

What's Simmering With Chef Jack!

Greetings to all!

Another summer comes to a close. It's amazing how fast they go! A few more weeks and Dockside will make its last quesadillas for the year. Sometimes I wonder just how many quesadillas have been made on that griddle in Dockside. Or just how many chicken nuggets have we served? Last week we served over 50! Maybe it is a good thing summer is almost over, I think the heat is getting to me.

The fall is almost upon us now. Because of so many requests, we will be planning a variety of cooking classes and culinary adventures. Aside from the usual grilling and sauces classes, we will explore a local farmers market and come back to the Club and cook up our discoveries. It's a great way to try new items or learn a new way of cooking an old favorite. If you have any local favorites, let me know. Also, the staff and I like to explore local farms. At first there was some reluctance, but now everyone looks forward to them. I think some of the members would really enjoy it, too. I will let you know when we are going and you can join us if you like. I find it fascinating, I think you will also.

Take care,

Chef Jack

I know I have featured this before. But this is a great summer recipe. Most people enjoy it year round, but all the vegetables are now at peak flavor. It is funny how many classic dishes take advantage of vegetables that mature at the same time.

TABOULLEH

Amt.	Unit	Ingredients
1	qt.	Bulgur
1 1/2	qt.	Boiling water (add to bulgur, rest 30 min.)
1	qt.	Chopped fresh Italian (flat-leaf) parsley
2	oz.	Chopped fresh mint leaves
16	ea.	Scallions, finely chopped (include 2" of green tops)
2 1/2	Tbsp.	Minced garlic
1	cup	Olive oil
1	cup	Lemon juice
1/4	gallon	Cucumbers, peeled, seeded and cut into fine dice
1/4	gallon	Bell peppers, seeded and cut into fine dice
1/2	gallon	Tomatoes, seeded and cut into fine dice
2	tsp.	Freshly ground black pepper
1	Tbsp.	Salt
1/2	qt.	Cooked chick peas (optional)

Method:

1. Combine bulgur and boiling water; set aside for 30 min. at room temp. Drain bulgur and squeeze out all excess water.
2. Add parsley, mint, scallions, garlic, olive oil and lemon juice. Mix well.
3. Use rubber spatula to incorporate cucumbers, peppers and tomatoes.
4. Season with salt and pepper.

GRILLED SHRIMP WITH ROSEMARY, GARLIC AND LEMON

Amt.	Unit	Ingredients
6	Tbsp.	Extra virgin olive oil
1/4	cup	Chopped fresh rosemary
2	Tbsp.	Garlic, sliced
2	tsp.	Grated lemon zest
1/2	tsp.	Crushed red pepper
	To taste	Salt and freshly ground pepper
24	ea.	Jumbo shrimp
		Lemon wedges

Method:

1. Combine in large bowl, oil, rosemary, garlic, lemon zest, red pepper flakes, salt and pepper to taste.
2. Add shrimp and toss to coat. Marinate for 1 hour.
3. Grill over medium heat 3 - 4 minutes per side.

To refresh frozen shrimp, soak 20 minutes in salted water in refrigerator - 1 qt. water, 2 Tbsp. salt. Drain, rinse and pat dry with paper towels.