



Chef Recipes

STEPHEN PERRIN

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Asian Grain Salad

with lime, cilantro and spicy tomato vinaigrette

For the Octopus:

- 2 lb. Octopus
- 5 liters water
- 1 stalk celery (peeled and roughly chopped)
- 1 carrot (peeled and roughly chopped)
- 1 onion (peeled and roughly chopped)
- 6 cloves garlic (peeled)
- Juice of five lemons
- _ cup of red wine vinegar
- _ cup of black vinegar
- _ cup Soya sauce
- _ cup ginger (peeled and sliced)
- 1 stalk of lemon grass (roughly chopped)
- _ cup fresh cilantro (chopped)
- Peppercorns to taste
- Star anise to taste

In a large stockpot bring all of the ingredients to a boil. Add the octopus and reduce heat to a slow simmer, do not allow it to boil. Cook the octopus until tender.

For the mussels:

- 2lbs fresh mussels
- 4 cloves garlic (peeled and roughly chopped)
- 2 shallots (peeled and roughly chopped)
- _ cup white wine
- 1 tbsp. Olive oil
- Salt and pepper to taste

Sauté the garlic and shallots in olive oil until translucent. Add the mussels and wine. Cover and steam until they open. Remove from heat and cool. Remove the mussels from the shell. Strain the liquid left in the pan through a fine mesh sieve and reserve for tomato vinaigrette.

Asian Grain Salad

with sautéed honey mushrooms and fresh peas

Ingredients:

- 1 tail of a 2lb. Lobster (steamed briefly)
- 1/2 lb. Unsalted butter
- 1/4 cup white wine
- 1/4 cup fresh peas (shucked)
- 1/4 cup fresh honey mushrooms
- Olive oil
- Salt and pepper to taste

In a medium pan bring white wine to a boil. Season with salt and pepper and add the butter. Swirl the butter into the wine until it becomes a sauce. Note the salt holds the sauce together. Add the lobster and turn the heat down. Allow the lobster to heat through at a gentle simmer. In a separate pan sauté the peas and honey mushrooms in a little olive oil and season to taste.

Presentation:

Place the peas on the bottom of the bowl and stack the lobster on top, pour a little sauce around the dish.



Caesar Salad

Ingredients:

6 pc.	Whole eggs
2 tbsp.	Tabasco
0.25 cup	Capers
1 tsp.	Worcestershire
10 pc.	Anchovies
0.25 cup	Dijon
0.25 cup	Red Wine Vinegar
1.25 cups	Lemon Juice
1 cup	Parmesan Cheese
0.25 cup	Garlic
0.13 cup	Pepper
0.13 cup	Salt
1 cup	Cold Water
2 Litres	Veg Oil

Hommous

Ingredients:

5 cups chickpeas (cooked and cooled)
1 cup lemon juice
1 _ cups extra virgin olive oil
4 tsp. cumin
1 _ cups tahini paste
2 cloves garlic (peeled and pureed)
Salt and pepper to taste

Place all of the ingredients into a food processor, and run until extra smooth. If the mixture is too thick add cold water to loosen and re-season.

Honey Lemon Vinaigrette

Ingredients:

6 cups lemon juice
9 tbsp. Pured garlic
1 1/2 Cups Rice Vinegar
3 tbsp. Oregano
3 tsp. Salt
1 1/2 cup Honey
6 cups olive oil

Makes 2 1/4 litres dressing

Organically Grown Heirloom Tomato & Buffalo Mozzarella Salad

Ingredients:

1-2 room temperature organic heirloom tomatoes (sliced thickly)
1 ball of buffalo mozzarella (sliced thickly)
3 pieces of garlic (roasted slowly in a 250-degree oven)
1 bunch fresh basil (organic if possible)
12 year old balsamic to taste
Extra virgin olive oil to taste (organic if possible)
Sea salt and freshly cracked pepper to taste

Method:

In a bowl toss the tomatoes with extra virgin olive oil, 12 year old balsamic and salt & pepper. Plate with the tomatoes stacked and with the buffalo mozzarella on top. Pour over excess juice left in the bowl from marinating the tomatoes and garnish with fresh basil leaves and roasted garlic.

Lobster Bisque & Lobster Risotto

Lobster Bisque

- 1lb. whole Nova Scotia lobster
- 1/2 medium sized onion (peeled and roughly chopped)
- 1 rib of celery (peeled and roughly chopped)
- 2 cloves of garlic (peeled and roughly chopped)
- 2 tbsp. tomato paste
- 4 tbsp. unsalted butter
- 4 tbsp. all-purpose flour
- 4 oz. brandy
- 4 cups fish or chicken stock
- 2 tbsp. 35% cream

Method:

Roughly chop lobster in the shell into pieces reserving all the juices. In a medium sized saucepot melt the butter and sweat the onion, garlic and celery until translucent. Add the lobster, shell and all the juices. Cook and mash the lobster well. When the lobster is cooked, add the tomato paste and cook out for a few minutes. Dust with the flour and cook for another couple of minutes. Add the brandy, stand back and ignite with a lighter to burn off the excess alcohol. When the flame has died down, add the stock and scrape the bottom of the saucepot (This is where a lot of flavour is). Season with salt and pepper to taste and cook out for about two hours. Strain the soup through a fine chinois and whisk in the cream when ready to serve.

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Lobster Risotto

- 1lb. Nova Scotia lobster (shell removed and cut into pieces)
- 1/2 medium sized onion (peeled and finely diced)
- 2 cloves of garlic (peeled and finely chopped)
- 2 tbsp. unsalted butter
- 1 cup of arborio rice
- 1/4 bunch of asparagus tips
- 1 small handful of chanterelle mushrooms
- 4 cups fish or chicken stock

To finish:

- 1 roma tomato (peeled and roughly chopped)
- 1/2 bunch of scallion (finely sliced)
- 2 tbsp. finely shaved Reggiano cheese
- 2 tbsp. 35% cream
- 1 tbsp. unsalted butter
- Salt and pepper to taste

Method:

In a medium sized saucepot melt the butter and sweat off the onion and garlic until translucent. Add the Arborio rice and one cup of stock. Cook, stirring constantly until all the stock has been absorbed. Repeat this process until all but one cup of stock has been used. Add the lobster, asparagus, and mushrooms and the last cup of stock and cook until all the liquid has been absorbed by the rice, stirring constantly. Finish by adding the cheese, tomato, scallion, butter and cream. Season with salt and pepper and cook until the rice reaches the desired consistency and serve.

Octopus, mussel & Avocado Salad

with lime, cilantro and spicy tomato vinaigrette

For the Octopus:

2 lb. Octopus
5 litres water
1 stalk celery (peeled and roughly chopped)
1 carrot (peeled and roughly chopped)
1 onion (peeled and roughly chopped)
6 cloves garlic (peeled)
Juice of five lemons
1/4 cup of red wine vinegar
1/4 cup of black vinegar
1/2 cup Soya sauce
1/4 cup ginger (peeled and sliced)
1 stalk of lemon grass (roughly chopped)
1/4 cup fresh cilantro (chopped)
Peppercorns to taste
Star anise to taste

In a large stockpot bring all of the ingredients to a boil. Add the octopus and reduce heat to a slow simmer, do not allow it to boil. Cook the octopus until tender.

For the mussels:

2lbs fresh mussels
4 cloves garlic (peeled and roughly chopped)
2 shallots (peeled and roughly chopped)
1/2 cup white wine
1 tbsp. Olive oil
Salt and pepper to taste

Sauté the garlic and shallots in olive oil until translucent. Add the mussels and wine. Cover and steam until they open. Remove from heat and cool. Remove the mussels from the shell. Strain the liquid left in the pan through a fine mesh sieve and reserve for tomato vinaigrette.

Oysters 3 ways

2 Servings – 2 of Each Oyster Per Person

Perrier Tempura Oysters with soya balsamic dipping sauce:

Ingredients:

- 4 large choice oysters such as Aspy Bay or Raspberry Point (shucked and removed from shell reserving natural liquor)
- 6 oz. extra cold Perrier
- 4 oz. cornstarch – for the tempura
- sea salt and freshly cracked pepper to taste
- vegetable oil for frying
- corn starch for dredging
- 1 oz. soya sauce
- 1 oz. good quality balsamic

Preheat vegetable oil to 450 degrees F. Whisk the Perrier, the natural oyster liquor and cornstarch together and season with salt and pepper. Dredge the oysters in the cornstarch and then coat with the tempura batter. Shake off excess batter and drop into the vegetable oil. Cook for two minutes, remove and place onto a piece of paper towel. To make the dipping sauce, combine equal parts of soya and balsamic vinegar.

Raw oysters on the half shell with a yellow tomato Perrier gazpacho

Ingredients:

- 4 large choice oysters such as Aspy Bay or Raspberry Point (shucked raw on the half shell)
- 2 large ripe yellow tomato
- 1/4 sweet yellow pepper (seeded, roasted and peeled)
- 1/4 English cucumber, roughly chopped
- 1 shallot (peeled and roasted until soft)
- 2 cloves of garlic (peeled, and roasted until soft)
- 1/4 cup of Perrier
- worcestershire sauce to taste
- red tobasco to taste
- freshly grated horseradish to taste
- 1 tbsp. bread crumbs
- sea salt and freshly cracked pepper to taste

Prepare all the ingredients. In a food processor combine all the ingredients until pureed but still slightly chunky. Chill for 1 hour. Shuck the oysters and serve the sauce on the side.

Oysters poached in Perrier lemon water infused with garlic, scallion and ginger

Ingredients:

- 4 large choice oysters such as Aspy Bay or Raspberry Point (shucked and removed from the shell)
- 1/4 cup of Perrier
- 2 cloves of garlic, roughly chopped
- 1 bunch of scallion (white part only, roughly chopped)
- 1 small bulb of ginger, roughly chopped
- 1 lemon freshly squeezed
- salt and pepper to taste

In a small sauce pan combine all the ingredients and bring to a boil. Drop the oysters and the shells into the water and simmer for two minutes. Place the oyster back into their shells and spoon over a little of the cooking liquor and garnish.



Quinoa Salad

Ingredients:

- 1 cup of organic quinoa (washed, cooked and cooled)
- 2 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 1 tbsp. organic honey
- 1 tsp. freshly grated garlic
- 1 small shallot (finely diced)
- _ red pepper (finely diced)
- _ yellow pepper (finely diced)
- _ bunch parsley (chopped)
- sea salt and freshly cracked pepper to taste

Method:

Combine all the ingredients in a bowl, taste, adjust seasoning to taste.



Scallop & Prawn Ceviche

Ingredients:

- 1 pound shelled and de-veined shrimp
- 1 pound bay scallops
- 1 cup coconut milk
- 1/2 cup lime juice
- 1/4 cup minced red bell pepper
- 2 fresh serrano chilies - rinsed, stemmed, seeded, and minced
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons minced fresh ginger
- 1 teaspoon salt

1. Rinse shrimp and scallops and fill a bowl with ice water.
2. In a 3 to 4 quart pan, bring about 2 quarts of water to a boil over high heat. Add the shrimp; reduce heat to maintain a simmer, and cook 1 to 2 minutes until shrimp are opaque but still moist-looking in the centre of the thickest part (cut to test). Remove with a strainer or a slotted spoon and immerse in ice water until cool. Add scallops to simmering water and cook 1 to 2 minutes until opaque but still moist-looking in the centre (cut to test). Lift out and immerse in ice water until cool. Drain shrimp and scallops. Cut each shrimp cross-wise into thirds.
3. Meanwhile, in a glass or ceramic bowl, mix coconut milk, lime juice, bell pepper, chilies, cilantro, ginger, and salt. Stir in shrimp and scallops. Cover and chill at least 6 hours or up to 1 day.

Steamed Nova Scotia Bay Scallops

with white wine, tomatoes, fresh herbs garlic and shallots

Ingredients:

- 10 pieces of live Nova Scotia bay scallops (cleaned and trimmed)
- 1 medium shallot (roughly chopped)
- 1 large clove of garlic (roughly chopped)
- 1 tomato (skin and seeds removed and roughly chopped)
- Assorted fresh herbs (finely chopped)
- 1/4 cup of dry white wine
- 1 tbsp. unsalted butter
- sea salt and freshly cracked pepper to taste
- 1 tbsp. extra virgin olive oil

Method:

In a hot frying pan sweat off the shallot and garlic in olive oil. Add the scallops and the wine and cover with a second pan to steam. When the scallops are cooked arrange them in a soup bowl. Put the cooking liquid back on the stove and add the fresh herbs and tomatoes and season with salt and pepper. Swirl the pan while adding the unsalted butter and then pour over the scallops.

Steamed Nova Scotia Bay Scallops

with shaved Reggiano and truffle oil

Ingredients:

For the mushroom duxelle:

- _ cup of shiitake mushrooms
- _ cup of oyster mushrooms
- _ cup of honey mushrooms
- _ cup of crimini mushrooms
- _ cup of chanterelles or other wild mushroom in season
- 1 tbsp. of puréed garlic
- _ bunch of spring onions (finely chopped)
- 2 medium sized shallots (finely chopped)
- 1 tbsp. olive oil
- sea salt and freshly cracked black pepper to taste
- truffle oil to taste

For the garlic crostini:

- 50 _ inch slices of baguette
- _ cup of unsalted butter
- 2 tbsp. puréed garlic
- 2 tbsp. finely chopped assorted herbs (parsley, rosemary, and thyme - equal parts)
- sea salt and freshly cracked pepper to taste
- finely shaved Reggiano cheese for garnish

Method:

Preheat oven to 400 F. Mix the butter, garlic, fresh herbs, sea salt and freshly cracked pepper. Spread the garlic butter onto the baguette slices and bake for five minutes or until just crisp.

In a hot saucepan add the olive oil and sauté the shallots, mushrooms, garlic and spring onion. Season with sea salt and freshly cracked black pepper. Refrigerate until cool. Roughly chop the cool mushroom mixture. Spoon a generous amount of the mushroom duxelle atop the garlic crostini, drizzle with truffle oil and crown with a finely shaved slice of Reggiano.