

THE MENU

Marinated Seafood Salad

Veal Milanese

Potatoes Roasted with Rosemary

Broccolini with Garlic and Chilies

Tuscan Pork Ragu

Butterscotch Budino with Caramel Sauce and Flaky Maldon Salt

THE RECIPES

Team 1: Mike Fobert (Captain), Robert Boucher, Walt Emrich, Barry Lloyd

Marinated Seafood Salad

(serves 16)

2 lb squid, cleaned and cut into 1/2 inch pieces

2 lb shrimp, peeled and deveined

4 lb mussels, scrubbed clean

1 lb scallops

1 ½ C white wine

¾ cup lemon juice

½ cup extra virgin olive oil

¼ cup Italian parsley, chopped

Salt to taste

Pinch cayenne pepper

1 medium red onion, thinly sliced

Basil garnish

Cook the squid in two batches in heavily salted, boiling water for 30 seconds or until they have just turned opaque. Remove with a slotted spoon and quickly submerge in ice water to stop further cooking. It is important not to overcook the squid or it will become rubbery and tough.

In the same water, cook the shrimp for 1 to 2 minutes, depending on size, until just cooked. Remove and submerge in ice water. Then cook the scallops for 2 to 3 minutes, depending on size, until just cooked. Remove and submerge in ice water.

Place the mussels and wine in a covered pot with a lid and cook over high heat for 5 minutes or until the mussels have opened. Drain the mussels, reserving the liquid. Remove the mussels from their shells, discarding the shells. Do not use any mussels that remain closed.

In a bowl, mix together the reserved mussel juice, lemon juice, olive oil, parsley, salt and cayenne pepper. Then add remaining ingredients and toss to combine.
Let salad marinate for at least one hour before serving.

Team 2: Bryan Pearse (Captain), Jeff Sloan, Wilfred Minninga, Jim Ellerton

Tuscan Pork Ragu

(16-20 servings)

2 cups onion, finely diced (½ cm)
½ cup carrot, finely diced (½ cm)
½ cup celery, finely diced (½ cm)
¼ cup olive oil
2 tsp. salt
4 lbs ground pork
3 oz finely chopped pancetta or prosciutto
1 Tbsp fresh rosemary, chopped
½ tsp ground fennel seed
1 tsp ground black pepper
½ tsp crushed chilies
1 Tbsp chopped garlic
1 ½ C red wine
3 cups pureed canned tomatoes
¼ cup tomato paste
2 tsp salt, or to taste

2 ½ lbs fresh pappardelle pasta (recipe follows)
8 oz Pecorino Toscano

In a large, heavy pot sauté the onion, carrot and celery in the olive oil with 2 tsp salt, gently, until softened, but not coloured. (about for 20 minutes)

Add the ground pork, chopped pancetta or prosciutto, rosemary, fennel, black pepper, crushed chiles and garlic and cook until lightly browned, 10 minutes.

Add the remaining ingredients. Bring to a simmer and cook gently for 1-2 hours. It should not be too thick, nor too thin. Taste for salt.

Serve with fresh pappardelle, just cooked. Toss pasta in the sauce to coat pasta and serve garnished with shaved pecorino cheese.

Pasta Dough

4 ½ C all purpose flour

12 large egg yolks

6 large eggs

Mound the flour on a flat work surface and make a large crater in the centre. Add all wet ingredients to the crater and stir with a fork in a circular motion, gradually incorporating the flour from the sides. (The advantage of this method is that you cannot add too much flour.) Take your time, so as to create as smooth a dough as possible.

Eventually, the dough will begin to come together. Once it is stiff enough, knead the dough for about ten minutes. It will be smooth and firm.

Wrap in plastic wrap tightly and allow to rest for one hour.

Roll pasta according to pasta machine instructions.



Team 3: Dale Mercer (Captain), Don Gardner, Brian Simchison, Doug McBride, Rae Maher

Veal Milanese

(serves 18)

- 18 veal scalloppine (3.5 oz veal cutlets, pounded until ¼ inch thick)
- 1 cup all purpose flour seasoned with 1 tsp salt
- 4 eggs, beaten
- 2 cups bread crumbs
- 1 cup vegetable oil
- ½ cup olive oil
- 3 lemons, cut into 18 wedges

Preheat an oven to 200F.

Bread the veal scalloppine:

Season each piece of veal scalloppine with salt and pepper, then dredge in seasoned flour, dip in beaten eggs to coat, then in the bread crumbs.

Mix the two oils together.

Once all the pieces have been breaded, heat ¼ inch of oil in a wide skillet. Cook on one side for 2-3 minutes, carefully turn over and cook the other side until golden. Remove to a paper towel lined baking sheet. Place the baking sheet in the oven to keep the meat warm while you fry the remaining veal.

Serve immediately with wedges of lemon, roasted potatoes and broccolini (recipes follow)

Potatoes roasted with rosemary

- 8 lbs Yukon gold potatoes
- ½ cup extra virgin olive oil
- 2 Tbsp kosher salt
- 1 bunch of rosemary
- 1 bulb of garlic

Cut the Yukon gold potatoes into 2 inch chunks, skin on or off as you prefer.

Place the cut up potatoes in a pot of lightly salted water and bring to a boil. As soon as the water is boiling, cook for 2 minutes and then drain immediately. Let cool in a single layer on a baking sheet.

Toss the potatoes in olive oil, salt, rosemary sprigs and whole garlic cloves. Roast at 400°F for 20 minutes, or until golden and cooked through.

Broccolini with garlic and chilies

4-5 bunches broccolini

1 Tbsp chopped garlic

1 tsp crushed chiles

½ cup extra virgin olive oil

Boil the broccolini in heavily salted water for 2 minutes, or until tender. Drain and shock in ice water. Heat the olive oil in a large pan, add the garlic and chiles and let sizzle for a few seconds, then add the broccolini and ¼ cup water. Toss the broccolini in the mixture until heated through. Season with salt to taste.



Team 4: Scott Gordon (Captain), John Gerretson, Jim Young, Doug McMillan

Butterscotch Budino with Caramel Sauce and Flaky Maldon Salt

(serves 18)

4 ½ C whipping cream
2 ¼ C homogenized milk
8 egg yolks
1 egg
6 Tbsp cornstarch
1 ¾ C dark brown sugar
1 Tbsp kosher salt
½ cup unsalted butter
¼ cup Scotch whiskey

For serving:

Caramel sauce (recipe follows)

Maldon salt

Whipped cream (recipe follows)

Stir the cream and milk together in a bowl.

Whisk the egg yolks, egg and cornstarch together in another bowl.

In a heavy pot, combine the brown sugar, salt and ½ cup of water and cook over medium high heat until it turns into a dark caramel. Remove from the heat and whisk in the milk and cream mixture.

Heat until the mixture is liquid again, then very slowly, whisk the hot caramel mixture into the eggs so as not to curdle them. Add back to the saucepan and gently cook over medium heat, while stirring, to thicken the custard enough to coat the back of a spoon. Whisk in the butter and whisky. Pour the custard through a sieve into a clean pitcher and pour into the glasses. Refrigerate until ready to serve.

To serve, pour a tablespoon of caramel sauce on each budino, sprinkle with Maldon salt and place a dollop of whipped cream on top.

Caramel sauce

1 cup whipping cream
¼ cup butter
1 cup sugar
¼ cup corn syrup

Heat the cream until it just begins to boil, remove from the heat and add the butter.

In a heavy saucepan on medium high heat, cook the sugar, corn syrup and ¼ cup water without stirring until it reaches an amber colour. Immediately remove from the heat and slowly whisk in the hot cream-butter mixture until thoroughly combined.

Whipping cream

1 cup very cold whipping cream

¼ cup sour cream

Whip the whipping cream until soft peaks form, add sour cream and continue to beat until thick.

