



# BURT WOLF

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## TRAVELS & TRADITIONS

### CALIFORNIA'S GOLD COUNTRY



Millions of years ago the tectonic plate under the Pacific Ocean banged into the tectonic plate under what is now California. The Pacific plate began to slide under the California plate. They also started grinding against each other which produced a great deal of heat, pressure, the Sierra Nevada Mountains, and a series of volcanoes that sent mineral-filled rock to the surface. One of the minerals in those rocks was gold.

The discovery of gold in California changed the history of California. But it also changed the destiny of the United States. By today's standards about \$50 billion worth of gold was taken out of California and it supplied the funds necessary for the federal government to conduct The War Between the States.

The gold also became a major reason to build a transcontinental railroad, which united the eastern and western parts of the nation and opened the West to settlement and commerce. The federal government was so eager to get California into the Union that it is the only state in the nation that never went through a period as a territory. It grew so fast and was so important that Washington told it to just come on in. Such is the power of gold.

The story of that gold centers in and around the city of Sacramento. About 90 miles north of San Francisco and 90 miles inland from the Pacific Coast, the Sacramento area was always a key transportation point because it's the spot where the American River joins up with the Sacramento River and flows out to the Pacific Ocean. San Francisco Bay gets a lot of press but it's really just the mouth of the Sacramento River.

### Sutter's Mill

In 1848, California was mostly wilderness with a non-Indian population of about 14,000. The land had just been acquired by the United States as part of the settlement of the Mexican-American War. A few hundred settlers from the East dragged their wagons in each year and that was pretty much it. But the discovery of gold changed everything. Within three years the

population exploded from 14,000 to 225,000. People came from all over the world in search of gold, gold that was first discovered at Sutter's Mill.

Sutter was a Swiss store clerk and military reservist by trade. He left Switzerland to avoid debtor's prison and traveled through the United States, Alaska and Hawaii.

In 1839, he made a deal with the Mexican governor of California and established the first permanent colony in California's Central Valley. It was called New Switzerland and it was to be a utopian agricultural community. As Sutter's dream expanded so did his need for construction materials. He partnered with James Marshall to build a lumber mill on the American River. In January of 1848 Marshall was checking the mill's tailrace—the trough where the water passes out of the mill—when he spotted a nugget of gold about the size of a pea. He brought it to Sutter who confirmed that it was indeed gold. They were excited by the discovery but tried to keep it a secret until they could secure legal title to the land, but unfortunately they never did.

### The Gold Rush



Miners soon began arriving and panning for gold. The site where it was originally found is known as the Gold Discovery State Park and it is part of the town of Coloma, about an hour's drive from downtown Sacramento, and about 150 years back in time.

If you go panning for gold, the first thing you've got to do is get your gear together, what the miners called a grub stake. And the place to do that is Frank Bekeart's trade store. Frank's opened in 1849 just after the discovery of gold and it hasn't changed much.

The nice thing about shopping at Bekeart's is that if you don't do well in the creek they'll sell you a little bottle with gold



in it, so when you get home you have something to show while you tell the story of the incredible hardships you went through while searching for wealth beyond your wildest dreams. In the old days miners had to work fifty pans a day to recover enough gold to pay their expenses.

### Sutter's Fort

Today, the best way to get an idea of what Sutter's settlement was like is to stop by Sutter's Fort on a Tuesday or a Thursday. For the past 25 years the Sacramento Historic Sites Association has run an environmental living program. For 24 hours, fourth graders from schools all over California dress up in period costumes and relive history.



In 1849, ten years after the fort was established, the men rushing to the gold overwhelmed it and stripped it of everything of value. Sutter went back to Washington, D.C. and tried to convince the federal government to pay him something for his loss as well as his contribution to the formation of the State of California. (Fat chance.) His son tried to recoup a few dollars by laying out a plan for the land around the fort and selling it. His neat grid set out numbered and lettered streets that ran alongside the river. In 1850 the area was incorporated as the City of Sacramento and Sutter's grid stands as the city plan.

### Old Sacramento



You can still see the first place where that plan was laid out. It's called Old Sacramento and it has been restored to its original look.

Most of the settlers who came to California in the early 1800s came to reinvent themselves. Sutter was a perfect example. When he lived in Switzerland he was a lieutenant in the reserves. When he got to California he became Captain Sutter of the Royal Swiss Guards who had fought in the French Revolution. Of course, Sutter missed the point that those Royal Swiss Guards were on the losing side and had all died in a screwed-up battle in the king's palace. It appears that Sutter couldn't get his act together even when he was making it up, and he might have been doing that most of the time.

If you're interested in changing your own look you can stop into Evangeline's Costume Shop and reinvent yourself. Evangeline's is housed the oldest building in old Sacramento and contains three floors of outrageous costumes.

## THINGS TO DO

### AL'S PLACE

P.O. BOX 1250  
WALNUT GROVE, CA 95690  
TEL: (916) 776-1800

### CALIFORNIA STATE RAILROAD MUSEUM

111 "I" STREET  
SACRAMENTO, CA 95814  
TEL: (916) 445-1705  
[WWW.CSRMF.ORG](http://WWW.CSRMF.ORG)

### EVANGELINE'S COSTUME SHOP

113 K STREET  
SACRAMENTO, CA 95814  
TEL: (916) 443-2181

### FRANK BEKEART'S STORE

8900 HIGHWAY 49  
COLOMA, CA 95613  
TEL: (530) 621-0963

### MARSHALL GOLD DISCOVERY STATE HISTORIC PARK

310 BACK STREET  
COLOMA, CA 95613  
TEL: (530) 622-3470  
[WWW.PARKS.CA.GOV](http://WWW.PARKS.CA.GOV)

### STAGE NINE ENTERTAINMENT STORE

102 K STREET  
OLD SACRAMENTO, CA 95814  
TEL: (916) 447-3623  
[WWW.STAGENINE.COM](http://WWW.STAGENINE.COM)

### SUTTER'S FORT

26TH STREET AT K STREET  
SACRAMENTO, CA 95816  
TEL: (916) 445-4422  
[WWW.PARKS.CA.GOV](http://WWW.PARKS.CA.GOV)

### WELLS FARGO HISTORY MUSEUM

1000 SECOND STREET  
SACRAMENTO, CA 95814  
TEL: (916) 440-4263  
[WWW.WELLSFARGO.COM](http://WWW.WELLSFARGO.COM)

## The Pony Express

Old Sacramento will give you a good idea of what this town looked like during the second half of the 1800s. As Sacramento grew it became the western terminus for much of the cross-continental commerce and communication, including the Pony Express. The Pony Express delivered mail between Sacramento and Saint Joseph, Missouri, a distance of 2,000 miles.

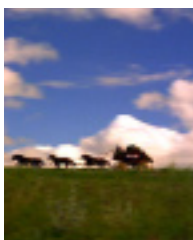
The riders got paid about \$25 a week, which would be about \$500 in today's money. The youngest rider was 11 years old, the oldest was 40. Buffalo Bill had been a Pony Express rider. The average trip took about ten days and the fastest one on record was seven and a half. They were in a hurry to deliver Abraham Lincoln's inaugural address.

In spite of its fame, the Pony Express was only in business for 18 months during 1860 and 1861. Part of the reason it came to an end was the introduction of the telegraph, which ironically was housed in the same building. The Pony Express was a financial disaster for its founders and investors and ended in bankruptcy. Yet it lives on in legend like the dotcoms.

## Wells Fargo

A much more successful business model was that of Wells Fargo. The miners in the gold fields needed a regular and reliable link to the eastern part of the United States. The closest government post office to the gold fields was in San Francisco, a trip that no miner wanted to make. When you left your claim someone usually stole it. Henry Wells and William Fargo had set up an express service from the East Coast to Chicago. They understood the problem and opened up offices in the middle of the Gold Country. The office provided postal service, but perhaps more important, a prospector could take his gold into Wells Fargo and convert it to money.

By the 1860s, Wells Fargo had a successful stagecoach business. Instead of spending six seasick months hanging over the rail of a boat as it went around the southern tip of South America, you could hop into a Wells Fargo stagecoach going from Mississippi to Sacramento and only spend three weeks puking out the window.



In 1877, the *Omaha Herald* published a guide to stagecoach travel. 1) Don't spit into the wind. 2) Don't swear or lop over on your neighbor when sleeping. 3) If delicate women are among the passengers don't point out places on the road where horrible murders have been committed. And finally, please do not op-

erate any electronic devices that might interfere with the driver's sense of direction.

The great fortunes that were made during the Gold Rush were not made by the miners who separated the gold from the rocks, but by the guys who separated the gold from the miners. The cost of living in the Gold Country took almost everything the miners made, and made the suppliers rich. Eggs were selling for \$50 a dozen. Four of the richest guys in town were Charles Crocker, a dry goods merchant, Leland Stanford, a grocer, and two hardware dealers, C.P. Huntington and Mark Hopkins. They were known as the Big Four and the fortunes they made from selling things to the miners gave them a one-track mind.

That track became known as the Central Pacific Railroad, which was financed by the Big Four. The first spike was set at the edge of Sacramento's waterfront in 1863, and track was laid east as fast as possible. California's gold was running out, but silver had been discovered in Nevada. The Big Four loved the idea of controlling the commerce between the mines and the coast. Federal money poured into the railroad because it would keep California and its wealth in the Union.

## California State Railroad Museum

Today Sacramento is home to the California State Railroad Museum, which is the most visited railroad museum in the world. With over 225,000 square feet of exhibition space, the museum explains the role that the railroads played in the development of California and the nation. It starts with the first transcontinental railroad and continues through the golden age of railroading.



The oldest locomotive in the museum is the Central Pacific's Governor Stanford. It was shipped by boat around the southern tip of South America and arrived in Sacramento to start work in 1863. There is a spectacular collection of restored locomotives and cars from the golden age of railroading that spanned the period between 1869 and 1910.

There are 19th century Victorian passenger cars with every inch of surface covered with decoration. They also have the finest restored example of the American standard locomotive, the Northern Pacific Coast Railroad number 12. It went into operation in Marin County, California in 1876. There's a legendary dining car from the Santa Fe Super Chief with table settings from the 1940s when it was the last word for meals-on-wheels. There's an old mail-sorting car where the postman was tested on his ability to remember the location of over one hundred boxes.

## WHERE TO STAY

Since the mid-1800s, when John Sutter built his fort to attract farmers to the area, Sacramento has been a place where visitors and settlers have always been welcomed. The idea of accepting newcomers is very much a part of the gold field culture. You never knew who your neighbors were going to be and when you would need help from them. And besides everybody had a gun so it was important to play nice.

The idea of being hospitable is still very much a part of present-day Sacramento and one of the most interesting places to experience that old-style hospitality is the Delta King Hotel. The Delta King and her sister the Delta Queen started out in the 1920s as riverboats that ran up and back between Sacramento and San Francisco. Today the boat is permanently moored on the Old Sacramento waterfront and transformed into a 43-room hotel.



### THE DELTA KING HOTEL

1000 FRONT STREET  
 OLD SACRAMENTO, CA 95814  
 TOLL-FREE: 1-800-825-5464  
 TEL: (916) 444-5464  
 FAX: (916) 444-5314  
[WWW.DELTAKING.COM](http://WWW.DELTAKING.COM)

Old 4294 is the last of the unique cab-forward steam engines designed to run through the tunnels of the Sierra Nevada Mountains. When I first saw it, I thought the cab-forward plan was designed so the engineers could get a better view of the track. But the real reason was based on the fact that when the engine and the smoke stack were in front of the cab, where the men drove the train, and they went into a tunnel, the smoke would come back and the engineer would die of asphyxiation.

The railroads couldn't have cared less about the loss of the men, but shortly after the engineers died, the trains and their valuable cargos would crash, and that was serious.

### The Chinese Community of Locke

For the most part, the California Gold Country is a society made up of descendants of European stock. Yet much of the story of Sacramento and the rest of California rests in the Chinese community.

In 1848 China was in total chaos. The Manchu Dynasty was falling apart and unable to govern. There was widespread starvation and the peasants were in rebellion. Tens of thousands of Chinese left home in search of their golden opportunity, which they believed was buried in the hills just outside of Sacramento.

To see what a Chinese community looked like, pay a visit to the town of Locke, about 45 minutes southwest of Sacramento. It is the only remaining rural Chinese village in the United States. When the Chinese dis-



trict in the nearby town of Walnut Grove burned down in 1915 the displaced residents rented land in an orchard and built Locke. Built by Chinese for Chinese, it has been designated as a national historic site.

### Al's Bar

If you pass through Locke during a weekday, you might think that you were in a ghost town. But stop by on a weekend afternoon and you'll see that Locke's clock is still ticking. Al's Bar has been here since 1934. It was established by Al Adami who at the time was the only non-Chinese businessman in town. Al's has maintained some unique traditions. If you place a thumbtack into a dollar bill and throw it up to the ceiling and the dollar bill sticks you get a free drink.



## TO LEARN MORE . . .

### SACRAMENTO CONVENTION & VISITORS BUREAU

1303 J STREET; SUITE 600  
 SACRAMENTO, CA 95814  
 TOLL-FREE: 1-800-292-2334  
 TEL: (916) 264-7777  
[WWW.SACRAMENTOCVB.ORG](http://WWW.SACRAMENTOCVB.ORG)

### UNITED AIRLINES

TOLL-FREE: 1-800-241-6522  
[WWW.UAL.COM](http://WWW.UAL.COM)



TRAVELS & TRADITIONS  
RECIPES FROM  
CALIFORNIA'S GOLD COUNTRY



**SPINACH SALAD WITH CANDIED PECANS  
AND BALSAMIC VINAIGRETTE**  
*Makes 6 servings*

FOR THE CANDIED PECANS

*1½ cups pecan halves  
1 cup sugar  
½ cup water*

FOR THE VINAIGRETTE

*½ cup balsamic vinegar  
2 tablespoons sherry wine vinegar  
2 tablespoons red wine vinegar  
2 tablespoons whole-grain mustard  
1 shallot, minced  
½ teaspoon fresh thyme leaves  
¼ cup mayonnaise  
½ cup walnut oil  
¼ cup olive oil  
Salt  
Freshly ground black pepper  
1 pound (about 12 cups) young or baby spinach  
leaves, washed and dried  
2 Granny Smith apples, cored and thinly sliced  
6 leaves Belgian endives  
1 cup crumbled Stilton blue cheese*

FOR THE PECANS: Lay a piece parchment paper on a baking sheet and set aside. In a medium nonstick skillet, stir together the pecans, sugar, and water. Cook the sugar and pecans over medium heat until the sugar has caramelized, about 10 minutes. Turn the pecans over half way through the cooking. Pour the caramelized pecans out onto the lined baking sheet, carefully separating the nuts with two forks. Set aside to cool completely.

TO MAKE THE VINAIGRETTE: Mix the vinegars, mustard, shallot, thyme, and mayonnaise together in a bowl. Slowly whisk in the oils. Season to taste with salt and pepper and set aside.

In a large bowl toss the spinach, apples, and can-

died pecans with half of the vinaigrette. Divide the greens among 6 plates. Garnish each plate with a leaf of endive and sprinkle cheese over the salads. Drizzle remaining dressing over each plate and serve.



**LAVENDER SALMON ON ASPARAGUS AND RED POTATOES  
WITH A CARAMEL-ORANGE SAUCE**  
*Makes 6 servings*

FOR THE SALMON

*1 cup olive oil  
¼ cup chopped fresh tarragon  
3 tablespoons chopped fresh thyme  
2 teaspoons salt  
1 teaspoon freshly ground black pepper  
Six (7-ounce) salmon filets*

FOR THE CARAMEL-ORANGE SAUCE

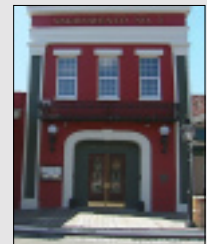
*5 tablespoons butter, cut into small pieces  
2 shallots, minced*

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**THE FIREHOUSE RESTAURANT**

1112 SECOND STREET  
OLD SACRAMENTO, CA 95814  
TEL: (916) 442-4772  
[WWW.FIREHOUSEOLDSAC.COM](http://WWW.FIREHOUSEOLDSAC.COM)

The building was put up in 1853 to house the first paid fire department in town. In 1959, Newton Cope purchased the property and turned it into the Firehouse Restaurant. It features Victorian antiques, an award winning wine list, and good food.



*1½ cups mandarin orange segments, drained*  
*2 cinnamon sticks*  
*1 teaspoon ground allspice*  
*2 cups white wine*  
*1 cup heavy cream*  
*Salt*  
*Freshly ground black pepper*

FOR THE POTATOES

*3 pounds medium red skinned potatoes, peeled and quartered*  
*Salt*  
*½ cup sour cream*  
*¼ cup milk*  
*Freshly ground black pepper*  
*18 medium asparagus spears, trimmed*  
*60 dried lavender flowers (optional)*

TO MARINATE THE SALMON: In a large glass baking dish, mix together the oil, tarragon, thyme, and half of the salt and pepper. Add the fish and set aside to marinate for 30 minutes.

TO MAKE THE SAUCE: In a medium pot over medium-high heat, melt 1 tablespoon of the butter. Add the shallots, orange segments, cinnamon sticks, and allspice and cook until the oranges begin to break down and cinnamon is fragrant. Pour in the wine and reduce the mixture to 1 cup. Add the heavy cream and bring to a boil, then add the butter. Season the sauce to taste with salt and pepper and reduce the heat to low and keep warm while you prepare the salmon.

TO MAKE THE POTATOES: Place the potatoes in a large pot, cover with cold water and season to taste with salt. Bring to a boil and simmer until the potatoes are fork tender. Drain and puree the potatoes in a food mill or ricer. Stir in the sour cream and milk with a wooden spoon until all of the liquid is absorbed. Season to taste with salt and pepper. Keep loosely covered and warm until ready to serve.

When ready to serve, bring a pot of water to a boil with a pinch of salt. Cook the asparagus for 4 to 5 minutes, until tender but not limp. Or you can steam the asparagus for 2 to 3 minutes. Heat a large non-stick skillet. Lift the salmon out of the marinade and season with the remaining salt and pepper. Add the salmon, skin side up first, and saute over high heat until lightly browned, 3 to 4 minutes per side depending on the thickness of the fillets.

To present the dish, spoon a mound of the mashed potatoes in the center of 6 dinner plates. Fan 3 stalks of the asparagus over the potatoes and lay a piece of salmon over the asparagus. Ladle the sauce over each plate and garnish with the lavender flowers.

**VALRHONA CHOCOLATE MOUSSE CAKE  
WITH VANILLA CRÈME ANGLAISE  
AND FRESH RASPBERRIES**

*Makes 4 servings*

FOR THE CHOCOLATE CAKE

*2 tablespoons butter*  
*¼ cup almond flour*  
*2 tablespoons confectioners' sugar*  
*2 tablespoons cocoa powder*  
*2 tablespoons flour*  
*2 eggs separated*  
*4 tablespoons sugar*

FOR THE RASPBERRY MOUSSE

*3 cups fresh or frozen raspberries*  
*1 teaspoon gelatin*  
*1 tablespoon cold water*  
*¼ cup heavy cream*  
*3 tablespoons sugar*

FOR THE CHOCOLATE MOUSSE

*2 ounces semisweet chocolate*  
*2 tablespoons unsalted butter*  
*2 eggs separated*  
*¼ cup heavy cream*  
*1 tablespoon sugar*

FOR THE CRÈME ANGLAISE:

*2 egg yolks*  
*2 tablespoons sugar*  
*½ cup milk*  
*6 tablespoons heavy cream*  
*½ of a vanilla bean, split lengthwise*

FOR GARNISH

*1 cup fresh raspberries*  
*1/3 cup chocolate shavings*

FOR THE CAKE: Preheat the oven to 400° F. Move the oven rack to the middle position. Butter one 8-inch cake pan with 1 tablespoon of the butter, then line the cake pan with an 8-inch round piece of parchment paper, then butter the top of the parchment paper. Melt the remaining 1 tablespoon of butter and set aside. Sift the almond flour, confectioners' sugar, cocoa powder, and flour into a bowl and set aside.

In a bowl, beat egg whites with an electric mixer until soft peaks form, then gradually add 2 tablespoons of the sugar, whisking constantly until stiff

*Continued on page 7*

peaks form. In another bowl, whisk egg yolks with the remaining 2 tablespoons of the sugar until yolks turn pale yellow. Whisk the melted butter into the yolks. Fold the egg yolk mixture into the whites, then sift in the dry ingredients, folding gently to avoid deflating the batter.

Pour the batter into the prepared cake pan and bake for 25 minutes, or until a wooden toothpick inserted in the center of the cake comes out clean. Remove the cake from the oven, set on a rack and allow the cake to cool completely. Turn the cake out onto a clean cutting board, peel away parchment paper, cut out 4 circles with a 2½-inch cookie cutter.

Cut 4 pieces of parchment or wax paper into strips 3 inches wide and 10 inches long. Wrap the strips around the cakes and tape them in place to form a collar. Put the cakes onto a plate and set aside.

FOR THE RASPBERRY MOUSSE: Cook the raspberries in a small saucepan over medium heat until the fruit begins to break down, about 5 minutes. Strain the mixture through a fine mesh strainer into a bowl, discarding the seeds, and return raspberries to the pan. Soak the gelatin in the cold water to soften it and add to the raspberries and gently heat over medium heat until the gelatin has completely dissolved, about 2 minutes. Set the raspberry mixture aside to cool to room temperature.

In a bowl, whisk the heavy cream and the sugar together until soft peaks form. Fold the cooled raspberry mixture into the whipped cream. Divide the raspberry mousse between the four cakes, spreading the mousse out to create an even layer. Return the cakes to the refrigerator to allow the mousse to set.

FOR THE CHOCOLATE MOUSSE: Set up a double boiler or set a medium-size stainless steel bowl over a pot of gently simmering water. Check to make sure the bottom of the bowl is not touching the water. Melt the chocolate and butter together in the double boiler, stirring constantly. Remove the chocolate from the heat and carefully add egg yolks, one at a time, whisking constantly. Set the bowl aside to cool to room temperature.

Meanwhile, beat the egg whites with an electric beater until soft peaks form and set aside. Whisk the heavy cream in a bowl along with the sugar until soft peaks form and set aside. Fold the egg whites into the chocolate mixture, then fold in the heavy cream. Fold in the ingredients gently to avoid deflating the mousse. Spoon the chocolate mousse over the raspberry mousse and return the cakes to the refrigerator to allow the second mousse to set.

TO MAKE THE CRÈME ANGLAISE: In a bowl, whisk together the egg yolks and sugar until the mixture turns a pale yellow and set aside. In a medium pot, heat the milk, heavy cream, and vanilla bean together over medium heat until mixture just begins to bubble around the edges. Add ¼ of the hot milk to the egg yolks, whisking vigorously to avoid curdling the eggs, and then pour the eggs mixture back into the pot. Heat the mixture over medium heat, stirring constantly with a wooden spoon, until the sauce coats the back of the spoon. Remove and discard the vanilla bean. Pour the mixture into a stainless steel bowl and chill.

To serve the dessert, peel away the parchment paper from each cake and put each on the center of a dessert plate. Spoon the crème anglaise over each cake and onto each plate. Garnish each dessert with the fresh raspberries and sprinkle the shaved chocolate over each plate.

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*Above recipes courtesy of The Firehouse Restaurant,  
Sacramento, California.*



## SESAME CHICKEN

*Makes 4 servings*

FOR THE SAUCE

*¼ cup distilled white vinegar  
½ cup sugar  
½ cup plus 1 teaspoon water  
1 tablespoon Sambal chili paste  
1 teaspoon cornstarch*

FOR THE CHICKEN

*1 pound boneless, skinless chicken breasts, cut  
into ¾-inch cubes  
1 teaspoon salt  
1 teaspoon sesame oil  
2 small cloves garlic, minced  
¾ cup cornstarch  
½ cup flour  
1 cup water  
2 eggs, lightly beaten  
1 teaspoon baking powder  
4 cups vegetable oil  
1 teaspoon toasted black sesame seeds  
1 teaspoon toasted white sesame seeds*

*Continued on page 8*

TO MAKE THE SAUCE: In a medium saucepan, over medium heat, boil the vinegar, sugar, ½ cup water, and chili paste until the sugar has melted. In a medium bowl whisk together the cornstarch and 1 teaspoon water until smooth. Slowly add the cornstarch mixture to the vinegar, sugar mixture, stirring constantly until the sauce has thickened. Reduce heat to low and keep warm while you prepare the chicken.

FOR THE CHICKEN: In a small bowl marinate the chicken in the salt, oil, and garlic for 10 minutes. In a medium bowl, whisk together the cornstarch, flour, water, eggs, and baking powder until the batter is smooth and set aside. Pour the oil into a wok or large pot and heat over medium-high heat to 365°F. Add the marinated chicken to the batter and stir to combine. Lift pieces of the chicken out of the batter and carefully drop into the oil, frying in two batches to avoid over crowding. Fry the chicken until golden and crispy, about 5 minutes per batch. Lift the chicken out of the hot oil with a slotted spoon and drain briefly on paper towels.

TO SERVE: Stir the chicken into the sauce and then transfer to a serving platter. Sprinkle the sesame seeds over the top and serve immediately.



## HONEY WALNUT PRAWNS

*Makes 4 servings*

FOR THE HONEY WALNUTS

*½ cup walnut halves*

*¼ cup sugar*

*2 tablespoons water*

### FAT'S ASIA BISTRO AND DIM SUM BAR

1500 EUREKA ROAD

ROSEVILLE, CA 95661

TEL: (916) 787-3287

[WWW.FATSBISTRO.COM](http://WWW.FATSBISTRO.COM)

The Fat in Fat's Asia Bistro comes from Frank Fat whose family has been running some of the best restaurants in town since 1939. The bistro is a hip new spot offering dishes from China, Thailand, Singapore, Vietnam, Korea and Japan. Joseph Lee is the Executive Chef.

FOR THE SAUCE

*½ cup mayonnaise*

*3 tablespoons sweetened condensed milk*

*2 tablespoons sugar*

*1 tablespoon fresh lemon juice*

*¼ teaspoon vanilla extract*

FOR THE PRAWNS

*1 pound large raw prawns or shrimp, peeled and deveined*

*1 teaspoon salt*

*1 teaspoon sesame oil*

*1 cup (about 8) egg whites*

*½ cup cornstarch*

*4 cups vegetable oil*

*1 tablespoon toasted sesame seeds, for garnish*

TO MAKE THE WALNUTS: Lay a piece parchment paper on a baking sheet and set aside. In a medium nonstick skillet, stir together the walnuts, sugar, and water. Cook the sugar and walnuts over medium-high heat until the sugar has caramelized, about 5 minutes. Turn the walnuts over half way through the cooking. Pour the caramelized walnuts out onto the lined baking sheet, carefully separating the nuts with two forks. Set aside to cool completely.

FOR THE SAUCE: In a large bowl place all of the ingredients and whisk together until smooth. Set aside.

FOR THE PRAWNS: In a medium bowl, stir together the prawns or shrimp, salt, and sesame oil and set aside to marinate for 10 minutes. In another medium bowl, whisk together the egg whites and cornstarch until the batter is smooth. Pour the oil into a wok or large pot and heat over medium-high heat to 365°F. Add the marinated shrimp to the batter and stir to combine. Lift each shrimp out of the batter and carefully drop into the oil, frying in two batches to avoid over crowding. Fry the shrimp until golden and crispy, about 1½ to 2 minutes per batch. Lift the shrimp out of the hot oil with a slotted spoon and drain briefly on paper towels.

Stir the hot crispy shrimp into the sauce and then transfer to a serving platter. Garnish the platter with the walnuts and sprinkle the sesame seeds over the top. Serve immediately.



*Recipes courtesy of Fat's Asia Bistro and Dim Sum Bar,  
Roseville, California.*