

SHOW 275
FLET FARCI
STUFFED FLOUNDER
MAIS EN SUSO A LA NASSAU
NASSAU GRITS
SALADE DE CHOU
COLESLAW

Today's menu departs from our usual presentations of European, Oriental, and Creole/Cajun foods and presents a Gulf Coast feast. Pensacola has a history of domination under five flags—Spanish, French, British, Confederate, and United States. Each of these cultures left its mark on the culture and food styles of the area. Today's menu reflects some of these influences.

Our main course is both French and Creole—flounder stuffed with crab and shrimp reminds me of the first cousin to the flounder, sole, which the French stuff in many ways, while the stuffing is definitely Creole. Shrimp and crab meat seasoned in Creole fashion fill the cavity of a de-boned flounder which is baked to perfection.

To accompany our flounder we prepare a unique combination which harkens Confederate Southern influences—Nassau Grits. Grits seasoned with tomato, bell pepper, ham, and bacon was introduced to the area by a local family many years ago to become a popular area favorite.

A creamy and tart coleslaw is truly a southern favorite. Crisp cabbage, both red and white, with carrots, onions, and peppers, is marinated in a sauce of mayonnaise, vinegar, and mustard for a crunchy and tart contrast to our stuffed flounder.

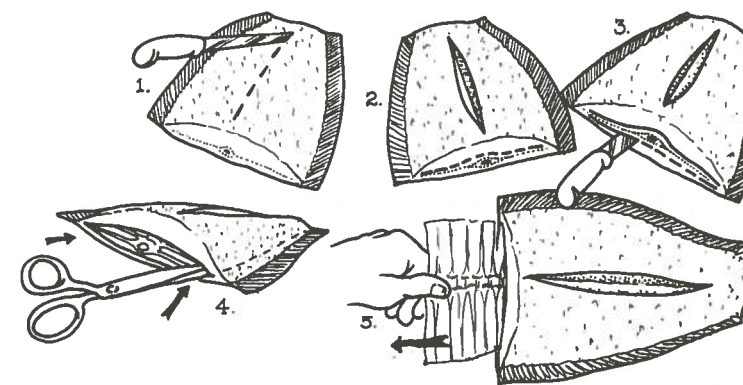
SALADE DE CHOU

1 cup	Red cabbage, shredded or finely chopped	<ul style="list-style-type: none"> • Blend together the red and white cabbages, carrots, bell pepper, and red onion. • Blend together the mayonnaise, oil, vinegar, mustard, salt, pepper, and sugar. • Combine the two mixtures. • Cover and refrigerate for 1 hour. • Add more mayonnaise if desired.
6 cups	White cabbage, shredded or finely chopped	
½ cup	Carrots, grated	
½ cup	Green pepper, finely chopped	
½ cup	Red onion, finely chopped	
½ cup	Mayonnaise	
¼ cup	Olive oil	
¼ cup	Vinegar	
1 tsp	Dijon mustard	
	Salt and pepper	
1 tsp	Sugar (optional)	

COLESLAW

FLET FARCI

2 medium	Onions, chopped
8	Green onions, chopped
3 tbs	Butter
½ lb	Crab meat
1 lb	Shrimp, boiled and chopped
½ cup	Bread crumbs, seasoned
1 clove	Garlic
1	Egg
½ cup	Pimento, chopped
	Salt and pepper
1 large	Flounder (3 lbs.)
	OR
6 small	Flounders (1 lb.)
	head(s) removed and back bone removed (see below)
	Additional bread crumbs seasoned
2 tbs	Butter, melted
2 tbs	Parsley, chopped
	Lemon slices
	Paprika



TO DE-BONE FLOUNDER: Remove head, clean and scale fish. Wash thoroughly. Place fish on a cutting board, white side down. Using a boning knife or other thin bladed knife, make an incision down the middle of the top of the flounder starting about ¾-inch from the head end to about one inch from the tail, cutting through to the back bone. Slide tip of the knife along the back bone horizontal to the board, separating the flesh from the bone as far as the outside fins on both sides of the center. Turn fish over. Slide knife along the back bone from the head end working carefully until bone is separated as far as the tail. Turn fish over again. using kitchen shears, cut the back bone at the tail and cut the fin bones down each side. Bone should be free of the flesh and can be pulled from the fish through the head end.

MAIS EN SUSO A LA NASSAU

1 lb	Bacon
2 medium	Onions, chopped
2 small	Bell peppers, chopped
1½ cups	Ham, finely chopped
3 cups	Tomatoes, chopped
4½ cups	Water
1½ cups	Grits
	Salt

- Fry bacon, crumble, and reserve.
- Pour off all but 2 tablespoons of bacon drippings.
- Saute onions and bell pepper in drippings.
- Add ham and cook a few minutes.
- Add tomatoes and simmer one hour.
- Bring water to a boil.
- Add salt.
- Add grits and cook until thick and smooth.
- Combine tomato mixture and grits.
- Place in a serving dish.
- Garnish with crumbled bacon.

STUFFED FLOUNDER

- Saute onions in butter until well done.
- Add crab meat and shrimp, blending well.
- Add bread crumbs, parsley, and garlic.
- Blend in the egg.
- Stir and cook until mixture is smooth.
- Add pimento, salt and pepper.
- Stuff the mixture into cavity of boned flounder(s).
- Sprinkle with seasoned bread crumbs.
- Brush fish with melted butter.
- Bake at 350 degrees for 20 to 25 minutes.
- Transfer to serving platter.
- Sprinkle with chopped parsley.
- Garnish dish with lemon slices dipped in paprika.

NASSAU GRITS