



Ed Miniat, Inc.

YOUR CUSTOM PROTEIN SOLUTIONS EXPERT

Culinary News

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One cannot think well, love well, sleep well, if one has not dined well.

—Virginia Woolf



People, Places and Events

Miniat Teams with ADM for RCA

The Research Chefs Association staged an event in the Chicagoland region on October 4. The gathering at Haymarket Brewery in Chicago featured an educational seminar joining the skills of chefs from Ed Miniat, Inc. and Archer Daniels Midland. Unlike seminars that focus on a single concept or ingredient, this seminar offered a dual theme combining pork value cuts and dehydrated bean products.

Miniat chefs John Draz and Jaime Mestan worked with the National Pork Board to explore new applications for under-utilized and cost-effective pork cuts cooked *sous vide*. The chefs worked with pork shanks, belly, picnic cushions and pectoral cuts. Eric White, research chef for ADM led the other topic of the seminar providing red, navy, great northern and black beans in the form of dehydrated powder, grits and whole beans. The chefs worked to create on-trend dishes that featured both the pork and bean products.

Attendees were treated to the fruits of their efforts with a meal that followed the seminar. Chinese-style pork belly with braised greens and white bean wonton featured a fragrant spice and soy-braised pork belly sliced and served with Asian vegetables and ultra-crisp fried wontons made with navy-bean

Top Ginger Producing Countries:

India
China
Indonesia
Nepal
Nigeria

Flavor Profile

Ginger's Got Zing!

Whether it's in holiday spice breads or your favorite Asian stir fry, ginger has long been providing a zesty zing to our flavor palette. Most commonly as a dried spice or in its fresh form, root ginger has a myriad of uses.

Ginger is actually not a root, but a rhizome, or the horizontal underground shoot of the plant *Zingiber officinale*. Ginger is part of the family *Zingiberaceae* which includes turmeric, cardamom and galangal. Originating in South Asia, ginger is now cultivated in tropical climates around the globe.

Ginger's therapeutic claims are many, including pain relief from migraines and arthritis, as well as for lowering cholesterol. Though these claims are yet to be clinically proven, multiple studies have found ginger safe and effective for treating nausea and diarrhea. This lends credence to Mom's prescription of ginger ale for an upset stomach.



The chemical in fresh ginger that provides flavor and therapeutic benefits is a pungent yellow oil called gingerly. Gingerol is related to both capsaicin and peperine, the chemicals that give chili peppers and black pepper their respective spiciness. When fresh ginger is heated (as in cooking) or dried, gingerol is transformed into two other chemicals, zingerone and shogaols. Zingerone provides ginger's aromatic qualities and shogaols provides its spiciness. Shogaols rates at 160,000 Scoville units—well above the peperine in peppercorns.

Since the beginning of the spice trade in Roman times, ginger has had a place in almost every world cuisine. Whether it's in the form of fresh root, grated, juiced, dried, powder, pickled, crystallized or fermented into beer or ale, its fragrant aroma and spicy zing are why we crave it.



From the Culinary Center

Miniat BBQ Pork Brisket with Bean Ragout

1000 g **Miniat fully cooked BBQ Pork Brisket (Y1168D)**

Bean ragout

240 g Barbecu sauce
200 g Water
70 g ADM Whole dehydrated pinto beans
70 g ADM Whole dehydrated red beans
70 g ADM Whole dehydrated navy beans
32 g Barbecue Spice
12 g Dehydrated chopped onion
12 g Bacon-flavored pork stock

1. Combine all ingredients for ragout. Seal in a vacuum bag. Cook in water bath or combi steamer at 185°F for 45 min.
2. Reheat pork brisket in its cooking bag in a water bath.
3. Slice pork brisket across the grain. Plate brisket over bean ragout and slices of white bean corn bread.
4. Drizzle slices with additional barbecue sauce.

powder. Porchetta with white bean polenta was made with garlic and herb roasted pork cushion served over soft polenta of corn meal and white bean grits. A Latin take on osso buco combined achiote-rubbed pork shank with a black bean risotto cake. Pork pectoral and brisket was cooked Memphis barbecue style and served with white bean corn bread and a barbecue bean ragout.

Chef Jaime Mestan took the applications to the dessert menu by creating maple bacon cup cakes enriched with bean powder and red velvet cup cakes utilizing red bean powder.

The pork and bean dishes were complimented by an assortment of craft brews provided by the host property. In addition to the great food and beer, area food professional also enjoyed networking and socializing.

Chain Watch

wilde @ greene

RESTAURANT + NATURAL MARKET

Old Orchard Mall in Skokie, Illinois recently did away with its standard chain-dominated food court. In its place is a single operation—Wilde & Greene. The self serve, buffet-style restaurant features 18 food stations in a 30,000 square foot facility. Upon entering, diners are given a charge card which makes it easy to mix and match offerings from the various stations, including fresh salads, pasta, grilled and steamed seafood, grilled and roasted meat and poultry, pasta, pizza, sushi and raw bar. For dessert there are stations featuring crepes, house baked pastries and a gelateria.

W&G also has a full bar with a large selection of wines by the glass. The roof top holds a stylish alfresco bar. A portion of the area is devoted to a organic market. Throughout there is a emphasis on naturally-raised meats and organic produce.

Wilde & Greene is the first U.S. operation by Richtree Market Restaurants, Inc. of Toronto, operating six market-style eateries in shopping centers in Ontario and eight organic markets across Canada. Diners will be impressed with the variety of offerings and the friendly helpful staff. However, if W&G is to succeed and find

home in more stateside malls, it needs to work out some of its service issues. On recent visits, traffic flow was a jumble, ordering was too complicated and the wait for many cooked-to-order items too long. Clearly the ability to capitalize on its promise of convenience is essential.



Action station at Wilde & Greene