

OCTOBER 2016

W G

a feast for the palate

HEART

IBIZA

**GÉRALD
PASSEDAT**
LE PETIT NICE

**REIF
OTHMAN**
MEDITERRASIAN
CUISINE

**PACO
TORREBLANCA**
MAESTRO PASTELERO

Duane Keller

With his long history offering exceptional cuisine in the finest of dining establishments, deserves the respect and renown he has garnered throughout the United States and Canada.

A native of Saskatchewan, Keller has trained under the world's finest European chefs in Canada, including Gerald Ehler of Calgary, who initiated Keller's creative approach - that of incorporating the style and cooking techniques of old world cuisine into that which is new. Keller adds "I let the food speak for itself; I don't overwork it but put little twists on things, like my smoked salmon cheesecake."

With over 25 years' experience with fine hotels and restaurants along the East Coast and Canada, Keller enjoys widening his repertory working with indigenous ingredients as four seasons generate four different styles of food throughout the year.

A recipient of the James Beard Foundation Certificate in 2001, Keller was invited to be a guest chef, winning numerous awards over the years, has reflected in his ever-expanding inventiveness and inspirational accomplishments - the DiRona Award, Sarasota, Florida; the Gold Spoon Award at the Four Star Delta Bow Valley Inn, Calgary; the Red Seal Award at Emerald Park, Vancouver; the Wine Spectator Award; the C.C.A. Chef of the Year Award; and the Florida Top 100 Award, to name just a few. Washingtonian Magazine has named Keller as one of the top chefs in the area with their "Top 100," "Top 50," and "Best Brunches";





OAK CHARRED SOUS VIDE ELYSIAN FIELDS LAMB RACK

In addition to the respect received from fellow colleagues and food critics, Keller celebrates his passion by sharing with others through charitable work: he has created heart-healthy menus for the American Heart Association, fed the homeless and disadvantaged in Sarasota as well as Hurricane Katrina relief, and cooked for the Pentagon during rescue operations of 9/11.


WG magazine catches up with Chef Duane Keller...

It's interesting to learn how Chef's find their passion for cooking and where they grew up. Chef Keller tells us how he found his way into the culinary field to become the most sought-after Chef!

My Family is originally from Canada where we are farmers, hockey players and good citizens. My Father played in The NHL's Original 6 for Montreal and The New York Rangers. He was also the first player in the AHL to have a contract. Hershey, PA was a terrific Hospitality town to grow up in. From an early age I was always helping my parents, who both were excellent cooks, in our home kitchen. We cooked all the time... Both types (Polish and Russian) of Borscht were prepared, many variations of Pierogis, Yorkshire pudding with standing rib roasts, sausages and home grown produce were staples for us. I had my first garden when I was 10 and grew most of all our family's needs. My work ethic was also instilled at an early age on my

Uncle Richard's Canadian farm. Each summer I'd take a greyhound bus from Hershey, Pennsylvania to Saskatoon, Saskatchewan. This annual bus trek took four days, one way, and it gave me a lot of time to think about who I was and what I wanted to be. I always arrived each summer with a suitcase full of Hershey's Chocolate for my many cousins. A work day on the farm was from 5am to 10pm and hard work it was. I'm thankful for this experience as it set me up for success.

I worked in my first professional kitchen at the age of 15 and here's how... My Mother had MS (Multiple Sclerosis) and could not drive so I had to drive myself to hockey practice and hockey games. I rolled through a stop sign one time and was given a ticket. I learned to respect the police at this early age, My Father made sure of it and said I needed to get a job to pay the fine. Alfred's Victorian's owner was originally from Northern Italy, he was our "next door" neighbour and is still there after 4 decades providing terrific Continental Cuisine in a beautiful Victorian Mansion. I started in the pot washing station and moved my way up over the years to the end of the line finishing plates for The Chef. On really busy night's Alfred, the Owner, would slip us a \$10 bill. That was a lot of money back then. 40 years later I'm still working side by side with my staff teaching them techniques and mentoring them to be professionals and good citizens.



Chef Keller's culinary creations is without limits, incorporating a style and cooking techniques of the old world cuisine into that which is new, based on technique, fine ingredients composed of the freshest, locally sourced and seasonal which are full of flavors...

I believe "Less is More". Since most of my restaurants here in the DC Metro have been high volume seafood concepts I do rely on The Chesapeake Bay and my great relationships with the fishermen. You know the "window" of cooking seafood is very small so not to overcook or undercook it. I only order what seafood I need for the day so to ensure the highest quality. My dishes are simple so to compliment the fish not to "overdo it".

TUNA TARTARE AND CEVICHE CONES



ASTRAMI CURED LOCH DUARTE SALMON



HORSERADISH CRUSTED COD ON LOBSTER MASHED POTATOES



ASSORTED HAND ROLLS
CHESAPEAKE BAY SOFT SHELL CRAB & SPICY TUNA

Chef Keller describes his culinary philosophy...

I simply "under-promise and over-deliver" through writing and executing seasonal Mid Atlantic Menus. I only source and utilize local products and then keep preparations simple so not to lose the nutritional value, the ingredient's integrity and most of all my guests by intimidating them. I find seasonal menus, changing 4 times a year, are a way to educate my guests. We "Wow" our guests with the freshest seafood on the East Coast.

Taking you back 40 years ago when you started working at Alfred's Victorian Restaurant, working your way up to an Executive Chef at the Hyatt Regency, Moon Bay, The Hamilton Crowne Plaza – Chef Keller tells us about the experience...

I must give credit to our Family's "Hockey DNA". In fact ... My Father Ralph just got inducted in The Hockey Hall of Fame this year. As a Chef I've just been a creative player/coach in this "contact sport" we call the kitchen. A needed sense of urgency, "keeping your head on a swivel", a good listener, excellent communication skills, great stamina and a good sense of humor are all traits both in hockey and in the kitchen. When you're providing high quality, local cuisine to 1,000 guests a day it can be gruelling. Oh and don't forget to be humble.



CHEF KELLER SHAKES ANN VENEMAN'S HAND, U.S. SECRETARY OF AGRICULTURE BEFORE JULIA CHILD MAKES IT THROUGH THE RECEIVING LINE PRIOR TO HER 90TH BIRTHDAY CELEBRATION.

In 2002, Keller helped Julia Child celebrate her 90th birthday with dazzling gastronomic creations...

This was a huge event for me and the DC Metro Team. We were 20 very good Chefs collaborating on a 9 course wine dinner for Julia's 90th Birthday. This was a very exciting time when Julia's whole kitchen, every utensil, pot and pan was moved down from Cambridge, MA to The Smithsonian here in Washington, DC. There are many milestones in my career such as cooking at The James Beard House or Raising Millions of dollars for The Smilezone Kids through cooking and donating my time, but cooking for Julia was really special. I watched her as I grew up. Her and Graham Kerr, The galloping gourmet were great influences for me early on. Meeting her that evening and taking care of one hundred and twenty guests was truly an unforgettable culinary honor.



JULIA CHILD'S 90TH BIRTHDAY CELEBRATION

Chef Keller's greatest influences in the kitchen...

As I was working my way through Western Canada in the 80's, I had the great opportunity to work with many excellent Chef's in fine Hotels and to be part of The World Expo in Vancouver, BC where we cooked for many of The Elite. After The World Expo I headed to South Florida for a decade working with some of the best Restaurateurs opening numerous F&B concepts. Now I'm influencing others by mentoring and "giving back" to my Team, teaching "visiting Stages" from all over the World and raising money for any of my 5 charities I'm involved in.



PAN SEARED "DAY BOAT" SCALLOPS ON A CRISP POTATO PLANK WITH CREAMED CORN

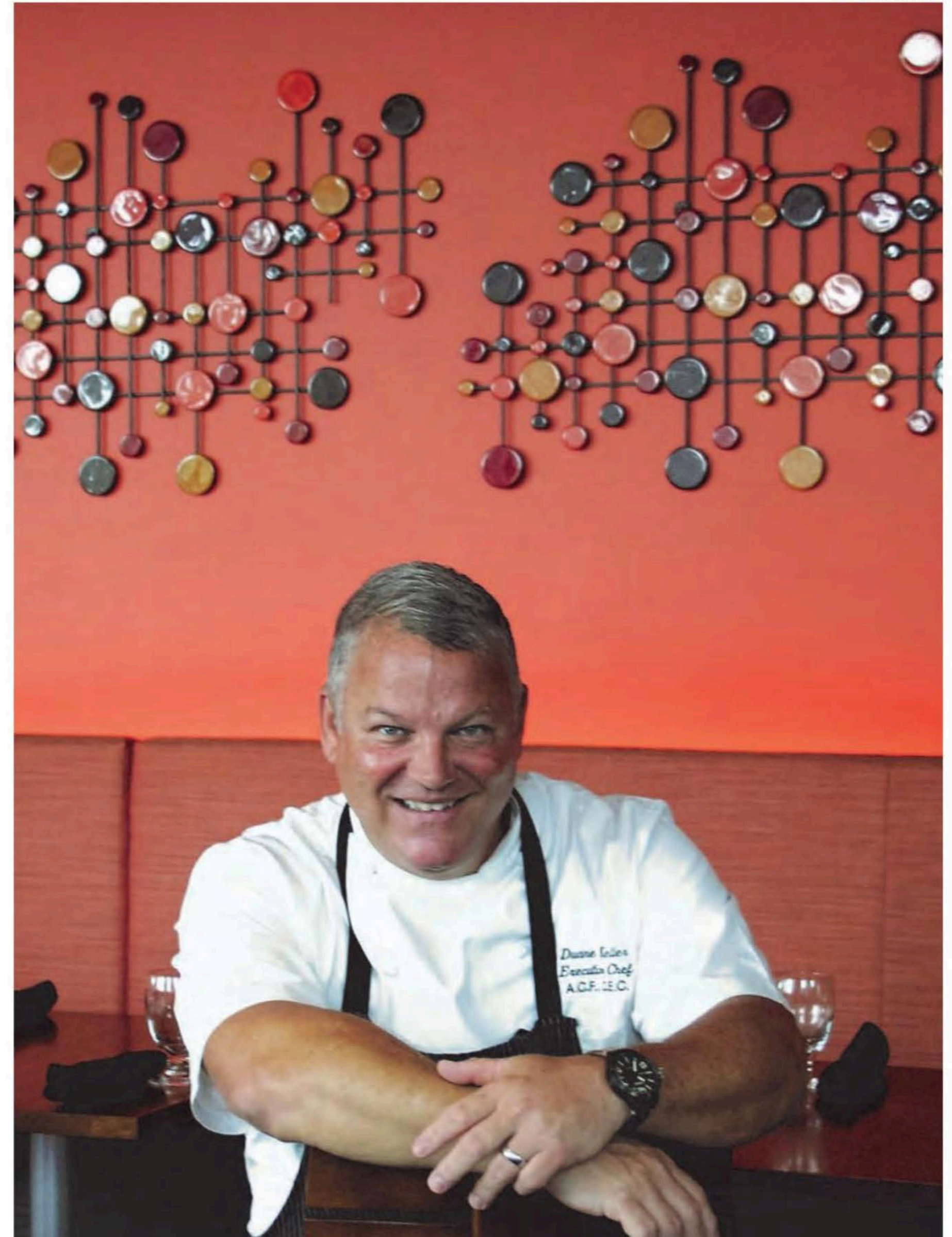


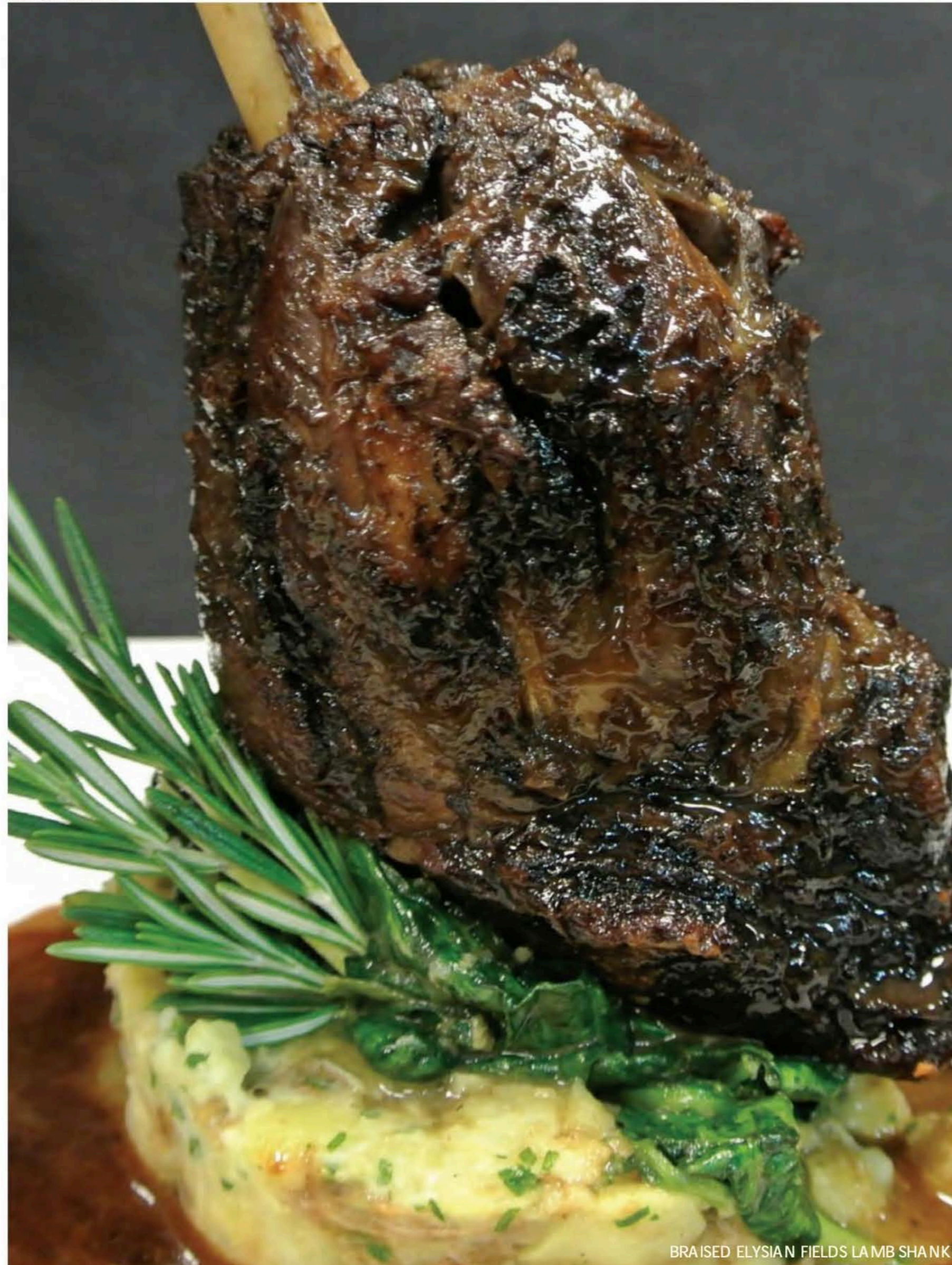
LOCAL RICOTTA CHEESECAKE WITH MACERATED LOCAL BERRIES

Chef Keller's opinion on the best recipe he has created...

That's a tough question as all my food is my own recipe now. I started developing my own style and recipes in the early 90's. As the Chef of The Ashby Inn in Paris, VA. I branded my cuisine as "Inn Cuisine" as I grew most of my produce, hunted morels, local quail and local venison. So many recipes I could mention but I believe my Smoked Salmon Cheesecake, a savoury cheesecake, has been loved by so many in a la carte setting, catering setting and even mailing whole cheesecakes around North America. If I travel, I usually show up with one and get the same reaction now for 27 years... "Wow"

Produce, Creativity or Technique... "This is an excellent question. At Moon Bay we did 1,000 covers a day with very high quality, sustainable seafood. All three elements were equally important to obtaining a great review in The Washington Post and daily guest satisfaction. Without one or the other the menu would not be as enticing or the food as great. So all are equally important."





BRAISED ELYSIAN FIELDS LAMB SHANK

Braised Elysian Fields Lamb on Mashed Fingerlings with Sautéed Spinach & Natural Pan Juices

Braised Lamb Ingredients:

6 fresh Elysian Fields Fore Shanks, 18 ounce each
4 Ounces Herb Oil (recipe below)
2 Large Carrots, Scrubbed & Large Diced
½ Head Celery, Washed & Large Diced
1 Large Spanish Onion, Large Diced
2 Qts. Fresh Lamb or Chicken Stock
1 Qt. Good Pinot Noir or Red Wine
12 Thyme Sprigs, whole

Lamb Procedure & Plating Instructions:

Rub the lamb shanks with the herb oil a day in advance and refrigerate. The day of braising the lamb cut all vegetables large diced. In a 12 Qt. braising or roasting pan over medium high heat sear all sides of the shank until obtaining a rich brown color. Remove shank and let rest. Add vegetables to the hot pan and saute until tender. Deglaze the pan with the wine. Scrape the bottom of the pan to get all the flavor from the fond. Add the stock and the thyme. Place seared shanks back into the pan, cover and braise for approximately 120 minutes at 325 degrees or until lamb is very tender and almost falling off the bone. Remove shanks and keep warm. Strain stock and reduce by 70%. Season with salt and pepper and finish pan juices with 3 TBSP butter. These are your pan juices.

For plating place 4 ounces of mashed fingerlings on bottom of plate. Place sautéed spinach on potatoes and balance shank, bone straight up, finish plate with pan juices and rosemary garnish.

Herb Oil:

Three Ounces Olive Oil
6 Each Cloves of Garlic
1 TBSP Fresh Cracked Black Pepper
2 TBSP Tarragon
2 TBSP Fresh Rosemary
2 TBSP Dijon Mustard
Place all ingredients in a blender on high for 10 Seconds.

Mashed Fingerlings:

24 each Fingerling Potatoes, scrubbed
4 Ounces AA unsalted Butter
2 Ounces Heavy Cream, scalded
3 TBSP chopped parsley
Salt & Pepper to Taste

Steam or boil potatoes until fork tender and gently mash with remaining ingredients

Sautéed Spinach:

2 Pounds Destemmed, Triple Washed Spinach
3 TBSP AA Unsalted Butter
1 TBSP Chopped Garlic
Salt & Pepper to Taste

In a large pot over medium heat add Butter and Garlic first. Saute for 2 minutes. Add spinach and stir occasionally until spinach wilts. Approximately 2 minutes. Season with Salt and Pepper.



BAKED CHESAPEAKE OYSTERS 3 WAYS – A CASINO, A TRUFFLED MASHED POTATO CRUST AND A WILD MUSHROOM DUXELLE WITH HERB CRUST



SESAME CRUSTED PARE SEA RED TUNA

Chef Keller tells us about his ingredient obsession – what inspires him, his favourite ingredients he likes working with and ingredients which he hasn't given up on...

Currently I'm in my Fall R&D and meeting with my protein, produce and seafood purveyors here in the Mid Atlantic. I try to keep my ingredients within 50 miles of me and we always provide certified humane, antibiotic free, hormone free proteins and follow the Monterey Bay Sustainable Seafood Guide. I'm currently working on recipes that involve Chesapeake Ray or Cownose Rays.

I like working with local Chesapeake Bay Seafood like Blue Crab, Oysters, Bluefish,



LOCAL FARM VEG ETABLE GAZPACHO AS A BRUNCH STARTER

Striped Bass, summer or winter Flounder or Cibola Farms Bison, Elysian Fields Lamb, Jurgielewicz Ducks, Roseda Farms Beef and local seasonal produce from many of the USA's Mid-Atlantic Region.

The beauty of being a Chef is the ability to provide many different products through the Arts and Science of Culinary. Since our daily features and my 4 seasonal menus a year give us lots of opportunity to be creative my ingredients mostly are well received. But I did try to turn my guests on to shad roe this past spring and no one seemed to "bite". What an amazing delicacy it is though and I haven't given up... I'll eat it up.

Chef Keller's special cooking techniques and equipment... "Bruno Goussault eats at Walkers Grille quite often so I must say Sous Vide. Bruno developed Sous Vide in 1971. On any given menu you'll find numerous cooking techniques and as my kitchen shows we are well equipped with modern technology and Old World Techniques as well."

A successful chef and restaurateur with numerous awards and accolades – Chef Keller tells us what motivates him...

"My Guests, My Staff and My Followers". Not in any type of order but I still ask my staff to understand and live "we are only as good as the last plates we put out and our



LEMON RICOTTA CAKE WITH CANDIED ROSE PETALS



ASSORTED MINI DESSERTS SERVED AFTER BRUNCH



CARAMELIZED BANANA ON COCONUT CUSTARD WITH DARK RUM TOFFEE

Guests expect a very high standard from us". I figure I'm halfway through my career so I better keep my eye on the ball every shift, every day. This past summer I wrote 90 Chef/Hospitality Tips for my 7,364 followers on...

Being a chef is perceived as a glamorous profession, Chef Keller gives his take on chefs who are first entering the field today... "As Chefs we create with our hands. It's a Craft. My advice is to research and read a lot, stay focused on every plate you are sending out to your guests. Keep your head down and work hard. Treat your staff well and keep teaching them. "Give feedback 10X an hour with a 70% Praise Ratio"... always finding them doing something right. Never stop getting better at what you love to do. Our Craft and Our Staff."

