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Carolina Cooking

RECIPES FROM THE REGION'S BEST CHEFS

A by-product of the enormously popular regional TV series, "Carolina Cooking," this new cookbook contains recipes from over fifty restaurants that have been featured on the program.

Using this delectable collection of recipes from some of the best chefs in North Carolina, South Carolina and Georgia, every aspiring cook can now become a Southern gourmet. Most dishes can be prepared in the average home kitchen in 30 minutes or less. Each recipe is accompanied by helpful tips and complementary wine selections.

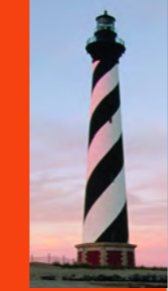
The locations may be Southern, but the flavors are international.



RECIPES FROM THE REGION'S BEST CHEFS



Debra Zumstein & Wil Kazary
From the internationally syndicated TV series



Carolina Cooking

Zumstein & Kazary



Debra Zumstein and **Wil Kazary** produce the syndicated cooking show, "Carolina Cooking," that is seen in the U.S. and over 50 other countries. Debra is a photographer and a writer of children's stories. Wil's love of culinary experimentation started at his own family's fine dining restaurant when he was a child.

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Coriander Seared Scallops with Grapefruit Salad

12 diver scallops (large dry-pack sea scallops)
salt and pepper to taste
4 tablespoons vegetable oil or butter
6 tablespoons sugar
4 tablespoons coriander
1 grapefruit, peeled and segmented
2 tablespoons extra virgin olive oil
baby greens
6 tablespoons goat cheese
1 tablespoon chopped fresh thyme
salt and pepper

Makes 4 servings

Thom's Tips: I do suggest getting a brulée torch. Not only can you use the torch for a number of dishes, it's also fun to play with such an implement of destruction. You can go to a fancy cooking supply store and pay about \$40 for an elegant stainless steel, propane torch. Or, if you're like me, you can go to an auto parts store and buy a propane torch for about \$12. It's bigger, easier to use and doesn't need to be refilled as often. Plus, when your cooking gear has NASCAR logos on 'em, you know you're Carolina Cooking.

Heat a heavy sauté pan. Season the scallops with salt and pepper. Sear scallops on both sides in a sauté pan with the vegetable oil or butter, flipping when golden brown. Turn off the pan.

If you have a torch, you can top the scallops with sugar and coriander and brulée them. This caramelizes the sugar and gives the scallops a sweeter taste. If you don't have a torch, just put the sugar and coriander on the scallops before you sear them.

Peel and segment the grapefruit. Squeeze the grapefruit core juices into a bowl. Toss the grapefruit juice with the grapefruit wedges, olive oil, greens, goat cheese, thyme and a pinch of salt and pepper.

Place salad and 3 scallops on each plate.

Wine Pairing:

Smoking Loon — Viognier

Aris's Wine Notes: The palate is ripe with apricot, peach and citrus, while the honeyed finish includes a kiss of clove spice. There are no oak flavors to interfere with the highly focused fruit and floral elements. This dish has an elegance and simplicity to it. It is not a simple dish, but rather subtle and charming. The wine is similar and works well.

Chilled Avocado Soup with Crab and Cilantro



Sauté onion and garlic in olive oil.

Into a blender, add chicken stock, avocados and lime juice; purée. Add onions and garlic. Add cream and seasonings; purée and then chill. Correct seasoning as needed. Serve in a chilled bowl topped with a sprinkle of crabmeat and cilantro.

**You aren't cooking the crabmeat in the soup, so for health concerns you will need to use either pasteurized or already cooked crabmeat as the soup topping.*

Wine Pairing:

Murphy-Goode — Island Block Vineyard Chardonnay

Aris's Wine Notes: Delicious by itself or for the table where rich foods like this soup need taming. That Chardonnay will match with crab is a no-brainer, but the avocado's richness and the cilantro spice needed this wine's rich texture and firm structure for balance.

1 large onion, diced
3 cloves garlic, finely minced
3 tablespoons extra virgin olive oil
1 (14-ounce) can chicken stock
8 ripe avocados, peeled and seeded
3 limes, juiced
1 pint whipping cream
2 teaspoons salt
1 teaspoon cayenne pepper
½ cup crabmeat, pasteurized
1 bunch cilantro, chopped

Makes 6 servings

Thom's Tips: This is a soup that will allow you to play with hot spices. The creaminess of the avocados and whipping cream helps calm the spices. If you like spicy, go wild and enjoy.

Blackberry Confit with Peppermint and Honey Whipped Cream

½ cup sugar
½ cup water
1 vanilla bean, split
1 cup blackberries
peppermint leaves
1 cup heavy whipping cream
1 cup honey

Makes 4 servings

Thom's Tips: You don't need a fancy, smancy pastry bag. All you need is a lowly zip-lock bag. Just fill it up with whatever ingredient you want to pipe onto your dish. Cut a small hole in one corner then squeeze.

In a small saucepan, combine sugar and water. Bring to a boil, then turn down to medium heat. Add the vanilla bean and simmer for 3 to 4 minutes. Remove from heat.

Remove vanilla bean. Pour directly over the blackberries.

Cut peppermint in thin strips and add to the blackberries.

Whip the heavy cream to stiff peaks and fold in the honey.

Ladle blackberries onto plate. Top with whipped cream.

Garnish with extra mint.

Wine Pairing:

Biltmore Estate — Century White

Aris's Wine Notes: What an interesting blend of grapes. The Riesling offers floral aromas and citrus fruits and the Muscat adds tropical fruits while the Gewurztraminer chimes in with roses and lychee. The wine is on the delicate side and only mildly sweet, which is just fine here because this dessert is not very sweet and already has acidity from the blackberries.

