

Nova Scotia Seafood Masterclass – From Ocean to Plate

Celebrate the extraordinary flavors of Atlantic Canada in this refined culinary experience showcasing Nova Scotia's world-class seafood. Chef Richard Julien demonstrates the techniques required to select, prepare, and cook seafood with precision and elegance while sharing insights into local sourcing and professional preparation methods.

Menu

Nova Scotia Mussels & Chorizo / House-Made Focaccia

Halibut Cheeks "Chowder"

Cured Salmon "Julien"

Monkfish with smoked bacon "Crepinette" with raw tomato butter

Nova Scotia Mussels & Chorizo

Ingredients

2 lbs mussels, cleaned ,1 cup white wine ,2 shallots (1 sliced, 1 fine dice) ,4 cloves garlic (2 crushed, 2 minced), 1 sprig rosemary ,150 g chorizo, diced ,1 tbsp tomato paste ,1/2 cup crushed tomato (optional) ,1 red pepper - roasted - small dice ,1 tsp smoked paprika ,2 tbsp butter ,Parsley ,1 Lemon, juice and zest

Method

1. Steam Mussels

- Wine, sliced shallot, crushed garlic, rosemary → simmer
- Add mussels, cover 3-4 mins until open
- Remove mussels
- Strain and reserve liquor

2. Shell Remove mussels from shells (reserve a few in shell if desired)

Render chorizo Add diced shallot → sweat Add garlic Add tomato paste → cook 1-2 mins Add crushed tomato, red pepper + paprika - finish with lemon juice and re-season Add reserved mussel liquor → reduce slightly ,Add mussels to warm through ,Off heat → mount with butter ,Finish parsley + lemon zest

Focaccia (1 baking sheet tray)

Ingredients

- 500 g flour ,10 g salt,20 g sugar,7 g yeast - activate in water with sugar, 400 ml warm water ,50 ml olive oil

- Mix → sticky dough ,Bulk ferment 1-2 hrs.,Stretch into oiled tray → rest 30 mins., Dimple, add olive oil + salt, Bake 220°C ~20-25 mins.

Seared Halibut "Chowder"

Ingredients

4 -Halibut cheeks (2 oz portions)

Broth:

1 Leek (white), 3 shallot, 1 rib celery, 2 small potato peeled, fish or vegetable stock (500 ml), cream (250 ml), milk (100 ml), bay leaf, thyme, butter , dill

Garnish:

Fine dice potato, celery, leek, Optional: bacon crumb, herb oil

Broth:

Sweat leek, shallot, celery, and potato in butter without colour. Add stock, bay, thyme and simmer 15-20 minutes. Add cream and milk, blend smooth and strain. Season lightly and finish with a knob of cold butter. Keep the texture light and pourable.

Garnish:

Blanch 1 cup diced potato until just tender. Sweat ½ cup celery and ½ cup leek gently in butter. Combine and season.

Halibut Cheeks:

Season 2 oz sear . Sear presentation side until golden, flip and finish with a light butter baste. Keep just cooked.

Foam:

Heat milk until hot (not boiling). Use an immersion blender just below the surface to aerate into a light foam.

Salmon Julien - Dill, Lemon & Onion Gravlax w Dill emulsion

Ingredients (for ~4 lb salmon, skin-on)

- 1 whole side salmon (or 2 equal fillets), ~4 lbs, pin bones removed ,½ cup kosher salt,½ cup sugar ,1 tbsp cracked black pepper,Zest of 2 lemons,1 large bunch fresh dill (rough chopped, stems included), ½ small red onion, very thinly sliced ,2 tbsp lemon juice 1 tbsp crushed coriander seed

In a bowl combine:

- Salt ,Sugar ,Black pepper, Lemon zest, coriander seed

Prep the salmon Pat completely dry. Leave skin on. If using two fillets, make sure they're roughly equal thickness.

1. **Base layer**
 - Lay plastic wrap or a tray underneath.
 - Spread a thin layer of cure mix down first.
2. **Build**
 - Place salmon skin-side down.
 - Pack the cure evenly over the flesh.
 - Top with:
 - Dill (generous)
 - Sliced red onion
 - Lemon juice drizzle
 - Optional splash of aquavit/gin
3. **Sandwich (if using 2 sides)**
 - Place second fillet flesh-to-flesh.
4. **Wrap + weight**
 - Wrap tightly.
 - Place on a tray.
 - Weight it (another tray + cans or a small pan).
5. **Cure time**
 - Refrigerate **36–48 hours**
 - Flip once or twice during cure

Dill emulsion

Ingredients

- 1 egg yolk
- 1 tsp Dijon mustard
- 15 ml lemon juice
- 5 ml white wine vinegar
- 80 ml dill oil (from blanched dill)
- 20–40 ml neutral oil (as needed for body)
- Salt

Method

1. **Base**
 - Whisk yolk + Dijon + lemon + vinegar + pinch salt
2. **Emulsify**
 - Slowly stream in dill oil while whisking
 - Once stable, finish with neutral oil to adjust thickness
3. **Adjust**
 - Add a few drops cold water to loosen to **perfect squeeze bottle texture**\\

Black Cod “Crepinette” with Raw Tomato Butter

(8 appetizer portions)

Ingredients

Black cod (sablefish), 1.2 kg, skin removed
Smoked bacon, 16–20 thin slices
Paprika, garlic powder, black pepper, small amount sugar
Egg white (optional, for binding)

Tomato Butter

Ripe tomatoes (3), peeled, seeded
Butter (80 g, cold, diced)
1 small shallot, very fine brunoise
Lemon juice (1–2 tbsp)
Olive oil (1 tbsp)
Basil, chiffonade (3 tbsp)
Salt

Method

Cut cod into long strips (3 per portion). Lightly season with paprika, garlic, pepper, and a touch of sugar. Arrange strips together, wrap tightly in plastic to form cylinders, and chill until firm.

Remove plastic. Lightly brush with egg white if needed. Wrap each portion tightly in overlapping bacon, stretching slightly to secure. Chill 20–30 minutes.

Place in a pan over medium-low heat and render bacon slowly, turning to colour evenly. Once lightly crisped and holding shape, transfer to a **325°F / 165°C oven** and cook gently to an internal temperature of **48–50°C**. Rest 3–4 minutes, then slice into medallions.

For the tomato butter, gently warm tomato, shallot, lemon juice, and olive oil—do not cook. Whisk in cold butter to emulsify. Season lightly and finish with basil. Keep loose and bright.

Serve cod over tomato butter.