



Your Liver. Your Life.

HEALTHY RECIPES

*Presented by the
American Liver Foundation Flavors Council*

JULY 2013

CHEF MARC EHRLER

MASTER CHEF OF FRANCE



To calculate the number of diamonds and stars earned by hotels and resorts at which Marc Ehrler has played a star role in the kitchen would take more than your fingers and more than your toes.

A native of Antibes, on the French Riviera between Cannes and Nice, Ehrler trained with world-renowned chefs, including Alain Ducasse, Jacques Maximin and Andre Daguin. His cooking style, a tribute to his native Provence/Italy, and influenced by travels in the Caribbean, Latin America, Asia, New-York to California, Florida, embraces respect for tradition and simplicity.

A master of food arts, Chef Ehrler, he has been praised by media, critics and celebrities. Chef Ehrler has been featured in Wine Spectator, Conde Nast Traveler, Travel & Leisure, Gourmet, Tattler and The New York Times, as well as, Lifestyles of the Rich and Famous, the Discovery Channel's "Great Chefs of the world", Best 10 Restaurants in the World, CNN International and the Food TV Network. He has participated in the James Beard House "Best Hotel Chefs Series" finalist best chef of the Southwest, and recognized by the Culinary Academy of France. Chef Ehrler is the only Chef to have received two AAA 5 Diamonds awards for 2 different restaurants within the same Hotel and has received the coveted Master Chef of France title in 2002.

Leading up to Corporate Chef Americas, for Hilton Worldwide in 2011, Chef Ehrler was President of Culinary development and innovation for NDB brands and NDB International, Corporate Chef for Loews Hotels and resorts, executive chef at the Loews Miami Beach Hotel, executive chef with the Ritz-Carlton Hotel Company, La Samanna a Rosewood Hotel on the Island of St. Martin, the K-Club on Barbuda a Bel Air hotel; the Stonehouse Restaurant at San Ysidro Ranch, a Relais et Chateaux in Santa Barbara, California; Antoine at Le Meridien in Newport Beach; La Terrasse at Le Juana in Juan les Pins, France; Westbury Hotel in New York; Maxims de Paris in Paris and New York; Hotel de France in Auch, France.

Chef Ehrler was the host of the SoBe Wine & Food Festival for eight years & a ten years participant.

Mediterranean Stuffed Tomatoes

(Chef Ehrler)

2 Tomatoes
1 oz Black Olives
1 oz Anchovy
1 Hardboiled Egg chopped
2 slices Prosciutto
2 leaves Basil
2 stems Chives
1 oz Olive Oil

Remove the skin from the tomatoes by dipping them for 5 seconds in boiling water. Brush the tomato with olive oil and salt. Bake for 5 minutes at 350 degrees. Scoop out some of the tomato seeds to make room for the stuffing. Stuffing: puree the olives and reserve half for finishing touch, add chopped eggs and diced anchovies. Fill tomato with the stuffing mixture. Bake the tomato again for 5 minutes at 350 degrees. Brush the plate with the remaining black olive puree. Place whole tomato on top, wrap the prosciutto slices around the tomato like a scarf. Place the basil and the chives on top. Sprinkle some olive oil on top.

BBQ Heart of Romaine "Caesar"

(Chef Ehrler)

Serves 8

4 hearts of Romaine
1 cup Caesar dressing (from the local market)
8 slices of baguette
1 BBQ

Cut heart of romaine in half, toss lightly with the Caesar dressing and place on a BBQ till lightly marked, flip it over until fully grilled.

Grill the slices of baguette and serve together.

Serve warm right away or cool down for later.

CHEF CHRISTOPHER GROSS



Christopher is an icon of the Phoenix culinary scene and the founder of the Flavors of Phoenix and other Flavors events around the country for the American Liver Foundation. In 1990, he opened Christopher's and Christopher's Bistro and has been a fixture in the restaurant world of the Valley ever since. He was named Best Chef in the Southwest by the James Beard Foundation in 1995.

Christopher's Restaurant and Crush Lounge is the innovative creation from Duo Chef Christopher Gross and Sommelier Paola Embry located at the Biltmore Fashion Park. Restaurant diners enjoy the best of casual and elegant dining options selected

from the signature French-infused American menu uniquely created by Chef Christopher. Within the restaurant there is an elegant 10-seat exclusive dining area called Restaurant C144, offering a nightly 8-course tasting menu. Crush Lounge offers a sexy and ultra chic experience enabling the perfect setting for intimate encounters.

Whitefish with Tomato Mousse and Fresh Herbs

(Chef Gross)

Serves 4

1-pound White fish fillet (halibut, cod, etc.)

10 large, ripe tomatoes

1 clove of garlic

½ cup fresh herbs (chervil, tarragon, basil, etc.) fine chopped

Salt and pepper to taste

Cut the fish into four equal portions of 4 ounces each, season with salt and pepper, keep refrigerated. Cut tomatoes in half and remove seeds but save the juice. Using a blender, puree the tomatoes and garlic. Place the tomato puree in a saucepan, and simmer over medium heat for about 20 minutes. After cooking gently remove the red tomato mousse that is forming at the top and reserve draining in a strainer lined with a coffee filter adding the additional liquid to the rest and strain it through a coffee filter as well. What happens when the puree is cooking it separates and forms a red thick puree on the top and an amber clear broth on the bottom. Using soup spoons, form quenelles from the red mousse for garnish.

Broil the fish under the oven broiler to desired doneness.

Place the fish into a shallow bowl and pour tomato broth on top. Garnish with tomato mousse quenelles, and fresh herbs.

CHEF BEAU MACMILLAN



As Executive Chef of Sanctuary on Camelback Mountain and its signature restaurant, elements, Beau MacMillan inspires his staff with his passion for fresh ingredients. His ingenuity in the kitchen is stimulated by his belief that food should not be overworked, but rather appreciated for its simplicity and natural perfection. This philosophy is evident in chef MacMillan's innovative seasonal menus that focus on fresh, local ingredients procured from a network of artisan and organic farmers.

Chef MacMillan has cooked in some of America's most distinguished kitchens. He hails from Plymouth, Massachusetts and is a graduate of Johnson and Wales University in Providence, Rhode Island. His culinary career began at the age of 16 when he secured a position at Crane Brook Tea room in Carver, Massachusetts. Chef MacMillan spent a year under the tutelage of Chef François Demueloge. Inspired by this experience, he joined the brigade at La Vieille Maison in Boca Raton Florida, rising through the ranks to the position of Sous Chef. Drawn to the culinary scene on the West S=Coast, chef MacMillan moved to Los Angeles where he held Sous Chef positions at the prestigious Hotel Bel Air, and later Shutter on the Beach in Santa Monica. He was recruited to Arizona in 1998 to develop the cuisine at the ranch on Camelback, which later became Sanctuary on Camelback Mountain. Chef MacMillan and former Executive Chef Charles Wiley opened elements restaurant in March of 2001.

Now as executive chef, MacMillan's innovation has brought elements national recognition and acclaim. In March 2006, Chef MacMillan was invited to the The Food Network's kitchen stadium to compete in an episode of the hit series, Iron Chef America. Chef MacMillan was pitted against Iron Chef Bobby Flay in "Battle American Kobe Beef." Ultimately, Chef MacMillan's cuisine reigned supreme, letting him claim victory over Flay.

In addition to his appearance on Iron Chef America, Chef MacMillan has cooked at The James Beard House and at Bon Appetit Magazine in New York, and regularly conducts cooking classes for the guests of Sanctuary. He is also the personal Chef for Wayne Gretzky and his family and has cooked for such personalities as President Bush, Britney Spears, U2, Michele Richard, Jacques Pepin and Michele Roux, Sr.

Kale, Blueberry and Pomegranate Salad

(Chef MacMillan)

Kale is usually thought of as a green for cooking, but in this recipe, it's used as a salad green, one with a lot more texture than lettuce. Its hardness means that the leaves won't wilt after the salad is dressed. Kale's pleasant bitterness is nicely balanced by the sweetness of the blueberries and the tartness of the pomegranate seeds. This salad is rich in brain-boosting foods: Kale is an excellent source of flavonoids and vitamin C, blueberries are high in antioxidants, and pomegranates provide a great source of resveratrol.

Serves 4

3 bunches Kale, stemmed and chopped

1 cup fresh blueberries

2 medium carrots, peeled and shredded

½ cup pomegranate seeds

1/3 cup pumpkin seeds, toasted

1/3 cup sliced almonds, toasted

1 tablespoon chopped fresh mint leaves

½ cup Soy-Seasame Vinaigrette

Salt and freshly ground black pepper

Combine the kale, blueberries, carrots, pomegranate seeds, pumpkin seeds, almonds, and mint in a medium bowl and toss well. Drizzle with the vinaigrette and toss again. Season to taste with salt and pepper and serve right away.

CHEF HARRY SCHWARTZ



Chef Harry began his life as an obese youth. Having graduated from Grinnell College and upon finishing accounting studies at Harvard Business School, Harry W. Schwartz acquired a scrap metal recycling business with his brother in Tulsa, Oklahoma. After developing and then selling the Scrap business, a popular restaurant, a cookie and cheesecake bakery and raising over \$25,000,000 with the Tulsa Philanthropic community, at age 34, he and his wife Laurie retired

to Jupiter Island, Florida with their daughter. He then wrote his first cookbook, *Easygoing Entertaining*. With the help of one of Laurie's friends, Harry was presented with the opportunity to promote the book on NBC's Today Show, he immediately became a regular contributor, which began his career as Chef Harry, a media chef, author, columnist, corporate culinary creator, consultant, educator and spokesperson.

Chef Harry and his family moved to Malibu, California in 1996 where he created and hosted the popular PBS celebrity at home cooking show, *Chef Harry and Friends*. He then became known for his high-energy, record-setting shows on Shop at Home Network where he created the kitchen and culinary category for the network and proceeded to gross over \$70,000,000 in house wares in 48 months. In addition to The Today Show, he has appeared as a regular contributor on KTLA-CBS in Los Angeles and currently on FOX61 in Connecticut and ABC in Rhode Island with occasional national appearances when his schedule allows.

He has written a syndicated feature for Copley news service, authored 5 books and serves as a creative and media spokesperson and consultant for several corporations. He contributes to various news and talk shows and is Managing Director of The Colt Culinary Project at the Historic Colt Factory now the Colt GATEWAY complex in Hartford. In addition to creating and operating one of the newest destinations in eastern Connecticut, He and his wife Laurie provide a mentorship program for young people and adults.

Chef Harry and his wife created a wellness program based on his fifth book, *Fit Foundation* and visited and gave live wellness programs at over 40 schools in 20 states. After meeting with President Clinton and gaining his support, they are now working in conjunction with Michelle Obama's Wellness program Eat Well. DeCA has teamed with the National Watermelon Promotions Board and Chef Harry to be part of their Eat Healthy and Be Active Your Way campaign. Chef Harry launched this initiative at Ft Lee VA Base (DeCA's headquarters) on August 3rd, 2010 in the Commissary and Children's Development Center. His recipes are being incorporated in Military Base Menus all over the world as part of the program. His performances will be aired on Air Force Television Worldwide.

Cold Roasted Sesame Sweet Potato and Watermelon Salad

(Chef Schwartz)

Serves 6 to 8

2 sweet potatoes, washed
1-teaspoon sesame oil
½ cup extra virgin olive oil
½ cup seasoned rice vinegar (as for sushi)
1 teaspoon freshly grated ginger
2 teaspoons soy sauce
Lettuce leaves for garnish
2 cups cubed seedless watermelon
2 teaspoons toasted sesame seeds
2 teaspoons black sesame seeds
1 roasted red pepper, cut into strips

Roast the sweet potatoes in preheated 325 oven until tender but still firm. Chill the sweet potatoes in the refrigerator. Whisk together the sesame oil, olive oil, rice vinegar, ginger and soy sauce. Line the salad plates or serving platter with the lettuce leaves as desired.

Slice the chilled sweet potato and arrange with the watermelon chunks over the lettuce. Drizzle the dressing over the sweet potato and watermelon and sprinkle with the sesame seeds. Garnish with roasted red pepper strips. Serve immediately.

CHEF JASON SOBOCINSKI



Jason Sobocinski, owner of Caseus Fromagerie & Bistro, was born and raised in New Haven, CT. Jason attended Providence College, where he earned a bachelor's degree in Marketing. Upon moving back to New Haven, he began catering and taking an interest in local, organic foods and sustainable farming. Jason decided to continue his education of food by attending Boston University where he pursued a Master's degree in Gastronomy. Through Caseus, Jason supports sustainable farming by purveying both sustainable produce and meats. Jason hopes to

increase awareness of sustainability through the art of food.

In 2011 Jason starred in the Cooking Channel show *The Big Cheese* and continues to work with the Cooking Channel on cheese specials. His cookbook *The Caseus Fromagerie Bisto Cook Book* came out in 2010 and has sold all over the country. Jason opened the Caseus Cheese Truck with his brother Tom in 2010 and serves the hungry all over the streets of New Haven with crispy melty gourmet grilled cheese sandwiches. His newest ventures include a start up cheese manufacturing company called the Mystic Cheese Co. out of Lebanon CT and a new cheese centered bar called Ordinary located in a historical downtown building which houses original woodwork dating back to 1858.

Ancient Farro Grains and Kale Salad

(Chef Sobocinski)

Serves 6

2 Cups farro grain
6 Cups water or stock
2 bunches lacinato kale leaves
1 Cup roasted pistachios (honey roast them if you can)
2 pieces Mystic Cheese Co. Melville cheese or any soft ripened cheese such as camembert/brie style cheese
4 Blood Oranges supremed
2 Pink Grapefruit supremed
2 Navel Oranges supremed
3 Sprigs fresh tarragon
1 Small Bunch Fresh Chervil
1 Cup great extra virgin olive oil
¼ Cup Balsamic Vinegar
Kosher Salt to taste
Black Pepper to taste

In a large stock pot over medium heat, toast faro grain stirring constantly for about 8-10 minutes. Add water or stock, bring to a boil, cover and simmer for 15-20 minutes. Check the grains, should be firm and have a pop to them. Drain any excess liquid. Supreme the citrus, reserving any extra juice for the dressing. Chiffonade (thin ribbon cut) the lacinato kale. Large dice the Melville cheese into ¼ Inc Squares and hand pick the fresh tarragon and chervil reserving for later.

For the dressing: Mix 1 Cup great extra virgin olive oil and ¼ Cup balsamic vinegar, any of the reserved citrus juice and salt and pepper to taste. Mix Well. To finish, in a large mixing bowl add cooled farro, chiffonade kale, ¾ of the citrus, pistachios, ¾ of the diced cheese, tarragon and chervil. Add half of the dressing and mix well, rest of the dressing can be saved, refrigerated for up to 3 days. Use as much dressing as you desire depending on a personal preference. Season with kosher salt and black pepper to taste before serving. To Plate: Evenly distribute salad between six plates. Garnish with the remaining citrus segments, diced cheese and a drizzle of reserved dressing.

Serve immediately and enjoy!

Toasted Millet & Grilled Steak Salad with Ramped Goat Cheese

(Chef Sobocinski)

Millet is super high in both protein and fiber and has a really nice nutty flavor that satisfies! I use it as a base then add fish and cheese of course to make it a full on one plate meal.

Serves 4

*1 cup Millet
2 ½ cups Water
Extra Virgin Olive Oil (for cooking drizzling and finishing)
1 10-12 oz Grass fed Strip Loin
10-15 large leaves fresh Basil
8 oz Chevre (Fresh Goat Cheese)
10-12 Ramps (or Scallions if Ramps aren't in season)
1 Lemon
Kosher Salt & Fresh Cracked Pepper*

Toast the millet in a dry sauté pan until just nutty and lightly brown. Add water and cook for 20 minutes or until tender. Spread the cooked millet out onto a sheet pan to cool. Once cooled season the millet with salt and pepper and a little olive oil, fluffing it lightly. Serve in a large bowl.

Separate the ramps green tops from bottoms and slice the bottoms thinly. In a good amount of olive oil (1 tbsp) sauté the ramp bottoms until slightly caramelized and lightly golden. Cut the ramp tops into thin ribbons and cook lightly in the same pan. (This can be done for the scallion, green onions or baby leeks as well) Set aside to cool slightly. When cool enough to the touch mix the 8 ounces of Chevre with the sautéed ramps tops and bottoms until nice incorporated. Set aside for finishing the dish.

Grill the Strip Loin steak over a high heat or better yet on a charcoal grill until medium rare. Allow to rest fully. Then slice against the grain into thin slices and top the grain salad.

Dollop the cheese evenly over the grain salad and thin sliced steak. I like to put it over the warm steak so it just begins to melt.

Finish with a drizzle of extra virgin olive oil and a squeeze of fresh lemon juice as well as some torn basil leaves, sea salt and fresh cracked pepper to taste.



FLAVORS

A CULINARY EXPERIENCE

Flavors is a culinary experience that goes beyond the traditional gala and provides each table of attendees with a local chef who will prepare a multi-course dinner tableside. The meal that is delivered will showcase the signature dishes of our culinary experts and take you beyond the usual restaurant fare. Unleash your inner “foodie” and experience a distinct evening of dining while helping to fund the research, education and advocacy efforts of the American Liver Foundation.

Flavors was first stirred together in 1991 by James Beard Award winning chef Christopher Gross in Phoenix. Chef Gross and other area chefs were interested in supporting the mission of the American Liver Foundation. Today the event is hosted by the organization in 20 cities across the country and raises millions of dollars annually to support the work of the American Liver Foundation. Our culinary masters include local celebrity chefs, James Beard Award winners, and even a past winner of Bravo’s Top Chef.

LiverFoundation.org/Flavors



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