

# CONTINENTAL COOKBOOK

By Tammy Briggs

## Chef Gerard Bertholon

CHEF GERARD BERTHOLON, A NATIVE OF FRANCE, IS A MEMBER OF CONTINENTAL Airlines' Congress of Chefs and vice president of global sales for Cuisine Solutions Inc., one of Continental Food Services' largest and longest-standing vendor partners. At a very early age, Bertholon received his formal culinary training and completed his chef's apprenticeship, working alongside some of France's greatest chefs — his resume resembles the distinguished Michelin Guide of exceptional restaurants.

Bertholon moved to the United States in 1982 and by 1987 had been hailed as a "culinary genius" by the *New York Times*. In his tenure with Cuisine Solutions, Bertholon has become an expert on the sous-vide cooking process. He is also the CEO of FiveLeaf, a purveyor of elite gourmet meals and products developed by seven of the world's leading chefs, including Daniel Boulud, Charlie Trotter, and Thomas Keller. We spoke briefly with our international chef and asked him to share a recipe.

### Q: What's the best aspect of your job?

**A:** It is very inspiring to work with other chefs who all have different interpretations of what should be the best customer food experience. It also depends on where one lives or how one grew up eating.

### Q: What is your most-used cookbook?

**A:** *On Food and Cooking*, by Harold McGee. Although it is more of a book on kitchen science, technique, and the history of food. I believe every chef should own a copy.

### Q: What do you think will be, or should be, the next trend in fine cuisine?

**A:** There are two strong trends that I envision will intensify within the culinary world. One — known as the multisensory approach — has yet to take full bloom in the industry. It is going to bring a new consciousness toward experiencing and enjoying food. To explore it, visit the Fat Duck eatery in Bray, near London. The sous-vide cooking technique is another worldwide trend that has rapidly grown in popularity in the past few years. This technique uses precise-temperature cooking and preserves and seals in all the natural juices and flavors of food. Thomas Keller, one of the best American chefs, just wrote a compilation about this process called *Under Pressure*.

### Q: Who first exposed you to fine cuisine?

**A:** I was fortunate to begin my career under France's Alain Chapel, who was a true artisan and visionary.



## Baby Squid with Shiitake Mushrooms in a Soy Coconut Ginger Sauce

### Ingredients

- ¾ cup squid, cleaned
- 1 Tbsp. leeks, free of roots
- 1 Tbsp. celery
- ¼ cup onions
- 1 tsp. carrots
- ¼ cup shiitake mushrooms, without foot
- ½ Tbsp. butter
- ¼ cup coconut milk
- 2 tsp. fresh ginger, peeled
- 2 tsp. lemon grass, minced
- ¼ cup lemon juice
- 2 tsp. soy sauce

### Instructions

1. Cut squid into half-inch rings; season with salt and pepper. Sauté for 3 minutes. Drain and set aside.
2. Thinly slice leek, celery, onion, carrot, and mushrooms into 2-inch pieces; wash mushrooms in running water, but do not let soak. Drain well.
3. Measure mushrooms and vegetables to portions noted in the list above.
4. In a heated saucepan, add ¾ tsp. butter and leeks; cook 5 minutes until al dente; mix constantly. Keep juice.
5. Repeat step 4 with mushrooms and then with each vegetable.
6. Combine juices in a saucepan and bring to boil; reduce mixture approximately 5 minutes on low heat.
7. Remove from heat and add vegetables; mix well. Add mushrooms and squid. Set aside.
8. In a pan, bring coconut milk, ginger, and lemon grass to boil; mix well.
9. Turn off heat, cover, and let steep 15 minutes. Then, turn heat back on, remove lid, and warm until simmering.
10. Add lemon juice and soy sauce; season to taste; and cook 1 minute before adding remaining butter. Remove from heat; mix well.
11. Ladle sauce, freshly hot, over squid and vegetables. Serves two.

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Number of bottles of French Bordeaux boarded onto Continental flights annually