



CALGARY WINE + FOOD FESTIVAL

Manhattan Seafood Chowder, Capers, Clams, Hand Peeled Shrimp, Tarragon & Dill

The Cook Book Company with ANTHONY SEDLAK

April 16, 2011



2 tbsp quality olive oil
1 lb thick cut bacon, diced
20 – 30 capers

3 organic sweet onions, diced
3 organic large carrots, peeled and diced
4 organic celery sticks, diced
1 organic red bell pepper, diced
1 organic green bell pepper, diced

2 tbsp butter
2 bay leaves
1 tsp dried oregano
¼ cup all-purpose flour

2 x 10 oz cans clam nectar
700 g jar passata (tomato purée)
1 l organic chicken stock

2 small Yukon gold potatoes, diced
1 clove organic garlic, minced
1 tbsp Srirachia

2 small cans large clams, chopped
1.5 lbs hand peeled shrimp
1 lb fresh halibut fillet, skin off, pin bones removed, diced
¼ cup chopped spring onions
¼ cup chopped fresh dill

Coarse salt and freshly cracked black pepper to taste

Procedure

Preheat the olive oil in a large soup pot over medium-high heat. Next add the bacon, season generously with black pepper and cook the bacon until crispy, stirring occasionally.

Next turn the heat down to medium, then add the onion, carrot, celery and bell peppers and gently sweat until soft, approximately 6 – 7 minutes.

Add the butter, bay leaves, oregano and flour and continue cooking until the butter has melted and the mixture is well combined forming a roux.

Continue by adding the clam nectar, and stirring occasionally bringing the mixture to a gentle simmer. Add the passata and chicken stock and bring the mixture back up a gentle simmer.

Add the potatoes, garlic and Srirachia and allow the mixture to simmer for 10 – 15 minutes until the potatoes are tender and cooked through.

To finish the chowder, add the chopped clams, shrimp, halibut, spring onions and dill and bring the mixture back to a simmer. Simmer for 3 minutes, turn off and allow the finished soup to stand for 30 minutes.

Serve the chowder piping hot with quality bread and butter. **Serves 10 – 12.**



CALGARY WINE + FOOD FESTIVAL

Warm Summer Potato Salad with Bacon Vinaigrette

The Cook Book Company with ANTHONY SEDLAK

April 16, 2011



Warm Summer Potato Salad

20 – 25 baby fingerling or new potatoes
Coarse salt as needed
2 tbsp melted butter

8 spring onions, finely chopped
1 bunch Italian flat leaf parsley, stems removed, roughly chopped
2 tbsp fine capers, roughly chopped
½ cup cornichons, finely diced

Bacon Vinaigrette

1 lb thick cut bacon, diced
2 shallots, sliced
1 tbsp fresh thyme leaves, roughly chopped
2 tbsp good olive oil
3 tbsp Xérès vinegar or sherry wine vinegar
1 tbsp grainy Dijon mustard
1 clove organic garlic, minced

Coarse salt and freshly cracked black pepper to taste

Procedure

Warm Summer Potato Salad

Cook the potatoes in just boiling, salted water until fork tender. Drain, allow them to cool slightly and quarter. Top with butter and allow it to melt. Add the spring onions, parsley, capers and cornichons. Do not mix yet.

Bacon Vinaigrette

Cook the bacon in a medium sized sauté pan over medium-high heat until crispy. Discard approximately 85% of the rendered fat. Turn the heat down to medium and add the shallot. Gently pan fry until soft and golden brown, approximately 3 – 4 minutes.

Next remove the pan from the heat. While still warm, add the thyme leaves, olive oil, vinegar, mustard and minced garlic. Whisk to combine.

To Serve

Pour as much dressing over the warm potato salad as desired, gently toss to combine. Serve and enjoy.

Serves 6 – 8



CALGARY WINE + FOOD FESTIVAL

Rotini in Meat Ragu with Toasted Garlic, Chilies, Olive Oil & Parsley

The Cook Book Company with ANTHONY SEDLAK

April 16, 2011



Meat Ragu

2 tbsp quality olive oil
½ lb organic lean beef, ground
½ lb organic veal, ground
½ lb artisanal pork, ground
Kosher salt & freshly cracked black pepper to taste

2 medium sized organic sweet onions, diced
3 cloves organic garlic, peeled & minced
Leaves from 3 sprigs fresh, bright green rosemary (stems excluded)
Leaves from 7 – 10 sprigs fresh thyme (stems excluded)

14 oz organic crushed tomatoes (canned)
7 oz organic diced tomatoes (canned)
1 cup finely grated Parmigiano-Reggiano (grated on a Microplane)

Salt and freshly ground black pepper

Procedure

Meat Ragu

Heat the olive oil in a large, ovenproof sauce or shallow, wide soup pot set over medium heat. Add the beef, veal & pork and season to taste with salt and black pepper. Cook the meat through, until most of the moisture has reduced and evaporated approximately 10 – 20 minutes.

Increase the heat to medium-high and add the onions, garlic, rosemary and thyme. Continue cooking until the meat becomes golden brown and crispy in places. (Be sure to stir occasionally being particularly mindful that the bottom of the pot is not catching or burning)

Add the tomato paste and stir until well combined. Do the same with the crushed and diced tomatoes and Parmigiano-Reggiano.

Place the uncovered pot into an oven preheated to 350 degrees and cook for one hour, stirring occasionally with a wooden spoon. The sauce is now ready to use, or allow it to cool and store in the refrigerator or freezer for later use.

To Finish the Pasta

Place a large pot of generously seasoned water on to boil and cook pasta to el dente doneness. Meanwhile, heat the olive oil in a large skillet set over medium heat. Add black pepper to taste and gently toast, approximately 20 seconds. Next add the capers, anchovy, garlic and chilli. Cook for 1 – 2 minutes until the garlic just becomes light brown. Add the finished meat ragu (hot), Srirachia and sour cream, toss thoroughly to combine. Add the parsley, toss once again and serve.

Garnish & Serve

Divide the finished pasta amongst 4 shallow pasta bowls and top each with an equal amount of grated Parmigiano-Reggiano. Enjoy. **Serves 4**

To Finish the Pasta

1 medium package of quality rotini pasta

3 tbsp good olive oil
Freshly cracked black pepper to taste
2 tbsp super fine capers, well drained (if using salt packed, rinse & drain)
1 anchovy fillet, minced
2 garlic cloves, peeled & finely grated on a Microplane
1 red chilli, seeds removed, minced

*1 full recipe meat ragu, as listed above
¼ full fat, organic sour cream
Srirachia chilli paste to taste (1 – 2 tbsp)
¼ cup finely chopped, Italian parsley leaves

Garnish: Freshly, finely grated Parmigiano-Reggiano (grated on a Microplane)