

The background of the entire page is a photograph of lemons and a lemon cake. In the foreground, there are several whole lemons and two lemon halves on a green woven placemat. In the background, a white plate holds a rectangular lemon cake topped with lemon zest and a sprig of mint. The central text is overlaid on a semi-transparent orange rectangle.

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**VIRTUAL COOKING
MASTERCCLASS**

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RECIPE GUIDE

POWERED BY:

 **ChefTorial**



BITTER BUTTER

Yield: about 1/2 cup (120 ml)

Ex; Chef Gualtiero Marchese

INGREDIENTS

- 1/2 cup (120 ml) butter, unsalted
- 3 tbsp + 1/2 tsp (50 ml) white wine
- 1 tbsp (15 ml) fresh lemon
- 1/3 cup (100 ml) onion, diced

DIRECTIONS

1. Finely dice onion – reserve
2. Measure other ingredients – reserve
3. Heat butter in small saucepan to gentle melt
4. Add onion and clarify, no colour to show
5. Add wine and lemon juice after onion clarified, and allow liquids to evaporate, leaving acids
6. Pass butter through fine strainer into bowl and allow to cool to counter temperature
7. Gently whip after cooling to create pomade
8. Reserve on counter for use

** Note ** Butter can be made well ahead, cooled, and brought back to counter temperature is desired. Do not re-heat or microwave!

TOOLS

- Cutting board with sharp knife
- Small saucepan
- Measuring Spoons & Cups
- Fine strainer
- Whisk and medium to large bowl

RISOTTO

Chef Martin Aller-Stead

Yield : for 2 persons

INGREDIENTS

- 3/4 cup (200 gm) Rice, Arborio
- 1 tbsp (15 ml) shallot, finely chopped
- 1/4 + 1 tbsp (75 ml) white wine
- 4 cups (1 litre) chicken or vegetable stock
- 1 tsp (5 gm) fresh rosemary
- 1 large bay leaf
- 1 tbsp + 1 tsp (20 ml) butter, unsalted
- Garlic bud, split & nerve removed – 1
- About 1/2 cup (125 ml) each, grated Asiago & Parmesan Cheese for finishing & garnish
- Plus, 1 recipe of bitter butter!

TOOLS

- Cutting board with sharp knife
- Medium to Large saucepan with lid to heat stock
- Wooden spoon or silicone spatula to stir the rice
- Measuring Spoon & Cups
- Ladle

DIRECTIONS

1. Make bitter butter (see recipe) – reserve
2. Measure rice and wine – reserve
3. Skin and finely dice shallots – reserve
4. Skin and split garlic clove, remove anima – reserve
5. Reduce rosemary leaves to chiffonade – reserve
6. Heat stock to a gentle simmer – reserve, covered, with ladle in liquid
7. In a sauté pan, sweat the shallots in butter till transparent – reserve, and wipe pan gently
8. Add rice to hot sauté pan and toast
9. Douse with white wine & reduce heat
10. Add slowly the hot chicken stock to cover rice and about .5 cm more
11. Add rosemary and bay leaf to rice and stock, plunging bay leaf and stirring rosemary
12. Keep rice covered and stock hot – re-cover rice with stock as needed for about 15 minutes
13. Heat service plates and hold hot
14. Add sweated onion and garlic and stir in at 17 minute mark
15. Let simmer slowly for about 22 minutes total then check that rice is al dente – be patient!
16. When rice is al dente, remove pan from heat and stir in (in order) Asiago, Parmigiano and bitter butter
17. Adjust flow with stock
18. Adjust seasoning with S/P
19. Serve flat on hot plate and smackdown.
20. Allow to rest for 60 seconds before serving

Optional: Make saffron tea by adding 100 ml of hot stock to saffron in a cup, then at about the 15-minute mark add in this tea for added flavour and colour!

MEYER LEMON SEMIFREDDO

WITH SUMMER BERRIES

Yield: One 9 cm x 25 cm loaf

Ex; Bon Appetit, June 2008,
Chef Maria Sinskey



INGREDIENTS

- 1/2 cup (125 ml) sliced almonds, toasted
- 1 3/4 cup 35% Whipping Cream, chilled
- 1 cup + 2 tbsp white sugar (285 ml)
- 7 eggs, yolks only
- 1/2 cup (125 ml) Meyer Lemon juice
- Meyer lemon zest – 25 ml
- 2 ml salt
- Mixed berries (black, blue, rasp, etc.) – 1 lt
- Plus, a selection of summer berries, such as raspberries, blueberries, strawberries and blackberries, and even fresh mint for garnish!

TOOLS

- 1 9 cm x 25 cm loaf pan
- Cling / Plastic Wrap
- Large Bowl
- Whisk
- Microplane or Citrus Zester
- Small frying pan (to toast nuts)
- Scraper
- Plus, please have space available on a rack in your freezer

DIRECTIONS

1. Lightly toast almonds and cool on a baking sheet or counter -- reserve
2. Line loaf pan with plastic wrap, generously overflowing each dimension by 15 cm
3. Prep egg yolks, lemon zest, lemon juice, and reserve for later.
4. Measure sugar into bowl and add salt – reserve
5. Whip cream to soft peaks – reserve, chilled
6. Over a double-boiler, whisk yolks, juice together
7. Add sugar mixture while whisking, 125 ml at a time
8. Whisk constantly and quickly, for about 4 – 5 mins until custard starts to thicken and become opaque
9. Add in zest and stir in
10. Remove from heat and continue to whisk, holding bowl in air, for about 6 – 7 minutes to cool mixture and volume doubles and strengthen structure of custard OR use stand mixer and whip until cool and doubled in volume
11. Combine cream into custard with a spatula, stirring to combine but not to punch out air, to form a mousse
12. Put almonds into bottom of lined pan, and pour mousse over almonds. Extra almonds may be used to make a mid-mousse layer if desired
13. Hold pan in air and gently drop onto leg our counter 5 – 8 times to settle large air pockets out of structure of dish
14. Put dish on counter and fold long plastic wrap ends over the open bottom to cover completely
15. Put on freezer rack for 24 hours to chill completely
16. Prepare berries on day of service by tossing berries in a bowl with a little sugar.
17. To serve, warm the pan for about 5 seconds in warm water, then fold back plastic tails and invert semifreddo onto presentation dish
18. Surround with berries and present

The background of the entire image is a close-up photograph of lemons and a lemon cake. Several whole lemons are scattered around, some on a green woven placemat. In the foreground, two lemon halves are cut open, showing their juicy segments. To the right, a rectangular slice of a light-colored cake is visible, topped with a swirl of yellow zest. The overall color palette is bright and fresh, dominated by the yellow of the lemons and the green of the placemat.

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**WE CAN'T WAIT
TO COOK WITH
YOU AGAIN SOON!**

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