

**OPEN  
SOURCE  
RECIPES TO BE  
USED IN  
QUARANTINE  
DURING A  
GLOBAL  
PANDEMIC**

# Foreward – Open Source Cookbook

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Food is unique in that it's inherently democratic.

At its base, it is caloric fuel. At its peak, a transformative experience.

It sounds flowery, but it's true.

How many times have you caught yourself saying "this is the best fucking (insert dish) I've ever had"?

Food has this uncommon ability to stir up emotions, tug on our heart strings and laser etch indelible memories. Very few things in our world do that. Baby making, marriage and divorce come to my mind, but that's about it.

As we work our way through this global pandemic, socially distancing ourselves two meters at

a time, I can't help but think how our relationship with food has forever changed.

In a blink of an eye, restaurants were forced to close and the economic fallout has been - mildly put - devastating.

And in a bizarre twist of events, mandated or voluntary quarantine has catalyzed a new movement of home cooking (or as it seems, a pandemic of sourdough baking).



Our relationship with food has changed, but what has changed?

For one, we're realizing that the exchange between restaurant and patron is more experiential, less transactional and definitely symbiotic.

It's obvious that restaurants relied on their patrons. Less obvious is that patrons relied on their restaurants.

Food without the craft and alchemy of accomplished cooks - in the absence of atmosphere, context, culture and storytelling - is just well...caloric fuel.

A two kilogram bag of Unico pasta and can of tomato sauce will provide sustenance. However it's probably as enjoyable as having a colonoscopy.



Where am I going with this?

I can't imagine enjoying a colonoscopy nor can I imagine having to subsist on boxed pasta and bland tomatoes for weeks on end.

# Foreward – Open Source Cookbook

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I'm in the luxurious position to fill my belly and feed my soul with whatever my heart desires. But What about the people that can't?

Food isn't like global economics or fucking toilet paper for that matter; one percent of the population shouldn't hoard all the food knowledge.

It is egalitarian by nature and one of the few tools that civilization possesses to keep people and communities tied together.



This cookbook is meant to be an open source toolkit that everyone and anyone can access during a time of heightened need. There are recipes from chefs, line cooks, home cooks, mothers, fathers, nonnas, popo's and everyday joes.

It is not meant to be shrouded in secrecy. It is not meant to be exclusive. It's not meant to intimidate.

It is meant to be shared so that we can learn from each other, inspire one another and at the very least, derive joy from each other.

Just like Linux (for all you computer nerds out there) this is a cookbook that encourages the open source sharing of food knowledge.

There is no right or wrong recipes in this book. There will be duplicates and there will be revisions...and that's totally fine. The primary focus behind this project is to continue the evolution of food culture and knowledge through shareability.

It's secondary output - a bi-product

of the first - is an accessible resource that anyone with whatever cooking experience can be a part of.

Since we physically can't cook with each other in the kitchen, let's do it digitally.

In the spirit of the cookbook, I'm asking you all to share this with whomever. It's really not off-limits to anyone. And if you have a recipe you'd like to share, do not hesitate to submit.



## Here's How It Works

1. Write a recipe for your favorite dish. Be sure to include accurate measurements either in weight (grams, ounces, pounds) or by volume (cups, tablespoons, teaspoons, milliliters, etc). Write it as you would teach a newb. I will only be editing for clarity and brevity.
2. Include a photo or two. While imagery isn't necessary, it always helps.
3. Email the submission to [opensourcecookbook@gmail.com](mailto:opensourcecookbook@gmail.com) Be sure to include your recipe name in the subject.

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# 7

## PATTI'S BASIC SOURDOUGH

PATTI ROBINSON  
BAKER/OWNER – ROBINSON BREAD

## Editor's Notes

**This is my recipe for making a starter, levain and young levain. You can use any three or a combination of all with Patti's recipe.**



## Making a Starter

### Ingredients

50g Organic wholewheat  
50g Organic all purpose  
100g Water at 72°

### Step 1

1.Mix all ingredients together in a jar or non-reactive container.

2.After 12 hrs of inoculation, keep 100g of starter and repeat step 1. Discard remaining starter.

3.Repeat step 1 and 2 for approximately 3-5 days. You will know your starter is ready when it's very bubbly and has a slight sour (like glue) smell to it.

## Making a Mature Levain

### Ingredients

10g Starter  
50 g Organic wholewheat  
50 g Organic all purpose  
100g Water at 72°

### Step 1

1.Inoculate for approximately 12 hrs. You will know it has reached its peak when it has doubled in size and has a fair bit of bubble activity. At its peak, you can now make your Young Levain.

## Making a Young Levain

### Ingredients

50g Mature Levain  
50g Organic wholewheat  
50g Organic all purpose  
100g Water at 85° - 90° degrees

1.Inoculate for roughly 3 - 4 hours. This young levain will go directly into your dough mix.

2. As your young levain is inoculating, you will start making your dough.

Editor's Notes

# Patti's Sourdough Recipe

## Ingredients

350g flour\*  
275g water  
100g culture\*\*  
7g salt

\*Use flour that is high in gluten, like bread, strong or hard flour. You can also use high gluten whole wheat flour, but make sure to only use 85g of culture instead, and also note the bulk fermentation will be faster with whole wheat flour.

\*\*Make sure your culture is mature before using. An easy test to determine its maturity is to carefully drop it in some water; if it floats it is ready to be used.

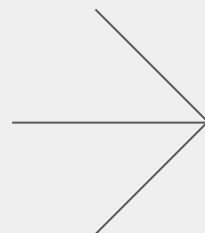
## Mixing Dough

In a medium size bowl mix together the flour and water by hand, making sure the flour is fully hydrated. Rest for 20 minutes,

Add salt and culture.

Mix by hand for 5 – 7 minutes, making sure the salt and culture are fully incorporated and the dough has structure, and smooth surface.

Round up the dough and cover with plastic.



## Bulk Fermentation

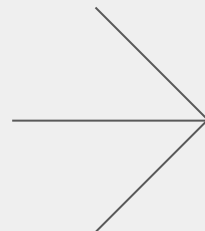
Your dough will start to ferment immediately after mixing. During this time fold the dough every 20-30 minutes for the first 2 hours.

To fold the dough you need to take a side of the dough and fold it towards the center, repeat this motion on all sides of the dough until it starts to resist. Wet your hands before folding so dough won't stick to them.

Moving forward, fold gently at every remaining hour. At this point, the dough should feel aerated, and will have increased in volume. Try your best not to degas too much while you are folding.

Once the dough has doubled in size, (3-4 hours in total for bulk fermentation\*) you will then shape your dough.

*\*In warmer environments the bulk fermentation will be a shorter, and in colder temperatures the bulk fermentation will be longer.*



## Shaping

Find a bowl 6-8" diameter, and 3" deep. If you don't have a bowl this size use one on a size larger. Line bowl with a clean linen and allow the edges of the linen to overhang the bowl. Lightly dust the linen with flour.

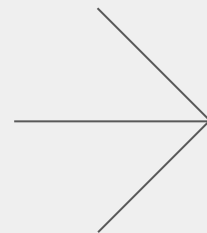
Turn the dough onto a lightly dusted work surface, keep the exposed dough un-floured.

Start to pull and pinch the sides into the centre. The moisture in the dough should encourage the dough to stick to the center, if there is too much flour, it will not stick.

Continue this gesture until you have created a ball, that has tension, and ideally a smooth surface underneath.

Carefully transfer the shaped dough into the linen covered bowl, seam

side up. Loosely wrap up the dough with the overhung linen, and place in the fridge overnight.



**Here's a youtube video on  
shaping a boule.**

**[https://www.youtube.com  
/watch?v=hWXA8xFYu9A](https://www.youtube.com/watch?v=hWXA8xFYu9A)**

## Baking

Preheat oven to 525°F, place a Dutch oven with lid into oven.

Cut a piece of parchment roughly the size of your Dutch oven. Once the oven is to temperature, pull your dough out of the fridge, and transfer the dough to the parchment, seam side down.

Using a sharp paring knife, score your loaf. Cut an X on the top of your dough. Pull out the Dutch oven, and transfer the parchment into the Dutch oven. Put the lid the Dutch oven and put back into oven.

After 20 min, take the lid off the Dutch oven and turn the temperature to 475°F.

Continue baking for 20 – 25 min, or until the bread is a dark amber color.

Remove from oven, take loaf out of Dutch oven and place on cooling rack.



# 16

## PAULA'S CHOCOLATE BABKA

PAULA NAVARRETE  
CHEF – SURAYA



**I first experienced it on a trip to New York to Russ and Daughters. Ever since, it's always something I've loved. It makes a great snack and great chocolate French toast.**

## Equipment

Loaf pan, (\* though it can stand on its own )

Stand mixer ( can be done by hand )

## Ingredients

### For the dough:

620g Flour

115g Sugar (13g to bloom the yeast )

7g Salt

2 Eggs

100g Canola Oil

250ml Water warm

14g Yeast

### Chocolate Filling:

(\*feel free to fill the dough with different things, I've done honey and pistachio, cheese and hot sauce, etc..)

110g Dark chocolate, either chips or your favorite chocolate bar

35g Cream



## Directions

### For the dough:

Bloom yeast with 13g of sugar & warm water.

In a separate bowl mix all dry ingredients: flour, sugar, and salt.

Make sure that your eggs are room temperature. Mix the eggs with the canola oil.

At this point you'll have 3 bowls with ingredients.

Once the yeast is bloomed, add egg and oil mix, then and dry ingredients. Mix dough in a stand mixer until it climbs up the hook, approx 4 mins. Let the dough rest for 30 mins.

### For the chocolate Filling:

Melt chocolate with cream.  
Let the mix cool.

### Assembly:

After dough has rested roll dough into a rectangle, as if you were to make cinnamon rolls. You want the dough to be 4cm thick.

Smear the chocolate filling on the dough. Filling must be cold.

Then shape the dough into a roll (roll it out).

I like to place the roll in the fridge or freezer before I cut it into braids as it is easier to handle.

Once the roll has cooled, cut the roll in half, or as many strips as you want to attempt, and twist the strips together.

Place the braid or your creation into a loaf pan, or free standing

on a cookie sheet.

Brush with egg wash, and bake.

Bake at 350F for approx. 45 mins to 1 hour. It should be golden brown.

This keeps for 1 week, great frozen, sliced and used for French toast.

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**GREG'S  
QUICK PICKLED  
JALAPENOS**

## Ingredients

### Basic Pickling Brine

1 cup white vinegar  
1 cup water  
4 tbsp sugar  
2 tbsp salt

### Step 1

1. Combine all ingredients into medium saucepan.

2. Heat to a boil until salt and sugar is dissolved.

## Ingredients

### Quick Pickled Jalapenos

15-20 jalapenos cut into coins  
2 cloves garlic peeled and smashed  
2 Cups basic pickling brine

### Step 2

1. Make pickling brine in Step 1 and bring to a boil.

2. Once sugar and salt are dissolved add garlic and jalapenos and press to submerge.

3. Removed from heat and let sit for 10-15 mins.

4. Using tongs put jalapenos into jars and pour pickling liquid over top and let cool to room temp.

5. Secure with lid and keep in fridge.

## Tips

**Sterilize your jars before using. This is a good youtube video on that process.**

**<https://www.youtube.com/watch?v=OxewBoTmQ9O&feature=youtu.be>**

# 22

## THE INDIRA SCONE

INDIRA RAMNARINE  
PASTRY CHEF – BY MINISTRY



## Ingredients

This yields 24 2x2" pieces

305g ap flour  
145g pastry flour  
110g sugar  
1 tsp salt  
1 tbsp baking powder  
1 lb cold butter  
½ cup cold cream  
¼ cup cold milk  
166.66g Blueberry  
½ tsp vanilla/zest

Bake at 325°F convection oven till edges are brown 18min small 2"x2"

Mix flours baking powder sugar then add salt to combine evenly.

Cut cold butter and meal it into the flour mixture.

Use your fingertips to press butter into the flour until it forms a pea like crumble.

You can use a paddle and mixer but on low and slow setting. Speed will cause friction, and friction will cause heat...which we don't want.

Add cold milk and cream and stir until ingredients are combined. Add fillings such as blueberries, nuts, chocolate, etc. to enhance the flavour of your scones.

Press into a brick, either on an open table or in a 8x12 pan. Don't press too hard - it will settle itself while resting.

Set for a minimum 2 hours in fridge or maximum overnight.

Portion into 2x2"pcs. One recipe makes 24 pcs. Use a cutter (like a ring mold) or cut into squares or triangles with a knife.

Brush an egg-wash and turbinado sugar on top. Orrrrrrr brush a little cream and heavy sprinkle granulated sugar before baking.

Bake 325°F for 18-23 minutes.

**Here's a link to making an egg-wash**

**<https://www.youtube.com/watch?v=I9Xa3Y1IZEY>**



# 25

## PIZZA AT HOME 2 WAYS

ROCCO AGOSTINO  
CHEF/CO-OWNER – PIZZERIA LIBRETTO

## Ingredients

### Active Dry Yeast Pizza Dough

Flour	500 g
Water	350 g
Salt	15 g
Olive Oil	20 g
Dry Active Yeast	7 g
Sugar	12 g

## Directions

### Active Dry Yeast Pizza Dough

Mix all ingredients in a bowl until it resembles a shaggy consistency and let rest for 30 mins.

Turn the dough out onto a lightly floured surface and knead until you have a smooth dough, (light dust with flour as needed), and let rest in a lightly oiled bowl for 30 mins.

Turn dough out onto a lightly floured surface and cut the dough into 300 g portions (you should get 3 doughs total).

Fold each portion into itself, then cup the dough and roll on the counter until it comes together into a tight ball.

Place each dough in a bowl that has

been lightly oiled, cover with saran wrap and let sit for 30 mins.

After the last 30 min rest period, place the dough in the fridge overnight.

The dough can be used up to 2 -3 days after being made.

Remove the dough at least 30 mins before using.

## Ingredients

### Sourdough Starter Pizza Dough

Flour	407 g
Water	240 g
Salt	15 g
Olive Oil	20 g
Sourdough Starter	250 g

## Directions

### Sourdough Starter Pizza Dough

Mix all ingredients in a bowl until it resembles a shaggy consistency and let rest for 1 hr.

Turn the dough out onto a lightly floured surface and knead until you have a smooth dough, (dust with flour as needed), and let rest in a lightly oiled bowl for 1 hr.

Turn dough out onto a lightly floured surface and cut the dough into 300 g portions (you should get 3 doughs total).

Fold each portion into itself, then cup the dough and roll on the counter until it comes together into a tight ball.

Place each dough in a bowl that has been lightly oiled, cover with

saran wrap and let sit for 2 hrs.

After the 2 hr. rest period, place the dough in the fridge overnight.

The dough can be used up to 3 days after being made.

Remove the dough at least 30 mins before using.

## Directions

### Stretching the Dough

I've added a short video on how to stretch the dough which is similar weather you made a ADY Pizza Dough or Sourdough Pizza Dough. (one key to stretching is to make sure you have enough flour on the surface that the dough does not stick to the surface or the peel that you use to transfer the dough from the count to the oven.

### Dressing the Pizza Dough

The Pizza dough is a blank canvas and you can dress it any way to like. One of the ways we like to dress our pizza's at home is:

Ingredients are in order of how they would be put on the pizza:

¼ cup canned tomato (simply lightly

pureed with a touch of salt - usually 10 g salt for 50 oz can of tomato)

¼ cup of shredded mozzarella (any firm mozzarella works)

2 tbsp of grated parmigiano cheese

10 - 15 slices of pepperoni

70 - 80 g of fresh mozzarella (any fresh mozzarella that you can find works, we use Quality Cheese brand of fresh mozzarella

1 tbsp olive oil

## Directions

### Cooking the Pizza:

Having a pizza stone is the best way to cook the pizza in a home oven.

A large cast iron pan turn upside down would work too.  
Or a sheet pan turn upside down would work too.

Pre-heat the oven to 550 F with the pizza stone in it.

Dress your pizza once the oven is to temp. If you dress your pizza and have to wait for the oven, there is a good chance that the dough will stick and be harder to pick up and put in the oven.

Cook the pizza for 5 – 7 mins (it will depend on your oven and how hot it gets) Until the crust is a nice golden and has slight blistering.

Remove from the oven and place on a cutting surface, and cut into 4 or 8 slices.

Enjoy



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# MILA'S PALAČINKE

MILA ZUKANOVIC  
DAUGHTER OF ALEN ZUKANOVIC/PART-TIME  
R&D – SOMUN SUPERSTAR

# Palačinke are the Balkans version of French crêpes.

They are easy to make and, unlike crêpes, the batter doesn't need to rest—you can start frying them right away. Mila and I fry palačinke together on Sundays, often listening to Croatian rock provocateurs Let 3 or gems by The Streets, like "4 o'clock" and "Heaven for the Weather". Today however, we listened to "One World: Together at Home" live special on YouTube—just about as quarantine as it gets.

Our top ranked palačinke fillings are 1. Nutella (duh), 2. Berries, whipped cream and maple syrup, 3. Apricot jam sprinkled with toasted walnuts. We find it's more fun to put the fillings on palačinke and roll them, not fold them.



## Ingredients

Makes 18 palačinke

### Dry ingredients

3 cups flour  
2 Tbsp sugar  
2 tsp baking soda  
1 tsp baking powder

### Wet ingredients

2 eggs  
3 Tbsp oil  
3 cup milk  
1 cup yogurt  
1 cup beer (it's for the bubbles)

## Directions

In a medium bowl, mix together all dry ingredients.

In a large bowl, mix all wet ingredients.  
Pour the dry ingredients into the wet ingredients and stir well until the batter is smooth and runny. Add more milk if needed. It's ok if there are few clumps here and there.

Heat a large pan over medium heat and lightly coat it with oil. Drop pancake batter onto the pan, then tilt the pan and twirl it until the batter is evenly distributed in a thin layer.

Fry for about 30 seconds on one side, until the underside is golden, flip and fry for another 20 seconds on the other side.





**33**

**NICK'S  
DESPERATION  
FRIED RICE**

# It's the perfect hangover meal, broke student meal, desperation meal.

by @thegoodcookery

Everyone knows fried rice. It's the quintessential, ubiquitous, iconic Chinese rice dish that's a staple at food courts and fine dining restaurants alike. There are versions in Japan (chahan), South Korea (bokkeumbap), and even Ecuador (chaulafan), not to mention chef-y takes by Danny Bowien and Jean-Georges, who've made their names off of it.

The dish itself has been around in China for over 1400 years and has hundreds of regional variations from the classic Yangzhou (or Yung Chow) Rice with char siu pork and shrimps, to the high banquet "瑤柱蛋白炒飯", an extremely technical, tough-to-master version with fried egg whites, dried scallops and crisp gai lan.

But, as every Chinese kid knows, the best fried rice is the one you make at home. Chinese families

almost never order it at restaurants. We know it as a quick and easy meal that turns cold rice, leftover veggies and a bit of meat into a tasty, guaranteed crowd-pleaser. It's the perfect hangover meal, broke student meal, desperation meal. Because sometimes a dead simple fried rice with sliced hot dogs, egg and a handful of scallions is the best thing ever when you're in need of a bit of comfort - especially during these crazy and uncertain times.

## Ingredients

Day old rice  
Proteins  
Vegetable  
Seasoning  
Acid

## Equipment

Dutch oven  
or  
Heavy walled pot like a rondeau  
or  
Saute-pan  
Or  
Skillet

## Intro

Fried rice is more a theoretical dish than it is a recipe that gets measured, executed and then replicated.

Of course there are plenty of fried rice recipes out there and I do urge you to try them. But at the core, fried rice is a dish that is meant to utilize whatever is leftover in your fridge and pantry.

Therein lies a set of base principles for fried rice where if followed, pretty much any ingredient can work. This dish is able to flex in ways most can't which makes it perfect for a time of quarantine.

You don't need to hump it to five different Asian grocery stores to find the right abalone sauce to make this dish right. Whatever you

have on hand will do.

The same applies for equipment. If you have a wok, chances are you don't need instructions on cooking fried rice. For those without a wok, any medium depth vessel like a dutch oven or a rondeau will work. Avoid deep pots as it will be hard to stir.

Which brings me to my last point: heat. I like cooking this dish hot. The hotter the vessel, the less likely things will stick. While our home cooked versions will lack the "wok char" of the restaurants, high heat will allow things to caramelize which adds a nice dimension. However the hotter you run, the quicker you need to work.

## Step 1 – Egg

The first rule of fried rice is that it must contain egg in some shape or form. You can use egg whites or more commonly, scrambled egg. Hardboiled, soft-boiled or poached eggs don't count although one could make the argument that an egg sunnyside up does.

This however should be your first step in the cook. As a rule of thumb, keep your egg to rice ratio at about 1:3.

## Direction

In your pot, add a little bit of oil. At high heat, add your scrambled egg. Stir the egg to form big chunks. You don't want a runny scramble so don't worry about "overcooking" it. Once cooked, get your rice ready.



## Step 2 -Rice

The only hard fast rule of fried rice is that you HAVE to use day old rice.

You cannot use fresh rice. It will not work. Aside from it being almost entirely in-effective, you will be the subject of ridicule.

Do you really want to be ridiculed? Quarantine is emotionally taxing enough.

The other thing to consider is the "rice to other-ingredient" ratio. Rice should be approximately 60% of the dish.

## Direction

Remove your rice from the fridge and ensure that it is loose. Break up any big clumps. Set aside.

Heat up your pot with some oil. Get it ripping hot.

Once it's screaming, add your rice. It will start to snap, crackle, pop (please don't sue me). This is good. Constantly stir. We have to move quick. Like 20 - 30 seconds quick.

In this photo I added my meat as well. That's because I got impatient. Which is fine. This dish is for impatient people.



## Step 3 -Protein

What's so beautiful about fried rice is that almost any protein will work. Shellfish, chinese sausage, leftover roasted chicken, smoked beef brisket, mortadella, gauncialle, pancetta, kofta, ground lamb, even hot dogs will work. I've yet to find a protein that doesn't work in fried rice. As a kid, I used to make fried rice with Vienna sausages. That's right. Sausages from a fucking can. It works.

Cut whatever protein you have in bite size chunks. Protein should be roughly 30-40% of the dish.

At this point, you're not really cooking the meat insomuch as you are reheating it. You just want it to dance in your vessel to take the chill off.

## Direction

Now that your pot is cooking the rice, add your proteins along with the egg you put aside.

Keep stirring.

For delicate proteins such as fish or seafood, you will need to decide if you want to add them in now or later depending on the rest of your ingredients. The last thing you want to do is overcook the fish or seafood.



## Step 3 – Vegetable

You don't have to add veggies to your fried rice. It's optional. But that would make you somewhat of a troglodyte.

Plus, all that produce you panic bought at the grocery store and now is on the brink of rotting in your fridge, makes a perfect partner for your proteins.

MOST veggies work. I tend to gravitate towards leafy greens (kale, gai lan, bok choy, spinach, collards) and some root vegetables like carrots or parsnips. Other veggies like broccoli, green beans, green peas, brussel sprouts, etc, work well too.

Remember, cut everything bite size and prepare (blanche) it in advance.

## Direction

Now your pot should have rice, egg and proteins intermingling. Add your veg. Keep stirring.

If you've noticed, we haven't turned down the heat. We don't want to. This is why you have to keep stirring and keep moving fast.



## Step 4 – Seasoning

How you season your rice is entirely up to you. The variations are endless. It would be an exercise in wasted energy to list off the varieties of seasoning.

Think of seasoning as your wardrobe: what you put in there probably is going to be influenced by what ingredients you have but also what mood you are in.

I've put everything from soy sauce, abalone sauce, fish sauce, Maggi, ball park mustard, kimchi, ketchup, sriracha, curry powder, to straight up black pepper in my fried rice and they all felt holistically acceptable.

As a rule of thumb, season to your liking but know that the more sauces you add, the wetter your rice will be.

## Direction

NOTE: Embrace the MSG. Don't be scared of it. MSG is going to take your dish from a 10 to an 11 100% of the time.

Your vessel should have rice, egg, protein and veg congregating actively like a bunch of virus-denying-gun-toting libertarians. You're ingredients should not be social distancing.

Add all your seasoning and keep stirring to ensure everything is well coated. Stir with vigour and rhythm but more importantly try not to stir in a way that will break the eggs.





## Step 5 – Acid/Garnish

These two get wrapped up together because they essentially are a finishing touch.

A rather “new school” approach within the evolution of fried rice adding some acid or garnish can really brighten the dish and add a level of complexity.

As with most cooking that requires balance, try not to over do it with the acid. Last thing you want is your beautiful fried rice tasting like vinegar.

Things I like to add to fried rice are bruinoised dill pickles, pickled mustard greens, pickled lotus root, watercress (for that bitterness) to just name a few.

## Direction

Turn the heat off and if using an electric stove, place vessel on a cold burner.

Let the rice sit in the vessel. The residual heat will crisp some of the edges of the rice which I like. Total personal preference.

Plate rice in a pasta or soup bowl. Don't put it on a plate. I mean you can, but my inner-Asian cries at that idea.

Garnish with topping of your choice.



42

**CRAIG'S  
PINEAPPLE  
FRIED RICE**

CRAIG WONG  
CHEF/OWNER – PATOIS

# We were greeted with the warm hospitality that is afforded to most restaurant workers.

During the summer of 2017, Craig Wong - an incredibly close friend of mine - and I decided to take a short trip to New York to attend Danny Meyer's Big Apple BBQ Block Party.

I had pitmasters I wanted to meet. Craig had an old culinary classmate he wanted to catch up with (Chef JP Bourgeois who was at Blue Smoke then). Really though, both of us just wanted to get the fuck out of the city.

Patois was bursting at the seams and Smoke Signals was moving full steam ahead. Our respective restaurants were demanding more and more of us and I think we just needed our own time to fuck off.

Under any other circumstances, a trip to New York (for Torontonians) is as big of a deal as going to the cottage: It's a morsel of respite but ultimately, the trip rarely defines a moment in time.

Well, it did for us.

The minute we touched down to the time we left, we averaged about 5 meals a day and at every restaurant, we were greeted with the warm hospitality that is afforded to most restaurant workers. We were slammed with courses we never ordered and bombarded with drinks insisted on us by the front-of-house.

Craig met his idol Danny Meyers. I

met a handful of BBQ legends including Jeff Jones - part owner of the Skylight Inn which had been selling bbq since the 1940's (and is the uncle to now-famous pitmaster Sam Jones). Jeff had been working in bbq for decades and he shared all his trade secrets with enthusiasm.

We chewed the cud for hours. I remember one of the last things Jeff said to me in his deep Carolinian twang was "Remember these tips. I want ya'll to be the best bbqer in the world." I smiled.

The remainder of that trip included more restaurants and more moments of gracious hospitality. The trip however would come to a screeching crescendo on our last night.

Without any rhyme or reason, we

were spontaneously invited to the summer closing of Eleven Madison Park, which at the time was just ranked the "best restaurant in the world". Admittedly, I dragged my heels. Craig continued to prod me into going. Fine. Let's go.

This was a closing party like no other. Questlove was dj'ing, drinks were flowing with reckless abandon, people were spray painting the walls and Daniel Humm, the chef/mastermind/co-owner behind the three Michelin Star restaurant, was perched atop a plinth pouring out a magnum of champagne like he was drunkenly pissing in the bushes.

Craig tugged on my arm and motioned towards the kitchen. We meandered through the herd of New Yorkers - which seemed endless - until we reached a smallish group of people



congregating amongst the towers of shiny stainless steel equipment.

JP Bourgeois was hovering over a bbq whole hog. Socialites, kitchen staff and New York foodies flanked him as they were pulling pieces of succulent meat from the pig. "Dig in!" JP hollered. Don't mind if we do.

We left the party at 4am in order to catch a 6am flight. High on adrenaline, walking back to our hotel, we stopped at a park bench to have a bit of a breather. With shit eating grins stretching ear to ear, we sat there comfortable in our own stillness.

Craig then broke that silence, and with gleeful curiosity asked "what the fuck just happened?"



## Ingredients

½ pound of shrimp  
1 cup sliced mushrooms  
3 eggs  
2 cups of cooked, cooled rice  
½ cup diced pineapple  
1 cup spinach  
2 cloves of garlic  
2 ounces soy sauce  
2 ounces of neutral oil such as  
canola or grapeseed

*This recipe was originally published  
in [Toronto Life](#).*

## Directions

It's best if you cook the rice the night before. Spread your rice in a baking tray and leave it in the fridge for a good night's sleep.

The next step: choose your pan. A carbon-steel pan is ideal, but a deep, non-stick frying pan is a good option. A well-seasoned cast-iron can also work, although it might require a bit more oil to keep the rice from sticking.

At the restaurant, we'll cook everything together in a single wok, but a home stove doesn't get hot enough for that. So, instead I prepare the fried rice "paella-style," which means prepping each ingredient separately, then combining everything at the end.

Peel your shrimp.



Heat up some grapeseed oil, and put shrimp in the pan. As the shrimp sizzles, bring the temperature of the oil down.

Add crushed garlic and season with salt.

After about a minute and a half, flip the shrimp. Once they begin to curl and turn opaque remove them from the heat. Cook them to about 95% doneness.

Add mushrooms with some salt and garlic. Season liberally.

Crack and beat your eggs.

The egg component is the trickiest part of this dish. As the salt-seasoned egg mixture bubbles in the oil, use your spoon to drag the cooked potion around the pan,

thereby forcing the still-runny yolk into the heat. The eggs should be cooked harder than you'd cook eggs for a scramble. If the eggs are undercooked, they'll just blend into the rice—and I love big hunks of egg in my fried rice.

Toss the pineapple into the pan for a quick sear so it can caramelize slightly.

Finally, it's time for the most important ingredient: the rice. Make sure not to overcrowd the pan, though! Make your rice in batches to keep the rice from turning mushy. Add a bit more oil here—the rice should look shiny. Then, cook for another two to three minutes until the rice is heated thoroughly. Now, you can kill the heat and season the rice with soy sauce.

Then throw the rest of the ingredients, including the spinach, into pan.

After a quick stir, the fried rice is ready to be served.



**48**

**CASSOULET**



## Ingredients

450g white navy beans  
4 chicken legs  
4 garlic sausages  
1 cup cubed guanciale or salt pork or bacon  
3 medium carrots (cut into thirds)  
3 celery stalks (cut into thirds)  
2 cups onions diced  
4 cloves garlic minced  
1 tbsp ground black pepper  
1 tbsp kosher salt  
2 tbsp duck fat or lard  
1 litre chicken stock  
1 litre water  
1/4 cup bread crumbs or panko

### Bouquet Garni

6 stalks parsley  
3 bay leaves  
1 tbsp whole peppercorns

## Soak Your Beans

1. Put beans into a container with salt and water and soak overnight.
2. Before cooking, drain beans.

## Browning

1. Heat duck fat in dutch oven and render guanciale/salted pork until golden brown.
2. Remove guanciale from oil and reserve in a bowl.
3. Generously coat skin of chicken with black pepper.
4. Place chicken skin side down in dutch oven and cook for about 8 mins (until skin is deep golden



brown). Flip chicken and cook for another 3 - 4 min. Remove chicken and place in a bowl.

5.Place sausage in pot (yup with that same liquid fat) and brown on all sides. Once a deep golden brown, remove from pot and place it in bowl.

## Cooking Beans

1.Throw diced onions and minced garlic into your pot of liquid fat and cook on medium heat until onions are soft and translucent.

2.Once onions are translucent, stir in drained beans ensuring everything gets evenly coated.

3.Combine carrots, celery, and bouquet garni, chicken stock and

Water.

4.Bring to a boil then reduce to a simmer on medium-low heat.

5.Simmer for about 1 hr until the beans are soft.

6.Once beans are cooked, remove carrots, celery, bouquet garni and discard.

7.Combine guanciale with beans and stir. Next, place sausage and finally chicken on top (skin side up). The chicken should pretty much cover all the beans.

8.Bake in oven at 300° for approximately 2-3 hours. It will start to form a crust on top (this is a good thing).

9.Check occasionally to see if you

need to add water. If so, slowly run water down the side of the pot as not to disturb the crust.

10.The consistency should be like baked beans. It shouldn't be watery.

11.During the last hour to hour and a half of cooking - as the fat rises - sprinkle bread crumbs on top and incorporate into liquid layer of fat. As breadcrumbs brown,press down with a spoon and add a new layer of breadcrumbs. Repeat until no more fat rises. During this process, a deep crust should form.

12.Once the top is the colour of mahogany brown, remove from oven and serve.

# For instructions on how to make a bouquet garni

<https://www.foodnetwork.com/how-to/articles/how-to-make-a-bouquet-garni-a-step-by-step-guide>

**52**

**ALEX'S  
BEEF PHO**

## Ingredients

20 quarts water  
2 lbs shank or marrow bones  
2 lbs of oxtail  
1 lbs of bavette or flank sliced thinly  
1 large carrot  
1 large white onion  
1 large piece of ginger  
1 bulb of garlic  
2 pcs star anise  
1 cinnamon  
1 tbsp black peppercorns  
rice noodles  
cilantro  
sliced green onion  
Lime

### Garnish

Cilantro  
Culantro  
Thai Basil

## Making Your Pho

1. Rinse bones with cold water and place into large stockpot and cover with 10 quarts water.

2. Bring the bones to a boil and let simmer for 3 mins.

3. Drain pot and rinse bones in cold water and return to stove with a fresh 10 quarts of water.

4. While waiting for step 2 slice ginger, carrot, onion lengthwise and place on a baking sheet and broil on high until it chars the surface of the vegetable.

5. After step 3 is completed add vegetable to stockpot with the fresh water.

6. Toast star anise, cinnamon, and black peppercorns and add to stockpot. As you're adding the vegetables, bring the contents of the stockpot to a boil and skim any gunk that comes to the surface. Let simmer for 4 hours on medium heat.

7. Place bavette in freezer for at least 20 mins for it to firm up making it easier to slice thin.

8. Slice bavette into thin slices remembering to slice across the grain.

9. Add to the beef one teaspoon of cornstarch, one teaspoon of fish sauce and half a teaspoon of thinly minced ginger.

10. Place rice noodles in pot of boiling water. Take off the heat once noodles are in the pot and let

sit for 10 mins.

11.Drain and rinse noodles with cold water. Arrange noodles in bowl.

12.Taste stock and add fish sauce and salt to taste.

13.Heat noodles in the bowl up by adding stock to the bowl of noodles without anything else in it. Hold the noodles back and pour out the stock back into the pot. Let the stock come back up to a boil, then take the bowl of noodles, add the remaining ingredients such as the beef, green onion and Cilantro.

14.Ladle hot stock into the bowl over the beef allowing the heat from the stock to "cook" the beef"

15.Add lime and garnish.

***Phở tái***  
***Phở tái***  
***Phở tái***  
***Phở tái***

**55**

**TAIWANESE  
BEEF NOODLE  
SOUP**

## Ingredients

SERVES 15 - 20

### Soup Base

4 ¼ lbs Beef Shank  
1 lb Beef Tendon  
1 Medium Daikon (peeled)  
2 cups Pickled Mustard Green, medium diced  
2 pcs Ginger Washed with Skin on  
2 - 3 pcs cinnamon broken into thirds  
1 tbsp Sichuan peppercorns  
2-3 pcs Whole Star Anise  
3 tbs (heaping) Sweet Flour Sauce aka Sweet Bean Paste  
3 tbsp (heaping) Spicy Bean Paste  
4 tbsp Ketchup  
2 cups Tomatoes (finely diced)  
1 ½ cups Soya Sauce  
⅓ cup Shaoxing wine  
6 ½ cups Water  
1 tbsp Vegetable Oil

## Ingredients

### Toppings

Baby Bok Choy (usually 1/2 to 1 stalk per person)  
Chinese wheat noodles - See Recipe  
Chopped green scallions  
Chopped cilantro (optional)  
1 tbsp chicken bouillon  
Water for boiling noodles

## Directions

1. Chop daikon into large 2-3" chunks.
2. Cut ginger into 5-7 slices.
3. Roughly cut the beef shank into large 2-3" chunks, varying the angle of the cuts so you end up with different shapes and sizes for a more interesting "mouth feel." Wash tendon and cut into 1-2" pieces. Generally, you want to have the beef shank cut larger than the tendon as the tendon takes longer to soften.
4. Heat 1 tbsp of oil on high heat and once the oil is hot, stir fry the chopped pickled mustard greens for about 30 seconds until heated through and fragrant. Remove and let cool. Keep the burner on for next couple steps.



5. In the same wok, add 4 TB of oil and while the oil is still cold, add the star anise, cinnamon, and Sichuan peppercorns and stir fry until fragrant (about 30 seconds). Remove spices and set aside to cool before putting into spice bag.

6. In the hot wok with the leftover oil from frying the spices, add the ginger and stir fry it for 30 seconds or until fragrant. Add the beef shank and tendon to the wok and brown for about 3 minutes, stirring occasionally.

7. Add the tomatoes, sweet flour sauce, spicy bean paste, and ketchup to the wok. Cook for another few minutes before removing it to your pot.

8. Pour the soy sauce and Shaoxing wine over the meat in the pot.

Stick the spice bag into the middle of the meat pile so it doesn't float to the top.

9. Add water to just cover the meat. Add the daikon on top.

10. Cover pot and cook for 25-35 minutes or till tender. While the meat is cooking, wash and prep the bok choy, green onions, and cilantro.

11. When the meat is almost done, start bringing a large pot of water to boil, and add the chicken bouillon to it. Once it is boiling, blanch the bok choy for about a minute, then remove and set aside.

12. When the meat is done, carefully release the steam and remove cover. Discard the spice bag.

13. Bring a pot of salted water to a boil and cook noodles till al dente.

14. Divide noodles among large bowls and ladle in beef broth and noodle water into each bowl in a 1 to 2 ratio (or to your preference). Add meat and bok choy, garnish with cilantro, green onions, and the pickled mustard greens.

15. You can also scoop up the beef and daikon directly and serve it as a main dish with steamed rice (minus the broth, which is quite concentrated and salty by itself).

This recipe makes a huge batch of concentrated broth and stewed beef. You can divide the remaining concentrated broth and meat into smaller batches once they have cooled and freeze it.

## Ingredients

### Noodles

300g All Purpose flour

135g water

1 tsp salt

## Directions

1. Dissolve salt in water.

2. Mix water with flour and knead until comes together.

3. Cover and rest for 1 hour.

4. Knead again and rest another 30-45 mins.

5. Roll out to desired thickness (generally between  $\frac{1}{8}$  -  $\frac{1}{4}$  inch) and cut to desired width.

6. Dust with corn or potato starch to prevent the noodles from sticking together. Reserve in a container until ready to cook.

**59**

**CANICE'S  
PORK AND  
CHIVE  
DUMPLINGS**

## Ingredients

1.5 lb medium ground pork (optional:  
sub in 0.5 lb of finely chopped  
shrimp)  
1 package wrappers (1 lb)  
1 bunch flowering chives or Chinese  
chives  
2-4 garlic cloves, to taste  
2 tbsp fresh ginger  
2 tbsp light soy sauce  
2 tbsp Shaoxing rice cooking wine  
(the brown varieties have more  
flavour, avoid the clear wines)  
2 tbsp Chinese chili oil  
1-2 tbsp sesame oil  
A few tablespoons of broth  
(optional)  
1 tbsp cornstarch  
1 tsp sugar  
1 tsp white pepper  
1 tsp salt

## Directions

1. Finely mince or food process the  
chives, garlic and ginger.  
2. Add to bowl with pork, dump in all  
the seasoning (and broth if you have  
it). Stir, in only one direction,  
until smooth, even a little sticky.  
'Beating in' the liquid incorporates  
it into the meat and makes it  
springy, instead of shrinking while  
cooking and leaving you with a  
saggy, empty bag of skin.  
3. Start folding: put about 1 tbsp  
filling in the centre of the  
wrapper, dip your finger in a bowl  
of warm water, wet the entire edge,  
fold in half and pleat from one edge  
to the other, pinching shut as you  
go. Pinch the entire the edge again  
for good measure.

4. **If you're freezing:** set on a  
baking sheet with space around each  
dumpling. Freeze for an hour, bang  
the whole sheet on the counter until  
they come loose and put in a freezer  
bag. Keeps in freezer for a month or  
two.

### **If cooking immediately:**

5. For pan-fried potstickers: swirl  
some oil into a hot pan, set the  
dumplings in evenly and shake the  
pan so they don't stick. Fry on  
medium-high heat til they have brown  
crispy bottoms. Add in a 1/4 cup  
water and cover. Steam until water  
evaporates, remove lid and fry til  
crispy again, adding a little more  
oil if needed. Always shake the pan  
to prevent sticking.

6. **For boiled dumplings:** bring pot of  
water to rolling boil. Add  
dumplings.

7. Stir frequently til it comes back to a boil. Keep cooking for another 3-4 minutes, add some Chinese greens in the last minute if you want some veggies with it. Drain the whole thing.

8. Serve with a dipping sauce made of equal parts Chinkiang black vinegar, light soy sauce and Lao Gan Ma chili oil, and a few drops of sesame oil. Minced garlic and sesame seeds are also good additions.

9. You might end up with leftover filling. If you do, it is excellent stir-fried with Shanghai noodles and sad fridge vegetables.



**Sure, you could make  
dumpling skins from  
scratch if you want to  
impress Instagram**

## A Few Notes

Sure, you could make dumpling skins from scratch if you want to impress Instagram, but store-bought is more efficient if you're mass-producing 300 of these. Hung Wang in Scarborough produces great skins that are available in every Asian grocery and even gwai lo (Ed. Note: White people) stores like No Frills or Freshco; they are pliable, thin and never dried-out. A one-pound package of two vacuum-sealed cells contains about 70 skins.

Lao Gan Ma is my preferred brand of chili in oil, the most important thing is you do not use Sriracha or I will violate the rules of social distancing and come to your house and murder you.

As with all Chinese peasant food, the proportions and ingredients are

suggestions – these are adapted from my mom's, but there are many combinations of aromatics and proteins: shrimp and chive, pork and cabbage, beef and celery, pork and dill, chicken and shiitake, lamb and coriander.

If you're adding a watery veggie like napa cabbage or bok choy: chop, salt and squeeze before you add into filling.



**64**

**PEPPERONI  
PIZZA BY  
WEREWOLF  
PIZZA**



## Ingredients

SERVES 4

### Dough

500g All purpose flour (unbleached)  
16g Kosher or Sea Salt  
1g Instant Dry Yeast  
350g Water

### Sauce

1 can (796ml) of whole or diced tomatoes (no salt added)  
Kosher or Sea Salt to taste  
6 tbsp of Extra Virgin Olive Oil  
1 tsp of White Sugar  
1 tsp of MSG

### Toppings

Shredded Marble Cheddar  
Pepperoni (Ones with natural casing preferred, if not any pepperoni you like will do)

## Making Your Dough

1. In a suitable bowl, mix in the flour, salt, and yeast.
2. Slowly add in water, with a wooden spoon and start mixing all the ingredients to combine. Mix until the consistency of your dough starts to look 'shaggy'. Then let it rest for 15-20 minutes.
3. At this point, lightly oil your hands and pick up your loosely formed mass of dough. Then as best as you can, fold your dough 4 times into itself. Place the dough (seam side down) into your mixing bowl and cover tightly with plastic wrap.
4. Leave your covered dough to sit for 24 hours at room temperature. It should double in size and you'll see bubbles start to form.



4. On a lightly floured cutting board or countertop, start dividing your dough into 4 equal portions. I usually do this with a knife or kitchen scissors.

5. Lightly oil your hands and pick up each dough portion and start tucking it into itself 4 times (top to bottom, side to side). This will form your dough balls.

6. Place your dough balls into lightly oiled plastic food containers, and place them in the fridge for 48 hours. If you don't have containers, ziploc bags will also work.

7. Remove dough from fridge at least 1 hour before using. This allows the dough to come to room temperature, and makes it easier to work with.

## Making Your Sauce

1. Open your can of tomatoes and drain the juice.

2. Place drained tomatoes into a cylindrical container.

3. Add salt, sugar, MSG and the olive oil.

4. Slowly stir and taste. Make adjustments according to your taste.

5. When you're happy with your sauce, start blending with your hand mixer or an immersion blender. Alternatively, you can pulse in a blender like a Vitamix.

6. Blend until consistency is smooth. Now it's ready to use.

## Baking Your Pizza

For this pizza, set the oven to 450° and let it preheat for at least an hour. While the oven is preheating, oil your cake pan with olive oil. Place your dough ball into your pan. Oil your fingers, and in a gentle but firm manner, start dimpling your dough out towards the edge of the pan, using just your fingertips. If the dough starts retracting from edge, wait 5 minutes before you start dimpling again.

Once your dough is shaped the way you want it, sauce your pie right to the edge, sprinkle cheese right to the edge, and lastly add your pepperoni right to the edge.

Place your pie into your oven and bake for 10-12 minutes.

Once your pizza is done and out the oven, let it cool for 2 minutes before removing from the pan. Use a small spatula to remove the pizza by gently sliding it out onto a cutting board. It should slide out rather easily because of the nicely oiled pans. These pies will be airy, thin, and chewy. The sauce and cheese to the edge will give you a nice salty cheese crust. The bottom should be golden brown and crispy. Enjoy!

**Side Note:** I like to pair this pizza with an ice cold Coca-Cola. To me it complements in a way that beer or wine can't.

68

**JESSE'S NO  
KNEAD, NO  
SKILL NEEDED  
SQUARE PIE  
WITH BACON**

JESSE FADER  
CHEF/OWNER – PARIS PARIS, SUPERPOINT,  
FAVORITES, WOODHOUSE BREWERY

## Equipment

Scale (weed is legal, these are cheap and everywhere now)

Mixing bowl

Whisk

Wooden spoon

Box grater

Cake pan

Resting rack

Spatula (or some kind of lifter to get the pizza from pan to said resting rack)

\*If you have a pestle and mortar and a microplane than you're a Chef and don't need me. Mostly you will need them for the garlic herb dip...if not use a big knife and take your time.

## Ingredients

### Dough

395g Bakers Flour

15g Salt

395g water (room temp)

7g Yeast

2g Sugar

13g Olive oil



**...please let's stop using the term "opening up" a pizza to describe rolling out dough. You sound like an ass.**

## Making Your Dough

This is a wet dough, a very wet dough 100% hydration which is nerd talk for equal parts flour to water. Don't worry about mixing times or kneading and for sure don't worry about stretching the pizza. You're going to follow the steps below and pour the mix into the pan, BOOM, Ciao you're done.

Note: Dear Pizza persons, please let's stop using the term "opening up" a pizza to describe rolling out dough. You sound like an ass. The only acceptable terms are "roll the dough" and "stretch the dough"...again, neither of which we're doing....I just needed to air that out.

First thing you want to do is get some grocery isle bacon (6-8 slices) on a sheet pan and toss in your oven which should be as hot as

it will go. Move quickly and make the dough while your bacon cooks. \*cooking bacon this way gives you nice straight flat slices so later your pie won't look like shit.

Find yourself some strong bakers flour (or bread flour) I used a nice organic product I stole from Patti Robinson at my bakery cause "quarantine hoarding at Lawblaws..." but Robin Hood won't suck. Using a scale set to grams, weigh out and combine the flour and salt, set aside.

Next begin by whisking together the water, yeast, olive oil and sugar. Let it sit at room temp while you ready your pan.

Grab a stick of butter and smear it over every square inch inside your cake pan. Remove bacon from oven,



transfer bacon to a towel and dump bacon fat into cake pan with some Olive oil and let it cool a bit.

Return to the dough, add your wet ingredients to dry, or vice versa...really doesn't matter. Stir with a wooden spoon until well mixed and dump straight into the middle of the prepared cake pan. Wrap tight with Plastic wrap and leave it somewhere warm to proof for an hour or two.

## Ingredients

### Sauce

- 1 (28-ounce can whole tomatoes)
- 2 Cloves Garlic (crushed)
- 2 tsp Kosher Salt
- 1 tbsps Dry Oregano
- 2 tbsps Extra Virgin Olive Oil

## Making Your Sauce

You can pretty much find quality tomatoes anywhere these days, my favourite are by Bianco DiNapoli. I like to use whole tomatoes and crush by hand for a few minutes. Stir in crushed garlic, olive oil, salt and Dry oregano. This is a no-cook sauce. Freeze whatever you don't use or make like ten more pizzas.

## Top and Bake

Once your dough has filled out the pan and risen about 80% up the sides you're ready to top and bake. The idea here (and the sole purpose of a square pie in my opinion) is to create "cheese walls" -the crispy cheesy perimeter to your oooy gooy center. Begin by adding shredded mozzarella around the edges first and give a little poke to help it get down some and then cover the remainder of the dough in cheese.



Next add dollops (maybe like 15 blobs) of sauce ON TOP OF THE CHEESE and lay your perfectly flat strips of bacon on top. Cover with foil and place into your screaming hot oven for 10-12 minutes.

After the ten minutes remove the foil and let the bacon get crispy and the cheese bubbly and brown, another five minutes. The pizza is done when the sides release and the bottom crust is nicely crunchy.

Using a spatula, gently slide the pizza onto a wire resting rack to cool before cutting, this will keep your pie from getting a soggy butt...use that window to make your dip.

## Ingredients

### Garlic Herb Dip

- 1 Bunch of basil
- 1 Bunch Parsley
- 1 Bunch Chives
- 2 Cloves garlic
- 1 Jalapeno (halved)
- 1 Cup Olive Oil
- 1.5 Tsp salt
- 2 Shakes \*Maggi Seasoning

## Making Your Dip

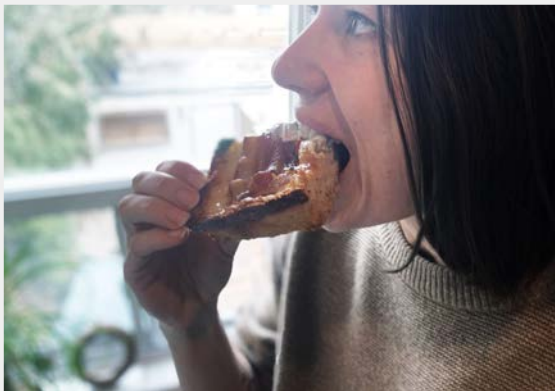
Toronto doesn't have a pizza identity per say, we have some really exceptional pizza but none of it was birthed here. What we did have was Vinny Massimo's on college and what we do have is the long line of pizza shops offering the eponymous crust topping garlic herb dip. If Toronto has given one unique and defining character to the pizza world, it would be this.

Bring a small pot of water to a boil, blanch all the herbs and shock in an ice bath. Wring the water out from the herbs and run a knife through them before adding to a pestle and mortar (if you don't have one use a food processor or just keep chopping) add the garlic, jalapeno, salt and start smashing. When you have a smooth consistency season with the \*Maggi.

I'm Positive this is not in the original recipe but Maggi adds a pleasant savoury depth and pretty much makes everything taste better.

Next find yourself a plate and drop a good splash of the herb dip onto it. You should have a shitty ranch dressing in the door of your fridge, now is it's time to shine. Add a generous glug of ranch to the plate and as we're all washing our hands incessantly, use your pointer finger to slash the ranch through the herb dip.

Get the biggest knife you have and cut you perfect pizza into 8 squares, give it a dunk in your dip and hand it over to you partner or someone you love. Devour the rest and feel the shame of eating an entire pizza in the pajamas you haven't changed out of for 3 days.



**75**

**MEZZE  
MANICHE  
ALLA GRICIA**

KYLE RINDINELLA  
CHEF – ENOTECA SOCIALE

## Ingredients

400g Dried Mezze Maniche or Rigatoni  
1 1/2 cups (200g) Guanciale or Pancetta  
2 cups + ½ cup (200g + 50g) Grated Pecorino Romano  
1 tsp (5g) Fresh Cracked Black Pepper

### Directions

1. Bring a large pot of water to a boil, and salt generously.

2. In a large frying pan render out the guanciale, with a little bit of vegetable oil, on low heat until the guanciale is crispy. Add in the black pepper and briefly toast. Add in a splash of the pasta water to stop the cooking process, and keep aside.

3. Cook the pasta until al dente, or roughly 3 minutes less than the package instructions.

4. Once the pasta is cooked add it to the pan, reserving 1 cup of the pasta water, over low heat and toss to coat the pasta in the guanciale.

5. While tossing the pasta, sprinkle in 200g of the Pecorino Romano, to bring the sauce together, and coat the pasta. If there is too much liquid, add more cheese to thicken, if the cheese is clumping or too thick, add some of the reserved pasta water.

6. Plate the pasta, and garnish with the remaining 50g Pecorino Romano.

Buon Appetito!



**77**

**TED'S  
NONNA'S  
GNOCCHI**

TED CORRADO  
CHEF – BY MINISTRY

## Ingredients

450g russet potatoes  
450g ricotta  
250g all purpose flour  
100g grated parmigiano  
6 egg yolks  
Salt to taste

## Directions

1. Boil the russets skin on until tender, remove from liquid and peel while still hot.
2. Pass through ricer or mill until smooth. Season your potatoes with salt to taste.
3. Incorporate ricotta into warm milled potatoes to get a smooth even consistency.
4. Mix in egg yolks and parmigiano until smooth and incorporated.
5. Lastly add flour and need to form a ball of dough. Once all the flour is incorporated dust the dough with flour and set aside to rest at room temperature for 20 minutes.
6. Once the dough has rested, working on a wood or marble surface, dusted your dough with

flour as well as your working surface.

7. Cut the dough into 6 equal pieces.

8. Take one piece at a time and roll the dough into a long cylinder shape, approximately as thick as your thumb. Repeat this step until all the dough has been rolled out.

9. Cut the dough cylinders into approximately 1 inch pieces and dust with flour to prevent sticking. You have made gnocchi!!!!

10. Get a pot of salted water on to boil. Once the water is at a hard boil drop in your gnocchi. DO NOT STIR THE GNOCCHI.

11. Once they float, give them 30 seconds to a minute and strain.

12. Drizzle some olive oil over the gnocchi and toss, again to prevent them from sticking.

14. At this point you could add your favourite sauce, Bolognese, brown butter or pesto. Or you can store them in your fridge up to 4 days.

**GNOCCHI  
FUCKED  
MADONNA**

80

# TED'S MEATABALLA AND TOMATO SAUCE

TED CORRADO  
CHEF – BY MINISTRY



## Ingredients

### Meatballs

280g ground veal  
280g ground pork  
10g parsley (chopped)  
10g basil (chopped)  
45g bread crumbs  
85g milk  
2 eggs  
40g grated parmigiano  
5g cracked black pepper  
10g salt or to taste

## Directions

Mix bread crumbs with milk and soak until really soft.

Mix soaked bread mixture with eggs, salt, pepper, and herbs together.

Then add to both ground meats and mix well.

Let meatball mix rest in fridge for 1 hour, shape into 65g balls.

Drop meatballs into simmering tomato sauce, braise on medium simmer for 1.5-2 hours or until tender but still juicy.

## Ingredients

### Tomato Sauce

3 litres of canned tomatoes  
500ml of chicken stock or water  
85ml extra virgin olive oil  
5g chili flakes  
3 cloves of garlic  
Pinch of black pepper  
Salt to taste

## Directions

Puree tomatoes and pass through a mill, removing only seeds.

Add all ingredients to pot and bring to boil.

Simmer 10 minutes and add meatballs to braise.

**83**

**HOT  
CHICKEN  
FRIED STEAK  
SANDO**

MEGHAN ROBBINS  
CHEF – SUPERPOINT

## Ingredients

SERVES 2 OR 1 REALLY HUNGRY PERSON

1lbs Round Steak

### For The Dredge:

200g All Purpose Flour  
5g Black Pepper  
10g Salt  
5g Cayenne  
5g Smoked Paprika  
5g Onion Powder  
5g Garlic Powder  
3g Thyme  
375g Buttermilk  
10g Hot Sauce  
100g Panko/ Breadcrumbs

### For The Gravy:

1pc Shallot, diced  
75g Butter  
75g All Purpose Flour  
400g Milk  
1/2pc Lemon, Juice  
10 Parsley Sprigs, chopped  
4 Sliced Bread

## Directions

1. Butterfly the pieces of steak. Lay between two pieces of parchment paper and pound flat (if you don't have a mallet just use the bottom of a heavy pot or pan).

2. Combine the AP flour with the first list of ingredients. Mix together well, this will be the first part of your breading.

3. In a separate bowl mix the buttermilk hot sauce, whisk together to combine.

4. In another separate dish have the panko/ breadcrumbs. Reserve any extra spiced flour as well, as you may want to add a little more kick to the final panko coating.

5. Take each piece of meat one at a time, and first dip in the spiced flour, then the buttermilk, then



the panko. Repeat this process with all the pieces of meat.

6.Heat pan with a couple good glugs of cooking oil, and a small nub of butter. Once the oil is hot add the breaded meat a couple pieces at a time. Cook for a couple min per side, and cool on a wire rack.

7.Reserve  $\frac{3}{4}$  of the remaining oil from cooking the meat. Toast the bread in the remaining fat, and make sure to stand the bread on its ends to stay nice and crispy.

### Gravy

Add the reserved oil back to the pan and sweat the shallots in it. Add the butter, then the flour and cook out the raw flour taste. Add a little bit of the milk to the pan and start to whisk out any clumps. Add the remaining milk and keep whisking until smooth. Add Chopped parsley, and lemon juice at the end. Whisk all to incorporate.

### Assemble

Stack your fried steak on the toasted bread and cover in gravy. Add crunch if you'd like with some lettuce. Feel free to get extra messy and cover the entire sandwich with gravy again!



86

**CLARENCE'S  
GRANDMA'S  
CANTO  
COUNTRY  
CHICKEN  
LEGS**

# It has all the hallmarks of classic Cantonese village cooking

My grandmother used to make this home-y steamed chicken all the time when I was a kid, and I still crave it every week. It has all the hallmarks of classic Cantonese village cooking: honest ingredients, simple steaming, and an intense natural-flavoured sauce that makes it easy to down a lot of white rice.

The key to this dish is not to overcook the chicken—it should be silky, tender and really fragrant. Many areas in Asia (including my grandmother's home village of Hoi-ping in China's Guangdong province) prefer poached/steamed chicken “just done”, where the meat is just cooked through and there's still a touch of pink at the bone. If you prefer your meat cooked longer, steam for a few extra minutes and check for doneness.

The best thing about this dish are the chicken drippings that collect on the bottom of the dish during steaming. These juices are full of flavour—don't throw it away! You'll want to spoon it over the chicken, the rice, everything!

## Ingredients

SERVES 4

4 fresh chicken legs, (drumstick and thigh together, ideally with back attached, it holds up nicer when steaming)

1-2 tbsp soy sauce  
1 tbsp Shaoxing Wine  
2 tbsp kosher salt  
2 tsp sugar  
Pinch white pepper  
2 tbsp cornstarch  
1 tbsp vegetable oil  
1 large knob fresh ginger, peeled, sliced and lightly bruised  
6-8 whole scallions, cut into 2-inch pieces  
8 whole star anise, soaked in Shaoxing Wine or water

## Directions

1. To make the marinade, combine soy sauce, Shaoxing Wine, salt, sugar and white pepper in a large bowl. Add chicken legs and massage until combined. Add cornstarch and mix well. The cornstarch will help bind the marinade together and give the chicken its silky, slippery texture. Add oil and mix well. Let stand on the counter for at least 1 hour, or ideally, overnight in the fridge.

2. Remove chicken from the fridge 1-2 hours before steaming and allow to come to room temperature.

3. Place a metal steaming rack stand in a large wok or pot and add enough water to reach 1 inch below the top of the stand. Cover and bring to boil over high heat.





4. Meanwhile, place chicken legs in a high-sided plate or dish in a single layer. Don't overcrowd the plate—there should be enough room around the chicken to allow steam to circulate and cook evenly. If you can't fit all 4 chicken legs in the plate, steam in batches. Add ginger and scallions (leaving some scallions for garnish), placing them around and between but not on top of the chicken. Place 2 star anise on top of each chicken leg.

5. Using folding retriever tongs (or regular tongs or heat safe mitts), carefully place the dish on the stand in the wok, cover and let steam over medium-high heat for 18-22 minutes or until chicken is cooked through and juices run clear. Garnish with remaining scallions, turn off heat and let chicken rest in wok, slightly

covered, for 3 to 5 minutes.

6. Remove dish from wok, and serve immediately with steamed jasmine rice and poached Gai Lan. Spoon drippings over chicken and rice and enjoy!



90

**NICK'S  
GRANDMA'S  
PRESERVED  
GREENS AND  
PORK BELLY**



**Mui  
Chuy  
Kow Yuk  
梅菜扣肉**

## Ingredients

2 pounds|880 grams pork belly, cut into 1 ½-inch pieces

1 pound|470 grams (2-inch) pork ribs, cut into individual ribs

1 pound|450 grams pork shoulder, cut into 1 ½-inch pieces

6 tablespoons|125 grams black bean sauce

3 tablespoons dark soy sauce

1 (10 ounce|300 grams) pack [pickled sour mustard greens](#), coarsely chopped

1 cup|250 ml chicken broth

rice, for serving

## Directions

1. In a large saucepan, cover the pork belly, ribs, and shoulder with 2 cups|500 ml water and bring to a boil. Stir in the black bean sauce and soy sauce, reduce the heat to maintain a simmer, and cook, stirring occasionally, until the liquid has reduced to a thick syrup, about 30 minutes (as my grandma would say, "You know it's ready when it starts to sizzle when you stir it").

2. Add in the chicken broth, reduce the heat to medium, and cover. Simmer until the pork is tender, about 1 hour. Stir in the mustard greens and cook for 5 minutes longer. Serve with rice.

*Originally published in [Munchies](#)*



93

**CLASSY  
CHOPPED  
BEEF BURGER  
AND CHEDDAR  
SOUP**

KAREN VIVA-HAYNES  
CHEF – VIVA TASTINGS

**This soup is a favourite at our house. Use it as a complete dinner with a salad on the side.**



## Ingredients

Serves 4 as a main

- 1 tbsp unsalted butter
- 6 slices of bacon, diced (minus nitrates if possible)
- 1 tbsp unsalted butter
- 60 g of Spanish onion - 1 med onion, diced
- 2 cloves fresh garlic, chopped
- 1 lb chopped beef
- 120 g canned chopped roasted tomatoes - if you can't find roasted regular will do.
- 2 tbsp tomato paste
- 1 1/2 tbsp Dijon mustard
- 2 cups of chicken stock
- 170 g grated old white cheddar
- 3 tbsp chopped fresh parsley
- 80g whipping cream - about 1/3 cup
- 1/2 cup cherry tomatoes cut in half

## Directions

Use a heavy stainless-steel pot or a Dutch oven like Le Creuset and add the tbsp of butter to the pan over medium heat. Add the diced bacon and cook until browned and cooked through. Remove with a slotted spoon and set aside.

Add another tbsp of butter to the pan and add the diced onions and garlic and a dash of salt. Sauté until cooked through, soft and browned.

Add the chopped beef, break up and cook until done.

Add the chopped tomatoes, tomato paste, Dijon, parsley and chicken stock. Bring to a boil and reduce the heat to a simmer and cook for 15 minutes to combine the flavours.

Add the whipping cream and cherry tomatoes and cook until just heated through.

Adjust seasoning with salt and pepper and serve.



96

**MUFFALETTA  
ON HOUSE  
MADE SKILLET  
FOCACCIA**

PAUL KEODPROM  
COMPLETER OF SATURDAY NYT  
CROSSWORD PUZZLES



## Ingredients

### For the Focaccia

1 cup bread flour  
1/2 cup unbleached AP flour  
1 tsp salt  
1 tsp honey  
3 tbsp olive oil, plus more as needed  
1 clove garlic  
1 sprig rosemary  
2 sprigs thyme  
3/4 cup warm water (75-90 degrees)  
2 1/4 tsp instant yeast or 1 packet (optional - add 1 tbsp of starter if you have it)

## Directions

Mince herbs and garlic and add to 2 tbsp of olive oil in a cold pot, put on low heat to infuse oil.

Mix dry ingredients in large bowl.

Dissolve honey in warm water and add yeast, let sit for five minutes until it bubbles up.

Combine dry and wet ingredients adding 1 tbsp olive oil and mix to a shaggy dough, cover and let sit for 20 minutes in a warm spot.

After 20 minutes continue to knead dough while mixing in infused oil and some of the herbs and garlic. Reserve 1 tbsp of oil/herb/garlic mixture to drizzle over loaf.

Dough will be very wet, but pliable. Gently fold over several times and form a ball, let rest for

another 20 minutes.

Preheat oven to 400 degrees.

In a six inch skillet, generously olive oil the bottom before turning dough out into the pan. Gently spread to cover the base of the pan in an even layer. Rest for 5 minutes if it doesn't want to stretch all the way to the edges. With your fingers make divots in the dough, not quite to the bottom of the pan to form the signature pools in the top of a focaccia.

Drizzle the remaining oil and herbs over the top of the loaf and bake for roughly 20 minutes until the top and bottom are golden brown.

Let sit for 20 minutes before assembling sandwich.

## Ingredients

For the Olive Salad:

- 1 cup mixed green and black pitted olives of your choice
- 1 stalk celery
- 1/2 carrot
- 2 pepperoncini
- 2 cauliflower florets
- Olive oil to coat
- 1 tbsp red wine vinegar
- 1 tsp salt

## Directions

Roughly chop all ingredients and combine with oil, vinegar and salt to quickly pickle. Can store in the fridge for a week.

Optional ingredients: capers, onions, chili flakes (whatever you want to pickle is fine).

Pre mixed muffuletta mix is available at most grocery stores now, feel free to add what you want.



## Ingredients

For the Sandwich:

Olive Spread

House baked focaccia

Mortadella

Hot capocollo

Genoa Salami

Provolone

Swiss Cheese

## Directions

Slice loaf through the middle for a top and bottom.

Cover bottom loaf with olive salad not quite too the edges.

Layer sandwich alternating with mortadella, provolone, hot capocollo, swiss, genoa salami.

Cover top layer of salami with another spread of the olive salad then place the top of the loaf back on to cap it off.

Wrap tightly in saran wrap, trying to get as much air as possible out. Place in fridge overnight to let the flavours come together.

Slice into 6 wedges and share with your pals from a safe distance, or eat the whole thing and sleep off the next three months.



100

**POMODORO  
BRAISED  
MEATBALLS  
WITH CHEESY  
POLENTA**

MATTHEW DEMILLE  
CHEF – EAT WITH MATT DEMILLE  
/BOULART BREAD

## Ingredients

(serves 4 ppl)

### For the meatballs

1 lb of medium ground beef  
4 mild or spicy Italian Sausage,  
taken out of casing  
1/4 cup freshly chopped parsley  
1 tbsp of dried thyme  
1 tbsp of dried oregano  
1 tbsp of dried basil  
2 tbsp of onion powder  
2 tbsp of garlic powder  
2 eggs, cracked in a bowl and  
whisked  
Kosher salt  
Freshly cracked black pepper  
Olive oil

### For the sauce

1 can of tomato puree  
1 can of whole plum tomatoes  
1 tbsp of fennel seeds  
6 cloves of garlic, thinly sliced  
1 sprig of fresh basil  
1 tsp of smoked paprika

### For the polenta

1 cup of whole milk  
1/2 cup of polenta  
2 tbsp of butter  
1 pinch of nutmeg  
1 tsp of fresh thyme  
1 cup of grated mozzarella cheese  
1 cup of grated parmesan cheese (for  
garnish)

## Directions

In a medium sized mixing bowl  
combine the ground beef and sausage  
meat with all other ingredients  
seasoning well with kosher salt &  
pepper. Mix well.

Place a small frying pan onto  
medium-high heat.

Fry off a small piece of the  
meatball mix and pop it in your  
mouth to try. This is where you can  
tweak the seasoning before you  
commit to making the meatballs. Does  
it need more salt?  
Maybe more garlic or herbs? Each  
person's taste is different.

Once your happy with the mix,  
portion into 2 oz balls by coating  
your hands in a bit of water  
and rolling between your hands. They  
don't have to be perfect! Bake  
meatballs @ 400°F for 20 min.

Meanwhile, place a medium-large sauce-pan on medium heat. Add in a few glugs of olive oil then the garlic and fennel seeds. Allow garlic to brown slightly and fennel seeds to toast.

Add both tomato cans, smoked paprika + basil into the pot and bring to a simmer. Allow to bubble away for 20-30 min.

Add the meatballs to the sauce pot and continue to simmer for 15-20 min.

#### To Serve

Put a medium sized sauce-pot onto the stove on medium heat and add in the milk, nutmeg + fresh thyme. Allow the milk to simmer for a few minutes to infuse.

Slowly whisk in the polenta until

completely combined with milk. Turn heat to low and let polenta simmer for a few minutes.

Fold in the cheese and butter and season to taste. The consistency may need to be adjusted by adding more mil. However, the end result should be soft + creamy.

Spoon polenta evenly between 4 large bowls or plates

Top polenta with 3 meatballs and finish with a drizzle of good olive oil and parmesan cheese.

ENJOYYYYYYYYYYYYYYY!

NOTE: If you not a fan of polenta put meatballs in a sub bun with the mozzarella and pickled hot peppers or place one in a slider bun OR slice them and use them in the

layers when you make lasagna next time.

**Stay safe  
& I love  
you.**

103

**BUDGET  
BULGOGI  
AND RICE**

BRIANNA MASON

## Ingredients

### Rice Base

3 cups sushi rice (if you don't have access to sushi rice or the cost is prohibitive use regular rice)

3 cups water (use 4.5 cups if using regular rice)

1/4 cup rice wine vinegar

1 tbsp sugar

1 tsp salt

### Bulgogi

1-3 Lbs beef, sliced thin (depends on how many days you want to eat beef)

1-3 Tablespoons oil, preferably sesame

1-3 Tablespoons Sugar

1-3 Tablespoons soy sauce

1-3 Tablespoons Mirin

Chili paste to taste

2-6 cloves minced garlic

Grated ginger, to taste (start with a teaspoon and work your way up)

\*Note: The proportions for this will vary according to your taste and what ingredient you have on hand. Ultimately what you want is enough marinade to coat the beef

**Side ingredients:** any sort of fermented veggies, carrots shredded into thin strips, cucumber cut into matchsticks, avocado cubes, etc.

## Directions

### Rice

Cooking rice is made easier by a rice cooker (\$20 on amazon or your local Asian grocery) but it can easily be made in a pot with a tight fitting lid as well.

1. Take 3 cups of rice and rise until the water runs clear. Drain off the water, a mesh strainer is great for this, and add 3 cups of water. Let sit for 30 min.

2. If you are using a rice cooker this can be done in the cooking pot and once your 30 minutes is over simply turn on your rice cooker. If you are using the stove at this point cover the rice and bring to a boil. Once it is boiling bring it down to a simmer and start timing. Check your rice at 10, 15, and 20 minutes. You want a cooked through



grain that has a bit of springiness in the middle.

3. Turn the cooked rice out into a large sheet pan and let it cool for 2-4 min.

4. While you're waiting combine 1/4 cup rice wine vinegar, 1 tablespoon sugar, and 1 teaspoon salt. Whisk until combined.

5. Pour the dressing over the rice and use a spatula to fold the rice over itself until the dressing has been absorbed, the rice is shiny, and everything is cool enough to handle.

### **Bulgogi**

1. Mix all ingredients and let sit. Twenty four hours is best marinating at the start of prep will work as well.

2. Heat up a wok or cast iron skillet to medium-high heat with a splash of vegetable oil.

3. Dump beef and marinade in the pan; if it's heated properly it should fry up quite quickly. You want it to cook for only as long as it takes to cook through. Too long in the skillet and it will overcook and become tough.

4. Once everything is browned and cooked, immediately remove from pan.

5. Place on top of warm rice and add assorted side ingredients.

Enjoy!

106

**SUGAN'S  
BUTTER  
CHICKEN  
TIKKA MASALA**

SUGANYA JAYAPALAN

## Ingredients

### For the Masala/Sauce:

Butter – 2 tablespoons  
Olive oil – 2 tablespoons  
Onion -2 nos roughly chopped  
Tomatoes – 5 nos roughly chopped  
Ginger – a small piece roughly chopped  
Garlic – 4 cloves roughly chopped  
Cashew nuts – 10 pieces  
Salt – 1 teaspoon  
Sugar – ½ teaspoon  
Water – ¼ Cup  
Coriander – 5 stalks (chopped)  
Full Cream – ¼ Cup

### For Chicken Tikka Marinade:

Chicken Thighs – 250 grams (small cuts)  
Butter and Olive oil – 1 tablespoon

### Marinade 1:

Garlic – 2 cloves minced  
Ginger – an inch minced  
Lime juice – 1 teaspoon  
Salt – ½ teaspoon

### Marinade 2:

Turmeric Powder – ½ teaspoon  
Chili /Cayenne pepper powder – ½ teaspoon  
Yogurt – 2 tablespoons

### Masala Powder:

Turmeric Powder – ½ teaspoon  
Cumin Powder – 1 teaspoon  
Garam Masala Powder – 1 teaspoon  
Chili /Cayenne pepper powder – 1 and ½ teaspoon



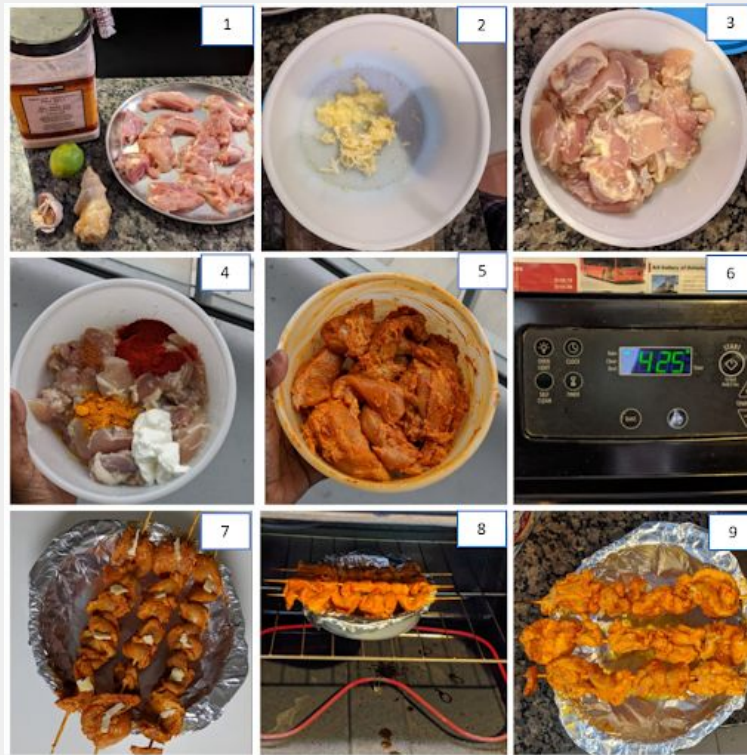
## Directions

### Chicken Tikka

1. Marinate chicken with Marinade 1 content (mentioned in the ingredients), cover it with a thin film and keep in fridge for overnight

2. Next day before preparation, mix the Marinade 2 content to the previously marinated chicken and let this second marination rest for an hour.

3. Skewer the chicken, brush with oil and butter. Then, bake in oven at 425 F for 35 mins. Ensure every 10 mins the skewer is turned over to get a golden colour



## Directions

### Masala/Sauce

1. Take a wide pan. Add 1 tablespoon of butter and oil to it and wait for it to warm.

2. Add the ginger and garlic, followed by onions to the pan and sauté until the onion turns pink in colour.

3. Add the tomatoes and sauté for a minute. Then add the cashew nuts followed by the Masala Powder with salt.

4. Add water, close with a lid and cook for 25 mins on medium-low heat.

5. The oil will start to separate from the mixture. At this point turn off heat and cool the mixture completely.

6. Once cooled, use a blender and carefully puree the content.

7. Add a tablespoon of butter and oil to a pan and warm. Keep on very low heat.

8. Add a ½ teaspoon of chili powder and sauté for less than a minute, taking care not to burn it.

9. Add the pureed mix into the pan and add sugar to balance the tartness of the tomato. Mix the content together. You can adjust the salt at this point as required.

10. Add the full cream mixture to the pan. Place a lid on and leave it for 3 mins.

11. Finally, add the grilled chicken from the skewer, and mix well.

12. Let simmer for couple of mins and then turn off the stove.

13. Coriander leaves are added at the end over the sauce as a garnish along with a spoon of cream.

This dish is an all-time favorite to one and all! It can be best enjoyed with plain/flavored basmati rice or Naan.

110

# SELBY'S FRENCH ONION SOUP

JOHN HORNE

EXEC CHEF – MAISON SELBY/CANOE/AUBERGE  
DU POMMIER/BIFFS/LIBERTY COMMONS AND A  
MILLION OTHER RESTAURANTS

# Chef, may I?

I haven't known John for very long but that doesn't preclude him from being a good friend.

I never grew up with him in the kitchen. I never worked for him. I never had him yell at me for not having a clean station.

John and I know each other through hockey.

Brent Maxwell (another chef featured

in this book), John and myself are part of a men's league hockey team that Brent organizes. The team is a motley crew of sorts, but is largely comprised of people that work in the hospitality industry, both front and back of house.

John - on the exterior - has a persona you'd expect from an avid hunter slash farm boy growing up in small town Ontario.

He will not shy away from a body check (in a non-contact league) and he's equally comfortable calling everyone a "fucko" regardless if they are a line cook, an opposing player or a friend. He also has a steely look that clearly suffers not a single fool.

I've seen how John runs his kitchens: cooks scamper around with a sense of urgency, balancing precariously between sheepishness

and aplomb, fastidiously dancing with precision that only a leader of John's caliber demands.

Last summer I paid him a visit at Maison Selby to sell him on some produce a friend was growing on his farm. In the middle of our convo, a staff member walked up and said "Chef may I?" Sharply, without averting his eyes from the radish in hand, John responded "No you may not."

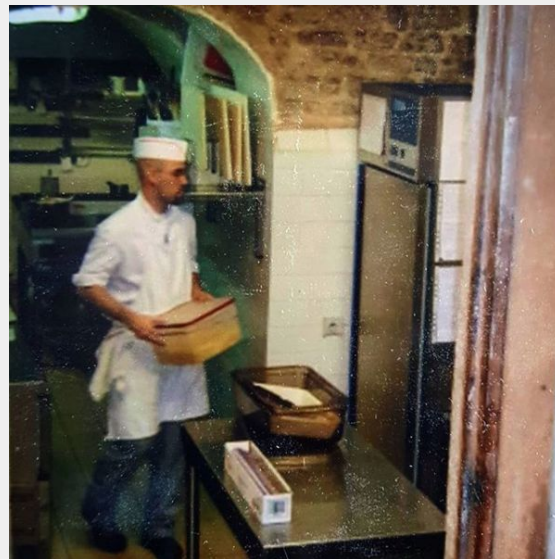
The staff member walked away quietly like a child that had been scolded. I laughed. John laughed. The staff member laughed.

The joke was sharp and well delivered, intended to cut just ever so shallow. It was a zing at the perfect moment. +1 for John.

But at the core John is generous, honest, caring and engaged. He is an active participant in many charity initiatives, including my sister-in-law's NPO that raises funds for cancer patients. He's always down to help fellow chefs and restaurateurs whether it's through collaboration or giving advice over a beer. And he is tirelessly working on initiatives that either educate people about food culture or help bolster an industry that is in danger of being irreparably damaged.

When I asked John for his recipe, he texted "Thanks for doing this. You're a good guy at heart, I won't tell anyone."

Same to you fucko.





## Ingredients

**makes 4 to 6 servings**

**cooking time: 4 -6 hours**

1/2 lb butter

10 large onions, peeled, cored and  
thinly sliced with the grain

salt and pepper

1 tsp tomato paste

1 cup red wine

1 cup Cognac or brandy

1 sachet of thyme, rosemary, black  
peppercorns and bay leaves

3 L dark chicken stock

### For garnish

Toasted slices of croissant or  
baguette

Shredded Gruyère

## Directions

In a large, heavy-bottomed pot,  
melt butter over medium heat.

2. Add onions, stir and season  
generously with salt and pepper.

3. Lower heat and continue cooking,  
stirring regularly, until the  
onions completely caramelized.

4. When the onions have  
caramelized, stir in the tomato  
paste and cook for at least 30  
more minutes.

5. Pour in the red wine and Cognac  
or brandy, and toss in the sachet.  
Reduce mixture to one third.

6. Add the stock and allow to  
simmer for one hour.

7. Remove from heat, allow to cool  
and chill overnight.

8. To serve, reheat soup gently, add  
a splash of brandy, taste and adjust  
seasonings. Serve in oven-proof  
bowls. Top each serving with toasted  
croissant slices and Gruyère. Place  
under broiler until cheese is melted  
and browned.

114

# WHITE PORK RAGU

CHRISTOPHER TERPSTRA  
CHEF AND CO-OWNER – ALIMENTARI

## Ingredients

5kg Pork trim  
2kg Hard pork fat  
50g Fresh chopped rosemary  
50g Fresh Garlic  
10g Toasted cracked black  
peppercorn  
3L Pork Stock  
1L White wine  
500g max Mild Salumi scraps  
Salt to taste - season throughout  
cooking process  
2 Spanish Onions  
1 Large Carrot  
1/2 Head celery

### Equipment

Meat grinder  
Large rondeau (a wide shallow pot)  
wood spoon  
hotel pan  
tin foil  
oven set to 300°F

## Directions

Mix your meat, fat and garlic.

start to brown your meat in the  
rondeau.

place browned meat in large deep  
hotel pan.

Finely chop the rosemary and blitz  
the vegetables in the food  
processor until fine.

add vegetables to rondeau and sweat  
with some more olive oil.

deglaze with white wine and reduce  
by half, then stock.

Add everything to the rondeau and  
mix thoroughly, make sure all the  
meat is covered well with stock and  
wine.

Cover with tin foil, poke a couple  
holes in the top and place in a  
300°F oven for at least 4 hours.

Check at the 2 hour mark to see if  
more liquid needs to be added, add  
some water if necessary.

remove from oven taste for salt,  
pepper and rosemary, add more stock  
if needed.

Eat with a thick chewy noodle like  
Pici, Spaghettoni, or Bucatini.

**116**

**FESWICK'S  
PORK AND  
DILL PELMENI**

ALEXANDRA FESWICK  
EXEC CHEF – DRAKE DEVONSHIRE

## Ingredients

### Dough

6 cups AP flour  
2 tsp salt  
2 large eggs  
2 cups warm water

### Filling

1 medium onion, finely diced  
2 large cloves of garlic, finely minced  
½ bunch of dill, picked + roughly chopped  
½ bunch of parsley, picked + roughly chopped  
¼ cup chicken stock (or water)  
1 lb ground pork  
1 lb ground beef (or veal)  
salt + pepper, to taste  
scallions, dill, parsley + sour cream for garnish

## Directions

### Dough

Combine all the ingredients and combine until the dough becomes smooth and elastic to the touch.

Set aside for approx.. 3 minutes.

### Filling

Combine onion, garlic, herbs + stock together in food processor. In a separate bowl, combine the meats and season with salt and pepper well. Add in the herb mix until well incorporated (I throw mine back in the food processor in batches on pulse for a 10-15 seconds to blend well). Set aside in the fridge and move back to your dough.

Divide dough into quarters, so you can make the pelmeni in batches, and cover with a tea towel to keep from drying out.



Using a rolling pin and some additional flour for dusting, flatten the dough as thin as possible. [The dough should be fairly elastic and forgiving.] Using a cookie cutter, make rounds out of the dough.

Scoop approx. a teaspoon of the meat mixture in the centre of your dough rounds.

Dip your finger in a small amount of water and make a ring around the outside of the round. This will create a 'glue' to hold your dough together.

Fold the round into half. I tucked the corners in so they formed little roses, but folding in half like a perogy is perfect.

Cook dumplings in boiling water for approx. 7 minutes, until they float to the top of the water and the middle of the dumpling feels tight to the touch. (you can pull out a tester to make sure the meat filling is fully cooked).

Toss in melted butter and serve with some additional garnishing herbs and sour cream. Enjoy!



119

**MAT'S VEGAN  
CHARRED  
BROCCOLI &  
COCONUT  
SOUP**

MAT RAVENSCROFT  
CHEF – ROSALINDA

## Ingredients

1/2 white onion, diced  
1 small knob of ginger, julienned  
1 jalapeño, charred + de-seeded  
1/2 head of garlic, peeled and sliced  
1 cup kale, shredded  
1 head of broccoli, peeled  
1 lemon (for zest)  
1 tbsp turmeric  
1 cup coconut milk  
2 cup mushroom broth

### Garnish

(this can really be whatever you like)  
Crushed peanuts  
Chili flakes  
Chopped herbs  
Pickled shallots

## Directions

1. Put pan on medium heat, add oil of your choosing and let heat thoroughly; add onion, garlic, ginger, jalapeño + 2 zests of lemon (take a peeled, and peel off the skin of a lemon x 2).

2. Add salt, stir continuously until onions become translucent and mixture is aromatic.

3. Add turmeric, and deglaze with mushroom broth; bring back to a boil on medium heat.

4. While that is heating, peel the fibrous stem of the broccoli and chop entire head into larger chunks.

5. Heat secondary pan on high with oil (something with a high smoking point), place large chunks of broccoli crowns flat onto pan.





Try not to crowd the pan or move the florets until they caramelize (even a bit of char is nice).

6. Place all broccoli, once (careful not to cook the broccoli entirely - this will be related to time in the pan and size of the cuts) into a bowl and repeat until all pieces are charred.

7. Chiffonade kale, add to pot with broccoli pieces; stir and let simmer gently.

8. Add coconut and let boil for 2 minutes (The greens should still be bright); put entire contents into a blender and blend on high until smooth.

9. Adjust seasonings + garnish with crushed peanuts, pickled shallot, herbs + crushed Chili flakes.

**Here's a link how  
to chiffonade:  
[https://www.youtube.com/watch?  
v=yJEQ](https://www.youtube.com/watch?v=yJEQ)**

122

**CRAIG'S  
CHILLED  
GREEN PEA  
SOUP**

CRAIG WONG  
CHEF/OWNER – PATOIS

## Ingredients

5 cups frozen peas  
4 cups cold chicken stock, or  
vegetable stock  
1/4 cup mint leaves  
1/4 cup Baby spinach leaves,  
blanched, shocked in ice, squeezed  
of excess moisture  
1 tbsp salt  
1/2 tbsp ground white pepper  
1/2 cup heavy cream

## Directions

1.Add frozen peas and stock into a  
blender, Blend on high for 3-5  
minutes until mixture is very  
smooth.

2.Add mint, spinach, salt and white  
pepper. Blend for another 30  
seconds.

3.Add heavy cream and blend for 10  
seconds.

4.Strain the soup and refrigerate or  
serve chilled immediately.

**124**

**SMOKE  
SIGNALS  
MACARONI  
& CHEESE**

## Ingredients

750g macaroni  
500g cheddar cheese grated  
67g smoked gouda grated  
250ml homo milk  
500ml 35% cream  
salt to taste  
4 tbsp old bay  
110g butter  
100g all purpose flour  
Panko to top

## Directions

### Step 1

Heavily salt water for boiling macaroni noodles. Cook macaroni to al dente.

### Step 2 - Make Béchamel

1. Bring milk and cream to room temperature. Do not use directly from the fridge.

2. Melt butter and whisk in flour to make roux at medium temperature.

3. Slowly incorporate milk and cream while whisking. Once all the milk/cream has been mixed in, gradually add cheeses while stirring continuously. If you have an immersion blender, you can use this by pulsing the mixture. The speed will help prevent the milk solids and fats from splitting (otherwise known as breaking).

4. Add old bay to béchamel and mix thoroughly.

### Step 3

1. Combine the béchamel and macaroni in a casserole dish or a dutch oven.

2. Ensure that the macaroni is evenly coated.

3. Sprinkle panko bread crumbs on top and broil in oven until top is toasted or golden brown (approximately 3-5 mins).

4. Remove and serve!

**126**

**SMASHED  
CUCUMBER  
SALAD  
INSPIRED BY  
FUSCHIA  
DUNLOP**

## Ingredients

1 cucumber (about 10 oz/300g)  
1 tbsp garlic finely chopped  
½ tsp salt  
8 - 10 dried chilies  
2 tbsp cooking oil (canola or vegetable)  
½ - 1 tsp whole Sichuan pepper  
1 tsp sesame oil  
½ tsp black rice vinegar  
2 tsp light soy sauce  
½ tsp sugar

## Directions

### Step 1

Lay the cucumber on a chopping board and smack it hard a few times with the flat blade of a cleaver or with a rolling pin. Then cut it, lengthways, into four pieces. Hold your knife at an angle to the chopping board and cut the cucumber on the diagonal into ½-1cm slices. Place in a bowl with the salt, mix well and set aside for about 10 minutes.

### Step 2

Heat a seasoned wok or a fry pan over high heat. Pour in the cooking oil. Quickly swirl it around, then add the chiles and Sichuan pepper. Stir-fry the spices until the chilies are darkening but not burned. Remove from heat and let cool in a separate container.

### Step 3

Combine all the other ingredients in a small bowl. Drain the cucumber, pour over the sauce, stir well and serve immediately.

128

# BROCCOLI FRITTATA

PAULA NAVARRETE  
CHEF – SURAYA



**I love love eggs. Breakfast, lunch and dinner, this is a great thing to make ahead of time and have for the week.**

## Equipment

9" cake pan, or a small casserole mold

Blender is nice, or immersion blender

Cheese Grater

## Ingredients

524g Broccoli cut (\* approx 2 heads)

10 whole Eggs

35g Cream

4g Salt

110g Cheddar Cheese

## Directions

Cut broccoli into smaller pieces.

In a pot with boiling water and salt (\*like pasta ) cook the broccoli until tender. Drain and cool.

Crack all the eggs in the blender, add salt, and blend. This will make the eggs fluffy.

Let the egg mixture sit for a second and you can skim the foam if desired.

Line a 9" cake pan with parchment paper and some non stick spray, or butter.

Grate cheddar cheese.

Pack the pan with broccoli, layering it with cheese as you go. Like nachos.

Pour egg mixture over the broccoli.  
Ready to bake!

Bake at 300F, low and slow. Approx  
45 mins. Until eggs are hard to the  
touch.

It will get golden brown on the top,  
if you rather it be a bit less,  
cover with tin foil hand way through  
the cooking process.

Keeps well for 1 week. Great to eat  
cold, warm, with yogurt, and a  
salad.



132

**VEGETARIAN  
FRENCH  
ONION SOUP**

NICK MORRA  
CHEF OF THE PEOPLE

## Ingredients

25 lbs yellow onions (not Vidalia)  
Vegetable oil  
1 Batch Dark Stock (see recipe)  
500g (½ bottle) Amontillado Sherry  
Sherry Vinegar  
Sugar  
Kosher Salt

## Ingredients

**Dark Stock**  
15 lbs yellow onions, unpeeled and  
cut in half horizontally.  
2 cans of (300g) tomato paste  
1 small jar (125g) Marmite  
2 heads of garlic, cut in half  
horizontally.  
1 bunch thyme  
12 bay leaves  
12g black peppercorns  
2 whole piece star anise  
Vegetable oil

## Directions

**Dark Stock**  
In a cast iron pan (or on the  
barbecue) char the cut side of all the  
onion halves until very black.  
In a large pot add a small film of  
vegetable oil and heat until it  
glistens.

Add tomato paste and stir with a  
wooden spoon until roasted out.  
Add charred onions and remaining  
ingredients to the pot. Fill with cold  
water just to cover the onions.  
Bring to a consistent low simmer.  
Let cook for 1 hour.

Strain through a fine chinois or  
strainer.

## Directions

### Soup

Peel and slice onions lengthwise - about 1mm thin. Try to be consistent in slices, but don't pull your hair out over it - it's soup.

In a large heavy bottomed pot, heat a ¼ cup of vegetable oil until it shimmers. Add all onions and a four finger pinch of salt.

Reduce heat to low.

Slowly cook out onions for 6-8 hours, stirring frequently to prevent scorching.

Take the onions further than you think. You want nice dark caramelized onions to be the base

of this soup. Once onions are finished caramelizing, add the dark stock and the sherry, and then bring up to a simmer. Over low heat simmer for an hour, reducing until consistency and flavour is achieved.

Be aware that you must stir quite often in this stage, as the onions tend to sink to the bottom of the pot and burn. This will make all your hardwork taste acrid and bitter.

Season slightly with sherry vinegar.

Finally season soup with salt and sugar. Back and forth until equilibrium in flavour is achieved.

### To Assemble

French onion soup base  
Gruyere cheese, sliced  
White cheese curds  
1 loaf day old sourdough, large cubes

Preheat the oven to 300F and bake sourdough croutons until hard and fully dehydrated, about an hour. Remove from the oven and let them cool.

Raise the oven to 500°F.

In OVEN SAFE crock or french onion soup bowls, fill with the hot soup base to ¾ inch below the rim.

Add a handful of sourdough croutons, then drape two slices of gruyere cheese on top. Finally finishing with

a handful of cheese curds on the gruyere.

Place soup bowls on a baking tray and into the oven.

Bake for 10 minutes or until the cheese is bubbling and crispy around the edges. If you want crispier cheese, you can broil on high for a minute or two.

Enjoy!

**If you leave out the cheese or substitute with vegan cheese, this soup can be made 100% vegan as well :)**

136

**ROSA LEV'S  
LENTIL SOUP  
WITH  
CHESTNUTS**

ELLY LEV  
DAUGHTER OF ROSA



## Ingredients

1 cup of red lentils  
2 tablespoons of oil  
1 cooking onion  
1 teaspoon of salt, or to taste  
1 red hot pepper  
3 cups of liquid (broth or water)  
1 teaspoon of cumin  
1 bag of chestnuts, approximately 12 pieces  
1 ½ tablespoons of butter  
2-3 cloves of garlic  
2 teaspoons of whole cumin seeds  
A squeeze of lemon juice for flavor

Dice an onion and fry with oil in the soup pot until it's transparent.

Wash the lentils and put into a pot.

Put three cups of broth – you can use veggie stock, chicken stock or water, depending on your taste or dietary needs – per one cup of lentils. If you see it becomes too thick, you can always put more liquid in it.

Add the hot pepper into the soup pot. Add one teaspoon of salt or to your taste.

Allow the soup to cook until the lentils have disintegrated, the colour will turn from red to yellow. Stir occasionally.

While the soup is cooking, melt the butter in a pan. Slice the garlic into a few pieces and add to the pan, along with the whole cumin.

Fry it up until the garlic is nicely browned and fragrant. Make sure it doesn't burn. Pour a little water into the pan and cook for another minute.

When the soup is almost ready, pour the butter mixture through a strainer into the soup. Add the ground cumin into soup and remove the pepper.

Once the soup is ready, chop up the chestnuts and add them in. When serving, squeeze in some lemon, depending on taste.

(Pairs well with toasted pita, olive oil and zatar!)

**138**

**A STORY ABOUT  
MYSELF AND JON  
PONG IF YOU FEEL  
LIKE READING,  
THAT GIVES  
CONTEXT TO THE  
FOLLOWING DISH**

# Right now, Jon and I are supposed to be eating hawker food in Penang, Malaysia.

That clearly isn't happening.



In October of 2018, my friend Jon and I decided to blindly plan a trip to Asia spanning 3 different countries and 9 different destinations.

I've known Jon for a long time. His older brother Josh and I were both into graffiti during the 90's and had gone to the same art high school in Scarborough. However, I didn't actually befriend Jon till much later in life.

Around the late 2000's is when Jon and I started hanging out. I knew he was a cook, but never had any idea how good of a cook. In 2011 I asked him to help me with a BBQ for a NXNE party at the infamous 159 Manning and let me tell you, Jon's a good cook.

We had a basic menu: a spit roasted pig, corn on the cob with garam masala and parm (trust me...it works) and a recipe for potato salad that Jon had stolen from the Ukrainian grandmother of a girl he was dating (which later I stole and adapted to

use at Smoke Signals). We used C5's kitchen to do prep and somehow, Jon convinced Ted Corrado - the exec chef - to lend us his personal spit and minivan.

159 Manning - for those that don't know - was a chaotic, debaucherous, clusterfuck "punk" party that symbolized everything right and wrong about the late aughts. Imagine hundreds of people, semi-relevant bands, mountains of coke and cheap ass beer mixed together in someone's house and backyard for one night.

**Jon saved me from going to a Vietnamese jail and that's I knew I was forever in debt to that dude. Fuck.**

It was perfect.



Fast forward to October 2018 and Jon and I set off on a pan-Asian trip with one goal in mind: eat as much shit as possible.

Our travels took us to Hong Kong, Tokyo, Hokkaido, Ho Chi Minh, Saigon, Danang, Ninh Binh, Hoi An and everywhere in between. We rendezvoused with chef friends, met new ones along the way, ate anything that seemed edible and absorbed as much local culture as we could.

In Danang, the halfway mark of our trip, I was involved in a scooter accident. A really bad scooter accident. By any stretch of the imagination, I should be dead.

Because I didn't die, the police in Danang decided that I should spend some time in jail (a very fluid amount of time I must add). If I wanted to avoid jail, it would cost me. One thousand Canadian dollars to be exact.

Without hesitation I culled any cash I had and Jon beelined it to the nearest ATM to withdraw whatever money he could. We handed it over to the police officer whose only response, with great wisdom was "you should be dead."

That day, Jon saved me from going to a Vietnamese jail and that's when I knew I was forever in debt to that dude. Fuck.

We capped the day off by having a cold beer and Bánh xèo for dinner. I could barely hold a conversation. My head rang. Blood dripped down my

# Jon saved me from going to a Vietnamese jail and that's when everything changed.

leg. But I was alive and eating the best fucking Bánh xèo ever with a good friend. It felt like a Bourdain episode. Life was good.

Our travels continued and we completed the back nine of our trip, returning to Canada with memories of food and stories that seemed too bizarre to make up.



March 18 2020, we were supposed to depart for version 2 of our Asian adventure. I was to go for 30 days, while Jon intended to stay for 7 months.

On March 14th, our friends hosted a small "send-off" dinner party. After spending the day cooking and talking to my friend Vickie, I was 85% sure I wasn't going. I held onto that 15% just in case a global

pandemic could somehow clear up in 3 days. Naively, I thought there was still a chance.

Jon on the other hand, remained very inclined to go.

We stuffed our faces with pizza and cassoulet (both recipes in this book) and bantered like good friends do. Our dinner conversations flip flopped from Covid-19 to food to travel to food to convincing us not to go to Covid-19. We bid our farewells and rolled our asses home.

That would be the last time any of us had a meal together.



Joni Mitchell was right. We really don't know what we got until it's gone.



143

**JON'S  
CHARRED  
CABBAGE AND  
SICHUAN OIL**

JON PONG  
CHEF – FORMERLY DRAKE 150

## Ingredients

### Sichuan Chili Oil

#### Part A

225g veg oil (1 cup)  
20g ginger thumb sized piece, sliced  
20g green onion, 1 piece chopped  
10g garlic 2 cloves  
5pcs Star anise  
1pc cinnamon stick 2"  
18g Szechuan peppercorns 1.5 tbsp  
2g coriander seed 1 tsp

#### Part B

18g sesame seed 2 tbsp, toasted  
24g Sichuan chili flakes 4 tbsp (can substitute with regular or Korean chili flakes)  
1/2 tsp Chinese five spice  
4g Szechuan peppercorns 2 tsp

## Directions

1. Place ingredients Part A into a small pot and turn heat to medium. Keep heat at a medium level, there should be some bubbling around the ingredients. Cook for 30 minutes, adjusting the heat and maintaining the temperature around 250F, the ginger, onion, and garlic should be golden brown.
2. While oil is infusing, measure out Part B in a medium sized heat proof bowl.
3. Once 30 minutes is up, strain the hot oil over the other spice mixture, it will bubble up and allow to cool.





## Ingredients

### Charred Cabbage + Sichuan Chili Oil

1/4 head green cabbage, cut into triangles  
1/2 bunch green onions, cut into 2" pieces  
2 tbsp veg oil  
2 tbsp soy  
2 tbsp black vinegar (can substitute with rice/white vinegar)  
4 tbsp Sichuan chili oil

## Directions

1. Place large pan on high heat, add veg oil. Once oil shimmers and lightly smokes, add cabbage.
2. Sprinkle a little salt over cabbage and toss. Cook the cabbage for 3-4 minutes until lightly caramelized, add green onions and continue cooking.
3. Once everything is nice and charred, remove from heat add soy, vinegar, and chili oil and toss.



146

**MALLOREDDUS  
WITH SPRING  
VEGETABLES  
AND PISTOU**

SEAN GILLILAND  
CHEF FOR RUDY AND RONNY

**This is an easy pasta to make by hand, even for kids. Plus you're stuck at home in quarantine anyway, so what's your excuse?**

## Ingredients

Mallorreddus Dough  
300g semolina  
135g hot tap water

## Directions

Pour flour into a mound onto a clean counter (preferably wood) and make a well in the center. Pour water into middle of well. With your hands, slowly combine flour and water from middle to form a dough. Knead for 10-15 minutes.

Wrap tightly in plastic wrap and allow to rest for a minimum of 30 minutes.

Cut off one section of dough, wrap the remaining in plastic, and roll out into a finger width tube.

Cut tube into small fingernail size pieces. Roll (on a gnocchi board if you have one!) into little crescent moons.

Place on a semolina covered tray and set aside to dry out a bit as you repeat with the rest of the dough.



## Ingredients

### Pistou

1 bunch italian (flat) parsley  
1 bunch mint  
1 bunch basil  
zest of 1 lemon  
2 cloves of garlic (grated)  
1/2 cup olive oil

## Directions

Put all ingredients except olive oil in bowl of food processor and pulse until roughly chopped.

While running the food processor, slowly pour in olive oil until a loose sauce is formed.

Pour in a large bowl and season to taste with salt and black pepper.

(Ed. Note: If you don't have a food processor you can either chop finely by hand and whisk in oil or if you're really don't care about improving your knife skills, use a blender on low.)

## Ingredients

### To Finish

1 bunch asparagus (coined)  
1 cup shelled peas (Frozen is fine,  
but fresh is best if in season)

## Directions

Boil a large pot of heavily salted water. Add pasta.

After two minutes, add peas. After another two minutes, add asparagus.

After two more minutes, save some pasta water in a measuring cup then strain pasta, peas, and asparagus into a colander.

Add pasta and vegetable mix to bowl with pistou and stir to combine. If mixture is too thick, add some of the reserved pasta water to loosen.

Season to taste with salt and juice from half a lemon.

Plate and cover with shredded parmesan.

Enjoy.



**151**

# **GRAHAM'S POZOLE VERDE**

GRAHAM PRATT  
CHEF/OWNER – FORMERLY THE GABARDINE  
CHEF – WOODHOUSE BREW PUB

## Ingredients

All of this can be found at No Frills grocery stores (depending on location)

4 small servings or 2 Graham size servings

1/4 cup veg oil  
2 guajillo chilis  
2 ancho chilis  
2 packages sazón goya con culantro y achiote  
2 vegetarian bouillon cubes  
1 tsp ground cumin  
1 ½ tsp dried oregano-1 white onion (peeled)  
8 garlic cloves (peeled)  
-1/2 bunch culantro (or cilantro in you don't have)  
6 trinidad pimientos (tops removed)  
1 green pepper (top removed and deseeded)

3 whole habaneros (top removed)  
1 can La Costena whole tomatillos (1/2 the liquid drained out)  
1 can goya white hominy  
2 cups water  
salt/pepper to season





## Directions

### Garnish

Cut radishes, chopped white onion, shredded queso fresco, fresh lime, tajin, fried tortillas, pulled pork or chicken. Or keep vegetarian, whatever you want that makes sense!

### Method

In medium pot add oil and then all ingredients in first column. Let cook on low until the chilis just start to release some colour (about 5 minutes on low). In a food processor puree all ingredients except tomatillos, hominy and water.

Add pureed mix to pot and cook on medium/medium low for about 10 minutes, mixture should start to show oil again and thicken.

While the base is cooking, pulse

puree the tomatillos until just broken down but not smooth. Add tomatillos, hominy and water. Remove dried chilis and discard. Cook on medium/medium low for about 30 min stirring often.

To serve ladle into bowls and garnish how you choose. Best eaten with a massive hangover.



154

**TYLER'S  
ONE-POT  
PASTA E CECI**

TYLER SHEDDEN  
CHEF – CHASE HOSPITALITY GROUP

## Ingredients

2 tbsp olive oil  
2 cloves garlic, peeled & smashed  
3 tbsp tomato paste  
1 tsp kosher salt, plus more to taste  
1 tsp harissa paste or red chili flakes to taste  
1 ½ cups cooked chickpeas  
½ cup dry uncooked orecchiette pasta  
2 cups water

## Directions

Heat 2 tablespoons of olive oil in a heavy-bottomed pan on medium heat.

Add 2 smashed garlic cloves, stirring until it becomes very lightly browned.

Stir in the tomato paste, salt, and harissa paste with garlic. Cook for 1 minute, stirring constantly.

Add the chickpeas, pasta, and water. Bring to a boil.

Stir occasionally to scrape any bits that stick to bottom of pan.

Reduce heat to simmer until the pasta is cooked. Approximately 15 to 20 minutes.

Check the seasoning.

### To Finish

4 tbsp olive oil  
1 garlic clove, peeled and finely chopped  
1 tsp fresh rosemary, minced

### For the Oil Infusion

Heat the 4 tablespoons olive oil in a small sauce pot on medium heat with remaining clove of garlic, chopped rosemary, a pinch of salt and pepper, until sizzling, then pull it off the heat.

Ladle the pasta and chickpea into bowls. Spoon the olive oil infusion over the top and grate some fresh parmesan cheese to finish.

**156**

# **EGGPLANT AGEDASHI**

SHORI IMANISHI  
CHEF/OWNER – IMANISHI JAPANESE  
KITCHEN/IMANISHI BASEMENT BAR

## Ingredients

Bonito Dashi (see recipe)  
Mirin  
Soy Sauce  
Garlic  
Dried red chilli  
Eggplant

### *Dashi Recipe*

#### Ingredients

1L Water : 30 Grams Bonito Flake

Bring 1L of water to boil , turn off heat and add Bonito flakes . Steep for 2 mins and strain .

## Directions

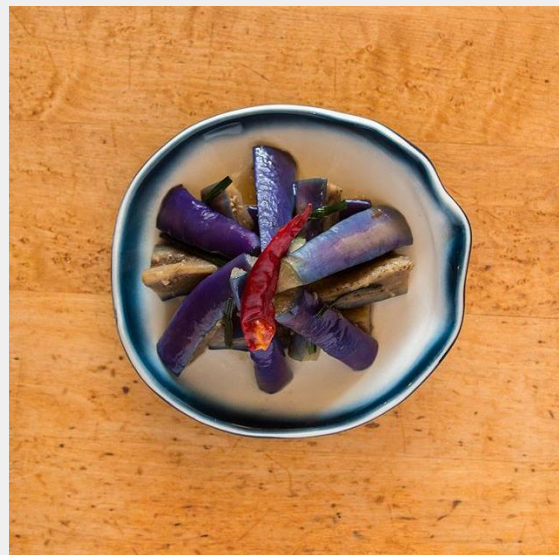
Prepare Agedashi sauce: Add Dashi(500ml), Mirin(5tbs) and Soy sauce(5tbs) into a pot . Bring to boil and turn off heat .Add 1 crushed garlic and 1 dried chilli.(NOTE: Make enough Agedashi sauce for eggplants to marinate in)

Cut eggplants so all cuts are evenly sized .

Lightly deep fry eggplants (If you are using a fry pan use a generous amount of oil and fry each side for roughly 10 seconds)

After frying, let eggplants sit on some kitchen paper to rid of excess oil

Place eggplants in to Agedashi sauce , cool in fridge for 1 hour and serve



158

**PONGER'S  
SCALLION  
PANCAKE**

JON PONG  
CHEF – FORMERLY DRAKE 150

## Ingredients

280g AP flour  
1 tsp Salt  
1 Tbsp veg oil  
200g Boiling water  
sesame oil  
1-2 bunches green onion, thinly sliced

## Directions

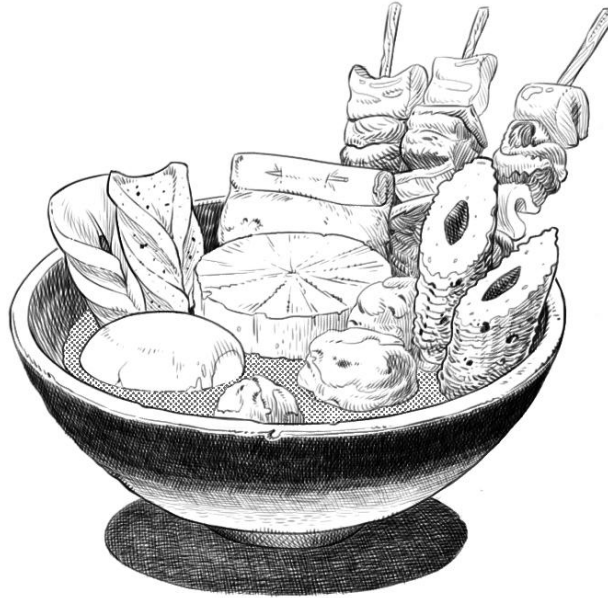
1. Mix flour + salt in a bowl
2. Boil water and pour over flour, add veg oil, and mix with a wooden spoon until everything comes together. It may need a little more water if the dough is too dry.
3. Once the dough cools down after a few minutes, knead into a smooth ball and cover with plastic wrap and rest 30 minutes.
4. Divide the dough into 4, shape into balls and roll out into a circle about 3 mm thick. Use a little flour if necessary to keep from sticking.
5. Brush each circle generously with sesame oil. Sprinkle sliced green onions evenly over the top.
6. Start from the bottom of the circle and roll into a tight log.
7. Roll each log into a spiral. Flatten out and roll out into a circle again about 5mm thick.
8. Pan fry on medium heat with veg oil until golden brown on each side. About 2-3 minutes on each side.

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**IAN  
NISHIO'S  
ODEN**

ROBIN NISHIO  
TORONTO'S ZAGAT GUY AND IAN'S SON





## Introduction

My dad rarely cooked at home. He spent most of his career as a chef in high end Japanese kitchens, working gruelling hours as chefs do. I think for the early part of my life I only ever saw my dad by the light of dawn or through the light in the crack of my bedroom door as we fell asleep for the night.

In lieu of a babysitter he would bring me down to the restaurant "Honjin" in the Village by the Grange where I would mostly huck rocks into a pond in the courtyard. Every now and then though, they'd peel back the Noren and let me into the kitchen. I can only appreciate the ingredients in retrospect. I was surrounded by fresh seafood at a time when all I really wanted was cinnamon toast for every meal but I

remember beautiful Tetris stacks of white styrofoam, their contents waiting to be scaled, gutted, and sliced under a Yanagiba. There were boxes of Shako when that was still being served as a regular part of a sushi set in Toronto, and if I was really lucky I'd be allowed to clean the lungs out of the soft shell crabs so that they could be deep fried and ingested without someone choking to death at the bar.

It was a wonderful world of culinary possibility, a world that I would press my father into bringing back home with him. Most of my pleas would go unnoticed. He once asked me what I wanted for my 18th birthday and I said "All I want, is for you, to COOK." He handed me a hundred bucks and said take your friends to Chuck E Cheese (which was fine with me because

their Pizza was bangin).

Every now and then though for reasons that I can't begin to justify, he would break out the big guns and stunt on us all. I don't know if it was a flash moment of creativity, a deep craving he had to satiate, or just the need to remind us once in awhile that he could cook his ass off. Wherever the inspiration came from, those meals would stay with me long after he was gone.

People say that food is universal, it brings us together, it unifies us. I believe that it's all of those things, but I also believe that it's a way to celebrate those that can't be here with us today and to maybe...maybe, even have a meal with them.

My dad wrote this recipe in parts, in turquoise pen, in his recipe book which was not in fact, even a notebook at all but an address book. The only thing in there was the broth recipe, which came as no surprise as so much of working in a Japanese kitchen is based on observation and building a mental database for recipes and techniques. When he was sick, I asked him to give me more details about this recipe and he just smiled and said "You know what's in it, you know how it's supposed to taste."



## Ingredients

### Broth

*"Parts" for the sake of this recipe will be measured in cups.*

12 parts water  
3/4 Tbsp Hon Dashi  
1 part 50/50 mirin/usukuchi (light color soy sauce, not to be confused with low sodium soy sauce)

## Ingredients

### Oden

These can all be modified depending on what your favourites are/ how much room you have in your pot.

1 x 8" + daikon radish  
8 large eggs  
2 pkg white konnyaku  
2 pkg grey konnyaku  
2 pkg Chikuwa or Gobouten  
2 pkg Satsuma Age or Squid Tempura balls  
250 g thinly sliced beef  
10 large sized pouches of seasoned Inariage  
10 pieces of mochi  
1 pkg bamboo skewers  
1 tube of S&B Karashi Mustard

### Sides

Steamed white rice  
Japanese Pickles of your choosing

## Directions

### Broth

1. Add your water, Hon-Dash, and Mirin/Light Soy mixture into a large steel pot or Donabe. Let it sit and emulsify as you begin your ingredient prep.

### Daikon

1. Using a Y peeler, take the skin off of your Daikon and then cut it into 3/4 inch thick slices.

2. Save some of the cold water that you use to wash your rice with and move it to a small pot. Add the daikon and cook on the stove from cold to a simmer.

3. Remove from heat when the flesh becomes soft enough to pierce but not soft enough that you can drive a fork straight through.

4. Set aside.

## Eggs

1. Boil eggs on the stove for 10 minutes.
2. Remove and immerse in ice water.
3. Peel shell off of the eggs.
4. Set aside

## Konnyaku

1. Remove Konnyaku from package and rinse off with cold water.
2. Cut into 1/3 inch thick slices.
3. Flip the slice onto it's back so that it's laying flat on your surface. Make a lengthwise slit down the middle. Do not slice the piece in two. Leave the piece connected at the top and bottom.
4. Holding the bottom of the piece of the Konnyaku, take the top area and fold it down threading it into

and through the slit that you've made in the middle. From a profile view it should look like the Konnyaku is a person bowing except in this instance you're forcing his head through a giant stomach wound.

5. If you've done this right the Konnyaku will now have frilled sides and a better mouth feel to it. If you have cut too close to the top and bottom edges this is where your piece will rip.

6. Set aside.

\*If this is too difficult you can just cut it into triangular pieces and enjoy giant chunks of Konnyaku.

## Beef

1. Take your thinly sliced beef and thread it evenly onto the bamboo skewer.
2. Give it a gentle squeeze to bind the meat to the skewer.

**Inari Mochi**

1. Mochi usually comes in round pucks, or squares. Cut them in half and stuff one half into each inari bag.

2. Roll the open side down like you would a brown paper bag.

3. Cut your bamboo skewers into 3 parts. Take your now toothpick sized bamboo skewer and thread it along the rolled up part of the inari sealing the top shut and preventing the leakage of any delicious mochi.

**Cooking**

1. Add all ingredients to your broth and cook over low heat for 2-3 hours.

2. Skim beef fat off along the way.

3. Serve with Karashi Mustard.

4. Enjoy with friends and family.

**Save the broth and use  
in a Japanese curry  
recipe instead of water.**

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# TANG'S SMOKEY SAMBAL

ANDREW TANG

CHEF – FORMERLY YARDBIRD HK/OKRA  
HK/MOMOFUKU TORONTO

When John Pong and I went to Hong Kong in 2018, we met up with Andrew, a Toronto expat who decided to settle down back in his hometown.

It will go down as one of the most memorable trips for me ever. Tang showed us the many different and vibrant faces of Hong Kong that most visitors don't witness or know about.

From wet markets in Mong Kok to Michelin starred dim-sum to partying in seedy Wan Chai to aftershift drinks with local restaurant staff to roadside tables at Dai Pai Dong, Tang showed us every crevice that is the Fragarant Harbour, warts and all.

The very first night meeting up with Andrew, he took us for late

night typhoon shelter crab and over a cold Tsing Tao, we talked about China's re-education camps, melamine rice and Hong Kong's current political temperature.



Then to everyone's surprise - except Tang - razor clams hit the table and at that moment I knew we were in good hands.





## Ingredients

200g thai crab paste  
200g thai shrimp paste  
10 pcs lemongrass  
100g galangal  
200g shallots or onion  
100g garlic  
4 pcs lime leaf  
200g long red chilli  
50g bird's eye chili  
50g cilantro stems  
50g shaoxing rice wine  
Chinese rice vinegar to taste  
Fish sauce (60 Nitrogen level) to taste  
Palm sugar to taste (sub white sugar if needed)  
Rendered fat (pork/beef/chicken) to taste

## Directions

1. Cut shallots into flat slices, grill.
2. Remove tops of long red chilis and grill along with lime leaf until they are pliable and moderately charred.
3. On medium heat toast sliced galangal, peeled garlic cloves, bird's eye chilli and cilantro stems in thick pan (carbon, cast iron, stainless steel) till evenly charred.
4. Toast crab & shrimp paste in sauce-pan over low heat until aromatic.
5. Add palm sugar and slowly melt, stir often with spat as sugar will burn easily.
6. Deglaze with shaoxing, ensure alcohol evaporates.
7. Place cooked ingredients in blender/thermomix along with some vinegar and fish sauce to start.
8. Use high quality fish sauce, higher nitrogen level = higher protein level = more body.
9. Slowly pour in melted fat and emulsify to mixture. Veg/canola oil can be substituted.
10. Adjust seasoning with fish sauce, vinegar, oil/fat. if needed sprinkle in some extra reg sugar.
11. Store in glass jar in refrigerator.

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**ALBACORE  
TUNA WITH BOK  
CHOY, TOFU,  
COCONUT  
BROTH AND  
ANISE ASH**

BRENT MAXWELL  
CHEF – LA SOCIÉTÉ

## Ingredients

4 5-ounce pieces albacore tuna  
1 lb baby bok choy - thoroughly  
washed and cut into medium sized  
pieces  
8 ounces firm tofu - large dice  
1 clove garlic - thinly sliced  
Juice of one lime (more if dry lime)  
Basil leaves for garnish  
Sea Salt  
Olive oil

Coconut broth - see recipe  
Anise ash - see recipe



## Ingredients

### Coconut Broth

500ml coconut milk  
Juice and zest of 1 lime  
1 stick of lemongrass sliced  
1 bunch of washed cilantro roots  
10g sliced ginger  
1 small Anaheim chili sliced  
1 tsp coriander seeds  
1 tsp white peppercorns  
3 pieces of star anise  
Salt

## Ingredients

- 1.Combine coconut milk, lemongrass, ginger, Anaheim chili, coriander seed, white peppercorn and star anise in a pot.
- 2.Bring to a simmer and remove from heat.
- 3.Add cilantro roots, lime juice and zest.
- 4.Wrap top in plastic wrap.
- 5.Steep for 20 minutes and strain.
- 6.Adjust seasoning while still warm.
- 7.Cool on ice.

## Ingredients

Anise Ash

10 pcs Star Anise

## Directions

1.Place star anise on a small baking sheet and cook at high heat until fully burnt.

2.Allow to cool.

3.Grind in a coffee grinder or food processor until completely powdered.

4.Store in airtight container.

## Directions

1. Season the tuna with salt and some of the anise ash.

2. In a hot pan with a touch of canola oil (slightly smoking), quickly sear the tuna on all sides. Approx. 10 seconds on each side.

3. Remove from pan and allow to rest.

4. In the same pan, sear the tofu until golden brown.

5. Add the sliced garlic and bok choy. Add some sliced chili too if some spice is desired. Continue cooking until bok choy is slightly wilted.

6. Deglaze the pan with lime juice and remove from heat.

7. Evenly separate the bok choy/tofu mixture into four shallow dinner bowls.

8. Slice all the tuna to desired thickness or leave whole if preferred.

9. Pour in warm coconut broth, as much as you like.

10. Garnish the dish with freshly torn basil and/or cilantro leaves, sea salt and more of the anise ash for a smokey essence.

11. Drizzle with a touch of olive oil to finish.

## Notes

**Dish works well with any protein actually. Yellowfin, salmon, scallops etcetera. Even pork loin/ tenderloin, chicken, beef etcetera.**

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**JAMAICAN  
PEPPA SHRIMP  
& PINEAPPLE  
SKEWERS**

CRAIG WONG  
CHEF/OWNER – PATOIS

## Ingredients

12 pieces Large Tiger shrimp, U10  
(approx. 50g each)  
1 tbsp Ginger, chopped  
1 tbsp Garlic, chopped  
1 whole Scotch bonnet  
2 sprig Thyme, picked and chopped  
2 tbsp Spicy paprika  
1/3 tsp Allspice  
1/3 tsp Cayenne  
2 tbsp Rum (preferably amber, but if  
you're feeling boozy, try Wray &  
Nephew)  
1/2 cup Ketchup  
2 tbsp Pineapple juice  
1 quarter Pineapple  
1 medium Zucchini  
6 Cherry tomatoes  
Salt to taste

## Directions

1. Soak skewers for 30 minutes in cold water
2. Peel and devein the shrimp.
3. Sweat the garlic and ginger for two minutes over low heat, then add the scotch bonnet, thyme, paprika, all spice, and cayenne, and toast until aromatic.
4. Deglaze with rum, add ketchup, and cook out for 5 minutes until it thickens slightly, then thin with pineapple juice.
5. Cool the marinade down, and then marinate the peeled shrimp for 2-3 hours.
6. Peel the pineapple, core it, and cut into ½ inch thick pieces.
7. Cut zucchini into ½ inch thick rounds.
8. Grill the pineapple and zucchini.
9. Skewer two shrimp, a piece of pineapple, a cherry tomato, and a piece of zucchini onto each skewer.
10. Brush with oil and season with salt.
11. Grill on medium high heat on BBQ for 3 minutes on each side.



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**JP'S  
LOUISIANA  
SHRIMP  
ÉTOUFFÉE**

JEAN-PAUL BOURGEOIS  
CHEF – EATLIKEASOUTHERNER

## Ingredients

2 lbs peeled and deveined shrimp  
1/4 lb of butter  
1 cup diced onion  
1/2 cup diced celery  
1/2 cup diced green bell pepper  
1/2 cup diced green red bell pepper  
1/2 cup diced tomato  
3 cloves of garlic, minced  
2 bay leaf  
1 cup of flour  
1/2 cup tomato sauce  
2 quarts of shrimp stock  
1 cup of sliced green onions  
1/2 cup chopped parsley  
Salt and pepper to taste  
Tabasco pepper sauce

## Directions

In a sauce pot, melt butter over medium heat.

Add onions, celery, red and green bell peppers, garlic, and bay leaves.

Saute for 10 minutes or until vegetables have softened.

Whisk in flour to create a white roux.

Stir in tomato sauce and stock.

Bring to a boil and simmer for 45 minutes stirring occasionally so mixture does not stick.

After 45 minutes add shrimp, green onions, parsley and cook for an additional 15 minutes.

Season with salt, pepper, and hot sauce.

Eat over steamed white rice.

179

# SESAME PANNA COTTA

JON PONG  
CHEF – FORMERLY DRAKE 150

## Ingredients

180g Milk (3/4 cup)  
240g 35% cream (1 cup)  
40g White sesame (4 tbsp)  
45g Sugar (3 tbsp)  
pinch Salt  
2 pcs Gelatin Sheets (or 2 tsps gelatin powder)

1. Toast sesame seeds in a pan on medium-high heat, stirring & tossing constantly to keep from burning. Set aside.

2. Pour milk, cream, toasted sesame, sugar, and salt in a pot and bring to a boil. Remove from heat and cover pot for 45 minutes to infuse.

3. Strain mixture. Re-heat liquid to a simmer and remove from heat (do not boil).

4. Bloom gelatin sheets in cold water for 1-2 minutes until soft. Squeeze out sheets and add to the warm panna cotta base.

5. Stir until gelatin is fully dissolved. Pour into small cups or bowls and set in fridge to firm up

(do not cover for the first hour to prevent condensation) Should take about 4 hours to set up.



**181**

**MOM'S  
BOURBON  
CHOCOLATE  
CAKE**

## Ingredients

312g semisweet chocolate chopped  
170g unsalted butter  
6 large eggs  
¾ cup packed light brown sugar  
¼ cup all purpose flour  
¼ cup bourbon (I use Weller Reserve)  
1 tsp pure vanilla extract  
½ tsp kosher salt

### For Serving

1 - 2 tbsp sugar  
Confectioners Sugar for dusting

1. Position an oven rack on the middle rung and heat the oven to 350°F.

2. Butter a 9x3" round cake pan. Line the bottom of the pan with a round of parchment and butter the parchment. Set the cake pan in a roasting pan large enough to accommodate it.

4. Melt the chocolate and butter over a double boiler. Remove from the heat and let cool slightly.

5. With an electric mixer (a stand mixer with the whip attachment or a hand mixer), beat the egg yolks with the brown sugar on medium speed until very pale, thick, and fluffy, about 3 minutes. Reduce the speed, add the chocolate mixture, and mix just to combine. Add the

flour, mixing just to combine and scraping the bowl as needed. Blend in the bourbon and vanilla. Transfer to a large mixing bowl and set aside.

6. In a clean mixing bowl with clean beaters, beat the egg whites with the salt on high speed until they hold soft peaks, 1 to 2 minutes. With a rubber spatula, fold one-third of the egg whites into the chocolate mixture to lighten it, and then gently fold in the remaining whites. Scrape the batter into the prepared cake pan.

7. Set the roasting pan on the oven rack and add enough warm tap water to come halfway up the sides of the cake pan. Bake until the top feels set, 40 to 45 minutes. Remove the cake pan from the water bath and

run a paring knife around the inside of the pan (or the inside of the parchment collar) to loosen the cake and then let the cake cool completely in the cake pan on a rack. When the cake is completely cool, loosen the sides once more with a paring knife. Cover the cake with a serving plate and invert the cake onto the plate.

The bottom of the cake is now the top. Peel off the parchment. (Don't worry if the surface looks a little ragged; you'll be dusting with confectioners' sugar).

**To serve:** Dust the top of the cake generously with confectioners' sugar, slice.

Can also be served with whipped cream.

*Adapted from Fine Cooking.*

**184**

**MOM'S  
VEGAN  
CHOCOLATE  
MOUSSE**



## Ingredients

32 chocolate sandwich cookies (Oreos are vegan, but there are many other brands that are vegan, dairy-free, and even gluten-free)

3 tbsp melted margarine (or other vegan butter)

600g silken tofu, drained

1/4 cup real maple syrup

2 tsp real vanilla extract

400g dark chocolate, melted

fruit, powdered sugar, or vegan whipped cream for serving

*Adapted from the Busy Baker.*

## Directions

1. Crush the chocolate sandwich cookies in your blender and add the melted margarine, pulsing to combine completely.

2. Press the cookie crumb mixture into the bottom and up the sides of a 9-inch springform pan lined with parchment paper (for easy removal of the cheesecake later on!)

3. Chill the crust to set while you make the filling.

4. To a clean blender add the silken tofu, maple syrup, vanilla extract.

5. Melt the chocolate in a double-boiler over low heat, or melt it in the microwave at 50% power for 30-second increments until the chocolate is melted and smooth.

6. Let the chocolate cool slightly before adding it to the blender with the other ingredients. This will ensure a smooth texture.

7. Blend until very smooth, scraping down the sides of the blender if necessary.

8. Pour the filling into the chilled crust and smooth out the top with a rubber spatula.

9. Place the cheesecake in the fridge to chill for at least 6 hours, or overnight, before transferring to a plate to slice and serve.

10. Serve with fresh berries, powdered sugar, or your favourite vegan whipped cream.

186

**EASY FRIED  
ITALIAN  
ZEPPOLE  
FRITTER**

BARB AND CARM ACCOGLI  
OWNER – BAKER AND CHEF

## Ingredients

50g vegetable oil  
100g water  
100g all purpose or bread flour  
3 whole eggs  
¾ of baking powder  
Pinch of salt  
3 cups vegetable or canola oil

### Tools

Heavy sauce pot  
Wooden spoon  
Stand mixer  
Flat paddle  
Piping bag with any tip

(ed note: if you don't have a piping bag or tip, you can use this ziploc bag hack

[https://www.youtube.com/watch?v=7suA\\_urD4bg](https://www.youtube.com/watch?v=7suA_urD4bg))

## Directions

1. Pour water, salt and oil vegetable in a small non stick saucepan, bring it to the boil. As soon as it starts bubbling add the flour and stir constantly. Basically the flour needs to get toasted on the stove for about five minutes, beating constantly and vigorously with a wooden spoon, until you have a golden ball of choux pastry dough that will not stick to the sides of the saucepan. This is when you know the dough is ready.

2. Remove from the stove, transfer into a clean mixing bowl and stir on low and let it cool slightly. When the steam dissipates, add the whole eggs slowly one at a time and add the baking powder. Continue to stir in your mixer with the flat paddle for about five minutes, until smooth, glossy and thick. Once done you can transfer into a piping Bag.

3. Heat the vegetable or canola oil in a large sauce pot until about 350°C. Pipe the dough round or donut shape onto small cut parchment pieces so they can fry in this shape - the parchment paper can be removed while frying.

4. Fry the zeppole until light golden brown - make sure to turn them over while frying.  
Approx time 5 min

5. Once they are fried place on a rack to cool, and sift icing sugar over the fritters and enjoy! The zeppole can also be filled with custard, whip cream or nutella for a more decadent dessert!

188

# JESSICA'S KEY LIME PIE

JESSICA FRANKLIN

## Ingredients

### Crust

1 1/4 cup of graham crumbs  
2 tbsp of granulated sugar  
1/4 cup of butter

*or you can buy a ready made 9"  
graham pie crust*

### Filling

3 egg yolks  
3 tsp of grated lime rinds  
1 can of condensed milk  
1/2 cup of fresh lime juice

### Topping

Whipped cream

## Directions

### Crust

1. Preheat the oven to 325°F.
2. Mix graham crumbs, butter and sugar.
3. Evenly press mixture into 9" pie dish.
4. Bake for 10 minutes.
5. Let the crust cool.

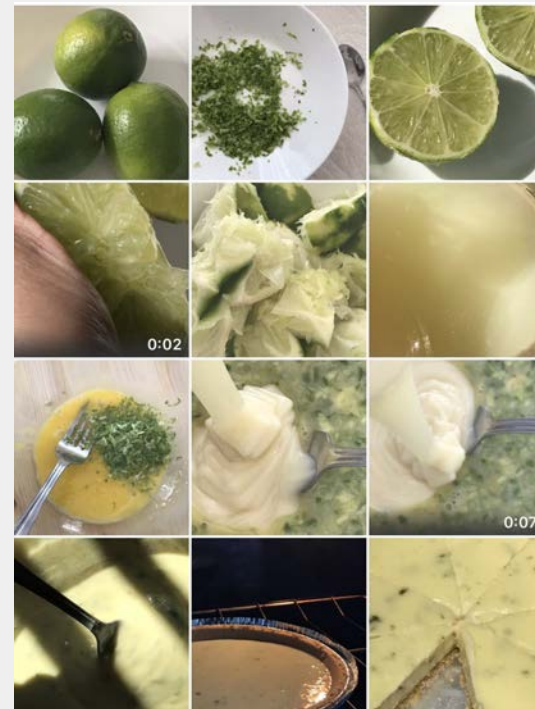
### Filling

1. Whisk egg yolks.
2. Mix egg yolks and lime rinds.
3. Add condensed milk and lime juice.
4. Mix until well blended.
5. Once crust is cool, pour filling into crust evenly.
6. Bake for 15 minutes
7. Cool for 3 hours

### Topping

1. Top with whipped cream as desired and garnish with lime rinds.

Enjoy :)



190

**PLANT  
BASED  
BANANA  
BREAD**

JOYCE WONG  
PASTRY CHEF – CHASE HOSPITALITY GROUP

## Ingredients

makes 1 loaf

### wet ingredients

1 cup ripe bananas  
1 tbsp lemon juice  
1/2 cup canola oil  
1/2 cup soy milk

### dry ingredients

1 cup brown sugar  
2 3/8 cups AP flour  
1 tsp salt  
1 1/4 tsp baking powder  
1 1/4 tsp baking soda

## Directions

Prep: 10 minutes, most

Mix wet ingredients and dry ingredients separately.

Combine mixtures together.

Pour in a parchment-lined loaf pan.  
Bake at 325°F for 40 to 45 minutes.

192

# HONG KONG MILK TEA ICE CREAM

ED WONG  
OWNER – WONGS ICE CREAM



## Ingredients

Makes approximately 2 litres.  
Requires ice cream machine.

### Ingredients

1/2 litre whole milk (3.25%)  
1/2 litre heavy cream (35%)  
1 can (14oz.) condensed milk  
6 tea bags black tea

## Directions

Mix whole milk, heavy cream and condensed milk together in a sauce-pan. Heat slowly until steaming. Do not let it come to boil. Turn off heat and add tea bags. Steep for 30 minutes (adjust time to suit your taste). Remove tea bags. If any tea bags break, strain mixture through a coffee filter to remove.

Fill sink with ice and set sauce-pan into it in order to cool the mixture quickly. If you don't have ice, simply use cold water. Once mixture is cooled to at least room temperature, store in refrigerator overnight (or 4 hours minimum).

Freeze according to your ice cream machine's directions.



194

**OATMEAL  
CHOCOLATE  
CHIP  
COOKIES**

JOSHNA MAHARAJ  
CHEF/AUTHOR – TAKE BACK THE TRAY

## Ingredients

1 cup butter, unsalted and softened  
1 cup brown sugar, packed  
2 eggs  
2 tsp vanilla extract  
1 ¼ cups spelt flour  
1 tbsps cinnamon  
½ tsp baking soda  
1 tsp salt  
3 cups quick cooking oats  
1 cup walnuts, chopped  
1 ½ cups chocolate chips

## Directions

1. Preheat oven to 325°F. Line two baking sheets with parchment.
2. In a stand mixer fitted with the paddle attachment, cream butter and sugar together until smooth. Beat in vanilla, and eggs, one at a Time.
3. In a medium bowl, combine the spelt flour, cinnamon, baking soda, and salt. Add dry ingredients to butter mixture and mix until combined, scraping down the bowl a couple of times.
4. Add oats and mix to combine, then add walnuts and chocolate chips, mixing to combine Thoroughly.
5. Scoop heaping teaspoonfuls of batter onto lined baking sheets, about 1" apart and flatten slightly

with wet fingers. Bake for 9-10 minutes, until lightly golden. Remove from heat and allow to cool.

196

**VEE'S  
REUNION  
TOUR**

VERONICA SAYE  
BARTENDER – TENNESSEE TAVERN

## Ingredients

1.5oz bourbon (I use Wild Turkey)  
.5oz amaretto  
.5oz angostura syrup  
1oz lemon juice  
1 egg white

## Directions

To make angostura syrup blend (with a blender or whisk) 1 part rich syrup and 1 part angostura bitters, depending on your desired amount.

To make rich syrup heat 1 cup water in a pot, until right before boiling point. Add 2 cups white sugar and stir until sugar is dissolved. Do not let it come to a boils, as this can crystallize the sugar after cooking. Remove from heat and let cool, store in a glass jar or bottle in the fridge for up to 6 months.

This can be used for a multitude of cocktails, and is considered a staple ingredient in any home bar.

Add egg white to a shaker tin first, ensuring no yolk is added to the tin. Dry shake (without ice) all ingredients until egg whites

are frothed (about 15 seconds).

As two large ice cubes and shake until there is a nice frost on the outside of the shaker tin. About 15 seconds.

Strain into a rocks glass over ice. Garnish with 2-3 drops of angostura bitters.

# 198

## THE RUNAWAY

VERONICA SAYE  
BARTENDER – TENNESSEE TAVERN

## Ingredients

1.5oz toasted sunflower gin  
.75oz fino sherry  
.75oz flower power syrup  
.75oz lemon juice

## Directions

To make Flower Power syrup make a tea using 2 tbsp dried chamomile, 1 tbsp dried chrysanthemum, 1 tbsp whole apricot kernel, 6 honeysuckle stems and cups water. Reduce until 1-1.5 cups. Add equal parts sugar, and stir until dissolved, never letting it boil.

Remove from heat, let cool, and store in a glass jar or bottle for up to 6 months.

Many of the dried flowers can be hard to source (although they are all available at Herbie's Herbs) and this cocktail will still be delicious with a straight chamomile syrup. It is the same process but instead use 3 chamomile tea bags or 3 tbsp of dried chamomile.

To make toasted sunflower seed gin, toast 1 cup sunflower seeds on a

baking sheet at 350 for 5 minutes, or until golden brown. Add 1 bottle London Dry gin (I use Beefeater) and still warm sunflower seeds to a glass bowl or jar. Let sit for 20 minutes, strain.

Funnel back into bottle and store in your liquor cabinet, this has no expiry date.

Shake all ingredients over ice until well chilled. Strain into a glass, garnish with a 2-5 drops of sugar flower seed oil.

# 200

## THE SJCB MASON JAR COFFEE

SAM JAMES  
OWNER – SAM JAMES COFFEE BAR



**This coffee recipe is for people with little experience or tools ...but a great desire to drink that good stuff and own a jar.**

**This recipe is a take on French press Aka “immersion brewing” which is a fancy way of saying “make coffee like you steep tea”.**

## To do this correctly you need a couple things.

Mason jar

Scale

Coffee beans (preferably ground SJCB  
beans)

Coffee grinder (if using whole bean)

Mug

1. Don't even need a French press, any glass vessel will work. (my tip is to use a mason jar, as the shoulder of the jar holds back the grinds when you pour out)

2. If you have a scale, congrats. If you don't, then use the approx ratio of 2 heaping spoonfuls of coffee grinds for each 10oz cup you intend to brew.

3. The scale comes in handy for getting the exact ratio of coffee to water every time, if you're aiming for consistency. \$100 will get you a great scale.

4. To find that ratio, put the brewing vessel on a scale and 0 it. Then fill the vessel with water to the level you want to brew to and weigh that. The weight of the water divided by 16 will tell you how

much coffee to use exactly. Eg. 850g of water / 16 = 53g of coffee. 16:1 is the ratio.

5. Or approx 2 heaping tablespoons per 10oz mug.

6. Weigh out your favourite SJCB coffee, or whatever the hell else you drink `~\_(\ツ)\_/~`. I suggest you buy whole bean and grind it while your water boils, but if you don't have a grinder, you can buy your coffee ground at any SJCB or on the website, and keep the bag inside a ziplock, squeeze the air out and keep it frozen.

7. Boil your water, and set a timer for 4 minutes. Add the coffee to the empty jar/pot/vase....place on a scale if you have one, and 0 it again.

8. Once the water has boiled, start your 4 min timer and pour the water up to the level you plan to fill to, or if using a scale, fill until the weight is the same as your first water measurement. See #4.

9. Pour all the water in at once, give a gentle stir to ensure all ground coffee is wet, and observe the oily foam & grinds floating on top. This is a reaction between the hot water, oil and the CO<sub>2</sub> in fresh coffee. It's also a good sign of well roasted coffee.

10. You do NOT need to submerge the floating coffee with the plunger. It will sink naturally during the 4 mins, and you will have a chance to scrape away whatever remains at the end of the timer. No need to clean that plunger thing anymore.

11. Once the timer completes, use 2 spoons to scrape the remaining oils and floating coffee from the surface. Rinse those in a dipping cup of water.

12. Pour slowly to keep the silt and grinds still at the bottom. If you're using a mason jar, pour from the corner to the shoulder is deepest at the exit flow, and will catch any silt that could sneak into your cup.



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**SANJANA'S  
GRANDPA'S  
MASALA  
CHAI**

SANJANA SHARMA

## Ingredients

Yield: 2 Cups

1.5 tsp Loose-leaf black tea leaves  
(I use this [brand](#). It's available in No Frills or Superstore but you can use any other loose-leaf black tea.)  
2 tsp Brown sugar  
3 cardamom pods  
3 cloves  
Thin slice of ginger  
Milk  
1 small cinnamon stick (optional)

1. Heat one cup of water in a pot on medium heat. (Just use the cup/mug you will drink the tea in!)

2. Add tea leaves, sugar, cloves, and cinnamon stick to the pot. Lightly smash the ginger and cardamom pods in a mortar and pestle. Add them to the pot as well and give it a swirl.

3. Bring the tea and spices to a boil for a few minutes until the brew is fragrant and dark in color.

4. Add one cup of milk to the pot.

5. Let the tea brew for a few minutes until the color changes from a pale brown to a darker, rich brown and the tea is boiling. Once the tea is boiling, lower heat to a simmer for a few minutes to get all the beautiful flavors of the spices. (Don't rush this step!! If

it does not change color after a few minutes, add some more tea leaves here.)

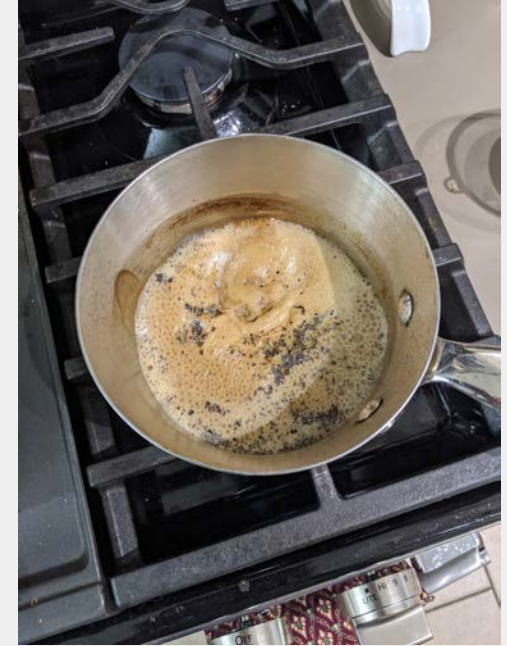
6. Once the color is dark brown, pour the tea over a strainer and serve!



The brew after the tea leaves and spices have been boiling for a few minutes. It's now ready for the milk to be added.



The tea is pale brown when the milk is added.



The chai is ready once the color changes to a darker and richer brown.