

ORANGE-SCENTED TIRAMISÙ

Serves 8

Custard chilling time: 2 hours

Tiramisù chilling time: 4–5 hours

RECIPE CARD



INGREDIENTS

Homemade savoiardi (ladyfingers), or store-bought

- 4 eggs, whites and yolks separated
- 1 pinch salt
- 50 g (1/3 cup + 1 tbsp) icing sugar, divided into 20 g (2 tbsp) and 30 g (1/4 cup)
- 120 g (1/2 cup + 2 tbsp) granulated sugar
- 100 g (2/3 cup) unbleached all-purpose flour, sifted
- Icing sugar, for dusting

Coffee soak

- 200 ml (3/4 cup + 1 tbsp) espresso
- 12 g (1 tbsp) granulated sugar
- 60 ml (1/4 cup) Grand Marnier, optional

Orange zest mascarpone cream

For the pastry cream

- 4 egg yolks
- 100 g (1/2 cup) granulated sugar
- Zest of 1 orange
- 25 g (1/4 cup) cornstarch
- 380 ml (1 1/2 cups) 2% milk
- 10 ml (1 tsp) vanilla extract

For the final mascarpone cream

- 250 g (1 cup) mascarpone
- 250 ml (1 cup) 35% whipping cream
- Zest of 1 orange

To finish

- Unsweetened cocoa powder

PREPARATION

- Preheat the oven to 350°F (180°C). Line two baking sheets with parchment paper. Using a 20 cm (8 inch) cake ring and a pencil, trace two large circles on each sheet. Turn the parchment over so the pencil marks are underneath.
- Make the savoiardi. Beat the egg whites with the salt until foamy. Gradually add 20 g (2 tbsp) of the icing sugar while continuing to whip until stiff peaks form. Set aside. In a separate bowl, whisk the egg yolks with the granulated sugar until pale and thick. Add one quarter of the whipped egg whites and mix to loosen the batter. Add the sifted flour and whisk to combine. Gently fold in the remaining egg whites from the bottom up until the mixture is light and airy. Transfer to a piping bag fitted with a plain tip.

- Pipe 10 cm (4 inch) strips of batter onto the baking sheets. Dust with the remaining icing sugar. Bake in the centre of the oven for 20 minutes. DO NOT open the oven door during baking. Let cool completely before carefully lifting the biscuits off the parchment with a spatula.
- Prepare the coffee soak. In a bowl, combine the espresso, sugar and Grand Marnier if using. Stir until the sugar dissolves. Set aside.
- Make the mascarpone cream. Prepare the pastry cream. In a saucepan, heat the milk with the vanilla and orange zest until just simmering. Remove from the heat and strain. Set aside. In a bowl, whisk the egg yolks and sugar until smooth. Add the cornstarch and whisk well. Gradually pour in the hot milk, whisking constantly. Return the mixture to the saucepan and cook over medium heat, stirring continuously, until thickened and just boiling. Spread the pastry cream in a wide shallow dish, press plastic wrap directly onto the surface and refrigerate for 2 hours.
- Pour the chilled pastry cream into a bowl and mix it with a whisk or electric hand mixer until smooth. Add the mascarpone, whipping cream and orange zest. Beat until thick and creamy but still soft and spreadable. Do not overwhip.
- Assemble the tiramisù. Line the bottom of an 18 cm (7 inch) round dish, about 9 cm (3 ½ inch) deep, with a layer of ladyfingers. Generously brush or spoon over the coffee mixture. Spread one third of the mascarpone cream over the biscuits. Repeat with two more layers of soaked biscuits and cream. Smooth the top and dust generously with cocoa powder. Refrigerate for at least 4 to 5 hours before serving.

BON APPÉTIT !

AUUKUTUK

Indigenous Icecream

RECIPE CARD



INGREDIENTS

- 1 cup lard
- 1 cup sugar
- 2 tbsp maple syrup
- 1 cup frozen Saskatoon berries
- 1 cup smoked salmon or trout, deboned
- Nori sheets, cut into squares (optional)
- Fresh tarragon leaves (optional), 1 leaf per nori square

PREPARATION

- In a stand mixer, gradually combine all the ingredients while they are still frozen. Whip until light and fluffy.

You can also have the kids help by whisking the mixture by hand in a well-chilled metal bowl until it becomes airy!

- Wash your hands thoroughly before and after preparation.
- Shape the auukutuk into small balls and place them on squares of nori, then garnish each with a fresh tarragon leaf. It can also be served on warm bannock or bread.

BON APPÉTIT !

FLAMBÉED LACQUERED EGGPLANT MAKI, CRISPY FRIED CARROT NEST AND TOASTED SESAME

4 to 5 full rolls

RECIPE CARD



INGREDIENTS

Sushi Rice

- 1½ cups dry sushi rice,
- 2 cups water (or according to package instructions).

Rinse the rice until the water runs clear, then cook in a rice cooker. When the rice is ready, spread out in a wide dish (such as a Pyrex dish). Add the seasoned vinegar (see below). Let rest for 5 minutes, then mix gently without crushing the rice. Allow the rice to absorb the vinegar and cool to room temperature.

Seasoned Rice Vinegar

- ⅓ cup rice vinegar
- 2 tbsp cane sugar
- ¾ tsp salt

Combine and ensure the sugar and salt are fully dissolved. You may place the mixture in a glass or small Mason jar set inside a bowl of hot water (bain-marie style, off the heat) to help dissolve the solids.

4–5 whole sheets of nori

2 green onions, finely sliced (green part only), soaked briefly in water, rinsed, patted dry and placed on paper towels.

PREPARATION

1. CHILI CRISP TOFU CREAM (“TOFU-MAGE”)
2. CRISPY FRIED CARROTS (MICRO JULIENNE)
3. TOASTED SESAME AND CRISPY PANKO
4. SPICY DYNAMITE-STYLE MAYO
5. UNAGI-STYLE “GLAZE” — KOMBU INFUSION METHOD
6. UNAGI-STYLE CHINESE EGGPLANT

CHILI CRISP TOFU CREAM (“TOFU-MAGE”)

Or substitute with a store-bought vegan cream cheese and add chili crisp.

For about 1 cup

Ingredients

- 1 cup extra-firm tofu (drained, packed in water)
- 1½ tbsp refined coconut oil, melted
- ¾ tsp rice vinegar
- ¼ tsp apple cider vinegar
- ½ tsp fresh lemon juice
- ½ tsp cane sugar
- ½ tsp fine salt
- ½ tsp white miso
- 1 tsp crispy chili oil (chili crisp)

Préparation

Prepare the oil

- Melt the coconut oil and let it cool for a few minutes. It should be liquid, but not hot.

Prepare the tofu

- Drain the tofu thoroughly and press it lightly with your hands to remove excess water. Cut into cubes.

Blend

- In a food processor, combine the tofu, melted coconut oil, vinegars, lemon juice, sugar, salt, miso, and chili crisp.
- Blend until completely smooth and creamy. Scrape down the sides and blend again if necessary.
- Transfer to an airtight container. Refrigerate for about 1 hour to allow the coconut oil to firm up and set the texture.

CRISPY FRIED CARROTS (MICRO JULIENNE)

Ingredients

- 1 medium carrot
- 1 tsp rice flour
- ½ tsp cornstarch
- 1 pinch salt
- 2–3 tbsp neutral vegetable oil (avocado or canola)

Instructions

Cut

- Peel the carrot. Cut into 3 sections.
- Using a mandoline fitted with a finger guard, slice each piece lengthwise into a very fine micro julienne.
- Place on paper towel and gently pat dry to remove excess moisture. Set aside.

Coat

- In a small bowl, combine the rice flour, cornstarch, and salt.
- Add the carrots and mix gently to lightly coat the strands.
- Sift to remove excess flour.

They should be lightly dusted, not sticky.

Cook

- Heat 2 to 3 tbsp oil in a skillet over medium-high heat.
- Spread the carrot strands in a thin layer.
- Fry for 45 to 60 seconds, until golden brown and crisp. Turn gently if necessary.
- Turn gently if needed.
- Transfer to a plate or tray in a single layer.

Desired texture: Light, airy crunch with a “tempura nest” effect.

ROASTED SESAME AND CRISPY PANKO

Ingredients

- 3 tbsp raw (or lightly roasted) white sesame seeds
- 2 tbsp panko
- 1 pinch of salt
- 2 pinches of sugar
- ½ tsp olive oil

Instruction

Toast the sesame seeds

- Add the sesame seeds to a small dry saucepan or skillet, over low to medium heat.
- Stir regularly until they become lightly golden and fragrant. Watch closely, as sesame seeds burn quickly.

If using store-bought sesame seeds that are already well-toasted, reduce the cooking time and add the panko almost immediately to avoid bitterness.

- *Stir the panko, salt and a small pinch of sugar. Cook for 1 to 2 minutes, stirring continuously, until the panko is golden and crisp.*
- *Remove from heat. While still warm, add a few drops of olive oil and another pinch of sugar. Toss to coat.*

Cool

- Transfer immediately to a bowl or plate to stop the cooking.
- Let cool completely before using.

Desired texture: crisp, aromatic and lightly sweet-salty with a pronounced nutty flavour.

SPICY DYNAMITE-STYLE MAYO

Ingrédients

- ½ cup store-bought vegan mayo
- 1 ½ tsp sriracha
- ¼ tsp rice vinegar
- 1 pinch of cane sugar
- 2 to 3 drops toasted sesame oil

Instructions

- Whisk all ingredients together in a small bowl until smooth.
- Refrigerate for at least 30 minutes to allow the flavours to develop.

« GLAZE » STYLE UNAGI — MÉTHODE INFUSION KOMBU

Ingrédients

- 3 tbsp soy sauce (such as Kikkoman)
- 1 small piece of kombu (about 3 x 4 cm)
- 1 ½ tbsp cane sugar
- 2 tsp rice vinegar
- 1 tbsp mirin
- 1 to 2 drops liquid smoke

Instructions

- In a small saucepan, combine the soy sauce and kombu.
- Heat gently until just simmering. Maintain over low heat for 5 minutes without boiling, then remove the kombu.
- Add the sugar, rice vinegar and mirin. Stir.
- Increase the heat slightly and simmer gently for 5 to 7 minutes, until syrupy and able to coat the back of a spoon.
- Remove from heat, stir in liquid smoke.
- Let cool. The glaze will thicken as it cools.

UNAGI-STYLE CHINESE EGGPLANT

Makes 3 to 4 rolls

Ingredients

- 1 to 2 Chinese eggplants, skin on
- 1 to 2 tbsp olive oil
- Fine salt
- Unagi-style glaze

Instruction

- Slice the eggplant on the diagonal into ¼ inch (6 mm) slices, leaving the skin on.
- Lightly salt both sides. Let stand for 10 minutes. Pat dry.
- Heat a skillet over medium-high heat.
- Add the olive oil.
- Cook the slices for 2 to 3 minutes per side, until well seared with light surface caramelization.
- Remove from heat and let cool slightly.
- Brush the cooled slices with the unagi-style glaze.
- Just before assembling the maki, caramelize the glaze with a kitchen torch until shiny and lacquered.
- Use immediately.

Torchless Method

- After searing the eggplant, remove from the heat.
- Brush the slices with the unagi-style glaze.
- Return the skillet to medium-high heat and warm briefly, watching closely, until the glaze caramelizes slightly on the surface and becomes glossy.
- Remove immediately from heat to prevent burning.

MAKI ASSEMBLI

Prepare all the components before assembly: seasoned and cooled sushi rice, tofu cream cheese, glazed eggplant, crispy carrots, sesame-panko mixture and green onions.

- Place a full sheet of nori (matte side up) on a bamboo mat or cutting board.
- With lightly oiled hands (or slightly moistened hands if not using gloves), spread the rice over the bottom two-thirds of the sheet.
- Sprinkle the rice with the sesame-panko mixture.
- Place a thin strip of rice on the top edge to help seal the roll.
- Carefully rotate the sheet so the rice-free section is now at the bottom.
- Place a line of tofu cream cheese in the centre of the rice.
- Tear a portion of the carrot nest and place it in the centre.
- Add 6 slices of glazed eggplant, slightly overlapping on top of the carrots.
- Roll tightly using the bamboo mat, applying even pressure.
- Cut into 8 to 10 pieces using a sharp knife, wiping the blade between each cut.
- Top each piece with a small dollop of spicy mayo.
- Add a few thin rings of green onion.
- Finish with 1 to 2 strands from the crispy carrot nest.
- Serve immediately.

BON APPÉTIT !