

# CHEF'S CORNER



*(Optional)*

*Please fill out this informational sheet and provide one of your recipes. It will be posted on the Restaurant Week section of the Chamber's website. It's a great way to help the local culinary team and community get to know the Chef's at their favorite restaurants!*

**Name:** Ryan Cornwall

**Establishment Name:** The Starfish Grill at the Best Western Agate Beach Inn

**Length of time at establishment:** 5 ½ years

**When did you know you wanted to be a Chef? And/Or How did you become a Chef?**

I've been cooking since I was little. I learned to cook from scratch by my Grandmother. She was great with comfort foods. I also watched the early cooking shows: Julia Child, Galloping Gourmet. Not many cooking shows back then. I studied at the Cordon Bleu in Portland.

**Please share any helpful/interesting tricks or techniques you use in your kitchen?**

There's no one best way to prepare a dish. Always be open to different alternatives. It's the alternatives that can make your dishes unique and memorable.

**What's your favorite dish to make at home?**

Asian . . . Nothing is more flavorful or interesting than Asian. I'm always shopping at Mai's Asian Market in Newport, looking for new and different ingredients. My favorite piece of equipment is the bamboo steamer. I love making pot stickers, steamed vegetables, etc. My favorite dish to make is Duck Charsiau: a whole duck, stuffed with ginger, garlic, Chinese 5 spice, sugar and lemon grass. It's boiled in salted water with food coloring added, then marinates for 2 days. There's nothing like it.

**Please Return Completed Form by February 12<sup>th</sup>, 2010:**

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**Any additional interesting things about yourself you would like to share?**

I love baking bread. There are about 15 different breads that I love to make. One of my favorites is my Grandmother's Raisin Bread. I also like to paint. Painting lets me exercise my creative side, and it's creativity that helps to create a great dish: using new and different ingredients in a recipe or finding new uses for ingredients that we already know about. I have a wonderful, beautiful wife, whom I've been married to for 15 years and have 6 great kids.

**What's your secret ingredient? ☺**

One of my instructors at the Cordon Bleu taught me to: Research ! Research ! Research ! Research different ingredients and techniques. Learn the fundamentals, or the basics, so that you can apply them to different applications and make any dish your own. One of my favorite books is "Silver Spoons" published in Italy. It's a collection of classic Italian recipes that have been handed down for generations, and has recently been published in English.

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