



Welcome to Shop with the Chef Series 2008

Featuring Chef Paul Magill, Private Chef



Trained in classical French cuisine, Paul Magill recently moved to California from his native New Zealand and is skilled in many different styles of cuisine from classic Italian to Pacific fusion. Paul's broad work experience ranges from working as a chef at the 'bottom of the earth' in Antarctica at New Zealand's Scott Base to working as a private chef for royalty in the South of France.

Currently he is loving working for Nagamine Nursery and Cole Canyon Farms, bone carving and has just completed the construction of his first pizza oven!

FILET MIGNON SPRING ROLLS WITH A SIDE OF SZECHWAN HARICOT VERTS AND SHITAKE MUSHROOMS

INGREDIENTS

1 nice cut of filet mignon
8 spring roll wraps
1 bunch of bok choy
Pickled ginger (as desired)
Oil for frying
1 egg (for egg wash)
3 cups haricot verts (ends trimmed off)
1 1/2 cups sliced shitake mushrooms (stalks removed)
3 tablespoons Szechwan peppercorns
3 cloves garlic
1/4 cup soy sauce

DIRECTIONS

Cut filet mignon into strips approximately 2 x 1/2 inches. Season the filet with salt and pepper. Heat a frying pan with a small amount of olive oil until it reaches smoking point and very quickly seal the meat. Let meat cool and pat dry.

Slightly steam bok choy; set off of the stove to cool.

Beat the egg in a bowl for the egg wash.

Heat oil in a pot deep enough to cover rolls. Wrap each piece of meat in pickled ginger then again in a lightly steamed leaf of bok choy. Place one piece at the end of a single spring roll wrap. Lightly brush the sides of the wrapper with the egg wash (beaten egg) and fold the edges over the meat towards the center. Brush the exposed parts of the wrap lightly with egg wash and tightly roll from the meat end all the way down. Fry the rolls in oil at high heat (350 degrees) until lightly golden brown and crispy. Now for the side dish!

SZECHWAN HARICOT VERTS (FRENCH FILET BEANS) AND SHITAKE MUSHROOMS

Heat oil in a pan and add your sliced shitake mushrooms with salt and pepper, cook quickly then remove the mushrooms from the pan. Immediately add the haricot vert beans and finely cut garlic with salt and pepper. Sauté the beans until about half cooked and add ground Szechwan peppercorns, soy sauce and shitakes until the soy begins to caramelize and creates a glaze on the vegetables. Serve with the rolls and enjoy!

NOTES:

COMING NEXT MONTH!

Join us aturday, July 12, 2008 to meet Chef Patty Searle, private chef and caterer of Thrivin' Edibles. See schedule of upcoming events at www.montereybayfarmers.org.