

The Crimson Spoon with Chef Jamie Callison

- KINSEY KANE:** Good evening, everyone. I am Kinsey Kane with Global Campus Connections. And we are here in the WSU School of Hospitality Business Management with the Executive Chef Jamie Callison and our two assistants. I'm going to let them introduce themselves, and then we'll get to do some cooking.
- KATELYN NORDSTRUM:** My name is Katelyn Nordstrum. I'm a sophomore from Spokane, Washington, and a hospitality business management major.
- KATE STEWART:** Hello. My name is Kate Stewart. I'm from Union, Oregon, so I'm an out-of-stater, and I'm a junior in the hospitality business program.
- KINSEY KANE:** Perfect, so they're going to be helping us this evening. And Chef Callison-- who has been with WSU for eight years, in the business for 30 years, guys-- is going to lead us through three dishes tonight. So without further ado-- I know you're all excited-- we're going to get right to it. So, ladies and gentlemen, take it away.
- JAMIE CALLISON:** Welcome to my kitchen. And I would like to talk about our cookbook, *The Crimson Spoon*. This book was designed to showcase the best of WSU, and we're going to be using some of those products and recipes out of the cookbook tonight, which includes our Crimson Fire Cheese, which it doesn't get any better than that.
- We're going to start out by making sure-- one of the things I always believe is starting with good products, so making sure you choose quality products before you start cooking with them because you can't take bad products and turn them into good. So what we're going to do with our jalapenos-- very important to use gloves when you're dealing with hot peppers-- because the oils in the peppers, if you rub your eyes or anything, it can be very painful. So what we're going to start off with is we're going to trim our pepper, cut it in half lengthwise like this, and then we need to remove most of the white membrane and the seeds where the spice is at. We're going to cut into that and remove.
- If you like your jalapeno popper a little spicy, you can leave some of that in there. But make sure that you are really careful about the seeds, and, again, the membrane is extremely spicy. The jalapeno itself is almost just like a green pepper with hardly any spice. So we're going to start now and we're going to start making our mix. We have our Crimson Fire cheese here and our cream cheese here, and Katelyn is going to mix these up for me. We're going to take our

peppers.

One of things I like to do when I have company come over or for events too is you can also use the sweet peppers. The sweet peppers don't have any spice to them, and also it doesn't scare the guests away from enjoying the dish. So we have some peppers hollowed out here. And this is a very, very simple dish.

I would prefer using a mixer-- a Kitchen Aid mixer works extremely well with a paddle attachment. However, I know that there's a lot of students watching tonight, and also people at home may not have one of those, so we wanted to show a simpler technique. So what we're going to do is we're going to take this layer, a little bit of the cheese mixture in there. You don't want to put too much in there because when you bake it, it'll overflow on you. I'm going to have you finish that, Katelyn.

So what we're going to do now is the best part of this dish is we're going to lay down the bacon. I usually like thick-sliced bacon, but for this the thin-sliced bacon works better. What I'm going to do is I'm just going to lay this out. I'm going to take the peppers. I'm going to wrap the bacon really tight around, so you get a nice layer of bacon.

These peppers have become a favorite at work and also a favorite at home. They're easy to make, and you can make these up to, probably, make them in the morning up to about six hours early. Kate, do you want to hand me the pan with them in there? And magically, we have a bunch of these produced. What I like to do is I like to put a toothpick in about where the bacon stops, and that way when you cook them, the bacon doesn't shrink up and doesn't-- it'll unravel all the way around.

So what we're going to do now is we're going to put these in the oven at about 350 degrees for about 15 minutes. However, I prefer to put them in the oven for a few minutes, making sure that you put them on a rack so all the oil drains down. If you put them in the oven-- or I prefer a smoker. So if you put them-- again, making sure you do not put these directly on the rack so you don't start a fire-- put them on a smoker and let them cook for about a half hour in low heat, they're absolutely amazing. You guys can remove all this. (WHISPERING) If you can clean that off.

Now that we have our-- just like in a cooking show on TV. When you turn around for a second, you have things come out of the oven done. It's pretty magical. We have these poppers that

are done. What I like to do is get the bacon crisp so you get that nice texture on there. And then for display, we're just going to take these and take the toothpick out.

You can bring that over. These are also incredible as a-- one of things I like to do is put them in a hamburger. You can trim off the end right here, and you have a nice cheeseburger. You have your bacon and your cheese.

Also, as we're going to do mac and cheese in a little bit, you can put them in your mac and cheese. So Katelyn is going to decorate these. Garnish with a little cilantro, a little Mexican-style sour cream. And then, again, they're a very good item. And use your creativity. Use different types of cheeses. You can use prosciutto, And this is can be one of your family-favorite appetizers.

Now we're going to go to pot roast. One of my favorite things of working here at WSU is the products that we have. We have our own cattle ranch. We have our own creamery, organics farm, and orchard. Today we're using the WSU Wagyu beef. I don't know if you can see the marbling in here, but it has incredible fat, but also incredible structure. When you're braising something like this, you want to have the marbling, but you also want to have what we call connective tissue.

So the chuck, our brisket, or something like that works extremely well for braising. This is the chuck roast here. And it's, again, Wagyu beef is a breed that's Kobe beef is actually from the Wagyu beef breed. And it's just an incredible opportunity for me to be able to use this beef here. One of things that I believe highly in is you must always season your meat before cooking it.

We're going to add a little oil to our pan here. Very important-- this is something Julia Child taught me in one of her books-- is make sure you dry off your meat before you add your oil to it. I add a little oil and a little seasoning to it. If you have moisture on your meat, when you put it in the pan, you create steam, and it's not going to brown. So it's very important to get that moisture off there.

[MEAT SIZZLING]

And as a chef, you like to hear that sizzle, right? I don't know if you can hear that right now on the live stream. You can hear that kind of sizzle. That's a good sound showing that I have proper heat. This is the salt and pepper mixture that I'm putting on here. We want to put just

enough oil in the pan so you can get a good sear on it.

We do not want to put too much in there. Oil is good. However, we don't want to have so much in there-- we don't want to add that fat to the sauce. One of things in our cookbook we talk about cutting the meat into six equal-sized pieces. You're going to end up with little trim pieces and things, and definitely use that skill. You're making a pot roast. One of the things that separates my pot roast recipe from most pot roast recipes is that we cut our beef into smaller pieces. That way you get a sear all the way around instead of having that big pot roast and only getting the sear on part of it. This way you get the sear all the way around and the pieces when they're done, they're portion sized, so they don't dry out-- you don't have to slice it, and they don't dry out.

So we're going to get a nice sear on the beef. While that's cooking, what we're going to do is we're going to add in-- I have a lot of secrets to my pot roast. So another secret that I like to do is our vegetables are cut really small. I have my carrots, celery, and onions. What I do here is I love the flavor of vegetables when they cook down and they kind of disintegrate.

However, I still like the flavor, the texture of vegetables when you get a nice crunchy vegetable. So when you see the end result of this pot roast, you'll see that we kind of go for the best of both worlds. These vegetables, I cut them small, so they'll break down into the sauce. You can see the nice sear on the beef.

That's the caramelization of the proteins and the sugars in the proteins. That's essential to have great flavor in your pot roast and on any beef dish. You want to get me out the first? So as these are searing, we have our vegetables cooking over here. Normally, I'm doing this in a couple different pots for times' sake. When you're making a pot roast or a stew, it's one-pot cooker, you want to develop all those flavors.

So what we would normally do is brown our meat in here. Remove it. Set it aside. Then we would add our vegetables right to here, which is what I'm going to do now. I did this just because for times' sake, kind of get them going, and show you the sweating-out process.

So we are going to add them right to this pot. You can leave that there. Maybe just wipe that out and put that back on. What we want here is we want the developing of flavors.

When you have your vegetables cooking here, you start with your beef in here, and you develop the flavors in the pot. You caramelize your vegetables. You develop more flavors. You

want all those flavors to develop right in this one pot. I'm also a huge fan of crock-pots.

I think that you can do the same process. You still need to brown everything before you put it in there. But do the same process, put everything in, go to work, and you have this incredible meal. So we just brown these vegetables just a little bit here-- a little bit of garlic.

Then we have our red wine. One of things with when you're cooking with wine, it's very important to cook with a wine that you would also drink. I'm not saying everybody should be drinking wine right now. But it's important to-- if it's not good enough to drink, it's not good enough to make a sauce with. If you reduce something that's bad, it's going to get worse. If you reduce something that's great, it's going to get better.

So we have our wine. The other thing I always recommend is never pouring directly out of the bottle. Because if you pour directly out of the bottle and you have open flames, those flames can come into the bottle, and you can have a problem. So what we're going to do is we put our garlic in here.

I've seen a lot of times when I'm teaching my students, one of things that people will do is they'll put the garlic in the pan too soon. If you do that what happens is the garlic burns. Garlic has a lot of sugar, and when the garlic burns, you get that bitterness. That bitterness-- it really can ruin a great sauce. So it's very important to add that garlic in. And the garlic should only be in there for about a minute or two-- depending on the heat of the pan-- just to release the oils in the garlic.

And then after you've released those oils, we're going to add our red wine. Now, we're going to reduce this down. When you add the red wine to your pot, there is a lot of bits and pieces that come off the beef and the vegetables and stuff. That red wine also is going to help pull those things off the bottom of that pan, so it's good to move the ingredients around and lift those things up. That's a real key. Those components are the real key to a great sauce.

While this is reducing, one other pot roast here that we made earlier-- same principles here. If you can see, we have some oils on the top of here. Now if you can see that, we have some oil on the top of here, and that's because there is some fat in the beef. And we want to remove that oil before we make our sauce. Can you get me another big plate? So we need to remove the beef that's in here.

This is the magic of doing any kind of cooking show or anything is that you have it already

done, right? So we're removing the beef, and the beef is fork tender, which basically means that you can stick a fork into the meat with very little resistance. Pot roast-- you can definitely not check the temperature on the pot roast, or any kind of braised item. You're looking more for tenderness. You're breaking down that connective tissue in the meat.

So what we're going to do is we're going to take a ladle, and we're going to remove-- just skim over the very top of it and remove some of that fat. And why I'm doing this-- I have my vegetables here that I've cut up. And I have my pearl onions here. My carrots-- I'm going to show you how to prepare these here in a minute. And my celery-- I'm going to brown this a little bit.

And if you overload your pan, you will not get any color on your vegetables. So we're going to brown this a little bit, and then we're going to add this to our sauce here in a minute. The key to my famous sauce here-- so if you can see the red wine reduction here-- it's getting really close. We want to reduce that down to basically almost to a glaze. So in this pot right here, we have, basically, in this pot right here-- we have the sauce that the pot roast has been cooking in.

So now what we're going to do is we're going to blend this up. What I like to do is all those carrots and all this product that's in here is going to be the thickening agent for my sauce. And you're going to build a lot of flavor because you have that cooked vegetables and everything in there. So I always like to tilt this. Make sure that if you're using a handheld mixer like that. It's totally submerged. And I'm going to blend this up.

And the nice thing is that you're not using a roux, which is the flour and oil mixture. You're not using any kind of slurry. You're actually naturally thickening the sauce. And you're doing it with flavor, which is the carrot, celery, and onions. If you do not have something like this, you can actually just use a blender at home, which would work just as well as this.

So now we have this incredibly thick sauce that we're going to finish cooking the rest of our product in. So at this point, we're going to cook these vegetables a little bit more. I'm going to get some nice color on here.

While those are cooking, I'm going to show you a couple tricks of the trade here. One of things I always like to teach my students about cutting an onion is that there's one way never to cry when you cut an onion. And this is the best secret that you're going to hear here tonight. What is it? It's become an executive chef and have somebody else do it for you.

So we're going to take the onion, and basically, this is for this stage right here. We're going to cut it in half. I kind of cut towards the base of the onion, keeping this one part right here that kind of holds the whole onion together. Learning how to dice an onion is a trick that will definitely pay off. We're going to then cut it, going towards that base again, kind of holding everything together.

So we sliced it like this way and then sliced it here, and then we ended up with this nice cut. Makes it very easy to cut an onion. For pearl onions-- I did an event in California last week, and one of the guests said, they love pearl onions, but they hate to prepare them. So one of the secrets to preparing a pearl onion-- if you try to peel these little onions, it's going to drive you nuts. It's not going to be very much fun.

So what we do is we-- boiling water for about 13 seconds, and then into ice water. And you just barely trim the top of your onion. So you trim off this piece, so that you want to leave most of it connected so it doesn't fall apart when you're cooking it. Then you're able just to squeeze. You just put pressure right at the base of it. And the onion pops out and it's peeled.

So pearl onions become a very, very simple-- can you get me another bowl for-- perfect. For our carrots and celery, I like to do a cut called a [INAUDIBLE] cut, which is basically, I just take it, and I'm just turning it, turning my knife. And it gives you a very unique cut. And all I'm doing is angling the cut.

And you kind of come up with that kind of fun-- I like that rustic look cut for stews and pot roast. Carrot, same idea-- you're just turning it. And, again, you end up with that-- I like that for, you can see the rustic cut to it. It just kind of gives it a fun, unique shape. OK, now that our red wine is reduced, I'm going to add my stock to it. Now, using stock, very important when you're making a braised dish-- or any dish-- the sodium level in the stock.

We make all of our own stocks here, so there's zero salt in this right now. If you buy a stock at the grocery store, which I do sometimes too-- I don't have time at home to make a stock every time I make dinner. I would make sure to buy a low-sodium stock, one of the premade ones-- not the base. I don't like the bouillon and stuff. It has a lot of salt in it. But there are some really good products out there that are stocks by the soup department.

However, remember that it is salted. I never season any kind of braised dish or any kind of sauce until the very end. If you're using a salted stock, a presalted stock, your dish can

become very, very salty. So be very careful. Again, this has no salt in it. So I'm going to bring this now that I have all my ingredients in there.

I have my stock-- my beef stock I just put in here. I have my rosemary and thyme that's chopped right here. Put this in here. Then we're going to bring this to a simmer. Very important when you're making anything braised, there's a lot of connective tissue in this meat.

You never want to boil it. If you boil it, it's just going to get tough. So simmering is very important. Simmering-- the big differences between simmer and a boil-- a simmer is tiny bubbles, and a boil is rapid bubbles. So you want to make sure that you can just see little tiny bubbles popping on the top of the surface.

If not, you're going to end up with a very tough dish. You're going to go through all this work, and the dish is going to be very, very tough. So now it's coming to a simmer. I'm going to add in my vegetables, some of my potatoes. Then I'm going to add back in my meat.

I'm going to bring this to a simmer. Put a lid on it, and put it in the oven for probably about 25 to 30 minutes, until the carrots and everything are tender. But the beauty here is I end up with that great flavor of the cooked vegetables. Also, I get that fresh vegetables at the end and it becomes-- a lot of that fat from the chuck-- the flavor is still there, but I've poured a lot of that off in the skimming process. So you end up with a very flavorful product that has a lot of texture.

You want to get me the other. And, again, I didn't have to use any kind of thickening agent in here. If you could smell this right now, this has absolutely great aroma. And it's a great dish. Again, I'm a chef, but I love the crock-pot. I love putting this in a crock-pot before I come to work, and then you get home and you have this wonderful dinner waiting for you.

So now as the magic always happens on TV, we have a finished product here. So we have a bowl here. Very important thing too-- I really believe in hot food should be served hot. So if you're using a bowl, make sure that you're using a hot bowl. If you put your hot dish into a cold bowl, it's going to cool down right away. And, again, the flavor profile will not be the same. You want to hand me a fork?

So now we have this-- so here we have the braised beef. All the vegetables-- the vegetables are nice and tender, but they're not falling apart because you're able to put those in at the very end. Your meat is nice and fork tender. Fork tender means that you can go through with very

little resistance. You also want to make sure that it still holds its integrity when it's done so that it's not falling apart. But this is perfectly cooked.

And, again, this is one of those things-- a lot of times it's better that next day. So definitely when we make a pot roast at home, we'll make a double batch of it and then have enough for leftovers on a Thursday night left overnight. So now I'll probably do the dish that everybody--

KINSEY KANE: OK, I'm sorry. Hate to interrupt you Chef. We've got a ton of questions coming in on the pot roast, so we wanted to take five and ask you quite a few questions-- if you're OK with that-- on the pot roast, in particular.

JAMIE CALLISON: Sure. So.

KINSEY KANE: Cassie.

CASSIE: Yeah, the first question we have is what temperature do you use to reduce the sauce?

JAMIE CALLISON: Well, I like to use a pretty, not a high temperature-- kind of a medium high. You don't want it so high that it's going to burn the edges. So that's a great question. So you want it on a pretty good temperature so you do get a reduction, but, again, not so much. Sometimes you get it too hot, and it burns the edges. And that will give you a bitter flavor.

CASSIE: Another question we have. Do you let the meat cool to make it tender, or how else would you make it tender?

JAMIE CALLISON: The meat tenderizes from cooking slowly in that broth, so it's just heat and time is what really tenderizes that meat. So by the searing it, it's just adding flavor. One of the things that they used to say is with all beef products that you sear it and you lock in flavor. Well that's wrong. You actually searing adds the flavor to it, and that slow cooking in that liquid-- it's called moist heat cooking, just adds that flavor, and also tenderizes it.

CASSIE: And if you wanted to make the sauce thicker, would you use arrowroot or how else would you make it?

JAMIE CALLISON: You can use arrowroot. Arrowroot is very expensive. You can use cornstarch slurry, which is arrowroots-- same thing where you use a little bit of water, cold water, in with the cornstarch. Add that to the liquid. You have to be very careful that you pull all of your vegetables, and you do that before you add your meat and everything back into it at the very end. Because you

need to bring that to the boiling point, and that will make your meat tough. And you need to whisk that in-- slowly stirring at the boiling point. And if you do that when the meat's in there, it's going to tear it apart and also make it tough.

CASSIE: And the last question for now, how could someone get the WSU wine offsite?

JAMIE CALLISON: I didn't really talk much about the wine. The wine that we produced, we produced that with Merry Sellers, a local winery here. And it was a student project, so actually it is not for sale. It's just for internal for events when we have guests come in to campus and things. But it's just an incredible opportunity we live in this-- again, we have our local products here on campus. But the local companies and stuff and the products that are around the Palouse are amazing.

KINSEY KANE: Thank you. We'll get back to the cooking now.

KINSEY KANE: All right. OK, so what we're going to start with today is we're going to start with, of course-- let me back up a little bit. We're going to start with a couple of our products here. Again, back to the Cougar Gold cheese-- a product most of you that are connected with WSU know this is our creamery here. The Cougar Gold cheese is more like a sharp cheddar, a white sharp cheddar. The Crimson and a lot of the other cheeses are more like a jack cheese. Today, we're going to use a combination of the jack cheese and the cheddar cheese.

When we're choosing a pasta for mac and cheese, I kind of like just to have-- the cookbook is supposed to be inspirations. Everything that I'm teaching today should be an inspiration. It should not be the way that you have to do it exactly. When you're choosing your pasta, I like to choose-- this is a really large macaroni noodle. I like to choose things that are kind of creative and fun.

When I first came to town to WSU, we got invited over to some people's house for the first time. I asked them how many kids they had coming over. So I'm the new chef in town, and I show up with mac and cheese. They thought, why is this guy showing up with mac and cheese? I made two huge pans of it.

The kids, of, course loved it. The adults waited for the kids to go through and then they finished it off. And then for the next few years, every single time I got invited anywhere, even though I was this chef that could do these creative, fun things, this is what I got asked to bring was this mac and cheese. So mac and cheese starting with, again, great products and applying simple techniques. It's a fun dish.

And one of the things I talk about-- we talk about healthy cooking. We make this mac and cheese at home, maybe, four, six times a year, a special occasion, right? We've got all this cheese. We've got all this cream. It's a great product-- a great dish for those special holidays and those special events. We still get asked to bring the mac and cheese. But I believe you put Cougar Gold cheese and our bacon in anything, it's actually pretty good.

So we're going to start off with kind of a basic cooking technique, thickening agent, which is a roux. Roux is by weight equal parts fat and flour. The flour that we use here actually is WSU wheat research flour, so we're able to do a lot of different research with our flour, which is, again, we call this the chef's playground here-- all these wonderful products. So we're putting our oil in here.

We're going to add our flour. We're going to cook this-- you can kind of see it simmering up-- we're going to cook this for about five minutes. We want to remove some of the-- so that flour, that kind of real strong flour flavor. The key here though is on low heat. You do not want to cook this too high of heat because if you do, it's going to get brown. It's going to give you kind of a nutty background flavor, and we don't want that for this sauce here.

So while that's cooking, what I've done here is I've heated my milk and my heavy cream. And it just kind of allows-- it doesn't say that in the cookbook-- but it definitely allows you to cook your sauce a lot quicker. The other thing I've done here is I have my boiling water. A couple secrets too-- if you can see me through the steam to cooking pasta-- is at least one gallon of water, one tablespoon of salt, to one pound of pasta at a rapid boil. And my mom, my grandma, my aunts-- everybody used to put tons of oil in there to keep it from sticking together.

Oil does nothing to the pasta, but create this really expensive water. Because the oil floats to the top, the pasta's cooking down in the water, so when you add that oil in there, all you're doing is creating expensive water. So there's no reason to add oil in there at the beginning of the cooking process. So we are going to add our pasta to rapidly boiling water. Very important stage is to stir that pasta right away.

If you don't, what's going to happen, you're going to-- you want to stir that-- you're going to, all your pasta is going to stick to the bottom, and you're not going to get that off. It's just going to stay there, and it can burn. But also, it just won't come off because the starch in the pasta, it'll stick to the bottom, and you won't be able to get it off.

So I have the opportunity to take students to Italy every year. And one of the things-- in terms of choosing your pasta-- that we've learned is in most restaurants in Italy, they're using a lot of dried pasta. Dried pasta you can cook nice and al dente. Making sure choosing-- you can buy a very inexpensive pasta--I know a lot of you are students out there. But looking at the pasta, making sure it's a high durum product. It should have a little yellow color to it, a little texture.

Buying a really cheap pasta, the problem with that is the sauce doesn't stick to it. It just kind of runs off. If you've ever made that big spaghetti plate, and you put the sauce with it, and all the sauce goes to the bottom, it's because that pasta has no texture. So kind of understanding what your pasta is. So one of things I always look for is it contains durum flour, and it has a yellowish color. And some of them even talk about the drying of the pasta. A slow drying is a better pasta too for holding the sauce.

So while this is cooking, so this has been cooking for about five minutes. You want to get me a smaller-- yeah, right there. So important stage here as you can see, we're going to add a little bit of cream at a time. And we're doing that so we can work out the lumps. If you added all the cream in there at one time, you may get lumps in the bottom, and then you get those big chunks of flour, which I know we're making a cheese sauce, but you're not going to hide that flavor of the flour if you get a big chunk of flour in there.

So we're going to make sure that we mix that up really well and really work out that flour. So basically what we're doing here is by using milk, it's a classic sauce, which is called a bechamel. We're really making a classic bechamel sauce, which we're going to turn into a cheese sauce. So now that it's-- yeah? Now that we have a smooth consistency, we're going to add the rest of our milk product.

This is a very important stage of your sauce. You want to bring it to the boiling point. And you have to really stay on top of it because there's a lot of starch in here. You have the flour and everything in there. If you walk away from the sauce right now, you can end up with it getting burnt on the bottom. And, again, you're going to end up with that really bitter flavor. And once it gets burned, you basically have to start all over again.

This basic sauce can be used for multiple other things. This could be used for a base in a soup, in a cream of broccoli soup, or something. The bechamel is a base for a lot of different products. So we have to bring this to the boiling point. You have your flour.

What's really important to understand about what we're doing here, if you don't bring it to the

boiling point, you're not going to cook out that flour flavor. Flour has a distinctive flavor. And those starches need to expand. And when they expand, that flavor kind of goes through and the milk incorporates with them, and you don't have that strong flour aftertaste.

So we're going to bring to the boiling point here. And we're going to turn it down to a simmer. And then usually I would let this cook for about 15 minutes, on very, very, very low heat. When I say-- if you have an electric stove, it should be on the lowest heat. If that's even still too high, pull it off to the side a little bit, but very low heat. We do not want this to burn.

We're just trying to cook the, again, starting to let all of those starches expand enough and get cooked into the milk product. But right now today-- just for this being live-- I don't think you want to watch me stir milk for 15 minutes. So what we're going to do is we're going to pull this over. I keep on saying this is the most important part, but this is the most important part. If you've ever made cheese sauce before, you've had it break on you before.

I have. I've made a lot of mistakes in the kitchen. And it's one of things that I write in my book is cook without fear, right? You have to be willing to make mistakes, but kind of learn from those mistakes. When you're adding cheese to a sauce, you must pull it totally off the heat.

If it gets too hot, that cheese is going to-- the fat's going to separate from that cheese, and you're going to have a broken sauce, and you're going to get that chalky kind of flavor, and we don't want that. So we're going to add, again, it's pulled totally off the heat. This burner's not on, and we're going to slowly add our cheese to this. Stirring constantly, Kate, how's our pasta doing?

KATESTEWART: Good.

JAMIE CALLISON: One of the benefits I have here too is working with lots of students and being a culinary educator and an executive chef for WSU is an incredible opportunity. They definitely keep me in line here. So you want to just mix this until it's totally incorporated. Now I have the Crimson Fire. This is what makes this macaroni and cheese very, very-- the Cougar Gold cheese is great-- but that little bit of spice is incredible.

Again, if you want to add more Crimson Fire and less of the Cougar Gold cheese, or if you just want to add more cheese, that's OK too. So we're going to add the rest of that cheese to it. And then we're just going to mix this until it's totally incorporated. For checking your pasta

doneness my-- you hear all kinds of people saying throw it against the wall. Throw it against a wall. Well that doesn't work very well for a house. It kind of stains.

The only way to really tell that it's done is by either cutting into it-- and I'm not going to bite into right now-- or biting into it. So you want to make sure that it's al dente, which means it has no crunch left in it. When you're making a mac and cheese, if it's overcooked, it's just going to be mush. You have to make sure that your pasta is not overcooked. Again, it should not have a crunch to it, but it should have al dente, which means firm for the tooth, so that it has some texture. Especially with mac and cheese when you're going to cook it further.

And that big pot right there. OK. When the pasta is done, normally, of course, I would not be doing this in a pan. You would do this in a sink. I'm going to do this in this pan just so that you can visually see it.

Pasta needs to cook for a little bit longer. What I like to do is I like to put-- we have a thing called background flavors. I like a little bit nutmeg in my mac and cheese. I don't like the nutmeg to be-- and I don't want it to taste like kind of that Christmasy, kind of mac and cheese. I want it just that background flavor. Background flavor means that there's a little bit in there, and you really can't tell what it is.

So we're doing just a little pinch of nutmeg, and a little pinch of white pepper. And white pepper and nutmeg can be very, very, very overpowering. We're going to add a bit of salt to it. Kate, do you want to grab me a couple of spoons?

One of the things that I always tell everybody too is that if you're making a sauce, and you go through all that trouble of making an incredible sauce, you go through all that trouble of making your pot roast, and you don't taste it for salt and pepper and flavor profiles before you serve it, and then you serve it, and it's flat or bland. And that's why I stay so skinny because I have 80 students in here, and I have to try all of their food.

But I always believe you have to taste it, right, to be able to tell. And it's almost perfect. Can you give me that bowl right there? Bowl. There you go. So I'm going to add a little more salt to it because I have to remember that I'm adding my pasta in there. A little bit more nutmeg. And my nutmeg-- I like to use whole nutmeg and use this Microplane to kind of-- it can even go right into it. Stir that up. I'm going to drain my pasta.

Again, this would normally be over into a sink. You want to bring that other mac and cheese

up? You're going to take this. Let it-- I'm not going to rinse this off at all. I'm going to let it drain a little bit. Make sure you shake it around, let the steam dry it off a little bit. And then for this mac and cheese, we're going to put it right back in the pot that you cooked the pasta in. There's no reason to dirty another pot.

We're going to add the sauce into it. And this is going to seem extremely, extremely wet at the very beginning, and like it's not going to work. And this is one of things that we put in the book. If you look at how soupy this is, it does not look like this is going to be a great mac and cheese, right? But what's going to happen is you're going to put this into a casserole dish. And, again, do you see how soupy it looks?

We're going to cover this, bake this, low temperature. You do not want to bake this too high of a temperature. If you bake this too high of a temperature, again, what's going to happen is that cheese is going to separate. And if that cheese separates, it's going to get kind of that chalky flavor, and it's not going to have that ahh flavor.

So what you end up with-- this is hard to imagine looking at these two next to each other-- that your mac and cheese is going to end up this consistency. And you get that nice creaminess. A lot of times your mac and cheese, when you make it, you'll think that it's going to be perfect, and by the time you get it cooked, it's like a brick. So it's important that-- I like a nice creamy mac and cheese if I'm going to have my bad day and eat really bad-- not bad macaroni and cheese, but bad-for-you mac and cheese. This is not the healthiest dish.

I want to enjoy it and I want it to be nice and creamy. So what a better way to enjoy Cougar Gold cheese than with this mac and cheese dish. And, again, the thing I like about this is a five-year-old will like it. An 80-year-old, 90-year old will like it. All ages love it. And so it's a great dish to serve for friends and family and to showcase Cougar Gold cheese.

KINSEY KANE: Well now that we're all starving, we're going to take some more generalized questions. And we have a few that are specifically to the mac and cheese.

CASSIE: First question is the Cougar Gold an oily cheese to work with?

JAMIE CALLISON: It is not, actually. It's a little bit on the dryer side, so it's definitely-- and, again, because I use just Cougar Gold cheese in here, you can see this is definitely-- it does not have that oily texture to it. Sometimes if I'm making this dish for a lot of little kids, I will put a little bit of regular cheddar or something in there just to cream it up just a little bit.

CASSIE: How would you make the sauce thicker for those that like it a little bit?

JAMIE CALLISON: Well, you know, even though if you look at this, this is really thin, but you look at the end result here. I'd be very careful because the pasta has starch in it. We talked about starches thickening the sauce. So when you bake this, the starches from the pasta are going to thicken the sauce. And that's why I definitely made sure and I like to explain this, it looks like it's not going to work. But those starches off that pasta definitely help thicken that sauce.

CASSIE: Does heating the cream help it from not clumping in the roux?

JAMIE CALLISON: What heating in the cream does-- especially when you're making this big of a batch-- it helps get you to the thickening stage quicker. If you put a cold cream in there-- and you can. You can definitely start with making a roux taking half and half or milk right out of the refrigerator and pouring in there. The problem with that though is it takes a long time to get it up to temperature. And during that time if you're not really careful, the starches on the bottom of the pan can burn. And so you have to stay right on it. It's going to take you probably another eight minutes to get to that stage.

CASSIE: Can you use whole wheat flour for the roux? Or is it just the white flour?

JAMIE CALLISON: You just have to worry about the protein count. You can use whole wheat flour. And there's also whole wheat pasta available. And one of things that for mac and cheese-- and I love my wife, and I thought she was crazy when she first did this-- but another thing you can do actually is take, if you want to make this a lot lighter, just take pasta, cook it off, add some diced tomatoes, even canned diced tomatoes, the Cougar Gold cheese, and not the cream, and you have this incredible lighter version of the mac and cheese. And it's become one of my-- I'll admit it now-- one of my favorite things to have for dinner.

KINSEY KANE: I don't know about that. If I'm doing mac and cheese, I'm going all out.

JAMIE CALLISON: But there are ways to lighten that up too. You can use whole wheat pasta. You can also-- there's other starches you can use. And you can use-- it's really hard to find the right ones-- but you can also do it gluten free.

CASSIE: One more question. What temp and how long do you cook the mac and cheese?

JAMIE CALLISON: The temperature is very important and it depends on the oven. Our ovens here are-- every oven is different. Your home oven, your commercial oven, and every brand of home oven is

different, whether it's convection or not. I always like to say about 225 degrees for about 10 minutes. Now 225 degrees in some home ovens, it would take four days, right? I mean, there's some ovens that just don't work very well. So you just have to learn your oven.

What you don't want is you don't want it to be basically almost like bubble in a pan and boiling. You want it to cook really slow. The other thing with the mac and cheese that makes it really good is that if you heat your pan, you're starting with hot pasta. So your pasta is hot, your sauce is hot, and your pan is hot, so you really don't have that far to take it, right? You have everything to a good temperature. So when you are getting ready to put this in the oven, everything's hot.

See how this is already starting to set up in the middle? Everything was hot, including the pasta and everything. You're basically just cooking it just to kind of make everything hold it together. It does not take that long. If you take cold pasta, a cold pan, and you go that route, and you cool down your pasta, you're more likely to break your sauce too.

KINSEY KANE: So I have a couple of questions. You talked about how adding oil to the pasta would do nothing for it. What do you recommend for not keeping the pasta from sticking together?

JAMIE CALLISON: The way that you're going to get your pasta from not sticking together is using the proper amount of water, for one, and also, the high temperature. It has to be rapid boiling. Unless, of course, you're making a ravioli. Ravioli you need to have a simmer or it's going to tear apart the ravioli. But the reason you're pasta-- and then stirring it right away when you get that pasta in there. A lot of times you see people drop the pasta in there, and they walk away, and then that pasta all sticks together. So you have to stay right with it and continue to mix it. That's very important.

KINSEY KANE: OK, and just because we did movie magic here. It looks like do you add cheese on the top after it comes out?

JAMIE CALLISON: We did add a little bit of cheese to it. You can do Cougar Gold cheese or cheddar. And then we did put in the salamander, too, [? salamander ?] too. Sorry You guys don't have a salamander at home. Salamander's our broiler. So definitely broil the cheese on top a little bit. And you could add breadcrumbs to your cheese and all different types of things. Again, all of these recipes are just supposed to be an inspiration for you to create your own masterpiece.

KINSEY KANE: OK. And then a couple of questions that we've had while we were planning this event-- that I

think has gone beautifully-- were on the cookbook, if you have plans for another cookbook?

JAMIE CALLISON: Well, I enjoyed the process. It was hard work. I definitely, in my future, I would love to write another cookbook. And this cookbook is it's just a great way to showcase the best of WSU-- our students, which I think is the best of WSU. But our programs too-- organic farm, our orchard, viticulture, wine business management-- all of our farms and our cattle ranch. There's so many good things here on campus that, again, we call this the chef's playground. It's absolutely amazing.

KINSEY KANE: Perfect and I'd also like to take a minute to bring back our two assistants. I'm really glad that Katelyn doesn't go by Kate because it would've been terrible having to say Kate and Kate. Katelyn and Kate, can you just give us both of your-- just a little bit of the experience you've had? Maybe what your favorite thing has been?

**KATELYN
NORDSTRUM:** It has been such a great experience working here. I've learned so much. I actually got to be a part of creating the cookbook. So that was an awesome experience. And like I said, it's kind of a student-led kitchen. We do have Chef, but it's very hands on, so you really get some good industry experience.

KATE STEWART: Well, that's tough to beat, OK. I'm going to go again with the experience. I've been working with Chef for almost two years. We give each other a lot a lip, but we get along really well. And I've learned so much in this kitchen. Not only as a chef but also as a manager. We're in a hospitality business management program. And so that's definitely a goal that our program has, and they do a very good job with it. So that's something that I appreciate.

KINSEY KANE: Now I think we have a few minutes left here. A couple of things for our students out there. If in the future, there were to be an online program, I mean the three of you, all three of you, what kind of advice would you give to our students as far as joining that program, perks of being in the program-- things that you've learned that they could learn? I know you talked about experience, but maybe other things that could excite them to join that program if it were to come in the future?

KATE STEWART: I would say hospitality is one of those things that you're a people person. My selling point for that is for students, hospitality applies to lot of different things. Maybe you don't want to be a chef. Maybe you don't want to run a hotel. Maybe you're going to end up at a golf course, maybe a casino. It's a very versatile degree, and so I definitely encourage that. I know I thought I wanted to go into culinary, and I figured out what hospitality business was, and that

sold me for WSU. And so I would just say go for it. If you're a people person, you have that bug. I would say that people person bug. Roll with it, take it to hospitality, and you will do well, so.

JAMIE CALLISON: One of my students asked me the other day what would you do if you could change careers right now and you can go back to school and do anything? Nobody's asked me that for a long time. And I thought about it, and my answer was I'd go work at some great restaurants, go to culinary school, do a hospitality program, and become a chef. That's what I would do.

KATELYN NORDSTRUM: I would have to agree with Kate. From the second I got into this program, everyone has been so welcoming-- students and faculty. And it's just a great experience. You get so many awesome opportunities that come your way. And so I would just say go for it.

KINSEY KANE: Perfect. Cassie, do we have any other questions coming in? Are there any last minute questions out there?

CASSIE: Yeah, someone wants to know would you ever substitute for coconut oil?

JAMIE CALLISON: It all depends on the recipe. Coconut oil is starting to be used a lot more. I would say that's the fun thing about cooking, right? It's experimenting. Don't never-- I just always think be inspired. If you want to try coconut oil on a certain recipe, definitely try it. I mean that's one of those things that-- if I could go to everybody's home that's watching this show, and you teach me one of your favorite dishes, I would become a better cook. So, again, just experimenting, having fun, being willing to make mistakes, being willing to try those different recipes with those different items. I would say go for it, and see how it comes out.

CASSIE: And then one last question. Do you guys put on hosted meals at WSU?

JAMIE CALLISON: We do. We do some fun events. We actually just got back from Napa. We did a week-long event down there. So we travel-- if the conditions are right, right? We travel. We do a lot of events here. We do some where people come in and actually help prepare the dinner. We do a lot of catering events here. And it's great experience for our students. And our students, again, they do the purchasing, receiving do the profit and loss statements, do the scheduling, help with the menu planning, so they are really running this operation. I just show up.

KINSEY KANE: OK, now, I have to ask, just out of curiosity, what's the craziest thing that you've cooked since you've been here or prepared?

KATELYN Craziest thing? Oh, man.

NORDSTRUM:

KATE STEWART: I'm the small-animal expert of the kitchen-- according to chef, I've done quail. I've done duck, rabbit. Those are kind of-- I mean we don't do anything too crazy. We don't try to recreate the wheel, but we do interesting things very well here, so.

KINSEY KANE: Well it looks like we are almost out of time, so I just want to say really quickly thank you to all of you that showed up tonight. Hopefully you learned some new tricks. Hopefully you'll go buy *The Crimson Spoon*. It is a beautiful book-- not only from the cooking standpoint, but from the artistic standpoint. My mother has it. She calls me twice a week, Kinsey, this book is so beautiful.

So please, I encourage you to do that. And also, thank you to the three of you for putting on this wonderful show. Our camera crew can't wait to eat, so I have to throw that in there. Really quick, Cassie, are there any other further questions? OK, well, I thank you so much from Global Campus Connections. And thank you to three of you and Hospitality Business Management for letting us come in.