

the **ART** of CATERING FOOD

It's All About the
Bannock, Or is It?

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Executive Chef, Bingemans



corn husk baked steelhead w.
hominy risso, dried cran

What's What

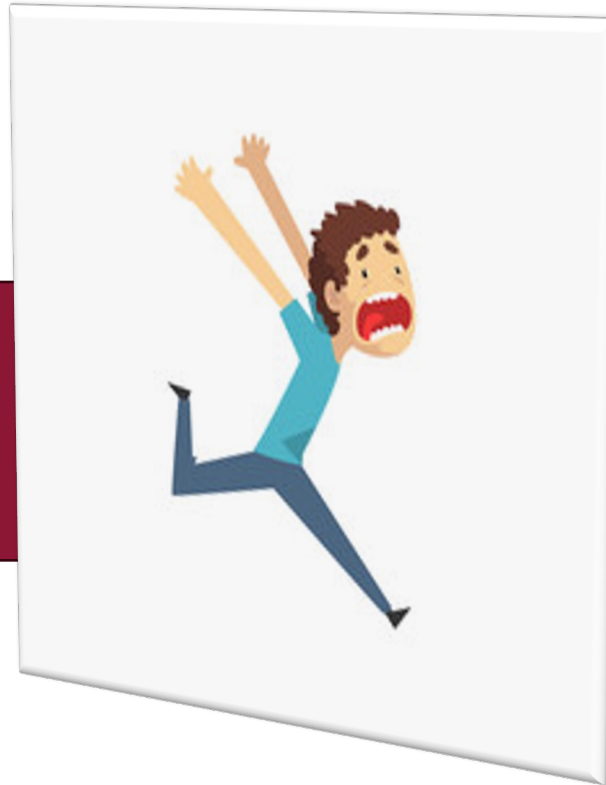
Agenda For The Session

- Jeremy's story in 30 seconds or less
- Review of ingredients, connection to Indigenous Peoples
- Bannock – significance in Indigenous Cuisine
- Wrap-Up w. tasting and Q & A



Ready Set Go

30 sec.



DON'T

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Duck – roasted & confit w.
wild rice + dried cherry

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Impactful Ingredients

Maple Syrup & Sugar

Sweetgrass

Sumac

Grains/Flours – Corn, Wild Rice, Amaranth

Juniper

Sage

Steelhead Salmon

Saskatoon Berries

Summer Solstice Grazing Plate



Today's Dish

Maple-Sumac Cured, Sweetgrass Smoked Steelhead
corn cake + saskatoon + sage + wild rice



Ingredients

900g (1) fresh steelhead fillet

Brine

1c coarse sea salt

5ml ground juniper

60ml ground sumac

5ml chopped white sage

.75c agave syrup

1/4c maple syrup

1 sweetgrass braid

10oz maple wood chips

Procedure

- Line a 2", full hotel pan with syran wrap and set aside.
- Combine brine ingredients.
- Place salmon fillet flesh side down in the hotel pan & lightly rub the skin with the brine.
- Flip the salmon so the skin side is down, rub the remaining brine into the flesh side of the salmon.
- Cover the salmon with Syran wrap, ensure it is touching the flesh, and then fold over the Syran wrap that is lining the pan.
- Let cure for 12hr, flip and cure an additional 12hr.
- Rinse the salmon under cold running water and pat dry, refrigerate for 24hr unwrapped to form a pellicle.
- Cold smoke (75°F) using sweetgrass and maple wood for 45 minutes.

Maple-Sumac Smoked Salmon

Ingredients

342g lard or butter + extra lard for frying
200g maple sugar
400g eggs (duck preferred, 6pc)
530g milk (soy preferred)
234g brown rice flour
234g amaranth flour
357g cornmeal
25g baking powder
15g sea salt
1/4c chopped white sage
500g corn kernels (cooked)
10g xanthan gum (optional)

Procedure for Batter

- Combine all wet ingredients, lard, and mix.
- Blend in dry ingredients to form a batter.

Procedure for Cakes

- Preheat a cast skillet to medium heat.
- Add enough lard to coat the bottom of the pan.
- Scoop batter into the skillet, approx. 30g (.5-1oz) portion.
- Cook until lightly golden brown, adding lard as required, flip and cook the second side until lightly golden brown, flip over again for an additional minute, flip one last time and cook for an additional minute.
- Do not refrigerate, serve at room temperature, or slightly warmed.

Corn Skillet Cakes

Ingredients

750 ml Fresh or Frozen Saskatoon Berries

250 ml Maple Sugar

125 ml water, or wild rice broth

6 sprigs Fresh Thyme

Pinch of sea salt

60 ml cornstarch

Procedure

- Combine berries and sugar in an appropriately sized pot and bring to a simmer.
- Let cook until the berries are soft and residual moisture has reduced by half, remove from the heat, and stir in salt and fresh thyme. Let steep for 10 minutes, remove thyme and pulse two to three times in a food processor.

Note: mixture can be thickened slightly with a slurry.

Saskatoon Berry Spread

Puffed Rice and Fried Sage

Ingredients

250 ml wild rice

225 g fresh sage leaves

200 g micro amaranth, and/or micro chervil

Procedure

- After frying the corn cakes, remove any left-over batter crumbs.
- Add 250 ml lard to the skillet and let melt.
- Add sage leaves, careful they may splatter slightly, fry until dark green in color and translucent, remove and place onto a paper towel to drain.
- Add wild rice to the lard, stir lightly and let crisp until lightly golden, remove and place onto a paper towel to let dry, lightly season with sea salt.

Puffed Rice and Sage Garnish

Thinly slice the steelhead.

Spread saskatoon onto the skillet cake.

Place sliced steelhead on the cake.

Top with puffed wild rice and fried sage.

Arrange neatly on live edge wood, or natural stone garnished with fresh cedar boughs.

Compose the Dish

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Maple Syrup/Sugar

Sweetgrass

Sunflower

Grain Flours, Corn, Wild Rice, Amaranth

Juniper

Sage

Steelhead Salmon

Saskatoon Berries



Maple-Sumac Cured, Sweetgrass Smoked Steelhead
corn cake + saskatoon + sage + wild rice

Let's Try It!

Resources

Thank You!

