



# PLATECRAFT

A Chef to Chef Experience

## Elevating the Center of the Plate

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# Topics of discussion:

## **LOW TEMP COOKING**

Sous vide

"Cryo blanching"

Long cooks

Salmon Mi-Cuit

Sous vide egg yolks

## **MOUSSELINE PRODUCTION**

Chlorophyll production

Hot set terrine

Cold set terrines

Crusts and inlays

## **INTRODUCTION TO PROTEIN BONDING**

Creating ash inlays

Disassembling and  
reassembling proteins

# Sous Vide\*



## WHY SOUS VIDE?

- Replicable results
- Infusion of flavor
- Gentle cooking process
- Error-free cooking

\*UNDER VACUUM

# Sous Vide\*



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<b>Fruit and Vegetables:</b>			
Green Vegetables	185	5 minutes	20 minutes*
Winter Squash	185	60 minutes	180 minutes
Potatoes, Root Vegetables	185	60 minutes	180 minutes
Fruit, warm and ripe	154	105 minutes	150 minutes
Fruit, cooked to soft for puree	185	30 minutes	90 minutes

<b>Beef:</b>			
Prime Cuts (strip, ribeye, filet)	rare: 129	90 minutes	3 hours
	medium rare: 136	90 minutes	3 hours
	well done: 158	90 minutes	3 hours
Whole Roast	rare: 133	7 hours	16 hours
	medium rare: 140	6 hours	14 hours
	well done: 158	5 hours	11 hours
Secondary Cuts (chuck, brisket, shank)	rare: 138	24 hours	48 hours
	medium rare: 149	16 hours	24 hours
	well done: 185	8 hours	16 hours

Shrimp	126	40 minutes	
Scallops	129	30 minutes	
Lobster	136	20 minutes	
Ahi Tuna	120	18 minutes	
Catfish	135	15 minutes	
Cod	128	26 minutes	
Haddock	133	18 minutes	
Halibut	133	22 minutes	
Pikeperch	133	22 minutes	
Red Snapper	122	20 minutes	
Salmon	125	20 minutes	
Sea Bass	126	20 minutes	
Swordfish	132	25 minutes	
Tilapia	135	15 minutes	



<b>Eggs:</b>			
Poached in shell	167	15 minutes	
Soft scramble in bag	167	15 minutes	
Firm scramble in bag	165	22 minutes	
<b>Whole egg poach:</b>			
Runny yolk, unset white	135	60 minutes	
Runny yolk, cloudy white	140	60 minutes	
Runny yolk, loose set white	145	60 minutes	
Warm runny yolk, loose set white	150	60 minutes	
Set yolk, loosely set white	155	60 minutes	
Pipable egg yolk	157	30 minutes	
Spreadable yolk, fully set white	160	60 minutes	
Firm yolk, firm white	170	60 minutes	
<b>Duck</b>			
Breast	130	2 hours	4 hours
Leg and thigh, for confit	155	36 hours	40 hours

# CRYO BLANCHING





Low  
Temperature,  
Long Cooks



# Sous Vide Egg Yolk

157 DEGREES F, 30 MINUTES

# Salmon Mi-Cuit\*

\*HALF-COOKED



104 degrees,  
20 min.

- Place in bag with olive oil, aromatics
- Brine for 30 minutes, rinse
- Cook at 104 for 20 minutes
- Finish with sea salt, fresh herbs, lemon if desired

# Protein Bonding



## TRANSGLUTIMINASE

Activa is a brand of transglutaminase (TG), which is an enzyme used in the food industry to bond proteins together. Transglutaminase is also known as "meat glue" because it can help proteins adhere to each other and form a stable bond, often in the context of meat products.

# Ash Inlays



# Mousseline Production





RECIPE NAME: Shrimp Mousseline

YIELD:

Product	Measurement	Unit	Preparation
Shrimp	450	g	
Cod	450	g	
Egg Whites	2	each	
Lemon	1	each	juiced
Noilly Pratt	36	g	
Pernod	10	g	
Whole butter	100	g	
Heavy cream	530	g	
Egg yolks	2	each	
Kosher Salt and Toasted White Pepper	To Taste		

METHOD:

1. Puree shrimp and cod until smooth, keeping below 40 degrees F. Add beaten egg whites and puree until smooth.
2. Add room temperature butter and cream, pulse until smooth and homogenous.
3. Remove from processor and place into a mixing bowl on ice. Fold in remaining ingredients.
4. Mixture should be cooked to an internal temperature of 140 degrees F.



RECIPE NAME: Chicken Mousseline

YIELD:

Product	Measurement	Unit	Preparation
Chicken	450	g	
Whole Egg	1	each	cracked
Heavy Cream	1.25	Cup	
Kosher Salt	2	tsp	
White Pepper	¼	tsp	Toasted, freshly ground

METHOD:

1. Run the chicken through the finest die of a meat grinder, or dice then process in a food processor.
2. Keeping the chicken very cold, process with egg until smooth. The mixture should not exceed 40 degrees F.
3. Using the “pulse” feature of the food processor, add cream, salt and pepper. Pulse until the mixture is smooth and homogenous.
4. Keep chilled at 40 degrees F or below until ready for use. Freezing this product will likely cause the fat to separate.



RECIPE NAME: Salmon Mousseline

YIELD:

Product	Measurement	Unit	Preparation
Salmon	680	g	
Eggs	2	Each	Cracked
Heavy Cream	2	cups	
Panada	142	g	
Kosher Salt	To taste		
White Pepper	To taste		Toasted, freshly ground
Shallots	14	g	
Butter	14	g	
Bay Leaf	1	each	

METHOD:

1. Sweat bay leaf, shallots, butter. Remove leaf and allow to cool completely.
2. Grind salmon with meat grinder or food processor, keeping cold at all times.
3. Add shallot mixture, pulse in food processor with egg until emulsified. The mixture should not exceed 40 degrees F.
4. Add cream using the “pulse” feature on the processor, process until fully emulsified.
5. Cook to an internal temperature of 138 degrees F

**Panada:**

One part bread cubes or crumbs with no crust, combined with two parts milk by weight. Combine over low heat, mixing until smooth, until it reaches the same consistency as pate choux.

**TERRINE PRODUCTION  
UTILIZING MOUSSELINE**

*Scott Craig*  
CEC, WCMC  
Executive Chef



- USE AN EXCESS OF PLASTIC WRAP SO THAT THE PROTEIN IS SHAPED, NOT THE PLASTIC
- ONCE THE TERRINE IS ALMOST ENTIRELY WRAPPED, USE A SAUSAGE POKER TO ELIMINATE AIR BUBBLES BEFORE APPLYING FINAL LAYERS OF WRAP.
- ONCE THE TERRINE IS FULLY "CRANKED", APPLY ZIP TIES TO ONE END AT A TIME WHILE MAINTAINING PRESSURE. CUT OFF EXCESS PLASTIC AS WELL AS ZIP TIE ENDS.

# Terrine production utilizing mousseline



- Place protein and mousseline on plastic wrap, then wrap with an excessive amount of layers.
- When the terrine is 80% of the way wrapped, use a sausage poker to place holes in the terrine and remove air pockets.
- Apply even pressure and then "crank down". Apply zip ties to both sides of the terrine.

# Chlorophyll



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**RECIPE NAME:** Chlorophyll Extraction

**YIELD:**

Product	Measurement	Unit	Preparation
Parsley	1	Bunch	
Spinach	.5	Bag	
Chives	1	Bunch	
Water	1	Gallon	Very cold

**METHOD:**

1. Wash the herbs and the spinach very well. Remove only the stems from the parsley.
2. Place the fresh herbs and spinach in the blender. Next, add enough water to cover the herbs by about 2 inches. You will probably have to pulse the herbs a little bit first and then add more water to it.
3. Let the blender run on high for a full minute or until the herbs and spinach have liquefied. Through a fine chinois, strain the mixture into a heavy sauce pot. Don't press any of the pulp through the chinois. The pulp can be discarded. \*The pulp is what bruises, thus turning the chlorophyll an off green color.
4. Place some ice cubes in a bain and cover the top of the bain with two thin sheets of cheese cloth securely tied at the top. Place the pot of green liquid on the stove and bring to a simmer as rapidly as possible. As the simmer approaches you will notice the chlorophyll coagulate and rise to the surface. Skim off the chlorophyll and pour it over the cheesecloth.
5. The cheese cloth will catch the chlorophyll and the hot water will be cooled by the ice below, thus hindering any steam from developing. You want to cool the chlorophyll as quickly as possible. Chlorophyll will last in the cooler for 2 weeks. Cover the chlorophyll with a thin layer of oil to preserve it in the cooler.

# Terrine Production



### Hot Set Terrines:

- "Hot set" refers to a preparation where heat is applied to achieve the desired result. This method is normally for protein pieces as the applied heat causes the protein to denature and "set".



*The above images are both hot set terrines in different stages of development.*

### Base Mousse

#### Ingredients

- 400 g Lean Protein (Chicken is versatile and works well here)
- 1 ea. Large Egg
- 100 g Cream (Qimiq can be substituted here)
- 10 g Salt

#### Procedure

- If a Paco Jet is available, freeze the ingredients in a beaker overnight. The next day, pacofize twice to achieve desired consistency.
- If a Paco Jet is not available, grind the protein with a fine grind die before blending all ingredients in a VitaPrep on high speed. Pass the mousseline through a tamis if a blender was used for preparation.  
\*\*Note: If using a blender, place top in freezer before blending to help keep the temperature low during production.

## Cold Set

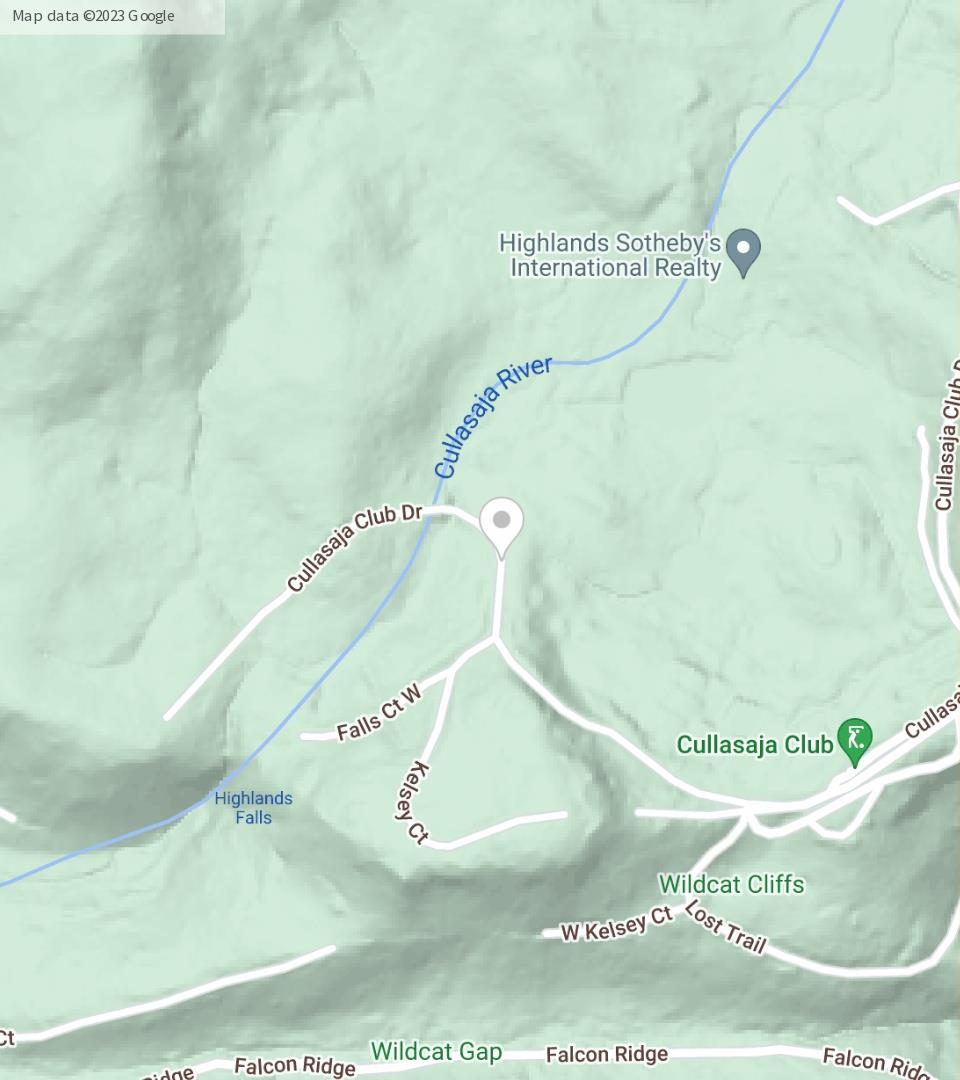
- Cold set refers to a terrine that is set by allowing the terrine to set by introducing it to a colder environment. Most commonly this is done with an aspic. See image below for example in an heirloom tomato terrine. Other methods to achieve such results can be done by using products such as potatoes. The result here is that the starch of the potato is taking the place of the gelatin in the aforementioned terrine. The challenge of these preparations in glazing is done incorrectly can result in losing shape on the item. This makes it crucial to get a great brush coat on the pieces.
- The use of aspic normally is done with the mold already being set up for the aspic to be poured in to set the terrine. In the example of the image the tomatoes are in place before pouring in the tomato aspic. As well terrine mold is already lined with plastic to make the removal process easier.



***Heirloom Tomato Terrine. Tomatoes are peeled and split, then set in a tomato aspic made from a double batch of consommé.***

## CRUSTS AND INLAYS





# Stay in Touch!

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