

Culinary Arts Programs • Vancouver Community College



Recipes





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Culinary Arts at Vancouver Community College

Each year over 1000 students enroll in the various cooking, baking, Asian cooking and meat cutting courses offered at **Vancouver Community College's City Centre** campus.

The Culinary Arts program, the second largest of its kind in Canada and largest in Western Canada, provides a 12-month program offering basic instruction up to a la carte and apprenticeship training.

In 1999, VCC hosted the Pacific Cooking show at the Pacific National Exhibition, demonstrating fusion cooking to enthusiastic audiences, interested in both the preparation and presentation of a variety of dishes. Different VCC chef instructors hosted three shows daily with a celebrity chef from some of the top restaurants in Vancouver joining them for the second show each day.

The recipes in this book are representative of the meals prepared at the 1999 and 2000 Pacific Cooking shows. They consist of signature dishes from the College's main dining room, JJ's Restaurant and Lounge, as well as some of the chef instructors' personal favourites.

We hope you enjoy the varied styles and dishes contained in this cookbook.

Bon appetit!





Smoked Salmon Mousse

prepared by Harald Bonkowski
Instructor - Culinary Arts

Ingredients:

500 g smoked salmon (boneless and skinless)
130 g cream cheese
60 g sour cream
horseradish
salt and pepper

Method:

Puree salmon in food processor.
Add cream cheese, sour cream and horseradish to taste.

Season with salt and pepper and use red onions and dill sprig to garnish.



Olio of Pacific Coast Oysters

with Dry Vermouth, Nugget Potatoes and Chives, served with toasted French Bread and roasted Sweet Pepper Aioli

prepared by James Hutton
Instructor - Culinary Arts

Ingredients:

Oysters

6 - 8 freshly shucked west coast beach oysters
10 g very fine celery brunoise
10 g very fine carrot brunoise
10 g very fine leek brunoise (whites only)
20 g very fine onion brunoise
20 ml dry vermouth
60 ml fish stock
60 ml whipping cream
3 - 4 very small white nugget potatoes
3 g finely chopped chives
salt and freshly ground black pepper to taste

Aioli Croutons

2 slices fresh French baguette
melted butter for brushing croutons
60 ml hot olive oil
1 egg yolk and an equal quantity of cold water
20 g roasted red pepper puree*
1 clover of crushed garlic
salt and freshly ground black pepper to taste

*Roast a whole red pepper in a hot oven until the outer skin is charred, immediately place the roasted pepper in a stainless steel bowl and cover with plastic wrap; once the pepper is cool enough to handle, remove the core, seeds and skin; puree the pepper in a blender or food processor.

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Method:

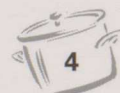
Croutons

brush two thin slices of French baguette with melted butter and toast in a moderate oven until they are crisp and golden meanwhile prepare the aioli by combining the garlic, egg yolk, and water in a stainless steel bowl whisk the mixture over a double boiler until it is hot and reaches the texture of half whipped cream add the roasted red pepper puree and while whisking stream in the hot olive oil season the sauce with salt and freshly ground black pepper to taste

Ingredients:

Oysters

scrub and gently simmer the potatoes until they are tender cut the potatoes into halves or quarters depending on their size in a small saucepan combine the stock, the vermouth and the brunoise of vegetables bring to a gently simmer and add the oysters simmer the oysters for a few moments until they are slightly firm remove the oysters and keep them covered in a warm location add the cream to the remaining liquid and gently simmer until a light sauce texture is achieved season with salt and freshly ground black pepper to taste add the potatoes and continue simmering until they are hot throughout return the oysters and bring to a simmer arrange the oysters and potatoes in a soup plate and ladle over the remaining sauce sprinkle with the chopped chives and serve immediately with toasted slices of French bread spread with roast red pepper aioli on the side



Roasted Carrot and Parsnip Soup

prepared by Harald Bonkowski
Instructor - Culinary Arts

Any vegetable, in any combination, roasted or only lightly sweated are suited for this recipe.

Ingredients:

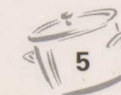
200 g peeled carrots, cut into small cubes
1 clove garlic
50 g peeled onion, cut into small dice
2 g ginger, grated
50 ml olive oil
60 g peeled potatoes
10 g flour
300 ml stock, chicken, vegetable or bases
80 ml 35% cream
seasonings - salt, pepper, fresh lemon juice

Method:

heat oil, add diced carrots and roast until golden brown take 40 grams of carrots out and set aside, carrots will be used as garnish at the end after the carrots become nice golden brown, add garlic and onions cook for 1 minute, add ginger and flour mix for 40 seconds at low heat add stock gradually and cook at medium heat for 4 - 5 minutes add potatoes and cook till tender place soup into blender and blend until smooth return soup to the pot, heat, add cream and season with salt and pepper add diced carrots, serve, sprinkle some chopped parsley onto the soup

Parsnip Soup

Same method as above, just omit the ginger.





Roasted Carrot and Parsnip Soup



Stuffed Chicken Wings

prepared by **Conrad P. Leung**
Department Head - Asian Culinary Arts

Ingredients: A

- 150g de-boned chicken wings (30 pcs)
- 1/4 tsp salt
- 1/4 tsp sugar
- 1/4 tsp msg/chicken base
- 1/4 tsp white pepper powder
- 1 g sesame seed oil
- 4 g starch
- 6 g egg white

B

- 50 g shredded carrot
- 100 g Chinese mushroom (prepared and shredded)
- 80 g shredded ham
- 60 g bamboo shoots (prepared and shredded)
- 70 g asparagus
- 15 g cilantro (stems)

C

- 60 ml stock
- 6 g MSG/chicken base
- 2 tsp White pepper powder
- 10 g Shaoxing Wine
- 10 g oyster sauce
- 6 ml Sesame seed oil
- 2 g starch
- 2 tsp Minced garlic
- 6 g sugar

Method:

Stuff **B** in mixed **A** then light-fry in hot wok with warm oil until cooked. Strain oil and set aside.
Add oil in hot wok, add in **C**, and stir well. Finally, add in **A**, stir-fry lightly then place on a plate.



Fresh Noodles with Porcini Mushroom Sauce and Asiago Cheese

**prepared by James Hutton
Instructor - Culinary Arts**

Ingredients:

The Pasta

4 egg yolks
1 whole egg
250 g bread or all purpose flour
12 g salt

Method:

Combine the ingredients in a mixing bowl and gently mix with a paddle on slow speed until the mixture is smooth. The mixture will appear to be a bit dry - **DO NOT ADD LIQUID!!!!**
Rest the dough at least one hour prior to use.
Roll the pasta very thin with a pin or a rolling machine.
Flour liberally and fold the pasta (book fold).
Cut the noodles into the desired width and once cut, toss them in additional flour to prevent sticking.

The Porcini Mushroom Sauce

20 g dried porcini mushrooms
20 g raw butter
100 g very finely minced shallots
3 cloves crushed garlic
100 ml dry white wine
400 ml whipping cream
100 ml rich veal demi-glace (reduced brown stock)
50 g grated asiago cheese
salt and freshly ground black pepper to taste

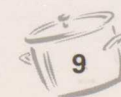
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Method:

Soak the porcini mushrooms in 200 ml water until they are tender (approximately 1 hour)
Remove the mushrooms and cut them into the fine julienne. Do not discard the soaking liquid.
In a saucepan heat the butter.
Add the garlic and shallots and cook them over moderate heat until soft and translucent. (Do not colour)
Add the mushroom julienne, and continue cooking for a few minutes.
Deglaze with the white wine, add 100ml of the soaking liquid and cook until rendered by a half.
Add the veal demiglace and the cream and gently simmer until the mixture reaches a light sauce texture.
Season the sauce with salt and pepper to taste.

As required plunge the noodles into simmering salted water and cook until tender (1 - 2 minutes).
Drain, and toss in the sauce.
Check seasoning and top with grated asiago cheese and chopped parsley.





Ravioli Stuffed with Butternut Squash, Sage and Roasted Garlic Cream Sauce

**prepared by Bob Feist
Instructor - Culinary Arts**

Ingredients:

500 g butternut squash, peeled, seeded, cut in large dices
60 g pine nuts, roasted a light golden brown
60 g parmesan cheese
black pepper, freshly cracked; salt
60 ml whip cream
5 ml thyme leaves, fresh
1 recipe pasta dough
4 shallots, finely diced
60 ml white wine

Method:

Roast squash in oven until light brown on the edges
Saute shallots, thyme and pepper
Add squash and white wine
Transfer to food processor, blend, add parmesan and pine
nuts, season to taste
Cool filling, stuff raviolis, cook to order 4 pieces per order

Pasta Dough

1 kg all purpose flour
9 eggs
1 tbsp oil
salt

Mix all ingredients slowly at number one speed with dough
hook



Ingredients:

Sage and Roasted Garlic Cream Sauce
6 garlic cloves, peeled, roasted and minced
4 - 6 sage leaves, shredded
100 ml white wine
100 ml chicken stock
250 ml whipping cream
Salt and fresh cracked black peppercorn
20 g fresh grated Parmesan cheese

Method:

Reduce wine, stock and minced roasted garlic until almost dry.
Add whipping cream, reduce until it coats the back of spoon.
Season, add cheese and sage leaves.
Toss pasta in sauce.





Hand Made Tortellini stuffed with Ricotta, Spinach and Pinenuts

**prepared by Bob Feist
Instructor - Culinary Arts**

Ingredients:

15 g butter
2 onion diced fine
60 g ricotta
60 g parmesan
1 egg yolk
1 bunch of spinach
pinch of nutmeg
salt and pepper to taste
2 cloves of garlic
20 g pinenuts (roasted)

Method:

Saute onion and garlic
Add blanched chopped spinach
Remove from heat
Add seasonings and cheeses
Add chopped pinenuts
Cool and stuff pasta rounds
Shape into tortellini, egg wash seams
Cook to order, toss in sauce
Present in soup plate with underliner, parmesan and fresh herbs

Pasta Dough

1 kg all purpose flour
9 eggs
1 tbsp oil
salt

Mix all ingredients slowly at No. one speed with a dough hook





Vegetable & Brie Strudel with Frisse Salad and Sweet & Spicy Tomato Chutney

**prepared by James Hutton
Instructor - Culinary Arts**

Ingredients:

Strudel

200 g onion julienne
200 g carrot julienne
200 g white of leek julienne
200 g celery julienne
200 g finely shredded white cabbage
1 bunch picked and washed spinach
1 -250 g brie cheese
60 ml melted butter
egg wash from 1 egg
8 sheets phyllo pastry
10 ml rice vinegar
5 g granulated sugar
a few drops of sesame oil

Method:

In simmering salted water separately blanch and refresh the vegetable julienne and shredded cabbage in ice water. Drain the julienne thoroughly.

In simmering salted water blanch and refresh the spinach in ice water.

Squeeze all water out of the spinach.

Trim the outer rind of the brie and divide the remaining cheese into four equal portions.

Lay two sheets of phyllo pastry on the tabletop in a horizontal fashion and brush with the egg wash.

Lay 3 additional sheets of pastry atop the first brushing each with melted butter.

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Vegetable & Brie Strudel with Frisse Salad and Sweet & Spicy Tomato Chutney



Method:

Cut the phyllo sheets in half vertically resulting in four equal sized squares.

Leaving 2 cm on the ends of each of the pastry squares lay overlapping leaves of the unfurled spinach over the pastry to form a square.

Combine and season the vegetable julienne and shredded cabbage with the rice vinegar, the sugar, the sesame oil and salt and freshly ground black pepper.

Equally arrange a total of half the vegetable mixture over the spinach squares.

Shape and arrange an equal amount of the brie down the center of each of the vegetables.

Distribute the remainder of the vegetable mixture over the cheese.

Tightly roll the spinach leaves around the vegetables and cheese.

Brush the exposed pastry ends with egg wash and tightly roll the pastry around the filling.

Compress the ends of the pastry, trim off excess pastry and brush the resulting strudels with egg wash.

Place the strudels on a paper lined baking sheet and bake in a 375°F oven until crisp and golden brown.

Slice the strudels in half and serve with frisse salad and sweet and spicy tomato chutney.

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Ingredients:

The Salad

50 ml extra virgin olive oil
20 ml balsamic vinegar
10 ml Dijon mustard
10 g very finely minced shallot
2 clove of crushed garlic
salt and black pepper to taste
four large sprigs of washed and drained frisse lettuce

Method:

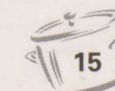
Combine the oil, mustard, garlic, vinegar, shallot and seasoning in a bowl and let rest 1 hour prior to use. When required whisk the dressing to emulsify and toss the frisse lettuce in the dressing.

The Sweet and Spicy Tomato Chutney

250 g ripe roma tomatoes
30 g minced shallots
pinch of freshly chopped thyme leaves
100 ml red wine vinegar
100 ml raspberry vinegar
1 tsp granulated sugar
2 tsp sambal oelek (Indonesian chili and garlic paste)

Method:

Core and cut an X in the opposite ends of the tomatoes. Submerge the tomatoes in a pot of simmering water for 20 seconds. Immediately plunge the tomatoes into ice water. Remove the tomatoes from the ice water, peel them, remove the seeds and cut them into a fine dice. In a saucepan, combine the vinegar, shallots, thyme and sugar and reduce the mixture until a light syrup results. Cool the syrup and fold in the tomatoes and sambal oelek. Season with salt and pepper to taste.





Tomato Pie

prepared by Ian Smith
Assistant Department Head - Culinary Arts

Ingredients:

Crust

185 ml milk
250 g flour
16 g baking powder
115 g butter

Method:

Sift together flour and baking powder. Mix in butter by hand to a fine crumb. Make a well in the center and add milk until a dough is formed.

Roll out half the dough on a floured surface and line a 9-inch pie plate with it. Then add the tomatoes. Use first-quality canned tomatoes*. Drain well and slice thin two 28-ounce cans of plum tomatoes, then lay the slices over the crust and scatter them with chopped basil, chives, or scallions, depending on their availability and your mood.

Grate 1 1/2 cups sharp cheddar and sprinkle 1 cup of it on top of the tomatoes. Over this drizzle 1/3 cup mayonnaise that has been thinned with 2 tablespoons lemon juice, and top everything with the rest of the grated cheddar.

Roll out the remaining dough, fit it over the filling, and pinch the edges of the dough together to seal them. Cut several steam vents in the top crust and bake the pie at 400°F for about 25 minutes.

The secret of this pie is to reheat it before serving, which among other things ensures that the cheese is soft and gooey.

*In the summer 2 pounds peeled fresh tomatoes are fine too.



Pan-Fried Shrimp, Mandarin Style

prepared by Conrad P. Leung
Department Head - Asian Culinary Arts

Ingredients:

A

400 g shrimps (prepared and marinated)

B

30 g minced shallot
30 g minced carrot
30 g minced celery
20 g minced garlic

C

100 g ketchup
20 g sugar

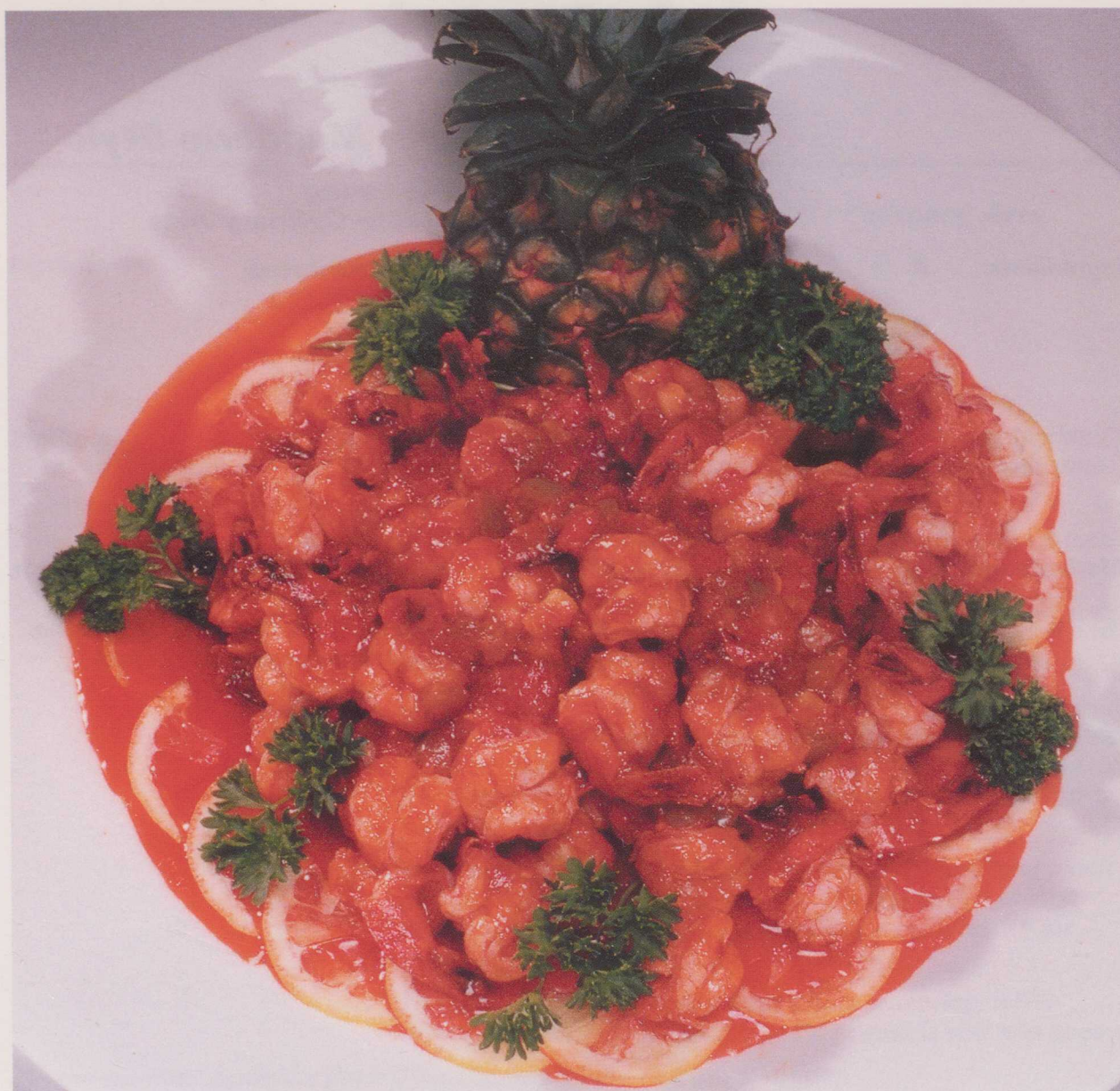
Method:

Use hot wok and hot oil to light-fry **A** until 50% cooked; strain oil and set aside
Add oil in hot wok; saute **B** first. Sprinkle with cooking wine, add **C**, saute until thickened. Add **A**; saute until cooked and serve.





Pan-Fried Shrimp, Mandarin Style



Grilled Swordfish on Herb Polenta and Bok Choy with Chili Beurre Blanc

prepared by Rick Irwin
Instructor - Culinary Arts

Ingredients:

2 x 120 g swordfish steaks

Marinade

50 ml vegetable juice
5 ml lemon juice
1 crushed garlic clove
1 sprig of thyme
salt and pepper
5 g chopped fresh basil

Herb Polenta

500 ml cornmeal
1300 ml water
50 g diced red pepper
50 g chopped green onions
50 g parmesan cheese

Bok Choy

2 pieces of baby bok choy
15 ml butter
1 crushed garlic clove
salt and pepper

Chili Beurre Blanc

150 ml fish stock
3 g crushed chilies
15 g butter
25 ml butter
2 diced shallots
200 ml white wine
150 ml whipping cream

Method:

Polenta

Bring water to a boil. Slowly add cornmeal to water and stir for 15 minutes. Add peppers, green onions and salt and pepper. Add parmesan cheese and basil. Spread out on tray and cool. Cut into 2 round shapes and heat in oven 5 minutes.

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**Grilled Swordfish on Herb Polenta
and Bok Choy with Chili Beurre Blanc**



Method:

Chili Beurre Blanc

Saute shallots in butter for 1 minute. Add white wine and boil for 3 minutes. Add whipping cream, fish stock and chilies. Boil until reduced by half or until it is thick enough to coat the back of a spoon. Remove from heat, strain and stir in butter in small pieces.

Swordfish

Marinate fish for 1 hour. Then, grill it until just about cooked. Place fish on top of polenta ring, add bok choy and ladle on 60 ml of chili beurre blanc.



Baked Salmon with Dungeness Crab Stuffing

**prepared by Keiju Yanagawa
Instructor - Culinary Arts**

Ingredients:

4 x 146 g Salmon Fillet
Approximately 50 ml Dungeness crab stuffing

Method:

Slit pocket on side or slice into two pieces
Place B in pocket or between 2 slices
Place on buttered tray
Butter tops, sprinkle with salt, pepper and paprika
Bake at 420°F for approximately 15 min

Ingredients:

A

Dungeness Crab Stuffing
160 g. French bread, finely diced

B

50 g finely diced onion
25 g finely diced celery
25 g finely diced oyster mushrooms
25 g finely diced bacon
50 g fresh dungeness crab meat
50 g butter

C

5 ml chopped parsley
pinch of fresh thyme, sage and ground pepper
pinch of chicken base
1/4 egg

Method:

Prepare **A**
Saute **B** and add to **A**
Add **C** and mix well



Baked Salmon with Dungeness Crab Stuffing



Salmon with Wild Mushroom and Potato Crust

prepared by Ian Smith
Assistant Department Head - Culinary Arts

Ingredients:

Salmon

1 boneless salmon filet
1 clove garlic
3 shallots
300 g shiitake mushrooms
150 ml heavy cream
chopped fresh herbs

Method:

Mince the garlic and shallots, cook in butter without colour, add finely chopped mushrooms, and cook gently until all moisture has evaporated. Add cream and season, cook until mixture thickens. Set aside to cool.

Cut a salmon filet lengthwise into 3 - 4 cm strips, roll and tie each piece.

Spread a thin coat of the mushroom mix over the salmon. Slice peeled potatoes 3 mm thick, arrange in a pattern on top of the salmon. Over medium heat cook the salmon potato side down in a tablespoon of butter and oil. When potatoes are golden brown turn the salmon over and continue cooking for 2 more minutes. Place the salmon on a cookie sheet. Cook remainder of the salmon the same way. Place the salmon in a hot oven (450° F) for 5 min. The salmon should be slightly rare, it will cook in its own heat as you plate the food. Serve with Kaffir lime sauce.

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Salmon with Wild Mushroom and Potato Crust





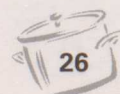
Ingredients:

Kaffir Lime Sauce

250 ml soy sauce
500 ml chicken stock
125 ml honey
20 ml rice vinegar
25 ml sesame oil
5 ml sliced ginger
1 clove garlic, minced fine
1 bunch green onion sliced thin
8 kaffir lime leaves julienned
juice of 1 lime

Method:

Cook onions, garlic, ginger in sesame oil, add chicken stock, and reduce in half. Add soy sauce and honey, cook 5 minutes, add the remaining ingredients and continue cooking for another 15 minutes, then strain.



**Sautéed Veal Scallopini
with White Wine Lemon Sauce**

**prepared by Settimio Sicoli
Instructor - Culinary Arts**

(serves 6)

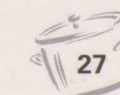
Ingredients:

12 (90 g) veal scallopini
60 g clarified butter
120 g flour
salt and pepper to taste
30 g chopped shallots
180 ml white wine
60 ml lemon juice
120 ml brown veal stock
60 g unsalted butter
12 lemon wedges

Method:

Pound scallopini to uniform thickness.
Heat a saute pan and add clarified butter.
Dredge the scallopini in seasoned flour and add to the pan in a single layer. Saute on each side for 1 - 2 minutes. As the first scallopini are done, remove them to a warm platter and saute the remaining scallopini.
Add chopped shallots to the pan and saute.
Deglaze the pan with the white wine and lemon juice.
Add the brown veal stock and reduce by half.
Swirl in the unsalted butter.
Adjust the seasonings with salt and pepper.
Serve 2 scallopini per person with approximately 30 ml of sauce. Garnish with lemon wedges.

Serve with linguine tossed with fresh herbs and garlic.





**Sautéed Veal Scallopini
with White Wine Lemon Sauce**



**Exotic Sautéed Stuffed
Breast of Chicken**

**prepared by Ulrich Falter
Instructor - Culinary Arts**

Ingredients:

4 chicken breast
30g clarified butter
1 ripe avocado
1 ripe papaya or mango
1 medium size garlic clove
150 g shredded coconut
1 pinch of cayenne pepper or 6 drops of Tabasco sauce
15 ml olive oil
salt and pepper to taste
lightly beaten egg white from 1 egg

Method:

Prepare 4 breasts of chicken with drum bone attached, skin attached (for more flavour) or detached (heart smart). On a flat surface, gently pound breast covered with Saran Wrap. Take out flesh of avocado and mix with a fork. Mince garlic clove and add to avocado. Add cayenne pepper or Tabasco Sauce, olive oil and mix all together. Spread the mixture on the inside of the chicken breast. Cut papaya or mango or both into 1 cm square and the length of the chicken breast. Place these strips on top of the avocado paste. Roll the chicken breast gently to its original shape. Brush with egg white and coat with coconut. Lightly brown in clarified butter and finish them in a moderate oven. Serve with rice or pasta and serve with a mild curry sauce and your choice of vegetables.



Grilled Chicken breast with roasted corn relish

**prepared by Rick Irwin
Instructor - Culinary Arts**

Ingredients:

Marinade

60 ml Corn or vegetable Oil
1 sprig thyme (chopped)
1 sprig oregano (chopped)
Salt and pepper to taste

Relish

1 ear fresh corn (grilled and cut off)
1 tomato (chopped)
1 small red onion (sliced)
1 small green pepper (diced)
1 garlic clove (chopped)
2 bunch cilantro

100 ml Corn or Vegetable Oil
200 ml Red Wine Vinegar
Salt and pepper

4 Chicken breasts

Method:

Marinade chicken for 8 - 12 hours then grill to order. Finish off in 225° C oven.

Saute onions, garlic, tomatoes, corn and vinegar in oil and simmer for 5 minutes. Remove from heat and stir in cilantro and salt and pepper.

Serve 100 ml of relish on top of grilled chicken breast



VCC Chicken Breast (Vaguely Cajun Chicken)

**prepared by Dale Dorn
President - Vancouver Community College**

Neither super spicy blackened, nor truly herb encrusted, this dish borrows a bit from both. Goes well served on a bed of black bean and corn salad accompanied by fresh peach chutney. For a heartier meal add baby potatoes, a rice dish or French fried sweet potatoes. (This recipe serves four)

Ingredients:

Chicken

4 large half chicken breasts, trimmed
6 tbsp finely chopped fresh herbs - oregano, thyme or a mixture (or 2 tbsp dry)
1/2 cup finely chopped parsley
2 tbsp commercial or homemade Cajun spice

Method:

Rinse chicken breasts and shake off excess water. Dust both side of each chicken breast with Cajun spice. Combine herbs and parsley and pat some of the mixture onto each side of the chicken pieces. Grill, broil or saute the chicken, turning once or twice until cooked through. Sprinkle with salt and serve on black bean corn salad.

Cajun Spice

1 tsp paprika
1/2 tsp dried thyme
1 tsp black pepper
1/2 tsp garlic powder
1 tsp white pepper
1 tsp sugar
1 tsp cayenne pepper

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Ingredients:

Peach Salsa

2 ripe but firm peaches, peeled, pitted and diced
1/2 small red onion, diced
1/2 cup chopped cilantro leaves
1/2 to 1 small hot pepper, minced
juice of 1/2 lime
2 tbsp white wine vinegar
salt and pepper to taste

Black Bean and Corn Salad

Mix together and refrigerate for 30 minutes or more before using.

1 1/3 cup cooked corn (or 1 - 340 ml tin, drained)
2 cups cooked black beans (or 1 - 540 ml tin, rinsed and drained)
1 1/2 cups "Trinity": mix together 1/2 medium green bell pepper, 1/2 small red onion and 2 stalks celery (all finely diced)
Vinaigrette: whisk together juice of 1 lime (1/3 cup), 1/2 cup light oil, 2 tbsp sugar, 2 tbsp white wine vinegar.

Toss all ingredients together and chill.



Quail Breast on Polenta with Port Wine Glaze

**prepared by Bob Feist
Instructor - Culinary Arts**

Ingredients:

3 quails deboned
6 disks of polenta
100 ml port wine glaze
100 g julienne of vegetables
12 vermicelli noodles

Method:

Debone quail, grind leg meat
Make a farce with leg meat, herbs, seasoning and cream
Stuff breasts
Roast quail breasts to order, 5 - 8 minutes
Brush with glaze de viande
Heat polenta, place on plate
Saute vegetables, place on polenta
Add sliced quail breast
Drizzle port glaze around plate
Garnish with finely diced tomato (peeled and seeded)
Place on fresh herbs and vermicelli spirals

Port Wine Glaze

30 ml butter
110 ml shallot, finely sliced
225 g mushrooms, finely sliced
110 g cranberries
225 ml port wine
1/4 zest of orange, blanched
275 ml veal stock
salt and fresh black pepper, crushed

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Method:

Saute shallots in butter until soft
Add mushrooms, cranberries and cook 3 - 4 minutes
Add port, zest, reduce by one-third
Add stock, simmer for 25 minutes, skim when necessary
Season and strain
Return to heat and Monter au Beurre to order (20g)



**Stir-Fried Beef with
Satay Sauce, Chui-Chow Style**

**prepared by Conrad P. Leung
Department Head - Asian Culinary Arts**

Ingredients:	A	300g Chinese Broccoli (long trimmed)
	B	2 tsp Minced garlic
	C	250g beef slices (marinated)
	D	10g Minced green pepper 10g Minced red pepper 30g Satay paste 2 g Vietnamese Chili Sauce 2 tsp minced garlic
	E	200 ml stock 10 g Shaohing Wine

Method:

Add oil in hot wok, stir-fry blanched **A** and **B**, sprinkle cooking wine on top. Add seasoning to flavour, stir in starch mixture to make Jong Heen, and place a on a plate.
Light-fry **C** in hot wok and warm oil until 50% cooked. Strain oil and set aside.
Add oil in hot wok, saute **D**, and then add **C** and **E**. Finally, season to flavour and colour, make a Wok-Sen-Heen with starch mixture, and pour on **A**.





Fillet of Beef Stroganoff

prepared by Tony Humphries
Instructor - Culinary Arts

Ingredients:

1 - 220 g fillet steak cut into battons
50 g olive oil
50 g butter
50 g chopped onions
50 g sliced mushrooms
1/6 oz paprika
dash Worcestershire Sauce
salt and pepper to taste
100 ml demiglace sauce
100 ml sour cream
50 ml red wine
25 ml brandy
12 g chopped parsley

1 (250 g) portion of egg noodles

Method:

Add oil to the pan and heat until hot
Add the strips of steak and brown
Season with salt and pepper, paprika and Worcestershire sauce
Remove the steak from the pan; drain off the oil
Add butter to the pan, when melted add chopped onions and mushrooms
Return the steak to the pan, add the red wine and reduce
Add demi glace sauce; reduce
Add brandy and flame*
Add sour cream, reduce slightly
Sauté precooked noodles for 3 minutes

Position noodles on the plate, add steak and sprinkle with parsley.

*flame or flambee consists of sprinkling certain foods with liquor, which, after warming, is ignited just before serving.



Roasted Lavender Honey Rack of Lamb

-glazed centre cut on a cornmeal and Romano cheese galette with
sauteed leaf spinach and thyme and garlic infused juices

prepared by James Hutton
Instructor - Culinary Arts

Ingredients: (1 portion)

Lamb

1 double lamb rib chop (approx. 6 cm wide) including 2
frenched ribs and trimmed of excess fat and silver skin
salt and freshly ground black pepper
liquid lavender honey

Cornmeal and Romano Cheese galette

300 ml milk
100 g cornmeal
10 g minced onions
30 g freshly grated Romano cheese
20 ml whipping cream
salt and freshly ground black pepper to taste

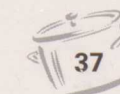
Spinach

75 g picked, washed, blanched and fully drained spinach
leaves
10 g minced onion
1 clove crushed garlic
salt and freshly ground black pepper to taste

Sauce

100 ml reduced lamb brown stock
30 ml dry red wine
20 g minced shallots
1 clove crushed garlic
1 g fresh thyme leaves
20 g cold butter cut into small cubes

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Method:

Cornmeal and Romano Cheese galettes

prepare the cornmeal galettes by smothering the minced onions in a little butter
add the milk and bring to a simmer
rain in the cornmeal while vigorously stirring with a wooden spoon
over low heat and while continually stirring cook the mixture until it is smooth, creamy and free of grit
stir in the grated Romano cheese and the cream and season to taste with salt and pepper
pour mixture onto a small tray so that the mixture is 2 - 3 cm thick, using a palette knife smooth the top, cover with plastic wrap and refrigerate until the mixture is both firm and cold
once the mixture is cold and firm using a 7 cm wide cutter cut it into circles
when lamb is roasting preheat a nonstick pan with extra virgin olive oil
gently cook the galettes until lightly golden on each side and hot through the middle

Lamb

preheat a frying pan with vegetable oil until very hot
season the lamb chop with salt and freshly ground black pepper and quickly sear it in the hot oil
remove the lamb and brush it with the lavender honey
place a small square of parchment paper in a small pan
arrange the lamb chop on the paper and place the pan in an oven preheated to 400° F
cook the lamb until rose (medium) approx. 10 min

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Method:

Spinach

in another pan smother the minced onions and garlic
add the blanched and drained spinach and gently cook until hot throughout
season to taste with salt and pepper

Sauce

smother the shallots and garlic in a little butter
add the red wine and reduce by half
add the thyme and the lamb brown stock and simmer until a light sauce texture is reached
season to taste with salt and freshly ground black pepper
off of the heat whisk in the raw butter (do not boil the sauce after the butter has been added or separation will occur)

Presentation:

place the cornmeal galette in the center of a hot dinner plate
arrange the spinach on top of the galette
arrange the lamb chops exposed side up on the spinach
strain the sauce and spoon it around the chops, spinach and galettes
garnish with sprigs of fresh thyme





Rack of Lamb with Herb and Garlic Crust, Lamb Jus

prepared by Bob Feist
Instructor - Culinary Arts

Ingredients:

2 lamb racks, trimmed and frenched
100 g fresh bread crumbs
2 cloves of garlic crushed
2 g rosemary
2 g thyme
2 g parsley
2 g basil
15 g shallots minced
25 ml clarified butter
Dijon mustard
salt and pepper
45 ml lamb jus

Method:

Season and sear lamb rack
Brush with Dijon mustard
Saute shallots and garlic in butter
Add bread crumbs, herbs and seasoning
Press crumb mixture onto rack
Roast to the required doneness
Place lamb jus on plate, cut the roasted rack and arrange on plate
Garnish with sprig of rosemary



Lamb Loin in Puff Pastry with Prosciutto Ham and Spinach

prepared by Ernst Wallgram
Instructor - Culinary Arts

Ingredients:

1 lamb loin, cleaned, silver skin off
1 pc prosciutto ham - thinly sliced
4 pc spinach leaves, destemmed, washed, blanched
Dijon mustard
seasoning - salt and black pepper, freshly crushed
1 (250 g) piece puff dough
egg wash
lamb jus

Method:

Season and sear lamb loin, cool down.
Brush lamb loin with Dijon mustard.
Roll out puff dough.
Wrap loin in spinach leaves.
Wrap loin in prosciutto ham.
Wrap in puff dough (egg wash)
Bake to order at 400°F.
Remove from oven, slice into 3 pieces.
Place on top of lamb jus.

Puff Pastry - Hand Method

1125 g bread flour
225 g pastry flour
450 g margarine
20 g salt
750 ml cold water
pinch cream of tartar (dissolve in the 750 ml cold water)
900 g roll-in-shortening

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Method:

Mix flour, margarine, salt and water with a hook until the gluten is well developed.
After resting the dough for at least 30 minutes, roll into a rectangular shape about 24"x 12".
Spot two thirds of the dough with the roll-in shortening before folding and rolling again.
Give four double folds, allowing the dough to rest 20 minutes in the refrigerator between rolling. Cover with plastic to prevent crusting.

Make up of Puff Pastries

The dough must be cut with a knife or bench scraper, placed on a clean, floured workbench and rolled out evenly into the desired shape. After rolling the dough, it must be allowed to pull back in order to release the stress, which in turn prevents shrinkage when cutting the dough. The made-up units should be allowed to rest for 30 minutes before baking in order to reduce shrinkage.

Refrigerated or frozen pastries have the least amount of shrinkage. The baking temperature varies from one pastry to another depending on whether they are dipped in sugar or not. Sugar will caramelize during baking if there is enough steam in the oven.



Crepe Suzette

**prepared by Tony Humphries
Instructor - Culinary Arts**

Ingredients:

3 thin pancakes
3 oz castor sugar
2 oz butter, unsalted
4 oranges
1 lemon
1 oz grand Marnier
1 oz brandy
1/4 oz icing sugar

Method:

Melt butter in flambé pan
Sprinkle sugar onto the melted butter, stir until sugar melts
Cut the oranges and lemon in half and squeeze juice into the pan
Remove any seeds
Cook until the syrup begins to clarify
Add the Grand Marnier
Place the crepes into the sauce, turn and fold twice into quarters
When crepes have been folded, flambé with the brandy

Sprinkle with icing sugar, add orange and lemon twist





Crepe Suzette



Fortune Cookie Piping Garnish

prepared by Glen O'Flaherty
Instructor - Culinary Arts

Ingredients:

236 g flour
224 g sugar
6 (184g) egg whites
46 g melted, butter
6 g vanilla
4 g ginger, dried powder (optional)

Method:

Combine flour and sugar, add egg whites and combine on low speed with a paddle, add melted butter in a steady stream mix until incorporated.
Add vanilla and ginger.
Refrigerate for at least 2 hours to set.
For best results refrigerate overnight, and remove early enough to use at room temperature.
Pipe apple designs or your choice of design.
Bake on silicone paper at 325° F or lower until golden (approx. 5-6 minutes).



Tulle Cookies

**prepared by Glen O'Flaherty
Instructor - Culinary Arts**

Ingredients:

80 g unsalted butter, room temperature
80 g icing sugar, sifted
90 g egg white
80 g cake flour (all-purpose will work)
few drops almond extract

Method:

Preheat oven to 400° F (205° C).
In mixer with paddle mix the butter and the sugar.
Add the egg white a little at a time.
Add the flour and extract.
Spread over template, and bake until the edges just start to brown. (Bake on Silpat Mat or a greased cookie sheet).
Approx. 4 minutes.
Cool on pan or shape.



Hot Chocolate Pudding

**prepared by Ernst Wallgram
Instructor - Culinary Arts**

Ingredients:

100 g sugar
100 g butter (softened)
5 egg yolks
100 g semi-sweet chocolate
2 slices white bread (no crust)
100 g ground hazelnuts
100 g bread crumbs (white)
5 egg whites

Method:

mix sugar, soft butter, egg yolks, semi-sweet chocolate (melted over a hot water bath) and white bread (soaked in milk) until creamy
whisk egg whites until stiff
fold ground hazelnuts, white bread crumbs and egg whites into above mixture
pipe in pudding form 3/4 full, poach in water bath in the oven
unmold
serve with cream anglaise or sabayon

Sabayon with Lime

4 egg yolks
150 g sugar
1/4 litre white wine
juice of 1/2 lime

Method :

mix sugar and egg yolks until creamy
add white wine
whisk over a water bath until thick and creamy
serve with chocolate pudding



Summer Fruit Flan

prepared by Ian Smith
Assistant Department Head, Culinary Arts

Crust

110 g icing sugar
220 g all purpose flour
110 g margarine
2 g baking powder
50 ml eggs
dash of lemon flavour

Method:

Mix margarine with icing sugar until smooth. Add beaten eggs and lemon flavour. Sift flour and baking powder together. Add to the mix and blend. Wrap in plastic wrap and refrigerate.

Ingredients:

- | | |
|----------|--|
| A | 1100 ml milk
200 g sugar
pinch of salt |
| B | 85 g cornstarch
140 ml milk |
| C | 5 egg yolk |
| D | 60 g butter
4 drops of vanilla |

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Summer Fruit Flan





Method:

Boil **A**. DO NOT STIR. Combine **B** and whisk into **A** in small amounts allowing it to return to a boil before adding more. Cook until no raw starch taste remains, stir constantly with a rubber spatula. Whisk some of the cooked mixture into **C**. Mix well and return to pot, cook for another minute. Take off heat and add **D** until blended, cool in a shallow pan, covered with plastic wrap to prevent skin from forming.

Ingredients:

Fruit Glaze

125 ml clear fruit juice
125 ml water
10 g gelatin
10 g sugar

Blend all ingredients, bring to a boil, and set aside to cool.

Method:

Roll out the dough to 5 mm thickness and line a flan pan with the dough, cut off excess and crimp and dock the dough. Allow to rest in the refrigerator for 30 minutes then bake at 350° F for approximately 10 minutes until lightly browned. DO NOT OVERBAKE. When cool, turn out of the pan and brush the inside with melted chocolate. Pour in the warm pastry cream and refrigerate for 15 minutes. Decorate the top with fresh fruit and then glaze.



Citrus Mousse in Brandy Snap Cone with fresh fruit segments, raspberries and Vanilla Sauce

prepared by Glen O'Flaherty
Instructor - Culinary Arts

Ingredients:

Brandy Snap

50 g golden corn syrup
50 g icing sugar
50 g butter
50 g all purpose flour
pinch powdered ginger

Method:

warm syrup, sugar and butter, cook until sugar is dissolved add flour all at once, stir in quickly, remove from heat using 2 teaspoons, drop ball about the size of a loonie onto a well greased baking tray
bake at 400° F for approximately 7 - 8 minutes
remove from oven, as soon as you can pick the snap up off the tray without ripping it, wrap it around a greased metal cone and let harden
repeat steps 3 - 5, but make the balls a lot smaller, these are the bases
when bases are almost ready, slightly warm pointy end of the cone
when bases come out of the oven, hold cone in place until they are glued together

Raspberry Sauce

200 g frozen raspberries
25 g granulated sugar (maybe more)
5 - 10 g cornstarch

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Citrus Mousse in Brandy Snap Cone with fresh fruit segments, raspberries and Vanilla Sauce



Method:

bring raspberries and sugar to boil, break up with wire whisk, taste for sweetness, add sugar
dissolve cornstarch in a little cold water, add 1/2 to sauce, bring to boil, check consistency, add more starch if necessary, strain and chill

Ingredients:

Citrus Mousse

200 ml milk
2 egg yolks
40 g sugar
200 ml whipped cream
3 gelatin leaves
1/2 litre cold water
1 lemon
1 orange
1 lime

Method:

soak gelatin leaves in 1/2 litre of cold water
zest and juice lemon, orange and lime
bring milk to boil
mix egg yolks with sugar
slowly add milk to egg/sugar mixture
cook over double boiler until slightly thick
add citrus juice and 1/2 zest to mixture and then add gelatin (save remaining zest for garnish)
cool to blood temperature
quickly fold in whipped cream and refrigerate

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Ingredients:

Vanilla Sauce

2 egg yolks

40 g granulated sugar

200 ml milk or coffee cream

1/2 vanilla bean

Method:

bring milk and vanilla to boil, set aside

whisk yolk and sugar in a bowl over a moderate double
boiler, cook until thick

remove vanilla bean from milk and slowly add milk to egg
yolk mixture

continue to cook until sauce thickens again

strain as quickly as possible