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Inspirational Chefs

FROM RELAIS & CHATEAUX IN NORTH AMERICA, MEXICO AND THE CARIBBEAN



RECIPES FROM NORTH AMERICA, MEXICO AND THE CARIBBEAN

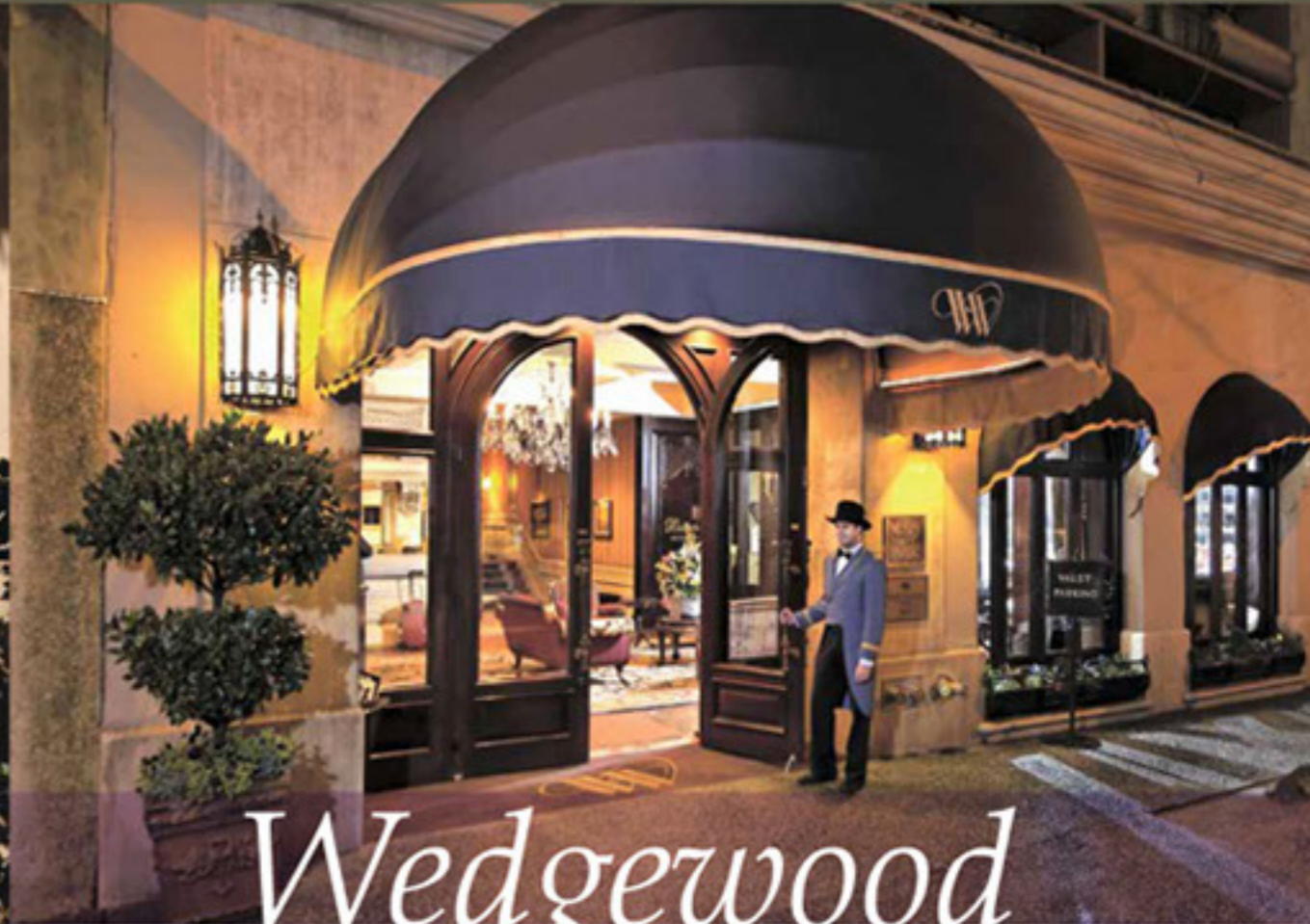


Lee Parsons

Lee began his career at the five star Claridge's Hotel in Mayfair, London. Under the tutelage of Executive Chef John Williams he progressed through the kitchens of Claridge's for eight years before he headed to the Oxfordshire countryside. There, Lee joined Chef Raymond Blanc at Le Manoir aux Quat'Saisons. After three years at Le Manoir, Lee was offered the opportunity to be the Executive Chef at the reopening of the historic Prince of Wales Hotel in Niagara-on-the-Lake, where he earned praise from international food and travel media.

Returning home after three years, he took over the stoves at Wood Hall, one of England's finest country house hotels, where he quickly established it as a leading culinary venue. Lee's dedication was recognised in 2004 when he reached the finals of the U.K. Chef of the Year Competition.

With a desire to return to Canada, Lee joined The Wedgewood Hotel as Executive Chef. His unique style of modern French cuisine is certain to turn some heads and elevate Bacchus to one of the finest restaurants in Vancouver.



Wedgewood

Hotel & Spa

This is a superb address set in the heart of the cosmopolitan city of Vancouver in fashionable Robson Square.

The lounges, resplendent with understated luxury, feature stylish furniture, rich fabrics and original fireplaces – all the personal vision of Eleni Skalbania who has decorated her property with timeless European elegance. The guest rooms reflect the perfect combination of ultimate modern comfort, antiques and original works of art, while the restaurant, dedicated to Bacchus, features inventive, highly epicurean cuisine. Today, every member of Eleni's staff, from the team at the splendid Spa to the chef in the restaurant, shares her quest for perfection and attention to detail.



GRAVADLAX OF QUEEN CHARLOTTE HALIBUT WITH NOVA SCOTIA LOBSTER & MICRO HERBS

BY LEE PARSONS

Halibut season is eagerly anticipated every Spring on the West Coast of Canada as some of the finest fresh fish in the world arrives in Vancouver. This appetizer reflects the versatility of this delicate white fish and becomes a perfect light and healthy welcome to Springtime in the Pacific Northwest.

Serves 10

Preparation time: 36 hours

Cooking time: 7 minutes

Planning ahead:

The halibut should be marinated for 36 hours.

INGREDIENTS:

2 lb 3 oz halibut fillet, skin on
1 Nova Scotia lobster, cooked and cooled in a court bouillon and removed from the shell
2 Easter egg radishes, sliced thinly
1/2 English cucumber, cut into ribbons
1 blood orange, segmented
batons of root ginger, blanched and pickled
mixed micro herbs
cold pressed olive oil
freshly squeezed lime juice
fennel pollen
Maldon sea salt

marinade:

1/2 oz sea salt
1/2 oz sugar
1 lime, zest
1/2 tsp fennel seeds, roasted and crushed
1 star aniseed, crushed
1/4 oz cilantro, chopped
1 oz chervil, chopped

METHOD

marinade:

Mix all the ingredients together. With a sharp knife score the halibut skin. Place the halibut on a piece of cling film. Cover with the marinade and wrap tightly. Marinate for 36 hours in the fridge. Slice the halibut thinly. Lay in between two sheets of cling film and lightly pound with a heavy pan, but do not 'mush' the fish. Chill in a refrigerator for 4-6 hours until required.

to serve:

Cut the cured halibut to a 2" x 6" rectangle. Remove one piece of the cling film and lay on to a chilled plate. Remove the other piece when ready to serve. Cut the lobster into small nuggets. Place into a bowl and season along with the radish, cucumber ribbons, orange segments and micro herbs. Brush the halibut with the olive oil and lime juice. Season with fennel pollen and Maldon sea salt. Arrange the root ginger, lobster and micro herbs on top of the cured halibut and serve.



BONELESS SADDLE OF GRAIN FED RABBIT, GOLDEN CHANTERELLES, GRAIN MUSTARD VELOUTE, RED WINE REDUCTION

BY LEE PARSONS

Rabbit is a lovely tender ingredient that is available all year round from the Artesian farmers of the Fraser Valley of British Columbia. This main course uses the prime cut of the rabbit saddle which is enhanced with locally sourced wild mushrooms – we have used golden chanterelles.

Serves 4

Preparation time: 45 minutes

Cooking time: 45 minutes

INGREDIENTS

rabbit saddles and farce:

2 saddles of grain fed rabbit with kidneys
3/4 oz shallot purée
1/4 oz chervil, chopped
4 tarragon leaves, chopped
salt & pepper, to taste
smooth Dijon mustard
prosciutto ham

vegetables:

1 oz streaky bacon
1/2 oz shallots, chopped
1/2 oz butter
1 sprig of thyme
3/2 oz Savoy cabbage

rabbit cream:

bones from a rabbit
1/4 oz butter
1/2 oz celery
1/4 oz onion
1/4 oz fennel
1 sprig of thyme
3/2 fl oz white wine
1/2 fl oz white wine vinegar
6 1/4 fl oz 35% cream
3/2 fl oz white chicken stock
2 sprigs of chervil
1/4 oz grain mustard

to serve:

4 oz fine French beans, topped and tailed
1 1/4 oz groille mushrooms
1/2 oz butter
1 vine ripened tomato, diced
1/2 oz parsley leaves, blanched
salt, pepper and lemon juice to taste

METHOD

rabbit saddles and farce:

Carefully remove the back bone from the rabbit saddles, and trim away any excess fat and belly. Mince the trimmings and add the shallot purée, chopped herbs, kidneys (diced) and season to taste. Brush the inside of the boneless rabbit saddles with the mustard, and season. Divide the farce mix evenly between the saddles and roll up. Wrap the saddles in thinly sliced prosciutto ham. Roll in aluminium foil and refrigerate until required.

vegetables:

Finely shred the cabbage, and blanch in boiling salted water for 1 minute. Sweat the shallots with the butter, the bacon and thyme. Add the cabbage and cook for 1 minute. Season to taste.

rabbit cream:

Preheat the oven to 375°F. Sweat the bones in butter. Add the vegetables, then roast in the oven until a light golden color. Deglaze with the vinegar. Add the white wine and reduce by half. Add the chicken stock, thyme and cream, reduce by one-third. Pass through a fine strainer. Add the mustard and chervil when serving.

to serve:

Preheat the oven to 375°F. Place the rabbit saddles into the oven for 8-10 minute using a heavy baking tray. Allow to rest in the foil for 6-8 minutes. Once rested remove from the foil and place into a hot skillet to crisp the prosciutto ham. Slice each saddle into 4. Sauté the mushrooms in the butter, and season to taste with salt, pepper and lemon juice. Add the tomato dice and parsley leaves to make a concasse. Cook the beans in boiling salted water for 2 minutes and then drop in iced water for 1 minute to retain color.

Arrange a pile of Savoy cabbage on a plate at 12 o'clock. Place 2 slices of rabbit saddle at 4 o'clock, and add the mushrooms, green beans and tomato concasse at 8 o'clock. Add sauce to the plate and serve.



CRISP 'CANNELONI' OF WHITE CHOCOLATE, POACHED RHUBARB, MACERATED STRAWBERRIES

BY LEE PARSONS

Two classic summertime ingredients, rhubarb and strawberries, brought together with a silky white chocolate mousse and a crisp tulle to create a lovely contradiction in textures. This dessert is a Summer favorite all season long.

Serves 4

Preparation time: 1 hour
Cooking time: 15 minutes

INGREDIENTS

white chocolate mousse:

1/2 cup 2% (semi-skimmed) milk
1/2 vanilla pod
3 1/2 oz white chocolate
1 leaf of gelatin
4 fl oz double cream, lightly whipped

butter tulle:

1/4 oz icing sugar
1/4 oz egg whites
1/2 oz flour
1/4 oz butter, melted
pistachio nuts, crushed

poached rhubarb:

1 lb 5 oz fresh rhubarb, peeled and trimmed
13 1/2 fl oz apple juice
1 vanilla pod, split and seeds scraped out
1 star aniseed
1/4 oz sliced root ginger
1/4 oz sugar, granulated
1/2 lemon, juice

macerated strawberries:

36 fresh strawberries
4 sprigs of mint
2 basil leaves
1/2 tsp granulated sugar
Grand Marnier, to taste

vanilla foam (optional):

10 fl oz milk
1 vanilla pod
2 egg yolks
1 oz sugar

garnish:

fresh mint
basil sprigs

METHOD

white chocolate mousse:

Scald the milk with the vanilla, add the chocolate and dissolve away from the heat. Add the gelatin. Chill over ice, stirring continuously until the consistency of oil. Fold 2 spoonfuls of the cream into the milk and chocolate mix. Fold into the remaining cream. Refrigerate.

butter tulle:

Preheat the oven to 350°F. Whisk the egg whites and icing sugar. Add the flour and mix to a smooth paste. Beat in the melted butter, being careful not to split the mixture. Pipe the tulle mix to the desired shape. Sprinkle with the pistachios and cook until golden, approximately 7 minutes. Shape the tulle around a cylindrical mold.

poached rhubarb:

Combine all the ingredients except the rhubarb and simmer for 10 minutes. Add the rhubarb, cover with a lid and remove from the heat. Allow to cool in the poaching liquor.

macerated strawberries:

Cut the strawberries into quarters or sixths depending on their size. Add the basil, mint, sugar and Grand Marnier. Place in a bowl and leave covered at room temperature for 1 hour, then chill.

vanilla foam:

Scald the milk with the sugar and vanilla, add the egg yolks and aerate.

to serve:

Fill a piping bag with the white chocolate mousse and fill the butter tulle. Place the rhubarb in the center of the plate. Spoon the macerated strawberries around. Place the filled 'canneloni' on the poached rhubarb. Add some vanilla foam if using. Garnish with fresh mint and purple basil sprigs.

