



Pastry Chef Celeste Mah

## LEMON CAKE WITH PISTACHIO CHANTILLY, WHITE CHOCOLATE SAUCE AND CHAMBAR-ALE

### Ingredients:

3/4 cup	butter
1 1/2 cup	sugar
Zest	of one lemon
9	eggs (separated)
1 cup	milk
2 cup	flour
1 1/2 tsp	baking powder
1 tsp	cream of tartar

### Method:

In a mixing bowl cream together the butter, sugar and lemon until light and fluffy. Add the yolks one at a time. Sift the flour and baking powder together and alternate them with the milk into the butter and sugar mixture. In a separate bowl whisk the egg whites with the cream of tartar to a medium peak. Fold everything together and spread onto a half baking tray that has been sprayed and lined with parchment paper. Bake at 350F for approx 20 minutes. Let cool and cut into desired shape and size.

### Pistachio Chantilly

### Ingredients:

500 ml	heavy cream
2 tbsp	powdered sugar
1/2 cup	chopped pistachios

Whip together the cream and powdered sugar until just past stiff peaks. Fold in the chopped pistachios.

## White Chocolate Sauce

### Ingredients:

500 ml	heavy cream
400 g	white chocolate

Heat the cream and stir it into the chocolate in thirds to create a nice, smooth ganache.

# CinCin

Chef de Cuisine Todd Howard

## SMOKED POTATO RAVIOLO, BRAISED OCTOPUS, PANCETTA AND BROCCOLI RABE PESTO

### Ingredients:

#### Pesto

1/2 cup	extra virgin olive oil
3 cloves	cloves garlic
1 1/2 cups	broccoli rabe (rapini)
3/4 cup	pine nuts *toasted
1/2 cup	basil
1/2 cup	grana padano
1	lemon, zested
pinch	fresh cracked pepper

#### Octopus

10 Lbs	Tofino octopus
1	onion, sliced
10	garlic cloves
1	carrot
1	celery
5	thyme sprigs
2	bay leaves
3	wine bottle corks

## Octopus Salad

### Ingredients:

2 1/2 cups	cooked octopus
1 cup	pancetta lardoons
1/4 cup	pine nuts *toasted
1/5 cup	Italian parsley, stems removed
1/2 cup	cold pressed olive oil
1/4 cup	sherry vinegar

## Pasta Dough

### Ingredients:

6	whole organic eggs
4	organic egg yolks
6 cups	OO Flour
drizzle	olive oil
pinch	salt

## Pasta Filling

### Ingredients:

4	Kennebec potatoes
10	garlic cloves
1 cup	grana padano, grated
1 cup	heavy cream
pinch	salt
pinch	pepper, freshly ground
1 bunch	Italian parsley, chopped
handful	wood chips, soaked for 10 min in water
handful	wood chips, dry

### Method:

## Pesto

Blanch the broccoli rabe in a small pot of salted boiling water for 30 seconds. Then, purge into ice water. Place all the ingredients in a food processor. Cover and process until smooth, scraping sides of processor bowl occasionally. If the pesto seems too thick, add additional olive oil or cold water. Finally, season with salt and fresh cracked pepper.

## Octopus

Preheat oven to 375 F. On a stovetop, sweat vegetables in a large heavy bottom pot until they appear lightly colored. Add the octopus, cover with cold water and cook in the preheated oven for four hours or until octopus is soft and tender (depending on the size).

Allow octopus to cool down in its own liquids. Clean and remove suction cups and skin while octopus is still warm. Cut into round slices and set aside for the garnish. Use the leftovers for tasty pasta, pizza, or warm potato salad.

## Pasta dough

Make a well with the flour and salt mixture. Add the eggs whisked with olive oil to the middle of the flour mixture. Combine everything and work for 5 minutes. Let rest for a minimum 30 minutes. Roll out the dough and use a 3-inch cookie cutter to make rounds. Cover with plastic wrap and set aside.

## Filling

Cook the potatoes and garlic together in salted water. Once the potatoes are tender, drain well and rice through a food mill. Place the potatoes on a perforated pan with a lid on top and a pan underneath. This will create a smoke box.

Preheat BBQ on one side to high heat. Meanwhile, soak a hand full of apple wood chips in cold water. Combine them with dry ones and place the mixture of dry and wet chips in a package of tin foil. Poke a few holes on the top to let the smoke out.

Place the wood chips on the side that is on high heat. Using a pair of tongs when it starts to smoke, place the wood pouch under the perforated pan with the potatoes, cover with a lid. Repeat the smoking process twice.

Place potatoes into a large mixing bowl with the cheese, parsley and cream. Season, mix and cool. Once cooled, place the mixture into a piping bag or a Ziploc bag. Cut a hole in the corner of the Ziploc bag to make a disposable piping bag.

Pipe a small amount of filling onto the center of the pasta rounds. Use a spray bottle or brush to get the edges a little damp. Seal into a half moon shape, pinch both ends, bend back and squeeze to pinch the ends together. These should look hat shaped.

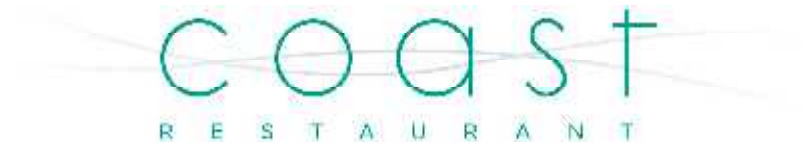
## Pasta

Bring a large pot of water to boil on high heat. Add about 1 tsp/5 mL of salt for every 4 cups/1 L of water. Add the Raviolis and cook for 2 to 3 minutes before al dente, stirring occasionally.

## To Finish

Render the pancetta lardons in a medium sized sauté pan on low heat for five minutes. Toss in the octopus rounds, pine nuts and parsley leaves just to warm. Deglaze with the sherry vinegar and olive oil.

Place a couple of spoonfuls of the pesto into a warm bowl, then spoon two spoonfuls of the warm octopus mixture onto that. Place the cooked raviolis on top of the mixture. Spoon some of the extra sherry and olive oil dressing on top. Sprinkle some pine nuts on top of that. Serve immediately!



Chef Dennis Peckham

RAW AHI TUNA, WRAPPED IN PRIME BEEF RIBEYE, WITH SHIZO,  
SOY, CANDIED PEANUT AND MICRO CILANTRO

**Ingredients:**

1lb	center cut Ahi Tuna
6 oz	prime Ribeye
3 leaves	shizo
2 pieces	green onion
1 bunch	cilantro
100 ml	candied peanuts
1 bunch	watercress
½ piece	green papaya
250 ml	soy sauce
8 grams	agar agar

**Method:**

First you have to prepare the Ribeye and the Ahi Tuna. Take your beef and place it in between two sheets of plastic wrap. Take a mallet and pound the Beef until it is nice and thin (approx. 2-3 millimeters) and place aside in the fridge until ready to use. Do not take out of the plastic wrap or the beef will start to lose its colour.

Take your Ahi Tuna and square the piece off to approximately 1.5 cm high and wide. Place in the fridge, wrapped in plastic wrap until ready to use.

Take your Ribeye out of the plastic wrap and lay flat on another piece of plastic wrap on the counter, take the shizo leaves and lay on top of the beef. Next take

your Ahi Tuna and place directly on top of the shiso Leaves. Place the green onions on top of the Ahi Tuna and carefully wrap the entire product inside of the beef Ribeye and place in the fridge for at least one hour to help set.

For the soy sauce, take half of the soy on place over top of medium heat and bring to a boil. Once its come to a boil take the Agar Agar and whisk in aggressively. Take off the heat after 1 minute and whisk into the cooked soy and put through a fine strainer. Place into a metal insert and place into the fridge for at least 24 hours. Once set you can place in a blender and blend till smooth, place back into an insert and reserve in the fridge till ready to use.

For the salad you make right at the time that it is needed so that it stays fresh and crisp. Take the green papaya and peel it and then slice thin, into 1 cm slices. Take your cilantro and pick the leaves into chilled water and do the same thing with your watercress. Take all of your prepped salad items and dry, toss in a bowl with the candied peanuts, olive oil and sea salt and place and place on a plate in the center.

To finish the dish, take your beef out of the fridge and un-wrap of the plastic wrap. Sear all around until nicely golden brown and place on a cutting board.

Take your soy sauce in a squeeze bottle and drizzle over the salad to the desired amount. Take your Ribeye and slice with a sharp knife and place on top of the salad



Executive Chef Hamid Salimian

## BC OYSTER, COMPRESSED CUCUMBER, SEAWEED AND CITRUS

### Recipe – Part One

#### Ingredients:

1 dozen	BC oyster
1	lemon, juiced
1	lime, juiced
1	orange, juiced
1	grapefruit, juiced
3 sprig	tarragon

### Recipe – Part Two

#### Ingredients:

250 g	kalamanzi
100 g	simple syrup
.5%	xantan gum
1.25%	versa whip

### Recipe – Part Three

#### Ingredients:

1 small package	dry seaweed
250 mills	tea water

### Recipe – Part Four

2	Japanese cucumbers (skin on)
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### **Method – Part One**

Shuck oysters and place oyster juice through coffee filter. Mix all citrus juice with tarragon. Add shocked oysters and juice to citrus mixture. Let the oysters marinate for 6 hours

### **Method – Part Two**

Place all ingredients in a blender. Then whip until fluffy.

### **Method – Part Three**

Place tea water over dry seaweed overnight in fridge.

### **Method – Part Four**

Place cucumber in a vacuum bag and vacuum seal at 98%.

# EL BARRIO

Restaurante Latino

Executive Chef/Owner Luis Montalvo

## COCHINITA PIBIL ON A TOSTADA

2 pounds pork butt roast with bone (you can also use pork cheek)

### Marinade

#### Ingredients:

2 tbsp	achiote paste
2 cups	
1/2 cup	fresh-squeezed lemon juice
2	ancho peppers
1	Head of garlic
1	Onion

(For baking)

	Banana Leaves
1/4 cup	salt

#### Method:

Blend all of the marinade ingredients until smooth paste. On a roasting pan, cover the bottom with banana leaves (washed and dried). Place the pork on the pan and add the marinade paste (add more OJ if the marinade does not cover the pork).

Place the rest of the leaves on the top to cover the pork with the leaves. Add salt on the top off the leaves to preserved the moisture. Cook over night at 200 F (10 hours) or 6 Hours at 300 F or until you can pull it with fork. When ready, move from the oven and remove the top layer or leaves with salt.



Chef/Owner Josh Wolfe

## LOCAL SEAFOOD CHOWDER 'POUTINE'

### NE Clam Chowder

#### Ingredients:

10 lbs	local farmed clams, cooked, shelled, liquor reserved
1 lb	double smoked bacon – cut into lardons (thick strips)
4	carrots - large diced
3	white onions - large diced
1/2 head	celery - large diced
2 head	fennel - large diced
1 cup	white wine
1 1/2 liters	35 % whipping cream
12 liters	fish stock – from pacific halibut bones
1/4 lb	unsalted butter
1/4 lb	all purpose flour
4	bay leaves,
10 sprigs	fresh thyme (tied in a bundle with bay leaves)
2 lbs	Salt Spring Island mussels – reserved for garnish

#### Method:

Sweat off the bacon and the onions in butter till they are translucent over

medium heat and season with salt. Add in the potatoes and the flour and cook out the roux to a blonde stage. Deglaze with white wine then add 1/2 liter of cream and add all the diced vegetables and the tied herbs. Add in the clams and fish stock and bring to a boil and reduce by 1/3. Add in the rest of the whipping cream and bring to a boil for 2 minutes. Finish seasoning and let cool in ice bath

Cook mussels in chowder to serve as garnish



**HAWKSWORTH**  
RESTAURANT

Chef de Cuisine Kristian Eligh

SLOPING HILLS PORK PRESS, PEACH, ALMOND

Pork shoulder braise

**Ingredients:**

1	pork shoulder
2 tsp	smoked paprika
2 tsp	salt
1 tsp	black pepper
1 tsp	fennel
2 tsp	cumin
2	white onions
2 lrg	carrots
6	ripe roma tomatoes
8	white mushrooms
2	stalks celery
6	garlic cloves
5 sprigs	thyme
4 L	chicken stock

**Method:**

Marinate pork shoulder in spices for 24 hrs. Sear pork on all sides evenly creating browning on all sides. Remove pork from pot and add all vegetables in recipe plus whole thyme sprigs and sauté until a little bit of colour is achieved.

Add meat back into pot and cover with chicken stock. Place covered in oven at 350 degrees and cook until pork is falling apart, approx 2hrs. Remove meat from liquid and wrap in plastic wrap to stay moist, return pot to stovetop to reduce

liquid by half. Blend all vegetables with liquid to create a BBQ sauce like consistency.

Once meat is cool enough to handle shred apart into a bowl, combine blended sauce to meat, coating evenly, adjust seasoning to meat mix if need be and then press into a terrine mold or casserole dish of some kind. Allow meat to cool and then cut into desired shape. Heat in oven and serve immediately.

### Peach preserve

12	peaches
2	shallots
1	birds eye chili
100 ml	champagne vinegar
75 ml	sugar
1 bunch	parsley

### **Method:**

Peel peaches and cut in half removing pit. Place in pot with other ingredients on low heat and cook uncovered until peaches get very soft, approximately 10 mins. Remove all peaches and place half of them in a blender and puree until smooth, taking the other half and cutting them into uniform pieces the size of marbles. Strain contents of the pot into fresh pot and combine with pureed peach mixture, reduce on low heat until very thick, remove from heat and cool down. Fold chopped peaches through base mixture and finish with chopped parsley. Reserve in fridge. Serve warm with grilled chicken or pork.

# maenam

Chef Angus An

## SCALLOP CEVICHE WITH NAHM JIM SAUCE

### Oyster Shooter with Nahm jim sauce

(12 shooters)

12	fresh oysters
	fresh coriander
2	lemongrass stalks
handful	kaffir lime leaves
	salmon caviar (optional)

### Nahm jim dressing

10 grams	galangal slices
juice	1 kaffir lime
small pinch	zest of kaffir lime
3 to 5	bird's eye chillies
1 to 2	large red chilli pepper, deseeded
5 cloves	garlic
30 grams	coriander stem or root
60 grams	white sugar
100 ml	fresh lime juice
100 ml	fish sauce

### **Method:**

Shuck the oysters and keep the juice with the oysters on ice. In a mortar and pestle pound all the solid ingredients of the nahm jim prep into a fine paste, then add sugar, lime juice and fish sauce. Taste the dressing, should be aromatic from the kaffir lime, equally sour, spicy and salty.

Pick the leaves of the coriander and reserve. Finely slice the lemongrass and kaffir lime leaves and reserve. When ready to serve put oyster in shooter glasses, one each. Pour a little of the oyster juice along with oyster, if too much is poured the nahm jim will taste diluted. Add one tablespoon of nahm jim to each glass and garnish with coriander leaves, lemongrass, kaffir lime leaf, and salmon caviar. Serve immediately.



BY JEAN-GEORGES

Executive Chef Wayne Harris, Chef de Cuisine Karen Gin

SALMON SASHIMI, CHERRY TOMATO AND SHALLOT  
MARINADE WITH BASIL

Salmon

Filet and skin the salmon. Slice on a slight bias into thin slices and portion into 70 g orders. Keep on ice until needed.

Tomato Salad

**Ingredients:**

283 grams	del cabo, golden cherry tomatoes, washed and split
40 grams	shallot, peeled and sliced 1/8" thick
6 grams	salt
60 grams	red wine vinegar
60 grams	olive oil
1 grams	thai chili, washed and minced

Put tomatoes and shallots in a bowl and sprinkle with salt. Add the vinegar, chili and olive oil.

This salad must be mixed 15 minutes prior to use and is good for 1 hour at room temp.

For the Basil Oil

113 grams	basil, blanched, shocked and squeezed
226 grams	grape seed oil
4.5 grams	salt

Puree in blender until bright green, then shock in a bowl over ice. Strain through a chinois and reserve in a squirt bottle.

### To Serve

70 grams	salmon
50 grams	tomato salad
5 grams	basil oil
micro basil	
maldon sea salt	

Lay out salmon portion on a cold appetizer plate so pieces are not overlapping. Dress with tomato salad and finish with a good amount of basil oil. Season with maldon salt and sprinkle with micro basil.



Executive Sous Chef, Murray McDonald and Yvonne Lee

## PORK BELLY ADOBO

1 side of pork belly

### Adobo braising liquid

#### Ingredients:

4L	water
1L	white vinegar
1L	soy sauce
1 cup	garlic
1 cup	black peppercorns
½ cup	bay leaves
Honey to taste	

#### Method:

In a large pot, braise Pork belly in adobo braising liquid for 3 hours until tender. Take off the liquid and press between 2 hotel pans that are wrapped in plastic, lined with parchment paper, weighed down to press and cool. When cooled, cut pork belly to desired shape and deep fry until the skin is crispy. Serve with Adobo sauce.

### Adobo sauce

#### Ingredients:

1L	white vinegar
1L	soy sauce
1c	garlic
1c	black peppercorns
½ cup	bay leaves
Honey to taste	

Place everything in a pot, bring to boil then bring down to simmer and reduce to half.

### Pickling Liquid

#### Ingredients:

1 cup	white vinegar
1 cup	apple cider vinegar
1 cup	sugar
1 cup	water

Place all ingredients in pot and simmer until reduced by 1/3, with 750ml remaining.

### Pickled Vegetables

#### Ingredients:

100 ml	julienned green papaya
50 ml	julienned red bell pepper
50 ml	julienned carrots
50 ml	julienned white onions
1	birds eye chili whole
1tbsp	peppercorn

Place all vegetables in a container and pour hot pickling liquid over, cover and let steep until cool.

# west

Executive Chef Quang Dang

## SLOW COOKED BEEF SHORTRIBS, CRISPY SHALLOTS, CHANTERELLES, AND BASIL SCENTED NATURAL BROTH

### Braised Beef Short Ribs

#### Ingredients:

3 lbs	grass fed beef short ribs, bone in
1	small onion, chopped
3	cloves garlic, chopped
1	small leek, chopped
1	carrot, peeled and chopped
1 cup	dry red wine
3 sprigs	thyme
2	bay leaves
4 sprigs	Italian parsley
8 cups	water
1 Tbsp	vegetable oil

#### Method:

Season short ribs with salt and black pepper and let sit in fridge for 4 to 8 hours. Brown short ribs well in a large heavy bottomed stew pot. Remove to a plate and add all vegetables, season and brown well. Add red wine and reduce to a glaze. Add herbs and water and bring to a simmer. Cover with parchment paper and put into a 200 F oven for 12 to 14 hours. Remove from the oven and let the short ribs cool down in their own liquid. When cooled enough to handle, remove and place onto a parchment lined sheet pan. Remove the bones and cool in the fridge. Strain and reserve braising liquid to be added to your broth

## Basil Scented Beef Broth

### Ingredients:

7 cups reserved beef braising liquid  
4 cups water  
2 lbs beef oxtail, cut into 1" chunks  
1 onion, cut into thirds  
1 daikon, cut into 1" rounds  
1 tbsp black pepper corns  
1 cinnamon stick, piece  
1 tsp cloves  
4 star anise, pieces  
2 sprigs basil

Place all ingredients in a stockpot and bring to a boil. Reduce heat and allow to simmer for 2 hours. Strain through a fine mesh sieve and reserve liquid.

### Garnish

### Ingredients:

2 cups chanterelle mushrooms, raw  
1/2 cup crispy shallots (may be purchased from a specialty Asian market)  
1/2 cup radish rounds, raw  
1/2 cup picked Thai basil leaves

### To Serve

Warm the short ribs in a pot with the broth. Place the short rib in a bowl, and add garnishes. Enjoy.