

The Bar Harbor Inn Reading Room Restaurant

Featured on Channel 5 in Bangor, Maine

[Aired on April 23, 2007](#)



Ginger Seared Diver Scallops with Smoked Baby Maine Shrimp

Executive Chef Louis Kiefer, Jr.

Serves 4

10 oz large diver scallops
1 oz dried ginger
2 oz flour
4 oz butter

4 oz white wine
8 oz heavy cream
2 oz garlic
¼ oz fresh chopped dill
¼ oz fresh chopped chives
1 oz fresh grated ginger

4 oz smoked baby Maine shrimp
8 oz spinach fettuccine

Dredge scallops in ginger flour mix and sear in pan at high heat. When seared on both sides, reduce heat and add garlic, dill, chives and briefly sauté. Deglaze with white wine and add herbs and heavy cream. Reduce sauce in pan by 1/3. Add smoked shrimp just long enough to heat. Toss in cooked lemon fettuccine and serve.

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Featured on Channel 5 in Bangor, Maine

[Aired on April 30, 2007](#)



Shrimp Unami

Executive Chef Louis Kiefer, Jr.

Serves 4 - 6

24 Peeled and De-veined Jumbo Gulf Shrimp
¼ Cup Sesame Oil
2 T Chopped Garlic
4 T Grated Fresh Ginger
8 Each Baby Portabella Mushrooms – sliced
½ Each Cleaned and Julienne Red Pepper
½ Each Cleaned and Julienne Yellow Pepper
1 Small Red Onion, Julie End
1 Bunch Scallions Chopped Fine
8 Oz Baby Spinach
4 Oz Edam me
1 Oz Sesame Seeds
½ Cup Chicken Stock
Soy Sauce – To Taste
Nuoc Mam Fish Sauce – To Taste
8 Oz Whole Wheat Soba Noodles

Boil soba noodles al dente, cool and reserve.

In a large wok, heat sesame oil and sauté garlic, shrimp, mushrooms and vegetables, add chicken stock, soy sauce and fish sauce. Top wok with soba noodles and steam. Bring to high heat and combine entire dish before service.

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Featured on Channel 5 in Bangor, Maine

[Aired on May 7, 2007](#)



Shrimp Sauté with Raspberry Lambic Sauce

Executive Chef Louis Kiefer, Jr.

Serves 4

4 T Olive Oil
24 Extra Large Peeled and De-veined Raw Shrimp
1 Cup Sliced Scallions – Sliced on the bias
½ Cup Julienne Red Peppers
½ Cup Thinly Sliced Asparagus Spears - Cut Spears on the bias
½ Cup Julienne Yellow Squash
4 T Minced Garlic
2 T Julienne Fresh Basil
2 T Chopped Parsley
¼ Cup Raspberry Lambic Sauce

For the Sauce:

½ tsp Olive Oil
2 T Minced Shallots
¼ Cup Lambic Frambois
½ Cup Chicken Stock
1 T Unsalted Butter
Salt and Butter to Taste

Sauté shrimp in olive oil and reserve sauté vegetables and herbs until tender and combine with shrimp. Spoon with sauce. For the sauce, sauté shallots in olive oil and add the Lambic Frambois, reduce by ½. Add the chicken stock and reduce again by ½. Whisk in the butter and adjust the seasoning.

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Featured on Channel 5 in Bangor, Maine

[Aired on May 14, 2007](#)



Roasted French Lamb Rack with Roasted Red Pepper Coulis

Executive Chef Louis Kiefer, Jr.

Serves 2

For the Sauce:

- 8 oz Roasted Red Peppers (bottled)
- 2 T Balsamic Vinegar
- 3 T Honey
- 1 ½ tsp Dry Mustard
- ½ Cup Dijon Mustard
- 1 tsp of Dry Crumbled Rosemary

Combine in Food Processor and pulse until chopped and combined.

For the Lamb:

- 2 Each – 7 Bone Lamb Rack
- Olive Oil for Searing

- 2 T Chopped Garlic
- 1 T Rosemary
- 1 T Herbs de Provence
- ¼ Cup Whole Grain Mustard

French lamb racks and sear in olive oil until brown on all sides. Combine garlic, rosemary, herbs de Provence and whole grain mustard and spread on top of lamb rack. Bake in oven for 350 degrees for about 30 minutes or until desired temperature. Remove from oven and let set several minutes before carving.

For the presentation:

Pool the sauce on the plate and attractively display carved lamb rack, garnish with fresh rosemary.

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Featured on Channel 5 in Bangor, Maine

[Aired on May 21, 2007](#)



Crepes Grand Marnier

*Executive Chef Louis Kiefer, Jr.
Prepared by Pastry Chef Janna Gallant*

Serves 4

For the Crepe:

20 each of 6 inch Crepes or 1 Package Fresh Crepes

¼ Cup Cinnamon Sugar

¼ Cup Butter

Reserve 4 crepes to prepare crepe basket. Sauté crepes in medium sauté pan in butter over moderate heat. When sautéing, sprinkle crepe with cinnamon sugar. When the crepe is golden brown, fold crepe in ¼ sizes and remove to plate. For the crepe basket, sauté crepes in butter and cinnamon sugar, remove from pan and let cool in a muffin pan or form basket over bowl or cup.

For the Sauce:

8 oz Orange Marmalade

4 oz Orange Juice or Juice from 2 Oranges

2 T Honey

4 oz Grand Marnier or Triple Sec

2 oz Butter

4 oz of Chopped Dried Apricots

Combine all ingredients in sauce pan and heat over medium heat and reduce slightly.

For the Presentation:

4 Large Scoops French Vanilla Ice Cream

Whipped Cream

Mint

Fresh Raspberries

Presentation:

Place one crepe basket in center of plate and surround basket with ¼ crepes. Fill basket with vanilla ice cream, top with sauce and garnish with whipped cream, top with sauce and garnish with whipped cream and mint sprig. Use any remaining sauce to nape ¼ crepes and garnish with fresh raspberries.