

c'estbon



cooking school

Forest-To-Table Culinary Experience
At
Just Food Farm

Greens with Forest-Inspired Vinaigrette

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Boreal Risotto

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Maple Crème Petit Pot

Boreal Vinaigrette

Makes 2 servings

Quantity	Ingredients
250 g	Arugula
5 g	Labrador Tea
15 ml	Cider Vinegar
½ unit	Shallot finely chopped
15 ml	Dijon Mustard
5 ml	Balsam Fir Tips
2 units	Garlic Clove
60 ml	Sunflower oil
To taste	Lemon juice
To taste	Sea salt
To taste	Pepper freshly grounded

The fun part of this dish is building the flavors.

Preparation

1. Finely chop the shallot and the garlic, set aside.
2. In a non-reactive container bowl, deposit the vinegar with a pinch of salt, mix until the salt is totally dissolved.
3. Then add the shallots, the garlic, the balsam tips, and the mustard.
4. Mix all the ingredients.
5. Start emulsification of the vinaigrette by adding the sunflower oil, emulsification occurs when you pour the oil in a small consistent filet, and mixing in a constant motion.
6. Let the flavor infuse for a minimum of 20 minutes.
7. Rectify seasoning, note before adding salt, put a few drops of lemon juice taste.
8. Toss the greens into the vinaigrette, mix gently, serve.

Boreal Risotto

Preparation time: 25 minutes

cooking time: app. 17-18 minutes

Total time: 45 minutes

Serves 1-2 portions

Quantity	Ingredient
60 ml	Olive oil Infused with the boreal ingredients
1/2 unit	Onion– Finely Chopped
2 units	Clove of garlic
½ unit	Red Pepper - Brunoise
120 ml	Arborio or Vialone Nano or Carnaroli
60 ml	White Wine
1 liter + -	Vegetable Stock
2 units	Bay Leaves
8 – 10 units	Mushrooms Cremini or other
1 branch	Celery
1 unit	Carrot
30 g	Unsalted Butter
100 g	Parmesan
To taste	Lemon Juice
To taste	Salt and Pepper

*Never rinse the rice for a risotto before cooking it, because the rice starch is so valuable when making risotto.

** Arborio, Vialone Nano and Carnaroli are three of the Italian rice's that are perfect for making a risotto.

Preparation

1. Clean and peel the vegetables then chopped into **macédoine or brunoise**, set aside.
2. Preheat a non-reactive pot (stainless steel), add the olive oil.
3. Add onions and **sweat**, then add chopped garlic, stir for 2-3 minutes, then add the sundried tomato.
4. Then add the rice to the pot, stir so that all the grains are cover by the oil, (nacrée).
5. Pour in all the 60 ml of white wine, and the carrot brunoise, let the wine reduce.
6. Gradually add the stock, one ladle at a time, while stirring constantly; ensure that the liquid has been almost all absorbed by the rice before adding the next ladle of stock (reduction).
7. When rice is $\frac{3}{4}$ done add the mushrooms, then the sweet pepper and celery.
8. And $\frac{3}{4}$ of the parmesan, dried balsam fir powder, and lemon juice.
9. Add salt and pepper as needed, serve.

**Proteins such as chicken, shrimps, lobster or duck confit can be added to the risotto. The proteins are to be cooked before adding to the risotto at the $\frac{3}{4}$ cooked point.

Maple Crème Petit Pot

Yield 10 x 3 ounces ramekins.

Quantity	Ingredient
500 ml	35% cream
8	Egg yolks
60 ml	Maple Sugar
60 ml	Maple Syrup
15 ml	Butter
90 ml	Sugar for finishing (maple and regular sugar)

Preparation

1. Preheat oven at 275° F
2. In a saucepan, bring the cream and the maple syrup to scaling point over medium heat (until bubbles form on the side of the pot). Set aside for the moment, add the butter and whisk until it is melted,
3. In a stainless -steel bowl, whisk the egg yolks with the maple sugar,
4. Mix until the texture is a nice ribbon,
5. Add the warm cream to the eggs/ sugar mixture gradually, whisking it consistently,
6. Strain if necessary and remove the scum on the top of the mix,
7. Let rest in the refrigerator
8. Pour in standard-size flan dishes with ladle,
9. Deposit the flan molds into an oven proof bain-marie,
10. Pour hot water to ½ height of the flan dishes,
11. 30- 45 minutes in the oven,
12. Refrigerate - it must be cold to caramelize,
13. Spread sugar evenly on top,
14. Broil or blow torch 3-4 inches away from the dish,
15. Serve.

GROCERY LIST

<u>Grocery</u> Arborio or Carnaroli Rice Butter Cream 35% Eggs Maple Sugar Maple Syrup Olive oil Parmesan Pepper Sunflower Oil White Wine <u>** Foraged Canadian Boreal Ingredients</u> Dried Labrador Tea or Wild Tea Dried Balsam Fir Tips Green Alder Peppercorn Dried Juniper Berries	<u>Produce</u> Carrots Celery or fennel branches Garlic cloves Garlic Scape Lemons for Juice and Zest Mushrooms Red Sweet Pepper Shallots Sweet Onions (Vidalia or Walla Walla) *Vegetable Stock
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