



Special Note from Chef Ian

In this recipe, I have chosen to use sockeye salmon as the protein. I will be using a 4-5 oz portion. It is important to note that this recipe goes well with any protein. I am using salmon because I find it does not take away from the flavor profiles on the plate that say a beef or pork may; not that there is anything wrong with that. Perhaps try using a lighter white fish like ling cod or halibut. I have also used herb roasted free range chicken.

In addition, traditionally latkes are as simple as raw grated potato with egg as a binding agent. I have added other ingredients to make it more exciting. By no means do you have to use Dungeness crab or onions or mushrooms; or even beet for that matter. Be creative. As long as you use the main ingredient of potato and egg as your base, you can add whatever you like.

Furthermore, I try to keep everything gluten free. This is why I have used chickpea flour to help absorb some of the moisture. It will add a slight flavor. If you do not like the taste, by all means switch to a gluttonous all-purpose flour. In the end, it is your creation.

Thank you for enjoying!

Ian Morrow

Sous Chef Blue Crab



You first saw and tasted this at **Dungeness Crab & Seafood Festival**, Port Angeles, WA

www.Crabfestival.org

Butternut Squash Puree

Ingredients	Measurements	Preparation
Butternut Squash	1 lbs	Peel, seed, and dice into 1 inch cubes
White Onion	½ cup	Sliced
Water (or chicken stock)	8 Cups	
Unsalted Butter	½ Cup	Chilled and cubed
Thyme	4 sprigs	Picked
Honey	1-2 T	
Salt	3 T	
Pepper	½ t	
Extra Virgin Olive Oil	2 T	For sautéing onions

Equipment	Butternut Squash Puree - Instructions
Peeler	1- heat evoo in the pot over medium heat;
Medium Pot	2. sauté onions and butternut squash together in oil with a pinch of salt and pepper; cook until onions are soft
Measuring cups/spoons	3. add picked thyme and cook for 3 min
Knife	4. add water (or stock) and bring to a boil then reduce to a simmer; cook for 45 min or until squash is soft
Blender	5. remove the cooked squash using the slotted spoon place in a blender; blend until smooth. Use the left over liquid to control the consistency. (smooth not lumpy or dry)
Fine meshed strainer	6. add butter and blend until butter is melted (this will give it a shine)
Slotted spoon	7. add honey. Taste and adjust seasoning as desired with salt and pepper
	8. Pour puree through the fine meshed strainer to remove any lumps or unwanted bits of thyme into a bowl or plastic container
	9. chill or use immediately. To re heat simply warm in a sauce pot on low heat constantly stirring

Red Beet and Dungeness Latke

Ingredients	Measurements	Preparation
Local Red Beet	1 cup	Peel and grate
Yukon Gold Potato	1 cup	Peel and grate
Local Mushroom(s) of choice	1/2 cup	Sauté (season with salt and pepper)
White Onion	1/2 cup	Sauté (season with salt and pepper)
Dungeness Meat	1/2 cup	Press liquid
Eggs	2 ea	Beat
Chickpea Flour	2 T	Sift
Baking Powder	1/2 t	Sift
Extra Virgin Olive Oil	1/4 cup + T	For sauté and cooking latke
Salt	1t	To taste
Pepper	1/2t	To taste

Herb Yogurt

Ingredients	Measurements	Preparation
Greek Yogurt	1 Cup	
Sour Cream	1 Cup	
Thyme	2-3 sprigs	Picked
Mint	1 sprig	Picked
Parsley	2 sprigs	Picked
Cervil	4-5 sprigs	
Salt (optional pickling liquid)	1 T	

Equipment	Herb Yogurt - Instructions
Stainless steel bowl medium	1- measure the yogurt and sour cream into the medium stainless steel bowl
Measuring cup	2. mix all the herbs together and rough chop them
Knife	3. add herbs to the yogurt-sour cream mixture; stir
spatula	4. season with salt to taste

Equipment	Red Beet and Dungeness Latke - Instructions
Box grater & peeler	1- heat evoo in the non-stick pan over medium heat;
Non-stick pan large	2. sauté mushrooms and onions together in oil with a pinch of salt and pepper; cook until both onions and mushrooms are soft
Stainless steel bowl large	3. spread out onion-mushroom mix out on a plate with paper towel to absorb any excess liquid
Stainless steel bowl small	4. meanwhile, place box grater in the large stainless steel bowl and grate the peeled potato
Spatula	5. remove the potato and place in water to remove excess starch and to keep it from oxidizing
Whisk	6. using the same bowl and box grater, grate the peeled red beet
Measuring cups/spoons	7. crack the eggs into the small stainless steel bowl and whisk until fluffy
Sifter	8. place the grated potato back in with the beet; add the onion-mushroom mixture; add the crab; mix until incorporated; add scrambled egg; sift in flour; sift in baking powder; mix and let sit in the fridge for 10 minutes to allow the flavours to meld
	9. in a non-stick pan heat 1/4 cup of oil over medium heat
	10. using whatever measurement you like, make balls of latke mixture forming them into firm rounds allowing some excess liquid to drip off.
	11. place the latke balls in the hot oil one at a time carefully pressing them down with the spatula to form pancake Shapes
	12. cook until golden brown one bottom then carefully flip (approximately 4 – 5 min); repeat on other side