



**The Zen Kitchen**

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**Chef still enjoys mom's comfort-food recipes**

<http://thezenkitchen.com/2011/10/chef-still-enjoys-moms-comfort-food-recipes/>

### **Chef still enjoys Mom's comfort-food recipes**

From there Choquette did a tour at a Michelin-starred restaurant in Normandy before making the rounds at Lumiere, Sooke Harbour House and West, then opening the failed Voya in the same Loden Hotel space that Tableau Bar Bistro now occupies.

"With [the Food Network] people think that they can make it as a chef right away, but you have to realize that it takes time," said Choquette, who has been climbing the ladder in Vancouver for 15 years.

"You might have to work longer than eight hours and you are going to have to work on Friday and Saturday night."

#### **CUMIN ROASTED BABY CARROTS**

2 bunches of baby carrots

2 tablespoons (30 mL) extra virgin olive oil

1½ teaspoons (7 mL) cumin seeds

1 teaspoon (5 mL) of kosher salt

Combine carrots and all remaining ingredients in large bowl; toss to coat. Spread in single layer on a baking sheet. Roast carrots until tender and lightly caramelized, turning carrots over once, 30 to 35 minutes.

#### **CREAMY POLENTA**

1½ cups (375 mL) chicken stock

1½ cups (375 mL) whipping cream

½ teaspoon (2 mL) freshly grated nutmeg

¾ teaspoon (4 mL) salt

Pinch fresh ground black peppercorns 10 tablespoons (150 mL) cornmeal/ polenta ¼ cup (60 mL) freshly grated Padano cheese, plus extra for dusting

In a heavy saucepan, combine the stock and cream, bring to a boil. Add the nutmeg and salt. Whisk in the polenta and cook over low heat for about 20 to 30 minutes, stirring often, until the grains are soft. Fold

in the cheese. Serve immediately or reserve. To help the polenta to come cleanly out of the pan, cook over medium heat. Run a spatula or wooden spoon around the sides of the pan to clean off the polenta.

Do not stir, but wait for a large bubble to begin to form and push the polenta upward. Pour immediately into a warm dish.

The polenta can be made ahead and reheated; add  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of stock, cover the dish and reheat in the microwave or over low heat. Whisk well and season with peppercorns to taste before serving. Grate a dusting of Parmesan over the top just before serving.

Makes 4 servings

## BRAISED LAMB SHANKS

2 tablespoons (30 mL) extra virgin olive oil

1 medium onion, chopped

2 stalks celery, chopped

1 large carrot, chopped

Kosher salt and freshly ground black pepper

8 whole cloves of garlic

1 sprig of rosemary

1 sprig of thyme

2 bay leaves

$\frac{1}{2}$  teaspoon (2 mL) of whole black peppercorns

2 tablespoons (30 mL) tomato paste

4 lamb shanks, about 6 pounds (2.7 kg) in total

About 10 cups (2.5 L) beef broth (homemade is best)

$\frac{1}{2}$  cup (125 mL) of Madeira

Preheat the oven to 350 F (170 C).

Heat the oil in a large Dutch oven or deep ovenproof skillet over medium heat.

Add the onion, celery, carrot and season with 2 teaspoons salt and pepper to taste. Cook stirring occasionally, until the vegetables are tender and just beginning to brown, about 20 minutes. Add the

garlic and tomato paste, mix well and cook until the tomato paste darkens, about 3 minutes. Add the Madeira, black peppercorn, rosemary, thyme and bay leaves.

Salt and pepper the lamb shanks, sear over medium heat in a skillet until golden brown on all sides. Lay them in a single layer over the vegetables in the Dutch oven. Add enough stock to surround but not cover the shanks and bring to a simmer. Transfer to the oven. Braise the shanks, uncovered, until the meat is fork tender, about 2 hours. Remove from the oven and set aside to cool for about 15 minutes to allow the fat to rise to the surface of the sauce. Delicately transfer the meat to a plate.

Article source:

<http://www.vancouver.sun.com/Chef+still+enjoys+comfort+food+recipes/5627806/story.html>