

BERRRRRRRRRR.....MUDA!

Say goodbye to chilly weather and say hello to chilled summer soups and sunny spring onions, and ginger scented ocean breezes.

MENU

To Refresh

Bermuda Ginger Beer

To Start

Chilled Avocado Soup

First Course

Weeping Onion Pie (Pissaladière)

Second Course

Peas n Rice

Baked Wahoo (or Snapper) with Basil

Dessert

Bermuda Loquats Tarte Tatin

RECIPES

TIP: Read the ENTIRE recipe instructions from beginning to end before beginning the recipe to make sure you have everything you need and know how to organize yourself before starting.

TIP: use unsalted butter since it is guaranteed fresh (salted butter can be old since the salt acts as a preservative)

Chilled Avocado Soup

2 Bermuda Ripe Avocados
1 Lemon
1 peeled garlic clove, smashed
1 stalk of celery, coarsely chopped
1 tbsp of fresh chopped chives
3 cups chicken stock
1 cup heavy cream or half and half
Salt and freshly ground black pepper
4 tbsp of sour cream

Peel the avocados, remove the pits, and cut them coarsely. Put them in a heavy bowl or a blender. Squeeze the juice of the lemon over them. Add the celery, garlic, chicken stock. Blend everything well until smooth. Add the salt and pepper to taste. Pass through a sieve (not absolutely necessary) and then add the cream, stir well. Keep chilled. To serve, pour in individual bowls, add a dollop of sour cream to the middle, and sprinkle w/ chopped chives.

Onion Pie

Pre made or homemade pizza dough, I prefer whole wheat or herbed (enough for one pizza pie, about 500 grams or 1 pound)
5 lbs of White Bermuda Onions (if not from Bermuda, add ½ tsp sugar during the cooking)
2 fresh garlic cloves
1-2 jars (about ½ cup) of black pitted olives
3 tbsp of anchovy paste
1 cup virgin olive oil
1 bouquet garni (a bundle of chopped celery, thyme, bay leaves, and parsley tied together in a bundle in a cheese cloth or mesh material)
Salt and fresh ground black pepper

Pre-heat oven to 375 degrees F. Peel and thinly slice the onions, season lightly with salt and pepper and put them into a large pot with the olive oil, the crushed garlic, the bouquet garni, cover and simmer at low heat. Stir often to avoid discoloration of the onions. Stir for about 20 minutes.

Roll the pizza dough half an inch thick w/ a rolling pin and mold it into a 12 “ square pan coated w/ cooking spray. Make little holes in the dough w/ a fork. Spread the anchovy paste over the surface of the dough. Remove the bouquet garni from the onions mixture and pour the mixture over the anchovy paste covered dough, spreading the onions mixture evenly. Sprinkle the olives over. Put the pan in the oven (do not cover) and cook for 30-35 minutes, until onions are JUST beginning to blacken in very few places.

Serve HOT and cut into rectangular shaped portions. It goes well w/ a green salad mixed w/ olive oil, vinegar, and salt.

Bermuda Baked Snapper w/ Basil

You can also use Wahoo, which is by far the most commonly caught and served fish in Bermuda.

1 Bermuda Snapper (4 to 4 ½ lbs, scaled and gutted)
3 Ripe fresh tomatoes
4 oz of FRESH (not dried) basil
2/3 cups toasted pine nuts (also called pinon nuts)
4 oz fresh grated parmesan cheese
2 garlic cloves
1 cup olive oil
3 tbsp of fresh lemon juice
Salt and fresh ground black pepper

With a sharp knife, open the snapper like a wallet (from the back) and remove the bone (I would ask your fish monger to do this for you, its kind of messy and a little dangerous!)

Preheat oven to 375 degrees F.

In a food processor, chop basil, garlic, pine nuts, parmesan, lemon juice, and olive oil until it is a thick puree (pesto).

On a large rimmed baking sheet, place a sheet of silver foil, and brush it with olive oil. Season the fish w/ salt and pepper all over, inside and out. Open the fish and add the sliced tomatoes evenly. Then add the pesto (puree) and close the snapper with a fine butcher string. Rub with some olive oil using a pastry brush if you have one. Cover fish with foil. Cook in preheated oven for 30 to 40 minutes, depending on the size of the fish.

Peas n Rice

1/4 c. bacon, diced
1 sm. Onion, diced
1 green pepper, diced
1 stalk celery, diced
1 cup COOKED Pigeon peas (or a can of black eyed peas or black eyed pea soup)
4 tbsp. tomato paste
1 c. rice
2 c. water
A few sprigs of Fresh thyme, chopped or a tsp or two of dried thyme

Cook bacon until crisp. Add onion, pepper, and celery and cook until the mixture is pulpy. Add tomato paste and cook until most of the liquid in the pan has evaporated.

Add the drained Pigeon peas, thyme, salt, and pepper and cook for 2 minutes. Pour in the rice and add water to cover. Cover the pot and allow mixture to simmer until all liquid had evaporated.

Bermuda Loquats Tarte Tatin

2 cans of loquats in syrup, syrup drained (if you can FIND fresh Bermuda Loquats, please, by all means, use them! First peel and remove the seeds)

1 cup sugar

½ cup of unsalted butter

Puff pastry

1 non-stick frying pan 8-10" inches in diameter

Have an Ice Bath ready by pouring ice into the sink or onto a large rimmed baking sheet or another, larger, frying pan

Preheat oven to 375 degrees F.

Make the caramel: In a saucepan stir the sugar and 2 tbsp of water, cook over medium heat until SLIGHTLY golden (very subtle, but definitely a different color than clear/white). Once golden, dip the bottom of the saucepan in an ice water bath to avoid the caramel from continuing to get darker and burn.

In the meantime, melt butter in the frying pan over medium heat, add the loquats, and sauté until soft.

Pour the caramel into the pan w/ the loquats, and roll the loquats in the caramel to coat evenly.

Roll the puff pastry ¼ " thick. Pour the contents of the frying pan into a 6 to 8" round soufflé dish or oven proof casserole dish coated w/ cooking spray. Cover the loquats w/ the puff pastry and shape the pastry in a round to fit the diameter of the dish.

Cook in preheated oven for 35 minutes, or until the pastry dough is well cooked and starting to turn golden brown in spots. Remove from the oven and reverse on a serving dish or in a large plate with an oven glove. Serve warm w/ vanilla ice cream.