

Thank You to our

# Chefs & Restaurants

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Each year, local chefs and restaurants truly put the “dish” in Dish: Cuisine for Change. This unique event exists because of their generosity and unrivaled talents. We are incredibly appreciative of their involvement in Dish – and their delicious cuisine!

If you enjoyed the dishes you sampled tonight, we encourage you to visit your favorite chefs at their restaurants for the full culinary experience. Also, each chef has shared the recipe for tonight’s dish on the following pages so you can recreate their masterpiece at home! Full recipes are also available at [dishcuisineforchange.org/recipes](http://dishcuisineforchange.org/recipes).





# al Vento

## Bucatinni alla Amatriciana

### ingredients

- 1 lb Bucatinni noodles
- 16 oz San Marsano whole tomatoes (puréed)
- 1/2 lb pancetta, diced
- 1 tbsp garlic
- 1 tbsp chili flakes
- 1/4 red onion, diced
- 1 tsp extra virgin olive oil
- 1/2 c grated Parmesan cheese

### preparation

In a heavy 4 qt. saucepan, brown the pancetta until crispy. Add onion, garlic and chili flakes. Add tomatoes and stew on low for 30 minutes, stirring every couple minutes. In a 4 qt. pot, boil water. Once water is boiling, add salt and pasta, and cook until al dente. Add pasta to sauce and stir on low until pasta is flavored with sauce. Serve with Parmesan cheese. Makes 4 servings.

5001 34th Ave S. Minneapolis, MN 55417  
612.724.3009 | [alventorestaurant.com](http://alventorestaurant.com)

#### HOURS:

Sun - Thu 4:30pm - 10pm  
Fri - Sat 4:30pm - 11pm  
Sat - Sun 10am - 2pm (Brunch)

Chef  
Jon  
Hunt





# Axel's Bonfire

## Bull Bites

### ingredients

- 8 oz beef tenderloin tips
- 2 oz Béarnaise sauce
- 2 oz horseradish sauce
- 1 c dried onions
- 1/2 c chopped roma tomatoes
- 1 tbsp sliced green onion
- Oil

### preparation

Heat oil in cast iron skillet over medium-high heat until it is very hot. Place seasoned meat in a single layer in cast iron skillet and allow to brown on one side prior to turning. Do not stir the meat around in the skillet. Continue to cook the meat until an internal temperature of 130°F has been achieved.

Place the onion haystacks in the corner of a plate. Remove the cooked meat from skillet and place next to onions. Evenly arrange the chopped roma tomatoes on top of the meat and onions. Evenly garnish with sliced green onion. Have small servings of Béarnaise and horseradish sauce to dip.

**Bonfire Wood Fire Cooking -  
Five Metro Locations**

**Axel's Restaurants -  
Three Metro Locations**

[axelsbonfire.com](http://axelsbonfire.com)

**Chef  
Mitch  
Wachman**





# Barbette

## Oysters with Mignonette Sauce

### ingredients

#### MIGNONETTE SAUCE

1 c red wine vinegar

1/4 c minced shallots

1 tsp fresh cracked black pepper

### preparation

Serve sauce with oysters.

1600 West Lake St. Minneapolis, MN 55408  
612.827.5710 | [barbette.com](http://barbette.com)

#### HOURS:

Sun - Thu 8am - 1am

Fri - Sat 8am - 2am

Chef  
Sarah  
Master





# Basil's

## Duck Salad with Kumquats & Sambuca Vinaigrette

### ingredients

#### DUCK CONFIT

- 4 duck legs
- 1 c brown sugar
- 1 c kosher salt
- 1 tbsp fresh rosemary, minced
- 1 tbsp fresh thyme, cleaned & minced
- 1 tbsp chives, minced
- 2 lb rendered duck fat
- 2 lb clarified butter

#### DUCK SALAD

- 4 oz duck confit (see recipe)
- 3/4 oz mache lettuce, picked & washed
- 1 oz jicama
- 1 oz red radish
- 1 oz carrot ribbons
- 3 kumquats
- 1 oz Sambuca vinaigrette (see recipe)
- 1 1/2 oz sunflower seeds
- 2 oz goat cheese, extra soft

#### SAMBUCA VINAIGRETTE

- 2 tbsp stone ground mustard
- 4 orange segments
- 3 lime segments
- 1 tbsp fresh garlic
- 1 tbsp fresh shallot
- 2 tbsp honey
- 1/2 c mint, chopped
- 1/4 c parsley, chopped
- 2 c Sambuca
- 3 c salad oil

### preparation

#### Duck Confit

Remove skin from duck legs, mix together brown sugar and kosher salt and rub onto the duck legs. Let the duck legs sit overnight in the cooler. The next day rinse the duck legs of excess salt mix and place into a sauce pot. Pour the duck fat and clarified butter over the duck legs making sure they are submersed under the oil. Place a cover onto the pot and bake in the oven at 200°F for 6 hours until the meat falls away from the bone. Chill duck legs and remove the meat from the bone. Mix the duck meat with the minced herbs and a tablespoon of duck fat to coat the meat. Once thoroughly mixed it is ready to serve.

#### Duck Salad

Wash vegetables, scrub to remove any outside debris. Slice radishes and kumquats into coins using a mandolin, cut jicama into julienne strips using a knife. With a vegetable peeler, peel and shave the carrot into ribbons. In large bowl toss the mache with the vegetables, sunflower seeds and the vinaigrette. Divide into four servings. Place 1 oz of duck confit onto the top of each serving and sprinkle with goat cheese.

#### Sambuca Vinaigrette

In a sauce pan, carefully add together honey and Sambuca then flambé the Sambuca with the honey reducing it to one cup, let sit to cool. Combine all ingredients in blender and blend thoroughly while slowly adding oil to the blender. When finished refrigerate and serve.

3<sup>rd</sup> floor of The Marquette Hotel  
710 Marquette Ave. Minneapolis, MN 55402  
612.376.7404 | basilsmnneapolis.com

#### HOURS:

Mon - Fri 6:30am - 2pm/5pm - 10pm  
Sat 7am - 2pm/5pm - 10pm  
Sun 7am - 12pm





# Bloomington ChopHouse

## Lobster Mac & Cheese

### ingredients

- |                                       |   |
|---------------------------------------|---|
| 3 tbsp unsalted butter                | Dash truffle oil  |
| 3 tbsp flour (sub cup for cup for GF) | 1/2 lb Cavatoppi pasta<br>(sub brown rice or quinoa pasta for GF) |
| 2 c whole milk                        | 1/2 c cooked lobster meat   |
| 1/4 tbsp salt to taste                | 1/4 c crumbled smoked bacon                                       |
| 1/4 tbsp ground pepper to taste       |   |
| 1 c shredded Asiago cheese            |   |

### preparation

In a large pot of boiling salted water over medium heat, add the pasta and cook until al dente. Drain the pasta and reserve.

In a medium saucepan, melt the butter over medium-high heat. Add the flour and cook, stirring constantly, until the roux is pale yellow and frothy, about 1 minute. Do not allow the roux to brown. Slowly whisk in the milk and continue to whisk until the sauce thickens and comes to a boil, about 2 to 3 minutes. Reduce the heat to a simmer and season with the salt, pepper and truffle oil. Allow to simmer for 2 to 3 minutes. Stir in the 1/2 cup shredded Asiago cheese and whisk until melted. If the sauce seems too thick, thin with a little milk.

Add the cooked Cavatoppi, bacon, 1/2 cup shredded Asiago cheese and lobster and stir well. Place the mixture in 2 to 4 individual dishes and place in oven to broil until brown on top.

Makes 2-4 servings.

**3900 American Blvd. W. Bloomington, MN 55437**  
**952.830.5200 | bloomingtonchophouse.com**

### HOURS:

Mon - Sat 6:30am - 2 pm/5pm - 10pm  
Sun 7am - 2pm



# Cosmos at Graves 601 Hotel

## Beet Salad with Mint Yogurt, Peas & Lemon Ricotta

### Ingredients

#### SALAD

1 bunch of red cress  
or watercress  
5 large mint leaves picked  
and chiffonade  
4 candy striped baby beets  
(gold beets will also do)  
1/4 c fresh peas

1-2 tbsp extra virgin olive oil  
Squeeze of lemon  
Pinch of salt

#### MINT YOGURT

1/4 c peas  
1 bunch of mint  
1/4 c water  
1 c Greek yogurt

#### RICOTTA

1 c ricotta cheese  
1 lemon zested  
1 tbsp honey or agave

### Preparation

#### Beets

Place raw beets in a deep baking pan with an inch of water and a pinch of salt. Roast at 375°F for an hour or until tender. When cooled down peel skin off and rinse under cold water. Cut into halves or quarters.

#### Mint Yogurt

Heat water and peas until cooked through. In a blender, add mint and cooked peas with remaining liquid and blend until it is a smooth puree. Strain through a fine sieve and cool. Fold puree with Greek yogurt until evenly mixed.

#### Ricotta

In a mixing bowl, add ricotta, lemon zest and honey. Mix until incorporated.

#### Salad

Place cress, beets, peas and mint into a mixing bowl. Add 1-2 tablespoons of extra virgin olive oil, a squeeze of lemon and a pinch of salt. Mix until incorporated. Place mint yogurt on the plate, a scoop of lemon ricotta and top with the salad mix.

**Graves 601 Hotel**  
601 1st Ave. N. Minneapolis, MN 55403  
612.312.1168 | [cosmosrestaurant.com](http://cosmosrestaurant.com)

#### HOURS:

Mon - Sun 6:30am - 2pm/5pm - 10 pm

Chef  
**Blake  
Meier**





# French Meadow Bakery & Café

## Wild Acres Duck Flatbread

### ingredients

#### DUCK CONFIT

1 duck leg  
extra virgin olive oil  
For salt cure:  
3 tbsp kosher salt  
3 tbsp brown sugar  
1 tbsp red pepper flakes  
1 finger ginger, grated  
1 c cilantro, minced

#### LAVASH

1 pc lavash, 6x10 rectangle  
3 tbsp horseradish sour  
cream (see recipe)  
3 oz duck confit  
3 oz sharp white cheddar  
1 oz wild arugula  
2 oz pickled red onions  
Lemon vinaigrette  
(see recipe)

#### HORSERADISH SOUR CREAM (OR BUY PREPARED)

2 oz sour cream  
3/4 oz fresh horseradish,  
grated  
1 tsp Worcestershire sauce  
Salt and pepper to taste

#### LEMON VINAIGRETTE

1/4 lemon squeezed  
1 tsp extra virgin olive oil  
Salt and pepper to taste

### preparation

#### Duck Confit

Mix salt cure ingredients in a mixing bowl and heavily coat the duck leg. Place weight on leg and cure for two days. Remove duck leg from refrigerator and rinse rub. Submerge leg in extra virgin olive oil in sauce pot and bring to simmer. Cover with tight fitting lid or aluminum foil and put in a preheated 250°F oven for three hours. Remove from oven and allow to cool. Once cool, pick duck leg and leave tender chunks of meat only. Strain fat and save for next flat bread. As you continue to make duck confit, the olive oil taste will dissipate and you will eventually have delicious duck fat for your next confit.

#### Lavash

Assemble flat bread by layering horseradish cream, duck confit and white cheddar on top of lavash. Bake at 500°F for 5 to 7 minutes, checking periodically. Make salad with arugula, pickled onions and lemon vinaigrette, and assemble on top of flatbread.

Serves 2-4 for a light appetizer.

2610 S. Lyndale Ave. Minneapolis, MN 55408  
612.870.7855 | frenchmeadowcafe.com

#### HOURS:

Mon – Sat 6:30am – 12am  
Sun 6:30am – 11pm

Chef  
George  
Lohr







# The Gray House

## Roasted Beet Salad with Sherry Pepper Vinaigrette

### ingredients

#### SALAD

4-5 medium-sized beets  
8 oz chèvre (for a local option, try Singing Hills Goat Dairy Chèvre which can be found at Mill City and Kingfield Farmers Markets)  
3 1/2 c arugula, loosely packed

#### VINAIGRETTE

1/4 c sherry vinegar  
1 tbsp hot sauce of choice  
1 tbsp minced garlic  
1/2 c extra virgin olive oil  
Salt and pepper to taste

### preparation

Rinse beets. Place in a cake pan with a little water and cover with tin foil. Roast at 350°F for 2 hours or until the skin easily rubs off. Let cool and cut to desired size.

Mix vinegar, hot sauce and garlic in food processor and slowly add olive oil. Add salt and pepper to taste. Mix beets, arugula and vinaigrette and top with chèvre cheese.

Serves 4-6 people as a side dish.

610 W Lake Street Minneapolis, MN 55408  
612.823.4338 | [thegrayhousedseats.com](http://thegrayhousedseats.com)

#### HOURS:

Tue - Thu 5pm - 10pm  
Fri - Sat 5pm - 11:30pm  
Sun 5pm - 10pm

Chef  
Ian  
Gray





# Kincaid's

## Lobster Bisque

### ingredients

1 oz salted butter  
1/3 c diced yellow onions  
1/3 c diced green peppers  
1/3 c diced red peppers  
1/3 c diced celery  
1/3 c peeled diced carrots  
2 tsp minced fresh garlic  
1/4 c cooking sherry  
1 c lobster stock  
(can be made fresh or from reconstituted concentrate)

1 tsp kosher salt  
1/2 tsp black pepper  
3 c clam juice  
1 qt of fresh cream  
1 qt of half & half  
1/2 c cracker meal crumbs  
made from low salt crackers  
ground or crushed to a fine powder

### GARNISH:

3/4 c sour cream or  
crème fraiche  
6 oz lobster meat, cooked,  
shucked and coarsely  
chopped  
Pinch of fresh chives,  
thinly sliced

### preparation

Melt butter over medium flame in a sturdy soup pot. Cook butter, stirring frequently until it foams and forms a dark golden color and nutty aroma. Add all the vegetables and garlic and cook to soften, but not brown (roughly 2 minutes). Deglaze with the sherry and add the lobster stock and seasonings. Add clam juice, cream and half and half and bring to a simmer. Slowly add the cracker meal, whisking constantly until incorporated. Bring to a strong simmer, reduce the heat and cook for 15 minutes, stirring frequently to avoid scorching. Puree the soup lightly with a hand blender and serve.

To serve and garnish, layer 1 cup of lobster bisque, 1 tablespoon sour cream or crème fraiche, 1/2 oz of lobster meat and a pinch of chives.

Makes roughly three quarts of soup.

380 St. Peter St. St. Paul, MN 55102  
651.602.9000 | kincaids.com

### HOURS:

Mon - Thurs 11am - 11pm  
Fri 11am - 12am  
Sat 3pm - 12am  
Sun 3pm - 9pm

Chef  
Cody  
Larson





# McCoy's Public House

## Mac & Cheese Diablo

### ingredients

8 oz uncooked elbow macaroni  
2 c shredded sharp Cheddar cheese  
1/2 c grated Parmesan cheese  
3 c milk  
1/4 c butter  
2 1/2 tbsp all-purpose flour  
2 tbsp butter

1/2 c tortillas chips crushed  
1 c pepper jack cheese  
1/2 c cooked Mexican chorizo  
1/2 c cooked chicken breast shredded  
1 jalapeño roasted and diced  
1 red bell pepper roasted and diced

### preparation

Cook macaroni according to the package directions and drain. In a saucepan, melt butter over medium heat. Stir in enough flour to make a roux. Add milk to roux slowly, stirring constantly. Stir in cheeses and cook, over low heat, until cheese is melted and the sauce is a little thick. Add jalapeño, red bell pepper, chorizo and chicken to sauce.

Put macaroni in large casserole dish, and pour sauce over macaroni. Stir well. Top with crushed tortillas and pepper jack cheese.

Bake at 350°F (175°C) for 30 minutes or until cheese is melted. Serve.

3801 Grand Way St. Louis Park, MN 55416  
952.224.9494 | mccoysmn.com

### HOURS:

Daily 11am-12am

Chef  
Brian  
Kooman





# The Oceanaire Seafood Room

## Halibut Wild Rice Soup

### ingredients

2 qt halibut/fish fumet	1 c white wine
1/2 oz canola oil	4 oz pimentos
1/2 oz fresh garlic, minced	1/2 tbsp fresh thyme, minced
6 oz carrots, medium dice	1/4 tsp sea salt
6 oz onion, medium dice	1 tsp white pepper
6 oz celery, medium dice	1/2 oz Worcestershire sauce
4 oz white mushrooms, sliced	1/2 lb wild rice, uncooked
4 oz Leeks; medium dice	1 lb halibut, cooked and flaked

### preparation

Heat oil in a heavy bottom stockpot. Add garlic, carrots, onion, celery, mushrooms and leeks. Sweat uncovered for 5-10 minutes. Deglaze with white wine and add fumet. Add peppers, Worcestershire and fresh thyme. Simmer for 20 minutes.

Rinse and wash wild rice. Place rice in a separate pot and cover by 2 inches cold water. Bring to a boil, reduce heat and simmer for 15 minutes. Cover and remove from heat. Let sit covered for 45 minutes. Strain to remove excess water and cool rapidly.

Add chilled rice to soup mixture. Add cooked and flaked halibut to soup. Season to taste with salt and white pepper.

Yields one gallon and serves 10-12 people.

50 South Sixth Street Minneapolis, MN 55402  
612.333.2277 | [theoceanaire.com](http://theoceanaire.com)

### HOURS:

Mon - Thu 11:30am - 10pm  
Fri 11:30am - 11pm  
Sat 5pm - 11pm  
Sun 5pm - 10pm

Chef  
Robert  
Wohlfel





# Rival House

## Sweet & Spicy Ribs: St. Louis Style with Pickled Watermelon Salad

### ingredients

#### RIB BRAISE

2 racks of St. Louis style pork ribs  
1 yellow onion, medium diced  
4 stalks celery, medium diced  
8 cloves of garlic, crushed  
1/4 tsp garlic powder  
1/4 tsp ground cayenne pepper

1/4 tsp onion powder  
1/2 tsp paprika  
1 c white wine  
1/2 gal apple juice  
1/4 c brown sugar  
Salt and black pepper to taste

#### RIB SAUCE

2 tbsps Dijon mustard  
3 cloves of garlic, crushed

1 c brown sugar  
1/4 tsp sriracha sauce  
1 Fresno chili, minced  
1/2 gal orange juice  
Salt and black pepper to taste

#### PICKLED WATERMELON SALAD

1 c peeled, thin strips of watermelon rind  
3 cloves of garlic, crushed

1/2 c sugar  
1 1/2 c seasoned rice vinegar  
1 orange peel  
1 bunch of cilantro, minced  
1 c small diced watermelon  
1/2 c watermelon juice  
1/4 red onion, sliced thin  
1/2 tsp pickling spice  
Salt and black pepper to taste

### preparation

Mix together and rub the ribs with brown sugar, garlic powder, cayenne pepper, onion powder, paprika, salt and black pepper. Put the ribs in the refrigerator while you sauté the onion, celery and garlic in a pan. Deglaze the pan with the white wine and cook for 5 minutes on medium heat. Add seasoned ribs back to the pan. Add apple juice and as much water as to submerge the ribs. Simmer on low for 3-4 hours or until fall off the bone tender.

#### Rib Sauce

Simmer the orange juice with the Fresno chili and garlic until reduced by half. Mix in the brown sugar and mustard, add sriracha to desired hotness and salt and black pepper to taste. Bring back to a boil.

#### Salad

Mix together the cloves of garlic, vinegar, sugar, orange peel and pickling spice and bring to a light simmer. Pour the hot liquid over the rind and onion making sure to discard the spices and peel. Let the pickles cool completely. Toss the diced watermelon in a bowl with the juice, cilantro and strained pickles. Season to taste.

#### Final Assembly

Sear the ribs on a well-seasoned grill glazing them with the sauce. Cut the rib into one bone segments, pour some of the sauce over the ribs and plate topping the ribs with the salad.

411 Minnesota St. St. Paul, MN 55402  
651.291.8800 | rivalhousestpaul.com

#### HOURS:

Mon - Sun 11am - 2am

Chef  
Andy  
Vyskocil





# The Schwan Food Company

## Korean Style Dumplings Served Over Spring Kimchi Salad, Gochujang Sauce with Crispy Rice Noodle Garnish

### Ingredients

#### SPRING KIMCHI SALAD

4 1/2 lb daikon radishes, peeled and cut into 3" x 1 1/2" lengths  
12 cloves garlic, halved  
5 red Korean or Holland chiles, pierced in the middle with a knife  
4 scallions, white and light green parts only  
4 two-inch pieces fresh ginger, peeled and thinly sliced crosswise  
1 Asian pear, cored and sliced  
3 tbsp sea salt  
1 tbsp distilled white vinegar  
Pomegranate seeds, for garnish

#### GOCHUJANG SAUCE

1 tbsp Gochujang paste  
1 packet sweet soy sauce  
(included with Schwan's pot stickers)  
2 scallions, sliced thin on a bias  
1 tsp sesame oil  
1 tbsp vegetable oil  
1 tbsp cider vinegar  
1 tbsp water

#### POT STICKERS

1 pkg Schwan's Pan-Seared Pork Pot Stickers Home Service Item #676

#### CRISPY RICE NOODLE GARNISH

1 pkg thin dried rice noodles  
3/4 to 1 c oil for frying such as canola, sunflower or peanut  
Furikake rice seasoning

### Preparation

**Spring Kimchi Salad** Put radishes, garlic, chiles, scallions, ginger and pears into a 1 gallon glass jar fitted with a lid. In a bowl, stir together salt, vinegar and 8 cups water until salt is dissolved. Pour salt solution over vegetables, adding a little water to cover vegetables if necessary. Cover jar and let sit at room temperature for 4 days, uncovering and then re-covering the jar (to release carbon dioxide) at the end of the second, third and fourth days.

**Gochujang Sauce** Thaw sweet soy sauce packet. Heat up a sauce pan over medium low heat and add the vegetable oil. Turn heat to low. Add the Gochujang and fry for about 30 seconds, stirring constantly. Remove from heat and add remaining ingredients, whisk to combine.

**Pot Stickers** Place un-opened bag of pot stickers in microwave on microwave-safe plate. Cook on HIGH (100% power) for 1 min and 15 seconds. Heat 1-2 tablespoons of oil in a small skillet on high for 2 mins. Place individual pot stickers, flat bottom down into the heated skillet. Cover pan, reduce heat to low and cook for 2 1/2 - 3 min.

**Garnish** Place oil in a wok or small to medium frying pan. Heat oil over medium-high for about 2 min or until a temperature of 350°F is achieved.

**Tip:** The key to making crispy noodles is having the oil hot enough. Test fry a single noodle before adding more. When the oil is hot enough, the noodle will puff within a second or two. Now gently drop handfuls of noodles in the hot oil. Have a utensil at the ready to quickly flip them once, then remove. Set puffed noodles to drain on paper towels and season with Furikake while still hot.



[schwans.com](http://schwans.com)

# The Strip Club

## Meat & Fish

### Rabbit Rillettes

#### ingredients

2 whole rabbits, gutted, skinned, separated into legs, shoulders and saddles	1 tbsp allspice
2 tbsp smoked paprika or Spanish pimenton	5 bay leaves
2 tbsp fresh cracked black pepper	1 lemon, sliced
2 tbsp fresh thyme	1 orange, sliced
2 tbsp sea salt	1 qt olive oil
	1 c mayonnaise

#### preparation

Rinse rabbit and pat dry. Mix thyme and dry spices in small bowl until evenly incorporated. Rub rabbit pieces with spice mix, lay on a sheet pan, cover with plastic wrap and chill for no less than six hours.

Preheat oven to 275°F. Remove rabbit from cooler, pat dry and brush off excess seasoning. Place in a baking dish, add sliced citrus and bay leaves. Cover with olive oil, cover with a layer of wax paper and then aluminum foil. Place in oven for six hours or until rabbit is cooked completely through and can be pulled apart with a fork.

Carefully remove from oven and place in a safe place to cool to room temperature (should take at least two hours). Remove and discard herbs and citrus. With great care, pick meat from bones (discard bones or reserve for stock if so desired) and transfer to a mixing bowl. Once finished, pass olive oil through a fine mesh strainer. Discard contents of strainer. Using your hands, finely shred the rabbit. Fold in the mayonnaise and about a quarter cup of the reserved oil. Taste for salt and pepper and add accordingly. Chill and serve on toasted brioche with sweet and savory chutney.

**378 Maria Ave. St. Paul, MN 55106**  
**651.793.6247 | domeats.com**

#### HOURS:

Tues – Thur 5pm – 10pm  
Fri – Sat 5pm – 11pm  
Sun 5pm – 9pm  
Sat – Sun 9am – 2pm (Brunch)

Chef  
**J.D.  
Fratzke**





# Treasure Island Resort & Casino

## Cumin Crusted Salmon Filet

### ingredients

#### SALMON

8 oz salmon filet  
1 oz cumin seeds  
1/2 oz olive oil  
Sea salt and cracked black pepper to taste

#### CUCUMBER SALSA

1/2 c diced cucumbers  
1/4 c diced yellow onions  
1/4 c diced red and green bell peppers  
1 tbsp chopped cilantro  
1 tsp sea salt

### preparation

Take the raw salmon filet and sprinkle with salt and pepper. Press salmon into pan of cumin seeds. Have non-stick skillet hot, add olive oil and gently lay salmon in hot skillet. Cook until golden brown, turn over and finish cooking. Lay on plate.

Mix all the ingredients for the cucumber salsa and place on top of the salmon filet.

Serves two.

5734 Sturgeon Lake Rd. Welch, MN 55089  
800.222.7077 | [treasureislandcasino.com](http://treasureislandcasino.com)

Chef  
James  
Powers







# Zelo

## Tropical Fruit Gazpacho

### ingredients

#### GAZPACHO

1 papaya, peeled, seeded and fine diced 1/8"  
1 mango, peeled, seeded and fine diced 1/8"  
2 oz jicama, peeled and fine diced 1/8"  
2 oz watermelon, peeled, seeded and fine diced 1/8"  
2 oz pineapple, peeled and fine diced 1/8"  
1 cucumber, peeled, seeded and fine diced 1/8"  
2 1/2 c orange juice  
1 tsp kosher salt  
1/4 tsp cayenne pepper

1/3 tsp ground cinnamon  
1 tsp minced mint

#### CRAB AND PAPAYA SALAD GARNISH

1 papaya, peeled and julienned fine  
3 tbsp chives, chopped fine  
1 oz fresh lime juice  
2 oz extra virgin olive oil  
8 oz crab meat, back fin, drained well  
1 tbsp old bay seasoning

### preparation

#### Gazpacho

Mix all ingredients together. Store cold.

#### Garnish

Mix all ingredients together, adding the crab meat last. Fold gently to incorporate.

#### Final Assembly

Portion tropical gazpacho into four one cup servings and garnish with crab and papaya salad.

831 Nicollet Mall Minneapolis, MN 55402  
612.333.7000 | [www.zelomn.com](http://www.zelomn.com)

#### HOURS:

Mon - Thur 11am - 11pm  
Fri 11am - 12am  
Sat 11:30am - 12am  
Sun 4pm - 10pm

Chef  
**Daniel  
Wesener**

