



A Taste of Cape Breton Cooking Class

VIEW OUR MENU
KIJUS.COM







TABLE OF CONTENTS

- 4** BEURRE BLANC
- 5** CHANTILLY CREAM
- 6** ISRAELI COUSCOUS SALAD
- 7** KOMBUCHA DRESSING
- 8** CHICKEN GALANTINE
- 10** CRAB CAKE
- 11** PAN SEARED HALIBUT
- 12** ROSEMARY POTATOES
- 13** LEMON CURD
- 14** LOCAL BLUEBERRY CRUMBLE CAKE
- 15** NOTES

BEURRE BLANC

INGREDIENTS

1/4 cup Tidal Bay or dry white wine

1/4 cup rice vinegar

2 tbsp chopped shallots

1/4 cup whipping cream

1 tsp pink peppercorns

1/2 tsp tarragon

1 cup unsalted butter cubed (*cold*)

Sea salt to taste

PROCEDURE

In a 2-3 quart pot, reduce wine, vinegar and shallots until mixture becomes syrupy (*approx. 5 minutes*).

Add cream, tarragon, peppercorns, then reduce for 1 minute.

Whisk constantly, adding butter a few pieces at a time, until all used.

Season the sauce and keep warm until ready to use.

NOTE:

If butter is added all at once, the sauce will split.



CHANTILLY CREAM

INGREDIENTS

1 cup whipping cream
1/2 tsp vanilla extract
1 tbsp sugar

PROCEDURE

Add cream, sugar, and vanilla to mixing bowl. Mix on high speed until soft to semi-firm peaks form.

Cover and refrigerate until ready to use.

NOTE:

The difference between this and whipped cream is that chantilly cream is sweeter.



ISRAELI COUSCOUS SALAD

INGREDIENTS

4 tbsp olive oil + 2 tbsp
2 tbsp minced shallot
2 tbsp rice wine vinegar
Sea salt and pepper to
taste
1 cup Israeli couscous
2 cups water
1 can chick peas (15oz)
1 pint cherry tomatoes
1 bunch scallions,
minced
1 cup shiitake
mushrooms, thinly sliced
1/2 cup zucchini diced
4 oz feta crumbled
1 bunch cilantro,
chopped

PROCEDURE

For dressing, combine vinegar, 4 tbsp olive oil, shallots, salt and pepper in a mason jar and set aside.

Heat 2 tbsp of oil in a large non-stick pan. Add couscous and toast for 3 minutes. Add water and bring to a boil. Reduce heat to simmer and cook for 10 minutes, strain the couscous of any extra water and place it in a mixing bowl.

Shake the salad dressing and pour over the couscous.

Strain off chick peas and add to couscous, as well as the tomatoes, shiitakes, zucchini, cilantro and feta.

Mix well and adjust seasoning, if necessary.



KOMBUCHA DRESSING

INGREDIENTS

1/2 cup olive oil
4 tbsp kombucha
vinegar
1 tbsp pommerey
(*rainy dijon*) mustard
1 tbsp honey
1 tsp minced garlic
Sea salt to taste
1 tsp crushed pink
peppercorns

PROCEDURE

Combine all ingredients in a mason jar,
shake vigorously.

CHICKEN GALANTINE

INGREDIENTS

1 whole chicken
2 cups croutons
2 tbsp diced red pepper
10 shiitakes, thinly sliced
1 cup wild rice (cooked)
1/2 bunch kale
1 bunch scallions,
minced
Sea salt and pepper
to taste
Chicken stock, as
needed



PROCEDURE

To begin, you need a sharp knife to debone the chicken (*if you are not sure of this, you can ask your butcher to do it for you*).

Start with the breast side up and carefully slice the meat away from the bone. *This takes a few minutes but is worth the effort once all the meat is carved away from the bone. The only bones left will be the wing tips.*

Once completed, lay the chicken flat and reposition the meat, so that it is evenly distributed.

Season the entire chicken and set aside.

In a large mixing bowl, combine croutons, red pepper, mushrooms, scallions, rice, kale and stock. Start with a few ounces of stock and the croutons will absorb most of the first batch. Continue to add more stock (*This should be enough to bind everything together*). Season with sea salt and pepper.

Lay the stuffing in the center of the chicken.

Take a large piece of plastic wrap and lay the chicken on it. Start the rolling process. *It may takes a few tries to get it tight and symmetrical - this extra work will pay off in the end*

Once the chicken is rolled in plastic wrap, roll it in tin foil, tucking the ends in as you go.

Place the chicken in a roasting pan and bake for 35 minutes. *Check the temperature with a thermometer - it should be at least 165° degrees.*

Cool overnight, slice and enjoy!

CRAB CAKE

INGREDIENTS

1 egg
3 tbsp mayonnaise
4 tbsp lemon juice
1/4 tsp pink
peppercorns
1 tsp dry tarragon
1 tbsp butter
2 tbsp minced green
onion
8oz snow crab meat
1/2 cup panko or
crushed crackers
2 tbsp melted butter
Dash of worchestershire
sauce

PROCEDURE

In a medium sized bowl, whisk mayonnaise, lemon juice, pink peppercorns, tarragon and scallions. Next, add the crab meat and panko or crumbs. Mix until combined.

Form the crab mixture into 4 patties.

In a non-stick pan, heat olive oil then add crab cakes. Cook for 2 minutes on each side.

Add tbsp of butter to pan and continue browning for 1-2 minutes.

Remove from pan. Serve immediately.

PAN SEARED HALIBUT

INGREDIENTS

4-8 ounce halibut loins
Sea salt to taste
1 tsp pink peppercorn
crushed
1 tsp butter
olive oil for frying

PROCEDURE

In a non-stick frying pan, heat olive oil.

Pat the halibut dry with paper towel
to remove excess moisture.

Season halibut and add to the heated
frying pan. Sear 2-3 minutes on each side.
Add butter to pan. This will give the fish a
rich flavor.

Depending on the thickness of the
halibut, it may require a few minutes
in the oven.



ROSEMARY POTATOES

INGREDIENTS

1 1/2 pounds baby red potatoes

1/8 cup olive oil

Sea salt to taste

2 tbsp pink peppercorns (*smashed*)

1/2 tsp coarse black pepper

1 tbsp minced garlic

2 tbsp chopped fresh rosemary (*dry rosemary optional*)

PROCEDURE

Preheat oven to 375° degrees.

Place clean, dry potatoes in a large mixing bowl.

Combine all ingredients and mix well.

On a parchment lined sheet pan, spread out the potatoes.

Roast for 30 minutes or until cooked.

Remove from oven. Serve immediately.



LEMON CURD

INGREDIENTS

1/2 cup sugar
6 tbsp pound unsalted
butter
3 large eggs
1/2 cup lemon juice
Pinch of sea salt

PROCEDURE

Whisk together: juice, sugar and eggs in a 2 quart sauce pot.

Stir in butter and cook over low heat, whisk frequently until curd is thick and bubbles start to form for 5-7 minutes.

NOTE:

Will last a week in the fridge.

LOCAL BLUEBERRY CRUMBLE CAKE



INGREDIENTS

4 tbsp butter at room temp
3/4 cup sugar
1 egg
1/2 tsp vanilla
2 cups all-purpose flour
2 tsp baking powder
1/2 tsp salt
1/2 cup milk
2 cups blueberries

FOR TOPPING

4 tbsp butter at room temp
1/2 cup brown sugar packed
1/3 cup all-purpose flour
1/2 tsp cinnamon

PROCEDURE

Grease 9" pan and preheat oven to 375° degrees F.

In a mixer, beat 4 tbsp of butter with 3/4 cup of sugar until creamy. Add egg and vanilla and continue to beat until smooth.

In a small bowl, combine flour, baking powder and salt.

Add the flour mix to the butter mix, alternating with 1/2 cup of milk, beating smooth after each addition. Gently fold blueberries into the mixture.

Spread batter into pan.

TOPPING:

In a medium bowl, combine butter, brown sugar, flour and cinnamon. Mix with fork to form crumbs.

Spread topping over the batter.
Bake for approx 35 minutes

Check to see if it is done with a toothpick.

Remove from oven and allow to cool.

[illegible]



[VIEW OUR FULL MENU](#)

KIJUS.COM