

# BC's Best Market Dinner

Wild Apple Restaurant  
Chef Bernard Casavant  
March 29, 2011

Tartare of Beet Cured Wild Okanagan Salmon  
hot smoked salmon cracker, parsley oil  
**Pemberton Distillery Schramm Vodka Cocktail**

Yield: 1 Cup; 4 servings

6 oz. Salmon fillet (belly preferred), skin & bones removed  
3/4 tsp. lemon zest (extremely fine)  
2 TBSP. fresh basil, finely sliced, chiffonade  
1/2 tsp sea salt  
Milled pepper to taste  
3/4 tsp. extra virgin olive oil  
1 1/2 tsp. finely minced chives  
2 tsp. shallots, finely minced  
2 tsp. cornichons, finely minced

With a sharp knife, slice and then dice the salmon into very fine cubes. Do not use a food processor as it will impair the flavor of the fish.

Add the fish to a chilled bowl, add in the remaining ingredients and gently stir to just combine. Taste, adjust seasoning if required.

Cover with food wrap, pressing the film on top of the mixture to eliminate any air bubbles.

Place in refrigerator for 1 hour (or up to 12 hours).

To serve, remove the food wrap, mix briefly, taste & adjust seasoning or lemon aspect by adding some fresh squeezed lemon juice. Serve immediately



**Pan Seared Queen Charlotte Sablefish**  
preserved quince butter sauce, market greens, rice paper bundle  
**Gray Monk Winery Odyssey Brut 2008**

**Harkers Farm Organic Plum Infused Lamb Shank**  
market foraged vegetables, Terrace Mountain preserved wild morel  
mushroom risotto, dried Okanagan cherry relish  
**Lake Breeze 7 Poplars Merlot 2008**

**Dried Okanagan Cherry & Orange Relish**

- 3 TBSP. sugar
- 1 red onion, sliced
- 4 TBSP. raspberry vinegar
- 2 oranges, juiced (reserve zest)
- 1 cup dried Okanagan cherries (check for pits!)
- 2 tsp. pink & green peppercorns

Combine sugar and orange juice in a small saucepan and caramelize over medium heat.

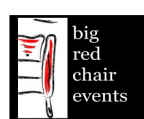
Add red onions, dried cherries, orange zest, raspberry vinegar, pink & green peppercorns and simmer slowly (30 minutes to 1 hour).

Remove from heat, cool. Cover and refrigerate.

**Risotto**

*Yield: 4 ~ 6 servings*

- 1 L. vegetable or chicken stock
- 1 cup onion, peeled, diced fine
- 1/2 cup white wine
- 1 TBSP. butter
- 1 TBSP. canola oil
- 2/3 cup Arborio rice
- 1/2 cup wild mushrooms, sautéed & seasoned
- 1/4 cup fresh goats cheese (chevre or parmesan)
- Sea salt & freshly milled pepper to taste



Bring stock to a rolling boil, reduce to a simmer.

Over medium high heat, in a pot large enough to hold all of the above, heat the oil and add the onion. Saute briefly until soft. Do not allow it to brown.

Add the Arborio, sauté until well coated in oil and it changes to a light white colour. Add in the white wine, stir and reduce.

Using a 4 oz. ladle, carefully add stock to the rice mixture. Stir until the liquid is almost evaporated. Repeat procedure, adding only one ladle of stock at a time.

When the rice is fully cooked and a little crunchy in the middle, "al dente", stop adding stock. Fold in mushrooms, heat until warm. Add butter & cheese, carefully folding as the risotto will be fragile now. Add in seasoning, taste. Adjust seasoning if necessary. Serve on heated plates



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## Warm Chocolate Cake

Black Raven Farm taye berry compote, basil mascarpone ice cream,  
chocolate sea salt

### Elephant Island Framboise

Serves 6

\*require silpat cake molds

- 2 1/4 cup dark chocolate, coarsely chopped
- 6 large eggs (free range)
- 1 tsp. vanilla extract
- 1 cup unsalted butter
- 2 TBSP. sugar
- 1/4 cup whipping cream

Preheat oven to 325F

In a mixing bowl, melt the butter over a double boiler, then add the chocolate and stir until evenly mixed. Allow to cool approximately 10 minutes in the fridge.

Whip the cream in a small bowl and set aside. In a mixer bowl, combine the eggs & vanilla and whisk at a high speed, gradually adding the sugar.

Mix for about 5 minutes until the eggs are light and hold a soft peak. Fold a quarter of the egg into the chocolate then fold the chocolate into the remaining egg in three equal parts. Fold in the whipped cream and place in cake molds to bake.

Bake at 325F for 5 minutes, then rotate the tray; bake another 5 minutes. Remove from oven, allow to set for 2–3 minutes, invert ~ plate & serve with your favourite ice cream and fresh berries.

## Festers Farm Chili Spiced Hazelnut Truffles

### Okanagan Spirits Raspberry

### Eau de Vie



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