

Recipes from Frank

Butternut Shrimp Bisque

Frank Brigtsen - Brigtsen's Restaurant

Yield: 6 servings

Ingredients:

3 Tablespoons unsalted butter

2 cups diced yellow onion

1 bay leaf

4 cups butternut squash (peeled, de-seeded, and diced into ½ - inch cubes)

2 cups peeled fresh shrimp

2 ¼ teaspoons salt

3/8 teaspoon ground cayenne pepper

1/8 teaspoon ground white pepper

½ cup shrimp stock (see NOTE)

6 cups heavy whipping cream

NOTE: To make shrimp stock, place shrimp heads and shells into a saucepan and cover with cold water. Bring to a boil. Reduce heat to low and simmer for 15 minutes. Strain.

Heat the butter in a heavy-duty saucepan over medium-high heat. Add the onions and bay leaf and cook, stirring constantly, until the onions become soft and clear, 3-4 minutes.

Reduce heat to medium and add the butternut squash. Cook this mixture, stirring occasionally, until the squash begins to soften, 6-8 minutes.

Reduce heat to low and add the shrimp, salt, cayenne, and white pepper. Cook, stirring occasionally, until the shrimp turn pink, 2-3 minutes.

Add the shrimp stock and cook, stirring occasionally, for 6-8 minutes. If the mixture begins to stick to the pan, scrape it with a spoon and continue cooking. This will intensify the flavor of the bisque.

Remove bay leaf and discard. Transfer the squash/shrimp mixture to a food processor and puree. Return the puree to a saucepan and add the cream. Whisk until thoroughly blended. Bring to a boil. Reduce heat to low and simmer for 2-3 minutes.

Trout Meuniere with Shrimp & Pecans

Frank Brigtsen - Brigtsen's Restaurant

Yield: 2 servings

Ingredients:

2 eggs

2 cups milk

2 cups all-purpose flour

5-6 teaspoons Chef Paul Prudhomme's Seafood Magic seasoning

2 5-ounce speckled trout filets

½ cup vegetable or peanut oil

5 tablespoons softened unsalted butter, in all

6 medium-sized peeled fresh shrimp

½ cup roasted pecan pieces

2 Tablespoons thinly sliced green onions

¼ teaspoon minced fresh garlic

½ teaspoon Lea & Perrins

6 Tablespoons shrimp stock

½ teaspoon lemon juice

In a mixing bowl, add the eggs and whisk until frothy. Add the milk and whisk until thoroughly blended. Transfer the egg/milk mixture to a shallow pan and set aside.

In a separate shallow pan, add the flour and 4 teaspoons of the seafood seasoning. Blend well and set aside.

Heat the oil in a large (12") skillet over medium-high heat. Season both sides of the trout filets, lightly and evenly, with the seafood seasoning. (Use about ¾ teaspoon per filet).

When the oil is hot, dredge the trout filets in the seasoned flour, then the egg/milk wash, then back again in the flour. Carefully place the battered trout filets into the hot oil. Cook the fish, turning once, until both sides are brown and crispy, 2-3 minutes per side.

Transfer the fish to a sheet pan lined with paper towels to drain. Set aside and keep warm while you make the sauce:

Discard the oil, reserving any browned bits of flour in the bottom of the pan. Return the skillet to the stove over high heat.

Add 1 Tablespoon of the softened butter and cook, shaking the skillet constantly, until the butter turns dark brown, 10-20 seconds. Add the shrimp and cook until the outside of the shrimp turn pink, 1-2 minutes.

Add the pecans, green onions, garlic, and ¼ teaspoon of seafood seasoning. Cook, shaking the skillet constantly, for 10 seconds. Add the Lea & Perrins, stock, and lemon juice. Bring to a boil. Add the remaining 4 Tablespoons of butter. Cook, shaking the skillet constantly, just until the butter melts into the sauce and becomes fully incorporated. Remove from heat.

To serve, place 1 trout filet on each plate and top each filet with 3 shrimp and ¼ cup of sauce. Serve immediately.

Pecan Pie

Frank Brigtsen - Brigtsen's Restaurant

Yield: One 8 ½ inch pie

For the dough:

1 cup all-purpose white flour

½ teaspoon salt

7 tablespoons cold unsalted butter

¼ cup ice water

*Preheat oven to 350 degrees.

Sift the flour and salt into a mixing bowl. Using the large holes of a hand grater, grate the butter into the mixing bowl with the flour mixture. Lightly blend the butter and flour mixture with your fingertips until the texture is like coarse cornmeal. Be careful not to overwork the dough.

Add the ice water and blend until thoroughly incorporated. Form the dough into a ball and blend until thoroughly incorporated. Form the dough into a ball and place it on a floured cutting board.

Roll out the dough, adding flour as necessary, to 1/8-inch thick. Place an 8 ½ inch pie pan face down on the dough and cut the dough to fit the pan, leaving a border of about 1 inch.

Line the pan with the dough, trim the edges, and refrigerate until ready to use.

For the filling:

½ cup darkly roasted pecans, ground

3 eggs

1 cup granulated white sugar

1 cup dark corn syrup

2 tablespoons melted unsalted butter

1 ½ teaspoons pure vanilla extract

1/8 teaspoon salt

1 cup medium pecan pieces

In an electric mixer with the wire whisk attachment, add the eggs and beat on high speed until frothy, about 1 minute. Add the sugar, corn syrup, butter, vanilla, salt, and ground roasted pecans. Beat on medium speed until well blended. Stir in the pecan pieces.

Pour the filling into the pie shell. Bake at 350 degrees for 40 minutes. Reduce heat to 325 degrees and bake until the filling is browned on top and the crust is light golden brown, 35-40 minutes. Remove from oven and cool at room temperature for 1 hour before serving. Serves 6-8.