



**2018 CATIE SUBMISSION
FOR BEST PLATED MENU**

ROM GALA 2017 - CELEBRATE CANADA



The year 2017 marked Canada's 150th birthday. To celebrate that special number, the Royal Ontario Museum (ROM), decided to throw a gala birthday party. More than 700 people were to support the museum by attending an unforgettable, glamorous evening that revealed Canada in all its variety. We were asked to design a menu that reflected not only the incredible food Canada has to offer but also to showcase the many vast and beautiful regions that make up the country.

To create a culinary journey from the east to west, we featured food that best represented each region. Then we took that one step further and tried to make every course a visual representation of the landscape as well.

At the same time, we tried to keep things modern, inventive, and, of course, delicious.

The evening started with the guests sampling hors d'oeuvres featuring recipes and ingredients that are uniquely Canadian. We also wanted to take this opportunity to showcase the multiculturalism of Canada by focusing on flavors and recipes from the many different people who have settled in Canada and helped make it the amazing country it is today.



We began our night's journey on the east coast, in Prince Edward Island. Oysters are cultivated there in the glacial depths of Malpeque Bay. Even though Malpeques are one of the finest oysters in the world, we didn't want to start our evening with a simple oyster on a half shell. We thought back to an amazing station we learned about at Catersource a few years ago—Oyster Dip-n-Dots. Ken Barrett, another ICA member, created this dish by pureeing shucked oysters and then dripping them on to liquid nitrogen to create little frozen balls that melted in your mouth. We decided we would do a variation of that for our first course. We fully admit that this might have been a case of our mouths working faster than our brains because as soon as we suggested it, the idea was sold!



Undoubtedly, this is the course that posed the greatest challenge for us. How were we going to take this concept from a station to a sit-down for 700 people? To begin, we created pearls from oysters, rhubarb mignonette, and "sea water." Our first challenge was getting the sea-water pearls to freeze, since salt impedes freezing. It took a little tinkering with our ratios of salt and sea water to get that right. We added xanthium gum to achieve the right texture for our purees, so that they would make beautiful little pearls when they hit the liquid nitrogen. Then we had to figure out how to serve them before they melted.



We did a number of things to facilitate our service. First, we portioned out the pearls in individual deli cups at our shop to ensure that everyone got the right proportion of each ingredient. Then we shipped the portion cups in steamer trays sitting on trays filled with dry ice in cambros to keep the pearls rock solid until we needed them. In service, we pulled out a tray at a time and kept the oysters on the ice as long as possible.

We did several trial runs, plating and letting the oysters sit out, so that we knew what kind of timeline we had in order to get the frozen oysters to table. We served the oysters on a seaweed salad in an oyster shell. Not only was it a very pretty presentation, but the seaweed held the pearls in place and served as insulation, which bought us another precious minute for service.

We figured out we had at most seven minutes from plating to serving, so service had to be fast. The waiters used simu-serve on this item so that all the oysters would arrive at the table at the same time. This way, the oysters could be eaten as soon as they were dropped.



Our second course took us through the arboreal forests of Quebec and Ontario. We wanted to create a visual landscape of these green lands in our salad. To do this, we used Romanesco cauliflower and asparagus spears to suggest the trees and shrubbery of a typical northern forest. Set on a base of Fifth Town goat cheese puree, the spears of varying heights stood up in a crescent to create the forest. Green goddess dressing always invokes the imagery of a lush forest, but instead of the traditional creamy dressing, we opted for a green oil drizzled over the whole salad to add another element of earthy flavor. We finished our forest by sprinkling some lemon dust and edible flowers over it.

Our challenges in this dish were rooted in how to execute it on such a large scale. While seemingly simple, the salad was tedious to plate and also required everyone to follow a specific pattern of placement—three asparagus stumps, two heads, a space, a Romanesco, five stumps, and another head—all in all, quite dizzying! In running time- and holding-tests for the salad, we discovered that although the ingredients can withstand pre-plating, the spears had trouble staying upright. We rectified this by piping a line of the goat cheese puree under the asparagus to hold everything in place. Splitting the kitchen into two working spaces on opposite sides of the room, we created our own bird's-eye view of the forest.



For our main course, we moved on to the Prairie Provinces of Manitoba, Saskatchewan, and Alberta, where the vistas are of distant horizons and golden wheat. In contrast to the previous provinces, the prairies tend to be flatter and more spare, and we wanted to showcase that in this course, where Alberta beef held the starring role. We also wanted to acknowledge that Canada is the largest producer of mustard seed in the world. To that end, we added a locally produced, grainy mustard to our béarnaise sauce, which gave it color and texture. We also used mustard greens as our vegetable. The mustard greens on their own were a little strong and tended to over-power our plate, so we cut them with some spinach. To finish off, we wanted to make a nod to the wheat of which the prairies are also a major producer. To this end, we made a “haystack” of smoked shoestring potatoes. The biggest challenge for this dish was keeping the haystacks balanced on the beef. Needless to say, the waiters had to use their steadiest hands.



In the final course of the night we travelled all the way to British Columbia, the Canadian province that borders the Pacific Ocean. Inspired by the province's many mountain ranges, we wanted to create a dessert that represented the region's beauty and also provided some idea of its unique cuisine. At the same time, we needed to keep in mind the colors the ROM had given us for this course, which were purple and grey—not the easiest colors for a dessert! We decided to make the dessert look like a cliff face on the side of a mountain surrounded by rocks. The rocks we created by using a charcoal-powdered meringue that was broken into organic pieces that resembled boulders. The Nanaimo bar is a beloved Canadian dessert created in Nanaimo, BC. It consists of a coconut, walnut, and chocolate base smothered in a super-sweet custardy cream and then topped off by chocolate ganache. We remembered a recipe we had seen for Scottish macaroons, a coconut cookie made with potato puree. What a perfect base for our own version of a Nanaimo Bar! We made a thin sheet of the Scottish macaroon and used a Tonka bean cremeaux which lent a slight cinnamon and vanilla flavor to the dish. Having the Tonka bean in the cremeaux gave a speckled, earthy look to the cake. We smothered the top in a bitter chocolate ganache, and to create our mountain top we piped on a meringue that we peaked to look like a BC mountain top.

Our main challenge in this dessert was balancing out the sweetness of it all. Both the base and the filling were quite sweet. The bitter chocolate ganache helped a little, but we still needed something that had a bit more bite. Using Saskatoon berries and verjus we created a gastrique gel that not only balanced the flavors perfectly but also introduced that hard-to-find purple note and lent a beautiful contrast to the grey and black shades of the plate.

ROM GALA 2017 - CELEBRATE CANADA

M E N U

COCKTAIL RECEPTION

Passed Hors d'oeuvre

Cool

MILFORD BAY SMOKE TROUT

PARMESAN PANNA COTTA

CHICKEN LIVER MOUSSE

Warm

TOURTIERE BEEF SHORT RIB

CANDIED PACIFIC SALMON

MUSHROOM TARTE

CHINESE CHAR SIU LAMB CHOP

DINNER

AMUSE BOUCHE: "OYSTER PEARLS"

FRESH BREADS

"ASPARAGUS ROMANESCO FOREST"

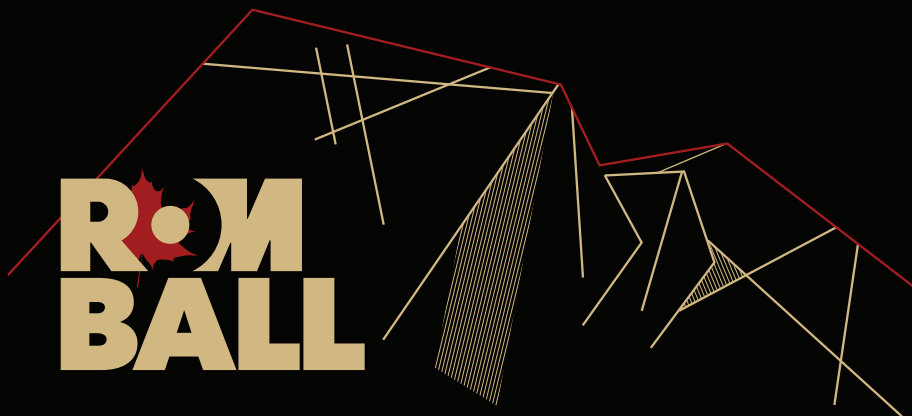
"NEEDLE IN A HAYSTACK"

AAA GRILLED ALBERTA BEEF TENDERLOIN

SMOKED SHOESTRING POTATO HAYSTACK

MUSTARD GREENS

"BAKED" YUKON



A chef in a black uniform is seen in the background, focused on preparing a dish. The foreground is filled with numerous white plates, each containing a portion of a meal consisting of white rice, green asparagus, and green vegetables like broccoli and corn. The scene is set in a professional kitchen environment, with the chef's hands and a knife visible as they work. The overall atmosphere is one of busy culinary preparation.

RECIPES

GOAT CHEESE PUREE

INGREDIENTS	MEASURE
Goat cheese	2 cups
35% cream	½ cup
Lemon zest	1 tsp
Salt and white pepper	To taste

METHOD

Blend all ingredients together. Check for seasonings add salt and pepper as needed.

GREEN GODDESS OIL

INGREDIENTS	MEASURE
Parsley	1 cup
Chives	½ cup
Chervil	¼ cup
Sunflower oil	2 cups

METHOD

Blanch the herbs stems and all in boiling water. Shock them in ice water then drain and squeeze all excess moisture out.

Puree the herbs in a blender with the sunflower oil.

Let sit overnight then strain.

MUSTARD SEED BEARNAISE

INGREDIENTS

Butter	1 tbsp. plus 1 cup
Shallots (minced)	3 tbsp.
White wine vinegar	2 tbsp.
White wine	¼ cup
Lemon juice	1 tbsp.
Fresh tarragon	1 tbsp.
Kozliks grainy mustard	2tbsp
Egg yolks(large)	2
Salt and pepper	As needed

MEASURE

METHOD

Melt 1 tbsp. butter in a saucepan over medium heat. Add shallots and a pinch of salt and pepper. Cook for 2 minutes until they become tender. Add vinegar and wine, reduce heat and cook until there are just 3 tbsps. liquid left.

Clarify the remaining butter, discarding the milk solids.

Whisk together the egg yolks, lemon juice, and shallot mixture in a stainless steel bowl.

Continue whisking over a saucepan of simmering water until eggs are foamy.

Slowly drizzle in the butter to the eggs whisking constantly. When all the butter has been incorporated mix in tarragon and check for seasoning. Add salt and pepper as needed.

OYSTER PEARLS

INGREDIENTS	MEASURE
-------------	---------

Oysters(shucked)	8
Xanthan gum	½ tsp

METHOD

Puree the oysters and mix with xanthan gum. Use syringe or spherificator drop into liquid nitrogen forming pearls. Keep in freezer.

RHUBARB PEARLS

INGREDIENTS	MEASURE
-------------	---------

Water	2 cups
Orange peel	3 big pieces
Red wine	¼ cup
Rhubarb	4 cups
Sugar	1 cup
Ginger	1 tsp
Chili flakes	¼ tsp
Xanthan gum	¾ tsp

METHOD

Put water, orange peel, red wine, rhubarb, sugar, ginger, chili flakes in a pot. Bring to a boil then simmer until rhubarb is tender and flavors have melded. Strain the mixture through cheesecloth making sure not to press on the solids as that will make your liquid cloudy.

Once strained mix in xanthan gum, and cool. Using a syringe or spherificator drop liquid into liquid nitrogen to form pearls. Keep in freezer until needed.

SEA WATER PEARLS

INGREDIENTS	MEASURE
Water	2 cups
Salt	1 tsp
Xanthan gum	$\frac{3}{4}$ tsp

METHOD

Boil water and dissolve the salt in the water. Add the xanthan gum. Cool. Using either a syringe or a spherificator drop the liquid into liquid nitrogen forming pearls. Store in freezer until needed.

SMOKED SHOESTRING POTATOES

INGREDIENTS	MEASURE
Yukon gold potatoes	2
Smoked paprika	1 tsp
Salt	To taste

METHOD

Cut the potato on a vegetable spiralizer. Deep fry at 350 degrees. Cook until golden and crispy. Put the potatoes in the deep fryer in clumps so that it will be easier to make the bundles later. Sprinkle with the salt and smoked paprika while still warm.

BAKED YUKON

INGREDIENTS

1.5 lbs Yukon gold potatoes, peeled,
boiled and mashed
2100 g icing sugar, sifted
400 g unsweetened shredded coconut
1 tbsp sea salt

INGREDIENTS

1040 g 35% Cream
200 g sugar
4 tonka beans, grated
200 g cream
5 g agar agar
8 sheets gelatin, bloomed
140 g egg yolk
200 g butter, room temp

METHOD

In a mixer fitted with a paddle mix all ingredients together until the mixture holds. Press firmly into a lined sheet pan and refrigerate until ready to use.

METHOD

Heat first measure of cream with grated tonka beans and sugar. Temper in egg yolk and return to heat.
In a separate pot, bring to boil the 200g of cream and shear in agar agar. Boil for 1 minute then whisk into the larger cream mixture.
Add gelatin and strain mixture and allow to cool slightly before emulsifying in butter.
Pour cremeaux over top of the coconut base and freeze until set

INGREDIENTS

1500 ml 35% Cream
1 kg dark chocolate (70 – 75%)
Pinch of salt
4 ounces of bitter chocolate

INGREDIENTS

2000 g sugar
2500 ml water
40 egg whites, room temp
3 tsp cream of tartar
2 – 3 tbsp of activated charcoal powder
5-6 tbsp black cocoa powder

METHOD

Heat cream and salt, pour over chocolate and emulsify.
Pour panache over top of the slab and freeze once again to set
Once set cut cake into 3 inch x 2 inch rectangles

METHOD

Heat sugar and water to 240°F
Whip egg whites and cream of tartar to soft peaks
With the mixer running slowly pour in the sugar syrup. Turn up the speed to high and whip until stiff peaks form.
Pipe the meringue on top of the cakes and run a torch over top to slightly toast the peaks.
Divide the remaining meringue in half and fold the charcoal powder into the meringue creating streaks. Spread on a parchment lined sheet and dehydrate overnight.
Do the same with the other half of the meringue using the cocoa powder. Fold this one in completely however.
Once the meringues are dry use the tip of a knife to break off little “rocks”