



ACTINOLITE
RESTAURANT

In the 1930s and 1940s, Henry Ford was interested in soybeans as a potential alternative to petroleum in car production, and so he created 7,400 acres of Ford soybean farms in Southeast Michigan, established a soy processing plant and invested in soy crop research. On August 13, 1941, Henry Ford unveiled the first Ford “Soybean Car” at Dearborn Days.

Unfortunately, during WWII auto production was suspended, and after the war the technology became lost as energy was put into war recovery efforts. In 2000, almost 60 years after the unveiling of the world’s first “Soybean Car,” soy crop research restarted at Ford Motor Company.

Now, food by-products, oversupply and other biomaterials are getting a second life in our vehicles. In 2007, Ford introduced the auto industry’s first use of soy-based foam in seat cushions and backs, and by 2011 they were in every vehicle built in North America. Since then, Ford’s renewable materials program has grown from this one application to a large portfolio of renewable and recyclable materials.

Today, we’re using soy foam seats and plastics reinforced by rice hulls, wheat straw and cellulose. Tomorrow, you might find tomato skins, corn and algae in your Ford vehicle. Because at Ford, using plant-based materials that would otherwise go to waste is a central part of our corporate sustainability strategy, and we’re focused on continuing to migrate new renewable and recyclable materials into all of our vehicles.

So as you go through this recipe book, courtesy of Ford and Chef Justin Cournoyer of ACTINOLITE restaurant in Toronto, enjoy a taste of what is in your Ford today and what may be there in the future.





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Soy Custard with Soy Foam

Since 2011, all Ford vehicles built in North America have soy foam in their seat cushions and backs. This saves an estimated 2.3 million kilograms of petroleum per year. In addition, 85 per cent of headrests produced in North America and the headliner on the Ford Escape use soy foam. Ford continues to investigate new applications for soy foam, such as for underhood and energy-absorbing foams.

INGREDIENTS

SOY CUSTARD

3 cups	Soymilk (unsweetened)
1 cup (250ml)	Eggs (3 to 4 eggs)
1 tsp (5ml)	Salt

SOY CRUMB

2 cups (500ml)	Roasted soybeans (coarsely ground)
2 cups (500ml)	Vegetable oil
2 Tbsp (30ml)	Shallot, finely chopped
2 Tbsp (30ml)	Ginger, peeled and finely diced

MISO SAUCE

3 Tbsp (45ml)	White miso
1 Tbsp (15ml)	Cider vinegar
2 Tbsp (15ml)	Water

SOY FOAM

3 Cups (750ml)	Soymilk, unsweetened
1 Tbsp (15ml)	Soy lecithin





METHOD

YIELD: 4 PORTIONS

SOY CUSTARD

Using a whisk, blend all the ingredients. Pour into a shallow plastic container with a lid and place in a steamer. Steam custard on medium-high heat for 15 - 20 minutes, until set, it should lightly jiggle in the center but should not be loose. Keep in warm area to completely set.

SOY CRUMBS

Place all ingredients in a large pot with the oil and put on medium heat. Keep stirring throughout the frying process, once the shallot and ginger are golden brown about 15 - 20 min, remove from heat and cool.

MISO SAUCE

In a bowl, whisk together all ingredients until sauce consistency is smooth.

SOY FOAM

Using an immersion blender and a tall narrow container, blend the soy milk and lecithin on a angle to create a foam, about 30 - 40 seconds. Scoop off the foam with a large spoon and serve.

ASSEMBLY

Scoop one large spoon of soy custard into each bowl.
Spoon 1 Tbsp (15ml) miso sauce over custard.
Sprinkle 1 ½ Tbsp (22.5ml) of soybean crumb and ½ Tbsp (7.5ml) of the oil over custard.



Spelt and Honey Bread

Wheat straw-reinforced plastic is used in the storage bins of the Ford Flex – the world's first application of this material.

The use of wheat straw-reinforced plastics reduces petroleum usage by 9,000 kilograms and our CO₂ emissions by about 13,600 kilograms annually.

INGREDIENTS

13oz (360g)	Bread flour, plus extra for dusting
1.4oz (40g)	Spelt
4 tsp (20ml)	Milk powder
2 tsp (10ml)	Salt
¼ tsp (1ml)	Dry active yeast
1 cup (250ml)+2 Tbsp (30ml)	Water
1 Tbsp (15ml)	Honey
1oz (30g)	Soaked grains (of your choice)
8, .3L	Mini cocottes, ovenproof





METHOD

YIELD: 8 PORTIONS

In a large bowl, mix all dry ingredients together. In a separate bowl, mix all wet ingredients together.

Combine dry into wet and mix with your hands until it comes together. Cover and rest at room temperature for a minimum of 10 hours to overnight.

In the bowl, fold the bread into itself four ways. Repeat fold 2 times in 30 minute increments. On the last fold, place the bread onto a counter, rest for 30 minutes.

Preheat oven to 450F (232C). Place the cocottes in the oven to preheat for 15 minutes.

Portion dough into 8 loaves and roll tightly into large buns. Repeat the roll in 30 minutes.

Dust the bottom of the bread with flour and carefully place in the hot cocottes.

Bake for 20 minutes with the lids on, remove the lids and continue to bake for 15 - 20 minutes or until tops are golden brown.

Carefully remove the bread from the cocottes once they come out of the oven. Let cool before slicing into bread, about 15 minutes.

Barley and Rice Porridge

In 2014, Ford introduced a new composite plastic material reinforced with rice hulls (by-product of rice grains) in the wire harness of the Ford F-150.

Ford uses renewable, natural-fibre materials to reinforce plastic and for other applications in vehicles.

INGREDIENTS

BARLEY

2 cups (500ml) Pearl barley, rinsed well
4 cups (1L) Water

PARSLEY JUICE

2 bunches Parsley, loosely picked
 $\frac{3}{4}$ cup (180ml) Ice water, plus extra for shocking parsley
 $\frac{1}{4}$ cup (60ml) Canola oil

TURNIP

1 Purple top turnip
1 tsp (5ml) Canola oil
1 Tbsp (15ml) Cider vinegar
to taste Salt

PUFFED WILD RICE

$\frac{1}{2}$ cup (125ml) Wild rice





METHOD

YIELD: 4 PORTIONS

BARLEY

Add the barley and the water to a pot and simmer for about 15 - 20 minutes or until tender.
Strain and place on a tray to cool.

PARSLEY JUICE

Bring a large pot of salted water to a boil.
Place the parsley into the boiling water for 1 minute and shock in a bowl of iced water. Squeeze out the water.
Finely chop parsley and place in blender with measured ice water and oil. Blend until smooth on high.

TURNIP

Preheat oven to 400F (204C).
Season turnip with oil and salt, wrap in foil.
Roast in oven until fork tender, about 1 ½ hours.
Cool. Thinly slice and season with cider vinegar and salt.

PUFFED WILD RICE

Preheat oven to 315F (157C).
Heat a nonstick skillet over medium-high heat until hot.
Add wild rice; toast, shaking constantly, until most kernels are puffed and brown, about 30 seconds. Transfer to bowl and cool.

ASSEMBLY

In a small pot, heat barley on medium heat.
Add ½ cup (125ml) parsley juice, bring to a boil.
Spoon ½ cup (125ml) of parsley and barley mixture into each serving bowl.
Divide the turnip evenly between the serving dishes, on top of the barley mixture.
Garnish turnip with puffed wild rice.



Coconut and White Chocolate Fudge

Coconut coir, made from coconut husks, is used in the trunk mats of some vehicles, including the Ford Focus Electric.

INGREDIENTS

- | | |
|-----------------------|----------------------------|
| ¼ cup (60ml) | Unsalted butter |
| 1 cup (250ml) | Sugar |
| ¼ cup + 2 Tbsp (80ml) | Sour cream (full fat) |
| 6oz (175g) | White chocolate, chopped |
| ½ cup (125ml) | Coconut cream |
| 1 cup (250ml) | Moss (lichen) |
| 1 cup (250ml) | Water |
| 1 cup (250ml) | Sugar |
| 3 Tbsp (45ml) | Unsweetened coconut flakes |





METHOD

YIELD: 30 PIECES

In a pot, melt butter, sugar, sour cream, white chocolate and coconut cream.
Heat to 235F (113C) for about 7 - 10 minutes.

Place a non-stick mat on a baking tray and pour chocolate mixture to cool.

Using a spoon, scoop the fudge mixture and roll them into little balls,
about 1 Tbsp (15ml) for each ball. Makes about 30 truffles.

For lichen, trim any brown bits on the stem.

Submerge the lichen in a large container of water and shake vigorously.
Remove any large needles and dirt.

Boil the lichen in water for about 20 minutes, use a
weighted tray to keep the lichen submerged in the water.
Strain and set aside.

In a pot, mix the water and sugar to create a simple syrup.
Add the lichen and simmer for about 15 minutes. Strain. Place the lichen in a dehydrator
or a very low oven until the moss is completely dry.

Crumble the lichen and mix with the coconut flakes.

Toss the room temperature fudge balls in the crumble and coat evenly.



Candied Birch Leaves with Pear and Chocolate

In 2014, Ford launched an industry-first application of cellulose-reinforced plastic for the centre console in the Lincoln MKX. The cellulose fibres in this composite come from sustainably grown and harvested trees and related by-products. The material reduces weight by approximately six per cent and has a smaller carbon footprint than the glass-fibre-reinforced plastic it replaces.

INGREDIENTS

CANDIED BIRCH LEAVES

1 cup (250ml)	Water
1 cup (250ml)	Sugar
20	Birch leaves

BIRCH ROASTED PEARS

2	Pears, whole and peeled
1 Tbsp (15ml)	Canola oil
Pinch	Salt
20	Birch leaves
1 Tbsp (15ml)	Birch syrup

CHOCOLATE AND WALNUT CRUMB

1 cup (250ml)	Roasted walnuts
1 cup (250ml)	Milk chocolate
2 cups (500ml)	Dark chocolate

MILK CHOCOLATE ICE CREAM

1 ½ cups (375ml)	Whole milk
1 ½ cups (375ml)	Heavy cream
1 Tbsp (15ml)	Natural cocoa powder
1/3 cup (75ml)	Sugar
7 oz (200g)	Milk chocolate, finely chopped
8	Egg yolks





METHOD

YIELD: 4 PORTIONS

CANDIED BIRCH LEAVES

Bring water and sugar to a boil, about 3 - 5 minutes.

Place birch leaves in a bowl and pour simple syrup over, soak for 30 minutes.

Allow the leaves cool in the syrup then place on a tray in a dehydrator or an oven at the lowest oven temperature.

BIRCH ROASTED PEARS

Preheat oven to 375F (190C).

Toss in oil and sprinkle with salt.

Place 10 birch leaves on a sheet of foil, place the pear in the middle and wrap. Repeat process with remaining pear.

Roast in oven for about 1 hour or until completely tender.

Chill, cut in half and scoop out the core. Drizzle pears with birch syrup.

CANE SUGAR GLAZE

In a large heavy bottom pot, add water and half of the cane sugar. Cook until it begins to caramelize, about 5 - 7 minutes.

Add the demi glaze and remaining ingredients, cook for 5 minutes to infuse

CHOCOLATE AND WALNUT CRUMB

Preheat oven to 300F (149C).

Place milk chocolate in a small metal bowl. Roast in the oven stirring every 5 minutes for 30 - 45 minutes. (It will lose some moisture and become chalky and taste roasted).

Cool, chop to a fine crumb.

Repeat this process with the dark chocolate.

Finely chop walnuts and mix all ingredients together.

MILK CHOCOLATE ICE CREAM

In a heavy-based saucepan, combine the milk and cream.

Sift the cocoa powder over the mixture; whisk thoroughly to combine. Sprinkle about half the sugar into the saucepan and slowly bring the mixture to a simmer; don't let it boil.

Put the chopped chocolate in a medium bowl and fill another large bowl with ice water.

While waiting for the milk mixture to simmer, whisk the egg yolks with the remaining sugar. Whisk vigorously until the yolks thicken and become a paler shade of yellow, 3 - 4 minutes.

Slowly pour half the simmering milk into the yolks while whisking constantly to temper it. Whisk that mixture back into the milk in the saucepan. Reduce the heat to low and stir constantly with a wooden spoon or rubber spatula in a figure-eight motion until the custard is thick enough to coat the back of a spoon (about 170F, 77C) for 10 - 15 minutes.

Pour the cooked custard over the chocolate. Whisk until all the chocolate is melted. Set the custard bowl over the bowl of ice water; stir until the custard is completely cool. Pour through a fine sieve, to strain. Refrigerate for several hours or overnight.

Pour the custard into an ice cream machine with at least a 1 quart capacity and freeze following the manufacturer's directions.

ASSEMBLY

Spoon 3 Tbsp (45ml) of chocolate and walnut crumb on the centre of each plate.

Place half a pear per plate with a scoop of ice cream on the pear.

Garnish with 5 candied birch leaves, serve.



Trio of Tomatoes

Ford is collaborating with the H.J. Heinz Company to explore using tomato fibre, a by-product of ketchup production, to develop a more sustainable bio-plastic material for our vehicles. Ford researchers are testing the material's durability for potential use in vehicle wiring brackets and storage bins.

Algae is another promising biomaterial being researched by Ford for use as foam. It grows quickly, replicating up to four times per hour, and has a high per acre yield when compared to other crops.

INGREDIENTS

- | | |
|---------------------------------|---|
| 24 | Cherry tomatoes (8 red grape, 8 red cherry, 8 yellow grape) |
| 1 cup (250ml) | Sweet vermouth |
| 1/2 cup (125ml) + 1 Tbsp (15ml) | Sugar |
| 1/4 cup (60ml) | Dulse seaweed powder |
| 2 Tbsp (30ml) | Spruce powder |
| 2 whole | Marigold flowers (petals picked) |
| 1/4 cup (60ml) | Cider vinegar |
| 8 | Fermented blueberries (optional) |
| to taste | Salt |





METHOD

YIELD: 8 PORTIONS

Blanch tomatoes in boiling water for approximately 8 - 10 seconds, remove and shock in ice water to cool. Remove and peel.

Bring sweet vermouth and 1 cup (250ml) of sugar to a boil in a small pot, cool.

Place peeled tomatoes in marinade for a minimum of 1 hour.

In a small pot, boil cider vinegar and 2 Tbsp (30ml) sugar. Pour hot liquid over petals, allow to cool.

ASSEMBLY

Remove tomatoes from marinade, drain, season with salt.

Place 1 yellow grape tomato in each bowl and top with 3 pickled Marigold petals.

Place 1 red grape tomato in each bowl and top with spruce powder.

In a bowl, toss all red cherry tomatoes with dulse seaweed powder until tomatoes are completely covered, place in serving bowl.

Place 1 fermented blueberry in each bowl, next to trio of tomatoes and serve.



Bamboo and Shiitake

Bamboo is a fast-growing grass—up to 4 cm per hour—that is being researched for potential uses in veneers and as filler material.

INGREDIENTS

SHIITAKE

¼ cup (60ml) Canola oil
16 medium Shiitake mushrooms,
stems removed
to taste Salt

BLACK RADISH

1 Tbsp (15ml) Canola oil
1 Black radish, peeled and
diced into small cubes
to taste Salt

PORK FAT

1, 2x2 - inch (5x 5cm) block Pork back fat
1 tsp (5ml) Canola oil

ROASTED KELP

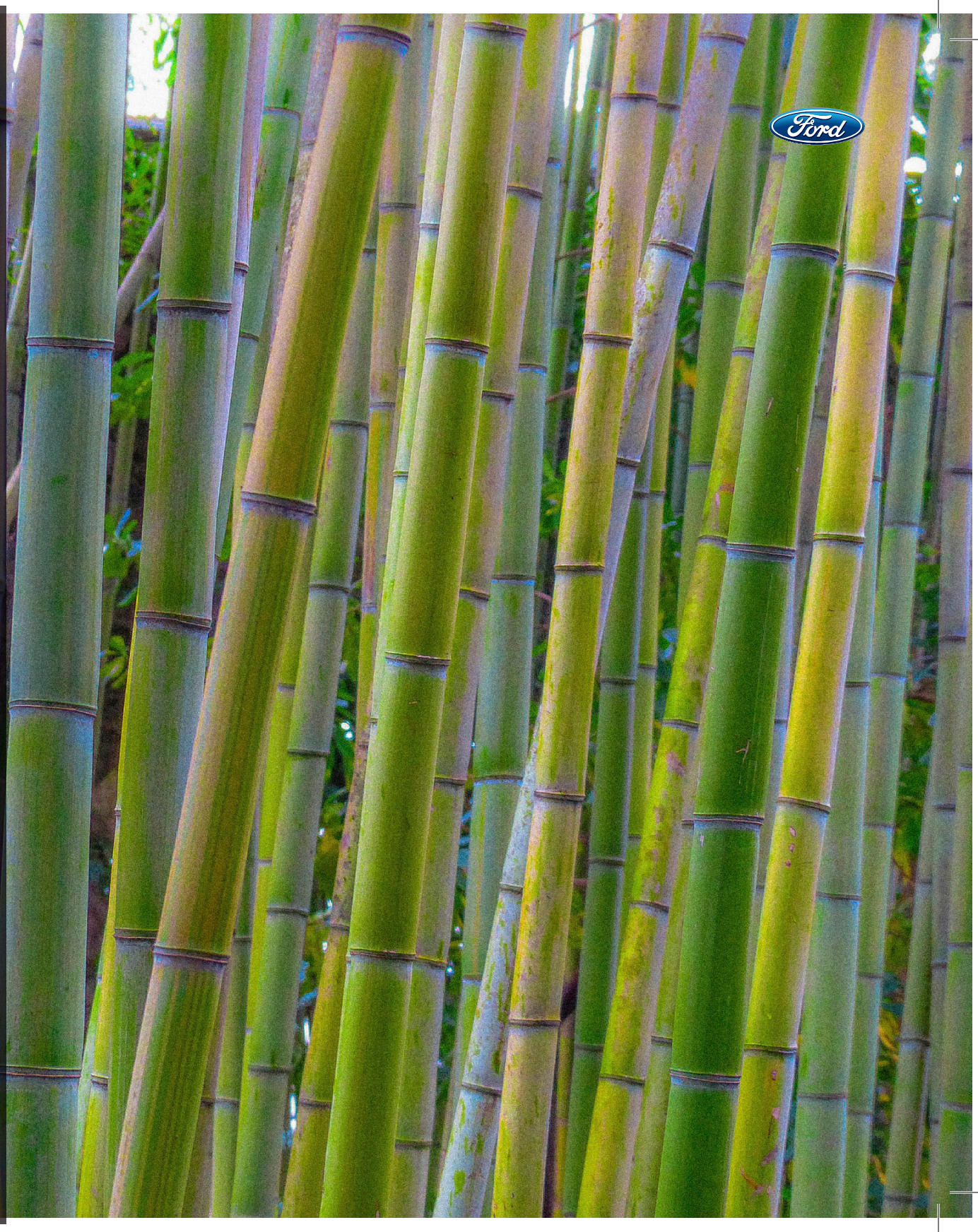
1 sheet Kelp, 8 - inches (20cm) long

ROASTED KELP TEA

1 sheet Kelp, 4 - inches (10cm) long
2 cups (500ml) Water
¼ cup (60ml) Cider vinegar

BAMBOO

1 piece Bamboo shoot,
3 x 2 inches (7.5 x 5cm)
¼ cup (60ml) Apricot nectar
Pinch Salt





METHOD

YIELD: 4 PORTIONS

SHIITAKE

Place a large frying pan on low heat, add oil and shiitake mushrooms (top side down).

Cook for about 6 minutes on each side, on low heat or until the shiitake is tender to the touch.

Season and remove. Slice half of the mushrooms, about 4 slices per mushroom. Keep the remaining shiitakes whole.

BLACK RADISH

In a hot pan, add oil and radish. Season and remove from pan once all sides are nicely browned. The radish should still remain crunchy inside.

PORK FAT

Dice the pork fat into small cubes.

Place the pork fat into a small basket and blanch it in simmering water for about 20 seconds. Cool completely.

In a small pot, add oil. Add the pork and warm gently. (If overheated, it will seize and become tough).

ROASTED KELP

Preheat oven to 315F (157C).

Roast in oven for 30 - 40 minutes until crispy. It is ready when the kelp bubbles and becomes golden brown.

Cool and break into smaller pieces.

BAMBOO

Using a mandolin or a very sharp knife, slice very thinly into 8 pieces.

In a bowl, toss with the apricot nectar and salt.

ASSEMBLY

Divide shiitake, black radish and pork fat in warm serving bowls.

Top with 2 slices of bamboo and 4 to 5 small pieces of roasted kelp.

Bring kelp tea to a boil and spoon 2 - 3 Tbsp (30 - 45ml) per bowl, serve hot.



Creamed Crab and Corn with Corn Chip and Sorbet

Agricultural corn by-product can be processed into plastic parts, fabrics, fibres or films. Ford is currently testing the product for potential uses in carpeting, upholstery and interior trim.

INGREDIENTS

CRAB AND CORN

4 pieces	Corn in husks
2 Tbsp (30ml)	Unsalted butter
1 cup (250ml)	Crab meat, picked
½	Lemon, juiced
to taste	Salt
to taste	Black pepper
12 leaves	Tarragon, reserve for garnish

CORN CHIP

6 pieces	Corn in husks
½ cup (125ml)	Amaranth
to taste	Salt and pepper
1	Egg white

CORN SORBET

2 cups (500ml)	Corn puree
¼ cup (60ml)	Agave nectar
¼ tsp (1ml)	Salt





METHOD

YIELD: 4 PORTIONS

CRAB AND CORN

Preheat oven to 425F (218C).

Soak corn with the husk in water for 15 minutes. Roast in the oven for about 45 minutes. Shuck the corn, remove kernels from the cob.

Place a pot on medium low heat. Add corn, butter and crab, cook until creamy, about 5 - 7minutes.

Season with lemon juice, salt, pepper and tarragon.

CORN CHIP

Preheat oven to 425F (218C).

Soak corn with husk in water for 15 minutes.

Roast in oven for about 45 minutes.

Shuck the corn, remove kernels and place in blender with water. Blend until completely smooth. Strain and cool completely.

Heat a heavy, wide pot on high heat. Place the amaranth into the dry pot and cover with a lid while continuously shaking. After 20 - 30 seconds, the amaranth should be puffed. Remove from the pot, place on a tray and season.

In a bowl, mix the pureed corn and egg white. Spread on a parchment-lined baking tray. Sprinkle the amaranth on top.

Place the tray in oven, set to the lowest temperature for 15 minutes, then turn off to dry out corn completely, or use a dehydrator on high for 6 hours. Result should be a large crispy corn sheet.

CORN SORBET

Place all ingredients into a metal bowl that will fit on top of a pot of simmering water (bain marie).

Whisk continuously for about 10 minutes until the mixture thickens and the starches of the corn activate.

Strain, chill, freeze and churn in ice cream maker according to manufacturer's directions.

ASSEMBLY

Warm corn and crab mixture, divide between bowls.

Break off a piece of corn chip, large enough to cover the corn and crab mixture.

Scoop a small portion of corn sorbet on top of the chip, garnish with a tarragon leaf and serve immediately.



Cane Sugar Glazed Short Rib

Sugar cane-based plastic has been made into interior fabrics and is being tested for durability and performance.

INGREDIENTS

BEEF SHORT RIB

1 ½ lb (2.5kg)	Boneless beef short rib
1 large	Onion, large dice
4 cups (1L)	Beef stock
2 Tbsp (30ml)	Canola oil
to taste	Salt

CANE SUGAR GLAZE

3 Tbsp (45ml)	Water
6 Tbsp (90ml)	Cane sugar (divided)
1 cup (250ml)	Beef demi-glace
3	Juniper berries
1 Tbsp (15ml)	Cider vinegar

GARLIC

8 cloves	Garlic, peeled and split down the middle
1 Tbsp (15ml)	Unsalted butter
to taste	Salt

BROCCOLI

1 Tbsp (15ml)	Canola oil
1 head	Broccoli, cut into medium sized florets
2 Tbsp (30ml)	Cider vinegar
to taste	Salt

BLACK GARLIC

3 cloves	Black garlic, peeled and thinly sliced
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METHOD

BEEF SHORT RIB

Preheat oven to 325F (163C).

In a large Dutch oven, heat 1 Tbsp (15ml) of oil on medium high-heat. Sear short rib on each side until the meat caramelizes, about 5 - 7 minutes per side.

Remove short rib, set aside. In the same pot, sauté onion until caramelized, about 5 - 7 minutes.

Add ½ cup (125ml) of beef stock in the pan to deglaze.

Add the short rib and the rest of the beef stock. (If the beef is not completely submerged in the stock, then add a little more stock to cover).

Place in the oven for 2 ½ - 3hrs or until the rib is tender.

Cool and slice short rib to appropriate sizes for serving.

Brush canola oil and season with salt. Grill on medium-high heat on all sides.

Brush with cane sugar glaze before serving.

CANE SUGAR GLAZE

In a large heavy bottom pot, add water and half of the cane sugar. Cook until it begins to caramelize, about 5 - 7 minutes.

Add the demi-glaze and remaining ingredients, cook for 5 minutes to infuse.

GARLIC

In a medium size pot, bring water to a boil. Blanch garlic for 2 minutes, drain.

Repeat process two more times.

Warm 3 Tbsp (45ml) of water and the butter in a small pot. Add garlic and cook for 5 - 7 minutes on medium heat. Water should evaporate and garlic becomes glazed. Season with salt.

BROCCOLI

Heat a pan to the point of slight smoke. Add oil, then add broccoli. Char the broccoli on one side, deglaze with cider vinegar and toss around in the pan until the vinegar is gone. Season.

ASSEMBLY

Place 5 - 6 pieces of broccoli on the right side of the plate.

Add 2 pieces of garlic and 3 slices of black garlic with the broccoli.

Place the short rib in the centre of the plate.



Fresh Cheese, Dandelion and Agave

Agave is being researched for use inside the vehicle for non-structural parts, including storage bins, coin trays, inner door panels, fuse covers and the battery tray, to name a few. Russian dandelion could serve as a great alternative to synthetic rubber.

INGREDIENTS

FRESH CHEESE

- 4 cups (1L) Milk
- $\frac{2}{3}$ cup (160ml) Cream
- $\frac{1}{4}$ cup (60ml) Buttermilk
- 1 tsp (5ml) Rennet

WHITE CHOCOLATE

- 1 cup (250ml) White chocolate
- 1 cup (250ml) Cocoa butter

DANDELION SYRUP

- 2 cups (500ml) Dandelion, chopped
- $1\frac{1}{3}$ cup (330ml) Hot water
- $\frac{1}{3}$ cup (80ml) Agave

RHUBARB

- 2 cups (500ml) Rhubarb, diced
- $\frac{1}{4}$ Tbsp (60ml) Sugar

MERINGUE

- $\frac{2}{3}$ cup (160ml) Egg whites
- 1 cup (250ml) Sugar

SHORTBREAD CRUMB

- $\frac{3}{4}$ cup (180ml) Butter
- $\frac{1}{2}$ cup (125ml) Sugar
- $1\frac{1}{2}$ cup (325ml) All purpose flour
- 2 tsp (10ml) Salt

GARNISHES

- Dandelion greens
- Wood sorrel
- Chickweed
- Sweet woodruff





METHOD

YIELD: 4 PORTIONS

FRESH CHEESE

Place all dairy into a pot and slowly bring up to 110F (43C).

Add the rennet and let sit at room temperature for 1 hour. Keep cheese in the pot overnight, strain through a fine mesh strainer for 24 hours, the liquids should have a thick consistency.

WHITE CHOCOLATE

Spread white chocolate onto a baking tray and bake at 300F (150C) until golden and nutty brown, stirring every 10 minutes.

Combine chocolate and cocoa butter into a bowl and place the bowl over a pot of simmering water. Once melted, pour onto a tray and cool in freezer until chocolate has set.

DANDELION SYRUP

In a high powered blender, add dandelion, water and agave.

Blend for about 2 minutes, strain and cool in a bowl over ice.

RHUBARB

Mix rhubarb and sugar together, macerate for 10 minutes.

Bake in oven at 300F (150C) for 20 minutes.

MERINGUE

Whip egg whites to a soft peak in a stand mixer.

Heat the sugar to 240F (117C). Carefully stream the sugar into the egg whites, whip until the whites increase in volume and bowl returns to room temperature.

Bake the meringues for approximately 1 ½ to 1 ¾ hours at 200F (95C), rotating the baking sheet from front to back (about half way through) to ensure even baking. The meringues are done when they are pale in colour and fairly crisp. (The meringues will release easily from the parchment paper.) Turn off the oven, open the door a crack, and leave the meringues in the oven to finish drying several hours or overnight. The meringues can be covered and stored at room temperature for several days.

SHORTBREAD CRUMB

Cream butter and sugar in a stand mixer with the paddle attachment.

Add flour and salt, and mix on medium until all ingredients are incorporated.

Spread shortbread on a baking tray and bake at 350F (180C) for 20 minutes. Stir every 5 minutes until a light golden colour.

ASSEMBLY

Spread a large tablespoon of fresh cheese along the side of a bowl.

Crumble the shortbread, meringue and white chocolate over the cheese.

Pour 1 ½ Tbsp (22.5ml) of dandelion syrup into the middle of the bowl and place 5 pieces of rhubarb in the syrup.

Add 3 pieces of each of the fresh greens on top of the cheese.

CO₂ and Flowers

CO₂-based foam could be employed in seating and underhood applications, potentially reducing petroleum use by more than 270 million kilograms annually.

INGREDIENTS

BLACK LOCUS FOAM

4	Gelatin sheets
1 Tbsp (15ml)	Sugar
1 ½ cups (375ml)	Milk
½ cup	Black Locus flowers
2	CO ₂ charges

BLACK LOCUS JELLY

3	Gelatin sheets
1 ½ cups	Water
1 Tbsp (15ml)	Sugar
½ cup (125ml)	Black Locus flowers

BLACK LOCUS JELLY

¾ cup (180ml)	Butter, unsalted
½ cup (125ml)	Sugar
1 ½ cup (125ml)	All purpose flour
1 tsp (5ml)	Salt

GARNISHES

½ cup (125ml)	Mixed seasonal berries
1 Tbsp (15ml)	Marigold
1 Tbsp (15ml)	Black Locus
1 Tbsp (15ml)	Sage





METHOD

YIELD: 4 PORTIONS

BLACK LOCUS FOAM

Submerge gelatin sheets in a container of cold water.

Gently simmer the milk and stir the sugar in adding the Black Locus flowers.

Once the gelatin sheets have bloomed (soft), squeeze the excess water out of the sheets. Stir the gelatin into the warm milk. Remove the pot of milk from the stove and cover. Let the flowers steep for approximately 30 minutes.

Strain and cool in a container until semisolid. Break the milk gel with a spatula and pour into the ISI canister. Charge it twice and shake vigorously for 1 minute.

BLACK LOCUS JELLY

Submerge gelatin sheets in a container of cold water.

Gently warm water to a simmer, stir the sugar into the water and add Black Locus flowers. Once the gelatin sheets have bloomed (soft), squeeze the excess water out of the sheets. Stir the gelatin into the warm water.

Remove the water from the stove and cover with a lid.

Let the flowers steep for approximately 30 minutes. Strain, let cool in a container until solid.

SHORTBREAD CRUMB

Cream butter and sugar.

Add flour and salt, mix until ingredients are incorporated.

Spread shortbread on a baking tray and bake at 350F (177C) for 20 minutes.

Stir every 5 minutes.

ASSEMBLY

Using a spoon, scoop a tablespoon of the black locus jelly onto the bottom of a bowl.

Spray a large dollop of black locus foam on top of the jelly.

Add the berries around the foam and sprinkle with shortbread crumb.

Garnish with fresh flowers.





“I remember standing in front of a camera and holding up the first soy foam and saying ‘It can be done.’ It was pretty amazing.”

Dr. Deborah Mielewski, Senior Technical Leader, Materials Sustainability,
Ford Motor Company



