



## November 26th Cooking Class Chef Chris Pyne

### *Ingredient List*

#### **1<sup>st</sup> Course**

Mixed local lettuces - 1 handful  
Honey crisp apple - 1  
Cooked drained rinsed pat dried chickpeas – ¼cup  
Chat masala - pinch  
Fennel bulb – 1  
Garlic – 1 clove  
Lemon – 1 slice  
Ran-Cher Acres goat cheddar – 15g  
Apple butter – 2tbsp  
Smooth Dijon – 1½tsp  
Apple cider vinegar – 2½tbsp  
Pomace oil – ¼cup  
Butter - ¼cup + 2tbsp  
Salt & fresh cracked black pepper - to taste  
Canola oil – 1cup

#### **2<sup>nd</sup> Course**

Pork tenderloin – 5oz sliver skin removed  
Pearl barley – 1/3<sup>rd</sup> cup  
Extra virgin olive oil – 3 tbsp  
Shallot -1 brunoised  
Garlic – 3 clove (2 fine chopped)  
White wine - 1/3<sup>rd</sup> cup  
Chicken stock – 2litre  
Russet apples - 5  
Butter – 1/3<sup>rd</sup>cup  
Lemon juice – to taste  
Asiago grated – 15g  
Molasses – 3tbsp  
Brown sugar - 3tbsp  
Ketchup – ¼cup  
Cherry tomato – ½cup  
Apple cider vinegar – 1tbsp  
Broccolini – 4 piece  
Fresh thyme – 4 sprigs  
Salt & fresh cracked black pepper - to taste  
Spanish onion – ¼cup diced  
Smoked paprika – 2tsp  
Chili flake – 1/2 tsp

#### **3<sup>rd</sup> Course**

Gravenstein apple – 2  
Fresh pressed cider – ½ cup reduced to 2tbsp  
Granulated sugar – 3tbsp  
Crème Fraiche - 3/4<sup>th</sup>cup (to make crème fraiche whisk together 3/4<sup>th</sup> cup heavy cream, ¼cup buttermilk, 1tsp lemon juice & leave out at room temp covered with plastic wrap for 6-8 hours until thickened)  
Egg yolk – 3  
Vanilla – ¼ pod scraped or ½ tsp if bean unavailable  
Icing sugar – 200g  
Ground almond - 200g  
Cornstarch - 2g  
Custard powder – 10g  
Butter (melted tepid) - 100g  
Milk 3.25% (melted tepid) – 100g  
Whole eggs whisked - 2  
Sliced almonds – 1tbsp

## ***Mixed Green & Apple Fall Salad***

*Brown butter apple butter vinaigrette, spiced chickpea, roast fennel, goat cheddar*

### **Apple butter brown butter vinaigrette**

*Ingredients:*

#### Part A

Apple butter – 2tbsp

Smooth Dijon – 1½tsp

Apple cider vinegar – 2½tbsp

#### Part B

Pomace oil – ¼cup

#### Part C

Butter - ¼cup

#### Part D

Salt & fresh cracked black pepper - to taste

*Method:*

1. In a small pot add part C and cook until butter turns a light brown whisking regularly to result in equal browning and to prevent burning of milk solid to bottom of pot. Strain out of pot a reserve.
2. Combine part A in mixing bowl.
3. Using whisk, gradually add part B and part C to part A to make dressing.
4. Season with part D and balance with a splash of water if desired.

### **Spiced Chickpeas**

*Ingredients:*

#### Part A

Small can chickpeas

#### Part B

Canola oil - 1 cup

#### Part C

Chat masala

Salt

*Method:*

1. Open chickpeas, strain, rinse, dry. Heat deep frying pan filled with part C to 350F (If you have a deep fryer you can also use that)
2. Being careful of hot oil add chickpeas and fry until crispy.
3. Using slotted spoon remove chickpeas to a bowl lined with paper towel and season with part C to taste. Reserve.

### **Roast Fennel**

*Ingredients:*

#### Part A

Canola oil – 1 tbsp

Fennel – 1 bulb

#### Part B

Garlic – 1 clove (crushed)  
Lemon – 1 slice  
Butter – 2 tbsp

*Method:*

1. Cut fennel into wedges, depending on size of bulb 4 -6 pieces. Season with salt.
2. Heat oven proof pan (cast iron or other) with canola oil. Once hot add fennel and cook until it start to turn golden brown on first side then flip and add part B. baste and place in 350F oven. Should take about 10 minutes. You want the fennel to be cooked but still a little firm.
3. Remove from pan and reserve.

**Assembling the Salad**

1. Slice honey crisp apple into slices.
2. Using mixing bowl combine apple and mixed greens with some of the apple butter dressing to just coat the leaves and gently toss with your hands being careful not to bruise the leaves and seasoning with salt and pepper to taste. Plate salad greens
3. Add fennel to mixing bowl roll around in residual dressing then plate next to greens.
4. Top with fried chickpeas then using vegetable peeler shave goat cheddar over top and serve!

## *Pork Tenderloin*

*Apple BBQ glaze, apple barley orzotto, apple puree, charred broccolini, asiago*

### **Apple BBQ Sauce**

*Ingredients:*

Part A

Canola oil- 1tbsp  
Spanish onion – ¼cup diced  
Garlic – 1 clove fine chopped

Part B

Smoked paprika – 2tsp  
Chili flake – 1/2 tsp

Part C

Molasses – 3tbsp  
Brown sugar - 3tbsp

Part D

Ketchup – ¼cup  
Cherry tomato – ½cup  
Apple cider vinegar – 1tbsp

*Method:*

1. Cook down part A over medium heat until onions are translucent.
2. Add part B cook for 1 minute.
3. Add part C cook until sugar is dissolved.
4. Add part D and simmer for 20 minutes stirring occasionally. Stick blend and reserve.

## **Barley Orzotto**

### *Ingredients:*

#### Part A

Pearl barley – 1/3<sup>rd</sup> cup

#### Part B

Olive oil – 2 tbsp

Shallot -1 brunoised

Garlic – 1 clove fine chopped

#### Part C

White wine - 1/3<sup>rd</sup> cup

#### Part D

Chicken stock – 2litre

#### Part E

Russet apple – 1 large diced

Butter – 1 tbsp

Lemon juice – to taste

Asiago grated – 15g

Salt & fresh cracked black pepper - to taste

### *Method:*

1. Toast part A in 350F oven on baking sheet for 20 minutes stirring occasionally to toast barley. Meanwhile add part d to small pot and bring to a simmer.
2. In medium sized pan sweat part D over medium heat until shallots are translucent being careful to colour.
3. Add part A to part B and continue to cook for 2 minutes.
4. Deglaze pan with part C stirring constantly until wine has been fully absorbed.
5. Start adding part D one ladle at a time stirring constantly until liquid is absorbed. Repeat until barley is fully cooked but still toothsome.
6. Season with part E and take off the heat, stir together seasonings.

## **Apple Puree**

### *Ingredients:*

#### Part A

Russet apples – 4 (peeled, cored, chopped)

Butter – 2 tbsp

### *Method:*

1. Add part A to a small pot and cook over low heat covered until soft (10-15 min)
2. If you have a blender blend for smoothest results or you can use a stick blender or even a potato masher.  
Reserve.

## **Pork Tenderloin**

### *Ingredients:*

#### Part A

Pork tenderloin – 5oz sliver skin removed

Salt & pepper

Canola oil – 1 tbsp

#### Part B

Fresh thyme – 4 sprigs

Garlic – 1 clove crushed

Butter – 1 tbsp

*Method:*

1. Set oven to 325F. Season pork tenderloin with salt and pepper and heat cast iron pan with oil. Once hot add pork and cook on all sides until golden brown. About 2 min per side.
2. Once seared add part B and baste pork. Place in oven and cook until internal temperature reaches 145F.
3. Remove pork from pan, glaze with BBQ sauce and allow to rest for 3-4 minutes. Reserve and slice when ready.

**Charred Broccolini**

*Ingredients:*

Part A

Broccolini – 4 pieces

Canola oil – 1 tsp

Salt & pepper

Part B

Lemon juice

Extra virgin olive oil

*Method:*

1. Season broccolini with canola oil, salt & pepper.
2. Heat cast iron pan over high heat until almost smoking then add broccolini. Cook 2 min each side or until charred.
3. Remove from pan and drizzle over extra virgin olive oil and lemon juice.

**Assembling Pork Tenderloin**

1. Swoosh apple puree around plate.
2. Spoon orzotto on the plate
3. Place down broccolini
4. Slice pork and place on top.
5. Or be creative and do whatever you like!

***Apple Clafoutis***

*Almond, fresh pressed cider & crème fraiche crème anglaise*

**Clafoutis**

*Ingredients:*

Part A

Icing sugar – 200g sifted

Ground almond - 200g

Cornstarch - 2g

Custard powder – 10g

Part B

Butter (melted tepid) - 100g

Milk 3.25% (melted tepid) – 100g

Whole eggs whisked – 2

Part C

Sliced almonds – 1tbsp

Gravenstein apple – 2

*Method:*

1. In a mixing bowl combine part A.
2. In a separate mixing bowl whisk together part B then mix into part A then let rest for 20 minutes.
3. Pre heat oven to 340F. Peel, Core, and quarter apples.
4. In individual baking dishes arrange apples along the bottom then pour custard mix over top, top with sliced almonds and bake until golden brown. 35-45 min

**Fresh Pressed Cider Crème Anglaise**

*Ingredients:*

Part A

Fresh pressed cider – ½ cup reduced to 2tbsp

Granulated sugar – 3tbsp

Crème Fraiche - 3/4<sup>th</sup>cup (to make crème fraiche whisk together 3/4<sup>th</sup> cup heavy cream, ¼cup buttermilk, 1tsp lemon juice & leave out at room temp covered with plastic wrap for 6-8 hours until thickened)

Egg yolk – 3

Vanilla – ¼ pod scraped or ½ tsp if bean unavailable

*Method:*

1. Combine part A in small pot, whisk together then over medium heat bring up to 82C stirring continuously. Strain.

**Serving Clafoutis**

Serve in dish it was baked in with crème anglaise on the side to pour over top.