

catersource
Culinary look book
2016



Insight • Products • Recipes • Inspiration

From the editor



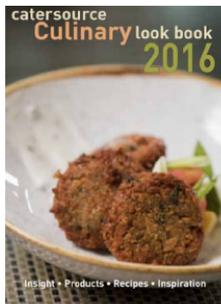
We are in the final weeks of planning for the Art of Catering Food in Washington DC (August 15–17), so fine food and the wonderful products that help each chef achieve the results they expect are very much at the forefront of our thoughts. To that end, we asked those who advertise in *Catersource* magazine to provide us with a product from their companies they feel is crucial to the success of any chef. In addition, we are offering a couple of great recipes with hopes that this combination of insight, inspiration, products and recipes will propel your third quarter to greater heights. Cheers!

A handwritten signature in black ink that reads "Kathleen".

Kathleen Stoehr
Publisher & Executive Editor
Catersource magazine

On the cover

A special thanks to Chef Todd Gray for providing this terrific image. For more information on this delicious vegan falafel dish, see page 16. To subscribe to our print or digital edition, [click here](#).





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Vegan fare with Chef Todd Gray

WASHINGTON DC CHEF TODD GRAY, co-owner of Equinox restaurant (1999–present) will be the closing speaker at the Art of Catering Food this August. His sophisticated and seasonal mid-Atlantic-focused menu has made his restaurant a darling with the critics; a lifeline with the local farmers he frequents for his ingredients; and a must visit for the gourmand generation due to his forward-thinking approach to plant-based menus.



“We’ve always had plant-based selections,” says Chef Gray, “but for the past three years, we’ve expanded that to include a vegan brunch.”

Every Sunday from 11:00 a.m. to 1:00 p.m., the vegan brunch includes such seasonal specialties as yellow tomato and pineapple gazpacho (*recipe follows, beginning on page 14*); farfalle with wild mushroom Bolognese; granola crusted French toast with strawberry-rhubarb compote and maple syrup; and tofu scramble with black beans and seasonal vegetable ratatouille, among others. “It’s well-attended every week, and many times, we sell out,” says Chef.

But take a look at his menu and you will see that an entire section of his lunch and dinner menus are also devoted to plant-based dishes. “Our philosophy has evolved over the past 17 years,” says Chef Gray. “But since we opened our doors in 1999, we have always featured vegetarian and vegan cuisine. Now that vegan fare and plant-based cuisine is becoming more mainstream, it seems like we are on point with a trend but it’s actually been in our restaurant’s DNA since the beginning.



“It’s a lot of fun to experiment and push the boundaries of our creativity when it comes to plant-based cuisine,” says Chef, “and the response from our guests has been overwhelmingly positive.”

The chef keeps things simple—no vegan crab cakes, for example (“I like crab cakes to be crab cakes and for veg-forward plant-based foods to be exactly what they are.”), but the chef is experimenting with making his own egg replacer and also makes almond milk.

“For us, we’re just as delighted and capable of delivering plant-based dishes as we are traditional meat or seafood dishes,” says Chef. —*Kathleen Stoehr*

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FOR TWO VEGAN RECIPES FROM CHEF TODD GRAY, READ ON!

Recipe

Yellow tomato & pineapple gazpacho

Courtesy of Chef Todd Gray, Equinox restaurant, Washington DC

Serves 6



Ingredients

4 yellow tomatoes, quartered
1 yellow bell pepper, split, seeded, and chopped
1 pineapple, peeled and chopped
1 small clove garlic
1 half cucumber; peeled
1 shallot, peeled and chopped
3 oz sherry vinegar
3 oz extra virgin olive oil
Salt, pepper & Tabasco, to taste

Method

1. Combine all ingredients in a high-speed blender and purée until liquified.
2. Pass through a small holed china cap or pasta basket in order to keep tomato consistency.
3. Adjust seasoning and keep chilled until ready to use.

Recipe (continued)



For garnish

6 small red teardrop tomatoes, halved
6 small yellow teardrop tomatoes, halved
1/4 cup shaved scallions
Micro basil

To serve

Chill six bowls. Place teardrop tomatoes, shaved scallions, and basil into bowls. Pour chilled soup over garnish.

Recipe

Green garlic falafel with pickled turnips & romaine lettuce

Courtesy of Chef Todd Gray, Equinox restaurant, Washington DC

Ingredients: Falafel

- 3 cups dried chickpeas; covered in water and soaked overnight
- 3 shallots; peeled and sliced
- 1 bunch fresh green garlic; chopped
- 2 garlic cloves
- 2 Tbsp. olive oil
- 1 cup fresh fava beans; peeled and blanched
- 1 tsp. cumin powder
- 1 tsp. garlic powder
- ½ tsp. marjoram powder
- Salt and pepper to taste
- ½ cup flour
- ½ cup breadcrumbs

Method

1. Heat olive oil in medium sized sauté pan. Add shallots, garlic, green garlic and spices. Sauté over medium heat til translucent (shiny).
2. Drain chickpeas. Place into food processor and add sautéed vegetable mixture. Puree until finely chopped. Use a rubber spatula to help mixture come together. Transfer to an appropriate sized mixing bowl.

3. Add flour and breadcrumbs and adjust seasoning as necessary. Place falafel mixture in refrigerator for several hours or overnight.
4. Take chilled falafel mixture and form small patties the size of silver dollars, approximately ½ inch thick.
5. Preheat a tabletop fryer or pot of oil to 350 degrees. Deep fry falafel to golden brown approximately 2 minutes.
6. Remove, drain and season with salt and pepper.

Ingredients: Pickled vegetables

- 3 cups water
- 1 cup apple cider
- ½ cup sugar
- 1 star anise
- 12 black peppercorns
- 1 tsp coriander seeds
- 1 tsp fennel seeds
- 2 bay leaves
- 2 sprigs fresh thyme
- 2 garlic cloves
- 6 baby turnips; quartered
- 6 baby beets; quartered
- 1 head fennel; thinly sliced



 MORE

Recipe

(continued)

1 small red onion; peeled and thinly sliced

Method

1. Combine the water, vinegar, sugar, peppercorns, coriander, fennel, bay leaves, thyme, and garlic in a medium saucepan. Bring to a boil over high heat.
2. Immediately remove from the heat and set aside to cool at room temperature.
3. In small pot, simmer baby turnips and baby beets in pickling liquid until tender approximately 5 minutes. Remove from heat and allow vegetables to cool in liquid.
4. For onions and fennel, bring pickling liquid to a simmer. Pour over fennel and beets and cool vegetables in liquid.

Ingredients: Salad

2 hearts of romaine lettuce; chopped

1 small cucumber; halved and sliced

2 ripe heirloom tomatoes; cut into 1-inch cubes

To serve

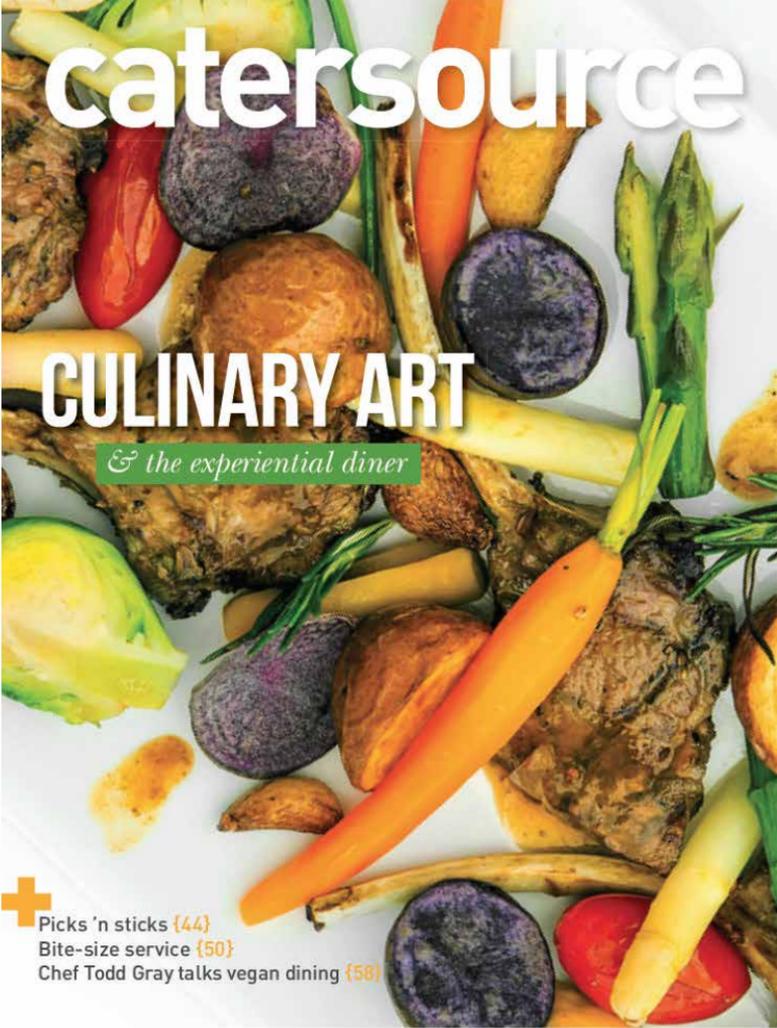
Chop romaine lettuce, and combine with pickled vegetables. Place vegetable salad in bowls and top with falafel. Serve with Minted Lemon Yogurt (see *below*).

Minted lemon yogurt

Place 1 cup plain or vanilla low fat yogurt in a small bowl. Add to it 3 finely chopped fresh mint leaves, ½ tsp freshly grated lemon zest, ½ teaspoon freshly squeezed lemon juice, ¼ tsp honey (if using plain yogurt), and a sprinkling each of salt and black pepper. Whisk together until combined and refrigerate until ready to serve. Makes 1 cup.

Read the full issue

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