

BEST SMALL PLATE

Roasted Sablefish,
Asparagus, + Organic Carrot



Description

For our company's Spring Menu Debut, all the local event industry decision makers were on our guest list. We needed to wow them with an evening featuring showstopping dishes. Food stations featured an array of small plates showcasing the best offerings from the new spring menu. Small plates are the perfect canvas for our creative chef, and an innovative way to add personalized experiences. Stations for the event offered creative twists on urban foodie culture, showcasing the best of local and seasonal ingredients. At each station, guests were entertained, as they learned about the cooking techniques employed and the source of the ingredients. They also received recommendations on plate customization from the chefs. Our signature small plate from this event was the hearty roasted sablefish with asparagus and organic carrot.



Sablefish is a sustainable delicacy caught locally and sustainably and is highly prized for its surprisingly delicate texture and luxurious, buttery-smooth flavour. Our objective with this dish was to feature sablefish in a way that would celebrate the best of the new spring season.

Description

Our featured small plate was lively, vegetable-forward and delicious. Light, bright, texturally interesting, and packed with flavour, the dish brought together sablefish, spring asparagus, fresh peas and fava beans in one fantastic small plate. The large velvety flakes of the sablefish coupled, with organic veggies was fresh, colourful and delicious. The yellow tomato vinaigrette, puffed kasha and quinoa add bright acidity and an element of crunch. A delightful taste of spring.



Describe the qualities that make this menu appropriate for the event.



This small plate had to be sophisticated and luxurious enough to impress our guestlist of industry professionals. It also needed to be sustainable, healthy and local. The changing attitudes in food, wellness, environment and community helped shape the direction of his latest menu creation. It is very important to a Vancouver audience to accommodate these values, but what was paramount was that this small plate tasted great. Many of our clientele are wanting to serve healthier food options when they entertain with more creative plant-based dishes and the added benefit of less carbs.

This small plate kept wellness and sustainability in mind without forgoing tasty indulgence. It is dairy-free, low in carbohydrates, and a healthy entrée. Drawing on lengthy relationships with trusted suppliers our chef is committed to procure and serve only responsibly sourced seafood without compromising our ocean habitat. Sablefish has Oceanwise accreditation as a sustainable fish stock.

Sablefish is also a perfect choice for catering that stays moist when cooked and doesn't dry out as readily as other fish. This dish keeps the ingredients simple and embraces the natural flavors of the fish. The tomato vinaigrette, puffed kasha and quinoa added bright acidity and an element of crunch.

Describe the quality of the presentation.

The presentation of this small plate is fresh and visually stunning with a bright spring palette of vibrant greens, orange and yellow. Fragrant and colourful the small plate touches all the senses. Yellow tomato vinaigrette, rather than red, was chosen specifically for colour contrast with the pea puree. Colours on the plate merge together beautifully in a carefully crafted and beautifully composed dish.



Describe the detail of the production of the menu at the event.

Fresh asparagus and bright green peas do not hold well once heated and cannot be prepared in advance and placed in a chafing dish at a station. We added a chef to the station who was simply sautéing the vegetables at the last second for plating.



Describe any challenges or obstacles and how they were overcome.

Our kitchen team wanted to add a crunchy element to the dish and decided that the nutty flavour of kasha would be ideal. Kasha can, however, have a less than appealing sandy texture. After experimented with several methods of preparation, the team settled on a combination of soaking, rinsing, dehydrating and frying that produced the desired flavour and texture.



Roasted Sablefish

Yield: 12 plates

720 g sablefish, cleaned weight, cut into 12 pieces

130 g asparagus 120 g baby orange carrots

65 g fresh English peas 200 g sweet potato

12 g pea shoots

36 g baby yellow carrots

Make a 4% brine for the sablefish (1L water + 40gr fine sea salt) – brine the fish for 30 minutes. Can be done one day ahead. Lightly rinse sablefish, pat dry with paper towel. Refrigerate covered overnight.

Pre-heat a non-stick frying pan on medium heat. Add enough vegetable oil just to cover the pan. Sear sablefish on the presentation side until golden brown. Transfer to a parchment lined sheet tray. Roast sablefish in the oven at 375F until fully cooked.

Peel asparagus and baby orange carrots. Cut into 1.5cm chunks on a bias. Peel sweet potato, dice into 1.5cm cubes. Keep in cold water.

Shave baby yellow carrot into thin strips with a vegetable peeler, keep in cold water. Trim pea shoots of any excess stem. Combine with shaved carrot for garnish.

Cook vegetables - cook sweet potato and orange baby carrot in separate pots with cold seasoned water, bring up to a simmer. Cook until just tender. Strain and chill. Blanch English peas and asparagus separately in salted boiling water. Have an ice bath ready to shock each to stop the cooking. Combine sweet potato, carrot, asparagus and English peas. Toss with a touch of olive oil, chopped chives and parsley. Check for seasoning, adjust with salt and pepper if necessary. Spread out onto a sheet tray in an even layer to reheat in the oven. Reheat vegetables for 8-10 minutes.

Pea Puree

Yield: 360ml

350 g frozen peas

82 g avocado

75 g fresh baby spinach

Blanche spinach, shock in ice water. Squeeze out excess water - reserve the spinach water. Rough chop spinach. Steam peas (approx 2-3 minutes) - do not shock in ice bath. Puree peas and avocado in a Vitamix or blender on high until smooth. Add chopped spinach and puree until completely smooth. Adjust consistency with spinach water, if necessary. Pass through a fine mesh strainer. Check seasoning.

Caramelized Tomato Vinaigrette

Yield: 180ml

4 g fine sea salt

90 ml extra virgin olive oil

63 ml vegetable oil

27 ml white wine vinegar

1.5 ml Dijon mustard

70 g Campari or vine ripe tomato

7 g shallots 1 g fresh chives

Cut ripe campari tomatoes into wedges. Roast in the oven until caramelized. Handblender roasted tomato with all ingredients other than shallots/chives. Leave overnight. Day of serving, strain vinaigrette through a medium strainer. Add fine brunoise shallot and chopped chives. Check seasoning.

Crispy buckwheat and puffed quinoa

Yield: 24 grams

12 g buckwheat (also known as kasha)

25 ml cooked quinoa

Recipe

Soak buckwheat/kasha in cold water for at least 1-2 hours or overnight. Drain buckwheat, rinse well with cold water. Spread on a sheet tray with parchment, dehydrate in a still oven @ 150F for about 20 minutes. Fry in a pot of canola oil at 400F until golden brown. Drain on paper towel, season lightly with fine sea salt.

Cook quinoa until fully cooked, no uncooked raw spot in the middle of grains. Spread evenly on sheet trays with white parchment. Dehydrate at 150F convection oven, until dry - stirring every 15-20 minutes, breaking up any clumped grains. In a pot, bring canola oil up to 425F - ensure there is enough oil to submerge a mesh strainer or chinois to fry. Fry in batches, 15-30ml at a time, until popped, shake strainer to remove excess oil, drain on layers of paper towel. Combine crispy buckwheat and popped quinoa.

To plate: Spoon 30ml pea puree on plate, smear a large arc on the plate. Plate vegetables into a bed/pile centre plate. Plate fish. Dress with vinaigrette. Top with buckwheat/quinoa crunch. Garnish with shaved carrot and pea tips. Serve.