



A Luncheon By

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SKINNY CRAB AND ARTICHOKE DIP WITH JALAPEÑO



Author: Pinch of Yum
Serves: 12 - 1/3 cup per serving

INGREDIENTS

- 1 jalapeno
- 1 red bell pepper
- 14 ounces canned or jarred artichoke hearts
- 8 ounces canned jumbo lump crab meat
- 2 tablespoons salted butter
- 2 tablespoons flour
- 1 1/4 cups 2% milk
- 1/2 teaspoon salt
- 1/4 cup shredded cheese (I used a combination of Parmesan and Gruyere)
- 3 scallions, sliced
- 1 tablespoon fresh lemon juice
- chips for dipping, extra cheese for topping

INSTRUCTIONS

1. Remove the ribs and seeds from the jalapeno and the red bell pepper. In a large nonstick skillet over medium high heat, saute the peppers with a tiny bit of oil. You can also roast them without oil, stirring every few minutes to get a nicely browned exterior. When they are soft, set them aside.
2. While the peppers are cooking, drain and chop the artichoke hearts. Drain the crab. Set aside.
3. In the pan from step one, melt the butter. Add the flour and whisk until a thick paste forms. Let the mixture bubble for a

minute or two. Slowly pour in the milk; whisk to incorporate. Keep the sauce over low heat - it should begin to thicken slightly. Add the salt, cheese, artichokes, crab, scallions, and lemon juice. Stir gently to combine. Add more liquid if needed.

4. Transfer to a small crockpot or serving dish. Sprinkle with a little extra cheese and replace the crockpot cover so it melts just before party time (or broil if you're using a regular serving dish). Serve on crackers or with dippin' chips.

Parmesan-Crusted Crab Cake Bites



12 servings. Hands-on time, 18 minutes. Total time, 48 minutes.

INGREDIENTS

- 6 oz. fresh lump crabmeat, drained (I used [Bay Beyond Backfin Lump Crabmeat](#))
- 2 (3 oz.) package cream cheese, softened
- 2/3 cup grated Parmesan cheese, divided]
- 3 Tbsp. mayonnaise
- 1 tsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 3/4 tsp. Old Bay seasoning (I used [Cheasapeake Bay seasoning](#))
- 1/2 tsp. lemon zest
- 1 egg yolk
- 1 1/2 Tbsp. chopped fresh parsley
- 1 1/4 cup Japanese breadcrumbs (panko)
- 1/4 cup butter, melted
- Chive Aioli

Fun Fact about Alaska: While it is legal to shoot bears in Alaska, waking a

sleeping bear for the purpose of taking a photograph is prohibited.

Parmesan-Crusted Crab Cake Bites

(continued)

INSTRUCTIONS

1. Preheat oven to 350 degrees. Generously grease 2 (12-cup) miniature muffin pans. (I used a 24 cup mini muffin pan). Pick crabmeat, removing any bits of shell.
2. Stir cream cheese in a large bowl until smooth. Add 1/3 cup Parmesan cheese and next 6 ingredients, stir until smooth. Fold in crabmeat and parsley.
3. Combine remaining 1/3 cup Parmesan cheese, breadcrumbs, and melted butter in a medium bowl, toss with fork until breadcrumbs are moistened.
4. Spoon 1 Tbsp. breadcrumb mixture into each muffin cup, press into bottom and up sides to form crust. Spoon 1 Tbsp. crab mixture into each crust.
5. Bake at 350 degrees for 25 minutes or until golden brown.
6. Cool in pans 5 minutes. Run a knife around edges of crab cakes to loosen, gently lift cakes from pan. Serve warm or at room temperature topped with Chive Aioli.

Chive Aioli

Makes ½ cup. Prepare up to a day in advance, cover & chill.

- ½ cup mayonnaise
- 1 Tbsp. chopped fresh chives
- 1 tsp. Dijon mustard
- 1 garlic clove, pressed.

Combine all ingredients in a small bowl. Cover & chill.

Fun Fact about Alaska: During the Klondike gold rush in 1897, potatoes were

so highly valued for their vitamin C content that miners traded gold for them

Three Beet Salad

serves 1-2 as a meal and 3-4 as an appetizer.



INGREDIENTS

- 3-4 beets
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoons white wine vinegar
- 1/4 cup toasted sunflower seeds
- 1/4 cup crumbled goat cheese
- salt + pepper

First we need to roast those beets. I like to wrap them in aluminum foil and poke a few holes on one side (same method for making baked potatoes). Bake at 425°F for 35-45 minutes. If you have smaller beets they will probably be done around 35 minutes, if they are larger leave them in for the full 45 minutes. Remove from oven and allow to cool enough so you can handle them. Scrub off the skins and cut into small pieces.

In a bowl combine the beets, olive oil, and vinegars. Give it a good stir so that every piece gets coated in the dressing. If the beets are still warm, allow them to cool on the counter or in the refrigerator before serving.

Place on a plate and sprinkle on the toasted sunflower seeds and crumbled goat cheese, season with salt + pepper. I added a few small slices of green onions. I'm fancy like that.

Puffins:



Olives: Cut 1 slit top to bottom on 18 jumbo pitted ripe olives (5-3/4oz). Insert 1 tsp cream cheese (from 8oz pkg) into olive. Cut carrot (6" long & 1" in dia.) into 1/4" slices. Cut small notch out of each slice for feet. Press cutouts into center of 18 small pitted ripe olives for beak (make hole w/ toothpick). Stack head (small

olive), body (jumbo olive) & feet (carrot slice) on frilled toothpicks. Stack olives w/ larger holes facing downward.

Fun Fact about Alaska: The state bird of Alaska is the willow ptarmigan

Sour Cream Cornbread Muffins



10 min.prep time 25 min.total time
12 muffins

INGREDIENTS

1/4 cup butter, softened
3 tablespoons sugar
2 eggs
1/2 cup sour cream
1/2 cup milk
1 cup all-purpose flour
2/3 cup yellow cornmeal
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
Butter or canola oil for serving

DIRECTIONS

Heat oven to 425°F. Grease or place paper baking cups into 12 muffin pan cups; set aside. Combine softened butter and sugar in bowl; beat at medium speed, scraping bowl often, until creamy. Add 1 egg at a time, beating well after each addition. Stir in sour cream and milk. Add all remaining ingredients; beat at low speed just until mixed. Do not over mix. Spoon batter into prepared muffin pan cups. Bake 15-18 minutes or until golden brown. Serve warm with butter with canola oil.



Fun Fact about Alaska: About 52 percent of Alaskans are men – the highest percentage of any state.

Cedar-Planked Salmon from Coastal Living



Yield: Makes 6 servings

PREPARATION

1. Soak cedar plank in water at least 30 minutes.
2. Remove pin bones from salmon, if necessary, and coat fish evenly with rub. Cover with plastic wrap or foil, and chill until ready to grill.
3. Drain plank, and grill over medium-high heat (350° to 400°) for 3 minutes or until grill marks appear. Remove from grill. Place salmon, skin side down, on heated side of plank. Top with lemon slices.
4. Place planked salmon on grill, cover, and grill 20 minutes or until desired degree of doneness. (Check occasionally to make sure edges of plank don't ignite. Spray with water bottle if needed.) Garnish, if desired.

INGREDIENTS

1 untreated cedar or alder plank
1 (1 1/2-pound) salmon fillet
Sweet and Salty Salmon Rub
Combine all ingredients, and store in an airtight container

Ingredients for Sweet-and-Salty Salmon Rub

1/3 cup firmly packed light brown sugar
3 tablespoons kosher salt
2 tablespoons paprika
2 tablespoons chili powder
1 tablespoon ground coriander
2 teaspoons garlic powder
1 teaspoon celery seeds
1 teaspoon coarsely ground black pepper



The largest salmon ever caught was at the Kenai River. It weighed in at 97.5 pounds.

Garlic Yukon Gold Mashed Potatoes

Recipe courtesy of Anne Burrell



Total Time:40 min
Prep:15 min Cook:25 min
Yield:4 to 6 servings

INGREDIENTS

- 2 pounds Yukon gold potatoes, washed and quartered
- 4 cloves garlic
- Kosher salt
- 1 1/2 cups heavy cream, warm
- 1 stick cold butter, cut into 9 pats

DIRECTIONS

Place the potatoes and garlic in a large sauce pan. Cover with 1 to 2 inches cold water and season generously with salt. The water should taste like the sea. TASTE IT! If the water is under seasoned at this point it will be hard to have a well seasoned end product. Bring the pot of water to a boil and cook until the potatoes are fork-tender, about 20 to 25 minutes. Drain the potatoes and garlic well and pass through a food-mill or ricer. DO NOT use a food processor or blender. It will result in a very sticky and rubbery end product.

While passing the potatoes, bring the heavy cream to a boil in a small saucepan. Once the cream has come to a boil remove from the heat.

While the potatoes are still hot add 1/3 of the cream and butter and stir vigorously into the potatoes. Repeat this process 2 more times until all of the cream and butter has incorporated. Taste the potatoes for seasoning and add salt, if needed. Serve immediately or cover with foil and keep warm in an oven on low heat.

Shredded Brussels Sprouts

Recipe courtesy of Jamie Deen

Total Time: 20 min Prep: 10 min

Cook: 10 min

Yield: 2 servings

INGREDIENTS

- 1 strip bacon, sliced into thin strips
- 2 cloves garlic, minced
- 1 shallot, minced
- 6 ounces Brussels sprouts (2 big handfuls)
- Pinch brown sugar
- Kosher salt and freshly ground black pepper
- Juice of 1/2 a lemon
- 1 tablespoon chopped fresh flat-leaf parsley

DIRECTIONS

Cook the bacon until crisp in a large skillet. Remove with a slotted spoon to a plate.

While the bacon is cooking, cut off the ends of the brussels sprouts. Then chop the Brussels sprouts in half. Lay them cut-side-down and finely chop until they are all shredded.

Add the garlic and shallots to the skillet and saute until fragrant and the shallots are soft, 1 to 2 minutes. Stir in the Brussels sprouts and saute until tender crisp, 3 to 5 minutes. Add a pinch of brown sugar. Season with salt and pepper and add the lemon juice. Saute for 1 minute more. Toss with the chopped parsley and bacon. Serve hot or at room temperature.

Bear Bell Blueberry Martinis



Prep Time: 2 minutes
Total Time: 20 minutes

INGREDIENTS

- 5 ounces Unsweetened Blueberry Juice
- 2 ounces plain Vodka
- Honey or Sugar to taste
- Ice
- Fresh Blueberries
- Sparkling Coarse Sugar for rim of glass

METHOD

Wet the rim of a chilled martini glass with vodka. Place sparkling sugar on a plate, rub the edge of the glass with sugar to coat. Taste your blueberry juice to see how sweet it is. Add ice, vodka, blueberry juice & sweetener (if needed) to a martini shaker. Shake & strain into sugar rimmed martini glass. Float fresh blueberries on the top of the cocktail
Yield: 1 Blueberry Martini

Alaskan Peanut Butter Ice Cream Pie



Serves 8

INGREDIENTS

- 2/3 cup creamy peanut butter
- 1/3 cup corn syrup
- 3 cups crushed sugar-frosted corn flake cereal
- 1/2 gallon coffee ice cream, softened
- 2 TBS chocolate syrup

DIRECTIONS

1. Combine peanut butter and corn syrup in a bowl; heat in microwave until it can easily be stirred into a smooth mixture, 1 to 2 minutes.
2. Stir crushed cereal into the peanut butter mixture; spread into a pie plate to make a crust.
3. Spoon softened ice cream over the crust and smooth into a flat layer. Drizzle chocolate syrup over the ice cream layer. You may also add drizzle of Raspberry Syrup
4. Put pie in freezer and freeze until firm in the center, at least 30 minutes.

Raspberry Syrup

Published: September 19, 2007 New York Times

Ingredients:

2 cups raspberries or other berries
1 1/2 cups sugar, plus 2 tablespoons
1/2 teaspoon fresh lemon juice.

1. Combine berries, 2 tablespoons sugar and 1 cup water in a medium saucepan with a heavy bottom. Cook over medium heat, stirring constantly, until berries begin to break down and release their juices, about 4 minutes.

2. Add 1 1/2 cups cold water and lemon juice. Bring to a boil, then immediately turn down to a simmer and skim off any foam that bubbles to top. Cook for 15 minutes.

3. Strain into bowl through cheesecloth-lined strainer, pressing on fruit to squeeze out juices. Return the liquid to the pan and add 1 1/2 cups sugar. Stir until sugar dissolves. Bring to a boil and cook for 2 minutes. Remove from heat and let cool. Store in a tightly sealed container in the refrigerator for up to 3 weeks. **Yield:** About 2 1/2 cups.



Fun Fact: Aurora borealis (northern lights) can be seen an average of 243 days a year in Fairbanks. The northern lights are produced by charged electrons and protons striking the earth's upper atmosphere.



Blueberry Martini

Crab & Artichoke Dip
Parmesan Crusted Crab Cake Bites

Puffin Detail



Three Beet Salad
Sour Cream Cornbread Muffins



Cedar-Planked Salmon
Garlic Yukon Gold Mashed Potatoes
Shredded Brussels Sprouts



Alaskan
Peanut Butter Ice Cream Pie