

LET'S DISH



PAM WISCHKAEMPER

Local chefs spice up food scene with book

I promised last month that I would follow up with a column on local chefs Bernard Guillas and Ron Oliver. First, I have a disclaimer. Chef Bernard and the La Jolla Beach & Tennis Club were longtime clients when I had my business in Carlsbad. We remain close friends.

That said, the San Diego food community owes a debt of gratitude to this ambassador of the San Diego food scene. No matter where he is in the world, he touts the chefs, farmers and cuisine of the San Diego region.

In November, Chef Bernard and his Marine Room executive chef Ron Oliver published "Flying Pans: Two Chefs, One World." For those readers who have seen the book, don't mistake it for a coffee-table tome. The book is a culinary adventure around the globe. Both chefs are intrepid travelers — no food is too strange or too different for their taste buds.

They are also inquisitive and leave no stone unturned when discovering new ingredients. The recipes are carefully researched and tested, and are user-friendly to the average cook. A rank beginner might want to gain a few basic skills before trying the recipes, but the feedback I'm getting is that the recipes are easy to follow and delicious. A great help to novice cooks are the pictures.

New York photographer Gregory Bertolini has captured the heart and soul of these two culinarians. Also helpful are the cooking term dictionary, ingredient substitution list and conversion tables.

For those of you who don't buy cookbooks, I'm giving you a couple of recipes from the book. One is simple; one is a bit more complicated.

But whichever you choose to try, have fun and go for it. Introduce your family to some new tastes and ingredients. Cooking is always an adventure; let chefs Bernard and Ron begin your journey.

CHICKEN PISTACHIO MEAT LOAF

1/2 tablespoon olive oil
2 pounds ground chicken, preferably thigh meat
1 cup finely chopped sweet onion
1/2 cup peeled, grated carrot
1/2 cup bread crumbs
1/2 cup chicken stock
3 large eggs, lightly beaten
3 juniper berries, finely chopped
2 tablespoons brandy
1 teaspoon freshly ground black pepper
1 1/2 teaspoons sea salt
1/4 teaspoon paprika
1/4 teaspoon ground cumin
1/4 teaspoon ground star anise
3/4 cup chopped sun dried apricots
1/2 cup toasted pistachio nuts
2 tablespoons chopped parsley leaves
12 slices turkey bacon

Preheat oven to 350 degrees. Coat loaf pan with olive oil. Combine all ingredients except bacon in large mixing bowl. Line loaf pan with bacon. Pack chicken mixture into dish. Fold overhanging bacon on top. Cover tightly with plastic wrap, then foil. Bake 45 minutes. Remove foil and plastic. Cook additional 10 minutes or until internal temperature reaches 160 degrees. Remove from oven. Let stand 5 minutes. Invert meat loaf onto serving platter. Serves 6 family style. Serve with Tomato Jam (recipe follows).

TOMATO JAM

3 pounds vine-ripened tomatoes
3 tablespoons extra virgin olive oil

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1/4 cup finely julienned peeled ginger root
2 tablespoons balsamic vinegar
1 lemon, zested, juiced
2 tablespoons brown sugar
1 tablespoon thyme leaves
1 teaspoon sambal chile sauce
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

Peel, seed and dice tomatoes. Place in large sauce pot over medium

1 teaspoon chopped fresh thyme leaves
Sea salt and freshly ground black pepper, to taste

Preheat oven to 400 degrees. Remove stems from mushrooms. Wipe clean with dry cloth. Add remaining ingredients to large mixing bowl. Whisk to emulsify. Add mushrooms. Coat thoroughly. Cover. Marinate 20 minutes. Place mushrooms upside down on baking sheet. Cook 5 minutes or until tender. Set aside. Makes 24.

pepper. Fill mushroom caps with mixture.

REDUCTION

1/2 cup pomegranate juice
1/4 cup maple syrup
1/4 cup sherry vinegar
1/2 vanilla bean, chopped

Combine all ingredients in saucepan over medium heat. Bring to simmer. Reduce to syrup consistency. Strain through fine sieve. Cool. Set aside.

PRESENTATION:

1/4 cup crumbled Maytag blue cheese

heat. Add remaining ingredients. Bring to simmer. Cook 1 hour or until jam consistency, stirring occasionally with wooden spoon. Adjust seasoning. Transfer to serving dish. Serve with meat loaf.

MAPLE SCENTED CREMINI MUSHROOMS (WITH TURKEY SAUSAGE AND POMEGRANATE REDUCTION)

24 cremini mushrooms, 2-inch caps
24 tablespoons olive oil
2 tablespoons sherry vinegar
2 tablespoons maple syrup

TURKEY SAUSAGE

1 pound turkey sausage, about 4 links
1 tablespoon finely chopped parsley leaves
1/3 cup finely diced sun-dried plums
1 tablespoon finely chopped chives
1 teaspoon Cajun spices
Sea salt and freshly ground black pepper, to taste

Remove sausage meat from casings. Crumble meat into mixing bowl. Combine with parsley, plums, chives and Cajun spices. Season with salt and

6 chives

Bake sausage-stuffed mushrooms 10 minutes or until cooked through at 350 degrees. Transfer to warm serving plate. Immediately top with blue cheese. Drizzle with pomegranate sherry reduction. Cut chives on bias into 1-inch sticks. Place one chive on top of each mushroom. Makes 24.

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