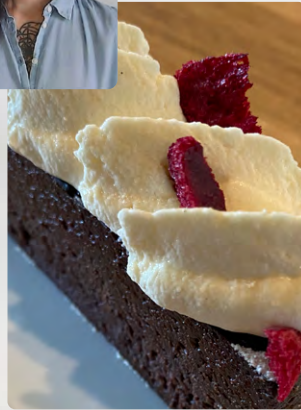




*From Podcast to Table*

**INNOVATIVE RECIPES  
FROM OUR GUEST CHEFS**



*Emmanuel Laroche*

## Introduction



*Many of the chefs featured in Conversations Behind the Kitchen Door have allowed me to share a recipe from their vault! For some, this is a rare opportunity to see behind their kitchen door.*

*Each of the following recipes was personally selected by the chef based on our one-to-one conversation. The recipe selected is a good representation of his or her own particular innovative style.*

*So here's your chance to test your creativity and take a shot at replicating their finest work.*

*Share what you make on social media by tagging @flavorsunknown and using #flavorsunknown I can't wait to see what you cook up!*

*-Emmanuel Laroche*

# Table of Contents

Fried Shishito Peppers with Romesco Sauce, by Chef Jose Garces.....	4
Onion Tart, by Chef Sam Freund .....	5
Farro, Morels and Ramp Cream, by Chef Drew Adams .....	6
Ramen, by Chef Rikku.....	8
Sweet Corn Pasta Farce, by Chef Andrew McLeod.....	9
Cornbread, by Chef Alex Harrell .....	11
Delaney Oyster House Crab Rice, by Chef Shamil Velazquez .....	12
About the Book.....	14
Creamy Sweet Pea Risotto with Lemon Herb Prawns, by Brad Miller .....	15
Gulf Shrimp and Sweet Corn Tom Yum with Creste Di Gallo Pasta, by Chef Michael Gulotta .....	17
Steamed Cod with Green Curry Sauce, by Chef Ehren Ryan .....	19
Green, by Chef Kim Alter .....	20
Mackerel, Radish Dill, by Chef Bryce Shuman.....	22
Ceviche with Buttermilk Leche de Tigre, by Chef Shamil Velazquez.....	24
Arroz Caldo, by Chef Carlo Lamagna.....	26
Duck and Shrimp Gumbo, by Chef Drake Leonards.....	27
Amber Ale Braised Veal Shanks with Pumpkin and Butterbeans, by Chef Declan Horgan.....	29
Smoked Beef Shank, by Chef Andre Natera.....	30
Yuzu Chocolate Decadence - Rich Yuzu Chocolate Custard, by Chef Erin Kanagy-Loux.....	31
Peanut Butter Blackout PretzelCrunch Cookies, by Chef Levon Wallace.....	33
About the Podcast.....	35

# Fried Shishito Peppers with Romesco Sauce

by Chef Jose Garces

(Serves 2-4)

## Ingredients:

1 lb shishito peppers, stems intact, washed and dried thoroughly  
2 tbsps corn or vegetable oil  
Sea salt

In a saute pan, heat oil over high heat. Gently add the peppers to the pan, turning them frequently, and cook until they are blistered on both sides, about 2 to 3 minutes. Continue to cook the peppers in batches, allowing the oil to return to temperature each time. Remove and transfer from the pan onto paper towels to drain. Season with sea salt and serve warm.



Since opening his first restaurant, Amada, in 2005, Chef Jose Garces has emerged as an enormous talent and one of the nation's most gifted chefs and restaurateurs. His eponymous Garces Group operates restaurants across the country. He is a 2009 winner of the James Beard Foundation's prestigious "Best Chef, Mid-Atlantic" award and one of only eight chefs in the country to hold the prestigious title of Iron Chef.

## Romesco Sauce

8 oz Roasted Tomato  
8 oz Roasted Red Pepper  
1.5 oz Roasted Garlic  
12 oz Sliced Blanched Almonds  
2oz Sherry Vinegar  
1oz Honey  
¼ oz Chili Flake  
3oz Olive Oil  
Salt, to taste

Toast almonds at 300f until uniformly golden brown. Allow to cool to room temp. In a food processor, pulse almonds to coarse meal texture. Remove 1/2 of almond, leave 1/2 in processor. Add tomato, pepper, garlic, chili flake, vinegar, honey, and salt. Puree for 2-3 minutes until completely smooth. Emulsify olive oil into mixture. Pulse in remaining almonds to add texture.



# Onion Tart

by Chef Sam Freund

(Serves 4)

## Onion Tart Dough

### Ingredients:

16oz: All Purpose Flour  
1 tsp: Salt  
1/4 tsp: Baking Powder  
8oz: Chopped Butter  
6 oz: Cold Water

Mix dry ingredients together, cut in butter until it looks coarse. Add cold water and mix until dough comes together. Wrap and refrigerate.

## Onion Tart Filling

### Ingredients:

2 cups: Cippolini onions  
8 sprigs: Thyme  
2 oz: Butter  
1 cup: Gruyere cheese  
Pinch Salt & pepper  
3 Eggs  
1 1/2 cups: Cream

Set your oven to 350 degrees.

Saute your onions in butter and 1/2 the thyme until caramelized, about 10 min. Allow onions to cool. Chop onions and mix together gruyere cheese, thyme, salt and pepper. Fill each tart about 3/4 of the way with mix.

Whisk together eggs and cream, fill the tart until the mix is covered. Put in the oven for 20min or until golden brown.

Serve with salad and your favorite dressing.



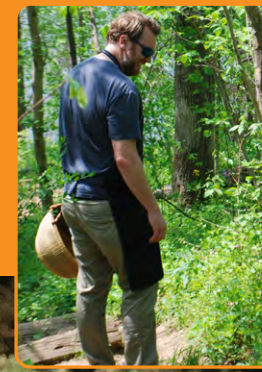
Chef Freund's commitment to local purveyors comes from his childhood roots of growing up in a small New Jersey farm town, where his family owned a restaurant. He spent many summers in the kitchen learning about hospitality, and how food has the power to bring people together, ultimately inspiring Freund to pursue a career in Culinary. October 2018, Freund open the doors to White Birch Restaurant in Flanders, NJ, with a menu that features New American Fare with playful twists on classic cuisines.



# Farro, Morels and Ramp Cream

by Chef Drew Adams

(Serves 6)



Drew Adams grew up near Maryland's Eastern Shore, picking mussels from the Chesapeake with his father and working on a crab truck and at a seafood restaurant. Inspired to pursue a career in food, he attended Johnson & Wales University. He has worked at Marcel's, Bourbon Steak and other DC area restaurants. In 2018, Adams received a StarChefs Rising Stars Award for his work.



## Farro

### Ingredients:

1C: Farro Piccolo (anson mills)  
1C: Mushroom Stock  
½C: Ramp Dashi  
¼ C: Ramp Stems fine dice  
¼ C: Green Garlic fine dice  
2tsp: Garlic microplaned  
3TBLS: Butter

### Method:

Toast farro in a pan over medium heat for 3-5 minutes  
Remove farro from pan and reserve  
Add butter, ramp stems, green garlic and garlic and saute over low heat until translucent  
Add farro back to pan with mushroom stock and ramp dashi  
Cook until tender and all liquid has been absorbed  
Place on sheet pan and cool in refrigerator

## Morels

### Ingredients:

2C: Cleaned Morels  
2TBLS: Butter  
2oz: Mushroom Stock  
1TBLS: Ramp Tops chiffonade

### Method:

Over medium-high heat, brown 1 tablespoon of the butter  
Add Morels to pan and saute for 1 minute until slightly soft  
Add mushroom stock and reduce by ¼  
Remove pan from heat and add remaining butter to make a glaze  
Next fold in ramp tops

## Onion Cream

### Ingredients:

1ea: Medium Sweet Onion julienned thin  
8oz: Ramp Stems thinly sliced  
4oz: Green garlic bottoms thinly slice  
2oz: Butter  
1C: Heavy cream  
2ea: Sheets of gold gelatin  
¼ tsp: Xanthum gum  
2tsp: Ramp powder

### Method:

Place gelatin in ice water to bloom  
In a pan over low heat, add butter, onion, ramps and green garlic and saute until translucent  
Add heavy cream and reduce by ¼  
Add bloomed gelatin and stir into pan  
Add ingredients in pan to a vita mix and blend until smooth  
Next add xanthum gum to vita mix  
Strain through chinois

### \*Ramp powder

1lb: Whole ramps in a dehydrator for 12hrs  
1TbLs: Fleur de sel  
Blend all in coffee grinder and pass thru fine sieve  
Reserve

## Assemble

Place Farro in bottom on a bowl  
Add morels and ramps leaves over farro  
Add onion cream to an ISI and charge twice  
Dispense onion cream over top of bowl  
Sprinkle top of cream with ramp powder/salt mix



# Ramen

## by Chef Rikku

(Serves 2-4)

### Ingredients:

1 tbl: sesame oil  
4: minced garlic cloves  
2 tbs: minced ginger  
6 cups: chicken stock  
3 tbs: miso  
1/2 bunch: chopped green onions  
3.2 oz: shimeji mushrooms  
1: sliced cooked chicken breast  
1/2: tsp salt  
3 packs: quick ramen  
6 minute boiled egg  
Sesame seeds, sliced red chili and picked cilantro to garnish  
1 tbs: chili paste

### Method:

1. In a small bowl, combine the 3 ingredients for the Scallion, Chili, Sesame oil. Set aside.
2. Heat 1 tablespoon sesame oil in a medium sized soup pot. Add the garlic and ginger and sauté until fragrant.
3. Add the chicken stock, miso, green onions, mushrooms, chicken and salt and bring to a boil. Add the 3 packages of quick ramen noodles, the real deal from an asian supermarket (noodles only, discard the flavor packet). Boil for 2 minutes until noodles are soft. Remove from heat.
4. Sprinkle the sesame seeds over the soup and place the soft boiled (6 minute) egg in the bowl. Serve with the Scallion, chili, sesame oil and cilantro.



Chef-patron Rikku Marais-Ó'Donnchú, aka The Viking Chef, was born and raised in Leicester, UK. He has worked in a host of prestigious restaurants, alongside Michelin-starred culinary savants such as Heston Blumenthal (The Fat Duck) and Thomas Keller (The French Laundry). He is currently Executive Chef at Amorette in Lancaster, Pennsylvania.





Andrew is an artist type personality. Early in life visual art was his path. In adolescence, music was his obsession, then ultimately food. There are certain parallels that all of these share. Andrew started cooking in Asheville at the Grove Park Inn and very soon afterward fell far down the rabbit hole. At Avenue M, Andrew is focused on supporting local producers and creating a refined and approachable neighborhood restaurant.



## Sweet Corn Pasta Farce by Chef Andrew McLeod

(Serves 2-4)

### Ingredients:

4ea ears yellow corn	75g ricotta
113g whole butter	103g pecorino
465g corn puree	TT white pepper
113g mascarpone	

### Method:

Take kernels off cobs, sweat in the butter until fully cooked. Puree on high until smooth in a blender. Transfer into a mixing bowl with another mixing bowl filled with ice water underneath. Working in batches in a food processor, puree cream cheese and ricotta together adding corn puree after the cheeses are smooth. Add the pecorino to the mixture last. Transfer mixture into a mixing bowl and season with ground white pepper to taste. Transfer into pastry bags until ready to use.

### Appalachian Sour Corn

### Ingredients:

6ea ears corn  
Kosher salt as needed  
Water as needed

### Method:

For the sour corn, blanch the ears of corn in boiling salted water until tender. Shock in an ice bath until completely cool. Transfer ears of corn into a clean gallon mason jar with an airlock lid and cover with a brine made with 6% weight of the corn and water to cover in salt. Ferment in a warm dry place for 30-60 days until the desired sourness is achieved. Once desired sourness is achieved, take kernels off the cobb and store in a plastic airtight container. Strain the brine and pour over the corn to cover. Store in the refrigerator until ready to use. Strain before using. Alternatively for the sour corn you can transfer cooked kernels to a container and pour diluted white vinegar over the corn and set out overnight. Strain before using

### Assembly:

For the filled pasta - we do an agnolotti shape at the restaurant, however you can make whichever shape you'd like. Triangoli, ravioli, tortellini, anything you wish. Filled pasta freezes beautifully as long as it isn't touching one another when it goes to the freezer. Semolina helps with this immensely. You'll want to make as much of this as possible and freeze it for easy meals later on. Once you have your pasta ready to go you'll need blanching water, heavily salted, some butter, a lemon wedge, some sliced chives and the sour corn.

The pasta from fresh will take around 3 minutes in boiling salted water, and closer to 5 if you're cooking from frozen. Once you drop your pasta, using a heavy bottom saute pan, heat up about a tablespoon of butter until just melted. Add as much or as little sour corn kernels as you'd like. I usually use around a tablespoon per person. Take a ladle and remove around 2-3 oz of the pasta cooking water to the pan and shake the pan around to form an emulsion. Season the glaze with salt and turn down the heat until the pasta is ready.

Once the pasta floats it's time to check it's doneness. Pinch wherever there is a fold in the dough, or where two sheets of pasta are pressed into one. If you can pinch through both layers of pasta with some, but minimal resistance you're pasta is cooked. Transfer pasta directly into the pan with the butter and sour corn glaze. Over a medium to low heat, toss the pasta in the glaze and let the starch from the outside of the pasta thicken the glaze slightly. Turn off the heat and squeeze lemon juice over the pasta. Add 1 tablespoon per person of sliced chives at the last moment. Give it a final toss and plate individually or on a platter. Serve immediately.



# Cornbread

by Chef Alex Harrell

(Serves 1-2)

## Ingredients:

Bayou Cora Cornmeal or other stone ground: 1.5 cups  
All Purpose Flour: 1/4 cup  
Sea Salt: 1 teaspoons  
Baking Soda: 1/2 teaspoon  
Baking Powder: 1/2 teaspoon  
Whole Milk Buttermilk: 1 1/2 Cups  
Large Eggs, lightly beaten: 2 each  
Unsalted butter, melted: 1/4 cup + 2 TBL

## Method:

- Preheat the oven to 450 degrees F, and place the cast iron pan in for at least 10 minutes.
- Combine the cornmeal, flour, salt, baking soda and powder in a large bowl.
- Combine the buttermilk, eggs, and butter in a smaller bowl.
- Mix the wet and dry ingredients together until they are just incorporated not over mixed.
- Remove the cast iron from the oven and place it over a high heat on the stove top.
- Add 2 tablespoons of melted fat to the cast iron.
- Carefully pour in the batter and distribute it evenly.
- Place the pan back into the oven and bake for 20-25 minutes.



Originally from southeastern Alabama, Alex spent his childhood weekends on his grandparents' Gulf Coast farm, digging potatoes and picking berries and figs to cook with his father. In 1998, he moved to New Orleans, and began working as a pantry cook at Bayona with local legend Susan Spicer. Harrell later fulfilled his dream of opening his own restaurant, Angeline, in the French Quarter.



# Delaney Oyster House Crab Rice

by Chef Shamil Velazquez

(Serves 1-2)

## Sofrito

### Ingredients:

Red Bell Pepper: 6 oz  
Extra Virgin Olive Oil: 1 oz  
Cilantro: 1 bu  
Onion: 4 oz  
Garlic: 1 ea  
Saffron: 1 g  
H2O: 1 oz  
Yield: 2C

Place all ingredients inside Vitamix and blend until all are emulsified together.

## Crab Base

### Ingredients:

Shrimp, Dried: 5 oz  
Sofrito Base: 5oz  
Onion: 10 oz  
Garlic: 5 oz  
Red Bell Pepper: 5 oz  
Green Bell Pepper: 5 oz  
Celery: 5 oz  
Bacon: 15 oz  
Yield: 2qts

Brunois onion, garlic, peppers, bacon and celery. Sweat over low heat, add dried shrimp and sofrito base. Cook for about 10 minutes low and slow remove from heat and allow to cool down.

## Shellfish Magic

### Ingredients:

Dried Shrimp: 3 oz  
Bonito Flakes: 10 grams  
Shrimp Shells: 200 g  
Red Bay: 2 ea  
Kombu: 5 g  
H2O: 32 oz  
Yield: 1 qt

Combine all in a medium sauce pot and simmer for 45 min. Allow to cool.

## Carolina Gold Rice

### Ingredients:

Water: 64 oz  
CGR: 2 c  
Bay Leaves: 2 a  
Salt: TT  
Butter: 8 oz  
Yield= 1.5 qts

Wash rice until water is translucent to remove excess starch. Cook rice in boiling water, salt and bay, until al dente.

Strain rice and spread evenly on sheet tray, place little dollops of butter on top. Bake in oven with bay and butter at 375 until butter is melted. Allow to cool before use. Rice should be loose and not clumped together.



A 2020 James Beard Award semifinalist for Best Chef: Southeast, Executive Chef Shamil Velazquez works directly with farmers and fisheries to source sustainable seafood both locally and from a multitude of regions throughout the world. His menu features an extensive raw bar selection and artfully presented dishes with an emphasis on traditional and contemporary preparations. Velazquez combines his Puerto Rican upbringing with thoughtful techniques and culinary experiences honed from kitchens across the country.



## Final Dish

### Ingredients:

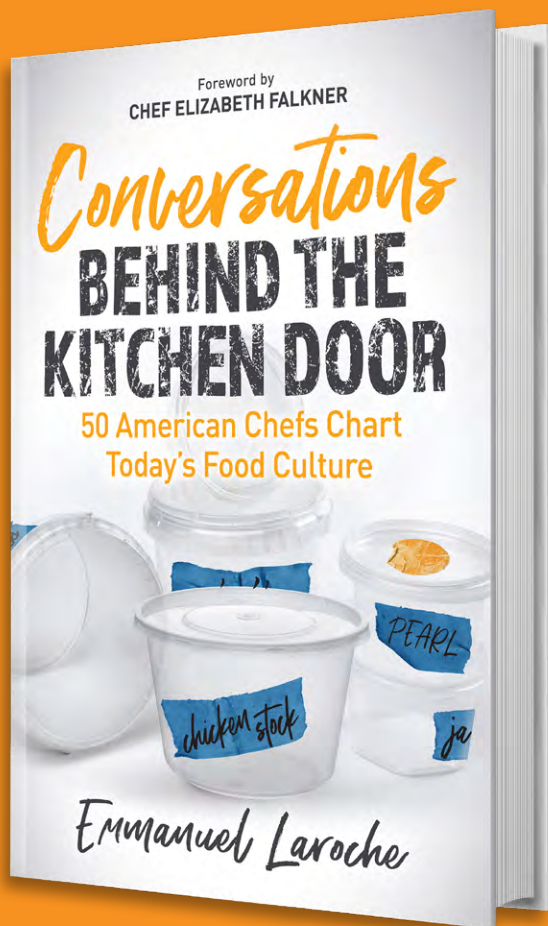
Rice: 8 oz  
Crab Base: 2 oz  
Shellfish Magic: 1 oz  
Lump Blue Crab Meat ( No Shells): 2 oz  
Butter: 1 tsp  
Fines Herbs: 1 tsp  
Lemon: 1 ea  
Canola Oil: 2 tbsp  
Yield: 1 portion

In a large cast iron pan heat up 2 tbsp of oil. Add in your crab base and rice. Sauté until fully mixed. Add 1 tbsp of Shellfish magic. Flatten rice on the cast iron and allow to crisp up. Scrape back rice unveiling the crunchy bits of rice. At this point add your lump crab meat and season rice with butter, fines herbs, lemon, salt.

At the restaurant we finish the rice with crab roe bottarga and sorrel before sending out to the guest.

My preferred way of eating this is with a spoon.





## Conversations Behind the Kitchen Door

**Conversations Behind the Kitchen Door** is Emmanuel Laroche's collection of dialogues with award-winning chefs from various backgrounds and cultures, sharing their personal experiences of where food culture is today, and why.

The book builds upon the *flavors unknown* podcast and focuses on key learnings from Emmanuel's discussions with fifty top chefs. It is filled with advice that will help entrepreneurs, professionals, and home cooks improve their craft and get more enjoyment in the process, such as:

- How to create a strong partnership with purveyors and learn where and how to buy quality ingredients
- How to identify new sources of inspiration
- Understanding the creative process used by top chefs
- Learning the best techniques that will transform an idea into a dream dish
- How chefs run their kitchens, and ultimately discover tips and recipe guidelines

"This book vividly captures the inherent curiosity of the cooks who became chefs and offers a guide for both the younger generation of chefs as well as the 'curious' home cooks."

- Chef and restaurateur Jose Garces,  
James Beard Award-winning Iron Chef



Visit the book page

**Pre-order your copy today!**  
It's available wherever you buy books online.

# Creamy Sweet Pea Risotto with Lemon Herb Prawns

by Brad Miller

(Serves 4-6)



Brad's love for cooking was instilled in him from a young age. Growing up in a suburb of Chicago, Brad spent much of his childhood cooking alongside his grandmother and lending a hand in his father's butcher shop. Brad is currently the Chef and Co-Owner at Inn of the Seventh Ray, L.A.'s most romantic restaurant.



## Ingredients:

2 Cups Uncooked Arborio Rice	¼ Cup Olive Oil
8 Cups Veg Stock (always safe to have extra)	½ lemon (seeds removed)
1 Cup Frozen Peas (thawed)	4 Garlic cloves
4 Tablespoons Butter (1/2 stick)	¼ Cup Chives (chopped) *reserve a tiny amount for garnish
½ Cup Grated Parmesan	12 Prawns Head On (3 per order for this recipe)
½ Cup Goat Cheese	
1 Shallot Diced small	

## Method:

Warm your pan to medium heat with ½ of your olive oil. Gently toast your rice until it becomes fragrant. Add in your chopped shallots and cook for a minute with the rice. Slowly add in about a cup of stock while stirring. Your stock should be on low to medium heat. You want the rice to absorb the stock one cup at a time until it is cooked right passed al dente. Then add in your cream, cream cheese, and pea puree and cook on high until thick. Then add your parmesan, chives, parsley, lemon juice and butter. Turn off heat and stir for about 5 mins gently cooling the risotto to the perfect consistency. Ladle the risotto on to the middle of a plate or bowl placing the shrimp atop. Garnish with reserved herbs and brown butter sauce from prawns.

## Pea Puree

## Ingredients:

1 Cup Peas (thawed)	1 ½ Cup Veg Stock
1/2 Cup Spinach blanched and shocked (which is about 8oz by weight raw)	¼ tsp Salt
	1/4tsp Sugar

## Method:

Blend on low gradually going up to high. If need be stop and scrape the sides down to keep it smooth. Blend all together until smooth.

## Lemon Herb Prawns

## Ingredients:

3 Prawns (per order)	1 sprig fresh Tarragon
1 Lemon Half for juicing place one peel	½ Tablespoon Olive Oil
¼ cup White Wine	2 knobs of Butter
1 sprig fresh Thyme	Salt & Pepper to taste

## Method:

Heat a sauté pan to medium heat with ½ tablespoon of olive oil and butter. Once fat is hot throw in your thyme, tarragon, lemon peel and 1 garlic clove. Season your prawns with salt and pepper and place in the sauté pan. Cook prawns about 2 mins each side depending on size. When one min away from being cooked through, squeeze lemon juice and white wine in the pan. Remove cooked prawns with the head and tail intact and place a top risotto.



# Gulf Shrimp and Sweet Corn Tom Yum with Creste Di Gallo Pasta

by Chef Michael Gulotta

(Serves 6)



Born and raised in New Orleans, Michael Gulotta began cooking in local restaurants at a young age. After graduating from the Chef John Folse Culinary Institute, he joined the newly opened Restaurant August. He then took leave to train in the Italian Riviera and Germany's Black Forest. He opened his first restaurant, MOPHO, in January of 2014, followed by Maypop, a Top 5 Best New Restaurant in New Orleans, and an additional MOPHO location.



## Pasta

### Ingredients:

42g: Coconut oil  
4: Cloves: garlic, sliced  
1: Shallot, minced  
1: Small finger ginger, minced  
Bottom third of one lemongrass stalk, sliced thinly  
14g: Thai Shrimp Paste  
1: fresh Thai chili, sliced  
Corn Kernels from two ears of corn  
12 ounces: 60 count shrimp  
2 pounds: Creste Di Gallo pasta, cooked  
100g: butter  
3: lime leaves, sliced thinly  
1: Bunch cilantro, leaves sliced, stems reserved for broth  
18g: Fish sauce  
1400g (6 cups): Tom Yum Broth, kept hot in a pot.  
180g: bacon chili crisp

### Method:

1. In a large sauté pan over medium heat sweat the garlic, shallot, ginger, and lemongrass in coconut oil.
2. Add the Thai shrimp paste, fresh Thai Chili, corn and shrimp to the pan and simmer for 2 minutes.
3. Toss in the pasta, butter, lime leaves, cilantro and fish sauce.
4. Simmer for one minute and then season to taste with salt.
5. Separate the pasta evenly into six bowls and top each with a ladle full of tom yum broth.
6. Finish each dish with a drizzle of bacon chili crisp.

## Tom Yum Broth

### Ingredients:

60g: Coconut Oil  
2: Corn cobs, kernels reserved for pasta  
2: Crab bodies (smashed)  
10g: Indonesian shrimp paste (Belacan)  
70g: Crab paste  
20g: Palm sugar  
720g: Water  
720g: Coconut milk  
1: Bunch cilantro stems, tops reserved for pasta  
1: Lemongrass top, beaten. Bottom reserved for pasta.  
Juice of 4 limes, plus more to taste  
Zest of 4 limes  
3: Lime Leaves  
2-inch finger of Galangal, sliced  
2: Thai Chilies, sliced  
Fish sauce to taste

### Method:

1. In a large pot over medium high heat, roast the crab bodies and corn cobs in coconut oil to create a fond.
2. Add crab paste, palm sugar, and funky shrimp paste and deglaze with water.
3. Once fond is dissolved add remaining ingredients and let simmer for 30 minutes.
4. Strain and season to taste with fish sauce and lime juice.

## Bacon Chili Crisp

### Ingredients:

168g: Bacon, diced  
168g: Chili crisp

### Method:

1. In a small pot over medium heat, render the bacon until golden brown.
2. Once rendered, remove the pot from the heat and fold in the chili crisp and let cool.



# Steamed Cod with Green Curry Sauce

by Chef Ehren Ryan

(Serves 4)

## Ingredients:

Cod Fillets - 4  
Thai basil - garnish  
Bean Sprouts - garnish  
Cilantro - garnish  
Green curry paste - 400g  
Coconut cream - 3 tins  
Water - 3 tins  
Lime zest\juice - 1 number  
Dried thai chili - 3 number  
Fish Sauce - to taste  
Sugar - 2 teaspoon

Cook green curry paste in a little oil for around 10mins on a medium\low heat. It should smell fragrant, add 1 tin of coconut cream and deglaze the bottom of pan. Fill empty coconut tin with water and add to mix - repeat with other tins. Add chili, lime zest and sugar and slowly simmer for around 20mins. Blend with hand blender until smooth, adjust seasoning with fish sauce and lime juice.



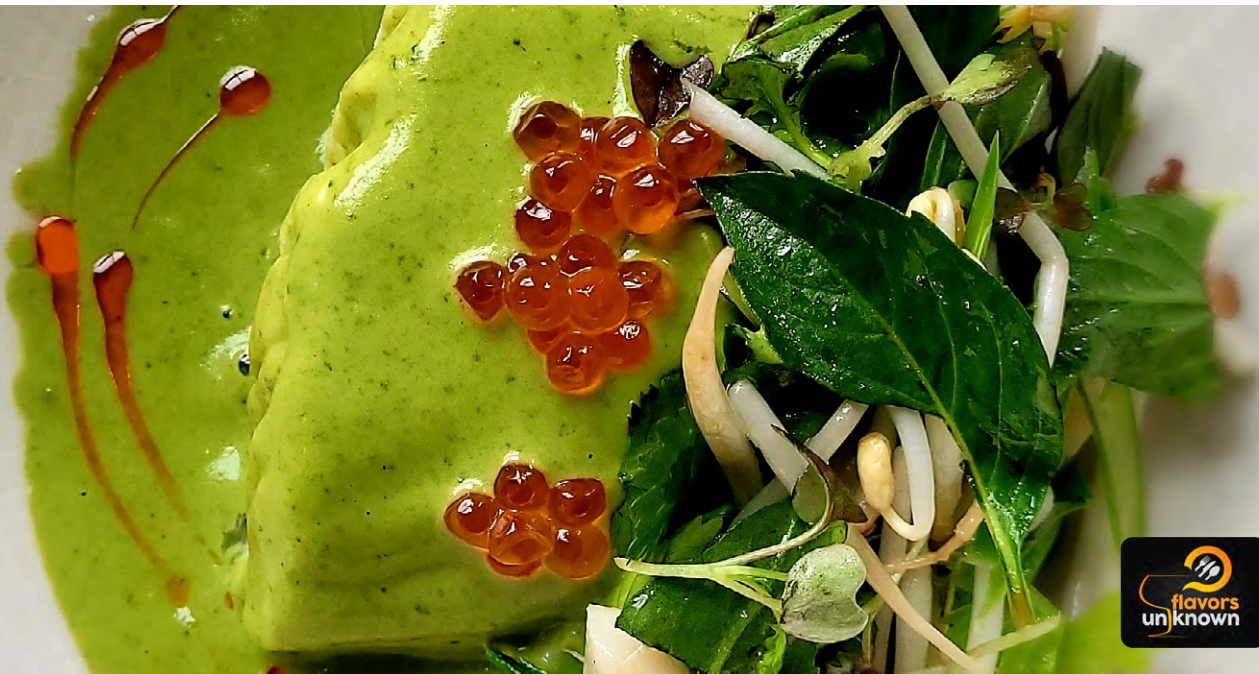
Australian-born Ehren got the kitchen bug early, beginning as a dishwasher at 15, and simultaneously completing both high school and a commercial cookery and hospitality course, which prepared him for years of training to be a chef. He would go on to cook in some of the top restaurants in Sydney before traveling the globe. Eventually, he held chef positions in some of the world's best restaurants including Dinner by Heston and Sketch, in London (both received 2 Michelin stars), and Pierre Gagnaire's London establishment, The Lecture Room.



## Steamed Cod

Place a pot of water on the stove and place a steamer over the top. Place cod on a piece of parchment paper in the steamer - cook for around 6 to 7 mins depending on thickness. Once cooked - season with salt and lime juice, and place on plate.

Sauce the fish with the green curry sauce and garnish with Thai basil, bean sprouts and a side of rice.





Kim Alter is the Chef/Owner of Nightbird and adjoining Linden Room in San Francisco's. Alter's menus showcase a commitment to technique, whole animal cookery, and support of local farms. Her food often takes familiar dishes to new places with creative spins on classics. Alter earned a James Beard nomination in 2018, Sustainable Chef of the Year from Star Chefs, and Top 100 Restaurant from The Chronicle in 2019.



## Green by Chef Kim Alter

(Serves 2)

### Ingredients:

Halibut, 2 ea, 4 oz portions  
4 T: Unsalted butter  
4 T: Shio Koji

6 stalks: Green Garlic  
2 C: Olive oil  
2 T: Salt

1 Cup: Champagne Vinegar  
½ Cup: White Wine  
½ Cup: Water  
2 T: Salt  
1 T: Sugar

1 #: Unsalted butter  
1 C: Applewood Smoking Chips

1 bu: Asparagus  
1 ea: Lemon juice and zest

Garnish: Anything green, mint, shungiku, scallion powder, raw shaved asparagus

**For the green garlic broth:** First, cut the green part of the garlic off and chop into medium size pieces. Place in a large pot with cold water and reduce. This will be your base broth-sauce for the dish. Once the sauce is reduced by about ¾, strain. Season with salt. For the pick up, in a small pan, warm broth and add smoked butter. Season and reserve.

**For the confit green garlic:** Take 4 stalks of green garlic and slice the white part on a small bias. Any scrap from this process can be put in the pot for the green garlic broth. Place in a small pot and cover with olive oil. Season with salt. Never bring to a boil, barely a simmer. Cook until the green garlic is soft.

**For the pickled green garlic:** Take the other 2 stalks of the white part of green garlic. Slice in a bias, just like for the confit. Put in a small bowl. In a small pot place vinegar, white wine, water, salt and sugar and bring to a boil. Pour over the green garlic. Reserve.

**Smoked Butter:** If you don't have a smoker, you can get a large pan, line it with aluminum foil. Put the chips on one side, I use applewood, but you can use anything. On the other side of the pan, on top of ice, place the butter. Light the chips and cover the pan so the smoke infuses.

**For the Asparagus:** Peel the asparagus. Reserve 2 stalks for raw garnish. In a saute pan add oil and asparagus. Season with salt. Rotate the asparagus so it cooks evenly and does not brown. Once cooked through, take out of the pan and place a tray, zest lemon on top and squeeze some juice for brightness. For the garnish, take a peeler and peel from the top of the stalk, to the bottom, long peels. Place around the plate for height and bright flavor when ready to eat.

**To plate:** Sear Halibut, season and baste in shio koji butter. Put the green garlic confit and cooked asparagus in the center of the plate. Place Halibut on top of asparagus and season with fleur de sel. Garnish with asparagus shavings, pickled green garlic, herbs, flowers and powder. Pour about 2 ounces of broth per portion.



# Mackerel, Radish Dill

by Chef Bryce Shuman

(Serves 20)

## Cured Mackerel Yields 20 ea

1 ea: Spanish Mackerel  
3000 g: tomatillo juice  
1000 g: champagne vinegar  
45 g: fish sauce  
60 g: kosher salt

Fabricate the Spanish mackerel into 60g portions. Combine the tomatillo juice, champagne vinegar, fish sauce and salt to form a brine. Immerse the fish portions in the brine to cure for 3 hours. Remove and reserve.

## Radish Shaves Yields 100 g

1 ea: daikon radish

Using a mandolin, shave the daikon radish into 2mm thick slices. Arrange the slices in piles and punch them out using 10mm, 20mm and 30mm sized ring punches. Compress them in ice water at 24 mBar. Reserve.

## Dill Water Yields 300 g

100 g: dill  
400 g: water  
100 g: ice

Combine all the ingredients in a blender and buzz on high until completely blender. Pass through a chinois and reserve the liquid.

## Tomatillo Base Yields 400 g

400 g: tomatillo juice  
12 g: ultratex 8  
37 g: fish sauce  
7g: salt

Combine all the ingredients in a blender and buzz on high until completely blender. Pass through a chinois and reserve the liquid.

## Tomatillo Sauce Yields 400g

300 g: Tomatillo Base  
100 g: Dill Water

On pick up, combine the ingredients and spoon onto the plate.

## To Finish

1 ea: Cured Mackerel  
8 ea: Radish Shaves, 3 sizes  
1 ea: dill stem, compressed  
6 ea: dill plouche, compressed  
19 g: tomatillo sauce  
2 g: EVOO

On pick up, combine the ingredients and spoon onto the plate.



James Beard nominated Chef Bryce Shuman, of the acclaimed Betony in New York City, garnered three stars from the New York Times, one Michelin star, and was named 2015 Food & Wine magazine "best new chef." After offering a pop-up dinner delivery service called Ribs n Reds, (a social justice project to benefit the Brooklyn community bail fund), Bryce is now the Chef of the exciting open fire cooking Sweetbriar restaurant in Manhattan. He is a soon to open GG, a fun and delicious Japanese Izakaya right around the block.



# Ceviche with Buttermilk Leche de Tigre

by Chef Shamil Velazquez

(Serves 6-8)



A 2020 James Beard Award semifinalist for Best Chef: Southeast, Executive Chef Shamil Velazquez works directly with farmers and fisheries to source sustainable seafood both locally and from a multitude of regions throughout the world. His menu features an extensive raw bar selection and artfully presented dishes with an emphasis on traditional and contemporary preparations. Velazquez combines his Puerto Rican upbringing with thoughtful techniques and culinary experiences honed from kitchens across the country.



## Ingredients:

Local Red Snapper: 2lb (Abundant Seafood)

## Leche de Tigre:

Buttermilk: 8oz (Growfood Carolina)  
Ginger: 0.05oz (Spade and Clover Farm)  
Celery: 1oz (Growfood Carolina)  
Garlic: 1ea  
Onion: 0.05oz  
Lemon Zest: 1ea  
Cayenne: 0.5tsp  
Clam Juice: 0.07oz  
Salt: to taste  
Cilantro Oil  
Cannola Oil: 8oz  
Cilantro: 1bu (Spade and Clover)

## Other

Corn Nuts: 0.25 oz  
Cucumber - Small Dice: 0.25oz (Grow Food Carolina)  
Red Onion - Thin julienne: 0.25oz  
Celery Leaves: 5ea  
Salt: to taste  
Aji Pepper - thinly sliced 1ea (Spade and Clover Farm)

## Snapper

Purchase a snapper at your local fish shop. Make sure it has clear eye and bright gills. Should smell sweet not fishy. Have them skin it and remove the pin bones. Cut snapper fillet into bite size cubes. Set aside in a bowl in the refrigerator.

## Leche de Tigre

Place all ingredients in a blender and blend until smooth and fully incorporated. Strain through fine mesh strainer to remove any solids.

## Cilantro Oil

Place Cilantro and Oil in Blender and blend until a bit of steam come up the top. Strain through a coffee filter.

## Plating

Dress the fish with the leche de tigre, salt, a bit of crushed ice and allow to marinate for 5 minutes. Plate on top of chilled bowl and freely place red onion, corn nuts, fresno, cucumber and celery leaves. Finish the dish with drops of cilantro oil around the buttermilk in the plate.

## Storage Method

Refrigerator in air tight container.



# Arroz Caldo

by Chef Carlo Lamagna

(Serves 4-6)

## Ingredients:

2 ea: chicken thigh, bone in, skin on  
2 ea: chicken drumsticks, bone in, skin on  
4 qts: chicken stock  
2 cups: medium grain rice  
2 tbsp: vegetable oil  
2 tbsp: ginger, minced  
2 tbsp: garlic, minced  
½ cup: onion, small dice  
½ cup: fish sauce  
As Needed: salt and black pepper  
Optional: 1 cup of mixed chicken offals (heart, gizzard, liver)

## Garnish:

1 tbsp: scallions, sliced  
1 tsp: fried garlic  
1 ea: lemon wedge

## Directions:

1. In a pot or dutch oven, add oil and sear chicken until browned. Remove chicken parts.
2. In the same pot, sweat onions, ginger, and garlic. Season with salt and pepper.
3. Add rice and stir until well incorporated with vegetables. Add about 2 qts of the broth, bring to a boil and cut to a simmer. Cook until rice is tender. Return chicken parts back into the pot and add broth until desired consistency is achieved (thicker porridge or looser soup consistency). Allow chicken to finish cooking, about 10-15 minutes. Season with fish sauce. If adding offals, add them in when you return chicken parts to finish cooking.
4. Pour arroz caldo into a bowl, top with scallions and fried garlic and add lemon as desired...*enjoy!*



Chef Carlo Lamagna's cooking is an homage to the vibrant flavors of his childhood and a tribute to his late father. "I learned to explore my heritage, to not be ashamed, to cook with purpose and with soul," he says. Carlo, formerly Executive Chef at Clyde Common, is the owner of Magna Kusina in Portland, Oregon. He is a 2021 Winner of Food & Wine's Best New Chefs award.



Drake Leonards is the Executive Chef-Partner of Eunice in Houston, Texas. Drake grew up on a rice farm in Eunice, Louisiana, and began his restaurant career at the age of 15 as a dishwasher in a local eatery. Upon graduation, Drake began a journey that led him to NYC working in Café Boulud, then two years living and working in the Black Forest of Germany and traveling through Spain, France, Switzerland, and England, collecting gastronomic experiences along the way.



## Duck and Shrimp Gumbo by Chef Drake Leonards

(Serves 4-6)

### Ingredients:

6 wild teal ducks, cleaned and quartered, or 4/6 farm-raised duck legs  
2 lb. wild-caught medium shrimp (40-50 ct )  
Salt and pepper  
1 teaspoon dry thyme  
1 cup rendered duck fat or vegetable oil  
1 ½ cup all-purpose flour  
2 onions, diced or 2 cups  
2 stalks celery, chopped about 1 cup  
1 green bell pepper, chopped about 1 cup  
2.5lb. smoked CAJUN pork or Andouille sausage  
1 tbsp. minced garlic  
4 quarts chicken stock  
1 tbsp. Worcestershire sauce  
2 tbsp. Creole seasoning  
2 bay leaves  
2 cups okra, diced (frozen works fine)  
Tabasco sauce TT  
2 quarts cooked rice  
2 bunches green onion, sliced

### Method:

1. Liberally season the ducks with salt, pepper, and creole spice. Slowly roast ducks in a dutch oven until most of the fat has rendered out and the skin is nice and crispy, about 15 minutes. Remove the ducks from the pot and reserve the fat.
2. To make the roux, heat 1 cup of reserved duck fat or oil in a 10/12-quart pot over medium high heat, add the flour, whisking constantly. Allow it to cook to a light golden brown. This should take about 20 minutes . Adjust heat if necessary (if cooking too fast) and allow the roux to further brown, stirring often, until it resembles the color of milk chocolate. This should take approximately another 5 minutes. Stir in the onions, and cook until the roux takes on a deep dark chocolate color. This should take another 5 to 10 minutes. Add the celery, sausages and garlic, okra and cook to combine for 5 minutes, stirring frequently.
3. Add stock, Worcestershire, Creole seasoning, bay leaves , duck and bring mixture to a boil. Lower heat and simmer until flavors marry, occasionally skimming the fat that rises to the top, about 1 1/2 hours.
4. Add the shrimp and continue to simmer for another 5 minutes. Season the gumbo to taste with salt, pepper and Tabasco sauce. Serve over rice in a large flat soup bowl, and garnish with chopped green onions and a side of potato salad.



# Amber Ale Braised Veal Shanks with Pumpkin and Butterbeans

by Chef Declan Horgan

(Serves 4)

**Cook Time 3 hours**

**Ingredients:**

- 1 large carrot peeled & diced
- 1 large onion peeled & diced
- 1 rib celery diced
- 2 cloves garlic minced
- 2 teaspoons salt
- 1 teaspoon dried parsley
- 2 tablespoons honey
- 2 tablespoons dijon mustard
- 1 tablespoon of wholegrain
- 4 large veal shanks
- 2 cans amber ale
- Asian pear diced 1
- Butter beans cooked

**Method:**

- 1 Preheat the oven to 375 degrees.
- 2 In a large dutch oven or braiser combine the carrot, onion, celery, and spices.
- 3 In a small bowl combine the honey and dijon mustard. Rub this combination over the shanks until well covered. Nestle the meat into the vegetables.
- 4 Add the Amber to the pot until it covers at least one-quarter to one-half of the meat.
- 5 Place in the oven and cook for 2 to 3 hours, until the meat seperated from the bone easily.  
Then add the beans and gnocchi to cook and warm through for the final stage
- 6 Remove from heat and serve warm.



A native of Ireland, Declan rose to fame during his tenure on Hell's Kitchen S19. On top of being the first Irishman contestant in the show's history, Declan was the first contestant in S19 to receive a perfect five out of five stars on his very first dish. His immense knowledge, clear dedication to his craft, and his "Lead, Follow, or F\*\*K OFF" mentality have made him a fan-favorite.



# Smoked Beef Shank

by Chef Andre Natera

(Serves 4)

## Ingredients:

Beef, Shank gram: 2.5 kilo  
Onion, White (sliced) 200 grams  
Garlic (Whole) 50 grams  
Celery 150 grams  
Oregano, Mexican Dried 3 grams  
Thyme (Sprig) 5 grams  
Bay Leaf, whole 1 ea  
Coriander, seeds 3 grams  
Cumin, seed 3 grams  
Chile, Ancho 20 grams  
Chile, Guajillo 5 grams  
Parsley, (Sprig) 20 grams  
Wine, Red 250 grams  
Beef stock 1000 grams  
Salt 10 grams  
Peppercorn, Black 5 grams

## Method:

1. Preheat a smoker to 250 degrees and use your favorite wood, we use post oak.
2. Generously season the beef shank with salt and pepper.
3. Once the smoked is ready smoke the shanks for approx. 1 hour.
4. Add some oil to a pan large enough to fit the shank and add some oil.
4. Add the garlic, onion and celery to the searing pan and caramelize to golden brown.
5. Next add the oregano, thyme, bay, coriander, cumin, chills, parsley and red wine to pan.
6. Reduce the red wine by 75%.
7. Add the Beef just to the mixture, as well as the smoked shanks, and bring to a hard boil.
8. Once the braise mixture has come to a boil, cover with parchment and foil and place in the oven or back in the smoker.
10. Once cooked, (about 2.5 hours) remove the foil cover and let rest.
11. The liquid in the pan can be reduced into a sauce to serve with the shank.



Andre is a former Chef with over 25 years of experience in luxury hotels and high-end restaurants. He most recently spent 5 years as Director of Culinary and Executive Chef at the Fairmont Hotel in Austin. During his career as a chef, he learned many valuable lessons that transcend cooking, with the most important one being a leader of people and teams.





Erin has worked in various arms of the hospitality industry, most recently as the Executive Pastry Chef for Union Square Events, Mah Ze Dahr Bakery and Reynard at the Wythe Hotel. She is most recognized for her work in celebration and wedding cakes and has been featured in NY Magazine Weddings. Erin was also recognized as a Rising Star in 2015, and she's referred to as "The MacGyver of Pastry" in kitchens all over the country.



## Yuzu Chocolate Decadence - Rich Yuzu Chocolate Custard by Chef Erin Kanagy-Loux

(Serves 12-16)

**TCHO Chocolate: 68% Fruity, 81% & cocoa powder**  
**Pan size: 6in square**

### Ingredients:

170g: Butter  
180g: Agave Syrup  
145g: Yuzu Sake  
20g: Yuzu Juice  
2g: Vanilla Extract  
2g: Salt, Fine Sea  
88g: 68% Chocolate  
40g: 81% Chocolate  
57g: Cocoa Powder  
150g: Egg, Whole  
20g: Egg, Yolk

### Method:

Preheat oven to 300°F.

Fully line the interior of the baking pan with foil and gently oil (spray, brush with butter etc).

Place the chocolate and cocoa powder into a bowl and begin melting over a water bath\*. Make sure to stir and create a homogenous mixture (i.e. no dry cocoa pockets). Take off heat and place onto a towel once fully melted (reserve the hot water for later use).

In another pot, bring butter, agave, yuzu juice and yuzu sake to a simmer.

While warm, pour sake mixture over chocolate and whisk until smooth.

Whisk eggs (whole & yolks) into chocolate mix while being mindful not to "cook" the eggs if too hot.

### Stir in vanilla extract and salt.

Pour through a fine mesh strainer straight into the prepared baking pan.

Open your oven and slightly pull out the rack you will be baking on. Place your water bath pan onto the rack. Place your strained decadence pan inside the larger pan.

Pour the warm reserved water (reheat to a steam if cooled) into the larger pan, careful not to splash onto decadence.

Pour the water bath to just at or slightly above the height of decadence and slide rack back into place.  
(Don't let the water slosh and splash!)

Bake until the decadence is set. When tapped, the mixture moves as one (like jello) versus ripples (like a wave).

Depending on the depth of decadence and pan size used, approximately 60-85min.

Once set, let cool to room temp then refrigerate 4 hours to overnight.

Carefully unmold decadence and if cutting use a sharp, hot knife that is wiped clean between cuts.

\*Water bath - Bring water to a full boil then turn down to a simmer. You should still see steam rising from the light simmer.

For melting chocolate, you can turn the boiling water fully off if your bowl sits inside of your pot and touches the water.





LA native Levon Wallace immersed himself in the Bay Area's food culture and began apprenticing at some of the city's finest restaurants. Wallace worked at a series of AAA four- and five-diamond restaurants, including Maravilla at the Ojai Valley Inn. Now executive chef at Proof on Main in Louisville, Kentucky, this California boy has become a self-declared "wannabilly," grafting his roots with Kentucky's and making Proof on Main one of the most exciting places to eat in the Ohio River Valley.



## Peanut Butter Blackout PretzelCrunch Cookies

by Chef Levon Wallace Recipe by Kim Wallace, Co-Owner FatBelly Pretzel

### PretzelCrunch

#### Ingredients:

4 cups: Soft pretzel pieces, diced in 1 inch pieces

113 grams: (1 stick) butter, melted

¼ cup: Brown sugar

¼ cup: Granulated sugar

4 tablespoons: Malted milk powder

Preheat oven to 325°

Toss all ingredients in a bowl to combine and spread over a parchment lined cookie sheet.

Bake for 12-15 minutes, stirring halfway. Set aside to cool completely before handling.

### PB Blackout Cookie Dough

#### Ingredients:

227 grams: Butter, Softened

325 grams: Granulated sugar

2 each: Large eggs

2 Tablespoons: Corn starch

¾ teaspoons: Baking soda

¾ teaspoons: Kosher salt

50 grams: Dark, high quality cocoa powder (such as black cocoa)

383 grams: Bread flour

260 grams: Peanut butter chips

90 grams: Semi sweet chocolate chips

PretzelCrunch pieces from recipe above

Preheat oven to 325°

In a stand mixer fitted with a paddle attachment, add ingredients 1-7 and mix on low for 1-2 minutes to combine.

Once combined, raise mixer speed to medium for 3-4 minutes until smooth and fluffy.

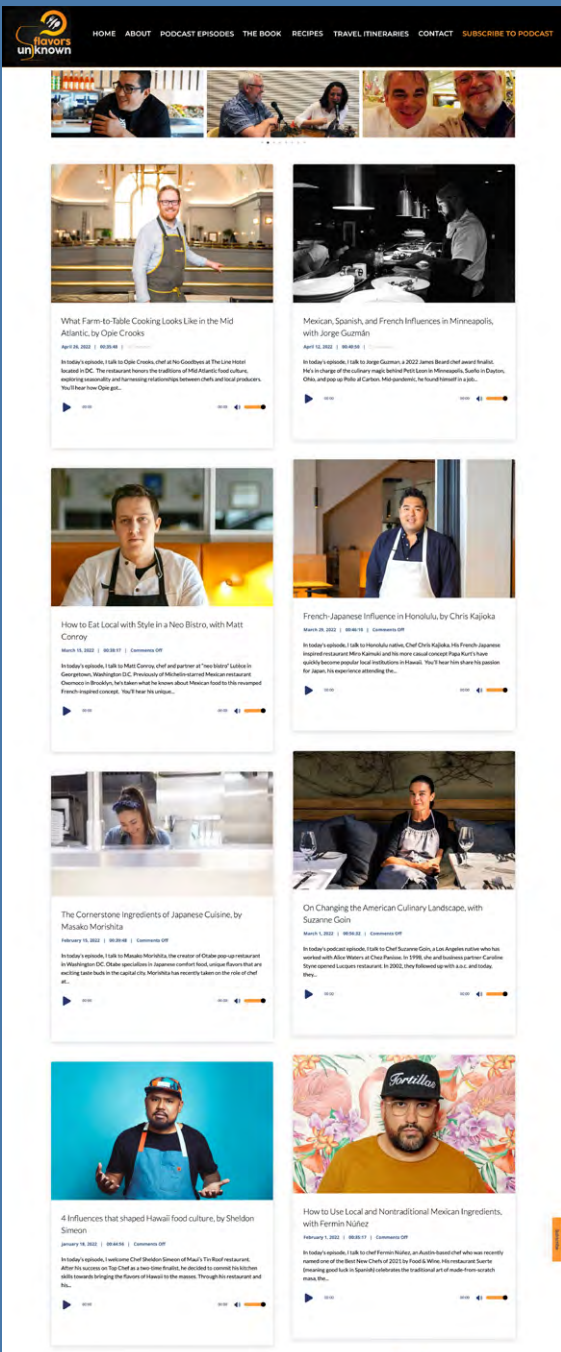
Turn mixer off, flour and mix on low for about one minute or until almost thoroughly incorporated. Add peanut butter chips and chocolate chips and mix for 30 seconds or until cookie dough is fully combined.

Scoop dough in 95 gram portions. Place 6 dough balls per 13x18 sheet pan, evenly spaced apart.

Press 6-8 pretzelcrunch pieces into each cookie with with your fingers.

Bake at 325 for 15-20 minutes.





# Experience the *flavors unknown* podcast, with host Emmanuel Laroche

## Go Behind the Scenes with Chefs and Mixologists

- ✓ If you're a chef or a mixologist and you're curious about your peers' creative process, interested in their inspirations, or just looking for professional tips, flavors unknown is for you!
- ✓ If you're a foodie who enjoys hearing how chefs, pastry chefs and mixologists conceptualize and create the tastes that delight us, flavors unknown is for you!
- ✓ If you're a curious "learner" or "doer" who is interested in stepping up your game in your own home kitchen, flavors unknown is for you!

In the flavors unknown podcast, Emmanuel interviews trending chefs and mixologists to gain insight into their background, their inspirations and the unique personal experiences that have enabled them to become leaders in the worlds of culinary and mixology.



Visit the podcast web page

More than 3,000 downloads per month!  
Tune in and inspire your own creativity!

Follow *flavors unknown* on Instagram, Facebook, and Twitter at @flavorsunknown

