Warmest Wishes for a Holiday filled with Light and Peace

"Meditation is a way of opening our lives to the richness of experience, not an esoteric practice limited to certain times and places. Whether we live in the quiet of the country or in the turmoil of the city, meditation can actually become a way of life. In this kind of meditation, we learn to embrace and learn from whatever we experience.”

-- Tarthang Tulku, Challenging Journey, Creative Journey

Joyous Holidays!

With deep appreciation for your friendship and support, and all you do to help preserve the wisdom tradition of Tibet for the benefit of our shared humanity.
This holiday season is like no other.
And yet the joy, kindness and generosity that resonates
during this time of year continues to be in our experience.
This speaks to our inherent gift, the ability to adapt with grace
for the benefit of ourselves and others.

“If you would let yourself, you could always celebrate your time,
your journey. Every day could be a holiday . . .
No matter what, don’t be a traitor to yourself. Do not trade your
happiness away. Do not sell yourself out in exchange for anxiety,
resentment, addiction, and loneliness.
Promise yourself now: From here on out, to the best of my ability, I will
take care of myself, body and mind, emotions, and perceptions.
From here on out, I will make the most of my journey.”

-- Tarthang Tulku, Caring

May the blessings of the Enlightened Ones throughout time
be with you and your family this Holiday Season and always.
From all of us at Tibetan Aid Project

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Berkeley, CA 94709
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We invite you to include Tibetan Aid
Project in your holiday giving,
with sincerest appreciation.
Enjoy the following holiday gift recipes, compliments of Taste & Tribute chefs, Philippe Striffeler, Executive Chef, ANZU, Hotel Nikko San Francisco, and Dustin Valette, Chef/Owner, Valette Healdsburg.

A reminder to support our Taste & Tribute chefs and restaurants this holiday season. Gift cards, delivery, take out, and dine-in when possible, will help support them during this unprecedented time, a way to say thank you for their valuable contribution, and no doubt, reciprocated with an exceptional culinary experience.

Taste & Tribute 2019 Chefs and Restaurants are included below. Other continuing participants are: Aquitaine, San Francisco; Chez Panisse, Berkeley; Arguello, San Francisco; The Commissary, San Francisco; and Oakley Bistro, Oakley.
MISOYAKI BLACK COD
Misoyaki black cod fillet, koshinikari risotto,
honshimeji mushrooms, edamame, truffle dashi

BRINE FOR BLACK COD:
Serving: 4
Black cod: 4 x 3.5 oz
Water: 3 cups
Ginger: 1 tablespoon
Salt: 1 tablespoon
Sugar: 1 tablespoon

Directions:
Combine water, ginger, salt and sugar.
Add black cod with skin to the brine for one hour.

KOSHIHIGARI RISOTTO:
Serving: 2
2 tablespoons olive oil
6 tablespoons butter
1 medium onion chopped fine
2 cups koshinikari rice
1/2 cup white wine
4 cups chicken broth

Directions:
In a heavy bottomed pan, heat olive oil and 2
tablespoons of the butter over medium heat. Add the
onion and cook until softened and translucent, 6 to 10
minutes. Add rice and stir with a wooden spoon until
the rice is well coated and opaque, 3 to 4 minutes.

MISOYAKI MARINADE:
Serving: 8
Miso: 15 tablespoons
Sake: 5 tablespoons
Shari Miso: 1 1/3 cups
Sugar: 2/3 cup

Directions:
In a stock pot over medium heat, combine
the miso and sake and boil for 20 seconds
to evaporate the alcohol. Add the miso paste
and stir until it dissolves completely.
Add the sugar, raise the heat to high and stir
continuously until it has dissolved completely.
Remove the pan from the heat and leave
at room temperature until the mixture has
cooled completely.
Add miso paste to black cod and marinate
for 4 hours.
Lightly smoke black cod and lay on a sheet
pam free side down.
Cook at 450 degrees for 10 minutes.

KOMBU AND KAIJSU TRUFFLE DASHI:
Serving: 4
Water: 3 cups
Mondashi: 1/2 tablespoon
Ushioashi soy sauce: 1/2 tablespoon
Mirin: 1/2 tablespoon
Ginger: 2 tablespoons
Truffle oil: 1/2 tablespoon

Directions:
Bring water to boil, dissolve in Mondashi.
Add soy sauce, mirin, ginger and truffle oil.
Bring to boil and turn off. Add honshimeji
mushrooms, edamame before serving.

To Serve:
On the middle of the plate put the risotto,
then add the fish on top. Add dashi and
garnish with honshimeji mushrooms.
Maple Glazed Liberty Farms Duck
Roasted Butternut Squash / Toasted Pepitas / Violet Mustard
Dustin Valette, Valette Restaurant

I love making this dish for the holidays or when it’s just cold outside and the family gets together to cook and share each other’s company. Sit back, sip some amazing wine and enjoy the beautiful aromatics this dish creates as its roasting in the oven!

1 ea Whole, Fresh Liberty Farms Duck, cleaned and tied (ask your local butcher)
1 ea Butternut Squash, peeled and Diced into ¼” cubes (no seeds)
½ cup Dried Currants steeped in warm water
2 ea Shallot, Peeled, diced Small
3 ounces Pepitas, toasted
¼ cup Real Maple Syrup (use the good stuff, nothing artificial)
2 ounces Thyme
1 bunch Butter
2 ounces Extra Virgin Olive Oil
Kosher Salt
Fresh Pepper

-Roasted Duck-
First thing start by rubbing the duck down with one teaspoon of olive oil; season the duck with salt and fresh ground pepper and place the bunch of thyme in the cavity. Place the duck on a roasting rack or casserole dish with a rack. Put the duck in a pre-heated 425 degree oven for 12 minutes to ‘sear’ the duck. Turn the oven down to 325 degrees, remove the duck and with a pastry brush, ‘paint’ the duck with the maple syrup. Continue cooking the duck at 325 degrees until an internal temperature of 145 degrees. While the duck is roasting start prepping the remaining items. Once the duck is cooked hold in a warm area.

-Butternut Squash Compote-
In a large sauté pan over medium heat add the diced squash and one ounce of Olive Oil. Season with salt and pepper and sauté until golden brown and tender. Add 2 ounces butter and the shallots, cook until tender. Then add the pepitas and the currants, adjust seasoning and reserve warm.

-Plating-
Now that all the components are done and the duck is roasted begin by carving the duck. Remove the thigh and breast; slice each into 4 to 5 pieces. On a large pre-heated plate make a ‘swoosh’ of the violet mustard then place a scoop of the butternut squash compote in the center. Arrange the duck breast and thighs around the compote, repeat for the remaining dishes. Serve and Enjoy!

Happy Holidays

Dustin Valette
Holiday Recipe from Valette

Chestnuts roasting in the oven has to be one of the most iconic aromas of the holiday season! This dish is elegant yet simple and perfect for any holiday celebration. The recipe uses fresh chestnuts, though this step can be substituted with frozen raw chestnuts from Whole Foods or a specialty food market.

~Dustin

Roasted Chestnut and Burrata Salad

Roasted Chestnuts – Pomegranate Molasses – Pickled Fennel

Yield: 4 - 6 people

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Fresh Chestnuts</td>
<td>2 pounds</td>
</tr>
<tr>
<td>4-6, 4oz balls Burrata Cheese cut into halves</td>
<td>4-6, 4oz balls</td>
</tr>
<tr>
<td>1/2 loaf Sourdough Baguette</td>
<td>1/2 loaf</td>
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<tr>
<td>3 cups Baby Wild Arugula, washed</td>
<td>3 cups</td>
</tr>
<tr>
<td>3 each Red Belgine Endive, sliced thin</td>
<td>3 each</td>
</tr>
<tr>
<td>1 each Pomegranate, seeds removed</td>
<td>1 each</td>
</tr>
<tr>
<td>1 head Fennel</td>
<td>1 head</td>
</tr>
<tr>
<td>1/2 cup Cane Sugar</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>1 cup Champagne Vinegar</td>
<td>1 cup</td>
</tr>
<tr>
<td>2 ounces Pomegranate Molasses</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Extra Virgin Olive Oil</td>
<td>2 ounces</td>
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<tr>
<td>Fleur de Sel</td>
<td>2 ounces</td>
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-Pickled Fennel-
Start by removing the green tops and saving the smaller pieces (franz) for later use. Slice the fennel bulb into very thin shavings, (a mandolin works great for this) and place in a medium size container. In a medium saucepot combine the sugar, vinegar and a pinch of salt; bring to a boil and pour over the shaved fennel and cool. Refrigerate until chilled, though will last for up to 3 days in the refrigerator.

-Roasted Chestnuts-
This step takes a little time, though the intoxicating aromas of roasting chestnuts is amazing! That said, you can easily substitute frozen IQF raw chestnuts. Preheat your oven to 400 degrees. Score the top of the chestnuts with a little ‘X’, toss with salt, a drizzle of olive oil and roast until the shell starts to peel back, around 15 minutes. Remove from the oven, allow to slightly cool then peel off the outside shell. Once the outside shell and inside membranes are removed, dice into quarters. To finish, toss the chestnuts with a little more olive oil, salt and pepper and continue to roast until golden brown.

-Grilled Baguette-
Slice the baguette into 8 long croutons, drizzle with extra virgin olive oil, salt and pepper; toast in the oven until golden brown.

-Platig-
In a mixing bowl, combine the endive, arugula, fennel franz, pickled fennel and a little of the fennel pickling liquid. Toss all the ingredients and season with salt, pepper and drizzle of olive oil. In the center of the plate, place the salad down first, then place the burrata in the center and garnish with the roasted chestnuts and pomegranate seeds, then place the toasted bread to one side. To finish, add a little of the extra virgin olive oil on the burrata and sprinkle on a little fleur de sel sea salt. Drizzle the pomegranate molasses on the burrata and around the plate. Repeat with the remaining dishes.

Enjoy! Dustin Valette
Chef Staffan Terje
Perbacco, San Francisco

Chef Gerald Hirigoyen
Piperade, San Francisco

Chef Peter Armellino
Plumed Horse, Saratoga

Chef Anthony Strong
Prairie, San Francisco

Chef Jason Pringle
Selby's, San Francisco

Chef Kolin Vazzoler
Simi Winery, Healdsburg

Chef Chris Yeo
Straits, San Jose

Chef Dustin Valette
Valette, Healdsburg

Chef Monique Feybesse
Robert Sinskey Vineyards, Napa