



THIRD EDITION

# EATING WELL, ALWAYS

*The pleasures of the table belong to all times and ages,  
to every country and every day; they go hand in hand  
with all our other pleasures, outlast them, and  
remain to console us for their loss.*

JEAN ANTHELME BRILLAT-SAVARIN  
1755-1826

PRODUCED BY:

L'Institut de tourisme et d'hôtellerie du Québec (ITHQ)  
Palliative Care McGill, Department of Family Medicine, McGill University  
McGill international palliative care Congress  
La Maison, Palliative Care Centre

# EATING WELL, ALWAYS

*This recipe collection is the 3<sup>rd</sup> edition of a collection first developed in 2018 for the 23<sup>rd</sup> McGill international palliative care Congress, presented by Palliative Care McGill that has taken place in Montréal every two years since 1976.*

*Developed by students from the Institut de tourisme et d'hôtellerie du Québec and by the cooks from La Maison de Gardanne, a palliative care residence located in the south of France, these recipes have been adapted to allow full enjoyment of eating, even when swallowing might present a problem. We are thankful for the generous contribution of Bessy Bizas, Devon Phillips and April O'Donoghue to this recipe collection.*

*Here are a few small suggestions to increase the enjoyment of these recipes: serve small portions (100-150 g) on small plates, aim for an appetizing presentation, and in order to preserve the appetite, medication should be taken after the meal when possible. But most of all, let's remember to enjoy the pleasure of eating with family and friends.*

*Bon appétit !*

**BERNARD J. LAPOINTE, MD**  
Past Chair of the McGill International  
Palliative Care Congress

**JUSTIN J. SANDERS, MD, MSc, FAAHPM**  
Chair, McGill International Palliative Care  
Congress; Kappy and Eric M. Flanders  
Chair of Palliative Care | Palliative Care McGill



**McGill**

Department of Family Medicine | Département de médecine de famille



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*L*a Maison is a palliative care facility that was established in 1994 during the HIV epidemic. At La Maison, there are teams of employees and volunteers committed to welcoming, caring for, and accompanying each person in his or her uniqueness, and relieving symptoms and supporting the person and their entourage.

*La Maison accommodates 38 people suffering from serious progressive diseases such as AIDS, cancer or some neurological diseases. Short, medium and long-term hospitalization is available. We provide home care as part of our regional palliative care network. We also welcome five people during the daytime to allow them to regain their self-esteem through creative workshops when their disease makes everyday life difficult.*

*We believe that cultural aspects are an essential part of care as they help people to maintain social connections and to temporarily forget about their illness.*

*We have also designed our dining room with an open kitchen as a place of life and exchange and especially, as a part of care.*

*Mealtime is an opportunity to share with other people, leave one's room, find an active, social place, to relax and return to familiar rituals. The choice of quality dishes offered by our cooks are based on culinary memories that have particular meaning for our residents.*

**JEAN-MARC LA PIANA**, Medical Director  
La Maison, à Gardanne, centre de soins palliatifs, France



**S**ince 2018, the Institut de tourisme et d'hôtellerie du Québec (ITHQ) has been honoured to contribute to this book to help patients at the end of their lives continue to enjoy the undeniable daily pleasure of eating and drinking.

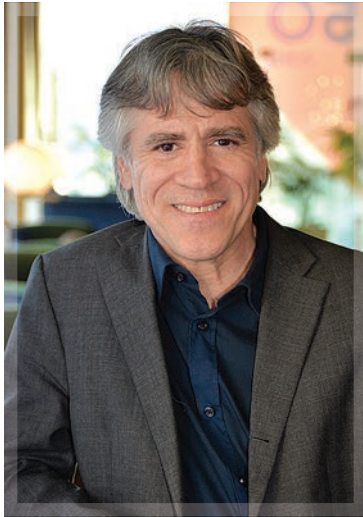
*Again this year, the students in our restaurant management program worked with keen interest on this inspiring project. Thanks to their training in food texturing, and under the guidance of their instructor Étienne Huot, they have adapted six new recipes to let people at the end of their lives enjoy dishes that are both delicious and appetizing. You will be surprised and delighted by the special attention they have paid to the aesthetic qualities of the dishes, which are true works of art meant to stimulate the senses. Every meal is a new opportunity to experience pleasure, one bite at a time.*

*ITHQ research professor Alain Girard has been involved in this project from the very start. He and the Palliative Care McGill team, which oversaw this third edition, have given palliative care units and caregivers access to even more recipes and inspiration. I also want to acknowledge the technical and financial support of Solina Canada, which contributed to making this project a reality.*

*We hope that this publication brings comfort to people at the end of their lives and lets their loved ones provide them with some sweetness and joy during this significant time.*

A handwritten signature in blue ink that reads 'Liza Frulla'.

The Honourable **LIZA FRULLA**  
General Director  
Institut de tourisme et d'hôtellerie du Québec (ITHQ)



*I*t's with great pleasure and the feeling of having come a long way that I present you the third edition of *Eating Well, Always*. Indeed, the adventure with ITHQ students began in 2018 and has continued uninterrupted to this day, as part of the college course

*Coordonner la production et la distribution d'un service alimentaire.*

*Since the first edition, I've been keen to support this project and inspire the various cohorts that have followed in the wake of this slightly crazy project. For the past four years, the challenge has always been the same: to texturize dishes on the ITHQ cafeteria menu to meet the needs of people at the end of life. They had to think not only about textures, but also about presentation, flavors, and the fact that food has an undeniable comforting aspect and special meanings at the end of life. I congratulate them and thank them for the seriousness and attention to detail they have demonstrated throughout the process.*

*Whether you're a cook or volunteer in a palliative care space or a caregiver, the aim of this book is to inspire you to create your own dishes, inspired by the meals that have given and meant so much to those who are dying. All the techniques for obtaining the safest possible textures to avoid choking and reduce the need to chew are explained. So you can easily replicate the ones you need for your project.*

*I encourage you to be creative even in these difficult moments, as one bite could make all the difference to your loved one. And why not try it with a glass of wine, which can be thickened using the same techniques.*

*In closing, I'd like to thank Andrée-Anne Harvey, project manager at the GastronomiQc Lab, who played a very active role in the many adjustments and validations of each stage of the final result.*

**ALAIN GIRARD, Ph.D.**  
Professor-researcher at GastronomiQc Lab  
Mixed research unit ITHQ-UL

# EATING WELL, ALWAYS

Recipes to promote the pleasure  
of eating at the end of life

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**LA MAISON**  
Etablissement de soins palliatifs  
Association loi 1901  
Reconnue d'Utilité Publique







Some of the members of the kitchen team (from left to right)

DANIEL, volunteer  
MAMINE, volunteer  
SYLVIE, volunteer

GWEN, cook  
PATRICIA, cook  
BRIGITTE, volunteer



# EGGPLANT À LA PIZZAIOLE

PATRICIA, Cook, à la Maison de Gardanne

## INGREDIENTS

- 1 kg of eggplant
- 1 can of crushed tomatoes (approximately 796 mL)
- Anchovy fillets in oil (according to taste)
- Mozzarella
- Oregano
- Olive oil
- Salt and pepper

## PREPARATION

- 1.** Wash the eggplants well, cut off the ends, and cut in half lengthwise.
- 2.** Put halves back together and wrap each eggplant in aluminum foil.
- 3.** Bake at 180 °C (350 °F) for about 30 minutes.
- 4.** In a baking dish, pour a little olive oil and place the eggplants skin side down.
- 5.** Season with salt and pepper, pour crushed tomatoes on top, and garnish with an anchovy, oregano, mozzarella slices and a drizzle of olive oil.
- 6.** Bake at 180 °C (350 °F) for approximately 15 minutes.



## TIPS

*This method of cooking makes it possible to cook eggplants with much less fat, since eggplants tend to absorb oil if they are cooked in a pan.*

*The anchovies are optional, and you can use other types of cheese, according to your taste.*

*This dish can be eaten hot or cold.*

# CREAM OF BELL PEPPER WITH GOAT CHEESE

PATRICIA, Cook, à la Maison de Gardanne

## INGREDIENTS

- 500 g of chopped red bell peppers
- 2-3 small goat cheese rounds (soft, pasteurised)
- Olive oil, small quantity



## PREPARATION

- 1.** Chop the bell peppers in small pieces and cook them until tender in a skillet with a bit of olive oil.
- 2.** In a blender, mix the cooked bell peppers and the goat cheese until you obtain a creamy consistency.

## TIPS

*If you prefer, you can use yellow bell peppers for a milder taste, or mix red and yellow peppers together.*

*Fresh basil or a little bit of garlic will add a bright summery taste to the preparation. Or if you prefer, some mint leaves can be quite refreshing.*

# CREAM OF HEARTS OF PALM

GWEN, Cook, à la Maison de Gardanne

## INGREDIENTS

- 1 can of hearts of palm (14 oz)
- 250 g of mascarpone cheese
- 1 tablespoon of chopped fresh herbs (basil, chives, and parsley)
- 1 large spring or green onion, finely chopped
- Salt and pepper

## PREPARATION

- 1.** Chop the hearts of palm into small pieces. Blend together with the mascarpone, herbs, and spring onion.
- 2.** Salt and pepper to taste.



# EGG FLAN WITH CARAMEL

PATRICIA, Cook, à la Maison de Gardanne

## INGREDIENTS

### FLAN

- 8 eggs
- 1 L whole milk
- 250 g of sugar
- 1 vanilla bean

### CARAMEL

- 1 cup of sugar (250 ml)
- 4 tablespoons (60 ml) water

## PREPARATION

1. Preheat oven to 150°C (300°F)
2. Prepare caramel. Combine the sugar and water in a saucepan over medium heat. Stir continuously until the sugar melts and the liquid turns into a golden caramel colour. Remove from heat and pour it into a baking dish (8 × 10 inches).
3. In a large saucepan, combine the vanilla bean with the milk and the sugar and bring to a simmer over medium heat. In a large bowl, beat the eggs. Slowly pour the warm milk mixture into the bowl with the eggs, whisking constantly so that the eggs do not curdle or cook. Pour this mixture into the baking dish which already contains the caramel.



## PREPARATION *continued*

4. Place the baking dish into a larger baking dish and then fill the larger baking dish half-way with water. Bake for about one hour in the middle rack of your oven. Carefully remove the flan from the oven and allow to cool to room temperature and then refrigerate overnight. Leave the flan in the baking dish until serving time, at which point you will invert it onto a serving dish.

# SAVOURY BEET MOUSSE

Adapted from a recipe by Gwen, Cook, à la Maison de Gardanne

## INGREDIENTS

- 1 medium-sized beet, or 6 canned beets\*
- 150 g of fresh cheese (Boursin, Tartare, St-Morêt)
- ½ tablespoon of chopped fresh parsley and chives
- ¼ teaspoon of chopped fresh garlic, or to taste
- Salt and pepper to taste



## PREPARATION

- 1.** Boil a fresh beet in water for approximately 60 minutes or until tender.
- 2.** Peel the beet and chop it into chunks.
- 3.** Add the cooked beet, cheese, herbs and garlic in a food processor and blend well.
- 4.** Add salt and pepper to taste.

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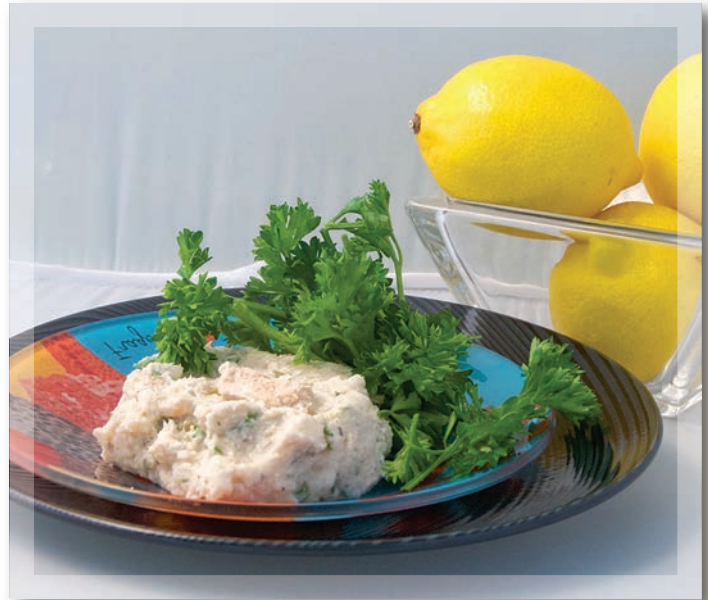
\* If using canned beets, simply add them to the food processor with the other ingredients in step 3.

# FISH RILLETTES

GWEN, Cook, à la Maison de Gardanne

## INGREDIENTS

- 2 medium-size peeled potatoes
- 1 can of tuna (or salmon), 215 g
- 1 white onion
- A bunch of parsley
- Juice of one lemon
- 250 g of "fromage blanc"\*
- 4 pickles (salted preferably)
- 1 teaspoon of capers (optional)
- Salt and pepper, to taste



## PREPARATION

- 1.** Boil potatoes in salted water until soft.
- 2.** Drain the tuna (or salmon) and put in a large bowl. Blend together chopped parsley, pickles, capers, lemon juice and "fromage blanc".
- 3.** Add this blended mixture to the salmon.
- 4.** Once potatoes are well cooked, mash with a fork and mix with the salmon mixture. Add salt and pepper to taste.

## TIP

*You can replace canned fish with fresh cooked salmon or any type of cooked fish.*

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*\* If you do not find it in the yoghurt section you can use ½ Greek yoghurt and ½ Philadelphia cream cheese or labneh.*



*Is it easy to ask young students to prepare healthy dishes that taste good and comply with specific guidelines related to a person's state of health at the end of life? Not really! At first, we thought we might hit a wall.*

*What made the difference was that the students were given recipes to modify without any restrictions. We wanted people to feel the love of well-made and visually pleasing dishes. Our students were encouraged to think only of making good, tasty food without having to forgo butter, cream, etc. In short, this is the dream of cooks in residential and long-term care centres.*

*In conclusion, the result exceeded our expectations – a youthful vision of the classics from restaurants in the 70s and 80s. Colourful, elegant and charming plates. Recipes and products do not change; they are simply renewed by inspired and happy young cooks. With clear requests and well-established parameters, cooks can create dishes to delight the people for whom they are intended.*

*In fact, cooks want to be loved and so, they are generous, in love with their products and immensely proud to give moments of memory and gustatory pleasure to people at the end of their lives.*

*Bon appétit!*

A handwritten signature in black ink that reads 'André Martin'.

**ANDRÉ MARTIN**  
Professor  
Institut de tourisme et d'hôtellerie du Québec (ITHQ)





Members of the 2018 ITHQ jury (from left to right)

VÉRONIQUE PERREAU, researcher, ITHQ

YVES MOSCATO, chef, Berthelet

ALAIN GIRARD, professor-researcher, ITHQ

LAURENCE BROUARD-TRUDEL, nutrition specialist

ANNIE VILLENEUVE, coordinator of research at the ITHQ



INSTITUT DE TOURISME ET D'HÔTELLERIE DU QUÉBEC (ITHQ)



THIS RECIPE WAS SELECTED  
BY THE 2018 JURY AT THE ITHQ

# HOME-STYLE PIZZA

ALEXANDRE BUISSON

## → CAULIFLOWER DOUGH

### INGREDIENTS (2 servings)

- 500 g of cauliflower, trimmed
- 30 g of Parmesan cheese, grated
- 5 g of minced fresh basil
- 5 eggs
- 20 ml of olive oil
- Salt and pepper, to taste
- 60 ml of thickener\*

## PREPARATION – CAULIFLOWER DOUGH

1. Using a food processor, grind cauliflower, Parmesan cheese, basil, eggs, oil, salt and pepper until the ingredients are well mixed.
2. Add the thickener and mix.
3. On a baking sheet lined with parchment paper, make circles 0.5 cm thick and 10 cm in diameter with the mixture.
4. Bake at 180 °C (350 °F) for 15 minutes and let cool.



## HOME-STYLE PIZZA

- **Tomato sauce** – see page 19
- **Topping** – see page 19
- **Vegetable** and **Cheese** – see page 20
- **Plating** – see page 20

\* *Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid*

# HOME-STYLE PIZZA

ALEXANDRE BUISSON

(continued)

## → TOMATO SAUCE

### INGREDIENTS (2 servings)

- 30 ml of olive oil
- 1 clove of garlic, minced
- 50 g of onions, minced
- Salt and pepper, to taste
- 150 g of fresh tomatoes, diced
- 225 g of canned tomatoes, crushed
- 3 g of fresh basil, minced
- 3 g of fresh thyme, minced
- 3 g of fresh parsley, minced
- 30 ml of thickener\*
- 7 g of unflavoured protein powder\*\*

## PREPARATION – TOMATO SAUCE

1. In a saucepan, heat the olive oil and sauté the garlic and onions, adding the salt and pepper.
2. Add the remaining ingredients and simmer over low heat for 15 minutes.
3. Using a food processor, process until the ingredients are well mixed.
4. Add the thickener and unflavoured protein powder, mix and cool.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



## → TOPPING

### INGREDIENTS (2 servings)

- 1 clove of garlic, minced
- 50 g of onions, minced
- 100 g of bacon, sliced and finely chopped
- Salt and pepper, to taste
- 200 g of chicken, diced
- Water, sufficient quantity
- 10 g of Parmesan cheese, grated

## PREPARATION – TOPPING

1. Sauté the garlic, onions and bacon, adding salt and pepper.
2. Add the diced chicken and cook until cooked throughout. Remove and cool.
3. Grind the mixture in a food processor to obtain a purée with the consistency of a pudding. Add water if necessary.
4. Add the Parmesan cheese, mix and let cool.

# HOME-STYLE PIZZA

ALEXANDRE BUISSON

(continued)

## → ROASTED RED PEPPER

### INGREDIENTS (2 servings)

- 1 red pepper (150 g)
- 1 clove of garlic, minced
- 30 ml of 35% m.f. cream
- Thickener\*, sufficient quantity

## PREPARATION – ROASTED RED PEPPER

1. Roast the pepper over high heat and let it cool.
2. Remove the burnt skin from the pepper with a serrated knife. Slice the pepper.
3. Using a food processor, process the minced pepper, garlic and cream until the ingredients are mixed.
4. Add the thickener, if necessary, and mix.



## → PLATING

### INGREDIENT

- Aged cheddar cheese, grated, sufficient quantity

## PLATING

1. Place the crust on a baking sheet, garnish with sauce and grated cheese.
2. Use a pastry bag to add the filling and vegetable purée to the crust.
3. Bake in the oven at 180°C (350°F) for 10 minutes.
4. Finish baking in the oven, in broil mode, until desired colour is achieved.

\* *Agent épaississant instantané pour liquides et aliments à base d'amidon de maïs modifiée (ex. EZ-Thick, Berthelet)*



KIMBERLY CORVIL

# OLD-FASHIONED VEAL STEW



## → VEAL

### INGREDIENTS (1 serving)

- 30 ml of canola oil
- 10 g of onions, chopped
- 2 cloves of garlic, chopped
- 120 g of veal, deveined, cut in cubes
- 300 ml of chicken broth
- 30 g of thickener\*

## PREPARATION – VEAL

1. Heat oil in a small saucepan.
2. Sauté onions and garlic.
3. Add veal cubes.
4. Add chicken broth (to cover the meat) and let simmer, covered, just until the veal is cooked and it separates easily to the touch.
5. Purée the ingredients using an electric mixer.
6. Keep mixing and add the thickener (if needed) to obtain the consistency of a pudding. If the mixture is too thick, add more broth to reach the desired consistency.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

## → RICE

### INGREDIENTS (1 serving)

- 50 g of rice
- 200 ml of chicken broth
- Salt and pepper
- Thickener\*, sufficient quantity

## PREPARATION – RICE

1. In a saucepan, bring the chicken broth to a boil. Add the rice and cook gently, covered, for about 30 minutes. Season to taste.
2. With the aid of a mixer, mash the rice with the cooking liquid. Add thickener until you obtain the consistency of a pudding.

## OLD-FASHIONED VEAL STEW

→ **Carrot purée** and

→ **Spinach purée** – see page 22

# OLD-FASHIONED VEAL STEW

KIMBERLY CORVIL

(continued)

## → CARROT PURÉE

### INGREDIENTS (1 serving)

- 10 g of carrot, cut in cubes
- 10 g of celery, cut in cubes
- 5 g of potatoes, cut in cubes
- Water, sufficient quantity
- 10 ml of butter
- 15 ml of 35% m.f. cream
- Salt and pepper, to taste
- Thickener\*, sufficient quantity

## PREPARATION – CARROT PURÉE

1. In a saucepan, add the carrots, celery and potatoes.
2. Cover the vegetables with water and simmer, covered, for approximately 30 minutes.
3. With the aid of a mixer, mash the vegetables with butter and cream, alternating the addition of each. Adjust the seasoning.
4. Add the thickener, mixing continuously, to obtain the consistency of a pudding.



## → SPINACH PURÉE

### INGREDIENTS (1 serving)

- 100 g of spinach leaves, stems removed
- 100 g of leeks (green part), minced
- 1 large mushroom, minced
- 60 ml of white wine
- 60 ml of 35% m.f. cream
- Salt and pepper, to taste
- Thickener\*, sufficient quantity

## PREPARATION – SPINACH PURÉE

1. In a frying pan, cook the spinach, leeks and mushrooms.
2. Deglaze the pan with white wine and cream.
3. With the aid of a mixer, mash the mixture. Adjust the seasoning.
4. Strain the mixture to remove the leek fibers.
5. Add enough thickener to obtain the consistency of a pudding.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid



ÉRIC LORRAIN-MULIKOW

# BEEF BOURGUIGNON

## → BEEF BOURGUIGNON

### INGREDIENTS (4 servings)

- 4 tablespoons of butter
- 1 kg of beef shoulder, cubed
- 15 ml of tomato paste
- 4 tablespoons of all-purpose flour
- 150 g of carrots, sliced
- 100 g of onions, chopped
- 100 ml of red wine
- 60 ml of cognac
- 730 ml of beef broth
- 1 bay leaf
- 1 teaspoon of paprika
- 1 clove
- 1 teaspoon of fresh thyme
- 1 garlic clove, chopped
- Thickener\*, sufficient quantity
- 1 teaspoon of salt
- Pepper, to taste



## PREPARATION – BEEF BOURGUIGNON

1. Preheat oven to 180 °C (350 °F).
2. Heat butter over medium-high heat, then sear the beef cubes. Set aside.
3. Add the carrots and the onions, sautéed for 3 to 4 minutes.
4. Add the tomato paste and cook for a few minutes, while stirring. Add the flour.

*(continued)*

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

## BEEF BOURGUIGNON

- **Preparation** *(continued)* – see page 24
- **Carrots** – see page 24
- **Potatoes** – see page 24-25
- **Duxelles de champignons** – see page 25

# BEEF BOURGUIGNON

ÉRIC LORRAIN-MULIKOW

(continued)

## PREPARATION – BEEF BOURGUIGNON (continued)

5. Incorporate the red wine, the cognac and the beef broth. Then add the bay leaf, paprika, clove, thyme and garlic. Season with salt and pepper.
6. Add the beef back to the stock, bring to a boil, cover and bake for 1 hr 30 to 2 hr, or until the meat flakes with a fork.
7. Remove 125 ml of cooking juices and set aside.
8. In a blender, purée the beef bourguignon.
9. Add thickener, blending to obtain desired texture.

### → CARROTS

#### INGREDIENTS (4 servings)

- 150 g of carrots, sliced
- Cooking juice from beef, sufficient quantity
- Thickener\*, sufficient quantity



## PREPARATION – CARROTS

1. Cook the carrots in salted boiling water.
2. With a mixer, make a purée. Use the cooking juices to make a smooth purée.
3. Adjust the texture with thickener.
4. Place mixture in a pastry bag with a medium-size fluted/star tip.

### → POTATOES

#### INGREDIENTS (4 servings)

- 300 g of Yukon Gold potatoes
- Salt, to taste
- 60 g of butter
- 75 ml of 3.25% m.f. milk, lukewarm
- Thickener\*, sufficient quantity

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder

## BEEF BOURGUIGNON

→ Potatoes – see page 25

→ Duxelles de champignons – see page 25



# BEEF BOURGUIGNON

ÉRIC LORRAIN-MULIKOW

(continued)

## PREPARATION – POTATOES

1. Cook the potatoes in salted boiling water.
2. Make a purée with a potato masher. Season to taste with salt and pepper.
3. Add the lukewarm milk and the butter. Mix well. Add the thickener as needed.
4. Place mixture in a pastry bag with a medium-size fluted/star tip.

## → DUXELLES DE CHAMPIGNONS

### INGREDIENTS (4 servings)

- 6 slices of bacon, chopped
- 375 g button mushrooms, quartered
- 60 ml of fresh Italian parsley, chopped
- Thickener\*, sufficient quantity
- Salt and pepper, to taste

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid



## PREPARATION – DUXELLES DE CHAMPIGNONS

1. In a saucepan, cook the bacon and add the mushrooms.
2. Once they are well cooked, use a mixer to blend this mixture with the parsley and thickener. Season with salt and pepper.
3. Place mixture in a pastry bag with a medium-size fluted/star tip.

## PLATING

1. Place 30 g of beef cubes on a hot plate.
2. Arrange the potato purée, mushrooms and carrots artistically.



PATRICK KAWKAB

# DUCK A L'ORANGE

## → PEKING DUCK BREASTS

### INGREDIENTS (4 servings)

- 2 duck breasts
- 1 garlic clove, not peeled
- 4 branches of fresh thyme
- 1 branch of fresh rosemary
- Chicken broth, sufficient quantity
- Thickener\*, sufficient quantity
- Salt and pepper, to taste



## PREPARATION – PEKING DUCK BREASTS

- 1.** Make cross-shaped incisions into the fatty side of the 2 breasts.
- 2.** Cook the breasts, fat side down, in a nonstick pan at a low temperature for about 15 minutes.
- 3.** Add the garlic clove and the herbs.
- 4.** Remove the layer of fat and set aside the cooking juices from the duck. Using a food processor, process the duck into a smooth purée. Adjust the consistency of the mixture using the chicken broth or the thickener to obtain the consistency of a pudding.
- 5.** Salt and pepper to taste. Set aside.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

## PLATING

- 1. With the help of a stainless steel pastry circle, mold the cooked duck.*
- 2. Add a line potato purée.*
- 3. Top the duck preparation with orange sauce.*
- 4. Decorate with vegetable sprouts.*

## DUCK A L'ORANGE

→ **Orange sauce** and

→ **Potatoes**

→ see page 27

# DUCK A L'ORANGE

PATRICK KAWKAB

(continued)

## → ORANGE SAUCE

### INGREDIENTS (4 servings)

- Juice of 5 oranges
- 75 ml of vegetable broth
- 15 ml of Dijon mustard
- 30 ml of butter
- Cooking juice from the duck
- Salt and pepper, to taste
- Thickener\*, sufficient quantity
- Unflavoured protein powder\*\*, sufficient quantity

## PREPARATION – ORANGE SAUCE

1. In a saucepan, bring the orange juice, vegetable broth, Dijon mustard and butter to a boil and let the mixture simmer on medium heat for about 7 minutes. Strain through a fine-meshed sieve.
2. Add the cooking juices.
3. Adjust the seasoning, add the thickener and mix to desired consistency.
4. Add the unflavoured protein powder. Set aside.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



## → POTATOES

### INGREDIENTS (4 servings)

- 300 g of Yukon Gold potatoes
- Salt, to taste
- 60 g of butter
- 75 ml of 3.25% m.f. milk, lukewarm
- Thickener\*, sufficient quantity

## PREPARATION – POTATOES

1. Cook the potatoes in salted, boiling water.
2. Drain and using a potato masher, make a purée.
3. Season with salt.
4. Add the lukewarm milk and the butter. Mix well.
5. Adjust the consistency using the thickener. Mix well and set aside.



LAURENCE GAGNON O'DONNELL

# RACK OF LAMB

## → RACK OF LAMB

### INGREDIENTS (2 SERVINGS)

- 1 rack of lamb (7-8 ribs)
- Salt and pepper, to taste

## PREPARATION – RACK OF LAMB

1. Preheat oven to 200°C (400°F).
2. Season rack of lamb with salt and pepper.
3. Put in the oven for 18 minutes.
3. Remove the bones.
4. Using a food processor, finely chop the meat.

## → SAUCE VIERGE

### INGREDIENTS (2 servings)

- 70 g of fresh parsley
- 10 g of fresh fennel, coarsely chopped
- 2 green onions, cut in sections
- 1 garlic clove, chopped
- 1 lemon
- 5 ml of Tabasco sauce
- 2.5 ml of honey
- 45 ml of olive oil
- 5 ml of capers, coarsely chopped
- Salt and pepper, to taste
- Thickener\*, sufficient quantity



## PREPARATION – SAUCE VIERGE

1. Grate the lemon zest and keep the lemon juice.
2. Using a food processor, finely chop the herbs, onions and garlic.
3. Add the lemon zest, 30 ml of lemon juice, Tabasco sauce and honey. Process to achieve a smooth consistency, scraping the sides of the container a few times.

(continued)

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

## RACK OF LAMB

- **Sauce Vierge** (continued), **Potatoes, Carrots and Parsnips** – see page 29

# RACK OF LAMB

LAURENCE GAGNON O'DONNELL

(continued)

## PREPARATION – SAUCE VIERGE

4. Pour mixture into a bowl. Add oil and capers, salt and pepper.
5. Adjust the consistency with the thickener. Mix well and set aside.

### → POTATOES

#### INGREDIENTS (2 servings)

- 300 g of Yukon Gold potatoes
- Salt, to taste
- 75 ml of 3.25 % m.f. milk
- 60 g of butter
- Thickener\*, sufficient quantity

## PREPARATION – POTATOES

1. Cook the potatoes in salted boiling water.
2. Drain, and purée with a potato masher.
3. Season with salt.
4. Add lukewarm milk and butter. Mix well.
5. Adjust the consistency with the thickener. Mix well and set aside.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid



### → CARROTS AND PARSNIPS

#### INGREDIENTS (2 servings)

- 150 g of carrots
- 150 g of parsnips
- Salt, to taste
- Cooking water, sufficient quantity
- Thickener\*, sufficient quantity

## PREPARATION – CARROTS AND PARSNIPS

1. Cook the carrots and parsnips in salted boiling water. Set aside 125 ml of cooking water.
2. With a mixer, make a purée. Use the cooking water to make a smooth purée.
3. Adjust the texture with the thickener as required.
4. Place mixture in a pastry bag with a medium-size fluted/star tip.

## PLATING

1. Place the sauce vierge at the bottom of the plate.
2. Place the lamb purée in the shape of an egg with the help of a serving spoon.
3. Add a line of potato purée and carrot parsnip purée in the shape of an arc.



NOÉMIE LABELLE

# STUFFED VEAL ESCALOPE

## → STUFFED VEAL ESCALOPE

### INGREDIENTS (1 serving)

- 1 veal escalope
- 35 ml of canola oil
- 1 slice of white bread, crumb only
- 200 ml of 35% m.f. cream, divided
- 41 g of unflavoured protein powder\*\*
- Thickener\*, sufficient quantity
- 1 slice of cooked ham
- 100 g of aged cheddar cheese
- 100 ml of 3.25% m.f. milk

## PREPARATION – STUFFED VEAL ESCALOPE

1. Lightly heat the canola oil in a frying pan.
2. Cook the veal escalope (medium).
3. Using a food processor, process the veal and bread soaked in 100 ml cream. Add the unflavoured protein powder. Use enough thickener to achieve the consistency of a pudding.

\* Cornstarch- based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



## PREPARATION – VEAL (continued)

4. With a mixer, chop the ham and add enough cream to make a smooth mixture. Use the thickener as needed. Mix the ham into the veal mixture.
5. Melt the cheese, while adding the milk and the thickener, as needed, to obtain the consistency of a pudding. Mix well.

## STUFFED VEAL ESCALOPE

- **Creamed Mushrooms** – see page 31
- **Potatoes** – see page 31
- **Green Beans** – see page 32
- **Carrots** – see page 32

# STUFFED VEAL ESCALOPE

NOÉMIE LABELLE

(continued)

## → CREAMED MUSHROOMS

### INGREDIENTS (1 serving)

- 30 g of butter
- 100 g of button mushrooms, chopped
- 30 g of shallot
- 100 ml of 35 % m.f. cream
- Lemon juice, to taste
- Thickener\*, sufficient quantity

## PREPARATION – CREAMED MUSHROOMS

1. In a small saucepan, gently cook the mushrooms and the shallot in butter.
2. Add the cream and a small amount of lemon juice.
3. Reduce the heat. Blend everything with the aid of hand mixer. Add the thickener as needed.

\* Cornstarch- based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid



## → POTATOES

### INGREDIENTS (1 serving)

- 2 medium-sized potatoes
- 1 garlic clove
- 75 ml of 3.25 % m.f. milk, lukewarm
- 1 pinch of onion powder
- Thickener\*, sufficient quantity

## PREPARATION – POTATOES

1. In a saucepan, boil water. Cook the potatoes for about 30 minutes, until tender. Drain.
2. Add garlic, hot milk, and onion powder.
3. Using a potato masher, make a purée.
4. Add the thickener if needed.

## STUFFED VEAL ESCALOPE

→ **Green Beans** – see page 32

→ **Carrots** – see page 32

# STUFFED VEAL ESCALOPE

NOÉMIE LABELLE

(continued)

## → GREEN BEANS

### INGREDIENTS (1 serving)

- 100 g of green beans, cut in pieces
- Butter, sufficient quantity
- 35% m.f. cream, sufficient quantity
- Thickener\*, sufficient quantity

## PREPARATION – GREEN BEANS

1. In a saucepan, bring water to boil. Cook the green beans until they are well cooked.
2. Using a hand mixer, blend the green beans with a little butter and a small amount of cream to obtain a course mixture (pieces less than 5 mm in size).
3. Add the thickener to achieve the consistency of a pudding, and mix well.



## → CARROTS

### INGREDIENTS (1 serving)

- 150 g of carrots, cut in rounds
- Butter, sufficient quantity
- 35% m.f. cream, sufficient quantity
- Thickener\*, sufficient quantity

## PREPARATION – CARROTS

1. In a saucepan, cook the carrots in boiling water until tender.
2. With a hand mixer, blend the carrot with a little butter and cream in order to achieve pieces less than 5 mm in size. Add the thickener as needed.

\* Cornstarch- based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid





AURÉLIE VAN BEVER

# GNOCCHI PARISIENNE WITH CARBONARA SAUCE

## → GNOCCHI CHOUX PASTRY

### INGREDIENTS (4 servings)

- 125 g of unsalted butter
- 375 ml of 2 % m.f. milk
- 375 ml of all-purpose flour
- 4 eggs
- 30 g of Parmesan cheese, grated
- Salt, to taste



## PREPARATION – GNOCCHIS CHOUX PASTRY

1. In a saucepan, add the butter and milk and bring to a boil.
2. Remove from heat.
3. Add the flour all at once and stir vigorously until the dough forms a smooth ball.
4. Using a wooden spoon, stir the dough over low heat for about 3 minutes (the dough should no longer adhere to the pot or the spoon).
5. Add the eggs one at a time and stir until smooth and evenly distributed. Add the eggs until the dough forms a soft indent when pressed with a finger.

## PREPARATION – GNOCCHIS CHOUX PASTRY *continued*

6. Mold the gnocchi using a piping bag with a large tip (#6). Shape into small dumplings and place directly into a pot of boiling salted water. Cook until tender.

## GNOCCHI PARISIENNE WITH CARBONARA SAUCE

- **Carbonara sauce** and
- **Egg yolks**, see page 34

# GNOCCHI PARISIENNE WITH CARBONARA SAUCE

AURÉLIE VAN BEVER

(continued)

## → CARBONARA SAUCE

### INGREDIENTS (4 servings)

- 50 g of bacon
- 100 g of onions, chopped
- 3 garlic cloves, crushed
- 1 bay leaf
- 100 ml of 35 % m.f. cream
- 35 ml of unflavoured protein powder\*\*

## PREPARATION – CARBONARA SAUCE

1. Infuse bacon, onions, garlic and bay leaf in warm cream for 15 minutes.
2. Pass the mixture through a fine-mesh sieve.
3. Add the unflavoured protein powder to the infused cream mixture, stir.



## → EGG YOLKS

### INGREDIENTS (4 servings)

- 2 eggs
- Thickener\*, sufficient quantity

## PREPARATION – EGG YOLKS

1. Add the thickener to the egg yolks and whisk together.
2. Form four small circles and place one on each plate of gnocchi before serving.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



MAGAN PHELAN

# MACARONI AND CHEESE

## INGREDIENTS (3 servings)

- 250 ml (50 g) of macaroni
- 15 ml of butter
- 5 ml of paprika
- 1 ml of ground nutmeg
- 15 ml of all-purpose flour
- ½ onion, finely chopped
- 300 ml of milk, warm
- 20 g of unflavoured protein powder\*\*
- 125 ml (100 g) of orange cheddar cheese, grated
- 60 ml (30 g) of mozzarella cheese, grated
- Salt and pepper, to taste

## PREPARATION

1. In a saucepan, boil water.
2. When the water boils, cook the pasta until it is tender. Drain.
3. Place the rack in the middle of the oven and preheat the oven to broil.
4. Once the pasta has drained well, using a food processor, process the pasta into smaller pieces. Set aside.



## PREPARATION *continued*

5. In a saucepan, melt the butter. Add spices, flour and onions and stir while cooking.
6. Add the previously heated milk and the unflavoured protein powder. Bring to a boil and mix with a whisk.
7. Remove the pan from the heat. Add the cheeses and mix until the cheese melts.
8. Add the pasta and reheat while stirring. Season with salt and pepper.
9. Divide the mixture into ramekins (one-serving size ceramic or glass bowls) and broil until the cheese is slightly golden.

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



YSSA MEH HEREAUX

# DECONSTRUCTED SHEPHERD'S PIE

## → POTATOES

### INGREDIENTS (4 servings)

- 300 g of potatoes, peeled
- 60 ml of butter
- 100 ml of 3.25% m.f. milk, lukewarm
- 45 ml of Parmesan cheese, grated
- Thickener\*, sufficient quantity

## PREPARATION – POTATOES

1. In a saucepan, cook the potatoes in water until they are tender. Drain.
2. Add butter, warm milk and Parmesan cheese. Purée everything with a blender. Add the thickener if necessary.

## → MEAT

### INGREDIENTS (4 servings)

- 30 ml of canola oil
- 60 ml of onion, chopped
- 200 g of lean ground beef
- Salt and pepper, to taste
- Thickener\*, sufficient quantity



## PREPARATION – MEAT

1. In a frying pan, sauté the chopped onion in the oil.
2. Add the beef and cook. Season with salt and pepper. Mix well and set aside.

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\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

## DECONSTRUCTED SHEPHERD'S PIE

- **Vegetables** and
- **Creamed Corn**, see page 37

# DECONSTRUCTED SHEPHERD'S PIE

YSSA MEH HEREAUX

(continued)

## → VEGETABLES

### INGREDIENTS (4 servings)

- 200 g of onion, chopped
- 100 g of button mushrooms
- Thickener\*, sufficient quantity

## PREPARATION – VEGETABLES

1. In the pan used to cook the meat, add the onion and mushrooms.
2. Once cooked, set aside.

## → CREAMED CORN

### INGREDIENTS (4 servings)

- 60 ml of butter
- 250 ml of frozen corn kernels
- 1 sprig of fresh thyme
- 100 ml of water
- All-purpose flour, sufficient quantity
- 100 ml of 35% m.f. cream
- Unflavoured protein powder\*\*, sufficient quantity

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



## PREPARATION – CREAMED CORN

1. In a frying pan, sauté the corn in the butter. Add the thyme and mix.
2. Add 100 ml of water and the flour and cook. Add the cream and let it thicken.
3. Blend the mixture with a hand mixer and pass it through a sieve.
4. Add the unflavoured protein powder and mix well.

## COOKING AND PLATING

1. Preheat the oven to 190°C (375°F).
2. Using a food processor, grind beef and vegetables. Add the thickener if necessary.
3. Spread the meat mixture in an ovenproof dish. Add the mashed potatoes and bake in the oven for 40 minutes.
4. Finish by topping with creamed corn.



DOROTHÉE SÉGUIN

# QUICHE, IN GLASS CONTAINERS

## → BÉCHAMEL SAUCE

### INGREDIENTS (5 servings)

- 35 g of all-purpose flour
- 250 ml of 35 % m.f. cream
- 45 g of butter
- 40 g of ricotta cheese
- 20 g of Parmesan cheese, grated
- 87.5 ml of unflavoured protein powder\*\*
- 5 ml of ground nutmeg (or to taste)

## PREPARATION – BÉCHAMEL SAUCE

1. In a saucepan, make a roux with the butter and flour.
2. Add cheeses, cooking cream, unflavoured protein powder and nutmeg. Cook for 5 minutes.

## → EGGS

### INGREDIENTS (5 servings)

- 6 eggs
- 100 ml of cream 35 % m.f.
- Salt and pepper, to taste



## PREPARATION – EGGS

1. In a saucepan, cook the eggs with the cream, stirring quickly.
2. Add béchamel sauce and season to taste.

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder

## QUICHE, IN GLASS CONTAINERS

→ **Meat, Spinach** and **Plating**, see page 39

# QUICHE, IN GLASS CONTAINERS

DOROTHÉE SÉGUIN

(continued)

## → MEAT

### INGREDIENTS (5 servings)

- 100 g of bacon
- 50 g of ham, chopped
- Salt and pepper, to taste

## PREPARATION – MEAT

1. In a saucepan, cook the ham and bacon.
2. Add the béchamel sauce. Season with salt and pepper and then grind in a food processor. Adjust the seasoning, if necessary.

## → SPINACH

### INGREDIENTS (5 servings)

- ½ white onion
- 1 green onion
- 1 clove of garlic
- 5 handfuls of spinach
- 4 fresh basil leaves
- 15 ml of thickener\*
- Salt and pepper, to taste

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid



## PREPARATION – SPINACH

1. In a saucepan, sauté the white onion, green onion, garlic and spinach. Add the basil and the thickener. Season with salt and pepper.
2. Using a food processor, grind everything into a smooth texture. Adjust the seasoning, if necessary.

## PLATING

1. For each the five glass containers, grease each container with butter, and add 1/5 of the egg mixture. Then add 1/5 of the spinach mixture and finally 1/5 of the meat and béchamel sauce.
2. Place the glass containers in a bain-marie (hot water bath) in the oven at 180°C (350°F) for 20 minutes.
3. Cool a little before serving.

# SOLE AMANDINE

KEVIN RUBILAR

## → SOLE FILETS

### INGREDIENTS (4 servings)

- 30 g of onions, chopped
- Vegetable oil, sufficient quality
- 700 g (1.5 lb) of sole filets
- Juice of 1 lemon
- 100 ml of vermouth
- Cooking juice
- Thickener\*, sufficient quantity
- 32 g of unflavoured protein powder\*\*

## PREPARATION – SOLE FILETS

1. In a frying pan, sauté the onions with the vegetable oil.
2. Next, pan fry the fish lightly.
3. Deglaze with lemon juice and the Vermouth.
4. Using a food processor, blend the fish with the cooking juices. Add the unflavoured protein powder, and blend to achieve the consistency of honey.
5. If necessary, add some thickener. Set aside.



## → GRILLED ALMONDS

### INGREDIENTS (4 servings)

- 30 g of sliced almonds
- Vegetable oil, sufficient quality

## PREPARATION – GRILLED ALMONDS

1. Heat oil over medium heat. Add almonds and cook, stirring, until golden.
2. Crush the almonds with a mortar to achieve the consistency of honey. Set the almonds aside.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder

## SOLE AMANDINE

→ Potatoes and Green Peas,  
see page 41



# SOLE AMANDINE

KEVIN RUBILAR

(continued)

## → POTATOES

### INGREDIENTS (4 servings)

- 500 g of potatoes
- 55 g of cold butter, thinly sliced
- 200 ml of 35% m.f. cream
- 50 ml of 14% m.f. sour cream
- Salt and pepper, to taste

## PREPARATION – POTATOES

1. In a saucepan, bring water to a boil and add the potatoes. Cook for approximately 20 minutes. Drain.
2. Using a potato masher, mash the potatoes with butter.
3. Using an electric mixer, make a smooth purée (consistency of honey) with the cream and the sour cream. Season to taste with salt and pepper. Set aside.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



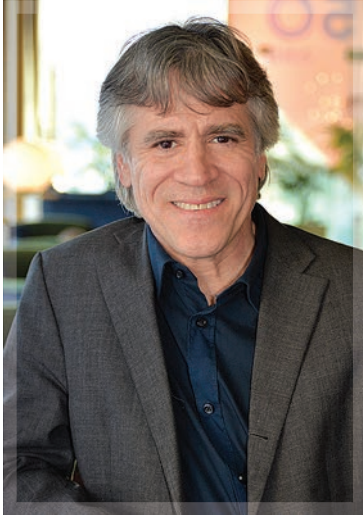
## → GREEN PEAS

### INGREDIENTS (4 servings)

- 450 g (1 pound) of frozen green peas
- Thickener\*, sufficient quantity
- 32 g of unflavoured protein powder\*\*

## PREPARATION – GREEN PEAS

1. Bring water to a boil and add the peas. Cook for 5 minutes and drain.
2. With a hand blender, purée the peas and pass through a sieve. If necessary, add the thickener to make a smooth texture.
3. Add the unflavoured protein powder and gently stir with a whisk.



*It is with great joy and pride that I pay tribute to this 2019 edition of Eating Well, Always.*

*I wanted to continue the initiative of reflection and experimentation on ways to address the question of the pleasure of eating at the end of life within the course "Coordinating the Production and Distribution of a Food Service Unit" during the 2019 winter session.*

*At the beginning of the session, we set the challenge for students to texture dishes on the menu of the ITHQ's cafeteria, to meet the needs of people at the end of life. They had to consider not only textures, but also presentation, flavors and the fact that food has an undeniable comforting aspect. The goal was to introduce students to developing realities in public and private food services, to awaken in them a reflection on the profound meanings of the act of eating, and to allow them to really measure up to these culinary challenges. They have met these challenges brilliantly; I congratulate them and thank them for the seriousness and attention to detail they have demonstrated throughout the process.*

**ALAIN GIRARD, Ph.D.**  
Professor-researcher at the GastronomiQc Lab,  
a joint research unit ITHQ-UL



Members of the 2019 ITHQ jury (from left to right)

SYLVIE LAMARCHE, Coordinator of Technical Programmes, ITHQ

ALAIN GIRARD, Professor-Researcher, GastronomiQc Lab, ITHQ

YVES MOSCATO, Executive Chef, Berthelet

LIANE CASTRAVELLI, Professor, Service and Sommelier Training, ITHQ



2019 Competitors (from left to right)

Samuel Thibault (chef teacher), Mathieu Lapointe, Arnaud Chiasson-Poirier,

Matthew Goyer, Joshua-Thomas Sarmiento, Amélie Goulet, Ariane Lavoie,

Nicolas Provencher, Hugo Bernier.



INSTITUT DE TOURISME ET D'HÔTELLERIE DU QUÉBEC (ITHQ)



HUGO BERNIER

THIS RECIPE WAS SELECTED  
BY THE 2019 JURY AT THE ITHQ

# PORK TENDERLOIN WITH APPLE-MAPLE SAUCE, PARSNIP PURÉE, AND POLENTA

## INGREDIENTS – FOR 4 SERVINGS

### → APPLE SAUCE

- 25 g of butter
- 100 g of Red Delicious apples, peeled and quartered
- 15 g of dried shallots, minced
- 1 g of garlic powder
- 70 ml of apple juice

### PREPARATION – APPLE SAUCE

1. Melt the butter in a saucepan and cook the apples and shallots.
2. Add garlic powder.
3. Deglaze with apple juice, finish cooking, strain (save cooking liquid), liquefy in a blender with the cooking liquid, strain through a chinois (fine mesh conical strainer), and set aside.

### → PORK BALLOTINE

- 300 g pork tenderloin, cubed
- 4 g of salt
- 30 ml of ice-cold beet juice
- 2 egg whites



### PREPARATION – PORK BALLOTINE

1. In a food processor, grind the pork with the salt.
2. Emulsify meat with beet juice and egg whites.
3. Roll into a ballotine and cook in a combi-steam oven with 70% humidity at 170°C (325°F) until core temperature reaches 68°C (154°F).

### PORK TENDERLOIN

- **Maple sauce** – see page 45
- **Parsnip purée** – see page 45
- **Polenta** – see page 45

# PORK TENDERLOIN WITH APPLE-MAPLE SAUCE, PARSNIP PURÉE, AND POLENTA

HUGO BERNIER

(continued)



## → MAPLE SAUCE

- Water, sufficient quantity
- 22 g of beef broth powder
- 30 ml of maple syrup
- 14 g of thickener\*

## PREPARATION – MAPLE SAUCE

1. Add beef broth powder to water, bring to a boil, and reduce by a third.
2. Add maple syrup and thickener.

## → PARSNIP PURÉE

- 150 g of parsnips
- 15 g of butter, divided
- 50 ml of 35% m.f. cream
- Salt, to taste

## PREPARATION – PARSNIP PURÉE

1. Sweat parsnips in 5 g of butter for 2 minutes.
2. Add cream and cook on low heat until parsnips are tender.
3. Purée in blender.
4. Add the rest of the butter (10 g) and strain through a chinois.
5. Adjust seasoning.

## → POLENTA

- 100 ml of water
- Salt, to taste
- 70 g of corn meal
- 25 ml of milk
- 25 g of butter

## PREPARATION – POLENTA

1. Add salt to water and bring to a boil.
2. Gradually whisk in the corn meal.
3. Cook over low heat until corn meal swells.
4. Run through blender with milk and butter.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



ARNAUD CHIASSON-POIRIER

# BUTTERNUT SQUASH "GNOCCHI" CAPONATA STYLE

## INGREDIENTS – FOR 4 SERVINGS

### → EGGPLANT PURÉE

- 160 g of eggplant
- 25 ml of olive oil
- 40 g of red beets, cooked
- Thickener\*, sufficient quantity

## PREPARATION – EGGPLANT PURÉE

1. Clean and slice eggplant.
2. Lay out on a baking sheet, drizzle with oil, season and bake at 180°C (350°F) for 15 minutes.
3. Run eggplant and beets through a blender until smooth.
4. Strain through a chinois.
5. Mix in thickener and set aside in a pipette (dosing bottle). Keep warm.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



## BUTTERNUT SQUASH "GNOCCHI" CAPONATA STYLE

→ **Tomato sauce** – see page 47

→ **Olive purée** – see page 48

→ **Squash purée ("gnocchi")** –  
see page 48

# BUTTERNUT SQUASH "GNOCCHI" CAPONATA STYLE

ARNAUD CHIASSON-POIRIER

(continued)



## → TOMATO SAUCE

- 80 g of onions, chopped
- 10 g of garlic, chopped
- 25 ml of olive oil
- 45 ml of tomato paste
- 40 ml of red wine
- 240 g of Italian tomatoes
- 2 sprigs of fresh thyme
- 40 g of red beets, cooked
- Instant protein powder\*\*, sufficient quantity
- Thickener\*, sufficient quantity

## PREPARATION – TOMATO SAUCE

1. Sweat onions and garlic in oil.
2. Add tomato paste and cook for about 2 minutes.
3. Deglaze with red wine.
4. Clean and dice Italian tomatoes.
5. Add tomatoes and thyme, and cook with sauce for 5 minutes.
6. Remove thyme sprigs. Run sauce, instant protein powder and beets through a blender until smooth.
7. Strain through a chinois.
8. Blend in thickener and set aside. Keep warm.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

\*\* Unflavoured instant protein powder for food and liquid, ex. Berthelet EZ-Protein Instant Protein Powder

## BUTTERNUT SQUASH "GNOCCHI" CAPONATA STYLE

→ Olive purée – see page 48

→ Squash purée ("gnocchi") –  
see page 48

# BUTTERNUT SQUASH "GNOCCHI" CAPONATA STYLE

ARNAUD CHIASSON-POIRIER

(continued)



## → OLIVE PURÉE

- 25 ml of flat-leaf parsley, minced
- 32 g of green olives
- Thickener\*, sufficient quantity

## PREPARATION – OLIVE PURÉE

1. Blanch parsley in boiling water for 30 seconds.
2. Cool in ice water.
3. Run olives in blender with parsley until smooth.
4. Strain through a chinois.
5. Add thickener.
6. Pour into a pipette and refrigerate.

## → SQUASH PURÉE ("GNOCCHI")

- 200 g of butternut squash, peeled and cubed
- 14 g of agar-agar
- 125 ml of thickener\*

## PREPARATION – SQUASH PURÉE ("GNOCCHI")

1. Boil squash in salted water until tender. Drain.
2. Run through a blender with agar-agar until smooth.
3. Strain through a chinois.
4. Add thickener (as needed).
5. Set aside in a warm place until ready to serve.
6. To assemble plate, cover bottom with tomato sauce, add squash purée, and then squirt large drops of eggplant purée throughout, followed by finer drops of olive purée.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)





AMÉLIE GOULET

# FILLET OF TURBOT WITH FENNEL



## INGREDIENTS – FOR 4 SERVINGS

### → BARLEY PILAF

- 50 g of butter
- 200 g of pearl barley
- 50 ml of lemon juice
- 1.5 L of vegetable broth
- Salt and pepper, to taste

### PREPARATION – BARLEY PILAF

1. Toast barley in the butter.
2. Add lemon juice and let reduce until almost dry.
3. Add broth and season.
4. Bring to a boil and then finish cooking in oven at 180°C (350°F) for about 20 minutes (or until barley has absorbed all liquid). Keep warm.

\* *Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)*

### → FENNEL PURÉE

- 650 g of fennel
- Water, sufficient quantity

### PREPARATION – FENNEL PURÉE

1. Cut fennel into pieces. Keep scraps for baking the fillet (see page 50).
2. Boil until soft.
3. In a blender, mix the warm preparation with some cooking water.
4. Add thickener until a pudding consistency is obtained.

### FILLET OF TURBOT

→ **Fillet of turbot** – see page 50

→ **Parsley and coriander emulsion** – see page 50

# FILLET OF TURBOT WITH FENNEL

AMÉLIE GOULET

(continued)

## → FILLET OF TURBOT

- 400 g of turbot fillet
- Salt and pepper, to taste
- 300 ml of lemon juice
- Olive oil, sufficient quantity
- 500 ml of vegetable broth

## PREPARATION – FILLET OF TURBOT

1. Season fillet.
2. Drizzle with lemon juice and olive oil.
3. Lay fish out on a perforated baking sheet, flesh side up.
4. Put vegetable broth and fennel scraps in a deep baking sheet and place perforated baking sheet on top.
5. Bake at 240°C (465°F) for about 5 to 7 minutes or until core temperature reaches 68°C (154°F).



## → PARSLEY AND CORIANDER EMULSION

- 150 ml of fresh parsley
- 150 ml of fresh coriander
- 250 ml of water
- Thickener\*, sufficient quantity

## PREPARATION – PARSLEY AND CORIANDER EMULSION

1. Drop herbs in boiling water to extract pigment.
2. Mix together in a blender and add thickener until a honey consistency is obtained.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



MATTHEW GOYER

# FILLET OF COD À LA DUGLÉRÉ, ZUCCHINI AND BEET PURÉES, AND ISRAELI COUSCOUS

## INGREDIENTS – FOR 4 SERVINGS

### → FILLET OF COD À LA DUGLÉRÉ

- 15 g of unsalted butter
- 15 g of shallots, finely chopped
- 20 ml of white wine
- 250 ml of fish stock
- 10 g of onions, minced
- 4 sprigs of fresh basil
- 200 g of cod fillet, cut into thin slices
- 40 g tomatoes, skinned and seeded
- 75 ml of tomato paste
- Salt and ground white pepper, to taste
- 20 ml of 35 % m.f. cream
- Thickener\*, sufficient quantity



### PREPARATION – FILLET OF COD À LA DUGLÉRÉ

- 1.** Sweat shallots in a pan and set aside.
- 2.** Reduce white wine in a pot and then add fish stock.
- 3.** Infuse onion and basil in sauce over low heat for 10 minutes.
- 4.** Remove with a spider strainer.
- 5.** Bring fish stock to a boil.

(continued)

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

## FILLET OF COD

### → Fillet of cod à la Dugléré

– preparation continued on page 52

### → Zucchini and beet purées and Israeli couscous with beets –

see page 52

# FILLET OF COD À LA DUGLÉRÉ, ZUCCHINI AND BEET PURÉES, AND ISRAELI COUSCOUS

MATTHEW GOYER

(continued)

## PREPARATION – FILLET OF COD À LA DUGLÉRÉ (continued)

6. Poach cod until core temperature reaches 70°C (158°F).
7. Remove with a spider strainer.
8. Place in blender with shallots, diced tomatoes, and 100 ml of fish stock.
9. Add tomato paste to preparation in blender and run until a smooth purée is obtained.
10. Season. Pour in cream and blend some more.
11. Add thickener to thicken cod purée until desired consistency is obtained.

## → ZUCCHINI AND BEET PURÉES

- Salted water, sufficient quantity
- 100 g of yellow beets, diced
- 100 g of zucchini, diced
- Thickener\*, sufficient quantity
- Salt, to taste

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



## PREPARATION – ZUCCHINI AND BEET PURÉES

1. Bring water to a boil in a pot.
2. Cook zucchini and beets until tender, strain, dice, and set aside.
3. Purée vegetables separately, add thickener until desired consistency is obtained.
4. Season.

## → ISRAELI COUSCOUS WITH BEETS

- Salted water, sufficient quantity
- 60 g of Israeli couscous
- 82 g of beets, diced
- 250 ml of beet juice

## PREPARATION – ISRAELI COUSCOUS WITH BEETS

1. Bring water to a boil in a pot.
2. Cook couscous and beets together until tender.
3. Strain, place in the blender with the beet juice and blend until smooth.



MATHIEU LAPOINTE

# FILLET OF SALMON

## WITH CITRUS SAUCE, BARLEY PUDDING, AND DUO OF ASPARAGUS AND RED PEPPER PURÉES

### INGREDIENTS – FOR 4 SERVINGS

#### → CITRUS SAUCE

- 2 oranges
- 2 lemons
- 500 ml of 3.25% m.f. milk
- 50 ml of thickener\*
- 25 g of granulated white sugar

#### PREPARATION – CITRUS SAUCE

1. Zest and juice the citrus fruits.
2. In a pot, heat the milk, zests, juice, thickener and sugar until thickened.
3. Strain through a sieve, then adjust seasoning.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

\*\* Unflavoured instant protein powder for food and liquid, ex. Berthelet EZ-Protein Instant Protein Powder



#### → FILLET OF SALMON

- 280 g of salmon, trimmed (skinless)
- 2 eggs
- 10 ml of 35% m.f. whipping cream
- 10 ml of instant protein powder\*\*
- 5 ml of salt
- 2 L of water

(continued)

#### FILLET OF SALMON

→ **Fillet of salmon** preparation – see page 54

→ **Barley pudding** – see page 54

→ **Asparagus purée** – see page 55

→ **Red pepper purée** – see page 55

# FILLET OF SALMON

## WITH CITRUS SAUCE, BARLEY PUDDING, AND DUO OF ASPARAGUS AND RED PEPPER PURÉES

MATHIEU LAPOINTE

(continued)



### PREPARATION – FILLET OF SALMON

1. Preheat oven to 180°C (350°F).
2. Run salmon in food processor with egg whites and cream.
3. Add instant protein powder and salt, and blend.
4. Pour preparation in a financier cake mold (about 65 g per raw serving).
5. Place mold in a large baking pan 2 inches high.
6. Fill pan midway with boiling water.
7. Bake for 20 minutes or until salmon reaches core temperature of 70°C (158°F).

### → BARLEY PUDDING

- 400 ml of water
- 15 g of chicken stock powder
- 80 g of barley
- 100 ml of 2% m.f. milk
- 250 ml of 35% m.f. whipping cream
- 35 g of granulated white sugar
- 10 ml of instant protein powder\*\*

### PREPARATION – BARLEY PUDDING

1. In a pot, add chicken stock powder to water and bring to a boil.
2. Add raw barley and let cook covered until tender.
3. Add milk, whipping cream, and sugar.
4. When done cooking, blend with a hand blender.
5. Adjust seasoning, then add instant protein powder.

\*\* Unflavoured instant protein powder for food and liquid, ex. Berthelet EZ-Protein Instant Protein Powder

### FILLET OF SALMON

→ **Asparagus purée** – see page 55

→ **Red pepper purée** – see page 55

# FILLET OF SALMON WITH CITRUS SAUCE, BARLEY PUDDING, AND DUO OF ASPARAGUS AND RED PEPPER PURÉES

MATHIEU LAPOINTE

(continued)



## → ASPARAGUS PURÉE

- 90 g of green asparagus, trimmed
- 50 ml of 2% m.f. milk
- 5 ml of salt
- 25 ml of thickener\*
- 10 ml of instant protein powder\*\*

## PREPARATION – ASPARAGUS PURÉE

1. In a pot of boiling water, cook asparagus until tender.
2. Drain, cool in an ice bath, and dry.
3. Blend with a hand blender, adding milk and salt.
4. Add thickener and instant protein powder.
5. Strain through a fine sieve.

## → RED PEPPER PURÉE

- 90 g of red bell peppers
- 50 ml of 2% m.f. milk
- Salt, to taste
- 7 ml of thickener\*

## PREPARATION – RED PEPPER PURÉE

1. In a pot of boiling water, boil peppers until tender.
2. Drain, cool in an ice bath, and dry.
3. Blend with a hand blender, adding milk and salt.
4. Add thickener.
5. Strain through a sieve.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

\*\* Unflavoured instant protein powder for food and liquid, ex. Berthelet EZ-Protein Instant Protein Powder



ARIANE LAVOIE

# BUTTER CHICKEN, LEMON RICE, AND CARROT PURÉE

## INGREDIENTS – FOR 4 SERVINGS

### → MARINATED CHICKEN

- 20 ml of plain yogurt
- 10 ml of 35% m.f. cream
- 4 ml of paprika powder
- 4 ml of chili powder
- 4 ml of ground turmeric
- 4 ml of garam masala
- 4 ml of ground cumin
- 150 g of chicken, trimmed and diced
- 270 ml of chicken broth
- Fine salt, to taste
- Thickener\*, sufficient quantity

### PREPARATION – MARINATED CHICKEN

1. Blend marinade ingredients and add chicken. Marinate chicken for 12 hours (ideally).
2. Remove chicken from marinade and bring the stock to the boil. Cook chicken in broth.
3. Run chicken and chicken broth together in a food processor until smooth.



### PREPARATION – MARINATED CHICKEN

(continued)

4. Add enough thickener to be able to shape into a dumpling or pavé.
5. Shape into a dumpling or pavé.

\* *Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)*

### BUTTER CHICKEN

- **Butter chicken sauce** – see page 57
- **Lemon rice** – see page 57
- **Glazed carrots** – see page 58



# BUTTER CHICKEN, LEMON RICE, AND CARROT PURÉE

ARIANE LAVOIE

(continued)

## → BUTTER CHICKEN SAUCE

- 20 g of unsalted butter
- 40 g of Spanish onion, chopped
- 4 garlic cloves, chopped
- 20 g of fresh ginger, trimmed and chopped
- 4 ml of paprika
- 4 ml of garam masala
- 4 ml of ground cardamom
- 40 g of tomatoes, diced and crushed
- 25 ml of water
- 40 ml of 35 % m.f. cream
- Thickener\*, sufficient quantity

## PREPARATION – BUTTER CHICKEN SAUCE

1. Sweat onions, garlic and ginger in butter.
2. Add paprika, garam masala, and cardamom.
3. Continue cooking for 5 minutes.
4. Run in a food processor until smooth. Pass through a sieve, return to the saucepan then add tomatoes, water, and cream.
5. Simmer for 5 minutes, whisking frequently.
6. Add thickener as needed.



## → LEMON RICE

- 10 g of unsalted butter
- 60 g of basmati rice
- 5 ml of lemon zest
- Salt and pepper, to taste
- Water (or broth), sufficient quantity

## PREPARATION – LEMON RICE

1. In a small saucepan, toast rice in butter until the rice is translucent.
2. Add zest, salt and pepper.
3. Add water (or broth) and cook rice until very tender.
4. Mold and serve.

\* *Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)*

## BUTTER CHICKEN

→ **Glazed carrots** – see page 58

# BUTTER CHICKEN, LEMON RICE, AND CARROT PURÉE

ARIANE LAVOIE

(continued)



## → GLAZED CARROTS

- 80 g of carrots, diced
- Water (or broth), sufficient quantity
- 10 g of unsalted butter
- 10 g of sugar
- Thickener\*, sufficient quantity

## PREPARATION – GLAZED CARROTS

1. Boil carrots.
2. Strain and set aside.
3. Melt butter, add sugar and let dissolve.
4. Run carrots with the butter and sugar mixture through food processor, adding thickener as needed.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



NICOLAS PROVENCHER

# HAM WITH APPLE- MAPLE SAUCE, MASHED POTATOES, AND CARROT AND BROCCOLI PURÉES

## INGREDIENTS – FOR 4 SERVINGS

### → HAM

- 180 g of old-style smoked ham, diced
- 125 ml of apple juice
- 125 ml of chicken broth
- 80 ml of 35% m.f. cream
- Thickener\*, sufficient quantity
- Salt, to taste



## PREPARATION – HAM

1. Put the ham in food processor with cream, apple juice and chicken broth. Run until a mousse is obtained.
2. Add thickener as needed.
3. Salt to taste and set aside.

\* *Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)*

## HAM WITH APPLE-MAPLE SAUCE

### → Carrot and broccoli purées –

see page 60

### → Mashed potatoes – see page 60

### → Apple-maple sauce – see page 61

### → Plating – see page 61

# HAM WITH APPLE- MAPLE SAUCE, MASHED POTATOES, AND CARROT AND BROCCOLI PURÉES

NICOLAS PROVENCHER

(continued)



## → CARROT AND BROCCOLI PURÉES

- 80 g of carrot
- 60 g of broccoli, trimmed
- 200 ml of chicken broth, divided
- Thickener\*, sufficient quantity
- Salt, to taste

## PREPARATION – CARROT AND BROCCOLI PURÉES

1. Cut carrots into thin rounds (about 3 mm thick) and broccoli into small florets.
2. Boil carrots and broccoli separately for 15 minutes or until fork-tender.
3. Strain vegetables and purée carrots with half the chicken broth, and broccoli with other half.
4. Strain broccoli through a sieve.
5. Add the thickener to both purées to absorb the liquid released by the vegetables.
6. Salt to taste and set aside.

\* *Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)*

## → MASHED POTATOES

- 160 g of Russet potatoes
- 125 ml of 2% m.f. milk
- 25 g of salted butter
- Salt, to taste

## PREPARATION – MASHED POTATOES

1. Peel and slice potatoes into thin rounds.
2. Blanch in water for 15 minutes or until fork-tender.
3. Strain and mash potatoes.
4. Add the milk and butter.
5. Salt to taste and set aside.

## HAM WITH APPLE-MAPLE SAUCE

→ **Apple-maple sauce** – see page 61

→ **Plating** – see page 61

# HAM WITH APPLE- MAPLE SAUCE, MASHED POTATOES, AND CARROT AND BROCCOLI PURÉES

NICOLAS PROVENCHER

(continued)

## → APPLE-MAPLE SAUCE

- 300 g of McIntosh apples
- 30 ml of maple syrup
- 25 g of salted butter
- Water, sufficient quantity
- Thickener\*, sufficient quantity
- Salt, to taste

## PREPARATION – APPLE-MAPLE SAUCE

1. Peel and cut apples into small cubes (about 5 mm thick).
2. Cook in a pot with butter for 3 minutes.
3. Add maple syrup and continue stirring for 1 minute.
4. Cover with water and let simmer for about 15 minutes.
5. Blend with an immersion blender, adding water until a smooth compote is obtained.
6. Add the thickener to stabilize the sauce.
7. Salt to taste and set aside.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



## PLATING

1. Reheat vegetables, potatoes, and ham for 5 minutes in a combi-steam oven at 180 °C (350 °F) with 50% humidity.
2. Place a round cookie cutter in the centre of the plate and layer in 30 g of potatoes, 45 g of ham, and 30 ml of sauce. Remove cookie cutter.
3. Lay vegetable purées on each side.



JOSHUA-THOMAS SARMIENTO

# SALMON BURGER WITH MANGO SAUCE AND FRESH VEGETABLE SALAD

## INGREDIENTS – FOR 4 SERVINGS

### → TEXTURE-MODIFIED BURGER BUN

- 2 ciabatta buns
- 250 ml of milk
- 250 ml of water
- 50 ml of thickener\*

### PREPARATION – TEXTURE-MODIFIED BURGER BUN

1. Soak bread in mix of milk and water.
2. In a food processor, blend the bread and milk mixture.
3. Add thickener until a pudding consistency is obtained.

### → MANGO SAUCE

- 150 g of mango, trimmed and diced
- 5 g of mint leaves
- 1 lime
- 50 g of sugar



### PREPARATION – MANGO SAUCE

1. Sweat ingredients in a pot until a chutney consistency is obtained.
2. Blend into a purée.

\* *Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)*

## SALMON BURGER

→ **Salmon patty** – see page 63

→ **Fresh vegetable salad** –  
see page 63

# SALMON BURGER

## WITH MANGO SAUCE AND FRESH VEGETABLE SALAD

JOSHUA-THOMAS SARMIENTO

(continued)



### → SALMON PATTY

- 140 g of salmon
- 60 ml of egg white
- 60 ml of tomato paste

### PREPARATION – SALMON PATTY

1. Blend everything in a food processor.
2. Transfer into molds.
3. Bake in a preheated oven at 180°C (350°F) until core temperature reaches 70°C (158°F).

### → FRESH VEGETABLE SALAD

- 50 g of radishes, sliced into rounds
- 50 g of cucumbers, sliced into rounds
- 50 g of sugar
- Thickener\*, sufficient quantity

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

### PREPARATION – FRESH VEGETABLE SALAD

1. Boil vegetables with sugar.
2. In a food processor, blend the vegetables.
3. Add thickener as needed.
4. Serve cold.

### PLATING

1. Lay bread preparation at bottom of plate and cover with salmon.
2. Serve mango sauce over salmon or on the side, as preferred.
3. Serve fresh salad as side dish.



INSTITUT DE TOURISME ET D'HÔTELLERIE DU QUÉBEC (ITHQ)





**A**s part of the course Coordonner la production et la distribution d'un service alimentaire, I had the pleasure of helping students adapt recipes for people with dysphagia or swallowing difficulties.

*I brought my background in cooking to the table to help them apply the different culinary techniques that could be useful for their project. Together, we explored different texturing techniques and deepened our knowledge of this essential subject.*

*The passion and dedication of the students is reflected in each of the recipes presented in this collection. I'm proud of the work they've accomplished, and honored to have been able to guide them through the process!*

A handwritten signature in blue ink that reads 'Étienne Huot'.

**ÉTIENNE HUOT**  
Professor  
Institut de tourisme et d'hôtellerie du Québec

THIS RECIPE WAS SELECTED  
BY THE 2024 JURY AT THE ITHQ

# BRAZILIAN TURBOT WITH VEGETABLE TIAN

CHLOÉ BOISSONNEAULT AND WENDERLYNE LARAMÉ



PREPARATION TIME: **45 min**  
COOKING TIME: **1 hr 45 min**  
SERVES: **4**

## → BRAZILIAN TURBOT

- 750 ml of fish stock
- 400 g of turbot fillet
- 50 ml of 35% m.f. cream
- 3 g of salt
- 3 g of pepper
- 3 g of agar-agar powder



## PREPARATION – TURBOT

1. In a medium saucepan, bring the fish stock to a boil over high heat. Reduce to medium heat, add the fish, and cook for 8 minutes.
2. Remove the fish from the pan with a slotted spoon and reserve the stock. Place the fish in a Vitamix (or blender), add 250 ml of the hot stock, and blend for 1 minute until smooth.
3. Add the cream, salt, and pepper. Pass the puree through a drum sieve or fine mesh strainer for a smooth texture.

## PREPARATION – TURBOT (continued)

4. In a medium saucepan, combine the fish puree with agar-agar powder. Bring to a boil over high heat, then reduce to medium and simmer for 10 seconds. Remove from heat and allow to cool completely.

## BRAZILIAN TURBOT

- **White Wine Sauce** – see page 67
- **Vegetable Tian** – see page 67

# BRAZILIAN TURBOT

CHLOÉ BOISSONNEAULT AND WENDERLYNE LARAMÉ

(continued)

## → WHITE WINE SAUCE

- 5 g of butter
- 25 g of onion, chopped
- 15 g of garlic, chopped
- 75 ml of tomato paste
- 80 ml of white wine
- Reserved fish stock
- 10 g of fresh cilantro
- 3 g of salt
- 3 g of pepper
- 3 g of EZ-thick (or other thickening agent)

## PREPARATION – WHITE WINE SAUCE

1. In a small saucepan, melt the butter over medium-high heat. Add the onion and garlic, and cook until the onion is nearly translucent, stirring occasionally.
2. Add the tomato paste and cook for 2 minutes, stirring occasionally.
3. Pour in the white wine and cook until reduced by half.
4. Add 150 ml of the reserved fish stock and cook for 2 minutes.
5. Add the cilantro, salt, and pepper. Remove from heat and blend the sauce until smooth.
6. Pass through a drum sieve or a fine mesh strainer for a smooth texture.
7. Incorporate the EZ-thick into the sauce and set aside.



## → HERB-INFUSED SUNFLOWER OIL

- 150 ml of sunflower oil
- 6 g of garlic, chopped
- 5 g of fresh thyme, chopped
- 5 g of rosemary, chopped

## PREPARATION – HERB-INFUSED SUNFLOWER OIL

1. In a medium bowl, mix the oil, garlic, thyme, and rosemary.

## BRAZILIAN TURBOT

### → Sweet Potato Purée

– see page 68

### → Squash Purée

– see page 68

# BRAZILIAN TURBOT

CHLOÉ BOISSONNEAULT AND WENDERLYNE LARAMÉ

(continued)

## → SWEET POTATO PURÉE

- 200 g of sweet potato, peeled and sliced
- 150 ml of vegetable stock
- 50 ml of carrot juice
- 2 g of salt
- 2 g of pepper
- 6 g of EZ-Thick (or other thickening agent)

## PREPARATION – SWEET POTATO PURÉE

1. Preheat the oven to 200°C (400°F). Line a baking sheet with parchment paper (or a reusable baking mat).
2. Toss the sweet potatoes in a third of the herb-infused oil. Spread the slices on the baking sheet and roast for 25 minutes or until tender.
3. Place the roasted sweet potatoes in a Vitamix (or blender). Add the vegetable stock, carrot juice, salt, and pepper. Blend for 4 minutes until very smooth.
4. Pass through a drum sieve or fine mesh strainer for a smooth texture.
5. Incorporate the EZ-Thick and set aside.



## → SQUASH PURÉE

- 200 g of delicata squash, cut in half-moons
- 200 ml of vegetable broth
- 2 g of salt
- 2 g of pepper
- 6 g of EZ-Thick (or other thickener)

## PREPARATION – SQUASH PURÉE

1. Preheat the oven to 200°C (400°F). Line a baking sheet with parchment paper (or a reusable baking sheet).
2. In a large bowl, toss the squash with one-third of the herb-infused oil. Spread the squash on the baking sheet and bake for 20 minutes or until tender.
3. Place the roasted squash in a Vitamix (or blender). Add the vegetable broth, salt, and pepper. Blend for 4 minutes or until the puree is very smooth.
4. Pass through a drum sieve or fine mesh strainer for a smooth texture.
5. Incorporate the EZ-Thick and set aside.

## BRAZILIAN TURBOT

### → Red Cabbage Purée

– see page 69

### → Broccoli purée

– see page 69

# BRAZILIAN TURBOT

CHLOÉ BOISSONNEAULT AND WENDERLYNE LARAMÉ

(continued)

## → RED CABBAGE PURÉE

- 75 g of red cabbage, shredded
- 50 g of red onion, chopped
- 150 ml of vegetable broth
- 50 ml of beet juice
- 2 g of salt
- 2 g of pepper
- 6 g of EZ-Thick (or other thickening agent)

## PREPARATION – RED CABBAGE PURÉE

1. Preheat the oven to 200°C (400°F). Line a baking sheet with parchment paper (or a reusable baking sheet).
2. In a medium bowl, toss the cabbage and onion with one-third of the herb-infused oil. Spread the vegetables on the baking sheet and bake for 15 minutes.
3. Place the roasted cabbage and onion in a Vitamix (or blender). Add the vegetable broth, beet juice, salt, and pepper. Blend for 4 minutes or until the puree is very smooth.
4. Pass through a drum sieve or fine mesh strainer for a smooth texture.
5. Incorporate the EZ-Thick and set aside.

## BRAZILIAN TURBOT

### → Green Coriander Oil

– see page 70

### → Plating – see page 70

## → BROCCOLI PURÉE

- 15 g of broccoli florets
- 100 ml of vegetable broth
- 2 ml of chlorophyll
- 2 g of salt
- 2 g of pepper
- 2 g of agar-agar powder

## PREPARATION – BROCCOLI PURÉE

1. Bring a small saucepan of water to a boil over high heat. Add the broccoli, reduce to medium heat, and cook for 10 minutes or until very tender.
2. Meanwhile, prepare a bowl of ice water.
3. Drain the broccoli and transfer it to the ice water to stop the cooking.
4. Place the cooked broccoli in a Vitamix (or blender). Add the vegetable broth, chlorophyll, salt, and pepper. Blend for 4 minutes or until the puree is very smooth.
5. Pass through a drum sieve or fine mesh strainer for a smooth texture.
6. In the saucepan used for cooking the broccoli, mix the broccoli puree with the agar-agar powder. Bring to a boil over high heat, reduce to medium heat, and simmer for 10 seconds. Remove from heat and set aside.

# BRAZILIAN TURBOT

CHLOÉ BOISSONNEAULT AND WENDERLYNE LARAMÉ

(continued)

## → GREEN CORIANDER OIL

- 10 g of fresh coriander
- 100 ml of sunflower oil
- 2 g of gelatin (or agar-agar powder)

## PREPARATION – GREEN CORIANDER OIL

1. Bring a small saucepan of water to a boil over high heat. Add the coriander, reduce to medium heat, and cook for 2 or 3 minutes. Drain.
2. Place the coriander in a Vitamix (or blender) and add the oil. Blend for 5 minutes or until the oil is very smooth.
3. Pass through a drum sieve or fine mesh strainer for a smooth texture. Return the oil to the saucepan.
4. Rehydrate the gelatin according to the package instructions.
5. Add the gelatin to the oil. Gently heat to melt it completely and remove from heat.



## PLATING

1. Spread a spoonful of sweet potato puree, squash puree, and broccoli puree side by side on a plate.
2. Using two spoons, form quenelles with the red cabbage puree. Place one quenelle in the center of the plate.
3. Using two spoons, form quenelles with the fish puree. Place two quenelles on the tian. Garnish with sauce.
4. Drizzle the plate with the green coriander oil and serve.



# BEEF ENCHILADAS AND MEXICAN BEAN SALAD

MAXIME BANVILLE AND ÉMILIE ALLARD

PREPARATION TIME: **1 hr**  
COOKING TIME: **1 hr 15 min to 1 hr 30 min**  
SERVES: **4**

## → RED BEAN PURÉE

- 540 ml of red beans, rinsed and drained (1 can)
- 1 pinch of ground cumin
- 1 pinch of paprika
- 6 g of gelatin

## PREPARATION – RED BEAN PURÉE

- 1.** Bring a medium saucepan of water to a boil over high heat. Add the beans, reduce to medium heat, and simmer for 5 minutes to tenderize them.
- 2.** Drain and transfer to a Vitamix (or blender).
- 3.** Add the cumin, paprika, and 5 ml of water. Season with salt and pepper. Blend for 4 minutes or until the purée is very smooth.
- 4.** Pass the mixture through a drum sieve or fine mesh strainer for a smoother texture.



## PREPARATION – RED BEAN PURÉE

(continued)

- 5.** Rehydrate the gelatin according to the package instructions.
- 6.** Incorporate the gelatin into 250 ml of the bean purée and gently heat to melt it completely. Remove from heat, pour into a mold of your choice, and refrigerate.

## BEEF ENCHILADAS

### → Red Bell Pepper Purée

- see page 72

### → Green Bell Pepper and Celery Purée

- see page 72

# BEEF ENCHILADAS

MAXIME BANVILLE AND ÉMILIE ALLARD

(continued)

## → RED BELL PEPPER PURÉE

- 1 red bell pepper, cubed
- 1 pinch of ground cumin
- 1 pinch of paprika
- 22.5 ml of EZ-Thick (or another thickening agent)

## PREPARATION – RED BELL PEPPER PURÉE

1. Bring a small saucepan of water to a boil over high heat. Add the bell pepper, reduce to medium heat, and simmer for 5 minutes or until the pepper is fully cooked.
2. Drain and transfer to a Vitamix (or blender).
3. Add the cumin, paprika, and 5 ml of water. Season with salt and pepper. Blend for 4 minutes or until the purée is very smooth.
4. Pass the mixture through a drum sieve or fine mesh strainer for a smoother texture.
5. Incorporate the EZ-Thick into 125 ml of the bell pepper purée and set aside.

## → GREEN BELL PEPPER AND CELERY PURÉE

- 1 green bell pepper, cubed
- 2 stalks of celery, cubed
- 1 pinch of ground cumin
- 1 pinch of paprika
- 15 ml of EZ-Thick (or another thickening agent)



## PREPARATION – GREEN BELL PEPPER AND CELERY PURÉE

1. Bring a small saucepan of water to a boil over high heat. Add the bell pepper and celery, reduce to medium heat, and simmer for 5 minutes or until the vegetables are fully cooked.
2. Drain and transfer to a Vitamix (or blender).
3. Add the cumin, paprika, and 5 ml of water. Season with salt and pepper. Blend for 4 minutes or until the purée is very smooth.
4. Pass the mixture through a drum sieve or fine mesh strainer for a smoother texture.
5. Incorporate the EZ-Thick into 125 ml of the bell pepper and celery purée. Set aside.

## BEEF ENCHILADAS

→ **Carrot Purée** – see page 73

→ **Corn Purée** – see page 73



# BEEF ENCHILADAS

MAXIME BANVILLE AND ÉMILIE ALLARD

(continued)

## → CARROT PURÉE

- 2 carrots, diced
- 1 pinch of ground cumin
- 1 pinch of paprika
- 6 g of gelatin

## PREPARATION – CARROT PURÉE

1. Bring a small saucepan of water to a boil over high heat. Add the carrots, reduce to medium heat, and simmer for 10 minutes or until fully cooked.
2. Drain and transfer to a Vitamix (or blender).
3. Add the cumin, paprika, and 5 ml of water. Season with salt and pepper. Blend for 4 minutes or until the purée is very smooth.
4. Pass the mixture through a drum sieve or fine mesh strainer for a smoother texture.
5. Rehydrate the gelatin according to the package instructions.
6. Incorporate the gelatin into 250 ml of the carrot purée and gently heat to melt it completely. Remove from heat, pour into a mold of your choice, and refrigerate.

## → CORN PURÉE

- 250 ml of frozen corn kernels
- 1 pinch of ground cumin
- 1 pinch of paprika
- 7.5 ml of EZ-Thick (or another thickening agent)



## PREPARATION – CORN PURÉE

1. Bring a small saucepan of water to a boil over high heat. Add the corn, reduce to medium heat, and simmer for 10 minutes or until fully cooked.
2. Drain and transfer to a Vitamix (or blender).
3. Add the cumin, paprika, and 5 ml of water. Season with salt and pepper. Blend for 4 minutes or until the purée is very smooth.
4. Pass the mixture through a drum sieve or fine mesh strainer for a smoother texture.
5. Incorporate the EZ-Thick into 125 ml of the corn purée and set aside.

## BEEF ENCHILADAS

### → Cucumber and Cilantro Gel

– see page 74

### → Beef Enchiladas

– see page 74

# BEEF ENCHILADAS

MAXIME BANVILLE AND ÉMILIE ALLARD

(continued)

## → CUCUMBER AND CILANTRO GEL

- ½ English cucumber, peeled
- ¼ bunch of fresh cilantro
- 5 ml of lime juice
- 6 g of gelatin

## PREPARATION – CUCUMBER AND CILANTRO GEL

1. Place the cucumber, cilantro, and lime juice in a Vitamix (or blender). Season with salt and pepper. Blend for 4 minutes or until the juice is very smooth.
2. Pass the mixture through a drum sieve or fine mesh strainer for a smoother texture.
3. Rehydrate the gelatin according to the package instructions.
4. Incorporate the gelatin into 250 ml of the cucumber juice and gently heat to melt it completely. Remove from heat, pour into a mold of your choice, and refrigerate.

## → BEEF ENCHILADAS

- 165 g of ground beef
- 15 ml of vegetable oil
- 55 g of white mushrooms, chopped
- 100 g of onion, chopped
- 50 g of garlic, chopped
- 25 g of red bell pepper, diced

(continued)

## → BEEF ENCHILADAS (continued)

- 2 ml of ground cumin
- 2 ml of chili powder
- 2 ml of lime juice
- 2 ml of Sriracha hot sauce
- 2 g of fresh cilantro
- 25 ml of EZ-Thick (or another thickening agent)

## PREPARATION – BEEF ENCHILADAS

1. Preheat a non-stick skillet over medium-high heat. Without adding any fat, add the beef and break it apart with a wooden spoon. Cook for 8 to 10 minutes, stirring occasionally, until the meat is well browned. Drain and set aside on a plate.
2. In the same skillet used to cook the meat, heat the oil over medium-high heat. Add the mushrooms and cook for 4 to 5 minutes, stirring occasionally, until they are well browned. Avoid over-stirring to allow them to brown properly.
3. Add the onion, garlic, bell pepper, cumin, and chili powder. Continue cooking for 3 to 5 minutes, or until the onion is cooked through.
4. Return the ground beef to the skillet and add the lime juice, Sriracha, and cilantro. Stir to coat everything well.
5. Transfer the beef mixture to a Vitamix (or blender). Blend for 4 minutes or until the purée is very smooth.
6. Pass the mixture through a drum sieve or fine mesh strainer for a smoother texture.
7. Incorporate the EZ-Thick into 125 ml of the beef purée and set aside.

# BEEF ENCHILADAS

MAXIME BANVILLE AND ÉMILIE ALLARD

(continued)

## → RESTRUCTURED TORTILLAS

- 2 wheat tortillas (7-inch diameter)
- 250 ml of milk
- 7 g of agar-agar powder

## PREPARATION – RESTRUCTURED TORTILLAS

1. In a small saucepan, bring the milk and tortillas to a boil over medium heat. Simmer for 1 to 2 minutes, then remove from heat.
2. Transfer to a Vitamix (or blender). Blend for 4 minutes or until the mixture is very smooth.
3. Pass the mixture through a drum sieve or fine mesh strainer for a smoother texture.
4. Return the tortilla purée to the saucepan and incorporate the agar-agar. Bring to a boil over high heat, reduce to medium heat, simmer for 10 seconds, and remove from heat.
5. Pour onto a parchment-lined baking sheet and refrigerate.

## → TOMATO COULIS PURÉE

- 125 ml of tomato coulis
- 15 ml of EZ-Thick (or another thickening agent)



## PREPARATION – TOMATO COULIS PURÉE

1. In a small bowl, mix the tomato coulis with the EZ-Thick. Set aside.

## PLATING

1. Spread a spoonful of corn purée on the plate. Using a piping bag, form small bites of red bell pepper purée, followed by green bell pepper purée. Place a piece of carrot purée and bean purée on the plate.
2. Cut cubes from the cucumber gel and place a couple of them on a plate.
3. With a round cutter, cut a circle from the tortilla purée. Cut the circle in half and place the half-tortilla on the plate. Add some tomato purée on the tortilla, then top with beef purée and serve.



# BRAZILIAN TURBOT WITH VEGETABLE TIAN

DALI HUBER ET SAMANTHA CAILLOT

PREPARATION TIME: **1 hr**  
COOKING TIME: **1 hr 40 min**  
SERVES: **3**

## → SWEET POTATO PURÉE

- 100 g of sweet potato, peeled, cubed
- 100 ml of vegetable broth
- 1.5 g of agar-agar powder



## PREPARATION – SWEET POTATO PURÉE

- 1.** Bring a medium saucepan of water to a boil over high heat. Add the sweet potato cubes and cook for 10 to 15 minutes or until a knife easily pierces through a cube. Drain.
- 2.** Place the sweet potato and vegetable broth in a Vitamix (or blender). Blend for 4 minutes or until the purée is very smooth.
- 3.** Pass the purée through a drum sieve or fine mesh strainer for a smoother texture. Let it cool.

## PREPARATION – SWEET POTATO PURÉE

(continued)

- 4.** In a small saucepan, combine the sweet potato purée and agar-agar powder. Bring to a boil over high heat, reduce to medium, and simmer for 10 seconds. Set aside.

## BRAZILIAN TURBOT

→ **Aromatized Oil** – see page 77

→ **Squash Purée** – see page 77

# BRAZILIAN TURBOT WITH VEGETABLE TIAN

DALI HUBER AND SAMANTHA CAILLOT

(continued)

## → AROMATIZED OIL

- 50 ml of sunflower oil
- 2 thyme sprigs
- 1 rosemary sprig
- 1 garlic clove, crushed

## PREPARATION – AROMATIZED OIL

1. In a small saucepan, heat the oil, thyme, rosemary, and garlic over medium-low heat for 5 minutes. Remove from heat and let it infuse for 15 minutes. Strain through a sieve.

## → SQUASH PURÉE

- 20 g of delicata squash, cubed
- 18 ml of vegetable broth
- 2 ml of carrot juice
- 0.24 g of agar-agar powder

## PREPARATION – SQUASH PURÉE

1. Preheat the oven to 200°C (400°F). Line a baking sheet with parchment paper (or a reusable baking mat). Place the squash on the sheet, drizzle with half of the infused oil, and toss to coat.



## PREPARATION – SQUASH PURÉE

(continued)

2. Roast in the oven for 20 minutes or until a knife easily pierces through the squash.
3. Place the roasted squash in a Vitamix (or blender). Add the vegetable broth and carrot juice. Blend for 4 minutes or until the purée is very smooth.
4. Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
5. In a small saucepan, combine the squash purée and agar-agar powder. Bring to a boil over high heat, reduce to medium, and simmer for 10 seconds. Set aside.

## BRAZILIAN TURBOT

→ **Red Cabbage Purée** – see page 78

→ **Turbot Fillet** – see page 78

# BRAZILIAN TURBOT WITH VEGETABLE TIAN

DALI HUBER AND SAMANTHA CAILLOT

(continued)

## → RED CABBAGE PURÉE

- 10 g of red cabbage, cubed
- 8 g of red onion, cubed
- 20 ml of vegetable broth
- 0.24 g of agar-agar powder

## PREPARATION – RED CABBAGE PURÉE

1. Preheat the oven to 200°C (400°F). Line a baking sheet with parchment paper (or a reusable baking mat). Place the cabbage and onion on the sheet, drizzle with the remaining infused oil, and toss to coat the vegetables. Roast in the oven for 15 minutes.
2. Place the roasted cabbage and onion in a Vitamix (or blender). Add the vegetable broth and blend for 4 minutes or until the purée is very smooth.
3. Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
4. In a small saucepan, combine the cabbage purée and agar-agar powder. Bring to a boil over high heat, reduce to medium, and simmer for 10 seconds. Set aside.



## → BRAZILIAN TURBOT FILLET

- 85 ml of milk
- 85 ml of fish stock
- 170 g of turbot fillet
- 5 g of EZ-Thick (or another thickening agent)

## PREPARATION – BRAZILIAN TURBOT FILLET

1. In a medium saucepan, bring the milk and fish stock to a boil over high heat. Reduce to medium heat, add the turbot fillet, and simmer for 8 minutes.
2. Transfer the fish, milk, and fish stock to a Vitamix (or blender) and blend for 1 minute or until the texture is smooth.
3. Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
4. Incorporate the EZ-Thick and set aside.

## BRAZILIAN TURBOT

### → White Wine and Tomato Sauce

– see page 79

# BRAZILIAN TURBOT WITH VEGETABLE TIAN

DALI HUBER AND SAMANTHA CAILLOT

(continued)

## → WHITE WINE AND TOMATO SAUCE

- 5 g of butter
- 10 g of onion, chopped
- 1 ml of ground cumin
- 1 ml of dried oregano
- 1 ml of smoked paprika
- 5 ml of tomato paste
- 15 ml of white wine
- 40 ml of crushed tomatoes
- 5 ml of fresh cilantro
- 0.15 g of agar-agar powder

## PREPARATION – WHITE WINE AND TOMATO SAUCE

1. In a small saucepan, melt the butter over medium-high heat. Add the onion and cook until almost completely translucent, stirring occasionally.
2. Add the cumin, oregano, and smoked paprika, and stir to coat the onion.
3. Add the tomato paste and stir to coat the onion.
4. Pour in the wine and cook for 1 minute or until the liquid has reduced by half.
5. Add the tomatoes and cook for 5 minutes.



## PREPARATION – WHITE WINE AND TOMATO SAUCE (continued)

6. Remove from heat, transfer the sauce to a Vitamix (or blender), and add the cilantro. Blend for 1 minute or until the sauce is very smooth.
7. Pass the sauce through a drum sieve or fine mesh strainer for a smoother texture.
8. Return the sauce to the saucepan, incorporate the agar-agar powder, and bring to a boil over high heat. Cook for 10 seconds, then remove from heat.

## PLATING

1. Shape small balls of each purée (sweet potato, squash, and red cabbage).  
*Place one ball of each purée on a plate.*
2. Using a spoon, delicately place a portion of fish purée in the center of the plate.
3. Spoon the sauce onto the plate and serve.



VIKTORIA YUKSHA

# EGGPLANT PARMESAN AND KALE SALAD WITH ROASTED PECANS

PREPARATION TIME: **1 hr**  
COOKING TIME: **1 hr 30 min**  
SERVES: **6**



## → ROASTED EGGPLANT

- 3 medium eggplants
- Coarse salt, sufficient quantity
- 50 ml of vegetable oil

## PREPARATION – ROASTED EGGPLANT

1. Cut the eggplants into ½-inch slices lengthwise and place them on paper towels. Cover with coarse salt. Let them sit for 30 minutes to drain.
2. Preheat the oven to 230°C (450°F). Line a baking sheet with parchment paper (or a reusable baking mat).
3. Rinse the eggplants and pat them dry. Place on the baking sheet and brush with oil on both sides.
4. Bake for 20 to 25 minutes or until golden brown, flipping halfway through cooking.

## → TOMATO COULIS

- 1,5 L of tomato coulis
- 15 ml of dried oregano
- 3 garlic cloves
- Salt and pepper, to taste

## PREPARATION – TOMATO COULIS

1. Using an immersion blender, puree the tomato coulis, oregano, and garlic. Season with salt and pepper and set aside.

## EGGPLANT PARMESAN

- **Eggplant Parmesan** – see page 81
- **Parmesan gel** – see page 81



# EGGPLANT PARMESAN

VIKTORIIA YUKSHA

(continued)

## → EGGPLANT PARMESAN

- 200 g of Parmesan cheese, finely grated
- 100 g of fresh mozzarella, sliced
- Fresh basil, sufficient quantity
- 50 g of breadcrumbs
- 400 g of roasted eggplant (from previous step)
- 300 of vegetable broth
- 50 ml of carrot juice
- 3 g of agar-agar powder

## PREPARATION – EGGPLANT PARMESAN

1. Preheat the oven to 200 °C (400 °F). Line a baking sheet with parchment paper (or a reusable baking mat).
2. On the baking sheet, spread a little tomato coulis. Add in this order: a slice of roasted eggplant, grated Parmesan, a basil leaf, tomato coulis, a slice of mozzarella, and more Parmesan. Repeat with all eggplant slices.
3. Sprinkle breadcrumbs over the eggplants and bake for 30 to 40 minutes.
4. In a Vitamix (or blender), place 400 g of eggplant parmigiana, vegetable broth, and carrot juice. Blend for 4 minutes or until very smooth.

## PREPARATION – EGGPLANT PARMESAN (continued)

5. Pass the puree through a drum sieve or fine mesh strainer for a smoother texture.
6. In a small saucepan, bring the eggplant puree to a boil over high heat. Add the agar-agar powder, reduce to medium heat, and simmer for 10 seconds. Remove from heat, pour into molds of your choice, and refrigerate.

## → PARMESAN GEL

- 125 ml of milk
- 30 g of Parmesan cheese, finely grated
- 2 g of gelatin

## PREPARATION – PARMESAN GEL

1. In a small saucepan, warm the milk over low heat. When the liquid simmers, add the Parmesan and stir to incorporate.
2. In the meantime, rehydrate the gelatin according to the package instructions.
3. Incorporate the gelatin and gently heat to melt it completely. Remove from heat. Pour into molds of your choice and refrigerate.

## EGGPLANT PARMESAN

→ **PASSATA GEL** – see page 82

→ **KALE SALAD WITH ROASTED PECANS** – see page 82

# EGGPLANT PARMESAN

VIKTORIIA YUKSHA

(continued)

## → PASSATA GEL

- 325 ml of tomato coulis, divided
- 2 g of agar-agar powder
- 6 g of EZ-Thick (or other thickening agent)

## PREPARATION – PASSATA GEL

1. In a small saucepan, bring 200 ml tomato coulis and agar-agar powder to a boil over medium heat. Simmer 10 seconds, remove from heat, transfer to molds and refrigerate.
2. In a small bowl, mix the remaining tomato coulis (125 ml) with EZ-Thick. Set aside.

## KALE SALAD WITH ROASTED PECANS

### → KALE PURÉE

- 2 bunches of kale
- 125 ml of vegetable broth
- 15 ml of balsamic vinegar
- 15 ml of vegetable oil
- 5 ml of honey
- 4 g of gelatin



## PREPARATION – KALE PURÉE

1. Remove the stems from the kale and set aside the leaves. Bring a large pot of water to a boil over high heat. Add the kale leaves, reduce to medium heat, and cook for 5 minutes or until very tender. Drain and press the leaves in a clean cloth to remove as much water as possible.
2. In a Vitamix (or blender), place the kale leaves, vegetable broth, vinegar, oil, and honey. Blend for 4 minutes or until very smooth.
3. Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
4. Rehydrate gelatin according to package instructions.
5. In a small saucepan, incorporate the gelatin into the kale purée and gently heat to melt it completely. Remove from heat, pour into molds of your choice, and refrigerate.

## EGGPLANT PARMESAN

### → Cranberry Purée

- see page 83

### → Roasted Pecan Cream

- see page 83

# EGGPLANT PARMESAN – VIKTORIIA YUKSHA – (continued)

## → CRANBERRY PURÉE

- 115 g of dried cranberries
- 250 ml of water
- 4 g of agar-agar powder
- 2 g of gelatin

## PREPARATION – CRANBERRY PURÉE

1. In a medium bowl, place the cranberries, pour in the water, and let stand for a few minutes to rehydrate.
2. In a Vitamix (or blender), transfer the cranberries without draining. Blend for 4 minutes or until very smooth.
3. Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
4. In a small saucepan, bring half of the cranberry purée to a boil over high heat. Add the agar-agar powder, reduce to medium heat, simmer for 10 seconds, remove from heat, and refrigerate.
5. Rehydrate gelatin according to package instructions.
6. In a small saucepan, incorporate the gelatin into the other half of the cranberry purée and gently heat to melt it completely. Remove from heat, pour into molds of your choice, and refrigerate.

## → ROASTED PECAN CREAM

- 100 g of raw pecans
- 100 ml of 35% m.f. cream
- 250 ml of water
- 4 g of gelatin

## PREPARATION – ROASTED PECAN CREAM

1. Preheat the oven to 180°C (350°F). Line a baking sheet with parchment paper (or a reusable baking mat). Spread the pecans on the sheet and roast in the oven for 6 to 10 minutes or until golden brown.
2. Transfer the pecans to a small saucepan, pour in the cream, and heat over low heat for 10 minutes to infuse the cream with the pecan flavors. Remove from heat, cover, and let stand for 20 minutes.
3. In a Vitamix (or blender), transfer the cream and pecans. Add water and blend for 4 minutes or until very smooth.
4. Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
5. Rehydrate gelatin according to package instructions.
6. In a small saucepan, incorporate the gelatin into the pecan cream and gently heat to melt it completely. Remove from heat, and refrigerate.

## PLATING

1. *On a plate, spread a spoonful of tomato passata (thickened with EZ-Thick). Add a quenelle of eggplant parmigiana, a piece of passata gel, and a few pieces of parmesan gel.*
2. *Spread a spoonful of roasted pecan cream on the plate, followed by a spoonful of cranberry purée. Add a few pieces of kale purée and cranberry gel. Serve.*



# TROUT BALLS WITH TARTAR SAUCE

SONA ALYAK KORKORNIAN AND CHARLINE

PREPARATION TIME: **1 hr**  
COOKING TIME: **1 hr 30 min**  
SERVES: **2**

## → TROUT BALLS

- 180 g of trout fillet
- 110 g of Yukon potato, quartered
- 250 ml of breadcrumbs
- 100 ml of chicken broth
- 1 egg
- ½ bunch of green onions, roughly chopped
- ½ bunch of fresh parsley
- ½ bunch of fresh dill
- ½ lemon (zest and juice)
- 15 ml of smoked paprika
- 10 ml of carrot juice
- 10 ml of beet juice
- 5 ml of vegetable oil
- 5 g of EZ-Thick (or other thickening agent)

## PREPARATION – TROUT BALLS

- 1.** Preheat the oven to 200 °C (400 °F). Line a baking sheet with parchment paper (or a reusable baking mat).



## PREPARATION – TROUT BALLS

(continued)

- 2.** Remove the bones from the fish. Season with salt and pepper. Place the fish on the baking sheet and bake for 10 minutes.
- 3.** Bring a medium saucepan of salted water to a boil over high heat. Add the potato, reduce heat to medium, and cook for 10 to 12 minutes or until a knife tip easily pierces the flesh.
- 4.** Drain the potato and roughly mash it.
- 5.** In a Vitamix (or blender), place the trout and the potato.
- 6.** Add the breadcrumbs, chicken broth, egg, green onions, parsley, dill, lemon zest and juice, smoked paprika, carrot juice, beet juice and oil. Season with salt and pepper.

(continued)

# TROUT BALLS

SONA ALYAK KORKORNIAN AND CHARLINE EMMANUEL  
(continued)

## PREPARATION – TROUT BALLS (continued)

7. Blend for 4 minutes or until the purée is very smooth.
8. Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
9. Incorporate the EZ-Thick and set aside.

## TARTAR SAUCE

- 125 ml of capers
- 125 ml of pickles, finely chopped
- 50 ml of chicken broth
- 1 lemon (zest and juice)
- 15 ml of Dijon mustard
- 15 ml of fresh parsley
- 15 ml of fresh dill
- 250 ml of mayonnaise
- 5 g of EZ-Thick (or other thickening agent)

## PREPARATION – TARTAR SAUCE

1. In a Vitamix (or blender), place the capers, pickles, chicken broth, lemon zest and juice, mustard, parsley, and dill. Season with salt and pepper.
2. Blend for 4 minutes or until the purée is very smooth.
3. Pass the mixture through a drum sieve or fine mesh strainer for a smoother texture.
4. Incorporate the mayonnaise.
5. Add the EZ-Thick, mix, and set aside.

## GREEN VEGETABLE PURÉE

- 60 g of cauliflower, in florets
- 60 g of broccoli, in florets
- 60 g of zucchini, diced
- 10 ml of canola oil
- 2.5 ml of dried thyme
- 120 ml of chicken broth
- 2 ml of chlorophyll
- 1.4 g of agar-agar powder

## PREPARATION – GREEN VEGETABLE PURÉE

1. Preheat the oven to 160°C (325°F). Line a baking sheet with parchment paper (or a reusable baking mat). Place the cauliflower, broccoli, and zucchini on the baking sheet. Drizzle with oil and toss to coat the vegetables evenly. Season with salt, pepper, and sprinkle with thyme.
2. Roast for 25 minutes or until the vegetables are tender.
3. Place the roasted vegetables in the Vitamix (or blender). Add the chicken broth and chlorophyll. Blend for 4 minutes or until the purée is very smooth.
4. Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
5. In a small saucepan, mix the vegetable purée and agar-agar powder. Bring to a boil over high heat, reduce to medium heat, and simmer for 10 seconds. Remove from heat, transfer to a mold of your choice, and let cool completely.

# TROUT BALLS

SONA ALYAK KORKORNIAN AND CHARLINE EMMANUEL

(continued)

## → RED BELL PEPPER PURÉE

- 60 g of red bell pepper, diced
- 5 ml of canola oil
- 1.25 ml of dried thyme
- 90 ml of chicken broth
- 2 g of agar-agar powder

## → RED ONION PURÉE

- 60 g of red onion, diced
- 5 ml of canola oil
- 1.25 ml of dried thyme
- 90 ml of chicken broth
- 1 g of agar-agar powder

### PREPARATION – RED BELL PEPPER PURÉE

- 1.** Preheat the oven to 160°C (325°F). Line a baking sheet with parchment paper (or a reusable baking mat). Place the bell pepper on the baking sheet, drizzle with oil, and toss to coat evenly. Season with salt, pepper, and sprinkle with thyme.
- 2.** Roast for 25 minutes or until tender.
- 3.** Place the roasted bell pepper in the Vitamix (or blender). Add the chicken broth and blend for 4 minutes or until the purée is very smooth.
- 4.** Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
- 5.** In a small saucepan, mix the bell pepper purée and agar-agar powder. Bring to a boil over high heat, reduce to medium heat, and simmer for 10 seconds. Remove from heat, transfer to a mold of your choice, and let cool completely.

### PREPARATION – RED ONION PURÉE

- 1.** Preheat the oven to 160°C (325°F). Line a baking sheet with parchment paper (or a reusable baking mat). Place the onion on the baking sheet, drizzle with oil, and toss to coat evenly. Season with salt, pepper, and sprinkle with thyme.
- 2.** Roast for 25 minutes or until tender.
- 3.** Place the roasted onion in the Vitamix (or blender). Add the chicken broth and blend for 4 minutes or until the purée is very smooth.
- 4.** Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
- 5.** In a small saucepan, mix the onion purée and agar-agar powder. Bring to a boil over high heat, reduce to medium heat, and simmer for 10 seconds. Remove from heat, transfer to a mold of your choice, and let cool completely.

# TROUT BALLS

SONA ALYAK KORKORNIAN AND CHARLINE EMMANUEL  
(continued)

## → PILAF RICE

- 10 g of butter
- 20 g of carrot, diced
- 20 g of onion, diced
- 90 g of basmati rice
- 70 ml of water
- 1 bay leaf
- 1 sprig of fresh thyme
- 1 stem of fresh parsley
- 250 ml of chicken broth
- 5 g of EZ-Thick (or other thickening agent)

## PREPARATION – PILAF RICE

1. Preheat the oven to 180°C (350°F).
2. In a small saucepan, melt the butter over medium-high heat. Add the carrot and onion and cook for 5 to 10 minutes or until the onion is nearly translucent, stirring occasionally.
3. Rinse the rice under cold water using a sieve. Transfer to the saucepan with the vegetables, pour in the water, and add the herbs. Season with salt and pepper. Bring to a boil over high heat, reduce to low, cover, and cook for 5 minutes.
4. Transfer the saucepan to the oven and bake for 30 to 40 minutes or until the rice is cooked and the liquid is almost fully absorbed.



## PREPARATION – PILAF RICE (continued)

5. Once the rice is cooked, remove the thyme sprig and the bay leaf. Transfer to a Vitamix (or blender). Pour in the chicken broth and blend for 4 minutes or until the purée is very smooth.
6. Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
7. Incorporate the EZ-Thick into the rice purée and set aside.

## PLATING

1. Spread a spoonful of pilaf rice purée on a plate.
2. Using two spoons, shape quenelles of trout purée. Place two quenelles on the rice purée.
3. Place portions of broccoli, bell pepper, and onion purées on the plate.
4. Add a few drops of tartare sauce and serve.



# BIBIMBAP

MAUDE DESGROSSEILLIERS AND ANABEL ROUSSY-CALDERONI

PREPARATION TIME: **1 hr**  
COOKING TIME: **1 hr 10 min**  
SERVES: **3**

## → GINGER AND GARLIC SAUCE

- 10 ml of vegetable oil
- 15 g of fresh ginger, finely grated
- 5 g of garlic, chopped
- 40 ml of lime juice
- 30 ml of soy sauce
- 25 ml of water
- 15 ml of fish sauce
- 10 g of cornstarch
- 0.5 g of Bird's eye chili, chopped

## PREPARATION – GINGER AND GARLIC SAUCE

1. In a medium saucepan, heat the oil over medium-high heat. Add the ginger and garlic and cook for 2 to 3 minutes, until the garlic begins to brown.
2. In a small bowl, mix the lime juice, soy sauce, water, fish sauce, cornstarch, and bird's eye chili. Pour in the saucepan, bring to a boil and simmer until the sauce thickens.
3. Remove from heat and set aside.



## → BEEF AND EGGPLANT PURÉE

- 185 g of Asian eggplants, diced into 2 cm cubes
- 10 ml of vegetable oil
- 190 g of lean ground beef
- 200 ml of chicken broth
- 1.7 g of agar-agar powder

## PREPARATION – BEEF AND EGGPLANT PURÉE

1. Preheat the oven to 220°C (425°F). Line a baking sheet with parchment paper (or a reusable baking mat).
2. Place the eggplants on the baking sheet, add the oil, and toss to coat evenly. Roast for 20 minutes or until golden brown. Set aside.



# BIBIMBAP

MAUDE DESGROSSEILLIERS AND  
ANABEL ROUSSY-CALDERONI

*(continued)*

## PREPARATION – BEEF AND EGGPLANT PURÉE *(continued)*

3. Preheat a non-stick skillet over medium-high heat. Without adding any fat, add the beef, breaking it up with a wooden spoon. Cook for 8 to 10 minutes, stirring occasionally, until the meat is well browned.
4. In a Vitamix (or blender), combine the ground beef, roasted eggplants, 90 ml of the ginger and garlic sauce, and chicken broth.
5. Blend for 4 minutes or until the purée is very smooth.
6. Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
7. In a medium saucepan, mix the beef purée and agar-agar powder. Bring to a boil over high heat, reduce to medium heat, and simmer for 10 seconds. Remove from heat, pour into molds of choice, and refrigerate.

## → RESTRUCTURED EGGS

- 2 eggs
- 150 ml of water
- 4.5 g of gelatin powder, divided
- 150 ml of vegetable broth

## PREPARATION – RESTRUCTURED EGGS

1. Line a baking sheet with parchment paper (or a reusable baking mat).
2. Separate the egg whites from the yolks.
3. Heat a small saucepan of water over medium heat. When the water is simmering, place a medium bowl over the saucepan and add the egg whites. Cook, whisking constantly to create a small white foam.
4. Add the water, 1.5 g of gelatin and a pinch of salt, then remove from heat. Using an immersion blender, emulsify for a few seconds. Pour onto the baking sheet and let cool completely.
5. Place another medium bowl over the simmering saucepan and add the egg yolks. Cook, stirring until the yolks are fully cooked.
6. Remove from heat and add the vegetable broth. Using an immersion blender, emulsify for a few seconds. Divide the yolks into 2 bowls.
7. In the first bowl of yolk, add 2 g of gelatin, mix, and pour into hemisphere molds. Let cool for a few minutes.
8. Meanwhile, add 1 g of gelatin to the second bowl of yolk and mix. Pour the mixture into the hemisphere molds, over the already set yolks. Refrigerate.

# BIBIMBAP

MAUDE DESGROSSEILLIERS AND  
ANABEL ROUSSY-CALDERONI

(continued)

## → CILANTRO GEL

- 125 ml of water
- 1 bunch of fresh cilantro
- 0.5 g of agar-agar powder

## PREPARATION – CILANTRO GEL

1. Bring the water to a boil. Pour over the cilantro and let steep for 5 to 10 minutes. Cool the container in ice water.
2. Strain the water using a drum sieve or fine mesh strainer to remove all residues.
3. In a small saucepan, mix the cilantro water and agar-agar powder. Bring to a boil over high heat, reduce to medium heat, and simmer for 10 seconds. Remove from heat and refrigerate.

## → CARROT AND DAIKON PURÉES

- 35 g of carrot, diced
- 35 g of daikon, diced
- 200 ml of vegetable broth, divided
- 0.8 g of agar-agar powder, divided

## PREPARATION – CARROT AND DAIKON PURÉES

1. Bring two small saucepans of water to a boil over high heat. Add the carrot and daikon separately to the saucepans, reduce to medium heat, and cook for 10 to 12 minutes, or until the vegetables are tender. Drain.
2. In a Vitamix (or blender), combine the carrot and 100 ml of broth. Blend for 4 minutes or until the purée is very smooth.
3. Pass the purée through a drum sieve or fine mesh strainer for a smoother texture.
4. Repeat the process with the daikon and the remaining broth (100 ml).
5. In a small saucepan, mix the carrot purée and 0.4 g of agar-agar powder. Bring to a boil over high heat, reduce to medium heat, and simmer for 10 seconds. Remove from heat and refrigerate.
6. Repeat the process with the daikon purée and the remaining agar-agar powder (0.4 g).

## PLATING

1. *Spoon a portion of the sauce onto the plate.*
2. *Using a round cookie cutter, form a circle with the egg white preparation. Place it on the plate and add a restructured egg yolk on top.*
3. *Add the beef purée, daikon purée, carrot purée, and coriander gel. Serve.*





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