

FOOD

Inside: Agave's profile on bar lists is growing. Page 3B

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"We bring the boil to you, I'm an at-home chef. I really love doing my seafood boils."

Suzy Brown

BOIL. DUMP. REPEAT.

BY STEPHANIE SHOMIN
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CHARLEVOIX — Charlevoix resident Suzy Brown is a bookkeeper with a hospitality background, but in the summer of 2020, she decided to try a seafood boil. "I was doing a birthday boil at my house for family and friends," she said. "They needed a place to eat."

Brown said this was a good way to "feed a lot of people" during COVID-19 dining restrictions. In 2020, she said, she and others were not allowed to visit their summer homes in northern Michigan. She started the boils downstate and when restrictions were lifted, continued them up north.

She said word spread on social media and within about a week, she was able to start Suzy's Seafood Boils. Though she is based in Charlevoix, Brown serves all of northern Michigan and has some clients downstate.

"We bring the boil to you," Brown said. "I'm an at-home chef. I really love doing my seafood boils."

Brown prepares the meal on site and then dumps the pot out on a plastic-covered table at the guests' chosen dining time. Shrimp, corn, sausage, potatoes and onions are cooked together. The shrimp is devilled, so the shell comes off, she said.

"It's like the one-pot wonder," she said.

The meal is served with biscuits and butter. Each guest gets a bib and silverware, though Brown said most people eat with their hands. "It's a fun, communal dining experience," she said. "There



Suzy Brown, right, helps carry a pot with seafood boil ingredients.

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NANCY KRCEK ALLEN
The Record Eagle



Mayonnaise, the modern 'mother' sauce

Mayonnaise is the Johnny come-lately to the five "Mother Sauces" of classical French cuisine. If you've only ever consumed bottled commercial mayonnaise, homemade mayonnaise will come as a delicious surprise.

In 1854 French chef Antonin Carême first identified four classical mother sauces. Mother sauces are special because they can give birth to many other charming and useful sauces. In 1905 chef Auguste Escoffier updated and enlarged Carême's list to five: Sauce Espagnole (a meaty reduction with a roux-thickener), Bechamel and Velouté (ouls or stock roux-thickened), Hollandaise (raw egg and clarified butter emulsion) and Sauce Tomate (seasoned tomato purée).

Mayonnaise is not a "mother sauce" as are the other mother sauces. It is a stable, cold emulsion made with an acidic ingredient like vinegar or lemon juice and oil emulsified together with egg. While mayonnaise is a versatile and widely used sauce, it was not part of the original mother sauces, probably because it is as much a condiment, and so was not always included in modern lists. Despite this, mayonnaise plays a fundamental role in enhancing the flavor and texture of a variety of dishes. It deserves the sixth mother sauce classification.

There are two ways to prepare mayonnaise: by hand with a whisk or in a food processor or blender. If you are equipping about two cups, follow the double boiler recipe below. If you mayonnaise breaks (separates), whisk it slowly into a fresh egg yolk. The oil is a strong flavor so it is mixed with other oils; it is not bitter if overbeaten. Put mayonnaise in refrigerator until it thickens before using; all flavors will soften and marry. If you add too much water into too-thick mayonnaise to thin. Taste and season. Store mayonnaise in sterilized glass containers with a tight seal. Use clean utensils when scooping mayonnaise from container. Prepare mayonnaise in small batches or just what you need. Keep mayonnaise and mayonnaise-dressed dishes chilled or refrigerated. Discard mayonnaise

The newlyweds return from their honeymoon

FOOD



Special to the Record-Eagle/Suzy's Seafood Boils

Suzy's Seafood Boils has made a meal for an event in Glen Arbor.

BOIL

Former bookkeeper starts seafood boil biz

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are so many great families. Every one is a memory."

Her crew arrives two hours before dinner and stays afterward to clean up and package any leftovers, Brown said.

"We provide everything they need to enjoy the meal," she said.

Glen Arbor residents Jennifer and Dan Szeziel have booked Suzy's Seafood Boils for three summers now. Jen-

nifer said their friend downstate recommended Brown.

They host an event for 30-40 friends each year.

"It's our new tradition," Szeziel said. "It's a great way to host something without doing all that work."

She added that the boils are a break from the traditional summertime barbecues and grilled meals.

"It's a unique and creative party concept," she said.

Suzy's Seafood Boils can serve 12 or more people.

Prices start at \$39 per person. Lobster tail, crawfish and crab legs can be added.

To schedule or for more details, visit www.bookaboil.com or contact suzy@bookaboil.com.



Suzy Brown started Suzy's Seafood Boils in 2020 and continues to serve the northern Michigan area.

CHEF

Mayonnaise, the modern 'mother' sauce

naise Variations

- **Aloli**, Prepare with 1 cup mayonnaise with extra virgin olive oil and lemon juice. Stir in 2 to 3 teaspoons minced or pounded garlic. Season with more lemon, and salt to

- **Sauce Rémoûlade** (ruh-moo-lahd), Prepare 1 cup mayonnaise and fold in 2 teaspoons each minced cornichons, capers, fines herbes, and ¼ teaspoon chopped anchovies.

- **2 to 3 T. lemon juice or wine vinegar**
¼ to 1 C. avocado or canola oil or mixed olive oil and canola

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