

## Ink, Funkified Chef, July 2004

My name is Kim Byrns. I grew up in Yellow Grass, Saskatchewan, and then lived in Saskatoon for six years while attending the U of S. There, I received a Master of Science in Marketing (specializing in Telecommunications Marketing). I started my SaskTel career in the Marketing department of SaskTel Mobility in October 1994, just three days after submitting my final thesis. I've been a Technical Writer in the Communications department at Mobility since 1997.

I've been married to an anthropology and sports-loving farmer for five years, and we have two beautiful daughters who are 3.5 and 1.5 years old. I'm a 25% partner in our grain farm operation (but I don't do any of the actual farm work), and we also own eight bison that live with my parents' herd of over 300. I have many personal interests for which I rarely find time, including scrapbooking, cardmaking, genealogy, and web design. I enjoy playing volleyball in the fall and winter, and this will be my second year on a dragon boat team.

I think one of the coolest things I've experienced at Mobility was to contribute to and witness the birth of both the SaskTel Mobility web site and the intranet site, *Unplugged!*, and then to see them develop into the excellent resources they are today. I remember when we had no online documentation at all, and just a few pages of paper documentation for cellular! It seems hard to imagine now.

Mobility has grown tremendously over the past 10 years, and it has been interesting, fun, and sometimes stressful, but never boring, to be a part of that amazing growth. I've worked with so many great people over the years and I feel really lucky to be a member of such an awesome team!

### The Guest List

1. **Alton Brown** – host/creator of my favourite food show, *Good Eats*; he just seems like a cool guy, and food is one of my greatest interests.
2. **Jackie Chan** – combines athleticism and comedy like no other; he's hilarious in one of my all-time favourite movies, *Shanghai Noon*.
3. **Burton Cummings (and The Guess Who)** – the only concert I regret missing is The Guess Who when they were at Rock in the Valley; I'd be in heaven if they just played *No Sugar Tonight* at this little shindig.
4. **Theodor Seuss Geisel ("Dr. Seuss")** – obviously a genius; I wouldn't expect him to converse in rollicking anapestic tetrameter verse, but I would really like to meet the man who would have turned 100 this year.
5. **Wayne Gretzky** – the quintessential Canadian champion; he seems so humble and down-to-earth despite his fame and fortune.
6. **Mike Myers** – brilliant comedian; I love how he so often displays his Canadian pride.
7. **Bill Murray** – great comedic actor with an outstanding movie career (my favourite: *Groundhog Day*); who wouldn't love to have dinner with Bill Murray?
8. **Jamie Oliver** – chef/creator of *Jamie's Kitchen* (the only reality show I've ever watched); I like his enthusiasm for food and his determination to help unemployed youth.
9. **Seamus O'Regan** – charming and intelligent co-host of *Canada AM*; he'd be a great conversationalist at any dinner party.
10. **Mike Weir** – first Canadian to win the Masters; so nice and cute; 'nuff said!

And, of course, I'll invite my husband too because he volunteered to do the cooking and he's an expert steak griller!

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## The Menu

- Red wine: Mateus Signature Douro 2000, Trapiche Malbec 2003, or Peller Estates Oakridge Merlot
- Appetizer: Fresh Tomato Purée with Rustic Bread
- Main course: Mustard & Herb Bison Steak  
Grilled-in-the-Husk Corn with Lime & Chili Butter  
My Favourite Broccoli Salad
- Dessert: Sunken Raspberry Cakes with Raspberry Sauce

## The Recipes

### Fresh Tomato Purée with Rustic Bread

- about 1-1/2 lbs. of fresh ripe tomatoes
- 3 cloves of garlic, chopped
- 1 tsp. salt
- 1/4 tsp. crushed red pepper (chili flakes)

Core tomatoes and cut a large X on the top and bottom of each one. Pour boiling water over tomatoes to cover. Let stand for one minute. Drain. Remove skin from tomatoes, then cut into halves and remove seeds using a spoon.

Place prepared tomatoes, garlic, salt, and pepper flakes into a food processor and pulse for a few seconds until no chunks remain.

Serve with slices of any dense rustic bread such as Ciabatta. You may leave the bread slices as is, or toast them on the grill before serving. Spoon purée onto bread just before eating.

### Mustard & Herb Bison Steak

(based on a recipe from Anne Desjardins, chef of L'Eau a la Bouche in Sainte-Adele, Quebec)

boneless bison strip loin steaks

Marinade (for four steaks):

- 1 tbsp. vegetable oil
- 5 tbsp. strong Dijon mustard
- 1 tsp. balsamic vinegar
- 2 tsp. herbes de Provence
- 1/2 tsp. salt

Combine marinade ingredients. Brush half of this mixture onto both sides of the meat at least one hour prior to cooking. Sear steaks on both sides over high heat (or hot embers). Continue cooking over medium flame, using the rest of the mixture to brush on the steaks. Cook bison steaks to a maximum internal temperature of 160°F ("medium"), remove from grill, and set aside for a few minutes before serving.

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### Grilled-in-the-Husk Corn

Cobs of corn with husks in tact (*do not* remove any husk or silk before cooking)

In a preheated barbeque, place cobs on a second-tier grill rack so they are not too close to the flame. Use tongs to turn cobs often. Cook for about 30 minutes.

Remove the husks and silk from cobs before serving. Be careful—they're extremely hot! (Heat-resistant gloves would be useful.)

Serve with Lime & Chili Butter.

### Lime & Chili Butter

- 1/2 cup butter, softened
- 1 tsp. grated lime rind
- 2 tbsp. lime juice
- 1 tsp. chili powder

Stir all together until smooth. Spoon onto plastic wrap; shape into log and wrap tightly. Refrigerate until firm. Slice into 1/2-inch thick rounds to serve. (Refrigerate for up to two weeks.)

### My Favourite Broccoli Salad

(based on *Bodybuilder Broccoli Salad* in Canadian Living's Best: Vegetables)

- 3 cups broccoli florets
- 1/2 cup sliced red onions
- 1/2 cup sunflower seeds
- 1/2 cup crumbled feta cheese

Dressing:

- 1/2 cup plain yogurt
- 1/4 cup mayonnaise
- 1 tbsp. lemon juice
- salt and pepper

Blanch broccoli florets in boiling water for one minute; drain immediately, then submerge broccoli in ice water to stop the cooking.

Combine broccoli, onions, sunflower seeds, and feta cheese.

Prepare dressing; toss with salad.

Cover and refrigerate for 2 hours. (Salad can be refrigerated for up to 1 day.)

**Sunken Raspberry Cakes With Raspberry Sauce**

(from Canadian Living Cooks, [www.foodtv.ca](http://www.foodtv.ca))

**Yield:** 8

**Ingredients:**

**Sunken Raspberry Cakes**

- 6 oz. bittersweet chocolate, chopped
- 1/3 cup butter
- 4 egg, separated
- 2/3 cup sugar
- 2 tbsp. cocoa powder
- 1 cup raspberry sorbet

**Raspberry Sauce**

- 1 x 300 g. package frozen raspberries, thawed
- 1/3 cup water
- 2 tbsp. sugar
- 1 tsp. lemon, juice

**Directions:**

**Sunken Raspberry Cakes**

1. Preheat oven to 350°F (180°C).
2. Grease eight 6-ounce (175 mL) ramekins; line bottoms with parchment paper. Set ramekins aside.
3. In large bowl over saucepan of hot (not boiling) water, melt chocolate with butter until smooth; set aside.
4. In another heatproof bowl over saucepan of gently simmering water, whisk egg yolks with 1/2 cup (125 mL) of the sugar; cook, whisking constantly, until light and thickened, about 8 minutes. Fold one-quarter into chocolate mixture; fold in remaining yolk mixture. Set aside.
5. In large bowl, beat egg whites until soft peaks form; beat in remaining sugar, 2 tablespoons (25 mL) at a time, until stiff peaks form. Fold cocoa and one-third of the egg whites into chocolate mixture; fold in remaining egg whites. Spoon into prepared ramekins. Bake in centre of oven until puffed and edges are set, about 20 minutes. (Make-ahead: Cover and refrigerate for up to 1 day.)
6. Invert cakes onto dessert plates; remove paper. Garnish each plate with raspberry sauce; top with scoop of raspberry sorbet.

**Raspberry Sauce**

In blender or food processor; pulse together raspberries, water, sugar, and lemon juice until smooth; press through fine sieve to remove seeds. (Make-ahead: Refrigerate in airtight container for up to 1 week.)

Yield: 1 1/2 cups (375 mL)