

Matthew May's

TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

CRAB & SWEET POTATO HASH

2-pounds fresh, whole sweet potatoes (about 4-6 potatoes) peeled, diced
½-pound fresh lump crabmeat
1 medium white onion, diced
4 TBSP. unsalted butter
2 scallions, finely sliced
1/8-tsp. ground cinnamon
1-tsp. salt
1/8-tsp. ground black pepper
1/8-tsp. Old Bay seasoning

In medium-size pot, add diced sweet potatoes, and just enough water to cover. Cook at a low boil until potatoes are slightly tender. **DO NOT OVER COOK THE POTATOES HERE.** You do not want them cooked all the way through at this point. Drain potatoes in a colander. Pre-heat a large skillet on medium-high heat. Add butter to skillet. Once butter begins to bubble, add diced onion, salt, pepper, and Old Bay seasoning. Sauté until onions become tender (about 10 minutes). Add diced potatoes. Gently stir potatoes so that they can brown on all sides. Fold in crabmeat (ensure there are no crab shells in crab meat) and green onions. Gently stir until crabmeat is heated through. Remove from heat and serve.

PERFECTLY POACHED EGGS

4 eggs
2 TBSP vinegar (white or apple cider)
3 quarts water

In a medium size saucepan, bring water to a low simmer. Add vinegar to water. Carefully, crack one egg at a time into a small bowl or ramekin. Crack each egg into its own ramekin. This will make the process of adding the egg to the water much easier, resulting in a better poached egg. Using a spoon, stir the water to create a vortex in the middle of the water. While the water is spinning, add one egg into the center of this vortex. Set a timer for three minutes for firm whites with a creamy yolk. The egg whites should form tightly around the yolk. Using a slotted spoon, carefully remove the egg and transfer to a plate. Continue cooking your eggs, one at a time into the center of the vortex. Serve while still hot on eggs Benedict, potato hash, steamed asparagus, butter toast, etc.

HOLLONDAISE SAUCE

4 egg yolks
1 TBSP fresh lemon juice
½-cup unsalted butter, melted
Pinch salt
Pinch cayenne pepper

In a small mixing bowl, add four egg yolks; whisk to combine. In a small saucepan, melt butter over low heat. Before proceeding to the next step, place your small mixing bowl on a kitchen towel for stability. Slowly drizzle the warm melted butter into the egg yolks while whisking vigorously the entire time. The hollandaise will begin to thicken and lighten in color as air is incorporated. Add lemon juice, cayenne, and salt; whisk to combine. Serve immediately.

ORANGE PECAN FRENCH TOAST STRATA

1 loaf French bread, slightly stale or day-old
6 eggs, beaten
1 ½-cups half and half
1-cup orange juice
1-cup pecan halves
1 TBSP. vanilla
1-tsp. ground cinnamon
1-cup brown sugar
1 TBSP. unsalted butter, softened
Optional: maple syrup and/or powdered sugar to garnish

Preheat oven to 350°F. Toast pecans in hot oven 7-10 minutes, or until golden brown; set aside. Using your fingers or paper towel, evenly spread softened butter in a 9X13-inch baking dish. Slice bread into 1-inch slices. Shingle bread slices in baking dish from one end to the other and repeat this step until bottom of baking pan is covered. Spread half the toasted pecans over this bottom layer. Continue to shingle rest of the bread over the bottom layer of bread. In a medium-size mixing bowl, crack eggs and whisk until yolks are combined with the egg whites. Add half and half, orange juice, cinnamon, and vanilla. Whisk until completely combined. Pour mixture over bread. Allow 10-15 minutes for bread to absorb the liquid. You may need to gently press down on the bread to allow egg-liquid mixture to be absorbed by all the bread. Sprinkle remaining pecans and brown sugar over the top. Gently press down the top layer again to submerge it under the egg-liquid mixture. Cover baking dish with foil and bake 30 minutes. Remove foil and bake for an additional 15-20 minutes, or until top layer becomes golden brown. Remove from oven and cut into portions. Serve with softened butter, maple syrup and sprinkle with powdered sugar.