

## Cinco de Mayo with Chef Jamie Callison

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**SPEAKER 1:** Good evening, everyone. My name is Josh and I'm the program coordinator with Global Connections. I'd like to welcome you to tonight's program, Cinco de Mayo with chef Jamie Callison. Chef Jamie is a part of the WSU's School of Hospitality Business Management here at WSU's Carson College of Business. We're here tonight to give you a little festive feast in preparation for next week's Cinco de Mayo. So without any further ado, I'll turn it over to chef.

**JAMIE CALLISON:** Welcome to our kitchen here. We're Very excited to have you. Tonight we're going to be-- this is one of my family's favorite meals, so this is going to be a lot of fun for me. And Brittley Barrett, who's my culinary lead here, she's going to be assisting me. And then Travis O'Dell is going to be doing the margaritas at the end to close everything off. And so we're going to go right to cooking.

We're going to start with making homemade tortilla chips, not making the homemade tortillas, but the chips. Very important when you go to the store that you buy the extra thin tortillas. You want to always start with those. Because if you get the real thick ones, they're not going to cook all the way through. So it's very important to get the thin ones.

When I was first married, my wife was amazed that you could actually make homemade tortilla chips. The quality difference makes a huge difference. And we're using a fryer here. And the nice thing about using a fryer is it controls the temperature too. So we're going to cut these. And we're going to cut them into six pieces.

And we're just going to take them now, just a small amount, and we're going to drop them into our fryer basket. And it's important when you first put them in there that you mix them around. And the reason being is because if you don't do that, they'll stick together and you end up with raw tortilla chips in between. So we're going to cook these. I'm going to stir these around while we're cooking them.

And we're going to do that so that we can-- we'll listen for a little bit of a crunch. It kind of sounds weird, because you're hearing the fryer, but we want to listen to the chips making a sound when you're hitting them next to each other. They're going to turn a little bit golden in color. But you don't want to them too dark, because you don't want to create a bitterness.

It's hard to hear the sound, but you definitely hear a little crunch when you put them in there. You do not want all the oil to be removed, and the reason being is you want a little bit of oil on

the chip so the salt will stick to it. We're going to take them and shake them like that. If you can see, there's no oil in the bottom. So they're not oily, but they're nice and crunchy. And that salt is now stuck to them.

So now that we have our chips made, we're going to start making our salsa. More of a pico de gallo type salsa. What we want to start with is really fresh tomatoes. When you're making a salsa, actually it sounds strange. You want to walk through the store and you want to look at the tomatoes, but also smell them. If it doesn't smell like a tomato, you probably shouldn't use it.

Unfortunately, most of our tomatoes grown this time of year or during the winter are picked very green. So I always look for the vine ripe, even though it's not perfect. There's still picked somewhat green, but the vine still gives us some of that fresh tomato flavor.

So here, we have our wonderful local sweet onions. We have our jalapenos. We have garlic and cilantro. When you're preparing these items for your lime, all of our vegetables and stuff we make sure we wash first. Before you to use a lime, we like to roll it back and forth on the cutting board. And what that's doing is that's loosening up all the juice inside.

And especially, sometimes limes now are costing-- this year they're times when they costs \$2 apiece-- you want to make sure you get all the flavor and all the juice out of these limes that you possible can. We're going to cut them in half this way and then basically just use one of these juicers. And we're going to squeeze around it and turn.

That's going to give us our nice lime juice that we use in our salsa. Jalapenos-- same thing. We wash these. You have to be very careful. I always recommend to wear gloves when you're cutting jalapenos. And what we do is we're going to be careful not to cut through the middle, the membrane, and the seeds.

That's where all the spice is. It's also very important when you're using jalapenos to try them. Different times of year in different regions that they come from, there's going to be different spice levels. So basically what we're doing right now is we're cutting sheets off the side and trying not to come in contact with too many of the seeds.

What I do then, before you go too far into cutting up the jalapeno is you really have to make a judgment of how much you're going to want to use. And really, this should taste more like a green pepper with a little bit of spice to it. There's times where this little piece of jalapeno will

be so spicy that it would be too much for a whole batch of salsa. It just depends on the time of year. Most of your heat comes from in here.

And what we would do with this is if you're going to use this and you want to add some heat to your salsa, you'd want to make sure you slice it and then you dice it, chop it into a paste. And reason we do that is so that when you're adding the spice to it, you don't get a big chunk of seed or the white membrane, which would be overly spicy. You kind of get a nice balance of the spice in there. So what we're going to do with these now, we have these strips.

What I usually do is I have my students taste them. Brittley, do want to taste? She turned me down that. This summer, I was making-- so we're going to cut them into julienne strips and then we're going to cut them into a really small dice like that. This summer I made a batch of salsa. I'd been buying the jalapenos, made a bunch of salsa. It's great to eat it during the summer.

And I put one jalapeno in because I was making it for my daughter's friends. And I didn't test. And I only put the green part in there. And it was actually so hot, I couldn't use it. So it was very unfortunate. Actually, there was no saving it, it was so hot. So I had to actually start over again. So I definitely recommend always trying the product.

Now, the fun part. And of course at home, you're going to have to go through a little more work than what I'm doing here. But I have what we call *mise en place*, everything in its place. We have our tomatoes. We have our jalapeno here, our diced onion.

And the nice thing is as you start making homemade salsa or pico de gallo for your family, they will tell you how small they want their onions diced and so on. So you can adjust to that. We have our garlic, cilantro, and lime juice. So now we have all of our ingredients in here. We're going to add some salt and we're going to mix this together. It's a lot better if you mix your salsa at least four hours ahead of time.

And that's what call is melding all the flavors together. You want that garlic flavors to come out, the oils from the garlic. You want the cilantro flavors to come out. If you make the salsa and you serve it right away, you're going to get spotty flavors. But if you let it set in the refrigerator for at least four hours sometimes overnight, all those flavors are going to meld together and you get a more balanced product.

You see that beautiful color? And in this dish, the sweetness from the tomatoes, the spiciness

from the jalapenos, the crunch from the onion, that cilantro flavor-- all those flavors come together to give you that balance of that people enjoy. Now we're going to go to my favorite salsa. It's tomatillo salsa verde.

So what I've done is I've taken my tomatillos. I've grown them. You can peel them. What I always do I kind of test them to see how soft. Sometimes the skin is really, really hard. What you can do is you can put them over a grill or an open fire, roast them off. You can even roast them off in your oven, and then peel off the skin. These skins were actually really tender, so I just used them.

I just blended them up. So what I did was I took all my tomatillos, rough chopped them. And I just put them in a food processor. And I didn't blend it until it was totally smooth. I wanted some texture. Then I ended up with this nice mixture right here. And this is just tomatillos to start with.

So to make this one a little more exciting, I took all the pulp and the seeds and I minced those up. I feel that when you eat a salsa verde, it should have a little kick to it. So I'm going to add that in. Probably not all this, just because some of the film crew may want to eat this later. I have my cilantro here, lime juice, and jalapenos. I know this looks like a lot of jalapenos. However, these really taste more like a bell pepper until you add in the seeds and the pulp. So we're going to mix this together.

And you see that beautiful color. And we have our salsa verde. The salsa verde, it's really important so you don't get those really hot spots in there, to make your salsa verde, I would say, 24 hours in advance. And those flavors will really meld together. But this is definitely my favorite salsa.

So we we're going to make guacamole now. And guacamole is really one of my favorite-- I keep saying my favorite. But I always talk, when about I teach my students about cooking, I talk about tasting. That's why I stay so skinny is because I have to taste everything. You need to taste things.

And as I've eaten more and more guacamole, I've realized is for a lot of dishes, I really like to keep it very simple. So what I'm going to do is I'm going to pick a good avocado. A little trick to cutting an avocado is taking a knife and kind of rolling it like this so you're able to pull apart. What some people do, and I teach my students a little safety trick, some people will take the seed and hold and hold the avocado like this.

It's very dangerous because you can cut through it. What I always do is I go like this, like this and inside of your cutting board, just flip it off like this. And that keeps it really safe. I know I probably did that a little fast. But when you roll that, you're able to get the seed off there, a lot of people will cut themselves trying to pull the seed off with their hand, and this is really slippery.

**SPEAKER 1:** Chef, quick question-- we would like to know, what is a tomatillo?

**JAMIE CALLISON:** It's a green tomato. And it has a lot more acidity to it. So you definitely have to be careful what you're using it for and kind of taste it. And I like to roast it off a little bit. It gets rid of some of that raw green tomato flavor and it really adds a lot to the salsa. So what I'm going to do with the avocado, I like to just kind of quarter it and pull. If it's ripe, you can just pull the skin right off of it.

So what I was getting to, and I stopped what I was saying, but what I'm getting to do with guacamole is tonight we're going to be showcasing fajitas. Fajitas have a lot of flavor, and I want something that has a nice, mellow flavor to it and complements the dish. People add all kinds of fun stuff to their guacamole, and I do too. If you're making it for just chips and salsa, add jalapenos to it, red onions, tomatoes, all different types of ingredients. If I'm making it to complement a dish that already has a lot of flavor, I want something that's fresh. And so what I'm going to do today is I'm just going to add salt and lime juice, and that's it.

We had an event here last week and people kept coming up and saying, what's your recipe for guacamole? I said, mush up your avocados, add salt and lime juice to taste, and enjoy. And they thought I was crazy, but that's what I like to do. So what I do here is I'm just taking the round part of the spoon and just pushing against the edge of the bowl, because it's curved too.

And the nice thing, I like doing it this way instead of a mixer, is I could look in there. And I can tell exactly what the texture is of the avocado and how chunky it is. I like mine a little more chunky. My daughter likes it a little less chunky. So if you like it really, really smooth you can put it in a mixture with a paddle attachment and that works really well to get it smoothed out.

So I have a nice consistency. There's still some chunks in here. If I'm serving-- and these avocados are really good right now. If I'm serving really nice avocados, I want to showcase them and leave some pieces in there. I'm going to add a little bit of salt and a little bit of my

lime juice. I mix this up, and that's finished.

The beauty of guacamole and what I was getting to earlier is, I teach my students to taste. And one of the tastes that when you go out to dinner or you make a nice dinner, with proteins is salt, fat, acid. The beauty thing about this guacamole is we have the fat from the avocado, salt-- I put a little kosher salt in there-- and the lime juice. And you really don't need anything else. And so essentially when you're serving with other items, it really helps complement those things.

To keep guacamole from turning, I have heard, put the pit back in it. I have tried that. It's never worked for me. Maybe I'm doing it wrong, but some people take the pit and put it right back in there. The only thing that really works that helps is actually taking a piece of plastic wrap and pushing all the air out and pushing it down so there's no way for air to get in there. Every once in a while, the air will still get in there.

And if your guacamole is two, three days old, a lot of times, you can just scrape the brown part off and you still have this great guacamole underneath. So now we're covering a lot of things tonight, so please send in some questions. We'll answer some questions too. The wonderful thing about this meal is there's many different flavors and different things going on here. So we're going to go to Spanish rice.

I do want to give some credit to people I've learned this from in industry. I've worked with a lot of different cooks. And in Seattle, I worked with a lady and her name was Flora. And she just was one of the most amazing cooks. And so I ran specials of her food and stuff all the time. And what I learned is, all over Mexico, there's different regions. And so one of the things people think is really strange is I put carrots in my Spanish rice.

And people think that's crazy. But that's the region that she was from. They used carrots in the Spanish rice. I loved her Spanish rice, so I put carrots in my Spanish rice and it brings me back to that memory. And that's what makes it a lot of fun, is you're going back to memories, whether childhood, friends, family, workplaces. And food kind of brings all that together.

So what I did was I added some oil in here. And in Mexico, a lot of times they'll use bacon grease our pork drippings and that adds extra flavor to your rice. However, we have vegetarians and everything, so I kind of like usually making my rice vegetarian or without the pork. So what I'm going to do is I'm going to sweat the carrots out.

And basically sweating means to saute without browning. So we're going to sweat these out and we're going to cook them until they're translucent. And then we're going to add in the rice. And what we're going to do with the rice is we're going to cook it a little bit so that-- we're going to coat it with oil.

But we're also going to cook it a tiny bit without browning it. And what that does is that creates a coating on the rice so that when it cooks, it doesn't get mushy and just totally disintegrate. We are not making Rice-a-Roni, though, so we want to make sure that we do not brown the rice. Nothing wrong with Rice-a-Roni, but that's not what we're doing today. So our carrots are just about done. They don't take very long, because I cut them really small.

I didn't want big chunks of carrots in my rice. So I'm going to add my rice to this. I'm going to cook this a little bit. You really have to listen for things. Until I hear kind of a little bit of a popping sound, when I hear that popping sound, that means that that rice is getting a little bit toasted. But again, I want to really watch that I don't get any color on this rice.

What I've done here is I have a mixture here of one and a half cups-- and today I'm using-- you can use vegetable stock. Today I'm using chicken stock. And I put a half a cup of tomatoes, garlic, onions blended up. And if I was in a restaurant that was serving Spanish rice, we'd just take the scraps from the tomatoes and all those things, blend them up, and that creates a base and the flavor.

What they put in their rice too, a lot, is Sazon Goya. It's a flavoring packet. It adds color, but also it's kind of like a bouillon cube. It adds color and a little bit of flavor. So I added a little bit of that to my mixture here. So I have this as hot. So I'm going to take this and pour over my rice mixture. And then I'm going to bring this to a boiling point. And then I'm going to put it in the oven at about 225 degrees for about 25 minutes. And then basically when it's done, we're going to pull it. Out we're going to take a fork, kind of loosen it up, and taste it for salt and serve it.

So it's just about ready. We're going to make sure also that we get all the rice from around the edges here. Because if you get rice that's stuck up here and as the rice cooks and it rises, it's going to pick up that raw rice and you're going to have that crunch, I guess, an expensive dental bill. You're going to have rice that's uncooked and it's going to be very unpleasant to eat.

So what we're going to do next is one of my-- I keep on saying-- this is just my favorite dinner.

I keep on saying, one of my favorite things. Everything that we're doing here-- my family sometimes would request this once a week-- sometimes during the summer, twice a week. It's just a lot of great flavor. So what we're going to do here is we're going to make chile verde.

This is basically a stewing process. So we're going to take the pork. I've seasoned this a little bit, with just a little bit of salt. Little bit of oil in there, and I put a little bit of oil in here. I've pre-cooked some of the pork, and we normally would not do this. I browned some of the pork. What we normally want to do is we want to build flavors in here. So we want it on medium heat.

We want to brown the pork, remove it, and you don't want to add too much. This is probably maximum amount for this size pan. If you add too much, you're just going to steam it. We want to get a little bit of color on that pork. So we're going to cook this. As you can see in the pot, it's not overly crowded. If it was stacked on top of each other, you'd steam it instead of browning it.

So we're going to get a little bit of color on this. And what we want to do, as we're removing the pork as it gets cooked and we add in the other ingredients, we're going to start building flavors, just like a stew. You do not want to saute everything on the side and add it together. You want one pot cookery. And why would you want to wash all those dishes anyway? If you can cook a great dinner in one pot with very little work, it can be pretty amazing.

So we're going to brown the meat. And like I was saying earlier, you want to be really careful when you're doing this not to have this too high heat. Because if it's too high heat, you're going to get burnt spots in there, and you're going to get a bitter flavor. So you want medium heat. Don't overfill the pan, and that way you're not steaming the items.

So here, I have my diced onions. I have a little bit of cumin and oregano, more jalapenos, a little bit of tomatillo. With all the peppers I'm putting in here, I don't like to have too much, because it gets a little too acidic flavor and a little bit of garlic.

And here, this looks like a lot, and it is. I have all my green chilies. These have been roasted and basically burnt and then put in a bag and then the skin taken off. It basically steams the skin off and you just use a knife and pull that off. They sell really good products, store-bought green chilies at the store. And you just buy the roasted green chilies that have the skin off and they have great flavor. And they're sold at any store in the ethnic aisle.

Right now, we're doing a little bit of a saute here. We're going to get a little bit of color on here. I also have my chicken stock. I love that sound, that sizzling sound. We don't have smell-o-vision yet, but the smell of the caramelization of the proteins and pretty soon the camelization of the onions.

But normally, I'd brown the meat just a little bit more, due to time frame of wanting to watch the chef brown the meat. Usually we're looking for color more in that color range right there. But we're getting some good color here in our pan. So now I'm going to add my onions. And I diced these really small. And I did that on purpose, because all this is going be blended together. There's no reason for me to stand here at the stove for a long time.

We're going to add the jalapeno in here too, right along with the onions. And the nice thing is the moisture from the onions, it deglazes the pan a little bit. So if you're starting to get some spots in your pan that are looking a little too dark, this is going to pick out some of those flavors, the flavoring.

And in the bottom of the pan, you can see the brown right here. We want to get some of that off as we're cooking the onions and then start to caramelize those onions. And again, that's the building of the flavors and a better way to say it may be layering of the flavors that we're trying to create here and you get that depth of incredible onions and jalapenos and the pork. So now we're going to add our tomatillos in here.

We're going to let these brown for a little bit here. So what we're going to use for this is a handheld blender. And we're going to use this to blend up all the peppers have already been cooked. I'm cooking my onions and stuff right now. And what I'm going to do is I'm going to blend the liquid and everything before I put the meat back in.

Because we're going to put meat back in here and it's going to cook for about two hours. Originally I was taught to put the meat in here with the peppers and everything and then pull the meat out and blend it. And two years ago, I was demoing this exact same thing for my students. It was like, why the world am I doing that? So I just cook this mix a little more, blend it, add the meat in.

And then when I pull the pork out of the oven, it's done and I just season it for salt and pepper. We always want to add a little bit of salt in the cooking, unless your chicken stock is store-bought chicken stock that has salt in it. And then definitely do not add any salt in the cooking. And the reason we don't want to do that is because as it reduces and the liquid reduces, it's

just going to get saltier.

Right now I'm using homemade chicken stock. And so there is zero salt in this chicken stock. So I'm going to want to add just a tiny bit of salt to start with. And the reason I'm doing that is it's going to help build the flavors and get them melded together. And I'm going to want to season the chile verde at the very end. Do you want to pull out the other chile verde?

So what we have here is we have the finished product. And this is the chile verde. And all I did when it came out was I tasted it, added some salt to it, and it's ready to go. The wonderful thing about chile verde is you can serve it with just rice, some beans, tortillas, and eat it just as is, or you can make a burrito with it. I like eating it just in a big bowl. It definitely has just a wealth of flavors. And it's again-- I'm saying everything's my favorite, but this is definitely one of my favorites right here.

So I've got a little bit of color on my vegetables here. So now I'm going to add in my garlic. Very important not to add garlic in at the beginning. Garlic has a lot of sugar. Garlic will burn if you add it in too early. So we want to add it into this long enough to release the oil in the garlic. Because you've probably eaten something before and you had little black specks and you could taste that bitter garlic.

It really leaves an off flavor. So we want to make sure that the garlic's added at the very end. And then you cook it for 30 seconds to a minute with that oil. And that's going to release the oil in the garlic and get rid of that raw garlic flavor, but not enough to add any color to the garlic. So I have my cumin and oregano here.

Oh, how I wish you could smell this right now. All the aromas of the onions and everything are coming through. We're going to add in our chicken stock. I know with our engineering department, they'll come up with smell-o-vision or something soon. So that will be a good thing for the Food Network. So we have all our peppers. It seems like a ridiculous amount of peppers. However, it's what really builds that great flavor. So we're going to add that in.

Now what we're going to do is we're going to blend this. The peppers are already cooked, so we really don't need to wait. And these little handheld mixers are great. And one thing you want to do is you want to make sure you don't blend this. A lot of people will try to use a regular blender and they'll blend it really smooth. You want some texture to remain with the chile verde. Again, at the end of the day, it's how your family likes it. If they all like it really smooth, make it really smooth. If they like it really chunky, make it chunkier.

I always say that I'm always right, but I'm not. It's really how people like it. So your family may decide you don't want it blended at all and just things chopped up more. So I definitely like to keep some texture in here. I had somebody come up to me other day at an event and ask to have their steak cooked more. And Britley is going to demo steak here in a second. And they apologize to me. And they always say chefs get mad when you order a well-done steak. That's not true. Well, some chefs do.

It really should be that we want to produce things the way people like them. And so even in your house, asking family members and really trying to create recipes that your family likes, talking about them and creating things that have great flavor for you, and don't be afraid to restaurants. If a chef gets mad for you ordering beef the way you want it, then they probably should look at a different field. Because we're here to make people happy.

**SPEAKER 1:** Chef, will you comment on the spice level of the chiles?

**JAMIE CALLISON:** Actually, this is pretty mild. It does have a little bit of a kick to it. This will be something that will be a little spicier. You could definitely use a serrano pepper or something in there and spice it up. And again, that's where I'm going-- what I was talking about. Make sure that when you're creating recipes and testing recipes, even this recipe, which is, I think, really good, you're going to want it maybe a little spicier or less spicy. So add those other things in. Take a jalapeno and mince it up and add some of that pulp in there if you like it spicier.

Now I'm going to hand this over to Brittley, and she's going to talk a little bit about the beef for our fajita.

**BRITTLEY:** Hi, everyone. I'm going to jump right into it and get started talking about our sous vide machine, which is our favorite new toy here at catering. It's a method of cooking that's a sort of immersion cooker. So essentially the sous vide machine here, temperature regulates this water bath. So you can put any type of meat in there. Here, we have one of the pieces of meat for the fajitas tonight. Vacuum sealed with whatever marinade you want. So when it's cooked, you just toss it in.

To cook it, just toss it in. And set it at whatever temperature. We have it at 128 degrees here to get it about rare to medium rare. And you let it sit. And the beauty about this is that you can let your meat or whatever you're cooking cook as long as you want. Because as long as it stays at the same temperature, which is should as you set it, it will never get overcooked.

And I'll explain a little bit later the difference between that and just conventional grilling and baking is that it won't get well done around the outside and then just medium rare on the inside. The entire thing will be medium rare, as well as all the juices and all of the marinade that you keep inside will all be incorporated into the meat. And we love it. We use it for everything.

Another thing I'm going to talk about-- we're really proud here at WSU about our beef and our organics farm. We use a lot of them here ourselves to brag about it. Here, we have WSU wagyu beef. This here isn't wagyu beef, but most of the events that we use is. And wagyu is a breed of cow that's the same as Kobe beef. It's just raised a little differently.

And at WSU, we feed them with a lot of local grains to help their flavor. So we give them lentils, corn, stuff like that. So it's just a little bit different than your regular beef, and it's very high quality, wonderful marbling, all of that. So for the meat for the fajitas today, it's marinated in a mixture of cumin, granulated onion, granulated garlic, salt, pepper, and just oil.

So we're going to start by grilling it. Sous vide here for about 2 and 1/2 hours, I believe. So it should be about medium rare on the inside. You can see how it's still really tender. It's perfectly all the way done throughout the middle, so we really just need to mark it to give it a little bit extra flavor on the top.

So I have my hot, funny little grill here. And I'm going to explain the 10 and 2. So whenever you go to a restaurant or grill yourself and you see like the wonderful, beautiful grill diamond marks on it, it's a lot easier than you'd imagine. And now you can go home and impress all of your friends at your barbecue by having perfectly cooked steaks and burgers.

So I'm going to start it at 10 o'clock, or 10 o'clock for you guys and let it sit for a little bit. And the grain here is going to make the marks that we want. It's pretty hot, so it shouldn't be on there for that long. Depends on how you like it. The darker it is, the more flavor it gets. But since this is all the way cooked through, we don't want to have sitting on for very long, which is why the hot plate is very, very hot, so it just creates the mark.

So if you can see this here, see the marks on the bottom? So I'm just going to flip it to 2 now. And then that's going to create the perfect diamonds. So I'm going to do that on both sides. And behind me Chef is cooking the meat that we didn't sous vide, so you'll be able to see the difference between the methods and how it changes the look and the texture of the beef here.

So when it's about equally dark on both sides, I'll flip it over to the other side. It's also important when you're doing this to oil the top and the bottom before you grill it so it doesn't stick. But at the same time, as I learned last week cooking fajitas, if you have too much oil on it and you stick it on a grill, it'll flame up and burn off your eyebrows. Mine aren't burnt, but that's the idea. You want enough oil just to lightly coat it so it won't stick, but not too much that it'll drip into the grill and cause a fire.

So once we get some marks, Chef here is going to cut it for us. But in terms of cutting it, it's important to know where the grain is to make sure you cut against the grain. So you kind of look through and you can see-- it's hard to see here, but the grain, it's the lines on the beef, which way it runs.

You can almost see here the lines, how they're vertical like this. If you cut with them, so if you cut along those lines, it'll be really difficult to chew because of the connective tissues. They need to be severed by cutting it against the grain in order for it to create that more tender and easier chewing bite of meat. So that's all from me.

**JAMIE CALLISON:** Thank you, Brittley.

**BRITTLEY:** You're welcome.

**JAMIE CALLISON:** I love it when our students become the teachers. It just makes me proud. Brittley's-- I think a lot of times, she'd better than me. She gets so excited when she gets to do these things. A lot of times, she just looks at me, Chef, I got this. And that's wonderful.

So I'm going to let the meat rest a little bit. And it's important to let the meat rest a little bit. When we sous vide it, it's less important. When you're cooking protein, basically all the muscle tissue and everything kind of pulls together. And so right when you pull it off the grill, you let it relax. And you know when you cut into a steak and it kind of bleeds all over the plate? That's because it hasn't rested. So it's really important to let it rest.

So on the flank steak, which I think is the best fajita meat-- it really works well for grilling-- you can see the grains going across here. And Brittley did a really good job of grilling it just perfect so you can still see them. You can see the grain's kind of going like this. We want to make sure that this meat we cut-- you look at this meat, that's perfectly medium rare all the way through. You see how we don't have that graying at all? That's cooked perfect.

So we have the grain here. Very important to cut against the grain, so cutting through the grain. I'll show you, when I cut with the grain, same cut of meat. I can't pull this apart. It's starting to pull apart, but it's really hard. See you easy that is? And so trying to eat this would be impossible. So you buy this great meat and you go through all this work, and then you cut it wrong, and you it's very unenjoyable to eat. So we're going to cut this at a slight angle.

And we cooked it that 128 today. With the sous vide machines, 128 is that perfect medium rare. You can see it. You can take up the 130. A lot of times for events, we'll take it up to 130 and you get more in between a medium to medium rare, but it's absolutely an amazing product. Now I'm going to go over grilling the peppers, and then we're going to go into the margaritas, which I know you're all waiting for.

So for our vegetables, we always start with just a little bit of oil, hot pan. And we talked earlier about sweating. Sweating is sauteeing without browning. Now, we're actually sauteeing. Very important-- onions and peppers cook differently. They have different sugar contents. If you put them together, the onions will burn and the peppers won't be done. So what we're going to do is we're going to cook them separately. And that sound that you hear, that's what you should hear. And if you look in the pan, it's not overcrowded. That's very important. So, same thing with the onions.

And when you're sauteeing, I know a lot of people say, oh, wow. I could never do that turn that I just did. Saute pans are angled. And so what we're trying to do is we're trying to get the product. And really you can move product without even picking up the pan. You get the product down there and you just do a flip over like this. And we're going to cook these til they get really good color on them. And then we have extra peppers here. We'd remove these, put these on a warm plate, cook the rest of the peppers. And we're going to mix everything together at the very end.

So these are going to cook for a few minutes. And then we save a little bit of our marinade here. And then after the vegetables are done, we're going to add that marinate to our vegetables. And at home, when I make this for a big group, I'll do the same thing with mushrooms. And that's a great option for vegetarians to have those mushrooms in there and have that separate from the beef, because that gives that meaty flavor for the fajitas.

So if you want to practice this at home, by all means, what I would recommend is get a dry piece of toast. Cook a piece of toast to almost burnt. Put it in a saute pan and keep on trying to

flip it over. And if you practice, just like with knife skills or anything, if you practice, you will become-- you'll look like a professional sauteeing. That's easy for me, but at home that may look impressive if you're showing your friends, right?

So are we ready for Margaritaville? Travis? All right. So Travis came to us from South Fork. And he wanted to come in and talk a little bit about margaritas tonight because with this great food, it's a great complement for the type of food that we're serving here tonight.

**TRAVIS:** So like Jamie was saying, there's various regions in Mexico. Tequila comes out of a particular region. Tequila is made from 100% agave. Sometimes you'll see tequilas made not from 100%, if you look at the bottle here. They're mixed with other alcohols like maybe vodka or something. It really backs off the robust flavors of the agave.

So we're just going to whip up an non-alcoholic margarita, so you can enjoy these with underage people, as well as adults. So we're going to fill our glass here, mixing glass, with some ice. Forgot my salt here. Some pretty nice little products. This is Jose Cuervo's margarita salt.

You can also just use plain kosher salt. We're going to take our margarita glass. Going to rim it with the lime, coat the edge with juice, and then dip it in our salt to get a nice salt collar on our glass. Voila.

So the original margarita was just tequila, lime juice, and triple sec, which is an orange liqueur. It's very sweet. So since we're not going to be using the triple sec, we're going to just buff it up with some simple syrup. So if you go just straight lime juice, it ends up being very tart. So we're also going to use some lemon juice. Now I pre-squeezed lemons and limes. The fresher the juice, the better. But there are also store-bought products that you can go for that are still delicious.

But if you want to just a really nice, fancy, fantastic margarita, go with fresh fruits. So I've got my jigger here. So this is a one ounce and half ounce jigger. We're going to use it just to measure our products. So I'm going to start with the lime juice. We're going to go two ounces of lime juice, one ounce of lemon juice. And then we're going to use 2 and 1/2 ounces of simple syrup.

So like I said earlier, the triple sec is an orange liqueur. So since we're lacking that orange, it's going to give it a little squeeze of orange. Cap on our shaker. You want to shake it up very

well. Lemon juice, all the citrus juices aerate when shaken, so it gives the drink a little more volume. Crack it. Misplaced my Hawthorne strainer, but I'm just going to use the glass shaker method. So what am I doing? We want the ice in there. There we go. We're also going to garnish the margarita with a nice lime wedge. There we go.

**SPEAKER 1:** If you're blending, does that change the recipe at all?

**TRAVIS:** You might want to add a little bit more ice. But not really. It's going to tend to be the same proportions and everything. Now for when you want to go to for an alcoholic version, I would always say stick with either a silver tequila. So this is fermented, distilled, and that's the product they pull off the still is going to be a silver or a plata, it's also known as. Or a reposado. Reposado means "rested." It's aged for no less than two months and no more than a year. So they generally going to be closer to two months just to produce more of the product. But depending on the flavor they want, it's rested aged in oak barrels.

Depending on the flavor they want, it might be aged longer. Then there's the third type of tequila, which is anejo. It's aged for at least a year, but no more than three. You're going to want to stay away from that for your margaritas, because it's just a little pricey. And you want more of the really robust agave flavors in your margaritas. The anejos are really a lot more mellow and meant for sipping.

A really common margarita you might hear about is a Cadillac margarita. And the primary difference between that and just a margarita made with tequila, triple sec, and some citrus would be the float of Grand Marnier on top. What I found to be an excellent margarita recipe built in a pint glass, or this is a 14 ounce margarita glass, would be an ounce and a half of fresh lime juice, 3/4 ounce of your triple sec, 3/4 ounce of your simple syrup, and 1 and 1/2 ounces of your choice of tequila.

**SPEAKER 1:** How much is a typical shot?

**TRAVIS:** It varies on where you're going. But a lot of times, a shot will be between an ounce and an ounce and a half. But there's no industry standard. So like giving things as a shot, saying a shot of this, a shot of that, is not something we really do. We usually will do ounce proportions. So it's important to scale your proportion. These can, of course, be made in pictures for a party. You just have to appropriately scale the volume.

**JAMIE CALLISON:** Thank you. That's very nice. Yeah, I had to bring in an expert for that one, because I have no

idea what I'm talking about here. Not yet. I'll wait til after the cameras are off. So I'm going to talk a little more about the vegetables now that they're caramelized. Basically, we have some nice color on our peppers here and our onions. Now we can mix these together. And we're going to saute and we're going to add a little bit of the marinade, which is going to add some great flavor to this.

And then we're going to mix this together. One of the things that I showed you here today and what I really like about the ingredients that we're able to use here today is, weather is starting to get warm, so a lot of stuff is not coming from Washington State except for asparagus and some greens and spinach and things. But it's starting to move up the coast to us. And I always talk about 365 degrees around me, 365 miles work from within and out. But even then, sometimes here we have to stretch those borders even a little further.

But again, just walking through the grocery store and smelling things and picking up and changing the menu sometimes to what's available, there's been times where I've went to do a dessert and I got some produce in or I was walking through a farmer's market and I saw a product and I was inspired. And a lot of this actually was inspired from people I've met and worked with in these recipes. Food should be an inspiration. But starting with quality ingredients, and luckily here at WSU, we have organics farm or orchard. Brittley was talking about our cattle ranch and they're starting to sell the WSU wagyu beef. And our wagyu beef is some of the best beef I've ever worked with in an industry.

I created the book *The Crimson Spoon* with help from my students and WSU products. This showcases the organics farm, the orchard, the creamery, honey production-- just all the different wheat research. We're very fortunate to live here on the Palouse and have all the resources we do. And it's getting warmer and May 5 is around the corner. And this is a fun time to celebrate this menu too. Thank you.