

Pan Seared Scallops with Pernod Cream Reduction

Yield:

24 pieces

Ingredients:

24 pieces 10-20 fresh Atlantic scallops
salt and white pepper
100 ml olive oil

Sauce:

1 liter heavy whipping cream
250 ml Pernod

Serve with toasted baguette if desired

Procedure:

Inspect the scallops for sear side. Remove all abductor/side muscles and rest scallops on paper towel. Season each side with salt and pepper.

Heat olive oil in a heavy based sauté pan big enough to cook all scallops at once. Add scallops when oil starts to smoke. Cook for 90 seconds each side.

Remove to an oven proof pan and finish in 300 F oven while you make the sauce.

To make the sauce; add cream to the pan and stir with a wooden spoon to de glaze. Add pernod (careful if using gas, it may catch on fire). Cook until sauce has reduced by 2/3.

Plate scallops and finish with sauce. Serve at once

Honey dew and Thai Chili Shooter

Yield:

1 liter

Ingredients:

2 large Honey dew Melon

6 Thai chili's

1 lemon

Honey if needed

Procedure:

Wash, peel and seed honeydew melon.

Place in a blender or juicer to extract as much juice as possible.

Strain through a cheese cloth.

Allow Thai chili for set in juice to pull flavour out. Adjust sweetness with lemon and honey as needed.

Pear, Star Anise, Chardonnay Reduction

Yield:

0.5 liter

Ingredients:

6 Bartlett pears (washed, peeled and seeded)

4 pods star anise

750 ml chardonnay

Procedure:

Place washed, peeled, seeded pears into a sauce pan with star anise and chardonnay.

Bring to a boil, maintain for 4 minutes to extract flavour from star anise and pears.

Strain to a new sauce pan and reduce by 2/3.

Serve hot or cold.

Polenta and Sausage Stuffing

Yield:

4 cups stuffing

Ingredients

½ large diced onion

3 links chorizo sausage (casing removed)

1 cup cornmeal

2 cups chicken stock

½ tsp dried thyme

1 tsp dried oregano

1 cup grated parm cheese

Directions

Using a heavy based sauté pan, fry the onions and sausage together, constantly pushing the sausage meat in the pan to ensure that it returns to “ground” state. Cook until all meat is broken up.

Add cornmeal and seasonings and incorporate into sausage mixture. Cook one minute.

Add chicken stock and stir to ensure all cornmeal is submerged in liquid. Cook until cornmeal is tender.

Remove from heat and fold in grated cheese.

Orange and Wild Rice Stuffing

Yield:

3 cups stuffing

Ingredients:

½ cup finely chopped onion
½ cup finely chopped celery
½ cup finely chopped mushrooms
¼ cup dried cranberries
¼ cup butter
2 cups cooked wild rice
2 teaspoons sugar
½ teaspoon salt
½ tsp dried oregano
½ teaspoon dried thyme
2 tablespoons orange juice

Procedure:

In a heavy sauté pan, heat butter and cook onions, celery and mushrooms until water is all released from mushrooms and onions are softened. Add cooked rice and cranberries, season and cook until all flavours meld.

Use for stuffing Cornish game hen or eat as a side dish or chill and serve as a salad.

Reverse Turducken

Yield:

12 portions

Ingredients

12 Cornish game hens

3 lb duck breast

1.5 lb turkey breast

3 cups orange wild rice stuffing

3 cups polenta sausage stuffing

Directions

Debone Cornish game hen. Start breast side up, make a small incision on each side of the breast bone, run your finger along the breast bone to separate the meat from the cartilage, repeat on other side. When you reach the ribs, break with tip of your finger, they separate easily, don't cut yourself. Turn the bird around and remove the wishbone from the butt end, it will break in half and easily pull out. Separate the wing bones from the back bone by finding the joint where they meet and using the tip of your paring knife, pull it through the joint, you may have to work it around the bone until it releases. Next pull the leg and thigh to separate the joint. Using the tip of your paring knife separate the joint. Work your way around the tip of the bone and ensure all meat and connective tissue is release, using your fingers, pull the thigh bone out, it will easily pull free. Turn the bird inside out and starting at the tip of the remaining back bone, use the paring knife to carefully release the meat. This will come out in one piece. Be sure to not cut through the skin. Watch for any small bone fragments. Season the inside cavity with salt and pepper.

Thinly butterfly the duck breast and the turkey breast , lightly season with salt and pepper.

Lay the duck breast out flat and place ¼ cup polenta on inside, spread evenly, place turkey breast in center and roll into a tube.

Open Cornish game hen and place ¼ cup wild rice stuffing evenly throughout. Place turduck inside. Fold meat together. Tie legs closed and fold wings under.

Roast at 350 F for 45 minutes or until 170 internal.

Blueberry Maple Ricotta Perogies

Yield:

36 pieces perogies

Dough:

3 cups all-purpose flour
1/2 tsp. baking powder
pinch salt
2 Tbsp. butter, melted
1/2 cup milk
1 large egg
1/3 cup Greek yogurt/ricotta cheese
warm water (as needed)

Filling:

2/3 cup sugar
50 ml maple syrup
1 Tbsp. all-purpose flour
2 cups frozen (don't thaw them) blueberries

butter, for cooking

Serve with white chocolate crème Anglaise and maraschino cherries

Procedure:

In a large bowl, stir together the flour, baking powder and salt. In a small bowl stir together the butter, milk and egg; add to the flour mixture and stir until you have a dry, shaggy mixture. Add the ricotta and yogurt about a third at a time, until you have a soft, slightly sticky dough. Add warm water a tsp at a time if needed. Knead it about 10 times, then cover with a towel or plastic wrap and let rest on the countertop for 20 minutes.

To make the filling, stir together the maple syrup, sugar and flour; stir in the blueberries. On lightly floured surface, roll out the dough to a scant 1/4-inch thickness. Using a 3-inch round cutter, cut into rounds. Stretch each round slightly; fill with a spoonful of the blueberry mixture, ensuring you get some of the sugar-flour in there as well.

Pull dough over filling into semicircle; pinch edges together to seal. Cover with tea towel. Repeat with remaining dough and filling. Freeze in a single layer or cook immediately.

In large pot of lightly salted water, boil perogies in batches, until they float to the top and the dough is tender, about 10 minutes. With slotted spoon, transfer to dish; drizzle with butter to prevent sticking. If you like, brown the well-drained boiled perogies in a hot pan with butter until crisp and golden; drizzle the remaining butter from the pan overtop. Serve with white chocolate cherry crème Anglaise