



Saltscapes EXPO Cutting Edge Culinary Competition Dueling Chef's Profiles

Executive Chef Collin Stone – Proprietor at O'Carroll's

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Forty year old Chef Collin Stone began cooking in 1983 and pursued culinary arts at the Akerly campus in Dartmouth, Nova Scotia. Collin began his career under Chef Ray Hammer and Chef Steve Huston at The Upper Deck in Halifax before expanding his horizons in Vancouver under Chef Ken Iaci at the Century Grill and Joe Fortes. It was under the eye of Chef Iaci that Collin developed his passion for West Coast Fusion.

Collin returned to Halifax in 1996 and worked under Maurizio Bertossi where he learned the artistry of Northern Italian cuisine. Collin is now the Executive Chef and Proprietor at O'Carroll's Restaurant in Halifax. Over the last five years he has stamped the menu with his unique blend of Classic French, Pacific Rim, Italian and Maritime cuisine. Collin's passion for his profession is only exceeded by the desire to be the best Dad he can be to his eight year-old son Issiah.

Points of Interest at O'Carroll's

- O'Carroll's has been in operation for an un-interrupted 30 years
- Much of the interior woodwork was "rescued" from the Old Capital Theatre on Barrington Street
- O'Carroll's is located in the Historic "Imperial Oil Building" built in 1929
- Our recently updated dining room now features relaxed bistro dining with a NEW MENU featuring creative pastas, fresh seafood, steak and lamb plus many vegetarian selections.
- Great selection of wines by the glass and bottle.
- The adjacent, smart casual Irish Pub provides live Maritime entertainment nightly, an extensive menu of fresh seafood and upscale pub classics plus 22 beers on tap.
- The Irish pub seats 60 – 70; stand-up receptions for up to 150

Recipe:

Gnocchi

Makes 12 servings

3 pounds of russet potatoes
2 cups of all-purpose flour
1 egg, extra large
1 tsp salt
½ cup canola oil
1 tbsp of parmesan

1. Boil potatoes until they are soft (about 45 min). While still warm, peel and pass through vegetable mill onto clean pasta board.
2. Set 6 quarts of water to boil in a large pasta pot over high heat. Prepare an ice bath (close to the stove and pasta pot) with 6 cups of ice and 6 cups of cold water.
3. Make well in center of potatoes and sprinkle all over with flour, using all the flour. Place egg and salt in center of well and using a fork, stir into flour and potatoes, just like making normal pasta. Once egg is mixed in add the parmesan cheese, bring dough together, kneading gently until a ball is formed. Knead gently another 4 minutes until ball is dry to touch.
4. Roll baseball-sized ball of dough into ¾ inch diameter dowels and cut dowels into 1 inch long pieces.
Shaping Tips: Hold the tines of a fork at a 45-degree angle to the table with the concave part facing up. Dip the tip of your thumb in flour. Take one ball of dough and with the tip of your thumb, press the dough lightly against the tines of the fork as you roll it downward toward the tips of the tines. As the dough wraps around the tip of your thumb, it will form

into a dumpling with a deep indentation on one side and a ridged surface on the other. Set on a baking sheet lined with a floured kitchen towel and continue forming gnocchi from the remaining dough balls. Repeat the whole process with the remaining pieces of dough. At this point the gnocchi must be cooked immediately or frozen.

TO COOK: Drop about half the gnocchi into the boiling water a few at a time, stirring gently and continuously with a wooden spoon. Cook the gnocchi, stirring gently, until tender, about 1 minute after they rise to the surface. Using a slotted spoon, transfer to the ice bath to cool. Continue until all have been cooled off. Let sit several minutes in the ice bath and drain from ice and water. Toss with ½ cup canola oil and store covered in fridge up to 48 hours until ready to serve.

TO PRECOOK GNOCCHI:

Cook the gnocchi as described above, remove them with a skimmer and spread out in a baking pan lightly coated with melted butter. When ready to serve, return the gnocchi to a large pot of boiling salted water until heated through, 2 to 3 minutes. Drain thoroughly, add sauce and serve according to the particular recipe.

TO FREEZE GNOCCHI:

It is best to freeze gnocchi uncooked as soon as they are shaped. Arrange the gnocchi in a single layer on a baking pan and place the pan in a level position in the freezer. Freeze until solid, about 3 hours. Gather the frozen gnocchi into re-sealable freezer bags. Frozen gnocchi can be stored in the freezer for 4 – 6 weeks.

TO COOK FROZEN GNOCCHI:

Frozen gnocchi must be cooked directly from the freezer in plenty of boiling water, or they will stick together. Bring 6 quarts of salted water to a boil in each of two large pots. Shake any excess flour from the frozen gnocchi and split them between the two pots, stirring gently as you add them to the boiling water. It is important that the water return to boil as soon as possible, cover the pots if necessary. Drain the gnocchi as described above, add sauce and serve according to the specific recipe.

Gnocchi with Gorgonzola, Caramelized Pear and Toasted Pecan

Serves 6 people

36 oz gnocchi
1 oz shallots, diced
2 oz toasted pecans
2 oz white wine
4 -6 oz whipping cream
3 each poached pear
12 oz Gorgonzola
3 oz fresh arugula
Course salt
vegetable oil & olive oil

1. Prepare pot for gnocchi: bring a medium pot of water to boil with 2 tbsp course salt and approximately 1 oz vegetable oil.
2. In separate medium sized sauce pan, heat 1 tbsp olive oil, over medium high heat. Add 1 oz diced shallots and sauté for 2 minutes. Add toasted pecans, stir to coat. Deglaze with white wine. Add whipping cream and poached pears. Simmer over medium heat to reduce by 1/3. Reduce to medium low, add gorgonzola and gently fold. Taste, adjust as required. Set aside.
3. Cook gnocchi, as above. Drain and add to sauce. Fold into sauce to coat. Add arugula, gently stir and serve.

Executive Chef Shaun Zwarun – DesBarres Manor Inn

Audrey Firth, General Manager

DesBarres Manor Inn, 90 Church Street, Guysborough, Nova Scotia B0H 1N0

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Award winning Chef Shaun Zwarun leads the DesBarres Manor Inn culinary team, bringing a unique East Coast flair to contemporary Canadian cuisine. From The Chronicle Herald to Occasions Magazine and Pure Canada, his distinctive approach has

been recognized by food and travel writers for memorable tasting menus that combine fresh seasonal tastes with artistic presentation.

A native of Glace Bay, Nova Scotia, Chef Zwarun creates inspired menus that bring together the best of local Nova Scotian produce, fish and game.

Trained under distinguished European and Canadian chefs, Chef Zwarun held successive executive and managing chef positions at resorts, major hotels and leading institutions across Atlantic Canada prior to joining DesBarres Manor in the spring of 2005.

Chef Zwarun's focus on perfection has resulted in his being awarded a gold medal at the Atlantic Canadian hospitality trade show, in addition to other medals for his achievements in the kitchen. His exemplary commitment to his profession has included publishing recipes in leading trade journals and teaching culinary arts to new generations of chefs.

About DesBarres Manor Inn

In the heart of the charming seaside village of Guysborough, DesBarres Manor Inn combines the elegance of the past with modern luxury to provide exceptional cuisine and accommodations. Built in 1837 for Supreme Court Justice W.F. DesBarres, this magnificent manor home has been meticulously restored to its original grandeur.

Elegant common spaces, a grand deck, original art, fine antiques and warm, attentive service all contribute to an atmosphere of comfort and relaxation. From the moment you arrive on our beautiful grounds, you know you've arrived somewhere special.

Recipe:

Wild Mushroom & Scallop Frittata

24 Eggs

1 lb. Scallops – Chopped (Medium Dice)

1 oz. Lobster Mushrooms – Minced

2 lbs. Fresh Wild Mushrooms – Cleaned & Minced

4 T Salted Butter

4 T Canola Oil

2 Shallots – Minced

4 Cloves Garlic

12 Basil Leaves – Chopped

½ C Asiago – Shredded

Preparation:

Step 1 – Place lobster mushrooms in a small bowl and cover with boiling water. Let soak for 20 minutes.

Step 2 – In a large frying pan, heat 2 T of butter along with the oil. Add shallots. Cook for 1 to 2 minutes. Add the lobster mushrooms, garlic, basil and scallops. Season with salt and pepper. Cook over high heat for 2 to 3 minutes.

Step 3 – Whisk the eggs in a large bowl. Season with salt and pepper. Slowly pour the egg mixture into the frying pan. Cook over medium low heat, stirring constantly.

Step 4 – Sprinkle top with Asiago cheese and place frying pan into a 375 degree oven. Bake for approximately 20-25 minutes. Remove from oven to check doneness (shake the fry pan, the egg mix should not move). Let the frittata rest for 5-10 minutes. Cut into wedges.

Serves 10-12 people

Chef Michael Howell – Proprietor of Tempest Restaurant

Wolfville, Nova Scotia

www.tempest.ca www.theportpub.com



Michael Howell is also consulting Chef of the Port Gastropub in nearby Port Williams. An honors graduate of the Cooking and Hospitality Institute of Chicago, Michael apprenticed under Chef Jean Joho of The Everest Room in Chicago,

IL. Other notable chef positions followed in New York City, NY, Detroit, MI, Newburyport, MA and Toronto, ON. From 1999-2002 Michael was Executive Chef of the Green Turtle Club in Abaco, Bahamas. Michael is the new leader of Slow Food Nova Scotia, co-chair of the Valley Pumpkin Festival, sits on the board of Taste of Nova Scotia and is a Vice-President of the Restaurant Association of Nova Scotia. He also sits on the Nova Scotia Government's Tourism Partnership Council. He is a Maitre Rotisseur of La Chaine Des Rotisseurs and a member of the Nova Scotia Association of Chefs and Cooks. He is a graduate of Dalhousie University (Halifax, NS) (1983). Michael is also the Food Editor of Lifestyle Maritimes Magazine.



Executive Chef Renée Lavallée – Five Fishermen

Halifax, Nova Scotia

Renée Lavallée was born and raised in Shawville, Quebec. Her culinary career began when she attended the George Brown School of Hospitality in 1992. Upon completion of her training she apprenticed overseas at the prestigious Bagaglino Hotel in Gardone Riviera, Italy. Since this time Renée has amassed a tremendous amount of experience working in such restaurants as Canoe, Biff's and Patis in Toronto, Les Fougères and Le Café Henry Burger in Gatineau, Peter Island Resort in the British Virgin Islands and The Inn at Bay Fortune on Prince Edward Island. She has also found time to be the tour chef for Oasis, Black Crowes, Travis and Spacehog, to cook for both the Ferrari Formula 1 and Audi Supertourismo teams and appear on six episodes of the Food Network series Cook Like A Chef. More recently, Renée has planted her roots in Nova Scotia and is currently the Executive Chef of the 2007 Taste of Nova Scotia Restaurant of the Year, the Five Fishermen in Halifax. Renée's passion for buying local is evident in her creative use of Nova Scotian products featured in her ever changing seasonal menus.

Rick Ogilvie – The Tin Fish

Rick has been with the Tin Fish since it opened its doors in March 2008. His roots stem in Liverpool, Nova Scotia, from which he obtained his passion for simple cooking while growing up surrounded by his grandmother's flair in the kitchen. His life thus far, has been a true International culinary adventure with experience in some of the best hotels and kitchens in Canada, the USA, Mexico, and Britain.

He obtained a degree in Hospitality Management at Southern Alberta Institute of Technology (SAIT). Shortly thereafter, Rick realized that his real creative passions were actually in the culinary arts. So back to SAIT he went, where he obtained his degree in Professional cooking.

He has worked for the Delta Chain of Hotels, The Calgary Tower, The North Stafford Hotel in Stoke-on-Trent, The Calgary Exhibition and Stampede Conference Services and the prestigious "Ranchmen's Club".

Having fulfilled his travel bug, it was the pull of the family and the draw of the Atlantic Ocean that brought Rick back to Nova Scotia in 2001. With rich experiences and many stories of interesting adventure he decided to develop his own personal catering business and became heavily involved in multi-media instructional cooking sessions. "They say you always come back, how true that is. Living in Nova Scotia, especially on the South Shore is like no other. I love the friendliness of the people, the sense of community, and I can especially appreciate the pace and quality of life."

There is a clear philosophy Rick brings to the Tin Fish "Our goal here is to use only the freshest locally sourced ingredients we can find within a 100 mile radius. From there keep it simple and clean, let your ingredients speak for themselves."



Executive Chef Alan Crosby – White Point Beach Resort

Alan Crosby has been the Executive Chef at White Point Beach Resort for 5 years. As a proud native of Liverpool, Nova Scotia, his life thus far has been a true Canadian culinary adventure with experience in kitchens from one coast to the other.

After obtaining a Bachelor of Arts degree in English and Theatre from Mount Allison University, Alan realized that his real

creative passions were actually in the culinary arts. As a graduate of the Culinary Institute of Canada, his first professional job took him to the Church Restaurant in Stratford Ontario. From there, he continued his westbound journey and ended up in British Columbia at Hotel Vancouver where he had the opportunity to work under acclaimed chefs Robert LeCrom and Jerimiah Tower whom he assisted with the opening of 900 West, the hotel's flagship dining and lounge operation. With these rich experiences under his belt, Alan returned home to Nova Scotia in 1997 where he took on the position as Executive Chef at the Delta Barrington Hotel in Halifax. His journey finally came full-circle, when in 2003, he, along with his wife Jacqueline and his son Benjamin moved back to his hometown of Liverpool to assume the reigns at White Point. Alan admits, he's glad to be home, "there are so many nice things about living in small town Nova Scotia; the pace and quality of life, the friendliness of the people around the province. That and the view from my office window cannot be beat."

White Point Beach Resort and Guests are delighted daily as Alan draws from his "coast to coast" experiences to deliver his ever popular "Chef's Magic" Culinary Classes, "Chef's Table Dinners" and comfort infused menus, making every day "A great day at White Point."

Chef Earlene Busch – *Chanterelle Country Inn & Cottages*

Chicken Tarragon

From the Ritz-Escoffier cooking school in Paris

1 Tbsp. extra virgin olive oil
3 tbsp. butter
1 3 1/2-lb chicken, cut up
Salt and freshly ground pepper
8 stems fresh tarragon
1/4 C. white wine
1 C. rich veal, beef or chicken stock



1. Heat oil and 2 tbsp. of the butter in a large skillet over medium-high heat. Season the chicken with salt and pepper and cook, skin side down, until well browned---about 5 minutes. Turn chicken and add 4 stems of tarragon. Cover, reduce heat to medium and cook until juices run clear when pierced with a knife, about 10-15 minutes.

2. Meanwhile, blanch 2 stems of the tarragon in a pot of boiling water over high heat for 5 seconds; drain and set aside. Chop leaves (and discard stems) from the remaining 2 stems of the tarragon and set aside.

3. Transfer chicken to a platter, discarding the tarragon, and keep warm in an oven set on lowest temperature. Pour off fat, then return the skillet to medium-high heat. Add the wine and cook for one minute, scraping brown bits (the fond) stuck to the bottom of the skillet. Add the stock and reduce by half, about 5 minutes. Stir in the remaining 1 tbsp butter and the reserved chopped tarragon.

4. Add the chicken and any accumulated juices to the skillet and baste with the sauce. Serve garnished with the blanched tarragon.

To take advantage of the exquisite flavor of the brown stock sauce, serve it with "smashed potatoes" or butter pasta. The accompanying vegetable could be asparagus because it so compliments the tarragon.

I love to serve this with the L'acadie Organic White wine

Earlene Busch

Chef Dennis Johnston –FID restaurant

The Courtyard, 1569 Dresden Row, Halifax, Nova Scotia
902-422-9162

FID restaurant is a carefully orchestrated celebration of locally grown food and is dedicated to its enjoyment. Chef Dennis Johnston's constantly evolving dishes showcase the freshest ingredients in his Franco-Asian cuisine and constantly "wow" your palate. Under the direction of maître d' Monica Bauché, FID becomes an intimate and sophisticated dining experience you will not want to miss.