

MENU

Grilled Salmon & Rib Eyes

SERVES 8

Crabmeat on Endive
Cheese Board
Ed's Best Rib Eyes
Grilled Salmon Steaks
Tomatoes and Mozzarella
Simple Succotash
Blueberry Cobbler and Ice Cream

GAMEPLAN

Monday

- Shop for non-perishables

Thursday

- Shop for perishables
- Season Rib Eyes
- Prep endive

Friday

- Prepare crabmeat mixture
- Wash and thoroughly dry blueberries
- Prepare Simple Succotash
- Prep Cheese Board

Saturday

Early in the day . . .

- Scoop and refreeze ice cream servings

5:00

- Prep Tomatoes and Mozzarella
- Prepare Blueberry Cobbler

5:30

- Get dressed – enjoy dressing drink!

6:30

- Prepare Cheese Board
- Plate Crabmeat on Endive
- Bring steaks and succotash to room temperature

6:50

- Enjoy quiet moment

7:20

- Grill rib eyes, cover to rest

7:30

- Plate Tomatoes and Mozzarella

7:55

- Grill Salmon*

8:00

- Heat succotash in microwave, 5 min
- Slice Rib Eyes*

8:10

- Serve and enjoy!

8:30

- Bake Blueberry Cobbler, 375° for 30 min

**While the salmon is on the grill for the last few minutes, slice the rib eyes. Serve right on the carving board.*

Grilled Salmon & Rib Eyes

SHOPPING LIST

Produce

- Red onion, 1 sm
- Lemon, 2 lg
- Mixed herbs: tarragon, chervil, 4 tsp
- Belgian endive, 4–6
- Italian parsley
- Persian cucumbers, 5
- Dill, optional
- Mixed salad greens, your choice
- Tomatoes, 4 lg
- Basil, 1 bunch
- Butter beans or baby limas, 1 lb
- Lady peas, 1 lb
- Corn, 8 ears
- Blueberries, 6 cups

Meat, Seafood

- White lump crabmeat, 6 oz
- Boneless rib eyes, 5, 1 inch thick
- Salmon, 8 2-in steaks cut from fillet

Baking, Spices, Nuts

- Cumin, ½ tsp
- Cayenne pepper, ¼ tsp
- Paprika, dash
- McCormick's Montreal Steak Seasoning
- Garlic salt, dash
- Brown sugar, ¾ cup
- Cinnamon, ¾ tsp

Packaged

- Canned corn, ½ cup
- Assorted crackers
- Worcestershire sauce, 10 oz + 2 tsp
- Oats, ½ cup

Frozen

- Frozen orange juice concentrate, 1 tbsp*
- Vanilla ice cream

Specialty

- Assorted cheeses
- Fresh mozzarella, 3 lbs

On Hand . . .

- Salt
- Pepper
- Mayonnaise, ¼ cup
- Butter, 2 ½ sticks
- Soy Sauce, 3 tsp
- White wine vinegar
- Olive oil
- Balsamic vinegar
- Flour, ¾ cup

**Transfer leftover orange juice concentrate to freezer bag and refreeze.*

CRABMEAT ON ENDIVE

SERVES 8

Adapted from *Oh My Stars*, Junior League of Roanoke Valley

Combine the crabmeat with corn, onion, mayonnaise, orange juice concentrate, lemon zest, lemon juice, fresh herbs, cumin, and cayenne pepper. Refrigerate for up to 24 hours.

Separate endive leaves. Drain crabmeat mixture well and spoon 1 rounded tbsp onto the base of each leaf. Garnish with parsley and paprika.

DEEDEE'S NOTES:

- Recipe may be prepared a day in advance. Cover and chill. Place on endive just prior to serving.
- Endive leaves can be prepped 2–3 days in advance. Cover and chill.
- I recommend Phillips Premium White Lump Crabmeat.
- Zest the lemon first, and then use for the fresh lemon juice.
- You may substitute dried herbs – use 1–2 tsp dried instead of 4 tsp fresh.
- Increases well.

INGREDIENTS

6 oz white lump crabmeat,
drained
½ cup corn kernels, canned
¼ cup finely chopped red
onion
¼ cup mayonnaise
1 tbsp frozen orange juice
concentrate, thawed
1 tsp lemon zest, ~1 lemon
1 tbsp lemon juice, ~1 lemon
4 tsp mixed chopped herbs
such as tarragon, chervil, and
parsley
½ tsp ground cumin
¼ tsp cayenne pepper
4–6 Belgian endive
Italian parsley, chopped
Paprika



ED'S BEST RIB EYES

SERVES 10

In a baking dish, season steaks with Worcestershire and McCormick's Montreal Steak Seasoning.

Let steaks come to room temperature, approx 30 min. Prepare grill.

Sear steaks over medium-high heat on both sides. Transfer to lower or indirect heat and grill to desired temperature: 125° for rare or 130° for medium rare, approx 15–20 min.

Remove, loosely cover, and let rest for 10 min.

Slice and serve.

DEEDEE'S NOTES:

- Steaks may be seasoned an hour in advance and kept at room temperature, or up to 2 days in advance and refrigerated. We have also prepared further in advance by seasoning the steaks for 24 hours in the refrigerator and then freezing. Steaks should be brought to room temperature before grilling.
- This is our go-to and very favorite way to grill and serve steaks. It's easy, no-fail, and sure to please every time. Consider serving steaks with the seasoned butter mentioned on page 281 of your guide.

INGREDIENTS

5 boneless rib eyes, 1 inch thick

1¼ cups Worcestershire sauce

McCormick's Montreal Steak Seasoning

GRILLED SALMON STEAKS

SERVES 8

Adapted from *Stirring Performances*, Junior League of Winston-Salem

Mix butter, lemon juice, soy sauce, Worcestershire, and garlic salt. Brush on salmon steaks.

Grill 5–7 min on one side. Baste and turn fish. Grill for 5–7 min more. Cooking time will depend on thickness of fish. Baste the fish frequently during grilling.

DEEDEE'S NOTES:

- Marinade can be prepped earlier in the day in a microwave-safe measuring cup. Heat to melt butter before putting on fish.
- We grill our salmon to medium/medium-rare, which takes about 5 min per side, depending on the thickness of the steaks. “We” means Ed or Eddie, who do all the grilling. I don’t even know how to turn the grill on.
- Increases well.

INGREDIENTS

½ cup butter, melted

3 tsp soy sauce

2 tsp Worcestershire sauce

Dash of garlic salt

8 2-in salmon steaks, cut from fillet

TOMATOES AND MOZZARELLA

SERVES 8-10

In a small bowl, toss cucumbers with white wine vinegar and salt and pepper to taste. Mix in dill, optional.

Tear salad greens and cover serving platter, leaving an opening in the middle. Mound cucumbers in the middle. Lay tomato slices on top of greens and cover each with a slice of mozzarella.

Sprinkle basil over tomatoes and drizzle with olive oil and balsamic vinegar, optional. Season with salt and pepper.

DEEDEE'S NOTES:

- Recipe may be prepped earlier in the day by preparing cucumbers and salad greens, and slicing mozzarella.
- Persian cucumbers are a smaller variety sold in packages in your produce section. They offer crisp texture, thin skin, and great taste. In the summer months, you may substitute Kirby or another locally grown variety for best taste. English cucumber would be another choice.
- I prefer Lucini Pinot Grigio Italian Wine Vinegar for the cucumbers. It's a little sweeter than apple cider vinegar. Rice vinegar is another good choice for a sweeter taste.

INGREDIENTS

5 Persian cucumbers, sliced
White wine vinegar
Fresh dill, optional
Mixed salad greens, your choice
4 lg summer tomatoes, sliced
3 lbs fresh mozzarella, sliced
*Fresh basil, 1 bunch, chiffonade**
Olive oil
Balsamic vinegar, optional
Salt and freshly ground pepper

**To cut basil leaves into chiffonade, stack leaves and roll up lengthwise, then slice roll crosswise as thinly as possible, creating fine ribbons of basil.*

SIMPLE SUCCOTASH

SERVES 12-18

Bring large pot of water to boil. Add butter beans and lady peas. When water returns to a boil, reduce heat and simmer for 20 min or until tender. Drain and transfer to large bowl. Add butter to taste and toss.

Bring large pot of water to boil. Add corn and cook for 7 min. Drain and let cool enough to handle. Cut kernels from cobs and add to beans and peas. Add salt and pepper to taste.

INGREDIENTS

1 lb butter beans (baby limas),
~4 cups
1 lb lady peas, ~4 cups
8 ears sweet fresh corn, ~4 cups
½-1 stick butter, cut into pieces
Salt and pepper

DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 1-2 days in advance. If earlier in the day, cover and keep at room temperature. If made 1-2 days in advance, cover and chill. Bring to room temperature and warm in microwave to serve.
- If you can't find lady peas, you can prepare with just corn and butter beans.
- You may wonder why I suggest this recipe to serve so many. Most of the markets where I shop sell the fresh butter beans and lady peas in 1-lb bags. Although this recipe makes a lot, you can freeze the leftovers. If you can buy smaller quantities, the recipe is easy to adjust.
- Increases well. Freezes well.

*There are a lot of variations for succotash.
This is a simple version that's perfect when you want
to enjoy the fresh taste of vegetables in season.*

BLUEBERRY COBBLER

SERVES 6-8 Cantey Brown

Combine blueberries, brown sugar, lemon juice, and flour, in an 11x7 casserole.

Mix flour, brown sugar, oats, and cinnamon. Cut in butter until texture is just a bit crumbly.

Sprinkle mixture over blueberries. Bake at 375° for 30 min.

Serve warm with vanilla ice cream.

DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day and warmed prior to serving.
- You may substitute other summer fresh fruits like peaches, blackberries, or mixed fruits.
- Increases well.

INGREDIENTS

FILLING

6 cups blueberries
2 tbs brown sugar
1 tbs lemon juice
1 tbs flour

TOPPING

½ cup flour
½ cup brown sugar
½ cup oats
¾ tsp cinnamon
4 tbs butter, softened

Vanilla ice cream



This recipe was passed along to me by Carolyn's godmother, Cantey Brown, years ago and is always a spring and summer favorite.