

Okanagan's

FINEST

FOODS



January 2005

Cooking Class

Brought to you by:

Okanagan's Finest Foods

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Thank you for considering Okanagan's Finest Foods as your culinary provider.

We have committed ourselves to working with as many chefs and vegetable growers as we can (nothing beats concepting with an enthusiastic farmer). This mandate has led us to be in a fantastic networking position. It is these valuable resources that help us to bring an outstanding product to your table.

We find it most exciting to discuss and develop a menu with the diner themselves. In this way the coordinator furthers their personal touch on the occasion. In any event, the pages that follow will reveal to you a collection of foodstuffs that will impress on you a regard of dining through our eyes.

Once again, thank you,

Ryan B. Smid Travis P. Hackl

Ryan B. Smid and Travis P. Hackl
Okanagan's Finest Foods

Menu

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Lemon & Black Pepper BBQ'd Sockeye

parsley, shallot & red pepper vinaigrette,
assorted lettuces

~

Celery Root Purée

Roast garlic & goat cheese
croustini

~

Alaskan Scallop

Braised oxtail & morel jus
Black olive & red pepper couscous

~

Orchard Blossom Honey Crème Brûlée

cinnamon baguette, kumquats &
strawberry sauce

~

Parsley, Shallot & Red Pepper Vinaigrette

Section A:

250 ml apple cider vinegar
250 ml extra virgin olive oil
500 ml grape seed oil

Section B:

250 ml chopped parsley
250 ml red pepper brunoise
250 ml shallot brunoise
Sea Salt to taste *

- Combine Section A ingredients in a blender and process until homogenous

- Pour Section A ingredients into a large bowl and whisk in
Section B ingredients

* Tip: One would typically add pepper to taste, however, the salmon has the necessary pepper content for this dish.

Notes...

Celery Root Purée

Section A:

5 lb Celery Root (roughly diced)
1 lb White Onion (finely diced)
1/4 lb Clove of garlic (minced)
1/2 lb Butter (cubed)
2 tbsp Dried Thyme
Sea Salt & White Pepper to taste *

Section B:

Water to cover
Sea Salt & White Pepper to taste *

Section C:

1L 36% Cream
Sea Salt & Pepper to taste *

- Add Section A ingredients to pot on medium heat & cook stirring occasionally until tender & juicy
- Add Section B ingredients, bring to a simmer and cook for 15 minutes. Blend & Strain
- Return to heat and add Section C. Bring to a simmer & serve

* Tip: Seasoning each ingredient as it is added brings out its flavour creating a multi-layered end product.

Notes...

Red Pepper & Black Olive Couscous

Section A:

1/4 cup garlic
1/4 cup olive oil

Section B:

2 cups couscous
3 cups water

Section C:

1/2 cup black olives (sliced)
1/2 cup roasted red peppers (diced)
Sea Salt & Black Pepper to taste

- Cook Section A ingredients in a medium pot on medium heat until the garlic is caramelized. *
- Stir in Section B: first the couscous, second the water.
- Increase heat to hi, bring to a simmer, remove from heat and cover.
- Lets steep for 10 minutes.
- Fluff with a fork
- Stir in Section C, season and serve.

* Tip: The garlic will be golden brown and have a nutty scent.

Notes..

Orchard Blossom Honey Crème Brûlée

6 cups	36% cream
12	egg yolks
¾ cup	honey (to taste)
½	vanilla pod

- Scald cream and stir in honey and vanilla
- Place yolks in a heat resistant bowl and stir until smooth
- Slowly stir in hot cream *(temper)

- Place bowl over a pot of steaming water and stir constantly with a wooden spoon until mixture thickness enough to coat the back of the spoon
- Strain through a chinois (fine mesh strainer) and divide between 8-10, 8 oz serving dishes, leave about ¼ inch head space

- Refrigerate until set, 2-3 hours (overnight is great)
- Sprinkle a layer of sugar onto brûlées and using a blow torch burn sugar rapidly **

* Tip: to temper is to slowly introduce the hot cream to the egg yolks so as not to scramble them

**Tip: the need for speed is to ensure the custard does not heat while the sugar burns

Notes...

Additional Notes...



Try our Marketfare...

- Ginger soy vinaigrette
- Garlic herb vinaigrette
- Dill Mustard Sauce
- Chile Lime Sauce
- Extra virgin olive oil
- Spanish grape seed oil

Okanagan's Finest Foods Inc. is available for catering...

- Dinner parties
 - Cooking demonstrations
 - Corporate events
 - Staff parties
 - Weddings
 - Receptions
- ... and more!*

Contact us at Okanagan's Finest Foods Inc.

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