

Chefs A' Field



I would say that I am 75% farmer and 75% chef...

—Chef Brian Scheehser of Trellis Restaurant in Kirkland, WA

More Recipes, at CHEFSAFIELD.COM

© WARNER HANSON TELEVISION / CHEFS A' FIELD.



There is absolutely something that you get when you taste food that is just picked...

The sugars are sweeter and the flavor is pure and true...

It's nature's way...

– Chef Brian Scheehser of Trellis Restaurant in Kirkland, WA

More Recipes, at CHEFSAFIELD.COM

Chef Brian Scheehser ~ Trellis in Kirkland, Washington

'Two-Hour' Summer Salad

'Sweet Grilled Red Onion, Strawberries, Olive Oil And Balsamic Drizzle'

Nearly every day Chef Brian has a "Two-Hour" salad on his menu... meaning that the main ingredients are all fresh, picked from the garden, 'less than two hours before it touches your lips.'

SERVES: 4 starter portions

INGREDIENTS:

1 large Red onion
1 pt fresh ripe strawberries
4 sprigs fresh dill
1st press extra virgin olive oil
Aged balsamic vinegar
1 package thin bread sticks for garnish "grissini"
Sea salt and cracked pepper

METHOD:

Peel and slice red onion: slices should be ½ inch thick, try to keep slices intact. Lightly season with salt and pepper and grill until tender, approximately 4-5 minutes on each side, over low to medium heat.

Clean and cut strawberries in ½. Pick dill sprigs for garnish.

Arrange warm onion slices and strawberries drizzle with extra virgin olive oil, aged balsamic season with salt and pepper, garnish with dill and bread sticks.

More Recipes, at CHEFSAFIELD.COM



'Two-Hour' Summer Salad
'Sweet Grilled Red Onion, Strawberries, Olive Oil And Balsamic Drizzle'

Recipe by Chef Brian Scheehser of Trellis ~ Kirkland, WA

More Recipes, at CHEFSAFIELD.COM

Chef Brian Scheehser ~ Trellis in Kirkland, Washington

Summer Strawberry Shortcake with Mascarpone Cream

SERVES: 6 Portions

INGREDIENTS:

SHORTCAKES:

5 ounces buttermilk
1 large egg
1 teaspoon vanilla extract
1 $\frac{3}{4}$ cup pastry flour
 $\frac{1}{4}$ cup granulated sugar
 $\frac{1}{2}$ cup white cornmeal
1 tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
4 ounces cold unsalted butter, cut into $\frac{1}{2}$ " pieces
Melted butter for brushing tops of shortcakes
Coarse sugar for sprinkling tops
2 pints fresh strawberries tossed with sugar to taste

MASCARPONE WHIPPED CREAM:

4 ounces cold mascarpone
6 ounces cold whipping cream
2 tablespoons powdered sugar
 $\frac{3}{4}$ teaspoon vanilla extract
1 $\frac{1}{2}$ teaspoons finely grated orange zest

METHOD:

SHORTCAKES: Preheat oven to 350 F. Spray muffin pan with pan spray (if not using muffin liners). Combine buttermilk, egg & vanilla extract. Set aside. Combine pastry flour, sugar, cornmeal, baking powder & salt. Whisk to combine. Cut butter into dry ingredients until the butter is smaller than pea size. Add liquid ingredients & mix until a soft dough forms. Scoop into prepared muffin pan. Brush the tops of the shortcakes with the melted butter. Sprinkle with the coarse sugar. Bake until golden brown.

MASCARPONE WHIPPED CREAM: Combine mascarpone with the powdered sugar, vanilla extract, orange zest and a little of the cream. Whip until smooth. Gradually add the remaining cream & whip until soft peak.

PRESENTATION: Slice Shortcakes in half. Dollop Cream on top of one half of shortcake. Add strawberries on top of cream, layering until you have used all of the cream and all of the berries. Serve immediately.

More Recipes, at CHEFSAFIELD.COM



Summer Strawberry Shortcake with Mascarpone Cream

Recipe by Chef Brian Scheehser of Trellis ~ Kirkland, WA

More Recipes, at CHEFSAFIELD.COM

Chef Brian Scheehser ~ Trellis in Kirkland, Washington

Wild King Salmon Seared With Artichoke Salad

SERVES: 4 Portions

INGREDIENTS:

4- 5oz portions block cut wild King salmon
4 small patty pan, zucchini or small summer squash
4 artichokes whole
4 Roma tomatoes peeled, seeded and cut in 1/2
4 table-spoon butter
Fresh dill or fennel for the salad
¼ cup olive oil
Juice from 4 lemons
Sea salt and cracked pepper

DRESSING

¼ cup olive oil
juice from 3 lemons
salt and pepper to taste

METHOD:

ARTICHOKE: Boil covered in salted water with 1 fresh lemon for 15 to 20 minutes until tender:
Cool in poaching liquid. After cooled remove outer leaves and clean chokes from heart, leaving the meat of the artichoke bottom for the garnish on top of the salad.

SALMON: Lightly season with salt and pepper, in a hot sauté pan, sear the top side of the salmon
Flip over and finish in a 350* oven for 8-10 minutes until medium rare as the salmon will continue to cook when removed. If a more cooked temperature is desired leave in the oven for 10- 12 minutes.

SUMMER SQUASH: Slice or rough chop squash sauté quickly with olive oil and seasoning just to slightly cook "slight crisp texture should remain".

DRESSING: Whisk or blend oil and lemons together. Season with Salt and pepper, to taste.

PRESENTATION: Arrange summer squash on plate, place Salmon on top: garnish with artichoke, tomatoes and dill sprinkle with sea salt and top with lemon dressing.

More Recipes, at CHEFSAFIELD.COM



Wild King Salmon with Artichoke Salad

Recipe by Chef Brian Scheehser of Trellis ~ Kirkland, WA

More Recipes, at CHEFSAFIELD.COM



Everyone should get to experience the goodness of eating a berry, still warm from the sun, surrounded by the life of the fields...

Everyone should get to know what it feels like to have your hands in the dirt, growing food. ...It feels pretty great.

– Chef Brian Scheehser of Trellis Restaurant in Kirkland, WA

More Recipes, at CHEFSAFIELD.COM

learn more about our featured farm...



[[click to visit](#)]

learn more about our featured restaurant...



[[click to visit](#)]

More Recipes, at CHEFSAFIELD.COM

**All of the Series Recipes + Additional *Exclusive* Recipes
& *Exclusive* Tips From our Chefs & Farmers
are Available only on the *Chefs A' Field* DVD Box Set**

Visit SHOPPBS.ORG



[[click to visit](http://SHOPPBS.ORG)]

More Recipes, at CHEFSAFIELD.COM