

Boot Camp

With Chef Christina Erdman

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Day 2	Best-ever Squash Dip and Wholewheat Flatbread Classic Chicken Soup Sautéed Salmon Filet, with green salad and classic vinaigrette Pesto Linguini with confit cherry tomatoes, arugula, and parmesan Chocolate Chunk Cookies
Day 3	Tzatziki and Vegetable Crudités Buttermilk Muffins Scrambled Eggs with capers, chevre, and cherry tomatoes Grilled Rosemary Balsamic Flat Iron Steak Roasted Provençal Tapenade Portobello Mushroom (V) Mashed Potatoes & Honey Glazed Carrots Crunchy Braised Brussel Sprouts with smoked bacon

Born and raised in North Vancouver, Christina's passion for food is comparable to her love of traveling and the great outdoors. Whether it's cooking for Royalty and Canada's top hotels, searching fresh ingredients in Europe's outdoor markets or cooking a simple meal under the stars, she brings years of experience, knowledge and passion to everything she does.

"My education in cooking started at a very young age, watching and learning from my grandmother. Her ability and passion for doing even the simplest items instilled in me not only the fundamentals of cooking but how food does not have to be complex and difficult, it just needs to contain love."

Hummus & Crudités

Serves 2-3

Ingredients

For Hummus:

½ cup of dried chickpeas, soaked overnight
1 tsp baking soda, divided
1 small garlic clove
½ tsp salt
¼ cup tahini
Juice of one lemon
¼ cup water or cooking liquid

For Garnish:

Pinch of cumin
Pinch of smoked paprika
1-2 Tbsp olive oil

For Crudites:

1-2 medium cucumber, ½ cm bias cut
1-2 sweet pepper, cored/seeded, 1 cm slices
1-2 6-inch pita bread (optional)

Method

1. Place chickpeas in a bowl. Add ½ tsp of baking soda, cover with water and soak minimum 8 hours, preferably overnight.
2. Drain chickpeas, place in 3-4 qt sauce pan, add ½ tsp baking soda, cover by 2-3 inches with fresh cold water.
3. Bring to a boil over high heat, reduce heat and simmer for approximately 1 hour. Chickpeas are cooked when they squish easily between your fingers. Alternatively, use a pressure cooker to the manufacturer's directions.
4. In a pestle and mortar, pulverize garlic and salt. Add the chickpeas and tahini and continue to pulverize.
5. Add the lemon juice and water. Continue mix and mash. Adjust seasoning (salt, lemon juice and garlic). Serve with a drizzle of olive oil and sprinkling of cumin and smoked paprika. Alternatively, mince garlic and puree all ingredients in a food processor.

Perfect Roast Chicken Leg

Serves 2-3

Ingredients

3-4 Chicken legs (1-1.5 lbs)
1 tsp salt
pinch of ground black pepper
3-4 Tbsp grapeseed oil

Method

1. Heat oven to 400 degrees.
2. Season chicken generously with salt and pepper.
3. Heat a small (8 or 10-inch) well-seasoned pan (de Buyer or other) over high heat for 3-5 minutes.
4. Add oil to the pan. Tilt the pan gently back and forth and look for signs that oil is hot. Oil will ripple or send up little wisps/vapours when the proper heat is attained. Alternative, one can test the heat of the pan with a small drop of water. It should sizzle audibly when the pan is hot enough to start cooking.
5. Gently place the chicken, skin side down in the pan and fry for approximately 3 minutes, until golden brown.
6. Flip and fry the other side for 2-3 minutes.
7. Reduce the heat to medium and remove the chicken from the pan. Place on an oven safe dish and transfer to the hot oven and bake for approximately 20-25 minutes.
8. Check the doneness of the chicken with a meat thermometer. Insert the thermometer in the thickest part of the chicken (do not touch the bone with any part of the probe as it will distort the temperature reading). It should read a minimum of 165 F.
9. Make your pan sauce in the hot pan according to the following recipe.

Roasted Potatoes

Makes 2-3 servings

Ingredients

2-3 medium Yukon gold or white (Kennebec) potatoes (1 lb), cut in medium dice
1-2 Tbsp of grapeseed oil
1 tsp salt
¼ tsp ground black pepper
2 Tbsp of parsley (or other herbs), chopped (optional)

Method

1. Pre-heat the oven to 400 F.
2. In a medium mixing bowl combine all ingredients and mix.
3. Transfer ingredients to a parchment lined tray and bake for approximately 30 minutes.
4. The potatoes are done when pierced easily with a small knife. Sprinkle with herbs (optional). Serve warm and enjoy!

Broccoli au Buerre

Makes 2-3 servings

Ingredients

1-2 small head of broccoli (¾ lbs), cut into florets
2 Tbsp butter, small dice
½ tsp salt
¼ tsp ground black pepper
1-2 cloves garlic, minced (optional)

Method

1. Cut the broccoli stem and discard. Cut the broccoli florets in small pieces.
2. Add an inch of water to a 4 qt sauce pan. Place a steamer basket on top and bring to a boil. Reduce heat to a gentle simmer.
3. Add broccoli to the steamer basket and cover with a lid. Cook for approximately 4-5 minutes. Broccoli is done when the colour has changed to dark green and the stem of the largest floret is pierced easily with a paring knife.
4. Transfer broccoli to a mixing bowl, add butter, salt, butter, garlic (optional) and toss gently to coat. Use tongs to serve immediately.

Quick Herb Pan Sauce

Makes 2-3 servings

Ingredients

1 shallot, minced
1 small carrot, small dice
2 cremini mushrooms, finely sliced
1 sprig of thyme
1 bay leaf
½ tsp salt
¼ tsp ground black pepper
2 Tbsp butter
250 ml cream
Juice of ¼-½ lemon
2 Tbsp parsley, minced

Method

1. Heat an 8-inch stainless steel pan over medium heat.
2. Add the butter, minced shallots, carrots and mushrooms, thyme, bay leaf, salt and pepper. Cook the vegetables until translucent.
3. Add the cream.
4. Increase the heat to achieve a light boil, then reduce the heat and simmer the sauce until thickened.
5. Pass the sauce through a fine mesh sieve into a small clean frying pan.
6. Add the lemon juice. Taste and adjust the seasoning (salt and pepper) if necessary.
7. Reserve sauce and re-heat briefly, just prior to serving.
8. When chicken is cooked, and plated, add sauce on top of chicken and garnish with parsley.

Quick Chicken Stock

Makes 2-3 servings (4 cups)

Ingredients

1 small onion, rough chop
1 small carrot, rough chop
1 bay leaf
3 black peppercorns
1 sprig of thyme
bones from chicken leg

Method

1. Add all ingredients to a 2-3 qt sauce pan.
2. Cover with cold water, and bring to a boil over high heat.
3. Reduce heat so that the liquid is simmering.
4. Cook for 30-60 minutes.
5. Strain and reserve the liquid.
6. Allow to cool, and freeze if not using in the next 3 days.

Seasonal Fruit Crumble

Makes 6-8 servings

Ingredients

Filling:

8 large granny smith apples, peeled, cored and sliced (apple 3 lbs of whole apples) or substitute 9 cups of your favourite prepared fruit

½ cup brown sugar

1 tsp cinnamon

½ lemon juice

Topping:

1 cup flour

1 cup brown sugar

1 cup butter

2 cup oats

2 tsp cinnamon

Method

1. Preheat oven to 375F.
2. Combine filling ingredients and place in baking dish.
3. Combine topping ingredients until the butter is crumbly and the size of large peas.
4. Sprinkle topping over the apples and bake until crumble top is crisp and filling is bubbling, about 45 minutes.
5. Remove from the oven and let sit for 15 minutes before eating.

Freeze any extra topping. I love having it on hand to sprinkle on muffins before baking. Or, lay it on a baking sheet and toast it in a 350 oven for 10 minutes to have over apple sauce for a healthier weeknight dessert!

DAY 2

Best-Ever Squash Dip

Serves 8

Ingredients

For Roasting the Squash:

- 1 medium butternut squash, peeled and cut into chunks (net weight ~ 1lb)
- 2 Tbsp grapeseed oil
- 1 tsp ground cinnamon
- ½ tsp salt

For Making the Dip:

- 6 Tbsp tahini paste
- 6 Tbsp Greek yogurt
- 3 small garlic cloves, peeled and crushed

For Garnish:

- 1 ½ tsp mixed black and white sesame seeds
- 1 ½ tsp maple syrup
- 3 Tbsp cilantro, chopped

For Crudités:

- 1-2 medium cucumber, ½ cm bias cut
- 1-2 sweet pepper, cored/seeded, 1 cm slices
- 1-2 6-inch pita bread (optional)

Method

1. Pre-heat the oven to 350F.
2. In a medium mixing bowl combine squash, grapeseed oil, cinnamon and salt.
3. Transfer ingredients to a parchment lined tray and bake for approximately 60 minutes, stirring once during cooking. The squash is done when pierced easily with a small knife. Remove from oven and allow to cool.
4. Process in batches of 1 cup squash, 2 Tbsp tahini, 2 Tbsp Greek yogurt and 1 clove of garlic in a food processor until smooth.
5. Remove with a rubber spatula and repeat until all squash is processed.
6. Serve each batch with a ½ tsp of maple syrup, ½ tsp sesame seeds and 1 Tbsp of cilantro.

Whole Wheat Flatbread

Serves 4-6

Ingredients

140g ($\frac{2}{3}$ cup) whole wheat flour

1 1/2 tsp baking powder

1/2 tsp salt

140g plain Greek yogurt

3 Tbsp chopped fresh herbs of your choice (parsley, cilantro, rosemary, dill etc.)

Method

1. Mix first 3 ingredients in a bowl.
2. Add yogurt and herbs and bring together to form a dough.
3. Knead a few times then let rest for 5 minutes
4. Divide into golf ball sized balls and roll on a lightly floured counter to 1/2 inch thick.
5. Fry in a pan in butter over medium heat flipping when golden brown, about 2 minutes, or lightly brush with olive oil and throw them on the grill.

Classic Chicken Soup

Serves 2-3 (3 cups)

Ingredients

1 Tbsp Grapeseed oil + 3 Tbsp
1 shallot, fine chopped
1 small carrot, sliced
2 cremini mushrooms
1 garlic clove, peeled and chopped
¼ tsp salt
small pinch of ground black pepper
1 sprig of thyme
1 bay leaf
3 cups of chicken stock
1 small white potato, small diced
1 small de-boned chicken breast (½lb), diced
2 Tbsp Parsley, minced

Method

1. Heat the oil in a 2 qt sauce pan over medium heat.
2. Add the shallot, carrot, mushrooms and sweat for 5 minutes, stirring occasionally.
3. Add garlic, salt, pepper, thyme and bay leaf. Cook for another 3 minutes or until vegetables are translucent.
4. Add the stock, bring to a boil.
5. Add the potato and return to the boil. Reduce the heat and simmer for approximately 10 minutes, or until the potato is tender and slides off a paring knife with little resistance
6. Meanwhile, heat an 8-inch de Buyer or other well-seasoned iron pan on high for 3-5 minutes. Add 2-3 Tbsp of grapeseed oil. Ensure oil is hot using cues from day 1 (roasted chicken).
7. Add chicken in one layer, and season with ½ tsp salt & ¼ tsp pepper. Do not move chicken until it detaches from hot pan (3-5 minutes). Flip and continue to cook (approximately 1 minute). Remove chicken from pan with a slotted spoon and reserve.
8. Remove bay leaf and sprig of thyme from soup. Divide among bowls
9. Garnish with chicken & parsley and serve.

Sautéed Salmon & Seasonal Greens Salad

Serves 2-3

Ingredients

For the Salmon:

½-¾ lb salmon fillet
2 Tbsp grapeseed oil
¼ tsp salt
small pinch of ground black pepper

For the Sauce:

½ tsp dried dill
juice of ¼ lemon
3 Tbsp of butter
2 Tbsp parsley, minced

For the Salad:

2 radishes
1 small cucumber
2 cup of mixed seasonal greens

For the salad dressing:

3 Tbsp olive oil
1 Tbsp lemon juice
¼ tsp salt
¼ tsp dijon mustard
¼ tsp honey

Method

1. Pre-heat oven to 350 F.
2. Whisk together salad dressing ingredients in a medium mixing bowl and set aside.
3. Using the guard and mandolin, thinly slice the radish and cucumber. Reserve in a separate bowl.
4. Heat a de Buyer pan on high heat for 3 minutes. Meanwhile, season salmon fillet with salt and pepper. Add the grapeseed oil to the hot pan. Heat the oil to near smoking point. Put the salmon in the pan flesh side down. Adjust the heat to medium-high and cook for approximately 5 minutes. Using a heat proof spatula, flip the salmon and transfer pan with salmon to oven. Bake in oven for approximately 5-7 minutes. Check the doneness with a meat thermometer. Insert the thermometer in the thickest part of the fillet. It should read a minimum of **145 F**. Visual cue for properly cooked salmon is when it flakes easily when pressed with spatula. Transfer the salmon to a cutting board. Allow to rest 3-5 minutes. Cut into 2-3 portions.
5. Place small skillet over medium-low heat. Make sauce by melting butter and adding remaining ingredients.
6. Dress the seasonal greens. Add to a serving plate. Garnish with radishes and cucumber.
7. Add salmon to the plate, add sauce, and serve.

Pesto Linguini

with confit cherry tomatoes, arugula and parmesan

Serves 2-3

Ingredients

For the confit cherry tomatoes:

1 cup grapeseed oil
10 cherry tomatoes
1 cinnamon stick
½ tsp fennel seeds

For the Linguine:

½ lbs of dried linguine

To Finish:

1 cup arugula
finely grated parmesan cheese

For the Kale Pesto:

½ bunch kale, stems removed and discarded, leaves chopped.
1/8 cup of toasted walnuts
1 large garlic clove
1 tsp of maple syrup
juice from a quarter lemon
the zest of that lemon
1 tsp nutritional yeast
salt and pepper to season
¼ - ½ cup of good olive oil

Method

1. For the confit tomatoes, add the oil, tomatoes and spices to a 1 qt sauce pan and place on low heat. Allow to cook for 10 minutes. Remove from heat and allow to cool. Strain oil and keep to add wonderful tomato flavour to other cooked dishes or vinaigrette. Reserve tomatoes for pasta.
2. For the pasta, bring a 4 qt sauce pan of water with 2 Tbsp of salt to a boil over high heat.
3. Add the linguine, stirring occasionally to keep the pasta separate, lower heat to a gentle boil and cook for approximately 8-10 minutes. Test a piece for doneness by cutting into it. There should not be any white in the center and it should give only mild resistance when chewed (al dente).
4. Strain cooked pasta, drizzle with olive oil and stir to keep individual linguine separate.
5. For the pesto, combine all ingredients, except olive oil in a pestle and mortar or Vitamix. Pulverize into a paste. Slowly add the olive oil until the paste become a sauce.
6. In a medium mixing bowl combine the hot linguine, pesto and arugula.
7. Using tongs, twirl and place pesto linguine on a dinner plate and garnish with tomatoes and parmesan.

CHOCOLATE CHUNK COOKIES

Makes approximately 36 cookies

Ingredients

½ lb butter, room temperature
1 ½ cups brown sugar
½ cup white sugar
1 tsp vanilla
2 eggs
3 cups + 2 Tbsp flour
1 ½ tsp baking soda
pinch of salt
1 lb semi sweet baking chocolate, chopped

Method

1. In the bowl of a stand mixer with the paddle, soften the butter with the 2 sugars on medium high speed
2. When butter mixture is light and fluffy add the eggs one at a time allowing volume to develop between each addition
3. Add vanilla
4. Combine flour, salt and soda
5. Slow speed down to add flour in one shot
6. Mix to combine
7. Add chocolate, mix to combine
8. Roll dough into balls and allow to rest in fridge at least ½ hour
9. Bake at 350F for 8-10 minutes or until edges are firm but cookies haven't browned

DAY 3

Tzatziki and Vegetable Crudités

Serves 6

Ingredients

1 cup Greek yogurt
1/2 long English cucumber, grated
1 small garlic clove, crushed or very finely chopped
1 Tbsp chopped fresh dill
Salt and lemon juice to taste

Method

1. Combine all ingredients in a bowl, mix well and serve. Keeps in the fridge up to 3 days great for veggies and dip or as a sauce with chicken, lamb or fish.

Scrambled Eggs

with capers, chevre, and cherry tomatoes

Makes 2-3 servings

Ingredients

3-4 Tbsp grapeseed oil
6 eggs
½ tsp salt
pinch of ground black pepper
2 tsp capers
2 Tbsp chevre, crumbled
9 cherry tomatoes, halved

Method

1. Heat an 8-inch de Buyer Pan on high heat for 3-5 minutes.
2. Add salt, pepper and eggs in a medium mixing bowl and whisk until combined.
3. Add the oil to pan and use visual or auditory cue to ensure oil is hot (see day 1 Roast Chicken step 4).
4. Add eggs to pan and using a heatproof spatula, continuously move the eggs to ensure they cooked uniformly.
5. When the eggs are still a little runny, add the capers, tomatoes and chevre.
6. Continue to move the eggs and other ingredients until eggs are set and ingredients are uniformly combined.
7. Serve scrambled eggs.

BASIC BUTTERMILK MUFFINS

Makes 12 servings

Ingredients

2 Cups All-Purpose flour
1 Tbsp baking powder
1 tsp baking soda
1/2 tsp salt
2 eggs
1 cup buttermilk*
2/3 cup brown sugar
1/2 cup melted butter
1 tsp vanilla

**Don't have buttermilk? you can use regular milk and remove the baking soda from the recipe, OR add a Tbsp of lemon juice or vinegar to 1 cup of milk and let it sit for a few minutes, when it curdles you have buttermilk.*

Method

1. Preheat oven to 350F and line muffin tin with muffin liners.
2. Combine flour, powder, soda and salt in a mixing bowl.
3. Whisk together eggs, buttermilk, sugar and vanilla.
4. Pour wet ingredients into dry and gently bring together until combined. Don't over mix, or worry about lumps.
5. Add melted butter and your favourite flavour to the batter and stir to combine.
6. Divide batter evenly between muffin liners and bake for 12-15 minutes or until a toothpick inserted comes out clean.

This is a super simple muffin base recipe. Keep this one in your back pocket and add whatever's available for flavor: frozen blueberries, roasted apple, chopped bananas, espresso, or cardamom. Feeling fancy? Add a sprinkle of crumble topping from the Apple Crumble recipe before baking.

Grilled Rosemary Balsamic Flat Iron Steak

Serves 3

Ingredients

2 cloves of garlic, minced
2 Tbsp olive oil
2 Tbsp cup balsamic vinegar
4 Tbsp red wine, divided
2 tsp fresh rosemary, chopped and divided
¼ tsp salt
small pinch freshly ground black pepper
½ lb flat iron steak
drizzle of honey (optional)

Method

1. In a mixing bowl, whisk together garlic, olive oil, balsamic vinegar, 2 Tbsp of red wine, 1 tsp rosemary, salt and pepper
2. Place the steak in a re-sealable plastic bag. Add the marinade. Seal the bag on shake to coat the steak in marinade. Alternatively, put the steak in a shallow food-safe container that is just the right size, add marinade and cover with plastic wrap.
3. Refrigerate for 8 hours or overnight.
4. When you're ready to cook, pre-heat the grill to med-high.
5. Allow excess marinade to drain off and place the steak on the grill. Reserve the marinade.
6. Cook steak 3-4 minutes per side for medium-rare. Remove the steak from the grill and rest for 10 minutes.
7. Remember that the steak will continue to cook a little bit while resting.
8. Meanwhile pour the marinade into a skillet, place over medium heat. Pour in remaining 2 Tbsp of red wine. Bring to a boil and reduce by half - this will take approximately 5-10 mins. Stir in the remaining 1 tsp of rosemary. Adjust seasoning with a pinch of salt and/or pepper and maybe a drizzle of honey.
9. Slice steak across the grain in ½ inch slices, plate, spoon sauce over top and serve.

Roasted Provençal Tapenade Portobello Mushrooms

Serves 6

Ingredients

For the Roasted Mushrooms:

6 portobello mushrooms caps

2 Tbsp Olive Oil

1 ½ tsp salt

For the tapenade:

½ cup pitted kalamata olives, chopped coarse

½ cup chopped fresh parsley

¼ cup walnuts, toasted

1 clove of garlic, minced

Zest and juice of ½ lemon

¼ tsp red chili flakes

¼ cup olive oil

½ tsp salt

½ tsp freshly ground black pepper

Method

1. Pre-heat oven to 400 F. Prepare portobellos for roasting, cut ¼-inch slits, spaced ½ inch apart, in crosshatch pattern on surface (non-gill side). Brush with oil and sprinkle with salt.
2. Roast on a sheet, gill-side up until mushrooms release some of their juice and begin to brown around the edges, 8-12 minutes. Flip the mushrooms and continue to roast until liquid has completely evaporated and caps are golden brown, 8-12 minutes longer. Remove mushrooms from the oven.
3. Blend Tapenade ingredients into a coarse paste in a food processor, about 5-7 pulses.
4. With mushrooms gill side up and spoon filling into caps, pressing filling flat with back of spoon. Roast until heated through, 10-15 minutes. Transfer mushrooms to serving platter.

Mashed Potatoes

Serves 2-3

Ingredients

2-3 medium-large Yukon gold potatoes (1 lb)
1-2 tsp salt
3 Tbsp butter
1/3 cup cream
freshly ground black pepper
2 cloves of garlic, minced (optional)
2 Tbsp fresh herbs, chopped (optional)

Method

1. In a small saucepan heat the cream over low heat.
2. In a second medium saucepan, add the potato and salt and cover with water.
3. Bring to a boil over high heat.
4. Lower the heat and simmer gently for 15-20 minutes, until easily pierced with a paring knife.
5. Drain and allow to cool.
6. Peel the potato when cool enough to handle and use a ricer to press into fine strings.
7. Return to original saucepan.
8. Add the butter and stir to melt.
9. Add the cream, salt and pepper and stir until smooth.

Crunchy Braised Brussel Sprouts with Bacon

Serves 2-3

Ingredients

1/2 lbs. brussels sprouts, stems trimmed and halved
1/2 lb smoked bacon, diced
1/2 cup chicken stock
1 Tbsp butter (optional)
salt to taste
freshly squeezed lemon juice, to taste

Method

1. Pre-heat the oven to 450 F.
2. Add the bacon to a cold 12-inch cast iron pan and heat on medium-low, slowly rendering the fat and turning the meat until crispy and golden brown.
3. Add the brussel sprouts, cut side down, increase heat to medium-high and sautee until slightly browned. Now flip the brussel sprouts over so that they are cut-side up.
4. Add the stock, bring to a boil and transfer the pan to preheated oven for approximately 10 minutes
5. Brussel sprouts are done when tender but still crunchy. Remove pan from oven and transfer the brussel sprout to a serving plate
6. Whisk in butter (optional) to remaining pan sauce, add 1 tsp of lemon juice, adjust seasoning (salt and pepper) and pour sauce over sprouts and bacon.

Honey Glazed Carrots

Makes 2-3 servings

Ingredients

1/2 lbs. carrots (3 small-medium), trimmed and sliced on the bias, 1/2 cm thick
1 Tbsp grapeseed oil
2 Tbsp honey
4 Tbsp water
2 Tbsp butter
salt, to taste (approximately 1/2 tsp)
Pepper, to taste (approximately 1/4 tsp)
freshly squeezed lemon juice, to taste (approximately juice of 1/2 lemon)

Method

1. Heat a 10-inch pan on high heat, add grapeseed oil, add carrots, season with salt and sauté approximately 3 minutes, until lightly brown.
2. Add water and honey, reduce the heat to medium-high and continue to cook until tender and liquid is syrupy.
3. Add the butter and swirl to melt. Season with pepper and serve.