

# Culture Tastic May 2022

West Coast Cuisine with Wine Pairing  
Chef Alessa Valdez, Phantom Creek Estates

## Spot Prawn Crudo

### Ingredients

- Frozen spot prawns 4 pieces
- Fennel ¼ bulb
- Anaheim chili ½ piece
- Lemon ½ piece
- Cilantro For garnish
- Maldon salt 1.5 g
- Olive oil To taste
- Edible flowers A few
- Rice wine vinegar 25 ml
- Water 25 ml



*Wine Pairing: Phantom Creek Estates, 2019 Riesling, East Kelowna*

### Methods

1. Using a small paring knife, cut a shallow incision along the top of the shrimp all the way down to the tail. Use the tip of the knife to lift out the vein in the shrimp. Discard the shells and veins. Rinse the shrimp with clean water, and cut it in half. If needed, rest them on a paper towel to dry.
2. ¼ bulb of fennel sliced thin on a mandolin (if you don't have a mandolin, you can use your knife instead)
3. Slice the top and bottom off the lemon and place it upright on a solid work surface. Slice off the peel in strips, cutting downwards and following the curved shape of the lemon. Try to cut off as much of the pith as you can.
4. Carefully tidy up the lemon, slicing off any obvious remaining bits of pith so you're left with a clean fruit.
5. To segment it, hold the peeled lemon in your palm. With the knife in the other hand, carefully make two cuts just inside the two membrane walls of each segment, then flip the released slice of fruit into a bowl below.
6. Rotate the lemon as you go until all the segments have been removed and you're left with just the flaps of the membrane. Squeeze this over the bowl to release all the juices. Garnish the remaining lemon juice over the spot prawns when assembling.
7. Seeded the Anaheim chili and cut it into rings. Combine water, rice wine vinegar and salt in a small sauce pot and bring to a boil, pour the pickling liquid over the sliced Anaheim chilis, and let it cool at room temperature.
8. Season with maldon salt, olive oil, and cilantro.

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## Spring Risotto

### Ingredients

- Arborio rice 80 g
- Unsalted butter 75 g
- Parmesan cheese 75 g
- Oyster mushrooms 30 g
- Green Asparagus 30 g
- Fiddle heads 15 g
- Vegetable stock 1000 ml
- Garlic 5 g
- Shallots 5 g
- White wine 100 g
- Extra virgin olive oil 5 g



*Wine Pairing: Phantom Creek Estates, 2019 Pinot Gris, Okanagan Valley*

### Preparations

#### *Blanched fiddle heads:*

- Cook fiddleheads in a generous amount of boiling water for 15 minutes or steam them for 10 to 12 minutes until tender. Place a large bowl of ice water next to the stove. Discard the water used for boiling or steaming the fiddleheads. Using a slotted spoon, transfer the fiddle heads to the ice water.

#### *Blanched Asparagus Tops:*

- Bring pot of water to a boil. Place a large bowl of ice water next to the stove. Add the asparagus to the boiling water and cook until bright green and crisp-tender, about 3 minutes. Using a slotted spoon, transfer the asparagus to the ice water.

*Cont*

# Spring Risotto

## Methods

1. In a small pot, bring vegetable stock to a gentle simmer
2. Meanwhile, in a large straight-sided skillet over medium-high heat, melt 10 grams of butter. Add shallots and cook, stirring occasionally, until softened, about 5 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute.
3. Stir rice into onion mixture and season with salt. Cook, stirring constantly, until rice is lightly toasted, about 4 minutes.
4. Pour wine into rice mixture and bring to a boil. Cook, until almost evaporated, about 30 seconds.
5. Reduce heat to medium and pour a few ladles of warm stock into skillet and cook, stirring gently until broth is absorbed. Continue to cook, repeat adding a few ladles of broth and stirring until broth is absorbed before adding more, until rice is al dente, about 15 minutes.
6. Remove skillet from heat and stir in 55 grams of butter and 75 grams of parmesan cheese. Season with salt.
7. Heat remaining olive oil and butter in a large saucepan over medium heat. Cook and stir mushrooms in saucepan until mushrooms are lightly browned, about 5 minutes. Reduce heat to low and simmer until mushrooms are tender, 5 to 8 more minutes, add blanched fiddle heads, and asparagus tops. Season with salt.
8. Using a peeler, shave remaining asparagus bottoms and parmesan cheese for garnish.
9. Top with sauteed mushrooms, fiddle heads, asparagus tops, shaved parmesan cheese, and shaved asparagus.

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