



# In the kitchen with...

Jim Welsh, Chef, Beach Street Station, Goderich

Chef Jim Welsh came to cooking professionally somewhat later in life, although he always worked part-time in the service industry. He graduated with a degree in philosophy from University of Toronto, and, not finding a great demand for philosophers, applied to Stratford Chefs School, graduating in the Class of 1994. He apprenticed at La Scalla in Toronto and The Church Restaurant in Stratford, before moving to Huron County in 2003 and joined Beach Street Station as Chef when it opened in 2015.

Always looking ahead, a trend he sees is people moving away from meat-based dishes and towards vegetarian, vegan, or simply using meat as a garnish and less as a centre-plate item. There is much more environmental awareness among the younger generations, he said. Sustainable, ethical, organic, local – these are trends he believes are worth pursuing.

## Five minutes with the Chef

### Huron-Perth Boomers (HPB):

What would your last meal be?

**Jim Welsh (JW):** Something simple that I could linger over. Perhaps a selection of cheeses, olives, good bread, and a glass of wine.

**HPB:** What three ingredients can you not live without?

**JW:** Heavy cream, butter and eggs. I am showing my roots and my age – I apprenticed in classical French cuisine.

**HPB:** What is your favourite thing to cook/eat?

**JW:** I really enjoy cooking at home, although it is limited relative to a commercial kitchen. I have the time to focus on what I am making, to put the love in. I always cook simply at home, but with exacting care.

**HPB:** If you weren't a Chef, what would you do?

**JW:** I would have been a gardener on an estate or at a botanical garden. I wanted to be a farmer when we moved to Huron County, and I tried my hand at it, but in the end I returned to the kitchen. I really appreciate those that grow food for us and now know how hard they work to achieve good results.

**HPB:** Any tips for home cooks?

**JW:** Cook with love, by which I mean pay attention and respect what you are doing. Aside from breathing, eating is foundational to life. A good meal is a joyous event that can occur daily, so why waste that opportunity?

**HPB:** Where do you get inspiration?

**JW:** I read a lot and have an extensive cookbook library, so when I am planning a meal or a menu, my books are my first go to.

To Drink?

A glass of Chardonnay or dry Riesling would be a fine wine pairing.



## PROSCIUTTO ASPARAGUS TART

Use 12" Flan Pan (8" unbaked pie shell also works)

### INGREDIENTS

4 slices prosciutto, julienne  
 ½ bunch asparagus, trimmed, washed and sliced thin on the bias  
 ½ cup goat cheese  
 3 eggs  
 ¾ cup 35% cream  
 Zest of one lemon  
 Salt and pepper

### PATE BRISÉE

1⅔ cup pastry flour  
 6½ tbsp butter, unsalted and cold  
 1 egg yolk  
 ½ tsp salt  
 3 tbsp water (more if needed)

### RED PEPPER COULIS

2 red peppers roasted, seeded and skinned  
 3 cloves roasted garlic  
 Olive oil  
 Salt, pepper, lemon juice to taste

### Directions:

Pate Brisée – In a bowl, combine flour and salt, cut in butter to a fine crumb. Add egg yolk and water. Bring together, wrap and refrigerate for 30 minutes. Form into flan pan and refrigerate 15 minutes. Blind bake 15-20 minutes at 350 F.

While pastry is still hot, layer in prosciutto, asparagus and goat cheese. Combine eggs, cream, lemon zest and seasoning. Pour in and bake at 375 F for 30-40 minutes.

Red pepper coulis – Combine peppers and garlic in blender. Slowly add olive oil to make a thin sauce. Season and add lemon juice to taste.

To serve, lay down a smear of coulis and cover with slice of tart. Serve with arugula salad (grape tomato, red onion, balsamic vinaigrette). ■

*Chef Welsh chose this dish because it would be great for a spring lunch in the garden or as an appetizer at dinner. Chef Jim Welsh can be found at Beach Street Station, at 2 Beach St., Goderich. It re-opens for the season on March 14. Visit [www.beachstreetstation.com](http://www.beachstreetstation.com), call 519-612-2212, or email [info@beachstreetstation.com](mailto:info@beachstreetstation.com).*