

Recipes from

BAKED ALASKA

A CULINARY MYSTERY BY

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Kara's Bread Pudding and Caramel Sauce

Caramel Sauce

1/3 cup white sugar
1/3 cup brown sugar
6 tablespoons butter
2/3 cup corn syrup (maple syrup works well too)
3/4 cup heavy whipping cream

Bread Pudding

1 1/2 cups sugar
4 eggs, beaten
1 1/4 cups heavy whipping cream
1 1/2 cups milk
1/2 teaspoon cinnamon (optional)
1 teaspoon vanilla
1/2 cup butter, melted
1 1/4 pounds white bread, cubed
1/2 cup Caramel Sauce

Preheat oven to 350 degrees.

To make sauce, combine sugars, butter, and syrup in a pot. Cook over medium heat until ingredients liquefy and sugar is dissolved. (Caution, this sauce gets very hot, so be careful. Also, this recipe does not thicken like traditional caramel; you should have a thin sauce.)

Remove from heat and add the cream. Set aside.

To make pudding, combine the sugar, eggs, cream, milk, cinnamon (if desired), vanilla, and butter in a bowl or blender and mix together well. Put cubed bread in a very large mixing bowl. Pour milk mixture over the bread, folding ingredients together until bread has absorbed the liquid.

Pour the mixture in a greased 9x13-inch pan. Pour 1/2 cup of the caramel sauce over the top of the bread mixture. Bake for 30 minutes; rotate pan and bake another 30 minutes until crust is golden brown and the center doesn't jiggle when you shake the pan. (Depending on your oven, the bread density, and type of pan, it could take up to an additional 30 minutes to cook through the middle.)

Serve bread pudding warm and top with leftover caramel sauce.

Serves 12.

Note: Any type of bread works for this recipe—hot dog buns, end pieces, etc. Just go by weight.

Sausage Wontons

- 1 pound sage-flavored sausage (lean works best; hamburger can also be used)
- 1 egg, beaten
- 1 (4.5-ounce) can tiny shrimp
- 1 (4-ounce) can water chestnuts, finely chopped (or ½ of an 8-ounce can)
- 1 celery rib, finely chopped
- 3 green onions, finely chopped
- 2 (12- to 16-ounce) packages wonton skins
- Vegetable oil for frying

In a medium-sized skillet, brown sausage, breaking clumps into small pieces as it cooks; drain fat. Add beaten egg, shrimp, water chestnuts, celery, and onions. In a frying pan over medium heat, heat 2 inches of vegetable oil.

Put rounded teaspoonfuls of sausage mixture in the center of each wonton skin. (To keep skins from drying out, keep them covered with a damp cloth while working with them.) Dip finger in water and moisten edges of wonton skin. Fold wonton skin as desired to seal in filling. When oil is hot enough that a corner of the wonton immediately floats to the top, add uncooked wontons and cook 1 minute, or until golden brown. Turn wontons over and cook an additional minute (reduce heat if necessary to prevent overcooking). Remove wontons from oil with a slotted spoon and drain on a paper towel-lined cookie sheet. Once fried, keep wontons warm in a 190-degree oven until ready to serve. Serve with Sandra's Sweet and Sour Sauce.

Makes approximately 48 wontons.

Note: Wontons can be fried ahead of time and reheated in a 450 degree oven for 5 minutes.

Note: Shawn likes 2 ounces of softened cream cheese added to the sausage mixture.

Sandra's Sweet and Sour Sauce

- 2 tablespoons cornstarch
- ½ cup honey
- ½ cup apple cider vinegar
- 1 clove garlic, minced
- ½ teaspoon fresh ginger, grated (or ¼ teaspoon dry ginger, ground)
- 5 tablespoons ketchup
- 6 tablespoons pineapple juice

Mix all ingredients in a medium-sized saucepan. Bring to a boil over medium-high heat, stirring constantly. Simmer 1 to 2 minutes until mixture thickens and becomes clear. Serve warm.

Crepes and Toppings

4 eggs	2 cups all-purpose flour
1 cup milk	½ teaspoon salt
1 cup water	¼ cup melted butter
½ teaspoon vanilla extract (optional)	

Put eggs, milk, water, and vanilla extract (if desired) into a blender. Blend until smooth. Add flour and salt. Blend until smooth, using a knife or rubber spatula to get all the flour off the sides of the blender. When blended, add butter and mix until combined.

To cook, heat a crepe pan or medium-sized frying pan on medium heat. Brush pan with butter or spray with nonstick cooking spray. Pour approximately ¼ cup of batter into pan (bigger pans will require larger amounts of batter) and tilt the pan until the batter covers the bottom of the pan in a thin layer.

Cook until top is dry. Flip crepe over with a rubber spatula or fork. Cook for an additional few seconds. (If you like darker crepes, increase heat.) Remove to a plate and add toppings as desired.

Serves 6.

Note: You can roll the crepe once it is filled, or fold it in half and then in half again, which is the traditional method.

Cream Cheese Filling

1 (8-ounce) package cream cheese, softened
 1 cup sour cream
 1 cup powdered sugar

Beat cream cheese until smooth. Add sour cream and powdered sugar; beat until smooth. For a less-sweet version, reduce the powdered sugar by ½ cup.

Vanilla Sauce

2 cups whipping cream
 1 cup sugar
 2 tablespoons all-purpose flour
 ½ cup butter
 1 teaspoon vanilla extract

Whisk cream, sugar, and flour in a saucepan. Add butter. Cook over medium heat until butter is melted and mixture begins to boil stirring constantly. Cook an additional 3 minutes or until mixture is slightly thickened. Remove from heat and stir in vanilla. Serve warm.

Additional Toppings

Lemon juice and powdered sugar
 Jam
 Pie filling
 Fresh fruit
 Whipping cream
 Nutella
 Cream cheese
 Sour cream and brown sugar
 Maple syrup
 Bacon
 Chicken gravy
 Diced ham
 Cheese

Salmon Caesar Salad

Dressing

- 1 coddled egg
- 1/3 cup olive oil
- 1/3 cup lemon juice (fresh is always best)
- 3 gloves of garlic, pressed
- 2 tablespoons Worcestershire sauce
- 2 tablespoons Parmesan cheese, grated
- 1 1/2 teaspoons anchovy paste (more to taste, but the flavor is strong)
- 1/2 teaspoon Dijon mustard (or 1/4 teaspoon mustard powder)
- 1/2 teaspoon freshly ground black pepper

To coddle the egg, boil enough water in a small saucepan that the egg can be covered. Add egg (still in the shell) to boiling water, and boil for 4 minutes. Remove with a slotted spoon and run under cold water until cool enough to hold. Crack shell with a hard tap of a butter knife and pull both halves of the egg apart, careful not to spill the yolk and still-liquid portions of egg white. Using a spoon, scoop egg out of shell; be careful not to get any bits of shell in it. Put both halves of coddled egg in food processor or blender.

Add additional dressing ingredients to food processor or blender and blend until well combined. Put in fridge until ready to serve. Mix before serving.

Note: You can use a raw egg in place of a coddled egg, but don't store dressing for more than an hour before serving.

Note: Anchovy fillets can be used in place of paste; 1 fillet equals 1/2 teaspoon anchovy paste.

Salad

- 1 large head of romaine lettuce, washed and chopped
- 8 ounces cooked and cooled salmon, shredded (can use canned salmon or chicken in a pinch)
- Croutons
- Grated Parmesan cheese, to taste

Toss lettuce, salmon, and croutons together in large bowl. Drizzle refrigerated dressing over the top and toss together until lettuce is well coated. Top with grated Parmesan cheese.

Note: Great option for using up leftover salmon.

Glazed Salmon

1½ teaspoons lemon pepper

1 pound salmon

2 tablespoons soy sauce

4 teaspoons sugar (brown or white)

4 teaspoons olive oil

To bake, sprinkle lemon pepper over fish. Place in a greased 8x8 pan and cover with foil. Bake at 350 degrees for 30 to 40 minutes or until fish flakes.

Mix together the remaining ingredients in a small bowl for a basting sauce. When the fish has finished baking, turn oven to broil and baste or brush the fish several times with the sauce until nicely browned.

To grill, sprinkle lemon pepper over fish. In small saucepan, heat the soy sauce, sugar, and olive oil, and add 1 teaspoon cornstarch. Heat over medium heat to a boil, stirring constantly until sugar crystals are dissolved.

Heat grill to medium. Place salmon on grill and baste with glaze. Cook 3 to 4 minutes, turn, and baste again. Continue basting and turning until fish is cooked through.

Carrie's Crunchy Caramel Popcorn

8 cups popped popcorn
1 cup brown sugar
½ cup butter
¼ cup light corn syrup
¼ teaspoon salt
¼ teaspoon baking soda
¼ teaspoon vanilla

Put popped popcorn in large bowl (the bigger the better) and set aside.

Combine sugar, butter, corn syrup, and salt in medium-sized saucepan. Cook on medium heat, stirring constantly, until mixture comes to a boil. Decrease temperature to medium-low, and simmer for 5 minutes, stirring constantly. (If mixture begins to scorch, remove from heat and lower temperature before returning to the stove top.)

Remove from heat, and add baking soda and vanilla. Mix well.

Pour sauce over popcorn. Use a spatula coated with a nonstick spray to stir the popcorn, being careful not to crush the kernels. Spread coated popcorn on a cookie sheet and bake at 250 degrees for 1 hour, stirring every 15 minutes.

If made in the oven, it may overflow the pan as it bakes; line your oven, just in case.

Note: You can also make this recipe in a large electric roaster oven. Put popped popcorn in roaster oven with heat turned off. Add sauce and turn on heat to 200 degrees. Stir popcorn every couple of minutes for about 20 minutes or until caramel has coated and hardened onto kernels. Turn off heat before you stop stirring.

Note: This recipe doubles well!

Fruity Popcorn

8 cups popped popcorn
1 cup sugar
½ cup butter
¼ cup light corn syrup
¼ teaspoon salt
1 (3-ounce) package Jell-O, any flavor

Put popped popcorn in large bowl (the bigger the better) and set aside.

Combine sugar, butter, corn syrup, and salt in medium-sized saucepan. Cook on medium heat, stirring constantly until mixture comes to a boil. Decrease temperature to medium-low, simmer for 2 to 3 minutes, stirring constantly. (If mixture begins to scorch, remove from heat and lower temperature before returning to the stove top.)

Add Jell-O, mix well and simmer 1 minute or until gelatin is dissolved. (Mixture will be thick.) Remove from heat and pour over popcorn. Stir to coat the kernels, being careful not to crush kernels. Work quickly as syrup will harden as it cools. Let popcorn sit in bowl for 10 minutes or until cooled. Break into large chunks. Store leftovers in large zip-top plastic bag.

Chef Ferguson's Stuffed Mushrooms

8 ounces bacon

16 ounces white button mushrooms (can use a larger mushroom, if desired)

½ cup finely minced sweet onion

1 clove garlic, minced

1 (4-ounce) package cream cheese, softened

¼ cup grated Parmesan cheese

Pepper, to taste

Preheat oven to 350 degrees.

Using scissors or a sharp knife, cut raw bacon into small pieces. In a large sauté pan, cook bacon over medium heat until crispy. While bacon is cooking, remove mushroom stems from caps and chop stems into small pieces; set caps aside to use later.

When bacon is done, remove from pan and drain all but 2 tablespoons of bacon grease from the pan. Set bacon aside.

In the remaining bacon grease, sauté onion over medium heat until soft, about 5 minutes, scraping up any brown bits on bottom of pan. Add garlic and cook 30 seconds before adding the chopped mushroom stems. Reduce heat to low. Add cream cheese and Parmesan cheese. Stir until cheeses are melted and ingredients are combined.

Add reserved chopped bacon and season to taste with pepper. Remove mixture from heat and generously stuff each mushroom cap with mixture. Bake for 20 minutes or until mushrooms are soft and filling is hot.

Note: To keep mushroom caps from drying out during the baking process, put caps in a zip-top plastic bag. Add a tablespoon of olive oil and shake bag until caps are lightly coated, being careful not to crush the caps. You can also spray or brush them with olive oil.

Note: Mixture can be made, cooled, and stored (covered) in the fridge for up to two days.

Lemon-Zucchini Fettuccine

2 large boneless, skinless chicken breasts
2 lemons, divided
1/4 cup plus 3 tablespoons olive oil divided
2 tablespoons red wine vinegar
1 tablespoon kosher salt
2 medium zucchini
Salt and pepper
5 to 6 cloves garlic
8 ounces fettuccine
Fresh basil (about 1/2 cup)
Fresh oregano (about 1/4 cup) or about 1 tablespoon dried oregano
1 cup grated Parmesan cheese

Prepare grill. You could also do this on the stove top in a skillet or a grill pan.

Place chicken in a zip-top bag with the juice of one lemon, 2 tablespoons of olive oil, and the red wine vinegar. Seal the bag and gently squish the bag to make sure the ingredients are incorporated and surrounding the chicken. Set aside for 15 to 30 minutes.

In a large pot, bring water with about 1 tablespoon of kosher salt to a boil. While waiting for the water to boil, slice the zucchini in half lengthwise. Drizzle with 1 tablespoon olive oil and sprinkle with salt and pepper.

Press or finely mince garlic cloves. In a small saucepan on the stove, place 1/4 cup olive oil and add garlic. Turn the burner to medium-low heat. It shouldn't be popping and frying, the oil should just slowly warm, infusing the oil with the garlic and removing that zing fresh garlic has.

When the water is boiling, add the pasta.

Remove the chicken from the bag, and salt and pepper both sides. Place the chicken and zucchini on grill.

While the chicken and zucchini are grilling and pasta is boiling, chop herbs and prepare the cheese. Zest both lemons and juice the one that hasn't been juiced.

When the zucchini and chicken are done, remove them from the grill. Allow the chicken to stand for 5 minutes and then chop the zucchini and chicken.

Reserve about 1/2 cup of pasta water. Drain the pasta and immediately place in a big bowl. Place the chopped zucchini and chicken on top. Add lemon zest, lemon juice, cheese, herbs, and the garlic-olive oil mixture.

Now take some tongs and give everything a big toss. If you feel it needs more moisture, add a little of the pasta water or a little more olive oil.

Garnish with a little more Parmesan on top and another squeeze of lemon if you have any left.

Serves 4 to 6.

Tip: When cooking garlic, it's important to keep an eye on it to make sure it's not getting brown and crispy because it cooks very quickly and can become bitter.

Serving Suggestion: Chop any leftover oregano, basil, and garlic and add them to softened butter to serve with crusty sourdough bread. Add a tossed green salad.

Baked Alaska

1 quart of ice cream, softened (strawberry is traditional)
1 egg
2 tablespoons water
 $\frac{1}{3}$ cup sugar
 $\frac{1}{4}$ cup all-purpose flour
 $\frac{1}{4}$ cup unsweetened cocoa powder
 $\frac{1}{8}$ teaspoon baking powder
Dash of salt

Line a 1-quart round bowl with plastic wrap, allowing some to hang over the edge of bowl. Spoon softened ice cream into bowl spreading until level. Freeze overnight (or at least 4 hours, until firm).

To make the cake, preheat oven to 350 degrees. Grease a pie pan with nonstick cooking spray. Cut a round of waxed paper to fit bottom of pan and place in pan, then spray with nonstick spray again.

In a medium-sized mixing bowl, beat egg, water, and sugar together for 3 to 5 minutes, until sugar is dissolved. Mix remaining dry ingredients in a small bowl with a whisk. Sprinkle dry mixture over egg-sugar mixture and fold together until just combined. Pour mixture into prepared pie pan and bake for 12 to 18 minutes or until cake begins to pull away from the side of pan. Invert onto cooling rack to cool and remove the wax paper.

Once the cake has cooled completely, increase oven temperature to 475 degrees.

To assemble the dessert, return cooled cake layer to pie pan. Remove ice cream from freezer and invert onto cake layer (if the ice cream is sticking to the bowl, press a warm kitchen towel against bottom of bowl). Remove plastic wrap. Cover ice cream and cake with meringue, swirling decoratively, being sure to cover ice cream completely.

Bake for 4 minutes or until lightly browned. Slice into wedges and serve immediately. Cover and return any leftover slices to freezer.

Serves 8.

Meringue

4 egg whites
 $\frac{1}{2}$ teaspoon vanilla extract
 $\frac{1}{2}$ cup sugar

Whip egg whites until frothy. Add sugar and vanilla. Continue beating, adding sugar slowly, until whites are stiff and glossy.

Baked Alaska Cupcakes

2½ cups all-purpose flour
3 teaspoons baking powder
½ teaspoon salt
¾ cup shortening
1½ cups sugar
3 eggs
2 teaspoons vanilla
1¼ cups milk
2 quarts ice cream, softened

Preheat oven to 350 degrees. Place paper baking cups into 2 muffin pans (48 cups). Spray paper cups with nonstick cooking spray. (Be sure to use liners on this recipe!)

To make cupcakes, mix flour, baking powder, and salt in medium bowl; set aside. In large bowl, beat shortening with electric mixer on medium speed 30 seconds until smooth. Gradually add sugar, scraping bowl occasionally until well combined. Add eggs, one at a time, beating well after each addition. Add vanilla. On low speed, alternately add flour mixture, about ⅓ cup at a time, and milk, about ½ cup at a time, beating just until blended.

Divide batter evenly among muffin cups, filling only ¾ full. Bake 10 to 14 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes in pan, then 15 minutes on cooling rack.

Spread 2 heaping tablespoons of softened ice cream on each cupcake—it should reach the top of the cupcake liner. Cover. Freeze at least 2 hours or overnight, until ice cream is hardened.

When ice cream is solid, preheat oven to 450 degrees.

Spread meringue over ice-cream-topped cupcakes, covering surface of ice cream completely. Place finished cupcakes on cookie sheet.

Bake 2 to 3 minutes or until meringue is lightly browned. Serve immediately.

Makes 48 cupcakes.

Salmon and Red Potato Chowder

5-pound bag of small, unpeeled red potatoes, cut into 1-inch cubes (peel half, if desired)
3 to 4 bacon strips, diced
1 large onion, diced
4 celery ribs, diced
2 quarts milk
4 cups Knorr's Chicken Stock (or water/chicken-stock equivalent)
¼ cup dried parsley
1 teaspoon salt (optional)
½ teaspoon pepper (or to taste)
¾ cup butter
¾ cup flour
1 cup whipping cream
2 cups of cooked, flaked salmon (not smoked)

Place potatoes in a large pan, cover with salted water and bring to a boil. Cook until potatoes are tender. Drain in colander and set aside. (Do not return potatoes to original pot.)

In the pot you used for the potatoes, sauté bacon on medium-high heat until it just begins to crisp. Add onion and celery and sauté until vegetables are tender. Add milk, chicken broth, parsley, salt, and pepper. Heat through, but do not boil after adding the milk.

In a medium saucepan, melt butter over medium heat. Add flour and stir constantly for 1 minute, allowing to brown slightly. Add whipping cream slowly and stir constantly until thickened. Do not burn.

Stir flour-cream mixture into soup, stirring constantly. Add cooked potatoes and salmon. Let simmer 10 minutes, until soup is thick. Keep on low heat.

Serves 20 (feel free to double as necessary).

Note: Substituting chicken, turkey, ham, or corn for the salmon creates a variety of chowders.

Note: A touch of mustard brings out the flavor of the salmon—but just a touch.

Note: Don't tell Shirley or Debi, but canned salmon works in a pinch.

This recipe was provided by "Sweet Mermaids," a café located on Front Street in Ketchikan, Alaska, that opened for business on April 4, 2011. The owners, Debi Hanas and Shirley Solaas, were awarded the Rotary Club Business of the Year for Ketchikan 2012 for their Spirit of Entrepreneurship.