



CELEBRITY CHEF, AUTHOR AND TV HOST
CHEF G. GARVIN

G. Garvin appears courtesy of Coca-Cola





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INNER CHEF
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VINE-RIPE TOMATO SALAD

Ingredients

2 vine Ripe tomato, small
1 bunch Rocket lettuce/Arugula
4 oz. Buratta Cheese
1 cup Marinated artichoke
loaf Sourdough bread, rough cut small
1 tbsp minced garlic
1 cup Extra virgin olive oil
bunch basil
2 lemons, juiced

Balsamic/Coca-Cola Glaze:

2 cups Balsamic Vinegar
½ cup Brown Sugar
½ cup Red wine
1 can Coca-Cola (12 oz)
Kosher Salt to taste

Squeeze half the lemon on the rocket lettuce and marinated artichokes, in a separate bowl

Instructions:

Slice tomatoes into ½" slices. Place on flat surface and pour ½ cup olive oil on tomatoes. Season with the salt and refrigerate.

Pull the leaves of the Basil apart; place in small bowl to the side. Cut cheese into small pieces; place into a bowl and to the side. Pull or cut the sourdough loaf into small pieces; Place in small bowl with garlic, one tsp olive oil and pinch of salt; mix well. Squeeze half the lemon on the rocket lettuce in separate bowl; add tbsp olive oil, pinch of salt and mix well.

Balsamic /Coca-Cola Glaze:

In a large pan add vinegar, sugar and wine. Mix well before turning on the heat. Turn to medium heat; reduce until it's a thick consistency; remove from the heat, and place to the side. In a separate pan, reduce Coca-Cola until it reaches a syrupy consistency. Mix into the balsamic reduction and cool. Pour into a plastic squeeze bottle.

Plating:

Take the tomatoes and place them uniformly in the center of the plate, then place the basil leaves directly atop the tomatoes. Next place the cheese and the bread (one after the other) around the sides and evenly spread the rocket lettuce around the dish. Drizzle a teaspoon of balsamic reduction on each plate and serve. Serve on a small square white plate.

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MIXED BERRY AND ICE CREAM SUNDAES

Ingredients

1 cup fresh raspberries	2 Tablespoons unsalted butter
1 cup fresh blueberries	Vanilla Ice Cream
1 cup halved fresh strawberries	Whipped cream
2 tablespoons packed brown sugar	

Instructions:

Fruit Compote

In a bowl combine raspberries, blueberries, strawberries and brown sugar.

In a medium sauté pan melt butter over medium heat. Add berry mixture; sauté for 2 to 3 minutes. Serve warm or chilled.

Place fruit compote in an 8x8x2-inch baking pan. Cover and freeze about 4 hours or until firm

To serve, scoop ice cream into shot glasses or dessert dishes. Using the side of the spoon, scrape some of the frozen Fruit Compose on top each serving. Top with whipped cream.

Yield: 24 servings

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MARINATED SKIRT STEAK DELUXE

with Coca-Cola BBQ Sauce

Ingredients

1 cup soy sauce
½ cup finely chopped red onion
¼ cup packed brown sugar
¼ cup Worcestershire sauce
2 Tablespoon chopped shallots
2 Tablespoons chopped garlic
1 Tablespoon olive oil
1 teaspoon dry mustard
Kosher salt
Coarsely ground black pepper
2 8-ounce pieces beef skirt steak
½ cup (1 stick) unsalted butter, softened
1 teaspoon dried parsley flakes
4 6-inch Cuban rolls or 4 kaiser rolls, split
2 large heirloom tomatoes, sliced
16 slices mozzarella cheese

Coca-Cola Barbecue Sauce

2 tbsp canola oil
3 tbsp diced jalapeño
2 tbsp diced garlic
3 cups ketchup
¼ cup chicken stock
1 cup orange juice
½ cup molasses
¼ cup Coca-Cola
½ cup brown sugar
1 tbsp liquid smoke
1 tsp garlic salt

Instructions:

In large saucepan add the oil and heat just a little. Add the garlic, shallots, jalapeño; sauté for 2 minutes, then add the remaining ingredients. Mix well and bring to a low simmer until sauce is combined.

Check the flavor and adjust the sweetness if you like.

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BROILED LOBSTER

(not so) Po Boy

Ingredients

1 lb. Cleaned whole Maine Lobster	1 small shallot, peeled & diced
1 small head Iceberg Lettuce	1 tsp fresh Garlic, diced
2 medium Tomatoes	2 tsp Sugar, white granulated
4 medium Sourdough sandwich loaves	1 whole Lemon, juiced
2 tbsp Unsalted Butter, room temperature	2 tbsp Relish
3 tbsp Mayonnaise	1 tbsp Olive Oil
1 tbsp Crème Fraîche	Kosher Salt and Pepper
1 bunch Arugula, rough chopped	

Instructions:

Start by seasoning Lobster with salt and pepper and the olive oil and the garlic and mix. Place on to a baking pan and place into the oven under broil for five to seven minutes. remove the Lobster and place to the side. Take the Iceberg lettuce and shred into small slices and pace to the side. as well the tomatoes slice and place to the side.

Aioli Sauce:

In a small bowl add the Mayo, the creme Fraiche, the shallots, the relish, the arugula, lemon juice, sugar and mix well, after mixed add a pinch of salt to taste.

Plating:

Slice and butter the bread and toast quickly for forty five seconds. Then spread a generous amount on the sauce on the bread,(bottom) then add the Lobster, place the tomato and lettuce atop the lobster, close and serve with chips or fries.

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SWEET BAY SHRIMP COCKTAIL

Ingredients

8 oz Bay Shrimp, cooked	1 Lime, juiced
1 Roma Tomato, diced	½ Avocado, diced
1 ½ Shallot, diced	3 tbsp Extra-Virgin Olive Oil
½ Chile pepper, diced & seeded	4-oz Frisée
½ bunch Cilantro, finely chopped	Kosher salt to taste
1 Lemon, juiced	Fresh ground white pepper

Serves 4 to 6 people

Using large mixing bowl, combine shrimp, tomatoes, peppers, shallots and avocado followed by lemon & lime juices and cilantro. Add olive oil and mix until all the ingredients are evenly blended. Add salt and pepper to taste. Let sit for forty-five minutes before serving.

Note: Dice all ingredients consistently and bite-size, matching the size of the shrimp. Serve in small martini glass, garnished with a sprig of fresh Frisée.