

Artichoke Soup

- The hearts from 5 large artichokes
 - 5 Tbsp butter, divided
 - 1 medium size leek, white-and-light green parts only, sliced and rinsed
 - 6 garlic cloves, chopped
 - 1/2 cup chopped shallots (or yellow onion, if shallots aren't available)
 - 8 oz of Yukon Gold potatoes, peeled and diced
 - 12 cups of chicken stock (if cooking gluten-free, use gluten-free stock) or vegetable stock (for vegetarian option)
 - 1/2 bay leaf
 - 2 sprigs thyme
 - 4 sprigs of parsley
 - 1/4 teaspoon cracked black peppercorns
 - 1/4 cup of cream
 - Salt to taste

METHOD

1 Prepare the artichoke hearts. Peel off the leaves from around the **artichokes** until you get to the thistly choke in the center.

With a small knife, remove the thistle choke part and discard. Cut or peel away the tough outside skin of the stems and discard. You can keep one to two inches of the stem on the artichoke heart. Longer stems you can discard.

Slice the hearts or chop to a quarter inch thickness.

2 Melt the **butter** in a large, thick-bottomed pot on medium heat. Add the **artichoke hearts, sliced leek, garlic, and shallots**. Cook until tender, but not brown. Add the peeled **diced potatoes** and the **stock**.

Wrap the herbs (**bay leaf, thyme, parsley**) and **peppercorns** in cheesecloth and place in the pot. Increase the heat to bring the soup to a simmer, then lower the heat to maintain a simmer. Cook uncovered, for 1 hour.

3 After an hour, remove and discard the herbs. Purée the soup and use a rubber spatula to push it through a fine mesh sieve. At this point you can make ahead and refrigerate until ready to serve.

When you are ready to serve, heat the soup and stir in the remaining **butter** and the **cream**. Season with **salt** to taste and serve.

Onion Cream

3 onions, whole-peel on

Canola oil

Lemon

Salt

1. Heat oven to 425 F. Place onions on a sheet tray with parchment and drizzle with oil.
2. Place in oven and roast for at least 45 minutes or until done.
3. Puree with oil until desired consistency is reached. Season to taste with lemon and salt.

Fried Artichokes

1. Clean artichokes, fry at 275 until tender, let cool and dry on paper towel.
2. Fry again at 375F.

Parisian Gnocchi

1 cup (8 ounces) water

8 tablespoons (1 stick, 4 ounces) unsalted butter

3/4 teaspoon (about .15 ounces) kosher salt

1 1/4 cups (6.25 ounces) all-purpose flour

1 tablespoon Dijon mustard

1/2 cup (about 1 ounce) freshly grated Parmesan cheese

3 large eggs

2 tablespoons chopped fresh parsley leaves

2 tables finely sliced chives

Olive oil

1.

Bring water, butter, and salt to a boil in a medium saucepan over high heat. Add flour all at once and stir with a wooden spoon until a smooth dough forms. Reduce heat to medium-low and continue to stir, beating dough forcefully and rapidly to prevent it from sticking to the pot. Continue cooking until dough pulls away from sides of pot leaving a thin layer and steams slightly.

2.

To Finish with Stand Mixer: Transfer hot dough to the bowl of a stand mixer fitted with a paddle attachment. Add mustard and cheese and beat on medium-low speed. Add eggs one at a time, allowing dough to fully incorporate egg before adding the next one. When final egg has been added, add herbs and beat to combine. Transfer mixture to a gallon-sized zipper-lock bag or a pastry bag fitted with a 1/2-inch tip. Proceed to Step 4.

3.

To Finish by Hand: Remove pot from heat. Add mustard and cheese and beat with wooden spoon until homogenous. Add eggs one at a time, beating vigorously with each addition to prevent eggs from curdling and allowing dough to fully incorporate egg before adding the next one. When final egg has been added, add herbs and beat to combine. Transfer mixture to a gallon-sized zipper-lock bag or a pastry bag fitted with a 1/2-inch tip.

4.

Let mixture rest 15 to 25 minutes at room temperature. Meanwhile, bring a large pot of salted water to a simmer and have a rimmed baking sheet. If using a zipper-lock bag, cut off a 1/2-inch opening in one corner. Holding the bag over the boiling water, squeeze the mixture out of the bag, cutting it off with a paring knife into 1-inch lengths and letting them fall directly into the simmering water. Continue cutting off as many as you can in one minute, then stop.

5.

When all gnocchi have floated to the top, continue cooking until gnocchi are fully cooked to the center, about 3 minutes longer. Lift gnocchi with a fine mesh strainer or a metal spider and transfer to rimmed baking sheet. Drizzle with a little bit of olive oil and toss to coat. Repeat with remaining dough. Cooled gnocchi can be refrigerated until ready to continue cooking.

Ragu

Ingredients

2 tablespoons olive oil
2 pounds ground pork
2 pounds ground veal
2 tablespoons tomato paste
2 large carrots, brunoise
2 large celery sticks, brunoise
1 large onion, brunoise
2 garlic cloves, minced
2 cups dry red wine
1 litre crushed tomatoes
1 sprig rosemary
2 sage leaves

1. Heat olive oil in large braising pot. Brown off meat stirring constantly.
2. Add tomato paste and brown the paste. Don't let it burn.
3. Add celery, carrots, onions, and garlic. Cook until vegetables are tender.
4. Add wine and deglaze the pan. Reduce wine until au sec.
5. Add tomatoes, rosemary and sage.
6. Cook for at least an hour.

Parmigiano Cream

150 grams parmigiano
2 cups cream

1. Combine in a pot on low heat. Season.

Breadcrumbs

Panko crumbs

2 tablespoons olive oil
2 cloves garlic

1. Heat oil in sauce pan and add garlic, slightly browning.
2. Add crumbs and brown until nice and golden.

Pan Roasted Lamb Rack

1 lamb rack
1 3 foot piece of butcher twine
2 tablespoons butter
2 cloves garlic
1 sprig rosemary
1 sprig thyme
2 cup dry red wine
1 litre beef stock
2 tablespoons butter (keep cold)

1. Clean lamb rack. Preheat oven to 375.
2. Heat oven safe pan until hot and add lamb rack fat side down. Let cook until fat is rendered down, flip over and put in the oven. Cook to desired doneness.
3. Place pan on stove and put on very low heat. Add butter, garlic, rosemary, and thyme and baste the lamb rack. Pour off all fat and oil. Remove lamb rack and let rest on rack.
4. Turn up the heat on the stove and let the fond get brown and hot then add red wine. Reduce until au sec, then add beef stock and reduce. Once desired consistency is reached add 2 tablespoons of butter and swirl into sauce. Season.
5. Slice lamb rack along the bone and season with salt and pepper. Serve with sauce.

Charred Green Onion Puree

20 green onions
Olive oil
Water
Salt
Lemon

1. Place a large pot of salted water in large pot and boil. Place green onions in and blanch for 10 seconds. Shock into ice water.
2. Drain onions and place into blender. Blend with olive oil until desired consistency is reached, season with lemon and salt.

Roasted Cauliflower

Cauliflower

Oil

Lemon

1. Turn oven up to 450F. Toss cauliflower in oil and roast until done. For a darker and sweeter finish, place in fryer at 325 until dark brown, then transfer to oven at 375 until tender.
2. Season with salt and lemon.

Lemon Posset

- 2 1/4 cups whipping cream
 - 3/4 cup plus 1 teaspoon sugar
 - 3 tablespoons fresh lemon juice
 - 2 tablespoons fresh lime juice
 - 1 teaspoon grated lemon peel
 - 1 teaspoon grated lime peel

- Bring cream, lime and lemon peel and 3/4 cup sugar to boil over medium-high heat, stirring until sugar dissolves. Boil 3 minutes, stirring constantly, adjusting heat as needed to prevent mixture from boiling over. Remove from heat. Stir in lemon juice and lime juice and cool 10 minutes. Stir mixture again and divide among six 1/2-cup ramekins or custard cups. Cover and chill possets until set, at least 4 hours or overnight.

Whipped Short Bread

1 cup (250 mL) unsalted butter, softened
1/2 cup (125 mL) icing sugar, sifted
1/4 cup (60 mL) cornstarch
1 tsp (5 mL) vanilla extract
1/2 tsp (2 mL) salt
1 1/2 cup (375 mL) all-purpose flour

1. In large bowl with electric beaters, beat butter, sugar, cornstarch, vanilla and salt until fluffy; mix in flour just until combined. Cover bowl and refrigerate just until firm, about 20 minutes.
2. Roll by tablespoonfuls into balls; place on parchment paper-lined baking sheets.

Using lightly floured tines of fork, press tops of cookies until flattened to ½-inch (1 cm). Top with sprinkles, if using.

3. Bake in preheated 300°F (150°C) oven until pale golden and just set, 14 to 16 minutes. Let cool on pans on racks for 10 minutes; transfer cookies to racks and let cool completely.

Earl Grey Syrup

200ml water

100g sugar

1. Soak a teabag of earl grey syrup in warm water for an hour.
 2. Pour the tea into a saucepan and bring to the boil.
Leave the bag/loose tea in the pan.
 3. Add 100g of sugar and simmer for ten minutes.
 4. Remove from the heat. Double strain and pour into a clean (sterile) bottle.