

F R E

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*Recipes from
Vancouver's Best Chefs*
selected by **Andrew Morrison**

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Vancouver's new breed of chef is environmentally conscious, savvy about wine, technically astute and fully engaged in using the ingredients raised, caught or harvested in our big backyard. Many have trained in the world's best restaurants alongside famous chefs, but most came up through the ranks right here. Now they lead some of our most respected kitchens, and several have become award-winning restaurateurs in their own right. Though some are still young, the maturity of their palates and technique—amply displayed in the following pages—is proof positive that the future of our cuisine is in strong hands. Each chef understands the necessity of complexity without complication, but often with nuances of the unexpected. And yes, you can do this at home.

A N D

IMPRR

N E W

OV E D

Carnaroli Risotto on Heirloom Tomato and Basil Salad

Tomato and Basil Salad

- 6 large heirloom tomatoes (different colours if possible)
- ½ cup basil leaves
- 3 Tbsp traditional balsamic vinegar from Modena, Italy, or Venturi-Schulze (optional)

Carnaroli Risotto

- 4 cups water
- 2 Tbsp extra-virgin olive oil
- ½ medium onion, minced
- 1 clove garlic, minced
- ½ cup carnaroli rice
- ¼ cup dry white wine
- 2 Tbsp butter
- ¼ cup grated Parmesan cheese

Carnaroli rice is native to the Novara and Vercelli regions of northern Italy. The grains are slightly larger than the more common arborio rice, which means they absorb more liquid, resulting in a slightly creamier risotto. Serves 6

Tomato and Basil Salad Slice tomatoes ¼-inch thick and divide among six plates. Season with salt and pepper, then set aside.

Carnaroli Risotto Heat water in a medium pot on medium heat and keep it at a gentle simmer, turning down the heat if necessary. Heat oil in a large heavy-bottomed pot on medium-high heat. Add onion and garlic, then sauté, stirring, for about 5 minutes, or until onion is translucent. Season well with salt and pepper. Stir in rice and cook for another 4 minutes, or until the grains are well coated with oil. Add wine and 1 cup of the simmering water, stirring constantly until the rice absorbs the liquid. Gradually add the remaining water, about ½ cup at a time, so rice is always covered in liquid. Keep stirring. (It should take about 18 minutes for the rice to be perfectly cooked. Taste it at various intervals near the end. You may need a little more or a little less water, depending on the age of the rice.) When all the liquid is absorbed and rice is al dente, stir in butter and Parmesan. Stir vigorously to emulsify everything together. Season if necessary.

TO SERVE

Divide risotto evenly on top of plated tomatoes, leaving at least one-third of the colourful tomatoes exposed. Place a few basil leaves around each plate and garnish with a drizzle of balsamic vinegar (optional).

Linguine di Mare

- ½ cup extra-virgin olive oil
- 9 cloves garlic, 3 smashed and 6 finely sliced
- 1 lb mussels, well scrubbed, beards removed
- 1 lb clams, well scrubbed
- 20 cups water
- ½ cup sea salt
- 1 package (500 g) linguine
- 1 cup finely sliced red onion
- 18 medium to large prawns, peeled and deveined
- 18 medium sea scallops, side muscle removed
- 1 cup Chardonnay or Pinot Grigio
- 1 cup drained canned whole tomatoes, hand crushed
- 1 tsp chili flakes
- ½ cup basil leaves, hand torn
- ¼ cup chopped oregano
- ¼ cup chopped Italian flat-leaf parsley
- 3 Tbsp extra-virgin olive oil for garnish

Seafood and pasta both require little cooking time and are a tasty combination. Serves 6

Discard any mussels or clams with open shells that won't close tightly when tapped. Heat ¼ cup of the olive oil in a large pot on medium-high heat. Add the 3 smashed garlic cloves and sauté for about 2 minutes, or until golden. Add mussels and clams, cover and cook for 7 to 8 minutes, or until shells open. Use a slotted spoon to remove mussels and clams and set aside. If any mussels or clams fail to open while cooking, discard them. Strain the cooking liquid through a fine-mesh sieve, discard solids and reserve. Reserve the pot.

Place water and salt in a stockpot and bring to a boil on high heat. When the water comes to a rolling boil, add pasta and cook for 8 to 10 minutes (about 2 minutes less than the package directions).

While the pasta is cooking, wipe out the reserved pot with paper towels. Add the remaining ¼ cup of the olive oil and return to the stove on medium heat. Add onion, stirring frequently, and sauté for about 5 minutes, or until soft. Add the 6 sliced garlic cloves and sauté for 1 minute. Add prawns and scallops, then sauté for 1 minute. Add wine and simmer for about 2 minutes, or until prawns and scallops are cooked (opaque and barely firm to the touch). Remove prawns and scallops from the pot and reserve.

To the wine mixture in the pot, add the reserved cooking liquid from the clams and mussels, tomatoes and chili flakes. Cook on medium-high heat for about 5 minutes, or until reduced by half and thickened. Season to taste with salt. Add the reserved clams, mussels, prawns and scallops, then cook for 2 to 3 minutes to heat through.

At this point, the pasta should be cooked. Drain well and add to the seafood mixture. Cook the pasta in the sauce for another few minutes to allow it to absorb the flavours.

TO SERVE

Add basil, oregano and parsley to the pasta. Toss gently. Transfer to a heated serving platter and arrange clams, mussels, prawns and scallops around the pasta. Drizzle with extra-virgin olive oil.

Halibut with Morels and Brown Butter Sauce, Parsley and Garlic Pommés Purée, Braised Lettuce and Peas

Brown Butter

1 lb butter, unsalted

Parsley and Garlic Pommés Purée

4 cups milk
½ cup olive oil
6 cloves garlic, peeled
4 medium Yukon Gold potatoes,
peeled, in 1-inch dice
3 Tbsp finely chopped Italian flat-leaf
parsley

Lettuce and Peas

1 Tbsp butter
3 oz smoked bacon, in ¼-inch dice
12 pearl onions, blanched and peeled
1 yellow carrot, blanched, in ¼-inch dice
1 orange carrot, blanched, in ¼-inch dice
2 small gem lettuces, cut in half
2 sprigs thyme
½ cup chicken stock
½ cup frozen peas

Halibut, with its snowy white, non-oily flesh, is a perfect foil for the morel and brown butter sauce. Serves 4

Brown Butter Melt butter in a small, deep, heavy-bottomed pot on low heat. Stir constantly and be careful not to let it burn; wait patiently for about 10 minutes for butter to become a deep rich hazelnut brown. Decant the clear brown butter carefully, leaving behind the dark debris at the bottom of the pot. Strain through a fine-mesh sieve into a clean container and discard solids. Cover and refrigerate. (You will not need all of the brown butter for this recipe, but it will keep refrigerated longer than unsalted butter because the milk solids have been eliminated. Brown butter is delicious on steamed vegetables.)

Parsley and Garlic Pommés Purée Place milk, oil and garlic in a large pot on medium heat and bring to a boil. Turn down the heat to low and cook for 10 to 12 minutes, or until garlic is soft. Add potatoes and cook for 15 to 20 minutes, or until soft. Drain potatoes and reserve the cooking liquid.

While potatoes are hot, mash them vigorously, then whip in a stand mixer (or with a hand-held beater), adding back enough of the reserved cooking liquid to make the potato mixture soft but not runny. Pass the potato mixture through a fine-mesh sieve for extra smoothness, if desired. Season with salt and pepper to taste. Fold in parsley just before serving.

Lettuce and Peas Preheat the oven to 425°F. Melt butter in a wide, shallow ovenproof frying pan on medium-high heat. Add bacon, onions, and yellow and orange carrots, then sauté for 1 minute. Add lettuces, thyme and stock, then bring to a boil. Cover the pan with aluminum foil and bake in the oven for 15 to 20 minutes, or until carrots are tender.

Return the frying pan to the stovetop on medium heat, add frozen peas and cook for 2 to 3 minutes, or until done. Drain and discard any excess liquid. Remove and discard thyme. Season with salt and pepper to taste.

Halibut Season fish with salt and pepper. Lightly dredge fish in flour, then shake off the excess. Heat oil and butter in a large non-stick frying pan on medium heat, just until butter begins to brown. Add fish and sauté gently for 2 to 3 minutes on each side, or until just done (the fish should be soft to the touch and still slightly opaque in the centre.)

Brown Butter Sauce Make this sauce at the last minute. Heat $\frac{1}{4}$ cup of the brown butter in a frying pan on medium-high heat. Add morels and sauté for several minutes, or until soft. Stir in lemon juice, soy sauce and veal jus. Bring to a boil, then add the remaining $\frac{3}{8}$ cup of the brown butter, and boil again to emulsify. Season to taste with salt and pepper.

TO SERVE

Place pommes purée in the centre of each warmed plate and top with two pieces of fish. Arrange vegetables around the edge, keeping within the rim of the plate. Garnish with a drizzle of brown butter sauce.

Halibut

4 fillets halibut, each 6 oz, cut into 2 escalopes each
Flour for dredging
4 Tbsp olive oil
1 Tbsp butter

Brown Butter Sauce

$\frac{1}{4}$ cup + $\frac{2}{3}$ cup brown butter, plus extra for garnish
1 lb morel mushrooms, halved
 $\frac{1}{2}$ cup fresh lemon juice
1 Tbsp soy sauce
 $\frac{1}{2}$ cup brown veal jus or dark chicken stock (made with roasted bones)

MEN

A N D

Here is our culinary vanguard, the pioneering chefs who trained a new generation and sparked the ascension of Vancouver as an internationally celebrated food city. It is they who first reached out to local suppliers to lay down the foundations of Vancouver's culinary new world. Having come from diverse backgrounds and having been schooled in different traditions, they provided a wide perspective while convincing us of the quality and diversity of our local provender.

The efforts of these chefs, our mentors and icons, have laid a solid foundation upon which our newest stars—many of whom toiled under their expert tutelage—continue to build upon today in top-tier restaurants of their own. Together, they hold in common a deep appreciation of the providential bounty of British Columbia and a determination to celebrate it by sharing it with the world. But first, they wish to share it with you.

TORS

ICONS

Pan-seared Ling Cod with Truffle Chanterelle Purée, Sauté of Sugar Pumpkin and Baby Zucchini with Bacon Emulsion

Truffle Chanterelle Purée

- 2 tsp olive oil
- 1 shallot, ¼-inch dice
- 1 cup chanterelle mushrooms
- ½ cup chicken stock
- 1 tsp truffle oil (or ¼ of a fresh truffle, grated on a micro rasp)

Bacon Emulsion

- 4 strips double-smoked bacon, chopped
- 2 shallots, minced
- 1 clove garlic, lightly crushed
- 1 cup chicken stock
- 1 tsp coriander seeds
- 1 pod cardamom
- 2 sprigs thyme
- ½ cup skim milk

Prepare this dish in early autumn when chanterelles, baby zucchini and sugar pumpkins are for sale in farmers' markets. Depending on the season, instead of ling cod, you may use fresh halibut, sablefish, arctic char, scallops or spring salmon. Serves 8

Truffle Chanterelle Purée Heat olive oil in a small frying pan on medium heat. Add shallot and cook for 2 to 3 minutes, or until translucent. Add chanterelles and cook for about 5 minutes, or until they begin to soften. Add stock and simmer for 7 to 10 minutes, until reduced by half. Remove from the heat and process in a high-speed blender. Add salt and pepper to taste. Just before serving, stir in truffle oil.

Bacon Emulsion Place bacon, shallots and garlic in a pot on medium-high heat and cook, stirring, for 3 to 4 minutes, or until shallots are translucent. Add stock and turn down the heat to medium; simmer slowly for about 30 minutes, or until reduced by half. Turn off the heat, then stir in coriander seeds, cardamom, thyme and milk. Cover and allow to steep for at least 1 hour. Strain through a fine-mesh strainer into a clean pot and discard solids.

Ling Cod To prepare pumpkin, fill a large bowl with ice water. Bring a large pot of water to a boil on high heat. Add pumpkin and blanch for about 3 minutes, or until just tender. Drain and plunge into the ice water to cool, then drain and reserve.

To prepare ling cod, score skin with a sharp knife to prevent curling while cooking. Place fish in a single layer in a non-reactive dish and sprinkle lightly with salt, then allow to stand for 7 to 8 minutes. Rinse off salt from fish in cold water and pat dry with paper towels. Reserve fish, covered, in the refrigerator, until needed.

To finish ling cod, preheat the oven to 350°F. Season fish with salt and pepper. Heat oil in a large ovenproof frying pan on medium-high heat until it begins to smoke. Add fish, skin-side down, and cook for 2 to 3 minutes. Do not disturb fish until a golden colour appears about ¼ inch around fillet. Place in the oven and roast for 4 minutes. Flip over fish, then add 1 Tbsp of the butter, thyme and garlic to pan, then baste fish. Return to the oven for 2 minutes. Take out of the oven and allow to rest for 5 minutes.

While fish is in the oven, melt the remaining 1 tsp of the butter in a frying pan on medium heat. Add squash and zucchini, then sauté for 4 to 5 minutes, or until nearly tender. Add pumpkin and cook for 2 to 3 minutes, or until heated through. Season to taste with salt and pepper.

TO SERVE

Reheat both the bacon emulsion and the truffle chanterelle purée in separate pots. Stir truffle oil into the reheated chanterelle purée and place a dollop on each warmed plate, using the back of a spoon to draw a swirl through the purée.

Place a ring mould on each plate, spoon some of the vegetable mixture into it and press gently to set the shape. Remove the moulds. Place a fillet of ling cod on top of vegetables. Use a hand-held blender or a whisk to froth the bacon emulsion and pour a small pool onto each plate.

Ling Cod

- 2 cups diced (¾ inch) sugar pumpkin or a winter squash
- 8 fillets ling cod, 6 oz each, skin on
- 1 Tbsp kosher salt
- 2 tsp grapeseed oil
- 1 Tbsp + 1 tsp butter
- 2 sprigs thyme
- 1 clove garlic, crushed
- 4 baby yellow pattypan squash, each cut into 8 segments
- 8 baby green zucchini, cut into wafer-thin coins

Vila Gracinda Chocolate and Maple Syrup Cone

4 ready-made Michel Cuizel dark chocolate cones or waffle cones

Chantilly

½ cup whipping cream
2 Tbsp maple sugar

Maple Ganache

½ cup milk
½ cup whipping cream
2 egg yolks (or to measure ¼ cup)
3 Tbsp maple sugar
¾ cup grated Vila Gracinda chocolate or other high-quality dark chocolate
Chocolate pearls for garnish

Maple Salted Butter

1 Tbsp + 2 tsp glucose or corn syrup
¾ cup + 1 tsp maple syrup
¾ cup whipping cream
1 Tbsp + 1 tsp butter, room temperature

This is a whimsical dessert to please the child in all of us—an ice cream cone with a difference! We make our own chocolate cones from Vila Gracinda chocolate, but you can use ready-made chocolate or waffle cones. Makes 4 filled cones

Chantilly Whisk together cream and sugar until firm peaks form. Cover and refrigerate until needed.

Maple Ganache Place milk and cream in a stainless steel pot on medium heat and bring just to the boiling point (you will see bubbles around the edge and steam rising from the centre). Remove from the heat.

Whisk together egg yolks and sugar in a small bowl. Very slowly, whisking constantly, add the hot milk mixture to the egg mixture. Next, pour the mixture back into the pot and place on low heat. Cook, stirring constantly, for about 5 minutes, until the mixture thickens enough to coat the back of a spoon.

Place grated chocolate in a bowl and pour the hot mixture over it. Mix everything together with a hand-held blender. Cover and refrigerate until needed.

Maple Salted Butter Fill a bowl with ice water. Place glucose and maple syrup in a pot on medium-high heat and bring to a boil for 2 minutes. Turn down the heat to medium and stir in cream, ¼ cup at a time, then boil the mixture for 5 to 10 minutes, until it reaches 220°F on a candy thermometer. Remove from the heat, pour the maple syrup mixture into a bowl and place on the ice water until it goes down to 86°F or room temperature.

Cream the butter in a blender for 2 minutes, then gradually add the cooled maple syrup mixture until emulsified (it should have the consistency of mayonnaise). Keep at room temperature until needed.

TO SERVE

Place the maple salted butter, ganache and chantilly into three different piping bags. Into each cone, pipe the maple salted butter (saving a bit for garnish, optional), then the ganache, then the chantilly. Garnish the chantilly with a dab of maple salted butter and chocolate pearls.

Fresh Blackberry Pie

Pastry

- 2½ cups all-purpose flour
- 1 Tbsp sugar
- 1 cup unsalted butter, cold, in ½-inch cubes
- ¾ cup ice water

Blackberry Filling

- 7 cups local blackberries
- 1 cup sugar
- ¼ cup cornstarch
- ¼ tsp salt
- ½ tsp cinnamon (optional)
- 1 egg yolk for glaze
- 1 Tbsp water for glaze

Wild blackberries abound in August and make for a fun day of picking. It makes sense to freeze some for winter treats. Fresh is best, but frozen berries will work. Serves 8 (one 9-inch pie)

Pastry Combine flour and sugar together in a large bowl. Add butter, and with clean hands, rub it into the dry mixture until pea-size bits form, with some larger pieces. Add ice water all at once, tossing the mixture with your hands until a loose dough forms.

With dry, floured hands, divide dough and form two discs, one just a little bit larger than the other. Wrap each disc in plastic wrap and refrigerate for 1 hour, or until well chilled.

Roll out the larger disc of pastry on a lightly floured surface to form a 13-inch diameter circle about ⅛-inch thick. Fit the dough into a 9-inch pie plate, then trim even with the rim of the plate.

Blackberry Filling Gently toss together blackberries, sugar, cornstarch, salt and cinnamon (optional) in a large bowl.

TO ASSEMBLE

Preheat the oven to 425°F and set the rack in the bottom third of the oven. Pour blackberry filling into the pastry shell.

Roll out the remaining disc of pastry on a lightly floured surface to form an 11-inch circle about ⅛-inch thick, then drape it over the filled pie. Trim the pastry, leaving a ¾-inch overhang. Fold the overhang under the bottom pastry rim. Seal and flute the edge, then cut steam vents in the centre of the top.

Whisk together egg yolk and water in a cup, then brush this glaze over the top of the pastry. Bake the pie in the oven for 15 minutes, then turn down the heat to 350°F and bake for another 35 to 45 minutes, or until the fruit is tender, the filling has thickened and the pastry is golden. (If you use frozen berries, you will need to bake for a further 10 to 15 minutes.) Remove from the oven and allow to cool on a rack.

TO SERVE

Cut the pie into eight slices. It is delicious served warm with vanilla bean ice cream.

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