

James Lindsay

1. Crab Stuffed Prawns with Kentucky ham, wild mushrooms and Trappist cheese grits, wilted summer spinach, tomato confit and a Paddlefish Caviar Ber Blanc.

5 freshwater prawns  
8 ounces crab meat  
1 egg  
1/3 cup brunoise of red and yellow bell pepper  
1 pinch fresh minced parsley  
1 tbsp Hellmann's mayonnaise  
1 clove fresh garlic minced  
1/2 tsp Dijon mustard  
1-2 splashes Hot sauce

combine all ingredients except prawns in a bowl and mix to make a stuffing, peel and devein shrimp and slice to make a pocket for stuffing, stuff with mixture, and set aside.

1/2 cup diced Ky ham  
1 shallot minced  
1 clove garlic minced  
1/3 cup Chanterelles  
1/3 cup morel mushrooms  
1/2 cup Trappist cheese  
1 cup grits  
2 cups reduced chicken stock  
olive oil

In heavy pan add enough oil to cover bottom of pan, add ham, mushrooms shallot and sauté 2-3 minutes, add garlic and grits, cook 1-2 minutes and add stock to get grits cooking, once grits are tender season as needed and add cheese to bind together, set aside

1 cup fresh spinach  
12 cherry tomatoes  
1 cup olive oil  
1/2 tbsp caviar  
1/2 cup Chardonnay wine  
1/2 lemon  
1/2 lb whole butter

in hot skillet add spinach and wilt, season as needed, then add oil to another pan and on low heat warm tomatoes, and season, in small pot add wine, lemon juice and reduce to a glaze, whisk in butter to make an emulsion and add caviar.  
Place shrimp in hot skillet and cook 3-4 minutes or until stuffing is set, remove and begin to plate up.

2. Pan Roasted Ky Striped Bass with toasted Jerusalem Cous Cous, fines herbs, oven dried Ky roma tomatoes, baby asparagus and a fresh summer pea sauce

6 oz piece Ky bass  
1 cup cous cous  
6 roma tomatoes  
1 lb baby white asparagus  
1 lb fresh English peas  
2 cups chicken stock

tarragon, chives, parsley and thyme

Dry tomatoes in 250 degree oven until wilted and soft, season and set aside. Begin cous cous in skillet and lightly toast it, then add stock and cook until soft, add herbs and season and set aside. Blanch asparagus and set aside, hull the peas and set them aside, reserve the shell and put in skillet, add stock to cover and cook until soft, puree this and season, add whole peas and keep warm. Season the fish and sear in a hot skillet turn it once and finish in oven at 450 degrees until flaky and tender. Plate up using these components and garnish with herbs.

### 3. 5 Spiced Largemouth Bass with a 5 grain pilaf, baby vegetables, citrus Supremes and a Orange Vanilla sauce

6 oz filet of Ky largemouth bass  
1/3 cup wild rice  
1/3 cup bulghar wheat  
1/4 cup Basmati rice  
1/4 cup barley  
1/4 cup Quinoa  
1 qt chicken stock  
2 ea baby zucchini  
2 ea golden baby beets  
5 ea baby carrots  
2 grapefruit Supremes  
2 orange Supremes  
2 lime Supremes  
1/2 cup fresh orange juice  
1 Vanilla bean  
1/2 lb butter  
chives, lemon basil  
cilantro

in 5 different pans add grains and cover with stock and cook each until tender, drain and cool off, set aside. blanch vegetables and set aside, reduce orange juice until a glaze add vanilla bean and whisk in butter. In hot oil sear fish seasoned side down and turn, finish in oven until flaky and tender. Combine the grains and add herbs, season as needed and begin plate up. Garnish with Supremes and fresh herbs.