



Crabmeat Dijon Mustard Crusted Filet of Wild Chesapeake Rockfish With Quinoa Root Vegetable Flan and Carrot Beurre Blanc

Main Course, Serves 8

Quinoa Root Vegetable Flan:

910 g./2 lbs. quinoa
2 litres/2 qts. water
110 g./8 tbsp. unsalted butter
450 g./2 cups seasonal vegetables
115 g./4 oz. shallots, diced

Carrot Beurre Blanc:

2 large carrots
235 ml./1 cup heavy cream
235 ml./1 cup white wine
225 g./1/2 lb. unsalted butter,
cut into chunks

Crabmeat Dijon Mustard Crust:

340 g./12 oz. cracker crumbs
340 g./3/4 lbs. unsalted butter
40 ml./8 tsp. Dijon mustard
455 g./1 lb. lump crabmeat

Rockfish and Vegetables:

8 (225-g./8-oz.) skinless rockfish fillets
30 g./2 tbsp. unsalted butter
30 ml./2 tbsp. olive oil
Steamed asparagus (optional)

For the Quinoa Root Vegetable Flan:

• Rinse quinoa and place in a medium pot with the water. Bring to a boil, lower the heat and simmer, covered, until the water is absorbed and the quinoa is translucent, about 15 minutes. In a medium sauté pan, heat 55 grams/4 tablespoons butter over medium heat. Add the seasonal vegetables and shallots and cook until the vegetables are tender, about 5 minutes. Add to the cooked quinoa and fold in remaining butter.

For the Carrot Beurre Blanc:

• Bring a medium pot of water to a boil, add the carrots and cook until tender. Purée the carrots in a blender with the heavy cream. Pour the mixture back into the pot, add the white wine and bring to a simmer. Remove the pan from the stove and whisk in the butter one chunk at a time. Keep warm.

For the Crabmeat Dijon Mustard Crust:

• Place the cracker crumbs and butter in a food processor with the Dijon mustard and crabmeat, and blend until incorporated, about 2 minutes.

For the Rockfish and Vegetables:

• Preheat the grill.
• In a large sauté pan set over medium-high heat, melt 15 grams/1 tablespoon butter with 15 millilitres/1 tablespoon olive oil. Pan-sear 4 of the rockfish filets on one side until nicely browned. Remove filets to a grill pan, cooked side down. Top uncooked side with some of the mustard and crabmeat crust. Repeat with remaining filets and crust. Place the fish under the broiler until the crust is golden brown, about 3 minutes.
• Meanwhile, reheat the steamed asparagus if necessary.

To Serve:

• Place the quinoa-root vegetable flan on the bottom of a plate and then top with grilled rockfish. Lay asparagus in crossed position around the rockfish and drizzle with the carrot beurre blanc.

Bloody Martini

Beverage, Serves 1

This Baltimore original combines the richness of the Bloody Mary with the elegance of a traditional martini. The Old Bay adds just a hint of Baltimore flair.

Lime juice
Old Bay seasoning
30 ml./1 oz. tomato juice
60 ml./2 oz. premium vodka
Dash dry vermouth
Crab claw or large piece of jumbo lump
crabmeat, for garnish

• Chill a martini glass. When ready to use, dip the rim of the glass in lime juice, then in Old Bay seasoning.
• Combine tomato juice, vodka and vermouth in a cocktail shaker with crushed ice. Shake well and strain into the prepared glass. Garnish with crabmeat and serve.




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been home to many outsized personalities, from Edgar Allen Poe, and Babe Ruth, to journalist H.L. Menken and filmmaker John Waters.

In the heart of the city, guests at the InterContinental Harbor Court Baltimore can enjoy a single malt Scotch in the Explorer's Restaurant & Lounge, and the updated Chesapeake regional fare.

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