

Chef Marc-André Choquette at Tableau Bar Bistro.



## chef's pantry

BY CHRISTINA SYMONS

**T**he new Tableau Bar Bistro is now open next door to the lovely Loden Hotel in Vancouver's Coal Harbour and it's très chic as well as casual in both food and ambience. We caught up with chef **Marc-André Choquette** (a.k.a. Chef MAC) to find out what's happening at Tableau and at home.

### Chef MAC, what's the scoop on Tableau Bar Bistro?

It's an updated take on traditional French bistro dishes using our local, fresh B.C. produce. Tableau Bar Bistro offers great food at affordable prices with multiple menu items that cater to everyone's tastes, from shellfish platters to steak and frites.

### What are three ingredients or tools that you can't live without in the kitchen at Tableau or at home?

Fresh chili-garlic, fleur de sel and a mini offset spatula.

### What do you think makes bistro-style dining so perfect for summer?

Summer lends itself to fresh and easy dishes that are easy to share and enjoy with friends. We want to offer meals that are not too complicated or complex — dishes that our regular customers will crave and want to return for time and time again because of the overall experience and inspiring flavours.

Recipe with Caren McSherry from the Gourmet Warehouse

## ORANGE BLOSSOM-SCENTED CRÈME CARAMEL

Recipe courtesy of Tableau chef Marc-André Choquette.

### Custard:

- 7 medium eggs
- 1/3 cup granulated sugar
- 1-1/2 cups homogenized milk
- Pinch of salt
- 2 tsp. orange blossom water

### Caramel:

- 3/4 cup granulated sugar
- 3-3/4 tsp. water
- 2 Tbsp. corn syrup

To create the custard, whisk the eggs and sugar together on low heat until the sugar dissolves. Heat the milk, salt and orange blossom water over medium heat in a separate pan. Pour the warm liquid over the egg and sugar mixture and cook over medium heat until temperature reads 145°F. Set aside. To make the caramel, combine all ingredients and heat until it reaches a blonde caramel colour. Carefully divide caramel mixture between 6 ramekins. Pour the custard over top, dividing evenly among the ramekins. Place ramekins in a baking dish and carefully pour hot water into the dish, about 2/3 of the way up the sides of the ramekins. Cover baking dish with foil. Transfer to a preheated 325°F oven for about 45 minutes, until the custard is just set. Remove ramekins from hot water bath. Let cool before refrigerating custards overnight. Invert custards onto serving plates and enjoy with fresh fruit or whipped cream. Makes 6 servings.



Listen to Caren McSherry the first Thursday of each month between 11:30 a.m. and noon on CKNW 98.

### What do you love to cook with in the summertime?

There are so many fresh, local and beautiful British Columbia products to choose from, including tomatoes, berries and stone fruits, to name just a few. I can't wait for Gabriel & Kate's opal basil from Lytton. It's the best in the world, hands down.

### Friends are coming over for brunch at your house ... what's on the menu?

Oysters and sparkling wine followed by buttermilk pancakes with blueberry sauce and maple syrup, of course. Pure indulgence. At my house, it's an all-day affair! ■