

# COOKING WITH AN EDGE

## The Stock Pot

The first meeting of the Epicurean Society (Richmond Hill Chapter) was held on Wednesday *January 26<sup>th</sup> 2005*, 6:30pm at the Richmond Hill Culinary Arts Centre, hosted by *Chef Frederick Oh*. 20 enthusiastic professional and recreational chefs gathered to enjoy a brief but concise meeting and an evening of fun, food and new friends.

During the meeting portion of the evening *Frederick Oh* Club Chairperson introduced the agenda to the attendees.

Frederick outlined the club objectives as;

- Assembling a committee that share the same passion for Cooking
- Continue to develop and improve culinary skills through seminars and competitions.
- Create awareness for new innovative products and equipment.
- Pursue humanitarian and community efforts in relief programs.

**Meeting Schedule:** It was discussed and voted that we would meet the last Wednesday of each month. Meetings will be held at the Richmond Hill Culinary Arts Centre 6:30pm.

**Next meeting is February 23<sup>rd</sup> 2005 6:30pm**

**Fee Structure: cheques are payable to RH Culinary Arts**

**Initiation Fee** will be \$300.00

\$100.00 due next meeting

\$50.00 due the last Wednesday of each of the following 4 months; March, April, May & June.

You will receive a membership certificate, a Chefs Jacket with arm logo and a membership pin.

**Annual Membership Fee** will be \$100.00

This is due the last Wednesday of April 2005.

With the annual membership fee you will be eligible to receive 1 Demo and Dine Admission,

## The Stock Pot continued

50% discount on an additional Demo and Dine (non transferable)

10% discount on Culinary Cooking Courses, Member rate for seminars, workshops, socials and of course our newsletter.

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

Each meeting members will be given an opportunity to work on a team that will provide 1 of the 3 courses that will be served each meeting. If interested please provide your contact information in advance of the meeting.

**Joe Fezza** has confirmed participation in the protein segment of the meal.

**Ann Di Peco** has confirmed participation in the starter segment of the meal

Don't be shy, we have lots of space.



## Tid Bits!

**1 medium lemon will yield 3 Tbsp. of juice**

**1 medium lemon will yield 3 Tsp. of Zest**

**1 medium lime will yield 2 Tbsp. of juice**

**1 medium lime will yield 2 Tsp. of Zest**

## Chef's Showcase

We had a number of certified chefs on hand for our first meeting.

*Zdravko Kalabric* retired executive chef of York Downs Golf & Country Club and advisor to Golden Horseshoe Culinary Team. *Zdravko* was on hand and invited some of the members to assist him in the preparation of a delicious Venison appetizer and a Chicken pasta dish topped with a beautiful white wine sauce.

*Patrick Farrell* Executive Chef at the Schulich School of Business and Co-Captain of the 2006 Golden Horseshoe Culinary Team.

Ex Chef Robert Favaretto, perhaps we can take the EX out of chef and entice him to share some of his culinary delights.

And our very own Chef Frederick Oh

## New Products

*Josée Lessard* from Elco Fine Foods was also on hand to assist our members in the preparation of Indian and Thai delicacies using Elco's superb line of Asian Home Gourmet. Asian Home Gourmet is available at most grocery stores and they are well worth checking out. Josée also provided each of the attendee with a take home bag containing a selection of Asian Home Gourmet products, information and recipes. You can find out more about the full line of Elco Fine Foods at [www.Elcofinefoods.com](http://www.Elcofinefoods.com) or contact Josee at 905.731.7337 ext. 204 or [jlessard@elcofinefoods.com](mailto:jlessard@elcofinefoods.com)

### Chef Frederick has a new toy!

The new toy is a frozen table used for freezing chocolate quickly.

Chef Frederick demonstrated the new toy with the able assistance of Becky Lu-Do.

Between the two of them they wrapped our delicious mousse dessert in a layer of delicious chocolate.....no calories there!

## Calendar of Events

Next Epicurean meeting : February 23<sup>rd</sup> 2005  
The agenda will remain as relaxed as the initial meeting.

We will be voting to appoint willing members to the following committee positions

Social Director

Membership Director

Secretary Treasurer

Co Chair

For the near term

**Frederick Oh** will remain Committee Chairperson

**Mike Davies** will be responsible for communication and publication

**Patricia Smyth** has graciously offered her back yard for a BBQ – Thank you Patricia

**Michael Davies** has graciously offered his back yard for a BBQ – Thank you Michael

**Patricia Smyth** has suggested that as one of our initiatives we could plan an event around street people!

**Creative?** Here is your opportunity. We need a logo for The Richmond Hill Epicurean Society.

Send me your thoughts, ideas, sketches etc.

Please forward any communication to:

[MKDavies@rogers.com](mailto:MKDavies@rogers.com) Phone 905.883.6515

## Local Morsels

Do you have a favourite local restaurant?

Why not let the membership in on your little local culinary morsel.

### Stars of Thai Cuisine

Proprietor Freda Wong

3150 Highway 7 East, unit 1

Markham, Ontario

905.946.9466

Try the Lemon Grass Soup!

## Fresh From The Farm

This past weekend my wife and I had an opportunity to visit a local Organic market at the Waldorf School Bathurst just south of Carville.

Great selection of farm fresh Venison, organic vegetables, spices, coffee's teas breads, Indian sauces, spreads, jams, jellies and pastries... Mike Davies.

## **Special Announcement!**

### **Golden Horseshoe Culinary Team**

#### **Fund Raising Dinner**

**Date** 6th March, 2005  
**Time** 6.30 pm  
**Venue** Richmond Hill Culinary Arts Centre  
**Tickets** \$125.00 per person

**Help Our Team!  
Buy a Ticket!**

**Don't wait call  
Today!**

The Centre is hosting a Fund Raising Dinner event for the GH Culinary Team in its efforts to represent Canada in the Culinary World Cup EXPO GAST 2006 in Luxemburg. The dinner will be presented by the Chefs in this event. Wines will be served with the dinner.

**Contact Frederick Oh 905.508.2665 for bookings or further information.**

**Make your reservations to avoid disappointment!**

## **The Art Of Edgy Cooking**

**This area will be delegated to those cooks that live on the edge in terms of  
flavour infusions, use of herbs and spice combinations  
Unorthodox cooking methods**

***Not For The Faint of Heart***

**Watch for this column in up coming issues!**

## **Wine Country**

**This Section can be used for our  
membership to briefly describe their  
foray into Ontario Country  
The Wines they tried  
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!**

## Herb Of The Month

### **Basil**

Basil is one of the most widely used herbs both commercially and in-home. Basil is a member of the mint family and has a strong, spicy flavor similar to licorice. Available fresh, or dried and chopped, basil is especially good in pesto, tomatoes, soups, fish, chicken, egg dishes and many others.

Because of its popularity I thought it may be interesting to better understand this herb and the many varieties and uses.

**Basil Siam: Queen Thai basil, with its delicate bouquet, is an essential ingredient of many oriental dishes.**

**Sweet Genovese :The best pesto basil we have found,**

**Mammoth (Mostruoso) :A consistent taste test winner. Ideal for drying, stuffing, or sauces; large enough to use for wrapping pieces of chicken or fish before grilling. Dries well, and does not get bitter after long cooking.**

**Basil Cardinal: This ornamental basil, is used often to flavor herb butter or to flavor pasta with vegetables**

**Red Rubin:This fantastic new purple leaf basil is nearly 100% solid purple. Great flavor for making jelly, sorbet or vinegar.**

**Basil Basilico Greco: An exciting new basil from Italy. Flavor is superb, bitter-free, and the leaves just the right size for use in salads and vinegars.**

**Basil Lime: Use it as you do lemongrass, for a wide range of dishes This basil has a refreshing aroma and true lime taste. Flavorful as well as decorative.**

**Basil Cinnamon: Purplish, concave venation on the leaves and dark, rose-colored blooms. Strong cinnamon scent. Makes a truly wonderful chutney, and can also be used for sorbet. Great for adding a subtle cinnamon flavor to southeast Asian dishes.**

**Basil Lemon Sweet Dani: A narrow leaved basil with a lemon fragrance and flavor. Adds a light touch to salads, poultry seasoning or combined with shallots for an outstanding herbed butter for fish or vegetables.**

**Holy : A common form of basil in Southeast Asia, its ancestral home, but less known here in Canada. Holy Basil has a strong camphor scent. It is used not only in the kitchen, where in combination with cilantro and lemongrass it creates that unique aroma and flavor that is classically Southeast Asian, but also in potpourri where its ample scent lingers to enchant.**

## **Pesto Italian**

**Makes 1 x 450g jar, enough for pasta for 6-8 people**

Preparation time: 10 minutes in a processor, 30 minutes by hand

### **Ingredients**

4 packs basil, or 1 large basil plant, leaves only

25g pine nuts

2 cloves of Garlic Chopped

1 tsp granular sea salt

50g freshly grated parmesan cheese

50g freshly grated Pecorino

100-200ml extra virgin olive oil

### **Instructions**

Wash and dry the basil leaves. Heat a dry frying pan over a medium heat and toast the pine nuts lightly for 2-3 minutes. Set aside.

If you're using a mortar, pound the garlic with the salt to make a soft mush. Pound in the pine nuts, then work in the basil leaves, 2-3 at a time, with a circular movement of the pestle, until all is reduced to a silky paste. (The mixture can be frozen at this point). Work in the cheeses, then beat in the olive oil with a wooden spoon until you have a thick, dense sauce. Add more or less oil depending on the texture you like.

If you're using a processor, drop all the ingredients in and blitz to a succulent green sauce.

To serve, cook a pasta of your choice according to packet instructions. Some chefs put a few small cubes of potato to cook with the pasta because the starch improves the sticking power of the pesto. Before dressing the pasta, dilute the pesto with a tablespoonful of pasta cooking water.

Enjoy!

## **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

**MKDavies@rogers.com**

## **Come Cook With Us**

### **Richmond Hill Culinary Arts Center**

#### **Italian Cuisine**

Tuesday, February 22 @ 6.30 p.m.

- Grilled Seafood Antipasto
- Porcini Risotto
- Pine Nut Crusted Rack of Lamb
- Roasted Vegetables in Tomatoes
- Polenta
- Tira Misu

\$85.00

#### **Art of Sushi (Basic)**

Thursday, March 10 @ 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
- Nigiri Pressing Techniques

\$85.00

#### **Vegetarian Cuisine**

Tuesday, March 22 @ 6.30 p.m.

- Vegetarian Paella
- Mixed Mushroom Torte
- Vegetarian Spring Rolls
- Curried Chick Pea

\$80.00

#### **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 Beef**

Tuesday, April 19 @ 6.30 p.m.

- Veal Roulade with Mushroom
- Braised Side Ribs
- Beef Brisket Mops

\$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

#### **Baking**

Wednesday, March 16 @ 6.30 p.m.

- Fruit Flans
- Chocolate Mousse Cake

\$75.00

#### **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

Please check out all that the centre has to offer at [www.culinaryarts.ca](http://www.culinaryarts.ca) and book your classes early. 905.508.2665