

# Salon team members share mushroom, pickerel recipes

See related story on Taste front.

## CHILLED SALAD OF PICKEREL "SEVICHE STYLE"

- 1 1/2 fillets pickerel (about 8-10 ounces), julienned
- 1 bulb jicama
- 1 medium red onion
- 1 jalapeno
- 8 limes, juiced
- 1 cup and 3 tablespoons vegetable oil
- 1/2 cup white wine
- zest of two limes
- 1 whole lemon
- 1/4 to 1/2 cup cilantro, chopped
- 1/2 medium cucumber
- 1 3/4 cups flour, all-purpose
- 2 teaspoons sugar
- 1/4 tablespoon salt
- 2 ounces butter
- 1 cup buttermilk
- 1/4 ounce tahini paste
- 2 tablespoons sesame seeds
- egg wash
- Boston or bibb lettuce
- Frisee lettuce

Juice the limes into a bowl. Cover the pickerel with lime juice. Refrigerate until the fish is cured, about 45 minutes.

Make a smooth dough with the flour, sugar, salt, butter, tahini paste and buttermilk. Let dough rest, then roll dough to 1/8-inch thick. Sprinkle with sesame seeds and bake at 350° F until golden brown, about 10 to 15 minutes.

Strain the lime juice off the pickerel and add finely chopped cilantro and lime zest. Slowly whisk in oil to form an emulsion. Season to taste with salt and pepper.

Peel jicama and red onion. Finely julienne the onions and jicama. Mix with jalapeno and enough dressing to coat.

Mold fish in a ring mold, alternating the layers of pickerel and slaw. Peel cucumber and slice thin. Line center of plate with a ring of cucumbers. Unroll sevice and place in the center of the ring. Top with lightly dressed greens and garnish with cracker.

Recipe courtesy of Joel Vassallo.

- 1/4 cup button mushrooms
- 1/4 cup cremini mushrooms
- 20 medium caps oyster mushrooms
- 2 cups Madeira
- 1/4 cup cream
- 2 lemons
- 8 ounces spinach
- 2 ounces arugula
- 2 sheets pate brix (phyllo dough can be used instead)
- 2 quarts mushroom stock, split (created with dried mushroom stems, celery, carrots and onion)
- 2 slices white bread

### Mushroom stocks

Prepare mushroom stock by adding dried mushroom stems to 4 quarts water and white mire poix with a sack of spices, created with one sprig of thyme or one teaspoon dried thyme, two bay leaves, a few peppercorns and two tablespoons parsley. Simmer on low for about one hour.

### Main recipe:

Slice shitakes and create chips by placing them on a buttered cookie sheet, season them with salt and cook for about 30 minutes at 275° F.

Mince garlic and shallots. Finely chop parsley and thyme.

Dice all the mushrooms except the oyster mushrooms. Clean oyster mushrooms, leaving just the large leaves (caps). Put scraps of oyster mushrooms into stock.

Sweat (or sauté 15-20 seconds) one tablespoon each of garlic and shallots, add diced mushrooms, then cook until tender. Deglaze with Madeira, add cream and reduce by half, until thickened and cream coats mushrooms. Finish with parsley, thyme and juice of half a lemon. Season and cool. (Note: Mushroom mix must be completely cooled before placing on phyllo dough.)

Clean spinach and arugula. Combine and reserve. Brush phyllo dough lightly with butter. Add cooled mushroom mix. Roll tightly and seal. Form into a triangle and place in a cooler.

Cut crusts off bread, place white pieces in small food processor with one teaspoon of garlic, shallot, parsley and thyme and 2 teaspoons melted butter, and puree. Place in pie tin and toast in oven at 300° F for about 10 minutes, until golden brown and crunchy.

Wilt spinach and arugula with one teaspoon each of garlic and shallots in reserved one ounce of mushroom stock. Sweat another teaspoon each of garlic and shallots in whole butter, add oyster mushrooms and finish with one teaspoon each parsley and thyme. Season to taste.

Recipe courtesy of Jamie Valvo.

# Sharpen from page D1

The team has 90 minutes to complete a four-course meal with four portions each. "Nothing can be fabricated beforehand. Everything's from scratch," Gawronski said.

The students prepare meals, then critique them with the chef instructors.

### Practice, practice, practice

Valvo of Farmington Hills practiced his recipe - pate brix of mushroom - at least 15 times.

Valvo, his classmates and instructors taste the dishes they prepare, exchange ideas and suggest spices, but in the end, it is the students' work.

"It is supposed to be what we like. There are just so many ideas out there in cooking," Valvo said. "It's an art."

"The more complexity, the more points that are scored," Gawronski said. But practically also weigh heavily in the judges' eyes and whether that recipe can be served at a gathering of 100 people.

For example, Gawronski said Griffiths worked on his ballotine of chicken, using veal cheeks and chicken legs to stuff chicken thighs, then truffles and cognac "to elevate" the dish. The chicken ballotine is served over stewed black beluga lentils.

Sharon Martin's dessert, an orange bavarian and flourless chocolate cake with a cigarette paste, tangerine sorbet and blood orange sauce, presents a mix of flavors between juice from tangerines and oranges, few of the winter fruits available

**'You have to be disciplined to a practice schedule and prioritize your time.'**

**Traci Bahlman**  
—Rochester resident

at that time of year, and a chocolate cake with chocolate, butter, egg yolks and egg whites. "It is a warm and cold dessert on the same plate, which shows diversity," Gawronski said.

### Sharpening skills

Students also demonstrate their knife skills with five techniques, chopping parsley, garlic and carrots, dicing an onion and potato. Some of the cuts are challenging.

The julienne cut means they must cut pieces 1/4-inch by 1/4-inch by 2 inches. A tourne cut means a potato must have seven perfect sides, between 1 1/2 to 2 inches. "It cannot exceed two inches," Gawronski said. Another cut is the brunoise (pronounced brownness), a 1/8-inch-by-1/8-inch dice of a potato.

### Off to Singapore

The students are looking forward to traveling to Asia. Traci Bahlman of Rochester, who will compete individually, plans to prepare pan-seared Arctic char with white truffle risotto.

Bahlman said the competition hones her skills. "You have to be disciplined to a practice schedule and prioritize your time," she said.

**'There are just so many ideas out there in cooking. It's an art.'**

**Jamie Valvo**  
—Farmington resident

Evan Demers of Northville will create an Italian dish with calamari stuffed with shrimp and scallop mousseline, and spinach fettuccini with mint pesto sauce. He likes the numerous ideas that students and instructors kick around for the class. "The chefs are always there and give you insight," he said.

Daduan Sandifer of Detroit will prepare African-American dishes with a contemporary touch. Grilled pork tenderloin with sage, rosemary and thyme vinaigrette marinade and a smoked ham hock timbale are on his menu.

"I just want to learn and experience as much as I can," Sandifer said of his Singapore trip. "I want to go and see and bring back some of that knowledge to my friends."

Sandra Baier of Northville expects to create a Southwestern-based theme: pork tenderloin with a cumini rub, melody of beans and braised chiyote squash, among other dishes.

She, too, is looking forward to the trip because of "all the different kinds of food and the different culture, just to see how it is prepared."

"Food is music. It's passion." See a sample of the winning recipes inside Taste.

# Book from page D1

uel originating in Indonesia. Shoyu costs about \$3 for 10 ounces, while tempoh costs \$1.49 a pound, she said. "Beans are 80 cents a pound, and that's enough for six meals."

She isn't afraid to discuss nutrition issues, particularly the effects of refined sugar.

"Like a drug, it travels directly into the bloodstream, setting off a chain reaction that makes the body crave more sugar," she writes. "It is an addictive cycle."

"That's what research shows," Baum said. Though she admitted that language was strong, she added that a large percentage of the U.S. population has problems with the amount of sugar in their diets, citing the book "Sugar Blues" by William Dufty.

"A balanced vegetarian diet will give you more energy to do

**'As a wise person once said, if you don't take the time to be healthy now, you will take the time to be sick later.'**

**Lenore Baum**  
—author and cooking instructor

what you want to do," said Baum. "It will help you lose unwanted pounds, and in general will make you feel better because you are taking good care of yourself."

"As a wise person once said, if you don't take the time to be healthy now, you will take the time to be sick later."

Lenore Baum will sign her book 1-2 p.m. Saturday, April 15,

at Whole Foods Market, Maple at Coolidge in Troy; and 7-8 p.m. Tuesday, April 18, at Borders, 14 Mile and Orchard Lake Road in Farmington Hills. Baum also teaches vegetarian cooking classes at 22899 Inshor Road in Farmington Hills. Call (248) 478-4455 or visit www.lenorenatural.com. See recipes on D3.

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