



The Bitter End

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ACADEMY

Where Are We Travelling To?

- Catalunya
- Peru
- Italy
- Chandler's Brain

The Amelia Bedelia Method



“Now I must dress the chicken.
I wonder if she wants
a he chicken or a she chicken?”
said Amelia Bedelia.
Amelia Bedelia went right to work.
Soon the chicken was finished.



The Amelia Bedelia Method

- Over explain
- Think like a child
- Avoid abbreviations or include a glossary
- Never assume (tools, measurements, terminology...)
- Think about the order of actions.

Carquinyolis

Carquinyolis hail from Catalonia. Very similar to the better known Italian biscotti. Traditionally made with anisette and baked twice. Carquinyolis are served as a dessert accompanied by a glass of sweet wine or in the afternoon with coffee.

Traditional Carquinyolis Recipe

150g ($\frac{3}{4}$ cup) sugar
230g ($1\frac{1}{2}$ cups + 2 Tablespoon) all purpose flour
3g ($\frac{3}{4}$ teaspoon) baking powder
2g ($\frac{1}{2}$ teaspoon) baking soda
1 tsp anise seed
26g ($\frac{1}{2}$) egg, beaten
40ml (2Tablespoons +2teaspoons) anisette liqueur

125g (approx. $\frac{3}{4}$ cup) almonds, peeled and cut in half
1 whole egg
1 teaspoon anisette liqueur (optional)

Preheat the oven the 375F. Line a baking sheet with parchment paper and set aside. In the bowl of a stand mixer combine the sugar, flour, baking powder, baking soda and anise seed. Using a paddle attachment, mix slowly. Add in the beaten egg and beat on low until it is fully incorporated. Slowly add just enough anisette liqueur to make a dough come together. Add in the almonds. Lightly flour a work surface. Divide the dough into two portions. Shape two lightly flattened, cylinders with approximately a 2 inch diameter. Transfer the logs to the lined baking sheet. In a small bowl combine the whole egg and teaspoon of anisette liqueur. Beat with a fork and lightly brush onto the cookie logs. Bake for about 15 minutes or until the logs are lightly golden. Remove from the oven and let cool for 10 minutes. Cut into slices that are approximately $\frac{1}{2}$ inch thick. Bake the sliced cookies for an additional 10 minutes or until golden brown.

Makes about 20 cookies

13 Hour Road Trip Recipe

150g ($\frac{3}{4}$ cup) sugar

230g ($1\frac{1}{2}$ cups + 2 Tablespoon) all purpose flour

3g ($\frac{3}{4}$ teaspoon) baking powder

2g ($\frac{1}{2}$ teaspoon) baking soda

$\frac{1}{2}$ teaspoon ground clove

26g ($\frac{1}{2}$) egg, beaten

40ml (2Tablespoons +2teaspoons) **Amaro Braulio**

80g (approx. $\frac{1}{2}$ cup) dried cherries

60g (approx. $\frac{1}{2}$ cup) cacao nibs

1 whole egg

1 teaspoon **Amaro Braulio** (optional)

Preheat the oven the 375F. Line a baking sheet with parchment paper and set aside. In a small bowl, combine the dried cherries and cacao nibs. Set aside. In the bowl of a stand mixer combine the sugar, flour, baking powder, baking soda and ground clove. Using a paddle attachment, mix slowly. Add in the beaten egg and beat on low until it is fully incorporated. Slowly add just enough Amaro Braulio to make a dough come together. Add in the cherry-cacao nib mixture. Lightly flour a work surface. Divide the dough into two portions. Shape two lightly flattened, cylinders with approximately a 2 inch diameter. Transfer the logs to the baking sheet. In a small bowl combine the egg and teaspoon of Amaro Braulio. Beat with a fork and lightly brush onto the cookie logs. Bake for about 15 minutes or until the logs are lightly golden. Remove from the oven and let cool for 10 minutes. Cut into slices that are approximately $\frac{1}{2}$ inch thick. Bake the sliced cookies for an additional 10 minutes or until golden brown.

Makes about 20 cookies

Suspiro Limeno

Classic Peruvian dish, arguably their national dessert. Originally named Suspiro de la limena (translation: the sigh of a woman from Lima). It combines a rich creamy base similar to what is commonly known as Dulce de Leche, with a fluffy boozy meringue. Very rich, it is best served in small portions. You can always get seconds!

Traditional Suspiro Limeno Recipe

Manjar:

1 (12oz) can evaporated milk
1 (14oz) can condensed milk
5 egg yolks
1 teaspoon vanilla extract
1 teaspoon almond extract

Meringue:

4 egg whites
1 cup sugar
½ cup port wine or pisco
Cinnamon

Manjar:

Combine the evaporated milk and condensed milk in a saucepan and cook over a low heat, stirring constantly. Cook until thick. Add in the vanilla and almond extracts. Whisk in the egg yolks, one at a time. Cook over low heat for an additional minute. Divide into serving ramekins or cocktail glasses and chill.

Meringue

In a saucepan combine the sugar and port wine over a low heat. Cook until the sugar is dissolved. Remove from the heat. Beat the egg whites to stiff peaks and add in the port wine syrup slowly. Continue to beat until cool. Using a pastry bag or spoon, garnish the manjar with the meringue. Sprinkle with cinnamon. Serve.

Makes 5 portions

A Venetian in Peru Recipe

Manjar:

1 (12oz) can evaporated milk
1 (14oz) can condensed milk
5 egg yolks
1½ teaspoon Cynar

Meringue:

4 egg whites
1 cup sugar
¼ cup Cynar
2 Tablespoons water
2 Tablespoons limoncello

Manjar:

Combine the evaporated milk and condensed milk in a saucepan and cook over a low heat, stirring constantly. Cook until thick. Add in the Cynar. Whisk in the egg yolks, one at a time. Cook over low heat for an additional minute. Divide into serving ramekins or cocktail glasses and chill.

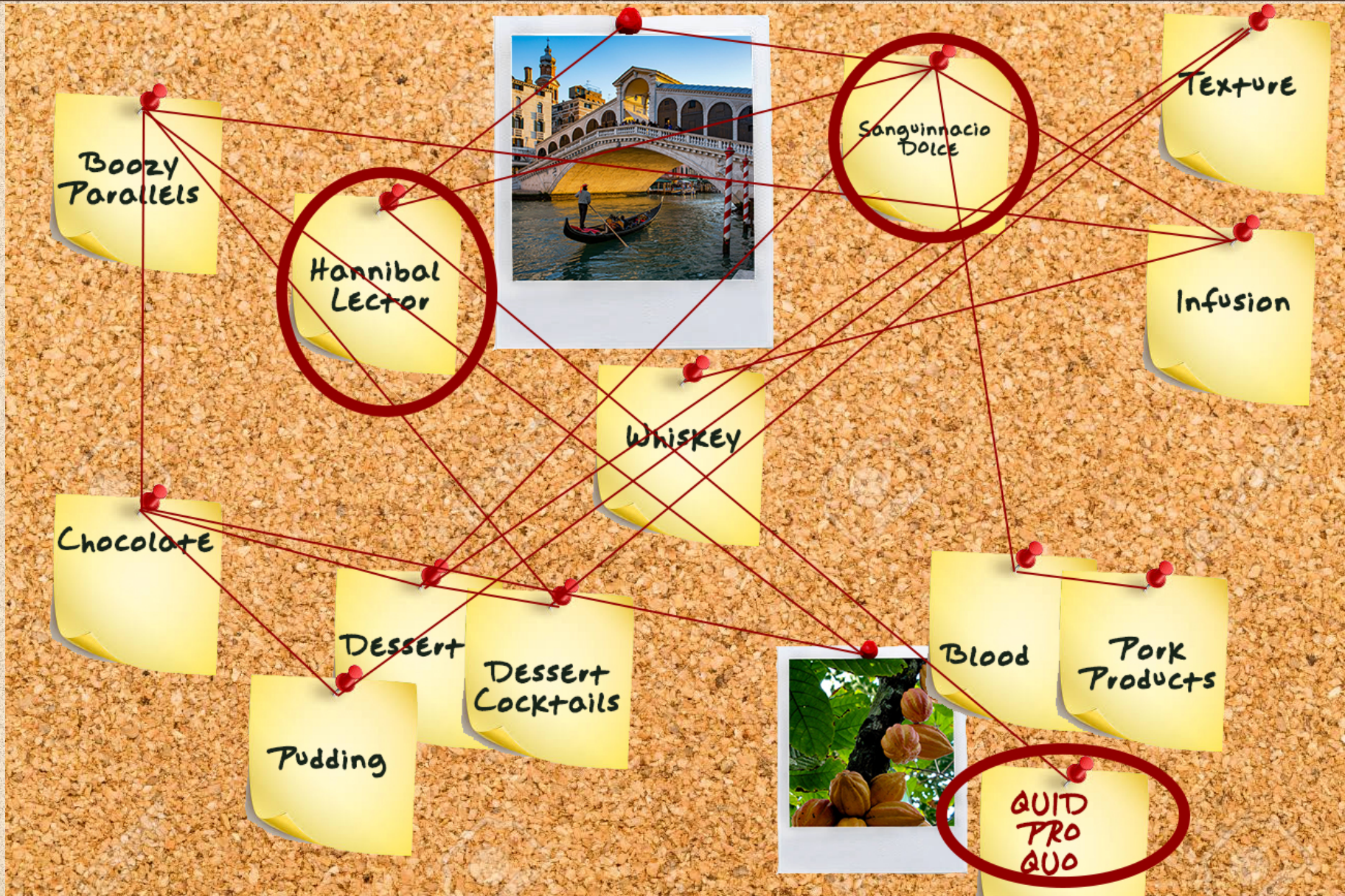
Meringue

In a saucepan combine the sugar, Cynar, water and limoncello over a low heat. Cook until the sugar is dissolved. Remove from the heat. Beat the egg whites to stiff peaks and add in the Cynar syrup slowly. Continue to beat until cool. Using a pastry bag or spoon, garnish the manjar with the meringue. Garnish. Serve.

Makes approximately 5 portions

Reverse Engineering a Dessert

- > Find a dish that inspires you.
- Find boozy parallels or create infusions.
- Take into account aspects such as texture, aroma and appearance.
- Try all the weird ideas.



Reverse Engineering Sanguinaccio Dolce

Sanguinaccio Dolce	Quid Pro Quo
Walnuts/Almonds	Amaretto
Chocolate	Crème de Cacao, Grated Chocolate
Spices	Whiskey Infusion
Orange	Zest
Vincotto	Vincotto
Pig's Blood	Prosciutto
Sugar	Liqueurs, Scalded Milk, Vanilla
Milk/Almond Milk	Milk
Pinenuts	Whiskey Infusion
Vanilla	Whiskey Infusion

Wild Turkey Infusion

6oz Wild Turkey 101

30 pinenuts

2-inch piece vanilla bean, split

10 cinnamon stick shards

Combine all of the ingredients in a sealable container. Let steep for no more than 75 hours. Strain and store until needed.

Quid Pro Quo Cocktail

1oz pinenut, vanilla & cinnamon infused Wild Turkey 101

1oz scalded milk

.25oz vincotto

.25oz amaretto

.25oz creme de cacao

Averna spritz

Prosciutto

Orange Zest

Dark Chocolate

Pour the whiskey, milk, vincotto, amaretto and creme de cacao in a shaker tin. Fill the shaker half full with ice. Shake for 15-20 seconds. Strain up (i.e. without ice) into a cocktail glass. Spritz with Averna Amaro. Garnish with prosciutto. Grate orange zest and dark chocolate over top.



Access the Hotline

Instagram: @pandemicpinup (Recipes)

Facebook: The Underground Cooking Club (Base recipes, livestream classes each Sunday)

Youtube: TheChefWithRedShoes (Class video archives)

Message me on instagram or facebook with any questions, my hotline is always available!