



Arctic Development
Library

***Country Foods; In Canadian Hotel And
Restaurant, June 1987
Date of Report: 1987
Author: Canadian Hotel And Restaurant
Catalogue Number: 2-4-14***

FOOD SOURCES 87

An A to Z product/supplier listing

Team Canada preps for the World Culinary Arts Festival

ARCTIC FOODS

2-4-14

HOTEL & RESTAURANT

The magazine for foodservice & lodging management

June 1987

\$11.00

MENU PLANNING



MAIN COURSES

21 MENU PLANNING

A special issue devoted to menu planning and food sourcing

22 COUNTRY FOODS

Northern country foods are flying South

28 VEGETABLES

Specialty vegetables hitting the market

32 MEATS

Increased demand for a lighter, more creative fare

38 POULTRY

Working hard to attract another market segment, the gourmet diner

44 SEAFOOD

Their names are as exotic as their far-away homes

48 GRAINS

New choices that customers would love to try

52 FRUIT

Colour and flavour to jazz up the simplest plate

56 FOOD SOURCES '87

Food products' processors, suppliers, distributors



HOSPITALITY TODAY

● NEWS UPDATE 2 ● USA REPORT 10

● BAR BUSINESS 14

● CHEFS DE CUISINE 16

● MARKETPLACE 82

● CLASSIFIEDS 84

● CALENDAR 86

● TABLE TALK 88

COVER

Photography: Con Boland
Arctic Char with Scallops
and Prawns created
by Ernst Dorfler—
Four Seasons Hotel Edmonton
(For recipe see page 25)

SECOND CLASS MAIL REGISTRATION NUMBER 0879

CANADIAN HOTEL & RESTAURANT, JUNE 1987



M · E · N · U

PLANNING

IN

commercial
foodservice, food is
profit. And the key to
developing continued

growth in profit is menu planning. This special issue of *Canadian Hotel & Restaurant* magazine is devoted exclusively to menu planning and food sourcing, and is designed to help operators across Canada stay tuned to new menu concepts and trends.

The report is divided into two major sections. Menu planning is sub-categorized by food group — country foods or game meats, fish and seafood, poultry, grains, vegetables, fruits, and red meats — and each article provides an overview of current foodservice trends, gives tips on buying and storing particular food products, examines a restaurant that is doing a good job merchandising specific food items, and includes a number of recipes for profitable foodservice operations.

Food Sources '87 is an all new listing of food products and suppliers. Whatever your needs, this section of the magazine will help you find and source the items you want.

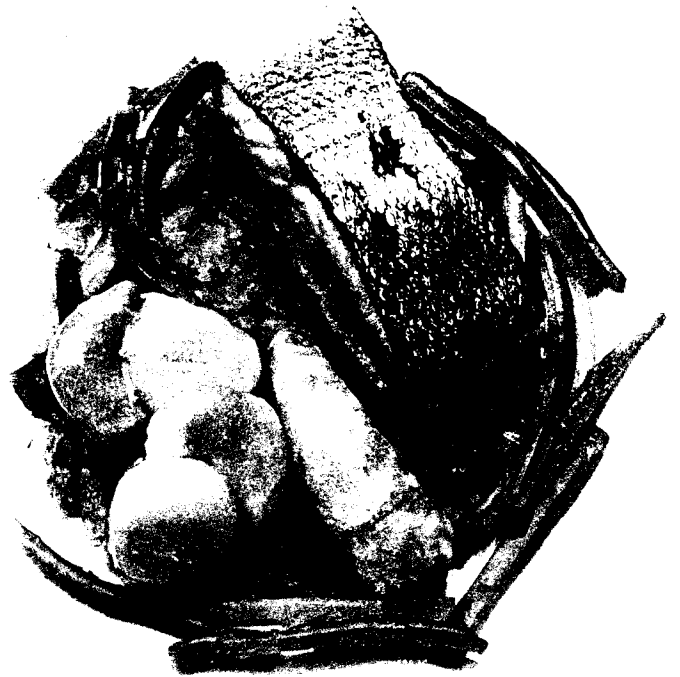
Much of the credit for this special report is due Food Editor Kate Bush. But many others contributed as well. In the country food section, a special thanks to the national culinary arts team that will represent Canada at

the upcoming World Culinary Arts Festival in Vancouver this July. Team Manager Maurice O'Flynn and his team of cooks not only created the recipes you will find in this section, but also undertook the food styling and preparation. Contributing Editor Cynthia David researched and wrote the section overviews and restaurant profiles.

Finally, this issue of *Canadian Hotel & Restaurant* magazine has

been designed as a 'keeper' — one that you will refer to again and again for new ideas, contacts and good examples of new ways to profit from foodservice. Bon Appetit!

By Andrew Douglas
Editor



PHOTOGRAPHY • CON BOLAND

M · E · N · U

EATING

Country Foods



Get out your mukluks and make room on your menus — Northern country foods are flying South. No longer will slick city dwellers in southern Canada assume that exotic specialty products come only from other countries. No longer will you have to travel to Yellowknife or Iqaluit to sample delicacies like smoked Arctic char or Muskox pâté. These items and many more are about to appear in restaurants, in department store gourmet counters and even on board domestic airliners.

The impetus for this broad promotional push came from the success of the Icicles restaurant in the Northwest Territories pavilion last summer. Visitors to Expo '86 couldn't get enough of the restaurant's muskox burgers and Arctic char. In less than six months, Icicles had made \$2 million in sales and sold more than 30 tons of food. The time was obviously right to launch a national campaign.

The name country foods is synonymous with northern or Arctic foods. It generally refers to game meats such as muskox, reindeer and caribou, and fish such as Northern whitefish and char. Their supply is large enough to give all of Canada a taste of their distinctive flavour and fine quality.

But there's still a great deal of work to be done. First, northerners must gen-

erate a demand for country foods in the South. That's the government's goal for this year. So far, airlines have been cooperative, advertisements will appear in national magazines, samples will be offered at trade shows and selected restaurants are being asked to add Northern foods to their menu to test customer response. Once the demand is established, new processing plants will be built in the north and existing plants upgraded to meet federal standards so northerners can ship their meat to the rest of the country. The NWT government has approved \$3 million for this ambitious project to run over two years.

The main thrust of these promotions will be directed at the foodservice industry. But why should a restaurateur in Moncton offer these products to his patrons? Don Anderson, a Vancouver-based consultant and former manager of Icicles restaurant, says there are many reasons. First, the northern plants will process and package the meat and fish into products the distributor or the consumer wants, so it can be easily used. Popular items being considered are whole and filleted fish, smoked char, muskox sausage and marinated steaks. All are versatile, and the northern companies will help distributors and restaurateurs promote the products on their menu.

Country foods also offer a new taste

sensation, something new and exotic everyone will want to try. "We have species in the North that don't exist anywhere else in the world," Anderson says, "and there's a mystique about our foods." While Canadians have heard of the Inuit and the Dene, most have never visited the far north with its thousands of lakes and vast forests giving way to treeless tundra. Eating muskox or reindeer gives people a feeling of closeness with this region they may never see.

There's also a nutritional element involved. Northern game and fish have a much higher nutritional value than products from the south. They're also leaner, particularly the red meat, and contain fewer chemicals than fully domesticated animals.

Currently, northern fish is being marketed through the Freshwater Fish Corp. in Winnipeg. Once a boat is purchased, fisherman on Baffin Island north of Quebec can catch northern scallops, shrimp and turbot. Greenland fishermen are already taking advantage of this natural resource, often fishing near our shores, so why can't Canadians?

Anderson says all companies set up



ENJOY A TASTE ON THE WILD SIDE

Well-prepared game meats could be a major selling point for your restaurant. But if you're hoping for that incredible wild taste that puts hair on your chest and makes tastebuds stand on end, remember that animals are what they eat, so prepare to do some research.

Game meats sold commercially and slaughtered under government inspection are raised in a semi-wild state. How wild is semi-wild will vary from one supplier to the next and can affect the taste dramatically, in some cases removing the wild taste entirely. Before committing your menu heavily to a game item, test out several suppliers to find a taste you are comfortable with. Try to purchase meats that have been government inspected and passed. Otherwise, you may wind up with an inferior product or get in trouble for trafficking illegally in wildlife. Note, however, that not all game meats are inspected and graded. In these cases the reputation, expertise and integrity of the supplier is of paramount importance.

The game meat industry does an excellent job of servicing the hotel and restaurant trade with fowl and rabbits. With larger animals, things are still at the developmental stages. Many suppliers sell full sides and shoul-

ders at reasonable prices and higher quality primal cuts at exorbitant ones. Most restaurateurs do not know how to use a full side or shoulder, and can't integrate the expensive primal cuts into their menus at reasonable cost. Game producers will realize in time that fronts and shoulders properly muscle cut will lead to lower costs and higher usage for foodservice users, with significantly higher unit profits for the supplier as well.

Animals raised on game farms are slaughtered at a young age for optimal tenderness. Because they are leaner, they should generally be cooked at lower temperatures. With buffalo and venison, except for the most tender cuts, plan on roasting your meat at 275 deg F. for best results. Most game producers will gladly supply recipes on request.

By David Brown ■

'TO BE THE BEST IS NOT ENOUGH': DIARY OF A CULINARY TEAM MANAGER

The World Culinary Arts Festival — set for the 9th to the 12th of July at the British Columbia Convention Centre in Vancouver — will be the highlight of the international calendar for 1987. With teams competing from five continents and 27 countries,

to handle country foods will be private — no multinationals here. The government's goal is to process food as much as possible up North to benefit the local economy. The growth of the northern food industry will also increase trade between Arctic communities, so products from the Western Arctic can be sold to Baffin Island.

WORLD CULINARY ARTS FESTIVAL: JULY 9-12, VANCOUVER

Last February, the government of the Northwest Territories hosted the first northern food conference to examine the present and future potential of northern, or 'country' foods. Maurice O'Flynn, manager of the culinary arts team that will represent Canada at the upcoming World Culinary Arts Festival, was invited to attend the conference as dinner speaker. While staying over in Yellowknife he discovered for himself the great heritage and potential of our northern foods.

Back in Edmonton, O'Flynn immediately contacted the different members of Team Canada and a decision was made to devote a significant portion of the Team's offering in Vancou-



Canada will play host to the chefs of the world.

My job as manager of Team Canada has been to seek corporate sponsorship and build a strong team. I knew that choosing a team composed of veterans would be counterproductive, since it wouldn't stimulate or encourage younger chefs to participate in future shows. Yet to select a team without broad experience would have been irresponsible.

My first choice was the captain, someone who could mould the team into a disciplined unit while still maintaining the individuality and creativity of each member. But I needed more than that in a captain. I needed a chef whose workmanship was sound, whose personality was confident and low-keyed yet whose style was arrogant and aggressive. With this blend of leadership those extra points we need will be achievable. Once the captain was selected, it's amazing how quickly the balance of the team came together. Its members represent a lot of talent and a good balance of personalities.

We were fortunate to have 50 percent of our operating budget covered right from the outset by the Alberta Pork Producers Marketing Board. I am particularly happy about



this as they were the major sponsor for Team Canada in Singapore last May. John Labatt Ltd. has since joined us as a co-sponsor

But more money was still needed, and a "Vintage Dinner of the Decade" was suggested. At the time it sounded a little pretentious, but it would give the team

an additional chance to work together, and it turned out to be an amazing success. We sold 250 tickets and enjoyed an elegant evening of gowns and tuxedos, fine food and outstanding wines. Team Canada made many new friends, gained a great deal of goodwill and raised additional funds.



Then came a development that provided the focus we had been seeking. The government of the Northwest Territories requested that we feature northern fish and game meats at the Vancouver culinary arts competition to give visitors a real taste of Canada. Let's keep our B.C. salmon, our Alberta beef and pork and our shellfish platters from the Atlantic provinces and take out the squid, pigeon and frog legs.

We now have barely a month to go before the start of the World Culinary Arts Festival. The scrambling for funds and menu brainstorming is over. Only attention to detail and refinement of presentation remain. The Team is confident and satisfied that Canada will once again earn a reputation for being the best in the world.

By Maurice O'Flynn
Manager
Team Canada

ver to our indigenous foods of the North.

All the recipes and pictures shown here are of dishes Team Canada prepared during a practice session in Edmonton during the annual VIVA food and wine show.

Canadian Hotel & Restaurant magazine is proud to be associated with Team Canada and wishes the team success at the upcoming World Culinary Arts Festival.

TEAM CANADA Maurice O'Flynn, Team Canada's manager, was born in Wales and trained in Ireland. The 49-year-old chef also managed Team Canada in Singapore last year. He is Executive Director of the Alberta Culinary Arts Foundation in Edmonton. In 1984 he was logistics manager of Team Alberta, which came home from Frankfurt with eight gold, one silver and one bronze medal. A year earlier, his Team Edmonton captured four gold medals at the National Salon in Montreal. O'Flynn is an honorary chef in the All-Japan Cooks Association, a member of Les Toques Blanches and a member of the Canadian Hospitality Institute.



Ernst Dorfler, 35, will captain this year's team. Last year he was a member of Team Canada in Singapore. He is executive chef of the Four Seasons hotel in Edmonton. The Austrian native has worked in his homeland as well as in Switzerland and South Africa. He won a gold medal with distinction while a member of Team Alberta in the World Culinary Olympics in 1984, and captured a gold in 1983 at the National Salon in Montreal while captain of Team Edmonton. He was also a gold medalist with the 1983 Team Canada B in Austria.

ARCTIC CHAR WITH SCALLOPS AND PRAWNS

By Ernst Dorfler

This recipe is an excellent choice on a hot summer day for lunch or dinner.

INGREDIENTS 4 x 60 g Arctic char; 12 Cumberland Sound scallops; 8 Northern prawns (16/20); 1 shallot, chopped; dry white wine; salt and pepper.

Tomato coulis 4 tbsp tomato juice; 2 tomatoes; ½ shallot, chopped; 4 leaves each basil and mint, chopped; 4 sprigs thyme, chopped; ½ clove garlic, chopped; ½ lemon, juiced; 4 tbsp extra virgin olive oil; salt and fresh ground pepper.

METHOD For tomato coulis, blanch tomatoes for 10 seconds in boiling water, then rinse in very cold water. Peel and seed the tomatoes, chop very fine. Add remaining ingredients, season with salt and freshly ground pepper. Let stand at least 30 minutes before serving.

For fish, poach prawns in court bouillon for 1 minute; prawns should not be fully cooked. Shell and keep warm. Meanwhile, season char and scallops

then poach in white wine with shallots until medium well done. Serve immediately, with prawns, on the cold tomato coulis. Yield: 4 portions.

Note: Fresh char is only available for six weeks in late summer.

GRILLED BAFFIN TURBOT

By Ernst Dorfler

INGREDIENTS 8x60 g Baffin turbot; 8 bamboo skewers; salt and cayenne pepper; sunflower oil; ½ cup fish stock; ½ cup dry white wine; ½ cup 35% cream; 2 red peppers; 3 tbsp unsalted butter; ½ cup lemon juice; 15 strips spaghetti, squash, turnip, carrot, zucchini, all cut fettucine size; 12 parisienne potatoes; 4 baby leek, blanched; 25 g golden caviar for garnish.

METHOD Combine the fish stock, wine and cream and reduce to half. Blanch, peel and purée the 2 red peppers. Add the purée to the reduction and stir in the butter gradually. Add lemon juice and strain through a cloth.

Rub filets with sunflower oil and season with salt and cayenne. Grill to medium well done.

With small melon baller, scoop the caps

off the parisienne potatoes. Boil in salted water then fill potatoes with golden caviar.

Blanch vegetables for 30 seconds and sauté in butter—curl for presentation. Yield: 4 portions.

WILD RICE AND LENTIL TIMBALE

By Fred Zimmerman

INGREDIENTS 50 g wild rice; 50 g brown lentils; 50 g onion, chopped; 10 g butter; 50 g bacon, julienned; salt and pepper.

METHOD Poach wild rice and lentils separately; drain. Place butter in skillet and sauté bacon and onion. Add wild rice and lentils, season. Fill buttered timbales with mixture, pressing gently. Poach in bain marie in 160 deg C oven for 30 minutes. Yield: 4 portions.

REINDEER WITH WILD RICE AND LENTIL TIMBALE

By Fred Zimmerman

INGREDIENTS 4 - 120 g reindeer cutlets; 500 g reindeer loin; 30 ml oil; 100 ml reindeer glace; 10 g shallots, chopped;



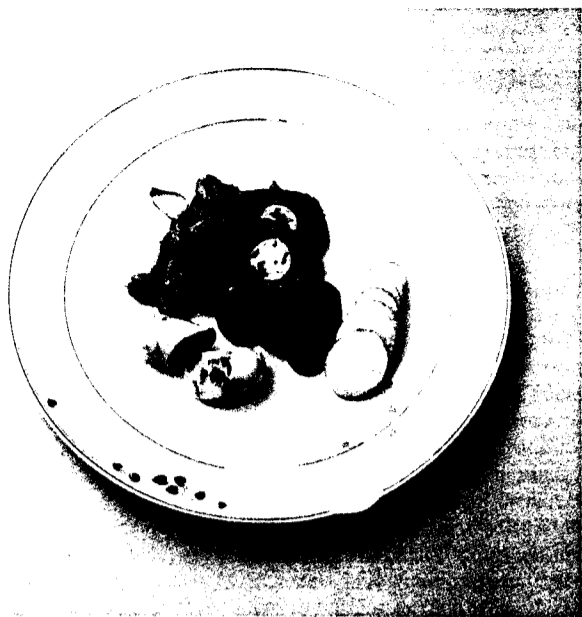
Fred Zimmerman, 50, is the Canadian Corporate Chef for Westin Hotels and is based at the Calgary Inn. Before coming to Canada in 1960, Zimmerman served his apprenticeship and early work years in his native Switzerland, including a brief stint as a grenadier in the Swiss Army. His Canadian posts range from chef saucier at the Chateau Frontenac in Quebec to positions at the Winnipeg Inn, Banff Springs Hotel and Hotel Georgia in Vancouver. Zimmerman won a gold medal in 1980 as a member of the Canadian team in Frankfurt. He returned to Frankfurt in 1984 as captain of Team Alberta.



Kerry Sear is the new executive chef of the Four Seasons Hotel in Vancouver. He was formerly executive chef at Vancouver's Delta River Inn. The 29-year-old chef received his training in his native England. Since coming to Canada he has won gold, silver and bronze medals in competitions across the country and in Seattle, Washington. Sear is director of the British Columbia Chef's Association and a member of the Canadian Federation of Chefs de Cuisine.



Saburo Shibamura, 38, received his training in his native Japan. He now has his own company, Sub S Enterprises Ltd., which carves ice sculptures for Vancouver hotels. Shibamura competed at the 1984 World Culinary Olympics in Frankfurt with the L.J. Minor team, which won seven gold medals and a silver. Last year his team won four gold medals in the American Culinary Federation salon in Cleveland, Ohio. He is president of the Canadian Ice Sculpture Association and a member of the Japanese association.



150 g assorted fresh mushrooms, cleaned and quartered; 2 egg yolks; 30 ml dry white wine; 3 g fresh ground black pepper; 3 g each fresh mint, thyme and basil, chopped; 50 ml clarified butter; salt and pepper.

METHOD Remove sinew and fat from loin and cutlet; season meat. Sear loin piece and roast at 160 deg C to preferred doneness. Fry cutlets in pan. When done, remove and keep hot. Add shallots and mushrooms to pan. Season mushrooms and deglaze with red wine. Slice loin and arrange on platter. Add cutlets and bouquets of mushrooms. Top meat with reindeer glaze. Spoon fresh herb sabayon on plate to give the effect of two different sauces. Yield: 4 portions.

MUSKOX LOIN WITH FRUIT & NUT STUFFING

By Kerry Sear

INGREDIENTS 560 g muskox striploin (boned and skinned with fat removed); salt and pepper.

Marinade 1 carrot, diced; 2 stalks celery, diced; 2 cloves garlic, crushed; ½ l. red wine.

Stuffing 230 g ground muskox; 100 g pork fat, ground; 50 g pecans, chopped; 50 g pine nuts, chopped; 10 g each fresh thyme and parsley, chopped; 50 g dried pears, apricots, plums and peaches, chopped; 20 g hazelnuts; 2 egg whites; 50 g white breadcrumbs; salt and pepper to taste.

Vegetables 100 g butter; 100 g green beans; 8 oyster mushrooms; 8 morels; 24 white truffle slices; 8 acorn squash; 8 banana squash.

Sauce 250 ml muskox glaze; 40 g Saskatoon berries.

METHOD 1. Fold all stuffing ingredients into the ground muskox, being careful

not to break up the pecans too much. Cut the loin open, then cut the flaps in half again lengthwise. Lightly flatten with steak hammer. Fill one side with stuffing then roll tightly with string.

2. Mix the marinade and add muskox. Marinate overnight. Season the meat and sear in hot pan. Roast at 350 to 375 deg F until medium rare. Keep warm.

3. Sauté beans, mushrooms and truffles in butter. Poach squash in salted water.

4. Slice muskox and place on top of glaze. Sprinkle with Saskatoon berries. Yield: 4 portions.

CARIBOU WITH WILD MUSHROOM SAUSAGE

By Kerry Sear

INGREDIENTS 570 g caribou tenderloin (cleaned); 450 g caribou striploin (fat and skin removed); salt and pepper.

Marinade 1 l. dry red wine; 60 g crushed juniper berries; 10 g each fresh oregano, thyme and parsley.

Sausage 1 m lamb casing; 250 g chicken breast, ground and puréed; 60 g each morels, chanterelles, field and shiitake mushrooms, diced; ½ l. 35% cream; 2 l. chicken stock; salt and pepper to taste.

Vegetables 200 g fiddlehead greens; 32 benji potatoes (noisettes); 4 shallots, blanched; 12 pecans; 100 g butter.

Sauce 250 ml caribou glaze; 28 g shallots; pinch of cedar saplings.

METHOD 1. Wash lamb casing in cold water. Mix chicken, mushrooms and cream; season with salt and pepper. Fill lamb casing and make four 2 in. sausages and one 10 in. long. Lightly poach sausages in chicken stock; cool.

2. Using a sharp knife, pierce the centre of the striploin and cut the whole length. Fill the cavity with the 10 in.

sausage. Tie the ends of the loin. Mix marinade ingredients and marinate both meats overnight.

3. Sear the meats and roast until medium. Remove from pan and keep warm. Deglaze pan with 250 ml of the marinade. Reduce, add shallots, glaze and cedar saplings. Simmer, then strain.

4. Sauté the fiddleheads, shallots and pecans in butter. Season to taste. Poach the noisettes in salted boiling water. Poach small sausages in remaining chicken stock. Garnish with cedar sprigs. Yield: 4 portions.

PAUPIETTE OF CHAR AND GREAT SLAVE LAKE WHITEFISH

By Suburo Shibanuma

INGREDIENTS 1 shallot, chopped; 55 ml dry white wine; 4 - 70 g arctic char paupiettes; 4 - 70 g whitefish paupiettes; 8 crayfish.

Char mousse 70 g char fillet, boned and skinned; 30 ml 35% cream; 1 egg white; salt and pepper; 15 g enoki mushrooms.

Whitefish Mousse 70 g whitefish, boned and skinned; 30 ml 35% cream; 1 egg white; salt and pepper; 15 g enoki mushrooms.

Sauce 125 ml white wine; 125 ml 35% cream; 250 ml fish stock; 2 shallots, chopped; 5 ml fresh dill, chopped. **Vegetables** 10 baby red potatoes, 3 carrots; 1 each of white turnip, daikon radish, green daikon, yellow turnip; 12 asparagus; 50 g unsalted butter.

METHOD Line the bottom of a casserole with wax paper. Sprinkle with chopped shallots, add wine and place paupiettes of fish on top. Season with fresh ground pepper, cover with foil and poach in oven until medium. Keep warm. Yield: 4 portions.

Vegetables

Gone are the days when serving vegetables meant opening a can of peas; today's chef needs a dictionary of foreign languages to cope with the avalanche of specialty vegetables hitting the market. Names like jicama, chayote, kohlrabi and enoki mushrooms are becoming more familiar every year. Chefs who learn to use these new products will pique the customer's interest and add perceived value to any menu item.

The wealth of new vegetables available has come about with advances in growing, handling and shipping techniques. The demand has been sparked by a well-travelled public excited about the international cuisine they tasted abroad. Restaurants also play an important role by introducing customers to new foods. The demand for zucchini, for example, has jumped 1,024 percent in the last 10 years, largely because people have tasted it in restaurants. Immigrants have also contributed to the demand, importing exotic produce they consider everyday fare. While many of these items are still pricy and require special handling, they're good for restaurants that can command a high enough price to cover costs.

Below are a few of the newer vegetables available today, with suggestions for cooking and serving. Many can be served raw or cooked, and all will bring questions to the kitchen like "What am I eating?"

We'll start with chayote, a pear-shaped vegetable from Costa Rica with

a smooth or ribbed skin. It's high in Vitamin C, with a mild flavour, and can be used in any recipe calling for summer or winter squash. Then there's daikon, a large white radish with a hotter taste than ordinary radishes. It can be served raw in salads, pickled, used as a relish or simmered in soup. It's high in calcium, today's magic ingredient.

Jicama, pronounced hic-a-ma, is another turnip-like root. It has a crisp, white flesh and a delicate sweet flavour like water chestnuts. To store, refrigerate unwashed, wrapped in plastic. Serve raw, with a dip or in a salad. Jicama stays crisp even when sautéed or stir-fried.

Kohlrabi means cabbage turnip, and that's exactly what it looks like. Buy globes about 2 in. in diameter; large bulbs can be tough and bitter. To cook the bulb, quarter it and steam in lightly salted water until crisp-tender. Drain; season with fresh lemon or lime juice, butter or cheese sauce. It can also be stir-fried or served on a vegetable tray with dip. The leaves can be used like spinach.

Enoki is just one of the many specialty mushrooms on the market. Creamy white with long slender stems and tiny round caps, they can be served raw in salads or added to stir-fried dishes at the last moment. Oyster mushrooms, flat and a soft brown-

grey, can also provide a change from the plain white mushrooms we've known and loved for years.

Sunchokes, also known as Jerusalem artichokes, are gnarled brown tubers with a similar flavour to the more familiar globe artichoke. When buying, look for firm, hard, clean tubers with no soft spots. Serve broiled, sautéed or mashed, or add them raw to salads for extra crunch. Sunchokes will discolour quickly after being cut, so soak pieces in water with a little vinegar until ready to use.

Globe artichokes are one of the oldest foods known to man, yet most Canadians have never eaten or served one. April is the peak month for California artichokes, and the medium size, or 48, is the best-tasting. Although you may need a course in how to serve them, artichokes are very versatile. They can be steamed, boiled, sautéed, deep fried, baked, broiled or grilled. Young artichokes can be eaten raw or cooked in a tomato sauce or stew. Larger sizes can be stuffed with mixtures such as shrimp and feta cheese, or used to hold a dipping sauce. The





hearts may be batter fried and served with a dip, while the leaves are usually boiled and dipped in a vinaigrette.

When buying artichokes, look for firmly closed leaves. Spreading leaves with brown edges indicate toughness. Since artichokes turn brown quickly when cut, have lemon juice handy when preparing them.

Less exotic but no less popular are the many kinds of lettuce on the market. Several, such as endive and escarole, are bitter greens from the chicory family. Mixing them with sweeter varieties and adding dressing provides flavour and colour contrast. Radicchio is another favourite, its purple-red leaves providing brilliant decoration and colour to a salad or appetizer. The long, creamy white leaves of Belgian endive can be cooked like celery or cut into a salad with a fresh fruit vinaigrette.

When buying any lettuce, look for tightly closed heads with no blemishes. When preparing, don't let them soak in water. Instead, rinse under running water then swirl in a tub of cold water, being careful not to bruise the leaves. Drain in a colander and pat dry with paper or cloth towels. If using pre-cut iceberg lettuce in clear poly bags, don't open bags unless you need the lettuce right away. Refrigerate immediately at 34 deg F.

MINI VEGETABLES FIT FOR A KING

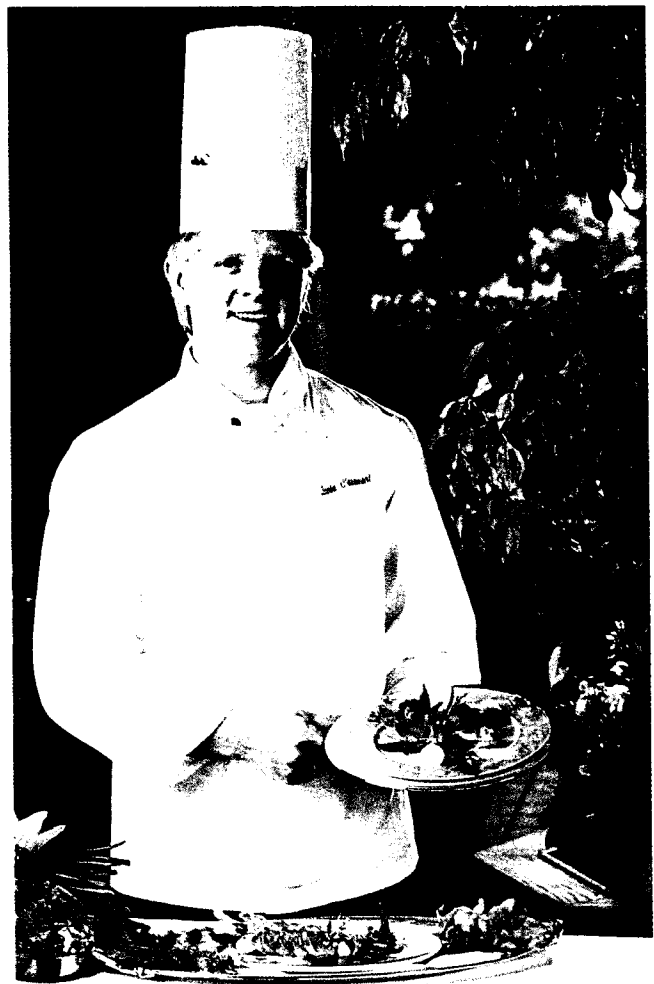
When the King of Tonga dined at Expo '86, his plate was garnished with baby vegetables from Mike Banga's garden. In fact, whenever a foreign dignitary visits Vancouver, Calgary or Edmonton, Banga receives a rush order for mini squash, zucchini the length of a baby finger and plump round carrots the size of a new dollar coin.

Banga didn't settle on his farm near Surrey B.C. to make his fortune; he was simply tired of the city life and the engineering work that had taken him all over the world. But the life of a country gentleman didn't suit him, either. He remembered the radicchio he had sampled in the Middle East, the small round carrots he'd tasted in Paris and the stuffed zucchini flowers in Morocco. He knew these products were available in California, where he'd also lived, but by the time they

were shipped to restaurants in Calgary or Edmonton they were four days old.

So, three years ago, Banga began experimenting with miniature vegetables. Baby leeks soon flourished, along with white radishes, tiny turnips and golden beets; everything he could find seeds for. Response was slow at first, but he and his wife Veena persevered. Gradually, local restaurants took notice and became regular customers, then a few large retailers like Safeway began placing orders. Expo '86 gave him his first national exposure, and Five-B Produce has been thriving ever since.

Meanwhile, experiments continue in the 30-acre market garden. Banga is now growing edible flowers such as pansies, nasturtiums, chrysanthemums and pineapple sage blossoms. Whatever the customer wants, he'll try to grow it. He also grows 23



kinds of fresh herbs in protective poly tunnels.

Banga says he can ship his produce anywhere a plane can fly, in any quantity. He's also supplying cruise ships that ply the Alaskan coast. But he never forgets that he came to the country to spend more time with his family. No matter how busy he gets, he'll shut down the business in December and January for a vacation.

One of the biggest promoters of Banga's produce is Bernie Casavant, executive chef of the Delta Mountain

Inn in Whistler, B.C. Casavant was the executive chef at Expo's Canadian Club last year and is a member of Team Vancouver. He's also one of a group of west coast chefs who've been crusading for years for more home-grown foods. He can now serve vegetables for dinner that were harvested that morning.

While even locally-grown miniature vegetables are expensive to produce and ship, Casavant says they actually save labour cost in his kitchen. There's virtually no

waste since the skin, root and stem are all edible. They can be served hot or cold, and are ready à la minute after a brief blanching. Casavant has stuffed zucchini blossoms with smoked scallop mousse accompanied by a three-caviar sauce. He's also served an escalope of veal over sautéed baby vegetables and used them to garnish pasta and salads.

The colourful miniatures fit perfectly with the new menu Casavant is creating for the hotel's 100-seat restaurant, Twigs. He's "lightening up"

the standard fare with more seafood and low-calorie dishes and getting rid of heavy sauces saturated with alcohol, butter and cream. He's also using spices and herbs instead of salt.

The 29-year-old chef says he enjoys working with Banga's fresh herbs. "There's a mystique about them," he says, "just like with the baby vegetables. At one time nobody knew what they were or what to do with them. Now we can't live without them." ■

ARTICHOKE SAUTE

Artichokes are marvellous grilled or served chilled in a vinaigrette. They also make an unusual hot vegetable dish.

INGREDIENTS ½ cup chopped almonds; 3 tbsp olive oil; 24 tiny fresh artichokes; ¼ cup butter; 2 tbsp Dijon mustard; 1 tbsp lemon juice; ½ cup chopped fresh parsley; 2 tbsp finely sliced chives; ½ tsp salt; ¼ tsp freshly ground white pepper.

METHOD Sauté almonds in 1 tbsp oil until crisp; reserve. For fresh artichokes, trim stem, remove tough outer leaves and top of artichoke. Plunge into salted, boiling water for 3 to 4 minutes or until just tender. Drain. Sauté artichokes in butter, 3 to 4 minutes. Add mustard and lemon juice and sauté 1 minute longer. Toss with almonds, parsley, chives and remaining 2 tbsp oil. Season with salt and pepper. Yield: 6 portions.

AVOCADO VINAIGRETTE

Ripe flavourful avocados are with us for a very short time. Their special nutty flavour and smooth texture produce a delicious dressing. There is also an avocado oil available that is superb for cooking or for making dressing.

INGREDIENTS 2 tbsp vinegar; ½ tsp salt; 1 tbsp finely chopped shallots; 1 small ripe avocado, peeled & chopped; 1 tbsp lime juice; 1 tsp Dijon mustard; 6 tbsp light olive oil; 1 tsp fresh tarragon.

METHOD Combine all ingredients in blender; whirl until smooth. Serve as a dip, as a dressing for crunchy vegetables or as a summer sauce for grilled fish or chicken. Yield: 1¼ cups.

VEGETABLE PAKORAS

The Indian pakora takes a new lift with the addition of different vegetables. The batter is spicier and has a better holding time than most

fritter batters. Excellent starter food.

INGREDIENTS ½ tsp baking soda; ½ cup cold water; 2 tbsp finely chopped parsley; ½ tsp ground cumin; 1 tsp salt; 1 cup chopped broccoli; ½ cup chopped red pepper; ½ cup chopped red onions; ½ cup fresh peas; 1 tbsp finely chopped hot pepper; 1 cup chick pea flour.

METHOD Combine flour, baking soda and cold water. Work to a smooth liquid paste. Stir in remaining ingredients, adding a little more water if necessary. Drop by large spoonfuls into hot fat. Deep fry until crisp and golden. Serve with a seasoned yogurt dip or a sweet tamarind dip. Yield: 6 portions.

GRILLED VEGETABLE PIZZA

Thin pizza crusts are very popular today. Almost like a giant crisp cracker, they make an ideal base for grilled vegetables. This particular version is very popular in northern Italy. It's very important to use an extra virgin, cold pressed olive oil.

INGREDIENTS 1 pkg active dry yeast; 1 tsp sugar; 1 cup lukewarm water; 3 cups all purpose flour; 1 tbsp olive oil; ½ tsp salt; 1 tsp chopped fresh rosemary; 4 small eggplant; 1 red and yellow pepper; ¼ cup extra virgin olive oil; 1 tsp dried or fresh oregano; 1 tbsp fresh lemon juice; 1 cup fresh tomato sauce; 2 cups grated mozzarella cheese.

METHOD Dissolve yeast in ¼ cup water blended with sugar. Let proof 5 minutes. Place flour in a food processor. Combine remaining water, oil, salt and rosemary. With motor running gradually add oil mixture to flour, then proofed yeast. Whirl until dough forms a ball. Remove and knead lightly in a dusting of flour. Cover and let rise 30 minutes. While pizza dough is proofing slice eggplant thinly lengthwise. Slice peppers into thin wedges. Brush eggplant and peppers with olive oil. Sprinkle with oregano. Grill both until tender. Sprinkle with a little lemon juice.

Divide dough into four. Roll to paper thin thickness. Place on lightly greased baking sheet. Brush with olive oil. Top with a wash of tomato sauce, a thin coating of mozzarella and the grilled vegetables. Bake in very hot oven 2-4 minutes until hot, crisp and bubbly.

In Italy each person drizzles a little olive oil on their pizza to taste, much like salt and pepper.

Note: Pizza dough may be refrigerated after rising. Bring to room temperature before using. Yield: 4 pizzas.

VEGETABLE BUNDLES

Another good item for snacking food. Wrap any combination of seasoned vegetables in filo dough. Bake and serve hot or cold as an appetizer.

INGREDIENTS olive oil; 1 onion, finely chopped; ½ cup chopped mushrooms; ½ cup sliced carrots; 1 cup chopped red pepper; 1 cup chopped cooked spinach; ¼ cup soft goat cheese; salt; freshly ground pepper; ½ lb filo dough (12 sheets); oil or clarified butter.

METHOD Sauté onion in oil to soften. Add mushrooms, carrots, red pepper and spinach. Toss to heat through. Blend in goat cheese. Season with salt and pepper. Cool. Working with one sheet of filo at a time, brush lightly with oil or butter. Cut in four lengthwise. Place a large tbsp of filling on the end of each strip. Fold on the bias to form a triangle, (bottom corner to top edge). Repeat folding until entire strip is used. Place prepared bundles on baking sheet. Continue with remaining sheets of filo. Brush tops with oil. Bake in a medium hot oven until crisp and hot. Yield: 4 dozen.

GRILLED VEGETABLES

A grilled vegetable platter makes a colourful and unique appetizer. The same vegetables also make a good accompaniment for grilled fish, meat or poultry.

(continued on p. 81)

M · E · N · U

Meats

T

hese are lean times for red meat. Even the slightest trace of fat or bone is unwelcome as diners continue to demand lighter, more creative fare. This fussy bunch of calorie counters has also banished the well-done Sunday roast beef and pork chops with apple sauce, preferring more exotic items such as beef phyllo rolls, the thinnest veal paillards, butterflied lamb chops or marinated pork tenderloin strips in a salad.

To meet these demands, farmers have spent the last 10 years developing leaner animals with 30 percent fewer calories. Back at the plant, meat is being cut into new shapes and sizes to save foodservice operators time, energy and labour.

At Canada Pork, Keith Overbaugh is changing ho-hum consumer attitudes toward pork with a high-powered campaign starring pork steaks, which were introduced across the country last year. These boneless, well-trimmed steaks are cut 1 to 1 3/4 in. thick from the centre loin (the gourmet cut), leg or shoulder butt. Overbaugh says response to the product has been tremendous. Serving suggestions include steak on a bun, pork pepper steak and teryaki steak. Or how about an emincé of pork with papaya and lime as a daily special?

"So many chefs miss a profitable opportunity to use pork," Overbaugh says. "Once they create something, they understand its versatility. They'll be amazed at the success they have with it."

Rules for cooking pork have also changed. The news is, cook it low and

slow, just until it's lost its pinkness. Remove roasts from the oven when the internal temperature reaches 74 deg C (165 deg F). Steaks can be marinated for several hours or overnight before cooking.

Beef packers are being equally creative. One of the newest beef products is a flaked and formed steak weighing under three ounces. One company is experimenting with an economy cut that's broken down, blended, put in a mold under pressure then sliced into steaks. It's a costly process, but the price to restaurateurs will be much less than ordinary steak, and the product can go from freezer to grill. A bacon-wrapped hamburger is also in the

works, and look for vacuum-packed beef entrées in larger pouches for the foodservice industry. The vacuum-packaging of raw cuts of meat actually improves flavour and texture as the meat continues to age naturally. The packaging also prevents moisture loss.

Processors are busy dreaming up new ways to use veal, too, from pre-cooked meatballs to knockwurst. When buying veal for your fine dining room, look for pale pink meat from young calves raised on milk or milk by-products. Brands such as Provimi or Nature Fed ensure top quality and work well with many sauces. Darker veal comes from an older animal. While it can be used for breaded items its flavour will



PHOTOGRAPHY • COURTESY OF NEW ZEALAND LAMB



MANITOBA RESORT HAS ICELANDIC TOUCH

The Gull Harbour Resort and Conference Centre sits in isolated splendour on a tip of land jutting into Lake Winnipeg. It's so remote, many Canadians outside Manitoba have never heard of it, yet most of the 90 rooms are already booked for the summer.

The resort is about 110 km north of Winnipeg. The provincial government built the modern, cedar-panelled buildings 10 years ago after declaring the island it stands on a provincial park. A causeway was then built to connect Hecla Island to the mainland.

Visitors come upon the luxury hotel after a long drive through the park along dirt roads. Across the street is a professional 18-hole golf course, and there's a campground nearby. Visitors looking for peace and quiet

can roam the hiking trails or take a walk along the beach. They can also visit the restored Icelandic village, a reminder of the Icelanders who settled there in the late 1800s and named their new home "Magnificent Island".

Most visitors to the Gull Harbour resort are from Manitoba, with a few from Saskatchewan and the United States. Aside from the 90 guest rooms, a new wing built last year offers conference facilities for 300. The person in charge of feeding all these guests is executive chef Frans Boorsboom.

Born in Holland and a former chef with Hilton hotels, Boorsboom has worked all over Europe and seen much of Canada since he arrived in 1981. His aim at the Gull Harbour restaurant is to revive traditional Icelandic recipes such as smoked or pickled fish to help preserve the island's heritage. His interest in Iceland isn't new, for he worked with Icelandic businessmen in Germany.

Boorsboom is also committed to using as many local

be "beefier" than that of young veal.

Both pork and beef are touting their leaner figures, offering fewer calories than ever yet remaining rich in protein, vitamins and iron. The latest figures on beef show that round steak has the same fat content as white chicken breast without the skin, and a serving of lean beef has 13 percent less cholesterol than chicken and 10 percent less than broiled cod. To maintain a low calorie count, producers suggest roasting or charcoal broiling rather than frying. For seasoning, use herbs, spices, wine, lemon or tomato juice instead of oil.

Lamb is also ritzing up its image with boneless loins and legs. Last year's lamb sausage from New Zealand was a



products as possible, including Manitoba rack of lamb and Winnipeg goldeye, brought in by local fishermen. Fresh pickerel, another local specialty, is "one of the best freshwater fish in the world," according to the chef. But although he offers fish specials every day, Boorsboom says he just can't get away from the fact that Manitobans love their meat.

One of the most popular

items on his menu is a new version of surf and turf. Instead of lobster tails, which he uses occasionally, he substitutes jumbo shrimp. For the T-bone steak he substitutes a hearty 8 oz pork butt steak "marinated like you've never had it before". The pork is marinated for several days in a secret sauce, then cooked medium or however the customer likes it. The dish sells for \$10.95. Boorsboom says

it's a big seller, and he's happy with the item because it lowers his food cost.

Other popular items on the casual Gull Harbour menu include pork schnitzel and pork tenderloin with sauces such as the chef's own "Picasso" with Grand Marnier. In summer, he enjoys serving barbecued meats like smoked pork loin on a bun.

The dining room is simply

decorated with straight wooden chairs and a vaulted ceiling. It seats 260, and diners have a wonderful view of Lake Winnipeg. For all its recreational facilities and the picturesque setting, prices at the resort are surprisingly reasonable. Main courses in the dining room range from \$9.95 to \$17.50. And businessmen can stay during the week for as low as \$59 a day including meals.

surprise hit, and the company is now working on a leg steak and testing lamb nuggets. They're also working on frozen entrées such as lamb shepherd's pie. With daily flights from Auckland to Vancouver, restaurateurs can now offer customers fresh chilled lamb. While fresh is said to be best, and more expensive, many chefs couldn't tell the difference between fresh and frozen in taste tests.

Meat from high quality young lambs is fine-textured and lean. It's pink in colour and the cross sections of bones are red, moist and porous. The external fat should be firm and creamy white and not too thick. People who complain about lamb's strong flavour or odour are either overcooking it or using too high a temperature (apart from searing). Lamb fat is classed as "hard" fat and burns at a lower degree of heat than certain other animal fats.

Three basic rules apply to the proper handling of all meat: keep it clean, keep it cold and keep it moving. Solid fresh cuts have a shelf life of 2 to 4 days, ground meat and variety meats will keep for 1 to 2 days, while processed meat and cooked leftovers last 3 to 4 days. Defrost frozen meat in the cooler rather than at room temperature.

SPICY ITALIAN SAUSAGES

Sausages of all different types lend themselves well to a daily special.

Although there are many varieties available commercially, more ambitious restaurants are experimenting with making their own or having sausages made to their specifications.

INGREDIENTS 2 lbs hot Italian sausages; ¼ cup olive oil; 2 cloves garlic, chopped; 1 onion, chopped; 1 small hot pepper, seeded and chopped; 1 oz porcini mushrooms soaked, drained and chopped; 2 cups peeled, seeded and chopped tomatoes (or canned); ½ cup chopped red pepper; ½ cup chopped yellow pepper; ¼ cup white wine; ½ tsp each fresh oregano, basil, thyme; pasta.

METHOD Cook sausages gently in simmering water until cooked through.

Drain and slice into 1 in. pieces. Sauté onion and garlic in oil to soften. Add hot pepper and mushrooms, sauté briskly. Toss in tomatoes. Reduce until lightly thickened. Add wine. Reduce slightly. Cook sausages in a little extra olive oil until nicely browned. Add to tomato sauce along with peppers and herbs. Simmer five minutes. Spoon over hot pasta and toss before serving. Serve with freshly grated Parmesan cheese. Yield: 4-6 portions.

HERBED PORK MEDALLIONS

Pork tenderloin is a particularly useful cut for lightly sauced dishes. It also goes well with fruit.

INGREDIENTS 2 lbs pork tenderloin, cut into medallions; 3 tbsp butter; 3 shallots, finely chopped; ½ cup California zinfandel; 1 cup veal stock; 1 cup 35% cream; 4 tbsp unsalted butter; 1 tbsp chopped chives; 2 cups green seedless grapes peeled; salt, pepper to taste.

METHOD Sauté medallions in 2 tbsp butter until lightly browned and cooked through. Remove to warm oven. Add remaining butter and shallots, whisk in white wine. Reduce by half. Add veal stock. Reduce by one third. Swirl in cream and cook until lightly thickened. Add chives. Off heat whisk in 3 tbsp butter a little at a time. Sauté grapes in remaining butter. To serve, spoon sauce over pork. Top with grapes. Yield: 6 portions.

LAMB BURGER WITH FRESH VEGETABLE RELISH

Fresh vegetable relishes are a nice addition to any type of burger.

INGREDIENTS 2 lbs ground lamb; 1 tbsp minced onion; ½ tsp cumin; 1 tsp salt; ½ tsp freshly ground pepper; 2 tbsp chopped fresh parsley; 2 tbsp chopped fresh mint; 1 cup finely chopped grilled eggplant; ½ cup finely chopped red onion; ½ cup finely chopped red pepper; salt, pepper to taste; sour cream.

METHOD Combine lamb with onion, cumin, salt, pepper, parsley and mint. Shape into patties. Grill or broil until just pink. Mix together remaining pars-

ley and mint, eggplant, onion and pepper. Season with salt and pepper. Serve burgers on toasted buns topped with eggplant and sour cream. Yield: 8-10 burgers.

LAMB TENDERLOIN KABOBS

Skewered lamb tenderloin makes an ideal grilled menu item. Use different marinades for interesting alternatives.

INGREDIENTS 2 lbs lamb tenderloin; 4 tbsp olive oil; 2 tbsp walnut oil; 1 tbsp Dijon mustard; 1 tsp dried oregano; 2 tbsp lemon juice; ¼ tsp Tabasco; 1 bay leaf; 2 shallots, finely chopped; 2 cloves garlic, halved; 1 tsp freshly ground pepper.

METHOD Slice tenderloin in thin strips lengthwise. Combine remaining ingredients. Add lamb and marinate one hour or more. Thread meat on wooden bamboo skewers, 2-3 strips per skewer. Broil or grill until just cooked through. Serve with a yogurt, dill and cucumber garnish. Yield: 10 skewers.

BARBECUED PINEAPPLE VEAL

Boneless veal loin can be adapted to many recipes.

INGREDIENTS 2½ lb boned veal loin; 4 tbsp olive oil; 1 tbsp finely chopped thyme; 1 tsp freshly ground pepper; 6 tbsp unsalted butter; 2 onions, cut in slivers; 2 shallots, chopped; 1 tsp grated lemon rind; ½ cup pineapple juice; ½ cup white wine; 1 tbsp finely chopped parsley; salt, pepper to taste. Garnish: fresh pineapple slices.

METHOD Trim loin and cut in ½ in. slices. Pound lightly to flatten. Brush with oil, season with thyme and freshly ground pepper. Grill until tender, turning once. Heat 3 tbsp butter in sauté pan. Add onions, shallots and lemon rind. Cook to soften. Swirl in pineapple juice. Reduce by half. Add white wine and reduce by half again. Remove from heat and whisk in remaining butter a bit at a time. Stir in parsley. Add salt and pepper to taste. Serve veal scallops with pineapple sauce. Garnish with lightly grilled fresh pineapple. Yield: 6 portions.

(continued on p. 36)

VEAL SALAD

A roasted veal loin, thinly sliced, may be served with many types of salads.

INGREDIENTS 1-2½ lb veal loin; 4 tbsp olive oil; 2 tbsp lemon juice; ½ tsp rosemary; 2 lbs new potatoes, boiled and cooled; 1 lb green beans, sliced; 3 red onions, thinly sliced; 8 hard boiled eggs; ½ lb calamata olives; avocado dressing (See Vegetable Section).

METHOD Trim loin. Rub with olive oil, lemon juice and rosemary. Let stand 1 hour or more. Dry well. Brown nicely on all sides. Roast in medium oven until just pink (approximately 1 hour). Chill. To serve, slice veal thinly. Arrange on plate with new potatoes, green beans, onions, eggs and olives. Serve with avocado dressing. Yield: 10 portions.

PRONTO'S CARPACCIO

Chef Mark McEwan brings an innovative approach both in presentation and taste at Pronto's restaurant in Toronto. McEwan's Carpaccio is presented on a rectangular plate. A wedge of lemon wrapped in muslin and tied with a colourful ribbon is placed in one

corner, a simple garnish of arugula and grilled yellow peppers in another. The tender slices of beef are overlapped and fringed with a fresh vegetable garnish. This is served with thin fingers of asiago cheese. Each diner is offered cold pressed extra virgin olive oil and freshly ground pepper. McEwan suggests using a top quality, lean sirloin. The vegetable garnish used is a fresh salsa. Here is the basic idea; adjust it to your own taste. The salsa should have a good bite.

INGREDIENTS 2 cups seeded, finely chopped firm ripe tomatoes; 2 jalapeños seeded, finely chopped; 1 cup finely chopped red onion; 3 tbsp extra virgin olive oil; 2 tbsp lemon juice; salt, pepper, fresh basil, finely chopped.

METHOD Combine all ingredients but basil. Adjust taste. Add a little fresh basil just before serving. Yield: 3 cups salsa.

LAMB WITH MUSTARD SAUCE

While the lamb is in the oven, cook pasta to serve with the mustardy cream sauce. Add tiny whole carrots and marinated asparagus for a quick and elegant dinner.

INGREDIENTS 1½ lb New Zealand Spring Lamb boneless loins, defrosted; 2 tbsp olive oil; ¼ cup white wine vinegar; ½ cup chicken stock; 1 cup whipping cream; 2 tbsp butter, cut in bits; 2 tbsp Dijon mustard; pinch of dry mustard; salt and pepper; watercress for garnish.

METHOD Dry loins well with paper towels. In ovenproof skillet, heat oil and brown loins over high heat about 5 minutes, turning to brown all sides. Transfer skillet to preheated 400°F (200°C) oven and roast uncovered, 10 minutes. Remove to heated platter and cover to keep warm.

Pour vinegar into pan drippings and place over high heat; bring to boil, scraping up any brown bits in pan. Boil to reduce vinegar to about 1 tbsp. Stir in stock, then gradually stir in cream. Simmer over medium heat, stirring constantly, about 5 minutes or until thickened. Remove pan from heat and gradually whisk in butter. Blend in mustards. Taste and add salt and pepper. Slice loins thinly crosswise on diagonal and arrange around outside edge of platter. Spoon some of the sauce over slices, arrange watercress in middle for garnish and serve remaining sauce on hot fettuccine. Yield: 4 portions.

1022-6/87

This Month's SPECIALS

JULY

HOW TO SPREAD
YOUR REPUTATION FOR QUALITY.
PURE & SIMPLE!

PURE FRUIT SPREADS FROM KRAFT

- ☆ PURE RASPBERRY JAM
- ☆ PURE STRAWBERRY JAM
- ☆ PURE ORANGE MARMALADE
- ☆ PURE GRAPE JELLY

DON'T DELAY!
CALL YOUR PARTICIPATING DISTRIBUTOR AND ORDER
YOUR KRAFT PORTION PACKS TODAY.

The
Portions
of Preference



KRAFT
FOODSERVICE

Reader Service Card Number 138

KLEDOR

THE NO. FRESH FRUIT SALAD

You TRY it... You'll LOVE it!
You SERVE it... You'll PROFIT!

KLEDOR...

YOUR SOLUTION TO BETTER PROFIT!

PROUDLY
REPRESENTED BY:

Mark Alim

Quebec: 8500, boul. Henri-Bourassa, #274, Charlesbourg, Qué. G1G 5X1
(418) 628-3784

C. W. Shashy & Associates Ltd.
FOOD BROKERS

Ontario: 461 Alden Rd., #29, Markham, Ont. L3R 3L4 (416) 475-7933

Maritimes: 6559 Chebucto Rd., Halifax, N.S. B3L 1L6 (902) 454-8531

Reader Service Card Number 139

In a corner of Nova Scotia near Wolfville, Paul Gervason is working hard to attract another market segment, the gourmet diner. Gervason, vice-president of operations for ACA Co-operative, says ACA's Lean Chick has 12 percent less fat than a normal bird, and the company is banking on the fact that discriminating consumers will be willing to pay the extra price to buy it. Restaurants catering to calorie-conscious guests might also want to put Lean Chick on the menu. A great deal of genetic research and feed study has

tackle at home. As it turns out, many chefs don't know how to cook it either, but with consumer demand high there's no excuse to duck the issue. Companies like Brome Lake Ducks Ltd. in Quebec and King Cole in Ontario are selling whole ducks fresh and frozen, and offering restaurateurs new boneless breasts and legs that will entice any diner if well prepared.

The best duck in terms of price and quality is the white Pekin, which is ready for market at the age of seven weeks. Then there's the Muscovy, a

Poultry

J

on Pintwala has a \$100,000 machine that marinates chicken breasts in Japanese teriyaki sauce. The machine ensures that each piece is perfectly coated with marinade. Pintwala goes to all this trouble because he wants to supply Joe's restaurant with a superior product. He knows that Joe could marinate his own chicken, but he doesn't have time. He's already got his staff working seven days a week, coping with two busy rush hours a day. He's also got a high staff turnover. There's no way Joe can turn out a high quality, consistent marinated product in his own kitchen. So Pintwala and his fancy machine do it for him and both benefit.

"We're always looking for ways to make our customer's job easier," says Pintwala, president of Pinty's Premium Foods in St. Catharines, Ont. "We want to help them become more profitable, and that in turn will help us make a profit."

Pinty's is one of many poultry processors developing custom products to save restaurateurs time and money and, at the same time, encourage Canadians to eat more chicken and turkey. The company's newest offering is chicken wings marinated in a barbecue hickory solution. These classy wings join a distinguished group of new products that includes chicken ham made of dark meat, smoked chicken breast, pre-cooked turkey roasts, Oriental and Mexican nuggets and ground turkey for meatballs and tacos.



gone into its development, but Gervason says the work will be worthwhile if consumers accept the product. "We're located in the corner of the North American market and we want to be on the leading edge of business," he says. "If we're not, we won't survive."

ACA is also producing a golden bird for Sobey's grocery stores in the Maritimes. Like the Lean Chick, it was inspired by work being done in the United States. The golden colour comes from a change in feed and slight variations in the processing.

While chicken and turkey are familiar to most Canadians, duck has always seemed an exotic bird, one we never

rare bird that goes to market at 18 weeks. While it has more meat and less fat (and seems to be rather trendy), the meat is considerably tougher, and suppliers advise restaurateurs to stick with the trusty Pekin.

An operator considering adding duck to his menu should take a look at the boneless duck breast now available. With the skin removed, the breast can be sautéed quickly just until pink, sliced then napped with a sauce for an elegant entrée. For a lower cost meal choose the boneless leg, which can also be served attractively and makes a great grilled item.

Whole ducks should be thoroughly

cooked, says William Kenny, general manager of Brome Lake Ducks in Quebec's Eastern Townships. For best results, roast at low temperatures (300 to 325 deg F) for about 30 minutes per pound. Roasting duck in a closed pan guarantees a tender, melt-in-your-mouth product. Kenny also recommends partially roasting a whole duck to cook off most of the fat then finishing it on the grill.

Another bird that's taking off, at least from supermarket shelves, is guinea fowl. Although these rather exotic game birds have been around for nearly 4,000 years and were favourites of Anthony and Cleopatra, Canadians have only been seeing them on a large scale since 1984. That's when Pintelle Farms in Cambridge, Ontario began importing French-bred stock. The noisy little bird has half the fat and fewer calories than chicken. Its young age (12 weeks) and high dark fibre content make it moist and tender, with a hint of gaminess.

Chefs who've tried guinea fowl have come up with elegant dishes such as Pintelle rolled with spinach and red pepper purée, served on a brochette with mango and a galliano glaze or suprême of pintelle stuffed with mint pesto butter. Herbert Pryke, chef at Toronto's World Trade Centre, praises its fine quality. "Guinea fowl is like chicken used to be," he says. "The soft, yellow fat shows it's a good bird and what it's eaten. And there's a lot more caring involved in the raising of guinea fowl than with chicken."

The challenge now is to introduce the bird in restaurants. Simply adding it to the menu won't help, because many people still don't know what it is. A better solution is to feature it as a special, and make sure waiters and waitresses are familiar with it.

CHICKEN IN ORANGE SAUCE

Here's a dish that's high on taste, light in calories and easy to prepare.

INGREDIENTS 1 tsp paprika; ¼ tsp pepper; 4 chicken pieces (about 1½ lb bone-in); 2 tbsp vegetable oil; ¼ cup chicken stock or white wine; 2 oranges; ¾ cup orange juice; 2 tbsp honey; ½ tsp herbes de Provence or rosemary.

METHOD Mix paprika and pepper. Skin chicken, sprinkle with paprika mixture. In a large skillet over medium heat, brown chicken in oil, 5 minutes per side. Reduce heat to medium-low, cook 10 minutes per side or until nearly cooked. Remove from skillet and keep warm. Pour fat from skillet, add stock, scraping all remaining bits from bottom. Stir in zest, juice, honey and seasonings. Return chicken to skillet, spoon sauce over it, simmer 10 minutes. Serve garnished with orange sections or slices.



PHOTOGRAPHY © RODNEY DAW

THIS GIRAFFE'S NO CHICKEN

There's a giraffe on the wall when you walk in the door, and three more walking in single file across the menu. Why would you name a restaurant after a giraffe? "I wanted a name that would stick out in people's minds," says co-owner Freddy LoCicero. And the Giraffe Bar and Grill, barely three months old, is already making a name for itself.

The decor is English country club in a renovated Victorian building. The room is tiny and narrow, with dark green walls. The open kitchen's at one end, and you'll often find LoCicero or one of his partners at the grill. Regulars feel free to come up and ask the chef what he recommends for dinner. It's that kind of place, elegant, rather expensive but comfortable.

Upstairs is the handsome

oak bar stained in rosewood. Settle into the soft brown leather seats and order one of the 16,000 bottles from the cellar. These include a large selection of rare and special wines available "upon presentation of a financial statement and three bank letters of credit".

The menu is short and simple. No fancy descriptions, just a single line written on a computer. LoCicero wanted it simple so whenever a new dish strikes him he can easily add it to the menu. Though he's trained in business rather than cooking, in the past 20 years he's picked up a flair for both. It's a skill that's helped make a success of his other Toronto restaurants, Panache and Le Paradis. Now that he's finished Giraffe, he's already working on a new 100-seat restaurant

downtown.

Chicken is one item that appears regularly on the menu, as it does on practically every restaurant menu in the world. When he added the chicken dishes, LoCicero wanted something a little different, not something bizarre that would scare customers away. "I've seen chicken tortured in many fashions for the sake of getting \$18 for it," he says. His solution was to start with a superior bird, a free-range chicken from Quebec. Then he found a company to smoke it for the warm smoked chicken salad with radicchio and cashews for \$7.50. The bones are kept for

the smoked chicken consommé with wontons. All his chicken dishes are prepared simply with fresh herbs "to do justice to the bird".

One of the house specialties is Bricklayer's Chicken, originally from Florence. The chicken is marinated with olive oil, rosemary, garlic and peppercorns. Then it's flattened with a brick and grilled. The brick allows more surface area to come in contact with the heat. The result is a crispy exterior and a moist interior. The dish is traditionally served with a lemon slice and salad. At Giraffe, it's served with potato pancakes and a colourful se-

lection of vegetables for \$14.50.

The menu also features a marinated paillard of chicken flattened and grilled. While LoCicero believes chicken needs a hint of acid to cut the fat and bring out the flavour, he refuses to serve fruit with it. "I like my fruit after dinner, not with it," he says. The closest he'll come is a boneless chicken breast grilled with a little orange and lemon juice for \$14.

"Chicken is one of the easiest things to cook and the easiest to spoil," he says. Once it's cooked, he warns, it doesn't hold well; it reaches a point of doneness then starts to deteriorate quickly.

LoCicero's concern for quality shows up throughout the restaurant. It includes the cultured, unsalted butter on the table and the bread made specially for the restaurant by a local bakery. People appreciate these extras, he says, and they also like the silver on the table and the linen tablecloths. But despite the elegant touches, he wants guests to feel comfortable. "I like to keep it simple and create the feeling of a neighbourhood restaurant," he says. "Too many restaurants create a forbidding atmosphere in their attempt to be Number One, instead of just being comfortable with what they are."

GRILLED CHICKEN SANDWICH

INGREDIENTS 4 single chicken breasts, boned & skinned; 2 tbsp olive oil; 1 tbsp lime juice; 1½ cups mayonnaise; 1 tbsp Dijon mustard; 1 green onion, finely chopped; 1 cup chopped walnuts; 1 cup chopped green seedless grapes; 2 cups thinly chopped spinach; 4 slices bacon, cooked until just crisp; 2 avocados, peeled, sliced and tossed in a little lemon juice; salt, pepper to taste.

METHOD Rub chicken breasts with olive oil and lime juice. Grill until tender. Mix together mayonnaise, mustard, green onion, walnuts and grapes. Spread mixture on warmed crusty roll, top and bottom. Place spinach on one side, then avocado slices. Top with chicken breast, salt and pepper, bacon and more spinach. Press other bun half on top. Yield: 4 sandwiches.

GUINEA FOWL ON WATERCRESS

Guinea fowl, under the Pintelle label, is now available across Canada.

INGREDIENTS 4 single guinea fowl breasts; 2 tbsp oil; 6 tbsp butter; 4 shallots, finely chopped; 1 tbsp tarragon; 1 cup chicken stock; ¼ cup white wine; 1 cup 35% cream.

Vegetable Garnish 4 tbsp butter; 2 cups baby onions, blanched; 2 cups baby carrots, blanched; 1 tbsp sugar; 1 tbsp chopped tarragon; salt, pepper to taste; 2 cups cooked watercress, chopped and warmed in a little butter.

METHOD Brown breasts in 2 tbsp butter and oil. Lower heat and continue cooking until tender. Remove and set aside in warm oven. Add remaining butter and shallots. Cook to soften. Stir in tarragon and chicken stock. Reduce by one third. Add white wine, reduce by one third. Whisk in cream. Boil briskly until lightly thickened. Sauté onions and carrots in butter. Add sugar and

tarragon. Continue cooking until nicely glazed. Arrange guinea fowl on watercress and spoon sauce on top. Garnish with onions and carrots. Yield: 4 portions.

DUCK WITH PEARS AND PECANS

Use the remaining meat from duck to make duck quenelles. Serve in a light duck consommé made from the carcass.

INGREDIENTS 8 single duck breasts, skins on and boned; ½ cup rice vinegar; 1 tbsp sugar; 1 tbsp grated ginger; 2 tbsp lime juice; ¼ cup peanut oil; 1 tbsp hazelnut oil; 8 tbsp butter; 4 pears, peeled, cored and thinly sliced; 2 cups chopped pecans; finely chopped parsley.

METHOD Whisk together vinegar, sugar, ginger, lime juice and oils. Prick skin on duck breasts. Add to marinade and let stand overnight. Grill two minutes per breast, skin side first. Finish cooking 10 minutes one side, 5-10 minutes on second side. Breasts may also be sautéed first and finished off in oven. Sauté pears gently in butter. Remove and set aside. Add pecans, toast lightly. To assemble, slice and fan duck breasts. Top with fan of pears and a sprinkling of pecans. Yield: 8 portions.

PHEASANT WITH MORELS

Remove breasts from pheasant. Make a rich stock with bones and legs for a delicate pheasant soup.

INGREDIENTS 4 whole pheasant breasts; ½ cup port; 2 strips orange rind; 1 bay leaf; 2 tbsp olive oil; 6 tbsp butter; 2 shallots, finely chopped; 1 tsp chopped thyme; 1 tsp grated orange rind; 1½ cups morels, sliced; 1 cup pheasant stock; ½ cup port; 1 cup 35% cream.

METHOD Combine port, orange rind

and crumbled bay leaf. Add pheasant and marinate overnight. Remove from marinade, pat dry. Brown in 2 tbsp butter and oil until nicely browned. Remove to medium hot oven and continue cooking until done. Melt remaining butter in pan. Add shallots, thyme, orange rind and morels. Cook through. Whisk in port, reduce by one third. Add stock and reduce by one third. Blend in cream. Swirl until well reduced and thickened. Season with salt and pepper. Slice pheasant and spoon sauce on top. Serve with Parmesan risotto. Yield: 4 portions.

ROAST PARTRIDGE WITH BRAISED CABBAGE

Partridge and cabbage have long created a perfect balance in taste and texture. Use red or green cabbage or a combination of both.

INGREDIENTS 2 partridges, halved; 1 tsp leaf thyme; 2 cloves garlic, minced; 2 tbsp olive oil; 6 tbsp butter; 1 onion, chopped; 2 slices bacon, chopped; 4 cups green cabbage, shredded; 2 tbsp maple syrup.

Garnish 2 tbsp butter; 1 onion, finely chopped; 4 slices bacon, chopped; 2 tbsp maple syrup; 1 tbsp lemon juice.

METHOD Rub partridge halves with thyme, garlic and olive oil. Roast in medium hot oven until cooked through (approximately 40 minutes). Finish off on the grill if desired. To prepare cabbage, cook onion and bacon in butter until well softened. Add cabbage. Toss to coat, add maple syrup. Cover and simmer until tender. For garnish, sauté onion and bacon in butter until crisp and golden. Stir in maple syrup and a good squeeze of lemon juice. To serve, slice partridge breast thigh and leg meat (or serve as is) and place on a bed of cabbage. Top with bacon garnish. Yield: 4 portions.

M · E · N · U

PLANNING

Seafood

Six days a week they arrive by air, packed in ice. Twice a month they arrive by ship, deep frozen. Their names are as exotic as their far-away homes: hoki, blue moki and orange roughy from New Zealand, mahi mahi and swordfish steaks from Hawaii, kingclip from Argentina ... an entire undersea world.

The demand for these fish is tremendous, fed by adventurous diners who love fish but can't bear another Dover Sole Amandine or Shrimp Cocktail. Supplies of newer species such as orange roughy can barely keep up with demand as more Canadians discover its firm white flesh and delicate taste, the result of a shellfish diet. Roughy is so easy to cook it's "idiot-proof" say the suppliers, and it takes on the flavour of whatever you cook with it.

Hoki, another New Zealand favourite, is a fish-and-chip sort of fish like our cod. Oreo Dory has a slightly stronger taste. Kingclip, from New Zealand or Argentina, is a firm-fleshed poor man's lobster much like monkfish, and can be found in mock lobster salads. Sales of skate wings and squid are also booming.

Some of these popular fish, especially monkfish, were once thrown away. The ugly orange roughy was ignored for years in the deeper, colder waters off New Zealand, and who

would have thought Yuppie Americans would go wild over catfish? The United States now boasts many catfish farms, and the farming of trout, salmon and mussels is flourishing. Large-scale fish farming may be the only solution to horrendously high fish prices and increasingly polluted waters.

Contributing to these high prices are the Japanese and their insatiable appetite for fresh fish and seafood. The strong yen makes Canadian products even more attractive, and much of our fish gets snapped up before it even hits the docks. Both the Japanese and Americans are willing to pay top dollar to satisfy the demand at home, yet Canadians balk at paying high prices. While the Japanese dine on our fresh crab, we dine on their extruded fish paste surimi, which is quickly taking over the market and being gobbled up by consumers.

If you can't get fish or seafood fresh from the dock, the alternatives are fresh or frozen from afar. As with every other food group, consumers and chefs believe fresh is best. But which is fresher — a fish that's frozen the minute it leaves the water then kept in a super frozen state or a "fresh" fish that's four days old by the time it's processed and flown 8,000 miles? The fresh-frozen fish has the price advantage, supply is consistent year-round and chefs can thaw what they need

rather than having to worry about fish going bad. All fresh fish requires immediate cooking. If it doesn't smell right, don't touch it. Whole fresh fish has a fresh smell and "sparkling" appearance, with bright pink or red gills and clear eyes that stare up at you.

In the shellfish world shrimp is king, and white shrimp from the Gulf of Mexico is the prize catch. Asian shrimp is also a strong seller, and less expensive, but its flesh may not be as firm. The taste also changes depending on where it's caught; freshwater shrimp have a mild taste while saltwater fish have a more tangy flavour. Size is another factor to consider when buying shrimp. While large shrimp command premium prices, a smaller shrimp tastes just as good.

Delicate scallops grace salads and main dishes, but need extra special treatment. Choose plump, white scallops that are translucent. Don't store for more than one day in the coldest part of the refrigerator or on a tray of crushed ice. Beware of bargain prices



FRESH FISH A WINNER AT DUNKELMAN'S

People don't just go to Dunkelman's to eat: they go to see old friends, meet new ones then settle back to a fine meal served by the youthful, attentive staff. Even though the six-year-old restaurant is in downtown Toronto, it still feels like a friendly neighbourhood spot.

"We try to make people comfortable," says General Manager Nik Manojlovich. "If we tried to be pretentious, it wouldn't work." Owner Yael Dunkelman agrees. "Dunkelman's has its own personality," she says. "We've never tried to make it chi chi or a restaurant of the moment."

The mood in the softly-lit peach dining room changes every day. During week-day lunches, the pace is brisk as businessmen pour in from nearby office towers. Satur-

day brunch is quieter, a time to meet friends or relax after a hard morning of shopping. A champagne cocktail from Harry's Bar in Venice does wonders to soothe tired nerves and might be followed by Eggs Dunkelman, poached eggs on homemade focaccio with smoked salmon, spinach, hollandaise and a dab of red and black caviar.

Evenings, especially Saturday night, the 98-seat restaurant is packed and full of excitement. Nik is at the front greeting regulars who've come across town for the good food. He also knows when to preserve the identity of VIPs, allowing them to enjoy a quiet meal out of the limelight. All guests receive the same unhurried service.

Dinner is the time to indulge in items from the new menu. Electric Shrimp, a tantalizing mixture of Gulf coast shrimp coated in vermicelli noodles and served with a mango and lime sauce, has been sold out every night.

— some unscrupulous dealers dip fish and seafood in phosphates that kill bacteria but also allow the product to absorb water, making it up to 10 percent heavier. The proof is in the cooking, where large sea scallops may shrivel to the size of their smaller bay cousins.

Mussels are appearing everywhere, and home-grown cultivated mussels (like Digby scallops) are as good as any in the world. Large meaty mussels have a stronger flavour and better shelf life than small mussels. They also make an excellent appetizer served on the half shell or steamed for moules mariniere. Small mussels are pricy since the supply is limited and they require more handling, but their meat yield is high and they're perfect with pasta.

The main cooking rule with any fish or seafood is: don't overcook it. Baking and pan-frying are still excellent cooking methods, but if you want to keep up with the crowd, throw that fish on the grill and cook it quickly on medium heat, basting frequently to keep in the moisture.



PHOTOGRAPHY © RODNEY DAW

There's also Atlantic lobster so fresh it's still swimming in the new lobster tank near the kitchen. Or perhaps a swordfish stir-fry with black bean sauce and Oriental vegetables, a popular item at lunch and dinner. The average dinner costs about \$50 a couple, while lunch runs about \$25 for two. The extensive wine menu lists wines by region, and many rare wines are available by the glass. California wines are popular, and there's a good selection of digestifs.

In every dish, the emphasis is on fresh, quality ingredi-

ents. "We put our heart into the quality of the food," says Mrs. Dunkelman. She and husband Ben personally oversee the food, arriving each day for a taste to make sure everything meets their high standards. "We don't like to let anyone eat what we don't eat ourselves," she says. Mrs. Dunkelman is also responsible for the finer touches, the fresh flowers and the art that changes every few months.

The couple travels extensively, and are always bringing back new ideas for Dunkelman's and their other suc-

cessful restaurant, the Daily Planet. The Planet, now two years old, is much more spacious with seating for 200 plus another 100 on the terrace. The prices are a little lower and the dishes aren't quite so elegantly presented, but they contain the same fine produce and meat purchased for Dunkelman's.

"We thought the Planet would be more youth-oriented," says Mrs. Dunkelman, "but it appeals to all ages. The food is always good at a reasonable price." The menu includes Cajun and Oriental twists, and some

dishes are marked for their low sodium, fat and calorie content.

All breads and desserts are made at the Daily Planet's newest location on Bathurst Street. Favourite breads include focaccio, rye and thick slices of challah bread. Desserts include feather-light chocolate mousse cake and ices like passionfruit and raspberry.

"It's a continuous experience," Mrs. Dunkelman says. "There's always new wines, new food and new customers." ■

GRILLED CLAMS WITH SALSA

Grilled clams make a nice change from steamed. Scrub clams and soak in several changes of salted water for one hour.

INGREDIENTS 1 clove garlic, minced; 1 medium onion, finely chopped; 4 small firm ripe tomatoes, finely chopped; 1 jalapeno, seeded and finely chopped; 1 tsp fresh basil; 1 tbsp lime juice; salt to taste; 4 doz clams.

METHOD: Combine garlic, onion, tomatoes, jalapeno, basil and lime juice. Let stand one hour or more. Season to taste with salt. Cook clams on grill 3-5 minutes until they open. Arrange on plate, spoon salsa on top. Yield: 8 portions.

SCALLOP AND ASPARAGUS SALAD

INGREDIENTS 1½ lbs scallops poached in fish stock, cooled; 1 lb asparagus blanched, cooled and sliced; 1 small red onion, thinly sliced; 3 tbsp rice vinegar; 1 tsp fresh ginger juice; ½ tsp sesame oil; 4 tbsp peanut oil; 1 tbsp soy sauce; 1 tbsp lemon juice; ½ tsp hot pepper flakes.

METHOD Combine rice vinegar, ginger juice, sesame oil, peanut oil, soy sauce, lemon juice and blend well. Add salt and pepper to taste. Toss dressing with scallops, asparagus and onion. Spoon into red cabbage leaf or lettuce leaf. Sprinkle with hot pepper flakes. Yield: 4 portions.

SALMON TORTILLA ROLLS

A stuffed rolled tortilla makes an innovative sandwich.

INGREDIENTS 2 small ripe avocados, peeled, seeded and chopped; 1 tbsp lemon juice; ¼ cup sour cream; salt to taste; 6-8 in. flour tortillas; 1 cup chopped alfalfa sprouts; 12 slices smoked salmon.

METHOD Purée avocados with lemon juice, sour cream and salt. Spread on

tortillas, top with alfalfa sprouts and slices of smoked salmon. Sprinkle with freshly ground pepper. Roll tightly. Serve with a dollop of sour cream (or more of the avocado mixture and a spoonful of caviar). These are also good sliced in 1 in. rounds and topped with the above. Yield: 6 tortilla rolls.

SPICY SHRIMP

Skewered, marinated and grilled shrimp are particularly popular during the summer. Serve on top of deep fried rice noodles for a different presentation.

INGREDIENTS 2 lbs medium raw shrimp, shells on; 1 tsp red chili paste (Conimex style); 1 tsp sesame oil; 2 cloves garlic, peeled and sliced; 2 slices fresh ginger; 2 green onions, sliced; 2 tbsp lemon juice; 1 tsp paprika; 4 tbsp vegetable oil.

METHOD Peel shrimp leaving on tails. Combine remaining ingredients. Mix well. Add shrimp. Toss to coat. Marinate two hours or more. Skewer three to a skewer. Grill or broil until just tender. Serve on crisp noodles with a wedge of lemon. Yield: 16 skewers.

CHILLED TROUT

Simply baked or poached fish with a fresh herb vinaigrette or mayonnaise allows great flexibility for lunch or dinner menus.

INGREDIENTS 1 2-4 lb lake trout; extra virgin olive oil; 5 bay leaves; 2 cloves garlic, peeled and halved; 1 tbsp fresh thyme; 2 green onions, julienned; 2 tbsp lemon juice; basil mayonnaise.

METHOD Brush a large sheet of tin foil with oil. Place fish in centre. Drizzle with olive oil. Top with bay leaves, garlic and fresh thyme. Sprinkle with green onions and lemon juice. Wrap well and bake in medium hot oven until just cooked through. Remove from foil. Let cool slightly, skin and debone. Wrap and chill. Serve with basil

mayonnaise. Yield: 6-10 servings.

Basil Mayonnaise: Blend 1 cup homemade mayonnaise with 1 cup chopped basil and ¼ cup chopped roasted and peeled red pepper.

CHILI VINAIGRETTE

INGREDIENTS ½ jalapeno pepper, finely chopped with a few of its seeds; ½ small red bell pepper, chopped; ½ tbsp olive oil for sautéing peppers; ½ cup cider vinegar; 1 shallot, minced; 1 tsp Dijon mustard; 1 tsp Worcestershire sauce; freshly ground salt and black pepper to taste; 1 cup pure olive oil, mildly flavoured; small bunch cilantro, chopped.

METHOD In a small pan, sauté the chopped peppers in the oil, gently, for a few minutes. Combine the vinegar, shallot, mustard, Worcestershire, salt and pepper in a small mixing bowl. Whisk in the cup of olive oil slowly. Add the parsley, cilantro and sautéed peppers. Allow to stand for at least one hour to marry the flavours. Stir again and correct the seasoning if necessary.

MUSSELS WITH CHILI VINAIGRETTE

Chili, with its many variations, has taken off as the guru of south-western cuisine. This dish is from Downey's in Santa Barbara, California.

INGREDIENTS 3 lbs medium sized fresh mussels; 1 cup white wine (try Reisling); 3 bay leaves; 3 shallots; 1 tsp whole black peppercorns; spinach leaves, washed and stemmed; chili vinaigrette (see recipe).

METHOD Discard any mussels that stay open after being tapped or placed under running water. Scrub the shells well and remove the beard, pulling it sharply to detach the part inside the shell. Place the wine, bay leaves, shallots and peppercorns in a kettle with a close fitting lid. Simmer the broth for 5 minutes. Add the mussels and increase

(continued on p. 81)

tasted pizza from other wood-fired ovens say they prefer ours. There's just something about it..."

That 'something' begins with a thin pizza crust made with olive oil and topped with tomato sauce and a wide choice of traditional and trendy toppings like sundried tomatoes and pesto. The pizza is brushed with oil when it leaves the hot oven, and there's a bottle of oil mixed with chilies and basil on the table to drizzle on top in true Italian fashion. Sorbie is currently experimenting with extra-virgin olive oil in the dough to see if it makes a

superior crust.

The original Il Fornello is a long, lovely dining room with plenty of natural wood, mirrors, engaging photographs of Italy on the brick walls and pots of African violets on the tables. Customers can watch their pizza coming out of the white and black-tiled clay oven at the back. There's a casual warmth about it all, nothing pretentious or intimidating. Besides pizza, the menu offers dishes such as veal, mussels in a spicy tomato sauce and fettucine with smoked salmon.

About a third of Il Fornello's customers create their

own pizza from a long list of toppings. Sorbie says no matter how wild the combinations get the customers love it. "People are experimenting with food these days," he says. "If they want ham and pineapple they can have it; if they want red peppers and chèvre we've got that, too. People don't come here because it's trendy, they come because the food is good."

The atmosphere and reasonable prices also contribute to Il Fornello's fame. Most customers are young trendies who grew up on phone-in pizza from a cardboard box. Now they've got some mon-

ey, and are looking for a reasonably-priced restaurant where they can sit and enjoy good food and a glass of wine. Pizza is a food they know well, and at an average of \$30 per couple Il Fornello seems to be the perfect spot. And it's getting busier. The owners plan to open the second floor this fall to add another 32 seats to the current 60.

If the new location works well, Sorbie says it will be the prototype for more Il Fornello restaurants. How many? "As many as this city and this country can handle." ■

cup chopped nuts.

METHOD Cream butter and sugar together until well blended. Add beaten eggs, mashed bananas and grated orange rind. Blend flour, soda, baking powder, nutmeg and cinnamon. Fold flour mixture into egg mixture, alternating with milk. Stir in vanilla and nuts. Pour into a 9 x 5 in. loaf pan. Bake in a medium oven until set, approximately one hour. Let rest 10 minutes before turning out. Yield: 1 loaf.

FOCACCIO

In the north of Italy, focaccio is served paper thin dressed with a little olive oil and rosemary. This is an ideal accompaniment to grilled food during the summer months. The version most commonly found here is more bread-like.

INGREDIENTS 1 pkg active dry yeast; 1 tsp sugar; 1 cup lukewarm water; 4 cups all purpose flour; 2 tbsp olive oil; ½ tsp salt; 1 tbsp extra virgin olive oil; 1 tsp chopped rosemary; 1 cup green pitted olives; 1 cup slivered onions.

METHOD Proof yeast with sugar and ¼ cup water. Blend together remaining water, oil and salt. Place flour in a food processor with motor running and add water/oil mixture slowly, then yeast. Process to form ball. Knead lightly on floured board. Cover and let rise 30 minutes. Press into large baking tray 11 x 13 in. Brush top with olive oil. Sprinkle with rosemary. Press olives and onion slivers into top. Let rise 20 minutes. Bake in a hot oven until puffed and brown. Cut in wedges to serve. Yield: one tray.

FUSILLI SALAD

The corkscrew shape of fusilli makes it ideal for salads.

INGREDIENTS 1 red onion, cut in slivers; 2 medium tomatoes, finely chopped; 1 ripe avocado, peeled, seeded and

chopped; ¾ lb salad shrimp; ½ lb fusilli cooked until just tender, cooled; 1 tbsp lemon juice; 5 tbsp olive oil; 1 tbsp red wine vinegar; 1 tsp Dijon mustard; 1 tbsp snipped chives.

METHOD Combine red onion, tomatoes, avocado, shrimp and fusilli. Toss gently with 1 tbsp olive oil and lemon juice. Whisk together remaining olive oil, red wine vinegar and mustard. Toss with salad and chives. Yield: 4 portions.

SAUSAGE 'N PEPPER BRAID

Fleischmann's has been innovative in their development of yeast products, trying to cut down on proofing time for yeast breads. It's now possible to consider a yeast bread on restaurant menus. Several prepared doughs are also on the market that can be finished off in restaurant ovens. The following recipe uses Fleischmann's rapid rise yeast.

INGREDIENTS ¼ lb sweet Italian sausage, casing removed; ½ cup chopped red pepper; ¾ cups all purpose flour; 1 tbsp sugar; 1 tsp salt; ¾ tsp Italian seasoning; 2 pkgs RapidRise yeast; ½ cup hot water (125-130 deg F); 2 tbsp butter; 2 eggs at room temperature; ½ cup grated mozzarella cheese (about 2 oz); 1 tbsp cold water; instant minced onion.

METHOD In large skillet, over medium high heat, brown sausage and cook pepper until done, stirring occasionally to break up meat. Remove from heat; pour off drippings. Set aside. Meanwhile, set aside 1 cup flour. In large bowl, mix remaining flour, sugar, salt, Italian seasoning and Fleischmann's RapidRise yeast. Stir hot water and butter into dry mixture. Mix in 1 egg and only enough reserve flour to make soft dough. On lightly floured surface, knead 4 minutes. Divide dough into 3 equal pieces. Roll each into 14 x 4 in. strip. Stir cheese into sausage mixture; spoon ⅓ mixture down centre of each

strip. Pinch long edges together to form 14 in. ropes; seal ends. Braid ropes together; seal ends. Place on greased baking sheet; cover. Place large shallow pan on counter; half fill with boiling water. Place baking sheet over pan; let dough rise 15 minutes. Beat remaining egg with cold water; brush on loaf. Bake at 400 deg F for 25 minutes or until done. During last two minutes of baking, brush again with egg mixture; sprinkle with instant minced onion. Serve warm. Refrigerate leftovers; re-heat to serve. Yield: 1 loaf.

CHILE CHEESE CORNBREAD

INGREDIENTS 2 cups cornmeal; ½ tsp soda; 1 tsp salt; 3 tbsp oil; 2 eggs; 2 cups buttermilk; 1 cup kernel corn; 2 chilies, seeded and finely chopped; 1 cup grated Cheddar cheese.

METHOD Combine dry ingredients. Blend oil with eggs and whisk into cornmeal. Gradually add buttermilk. Stir in buttermilk, corn, chilies and cheese. Bake in muffin tins, loaf pan or 8 in. square baking tin. Bake in a medium hot oven until firm and lightly browned.

VEGETABLE RISOTTO

Risotto is without doubt one of the best new food trends. Made with arborio rice, a short grained Italian rice, this dish is an ideal way to use seasonal ingredients either as a vegetable side dish or a luncheon item. Use various seasonal vegetables such as asparagus, spinach even watercress. Add seafood, porcini, mushrooms, chicken or meat for a luncheon special.

INGREDIENTS ½ cup butter; 1 small onion, chopped; 4 tbsp white wine; 4 cups chicken stock; 2 cups arborio rice; ¼ tsp saffron; ¼ cup sliced mushrooms; 1 cup artichoke hearts, cut in slivers; 1 cup

(continued on p. 81)

M·E·N·U

TRAINING

Fruit

Exotic fruits transport diners to faraway places. The burst of flavour from a soft, creamy mangosteen brings to mind a curve of Thai beach, white sand fringed with palm trees and blue-green waves. Curl your tongue around the sharp, acid taste of passionfruit and walk through sun-drenched green jungles. Imagine trees full of starfruit, persimmons and mangos in the garden of a ruined temple.

A few years ago, we were just learning about mangos and papayas. Now we have the world at our doorstep, ripe with enough colour and flavour to jazz up the simplest plate and create the most colourful, exotic desserts. Some, like kiwifruit, have become such a standard item that no dessert trolley is complete without them. Plump strawberries are available every day of the year between local and California suppliers, and those willing to pay formidable prices for fresh raspberries and blackberries can have them from New Zealand.

"Trends in fruits are like trends in clothes," says Louise Hébert, promotions director for Botner Fruits in Montreal. "Now anything goes, from exotic to ethnic. We accept the new fruits and want to know about them, and they're so colourful they attract everyone from children to old people."

These fruits will never replace our own, for how could Canadians live without rhubarb cobbler and blueberry pie or the crunch of a fresh apple from

the tree in our own backyard? But there's a mystery about these newcomers, and the novelty of their exotic flavours guarantees their appeal.

Nutritional value also assures the popularity of fruit. It's recommended by doctors, and any health-conscious person is aware of its food value and low calories. The versatility of fruit is also evident, and placing a chocolate dessert on raspberry coulis or a duck breast under blackberry sauce will be an instant hit. Orange slices can be added (at the last minute) to poultry, pork, beef or fish entrées, or whip it into butter to serve with toast, biscuits or pancakes. A distributor in Los Angeles is now supplying west coast operators with fresh-squeezed orange juice in plastic containers.

Here are a few of the newer specialty fruits on the market suggested by Scott National, a distributor serving the west. Don't be misled by the strange shapes, colours and textures of these products, for their flavours are delicious.

Cherimoya is a heart-shaped fruit that's green when ripe. The skin is rough and marked with petal-like indentations. It has a sherbet-like texture, and tastes like a combination of strawberry, banana and pineapple. Look for fruit that's uniformly green with no cracks or dark brown skin. When ripe, remove seeds and eat with a spoon or cut in pieces and purée for fresh fruit drinks or tropical cocktails.

Kumquats are small, orange-gold citrus fruits. Their sweet flesh and tangy

skin can be eaten together. Remove seeds and slice thinly in fruit salads, or stuff halves with cream cheese. Serve chilled kumquat slices for an exotic breakfast treat. They're available December through May.

Everyone recognizes a kiwifruit, but don't forget they need careful handling. Ripen at room temperature then refrigerate if not using immediately. Kiwis are available year-round and, like kumquats, are high in Vitamin C.

Lychees are bright red, rough-skinned fruits that look like large strawberries. The flesh is white to pale cream, with the consistency of fresh grapes and a heavenly flavour far superior to the canned variety.

Prickly pears, also known as cactus pears, are round and yellowish rose. When ripe, the outside skin should be red. The flesh is deep purplish red to yellow, the yellow flesh being sweeter. To serve, cut off each end and slit the skin down the centre lengthwise. Peel back and lift out pulp. Serve chilled with cream and sugar.





Ugli fruit, about the size of a grapefruit, really is ugly. The peel is rough and disfigured, with light green blemishes that turn orange when the fruit is ripe. They are juicy and have a sweet orange-like flavour. Use like other citrus fruits. Ugli fruit are available from November to March.

There's also news in the avocado world. The black, bumpy Hass avocado is quickly taking over the foodservice market, and more California growers are switching to this Cadillac of avocados. It has a rich, nutty taste, and its high oil content slows down the browning process. You don't even need to test for ripeness; when it's black it's ripe and when it's green it's not.

The Hass is available April to October. For a Mexican-inspired treat, try stuffing a potato with guacamole made from mashed avocado and salsa, a spicy sauce of tomatoes, onions, jalapeno peppers, herbs and spices. Make sure you order avocados two or three days in advance so they'll be ripe enough when needed.

GRILL BRINGS CLASS TO OLD TORONTO

From the outside, the Duncan Street Grill looks modest in its neat brick building. Inside, it's a different world. The wide stairway exposes the entire restaurant to view, from the shots of pink and blue neon on the ceiling to the chrome, mirrors and marble tabletops that form a backdrop for the dusty rose walls. Splashes of modern art accent the patterned chintz banquettes, and you can peak into the open kitchen at the back. The effect is ultrachic, a touch of class and flash in a once sleepy warehouse district.

"We're becoming a destination," says Food and Beverage Manager Ian Baines. "People are coming here to be seen." The Grill has only been open a year, but it has already built a loyal clientele among the printers and graphic artists who've cleaned up the old buildings

and set up shop nearby, as well as artists and fashion designers who drop by from already-trendy Queen Street. And with the Roy Thomson concert hall and Royal Alex theatre only a block away, theatre-goers are an important source of business.

One of the best things about the Duncan Street Grill is that it's open all day, every day, with an eclectic menu designed to suit every taste. If you feel like lunch at 2 pm, an early dinner at 5 pm or a weekend brunch, this is the place to come. There are 95 seats inside, 44 on the patio and another 25 at the long bar, which enjoys a brisk cocktail hour.

The menu's focus is grills, of course, and includes a grilled lamb with mint butter, a filet mignon stuffed with Brie and a Cajun spiced rib-eye steak. But for all the hearty steaks, burgers and over-sized sandwiches (like grilled cheese and smoked turkey) he produces, chef David McCubbin also shows a light touch and a flair for Ori-



ental ingredients to please the most sophisticated palate. Even the traditional dishes are sauced with a light touch. "We want the food to keep its true value," McCubbin says, "and not be masked by heavy sauces."

The new summer menu adds grilled seafood with a simple lemon butter sauce. And there are elegant items such as a salad of barbecued

chicken that's been marinated several days before cooking. It's served with Chinese greens, roasted cashews and sesame dressing.

Desserts are homemade and contain the usual calorie-filled luxuries like cappuccino chocolate mousse. But McCubbin knows that light eaters could never forgive themselves for such indulgences, so he created his pop-

ular fruit plate. A spiral of seasonal fruits such as pineapple, kiwi, mango, melon and strawberries provides a burst of colour year-round. The plate is garnished with mint sprigs and roasted hazelnuts, and can be served with yogurt, cottage cheese or raspberry sorbet.

Fresh berries are very popular, or for something more dramatic try pears poached in

Beaujolais. Summer also brings fresh fruit crisps, and the chef has concocted a fresh fruit drink of blended banana, cantaloupe and orange juice for anyone who finds orange juice alone too plain. At the bar, sip fresh lemonade, pink grapefruit juice and orange juice. It's this freshness and variety that keep customers coming back to the Duncan Street Grill. ■

FRESH FRUIT PLATE

Thinly sliced fruit arranged decoratively on a plate offers a pleasing and light dessert. This is an excellent item during the summer season with its abundance of seasonal fruits.

INGREDIENTS 1 papaya or mango; 1 kiwi; 1 pink grapefruit; 8 strawberries; 1 honeydew melon; 1 cup fresh blueberries, raspberries and/or blackberries; raspberry or other fruit ice; lime juice; orange liqueur; icing sugar.

METHOD Halve papaya, seed, peel and slice thinly. Peel and slice kiwi. For an interesting effect, use flower cutouts for the kiwi. Section the grapefruit. Make small balls from the honeydew melon. Arrange fruit attractively on

four plates. Drizzle with a little lime juice and orange liqueur. Place a single scoop of fruit ice in the centre. Dust edge of plate with icing sugar. Garnish with a sprig of mint or rosemary. Yield: 4 portions.

FRUIT DIP

Serve seasonal fruits with yogurt or sour cream based dips as a light luncheon alternative.

INGREDIENTS ¼ cup sour cream; ½ lb soft cream cheese; ¼ lb cambozola; 1 tsp grated orange rind; 1 tbsp brandy; ¼ cup chopped walnuts; sliced firm fruit: pears, apples, strawberries (whole).

METHOD Blend all ingredients except

fruit and whisk until smooth. Spoon into small ramekins. Serve with fruit. Yield: 4 portions.

BAKED BRIE AND FRUIT

Hot, melting cheese and fruit make a superb combination. Make a variety of cheese fritters and serve with various seasonal fresh fruit slices.

INGREDIENTS 1 small camembert; 1 cup walnuts, chopped; 2 tbsp. honey; 2 tbsp brown sugar; 3 tbsp butter; 2 tbsp lemon juice; sliced fresh fruit.

METHOD Carefully slice top off camembert. Cut into four wedges. Combine nuts, honey, brown sugar, butter and lemon juice in small pot. Stir until melted. Reduce slightly. Soften wedges of cheese in oven until just melted.

**Introducing
The New Team**

*Vulcan/Foster ...
Two great names under one
Vulcan-Hart, Canada*

Like it Hot...

VULCAN

**Over
100
models to
make it
HOT!**

simmer, cook, boil,
fry, stew, sauté,
sizzle, warm, bake,
broil, roast, toast,
braise ...



cho

VULCAN
Canada, Inc.

Drizzle with a little of the sauce. Place one wedge on each plate and garnish with fresh fruit such as grapes, apple or pear slices.

PAPAYA CLOUD

For an unusual and exciting presentation, try a fresh fruit "Alaska." Ideal when papaya are in season.

INGREDIENTS 2 papaya; 4 scoops dark chocolate ice cream; 4 egg whites; 1 cup fruit sugar; 1 tbsp brown sugar; freshly grated nutmeg.

METHOD Halve papaya, seed and turn upside down to drain. Beat egg whites until partially stiff. Continue beating, gradually adding sugar a tablespoon at a time, until meringue is very stiff. Place scoop of ice cream in each papaya shell. Top with meringue covering from edge to edge. Dust with a little brown sugar. Bake in 450 deg F oven for 3-5 minutes. Yield: 4 portions.

FRUIT CRISP

A fresh fruit crisp is a comforting and versatile dish. Cook in individual baking dishes. Serve with creme fraiche or lightly beaten whipped cream.

INGREDIENTS 2 cups pitted sour cherries;

1 cup fresh raspberries; 1 cup peeled and sliced fresh peaches; ¼ cup white sugar; ½ tsp ground cinnamon; 1 tbsp fresh lemon juice; 2 tbsp dark rum; ½ cup flour; ½ cup brown sugar; pinch salt; ¼ tsp ground cinnamon; ¼ tsp nutmeg; ½ cup butter; ¾ cup rolled oats; ½ cup chopped pecans.

METHOD Lightly butter 4x4 in. wide baking dishes. Toss fruit gently together with sugar, cinnamon, lemon juice and rum. Combine flour, brown sugar, salt, cinnamon and nutmeg. Add butter and cut into flour until mixture resembles coarse crumbs. Stir in oats and pecans. Spoon fruit into baking dishes, top with oat mixture. Bake in 350 deg F oven for approximately 40 minutes. Let rest 10 minutes before serving. Yield: 4 portions.

STUFFED FRESH FIGS

When in season, fresh figs make an outstanding visual presentation. A moist dry fig may be used as well.

INGREDIENTS 12 fresh figs; 1 tbsp lime juice; ½ lb mascarpone or gorgonzola; 12 toasted whole almonds.

METHOD Cut partially through figs to form a cross. Sprinkle inside with a little lime juice. Pipe cheese inside figs and press a toasted almond on top. Serve 3 per person arranged on fresh grape leaves. Yield: 4 portions.

RASPBERRY COCKTAIL

Fresh fruit cocktails are beautiful visually, yet simple to make.

INGREDIENTS 3 cups raspberries or strawberries; 1 cup blueberries; 3 tbsp fruit sugar; ¼ cup fresh orange juice; 4 tbsp orange liqueur; 1 cup 35% cream, whipped; edible flowers.

METHOD Toss raspberries and blueberries with sugar, orange juice and liqueur. Let stand 20 minutes. Refrigerate one hour. Spoon into glass serving dishes. Top with cream. Garnish with an edible flower. Yield: 4 portions.

CANDIED ORANGE SLICES

Candied fruit makes an excellent garnish for grilled pork or poultry. A new blend of cognac and orange liqueur makes an ideal base for the syrup. This liqueur is also excellent spooned onto ice cream for a dessert item.

INGREDIENTS ¾ cup water; ¾ cup cognac and orange liqueur; 2 sprigs mint; 4 oranges thinly sliced.

METHOD Combine water and liqueur in a saucepan. Simmer until thickened. Add mint and oranges and continue cooking over low heat until softened (15 minutes). Drain oranges, reserving juice, and cool. Remove mint leaves. Reserved syrup maybe used as a sauce.



Canada's new leader in the foodservice equipment industry. Vulcan-Hart has the answer to all your cooking and refrigeration needs!

Like it Cold

ose

HART



**Over 100
models to
make it
COLD!**

cool, chill, freeze,
display, blast, hold,
and even thaw!

6503 Northam Drive, Mississauga, Ontario L4V 1J5
416-678-0266 / Telex 06-968698 / Telefax 416-678-0125

Reader Service Card Number 123

a · n e w · l o o k · a t

B E E F



l i g h t · b i t e s



THE TREND

• LEANS • TOWARD • LIGHT

Grazing has become so popular that customers often prefer light snacks to a meal. The trend towards grazing is influencing the restaurant industry and reflects the concerns of a growing health conscious clientele for more nutritious and lighter foods. As your customers' eating habits change, so should your menu. The grazing phenomenon gives foodservice operators a wide range of profitable possibilities with beef and a chance to experiment. Light beef bites provide good value and, whether served as appetizers, finger foods, bar nibblers or snacks, will help you meet your customers' taste for their favourite meat and their desire for new and nutritious menu choices.



GRAZING • TREATS

• WITH • BEEF • LIGHT • BITES

Versatile beef lends itself to a multitude of grazing type snacks to expand your menu, all of which translates into profits for you. An interesting array of ideas are suggested here. Your customers will also be interested in knowing the calorie content, so consider including this information next to the menu item.



CANADIAN • BEEF —

• IT'S • LEANER • THAN • YOU • THINK

Today's Canadian beef is now 35% leaner than 10 to 15 years ago and is therefore more appealing than ever to your nutrition oriented customers. For example, ounce for ounce, trimmed beef rib roast contains a similar amount of fat and calories as chicken, even without the skin. **Compare** these recent nutrient figures from Health and Welfare Canada:

	Fat*	Calories*
Rib roast, trimmed - 3-1/2 oz (100 g)	7.6 g	191
Roast chicken, no skin - 3-1/2 oz (100 g)	7.4 g	190

Salad bars usually mean low calorie food to your clientele; however, a serving of trimmed beef sirloin steak has less fat than just 2 tbsp (25 mL) of French or Thousand Island Dressing on a salad.

	Fat*
Broiled sirloin steak, trimmed - 3-1/2 oz (100 g)	9.4 g
French or Thousand Island Dressing - 2 tbsp (25 mL)	12.0 g

This is surprising news so why not tell it on your menu to your customers.

*Canadian Nutrient File 1986, Health and Welfare Canada.



MEDITERRANEAN BEEF SALAD

Approx. 314 calories per serving
YIELD: 10 servings

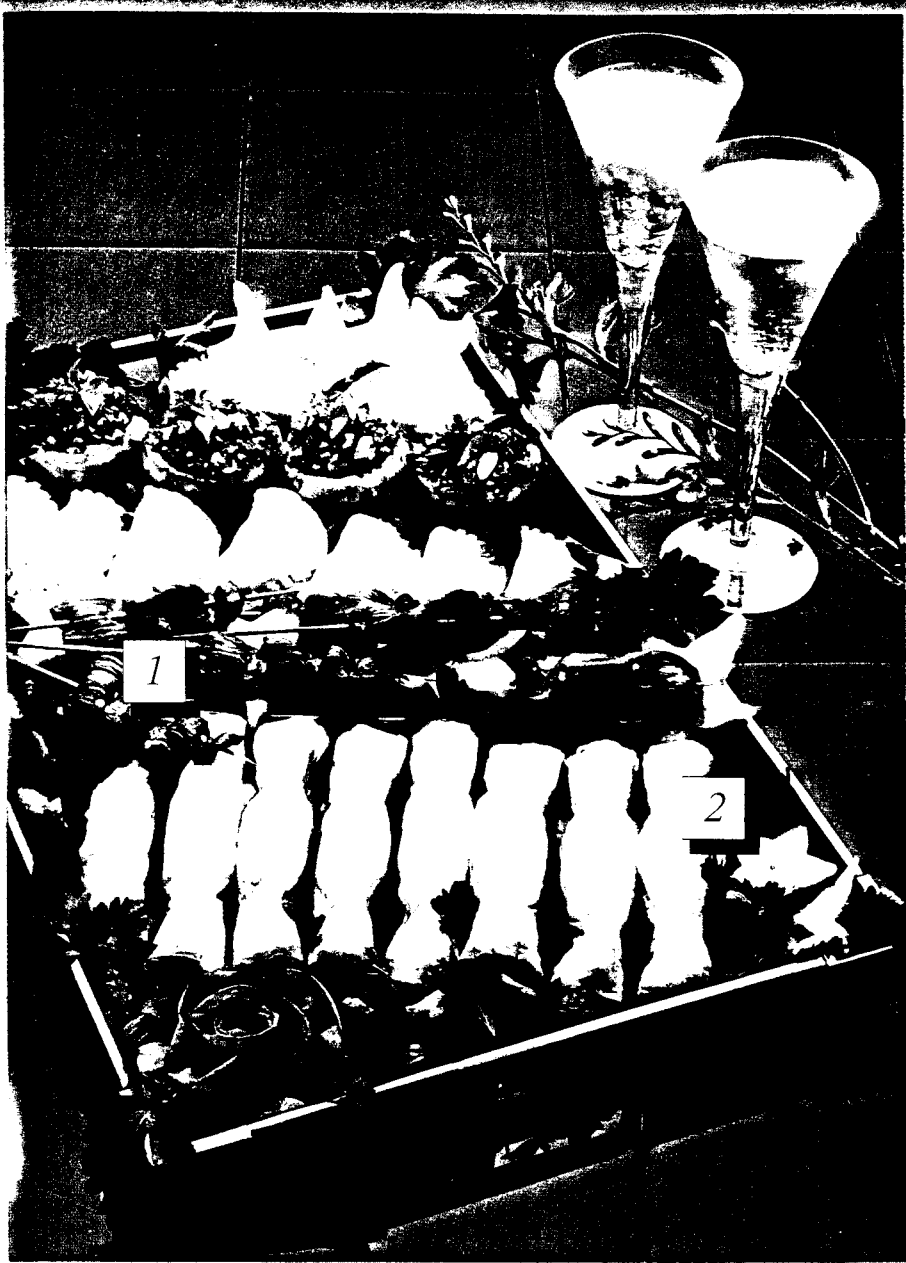
Ingredients	Weights/ Measures	Method
Lean cooked beef, cut in julienne strips	1-1/2 lb	1) Combine beef strips, broccoli, cucumber, celery, sweet pepper, olives, pickled onions and cheese. Pepper to taste.
Broccoli, fresh chopped	2 cups	
Cucumber, sliced	1-1/4 cups	
Celery, sliced	1-1/4 cups	2) Add dressing to salad and toss. Marinate at least one hour in refrigerator to blend flavours.
Red or green sweet pepper, sliced	1-1/4 cups	
Stuffed green or ripe olives, sliced	1/2 cup	3) Divide salad evenly on serving plates or in pita pouches.
Sweet pickled onions, sliced	1/2 cup	
Crumbled feta or cheddar cheese, cubed	1 cup	
Pepper	to taste	
Pita bread pouches	10	

DRESSING

Italian type salad dressing 3/4 cup

SERVING SUGGESTIONS

- Serve as a satisfying main course salad.
- For variety, top with avocado slices and serve in avocado shells.



BEEFY PHYLLO ROLLS*

Approx. 150 calories/roll

YIELD: 60 rolls

Ingredients	Weights/Measures
Sirloin, diced	1 lb
Vegetable oil	2 tsp
Ginger root, finely chopped	2 tbsp
Garlic cloves, minced	4
Beef stock	3 cups
Honey	1 cup
Cinnamon sticks	2
Star anise (optional)	2
Currants	1/4 cup
Preserved ginger, chopped	1/2 cup
Phyllo pastry	2.2 lb
Butter, melted	2 cups

- 1) In a large saucepan, heat oil; add ginger root and garlic and cook over medium heat until fragrant. Add stock, honey, cinnamon and anise mixing well.
- 2) Boil mixture uncovered 10 minutes until sauce is thick and syrupy. Let cool and add uncooked diced beef, currants and preserved ginger.
- 3) Place one sheet of phyllo pastry on working surface. Brush lightly with melted butter and top with a second sheet pressing gently. Cut crosswise into 3 strips 5" wide. Place 2 tbsp of filling on each strip up to about 1" from edges.
- 4) Roll up pastry over filling while gently pinching pastry ends. Repeat with remaining phyllo sheets and filling.
- 5) Lightly brush tops with melted butter. Bake at 350°F, 15 to 20 minutes or until golden.



THAI RIBBONS*

Approx. 35 calories per ribbon

YIELD: 60 appetizer ribbons

Ingredients	Weights/Measures	Method
Beef steak, flank, round, sirloin	2.2 lb	1) Cut beef diagonally across the grain, into 1/4" thick strips. 2) Mix remaining ingredients; add meat, cover and marinate in refrigerator for 30 minutes for sirloin and 4 hours or overnight for flank and round. 3) Remove meat from marinade; thread ribbon fashion the beef strips onto bamboo or metal skewers (2 strips per skewer). 4) Broil or grill ribbons for 3 to 4 minutes per side or until desired doneness basting with marinade. (Note: soak bamboo skewers in water for 1/2 h before threading meat to prevent them from burning.)
Soya or teriyaki sauce	1/3 cup	
Rice wine	1/3 cup	
Garlic cloves, minced	5	
Ginger root, finely chopped	1/4 cup	
Red chili peppers, dried	2 tsp or to taste	



IPS

FOR LIGHT COOKING

- Avoid frying; broil, charcoal broil or roast.
- Use herbs and spices for seasonings rather than butter, cream, heavy sauces and gravies.
- Marinate with spices, wine, lemon or tomato juice instead of oil.



ARPACCIO

Approx. 130 calories per serving
YIELD: 10 servings

Ingredients	Weights/ Measures	Method
Lean beef, inside round	1-1/4 lb	1) Chill beef in freezer several hours before slicing. Slice beef paper-thin in large oval slices with electric slicer. Slice just before serving. Serve 1-1/2 tablespoons dressing with 2 oz beef.
Zesty dressing		
Parsley, dry	1/4 cup	2) Combine ingredients of dressing; blend until smooth. Chill.
Basil, fresh	1/4 cup	
Lemon juice	1/4 cup	
Parmesan cheese, grated	2 tbsp	
Vegetable oil	3 tbsp	
Garlic clove, minced	2	



MERCHANDISING OPPORTUNITIES

Many foodservice operators have taken advantage of the various promotional materials offered by the Beef Information Centre. Attractive posters, tent cards and menu clip-ons stimulate customer awareness of beef and make effective tools to boost profits in beef promotions. Nutrition tent cards are designed specifically to merchandise beef to your health conscious customers by giving them up-to-date nutritional information.



SPRING ROLLS*

(Illustrated on front cover)

Approx. 185 calories per serving
YIELD: 10 servings

Ingredients	Weights/ Measures	Method
Beef steak, top round or sirloin partially frozen	3/4 lb	1) Prepare the oriental sauce by combining ingredients. Bring to a boil and simmer 20 minutes.
Soya sauce	2 tbsp	
Rice wine or sherry	1/4 cup	2) Slice steak into thin slivers. In shallow dish, combine soya sauce, rice wine and sesame oil; toss meat in this mixture and let stand 20 minutes. Drain meat reserving soya mixture.
Sesame oil	1 tsp	
Vegetable oil	1/4 cup	3) In a wok, heat 2 tbsp vegetable oil and stir fry meat about 4 minutes or until meat loses its pink colour. Remove meat. Heat remaining oil and stir fry vegetables about 4 minutes. Return meat to pan.
Green onion, sliced	6	
Carrots, sliced	6	
Zucchini medium, sliced	1	4) Mix cornstarch with reserved soya mixture. Add to meat and vegetables. Stir over high heat until sauce thickens, stirring well.
Bean sprouts	3/4 cup	
Cornstarch	1 tbsp	5) Top a lettuce leaf with a few tablespoons of the stir fry mixture. Roll up if desired.
Lettuce, large outside leaves	10	
Oriental Sauce		
Hoisin sauce	1/2 cup	
Soya sauce	1/4 cup	
Sugar	1/4 cup	
Water	2 tbsp	

*Recipes adapted from the "New Look of Beef" by Kathleen Crowley, Grosvenor House Press Inc.

FOR MORE BEEF INFORMATION AND RECIPES, CONTACT THE BEEF INFORMATION CENTRE IN YOUR AREA.

- ◆ **Beef Foodservice Cut Chart** — A full colour chart (60 X 28 cm) showing over 25 of the most popular foodservice beef cuts. A useful tool as a poster or as reference material.
- ◆ **"Beef Sounds Good on The Menu"** — A 22-page full colour brochure that provides recipes and product information for use in foodservice.
- ◆ **"A New Look at Beef - The Light Side"** — contains menu suggestions for a variety of light luncheon dishes.

The Beef Information Centre is the promotional division of the Canadian Cattlemen's Association.

Offices:

ONTARIO
590 Keele St.,
Toronto M6N 3E3
Tel.: (416) 766-2787

BRITISH COLUMBIA
1081 Roosevelt Cres.,
N. Vancouver V7P 1M4
Tel.: (604) 985-0113

MANITOBA
433 Main St.,
Winnipeg R3B 1B3
Tel.: (204) 944-1197

QUEBEC
345 Dorval Ave.,
Dorval H9S 3H6
Tel.: (514) 631-6812

MARITIMES
37 Pictou Rd.,
Truro, N.S. B2N 2R9
Tel.: (902) 895-0450

SASKATCHEWAN
Box 4752,
Regina, Sask. S4P 3Y4
Tel.: (306) 757-8523

ALBERTA
238, 2116-27th Ave. N.E.
Calgary T2E 7A6
Tel.: (403) 291-4832