

COOKING WITH AN EDGE

The Stock Pot

The second meeting of the Epicurean Society (Richmond Hill Chapter) was held on Wednesday *February 23rd 2005*, 6:30pm at the Richmond Hill Culinary Arts Centre, chaired by *Chef Frederick Oh*. Co-Chaired by Randy Carr and Patricia Smyth agreed to manage the meeting minutes. It was yet another successful evening of fun, food, new friends and of course a brief committee meeting.

During the meeting portion of the evening *Frederick*, Club Chairperson, announced that the first 100 founding members would enjoy a reduced rate from the previous \$300.00 to \$100.00 with a commitment of participating in a minimum of two fund raisers. The \$100.00 fee would cover the cost of the chef jacket and the additional perks would no longer exist. Jackets will be ordered when membership has reached a level that gives the club a price break. Once a logo has been designed and agreed upon it will be embroidered onto the jackets. Members will be responsible to have their name embroidered on the jacket if they choose. The second 100 members will pay a \$200.00 fee and from 300 on the membership fee goes back to the original \$300.00.

All founding members will also receive business cards and a membership certificate, suitable for framing.

All cheques are payable to RH Culinary Arts

Annual Membership Fee will be waved until further notice.

Next meeting is March 30th 2005 6:00pm

It was suggested that our next meeting be a chocolate theme given its close proximity to **Easter**.

Any thoughts?

There was a general discussion around the meeting format and timing. It was decided that it was difficult to assist the chefs and participate in the meeting.

The Stock Pot continued

The general meeting will be held during or shortly after the meal. Meetings will start at 6pm, those that can arrive a little earlier to assist with the prep and cooking are encouraged to do so. Don't forget, if you help cook it you also help serve it and assist in the area clean up.

We will continue to look to the membership for volunteers in advance of the meeting to assist with either the appetizer, main course or the dessert. **What's your pleasure?**

We will look for each member to contribute \$10.00 for food for each meeting and \$15.00 for non- members.

The founding members to date are:

Michael Davies, Patricia Smyth, Darryl Tims, John Murrell, Robert McFadyen.

New Comers: Heather Bracey, Diane & Erik Dejong

Members Duties: each meeting a different member will be assigned responsibilities such as collecting fees. Patricia Smyth collected the funds at the February meeting – food fee and membership fees.

You might be a bad cook if:

There are bones in your toast.

Everything you cook seems to be leftovers.

The leftover crumbs make a great replacement for kitty litter.

You know dinner is ready when the smoke alarm goes off.

The family pets are no where to be found during dinner.

Chef's Showcase

Our second meeting showcased the teaching talents of

Zdravko Kalabric retired executive chef of York Downs Golf & Country Club and advisor to Golden Horseshoe Culinary Team.

Christopher Canham - Executive chef of the Holiday Inn, Oshawa and Team Captain of the Golden Horseshoe Culinary Team for the 2006 World Cup Expogast.

Michael Pigeon - Executive Chef of Kawartha Downs and team member of the Golden Horseshoe Culinary team.

Randy Carr

Chef Frederick Oh

Our dinner menu consisted of chicken in a delicious cream sauce, stir fried vegetables served with rigatoni and fresh crisp salad. Dessert, fruit crepes with a hollandaise/orange liqueur sauce.

New Products

While we didn't have any new products similar to our last meeting, Frederick did demonstrate a circular cheese cutter. This cheese cutter moves in a circular motion skimming a very thin layer of cheese, forming a cheese flower. This flower can have a host of applications such as a garnish for salads, cheese trays or as a topper for crackers. Frederick mentioned that if we had enough members interested in items of this nature he would place a special order.

If you know someone who has a cooking related product that they may want to demonstrate to our membership please feel free to recommend them for one of our meetings or provide their contact information and a club member would be happy to place the call.

We only have a couple of criteria:
It must be a cooking related product
No hard selling pitch!

Calendar of Events

Next Epicurean meeting : March 30rd 2005

Chef Frederick Oh - Chairperson & Culinary Advisor

Randy Carr - Co Chair meetings

Mike Davies - Publication

Sharon Tay – General administrative Positions available – Treasurer, Social Director, Competitions Director – Event Coordinator and communications.

John Murrell - has offered to go fishing in the spring, on the day of our meeting and provide the membership with fresh fish. He will also share his secrets for preparing fish.

March 5 & 6th

Anuchak Taruk - Takes home two gold's and a People's Choice Award...see details below in section marked "**Takes Home The Gold**".

Sunday March 6th

Golden Horseshoe Culinary Team Fund Raiser.

See details in section marked a **Gastronomic Delight**.

Not So Local Morsels

We were recently in Zihuantanejo Mexico and had an opportunity to dine at a superb restaurant called IL Mare Ristorante –Taverna. This wonderful restaurant not only boast an affordable mouth-watering menu, it also provides one of the most breath taking views and sunsets I have ever seen. IL Mare's Chef and owner Fernando Hernandez is a most gracious host. Check out his web site www.ilmareristorante.com

If you would like to share your local or not so local dining experiences with the membership please forward you information to my attention. Mike Davies mkdavies@rogers.com or 905-883-6515

Balsamic Reduction

Place 1 cup of balsamic vinegar in a sauce pan and simmer over medium/low until reduced by half . Glaze will become thicker as it cools. This is great as a drizzle for vegetable tarts or to decorate any main course plate.

“Anuchak Takes Home The Gold”



Anuchak Taruk,

of The Richmond Hill Culinary Arts Center delighted the audience with his spectacular carving techniques. Unlike most of his competitors Anuchak only uses two tools to create his magic, a peeler and a small knife. Anuchak competed against 9 other artists with their entourage of tools and won two gold's and a people's choice award. *Anuchak is truly an artist.*

Fund Raiser – A Gastronomic Delight

Sunday March 6th the Richmond Hill Culinary Art Center played host to a very successful fund raising dinner in aid of the Golden Horseshoe Culinary Team. The dinner and presentation was staggering, the team never missed a beat and tantalized the taste buds of all in attendance with such gastronomic delights as;

Appetizer

Pan Seared Tiger Shrimp on Warm Salad and Soba Noodles and Wasabi Sauce

Soup

Grilled Asparagus and Roasted Red Pepper Soup
Garnished with Crème Fraiche

Seafood Entrée

Lemongrass Skewered Atlantic Salmon with Fresh Sea Scallops
Served with Saffron Polenta and Fennel Slaw

Green Tea Sorbet

Entrée

Duo of Ontario Lamb Chops Masala & Herb Crusted
AAA Alberta Beef Tenderloin
Seasonal Vegetables and Fingerling Potatoes

Dessert

Trio of Chocolate Mousse
With Fruit Coulis

An of course there was a delightful vegetarian option



Wine Country

**This Section can be used for our membership to briefly describe their foray into Ontario Wine Country
The Wines sample
& The tours**

We would welcome any wineries that would like to host this section to please contact us or if you know someone please forward their information and we will contact them.

Corporate Epicureans

Corporate Sponsorship is vital to any venture of this nature.

We will provide this area to our corporate sponsor contact names, company logos/brand logos

**Corporate membership is
\$600.00**

To get in on the ground floor and grow with us.

You won't be disappointed!

Popular Herbs

Rosemary – can be used dried or fresh. Crushing rosemary needles just before use in stews, soups or casseroles to help release the flavour. Chopping rosemary needles finely reduces the herb's coarse needly texture while keeping the flavour distinct. Use whole sprigs in marinades. Rosemary is delicious with chicken or lamb.

Basil – is critical to the great taste of Mediterranean food. Pair this fragrant herb with ripe tomatoes or in a wonderful basil sauce. Make pesto and freeze to brighten up winter months. Always tear the leaves to avoid bruising and always add at the last minutes since vinegar dressings can affect the flavour of the herb.

Thyme – Thyme gives a subtle, pleasing flavour to almost any savory dish and is particularly nice when cooked slowly. Leaves are most commonly removed from fresh thyme stems by stripping them off in the direction of growth with your fingers. Thyme is used in the classic French bouquet garni with parsley and bay leaf. Add as a garnish for pasta dishes, it great with chicken and on roasted potatoes.

Dill – Dill is a very common herb used to make dill pickles, the seeds are used as a pickling spice. It is an essential herb in Scandinavian cooking. It enhances the flavours of fish dishes and is a great garnish on sour cream and mild cheeses. It is a key ingredient in making gravlax. To preserve its flavour, add dill leaves at the last minute of cooking to sauces or vegetables.

Tarragon – There are two kinds of Tarragon French and Russian, French Tarragon is the premium herb for cooking. Although tarragon's flavour is subtle, its oil glands allow its flavour to spread assertively through a dish. Use it with a light hand. Tarragon can overwhelm other herbs in food. Tarragon is classic to fines herbs a classic French combination of equal parts of finely chopped tarragon, chervil, chives and parsley. Tarragon is essential in the classic béarnaise sauce. Sprinkle it over chicken, fish or omelets at the end of the cooking time to get the most of the herbs subtle flavour.

Sage – Sage is an herb with gray green leaves that has a slightly bitter flavour and a distinctive aroma. It is widely used with lamb, poultry, pork, and veal and is a staple in seasoning for sausage. Sage is critical to poultry stuffing and is very much part of the holiday season.

Parsley - Basically, there are two main types of parsley -- flat leafed and curly leafed. Parsley is the essential ingredient in the classic flavoring: bouquet garni, along with thyme and bay leaves. Together with tarragon, chives and chervil, parsley helps make up the traditional French flavoring blend of fine herbs. Chopped and added at the last moment, it perks up sauces, salads and it's good in stews, sauces, cheese spreads, rice dishes, vegetables, omelettes, and in chicken fish dishes.

**Roast Chicken With Fresh Herbs
&
Savory Roasted Pears**

Serves: 4

Prep Time: 10 minutes

Cook Time: 1hr. 30 minutes

Chicken

- 1 4 lb. (2 kg) Air chilled whole chicken
- 1 small onion
- ½ cup (125mL) fresh rosemary, thyme and parsley
- Salt
- 2 tablespoons melted butter

Savoury Roasted Pears

- 2 tablespoons of balsamic vinegar
- 2 tablespoons of olive oil
- 1 teaspoon of Dijon mustard
- 1 teaspoon fresh tyme, minced
- ½ teaspoon of fresh Rosemary, minced
- ¼ teaspoon each of salt and ground pepper
- 1/8 teaspoon ground sage
- 4 firm ripe Anjou Pears, cored and eights

1. Preheat oven to 400. Spray roasting pan with cooking spray.
2. Wash and dry chicken, fill cavity with onion and fresh herbs.
3. Generously rub chicken with salt and brush with melted butter.
4. Roast 1 ¼-1 ½ hours or until the thickest part of the thigh exudes clear juices when pricked with a fork. Another way to check is to use an instant meat thermometer, it should register 170.
5. Combing all ingredients except pears; mix well. Brush pears with mixture.
6. Place pears on oiled rack in broiler pan.
7. Remove chicken from oven, place on platter and let stand for 10-15 minutes.
8. Turn oven up to 425
9. Bake pears at 425 12-15 minutes, brushing once after 6 minutes.
10. Carve the chicken and serve pears as an accompaniment

Cooks Market - Classified

This area is for the use of our membership to sell new or used kitchen equipment!

Free to members!

Text only please no images at this point

Thank you!

Please submit all pertinent information to

Mike Davies

Come Cook With Us

Richmond Hill Culinary Arts Center

Baking

Wednesday, March 16 @ 6.30 p.m.

- Fruit Flans
 - Chocolate Mousse Cake
- \$75.00

Vegetarian Cuisine

Tuesday, March 22 @ 6.30 p.m.

- Vegetarian Paella
 - Mixed Mushroom Torte
 - Vegetarian Spring Rolls
 - Curried Chick Pea
- \$80.00

Desserts

Tuesday, April 5 @ 6.30 p.m.

- Chocolate Parfait
 - Sago Coconut Pudding
 - Pistachio Mille-Feuille
- \$80.00

Baking

Wednesday, April 13 @ 6.30 p.m.

- Mango Mousse Cake
 - Lemon Meringue Flan
- \$75.00

Cooking with Beef

Tuesday, April 19 @ 6.30 p.m.

- Veal Roulade with Mushroom
 - Braised Side Ribs
 - Beef Brisket Mops
- \$85.00

Art of Sushi (Basic)

Wednesday, March 23 @ 6.30 p.m.

- History and Evolution of Sushi
 - Background of Ingredients and Equipment
 - Miso Soup
 - Cooking and Seasoning the Sushi Rice
 - Maki Rolling Techniques
 - Nigri Pressing Techniques
- \$85.00

Cooking with Seafood

Thursday, March 31 @ 6.30 p.m.

- Oyster Shucking Techniques
 - Oyster Rockefeller
 - Oyster au natural
 - Debone Fish Techniques
 - Flambé Red Snapper
 - Paupiettes with Shrimp Mousse
- \$85.00

Cooking with Poultry

Tuesday, May 3 @ 6.30 p.m.

- Debone Chicken Techniques
 - Chicken Ballontine
 - Chicken Supreme with Caper Sauce
 - Chicken Roulade with Shitake Mushrooms
 - Stuffed Chicken Wings
- \$85.00

Please check out all that the centre has to offer at www.culinaryarts.ca and book your classes early. 905.508.2665