

Chefs A' Field



*It's our obligation, each of us, as human beings,
to support good, healthy farmers. It's that simple*

– Chef Christine Keff of Flying Fish in Seattle, WA

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*Organic agriculture is about working with nature - not against it..
To me, that's important, because I have grandchildren -
I want a healthy future for them... and Organic is the only way to ensure that.*

– Farmer Jim Meyer of Cascadian Home Farm in Rockport, WA

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Chef Christine Keff ~ Flying Fish Restaurant in Seattle, WA

Blueberry Swirl Ice Cream

INGREDIENTS:

1 c milk
3/4c sugar
1 vanilla bean
pinch of salt
5 egg yolks
2c heavy cream
3c blueberries, rinsed and de-stemmed
1/2c sugar
juice of 1 lemon

METHOD:

To make the vanilla custard, put the milk, 3/4 c of sugar and pinch of salt in a heavy-bottomed saucepan. Slice open the vanilla bean and scrape the seeds into the milk; add the bean to the milk as well.

Heat the milk until just under a simmer. Slowly whisk the hot milk into the egg yolks, then put the entire mixture back into the saucepan. Heat over low flame, stirring constantly, until the mixture has thickened enough to coat a spatula.. Remove from heat, strain and cool completely.

Meanwhile, put the berries, 1/2 c sugar and lemon juice in a saucepan and simmer until the berries have burst and softened. Cool completely.

Freeze the vanilla custard in an ice cream freezer. When it has frozen, pour the blueberry mixture into the machine while it's running. Stop the machine when the berries are barely incorporated. Scoop the ice cream into a container and harden for a couple of hours in a freezer.



Blueberry Swirl Ice Cream

Recipe by Chef Christine Keff of Flying Fish in Seattle, WA

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We feed the soil, which in turns feeds the plants and eventually feeds us. It's a simple circle of life...
– Farmer Jim Meyer of Cascadian Home Farm in Rockport, WA

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Food is always better when it is shared with friends.
– Chef Christine Keff of Flying Fish in Seattle, WA

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Chef Christine Keff ~ Flying Fish Restaurant in Seattle, WA

Seafood Stifado

SERVES: 4 MAIN COURSES

INGREDIENTS:

½ c olive oil
3 bay leaves
3 cloves
2 cloves garlic
1 pound pearl onions, peeled
1/2c red wine
1lb tomatoes, peeled and pureed
10 mussels
10 manila clams (or other small clam)
6oz. halibut 1.5lb live lobster
1T chopped parsley
4T chopped fennel fronds
2T white wine vinegar
salt and black pepper to taste

METHOD:

Heat the olive oil in a large, shallow pan (sauteuse) and add the bay leaf and cloves. Heat just until you can smell the cloves, then add the onions. Cook slowly on medium heat until the onions have softened and browned slightly, about 20 minutes. Add the tomato puree and the red wine. Simmer until the tomato has thickened, about 20 minutes. Cut the halibut into 4 small pieces. Lay the fish and shell fish on top of the sauce and cover. Simmer gently until the fish has cooked and the mussels and clams have opened. Remove the seafood to a plate and add the herbs and vinegar to the sauce. Season with salt and pepper. To serve, put some sauce in the bottom of a large bowl. Lay the seafood on top.



Seafood Stifado

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*Knowing that there is trust and integrity behind every ingredient you cook with – it just makes sense...
I can't imagine cooking any other way.*

– Chef Christine Keff of Flying Fish in Seattle, WA

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