

F6 THE TORONTO STAR Wednesday, June 28, 2000

A taste of First Nations

Continued from F1

with his wife, Lida Kalisz, for the last 10 years.

But I'm here checking out his latest venture, Eureka Continuum, a restaurant featuring aboriginal cuisine that Redbird opened in January with partners Diane Robinson and Ron LeBlanc. The restaurant, at 205 Richmond St. W., is adjacent to the popular billiard café and bar The Coloured Stone that he and LeBlanc opened in 1993.

Encoined in a plush beige velvet sofa in a candlelit dining room bedecked with tasteful antiques, soapstone carvings and native art, Redbird tells me what inspired his latest project.

"The whole idea throughout the native community is to share, and the climate in Canada today is one in which people want to know about and participate in our culture."

Redbird grew up with traditional native foods: wild meat such as moose, deer and fish; squash, fiddleheads, mushrooms and leeks; and plenty of nuts and berries.

"Our food was simply cooked, mostly roasted, boiled or steamed. We'd season it with wild herbs and usually pepper."

Dishes at Eureka Continuum are based on various aboriginal recipes.

"Traditionally, there was no 'native' cuisine as such," says Redbird. "Our menu is an evolution, an updating of old recipes. We've done them in a contemporary way and infused them with new ideas."

The result is some pretty imaginative fare, as prepared by chef Nawang Tharchen of

Tibet. It includes Bison and Frites, Crispy Wild Rice Risotto Cakes, Seared Marinated Venison Chop with Red Wine Pan Gravy, and Smoked Caribou Sausage Grilled with Spicy Black Beans.

I can vouch for the eatery's delicious, spicy, deep-fried rendition of bannock — an aboriginal bread made with flour and water, then cooked on an open fire.

Here's a super recipe from Eureka Continuum that I'm sure you'll enjoy.

Caramelized Salmon

Black Sauce:

½ cup soy sauce

2 tbsp each: honey, cider vinegar

1 tbsp packed brown sugar

Pineapple Chutney:

½ cup finely chopped pineapple

½ jalapeño pepper, seeded, finely chopped

¼ cup finely chopped red onion

4 tsp liquid honey

Pinch each: salt, freshly ground black pepper

Caramelized Salmon:

½ cup each: honey, packed brown sugar

Pinch each: salt, freshly ground black pepper

6 salmon fillets with skin on, each about 7 oz (210 g)

For black sauce, in small saucepan, combine soy sauce, honey, vinegar and brown sugar. Bring to boil. Reduce heat to medium. Cook about 8 minutes, skimming off foam, until thickened and reduced to

about ¼ cup.

For pineapple chutney, in bowl, combine pineapple, jalapeño, onion, honey, salt and pepper. Makes about ¼ cup.

Preheat oven to 350 F.

For caramelized salmon, in small bowl, stir together honey, brown sugar, salt and pepper. Spread mixture over fleshy side of salmon.

Heat large non-stick frying pan over medium-high heat. Place salmon, fleshy side down, in pan. Cook 3 minutes. Transfer fillets to baking sheet, skin side down. Wipe pan; repeat with remaining fillets. Bake 8 minutes or until salmon flakes easily.

Using metal spatula, lift salmon from skin and place on dinner plates. Top each fillet with 2 tablespoons of pineapple chutney. Drizzle sauce decoratively around salmon using squeeze bottle, spoon or small measuring cup with spout. Makes 6 servings.

MOUSSE SEASON: Continuing our Canada Day theme, here's a recipe from executive chef Ken Gore of the Holiday Inn on King St. W. for a wonderful chocolate mousse created for Moose in the City.

Swiss Chocolate Mousse

1½ cups whipping cream

2 oz (60 g) each: bittersweet, milk chocolate, chopped

4 egg yolks

½ cup granulated sugar

1 tbsp unsalted butter

1½ cups miniature marshmallows

In bowl, whip cream until soft peaks form.

Place bittersweet and milk chocolates in large heatproof bowl.

Bring saucepan of water to boil. Remove from heat. Set chocolate over saucepan. Let stand about 5 minutes, stirring occasionally, or until chocolate is melted and smooth. Remove bowl from saucepan.

Return saucepan to stove. Bring water to a simmer. In heatproof bowl set over simmering water, whisk egg yolks with sugar about 5 minutes or until pale yellow and thickened. Remove bowl.

In small saucepan, melt butter over medium heat. Add marshmallows; cook 2 minutes, stirring frequently, or until melted. Remove from heat.

Spoon half of whipped cream into melted chocolate; fold in. Fold in melted marshmallows. Add egg-sugar mixture and remaining whipped cream; fold in. Spoon into one large bowl or 8 dessert dishes. Refrigerate at least 1 hour before serving. Makes 8 servings.

STAR TESTED



RENE JOHNSTON/TORONTO STAR

NATIVE TASTES: Caramelized salmon is drizzled with a pungent black sauce and garnished with pineapple chutney at Eureka Continuum.

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