



INDUCTION EATS

Kitchen inspirations
from five gourmet chefs



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from five gourmet chefs

Welcome!

“Nothing brings people together like good food”

We've gathered together five distinguished Chefs from British Columbia, Canada, to each share their original induction cooking recipe, as prepared atop an electric induction stove.

Induction works for every style of cuisine and for any meal, from breakfast through dessert. The following pages were inspired by a desire to bring the power and ease of induction cooking into YOUR home. Whether you're new to induction or a long-time supporter, you'll be inspired to make these chef-quality recipes in your own home.

Throughout this recipe book, you will find testimony from Chefs about the various reasons they love cooking with induction. The benefits range from precision temperature control to improved safety around children, and more.

Induction cooktops and ranges aren't just a sustainable living trend, these appliances are modernizing kitchens with safer, faster, cleaner, and more efficient technology.

If it all boils down to an upcoming need to replace your stove but you're not ready to make a full switch, a portable induction burner can be a simpler way to get started. No matter, these recipes will be sure to impress your family or guests.

Experience five stories of great taste!

Bon appetit!

The 'Induction Eats' Cookbook Project Team

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INDUCTION BENEFITS



Healthier

Induction stoves do not emit harmful gases into your home or environment.



Safer

Flameless and cool to the touch when the is pan removed.



Precise

Boils water up to twice as fast as gas, has precise temperature control, and cooks evenly.



Energy Efficient

Up to 90% efficient, energy goes into the pan, not into the air.



Easy to Clean

Smooth, wipe-clean surface.



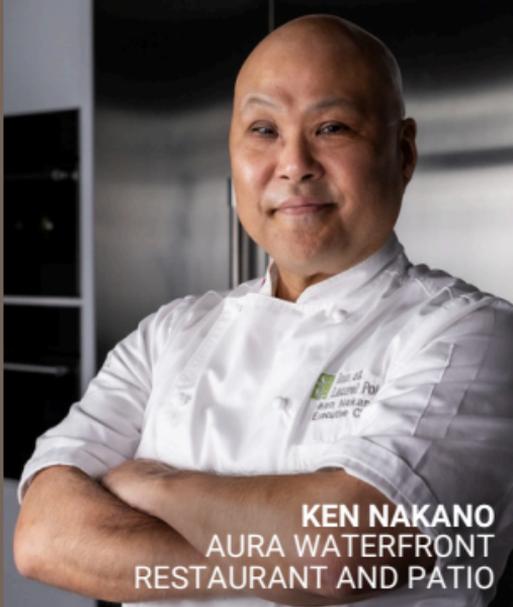
Climate-Friendly

Uses electromagnetism and clean electricity to cook.

Presenting
THE CHEFS



ANGUS AN
FAT MAO NOODLES



KEN NAKANO
AURA WATERFRONT
RESTAURANT AND PATIO



YING YING GAO
RILEY'S FISH & STEAK



MICHAEL VARGA
[@vargacooks](#)



CLAIRE LIVIA LASSAM
LIVIA FORNO E VINO



Why I choose **INDUCTION COOKING**

“Induction is a great way to cook. Aside from the obvious health benefits, it is easy to control, and a breeze to clean. The heat is consistent and direct. Most modern inductions are over 90% efficient, which means the money you spend on energy is going into cooking the food, not the environment.”

Angus An

ANGUS AN

As one of Canada's preeminent chef-restaurateurs, Angus An creates dishes that are not only flavour-driven, but also rooted in impeccable technique. His combined fine arts and French culinary training gives him a unique perspective on cooking as a balance of art and science, resulting in recipes that seamlessly blend tradition, innovation, and presentation.

His restaurant group, Full House Hospitality, currently features four celebrated establishments - the Michelin Guide - recognized Maenam, the Thai-style noodle bar Fat Mao Noodles, modern street fare eatery Longtail Kitchen, and Granville Island's Sen Pad Thai. An is also culinary director at Whistler's hottest new restaurant, Mekong.

Throughout his career, An has received several accolades, including Vancouver Magazine's Restaurant of the Year for Maenam and being honoured with two prestigious invitations to showcase his cooking at world-renowned James Beard House. In May 2022, he published his first cookbook, *Maenam: A Fresh Approach to Thai Cooking*.

FAT MAO

大發貓麵館



Fat Mao Noodles

Located in Chinatown and downtown Vancouver BC
www.fatmaonoodles.com

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Why I choose

INDUCTION COOKING

“Induction burners offer several benefits for cooking food, from enhanced safety due to the cooktop remaining cool to the touch, minimizing the risk of burns and fires, to easier cleaning due to the absence of burnt-on food. Additionally, their precise temperature control enables accurate cooking results, heating up swiftly and adjusting temperatures rapidly for optimal cooking precision.”

Ying Ying Gao

YING YING GAO

As a child growing up in Beijing, in a small family-run restaurant, Chef Ying Ying Gao was introduced to the culinary world where she was immersed in the art of cooking and tantalizing flavours.

Following her passion, in 2010 Chef Gao began her study and training at Le Cordon Bleu Ottawa Culinary Arts Institute, and soon after her apprenticeship at the renowned French restaurant E18hteen.

After graduation, Chef Gao joined Vancouver's beloved Blue Water Cafe before becoming the opening team of Elisa, another Top Table Group's restaurant, building the foundation for its well-earned title as #36 on the World's 101 Best Steak Restaurants.

In 2022, Chef Gao led the opening team at Riley's Fish & Steak Restaurant. Under her guidance and leadership, the restaurant received MICHELIN recommendations for two consecutive years. Today, as Riley's Executive Chef, she is dedicated to providing guests with an unforgettable dining experience with unparalleled hospitality.

RILEY'S
FISH & STEAK

Riley's Fish and Steak
200 Burrard Street
Vancouver BC, V6C 3L6
www.rileysrestaurants.ca

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Why I choose

INDUCTION COOKING

“I love induction tops because of their accurate temperature control and energy efficiency.”

Ken Nakano

KEN NAKANO

Chef Nakano's career has spanned over 25 years and he has led the culinary teams at globally recognized companies like Rosewood, Shangri-La and Fairmont Hotels and Resorts.

"The Inn at Laurel Point is my first all-electric kitchen operation and the advantages over gas have been huge. The precise temperature control of the induction tops makes it easier to maintain consistent quality while minimizing cooking times. The glass tops lower the wear and tear of our cookware, are quicker to clean and their energy efficiency helps with operating costs. It's been a very easy transition for me"

Chef has prioritized sustainability throughout his tenure and supports local growers, producers, ranchers and fishers wherever possible. Chef now calls the Inn at Laurel Point 'home'.



Inn at Laurel Point

**Aura Waterfront
Restaurant and Patio,
Inn at Laurel Point**
680 Montreal Street
Victoria BC, V8V 1Z8
www.laurelpoint.com

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Why I choose INDUCTION COOKING

“I am a big fan of induction cooking. The precision and even heating are next-level. It is so easy to clean. I use portable induction whenever I am using a satellite kitchen for special events. It is also great that the induction surface stays cool for when my kids are cooking with me!

As a professional Firefighter, I am definitely happy with the fact that there isn't an open flame!”

Michael Varga

MICHAEL VARGA

Michael Varga first learned about food preparation in the family kitchen. His Hungarian father, a self-taught chef, laid the groundwork for Michael's personal approach to cooking. His father's motto, "When it tastes good, it's ready," continues to inspire Michael's culinary creativity. Michael's mother, a native of Egypt, introduced him to the spice profiles of the Mediterranean and Middle East, which have become staples in his cuisine.

A seasoned Vancouver firefighter, Michael's skills have been tested in the firehall kitchens. He also co-leads the Fire in Your Kitchen program for the Vancouver Firefighters Charitable Society, cooking private dinners that are auctioned off for charity.

In 2016, Michael competed on the reality television show "Chopped Canada," taking home the \$10,000 cash prize and the title of Chopped Canada Champion! He also earned high praise from Iron Chef Susur Lee, who expressed his appreciation for Michael's style by declaring: "There are no rules in fusion." 2018 brought a new opportunity to showcase his cooking skills under intense pressure: Master Chef Canada - season 5. Michael went on to become a finalist and the opportunity to work with a number of talented chefs elevated his skills and pushed his limits in the kitchen.

@vargacooks

Michael is based in the Lower Mainland area.

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Why I choose **INDUCTION COOKING**

“I have long loved the precise temperature control you get through induction, so much so that it is what we use at the restaurant. It’s the perfect thing for savoury applications, like frying, and for finicky pastry items, like custards and jams. Baking is about control, and induction gives me that!”

Claire Livia Lassam

CLAIRE LIVIA LASSAM

Claire Livia Lassam is the owner of Livia Forno e Vino, a bakery and restaurant on Commercial Drive in Vancouver. A lifelong baker, she is deeply passionate about supporting local farms and simplifying recipes to their essentials. A dish's goal should always be to make the ingredients shine.



Livia Forno e Vino

1399 Commercial Drive
Vancouver BC, V5L 3X5
www.liviasweets.com

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CLAIRE LIVIA LASSAM
LIVIA FORNO E VINO

CHIANG MAI CURRIED CHICKEN AND NOODLE SOUP, KHAO SOI GAI

Serves: 4
Prep Time: 60 mins
Cook Time: 45 mins



RECIPE INSPIRATION

I first had this dish on a trip to Chiang Mai. I remember during that trip, for every lunch, I would crave a Khao Soi. It's so delicious – something about chicken soup and noodles, the nostalgia, just makes you feel good. There is a Burmese influence in this dish, as there is a large population in the northern parts of Thailand. Khao Soi is believed to be a derivative of the Burmese word “Khao Swè”, which means noodles.

I love this dish for the richness of spices and turmeric – it is essential to use fresh turmeric and for the chicken to braise in its entirety in the broth. This way, the broth picks up flavours of the chicken, and vice versa.



INGREDIENTS

- 2 cups khao soi curry paste
- 1 cup separated coconut cream
- 4 chicken legs
- ¼ cup light soy sauce
- 1 tablespoon dark soy sauce
- ¼ cup palm sugar
- 1 cup coconut cream
- 1 cup coconut milk
- 3 cups chicken stock
- 2 bundles wonton noodles for frying
- 8 cups canola oil
- 4 bundles wonton noodles for boiling
- ¼ cup of sliced pickled mustard greens
- 3 cups bean sprouts
- ½ cup sliced spring onions
- 4 lime wedges
- ½ cup picked coriander leaves
- Roasted chilli sauce

Good to know:

- **What is separated coconut cream?** It's the thick coconut cream reduced down until it separates. You get clear coconut oil and milk solids.

METHOD

- 1** Fry the curry paste in separated coconut cream until pungent on medium power induction. Season with palm sugar and add the chicken legs.
- 2** Turn the induction to high and lightly stir fry the chicken legs in the curry paste with sugar for 5 minutes and add in the rest of the liquids.
- 3** Bring to a boil, then turn to medium/low to simmer until the chicken is fork tender (about 45 mins to 1 hour). Season with light soy sauce, and more palm sugar if necessary. Use dark soy only if needed. It should taste salty, then sweet.
- 4** In a 6 quart pot, add the canola oil with sugar thermometer and bring the oil to 350F on medium induction. Open the bundles of noodles and fry in batches of two to avoid clumping. The noodles will puff up and fry each batch for about 1 min. Drain well on paper towel.
- 5** When ready to serve, boil the rest of the noodles in water for 1 min on high induction until al dente.
- 6** Split evenly in four bowls.

- 7 Pour stock over the noodles and give the noodles a shake so they don't stick. Place a chicken leg on top of each bowl and garnish evenly with the fried noodles, bean sprouts, pickled mustard green, onions, coriander leaves and a lime wedge.
- 8 A side of roasted chili oil is often served as a condiment.

ROASTED CHILLI SAUCE INGREDIENTS

- 1 cup deep fried shallots
- 1 cup deep fried garlic
- 1 cup deep fried dried bird's eye chilies
- Salt (to taste)
- Fried chili oil (*or use oil from chili jam*)

METHOD

- 1 Put all ingredients in a large bowl; the deep fried shallots, deep fried garlic, deep fried dried bird's eye chilies, salt and fried chili oil (or use oil from chili jam).
- 2 Using a hand blender, pulse until evenly incorporated or to desired consistency.



CHIANG MAI CURRIED CHICKEN AND
NOODLE SOUP, KHAO SOI GAI

THE FINISHED DISH



SALT-BAKED CORNISH HEN WITH ARUGULA SALAD

Serves: 2

Prep Time: 10 mins

Cook Time: 50 mins



RECIPE INSPIRATION

In this fast-paced world, where time is always running short, we often find ourselves struggling to find the time to cook a proper meal. As a chef, I believe in the importance of each meal being prepared with love and care, and being both delicious and healthy. That's why I've created a simple dish for the busy home cooks juggling work and family, with fresh, local ingredients at their fingertips and easy cooking steps to follow. The beauty of this recipe is that while the chicken is baking, you can step out of the kitchen to finish up other tasks, feeling empowered and efficient, or spend some quality time with your beloved family.



CHICKEN MARINADE INGREDIENTS

- 1 Cornish hen (approx. 1.8 - 2 lbs)
 - 1 tablespoon salt
 - ½ tablespoon ground black pepper
 - ½ tablespoon grainy mustard
 - 1 tablespoon vegetable oil
 - 1 teaspoon turmeric powder
 - ½ teaspoon honey
 - ½ teaspoon fresh thyme, chopped
 - 1 tablespoon vegetable oil, for cooking
 - 1 box (approx 3lbs) coarse kosher salt* for salt-baking
- * Windsor brand used in this recipe

SALAD DRESSING INGREDIENTS

- ⅓ cup balsamic vinegar
- 2 tablespoon shallots, minced
- ½ piece lemon, zest and juice
- 1 tablespoon honey
- ¼ cup vegetable oil
- Pinch ground black pepper
- Pinch salt
- ½ teaspoon thyme, chopped

PREPARATION

METHOD

- 1 Pat-dry the Cornish hen and keep at room temperature for at least 30 mins before cooking.
- 2 In a medium bowl, combine all chicken marinade ingredients and rub evenly around the chicken including the inside cavity.
- 3 For the salad dressing, mix all salad dressing ingredients in one bowl, and set aside.

MAIN DISH

METHOD

- 1 Using an induction stove at medium/high, heat the oil on a medium-sized non-stick pan.
- 2 Sear the chicken breast side down for 3 mins to give the skin some colour. Gently shake the pan from time to time to ensure the skin is not sticking.
- 3 Flip the chicken and sear the back side for 2 minutes while gently shaking the pan to keep the back skin from sticking.
- 4 After searing, gently remove the chicken from the pan. Wrap the chicken with tin foil and set aside.

- 5 Set the induction stove setting to medium. In a large-sized pot, heat the whole box of kosher salt, using a metal spoon to stir the salt every 4 mins. Do this 2 times – a total of 8 mins heating time. At this point, the salt can be very hot, so use baking gloves as needed.
- 6 Using the metal spoon, push some salt to the side, creating a hollow well at the centre for the chicken. Make sure the bottom of the pan is still covered by the salt.
- 7 Once the chicken is in place, use a kitchen spoon and carefully place some heated salt on top of the wrapped chicken. Place the lid and leave it for 20 mins. Then carefully flip the chicken and cook for another 20 mins, lid on. After that, take out the chicken and rest for 10 mins. Do not open the tin foil yet as the steam might be too hot.
- 8 Cool the baking salt and keep it for next time. Carefully open the chicken and prepare plate.
- 9 To finish, prepare your salad by tossing the dressing you made earlier with the fresh greens and vegetables of your choice. I recommend fresh arugula, cherry tomato, and radish. Serve alongside the chicken!



SALT-BAKED CORNISH HEN WITH
ARUGULA SALAD

THE FINISHED DISH



YARROW MEADOWS DUCK BREAST

WITH SUNCHOKES, CARROTS, KALE
AND HONEY MISO

Serves: 4

Prep Time: 45 mins

Cook Time: 30 mins



RECIPE INSPIRATION

My inspiration for this recipe was a few things: how to best demonstrate the temperature control of induction cooking, showcasing our great local products and my mothers home cooking.

I love this duck breast from Fraser Valley Specialty Poultry and its always a top seller in Aura. The induction element gently renders the fat and creates the perfect crispy skin and doneness. The accompanying produce comes from our partners at Square Root Farms and our garden.

I felt a vinaigrette would balance the fattiness of the duck and suit the vegetable accompaniments, I also wanted to use some honey from our hives. This childhood recipe was the right combination with the milder white miso.

The miso sauce is a Japanese salad dressing that my mother often made when we were growing up. I continue to make this vinaigrette at home and use it also for seafood, chicken and pork recipes.



DUCK BREASTS

INGREDIENTS

- 4 duck breasts with skin on – approx. 6 - 8 oz each
- Salt (to taste)
- 4 tablespoons sake

METHOD

- 1 Remove duck from refrigerator 15 mins before cooking. Pat dry with paper towel.
- 2 Using a very sharp knife, score the skin in a crosswise pattern every $\frac{1}{4}$ inch.
- 3 Season with salt. Place in a cold pan and place on the induction stove on low.
- 4 You will hear the skin begin to sizzle after a few mins. After this, cook further for about 8-10 mins. As the skin side cooks, pour 2 tablespoons of the rendered fat from the pan into another frying pan for the sunchokes.
- 5 Flip the breasts over once the skin is very crisp and most of the fat has been rendered. Cook on this side for about 1-2 mins. Remove the breasts from the pan and allow to rest for 5 mins skin side up.
- 6 Reserve the remaining fat from the pan for another use. Deglaze the pan with the sake and scrape any browned bits to add to the honey miso sauce.

HONEY MISO INGREDIENTS

- 4 tablespoons of sake
- 2 tablespoons white miso paste
- 2 tablespoons rice vinegar
- $\frac{3}{4}$ teaspoon minced ginger
- $\frac{3}{4}$ teaspoon toasted sesame seed oil
- $\frac{1}{2}$ teaspoon soy sauce
- $\frac{1}{2}$ clove garlic grated
- $\frac{1}{4}$ cup honey
- Water

METHOD

- 1 Combine ingredients with 4 tablespoons of sake from the frying pan and 1 tablespoon of water in a small bowl.
- 2 Blend all ingredients until smooth, adding water as needed. Taste for sweetness and whisk in more honey if desired.

PAN ROASTED SUNCHOKES INGREDIENTS

- 1lb sunchokes – scrubbed and cut into $\frac{1}{4}$ inch slices
- 2 tablespoons duck fat
- 1 tablespoon butter
- Salt (to taste)
- Pepper (to taste)
- 1 tablespoon lemon juice

METHOD

- 1 In a large skillet, heat the duck fat on medium/high induction.
- 2 Add the sunchokes and sprinkle with salt and pepper.
- 3 Add butter and sauté until tender and brown on both sides, about 5 mins per side.
- 4 Season with lemon juice.

CARROT PURÉE

INGREDIENTS

- 12 oz carrots trimmed, peeled and cut into ¼ inch rounds
- ¾ cup water
- 4 tablespoons unsalted butter
- 2 tablespoons shio koji
- 1 tablespoon lemon juice
- ½ tablespoon fresh ginger - microplane
- Salt (to taste)

METHOD

- 1 In a medium saucepan, place carrots, water, koji and butter. Bring to the boil over high heat.
- 2 Reduce to low, cover and continue to cook until the carrots are tender and soft - about 20 mins.
- 3 Once the carrots are soft, transfer to a blender with a slotted spoon reserving liquid.

- 4 Start with adding $\frac{1}{2}$ cup of reserved liquid to the blender along with the lemon juice.
- 5 Blend until smooth, adding more cooking liquid as needed. Season with salt and lemon juice to taste.

KALE INGREDIENTS

- 8oz Lacinato Kale – washed, destemmed, chopped and massaged
- 4oz green apple – unpeeled and matchstick sliced on mandolin
- 3 tablespoons rice vinegar
- 2 tablespoons mirin
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame seeds

METHOD

- 1 Mix the vinegar, mirin, and soy sauce in a medium bowl.
- 2 Slice the apple into this mixture.
- 3 Add kale and sesame seeds, combine.

BRINGING IT TOGETHER

- 1 Spoon the purée onto a plate and add the sunchokes.
- 2 Finalize by adding the kale and duck, with the honey miso alongside.





YARROW MEADOWS DUCK BREAST WITH
SUNCHOKES, CARROTS, KALE AND HONEY MISO

THE FINISHED DISH



MICHAEL VARGA

@vargacooks

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POTATO GNOCCHI AND CONFIT TOMATO SAUCE

Serves: 4

Prep Time: 20 mins / Additional Potato Prep: 40 mins

Gnocchi Cook Time: 5 mins

Sauce Cook Time: 25 mins



RECIPE INSPIRATION

My favourite food to make with my kids is fresh pasta. Gnocchi is one that we make often. Family style is the best. Sometimes we do two or three different sauces. The best is trying a bit of all the dishes, passing it around and sharing!



Good to know: **Potatoes** can be cooked ahead!
(‘Method’ steps 1 - 3).

POTATO GNOCCHI INGREDIENTS

- 1 lb of cooked, riced russet potato (use a scale)
- 2 large egg yolks
- $\frac{3}{4}$ cup all-purpose flour, plus extra for dusting
- $\frac{1}{3}$ cup fresh Parmesan cheese
- 25 grams chives
- 2 tablespoons kosher salt
- Zest from one medium lemon

METHOD

- 1 Preheat the oven to 400F.
- 2 Place potatoes on the rack of preheated oven.
- 3 Bake potatoes for approximately 40 mins until the insides are soft.
- 4 Remove from the oven. Cut potatoes in half. Using a ricer, rice the warm potatoes in a bowl until you have approximately 1lb of riced potatoes. Place the potato skins to the side.
- 5 With the riced potatoes on a clean surface add in chives, salt, Parmesan and lemon zest. Gently fold those ingredients into the riced potatoes with a bench scraper.

- 6 Add the egg yolks on top of the potato mixture, followed by equally distributing the flour on top.
- 7 With a bench scraper, start folding the mixture together until you get a crumbly texture.
- 8 Start the kneading process by pressing the dough with your hands away from you and bringing it back on top. Do a $\frac{1}{4}$ turn with the dough and repeat this process until the dough is completely incorporated. Do this for about 2-3 mins.
- 9 Roll the dough into a log shape. Using a knife or your bench scraper cut off discs approximately 1.5 - 2 inches in thickness.
- 10 Start gently rolling the disc so it increases in length. Once it gets to desired thickness, cut the individual gnocchi into approximately 1 inch pieces. Repeat this process until all of the gnocchi has been rolled out.
- 11 Bring water to the boil in a large pot. Once the water is boiling, add in $\frac{1}{4}$ cup of olive oil and 2 tablespoons of kosher salt.
- 12 Place gnocchi in the boiling water. Cook for approximately 1 min. In a preheated pan on medium/high heat, add in 2 tablespoons of butter.
- 13 With a slotted spoon remove gnocchi from the water and add into the pan. Do not overcrowd the pan. Do it in batches if needed.

- 14 Let the gnocchi get a nice crust on one side before tossing. Approximately 2 mins one side, then toss 1 min more on the other side.
- 15 Toss gnocchi and add in your fave sauce.

Good to know:

Freezing

Sprinkle semolina or cornmeal on a baking sheet. Place the gnocchi on the sheet and then place in the freezer. Once frozen, remove from the sheet into a freezer bag.

Baking vs Boiling

Baking will yield a lighter fluffier gnocchi. Boiling will give the potato extra moisture which will yield a denser gnocchi.

Kneading Dough

Overworking the dough will yield a denser gnocchi. This dough needs to be combined gently to maintain a fluffy cloud-like texture.



CONFIT TOMATO SAUCE INGREDIENTS

- 3 cups of cherry tomatoes
- 3 cloves of garlic
- 1 bunch fresh basil
- 1 bunch fresh Italian parsley
- $\frac{3}{4}$ cup olive oil or more if needed
- 2 tablespoons balsamic vinegar
- 2 tablespoons kosher salt
- Fresh Parmesan for garnish
- Zest of one large lemon
- Finishing salt to taste (example Maldon)
- Approx 4 oz heavy cream
- 1.7 oz pasta water
- $\frac{1}{3}$ cup pinenuts
- 2 tablespoons butter

METHOD

- 1 Cut tomatoes in half, lengthwise.
- 2 In a sauce pan on low/medium induction, place tomatoes, olive oil, balsamic vinegar, garlic and salt.
- 3 Bring to a simmer. Adjust heat to keep at a simmer for 25 mins. Remove from the heat.

- 4 In a pan on medium induction, toast the pine nuts – tossing as needed – for approximately 4-5 mins. Remove from heat and set aside.
- 5 Chop fresh herbs and set aside.

Good to know:

- Save the oil from the tomatoes to use on other dishes! It's now an infused olive oil.
- Add-ins! Toss in chorizo or Italian sausage! Try grilled chicken or grilled prawns. More cheese? Try burrata or feta!

BRINGING IT TOGETHER

- 1 Place gnocchi in a pan on medium/high with butter until it browns slightly and becomes crispy.
- 2 Remove half of the tomatoes from the oil with a slotted spoon, add to the gnocchi and toss.
- 3 Add in cream and reduce by half. Add in butter, pasta water and grate in desired amount of fresh Parmesan. Toss to coat.
- 4 Separate into individual servings or serve family style.
- 5 Garnish with the basil, parsley, pinenuts, extra tomatoes and lemon zest.
- 6 Finish with a little more Parmesan and a teaspoon of finishing salt.



POTATO GNOCCHI AND
CONFIT TOMATO SAUCE

THE FINISHED DISH



CHOCOLATE BUDINO WITH SESAME BRITTLE

Serves: 6

Prep Time: 45 mins

Cook Time: 30 mins



RECIPE INSPIRATION

This is the sort of dreamy dessert that can be made entirely the day before, so when you have friends over you can just pop these into bowls and feel entirely prepared. Whipped cream is optional, but encouraged. If you struggle with dairy, oat milk makes an easy substitution here for cow's milk. The brittle is very easy to make, but candy moves quickly, so make sure you have everything ready before you begin.



SESAME BRITTLE

INGREDIENTS

- 1 cup sesame seeds
- ½ cup honey
- 4 tablespoons sugar
- Pinch of salt
- Oil

METHOD

- 1 In a large flat-bottomed pot or frying pan gently toast the sesame seeds until they're a lovely medium brown, about 7 mins on a low/medium induction, then set aside.
- 2 Take two pieces of parchment paper and very lightly oil them. Have a rolling pin ready.
- 3 In a small pot stir together the honey and sugar. Put over medium induction, and don't stir again! Cook until the colour begins to darken and it smells wonderfully of caramel. This will happen quickly, so be aware!
- 4 Pour in your sesame seeds and salt and stir until just combined. Pour over your prepared parchment paper.
- 5 Put the other piece on top and roll to about ¼ inch thick.
- 6 Set aside to cool.

BUDINO

INGREDIENTS

- Approx 10 egg yolks
- 1 ¼ cups milk
- 1 ¼ cups cream
- ⅓ cup sugar
- 1 ¾ cups chocolate
- Pinch of salt

METHOD

- 1 Prepare a large bowl with ice.
- 2 Put chocolate in a medium sized bowl, place a sieve on top.
- 3 Over medium heat bring the cream and milk to a boil.
- 4 Meanwhile, mix the egg yolks and sugar.
- 5 Once the cream has come to a boil, gently pour the milk into the egg mixture tablespoon by tablespoon, mixing as you go, to slowly bring the eggs to a warmer temperature.
- 6 Using a rubber spatula, scrape the mixture back into the pot and cook over low induction until it's gently thickened, about 4 mins.
- 7 Pour this mixture through a sieve onto the chocolate. Let it sit for a minute, then whisk together until totally combined.

- 8 Put the bowl of chocolate mixture over the ice bath. Place cling film directly on the surface of the pudding, let cool before putting into the fridge.
- 9 To assemble, spoon budino into 6 bowls, top with a heaping spoonful of whipped cream. Crack pieces of the brittle and arrange on top. Eat immediately!





THE FINISHED DISH



INDUCTION FAQ

1 Do I need to purchase new cookware?

You may have heard that induction stoves require specialized cookware, but don't go out and purchase a whole new set just yet. Induction uses electromagnetism. Many pots and pans, like stainless steel or cast iron, work on induction. Not sure if your pots and pans are compatible? Test them with a magnet. If it sticks, you're golden!

2 Do I need special electrical outlets or circuitry?

If you're switching from a gas stove, then you'll likely need to increase your outlet from 110V to 220V. You'll also want to check your electrical box amperage. Amperage requirements vary depending on the specific appliance model and size. If a stove has a cooktop and oven, it will probably demand 40 or 50 amps of power.

3 Can I try induction without replacing my whole stove?

If replacing your current stove isn't possible today, you can try a portable induction burner as a low-cost alternative. This is also a great alternative for renters who have less control over their home appliance choices. To further reduce any gas stove use, you can also cook with smaller electric appliances (such as kettles, pressure cookers, and toaster ovens).

WIN AN INDUCTION APPLIANCE

There are **SIX** prizes available! **Midland Appliance** is offering this grand prize, and **B2E** the five runner-up prizes. Let's help British Columbians make the switch to induction! Contest close date: June 24, 2024.



Enter now
TO WIN THIS

Blomberg

or 5 other prizes!

» *Enter here*

1x GRAND PRIZE

Win a Blomberg® range, your choice of one of these models:

Blomberg® 30" Stainless Steel Induction Range

Model #: [BIR34452CSS](#)

MSRP value \$4,999.99

Blomberg® 24" Stainless Steel Induction Range

Model #: [BIRC24102SS](#)

MSRP value \$3,699.99

5x RUNNER-UP PRIZES

Prize packages of [Duxtop 9600LS & Pan Combo](#)

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INDUCTION EATS

Kitchen inspirations
from five gourmet chefs



END

