

Ethan Stowell

Chef/Owner – Union, Tavolàta, How to Cook a Wolf, Anchovies & Olives

Ethan Stowell is a self-trained natural in the kitchen who finds his inspiration in fresh ingredients and clean flavors. He traces his passion and creativity with cuisine back to the family kitchen, where every night was a new culinary experiment for him and his father. An avid reader, Stowell keeps a library of over 1,000 cookbooks, which he has voraciously read and collected over his life. Stowell has received many accolades, including being named “Chef to Watch” by *Seattle* magazine, and one of the 2008 “Best New Chefs” in America by *Food & Wine* magazine. In addition, Stowell received a “Rising Star Seattle Restaurateur Award” from StarChefs and has been honored with two James Beard Award nominations for “Best Chef Northwest.” Stowell is deeply devoted to his hometown and a strong advocate committed to seeing that Seattle is recognized nationally as a culinary destination. When not cooking or zipping around town on his scooter, Stowell can be found enjoying the Pacific Northwest with his wife Angela.



Stowell, chef/owner of four Seattle restaurants, opened Union in 2003. Located just steps from Seattle’s Pike Place Market, Stowell’s flagship restaurant offers exquisite daily menus inspired by unique sourced and local ingredients. Union has received numerous accolades from many prestigious culinary publications including *Food & Wine*, *Wine Spectator*, and *Gourmet*. Union was named one of John Mariani's "21 Best New Restaurants in the USA" in his annual roundup in *Esquire* magazine, and *Food & Wine* named Union one of the "Top 376 Restaurants in the World." Tavolàta, a contemporary Italian eatery located in the hip, urban Belltown neighborhood, opened in the winter of 2007 to enormous critical and popular acclaim. *Bon Appétit* magazine named Tavolàta one of the “10 Hottest New Restaurants” in America, and *Seattle Metropolitan* named it one of the “Best New Restaurants” in Seattle. How to Cook a Wolf, Stowell’s third endeavor, is nestled in the quaint Queen Anne neighborhood and features a range of small plates that concentrate on the very essence of Italian cuisine. Opened in late 2007, How to Cook a Wolf has received tremendous recognition, including a “Best New Restaurant” nod from *Seattle* magazine and being named one of the “50 Best New Restaurants in America” by *Travel + Leisure*. Restaurant number four, an Italian seafood and pasta joint, aptly named Anchovies & Olives, opened in February of 2009. An instant favorite, *Seattle Weekly* awarded Anchovies & Olives “Best Seafood Restaurant” in the city.

Braised Pork Cheeks with Gnocchi

Ingredients:

- **1 1/2 lbs. pork cheeks, patted dry and seasoned with salt and pepper**
- **Two medium carrots, peeled and chopped**
- **One medium onion, peeled and chopped**
- **6 cloves garlic, smashed with a chef's knife**
- **2 stalks celery, chopped**
- **1/2 bunch fresh thyme**
- **1 t. whole black peppercorns**
- **One bottle red wine, preferably Italian**
- **One bunch fresh oregano**
- **One recipe gnocchi, blanched (see recipe below)**

Preheat an All-Clad 12" fry pan to medium high. When the pan is hot, add 2 tablespoons of olive oil, then the pork cheeks. Brown the meat well, turning to cook all sides. Remove to the All-Clad Slow Cooker insert.

In the same fry pan add vegetables and sauté for about 5 minutes or until browned. Add thyme, peppercorns, and the red wine. Bring to a boil scraping up any browned bits on the bottom of the pan. Transfer contents to the insert and combine with pork cheeks. Set the slow cooker to high setting and cook for five hours, or until meat shreds easily and is completely tender.

After five hours, remove pork cheeks to a plate. Pour liquid remaining through a fine-mesh strainer positioned over a large bowl. Pour remaining liquid into a 6 or 8 quart All-Clad stock pot. Shred pork cheeks with a fork and add to stock pot. Bring mixture to a bubbling simmer and add gnocchi. Cook over medium until liquid is reduced and syrupy and gnocchi are tender. Just before serving, pick leaves off oregano and add to gnocchi. Toss.

Basic Potato Gnocchi:

Ingredients:

- **2 large russet potatoes, scrubbed**
- **2 large egg yolks at room temperature**
- **1/2 cup 00 flour, plus more for dusting**

Put the whole, unpeeled potatoes in a large pot and cover with cool water. Bring the water to a boil then reduce to a simmer and cook until the potatoes are tender when pierced with a knife, about 30 minutes. Remove the potatoes and lay out on a sheet pan.

When the potatoes are cool enough to handle, peel them with a vegetable peeler or paring knife and cut into large chunks. Lay a sheet of parchment paper out on a sheet pan. Put the potatoes through a ricer, letting them fall on to the parchment. Spread the potatoes out on the parchment

and allow them to rest until warm, but not hot enough to cook the egg yolks. Gather up the parchment and dump potatoes into a medium bowl.

Add yolks to the potatoes and stir to mix. Sprinkle the flour over the top of the mixture and knead gently in the bowl until the egg and flour are distributed. Turn the dough out on to a floured board and continue to knead, adding extra flour as necessary, until the dough is no longer sticky.

Divide dough into quarters. Roll each quarter into a log about 1/2" in diameter, then cut crosswise in one-inch intervals. If your recipe calls for sautéing the gnocchi, you can leave them as little dumplings. If you want to create ridges to hold sauce, you can use either a gnocchi paddle or the tines of a fork. For the gnocchi paddle, roll each dumpling gently but firmly diagonally across the paddle, letting each dumpling fall onto a well-floured sheet pan as you finish. To use a fork, invert the fork so that the tines point down. Starting at the tines nearest the handle, roll the dumpling firmly but gently down the tines, creating a bit of a curve and ridges as you go, allowing the dumpling to fall off the ends of the tines and onto a well-floured sheet pan.

To blanch, bring a pot of salted water to a boil. Cook gnocchi, about 15-20 at a time, just until they float to the surface, about 1-2 minutes. Either sauce and serve immediately, or place on an oiled sheet pan and cover with plastic wrap.



(more recipes on next page)

Oil-Poached Halibut with Watercress and Frisée Salad

Poaching the fish in olive oil imparts a subtle flavor and keeps the fish incredibly moist. This makes a lovely lunch dish or light supper.

Ingredients:

- **1/2 bunch of thyme**
- **6 cloves garlic, smashed**
- **Zest of half a lemon, removed with a vegetable peeler**
- **Four 5-oz portions halibut fillet, skin removed**

Fill slow cooker with olive oil to a depth of 1 1/2 to 2 inches, depending on the thickness of your fillets. Add lemon zest, thyme, and garlic to olive oil and turn slow cooker to high. Heat olive oil, allowing it to infuse, until the temperature reaches 160 degrees on a frying thermometer. Pat fish dry. When the oil has come to temperature, gently place halibut fillets in slow cooker and let poach for 15 to 20 minutes, depending on the thickness of the fish.

More Ingredients:

- **1/2 cup whole skinned hazelnuts, toasted**
- **2 bunches watercress, just the leaves, picked**
- **2 bunches frisée, trimmed of all green**
- **2 bunches cooked baby beets (about 8 total), trimmed and quartered**
- **8 radishes, trimmed and shaved on a mandolin**
- **Juice of half a lemon**
- **3 T. olive oil**

Prepare salad by picking leaves off watercress and tearing white parts of the frisée into bite-size pieces. Add vegetables and hazelnuts and toss. Dress with lemon juice and olive oil, salt and pepper. Toss and divide between four plates.

When fish is opaque and flakes when prodded with a fork, remove from oil and drain on paper towels. Sprinkle well with salt and pepper. Place halibut next to salad and drizzle with fresh olive oil. Serve warm.