

## **EGDC - November 11, 2013**

Elm Café and Catering

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### **First Course - Two Cooks**

#### **Smoked Whitefish in Wild Rice Crêpe**

celeriac. grainy mustard. dill.

#### Components

- Wild Rice Crêpe
- Mustard Dressing - used to dress the celeriac and the whitefish
- Celeriac Slaw
- Whitefish Salad

#### **Wild Rice Crêpes**

#### Ingredients

- 1/3 cup wild rice, raw
- 12 oz egg
- 12 oz whole milk
- 1.5 oz wild rice flour (Use a spice grinder or Vitamix to convert whole, raw wild rice to a flour. Sift the flour if the grinder is unable to get the flour fine enough.)
- 4.5 oz all-purpose flour
- 1.5 tsp kosher salt
- unsalted butter for cooking

#### Procedure

1. Bring a medium pot of water to the boil. Add the wild rice and simmer until the rice is tender and most of the grains have burst. Strain out the rice and cool.
2. Combine the eggs, milk, flours, and salt. Mix with a stick blender until smooth.
3. Stir the cooked wild rice into the batter.
4. Heat a non-stick pan over medium heat. Add one teaspoon of butter. Once the butter has melted, wipe out the pan with a paper

towel. This will ensure that the crêpes taste very much like butter, without getting greasy.

5. Add batter to the hot pan to form a very thin layer. The batter should sizzle vigorously when it hits the pan. Flip the crêpe once the underside is golden brown and the edges are starting to curl away from the pan.
6. Repeat Step 5 until you are out of batter. Periodically re-season the pan with butter as described in Step 4.
7. Use a ring mold to cut smaller crêpes 4" in diameter from the larger, pan-sized crêpes. You will need 20 small crêpes.

## **Mustard Dressing**

### Ingredients

- 2 cups Bles-wold plain yogurt
- 2 tbsp grainy Dijon mustard
- 4 tsp smooth Dijon mustard
- 4 tsp maple syrup
- 4 tsp cider vinegar
- salt and black pepper to taste

### Procedure

1. Combine all ingredients and whisk.
2. Taste and adjust seasoning as necessary. Store in a squeeze bottle.

## **Celeriac Slaw**

### Ingredients

- 16 oz celery root, julienne
- 8 oz celery stalk, julienne
- 2 oz red onion, very thin slices
- pinch of kosher salt
- pinch of granulated sugar
- mustard dressing to taste
- chopped dill to taste
- celery leaves to garnish

### Procedure

1. Toss the celery root, celery stalk, and red onion with the salt and sugar. Let stand at room temperature for 1 hour. Press gently and strain of excess moisture.

2. Combine these lightly cured vegetables with some of the grainy mustard dressing and chopped dill. Taste and adjust salt content and acidity as required.

## **Smoked Whitefish Salad**

### **Ingredients**

- smoked whitefish, flaked
- mustard dressing to taste
- chopped dill to taste
- kosher salt to taste

### **Procedure**

1. Combine all ingredients. Taste and adjust seasoning as necessary.

### **Serviceware Required**

- 20 medium round, white plates
- 20 forks
- 20 knives

### **To Serve**

- Drizzle a narrow ellipse of mustard dressing onto the plate.
- Spread 1 oz of the whitefish salad along the centre of a crêpe. Be sure to put the whitefish on the side of the crêpe that was cooked first, and is therefore more uniformly browned. Fold the two sides of the crêpe over the centre. Flip the filled crêpe over so that the folded ends are underneath, and place over the plated mustard dressing.
- Top the filled crepe with some of the celeriac slaw.
- Top the slaw with celery leaves.

## Second Course - 6 Cooks

### Housemade Garlic Sausage

irvings pork shoulder. caraway slaw. green apple.

#### Components

- Garlic Sausage
- Caraway Slaw
- Fried Rye Bread
- Dijon mustards

#### Garlic Sausage

|                  |        |        |  |
|------------------|--------|--------|--|
| meat and fat     | 100%   | 2.5 kg |  |
| kosher salt      | 1.640% | 41 g   |  |
| curing salt      | 0.150% | 4 g    |  |
| granulated sugar | 0.225% | 6 g    |  |
| garlic           | 0.799% | 20 g   |  |
| black pepper     | 0.225% | 6 g    |  |
| mustard powder   | 0.225% | 6 g    |  |
| mustard seed     | 0.351% | 9 g    |  |
| cayenne          | 0.135% | 3 g    |  |
| water            | 4.945% | 124 g  |  |

- 30/32 mm casings
- 4" links

#### Procedure

1. Clean the pork shoulder, removing any skin, bone fragments, and glands. Cut the pork shoulder into 1" cubes.
2. Cut the fatback into 1" cubes. Combine the shoulder and fatback in a 3:1 ratio and spread out on a bake sheet lined with parchment. Store in the freezer until the meat has become stiff on the exterior, but is not frozen through. Also chill the grinder components.
3. While the meat and fat are chilling, scale out the remaining ingredients, chilling the water thoroughly.
4. Measure out the hog casings. Put the casings in a bowl, cover with cold water, and let stand at least 30 minutes.
5. Put a small sauté pan over low heat. This will be used to taste-test the sausage mixture before stuffing it into casings.
6. Once properly chilled, grind the meat and fat through a 1/4" die.

7. Transfer the ground meat to the bowl of a stand mixer. Add the salt and spices. Using a paddle attachment, mix the ground meat while adding the cold water. Mix on a low speed for 60 seconds, then a medium speed for 30 seconds.
8. Fry a small piece of the sausage mixture in the hot pan. Ensure that salt and spices were scaled correctly, and that the meat was mixed long enough to form a cohesive texture.
9. Rinse the soaked casings. Flush the casings by running cold tap water through them.
10. Pack the sausage mixture into the cylinder of the sausage stuffer.
11. Feed the clean hog casings onto the nozzle of the sausage stuffer.
12. Stuff the casings with the sausage mixture. Twist into 4" links.
13. Hang the sausages on a dowel and leave at room temperature for 1 hour.

To cook the sausages

1. Cut the sausages into individual links and put them into a large rondeau. Cover with cold water.
2. Bring the water in the rondeau to a simmer, then turn off the heat. Periodically feel the sausages for doneness, then transfer to an ice bath.
3. Sear the sausages on two sides to heat through and serve.

## **Caraway Slaw**

Ingredients

- 1800 g green cabbage, cored
- 18 g kosher salt
- 18 g granulated sugar
  
- 1 cup cider vinegar
- 1/4 cup smooth Dijon mustard
- 1/4 cup honey
- 2 cups canola oil
- 1 1/2 tbsp caraway seed
- 1 1/2 tbsp mustard seed
- 3/4 tbsp celery seed
  
- green apple

Procedure

1. Slice the green cabbage into very thin strips no longer than 2.5".

2. Toss the cabbage with the salt and sugar. Let stand at room temperature 1 hour.
3. Meanwhile, make the dressing for the slaw. Heat a small sauté pan to toast the spices. Combine the cider vinegar, mustard, and honey in a medium bowl. Whisk to combine.
4. Slowly add the canola oil to the vinegar mixture while whisking.
5. Toast the caraway, mustard seed, and celery seed, separately, until crackling. After toasting each spice, add it while still hot to the vinaigrette. The spices should sizzle when they touch the dressing.
6. After it has stood for 1 hour, press the cabbage and strain off the moisture that has leached into the bowl.
7. Toss the lightly cured cabbage with the caraway dressing.
8. Right before service, core and julienne the green apples and add them to the slaw.

### **Rye Bread**

- Cut the rye bread into 1/2" slices, then cut each slice in half on a sharp bias.
- This bread will be fried in the sausage drippings, as described below.

### **Dijon Mustards**

- Have smooth and grainy Dijon mustards on hand for plating, as described below.

### **Serviceware Required**

- 20 medium round, white plates
- 20 forks
- 20 knives

### **To Serve**

- Fry the sausages over medium-high heat so that they are hot through-out and amber-brown in colour.
- Fry the slices of rye bread in the sausage drippings. Lightly season with kosher salt.
- Put the fried bread onto the plate.
- Put 3 oz of caraway slaw partly on top of the rye bread.
- Lay a link of garlic sausage on the plate so that it is resting on the slaw.
- Add a dollop of smooth mustard to the plate. Add a smaller dollop of grainy mustard on top.

## Third Course - 6 Cooks

### Pheasant Pot Pie

alberta pheasant. turnip. flaky pastry. highbush cranberry.

#### Components

- Pheasant Pot Pie Filling
- Flaky Pie Dough

### Pheasant Pot Pie Filling

#### Ingredients

- pheasant
- 500 g turnip, peeled and cut into 3/4" cubes
- 425 g bacon, cut into lardons
- 800 g white onion, cut into 1/4" cubes
- 500 g celery, cut into 1/4" cubes
- 685 g carrot, cut into 1/4" cubes or rounds
- 35 g garlic, minced
- 170 g butter, unsalted
- 170 g all-purpose flour
- 460 g dry cider
- 460 g light pheasant stock
- 460 g heavy cream
- 1 small bunch fresh thyme, tied with twine
- kosher salt to taste

#### Procedure

1. Put the pheasant in a large pot. Cover with cold water. Slowly bring to a simmer. Once the meat is cooked through, remove from the water. Pull the meat from the bones. Return the bones to the pot and simmer to make a light stock.
2. Cut away the exterior peel of the turnips. Cut the turnips into 1/2" cubes. Cook the turnips in simmering water until just tender.
3. Meanwhile, in a large pot, render the bacon over medium heat until it is golden brown and starting to crisp.
4. Add the onion, carrot, celery, and garlic. Sweat the vegetables in the bacon fat until the onion is starting to turn translucent.
5. Add the butter to the pot. Once it has melted, add the flour. Cook the mixture briefly, but do not allow it to brown.

6. Add the dry cider. Stir the mixture to incorporate the cider into the roux. Let the mixture simmer briefly to drive off the alcohol in the cider.
7. Add the light pheasant stock and cream and return the mixture to a simmer.
8. Add the thyme to the pot. Let simmer 10 minutes.
9. Remove the bundle of thyme, and add the pulled pheasant and turnips. Season with kosher salt to taste.
10. Chill the mixture thoroughly.

## **Flaky Pie Dough**

### **Ingredients**

- 2250 g all-purpose flour
- 1500 g very cold butter
- 750 g very cold water
- 1 tbsp kosher salt

### **Procedure**

1. Chill the bowl of a large stand mixer while you scale the ingredients.
2. Put the flour in the bowl. Grate the cold butter into the flour with the large holes of a box grater.
3. Pour the cold water into the flour and butter while slowly mixing with the paddle attachment. Once the water is evenly distributed but the dough is still crumbly, remove the bowl from the mixer, cover it with plastic, and let it stand for 15 minutes in the cooler.
4. After 15 minutes, return the bowl to the mixture and continue mixing on low speed with the paddle attachment until the dough comes together.

### **Serviceware Required**

- 20 ramekins
- 20 plates to hold ramekins
- 20 serviettes to hold ramekins on plates
- 20 large spoons

### **To Serve**

- Roll out the flaky pie dough to 1/8". Cut the dough into pieces that are 3/4" larger than the baking vessel in all dimensions.
- Add 250 g of pie filling to each baking vessel.
- Cover with pie dough, folding over the edges of the dough and shaping as desired. Cut a small hole in the centre of the dough to vent the filling during baking.

- Bake pot pies in a 425°F oven for fifteen minutes, then lower the oven to 350°F and continue to bake until the dough is a deep golden brown and the filling is bubbling, roughly another 30 minutes.
- Serve the pot pies in their ramekins, on a white plate lined with a white serviette.

## Fourth Course - Two Cooks

### Rhubarb Crumble

custard. stewed rhubarb. oatmeal crumble.

#### Components

- Custard
- Stewed rhubarb
- Oatmeal crumble

### Custard

#### Ingredients

- 650 g heavy cream
- 650 g whole milk (first measure)
- 3 ea whole vanilla beans, split down the middle
- 325 g egg yolk
- 325 g granulated sugar
- 80 g cornstarch
- 325 g whole milk (second measure)
- 160 g unsalted butter

#### Procedure

1. Prepare an ice bath made of half ice, half cold water in a 4" half hotel pan. Set a second hotel pan into the ice bath.
2. Combine the cream, the first measure of whole milk, and the split vanilla beans in a heavy pot and heat on the stove. Once the mixture comes to a simmer, remove from the heat and let the vanilla beans steep for 15 minutes. Remove the beans, and scrape the seeds back into the pot. Discard the pod.
3. Whisk the egg yolks and sugar together thoroughly.
4. Combine the second measure of whole milk with the cornstarch.  
*Stir well to ensure there are no clumps of starch.*
5. Bring the vanilla-flavoured cream and milk back to a simmer. Temper the egg yolk mixture with the hot liquid.
6. Return the mixture to the stove. Add the cornstarch slurry. Stir the custard, scraping the bottom of the pot with a rubber spatula, until the mixture has thickened and come to the boil.
7. Immediately transfer the custard to the hotel pan set on ice. Immediately add the butter and whisk until incorporated.
8. Press plastic wrap over the surface of the custard and let cool.

## Stewed Rhubarb

### Ingredients

- 1100 g very red rhubarb
- 550 g granulated sugar
- pinch of kosher salt

### Procedure

1. Combine the rhubarb, sugar, and salt in a pot and bring to a boil.
2. Cook rapidly until the rhubarb has broken down and excess moisture has boiled off.
3. Remove from the heat and let cool.

## Crumble

### Ingredients

- 120 g unsalted butter, room temperature
- 85 g dark brown sugar
- 170 g whole wheat flour
- 50 g rolled oats
- 25 g ground oats (rolled oats pulsed in a blender or spice mill)
- kosher salt to taste
- cold-pressed canola oil

### Procedure

1. Place all ingredients except oil in the bowl of a stand mixer.
2. Mix on low speed until thoroughly combined. Taste and adjust salt content. You should be able to just, just taste the salt.
3. Press the mixture onto a bake sheet lined with parchment and cool thoroughly. The mixture will harden into one mass.
4. Crumble the mixture into small pieces and return to the bake sheet.
5. Bake at 350°F until golden brown, roughly 12 minutes, stirring the mixture part way through baking. Remove from the oven and cool to room temperature.
6. Immediately before plating the rhubarb crumble, toss the crumble with a small amount of cold-pressed canola oil. This will add a golden sheen to the crumble, and reinforce the grassy taste of the oats.

### **Serviceware Required**

- 20 ramekins
- 20 small spoons

### **To Serve Rhubarb Crumble**

- Put 100 g custard into each ramekin.
- Gently warm stewed rhubarb on stove and spoon 75 g onto each custard portion.
- Top each ramekin with 20 g of crumble.