

FALL 14

TAY'S TASTE

EATS
& Drinks

SHE CRAB SOUP
CHARLESTON STYLE

LOST DOG CAFE

When in Charleston, make sure you make a drive to Folly's Beach for some of the best She Crab Soup you have ever had.

LOST DOG CAFE FOLLY'S BEACH, SOUTH CAROLINA

Tuesday was "Beach Day". It had been of upmost importance that my feet hit the sand, our second day in Charleston.

After an awesome late night at Bin 152 the night before & the dark, just perfect hotel room at Mills House, we were moving just a bit slow. With a leisurely wakening to the day, we decided the day was beach day and off we went; beach towels in hand to Folly's Beach.

Before hitting the beach, we had the need to feed the tummy. Phone in hand, we do a quick search under Trip Advisor; restaurants; Folly's Beach. Coming in ranked #2 was Lost Dog Cafe. Sounded perfect as we were

missing our two pooches we had left at home. We turned down West Huron Ave to find this quaint little house turned restaurant, the lot was full and now I know why.

The little house was brimming with energy, dog pictures over every inch of the walls, people chatting loudly, and the noise of the kitchen filled the air. Every table full but one, just waiting on us! As we sat, I noticed a pic of a boxer with his tongue hanging out was aligned and perched on Tom's shoulder. This made for a great laugh. We ordered, Tom ordered she crab soup & the wreck wrap, a daily special chalked full of all good things. I ordered the Folly mahi

salad with grilled mahi over greens with mango salsa and home made vinaigrette. First came out Toms soup. I eyed it with an "I want a bite" look. One shared bite and I quickly placed an order for a cup as well.

The food was wonderful, fresh and a perfect combination of flavors.

Now for that walk on the beach!

<http://lostdogfollybeach.com/>

Recipe



She Crab Soup
Serves 4

INGREDIENTS:

- 1 Cup Crab Meat
- 2 Tbs Butter
- 1 Small Onion, grated
- Salt & Pepper to taste
- 1/2 tsp Mace
- 3 ribs Celery, grated
- 2 cups Milk
- 1/2 c Whipping Cream
- 2 Tbs Worcestershire
- 2 tsp Flour
- 1 Tbs Water
- 3 Tbs Sherry

DIRECTIONS:

- * Saute' onion & celery, in butter with salt, pepper, and mace.
- * Let simmer 5 min.
- * Put crab in double boiler; add onion-celery mixture to crab and mix.
- * Heat milk and add to crab mixture
- * Stir, add cream & Worcestershire sauce
- * Thicken with paste made of flour and water
- * Add sherry
- * Cook over low heat 1/2 hour

Pumpkin, Sweet Potato, & Leek Soup

I Found this wonderful Recipe on Allrecipe.com. Wanted to share with you.

Submitted By: MARBALET

Servings: 8 "A comforting cold-weather soup puree."

INGREDIENTS:

3 tablespoons olive oil	2 leeks, chopped
1 small white onion, chopped	1 stalk celery, chopped
1 small carrot, chopped	2 sweet potatoes, peeled & diced
1 medium sugar pumpkin, seeded and cubed	
2 tablespoons chopped garlic	1 quart chicken stock
1 cup heavy whipping cream	1 bay leaf
1 tablespoon chopped fresh sage	1 pinch ground cloves
1 pinch ground nutmeg	1 pinch ground cinnamon

salt to taste

[ground black pepper](#) to taste

DIRECTIONS:

- 1.Heat oil in a heavy-bottom pot. Add leeks, onion, celery, carrot, sweet potatoes, pumpkin, and garlic, and saute until they start to brown.
- 2.Add bay leaf, stock, and cream; bring to a boil. Reduce to a simmer and cook until all vegetables are tender.
- 3.Add sage, cloves, nutmeg, cinnamon, and salt and pepper to taste. Remove bay leaf, and puree. Serve hot.

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FYI...

In 1600 & 1700's NUTMEG WAS THE MOST VALUABLE SPICE IN THE WORLD. IT WAS THOUGHT THAT IF YOU DISPLAYED A BOWL OF NUTMEG, IT WAS A SIGN OF IMMENSE WEALTH.

WHY IS CONNECTICUT THE NUTMEG STATE? Legend has it that the street peddlers of Connecticut would sell pieces of wood that looked like the nutmeg seed to the unsuspecting buyer. The nickname therefore refers to the ingenuity and shrewdness of the citizens of Connecticut. Upon further examination, it may be that the buyer didnt know they needed to grind it to extract the great flavor; and that it really was a nutmeg seed looking like a wooden object.

I LOVE NUTMEG ON FLASH SAUTEED SPINACH.

MOST NUTMEG SOLD TO THE UNITED STATES COMES FROM THE CARIBBEAN ISLAND OF GRANADA.



Nutmeg is used
for
deepening
the flavor while
Mace is used
for
elevating
the flavor.

WHAT IS MACE? HOW DO I USE IT?

A Fruit That Is More Than Just Nutmeg!

The nutmeg fruit actually delivers two wonderful spices for us.

Nutmeg, that people commonly refer to, is the actual seed or pit of the fruit. Much like a peach pit that is harvested from the center of the fruit and dried. It is best used when ground for immediate use.

Surrounding the seed is a bright red web. This web is dried into blades. We refer to these blades as Mace. The blades may then be grounded and is at its best when used immediately. Mace is a little more delicate and sweeter than nutmeg. It gives off a sweet and citrusy flavor.



Consider using mace where nutmeg would be too dominate, such as in Lost dog Cafe's She Crab soup recipe; on fruits such as peaches and raspberries; or in pound cake; even cocktails. Avoid when pregnant.

Check out [Mace](#) on [Fennel and Fire](#)