



Culinary Experts and Videaricles
Tips, Tricks and Techniques
Members Only Prices and Privileges

EXPERT INTERVIEW: DANA HERBERT
Chef, Desserts by Dana

Lemon Curd by Chef Dana Herbert



Makes 8 servings

INGREDIENTS:

3 eggs
1 cup sugar
1/2 cup freshly squeezed lemon juice
1/4 cup melted butter
3 tbsp. grated lemon zest

PREPARATION:

1. In the top of a double boiler, beat eggs and sugar together with a whisk.
2. Stir in lemon juice and lemon peel
3. Cook over simmering water for 15 minutes or until thickened and the mixture coats the back of a spoon.
4. Serve in a tart shell, with berries, with yogurt, or in your dessert of choice.

Sweet and Spicy Wings by Chef Dana Herbert



Makes 10 servings

INGREDIENTS:

5 lbs. chicken wings
1 qt. buttermilk
2 sticks of butter
1 lb. brown sugar
2 cups hot sauce
1 tbsp. black sesame seeds
1/2 cup sweet chili sauce
5 tsp. thyme
1 tsp. dried basil
1 tsp. oregano
2 tbsp. celery seed
2 tbsp. dry mustard
1 tbsp. garlic powder
2 cups flour

Seasoning for the chicken:

2 tbsp. salt
2 tbsp. black pepper
4 tbsp. paprika
2 tbsp. ginger
1 tbsp. garlic powder

PREPARATION:

1. Soak chicken wings in buttermilk overnight. The acids and sugars in buttermilk will give it a nice tangy flavor.
2. For the sauce, heat butter in a pan, and as it begins to melt (approximately halfway) add the brown sugar and mix well. Stir constantly so it won't burn. It should start to resemble a caramel sauce.
3. Add the hot sauce and continue to stir until incorporated. Then add sesame seeds, thyme, basil, oregano, celery seeds, dry mustard, garlic powder and sweet chili. Set aside.
4. Combine salt, paprika, garlic powder, ginger and black pepper. Liberally season chicken with this mixture.
5. Dredge chicken in flour and shake off excess.
6. Fry the chicken in oil until internal temperature of 165 degrees, about 7 minutes.
7. Toss chicken in sauce and serve hot with celery sticks or blue cheese if desired.

