

*31<sup>st</sup> Annual Wisconsin Lakes Convention*  
*KI Convention Center/Hotel Sierra - Green Bay, WI*

*Friday afternoon workshop - March 20<sup>th</sup>, 2009*  
*"AIS cuisine: eating your way to a healthier lake"*

*Hosted by: Patrick and Mickey Goggin*

# Workshop menu

## Hors d'oeuvres

Mini quiches w/ Amish blue crumble cheese, lemon zest, crayfish, and cilantro

Smoked Lake Michigan whitefish filled filo cups w/ capers and spicy mayo

Deep-fried panko crusted rainbow smelt w/ dipping sauce

## Appetizer

Mini crab cakes w/ beurre blanc sauce

## Entree

Sumac rubbed sirloin tip beef kabobs w/ garlic mustard pesto & mandarin orange segments

Saffron infused basmati rice w/ dried cranberries and kaffir lime chiffonade

Water cress & other mixed greens tossed w/ lingonberry vinaigrette

## Dessert

Mini bananas, cream cheese, and chocolate quesadillas topped w/ strawberry glaze and white icing

### Mini quiches w/ Amish blue crumble cheese, lemon zest, Crayfish, and cilantro

4-8 oz. blue cheese	20 cooked crayfish, halved
Bunch of cilantro	8-10 fresh eggs
¼ C. heavy cream	Zest of 1 lemon
Salt & pepper to taste	

Mix/whisk eggs with ¼ Cup heavy cream and seasonings; fill each hole in a mini muffin tray with a crayfish, a pinch of lemon zest, and a couple bits of cheese; put egg mixture in a pitcher and carefully fill each muffin tray hole up half way; top with a cilantro leaf; bake for 12-15 minutes in a 350° oven. Serve warm. Makes ~20-24 quiches.

### Smoked Lake Michigan whitefish filled filo cups w/ capers and spicy mayo

8-16 oz. smoked whitefish	15-30 filo pastry cups (freezer section by pie dough)
1 C. mayo	¼ t. Old Bay spice
Jar of capers	Zest of ½ lemon
Salt & pepper to taste	

De-skin and de-bone smoked fish; rip it into bit size pieces and place it in a bowl; add lemon zest and a little cracked black pepper and mix thoroughly; in a separate small mixing bowl add mayo and Old Bay spice and mix well; lay your filo cups on your serving tray; add about 1 T. of smoked fish to each cup; add mayo to a squirt bottle; garnish each cup with spicy mayo and a few capers. Serve immediately. Makes ~30.

### Deep-fried panko crusted rainbow smelt w/ dipping sauce

1 lb. cleaned/trimmed rainbow smelt	½ C. seasoned flour
2 eggs	1 t. each of ground paprika & cumin
1 t. each of chili & garlic powder	8 oz. bag of panko (Japanese bread crumbs)
Salt & pepper to taste	2/3 C. vegetable or canola oil for frying

Start to heat up your fryer/pan of oil; pat dry smelt with paper towel; season w/ salt and pepper; whisk eggs with other seasonings; dunk smelt in flour and tap away excess, then add to egg wash and finally the panko crumbs, rolling each fish fillet around in the crumbs gently; place fish on rack before frying; fry in a deep fryer set at 250-300° for 4-6 minutes until golden brown; pat dry with paper towel; salt and pepper to taste; serve warm w/ sweet & sour dipping sauce and/or vinegar sauce (see below). Serves 4-6.

Vinegar dipping sauce: Chop two fresh Cayenne peppers and add to ¼ C. white vinegar and 1 t. granulated sugar—mix well and put into small serving dish. Garnish with some lemon zest.

## Mini Crab cakes w/ beurre blanc sauce

1 lb. fresh lumped crabmeat, picked through	1/4 C. chopped onion
1 t. Dijon mustard	1/4 C. chopped celery
1 small red pepper, finely chopped	2-4 OZ. panko (Japanese bread crumbs)
¼ t. Old Bay spice	2 large eggs, beaten
Salt & pepper to taste	2/3 C. vegetable or canola oil for frying
Minced fresh herbs and lemon slices-garnish	

Heat small amount of oil in large skillet; add celery, red pepper and onion to pan; cook until soft, not brown; remove from pan and let cool; start to heat up your pan of oil again, adding about ¼" of oil in the bottom of the pan; pat dry crab with paper towel; season w/ salt and pepper; whisk eggs with Old Bay, salt and pepper and Dijon mustard; add crab to mixing bowl w/ cooled veggies and mix thoroughly; add a little egg until its moist followed by a little panko; mix again until you get a firm consistency, with lots a Crab and a little panko—(there Crab cakes after all, not bread crumb cakes); fry until golden brown on each side, about 4-6 minutes per side; warm them through in a 300° oven; serve with room temperature beurre blanc sauce & garnish; Makes ~ 6-8 Cakes.

### Beurre blanc sauce:

3 T. white wine vinegar	3 T. dry white wine
1 T. finely-minced shallots	2 sticks unsalted butter--cut into 16 pieces
Salt; to taste Freshly-ground white pepper	

In a 1-1/2 -quart saucepan combine vinegar, wine, shallots, salt and white pepper and bring to a simmer; gently simmer liquid until reduced to 1-1/2 tablespoons; remove it from heat and immediately swirl or whisk in 2 pieces of chilled butter; as the butter begins to get incorporated into the liquid, add another piece and continue to swirl or whisk.; return pan to low heat and while constantly swirling or whisking add successive pieces of butter; when all of the butter has been added remove from heat; sauce should be thick and creamy; check seasonings and adjust to taste; serve with crab cakes; Yields ~1 cup sauce.

## Sumac rubbed sirloin tip beef kabobs w/ garlic mustard pesto & mandarin orange segments

1-2 lb. sirloin tip beef  
Salt & pepper to taste  
1 > 8 oz. can of mandarin orange segments-garnish  
10-20 wooden skewers (soaked in cold water for 30 minutes)

Cut beef into 10-20 strips; spray wooden skewers with a little cooking oil spray; add beef to bowl and season with sumac and salt & pepper; put a piece of beef onto each skewer; brown off the skewers for 6-12 minutes on a hot grill or under a hot broiler; set aside to rest covered in tinfoil; after 5-10 minutes garnish w/ garlic pesto (see below) and mandarin orange and serve; makes 10-20 skewers.

### Garlic mustard pesto:

4-6 cloves of fresh garlic  
2-4 T. finely-minced shallots  
1/8 to 1/4 C. extra virgin olive oil  
Pine nuts or walnuts (if you want them)  
1-2 C. fresh garlic mustard leaves  
1/4 C. grated asiago cheese  
Other herbs for taste like mint or basil  
Salt & pepper to taste

Add garlic, shallots, and garlic mustard greens and other herbs to cuisinart and mix thoroughly; mince to a paste and then add cheese; mix again; add nuts if desired and mix thoroughly again; then slowly add olive oil to achieve the desired consistency; Yields ~1 cup pesto.

## Saffron infused basmati rice w/ dried Cranberries and Kaffir lime Chiffonade

1-1/2 C. basmati rice  
3 C. water  
2-3 pinches of saffron, added to 1 T. warm water  
Dried Cranberries and Kaffir lime leaves-garnish

Wash rice in mesh strainer well; add rice and water to rice cooker with saffron solution; cook until tender; serve immediately, garnishing with cranberries and chives.

## Water Cress & other mixed greens tossed w/ lingonberry Vinaigrette

1-2 bunches water cress  
1 > 8 oz. jar lingonberries  
1 t. Dijon mustard  
1-2 C. mixed greens  
1/4 C. balsamic vinegar  
1/4 C. extra virgin olive oil  
Dash of sugar/

Clean greens well; in a bowl, add balsamic vinegar, sugar, olive oil and lingonberries and mix thoroughly; add vinaigrette to greens just before serving; ~serves 4-6.

## Mini bananas, cream cheese, and chocolate quesadillas topped w/ strawberry glaze and white icing

8-12 bananas

1 lb. Cream Cheese, room temperature

Strawberry glaze and white icing-garnish

Canola oil for frying

6-10 burrito wraps, warmed

8-12 oz. bittersweet chocolate bits

8-12 oz. orange juice for banana marinade

De-skin bananas and cut in half, then length wise into 3-4 inch sections; marinate in a little orange juice; drain bananas well and add them to a large mixing bowl or mixer; add softened cream cheese and chocolate bits and mix thoroughly but being gentle on the banana segments; warm oven to 225°; heat a 12-14" skillet with a ~1 T. Canola oil; place a burrito wrap on a cutting board; place ~1/4 cup banana mixture on 1 half of the wrap and fold it over, pressing gently together; place it in the hot skillet and brown each side 3-4 minutes; place in the oven on a tray as you do the rest; garnish with strawberries and icing; serve warm; serves 8-10.

Further reading: J.M. Franke. 2007. *The invasive species cookbook: conservation through gastronomy*. Bradford Street Press: Wauwatosa, WI. 111 pp.

Thanks for joining us today! Patrick and Mickey Goggin

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