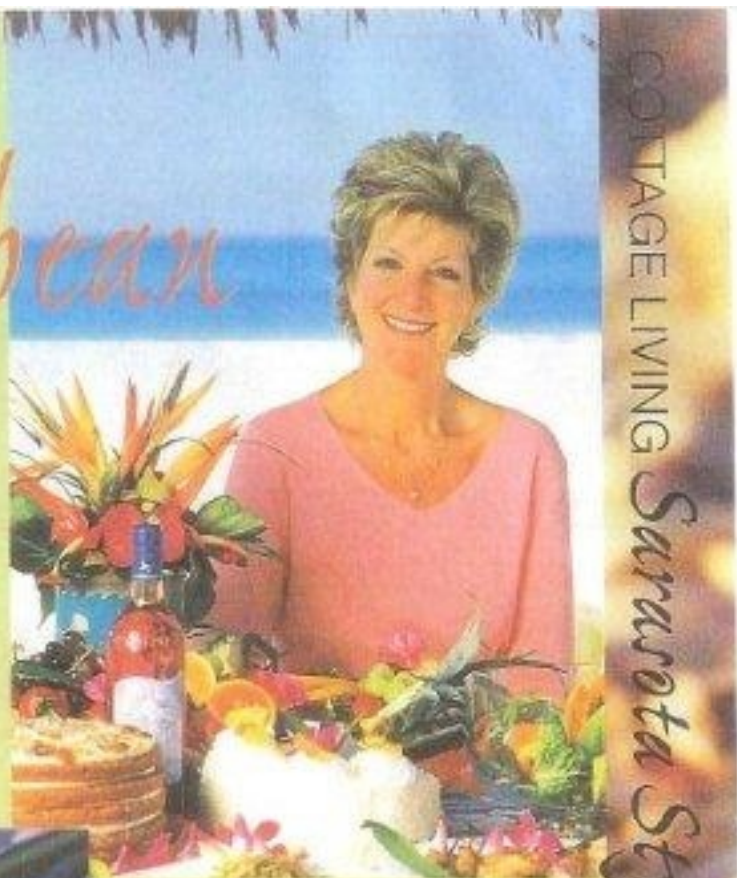


Share A Taste Of the Floribbean

What do you get when you blend Florida Gulf Coast ingredients with Caribbean touches? Food that's fun, fresh and healthy!

Every week, to the pleasure of her many loyal fans, chef Judi Gallagher dishes out the best of Sarasota cuisine on her beloved cable TV cooking shows. The emphasis is on fresh, local produce and seafood prepared with tropical flair. "Sarasota cuisine is colorful, fresh and never boring," says Judi. Sample her award-winning Floribbean recipes and we think you'll agree.



COTTAGE LIVING Sarasota Style

Coconut Cake with Lemon Curd Filling

- 2 tsp vanilla extract
- 1½ cups unsweetened coconut milk
- 3 cups cake flour
- ½ tsp salt
- 1 Tbsp baking powder
- 4 large egg whites, room temperature
- 1 cup unsalted butter, slightly softened
- 2 cups sugar
- 1 cup freshly grated coconut
- 2 cups lemon curd
- 1 cup freshly grated coconut for garnish

Preheat oven to 350 degrees F. Grease and flour three 8-inch round cake pans. In a mixing bowl, combine vanilla extract and coconut milk. Set aside. In a medium bowl, sift together flour, salt and baking powder. Set aside. In a separate bowl with clean beaters, cream the butter and sugar until blended and creamy but do not overbeat. Add the dry ingredients, alternating with coconut milk and vanilla, beginning and ending with the dry ingredients. Slowly beat in the freshly grated coconut. Beat egg whites with electric mixer until stiff peaks. Using a rubber spatula, gently fold in the beaten egg whites and mix well but do not stir to ensure the egg whites do not lose volume. Bake 35-40 minutes. Cool before frosting. To frost the cake, spread the bottom two layers with lemon curd. Top each layer with Seven Minute Frosting (see below). Frost the top of cake, then garnish with coconut. Add dollops of frosting and pineapple wedges. Yields 10-12 servings.



The moist coconut cake, lemon curd filling and fluffy coconut frosting is, without doubt, a tropical nirvana.

Photos by Zachary Currier.

Seven Minute Frosting

- 1½ cups sugar
- 2 large egg whites, room temperature
- ¼ cup plus 1 Tbsp water
- 1 Tbsp light corn syrup
- ¼ tsp salt
- 1 tsp pure vanilla extract

Combine sugar, egg whites, water, corn syrup and salt and place in the top of a double boiler set over simmering water. Using an electric mixer beat on high speed for 6-7 minutes until frosting has tripled in volume and is very white and fluffy. Remove from heat, whip in vanilla and let cool completely. Yields 4 cups.

Grilled Shrimp with Apricot, Mango and Chipotle Glaze

- 12 shrimp, tails on
- 8 chicken tenderloins
- 1 (15.75 oz) bottle Mango/Apricot Roasted Chipotle Grill Sauce (available online at www.kozlowskifarms.com)
- Bamboo skewers, soaked in water if using on outdoor grill

Skewer shrimp and chicken. Brush with ¼ cup of the Apricot/Mango Chipotle sauce. Grill approx. 3 minutes, until pink and tender. Brush again with another ¼ cup of the Apricot/Mango Chipotle sauce. Serve skewers on a banana leaf or decorative plate. Yields 4 servings.



For a Floribbean take on shrimp or chicken try Judi's Grilled Shrimps with Apricot/Mango Chipotle glaze.

For more of Judi's recipes go to www.judigallagher.com.