



BRIDGER KITCHENS  
& KULINARY CENTRÉ

# What's Cookin'

FEBRUARY 2006

NEWSLETTER



## Welcome to Bridger Kitchens

The Bridger Kitchens vision started with a love of everything culinary and a passion for quality.

Bridger Kitchens Downtown, located in Historic Downtown Bozeman, opened in 2000, providing high quality cooking equipment incorporated with functional design.

In 2004, a second location was born with Bridger Kitchens Four Corners, and the inception of Bridger Kulinary Centr . This new facility contains everything you need to create your dream kitchen. It features ten live kitchens and a complete design center for anything you can imagine. Bridger Kulinary Centr  is a full service event center featuring exquisite What's Cookin' classes to bring out your inner gourmet, and a uniquely designed event space to gather with a few friends for an intimate wine dinner, or throw a big bash for up to 125 people.

Our passion for everything culinary has grown into an obsession, with the result being the unparalleled Bridger Kitchens concept. We invite you to visit either of our locations and experience "feeding the intellect, the appetite and the soul".

## The Sideboard

### MENU

[Chef Spotlight and Recipe of the Month](#)

[Classes & Events](#)

[Product Spotlight](#)

[What's Cookin' Club](#)

[Executive Club](#)

[Downtown Business Partnership Spotlight](#)

[Nutritional Tip](#)

[Cancer Classes](#)

*Cooking is like love. It should be entered into with abandon or not at all.*

*Harriet Van Horne*

### CONTACT US:

**Bridger Kitchen Interiors**  
1 East Main Street  
Bozeman, MT 59715  
406-582-5411

**Bridger Kitchens & Kulinary Centr **  
7540 Pioneer Way  
Bozeman, MT 59718  
406-582-1001

E-mail: [info@bridgerkitchens.com](mailto:info@bridgerkitchens.com)

# Chef Spotlight and Recipe of the Month

Eric Stenberg was born and raised in Portland, Oregon. As a child, he was inspired to cook by his mother. He graduated with honors from the California Culinary Academy where he had the transforming opportunity to intern with Chef Alice Waters of Chez Panisse. After graduation, he returned to Portland where he spent the next 10 years developing his passion for sustainable cooking, while working for Chef Greg Higgins. It was during this time, that he had the opportunity to cook in Alsace, France working under a 3 star Michelin Chef.



Eric has owned and operated two restaurants in Bozeman. The Big Horn Café & Restaurant and Savory Olive. He is currently in the process of re-establishing a new restaurant in Bozeman, called North Fork, which will eventually be located in downtown Bozeman. In the interim, while his new venture is under way, Eric is working collaboratively with Bridger Kitchens to start serving dinners at our four corners location.

Eric currently is the deli manager at the Community Food Co-Op. He also operates a catering company with his wife Laurie. He is on the Board of Overseers of the Chef's Collaborative, a group of chefs committed to educating consumers on sustainable eating practices.

## Recipe of the Month:

### An All Ahprodisiac Recipe with a Medieval Love Charm

**2- 6oz. beef tenderloin filets**

**Kosher salt**

**Fresh ground black pepper**

**3-leeks- white part only, leave part of the root on and split in half lengthwise**

**1cup 1/2 and 1/2**

**1Tbsp. fresh horseradish- grated**

**1c. grated imported gruyere cheese**

**1tsp. fresh garlic**

**salt and pepper**

**Heat a cast iron skillet with 2 Tbsp. canola oil until it barely starts to smoke, turn the heat off and place the seasoned tenderloin and place it in the pan. Sear both sides of the meat until golden brown. Finish the meat in the oven until the desired doneness, medium rare is ideal for beef tenderloin.**

**Meanwhile, cut leeks in half lengthwise, leaving a small part of the root on so that the leek stays intact.**

**Rinse out any dirt.**

**Heat 2Tbsp. of butter in a saute pan and place leeks face down and cook until golden brown.**

**Mix 1/2&1/2, garlic, horseradish, and cheese in a bowl and pour over leeks, and simmer until soft and place under the steak.**

**I recommend serving this with rosemary grilled yukon gold potatoes and a nice old Bordeaux.**

*"The new married couple should lay naked upon the ground, the bridegroom must kiss the great toe of the brides left foot, and the bride the great toe of the bridegrooms right foot..."*

*-Medieval love charm*

## Chef Eric's Cooking Tip:

*When peeling ginger use a spoon to scrape off the skin.*



## Suitable Substitute Tip:

*Out of a called-for ingredient?*

**Buttermilk - 1 cup**

*1 tablespoon vinegar or lemon juice plus milk to make one cup.*

## More Cooking Tips:

*Instead of adding more salt, a little white wine added to soup, bisque, creamed soup, or consommé in the cooking will enhance flavor and give a subtle, appetizing aroma.*



---

# Classes & Events

*(All Classes and Events are Held From 6:30 pm to 8:30 pm)*

## FEBRUARY CLASSES

### ***Love Potions***

Join owner of Heart & Soul Herbs, Nata Dayhoff & Certified Clinical Herbalist Caleigh Searle in a fun & informative class on how herbs & essential oils can improve your love life.

**Tuesday, Feb. 7th**

**\$35.00 per person**

### ***Lewd Food***

Join Eric Stenberg of North Fork Catering as he guides you through several insights into aphrodisiac edibles.

**Friday, Feb. 10th**

**\$50.00 per person**

### ***“Amore” Valentine’s Dinner***

Make your reservations now for a three course Valentine’s dinner prepared by Chef Eric Stenberg of North Fork Catering while enjoying spirits provided by Bennigan’s.

**Tuesday, Feb. 14th**

**\$70.00 per person**

### ***Indian Food***

By: Kelly Walunis of the Co-op. Chef Kelly presents a fresh approach to Indian cuisine, including dal, chutneys, samosas & more. Hands on!

**Wednesday, Feb. 22nd**

**\$50.00 per person**

### ***Martini Madness Downtown***

By: Justine Schmidt of Bennigan’s. Bartender extraordinaire, Justine takes you through an in-depth course in martini making, including various techniques, types & over 15 delicious recipes. Hands on!

**Tuesday, Feb. 28th**

**\$50.00 per person**

## MARCH CLASSES

### ***Date Night***

Join Ryan LaFoley, Private Chef & Caterer, for a tribute to American Cuisine. Learn how it is influenced by other cultures & how we have made it our own.

**Friday, March 3rd**

**\$120 per couple**

### ***Spicy Seasonings in Traditional Thai Cuisine***

Join Executive Chef Steve Kuntz for a 3 course meal to include Roasted Chili Paste with Chicken Satays & 2 Vegetarian dishes with Spicy Peanut Sauce.

**Wednesday, March 8th**

**\$50.00 per person**

### ***Salts Downtown***

The only rock we eat, salt is an essential, but often undercontemplated, ingredient in our kitchens. Join Chef Kristen Robinson in an exploration of salt, its many varieties and applications to your home cooking.

**Thursday, March 9th**

**\$35.00 per person**

### ***Spring Blossom Table Downtown***

Instructor to be announced. Set a beautiful spring table with fun napkin folds, flower arrangements & ideas for place settings.

**Tuesday, March 21st**

**\$35.00 per person**

### ***Springtime in Provence***

Springtime in the south of France is a time of awakening & a feast for the senses. Join Kristen Robinson of Cannon Creek Catering, as she takes you on a journey to experience the culinary treasures of this region famed for its lavender-scented, un-drenched & inspiring Mediterranean cuisine.

**Wednesday, March 29th**

**\$50.00 per person**

## **EVENTS**

### **Seasonal Pairings: A Collaborative Series**

*Presented By: The Museum of the Rockies and Bridger Kitchens*

#### **Seasonal Pairings Schedule:**

##### ***Northern Comfort - March 23***

With guest Chef Tyler Hill of John Bozeman's Bistro

##### ***Spring Fling - May 25***

With guest Chef Leslie Woodland of Capers

##### ***Summer Barbeque - August 17***

With guest Chef Zac Kellerman of Zac's Montana Kitchen

##### ***Indian Summer - September 14***

With guest Chef Hunter Lacey of Custom Dining Experiences

##### ***Holiday Feasts - November 2***

With guest Chef Eric Stenberg of North Fork Catering

***All events are held at Bridger Kitchens Four Corners from 6:30-8:30pm.***

Tickets are \$50 per person for a single event or a special offer of \$225 when purchasing the entire series. Reservations can be made by calling Bridger Kitchens at (406) 582-1001.

---

---

# Product Spotlight: Diva Induction

Created in Provence, France, the Diva Induction cooktop is a revolutionary instrument in function and design. The induction cooktop was born after years of research in the laboratory, working with some of France's top Chef's. The principle of induction is to heat the cookware, not the surface, using electromagnetic energy. With just a touch of your fingertips the Diva allows more precise cooking by heating faster than gas & electric cooktops, while also being easier to control. The Diva has an efficiency of over 90%, compared to 60% for electric & 50% for gas. Cooking zones can provide full power to each burner or can share the power when two or more burners are engaged, creating a dual benefit: speed and power. Adjust from a rolling boil to a mere simmer in just seconds, instead of waiting minutes. The smooth glass surface of the cooktop stays cool, eliminating the danger of burns & making cleanup a breeze. The Diva is available in 3 different sizes: 12", 30", 36" and in two colors: black and white.



---

## What's Cookin' Club

A What's Cookin' Club membership gives you the chance to indulge your inner Chef and brings a fresh new level of creativity into your kitchen. With inventive classes brought to you by the very best local Chefs, you have the opportunity to try your hand at any kind of cuisine imaginable. Your kitchen will stay up to date with the most current equipment through our gadget of the month program, and with your in-store discount. Let Bridger Kitchens What's Cookin' Club bring out the very best in your cuisine.



[Check out our various packages](#)

---

## Gadget of the Month: *Cheese Cleaver by Messermeister*

---

# Executive Club

Executive Club Membership provides local businesses and groups with preferred monthly access to our exquisite facilities. Our goal is to create a professional and enriching environment for board meetings, events and team-building exercises. We strive to inspire passion, creativity and innovation, all essential elements for progressive thought leadership. Our exquisite environment is an extension of your office space, but more importantly, an extension of your image. Bridger Kitchens Culinary Centr  is designed to bring out the best in your clients, employees, partners, and the best in your company.

[Check out our various packages](#)

---

## Downtown Business Partnership Spotlight

Montana Fish Company provides the freshest fish, sushi, meats and gourmet products in the state of Montana. Our retail store is located in the heart of historic downtown Bozeman, and our wholesale division supplies seafood to the best restaurants including Boodles, The Emerson, Yellowstone Club, Rainbow Ranch, and Livingston Bar and Grill.

**Montana Fish Company**  
119 E Main Street  
Bozeman, MT 59715  
phone: 406.556.0200



[List of Participants & Member Discounts](#)

---

## Nutritional Tip

By Dr. Randall Lundgren of Lundgren Chiropractic

### Good Fat vs. Bad Fat

There are four kinds of fats: Monounsaturated (good fat), polyunsaturated (also good fat), saturated (ok fat), and trans (bad fat). Trans fats start as perfectly good oil, and are then put through an industrial process called partial hydrogenation. This process is used to make oil more solid, providing a longer shelf life in baked goods, longer fry-life for cooking oils, and also gives a certain texture to fried food. Trans fats are harmful to us in many ways. They cause a lowering of HDL (good cholesterol), while seriously increasing LDL (bad cholesterol). This makes our arteries more rigid and clogged, in addition to increasing our insulin resistance which leads to Type II Diabetes. What foods contain trans fats? Shortening of any kind, margarine, commercial baked goods such as cookies, cakes, candy bars, chips, crackers, some breads, and many processed foods. Most restaurants use trans fat laden cooking oils called "liquid shortening" for frying. There are several ways that you can limit trans fats in your diet. Read food labels and stay away from products with the words trans fats or partially hydrogenated. Change your cooking habits by using only olive oil or other trans fat free oils. Finally, be aware of the cooking practices of the restaurants you frequent. Ask what type of oil they use. These little changes will help increase YOUR shelf life.

---

---

# Cancer Classes

## Food for Life Nutrition & cooking classes for cancer survival & prevention The Cancer Project

With over one million people being diagnosed with cancer in the United States each year - and many more cases in other countries across the globe—there is an urgent need for a new direction in battling this disease. The Cancer Project is an innovative approach to a medical challenge. It aims to prevent cancer. When cancer has been diagnosed, it works for improving survival. The Cancer Project's mission is to advance cancer prevention and survival through nutrition education and research.

The Food for Life Nutrition and Cooking Class Series was launched via The Cancer Project in 2001 to help cancer survivors take advantage of the healing power of foods. Meeting 1-2 times a week for a total of eight sessions, participants are immersed in a world of new ideas and information about diet and disease prevention.

Designed by physicians, nutrition experts, and registered dietitians, each class includes information about how certain foods and nutrients work to promote or discourage cancer growth, along with simple cooking demonstrations that can be recreated easily at home.

Scientists have long been accumulating a large body of evidence on the influence of diet on cancer. Time and again, precious phytochemicals found in plant foods are credited with boosting immune strength and inhibiting disease progression. Along with protection from cancer, plant foods also promote a healthy weight and help prevent other chronic illnesses such as diabetes and heart disease.

The goal of this program is to empower cancer survivors, their friends, and their family members with easy-to-implement cooking skills that turn every meal into a delicious dose of healthy nutrition.

March 2006, the Bridger Kitchens, the Bozeman Community Food Coop, and Montana Outdoor Science School, proudly host this 8-week nutrition and cooking class series. Thanks to their joint support, the classes are open to all - free of cost. Schedule is as follows:

**March 2: 1st Class Fuel up on Low-Fat Foods**

**March 6: 2nd Class Flavor Fiber**

**March 9: 3rd Class Discover Dairy Alternatives**

**March 13: 4th Class Replace Meat**

**March 16: 5th Class Plan Healthy Meals**

**March 20: 6th Class Maintain a Healthy Weight**

**March 23: 7th Class Antioxidants & Phytochemicals**

**March 27: 8th Class Immune-Boosting Foods**

*Interested? Register for classes via the customer service desk at the Bozeman Community Food Co-op (587.4039). Classes have limited space, so sign up today and take charge of your health!*

---