

## Wine & Dine Part 1: Food From the Heart with WSU Chef Jamie Callison

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**ALEX MURPHY:** Hello. I'm Alex Murphy, program coordinator with WSU's Global Campus Connections and we're here with WSU's executive chef Jamie Callison for Wine and Dine Part One: Food from the Heart. Chef Jamie is author of *The Crimson Spoon* and he's going to share some Valentine's Day recipes and tips with us today. So without further ado, I'm going to hand it over to chef.

**JAMIE CALLISON:** Thank you. Well, welcome to the School of Hospitality Business Management kitchen and we're going to have some fun tonight. I kind of wanted to start talking about when you're cooking for Valentine's Day and you have your significant other or friends over, you want to start with some appetizers and you want to keep it simple. One of the sayings in the industry we call it is KISS it, and that's- and I'm not calling anybody stupid-- but it's called Keep it Simple Stupid. And so just simplifying food and having fun with it.

So what I did here is I have some figs in a blanket. I just picked up some presliced prosciutto, a little bit of ricotta, some toasted hazelnuts, and dried figs, and I rolled them up and simply presented them. And it's just a fun appetizer that goes extremely with a sparkling wine like champagne. And then the other one I did was a simple crostini. I just did olive oil over the bread, put it in the broiler, browned it a little, a little bit of brie, put it back in the oven just to melt the brie a little bit. I took some of the WSU honey and put that over the top and then with some toasted almonds. It makes a really nice kind of simple appetizer because if you're cooking together you might as well start eating together and enjoying a little bit of champagne. You're going to be using a knife so just a little bit of champagne would be good.

So I'm going to go over here and we're going to talk a little bit about salad production and salad is definitely one of my favorite parts of the meal. And there's definitely components to a salad that I feel that you really need to think about to make that perfect salad. So I'm going to start here by spicing some pecans. So I have my butter. I just put that in my pan and I melt it a little bit. Then I add my brown sugar. I'm going to cook this just until it starts to dissolve a little bit, just to get the sugar and the butter combined well.

Then I'm going to add my pecans. And now I just want to coat the pecans with the butter. And I have a little bit of salt. It depends on how spicy you like them. I'm going to put a little bit of cayenne pepper in here and a little bit of paprika. And I'm going to cook this just a couple of minutes. I have to be really careful now that I have sugar and with pecans it's going to burn

really easily so I have to really keep an eye on this.

So now that I have everything in here I'm going to add my red wine vinegar. And what that's going to do is it's going to add acid to this, which is going to give it a deeper flavor but it's also going to help incorporate all the spices that I put in here. You definitely don't want to get a clump of cayenne pepper or paprika, so what that's going to do is that's going to kind of help incorporate everything together evenly. And then I have the salt and the acid in here, which is going to add a lot of flavor. So we're going to cook this down just a little bit.

And then I have a Silpat mat here that we're going to put this on. And the Silpat mats are great. You can buy these at any of the kitchen stores. And basically this is a mat that you can use over and over again instead of using parchment paper. And also if you're using an oven a fan, you're not going to get the parchment paper blowing over into your product. And this one I've had here for about 10 years, and we use this a lot. These really last. These are a great product.

So I just want to cook this down. And you have to be a little careful of not putting your face right over the vinegar because this is going to be really strong because when the vinegar heats up. So we're just going to kind of stand back because I'm getting ready to cough here from that. And I don't know if you can see in the pan, but most of the vinegar now has evaporated and cooked into the pecans. So now what we're going to do is we're just going to put that on our Silpat mat.

We're going to spread it around. And we're going to put this in the oven for about three minutes at 350 degrees. You just want to cook it long enough to kind of caramelize the outside but also being very careful not to burn it because it will burn very quick. So now, part of our salad, the pecans are going to give you that great crunch and that texture that we're looking for in a salad. We're going to make our vinaigrette now, and before I do that I want to introduce Kate Stewart. She's my culinary lead here as a student sous chef is what I would say in the industry.

And then we have Jessica Murray here, who's my pastry student sous chef. And part of our organization here, the students really run this operation and I think I work for them more than they work for me. But they're going to be a big part of this presentation here today. So what I have in the bowl right now is I have vinegar and I put a little Dijon mustard in here. I also have this towel here. I always joke around about this towel because I had three older brothers and

this was a dangerous thing in our house when you had a towel like this. But we're going to use this to kind of help hold the bowl down.

And the way we've designed this menu is to make it kind of a fun way to cook together without really having the stress of having a really complicated dish or dishes. So we're going to pull this closer. I have my vinegar in here. I'm going to add my garlic, my minced shallots, which are minced really fine. I have a little bit of chopped thyme and a little salt and pepper. And what we're going to do is we're going to mix all of these ingredients together.

To make a vinaigrette, if you kind of think of the old lava lamp, to make a vinaigrette what you have to do is you have to incorporate the oil and the vinegar. And oil and vinegar, if you went to an Italian restaurant and they put the oil on the plate and then they put the balsamic vinegar over it and how it separates. Well, that's great for dipping your bread in, but it's not great for a salad. So we have to come up with a way to incorporate those ingredients together and mix that oil and vinegar together so you actually have a salad dressing.

What we're going to do today is we call it kind of the French method, and it's emulsifying but very lightly. We don't want this dressing to be very thick, and when you we're thinking about the type of dressing we want and the thickness of it, we have to think about the type of greens we're going to use for our salad. We're using basically a simple mixed green like a spring mix here. And if we put a Caesar dressing on in our ranch or something like that it's going to weigh down the lettuce. So we want to make a nice light vinaigrette.

And in a vinaigrette is so simple. You can even simplify this more and just put balsamic vinegar in there, salt and pepper, a little bit of Dijon and add your oil to it and it's a very simplistic way to make a nice dressing. So again, we have everything in here except for our oil. And what we're going to do is we're going to take a wire whisk and we have our bowl stabilized. And we're just going to slowly add that oil while we're whisking. The whisking is causing some agitation in here and what we're doing is we're separating those fat molecules.

If I just poured all this in at one time you'd get a big clump of fat and it would be really oily when you're eating it. So we want to do is we want to slowly incorporate that oil in here while we're whisking. And the mustard and the garlic and the herbs and everything kind of work as what we call emulsification agents. And what it does is it helps not to allow the oil to pool back together into one big droplet. The more we whisk this and the faster we whisk this the thicker the dressing is going to be. So if you wanted to use a Romaine or a heartier green for the

same type vinaigrette, you'd want to use something like a hand burr mixers, the immersion blenders, and that would work really good.

But again, we do not want to do that for this lighter vinaigrette. So now we have our vinaigrette here. And so now we're going to make our salad. But you can see there's quite a bit of thickness to this dressing, but it's not overly thick. So it's going to coat the lettuce really nicely. And I'm very particular about my salad and the ingredients that I put in my salad. I think that you really need that kind the greens, which are going to give you that kind of freshness to it, you need the acidity of the vinaigrette.

So we have our greens. It's always important instead of putting your salad onto the plate and pouring the dressing over the top, we really want to incorporate the dressing, toss all the greens very lightly because if not, you're going to get kind of, again, a big droplet of dressing and not coat all the lettuce evenly. So it's a very important part to a really good salad. We want to always do this at the very end. We do not want to dress the salad too early.

So we want to just kind of carefully mix this. Jessica, can you hand me my plates here? And I like to use some sort of bowl for my greens. And I really want to be careful about not making the plate too full. I'm not the cleanest eater. I like to talk when I eat, so if I put too much salad in here or I overcrowd the plate, it's going to be really hard for me or the guest or your friend to actually enjoy that salad without worrying about it going all over the table.

So now that we have our greens here, we have all different kinds of flavorings here. We have strawberries, which are very popular; goat cheese; I have toasted almonds. And this salad can take a lot of different directions here, but what we're looking for is with the greens you have the greens, you have the vinaigrette, we have the fruit, we have the creaminess of the cheese, and then we have the texture of the almonds. So that's what makes up a perfect salad is again, the greens, some sort of acidic vinaigrette, you have the texture from some sort of either crouton or like the pecans that we cooked off or you have the fruit which could be tomato, could to be a vegetable. But you need all of those components to make up that perfect salad.

So what we're going to do here is we're going to put a little bit of the goat cheese over the top. Again, you can use a blue cheese, Gorgonzola. I mean this is just a good base here. And when you're putting the ingredients on here, you want to make sure that there's enough ingredients for you or your guests to enjoy basically a bite of the greens with a bite of the

strawberries and almonds and enjoy everything together. So now we have this nice salad. It has all the components that you're looking for.

And again, what we're looking for is lightly dressed. You don't want to overly dress because it's going to weigh it down. You want the strawberries and the textures and everything. And that's really a beautiful salad. That's a great way to start your meal. Now let's get to the fun stuff. So if you've been watching this for a couple of minutes you've probably seen this kind of interesting contraption over here. This right here is basically it's a sous vide machine and this is what we use in the industry quite a bit, chefs do, to cook steaks, pork, and different things perfectly.

And the reason we use this is because you actually can trap in the flavor. So what we do is we put it in a sous vide bag, we season it, and it's submerged in a circulating water bath that's circulating at an exact temperature. So this has been cooking for about four hours, has not changed at all the temperature. And what that does is with the science behind this is when proteins coagulate, they coagulate at a certain temperature and then they stop. So I can cook this for two hours, I can cook this for four hours. I wouldn't want to cook it for 12 hours, but I could cook this for 12 hours and it's not going to change. This is going to be a perfect medium rare.

It's pretty amazing technology. The other thing it does, too, is you notice that when you cook a steak on a grill you get a big flare up, you get all the fat kind of cooks down in. Kind of the thought process before was searing a steak locked in the juices. Well, it's totally the opposite. Actually, when you sear a steak you actually push out the moisture. So it's very important to kind of think about that when you're cooking a steak. The sous vide machine-- again, not everybody has one of these at home. You can buy these through local stores, Amazon. You can get ones that are smaller than this for about \$150 and it's pretty amazing technology, again, especially for pork or something that's really easy to overcook.

You can put this in there, you can forget about it, and right before you sit down to eat you can sear this off.

**ALEX MURPHY:** Chef, we've got a question. Can you use that for seafood?

**JAMIE CALLISON:** You can. I don't use it a lot for seafood, and part of the reason is that when I cook seafood I could cook it so quick. It's just a quick sear. I like my seafood to be not medium rare, but kind of close. So I've cooked salmon in it. I definitely-- we have a food science program and we

play sometimes here, so I've cooked scallops, salmon. I've found that the seafood is good, but I think that you cook seafood so quick that it's not necessary. So this for definitely proteins are really helpful.

So on here I have basically a grill. This is not the way we normally do it, but this is for this live stream. This basically is set up like a griddle pan, but it has the lines in it. When you're cooking that perfect steak and you want to put your nice diamond marks on there, we want to a 10:00, 2:00. So when the lines are like this where going to 10:00 and then move it to the 2:00 after it's cooked for so long. This size steak on a medium heat grill-- if the grill's too hot it's going to burn on the outside and not be done-- but if it's a medium heat grill you're probably going to want to go about probably a good eight minutes this way and then eight minutes 2:00 and then turn it over and do the same. But again, it all depends on your grill and how you're cooking that.

The nice thing is I don't have to worry about this at all because it's already cooked medium rare perfect. All I'm trying to do is sear the outside. When you're choosing your steak, of course it depends on-- my philosophy when you're choosing your protein is really always try to, if you can if you have a local rancher, a local farmer, and you can build a relationship and you can get that product from them I would definitely do that myself. And we do that a lot here. But if you're choosing it from a grocery store and we eat steak at our house maybe every six weeks, so when we get a steak we want a steak with a lot of flavor. Well, you get the flavor from the internal marbling here.

And as you can see, this steak on this side here has been dry aged so it's a little darker in color and that does not mean that it's going bad. A lot of people think that the darker it is, maybe it's not as fresh. This was dry aged, which meant that it was actually at about 45 degrees and was hung and it had a while to develop flavor. This over here doesn't have as much marbling. And when you're looking for marbling, you're looking for a lot of fat on the outside. You're looking for little spots of fat on the inside.

So this is what we call prime stay here because there's nice marbling inside. And that fat inside is where you're going to get your deep flavor. On this side, if you can see, there's hardly any marbling on here and with that we're not going to have as much flavor. Now, if I was eating steak once a week, for dietary purposes I'd want a leaner steak. If I'm eating a steak every six weeks I'm going to really want to go for this and really get that flavor out of there. So when you're at the grocery store, they're usually USDA graded select, choice, or prime. Most restaurants serve a high end choice, which is right in between these two.

So when you're looking for a steak-- and sometimes it's like winning the lottery, right-- they could be listed as a select steak and you can find something that's marbled. So you can kind of pick through your steak a little bit more and really make sure you're looking for that steak with that great marbling. And as a chef-- I don't know if you can hear the sizzling, maybe I should lean down a little bit further so you can hear it through the mic-- but that's the beautiful sound right there that we want to hear. We want to hear that nice sizzle, but again remember we are not locking in the juices by doing this. All we're doing is adding flavor.

So because this is already cooked all the way through I don't need to let it set for eight minutes and eight minutes so I'm going to turn this and then I'm going to talk about our vegetables for a little bit. So right there I had it set like this and now I'm turning it like this. And what that's doing is the lines are all going like this and when you turn it 10:00, 2:00, you're creating diamonds, right? And that's what's going to give you those nice cross marks in your steak or your burger or your salmon or whatever you're cooking.

So for our vegetables what we're going to do--

**ALEX MURPHY:** Chef?

**JAMIE CALLISON:** Yes.

**ALEX MURPHY:** We have a question here-- does using the sous vide machine affect how long you need to let the meat rest after you cook it?

**JAMIE CALLISON:** That's a great point. And here in a minute we're going to talke-- actually, it does. The sous vide machine, when you sear a steak and you cook it at really high temperature-- let me get that turned down-- when you cook it at a really high temperature the cell structure kind of pulls together and the connective tissue. And then when you go to cut it, if you ever went to restaurant or you cooked off a steak and you went to cut it, all the juices run out over the plate because you haven't let it rest. So for this steak this size, cooking it the traditional way you're going to want to rest it about 10 minutes.

The way we did it with sous vide, you've got maybe a minute. And it's really quick. You don't have to let it rest as long. I don't know if you can see the nice diamond marks on here. And that's, again, just from doing 10:00, 2:00. You get that really nice-- that kind of makes you look like the barbecue hero right there, right? So as that's cooking, I'm going to start my vegetables

here. What we've done here is we have our squash, our peppers, and actually, my favorite thing in the butternut square are a certain type of squash, and then I have my zucchini and different things. And what we did with this is just salt, pepper, olive oil, and we're going to roast this in the oven till it gets nice and golden brown.

While that's cooking I'm adding my olive oil into my pan. I have red onions that I've cut up just to a nice large dice. I'm going to put that in my pan. And I know all of you know how to saute just like this, right? So basically, when you're sauteing all you're doing is you're using a saute pan and that pan is curved. And when that pan is curved, you really don't even have to pick it up. You're just trying to flip the product back toward you. You see people pick up their pan and throw it up in the air and stuff's hitting the ceiling and they're trying to get it in their pan. That doesn't work very well. Really just let the pan do the work.

So here I have my garlic, my thyme and rosemary, and my tomatoes. So onion dries out real quick so I don't want to roast that with my other vegetables. And this is the magic. If this worked this easy at home that would be great. This is magic TV right here. The vegetables are already done, they just got pulled out a different oven but it worked out really well for us. But you see you've got your nice color here and the caramelization, and the same thing with the steak. That caramelization is going to add a lot of flavor to your dish. So we really want that.

The nice thing about these vegetables is you can do these way ahead of time and let them set at room temperature and last minute you can fire them in the oven. And again, that kind of buys you that little bit of time to enjoy your glass of champagne. So now our steak, again, is nice and seared. We have good color on both sides. Because this is such a thick steak, I'm definitely going to want to sear the other side of it here. But the nice thing is I'm not even worried about this being done perfectly. This is medium rare. I set the sous vide machine at 136.6. I know that sounds like a strange number, but it's the number that we figured out.

For prime rib and things I usually set it at 138 just because of the structure in the prime rib. So here with our vegetables, we're going to caramelize them a little bit and then we're going to add-- garlic you have to add kind of towards the last minute because garlic will burn. It has a lot of sugar in it. So before that we're going to add our tomatoes and let those cook just a little bit. Then we're going to add our garlic. I have my rosemary and my thyme that's chopped right here.

All of you could do this at home. And see, I just made a mess right there. You might not even

see that on TV. I might have just called myself out. But just sauteing is just a simple. And really the best way to practice this is with a piece of toast. Put a piece of toast in the pan and just practice flipping that over. I'll put a little salt and pepper in here. And now I'm going to let the steak rest. Then I'm going to add these right to my vegetable mixture and just mix them up.

And then what we can do is we can let these set and then we can put these in the oven right before you're going to eat. And these can be done, like I said, an hour early and just sit out at room temperature and they have incredible flavor and just putting them back in the oven just to kind of get them hot is going to really add a lot of-- all these flavors are going to kind of meld together and it's going to create an incredible dish. OK.

**ALEX MURPHY:** Chef?

**JAMIE CALLISON:** Yes.

**ALEX MURPHY:** We have a question in the chat from Shannon. She wants to know if you prefer using fresh or dried herbs.

**JAMIE CALLISON:** Always fresh. They have a lot deeper flavor. Sometimes if you're making a marinara or something like that or a tomato sauce and it's going to cook for a long time-- and I go to Italy every year and I take students for a food and wine program there, and when we're in Italy definitely fresh vegetables, fresh tomatoes and so on. There is a time when you're again, making tomato sauce or something, you can get away with using the dried, but I definitely prefer the flavor of the fresh.

**ALEX MURPHY:** And what is the name of the yellow tomatoes?

**JAMIE CALLISON:** Those are just a yellow grape tomato. All right. So now Kate's going to assist me with the plating here. We'll talk about the potatoes. She's reminding me about the mashed potatoes. So again, the magic of TV we have potatoes that are already done, but we'll kind of go over the production of those, too. So here what we've done is we actually have Yukon gold potatoes. We didn't peel them. We just kind them in half, cold water with salt, brought them to a boil, and cooked them until they were fork tender so they would actually smash with a fork.

And then we added half and half, salt, and pepper, and I took some dried porcini mushrooms and reconstituted those. So you basically put hot water onto the dried mushrooms for about 10 minutes. And then we sauteed those up with garlic and herbs. And that mixture is right here. So you get that nice rich flavor of the mushrooms. And then the surprise of the night will be the

[INAUDIBLE] cheese. It's going to add a really nice, deep flavor. And again, this is a very simple mashed potato. You don't have to peel potatoes. You wash the Yukon Golds, you put them in cold water, and a very simplified mashed potato.

And if they have a little bit of texture them, some people call that lumps, you have the skin in there so it kind of feels natural, too. So we have our chives and salt and pepper. We're going to mix this up. I don't know if you can see this, but they're really nice looking potatoes and a lot of really deep flavor in there. So for the steak, I have this beautiful steak here. I'm going to take it and this steak is perfect for two people. And that's the way I could steak. If I have five people over at my house I'm going to do a big T bone like, get it cut really thick. And it just makes-- I really believe food should be shared and enjoyed and be part of a conversation and this large steak definitely creates a conversation.

So we're going to cut this really thin. And I want to show you just kind of how medium rare it is all the way through. You're not going to get that graying effect that you get a lot of times of when you cook a regular steak. A lot of times when you cook a steak the traditional way you're going to get graying right about here and your medium rare is going to start. This is a perfect medium rare all the way through and then I seared the outside to get that flavor.

The beauty about the quality of the students that we have here-- Kate's one of the students that she's not an aspiring chef but she's one of the students that I can leave out a five course dinner and she can actually take care of the cooking and the plating and stuff. And that's pretty amazing for-- an amazing opportunity for me to work with those individuals and I think an amazing opportunity to give them that responsibility. So now we have the steak cut really nicely and Kate's going to do some plating here. And while she's doing that I'm going to make a lemon olive oil.

And basically what that is is I have my extra virgin olive oil here, lemon juice, chives, a little dill. And actually, I kind of stole some of the dill and-- I used to make an oil like this with the dill in it from Black Cyprus. I went in there and tasted that nice dressing that he puts on his lettuce and different things. And I figure if you can't-- I love-- it's not stealing ideas because Nick and I are friends, but I love sharing those ideas with other culinarians and building from that.  
[INAUDIBLE].

**ALEX MURPHY:** Chef? What do you think is the most important aspect of plating a meal?

**JAMIE CALLISON:** Perfect. Well, as you see here Kate did an amazing job of-- we have a hot plate, we have hot food. It's very important to kind of keep it center of the plate. And the reason we do that is because yes, it may look nice having the potatoes over here and the vegetables here and the beef over here, but this is going to keep everything hot. So you have your potatoes to me are awful when they come to the table cold. So this kind of work as insulation. So you have your potatoes, you have your vegetables. Everything's kind of together. And that's not to just get height on the plate or you see some chefs that kind of stack everything up. But this really has a purpose, and so doing that center of the plate is really what we look for.

And again, we'll take this and go a lot further, too, in terms of different designs and stuff. And plating is one of those things, too, that we've got the lemon olive oil here. We're going to put a little bit around the edge of the plate. I like putting this around the edge of the plate because it allows the guest to decide how much of that dressing they want. If they want just a tiny bit they can take just a tiny bit. There's an important aspect of just about any food that you're serving.

We're looking for that perfect combination of fat, acid, and the saltiness that kind of goes along with that. You want kind of where when you take a bite of it you want another bite. And we have this Morton's flake salt here, or you can use sea salt or finishing salt. Because we had seasoning on the outside of meat. So before I seared this-- and I didn't explain that well-- I seasoned it with olive oil and salt and pepper. We seared it, but now that I've cut it all that meat in the middle has no seasoning on it.

So we're going to take some of this flaked salt, finishing salt, and just put it around all the vegetables and everything and around the plate. And it looks like I'm putting a lot of salt, but this salt doesn't have a really salty flavor. It just has a depth to it. And that fat, acid, salt is just going to give you that real kind of real enjoyment with the dish and it's really important to try to combine all those things. The lemon olive oil is going to do the same thing, but that flake salt over the top, especially the meat that you've sliced, is really an important component of that dish.

So now we're going to go into desserts.

**JESSICA**

**MURRAY:**

So I'm going to demonstrate a dessert. Tonight we're doing an easy molten cake. So I've got some chocolate here that is melted. Everybody loves chocolate. And this is just dark chocolate or a semi sweet chocolate chip. I'm going to add in my eggs and then in here I have a mix of my sugar, flour, and salt. I have a little bit of butter I'm going to put in. And I'm going to put in

just a tiny bit of orange zest for flavor.

And this is just a really easy cake. It's very basic. If you have a guest who's gluten free, you can make this exact same cake without the flour and it'll just be a slightly more fudgy texture. And it's also really versatile in that you can add different ingredients. You can add nuts, you can add a lot of different things in there to add another flavor. And I just want to mix it until it's all really cohesive and together.

And to cook it I'm going to take some ramekins and I'm going to butter them lightly. And you can just spray them, but this really makes sure that they're going to come out of the container really easily once they're done baking.

**JAMIE CALLISON:** And of course, butter always adds flavor, right?

**JESSICA** Yes. After I butter them I'm going to pour some sugar into the ramekin. And this helps with it  
**MURRAY:** coming unstuck but it also adds a little bit of crystallized sugar to the outside, which gives it a nice crunch. And then you pour it out so it's just lightly coated in butter and sugar.

**JAMIE CALLISON:** Actually, I think everything we did tonight is in the cookbook. The salad components are a little different and the figs in the blanket are not in the cookbook, but the salad-- I just wanted to get the concept of building a great salad and you have any vegetable or any fruit, kind of pairing things together. But yeah, everything is in *The Crimson Spoon*.

**JESSICA** And this recipe the cookbook has lentils in it, which is also another great addition. It gives it the  
**MURRAY:** little earthy flavor in the background. And you want to fill your ramekins about halfway full because they are going to puff up quite a bit. And depending on your oven, these take about 10 to 15 minutes to bake and they're going to be really fudgy and gooey in the middle. So we've got an example here. Once these come out of the oven we're going to take some chocolate squares and press them into the center.

And you can use different types of chocolate. You can use white chocolate, you can use dark chocolate. It's really fun to use caramel-filled chocolates and you just push those in right when it comes out of the oven and that helps it melt down. And we've got a couple of different sauces today. You can just buy caramel sauces, chocolate sauces, raspberry sauces, or you can make it. There's a recipe for the raspberry sauce and for the caramel sauce in the cookbook.

So when you plate you really want to make sure you have enough sauce on the plate that they

can taste it, but not enough that it's going to drown the desert. And I'm just going to use a toothpick and I'm going to drag down the sauce and it creates some nice little heart designs. Another option if you don't want to make a molten cake and you just want to do something even easier, you can buy a boxed brownie-- they've got some really high quality recipes out there-- and just cut it into a fun shape with a cookie cutter.

And then you can take some ice cream, just put it right on top. Oops. And you can use the same sauces on top. And this brownie is big enough that you can share it. It can be kind of an intimate for two sort of dessert. You can also plate the brownie in the same way we did the molten cake or you can do it in a slightly different design. And you can use the back of a spoon and just drag it through and it creates little stripes like that.

**JAMIE CALLISON:** Those are beautiful, Jessica. And I don't know, sometimes sharing dessert is a good idea, sometimes it's a bad idea. But sharing actually is definitely better for you, but it's complicated sometimes. I know tonight we were talking about a little of the kind of beverage pairing with your food. Definitely red wine with the chocolate and we'll kind of talk about that a little more. At the beginning a great kind of lightly sweet champagne. But the most important thing is to drink what you like.

I mean if you want to drink a Bud Light with a nice steak dish, definitely try that. I recommend trying to get out your comfort zone every once in a while and asking, if you're in a restaurant, or asking maybe at the store where you're buying your wine, ask them for some suggestions for trying those things. Ask the winemaker at your local winery. We work a lot with Merry Cellars here. Patrick donated his time, worked with our students and made this wine with our students. This is called Cougar Roots and it's a nice blended red wine from our local winery here-- amazing wine.

And this type of wine, because it has a nice body to it, what I always look to do is try to pair the body of the wine with the body of the food. So we have these porcini mashed potatoes, we have this steak, we have the roasted vegetables. Of course you could drink a Riesling with that. The Riesling is going to get washed out by the food. So you want something that kind of pairs. You want to showcase the wine and the food together. So this blend would be perfect. It has a little bit of Merlot, Petit Verdot, Syrah, Cab.

So the depth of this wine will pair really well with that dish. And if you go into the salads, the Sauvignon Blanc with the goat cheese and the strawberries and those type things. And if

you're here locally, Patrick-- and he also sells throughout the state-- has some great wines that would pair with that, too. So I definitely recommend kind of getting out of your comfort zone.

If you're at a restaurant, ask the sommelier or your server if you can try a little bit of the wine. Maybe you don't like red wine, but the perfect pairing is when you have a bite of food and then you want a sip of wine. And then you have a sip of wine and you want a bite of food and you go back and forth. And hopefully at the end of the meal you have enough wine and food to kind of match together. But really having that perfect pairing. But you have to build that palate and so this steak dish would be a great one.

But you're going to want, usually, a heartier wine with that. But again, it's your night, right, so if you like a sweet Riesling with your steak, don't let anybody else tell you what to do. Enjoy it. That's your perfect pairing and you should enjoy that.

**ALEX MURPHY:** All right. Well, I think we'd all like to say thank you to chef and to his wonderful assistants for showing us some great recipes. I know that you guys can't smell it at home, but it smells amazing in here. And I hope that you all take the opportunity to try out some of these recipes this weekend for whoever you decide to spend Valentine's Day with. And if any of you Global Campus students at home are intrigued by any of this, Global Campus has just opened up a new bachelor of arts that opens in the fall for a major in hospitality business management. And like chef said, we'll be doing another live stream with Merry Cellers' wine owner Patrick Merry on March 3. So stay tuned for that and thanks for joining and everybody have a great night.

**JAMIE CALLISON:** Thank you.