NIAGARA FALLS
BUSINESS EVENTS



COOKING UNDER PRESSURE

RECIPE GUIDE

FALLSMEETINGS.COM

EPISODE 1 • ERIC CHOU & CHEF JAMES PRICE

FLANK STEAK KATSUDON

WITH CITRUS RICE & TOMATO BEAN SALAD

PREP TIME 35 min **TOTAL TIME** 50 min **SERVES** 4

COOKING UNDER PRESSURE

DIRECTIONS

Katsudon

1. Take three bowls and spread them out to make a breading station. Add the flour to one bowl, crack two eggs into the second bowl, and whisk the eggs with a tablespoon of water. In the third bowl, add the panko.
2. Bread your cutlets by coating them in the flour, then the eggs, and finally the panko.
3. Pan-fry the cutlets on medium-high heat until golden brown (2-3 min per side). Remove from the pan and set aside side on a clean dish.
4. Julienne the onion and gently sauté in the same pan on medium heat.
5. In a bowl, mix the sake, sugar, broth and soya sauce. Add the liquid mixture to the pan with the onions and bring to a simmer.
6. Slice the cutlets into one-inch strips.
7. In a separate bowl, crack the two remaining eggs and lightly break up with a fork or whisk.
8. Add the cutlet strips to the pan with the liquid and gently pour over the eggs. Bake for 12 minutes at 350°F.

Cont'd on next page.

INGREDIENTS

Katsudon

¾-1 cup	flour
4	eggs
¾-1 cup	panko
4 x 2 oz.	flank steak cutlets
1	large white onion
¼ cup	sake or white wine
1 tbsp.	soya sauce
1 tbsp.	sugar
¼ cup	beef or chicken broth

Citrus Rice

2 cups	white rice
Zest 1	lemon

Tomato Bean Salad

12+	cherry tomatoes
5-6	field tomatoes
1 can	black beans
1 can	chickpeas
¼ cup	celery leaves
	parsley & basil
1	Niagara peach
¼ cup	olive oil
1 tbsp.	white balsamic vinegar
1 tbsp.	plain yogurt

NOTES

- You can substitute flank steak for any protein (pork, chicken, turkey or veal).
- You can substitute parsley and basil with any soft herb, although these two taste best in this salad.

EPISODE 1 • **ERIC CHOU & CHEF JAMES PRICE**

FLANK STEAK KATSUDON

WITH CITRUS RICE & TOMATO BEAN SALAD

PREP TIME 35 min **TOTAL TIME** 50 min **SERVES** 4

COOKING UNDER PRESSURE

DIRECTIONS CONT'D

Citrus Rice

1. In a rice cooker, add one part rice to two parts water, or follow the rice cooking instructions on the label.
2. Add the lemon zest and a pinch of salt, and let go until the cooker turns off automatically.

Tomato Bean Salad

1. Cut the field tomatoes however you like and add to a bowl along with the cherry tomatoes, black beans, chickpeas, celery leaves and some chopped herbs.
2. Remove the pit from a peach and cut into small chunks. Add the peach to a blender with olive oil, white balsamic vinegar and yogurt. Blend until smooth.
3. Add dressing to the bowl, mix well and season with salt & pepper.

EPISODE 2 • NICOLE BECHKOS & CHEF DANTE DAGA

ITALIAN CHARCUTERIE AND ANTIPASTI

SERVED AS SMALL PLATES

PREP TIME 20 min **TOTAL TIME** 20 min **SERVES** 1-2

COOKING UNDER PRESSURE

DIRECTIONS

Guanciale

1. Lay the thinly sliced guanciale at the centre of a pate and drizzle with honey.
2. Sprinkle with pumpkin seeds and balsamic vinegar.

Lardo

1. On a cutting board, spoon the goat cheese into the centre of the lettuce stalk and spread gradually. Season with salt and pepper.
2. Add the lettuce and goat cheese boat to a small plate and drape with a very thin slice of lardo.
3. Using a small handheld torch, scorch the lardo for 5 seconds. Finish with a sprig of thyme.

Pancetta

1. On a small plate, lay down the pancetta and overlap the slices to some extent. Add the fennel fronds across the centre of the pancetta, along with some small pieces of provolone, diced tomatoes and black truffles. Gently roll the pancetta, pressing and evening it out as you roll.
2. Drizzle with olive oil to finish.

Cont'd on next page.

INGREDIENTS

Guanciale

6 slices	guanciale
1 tsp.	raw honey
1 tbsp.	pumpkin seeds
½ tsp.	balsamic vinegar

Lardo

1 stalk	romaine lettuce
1 tbsp.	goat cheese
1 slice	lardo
	thyme & olive oil

Pancetta

1 slice	aged provolone
2-3	fennel fronds
2-3 slices	pancetta
1 tbsp.	tomatoes
3-4 slices	black truffles

Fainè Sassarese & Roasted Vegetables

1 ½ cups	chickpea flour
2 cups	lukewarm water
1 ½ tsp.	kosher salt
½ tsp.	rosemary
5 tbsp.	olive oil
1	red onion, carrot, zucchini & eggplant

Macerated Shrimp & Risotto Roll

1 cup	cold risotto
5-6	romaine lettuce leaves
6	shrimp
½ cup	Peller Estates Ice Cuvée Rosé
½	lemon
1 tbsp.	white balsamic vinegar
1 clove	garlic

EPISODE 2 • NICOLE BECHKOS & CHEF DANTE DAGA

ITALIAN CHARCUTERIE AND ANTIPASTI

SERVED AS SMALL PLATES

COOKING UNDER PRESSURE

PREP TIME 20 min **TOTAL TIME** 20 min **SERVES** 1-2

DIRECTIONS CONT'D

Fainè Sassarese & Roasted Vegetables

1. Combine the chickpea flour and water in a bowl, whisking until the batter is smooth. Cover the bowl with plastic wrap or a tea towel and let stand at room temperature for 2 hours. Skim as much foam as possible from the top of the batter. Whisk in the salt, rosemary and three tablespoons of olive oil into the batter.
2. Preheat your oven to 500°F. Place a 10-inch cast-iron skillet over high heat until smoking hot. Pour two tablespoons olive oil in the skillet and swirl to coat the bottom with oil.
3. Quickly pour the batter into the skillet and carefully transfer it to your preheated oven. Bake in the oven until it is brown and crusty, about 25 to 30 minutes. Transfer immediately to a large plate, let cool and then cut into wedges.
4. Julienne the onion, carrot, zucchini and eggplant to get roughly the same quantities for each. On a small baking sheet, add the carrots first and season with salt, a couple pinches of sugar and olive oil. Bake at 350°F for 5 minutes, and then add the zucchini and eggplant, seasoning again with salt and olive oil. Bake for 10 minutes and then finally add the onions. Bake until all the vegetables are soft and tender.
5. Place a wedge of the fainè at the centre of a small plate. Carefully lay the vegetables on top and drizzle with some olive oil and parsley.

Macerated Shrimp & Risotto Roll

1. The day before, make risotto by toasting one cup of Arborio rice in a large saucepan with a tablespoon of olive oil for 2 minutes. From a separate saucepan with warm chicken broth, add one ladle of broth to the rice until absorbed. Continue adding the broth one ladle at a time, stirring continuously, until the rice is al dente. Remove from the heat, and stir in a tablespoon of butter and some parmesan cheese. Place in a new bowl and let the risotto cool overnight.
2. Place the lettuce leaves on a baking sheet, and put into a 350°F preheated oven until the leaves get soft and slightly toasted (approximately 5 minutes). Set aside and let cool.
3. In a bowl, macerate the shrimp for 10 minutes with the juice of half a lemon, rosé, white balsamic vinegar and garlic.
4. Cover your cutting board with a medium-size sheet of all-purpose plastic wrap. Place the shrimp tightly in the centre, making sure not to overlap them. Using a new piece of plastic wrap, cover the shrimp and flatten them very gently with a mallet. Try and form a rectangle, if possible.

Cont'd on next page.

EPISODE 2 • NICOLE BECHKOS & CHEF DANTE DAGA

ITALIAN CHARCUTERIE AND ANTIPASTI

SERVED AS SMALL PLATES

PREP TIME 20 min **TOTAL TIME** 20 min **SERVES** 1-2

COOKING UNDER PRESSURE

DIRECTIONS CONT'D

5. With a new medium-size sheet of all-purpose plastic wrap, lay down all the lettuce leaves and slightly overlap them to form a rectangle. Add the cold risotto and spread evenly enough to leave space at the top and bottom. Place the shrimp on top of the risotto and at the centre of the lettuce layer.

6. Place your thumbs underneath the plastic wrap and lift the edge that is closest to you. Curve the rest of your fingers over and gently press along the length of the roll. This motion presses the risotto and the filling together and prevents the roll from being too loose. Continue to fold it underneath until you've rolled past the far edge of the lettuce.

7. Slice the roll into two-inch pieces and add to a plate with some tomatoes, chopped herbs and olive oil.

EPISODE 3 • STACY BLACQUIERE & CHEF TOM LUU

HONEY GRANOLA CRUSTED SALMON

WITH SUNDRIED TOMATO COUSCOUS, GREEN BEANS AND SAUCE VIERGE

PREP TIME 30 min **TOTAL TIME** 50 min **SERVES** 4-6

DIRECTIONS

Sauce Vierge

1. Cut the Roma tomato into four quarters and remove the jelly-like centre by cutting gently from the bottom towards the top. Leave a little bit of flesh or meat on the skin, just under half a centimetre. Slice each quarter into thin strips and then turn sideways to do a small dice. Place into a mixing bowl.
2. Remove pits from the olives if necessary. Dice them to be the same size as the tomatoes. Add these to the bowl.
3. Peel the orange, lime and lemon using a paring knife until the inside flesh is exposed. Peel only one-quarter of the grapefruit. Once peeled, segment all the citrus fruits by gently slicing where the thin white lines divide. You're segmenting the fruit so there are no membranes in your salad. Once segmented, cut the segments into uniform pieces and capture as much of the juice as you can. Add to the mixing bowl.
4. Remove the stems from the cilantro and do a rough chop. Add to the bowl.

Cont'd on next page.

INGREDIENTS

Sauce Vierge

1	orange, lime, lemon & grapefruit
1	red onion
1	Roma tomato
15	Niçoise / pitted black olives
¼ cup	cilantro
4	garlic cloves

Couscous

8 halves	sundried tomatoes
1 cup	couscous

Salmon

6	7 oz. salmon fillets
1 tbsp.	vegetable oil
1 tsp.	honey (per fillet)
1 tbsp.	granola (per fillet)

Green Beans

1 tbsp.	butter
24 strings	green beans

EPISODE 3 • STACY BLACQUIERE & CHEF TOM LUU

HONEY GRANOLA CRUSTED SALMON

WITH SUNDRIED TOMATO COUSCOUS, GREEN BEANS AND SAUCE VIERGE

PREP TIME 30 min **TOTAL TIME** 50 min **SERVES** 4-6

COOKING UNDER PRESSURE

DIRECTIONS CONT'D

5. Place your knife on top of the whole garlic cloves, blade facing away from you, and smack the flat part of the knife hard enough to crush the cloves. Once crushed, press down, drag and smear the cloves with your knife against the cutting board. Mince finely and ensure there are no large chunks. Add to the bowl.
6. Finely dice the red onion. You may only need one quarter of the red onion depending on how large it is. Add to the bowl.
7. Drizzle in olive oil and adjust the amount as preferred or needed (you want the oil to bind the ingredients together with a little loose movement). Season with salt and pepper to taste.

Couscous

1. Remove the sundried tomato "eyes" by just cutting off the stems or tips. Once all are removed, julienne the tomatoes length-wise and then turn sideways to dice. Once complete, place in a medium bowl.
2. Place the dried couscous in the same mixing bowl as the sundried tomatoes. With hot boiling water, pour enough to just cover the top of the couscous.
3. Season with a pinch of salt and seal the top of the bowl tightly with plastic wrap. Set aside until all the water is fully absorbed, approximately 10 minutes.
4. Remove the plastic wrap and mix with a fork to ensure everything is thoroughly combined. Taste and adjust the seasoning with salt.

Salmon

1. Score the salmon fillets' skin two or three times length-wise with a knife until the incisions faintly penetrate the flesh. Scoring allows the fillets to cook thoroughly and prevents them from curling.
2. Then place the fillets on a plate and put back into the refrigerator. Pull them out 10 minutes before cooking.
3. Preheat your oven to 400°F and place a frying pan on medium heat with vegetable oil.
4. Season the room temperature fillets with salt only (no pepper) on both sides and gently place each fillet skin-side down into the pan. Space the fillets apart from one another by one-inch to allow for proper cooking. Sear for 2-3 minutes.
5. Once the fillets change colour at the bottom and slowly turn a pale colour, use an offset or fish spatula, or tongs, to gently lift and remove each fillet from the pan.
6. Place the fillets skin-side down on a baking sheet and into the oven. Set your timer for 4 minutes.

Cont'd on next page.

EPISODE 3 • STACY BLACQUIERE & CHEF TOM LUU

HONEY GRANOLA CRUSTED SALMON

WITH SUNDRIED TOMATO COUSCOUS, GREEN BEANS AND SAUCE VIERGE

PREP TIME 30 min **TOTAL TIME** 50 min **SERVES** 4-6

COOKING UNDER PRESSURE

DIRECTIONS CONT'D

7. Take the granola and loosely crumble it into smaller pieces. Coat the top of each fillet with a teaspoon of honey and cover evenly with a tablespoon of granola.

8. Place back into the oven and turn off the heat. Wait 2 minutes to remove and allow the fillets to rest on the counter. Check doneness by pressing the sides and top of the fillet. It should have a medium sensory touch (i.e., press your thumb to your middle finger and touch the lower part of your palm by your thumb with your other hand. That feeling should be how the cooked salmon's flesh feels).

Green Beans

1. If necessary, trim and discard the stems.

2. Add the beans to a pot of simmering water and blanch for 3 minutes or until you feel a sharp crunch or snap.

3. Drain from the simmering water and shock in an ice-water bath for 2 minutes. Move them around gently and then discard the water, leaving the green beans in a new bowl.

4. Place a medium frying pan on medium-high heat with some butter. Wait until it gets hot and add the green beans. Turn the heat off. Season with just salt, tossing a few times, and let sit for 1 minute.

EPISODE 4 • CHEF JAMES PRICE

SEIZE THE SEASON

ONTARIO SHRIMP & TROUT, GRAPE FIZZ, SUMMER SALAD AND PLUM MARTINI

DIRECTIONS

Grape Fizz

PREP TIME 2 min **TOTAL TIME** 5 min **SERVES** 1

1. Fill three-quarters of a glass with ice cubes.
2. Pour equal parts Concord grape juice and sparkling wine.
3. Stir well.

Summer Salad

PREP TIME 10 min **TOTAL TIME** 15 min **SERVES** 1-2

1. In a bowl, combine the feta, sumac and Icelandic yogurt.
2. In a separate bowl, cut any large tomatoes into quarters and leave any small or cherry tomatoes whole. Cut the peach into quarters, discard the pit and add them to the bowl. Place the corncob on a surface and trim the bottom end, so it stands flat. With the cob standing up, cut from top to down, close to the core to remove the kernels. Add the kernels to the bowl with the tomatoes and peaches. Gently rip the basil leaves into smaller pieces and add to the same bowl.

Cont'd on next page.

INGREDIENTS

Grape Fizz

Concord grape juice
Trius Brut VQA
Ice cubes

Summer Salad

3-4	heirloom tomatoes
1	freestone peach
1 ear	peaches and cream corn
2-3 leaves	basil
1 cup	Jensen Cheese cow's milk feta
1 tsp.	sumac
1 tbsp.	Icelandic yogurt
1 tbsp.	peach chardonnay vinegar
1 tsp.	grapeseed oil

NOTE

You can substitute heirloom tomatoes and freestone peaches with other varieties; Icelandic yogurt with Greek yogurt or drained plain yogurt; cow's milk feta with sheep's milk feta; peach chardonnay vinegar with white balsamic or white wine vinegar.

EPISODE 4 • CHEF JAMES PRICE

SEIZE THE SEASON

ONTARIO SHRIMP & TROUT, GRAPE FIZZ, SUMMER SALAD AND PLUM MARTINI

COOKING UNDER PRESSURE

DIRECTIONS CONT'D

3. Dress the salad with peach chardonnay vinegar, grapeseed oil and a pinch of flake salt. Mix well.

4. Dish the feta, sumac and yogurt mixture in the centre of the plate and top with the tomato, peach and corn salad, and some small lettuce leaves.

Ontario Shrimp & Trout

PREP TIME 20 min **TOTAL TIME** 35 min **SERVES** 1-2

1. Save the corncob from the summer salad to add to a medium-size pot of boiling water, along with the Verjus and saffron. Let the stock boil and reduce for 20 minutes or more, until it becomes rich and slightly viscous.

2. Cut the potatoes in half and then quarters. Dice the quarters into medium-size chunks and add them into the pot of hot stock. Cook the potatoes until fork-tender. Drain the potatoes from the stock and place them into a new bowl.

3. If whole shrimp, leave the heads and tails on but remove the back shell. If not already removed, split the backs of each shrimp and remove the stringy digestive track.

Cont'd on next page.

INGREDIENTS CONT'D

Ontario Shrimp & Trout

4-6	whole shrimp
1 can/90g	Ontario trout
3-4	medium-size potatoes
1 cup	Verjus
3-5 threads	Ontario saffron
1 cup	Trius Brut VQA
2 each	pickled ramps and asparagus
Splashes	Dawson's Hot Sauce
1-2 sprigs	parsley and thyme

NOTE

You can substitute whole shrimp with peeled, deveined, tail-on shrimp. Vermouth, white vinegar, lemon juice, and white wine are all good substitutes for Verjus. You can substitute ramps for scallions or spring onions. Hot sauce is optional.

EPISODE 4 • CHEF JAMES PRICE

SEIZE THE SEASON

ONTARIO SHRIMP & TROUT, GRAPE FIZZ, SUMMER SALAD AND PLUM MARTINI

COOKING UNDER PRESSURE

DIRECTIONS CONT'D

4. Place a pan on a low simmer and add the sparkling wine and shrimp. As soon as the shrimp turn pink, remove from the heat.

5. In the bowl with the potatoes, add thinly sliced ramps and asparagus cut into small disks. Mix in a full can of Ontario trout as well as the flavoured packing oil. Toss in some parsley, thyme and a couple splashes of hot sauce.

6. Dish the potato mixture in the centre of the plate and lay all the shrimp on top. Dress with a teaspoon of olive oil and a pinch of flake salt.

Plum Martini

PREP TIME 10 min **TOTAL TIME** 15 min **SERVES** 1

1. Cut the plums in half and remove the pit, then cut the halves into quarters. In a small pan over medium heat, add the honey and sparkling wine and caramelize for about 3-5 minutes. When the caramelized mixture is a light golden brown, add the plums to the pan and soften them for another 3-5 minutes. Remove from the heat and set aside to cool.

2. In a bowl, add the Icelandic yogurt and a teaspoon of honey. Julienne the lemon balm leaves and add to the bowl.

3. In a martini glass, add a teaspoon of syrup from the pan, a quenelle or tablespoon of the yogurt mixture, some plums, and repeat in layers until the martini glass is nearly full. Garnish with some lemon balm leaves.

INGREDIENTS CONT'D

Plum Martini

4-5	Italian plums
2 tbsps.	Charlie Bee honey
4 tbsps.	Trius Brut VQA
1 cup	Icelandic yogurt
5	lemon balm leaves

NOTE

- You can substitute plums for any stone fruit. You can add fresh herbs like thyme or basil instead of lemon balm and spices like cinnamon or allspice. Substitute the martini glass for a bowl.
- A quenelle (kuh-nell) is a presentation technique which makes a perfectly smooth, football-shaped scoop of any soft food. It's a technique that takes practice and is not easy to produce. It can be done with one spoon or two.

  Dip an oval dessert spoon into warm water. This helps to release the quenelle at the end. Shake off any excess water and choke up on the spoon. Grasp it near the bowl and hold the spoon with the rounded side angled down. In a single motion, drag the spoon through the soft food so it curls over itself to form the quenelle. To further smooth the quenelle and get slightly pointed ends, use a cupping motion to tap the quenelle against the side of the container several times and let it rotate inside the spoon. Gracefully release it from the spoon into a chilled glass, bowl or plate.