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COMPLIMENTARY

HOLIDAY 2013

A photograph of champagne glasses and a caviar service dish. In the foreground, a clear glass bowl filled with crushed ice sits on a matching saucer. A small metal cup is placed in the center of the ice, containing a mound of dark, glistening caviar. A silver spoon with a dark handle rests on the saucer to the right. In the background, several tall, slender champagne flutes are filled with a golden, bubbly liquid, set against a soft, out-of-focus green and white background.

Champagne
**AND
CAVIAR**

BY CINDA CHAVICH RECIPES BY CHEF DAVID HAWKSWORTH
PHOTOGRAPHY BY BRANDON GRAY

▶ Watch Hawksworth Restaurant's chef de cuisine, Kristian Eligh, demonstrate how to make this sunchoke veloute recipe at FlavoursWorld.ca

PAIRING 2009 Benjamin Bridge Traditional Method Blanc de Blancs, Nova Scotia

Sunchoke Veloute, Meyer Lemon, Caviar and Brioche RECIPE P. 72

“I enjoy eating a lot of it,”

admits the Vancouver chef, who also likes to cook with caviar – strewn across his beautiful plates of fresh halibut, dramatically punctuating bowls of creamy soup, or just served in a traditional caviar tin with crème fraiche, to scoop onto crisp potato blinis.

There was a time when Hawksworth had to give up his caviar cravings – endangered wild sturgeon and the ban on imported Caspian Sea caviar stopped him from serving it for nearly five years. But now there’s a sustainable Canadian source – farmed Northern Divine sturgeon caviar from B.C.’s Sunshine Coast.

“It’s the only one I’ve been buying,” says Hawksworth. “It’s right in our own backyard and it’s really, really good.”

Target Marine Hatcheries began raising white sturgeon in large, land-based tanks in Sechelt in 2000, and started harvesting caviar in 2012. Each 200- to 300-pound (90- to 140-kilogram) mature fish produces six to 11 pounds (three to five kilograms) of caviar. All is certified organic, Ocean Wise and Sea Choice recommended so it’s on the best menus, even with prices ranging from \$88 for an ounce (30 grams) to \$4,320 for a two-pound (one-kilogram) tin.

This Canadian caviar is dark and glossy, with large pearls that have a buttery, almost briny, flavour.

“It has a nice ‘pop’ to it,” says Hawksworth. “I’ve tried others, from California and the east coast, and I think it’s the best so far.”

Champagne and caviar is the logical, luxurious match. But vodka is also a classic pairing. So a nice dry martini – especially one made with a rich potato vodka like Pemberton’s organic Schramm or Lukusowa from Poland – is the perfect cocktail to sip with caviar.

You might be surprised to learn that caviar was also once a popular partner to beer. In fact, in the late 1800s, when sturgeons were still abundant in our rivers, caviar was offered in pubs as a free, salty snack like peanuts, and most of the caviar consumed in Europe was from North America.

It was that caviar “boom” that led to overfishing of sturgeon in Canada and the U.S. The last of the large wild fish are still found in B.C.’s Fraser River, but are strictly protected. So farmed caviar is the future.

While caviar is still a rare indulgence, reserved for special occasions and meals at top restaurants, there’s no need to fear this farmed sturgeon.

“It’s something to try a couple of times a year,” says Hawksworth, “and it’s always best to eat a lot of it.” ■



Chef David Hawksworth leads the exceptional culinary program at Vancouver’s Hawksworth Restaurant in the Rosewood Hotel Georgia.

PAIRING NV Blue Mountain Gold Label Brut,
Okanagan Valley, B.C.

"It has a nice
'pop'
to it."

Caviar Blinis RECIPE P. 34

PAIRING 2010 Tantalus Old Vine Riesling
Natural Brut, Okanagan Valley, B.C.

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Slow Cooked Halibut, Northern Divine Caviar, Crushed New Potatoes, Champagne Velouté RECIPE P. 12



FROM P. 42

Sunchoke Velouté, Meyer Lemon, Caviar and Brioche

SERVES 4
PREP TIME 20 MINUTES, PLUS
COOKING TIME 40 MINUTES

- INGREDIENTS:**
- ½ white onion, diced small
 - ½ stick celery, diced small
 - 1 garlic clove
 - 6 tbsp (100 mL) extra virgin olive oil
 - 6 sunchoke, peeled and sliced
 - Pinch of cracked white pepper
 - Juice of one lemon
 - 4 cups (1 L) chicken stock
 - ¾ cup (180 mL) milk
 - 6 tbsp (100 mL) cream
 - Kosher salt

- GARNISH:**
- 4 brioche fingers, toasted
 - Caviar
 - Meyer lemon gel (optional; recipe follows)

1. Sauté onions, celery, garlic in olive oil till opaque and soft (no colour).
2. Add sunchoke, white pepper and half the lemon juice, and sauté 3 minutes.
3. Add chicken stock, milk and cream. Simmer for 20 minutes.
4. Purée and pass through sieve, then season with salt and lemon juice.
5. To serve, ladle velouté into four individual bowls. If using the lemon gel, squeeze three small dollops of lemon gel onto each toast, leaving space between to add a little caviar. Otherwise, just top the toasts with caviar and serve alongside the soup.

- MEYER LEMON GEL:**
- 2 cups (500 mL) Meyer lemon juice
 - ¾ cup (150 mL) simple syrup
 - 1 tsp (5 mL) agar
 - ¼ tsp (1 mL) locust bean gum

1. To make simple syrup, combine equal amounts sugar and water in a saucepan, bring to a boil, stirring to dissolve sugar, then remove from heat and cool.
2. Combine lemon juice and simple syrup and whisk.
3. Take ¾ cup (180 mL) of liquid and bring to a simmer. Add agar and gum, whisk frequently for 2 minutes.
4. Remove pot from heat and incorporate remaining liquid – whisk.
5. Pour liquid into stainless steel container and chill until set, about an hour.
6. Once set, dice and purée at high speed and place in a squeeze bottle and reserve till needed.

PAIRING: 2009 Benjamin Bridge Traditional Method Blanc de Blancs, Nova Scotia



FROM P. 45

Slow Cooked Halibut, Northern Divine Caviar, Crushed New Potatoes, Champagne Velouté

SERVES 4
PREP TIME 20 MINUTES
COOKING TIME 30 MINUTES

- INGREDIENTS:**
- 4 pieces of halibut, 6 oz (160 g) per portion, skin removed

- 2 tbsp (30 mL) unsalted butter
- Kosher salt
- Lemon
- 2 tbsp (30 mL) chives, finely sliced
- 12 new potatoes, boiled, peeled and crushed with extra-virgin olive oil (keep warm)
- 2 oz (60 g) caviar
- ¾ cup (180 mL) Champagne Velouté (see recipe below)
- 4 baby fennel, cooked till soft (keep warm)

1. Place fish on a buttered stainless steel tray, place a knob of butter onto each filet and season with salt.
2. Bake for 10 to 14 minutes at 325° F (160° C). Let rest five minutes, squeeze lemon over the halibut.
3. Mix the chives and potatoes together, mix with extra virgin olive oil and season.
4. Place the potatoes in the middle of a small bowl, two at a time, pressing and moulding into six small mounds.
5. Divide the caviar on top of each filet and place a piece of fish on top of each potato mound, browned side up.
6. Froth the velouté and pour around.
7. Place the baby fennel next to the fish and serve.

CHAMPAGNE VELOUTÉ:

- 1 large shallot, finely sliced
- 1 sprig of thyme
- 1 tbsp (15 mL) butter
- ¾ cup (180 mL) sparkling wine
- 2 cups (500 mL) fish stock
- ½ cup (125 mL) plus 2 tbsp (30 mL) whipping cream
- 1 tbsp (15 mL) lemon juice
- Kosher salt

1. Sauté the shallot and thyme in butter without any colour till fully soft.
2. Add sparkling wine and reduce for 10 minutes over medium-high heat, until about 2½ tbsp (37 mL) of liquid remains.
3. Add fish stock and reduce by half.
4. Add cream and bring to a simmer, season with lemon juice and salt. Strain and reserve. This will keep for up to 5 days.

PAIRING: 2010 Tantalus Old Vine Riesling Natural Brut. Okanagan Valley, B.C.



FROM P. 44

Caviar Blinis

This is the ultimate indulgence – a tin of crème fraîche, topped with caviar to scoop onto tiny potato pancakes with classic garnishes. At Hawksworth, a special tray holds the caviar and each of the condiments in individual compartments for service.

- INGREDIENTS:**
- 1 tbsp (15 mL) finely chopped chives
 - 1 tbsp (15 mL) finely grated egg white
 - 1 tbsp (15 mL) finely grated egg yolk
 - 1 tbsp (15 mL) finely minced shallot, washed
 - 1 empty caviar tin

- Crème fraîche
- Cayenne pepper
- Northern Divine sturgeon caviar
- 6 Yukon gold blinis (recipe below)
- 2 lemon wedges, no seeds

1. Fill each compartment with a different condiment (or use tiny bowls): chives in one, egg whites in one, egg yolk in one, and shallots in one.
2. Mix the crème fraîche with a pinch of chives, salt, cayenne to taste.
3. Fill the empty caviar tin four-fifths full with the seasoned crème fraîche. Spoon the caviar on top and close the lid. Make blinis and serve with lemon wedges for squeezing on top.

- YUKON GOLD BLINIS:**
- ¾ pound (310 g) Yukon gold potatoes, peeled, baked for about 50 minutes and passed through a fine sieve
 - 2 to 3 tbsp (30 to 45 mL) crème fraîche
 - 2 whole eggs plus 1 yolk
 - ¼ cup (50 mL) sifted flour
 - Salt to taste

1. Whisk ingredients together to combine well and keep warm.
2. Place mixture into a piping bag.
3. Heat

- a nonstick pan over medium heat, and pipe small disks into the pan, each 1 to 2 inches (2 to 5 cm) across.
4. Cook for 2 to 5 minutes or until golden, turn over and brown second side.

PAIRING: NV Blue Mountain Gold Label Brut, Okanagan Valley, B.C.

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Watch Hawksworth Restaurant's chef de cuisine, Kristian Eligh, demonstrate how to make the Sunchoke Velouté, Meyer Lemon, Caviar and Brioche.

For more recipes and chef demos that can help you be an expert in your home, visit our **RECIPE DIRECTORY** and **CLOSEUP** sections at **FlavoursWorld.ca**

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