

Recipes
Chef Jeffrey Kaplan
Luc's Bistro

Shrimp and Grits

Ingredients:

4 medium onions, diced
3 cups white hominy instant grits
10 cups milk
50 shrimp, peeled & deveined
1 lb butter, unsalted
20 cloves garlic, minced
1 bunch Italian parsley, chopped
6 lemons, juiced
Salt & pepper

Directions:

Heat a large stockpot over medium heat. Add a ½ stick of butter and melt it. Then add the onions and sweat. When the onions are translucent add the milk and bring to a boil; when the milk comes to boil whisk in the grits. Bring the grits back to a boil and season with salt and pepper. Continually stir the grits until they are done, which should be approximately five minutes.

Heat two large sauté pans over high heat. Split the remaining butter and add to both pans. Melt the butter and cook for one minute to lightly brown. Add half the shrimp to each pan and cook for one minute. Add half the garlic to each pan and continue to cook until the shrimp is light pink. Add the lemon juice, parsley, salt and pepper. Mix, pour over grits and serve.

Red Velvet Cupcakes

Ingredients:

2 1/2 cups all-purpose flour	1 1/2 cups sugar
1 teaspoon baking soda	1 teaspoon salt
1 teaspoon cocoa powder	1 1/2 cups vegetable oil
1 cup buttermilk at room temp	2 large eggs at room temp
2 tablespoons red food coloring	1 teaspoon white distilled vinegar
1 teaspoon vanilla extract	

For the Cream Cheese Frosting:

1 pound cream cheese, softened	2 sticks butter, softened
1 teaspoon vanilla extract	4 cups sifted confectioners' sugar

Directions:

Preheat the oven to 350 degrees F. Line 2 (12-cup) muffin pans with cupcake papers. In a medium mixing bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In a large bowl gently beat together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla with a handheld electric mixer. Add the sifted dry ingredients to the wet and mix until smooth and thoroughly combined. Divide the batter evenly among the cupcake tins about 2/3 filled. Bake in oven for about 20 to 22 minutes, turning the pans once, half way through. Test the cupcakes with a toothpick for doneness. Remove from oven and cool completely before frosting.

For the Cream Cheese Frosting:

In a large mixing bowl, beat the cream cheese, butter and vanilla together until smooth. Add the sugar and on low speed, beat until incorporated. Increase the speed to high and mix until very light and fluffy. (Makes 12 cupcakes)