

Chefs' Day at The Market



NVICA



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**Saturday,
Nov. 25, 2017
FoodFest**



**Comox Valley
Farmers' Market**
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Fresh Pasta with Smoked Paprika & Local Chorizo Sausage

*Recipe compliments Chef Lesley Stav, and as featured in the cookbook
Island Inspirations from the North Vancouver Island Chefs Association.*

Ingredients:

1 lb	chorizo sausage*
1 Tbsp	olive oil
1 Tbsp	minced fresh garlic*
1 Tbsp	smoked paprika
1 cup	chicken broth
1-1/4 cups	whipping cream
1/4 cup	diced tomatoes*
1/3 cup	finely chopped green onions*
1/4 cup	freshly grated Parmadammer cheese*
1/2 lb	fresh pasta* - cooked al dente
2 Tbsp	chopped fresh basil (or 2 tsp dried)*
2 Tbsp	chopped fresh oregano (or 2 tsp dried)*
to taste	sea salt*, freshly ground black pepper



*available at market vendors

Method:

In a large skillet cook the sausages in olive oil. Remove, when cool enough to handle, slice into rounds cut on the diagonal.

Return to skillet, add the garlic and continue to cook, stirring frequently to avoid burning the garlic. Add the smoked paprika and combine well.

Stir in broth and continue to cook until the liquid is reduced by half.

Add whipping cream and simmer until the liquid is again reduced by half.

Add in the green onions and tomatoes, stirring to combine.

Add cook pasta and combine. Add basil, oregano and cheese, toss to combine.

Season to taste with salt and black pepper. Serve in warm pasta bowls.

Cooking with Pasta

- Cook pasta just before serving, having the sauce ready and waiting.
- The best way to check for doneness is tasting. Whether fresh or dried, the pasta should be cooked *al dente*, that is, having a little bite in the centre.
- Salt enhances flavour, use about 1 teaspoon for every 3 cups of water.
- Do not put oil in the water, it will coat the pasta and the sauce will not adhere to the noodles.
- Never rinse pasta unless serving it cold, such as in a salad. In that case, the cold water stops the cooking process, keeping the noodles firm after dressing the salad.

The Wooden Cutting Board

A lifetime friend in the kitchen!



Ask a chef what the single most important tool is in the kitchen and they'll almost certainly answer: *a chef's knife*. However, what is often overlooked is the knife's partner in the kitchen - *the wooden cutting board*.

Chef Lesley Stav, president of NVICA recommends you use the largest wooden cutting board that will fit on your kitchen counter. "A large board is much easier to do all your prep work on and wood is extra kind to your knife blade," says Chef Stav.

"With food-grade mineral oil and board cream your cutting board can potentially last a lifetime," notes Stav.

Chef Stav's tips on how to clean and care for your wooden cutting board so you can use it forever.

Wash: your cutting board with soap and water, including underside and edges, rinse and dry with a soft cloth. Then, standing on its long edge (as shown above), let it thoroughly dry. **NOTE:** Never submerge the cutting board in a sink of water - it will soak up water and crack when it dries.

Oil: Once dry, apply a layer of mineral oil to the sides, top, bottom, and any grooves using a soft cloth and following the direction of the grain. Standing the cutting board on its edge, let the oil soak in for at least three hours. **NOTE:** do not use vegetable or olive oil as they can turn rancid.

When seasoning a new board you may need to repeat this process 2 - 3 times to get all the 'thirsty' spots.

Cream: After the board is dry spread the cream over the entire surface. The cream creates a barrier and helps the wood retain moisture. Let the board sit on its edge six to eight hours or overnight to dry.



Polish and Buff: rub the entire surface, using a circular motion.

Removing stains & deodorizing: Wash and dry the board. Sprinkle the surface with kosher salt. Using half a lemon rub the salt into the board (with a circular motion). Wash and allow the board to dry.

Vinegar: to disinfect and clean wooden cutting boards, wipe with full-strength white vinegar. Keep a spray bottle of undiluted vinegar handy for each cleaning and sanitizing.

How to tell when it's time to oil ...

Using your fingertips, sprinkle a few drops of water over the board. The water will bead on the surface when properly seasoned (as shown, right).

Over time the beads of water will look like they're being absorbed into the wood. When this happens, it's time to apply another thin layer of oil. Allow the board to absorb the mineral oil, while standing on its edge.

Follow this routine and your wooden cutting board will be a lifetime friend in the kitchen!



Knives - important tips for care

- Never wash knives in a dishwasher, the blade will dull and could become damaged in the utensil basket
- Never leave knives in a sink, the blade may get damaged and you could cut yourself reaching into the sink
- Wash right after use - wipe with a soapy cloth, rinse with warm water, dry immediately and safely store
- Keep a knife blade sharp by running along a steel, a whetstone or through a knife sharpener
- Use a wooden cutting board, they are by far the gentlest on the blade; marble, granite, glass are too hard