

Chef from the Hood Recipes



Chef:

Melinda Montanye & Chef Jackie Martine
co-owners of Bodega Bay's new Seaweed Café!

Restaurant:

Seaweed Café

Recipe: Figs poached with Meyer Lemon Zest, Spices & Cabernet Sauvignon!

3 cups fresh figs
1 vanilla bean, split lengthwise
1 cinnamon stick
3 star anise
5 allspice berries
3 pinches freshly grated nutmeg
1 Meyer lemon, zest strips only
(reserve the wonderful lemon juice for another use) 2 cups sugar (the chef uses organic)
3/4 of a liter Cabernet Sauvignon

Serves 6.

Step 1:

Mix all spices together in a copper saucepan. Add zest, sugar and wine. Immerse figs in this liquid and heat to a simmer. Poach figs in sauce 20 minutes or filets with a pinch of salt & pepper. Carefully and quickly rub the pan's surface with just a bit of oil on a paper towel & drop the salmon onto the hot surface. Don't move it! It will sear nicely. When you see the edges start to brown, flip and sear other side. Sauce: 2 teaspoons chopped fresh dill; 1/4 cup local extra virgin olive oil; 2 tablespoons mayonnaise; juice of 1/2 large lemon; 2 cloves finely minced garlic. Blend in a bowl. Add salt & fresh ground black or white pepper to taste. Garnish fish with sauce, lemon wedges & drained capers.

Step 2:

After 20 minutes of poaching, carefully remove figs from the sauce with a slotted spoon and set aside. Continue to simmer the poaching liquid, stirring often until it reduces to syrup thick enough to coat the back of a spoon. Chef Martine serves her warm poached figs and syrup "a la mode" with cardamom flavored ice cream, accompanied by a small glass of port, sauterne or tisane. Make these poached figs ahead for an elegant dessert that is easy to assemble just before serving!