



ALPHA OMEGA

Heirloom Carrots and Chorizo

Daniel Kedan
Executive Chef/Owner Backyard
Culinary Instructor Culinary Institute of America



Curry Spiced Carrots with Fennel & Mushrooms

Ingredients:

- 12 each heirloom baby carrots
- 2 each fennel
- 2 each Maitake mushrooms
- 1 tablespoon curry powder
- 1 tablespoon cumin
- 1 teaspoon garam masala
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 2 tablespoons salt
- 2 tablespoons extra virgin olive oil
- 1 lemon juiced
- Rendered chorizo fat

Procedure:

- In a bowl, combine the spices and rendered chorizo fat (can substitute olive oil).
- Cut the tops off the fennel and reserve for later.
- Cut the fennel bulbs into 6-8 pieces depending on their size.
- Cut the mushrooms into quarters.
- Toss the carrots, mushrooms and fennel in this mixture and place on a roasting pan.
- Roast in a 350-degree oven for 15-20 minutes until the carrots and fennel are tender.
- Drizzle with extra virgin olive oil and lemon juice.

Chorizo Albondigas

Ingredients:

- 2 pounds pork, ground
- 2 eggs
- 1/2 cup bread crumbs
- 1 cup shallots minced
- 1/4 cup garlic minced
- 1 teaspoon chili flake
- 1 tablespoon paprika
- 1 tablespoon smoked paprika
- 1 teaspoon cumin
- 1 tablespoon oregano
- 1 bunch parsley chopped
- salt & pepper to taste

Procedure:

- Sweat garlic and shallots in a little olive oil.
- In a Robot Coupe, combine everything except the meat and puree to a smooth texture.
- Combine with the meat and mix.
- Roll 2-ounce balls and bake on a parchment lined sheet pan at 400 degrees for 8 minutes.

Blackberry Mustard

Ingredients:

- 1 cup shallots (or red onion) chopped
- 1 cup fennel tops chopped
- 2 pints blackberries
- 1 lemon, juiced
- 4 sprigs thyme
- 2 tablespoons butter
- 2 bay leaf
- 2 tablespoons vegetable oil
- 1 tablespoon Dijon mustard
- salt & pepper to taste
- nasturtiums (optional)

Procedure:

- In a pot, sweat the shallots and fennel tops in the oil and butter on medium heat until they release their liquid and break down (about 3 minutes).
- Add the blackberries, thyme and bay leaf and bring to a simmer. Cook the blackberries until they have broken down and 90% of the liquid has evaporated.
- Place all of the ingredients in a blender and puree with lemon juice and Dijon mustard. It should be a mustard consistency. You can strain it for a smoother texture.

Plating:

- Start the plate with a dollop or smear of the blackberry mustard.
- Shingle the carrots and fennel, creating a strong base.
- Place the albondigas intermingled with the vegetables.
- Place the roasted mushrooms and blackberries so they fill any blank spaces.
- Garnish with the fennel fronds and nasturtiums.



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CHEF DANIEL KEDAN
Executive Chef/Owner Backyard
Culinary Instructor Culinary Institute of America



Daniel Kedan began his professional cooking career as Sous Chef of Il Palio Restaurant in Shelton, Connecticut in 2004. This ignited a passion and excitement, in the restaurant field, for him. Wanting to learn everything he could, he decided to travel to Europe in 2006. Spending time tasting the amazing flavors of France, Italy, and Germany, Daniel felt invigorated and passionate about the culinary arts.

Daniel enrolled at The Culinary Institute of America in 2006, being part of the school's first A.O.S. program on the Saint Helena campus. While attending school, he began working under Chef Dave Cruz at Thomas Keller's Ad Hoc restaurant in Yountville, as part of the opening team. There, he spent three years learning what true professionalism, along with love and respect for great ingredients, really was.

Daniel continued his career in the Napa Valley while working briefly at Solage in Calistoga. His interest in food sustainability led him to become the Chef de Cuisine at The General's Daughter in Sonoma. There, he learned not only how to run a restaurant, but how to work and yearly plan with farmers, plan and execute wine dinners and participate in wine auctions. He again was part of an opening culinary team at Cantinetta Piero in Yountville. Still having a strong passion for dealing with local, organic farmers, Daniel

found his home at Peter Lowell's in Sebastopol in December of 2010. While working with the restaurant's 2-acre farm, along with a handful of other local farmers and ranchers, Daniel found his home in west county.

In 2012, with his wife and favorite pastry chef, Marianna Gardenhire, he opened Backyard. He has taken his passion for local farmers, house made pastas and charcuterie into flourishing. With their own garden, and the bounties of west county, their menu changes daily with the thriving seasons.

Daniel and Marianna expanded their operation to include a small organic farm, Bee Run Hollow. Being able to get their hands in the soil and be part of the food production was always the dream for Backyard. The farm highlights heirloom and unique plant varieties, all grown with the highest of regenerative farming practices. In addition to the produce, the farm features, beehives, chickens for their eggs, flowers, and herbs.

In April 2019, Daniel took another leap in his culinary career and returned to the Culinary Institute of America as a Culinary Chef Instructor. To have the opportunity to teach and mentor the next generation of chefs has always been the dream and the end result of all of the hard work.