

food and recipes

Wedding Fare

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A BRIDAL SHOWER IS ONE OF THOSE PARTIES THAT IS FUN AND PRACTICAL AT THE SAME TIME. WHEREAS THE FUTURE MARRIED COUPLE WILL RECEIVE GIFTS THAT WILL HELP THEM ESTABLISH A HOME TOGETHER, A BRIDAL SHOWER IS PRIMARILY A NICE OCCASION FOR THE CLOSE FRIENDS AND FAMILY OF THE BRIDE TO SPEND RELAXED TIME WITH HER BEFORE THE BIG WEDDING DAY.

When hosting a day-time bridal shower, you want it to have a feeling of simple elegance. It's a day for the girls to get together and feel like princesses. Pull out your best china and silver. Borrow unique antique pieces from family and friends to complete your buffet. Decorate the table and serving trays with small posies made from flowers that will be used in the bride's bouquet.

Lovely finger foods are the ideal choice of fare.

Dainty tea sandwiches can be as simple as chicken salad or as fancy as lobster egg salad. Since tea sandwiches should be delicate, cut each sandwich in one- or two-bite pieces. Decorative shapes can be made with cookie cutters.

A dramatic presentation can turn a simple item into a spectacular dish. French green beans look divine when served spilling over the side of an antique candy dish. The accompanying curry dip has a refined flavor yet is made from common kitchen ingredients.

A side of baked salmon served with all the accompaniments is easy to prepare. For a short cut, pick up smoked or poached salmon from the market or a caterer.

Edible flowers add a whimsical touch to a bite-sized cupcake. Coconut makes a light and ethereal topping, but your favorite cupcake, homemade or from a bakery, could be substituted.

LOBSTER EGG SALAD TEA SANDWICHES

Serves 12

- 1 cup egg salad
- 1/4 cup cooked lobster meat, finely chopped or shredded
- 6 thin slices white bread, an egg bread like Challah is perfect
- Fresh tarragon for garnish

In a small bowl, combine the egg salad with the lobster meat.

Cut the bread into desired shape. Spread the egg salad mixture on the bread slices. Top with a sprig of fresh tarragon. Keep chilled and covered until ready to serve.

BRIE AND WATERCRESS TEA SANDWICHES

Serves 12

- 12 thin slices white bread, an egg bread like Challah is perfect
- 1/2 cup Major Grey's Mango Chutney
- 1 small wheel of brie, thinly sliced
- 1 bunch fresh watercress

Cut the bread into desired shape. Spread a thin layer of chutney on half the slices of bread. Top with a slice of brie and a few springs of watercress. Place remaining bread on top. Keep chilled and covered until ready to serve.



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CURRY DIP

Makes 1 cup

- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 3 tbsp. ketchup
- 2 tbsp. curry powder
- 1 tbsp. Worcestershire sauce
- Kosher salt and freshly ground pepper

In a small bowl, whisk together sour cream, mayonnaise, ketchup, curry and Worcestershire until smooth. Season with salt and pepper to taste. Keep chilled and covered until ready to serve.

COCONUT CUPCAKES

From *The Barefoot Contessa Cookbook* by Ina Garten

- 3/4 lb. (3 sticks) unsalted butter, room temperature
- 2 cups sugar
- 5 extra-large eggs at room temperature
- 1 1/2 tsp. pure vanilla extract
- 1 1/2 tsp. pure almond extract
- 3 cups flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. kosher salt



- 1 cup buttermilk
- 14 oz. sweetened, shredded coconut

For the frosting:

- 1 lb. cream cheese at room temperature
- 3/4 lb. (3 sticks) unsalted butter, room temperature
- 1 tsp. pure vanilla extract
- 1/2 tsp. pure almond extract
- 1 1/2 lbs. confectioners' sugar, sifted

Preheat the oven to 325° F.

In the bowl of an electric mixer fitted with the paddle attachment, cream the butter and sugar on high speed until light and fluffy, about 5 minutes. With the mixer on low speed, add the eggs, one at a time, scraping down the bowl after each addition. Add the vanilla and almond extracts, and mix well.

In a separate bowl, sift together the flour, baking powder, baking soda and salt. In three parts, alternately add the dry ingredients and the buttermilk to the batter, beginning and ending with the dry. Mix until just combined. Fold in 7 oz. of coconut.

Line a muffin pan with paper liners. Fill each liner to the top with batter. Bake for 25 to 35 minutes, until the tops are brown and a toothpick comes out clean. Allow to cool in the pan for 15 minutes. Remove to a baking rack and cool completely.

Meanwhile, make the frosting. In the bowl of an electric mixer fitted with the paddle attachment, on low speed, cream together the cream cheese, butter, and vanilla and almond extracts. Add the confectioners' sugar, and mix until smooth.

Frost the cupcakes, and sprinkle with the remaining coconut.

DILL-MARINATED SALMON WITH CAPER REMOULADE

Serves 10 to 12 as an appetizer

- 1 whole salmon side (2 to 3 pounds)
- 2 tbsp. olive oil
- Juice of 1 lemon
- 1/4 cup chopped fresh dill
- 1 tbsp. freshly grated orange zest
- 1 tsp. freshly grated lime zest
- Kosher salt and freshly ground pepper

Coat the salmon with olive oil, lemon juice, dill, orange and lime zest. Marinate in the refrigerator for 1 hour.

Preheat the oven to 350° F. Season with salt and pepper. Bake the salmon for approximately 15 minutes per pound. Serve warm or chilled.

Caper Remoulade

Makes 1/2 cup

- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 2 tbsp. freshly squeezed lemon juice
- 4 tbsp. capers, drained
- Kosher salt and freshly ground pepper

In a small bowl, whisk together the mayonnaise, sour cream and lemon juice. Stir in the capers. Season with salt and pepper to taste. ●

Accessories provided by Babcock's.



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