

COOL CLIMATE CHARDONNAY CONNECTION

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Summer Vegan Power Bowl – Chef Frank Dodd



Ingredients

Serves 2

- 1 cup farro
- 1 package extra firm tofu
- 2 ½ Tbsp cornstarch
- 1 ½ Tsp chili powder
- Kosher salt & freshly ground black pepper
- ½ Tsp garlic powder
- 1 Tbsp plus 2 teaspoons olive oil, divided
- 2 cups shredded kale
- 1 ½ cups shelled cooked edamame
- 2 carrots, peeled and grated
- ¾ cup packed fresh cilantro leaves
- 1 lime, cut into wedges

Ingredients - Creamy peanut sauce

- ¼ cup creamy peanut butter
- 1 Tbsp reduced sodium soy sauce
- 1 Tbsp freshly squeezed lime juice
- 2 Tsp dark brown sugar
- 1 Tsp sambal oelek (ground fresh Chile paste)
- 1 Tsp freshly grated ginger

Method - Creamy peanut sauce

Whisk together peanut butter, soy sauce, lime juice, brown sugar, sambal oelek, ginger and 2-3 tbsp water in a small bowl; set aside

Directions - Power Bowl

- Cook farro according to package instructions; set aside to cool.
- Preheat oven to 400 degrees F
- Line a baking sheet with parchment paper.

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- Place tofu on a paper-towel lined plate; press a paper towel and heavy skillet over top of tofu to absorb excess water.
- Let stand 15 minutes before dicing into bite-size cubes.
- In a large bowl, combine tofu, cornstarch, chili powder, salt, pepper and garlic powder.
- Stir in 1 tbsp olive oil until well combined.
- Place tofu in a single layer onto the prepared baking sheet.
- Place into oven and bake for 30 minutes, until golden brown and crisp, flipping halfway.
- In a bowl, add kale and remaining 2 tbsp olive oil; season with salt and pepper to taste. Soften and wilt for about 1-2 minutes.
- Divide farro into bowls. Top with tofu, kale, edamame, carrots and cilantro.
- Serve with creamy peanut sauce, garnished with lime wedge.

About Chef Frank Dodd

Since Frank's graduation in 1991 from Durham College where he took his apprenticeship, he has Born and raised in Bolton, England. Frank became hooked on food whilst working at the local Farmer market whilst in school. After finishing culinary college Frank was given his start at hotels in both York and Newcastle upon Tyne, England. After 4 years he was given the opportunity to go and work in Australia at Burnham Beeches. A stunning Art Deco Relais & Chateaux property in NSW. After 2 years Dodd returned to the UK to work in London, gaining experience at the Savoy and Dorchester Hotels before moving out of London to take his next role at the luxurious 1-star Michelin Cliveden Hotel in Berkshire, England.

Moving back into London after 3 1/2 years Dodd began working at the renowned Berkeley Hotel. After 2 year he was given the chance to be the sous chef at the prestigious Relais & Chateaux, White Barn Inn, Kennebunkport, Maine. Hard work was rewarded with a sous chef role in Amsterdam, Holland at the Sofitel Legend The Grand Hotel.

With the itch still to travel Frank set of on his next culinary journey moving across the pond again to work in Canada. Setting up in Toronto to open Biffs Bistro with Oliver & Bonacini. The lure of the West drew him out to Vancouver to take the reins as Executive Chef at The Wedgewood Hotel. After 3 wonderful years in Vancouver Dodd return to Ontario to head up the kitchens at the Beautiful Relais & Chateaux, Langdon Hall Hotel where he gained 5 diamonds for the restaurant.

Frank has been working in his current role for Andrew Peller Ltd at Trius Winery Restaurant for over 14 years. He heads up the restaurants at both Trius Winery and Gretzky Estate Winery and Distillery. Finally settling

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down in Niagara with his wife Katherine and their beautiful daughter Charlotte in what he believes to be one of the most beautiful place to live and work.

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