



ROCKY MOUNTAINEER®



## CULINARY FACT SHEET

Onboard Rocky Mountaineer's GoldLeaf Service, guests travel through the breathtaking scenery of British Columbia and the Canadian Rockies, surrounded by comfort and elegance. The two level, glass domed coach, offers panoramic views from the upper level and an intimate dining room with crisp white linens, gleaming silverware and fresh cut flowers on the main level. Travellers are treated to outstanding three-course, à la carte meals, made with the finest and freshest ingredients indigenous to two of Canada's most bountiful regions, British Columbia and Alberta. Menu selections of Prime Alberta Beef, Wild Salmon from the Pacific Ocean and regional local game, accompanied by a local selection of award winning wines, will delight even the most discerning palate.

With an accomplished "dream team" of four world renowned chefs, dining onboard the Rocky Mountaineer is truly an experience like no other. The talented chefs, Frédéric Couton, Joseph Lassaga, Jean Pierre Guerin and Raoul Prigent, offer an international flair from kitchens in Geneva, Spain and France. Their diverse backgrounds, expertise and in some cases, training in Michelin star restaurants, showcase innovative menu creations that celebrate the distinctive character of Western Canada and provide a decadent culinary experience onboard.

To accommodate more than 100,000 international guests who travel onboard the Rocky Mountaineer every year, a culinary team of 85 employees, including eight Sous Chefs and two Executive Sous Chefs, have perfected the art of cooking onboard a moving train. The rolling restaurants provide a unique working environment, equipped with custom-made stainless steel galleys that are limited on space but not imagination. Every fridge and oven has locking doors to prevent unforeseen accidents during train trips. Each day, talented GoldLeaf Service Chefs prepare delicious meals for up to 72 guests per coach, with four meal seatings per day.

Rocky Mountaineer's GoldLeaf Service cuisine has been featured in numerous culinary media including *Northwest Palate*, *Saveur* magazine, *Canadian Living*, *Vancouver Cooks*, *Dining by Rail* and *foodnetwork.ca*.

Here is a look at just how many fresh ingredients will be used onboard the Rocky Mountaineer during the season from April to October.

#### **Breakfast ingredients**

- 1260 free range eggs
- 15 lbs smoked salmon
- 55 lbs of strawberries
- 1,500 freshly baked muffins and croissants
- 15 litres of hollandaise sauce
- 425 lbs fresh fruit  
(cantaloupe, pineapple, oranges and apples)

#### **Luncheon Ingredients**

- 100 pieces Alberta pork tenderloin
- 275 portions wild salmon
- 300 free-range chicken breasts
- 300 portions of AAA top sirloin steaks
- 32 kg assorted cheeses
- 160 litres assorted dairy
- 55 lbs butter
- 675 lbs of fresh vegetables
- 80 lbs of sugar
- 60 lbs of flour
- 140 lbs of fresh bread



### **British Columbia Pacific Sockeye Salmon**

*Warm local vegetables & potato salad, finished with fennel slaw, and old fashioned mustard vinaigrette*

#### **Ingredients (serves 4 people)**

- 1/4 cup shaved fennel
- 10 drops lemon juice
- 4, 8 oz portions sockeye salmon (boneless, skin on)
- 1/2 tsp smoked sea salt
- 1 cup assorted vegetables
- 8 baby potatoes (approx 2 cups)
- sprig of dill or sprouts for garnish

#### **Mustard Olive Oil Dressing**

- 2 tbsp grainy mustard
- 1 tbsp white wine vinegar
- 1/4 cup olive oil

#### **Method**

Shave fennel thinly on a mandolin and add lemon juice to avoid oxidation. Pan fry salmon skin side down and finish in the oven at 350° F for 8 minutes. Sauté fresh trimmed vegetables and season. Roast baby red potatoes in oven until cooked and season. Prepare Mustard Olive Oil dressing as a vinaigrette and season.

#### **Serving**

Place vegetables at the bottom of the plate. Place salmon on top of vegetables. Place shaved fennel slaw on top of salmon.

Garnish with a sprig of dill or other greens. Drizzle vinaigrette over the top and around the salmon.



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