

SOOKE HARBOUR HOUSE BRAISED OPAL SQUID AND PACIFIC OCTOPUS AND SUGAR KELP
UPSIDE DOWN CAKE WITH A BLACK CURRANT, SWEET WOODRUFF AND SALT SPRING
ISLAND SHEEP'S MILK YOGURT SAUCE GARNISHED WITH GEODUCK CLAM CRISPS

(Serves 4)

BRAISED OCTOPUS AND OPAL SQUID TENTACLES

Ingredients:

Octopus tentacle end, 1 ½ inch thick if		1, 6 inch x 2 inch piece, from the thicker possible
Opal squid tentacles tapering to a point	20,	3 inches long, starting at 3/8 inch and
Carrots , organic		¼ cup, peeled and coarsely chopped
Onion, organic		¼ cup, coarsely chopped
Celery, organic	¾ cup,	coarsely chopped
Lemon verbena, fresh		6, leaves
Rosemary		1, 4 inch sprig
Coriander seeds	16	
Bay leaves		4, fresh
Cumin seeds		16
Garlic, organic the centre		1 bulb, medium, sliced horizontally through
Ginger, organic	2 tablespoons	minced
Black pepper corns		12
Water		10 cups
Hard pear cider		10 ounces

To Prepare:

1. Place all the ingredients in a 4 quart pot.

Place over high heat and reduce the heat to a simmer, once it reaches a
boil.

Simmer for 1 hour and 30 minutes or until a small paring knife goes in and
out of the octopus easily.

Place the octopus and squid tentacles on a cooling rack and let cool for 30
minutes.

Houttuynia leaves	½ cup coarsely chopped
Coriander seeds	½ teaspoon, coarsely ground
Ginger, organic	½ teaspoon, minced
Sea salt	2 teaspoons
Black pepper	1 teaspoon

To Prepare The Octopus, Seaweed And Squid Cake:

1. Preheat your oven to 350 degrees F.
2. Prepare 4 round stainless steel moulds (2 ½” wide x 2” tall) by brushing the insides with soft butter.
3. Measure all the dry ingredients and set aside.
4. Cream the softened butter and sugar in a 5 quart mixing bowl with a paddle attachment until it is a pale white colour .
5. Then, add the eggs slowly, one by one.
6. Now, add all the ingredients except for the squid and octopus.
7. Whip the batter for 2 minutes on medium speed in order to incorporate air, which will make the final product lighter and fluffy
8. Fill the buttered ring moulds 2/3 full with the cake batter.
9. Push one octopus round against the inside of the mould directly to the bottom so that it remains upright and against the mould. Alternate with the mantle pieces placed upright in between the octopus rounds until they are used up and have created a decorative pattern around the outside of the cake ; that is with 4 octopus rounds and 3 squid rectangles. The squid rectangles should be perpendicular to the base.
10. When that is finished, take 5 tentacles per cake and one by one gently push the fatter end of the tentacle through the centre of the top of the cake, ensuring it touches the bottom of the batter. Then repeat this procedure with the remaining four tentacles. The thin end of the tentacles should protrude from the top of the mould.
11. Place the filled moulds on an 8” x 11” baking sheet covered with parchment paper and place in the oven for 15 minutes. Remove from oven at this point to check that the protruding tentacles remain at the bottom, and if not, push the tentacles back to the bottom of the mould so they don’t get pushed out to far from the top of the cake.

12. Put the cakes back in the oven and bake for another 12 to 15 minutes. Allow to cool for 15 minutes.

13. To de-mould the cakes, run a thin, flexible knife around the inside edge of the mould. Gently push from the bottom of the cake up through the mould.

SOOKE HARBOUR HOUSE BLACK CURRANT YOGURT SAUCE

Ingredients:

Sheep's milk yogurt	¾ cup
Black currants	2 cups, fresh or frozen
Carrot, organic	2 tablespoons, finely diced
Onion, organic	2 tablespoons, finely diced
Celery, organic	2 tablespoons, finely diced
Garlic cloves, organic	2 sliced in half
Sweet woodruff leaves	3 tablespoons, coarsely chopped
Lemon grass	1 stock, sliced in ¼ inch rounds
Bay leaves, fresh	2, whole
Ginger, organic	1 tablespoon, minced
Apple juice	3 cups

To Prepare The Black Current Yogurt Sauce:

1. In a 4 quart non-corrosive pot, (not aluminium), place all the ingredients except the yogurt.
2. Place the pot over high heat and bring to a boil. Once at the boil, turn the heat to medium and simmer but do not reduce. The approximate cooking time should be about 15 minutes.
3. Strain the ingredients through a fine mesh strainer into a 2 quart stainless steel pot and return to high heat. Reduce the liquid until only ¾ of a cup remains or for about 7 or 8 minutes.

4. Remove from the heat and let cool for 5 minutes, and place in a small stainless steel bowl.
5. Then, add the yogurt and mix with a fork until a marbled effect is achieved.

SOOKE HARBOUR HOUSE GEODUCK CLAM CHIPS

Ingredients:

Geoduck siphon 1 , 2 ½ inch piece of the thin end of the siphon, no wider in diameter than 1 inch, frozen
Cornstarch 1 teaspoon

To Prepare The Geoduck Chips:

1. On a slicer, slice the geoduck into paper thin rounds.
2. Place the slices in a bowl and dust with cornstarch and be sure to shake off any excess cornstarch before frying.
3. Set up a pie plate lined with paper towel to put the chips on after they are fried.
4. Preheat a deep fryer to 350 degrees F.
5. Fry the chips for 1 minute in 2 separate batches in a deep fryer and stir them in the oil with tongs, so they don't stick together and cook evenly. When the chips stop bubbling in the fryer, they are done.
6. Place the chips on the paper towels for approximately 1 minute.

Assembly:

1. Place the octopus cake on the plate with the tentacles pointing upright
2. Place 8 geoduck chips across from the cake in a mound.
3. Surround the cake with the sauce and attractively link the chips to the sauce.

Sooke Harbour House Flounder Boutargue
(Bottarga, Poutargue, Poutarguier, Caviar Sarde, Caviar de Sardaigne, Karasumi, Batrakh)

Chef Edward Tuson and Sinclair Philip
May 23, 2007

Ingredients

flounder roe 8 ounces

salt 1 lb

Utensils

2 stainless steel 9 X 11" pans

cheesecloth

string

Method

1. Completely cover the flounder roe with salt, cover, and refrigerate for one week.
2. Remove the roe from the salt and rinse for 6 hours in constantly running water. Pat dry.
3. Roll the roe in cheesecloth and tie each end with a string. Place the roe in a small stainless steel, 9 X 11" pan with another pan on top. Place about 10 lbs. of weight in the top pan and refrigerate for about 4 days to compress the roe.
4. After 4 days, remove the roe from pan and hang in fridge for 3 weeks. After 3 weeks it is ready to use.

Serving Suggestions

Slice very thinly with a sharp knife and serve as an appetizer.

Serve mixed into a simple pasta, on crostini, as a crusting for fish, or as a strong flavouring to accompany seafood.