

What's Simmering ... With Chef Jack!



Greetings to all!

Well, there just may be some short term side benefits to global warming - 70's and 80's in April, which is just unbelievable. Hopefully, this summer will be better than last summer. If I remember right, it really didn't warm up till August. The pier is in at the Lake Club and we are sprucing things up at Dockside including Wi-Fi. The Club is really getting up to speed; maybe they will have me tweeting next! They say some tweets are edible.

Our second Seafood 101 Cooking Class is filling up quickly. We will offer it again this fall. We will have Seafood 201 before summer really gets going, just in time to enjoy some great seafood and simple sauces on the grill. Watch for details. This month's recipe is one which we did at the Milwaukee County Winter Farmers Market. It has since become a requested recipe at the Market. I would encourage you to try it and of course use locally grown oats and maple syrup.

Chef Jack

Irish Oatmeal Brulee with Dried Fruit and Maple Cream

Yield: 2 qts. Prep: 30 min. plus overnight soaking

Amt.	Unit	Ingredients
11 1/2	oz.	Oly's steel-cut oats (2 cups)
2	tbsp.	Buttermilk or yogurt
6	cups	Milk
1	ea.	Star anise
1	sm.	Cinnamon stick
1	sm.	Strip (1/2 by 1 1/2 inches) orange zest
1	tsp.	Pinch of salt
1/4	cup	Maple syrup
3	oz.	Dried cherries (3/4 cup)
3	oz.	Dried cranberries (1/2 cup)
4	tbsp.	Sugar

Method:

1. Place oats and buttermilk in a bowl and cover with warm water by 2 inches.
2. Cover bowl and let stand on counter overnight.
3. Drain oats and place them in a 2 qt. saucepan with milk.
4. Add star anise, cinnamon stick, orange zest and salt.
5. Whisk maple syrup into oats along with fruit.
6. Bring to a simmer over medium heat; then stir every couple of minutes for about 15 minutes. Oats should be tender, but not mushy. Some liquid will remain.
7. Remove from heat.
8. Place #12 scoop or 4 oz. of oats into ramekin.
9. Sprinkle 1 tbsp. sugar over each and place under broiler.
10. Broil until sugar caramelizes and forms a crust, about 1 to 2 minutes. Watch carefully so sugar doesn't burn.