

EGDC recipes for February 10, 2020

Bruschetta With Tomato Basil

Oysters

Octopus

Sable Fish

Duck Breast

Eton Mess

Bruschetta with Tomato basil

### INGREDIENTS

- ½ baguette, thinly sliced
- 3 tablespoons (45 ml) olive oil
- 3 tomatoes
- 1 shallot, finely chopped (or 1/4 onion)
- 1/2 cup (125 ml) fresh basil, chopped
- 2 teaspoons (10 ml) balsamic vinegar
- 1 clove garlic, finely chopped
- Salt and pepper
  
- Select all



ADD TO MY GROCERY LIST

### PREPARATION

- 1.** With the rack in the middle position, preheat the oven to 180 °C (350 °F).
- 2.** Place the bread slices on a large baking sheet. Drizzle with 30 ml (2 tablespoons) of the oil. Toast in the oven for about 10 minutes or until lightly browned. Let cool on the baking sheet.
- 3.** Prepare your tomatoes. Here is the technique to seed a tomato (= remove the seeds!). Cut the tomatoes into quarters. With your thumbs, pull out the juice and seeds from the tomatoes and cut the flesh into small dice.
- 4.** In a bowl, combine the tomatoes, shallot, basil, vinegar, garlic, and the remaining oil. Season with salt and pepper. Spoon the tomato mixture onto the toasted bread.

## Octopus

### Recipe for octopus:

Need about one small tentacle per person or one LARGE tentacle for 2 people. If you get whole octopus clean and discard centre.

Boil in well salted water for 40-45 minutes. Remove and marinate in equal parts olive oil, red wine vinegar (maybe add a touch of apple cider vinegar as well), Minced garlic and some lemon juice. Refrigerate overnight, turning frequently. Remove from fridge and get to room temperature prior to cooking.

Grill on bbq if possible till nicely charred, cut into 2 inch pieces and serve. In absence of bbq fry on medium high heat in cast iron pan (or whatever is available)  
Serve alongside chickpea panisse and home made ketchup.

## Ketchup

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, sliced into half moons
- 2 garlic cloves, chopped (about 1 tablespoon)
- One 1-inch piece of ginger, peeled and chopped
- 1/2 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground allspice
- 2 tablespoons tomato paste
- 1 (28-ounce) can whole tomatoes in juice
- 1/4 to 1/3 cup packed brown sugar, depending on how sweet you like your ketchup
- 1/4 cup apple cider vinegar
- Salt and fresh ground black pepper

### Instructions

1. Heat oil over medium heat then add onions and cook until they are softened, sweet and lightly browned, about 8 minutes. Add the garlic, ginger, red pepper flakes and allspice then cook, stirring often, for 2 minutes.
2. Add the tomato paste and cook, stirring often, until it turns from red to a burnt orange color, about 2 minutes.
3. Add the can of tomatoes with juice, brown sugar, cider vinegar, a generous pinch of salt, and a few grinds of black pepper. Stir then bring to a simmer, reduce the heat slightly and cook at a low simmer, stirring occasionally, until thickened and shiny, about 20 minutes. Taste then adjust with more salt or pepper.
4. Blend until smooth, let cool to room temperature then refrigerate up to one month.

## Panisse

Makes about 40, more or less

I fried my panisses in olive oil in my cast iron skillet, although some might say you'll get a better crust using a more fryer-friendly oil. Mine tasted perfect. I love the flavor that comes from frying them in olive oil, but you're welcome to use whatever oil you prefer.

1 quart (1l) water  
2 teaspoons olive oil  
3/4 teaspoon coarse salt  
2 1/4 cups (285g) chickpea flour  
olive oil for frying  
coarse salt and freshly-cracked pepper, for serving

1. Lightly oil a 9-inch (23 cm) square cake pan, or similar sized vessel.
2. Heat the water with the oil and salt in a saucepan. Once hot, but not boiling, whisk in the chickpea flour.
3. Whisk over medium heat until the mixture thickens, about three minutes.
4. Switch to a wooden spoon or heatproof spatula, and continue to cook, stirring constantly, for 10 minutes until very thick and the batter holds its shape.
5. Scrape into the oiled pan and let cool.
6. To fry the panisses, unmold the solidified mixture on a cutting board and slice into batons about as wide as your fourth finger and as long as your middle one.
7. In a heavy-duty skillet, heat 1/4-1/2 inch (1-2 cm) of olive oil. When shimmering hot, fry the panisses in batches, not crowding them in the pan. Once the bottom is nicely browned and crisp, turn with tongs, frying the panisses until they are deep-golden brown on each side.
8. Remove from pan and drain on paper towels, sprinkling them very generously with salt and pepper. Don't be stingy with either. Continue frying the rest, heating more oil in the pan as needed.

Cook the panisse in chorizon oil and add a pinch of cayenne to the panisse mix for a kick.

## Sable Fish

1/2 cup each mirin (or rice wine vinegar) and sake, 1-1.5 cup miso paste, 3/4 cup sugar. Blend and cover fish overnight turning every once in a while  
Before cooking pat dry and arrange on oiled broiling pan. Broil for about 4 minutes till a bit blackened on top, take out of oven and brush lightly with liquified honey. Set oven to bake at 400, return to oven for about 4 more minutes and serve on hot risotto.

# *Mushroom Risotto*

---

## INGREDIENTS

---

1/3 cup (125 mL) dried porcini mushrooms  
1 cup (250 mL) boiling water  
8 oz (250 g) fresh mixed wild mushrooms  
2 tbsp (30 mL) olive oil  
2 tbsp (30 mL) butter  
1 tsp (5 mL) chopped garlic  
Salt and freshly ground black pepper  
2 tbsp (30 mL) chopped fresh parsley

### **RISOTTO**

5 cups (1.25 L) chicken stock, approximately  
2 tbsp (30 mL) olive oil  
2 tbsp (30 mL) butter, divided  
1/3 cup (125 mL) finely chopped onion  
1 1/3 cups (375 mL) carnaroli rice  
1/2 cup (125 mL) white wine  
1/3 cup (75 mL) grated Parmesan cheese  
Salt and freshly ground black pepper

1. Place dried porcini mushrooms in a bowl and pour over boiling water. Let sit for 30 minutes. Strain soaking liquid into a bowl, chop mushrooms and reserve liquid and mushrooms together.
2. Remove stems from fresh mixed mushrooms and discard. Slice mushrooms. Heat oil and butter in a skillet over medium-high heat. Add garlic and sliced mushrooms. Sauté until mushrooms are tender, about 3 minutes. Season with salt, pepper and parsley. Leave in skillet to reheat.
3. For risotto, place stock in a pot. Bring to a simmer on stove. Heat oil and 1 tbsp (15 mL) butter in a heavy pot over medium heat. Add onion and sauté until softened, about 3 minutes. Add rice and sauté until rice is coated with oil.
4. Pour in wine and cook until wine is absorbed. Stir in mushroom soaking liquid and dried mushrooms and cook, stirring, until most of liquid is absorbed. Add 1 cup (250 mL) stock, stirring until most of stock is absorbed. Continue to add stock 1 cup (250 mL) quantities, stirring frequently, until rice is creamy with a slight bite in the centre, 18–20 minutes. Reheat and stir in mushroom mixture a few minutes before rice is cooked.
5. Remove from heat. Stir in remaining butter and Parmesan cheese. Season well with salt and pepper. Serve immediately.

Serves 4

## DUCK BREAST

6 tbs each of ground coriander, cardamom, ginger and allspice  
250ml honey  
10 king cole duck breasts from Wild Game Consultants  
150ml white wine vinegar  
10 oranges, peeled and segmented  
10ml Safron  
250ml Grand Marnier  
150ml Marsala  
10 cups chicken stock  
salt and pepper

## DUCK

In a small bowl mix the dry spices with 75ml of honey.

Score the duck, then sear, skin side down at low to medium low heat, in a heavy pan, draining the rendered duck fat as you go, until crispy. This duck fat will be used to coat the potatoes.) Flip the duck and brush the crispy skin side with the honey mixture. Cook for two minutes. Remove from the pan when done and place on a baking tray for warming in the oven later.

In the same pan, combine the vinegar, remaining honey and saffron: add a small amount of the rendered duck fat: bring to boil. Stir in the Grand Marnier and Marsla. Pour in the chicken stock; season with salt and pepper. Slowly reduce the liquid to a thick consistency. Add orange pieces towards the end so they don't disintegrate in the sauce.

Heat the duck in the oven at 250F for approximately 8 minutes, or the internal temperature reaches 135F. Remove from oven and let rest.

Cut the breast at an angle, place briefly on a paper towel (to remove the blood that accumulates at the bottom of the breast while resting).

## POTATOES

10 large baking potatoes

Duck fat

Salt

Cut the potatoes into bite size pieces, skin on, and add them to a pot of boiling water, for 10 minutes, until they are fork tender. Drain when done and spread on a baking tray, crush gently with a fork and season with a pinch of salt.

When available, brush the potatoes with the duck fat.

Bake the potatoes for 30 minutes, 425F (more or less) until golden and crisp.

## GARLIC CHARD

10 bunches red chard

5 cloves garlic

butter

Wash the chard really well; finely chop five cloves of garlic; remove the large stems from the chard and cut the leaves into bite size pieces.

Melt a knob of butter in a pan, add the garlic and cook for one minute. Add the chard and a pinch of salt and cook until slightly wilted.

## PLATING

Heat the plates. Place the duck down the centre. Chard on one side, potatoes on the other side. Place a piece of orange at the end of the duck and pour a ladle of orange sauce over the duck and serve.

## Eton Mess

Here is the Eton Mess recipe. We will make our own meringue using about 4 egg whites, 1/4 teaspoon cream of tartar, a dash of kosher salt, 3/4 cup sugar, and 1/2 teaspoon vanilla extract.

Whip the egg white on medium setting with the cream of tartar and salt. Slowly add the sugar and whip on high setting till stiff peaks form. Add vanilla and pipe onto a tray lined with parchment. Bake in oven at 200 degrees for 2-2.5 hours till crisp but not brown. Voila

### Ingredients:

6 (6-ounce) packages fresh raspberries, divided

1 1/2 cups plus 1/4 cup granulated sugar

2 tablespoons freshly squeezed lemon juice

1 1/2 tablespoons framboise liqueur

2 1/2 cups cold heavy cream

2 teaspoons pure vanilla extract

5 to 6 (3-inch) bakery meringue shells, broken in pieces

#### Create a shopping list

Share your list or take it in-store

[View list](#)

 Add to shopping list

Powered by Whisk.com

### Directions:

**1** Pour 3 packages of the raspberries, 1 1/2 cups of the sugar, and the lemon juice into a 10-inch saute pan. Crush the berries lightly with a fork and bring the mixture to a full boil over medium-high heat. Lower the heat and simmer for 10 minutes, stirring occasionally, until the mixture is syrupy. Fold the remaining 3 packages of raspberries and the framboise into the hot mixture and refrigerate until very cold.

**2** In the bowl of an electric mixer fitted with the whisk attachment, beat the cream, the remaining 1/4 cup of sugar, and the vanilla together on medium-high speed until it forms firm peaks.

**3** In decorative glasses, layer a spoonful of the whipped cream, a spoonful of the raspberry mixture, and then a few meringue pieces. Repeat once or twice, depending on the size of the glasses, until the glasses are full, ending with berries and a dollop of cream. Serve immediately or chill for an hour, until ready to serve.