



Shane Chartrand

Executive Chef

Murrieta's Bar & Grill

10612 82 Ave NW

Edmonton, AB T6E 2A7

EGDC Mentor Chef

October 15, 2012

The Early Years

- Raised near Red Deer – outdoors life - family raised chickens, geese, ducks, fished hunted

Professional experience:

- Restaurant/bistro experience began at 15 – has included major restaurants and hotels across Canada
- **Mentor** - Chef Emmanuel David, Culinary Olympic Gold Medalist.
- **Murrieta's Bar & Grill**, Edmonton - Executive Chef – 1 year – Well known local restaurant with 200+ bottle wine list, fine dining menu and quality sister restaurants - Parker house, TRIB Steakhouse and The Cellar.
- **L2/L1, Fantasyland Hotel**, Edmonton- Chef De Cuisine, 7 years
- **Sage Restaurant, River Cree**, Edmonton - Executive Sous Chef, 3 years
- **Marriott Resort River Cree**, Edmonton- Sous Chef, 1 year
- Restaurant food consultant/ Private cooking class educator

Professional accomplishments

- **Culinary Mentor and Judge:** - CCFCC Junior Competition / Skills Canada / NAIT High School Challenge / Chaine Des Rotisseurs competition
- **Chef Participation:** Chaines Des Rotisseur Dinner/ FEASTival of fine chefs/ Taste of Edmonton/ wine pairing dinners/ Wine and Food Indulgence/ Edmonton Chamber of Commerce Mixer/ Etc.
- **Media:** Hendrix Condon Barr magazine, AVENUE Magazine, SYSCO National Magazine, Edmonton Journal 6 stories, Edmonton SUN 4 stories, Commercials and cooking show appearances - CTV, CITY TV, CBC Radio, Global News, Shaw TV, APTN, CFCW; Food columnist -"SAY Magazine" and "Epoch Times"
- **Gold Medal Plates Competition** – 2010 Bronze Medalist
- **Edmonton Chili Cook-Off** – 2011 First and Second Place Awards
- **Toronto's Best Restaurants Staging** - Nyood, Kultura, ONE
- **Edmonton charity/volunteer work** – CNIB, Make-a-Wish Foundation, Young Aboriginals, SIP Food & Wine Show, SKAL dinners, FEASTival of fine chefs, Indulgence Food & Wine show
- **Noteworthy food guests:** Cast members of Twilight, Carmen Electra, Patrick Swayze, Wanderlei Sylva, Keith Urban, Gordon Ramsey, and others

Education:

Northern Alberta Institute of Technology School of Hospitality & Culinary Arts; Red Seal; Journeyman certified; Pro serve /food safe/ Sanitation/ Whimis/ supervisory and management training/ Leadership training/ Kosher training Level 1 Sommelier studies

Individual commitments:

- CCFCC, Active member
- NAIT- Culinary Advisory Board
- "Chef Collaboration" Edmonton
- Twitter culinary page

The Edmonton Gentleman's dinner Club

Amuse bouche-

Olive oil poached salmon
Sautéed arugula, spinach, olives
Chilled pickled pearl onions

Appetizer-

Seared steak tartare, shaved maitake mushrooms
With lavosh and trio colour tomato template

Entrée-

Veal cheek Orcciette
Horseradish cream fraîche and red wine demi glace
Cold pressed olive oil, shaved radishes

Dessert-

Chocolate lava cake
Cream Anglaise
Sliced fruit of gooseberries, grapes and strawberries
Burnt cinnamon stick

Group #1

Olive oil poached salmon

Sautéed arugula, spinach, olives and tomatoes

Chilled pickled pearl onions

Ingredients:

1 side of salmon
1 clamshell of arugula
1 clamshell of spinach
9oz olives
9oz pearl onions
6oz pickling spices
1 liter olive oil

Salmon-

Clean the salmon (chef will demo) cut into 4 oz filets, set aside

Cut the tomatoes into even small dice sized pieces (1/2 x 1/2 x 1/2)

Take out the seeds of the olives

Set aside

Take the skin off of the pearl onions and set aside

Fill a pot with 2 cups of white wine vinegar, 1 cup water, 5 oz pickling spice

Bring to a simmer

Drop the onions into the pickling water and gently simmer until the onions "give" a bit when touched

Drain immediately and chill

To Serve-

Fill a large pot with canola oil and bring the temperature up to 140F gently drop the salmon into the oil and poach until medium rare (the cooking time depends on the size, just keep it submerged until it turns colour and then leave it for a few minutes. But just keep a good eye by lifting it gently and just touching the fish until it has a bit of push back)

Take a large sauté pan and add a decent amount of oil. Then drop in to tomatoes, olives, spinach and arugula. Add salt and pepper, minced garlic. Then deglaze with white wine. Add whole butter at the end and monte.

Spoon the vegetable mix onto a small plate, then gently place the pearl onions on the plate to create a nice visual.

Take the salmon out of the oil and towel until oil is removed. Then gently place over the vegetables, finish with a touch of salt and enjoy!

Group #2

Seared steak tartare

Lavosh and trio color tomato template

Ingredients:

1.5 lb tenderloin

TT Tobasco

TT Worcestershire

2 oz fresh shallots

½ oz mustard

2 oz white wine

TT salt

TT pepper

Approx. 3 eggs

6 oz whole butter

1 lb flour

1 cup white milk

1oz salt

1 cup maitake mushrooms

12 whole tricolor tomatoes

Procedure:

Cut the steak tenderloin up until it is turned into a paste. This will take a bit of time (Make sure your hands are very very clean when doing this part)

Add tobacco, Worcestershire, salt, pepper, 3 egg YOLKS, very fine minced shallots, mustard and wine

Mix tartare until all ingredients are totally combined

Taste before chilling. Pack the mix into 1 or 2 oz ladels to create a half circle. Put on a tray and cool

Put a lb of flour in a flat surface with salt. Work in a cup or so of milk, and softened butter, until it creates dough. (The adjustment of milk and flour will continue until it become the right consistency to roll)

Roll out the dough and put on an upside down tray with parchment. Cut the sides and brush egg wash on top (1 cup milk, 4 whole eggs mixed together)

Score the dough without cutting all the way through. This will help when finished baking to “break” into crackers

Bake the dough at 315F until golden brown. Cool and break into cracker pieces

Take the tomatoes and cut into paper thin slices

To Plate:

Place 3 slices of tomato on a plate evenly and overlapping

Heat up a pan and add oil. Sear the tartare until it forms a small brown coating on the bottom part of the meat. Take off immediately and cool

Sauté off the sliced mushrooms as well with oil salt and pepper

Group #4

Lava cake

Cream anglaise

Sliced fruit

Burnt cinnamon

800 grams chocolate chips

700 grams whole butter

25 whole eggs

1 tsp vanilla

450 grams flour

1 liter of whipping cream

12 eggs (yolks for anglaise)

Preheat oven 350 F

Melt chocolate in double boiler (bowl over water)

When melted, remove from heat and whisk in the butter until melted and add vanilla

Separate bowl, beat eggs and sugar until ribbons or whitens

Stir in melted chocolate mix and lastly add flour

Turn off mixer and set aside

Spray and sugar small bowls then pour about 3 to 4 oz of batter in each bowl (If you don't spray the cups the chocolate will stick)

Slice all fruit paper thin and set aside in separate bowls

Then once finished put the chocolate lavas into the freezer immediately to stop the cooking process

In another double boiler add cream and heat up gently. Then add the eggs yolks one at a time until the cream thickens. then add sugar and vanilla then chill on ice

To plate:

Heat up the chocolate lavas until warmed, then remove using a butter knife. And place on a plate gently.

Watch the chocolate may pour out, so be careful when working with it

Garnish with sliced fruit and spoon on some crème anglaise

Right before it goes to the dining room, light a cinnamon stick and set beside the cake for an aromat

Enjoy!