

# FOOD SUSTAINABILITY SERIES #FOUR



## F E A T U R E D M E N U

Steak Chimichurri  
Smash Potatoes

About me, I am a self-taught Chef who developed a keen interest for cooking at a very young age. My father loved to eat and my most memorable experiences with him was dining out and eating amazing food! I began replicating those delicious menus along with ideas from my favorite TV Chefs in my mom's kitchen and voila...my culinary career began.

After high school, I landed a sweet gig at Via Rail both as a Cook and Service Attendant. I consider this one of my favorite jobs as I traveled throughout my beautiful country of Canada; met amazing people and mentored with some of the railway's finest chefs.

My cooking styles vary and I typically cook off the cuff experimenting and creating new recipes. I love to explore and take my palate to whole new journey of yum. If I were to describe what I love to cook...my kitchen is always an adventure...never the same. That's me in a nutshell!

In addition to cooking, I am a seasoned Mixologist, and currently an Account Manager for a national food service broker. I also own and manage my own catering company, The Little Olive Tree.

I look forward to spending the next hour to get to know you, have some fun and cook together this delicious menu created just for you and your family to enjoy!

### Tips to Make Your Virtual Event a Success

- 1. Get Your Ingredients Ready!**  
Review the list of all the ingredients you need and bring them out onto your table or counter so they're easily accessible. For any fresh fruits or vegetables, ensure they're washed and ready to go!
- 2. Pull out your Tools for Success!**  
Get any equipment or tools ready in your kitchen, including a kitchen towel or some paper towel to ensure we're keeping our area clean as we cook!
- 3. Check Your Tech!**  
Ensure your video chat platform is good to go and your sound is up!
- 4. Bring Your Questions!**  
This is your time to ask all your kitchen questions!
- 5. Get Ready to Participate!**
- 6. Have lots of Fun!**

Let's learn from each other and layer our ideas as we go! Feel free to jump in and ask questions or get clarification at any point throughout the experience!

*Chef Cherrie*





### Grocery List:

steaks - striploin, top sirloin, ribeye  
olive oil  
red wine vinegar recommended (option cider vinegar)  
bunch curly or Italian parsley (flat leaf)  
whole garlic clove  
bunch cilantro  
shallot  
chili flakes or red chili pepper  
oregano dried or fresh  
lemon  
salt and pepper  
thyme leave dried or fresh  
baby potatoes

### Tools:

cookie/baking sheet  
parchment paper  
knife & cutting board  
bowls  
measuring cups  
measuring spoons  
tongs  
garlic press (option)  
tasting spoons  
cast iron or stainless steel frying pan

### Recommended Beer Pairing

Dark and hearty beer like a stout or porter.



**The Farmers' Truck**

Made in Canada 🇨🇦

### \*\*\*Preparation:

Pre-measure all the ingredients  
Boil potatoes as per instructions

Prep Time: 30 minutes,  
Cook Time: 15 minutes  
Yield: 2 servings  
By Chef Cherrie Moreault of ChefTorial

### Steak Chimichurri

2 steaks of choice strip loin, ribeye or top sirloin  
1/2 - 3/4 c olive oil  
2 tbsp red wine or cider vinegar  
1 c finely chopped parsley  
1/2 c finely chopped cilantro  
4 cloves garlic finely chopped or minced  
2 tbsp shallot  
1 red chili, deseeded and finely chopped (about 1 tablespoon) or 2 tsp chili flakes  
1 tsp dried oregano or 2 tbsps fresh  
1 - 2 tbsp lemon juice to taste  
salt and pepper to taste

### Instructions - Chimichurri Pesto

Finely chop parsley, cilantro, oregano, shallot and garlic. Add to a mixing bowl along with all remaining ingredients. Stir to blend. Set aside. Store in the refrigerator up to five days in an air tight container or freeze up to a month. To portion, freeze in ice cube containers, and thaw as needed.

Pre-heat oven to 400°. Season steaks with salt and brush with olive oil. over medium-high heat in a cast iron pan or skillet, sear the steaks for two minutes on each side, then place the pan in the oven with the steak for up to 10 min to doneness: Medium rare 130°, medium 140°, medium well 150° and well done 160°. When ready, remove from heat and let stand for up to 5 minutes. Spread chimichurri pesto on top when ready to eat.

### Smashed Potatoes

6 baby potatoes  
2 tbsp olive oil  
2 garlic cloves crushed  
salt to taste  
1 sprig fresh thyme leaves or 1 tsp dried thyme

### Instructions

In a large pot of boiling water, cook potatoes until tender, about 15-20 minutes; drain well. This step must be done 45 minutes prior to the class.

Line a cookie/baking sheet with parchment paper and set aside. Place potatoes onto the prepared baking sheet. Using the palm of your hand, press down the potatoes until flattened but still in one piece, about 1/2" thick. Drizzle with olive oil, garlic, salt and thyme leaves. Bake in a 400° oven for approximately 15 minutes or until brown and crispy. Serve Immediately.