

Innovative cooking

In season

by Liz Blum

A few weeks ago the sign outside the Carolinian displayed the message "Chef Bobby McCoy Loves His Cajun Seafood."

Though the sign has been replaced by other advertisements, Cajun seafood is still one of McCoy's favorite specialties.

Bobby comes from a long line of cooks; his grandfather owned three restaurants and his grandmother's parents were renowned bakers. Despite the myriad of recipes left him by his grandmother (now filling several shelves in his kitchen cabinets), McCoy still prefers to get in the kitchen and "play."

One of the results of his "playing

around" is Seafood Mediterranean, one of the biggest selling items at the restaurant. It is a rich seafood dish with a "secret sauce" and isn't listed on the menu but presented by the waiter as a special of the house.

Cajun seafood came from Bobby's visit to a friend in Virginia Beach whose restaurant specializes in Cajun cooking.

Though the recipe he presents here is not quite as hot as authentic Cajun-style dishes you would receive in New Orleans, it has become a popular favorite in a very short time to the clientele of the Carolinian.

McCoy takes pride in his "seafood market" below stairs at the restaurant. All seafood for the night's dishes are bought no earlier than two days in advance and kept on ice until needed. His Cajun seafood dish is served in great style in an oiled bag that is slit open by the diner. A new twist Bobby would like to add to this dish is having fresh crawfish flown in, but that is still in the works.

Any kind of seafood can be used with this dish and serving suggestions include, of course, dirty rice or wild rice.

EN PAPILOTTE

(Cajun-style seafood)

5 ounces flounder
3 ounces scallops
(you may substitute any available fresh seafood)

CAJUN SAUCE

4 green peppers
3 onions
1 stick butter
6-ounce can whole tomatoes
6-ounce can tomato puree
3 teaspoons garlic salt
1 teaspoon black pepper
1 teaspoon white pepper
3 teaspoons cayenne pepper
1/2 bunch parsley
3 teaspoons paprika

Oil brown bag well with olive oil. Place flounder in the bag and then add scallops on top of fish. Add sauce on top of the seafood with a little water on the bottom of the bag.

Seal the bag with staples, toothpicks or by hand, tightly to retain moisture. Bake in a 375-degree oven until the seafood is flaky.



Bobby loves creating new sauces for seafood dishes. Here are two he and Maitre d'Wylie presented at a recent cooking class.

CRABMEAT SAVOY

Lumps of crabmeat, 1/2 pound
1/2 stick of butter
1/4 cup white wine
1/2 cup sherry
Garlic clove
1 teaspoon oregano
1/2 teaspoon basil
1/2 teaspoon rosemary
1/4 teaspoon marjoram

For the sauce, saute butter, garlic, wine and then add herbs together. When done, add crabmeat, turn over a few times to thoroughly saturate in sauce.

Serve over a bed of rice.

POACHED FISH MORNAY

6 ounces fish filets
1/2 pint whipping cream
lemon juice
1/2 cup cooking wine
1 1/2 cups Swiss cheese
1/4 stick butter
dash of salt and pepper
1/2 cup sherry
1 1/2 teaspoons oregano

Fill skillet halfway with water, lemon juice and wine in equal parts. Wait to almost boiling, then add fish. When fish is done (flaky), remove and strain. Place on plate and cover with Mornay sauce.

MORNAY SAUCE

Saute garlic and butter, sherry, salt and pepper until garlic is cooked, then add swiss cheese, oregano and parsley.

Best of Friends

