



Duck Stock

2 kg. Duck bones

15 ml. Vegetable oil

2 L. Water

2 Carrots, peeled and chopped

2 Leeks, peeled and chopped

4 Ribs of celery, chopped

2 Tomatoes, chopped

1 Sprig thyme

2 Sprigs parsley

1 bay leaf

5 ml. Black peppercorns

4 Juniper berries

2 Cloves

Method: Roast bones in oil in 325°F convection oven until golden brown. Remove and transfer to steam kettle. Add remaining ingredients and bring to a simmer over low heat. Cook for 4-5 hours. Strain and cool.



Truffle Vinaigrette

Ingredients:

Yield: 350 ml

60	g	shallots – finely diced
80	ml	extra virgin olive oil
100	ml	champagne vinegar
40	ml	Truffle oil
50	ml	maple syrup
10	g	chopped chives
tt	tt	sea salt
tt	tt	fresh cracked black pepper

Method:

1. Finely dice the shallots and mix it together in a stainless steel bowl with the olive oil.

2. Measure out the rest of the ingredients and whisk them all together.
3. Make any final adjustments with the seasonings.
4. Store the vinaigrette in the cooler until needed.
5. Toss the greens with the vinaigrette or drizzle over top of the greens.
6. Thinly slice truffles and scatter over the plate.
7. Serve



Recipe

Smoked Sea Scallops with Melon Caviar

Ingredients:

Smoked Scallops

Sea Scallops – 10/20 size – penuncl (adductor muscle) removed – 2-3 scallops per order

Fresh Thyme – 1 sprig

Crushed Black Pepper – 1g

Olive oil – 50ml

For the smoked scallops: Place three scallops in a small vacuum bag with a small amount of crushed black pepper, a sprig of thyme and 100ml of olive oil. Cook en sous vide at 60C for 10 minutes and cool immediately. For service, open bag and sear scallops in hot pan at high heat until golden brown (but centre still medium rare). Smoke with smoking gun in a covered container for 2 minutes.

Ingredients:

Melon Caviar

Honeydew Melon – 1pc

Cantaloupe Melon – 1pc

Sodium Alginate – 2g

Calcium Chloride – 2.5g

Water – 500g

For the caviar: you will be making two types of caviar, one honeydew (green) and one cantaloupe (orange). Puree 1 whole, cleaned and seeded melon and pour the pulp into a superbag (fine sieve). Let strain until you have obtained 250ml of juice (do not push pulp through). Mix 2 grams of sodium alginate with 1/3 of the juice and mix thoroughly with a hand mixer. Add the additional juice, blend and transfer to a squirt bottle.

For the calcium chloride base: dissolve 2.5 grams of calcium chloride with 500 ml of cold water.

To make the caviar: place a small basket strainer in an appropriately sized metal bowl and pour in the calcium chloride bath. Drop small beads of the melon mixture into the solution and “cook” for 1 minute. Remove the strainer and dip into cold water to rinse. Remove with slotted spoon, wiping the bottom of

the spoon with a clean cloth to remove any excess water. Serve smoked scallops with melon caviar on appetizer spoons.



Recipe

Ricotta Mascarpone Tart with Chili Chocolate Cheesecake

Yield

10 servings

Ingredients:

Sable Paste (for the tart shell)

Unsalted butter – 120g

Icing Sugar – 60g

Salt – 2g

Almond Powder – 30g

Bread Flour – 60g

Eggs – 50g

Cake Flour – 175g

Directions:

Combine icing sugar , salt and butter (slightly thawed) in mixer bowl to form uniform mixture. Add in almond powder, and bread flour. Mix well. Add eggs in slowly with mixer at medium speed. Fold cake flour in by hand. Wrap dough in saran and chill till ready to use. Before use, remove dough to soften lightly before rolling out to fill tart shell / mold (lightly greased). Par bake tart shell for 8 minutes at 365F till lightly golden. Remove.

Chili Cheesecake Mixture

Valrhona Absolu Cristal – 160g

Philadelphia Cream Cheese – 260g

Couverture Milk Chocolate – 180g

35% Whipping Cream -170g

Ancho Chili Powder – 5g

Directions:

Melt the chocolate and cream cheese separately in a microwave to reach a temperature of 35-40C. Once it has reached the preferred temperature add a small amount of warm cream cheese into the melted chocolate in stages. Add the ancho chili powder at this stage and mix in well.

Using a spatula, mix vigorously to obtain good elasticity. Once you have reached a good emulsion, finish the mixture with a hand blender and be careful not to get air into the mixture. Meanwhile, heat the Cristal at 70c, then add it to the cream cheese mixture using the hand blender. Once again, avoid getting air into the mixture. Mix thoroughly until a nice shine is achieved. Cool down to 40C and fold in the softly whipped cream. Chill mixture until ready to use.

Filling (Custard mix)

Fresh ricotta – 60g (see attached recipe)

Fresh mascarpone – 60g (see attached recipe)

Orange Zest – 1 orange (blanched and chopped)

Whole Egg – 10 eggs

Sugar- 120 g

33% Whipping Cream - 650 ml

Whole Milk-650 ml

Directions:

Mix all ingredients (except the cheeses & zest)and whisk until incorporated. Strain through coarse china cap. Put tart shell on baking sheet to handle any spillage during baking. Dot par baked tart shell with small clumps of ricotta and mascarpone cheeses. Sprinkle chopped zest evenly over tart. Pour custard mix into tart shell slowly to fill. Bake at 365F oven till custard is set, about 30 minutes. Remove when done , chill to set before slicing.



Recipe

Onion Soup with Goat Cheese Soufflé

Yield

6 servings

Ingredients:

Soup

Olive oil – 30ml

3 large onions (white, yellow, red, leeks, chives) – 900g, cut into thin slices (chives for garnish)

Freshly ground black pepper – 5ml

Kosher salt, or as needed – 20g

White wine -70ml

Brown chicken stock - 2L

Dried bay leaf – 1pc

Fresh thyme leaves – 5g

Sugar – 30g

Fresh lemon juice, or as needed – 25ml

White bread – 6 slices

Gruyere / Swiss Cheese slices – 6 pcs

For the soup: In a medium stock or soup pot over medium-low heat, warm the olive oil. Add the onions, pepper, and 2 teaspoons of the salt and decrease the heat to low. Cook, stirring occasionally, until the onions are well caramelized (a deep, golden brown), 30 to 40 minutes. Raise the heat to high and deglaze pan with the wine, scraping up any browned bits of caramelized onion from the bottom of the pan. Simmer for 1 minute. Add the chicken stock, bay leaf, and thyme. Bring to a boil and reduce heat to a simmer. Simmer for 20 minutes. Stir in the sugar and lemon juice. Proceed with cooking or cool and refrigerate the soup base for up to 24 hours. While the soup base simmers or when it is rewarming, trim the bread to fit inside of ovenproof soup bowls that about 5 inches in diameter. Place the trimmed bread slices on a baking sheet and toast in the oven until golden, about 10 minutes. Remove from the oven and set aside. If making ahead, cool and reserve in a zip-close bag at room temperature.

Soufflé

Bechamel base

Unsalted butter – 60g

All-purpose flour – 60g

Whole or part-skim milk – 375ml

Crumbled goat cheese – 400g

Pinch of cayenne pepper

Lemon juice – 10ml

White wine – 30ml

Kosher salt – 5g

6 large egg whites, at room temperature

Grated Parmesan cheese – 60g

For the soufflé: In a large saucepan over medium-low heat, melt the butter. Add the flour and whisk constantly until the roux is well blended and begins to bubble. Add half of the milk, whisking constantly, until the milk is completely blended and there are no lumps. Repeat this procedure with the remaining milk. Raise the heat to medium heat so that mixture is gently bubbling. Be careful not to scorch the bottom of the pot.

Continue to whisk until the sauce is smooth, shiny, and thickened like pudding, about 4 minutes. Add the goat cheese and stir until it completely melts into the sauce. Stir in the cayenne, lemon juice, wine, and salt. Remove from the heat and set aside. If using later, cool, cover with plastic wrap and refrigerate.

About 15 minutes before you want to serve the soup, bring the onion soup base to a simmer over medium heat. Season again with lemon juice and salt, if needed. Remove from the heat.

In a large bowl with a handheld electric mixer, beat the egg whites on medium-high speed until medium-stiff peaks form. With a rubber spatula, gently fold one-third of the egg whites into the soufflé base (note: if making base in advance and refrigerating, bring base to room temperature before folding in egg whites). Repeat with the remaining egg whites and then stir in the Parmesan cheese, gently folding the mixture until completely combined.

Fill the 5-inch diameter soup bowls three-quarters full of soup. Top with 1 crouton and then 1 slice of cheese. Using a rubber spatula, gently spoon one-sixth of the soufflé batter onto the crouton. Carefully place the soup bowls on a baking sheet and transfer to the oven. Bake until the soufflé is well-risen and golden brown, about 20 minutes. Serve immediately.



Recipe

Porcini dusted Lamb Shoulder, Duck Sausage & Duck Fat Poutine with Foie Gras Gravy

Yield

10 servings

Ingredients:

Lamb Shoulder Rack

Lamb shoulder racks – 2 (cleaned & trimmed) or 1 chop each

Dry rub (see attached recipe)

Directions:

Trim racks off silver skin. In a hot pan with some oil , sear racks skin side down till golden brown.

Remove, cool and crust racks with dry rub mixture. Roast in 190C oven till internal temperature is 52C.

Remove, keep warm till service.

Duck Sausage – 10, 4cm sausages

Ground duck (preferably duck legs and thighs)-250g

Small diced duck breast -90g

Ground chicken (preferably chicken legs and thighs)-100g

Kosher salt -40g

Ground white pepper – 1g

Minced shallots – 30g (sweated)

Butter, as needed

Brandy – 15ml

Egg white – 1

Heavy cream – 300ml

Chopped truffles – 15g

Chopped chives – as needed

Chopped parsley – as needed

Prepared sheep casing – as needed

Directions:

Combine all the meat together. Sweat the shallots in butter, cool before adding to the meat mixture. Add the salt, pepper, egg white, brandy, chopped herbs and truffles to the cream. Fold the cream mixture into the meat, making sure to not overmix. In lightly warm water, soak sheep casing before using. Using a sausage stuffer, slide the casing onto the stuffer. Ensure there is no air pocket in the stuffer. Measure, pinch and twist into 4cm links. Poach the sausages in 74C salted water until just firm to the touch. Grill or panfry to finish.

Duck fat Poutine - Fries

Kennebec potatoes - 10 potatoes (scrubbed clean & peeled)

Duck fat – 3 Litres

Canola Oil – 3 Litres

Kosher Salt & Ground black pepper – to taste

Directions:

Cut potatoes into batonnets (shoestring fries). In a fryer, with a candy thermometer, heat canola oil to 150C. Ensure that the fries are dry (if previously soaked)before adding to fryer. Fry potatoes in batches for 5 minutes. Do not overload fryer as it brings down the fryer temperature. Remove blanched fries and drain on paper towels. In a separate fryer, heat up duck fat to 190C. Again in smaller batches, fry shoestring fries till golden (3-5 minutes)and crispy. Remove, drain and season with salt and pepper.

Duck fat Poutine-Foie Gras gravy

Fresh Mozza curds – 500g

Foie gras cubes – 120g

Egg yolks – 2

Cream – 30ml

Roasted duck stock – 1 litre

Blond roux (50 g duck fat and 50g flour)– 100g

Veal glace – 60g

Kosher salt and ground black pepper – to taste

Directions:

Prepare roux using 50g duck fat, melted and adding 50g flour to pan. Cook till mixture is light brown (5 minutes). Cool slightly before adding room temperature stock , slowly. Stir well after each addition of stock to prevent lumps. Once completely mixed, turn up heat to a simmer for 5 minutes to cook out the starchiness. Strain thickened gravy, if necessary. Add veal glace. Just before service, combine the cream, foie gras and egg yolks together. Temper this with some hot gravy before adding it back to the gravy. Lightly simmer at this stage or the yolks will curdle. Season to taste.

Place mozza curds over fries and ladle 60ml of foie gras gravy over fries. Serve immediately.

Vichy carrots

Carrots – 5 jumbo carrots (washed and peeled)

Leek greens – 1 piece (blanched and cut into thin strips)

Unsalted butter – 100g

Sugar / maple syrup – 100g

Kosher salt and pepper- to taste

Directions:

Trim carrots into even sized batons (1cm square batons)

Blanch carrots in hot water till al dente.

In a medium heat pan, add butter and sugar to caramelize lightly before adding the blanched carrots.

Saute for a few minutes, season and remove. Once cool enough to handle, tie stacks of 4 batons together using the leek string. Keep warm till service.



Dry Rub for Lamb Shoulder

3	part	kosher salt
1	part	freshly cracked black pepper
½	part	dry mustard
2	part	black mustard seed
2	part	ground black mustard seed
1	part	ground coriander
2	part	porcini mushroom dust
3	part	sugar
1	part	onion powder

Method:

1. Measure out the ingredients and thoroughly mix and apply to lamb shoulder 30 minutes before roasting.



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4. Recipe
- 5.
6. Poached Winter Pear & Roasted Candy Beet Salad
7. Fresh Mozzarella & Truffled Vinaigrette
8. Yield
9. 6 servings
- 10.
11. Ingredients:
12. Bosc pear / Canned Baby Pears – 3 pears
13. Striped Beets / Golden Beets – 3 medium sized beets (or use canned baby pears)
14. Fresh mint – 2 -3 sprigs
15. Fresh Mozzarella – 360g (See recipe attached)
16. Truffled Vinaigrette – 300ml (See recipe attached)
17. Directions:
18. Peel pears, cut in $\frac{1}{2}$ and poach in spiced simple syrup (1 part sugar to 1 part water, cinnamon stick, 3 pcs. cloves, 1 pc. orange peel) till $\frac{3}{4}$ done (tip of knife pokes through with slight resistance). Remove pears, core pears and chill till ready to use (once poaching liquid is cool, re immerse pears in liquid to infuse flavor).
19. Rub beets skin on with some oil and season with salt lightly. Wrap beets in foil and roast in 365F oven till cooked through (45mins). Cool enough to touch and rub off skins with a coarse towel . Slice beets into rings (3mm).
20. Using the ingredients, plate according to your inspiration. Drizzle with truffled vinaigrette.



Recipe:

Basic Roux Yield: 375g

Ingredients:

Fat (oil, lard, butter) 190g

Flour 190g

Directions:

Melt fat over medium heat. Add the correct amount of flour until fat and flour are thoroughly mixed.
Cook to required degree for white, blond, or brown roux

Cooking is done in a saucepan on top of the stove, and the roux is stirred for even cooking. Use low heat for brown roux, moderate heat for white or blond roux.

Roux proportions in sauces

Thin / light - Fat (190g) to Flour (190g) – will thicken 4L of liquid

Medium – Fat (250g) to Flour (250g) – will thicken 4L of liquid

Thick / heavy – Fat (375g) to Flour (375g) – will thicken 4L of liquid



Ricotta Cheese

Ricotta today can be made in a variable styles:

- from whole milk
- from whey (with or without added milk) .. this is usually called **Ricottone**
- a drier version is made by extending the draining in the forms (One of the richest and most luxuriant versions comes from the **Ragusano** area of Sicily)
- a very dry version (**Ricotta Salata**) made from extended draining and pressing under some weight and followed by aging of several months or longer .. This can then become a table or grating cheese
- Ricotta tastes and smells like the milk it is made from, so use the best and freshest dairy you can find. You can control the consistency of your cheese by the length of time you drain it
- Richness can be increased by incorporating more cream in the Whole milk or Whey from your cheese making ... to the point that it will be almost like **Mascarpone**

Ingredients:

4	lt	homogenized milk
½	tsp	salt
1 ½	tsp	citric acid
½	cup	un-chlorinated water

Method:

1. Add the milk and salt to a stock pot and turn the heat on to a medium to high heat.
2. **If smaller grains are desired add the citric acid in the beginning with the salt.**
3. Stir constantly and slowly to prevent scorching.
4. While the milk is heating, dilute the citric acid in the water.
5. Continue to heat to 190 F. Once the temperature is reached add the citric acid and stir vigorously for 10 seconds.
6. Remove from heat and let the pot sit undisturbed for 15 minutes.

Note: The curds should start to form small flakes them to larger curds.

If this does not happen add a bit more of the citric acid solution.

****If too much citric acid is added the curds will sink to the bottom of the pot and the curds will not be sweet.**

The whey should be a greenish yellow in colour.

7. Next, carefully ladle the curds out of the pot into desired molds.
8. Drain the curds for 15 minutes and consume.
9. Or let the curds drain until the free whey drains slows to a trickle.
10. Transfer the ricotta to a container and store in the cooler until needed.
11. Use the ricotta within 8 days or freeze until needed.



Mascarpone

Ingredients:

Yield: 450 g

- 1 lt heavy cream
- 1 ml tartaric acid
- 15 ml bottled water

Method:

1. Heat the cream in a sauce pot stirring occasionally. Slowly heat to 180°F (92°C).
2. While the cream is heating, dissolve the tartaric acid in the water.
3. Once the temperature reaches 180°F (92°C) remove the sauce pot from the heat and stir in the tartaric solution.
4. Let the cream stand at room temperature until a curd forms.
5. Ladle the curd into a cheesecloth lined strainer.
6. Cover the cheese with plastic wrap and allow the cheese to drain in the cooler for 12-16 hours.
7. Once the cheese is thicker by the release of the whey, transfer the cheese into a sealable container and refrigerate until needed.
8. This cheese will last for 6-7 days. Or freeze until needed.



30 minute Mozzarella

Ingredients:

¼	tablet		rennet tablet -- OR -- (1.5 ml // ¼ tsp liquid rennet)
240	ml	2	cups un-chlorinated water
7.5	ml	1 ½	tsp citric acid
4	lt	1	gal. 2 % or 1 % pasteurized milk
			Cheese salt optional

Method:

1. Break apart the rennet tablet on a small piece of wax paper.
2. Pour the rennet into 120 ml (1 cup) of un-chlorinated water. Let this sit for 30 minutes before using.
3. Using a separate s/s bowl, measure the citric acid and dilute this in the remaining 120 ml (cup) of water. Stir this occasionally to dissolve the citric acid.
4. Set up a double boiler with a large double handled pot along with a s/s bowl that will fit into the pot.
5. Pour the milk into the s/s bowl and add the diluted citric acid.
6. Place the milk over the double boiler and gently stir the milk while at the same time bringing the milk to a temperature of 90°F (32°C).
7. Once the milk has reached the desired temperature turn off the heat and remove the pot from the burner. Slowly pour in the diluted rennet using an up and down motion with a ladle. This will disperse the rennet evenly. Continue this motion for 30 seconds.
8. Remove the ladle and cover the pot and leave undisturbed for 5 minutes.
9. After 5 minutes, check for a clean break. (Ask your instructor for direction.) If a clean break is not achieved, leave the curd to set for another 5 minutes.
10. Cut the curd into 13 cm (1/2 inch) square pieces with a knife that reached to the bottom of your pot. Then cut the curd on the bias.
11. Place the pot back on the stove and heat to 105°F (40°C). Slowly move the curds around with a slotted spoon.

12. When the desired temperature is reached, remove the pot from the burners and continue to stir the curds for another 5 minutes. Drain your curds through a mesh strainer.

Micro-wave Method:

1. Put your drained curds into a microwavable bowl and expel as much of the whey from the curds.
2. Put the bowl of curds in the microwave on high for 1 minute.
3. Remove the bowl from the microwave and drain off the excess whey and add your salt. Dock the curd with your fingers to embed the salt. Flip the cheese over.
4. Put the cheese back into the microwave for another 20 seconds. Curds should be 135° F (57°C) to stretch properly.
5. Stretch the cheese until smooth and shiny.
6. Put the cheese into a salted ice bath until fully chilled. (20 Minutes)

Water-bath Method:

1. Heat the excess whey to 185°F (84°C) in another pot.
2. Put your drained curds into a colander.
3. Fold the curds gently as the whey drains off.
4. Continue this procedure until the curds become less dense and a bit drier.
5. Place the drained curds and colander into the hot whey and allow the curds to heat through for 3 to 8 minutes.
6. Fold the curds over several times using 2 slotted spoons.

7. When the curds start to resemble taffy, remove from the whey and immediately add the salt.
8. Pull the cheese until it is smooth and shiny.
9. Put the cheese into a salted ice bath until fully chilled. (20 Minutes)