COOKING WITHOUT A KILT

RELAXED AND IN THE KITCHEN, WITH CHEF ALAIN BOSSÉ

PART 1

COOKING WITHOUT A KILT

RELAXED AND IN THE KITCHEN WITH CHEF ALAIN BOSSÉ

March to May, 2020

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Photography by Alain Bossé
Editing and Design by Mike Meade

INTRODUCTION

In mid-February of 2020, we began to realize that the pandemic affecting the rest of the world was making its way to our doorsteps. By mid-March we were under a stay-at-home order in Nova Scotia. The Kilted Chef brand, for the past 12 years, has often left us feeling like we were on a tilt-a-whirl; spinning from one exciting project to the next with minimal downtime in between.

When "the world stopped" we found ourselves in uncharted territory, wondering how we can make productive use of our time. Sitting in the kitchen one morning we came up with the crazy idea to do a 3:00p.m. Facebook live show. We thought we might entertain a few family and friends, and possibly teach the kids a thing or two about cooking.The next day we set up our phone atop a step ladder, propped up with a stack of cutting boards. We hit record and truly had no idea whether anyone was there or not. We just went with it and had fun!

Over the next few days, and subsequently the next few weeks, our audience grew from tens of people to hundreds of people! To say we were baffled, as to why people wanted to watch us for an hour every day, is an understatement!

People began sending us notes saying how we were making such a positive impact in their lives. We weren't the only ones going through tremendous change. The emails were enough to encourage us to continue. Our plan was to truly stop after the stay-at-home order was lifted. But we were having too much fun! And apparently so were all of you, you stuck with us! The emails stating how much we were helping you continued to come in, but what I don't think all of you realize was how much you were helping us as well. We watched your comments come into the live show everyday and all of a sudden random names turned into familiar ones. We truly felt like our family was growing with each passing day. We've now been doing this 5 days a week for just about 9 months.

We realize that someday life will go back to normal and we'll have to climb up onto that tilt-a-whirl again, but for the time being we've committed to be here everyday at 3:00p.m., anxiously waiting for our friends to join us in our kitchen.

From our house to yours, and more importantly from our heart to yours, we are so truly grateful for all that you have given us.

Sincerely,
Alain & Johanne

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SEARCING FOR A VIDEO OF A RECIPE

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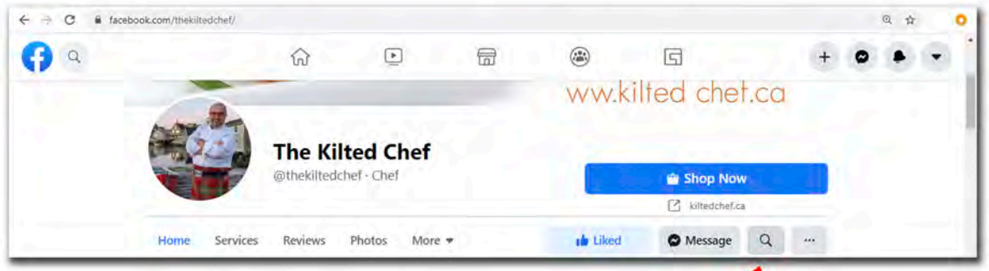

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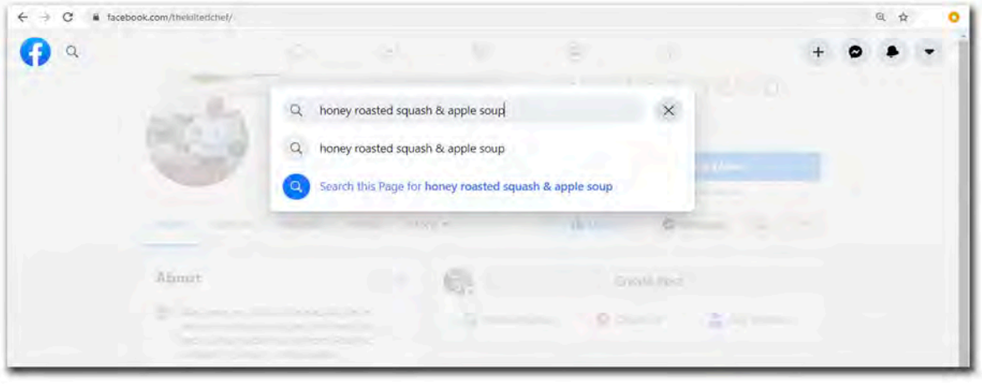
Under the image of the video in this cookbook, you will see the title of the video here.

For example, Episode 1:



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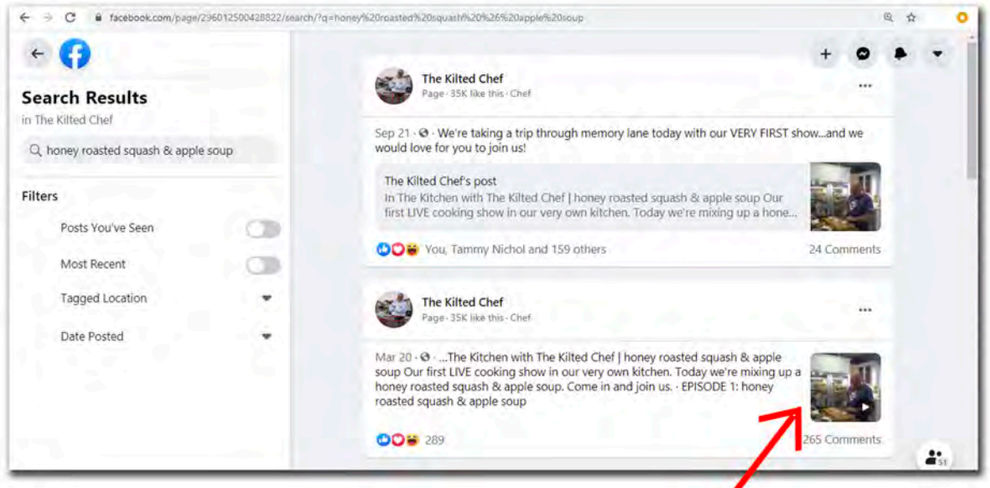

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HONEY ROASTED APPLE & SQUASH SOUP

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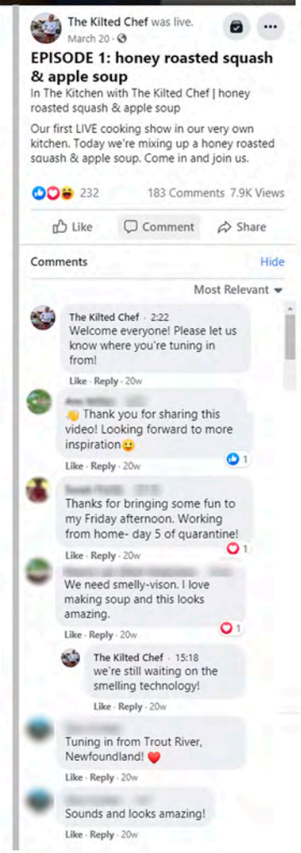

1 large onion, diced
1 large carrot, diced
1 celery stalk, diced
2 apples, sliced
1 butternut squash, peeled & chopped
2 Tbsp (30 mL) butter
½ cup (125 mL) honey
½ cup (125 mL) white wine
1 tsp (5 mL) Dijon mustard
1 sprig fresh thyme (or 1 tsp/5 mL dried)
1 cinnamon stick (or 1 tsp/5 mL ground)
1 Tbsp (15 mL) curry powder
8 cups (2 L) boiling water
pepper to taste
4 Tbsp (60 mL) concentrated broth or bouillon cube
1 can coconut milk

Preheat the oven to 350°F (180°C). On a parchment-lined pan drizzle honey over squash and apple, and roast for about 1 hour. Meanwhile, in a large pot, create a mirepoix by sautéing onion, carrot and celery in butter until onion is translucent (approx. 5-7 mins). Add thyme, cinnamon, Dijon & season with salt & pepper. Deglaze with the white wine. Increase heat to bring to a low boil.

Remove squash & apples from the oven and add to the mirepoix along with any caramelized honey you can scrape from the pan. Add boiling water, concentrated broth, curry and ½ cup (125 mL) honey. Allow soup to reach a boil then reduce heat to medium heat and simmer for 10-15 minutes.

Remove thyme and cinnamon stick. Puree soup in batches. Return to the pot, add cinnamon and thyme back into the pot. Add coconut milk and simmer until you achieve the thickness you prefer!

Top with sour cream and toasted pumpkin seeds & enjoy!

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Episode 1

SEARED SCALLOP PASTA

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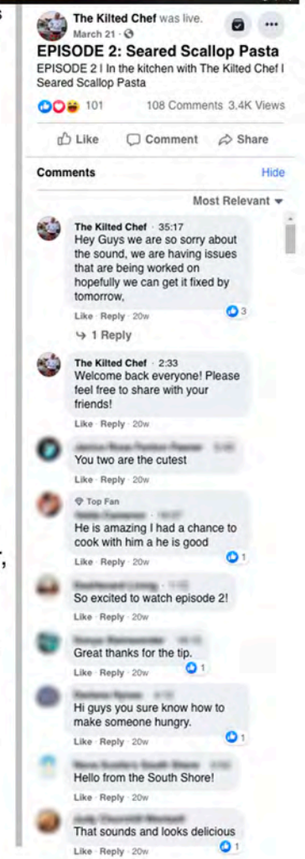
12 scallops, IQF (individually quick frozen) 10/20
1 Tbsp (15 mL) olive oil
2 Tbsp (30 mL) butter
½ med onion, diced
½ yellow & green bell pepper, diced
3 green onions, diced
2 oz (59 mL) Pernod
¼ Tbsp (15 mL) Dijon mustard
2 oz (59 mL) white wine
½ cup (125 mL) 35% heavy cream
1 cup (250 mL) aged cheddar or Parmesan cheese grated
½ box linguini, cooked el dente
pinch salt
cracked black pepper

Pour olive oil in a frying pan, sear the scallops (see below) and set aside. In the same pan, melt butter and sauté onions and bell pepper, then deglaze the pan with the Dijon and white wine. Add the cream and Pernod, let simmer until the sauce reduces, for 2 to 3 minutes, add the green onions, pasta, and cheese. Return the scallops to the pan and finish with pinch of salt and pepper and serve with your favourite greens.

Searing Scallops:
Place your scallops on a paper towel to remove moisture. This will prevent the scallop for boiling in its own juice. For maximum tenderness remove the bit on the side of the scallop.

Sear scallops in a hot skillet with olive oil, for about 1 to 2 minutes on each side until the scallop starts to split on the edges and browns. Larger scallops may require more cooking time. It is important to let the scallop sear and not constantly play with it.

Scallops should not be cooked until the last minute to avoid them becoming tough.



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WILD BLUEBERRY STUFFED PORK TENDERLOIN

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2 pork tenderloins
2 Tbsp (30 mL) butter
1 cup (250 mL) bread, roughly chopped or torn
¼ cup (50 mL) onion, diced
¼ cup (50 mL) walnuts, chopped
½ cup (125 mL) wild blueberries
1 cup (250 mL) broth
¼ cup (50 mL) maple syrup
1 Tbsp (15 mL) summer savory
½ cup (125 mL) goat cheese, crumbled
½ cup (125 mL) feta, crumbled
2 sprigs thyme
salt & pepper to taste

WILD BLUEBERRY SAUCE
2 cups (500 mL) frozen wild blueberries
2 Tbsp (30 mL) maple syrup
2 Tbsp (30 mL) wild blueberry liqueur
1 Tbsp (15 mL) Dijon mustard
2 Tbsp (30 mL) butter

Remove excess fat & silver skin from tenderloin. Butterfly and set aside. Heat a skillet to medium heat. Add butter and allow to melt. Add onions, walnuts, wild blueberries & summer savoury. Sauté until onions are translucent. Add bread, broth & maple syrup and mix well to combine. Divide stuffing between the tenderloins. Top stuffing with cheese & a thyme sprig and roll tenderloins closed. Place open side down on a parchment-lined pan and bake in a preheated oven at 350°F (180°C) for 25 mins.

While the pork is baking, make the sauce:
Add wild blueberries to a skillet on medium heat and let simmer 5 min to release liquids. Add maple syrup, liquor, Dijon mustard and mix well. Add butter and allow to simmer for 5-10 mins.

Remove pork from the oven and let sit 10-15 minutes before removing the thyme sprig and slicing, topping with wild blueberry sauce and micro-greens. Serve and enjoy!

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Episode 3

CREAMED LOBSTER
ON BUTTERMILK BISCUITS

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BUTTERMILK BISCUITS
4 cups (1 L) all-purpose flour
2 tsp (10 mL) salt
2 Tbsp (30 mL) baking powder
1 cup (250 mL) frozen grated butter
1½ cups (375 mL) buttermilk (approx)

Preheat oven to 350°F (180°C). In a large bowl whisk flour, baking powder, and salt together. Cut in butter (avoid using your hands to keep the butter solid) until the mixture resembles coarse crumbs.

Make a well and add buttermilk, ½ cup (125 mL) at a time while turning the dough in the bowl. Roll out the dough on a well floured surface about ½ inch (1.3 cm) thick. Cut 12 biscuits using a biscuit cutter and place on a baking sheet. Bake approximately 15 minutes.

CREAMED LOBSTER
1 lb (0.45 kg) lobster meat, finely chopped
2 Tbsp (30 mL) butter
1 Tbsp (15 mL) white vinegar
½ cup (125 mL) heavy cream (35%)
¼ cup (50 mL) light cream (18%)
1 Tbsp (15 mL) chives, chopped

Melt butter in a frying pan, add lobster meat and fry until the lobster becomes bright red and begins to pop and sizzle in the pan. Add vinegar and cook until almost gone, finish with cream and chives, reduce for a minute or two. Set aside.

Top a buttermilk biscuit with a generous portion of creamed lobster and micro greens.

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HAMBURGER SOUP

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1½ lb (0.68 kg) ground beef
4 carrots, diced
1 onion, diced
3 celery stalks, diced
4 potatos, peeled and diced
½ cup (125 mL) barley
2 Tbsp (30 mL) butter
1 clove garlic, minced
½ Tbsp (7.5 mL) dried basil
1 Tbsp (15 mL) dried oregano
½ tsp (2 mL) dried thyme
1 tsp (5 mL) salt
8 cups (2 L) beef broth
2 Tbsp (30 mL) tomato paste
2 cans fire roasted tomatoes (28 oz)
1 tsp (5 mL) hot sauce (optional)
salt & pepper to taste

Heat a large soup pot over medium-high heat and crumble in the ground beef. Season with salt & pepper. Cook and stir until the beef is evenly browned and no longer pink. Remove beef from pot and set aside.

To the same pot, add butter. Melt, then add garlic. Stir in carrots, onions, celery and potato. Stir in basil, oregano, thyme, paprika & salt. Allow to caramelize for about 5 minutes. Add broth, cooked beef, tomatoes, tomato paste, hot sauce, barley and stir to combine. Bring to a boil, reduce heat and simmer for 1 hour.

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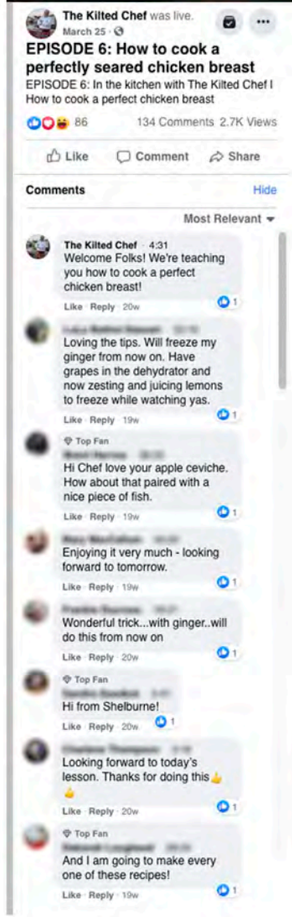

PERFECTLY SEARED CHICKEN BREAST

1. Heat 1 Tbsp (15 mL) butter and 1 Tbsp (15 mL) olive oil in a cast iron pan (if you don't have a cast iron pan any heavy bottomed oven safe pan will do).

2. Place your seasoned chicken breasts into the hot pan and leave for 3-4 minutes, if there is resistance when you try to flip the breast leave it for a few more minutes. It will release when it is perfectly seared. Flip and repeat on the other side.

3. Once both sides are done, use your tongs to sear the sides of the breast as well. Place the pan directly into a preheated 350°F (180°C) oven for 20 minutes.

4. Remove from the oven and place the breast onto a cutting board to stop the cooking process. Let the breasts sit for 10 minutes before cutting to prevent the loss of the juices. Note: for this recipe we simply season the breasts with salt and pepper as we didn't want the flavours to compete with our sauce but if cooking chicken for a salad or to eat straight, we often use Montreal steak spice.

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Episode 6

MAPLE GINGER DIPPING SAUCE

1 Tbsp (15 mL) sesame seeds
1 Tbsp (15 mL) sesame oil
1 clove of garlic, finely chopped
1 Tbsp (15 mL) fresh ginger, minced
1 tsp (5 mL) hot sauce
¼ cup (50 mL) fish sauce
1 cup (250 mL) maple syrup

Toast the sesame seeds over medium heat until they become fragrant. Add sesame oil, garlic, and ginger. Lightly sauté then add the chili sauce, fish sauce, and maple syrup. Bring to a boil then reduce to low and allow the sauce to simmer for 5 minutes. Cool.

FISH CAKES
WITH SWEET & SAVOURY TOMATO RELISH

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KILTED CHEF FISH CAKES
1 lb (0.45 kg) salt codfish bits
3 cups (750 mL) mashed potatoes
1 large onion, chopped
¼ cup (50 mL) water
1 egg, beaten
1 Tbsp (15 mL) summer savory
pepper to taste
¼ cup (50 mL) flour

Cover salt fish with cold water and soak for 2 hours. In a medium size pot boil your potatoes, onions, and fish until cooked fork-tender, then drain. Mash together potatoes, fish, and onions. Add summer savory and pepper. Add beaten egg and mix well. Form into patties and coat lightly with flour. Fry in butter or vegetable oil over medium heat until crisp and golden brown.

TOMATO RELISH
2 cups (500 mL) grape tomatoes, diced
2 cups (500 mL) yellow onions, diced
1 jalapeno pepper, deseeded and chopped
1 Tbsp (15 mL) butter
¾ cup (175 mL) red wine vinegar
1 tsp (5 mL) Dijon grainy mustard
½ cup (125 mL) brown sugar
½ cup (125 mL) maple syrup

In a large sauté pan, melt butter than add onions, jalapeno peppers, and tomatoes. Sauté for 3 minutes, deglaze the pan with red wine vinegar and Dijon grainy mustard for few more minutes; add brown sugar and maple and let simmer for 30 or 35 minutes on low heat while stirring occasionally untill jam consistency. Cool then place in a jar and refrigerate.

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Episode 7

BACON & CORN CHOWDER

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2 lb (0.9 kg) potatoes, peeled and cubed
1 lb (0.45 kg) bacon, diced
1 large onion, chopped
4 Tbsp (60 mL) flour
3 cups (750 mL) whole milk
3 cups (750 mL) chicken stock
1 cup (250 mL) heavy cream (35%)
1 can evaporated milk
½ tsp (2 mL) salt
½ tsp (2 mL) freshly ground pepper
2 14 oz cans creamed corn
2 12 oz cans corn nibblets

Place the potatoes in a large pot and cover with salted water, boil until fork-tender. Drain, mash half, and set both the mash and remaining cubed potatoes aside.

In a sauté pan, fry the bacon until crisp then set aside. Fry the onions in remaining bacon fat.

In a large pot place the onions and flour, cook over medium heat until the flour has dissolved, stirring to ensure no lumps form. Add liquids and bring to boil. Stir in the salt, freshly ground pepper, bacon, both types of corn, and the mashed and cubed potatoes.

Gently heat until warmed through.

CURRY VEGETABLE SAMOSAS

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Makes 12 to 24

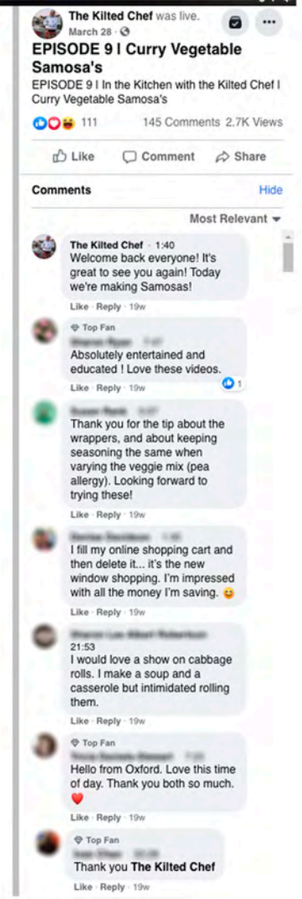
1 lb (0.45 kg) potatoes, cut in chunks
2 Tbsp (30 mL) butter
2 yellow onions, diced
2 cloves garlic, diced
1 cup (250 mL) green peas
½ cup (125 mL) carrots, diced
1 Tbsp (15 mL) yellow curry
1 tsp (5 mL) dry cumin
1 tsp (5 mL) dry cilantro
egg roll wrappers

Place the potatoes into a large pot. Cover with cold water and place over high heat and bring to a boil, cook until vegetables are fork-tender.

Meanwhile sauté the onion, garlic and carrots in the butter until golden, add the curry, cumin and coriander, cook until the spices are fragrant. Drain the cooked vegetables and smash, leaving some chunks. Stir in the onion and carrot mixture and add peas.

Place 1 Tbsp (15 mL) filling onto each wrapper. Moisten the edges with a bead of cold water, fold over corner to corner and pinch to seal. Deep fry until golden brown.

Serve with a tomato relish.



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THE PERFECT STEAK

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Serves 2-4

2 ribeye steaks or New York strip (12 oz - 340 g)
  or 4 beef tenderloins (6 oz - 170 g), about 1½ inches thick
1 Tbsp (15 mL) sea salt
½ tsp (2 mL) black pepper
2 Tbsp (30 mL) oil
1 Tbsp (15 mL) butter
a few sprigs fresh thyme

Pat the steaks dry with paper towel and season all over with salt and pepper. Heat a heavy pan (preferably cast iron) over med-high heat until it's VERY hot.

Add the oil to the pan and heat until it begins to shimmer, then move oil around to coat the pan. Carefully set the steaks in the pan, the oil should sizzle.

Leave the steaks alone! Avoid the temptation to peek or fiddle or flip repeatedly; the steaks need a few minutes undisturbed to develop a golden crust.

Flip the steaks when they release easily and the bottom is a deep-brown colour, should take about 3 minutes. Continue to cook the steaks for another 3 to 4 minutes on the second side for rare to medium-rare. (For medium, cook 4 to 5 minutes on second side. For well-done, cook 5 to 6 minutes on second side).

During the last minute of cooking, add the butter and thyme sprigs to the pan with the steaks. Once the butter is melted, keep basting your steak with a spoon until it is glistening, then take it out of the pan and let rest for 5 to 6 minutes before cutting.

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Episode 10

SWEET & SAVORY OVEN ROASTED POTATOES

2 lb (0.9 kg) baby potatoes, sliced in half
¼ cup (50 mL) olive oil
½ cup (125 mL) brown sugar
½ cup (125 mL) honey
1 tsp (5 mL) sea salt
1 tsp (5 mL) milled black pepper
1 tsp (5 mL) smoked paprika

Cut each potato in 2 thick slices and place in a large bowl, add the oil, brown sugar, sea salt, pepper, and smoked paprika and toss with your hands to ensure you get every piece covered. On a 9X13 inch (23x33 cm) glass baking dish spread the potatoes and bake in a pre-heated oven at 375°F (190°C). Cook for approx 40 to 50 minutes. Flip your potatoes once or twice during the cooking process to make sure your potatoes are golden brown on both sides.

FRENCH ONION SOUP

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2 Tbsp (30 mL) butter
6 to 8 large yellow onions, julienned
8 cups (2 L) beef broth
1 Tbsp (15 mL) Kitchen Bouquet
½ cup (125 mL) port
salt
freshly ground pepper
6 crouton rounds
1 cup Gruyère, shredded

SACHET BAG:
1 Tbsp (15 mL) black peppercorn
2 bay leaves
½ Tbsp (7.5 mL) thyme
1 tsp (5 mL) coarse sea salt

Melt the butter in a large heavy bottom pot, sweat the onions until they are golden brown, approximately 10 minutes. Add the beef broth, Kitchen Bouquet, sachet bag, and port. Bring to a boil then let simmer for 40 to 45 minutes. Taste and adjust seasoning with salt and freshly ground pepper.

To assemble: pour soup into oven-proof bowl, top with croutons and cheese, bake in a pre-heated 400°F (205°C) oven until the cheese starts to melt and brown on the side of the bowl, approximately 8 to 10 minutes.

To make homemade croutons; use 6 slices of bread, trim to fit the opening of the bowl, brush with butter and cook in oven to dry (400°F/205°C) for 3 to 5 minutes, repeat on other side.

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FISH TACOS

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FISH
3 fillets of whitefish, cut into 2oz (57 g) pieces, dried.

BREADING STATION
Bowl #1
1 cup (250 mL) flour, seasoned with salt and pepper
Bowl #2
2 eggs, whisked with ¼ cup (50 mL) water
Bowl #3
1 cup (250 mL) breadcrumbs

Dip the pieces one at a time into the flour, followed by the egg wash, followed by the breadcrumbs. Set aside. Heat canola oil in a heavy bottom pan to a temperature of 360°F (182°C).

Grasp the breaded fillet by the tip and slowly submerge in the oil, swirling the fish before letting go. Fry until golden brown, set aside on a paper towel lined plate until needed

To assemble your tacos spread the chipotle mayo onto a tortilla shell, topped by two pieces of the fish and the slaw, follow with a squeeze of fresh lime juice.

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SLAW

1 cup (250 mL) Chinese cabbage
(or cabbage of choice), shredded
1 apple, cut in matchsticks
1 carrot, shredded
3 sprigs cilantro, chopped
juice of 1 lime
¼ cup (50 mL) cider vinegar
¼ cup (50 mL) honey
¼ tsp (1 mL) celery seeds
salt and pepper to taste

Combine and refrigerate.

CHIPOTLE MAYO

¾ cup (175 mL) mayonnaise
1 tsp (5 mL) fresh lime juice
1½ tsp (7 mL) juice from a
can of adobo peppers
OR 1½ tsp (7 mL) Chipotle Tabasco

Combined and refrigerate.

CAESAR SALAD

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CAESAR DRESSING
1 clove garlic
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper
1 heaping tsp (6 mL) Dijon mustard
2 egg yolks
1½ cups (375 mL) vegetable oil
½ lemon, juiced
2 Tbsp (30 mL) red wine vinegar
½ tsp (2 mL) anchovy paste
½ cup (125 mL) powdered Parmesan cheese

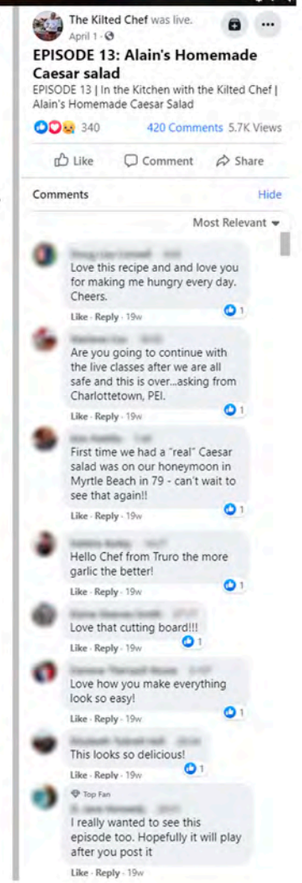
Place the garlic into a wooden bowl. Crush the garlic clove with the back of a fork until it becomes finely minced. Add the salt and pepper along with the egg yolks. Use the fork to combine well. Use a fork or a spoon to whisk the egg yolks while slowly drizzling the vegetable oil into the bowl (if the vegetable oil goes in too quickly, the dressing will split). As the dressing begins to thicken it is possible to pour the oil in a bit faster. Add the lemon juice, the white wine vinegar, the anchovy paste, and the Parmesan cheese. Mix well.

This dressing is sufficient to make a Caesar salad using two heads of romaine, but if only using one head then remove half the dressing and refrigerate for use at a later time. The dressing will last in the refrigerator for 7 to 10 days.

PAN FRIED CROUTONS
¼ loaf hearty bread of your choice, cubed
3 Tbsp (45 mL) olive oil
1 tsp (5 mL) sea salt

Heat the olive oil until it just begins to shimmer, toss in the bread cubes and sprinkle with the sea salt. Cook until crisp, tossing often.

To assemble your Caesar salad, tear each head of romaine lettuce into bite-size pieces, using all but the core. Toss the romaine directly into the dressing, and mix well. The croutons can either be mixed directly into the salad or placed on top. Finish with half a cup of grated Parmigiano-Reggiano cheese.



BEEF FAJITAS

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1 clove garlic, sliced
¼ cup (50 mL) olive oil
1 lb (0.45 kg) beef (or chicken breasts), cut into strips
2 medium white onions, julienned
1 red pepper, julienned
1 yellow pepper, julienned
2 tsp (10 mL) dried cumin
2 tsp (10 mL) dried coriander

Place the oil into a large skillet and heat until it begins to shimmer, place the garlic into the oil and cook until the garlic is golden brown. Remove the garlic from the pan and discard. Season the beef with salt and pepper and add the beef to the hot pan and cook until rare. Remove the beef from the pan and set aside. Place the onions and the peppers into the hot pan and sprinkle with the cumin and coriander, cook until soft, add the beef back into the pan and cook until warmed through.

To assemble your fajita place a tortilla on a plate, add your fajita mixture, followed by cheese, sour cream and salsa.

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HOMEMADE SALSA

2 dozen cherry tomatoes, cut in half
¼ red onion, diced
3 mini bell peppers, cored and diced
¼ jalapeno pepper, minced
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper
½ tsp (2 mL) dried dill
½ tsp (2 mL) dried parsley
½ tsp (2 mL) dried tarragon
2 tsp (2 mL) olive oil
1 lime, juiced
½ cup (125 mL) wild blueberries, optional

Combine all of the ingredients and refrigerate until needed.

WILD BLUEBERRY BREAKFAST LEMON CAKE

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1 cup (250 mL) all-purpose flour
1 cup (250 mL) cornmeal
⅔ cup (150 mL) sugar
3½ tsp (17mL) baking powder
½ tsp (2 mL) salt
1 cup (250 mL) buttermilk
1 egg, slightly beaten
⅓ cup (75 mL) canola oil
2 Tbsp (30 mL) lemon zest
1 cup (250 mL) wild blueberries dusted with 1 tsp (5 mL) flour

Combine the dry ingredients and set aside. Combine the wet ingredients and mix with the dry ingredients, fold in the wild blueberries. Place mixture into a 9-inch (23 cm) cast iron pan or an 8x8 inch (20 x 20 cm) baking dish coated with non-stick spray. Bake in a 400°F (205°C) oven for 25 to 30 minutes.

SAVORY CORN BREAD
1 cup (250 mL) all-purpose flour
1 cup (250 mL) cornmeal
⅔ cup (150 mL) sugar
3½ tsp (17mL) baking powder
½ tsp (2 mL) salt
1 cup (250 mL) 2% milk
1 egg, slightly beaten
⅓ cup (75 mL) canola oil
vegetables

Combine the dry ingredients and set aside. Combine the wet ingredients and mix with the dry ingredients. Place mixture into a 9 inch (23 cm) cast iron pan or an 8x8 inch (20 x 20 cm) baking dish coated with non-stick spray. Add fresh vegetables on top. Bake in a 400°F (205°C) oven for 25 to 30 minutes.
Possible vegetables: red onions, green onions, peppers, cherry tomato, asparagus, etc. Also you can add bacon, cheese, etc.

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ITALIAN POUTINE

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4 Russet potatoes, wedged
2 Tbsp (30 mL) olive oil
½ tsp (2 mL) dried parsley
½ tsp (2 mL) chili flakes
½ tsp (2 mL) oregano
¼ tsp (1 mL) paprika
1 tsp (5 mL) salt

Cut four large Russet potatoes into wedges, place into cold water and let sit for 2 to 3 hours. Dry the potatoes well and add to a bowl, toss the potatoes with the ingredients above. Toss well and place the wedges on a parchment-lined baking pan. Place into a preheated 400°F (205°C) oven and cook for 10 minutes. Remove the potatoes, turning them over, return to the oven and cook for another 10 minutes or until the potatoes are golden and crispy.

While the potato wedges are cooking prepare the hamburger topping.

HAMBURGER TOPPING
2 Tbsp (30 mL) olive oil
2 onions, diced
2 carrots, diced
2 cloves garlic, minced
1½ lb (0.68 kg) lean ground beef
⅓ cup (75 mL) Worcestershire sauce
⅓ cup (75 mL) yellow mustard
⅓ cup (75 mL) soy sauce
1 Tbsp (15 mL) brown sugar
2 bay leaves
¼ cup (50 mL) red wine
1½ cups (375 mL) beef stock
¼ cup (50 mL) tomato paste
2 Tbsp (30 mL) butter
2 Tbsp (30 mL) flour

Combine and cook. To assemble your Italian Poutine, place potato wedges on a plate and top with cheese of your choice, the cooked hamburger topping, and a good dollop of sour cream.

ACADIAN CHICKEN FRICOT

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Serves 4-6

1.5 lb (0.68 kg) chicken, bone-in, skin-on
10 cups (2.5 L) water
8 medium potatoes, peeled and diced
1 medium onion, finely chopped
1 cup (250 mL) celery, diced
3 carrots, peeled and diced
2 tsp (10 mL) chicken bouillon
1 tsp (5 mL) freshly-ground pepper
1 tsp (5 mL) summer savory

In a large pot, boil the chicken in 10 cups of water until tender, approx. 60 minutes. Remove the chicken, strain broth and reserve. Cool chicken and remove the skin and meat from the bones.

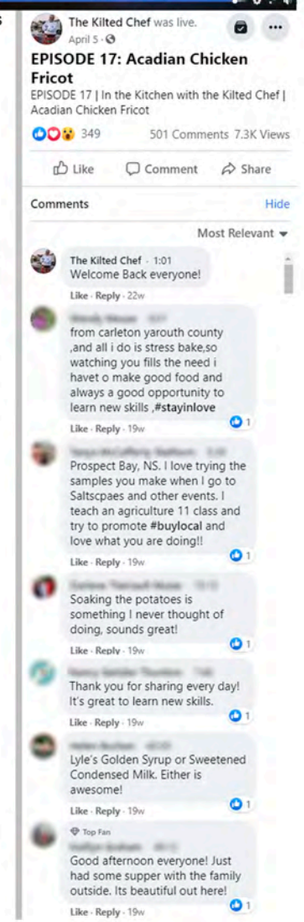
Roughly chop the meat and set aside. Return the broth to the pot and add potatoes, onion, celery, carrots, bouillon, pepper, savory, and chopped meat. Add water to cover if needed. Bring to a boil and reduce heat, simmer for 45 minutes.

If desired, the Fricot may be served with dumplings.

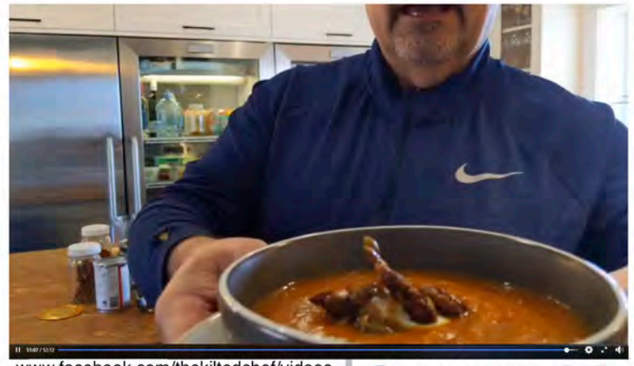
DUMPLINGS
1½ cups (375 mL) flour
2¼ tsp (11 mL) baking powder
½ tsp (2 mL) salt
¾ cup (175 mL) milk

In a large bowl, mix flour, baking powder and salt. Use a fork to gradually incorporate the milk into the flour mixture. Using two teaspoons drop the dough into hot Fricot or stew, cover the pot and cook for 15 minutes or until the dough is cooked through.

Note: Dumplings should be added to Fricot during the final 20 minutes of cooking time.



MAPLE PUMPKIN SOUP WITH CANDIED PECANS



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½ cup (125 mL) maple syrup
1 cinnamon stick
1 tsp (5 mL) fresh ginger, grated
1 large can pumpkin puree (751 mL)
2 cups (500 mL) chicken or vegetable broth
1 Tbsp (15 mL) fresh thyme, chopped
¼ tsp (1 mL) nutmeg
½ tsp (2 mL) cayenne pepper
1 cup (250 mL) full-fat coconut milk

Place the maple syrup in a pot along with the ginger and cinnamon stick, bring to a boil, reduce to low and simmer for 5 to 10 minutes until reduced by half.

Stir in the pumpkin puree, the broth and the spices along with salt and pepper to taste. Cook for 5 to 10 minutes, then stir in the coconut milk. Heat through.

Serve with sour cream and candied pecan and pumpkin seeds.

CANDIED PECAN AND PUMPKIN SEEDS
½ cup (125 mL) salted pumpkin seeds
½ cup (125 mL) pecans
¼ tsp (1 mL) cinnamon
½ tsp (2 mL) salt
¼ cup (50 mL) maple syrup

Place the pumpkin seeds and pecans into a skillet and heat over medium-high heat until they are fragrant. Add the salt and cinnamon along with the maple syrup and sauté, stirring constantly until the maple syrup starts to caramelize. Place the mixture onto a parchment-lined baking sheet and let cool. Crumble before serving.

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LOBSTER FRIED RICE

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2 tsp (10 mL) sesame oil
¼ red onion, very finely diced
½ large carrot, finely diced
2 mini peppers, finely diced
1 lb (0.45 kg) lobster pieces
1 egg, slightly beaten
1 tsp (5 mL) fresh dill, (optional)
salt and pepper to taste
1 cup (250 mL) frozen peas
2 cups (500 mL) cooked white long grain rice, hot
1 Tbsp (15 mL) fresh lime juice (optional)
¼ cup (50 mL) soy sauce
2 green onions, chopped

Place the sesame oil into a large skillet and heat until very hot, the oil will start to shimmer, add the onions carrots and peppers and sauté for 2 to 3 minutes. Add the lobster meat and cook until warmed through, push the lobster meat and vegetables to the side and add the egg stirring quickly. Once the egg has reached a scrambled consistency, stir in with the vegetable and lobster meat. Add the salt and pepper along with the dill, if using, add the peas and the hot rice and stir to combine, add the lime juice and a quarter cup of soy sauce.

Taste and adjust salt & pepper and soy sauce to liking. Top with green onion and serve.

RIBS 2-WAYS

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KILTED CHEF'S DRY RIB RUB
2 Tbsp (30 mL) salt
2 tsp (10 mL) cayenne pepper
1½ Tbsp (22.5 mL) sweet paprika
2 tsp (10 mL) maple sugar
1 Tbsp (15 mL) white pepper
1 tsp (5 mL) onion powder
1 Tbsp (15 mL) garlic powder

Mix all ingredients well and you're ready to go.

Makes 2 cups (500 mL)

KILTED CHEF'S BEER & MOLASSES BBQ SAUCE
1 med onion, finely diced
½ jalapeno pepper, diced
2 Tbsp (30 mL) olive oil
½ cup (125mL) lager or red beer
½ cup (125mL) ketchup
½ cup (125mL) prepared mustard
½ cup (125mL) molasses
¼ cup (50mL) brown sugar
4 dashes Worcestershire sauce
1 tsp (5mL) salt
½ tsp (2mL) black Pepper
½ tsp (2mL) cayenne pepper

In a med size pan place olive oil. Once hot, sauté onions and jalapeno pepper. Place all the ingredients in the pan and bring to a boil. Once boiled, reduce to simmer for 5 to 10 minutes then rest to cool before basting your ribs. Will keep for approximately 2 weeks refrigerated.

Remove the silver skin from the ribs. Par boil the ribs until the meat starts to separate from the bone about 10-15 min. Place rack of ribs on a parchment-lined baking pan and generously sprinkle both sides with the dry rub. Bake in a preheated 450°F (230°C) oven for 20 to 25 minutes until internal temp reaches 165°F (74°C).

Serve as is for dry ribs or baste with BBQ sauce and re-bake for an additional 5-10 minutes.

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KILTED CHEF'S CHICKEN ALFREDO

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2 boneless skinless chicken breasts
1 Tbsp (15 mL) Montreal steak spice
1 Tbsp (15 mL) butter
1 Tbsp (15 mL) olive oil

Pat chicken breasts dry. Heat olive oil and butter in an oven-safe pan. Sprinkle both sides of chicken with Montreal steak spice and place chicken into pan. Sear chicken breast until golden brown then finish in a pre-heated 350°F (180°C) oven for 20 min. Set aside.

Place ½ box of penne pasta into boiling salted water, once the water returns to a boil cook for approximately 10 minutes, strain, rinse and set aside.

ALFREDO SAUCE
2 Tbsp (30 mL) butter
1 Tbsp (15 mL) olive oil
2 cloves garlic, diced
1 med onion, diced
2 small bell peppers, diced (optional)
5 mushrooms, diced (optional)
½ tsp (2 mL) Dijon mustard
1½ cup (375 mL) whipping cream
2 oz (59 mL) white wine
½ cup (125 mL) grated Parmesan cheese
¼ cup (50 mL) fresh chives or parsley, chopped

In a large sauté pan, warm butter and oil over medium-high heat, sauté the garlic, onions, peppers and mushrooms until soft. Add Dijon mustard and deglaze pan with white wine. Let simmer for a few minutes then add cream and allow to reduce by half or until the sauce coats the back of a spoon.

Slice chicken breasts and add it along with the Parmesan cheese, combine and then mix in the pasta, garnish with chives and serve with more Parmesan on the side.

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CHOCOLATE SILK PIE

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CHOCOLATE SILK PIE
6 oz (175 mL) semi-sweet chocolate
2½ cups (625 mL) heavy cream
1 cup (250 mL) butter, softened
1 cup (250 mL) sugar, divided
2 tsp (10 mL) vanilla extract
½ tsp (2 mL) salt
4 large eggs

Melt the chocolate in a double boiler, set aside to cool. Place the whipping cream and ¼ cup of the sugar into the bowl of a stand mixer equipped with the whisk attachment and whip until firm. Place into refrigerator.

Place butter and remaining sugar into the stand mixer, equipped with a paddle attachment. Mix to combine. Add vanilla, salt, and the cooled chocolate mixture, and beat on low for 3 minutes. Add eggs one at a time beating for 3 minutes after each egg addition.

This is a very important step for producing produce a silky pie (one egg at a time with 3 mins of beating each time)

Fold ⅓ of the whipping cream into the chocolate mixture. Place the mixture into your pre-prepared pie shell and top with remaining cream. Top the cream with shaved chocolate if desired. Refrigerate for 3+ hours before serving.

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Episode 22

CHOCOLATE SILK PIE CRUST

CRUST
3 cups (750 mL) Oreo crumbs
⅓ cup (75 mL) melted butter

Combine and pat into a 9-inch (23 cm) pie plate.

CRUST (ALTERNATIVE)
8 oz (235 mL) Oreo cookies
½ cup (125 mL) butter

Place into a food processor to combine, press into a 9-inch (23 cm) pie plate.

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CRISPY BEER BATTERED FISH & CHIPS

FISH BATTER
4 cups (1 L) flour
2 cups (500 mL) cornstarch
2 cups (500 mL) rice flour
2 Tbsp (30 mL) baking soda
2 Tbsp (30 mL) baking powder
1 Tbsp (15 mL) Old Bay seasoning

To make batter, combine 1 cup (250 mL) of the dry mix with 1 egg and ¾ cup (175 mL) of beer or soda water.

Dip the fish fillets into the batter and place in a preheated 360°F (182°C) fryer. It is recommended that you only fry two pieces at a time. Once the fish fillet rises to the top of the oil it should be ready to flip. Depending on the thickness of the fish it should take no more than 4 to 5 minutes.

FRENCH FRIES
1/2 lb (0.23 kg) of russet potatoes/person, washed and cut into wedges
sea salt

Soak the french fries in cold water for 2 hours. Dry the french fries well and blanch in oil that's been heated to 300°F (150°C) for 4 to 5 minutes. Set the french fries aside until needed. Once ready, put the french fries into a deep fryer that's been heated to 360°F (182°C) and fry for another 3 to 4 minutes. Drain french fries on a paper towel lined baking sheet and then toss with sea salt.

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HOMEMADE TARTAR SAUCE

1 cup (250 mL) mayonnaise
2 Tbsp (30 mL) fresh dill (or 1 tsp/5 mL dried)
1 lemon, juiced
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper
¼ cup (50 mL) red onion, finely diced
12 mini gherkins, finely diced (or 1 Tbsp/15 mL relish)
1 Tbsp (15 mL) horseradish sauce

Combine all ingredients together and refrigerate for 30 minutes before using.

SMOKED SALMON QUICHE

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1 pie crust, homemade or store-bought
1 cup (250 mL) white cheddar
1 package J. Willy Krauch & Sons Smoked Salmon (115 g)
5-6 spears asparagus, blanched
2 green onions
3 large eggs
1 cup (250 mL) whole milk
1 cup (250 mL) heavy cream 35%
1 container Comeau Sea Foods Salmon Dip
(OR substitute 2 Tbsp/30 mL mayonnaise)
1 Tbsp (15 mL) lemon juice
2 Tbsp (30 mL) fresh dill, chopped
2 Tbsp (30 mL) chives, chopped
1 tsp (5 mL) salt
½ tsp (2 mL) pepper

Grate the cheese and place in the bottom of the pie shell.

Chop the smoked salmon into bite-size pieces and layer on top of the cheese, add the asparagus and green onion.

In a separate bowl combine eggs, milk, cream, salmon dip, lemon juice, dill, chives, salt, and pepper. Mix well and pour into the pie shell. Make sure that the salmon is evenly dispersed.

Bake in a 375°F (190°C) oven for 10 minutes then lower oven to 325°F (160°C) and continue to cook for another 60 minutes or until the quiche is set in the middle.

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Episode 24

SAVORY PIE DOUGH

Makes two 9-inch/23 cm pie crusts

4 cups (500 mL) all-purpose flour
2 cups (500 mL) shortening
1 tsp (5 mL) salt
1¼ cup (300 mL) cold water

Sift the all-purpose flour to add air, add to a large bowl and combine with the shortening using a pastry cutter or your hands. Dissolve the salt into cold water, mound the flour and shortening and use your hands to incorporate the cold water, form the dough into a ball and wrap in wax paper, refrigerate at least 1 hour before using.

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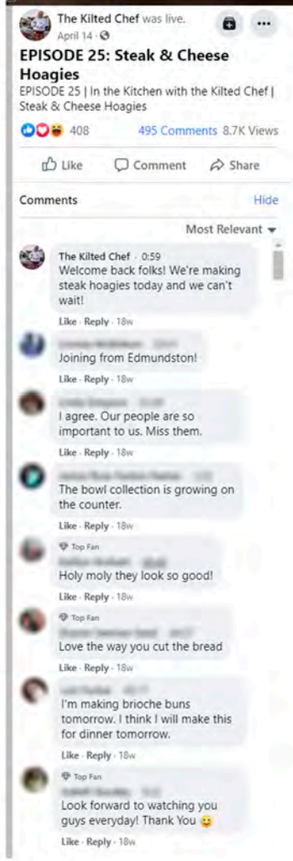

Episode 25

STEAK & CHEESE HOAGIES

STEAK
8 to 10oz (225-280 g) beef
1 tsp Montreal steak spice
1 Tbsp (15 mL) olive oil
4 Tbsp (60 mL) butter
1 clove of garlic, halved
2 sprigs thyme

Place 1 Tbsp (15 mL) butter and the olive oil into a heavy bottom pan and heat. Sprinkle the beef with the Montreal steak spice. Place the beef into the hot pan and cook for 2 minutes. Add your garlic and thyme along with the remaining 3 Tbsp (45 mL) of butter. Spoon the butter over top of the steaks until they are cooked to your liking. Remove the steaks from the pan and let rest.

VEGETABLES
3 onions, julienned
1 bell pepper, julienned
8 to 10 mushrooms, sliced
1 tsp (5 mL) Dijon mustard
1 cup (250 mL) red wine
½ cup (125 mL) brown sugar

Add the onions and the peppers to the butter remaining in the pan and cook over low heat until the onions begin to brown. Add the peppers and mushrooms and continue to cook for a few more mins. Push the vegetables to the side and add the Dijon mustard, the red wine, and the brown sugar. Mix the three together and incorporate with the vegetables. Continue to cook until the liquid has been absorbed. While that's happening, slice the steak thinly on the bias. Add the steak to the onion mixture and cook until warm through.

HOAGIE ASSEMBLY
Split 4 hoagie buns and hollow by removing the bread from the center, creating a channel for the meat. Place 2 Tbsp (30 mL) of chipotle mayo in the bottom of each bun, divide 1 cup (250 mL) each of grated cheddar and mozerella cheese between the 4 buns. Divide the meat mixture between the 4 buns and top with an additional 2 Tbsp (30 mL) of chipotle and divide the remainder of the cheese between the 4 hoagies. Place into a preheated 400°F (205°C) oven until the cheese has melted and is golden.

CHIPOTLE HORSERADISH MAYO

1 cup (250 mL) mayonnaise
1 heaping Tbsp (19 mL) horseradish
2 adobo chipotle peppers, chopped
3 Tbsp (45 mL) lemon juice
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper
2 Tbsp (30 mL) chives, chopped

Combine all ingredients together and refrigerate until needed.

LOBSTER MAC & CHEESE

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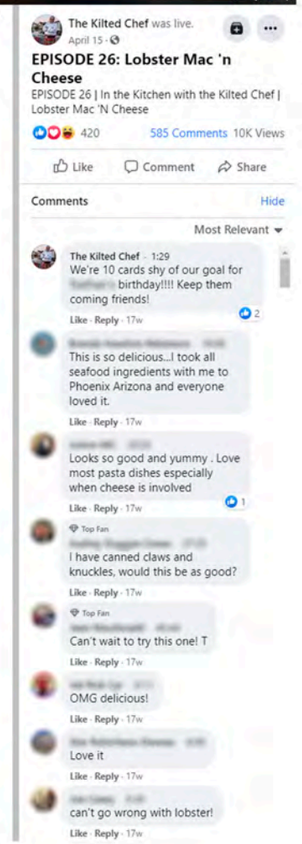
1 box elbow macaroni
½ cup (125 mL) Panko bread crumbs
1 package Knocean Foods Lobster Bisque, thawed
1½ cup (375 mL) 35% cream
2 cups (500 mL) shredded cheese (your choice)
6 oz (170 g) Velveeta cheese
2 oz (57 g) cream cheese
4 green onions, diced
1 lb (0.45 kg) lobster meat
salt and pepper to taste
¼ to ⅓ cup (50 to 75 mL) butter

Cook the macaroni in boiling salted water for 11 minutes, drain and set aside. Toast the Panko in a sauté pan over medium-high heat until golden brown, set aside.

Place the Knocean Lobster Bisque into a sauté pot and add the cream and heat through. Gradually add the shredded cheese along with the Velveeta and cream cheese and stir until melted. Add the green onions and ½ lb (0.23 kg) of the lobster meat and continue to cook until the lobster meat is heated through. Season with salt and pepper to taste.

Combine the lobster sauce with the macaroni and place into a large buttered casserole dish. Place the remaining ½ lb (0.23 kg) of lobster on top. Top with the toasted panko bread crumbs. Bake in a preheated 350°F (180°C) oven for 20 minutes. Let stand for 10 minutes before serving.

Note: Knocean Lobster Bisque can be found frozen in the seafood section of most Sobeys and IGA stores throughout Atlantic Canada. Outside of Atlantic Canada you can request that your seafood representative at these stores bring it in.



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SEA SALT CARAMEL APPLE POUTINE

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Serves 4

2 Nova Scotia Honey Crisp apples, cut in sticks
1 Tbsp (15 mL) butter
¼ tsp (1 mL) cinnamon
2 oz (59 mL) rum
2 oz (59 mL) quark or mascarpone cheese
8 oz (250 g) salted caramel

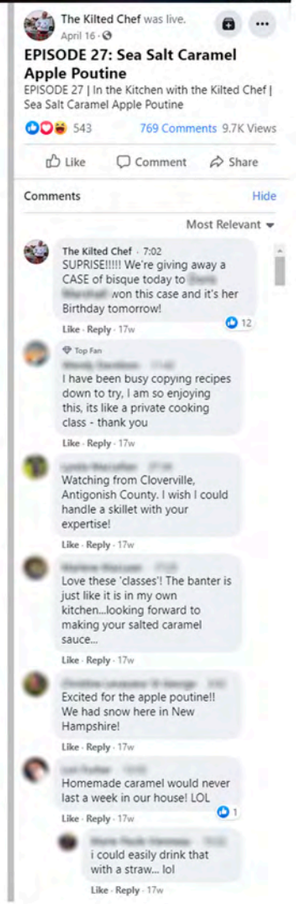
In a medium size pan melt the butter. Add the apple sticks and sauté for 2 minutes. Deglaze the pan with rum and let reduce for 1 to 2 minutes.

Place the apples in a dish straight up like french fries. Add the quark and top with the salted caramel.

Makes 2 cups (500 mL). Save the rest for ice cream topping.

SALTED CARAMEL
1 cup (250 mL) butter
¾ cup (175 mL) brown sugar
¼ cup (50 mL) corn syrup
1 can sweetened condensed milk
2 pinches coarse sea salt
1 drop vanilla
½ cup (125 mL) whipping cream

Melt the butter over med-high heat. Stir in the brown sugar and corn syrup, add in the condensed milk, vanilla, and whipping cream. Bring to a boil and allow cooking for 5-7 minutes until thick and golden brown. Stir continuously.



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ACADIAN SMOKED HADDOCK & SEAFOOD CHOWDER

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Serves 4 to 6

2 Tbsp (30 mL) butter
½ cup (125 mL) double smoked bacon, finely diced
2 medium onions, finely diced
2 carrots, finely diced
2 stalks celery, finely diced
2 cups (500 mL) potatoes, diced
2 Tbsp (30 mL) fresh tarragon
1 tsp Dijon mustard
1 cup (250 mL) white wine
2 cups (500 mL) whole milk
1 can evaporated milk
2 cups (500 mL) water
2 tsp (10 mL) lobster bouillon
1 large fillet of Comeau Seafood Smoked Haddock, cut into 1 inch (2.5 cm) pieces
½ lb (0.23 kg) cold water shrimp
1 lb (0.45 kg) Comeau Seafood Scallops, sliced
1 lb (0.45 kg) lobster meat
salt and pepper to taste

Melt the butter in a soup pot and sauté the bacon until it just starts to crisp. Set aside. Sauté the onions, celery, and carrots in the bacon fat until soft. Add in the tarragon and potatoes; cook until the potatoes are tender.

Add Dijon mustard and deglaze the pan with white wine then add in the reserved bacon, whole milk, evaporated milk, water, lobster base, haddock, scallops, lobster, and shrimp. Cook over medium low heat, gently poaching the fish.

Season with salt and pepper to taste.

GREEK STYLE LAMB BURGERS WITH HOMEMADE TZATZIKI

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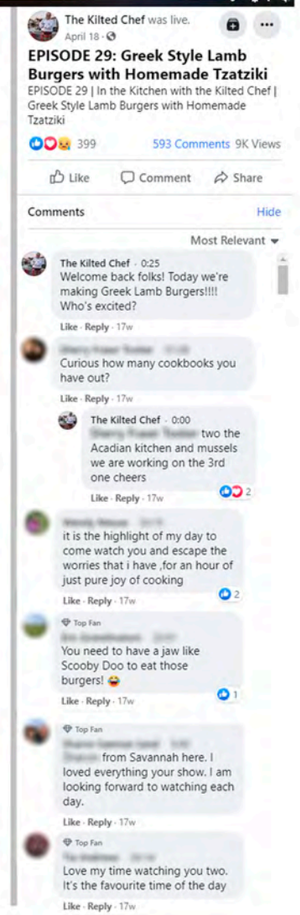
TZATZIKI SAUCE
¾ cup (175 mL) plain Greek yogurt
1 cup (250 mL) English cucumber, grated with the juices squeezed out
1 clove garlic, minced
1 Tbsp (15 mL) fresh dill, chopped
1 Tbsp (15 mL) fresh chives, chopped
1 Tbsp (15 mL) olive oil
2 Tbsp (30 mL) fresh lemon juice
2 Tbsp (30 mL) fresh lime juice
2 oz (57 g) feta cheese
½ tsp (2 mL) salt
½ tsp (2 mL) pepper

Combine all ingredients together, stirring well, and refrigerate until needed.

GREEK STYLE LAMB BURGERS
1 lb (0.45 kg) ground lamb
2 Tbsp (30 mL) fresh dill, chopped
¼ cup (50 mL) black olives, finely minced
1 tbsp (15 mL) dried oregano
½ tsp (2 mL) cumin
½ tsp (2 mL) coriander
¼ cup (50 mL) all-purpose flour

Combine all ingredients except for the all-purpose flour into a bowl. Mix well and form into 4 patties. Lightly flour the patties. Fry the lamb burgers in canola oil over medium-high heat until cooked through.

To build your burgers, generously spread the tzatziki sauce on the bottom half of either a burger bun or a square pita and top with fresh spinach, burger, cucumber slices, tomato slices, and red onion slices. Add a second dollop of tzatziki sauce and cover.



ROCK CRAB CAKES WITH DILL REMOULADE

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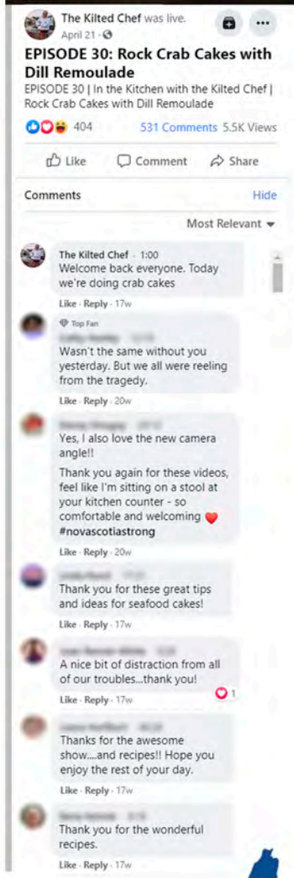

1 lb (0.45 kg) rock crab meat
(if frozen, thaw and thoroughly squeeze out excess liquid)
¼ cup (50 mL) yellow pepper, minced
¼ cup (50 mL) red pepper, minced
½ cup (125 mL) red onion, minced
2 Tbsp (30 mL) fresh dill, chopped
¼ cup (50 mL) mayonnaise
1 egg
¼ cup (50 mL) bread crumbs (plus extra for breading)
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper

Mix all ingredients well and divide into 12 balls. Form each ball into a cake about 1 inch (2.5 cm) round, then roll in bread crumbs and gently pan fry until golden brown.

Serve hot with dill remoulade.

Episode 30

DILL REMOULADE

2 tsp (10 mL) fresh dill, finely chopped
2 tsp (10 mL) fresh lemon juice
2 tsp (10 mL) fresh lime Juice
2 Tbsp (30 mL) shallots, finely minced
¾ cup (175 mL) mayonnaise
pepper & salt to taste

Combine all ingredients together and refrigerate.

ITALIAN MEATBALL MARINARA SPAGHETTI

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MARINARA SAUCE
2 Tbsp olive oil
3 cloves garlic, minced
1 can fire roasted tomatoes (28 oz)
1 Tbsp (15 mL) salt
1 tsp (5 mL) pepper
2 Tbsp (30 mL) dried basil
2 Tbsp (30 mL) dried oregano
1 Tbsp (15 mL) tomato paste
1 Tbsp (15 mL) sugar
2 cups (500 mL) water

Heat the olive oil over medium-high heat, add the garlic and cook until it just begins to brown. Add the tomatoes, salt, pepper, basil, oregano, and tomato paste. Stir well and cook for 4 to 5 minutes, add the water and sugar and cook for 45 minutes stirring occasionally (add more water if needed).

Add the meatballs and continue to cook until cooked through, about 10 to 15 minutes. Serve over pasta of your choice.
(We used spaghetti)

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MEATBALLS

1 lb (0.45 kg) ground turkey (or ground beef or pork)
2 slices bread, soaked in ½ cup (125 mL) milk
1 Tbsp (15 mL) fresh parsley
1 clove garlic, rasped
1 Tbsp (15 mL) dried basil
1 Tbsp (15 mL) dried oregano
1 Tbsp (15 mL) fennel seeds, crushed
½ cup (125 mL) Parmesan cheese
1 egg, whisked
1 Tbsp (15 mL) olive oil
1 tsp (5 mL) salt
1 tsp (5 mL) pepper

Soak the bread in milk for 30 minutes then drain excess milk.
Combine all ingredients and form into 12 meatballs.
Steam for 20 minutes or bake at 350°F (180°C) for 20 minutes.

PORK SCHNITZEL WITH HONEY MUSTARD SAUCE

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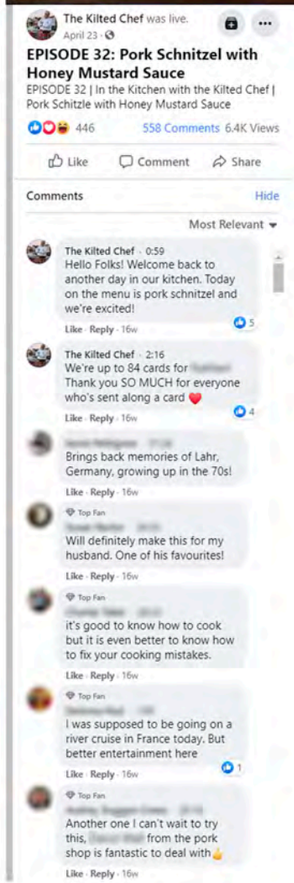

6 boneless pork loin pieces
2 eggs
¼ cup (50 mL) buttermilk or heavy cream
1 cup (250 mL) Italian flavored bread crumbs
1 cup (250 mL) all-purpose flour
1 tsp (5 mL) salt
½ tsp (2 mL) pepper
1 cup (250 mL) vegetable oil

Start by making the honey mustard sauce.

Place each individual pork loin between two pieces of plastic wrap, or in a Ziplock bag, and use a meat mallet or a rolling pin to pound the cutlets until they are about ¼-inch (0.63cm) thick.

Place the eggs into a medium-sized bowl. Add the buttermilk or cream and mix well.

Place the flour on a plate and combin with the salt and pepper. Place the bread crumbs on a 2nd plate. Dip each piece of pork into the flour, shaking the excess, then into the egg wash, followed by the bread crumbs. Place the oil into a heavy bottomed pan and heat to a minimum of 350°F (180°C). Gently place the pork into the oil and fry until golden brown, approximately 2 to 3 minutes per side.

Either serve the pork schnitzel with the honey mustard drizzled over top or as a side.

Other options for the pork schnitzel are to serve on a crusty bun with the honey mustard mayo, or top the schnitzel with a marinara sauce and cheese and then broil in the oven until cheese is melted, serve with pasta.

HONEY MUSTARD SAUCE

¼ cup (50 mL) sour cream
1 Tbsp (15 mL) grainy mustard
2 Tbsp (30 mL) honey
1 Tbsp (15 mL) fresh tarragon, chopped
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper

Combine all ingredients, mix well, and refrigerate.

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WILD BLUEBERRY NO BAKE CHEESECAKE

WILD BLUEBERRY FILLING
¼ cup (50 mL) water
1 Tbsp (15 mL) gelatin

Place the water into a saucepan and sprinkle the gelatin over top, let sit for about 10 minutes and then gently warm on top of the stove until the gelatin dissolves. Set aside.

CHEESECAKE
12 oz (340 g) cream cheese
1 cup (250 mL) 35% cream
1 cup (250 mL) sugar
1 Tbsp (15 mL) lemon juice, fresh squeezed
3 cups (750 mL) wild blueberries, fresh or frozen (thawed for 1 hour)

Place the cream cheese, cream, sugar, and lemon juice into the bowl of the food processor and process until completely smooth. Add the blueberries and process until the blueberries have pureed. Add the gelatin in a slow steady stream and continue to mix for a few minutes more. Pour the filling into the cooled crust and refrigerate for a minimum of 3 hours.

TOPPING
1 cup (250 mL) 35% cream
1 Tbsp (15 mL) icing sugar
3 tsp (15 mL) water
1 tsp (5 mL) gelatin

Place the water into a microwave safe bowl and sprinkle the gelatin over top. Set aside. Place the cream and icing sugar into the bowl of a stand mixer, and use the whip attachment to beat until soft peaks form. Put the gelatin water into the microwave and heat on high for 15 seconds. Turn the mixer to medium-high and slowly pour in the gelatin in a steady stream. Continue beating until stiff peaks form. Run a knife along the side of the springform pan and release. Spread cream mixture over the top of the cheesecake. Garnish with some fresh berries.

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CHEESECAKE CRUST

10 whole graham crackers
or 1¼ cup (300 mL) crumbs
½ cup (125 mL) old-fashioned oats
3 Tbsp (45 mL) brown sugar
¼ tsp (1 mL) salt
5 Tbsp (75 mL) melted butter
1½ tsp (7 mL) vanilla

Combine all ingredients in the bowl of a food processor and process until everything comes together in a moist crumb. Pat into the bottom of a 10 inch (25 cm) springform pan. Bake in a preheated 350°F (180°C) oven for 10 to 12 minutes or until golden brown. Cool completely.

LOBSTER STUFFED MUSHROOM CAPS

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Serves 4

24 mushrooms
2 Tbsp (30 mL) garlic butter
1 green onion, chopped fine
1 oz (28 g) Parmesan cheese, grated
8 oz (250 g) cream cheese
2 Tbsp (30 mL) lobster juice
1 lb (0.45 kg) lobster meat
1 Tbsp (15 mL) fresh parsley, chopped
pinch of pepper
4 tsp (20 mL) lemon juice

Preheat oven to 450°F (230°C). Clean mushrooms by brushing. Remove stems and reserve caps.

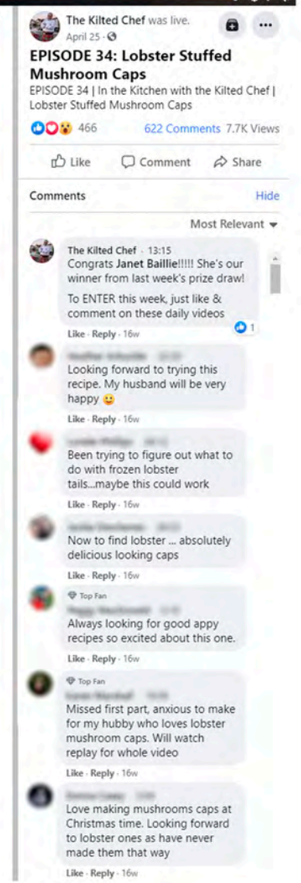
In a small skillet over low heat, melt garlic butter, add mushroom caps then lightly sauté. Set aside. In a bowl add cream cheese, lobster juice, ½ of the lobster meat, Parmesan cheese, pepper, and parsley. Mix well. Taste and adjust seasonings.

Fill mushrooms and place in an oven-proof dish (either 1 large or in individual dishes depending on what you have) top with the rest of the lobster meat and a squeeze of lemon juice. Bake on middle rack for 5 to 10 minutes. Remove and top with hollandaise sauce.

BLENDER HOLLANDAISE SAUCE*
6 egg yolks
2 Tbsp (30 mL) fresh squeezed lemon juice
¼ tsp (1 mL) Dijon mustard (optional)
⅛ tsp (0.5 mL) cayenne pepper
1 cup (250 mL) plus 2 Tbsp (30 mL) melted butter

Place the egg yolks into the base of a blender, add the lemon juice, Dijon mustard and cayenne. Blend on medium speed until light in colour and the yolks have become nice and airy. Reduce the speed to low and drizzle the hot butter into the yolks through the opening on top. Do this in a slow and consistent manner just until the sauce comes together, if you over-process the sauce it will “break”.

*If you have any left over it makes a perfect dip when warmed and topped with cheese!



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WARM POTATO SALAD WITH SMOKED MACKEREL AND LOBSTER TAILS

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POTATO SALAD
½ cup (125 mL) olive oil
2 Tbsp (30 mL) red wine vinegar
1 lemon, juiced
2 green onions, diced
1 small shallot, diced
6 chives, diced
½ dill pickle, diced
salt and pepper to taste
¼ cup (50 mL) smoked Gouda
2 smoked mackerel fillets, deboned and broken in pieces
8 potatoes, cubed
2 eggs, boiled

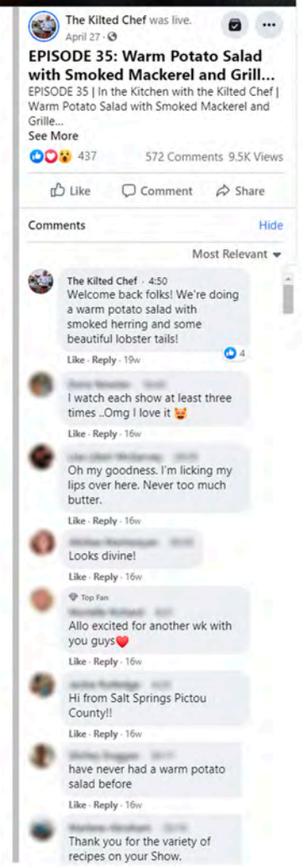
To assemble the vinaigrette, incorporate the Dijon mustard then the oil followed by red wine vinegar and lemon juice, then add chopped green onions, shallots, and chives. Mix well and refrigerate.

In a medium pot boil your potatoes al dente. Drain and incorporate the vinaigrette, Gouda cheese and the mackerel with the warm potatoes. Toss lightly and place on a serving tray. Garnish with wedges of eggs and parsley.

GRILLED LOBSTER TAILS IN GARLIC BUTTER
Cut a V-notch on the top of the lobster tail then insert your finger underneath the meat to lift the tail in the V.

Place garlic butter in the cavity between the spine and the tail meat and place garlic butter on top of the tail.

Bake in a 450°F (230°C) oven for approximately 10 minutes on a parchment-lined baking sheet.



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SALISBURY STEAK WITH ONION AND MUSHROOM GRAVY

SALISBURY STEAK
1 lb (0.45 kg) ground beef
1 egg, slightly beaten
½ cup (125 mL) breadcrumbs
3 green onions, diced
1 Tbsp (15 mL) Worcestershire sauce
1 tsp (5 mL) salt
½ tsp (2 mL) black pepper

Combine all ingredients and form into 4 patties. Put 2 Tbsp (30 mL) olive oil and 2 Tbsp (30 mL) butter into a heavy-bottom skillet. Melt over high heat, sear the patties until browned on both sides. The patties do not need to be cooked through at this time. Remove from pan and set aside.

ONION AND MUSHROOM GRAVY
1 Tbsp (15 mL) butter
1 clove garlic, minced
1 large onion, julienned
1 lb (0.45 kg) mushrooms, cleaned and sliced
1 Tbsp (15 mL) Dijon mustard
1 Tbsp (15 mL) tomato paste
2 cups (500 mL) beef broth
1 Tbsp (15 mL) Worcestershire sauce
1 Tbsp (15 mL) flour
2 Tbsp (30 mL) water

Melt the butter in the same skillet that the beef was cooked in. Add the clove of garlic along with the onions and mushrooms. Sauté until golden brown. Add the mustard and tomato paste and mix well. Pour in the beef broth and add the Worcestershire sauce. Heat until the sauce is bubbling. Mix the flour with the water to make a slurry and stir into the gravy.

Add the beef patties back into the gravy, reduce heat to medium-low and simmer until patties are cooked through. Approximately 30 minutes.

GARLIC ROASTED MASHED POTATOES

1 whole bulb of garlic
1 Tbsp (15 mL) olive oil
6 medium potatoes, peeled and quartered
¼ cup (50 mL) heavy cream
or liquid of your choice, warmed
2 Tbsp (30 mL) butter
¼ cup (50 mL) chives

Remove the loose outer skin from the bulb of garlic, leaving any skin that is firmly attached in place. Carefully slice off the top of the garlic bulb. Place the bulb of garlic in the centre of a square of tinfoil, drizzle the olive oil over top, bring the foil up around the bulb of garlic creating a purse. Place into a preheated 350°F (180°C) oven and roast for 40 minutes.

Cover the potatoes with cold water and bring to a boil, and cook until fork-tender. Mash along with the cream, butter, and chives. Squeeze the roasted garlic into the potatoes and mix to combine.

FRESH TROUT 2-WAYS

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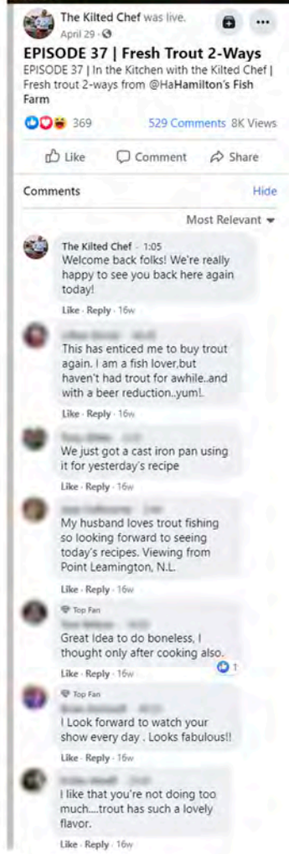


BAKED TROUT
1 whole trout, cleaned
½ lemon, sliced
4 or 5 sprigs of thyme
4 or 5 whole chives
salt and pepper
olive oil

Remove the backbone from the fish before cooking if desired (how to can be found in todays video). If you prefer, the backbone can be removed after cooking.

Place the trout on a parchment-lined baking sheet. Wrap the fish in foil (you can remove the head if you wish). Place the lemon slices inside the cavity, top with the herbs and sprinkle generously with salt and pepper. Cut a cross-hatch pattern on top of the trout. Rub the trout with the olive oil and place in a 400°F (205°C) oven and bake for 20 to 25 minutes for a 1 lb (0.45 kg) trout. Add an additional 10 min for each additional pound.

PAN-SEARED TROUT FILLET
2 trout fillets
1 Tbsp (15 mL) canola oil
1 Tbsp (15 mL) butter
salt and pepper

Add the canola oil and butter to a heavy-bottomed skillet. Once hot, place the trout (skin side down) into the pan and season with salt and pepper. Cook for 3 to 4 minutes and flip cook for an additional 3 to 4 minutes. You want the outside to be nice and crispy but the inside to still be pink.

BEER REDUCTION
Combined equal amounts of beer, your choice, and sugar. Bring to a boil and reduce to a simmer. Continue to cook until the reduction reaches a syrup-like consistency. Pay close attention to ensure that the reduction does not boil over.

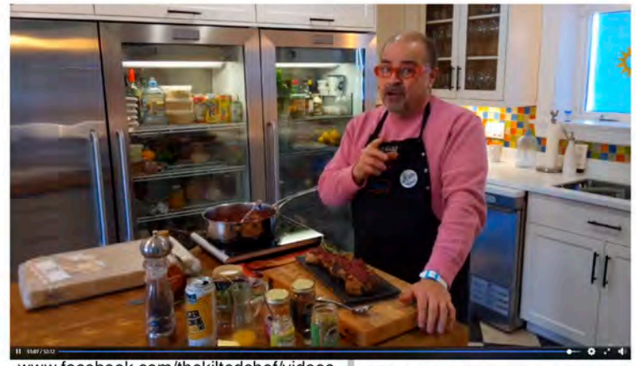
Add parsnip puree to a plate, add the trout, and drizzle with the reduction. Top with micro greens if desired.

PARSNIP PUREE

5 parsnips, peeled and sliced
¼ cup (50 mL) maple syrup
1 tsp (5 mL) ginger, grated
¼ tsp (1 mL) nutmeg
1 tsp (5 mL) salt
¼ tsp (1 mL) pepper

Place parsnips into a medium-sized pot and just cover with water. Add the remaining ingredients and place on the stove over medium-high heat, bring to a boil. Reduce to a simmer and cook until the parsnips are fork-tender. Remove the parsnips from the water and place into a blender or food processor. Add ½ cup (125 mL) of the cooking liquid and blend until smooth.

LAMB CHOPS WITH RASPBERRY PEPPERCORN SAUCE



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Serves 4

6 fresh local lamb chops
2 tsp (10 mL) Dijon mustard (Atlantic Mustard Mill)
2 tsp (10 mL) Big Cove Foods seasoning - Mary Had a Lot of Lamb
2 Tbsp (30 mL) olive oil
1 Tbsp (15 mL) butter

Rub lamb lightly with Dijon mustard and seasoning. Heat olive oil and butter on high in frying pan. Sear to medium rare, approximately 3 to 4 minutes on each side.

Serve with a dollop of raspberry black peppercorn sauce or coulis.

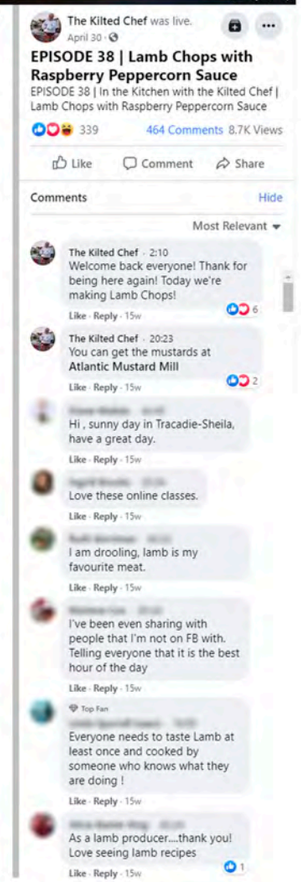
RASPBERRY PEPPERCORN SAUCE
1 Tbsp (15 mL) butter
2 cups (500 mL) fresh raspberries
1 tsp (5 mL) Dijon mustard
¼ cup (50 mL) fresh orange juice
¼ cup (50 mL) maple syrup
50 turns or 2 Tbsp (30 mL) milled black peppercorns

In a saucepan melt butter and sauté the raspberries. Add mustard and deglaze the pan with the orange juice, maple syrup, and pepper. Bring to a boil then reduce heat and let simmer for approximately 4 to 5 min using a whisk to break up the raspberries.

Note: This sauce could be done ahead of time and reheated as needed.

Optional: strain sauce to remove seeds and use as a coulis instead of a sauce.

PRO TIP: I like to strain the left over sauce and turn it in to a coulis to serve on vanilla ice cream for a sweet, tart and peppery treat.



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WILD BLUEBERRY SCONES WITH LEMON CURD

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LEMON CURD
½ cup (125 mL) butter
1 generous Tbsp (19 mL) lemon zest
½ cup (125 mL) fresh lemon juice
1 cup (250 mL) sugar
3 whole eggs
3 egg yolks

Melt the butter in a heavy-bottomed pan, add the lemon juice, lemon zest, and sugar. Stir to combine and cook until the sugar dissolves.

Quickly whisk in the eggs, then the egg yolks and cook until the lemon curd gets hot and thick. Do not boil. Strain the lemon curd through a sieve and cool to room temperature. Refrigerate until chilled.

WILD BLUEBERRY LEMON SCONES
2 cups all-purpose flour
¼ cup (50 mL) sugar
1 Tbsp (15 mL) baking powder
½ tsp (2 mL) salt
6 Tbsp (90 mL) butter, frozen and grated
3 Tbsp (45 mL) lemon zest
¾ cup (175 mL) buttermilk
1 egg
1 cup (250 mL) wild blueberries
1 Tbsp (15 mL) heavy cream
2 Tbsp (30 mL) raw sugar

Combine the all-purpose flour, sugar, baking powder, and salt in a bowl. Add the frozen grated butter and combine with a fork. In a separate bowl combine the lemon zest, buttermilk, egg, and vanilla. Mix well and add to the dry mixture. Mix until combined then fold in the wild blueberries.

At this point the scones can be put into a cast iron skillet and scored, or the dough can be turned out onto a floured surface, at which point you will pat it into a round that is 1 inch (2.5 cm) thick. Cut into 6 individual pieces and place on a parchment-lined baking sheet. Brush the top of each scone with the heavy cream and dust with the raw sugar. Bake in a preheated 400°F (205°C) oven for 25 minutes or until golden brown.

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MAPLE GREEN CURRY CHICKEN

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Serves 1

3 oz (85 g) chicken, cooked
6 oz (170 g) penne pasta, cooked
½ cup (125 mL) red and green peppers, sliced
¼ red onion, sliced
1 Tbsp (15 mL) curry paste
½ cup (125 mL) whipping cream
¼ cup (50 mL) maple syrup

Over medium-high heat, sauté the onion and peppers until tender. Add chicken and curry paste; stir to combine 2 to 3 mins. Add whipping cream and maple syrup. Reduce by ¼. Add penne, stir to combine.

Garnish with green onions and serve with garlic bread.

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SHEPHERDS PIE À LA ALAIN

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Serves 4

1 lb (0.45 kg) lean ground beef
1 medium onion, diced
½ tsp (2 mL) salt
½ tsp (2 mL) freshly ground pepper
1 cup (250 mL) beef broth
2 Tbsp (30 mL) herbs like thyme, parsley, chives, etc
1 Tbsp (15 mL) cornstarch added to water
2½ lb (1.15 kg) potatoes, washed and quartered
¼ cup (50 mL) butter
¼ cup (50 mL) heavy cream (35%)
salt to taste
freshly ground pepper to taste
1 can corn nibletts (14 oz)
2 cans cream style corn (14 oz)
2 Tbsp (30 mL) butter, softened

Preheat oven to 350°F (180°C).

Melt butter and add the onions. Sauté the beef, when partially cooked add salt and freshly ground pepper. Once cooked, add the herbs and beef broth and reduce. Finish with cornstarch slurry. Continue to cook until very little liquid left. Set aside.

In a large pot, boil the potatoes until fork-tender, drain and add the butter and cream. Mash until fluffy, season with salt and pepper. Set aside.

Add the ground beef mixture to the bottom of an 8X8 inch (20x20 cm) baking pan. Top with the corn nibletts then creamed corn and then spread the buttery mash potatoes on top. Spread the butter over the top and bake at 350°F (180°C) for 45 minutes or until golden brown.

TIPS FOR MAKING RISOTTO

* Make sure that your pan is wide enough to accommodate the rice in a single layer.

* Avoid rinsing the rice, it is important to leave the starch in place.

* Avoid toasting the rice for any longer than one minute.

* Always use a low-sodium broth, as the liquid reduces the flavours will concentrate and the salt will become quite prominent.

* If you decide to add salt, add it halfway through the process of adding the broth.

* The rule of thumb for making good risotto is 2.5 cups of broth for every 1 cup of rice.

* Do not over stir the rice, the rule of thumb is once every 30 seconds, more than that and it will lose its creamy texture.

* Arborio rice is perfectly suitable for making risotto but Caranoli rice produces a creamier texture. This is often found in Italian markets.

SNOW CRAB RISOTTO

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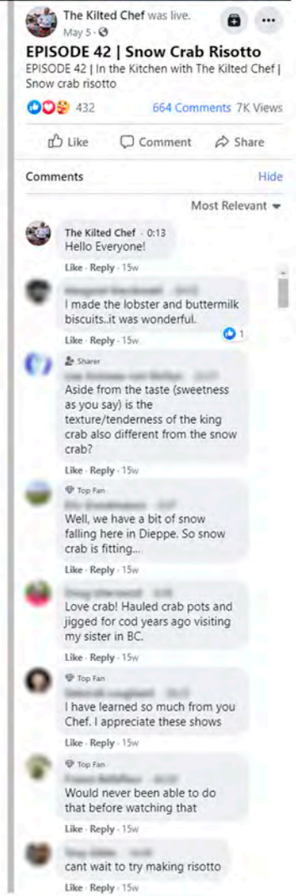
2 Tbsp (30 mL) olive oil
2 shallots, minced
2 cloves garlic, minced
1 cup (250 mL) Arborio rice
2½ - 3½ cups (625 - 875 mL) low-sodium chicken broth, heated
½ cup (125 mL) frozen peas, thawed
2 clusters of snow crab meat, removed
½ cup (125 mL) grated Parmesan cheese

Heat the olive oil in a heavy bottom pan (ensure the pan is large enough to spread the rice out). Add the shallots and cook until translucent. Add the garlic and cook for 2 minutes. Add the rice and stir, coating all of the grains in the oil, cook for 1 minute.

Reduce the heat to medium-low. Add 1 cup (250 mL) broth to the rice, stir once, and let sit until the liquid is absorbed. If the rice appears to be sticking, give it a quick stir otherwise leave it to sit. Once the broth has been absorbed, continue adding the broth ½ cup (125 mL) at a time, waiting until each is absorbed before adding the next.

It should take approximately 16 minutes to add all the liquid. If you notice that the rice is nice and plump and is no longer absorbing the liquid, cease adding more.

Allow the rice to sit for 3 minutes. Gently stir in the peas the crab and the Parmesan cheese.



HONEY PORK TENDERLOIN

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Serves 2-4

1 pork tenderloin
2 Tbsp (30 mL) + 1 tsp (5 mL) Dijon mustard
fresh ground black pepper
coarse salt
1 large white onion, chunked
3 large Cortland apples, cored and chunked
1 clove garlic, minced
2 sprigs thyme
½ cup (125 mL) white wine
1 cup (250 mL) chicken broth
½ cup (125 mL) honey
1 bay leaf

Preheat oven to 350°F (180°C). Spread 2 Tbsp (30 mL) Dijon mustard over tenderloin.

Sprinkle liberally with salt and pepper. Sear in a pan for a few minutes on each side. Set aside.

In a roasting pan, place onions and apples around, add thyme and a bay leaf, pour in white wine and chicken broth. Bake 30 min.

Add the tenderloin and drizzle the honey all over and return to oven for 30 min. Remove tenderloin from pan set aside to rest. Also remove bay leaf and stir all remaining ingredients, loosening any bits that may be stuck to pan. Then mash the mixture and add the remaining 1 tsp (5 mL) of Dijon.

Place roasting pan over med heat, mash and stir constantly until mixture thickens. Slice pork tenderloin and serve with the ragoût spooned on the side.

ASIAN FRESH ROLLS

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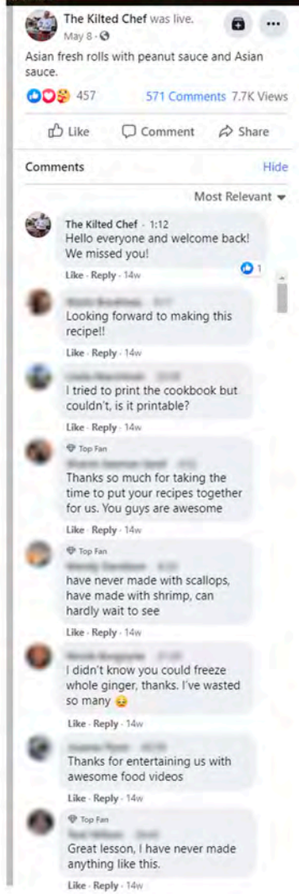

Serves 6

12 seared scallops (or shrimp or lobster meat)
1 bag of vermicelli rice noodles, cooked according to package directions
1 cup (250 mL) baby Spinach
½ cup (125 mL) English cucumber, in matchsticks
½ cup (125 mL) peppers, julienned
1 carrot, curled
12 cilantro sprigs
6 green onion tails
2 Tbsp (30 mL) Asian style chili sauce or Siracha
6 rice paper wrappers

Dip the rice paper wrappers one at a time into warm water, just until pliable. Place the wrapper on a flat surface in front of you, put sliced scallops first, lined with cucumber on one side and carrots on the other.

Top with peppers vertically in the center of the wrapper. Add a few sprigs of cilantro, top with spinach leaves and Asian chili sauce. Fold in the two ends to your left and right, lay the green onion horizontally so that the end protrudes a bit from the roll. Continue to roll from bottom to top as tightly as possible.

Serve with one of the sauces on the adjacent page.

ASIAN PEANUT SAUCE
½ cup (125 mL) peanut butter
2 Tbsp (30 mL) Hoisin sauce
1 Tbsp (15 mL) rice wine vinegar
2 Tbsp (30 mL) brown sugar
2 tsp (10 mL) Siracha
1 Tbsp (15 mL) lime juice
1 Tbsp (15 mL) ginger, grated
2-4 Tbsp (30-60 mL) warm water

Combine the first seven ingredients together mixing well, slowly whisk in the water until the desired consistency is achieved.

ASIAN DIPPING SAUCE
4 tsp fish sauce
1 clove garlic, minced
2 Tbsp (30 mL) lime juice
2 Tbsp (30 mL) sugar
or 1 Tbsp (15 mL) honey

Combine all ingredients and mix well.

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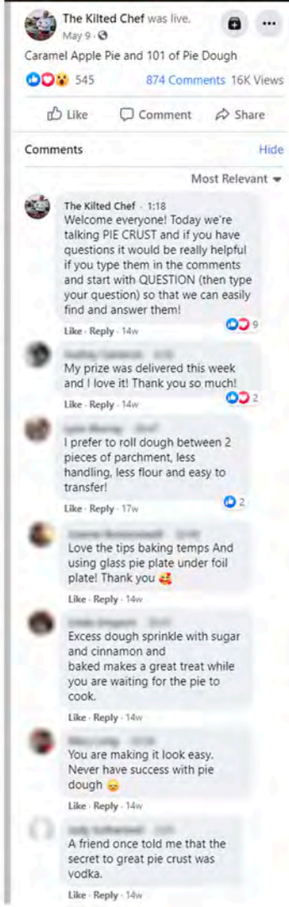

SALTED CARAMEL APPLE PIE

8 apples, peeled, cored, and sliced
½ cup (125 mL) butter
3 Tbsp (45 mL) flour
¼ cup (50 mL) water
½ cup (125 mL) white sugar
½ cup (125 mL) brown sugar
1 tsp (5 mL) cinnamon
¼ tsp (1 mL) cardamom

Roll out one portion of pie dough on a floured surface. Place into a 9 inch (23 cm) pie plate and trim the edges leaving a 1 inch (2.5 cm) overhang. Arrange the apples in the pie crust and place back into the fridge.

Place the butter into a heavy-bottom saucepan, once melted add the flour and make a paste. Add the remaining ingredients and stir until the sugars have melted. Remove the pie from the fridge and roll out your second portion of dough, cut into ten 1 inch (2.5 cm) wide strips. Place five of the strips vertically onto the pie. Fold back the 1st, 3rd, and 5th strips to the centre and place a strip horizontally across the center, bring the vertical strips back down. Fold the 2nd and 4th strip back to the middle and place your second strip across horizontally, bring the 2nd and 4th back into place. Repeat this process until the lattice covers the top of the pie. Trim any ends that are longer than your 1 inch (2.5 cm) crust and tuck everything in. Crimp the edges of the pie.

Place your caramel filling into a measuring cup that has a spout for easier control. Pour the caramel sauce onto the pie ensuring that it gets in between the lattice and into the pie itself. Having a bit of the caramel sauce on the lattice is not an issue.

Place the pie on a parchment-lined baking sheet and put into a preheated 425°F (220°C) oven for 15 minutes. Lower the temperature to 350°F (180°C) and cook for an additional 45 minutes or until the apples are soft. If the top of the pie begins to get to brown cover it with a piece of tin foil for the remainder of the cooking time.

PIE DOUGH

Makes three 9-inch pies

4 cups (1 L) flour
2 cups (500 mL) shortening
1 tsp (5 mL) salt
1¼ cup (300 mL) cold water

Dissolve the salt into the water and place in the freezer. Place the flour in a large bowl and add the shortening, work the shortening into the flour with your fingers until you have pea-sized bits. Move the dough to one side and pour in half of the water.

Work the water into the dough with one hand while rotating the bowl counter-clockwise with the other, the dough should come together but not be too wet.

Add more water as needed. Shape the dough into three equal portions and form into round discs. Wrap and chill in the refrigerator for at least 1 hour.

OLD FASHIONED LOBSTER ROLL

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6 hot dog buns
3 oz (90 mL) soft butter
1 lb (0.45 kg) lobster meat, chopped
2 Tbsp (30 mL) mayonnaise
¼ cup (50 mL) celery, diced
1 green onion, diced
pinch of salt
pinch pepper
3 oz (90 mL) spinach

Butter the hot dog buns on both sides and grill on both sides.

In a bowl mix the lobster meat, mayonnaise, celery, green onions. Add salt and pepper to taste.

Open your grilled bun and place ½ oz (14 g) per bun of your spinach then spoon the lobster mixture onto the center of the hot dog bun. Traditionally served with potato chips.

TUNA CASSEROLE

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1 box short pasta (8 oz), cooked
¼ cup (50 mL) butter, divided
½ onion, finely diced
½ green pepper, finely diced
½ orange pepper, finely diced
½ tsp (2 mL) Dijon mustard
¼ tsp (1 mL) hot sauce
¼ cup (50 mL) flour
1 cup (250 mL) milk
1 cup (250 mL) cream
2 cans tuna
(drain if the tuna is packed in oil, if it is packed in water use the liquid)
1 can cream of chicken soup
½ cup (125 mL) mozarella cheese
1 Tbsp (15 mL) powdered Parmesan cheese
1 Tbsp (15 mL) chives, chopped

TOPPING
2 tsp (10 mL) butter
½ cup (125 mL) bread crumbs
1 Tbsp (15 mL) Parmesan cheese, grated

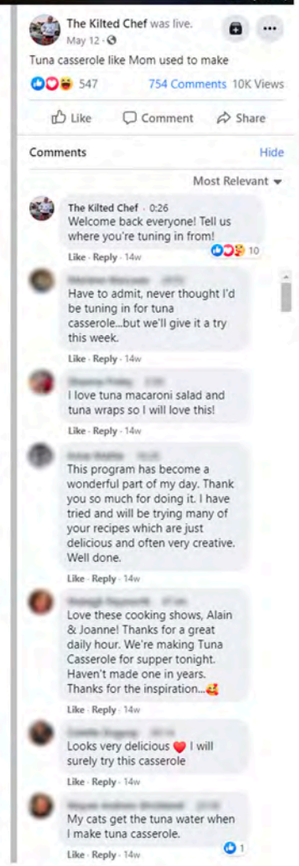
Melt 2 Tbsp (30 mL) butter over medium-high in a large pan, sauté the onions and peppers until soft.

Add the Dijon and hot sauce. Add the remaining butter. Once melted, add the flour and cook for several minutes. Add the milk and cream and cook, stir until thickened. Stir in the tuna and cream of chicken soup. Add the cheese and stir until melted. Add the chives. Combine the sauce with the cooked pasta and place in a 9x13 inch (23x33 cm) pan. Set aside.

To prepare the topping, melt the butter in a sauté pan, add the breadcrumbs and the Parmesan cheese and stir until coated. Cook until golden brown, approximately 2 to 3 minutes.

Place the bread crumbs on top of the tuna casserole and place into a preheated 400°F (205°C) oven. Baked for 15 to 20 minutes or until the casserole is bubbly.

As an alternative to the bread crumb topping, crumble plain potato chips over top of the casserole and bake.



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SAVORY CHICKEN POT PIE

3 cups (750 mL) chicken, cooked and chopped
2 Tbsp (30 mL) butter
1 large onion, chopped
2 celery stalks, chopped
2 large carrots, diced
4 medium potatoes, diced
1 tsp (5 mL) salt
½ tsp (2 mL) pepper
2 Tbsp (30 mL) summer savory
1 tsp (5 mL) dried thyme
1 tsp (5 mL) Dijon mustard
½ cup (125 mL) white wine
3 Tbsp (45 mL) flour
3 cups (750 mL) chicken broth
1 cup (250 mL) frozen peas

Melt the butter in a large sauté pan. Add the onions, celery, carrots, and potatoes. Sauté for 4 to 5 minutes.

Add the seasoning, mixing well. Add the Dijon mustard and the white wine and cook to reduce. Add a third of the broth to the vegetable mixture and stir until thickened. Add the flour to the remaining broth and continue to add to the vegetables one cup at a time stirring until thick. Add in the chicken and peas. Put into a 9x9 inch (23x23 cm) casserole dish and top with either a pie dough or a biscuit topping. Recipes for both can be found on The Kilted Chef Facebook page (just go to "photos" and find the recipes).

Place the pot pie into the oven and bake at 350°F (180°C) for 30 to 35 minutes or until the topping is golden brown.

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Episode 48

SAVORY PIE DOUGH

Makes two 9-inch/23 cm pie crusts

2 cups (500 mL) all-purpose flour
2 cups (500 mL) shortening
1 tsp (5 mL) salt
1¼ cup (300 mL) cold water

Sift the all-purpose flour to add air, add to a large bowl and combine with the shortening using a pastry cutter or your hands. Dissolve the salt into cold water, mound the flour and shortening and use your hands to incorporate the cold water, form the dough into a ball and wrap in wax paper, refrigerate at least 1 hour before using.

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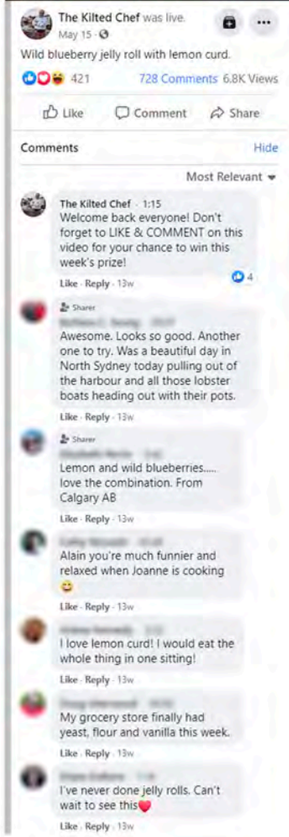

WILD BLUEBERRY & LEMON CURD JELLY ROLL

4 eggs
⅔ cup (150 mL) sugar
1 tsp (5 mL) vanilla
⅓ cup (75 mL) all-purpose flour
⅓ cup (75 mL) self-rising flour*
⅓ cup (75 mL) cornstarch

Place the eggs in the bowl of a stand mixer with a whisk attachment and whip for 7 minutes on high. Reduce the speed to medium and add in the vanilla. Add the sugar 1 tablespoon at a time letting each incorporate before adding the next.

Transfer the mixture to a flat-bottomed bowl. Combine the two flours along with the cornstarch and sift. Place half the mixture back into the sifter and add to the egg mixture. Gently fold in until the flour is incorporated. Add the remaining flour to the sifter and repeat the process. Line a 9x13 inch (23x33 cm) baking pan with parchment paper, leaving an overhang on the ends. Spray with a baking spray. Gently put the cake mixture onto the pan and use an offset spatula to smooth the batter. Place in a preheated 400°F (205°C) oven and bake for 8 minutes.

Remove the cake from the oven and allow to cool for 2 minutes. Sprinkle the top of the cake with icing sugar and place a clean tea towel on top. Take a second 9x13 inch (23x33 cm) pan and place it bottom side down on top of the tea towel. Gently flip the pans over. Remove the pan that the cake was baked in. Gently peel back the parchment paper. Sprinkle the top of the cake with icing sugar and gently roll the cake leaving the tea towel in place so that it is rolled between the layers. Let cool.

At this point the jelly roll can be filled with any filling of your choice. Some examples are jams, jellies, buttercream icing or Nutella. Or, follow the recipe on the adjacent page to fill the jelly roll with fresh lemon curd and wild blueberry sauce. The recipe for the lemon curd can be found on The Kilted Chef's Facebook page along with the Wild Blueberry Scones (Episode 39).

*To make self-rising flour combine 1 cup (250 mL) of all-purpose flour with 1½ tsp (7 mL) baking powder and ½ tsp (2 mL) salt.

WILD BLUEBERRY SAUCE

2 Tbsp (30 mL) butter
2 cups (500 mL) frozen wild blueberries
¼ cup (50 mL) maple syrup
1½ cup (375 mL) white sugar
2 tsp (10 mL) cornstarch
2 tsp (10 mL) water

Melt the butter in a large skillet. Add the wild blueberries and cook until they soften. Approximately 5 minutes. Add the maple syrup and the white sugar and continue to cook until the sugar is dissolved. Combine the cornstarch with the water to form a slurry and add to the blueberry sauce, cook until thick. Cool to room temperature.

To assemble and roll the jelly roll, begin by trimming the edges. Spread the lemon curd* over the cake leaving a 1 inch (2.5 cm) border around the edge. Top with the wild blueberry sauce and roll. Place the seam to the bottom and allow to sit for half an hour to prevent the cake from unrolling when cut.

*Refer to Episode 39 for lemon curd recipe

PIZZA TOPPINGS

CHEF ALAIN

tomato sauce
fresh grated Parmesan cheese
fresh grated mozzarella cheese
fresh sliced mushrooms
fresh sliced peppers
green onions
cured pepperoni
double smoked bacon

JOHANNE

pizza sauce
chiffonade of spinach
chiffonade of basil
fresh sliced mushrooms
sliced red onions
sliced roasted red peppers
goat cheese
drizzle of olive oil

PIZZA WARS

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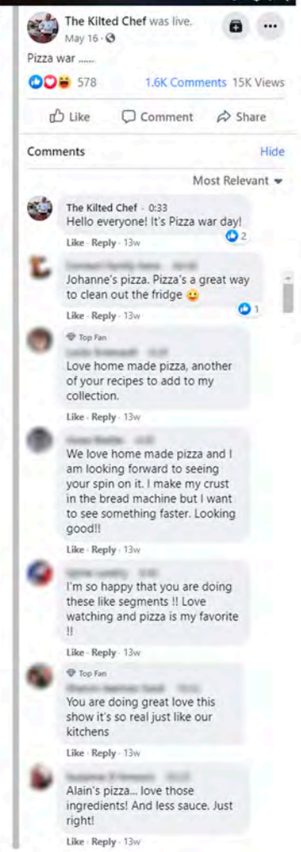
10 MINUTE PIZZA DOUGH
2½ cups (625 mL) flour
2 tsp (10 mL) instant yeast
2 tsp (10 mL) olive oil
2 tsp (10 mL) honey
1 tsp (5 mL) salt
1 Tbsp (15 mL) powdered Parmesan cheese
1 cup (250 mL) warm water

Place your pizza stone in the oven and preheat to 500°F (260°C). Combine all the ingredients in a bowl and mix to combine; once the dough has come together turn out onto a floured surface and knead five or six times to form a smooth dough.

Place the dough into a clean bowl and cover with plastic wrap. Let rest for 5 minutes. When ready, turn the dough out onto a floured board and use the rolling pin or your hands to shape. Add your favourite topping and carefully transfer the pizza to your hot pizza stone and bake for 9 minutes.

KNOCK YOUR SOCKS OFF PIZZA SAUCE
1 can of fire-roasted tomatoes (28 oz)
1 Tbsp (15 mL) tomato paste
3 cloves garlic, minced
2 tsp (10 mL) olive oil
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper
2 tsp (10 mL) dried oregano
2 tsp (10 mL) dried basil
1 tsp (5 mL) red pepper flakes
½ tsp (2 mL) fennel
1 Tbsp (15 mL) sugar

Place all the ingredients in a blender and whip to combine.



CHICKEN LIVER PÂTÉ & PICKLED ONIONS

2 Tbsp (30 mL) butter
2 shallots, diced
1 clove garlic
3 slices double-smoked bacon, diced
¾ lb (0.34 kg) chicken livers
1 chicken breast, cooked
8 oz (250 g) cream cheese, softened
2 oz (59 mL) sherry
¼ cup (50 mL) maple syrup
1 tsp (5 mL) black pepper
1 tsp (5 mL) sea salt
½ tsp (2 mL) smoked paprika
12 chives, chopped
1 tsp (5 mL) fresh thyme

Melt the butter in a sauté pan and add the onions, garlic and bacon. Sauté until the onions are translucent, add the chicken livers and sauté until cooked through. Set aside to cool.

Place the livers, cooked chicken, and the cream cheese into a high powered blender or a food processor and blend until very smooth, approximately 4 minutes. Add the sherry, maple syrup, chives, thyme, salt, pepper, and cayenne pepper along with the butter. Process until all ingredients are incorporated and the pâté is silky smooth (approximately 5 minutes).

Transfer to a serving dish, cover with plastic wrap and refrigerate for a minimum of 3 hours.

PICKLED ONIONS
2 medium onions, thinly sliced
½ cup (125 mL) water
1 cup (250 mL) rice wine vinegar
2 oz (59 mL) blueberry juice
1 Tbsp (15 mL) pickling spices
2 Tbsp (30 mL) brown sugar

Place the onions into a 500 mL mason jar. Add the remaining ingredients into a saucepan and bring to a boil, strain the liquid to remove the pickling spices and pour the brine over the onions. Cool on the counter until room temperature and then refrigerate overnight.

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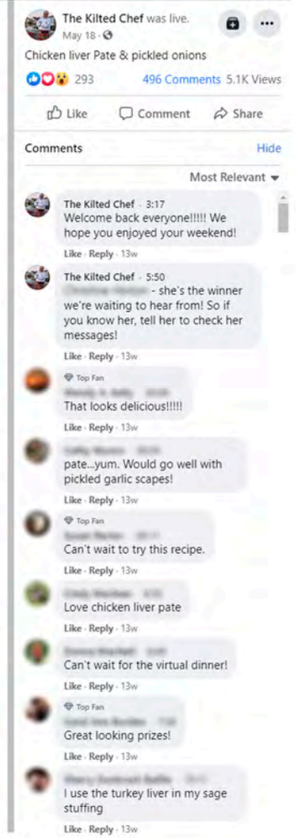

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VILLAGE BAY OYSTER STEW

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4 potatoes, diced
1 medium onion, diced
2 Tbsp (30 mL) butter
24 oysters, meat only
1 tsp (5 mL) Dijon mustard
½ cup (125 mL) white wine
12 chives diced
2 Tbsp (30 mL) parsley, chopped
1 cup (250 mL) milk
1 cup (250 mL) cream
1 can evaporated milk
salt & pepper to taste
½ tsp (2 mL) cayenne pepper
½ lemon, juiced

In a medium pan, melt your butter and sauté potatoes and onions 4 to 5 minutes. Add chives, parsley, Dijon, and white wine to deglaze the pan. Incorporate fresh oysters and its liquor (juice) on low heat. Reduce until potatoes are cooked and finish with cayenne pepper, salt & pepper to taste and add lemon juice. Serve in a nice bowl garnished with chives.

ALAIN'S COCKTAIL SAUCE
1 cup (250 mL) ketchup
¼ cup (50 mL) chili sauce
¼ cup (50 mL) horseradish
2 dashes Worcestershire sauce
½ tsp (2 mL) hot sauce
1 lemon, juiced

Mix all ingredients in a medium-sized bowl and refrigerate.

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OLD FASHIONED CABBAGE ROLLS

2 Tbsp (30 mL) olive oil
1 lb (0.45 kg) ground beef
1 medium onion, chopped
6 chives, chopped
2 cloves garlic, minced
1 tsp (5 mL) hot sauce
3 tsp (15 mL) soy sauce
2 eggs, beaten
1 cup (250 mL) cooked rice
1 head of Chinese cabbage
2 cans diced tomatoes (14 oz)
4 oz (125 g) tomato paste
1 Tbsp (15 mL) dried oregano
1 Tbsp (15 mL) dried basil
1 tsp (5 mL) cayenne pepper
6 chives, chopped
1 Tbsp (15 mL) fresh parsley
½ cup (125 mL) prepared mustard
½ cup (125 mL) BBQ sauce
1 cup (250 mL) ketchup
1 tsp (5 mL) Worcestershire sauce
½ cup (125 mL) brown sugar
½ cup (125 mL) cider vinegar

Heat the olive oil in a frying pan. Brown the ground beef along with the onion, garlic, and pepper. Add the hot sauce, soy sauce and rice. Mix to combine and set aside to cool. Once cool, mix in the beaten eggs.

For the sauce, place the rest of the ingredients (except for the cabbage) into a saucepan, bring to a gentle boil then reduce and simmer for 5 minutes.

Fill a bowl with boiling water and soak cabbage leaves for 2 minutes. Remove the leaves from the water and shave down the core so that it isn't quite so thick.

Place approximately ¼ cup (50 mL) filling in the center of each leaf, roll the leaf while tucking the ends into the center. Place the cabbage roll with the seam at the bottom into a 9x9 inch (23x23 cm) baking pan that has had a drizzle of olive oil added. Continue until the pan is full. Pour the sauce over the cabbage rolls. Cover with foil and place into a preheated 350°F (180°C) oven for 1 hour. Remove the foil and bake for another 20 minutes.

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BANGERS & MASH WITH SAUSAGE ONION GRAVY

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2 lbs (0.9 kg) potatoes
4-5 cups (1-1¼ L) spinach, trimmed
½ cup (125 mL) cream
4 Tbsp (60 mL) butter
1 tsp (5 mL) salt
½ tsp (2 mL) pepper
6 sausages
2 tsp (10 mL) olive oil
1 large onion, sliced
1 sausage, diced
2 cups (500 mL) chicken broth
2 Tbsp (30 mL) cornstarch
6 chives, chopped
1 Tbsp (15 mL) parsley, chopped

Peel and dice the potatoes and cover with cold water. Bring to a boil and cook until fork-tender. Meanwhile melt 2 Tbsp (30 mL) of butter, add the cream, the spinach, and salt and pepper. Cook over low heat until the spinach has wilted.

Score the six sausages horizontally from top to bottom. Heat the olive oil in a skillet and sauté sausages until they begin to brown.

Transfer to an oven-safe dish and put into a preheated 350°F (180°C) oven for 20 minutes.

Add 2 Tbsp (30 mL) butter to the pan that the sausages were cooked in and melt. Add the onions and diced sausage. Cook over medium-high heat until the onions are golden brown. Add 1½ cups (375 mL) of chicken stock. Mix the remaining chicken stock with the cornstarch and add to the pan and cook until the gravy has thickened. Stir in the chives, parsley, and pepper to taste.

Once the potatoes are fork-tender, drain and add the creamed spinach mixture. Mash together. Place the spinach potatoes onto a plate and top with a sausage, and a serving of the gravy.

COQ AU VIN
FOR JOHANNE'S BIRTHDAY

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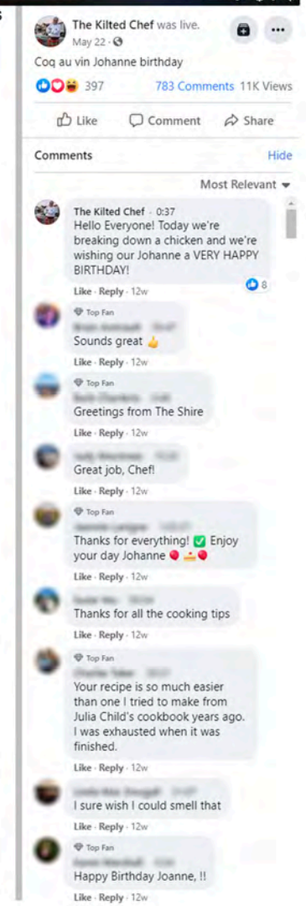
6-7 lb (2.7-3.2 kg) whole chicken, skin-on, cut into 8 pieces
1 Tbsp (15 mL) Dijon mustard
½ cup (125 mL) all-purpose flour
1 oz (30 mL) butter
1 oz (30 mL) canola oil
1 onion, finely diced
2 cloves garlic
1 cup (250 mL) red wine (bold-flavoured)
3 cups (750 mL) beef broth
1 tsp (5 mL) sea salt
½ tsp (2 mL) freshly ground pepper
2 bay leaves
1 sprig thyme
¼ cup (50 mL) bacon lardons (bacon cut in ¼ inch/0.63 cm pieces)
½ lb (0.23 kg) mushrooms, quartered
½ lb (0.23 kg) pearl onions, peeled (or shallots)
¼ cup (50 mL) chopped parsley

Preheat oven to 350°F (180°C). Lightly flour the chicken and then rub the Dijon mustard on the chicken pieces.

In a cast-iron roasting pan, melt butter and oil on med-high heat. Add the chopped onions and garlic. Sear the chicken pieces for 3 minutes on both sides until nice and golden. Deglaze the pan with red wine and beef broth. Add the salt, freshly ground pepper, bay leaves, and thyme. Mix well then cover and move to the oven at 350°F (180°C) for 1 hour.

In a frying pan, sauté the bacon lardons for few minutes then add the mushrooms, pearl onions, and parsley. Continue to sauté until the onions start to soften then lightly incorporate into the chicken. Let rest for a few minutes then serve.



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WILD BLUEBERRY BREAD PUDDING

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8 cups (2 L) or 2 loaves of bread, cubed (1 inch/2.5 cm cubes)

Gently combine the following:

6 eggs
2 cups (500 mL) blend (10% cream)
2 cups (500 mL) whipping cream
2 cups (500 mL) brown sugar
1½ cups (375 mL) white sugar
1 Tbsp (15 mL) vanilla
¼ cup (50 mL) maple syrup

Preheat oven to 350°F (180°C). Spray pan liberally with cooking spray then cover with sugar.

Put bread in a large bowl, then add liquid ingredients. Fold once or twice, then leave. Add blueberry mixture (below). Chopped pecans can be added on top.

Bake for 1 hour at 350°F (180°C) on the middle rack, then reduce heat to 300°F (150°C) until springy.

BLUEBERRY MIXTURE
1½ cups (375 mL) wild blueberries
¾ cup (175 mL) sugar

Combine and cook slowly to release natural juices.

Then mix 1 Tbsp (15 mL) cornstarch with 2 Tbsp (30 mL) of water and add. Continue to cook slowly. DO NOT WORK TOO MUCH, just fold once or twice.

Top with chopped pecans.

RUM SAUCE

½ cup (125 mL) butter
1 cup (250 mL) icing sugar
1 egg, well beaten
¼ cup (50 mL) rum

Whisk butter and icing sugar together in a double boiler until dissolved and hot. Whisk eggs into hot sugar mix until thickened. DO NOT OVERCOOK.

Whisk in rum. Serve warm.

MARITIME PANZANELLA SALAD

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DRESSING
1 clove garlic, diced
½ cup (125 mL) olive oil
1 tsp (5 mL) Dijon mustard
3 Tbsp (45 mL) rice vinegar
½ tsp (2 mL) coarse sea salt
½ tsp (2 mL) ground pepper

Place all ingredients in a mason jar and shake well. Refrigerate for 15 minutes.

SALAD
1 multigrain French baguette
3-4 Tbsp (45-60 mL) olive oil
1 tsp (5 mL) coarse sea salt
12 cherry tomatoes, cut in half
¾ English cucumber, cut in bite-sized pieces
8 mini sweet peppers, cut in bite-sized pieces
1 red onion, cut in bite-size pieces
1 cup (250 mL) fiddleheads, pre-cooked (optional)
20 leaves fresh basil, cut in strips
3 Tbsp (15 mL) capers, chopped

Slice your bread in 1 inch (2.5 cm) thick strips, then cut in four. Put sauté pan on medium heat and sauté the bread. Incorporate the olive oil and salt until golden brown and crispy.

Place all ingredients into a bowl along with the sautéd bread and drizzle with the dressing. Toss, then finish with salt and pepper. Garnish with basil leaves and serve.

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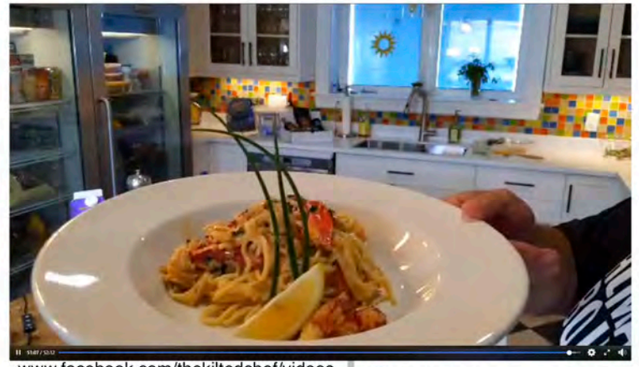
LOBSTER LINGUINE
(SPAGUINE)



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4 oz (125 g) pasta, cooked el dente
½ cup (125 mL) butter, divided
1 lb (0.45 kg) lobster meat (*reserve the brine if using frozen lobster)
1 small onion, diced
2 cloves garlic, minced
¼ cup (50 mL) chives, chopped
10 basil leaves, chopped
1 tsp (5 mL) Dijon mustard
½ cup (125 mL) white wine
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper
2 oz (57 g) cream cheese
1 cup (250 mL) heavy cream
1 oz (28 g) Parmesan, grated

Melt half the butter in a sauté pan, add the lobster meat and sauté until warmed through. Remove the meat from the pan and set aside. Melt the remaining butter and sauté the onions and garlic until the onions are translucent. Add the chives and basil. Stir to combine.

Add the salt and pepper along with the Dijon mustard and white wine. Stir to combine and add the cream cheese, stirring until it has melted. Return the lobster to the pan. Add the cream and bring to a boil. Lower to a simmer and reduce by ¼. Stir in the pasta and the Parmesan cheese. Top each serving with a squeeze of fresh lemon juice and chives for garnish or alternately serve with a wedge of lemon on the side.

*If you have brine left from the lobster you can add 1 oz (30 mL) to the cream cheese.

SLOPPY JOES

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1¼ lb (0.57 kg) lean ground beef
1 tsp (5 mL) butter
1 medium carrot, grated or very finely diced
1 medium onion, finely diced
1 jalapeno pepper, de-seeded and finely diced
1 red bell pepper, finely diced
6 button mushrooms, finely diced
2 cloves garlic, minced
1 tsp (5 mL) Dijon mustard
1 tsp (5 mL) Worcestershire sauce
2 Tbsp (30 mL) brown sugar
2 Tbsp (30 mL) tomato paste
½ cup (125 mL) red wine (pick your favourite)
1 can tomato sauce (19 oz)
6 Dempster's Gold buns

Melt the butter in a large sauté pan and cook the meat until brown. Add the vegetables and garlic and continue to cook for 3 to 4 minutes. Add the Dijon mustard, Worcestershire sauce, and brown sugar. Cook until the brown sugar is dissolved. Stir in the tomato paste and add the red wine. Simmer for 2 to 3 minutes and then stir in the tomato sauce. Continue to cook until the sauce has thickened.

To serve, spread the inside of each bun with a light layer of butter and grill until golden brown. Place the bottom half on a plate and top with a generous portion of the sloppy joe mix, then cover with the remaining half of the bun.

CHICKEN KIEV WITH POTATO PANCAKES

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CHICKEN KIEV
2 boneless, skinless chicken breasts
2 Tbsp (30 mL) garlic butter
2 eggs, well beaten
½ cup (125 mL) all-purpose flour
½ cup (125 mL) Italian bread crumbs

Place one of the chicken breasts in a sealed bag and pound thin. Repeat with the second breast. Lay breasts out on a cutting board and place 1 Tbsp (15 mL) of garlic butter in the center of each.

Fold the chicken breast around the garlic butter and dredge the chicken in the flour. Dip chicken in the egg followed by the breadcrumbs. Form the breasts into an oval that is consistent in size and place seam side down on a parchment-lined baking sheet. Place into a preheated 400°F (205°C) oven and bake for 20 to 25 minutes. Let rest for 5 minutes before slicing. Optional: melt 2 tsp (10 mL) of butter and pour a teaspoon over each chicken breast.

POTATO PANCAKES
1½ lbs (0.68 kg) potatoes, grated
2 Tbsp (30 mL) canola oil
1 small onion, grated
2 eggs
3 green onions, finely chopped
¼ cup (50 mL) flour
2 tsp (10 mL) salt
1 tsp (5 mL) pepper

Place the grated potatoes and onions into either cheesecloth or a clean dish towel and squeeze, removing all of the water. Place the potatoes in a bowl and combine with the chives, eggs, flour, and salt and pepper. Heat canola oil in a heavy bottom pan and drop the potato pancakes in one at a time, they should be about ¼ cup (50 mL) in size. Cook until the bottom is golden brown, turn and cook the other side.

Episode 60

GARLIC BUTTER

1 lb (0.45 kg) butter
6 cloves garlic, diced
1 lemon, juiced
12 chives, finely diced
6 sprigs parsley, chopped
½ tsp (2 mL) salt

Add butter and garlic to a stand mixer and mix on high for 3 to 4 mins until well combined. Add lemon juice, chives, parsley & salt. Mix to combine. Refrigerate the garlic butter. Will last in the refrigerator for up to 1 month.

LEMON CAPER MAYO
¼ cup (50 mL) sour cream
¼ cup (50 mL) mayonnaise
1 tsp (5 mL) Dijon mustard
½ lemon, juiced
2 Tbsp (30 mL) capers, finely chopped
1 tsp (5 mL) caper brine

Combine all ingredients and mix well. Refrigerate ½ hour before using.

RHUBARB & WILD BLUEBERRY CRISP WITH VANILLA CUSTARD

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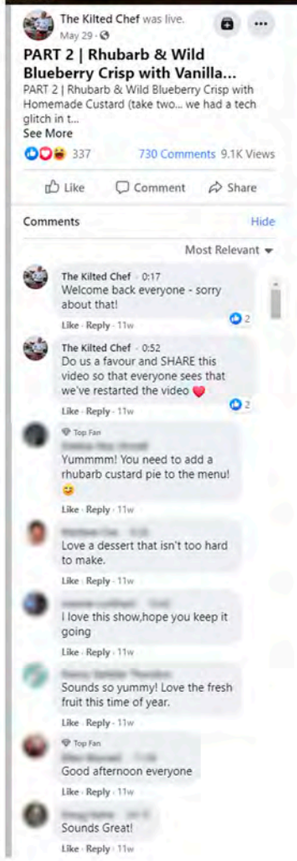

4 cups (1 L) rhubarb, cut into bite-sized pieces
1 cup (250 mL) frozen wild blueberries
1 cup (250 mL) white sugar
3 Tbsp (45 mL) cornstarch
½ tsp (2 mL) cinnamon
¼ tsp (1 mL) nutmeg
¼ tsp (1 mL) cardamom
1 cup (250 mL) rolled oats
¼ cup (50 mL) butter, melted
½ cup (125 mL) brown sugar
¼ to ½ cup (50 to 125 mL) pumpkin seeds

In a large bowl combine the rhubarb, blueberries, cornstarch, and spices (except cinnamon). Mix well. Turn into an 8x8 inch (20x20 cm) baking dish. In the same bowl combine the oats, butter, cinnamon, brown sugar, and pumpkin seeds to make the topping. Mix well, using your hands if necessary, to ensure that everything has come together.

Put the topping over the crisp and place into a preheated 375°F (190°C) oven. Bake for 35 to 40 minutes or until golden brown and bubbly. Let sit for 15 minutes before serving.

the kilted chef

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VANILLA CUSTARD

6 egg yolks
½ cup (125 mL) white sugar
3 Tbsp (45 mL) cornstarch
2 cups (500 mL) whole milk
1 Tbsp (15 mL) vanilla extract

Combine the egg yolks, sugar, and cornstarch in a bowl. Scald milk in a double boiler and incorporate into the egg mixture in a slow steady stream whisking constantly. Return the mixture to the double boiler and stir over medium-low heat until thick. Remove from the heat and stir in the vanilla. Place into a clean bowl and put a layer of plastic wrap directly on top of the custard to prevent a skin from forming.

To serve, place the rhubarb blueberry crisp into a bowl and spoon warm custard over top.

COQUILLE ST. JACQUES WITH LOBSTER

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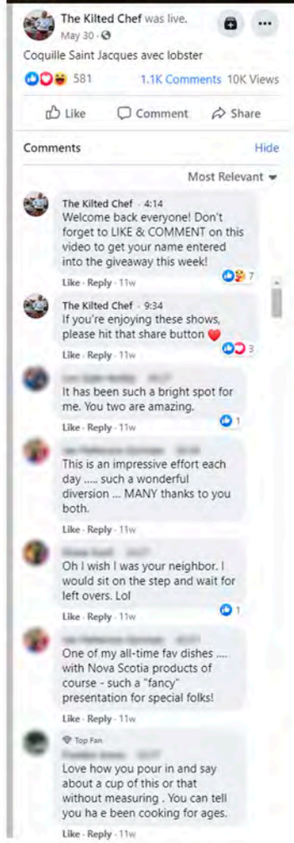

MASHED POTATOES
1¼ lb (0.57 kg) potatoes, peeled and boiled until fork-tender
¼ cup (50 mL) heavy cream
2 Tbsp (30 mL) garlic butter (substitute regular butter if needed)

Drain the potatoes well, add the cream and the garlic butter, and mash until very smooth. Place into a piping bag and set aside.

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1 Tbsp (15 mL) butter
1 Tbsp (15 mL) canola oil
20 scallops
½ lb (0.23 kg) lobster meat, chopped
1 tsp (5 mL) Dijon mustard
1 tsp (5 mL) salt
½ tsp (2 mL) pepper
1 cup (250 mL) white wine
1 cup (250 mL) heavy cream
2 oz (57 g) grated cheese: Gruyère, Swiss or Emmental

Heat the butter and canola oil in a cast-iron pan. Remove the bits from the scallops and dry well. Place into the pan one at a time and cook until the sides of the scallop begins to split, approximately 2 minutes. Flip and repeat with the other side. Add the shallots and cook until golden brown. Add the lobster and warm through. Add a bit more butter if necessary along with the Dijon mustard and salt & pepper, and stir to combine.

Add the white wine and continue to cook for 3 minutes. Add the cream and reduce by half, or until the sauce coats the back of a spoon. Divide the mixture between four individual casserole dishes. Pipe a circle of mashed potatoes around the rim of each dish and place ¼ of the grated cheese on the center of each casserole. Place into a preheated 550°F (290°C) oven and broil until the potatoes are golden brown and the cheese has melted.

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GARLIC BUTTER ASPARAGUS

1 lb (0.45 kg) asparagus, trimmed
2 Tbsp (30 mL) garlic butter

Bring 2 cups (500 mL) of water to boil in a sauté pan. Add the asparagus and cook for approximately 5 minutes, or until tender. Submerge the asparagus into cold water to stop the cooking process.

Melt the garlic butter in a sauté pan. Remove the asparagus from the cold water and dry. Add to the garlic butter and sauté until warmed through.

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The Kilted Chef Live Show is 3pm, weekdays.