

Call it Carnivale, Shrove Tuesday, Pancake Day, or Madis Gras, most Christian cultures have a celebration in preparation for the Lenten Fast. This menu features an international blend of Carnivale dishes.

In much of Eastern Europe, The day before Ash Wednesday is called Pancake Day. This savory pancake appetizer has Southern US roots.

### **Fresh Corn and Scallop Johnnycakes with Green Onion Sauce - Appetizer**

Similar to pancakes, johnnycakes are made with cornmeal for a bit of crunch. This appetizer version pairs sweet bay scallops with crisp summer corn. Place cooked johnnycakes on a baking sheet in a 225° oven to keep them warm while the remaining batter cooks on the stovetop. Garnish with sliced chives, if desired.

Cooking Light JUNE 2005

Yield: 8 servings (serving size: 3 johnnycakes and 1 tablespoon sauce)

#### **Ingredients**

Sauce:

- 1/2 cup thinly sliced green onions
- 1/4 cup loosely packed fresh parsley leaves
- 2 tablespoons fresh lemon juice
- 2 tablespoons light mayonnaise
- 1 tablespoon reduced-fat sour cream
- 1 tablespoon ketchup
- 1 tablespoon Dijon mustard
- 1/8 teaspoon ground red pepper

#### **Cakes:**

- 1 cup yellow cornmeal
  - 2 tablespoons all-purpose flour
  - 1 tablespoon sugar
  - 1 teaspoon baking powder
  - 1/2 teaspoon baking soda
  - 1/2 teaspoon salt
  - 1/4 teaspoon ground red pepper
  - 1 1/4 cups low-fat buttermilk
  - 1 tablespoon chopped fresh chives
  - 1 large egg
  - 1 cup fresh corn kernels (about 2 ears)- I suppose frozen may have to do here
  - 3/4 pound bay scallops, coarsely chopped
- Cooking spray

#### **Preparation**

To prepare sauce, place first 8 ingredients in a food processor; process until smooth. Cover and chill until ready to serve.

To prepare cakes, combine cornmeal and next 6 ingredients (through 1/4 teaspoon red pepper) in a large bowl; add buttermilk, 1 tablespoon of chives, and egg, stirring with a whisk until blended. Fold in corn and scallops.

Heat a nonstick griddle or large nonstick skillet over medium-high heat. Coat pan with cooking spray. Spoon batter by heaping tablespoons onto hot pan. Turn johnnycakes over when edges begin to brown (about 2 minutes). Cook an additional 2 minutes or until lightly browned. Remove johnnycakes from pan; cover and keep warm. Repeat procedure with cooking spray and remaining batter. Serve warm with sauce.

Note: we have an electric griddle that will probably handle the pancake making.

Many religions forbade the consumption of meat and dairy during Lent, so cheeses are often part of the pre-Lenten feast

### **Boursin Cheese - Appetizer**

4 oz Unsalted Butter, room temperature  
4 oz Salted Butter, room temperature  
16 oz Cream Cheese or Neuchatel Cheese softened  
2 cloves of garlic, smashed and very finely minced  
2 tablespoons Parmesan Cheese grated (use the good kind)  
½ teaspoon dried oregano  
¼ teaspoon freshly ground black pepper  
¼ teaspoon dried thyme  
¼ teaspoon dried basil  
¼ teaspoon onion powder  
½ teaspoon dried dill  
Dash of cayenne pepper (or more up 1/16 teaspoon)  
Salt to taste, but use sparingly.

Crackers for serving. (not Ritz please)

Beat the butter and cream cheese until light and fluffy. Using a mortar and pestle grind all of the dry spices to a coarse powder, then set aside. Put the garlic into the mortar, smash and grind into a fine paste. Add the parmesan cheese to the mortar and grind the cheese and paste together. Add the garlic paste and dry spices to the cream cheese mixture and mix well until all the spices are evenly distributed throughout the cheese mixture. Chill for at least 3 hours; serve with crackers, hard bread slices or pita/bagel chips. If you are having a party you can make small cakes by lining small serving bowls with damp cheesecloth and filling them with the boursin cheese. Once the mixture is chilled you can turn the cakes out of the molds before serving.

A split pea and ham soup is popular in many cultures for Shrove Tuesday

### **Hernekeitto (Finnish Split-Pea Soup)**

#### **Ingredients**

5 whole allspice berries  
6 cups water  
2 cups dried split yellow peas or 2 cups dried split green peas  
2 cups cooked ham, cubed or 1 1/2 smoked pork hocks  
2 cups potatoes, cubed  
1 cup carrot, chopped  
1 cup onion, chopped  
1/4 teaspoon salt  
1 dash pepper

#### **Directions**

1. Form a spice bag by wrapping allspice in cheesecloth and tying with a string, or placing allspice in a stainless steel tea ball.
2. In a soup kettle saucepan, combine water, peas, ham or pork hocks and allspice; bring to a boil, cover and simmer 1 hour.
3. Add potatoes, carrots, onion, salt and pepper, return to boiling.
4. Reduce heat, cover and simmer 30 minutes.
5. Remove spice bag.
6. If using pork hocks, remove and cool slightly.
7. When cool enough to handle, remove meat from bones and coarsely chop.
8. Return meat to soup, discard bones.

This Brazilian side dish is a popular part of a Carnivale feast

## **Couscous Carnivale**

Total Time: 40 min

Prep: 30 min

Cook: 10 min

Yield: 6 to 8 servings

### **Ingredients**

1 1/2 cups couscous

1/4 teaspoon salt

3/4 cup chicken stock

3/4 cup apple juice

1 mango, diced small

1 Granny Smith apple, cored and diced small

1 small red pepper, diced small

1 small yellow pepper, diced small

4 spring onions, thinly sliced including green tops

1/2 cup dried cranberries

1/2 cup chopped toasted macadamia nuts

1/4 cup chopped flat leaf parsley and more for garnish, if desired

For dressing:

1/2 cup extra virgin olive oil

1/2 cup mango vinegar or mango vinaigrette

1 tablespoon honey

Salt and pepper to taste

Directions

Place couscous and salt in a stainless steel or glass mixing bowl. Place chicken stock and apple juice in a small saucepan and heat to a rolling boil. Alternately, place chicken stock and apple juice in a microwave safe container and microwave on high until boiling rapidly. Pour boiling liquid over couscous. Cover bowl with plastic wrap and let stand 5 minutes or until all liquid is absorbed. Remove plastic wrap and fluff couscous with two forks. Spread couscous on a baking sheet and place in refrigerator to cool completely.

Combine remaining salad ingredients. Taste and season with salt and pepper. When couscous is cold, combine with mixed salad ingredients. Add dressing and toss to coat thoroughly

Read more at: <http://www.foodnetwork.com/recipes/couscous-carnivale-recipe.print.html?oc=linkback>

## A New Orleans dish perfect for Madis Gras **Pontchartrain Sauce w/ Chicken**

### INGREDIENTS

1/4 c butter  
1 chopped garlic clove  
2 T chopped onion  
8 fresh mushrooms, sliced, then cut in 1/2  
16 tiny shrimp - peeled and deveined  
1 can chopped crab meat  
1/4 c whipping cream  
1 c 1/2 & 1/2 (fat free)  
2 T parsley  
1 tsp Cajun seasoning  
1 tsp spicy mustard  
black pepper and salt to taste  
4-6 Grilled chicken breasts  
Cajun seasoning or peppercorn/parm seasoning

1. Melt butter, then sauté garlic and add shrimp and crab meat. Add the remaining ingredients and simmer on low heat.
2. Wash breasts and season with Cajun seasoning or the peppercorn parmesan seasoning. Cook in non stick pan to blacken about 4-6 minutes per side or grill.
3. Serve chicken topped with pontchartrain sauce.

Serve with a soft bread or rice to mop up the extra sauce on the plate!

Fruit Fritters find their way to the dessert tables in many European Carnivale celebrations. This dish would be great with a variety of fruits

## **Vanilla Laced Apple Fritters - Frittelle di Mela alla Vaniglia**

By [Kyle Phillips](#)

Vanilla Laced Apple Fritters, Frittelle di Mela alla Vaniglia: Fruit fritters are a delightful snack or dessert, and are among the classic Carnival treats too. The recipe calls for apples, but you can also use fresh pineapple, strawberries, bananas, and peaches.

**To serve 6:** so probably needs doubled Using different fruits would be good too.

### **Ingredients:**

3 red delicious apples  
4/5 cup (100 g) flour  
4 eggs  
About a cup of milk  
2/3 cup (70 g) sugar  
1/4 cup potato starch  
1 teaspoon vanilla extract  
A lemon  
Confectioner's sugar  
Oil for frying

### **Preparation:**

#### **Cream Topping – probably should make here**

Heat 2/3 of the milk with a piece of lemon zest. Beat 3 of the yolks with half the sugar in a pot, and when the mixture is pale and frothy incorporate the starch and the vanilla. Remove the lemon zest from the milk and stir the milk into the sugar mixture; heat the cream gently, stirring gently, until it thickens some (do not let it boil lest it curdle), and then put the pot in a bowl of cold water to cool to the point of being simply warm.

#### **Fritters – can be made ahead**

beat the remaining yolk with the remaining sugar, the flour, a pinch of salt, and about a third of a cup of milk. Mix until you have a smooth batter, which you will want to chill for about a half hour.

Core the apples and other fruits cut them into half-inch (1 cm) thick rounds; drizzle them with the juice of the lemon.

Beat an egg white to firm peaks and fold it into the batter. Dip the fruit in the batter and fry it until golden. Drain it on absorbent paper; dust the pieces with confectioner's sugar