

# CULINARY ARTS KITCHEN ESSENTIALS

The Culinary Arts Kitchen aboard Regent ships (Seven Seas Grandeur, Seven Seas Splendor and Seven Seas Explorer) delivers all the ingredients necessary to expand your culinary skills, whatever your level of expertise.

## COOKING TIPS

- Butter in recipes is always unsalted.
- Preferred salt is kosher salt or Maldon Sea salt - We only use sea salt when we know the source.
- Practice mise en place by having everything prepped and in its place before cooking.
- Find a knife that fits your hand and use it consistently.
- Keep your knife sharp, work station clean, and food safe.
- Use a quick-read digital thermometer for cooking precision - always!

## WINE PAIRING BASICS

**COMPLEMENT AND CONTRAST** When flavors match, the food and wine are complementary. Wines with high tannins complement high-fat foods, like the classic Cabernet Sauvignon with a grilled rib-eye steak. Contrasting flavors can make an equally good pairing, as the wine and food marry harmoniously. A cold, off-dry Riesling pairs perfectly with spicy Thai food.

**WHAT GROWS THERE GOES THERE** When you are stumped as to which wine to pair, consider where the dish originated, and a wine from that vicinity is usually a match. For example, pair a Spanish red wine with tapas or a Greek white wine with grilled calamari.

**COURSE BY COURSE** One of the best ways to practice food and wine pairing is to pair a different glass with each course, rather than choosing a wine to pair with the entire meal.

## EXTRA VIRGIN OLIVE OIL

Olive oil is a monounsaturated fat, making it a healthy source of fat. Here are some tips on extra virgin olive oil:

- Extra virgin olive oil is pressed at temperatures below 90°F/32°C and within 24 hours of harvest.
- At temperatures higher than 90°F/32°C, extra virgin olive oil loses its antioxidant and flavor elements, and thus, we don't typically use it for cooking.
- For cooking, use virgin olive oil or a less expensive extra virgin olive oil, saving the expensive artisanal oils for salad dressings and finishing.
- There are as many varieties of olives as there are grapes, so enjoy tasting extra virgin olive oils from around the world just as you would wines.
- Buy extra virgin olive oil in small bottles or cans, store it away from the stovetop and sunlight in a cool, dark place, and consume it within three months of opening, unless using it for cooking.

## EMULSION

One of our favorite techniques is the emulsion, especially when making salad dressing. Pour 1 part vinegar into a small bowl and whisk vigorously while slowly adding 2 parts extra virgin olive oil in a thin, steady stream to make a classic, creamy vinaigrette. With so many flavors of vinegar and varieties of olive oil from which to choose, you'll never need to buy bottled salad dressing again! Season your dressing with delicious accents such as shallots, herbs, blue cheese, cream, mustard, nuts and seeds.

## CLARIFIED BUTTER, OR GHEE

Butter is composed of three things: milk solids, water, and butterfat. For high-heat cooking, the best results are achieved by removing the water and milk solids. To clarify butter, bring it to a simmer in a small saucepan until the water evaporates and the milk solids collect on top, about 10 minutes. Scrape the solids from the top and strain the butter through a fine mesh strainer lined with cheesecloth to remove any remaining solids. You can find clarified butter, also known as ghee, in the dairy section of most markets.

## QUICK CONVERSIONS

300°F	.....	149°C
325°F	.....	163°C
375°F	.....	191°C
400°F	.....	204°C
1 ounce	=	28.3 grams

