

May 2020 • VOL. 2

In the kitchen

Staying connected with Tri-Star Catering



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We're excited that you've reached out and shared in this newsletter with us! Based on your comments, here are some featured articles for your perusal!

As always, we're here for you and look forward to serving you again soon!

The Tri-Star Catering Team

Featured Recipe

Glenn's Sourdough Fascination Whole Wheat Edition



Patience and time, but the results are well worth it!

First, you must have a lively, well fed sourdough starter.

I could tell you how to make a starter from scratch, but I am going to save you about a week. Email me and I will give you a sample of my starter. In order to keep 160 grams of starter healthy, you will need to dispose of 80 grams, then add 40 grams each of flour and water, and stir. Daily.

On the day you are baking, feed your starter, then wait a couple of hours, then go to the next step. When you're ready to add your starter, it should be 2-3 times the volume it was when you fed it, with a bubbly rounded top.

In a medium to large mixing bowl measure the two flours and the water. Combine together until they form a somewhat scraggly dough ball, making sure that all of the flour is absorbed into the dough. Rest for 45 minutes to an hour.

Now add your lively bubbling sourdough starter and the salt, blending everything well. Let the bowl rest on the counter covered with a clean cloth.

Instead of kneading your dough you will need to pull and fold your dough to help create gluten. Thirty minutes after you've added the starter it will be time for your first pulls. Here's the technique: grab the dough at the edge of the bowl and give it a good tug, lifting about a third of the mass up towards the ceiling, then fold the dough back over itself. Give the bowl a quarter turn and give it another pull and fold. Do this 10 more times until you have spun the dough a full three turns for a total of 12 pulls. Repeat this every thirty minutes for the next 2 hours. Time and patience.

Now it's time for the bulk rise. Again cover with a clean cloth and let the dough rest on the counter. This can take anywhere from 2-6 hours, until the dough rises by 30-50%. Patience and time.

Remove the dough to a floured surface. The dough will be a little sticky so this is where the bench scraper will come in handy. You need to fold it together to form a nice smooth ball with all of its edges pinched in underneath. Bench rest for 30 minutes.

Now it's time to reshape the dough to its final form. Pull it out to a rectangle again. Fold the corners in and roll the dough up into a ball, again using the scraper to hide all of the seams up under your loaf. Again be careful not to deflate all of the air that has formed over the past few hours. At this time you can add the optional sesame seeds by pouring the seeds into a plate and rolling the top of your dough over the seeds.

Prepare your proofing basket by coating it with a generous layer of flour, this will keep the dough from sticking to it during the proofing. *In the absence of a basket, you can line a bowl with a thin towel and dust with flour. Cover the basket with a clean towel and let the dough proof until it rises again by 30-50% - 2-4 hours. When you're almost there, preheat your oven to 500 degrees - with your dutch oven in the oven - for at least 45 minutes.

It's time to bake! CAREFULLY remove the dutch oven out of the oven. Place a sheet of parchment over your uncovered loaf, turn it over to the counter being careful not to lose your precious cargo. Pick up the parchment by the corners and lower it into the dutch oven. Cover and bake for 20 minutes. After 20 minutes, remove the lid of your dutch oven and reduce the temperature to 450 degrees. Bake for 30 minutes. Remove your now fully cooked loaf from the oven and the dutch oven. Cool on a rack for one hour.

Slice it up and slather with softened butter and enjoy!

Thanks for sharing my fascination. Let me know how it went.

Glenn

INGREDIENTS

250 GRAMS
ALL PURPOSE FLOUR

250 GRAMS
WHOLE WHEAT FLOUR

400 GRAMS
FILTERED WATER

10 GRAMS
SALT

75 GRAMS
SOURDOUGH STARTER

SESAME SEEDS, OPTIONAL

EQUIPMENT

SCALE
MIXING BOWL
SPATULA
BENCH SCRAPER
PROOFING BASKET*
PARCHMENT
DUTCH OVEN



Employee Profile

Glenn Tisdall, Co-founder

- **Bradley University graduate, Philosophy**
- **Graduate Cooking and Hospitality Institute of Chicago (CHIC)**
- **Certified Personal Trainer**

In spite of my Irish heritage and growing up in the suburbs during the 60's and 70's, I somehow fell in love with cooking. The cuisine of my youth was filled with the recipes from the labels of supermarket staples, boxed cakes and Hamburger Helper. Not bad, but not inspiring.

After bartending some during college, I moved to Dallas where I eventually ended up managing the room service department at the Mansion on Turtle Creek. It was there that I was introduced to fine dining and fine wines.

Upon returning to Chicago, I decided that I needed further training in the "back of the house" so I studied the culinary arts at CHIC, while also working full time. It was during that time that I met Rob Procell my co-founder in Tri-Star.

Nearly 25 years ago, we made the jump and have never looked back. Tri-Star Catering has been amazing! Gratitude goes out to all who have worked within our kitchens and all who we have been graced with serving. It has been a lifetime of great people, marvelous food and truly special events.

My wife and I have two great kids and a beautiful new granddaughter for me to dote on. We enjoy traveling and dining out, rooting for the Cubs and Bears, cooking and spending time with family and friends.

We look forward to more of that. Stay safe.



DALGONA COFFEE: Elevate your next cup

You need:

1 tbsp instant coffee

1 tbsp granulated sugar

1 tbsp water

Milk (dairy or non-dairy both work)

*Turn your instant coffee into a
latte-like treat!*

Step 1: Add the instant coffee, sugar, and water to a bowl and whisk vigorously (or use a hand blender if you have one) until the mixture becomes SUPERTHICK- it should hold the consistency of whipped cream with stiff peaks and a subtle golden brown color.

Step 2: Pour milk into a glass full of ice cubes then scoop the pillowy coffee mixture on top of the cold milk.

Step 3 (optional): Dress it up with toppings such as fresh mint, chocolate shavings, coconut, or sprinkles!

Step 4: Take a picture of your finished creation to share with all your friends!

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FOLLOWING CDC GUIDELINES ALL MASKS:

- fit snugly against the side of the face
- are made securely with latex free elastic
- contain multiple layers of fabric with optional anti-microbial backing
- can be laundered with normal detergent-- line dry only

Available in a variety of colors, custom branding available.

Start at \$12/ea, minimum 25ct.
branded minimum 54ct.

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WE WANT TO HEAR FROM YOU!



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