

Caviar

Caviar or fish eggs or roe or whatever you want to call it, is one of my most favorite meals when it is served with smoked salmon, Crème Fraiche, a nice Champagne, and a nice sunset. The most common types of true caviar found in our wine shops are Beluga, Osetra, and Sevruga. The Russian and Caspian caviars are too expensive for my pocketbook and in danger because of over fishing. However, there are other roes that can fill the bill nicely; American Paddlefish is pretty good along with salmon roe. I like Caviar from Iceland that I have found at Trade Joe's. It is very nice and relatively inexpensive.

Now that you have the caviar, what kind of vessel do you use to pile all that good stuff on? The most common is baby potatoes, potato pancakes, or toast from very plain white bread. During Christmas, when I was having a few friends over and ran out of time, I had some jars of Icelandic caviar that I wanted to serve, so I came up with the idea of using low or unsalted potatoes chips. It was so good and was the talk of the party.

The last key item is Crème Fraiche. Mixing a blend of 50% whipping cream and buttermilk or sour cream and letting it sit on your counter overnight will get you Crème Fraiche. Bellwether Farms Crème Fraiche is ready made and can be found at Trader Joe's, Whole Food, and Bristol Farms.

Recipe submitted by: Carol Frank