

What's Simmering ... With Chef Jack!



Greetings to all!

Well, spring is just flirting with us now! Fifty degrees and sunny one day, wind, rain and slush the next day. The bottom line is we are at the tipping point; winter is over. Speaking of tipping points, I think local food is at that point. It has gone from a little novelty to more main stream. It's no longer chefs perusing the farmers' markets with their little red wagons. It seems everyone is interested in and asking for local food. Last week the Secretary of Agriculture for the State stopped at the Lake Club to talk with me and several others about the opportunities and challenges of sourcing and using local food. They will be back in July with over 100 people from across the country and Canada where the focus will be on featuring local food. Several other parties this year also have requested local food and know that we are one of the few who can do it on a larger scale. As demand grows the farmers whom I work with are starting to have things year round, not just during the summer months. An example of that was our "Earth Day Celebration", which was sold out, at which we served fresh from the ground local spinach and radishes. What a treat!

Chef Jack goes to Milwaukee! I will be cooking with the some of the top "Wisconsin Artisan Cheese Makers" on May 1st at the Milwaukee Public Market. Limited tickets are for sale at the Market. It truly is an honor to be chosen for this event.

Happy eating!

Chef Jack

Okay, here it is. This has been the recipe that has caused the most excitement of any cooking class - 98% of the people who were a bit put off by it agreed it actually was pretty good. I'm sure it's a favorite of some. Let me know what you think. Enjoy!

Tongue with Capers

Amt.	Unit	Ingredients
1	ea.	Beef tongue
2	qts.	Water
1	tbsp.	Cider vinegar
2	ea.	Whole cloves
1	sm.	Onion, whole
3	ea.	Bay leaves
2	ea.	Carrots, chopped
2	tea.	Sea salt
1/2	tea.	Freshly ground black pepper
4	tbsp.	Capers, rinsed and drained

Method:

Place tongue in pot with water and vinegar, make sure tongue is covered. Soak 12 hours.

Three hours before serving insert cloves into onion and add rest of ingredients to pot.

Simmer 2-3 hours or until fork tender.

Remove tongue and allow to cool slightly .

Make béchamel.

2 1/2	tbsp.	Flour
2 1/2	tbsp.	Butter
2	cups	Broth from tongue
1/2	tea.	Salt
1/4	tea.	Freshly ground pepper

Method:

Melt butter in heavy sauce pot.

Add flour and make paste.

Stir over medium heat for 1-2 minutes. Remove from heat.

Add 1 1/2 cups of broth and whisk.

Return to heat and bring to a boil. Cook 2-3 minutes.

Season to taste and adjust consistency.

Trim excess fat and bones from tongue. Peel and slice tongue.

Using a sharp knife cut down center of tongue only through top layer.

Peel skin away and slice meat.

Top with sauce and garnish with capers.