Risotto

Yield:

Part	Amount	Unit	Ingredients	Method
A	1/2	L	arborio rice	1. Add butter to large rondo and melt.
	125	g	diced onion	
	125	g	diced celery	2. Add in arborio rice and caramelize
	20	g	diced garlic	until grains become slightly translucent.
	30	g	butter	
				3. Add in clelery, garlic and onions
				and saute until they become slightly
B	250	mL	white wine	translucent.
C	1.5	L	heated chicken stock	4. Deglaze with Part B.
				5. Add in warm chicken stock slowly
				a little bit at a time until desired
				consistency is attained. The grains
				should still have a little bit of a bite
				to them.
			For today, we are also going to add the cooked beets that have been diced as well as finish the cooking process with some fresh shaved cheese.	
			When cooking the risotto for service we are going to finish with a little lemon juice and white balsamic reduction.	

Shelf life:

Scallop Mousse

Yield:

Part	Amount	Unit	Ingredients	Method
A	1	kg	scallop, fresh	1. Make sure the scallops have been
				cleaned and are dry.
B	500	mL	whipping cream	
				2. Pulse the scallop while adding half
C	150	g	butter, room temp	of the cream, blend for 5 seconds
				then scrape down sides and continue
D			Season	to pulse while incorporating remaining
				cream.
				3. After scraping down sides, blend in
				butter and season.

Shelf life:

Charred Tomato Sauce

Yield:

Part	Amount	Unit	Ingredients	Method
A	1.25	kg	roma tomato (grilled)	1. Grill roma tomatoes, until skin is
				black and blistered.
B	50	mL	olive oil	
	1	ea	large onion	2. Dice onions.
	15	g	garlic	
	10	g	smoked paprika	3. In a large rondo, heat olive oil
	1000	mL	chicken stock	and saute garlic and onions together.
	100	g	tomato paste	
	50	g	brown sugar	4. Add in all ingredients and stew
	2	ea	links of chorizo sausage	together for about 30 min.
				5. Blend finished sauce together
				and strain to obtain a broth like
				liquid.
				6. Season and reserve for service.

Shelf life:

Bison Saskatoon & Sage Sauce

Yield: 2.5 L

Part	Amount	Unit	Ingredients	Method
A	150	g	butter	1. Combine all ingredients in A into
	370	g	shallot	a heavy bottomoed stainless pot.
	300	g	celery	
	230	g	carrot	2. Slowly saute and as they begin
				to caramelize, deglaze with Part B.
B	12	g	fresh thyme	
	20	g	dried juniper berries	3. After this almost reduces dry add
	14	g	peppercorns	the prepared demi glace and
	2	ea	bay leaf	continue to cook for another 15 min.
	2	L	red wine	
	1	oz	fresh sage	4. Strain and season.
				5. Add in thawed saskatoon berries
D	2100	g	prepared demi glace	6. Reserve for service.

Shelf life:

Butternut Squash Puree

Yield:

Part	Amount	Unit	Ingredients	Method
A	4	ea	butternut squash	1. Cut in half and season the interior
				of the squash with salt and pepper,
				a little bit of olive oil.
B	1	TBSp	fresh thyme	2. Place 3 shallots on tray lined with
	60	g	butter	parchment paper. Place the squash
	100	mL	whipping cream	cut side down on tray and roast in
	30	mL	maple syrup	350F oven for 45 min.
				3. Remove squash from oven and
				scoop out interior, into robot coupe.
				4. Add in shallots and Part B.
				5. Blend until smooth and taste for
				seasoning.
				Reserve for service.

Shelf life:

Pear & Peppercorn Glaze

Yield: 500 mL

Part	Amount	Unit	Ingredients	Method
A	10	g	crushed peppercorn mix	Add everything together
	150	g	Pear Compound	except the simple syrup
	15	g	mesquite smoke seasoning	and xa gum.
	15	g	shallot (brunoise)	
	10	g	fresh parsley	Blend xagum with
	20	g	grainy mustard	simple syrup.
	15	mL	white balsamic reduction	
	15	mL	lemon juice	Add everything together
	150	mL	simple syrup (50% water/50% sugar)	
	2	tsp	xantham gum	

Shelf life:

Blueberry Rosemary Confiture

Yield:

Part	Amount	Unit	Ingredients	Method
A	200	g	granulated sugar	1. Combine all ingredients to a
	2	tsp	blueberry tea	stainless steel pot and bring to a rolling
	1	stem	rosemary	boil.
	1	TBSP	lavender flowers	
	1	ea	lemon juice	2. Allow to cook for 5 min.
	200	g	water	
				3. Strain liquid.
B	1	tsp	xantham gum	
				4. Return strained liquid to pot
				and add xatham gum and blitz
				until thickened.
				5. Pour over fresh blueberries and
				reserve for service.

Shelf life:

Italian Meringue

Yield: 1 L

Part	Amount	Unit	Ingredients	Method
A	300	g	fine grated sugar	
	300	mL	water	1. Combine sugar and 200ml water in
				a small pan and bring to the boil, stirring continuously
B	6	ea	egg whites	with a wooden spoon until sugar dissolves.
				2. Reduce heat to medium and brush down
C	pinch		cream of tartar	sides of pan with a clean, wet pastry brush to
				remove sugar crystals.
				3. Cook until syrup reaches 115C (soft ball stage)
				on a thermometer (10-15 minutes).
				4. Start whisking eggwhites with cream of tartar
				in the clean, grease-free bowl of an electric mixer
				until soft peaks form.
				5.Meanwhile, bring sugar syrup to 121C (hard ball stage).
				Increase speed to high and with motor running,
				gradually pour syrup into meringue.
				Beat at medium speed until cooled
				to room temperature and meringue is
				thick and glossy (15-20 minutes).

Shelf life:

PASTRY CREAM

Yield: 1-pint

INGREDIENTS	QUANTITY
Milk	500 g
Sugar	120 g
Cornstarch	45 g
Egg yolks	4
Egg	1
Butter	50 g
Vanilla	1 T.

METHOD OF PREPARATION

1. In a large saucepot, bring the milk to a simmer.
2. In a medium sized bowl, whisk together the sugar, cornstarch, egg yolks, and egg until smooth.
3. Gradually pour in the cream, whisking constantly.
4. Return to heat and whisk constantly until thickened.
5. Remove from heat and whisk in the butter and vanilla.
6. Cover on contact with plastic wrap.

NOTES

- *Vanilla Diplomat Cream:*

  100 g Heavy cream, whipped to soft peaks

  250 g Pastry cream

LEMON CREAM

Yield: 2-pints

INGREDIENTS	QUANTITY
Eggs	15
Sugar	500 g
Lemons juice	375 g
Gelatin	3 sheets

METHOD OF PREPARATION

1. In a large saucepot, whisk together constantly all the ingredients over med-high heat until thick and bubbling.
2. Remove from heat and strain into a medium sized bowl.
3. Whisk in the bloomed gelatin.
4. Cool over an ice water bath.

NOTES

- *When completely cooled, whisk in 1/4 pastry cream to the weight of the lemon cream.*

PLIABLE WHITE CHOCOLATE GANACHE

Yield: 1 plastic tray

INGREDIENTS	QUANTITY
Heavy cream	600 g
Glucose	140 g
Salt	pinch
Agar agar	3 g
Leaf gelatin	2.5 sheets
White chocolate	250 g

METHOD OF PREPARATION

1. Prepare a plastic tray lined with plastic wrap; set aside in cooler.
2. In a large saucepot, bring the cream, glucose, salt, and agar agar to a boil, whisking constantly.
3. Add the bloomed gelatin, followed by the white chocolate, whisking until melted and combined.
4. Pour into prepared tray and allow to cool until set before cutting.

PATE SUCREE

INGREDIENTS	QUANTITY
Butter	200 g
Sugar	140 g
Egg yolks	6
Milk	10 g
Flour	400 g
Salt	pinch
Lemon zest	2 lemons

METHOD OF PREPARATION

1. In the stand mixer using the paddle attachment, cream together the butter and sugar.
2. Add the egg yolks one at a time until combined.
3. Add the milk.
4. Add the flour, salt, and lemon zest. Mix on low speed until a smooth dough forms.
5. Wrap dough in plastic wrap and chill at least 30 min before rolling out.
6. Bake at 320°F, about 6 – 10 min until lightly browned.