



DORIS & ED'S
Classic & Contemporary
Seafood Oasis

348 Shore Drive, Highlands, NJ 07732

732.872.1565

dorisandeds.com

Thomas Donohoe, *Executive Chef*

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Chilled Calamari Salad with Hearts of Palm, Shaved Carrots, Tobiko and a Lemon Vinaigrette

Serves 4

Zest & Juice of 1 Lemon

½ Teaspoon Dijon mustard

Pinch of Fresh Thyme, minced

½ Teaspoon Honey

1½ Teaspoon Shallot, minced

⅔ Cup Light Olive Oil or Vegetable Oil

1 lb. Calamari, Tubes and Tentacles—
be certain the tubes are clean of cartilage
and beaks, then julienne them into ¼ inch
strips

¼ lb. Hearts of Palm, halved lengthwise
and cut into half moon shapes about
¼ inch thick

¼ lb. Baby Arugula

1 Tablespoon Chives, minced

1 Large Carrot, fine Julienne, about
1/16 inch x 2 inches

2 Tablespoons Red Tobiko

Salt & Pepper to taste

LEMON VINAIGRETTE

1. Combine lemon zest & juice, mustard, thyme, honey & shallot in a blender and turn on high. Slowly drizzle in the oil to emulsify the dressing. Season with salt & pepper to taste.

SALAD

2. Bring a large pot of water to a rapid boil. Prepare an ice bath of at least 60% ice to water. Drop the julienned calamari and tentacles into the boiling water and cook for 15 seconds. Remove and immediately plunge into the ice water to stop the cooking. When completely cold, transfer the calamari to a plate lined with paper towels to dry completely in the refrigerator.
3. In a large bowl, combine the heart of palm, baby arugula, chives, carrots, calamari & lemon vinaigrette. Season with salt & pepper and toss to distribute the ingredients. Add the tobiko and toss again. Taste for seasoning and flavor distribution and adjust accordingly.

Note: Tobiko is cured flying fish roe commonly used in sushi and sashimi preparations. It is available in most seafood shops and is fairly inexpensive.

Preparation Time: 45 Minutes

Cook Time: 5 Minutes

RECOMMENDED WINE

2009 Gavi, La Scolca "Black Label," Italy

The casual dining place where the fish isn't just fresh. It's wild!

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