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*As a final note, I would urge you to always seek out the most local and sustainably raised and/or organic products, particularly in regard to meat, dairy, poultry, and produce. Support your local growers and artisanal food producers. Small farms and food artisans need our support — and we need their products! Avoid pesticides, genetically engineered vegetables, and meat and dairy that contain growth hormones. Great meals start with great products — shop well and keep the cooking simple!*

*Happy Cooking,*  
TIM KOLANKO

*A.R. VALENTIEN*

AT THE LODGE AT TORREY PINES®

11480 NORTH TORREY PINES ROAD ■ LA JOLLA, CALIFORNIA 92037

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## THE ARTISAN TABLE



A COLLECTION OF RECIPES FROM  
JEFF JACKSON AND TIM KOLANKO



## SUGGESTIONS FOR A WELL-STOCKED PANTRY

- *Drinkable wine to cook with ( I save wine that's been open too long)*
- *White wine vinegar, sherry, vinegar, balsamic vinegar, rice wine vinegar*
- *Extra virgin olive oil, grape seed oil, (flavored olive oils are nice to have too)*
- *Kosher salt, a pepper mill, bay leaves, dried thyme and rosemary (dry your own)*
- *All-purpose flour, sugar, honey, chocolate, fruit preserves or jam*
- *Capers, cornichons, olives, and anything thing else pickled*
- *Canned tomatoes, dried tomatoes, chicken stock, canned and dried beans, pasta*
- *Polenta, pearl barley, cous cous, carnaroli or arborio rice, quinoa (always rinse quinoa!)*
- *Hot sauce, soy sauce, Worcestershire sauce*
- *A healthy chunk of parmesan cheese (always grate your own fresh!)*
- *A small container of demi-glace kept in the freezer is a very handy thing to have also!*

## HOME COOKING MADE EASY

The first thing you need to know is that cooking is easy! All you need is knowledge of a few basic techniques, a well-stocked pantry, and some guidelines.

The first guideline I suggest to be followed, is to stick with ingredients that go together naturally by region and culture. If you're using eggplant for instance, two directions come to mind: Asian or Mediterranean. You may do a stir-fry (garlic, ginger, soy, rice vinegar), or (tomato, basil, garlic, olive oil). The second guideline is *taste constantly while you cook!* Seasoning correctly and knowing when to add a splash of something acidic will bring a lot of otherwise not-so-interesting food to life. A variety of vinegars, lemon juice, and tobasco, are all good things to have on hand. Most of the time when something tastes flat, a little dash of one of the above will "wake it up".

A well-stocked pantry is the most important thing I can think of to make cooking at home interesting and easier on a daily basis. I've suggested a number of things to have on hand in the following pages.

*Technique* is a subject that whole books are written on and some cooks go to school to learn, so this is just the tip of the iceberg — but knowing a few important things can help a lot!

The first is *blanching*, this is a great way to cook most green vegetables as well as a variety of others. It is also handy because it can be done well

ahead of time and easily warmed later. For blanching, start with a large pot of boiling (heavily salted) water. Dropping your vegetable of choice into the water. Once the water comes back to a boil, scoop out your vegetable and put it directly in an ice water bath. This will stop the cooking and retain the vibrant color of green vegetables.

The next technique is *sauté*. This is simply cooking in a pan with a small amount of oil. The one thing you need to remember when you sauté (especially meat and fish) is get the pan hot before you add the food and *add the food to the pan away from the flame!* When the pan is hot enough, you will see the oil start to swirl around in the pan and then smoke. The ideal temperature is right before the oil starts to smoke. Be careful if the pan gets too hot it will catch fire! Once you have the food in the pan, cook on high for a minute or so then turn it down to medium/low and have patience. This is how you get a nice even brown crust on meat and fish, or crispy skin on chicken. Don't over load your pan or the water will come out of the meat and it will just stew — not good! For a thick piece of meat, just turn down the heat lower once the crust has begun to form and let it cook. Cooking food slowly, leaves less room for error, often yielding better results. The same basic thought process goes for roasting say a whole chicken. Start with a hot oven 425° or so and cook until the skin starts to take on a nice golden brown color (about 25 minutes) then turn it down low to 300° or 325°. A roasting chicken will take another 30 minutes or so at this temp. Enough on technique.

*LET'S GET COOKING!*



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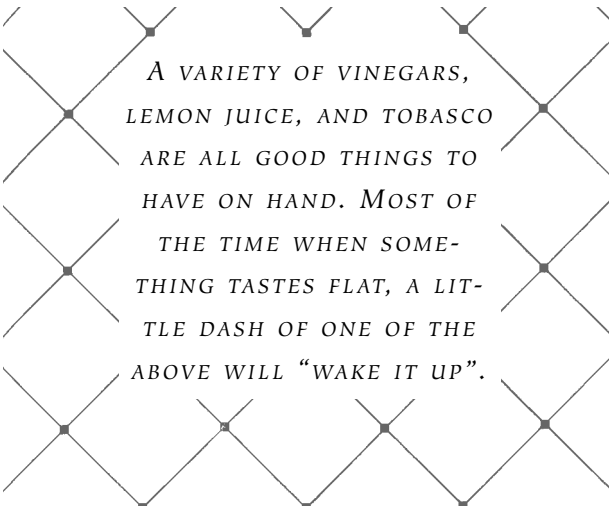
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ANCHOVY VINAIGRETTE

INGREDIENTS

10 White Anchovies (Chopped)  
6 Cloves Garlic (Sliced very thin)  
2 Shallots (minced)  
1/2 Cup Young Balsamic Vinegar  
1 Cup Extra Virgin Olive Oil  
1/4 Cup Chopped Parsley  
Salt and Pepper to Taste

- Macerate the shallots and garlic in the vinegar with a pinch of salt for about 5 minutes.
- Whisk in the olive oil and anchovies. Season with a turn of the pepper mill.
- Add the parsley just before serving.



A VARIETY OF VINEGARS,  
LEMON JUICE, AND TOBASCO  
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BARIGOULE

INGREDIENTS

8 Artichokes  
(Stems peeled, outer leaves trimmed and tops cut off)  
4 Shallots (Sliced Thin)  
3 Carrots (Peeled and Sliced)  
2 Leeks (White Part Only, Sliced Thin)  
2 Onion Hearts (Sliced Thin)  
4 Ribs Celery (Peeled and Sliced)  
2 Cups Olive Oil  
2 Quarts White Wine  
1 1/2 Quarts Water  
Sachet consisting of Thyme, Bay Leaf  
and Peppercorns  
1 teaspoon Salt

- Sweat the artichokes and vegetables in the olive oil for about 5 minutes, season with the salt.
- Add the wine, water, and sachet, bring to a boil and simmer, covered with a plate to weight the artichokes down, until the artichokes are tender.

■ ■ ■  
BOCA NEGRA

CAKE INGREDIENTS

12 Oz. *bittersweet chocolate, coarsely chopped*

1<sup>1</sup>/<sub>3</sub> *Cups sugar*

1<sup>1</sup>/<sub>2</sub> *Cup bourbon*

8 Oz. *butter*

5 *Large eggs*

1<sup>1</sup>/<sub>2</sub> *Tablespoons all-purpose flour*

1<sup>1</sup>/<sub>2</sub> *Tablespoons Cocoa Powder*

COFFEE BOURBON SYRUP

1<sup>1</sup>/<sub>2</sub> *cup Coffee*

1 *tablespoon Bourbon*

1 *cup Simple syrup*

3 *Tablespoons Cocoa Powder*

2 *Cups Whipped Cream*

16 *Mint Sprigs*

- Preheat oven to 375°F.
- Butter a 9-inch cake pan and line the bottom with parchment paper.
- Place cake pan inside a shallow rectangular pan and set aside.
- In a small saucepan bring to a boil 1/2 the sugar and 1/2 cup bourbon.
- Pour the resulting syrup over the chocolate to melt.
- Melt butter and set aside.
- In a mixer whip remaining sugar and eggs until ribbon stage.

- Pour chocolate into the eggs.
- Slowly incorporate melted butter.
- Away from the mixer fold in the flour and 1 1/2 tablespoons cocoa powder.
- Pour batter into 9-inch cake pan.
- Create a water bath by pouring enough hot water into the larger pan to come 1 inch up the side of pan.
- Bake for 1<sup>1</sup>/<sub>4</sub> – 1<sup>1</sup>/<sub>2</sub> hours basting with the coffee bourbon syrup every 15 minutes after the crust has developed on the surface.
- Test doneness with wooden skewer.
- After the cake has cooled, refrigerate for 6 hours. Place a sheet of plastic over top of cake and invert cake onto a plate
- Remove parchment paper from the bottom of cake.
- Turn cake back over onto a serving platter and remove plastic.
- Dust top of cake with 2 – 3 tablespoons of cocoa powder.
- Divide the cake into 16 portions and serve with whipped cream and a mint sprig.

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BREAD CRUMB SALSA

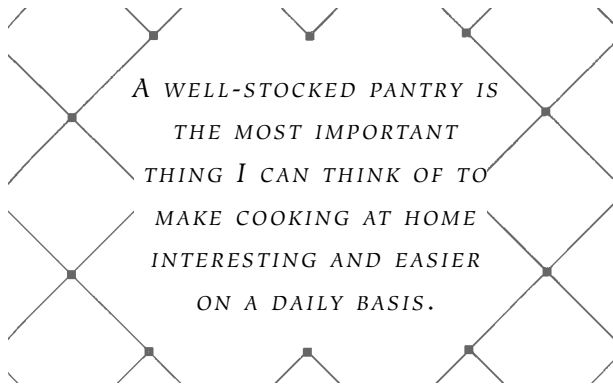
INGREDIENTS

*10 Minced Shallots*  
*1 Cup Red Wine Vinegar*  
*Pinch Salt*

Macerate these ingredients for 15 minutes

*5 Cups Chopped Parsley*  
*½ Cup Thyme Leaves*  
*½ Cup Chopped capers*  
*10 Minced Anchovies*  
*5 Cups Chopped Tomatoes*  
*5 Cups Olive Oil*  
*5 Cups Toasted Bread Crumbs*

Mix ingredients no more than 5 minutes before serving.



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CHICKEN LIVER PÂTÉ

INGREDIENTS

*1 Kilo Chicken Livers*  
*1½ Kilo Cubed Fat Back*  
*3 Eggs*  
*1 large Sliced Onion*  
*1 ounce Brandy*  
*2 ounces Madeira*  
*22 grams (approx. ¾ oz.) Salt*  
*12 grams Sel Rose*  
*7 grams (approx. ¼ oz.) Ground White Pepper*  
*16 ounces Scalded Cream*  
*3 cups Milk*

- One day ahead, clean the livers of as much connective tissue and veins as possible. Place in a container, cover with milk and refrigerate overnight
- Slowly cook the sliced onion without browning in a little butter or oil covered until translucent and very tender. Keep warm
- Drain and rinse the chicken livers under cold running water. Drain completely and weigh again. Make any adjustments to the rest of the recipe at this time. (I usually start out with about 15% more liver than the recipe calls for to cover the waste in cleaning)
- Place the livers in a mixing bowl with the seasonings, brandy and Madeira. Mix and allow to come to room temperature.

- Bring a large pot of water to the boil. Scald the cream and keep warm.
- Place all the cubed fat back into the boiling water. Allow to return to a boil and blanch for 4-5 minutes until somewhat tender.
- Place the cooked onion, fat back and chicken livers into a large blender. Cover and pulse to start, then blend on high speed until a smooth purée is obtained. (This usually takes a minute or so. You'll be able to hear and feel the mixture smoothing out in the blender.)
- Add the eggs and cream to the purée and blend until just incorporated. Strain the mixture through a sieve.
- Line two 1½ quart terrine molds with thinly sliced fat back or bacon. Divide the mixture between the 2 molds, place a couple of bay leaves and sprigs of thyme on top; cover and cook in a water bath in a 350 degree oven for about an hour. Check the doneness by inserting a skewer into the center of the terrine. It should come out almost clean and very warm to the touch when placed below the bottom lip.
- Allow the terrine to cool completely and refrigerate overnight before unmolding.

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 DUNGENESS CRAB STUFFED  
 SQUASH BLOSSOMS  
 TOMATO CITRUS SAUCE

INGREDIENTS

- 12 Squash Blossoms*
- 2 Cups Dungeness Crab*
- 1 Tablespoon Crème Fraîche*
- 1 Tablespoon Chopped Scallion  
(White part)*
- ½ Teaspoon Lemon Zest*
- Salt and Pepper To Taste*
- ¼ Cup Olive Oil*

- 
- 2 Cups Marinara Sauce*
  - 4 Ounce Butter*
  - 1 Small Sprig Rosemary*
  - 4 Basil Leaves*
  - 1 Sprig Thyme*
  - ¼ Orange Orange Zest*
  - ¼ Lemon Lemon Zest*

- Squeeze out any excess moisture from the crab.
- Combine the crab, crème fraîche, scallion and lemon zest together. Season to taste.
- Stuff the squash blossoms with the crab mixture twisting the ends to seal shut.
- Melt the butter in a small sauce pot, add the herbs and citrus zests, cover and let steep for 20 minutes

- Boil the marinara and strain the melted butter mixture into the sauce pressing on the herbs and zests to extract as much flavor as possible. Blend the sauce to emulsify and keep warm.
- Heat the olive oil in a nonstick pan. Season the squash blossoms and brown gently on one side. Turn the blossoms and place the pan in a 375° oven for about 10 minutes.
- Pour the sauce onto a warm serving plate and place the squash blossoms on top.



## KUMQUAT CONFIT

### INGREDIENTS

*5 Pounds Miewa Kumquats*  
*6 Ounces Sugar*  
*8 Ounces Light Brown Sugar*  
*6 Star Anise Seeds*  
*12 Cloves*  
*12 Black Peppercorns*

- Put spices in a sachet
- Cut kumquats in half and de-seed.
- Toss everything together and cook tightly covered in the oven at 325° for 45 minutes.
- Put in a pot and reduce until the juice thickens enough to coat.



## GRILLED ROMAINE WITH PROSCIUTTO AND BURRATA

### INGREDIENTS

*6 Romaine Hearts*  
*4 Fresh Burrata (5-6 ounces each)*  
*12 Slices Prosciutto di Parma*  
*1/4 Cup Vegetable Oil*  
*Salt and Pepper to Taste*

- Wash the romaine hearts thoroughly and dry in paper towels.
- Split the romaine in half lengthwise.
- Cut each burrata into 3 equal size pieces.
- Carefully lift up several of the inside leaves of the romaine and tuck a piece of burrata inside.
- Wrap each romaine half with a slice of prosciutto ensuring that the area where the burrata resides is well covered and sealed.
- Lightly season the romaine and brush lightly with oil.
- Grill the romaine on all sides and place on a warm platter. Dress with Anchovy Vinaigrette.



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WALNUT SCONES

INGREDIENTS

*6 Cups All Purpose Flour*  
*2/3 cup Sugar*  
*5 Teaspoons Baking Powder*  
*1 Teaspoon Baking Soda*  
*1½ Teaspoon Salt*  
*12 Ounces Butter*  
*2 Cups Buttermilk*  
*2 Cups Toasted Chopped Walnuts*

- Combine dry ingredients
- Add walnuts
- Cut cold butter into small chunks
- Work butter into dry ingredients
- Add buttermilk into dry ingredients
- Work until just combines
- Flatten out to 1 inch tall, cut into rounds
- Brush with cream and top with Sugar in the Raw
- Bake at 350°, low fan until golden

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MORTADELLA

INGREDIENTS

*13.5 lbs. Pork*  
*(Loin, trim or shoulder, lighter meat gives a softer texture)*  
*7.5 lbs. Back Fat or Jowl*  
*261.8g. Salt*  
*23 g. Instacure #1*  
*69.3 g. Crushed Garlic*  
*115 g. Dextrose*  
*15 g. Mace*  
*10 g. Coriander*  
*10 g. Cinnamon*  
*10 g. Cayenne*  
*30 g. Milk Powder*

GARNISH

*578 g. Jowl, small to medium dice*  
*300 g. Whole Peeled Pistachios*  
*20 g. Course Ground Black Peppercorns*

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*3 Bung Casings*

- Grind Pork and back fat separately (at 38°)
- Grind spices (except black pepper)
- Blanch diced pork jowl and ice
- Rinse bung casings (or the day before)
- Make sure ingredients are cold, puree pork in a food processor add ice and spices. Puree until smooth and pasty, next add fat, puree until smooth and uniform. Let temperature rise to 62°.

- Fold in the garnishes.
- Stuff into bung casings.
- Tie off bung and secure with a knot to hang after cooking.
- Poach Mortadella, making sure it is completely submerged, at 160° for 1½ hours or until internal temperature reaches 145°. Let stand at room temperature for 10 minutes, the ice down.



## ZUCCHINI PICKLES

### INGREDIENTS

2 Pounds Zucchini  
 2 Pounds Gold Bar Squash  
 2 Quarts Water  
 1 Quart Apple Cider Vinegar  
 1 Tablespoon Whole Coriander  
 1 Tablespoon Mustard Seeds  
 1 Tablespoon Pepper Corns  
 1 Tablespoon Juniper Berries  
 ½ Cup Kosher Salt  
 ½ Cup Sugar  
 4 Garlic Cloves  
 2 Bay Leaves

- *Slice Squash lengthwise and macerate with salt for one hour.*
- *Place the rest of the ingredients in a medium pot and bring to a simmer.*
- *Cool.*
- *Combine.*



## PORCHETTA WITH SYLVETTA ARUGULA, OLIVE OIL, POACHED TOMATOES, DATES, AND ROMESCO SAUCE

### PORCHETTA

1 Pork middle, skin and bones removed  
 ¾ cup Toasted Fennel Seeds  
 1 Bulb Garlic peeled and chopped  
 3 Tablespoons Red Pepper Flakes  
 3 Tablespoons Chopped Rosemary  
 3 Tablespoons Black Peppercorns

*NOTE: The pork middle is the entire side of the hog with the hind leg, fore shank and shoulder removed leaving the whole loin and belly portions.*

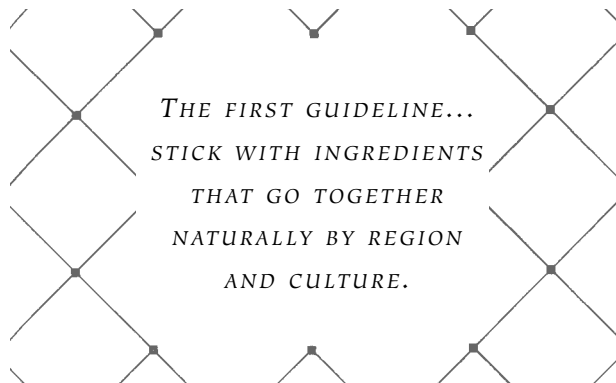
- Trim away any sinew and cartilage from the belly and the top of the loin.
- Trim the fat on the loin so just a thin layer remains.
- Lightly toast the fennel seeds in a 400 degree oven. Grind the fennel, black pepper and red pepper in a spice grinder to a course consistency.
- With a mortar and pestle, begin by pulverizing the garlic and rosemary with a pinch of salt.
- Add the dry spice mixture and mix until it forms a course paste.
- With a meat mallet pound the belly section focusing on the thicker areas to even out the thickness of this section.

- Season both sides of the pork with salt and rub with the seasoning paste from the mortar.
- Once the meat is thoroughly seasoned with the spice mixture, roll the pork into a “log” so the belly surrounds the loin.
- Tie tightly with butcher twine every two inches.
- Roast on a wood fire rotisserie or sear the outside and cook in a 300 degree oven until the internal temperature reaches 145 degrees.
- Allow the roast to rest in a warm place for at least 15 minutes before carving.

#### SERVING

Place a handful of *Sylvetta Arugula* on a plate. Slice the porchetta about  $\frac{1}{4}$  inch thick and place on top of the arugula.

Drizzle the meat and arugula with a couple of tablespoons of romesco sauce. Garnish the plate with olive oil poached tomatoes and a couple of medjool dates.



## ROMESCO

### INGREDIENTS

*1 Diced Onion*

*2 Garlic Cloves*

*1 Diced Tomato*

*12 Roasted Pimentos (Seeded and peeled)*

- Cook all of the above ingredients down until soft.

*$\frac{1}{2}$  Cup Whole Blanched Almonds*

*$\frac{1}{2}$  Cup Bread Crumbs*

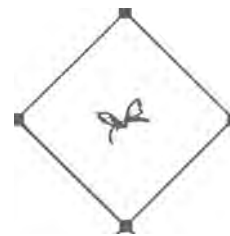
*3 Tablespoons Sherry Vinegar*

*1 Tablespoon Smoked Paprika*

- Toast breadcrumbs and almonds well.
- Start to blend breadcrumbs and almonds in food processor when coarsely ground, add in the pepper mixture. Then add in the sherry vinegar and paprika.
- Finish with:

*1 Cup EVOO*

*Salt and Pepper to Taste*





ARIZONA ARTISAN

FIRST COURSES (4)

Chicken Liver Pâté and Home Made Mortadella  
Pickled Zucchini

Heirloom Tomatoes and Green Goddess Dressing

Palermo Artichokes “En Barigoule”

Grilled Red Romaine with  
Prosciutto and Burrata\*

Dungeness Crab Stuffed Squash Blossoms\*  
Tomato Citrus Sauce

SECOND COURSES

Porchetta with Romesco and Arugula\*

Grilled Quail with Bread Crumb Salsa\*

Roasted Opakapaka with Clams, Olives and  
Fingerling Potatoes

Farmer Veg

CHEESE

Cashel Blue, Meiwa Kumquat Preserve  
Walnut Scone

DESSERT

Boca Negra and Whipped Cream

*\*Menu Items Suitable for Class Demonstrations*

