



i--virtualize

**I-VIRTUALIZE HOLIDAY  
CULINARY EVENT WITH  
CHEF MICHAEL SMITH  
DECEMBER 12, 2025**

# i-rtualize



Join i-Virtualize and Chef Michael Smith from his backyard test kitchen on Prince Edward Island for a virtual cook-along and an immersive show of culinary delights. The following detailed game plan will help you shop, prep & be ready for a cooking lesson unlike any other.

**EXPECT A MEMORABLE EXPERIENCE AS CHEF MICHAEL SHOWS YOU HOW TO IMPRESS YOURSELF IN YOUR OWN KITCHEN!**

# THE PLAYBOOK!

Welcome to our shared culinary adventure. This is your guide to success. Here's what's ahead if you'd like to cook along or just relax and enjoy the show!



## 1 SHOPPING LIST

This shopping list details the ingredients you'll need for some of the recipes. There's also a list for special tools and service pieces.

## 2 RECIPES READY

Read through the recipes in advance. Gather the tools you'll need. Set up a big screen TV in your kitchen or fire up your favourite device.

## 3 GAME DAY

Get your prepping and measuring done, gather your family and enjoy the show! **Don't worry about having to keep up with my cooking.** Just finish in your own time utilizing this handy guide.

# SHOPPING LIST

## FRESH MARKET

- 1 (5-pound) duck
- 5 pounds assorted winter vegetables (squash or root vegetables)
- 1–2 large carrots
- 1 small red onion
- 1 head garlic (all cloves peeled & halved)
- 5 ounces baby arugula
- 1 bunch fresh mint
- 8 large Northern Spy apples
- 1 cup fresh or frozen cranberries
- 4 pounds Yukon Gold potatoes (6 large or 10 small)
- 2 pounds sliced bacon
- 12 ounces (340g) apple-smoked cheddar, grated
- 1 cup walnut halves
- 6 large sprigs fresh rosemary (needles minced)
- 1/4 cup cranberry jelly
- 2 tablespoons minced fresh thyme
- 1 cup cranberry juice (not cocktail)
- 8 ounces butter
- 1 cup heavy cream
- 1 egg
- 1 lemon

## PANTRY

- 1 1/2 cups gin
- 1 cup red vermouth
- 1/2 cup Campari
- 1/4 cup sherry vinegar or red wine vinegar
- 2 cups all-purpose flour
- 1 3/4 cup white sugar
- 2 tablespoons corn starch
- 2 ounces of your favourite whisky, scotch, rum or even leftover bourbon

## Spices, Herbs & Kitchen Staples

- 2 teaspoons pepper (plus extra for seasoning)
- 1/2 cup olive oil
- 1 tablespoon Dijon mustard or yellow mustard
- 1 teaspoon ground nutmeg
- 3 teaspoons sea salt

# SPECIAL TOOLS & SERVICE PIECES

- Large roasting pan
- Large mixing bowl
- Mason jars
- Small sauté pan
- Whisk
- Vegetable peeler
- Cocktail glasses and ice
- Fine mesh strainer
- Pan lid
- Cutting board
- Parchment paper/Silicone Mat
- Baking Sheet
- Whisk
- Food processor
- Grater
- Small sauce pan
- 10–12 inch non-stick sauté pan
- Baking sheet
- Mandoline or sharp knife
- Two pairs of tongs
- Meat thermometer



# GAME DAY!

## Step by step guide to your virtual event ...



**1** **BEFORE**  
Get all your basic prep and measuring done for each recipe you would like to try. Keep the ingredients organized. Give yourself at least an hour to get ready.

**2** **DURING**  
Rally your team, follow the action on the big screen in your kitchen and have fun cooking!

**3** **AFTER**  
Take your time finishing up supper during or after the show. Enjoy your dinner when you're ready!



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**THE MENU**

**HOLIDAY COCKTAIL**

Cranberry Negroni

**SALAD**

Arugula with Candied Walnuts  
Shaved Carrots &  
Cranberry Dressing

**SIDE DISH**

Potato Bacon Cheddar Tart

**MAIN DISH**

Roast Duck with Rosemary Grape Jus

**DESSERT**

Apple Thyme Galette with  
Whiskey Caramel

# PREP AHEAD

Get all your basic prep and measuring done for each recipe you would like to try. Take out your kitchen tools, pots and pans. Keep the ingredients organized. Give yourself at least an hour to get ready. I like to use a mixture of ramekins, bowls and clear dishes placed on a baking sheet, separated for each recipe.

## Negroni

- Pour the ingredients into a large mason jar and refrigerate for **two days** giving the cranberries time to infuse their flavours into the receptive spirits.

## Salad

- Candy the walnuts
- Make your dressing
- Peel your carrot
- Dice the red onion

## Potato Bacon Tart

- Shred your cheese
- Slice your potatoes or wait to see Chef Michael's technique

## Duck

- Prep your assorted winter vegetables, various squashes or roots, peeled, trimmed, washed, cut into bite-sized pieces
- Core & quarter your Northern Spy apples
- Peel & halve your garlic
- Prep fresh rosemary sprigs, needles stripped and finely minced, tougher stalks discarded

## Dessert

- Core & cut your apples
- Make your whiskey caramel - cool for 2 hours or overnight
- Make your pastry if you are a pro or wait for Chef Michael's demo

# CRANBERRY NEGRONI

The bitterly delicious flavours of a classic Negroni brightened for the holidays with complementary cranberry. Batching the cocktail in advance gives the cranberry flavour time to develop and saves time once the party starts.

Makes 8 cocktails, easily doubled

- 1 cup fresh or frozen whole cranberries, halved
- 1 ½ cup of your favourite gin
- 1 cup Red Vermouth
- 1 cup cranberry juice (not cocktail, too much sugar)
- 1/2 cup of Campari

## Prep the spirits

Pour the ingredients into a large mason jar and refrigerate for two days giving the cranberries time to infuse their flavours into the receptive spirits.

## Craft the cocktails

Strain the infused cocktail through a fine mesh strainer, pressing on the solids to extract every drop of nectar. Fill a round of cocktail glasses with ice and top with 4 ounces each. Cheers!



# ARUGULA, MINT, CARROT & CANDIED WALNUT SALAD WITH CRANBERRY VINAIGRETTE

The tangy flavour of arugula balanced with crispy walnuts and a sharp dressing

Serves 4 to 6

## For the candied walnuts

1 cup walnut halves  
2 tablespoons sugar  
1/4 cup water

## For the dressing

1/4 cup of cranberry jelly  
1/4 cup of sherry or red wine vinegar  
1/2 cup of your best olive oil  
1 tablespoon of Dijon or yellow mustard

## For the salad

1 large or 2 smaller carrots  
1 5-ounce tote of baby arugula  
1 bunch of fresh mint, leaves removed and reserved  
1 small red onion, very thinly sliced

## Candy the walnuts

Measure the ingredients into a small sauté pan over medium heat. Cook, stirring continuously, until the water boils away and the remaining sugar glazes the walnuts and they become shiny, 4 minutes or so. Season lightly with salt and pepper, remove from the pan and set aside to cool.

## Make the vinaigrette

Measure the ingredients into a mason jar or small bowl. Shake or whisk smooth.

## Mix the salad

Place the arugula and mint in a festive salad bowl. Peel the carrots. Continue peeling the carrot into slices over the arugula. Toss with the vinaigrette until evenly dressed. Top with the walnuts and share.

# POTATO, BACON & CHEDDAR TART

Of all the many dishes I've created none has proven so popular and timeless as this classic from my first menu at The Inn at Bay Fortune in 1992. It's become one of my signature dishes and is always guaranteed to impress. I've tweaked it over the years but at heart it's still just three simple ingredients: tender potatoes, crisp bacon and the world's best cheddar cheese!

Yields 8 large or 12 smaller slices

- 2 pounds (900 g) of sliced bacon
- Freshly ground pepper
- 6 large Yukon Gold potatoes or 10 smaller ones, about 4 lbs., scrubbed
- 12 ounces (340 g) of apple smoked cheddar, coarsely grated
- Sea salt

Preheat your oven to 350°F (180°C). Turn on your convection fan if you have one.

Have ready a 10-inch (23 cm) or 12-inch (30 cm) non-stick sauté pan. Arrange the bacon slices in a radial pattern from the centre of the pan, up and over the sides. To reduce the thickness of the bacon in the centre, stagger every other slice, starting them 2 inches (5 cm) from the centre. The edges of the slices should overlap slightly as you work your way around the rim of the pan. With the palm of your hand, gently flatten the centre area. Season the works with lots of pepper.

Using a mandoline or sharp knife, evenly cut the potatoes into  $\frac{1}{4}$ -inch (5 mm) slices. Lay a circular pattern of overlapping slices around the inside bottom edge of the pan. Continue layering the potatoes until the bottom is evenly covered. Season with salt and pepper. Sprinkle on a thin, even layer of grated cheese, barely enough to hide the potatoes below. Continue alternating layers of the potatoes, seasoning, and cheese until you reach the rim and the pan is full, ending with a layer of potatoes and gently pressing as you go. Add two more layers, each inset an inch or so from the previous layer. The top should be higher than the pan's rim. Working your way around the pan, neatly fold the overhanging bacon up and over the potatoes. Place a small ovenproof plate on the bacon to prevent the ends from shrinking back during cooking.

Place the sauté pan on a baking sheet to contain bubbling juices. Bake for 2 hours. Remove the small plate. Carefully place a pan lid over the works and carefully pour off and discard the accumulated juices. Return the tart to the oven and continue baking 1 more hour. The tart is done when you can easily pierce it with a thin-bladed knife. Cover with a cutting board and carefully invert. Remove the pan and let rest for 10 minutes or so before slicing into wedges.

# 3-HOUR DUCK & WINTER VEGETABLES

## Rosemary Roast Applesauce

A richly flavoured duck, slowly patiently roasted over a bed of firm vegetables and soft apples eventually, inevitably tenderizes into a delicious meal in just one pan. It takes more time than thyme though and rosemary helps too. Unlike chicken, duck benefits from prolonged cooking and strong fresh rosemary can handle the long slow ride too. The sauce makes itself along the way. Crisp apples easily melt into a deliciously roasted sauce simply stirred with the vegetables, duck, and its drippings.

Makes 4 to 6 mains

- 5 pounds or so of assorted winter vegetables, various squashes or roots, peeled, trimmed, washed, cut into bite-sized pieces
- 6 large Northern Spy apples or other tart, crisp apple, cored, quartered
- The cloves from one head of garlic, peeled, halved
- 1 teaspoon salt
- Freshly ground pepper
- 1 duck, about 5 pounds, untied,
- 6 large fresh rosemary sprigs, needles stripped and finely minced, tougher stalks discarded

Preheat oven to 300°. Turn on convection fan if you have one.

In a large roasting pan, lightly season vegetables and apples with salt, pepper, and rosemary, gently and thoroughly mixing together. Thoroughly season duck and nestle into center of vegetables. Slowly, patiently roast, gently shaking and settling the pan once or twice, until the vegetables are tender and caramelized and the duck is golden brown and tender, 3 1/2 full hours. The duck is done when a thermometer registers at least 165° in the thickest part of the breast meat and thigh, but it takes much longer for it to truly tenderize, its thick skin protects it from drying as it cooks. Remove from the oven and rest.

With duck still in pan and a pair of tongs in each hand, pull, tug, and shred the meat away from the carcass. Share the crispy skin treat with all assembled. Discard the carcass. Lightly stir the meat together with the rest of the pan, allowing the softer apples to melt around the firmer vegetables, forming an aromatic sauce with the ducks' drippings and mellow rosemary.

# APPLE THYME GALETTE WITH WHISKEY CARAMEL

Baked apples, fragrant thyme and a classic handmade pastry dough. This galette is a rustic, freeform, half pie, half filling, all easy, tasty dessert. It's a spectacularly forgiving homemade show-stopper full of intriguingly grown-up flavour and finished with a memorable sauce finessed with your favourite whiskey.

Serves 4 to 6

- For the galette pastry
- 2 cups all-purpose flour
- 2 tablespoons white sugar
- 1 teaspoon ground nutmeg
- 1 teaspoon sea salt
- 8 ounces frozen butter
- 2/3 cup ice water
- 1 egg

For the galette filling

- 2 large crisp delicious apples, cored, each sliced evenly into 12 to 16 thick slices
- 1/2 cup white sugar
- The juice of 1/2 a lemon
- 2 tablespoons corn starch
- 2 tablespoons minced fresh thyme

For the whiskey caramel

- 1/2 cup water
- 1 cup white sugar
- 1 cup heavy cream
- 1 teaspoon salt
- 2 ounces of your favourite whisky, scotch, rum or even leftover bourbon

continued...

# APPLE THYME GALETTE WITH WHISKEY CARAMEL...

## Make the pastry crust

In a food processor mix together the flour, sugar, nutmeg and salt. Grate the frozen butter through the large holes of a potato grater into the flour mixture. Pulse briefly to thoroughly incorporate the butter. With the machine running slowly add the ice water until a firm dough forms. You may not need all the water. Turn out onto a lightly floured surface. Firmly form and pat into an even round disc, 6 inches or so wide. Wrap with plastic and chill until firm, at least an hour, overnight or a few days in advance.

## Make the whiskey caramel

Pour the water into a small sauce pot, pour the sugar into the center of the pool. Gently shake until the sugar moistens. Place the pot over medium high heat and bring the mixture to a full boil. Without stirring, vigorously simmer the syrup until the water boils away and the sugar browns deliciously deeply golden. Carefully pour in the cream, lower the heat and whisk until the mixture is completely smooth. Remove from the heat. Whisk in the salt and whiskey. Transfer to a mason jar. Refrigerate until cool, 2 hours or overnight.

## Make the apple filling

In a large mixing bowl gently toss the apples, sugar, lemon juice, starch, and fresh thyme until evenly mixed.

## Craft the galette

Preheat your oven for baking to 350°, turn on your convection fan if you have one. Lay a flexible silicone mat or 16" length of parchment paper on your work surface. In a small bowl whisk 1 egg smooth with 1 tablespoon sugar. Roll out the refrigerated dough forming a rough disc 14" wide. Starting 2" from the edge of the dough neatly arrange the apple slices in a round radial pattern, overlapping each layer on the last and filling the galette to the center. Gently fold the protruding dough over the fruit, forming pleats, circling the filling as neatly as you can. Transfer to a baking sheet. Brush the pastry generously with the egg mixture. Sprinkle with remaining sugar. Bake until the crust is golden brown and the filling bubbling and thickening, an hour or so. Rest at room temperature for an hour or so. Serve with the caramel sauce.



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