

# 2016 CATIE Awards –



## **Blueberry Beet Salad**

Smoked Mascarpone

Sour Blueberry Gel

Green Onion Powder

Flax chip



**Our Original Beet Salad**

The inspiration for this Hors D'oeuvre

We originally developed this hors d'oeuvre as a Sit-Down salad. We use many different sources for inspiration when we are developing new menu items, and in this case, it was the publication Art Culinaire. From here we developed and later introduced our new salad, which would be sold during the Fall/Winter season of 2015.

While the sales team loved the salad, they were concerned it would be a difficult sell. As caterers it is our responsibility to develop innovative dishes that can please large crowds. Unfortunately many people dislike beets and when catering events for 200 guests or more, we found many people would request a different salad.

As those that like beets loved the salad, we did not want to scrap the entire dish along with our efforts. Our Executive Sous-Chef then came up with the idea to recreate the salad as an Hors D'oeuvre. This allowed guests who dislike beets to avoid it, without penalizing those that do.

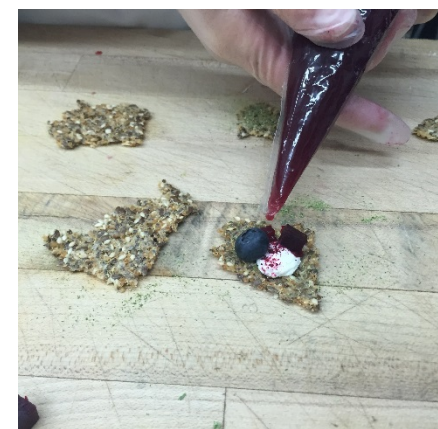
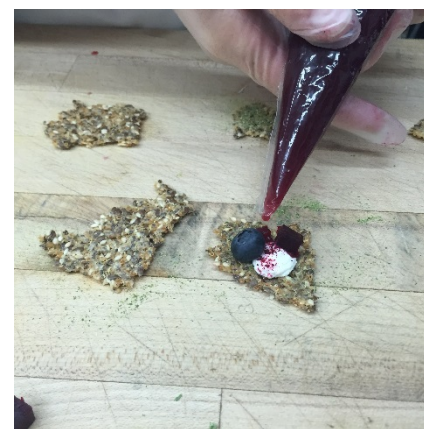
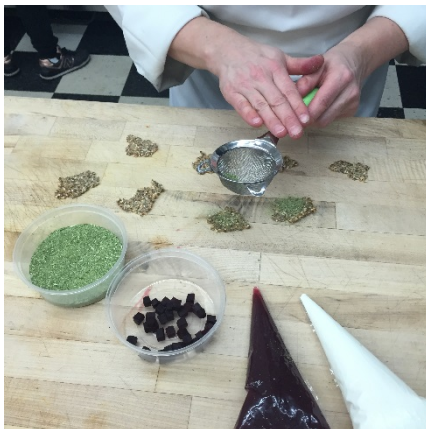
Every September, our city hosts the International Film Festival (TIFF) and it is the starting point of our busy Fall/Winter Season. We cater many of the TIFF events, for repeat clients every year so we need to keep the menu changing and current. This was the perfect place to launch our new Blueberry Beet Salad hors d'oeuvre! It was a hit! It is vegetarian, gluten free and it's delicious! We still have the Sit-Down version on our menu, but we've sold the hors d'oeuvre many more times and it has always been well received!

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## To Assemble:

All elements for this hors d'oeuvre are sent separately to an event and assembled on site.

Lay out your flax chips and dust with a thin layer of green onion powder. Using a piping bag, put a small amount of smoked mascarpone on each chip. Place 2 pieces of beet cubes on each chip, sticking them a bit into the cheese, so they don't move. Add 1 big blueberry. Pipe 2 small dots of sour blueberry gel next to beets and blueberry. This also helps to hold them in place. Garnish with beet dust and a leaf of fresh thyme. As this hors d'oeuvre is served room temperature, it can be made ahead of service time. We don't recommend making them too far in advance as the chip will eventually soften and lose its appeal. Finish by using a pinch of beet powder on the smoked mascarpone.



| SOUR BLUEBERRY GEL | YIELD:            |  | FOOD COST:  |
|--------------------|-------------------|--|---|
|                    | Ingredient        | Measure  | Method  |
|                    | Simple Syrup      | 2 Cups   | Boil the Simple Syrup and Agar for 5 minutes.<br>Microwave the Lemon Juice, Raspberry Vinegar and Blueberry Puree until hot, but not boiling, approximately 90 seconds. |
|                    | Agar Agar         | 4 Tsp  |   |
|                    | Lemon Juice       | 1 ½ Cups   |   |
|                    | Raspberry Vinegar | ½ Cup  | Add the two liquids together and mix well. Strain into a hotel pan and set in the fridge until firm.  |
| Blueberry Puree    | ½ Cup             | Blend set gel in a food processor until smooth and shiny. Keep in the fridge until ready to serve. |   |

| SMOKED MASCARPONE | YIELD:     |   | FOOD COST: |
|-------------------|------------|---|------------|
|                   | Ingredient | Measure   | Method     |
| Mascarpone Cheese | 1lb        | Place cheese in food processor. Wrap machine tightly in plastic wrap so no smoke can escape, leaving a small hole for tube of smoking gun. With machine running, smoke cheese with one dose of smoke. Let cheese sit, still wrapped, for 1 hour in the fridge. Keep refrigerated until service. |            |

| GREEN ONION POWDER | YIELD:                               |         | FOOD COST:  |
|--------------------|--------------------------------------|---------|---|
|                    | Ingredient                           | Measure | Method  |
|                    | Green Onions - While and Green Parts | 1 Bunch | Cut green part of green onion and keep separate. With the white parts, cut into quarters to make drying easier. Dry in dehydrator or in an oven with the pilot on, for 24 hours. Blend in spice grinder to make a fine powder. Store in a sealed container. Use a fine mesh sieve to garnish chips. |

| BEET DUST | YIELD:      |         | FOOD COST:  |
|-----------|-------------|---------|---|
|           | Ingredient  | Measure | Method  |
|           | Beet Scraps |         | This is a great opportunity to use up beet scraps in the kitchen. Here you can use the peel from red beets, or if you need to make a lot, Thinly sliced red beets on a mandolin.<br><br>Lay beets in a thin layer on parchment paper that has been coated with non-stick spray. Dry in dehydrator or oven with pilot light for 24 hours. Using a spice grinder, blend until you get a fine powder. Store in a sealed container. |

| BEET CUBES | YIELD:         |         | FOOD COST:  |
|------------|----------------|---------|---|
|            | Ingredient     | Measure | Method  |
|            | Large Red Beet | 1       | Steam beet for 1 hour. Once cooled, peel and cut beet into 1cm cubes. |

| FLAX CHIP | YIELD:             |         | FOOD COST:   |
|-----------|--------------------|---------|--|
|           | Ingredient         | Measure | Method   |
|           | Cooked Brown Rice  | 1 Cup   | In food processor, combine quinoa and brown rice until mushy. Add all the seeds, salt, pepper and a bit of water. Pulse until a mushy ball forms. Roll between two sheets of parchment. Bake at 350F for 15 minutes. Flip and bake another 12 minutes. Break into bit size pieces and bake 10 more minutes to dry. |
|           | Cooked Quinoa      | 1 Cup   |  |
|           | White Sesame Seeds | ¼ Cup   |  |
|           | Flax Seeds         | ¼ Cup   |  |
|           | Chia Seeds         | ¼ Cup   |  |
|           | Salt               | ½ Tsp   |  |
| Pepper    | ½ Tsp              |         |  |