

Tuscan Summer Cooking

[MUSIC PLAYING]

KAITLIN HENNESSY: Hello everyone, and welcome to Tuscan Summer Cooking. My name is Kaitlin Hennessy, I'm the Program Coordinator at Global Connections. And presenting this evening is Chef Jamie Callison. Chef Callison is the Executive Chef at the School of Hospitality Business Management and inducted member of the American Culinary Association.

Tonight throughout the evening, please use the YouTube chat box or Facebook comments to ask questions to the chef. Let me know if you have any technical difficulties, or just discuss the content. All right, I'm going to turn it over to the chef. Thank you so much.

JAMIE CALLISON: Yeah. Well welcome. Hopefully everybody's having a great summer. This is Jessica Murray, who is a grad student. She's I think got a four year, five year sentence with me. So we're very excited to have her here tonight. She's actually studying abroad in Italy with our Florence program.

So this summer I went to Tuscany. I've been doing that program for about 10 years. And every year I get inspired by the fresh food and the wonderful products, and really the culture of the food and wine that they have there. So with the produce this week, I went to the farmer's market, and had an amazing experience. And you're going to have to bear with us a little bit, because I think I got a little over-inspired with what we need to cover today. So please, if you questions, if I'm talking too fast, or if you don't understand something, please type in a question so we can answer that for you. So I'm going to start.

So one of the things that we like to start with is aperitivo, And aperitivo, a lot of times they have crostinis or bruschetta. So I had no plan at all on Saturday when I went to the market. I think I was there for about 2 and 1/2 hours, and we just kind of walked through the market and really designed today all around with what we had at the Moscow farmer's market.

So starting with bread. We have a nice local bread from Panhandle Bakery here. This is just a really nice quality bread. It's a couple days old which is really good for bruschetta, because we're going to grill that anyway. So we have a little bit of olive oil here, mix. We're going to brush on there evenly. And then we're going to grill this bread, and that adds a lot of flavor.

Today I'm using a grill, the inside grill. I love the smoky flavor of that natural grill, outside type

barbecue. The beautiful thing about this time of year is when you're doing crostini like this, you don't have to heat up your kitchen. You can actually do all of this from right outside with your favorite iced tea or beverage. Barbecuing is always an amazing thing this time of year. So we're going to brown this a little bit, and get a nice-- that's going to add texture and flavor to our dish.

So for our first crostini-- all these crostinis were inspirations from traveling to Italy. So the first one that one of my favorites over there is they do a brie almond, and we're using WSU honey. So I have my bread that's already been grilled here. And we're going to take that, and we have sliced brie that we're going to use. This summer I actually had the opportunity to also take students to Lyon, France. And so they use a lot of brie in Italy, too, but it really inspired me about the different cheeses and stuff over there too.

So this one we're actually going to take and we're going to heat up in the oven. So we're going to take it. We're going to lay the cheese evenly. We want to make sure we get really good coverage of the cheese on here. And we can go ahead and put those almonds on there too. Just-- they're already toasted. You want to make sure when you're putting almonds on something like this that they are pre-toasted, because that raw flavor just kind of gives it an off-flavor. So that's important.

Jessica, can you put this in the--

And you can see how quick the bread is getting that nice toast on there. We're going to toast this on both sides. So there's a restaurant in Florence, Italy called [INAUDIBLE]. Nikolai, who's the executive chef and owner there, all these crostinis were inspired from his establishment. He does an amazing job. This is not an advertisement for him, but he really does a good job.

So I have another bread here that's a baguette. It's like a three seed baguette. And so we're actually going to do wine cured goat cheese on this one. And the rind is edible on this. I just don't like the texture. When you're choosing a cheese-- like brie cheese, we would never remove the rind off of the cheese. However, this one-- the texture-- it's definitely edible, but the texture's a little tough. So especially for a crostini, I already have the texture in the bread, I like the flavor and the texture a lot more removed in the outside of the cheese there.

So for these ones, this one's really simple. We have fig preserves that we made here. Actually, Jessica made. We're just going to line up our crostinis. I keep on seeing smoke out of the corner of my eye, so I'm keeping an eye on the bread. But you see that nice texture and the

nice color on that bread? The bread's extremely hot, but I have definitely seared my hands quite a few times. So I'm not really feeling very much pain right there. But see the nice coloring on there? That adds, again, a lot of flavor and a lot of texture.

So we just want to put a little bit of this fig preserves on here. This is going to add a little sweetness to it. I'm doing this a little backwards so that you can see what I'm doing here. I'm going to change so I can do this a little quicker. In Italy, a lot of times, they'll just take an actual mint leaf, a whole mint leaf and put it right on there. That is OK. However, I find that it becomes a little strong.

So what I like to do is just take a little bit of mint-- what we do is we roll it. So we're taking it and we're rolling it like this on the board, nice and tight. I know it's hard to see because it's really small leaves there. And we're going to take that, I'm going to trim off the very end right here, and we're going to chiffonade this. This adds great color, but also adds amazing flavor. That mint really brightens this crostini up.

You see how simple this one is here? It's very colorful, and a lot of flavor. With that wine cured goat cheese, the bread, the fig preserves, the sweetest of the fig preserves, the freshness of the mint, it's a really-- that's one of my favorite crostinis there.

Now the next one. I have a little treat on this one. This one I actually just created today. It was a last minute thing which you-- if you've already looked at the recipes, this recipe has been added. I made a scape, which is a garlic sprout on top of flower on there, and I made a pesto out of this. And I used basil, Spanish almonds, and then also a little bit of parmesan-reggiano and olive oil and salt. I did not add any extra garlic to it because it already has a background of the garlic flavor. So we're going to set that aside here.

For pesto, I don't have time today to demo the pesto, and you'll see this in your instructions. What I usually do is I add one third of the leaves. Whether it's basil, the garlic scapes, arugula, or whatever kind of pesto you're doing. All the olive oil, all the other components, and I blend it up, and then I start slowly adding more of the leaves to the pesto. And the handheld immersion blenders really work well, because you don't want to over-blend it. So you kind of work the product down.

And these right here-- the containers that come with these-- always break. These little bar shakers here are the best thing for it. It's perfect size, and it holds up really well. So this is a great way-- do not over blend your pesto. If you can see the color of the pesto here-- it's nice

bright green. And you want that color, because it will actually start to cook by heating it up if you blend it too much. OK.

So we're going to take these right here. We're going to cut them. This is the brie crostini. And we have some of our WSU honey, which, again, the brie has great flavor. The almonds. That honey is going to add a little bit of sweetness. And this is a great one to have warm. And you can actually finish this right on the barbecue. You don't have to put this in the oven. Just finish it right in the barbecue so you don't have to heat up your kitchen. This goes really well with a nice crisp white wine.

OK, for our creation today, the next crostini-- I made some housemaid ricotta, however you can definitely use just regular ricotta. We're going to put a little bit of that ricotta on there. I really like-- and we'll send out that recipe too-- I really like the housemade ricotta flavor a lot better than the store bought ricotta. You can control the amount of acid, which is the lemon we put in here, which help curdle the-- create the cheese, broke them milk.

So I'm just putting a little bit of that on there. A little bit of the ricotta. Trying to get it even as I can, so I'm going to spread this a little bit. This is not cooperating with me, but that's OK. Then we're going to put a little bit of the pesto on there. This is going to be a beautiful color.

The wonderful thing about pesto, whether you're making it with just basil, is what we do at home is we just take the two ounce containers that you can buy at Safeway or any grocery store-- the plastic containers-- we put the pesto in those, and then put those containers into a Ziploc bag. And as always you keep the airtight, your pesto will last for at least three months and stay good quality.

We actually keep pesto here. We'll get nasal basil in at the beginning of the school year when it's in season. And we'll actually keep pesto here throughout the year. We make enough pesto. I think we made about 16 gallons last year of pesto and froze it and kept it airtight and it's the same quality after actually nine months.

So I'm getting out of little bit of tomato to this. That's going to add a lot of freshness. Trying to get different colors on there. So it becomes kind of like a bruschetta to, with a lot more flavor. And this garlic scape pesto is really good. It's a really nice compliment.

And if you want to, it doesn't really need it, but I have a little balsamic reduction, or you can just use an aged balsamic too. It, again, doesn't really need it, but it adds a nice coloring to

that. And again, we never add anything just for color, but that acidity with the freshness of the tomatoes, the creaminess of the ricotta, and the herbs, this is going to be an amazing crostini.

Now crostini, again, should all be inspirations. So you should be able to kind of create your own, and not worry about working with inside a box. So have some fun with it. I just always suggest kind of thinking about what goes well together. Be creative, but maybe test it out before you have people coming over to your house.

So in the market, I was also inspired for a salad. So I have beets here. Some local beets. And what I did too is, when I cut into these beets, the first thing I did was taste them. Very important that you always taste your vegetables before you cook them. One of the most compliments I've ever received on a vegetable was on a beet.

I cut the beet up. I tasted it. It was so tender, so sweet, I added a little bit of olive oil, a little salt to it, put it right on the plate, no cooking at all. And I got so many compliments about people asking about what I did to that beet. And what I did was I let it be a beet. And I just let it stand for itself. So sometimes if you step back and don't try to overcomplicate what you're doing, it's very helpful.

These beets I cooked just for a few minutes. They were definitely a little tougher. But the flavor is absolutely incredible. So I really didn't do much to them. Today in the recipes we sent you I believe you're going to have a champagne vinaigrette. It's hot outside. There's no reason to spend extra time in the kitchen.

If you get some really good olive oil, I always try to buy kind of as local as I can. So I bought some California olive oil. The Greek olive oil, the Italian, the Spanish olive oil, all amazing. So I'm not saying anything. But again trying to stay local, when you're using it an olive oil for a salad, there's different levels of olive oil too. There are some that are robust, some that are mild. This company does a really good job about putting that right on the label, and telling you which one it is.

So for this salad, because I don't want to overpower it, I'm actually going to use a mild olive oil for it. So I'm just going to add a little bit of oil to this Can you hand me a lemon? I took lemon, just wrapped it in cheesecloth. I'm going to squeeze just a little bit of lemon juice, a little bit of salt, and a little bit of pepper, and that's it.

With these pepper grinders, too, a lot of people don't know this, but you can adjust. And I

always-- I already adjusted this one. But before I ever use a pepper grinder, I always go like this on the counter, and I can see the coarseness of the pepper. Because if you don't, you can get a really big chunk of pepper in your salad. And that's not enjoyable, unless you really like that.

So I'm just going to toss this. These are all local greens here. Just the really light coating of olive oil on. There I don't want to over-- these greens are amazing, so I don't really want to overpower these. So we put that on the plate. And when I'm putting them in the bowl, a lot of people will take salad and they kind of press it down like this when they put it in there. Let the lettuce-- I know this sounds ridiculous-- but let the lettuce live. Let it stand up. Don't press it down.

I won't say that a member of my family, but one of my members my family always hates when I say, from the Beatles, let it be. Just let it be. Right? She knows who she is. I won't say. So I'm going to put little Cougar Gold. This is the dill. Cougar cheese on there. Which would be a really nice-- go really good with the beets.

The beets, I just added a little olive oil, salt, and a little lemon on these. So you get those nice beets on there. The beets right now are absolutely amazing. So I also have some radishes here. You like how thin I sliced those by hand? Actually I didn't slice these by hand. I'll show you here in a second. But the radishes-- I put a little salt in the water, kind of soften them up a little bit, and sliced them today, but they're really nice flavor. But again, I tasted them to make sure that what I needed to do to them too. And they were just a little tough.

And then there should be pistachios. Over there. Oh, right here. And then I have a little pistachios. So for a salad, you have greens for a green salad. This is-- if you're going to make the perfect green salad, this is the components you need. Greens-- a little acidity, which is in the lemon, a little bit of fat in the olive oil, the cheese, a creaminess, and some sort of-- something fresh on there like a fruit or a vegetable, and then a crunch. That could be a crouton or it could be a nut.

Today I'm using pistachios. Because pistachios definitely-- there's something about-- and this salad's amazing with goat cheese, too. There's something about pistachios, beets, goat cheese, and some sort of bitter greens. It's like a magical combination. That's why you see it in so many restaurants. But there's your-- that salad is very, very simple to make.

So for the mandolin, you can buy-- these are basically just a cutter. What I do is always by a

cutting glove, because the guides never work. Put the cutting glove on, and then put a glove over the top of the cutting glove, and that way you can take your hand right on. There never do that without the cutting glove on there. And you can actually hold onto it really well. And you can get those really-- to cut that many that perfect is really difficult to do. It's very, very thin. You can see through this.

OK, today we're making beefsteak of Florentine. And we're making roasted vegetables. The vegetables, again, were just inspiration. I walked through the market and became very, very excited about all the different vegetables. Tomatoes are one of the things that were not in season yet, so I did buy some tomatoes from the store.

And what I did with these is I just rubbed a little bit of olive oil on them. A little bit of salt. And I put these in an oven at 200 degrees. No convection. And just let them set in there and kind of slowly roast. And they develop a great flavor. And that's what I did for the roasted vegetables. And you can leave him in there for a couple of hours. As always your fan's not on, and it's not a real hot oven.

I always recommend setting a timer until you get used to your oven and kind of how it works. So but this screen-- I actually have it upside down right now, which is kind of strange. But it creates a little barrier right here-- these little slats right here. If you have a screen that you can't do that with, and it's going to roll off and fall into the pan, you can put a little aluminum foil around to kind of trap them in there. So we get very creative in the kitchen here.

So what I did today was I have a lot of different vegetables. I don't know if we can pan into the vegetables here. I have a lot of summer squash, and that's what's in season right now. So I got the patty pan squash, the zucchini, I've got the garlic scapes, we're roasting some of those off. And again, we bought the beets for the salad. But again, this was the inspiration for the vegetables. I walked through the farmer's market twice before I even bought anything just to get inspiration and see what was the best.

And if you've not been to the Moscow farmer's market, definitely-- even if you're not from here, and you come here for a football game, it's every Saturday. It's amazing. The product is-- and the people there are absolutely amazing. So what I did with my carrot is, we have these beautiful little carrots here. And peeled them, washed them, and then what I did is I actually do a strange cut. I just turn it like this, keep on turning my knife, and I'm getting these kind of interesting little cuts like this.

In the industry we'll call these paysannes sometimes. I use the same cut for stews and different things. It just has a nice look to it. What I did with this carrots is I just didn't want to do these on the grill. Because I tried it today, and they just didn't have enough moisture on these carrots. So again, I tasted them, did a little experiment, but I thought about it before I actually just went and attacked the carrot.

So I just roasted them. They only took probably about seven minutes. I roasted them in a 400 degree oven. And what I did with my oven-- my pan-- is I put my pan-- whenever I roast potatoes or anything in the oven, I get the pan, I preheat the pan. So get the pan in the hot oven, get it hot. Coat your vegetables or potatoes or whatever you're making, and put them on that pan when that pans extremely hot, and that's going to help them start to brown right away, and that'll stop them from sticking on your pan too. So that's a huge help.

But you see these roasted very little. Great flavor, they still have texture in them. These carrots are-- there was about this many, but after lunch I kind of used this as my dessert. Kept on eating them. They're really, really good product.

So for my squash, I just kind of-- the patty pound squash I just ordered, and I grilled them right on the grill. For the zucchini, the baby zucchini-- if this was a large zucchini, I would cut it in like three strips down lengthways. So you can grill the whole thing without having a bunch of pieces on the grill. And I just grill no oil at all on your zucchini. It has a lot of water in it. And you that water to actually release. The oil will kind of make it-- the oil water mixing will make your vegetable soggy. So it's important.

So for these ones, because they're small, I just cut them in half, and I just put them right on the grill. And I roasted them. Do you want to grab me the screen pan as you're done? So really important when you get them done that you do not put them just in a pan like this, that you actually use a pan with a screen in it. So that they actually get to breath a little bit.

The beautiful thing about roasted vegetables is you can do roasted vegetables. I roasted these off earlier today. You can do these if you have people coming over. I have the garlic scapes are great. All I did with these is I put a little olive oil and salt on them, and I put them right on the grill. And that's it. So if you look in here, I don't know if you can see in here.

We have the tomatoes. We have the squash. I caramelized some onions in here. Onions can be done in a saute pan. I put a little oil on the onions, and put them right on the grill. There

were the Walla Walla sweets, and they were absolutely amazing. But look at the coloring in here. We are not serving-- we had the crostinis to start with. We're not serving any starch with our entree.

These vegetables can be done hours before your guests show up. You can refrigerate, them and pull them out. I would suggest pulling them out maybe an hour and a half before service, so that they can get the room temperature. But I put a little thyme, salt and pepper, there is a recipe that is on the log-in that you received that is out of The Crimson Cookbook. *The Crimson Spoon* cookbook.

But this is-- again, I don't like trying to-- when people come over your house, you never know when they're actually going to sit down and eat. Holding vegetables hot is always a disaster. For me, anyway. This way, you can have them room temperature. If people eat a little bit late, you're going to be OK. So very important. And I seasoned these with salt and pepper. And again, you're tasting things before you cook them and approaching the vegetables in the right way. Sometimes they need very little and sometimes they need a little help, depending on the time of year and where you get your product from.

Are we ready to talk about steak? So we're going to look at the vegetables real quick. See, they're starting to get a little color. We definitely want more color than this right here. But they're getting a little bit of color. So we want to get them a little darker, that's going to add a lot of flavor.

I love doing these. I have two barbecues at home. I'm a little spoiled. I have a Green Egg and I have the Traeger. When I do them at home, actually, I don't really do them on extremely high heat. I cook them a little bit softer heat, and that smoke flavor build into them. And they're absolutely amazing.

The other thing you can do is skewer them. So you can cut your vegetables and cook them on the barbecue with the skewer. And that way you're not actually taking having to take your tong and fight and search for those vegetables all the time. And as they start to shrink up, you have to be careful if you cut them too small, it could be problematic because they'll start to fall through the grill. So you have to be a little careful with that.

Sorry, it's about 10 degrees hotter in here than it is outside. I think.

OK, those of you who have been around me, or seen any of my classes before, or been at my

dinners. I talk about the Sous Vide equipment a lot. This time of year, Sous Vide is absolutely amazing. And part of the reason is, I've been cooking this steak for five hours now, and there's no heat coming out. Heating up your kitchen. It's really a great way to go.

So there's the Sous Vide machines. These used to be about probably \$700 to \$800 for the cheapest version. Or the least expensive version is a better way to say it. This machine right here is about \$100 now. And there's other brands out here. I'm not here advertising a certain brand. . there are other brands out there. And they are absolutely amazing.

Sous Vide means under pressure. Sous Vide is not really the machine. This machine just controls the temperature. So I vacuum packed the meat, and then I seared it off. And you're going to see the grill marks here in a second. Seared it off. Vacuum packed it. Before you vacuum pack, you need to make sure that your meat gets down below 41 degrees. Bacteria grow extremely fast if you don't. So make sure you refrigerate your product after you sear it.

The searing is going to lock in the flavor. Beef prices are crazy right now. And they're going up. By doing this, I'm using about 20% less of the product during the cooking . Instead of going in the grill, you know your grill flames up and it catches on fire. Instead of that happening, it's actually-- all the moisture staying right in here. It's a great way to cook. You definitely end up with a lot more consistent product.

The beautiful thing about this is I set a temperature. Once the proteins get to that temperature, they coagulate. It will not overcook. I can leave this in here for four days. You do not want to do that, the texture will be bad, and it's not a good thing to do. However, it will still be a perfect medium rare in three days. Again, do not do that. That's not what we want to do. However, just the technology-- you can not overcook.

We do pork chops, we do chicken. We do all kinds of things with these things. And they work absolutely amazing. So will you take that please? So we're going to-- if you've somehow got a glimpse of this steak, that'd be about enough for me there. A nice barbecue, just a big steak.

So this is a 2 and 3/4 inch T-bone steak. Dissmores (grocery store) got this for me this morning. It's a beautiful steak. We in Florence, the beef steak a Florentine is a shared item. In the United States, same thing in my house, sometimes we get a steak, you cook it, you put it on your plate, and whether it's a 16 ounce steak or a seven ounce steak, it's enough steak for me. But sometimes if I'm talking and having a great time, I end up eating way too much.

This way, this steak right here would be for the whole family. I would say this would feed six people pretty generously. So the beautiful thing about this is in Italy, food is not just, you sit down, you're texting, you're on the phone, you're in a hurry. In Italy, when you sit down with your family and/or friends, it's time to enjoy and talk about the day and to enjoy the company, not rush through dinner, worry about what somebody is doing on Facebook. I'm not judging anybody, I've done it too. I've gotten out my cell phone at dinner. You never see any Italians do that Italy. They really believe in enjoying the experience.

And a dinner over there can easily take up to four hours. And you're not eating a lot. You're just talking and enjoying it. This right here, instead of getting in the steak on your plate, this is a celebration. And so it's a beautiful thing. So what I'm going to do now is I'm going to talk a little bit about-- this grills a little backwards to show you-- I think I've showed this in one of my other classes, is basically how to get those-- flip this over-- those perfect grill marks that we're looking for. See those nice diamonds right there? Is how to get those.

We have a little bit of olive oil. The steak I dried off, too. Very important. It's funny, I use this kale as a decoration. Kale, when I first started cooking, was only decoration. And now I eat kale all the time. But it's funny how times change. So I'm going to put a little bit of WSU seasoning on there. And this is a thick steak. This is not all salt. This is a product that actually animal food science is going to be selling here real soon. So we're going to season this really well on all corners and everything. Not saying you're going to eat that fat, but you might as well have it taste good, right?

So on this grill, we want to get this extremely hot and even. So when we set a steak or anything on the grill, we want to get those marks. Just look at the clock. And if you look at-- there's a clock on the wall-- if you look at the clock, and you set the steak first at 10:00 o'clock, then you set it at 2:00 o'clock. I don't know if you can see in there, the perfect diamonds right in here. You can see how it creates the diamonds.

So you start at 10, and you pick up your steak, and you move it to 2. Or you start at 2 and move it to 10. It doesn't matter. But it's just the angle that you're looking for.

So for our grills, this is just a towel with canola oil on it. We season the grill really good. Doesn't that look great? So in Italy the beef steak a Florentine, the beef that they're using is very lean. The steak that we're using here is definitely a little bit higher in terms of fat content. But I did try to pick a little bit leaner steak for this.

Now, this has already been grilled off. We could re-grill this if we wanted to. However, for today, I don't think we need to. I got really good color on that. As you can see, the nice grill marks on there. If we set off the fire alarm, it might be an early evening. So I'm going to go ahead and cut right along the bone here.

I don't know what it is with our dogs. Whenever we do T-bone steak, they know. If you look at this right here, see how it's perfectly medium rare all the way through from top to bottom. There's no discoloration in the steak at all. That's because in the circulator, it cooked evenly all the way through. Normally you would have a graying through here, but that is a beautiful medium rare all the way through.

So now-- that's the New York there, we have the tenderloin on the other side. Yes, we have a question.

KAITLIN

We have a question from the chat box that asks, do you ever use a meat thermometer?

HENNESSY:

JAMIE CALLISON: Yes, and actually, I'm going to get to that here in a second. For the Sous Vide-- the question was, do we ever use a meat thermometer-- for the Sous Vide I don't need to. It's cooked perfectly all the way through. If I was going to use a meat thermometer, which I have right here, I would use it for the traditional cooking method. Because we want to make sure that we get it to the right temperature. This steak is really thick, so it's going to be hard to get it cooked all the way through as evenly as you could with the Sous Vide.

You're going to want to make sure that you stick it in. Like, if I was using this, I would want to make sure that I stuck it in at least an inch and all the way through. And then I would temp it out, and you'd want this steak that's about 128 for medium rare.

Part of that is there's carryover cooking. I don't know if you can see this. It's a beautiful-- we might need to move that over in a second. So this one, because it's going to be really hard to cook all the way through on here, I am going to cook it partially on here on this little griddle, and then I'm going to finish it in the oven. If I was cooking this on a barbecue, I would turn the barbecue-- I would sear it and then turn the barbecue way down, if I was doing it traditional.

So we have--

JESSICA

How long was that Sous Vide in the--

MURRAY:

JAMIE CALLISON: That was in the Sous Vide for five hours. So a lot of times what they'll do to they'll take this and put it over the fire just to kind of cook that bone a little bit more. So what I'm going to do now is I'm going to slice this really thin. Look at that. That is absolutely amazing. It's cooked perfectly all the way through.

So I'm going to do really thin slices. The thing I really like about this steak too, like I was saying earlier, is this is a celebration. This isn't sitting down and seeing how quickly you can eat your steak. When you sit to eat this, you actually-- you end up eating a lot less. Well, sometimes. Because you're not taking one whole steak on your plate. You're actually just taking a couple pieces. But again, I mean, I can't express the difference in that right there, how-- I don't know, hopefully you can see that really good, but how nice and perfectly medium rare that is all the way through.

Yes, Kaitlin?

KAITLIN Our next question asks, what is the difference with medium rare and rare with the Sous Vide
HENNESSY: machine?

JAMIE CALLISON: It's temperature. Time and temperature. So this I cooked at 132 for five hours. 132-- some people would consider this rare. I still consider this more medium rare. It's definitely not as soft as a medium rare. If this was gray, and then just medium rare, it would be kind of soft in the middle. This actually is pretty firm all the way through, too. So I would-- for Sous Vide, I would say you'd probably want to cook it at about 130, if you wanted it a lot more rare.

So now what I've done, too, with the steak, because I want to brown it all the way around. So I'm going to turn it on the side right there. And we're probably going to-- not probably, we're going to move this into the oven here. Just on a-- you can put it on a pan. Take it off this one, just because this fat's is going to start creating a lot of smoke, and I'm not underneath a hood system here. And I don't want to have a major problem.

So I'm going to put the bone right on the board here. And then I'm going to take the steak. I'm just going to layer that down like this right here, and kind of shingle this around. Same thing with my-- and I'll turn this around where it's easier to see here in a second. Just so we don't have the fire department come in here. OK.

So what I've done here is I've shingled this around, and if you had roasted potatoes or

something on here, you could definitely put those right on here with this steak. So I have olive oil that I've infused with rosemary here. And basically I just kept this in here. You don't want to do this for very long. Because if you keep it in a dark place, you can have problems of botulism and stuff. You just want to do this for a couple hours. So the rosemary house has a lot of flavor.

I'm going to take this-- this is-- the olive oil that I used for this, too, is the robust olive oil. So definitely an olive oil with more pepper to it. You don't want to just use a light-- you want an olive oil that's going to stand up to the steak. So we're going to put a little bit of oil on it. And we still have to get to gelato, and panna cotta, so I need to hurry up or Jessica's going to get really upset at me.

Then I have finishing salt here. The finishing I like is the Maldon finishing salt. The beautiful thing about it is it has a lot of minerality to it. So it's not just salty. We're going to sprinkle a little bit that. I didn't-- so this steak is pretty thick. I shingled it a little bit. I want to get some of that salt on that steak. And I know this looks like a lot of salt, but it's really not. This salt is a lot of mineral to it. So I mean, you put this amount of pink sea salt on here, you would not eat this at all. So it really-- you need to taste salts and understand salts before you just pick up a salt and put it on there, just like when you cook a vegetable.

So we have a beef steak a Florentine there. And again, that is a celebration that's just not putting a steak on your plate and going to town. So we are going to switch over to dessert here. Is there any questions out there about the beef steak a Florentine? It's been a tradition in Florence for many years, for--

So Jessica is going to make a kind of traditional gelato, and explain the differences between gelato and ice cream, and then she's going to go over panna cotta.

JESSICA

MURRAY:

OK. Well now that we've had a really good dinner, we're going to transition to dessert. And we're going to do gelato. And we're also going to do panna cotta, which are both very traditional Italian, but they're also very simple. So you're not going to spend a ton of time slaving over dessert. You can get it done relatively quickly.

So the first thing we're going to do is we're going to take our half and half, and we just want to bring this to a simmer. We're also going to put the vanilla bean paste in with it. OK, so we're going to get that started. While the cream is heating up, we can add the vanilla bean paste.

You can also use vanilla beans in this if you want. You would just split the bean down the center and steep it in the cream, and then take the being out and scrape it before you put it in the rest of the ingredients.

So while that's warming up, we can take our bowl. And in our bowl we're going to combine our egg yolks and our sugar. So when you're making gelato, a lot of Italians think that the true difference between gelato and ice cream is that you use really high quality ingredients. So we've used eggs from some local farms. We use really good quality cream or milk. But if you want to do a legal difference, or a technical definition, ice cream has more fat in it from milk than gelato, traditionally. So you have a lot more milk in gelato than cream, whereas ice cream you have more cream and less milk.

You also-- the biggest difference--

JAMIE CALLISON: I think it's all in the eggs.

JESSICA

Really high quality eggs. The biggest difference though is in how it's made. So not so much

MURRAY:

making the base, but when it's churned. When gelato is churned, it's turned a lot slower. So you end up with less air bubbles in it. When you churn ice cream, it's faster, and you try to get more air in it. So ice cream is a little fluffier, whereas gelato is a little denser and creamier. So this is going to be more of a gelato, because we're doing it in a home churning system.

So while we wait for this to start warming up, we don't want to burn it. Make sure you're watching it so that it doesn't get burnt on the bottom. We just want to bring it to a simmer.

While that's going, I'm going to show you the base that I've already made. That got moved.

There it is. So this is a home ice cream churning system. You can get these now for about \$35. They're really affordable and they're really quick and do a high quality ice cream or gelato.

So this is a bowl that goes in the freezer, and we just freeze it solid. And it sits on here and it's got the blade that goes inside. And this is our gelato base that we've made earlier. You want to chill your gelato base before you start to churn it, so that you're not warming the bowl up too much. You want to retain all that frozen cold temperature in there.

So we just turn this on. And I don't know if you guys can see it in the mirror or not, but it's spinning. The bowl spins and the blade stays in the same place. So it's scraping it constantly off the sides of this frozen bowl as it freezes. So you want to have motion when you're making ice cream or gelato because that gives you the texture. Gelato is slower, less air bubbles, ice

cream is faster, more air bubbles.

So we're going over here, and we can see that our cream is just barely starting to come to a little bit of a simmer. You can see a little steam coming off of it. So we want to incorporate the cream into our eggs. But if we just poured it straight in, we would make scrambled eggs. So we want to do what's called tempering. We're going to add it really slowly while we mix. Thank you, chef.

And once you get a little bit in, you can actually start to pour faster. So by doing that, we've avoided making scrambled eggs. If you put the egg directly into the cream, you would also immediately scramble it. So then we're actually going to put it back in the pan. Now at this point, we just want to cook it until it starts to get a little bit thick, so that we can coat the back of a spoon. If you want to do it with a thermometer, you want it to hit 180 degrees. But you would pull it off at 175 because you're going to have a little bit of carryover cooking, same as a meat or anything else.

At this point, you have to be much more careful than you did previously because you don't want to scramble the eggs. Let's just sit here and do this. And you kind start to look and see if it's going to start coating the back of your spoon. And if you can see in here, this is already starting to freeze on the outsides and scraping that back in, and that's creating our nice creamy gelato texture. And this is just a plain vanilla gelato, but you can take this exact same base and you can put different flavors in it. You could put some orange zest, you could put anything you want in there. You can be really creative with it.

And then we also have-- so once you've finished it, you want to put it in the freezer for a little bit. Once it comes straight out of here, because it will be a little bit soft. If you want it soft serve, directly out of here is perfect. Otherwise, go ahead and put it in the freezer for a little bit. That will help firm it up. And then you've got a really nice, rich color gelato. Very creamy and delicious. So this has just started to cover the back of my spoon. So we're going to pull that off. And that needs chilled before we can churn it.

The next thing we're going to demo is panna cotta. Panna cotta is really simple and really nice. So we've got our cream here. Now, at this point, we do not want the cream to boil or even come to a simmer. We just want it to be warm. We're also going to put the sugar in. And our vanilla bean paste. Same thing, you can use actual vanilla beans if you want.

So the reason you don't want to get this too hot is you don't want to scald your cream, but also

you use gelatin in panna cotta, and if gelatin gets too hot, it will denature the protein, and you won't be able to set it up. So you want to make sure you're not getting it too hot. If by some chance it does get really warm, let it cool down before you add your gelatin.

And you also want to make sure that your sugar is completely dissolved, because you don't want those sugar crystals in your panna cotta. You want a really nice creamy texture. While that's going, you can go ahead and take your powdered gelatin, and you can use gelatin, or powdered gelatin, or sheet gelatin. If you're using sheet gelatin, you put it in cold water, let it soften up. You'll actually squeeze it out in your hands. If you see in the recipe, it actually says that.

So you squeeze out the excess water, and then you can put it in. If you're using powdered gelatin, just mix it with enough water to get everything wet. And then go ahead and let that hydrate. So this has already been hydrated here.

So when your gelato-- sorry, when your panna cotta is done, there are several different ways you guys can plate it or do it. One way that's really easy and fun and easy to clean up is you can use these little plastic cups if you want. You could use a ramekin. This kind of makes a pass dessert. Somebody can just walk up and grab it. So we poured the Panna cotta when it was still liquid in here. And then it solidified as it set up. And we just topped it with some fresh berries. We did blackberries and blueberries, with just a little bit of sugar on top. So it's really simple, really nice, has a lot of really good flavors.

The other way you can do it is if you pour the Panna terracotta when it's still liquid into a pan you can actually cut it into shape and you can pick the different shapes. And you can choose different pans to make it different depths. We made it pretty thin here because we like to have just a little bit of that. And then we did the fresh berries on top and a little chiffonade of mint right there.

JAMIE CALLISON: And of course, all these berries are from local farms. All the produce we use today. And the berries are all from local producers. Which, again, is a great-- one of the things I believe in, in Italy and France this summer, when I was there with students. The farmers markets are just a way of daily life. They have small refrigerators, they go to the farmer's markets almost every day. And it's a great way to get to know people and get to know other people who are producing your food. So I would heavily recommend making that kind of a normal part of your week. Especially here on the Palouse and throughout the country, there's so many amazing

farmer's markets out there.

JESSICA

So again, we're just trying to get this warm. And same as with the gelato, you just want to

MURRAY:

really high quality ingredients, like chef is saying. So even in your dairy. Really high quality dairy, high quality cream, half and half, whatever you're using.

JAMIE CALLISON: So besides the great recipes, if you get anything out of it today, I really hope it's an overall approach to food. So when you're going-- whether you're walking through the grocery store on a Tuesday when there is no farmer's market, and you walk by and it's like, those peaches smell really good. Probably use peaches in a salad or dessert and change your menu. Going to the farmer's market and walking through the whole farmer's market, and then designing your whole week's menu around the vegetables and stuff that are in season. You will definitely learn to enjoy your meal a lot more.

And really start to celebrate your meals. When you go out to eat when, you're having dinner at home. Dinner home should be a celebration. And believe me, there's lots of times where I'm really tired and I turn on that TV or I get on the cell phone. I mean, we're all human right. But the nights that I remember are the nights when I went out with friends and family and really had a great dinner and celebrated the food, the friendship, the beverages, and really had an amazing evening, three or four hours at dinner.

I know that sounds like a long time, but if you think about enjoying the crostini-- again, doesn't have the alcohol. But a glass of wine or beer or soft drink or something like that or tea. But just really enjoying it. And cooking that bread last minute and putting the toppings on there and talking about the food that you're serving. Grilling the vegetables, and people-- when you see vegetables like this in a container, you can tell a story about all these vegetables, where they came from.

Tell the story. Tell the story about where your product's coming from. How you approached it. Your approach to food. And food people love talking about food, and the story of where that came from. From the bread, Panhandle Bread Company, all the local flour that they're using. Jessica helped them with research in terms of their formulas and stuff. So there's a lot of stories to tell.

The beef-- we have great beef, local beef, here. This is Washington state beef. We have WSU Wagyu beef, which is absolutely amazing, here on campus. So again, everything can kind of have a story to it, too. And in the last 10 years, I've been going to Italy. And every year I go, I

kind of rethink my approach to food and beverage, and I think hopefully my cooking gets better every year, but also my approach to food.

So hopefully you enjoyed tonight. Is there any other questions or--

KAITLIN Yes, we do have one question that asks, do they serve family style a lot in Italy? You
HENNESSY: discussed The steak, but do they do it for most meals?

JAMIE CALLISON: It's kind of funny. The tourists over there-- which I am still, I mean, I know that I'm still a tourist when I go over there. The tourists, when they go over there, they tend to purchase things more individually. However, the Italians love it when you order two starters, two salads, two premi-- two of each thing, and you share it as a group, instead of just getting your individual plate. And they really-- when they see you doing that, that's the way they would do it at home.

Most of the restaurants I go to now, and I take students to, I've known the people for 10 years. It's not even a question. They just start bringing out food, and it's family style. Because they know that I want that part of the real Italian culture. So traditionally, in most restaurants, it ends up being family style now, with the people that live there especially. But the people who also go there and-- most people that I go out to eat with, we usually just like ordering a bunch of things and passing the plates around. So it's just-- it's a fun way to approach food.

JESSICA So all we did was add the rest of the gelatin to the panna cotta and poured it, and then you
MURRAY: just put it in your refrigerator and let it set up. Takes a couple hours. And then you can do whatever you want with it.

KAITLIN And our final questions so far is, do you have a favorite tomato variety for cooking with?
HENNESSY:

JAMIE CALLISON: Well, you know my favorite tomato variety-- and that's why I was kind of sad this week-- is, there was-- I mean, on the Palouse there is no tomatoes in season right now. So I really don't have a favorite tomato variety. I mean, I love when the heirloom tomatoes are in season and they're really fresh. Just like when I was saying, smelling that peach. I know people at the grocery store probably think I'm really off a little bit. Because I'll walk by and I won't buy a tomato unless it smells like a tomato.

So I would say that it just really depends. I mean some people say, oh I love roma tomatoes. Most times I smell the roma tomatoes-- our tomatoes are picked green so much that I smell

roma tomatoes, I don't smell anything. And I'm not going to buy it. So I would say let your senses kind of do the talking, and make your purchasing decisions better.

A lot of times, in Italy, it sounds strange, in some times of the year, most of them will use a high quality canned tomato for sauces. Canned tomatoes, I know you that's weird coming from a chef, are picked ripe. And you can actually-- so most high-end Italian restaurants in the US and in Italy use canned tomatoes for all their sauces. And I know that sounds strange coming from a chef, but it's picked and canned within about five hours.

KAITLIN

Finally, do you have a favorite wine pairing for this meal?

HENNESSY:

JAMIE CALLISON: Well I think I would start with-- I mean, I love Italian Vermentinos, that's my wine of choice for a starter. So for aperitivo, a Vermentino or champagne or something would go really, really well. Or a prosecco, I guess, depends on what you're talking about, would go really well with this.

With the salad, and I Sauvignon Blanc. With the goat cheese and the acidity and stuff would pair really well. And then of course, with the beef steak a Florentine, you're talking Florence, you're Chianti, so you're talking a Sangiovese, or just a bold wine. Something that's going to stand up to this.

It's not just-- when you're doing a pairing, it's not just the food. You know, some people say, oh, you have to serve red wine with beef, or never serve red wine with fish. It's how you cook the protein and that style of wine, too. So this-- it's roasted, it has lots of big flavors. You need a big wine. So big Cab, big Syrah. But of course a Chianti with a-- I love pairing things that are regional. So if I'm cooking something Italian, and it's from the region of Tuscany. Well Tuscany Chianti is the wine of that region.

All right, so I want to thank all of you for coming today. And I want to thank Jessica. She's been absolutely amazing. And there's a lot of sass that happens before you guys show up. So now we get to enjoy-- I wish you could help us enjoy this feast. Because the camera crew, everybody, they're already grabbing their plates and forks and stuff. But we're very excited. And I know it's almost the end of summer, but go out and enjoy those-- fall's coming, which is the best time for produce and stuff. Go out and start enjoying those farmer's markets, and go Cougs.

[MUSIC PLAYING]