

Chefs' Bedtime Stories

Respect Thy Bounty

The Vegetable That Kept on Giving



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The Three Little Cases of Squash

I One day, the Chef and his **team** set out to create a seasonal first course for the Private Bank. It was optimal that this course had the ability to be pre-set, and vegetarian as there was going to be a large contingent of vegetarians attending the dinner. Winter vegetables I thought would be nice, a mix of preparation, some roasted and others cooked individually in seasoned broth. Add some hearty greens and something crispy and we were good to go.

We needed to start out with a base. “How about a disk of roasted butternut squash,” asked PB, the sous chef?

“Sounds great,” said Chef. So he ordered 2 cases, figuring we would probably make it. The two cases could team up and help me get the job done. It soon came to pass that two cases were not enough and we had to get another case in.

Next we needed to get some other vegetables in, **diversify**, baby carrots we could cook Vichy style with onion, lemon, sugar, and salt. Cauliflower we turned and cooked in saffron and a bouquet garni. The baby Turnips ended up being “teenagers”, but that was ok, we cut them in ½ after cooking.

The Turnips had some beautiful tops which would be a shame if we didn't **maximize their potential** and incorporate them into the salad, along with the frisee and baby kale. Sherry vinegar always works well, and then some julienne frazzled leeks for some crunch.

“Voila!” said Chef

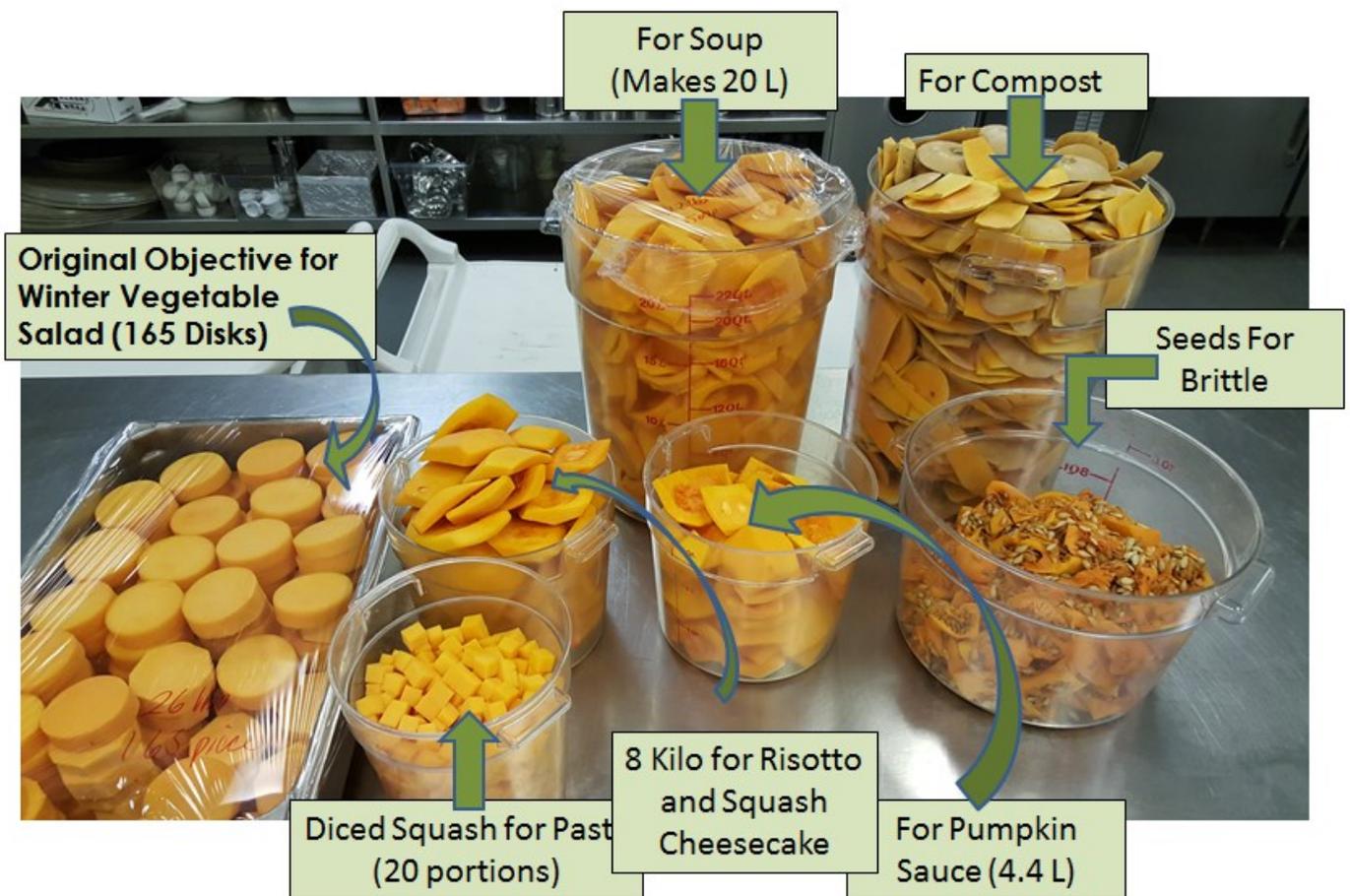
The Simple Winter Vegetable Salad with Sherry Vinaigrette

The dish was well received and I was happy with the result. There was just one problem.....



What do I do with all the left-overs?!

I did have to buy a third case of butternut squash to get the 165 disks needed, as you can see, there was a bit leftover.



II So I went back to the first principle in culinary-**Mis En Place...**

Mis En Place translated, everything in its place, is a simple phrase which represents a culture embodying the chefs principles: Organization (Communication, Teamwork), Planning (Critical thinking), Production (Moderation and Frugality), Creativity and Innovation (Diversity), Discretion (Poise, and Commitment to Freshness)

The squash was abundant and it separated itself distinctly into parts. Being we created the dish for the Private Bank, it only seemed right we **maximized the squashes potential**. The question is how. I was separating the parts, the 3 cases of squash parts became seven different courses.

The original disks were easy because they were the main theme. The remainder of the necks screamed out all at once, "I want to be diced." So they were diced up and set aside.

From there, all the scraps from trimming the disks and dicing the squash, we were left with 22 lbs of scraps. Mr. **Frugal** in me eerily heard, "Don't throw me away." This was obviously a good bunch of squash I could make a healthy soup with. So I did.



While the soup was cooking I had time to clean the butts of the squash that held all the seeds. I trimmed the outside and scooped them out. Wow what a score. If I were a farmer I could plant the seeds and have a great garden full of squash by the time the next fall rolled around. But that was not their calling this time. Something sweet and crunchy might marry well with the soup, so I dried out the seeds, toasted them with some spice and made a brittle.

I thought you might like a copy of the soup recipe, so I added it into the book on the next page.

Butternut Squash Soup

(This can be done without the cream and add more water or stock as replacement, Soup shown below has the addition of maple cream and spiced pumpkin seed brittle)

22 lb Butternut squash, peeled and cut into 1 cm cubes
4.4 lb White onions sliced
4 Bay leaves
2 oz. Fresh sage leaves wrapped in muslin with the bay leaves
20 oz. Unsalted butter.
6 oz. Sea salt.
4g Ground white pepper
1 ½ lb Honey
1lt Heavy cream
9 litres Water
3 ½ oz. Lemon juice

Method

1) Heat a pan on low heat with the butter so it melts, then add the sliced white onions, the sage and bay leaves wrapped in muslin, salt and pepper, cooking this for five minutes with no colour. Then add the squash along with honey, cover with a lid so the squash sweats, and cook this for 10 minutes on a low heat. Stir the squash now and again so they don't brown on the bottom.

2) Add the water, turn the heat up to full and bring the soup to a simmer, simmer for 15 minutes, then add the lemon juice. Turn off the heat and ladle the soup in to the blender jug only fill it 1/2 full then blend the soup for 2-4 minutes to a fine puree, place the soup into a clean shallow pan, then chill.

To finish the soup for garnish

Deep fried sage leaves

Dice some white bread into croutons, toss in olive oil salt and pepper and toast in 300 degree oven until golden

Drizzle the top of the soup with honey

III Brittle can also be an attractive savoury/ sweet snack in the afternoon. 50 People today!

For the Brittle

2 cups Sugar
 1/2 cup Water
 1 stick Unsalted butter
 1/3 cup Light corn syrup
 1/2 teaspoon Baking soda
 12 ounces Roasted seasoned squash seeds
 Fleur de Sel or crushed Maldon sea salt



Method

In a large saucepan, combine the sugar, water, butter and corn syrup and bring to a boil. Cook over moderately high heat, stirring occasionally, until the caramel is light brown and registers 300° on a candy thermometer, 10 minutes.

Remove from the heat and carefully stir in the baking soda. The mixture will bubble. Stir in the nuts, then immediately scrape the brittle onto a large rimmed, nonstick baking sheet. Using the back of a large spoon (oil it lightly if it sticks), spread the brittle into a thin, even layer. Sprinkle with salt. Let cool completely, about 30 minutes. Break the brittle into large shards.

The brittle can be stored in an airtight container at room temperature for up to 1 month.



We still had to deal with the meat of the butt of the squash. We already had some diced squash, why, not incorporate that squash as the vegetable for a vegetarian pasta? So I made a sauce with some of the butts, diced them up with some thyme and butter, onion and cream.

Voila!" said Chef.

IV

Tagliatelle with Pumpkin Sauce and Sage

4lbs Pappardelle pasta

6g Finely sliced sage

7oz Fresh Parmesan

20g Salt

3g Milled black pepper

For the sauce

4.4lbs Butternut squash, peeled, cut into 1/4 in cubes

2g Fresh sage, finely chopped

7 oz Unsalted butter.

1 oz Sea salt.

3 1/2 oz Honey.

10 oz Heavy cream.

1 1/2 qts White chicken stock.

1 oz Lemon juice

Method for the sauce

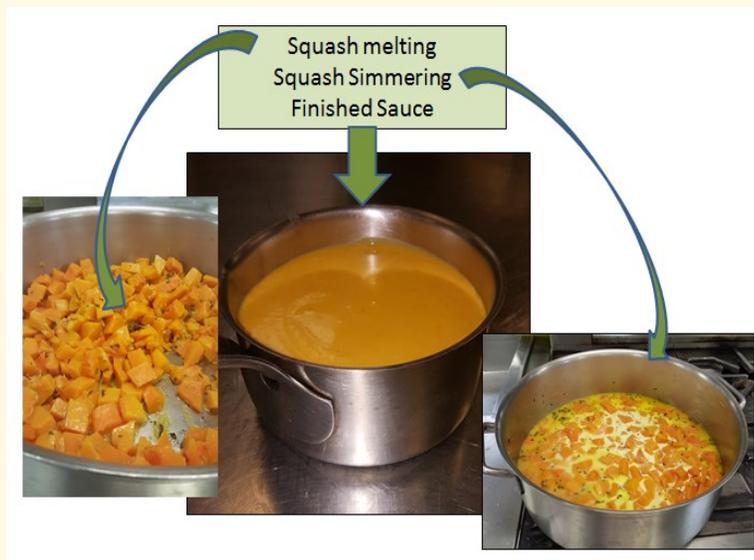
Heat a pan on a low heat, add the butter so it just melts (not brown), add the squash along with the sage, sea salt, honey and lemon juice. Cover with a lid so the squash sweats and cook for 10 minutes on low heat, stir the squash now and again so they don't brown.

Add the stock, cream and turn up the heat to full and bring the sauce to a slow simmer and cook for 5-10 minutes. Turn off the heat and ladle into the blender jug, blend the sauce for 2-3 minutes to a fine puree, place the sauce in to a clean tray and blast chill to cool, or reserve hot for use.

Makes 2.2 litres

Lazarus, our go to specialty cook, walked into the walk – in cooler and saw the squash on the family shelf, probably placed there for temporary purposes. He is always saying “Nunca Bas-sura!” Lazarus said, “Hey Chef, I can bring this back to life.”

“You sure can!” exclaimed the Chef.



Because Chef's are so **frugal**, there was still more to deal with there was so much squash. We had already turned the necks into diced squash, why not incorporate that squash as the vegetable for a vegetarian pasta? Lazarus made some Tagliatelle and a sauce with some of the butts, diced those up with some thyme and butter, onion and cream.

Voila!

Roasted butternut squash

2 lbs Butternut squash

2g Chopped thyme

2g Chiffonade sage

2 Bay leaves

3 1/2 oz. Butter

3 oz. Olive oil

2 oz. Honey

Salt and Fresh ground black pepper

For the Dough

2 lbs. Flour

2 T Salt

2 T Truffle oil

14 Egg yolks

6 Yolks



Cut the pumpkin into 1/2 inch dice so they are nice and square, then heat up a large sauté pan till nice and hot, add the olive oil and add the pumpkin, bay leaves, and seasoning with salt and pepper. Add the butter to the pumpkin and sauté till golden in colour and just cooked through, make sure it does not get overcooked and too soft. At the end of cooking add the honey, chopped thyme and sage

For the dish

Bring a pan of salted water to the boil with a little olive oil and cook the pasta for 5-8 minutes to al dente, drain the pasta very well into a colander and place into a bowl add the pumpkin dice and enough sauce to coat, add the parmesan and sage check the seasoning and then place into a bowl adding the pine nuts and parsnip ribbons.

To finish the dish

Diced roasted squash

Chiffonade of sage

Pumpkin sauce

Toasted pine nuts

Parsnip Ribbons to go on the top

Shaved Parmesan cheese if desired.



V We really had a lot of butt ends so Lazarus made a bit more sauce than I probably needed, But that was ok. We were able to utilize that sauce on another day with another vegetarian special.

Hassan who also assists with writing menus, needed a vegetarian dish and he saw the squash sauce labelled and dated in the freezer the following week. This time we had a group of forty in for dinner. The Chef asked Hassan to make sure he would have at least 8 portions of something available for the vegetarians. Hassan made some risotto. The squashed seemed like it was a gift that kept on giving. Not only did it give us product to utilize that was already paid for but we were able to be **creative** and use it in many different ways.

Did you catch the recipe on the previous page? OK. Good. Where was I ? Oh, the risotto. We usually make a puree specifically to add to the risotto to finish the dish but, remember, we had some sauce left over from the pasta, so we **adapt**. We used that sauce to finish the risotto instead. . We used some of the other scrap to make a stock and followed the rest of the recipe. It still came out really well, as you can see below.

Rice is gluten free you know. Some people have difficulty with gluten and try to not **consume** it. So this is a filling vegetarian alternative for them.

Might as well give you the recipe for the risotto as well, as your tummy is probably grumbling right now! I'll post it on the next page.



Butternut Squash and Walnut Risotto

6 oz Butter
8 Cloves fine chopped garlic
1 lb Fine chopped shallots and 500g fine chopped onions
8g Chopped sage and thyme
3g Chopped rosemary
4 Bay leaves
20g Salt
2g Pepper
1 lb. Risotto rice
2. 1/2 Qt Chicken stock
4 lbs. Cleaned butternut squash chopped small for the puree
2 oz. Honey
1 pt. White wine
7 oz. Parmesan
14 oz. Diced butternut squash
5 oz. Walnuts lightly toasted
7 oz. Mascarpone

Method

Place a pan onto a medium heat then add the butter, when it has melted add the butternut, Add the salt and then cover with a lid. Then cook this slowly so it sweats well for 5-8 minutes. Then remove the lid and add the honey cook for a couple more minutes then add the stock. Bring to a slow simmer then cook for 10 minutes at a steady simmer. Drain off all the stock and keep a third of the butternut a side, then place the rest in the blender and puree till fine then pass through the fine sieve for later. Put the rest of the butternut into the blender and puree with all the liquid till smooth. Then pass this through the sieve and into a pan.

You will then use this stock for making the risotto with, meanwhile sweat off the shallots, garlic, small diced squash and herbs on a low heat in olive oil with no colour, add the rice and cook for 2 minutes stirring all the time. Place in the white wine and cook till absorbed it will take a minute or so, then slowly add the butternut squash stock to the rice little by little stirring every minute or so. This will take around 12-14 minutes till the rice is almost cooked. Then at the end add the squash puree, when it is almost cooked add the Mascarpone, Parmesan, sage, walnuts.

VII We have been all about **maximizing this squashes potential**, so now we are going to “push the envelope,” as they say. **Innovate, innovate, innovate**. How about we take the last of that squash, make a puree again, but this time, finish the story with an **innovative** dessert. Squash is distant cousin of pumpkin, and we use pumpkin in desserts: pumpkin pie, pumpkin cheesecake, pumpkin ice cream, etc.

Timmy, the pastry chef said, “If you want to make a dessert, and call it pumpkin instead of squash, its in the same family. For 60 people, maybe we should play it safe and make a traditional cheesecake. Remember the time I put the watermelon soup on for dessert for 100 people a few years ago and the planner changed the wording to ‘Watermelon Gazpacho’, we served 32 fruit plates that night. Most people think of butternut squash as a savory dish, sometimes less is more.”

“And nothing goes to waste!” said the Chef.

Butternut Squash Cheesecake

Yield: 60 4oz cup

Cream Cheese	6.25#
Sugar	4 1/3 c
AP Flour	1/2c
Orange Zest	1Tbsp.
Vanilla	1Tbsp.
Eggs	12
Yolks	6
Heavy Cream	5oz
Butternut Squash Purée	6c
Cinnamon	1Tbsp.
Nutmeg	1/2Tbsp.
Clove	3/4tsp.

For the Crust

Graham cracker crumbs	8c
Butter (melted)	1#

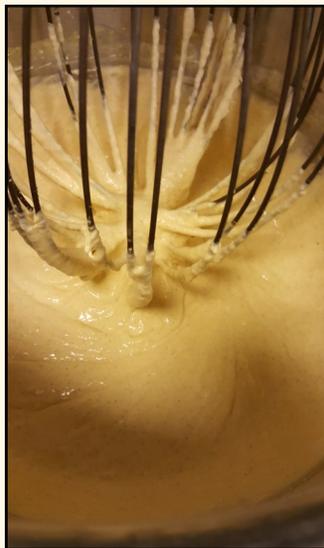
Mix together, you want the crumbs to hold together when you press together. You may have to adjust consistency, if too dry add more butter, too wet add more crumbs.

Method:

Press crust into bottom of 4 oz cup, put in oven for 5 min.

Place cups in hotel pan and spray cups well

Pour in cheesecake base, fill hotel pan with water about 1/2 way up sides of cups. Cover with aluminum fold (tent it so not to hit top of cheesecakes). Bake @ 300F until done (usually 30 minutes).

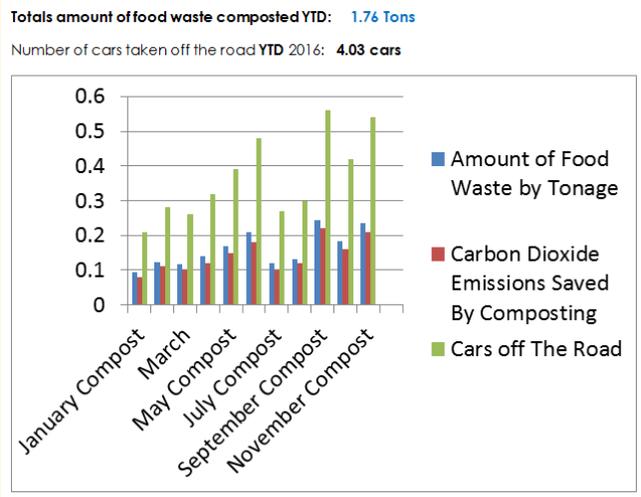


VII In the three cases of Squash there was 22 lbs. of unusable skin that we put in our **compost**. Composting food waste is an important part of the life cycle of the products chef's use. Food waste throughout the food system is responsible for an enormous amount of **greenhouse gas emissions**. Using the largest percentage of the products we purchase and using the maximum amount of the food, composting the rest is how we conserve for future generations. It not only makes good business sense but it is the responsible thing to do.

Organic matter, especially food scrap, is a big contributor to methane gas formation in landfills, a greenhouse gas 23 times more potent than carbon dioxide in trapping heat close to the earth's surface. Contrary to popular perception, organic materials like food do not decompose peacefully in a landfill. Instead the materials generate methane gas, the strongest of the green houses gases, 23 times stronger than carbon dioxide, which is generated through composting.

This year we were able to take almost 5 cars of the road.

Mother Theresa of Calcutta once said, " I alone cannot change the world, but I can cast stone across the waters to make many ripples"



Implementing a food waste reduction program an initiative which could possibly cut food cost at a restaurant or home, could just as well reduce our carbon **foodprint** in landfills. It is designed to be implemented and executed by all of the restaurant staff to increase engagement, operational efficiency, and create awareness about the environmental impact of food waste.

Whether we are eating the seeds or planting them in our home garden, composting, or feeding the scraps to our rabbits or pigs. The more we reuse, replant, recycle the better for all.

Keep an eye on the amounts of food that you purchase, and don't freeze foods for too long. Frozen foods lose their integrity: in texture, taste. Expired, unused (spoiled), out of date food is not a luxury others around the world have. So we should respect what God has provided for us, treating it with as much care as he had when he created it and you!

VIII Throughout this book we've highlighted many principles and traits of the chef through the lens of the squash and the chef's most basic principle *Mis en Place*, which extends to a broader way of life. Most of these rules are easy to



learn, easy to follow and will help you in your day to day life. Whether it is talking with your friends, planning your Friday night out, how will you be able to accomplish all the things you need and want to do over the weekend, with only a small amount of money in your piggy bank, by listening to your inner chef and your parents' guidance will do you a world of good. Remember they've been where you are and learned from mistakes along the way. Their age has brought them wisdom. A smart person learns from their mistakes, a chef, not only learns from his mistakes, but he learns from others' mistakes as well.

Although there is a great deal of planning that goes into the way a chef works or lives his life, his organization and communication skills allow him to be quick on his feet, create and take chances. Not always without fail, but the risks, as they are more calculated, by far lead to bigger and better rewards.

Glossary

Adapt is to make (something) suitable for a new use or purpose; modify.

Adaptation refers to both the current state of being adapted and to the dynamic evolutionary process that leads to the adaptation. Adaptations enhance the fitness and survival of individuals. "Hospitals have had to be adapted for modern medical practice"

Consume is to eat, drink, or ingest (food or drink). Or, buy (goods or services), use up (a resource).

"People consume a good deal of sugar in drinks."

Creative is relating to or involving the imagination or original ideas, especially in the production of an artistic work.

"Change unleashes people's creativity."

Critical thinking is the objective analysis and evaluation of an issue to form a judgment

"Professors often find it difficult to encourage critical thinking amongst their students"

Diverse is showing a great deal of variety; very different.

"A culturally diverse population can create a great idea pool."

Discretion is the quality of behaving or speaking in such a way as to avoid causing offense or revealing private.

"She knew she could rely on his discretion." -The freedom to decide what should be done in a situation.

Frugality is the quality of being frugal, sparing, thrifty, prudent or economical in the consumption of consumable resources such as food, time or money, and avoiding waste, lavishness or extravagance.

In behavioral science, frugality has been defined as the tendency to acquire goods and services in a restrained manner, and resourceful use of already owned economic goods and services, to achieve a longer term goal.

Potential generally refers to a currently unrealized ability. The term is used in a wide variety of fields, from physics to the social sciences to indicate things that are in a state where they are able to change in ways ranging from the simple release of energy by objects to the realization of abilities in people.

Mis En Place translated, everything in its place, is a simple phrase which represents a culture embodying the chefs' principles: Organization (Communication, Teamwork), Planning (Critical thinking), Production (Moderation and Frugality), Creativity and Innovation (Diversity), Discretion (Poise, and Commitment to Freshness)

Planning (also called forethought) is the process of thinking about and organizing the activities required to achieve a desired goal. It involves the creation and maintenance of a plan, such as psychological aspects that require conceptual skills. There are even a couple of tests to measure someone's capability of planning well. As such, planning is a fundamental property of intelligent behavior.

A **principle** is a law or rule that has to be, or usually is to be followed, or can be desirably followed, or is an inevitable consequence of something, such as the laws observed in nature or the way that a system is constructed.

The principles of such a system are understood by its users as the essential characteristics of the system, or reflecting system's designed purpose, and the effective operation or use of which would be impossible if any one of the principles was to be ignored.

Risk is the potential of gaining or losing something of value.

Values defined as: physical health, social status, emotional well-being or financial wealth, can be gained or lost when taking risk resulting from a given action or inaction. Risk can also be defined as the intentional interaction with uncertainty. Uncertainty is a potential, unpredictable, and uncontrollable outcome; risk is a consequence of action taken in spite of uncertainty.

A **team** is a group of people or other animals linked in a common purpose. Human teams are especially appropriate for conducting tasks that are high in complexity and have many interdependent subtasks.

A group does not necessarily constitute a team. Teams normally have members with complementary skills and generate synergy through a coordinated effort which allows each member to maximize their strengths and minimize their weaknesses.