

## Amanda Lydon

Growing up in Massachusetts, Amanda Lydon spent every summer with her family on Nantucket. The summer after her freshman year at Harvard, where she studied English and American literature, she wandered into one of her favorite restaurants on the island, *Straight Wharf Restaurant*, and took a job there as a daytime prep cook. Back at Harvard, Lydon worked part-time in the kitchen of *Upstairs at the Pudding*, like so many of Harvard's English majors. The work was far from intellectual, but she found it more challenging than anything else she'd ever done before.

After graduating from college, Lydon earned a scholarship to Le Cordon Bleu in Paris and received a crash course in classic French cuisine and technique. Returning to Boston, she took a kitchen position at *Chez Henri*, where she not only had an opportunity to work under Chef Paul O'Connell, but she also met fellow cook and soul mate Gabriel Frasca. Together Lydon and Frasca took off for Europe. Their first stop was Provence and an apprenticeship at the Michelin two-star *L'abbaye de Saint Croix*. Next was an awe-inspiring stage with Spanish phenom Martin Berasetegui in San Sebastian, an experience that has continued to inspire her for many years.

Returning to Boston, Lydon completed stints in the kitchens of some of the hottest spots in town, including *Truc*, *Radius*, and *Upstairs on the Square*, where she was co-Executive Chef with Susan Regis. Most recently, she has been at the helm of *Ten Tables* in Jamaica Plain. At *Ten Tables*, whose name aptly describes its size and intimacy, Lydon collaborates with an equally compact staff to offer original French/American cuisine based on local, organic ingredients. The vibe is warm and inviting, as if you've walked into a fabulous dinner party at home with family and close friends.

Amanda's career has come full circle. For her next culinary adventure she has teamed up with Gabriel Frasca again, this time as co-Executive Chefs at *Straight Wharf Restaurant*. Together they will bring their world-class experience to bear on the seasonal New England menu of this summertime favorite.



## Gabriel Frasca

Gabriel Frasca began cooking in Boston's North Shore kitchens at the age of 15, but attended college to pursue journalism as a first career. A semester off and a good deal of luck changed his professional plans. In 1994, a 20-year-old Frasca landed a position under James Beard Award winner Gordon Hamersley at *Hamersley's Bistro* in Boston's South End. Exposed for the first time to the world of fine-dining and French cooking, Frasca put writing on the back burner.

In 1996 Frasca took a position at *Chez Henri* in Cambridge, where he worked under critically acclaimed chef Paul O'Connell. In the kitchen of *Chez Henri* Frasca met Amanda Lydon. In the spring of 1997, Frasca and Lydon moved to Provence and together entered an apprenticeship at the Michelin two-star *L'abbaye de Saint Croix*.

With a healthy dose of classic French technique under his belt, Frasca moved to the culinary mecca of San Sebastian, Spain. There, working under three-star chef Martin Berasategui, he learned classic Basque cooking as well as the cutting-edge ingredient pairings and avant garde aesthetic that made Berasategui an international star.

Frasca's next stop on his European tour found him in northern Italy's Dolomites where he helped chef Norbert Neiderkofler earn his first Michelin star at *St. Hubertus*. It was here that Frasca met four-star American chef David Bouley, who invited Frasca to help open his next restaurant, *Danube*, in New York. Frasca moved to Manhattan in the spring of 1999 and helped *Bouley Bakery* earn four stars from *The New York Times* before launching *Danube*, a restaurant that received three stars of its own and was named "No. 1 Newcomer" in the New York Zagat Survey.



In 2000 Frasca returned home to Boston and accepted his first head chef position. Working with old friend Seth Woods, Frasca opened *Aquitaine Bis* and was recognized as Boston's "2001 Rising Star" chef by *The Improper Bostonian*. With his clean, inventive style honed, Frasca next headed downtown to work with *Radius* chef Michael Schlow. As *Radius'* first-ever chef de cuisine, Frasca was responsible for managing the kitchen staff and put his signature on one of the country's best restaurant menus. With Frasca in charge of the kitchen, *Radius* earned *Boston Magazine's* "Best Overall Restaurant" award, and *Gourmet* magazine named it one of the "Top 25 Restaurants in the Country."

Frasca joined *Spire* as executive chef in November 2003, where he offered inventive ingredient-driven cuisine with influences from France, Spain, Portugal and Italy. He was recently named "Best Chef, Up and Coming" by *Boston Magazine* and was awarded three-stars by *Boston Globe* food critic Alison Arnett.

Beginning the next phase of his exciting culinary career, Frasca and Lydon have signed on as co-Executive Chefs of *Straight Wharf Restaurant* in Nantucket, MA, set to open Memorial Day weekend, 2006.

## **Maple Vanilla Bean Rice Pudding**

### **Ingredients:**

**1 Cup basmati rice**

**1 Quart whole milk**

**1 Vanilla bean**

**¼ Cup granulated sugar**

**¼ Teaspoon kosher salt**

**½ Cup maple syrup, preferably Grade B**

**Sea Salt (optional)**

### **Instructions:**

Place the rice and the milk in the All-Clad Slow Cooker.

Slice the vanilla bean lengthwise with a small knife and scrape the seeds into the milk rice mixture.

Add the vanilla bean into the Slow Cooker with the sugar and the kosher salt.

Stir to combine, then cook on HIGH for 3 hours, stirring occasionally. (The pudding might seem a little loose: it will thicken in the refrigerator.)

Add half the maple syrup and taste: adjust sweetness to your taste. Transfer the pudding to a shallow baking dish to cool, then refrigerate until cold, for at least 3 hours.

Serve chilled, sprinkled with a few grains of sea salt and the reserved maple syrup.

Serves 4

# Chantenay Carrot Soup

## Ingredients:

**2 Pounds Chantenay carrots (if chantenay are unavailable, substitute fresh organic carrots), peeled and sliced into ¼ in. slices**

**3 Pounds Chantenay carrots peeled and juiced, or up to 3 pints carrot juice**

**2 Spanish onion, cut in medium dice**

**2 Cloves garlic, sliced thin**

**1 Cinnamon stick, 1 star anise and 3 cloves, in a sachet**

**1 Tablespoon canola oil**

**2 Tablespoon unsalted butter**

**Salt and pepper to taste**

## Instructions:

Set the All Clad Slow Cooker on high and set a timer for three hours; put the canola oil in the insert, followed by the onions, and then the garlic and butter directly on top of the onions.

After 25-30 minutes, the onions should be translucent and almost starting to caramelize, the butter melted, and the garlic breaking down; at this point add the sliced carrots, enough carrot juice to just cover them, 1 ½ T salt and a little black pepper. Also add the sachet then cook for approximately 2 ½ hours, or until the carrots get extremely tender. Remove the sachet.

While still warm, carefully transfer the contents of the slow cooker to a blender (ideally a vitamix), and, working in small batches, puree it until very fine. Pass it through a fine mesh strainer into a large container over ice, check for seasoning, and keep the soup for up to one week, reheating it when desired- or, even better serve it hot immediately.

We love to garnish the soup with complementary items like crème fraiche, plumped cranberries, lobster, spiced hazelnuts or pistachio oil...

## Yankee Pot Roast

### Ingredients:

- 1, 3.5-4 Pounds chuck eye roast (boneless)**
- 2 Tablespoons canola oil**
- 1 Cup red wine**
- 1 Cup beef broth**
- ½ Cup red wine vinegar**
- 8 Prunes**
- 4 Cloves garlic, crushed**
- 2 Tablespoons tomato paste**
- 1 Cup crushed canned tomatoes**
- 2 Tablespoons brown sugar**
- 2 Onions, cut into ¼**
- 2 Carrots, peeled and cut into ¾ in. discs**
- 2 Ribs celery, washed and cut into ¾ in discs**
- 2 Sprigs thyme, 2 sprigs rosemary**

**Method:** Season the outside of the roast generously with salt and pepper; place the 2 T oil in a medium pan over high heat, and once it shimmers, add the roast and sear it on its top and then bottom side until it develops a golden brown crust- about 3-4 minutes per side.

Remove it from the pan, turn the heat to low, and add the wine, vinegar and broth, and reduce by half. Add the brown sugar, prunes and tomato products, and remove from the heat.

In the All-Clad Slow Cooker Insert, put down the vegetables first, then add the herbs, the roast and the liquid, poured directly over the roast. place the insert in the fridge overnight.

The next morning, place the insert back in the Slow Cooker and cook it for five hours on low, and then at least two hours on warm, until the roast is tender. If the roast requires further cooking, give it additional time on warm. when ready, remove the roast from the pan and let it stand for ten minutes. Skim as much of the fat as possible off of the top of the remaining liquid. When serving, slice the meat against the grain & season the slices with sea salt, then garnish them with some of the vegetables and the sauce.