

ALMOST FAMOUS
CHEF™



S.PELLEGRINO
SPARKLING NATURAL MINERAL WATER

S. PELLEGRINO
ALMOST FAMOUS CHEF COMPETITION

RECIPE BOOK

*Gourmet recipes
from aspiring chefs*



From the 2011 and 2012 Canadian regional competitions

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What people are saying about the S. Pellegrino *Almost* Famous Chef recipes

The dishes created by the competitors in the Almost Famous Chef competition show a wide range of influences, ingredients, flavours and techniques and some even get quite playful.

Alexa Clark,
CheapEats Restaurant Guides

Every dish is a masterpiece. And now we can share the passion of these young chefs in our own kitchens.

Ruth Daniels,
Once Upon a Feast, and Every Kitchen Tells Its Stories—Recipes to Warm the Heart

I will definitely be making Cole Nicholson's Maple Juniper Venison Loin with Chocolate Infused Red Wine Jus, Leek and Potato Mash again... The chocolate jus was sweet without being cloying or overpowering and the potatoes creamy and fluffy. The beef was cooked to perfection. Thank you Cole for what I am sure will be appearing on a dinner party menu soon—it's one of those dishes that looks and tastes like you spent way longer in the kitchen than you actually did!

Mardi Michels,
eat. live. travel. write



Introduction

The S.Pellegrino *Almost* Famous Chef Competition is a unique, fast-paced cooking competition that brings together students from over 60 culinary institutions across North America. The competition begins in early January with 10 regional events where students battle for a chance to compete at the finals competition in Napa in March.

World-renowned chefs and food media judge both the regional and final competitions. It's this deep commitment to culinary mentorship, including direct relationships between successful chefs and journalists, that differentiates the S.Pellegrino *Almost* Famous Chef from other culinary competitions.

This recipe book includes the student recipes submitted to the S.Pellegrino *Almost* Famous Chef Canadian regional competitions in 2011 and 2012. All the dishes are adapted for the home chef so they're easy to make with readily available ingredients.

Buon appetito (and don't forget to pair the dishes with S.Pellegrino and Acqua Panna)!

P.S.: Five bonus cocktail recipes that feature Sanpellegrino Sparkling Fruit Beverages are also included.

Sparkling Cocktails



Over 80 years ago a new sparkling fruit beverage called Aranciata was created (with a bit of luck and intuition) by combining S. Pellegrino Sparkling Natural Mineral Water with Sicilian oranges and sugar.

Since that time additional flavours were added to the Sanpellegrino Sparkling Fruit Beverage family using only the finest oranges and lemons ripened in the sun of the vast groves of Southern Italy and then picked by hand at harvest time.

Today there are five uniquely refreshing flavours— Aranciata (Sicilian orange), Aranciata Rossa (blood orange), Chinotto (bitter citrus), Limonata (lemon) and Pompelmo (grapefruit).

These up-scale adult sparkling fruit beverages are enjoyed as a healthier, trendier alternative to cocktails at fine dining occasions. They are made with all-natural ingredients and are moderately sweet with small bubbles for a uniquely refreshing taste.

We created these five sparkling cocktail recipes to help you kick-off your next get-together with friends or family.

Salute!

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Bleeding Heart

Muddle 7 raspberries in a mixing glass

15 mL Fresh Lemon Juice

15 mL Fresh Grapefruit Juice

15 mL Simple Syrup

37.5 mL Grey Goose Vodka

90 mL Sanpellegrino Aranciata

Shaken and fine strained into a Coupe.

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Bloody L

30 mL Fresh Pomegranate Juice
90 mL Sanpellegrino Limonata
45 mL Grey Goose Vodka

Build in a Rocks glass.

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Whirling Dervish

7.5 mL Dry Vermouth

52.5 mL Grey Goose Vodka

Stirred and strained into a Coupe. Top
with 60 mL of Sanpellegrino Limonata

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Stubbed Toe

52.5 mL Fresh Lemon Juice
30 mL Simple Syrup
45 mL Grey Goose La Poire

Build in a Collins glass. Top with 120 mL
Sanpellegrino Aranciata.

Poultry

For most cooks the one ingredient that will distinguish a good dish from a great one is the use of fresh herbs.

Kevan Hafichuk
2013 student participant, Pacific Institute
of Culinary Arts

Creating flavourful sauces makes dishes stand out and taste great. Reducing liquids by half is an easy way to intensify the taste. The term demi-glace refers to the technique that produces the concentrated flavour.

Alexandre Latendresse
2013 student participant, Institut de tourisme
et d'hôtellerie du Québec



Roasted Duck Breast *and* Gingerbread Crusted Foie Gras with Yukon Gold Potato *and* Green Onion Mash

CREATED BY ANNE-MARIE PLOURDE FROM THE ÉCOLE HÔTELIÈRE DE LA CAPITALE IN QUÉBEC CITY



Anne-Marie was the very passionate Canadian regional People's Choice winner in 2012. She's traveled extensively and worked in France where she gained an appreciation for classical cooking and well-prepared food.

Roasted Duck Breast *and* Gingerbread Crusted Foie Gras *with* Yukon Gold Potato *and* Green Onion Mash

CREATED BY ANNE-MARIE PLOURDE FROM THE ÉCOLE HÔTELIÈRE
DE LA CAPITALE IN QUÉBEC CITY

Anne-Marie's recipe features savoury duck enhanced with a fragrant gingerbread crusted foie gras that adds a buttery richness. A sweet hint of maple and balsamic finish the dish with an easy sauce.

2 cups (500 mL) veal or beef stock
5 tbsp (75 mL) balsamic vinegar
5 tbsp (75 mL) pure maple syrup
¼ tsp (1 mL) each salt and pepper
8 oz (250 g) foie gras (about half a lobe)
6 ginger crisp cookies
4 boneless duck breasts, about 2 lbs/1 kg total

Yukon Gold Potato and Green Onion Mash:

1 lb (450 g) Yukon Gold potatoes, peeled
and cubed
⅓ cup (80 mL) butter
⅓ cup (80 mL) 35% whipping cream
2 green onions, minced
1 small clove garlic, minced
Pinch salt

Yukon Gold Potato and Green Onion Mash: In pot, bring potatoes covered with water to boil and cook for about 15 minutes or until tender. Drain well and return to pot. Add butter and cream and mash until smooth. Stir in onions, garlic and salt; keep warm.

In small saucepan, bring veal stock to a simmer for about 10 minutes or until reduced by half. Remove to small bowl. Return saucepan to heat and add balsamic vinegar and simmer for about 1 minute or until reduced by half. Stir in maple syrup, reduced veal stock and salt. Keep warm.

Cut foie gras into 8 portions and return to refrigerator. Place cookies into resealable bag and crush finely to make about 1/2 cup (125 mL). Place into shallow bowl. Dredge foie gras portions evenly on both sides and set aside.

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Cut a crisscross pattern on the skin of each duck breast. Heat an ovenproof skillet over medium high heat and sear duck breasts skin side down for about 4 minutes or until golden and crisp. Turn breasts over and place skillet in 425 F (220 C) oven for about 6 minutes or until duck is medium rare or meat thermometer registers 155 F (68 C). Remove from oven and let stand for 3 minutes before slicing thinly.

In another nonstick skillet, heat over medium high heat and pan sear foie gras on both sides for about 3 minutes or until golden and crisp on the outside.

Divide a small amount of mashed potatoes among plates and top with some of the sliced duck breast. Set foie gras piece alongside on an angle and drizzle duck with veal sauce to serve.

Makes 8 servings.

Tip: Keep the foie gras cold to slice and cook as it melts quickly with heat.



Stuffed Chicken Medallions *with* Rapini *and* Walnut Spelt

CREATED BY WENDY MAH FROM THE GEORGE BROWN CHEF'S SCHOOL IN TORONTO



Wendy learned to cook by traveling the world—and eating. Visiting new and exotic places helped her develop her palette and an appreciation for flavours that work well together. She prefers to cook with seasonal and sustainable ingredients.



Stuffed Chicken Medallions *with* Rapini *and* Walnut Spelt

CREATED BY WENDY MAH FROM THE GEORGE BROWN CHEF'S SCHOOL IN TORONTO

The filling in this chicken has loads of fresh herb flavour and is the perfect topping for the creamy and nutty rapini and walnut spelt.

6 boneless skinless chicken breasts, butterflied and pounded thin
8 oz (250 g) boneless pork shoulder
4 oz (125 g) chicken livers
2 tbsp (25 mL) each chopped fresh sage and parsley or 2 tsp/10 mL dried
1 ½ tsp (7 mL) each chopped fresh thyme and rosemary or 1/2 tsp/2 mL dried
1 tsp (5 mL) fennel seeds, crushed
2 cloves garlic, minced
Salt and pepper

Rapini and Walnut Spelt:

½ cup (125 mL) diced sweet Italian pancetta
2 cloves garlic, smashed
1 each small shallot and stalk celery, diced
1 bay leaf
1 ½ cups (375 mL) spelt or barley
2 tbsp (25 mL) extra virgin olive oil
1 cup (250 mL) chopped cooked rapini
¾ cup (175 mL) chopped toasted walnuts
4 cups (1 L) chicken broth
½ cup (125 mL) freshly grated Parmesan cheese

In a food processor, pulse pork and chicken livers until minced. Add sage, parsley, thyme and rosemary, garlic and fennel; pulse until well distributed.

Divide pork mixture among chicken breasts and roll up. Tie with kitchen string and place on baking sheet and roast in 375 F (190 C) oven for about 45 minutes or until thermometer reaches 175 F (79 C) in stuffing. Let stand before slicing into medallions.

Rapini and Walnut Spelt: Meanwhile, in a saucepan, cook pancetta and garlic over medium heat until fat is rendered. Add shallot and celery and cook for 5 minutes or until softened. Add bay leaf and spelt and cook for 1 minute, stirring. Add stock and bring to boil. Reduce heat, cover and simmer for about 25 minutes or until spelt is tender.

In a small skillet heat oil and cook rapini and walnuts over medium heat for about 5 minutes or until hot. Add to spelt with cheese. Spoon into shallow bowls and top with chicken to serve.

Makes 8 servings.



Duck Breast *with* Chestnut Bread Pudding

**CREATED BY CHRISTINE AMANATIDIS FROM THE INTERNATIONAL CULINARY SCHOOL
AT THE ART INSTITUTE OF VANCOUVER**



Christine was the Canadian regional People's Choice winner in 2011. Her cooking style is strongly influenced by a large and supportive Greek family. This heritage taught her how to use simple ingredients, accentuate their best assets and match them with other flavours.

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Duck Breast *with* Chestnut Bread Pudding

CREATED BY CHRISTINE AMANATIDIS FROM THE INTERNATIONAL CULINARY SCHOOL AT THE ART INSTITUTE OF VANCOUVER

Crisp and moist bread pudding is the delicious backdrop for a crisp and juicy duck breast. Serve this dish up with roast beets and cranberry sauce to dip the duck into.

4 boneless duck breasts	¼ cup (50 mL) minced shallots
Salt and pepper	½ cup (125 mL) whole milk
Chestnut-Chai Bread Pudding:	2 eggs
1 cup (250 mL) chicken broth	8 roasted chestnuts, quartered
1 cinnamon stick	½ tsp (2 mL) freshly ground black pepper
5 each whole cloves and green cardamom pods	¼ tsp (1 mL) salt
3 slices fresh ginger	8 cups (2 L) ½-inch (1 cm) cubed multigrain sourdough bread
1 tbsp (15 mL) olive oil	2 tbsp (25 mL) butter, broken into tiny pieces

Chestnut-Chai Bread Pudding: In saucepan bring chicken broth, cinnamon, cloves, cardamom and ginger to boil. Cover and simmer for 5 minutes. Remove from heat and steep for 5 minutes. Strain and discard spices.

Meanwhile, in a skillet heat oil over medium heat and cook shallots for about 4 minutes or until lightly browned; set aside.

In a large bowl, whisk together milk and eggs. Add steeped chicken broth, shallot, chestnuts, pepper and salt. Stir in bread to coat well. Spread evenly into 13 x 9-inch (3 L) pan lined with parchment paper. Scatter butter on top and bake in 400 F (200 C) oven for 25 to 30 minutes or until top is golden brown. Let cool slightly before slicing into 8 pieces, approximately 4 x 3-inches (10 cm x 7.5 cm).

Score duck skin in a cross diamond pattern and season with salt and pepper. Heat a large skillet over medium-high heat and place duck breast skin side down. Reduce heat to medium and let cook for about 5 minutes or until crisp and brown. Turn duck and place in oven for about 8 minutes or until thermometer reaches 155 F (68 C). Let stand before slicing. Place bread pudding on each plate and top with sliced duck.

Makes 8 servings.

Beef, lamb *and* game

Use hearty and earthy spices such as allspice and nutmeg to add a heavenly aroma and flavour to game meats such as venison. The combination of sweet spices and spicy heat are always a favourite combination.

Janine Hall
2013 student participant, The Canadian Food
and Wine Institute at Niagara College

Veal is a mild flavoured protein that's lean and cooks up beautifully with little seasoning. For special cuts, such as tenderloin, it's always best to order from your butcher ahead of time so you get what you want.

Jean-Christophe Comtois
2013 student participant, École hôtelière
de la Capitale



Filet of Veal Stuffed *with* Wild Mushrooms, served *with* Butternut Squash *and* Roasted Hazelnut Puree

CREATED BY DANIELA MOLETTIERI FROM THE INSTITUT DE TOURISME ET D'HÔTELLERIE DU QUÉBEC IN MONTRÉAL



Daniela was the Canadian regional winner in 2012. With a naturally competitive nature, she was an ideal candidate for the S.Pellegrino *Almost Famous Chef Competition*. Daniela likes to take chances and show her adventurous—even dangerous—side through her cooking.

Filet of Veal Stuffed *with* Wild Mushrooms, served *with* Butternut Squash *and* Roasted Hazelnut Puree

CREATED BY DANIELA MOLETTIERI FROM THE INSTITUT DE TOURISME ET D'HÔTELLERIE DU QUÉBEC IN MONTRÉAL

Veal tenderloin is stuffed with flavourful mushrooms offering up a tender roast that is delicate enough to serve atop the sweet puree of butternut squash. Serve up a fresh mix of carrots, parsnips and beets for additional colour and vegetables for the dinner plate.

2 veal or pork tenderloins (about 2 lbs/1 kg)
½ cup (125 mL) butter
12 oz (375 g) fresh mixed fresh mushrooms, minced
4 shallots, minced
1 tbsp (15 mL) chopped fresh thyme leaves
2 cloves garlic, minced
¼ tsp (1 mL) freshly ground black pepper
Pinch salt
2 ½ cups (625 mL) veal or beef stock

1 cup (250 mL) dried mushrooms
(about 1 oz/30 g)

Butternut Squash and Roasted Hazelnut Puree:

1 ½ lbs (750 g) peeled and cubed butternut squash
½ cup (125 mL) butter, cubed
Pinch each salt and freshly ground black pepper
⅓ cup (75 mL) chopped toasted hazelnuts

Butternut Squash Puree: Bring squash to boil in salted water for about 20 minutes or until very soft. Drain well and return to pot. Using potato masher, mash well with butter, salt and pepper. Stir in hazelnuts. Set aside and keep warm.

In large skillet, melt 1/4 cup (60 mL) of the butter over medium high heat; cook mushrooms, shallots, thyme and garlic, stirring occasionally for about 15 minutes or until liquid has evaporated. Set aside and let cool.

Using a chef's knife, make an incision in centre of tenderloin across the middle not cutting through to the other side. Cut along each side to open up a bit more. Stuff centres with mushroom mixture and close back up. Tie tenderloins with butcher's twine in about 2 inch (5 cm) intervals and place seam side down on parchment paper lined baking sheet; sprinkle with half of the pepper and salt. Roast in 350 F (180 C) oven for about 45 minutes or until meat thermometer reaches 150 F (65 C) for medium rare. Let rest for at least 5 minutes before slicing.

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Meanwhile, in saucepan combine dried mushrooms and stock and bring to a simmer. Let simmer for 10 minutes. Drain through fine mesh sieve and return stock to saucepan. Whisk in remaining butter and pepper.

Spread squash in centre of plate and place veal slices alongside. Spoon sauce along meat to serve.

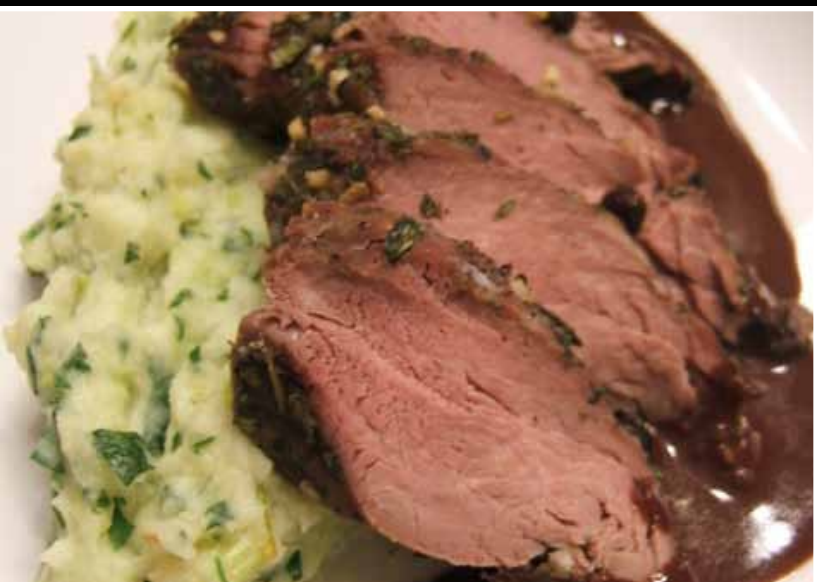
Makes 8 servings.

Tips: To toast hazelnuts, place in baking pan in 350 F (180 C) oven for about 8 minutes or until golden and fragrant. You can serve the rehydrated mushrooms alongside the veal and sauce if desired.



Maple Juniper Venison Loin *with* Chocolate Infused Red Wine Jus, Leek *and* Potato Mash

CREATED BY COLE NICHOLSON FROM THE GEORGE BROWN CHEFS SCHOOL IN TORONTO



Cole entered the S.Pellegrino *Almost Famous Chef* Competition looking for a new challenge. He felt a cooking competition would be a good way to develop and fine tune his skills—with the ultimate goal of becoming a better restaurant cook.

Maple Juniper Venison Loin *with* Chocolate Infused Red Wine Jus, Leek *and* Potato Mash

CREATED BY COLE NICHOLSON FROM THE GEORGE BROWN
CHEFS SCHOOL IN TORONTO

Creamy leek mashed potatoes are the base for the slightly sweet maple flavoured venison. The taste is enhanced by the true chocolate flavour that sings in the red wine jus. A few Brussels sprouts with carrots would beautifully finish this earthy dish.

1/3 cup (75 mL) pure maple syrup
3 tbsp (45 mL) juniper berries
2 tbsp (30 mL) chopped fresh thyme leaves
3 cloves garlic, minced
1 venison loin or beef tenderloin
(about 2 lbs/1 kg)
Pinch each salt and freshly ground black pepper

Chocolate Infused Red Wine Jus:

1/3 cup (75 mL) butter
1 carrot, chopped
1 onion, chopped
1 leek, white and light green part, thinly sliced
2 bay leaves

3/4 cup (175 mL) Meritage wine
2 cups (500 mL) beef stock
3 oz (90 g) 90% dark bittersweet chocolate
1 tbsp (15 mL) red wine vinegar

Leek and Potato Puree:

1/2 cup (125 mL) butter
1 leek, white and light green part, thinly sliced
1/2 cup (125 mL) chopped fresh parsley
1/4 tsp (1 mL) salt
1 1/4 lb (625 g) Yukon Gold potatoes, peeled and chopped
2 tsp (10 mL) chopped fresh thyme leaves
1/2 cup (125 mL) 35% whipping cream, heated

Leek and Potato Puree: In nonstick skillet heat 1 tbsp (15 mL) of the butter over medium heat and cook leeks for about 10 minutes or until soft and golden. Stir in parsley and salt; set aside.

Bring potatoes and thyme to boil in large pot of salted water for about 20 minutes or until tender. Drain well and mash until smooth. Add cream and remaining butter and stir until smooth and creamy. Add leek and parsley mixture into potatoes and stir to combine well. Set aside and keep warm.

In large shallow dish, combine maple syrup, juniper berries, thyme and garlic. Add loin and turn to coat evenly and let marinate for 15 minutes. Sprinkle with salt and pepper.

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Place loin on rack in roasting pan and roast in 450 F (230 C) oven for 10 minutes. Reduce oven temperature to 275 F (140 C) and roast for about 1 hour or until meat thermometer reaches 145 F (63 C) for medium rare. Let stand for about 5 minutes before slicing. Slice into 1 inch (2.5 cm) thick slices.

Chocolate Infused Red Wine Jus: In saucepan melt 2 tbsp (30 mL) of the butter over medium high heat and sauté carrot, onion, leek and bay leaves, stirring occasionally for about 10 minutes or until softened and browned. Add wine and simmer for about 5 minutes or until reduced by about half. Add beef stock and bring to a simmer for 10 minutes. Strain sauce through fine mesh sieve into clean saucepan. Whisk in chocolate and remaining butter until melted and smooth. Stir in red wine vinegar.

Place potatoes in line down center of plate and set venison slices along side of potatoes. Spoon sauce around meat on the plate to serve.

Makes 8 servings.

Tips: For a crunchy seared venison, rub loin with maple sugar (available in fine food stores) and sear the loin in a hot skillet before roasting in 275 F (140 C) oven. For a smoky addition to your potatoes, add a splash of liquid smoke when stirring together.



Honey Seared Bison Tenderloin *with* Apple Parsnip Puree

CREATED BY JEAN-FRANÇOIS DAIGLE FROM THE GEORGE BROWN CHEF'S SCHOOL IN TORONTO



Jean-François was the 2011 S.Pellegrino Almost Famous Chef Canadian regional winner. He learned to cook from his grandmother and mother in his hometown of Dieppe, New Brunswick. Jean-François decided to become a chef as there are so many different things to learn when cooking.

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Honey Seared Bison Tenderloin *with* Apple Parsnip Puree

CREATED BY JEAN-FRANÇOIS DAIGLE FROM THE GEORGE BROWN
CHEF'S SCHOOL IN TORONTO

Creamy apple parsnip puree is the base for the decadent richness of bison and adds a delicate sweetness to this recipe. A chunky vegetable sauce finishes the dish, along with a few asparagus spears for added colour.

2 cups (500 mL) beef broth
2/3 cup (150 mL) dry red wine
1 cup (250 mL) each diced carrots and onion
3/4 cup (175 mL) diced celery
2 bay leaves
1 tsp (5 mL) whole black peppercorns
1 buffalo or beef tenderloin, about 2 lbs/1 kg,
cut into 8 equal portions
Sea salt and pepper
1 tbsp (15 mL) extra virgin olive oil or garlic oil

2 tbsp (25 mL) liquid honey
2 tsp (10 mL) chopped fresh thyme or
1/2 tsp/2 mL dried thyme leaves

Apple Parsnip Puree:

1 lb (500 g) parsnips, peeled and chopped
1 lb (500 g) apples, peeled, cored and chopped
2 tbsp (25 mL) 35% whipping cream, hot
2 tsp (10 mL) Dijon mustard
Salt and white pepper

Apple Parsnip Puree: In pot of boiling water cook parsnips, covered for 15 minutes or until tender. Add apples, cover and simmer for 10 minutes or until very tender. Drain well and puree in a food processor until smooth. Whisk in cream and mustard and season to taste with salt and pepper; keep warm.

Meanwhile, in saucepan bring stock, wine, carrots, celery, onion, bay leaves and peppercorns to a boil and simmer until reduced to 2-1/2 cups (625 mL). Remove bay leaves and discard.

Sprinkle tenderloin with salt and pepper. Heat oil in large skillet, in batches sear both sides of the tenderloin and place on lightly greased baking sheet. Drizzle with honey and sprinkle with thyme. Roast in 425 F (220 C) oven for 5 to 7 minutes or until meat thermometer inserted in centre reaches 145 F (63 C) for medium-rare.

Spoon apple parsnip puree in centre of plate and top with tenderloin and spoon vegetable sauce around plate.

Makes 8 servings.



Rack of Lamb *with* Homemade Ketchup

**CREATED BY FRANCIS TRAVERSY, ÉCOLE HÔTELIÈRE
DE LA CAPITALE IN QUÉBEC CITY**



Francis has a very simple culinary perspective. He prefers “bistronomie” which means a delicious meal that’s deserving of high praise usually reserved for high-class restaurants.

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Rack of Lamb *with* Homemade Ketchup

CREATED BY FRANCIS TRAVERSY, ÉCOLE HÔTELIÈRE DE LA
CAPITALE IN QUÉBEC CITY

Simple and delicious—the combination of Homemade Ketchup with lamb makes a surefire winner of this dish. Serve with mashed potatoes to sop up all the tasty juices.

2 Frenched racks of lamb, about 2 lbs/1 kg total	1 clove garlic, minced
Salt and pepper	2 ripe tomatoes, chopped
1 tbsp (15 mL) extra virgin olive oil	1 tbsp (15 mL) granulated sugar
1 tbsp (15 mL) butter	2 tbsp (25 mL) white wine
4 cups (1 L) hot mashed potatoes	2 tbsp (25 mL) white wine vinegar
	2 tbsp (25 mL) chopped fresh basil or fresh, flat leaf parsley
Homemade Ketchup:	Salt and pepper
1 tbsp (15 mL) extra virgin olive oil	
2 tbsp (25 mL) finely chopped Spanish onion	

Apple Homemade Ketchup: In a saucepan heat oil over medium heat and cook onion and garlic for 2 minutes or until softened. Add tomatoes and sugar and bring to simmer over medium-high heat; cook for 5 minutes. Add wine and vinegar and cook gently for about 15 minutes or until almost all of the liquid is evaporated and thickened. Stir in basil and season with salt and pepper

Season lamb racks with salt and pepper. In a large ovenproof skillet, heat oil and butter over medium high heat and brown racks on both sides. Roast in 425 F (220 C) oven for about 15 minutes or until meat thermometer inserted in centre is 145 F (63 C) for rare. Slice into chops and serve on mashed potatoes with dollop of ketchup.

Makes 8 servings.

Pork

Pork has a mild flavour that works well with a variety of flavours and cooking techniques—that's why it's a favourite ingredient of many chefs. The versatility of cuts is also a big draw.

Timothy van Ryzewyk
2013 student participant, Humber College



Roasted Rack of Pork *with* Thyme Flavoured Jus *and* Bacon and Chive Potato Rosti

CREATED BY CHARLES GIGNAC FROM ÉCOLE HÔTELIÈRE DE LA CAPITALE IN QUÉBEC CITY



Charles is a creative, talented and hard-working chef. Over the years he's acquired a good technical background—a background that made him a formidable contestant in the S. Pellegrino *Almost Famous Chef* competition.

Roasted Rack of Pork *with* Thyme Flavoured Jus *and* Bacon *and* Chive Potato Rosti

CREATED BY CHARLES GIGNAC FROM ÉCOLE HÔTELIÈRE
DE LA CAPITALE IN QUÉBEC CITY

This mushroom and mustard crusted rack of pork is juicy—the perfect match for the crisp potato rosti. Ask your butcher for a Frenched pork roast so that each serving will have a perfect bone to serve on the plate. Sauté a few apple slices with bacon, carrots and leeks to serve up alongside your main course.

1 rack of pork loin (about 3 1/2 lbs/1.75 kg)
with 8 rib bones

1/3 cup (75 mL) grainy mustard

1 cup (250 mL) dried chanterelle mushrooms,
coarsely ground (about 1 oz/30 g)

1 tbsp (15 mL) each butter and canola or
grapeseed oil

Pinch each salt and freshly ground black pepper

Thyme Flavoured Jus:

1 tbsp (15 mL) butter

1 shallot, finely chopped

1/3 cup (75 mL) white wine

1 1/2 cups (375 mL) veal or beef stock

1 sprig fresh thyme

Bacon and Chive Potato Rosti:

1 lb (500 g) Yukon Gold potatoes, peeled
and thin julienne

2 strips bacon, finely diced

1 tbsp (15 mL) chopped fresh chives

1 egg

2 tbsp (30 mL) butter, melted

1/4 tsp (1 mL) each salt and freshly ground
black pepper

In large skillet, melt butter and oil over medium high heat. Sprinkle pork with salt and pepper and brown on all sides. Remove to platter and spread with mustard and sprinkle all over with dried chanterelles. Place on rack in roasting pan in 350 F (180 C) oven for about 1 hour and 15 minutes or until meat thermometer reaches 155 F (68 C). Let stand covered for 15 minutes before slicing into chops.

Thyme Flavoured Jus: In skillet, melt butter over medium heat and cook shallot for 3 minutes or until softened. Add wine and simmer until reduced by half. Add thyme and stock and simmer for about 10 minutes or until reduced by about half. Season with salt and pepper.

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Bacon and Chive Potato Rosti: In a large bowl, combine potatoes, bacon, chives, egg, butter, salt and pepper. Divide the mixture into 8 equal pancakes and place onto parchment paper lined baking sheet, pressing firmly to keep together. Bake in 350 F (180 C) oven for about 30 minutes or until tender and golden.

Place potato pancake in centre of each plate and top with pork chop. Drizzle chop and plate with sauce.

Makes 8 servings.

Tip: To finely julienne your potatoes use a mandolin or vegetable slicer with the julienne attachment.



Pork Tenderloin *with* Braised Cabbage *and* Swiss Chard

**CREATED BY WINSTON LIN FROM THE INTERNATIONAL CULINARY SCHOOL
AT THE ART INSTITUTE OF VANCOUVER**



Winston entered the S. Pellegrino *Almost Famous Chef* competition to see what other culinary students are doing and to explore new ingredients. He believes a great chef is a good teacher, manager and cook—someone who knows how to manage food costs and use interesting ingredients to create a meal that attracts a wide audience.



Pork Tenderloin *with* Braised Cabbage *and* Swiss Chard

CREATED BY WINSTON LIN FROM THE INTERNATIONAL CULINARY SCHOOL
AT THE ART INSTITUTE OF VANCOUVER

A colourful tower of tender braised cabbage and creamy chard build this plate. The pork tenderloin is moist and juicy and is the perfect match for these two vegetables. Serve it up with potato croquettes and apple orange chutney if desired to finish the plate.

2 pork tenderloins, about 2 lbs/1 kg
Salt and pepper
2 tbsp (25 mL) canola oil
2 tbsp (25 mL) butter, melted

Braised Cabbage and Swiss Chard:

¼ cup (50 mL) butter
1 onion, diced
7 cups thinly sliced red cabbage (about 1 small)

¾ cup (175 mL) chicken broth
1 tbsp (15 mL) ground nutmeg
1 ½ cups (375 mL) apple cider
¼ cup (50 mL) red currant jelly
¼ cup (50 mL) packed brown sugar
3 tbsp (45 mL) apple cider vinegar
2 cups (500 mL) S.Pellegrino
6 cups (1.5 L) chopped Swiss chard leaves
(about 8 leaves)

Braised Cabbage and Swiss Chard: In a saucepan, melt half of the butter over medium-high heat; cook onion for 5 minutes or until softened. Add cabbage and cook for about 3 minutes or until just wilted. Add stock and nutmeg; cover and braise for about 20 minutes or until tender; reduce heat to medium-low. Add cider and cook for 10 minutes. Add jelly, sugar and vinegar and cook for 5 minutes or until heated through. Keep warm.

Meanwhile, in another saucepan, bring S.Pellegrino water to boil and blanch Swiss chard for 5 minutes or until tender. Drain and pat dry. Melt remaining butter and return Swiss chard to heat through; season with salt and pepper to taste. Keep warm.

Cut pork tenderloin into 8 medallions each. Sprinkle with salt and pepper. In a large oven proof skillet, heat oil over medium-high heat, in batches brown medallions on each side for about 2 minutes. Drizzle with butter and roast in 400 F (200 C) oven for 5 to 7 minutes or until hint of pink remains inside and juices run clear.

Divide cabbage among eight shallow bowls and place 2 medallions on top. Top with Swiss chard to serve.

Makes 8 servings.

Seafood

When selecting fresh fish be sure it's firm and doesn't have a "fishy" aroma. It should have a clean smell and a sheen. Ask your fish-monger or butcher what's fresh today and they'll guide you to the best selections.

Matt Cusano
2013 student participant, The International
Culinary School at the Art Institute
of Vancouver

When searing the skin side of fish make sure your pan is very hot so you get a crispy skin every time.

Kellie Callender
2013 student participant, Culinary Institute of
Vancouver Island



Atlantic Cod in Limonata *with* Pomme Dauphinois *and* Cod Croquette

**CREATED BY HANS BERG FROM THE INTERNATIONAL CULINARY SCHOOL
AT THE ART INSTITUTE OF VANCOUVER**



Hans is originally from Oslo, Norway. His culinary philosophy is simple, yet elegant and sophisticated. He tries not to over complicate ingredients by hiding their natural flavours but allows them to speak for themselves.

Atlantic Cod in Limonata *with* Pomme Dauphinois *and* Cod Croquette

CREATED BY HANS BERG FROM THE INTERNATIONAL CULINARY SCHOOL
AT THE ART INSTITUTE OF VANCOUVER

Thinly sliced creamy potatoes are the perfect backdrop for this delicately seasoned cod dish that's enhanced by the bright tasting cod croquettes.

2 lbs (1 kg) black or Atlantic cod fillet,
skin on

1 can Sanpellegrino Limonata

1 tbsp (15 mL) butter

1 tbsp (15 mL) olive oil

Pomme Dauphinois:

1 ½ lbs (750 g) potatoes,
scrubbed (about 6 potatoes)

¼ cup (60 mL) butter

1 sprig fresh thyme

1 clove garlic, minced

¼ cup (60 mL) 35% whipping cream

¼ cup (60 mL) sour cream

¼ tsp (1 mL) each salt and pepper

Cod Croquette:

1 tsp (5 mL) olive oil

Quarter red bell pepper, finely chopped

1 small shallot, minced

1 clove garlic, minced

1 bay leaf

Pinch saffron threads

1 egg yolk

¼ cup (60 mL) seasoned bread crumbs

Pinch each salt and freshly ground
black pepper

Pomme Dauphinois: Using a mandolin or vegetable slicer, thinly slice potatoes and place in large bowl. Meanwhile, in small saucepan, heat butter, thyme and garlic over medium heat until butter is melted. Remove thyme and whisk in whipping and sour cream, salt and pepper. Pour over potatoes and toss to coat evenly.

Layer potato slices into parchment paper lined 9 inch (2 L) baking pan, pressing down gently. Pour any remaining butter mixture over top. Cover with foil and bake in 400 F (200 C) oven for 1 hour. Remove foil and using spatula press potatoes down gently. Bake for about 15 minutes or until light golden and potatoes are tender.

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Meanwhile, divide cod fillet lengthwise into two pieces and remove any pin bones. Cut tail end to even up fillets and set aside. Portion into 8 pieces and place in large baking dish. Pour Limonata over fillets; set aside.

Remove skin from remaining cod and chop into small pieces; set aside.

Cod Croquette: In nonstick skillet heat oil over medium heat and cook pepper, shallot, garlic, bay leaf and saffron for 3 minutes or until softened. Add chopped cod and cook for about 3 minutes or until cod is flaky. Stir gently to break up the cod; remove bay leaf and let cool slightly. Stir in egg, bread crumbs, salt and pepper to combine. Using two spoons shape mixture into 8 small ovals and set aside.

Remove cod from Limonata and pat dry. Pour remaining Limonata into small saucepan and simmer for about 10 minutes or until reduced by about half.

In large skillet heat oil and butter over medium high heat and place fillets skin side down and cook for about 4 minutes or until browned and crisp. Turn over and cook for about 2 minutes or until fish is golden and flakes. Remove from pan and reduce heat to medium.

Cook cod croquettes in same skillet turning once for about 3 minutes, or until golden brown.

Cut potatoes into 8 portions and place on each plate. Top with fillet and drizzle with reduced Limonata. Place croquette alongside on plate to serve.

Makes 8 servings.

Tip: Substitute other thick firm fleshed fish like monkfish or halibut for the cod.



Lamb *and* Jumbo Shrimp— Surf *and* Turf Style

CREATED BY ALEXANDRE RAYMOND FROM ÉCOLE HÔTELIÈRE
DE LA CAPITALE IN QUÉBEC CITY



Alexandre has always been involved in cooking. When growing up if he wasn't assisting his father with dinner, he'd help his mother bake dessert. His specialty? Chocolate cake.

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Lamb *and* Jumbo Shrimp— Surf *and* Turf Style

CREATED BY ALEXANDRE RAYMOND FROM ÉCOLE HÔTELIÈRE
DE LA CAPITALE IN QUÉBEC CITY

Here's a new way to prepare surf and turf with delicious sauces and rustic flavours.
Serve the lamb on a bed of mushroom risotto to finish the dish.

Shrimp Sauce:

8 jumbo raw shrimp (U-6/8)
3 tbsp (45 mL) extra virgin olive oil
3 tbsp (45 mL) each diced carrots and celery
Half small shallot, diced
¼ cup (50 mL) white wine
¾ cup (175 mL) S.Pellegrino water
1 tsp (5 mL) tomato paste
2 star anise or 1/2 tsp (5 mL) anise
or fennel seeds

¼ cup (50 mL) 35% whipping cream
2 Frenched racks of lamb, about 2 lbs/1 kg
Salt and pepper
4 cups (1 L) hot mushroom risotto

Lamb Sauce:

3 tbsp (45 mL) each diced carrots and celery
Half small shallot, diced
2 tbsp (25 mL) whiskey (rye or Scotch)
⅔ cup (150 mL) beef or veal broth

Shrimp Sauce: Peel and devein shrimp, reserving shells for sauce. In saucepan heat 1 tbsp (15 mL) of the oil over medium heat; cook shrimp shells, carrot, celery and shallot for 5 minutes or until softened. Add wine and cook, stirring until evaporated. Add water, tomato paste and star anise and bring to a boil and simmer for 15 minutes. Strain and discard shells and vegetables. Add cream and simmer for 2 minutes or until thickened; keep warm.

Season lamb and shrimp with salt and pepper. In a large skillet, heat 1 tbsp (15 mL) of the oil over medium-high heat. Brown racks on both sides for about 2 minutes. Transfer racks to baking sheet and roast in 425 F (220 C) oven for 15 minutes or until meat thermometer inserted in centre registers 145 F (63 C) for rare. In another skillet, heat remaining oil over medium-high heat and cook shrimp for 5 minutes or until pink and firm.

Lamb Sauce: Drain oil from skillet reserving 1 tbsp (15 mL) and over medium heat cook carrot, celery and shallot for 4 minutes or until softened. Add whiskey and cook, stirring until evaporated. Add stock and reduce to 1/2 cup (125 mL); set aside.

Serve the lamb rack on top of risotto and serve with shrimp and sauces alongside.

Makes 8 servings.



Lobster Bisque Dressed Ravioli *with Pancetta Sauce*

CREATED BY EMILE BALK FROM INSTITUT DE TOURISME
ET D'HÔTELLERIE DU QUÉBEC IN MONTRÉAL



Emile thrives on challenges. When he entered the S.Pellegrino *Almost Famous Chef* competition he was beginning to develop his own unique approach to cooking and wanted to see how he'd stack up against students across North America.

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Lobster Bisque Dressed Ravioli *with* Pancetta Sauce

**CREATED BY EMILE BALK FROM INSTITUT DE TOURISME
ET D'HÔTELLERIE DU QUÉBEC IN MONTRÉAL**

Rich tasting lobster and broth surrounds delicate pillows of pasta and is topped off with a flavourful vegetable and pancetta mix. A few green beans add colour and crunch.

2 lobsters, about 1 1/4 lbs/625 g each
3 shallots, coarsely chopped
3 ripe tomatoes, chopped
1 carrot, chopped
1/4 cup (50 mL) cognac
8 cups (2 L) water
1 tbsp (15 mL) tomato paste

Pancetta Sauce:

1 pkg (150 g) diced sweet Italian pancetta
1 each small onion, carrot, celery and leek, diced
3 cloves garlic, minced
1 tbsp (15 mL) chopped fresh thyme or
1 tsp/5 mL dried thyme leaves
1 cup (250 mL) chicken broth
1 pkg (250 g) squash or pumpkin stuffed ravioli
or agnolotti, cooked

In a large pot of boiling water cook lobsters, covered for 8 to 10 minutes. Drain and let cool. Remove meat from tail and claws; set aside. Place lobster shells in roasting pan with shallots, tomatoes and carrot and roast in 400 F (200 C) oven for about 30 minutes or until golden. Add cognac and stir; roast for 10 minutes. Place roasting pan on stove over medium high heat and add water and tomato paste. Simmer for 30 minutes. Strain vegetables and shells and place broth in pot.

Meanwhile, in large skillet or saucepan, sauté pancetta over medium high heat with carrot, onion, celery, leek and garlic for about 20 minutes or until softened and golden. Add thyme and stock and bring to a boil. Reduce heat and simmer for 7 minutes or until reduced by half.

Slice lobster meat and warm through in broth. Place ravioli on bottom of shallow bowl and top with lobster meat. Ladle broth over top and spoon pancetta mixture over top.

Makes 8 servings.



Tea Smoked Scallops *with* Pickled Beets

**CREATED BY NATHALIE DES ROSIERS, INSTITUT DE TOURISME
ET D'HÔTELLERIE DU QUÉBEC IN MONTRÉAL**



Nathalie wanted to be a chef when she was five years old. Her dream started when baking Rice Krispie squares with her mom and she knew she just had to be in a kitchen. Her goal is to one day open a restaurant that's named to the list of the world's 50 best restaurants.



Tea Smoked Scallops *with* Pickled Beets

CREATED BY NATHALIE DES ROSIERS, INSTITUT DE TOURISME
ET D'HÔTELLERIE DU QUÉBEC IN MONTRÉAL

The softly smoked flavour of tea is a perfect match for these large scallops. A colourful array of vegetables to serve alongside makes this dish dance in your mouth. Serving the scallops atop a crisp potato pancake with the vegetable sauce would also be a great finish.

1 tbs (15 mL) butter	1 bay leaf
1 large carrot, thinly sliced	2 tbs (25 mL) Earl Grey tea leaves
1 stalk celery, thinly sliced	8 very large sea scallops (U-8/10)
1 small onion, thinly sliced	3 cups (740 mL) hot mashed potatoes
1 clove garlic, chopped	Pickled Beets:
1 tomato, diced	8 small beets
1 ¼ cups (300 mL) white wine	3 tbs (45 mL) white or apple cider vinegar
2 cups (500 mL) veal or chicken broth	Salt
2 tsp (10 mL) chopped fresh thyme or ½ tsp/2 mL dried thyme leaves	

Pickled Beets: In a pot of boiling water, cook beets for about 30 minutes or until tender. Drain and rinse under cold water to peel. Thinly slice and toss with vinegar and salt; set aside.

In a saucepan, melt butter over medium heat and cook carrot, celery, onion and garlic for about 5 minutes or until softened. Add tomato then add wine; cook for about 10 minutes or until reduced by 3/4. Add stock, thyme and bay leaf and simmer for 20 minutes or until reduced by half; keep warm.

Line a wok or deep skillet and a lid to fit with foil. Spread tea evenly in bottom of wok. Place a small rack or metal pie plate that fits into the wok and lay scallops on top. Set wok over high heat and when mixture begins to smoke cover tightly with lid. Reduce heat to medium-low and smoke for 5 minutes. Let stand 5 minutes before removing lid.

Drain beets and line centre of plates with them. Spoon mashed potatoes on top and top with scallops and spoon vegetable sauce over top.

Makes 8 servings.



Roasted Halibut Marinated *with* Mirin, Sake *and* Miso served *on* Umeboshi *and* Flying Fish Roe Flavoured Black Rice *and* Dashi Consomme

CREATED BY DEAILLE (YEE MAN) TAM FROM THE GEORGE BROWN CHEFS SCHOOL IN TORONTO



DeAille's hometown is Hong Kong. Becoming a chef has made her more aware of the impact restaurant food has on the ecosystem and she believes strongly in the importance of practicing sustainability

Roasted Halibut Marinated *with* Mirin, Sake *and* Miso served *on* Umeboshi *and* Flying Fish Roe Flavoured Black Rice *and* Dashi Consomme

CREATED BY DEAILLE (YEE MAN) TAM FROM THE GEORGE BROWN
CHEFS SCHOOL IN TORONTO

In this Asian inspired dish, lightly flavoured broth surrounds the contrasting sweet and salty flavour of the fish and rice. Serve your guests the rice and fish in a bowl then add the hot broth at the table with an Asian tea pot for an authentic feel.

2 sheets kombu (sea kelp), about 1 oz/30 g total
10 cups (2.5 L) water
2 cups (500 mL) fish stock
¼ cup (60 mL) katsuobushi (shaved bonito flakes)
½ cup (125 mL) mirin
½ cup (125 mL) sake
3 tbsp (45 mL) white miso paste
2 tsp (10 mL) grated fresh ginger
3 clove garlic, grated
8 halibut or salmon portions,
about 4 oz/120 g each
1 pkg (5 oz/150 g) enoki mushrooms, trimmed

Umeboshi and Flying Fish Roe Flavoured Black Rice:

2 cups (500 mL) black glutinous or
Thai jasmine rice
6 umeboshi (pickled plums), pitted and
coarsely chopped
2 tsp (10 mL) rice vinegar
1 tsp (5 mL) granulated sugar
4 cups (1 L) water
1 small jar red flying fish roe
Pinch salt

In large pot, combine kombu, water and fish stock. Bring to a very gentle simmer. Simmer gently for 1 hour. Remove kombu and discard. Stir in katsuobushi and simmer for 15 minutes.

Pour broth mixture through cheesecloth lined fine mesh sieve into clean saucepan and keep warm.

In large shallow dish whisk together mirin, sake, miso paste, ginger and garlic. Add halibut portions and turn to coat. Let marinate for 30 minutes.

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Place fish onto foil lined baking sheet. Spoon some of the marinade over top of each portion and roast in 425 F (220 C) oven for about 15 minutes or until fish flakes easily when tested. Broil for 2 minutes or until golden on top.

Umeboshi and Flying Fish Roe Flavoured Black Rice: Meanwhile, soak rice in water for 10 minutes.

In small bowl, combine plums, vinegar and sugar; set aside.

Drain rice and place in saucepan with water and salt. Bring to boil. Reduce heat and simmer covered for about 25 minutes or until water is absorbed and rice is tender. Remove from heat and stir in plum mixture and flying fish roe until combined.

Divide enoki mushrooms among 8 shallow bowls. Set scoop of rice mixture slightly over end of mushrooms. Place fish portion on top of rice and serve to your guests.

Pour kombu broth into tea pot and pour into each bowl at the table in front of your guests.

Makes 8 servings.

Tips: Look for ingredients at your local Asian grocer or in large grocery stores where Japanese or sushi ingredients are sold. Salmon is a perfect substitute for halibut, but you can also use other thick, firm fleshed fish to serve with this dish.

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