

THANK YOU TO OUR

Chefs & Restaurants

Each year, local chefs and restaurants truly put the **“dish”** in Dish: Cuisine for Change. This unique event exists because of their generosity and unrivaled talents. We are incredibly appreciative of their involvement in Dish - and their delicious cuisine!

If you enjoyed the dishes you sampled tonight, we encourage you to visit your favorite chefs at their restaurants for the full culinary experience. Also, each chef has shared their recipe for tonight’s dish on the following pages so you can recreate their masterpiece at home!



FULL RECIPES AVAILABLE AT
dishcuisineforchange.org



Bucatinni all' Amatriciana

INGREDIENTS

- 1 lb Bucatinni noodles
- 16 oz San Marsano whole tomatoes (pureed)
- 1/2 lb pancetta, diced
- 1 tbsp garlic
- 1 tbsp chili flakes
- 1/4 red onion, diced
- 1 tsp extra virgin olive oil
- 1/2 c grated parmesan cheese

PREPARATION

In a heavy 4 qt. saucepan, brown the pancetta until crispy. Add onion, garlic and chili flakes. Add tomatoes and stew on low for 30 minutes, stirring every couple minutes. In a 4 quart pot, boil water. Once water is boiling, add salt and pasta, and cook until al dente. Add pasta to sauce and stir on low until pasta is flavored with sauce. Serve with Parmesan cheese. Makes 4 servings.



Chef Jon Hunt

5001 34th Ave., Minneapolis, MN 55417
612.724.3009 • alventorestaurant.com

HOURS: Sun - Thu 4:30P.M. - 10P.M. • Fri - Sat 4:30P.M. - 11P.M.
Sat - Sun 10A.M. - 2P.M. (Brunch)

Oysters with Mignonette Sauce

INGREDIENTS

Mignonette Sauce

1 c red wine vinegar

1/4 c minced shallots

1 tsp fresh cracked black pepper

PREPARATION

Serve sauce with oysters.



Chef Sarah Master

1600 W. Lake St., Minneapolis, MN 55408
612.827.5710 • barbette.com

HOURS: Sun - Thu 8A.M. - 1A.M. • Fri - Sat 8A.M. - 2A.M.

Loebster Mac & Cheese

INGREDIENTS

3 tbsp unsalted butter	1 c shredded Asiago cheese
3 tbsp flour (sub cup for cup for GF)	Dash truffle oil
2 c whole milk	1/2 lb Cavatappi pasta (sub brown rice or quinoa pasta for GF)
1/4 tbsp salt to taste	1/2 c cooked lobster meat
1/4 tbsp ground pepper to taste	1/4 c crumbled smoked bacon

PREPARATION

In a large pot of boiling salted water over medium heat, add the pasta and cook until al dente. Drain the pasta and reserve.

In a medium saucepan melt the butter over medium-high heat. Add the flour and cook, stirring constantly, until the roux is pale yellow and frothy, about 1 minute. Do not allow the roux to brown. Slowly whisk in the milk and continue to whisk until the sauce thickens and comes to a boil, about 2 to 3 minutes. Reduce the heat to a simmer and season with the salt, pepper and truffle oil. Allow to simmer for 2 to 3 minutes. Stir in the 1/2 cup shredded Asiago cheese and whisk until melted. If the sauce seems too thick, thin with a little milk.

Add the cooked cavatappi, bacon, 1/2 cup shredded Asiago cheese and lobster and stir well. Place the mixture in 2 to 4 individual dishes and place in oven to broil till brown on top.

Makes 2-4 servings



Chef Jacob Brodd

3900 American Blvd. W., Bloomington, MN 55437
952.830.5200 • bloomingtonchophouse.com

HOURS: Mon – Sun 11A.M. – 2P.M.
Mon – Sat 5P.M. – 10P.M.



Bull Bites

INGREDIENTS

- 8 oz beef tenderloin tips
- 2 oz Béarnaise sauce
- 2 oz horseradish sauce
- 1 c dried onions
- 1/2 c chopped roma tomatoes
- 1 tbsp sliced green onion
- Oil

PREPARATION

Heat oil in cast iron skillet over medium-high heat until it is very hot. Place seasoned meat in a single layer in cast iron skillet and allow to brown on one side prior to turning. Do not stir the meat around in the skillet. Continue to cook the meat until an internal temperature of 130°F has been achieved.

Place the onion haystacks in the corner of a plate. Remove the cooked meat from skillet and place next to onions. Evenly arrange the chopped roma tomatoes on top of the meat and onions. Evenly garnish with sliced green onion. Have small servings of Béarnaise and horseradish sauce to dip.



Chef Kevin Petroske

Axel's Restaurants
Three metro locations - axelsrestaurants.com

Bonfire Wood Fire Cooking
Six metro locations • bonfirewoodfirecooking.com

Smoked Halibut Rilette, Horseradish Meringue & Pickled Mustard Seeds

INGREDIENTS

Smoked Halibut Rilette

4 lb halibut, cured and smoked
2 lemons, zest and juice
1/4 c parsley, chopped
1 c panko bread crumb
2 c aioli
3 jalapeños, small diced
2 tbsp white pepper
Salt, to taste

Horseradish Meringue

3 egg whites
1/4 tsp cream of tartar
1 tbsp sugar
Powdered horseradish, to taste

Pickled Mustard Seeds

1 c brown mustard seeds
2 c white wine vinegar
2 c water
1/4 c sugar
2 tbsp celery seed, bound in cheesecloth
1/2 tsp salt

PREPARATION

Smoked Halibut Rilette

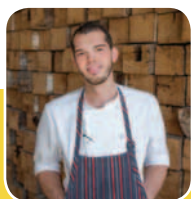
Using a kitchen aid, paddle ingredients until they have achieved a spreadable consistency. Additional aioli may be used if needed.

Horseradish Meringue

Using a kitchen aid and whisk attachment, mix all ingredients until the whites have formed firm peaks. May be spooned onto the plate or put into a piping bag with fitted tip. Use a blow torch to just caramelize the outside of the meringue.

Pickled Mustard Seeds

Place ingredients into small sauce pot and gently simmer. Cook until the vinegar and water solution is reduced by half. Allow to cool before using.



Chef Drew Yancey

730 Washington Ave. N., Minneapolis, MN 55401
612.354.3135 • boroughmpls.com

HOURS: Sun – Mon 5P.M. – 10P.M. • Tue – Sat 5P.M. – 2A.M.

BRYANT-LAKE BOWL



Calamari Seviche

INGREDIENTS

- | | |
|---------------------------------------|-----------------------------------|
| 4 lbs fresh squid, cleaned and sliced | 1 c jalapeños, finely diced |
| 4 c lime juice | 2 c red bell pepper, finely diced |
| 2 c yellow onions, finely sliced | 2 c fresh cilantro, minced |
| 1 c jalapeños, finely sliced | 1 c fresh lime juice |
| 6 tbsp kosher salt | |
| 2 c scallion, very finely minced | |

PREPARATION

Combine well and chill the first 5 ingredients and leave overnight. Drain the squid well, remove the sliced onions and jalapeños. Pat dry. Combine the well dried squid with the remaining ingredients and let sit overnight again. It is now ready to portion 1 1/2 tablespoons per canapé. Suggest toasted corn tortilla.



Chef Ken Goff

810 W. Lake St., Minneapolis, MN 55408
612.825.3737 • bryantlakebowl.com

HOURS: Mon - Sun 8A.M. - 12:30A.M.

Roasted Pork Bao Buns

INGREDIENTS

Roasted Pork

5 lb pork shoulder
1/4 c rice oil
2 tbsp garlic, minced
2 tbsp ginger, minced
1 tbsp Kosher salt
1 tbsp black pepper, ground
2 tbsp coriander seeds,
toasted
2 tbsp cumin seeds, toasted
2 tbsp fennel seeds, toasted
1 stalk lemon grass, ground
1 bunch parsley, minced

Soy Ginger Sauce

1 tbsp toasted sesame oil
2 tbsp ginger, minced
1 tbsp garlic, minced
1/2 c shallots, minced
1/2 qt soy sauce
1 c orange juice
3/4 c maple syrup
3/4 c sweet chili sauce,
mae ploy

Cucumber Carrot Salad

2 English cucumbers, peeled,
sliced fine on mandoline
1 carrot, peeled, julienne
on mandoline
1/2 c rice wine vinegar
1/2 c rice oil
1/2 tbsp. Kosher salt
1/2 c sugar

PREPARATION

Roasted Pork

Toast all spices. Allow spices to cool to room temperature. Place spices in spice grinder and pulse until spices are roughly ground. Slice pork shoulder in order to roll out flat about 1/2" to 1" thick. Score both sides of flattened pork and rub both sides with oil. Season both sides with salt and pepper. Rub both sides evenly with garlic and ginger. Rub both sides evenly with ground spices and evenly with parsley. "Roll" pork back to form original shape. Wrap pork tightly in plastic wrap and refrigerate for 8-24 hours.

Remove from plastic wrap. Place on rack inside hotel pan. Cover with tin foil and bake at 300 degrees for 4 hours, or until fork tender.

Soy Ginger Sauce

In sauce pan over medium heat add toasted sesame oil and sauté the garlic, shallots, and ginger until soft. Add remaining ingredients,

reduce heat to a gentle simmer and reduce over low heat for about 30 minutes to a light syrup consistency.

Cucumber Carrot Salad

Mix all ingredients together until evenly combined.

Plating

6 Bao buns
6 oz roasted pulled pork
3 tbsp soy ginger sauce
6 tsp yuzu mayonnaise
3 oz cucumber carrot salad

Place buns in steamer. Meanwhile, place pork in sauté pan with a little water over low heat. Add ginger soy sauce and sauté until hot. Remove buns from steamer. Mound pork evenly inside each bun. Top each piece of pork with yuzu mayo. Mound cucumber carrot salad on top of each pork bun.



Chef Eli Wollenzien

227 Water St., Excelsior, MN 55331
952.283.1952 • coalitionrestaurant.com

HOURS: Sun – Mon 11A.M. – 8P.M.
Tue – Thu 11A.M. – 10P.M. • Fri – Sat 11A.M. – 11P.M.

Smoked Salmon with Cucumber, Radish, and Dill

INGREDIENTS

1/2 side of smoked salmon, separated
1 English cucumber, chopped
4 breakfast radishes, shaved
1 shallot, chopped
2 tbsp red wine vinegar
1/2 c extra virgin olive oil
Dill, to taste
Salt and pepper, to taste
Arugula

PREPARATION

Mix the cucumber, radish, dill, shallot, vinegar, olive oil, salt and pepper. Let sit for 1/2 hour. Add the smoked salmon and arugula and toss. Add salt, pepper and dill as needed.



Chef Tommy Bagnaud

2923 Girard Ave. S., Minneapolis, MN 55408
612.354.3575 • coupdetatmpls.com

HOURS: Mon – Sun 4P.M. – 12A.M.



Jerk Wings

INGREDIENTS

1 tbsp allspice	1/4 tsp dried thyme leaves
1/3 c plus 1 tsp salt	1 tbsp plus 1-1/4 teaspoons ground black pepper
3 tbsp plus 2-1/2 tsp garlic powder	2 tbsp plus 2-1/4 teaspoons cayenne pepper
2 tbsp plus 2-1/4 tsp white sugar	1 tbsp ground ginger
2 tsp chipotle chili powder	
1 tsp ground cloves	

PREPARATION

Combine all spices in mixing bowl. Can be reserved and saved for up to three months for your favorite meat or fish.

Marinate 12 wings for eight hours with 1/2 cup of your spice rub. Add 1 tbsp canola oil and 1 tbsp white vinegar to marinated wings.

For best results, grill wings on charcoal grill allowing to brown on all sides. Bake at 400 degrees for eight to ten minutes or until done. Then flash fry for one minute for skin to crisp up. Take 1 tbsp of left over spice rub and dust the freshly fried wing. Serve with celery and blue cheese dressing for dipping.



Chef George Lehr

2610 S. Lyndale Ave., Minneapolis, MN 55408
612.870.7855 • frenchmeadowcafe.com

HOURS: Mon - Sun 6:30A.M. - 10P.M.

Lamb Terrine, Harissa Yogurt and Anchovy, Olive Tapenade

INGREDIENTS

Lamb Terrine

1-2/3 lb lamb shoulder
3/4 lb pork butt
3 oz pork fat
1/3 c port
2 tbsp cognac
2 tbsp kosher salt
1 tsp ground black pepper
1 tsp 4 spice
1 tsp pink salt
1 tsp chopped parsley
1 tsp marjoram
1-2/3 shallots, chopped fine
2/3 clove garlic,
chopped fine
1/4 c all-purpose flour
1 egg

Anchovy Tapenade

2 tbsp anchovies in oil,
chopped small
1/8 bunch parsley,
chopped fine
2/3 c Kalamata olives,
chopped fine
1 tsp olive oil
1 tsp fried garlic chips,
chopped small
1 tsp fennel fronds,
chopped small
Salt and pepper to taste

Harissa Yogurt

2 tbsp harissa (purchase
at specialty store or
recipe attached)
1 c Greek yogurt

Harissa

1-2/3 lb Fresno peppers, split
1 carrot, medium dice
1 yellow onion, medium dice
2/3 stalks celery, medium dice
2 heads garlic, cut in half
1/2 c white wine
1/4 bunch parsley,
rough chopped
1/4 bunch cilantro,
rough chopped
1/3 c tomato paste
1/2 tsp black peppercorn
1/2 tsp coriander seed
2 tbsp salt
1-1/3 sprigs thyme
1 tbsp canola oil

PREPARATION

Lamb Terrine

Dice lamb, pork butt and fat, marinate with port and cognac overnight.

Drain the meat from the liquid and grind meat. Fold in the rest of the ingredients. Place mixture equally into terrine mold and place in a larger pan with water half way up the terrine. Bake covered in a 350 degree oven until internal temperature reaches 160 degrees. Let sit and rest to continue cooking. Place in refrigerator overnight.

Anchovy Tapenade

Combine all ingredients and set aside in refrigerator for service.

Harissa

Heat canola oil in large rondeau. Add peppers, onions, carrots and celery and caramelize until light brown. Add remaining ingredients and put in a 350 degree oven with cover. Stir every 30 minutes to prevent burning. Roast for about 3 hours or until carrots are very tender. Place in blender or ricer until smooth.



Chef Steve Hesse

3001 Hennepin Ave. S., Minneapolis, MN 55408
612-877-7263 • libertinempls.com

HOURS: Mon - Thur 4:30P.M. - 1A.M. • Fri 4:30P.M. - 2A.M.
Sat 10A.M. - 2A.M. • Sun 10A.M. - 1A.M.

Mac & Cheese Diablo

INGREDIENTS

8 oz uncooked elbow macaroni	1/2 c tortilla chips crushed
2 c shredded sharp Cheddar cheese	1 c pepper jack cheese
1/2 c grated Parmesan cheese	1/2 c cooked Mexican chorizo
3 c milk	1/2 c cooked chicken breast shredded
1/4 c butter	1 jalapeño roasted and diced
2 1/2 tbsp all-purpose flour	1 red bell pepper roasted and diced
2 tbsp butter	

PREPARATION

Cook macaroni according to the package directions and drain. In a saucepan, melt butter over medium heat. Stir in enough flour to make a roux. Add milk to roux slowly, stirring constantly. Stir in cheeses and cook, over low heat, until cheese is melted and the sauce is a little thick. Add jalapeño, red bell pepper chorizo and chicken to sauce.

Put macaroni in large casserole dish, and pour sauce over macaroni. Stir well. Top with crushed tortillas and pepper jack cheese.

Bake at 350°F (175°C) for 30 minutes or until cheese is melted. Serve.



Chef Brian Koeman

3801 Grand Way, St. Louis Park, MN 55416
952.224.9494 • mccoysmn.com

HOURS: Mon - Sun 11A.M. - 2A.M.

MOTO-I RAMEN AND SAKE HOUSE

moto-i

Warm Pea Soup with Pork Belly

INGREDIENTS

Pea Soup

12 oz onions, sliced thin
1 1/2 oz garlic, sliced thin
4 oz extra virgin olive oil
1/4 oz salt
1 qt water
16 oz ice
20 oz frozen peas

Pork Belly

2-3 lb pork belly

Cure

1/2 c salt
1/2 c white sugar
1/2 c brown sugar
2 1/2 tbsp chili flake
2 1/2 tbsp garlic powder
2 1/2 tbsp black peppercorn
1 tsp Szechuan peppercorns

Chili Oil

1 c grapeseed oil
5 tbsp chili flake

PREPARATION

Pea Soup

Combine olive oil, garlic, onions, and salt in medium pot. Sauté onions and garlic till tender with no color. Add water and simmer for 15 minutes. Pour soup base into large bowl and add ice to cool down. Once ice is completely melted add frozen peas to the base. Blend soup base on the highest speed and pass thru fine mesh strainer. Immediately ice down finished soup over ice bath to retain color. Reserve for later use.

Cure

Take chili flake, black peppercorn, and Szechuan peppercorn and pulse fine in spice grinder. Combine all other ingredients and mix thoroughly.

Pork

Take pork belly and pat dry with paper towel. Generously season pork with cure rubbing the cure into the pork. Place in container and let rest overnight. Preset oven to 420 degrees. Place pork in roasting pan and place in oven. Turn pan every half hour to ensure

even cooking. Roast belly for up to 2 hours or until wooden skewers slides in easily and juices run clear. Internal temp should be at least 145 degrees. Place pork in refrigerator and cool overnight or until firm to the touch. Cut pork into half inch cubes and reserve.

Chili Oil

Grind chili flake fine and combine with oil in small pot and bring to 180 degrees. Remove from heat and let steep for 30 minutes. Strain thru fine strainer or coffee filter and reserve.

Assembly (single serving)

Heat pea soup on medium high constantly stirring. You do not want the soup to boil or it will separate. Take an individual portion of pork belly and sugar snap peas cut into small rounds and sauté in pan with oil and salt. Place pork and pea in center of bowl and pour in warm soup. Drizzle chili oil on top and garnish with julienne radishes, mint, and cracked black pepper.



Chef Omar Gillego

2940 Lyndale Ave. S., Minneapolis, MN 55408
612.821.6262 • moto-i.com

HOURS: Mon - Fri 12P.M. - 2A.M.
Sat - Sun 11A.M. - 2A.M.

OCEANAIRE SEAFOOD ROOM



Summer Gazpacho with Shrimp

INGREDIENTS

5 tomatoes, Bushel Boy
2 cucumbers, diced
1 red onion, diced
1 yellow onion, diced
2 green pepper, diced
2 red pepper, diced

3 summer squash,
zucchini/yellow (optional)
1/4 c lemon juice
3 oz sherry vinegar
6 oz olive oil
12 oz small shrimp (60/80 ct)

PREPARATION

Dice all vegetables, being sure to reserve any juice. Sometimes the tomatoes may not yield enough liquid for our recipe, so some canned tomato juice can sometimes be handy to add that extra liquid. Mix all vegetables together in a large bowl and add the lemon juice, reserved juice and sherry vinegar. Slowly whisk in the olive oil. Season with salt and pepper. Gently poach the shrimp in a pan of simmering, lightly salted water until just cooked. Chill. Garnish the soup with a small amount of shrimp per cup/bowl.



Chef Robert Wahlfeil

50 S. 6th St., Minneapolis, MN 55402
612.333.2277 • theoceanaire.com

HOURS: Mon - Thu 11:30A.M. - 10P.M. • Fri 11:30A.M. - 11P.M.
Sat 5P.M. - 11P.M. • Sun 4P.M. - 9P.M.

RED STAG SUPPERCLUB



Braunschweiger Toasts with Pickled Vegetables and Beer Mustard

INGREDIENTS

Braunschweiger

1 pkg Braunschweiger,
softened

Beer Mustard

1/2 c lager
1/4 c Dijon
1/4 c white wine
1/4 c honey
2 tbsp dry mustard powder
1 tbsp hydrated
mustard seeds
1/4 c champagne vinegar
1/2 tsp salt

Pickled Vegetables

2 carrots
4 radishes
1 red onion
1 qt white vinegar
1 c sugar
1 qt water
2 tbsp salt

Toast

1 loaf of Sourdough Boule
1/4 c extra virgin olive oil

PREPARATION

Braunschweiger

Once the Braunschweiger is softened, place it in a stand mixer and whip until creamy and soft. Place in a piping bag and refrigerate.

Beer Mustard

Mix all ingredients in a bowl until completely incorporated. Place in an air tight container and set aside for at least two days to let the flavor mellow.

Pickled Vegetables

Slice the onion, radish and carrots as thin as possible on a Mandoline and set aside. Keep each vegetable separate. Place each type of sliced vegetable in a container just big enough to hold them.

Bring the vinegar, water, salt and sugar up

to a simmer in a saucepot. Pour the pickling liquid over the vegetables and place in the refrigerator for at least 1 day.

Toast

Slice the boule into 1/2 inch slices and place on a sheet tray. Drizzle with olive oil and place in a 350 degree oven for 5 to 10 minutes until lightly golden brown.

To Finish/Plate

Place the toast pieces on a platter and smear with a bit of the beer mustard. Pipe a generous amount of the whipped Braunschweiger on the toast and crack some fresh ground black pepper over the toast.

Drain a few of the pickles and decoratively garnish the toasts with the pickles. Enjoy!



Chef Andrew Ernst

509 1st Ave. NE, Minneapolis, MN 55413
612-767-7766 • redstagsupperclub.com

HOURS: Mon - Fri 11A.M. - 2A.M.
Sat - Sun 9A.M. - 2A.M.

RIVAL HOUSE SPORTING PARLOUR



Grandma V's Cranberry Chili

INGREDIENTS

16 oz can diced tomatoes

1 lb burger

16 oz salsa

12 oz can refried beans

1 garlic clove, peeled and minced

1 yellow onion, finely minced

1 can cranberries, whole

1 can kidney beans

1 can butter beans

1 tbsp chili powder, dark

1/2 tsp smoke powder or liquid smoke

S & P tt

PREPARATION

In a large non-reactive pot, sweat onions and garlic, add burger and brown half-way, seasoning as you go. Add everything else and bring to a simmer on medium-low heat, stirring occasionally. Simmer for three hours. Top with your favorite toppings and serve! Store for up to seven days.



Chef Andy Vyskocil

411 Minnesota St., St. Paul, MN 55101
651-255-064 • rivalhousestpaul.com

HOURS: Mon – Fri 11A.M. – 12A.M.
Sat – Sun 11A.M. – 2A.M.

SCHWAN'S SHARED SERVICES, LLC



Oaxacan Mole Glazed Pork Belly Mini Donut

INGREDIENTS

Mini Donuts

2 bags of Schwan's Mini Donuts, #878 available at Schwans.com
4 tbsp ancho chili powder
3 tbsp dark roast coffee, espresso ground
3 tbsp of the cinnamon-sugar included with the Schwan's Mini Donuts
1 tsp coriander, ground
1 tsp chipotle pepper

1/2 tsp cumin, ground
1/2 tsp salt
1/2 tsp black pepper
Mole Glazed Pork Belly
5-7 lb pork belly
8 tbsp whole cumin seeds, roasted
1 tbsp cumin powder
12 cloves garlic, peeled
3 oz sesame seeds, toasted
4 oz peanuts, roasted

9 oz pumpkin seeds, roasted
13 oz tomatillos
4 medium shallots
7 jalapeños
2 oz of Mexican chocolate, chopped
1/2 c bacon fat
2 c of pork stock
Salt, to taste
Pepper, to taste
Tequila, to taste

PREPARATION

Mini Donuts

Prepare the mini donuts according to package directions. Blend all the spices and toss with the warmed donuts.

Mole Glazed Pork Belly

Preheat oven to 275°F degrees. Place a pot of water on to boil. Cut pork belly into 2 inch cubes. Blend 5 garlic cloves, cumin, salt and pepper and rub into belly cubes - set aside. On a hot flat griddle or large sauté pan, roast onion, jalapeño and garlic cloves until uniformly browned. Set aside. Boil tomatillos in the boiling water until they change color. Place onion, jalapeño, garlic, tomatillos, into a large blender and process until smooth. In a food processor, process the nuts and seeds until smooth. (Add stock as needed to keep the mixture moving). Place an 8 quart Dutch oven over medium

heat and add the bacon fat. Fry the shallot, jalapeño, garlic, tomatillos mixture in the fat for 2-3 minutes. Add the nut and seed mixture to the Dutch oven, add the Mexican chocolate and stir until combined. Add the marinated pork and the remaining pork stock, cover and place into the oven to roast for 2 hours or until tender. Remove the pork from the Dutch oven. Reduce remaining liquid by half, then spoon over the cooked pork. Refrigerate overnight. Slice the chilled belly cubes into 1/4 slices.

Assembly

Gently cut a warmed Coffee-Ancho-Cinnamon dusted mini donut in half. Add a slice of the Mole Glazed Pork Belly to make a little sandwich. Optional: Garnish with a dab store bought jalapeño jelly.



Chef Matt Horn

schwans.com

THE STRIP CLUB MEAT & FISH

The Strip Club
Meat & Fish

Beef Carbonnade

INGREDIENTS

3 lb grassfed beef chuck roll
or stew meat, diced

2 c yellow onion, diced

1/4 c garlic, sliced thin

1 c bacon, diced

2 tbsp olive oil

2 tbsp butter

3 c Belgian style ale like Chimay or
Ommegang Abbey Ale

2 c beef stock

2 tbsp brown sugar

1/4 c cider vinegar

Herb bouquet tied in cheesecloth

1/4 c fresh parsley leaves

3 sprigs fresh thyme

3 sprigs fresh tarragon

2 bay leaves

Sea salt and fresh cracked
black pepper to taste

PREPARATION

In a large mixing bowl, generously season the beef with salt and pepper. Place a Dutch oven on stovetop over medium-high heat and add olive oil and butter. When butter melts and begins to foam, add beef to the pot and brown in half-pound batches, scooping out with a slotted spoon and setting aside. When beef is browned, drain out about half of the butter-oil mixture and add the bacon, onions and garlic. Reduce heat to medium. Sauté, stirring every few minutes, until onions caramelize. Add one cup of the beer and scrape the bottom of the pan to release all the fond (crispy brown bits) from the bottom of the pan. When beer has reduced by about half, add remaining beer, vinegar, brown sugar, stock and herb sachet. Bring to a light boil. Cover, slightly ajar, reduce heat to low and simmer for 2 1/2 to 3 hours or until beef is fork tender.

Serve with bread, good butter and roasted carrots.



Chef J.W. Fratzke

378 Maria Ave., St. Paul, MN 55106
651.793.6247 • domeats.com

HOURS: Tues - Thur 5P.M. - 10P.M. • Fri - Sat 5P.M. - 11P.M.
Sun 5P.M. - 9P.M. • Sat - Sun 9A.M. - 2P.M. (Brunch)

THE THIRD BIRD

ESTD MMXIV

**the
bird**

GATHER · EAT · DRINK

Chicken Liver Mousse with Candied Red Onions, Bourbon Syrup and Lavash

INGREDIENTS

Chicken Liver Mousse

1 lb chicken livers, trimmed, rinsed and dried
1 lb butter split into 2
3 tbsp salt
1 c shallots, minced
1/4 c celery hearts, chopped
1/4 c garlic minced
1/2 c booze (port and bourbon, half and half)
2 tsp pink salt
1 c cream
1 tsp dijon
1 pinch nutmeg

Bourbon Syrup

200 g bourbon
100 g glucose
30 g grapefruit zest, peels
1-2 vanilla bean
1 g szechuan peppercorns
1/2 g apple pectin

Candied Red Onion (1 Pint)

1 red onion, sliced on meat slicer 1/2
100 g simple syrup

Lavash

2/3 c milk
1/2 c water, cold
1 tsp active dry yeast
4 c all-purpose flour, unbleached
1 1/2 tsp sugar
1 1/2 tsp salt
1/4 c vegetable shortening
1 heaping tbsp sesame seeds

PREPARATION

Chicken Liver Mousse

Toss livers in pink salt and let sit for 5 minutes. Sear livers in half of the butter, making sure not to overcook them, but trying to get good color. Pull out and add shallots, garlic, and celery and cook until soft. Deglaze with the “booze” and reduce. Add cream, mustard, and nutmeg and bring to simmer. Put livers in blender on high, gradually add hot cream mixture, and then mount with other half of the butter. Make sure it is chilled, so it will help bring down the temperature of the liver. Pass it. Store, label and refrigerate.

Bourbon Syrup

Put bourbon in blender and blend on low while sprinkling in pectin. Combine bourbon and all remaining ingredients. Bring to a boil, strain and chill.

Candied Red Onion (1 Pint)

Dip sliced onion in simple syrup. Overlap on dehydrator rack that has been sprayed with nonstick spray. Dehydrate overnight.

Makes 4 sheets

Visit dishcuisineforchange.org for complete recipe and instructions.



Chef Lucas Almendinger

1612 Harmon Place, Minneapolis, MN 55403
612.767.9495 • thethirdbirdmpls.com

HOURS: Mon – Thur 11A.M. – 12A.M. • Fri 11A.M. – 1A.M.
Sat 9A.M. – 1A.M. • Sun 9A.M. – 12A.M.

TREASURE ISLAND RESORT & CASINO



Steak Au Poivre

INGREDIENTS

Beef Tenderloin
Kosher Salt
2 tbsp whole peppercorns
1 tbsp unsalted butter
1 tsp olive oil
1/3 c, plus 1 tsp Cognac
1 c heavy cream

PREPARATION

Remove the steaks from the refrigerator for at least 30 minutes and up to 1 hour prior to cooking. Sprinkle all sides with salt.

Coarsely crush the peppercorns with a mortar and pestle, the bottom of a cast iron skillet, or using a mallet and pie pan. Spread the peppercorns evenly onto a plate. Press the fillets on both sides, into the pepper until it coats the surface. Set aside.

In a medium skillet over medium heat, melt the butter and olive oil. As soon as the butter and oil begin to turn golden and smoke, gently place the steaks in the pan. For medium-rare, cook for 4 minutes on each side. Once done, remove the steaks to a plate, tent with foil and set aside. Pour off the excess fat but do not wipe or scrape the pan clean.

Off of the heat, add 1/3 cup Cognac to the pan and carefully ignite the alcohol with a long match or firestick. Gently shake pan until the flames die. Return the pan to medium heat and add the cream. Bring the mixture to a boil and whisk until the sauce coats the back of a spoon, approximately 5 to 6 minutes. Add the teaspoon of Cognac and season, to taste, with salt. Add the steaks back to the pan, spoon the sauce over, and serve.



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Duck Rillette

INGREDIENTS

Duck Rillette Production

3 lb duck confit,
pulled (15 legs)
12 oz duck fat
4 tbsp shallot, minced
6 thyme sprigs
3 oz Cognac, Hennessy
1 tbsp salt
2 tsp pepper

Zinfandel Gastrique

3 c zinfandel port wine
1 c red wine vinegar
1 c sugar
1 tbsp black peppercorn
(crushed)

Duck Rillette Plate Design

1 oz port zinfandel gastrique
3 oz duck rillette
2 oz duck fat
1 oz cucumbers, julienned
1 oz spicy pickles, julienned
1/2 oz scallion, julienned
1/2 tsp salt
1/2 tsp pepper
3 ciabatta, sliced

PREPARATION

Duck Rillette

Put shallots, thyme and Cognac in a large sauté pan and bring to a simmer. Reduce to au sec. Add duck confit and some of the fat, and gently heat up. Stirring with a spatula, crush the larger pieces of meat and pull out the thyme springs. Put the concoction into a large mixing bowl sitting on top of ice. Stir the duck meat while adding the rest of the duck fat. No large pieces of duck should be intact. Taste for proper seasoning and adjust if necessary. Store in a 1/6 pan. Add duck fat to the pan to cap it off.

Zinfandel Gastrique

Combine all ingredients in a sauce pot and reduce to 1 cup. Strain through a chinois and cool. Store in a squeeze bottle.

Duck Rillette Plate Design

Smear duck fat on the ciabatta and grill until toasted. Garnish triangle plate with gastrique. Put rillette in a small mold and put molded rillette in the middle of the gastrique. Spoon one tablespoon of duck fat on to the top of the rillette. Combine pickles, scallions and cucumbers in a small bowl with a bit of pickle juice, salt and pepper. Toss the salad. Put salad neatly on the top of the rillette. Cut bread on a bias and place on the plate neatly.



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