

Cooking Lessons

with
Chef TERRY PICHOR





DUNGENESS CRAB SALAD

Whipped goat cheese, summer vegetables
and lemon honey vinaigrette

- ¼ pound Dungeness crab
(claws only), store-bought
- ½ pound Dungeness crabmeat

LEMON HONEY VINAIGRETTE

- ¼ cup lemon juice
- ½ cup extra virgin olive oil
- 5 teaspoons wildflower honey
- Salt and pepper

WHIPPED GOAT CHEESE

- ¼ cup heavy cream
- ½ pound goat cheese

SUMMER VEGETABLES

- 1 English cucumber
- 1 pint heirloom cherry tomatoes
- Extra virgin olive oil, to marinate
tomatoes
- 1 sprig thyme, to season the olive oil
- 1 avocado
- 1 tablespoon tarragon, finely chopped
- 1 bunch parsley, finely chopped
- 1 bunch chervil
- ½ cup olive oil
- 1 tablespoon lemon juice

Maldon salt or other coarse sea salt
Micro herbs

This recipe is a light and refreshing dish for a hot summer day. Dungeness crab is one of the most amazing ingredients to work with on the west coast. It is available all year and can be purchased live or cooked and pick. I suggest you buy the crab live and have your fishmonger remove the meat for you. Save the claws as the centrepiece of the dish and use the body meat as the base. The shells can be saved and frozen to make a base for a soup on a cold day.

LEMON HONEY VINAIGRETTE Whisk together the lemon juice, extra virgin olive oil and wildflower honey. Season to taste with salt and pepper. Set aside at room temperature.

SUMMER VEGETABLES Using a chef's knife, cut the cucumber into 4-inch lengths. With a Japanese mandoline, slice these pieces of cucumber length-wise into strips $\frac{1}{8}$ inch thick. Set aside.

Bring a medium-sized saucepan of salted water to a boil. Prepare a medium-sized bowl of ice water and, before you blanch them, plunge the heirloom tomatoes into the ice bath for several minutes. This will insure that the tomatoes do not overcook. Blanch the tomatoes for 1 minute and then plunge them into the ice bath again. Remove their skins (they should come off easily) and marinate the tomatoes in extra virgin olive oil seasoned with the sprig of thyme.

Slice the avocado in half and remove the pit. Using a spoon, remove the flesh from the avocado. Working in a small bowl, crush the avocado flesh gently so it retains some texture. Combine the herbs, olive oil and lemon juice in a small bowl, then pour this vinaigrette over the avocado. Cover the bowl with plastic and set aside.

WHIPPED GOAT CHEESE In a medium-sized bowl, use a whisk to whip together the goat cheese and the cream. Season to taste with salt.

TO ASSEMBLE Set out 6 rectangular plates. In 3 separate bowls, toss the cucumber, tomatoes and crab in the lemon honey vinaigrette. On each plate lay two strips of cucumber lengthwise. Scoop a spoonful of the avocado mixture onto the cucumber. Using a rectangular mould, gently place some crabmeat on top of the avocado, then place the tomatoes on top of the crab. Place a tablespoon in hot water and scoop a small quenelle of whipped goat cheese on top of the salad. Drizzle with lemon honey vinaigrette and garnish with Maldon salt and micro herbs. Add the crab claws as a final flourish to the dish. Serves 6.



NOTES:

MUSSELS AND CLAMS IN SMOKED- TOMATO FENNEL BROTH

Grilled baguette with anchovy and sun-dried
tomato butter

1 pound mussels, scrubbed and
debearded

1 pound clams, scrubbed

FENNEL BROTH

1 fennel bulb, thinly sliced

1 Spanish onion, diced

Pinch of saffron

2 heads of garlic, peeled and finely
chopped

1 cup white wine

¼ cup fish stock, store-bought

Salt and pepper

SMOKED TOMATOES

1 puck alder wood chips, for smoking

½ cup + 3 teaspoons olive oil

4 Roma tomatoes

ANCHOVY AND SUN-DRIED TOMATO BUTTER

¼ pound butter, softened

1¾-oz can anchovies, drained

3 ounces sun-dried tomatoes

2 cloves garlic, chopped

Black pepper to taste

⅓ cup basil, chopped

⅓ cup parsley chopped

1 baguette

8 sprigs basil, for garnish



This is one of my favorite dishes to make at home. It's fast, simple and very satisfying, and great to prepare for large groups of guests for a dinner party. The most important part of the whole process is buying the freshest mussels possible and cooking them the same day. The compound butter is a nice touch but it is optional.



FENNEL BROTH In a medium-sized saucepan over low heat, sweat the fennel, onion, saffron and garlic until soft. Add the white wine and cook until reduced by half. Add the fish stock and simmer for another 10 minutes. Season to taste. Set aside.

TO SMOKE THE TOMATOES Preheat the oven or outdoor barbecue to 250°F. Crumble the alder wood chips into the bottom of a perforated grill pan. Slice the Roma tomatoes in half lengthwise and lay the halves cut side down on the grill pan. Cover the pan with aluminum foil and place in the preheated oven or barbecue. Let the tomatoes smoke for 15 minutes, then remove the pan and set aside.

ANCHOVY AND SUN-DRIED TOMATO BUTTER Place all the ingredients in a food processor. Pulse until the flavourings are evenly distributed throughout the butter. Lay out a 16-inch strip of wax paper lengthwise on the kitchen counter or another clean work surface. Place the flavoured butter one-third of the way up the wax paper. Fold the end nearest you up and over the butter, rolling it to form a uniform cylinder about 2 inches in diameter. Wrap the cylinder tightly at each end, then wrap the wax paper roll with plastic wrap. Store it in the freezer and remove a short while before use.

TO FINISH Dice the smoked tomatoes. Place a large, deep frying pan over high heat. Add the fennel broth. Toss in the clams and mussels and smoked tomatoes. Cover and cook until the majority of the clams and mussels have opened. Discard any that have not. Toss in the chopped herbs. Slice the baguette. Butter the slices with the compound butter (if using) and grill them until just crisp.



TO SERVE Set out 4 warmed bowls. Ladle the steaming mussels, clams and broth into the bowls. Garnish each serving with a couple of sprigs of basil, and serve with slices of grilled baguette. Serves 4.



NOTES:

SEARED SOCKEYE SALMON

Wild mushrooms and potato gnocchi with lemon thyme butter sauce

4 salmon fillets, about 5 oz each
Grapeseed oil, for searing salmon
1 pound seasonal wild mushrooms,
cleaned and sliced
Extra virgin olive oil, for sautéing
mushrooms
1 recipe potato gnocchi (below)

LEMON THYME BUTTER SAUCE

1 cup white wine
2 tablespoons champagne vinegar
1 shallot, finely sliced
1 lemon, juiced
5 peppercorns
1 sprig thyme
2 tablespoons heavy cream
1 cup butter, cold, cubed



Living on the west coast we are extremely lucky to have the best-quality salmon and a variety of wild mushrooms readily available. If these specific ingredients are not available to you, I suggest just buying the best-quality fish and mushrooms from a reputable local supplier. The gnocchi recipe will make more than what you need for this recipe. The great thing about gnocchi is that they freeze extremely well for the next dinner party.

LEMON THYME BUTTER SAUCE Combine the white wine, vinegar, shallots, lemon juice, peppercorns and thyme in a small saucepan over medium heat. Reduce heat to low and simmer until shallots are glazed and liquid reduced to about 2 tablespoons, about 10 minutes. Stir in the cream. Working alternately on and off the heat, to maintain the temperature below a boil, whisk in the cubes of butter. Set aside and keep warm.



TO SEAR THE SALMON Heat a film of grapeseed oil in a large frying pan over high heat. Sear the salmon fillets skin side down until three-quarters cooked, about 5 minutes. Flip them and continue cooking for 1 or 2 minutes. Remove from heat and let rest on a warm platter.

TO FINISH In a medium-sized frying pan over medium-high heat, sweat and then sauté the mushrooms in extra virgin olive oil until golden brown. At the same time, in a medium-sized frying pan over medium-high heat, sauté the gnocchi until golden brown. Add the sautéed mushrooms.

TO SERVE Set out 4 warmed plates. Distribute the gnocchi and mushrooms among the plates. Rest a piece of salmon over top of the gnocchi and mushrooms, and dress with the lemon thyme butter sauce. Serves 4.



POTATO GNOCCHI

2 pounds (4 large) Yukon gold potatoes, skin on
Salt to season
Olive oil
1½ cups all-purpose flour
3 large egg yolks
1 cup Parmesan cheese, finely grated with a microplane grater
2 tablespoons kosher salt



TO BAKE THE POTATOES Preheat the oven to 475°F. Lay a thin layer of salt on a baking sheet and place the potatoes on top. Bake in the oven for 45 to 60 minutes, or until the potatoes' skin starts to crack and they are cooked all the way through.

TO MAKE THE GNOCCHI Split the cooked potatoes and scoop out the insides, discarding the skins. Put the baked potatoes through a potato ricer. Place the riced potatoes in a large bowl and make a well in the centre. Place a layer of about ¾ cup of flour in the well. Add the eggs, Parmesan cheese, then another ¾ cup of flour and the salt. Chop up the potatoes, eggs and flour with a pastry scraper. Work quickly so the cheese melts evenly and everything gets combined without overworking the dough. Shape the dough into a ball and roll lightly in flour. Remove from the bowl and place on your counter.

Pull off a section of dough about 3 to 4 ounces and roll it by hand on a lightly floured surface. Roll it into a long tube about ½ inch thick. Cut the tubes into pieces ¾ inch long. Place the finished gnocchi on a baking sheet lined with



parchment paper that has been lightly floured. Note: Once all the gnocchi are placed on the baking sheet, they can be frozen and then stored in plastic bags and kept in the freezer until ready to use.

TO COOK THE GNOCCHI Place the gnocchi in batches in a pot of lightly salted boiling water. Stir the gnocchi very lightly at the beginning so they do not stick to the bottom. Once the gnocchi rise to the surface, let them cook for 1 more minute. Using a slotted spoon, remove them from the pot. Place them on a baking sheet lined with parchment paper that has been lightly oiled. Put them in the refrigerator to cool.



NOTES:



Chef Terry Pichor

Born in Pine Falls, Manitoba, Terry Pichor grew up along the banks of the Winnipeg River where he would watch his grandmother in her kitchen create culinary masterpieces from the area's local bounty. After moving to Vancouver in 2002, he studied with some of the city's finest chefs and began cultivating his skills at the Four Seasons Hotel, the Vancouver Tea House and Bin 941.

Terry's passion for food has taken him around the world where he has worked to provide memorable dining experiences for his guests. For the last two years, he has been at Sonora Resort, preparing world-class Relais & Chateaux culinary experiences for guests.

Terry is dedicated to sourcing the finest local ingredients and transforming them into elegant yet rustic meals that reflect the natural beauty of Sonora. In this two hour cookery class, he'll share his own techniques, philosophy and secrets. If you're still hungry for more, visit Chef Pichor's cooking corner in the gift shop for his favorite tools, seasonings, and books.



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Reservation Tel: 604-233-0460

Toll Free Tel: 1-888-576-6672

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