

CATIE AWARDS 2012

Category: Best Plated Main Course

Name: *Braised Bison shortrib, **checkered polenta**, huite la coche, wild mushrooms, Alberta **Roggenbier** foam, Toasted extra virgin **canola oil crumbs***

Event: CCUFSA Conference dinner & challenge

Theme: The Prairies

Diners: 165

This entry is for the Best Plated Entrée / Main Course category.

The entrée was used for a Colleges & Universities Food Services Conference.

The event is a part of the conference where a few culinary teams prepare a 3 course menu featuring local ingredients (in this case Canadian Prairies). The dishes are judged by a panel of Chefs and served from an action station set-up to cater to approx 165 delegates.

The feature ingredient for this entrée is Alberta bison shortrib, braised with a local rye beer and served with it's own jus along with yellow and blue corn polenta checkerboard, locally foraged wild mushrooms, huit la coche (corn fungus) to add to the earthiness of the preparation and a local rye beer (Roggenbier) foam. The oil used for this entrée was cold pressed extra virgin canola oil and some toasted powder of the same oil was served on the plate.

Apart from common challenges of working in a new kitchen, the preparation was rather smooth and was served from our station (set-up in the picture).

Entrée

Braised Bison shortrib, checkered polenta, huite la coche, wild mushrooms, Alberta Roggenbier foam, toasted extra virgin canola oil crumbs



Huite la coche

Checkered polenta

Braised bison shortrib

Roggenbier foam

Wild mushroom

Toasted Canola oil powder

Bison Shortribs, Roggenbier foam, checkered polenta, wild mushrooms

Braised bison short ribs with Roggenbier, checkered polenta, wild mushrooms, huitie la coche, toasted canola oil powder and rogggenbier foam

Yield: · **Servings:** 10 portions

Ingredients:

Shortribs:

2.5 kg Bison short ribs
450 g Beef Scraps / bones
120 g yellow cornmeal
120 g blue cornmeal
180 g Egyptian onions or other
25 g garlic
28 g thyme
5 bayleaf
6 g peppercorn
30 g carrot
30 g onion
30 g celery
18 g chipotle paste minor
18 g beef base minors
25 g cornstarch
50 ml beer

Wild Mushroom:

300 g wild mushroom -, Fresh
120 g Huite la coche IQF
30 g shallots
30 ml olive oil

Beer Foam:

100 ml Beer - rye ale Red rock
9 g Lecithin powder

Polenta:

150 g Blue corn meal
120 g Yellow corn meal
720 ml homo milk
60 g butter
60 g Reggiano
Salt to taste

Canola oil powder:

30 ml Canola oil Highwood Crossing Unrefined cold press
18 g Maltodextrin pwd

Instructions:

Braised Short Ribs

Take Sliver Skin off the short ribs.

Marinate short ribs with , chipotle paste minor, Olive oil, garlic, shallot, bay leaf, pepper corn and thyme.(6-8hrs)

In an enameled cast iron pot, heat oil on medium heat. Add the ribs to the pot and brown on all sides. Once browned, remove from pot and set aside.

Add carrots, onion, shallot, celery and garlic to the pot and sauté until softened and golden brown, Stir often to prevent burning.

Deglaze with beer. Turn heat to medium-high and simmer for about 10 minutes, until mixture begins to reduce. Stir occasionally to prevent sticking and burning.

Add minors beef base and stock, return ribs to pot. Cover and cook for 4 hours, checking on them each hour to ensure nothing is burning at the bottom of the pot. The meat should be very tender.

Once the ribs are done, use tongs to remove the ribs from the sauce. Place meat in a bowl and set aside. With a mesh strainer or cheesecloth-lined colander, strain sauce into a saucepan, pressing on solids to extract all liquid. Discard solids.

Bring strained sauce to a boil and reduce for about 10 minutes. Add corn starch to thicken if need

Yellow and Blue Corn Polenta

In two separate pots, bring milk to a boil. Gradually whisk cornmeal into the milk (Yellow in one – 3 parts milk and blue in the other – 2 parts milk), whisking constantly. Reduce heat and continue stirring with a spoon, occasionally, as mixture thickens. Add seasoning, butter and grated Reggiano. This should take about 20 minutes in all. Polenta is cooked when it pulls away from side of pot.

Pour polenta on to a cookie sheet. Shape and flatten to a uniform thickness of 1/2 inch. Let cool. Slice or cut into square strips. Arrange into mosaics.

Sautéing Wild Mushroom / Huite la coche IQF

Heat oil and butter in a heavy skillet over medium-high heat. Add wild mushrooms and Huite la coche IQF, salt, and pepper. Sauté for approx. 3 minutes. When liquid is released, raise heat to high and sauté, tossing often, for 2 minutes. When liquid has nearly evaporated, add shallots and sauté 1 to 2 more minutes or until mushrooms is lightly caramelized and tender.

Canola oil powder

Whisk together the Canola oil, Maltodextrin and salt in a bowl until it converts to a powder but still has small lumps. Toast the powder on a heated pan till lightly caramelized.

Beer Foam

Mix beer and Lecithin powder with a hand blender just before service. Collect foam with a spoon and use as needed. Continue blending to create more foam.



Entrée



The plating / serving



The Service station set-up