



2018 Cooking Demo Recipes

Kampachi Crudo, Liliquoi Aguachile, Avocado & Sea Asparagus

serves 4-6

10 ounces Kampachi, skin removed, sliced into half ounce pieces

2 c Passion (Liliquoi) Fruit Agua Chile

20 Cucumber Balls

1 c Avocado Mousse

½ c Sea Asparagus

2 ea Scallions, green tops sliced into thin rounds

1 c Rice Wine Vinegar Pearls (optional)

1 c Macadamia Black Rice Crunch

2-4 T good quality Olive Oil

2-4 tsp good quality Flake Salt, or finishing salt

Make several dollops of avocado mousse down onto the desired plates.

Place 3-4 slices of the kampachi in a random way around the plate.

Place the cucumber balls, sea asparagus & scallions as desired around the plate.

Spoon a couple of tablespoons around the empty part of the plate.

Spoon some of the rice wine pearls over fish.

Sprinkle the flake salt all over the dish, make sure to get some over the fish.

Liberally drizzle olive oil all over.

Finish by sprinkling the macadamia black rice crunch as desired.

Kampachi

1 filet of kampachi, skin removed

Slice into .5 oz pieces

Cucumber Balls

Use a melon baller to form cucumber balls.

Sea Asparagus

Rinse and trim any woody stem part, reserve

Avocado Puree

2 ea ripe avocados, peeled and seeded

Salt to taste

Lime juice to taste

Passion (Liliquoi) Fruit Agua Chile

1/2 c passion fruit puree (frozen)
2 c coconut water
1/4 c water
1 T agave
1/4" galangal, peeled & rough chopped
1/4" ginger, peeled & rough chopped
Zest and juice of 1 lime
1 t chili paste, such as sambal or siracha
Salt to taste

Combine all ingredients into a blender, puree on high until well combined.
Strain liquid through a chinois or sieve.
Adjust the balance with salt and agave as needed.

Rice Wine Vinegar Pearls

yield 1 pint
175 g rice wine vinegar
200 g water
75 g sugar
.5 g salt
8 g agar agar
.3 g locust bean gum
.5 g xanthan gum
2 qt neutral oil

Place neutral oil in freezer overnight.

In a small pot combine rice vinegar, water, sugar, salt.

Whisk slowly whisk in agar agar, locust bean gum & xanthan gum.

Still until well combined.

Bring pot to a boil and simmer for 3 minutes.

Carefully transfer hot liquid to a restaurant service squeeze bottle, allow to cool slightly 5-8 minutes.

Trim bottle top nipple to desired size (generally 2-4mm removed).

Remove oil from freezer.

Replace bottle top.

Slowly begin to dispense base in a constant stream across the surface of the oil. The pearls will form as they slowly fall to the bottom of the oil.

After dispensing all of the liquid, use a strainer to remove the pearls.

Rinse lightly and they are ready to use.

Store in the refrigerator.

Macadamia Black Rice Crunch

1 c Macadamia Nuts, toasted to a golden brown
1 c Black Venetian Rice, boiled like pasta until tender and fully cooked
1 qt neutral oil, for frying
salt

Spread cooked rice evenly on a sheet tray, dry in a low oven 200F until fully hardened. About 3-4 hours.

In a 6 qt pot heat, oil to 380F, in small batches add rice and fry until it puffs and bubble subside.

Transfer puffed rice with a spider to a plate lined with a paper towel.

Season with salt, while still warm.

Rough chop toasted macadamia, combine with puffed black rice.

Pheasant & Porcini Meatballs, Wild Rice Panzanella, Roasted Hearts of Palm

serves 4

20 **Meatballs** (6 per person), about 1 lbs of meatball mix

2 c **Wild rice**, cooked (par boil like pasta in large volume of salted water, until tender)

2 c **Hato Mugi** (Job's Tears, any pearled barley or farro will work as well, cook same as wild rice)

1 c **Hearts of Palm**, small diced lightly roasted with extra virgin olive oil

1 c **Puffed Wild Rice**

½ c **Spinach**, cut into thin ribbons

20 **Parsley**, leaves cut into thin ribbons

½ c **Tomato-Shallot Vinaigrette**

2 c **Hearts of Palm Puree**

Meatballs

(this recipe yields 2 lbs, you can freezer whatever you don't use)

¾ lbs Pheasant, ground (this could be turkey or chicken if necessary)

¾ lbs Veal, ground

4 oz Frozen Porcinis, small diced

1 T Thyme, chopped

2 T Parsley, chopped

1 t Sage, chopped

1 T, Chervil, chopped

2 t Salt

1 t Black Pepper

Panade

1 c Bread Crumbs or Panko

½ c Cream

½ c Pecorino, cheese

In a 4 qt mixing bowl combine ground meats, herbs, porcinis, salt & pepper. Mix to combine.

In a separate small bowl, combine cream, panko, and cheese to form a panade.

Fold the panade into to meat mixture and combine thoroughly.

Cook off a small piece and adjust seasoning as necessary.

Form into meatballs and bake at 375F for 6-10 min depending on size, or to an internal temperature of 145F.

Hearts of Palm Puree

2 c Hearts of Palm, cut in to 1" pieces

water to cover

2 T salt

¼ c butter

Bring water and hearts of palm to a simmer.

Cook until very tender, about 8-10 min.

Strain off water (reserving about ½ c) and transfer hearts of palm to a blender.

Puree on high adding the butter, and reserved liquid as needed to form a smooth puree.

Cool down and set aside.

Tomato-Shallot Puree

½ c Roasted Tomato

1 t Tomato Paste

1 T Champagne Vinegar

1 T Red Wine Vinegar

½ Clove Garlic, minced

1 T Shallot, diced

1 t Thyme, picked

1 t Rosemary, chopped

½ t Black Pepper

½ c Grapeseed or other neutral oil

½ c Extra Virgin Olive oil

Combine first roasted tomato, tomato paste, vinegars, shallot and garlic into a blender, puree until smooth.

With the motor running on low, slowly add the oil until emulsified.

Stir in the chopped herbs, and adjust seasoning with salt and pepper.