

## FRESH STRAWBERRIES & BLOOD ORANGE CREAM WITH SPONGE CAKE

by Tracy K. Anderson & Stephen Skelton  
The Wine List

*When asked for a strawberry recipe, I immediately thought of strawberry shortcake, but not being an accomplished baker I hesitated as my biscuits were sometimes light and airy—and sometimes—hard as a rock. Enter Stephen Skelton, our friend/co-worker who has worked in kitchens Cape-wide including The Naked Oyster, 902 Main and currently, Restaurant Heather. His sponge cake is easy to make and, more importantly, delicious.*

- Tracy Anderson

### Ingredients:

#### Strawberries:

1 qt (or more) fresh strawberries, rinsed, drained, hulled and sliced

1/2-1/4 cup sugar

Place prepared strawberries in bowl and sprinkle with sugar. Let sit at room temp for about 1 hour, until juices have been released. Serve over sponge cake with orange cream.

#### Orange Cream:

1/2 cup freshly squeezed juice from blood oranges

2 Tbsp granulated sugar

1 Tbsp orange zest

1 cup chilled heavy cream

1 tsp pure vanilla extract

Boil orange juice and sugar in a saucepan, stirring occasionally, until reduced by half. Add orange zest and set aside to cool.

Meanwhile, whisk chilled cream in a chilled metal bowl until just before the soft peak stage. Add vanilla and cooled orange syrup; continue whipping until soft peaks form.

#### Sponge Cake:

2 cups flour

2 tsp baking powder

8 Tbsp butter, chilled and cut into small cubes

1 egg, beaten

2/3 cup milk

1/4 cup sugar

Sift flour, sugar and baking powder together in a medium bowl. Cut in butter until the mixture resembles coarse crumbs. Combine egg and milk in separate bowl; add to dry ingredients. Stir just enough to moisten, being careful not to over mix.

Place batter in a square greased pan and bake at 450 for 15-18 minutes. Use a toothpick to test doneness; should come out clean. Cool in pan 10 minutes before cutting into squares.

*Tracy's Tasting Notes:* The fresh, sweet-but-not-too-sweet flavors here were lovely with a light late harvest Moscato. We even enjoyed drizzling a bit of the wine directly onto the sponge cake! *Try:* Eos 'Tears of Dew' Moscato \$25.99.

## SAUTÉED MONKFISH IN A WHITE WINE & DIJON MUSTARD CREAM SAUCE

Adapted From Chef Christian Schultz,  
Barley Neck Inn

*This sauce is classic French and is rich with wine, butter and cream. Here it is applied to monkfish, which is available from area waters. Some of our tasters found the mustard too assertive when we first made this so we reduced the amount used by Chef Schultz. The truth is that mustard varies greatly in strength depending on how old they are. If you want stronger mustard flavor when you taste it at the end by all means add more.*

*Another tip: To make the monkfish medallions easier to work with, ask your fishmonger to remove the membrane that sometimes remains on the tail meat.*

Serves 2

### Ingredients:

1-1/2 lbs of monkfish tail

1/4 cup all-purpose flour on a wide plate

1 Tbsp each of unsalted butter

1/4 Tbsp olive oil

1/4 cup of scallions finely chopped, reserve portion for garnish

2 tsp Dijon mustard

1 ounce of dry white wine or French Vermouth

1/4 cup heavy cream

Additional 1 Tbsp unsalted butter

Salt & freshly ground pepper to taste

### Method:

Preheat oven to 350 degrees with rack set at the middle level.

Slice fish at an angle towards the tail to create 1-inch thick medallions. Dredge both sides of fish in flour, shaking to remove excess.

Over medium high heat, warm oil and butter in a sauté pan suitable for use in the oven. Sauté fish quickly for about a minute on each side. Add white wine, scallions and mustard to pan and stir to combine. Turn fish to coat in wine-mustard mixture and continue to cook for 1 minute. Stir in heavy cream and place in oven for 5 minutes.

Remove pan from oven and place fish medallions on individual serving plates

**BE CAREFUL: REMEMBER THAT SAUTE PAN IS HOT FROM THE OVEN!**

Test sauce consistency by seeing if it lightly coats the back of a spoon. If too thick, add a little cream; if too thin, bring to a simmer and reduce.

Remove from heat and swirl in a unsalted butter. Taste and adjust salt and pepper. Pour sauce over fish. Garnish with fresh scallions and serve with plenty of chewy French bread and a crisp green salad with a simple vinaigrette.

*Tracy's Tasting Notes:* Since this recipe features a classic Dijon cream sauce, we thought a Burgundian wine might do the trick, but found that we were looking for a little more "oompf". A California Chard with big, but balanced flavors, was spot on. *Try:* Jed Steele Chardonnay Cuvee \$19.99.