato slices in the oil, panfrying them until they are golden brown on each side, about 3 to 4 minutes. This may need to be done in batches to prevent the oil from cooling.
3. Remove the crispy golden brown tomatoes and drain on paper towels.

FOR THE ASSEMBLY:

Ladle small shrimp and vegetables in each bowl. Place 1/2 cup Grits in the center on top of the shrimp mixture. Place 1 fried green tomato slice on the top of the Grits and top with two interlocking large shrimp.

Banana Cream Pie

MAKES 1 (4-OUNCE) DRINK

- ¼ banana
- 1 shot Baileys Irish Cream
- 1 shot Kahlúa
- 1 shot crème de banana
- 1 shot vodka

Muddle banana. Add with other ingredients in shaker. Add ice. Shake. Strain.



HEIDI VUKOV moved from Pennsylvania to South Carolina in the early 1990s, and shortly thereafter opened Croissants Bistro & Bakery in Myrtle Beach. Since then, she's been named South Carolina Restaurateur of the Year and Croissants has become a destination restaurant on the South Carolina coast. Heidi lives in Myrtle Beach with her husband, Gary, and has four children scattered across the United States, in Utah, Tennessee, Washington, D.C., and California.

SARA SOBOTA has been a freelance writer in the Myrtle Beach area for twenty years. Her travel and lifestyle writing has appeared in such magazines as *US Airways* and *Agent@Home*, and she also blogs for the *Huffington Post*. She teaches composition, journalism, and business communication at Coastal Carolina University.

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