



Spring Summer Menu

We are thrilled to announce the release of our Spring and Summer menu crafted by Executive Chef Stewart Boyles and Pastry Chef Kim Collishaw. With a nod to global food culture, the menu was created around seasonal and BC sourced ingredients.

Owner and Founder Debra Lykkemark on the new menu, "Our latest seasonal menu features vibrant new flavours, local sustainable food and ethnic food favourites. Our Chef de Cuisine Kris Chant recently returned from a trip to Columbia and Executive Chef Stewart Boyles was a speaker at the 2017 International Caterers Association Conference in New Orleans. Both chefs returned from these food meccas inspired to create new dishes.

Our new Spring Summer station menus are chef attended, interactive and focused on ethnic foods that ignite passion in our local food culture. There is more magic from our pastry chef on the dessert menu with stunning plate presentation, a focus on local berries, tropical flavours and an enticing variety of complementary flavours and textures".

[EXPLORE THE NEW MENU HERE >>](#)



Executive Chef Stewart Boyles + Debra Lykkemark

Roasted Halibut with Braised Lemon Fennel

Our featured recipe from the new menu celebrates the always welcome arrival of longer days and warmer weather. Chef Stewart dishes on how to prepare a gorgeous entrée with this succulent and versatile fish.





April 2017

Vegetable Nage for Fennel

Yields 2 servings (1/2 cup)

1/3 cup carrot
1/3 cup onion
1/3 cup celery
1/2 tsp whole fennel seeds
1 pc star anise
3/4 cup water
1/4 cup white wine
1 small garlic clove, crushed
pinch of salt

Can be done 1-2 days ahead.

Roughly dice carrots, onion and celery to 1/2 inch pieces. Combine vegetables, fennel seeds, star anise and garlic with water in a pot. Bring to a boil.

Add white wine. Remove from heat and chill with vegetables in the liquid.

Lemon Braised Fennel

1 fennel bulb
1/2 cup vegetable nage
1 lemon
pinch of salt

Can be done a day ahead.

Preheat oven to 375°F.

Remove the tops from the fennel bulb and set aside. Using a vegetable peeler, peel away the outside layer of the fennel bulb. Discard the peelings.

Cut the fennel bulb in half, and then thinly slice the fennel with the grain, by hand or using a Japanese mandolin, to about 1/16" thick.

Remove the zest from the lemon with a vegetable peeler, then juice the lemon and set aside.

Bring the vegetable nage to a simmer. Combine sliced fennel, lemon zest, pinch of salt and the hot vegetable nage in an oven-proof dish (i.e. casserole dish).

Cover with aluminum foil and braise in the oven for 20-30 minutes, until the fennel is just tender.

Add the lemon juice to the braised fennel and toss to mix. The braised fennel can be cooled in the liquid overnight, to absorb the flavours.

To reheat and serve, cover with foil and place in a 375°F. oven for 10-15 minutes.

Chef Tip: Vegetable nage can be saved for a soup, or frozen and used to braise another batch of fennel at a later date.

Roasted Halibut

2 - 6 oz. halibut filets
1 Tbsp vegetable oil

Preheat a non-stick frying pan on medium-high heat. Season both sides of the halibut filets with salt. Pat dry the fish with paper towel.

Swirl the vegetable oil in the frying pan until completely coated.

Carefully place each piece of fish, top-side down, in the hot pan. Sear each piece of fish until golden on the presentation side. Finish by roasting in the oven for 4-5 minutes (depending on the thickness).

Fennel Salsa Verde

2 Tbsp parsley, chopped
3 Tbsp fennel fronds, chopped
1/2 tsp lemon zest
1/4 tsp garlic purée
1/4 tsp Sambal Oelek
1 Tbsp lemon juice
1/4 cup olive oil
salt and pepper

Pick the fine fronds from the fennel tops, chop lightly with a sharp knife. If the fennel has no tops, substitute fresh chives. Finely chop parsley.

Combine all ingredients in a bowl, except the olive oil. Slowly drizzle the olive oil in the bowl, while whisking, to incorporate.

Check the seasoning, add additional salt if required.



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Recommended Accompaniments

Seasonal Vegetables, Fresh Herbs

6-8 asparagus spears

8-10 green beans

Snap off bottoms of asparagus spears.

Trim the stem off green beans.

Bring a pot of water to a boil. Have a separate container with ice water.

Season the water with salt. Blanch the asparagus and beans separately, about 1-2 minutes each, or until just tender.

Shock the vegetables in the ice water to stop the cooking.

Once cooled, remove the asparagus and green beans from the ice water, pat dry, and cut into 1-1 1/2" long pieces on an angle.

Dress with extra virgin olive oil and fresh chopped herbs, such as parsley and chives.

Reheat the vegetables on a sheet pan in the oven for 5-7 minutes just prior to serving.

Roasted New Potato

10-12 new potatoes or fingerling potatoes

2 Tbsp olive oil

salt and pepper

Can be roasted ahead of time.

Preheat oven to 375°F.

Rinse potatoes well. Cut each potato in half or quarters, depending on the size.

Toss potatoes with olive oil and salt and pepper.

Spread evenly onto a lined baking sheet. Roast for 15-25 minutes, stirring 1-2 times, until potatoes are golden brown.

Cool until ready to serve.

Reheat in the oven 10-12 minutes prior to serving.

