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Chef Ryan Stone will represent Canada at Bocuse d'Or.



## chef's pantry

BY CHRISTINA SYMONS

In January 2011, top chefs from 24 countries will gather in Lyon, France, to compete at the Bocuse d'Or, one of the most prestigious — but gruelling — culinary contests in the world.

**Ryan Stone**, executive chef at the West Coast Fishing Club ([westcoastfishingclub.com](http://westcoastfishingclub.com)) on B.C.'s Haida Gwaii, will be there to represent Canada. So, naturally, we want to know what secrets he's currently keeping in his pantry.

### Chef Ryan, please tell us three ingredients you like to keep in your pantry at all times.

Butter, cheese and bacon. Any one of them can make a dish better, especially bacon.

### What is your guiltiest food pleasure?

Late-night Baconator (Wendy's Restaurant signature burger topped with applewood-smoked bacon) and a jumbo frosted malt.

### Do you have a secret/signature ingredient that you like to cook or finish with?

Yes, Espelette chili powder.

### How about a special cooking tool or gadget?

A thermal-circulator. It's a device that heats and circulates water in a container and it can maintain temperatures to within a 10th of a degree. It's perfect for precision low-temperature cooking.

Recipe with Caren McSherry from the Gourmet Warehouse

## QUEEN CHARLOTTE FISH STEW, PROVENÇAL STYLE

Here's a savoury taste of chef Ryan Stone's West Coast cuisine.

- 1-1/4 cups canola oil
- 1/2 lb. ling cod, diced
- 1/2 lb. halibut cheeks, diced
- 1/4 lb. salmon belly, diced
- 2 onions, diced
- 2 fennel bulbs, diced
- 4 celery stalks, chopped
- 1/4 lb. butter
- 7 Tbsp. fennel seeds
- 1 large pinch saffron threads
- 2 Tbsp. curry powder
- 1-1/2 Tbsp. Espelette chili or cayenne powder
- 1 lb. tomatoes, diced
- 1 cup white wine
- 1 russet potato, peeled and diced
- 8 cups fish or vegetable stock
- Salt to taste

Heat the canola oil in a large pot. Pat the halibut and salmon dry on paper towelling, then shallow-fry in the oil. Once the fish is golden brown, remove it from the pot and set aside to drain in a colander. Repeat this process with the onions, fennel bulbs and celery, then discard the oil. Add butter, fennel seeds, saffron and spices to the fish and gently fry them for 1 minute, while scraping the brown bits from the bottom of the pot with a wooden spoon. Add the tomatoes and return the fried fish and vegetables to the pot. Add the white wine and allow it to come to a boil, and then add the potato and stock. Cook at a low simmer, covered, for 1 hour. Purée the soup until quite smooth with a hand-held blender then pass it through a medium sieve. Adjust the salt to your liking, and serve.



Listen to Caren McSherry the first Thursday of each month between 11:30 a.m. and noon on CKNW 98.

### How do you get in the mood for cooking?

Sometimes seeing something amazing at the market will inspire me. Or eating something great or seeing a picture of a dish in a cookbook will trigger another idea to come to mind.

### Can you dish on anything that you'll be cooking for the upcoming Bocuse d'Or competition?

All of the theme products for the Bocuse d'Or are from Scotland. I just returned from spending three days over there to practice cooking the monkfish, langoustines, crab and saddle of lamb that will be supplied at the competition in France. ■