









FROM P. 42

Sunchoke Velouté, Meyer Lemon, Caviar and Brioche

SERVES 4

PREP TIME 20 MINUTES, PLUS COOKING TIME 40 MINUTES

INGREDIENTS:

1/4 white onion, diced small

1/2 stick celery, diced small

1 garlic clove

6 tosp (100 mL) extra virgin olive oil

6 sunchokes, peeled and sliced

Pinch of cracked white pepper

Juice of one lemon

4 cups (1 L) chicken stock

1/4 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 sunchokes, 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 though 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

1/2 cup (150 mL) simple syrup

1 tsp (5 mL) agar

% tsp (1 mL) locust bean gum 72 FLAVOURS Holiday 2013 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.

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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

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 halbut. 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. Dhide 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

34 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.



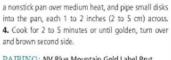
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Watch Hawksworth Restaurant's chef de cuisine, Kristian Eligh, demonstrate how to make the Sunchoke Velouté, Meyer Lemon, Caviar and Brioche

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



Caviar Blinis

This is the ultimate indulgence – a tin of crème fraiche, 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 fraiche

Cayenne pepper

Northern Divine sturgeon caviar 6 Yukon gold blinis (recipe below)

2 lemon wedges, no seeds

 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.
 Mix the crème fraiche with a pinch of chives, salt, cayenne to taste.
 Fill the empty caviar tin four-fifths full with the seasoned crème fraiche. Spoon the caviar on top and close the lid. Make blinis and serve with lemon wedges for squeezing on top.

YUKON GOLD BLINIS:

% 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 fraiche

2 whole eggs plus 1 yolk

1/4 cup (50 mL) sifted flour

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Salt to taste

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